

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

Prova 52 Masc., 400m Estilos Absolutos
20.12.09 1ª Divisão 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.	Duarte Rafael Mourao	84	13018	Amadora	4:15.29	+0,73	856	-
	50m: 26.34 26.34	150m: 1:30.13	33.16	250m: 2:38.44	35.62	350m: 3:44.76	30.38	
	100m: 56.97 30.63	200m: 2:02.82	32.69	300m: 3:14.38	35.94	400m: 4:15.29	30.53	
2.	Pedro Miguel Pinotes	89	26732	Sporting	4:16.99	+0,73	839	-
	50m: 27.55 27.55	150m: 1:31.37	32.55	250m: 2:40.04	35.89	350m: 3:47.05	30.77	
	100m: 58.82 31.27	200m: 2:04.15	32.78	300m: 3:16.28	36.24	400m: 4:16.99	29.94	
3.	Fabio Manuel Pereira	86	23049	Vilacondense	4:22.65	+0,79	786	-
	50m: 26.74 26.74	150m: 1:31.77	34.13	250m: 2:43.92	39.09	350m: 3:54.35	31.74	
	100m: 57.64 30.90	200m: 2:04.83	33.06	300m: 3:22.61	38.69	400m: 4:22.65	28.30	
4.	Paulo Ricardo Araujo	89	23317	Famalicão	4:24.17	+0,78	773	-
	50m: 27.66 27.66	150m: 1:33.75	34.34	250m: 2:45.49	38.06	350m: 3:55.40	30.92	
	100m: 59.41 31.75	200m: 2:07.43	33.68	300m: 3:24.48	38.99	400m: 4:24.17	28.77	
5.	Hugo Cascais Rodrigues	89	12640	Porto/Dolce Vita	4:27.47	+0,67	745	-
	50m: 28.11 28.11	150m: 1:34.22	34.13	250m: 2:45.80	37.83	350m: 3:56.68	31.89	
	100m: 1:00.09 31.98	200m: 2:07.97	33.75	300m: 3:24.79	38.99	400m: 4:27.47	30.79	
6.	Tomas Miguel Freitas	90	23135	Nacional	4:29.17	+0,83	731	-
	50m: 28.34 28.34	150m: 1:36.58	35.84	250m: 2:50.58	38.46	350m: 4:00.49	30.36	
	100m: 1:00.74 32.40	200m: 2:12.12	35.54	300m: 3:30.13	39.55	400m: 4:29.17	28.68	
7.	Diogo Banza Pinto	87	14744	Algés	4:29.60	+0,87	727	-
	50m: 28.56 28.56	150m: 1:35.00	34.26	250m: 2:48.60	40.05	350m: 4:01.13	32.11	
	100m: 1:00.74 32.18	200m: 2:08.55	33.55	300m: 3:29.02	40.42	400m: 4:29.60	28.47	
8.	Jorge Miguel Carmo	90	13004	Louletano/Loulé Concelho	4:30.94	+0,78	716	-
	50m: 28.31 28.31	150m: 1:34.89	34.73	250m: 2:48.23	39.09	350m: 3:59.11	31.67	
	100m: 1:00.16 31.85	200m: 2:09.14	34.25	300m: 3:27.44	39.21	400m: 4:30.94	31.83	