

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

Prova 8 Masc., 400m Livres Juvenis
26-03-2011 - 9:55 Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009

TAC Masc Juv A Juv A: 4:31.00 / TAC Masc Juv B Juv B: 4:40.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Andre Filipe Farinha	96	Benfica	4:15.51	+0,84	638
	50m: 29.29 29.29	150m: 1:34.09 32.78	250m: 2:39.91 33.11	350m: 3:44.89 32.61		
	100m: 1:01.31 32.02	200m: 2:06.80 32.71	300m: 3:12.28 32.37	400m: 4:15.51 30.62		
2.	Tomas Miguel Veloso	96	Nautico/Matobra	4:15.74	+0,72	637
	50m: 29.42 29.42	150m: 1:35.09 33.25	250m: 2:40.54 32.73	350m: 3:45.86 32.69		
	100m: 1:01.84 32.42	200m: 2:07.81 32.72	300m: 3:13.17 32.63	400m: 4:15.74 29.88		
3.	Joao Carlos Santos	96	Naval Amorense	4:19.90	+0,76	607
	50m: 30.24 30.24	150m: 1:35.26 32.58	250m: 2:40.41 32.24	350m: 3:47.27 33.24		
	100m: 1:02.68 32.44	200m: 2:08.17 32.91	300m: 3:14.03 33.62	400m: 4:19.90 32.63		
4.	Jose Luis Gabriel	96	Academico Viseu	4:20.30	+0,93	604
	50m: 29.40 29.40	150m: 1:35.90 33.97	250m: 2:43.57 33.85	350m: 3:49.43 32.72		
	100m: 1:01.93 32.53	200m: 2:09.72 33.82	300m: 3:16.71 33.14	400m: 4:20.30 30.87		
5.	Miguel Prata Santos	96	Viana Natacao	4:20.84	+0,77	600
	50m: 29.39 29.39	150m: 1:35.61 33.48	250m: 2:43.52 33.74	350m: 3:50.08 32.91		
	100m: 1:02.13 32.74	200m: 2:09.78 34.17	300m: 3:17.17 33.65	400m: 4:20.84 30.76		
6.	Bruno Miguel Silva	96	Porto/Dolce Vita	4:21.03	+0,86	599
	50m: 29.90 29.90	150m: 1:36.07 33.55	250m: 2:43.01 33.34	350m: 3:49.19 33.18		
	100m: 1:02.52 32.62	200m: 2:09.67 33.60	300m: 3:16.01 33.00	400m: 4:21.03 31.84		
7.	Pedro Ribeiro Santos	96	Academico Viseu	4:22.68	+0,78	588
	50m: 29.19 29.19	150m: 1:35.71 33.98	250m: 2:44.08 34.40	350m: 3:51.22 32.97		
	100m: 1:01.73 32.54	200m: 2:09.68 33.97	300m: 3:18.25 34.17	400m: 4:22.68 31.46		
8.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:22.73		587
	50m: 29.89 29.89	150m: 1:37.03 34.20	250m: 2:44.62 33.95	350m: 3:51.11 32.88		
	100m: 1:02.83 32.94	200m: 2:10.67 33.64	300m: 3:18.23 33.61	400m: 4:22.73 31.62		
9.	Tiago Manuel Teixeira	96	Fafe	4:23.05	+0,73	585
	50m: 30.04 30.04	150m: 1:35.97 33.14	250m: 2:42.75 33.20	350m: 3:50.08 33.68		
	100m: 1:02.83 32.79	200m: 2:09.55 33.58	300m: 3:16.40 33.65	400m: 4:23.05 32.97		
10.	Rafael Lourenco Gil	96	Monteges	4:24.15	+0,80	578
	50m: 29.01 29.01	150m: 1:34.45 33.31	250m: 2:41.91 33.79	350m: 3:50.47 34.43		
	100m: 1:01.14 32.13	200m: 2:08.12 33.67	300m: 3:16.04 34.13	400m: 4:24.15 33.68		
11.	Rafael Filipe Nunes	96	Naval Amorense	4:24.54	+0,64	575
	50m: 29.31 29.31	150m: 1:36.25 34.08	250m: 2:45.08 34.03	350m: 3:52.86 33.10		
	100m: 1:02.17 32.86	200m: 2:11.05 34.80	300m: 3:19.76 34.68	400m: 4:24.54 31.68		
12.	Pedro Veiguinha Martins	96	Braga	4:26.76	+0,71	561
	50m: 29.99 29.99	150m: 1:36.86 33.22	250m: 2:45.48 34.10	350m: 3:53.87 34.15		
	100m: 1:03.64 33.65	200m: 2:11.38 34.52	300m: 3:19.72 34.24	400m: 4:26.76 32.89		
13.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	4:29.44	+0,80	544
	50m: 30.17 30.17	150m: 1:38.42 34.66	250m: 2:49.08 35.69	350m: 3:58.43 33.94		
	100m: 1:03.76 33.59	200m: 2:13.39 34.97	300m: 3:24.49 35.41	400m: 4:29.44 31.01		

