

Campeonato Nacional de Juvenis PL
Rio Maior, 12. - 14.3.2010

Prova 8 Masc., 400m Livres Juvenis
13.3.10 - 10:00 Resultados

Recorde Nacional Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
Recorde Nacional Juvenis A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21.7.09
Recorde Nacional Juvenis B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29.7.06

TAC Masc 50m Juv A: 4:31.00; Juv B: 4:40.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Joao Duarte Santos	95	Natação de Olhão	4:18.36	+0,85	618
	50m: 29.55 29.55	150m: 1:33.81 32.61	250m: 2:40.25 33.43	350m: 3:47.03 33.55		
	100m: 1:01.20 31.65	200m: 2:06.82 33.01	300m: 3:13.48 33.23	400m: 4:18.36 31.33		
2.	Tomas Correia Silva	95	Porto/Dolce Vita	4:22.00	+0,69	592
	50m: 29.52 29.52	150m: 1:35.48 33.27	250m: 2:42.24 33.45	350m: 3:49.68 33.72		
	100m: 1:02.21 32.69	200m: 2:08.79 33.31	300m: 3:15.96 33.72	400m: 4:22.00 32.32		
3.	Joao Andre Neves	95	Académica de Coimbra	4:26.83	+0,68	561
	50m: 29.89 29.89	150m: 1:36.72 33.67	250m: 2:45.08 34.24	350m: 3:54.03 34.29		
	100m: 1:03.05 33.16	200m: 2:10.84 34.12	300m: 3:19.74 34.66	400m: 4:26.83 32.80		
4.	David Rodrigues Luis	95	Colégio Vasco da Gama	4:27.48	+0,70	556
	50m: 30.85 30.85	150m: 1:40.17 34.76	250m: 2:48.93 34.18	350m: 3:55.96 33.12		
	100m: 1:05.41 34.56	200m: 2:14.75 34.58	300m: 3:22.84 33.91	400m: 4:27.48 31.52		
5.	Tiago Ferreira Azevedo	95	Naval Amorense	4:28.45	+0,73	550
	50m: 29.66 29.66	150m: 1:36.26 34.14	250m: 2:46.56 35.34	350m: 3:55.34 34.23		
	100m: 1:02.12 32.46	200m: 2:11.22 34.96	300m: 3:21.11 34.55	400m: 4:28.45 33.11		
6.	Diogo Antonio Lopes	95	Torres Novas	4:29.65	+0,78	543
	50m: 30.16 30.16	150m: 1:36.92 33.76	250m: 2:46.90 35.09	350m: 3:56.86 34.69		
	100m: 1:03.16 33.00	200m: 2:11.81 34.89	300m: 3:22.17 35.27	400m: 4:29.65 32.79		
7.	Gil Vilela Correia	95	Sporting	4:31.38	+0,71	533
	50m: 30.82 30.82	150m: 1:39.64 34.78	250m: 2:49.58 34.77	350m: 3:58.49 34.23		
	100m: 1:04.86 34.04	200m: 2:14.81 35.17	300m: 3:24.26 34.68	400m: 4:31.38 32.89		
8.	Gustavo Lopes Ribeiro	95	Académica de Coimbra	4:33.49	+0,90	521
	50m: 30.51 30.51	150m: 1:39.11 35.00	250m: 2:50.48 35.67	350m: 4:00.64 35.00		
	100m: 1:04.11 33.60	200m: 2:14.81 35.70	300m: 3:25.64 35.16	400m: 4:33.49 32.85		
9.	Luis de Oliveira	95	Académica de Coimbra	4:34.46	+0,83	515
	50m: 30.75 30.75	150m: 1:39.56 34.57	250m: 2:49.91 34.90	350m: 4:00.63 35.20		
	100m: 1:04.99 34.24	200m: 2:15.01 35.45	300m: 3:25.43 35.52	400m: 4:34.46 33.83		
10.	Duarte Nuno Vieira	95	Nacional	4:35.79	+0,68	508
	50m: 31.00 31.00	150m: 1:42.36 36.34	250m: 2:52.62 34.84	350m: 4:02.39 34.24		
	100m: 1:06.02 35.02	200m: 2:17.78 35.42	300m: 3:28.15 35.53	400m: 4:35.79 33.40		
11.	Sebastiao Jose Reis	95	Leixões	4:35.80	+0,77	508
	50m: 28.49 28.49	150m: 1:36.30 35.07	250m: 2:47.99 36.11	350m: 4:00.19 36.09		
	100m: 1:01.23 32.74	200m: 2:11.88 35.58	300m: 3:24.10 36.11	400m: 4:35.80 35.61		
12.	Orlando Filipe Morim	95	Vilacondense	4:36.59	+0,87	503
	50m: 30.35 30.35	150m: 1:41.42 35.94	250m: 2:52.59 35.26	350m: 4:03.52 35.06		
	100m: 1:05.48 35.13	200m: 2:17.33 35.91	300m: 3:28.46 35.87	400m: 4:36.59 33.07		
13.	Joao Manuel Serralheiro	95	Benedita	4:36.68	+0,79	503
	50m: 31.39 31.39	150m: 1:41.57 35.66	250m: 2:52.07 34.55	350m: 4:03.56 35.11		
	100m: 1:05.91 34.52	200m: 2:17.52 35.95	300m: 3:28.45 36.38	400m: 4:36.68 33.12		

