

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

Prova 2
23-03-2012 - 16:20

Masc., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004

TAC Masc Juv A Juv A: 5:12.00 / TAC Masc Juv B Juv B: 5:21.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B							
1.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	4:50.42	+0,84	591	
	50m: 31.03 31.03	150m: 1:44.21 38.50	250m: 3:02.27 41.02	350m: 4:17.77 33.61			
	100m: 1:05.71 34.68	200m: 2:21.25 37.04	300m: 3:44.16 41.89	400m: 4:50.42 32.65			
2.	Joao Pedro Gil	97	Naval Amorense	4:50.75	+0,77	589	
	50m: 30.43 30.43	150m: 1:45.02 39.45	250m: 3:03.27 40.54	350m: 4:18.71 34.17			
	100m: 1:05.57 35.14	200m: 2:22.73 37.71	300m: 3:44.54 41.27	400m: 4:50.75 32.04			
3.	Joao Miguel Ferreira	97	Foca	4:54.08	+0,79	570	
	50m: 30.77 30.77	150m: 1:45.10 39.56	250m: 3:05.82 42.30	350m: 4:21.64 33.46			
	100m: 1:05.54 34.77	200m: 2:23.52 38.42	300m: 3:48.18 42.36	400m: 4:54.08 32.44			
4.	Miguel Monteiro Cruchinho	97	Sporting	5:00.30	+0,89	535	
	50m: 30.70 30.70	150m: 1:46.92 39.47	250m: 3:06.82 39.48	350m: 4:25.10 36.91			
	100m: 1:07.45 36.75	200m: 2:27.34 40.42	300m: 3:48.19 41.37	400m: 5:00.30 35.20			
5.	Tiago Martim Alves	97	Desportiva de Viana	5:00.55	+0,87	534	
	50m: 30.84 30.84	150m: 1:47.81 40.25	250m: 3:09.29 41.71	350m: 4:27.56 37.27			
	100m: 1:07.56 36.72	200m: 2:27.58 39.77	300m: 3:50.29 41.00	400m: 5:00.55 32.99			
6.	Vitor Joao Pereira	97	Leixoes	5:00.63	+0,99	533	
	50m: 31.12 31.12	150m: 1:48.37 40.32	250m: 3:10.27 42.88	350m: 4:28.88 34.92			
	100m: 1:08.05 36.93	200m: 2:27.39 39.02	300m: 3:53.96 43.69	400m: 5:00.63 31.75			
7.	Eduardo Salgado Ramos	97	Porto	5:01.30	+0,87	530	
	50m: 30.98 30.98	150m: 1:47.94 40.09	250m: 3:08.49 41.79	350m: 4:26.88 35.89			
	100m: 1:07.85 36.87	200m: 2:26.70 38.76	300m: 3:50.99 42.50	400m: 5:01.30 34.42			
8.	Luis Carlos Oliveira	97	Natacao da Maia	5:02.07	+0,74	526	
	50m: 31.20 31.20	150m: 1:47.96 39.39	250m: 3:08.96 42.80	350m: 4:28.16 35.62			
	100m: 1:08.57 37.37	200m: 2:26.16 38.20	300m: 3:52.54 43.58	400m: 5:02.07 33.91			
9.	Joao Mota Correia	97	Pimpoes/Cimai	5:02.84	+0,83	522	
	50m: 30.80 30.80	150m: 1:46.42 38.73	250m: 3:07.44 44.04	350m: 4:27.08 35.50			
	100m: 1:07.69 36.89	200m: 2:23.40 36.98	300m: 3:51.58 44.14	400m: 5:02.84 35.76			
10.	Alexandre Valdagua Coutinho	97	SCC/Oryzon Energias	5:03.44	+0,83	518	
	50m: 30.45 30.45	150m: 1:46.79 41.44	250m: 3:10.21 43.93	350m: 4:30.82 34.69			
