

Prova 29 Absoluto
28/01/2024 - 12:12 Resultados

Masc., 400m Estilos

Recordes Reg ANCNP 25m Open	4:06.83	Diogo Filipe Carvalho	CGA	Istanbul (TUR)	11/12/2009
Recordes Reg ANCNP 25m Sen	4:06.83	Diogo Filipe Carvalho	CGA	Istanbul (TUR)	11/12/2009
Recordes Reg ANCNP 25m Jun18	4:30.40	Andre Magalhaes Moura	AVFC	Porto	11/12/2015
Recordes Reg ANCNP 25m Jun17	4:26.05	Diogo Filipe Carvalho	ANCNP	Cantanhede	20/12/2004
Recordes Reg ANCNP 25m Juv A	4:28.27	Diogo Filipe Carvalho	CGA	Penafiel	19/03/2004
Recordes Reg ANCNP 25m Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	21/03/2003
Recordes Reg ANCNP 25m Inf A	4:55.65	Duarte Miguel Jorge	CGA	Vila Praia de �ncora	27/03/2015
Recordes Reg ANCNP 25m Inf B	5:11.19	Jos� Luis Gabriel	AVFC	Cantanhede	06/03/2009

Pontos: FINA 2023

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	pts	FINA	Obs
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Juvenis B

1.	Manuel Leite Aguiar	M	212217	09	Sanjoanense/FEPSA	5:25.82		374	
	50m: 34.87	34.87	150m: 1:55.54	40.70	250m: 3:22.48	46.97	350m: 4:48.64	38.38	
	100m: 1:14.84	39.97	200m: 2:35.51	39.97	300m: 4:10.26	47.78	400m: 5:25.82	37.18	

Juvenis A

1.	Paulo Jorge Oliveira	M	205716	08	Estarreja/PROZINCO	5:03.33		463	
	50m: 31.57	31.57	150m: 1:46.58	37.85	250m: 3:07.39	43.67	350m: 4:28.99	34.82	
	100m: 1:08.73	37.16	200m: 2:23.72	37.14	300m: 3:54.17	46.78	400m: 5:03.33	34.34	
2.	Goncalo Silva Guedes	M	208225	08	Estarreja/PROZINCO	5:29.33		362	
	50m: 34.01	34.01	150m: 1:58.27	41.95	250m: 3:26.89	47.26	350m: 4:53.28	37.91	
	100m: 1:16.32	42.31	200m: 2:39.63	41.36	300m: 4:15.37	48.48	400m: 5:29.33	36.05	

Seniores

1.	Abel Renato Ferreira	M	131149	05	Alg�s e �gueda XXI	4:53.16		513	
	50m: 31.92	31.92	150m: 1:44.74	37.02	250m: 3:04.25	42.83	350m: 4:20.54	33.07	
	100m: 1:07.72	35.80	200m: 2:21.42	36.68	300m: 3:47.47	43.22	400m: 4:53.16	32.62	
2.	Alexandre Ramos Goncalves	M	128601	05	Sporting Clube Sao Joao Ver	5:05.57		453	
	50m: 31.48	31.48	150m: 1:47.23	38.72	250m: 3:11.27	45.79	350m: 4:32.87	34.42	
	100m: 1:08.51	37.03	200m: 2:25.48	38.25	300m: 3:58.45	47.18	400m: 5:05.57	32.70	
3.	Guilherme Sousa Fontes	M	129852	04	Sporting Clube Sao Joao Ver	5:31.72		354	
	50m: 33.43	33.43	150m: 1:57.71	44.56	250m: 3:28.98	48.96	350m: 4:55.67	37.45	
	100m: 1:13.15	39.72	200m: 2:40.02	42.31	300m: 4:18.22	49.24	400m: 5:31.72	36.05	