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Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Joao Nuno Abreu	95	Vitória de Guimarães	4:37.15	+0,85	500
	50m: 30.87 30.87	150m: 1:39.59 34.31	250m: 2:49.89	35.22	350m: 4:01.74	36.03
	100m: 1:05.28 34.41	200m: 2:14.67 35.08	300m: 3:25.71	35.82	400m: 4:37.15	35.41
15.	Rafael Filipe Torres	95	Sporting	4:37.19	+0,68	500
	50m: 31.80 31.80	150m: 1:41.12 34.73	250m: 2:51.07	35.01	350m: 4:02.12	35.40
	100m: 1:06.39 34.59	200m: 2:16.06 34.94	300m: 3:26.72	35.65	400m: 4:37.19	35.07
16.	Luis Alberto Nogueira	95	Gespacos	4:37.89	+0,87	496
	50m: 30.30 30.30	150m: 1:38.89 35.08	250m: 2:50.06	35.54	350m: 4:02.28	35.88
	100m: 1:03.81 33.51	200m: 2:14.52 35.63	300m: 3:26.40	36.34	400m: 4:37.89	35.61
17.	Diogo Sequeira Aparicio	95	Porto/Dolce Vita	4:38.29	+0,85	494
	50m: 31.70 31.70	150m: 1:42.40 35.84	250m: 2:53.53	35.59	350m: 4:04.44	35.34
	100m: 1:06.56 34.86	200m: 2:17.94 35.54	300m: 3:29.10	35.57	400m: 4:38.29	33.85
18.	Cesar Filipe Magalhaes	95	Foca - Natação de Felgueiras	4:39.19	+0,85	489
	50m: 30.65 30.65	150m: 1:40.36 35.08	250m: 2:51.41	35.70	350m: 4:03.37	36.09
	100m: 1:05.28 34.63	200m: 2:15.71 35.35	300m: 3:27.28	35.87	400m: 4:39.19	35.82
19.	Mohammad Shams Azad FTL	95	Naval de Ponta Delgada	4:40.58	+0,80	482
	50m: 30.33 30.33	150m: 1:40.60 35.41	250m: 2:52.35	35.95	350m: 4:04.32	35.82
	100m: 1:05.19 34.86	200m: 2:16.40 35.80	300m: 3:28.50	36.15	400m: 4:40.58	36.26
20.	Duarte Brites Policarpo FTL	95	Torres Novas	4:42.20	+0,83	474
	50m: 31.78 31.78	150m: 1:41.69 35.54	250m: 2:53.04	35.81	350m: 4:06.20	36.55
	100m: 1:06.15 34.37	200m: 2:17.23 35.54	300m: 3:29.65	36.61	400m: 4:42.20	36.00
21.	Joao Bernardo Saragoca FTL	95	Scalabisport	4:46.72	+0,94	452
	50m: 30.93 30.93	150m: 1:42.47 37.07	250m: 2:56.25	36.82	350m: 4:10.67	36.75
	100m: 1:05.40 34.47	200m: 2:19.43 36.96	300m: 3:33.92	37.67	400m: 4:46.72	36.05

