

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

Event 36 Men, 400m Freestyle Open
06-08-2011 - 18:05 Results Finals

Rec Nac Open	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003
Rec Nac Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC SEN/JUN2 Masc 18 +: 4:12.00 / TAC JUN1 Masc 17: 4:15.50 / TAC JUV A Masc Juv A: 4:29.00 / TAC JUV B Masc Juv B: 4:37.00

Points: FINA 2011

Rank Nome YB Clube Tempo Final RT Pts FINA Pts

Open

Final A

1.	Daniel Cocking	90	Co Sheffield	3:54.36	+0,73	828		
	50m: 27.51 27.51	150m: 1:26.17 29.29	250m: 2:25.36 29.59	350m: 3:25.41 30.01				
	100m: 56.88 29.37	200m: 1:55.77 29.60	300m: 2:55.40 30.04	400m: 3:54.36 28.95				
2.	Thomas Sunter	92	Co Sheffield	3:54.66	+0,85	824		
	50m: 26.96 26.96	150m: 1:25.35 29.35	250m: 2:25.01 29.91	350m: 3:25.57 30.30				
	100m: 56.00 29.04	200m: 1:55.10 29.75	300m: 2:55.27 30.26	400m: 3:54.66 29.09				
3.	Jorge Manuel Maia	89	Famalicao	3:59.75	+0,79	773		
	50m: 27.75 27.75	150m: 1:27.18 29.91	250m: 2:28.07 30.55	350m: 3:29.78 30.97				
	100m: 57.27 29.52	200m: 1:57.52 30.34	300m: 2:58.81 30.74	400m: 3:59.75 29.97				
4.	Fabio Manuel Pereira	86	Vilacondense	4:03.45	+0,81	738		
	50m: 28.25 28.25	150m: 1:29.52 31.16	250m: 2:31.74 31.19	350m: 3:34.05 31.06				
	100m: 58.36 30.11	200m: 2:00.55 31.03	300m: 3:02.99 31.25	400m: 4:03.45 29.40				
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:03.77	+0,73	735		
	50m: 28.33 28.33	150m: 1:30.13 31.18	250m: 2:32.83 31.52	350m: 3:34.67 30.32				
	100m: 58.95 30.62	200m: 2:01.31 31.18	300m: 3:04.35 31.52	400m: 4:03.77 29.10				
6.	Ricardo Ferreira Cotovio	91	Sporting	4:04.27	+0,71	731		
	50m: 27.62 27.62	150m: 1:28.57 30.48	250m: 2:32.03 31.23	350m: 3:34.14 30.68				
	100m: 58.09 30.47	200m: 2:00.80 32.23	300m: 3:03.46 31.43	400m: 4:04.27 30.13				
7.	Gustavo Manuel Santa	93	Sporting	4:04.81	+0,80	726		
	50m: 27.90 27.90	150m: 1:28.68 31.13	250m: 2:32.45 31.61	350m: 3:35.99 31.39				
	100m: 57.55 29.65	200m: 2:00.84 32.16	300m: 3:04.60 32.15	400m: 4:04.81 28.82				
8.	Miguel Monteiro Diogo	93	Alcobaca	4:06.13	+0,79	714		
	50m: 27.96 27.96	150m: 1:29.44 31.08	250m: 2:32.53 31.68	350m: 3:35.36 31.39				
	100m: 58.36 30.40	200m: 2:00.85 31.41	300m: 3:03.97 31.44	400m: 4:06.13 30.77				

Final B

9.	Oliver Tennant	93	Swim Wales	4:00.29	+0,73	768		
	50m: 27.53 27.53	150m: 1:27.62 30.45	250m: 2:28.83 30.62	350m: 3:30.62 30.87				
	100m: 57.17 29.64	200m: 1:58.21 30.59	300m: 2:59.75 30.92	400m: 4:00.29 29.67				
10.	Israel Peressin Murat	86	Porto/Dolce Vita	4:03.87	+0,78	734		
	50m: 28.40 28.40	150m: 1:30.42 31.27	250m: 2:32.81 31.03	350m: 3:34.41 30.31				
	100m: 59.15 30.75	200m: 2:01.78 31.36	300m: 3:04.10 31.29	400m: 4:03.87 29.46				
11.	Mario Andre Bonanca	90	Sporting	4:05.18	+0,86	723		
	50m: 27.91 27.91	150m: 1:28.49 30.60	250m: 2:31.51 31.66	350m: 3:34.85 31.70				
	100m: 57.89 29.98	200m: 1:59.85 31.36	300m: 3:03.15 31.64	400m: 4:05.18 30.33				

