



Campeonato Nacional Clubes 3ª Divisao
Caldas da Rainha, 18. - 19.12.2010

Prova 9 Masc., 400m Livres Absoluto
18-12-2010 - 17:10 Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:05.91	Diogo Filipe Carvalho	CGA	Braga	22-03-2002
Rec. Nac. 25m Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16-05-2009
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Tiago Rafael Lopes	92	Academica de Coimbra	4:09.86	+0.75	617	25	
	50m: 28.31 28.31	150m: 1:30.67 31.50	250m: 2:34.46 31.69	350m: 3:38.58 32.39	100m: 59.17 30.86	200m: 2:02.77 32.10	300m: 3:06.19 31.73	400m: 4:09.86 31.28
2.	Ricardo Miguel Antunes	94	Geslours	4:11.17	+0.90	607	23	
	50m: 29.27 29.27	150m: 1:32.40 31.76	250m: 2:36.14 31.50	350m: 3:39.65 31.98	100m: 1:00.64 31.37	200m: 2:04.64 32.24	300m: 3:07.67 31.53	400m: 4:11.17 31.52
3.	Andre Duarte Vaz	93	Ginasio Figueirense	4:11.67	+0.84	604	22	
	50m: 27.89 27.89	150m: 1:29.73 31.43	250m: 2:33.51 31.85	350m: 3:39.07 32.79	100m: 58.30 30.41	200m: 2:01.66 31.93	300m: 3:06.28 32.77	400m: 4:11.67 32.60
4.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:13.82	+0.83	589	21	
	50m: 27.11 27.11	150m: 1:29.23 31.94	250m: 2:33.99 32.51	350m: 3:41.05 33.45	100m: 57.29 30.18	200m: 2:01.48 32.25	300m: 3:07.60 33.61	400m: 4:13.82 32.77
5.	Nelson Goncalves Judas	91	Academico Viseu	4:15.16	+0.95	579	20	
	50m: 28.63 28.63	150m: 1:32.11 32.20	250m: 2:37.44 32.39	350m: 3:43.83 33.27	100m: 59.91 31.28	200m: 2:05.05 32.94	300m: 3:10.56 33.12	400m: 4:15.16 31.33
6.	Alexandre Galveias Vale	93	Pimpoes/Cimai	4:15.19	+0.82	579	19	
	50m: 28.67 28.67	150m: 1:32.21 31.87	250m: 2:37.30 32.51	350m: 3:43.78 33.38	100m: 1:00.34 31.67	200m: 2:04.79 32.58	300m: 3:10.40 33.10	400m: 4:15.19 31.41
7.	Joao Pedro Queijo	93	Natacao da Maia	4:16.66	+0.83	569	18	
	50m: 28.34 28.34	150m: 1:30.70 31.61	250m: 2:36.31 33.15	350m: 3:43.53 33.91	100m: 59.09 30.75	200m: 2:03.16 32.46	300m: 3:09.62 33.31	400m: 4:16.66 33.13
8.	Duarte Lages Silva	88	Estudantes de Medicina	4:17.08	+0.97	566	17	
	50m: 28.57 28.57	150m: 1:32.21 31.72	250m: 2:37.80 32.80	350m: 3:44.37 33.35	100m: 1:00.49 31.92	200m: 2:05.00 32.79	300m: 3:11.02 33.22	400m: 4:17.08 32.71
9.	Pedro Miguel Silva	94	Colegio Monte Maior	4:20.61	+0.90	544	16	
	50m: 28.23 28.23	150m: 1:31.82 32.30	250m: 2:39.09 33.94	350m: 3:47.54 34.14	100m: 59.52 31.29	200m: 2:05.15 33.33	300m: 3:13.40 34.31	400m: 4:20.61 33.07
10.	Bruno Miranda Sousa	93	Desportiva de Viana	4:20.71	+0.96	543	15	
	50m: 28.49 28.49	150m: 1:32.54 32.89	250m: 2:39.45 33.60	350m: 3:47.51 34.24	100m: 59.65 31.16	200m: 2:05.85 33.31	300m: 3:13.27 33.82	400m: 4:20.71 33.20
11.	Marcelo Jose Pinto	94	Foca	4:21.43	+1.12	539	14	
	50m: 29.81 29.81	150m: 1:34.50 32.65	250m: 2:41.58 33.46	350m: 3:48.98 33.67	100m: 1:01.85 32.04	200m: 2:08.12 33.62	300m: 3:15.31 33.73	400m: 4:21.43 32.45
12.	Diogo Antonio Lopes	95	Torres Novas	4:22.10	+0.85	534	13	
	50m: 29.84 29.84	150m: 1:34.89 32.98	250m: 2:41.94 33.69	350m: 3:49.53 34.11	100m: 1:01.91 32.07	200m: 2:08.25 33.36	300m: 3:15.42 33.48	400m: 4:22.10 32.57



