

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 10	Masc., 400m Estilos					Absolutos
02-12-2011 - 11:25						Resultados
Rec. Nac. 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009	
Rec. Nac. 25m Jun	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12-12-2003	
Rec. Nac. 25m Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009	

TAC - Masc Sen: 4:42.00; Jun2: 4:42.00; Jun1: 4:49.05

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos								
1.	Pedro Miguel Pinotes	89	26732	Sporting	4:14.67	+0,77	790	
	50m: 27.41	27.41	150m: 1:30.14	31.33	250m: 2:37.78	36.05	350m: 3:44.82	30.86
	100m: 58.81	31.40	200m: 2:01.73	31.59	300m: 3:13.96	36.18	400m: 4:14.67	29.85
2.	Adriano Miguel Niz	86	23013	Famalicao	4:17.92	+0,76	761	
	50m: 27.29	27.29	150m: 1:31.92	33.10	250m: 2:42.22	37.98	350m: 3:49.85	30.35
	100m: 58.82	31.53	200m: 2:04.24	32.32	300m: 3:19.50	37.28	400m: 4:17.92	28.07
3.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	4:18.66	+0,74	754	
	50m: 26.67	26.67	150m: 1:32.15	34.68	250m: 2:41.45	35.18	350m: 3:48.87	30.88
	100m: 57.47	30.80	200m: 2:06.27	34.12	300m: 3:17.99	36.54	400m: 4:18.66	29.79
4.	Nuno Rafael Alves	90	25140	Gespacos	4:23.39	+0,88	714	
	50m: 28.70	28.70	150m: 1:34.76	34.10	250m: 2:44.87	36.15	350m: 3:52.97	31.25
	100m: 1:00.66	31.96	200m: 2:08.72	33.96	300m: 3:21.72	36.85	400m: 4:23.39	30.42
5.	Miguel Machado Lopes	92	11467	Sporting	4:29.31	+0,76	668	
	50m: 29.02	29.02	150m: 1:35.25	33.50	250m: 2:46.60	37.77	350m: 3:57.58	31.46
	100m: 1:01.75	32.73	200m: 2:08.83	33.58	300m: 3:26.12	39.52	400m: 4:29.31	31.73
6.	Tomas Correia Silva	95	23367	Porto	4:31.12	+0,74	655	
	50m: 29.84	29.84	150m: 1:39.77	35.70	250m: 2:53.02	37.37	350m: 4:01.43	30.40
	100m: 1:04.07	34.23	200m: 2:15.65	35.88	300m: 3:31.03	38.01	400m: 4:31.12	29.69
