

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 20 Masc., 400m Livres 17 anos e mais velhos
10.4.10 - 10:20 Resultados

RNABS	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
RNSEN	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
RNJUN	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12.7.02

TAC-SENM Sen: 4:12.00 / TAC-JUNM Jun: 4:19.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Manuel Santa	93	Litoral Alentejano	4:00.64	+0,63	764
	50m: 28.07 28.07	150m: 1:28.76 30.42	250m: 2:29.02 29.59	350m: 3:30.63 30.82		
	100m: 58.34 30.27	200m: 1:59.43 30.67	300m: 2:59.81 30.79	400m: 4:00.64 30.01		
2.	Miguel Monteiro Diogo	93	Alcobaça	4:08.10	+0,71	697
	50m: 28.43 28.43	150m: 1:31.06 31.52	250m: 2:34.38 31.73	350m: 3:37.53 31.31		
	100m: 59.54 31.11	200m: 2:02.65 31.59	300m: 3:06.22 31.84	400m: 4:08.10 30.57		
3.	Ricardo Manuel Machado	93	Braga	4:08.21	+0,77	696
	50m: 28.50 28.50	150m: 1:30.98 31.72	250m: 2:34.83 32.13	350m: 3:38.61 31.94		
	100m: 59.26 30.76	200m: 2:02.70 31.72	300m: 3:06.67 31.84	400m: 4:08.21 29.60		
4.	Andre Filipe Lopes	92	Académica de Coimbra	4:08.60	+0,79	693
	50m: 28.48 28.48	150m: 1:31.08 31.65	250m: 2:34.16 31.68	350m: 3:37.63 31.74		
	100m: 59.43 30.95	200m: 2:02.48 31.40	300m: 3:05.89 31.73	400m: 4:08.60 30.97		
5.	Nuno Vieira Malheiro	93	Braga	4:12.16	+0,92	664
	50m: 29.13 29.13	150m: 1:32.56 31.94	250m: 2:36.79 31.92	350m: 3:41.44 32.16		
	100m: 1:00.62 31.49	200m: 2:04.87 32.31	300m: 3:09.28 32.49	400m: 4:12.16 30.72		
6.	Joao Paulo Ribeiro	92	Bairro dos Anjos	4:13.48	+0,66	654
	50m: 28.72 28.72	150m: 1:32.16 32.24	250m: 2:37.52 32.99	350m: 3:42.35 32.27		
	100m: 59.92 31.20	200m: 2:04.53 32.37	300m: 3:10.08 32.56	400m: 4:13.48 31.13		
7.	Tiago Rafael Lopes	92	Académica de Coimbra	4:14.36	+0,72	647
	50m: 29.09 29.09	150m: 1:32.98 32.01	250m: 2:37.66 32.36	350m: 3:42.42 32.37		
	100m: 1:00.97 31.88	200m: 2:05.30 32.32	300m: 3:10.05 32.39	400m: 4:14.36 31.94		
8.	Miguel Machado Lopes	92	Benedita	4:15.75	+0,64	637
