

Campeonato Nacional de Juvenis PL
Oeiras, 25- - 27-3-2011

Prova 2
25-03-2011 - 16:20

Masc., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004

TAC Masc Juv A Juv A: 5:12.00 / TAC Masc Juv B Juv B: 5:21.50

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Jose Luis Gabriel	96	Academico Viseu	4:42.65	+0,87	642
	50m: 30.18 30.18	150m: 1:42.49 37.31	250m: 3:00.37 41.15	350m: 4:11.76 31.19		
	100m: 1:05.18 35.00	200m: 2:19.22 36.73	300m: 3:40.57 40.20	400m: 4:42.65 30.89		
2.	Tomas Miguel Veloso	96	Nautico/Matobra	4:43.33	+0,71	637
	50m: 29.96 29.96	150m: 1:42.90 38.02	250m: 2:59.55 39.13	350m: 4:12.31 33.24		
	100m: 1:04.88 34.92	200m: 2:20.42 37.52	300m: 3:39.07 39.52	400m: 4:43.33 31.02		
3.	Rafael Filipe Nunes	96	Naval Amorense	4:53.81	+0,67	571
	50m: 29.91 29.91	150m: 1:43.91 38.69	250m: 3:03.89 41.68	350m: 4:21.63 34.65		
	100m: 1:05.22 35.31	200m: 2:22.21 38.30	300m: 3:46.98 43.09	400m: 4:53.81 32.18		
4.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:56.10	+0,74	558
	50m: 29.96 29.96	150m: 1:44.39 38.30	250m: 3:05.70 42.48	350m: 4:23.59 33.58		
	100m: 1:06.09 36.13	200m: 2:23.22 38.83	300m: 3:50.01 44.31	400m: 4:56.10 32.51		
5.	Pedro Ribeiro Santos	96	Academico Viseu	4:57.83	+0,76	548
	50m: 30.85 30.85	150m: 1:45.18 39.18	250m: 3:06.97 43.80	350m: 4:25.21 35.09		
	100m: 1:06.00 35.15	200m: 2:23.17 37.99	300m: 3:50.12 43.15	400m: 4:57.83 32.62		
6.	Paulo Andre Silva	96	Vilacondense	4:58.81	+0,72	543
	50m: 30.67 30.67	150m: 1:45.87 39.82	250m: 3:07.22 42.09	350m: 4:24.42 34.16		
	100m: 1:06.05 35.38	200m: 2:25.13 39.26	300m: 3:50.26 43.04	400m: 4:58.81 34.39		
7.	Artur Jose Reis	96	Porto/Dolce Vita	5:00.23	+0,89	535
	50m: 30.58 30.58	150m: 1:47.04 41.11	250m: 3:08.73 41.33	350m: 4:27.42 36.21		
	100m: 1:05.93 35.35	200m: 2:27.40 40.36	300m: 3:51.21 42.48	400m: 5:00.23 32.81		
8.	Andre Antunes Carvalho	96	Colegio Monte Maior	5:01.36	+0,99	529
	50m: 30.25 30.25	150m: 1:45.74 40.57	250m: 3:09.07 43.88	350m: 4:27.67 34.39		
	100m: 1:05.17 34.92	200m: 2:25.19 39.45	300m: 3:53.28 44.21	400m: 5:01.36 33.69		
9.	Pedro Veiguinha Martins	96	Braga	5:02.46	+0,71	523
	50m: 31.77 31.77	150m: 1:49.98 40.81	250m: 3:10.86 41.96	350m: 4:29.86 34.78		
	100m: 1:09.17 37.40	200m: 2:28.90 38.92	300m: 3:55.08 44.22	400m: 5:02.46 32.60		
10.	Miguel Prata Santos	96	Viana Natacao	5:04.95	+0,77	511
	50m: 31.34 31.34	150m: 1:47.06 40.04	250m: 3:10.91 44.46	350m: 4:31.29 35.28		
	100m: 1:07.02 35.68	200m: 2:26.45 39.39	300m: 3:56.01 45.10	400m: 5:04.95 33.66		
11.	Jose Pedro Bugalho	96	Alcobaca	5:06.16	+0,78	505
	50m: 31.50 31.50	150m: 1:47.85 40.51	250m: 3:12.88 44.90	350m: 4:32.70 35.43		
	100m: 1:07.34 35.84	200m: 2:27.98 40.13	300m: 3:57.27 44.39	400m: 5:06.16 33.46		
12.	Miguel Duarte Moreira	96	Belenenses	5:06.30	+0,75	504
	50m: 30.81 30.81	150m: 1:49.93 41.51	250m: 3:13.56 44.51	350m: 4:33.68 34.34		
	100m: 1:08.42 37.61	200m: 2:29.05 39.12	300m: 3:59.34 45.78	400m: 5:06.30 32.62		
13.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	5:08.29	+0,73	494
	50m: 31.94 31.94	150m: 1:51.03 41.17	250m: 3:15.20 44.15	350m: 4:33.14 35.67		
	100m: 1:09.86 37.92	200m: 2:31.05 40.02	300m: 3:57.47 42.27	400m: 5:08.29 35.15		