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Jose Carlos Freitas	63	Fluvial Portuense	4:23.34	+0.80	527	12
	50m: 30.47 30.47	150m: 1:35.03 32.67	250m: 2:42.25 33.89	350m: 3:50.26 33.98			
	100m: 1:02.36 31.89	200m: 2:08.36 33.33	300m: 3:16.28 34.03	400m: 4:23.34 33.08			
14.	Antero Simao Martins	94	Nautico da Marinha Grande	4:24.14	+0.80	522	11
	50m: 28.65 28.65	150m: 1:34.01 33.23	250m: 2:41.71 34.19	350m: 3:50.60 34.69			
	100m: 1:00.78 32.13	200m: 2:07.52 33.51	300m: 3:15.91 34.20	400m: 4:24.14 33.54			
15.	Pedro Miguel Pedras	91	Clube Os Unidos	4:24.95	+0.81	517	10
	50m: 28.28 28.28	150m: 1:32.68 32.70	250m: 2:41.48 34.64	350m: 3:51.04 34.58			
	100m: 59.98 31.70	200m: 2:06.84 34.16	300m: 3:16.46 34.98	400m: 4:24.95 33.91			
16.	Marcelo Fernandes Rosas	93	Feirense	4:30.01	+0.87	489	9
	50m: 30.13 30.13	150m: 1:35.73 32.97	250m: 2:44.27 34.72	350m: 3:55.08 35.48			
	100m: 1:02.76 32.63	200m: 2:09.55 33.82	300m: 3:19.60 35.33	400m: 4:30.01 34.93			
17.	Bruno Rafael Meireles	96	Lisnave	4:30.04	+0.85	489	8
	50m: 29.83 29.83	150m: 1:35.57 33.39	250m: 2:44.97 35.24	350m: 3:55.49 35.61			
	100m: 1:02.18 32.35	200m: 2:09.73 34.16	300m: 3:19.88 34.91	400m: 4:30.04 34.55			
18.	Ricardo Santos Agueda	96	Natacao de Valongo	4:31.92	+0.91	479	7
	50m: 29.74 29.74	150m: 1:36.92 34.01	250m: 2:46.36 35.07	350m: 3:56.55 35.28			
	100m: 1:02.91 33.17	200m: 2:11.29 34.37	300m: 3:21.27 34.91	400m: 4:31.92 35.37			
19.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:35.57	+0.81	460	6
	50m: 29.87 29.87	150m: 1:37.10 34.06	250m: 2:47.01 35.71	350m: 3:59.05 36.37			
	100m: 1:03.04 33.17	200m: 2:11.30 34.20	300m: 3:22.68 35.67	400m: 4:35.57 36.52			
20.	Miguel Maria Rosado	95	Aminata	4:37.71	+0.79	449	5
	50m: 29.80 29.80	150m: 1:36.94 33.98	250m: 2:48.61 36.54	350m: 4:01.15 36.61			
	100m: 1:02.96 33.16	200m: 2:12.07 35.13	300m: 3:24.54 35.93	400m: 4:37.71 36.56			
21.	Tiago Vitorino Mendes	94	Desportiva Limiana	4:42.94	+0.92	425	4
	50m: 29.87 29.87	150m: 1:39.71 36.32	250m: 2:53.08 36.80	350m: 4:07.97 37.51			
	100m: 1:03.39 33.52	200m: 2:16.28 36.57	300m: 3:30.46 37.38	400m: 4:42.94 34.97			
22.	Jose Eduardo Felicio	97	Rio Maior	4:48.21	+0.73	402	3
	50m: 32.01 32.01	150m: 1:43.94 36.63	250m: 2:57.77 36.79	350m: 4:12.38 37.33			
	100m: 1:07.31 35.30	200m: 2:20.98 37.04	300m: 3:35.05 37.28	400m: 4:48.21 35.83			
23.	Joao Fernando Lopes	95	Penafiel	4:51.41	+0.76	389	2
	50m: 30.87 30.87	150m: 1:44.30 37.50	250m: 3:00.20 37.87	350m: 4:15.07 37.16			
	100m: 1:06.80 35.93	200m: 2:22.33 38.03	300m: 3:37.91 37.71	400m: 4:51.41 36.34			
24.	Ruben Rafael Duarte	97	Estrelas S. Joao Brito	5:12.29	+0.89	316	1
	50m: 32.08 32.08	150m: 1:47.94 38.91	250m: 3:08.99 41.17	350m: 4:32.21 41.42			
	100m: 1:09.03 36.95	200m: 2:27.82 39.88	300m: 3:50.79 41.80	400m: 5:12.29 40.08			

