



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 9 Masc., 400m Livres Absoluto
18-12-2010 - 10:45 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 Manuel Teixeira	96	Fafe	4:12.11	+0.85	601	25
	50m: 28.92 28.92	150m: 1:33.11 32.72	250m: 2:37.68 32.09	350m: 3:42.01 31.83	400m: 4:12.11 30.10		
	100m: 1:00.39 31.47	200m: 2:05.59 32.48	300m: 3:10.18 32.50				
2.	Tiago Ferreira Azevedo	95	Naval Amorense	4:14.00	+0.73	587	23
	50m: 26.98 26.98	150m: 1:30.14 32.44	250m: 2:36.10 33.00	350m: 3:41.99 32.71	400m: 4:14.00 32.01		
	100m: 57.70 30.72	200m: 2:03.10 32.96	300m: 3:09.28 33.18				
3.	Rui Miguel Lopes	94	Natacao de Olhao	4:15.50	+0.92	577	22
	50m: 28.67 28.67	150m: 1:33.05 32.64	250m: 2:38.91 32.66	350m: 3:43.96 32.30	400m: 4:15.50 31.54		
	100m: 1:00.41 31.74	200m: 2:06.25 33.20	300m: 3:11.66 32.75				
4.	Miguel Prata Santos	96	Viana Natacao	4:18.02	+0.75	560	21
	50m: 28.32 28.32	150m: 1:33.15 32.65	250m: 2:39.34 32.86	350m: 3:45.54 32.66	400m: 4:18.02 32.48		
	100m: 1:00.50 32.18	200m: 2:06.48 33.33	300m: 3:12.88 33.54				
5.	Joao Bernardo Saragoca	95	Scalabisport	4:26.32	+1.07	509	20
	50m: 30.08 30.08	150m: 1:37.29 34.16	250m: 2:45.72 34.15	350m: 3:54.12 33.61	400m: 4:26.32 32.20		
	100m: 1:03.13 33.05	200m: 2:11.57 34.28	300m: 3:20.51 34.79				
6.	Filipe Ricardo Azevedo	93	Kainagua	4:26.44	+0.95	509	19
	50m: 29.48 29.48	150m: 1:36.40 33.77	250m: 2:45.00 34.36	350m: 3:53.95 34.49	400m: 4:26.44 32.49		
	100m: 1:02.63 33.15	200m: 2:10.64 34.24	300m: 3:19.46 34.46				
7.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:27.12	+0.92	505	18
	50m: 29.09 29.09	150m: 1:36.32 34.26	250m: 2:45.71 34.80	350m: 3:54.96 34.37	400m: 4:27.12 32.16		
	100m: 1:02.06 32.97	200m: 2:10.91 34.59	300m: 3:20.59 34.88				
8.	Joao Manuel Serralheiro	95	Benedita	4:28.59	+1.18	497	17
	50m: 29.88 29.88	150m: 1:37.55 34.47	250m: 2:47.13 35.02	350m: 3:56.36 34.42	400m: 4:28.59 32.23		
	100m: 1:03.08 33.20	200m: 2:12.11 34.56	300m: 3:21.94 34.81				
9.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	4:32.37	+0.74	476	16
	50m: 29.87 29.87	150m: 1:37.68 34.51	250m: 2:48.18 35.19	350m: 3:58.18 34.85	400m: 4:32.37 34.19		
	100m: 1:03.17 33.30	200m: 2:12.99 35.31	300m: 3:23.33 35.15				
10.	Rafael Cardoso Ribeiro	93	Alhandra	4:32.40	+0.96	476	15
	50m: 29.58 29.58	150m: 1:36.69 34.26	250m: 2:47.25 35.09	350m: 3:58.05 35.16	400m: 4:32.40 34.35		
	100m: 1:02.43 32.85	200m: 2:12.16 35.47	300m: 3:22.89 35.64				
11.	C. Fernandes	91	Natacao de Vila Real	4:34.45	+0.78	465	14
	50m: 30.36 30.36	150m: 1:36.84 33.40	250m: 2:46.60 35.32	350m: 3:58.34 36.23	400m: 4:34.45 36.11		
	100m: 1:03.44 33.08	200m: 2:11.28 34.44	300m: 3:22.11 35.51				
12.	Rui Alexandre Torre	90	Ancorensis/Serralharia Ribeiro	4:34.73	+0.87	464	13
	50m: 28.92 28.92	150m: 1:34.26 33.54	250m: 2:44.77 35.83	350m: 3:58.28 37.10	400m: 4:34.73 36.45		
	100m: 1:00.72 31.80	200m: 2:08.94 34.68	300m: 3:21.18 36.41				





