

Campeonatos Nacionais de Juvenis PL  
Póvoa de Varzim, 13. - 15.3.2009

Prova 8	Masc., 400m Livres				Juvenis
14.3.09 - 10:05					Resultados
Recorde Nacional Absoluto	3:55.30	Fabio Manuel Pereira	CFV	Canet (FRA)	14.6.08
Recorde Nacional Juvenis A	4:02.13	Jorge Manuel Maia	GDNVNF	EULisboa	29.5.05
Recorde Nacional Juvenis B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29.7.06

MAC Masc JUV A Juv A: 4:17.45 / MAC Masc JUV B Juv B: 4:26.00 / TAC Masc JUV A 50m Juv A: 4:31.00 / TAC Masc JUV B 50m Juv B: 4:40.00

Pontos: FINA 2008

Lugar	Ano		Tempo final				Pts	
<b>Juvenis B</b>								
1.	Pedro Afonso Gaspar	94	Sporting	<b>4:21.78</b>				616
	50m: 30.04 30.04	150m: 1:35.80	33.07	250m: 2:42.91	33.39	350m: 3:49.78	33.19	
	100m: 1:02.73 32.69	200m: 2:09.52	33.72	300m: 3:16.59	33.68	400m: 4:21.78	32.00	
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	<b>4:23.70</b>				602
	50m: 28.39 28.39	150m: 1:33.38	33.03	250m: 2:41.34	34.43	350m: 3:51.24	35.16	
	100m: 1:00.35 31.96	200m: 2:06.91	33.53	300m: 3:16.08	34.74	400m: 4:23.70	32.46	
3.	Tiago Silva Oliveira	94	Leixões	<b>4:24.10</b>				599
	50m: 30.08 30.08	150m: 1:36.33	33.12	250m: 2:43.50	33.66	350m: 3:51.10	33.65	
	100m: 1:03.21 33.13	200m: 2:09.84	33.51	300m: 3:17.45	33.95	400m: 4:24.10	33.00	
4.	Edgar Miguel Lopes	94	Louletano/Habipro	<b>4:27.27</b>				578
	50m: 30.41 30.41	150m: 1:38.09	34.49	250m: 2:47.82	34.53	350m: 3:54.96	33.04	
	100m: 1:03.60 33.19	200m: 2:13.29	35.20	300m: 3:21.92	34.10	400m: 4:27.27	32.31	
5.	Ruben Filipe Nunes	94	Gespaços	<b>4:28.91</b>				568
	50m: 29.98 29.98	150m: 1:37.60	34.35	250m: 2:46.43	34.42	350m: 3:55.74	34.42	
	100m: 1:03.25 33.27	200m: 2:12.01	34.41	300m: 3:21.32	34.89	400m: 4:28.91	33.17	
6.	Diogo Cunha Girao	94	Columbófila Cantanhedense	<b>4:30.02</b>				561
	50m: 31.88 31.88	150m: 1:39.64	33.87	250m: 2:48.30	34.64	350m: 3:57.36	34.33	
	100m: 1:05.77 33.89	200m: 2:13.66	34.02	300m: 3:23.03	34.73	400m: 4:30.02	32.66	
7.	Pedro Diogo Taveira	94	Galitos	<b>4:31.15</b>				554
	50m: 29.89 29.89	150m: 1:38.62	34.74	250m: 2:47.86	34.56	350m: 3:57.55	34.59	
	100m: 1:03.88 33.99	200m: 2:13.30	34.68	300m: 3:22.96	35.10	400m: 4:31.15	33.60	
8.	Nuno Costa Caires	94	Naval do Funchal	<b>4:31.31</b>				553
	50m: 30.56 30.56	150m: 1:39.49	34.54	250m: 2:50.06	35.21	350m: 3:59.76	34.19	
	100m: 1:04.95 34.39	200m: 2:14.85	35.36	300m: 3:25.57	35.51	400m: 4:31.31	31.55	
9.	Andre Manuel Garcia	94	Vilacondense	<b>4:31.63</b>				551
	50m: 30.19 30.19	150m: 1:38.54	34.81	250m: 2:49.00	35.53	350m: 4:00.51	35.23	
	100m: 1:03.73 33.54	200m: 2:13.47	34.93	300m: 3:25.28	36.28	400m: 4:31.63	31.12	
9.	Andre Canelas Kaldeich	94	Fluvial Portuense	<b>4:31.63</b>				551
	50m: 29.67 29.67	150m: 1:37.41	34.35	250m: 2:47.38	34.98	350m: 3:57.30	35.25	
	100m: 1:03.06 33.39	200m: 2:12.40	34.99	300m: 3:22.05	34.67	400m: 4:31.63	34.33	
11.	Andre Eduardo Infante	94	Sporting	<b>4:32.26</b>				547
	50m: 30.33 30.33	150m: 1:39.36	34.93	250m: 2:50.01	35.16	350m: 4:00.81	35.30	
	100m: 1:04.43 34.10	200m: 2:14.85	35.49	300m: 3:25.51	35.50	400m: 4:32.26	31.45	
12.	Manuel Silva Barros	94	Braga	<b>4:33.36</b>				541
	50m: 29.82 29.82	150m: 1:37.30	34.49	250m: 2:47.54	35.13	350m: 3:58.08	34.80	
	100m: 1:02.81 32.99	200m: 2:12.41	35.11	300m: 3:23.28	35.74	400m: 4:33.36	35.28	
13.	Ivo Andre Lopes	94	20Km de Almeirim	<b>4:34.00</b>				537
	50m: 30.32 30.32	150m: 1:38.51	34.79	250m: 2:49.59	35.68	350m: 4:00.76	35.57	
	100m: 1:03.72 33.40	200m: 2:13.91	35.40	300m: 3:25.19	35.60	400m: 4:34.00	33.24	
14.	Joao Pedro Vieira	94	Naval do Funchal	<b>4:34.05</b>				536
	50m: 30.82 30.82	150m: 1:39.97	35.39	250m: 2:50.72	35.59	350m: 4:01.63	35.50	
	100m: 1:04.58 33.76	200m: 2:15.13	35.16	300m: 3:26.13	35.41	400m: 4:34.05	32.42	