	100m: 1:05.35 34.90	200m: 2:26.28 39.49	300m: 3:56.13 45.92	400m: 5:03.44 32.62			
11.	Nuno Leal Horta	97	Louletano/ Loule Concelho	5:03.96	+0,85	516	
	50m: 30.66 30.66	150m: 1:47.38 39.44	250m: 3:09.69 42.53	350m: 4:29.65 35.89			
	100m: 1:07.94 37.28	200m: 2:27.16 39.78	300m: 3:53.76 44.07	400m: 5:03.96 34.31			
12.	Diogo Miguel Nelas	97	Braga	5:05.38	+0,80	509	
	50m: 30.80 30.80	150m: 1:47.58 41.28	250m: 3:10.16 43.65	350m: 4:29.65 35.89			
	100m: 1:06.30 35.50	200m: 2:26.51 38.93	300m: 3:56.02 45.86	400m: 5:05.38 32.99			
13.	Francisco Xavier Goncalves	97	Nautico/Matobra	5:05.42	+0,84	508	
	50m: 31.59 31.59	150m: 1:48.37 40.32	250m: 3:10.73 46.00	350m: 4:29.65 35.89			
	100m: 1:07.05 35.46	200m: 2:24.73 38.93	300m: 3:57.73 47.00	400m: 5:05.42 32.99			

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Jose Miguel Santos	97	Nautico/Matobra	5:07.54	+0,68	498	
	50m: 32.45 32.45	150m: 1:50.26 39.77	250m: 3:12.27 42.62	350m: 4:32.78 36.77			
	100m: 1:10.49 38.04	200m: 2:29.65 39.39	300m: 3:56.01 43.74	400m: 5:07.54 34.76			
15.	Jorge Miguel Nunes	97	Porto	5:08.98	+1,01	491	
	50m: 31.56 31.56	150m: 1:48.10 41.03	250m: 3:13.67 46.49	350m: 4:35.27 34.96			
	100m: 1:07.07 35.51	200m: 2:27.18 39.08	300m: 4:00.31 46.64	400m: 5:08.98 33.71			
16.	Jose Eduardo Felicio	97	Rio Maior	5:09.62	+0,98	488	
	50m:	150m:	250m:	350m: 4:35.42 34.08			
	100m: 1:09.24	200m: 2:28.58	300m: 4:01.34	400m: 5:09.62 34.20			
17.	Joao Luis Travanca	97	Porto	5:09.66	+1,01	488	
	50m:	150m:	250m:	350m: 4:37.02 34.21			
	100m: 1:08.55	200m: 2:28.85	300m: 4:02.81	400m: 5:09.66 32.64			
18.	Paulo Filipe Miranda	97	Fafe	5:10.70	+0,94	483	
	50m: 30.96 30.96	150m: 1:47.94 39.69	250m:	350m:			
	100m: 1:08.25 37.29	200m: 2:26.95 39.01	300m: 4:00.04	400m: 5:10.70			
19.	Pedro Miguel Rodrigues	97	Alcobaca	5:13.71	+0,90	469	
	50m: 32.05 32.05	150m: 1:49.81 41.27	250m: 3:16.93 46.05	350m: 4:39.01 35.96			
	100m: 1:08.54 36.49	200m: 2:30.88 41.07	300m: 4:03.05 46.12	400m: 5:13.71 34.70			
20.	David Emanuel Martins	97	Braga	5:14.18	+1,07	467	
	50m: 32.88 32.88	150m: 1:51.38 40.80	250m: 3:18.93 48.12	350m: 4:40.63 34.27			
	100m: 1:10.58 37.70	200m: 2:30.81 39.43	300m: 4:06.36 47.43	400m: 5:14.18 33.55			
21.	Andre Resende Pinheiro	97	Porto	5:15.15	+0,80	463	
	50m: 32.29 32.29	150m: 1:50.06 40.85	250m: 3:15.82 46.23	350m: 4:38.97 36.44			
	100m: 1:09.21 36.92	200m: 2:29.59 39.53	300m: 4:02.53 46.71	400m: 5:15.15 36.18			
