

Campeonato Nacional Clubes 4 Divisao-Fase Qualificação
Ponte da Barca, 6. - 7.11.2010

Prova 9 Masc., 400m Livres Absolutos
06-11-2010 - 17:15 Resultados

Rec Nac Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec Nac Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec Nac Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec Nac Juv B	4:05.91	Diogo Filipe Carvalho	CGA	Braga	22-03-2002
Rec Nac Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16-05-2009
Rec Nac Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec Nac Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Pereira Gil	93	107558	Naval Amorense	4:12.53		598	21
	50m: 28.40 28.40		150m: 1:31.13 31.66	250m: 2:35.87 32.42	350m: 3:41.92 32.58			
	100m: 59.47 31.07		200m: 2:03.45 32.32	300m: 3:09.34 33.47	400m: 4:12.53 30.61			
2.	Tiago Manuel Teixeira	96	102485	Fafe	4:12.70		596	19
	50m: 29.47 29.47		150m: 1:33.98 32.67	250m: 2:38.45 31.96	350m: 3:41.96 31.68			
	100m: 1:01.31 31.84		200m: 2:06.49 32.51	300m: 3:10.28 31.83	400m: 4:12.70 30.74			
3.	Joao Carlos Amorim	91	119611	Alhandra	4:23.86		524	18
	50m: 29.28 29.28		150m: 1:33.96 32.95	250m: 2:42.70 34.53	350m: 3:50.95 34.13			
	100m: 1:01.01 31.73		200m: 2:08.17 34.21	300m: 3:16.82 34.12	400m: 4:23.86 32.91			
4.	Diogo Fontes Moreira	93	13359	Estamos Juntos	4:26.00		511	17
	50m: 29.07 29.07		150m: 1:35.47 33.30	250m: 2:43.52 33.98	350m: 3:52.55 34.51			
	100m: 1:02.17 33.10		200m: 2:09.54 34.07	300m: 3:18.04 34.52	400m: 4:26.00 33.45			
5.	Antonio Fraga Fragoso	95	14324	Bombeiros de Ponta Delgada	4:28.08		499	16
	50m: 29.79 29.79		150m: 1:36.87 33.92	250m: 2:45.07 34.12	350m: 3:53.98 34.61			
	100m: 1:02.95 33.16		200m: 2:10.95 34.08	300m: 3:19.37 34.30	400m: 4:28.08 34.10			
6.	Miguel Filipe Pinto	96	105729	Ginasio de Santo Tirso	4:31.26		482	15
	50m: 29.87 29.87		150m: 1:38.58 35.05	250m: 2:48.51 35.09	350m: 3:58.53 35.03			
	100m: 1:03.53 33.66		200m: 2:13.42 34.84	300m: 3:23.50 34.99	400m: 4:31.26 32.73			
7.	Rui Jorge Dias	95	24456	Miranda do Corvo	4:37.06		452	14
	50m: 30.58 30.58		150m: 1:38.40 34.48	250m: 2:49.49 35.76	350m: 4:02.33 36.50			
	100m: 1:03.92 33.34		200m: 2:13.73 35.33	300m: 3:25.83 36.34	400m: 4:37.06 34.73			
8.	Ricardo Jorge Dias	90	11344	Desportivo de Mora	4:40.70		435	13
	50m: 30.10 30.10		150m: 1:37.76 34.87	250m: 2:50.39 36.94	350m: 4:04.46 37.26			
	100m: 1:02.89 32.79		200m: 2:13.45 35.69	300m: 3:27.20 36.81	400m: 4:40.70 36.24			
9.	Joao Pedro Oliveira	95	105850	Gafanha da Encarnacao	4:43.73		421	12
	50m: 31.50 31.50		150m: 1:42.03 35.80	250m: 2:54.81 36.62	350m: 4:08.97 37.17			
	100m: 1:06.23 34.73		200m: 2:18.19 36.16	300m: 3:31.80 36.99	400m: 4:43.73 34.76			
10.	Luis Rafael Brazil	96	100282	Fisica Torres Vedras	4:45.66		413	11
	50m: 30.93 30.93		150m: 1:41.43 35.83	250m: 2:54.57 36.52	350m: 4:09.37 37.35			
	100m: 1:05.60 34.67		200m: 2:18.05 36.62	300m: 3:32.02 37.45	400m: 4:45.66 36.29			
11.	Mario Pinto Amorim	94	101407	BUZIOS-Coruche	4:45.81		412	10
	50m: 31.62 31.62		150m: 1:43.00 36.34	250m: 2:57.37 37.18	350m: 4:11.31 36.62			
	100m: 1:06.66 35.04		200m: 2:20.19 37.19	300m: 3:34.69 37.32	400m: 4:45.81 34.50			
12.	Jose Ricardo Sousa	97	105759	Lousada SXXI	4:46.12		411	9
	50m: 32.33 32.33		150m: 1:45.66 36.75	250m: 2:59.65 37.22	350m: 4:11.87 36.01			
	100m: 1:08.91 36.58		200m: 2:22.43 36.77	300m: 3:35.86 36.21	400m: 4:46.12 34.25			
13.	Igor Artyukh	96	110987	Imortal	4:58.34		362	8
	50m: 31.09 31.09		150m: 1:44.62 37.45	250m: 3:01.53 38.23	350m: 4:20.13 39.68			
	100m: 1:07.17 36.08		200m: 2:23.30 38.68	300m: 3:40.45 38.92	400m: 4:58.34 38.21			
14.	Pedro Miguel Cota	92	14073	Nucleo Sportinguista	4:59.97		356	7
	50m: 30.60 30.60		150m: 1:42.25 36.88	250m: 2:59.88 39.33	350m: 4:20.64 40.60			
	100m: 1:05.37 34.77		200m: 2:20.55 38.30	300m: 3:40.04 40.16	400m: 4:59.97 39.33			

