

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

Prova 36 Masc., 400m Livres Open
31-07-2010 - 18:05 Resultados Final

Rec Nac Open	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003
Rec Nac Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC SEN/JUN2 Masc 18+: 4:12.00 / TAC JUN1 Masc 17: 4:15.50 / TAC JUV A Masc Juv A: 4:29.00 / TAC JUV B Masc Juv B: 4:37.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	Jorge Manuel Maia	89	Famalicao	3:59.13	+0.77	779	
	50m: 28.08 28.08	150m: 1:28.76 30.66	250m: 2:30.33 30.67	350m: 3:30.36 29.62			
	100m: 58.10 30.02	200m: 1:59.66 30.90	300m: 3:00.74 30.41	400m: 3:59.13 28.77			
2.	Gustavo Manuel Santa	93	Litoral Alentejano	3:59.77	+0.75	773	
	50m: 28.46 28.46	150m: 1:29.37 30.91	250m: 2:30.71 30.24	350m: 3:31.30 29.90			
	100m: 58.46 30.00	200m: 2:00.47 31.10	300m: 3:01.40 30.69	400m: 3:59.77 28.47			
3.	Cesar Fernando Faria	90	Bairro dos Anjos	4:00.07	+0.70	770	
	50m: 27.69 27.69	150m: 1:29.37 31.32	250m: 2:31.00 30.69	350m: 3:31.33 29.44			
	100m: 58.05 30.36	200m: 2:00.31 30.94	300m: 3:01.89 30.89	400m: 4:00.07 28.74			
4.	Paulo Fragueiro Franco	82	Nacional	4:02.55	+0.72	746	
	50m: 28.09 28.09	150m: 1:29.13 30.57	250m: 2:30.79 30.70	350m: 3:32.32 30.74			
	100m: 58.56 30.47	200m: 2:00.09 30.96	300m: 3:01.58 30.79	400m: 4:02.55 30.23			
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:02.66	+0.68	745	
	50m: 28.15 28.15	150m: 1:29.51 31.08	250m: 2:31.60 30.92	350m: 3:33.02 30.60			
	100m: 58.43 30.28	200m: 2:00.68 31.17	300m: 3:02.42 30.82	400m: 4:02.66 29.64			
6.	Miguel Monteiro Diogo	93	Alcobaca	4:04.96	+0.66	725	
	50m: 28.03 28.03	150m: 1:29.54 30.67	250m: 2:31.68 30.83	350m: 3:34.10 31.16			
	100m: 58.87 30.84	200m: 2:00.85 31.31	300m: 3:02.94 31.26	400m: 4:04.96 30.86			
7.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.40	+0.71	712	
	50m: 28.41 28.41	150m: 1:29.94 30.72	250m: 2:32.66 31.42	350m: 3:35.53 31.48			
	100m: 59.22 30.81	200m: 2:01.24 31.30	300m: 3:04.05 31.39	400m: 4:06.40 30.87			
8.	Fabio Manuel Pereira	86	Vilacondense	4:06.90	+0.76	708	
	50m: 27.93 27.93	150m: 1:29.42 30.71	250m: 2:32.25 30.99	350m: 3:35.84 31.92			
	100m: 58.71 30.78	200m: 2:01.26 31.84	300m: 3:03.92 31.67	400m: 4:06.90 31.06			

Final B

9.	Pedro Fontoura Oliveira	90	Belenenses	4:06.52	+0.81	711	
	50m: 27.78 27.78	150m: 1:30.08 31.65	250m: 2:34.41 32.21	350m: 3:38.07 31.57			
	100m: 58.43 30.65	200m: 2:02.20 32.12	300m: 3:06.50 32.09	400m: 4:06.52 28.45			
10.	Tiago Silva Oliveira	94	Leixoes	4:06.58	+0.92	710	
	50m: 28.32 28.32	150m: 1:30.38 31.38	250m: 2:33.70 31.47	350m: 3:36.60 31.54			
	100m: 59.00 30.68	200m: 2:02.23 31.85	300m: 3:05.06 31.36	400m: 4:06.58 29.98			
11.	Pedro Diogo Oliveira	88	Rio Maior	4:06.69	+0.74	709	
	50m: 27.89 27.89	150m: 1:29.73 31.19	250m: 2:32.77 31.58	350m: 3:36.51 31.51			
	100m: 58.54 30.65	200m: 2:01.19 31.46	300m: 3:05.00 32.23	400m: 4:06.69 30.18			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Diogo Andre Gaspar	90	Uniao Piedense	4:07.53	+0.71	702	
	50m: 27.67 27.67	150m: 1:30.76 31.24	250m: 2:34.71 31.91	350m: 3:37.87 31.16			
	100m: 59.52 31.85	200m: 2:02.80 32.04	300m: 3:06.71 32.00	400m: 4:07.53 29.66			
13.	Abdullah Al Bader	91	Kuwait	4:08.32	+0.74	696	
	50m: 27.78 27.78	150m: 1:30.82 31.02	250m: 2:34.52 31.21	350m: 3:37.93 31.62			
	100m: 59.80 32.02	200m: 2:03.31 32.49	300m: 3:06.31 31.79	400m: 4:08.32 30.39			
14.	Andre Filipe Lopes	92	Academica de Coimbra	4:08.48	+0.66	694	
	50m: 28.34 28.34	150m: 1:30.96 31.29	250m: 2:34.68 31.62	350m: 3:38.35 31.47			
	100m: 59.67 31.33	200m: 2:03.06 32.10	300m: 3:06.88 32.20	400m: 4:08.48 30.13			
15.	Bernardo Almeida Moreira	89	Louletano/Loule Concelho	4:08.50	+0.77	694	
	50m: 28.49 28.49	150m: 1:30.59 31.30	250m: 2:33.65 31.31	350m: 3:37.49 32.02			
	100m: 59.29 30.80	200m: 2:02.34 31.75	300m: 3:05.47 31.82	400m: 4:08.50 31.01			
16.	Mario Andre Bonanca	90	Sporting	4:08.65	+0.81	693	
	50m: 28.28 28.28	150m: 1:30.32 31.41	250m: 2:34.32 32.14	350m: 3:38.16 31.94			
	100m: 58.91 30.63	200m: 2:02.18 31.86	300m: 3:06.22 31.90	400m: 4:08.65 30.49			