



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

Prova 51 Masc., 400m Estilos Absoluto
18-12-2011 2ª Divisão Resultados

Rec. Nac. 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Rec. Nac. 25m Inf B	4:53.36	Tomas Miguel Freitas	POL	Funchal	11-07-2003
Rec. Nac. 25m Inf A	4:40.32	Tomas Miguel Freitas	CDN	Funchal	09-07-2004
Rec. Nac. 25m Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	21-03-2003
Rec. Nac. 25m Juv A	4:28.27	Diogo Filipe Carvalho	CGA	Penafiel	19-03-2004
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

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Diogo Filipe Carvalho	88	Galitos	4:22.57	+0,72	721		17
	50m: 26.62 26.62	150m: 1:31.69 33.65	250m: 2:40.41 34.81	350m: 3:50.43 33.97				
	100m: 58.04 31.42	200m: 2:05.60 33.91	300m: 3:16.46 36.05	400m: 4:22.57 32.14				
2.	Nuno Rafael Alves	90	Gespacos	4:27.93	+0,84	679		15
	50m: 27.99 27.99	150m: 1:34.72 34.46	250m: 2:46.13 37.07	350m: 3:56.51 32.48				
	100m: 1:00.26 32.27	200m: 2:09.06 34.34	300m: 3:24.03 37.90	400m: 4:27.93 31.42				
3.	Jose Luis Gabriel	96	Academico Viseu	4:34.10	+0,79	634		14
	50m: 29.25 29.25	150m: 1:38.03 35.14	250m: 2:52.20 39.20	350m: 4:03.21 31.13				
	100m: 1:02.89 33.64	200m: 2:13.00 34.97	300m: 3:32.08 39.88	400m: 4:34.10 30.89				
4.	Joao Andre Neves	95	Academica de Coimbra	4:35.28	+0,79	626		13
	50m: 29.49 29.49	150m: 1:40.65 36.48	250m: 2:54.08 37.55	350m: 4:05.17 32.11				
	100m: 1:04.17 34.68	200m: 2:16.53 35.88	300m: 3:33.06 38.98	400m: 4:35.28 30.11				
5.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:37.54	+0,81	610		12
	50m: 29.34 29.34	150m: 1:39.21 35.14	250m: 2:52.51 37.99	350m: 4:04.72 33.07				
	100m: 1:04.07 34.73	200m: 2:14.52 35.31	300m: 3:31.65 39.14	400m: 4:37.54 32.82				
6.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	4:38.01	+0,96	607		11
	50m: 28.70 28.70	150m: 1:39.19 35.08	250m: 2:53.91 40.10	350m: 4:06.71 32.13				
	100m: 1:04.11 35.41	200m: 2:13.81 34.62	300m: 3:34.58 40.67	400m: 4:38.01 31.30				
7.	Renato Mendes Pinheiro	94	Desportiva de Viana	4:38.18	+0,84	606		10
	50m: 29.08 29.08	150m: 1:37.92 34.81	250m: 2:52.91 39.49	350m: 4:05.69 33.24				
	100m: 1:03.11 34.03	200m: 2:13.42 35.50	300m: 3:32.45 39.54	400m: 4:38.18 32.49				
8.	Diogo Banza Pinto	87	Alges	4:38.28	+0,88	606		9
	50m: 29.52 29.52	150m: 1:39.67 36.61	250m: 2:55.43 40.21	350m: 4:08.58 31.87				
	100m: 1:03.06 33.54	200m: 2:15.22 35.55	300m: 3:36.71 41.28	400m: 4:38.28 29.70				
9.	Manuel Matos Sequeira	87	Geslours	4:38.31	+0,75	605		8
	50m: 29.47 29.47	150m: 1:42.01 37.95	250m: 2:56.24 38.17	350m: 4:06.95 32.31				
	100m: 1:04.06 34.59	200m: 2:18.07 36.06	300m: 3:34.64 38.40	400m: 4:38.31 31.36				
10.	Diogo Miguel Silva	95	Uniao Piedense	4:42.50	+0,84	579		7
	50m: 28.61 28.61	150m: 1:39.15 36.84	250m: 2:55.34 39.98	350m: 4:09.73 33.79				
	100m: 1:02.31 33.70	200m: 2:15.36 36.21	300m: 3:35.94 40.60	400m: 4:42.50 32.77				
11.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	4:43.63	+0,94	572		6
	50m: 29.83 29.83	150m: 1:41.53 37.10	250m: 2:56.54 38.45	350m: 4:10.95 34.77				
	100m: 1:04.43 34.60	200m: 2:18.09 36.56	300m: 3:36.18 39.64	400m: 4:43.63 32.68				
12.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	4:45.00	+0,76	564		5
	50m: 29.30 29.30	150m: 1:39.54 35.90	250m: 2:56.84 40.98	350m: 4:12.16 34.37				
	100m: 1:03.64 34.34	200m: 2:15.86 36.32	300m: 3:37.79 40.95	400m: 4:45.00 32.84				
13.	Nuno Miguel Feliciano	95	Alcobaca	4:54.48	+0,68	511		4
	50m: 30.53 30.53	150m: 1:45.24 38.42	250m: 3:02.97 39.69	350m: 4:19.94 35.88				
	100m: 1:06.82 36.29	200m: 2:23.28 38.04	300m: 3:44.06 41.09	400m: 4:54.48 34.54				



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Guilherme Miguel Teixeira	97	Benfica	5:01.72	+0,86	475		3
	50m: 30.99 30.99	150m: 1:46.74 39.65	250m: 3:08.20 43.42	350m: 4:28.44 35.49				
	100m: 1:07.09 36.10	200m: 2:24.78 38.04	300m: 3:52.95 44.75	400m: 5:01.72 33.28				
15.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	5:08.58	+0,77	444		2
	50m: 31.56 31.56	150m: 1:48.26 39.01	250m: 3:09.62 42.84	350m: 4:32.43 37.97				
	100m: 1:09.25 37.69	200m: 2:26.78 38.52	300m: 3:54.46 44.84	400m: 5:08.58 36.15				
16.	Nuno Miguel Bruno	95	Torres Novas	5:20.75	+0,74	395		1
	50m: 30.90 30.90	150m: 1:49.05 42.49	250m: 3:18.85 48.68	350m: 4:45.03 36.56				
	100m: 1:06.56 35.66	200m: 2:30.17 41.12	300m: 4:08.47 49.62	400m: 5:20.75 35.72				