Juvenis A

1.	Tiago Silva Oliveira	94	Leixões	4:12.87	+0,87	659
	50m: 28.88 28.88	150m: 1:32.74 32.63	250m: 2:37.93	32.61	350m: 3:41.54	31.37
	100m: 1:00.11 31.23	200m: 2:05.32 32.58	300m: 3:10.17	32.24	400m: 4:12.87	31.33
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	4:15.28	+0,84	640
	50m: 28.74 28.74	150m: 1:32.95 32.64	250m: 2:38.77	32.85	350m: 3:44.25	32.70
	100m: 1:00.31 31.57	200m: 2:05.92 32.97	300m: 3:11.55	32.78	400m: 4:15.28	31.03
3.	Pedro Afonso Gaspar	94	Sporting	4:18.00	+0,75	620
	50m: 28.57 28.57	150m: 1:32.60 32.60	250m: 2:37.99	32.53	350m: 3:44.86	33.57
	100m: 1:00.00 31.43	200m: 2:05.46 32.86	300m: 3:11.29	33.30	400m: 4:18.00	33.14
4.	Joao Nuno Pires	94	Náutico/Matobra	4:20.22	+0,80	604
	50m: 28.86 28.86	150m: 1:34.29 33.11	250m: 2:41.56	33.82	350m: 3:47.75	32.88
	100m: 1:01.18 32.32	200m: 2:07.74 33.45	300m: 3:14.87	33.31	400m: 4:20.22	32.47
5.	Ruben Filipe Nunes	94	Gespacos	4:22.42	+0,92	589
	50m: 29.47 29.47	150m: 1:34.59 32.52	250m: 2:42.23	33.97	350m: 3:49.94	33.78
	100m: 1:02.07 32.60	200m: 2:08.26 33.67	300m: 3:16.16	33.93	400m: 4:22.42	32.48

