

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

Prova 4 19.12.09	Masc., 400m Livres 1ª 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.	Fabio Manuel Pereira	86	23049	Vilacondense	3:49.55	+0,82	834
	50m: 26.62 26.62	150m: 1:25.49	29.47	250m: 2:24.32	29.30	350m: 3:22.42	28.65
	100m: 56.02 29.40	200m: 1:55.02	29.53	300m: 2:53.77	29.45	400m: 3:49.55	27.13
2.	Jorge Manuel Maia	89	23220	Famalicão	3:50.04	+0,81	829
	50m: 26.70 26.70	150m: 1:25.07	29.33	250m: 2:24.26	29.38	350m: 3:22.99	29.10
	100m: 55.74 29.04	200m: 1:54.88	29.81	300m: 2:53.89	29.63	400m: 3:50.04	27.05
3.	Paulo Fragueiro Franco	82	24393	Nacional	3:50.96	+0,78	819
	50m: 26.55 26.55	150m: 1:24.64	29.36	250m: 2:23.51	29.48	350m: 3:22.45	29.27
	100m: 55.28 28.73	200m: 1:54.03	29.39	300m: 2:53.18	29.67	400m: 3:50.96	28.51
4.	Fabio Andre Figueira	88	11084	Amadora	3:51.06	+0,95	818
	50m: 26.89 26.89	150m: 1:26.24	29.80	250m: 2:25.30	29.63	350m: 3:23.41	28.78
	100m: 56.44 29.55	200m: 1:55.67	29.43	300m: 2:54.63	29.33	400m: 3:51.06	27.65
5.	Joao Filipe Carvalho	87	23026	Porto/Dolce Vita	3:51.23	+0,81	816
	50m: 26.34 26.34	150m: 1:25.16	29.63	250m: 2:24.53	29.51	350m: 3:23.80	29.29
	100m: 55.53 29.19	200m: 1:55.02	29.86	300m: 2:54.51	29.98	400m: 3:51.23	27.43
6.	Bernardo Almeida Moreira	89	10795	Louletano/Loulé Concelho	3:58.80	+0,75	741
	50m: 27.18 27.18	150m: 1:26.88	29.95	250m: 2:28.26	30.85	350m: 3:28.36	30.29
	100m: 56.93 29.75	200m: 1:57.41	30.53	300m: 2:58.07	29.81	400m: 3:58.80	30.44
7.	Arseniy Lavrentyev	83	100603	Algés	3:59.99	+0,76	730
	50m: 26.96 26.96	150m: 1:26.45	30.01	250m: 2:28.04	30.90	350m: 3:29.95	31.00
	100m: 56.44 29.48	200m: 1:57.14	30.69	300m: 2:58.95	30.91	400m: 3:59.99	30.04
8.	Ricardo Ferreira Cotovio	91	10921	Sporting	4:00.18	+0,71	728
	50m: 26.77 26.77	150m: 1:26.74	30.25	250m: 2:28.18	30.84	350m: 3:29.98	30.84
	100m: 56.49 29.72	200m: 1:57.34	30.60	300m: 2:59.14	30.96	400m: 4:00.18	30.20