22.	Joao Andre Gomes	97	Alcobaca	5:15.65	+0,89	460	
	50m: 32.01 32.01	150m: 1:50.10 41.35	250m:	350m:			
	100m: 1:08.75 36.74	200m: 2:30.06 39.96	300m: 4:02.93	400m: 5:15.65			
23.	Bruno Miguel Ramos	97	Amadora	5:17.48	+0,81	453	
	50m: 31.96 31.96	150m: 1:50.42 39.53	250m:	350m:			
	100m: 1:10.89 38.93	200m: 2:30.21 39.79	300m: 4:06.82	400m: 5:17.48			
24.	Afonso Miguel Lamy	97	Amadora	5:18.05	+0,79	450	
	50m: 33.09 33.09	150m: 1:55.76 43.24	250m: 3:21.67 45.71	350m: 4:44.67 36.47			
	100m: 1:12.52 39.43	200m: 2:35.96 40.20	300m: 4:08.20 46.53	400m: 5:18.05 33.38			
25.	Carlos Braganca Castro	97	Naval de Ponta Delgada	5:18.12	+0,77	450	
	50m: 31.46 31.46	150m: 1:50.28 41.93	250m: 3:18.15 45.72	350m: 4:41.98 37.24			
	100m: 1:08.35 36.89	200m: 2:32.43 42.15	300m: 4:04.74 46.59	400m: 5:18.12 36.14			
26.	Alexandre Miguel Laureano	97	Alcobaca	5:20.16	+0,80	441	
	50m: 33.54 33.54	150m: 1:54.87 41.70	250m:	350m:			
	100m: 1:13.17 39.63	200m: 2:36.07 41.20	300m: 4:10.07	400m: 5:20.16			
DSQ	Daniel Francisco Mendonca	97	Braga		+1,09		
	724 - Não tocou com as mãos na parede simultaneamente na viragem aos 250 m - SW 7.6						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Joao Bernardo Jorge	97	Alcobaca		+0,80		
	Movimento alternado pernas após pernada braços durante percurso						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Ivo Pinto Ribeiro	97	Foca		+0,88		
	724 - Não tocou com as mãos na parede simultaneamente na viragem aos 250 m - SW 7.6						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Juvenis A

1.	Tomas Miguel Veloso	96	Nautico/Matobra	4:38.96	+0,78	667	
	50m: 29.78 29.78	150m: 1:41.04 37.12	250m: 2:55.15 38.33	350m: 4:07.38 32.74			
	100m: 1:03.92 34.14	200m: 2:16.82 35.78	300m: 3:34.64 39.49	400m: 4:38.96 31.58			
2.	Jose Luis Gabriel	96	Academico Viseu	4:46.34	+0,80	617	
	50m: 29.72 29.72	150m: 1:41.10 37.27	250m: 2:57.73 40.43	350m: 4:13.55 33.36			
	100m: 1:03.83 34.11	200m: 2:17.30 36.20	300m: 3:40.19 42.46	400m: 4:46.34 32.79			
3.	Rafael Filipe Nunes	96	Naval Amorense	4:47.43	+0,71	610	
	50m: 30.31 30.31	150m: 1:43.01 38.07	250m: 3:00.96 40.17	350m: 4:15.66 32.77			
	100m: 1:04.94 34.63	200m: 2:20.79 37.78	300m: 3:42.89 41.93	400m: 4:47.43 31.77			
4.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:55.64	+0,74	561	
	50m: 29.60 29.60	150m: 1:43.17 38.59	250m: 3:05.00 43.92	350m: 4:23.83 33.63			