Seniores

1.	Tiago Rafael Lopes	92	Academica de Coimbra	4:09.86	+0.75	617	25
	50m: 28.31 28.31	150m: 1:30.67 31.50	250m: 2:34.46 31.69	350m: 3:38.58 32.39			
	100m: 59.17 30.86	200m: 2:02.77 32.10	300m: 3:06.19 31.73	400m: 4:09.86 31.28			
2.	Nelson Goncalves Judas	91	Academico Viseu	4:15.16	+0.95	579	20
	50m: 28.63 28.63	150m: 1:32.11 32.20	250m: 2:37.44 32.39	350m: 3:43.83 33.27			
	100m: 59.91 31.28	200m: 2:05.05 32.94	300m: 3:10.56 33.12	400m: 4:15.16 31.33			



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Prova 9, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Duarte Lages Silva	88	Estudantes de Medicina	4:17.08	+0.97	566	17
	50m: 28.57 28.57	150m: 1:32.21 31.72	250m: 2:37.80 32.80	350m: 3:44.37 33.35			
	100m: 1:00.49 31.92	200m: 2:05.00 32.79	300m: 3:11.02 33.22	400m: 4:17.08 32.71			
4.	Jose Carlos Freitas	63	Fluvial Portuense	4:23.34	+0.80	527	12
	50m: 30.47 30.47	150m: 1:35.03 32.67	250m: 2:42.25 33.89	350m: 3:50.26 33.98			
	100m: 1:02.36 31.89	200m: 2:08.36 33.33	300m: 3:16.28 34.03	400m: 4:23.34 33.08			
5.	Pedro Miguel Pedras	91	Clube Os Unidos	4:24.95	+0.81	517	10
	50m: 28.28 28.28	150m: 1:32.68 32.70	250m: 2:41.48 34.64	350m: 3:51.04 34.58			
	100m: 59.98 31.70	200m: 2:06.84 34.16	300m: 3:16.46 34.98	400m: 4:24.95 33.91			

Juniores

1.	Ricardo Miguel Antunes	94	Gesloures	4:11.17	+0.90	607	23
	50m: 29.27 29.27	150m: 1:32.40 31.76	250m: 2:36.14 31.50	350m: 3:39.65 31.98			
	100m: 1:00.64 31.37	200m: 2:04.64 32.24	300m: 3:07.67 31.53	400m: 4:11.17 31.52			
2.	Andre Duarte Vaz	93	Ginasio Figueirense	4:11.67	+0.84	604	22
	50m: 27.89 27.89	150m: 1:29.73 31.43	250m: 2:33.51 31.85	350m: 3:39.07 32.79			
	100m: 58.30 30.41	200m: 2:01.66 31.93	300m: 3:06.28 32.77	400m: 4:11.67 32.60			
3.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:13.82	+0.83	589	21
	50m: 27.11 27.11	150m: 1:29.23 31.94	250m: 2:33.99 32.51	350m: 3:41.05 33.45			
	100m: 57.29 30.18	200m: 2:01.48 32.25	300m: 3:07.60 33.61	400m: 4:13.82 32.77			
4.	Alexandre Galveias Vale	93	Pimpoes/Cimai	4:15.19	+0.82	579	19
	50m: 28.67 28.67	150m: 1:32.21 31.87	250m: 2:37.30 32.51	350m: 3:43.78 33.38			
	100m: 1:00.34 31.67	200m: 2:04.79 32.58	300m: 3:10.40 33.10	400m: 4:15.19 31.41			
5.	Joao Pedro Queijo	93	Natacao da Maia	4:16.66	+0.83	569	18
	50m: 28.34 28.34	150m: 1:30.70 31.61	250m: 2:36.31 33.15	350m: 3:43.53 33.91			
	100m: 59.09 30.75	200m: 2:03.16 32.46	300m: 3:09.62 33.31	400m: 4:16.66 33.13			
6.	Pedro Miguel Silva	94	Colegio Monte Maior	4:20.61	+0.90	544	16
	50m: 28.23 28.23	150m: 1:31.82 32.30	250m: 2:39.09 33.94	350m: 3:47.54 34.14			
	100m: 59.52 31.29	200m: 2:05.15 33.33	300m: 3:13.40 34.31	400m: 4:20.61 33.07			
7.	Bruno Miranda Sousa	93	Desportiva de Viana	4:20.71	+0.96	543	15
	50m: 28.49 28.49	150m: 1:32.54 32.89	250m: 2:39.45 33.60	350m: 3:47.51 34.24			
	100m: 59.65 31.16	200m: 2:05.85 33.31	300m: 3:13.27 33.82	400m: 4:20.71 33.20			
8.	Marcelo Jose Pinto	94	Foca	4:21.43	+1.12	539	14
	50m: 29.81 29.81	150m: 1:34.50 32.65	250m: 2:41.58 33.46	350m: 3:48.98 33.67			
	100m: 1:01.85 32.04	200m: 2:08.12 33.62	300m: 3:15.31 33.73	400m: 4:21.43 32.45			
9.	Antero Simao Martins	94	Nautico da Marinha Grande	4:24.14	+0.80	522	11
	50m: 28.65 28.65	150m: 1:34.01 33.23	250m: 2:41.71 34.19	350m: 3:50.60 34.69			
	100m: 1:00.78 32.13	200m: 2:07.52 33.51	300m: 3:15.91 34.20	400m: 4:24.14 33.54			
10.	Marcelo Fernandes Rosas	93	Feirense	4:30.01	+0.87	489	9
	50m: 30.13 30.13	150m: 1:35.73 32.97	250m: 2:44.27 34.72	350m: 3:55.08 35.48			
	100m: 1:02.76 32.63	200m: 2:09.55 33.82	300m: 3:19.60 35.33	400m: 4:30.01 34.93			
11.	Tiago Vitorino Mendes	94	Desportiva Limiana	4:42.94	+0.92	425	4
	50m: 29.87 29.87	150m: 1:39.71 36.32	250m: 2:53.08 36.80	350m: 4:07.97 37.51			
	100m: 1:03.39 33.52	200m: 2:16.28 36.57	300m: 3:30.46 37.38	400m: 4:42.94 34.97			



