

Campeonatos Nacionais de Clubes 1ª e 2ª Divisões
S. António Cavaleiros, 19. - 20.12.2009

Prova 3 19.12.09	Masc., 400m Livres 2ª Divisão				Absolutos Resultados
Recorde Nacional Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10.12.09
Recorde Nacional Sénior	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10.12.09
Recorde Nacional Junior	3:50.52	Adriano Miguel Niz	CFV	Fafe	26.6.04

Pontos: FINA 2009

Lugar	Nome	Ano	Licença	Clube	Tempo final	TReac	Pts
1.	Rui Filipe Costa	91	24004	Vitória de Guimarães	3:52.14	+0,73	807
	50m: 26.41 26.41	150m: 1:24.87	29.52	250m: 2:25.04	30.40	350m: 3:23.83	29.11
	100m: 55.35 28.94	200m: 1:54.64	29.77	300m: 2:54.72	29.68	400m: 3:52.14	28.31
2.	Cesar Fernando Faria	90	10704	Bairro dos Anjos	3:54.09	+0,84	787
	50m: 26.19 26.19	150m: 1:24.75	29.74	250m: 2:24.59	29.72	350m: 3:24.71	30.12
	100m: 55.01 28.82	200m: 1:54.87	30.12	300m: 2:54.59	30.00	400m: 3:54.09	29.38
3.	Jorge Miguel Mendes	90	11995	Náutico/Matobra	3:54.23	+0,79	785
	50m: 26.68 26.68	150m: 1:25.81	29.93	250m: 2:25.85	30.19	350m: 3:26.15	30.17
	100m: 55.88 29.20	200m: 1:55.66	29.85	300m: 2:55.98	30.13	400m: 3:54.23	28.08
4.	Vasco Miguel Gaspar	90	26500	União Piedense	3:54.40	+0,84	784
	50m: 26.18 26.18	150m: 1:25.43	29.87	250m: 2:25.72	30.14	350m: 3:25.97	29.68
	100m: 55.56 29.38	200m: 1:55.58	30.15	300m: 2:56.29	30.57	400m: 3:54.40	28.43
5.	Francisco Fezas Vital	92	26085	Benfica	3:56.60	+0,79	762
	50m: 27.03 27.03	150m: 1:27.30	30.61	250m: 2:28.07	30.08	350m: 3:27.41	29.51
	100m: 56.69 29.66	200m: 1:57.99	30.69	300m: 2:57.90	29.83	400m: 3:56.60	29.19
6.	Jose Joao Goncalves	91	26383	Leixões	4:04.77	+0,81	688
	50m: 27.43 27.43	150m: 1:28.77	31.02	250m: 2:30.90	31.17	350m: 3:34.08	31.67
	100m: 57.75 30.32	200m: 1:59.73	30.96	300m: 3:02.41	31.51	400m: 4:04.77	30.69
7.	Ricardo Manuel Machado	93	13278	Braga	4:06.34	+0,89	675
	50m: 27.43 27.43	150m: 1:28.05	30.83	250m: 2:31.01	31.56	350m: 3:34.53	31.84
	100m: 57.22 29.79	200m: 1:59.45	31.40	300m: 3:02.69	31.68	400m: 4:06.34	31.81
8.	Alexandre Santos Gomes	93	26416	Naval do Funchal	4:06.87	+0,86	671
	50m: 28.48 28.48	150m: 1:31.09	31.42	250m: 2:34.93	31.90	350m: 3:37.23	30.46
	100m: 59.67 31.19	200m: 2:03.03	31.94	300m: 3:06.77	31.84	400m: 4:06.87	29.64
9.	Alexandre Miguel Mendes	86	25049	Estrelas S. João Brito	4:09.08	+0,88	653
	50m: 28.08 28.08	150m: 1:29.58	31.06	250m: 2:32.89	31.77	350m: 3:37.15	32.10
	100m: 58.52 30.44	200m: 2:01.12	31.54	300m: 3:05.05	32.16	400m: 4:09.08	31.93
10.	Nuno Jose Vicente	78	13302	Torres Novas	4:09.56	+0,95	649
	50m: 28.30 28.30	150m: 1:29.76	31.14	250m: 2:33.11	31.89	350m: 3:37.95	32.40
	100m: 58.62 30.32	200m: 2:01.22	31.46	300m: 3:05.55	32.44	400m: 4:09.56	31.61
11.	Mauro Cabral Costa	93	11160	Naval Setubalense	4:11.59	+0,78	634
	50m: 27.67 27.67	150m: 1:30.17	31.49	250m: 2:34.42	32.20	350m: 3:39.96	32.79
	100m: 58.68 31.01	200m: 2:02.22	32.05	300m: 3:07.17	32.75	400m: 4:11.59	31.63
12.	Manuel Matos Sequeira	87	10631	Geslours	4:13.95	+0,77	616
	50m: 28.78 28.78	150m: 1:31.83	31.73	250m: 2:36.80	32.44	350m: 3:41.80	32.43
	100m: 1:00.10 31.32	200m: 2:04.36	32.53	300m: 3:09.37	32.57	400m: 4:13.95	32.15
13.	Andre Ricardo Simoes	91	12562	Galitos	4:15.58	+0,82	605
	50m: 27.49 27.49	150m: 1:30.79	31.73	250m: 2:34.99	32.01	350m: 3:42.07	33.85
	100m: 59.06 31.57	200m: 2:02.98	32.19	300m: 3:08.22	33.23	400m: 4:15.58	33.51
14.	Pedro Afonso Coelho	90	16005	Palmela	4:20.83	+0,90	569
	50m: 28.53 28.53	150m: 1:33.93	33.51	250m: 2:41.19	33.56	350m: 3:48.46	33.36
	100m: 1:00.42 31.89	200m: 2:07.63	33.70	300m: 3:15.10	33.91	400m: 4:20.83	32.37



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Prova 3, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Licença	Clube	Tempo final	TReac	Pts
15.	Miguel Duarte Nascimento	95	14944	Portinado	4:30.13	+0,76	512
	50m: 28.12 28.12	150m: 1:34.72	34.13	250m: 2:44.27	34.97	350m: 3:55.30	35.71
	100m: 1:00.59 32.47	200m: 2:09.30	34.58	300m: 3:19.59	35.32	400m: 4:30.13	34.83
16.	Luis Antonio Tarquinio	94	106549	Rio Maior	4:43.80	+0,84	442
	50m: 31.12 31.12	150m: 1:40.54	35.38	250m: 2:53.99	37.20	350m: 4:08.62	37.54
	100m: 1:05.16 34.04	200m: 2:16.79	36.25	300m: 3:31.08	37.09	400m: 4:43.80	35.18

