

Campeonato Regional de Clubes
Tavira, 22 - 23/4/2023

Prova 20
22/04/2023 - 17:44

Masc., 400m Livres

Absolutos
Resultados

Recordes Regionais Absoluto	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais 18	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais 17	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais Juv. A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais Juv. B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais Inf. A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf. B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Vasco Malia, SANTOS		04	Louletano / Loule Concelho				4:16.70	
	50m:	30.02 30.02	150m:	1:35.29	32.49	250m:	2:40.64 32.56	350m:	3:47.09 32.51
	100m:	1:02.80 32.78	200m:	2:08.08	32.79	300m:	3:14.58 33.94	400m:	4:16.70 29.61
2.	Andriy, FEDOROV		08	FC Ferreiras/AlgarExperience				4:27.27	
	50m:	30.81 30.81	150m:	1:38.19	33.99	250m:	2:46.14 33.99	350m:	3:54.43 34.06
	100m:	1:04.20 33.39	200m:	2:12.15	33.96	300m:	3:20.37 34.23	400m:	4:27.27 32.84
3.	Tiago Miguel, COSTA		07	Portinado				4:27.51	
	50m:	29.90 29.90	150m:	1:37.11	33.86	250m:	2:46.16 34.68	350m:	3:54.62 34.34
	100m:	1:03.25 33.35	200m:	2:11.48	34.37	300m:	3:20.28 34.12	400m:	4:27.51 32.89
4.	Rodrigo Malia, SANTOS		07	Louletano / Loule Concelho				4:33.52	
	50m:	31.39 31.39	150m:	1:39.35	34.16	250m:	2:48.59 34.40	350m:	3:58.71 35.12
	100m:	1:05.19 33.80	200m:	2:14.19	34.84	300m:	3:23.59 35.00	400m:	4:33.52 34.81
5.	Iago Valentim, FALEIRO		06	Aquatico Silves				4:37.44	
	50m:	29.47 29.47	150m:	1:37.13	34.44	250m:	2:48.35 36.01	350m:	4:01.89 37.03
	100m:	1:02.69 33.22	200m:	2:12.34	35.21	300m:	3:24.86 36.51	400m:	4:37.44 35.55
6.	Dinis Andre, GONCALVES		08	Aquatico Silves				4:43.24	
	50m:	30.79 30.79	150m:	1:40.77	36.04	250m:	2:54.47 36.71	350m:	4:07.99 36.78
	100m:	1:04.73 33.94	200m:	2:17.76	36.99	300m:	3:31.21 36.74	400m:	4:43.24 35.25
7.	Alexandre Miguel, EIRA		07	Portinado				4:50.98	
	50m:	30.94 30.94	150m:	1:44.13	37.38	250m:	2:59.78 37.82	350m:	4:15.16 38.31
	100m:	1:06.75 35.81	200m:	2:21.96	37.83	300m:	3:36.85 37.07	400m:	4:50.98 35.82
8.	Joao Sena, MURTA		08	Naval de Faro				4:51.57	
	50m:	32.05 32.05	150m:	1:42.73	35.67	250m:	2:56.31 37.25	350m:	4:12.94 39.13
	100m:	1:07.06 35.01	200m:	2:19.06	36.33	300m:	3:33.81 37.50	400m:	4:51.57 38.63