

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 15 Masc., 400m Estilos Open
19.7.09 - 17:00 Resultados Final

Recorde Nacional Absoluto	4:19.54	Diogo Filipe Carvalho	CGA	Lisboa	28.3.09
Recorde Nacional Sénior	4:19.54	Diogo Filipe Carvalho	CGA	Lisboa	28.3.09
Recorde Nacional Junior	4:28.70	Carlos Esteves Almeida	CNA	Lisboa	26.3.06
Recorde Nacional Juvenis A	4:33.24	Diogo Filipe Carvalho	CGA	Jamor	29.7.04
Recorde Nacional Juvenis B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17.5.03

TAC JUN/SEN Masc 17 +: 4:53.00 / TAC JUV A Masc Juv A: 5:09.00 / TAC JUV B Masc Juv B: 5:18.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Open			
Final A			
1. Pedro Diogo Oliveira MAC	88 Rio Maior	4:27.51	809
50m: 27.18 27.18	150m: 1:31.69 33.93	250m: 2:44.34 40.49	350m: 3:57.74 32.87
100m: 57.76 30.58	200m: 2:03.85 32.16	300m: 3:24.87 40.53	400m: 4:27.51 29.77
2. Duarte Rafael Mourao MAC	84 Amadora	4:30.43	783
50m: 27.47 27.47	150m: 1:33.97 34.90	250m: 2:46.93 38.07	350m: 3:58.85 32.65
100m: 59.07 31.60	200m: 2:08.86 34.89	300m: 3:26.20 39.27	400m: 4:30.43 31.58
3. Miguel Silva Oliveira MAC	91 Náutico/Matobra	4:33.43	758
50m: 28.03 28.03	150m: 1:38.19 36.99	250m: 2:53.00 39.12	350m: 4:03.98 31.58
100m: 1:01.20 33.17	200m: 2:13.88 35.69	300m: 3:32.40 39.40	400m: 4:33.43 29.45
4. Ricardo Amorim Rego MAC	84 Braga	4:34.08	752
50m: 28.46 28.46	150m: 1:37.58 35.63	250m: 2:52.80 39.05	350m: 4:04.27 31.87
100m: 1:01.95 33.49	200m: 2:13.75 36.17	300m: 3:32.40 39.60	400m: 4:34.08 29.81
5. Henrique Pereira Neiva	84 Vilacondense	4:41.57	694
50m: 28.96 28.96	150m: 1:40.88 38.52	250m: 2:57.31 38.98	350m: 4:10.50 33.51
100m: 1:02.36 33.40	200m: 2:18.33 37.45	300m: 3:36.99 39.68	400m: 4:41.57 31.07
6. Andre Bras Goncalves	88 Os Belenenses	4:41.84	692
50m: 28.49 28.49	150m: 1:39.78 37.36	250m: 2:56.17 39.54	350m: 4:09.50 33.26
100m: 1:02.42 33.93	200m: 2:16.63 36.85	300m: 3:36.24 40.07	400m: 4:41.84 32.34
7. Hugo Cascais Rodrigues	89 Porto/Império Bonança	4:41.93	691
50m: 28.61 28.61	150m: 1:36.96 35.24	250m: 2:51.54 39.03	350m: 4:07.22 34.47
100m: 1:01.72 33.11	200m: 2:12.51 35.55	300m: 3:32.75 41.21	400m: 4:41.93 34.71
8. Marcelo Goncalo Pereira FTL	90 Vilacondense	4:53.86	610
50m: 28.13 28.13	150m: 1:41.06 38.48	250m: 3:02.38 42.76	350m: 4:20.16 34.93
100m: 1:02.58 34.45	200m: 2:19.62 38.56	300m: 3:45.23 42.85	400m: 4:53.86 33.70
Final B			
9. Diogo Banza Pinto	87 Algés	4:43.03	683
50m: 29.63 29.63	150m: 1:40.80 38.08	250m: 2:58.66 41.57	350m: 4:13.74 33.33
100m: 1:02.72 33.09	200m: 2:17.09 36.29	300m: 3:40.41 41.75	400m: 4:43.03 29.29
10. Miguel Machado Lopes	92 Benedita	4:43.49	680
50m: 29.96 29.96	150m: 1:41.28 37.21	250m: 2:58.22 40.20	350m: 4:12.18 31.92
100m: 1:04.07 34.11	200m: 2:18.02 36.74	300m: 3:40.26 42.04	400m: 4:43.49 31.31

