

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

Prova 8
24-03-2012 - 9:55

Masc., 400m Livres

Juvenis
Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009

TAC Masc Juv A Juv A: 4:31.00 / TAC Masc Juv B Juv B: 4:40.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B							
1.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	4:20.25	+0,90	604	
	50m: 29.54 29.54	150m: 1:34.38 32.68	250m: 2:40.74 33.44	350m: 3:47.57 33.50			
	100m: 1:01.70 32.16	200m: 2:07.30 32.92	300m: 3:14.07 33.33	400m: 4:20.25 32.68			
2.	Joao Pedro Gil	97	Naval Amorense	4:20.43	+0,78	603	
	50m: 29.42 29.42	150m: 1:36.07 33.76	250m: 2:43.48 33.03	350m: 3:49.32 32.65			
	100m: 1:02.31 32.89	200m: 2:10.45 34.38	300m: 3:16.67 33.19	400m: 4:20.43 31.11			
3.	Francisco Xavier Goncalves	97	Nautico/Matobra	4:21.65	+0,78	595	
	50m: 29.68 29.68	150m: 1:35.99 33.56	250m: 2:42.70 33.56	350m: 3:49.75 33.72			
	100m: 1:02.43 32.75	200m: 2:09.14 33.15	300m: 3:16.03 33.33	400m: 4:21.65 31.90			
4.	Alexandre Valdagua Coutinho	97	SCC/Oryzon Energias	4:22.18	+0,80	591	
	50m: 29.29 29.29	150m: 1:35.21 33.42	250m: 2:43.13 34.24	350m: 3:50.75 33.46			
	100m: 1:01.79 32.50	200m: 2:08.89 33.68	300m: 3:17.29 34.16	400m: 4:22.18 31.43			
5.	Vitor Joao Pereira	97	Leixoes	4:22.76	+0,93	587	
	50m: 29.23 29.23	150m: 1:35.48 34.12	250m: 2:43.59 34.16	350m: 3:51.53 33.72			
	100m: 1:01.36 32.13	200m: 2:09.43 33.95	300m: 3:17.81 34.22	400m: 4:22.76 31.23			
6.	Carlos Flores Clara	97	Gesloures	4:24.95	+0,83	573	
	50m: 29.82 29.82	150m: 1:36.15 33.48	250m: 2:44.37 34.11	350m: 3:52.41 33.73			
	100m: 1:02.67 32.85	200m: 2:10.26 34.11	300m: 3:18.68 34.31	400m: 4:24.95 32.54			
7.	Joao Miguel Ascencao	97	Porto	4:27.27	+0,77	558	
	50m: 28.62 28.62	150m: 1:36.34 34.79	250m: 2:45.14 33.88	350m: 3:54.36 34.53			
	100m: 1:01.55 32.93	200m: 2:11.26 34.92	300m: 3:19.83 34.69	400m: 4:27.27 32.91			
8.	Joao Miguel Ferreira	97	Foca	4:28.94	+0,79	547	
	50m: 29.48 29.48	150m: 1:38.59 34.80	250m: 2:48.34 34.42	350m: 3:57.27 33.98			
	100m: 1:03.79 34.31	200m: 2:13.92 35.33	300m: 3:23.29 34.95	400m: 4:28.94 31.67			
9.	Joao Luis Travanca	97	Porto	4:29.32	+0,83	545	
	50m: 30.24 30.24	150m: 1:38.03 34.40	250m: 2:46.80 34.35	350m: 3:56.49 35.37			
	100m: 1:03.63 33.39	200m: 2:12.45 34.42	300m: 3:21.12 34.32	400m: 4:29.32 32.83			
10.	Daniel Filipe Cazeiro	97	Naval Amorense	4:30.36	+0,73	539	
	50m: 31.04 31.04	150m: 1:40.07 34.70	250m: 2:49.64 34.45	350m: 3:58.72 34.31			
	100m: 1:05.37 34.33	200m: 2:15.19 35.12	300m: 3:24.41 34.77	400m: 4:30.36 31.64			
11.	Tiago Ribeiro Costa	97	Famalicao	4:30.59	+0,79	537	
	50m: 30.70 30.70	150m: 1:39.17 35.02	250m: 2:49.81 35.37	350m: 3:58.03 33.73			
	100m: 1:04.15 33.45	200m: 2:14.44 35.27	300m: 3:24.30 34.49	400m: 4:30.59 32.56			
12.	Eduardo Salgado Ramos	97	Porto	4:30.83	+0,87	536	
	50m: 29.64 29.64	150m: 1:37.45 34.13	250m: 2:47.03 35.10	350m: 3:57.51 34.86			
	100m: 1:03.32 33.68	200m: 2:11.93 34.48	300m: 3:22.65 35.62	400m: 4:30.83 33.32			
13.	Jorge Miguel Nunes	97	Porto	4:32.10	+0,93	529	
	50m: 30.03 30.03	150m: 1:39.33 34.90	250m: 2:48.61 34.20	350m: 3:58.26 34.58			
	100m: 1:04.43 34.40	200m: 2:14.41 35.08	300m: 3:23.68 35.07	400m: 4:32.10 33.84			

