

Prova 5

Masc., 400m Livres

Absoluto  
Resultados

20/11/2021 - 10:10

Recordes Reg ANCNP 25m Absoluto	3:49.02	CARVALHO, Diogo Filipe	CGA	S. Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Sen	3:49.02	CARVALHO, Diogo Filipe	CGA	STº Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Jun 18	3:55.07	RIBEIRO, Gustavo Carvalhais	CGA	Gafanha de Nazaré	18/07/2021
Recordes Reg ANCNP 25m Jun 17	3:56.61	RIBEIRO, Gustavo Carvalhais	CGA	Leiria	14/12/2019
Recordes Reg ANCNP 25m Juv A	4:01.35	CARVALHO, Diogo Filipe	ANCNP	Anadia	28/02/2004
Recordes Reg ANCNP 25m Juv B	4:05.91	CARVALHO, Diogo Filipe	CGA	Braga	01/03/2003
Recordes Reg ANCNP 25m Inf A	4:19.33	JORGE, Duarte Miguel	CGA	Abrantes	21/02/2015
Recordes Reg ANCNP 25m Inf B	4:30.17	TOMÉ, David Emanuel	HCM	Espinho	14/05/2016
Rec Nac Adaptada S21	6:03.58	ALMEIDA, Andre Reis	SCP	Gafanha de Nazaré	25/04/2021
Rec Nac Adaptada S14	5:09.06	DUARTE, Samuel Lima	FVCD	Lousada	30/05/2021

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs	
EXH	ROQUE, Afonso Dinis	M	205541	07	Ba-Leiria	<b>4:39.83</b>		436	EXH	
	50m: 30.40		150m: 1:40.32		35.64	250m: 2:53.29	36.55	350m: 4:05.50	36.29	
	100m: 1:04.68		200m: 2:16.74		36.42	300m: 3:29.21	35.92	400m: 4:39.83	34.33	
EXH	YURCHUK, Dinis	M	200029	07	Bombeiros Mealhada/ CA	<b>4:59.21</b>		356	EXH	
	50m: 28.59		150m: 1:41.68		41.41	250m: 3:03.36	40.76	350m: 4:23.39	40.69	
	100m: 1:00.27		200m: 2:22.60		40.92	300m: 3:42.70	39.34	400m: 4:59.21	35.82	
EXH	DUARTE, Samuel Lima	M	207426	04	Feira Viva	<b>5:03.00</b>		343	EXH	
	<i>Recorde Nacional S14, Recorde Nacional S14</i>									
	50m: 34.04		150m: 1:51.10		38.61	250m: 3:08.97	38.83	350m: 4:26.88	38.61	
	100m: 1:12.49		200m: 2:30.14		39.04	300m: 3:48.27	39.30	400m: 5:03.00	36.12	