

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

Prova 15 Absolutos
03-12-2011 - 9:30 Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

TAC - Masc Sen: 4:08.00; Jun2: 4:08.00; Jun1: 4:12.96

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos								
1.	Gustavo Manuel Santa	93	26492	Sporting	3:53.41	+0,74	757	
	50m: 26.58 26.58		150m: 1:24.54 29.18	250m: 2:25.21 30.11	350m: 3:24.93 29.45			
	100m: 55.36 28.78		200m: 1:55.10 30.56	300m: 2:55.48 30.27	400m: 3:53.41 28.48			
2.	Ricardo Ferreira Cotovio	91	10921	Sporting	3:53.60	+0,70	755	
	50m: 26.71 26.71		150m: 1:25.66 29.72	250m: 2:26.29 30.30	350m: 3:25.40 28.84			
	100m: 55.94 29.23		200m: 1:55.99 30.33	300m: 2:56.56 30.27	400m: 3:53.60 28.20			
3.	Miguel Monteiro Diogo	93	10164	Nautico/Matobra	3:55.87	+0,70	734	
	50m: 27.28 27.28		150m: 1:26.44 29.62	250m: 2:26.37 29.89	350m: 3:26.50 30.14			
	100m: 56.82 29.54		200m: 1:56.48 30.04	300m: 2:56.36 29.99	400m: 3:55.87 29.37			
4.	Fabio Manuel Pereira	86	23049	Vilacondense	3:56.80	+0,77	725	
	50m: 27.16 27.16		150m: 1:26.54 30.01	250m: 2:27.34 30.42	350m: 3:27.66 29.72			
	100m: 56.53 29.37		200m: 1:56.92 30.38	300m: 2:57.94 30.60	400m: 3:56.80 29.14			
5.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	3:57.78	+0,80	716	
	50m: 26.90 26.90		150m: 1:26.10 29.79	250m: 2:26.79 30.35	350m: 3:27.55 30.12			
	100m: 56.31 29.41		200m: 1:56.44 30.34	300m: 2:57.43 30.64	400m: 3:57.78 30.23			
6.	Jorge Manuel Maia	89	23220	Famalicao	3:58.35	+0,99	711	
	50m: 26.89 26.89		150m: 1:25.11 29.33	250m: 2:25.62 30.28	350m: 3:26.69 30.70			
	100m: 55.78 28.89		200m: 1:55.34 30.23	300m: 2:55.99 30.37	400m: 3:58.35 31.66			
7.	Cesar Fernando Faria	90	10704	BA/Mr.Pizza	3:58.63	+0,74	708	
	50m: 26.90 26.90		150m: 1:26.83 30.27	250m: 2:27.32 30.15	350m: 3:28.27 30.51			
	100m: 56.56 29.66		200m: 1:57.17 30.34	300m: 2:57.76 30.44	400m: 3:58.63 30.36			
8.	Vasco Miguel Gaspar	90	26500	Uniao Piedense	4:00.28	+0,82	694	
	50m: 27.78 27.78		150m: 1:28.10 30.27	250m: 2:29.13 30.50	350m: 3:30.50 30.46			
	100m: 57.83 30.05		200m: 1:58.63 30.53	300m: 3:00.04 30.91	400m: 4:00.28 29.78			
9.	Mario Andre Bonanca	90	12773	Sporting	4:00.51	+0,84	692	
	50m: 27.76 27.76		150m: 1:28.23 30.50	250m: 2:29.28 30.47	350m: 3:30.93 30.69			
	100m: 57.73 29.97		200m: 1:58.81 30.58	300m: 3:00.24 30.96	400m: 4:00.51 29.58			
10.	Ricardo Manuel Machado	93	13278	Braga	4:02.76	+0,87	673	
	50m: 27.69 27.69		150m: 1:28.44 30.68	250m: 2:30.23 30.99	350m: 3:32.67 31.14			
	100m: 57.76 30.07		200m: 1:59.24 30.80	300m: 3:01.53 31.30	400m: 4:02.76 30.09			
11.	Diogo Andre Gaspar	90	25544	Uniao Piedense	4:03.09	+0,88	670	
	50m: 27.67 27.67		150m: 1:29.15 30.64	250m: 2:31.51 31.08	350m: 3:33.54 31.27			
	100m: 58.51 30.84		200m: 2:00.43 31.28	300m: 3:02.27 30.76	400m: 4:03.09 29.55			
12.	Andre Filipe Lopes	92	11180	Academica de Coimbra	4:03.35	+0,68	668	
	50m: 27.86 27.86		150m: 1:29.01 30.78	250m: 2:30.71 30.71	350m: 3:33.15 31.21			
	100m: 58.23 30.37		200m: 2:00.00 30.99	300m: 3:01.94 31.23	400m: 4:03.35 30.20			
13.	Hugo Alberto Ribeiro	88	23114	Gespacos	4:04.18	+0,96	661	
	50m: 27.54 27.54		150m: 1:28.24 30.70	250m: 2:29.84 30.58	350m: 3:32.69 31.62			
	100m: 57.54 30.00		200m: 1:59.26 31.02	300m: 3:01.07 31.23	400m: 4:04.18 31.49			
14.	Andre Rafael Marinho	93	10643	Uniao Piedense	4:05.15	+0,85	653	
	50m: 27.72 27.72		150m: 1:29.10 31.07	250m: 2:32.03 31.36	350m: 3:34.94 31.39			
	100m: 58.03 30.31		200m: 2:00.67 31.57	300m: 3:03.55 31.52	400m: 4:05.15 30.21			