Campeonatos Nacionais de Juvenis PL
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Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Ricardo Eduardo Afonso	97	Braga	4:32.24	+0,74	528	
	50m: 29.84 29.84	150m: 1:38.66 35.36	250m: 2:50.30 36.16	350m: 4:00.84 35.48			
	100m: 1:03.30 33.46	200m: 2:14.14 35.48	300m: 3:25.36 35.06	400m: 4:32.24 31.40			
15.	Diogo Miguel Nelas	97	Braga	4:33.35	+0,77	521	
	50m: 30.09 30.09	150m: 1:38.96 34.76	250m: 2:49.41 35.20	350m: 3:59.69 35.34			
	100m: 1:04.20 34.11	200m: 2:14.21 35.25	300m: 3:24.35 34.94	400m: 4:33.35 33.66			
16.	Joao Miguel Cardoso	97	Gesloures	4:33.52	+0,83	520	
	50m: 30.87 30.87	150m: 1:40.48 35.79	250m: 2:51.16 35.63	350m: 4:00.97 34.62			
	100m: 1:04.69 33.82	200m: 2:15.53 35.05	300m: 3:26.35 35.19	400m: 4:33.52 32.55			
17.	Narciso Daniel Correia	97	Braga	4:34.27	+0,87	516	
	50m: 31.80 31.80	150m: 1:41.04 34.71	250m: 2:50.51 33.89	350m: 4:00.61 34.14			
	100m: 1:06.33 34.53	200m: 2:16.62 35.58	300m: 3:26.47 35.96	400m: 4:34.27 33.66			
18.	Tiago Rafael Martins	97	Gesloures	4:34.51	+0,91	515	
	50m: 31.55 31.55	150m: 1:40.52 35.17	250m: 2:50.48 35.14	350m: 4:01.20 35.80			
	100m: 1:05.35 33.80	200m: 2:15.34 34.82	300m: 3:25.40 34.92	400m: 4:34.51 33.31			
19.	Nuno Valerio Silva	97	Nautico da Marinha Grande	4:35.52	+0,90	509	
	50m: 30.46 30.46	150m: 1:40.58 35.53	250m: 2:52.14 35.48	350m: 4:02.71 35.04			
	100m: 1:05.05 34.59	200m: 2:16.66 36.08	300m: 3:27.67 35.53	400m: 4:35.52 32.81			
20.	Guilherme Pereira Dias	97	Uniao Piedense	4:37.31	+0,79	499	
	50m: 30.82 30.82	150m: 1:39.81 34.76	250m: 2:50.45 35.13	350m: 4:02.01 35.99			
	100m: 1:05.05 34.23	200m: 2:15.32 35.51	300m: 3:26.02 35.57	400m: 4:37.31 35.30			
21.	Joao Vieira Camara	97	Maritimo	4:38.54	+0,77	493	
	50m: 30.71 30.71	150m: 1:41.32 36.09	250m: 2:53.66 36.39	350m: 4:04.61 35.56			
	100m: 1:05.23 34.52	200m: 2:17.27 35.95	300m: 3:29.05 35.39	400m: 4:38.54 33.93			
22.	David Emanuel Martins	97	Braga	4:38.62	+1,08	492	
	50m: 30.92 30.92	150m: 1:39.87 35.17	250m: 2:51.70 35.99	350m: 4:03.60 35.87			
	100m: 1:04.70 33.78	200m: 2:15.71 35.84	300m: 3:27.73 36.03	400m: 4:38.62 35.02			
23.	Alexandre Miguel Laureano	97	Alcobaca	4:44.46	+0,74	463	
	<i>FTL</i>						
	50m: 30.29 30.29	150m: 1:40.89 35.75	250m: 2:54.54 36.77	350m: 4:09.13 37.22			
	100m: 1:05.14 34.85	200m: 2:17.77 36.88	300m: 3:31.91 37.37	400m: 4:44.46 35.33			

