

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 15 Masc., 400m Estilos Absoluto
05-08-2011 Resultados Final

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Inf B	4:59.28	Tomas Miguel Freitas	CDN	Restelo	25-07-2003
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC SEN/JUN2 Masc 18 +: 4:53.00 / TAC JUN1 Masc 17: 4:56.50 / TAC JUV A Masc Juv A: 5:09.00 / TAC JUV B Masc Juv B: 5:18.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Open

Final A

1.	Alexis Manacas Santos	92	Sporting	4:25.02	+0,73	778	
	50m: 28.02 28.02	150m: 1:33.72 34.02	250m: 2:44.41 37.47	350m: 3:54.33 32.24			
	100m: 59.70 31.68	200m: 2:06.94 33.22	300m: 3:22.09 37.68	400m: 4:25.02 30.69			
2.	Nuno Rafael Alves	90	Gespacos	4:35.09	+0,82	696	
	50m: 28.77 28.77	150m: 1:38.28 36.76	250m: 2:51.82 38.03	350m: 4:03.17 32.74			
	100m: 1:01.52 32.75	200m: 2:13.79 35.51	300m: 3:30.43 38.61	400m: 4:35.09 31.92			
3.	Miguel Machado Lopes	92	Sporting	4:37.17	+0,74	680	
	50m: 29.21 29.21	150m: 1:39.24 36.14	250m: 2:54.49 39.52	350m: 4:06.15 31.42			
	100m: 1:03.10 33.89	200m: 2:14.97 35.73	300m: 3:34.73 40.24	400m: 4:37.17 31.02			
4.	Paulo Andre Dias	92	Gespacos	4:40.37	+0,91	657	
	50m: 29.28 29.28	150m: 1:40.18 37.91	250m: 2:56.88 39.66	350m: 4:09.22 32.08			
	100m: 1:02.27 32.99	200m: 2:17.22 37.04	300m: 3:37.14 40.26	400m: 4:40.37 31.15			
5.	Miguel Silva Oliveira	91	Nautico/Matobra	4:42.06	+0,81	646	
	50m: 28.39 28.39	150m: 1:38.23 36.89	250m: 2:54.66 39.56	350m: 4:09.17 33.65			
	100m: 1:01.34 32.95	200m: 2:15.10 36.87	300m: 3:35.52 40.86	400m: 4:42.06 32.89			
6.	Andre Bras Goncalves	88	Amadora	4:42.25	+0,78	644	
	50m: 28.27 28.27	150m: 1:39.28 37.31	250m: 2:55.62 39.40	350m: 4:09.60 33.47			
	100m: 1:01.97 33.70	200m: 2:16.22 36.94	300m: 3:36.13 40.51	400m: 4:42.25 32.65			
7.	Ruben Filipe Nunes	94	Gespacos	4:43.11	+0,85	638	
	50m: 29.29 29.29	150m: 1:39.66 37.40	250m: 2:56.97 40.78	350m: 4:11.13 32.64			
	100m: 1:02.26 32.97	200m: 2:16.19 36.53	300m: 3:38.49 41.52	400m: 4:43.11 31.98			
DSQ	Egon Van Der Straeten	91	Vlaamse Zwemfederatie		+0,77		
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5						
	50m: 150m: 250m: 350m:						
	100m: 200m: 300m: 400m:						

Final B

9.	Tomas Miguel Veloso	96	Nautico/Matobra	4:43.28	+0,74	637	
	50m: 30.08 30.08	150m: 1:42.69 37.76	250m: 2:59.79 39.44	350m: 4:12.49 32.40			
	100m: 1:04.93 34.85	200m: 2:20.35 37.66	300m: 3:40.09 40.30	400m: 4:43.28 30.79			
	Joao Claudio Sousa	93	Gespacos	4:43.28	+0,81	637	
	50m: 30.25 30.25	150m: 1:43.47 38.72	250m: 2:59.86 39.42	350m: 4:13.07 34.60			
	100m: 1:04.75 34.50	200m: 2:20.44 36.97	300m: 3:38.47 38.61	400m: 4:43.28 30.21			