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 15, Masc., 400m Estilos, Final, Open

Lugar			Ano					Tempo final	Pts
11.	Nuno Rafael Alves		90	Gespaços				4:44.06	676
	50m:	30.26	30.26	150m:	1:41.35	37.23	250m:	2:57.80	39.84
	100m:	1:04.12	33.86	200m:	2:17.96	36.61	300m:	3:38.96	41.16
				350m:	4:12.36	33.40	400m:	4:44.06	31.70
12.	Paulo Andre Dias		92	Gespaços				4:44.18	675
	50m:	29.77	29.77	150m:	1:41.22	37.71	250m:	2:58.67	40.68
	100m:	1:03.51	33.74	200m:	2:17.99	36.77	300m:	3:40.36	41.69
				350m:	4:13.11	32.75	400m:	4:44.18	31.07
13.	Rui Miguel Fonseca		88	Náutico/Matobra				4:45.75	664
	50m:	28.61	28.61	150m:	1:38.89	37.32	250m:	2:58.75	43.56
	100m:	1:01.57	32.96	200m:	2:15.19	36.30	300m:	3:43.22	44.47
				350m:	4:15.03	31.81	400m:	4:45.75	30.72
14.	Duarte Barros Pires		92	Desportiva Limiana				4:45.79	664
	50m:	30.12	30.12	150m:	1:43.91	38.34	250m:	3:01.09	39.99
	100m:	1:05.57	35.45	200m:	2:21.10	37.19	300m:	3:41.92	40.83
				350m:	4:14.10	32.18	400m:	4:45.79	31.69
15.	Rui Filipe Vilar		91	Porto/Império Bonança				4:51.04	628
	50m:	30.00	30.00	150m:	1:43.05	38.86	250m:	3:03.05	40.86
	100m:	1:04.19	34.19	200m:	2:22.19	39.14	300m:	3:44.28	41.23
				350m:	4:18.09	33.81	400m:	4:51.04	32.95
16.	Tiago Manuel Costa FTL		89	Leixões				4:54.95	604
	50m:	30.18	30.18	150m:	1:44.96	39.98	250m:	3:07.57	43.31
	100m:	1:04.98	34.80	200m:	2:24.26	39.30	300m:	3:50.77	43.20
				350m:	4:23.48	32.71	400m:	4:54.95	31.47

Absoluto

Final A

1.	Pedro Diogo Oliveira MAC		88	Rio Maior				4:27.51	809
	50m:	27.18	27.18	150m:	1:31.69	33.93	250m:	2:44.34	40.49
	100m:	57.76	30.58	200m:	2:03.85	32.16	300m:	3:24.87	40.53
				350m:	3:57.74	32.87	400m:	4:27.51	29.77
2.	Duarte Rafael Mourao MAC		84	Amadora				4:30.43	783
	50m:	27.47	27.47	150m:	1:33.97	34.90	250m:	2:46.93	38.07
	100m:	59.07	31.60	200m:	2:08.86	34.89	300m:	3:26.20	39.27
				350m:	3:58.85	32.65	400m:	4:30.43	31.58
3.	Miguel Silva Oliveira MAC		91	Náutico/Matobra				4:33.43	758
	50m:	28.03	28.03	150m:	1:38.19	36.99	250m:	2:53.00	39.12
	100m:	1:01.20	33.17	200m:	2:13.88	35.69	300m:	3:32.40	39.40
				350m:	4:03.98	31.58	400m:	4:33.43	29.45
4.	Ricardo Amorim Rego MAC		84	Braga				4:34.08	752
	50m:	28.46	28.46	150m:	1:37.58	35.63	250m:	2:52.80	39.05
	100m:	1:01.95	33.49	200m:	2:13.75	36.17	300m:	3:32.40	39.60
				350m:	4:04.27	31.87	400m:	4:34.08	29.81
5.	Henrique Pereira Neiva		84	Vilacondense				4:41.57	694
	50m:	28.96	28.96	150m:	1:40.88	38.52	250m:	2:57.31	38.98
	100m:	1:02.36	33.40	200m:	2:18.33	37.45	300m:	3:36.99	39.68
				350m:	4:10.50	33.51	400m:	4:41.57	31.07
6.	Andre Bras Goncalves		88	Os Belenenses				4:41.84	692
	50m:	28.49	28.49	150m:	1:39.78	37.36	250m:	2:56.17	39.54
	100m:	1:02.42	33.93	200m:	2:16.63	36.85	300m:	3:36.24	40.07
				350m:	4:09.50	33.26	400m:	4:41.84	32.34