Juvenis A

1.	Andre Filipe Farinha	96	Benfica	4:06.57	+0,84	710	
	50m: 29.12 29.12	150m: 1:32.05 31.60	250m: 2:33.95 30.90	350m: 3:36.47 31.21			
	100m: 1:00.45 31.33	200m: 2:03.05 31.00	300m: 3:05.26 31.31	400m: 4:06.57 30.10			
2.	Joao Carlos Santos	96	Naval Amorense	4:13.57	+0,73	653	
	50m: 29.29 29.29	150m: 1:32.83 32.05	250m: 2:36.73 31.96	350m: 3:42.59 32.83			
	100m: 1:00.78 31.49	200m: 2:04.77 31.94	300m: 3:09.76 33.03	400m: 4:13.57 30.98			
3.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:15.26	+0,79	640	
	50m: 29.44 29.44	150m: 1:34.31 32.78	250m: 2:39.66 32.55	350m: 3:44.96 32.72			
	100m: 1:01.53 32.09	200m: 2:07.11 32.80	300m: 3:12.24 32.58	400m: 4:15.26 30.30			
4.	Rafael Lourenco Gil	96	Naval Amorense	4:16.00	+0,80	635	
	50m: 29.25 29.25	150m: 1:33.91 32.49	250m: 2:39.79 32.55	350m: 3:45.33 32.64			
	100m: 1:01.42 32.17	200m: 2:07.24 33.33	300m: 3:12.69 32.90	400m: 4:16.00 30.67			