Campeonatos Nacionais de Juvenis PL  
Póvoa de Varzim, 13. - 15.3.2009

Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome		Ano	Local				Tempo final	Pts
15.	Luis Miguel Fonseca		94	Porto/Império Bonança				<b>4:34.50</b>	534
	50m:	30.31 30.31	150m:	1:38.11 34.41	250m:	2:49.01 35.30	350m:	3:59.91 35.05	
	100m:	1:03.70 33.39	200m:	2:13.71 35.60	300m:	3:24.86 35.85	400m:	4:34.50 34.59	
16.	Miguel Alexandre Lemos		94	Porto/Império Bonança				<b>4:34.73</b>	533
	50m:	30.60 30.60	150m:	1:39.24 35.15	250m:	2:50.02 35.61	350m:	4:00.94 35.38	
	100m:	1:04.09 33.49	200m:	2:14.41 35.17	300m:	3:25.56 35.54	400m:	4:34.73 33.79	
16.	Miguel Polidoro Alexandre		94	Bairro dos Anjos				<b>4:34.73</b>	533
	50m:	30.40 30.40	150m:	1:38.96 34.89	250m:	2:49.86 35.71	350m:	4:00.99 34.99	
	100m:	1:04.07 33.67	200m:	2:14.15 35.19	300m:	3:26.00 36.14	400m:	4:34.73 33.74	
18.	David Xavier Cunha		94	Vitória de Guimarães				<b>4:35.91</b>	526
	50m:	30.81 30.81	150m:	1:40.59 35.61	250m:	2:51.39 35.01	350m:	4:01.76 35.04	
	100m:	1:04.98 34.17	200m:	2:16.38 35.79	300m:	3:26.72 35.33	400m:	4:35.91 34.15	
19.	Joao Manuel Borges		94	Ginásio Figueirense				<b>4:37.72</b>	515
	50m:	30.69 30.69	150m:	1:39.73 35.10	250m:	2:51.09 35.74	350m:	4:02.77 35.66	
	100m:	1:04.63 33.94	200m:	2:15.35 35.62	300m:	3:27.11 36.02	400m:	4:37.72 34.95	
19.	Simao Pedro Alves		94	Famalicão				<b>4:37.72</b>	515
	50m:	30.58 30.58	150m:	1:39.37 34.39	250m:	2:50.31 35.38	350m:	4:02.38 35.71	
	100m:	1:04.98 34.40	200m:	2:14.93 35.56	300m:	3:26.67 36.36	400m:	4:37.72 35.34	
21.	Nuno Filipe Magalhaes		94	Porto/Império Bonança				<b>4:37.98</b>	514
	50m:	30.73 30.73	150m:	1:39.71 34.44	250m:	2:50.69 35.57	350m:	4:02.66 35.65	
	100m:	1:05.27 34.54	200m:	2:15.12 35.41	300m:	3:27.01 36.32	400m:	4:37.98 35.32	
22.	Tiago Vitorino Mendes		94	Desportiva Limiana				<b>4:38.62</b>	511
	50m:	30.77 30.77	150m:	1:40.48 35.79	250m:	2:52.11 35.90	350m:	4:03.91 35.62	
	100m:	1:04.69 33.92	200m:	2:16.21 35.73	300m:	3:28.29 36.18	400m:	4:38.62 34.71	
23.	Francisco Miguel Costa		94	Famalicão				<b>4:39.46</b>	506
	50m:	30.99 30.99	150m:	1:40.54 35.42	250m:	2:52.34 35.86	350m:	4:04.87 36.33	