	50m: 28.43 28.43	150m: 1:31.12 31.64	250m: 2:35.09 31.95	350m: 3:42.25 33.82		
	100m: 59.48 31.05	200m: 2:03.14 32.02	300m: 3:08.43 33.34	400m: 4:15.75 33.50		
9.	Francisco Miguel Cirurgiao	93	Algés	4:16.82	+0,71	629
	50m: 28.98 28.98	150m: 1:33.26 32.85	250m: 2:39.35 33.23	350m: 3:45.26 32.87		
	100m: 1:00.41 31.43	200m: 2:06.12 32.86	300m: 3:12.39 33.04	400m: 4:16.82 31.56		
10.	Joao Pedro Almeida	92	Porto/Dolce Vita	4:17.27	+0,99	625
	50m: 28.55 28.55	150m: 1:31.76 32.18	250m: 2:37.79 33.28	350m: 3:45.34 33.77		
	100m: 59.58 31.03	200m: 2:04.51 32.75	300m: 3:11.57 33.78	400m: 4:17.27 31.93		
11.	Andre Rafael Marinho	93	Uniao Piedense	4:17.30	+0,90	625
	50m: 28.97 28.97	150m: 1:33.34 32.54	250m: 2:39.02 32.79	350m: 3:45.02 33.00		
	100m: 1:00.80 31.83	200m: 2:06.23 32.89	300m: 3:12.02 33.00	400m: 4:17.30 32.28		
12.	Guilherme Pereira Gil	93	Naval Amorense	4:19.16	+0,76	612
	<i>FTL</i>					
	50m: 28.69 28.69	150m: 1:32.65 32.26	250m: 2:39.17 33.32	350m: 3:46.52 33.67		
	100m: 1:00.39 31.70	200m: 2:05.85 33.20	300m: 3:12.85 33.68	400m: 4:19.16 32.64		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Luis Miguel Nogueira <i>FTL</i>	93	Porto/Dolce Vita	4:19.47	+0,88	610
	50m: 28.90 28.90	150m: 1:32.88 32.36	250m: 2:38.86 32.88	350m: 3:46.41 33.82		
	100m: 1:00.52 31.62	200m: 2:05.98 33.10	300m: 3:12.59 33.73	400m: 4:19.47 33.06		
14.	Andre Filipe Alves <i>FTL</i>	92	Vitória de Guimarães	4:21.01	+0,73	599
	50m: 29.03 29.03	150m: 1:33.42 32.53	250m: 2:39.95 33.31	350m: 3:48.23 34.63		
	100m: 1:00.89 31.86	200m: 2:06.64 33.22	300m: 3:13.60 33.65	400m: 4:21.01 32.78		
15.	Pedro Miguel Maganinho <i>FTL</i>	92	Braga	4:25.08	+0,92	572
	50m: 29.35 29.35	150m: 1:34.57 33.13	250m: 2:42.44 34.11	350m: 3:51.57 34.77		
	100m: 1:01.44 32.09	200m: 2:08.33 33.76	300m: 3:16.80 34.36	400m: 4:25.08 33.51		
16.	Carlos Filipe Serra <i>FTL</i>	92	Braga	4:28.58	+0,83	550
	50m: 29.30 29.30	150m: 1:35.33 33.42	250m: 2:44.62 34.51	350m: 3:54.50 35.02		
	100m: 1:01.91 32.61	200m: 2:10.11 34.78	300m: 3:19.48 34.86	400m: 4:28.58 34.08		

