

Campeonatos Nacionais de Juniores e Seniores
Coimbra, 5- - 7-4-2012

Prova 20 Masc., 400m Livres 17 anos e mais velhos
06-04-2012 - 10:20 Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinquia (FIN)	14-07-2010
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC-SENM Sen: 4:10.50 / TAC-JUNM Jun: 4:18.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Tiago Silva Oliveira	94	Leixoes	4:09.44	+0,71	686
	50m: 28.25 28.25	150m: 1:31.11 31.82	250m: 2:34.86 31.83	350m: 3:38.38 31.69		
	100m: 59.29 31.04	200m: 2:03.03 31.92	300m: 3:06.69 31.83	400m: 4:09.44 31.06		
2.	Joao Duarte Santos	95	Natacao de Olhao	4:09.71	+0,73	684
	50m: 28.65 28.65	150m: 1:31.77 32.04	250m: 2:35.49 31.89	350m: 3:39.59 32.02		
	100m: 59.73 31.08	200m: 2:03.60 31.83	300m: 3:07.57 32.08	400m: 4:09.71 30.12		
3.	Rui Miguel Lopes	94	Natacao de Olhao	4:15.52	+0,79	638
	50m: 29.15 29.15	150m: 1:32.90 31.77	250m: 2:38.21 32.52	350m: 3:43.92 32.58		
	100m: 1:01.13 31.98	200m: 2:05.69 32.79	300m: 3:11.34 33.13	400m: 4:15.52 31.60		
4.	Tiago Ferreira Azevedo	95	Naval Amorense	4:15.87	+0,72	636
	50m: 28.79 28.79	150m: 1:33.18 32.52	250m: 2:38.35 32.66	350m: 3:43.62 32.62		
	100m: 1:00.66 31.87	200m: 2:05.69 32.51	300m: 3:11.00 32.65	400m: 4:15.87 32.25		
5.	Joao Andre Neves	95	Academica de Coimbra	4:16.07	+0,69	634
	50m: 28.38 28.38	150m: 1:31.86 32.25	250m: 2:36.98 32.53	350m: 3:43.63 33.29		
	100m: 59.61 31.23	200m: 2:04.45 32.59	300m: 3:10.34 33.36	400m: 4:16.07 32.44		
6.	Andre Filipe Teodoro FTL	95	Naval Setubalense	4:21.52	+0,79	595
	50m: 28.83 28.83	150m: 1:33.91 33.16	250m: 2:40.86 33.63	350m: 3:48.79 34.16		
	100m: 1:00.75 31.92	200m: 2:07.23 33.32	300m: 3:14.63 33.77	400m: 4:21.52 32.73		
Seniores						
1.	Luis Emanuel Vaz	91	Famalicao	3:58.95	+0,73	781
	50m: 27.73 27.73	150m: 1:28.04 30.61	250m: 2:29.32 30.79	350m: 3:29.64 30.44		
	100m: 57.43 29.70	200m: 1:58.53 30.49	300m: 2:59.20 29.88	400m: 3:58.95 29.31		
2.	Gustavo Manuel Santa	93	Sporting	4:00.44	+0,72	766
	50m: 27.01 27.01	150m: 1:26.95 30.55	250m: 2:28.90 31.09	350m: 3:30.79 30.95		
	100m: 56.40 29.39	200m: 1:57.81 30.86	300m: 2:59.84 30.94	400m: 4:00.44 29.65		
3.	Ricardo Ferreira Cotovio	91	Sporting	4:03.62	+0,71	737
	50m: 27.86 27.86	150m: 1:29.17 31.01	250m: 2:32.38 31.20	350m: 3:33.62 30.53		
	100m: 58.16 30.30	200m: 2:01.18 32.01	300m: 3:03.09 30.71	400m: 4:03.62 30.00		
4.	Ricardo Manuel Machado	93	Braga	4:06.11	+0,76	714
	50m: 28.52 28.52	150m: 1:30.27 31.37	250m: 2:32.53 30.93	350m: 3:35.36 31.51		
	100m: 58.90 30.38	200m: 2:01.60 31.33	300m: 3:03.85 31.32	400m: 4:06.11 30.75		
5.	Hugo Alberto Ribeiro	88	Gespacos	4:06.21	+0,88	714
	50m: 28.49 28.49	150m: 1:31.06 31.72	250m: 2:34.10 31.16	350m: 3:35.53 30.63		
	100m: 59.34 30.85	200m: 2:02.94 31.88	300m: 3:04.90 30.80	400m: 4:06.21 30.68		
6.	Mario Andre Bonanca	90	Sporting	4:06.90	+0,82	708
	50m: 28.34 28.34	150m: 1:29.56 30.81	250m: 2:32.19 31.21	350m: 3:35.41 31.67		
	100m: 58.75 30.41	200m: 2:00.98 31.42	300m: 3:03.74 31.55	400m: 4:06.90 31.49		

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Prova 20, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
7.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:07.33	+0,70	704	
	50m: 28.21 28.21	150m: 1:30.74	31.69	250m: 2:34.58	31.82	350m: 3:37.73	31.26
	100m: 59.05 30.84	200m: 2:02.76	32.02	300m: 3:06.47	31.89	400m: 4:07.33	29.60
8.	Miguel Monteiro Diogo	93	Nautico/Matobra	4:07.50	+0,69	703	
	50m: 28.35 28.35	150m: 1:30.80	31.19	250m: 2:34.26	31.36	350m: 3:36.92	31.11
	100m: 59.61 31.26	200m: 2:02.90	32.10	300m: 3:05.81	31.55	400m: 4:07.50	30.58
9.	Vasco Miguel Gaspar	90	Uniao Piedense	4:10.22	+0,74	680	
	50m: 28.34 28.34	150m: 1:31.26	31.76	250m: 2:34.42	31.74	350m: 3:38.55	32.32
	100m: 59.50 31.16	200m: 2:02.68	31.42	300m: 3:06.23	31.81	400m: 4:10.22	31.67
10.	Cesar Fernando Faria	90	BA/Mr.Pizza	4:12.68	+0,70	660	
	<i>FTL</i>						
	50m: 27.70 27.70	150m: 1:29.25	31.69	250m: 2:34.17	32.64	350m: 3:40.29	32.98
	100m: 57.56 29.86	200m: 2:01.53	32.28	300m: 3:07.31	33.14	400m: 4:12.68	32.39
11.	Nuno Vieira Malheiro	93	Braga	4:20.36	+0,79	603	
	<i>FTL</i>						
	50m: 29.60 29.60	150m: 1:33.34	31.98	250m: 2:38.95	32.56	350m: 3:47.22	33.99
	100m: 1:01.36 31.76	200m: 2:06.39	33.05	300m: 3:13.23	34.28	400m: 4:20.36	33.14