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Event 36, Men, 400m Freestyle, Final, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	Ricardo Manuel Machado	93	Braga	4:05.84	+0,92	717	
	50m: 28.61 28.61	150m: 1:31.08 31.36	250m: 2:33.66 30.75	350m: 3:36.04 30.71			
	100m: 59.72 31.11	200m: 2:02.91 31.83	300m: 3:05.33 31.67	400m: 4:05.84 29.80			
13.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.64	+0,79	710	
	50m: 28.60 28.60	150m: 1:30.91 31.33	250m: 2:33.37 31.12	350m: 3:35.90 31.17			
	100m: 59.58 30.98	200m: 2:02.25 31.34	300m: 3:04.73 31.36	400m: 4:06.64 30.74			
14.	Diogo Andre Gaspar	90	Uniao Piedense	4:07.71	+0,86	701	
	50m: 28.29 28.29	150m: 1:30.58 31.16	250m: 2:33.64 31.66	350m: 3:36.93 31.47			
	100m: 59.42 31.13	200m: 2:01.98 31.40	300m: 3:05.46 31.82	400m: 4:07.71 30.78			
15.	Andre Filipe Farinha	96	Benfica	4:10.72	+0,97	676	
	50m: 29.03 29.03	150m: 1:31.93 31.78	250m: 2:36.00 31.84	350m: 3:39.85 31.50			
	100m: 1:00.15 31.12	200m: 2:04.16 32.23	300m: 3:08.35 32.35	400m: 4:10.72 30.87			
16.	Nuno Vieira Malheiro <i>FTL</i>	93	Braga	4:13.63	+0,87	653	
	50m: 29.15 29.15	150m: 1:31.91 31.78	250m: 2:35.48 32.02	350m: 3:41.35 32.89			
	100m: 1:00.13 30.98	200m: 2:03.46 31.55	300m: 3:08.46 32.98	400m: 4:13.63 32.28			

Absolutos

Final A

1.	Jorge Manuel Maia	89	Famalicao	3:59.75	+0,79	773	
	50m: 27.75 27.75	150m: 1:27.18 29.91	250m: 2:28.07 30.55	350m: 3:29.78 30.97			
	100m: 57.27 29.52	200m: 1:57.52 30.34	300m: 2:58.81 30.74	400m: 3:59.75 29.97			
2.	Fabio Manuel Pereira	86	Vilacondense	4:03.45	+0,81	738	
	50m: 28.25 28.25	150m: 1:29.52 31.16	250m: 2:31.74 31.19	350m: 3:34.05 31.06			
	100m: 58.36 30.11	200m: 2:00.55 31.03	300m: 3:02.99 31.25	400m: 4:03.45 29.40			
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:03.77	+0,73	735	
	50m: 28.33 28.33	150m: 1:30.13 31.18	250m: 2:32.83 31.52	350m: 3:34.67 30.32			
	100m: 58.95 30.62	200m: 2:01.31 31.18	300m: 3:04.35 31.52	400m: 4:03.77 29.10			
4.	Ricardo Ferreira Cotovio	91	Sporting	4:04.27	+0,71	731	
	50m: 27.62 27.62	150m: 1:28.57 30.48	250m: 2:32.03 31.23	350m: 3:34.14 30.68			
	100m: 58.09 30.47	200m: 2:00.80 32.23	300m: 3:03.46 31.43	400m: 4:04.27 30.13			
5.	Gustavo Manuel Santa	93	Sporting	4:04.81	+0,80	726	
	50m: 27.90 27.90	150m: 1:28.68 31.13	250m: 2:32.45 31.61	350m: 3:35.99 31.39			
	100m: 57.55 29.65	200m: 2:00.84 32.16	300m: 3:04.60 32.15	400m: 4:04.81 28.82			
6.	Miguel Monteiro Diogo	93	Alcobaca	4:06.13	+0,79	714	
	50m: 27.96 27.96	150m: 1:29.44 31.08	250m: 2:32.53 31.68	350m: 3:35.36 31.39			
	100m: 58.36 30.40	200m: 2:00.85 31.41	300m: 3:03.97 31.44	400m: 4:06.13 30.77			

Final B

9.	Israel Peressin Murat	86	Porto/Dolce Vita	4:03.87	+0,78	734	
	50m: 28.40 28.40	150m: 1:30.42 31.27	250m: 2:32.81 31.03	350m: 3:34.41 30.31			
	100m: 59.15 30.75	200m: 2:01.78 31.36	300m: 3:04.10 31.29	400m: 4:03.87 29.46			
10.	Mario Andre Bonanca	90	Sporting	4:05.18	+0,86	723	
	50m: 27.91 27.91	150m: 1:28.49 30.60	250m: 2:31.51 31.66	350m: 3:34.85 31.70			
	100m: 57.89 29.98	200m: 1:59.85 31.36	300m: 3:03.15 31.64	400m: 4:05.18 30.33			

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	100m: 59.72 31.11	200m: 2:02.91 31.83	300m: 3:05.33 31.67	400m: 4:05.84 29.80			
12.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.64	+0,79	710	
	50m: 28.60 28.60	150m: 1:30.91 31.33	250m: 2:33.37 31.12	350m: 3:35.90 31.17			
	100m: 59.58 30.98	200m: 2:02.25 31.34	300m: 3:04.73 31.36	400m: 4:06.64 30.74			
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	50m: 28.29 28.29	150m: 1:30.58 31.16	250m: 2:33.64 31.66	350m: 3:36.93 31.47			
	100m: 59.42 31.13	200m: 2:01.98 31.40	300m: 3:05.46 31.82	400m: 4:07.71 30.78			
14.	Andre Filipe Farinha	96	Benfica	4:10.72	+0,97	676	
	50m: 29.03 29.03	150m: 1:31.93 31.78	250m: 2:36.00 31.84	350m: 3:39.85 31.50			
	100m: 1:00.15 31.12	200m: 2:04.16 32.23	300m: 3:08.35 32.35	400m: 4:10.72 30.87			
15.	Nuno Vieira Malheiro	93	Braga	4:13.63	+0,87	653	
	<i>FTL</i>						
	50m: 29.15 29.15	150m: 1:31.91 31.78	250m: 2:35.48 32.02	350m: 3:41.35 32.89			
	100m: 1:00.13 30.98	200m: 2:03.46 31.55	300m: 3:08.46 32.98	400m: 4:13.63 32.28			