7.	Andre Bras Goncalves	88	14767	Amadora	4:32.15	+0,81	647	
	50m: 27.94	27.94	150m: 1:35.44	34.93	250m: 2:48.57	38.35	350m: 4:00.33	32.37
	100m: 1:00.51	32.57	200m: 2:10.22	34.78	300m: 3:27.96	39.39	400m: 4:32.15	31.82
8.	Diogo Parrilha da Silva	93	11580	Alcobaca	4:34.04	+0,76	634	
	50m: 27.04	27.04	150m: 1:33.89	35.12	250m: 2:47.68	38.16	350m: 4:01.25	34.62
	100m: 58.77	31.73	200m: 2:09.52	35.63	300m: 3:26.63	38.95	400m: 4:34.04	32.79
9.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	4:34.14	+0,75	633	
	50m: 29.17	29.17	150m: 1:39.16	36.04	250m: 2:53.95	39.35	350m: 4:04.29	31.21
	100m: 1:03.12	33.95	200m: 2:14.60	35.44	300m: 3:33.08	39.13	400m: 4:34.14	29.85
10.	Miguel Silva Oliveira	91	10822	Nautico/Matobra	4:34.63	+0,86	630	
	50m: 28.84	28.84	150m: 1:37.50	36.06	250m: 2:51.83	38.02	350m: 4:03.38	32.65
	100m: 1:01.44	32.60	200m: 2:13.81	36.31	300m: 3:30.73	38.90	400m: 4:34.63	31.25
11.	Samuel Patricio Queiros	91	15701	Porto	4:34.74	+0,84	629	
	50m: 28.97	28.97	150m: 1:35.28	33.06	250m: 2:48.56	40.10	350m: 4:03.63	32.61
	100m: 1:02.22	33.25	200m: 2:08.46	33.18	300m: 3:31.02	42.46	400m: 4:34.74	31.11
12.	Paulo Andre Dias	92	23406	Gespacos	4:34.84	+0,88	629	
	50m: 29.50	29.50	150m: 1:39.06	36.52	250m: 2:53.54	38.20	350m: 4:04.20	32.04
	100m: 1:02.54	33.04	200m: 2:15.34	36.28	300m: 3:32.16	38.62	400m: 4:34.84	30.64
13.	Pedro Andre Santos	94	15732	Alges	4:36.08	+0,84	620	
	50m: 29.63	29.63	150m: 1:39.21	34.94	250m: 2:53.22	39.25	350m: 4:04.77	32.10
	100m: 1:04.27	34.64	200m: 2:13.97	34.76	300m: 3:32.67	39.45	400m: 4:36.08	31.31
14.	Joao Andre Neves	95	101408	Academica de Coimbra	4:36.24	+0,77	619	
	50m: 29.38	29.38	150m: 1:40.32	36.61	250m: 2:54.16	37.69	350m: 4:05.29	32.57
	100m: 1:03.71	34.33	200m: 2:16.47	36.15	300m: 3:32.72	38.56	400m: 4:36.24	30.95