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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joao Manuel Ferreira	92	CLAC-Entroncamento	4:36.12	+1.10	457	12
	50m: 29.79 29.79	150m: 1:37.71 34.64	250m: 2:48.52 35.80	350m: 4:00.90 36.42	400m: 4:36.12 35.22		
	100m: 1:03.07 33.28	200m: 2:12.72 35.01	300m: 3:24.48 35.96				
14.	Pedro Jorge Santos	93	Sporting de Aveiro	4:36.33	+0.90	456	11
	50m: 30.40 30.40	150m: 1:40.70 35.67	250m: 2:50.44 34.89	350m: 4:01.42 35.59	400m: 4:36.33 34.91		
	100m: 1:05.03 34.63	200m: 2:15.55 34.85	300m: 3:25.83 35.39				
15.	Rodrigo Cota Sousa	92	Nucleo Sportinguista	4:38.51	+0.91	445	10
	50m: 29.12 29.12	150m: 1:36.29 34.42	250m: 2:48.86 36.59	350m: 4:02.55 36.80	400m: 4:38.51 35.96		
	100m: 1:01.87 32.75	200m: 2:12.27 35.98	300m: 3:25.75 36.89				
16.	Joao Pedro Pereira	93	Buzios	4:41.16	+0.69	433	9
	50m: 30.02 30.02	150m: 1:38.81 34.97	250m: 2:51.71 36.78	350m: 4:06.32 37.66	400m: 4:41.16 34.84		
	100m: 1:03.84 33.82	200m: 2:14.93 36.12	300m: 3:28.66 36.95				
17.	Jose Figueiredo Pereira	92	Estarreja	4:41.60	+0.90	431	8
	50m: 29.54 29.54	150m: 1:38.48 35.08	250m: 2:51.45 36.28	350m: 4:07.03 37.96	400m: 4:41.60 34.57		
	100m: 1:03.40 33.86	200m: 2:15.17 36.69	300m: 3:29.07 37.62				
18.	Diogo de Sousa	95	Ginasio de Vila Real	4:43.12	+0.88	424	7
	50m: 29.98 29.98	150m: 1:40.24 35.86	250m: 2:53.69 36.43	350m: 4:07.67 36.88	400m: 4:43.12 35.45		
	100m: 1:04.38 34.40	200m: 2:17.26 37.02	300m: 3:30.79 37.10				
19.	Jose Miguel Hilario	97	Beja	4:43.84	+0.73	421	6
	50m: 30.33 30.33	150m: 1:41.59 36.46	250m: 2:55.81 37.11	350m: 4:08.91 36.17	400m: 4:43.84 34.93		
	100m: 1:05.13 34.80	200m: 2:18.70 37.11	300m: 3:32.74 36.93				
20.	Jose Ricardo Sousa	97	Lousada SXXI	4:45.87	+0.99	412	5
	50m: 32.14 32.14	150m: 1:46.22 37.46	250m: 2:59.08 35.40	350m: 4:10.13 35.28	400m: 4:45.87 35.74		
	100m: 1:08.76 36.62	200m: 2:23.68 37.46	300m: 3:34.85 35.77				
21.	Luis Daniel Moreira	92	Sporting de Espinho	4:47.09	+0.85	407	4
	50m: 30.66 30.66	150m: 1:41.23 35.95	250m: 2:55.18 37.11	350m: 4:11.09 38.12	400m: 4:47.09 36.00		
	100m: 1:05.28 34.62	200m: 2:18.07 36.84	300m: 3:32.97 37.79				
22.	Joao Manuel Santos	94	Campinho	4:49.29	+1.01	397	3
	50m: 30.81 30.81	150m: 1:40.85 36.33	250m: 2:56.16 37.98	350m: 4:13.45 38.74	400m: 4:49.29 35.84		
	100m: 1:04.52 33.71	200m: 2:18.18 37.33	300m: 3:34.71 38.55				
23.	Igor Artyukh	96	Imortal	4:53.05	+0.91	382	2
	50m: 31.73 31.73	150m: 1:43.85 37.01	250m: 2:59.19 37.98	350m: 4:15.50 38.26	400m: 4:53.05 37.55		
	100m: 1:06.84 35.11	200m: 2:21.21 37.36	300m: 3:37.24 38.05				
24.	Fabio Alcantara Aires	97	Nautica do Seixal	4:58.64	+0.94	361	1
	50m: 30.62 30.62	150m: 1:44.23 37.98	250m: 3:01.42 39.07	350m: 4:19.76 39.77	400m: 4:58.64 38.88		
	100m: 1:06.25 35.63	200m: 2:22.35 38.12	300m: 3:39.99 38.57				