Campeonatos Absolutos de Portugal PC (Jun e Sen)
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Prova 15, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Joao Andre Neves	95	101408	Academica de Coimbra	4:05.26	+0,75	652	
	50m: 27.82	27.82	150m: 1:29.25	31.07	250m: 2:31.93	31.13	350m: 3:35.11	31.49
	100m: 58.18	30.36	200m: 2:00.80	31.55	300m: 3:03.62	31.69	400m: 4:05.26	30.15
16.	Joao Duarte Santos	95	26430	Natacao Olhao	4:05.34	+0,72	652	
	50m: 29.25	29.25	150m: 1:32.58	31.54	250m: 2:34.31	30.09	350m: 3:35.31	30.50
	100m: 1:01.04	31.79	200m: 2:04.22	31.64	300m: 3:04.81	30.50	400m: 4:05.34	30.03
17.	Nuno Vieira Malheiro	93	13279	Braga	4:05.38	+0,85	651	
	50m: 27.75	27.75	150m: 1:28.49	30.73	250m: 2:30.81	31.23	350m: 3:34.37	31.59
	100m: 57.76	30.01	200m: 1:59.58	31.09	300m: 3:02.78	31.97	400m: 4:05.38	31.01
18.	Paulo Fragueiro Franco	82	24393	Nacional	4:06.02	+0,79	646	
	50m: 28.64	28.64	150m: 1:29.80	30.81	250m: 2:31.73	31.15	350m: 3:34.37	31.29
	100m: 58.99	30.35	200m: 2:00.58	30.78	300m: 3:03.08	31.35	400m: 4:06.02	31.65
19.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	4:09.24	+0,77	622	
	50m: 27.89	27.89	150m: 1:30.07	31.00	250m: 2:33.55	31.94	350m: 3:38.44	32.55
	100m: 59.07	31.18	200m: 2:01.61	31.54	300m: 3:05.89	32.34	400m: 4:09.24	30.80
20.	Daniel Ricardo Viegas FTL	83	22441	Amadora	4:10.54	+0,77	612	
	50m: 28.81	28.81	150m: 1:31.13	31.56	250m: 2:34.83	31.85	350m: 3:39.24	32.32
	100m: 59.57	30.76	200m: 2:02.98	31.85	300m: 3:06.92	32.09	400m: 4:10.54	31.30
21.	Bernardo Almeida Moreira FTL	89	10795	Colegio Vasco da Gama	4:10.62	+0,82	611	
	50m: 29.27	29.27	150m: 1:33.93	32.79	250m: 2:37.65	31.34	350m: 3:40.35	31.30
	100m: 1:01.14	31.87	200m: 2:06.31	32.38	300m: 3:09.05	31.40	400m: 4:10.62	30.27
22.	Cesar Filipe Magalhaes FTL	95	15473	Foca	4:17.95	+0,81	561	
	50m: 29.38	29.38	150m: 1:33.59	32.17	250m: 2:38.83	32.71	350m: 3:45.16	33.12
	100m: 1:01.42	32.04	200m: 2:06.12	32.53	300m: 3:12.04	33.21	400m: 4:17.95	32.79