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Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
14.	Pedro Rafael Cintrao	96	Nucleo de Pombal	5:08.31	+0,71	494	
	50m: 32.31 32.31	150m: 1:49.62	40.14	250m: 3:14.78	45.40	350m: 4:35.38	35.28
	100m: 1:09.48 37.17	200m: 2:29.38	39.76	300m: 4:00.10	45.32	400m: 5:08.31	32.93
15.	Andre Filipe Farinha	96	Benfica	5:09.37	+0,84	489	
	50m: 31.91 31.91	150m: 1:50.45	41.18	250m: 3:15.78	45.35	350m: 4:36.07	34.42
	100m: 1:09.27 37.36	200m: 2:30.43	39.98	300m: 4:01.65	45.87	400m: 5:09.37	33.30
16.	Bruno Miguel Silva	96	Porto/Dolce Vita	5:09.59	+0,83	488	
	50m: 30.72 30.72	150m: 1:47.85	40.70	250m: 3:14.77	47.40	350m: 4:37.39	34.71
	100m: 1:07.15 36.43	200m: 2:27.37	39.52	300m: 4:02.68	47.91	400m: 5:09.59	32.20
17.	Francisco Abrunhosa Rodrigues	96	Porto/Dolce Vita	5:10.23	+0,82	485	
	50m: 32.15 32.15	150m: 1:51.63	40.93	250m: 3:15.71	44.65	350m: 4:36.96	35.67
	100m: 1:10.70 38.55	200m: 2:31.06	39.43	300m: 4:01.29	45.58	400m: 5:10.23	33.27
18.	Rafael Lourenco Gil	96	Monteges	5:10.65	+0,79	483	
	50m: 31.66 31.66	150m: 1:49.89	41.83	250m: 3:14.91	43.88	350m: 4:36.28	36.17
	100m: 1:08.06 36.40	200m: 2:31.03	41.14	300m: 4:00.11	45.20	400m: 5:10.65	34.37
19.	Tiago Joao Meira	96	Viana Natacao	5:10.68	+0,90	483	
	50m: 30.72 30.72	150m: 1:47.47	40.28	250m: 3:13.56	46.59	350m: 4:35.98	35.52
	100m: 1:07.19 36.47	200m: 2:26.97	39.50	300m: 4:00.46	46.90	400m: 5:10.68	34.70
20.	Francisco Gouveia Sousa	96	Naval do Funchal	5:11.50	+0,84	479	
	50m: 31.43 31.43	150m: 1:49.25	41.13	250m: 3:14.62	45.53	350m: 4:36.39	35.35
	100m: 1:08.12 36.69	200m: 2:29.09	39.84	300m: 4:01.04	46.42	400m: 5:11.50	35.11
21.	Miguel Angelo Cruz	96	Gespacos	5:11.89	+0,90	477	
	50m: 32.64 32.64	150m: 1:50.50	41.63	250m: 3:15.81	43.99	350m: 4:36.86	36.65
	100m: 1:08.87 36.23	200m: 2:31.82	41.32	300m: 4:00.21	44.40	400m: 5:11.89	35.03
22.	Vitor Samuel Rocha	96	Gespacos	5:11.95	+0,87	477	
	50m: 31.85 31.85	150m: 1:47.67	39.41	250m: 3:15.40	48.74	350m: 4:37.84	34.79
	100m: 1:08.26 36.41	200m: 2:26.66	38.99	300m: 4:03.05	47.65	400m: 5:11.95	34.11
23.	Joao Filipe Costa	96	Sporting	5:13.59	+0,68	470	
	50m: 31.77 31.77	150m: 1:50.15	40.83	250m: 3:13.69	43.95	350m: 4:37.28	37.82
	100m: 1:09.32 37.55	200m: 2:29.74	39.59	300m: 3:59.46	45.77	400m: 5:13.59	36.31
24.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	5:15.36	+0,81	462	
	50m: 32.63 32.63	150m: 1:52.40	41.43	250m: 3:17.16	43.75	350m: 4:39.65	37.62
	100m: 1:10.97 38.34	200m: 2:33.41	41.01	300m: 4:02.03	44.87	400m: 5:15.36	35.71
25.	Alexandre Lemos Leal	96	Louletano/ Loule Concelho	5:15.48	+0,77	461	
	50m: 31.22 31.22	150m: 1:52.09	42.86	250m: 3:19.60	46.08	350m: 4:41.31	34.68
	100m: 1:09.23 38.01	200m: 2:33.52	41.43	300m: 4:06.63	47.03	400m: 5:15.48	34.17
26.	Tomas Antonio Azevedo	96	Aminata	5:15.49	+0,70	461	
	50m: 33.12 33.12	150m: 1:52.63	39.84	250m: 3:18.89	46.90	350m: 4:41.44	35.37
	100m: 1:12.79 39.67	200m: 2:31.99	39.36	300m: 4:06.07	47.18	400m: 5:15.49	34.05
27.	Diogo Silva Marzia	96	Electrico Clube	5:15.50	+0,86	461	
	50m: 32.68 32.68	150m: 1:52.02	41.68	250m: 3:18.92	45.67	350m: 4:40.62	35.97
	100m: 1:10.34 37.66	200m: 2:33.25	41.23	300m: 4:04.65	45.73	400m: 5:15.50	34.88
28.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	5:15.57	+0,81	461	
	50m: 32.91 32.91	150m: 1:52.20	41.42	250m: 3:17.34	45.38	350m: 4:40.73	37.25
	100m: 1:10.78 37.87	200m: 2:31.96	39.76	300m: 4:03.48	46.14	400m: 5:15.57	34.84