Seniores

1.	C. Fernandes	91	Natacao de Vila Real	4:34.45	+0.78	465	14
	50m: 30.36 30.36	150m: 1:36.84 33.40	250m: 2:46.60 35.32	350m: 3:58.34 36.23	400m: 4:34.45 36.11		
	100m: 1:03.44 33.08	200m: 2:11.28 34.44	300m: 3:22.11 35.51				
2.	Rui Alexandre Torre	90	Ancorensis/Serralharia Ribeiro	4:34.73	+0.87	464	13
	50m: 28.92 28.92	150m: 1:34.26 33.54	250m: 2:44.77 35.83	350m: 3:58.28 37.10	400m: 4:34.73 36.45		
	100m: 1:00.72 31.80	200m: 2:08.94 34.68	300m: 3:21.18 36.41				



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Prova 9, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Joao Manuel Ferreira	92	CLAC-Entroncamento	4:36.12	+1.10	457	12
	50m: 29.79 29.79	150m: 1:37.71 34.64	250m: 2:48.52 35.80	350m: 4:00.90 36.42			
	100m: 1:03.07 33.28	200m: 2:12.72 35.01	300m: 3:24.48 35.96	400m: 4:36.12 35.22			
4.	Rodrigo Cota Sousa	92	Nucleo Sportinguista	4:38.51	+0.91	445	10
	50m: 29.12 29.12	150m: 1:36.29 34.42	250m: 2:48.86 36.59	350m: 4:02.55 36.80			
	100m: 1:01.87 32.75	200m: 2:12.27 35.98	300m: 3:25.75 36.89	400m: 4:38.51 35.96			
5.	Jose Figueiredo Pereira	92	Estarreja	4:41.60	+0.90	431	8
	50m: 29.54 29.54	150m: 1:38.48 35.08	250m: 2:51.45 36.28	350m: 4:07.03 37.96			
	100m: 1:03.40 33.86	200m: 2:15.17 36.69	300m: 3:29.07 37.62	400m: 4:41.60 34.57			
6.	Luis Daniel Moreira	92	Sporting de Espinho	4:47.09	+0.85	407	4
	50m: 30.66 30.66	150m: 1:41.23 35.95	250m: 2:55.18 37.11	350m: 4:11.09 38.12			
	100m: 1:05.28 34.62	200m: 2:18.07 36.84	300m: 3:32.97 37.79	400m: 4:47.09 36.00			

Juniores

1.	Rui Miguel Lopes	94	Natacao de Olhao	4:15.50	+0.92	577	22
	50m: 28.67 28.67	150m: 1:33.05 32.64	250m: 2:38.91 32.66	350m: 3:43.96 32.30			
	100m: 1:00.41 31.74	200m: 2:06.25 33.20	300m: 3:11.66 32.75	400m: 4:15.50 31.54			
2.	Filipe Ricardo Azevedo	93	Kainagua	4:26.44	+0.95	509	19
	50m: 29.48 29.48	150m: 1:36.40 33.77	250m: 2:45.00 34.36	350m: 3:53.95 34.49			
	100m: 1:02.63 33.15	200m: 2:10.64 34.24	300m: 3:19.46 34.46	400m: 4:26.44 32.49			
3.	Rafael Cardoso Ribeiro	93	Alhandra	4:32.40	+0.96	476	15
	50m: 29.58 29.58	150m: 1:36.69 34.26	250m: 2:47.25 35.09	350m: 3:58.05 35.16			
	100m: 1:02.43 32.85	200m: 2:12.16 35.47	300m: 3:22.89 35.64	400m: 4:32.40 34.35			
4.	Pedro Jorge Santos	93	Sporting de Aveiro	4:36.33	+0.90	456	11
	50m: 30.40 30.40	150m: 1:40.70 35.67	250m: 2:50.44 34.89	350m: 4:01.42 35.59			
	100m: 1:05.03 34.63	200m: 2:15.55 34.85	300m: 3:25.83 35.39	400m: 4:36.33 34.91			
5.	Joao Pedro Pereira	93	Buzios	4:41.16	+0.69	433	9
	50m: 30.02 30.02	150m: 1:38.81 34.97	250m: 2:51.71 36.78	350m: 4:06.32 37.66			
	100m: 1:03.84 33.82	200m: 2:14.93 36.12	300m: 3:28.66 36.95	400m: 4:41.16 34.84			
6.	Joao Manuel Santos	94	Campinho	4:49.29	+1.01	397	3
	50m: 30.81 30.81	150m: 1:40.85 36.33	250m: 2:56.16 37.98	350m: 4:13.45 38.74			
	100m: 1:04.52 33.71	200m: 2:18.18 37.33	300m: 3:34.71 38.55	400m: 4:49.29 35.84			

