

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

Prova 36 Masc., 400m Livres Open
20.7.09 - 17:50 Resultados Final

Recorde Nacional Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
Recorde Nacional Sénior	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
Recorde Nacional Junior	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12.7.02
Recorde Nacional Juvenis A	4:02.13	Jorge Manuel Maia	GDNVNF	Lisboa	29.5.05
Recorde Nacional Juvenis B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29.7.06

TAC JUN/SEN Masc 17 +: 4:12.00 / TAC JUV A Masc Juv A: 4:29.00 / TAC JUV B Masc Juv B: 4:37.00

Pontos: FINA 2008

Lugar Ano Tempo final Pts

Open

Final A

1. Damien Cattin Vidal	88	Vikings de Rouen	3:55.53	845
50m: 27.34 27.34	150m: 1:26.09 29.48	250m: 2:25.91 29.69	350m: 3:26.00 29.94	
100m: 56.61 29.27	200m: 1:56.22 30.13	300m: 2:56.06 30.15	400m: 3:55.53 29.53	
2. Cesar Fernando Faria	90	Bairro dos Anjos	3:57.72	822
MAC				
50m: 27.33 27.33	150m: 1:26.62 29.93	250m: 2:27.02 29.89	350m: 3:27.88 30.26	
100m: 56.69 29.36	200m: 1:57.13 30.51	300m: 2:57.62 30.60	400m: 3:57.72 29.84	
3. Paulo Fragueiro Franco	82	Nacional	3:58.51	814
MAC				
50m: 27.31 27.31	150m: 1:27.26 30.19	250m: 2:28.00 30.06	350m: 3:29.08 30.34	
100m: 57.07 29.76	200m: 1:57.94 30.68	300m: 2:58.74 30.74	400m: 3:58.51 29.43	
4. Luis Emanuel Vaz	91	Famalicão	4:02.00	779
50m: 27.44 27.44	150m: 1:26.89 30.06	250m: 2:28.18 30.69	350m: 3:30.99 31.66	
100m: 56.83 29.39	200m: 1:57.49 30.60	300m: 2:59.33 31.15	400m: 4:02.00 31.01	
5. Pedro Fontoura Oliveira	90	Os Belenenses	4:02.74	772
50m: 27.84 27.84	150m: 1:28.87 30.83	250m: 2:31.26 31.17	350m: 3:33.50 30.83	
100m: 58.04 30.20	200m: 2:00.09 31.22	300m: 3:02.67 31.41	400m: 4:02.74 29.24	
6. Jose Joao Goncalves	91	Leixões	4:05.40	747
50m: 27.96 27.96	150m: 1:29.71 31.38	250m: 2:32.22 31.33	350m: 3:35.63 31.51	
100m: 58.33 30.37	200m: 2:00.89 31.18	300m: 3:04.12 31.90	400m: 4:05.40 29.77	
7. Rui Filipe Costa	91	Vitória de Guimarães	4:06.02	742
50m: 27.93 27.93	150m: 1:28.42 30.71	250m: 2:31.24 31.46	350m: 3:34.99 31.66	
100m: 57.71 29.78	200m: 1:59.78 31.36	300m: 3:03.33 32.09	400m: 4:06.02 31.03	
8. Hugo Alberto Ribeiro	88	Vilacondense	4:09.70	709
50m: 27.74 27.74	150m: 1:28.65 30.86	250m: 2:32.19 31.53	350m: 3:37.31 32.60	
100m: 57.79 30.05	200m: 2:00.66 32.01	300m: 3:04.71 32.52	400m: 4:09.70 32.39	