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	4:23.99	+0,85	579
	50m: 29.52 29.52	150m: 1:34.62 32.93	250m: 2:41.86 33.62	350m: 3:49.82 34.32		
	100m: 1:01.69 32.17	200m: 2:08.24 33.62	300m: 3:15.50 33.64	400m: 4:23.99 34.17		
7.	Miguel Alexandre Lemos	94	Porto/Dolce Vita	4:25.59	+0,75	568
	50m: 29.88 29.88	150m: 1:37.66 33.97	250m: 2:46.25 33.97	350m: 3:54.39 33.30		
	100m: 1:03.69 33.81	200m: 2:12.28 34.62	300m: 3:21.09 34.84	400m: 4:25.59 31.20		
8.	Miguel Angelo Ferrara	94	Porto/Dolce Vita	4:25.66	+0,76	568
	50m: 29.95 29.95	150m: 1:37.79 33.95	250m: 2:46.75 34.24	350m: 3:54.83 33.53		
	100m: 1:03.84 33.89	200m: 2:12.51 34.72	300m: 3:21.30 34.55	400m: 4:25.66 30.83		
9.	Rui Miguel Lopes	94	Natacao de Olhao	4:26.59	+0,93	562
	50m: 29.96 29.96	150m: 1:36.33 33.50	250m: 2:44.57 34.20	350m: 3:53.07 34.03		
	100m: 1:02.83 32.87	200m: 2:10.37 34.04	300m: 3:19.04 34.47	400m: 4:26.59 33.52		
10.	Manuel Silva Barros	94	Braga	4:29.14	+0,73	546
	50m: 29.81 29.81	150m: 1:36.34 33.36	250m: 2:45.07 34.32	350m: 3:54.80 34.64		
	100m: 1:02.98 33.17	200m: 2:10.75 34.41	300m: 3:20.16 35.09	400m: 4:29.14 34.34		
11.	Andre Alexandre Vicente	94	Individual Leiria	4:29.18	+0,76	546
	50m: 29.69 29.69	150m: 1:36.11 33.94	250m: 2:44.88 34.52	350m: 3:55.15 35.27		
	100m: 1:02.17 32.48	200m: 2:10.36 34.25	300m: 3:19.88 35.00	400m: 4:29.18 34.03		
12.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:30.76	+0,85	536
	50m: 29.36 29.36	150m: 1:37.15 34.99	250m: 2:47.12 35.62	350m: 3:57.29 35.44		
	100m: 1:02.16 32.80	200m: 2:11.50 34.35	300m: 3:21.85 34.73	400m: 4:30.76 33.47		
13.	Joao Pedro Veiga	94	Nautico/Matobra	4:31.61	+0,80	531
	<i>FTL</i>					
	50m: 30.27 30.27	150m: 1:38.36 34.46	250m: 2:48.20 34.93	350m: 3:58.50 35.19		
	100m: 1:03.90 33.63	200m: 2:13.27 34.91	300m: 3:23.31 35.11	400m: 4:31.61 33.11		
14.	Andre Eduardo Infante	94	Sporting	4:32.71	+0,78	525
	<i>FTL</i>					
	50m: 30.35 30.35	150m: 1:39.42 35.12	250m: 2:49.77 35.23	350m: 4:00.45 35.06		
	100m: 1:04.30 33.95	200m: 2:14.54 35.12	300m: 3:25.39 35.62	400m: 4:32.71 32.26		
15.	Edgar Miguel Lopes	94	Louletano/Loulé Concelho	4:34.27	+0,70	516
	<i>FTL</i>					
	50m: 29.90 29.90	150m: 1:36.28 33.67	250m: 2:45.87 34.82	350m: 3:58.16 36.60		
	100m: 1:02.61 32.71	200m: 2:11.05 34.77	300m: 3:21.56 35.69	400m: 4:34.27 36.11		
16.	Francisco Taborda Mangas	94	Porto/Dolce Vita	4:36.35	+0,70	505
	<i>FTL</i>					
	50m: 28.00 28.00	150m: 1:34.05 34.67	250m: 2:45.59 35.90	350m: 4:00.80 37.13		
	100m: 59.38 31.38	200m: 2:09.69 35.64	300m: 3:23.67 38.08	400m: 4:36.35 35.55		
17.	Joao Pedro Vieira	94	Naval do Funchal	4:36.44	+0,83	504
	<i>FTL</i>					
	50m: 30.89 30.89	150m: 1:39.98 35.29	250m: 2:51.48 35.77	350m: 4:03.27 35.52		
	100m: 1:04.69 33.80	200m: 2:15.71 35.73	300m: 3:27.75 36.27	400m: 4:36.44 33.17		
18.	Miguel Ferraz Costa	94	Vilacondense	4:39.54	+0,91	487
	<i>FTL</i>					
	50m: 29.90 29.90	150m: 1:39.68 35.68	250m: 2:51.92 36.34	350m: 4:04.82 36.28		
	100m: 1:04.00 34.10	200m: 2:15.58 35.90	300m: 3:28.54 36.62	400m: 4:39.54 34.72		

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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
19.	Andre Manuel Garcia <i>FTL</i>	94	Vilacondense	4:40.13	+1,12	484	
	50m: 30.01 30.01	150m: 1:38.88	35.26	250m: 2:51.51	37.01	350m: 4:05.37	37.25
	100m: 1:03.62 33.61	200m: 2:14.50	35.62	300m: 3:28.12	36.61	400m: 4:40.13	34.76
20.	Alexandre Baptista Camacho <i>FTL</i>	94	Naval do Funchal	4:41.43	+0,72	478	
	50m: 30.51 30.51	150m: 1:39.82	35.27	250m: 2:51.57	35.92	350m: 4:05.14	36.97
	100m: 1:04.55 34.04	200m: 2:15.65	35.83	300m: 3:28.17	36.60	400m: 4:41.43	36.29
EXH	Nathan Keith Theodoris	95	Louletano/Loulé Concelho	4:10.91	+0,69	674	
	50m: 28.90 28.90	150m: 1:31.57	31.66	250m: 2:35.77	32.14	350m: 3:39.93	31.98
	100m: 59.91 31.01	200m: 2:03.63	32.06	300m: 3:07.95	32.18	400m: 4:10.91	30.98