

Campeonatos Absolutos de Portugal PC
Guarda, 10. - 12.12.2010

Prova 10 10-12-2010	Masc., 400m Estilos				Absolutos Resultados
Rec. Nac. 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Rec. Nac. 25m Jun	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12-12-2003
Rec. Nac. 25m Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
TAC - Masc Sen: 4:45.70; Jun2: 4:45.70; Jun1: 4:52.50					

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Adriano Miguel Niz	86	Famalicao	4:27.34	+0,87	699	
	50m: 28.22 28.22	150m: 1:33.88 33.15	250m: 2:45.24 38.63	350m: 3:56.87 32.67			
	100m: 1:00.73 32.51	200m: 2:06.61 32.73	300m: 3:24.20 38.96	400m: 4:27.34 30.47			
2.	Diogo Parrilha da Silva	93	Alcobaca	4:30.20	+0,82	677	
	50m: 28.33 28.33	150m: 1:37.04 35.80	250m: 2:48.41 36.03	350m: 4:01.33 33.18			
	100m: 1:01.24 32.91	200m: 2:12.38 35.34	300m: 3:28.15 39.74	400m: 4:30.20 28.87			
3.	Miguel Machado Lopes	92	Sporting	4:30.57	+0,70	674	
	50m: 29.15 29.15	150m: 1:36.72 34.09	250m: 2:48.90 37.76	350m: 4:00.00 31.44			
	100m: 1:02.63 33.48	200m: 2:11.14 34.42	300m: 3:28.56 39.66	400m: 4:30.57 30.57			
4.	Nuno Rafael Alves	90	Gespacos	4:30.68	+0,83	673	
	50m: 29.03 29.03	150m: 1:37.58 35.71	250m: 2:50.47 38.12	350m: 4:00.50 31.79			
	100m: 1:01.87 32.84	200m: 2:12.35 34.77	300m: 3:28.71 38.24	400m: 4:30.68 30.18			
5.	Andre Bras Goncalves	88	Amadora	4:31.95	+0,76	664	
	50m: 28.27 28.27	150m: 1:37.32 35.60	250m: 2:50.72 38.02	350m: 4:01.00 31.95			
	100m: 1:01.72 33.45	200m: 2:12.70 35.38	300m: 3:29.05 38.33	400m: 4:31.95 30.95			
6.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	4:35.70	+0,77	637	
	50m: 28.90 28.90	150m: 1:38.37 36.56	250m: 2:53.12 38.94	350m: 4:03.94 31.74			
	100m: 1:01.81 32.91	200m: 2:14.18 35.81	300m: 3:32.20 39.08	400m: 4:35.70 31.76			
7.	Pedro Andre Santos	94	Alges	4:37.29	+0,77	626	
	50m: 28.39 28.39	150m: 1:38.22 36.00	250m: 2:53.08 39.31	350m: 4:05.46 32.68			
	100m: 1:02.22 33.83	200m: 2:13.77 35.55	300m: 3:32.78 39.70	400m: 4:37.29 31.83			
8.	Joao Claudio Sousa	93	Gespacos	4:37.30	+0,80	626	
	50m: 29.90 29.90	150m: 1:39.05 35.73	250m: 2:53.17 39.19	350m: 4:06.21 33.18			
	100m: 1:03.32 33.42	200m: 2:13.98 34.93	300m: 3:33.03 39.86	400m: 4:37.30 31.09			
9.	Ruben Filipe Nunes	94	Gespacos	4:37.31	+0,80	626	
	50m: 29.59 29.59	150m: 1:39.77 36.58	250m: 2:56.32 40.62	350m: 4:08.16 31.45			
	100m: 1:03.19 33.60	200m: 2:15.70 35.93	300m: 3:36.71 40.39	400m: 4:37.31 29.15			
10.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	4:37.52	+0,78	624	
	50m: 29.44 29.44	150m: 1:38.70 36.10	250m: 2:54.53 40.20	350m: 4:06.79 32.05			
	100m: 1:02.60 33.16	200m: 2:14.33 35.63	300m: 3:34.74 40.21	400m: 4:37.52 30.73			
11.	Daniel Ricardo Viegas	83	Amadora	4:37.54	+0,70	624	
	50m: 29.52 29.52	150m: 1:39.19 36.32	250m: 2:55.23 39.47	350m: 4:07.71 31.48			
	100m: 1:02.87 33.35	200m: 2:15.76 36.57	300m: 3:36.23 41.00	400m: 4:37.54 29.83			
12.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:38.43	+0,77	618	
	50m: 29.29 29.29	150m: 1:38.51 35.86	250m: 2:54.34 40.11	350m: 4:08.48 32.93			
	100m: 1:02.65 33.36	200m: 2:14.23 35.72	300m: 3:35.55 41.21	400m: 4:38.43 29.95			
13.	Miguel Monteiro Diogo	93	Alcobaca	4:38.49	+0,72	618	
	50m: 28.89 28.89	150m: 1:38.03 36.41	250m: 2:54.53 41.27	350m: 4:07.87 32.24			
	100m: 1:01.62 32.73	200m: 2:13.26 35.23	300m: 3:35.63 41.10	400m: 4:38.49 30.62			