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 10, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Jorge Miguel Carmo	90	13004	Colegio Vasco da Gama	4:38.00	+0,74	607	
	50m: 30.03	30.03	150m: 1:38.95	35.90	250m: 2:53.92	39.85	350m: 4:06.51	32.21
	100m: 1:03.05	33.02	200m: 2:14.07	35.12	300m: 3:34.30	40.38	400m: 4:38.00	31.49
16.	Joao Pedro Veiga	94	10892	Nautico/Matobra	4:40.82	+0,79	589	
	50m: 29.76	29.76	150m: 1:41.44	37.30	250m: 2:56.82	39.39	350m: 4:10.34	32.88
	100m: 1:04.14	34.38	200m: 2:17.43	35.99	300m: 3:37.46	40.64	400m: 4:40.82	30.48
17.	Joao Pedro Braga	94	25892	Naval de Ponta Delgada	4:41.09	+0,82	588	
	50m: 30.15	30.15	150m: 1:42.51	36.32	250m: 2:57.40	38.86	350m: 4:09.69	32.84
	100m: 1:06.19	36.04	200m: 2:18.54	36.03	300m: 3:36.85	39.45	400m: 4:41.09	31.40
18.	Ruben Filipe Nunes	94	23302	Gespacos	4:41.94	+0,86	582	
	50m: 29.63	29.63	150m: 1:40.53	36.69	250m: 2:57.06	39.85	350m: 4:10.56	33.10
	100m: 1:03.84	34.21	200m: 2:17.21	36.68	300m: 3:37.46	40.40	400m: 4:41.94	31.38
19.	Andre Duarte Vaz	93	10768	Nautico/Matobra	4:42.09	+0,89	581	
	<i>FTL</i>							
	50m: 29.41	29.41	150m: 1:38.10	34.83	250m: 2:52.91	39.82	350m: 4:09.04	34.10
	100m: 1:03.27	33.86	200m: 2:13.09	34.99	300m: 3:34.94	42.03	400m: 4:42.09	33.05
20.	Pedro Barros Mendes	94	11195	Academica de Coimbra	4:43.46	+0,84	573	
	<i>FTL</i>							
	50m: 29.47	29.47	150m: 1:38.54	35.57	250m: 2:54.34	40.38	350m: 4:10.06	34.45
	100m: 1:02.97	33.50	200m: 2:13.96	35.42	300m: 3:35.61	41.27	400m: 4:43.46	33.40
21.	Mauro Filipe Viegas	95	26428	Natacao Olhao	4:44.23	+0,65	568	
	50m: 29.36	29.36	150m: 1:41.93	38.24	250m: 2:59.40	39.75	350m: 4:12.37	32.92
	100m: 1:03.69	34.33	200m: 2:19.65	37.72	300m: 3:39.45	40.05	400m: 4:44.23	31.86
22.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	4:45.14	+0,72	563	
	50m: 29.36	29.36	150m: 1:40.87	36.20	250m: 2:58.59	42.33	350m: 4:14.24	32.18
	100m: 1:04.67	35.31	200m: 2:16.26	35.39	300m: 3:42.06	43.47	400m: 4:45.14	30.90
23.	Diogo Miguel Silva	95	104780	Uniao Piedense	4:46.53	+0,75	555	
	50m: 29.66	29.66	150m: 1:41.15	37.04	250m: 2:57.66	40.06	350m: 4:13.13	34.78
	100m: 1:04.11	34.45	200m: 2:17.60	36.45	300m: 3:38.35	40.69	400m: 4:46.53	33.40
24.	Afonso Lopes dos Santos	95	14773	Pimpoes/Cimai	4:48.60	+0,75	543	
	50m: 30.20	30.20	150m: 1:41.73	37.31	250m: 3:00.28	41.52	350m: 4:16.34	34.17
	100m: 1:04.42	34.22	200m: 2:18.76	37.03	300m: 3:42.17	41.89	400m: 4:48.60	32.26
25.	Andre Filipe Teodoro	95	25350	Naval Setubalense	4:49.20	+0,79	539	
	<i>FTL</i>							
	50m: 28.97	28.97	150m: 1:40.78	38.05	250m: 2:59.52	40.99	350m: 4:15.83	34.05
	100m: 1:02.73	33.76	200m: 2:18.53	37.75	300m: 3:41.78	42.26	400m: 4:49.20	33.37
26.	Rafael Filipe Torres	95	105394	Sporting	5:01.43	+0,72	476	
	<i>FTL</i>							
	50m: 30.29	30.29	150m: 1:44.50	39.32	250m: 3:06.07	42.30	350m: 4:25.78	36.10
	100m: 1:05.18	34.89	200m: 2:23.77	39.27	300m: 3:49.68	43.61	400m: 5:01.43	35.65