Juvenis A

1.	Tiago Ferreira Azevedo	95	Naval Amorense	4:14.00	+0.73	587	23
	50m: 26.98 26.98	150m: 1:30.14 32.44	250m: 2:36.10 33.00	350m: 3:41.99 32.71			
	100m: 57.70 30.72	200m: 2:03.10 32.96	300m: 3:09.28 33.18	400m: 4:14.00 32.01			
2.	Joao Bernardo Saragoca	95	Scalabisport	4:26.32	+1.07	509	20
	50m: 30.08 30.08	150m: 1:37.29 34.16	250m: 2:45.72 34.15	350m: 3:54.12 33.61			
	100m: 1:03.13 33.05	200m: 2:11.57 34.28	300m: 3:20.51 34.79	400m: 4:26.32 32.20			
3.	Joao Manuel Serralheiro	95	Benedita	4:28.59	+1.18	497	17
	50m: 29.88 29.88	150m: 1:37.55 34.47	250m: 2:47.13 35.02	350m: 3:56.36 34.42			
	100m: 1:03.08 33.20	200m: 2:12.11 34.56	300m: 3:21.94 34.81	400m: 4:28.59 32.23			
4.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	4:32.37	+0.74	476	16
	50m: 29.87 29.87	150m: 1:37.68 34.51	250m: 2:48.18 35.19	350m: 3:58.18 34.85			
	100m: 1:03.17 33.30	200m: 2:12.99 35.31	300m: 3:23.33 35.15	400m: 4:32.37 34.19			



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Prova 9, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Diogo de Sousa	95	Ginasio de Vila Real	4:43.12	+0.88	424	7
	50m: 29.98 29.98	150m: 1:40.24 35.86	250m: 2:53.69 36.43			350m: 4:07.67 36.88	
	100m: 1:04.38 34.40	200m: 2:17.26 37.02	300m: 3:30.79 37.10			400m: 4:43.12 35.45	

Juvenis B

1.	Tiago Manuel Teixeira	96	Fafe	4:12.11	+0.85	601	25
	50m: 28.92 28.92	150m: 1:33.11 32.72	250m: 2:37.68 32.09			350m: 3:42.01 31.83	
	100m: 1:00.39 31.47	200m: 2:05.59 32.48	300m: 3:10.18 32.50			400m: 4:12.11 30.10	
2.	Miguel Prata Santos	96	Viana Natacao	4:18.02	+0.75	560	21
	50m: 28.32 28.32	150m: 1:33.15 32.65	250m: 2:39.34 32.86			350m: 3:45.54 32.66	
	100m: 1:00.50 32.18	200m: 2:06.48 33.33	300m: 3:12.88 33.54			400m: 4:18.02 32.48	
3.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:27.12	+0.92	505	18
	50m: 29.09 29.09	150m: 1:36.32 34.26	250m: 2:45.71 34.80			350m: 3:54.96 34.37	
	100m: 1:02.06 32.97	200m: 2:10.91 34.59	300m: 3:20.59 34.88			400m: 4:27.12 32.16	
4.	Igor Artyukh	96	Imortal	4:53.05	+0.91	382	2
	50m: 31.73 31.73	150m: 1:43.85 37.01	250m: 2:59.19 37.98			350m: 4:15.50 38.26	
	100m: 1:06.84 35.11	200m: 2:21.21 37.36	300m: 3:37.24 38.05			400m: 4:53.05 37.55	

Infantis A

1.	Jose Miguel Hilario	97	Beja	4:43.84	+0.73	421	6
	50m: 30.33 30.33	150m: 1:41.59 36.46	250m: 2:55.81 37.11			350m: 4:08.91 36.17	
	100m: 1:05.13 34.80	200m: 2:18.70 37.11	300m: 3:32.74 36.93			400m: 4:43.84 34.93	
2.	Jose Ricardo Sousa	97	Lousada SXXI	4:45.87	+0.99	412	5
	50m: 32.14 32.14	150m: 1:46.22 37.46	250m: 2:59.08 35.40			350m: 4:10.13 35.28	
	100m: 1:08.76 36.62	200m: 2:23.68 37.46	300m: 3:34.85 35.77			400m: 4:45.87 35.74	
3.	Fabio Alcantara Aires	97	Nautica do Seixal	4:58.64	+0.94	361	1
	50m: 30.62 30.62	150m: 1:44.23 37.98	250m: 3:01.42 39.07			350m: 4:19.76 39.77	
	100m: 1:06.25 35.63	200m: 2:22.35 38.12	300m: 3:39.99 38.57			400m: 4:58.64 38.88	