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Prova 9, Masc., 400m Livres

Juvenis A

1.	Diogo Antonio Lopes	95	Torres Novas	4:22.10	+0.85	534	13	
	50m: 29.84	29.84	150m: 1:34.89	32.98	250m: 2:41.94	33.69	350m: 3:49.53	34.11
	100m: 1:01.91	32.07	200m: 2:08.25	33.36	300m: 3:15.42	33.48	400m: 4:22.10	32.57
2.	Miguel Maria Rosado	95	Aminata	4:37.71	+0.79	449	5	
	50m: 29.80	29.80	150m: 1:36.94	33.98	250m: 2:48.61	36.54	350m: 4:01.15	36.61
	100m: 1:02.96	33.16	200m: 2:12.07	35.13	300m: 3:24.54	35.93	400m: 4:37.71	36.56
3.	Joao Fernando Lopes	95	Penafiel	4:51.41	+0.76	389	2	
	50m: 30.87	30.87	150m: 1:44.30	37.50	250m: 3:00.20	37.87	350m: 4:15.07	37.16
	100m: 1:06.80	35.93	200m: 2:22.33	38.03	300m: 3:37.91	37.71	400m: 4:51.41	36.34

Juvenis B

1.	Bruno Rafael Meireles	96	Lisnave	4:30.04	+0.85	489	8	
	50m: 29.83	29.83	150m: 1:35.57	33.39	250m: 2:44.97	35.24	350m: 3:55.49	35.61
	100m: 1:02.18	32.35	200m: 2:09.73	34.16	300m: 3:19.88	34.91	400m: 4:30.04	34.55
2.	Ricardo Santos Agueda	96	Natacao de Valongo	4:31.92	+0.91	479	7	
	50m: 29.74	29.74	150m: 1:36.92	34.01	250m: 2:46.36	35.07	350m: 3:56.55	35.28
	100m: 1:02.91	33.17	200m: 2:11.29	34.37	300m: 3:21.27	34.91	400m: 4:31.92	35.37
3.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:35.57	+0.81	460	6	
	50m: 29.87	29.87	150m: 1:37.10	34.06	250m: 2:47.01	35.71	350m: 3:59.05	36.37
	100m: 1:03.04	33.17	200m: 2:11.30	34.20	300m: 3:22.68	35.67	400m: 4:35.57	36.52

Infantis A

1.	Jose Eduardo Felicio	97	Rio Maior	4:48.21	+0.73	402	3	
	50m: 32.01	32.01	150m: 1:43.94	36.63	250m: 2:57.77	36.79	350m: 4:12.38	37.33
	100m: 1:07.31	35.30	200m: 2:20.98	37.04	300m: 3:35.05	37.28	400m: 4:48.21	35.83
2.	Ruben Rafael Duarte	97	Estrelas S. Joao Brito	5:12.29	+0.89	316	1	
	50m: 32.08	32.08	150m: 1:47.94	38.91	250m: 3:08.99	41.17	350m: 4:32.21	41.42
	100m: 1:09.03	36.95	200m: 2:27.82	39.88	300m: 3:50.79	41.80	400m: 5:12.29	40.08