

Campeonato Nacional de Juniores e Seniores PL
Rio Maior, 1- - 3-4-2011

Prova 24 Masc., 400m Estilos 17 anos e mais velhos
02-04-2011 - 17:00 Resultados

Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC-SENM Sen: 4:53.00 / TAC-JUNM Jun: 5:00.00

Lugar	Ano	Tempo final	100m	200m	300m	400m	
Juniores							
1. Miguel Monteiro Diogo	93 Alcobaca	4:38.50	1:00.09	1:13.16	1:23.17	1:02.08	
50m: 27.60	27.60	150m: 1:36.94	36.85	250m: 2:54.75	41.50	350m: 4:08.09	31.67
100m: 1:00.09	32.49	200m: 2:13.25	36.31	300m: 3:36.42	41.67	400m: 4:38.50	30.41
2. Joao Claudio Sousa	93 Gespacos	4:39.99	1:04.16	1:14.75	1:18.13	1:02.95	
50m: 29.89	29.89	150m: 1:41.99	37.83	250m: 2:57.80	38.89	350m: 4:09.25	32.21
100m: 1:04.16	34.27	200m: 2:18.91	36.92	300m: 3:37.04	39.24	400m: 4:39.99	30.74
3. Ruben Filipe Nunes	94 Gespacos	4:41.19	1:01.83	1:13.35	1:21.20	1:04.81	
50m: 29.09	29.09	150m: 1:38.87	37.04	250m: 2:55.28	40.10	350m: 4:09.49	33.11
100m: 1:01.83	32.74	200m: 2:15.18	36.31	300m: 3:36.38	41.10	400m: 4:41.19	31.70
4. Andre Duarte Vaz	93 Ginasio Figueirense	4:41.65	1:03.74	1:10.67	1:22.27	1:04.97	
50m: 29.73	29.73	150m: 1:39.49	35.75	250m: 2:55.09	40.68	350m: 4:09.90	33.22
100m: 1:03.74	34.01	200m: 2:14.41	34.92	300m: 3:36.68	41.59	400m: 4:41.65	31.75
5. Diogo Parrilha da Silva	93 Alcobaca	4:44.68	1:00.14	1:15.27	1:22.17	1:07.10	
50m: 27.59	27.59	150m: 1:38.52	38.38	250m: 2:56.36	40.95	350m: 4:12.38	34.80
100m: 1:00.14	32.55	200m: 2:15.41	36.89	300m: 3:37.58	41.22	400m: 4:44.68	32.30
6. Pedro Ribeiro Mendes	93 Colegio Vasco da Gama	4:46.95	1:03.52	1:15.90	1:21.65	1:05.88	
50m: 29.09	29.09	150m: 1:41.77	38.25	250m: 2:59.69	40.27	350m: 4:14.05	32.98
100m: 1:03.52	34.43	200m: 2:19.42	37.65	300m: 3:41.07	41.38	400m: 4:46.95	32.90
7. Pedro Andre Santos	94 Alges	4:48.29	1:05.37	1:15.34	1:22.50	1:05.08	
50m: 30.08	30.08	150m: 1:43.05	37.68	250m: 3:02.02	41.31	350m: 4:15.92	32.71
100m: 1:05.37	35.29	200m: 2:20.71	37.66	300m: 3:43.21	41.19	400m: 4:48.29	32.37
8. Tiago Silva Oliveira	94 Leixoes	4:52.17	1:06.38	1:17.81	1:27.82	1:00.16	
50m: 30.80	30.80	150m: 1:45.91	39.53	250m: 3:08.75	44.56	350m: 4:22.73	30.72
100m: 1:06.38	35.58	200m: 2:24.19	38.28	300m: 3:52.01	43.26	400m: 4:52.17	29.44
9. Pedro Barros Mendes	94 Academica de Coimbra	4:52.53	1:06.01	1:15.63	1:24.29	1:06.60	
50m: 30.60	30.60	150m: 1:44.39	38.38	250m: 3:03.54	41.90	350m: 4:20.54	34.61
100m: 1:06.01	35.41	200m: 2:21.64	37.25	300m: 3:45.93	42.39	400m: 4:52.53	31.99
10. Renato Filipe Nascimento	94 Louletano/Loule Concelho	4:52.97	1:06.22	1:15.09	1:25.06	1:06.60	
50m: 30.76	30.76	150m: 1:44.47	38.25	250m: 3:03.32	42.01	350m: 4:20.62	34.25
100m: 1:06.22	35.46	200m: 2:21.31	36.84	300m: 3:46.37	43.05	400m: 4:52.97	32.35
11. Diogo Manuel Rodrigues	94 Vitoria de Guimaraes	4:54.13	1:05.30	1:17.12	1:21.90	1:09.81	
50m: 30.18	30.18	150m: 1:43.98	38.68	250m: 3:02.51	40.09	350m: 4:20.45	36.13
100m: 1:05.30	35.12	200m: 2:22.42	38.44	300m: 3:44.32	41.81	400m: 4:54.13	33.68
12. Joao Pedro Veiga	94 Nautico/Matobra	4:55.51	1:04.73	1:18.17	1:24.09	1:08.52	
50m: 29.94	29.94	150m: 1:44.51	39.78	250m: 3:04.47	41.57	350m: 4:22.88	35.89
100m: 1:04.73	34.79	200m: 2:22.90	38.39	300m: 3:46.99	42.52	400m: 4:55.51	32.63
13. Fabio Alexandre Freitas	94 Uniao Piedense	4:55.79	1:06.65	1:14.36	1:27.76	1:07.02	
50m: 31.19	31.19	150m: 1:44.33	37.68	250m: 3:05.34	44.33	350m: 4:23.30	34.53
100m: 1:06.65	35.46	200m: 2:21.01	36.68	300m: 3:48.77	43.43	400m: 4:55.79	32.49
14. Alexandre Santos Gomes	93 Naval do Funchal	4:56.07	1:05.58	1:17.12	1:26.41	1:06.96	
50m: 30.35	30.35	150m: 1:44.07	38.49	250m: 3:05.33	42.63	350m: 4:23.22	34.11
100m: 1:05.58	35.23	200m: 2:22.70	38.63	300m: 3:49.11	43.78	400m: 4:56.07	32.85
15. Mario Rui Cruz	94 Amadora	4:56.09	1:06.93	1:15.05	1:27.40	1:06.71	
50m: 30.94	30.94	150m: 1:44.30	37.37	250m: 3:04.83	42.85	350m: 4:23.22	33.84
100m: 1:06.93	35.99	200m: 2:21.98	37.68	300m: 3:49.38	44.55	400m: 4:56.09	32.87