Seniores

1.	Gustavo Manuel Santa	93	26492	Sporting	3:53.41	+0,74	757	
	50m: 26.58	26.58	150m: 1:24.54	29.18	250m: 2:25.21	30.11	350m: 3:24.93	29.45
	100m: 55.36	28.78	200m: 1:55.10	30.56	300m: 2:55.48	30.27	400m: 3:53.41	28.48
2.	Ricardo Ferreira Cotovio	91	10921	Sporting	3:53.60	+0,70	755	
	50m: 26.71	26.71	150m: 1:25.66	29.72	250m: 2:26.29	30.30	350m: 3:25.40	28.84
	100m: 55.94	29.23	200m: 1:55.99	30.33	300m: 2:56.56	30.27	400m: 3:53.60	28.20
3.	Miguel Monteiro Diogo	93	10164	Nautico/Matobra	3:55.87	+0,70	734	
	50m: 27.28	27.28	150m: 1:26.44	29.62	250m: 2:26.37	29.89	350m: 3:26.50	30.14
	100m: 56.82	29.54	200m: 1:56.48	30.04	300m: 2:56.36	29.99	400m: 3:55.87	29.37
4.	Fabio Manuel Pereira	86	23049	Vilacondense	3:56.80	+0,77	725	
	50m: 27.16	27.16	150m: 1:26.54	30.01	250m: 2:27.34	30.42	350m: 3:27.66	29.72
	100m: 56.53	29.37	200m: 1:56.92	30.38	300m: 2:57.94	30.60	400m: 3:56.80	29.14
5.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	3:57.78	+0,80	716	
	50m: 26.90	26.90	150m: 1:26.10	29.79	250m: 2:26.79	30.35	350m: 3:27.55	30.12
	100m: 56.31	29.41	200m: 1:56.44	30.34	300m: 2:57.43	30.64	400m: 3:57.78	30.23
6.	Jorge Manuel Maia	89	23220	Famalicao	3:58.35	+0,99	711	
	50m: 26.89	26.89	150m: 1:25.11	29.33	250m: 2:25.62	30.28	350m: 3:26.69	30.70
	100m: 55.78	28.89	200m: 1:55.34	30.23	300m: 2:55.99	30.37	400m: 3:58.35	31.66
7.	Cesar Fernando Faria	90	10704	BA/Mr.Pizza	3:58.63	+0,74	708	
	50m: 26.90	26.90	150m: 1:26.83	30.27	250m: 2:27.32	30.15	350m: 3:28.27	30.51
	100m: 56.56	29.66	200m: 1:57.17	30.34	300m: 2:57.76	30.44	400m: 3:58.63	30.36