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Prova 10, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Andre Duarte Vaz	93	Ginasio Figueirense	4:39.22	+0,85	613	
	50m: 29.48 29.48	150m: 1:38.01 34.64	250m: 2:52.52 40.26	350m: 4:07.04 33.11			
	100m: 1:03.37 33.89	200m: 2:12.26 34.25	300m: 3:33.93 41.41	400m: 4:39.22 32.18			
15.	Tiago Silva Oliveira	94	Leixoes	4:41.55	+0,80	598	
	50m: 30.75 30.75	150m: 1:42.65 36.63	250m: 3:00.57 40.83	350m: 4:12.17 30.18			
	100m: 1:06.02 35.27	200m: 2:19.74 37.09	300m: 3:41.99 41.42	400m: 4:41.55 29.38			
16.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	4:42.64	+0,76	591	
	50m: 29.54 29.54	150m: 1:39.40 35.63	250m: 2:55.29 40.43	350m: 4:09.78 33.19			
	100m: 1:03.77 34.23	200m: 2:14.86 35.46	300m: 3:36.59 41.30	400m: 4:42.64 32.86			
17.	Pedro Afonso Gaspar	94	Sporting	4:47.12	+0,80	564	
	50m: 29.24 29.24	150m: 1:40.80 36.61	250m: 2:58.79 42.13	350m: 4:15.42 33.47			
	100m: 1:04.19 34.95	200m: 2:16.66 35.86	300m: 3:41.95 43.16	400m: 4:47.12 31.70			
18.	Renato Mendes Pinheiro	94	Desportiva de Viana	4:48.53	+0,77	556	
	50m: 29.68 29.68	150m: 1:41.18 36.43	250m: 2:57.99 40.52	350m: 4:14.22 35.03			
	100m: 1:04.75 35.07	200m: 2:17.47 36.29	300m: 3:39.19 41.20	400m: 4:48.53 34.31			
19.	Pedro Barros Mendes	94	Academica Coimbra	4:48.91	+0,78	553	
	50m: 30.83 30.83	150m: 1:44.47 37.15	250m: 3:02.33 41.23	350m: 4:17.78 33.68			
	100m: 1:07.32 36.49	200m: 2:21.10 36.63	300m: 3:44.10 41.77	400m: 4:48.91 31.13			
20.	Alexandre Santos Gomes	93	Naval do Funchal	4:48.96	+0,85	553	
	<i>FTL</i>						
	50m: 30.39 30.39	150m: 1:43.69 38.20	250m: 3:02.17 40.67	350m: 4:16.88 32.76			
	100m: 1:05.49 35.10	200m: 2:21.50 37.81	300m: 3:44.12 41.95	400m: 4:48.96 32.08			
21.	Joao Nuno Pires	94	Nautico/Matobra	4:50.81	+0,72	543	
	50m: 30.32 30.32	150m: 1:43.77 38.51	250m: 3:03.97 42.69	350m: 4:19.03 32.16			
	100m: 1:05.26 34.94	200m: 2:21.28 37.51	300m: 3:46.87 42.90	400m: 4:50.81 31.78			
22.	Pedro Nuno Mendes	92	Braga	4:52.82	+0,88	532	
	<i>FTL</i>						
	50m: 30.89 30.89	150m: 1:43.08 36.86	250m: 3:02.12 42.37	350m: 4:19.33 34.34			
	100m: 1:06.22 35.33	200m: 2:19.75 36.67	300m: 3:44.99 42.87	400m: 4:52.82 33.49			
23.	Pedro Gomes Antunes	94	Braga	4:53.09	+0,83	530	
	<i>FTL</i>						
	50m: 30.56 30.56	150m: 1:43.89 38.36	250m: 3:05.33 42.97	350m: 4:22.06 33.40			
	100m: 1:05.53 34.97	200m: 2:22.36 38.47	300m: 3:48.66 43.33	400m: 4:53.09 31.03			
24.	Mario Rui Cruz	94	Amadora	4:53.30	+0,78	529	
	<i>FTL</i>						
	50m: 30.10 30.10	150m: 1:40.41 35.09	250m: 3:00.24 44.05	350m: 4:20.07 33.85			
	100m: 1:05.32 35.22	200m: 2:16.19 35.78	300m: 3:46.22 45.98	400m: 4:53.30 33.23			
25.	Andre Eduardo Infante	94	Sporting	4:53.99	+0,79	525	
	<i>FTL</i>						
	50m: 29.81 29.81	150m: 1:41.92 37.75	250m: 3:03.29 44.17	350m: 4:21.69 33.14			
	100m: 1:04.17 34.36	200m: 2:19.12 37.20	300m: 3:48.55 45.26	400m: 4:53.99 32.30			
26.	Diogo Maia e Silva	93	Pimpoes/Cimai	4:57.02	+0,76	509	
	<i>FTL</i>						
	50m: 30.55 30.55	150m: 1:43.56 37.48	250m: 3:03.91 43.63	350m: 4:23.15 34.46			
	100m: 1:06.08 35.53	200m: 2:20.28 36.72	300m: 3:48.69 44.78	400m: 4:57.02 33.87			