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Prova 24, Masc., 400m Estilos, Juniores

Lugar	Ano	Tempo final	100m	200m	300m	400m	
16. Andre Rafael Marinho	93 Uniao Piedense	4:57.44	1:06.03	1:17.28	1:27.88	1:06.25	
50m:	30.65 30.65	150m:	1:45.05 39.02	250m:	3:06.53 43.22	350m:	4:24.65 33.46
100m:	1:06.03 35.38	200m:	2:23.31 38.26	300m:	3:51.19 44.66	400m:	4:57.44 32.79
17. Ivo Andre Lopes	94 Scalabisport	5:10.49	1:04.46	1:18.18	1:33.41	1:14.44	
<i>FTL</i>							
50m:	29.78 29.78	150m:	1:44.04 39.58	250m:	3:08.35 45.71	350m:	4:34.20 38.15
100m:	1:04.46 34.68	200m:	2:22.64 38.60	300m:	3:56.05 47.70	400m:	5:10.49 36.29
DSQ Renato Mendes Pinheiro	94 Desportiva de Viana						
<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>							
50m:		150m:		250m:		350m:	
100m:		200m:		300m:		400m:	
DSQ Antonio Ribeiro Mendes	93 Colegio Vasco da Gama						
<i>808 - Movimento alternado de pernas durante o percurso - SW 8.3</i>							
50m:		150m:		250m:		350m:	
100m:		200m:		300m:		400m:	