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Prova 15, Masc., 400m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Ricardo Amorim Rego	84	Braga	4:45.65	+0,80	622	
	50m: 29.48 29.48	150m: 1:41.39 37.35	250m: 2:58.58 40.06	350m: 4:12.52 33.46			
	100m: 1:04.04 34.56	200m: 2:18.52 37.13	300m: 3:39.06 40.48	400m: 4:45.65 33.13			
12.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:49.90	+0,83	595	
	50m: 30.27 30.27	150m: 1:44.48 37.26	250m: 3:00.96 39.29	350m: 4:16.38 34.55			
	100m: 1:07.22 36.95	200m: 2:21.67 37.19	300m: 3:41.83 40.87	400m: 4:49.90 33.52			
13.	Andre Duarte Vaz	93	Ginasio Figueirense	4:50.03	+0,83	594	
	50m: 29.85 29.85	150m: 1:40.82 36.26	250m: 2:58.45 42.11	350m: 4:15.92 34.51			
	100m: 1:04.56 34.71	200m: 2:16.34 35.52	300m: 3:41.41 42.96	400m: 4:50.03 34.11			
14.	Joao Pedro Veiga	94	Nautico/Matobra	4:50.80	+0,74	589	
	50m: 30.08 30.08	150m: 1:44.09 39.22	250m: 3:03.05 41.00	350m: 4:18.91 34.63			
	100m: 1:04.87 34.79	200m: 2:22.05 37.96	300m: 3:44.28 41.23	400m: 4:50.80 31.89			
15.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:52.50	+0,81	579	
	50m: 29.15 29.15	150m: 1:43.17 39.06	250m: 3:03.75 41.95	350m: 4:21.21 34.36			
	100m: 1:04.11 34.96	200m: 2:21.80 38.63	300m: 3:46.85 43.10	400m: 4:52.50 31.29			
16.	Jose Luis Gabriel	96	Academico Viseu	4:52.76	+0,79	577	
	50m: 30.07 30.07	150m: 1:43.39 37.92	250m: 3:03.37 42.39	350m: 4:20.61 33.22			
	100m: 1:05.47 35.40	200m: 2:20.98 37.59	300m: 3:47.39 44.02	400m: 4:52.76 32.15			

Absolutos

Final A

1.	Alexis Manacas Santos	92	Sporting	4:25.02	+0,73	778	
	50m: 28.02 28.02	150m: 1:33.72 34.02	250m: 2:44.41 37.47	350m: 3:54.33 32.24			
	100m: 59.70 31.68	200m: 2:06.94 33.22	300m: 3:22.09 37.68	400m: 4:25.02 30.69			
2.	Nuno Rafael Alves	90	Gespacos	4:35.09	+0,82	696	
	50m: 28.77 28.77	150m: 1:38.28 36.76	250m: 2:51.82 38.03	350m: 4:03.17 32.74			
	100m: 1:01.52 32.75	200m: 2:13.79 35.51	300m: 3:30.43 38.61	400m: 4:35.09 31.92			
3.	Miguel Machado Lopes	92	Sporting	4:37.17	+0,74	680	
	50m: 29.21 29.21	150m: 1:39.24 36.14	250m: 2:54.49 39.52	350m: 4:06.15 31.42			
	100m: 1:03.10 33.89	200m: 2:14.97 35.73	300m: 3:34.73 40.24	400m: 4:37.17 31.02			
4.	Paulo Andre Dias	92	Gespacos	4:40.37	+0,91	657	
	50m: 29.28 29.28	150m: 1:40.18 37.91	250m: 2:56.88 39.66	350m: 4:09.22 32.08			
	100m: 1:02.27 32.99	200m: 2:17.22 37.04	300m: 3:37.14 40.26	400m: 4:40.37 31.15			
5.	Miguel Silva Oliveira	91	Nautico/Matobra	4:42.06	+0,81	646	
	50m: 28.39 28.39	150m: 1:38.23 36.89	250m: 2:54.66 39.56	350m: 4:09.17 33.65			
	100m: 1:01.34 32.95	200m: 2:15.10 36.87	300m: 3:35.52 40.86	400m: 4:42.06 32.89			
6.	Andre Bras Goncalves	88	Amadora	4:42.25	+0,78	644	
	50m: 28.27 28.27	150m: 1:39.28 37.31	250m: 2:55.62 39.40	350m: 4:09.60 33.47			
	100m: 1:01.97 33.70	200m: 2:16.22 36.94	300m: 3:36.13 40.51	400m: 4:42.25 32.65			
7.	Ruben Filipe Nunes	94	Gespacos	4:43.11	+0,85	638	
	50m: 29.29 29.29	150m: 1:39.66 37.40	250m: 2:56.97 40.78	350m: 4:11.13 32.64			
	100m: 1:02.26 32.97	200m: 2:16.19 36.53	300m: 3:38.49 41.52	400m: 4:43.11 31.98			