Final B

9. Oscar Ramos Melim	86	Nacional	4:04.07	759
50m: 28.59 28.59	150m: 1:31.04 31.23	250m: 2:33.34 30.33	350m: 3:34.62 29.85	
100m: 59.81 31.22	200m: 2:03.01 31.97	300m: 3:04.77 31.43	400m: 4:04.07 29.45	
10. Igor Guterres Carvalho	88	Vilacondense	4:06.38	738
50m: 28.67 28.67	150m: 1:31.28 31.62	250m: 2:34.93 31.74	350m: 3:37.26 30.84	
100m: 59.66 30.99	200m: 2:03.19 31.91	300m: 3:06.42 31.49	400m: 4:06.38 29.12	
11. Filipe Vieira Malheiro	90	Braga	4:07.15	731
50m: 28.22 28.22	150m: 1:30.77 31.58	250m: 2:33.73 30.98	350m: 3:36.85 31.28	
100m: 59.19 30.97	200m: 2:02.75 31.98	300m: 3:05.57 31.84	400m: 4:07.15 30.30	

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Prova 36, Masc., 400m Livres, Final, Open

Lugar			Ano					Tempo final	Pts
12.	Bernardo Almeida Moreira		89	Louletano/Habipro				4:09.51	711
	50m:	28.38	28.38	150m:	1:31.53	31.62	250m:	2:35.11	31.36
	100m:	59.91	31.53	200m:	2:03.75	32.22	300m:	3:07.05	31.94
							350m:	3:38.73	31.68
							400m:	4:09.51	30.78
13.	Diogo Andre Gaspar		90	Uniao Piedense				4:09.89	708
	50m:	28.67	28.67	150m:	1:32.11	31.82	250m:	2:35.75	31.85
	100m:	1:00.29	31.62	200m:	2:03.90	31.79	300m:	3:08.25	32.50
							350m:	3:39.58	31.33
							400m:	4:09.89	30.31
14.	Ricardo Manuel Machado MAC		93	Braga				4:09.90	708
	50m:	28.79	28.79	150m:	1:32.32	32.04	250m:	2:35.92	31.78
	100m:	1:00.28	31.49	200m:	2:04.14	31.82	300m:	3:08.00	32.08
							350m:	3:39.45	31.45
							400m:	4:09.90	30.45
15.	Andre Filipe Lopes		92	Académica de Coimbra				4:10.99	698
	50m:	28.78	28.78	150m:	1:31.55	31.44	250m:	2:35.57	31.68
	100m:	1:00.11	31.33	200m:	2:03.89	32.34	300m:	3:08.17	32.60
							350m:	3:40.57	32.40
							400m:	4:10.99	30.42
16.	Jorge Miguel Mendes FTL		90	Náutico/Matobra				4:21.29	619
	50m:	29.14	29.14	150m:	1:32.73	32.41	250m:	2:38.88	33.46
	100m:	1:00.32	31.18	200m:	2:05.42	32.69	300m:	3:13.20	34.32
							350m:	3:47.34	34.14
							400m:	4:21.29	33.95

Absoluto

Final A

1.	Cesar Fernando Faria MAC		90	Bairro dos Anjos				3:57.72	822
	50m:	27.33	27.33	150m:	1:26.62	29.93	250m:	2:27.02	29.89
	100m:	56.69	29.36	200m:	1:57.13	30.51	300m:	2:57.62	30.60
							350m:	3:27.88	30.26
							400m:	3:57.72	29.84
2.	Paulo Fragueiro Franco MAC		82	Nacional				3:58.51	814
	50m:	27.31	27.31	150m:	1:27.26	30.19	250m:	2:28.00	30.06
	100m:	57.07	29.76	200m:	1:57.94	30.68	300m:	2:58.74	30.74
							350m:	3:29.08	30.34
							400m:	3:58.51	29.43
3.	Luis Emanuel Vaz		91	Famalicão				4:02.00	779
	50m:	27.44	27.44	150m:	1:26.89	30.06	250m:	2:28.18	30.69
	100m:	56.83	29.39	200m:	1:57.49	30.60	300m:	2:59.33	31.15
							350m:	3:30.99	31.66
							400m:	4:02.00	31.01
4.	Pedro Fontoura Oliveira		90	Os Belenenses				4:02.74	772
	50m:	27.84	27.84	150m:	1:28.87	30.83	250m:	2:31.26	31.17
	100m:	58.04	30.20	200m:	2:00.09	31.22	300m:	3:02.67	31.41
							350m:	3:33.50	30.83
							400m:	4:02.74	29.24
5.	Jose Joao Goncalves		91	Leixões				4:05.40	747
	50m:	27.96	27.96	150m:	1:29.71	31.38	250m:	2:32.22	31.33
	100m:	58.33	30.37	200m:	2:00.89	31.18	300m:	3:04.12	31.90
							350m:	3:35.63	31.51
							400m:	4:05.40	29.77
6.	Rui Filipe Costa		91	Vitória de Guimarães				4:06.02	742
	50m:	27.93	27.93	150m:	1:28.42	30.71	250m:	2:31.24	31.46
	100m:	57.71	29.78	200m:	1:59.78	31.36	300m:	3:03.33	32.09
							350m:	3:34.99	31.66
							400m:	4:06.02	31.03
7.	Hugo Alberto Ribeiro		88	Vilacondense				4:09.70	709
	50m:	27.74	27.74	150m:	1:28.65	30.86	250m:	2:32.19	31.53
	100m:	57.79	30.05	200m:	2:00.66	32.01	300m:	3:04.71	32.52
							350m:	3:37.31	32.60
							400m:	4:09.70	32.39