	100m:	1:05.12 34.13	200m:	2:16.48 35.94	300m:	3:28.54 36.20	400m:	4:39.46 34.59	
24.	Pedro Gomes Antunes		94	Braga				<b>4:42.29</b>	491
	<i>FTL</i>								
	50m:	30.93 30.93	150m:	1:41.72 35.98	250m:	2:54.62 36.40	350m:	4:08.01 36.57	
	100m:	1:05.74 34.81	200m:	2:18.22 36.50	300m:	3:31.44 36.82	400m:	4:42.29 34.28	
25.	Ricardo Jorge Rodrigues		94	Braga				<b>4:42.47</b>	490
	<i>FTL</i>								
	50m:	30.53 30.53	150m:	1:41.37 36.03	250m:	2:54.47 36.25	350m:	4:06.72 34.40	
	100m:	1:05.34 34.81	200m:	2:18.22 36.85	300m:	3:32.32 37.85	400m:	4:42.47 35.75	
26.	Andre Filipe Braga		94	Bombeiros dos Estoris				<b>4:42.79</b>	488
	<i>FTL</i>								
	50m:	31.34 31.34	150m:	1:41.27 35.32	250m:	2:54.16 36.49	350m:	4:07.96 36.98	
	100m:	1:05.95 34.61	200m:	2:17.67 36.40	300m:	3:30.98 36.82	400m:	4:42.79 34.83	
27.	Pedro Miguel Silva		94	Colégio Monte Maior				<b>4:42.98</b>	487
	<i>FTL</i>								
	50m:	30.98 30.98	150m:	1:42.16 36.80	250m:	2:54.87 36.57	350m:	4:07.93 36.55	
	100m:	1:05.36 34.38	200m:	2:18.30 36.14	300m:	3:31.38 36.51	400m:	4:42.98 35.05	
28.	Nuno Miguel Brites		94	Elétrico				<b>4:43.57</b>	484
	<i>FTL</i>								
	50m:	30.14 30.14	150m:	1:40.63 36.38	250m:	2:55.09 37.20	350m:	4:08.78 36.40	
	100m:	1:04.25 34.11	200m:	2:17.89 37.26	300m:	3:32.38 37.29	400m:	4:43.57 34.79	
29.	Joao Carlos Paula		94	Galitos				<b>4:46.61</b>	469
	<i>FTL</i>								
	50m:	31.83 31.83	150m:	1:42.08 35.35	250m:	2:55.19 36.30	350m:	4:10.16 37.44	
	100m:	1:06.73 34.90	200m:	2:18.89 36.81	300m:	3:32.72 37.53	400m:	4:46.61 36.45	

Campeonatos Nacionais de Juvenis PL  
Póvoa de Varzim, 13. - 15.3.2009

Prova 8, Masc., 400m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts		
30.	Micael Valverde Teixeira		94	Naval da Nazaré				<b>4:47.07</b>	467		
	<i>FTL</i>										
	50m:	31.50 31.50	150m:	1:41.63	35.67	250m:	2:55.06	37.05	350m:	4:10.04	37.57
	100m:	1:05.96 34.46	200m:	2:18.01	36.38	300m:	3:32.47	37.41	400m:	4:47.07	37.03
DSQ	Fernando Santos Moreira		94	Fluvial Portuense				<b>4:42.37</b>			
	<i>FTL, Falsa Partida</i>										
	50m:	30.56 30.56	150m:	1:41.02	35.96	250m:	2:54.34	36.78	350m:	4:08.53	37.05
	100m:	1:05.06 34.50	200m:	2:17.56	36.54	300m:	3:31.48	37.14	400m:	4:42.37	33.84

