

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

Prova 51 20.12.09	Masc., 400m Estilos 2ª Divisão				Absolutos Resultados
Recorde Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11.12.09
Recorde Nacional Sénior	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11.12.09
Recorde Nacional Junior	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12.12.03

Pontos: FINA 2009

Lugar	Nome	Ano	Licença	Clube	Tempo final	TReac	FINA	Pts
1.	Diogo Filipe Carvalho	88	12277	Galitos	4:13.32	+0,76	876	-
	50m: 26.19 26.19	150m: 1:29.03	32.57	250m: 2:35.64	34.35	350m: 3:42.42	31.59	
	100m: 56.46 30.27	200m: 2:01.29	32.26	300m: 3:10.83	35.19	400m: 4:13.32	30.90	
2.	Adriano Miguel Niz	86	23013	Benfica	4:16.70	+0,80	842	-
	50m: 26.29 26.29	150m: 1:30.12	32.86	250m: 2:38.25	37.08	350m: 3:47.42	31.53	
	100m: 57.26 30.97	200m: 2:01.17	31.05	300m: 3:15.89	37.64	400m: 4:16.70	29.28	
3.	Ricardo Amorim Rego	84	15954	Braga	4:27.51	+0,83	744	-
	50m: 27.97 27.97	150m: 1:33.66	33.24	250m: 2:46.56	38.30	350m: 3:56.72	31.83	
	100m: 1:00.42 32.45	200m: 2:08.26	34.60	300m: 3:24.89	38.33	400m: 4:27.51	30.79	
4.	Fernando Eurico Costa	85	24698	Leixões	4:28.94	+0,77	732	-
	50m: 27.84 27.84	150m: 1:35.24	35.71	250m: 2:49.92	39.89	350m: 3:59.87	30.34	
	100m: 59.53 31.69	200m: 2:10.03	34.79	300m: 3:29.53	39.61	400m: 4:28.94	29.07	
5.	Ricardo Jose Varela	89	12941	Naval Setubalense	4:28.98	+0,80	732	-
	50m: 27.65 27.65	150m: 1:35.86	36.51	250m: 2:48.20	36.31	350m: 3:56.58	32.32	
	100m: 59.35 31.70	200m: 2:11.89	36.03	300m: 3:24.26	36.06	400m: 4:28.98	32.40	
6.	Rui Filipe Costa	91	24004	Vitória de Guimarães	4:31.59	+0,71	711	-
	50m: 28.21 28.21	150m: 1:36.82	35.69	250m: 2:51.84	39.47	350m: 4:01.88	30.32	
	100m: 1:01.13 32.92	200m: 2:12.37	35.55	300m: 3:31.56	39.72	400m: 4:31.59	29.71	
7.	Rui Miguel Fonseca	88	11990	Náutico/Matobra	4:36.88	+0,77	671	-
	50m: 27.86 27.86	150m: 1:35.28	35.55	250m: 2:53.52	42.82	350m: 4:07.22	30.62	
	100m: 59.73 31.87	200m: 2:10.70	35.42	300m: 3:36.60	43.08	400m: 4:36.88	29.66	
8.	Joao Paulo Ribeiro	92	10703	Bairro dos Anjos	4:37.87	+0,73	664	-
	50m: 28.11 28.11	150m: 1:39.09	37.38	250m: 2:54.31	38.96	350m: 4:06.46	32.32	
	100m: 1:01.71 33.60	200m: 2:15.35	36.26	300m: 3:34.14	39.83	400m: 4:37.87	31.41	
9.	Andre Esteves Oliveira	86	13483	Geslours	4:38.76	+0,80	658	-
	50m: 28.15 28.15	150m: 1:36.46	35.90	250m: 2:52.75	41.20	350m: 4:07.24	33.39	
	100m: 1:00.56 32.41	200m: 2:11.55	35.09	300m: 3:33.85	41.10	400m: 4:38.76	31.52	
10.	Alexandre Santos Gomes	93	26416	Naval do Funchal	4:44.69	+0,89	618	-
	50m: 29.15 29.15	150m: 1:39.10	35.81	250m: 2:56.76	40.90	350m: 4:12.34	32.68	
	100m: 1:03.29 34.14	200m: 2:15.86	36.76	300m: 3:39.66	42.90	400m: 4:44.69	32.35	
11.	Henrique Mira Godinho	88	11664	Estrelas S. João Brito	4:47.95	+0,87	597	-
	50m: 30.28 30.28	150m: 1:43.99	39.03	250m: 3:02.81	40.39	350m: 4:16.35	32.79	
	100m: 1:04.96 34.68	200m: 2:22.42	38.43	300m: 3:43.56	40.75	400m: 4:47.95	31.60	
12.	Andre Rafael Marinho	93	10643	Uniao Piedense	4:48.51	+0,86	593	-
	50m: 29.38 29.38	150m: 1:40.86	37.19	250m: 3:00.16	42.87	350m: 4:17.10	32.81	
	100m: 1:03.67 34.29	200m: 2:17.29	36.43	300m: 3:44.29	44.13	400m: 4:48.51	31.41	
13.	David Granja Lopes	90	22490	Palmela	4:50.91	+0,84	579	-
	50m: 28.72 28.72	150m: 1:41.25	38.84	250m: 3:00.92	42.71	350m: 4:17.99	33.92	
	100m: 1:02.41 33.69	200m: 2:18.21	36.96	300m: 3:44.07	43.15	400m: 4:50.91	32.92	
14.	Miguel Duarte Nascimento	95	14944	Portinado	4:58.28	+0,77	537	-
	50m: 30.24 30.24	150m: 1:43.16	37.68	250m: 3:05.00	43.92	350m: 4:25.87	35.33	
	100m: 1:05.48 35.24	200m: 2:21.08	37.92	300m: 3:50.54	45.54	400m: 4:58.28	32.41	



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Prova 51, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Licença	Clube	Tempo final	TReac	FINA	Pts
15.	Diogo Antonio Lopes	95	26742	Torres Novas	5:01.40	+0,76	520	-
	50m: 30.15 30.15	150m: 1:46.22	40.11	250m: 3:10.67	45.35	350m: 4:29.65	33.93	
	100m: 1:06.11 35.96	200m: 2:25.32	39.10	300m: 3:55.72	45.05	400m: 5:01.40	31.75	
16.	Jose Eduardo Felicio	97	101396	Rio Maior	5:54.71	+0,83	319	-
	50m: 39.28 39.28	150m: 2:12.66	43.97	250m: 3:46.38	50.56	350m: 5:16.19	39.77	
	100m: 1:28.69 49.41	200m: 2:55.82	43.16	300m: 4:36.42	50.04	400m: 5:54.71	38.52	

