

Torneio de Inverno de Inf. Juv. Jun. Sen  
Olhão, 18 - 19/2/2023

Prova 20 Masc., 400m Estilos 13 anos e mais velhos  
19/02/2023 - 11:45 Resultados

|                             |         |                           |      |                        |            |
|-----------------------------|---------|---------------------------|------|------------------------|------------|
| Recordes Regionais Absoluto | 4:22.94 | Nuno Goncalo, QUINTANILHA | LDC  | Sines                  | 21/12/2008 |
| Recordes Regionais Sen      | 4:22.94 | Nuno Goncalo, QUINTANILHA | LDC  | Sines                  | 21/12/2008 |
| Recordes Regionais Jun. 2   | 4:33.99 | Hugo Cascais, RODRIGUES   | LDC  | Tavira                 | 19/11/2006 |
| Recordes Regionais Jun. 1   | 4:32.43 | Tiago Miguel, VILHENA     | CNFA | Porto                  | 08/12/2017 |
| Recordes Regionais Juv. A   | 4:40.70 | Tiago Miguel, VILHENA     | CNFA | Guarda                 | 02/12/2016 |
| Recordes Regionais Juv. B   | 4:40.24 | Tiago Miguel, VILHENA     | CNFA | Setubal                | 04/12/2015 |
| Recordes Regionais Inf. A   | 4:57.24 | Tiago Miguel, VILHENA     | CNFA | Silves                 | 04/12/2015 |
| Recordes Regionais Inf. B   | 5:21.08 | Bernardo Antonio, ALVES   | LDC  | Sto António Cavaleiros | 16/03/2012 |

Pontos: FINA 2022

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final Pts

Infantis A

|                          |                     |                     |                     |  |                  |                |     |
|--------------------------|---------------------|---------------------|---------------------|--|------------------|----------------|-----|
| 1. Diogo Filipe, CARDOSO | 09                  |                     |                     |  | Natacao de Olhao | <b>5:50.74</b> | 300 |
| 50m: 37.08 37.08         | 150m: 2:10.00 47.61 | 250m: 3:46.73 50.15 | 350m: 5:15.46 37.83 |  |                  |                |     |
| 100m: 1:22.39 45.31      | 200m: 2:56.58 46.58 | 300m: 4:37.63 50.90 | 400m: 5:50.74 35.28 |  |                  |                |     |

Juvenis B

|                             |                     |                     |                     |  |                              |                |     |
|-----------------------------|---------------------|---------------------|---------------------|--|------------------------------|----------------|-----|
| 1. Andriy, FEDOROV          | 08                  |                     |                     |  | FC Ferreiras/AlgarExperience | <b>5:02.86</b> | 466 |
| 50m: 32.48 32.48            | 150m: 1:46.94 38.03 | 250m: 3:08.59 43.42 | 350m: 4:28.51 36.02 |  |                              |                |     |
| 100m: 1:08.91 36.43         | 200m: 2:25.17 38.23 | 300m: 3:52.49 43.90 | 400m: 5:02.86 34.35 |  |                              |                |     |
| 2. Santiago Ganso, PERDIGAO | 08                  |                     |                     |  | Lagoa AC                     | <b>5:14.02</b> | 418 |
| 50m: 32.44 32.44            | 150m: 1:50.40 41.15 | 250m: 3:19.22 48.45 | 350m: 4:40.18 33.30 |  |                              |                |     |
| 100m: 1:09.25 36.81         | 200m: 2:30.77 40.37 | 300m: 4:06.88 47.66 | 400m: 5:14.02 33.84 |  |                              |                |     |
| 3. Martim Santos, CABRITA   | 08                  |                     |                     |  | Louletano / Loule Concelho   | <b>5:22.02</b> | 387 |
| 50m: 32.79 32.79            | 150m: 1:52.55 41.35 | 250m: 3:19.15 46.54 | 350m: 4:42.48 37.04 |  |                              |                |     |
| 100m: 1:11.20 38.41         | 200m: 2:32.61 40.06 | 300m: 4:05.44 46.29 | 400m: 5:22.02 39.54 |  |                              |                |     |

Juvenis A

|                              |                     |                     |                     |  |          |                |     |
|------------------------------|---------------------|---------------------|---------------------|--|----------|----------------|-----|
| 1. Miguel Lourenco, VELHINHO | 07                  |                     |                     |  | Lagoa AC | <b>5:11.67</b> | 427 |
| 50m: 32.94 32.94             | 150m: 1:52.27 40.83 | 250m: 3:15.94 45.04 | 350m: 4:37.41 36.22 |  |          |                |     |
| 100m: 1:11.44 38.50          | 200m: 2:30.90 38.63 | 300m: 4:01.19 45.25 | 400m: 5:11.67 34.26 |  |          |                |     |

Juniores

|                                |                     |                     |                     |  |               |                |     |
|--------------------------------|---------------------|---------------------|---------------------|--|---------------|----------------|-----|
| 1. Marin, CEPELEAGA            | 05                  |                     |                     |  | Portinado     | <b>4:47.55</b> | 544 |
| 50m: 29.91 29.91               | 150m: 1:40.70 36.60 | 250m: 2:58.66 41.57 | 350m: 4:15.00 34.21 |  |               |                |     |
| 100m: 1:04.10 34.19            | 200m: 2:17.09 36.39 | 300m: 3:40.79 42.13 | 400m: 4:47.55 32.55 |  |               |                |     |
| 2. Miguel Goncalves, RODRIGUES | 05                  |                     |                     |  | Naval de Faro | <b>5:00.90</b> | 475 |
| 50m: 31.15 31.15               | 150m: 1:47.36 39.34 | 250m: 3:09.91 42.80 | 350m: 4:27.08 35.23 |  |               |                |     |
| 100m: 1:08.02 36.87            | 200m: 2:27.11 39.75 | 300m: 3:51.85 41.94 | 400m: 5:00.90 33.82 |  |               |                |     |

Seniores

|                         |                     |                     |                     |  |                            |                |     |
|-------------------------|---------------------|---------------------|---------------------|--|----------------------------|----------------|-----|
| 1. Vasco Malia, SANTOS  | 04                  |                     |                     |  | Louletano / Loule Concelho | <b>4:54.72</b> | 505 |
| 50m: 33.16 33.16        | 150m: 1:49.60 38.67 | 250m: 3:07.33 41.91 | 350m: 4:22.36 34.56 |  |                            |                |     |
| 100m: 1:10.93 37.77     | 200m: 2:25.42 35.82 | 300m: 3:47.80 40.47 | 400m: 4:54.72 32.36 |  |                            |                |     |
| 2. Andre Serro, JOAQUIM | 00                  |                     |                     |  | Natacao de Olhao           | <b>5:06.13</b> | 451 |
| 50m: 32.84 32.84        | 150m: 1:48.52 39.34 | 250m: 3:10.86 44.07 | 350m: 4:31.44 35.84 |  |                            |                |     |
| 100m: 1:09.18 36.34     | 200m: 2:26.79 38.27 | 300m: 3:55.60 44.74 | 400m: 5:06.13 34.69 |  |                            |                |     |