Seniores

1.	Pedro Miguel Pinotes	89	26732	Sporting	4:14.67	+0,77	790	
	50m: 27.41	27.41	150m: 1:30.14	31.33	250m: 2:37.78	36.05	350m: 3:44.82	30.86
	100m: 58.81	31.40	200m: 2:01.73	31.59	300m: 3:13.96	36.18	400m: 4:14.67	29.85
2.	Adriano Miguel Niz	86	23013	Famalicao	4:17.92	+0,76	761	
	50m: 27.29	27.29	150m: 1:31.92	33.10	250m: 2:42.22	37.98	350m: 3:49.85	30.35
	100m: 58.82	31.53	200m: 2:04.24	32.32	300m: 3:19.50	37.28	400m: 4:17.92	28.07
3.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	4:18.66	+0,74	754	
	50m: 26.67	26.67	150m: 1:32.15	34.68	250m: 2:41.45	35.18	350m: 3:48.87	30.88
	100m: 57.47	30.80	200m: 2:06.27	34.12	300m: 3:17.99	36.54	400m: 4:18.66	29.79

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 10, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Nuno Rafael Alves	90	25140	Gespacos	4:23.39	+0,88	714	
	50m: 28.70	28.70	150m: 1:34.76	34.10	250m: 2:44.87	36.15	350m: 3:52.97	31.25
	100m: 1:00.66	31.96	200m: 2:08.72	33.96	300m: 3:21.72	36.85	400m: 4:23.39	30.42
5.	Miguel Machado Lopes	92	11467	Sporting	4:29.31	+0,76	668	
	50m: 29.02	29.02	150m: 1:35.25	33.50	250m: 2:46.60	37.77	350m: 3:57.58	31.46
	100m: 1:01.75	32.73	200m: 2:08.83	33.58	300m: 3:26.12	39.52	400m: 4:29.31	31.73
6.	Andre Bras Goncalves	88	14767	Amadora	4:32.15	+0,81	647	
	50m: 27.94	27.94	150m: 1:35.44	34.93	250m: 2:48.57	38.35	350m: 4:00.33	32.37
	100m: 1:00.51	32.57	200m: 2:10.22	34.78	300m: 3:27.96	39.39	400m: 4:32.15	31.82
7.	Diogo Parrilha da Silva	93	11580	Alcobaca	4:34.04	+0,76	634	
	50m: 27.04	27.04	150m: 1:33.89	35.12	250m: 2:47.68	38.16	350m: 4:01.25	34.62
	100m: 58.77	31.73	200m: 2:09.52	35.63	300m: 3:26.63	38.95	400m: 4:34.04	32.79
8.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	4:34.14	+0,75	633	
	50m: 29.17	29.17	150m: 1:39.16	36.04	250m: 2:53.95	39.35	350m: 4:04.29	31.21
	100m: 1:03.12	33.95	200m: 2:14.60	35.44	300m: 3:33.08	39.13	400m: 4:34.14	29.85
9.	Miguel Silva Oliveira	91	10822	Nautico/Matobra	4:34.63	+0,86	630	
	50m: 28.84	28.84	150m: 1:37.50	36.06	250m: 2:51.83	38.02	350m: 4:03.38	32.65
	100m: 1:01.44	32.60	200m: 2:13.81	36.31	300m: 3:30.73	38.90	400m: 4:34.63	31.25
10.	Samuel Patricio Queiros	91	15701	Porto	4:34.74	+0,84	629	
	50m: 28.97	28.97	150m: 1:35.28	33.06	250m: 2:48.56	40.10	350m: 4:03.63	32.61
	100m: 1:02.22	33.25	200m: 2:08.46	33.18	300m: 3:31.02	42.46	400m: 4:34.74	31.11
11.	Paulo Andre Dias	92	23406	Gespacos	4:34.84	+0,88	629	
	50m: 29.50	29.50	150m: 1:39.06	36.52	250m: 2:53.54	38.20	350m: 4:04.20	32.04
	100m: 1:02.54	33.04	200m: 2:15.34	36.28	300m: 3:32.16	38.62	400m: 4:34.84	30.64
12.	Jorge Miguel Carmo	90	13004	Colegio Vasco da Gama	4:38.00	+0,74	607	
	50m: 30.03	30.03	150m: 1:38.95	35.90	250m: 2:53.92	39.85	350m: 4:06.51	32.21
	100m: 1:03.05	33.02	200m: 2:14.07	35.12	300m: 3:34.30	40.38	400m: 4:38.00	31.49
13.	Andre Duarte Vaz	93	10768	Nautico/Matobra	4:42.09	+0,89	581	
	<i>FTL</i>							
	50m: 29.41	29.41	150m: 1:38.10	34.83	250m: 2:52.91	39.82	350m: 4:09.04	34.10
	100m: 1:03.27	33.86	200m: 2:13.09	34.99	300m: 3:34.94	42.03	400m: 4:42.09	33.05