	100m: 1:04.58 34.98	200m: 2:21.08 37.91	300m: 3:50.20 45.20	400m: 4:55.64 31.81			
5.	Pedro Veiguinha Martins	96	Braga	4:56.20	+0,80	557	
	50m: 31.10 31.10	150m: 1:47.57 40.53	250m: 3:08.42 41.70	350m: 4:23.68 32.31			
	100m: 1:07.04 35.94	200m: 2:26.72 39.15	300m: 3:51.37 42.95	400m: 4:56.20 32.52			
6.	Joao Pedro Neves	96	Aminata	4:57.42	+0,94	551	
	50m:	150m:	250m:	350m: 4:24.24 35.92			
	100m: 1:04.49	200m: 2:21.83	300m: 3:48.32	400m: 4:57.42 33.18			
7.	Paulo Andre Silva	96	Vilacondense	4:57.61	+0,72	550	
	50m: 29.85 29.85	150m: 1:44.13 39.08	250m: 3:05.32 43.14	350m: 4:23.03 33.80			
	100m: 1:05.05 35.20	200m: 2:22.18 38.05	300m: 3:49.23 43.91	400m: 4:57.61 34.58			
8.	Pedro Ribeiro Santos	96	Academico Viseu	4:59.38	+0,83	540	
	50m: 29.66 29.66	150m: 1:43.88 39.26	250m: 3:04.05 41.49	350m: 4:24.19 35.63			
	100m: 1:04.62 34.96	200m: 2:22.56 38.68	300m: 3:48.56 44.51	400m: 4:59.38 35.19			
9.	Joao Miguel Lopes	96	Electrico Clube	4:59.96	+0,84	537	
	50m: 31.19 31.19	150m: 1:46.55 39.63	250m: 3:08.34 42.35	350m: 4:26.69 35.11			
	100m: 1:06.92 35.73	200m: 2:25.99 39.44	300m: 3:51.58 43.24	400m: 4:59.96 33.27			
10.	Miguel Prata Santos	96	Viana Natacao	5:01.87	+0,91	527	
	50m: 31.01 31.01	150m: 1:47.46 40.81	250m: 3:10.48 45.24	350m: 4:30.21 34.18			
	100m: 1:06.65 35.64	200m: 2:25.24 37.78	300m: 3:56.03 45.55	400m: 5:01.87 31.66			
	Leonardo Cardoso Figueiredo	96	Natacao da Maia	5:01.87	+0,67	527	
	50m: 30.84 30.84	150m: 1:48.57 40.53	250m: 3:10.81 43.24	350m: 4:28.68 35.23			
	100m: 1:08.04 37.20	200m: 2:27.57 39.00	300m: 3:53.45 42.64	400m: 5:01.87 33.19			
12.	Gil Silva Santos	96	Gespacos	5:01.98	+0,89	526	
	50m:	150m:	250m:	350m: 4:28.19 35.08			
	100m: 1:06.78	200m: 2:26.39	300m: 3:53.11	400m: 5:01.98 33.79			
13.	Frederico Sousa Soares	96	Bombeiros dos Estoris	5:03.10	+0,79	520	
	50m: 29.85 29.85	150m: 1:45.77 39.88	250m: 3:09.06 42.74	350m: 4:30.20 34.14			
	100m: 1:05.89 36.04	200m: 2:26.32 40.55	300m: 3:56.06 47.00	400m: 5:03.10 32.90			

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Jose Pedro Bugalho	96	Alcobaca	5:03.17	+0,69	520	
	50m: 30.24 30.24	150m: 1:45.85 40.79	250m: 3:10.41 44.78	350m: 4:30.31 35.27			
	100m: 1:05.06 34.82	200m: 2:25.63 39.78	300m: 3:55.04 44.63	400m: 5:03.17 32.86			
15.	Artur Jose Reis	96	Porto	5:03.73	+0,76	517	
	50m: 30.20 30.20	150m: 1:47.33 42.24	250m: 3:08.54 42.14	350m: 4:28.63 36.22			
	100m: 1:05.09 34.89	200m: 2:26.40 39.07	300m: 3:52.41 43.87	400m: 5:03.73 35.10			