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 15, Masc., 400m Estilos, Final, Absoluto

Lugar			Ano					Tempo final	Pts		
7.	Hugo Cascais Rodrigues		89	Porto/Império Bonança				4:41.93	691		
	50m:	28.61 28.61	150m:	1:36.96	35.24	250m:	2:51.54	39.03	350m:	4:07.22	34.47
	100m:	1:01.72 33.11	200m:	2:12.51	35.55	300m:	3:32.75	41.21	400m:	4:41.93	34.71
8.	Marcelo Goncalo Pereira		90	Vilacondense				4:53.86	610		
	<i>FTL</i>										
	50m:	28.13 28.13	150m:	1:41.06	38.48	250m:	3:02.38	42.76	350m:	4:20.16	34.93
	100m:	1:02.58 34.45	200m:	2:19.62	38.56	300m:	3:45.23	42.85	400m:	4:53.86	33.70
Final B											
9.	Diogo Banza Pinto		87	Algés				4:43.03	683		
	50m:	29.63 29.63	150m:	1:40.80	38.08	250m:	2:58.66	41.57	350m:	4:13.74	33.33
	100m:	1:02.72 33.09	200m:	2:17.09	36.29	300m:	3:40.41	41.75	400m:	4:43.03	29.29
10.	Miguel Machado Lopes		92	Benedita				4:43.49	680		
	50m:	29.96 29.96	150m:	1:41.28	37.21	250m:	2:58.22	40.20	350m:	4:12.18	31.92
	100m:	1:04.07 34.11	200m:	2:18.02	36.74	300m:	3:40.26	42.04	400m:	4:43.49	31.31
11.	Nuno Rafael Alves		90	Gespaços				4:44.06	676		
	50m:	30.26 30.26	150m:	1:41.35	37.23	250m:	2:57.80	39.84	350m:	4:12.36	33.40
	100m:	1:04.12 33.86	200m:	2:17.96	36.61	300m:	3:38.96	41.16	400m:	4:44.06	31.70
12.	Paulo Andre Dias		92	Gespaços				4:44.18	675		
	50m:	29.77 29.77	150m:	1:41.22	37.71	250m:	2:58.67	40.68	350m:	4:13.11	32.75
	100m:	1:03.51 33.74	200m:	2:17.99	36.77	300m:	3:40.36	41.69	400m:	4:44.18	31.07
13.	Rui Miguel Fonseca		88	Náutico/Matobra				4:45.75	664		
	50m:	28.61 28.61	150m:	1:38.89	37.32	250m:	2:58.75	43.56	350m:	4:15.03	31.81
	100m:	1:01.57 32.96	200m:	2:15.19	36.30	300m:	3:43.22	44.47	400m:	4:45.75	30.72
14.	Duarte Barros Pires		92	Desportiva Limiana				4:45.79	664		
	50m:	30.12 30.12	150m:	1:43.91	38.34	250m:	3:01.09	39.99	350m:	4:14.10	32.18
	100m:	1:05.57 35.45	200m:	2:21.10	37.19	300m:	3:41.92	40.83	400m:	4:45.79	31.69
15.	Rui Filipe Vilar		91	Porto/Império Bonança				4:51.04	628		
	50m:	30.00 30.00	150m:	1:43.05	38.86	250m:	3:03.05	40.86	350m:	4:18.09	33.81
	100m:	1:04.19 34.19	200m:	2:22.19	39.14	300m:	3:44.28	41.23	400m:	4:51.04	32.95
16.	Tiago Manuel Costa		89	Leixões				4:54.95	604		
	<i>FTL</i>										
	50m:	30.18 30.18	150m:	1:44.96	39.98	250m:	3:07.57	43.31	350m:	4:23.48	32.71
	100m:	1:04.98 34.80	200m:	2:24.26	39.30	300m:	3:50.77	43.20	400m:	4:54.95	31.47