

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 15 Masc., 400m Estilos Open
30-07-2010 Resultados Final

Rec Nac Open	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Inf B	4:59.28	Tomas Miguel Freitas	CDN	Restelo	25-07-2003
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2008

TAC SEN/JUN2 Masc 18+: 4:53.00 / TAC JUN1 Masc 17: 4:56.50 / TAC JUV A Masc Juv A: 5:09.00 / TAC JUV B Masc Juv B: 5:18.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	Alexis Manacas Santos	92	Sporting	4:26.40	+0.75	766	
	<i>Rec Nacional</i>						
	50m: 28.50 28.50	150m: 1:34.97 33.62	250m: 2:45.24 36.79	350m: 3:55.91 32.10			
	100m: 1:01.35 32.85	200m: 2:08.45 33.48	300m: 3:23.81 38.57	400m: 4:26.40 30.49			
2.	Pedro Miguel Pinotes	89	Sporting	4:29.96	+0.66	736	
	50m: 28.69 28.69	150m: 1:36.30 34.73	250m: 2:47.76 37.19	350m: 3:58.60 33.14			
	100m: 1:01.57 32.88	200m: 2:10.57 34.27	300m: 3:25.46 37.70	400m: 4:29.96 31.36			
3.	Duarte Rafael Mourao	84	Amadora	4:33.69	+0.75	707	
	50m: 27.86 27.86	150m: 1:35.85 35.52	250m: 2:49.59 39.28	350m: 4:02.85 32.48			
	100m: 1:00.33 32.47	200m: 2:10.31 34.46	300m: 3:30.37 40.78	400m: 4:33.69 30.84			
4.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	4:35.82	+0.63	690	
	50m: 28.28 28.28	150m: 1:37.03 35.30	250m: 2:51.01 38.14	350m: 4:03.68 32.96			
	100m: 1:01.73 33.45	200m: 2:12.87 35.84	300m: 3:30.72 39.71	400m: 4:35.82 32.14			
5.	Nuno Rafael Alves	90	Gespacos	4:36.21	+0.79	688	
	50m: 28.97 28.97	150m: 1:39.17 36.96	250m: 2:53.14 38.37	350m: 4:05.08 32.74			
	100m: 1:02.21 33.24	200m: 2:14.77 35.60	300m: 3:32.34 39.20	400m: 4:36.21 31.13			
6.	Andre Bras Goncalves	88	Amadora	4:37.75	+0.76	676	
	50m: 28.89 28.89	150m: 1:39.61 37.04	250m: 2:54.99 39.32	350m: 4:06.44 32.11			
	100m: 1:02.57 33.68	200m: 2:15.67 36.06	300m: 3:34.33 39.34	400m: 4:37.75 31.31			
7.	Joao Claudio Sousa	93	Gespacos	4:42.40	+0.80	643	
	50m: 30.07 30.07	150m: 1:41.41 37.68	250m: 2:57.28 39.98	350m: 4:10.34 33.31			
	100m: 1:03.73 33.66	200m: 2:17.30 35.89	300m: 3:37.03 39.75	400m: 4:42.40 32.06			
8.	Tomas Correia Silva	95	Porto/Dolce Vita	4:48.32	+0.70	604	
	50m: 29.82 29.82	150m: 1:42.56 37.71	250m: 3:00.55 41.32	350m: 4:16.02 33.46			
	100m: 1:04.85 35.03	200m: 2:19.23 36.67	300m: 3:42.56 42.01	400m: 4:48.32 32.30			
Final B							
9.	Miguel Silva Oliveira	91	Nautico/Matobra	4:36.95	+0.89	682	
	50m: 28.28 28.28	150m: 1:38.56 37.23	250m: 2:54.59 39.33	350m: 4:06.60 32.19			
	100m: 1:01.33 33.05	200m: 2:15.26 36.70	300m: 3:34.41 39.82	400m: 4:36.95 30.35			
10.	Miguel Monteiro Diogo	93	Alcobaca	4:40.80	+0.69	654	
	50m: 28.28 28.28	150m: 1:38.32 36.98	250m: 2:56.45 41.64	350m: 4:10.08 31.91			
	100m: 1:01.34 33.06	200m: 2:14.81 36.49	300m: 3:38.17 41.72	400m: 4:40.80 30.72			
11.	Paulo Andre Dias	92	Gespacos	4:41.37	+0.81	650	
	50m: 29.53 29.53	150m: 1:40.90 38.22	250m: 2:58.37 40.62	350m: 4:10.66 32.03			
	100m: 1:02.68 33.15	200m: 2:17.75 36.85	300m: 3:38.63 40.26	400m: 4:41.37 30.71			

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Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts FINA	Pts
12.	Ricardo Amorim Rego	84	Braga	4:43.08				+0.80	639	
	50m: 29.34 29.34	150m: 1:41.22 37.57	250m: 2:57.86 38.40	350m: 4:10.45 33.41						
	100m: 1:03.65 34.31	200m: 2:19.46 38.24	300m: 3:37.04 39.18	400m: 4:43.08 32.63						
13.	Diogo Parrilha da Silva	93	Alcobaca	4:44.09				+0.77	632	
	50m: 28.68 28.68	150m: 1:39.94 38.15	250m: 2:57.64 40.36	350m: 4:12.26 34.36						
	100m: 1:01.79 33.11	200m: 2:17.28 37.34	300m: 3:37.90 40.26	400m: 4:44.09 31.83						
14.	Pedro Andre Santos	94	Alges	4:46.45				+0.74	616	
	50m: 29.30 29.30	150m: 1:41.73 38.03	250m: 2:58.95 40.98	350m: 4:14.34 34.25						
	100m: 1:03.70 34.40	200m: 2:17.97 36.24	300m: 3:40.09 41.14	400m: 4:46.45 32.11						
15.	Miguel Machado Lopes	92	Benedita	4:52.07				+0.80	581	
	50m: 29.11 29.11	150m: 1:43.05 38.93	250m: 3:01.92 40.84	350m: 4:18.92 33.33						
	100m: 1:04.12 35.01	200m: 2:21.08 38.03	300m: 3:45.59 43.67	400m: 4:52.07 33.15						
16.	Afonso Lopes dos Santos	95	Bombeiros V. Caldas Rainha	5:10.72				+0.70	483	
	50m: 28.24 28.24	150m: 1:49.28 43.67	250m: 3:15.00 44.46	350m: 4:36.37 35.80						
	100m: 1:05.61 37.37	200m: 2:30.54 41.26	300m: 4:00.57 45.57	400m: 5:10.72 34.35						