Seniores

1. Alexis Manacas Santos	92 Sporting	4:22.32	1:00.36	1:06.86	1:14.13	1:00.97	
50m:	28.33 28.33	150m:	1:34.40 34.04	250m:	2:43.72 36.50	350m:	3:53.06 31.71
100m:	1:00.36 32.03	200m:	2:07.22 32.82	300m:	3:21.35 37.63	400m:	4:22.32 29.26
2. Pedro Miguel Pinotes	89 Sporting	4:30.10	1:01.01	1:11.09	1:16.45	1:01.55	
50m:	28.41 28.41	150m:	1:36.45 35.44	250m:	2:50.16 38.06	350m:	4:00.59 32.04
100m:	1:01.01 32.60	200m:	2:12.10 35.65	300m:	3:28.55 38.39	400m:	4:30.10 29.51
3. Adriano Miguel Niz	86 Famalicao	4:31.97	1:00.48	1:07.59	1:21.72	1:02.18	
50m:	28.11 28.11	150m:	1:34.96 34.48	250m:	2:49.22 41.15	350m:	4:01.59 31.80
100m:	1:00.48 32.37	200m:	2:08.07 33.11	300m:	3:29.79 40.57	400m:	4:31.97 30.38
4. Nuno Rafael Alves	90 Gespacos	4:35.12	1:01.32	1:11.81	1:18.03	1:03.96	
50m:	28.62 28.62	150m:	1:37.60 36.28	250m:	2:51.74 38.61	350m:	4:04.05 32.89
100m:	1:01.32 32.70	200m:	2:13.13 35.53	300m:	3:31.16 39.42	400m:	4:35.12 31.07
5. Miguel Silva Oliveira	91 Nautico/Matobra	4:35.26	1:01.29	1:13.77	1:18.24	1:01.96	
50m:	28.76 28.76	150m:	1:38.34 37.05	250m:	2:54.45 39.39	350m:	4:05.23 31.93
100m:	1:01.29 32.53	200m:	2:15.06 36.72	300m:	3:33.30 38.85	400m:	4:35.26 30.03
6. Miguel Machado Lopes	92 Sporting	4:37.78	1:03.54	1:12.08	1:19.40	1:02.76	
50m:	29.35 29.35	150m:	1:39.88 36.34	250m:	2:54.46 38.84	350m:	4:06.93 31.91
100m:	1:03.54 34.19	200m:	2:15.62 35.74	300m:	3:35.02 40.56	400m:	4:37.78 30.85
7. Andre Bras Goncalves	88 Amadora	4:40.01	1:02.02	1:13.87	1:18.10	1:06.02	
50m:	28.46 28.46	150m:	1:38.65 36.63	250m:	2:54.69 38.80	350m:	4:07.25 33.26
100m:	1:02.02 33.56	200m:	2:15.89 37.24	300m:	3:33.99 39.30	400m:	4:40.01 32.76
8. Ricardo Amorim Rego	84 Braga	4:43.93	1:03.76	1:14.32	1:18.65	1:07.20	
50m:	29.42 29.42	150m:	1:40.72 36.96	250m:	2:56.99 38.91	350m:	4:11.10 34.37
100m:	1:03.76 34.34	200m:	2:18.08 37.36	300m:	3:36.73 39.74	400m:	4:43.93 32.83
9. Paulo Andre Dias	92 Gespacos	4:46.26	1:02.34	1:15.88	1:21.68	1:06.36	
50m:	29.64 29.64	150m:	1:40.77 38.43	250m:	2:58.92 40.70	350m:	4:13.48 33.58
100m:	1:02.34 32.70	200m:	2:18.22 37.45	300m:	3:39.90 40.98	400m:	4:46.26 32.78
10. Rui Filipe Vilar	91 Porto/Dolce Vita	4:47.94	1:01.78	1:14.09	1:22.52	1:09.55	
50m:	28.53 28.53	150m:	1:39.15 37.37	250m:	2:56.98 41.11	350m:	4:14.18 35.79
100m:	1:01.78 33.25	200m:	2:15.87 36.72	300m:	3:38.39 41.41	400m:	4:47.94 33.76
11. Jorge Miguel Carmo	90 Colegio Vasco da Gama	4:49.95	1:04.70	1:15.41	1:24.75	1:05.09	
50m:	30.10 30.10	150m:	1:42.68 37.98	250m:	3:02.70 42.59	350m:	4:17.44 32.58
100m:	1:04.70 34.60	200m:	2:20.11 37.43	300m:	3:44.86 42.16	400m:	4:49.95 32.51

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Prova 24, Masc., 400m Estilos, Seniores

Lugar	Ano	Tempo final	100m	200m	300m	400m	
12. Marcelo Goncalo Pereira	90 Vilacondense	4:50.61	1:04.36	1:17.64	1:24.34	1:04.27	
50m: 29.46	29.46	150m: 1:43.53	39.17	250m: 3:04.33	42.33	350m: 4:19.32	32.98
100m: 1:04.36	34.90	200m: 2:22.00	38.47	300m: 3:46.34	42.01	400m: 4:50.61	31.29
13. Diogo Miguel Brito	87 Benfica	4:53.33	1:03.17	1:15.75	1:26.57	1:07.84	
<i>FTL</i>							
50m: 29.19	29.19	150m: 1:41.38	38.21	250m: 3:01.95	43.03	350m: 4:19.64	34.15
100m: 1:03.17	33.98	200m: 2:18.92	37.54	300m: 3:45.49	43.54	400m: 4:53.33	33.69
14. Joao Paulo Ribeiro	92 Bairro dos Anjos/Mr.Pizza	4:57.99	1:03.49	1:18.22	1:27.52	1:08.76	
<i>FTL</i>							
50m: 29.43	29.43	150m: 1:43.48	39.99	250m: 3:04.87	43.16	350m: 4:24.49	35.26
100m: 1:03.49	34.06	200m: 2:21.71	38.23	300m: 3:49.23	44.36	400m: 4:57.99	33.50
15. Hugo Miguel Nunes	90 Individual Santarem	4:58.40	1:07.61	1:18.79	1:22.70	1:09.30	
<i>FTL</i>							
50m: 31.44	31.44	150m: 1:47.51	39.90	250m: 3:08.05	41.65	350m: 4:24.64	35.54
100m: 1:07.61	36.17	200m: 2:26.40	38.89	300m: 3:49.10	41.05	400m: 4:58.40	33.76