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Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Guilherme Dias Nunes	96	Natacao de Olhao	4:29.53	+0,67	544
	50m: 30.36 30.36	150m: 1:38.25 34.33	250m: 2:47.86 34.93	350m: 3:57.65 34.86		
	100m: 1:03.92 33.56	200m: 2:12.93 34.68	300m: 3:22.79 34.93	400m: 4:29.53 31.88		
15.	Andre Filipe Rocha	96	Leixoes	4:30.28	+0,68	539
	50m: 29.90 29.90	150m: 1:37.12 34.10	250m: 2:46.95 34.51	350m: 3:56.82 34.71		
	100m: 1:03.02 33.12	200m: 2:12.44 35.32	300m: 3:22.11 35.16	400m: 4:30.28 33.46		
16.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:30.75		537
	50m: 29.76 29.76	150m: 1:37.86 34.79	250m: 2:48.19 34.84	350m: 3:57.57 34.47		
	100m: 1:03.07 33.31	200m: 2:13.35 35.49	300m: 3:23.10 34.91	400m: 4:30.75 33.18		
17.	Diogo Henrique Gomes	96	Porto/Dolce Vita	4:30.88	+0,84	536
	50m: 30.69 30.69	150m: 1:38.52 34.08	250m: 2:46.93 34.13	350m: 3:57.01 34.70		
	100m: 1:04.44 33.75	200m: 2:12.80 34.28	300m: 3:22.31 35.38	400m: 4:30.88 33.87		
18.	Miguel Angelo Cruz	96	Gespacos	4:34.21	+0,91	516
	50m: 31.43 31.43	150m: 1:39.83 34.32	250m: 2:49.98 35.05	350m: 4:00.38 34.93		
	100m: 1:05.51 34.08	200m: 2:14.93 35.10	300m: 3:25.45 35.47	400m: 4:34.21 33.83		
19.	Mauro Filipe Maia	96	Fluvial Portuense	4:34.67		514
	50m: 31.54 31.54	150m: 1:40.99 35.23	250m: 2:49.12 34.21	350m: 4:00.34 35.59		
	100m: 1:05.76 34.22	200m: 2:14.91 33.92	300m: 3:24.75 35.63	400m: 4:34.67 34.33		
20.	Joao Pedro Neves	96	Aminata	4:35.57	+0,83	509
	50m: 28.94 28.94	150m: 1:37.26 35.04	250m: 2:48.48 35.99	350m: 4:00.90 36.12		
	100m: 1:02.22 33.28	200m: 2:12.49 35.23	300m: 3:24.78 36.30	400m: 4:35.57 34.67		
21.	Joao Miguel Lopes	96	Electrico Clube	4:35.66	+0,76	508
	50m: 30.63 30.63	150m: 1:38.75 34.78	250m: 2:49.52 35.09	350m: 4:00.40 35.13		
	100m: 1:03.97 33.34	200m: 2:14.43 35.68	300m: 3:25.27 35.75	400m: 4:35.66 35.26		
22.	Diogo Dias Pinheiro	96	Sporting	4:36.86	+0,74	502
	50m: 30.21 30.21	150m: 1:38.27 34.72	250m: 2:49.21 35.80	350m: 4:01.93 36.71		
	100m: 1:03.55 33.34	200m: 2:13.41 35.14	300m: 3:25.22 36.01	400m: 4:36.86 34.93		
23.	Tomas Antonio Azevedo	96	Aminata	4:37.73	+0,68	497
	50m: 31.16 31.16	150m: 1:41.54 35.54	250m: 2:52.82 35.69	350m: 4:04.53 35.75		
	100m: 1:06.00 34.84	200m: 2:17.13 35.59	300m: 3:28.78 35.96	400m: 4:37.73 33.20		
24.	David Nunes Sousa	96	Famalicao	4:38.52	+0,86	493
	50m: 31.05 31.05	150m: 1:42.04 36.05	250m: 2:54.54 35.45	350m: 4:05.29 34.83		
	100m: 1:05.99 34.94	200m: 2:19.09 37.05	300m: 3:30.46 35.92	400m: 4:38.52 33.23		
25.	Ricardo Santos Agueda	96	Natacao de Valongo	4:39.23	+0,92	489
	50m: 31.17 31.17	150m: 1:41.16 35.25	250m: 2:52.48 35.36	350m: 4:04.49 35.88		
	100m: 1:05.91 34.74	200m: 2:17.12 35.96	300m: 3:28.61 36.13	400m: 4:39.23 34.74		
26.	Jose Pedro Bugalho	96	Alcobaca	4:39.35	+0,81	488
	50m: 30.97 30.97	150m: 1:41.60 35.88	250m: 2:53.71 36.17	350m: 4:05.35 35.69		
	100m: 1:05.72 34.75	200m: 2:17.54 35.94	300m: 3:29.66 35.95	400m: 4:39.35 34.00		
27.	Jose Carlos Teixeira	96	Foca	4:39.39	+0,83	488
	50m: 31.44 31.44	150m: 1:41.68 35.64	250m: 2:53.71 35.93	350m: 4:05.15 35.47		
	100m: 1:06.04 34.60	200m: 2:17.78 36.10	300m: 3:29.68 35.97	400m: 4:39.39 34.24		
28.	Leonardo Peralta Reis	96	Benedita	4:39.58	+0,94	487
	50m: 30.41 30.41	150m: 1:40.36 35.48	250m: 2:52.43 35.88	350m: 4:05.01 36.07		
	100m: 1:04.88 34.47	200m: 2:16.55 36.19	300m: 3:28.94 36.51	400m: 4:39.58 34.57		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
29.	Alexandre Lemos Leal	96	Louletano/ Loule Concelho	4:39.70	+0,80	487
	50m: 30.76 30.76	150m: 1:41.21 35.87	250m: 2:53.57	36.28 350m: 4:05.55		35.96
	100m: 1:05.34 34.58	200m: 2:17.29 36.08	300m: 3:29.59	36.02 400m: 4:39.70		34.15

