



Campeonato Nacional Clubes 1 e 2 Divisao
Mealhada, 17- - 18-12-2011

Prova 4 Masc., 400m Livres Absoluto
17-12-2011 1ª Divisão Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:05.91	Diogo Filipe Carvalho	CGA	Braga	22-03-2002
Rec. Nac. 25m Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16-05-2009
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

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Duarte Rafael Mourao	84	Amadora	3:52.64	+0,76	765		9
	50m: 27.05 27.05	150m: 1:25.90 29.51	250m: 2:26.64 30.46	350m: 3:25.64 28.82				
	100m: 56.39 29.34	200m: 1:56.18 30.28	300m: 2:56.82 30.18	400m: 3:52.64 27.00				
2.	Gustavo Manuel Santa	93	Sporting	3:52.93	+0,83	762		7
	50m: 26.64 26.64	150m: 1:25.30 29.83	250m: 2:25.42 29.80	350m: 3:24.92 29.36				
	100m: 55.47 28.83	200m: 1:55.62 30.32	300m: 2:55.56 30.14	400m: 3:52.93 28.01				
3.	Cesar Fernando Faria	90	Bairro dos Anjos/Mr.Pizza	3:53.40	+0,79	757		6
	50m: 26.90 26.90	150m: 1:25.87 29.61	250m: 2:26.14 30.03	350m: 3:24.79 28.89				
	100m: 56.26 29.36	200m: 1:56.11 30.24	300m: 2:55.90 29.76	400m: 3:53.40 28.61				
4.	Fabio Manuel Pereira	86	Vilacondense	3:55.38	+0,79	738		5
	50m: 26.55 26.55	150m: 1:25.53 30.13	250m: 2:26.28 30.45	350m: 3:26.58 29.92				
	100m: 55.40 28.85	200m: 1:55.83 30.30	300m: 2:56.66 30.38	400m: 3:55.38 28.80				
5.	Jorge Manuel Maia	89	Famalicao	3:55.43	+0,77	738		4
	50m: 27.11 27.11	150m: 1:26.08 29.80	250m: 2:26.66 30.29	350m: 3:26.60 29.55				
	100m: 56.28 29.17	200m: 1:56.37 30.29	300m: 2:57.05 30.39	400m: 3:55.43 28.83				
6.	Joao Filipe Carvalho	87	Porto	3:55.91	+0,78	733		3
	50m: 26.70 26.70	150m: 1:25.50 29.77	250m: 2:26.41 30.35	350m: 3:27.10 30.27				
	100m: 55.73 29.03	200m: 1:56.06 30.56	300m: 2:56.83 30.42	400m: 3:55.91 28.81				
7.	Miguel Monteiro Diogo	93	Nautico/Matobra	3:56.50	+0,74	728		2
	50m: 26.45 26.45	150m: 1:25.59 29.88	250m: 2:26.18 30.17	350m: 3:26.89 30.40				
	100m: 55.71 29.26	200m: 1:56.01 30.42	300m: 2:56.49 30.31	400m: 3:56.50 29.61				
8.	Ricardo Manuel Machado	93	Braga	3:58.19	+0,81	712		1
	50m: 27.19 27.19	150m: 1:26.37 30.26	250m: 2:26.90 30.23	350m: 3:28.05 30.57				
	100m: 56.11 28.92	200m: 1:56.67 30.30	300m: 2:57.48 30.58	400m: 3:58.19 30.14				