Final B

9.	Oscar Ramos Melim		86	Nacional				4:04.07	759
	50m:	28.59	28.59	100m:	59.81	31.22	150m:	1:31.04	31.23
							200m:	2:03.01	31.97

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Prova 36, Masc., 400m Livres, Final, Absoluto

Lugar	Ano									Tempo final		Pts
	250m:	2:33.34	30.33	300m:	3:04.77	31.43	350m:	3:34.62	29.85	400m:	4:04.07	29.45
10.	Igor Guterres Carvalho				88	Vilacondense					4:06.38	738
	50m:	28.67	28.67	150m:	1:31.28	31.62	250m:	2:34.93	31.74	350m:	3:37.26	30.84
	100m:	59.66	30.99	200m:	2:03.19	31.91	300m:	3:06.42	31.49	400m:	4:06.38	29.12
11.	Filipe Vieira Malheiro				90	Braga					4:07.15	731
	50m:	28.22	28.22	150m:	1:30.77	31.58	250m:	2:33.73	30.98	350m:	3:36.85	31.28
	100m:	59.19	30.97	200m:	2:02.75	31.98	300m:	3:05.57	31.84	400m:	4:07.15	30.30
12.	Bernardo Almeida Moreira				89	Louletano/Habipro					4:09.51	711
	50m:	28.38	28.38	150m:	1:31.53	31.62	250m:	2:35.11	31.36	350m:	3:38.73	31.68
	100m:	59.91	31.53	200m:	2:03.75	32.22	300m:	3:07.05	31.94	400m:	4:09.51	30.78
13.	Diogo Andre Gaspar				90	Uniao Piedense					4:09.89	708
	50m:	28.67	28.67	150m:	1:32.11	31.82	250m:	2:35.75	31.85	350m:	3:39.58	31.33
	100m:	1:00.29	31.62	200m:	2:03.90	31.79	300m:	3:08.25	32.50	400m:	4:09.89	30.31
14.	Ricardo Manuel Machado				93	Braga					4:09.90	708
	MAC											
	50m:	28.79	28.79	150m:	1:32.32	32.04	250m:	2:35.92	31.78	350m:	3:39.45	31.45
	100m:	1:00.28	31.49	200m:	2:04.14	31.82	300m:	3:08.00	32.08	400m:	4:09.90	30.45
15.	Andre Filipe Lopes				92	Académica de Coimbra					4:10.99	698
	50m:	28.78	28.78	150m:	1:31.55	31.44	250m:	2:35.57	31.68	350m:	3:40.57	32.40
	100m:	1:00.11	31.33	200m:	2:03.89	32.34	300m:	3:08.17	32.60	400m:	4:10.99	30.42
16.	Jorge Miguel Mendes				90	Náutico/Matobra					4:21.29	619
	FTL											
	50m:	29.14	29.14	150m:	1:32.73	32.41	250m:	2:38.88	33.46	350m:	3:47.34	34.14
	100m:	1:00.32	31.18	200m:	2:05.42	32.69	300m:	3:13.20	34.32	400m:	4:21.29	33.95