

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

Event 15 Men, 400m Medley Open  
30-07-2010 Results Finals

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

Points: FINA 2010

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts	
<b>Final A</b>								
1.	Alexis Manacas Santos	92	Sporting	<b>4:26.40</b>	+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	<b>4:29.96</b>	+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	<b>4:33.69</b>	+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	<b>4:35.82</b>	+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	<b>4:36.21</b>	+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	<b>4:37.75</b>	+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	<b>4:42.40</b>	+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	<b>4:48.32</b>	+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
<b>Final B</b>								
9.	Miguel Silva Oliveira	91	Nautico/Matobra	<b>4:36.95</b>	+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	<b>4:40.80</b>	+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	<b>4:41.37</b>	+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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Event 15, Men, 400m Medley, Final, Open

Rank	Nome	YB	Clube	Tempo Final				RT	Pts FINA	Pts
12.	Ricardo Amorim Rego	84	Braga	<b>4:43.08</b>				+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	<b>4:44.09</b>				+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	<b>4:46.45</b>				+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	<b>4:52.07</b>				+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	<b>5:10.72</b>				+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			