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Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
29.	Jose Rui Coelho	96	Lousada SXXI	5:16.11	+0,65	458
	50m: 31.43 31.43	150m: 1:52.49 44.12	250m: 3:17.63 43.07	350m: 4:40.41 37.22		
	100m: 1:08.37 36.94	200m: 2:34.56 42.07	300m: 4:03.19 45.56	400m: 5:16.11 35.70		
30.	Gil Silva Santos	96	Gespacos	5:16.30	+0,94	458
	50m: 31.52 31.52	150m: 1:51.96 44.01	250m: 3:19.28 45.84	350m: 4:41.56 37.27		
	100m: 1:07.95 36.43	200m: 2:33.44 41.48	300m: 4:04.29 45.01	400m: 5:16.30 34.74		
31.	Joao Miguel Lopes	96	Electrico Clube	5:16.91	+0,78	455
	50m: 32.46 32.46	150m: 1:50.86 40.43	250m: 3:17.48 46.25	350m: 4:41.62 36.18		
	100m: 1:10.43 37.97	200m: 2:31.23 40.37	300m: 4:05.44 47.96	400m: 5:16.91 35.29		
32.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	5:18.08	+0,76	450
	50m: 32.86 32.86	150m: 1:50.86 40.19	250m: 3:18.91 47.69	350m: 4:44.12 35.70		
	100m: 1:10.67 37.81	200m: 2:31.22 40.36	300m: 4:08.42 49.51	400m: 5:18.08 33.96		
33.	Bruno Campos Neto	96	Gespacos	5:19.87	+0,86	442
	50m: 32.68 32.68	150m: 1:51.40 40.86	250m: 3:18.19 45.79	350m: 4:42.29 37.36		
	100m: 1:10.54 37.86	200m: 2:32.40 41.00	300m: 4:04.93 46.74	400m: 5:19.87 37.58		
34.	Leonardo Peralta Reis	96	Benedita	5:20.34	+0,94	441
	50m: 32.97 32.97	150m: 1:54.35 41.47	250m: 3:18.77 43.93	350m: 4:43.29 38.30		
	100m: 1:12.88 39.91	200m: 2:34.84 40.49	300m: 4:04.99 46.22	400m: 5:20.34 37.05		
35.	Miguel Galeao Lopes	96	Portinado	5:31.63	+0,94	397
	<i>FTL</i>					
	50m: 33.15 33.15	150m: 1:57.70 41.91	250m: 3:29.28 49.98	350m: 4:55.97 36.36		
	100m: 1:15.79 42.64	200m: 2:39.30 41.60	300m: 4:19.61 50.33	400m: 5:31.63 35.66		