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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Tomas Miguel Veloso	96	Nautico/Matobra	4:16.01	+0,71	635	
	50m: 28.95 28.95	150m: 1:33.34 32.50	250m: 2:39.10 33.01	350m: 3:44.57		32.73	
	100m: 1:00.84 31.89	200m: 2:06.09 32.75	300m: 3:11.84 32.74	400m: 4:16.01		31.44	
6.	Jose Luis Gabriel	96	Academico Viseu	4:17.74	+0,74	622	
	50m: 28.96 28.96	150m: 1:33.95 33.19	250m: 2:39.60 32.86	350m: 3:46.16		33.04	
	100m: 1:00.76 31.80	200m: 2:06.74 32.79	300m: 3:13.12 33.52	400m: 4:17.74		31.58	
7.	Tiago Joao Meira	96	Viana Natacao	4:19.96	+0,89	606	
	50m: 28.98 28.98	150m: 1:34.75 33.19	250m: 2:41.68 33.19	350m: 3:48.17		32.96	
	100m: 1:01.56 32.58	200m: 2:08.49 33.74	300m: 3:15.21 33.53	400m: 4:19.96		31.79	
8.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:20.70	+0,81	601	
	50m: 29.29 29.29	150m: 1:34.32 32.58	250m: 2:42.65 34.18	350m: 3:49.01		32.89	
	100m: 1:01.74 32.45	200m: 2:08.47 34.15	300m: 3:16.12 33.47	400m: 4:20.70		31.69	
9.	Diogo Henrique Gomes	96	Porto	4:22.01	+0,67	592	
	50m: 29.86 29.86	150m: 1:36.11 33.57	250m: 2:42.82 32.89	350m: 3:50.54		33.45	
	100m: 1:02.54 32.68	200m: 2:09.93 33.82	300m: 3:17.09 34.27	400m: 4:22.01		31.47	
10.	Miguel Prata Santos	96	Viana Natacao	4:22.26	+0,86	590	
	50m: 28.99 28.99	150m: 1:34.02 32.88	250m: 2:40.70 33.18	350m: 3:48.18		33.87	
	100m: 1:01.14 32.15	200m: 2:07.52 33.50	300m: 3:14.31 33.61	400m: 4:22.26		34.08	
11.	Pedro Veiguiha Martins	96	Braga	4:24.09	+0,77	578	
	50m: 29.62 29.62	150m: 1:35.12 33.76	250m: 2:43.84 34.98	350m: 3:52.06		33.75	
	100m: 1:01.36 31.74	200m: 2:08.86 33.74	300m: 3:18.31 34.47	400m: 4:24.09		32.03	
12.	Guilherme Dias Nunes	96	Natacao de Olhao	4:24.75	+0,72	574	
	50m: 29.42 29.42	150m: 1:36.07 33.86	250m: 2:44.64 34.15	350m: 3:52.67		33.73	
	100m: 1:02.21 32.79	200m: 2:10.49 34.42	300m: 3:18.94 34.30	400m: 4:24.75		32.08	
13.	David Nunes Sousa	96	Famalicao	4:25.23	+0,77	571	
	50m: 29.98 29.98	150m: 1:36.67 33.59	250m: 2:45.06 34.54	350m: 3:54.26		34.69	
	100m: 1:03.08 33.10	200m: 2:10.52 33.85	300m: 3:19.57 34.51	400m: 4:25.23		30.97	
14.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	4:25.63	+0,88	568	
	50m: 29.57 29.57	150m: 1:36.94 34.06	250m: 2:45.36 33.43	350m: 3:53.59		33.79	
	100m: 1:02.88 33.31	200m: 2:11.93 34.99	300m: 3:19.80 34.44	400m: 4:25.63		32.04	
15.	Pedro Ribeiro Santos	96	Academico Viseu	4:25.95	+0,78	566	
	50m: 28.78 28.78	150m: 1:35.98 34.11	250m: 2:44.58 34.19	350m: 3:53.21		34.19	
	100m: 1:01.87 33.09	200m: 2:10.39 34.41	300m: 3:19.02 34.44	400m: 4:25.95		32.74	
16.	Bruno Miguel Silva	96	Porto	4:26.19	+0,83	565	
	50m: 29.04 29.04	150m: 1:35.08 33.89	250m: 2:43.16 34.17	350m: 3:52.88		35.02	
	100m: 1:01.19 32.15	200m: 2:08.99 33.91	300m: 3:17.86 34.70	400m: 4:26.19		33.31	
17.	Bruno Miguel Rainho	96	Gesloures	4:26.41	+0,97	563	
	50m: 31.01 31.01	150m: 1:38.02 33.89	250m: 2:46.22 33.80	350m: 3:53.43		32.77	
	100m: 1:04.13 33.12	200m: 2:12.42 34.40	300m: 3:20.66 34.44	400m: 4:26.41		32.98	
18.	Leonardo Peralta Reis	96	Benedita	4:28.61	+0,96	549	
	50m: 29.77 29.77	150m: 1:36.95 33.90	250m: 2:45.26 34.14	350m: 3:55.01		34.73	
	100m: 1:03.05 33.28	200m: 2:11.12 34.17	300m: 3:20.28 35.02	400m: 4:28.61		33.60	
19.	Joao Pedro Neves	96	Aminata	4:28.77	+0,92	548	
	50m: 28.95 28.95	150m: 1:36.09 34.14	250m: 2:45.25 34.55	350m: 3:55.52		35.01	
	100m: 1:01.95 33.00	200m: 2:10.70 34.61	300m: 3:20.51 35.26	400m: 4:28.77		33.25	

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

Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Rafael Rocha Ferreira	96	Galitos	4:30.39	+0,92	539	
	50m: 30.37 30.37	150m: 1:37.12 34.14	250m: 2:46.76 35.14	350m: 3:56.53 35.14			
	100m: 1:02.98 32.61	200m: 2:11.62 34.50	300m: 3:21.39 34.63	400m: 4:30.39 33.86			
21.	Jose Pedro Bugalho	96	Alcobaca	4:33.94	+0,69	518	
	<i>FTL</i>						
	50m: 29.41 29.41	150m: 1:38.00 34.92	250m: 2:48.91 35.30	350m: 3:59.96 35.64			
	100m: 1:03.08 33.67	200m: 2:13.61 35.61	300m: 3:24.32 35.41	400m: 4:33.94 33.98			