Juvenis A

1.	Tomas Correia Silva	95	Porto/Dolce Vita	4:14.39		647
	50m: 28.90 28.90	150m: 1:33.32 32.49	250m: 2:38.68	32.09 350m: 3:43.37		32.44
	100m: 1:00.83 31.93	200m: 2:06.59 33.27	300m: 3:10.93	32.25 400m: 4:14.39		31.02
2.	Tiago Ferreira Azevedo	95	Naval Amorense	4:16.11	+0,67	634
	50m: 29.27 29.27	150m: 1:34.27 32.61	250m: 2:39.48	32.54 350m: 3:44.46		32.59
	100m: 1:01.66 32.39	200m: 2:06.94 32.67	300m: 3:11.87	32.39 400m: 4:16.11		31.65
3.	Joao Andre Neves	95	Associacao Academica	4:17.98	+0,62	620
	50m: 29.17 29.17	150m: 1:33.96 32.68	250m: 2:39.80	33.06 350m: 3:45.77		32.81
	100m: 1:01.28 32.11	200m: 2:06.74 32.78	300m: 3:12.96	33.16 400m: 4:17.98		32.21
4.	Gustavo Lopes Ribeiro	95	Associacao Academica	4:23.85	+0,84	580
	50m: 30.10 30.10	150m: 1:37.31 34.15	250m: 2:45.73	34.32 350m: 3:53.31		33.56
	100m: 1:03.16 33.06	200m: 2:11.41 34.10	300m: 3:19.75	34.02 400m: 4:23.85		30.54
5.	Joao Miguel Costa	95	Vilacondense	4:25.99	+0,72	566
	50m: 29.79 29.79	150m: 1:36.45 33.82	250m: 2:44.55	34.04 350m: 3:53.63		34.43
	100m: 1:02.63 32.84	200m: 2:10.51 34.06	300m: 3:19.20	34.65 400m: 4:25.99		32.36
	Gil Vilela Correia	95	Sporting	4:25.99	+0,70	566
	50m: 29.47 29.47	150m: 1:36.31 33.77	250m: 2:44.50	34.02 350m: 3:52.78		34.13
	100m: 1:02.54 33.07	200m: 2:10.48 34.17	300m: 3:18.65	34.15 400m: 4:25.99		33.21
7.	Joao Nuno Abreu	95	Vitoria de Guimaraes	4:26.36	+0,72	563
	50m: 29.59 29.59	150m: 1:36.76 33.58	250m: 2:44.68	33.73 350m: 3:52.82		33.89
	100m: 1:03.18 33.59	200m: 2:10.95 34.19	300m: 3:18.93	34.25 400m: 4:26.36		33.54
8.	Artur Manuel Ferreira	95	Porto/Dolce Vita	4:27.63	+0,74	556
	50m: 30.08 30.08	150m: 1:37.56 34.30	250m: 2:46.40	34.08 350m: 3:54.81		33.85
	100m: 1:03.26 33.18	200m: 2:12.32 34.76	300m: 3:20.96	34.56 400m: 4:27.63		32.82
9.	Joao Miguel Teixeira	95	Academico Viseu	4:27.68	+0,85	555
	50m: 29.94 29.94	150m: 1:35.53 33.25	250m: 2:43.87	34.75 350m: 3:53.96		35.42
	100m: 1:02.28 32.34	200m: 2:09.12 33.59	300m: 3:18.54	34.67 400m: 4:27.68		33.72
10.	Lourenco Moniz Silva	95	Naval do Funchal	4:29.33	+0,80	545
	50m: 29.82 29.82	150m: 1:36.26 33.68	250m: 2:45.86	35.08 350m: 3:56.12		35.04
	100m: 1:02.58 32.76	200m: 2:10.78 34.52	300m: 3:21.08	35.22 400m: 4:29.33		33.21
11.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	4:29.59	+0,93	543
	50m: 29.66 29.66	150m: 1:36.40 33.82	250m: 2:45.83	34.27 350m: 3:55.25		34.47
	100m: 1:02.58 32.92	200m: 2:11.56 35.16	300m: 3:20.78	34.95 400m: 4:29.59		34.34
12.	Francisco Xavier Rodrigues	95	Associacao Academica	4:30.29		539
	50m: 30.34 30.34	150m: 1:39.14 35.11	250m: 2:48.84	34.40 350m: 3:57.52		34.22
	100m: 1:04.03 33.69	200m: 2:14.44 35.30	300m: 3:23.30	34.46 400m: 4:30.29		32.77
13.	Joao Marcelo Gomes	95	Porto/Dolce Vita	4:30.94		535
	50m: 29.77 29.77	150m: 1:36.35 33.82	250m: 2:46.16	34.84 350m: 3:56.77		35.50
	100m: 1:02.53 32.76	200m: 2:11.32 34.97	300m: 3:21.27	35.11 400m: 4:30.94		34.17