Final B

9.	Joao Claudio Sousa	93	Gespacos	4:43.28	+0,81	637	
	50m: 30.25 30.25	100m: 1:04.75 34.50	150m: 1:43.47 38.72	200m: 2:20.44 36.97			

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Prova 15, Masc., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	250m: 2:59.86 39.42	300m: 3:38.47 38.61	350m: 4:13.07 34.60	400m: 4:43.28 30.21			
	Tomas Miguel Veloso	96	Nautico/Matobra	4:43.28	+0,74	637	
	50m: 30.08 30.08	150m: 1:42.69 37.76	250m: 2:59.79 39.44	350m: 4:12.49 32.40			
	100m: 1:04.93 34.85	200m: 2:20.35 37.66	300m: 3:40.09 40.30	400m: 4:43.28 30.79			
11.	Ricardo Amorim Rego	84	Braga	4:45.65	+0,80	622	
	50m: 29.48 29.48	150m: 1:41.39 37.35	250m: 2:58.58 40.06	350m: 4:12.52 33.46			
	100m: 1:04.04 34.56	200m: 2:18.52 37.13	300m: 3:39.06 40.48	400m: 4:45.65 33.13			
12.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:49.90	+0,83	595	
	50m: 30.27 30.27	150m: 1:44.48 37.26	250m: 3:00.96 39.29	350m: 4:16.38 34.55			
	100m: 1:07.22 36.95	200m: 2:21.67 37.19	300m: 3:41.83 40.87	400m: 4:49.90 33.52			
13.	Andre Duarte Vaz	93	Ginasio Figueirense	4:50.03	+0,83	594	
	50m: 29.85 29.85	150m: 1:40.82 36.26	250m: 2:58.45 42.11	350m: 4:15.92 34.51			
	100m: 1:04.56 34.71	200m: 2:16.34 35.52	300m: 3:41.41 42.96	400m: 4:50.03 34.11			
14.	Joao Pedro Veiga	94	Nautico/Matobra	4:50.80	+0,74	589	
	50m: 30.08 30.08	150m: 1:44.09 39.22	250m: 3:03.05 41.00	350m: 4:18.91 34.63			
	100m: 1:04.87 34.79	200m: 2:22.05 37.96	300m: 3:44.28 41.23	400m: 4:50.80 31.89			
15.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:52.50	+0,81	579	
	50m: 29.15 29.15	150m: 1:43.17 39.06	250m: 3:03.75 41.95	350m: 4:21.21 34.36			
	100m: 1:04.11 34.96	200m: 2:21.80 38.63	300m: 3:46.85 43.10	400m: 4:52.50 31.29			
16.	Jose Luis Gabriel	96	Academico Viseu	4:52.76	+0,79	577	
	50m: 30.07 30.07	150m: 1:43.39 37.92	250m: 3:03.37 42.39	350m: 4:20.61 33.22			
	100m: 1:05.47 35.40	200m: 2:20.98 37.59	300m: 3:47.39 44.02	400m: 4:52.76 32.15			