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

Prova 15, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Vasco Miguel Gaspar	90	26500	Uniao Piedense	4:00.28	+0,82	694	
	50m: 27.78	27.78	150m: 1:28.10	30.27	250m: 2:29.13	30.50	350m: 3:30.50	30.46
	100m: 57.83	30.05	200m: 1:58.63	30.53	300m: 3:00.04	30.91	400m: 4:00.28	29.78
9.	Mario Andre Bonanca	90	12773	Sporting	4:00.51	+0,84	692	
	50m: 27.76	27.76	150m: 1:28.23	30.50	250m: 2:29.28	30.47	350m: 3:30.93	30.69
	100m: 57.73	29.97	200m: 1:58.81	30.58	300m: 3:00.24	30.96	400m: 4:00.51	29.58
10.	Ricardo Manuel Machado	93	13278	Braga	4:02.76	+0,87	673	
	50m: 27.69	27.69	150m: 1:28.44	30.68	250m: 2:30.23	30.99	350m: 3:32.67	31.14
	100m: 57.76	30.07	200m: 1:59.24	30.80	300m: 3:01.53	31.30	400m: 4:02.76	30.09
11.	Diogo Andre Gaspar	90	25544	Uniao Piedense	4:03.09	+0,88	670	
	50m: 27.67	27.67	150m: 1:29.15	30.64	250m: 2:31.51	31.08	350m: 3:33.54	31.27
	100m: 58.51	30.84	200m: 2:00.43	31.28	300m: 3:02.27	30.76	400m: 4:03.09	29.55
12.	Andre Filipe Lopes	92	11180	Academica de Coimbra	4:03.35	+0,68	668	
	50m: 27.86	27.86	150m: 1:29.01	30.78	250m: 2:30.71	30.71	350m: 3:33.15	31.21
	100m: 58.23	30.37	200m: 2:00.00	30.99	300m: 3:01.94	31.23	400m: 4:03.35	30.20
13.	Hugo Alberto Ribeiro	88	23114	Gespacos	4:04.18	+0,96	661	
	50m: 27.54	27.54	150m: 1:28.24	30.70	250m: 2:29.84	30.58	350m: 3:32.69	31.62
	100m: 57.54	30.00	200m: 1:59.26	31.02	300m: 3:01.07	31.23	400m: 4:04.18	31.49
14.	Andre Rafael Marinho	93	10643	Uniao Piedense	4:05.15	+0,85	653	
	50m: 27.72	27.72	150m: 1:29.10	31.07	250m: 2:32.03	31.36	350m: 3:34.94	31.39
	100m: 58.03	30.31	200m: 2:00.67	31.57	300m: 3:03.55	31.52	400m: 4:05.15	30.21
15.	Nuno Vieira Malheiro	93	13279	Braga	4:05.38	+0,85	651	
	50m: 27.75	27.75	150m: 1:28.49	30.73	250m: 2:30.81	31.23	350m: 3:34.37	31.59
	100m: 57.76	30.01	200m: 1:59.58	31.09	300m: 3:02.78	31.97	400m: 4:05.38	31.01
16.	Paulo Fragueiro Franco	82	24393	Nacional	4:06.02	+0,79	646	
	50m: 28.64	28.64	150m: 1:29.80	30.81	250m: 2:31.73	31.15	350m: 3:34.37	31.29
	100m: 58.99	30.35	200m: 2:00.58	30.78	300m: 3:03.08	31.35	400m: 4:06.02	31.65
17.	Daniel Ricardo Viegas	83	22441	Amadora	4:10.54	+0,77	612	
	<i>FTL</i>							
	50m: 28.81	28.81	150m: 1:31.13	31.56	250m: 2:34.83	31.85	350m: 3:39.24	32.32
	100m: 59.57	30.76	200m: 2:02.98	31.85	300m: 3:06.92	32.09	400m: 4:10.54	31.30
18.	Bernardo Almeida Moreira	89	10795	Colegio Vasco da Gama	4:10.62	+0,82	611	
	<i>FTL</i>							
	50m: 29.27	29.27	150m: 1:33.93	32.79	250m: 2:37.65	31.34	350m: 3:40.35	31.30
	100m: 1:01.14	31.87	200m: 2:06.31	32.38	300m: 3:09.05	31.40	400m: 4:10.62	30.27

Juniores1

1.	Joao Andre Neves	95	101408	Academica de Coimbra	4:05.26	+0,75	652	
	50m: 27.82	27.82	150m: 1:29.25	31.07	250m: 2:31.93	31.13	350m: 3:35.11	31.49
	100m: 58.18	30.36	200m: 2:00.80	31.55	300m: 3:03.62	31.69	400m: 4:05.26	30.15
2.	Joao Duarte Santos	95	26430	Natacao Olhao	4:05.34	+0,72	652	
	50m: 29.25	29.25	150m: 1:32.58	31.54	250m: 2:34.31	30.09	350m: 3:35.31	30.50
	100m: 1:01.04	31.79	200m: 2:04.22	31.64	300m: 3:04.81	30.50	400m: 4:05.34	30.03
3.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	4:09.24	+0,77	622	
	50m: 27.89	27.89	150m: 1:30.07	31.00	250m: 2:33.55	31.94	350m: 3:38.44	32.55
	100m: 59.07	31.18	200m: 2:01.61	31.54	300m: 3:05.89	32.34	400m: 4:09.24	30.80
4.	Cesar Filipe Magalhaes	95	15473	Foca	4:17.95	+0,81	561	
	<i>FTL</i>							
	50m: 29.38	29.38	150m: 1:33.59	32.17	250m: 2:38.83	32.71	350m: 3:45.16	33.12
	100m: 1:01.42	32.04	200m: 2:06.12	32.53	300m: 3:12.04	33.21	400m: 4:17.95	32.79