Juvenis A

1.	Tomas Correia Silva	95	Porto/Dolce Vita	4:42.27	+0,69	644
	50m: 29.64 29.64	150m: 1:41.42 37.23	250m: 2:58.69 40.70	350m: 4:12.07 32.96		
	100m: 1:04.19 34.55	200m: 2:17.99 36.57	300m: 3:39.11 40.42	400m: 4:42.27 30.20		
2.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	4:46.73	+0,73	615
	50m: 30.54 30.54	150m: 1:42.89 37.89	250m: 3:00.66 40.83	350m: 4:13.94 32.79		
	100m: 1:05.00 34.46	200m: 2:19.83 36.94	300m: 3:41.15 40.49	400m: 4:46.73 32.79		
3.	Diogo Miguel Silva	95	Uniao Piedense	4:50.93	+0,77	588
	50m: 30.03 30.03	150m: 1:43.69 38.70	250m: 3:02.74 41.09	350m: 4:17.67 33.66		
	100m: 1:04.99 34.96	200m: 2:21.65 37.96	300m: 3:44.01 41.27	400m: 4:50.93 33.26		
4.	Joao Andre Neves	95	Associacao Academica	4:52.06	+0,62	581
	50m: 29.25 29.25	150m: 1:44.76 40.39	250m: 3:03.46 39.61	350m: 4:19.09 34.13		
	100m: 1:04.37 35.12	200m: 2:23.85 39.09	300m: 3:44.96 41.50	400m: 4:52.06 32.97		
5.	Mauro Filipe Viegas	95	Natacao de Olhao	4:56.63	+0,69	555
	50m: 30.53 30.53	150m: 1:47.54 41.60	250m: 3:07.99 40.26	350m: 4:23.19 34.02		
	100m: 1:05.94 35.41	200m: 2:27.73 40.19	300m: 3:49.17 41.18	400m: 4:56.63 33.44		
6.	Luis Manuel Fernandes	95	Famalicao	4:57.40	+0,68	551
	50m: 30.04 30.04	150m: 1:45.76 40.60	250m: 3:05.28 40.30	350m: 4:22.64 37.34		
	100m: 1:05.16 35.12	200m: 2:24.98 39.22	300m: 3:45.30 40.02	400m: 4:57.40 34.76		
7.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:58.29	+0,75	546
	50m: 29.06 29.06	150m: 1:42.58 39.41	250m: 3:04.06 42.43	350m: 4:23.84 36.18		
	100m: 1:03.17 34.11	200m: 2:21.63 39.05	300m: 3:47.66 43.60	400m: 4:58.29 34.45		