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Prova 10, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Ivo Andre Lopes <i>FTL</i>	94	Scalabisport	5:05.69	+0,87	467	
	50m: 30.57 30.57	150m: 1:43.91 38.43	250m: 3:07.19 45.41	350m: 4:30.77 36.16			
	100m: 1:05.48 34.91	200m: 2:21.78 37.87	300m: 3:54.61 47.42	400m: 5:05.69 34.92			
DSQ	Joao Manuel Borges <i>Nos ultimos 5 m do percurso mariposa efectuou pernada alternada</i>	94	Ginasio Figueirense		+0,93		
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Joao Pedro Braga <i>719 - Toque alternado na viragem aos 300 m – SW 7.6</i>	94	Naval de Ponta Delgada		+0,84		
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Seniores

1.	Adriano Miguel Niz	86	Famalicao	4:27.34	+0,87	699	
	50m: 28.22 28.22	150m: 1:33.88 33.15	250m: 2:45.24 38.63	350m: 3:56.87 32.67			
	100m: 1:00.73 32.51	200m: 2:06.61 32.73	300m: 3:24.20 38.96	400m: 4:27.34 30.47			
2.	Miguel Machado Lopes	92	Sporting	4:30.57	+0,70	674	
	50m: 29.15 29.15	150m: 1:36.72 34.09	250m: 2:48.90 37.76	350m: 4:00.00 31.44			
	100m: 1:02.63 33.48	200m: 2:11.14 34.42	300m: 3:28.56 39.66	400m: 4:30.57 30.57			
3.	Nuno Rafael Alves	90	Gespacos	4:30.68	+0,83	673	
	50m: 29.03 29.03	150m: 1:37.58 35.71	250m: 2:50.47 38.12	350m: 4:00.50 31.79			
	100m: 1:01.87 32.84	200m: 2:12.35 34.77	300m: 3:28.71 38.24	400m: 4:30.68 30.18			
4.	Andre Bras Goncalves	88	Amadora	4:31.95	+0,76	664	
	50m: 28.27 28.27	150m: 1:37.32 35.60	250m: 2:50.72 38.02	350m: 4:01.00 31.95			
	100m: 1:01.72 33.45	200m: 2:12.70 35.38	300m: 3:29.05 38.33	400m: 4:31.95 30.95			
5.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	4:37.52	+0,78	624	
	50m: 29.44 29.44	150m: 1:38.70 36.10	250m: 2:54.53 40.20	350m: 4:06.79 32.05			
	100m: 1:02.60 33.16	200m: 2:14.33 35.63	300m: 3:34.74 40.21	400m: 4:37.52 30.73			
6.	Daniel Ricardo Viegas	83	Amadora	4:37.54	+0,70	624	
	50m: 29.52 29.52	150m: 1:39.19 36.32	250m: 2:55.23 39.47	350m: 4:07.71 31.48			
	100m: 1:02.87 33.35	200m: 2:15.76 36.57	300m: 3:36.23 41.00	400m: 4:37.54 29.83			
7.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:38.43	+0,77	618	
	50m: 29.29 29.29	150m: 1:38.51 35.86	250m: 2:54.34 40.11	350m: 4:08.48 32.93			
	100m: 1:02.65 33.36	200m: 2:14.23 35.72	300m: 3:35.55 41.21	400m: 4:38.43 29.95			
8.	Pedro Nuno Mendes <i>FTL</i>	92	Braga	4:52.82	+0,88	532	
	50m: 30.89 30.89	150m: 1:43.08 36.86	250m: 3:02.12 42.37	350m: 4:19.33 34.34			
	100m: 1:06.22 35.33	200m: 2:19.75 36.67	300m: 3:44.99 42.87	400m: 4:52.82 33.49			