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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Telmo Silva Alves	94	26423	Nucleo de Pombal	5:01.80		350	6
	50m: 32.49 32.49	150m: 1:46.64 37.96	250m: 3:03.53 38.94	350m: 4:22.07 38.87				
	100m: 1:08.68 36.19	200m: 2:24.59 37.95	300m: 3:43.20 39.67	400m: 5:01.80 39.73				
16.	Manuel Jose Alves	96	104895	Natacao do Montijo	5:04.23		342	5
	50m: 32.55 32.55	150m: 1:49.21 39.28	250m: 3:07.62 38.91	350m: 4:27.25 40.00				
	100m: 1:09.93 37.38	200m: 2:28.71 39.50	300m: 3:47.25 39.63	400m: 5:04.23 36.98				
17.	Joao Diogo Andrade	93	26678	Salvaterra Magos	5:05.51		337	4
	50m: 32.99 32.99	150m: 1:49.52 39.03	250m: 3:08.81 39.41	350m: 4:27.86 39.38				
	100m: 1:10.49 37.50	200m: 2:29.40 39.88	300m: 3:48.48 39.67	400m: 5:05.51 37.65				
18.	Andre Filipe Bucho	96	102748	Elvense	5:13.00		314	3
	50m: 31.75 31.75	150m: 1:47.21 39.66	250m: 3:09.33 41.84	350m: 4:33.67 42.15				
	100m: 1:07.55 35.80	200m: 2:27.49 40.28	300m: 3:51.52 42.19	400m: 5:13.00 39.33				
19.	Alexandre Silva Ribeiro	97	108829	Obidos Patrimonium	5:16.58		303	2
	50m: 31.74 31.74	150m: 1:46.09 38.27	250m: 3:02.55 38.23	350m: 4:15.47 34.67				
	100m: 1:07.82 36.08	200m: 2:24.32 38.23	300m: 3:40.80 38.25	400m: 5:16.58 1:01.11				
20.	Pedro Miguel Dias	93	12397	Juventude Ouriense	5:29.27		269	1
	50m: 35.37 35.37	150m: 1:56.49 41.36	250m: 3:21.58 43.15	350m: 4:47.30 43.18				
	100m: 1:15.13 39.76	200m: 2:38.43 41.94	300m: 4:04.12 42.54	400m: 5:29.27 41.97				