Seniores

1.	Jorge Manuel Maia	89	Famalicão	3:57.51	+0,78	795
	50m: 27.73 27.73	150m: 1:27.57 30.21	250m: 2:28.15 30.32	350m: 3:28.74 30.08		
	100m: 57.36 29.63	200m: 1:57.83 30.26	300m: 2:58.66 30.51	400m: 3:57.51 28.77		
2.	Fabio Manuel Pereira	86	Vilacondense	4:01.80	+0,79	753
	50m: 28.02 28.02	150m: 1:28.93 30.84	250m: 2:31.03 30.94	350m: 3:32.55 30.72		
	100m: 58.09 30.07	200m: 2:00.09 31.16	300m: 3:01.83 30.80	400m: 4:01.80 29.25		
3.	Cesar Fernando Faria	90	Bairro dos Anjos	4:02.05	+0,92	751
	50m: 27.95 27.95	150m: 1:28.53 30.65	250m: 2:30.47 31.20	350m: 3:32.99 31.27		
	100m: 57.88 29.93	200m: 1:59.27 30.74	300m: 3:01.72 31.25	400m: 4:02.05 29.06		
4.	Luis Emanuel Vaz	91	Famalicão	4:04.87	+0,75	725
	50m: 28.27 28.27	150m: 1:30.15 31.44	250m: 2:32.37 31.03	350m: 3:34.20 31.09		
	100m: 58.71 30.44	200m: 2:01.34 31.19	300m: 3:03.11 30.74	400m: 4:04.87 30.67		
5.	Vasco Miguel Gaspar	90	Uniao Piedense	4:05.42	+0,81	721
	50m: 28.37 28.37	150m: 1:30.56 31.22	250m: 2:33.00 31.03	350m: 3:34.72 30.74		
	100m: 59.34 30.97	200m: 2:01.97 31.41	300m: 3:03.98 30.98	400m: 4:05.42 30.70		
6.	Rui Filipe Costa	91	Vitória de Guimarães	4:06.07	+0,67	715
	50m: 28.23 28.23	150m: 1:29.83 31.42	250m: 2:32.66 31.73	350m: 3:35.62 31.46		
	100m: 58.41 30.18	200m: 2:00.93 31.10	300m: 3:04.16 31.50	400m: 4:06.07 30.45		
7.	Mario Andre Bonanca	90	Sporting	4:08.20	+0,81	697
	50m: 28.35 28.35	150m: 1:31.02 31.80	250m: 2:34.70 31.79	350m: 3:38.33 31.94		
	100m: 59.22 30.87	200m: 2:02.91 31.89	300m: 3:06.39 31.69	400m: 4:08.20 29.87		
8.	Fabio Andre Figueira	88	Amadora	4:10.37	+0,70	679
	50m: 28.50 28.50	150m: 1:30.64 31.27	250m: 2:34.32 31.83	350m: 3:38.98 32.22		
	100m: 59.37 30.87	200m: 2:02.49 31.85	300m: 3:06.76 32.44	400m: 4:10.37 31.39		
9.	Luis Marques Pinto	87	Nacional	4:10.38	+0,65	679
	50m: 28.78 28.78	150m: 1:30.63 31.04	250m: 2:34.07 31.88	350m: 3:39.25 32.40		
	100m: 59.59 30.81	200m: 2:02.19 31.56	300m: 3:06.85 32.78	400m: 4:10.38 31.13		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Diogo Andre Gaspar	90	Uniao Piedense	4:11.48	+0,73	670
	50m: 28.77 28.77	150m: 1:32.68 31.98	250m: 2:36.38 31.65	350m: 3:40.97 32.00		
	100m: 1:00.70 31.93	200m: 2:04.73 32.05	300m: 3:08.97 32.59	400m: 4:11.48 30.51		
11.	Bernardo Almeida Moreira	89	Louletano/Loulé Concelho	4:11.52	+0,77	669
	50m: 29.13 29.13	150m: 1:33.28 32.24	250m: 2:37.07 31.23	350m: 3:40.26 31.39		
	100m: 1:01.04 31.91	200m: 2:05.84 32.56	300m: 3:08.87 31.80	400m: 4:11.52 31.26		
12.	Samuel Patricio Queiros	91	Porto/Dolce Vita	4:12.89	+0,76	659
	<i>FTL</i>					
	50m: 29.00 29.00	150m: 1:32.47 32.04	250m: 2:36.43 31.76	350m: 3:41.42 32.63		
	100m: 1:00.43 31.43	200m: 2:04.67 32.20	300m: 3:08.79 32.36	400m: 4:12.89 31.47		
13.	Filipe Vieira Malheiro	90	Braga	4:13.80	+0,94	651
	<i>FTL</i>					
	50m: 28.73 28.73	150m: 1:32.86 32.64	250m: 2:37.92 32.27	350m: 3:42.81 32.44		
	100m: 1:00.22 31.49	200m: 2:05.65 32.79	300m: 3:10.37 32.45	400m: 4:13.80 30.99		
14.	Daniel Ricardo Viegas	83	Amadora	4:13.85	+0,66	651
	<i>FTL</i>					
	50m: 28.83 28.83	150m: 1:32.79 32.47	250m: 2:38.09 32.55	350m: 3:43.31 32.32		
	100m: 1:00.32 31.49	200m: 2:05.54 32.75	300m: 3:10.99 32.90	400m: 4:13.85 30.54		
15.	Luis Miguel Silva	89	Braga	4:19.61	+0,88	609
	<i>FTL</i>					
	50m: 29.05 29.05	150m: 1:32.49 32.12	250m: 2:38.58 32.54	350m: 3:46.45 33.76		
	100m: 1:00.37 31.32	200m: 2:06.04 33.55	300m: 3:12.69 34.11	400m: 4:19.61 33.16		