

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

Event 15 Men, 400m Medley Open
05-08-2011 Results Finals

| | | | | | |
|---------------|---------|-----------------------|-----|--------------|------------|
| Rec Nac Open | 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

Points: FINA 2011

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts FINA | Pts |
|------|------|----|-------|-------------|----|----------|-----|
|------|------|----|-------|-------------|----|----------|-----|

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 | | | |

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|-----|---|-------|-----------------------|-------|-------|--|--|
| DSQ | Egon Van Der Straeten | 91 | Vlaamse Zwemfederatie | | +0,77 | | |
| | <i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i> | | | | | | |
| | 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 | | | |

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

Event 15, Men, 400m Medley, Final, Open

| Rank | Nome | YB | Clube | Tempo Final | RT | 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 | | | |

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

Event 15, Men, 400m Medley, Final, Absolutos

| Rank | Nome | YB | Clube | Tempo Final | RT | 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 | |