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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Diogo Sequeira Aparicio <i>FTL</i>	95	Porto/Dolce Vita	4:32.00	+0,81	529
	50m: 29.91 29.91 150m: 1:37.08 34.30 250m: 2:47.25 34.99 350m: 3:58.14 35.47 100m: 1:02.78 32.87 200m: 2:12.26 35.18 300m: 3:22.67 35.42 400m: 4:32.00 33.86					
15.	Cesar Filipe Magalhaes <i>FTL</i>	95	Foca	4:32.33	+0,90	527
	50m: 29.28 29.28 150m: 1:35.20 33.44 250m: 2:44.55 35.07 350m: 3:56.31 35.95 100m: 1:01.76 32.48 200m: 2:09.48 34.28 300m: 3:20.36 35.81 400m: 4:32.33 36.02					
16.	Andre Filipe Fernandes <i>FTL</i>	95	Amadora	4:32.77	+0,79	525
	50m: 30.12 30.12 150m: 1:36.81 33.89 250m: 2:46.72 34.98 350m: 3:57.82 35.57 100m: 1:02.92 32.80 200m: 2:11.74 34.93 300m: 3:22.25 35.53 400m: 4:32.77 34.95					
17.	Joao Duarte Marafona <i>FTL</i>	95	Vilacondense	4:33.05	+0,93	523
	50m: 30.94 30.94 150m: 1:40.13 35.42 250m: 2:50.70 35.07 350m: 4:00.79 35.03 100m: 1:04.71 33.77 200m: 2:15.63 35.50 300m: 3:25.76 35.06 400m: 4:33.05 32.26					
18.	Duarte Nuno Vieira <i>FTL</i>	95	Nacional	4:33.41	+0,73	521
	50m: 30.68 30.68 150m: 1:40.23 35.17 250m: 2:51.18 35.38 350m: 4:00.87 34.34 100m: 1:05.06 34.38 200m: 2:15.80 35.57 300m: 3:26.53 35.35 400m: 4:33.41 32.54					
19.	Edgar Ramos Varela <i>FTL</i>	95	Uniao Piedense	4:39.31	+0,82	489
	50m: 30.07 30.07 150m: 1:39.44 35.49 250m: 2:52.38 36.68 350m: 4:04.63 35.35 100m: 1:03.95 33.88 200m: 2:15.70 36.26 300m: 3:29.28 36.90 400m: 4:39.31 34.68					
DSQ	Pedro Henrique Torres <i>403 - Falsa partida – SW 4.4</i>	95	Uniao Piedense		+0,74	
	50m: 150m: 250m: 350m: 100m: 200m: 300m: 400m:					