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Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	5:00.70	+0,83	533
	50m: 30.45 30.45	150m: 1:47.31 39.62	250m: 3:09.82 43.75	350m: 4:27.79 35.36		
	100m: 1:07.69 37.24	200m: 2:26.07 38.76	300m: 3:52.43 42.61	400m: 5:00.70 32.91		
9.	Rafael Filipe Torres	95	Sporting	5:02.96	+0,77	521
	50m: 29.86 29.86	150m: 1:44.85 40.40	250m: 3:08.09 43.12	350m: 4:27.25 36.04		
	100m: 1:04.45 34.59	200m: 2:24.97 40.12	300m: 3:51.21 43.12	400m: 5:02.96 35.71		
10.	Andre Machado Vale	95	Viana Natacao	5:04.84	+0,87	511
	50m: 30.92 30.92	150m: 1:47.61 41.17	250m: 3:10.25 42.26	350m: 4:29.54 36.45		
	100m: 1:06.44 35.52	200m: 2:27.99 40.38	300m: 3:53.09 42.84	400m: 5:04.84 35.30		
11.	Joao Miguel Costa	95	Vilacondense	5:05.67	+0,76	507
	50m: 30.06 30.06	150m: 1:47.22 42.13	250m: 3:11.37 44.06	350m: 4:32.56 35.56		
	100m: 1:05.09 35.03	200m: 2:27.31 40.09	300m: 3:57.00 45.63	400m: 5:05.67 33.11		
12.	Tiago Sobral Coelho	95	Ginasio de Santo Tirso	5:05.88	+0,74	506
	50m: 31.56 31.56	150m: 1:47.47 39.59	250m: 3:11.42 44.50	350m: 4:31.91 36.19		
	100m: 1:07.88 36.32	200m: 2:26.92 39.45	300m: 3:55.72 44.30	400m: 5:05.88 33.97		
13.	Afonso Mateus Ribeiro	95	Belenenses	5:06.21	+0,68	504
	50m: 31.04 31.04	150m: 1:47.66 40.48	250m: 3:13.01 44.73	350m: 4:33.02 35.51		
	100m: 1:07.18 36.14	200m: 2:28.28 40.62	300m: 3:57.51 44.50	400m: 5:06.21 33.19		
14.	Guilherme Pedro Coelho	95	Nautico/Matobra	5:06.90	+0,78	501
	50m: 31.32 31.32	150m: 1:48.35 38.88	250m: 3:12.31 46.45	350m: 4:33.16 34.06		
	100m: 1:09.47 38.15	200m: 2:25.86 37.51	300m: 3:59.10 46.79	400m: 5:06.90 33.74		
15.	Joao Nuno Abreu	95	Vitoria de Guimaraes	5:07.28	+0,74	499
	50m: 30.98 30.98	150m: 1:47.88 39.47	250m: 3:13.10 45.76	350m: 4:33.31 34.55		
	100m: 1:08.41 37.43	200m: 2:27.34 39.46	300m: 3:58.76 45.66	400m: 5:07.28 33.97		
16.	Nuno Miguel Feliciano	95	Alcobaca	5:08.23	+0,66	495
	50m: 31.13 31.13	150m: 1:49.28 40.75	250m: 3:12.07 41.80	350m: 4:32.16 36.99		
	100m: 1:08.53 37.40	200m: 2:30.27 40.99	300m: 3:55.17 43.10	400m: 5:08.23 36.07		
17.	Henrique Jose Marquez	95	Galitos	5:08.57	+0,77	493
	50m: 31.25 31.25	150m: 1:49.32 40.97	250m: 3:12.04 43.28	350m: 4:32.77 37.04		
	100m: 1:08.35 37.10	200m: 2:28.76 39.44	300m: 3:55.73 43.69	400m: 5:08.57 35.80		
18.	Frederico Renato Sousa	95	Gespacos	5:11.52	+0,90	479
	50m: 30.83 30.83	150m: 1:48.20 41.58	250m: 3:14.09 44.29	350m: 4:35.63 36.54		
	100m: 1:06.62 35.79	200m: 2:29.80 41.60	300m: 3:59.09 45.00	400m: 5:11.52 35.89		
19.	Tiago Miguel Alves	95	SCC / Oryzon Energias	5:11.65	+0,95	478
	50m: 31.74 31.74	150m: 1:49.65 40.95	250m: 3:13.86 44.82	350m: 4:36.10 36.45		
	100m: 1:08.70 36.96	200m: 2:29.04 39.39	300m: 3:59.65 45.79	400m: 5:11.65 35.55		
20.	Lourenco Silva Damas	95	Geslours	5:11.86	+0,77	478
	50m: 30.94 30.94	150m: 1:47.58 40.22	250m: 3:13.39 45.87	350m: 4:36.48 36.87		
	100m: 1:07.36 36.42	200m: 2:27.52 39.94	300m: 3:59.61 46.22	400m: 5:11.86 35.38		
21.	Andre Filipe Teodoro	95	Naval Setubalense	5:12.16	+0,82	476
	FTL					
	50m: 30.12 30.12	150m: 1:47.22 40.03	250m: 3:13.45 46.20	350m: 4:36.88 36.84		
	100m: 1:07.19 37.07	200m: 2:27.25 40.03	300m: 4:00.04 46.59	400m: 5:12.16 35.28		
22.	Jorge Miguel Telo	95	Litoral Alentejano	5:16.15	+0,70	458
	FTL					
	50m: 31.15 31.15	150m: 1:49.74 41.42	250m: 3:16.09 47.03	350m: 4:41.19 36.71		
	100m: 1:08.32 37.17	200m: 2:29.06 39.32	300m: 4:04.48 48.39	400m: 5:16.15 34.96		

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Oeiras, 25- - 27-3-2011

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
23.	Manuel Henrique Alves <i>FTL</i>	95	Desportiva de Viana	5:17.10	+0,71	454
	50m: 33.16 33.16	150m: 1:56.32 43.35	250m: 3:23.25 43.90	350m: 4:43.69 35.83		
	100m: 1:12.97 39.81	200m: 2:39.35 43.03	300m: 4:07.86 44.61	400m: 5:17.10 33.41		