16.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	5:04.61	+0,84	512	
	50m: 30.83 30.83	150m: 1:47.04 40.16	250m: 3:09.40 43.45	350m: 4:29.66 35.99			
	100m: 1:06.88 36.05	200m: 2:25.95 38.91	300m: 3:53.67 44.27	400m: 5:04.61 34.95			
17.	Tomas Risso Fernandes	96	Colegio Vasco da Gama	5:05.47	+0,82	508	
	50m: 32.46 32.46	150m: 1:48.58 38.01	250m: 3:11.81 45.48	350m: 4:33.19 35.98			
	100m: 1:10.57 38.11	200m: 2:26.33 37.75	300m: 3:57.21 45.40	400m: 5:05.47 32.28			
18.	Andre Antunes Carvalho	96	Colegio Monte Maior	5:05.49	+0,85	508	
	50m: 29.82 29.82	150m: 1:45.84 40.88	250m: 3:10.83 44.71	350m: 4:31.33 34.99			
	100m: 1:04.96 35.14	200m: 2:26.12 40.28	300m: 3:56.34 45.51	400m: 5:05.49 34.16			
19.	Leonardo Peralta Reis	96	Benedita	5:06.48	+0,95	503	
	50m: 32.11 32.11	150m: 1:50.80 40.17	250m: 3:13.72 43.59	350m: 4:33.18 35.41			
	100m: 1:10.63 38.52	200m: 2:30.13 39.33	300m: 3:57.77 44.05	400m: 5:06.48 33.30			
20.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	5:08.23	+0,87	495	
	50m: 31.18 31.18	150m: 1:46.42 38.32	250m: 3:07.85 43.38	350m: 4:31.09 38.08			
	100m: 1:08.10 36.92	200m: 2:24.47 38.05	300m: 3:53.01 45.16	400m: 5:08.23 37.14			
21.	Bruno Miguel Rainho	96	Geslours	5:10.25	+0,98	485	
	50m: 33.37 33.37	150m: 1:54.45 40.73	250m: 3:17.53 44.04	350m: 4:36.36 34.95			
	100m: 1:13.72 40.35	200m: 2:33.49 39.04	300m: 4:01.41 43.88	400m: 5:10.25 33.89			
22.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	5:10.39	+0,96	484	
	50m:	150m:	250m:	350m: 4:36.31 34.92			
	100m: 1:05.18	200m: 2:23.28	300m: 4:01.39	400m: 5:10.39 34.08			
23.	Vitor Samuel Rocha	96	Gespacos	5:11.73	+0,86	478	
	50m:	150m:	250m:	350m: 4:37.17 38.22			
	100m: 1:07.41	200m: 2:25.09	300m: 3:58.95	400m: 5:11.73 34.56			
24.	Bruno Rafael Meireles	96	Lisnave	5:11.87	+0,84	477	
	50m: 32.84 32.84	150m: 1:51.54 39.61	250m: 3:16.93 46.63	350m: 4:38.41 34.37			
	100m: 1:11.93 39.09	200m: 2:30.30 38.76	300m: 4:04.04 47.11	400m: 5:11.87 33.46			
25.	Sergio Gomes Abreu	96	Naval do Funchal	5:13.19	+0,87	471	
	FTL						
	50m: 31.44 31.44	150m: 1:49.44 40.38	250m: 3:15.92 45.92	350m: 4:38.05 35.64			
	100m: 1:09.06 37.62	200m: 2:30.00 40.56	300m: 4:02.41 46.49	400m: 5:13.19 35.14			
26.	Francisco Gouveia Sousa	96	Naval do Funchal	5:15.17	+0,89	463	
	FTL						
	50m:	150m:	250m:	350m: 4:39.47 36.00			
	100m: 1:06.61	200m: 2:29.30	300m: 4:03.47	400m: 5:15.17 35.70			