Juvenis A

1.	Gustavo Manuel Santa		93	Litoral Alentejano				<b>4:07.77</b>	726		
	50m:	27.17 27.17	150m:	1:28.91	31.96	250m:	2:33.88	32.45	350m:	3:38.10	32.30
	100m:	56.95 29.78	200m:	2:01.43	32.52	300m:	3:05.80	31.92	400m:	4:07.77	29.67
2.	Miguel Monteiro Diogo		93	Alcobaça				<b>4:09.51</b>	711		
	50m:	27.77 27.77	150m:	1:29.42	31.37	250m:	2:33.66	32.04	350m:	3:38.18	32.24
	100m:	58.05 30.28	200m:	2:01.62	32.20	300m:	3:05.94	32.28	400m:	4:09.51	31.33
3.	Ricardo Manuel Machado		93	Braga				<b>4:19.08</b>	635		
	50m:	27.69 27.69	150m:	1:29.36	31.93	250m:	2:36.60	33.99	350m:	3:45.37	34.44
	100m:	57.43 29.74	200m:	2:02.61	33.25	300m:	3:10.93	34.33	400m:	4:19.08	33.71
4.	Luis Miguel Nogueira		93	Porto/Império Bonança				<b>4:20.23</b>	627		
	50m:	29.62 29.62	150m:	1:33.89	32.69	250m:	2:40.81	33.67	350m:	3:48.23	33.80
	100m:	1:01.20 31.58	200m:	2:07.14	33.25	300m:	3:14.43	33.62	400m:	4:20.23	32.00
5.	Andre Rafael Marinho		93	União Piedense				<b>4:20.46</b>	625		
	50m:	28.25 28.25	150m:	1:31.88	32.47	250m:	2:39.46	33.90	350m:	3:47.69	33.94
	100m:	59.41 31.16	200m:	2:05.56	33.68	300m:	3:13.75	34.29	400m:	4:20.46	32.77
6.	Rui Filipe Maia		93	Vilacondense				<b>4:20.60</b>	624		
	50m:	28.62 28.62	150m:	1:33.46	32.51	250m:	2:40.44	33.17	350m:	3:48.03	33.73
	100m:	1:00.95 32.33	200m:	2:07.27	33.81	300m:	3:14.30	33.86	400m:	4:20.60	32.57
7.	Guilherme Pereira Gil		93	União Piedense				<b>4:21.44</b>	618		
	50m:	30.08 30.08	150m:	1:35.66	33.34	250m:	2:43.30	33.78	350m:	3:50.41	33.54
	100m:	1:02.32 32.24	200m:	2:09.52	33.86	300m:	3:16.87	33.57	400m:	4:21.44	31.03
8.	Francisco Miguel Cirurgiao		93	Algés				<b>4:23.08</b>	606		
	50m:	30.01 30.01	150m:	1:35.74	33.35	250m:	2:43.54	34.01	350m:	3:50.83	33.61
	100m:	1:02.39 32.38	200m:	2:09.53	33.79	300m:	3:17.22	33.68	400m:	4:23.08	32.25
9.	Rafael Dias Martins		93	Maia/Real Seguros				<b>4:23.62</b>	603		
	50m:	30.17 30.17	150m:	1:36.46	33.38	250m:	2:43.72	33.89	350m:	3:51.07	33.89
	100m:	1:03.08 32.91	200m:	2:09.83	33.37	300m:	3:17.18	33.46	400m:	4:23.62	32.55
10.	Ricardo Mestre Teixeira		93	Sporting				<b>4:26.27</b>	585		
	50m:	30.04 30.04	150m:	1:36.51	33.67	250m:	2:44.11	33.76	350m:	3:53.23	34.92
	100m:	1:02.84 32.80	200m:	2:10.35	33.84	300m:	3:18.31	34.20	400m:	4:26.27	33.04
11.	Nuno Vieira Malheiro		93	Braga				<b>4:29.06</b>	567		
	50m:	30.63 30.63	150m:	1:37.49	33.29	250m:	2:45.75	34.28	350m:	3:55.54	34.79
	100m:	1:04.20 33.57	200m:	2:11.47	33.98	300m:	3:20.75	35.00	400m:	4:29.06	33.52
12.	Diogo Carmo Ramos		93	Vilacondense				<b>4:29.28</b>	565		
	50m:	30.33 30.33	150m:	1:37.62	34.17	250m:	2:46.95	34.70	350m:	3:56.46	34.61
	100m:	1:03.45 33.12	200m:	2:12.25	34.63	300m:	3:21.85	34.90	400m:	4:29.28	32.82
13.	Joao Luis Rodrigues		93	Braga				<b>4:29.48</b>	564		
	50m:	30.15 30.15	150m:	1:38.55	34.81	250m:	2:47.73	34.42	350m:	3:57.07	34.48
	100m:	1:03.74 33.59	200m:	2:13.31	34.76	300m:	3:22.59	34.86	400m:	4:29.48	32.41