Juniores1

1.	Tomas Correia Silva	95	23367	Porto	4:31.12	+0,74	655	
	50m: 29.84	29.84	150m: 1:39.77	35.70	250m: 2:53.02	37.37	350m: 4:01.43	30.40
	100m: 1:04.07	34.23	200m: 2:15.65	35.88	300m: 3:31.03	38.01	400m: 4:31.12	29.69
2.	Joao Andre Neves	95	101408	Academica de Coimbra	4:36.24	+0,77	619	
	50m: 29.38	29.38	150m: 1:40.32	36.61	250m: 2:54.16	37.69	350m: 4:05.29	32.57
	100m: 1:03.71	34.33	200m: 2:16.47	36.15	300m: 3:32.72	38.56	400m: 4:36.24	30.95
3.	Mauro Filipe Viegas	95	26428	Natacao Olhao	4:44.23	+0,65	568	
	50m: 29.36	29.36	150m: 1:41.93	38.24	250m: 2:59.40	39.75	350m: 4:12.37	32.92
	100m: 1:03.69	34.33	200m: 2:19.65	37.72	300m: 3:39.45	40.05	400m: 4:44.23	31.86
4.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	4:45.14	+0,72	563	
	50m: 29.36	29.36	150m: 1:40.87	36.20	250m: 2:58.59	42.33	350m: 4:14.24	32.18
	100m: 1:04.67	35.31	200m: 2:16.26	35.39	300m: 3:42.06	43.47	400m: 4:45.14	30.90
5.	Diogo Miguel Silva	95	104780	Uniao Piedense	4:46.53	+0,75	555	
	50m: 29.66	29.66	150m: 1:41.15	37.04	250m: 2:57.66	40.06	350m: 4:13.13	34.78
	100m: 1:04.11	34.45	200m: 2:17.60	36.45	300m: 3:38.35	40.69	400m: 4:46.53	33.40
6.	Afonso Lopes dos Santos	95	14773	Pimpoes/Cimai	4:48.60	+0,75	543	
	50m: 30.20	30.20	150m: 1:41.73	37.31	250m: 3:00.28	41.52	350m: 4:16.34	34.17
	100m: 1:04.42	34.22	200m: 2:18.76	37.03	300m: 3:42.17	41.89	400m: 4:48.60	32.26

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 10, Masc., 400m Estilos, Juniores1

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Andre Filipe Teodoro <i>FTL</i>	95	25350	Naval Setubalense	4:49.20	+0,79	539	
	50m: 28.97	28.97	150m: 1:40.78	38.05	250m: 2:59.52	40.99	350m: 4:15.83	34.05
	100m: 1:02.73	33.76	200m: 2:18.53	37.75	300m: 3:41.78	42.26	400m: 4:49.20	33.37
8.	Rafael Filipe Torres <i>FTL</i>	95	105394	Sporting	5:01.43	+0,72	476	
	50m: 30.29	30.29	150m: 1:44.50	39.32	250m: 3:06.07	42.30	350m: 4:25.78	36.10
	100m: 1:05.18	34.89	200m: 2:23.77	39.27	300m: 3:49.68	43.61	400m: 5:01.43	35.65

Juniores2

1.	Pedro Andre Santos	94	15732	Alges	4:36.08	+0,84	620	
	50m: 29.63	29.63	150m: 1:39.21	34.94	250m: 2:53.22	39.25	350m: 4:04.77	32.10
	100m: 1:04.27	34.64	200m: 2:13.97	34.76	300m: 3:32.67	39.45	400m: 4:36.08	31.31
2.	Joao Pedro Veiga	94	10892	Nautico/Matobra	4:40.82	+0,79	589	
	50m: 29.76	29.76	150m: 1:41.44	37.30	250m: 2:56.82	39.39	350m: 4:10.34	32.88
	100m: 1:04.14	34.38	200m: 2:17.43	35.99	300m: 3:37.46	40.64	400m: 4:40.82	30.48
3.	Joao Pedro Braga	94	25892	Naval de Ponta Delgada	4:41.09	+0,82	588	
	50m: 30.15	30.15	150m: 1:42.51	36.32	250m: 2:57.40	38.86	350m: 4:09.69	32.84
	100m: 1:06.19	36.04	200m: 2:18.54	36.03	300m: 3:36.85	39.45	400m: 4:41.09	31.40
4.	Ruben Filipe Nunes	94	23302	Gespacos	4:41.94	+0,86	582	
	50m: 29.63	29.63	150m: 1:40.53	36.69	250m: 2:57.06	39.85	350m: 4:10.56	33.10
	100m: 1:03.84	34.21	200m: 2:17.21	36.68	300m: 3:37.46	40.40	400m: 4:41.94	31.38
5.	Pedro Barros Mendes <i>FTL</i>	94	11195	Academica de Coimbra	4:43.46	+0,84	573	
	50m: 29.47	29.47	150m: 1:38.54	35.57	250m: 2:54.34	40.38	350m: 4:10.06	34.45
	100m: 1:02.97	33.50	200m: 2:13.96	35.42	300m: 3:35.61	41.27	400m: 4:43.46	33.40