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Prova 10, Masc., 400m Estilos

Juniores1

1.	Pedro Andre Santos	94	Alges	4:37.29	+0,77	626
	50m: 28.39	28.39	150m: 1:38.22	36.00	250m: 2:53.08	39.31
	100m: 1:02.22	33.83	200m: 2:13.77	35.55	300m: 3:32.78	39.70
					350m: 4:05.46	32.68
					400m: 4:37.29	31.83
2.	Ruben Filipe Nunes	94	Gespacos	4:37.31	+0,80	626
	50m: 29.59	29.59	150m: 1:39.77	36.58	250m: 2:56.32	40.62
	100m: 1:03.19	33.60	200m: 2:15.70	35.93	300m: 3:36.71	40.39
					350m: 4:08.16	31.45
					400m: 4:37.31	29.15
3.	Tiago Silva Oliveira	94	Leixoes	4:41.55	+0,80	598
	50m: 30.75	30.75	150m: 1:42.65	36.63	250m: 3:00.57	40.83
	100m: 1:06.02	35.27	200m: 2:19.74	37.09	300m: 3:41.99	41.42
					350m: 4:12.17	30.18
					400m: 4:41.55	29.38
4.	Pedro Afonso Gaspar	94	Sporting	4:47.12	+0,80	564
	50m: 29.24	29.24	150m: 1:40.80	36.61	250m: 2:58.79	42.13
	100m: 1:04.19	34.95	200m: 2:16.66	35.86	300m: 3:41.95	43.16
					350m: 4:15.42	33.47
					400m: 4:47.12	31.70
5.	Renato Mendes Pinheiro	94	Desportiva de Viana	4:48.53	+0,77	556
	50m: 29.68	29.68	150m: 1:41.18	36.43	250m: 2:57.99	40.52
	100m: 1:04.75	35.07	200m: 2:17.47	36.29	300m: 3:39.19	41.20
					350m: 4:14.22	35.03
					400m: 4:48.53	34.31
6.	Pedro Barros Mendes	94	Academica Coimbra	4:48.91	+0,78	553
	50m: 30.83	30.83	150m: 1:44.47	37.15	250m: 3:02.33	41.23
	100m: 1:07.32	36.49	200m: 2:21.10	36.63	300m: 3:44.10	41.77
					350m: 4:17.78	33.68
					400m: 4:48.91	31.13
7.	Joao Nuno Pires	94	Nautico/Matobra	4:50.81	+0,72	543
	50m: 30.32	30.32	150m: 1:43.77	38.51	250m: 3:03.97	42.69
	100m: 1:05.26	34.94	200m: 2:21.28	37.51	300m: 3:46.87	42.90
					350m: 4:19.03	32.16
					400m: 4:50.81	31.78
8.	Pedro Gomes Antunes	94	Braga	4:53.09	+0,83	530
	<i>FTL</i>					
	50m: 30.56	30.56	150m: 1:43.89	38.36	250m: 3:05.33	42.97
	100m: 1:05.53	34.97	200m: 2:22.36	38.47	300m: 3:48.66	43.33
					350m: 4:22.06	33.40
					400m: 4:53.09	31.03
9.	Mario Rui Cruz	94	Amadora	4:53.30	+0,78	529
	<i>FTL</i>					
	50m: 30.10	30.10	150m: 1:40.41	35.09	250m: 3:00.24	44.05
	100m: 1:05.32	35.22	200m: 2:16.19	35.78	300m: 3:46.22	45.98
					350m: 4:20.07	33.85
					400m: 4:53.30	33.23
10.	Andre Eduardo Infante	94	Sporting	4:53.99	+0,79	525
	<i>FTL</i>					
	50m: 29.81	29.81	150m: 1:41.92	37.75	250m: 3:03.29	44.17
	100m: 1:04.17	34.36	200m: 2:19.12	37.20	300m: 3:48.55	45.26
					350m: 4:21.69	33.14
					400m: 4:53.99	32.30
11.	Ivo Andre Lopes	94	Scalabisport	5:05.69	+0,87	467
	<i>FTL</i>					
	50m: 30.57	30.57	150m: 1:43.91	38.43	250m: 3:07.19	45.41
	100m: 1:05.48	34.91	200m: 2:21.78	37.87	300m: 3:54.61	47.42
					350m: 4:30.77	36.16
					400m: 5:05.69	34.92
DSQ	Joao Manuel Borges	94	Ginasio Figueirense		+0,93	
	<i>Nos ultimos 5 m do percurso mariposa efectuou pernada alternada</i>					
	50m:		150m:		250m:	350m:
	100m:		200m:		300m:	400m:
DSQ	Joao Pedro Braga	94	Naval de Ponta Delgada		+0,84	
	<i>719 - Toque alternado na viragem aos 300 m – SW 7.6</i>					
	50m:		150m:		250m:	350m:
	100m:		200m:		300m:	400m:

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Prova 10, Masc., 400m Estilos

Juniores2

1.	Diogo Parrilha da Silva	93	Alcobaca	4:30.20	+0,82	677
	50m: 28.33	28.33	150m: 1:37.04	35.80	250m: 2:48.41	36.03
	100m: 1:01.24	32.91	200m: 2:12.38	35.34	300m: 3:28.15	39.74
					350m: 4:01.33	33.18
					400m: 4:30.20	28.87
2.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	4:35.70	+0,77	637
	50m: 28.90	28.90	150m: 1:38.37	36.56	250m: 2:53.12	38.94
	100m: 1:01.81	32.91	200m: 2:14.18	35.81	300m: 3:32.20	39.08
					350m: 4:03.94	31.74
					400m: 4:35.70	31.76
3.	Joao Claudio Sousa	93	Gespacos	4:37.30	+0,80	626
	50m: 29.90	29.90	150m: 1:39.05	35.73	250m: 2:53.17	39.19
	100m: 1:03.32	33.42	200m: 2:13.98	34.93	300m: 3:33.03	39.86
					350m: 4:06.21	33.18
					400m: 4:37.30	31.09
4.	Miguel Monteiro Diogo	93	Alcobaca	4:38.49	+0,72	618
	50m: 28.89	28.89	150m: 1:38.03	36.41	250m: 2:54.53	41.27
	100m: 1:01.62	32.73	200m: 2:13.26	35.23	300m: 3:35.63	41.10
					350m: 4:07.87	32.24
					400m: 4:38.49	30.62
5.	Andre Duarte Vaz	93	Ginasio Figueirense	4:39.22	+0,85	613
	50m: 29.48	29.48	150m: 1:38.01	34.64	250m: 2:52.52	40.26
	100m: 1:03.37	33.89	200m: 2:12.26	34.25	300m: 3:33.93	41.41
					350m: 4:07.04	33.11
					400m: 4:39.22	32.18
6.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	4:42.64	+0,76	591
	50m: 29.54	29.54	150m: 1:39.40	35.63	250m: 2:55.29	40.43
	100m: 1:03.77	34.23	200m: 2:14.86	35.46	300m: 3:36.59	41.30
					350m: 4:09.78	33.19
					400m: 4:42.64	32.86
7.	Alexandre Santos Gomes	93	Naval do Funchal	4:48.96	+0,85	553
	<i>FTL</i>					
	50m: 30.39	30.39	150m: 1:43.69	38.20	250m: 3:02.17	40.67
	100m: 1:05.49	35.10	200m: 2:21.50	37.81	300m: 3:44.12	41.95
					350m: 4:16.88	32.76
					400m: 4:48.96	32.08
8.	Diogo Maia e Silva	93	Pimpoes/Cimai	4:57.02	+0,76	509
	<i>FTL</i>					
	50m: 30.55	30.55	150m: 1:43.56	37.48	250m: 3:03.91	43.63
	100m: 1:06.08	35.53	200m: 2:20.28	36.72	300m: 3:48.69	44.78
					350m: 4:23.15	34.46
					400m: 4:57.02	33.87