Campeonatos Nacionais de Juvenis PL  
Póvoa de Varzim, 13. - 15.3.2009

Prova 8, Masc., 400m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts		
14.	Pedro Diogo Crespo		93	Galitos				<b>4:31.64</b>	551		
	<i>FTL</i>										
	50m:	28.44 28.44	150m:	1:33.04	33.40	250m:	2:43.53	35.83	350m:	3:55.88	36.29
	100m:	59.64 31.20	200m:	2:07.70	34.66	300m:	3:19.59	36.06	400m:	4:31.64	35.76
15.	Bernardo Correia Silva		93	Fluvial Portuense				<b>4:31.69</b>	551		
	<i>FTL</i>										
	50m:	30.26 30.26	150m:	1:38.09	34.40	250m:	2:47.94	35.32	350m:	3:58.65	35.33
	100m:	1:03.69 33.43	200m:	2:12.62	34.53	300m:	3:23.32	35.38	400m:	4:31.69	33.04
16.	Mario Rui Cunha		93	Famalicão				<b>4:31.82</b>	550		
	<i>FTL</i>										
	50m:	30.57 30.57	150m:	1:38.81	34.43	250m:	2:48.30	34.90	350m:	3:58.33	35.20
	100m:	1:04.38 33.81	200m:	2:13.40	34.59	300m:	3:23.13	34.83	400m:	4:31.82	33.49
17.	Joao Monteiro Piteira		93	Aminata				<b>4:32.13</b>	548		
	<i>FTL</i>										
	50m:	31.34 31.34	150m:	1:39.62	34.60	250m:	2:48.22	34.53	350m:	3:58.24	35.11
	100m:	1:05.02 33.68	200m:	2:13.69	34.07	300m:	3:23.13	34.91	400m:	4:32.13	33.89
17.	Bernardo Leitao Graca		93	Benfica				<b>4:32.13</b>	548		
	<i>FTL</i>										
	50m:	31.06 31.06	150m:	1:40.57	35.46	250m:	2:49.91	33.77	350m:	3:59.93	34.85
	100m:	1:05.11 34.05	200m:	2:16.14	35.57	300m:	3:25.08	35.17	400m:	4:32.13	32.20
19.	Venancio Guilherme Ferreira		93	Desportiva de Viana				<b>4:32.56</b>	545		
	<i>FTL</i>										
	50m:	30.36 30.36	150m:	1:38.52	34.60	250m:	2:48.39	35.22	350m:	3:59.30	35.40
	100m:	1:03.92 33.56	200m:	2:13.17	34.65	300m:	3:23.90	35.51	400m:	4:32.56	33.26
20.	Alexandre Santos Gomes		93	Naval do Funchal				<b>4:32.89</b>	543		
	<i>FTL</i>										
	50m:	30.80 30.80	150m:	1:37.92	34.05	250m:	2:47.19	34.77	350m:	3:58.38	35.71
	100m:	1:03.87 33.07	200m:	2:12.42	34.50	300m:	3:22.67	35.48	400m:	4:32.89	34.51
21.	Alexandre Galveias Vale		93	Pimpões/Cimai				<b>4:37.57</b>	516		
	<i>FTL</i>										
	50m:	29.68 29.68	150m:	1:37.54	34.36	250m:	2:48.52	35.69	350m:	4:00.85	36.17
	100m:	1:03.18 33.50	200m:	2:12.83	35.29	300m:	3:24.68	36.16	400m:	4:37.57	36.72
22.	Rafael Lages Ribas		93	Desportiva de Viana				<b>4:39.49</b>	506		
	<i>FTL</i>										
	50m:	30.33 30.33	150m:	1:40.14	35.55	250m:	2:51.28	35.04	350m:	4:04.18	36.09
	100m:	1:04.59 34.26	200m:	2:16.24	36.10	300m:	3:28.09	36.81	400m:	4:39.49	35.31
23.	Pedro Nuno Ribeiro		93	Porto/Império Bonança				<b>5:05.96</b>	386		
	<i>FTL</i>										
	50m:	30.75 30.75	150m:	1:46.26	38.90	250m:	3:05.54	39.57	350m:	4:25.08	39.75
	100m:	1:07.36 36.61	200m:	2:25.97	39.71	300m:	3:45.33	39.79	400m:	5:05.96	40.88