

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

Prova 24 Masc., 400m Estilos 17 anos e mais velhos  
06-04-2012 - 16:55 Resultados

Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC-SENM Sen: 4:50.00 / TAC-JUNM Jun: 5:00.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juniores</b>						
1.	Ruben Filipe Nunes	94	Gespacos	<b>4:38.15</b>	+0,82	673
	50m: 28.14 28.14	150m: 1:38.76 37.56	250m: 2:54.75 39.36	350m: 4:07.21 32.11		
	100m: 1:01.20 33.06	200m: 2:15.39 36.63	300m: 3:35.10 40.35	400m: 4:38.15 30.94		
2.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:41.99</b>	+0,74	646
	50m: 29.44 29.44	150m: 1:39.92 36.97	250m: 2:57.26 41.37	350m: 4:10.84 32.86		
	100m: 1:02.95 33.51	200m: 2:15.89 35.97	300m: 3:37.98 40.72	400m: 4:41.99 31.15		
3.	Joao Andre Neves	95	Academica de Coimbra	<b>4:46.14</b>	+0,68	618
	50m: 29.88 29.88	150m: 1:44.12 38.93	250m: 3:02.23 39.72	350m: 4:15.27 32.77		
	100m: 1:05.19 35.31	200m: 2:22.51 38.39	300m: 3:42.50 40.27	400m: 4:46.14 30.87		
4.	Tiago Ferreira Azevedo	95	Naval Amorense	<b>4:46.79</b>	+0,76	614
	50m: 29.43 29.43	150m: 1:41.05 36.97	250m: 3:00.37 42.98	350m: 4:16.53 31.99		
	100m: 1:04.08 34.65	200m: 2:17.39 36.34	300m: 3:44.54 44.17	400m: 4:46.79 30.26		
5.	Antonio Rafael Bessa	94	Gespacos	<b>4:47.14</b>	+0,80	612
	50m: 29.62 29.62	150m: 1:40.49 37.28	250m: 2:58.91 42.65	350m: 4:15.58 34.53		
	100m: 1:03.21 33.59	200m: 2:16.26 35.77	300m: 3:41.05 42.14	400m: 4:47.14 31.56		
6.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	<b>4:49.61</b>	+0,89	596
	50m: 29.30 29.30	150m: 1:41.05 37.17	250m: 3:00.01 42.82	350m: 4:16.57 34.41		
	100m: 1:03.88 34.58	200m: 2:17.19 36.14	300m: 3:42.16 42.15	400m: 4:49.61 33.04		
7.	Andre Augusto Santos	95	Sporting	<b>4:50.70</b>	+0,75	590
	50m: 29.47 29.47	150m: 1:42.64 38.28	250m: 3:02.40 42.04	350m: 4:18.70 33.38		
	100m: 1:04.36 34.89	200m: 2:20.36 37.72	300m: 3:45.32 42.92	400m: 4:50.70 32.00		
8.	Tiago Silva Oliveira	94	Leixoes	<b>4:51.37</b>	+0,72	586
	50m: 30.35 30.35	150m: 1:45.52 39.72	250m: 3:07.57 44.35	350m: 4:22.08 30.60		
	100m: 1:05.80 35.45	200m: 2:23.22 37.70	300m: 3:51.48 43.91	400m: 4:51.37 29.29		
9.	Rafael Filipe Torres	95	Sporting	<b>4:51.93</b>	+0,84	582
	50m: 29.47 29.47	150m: 1:41.02 38.23	250m: 3:00.97 42.02	350m: 4:17.94 34.75		
	100m: 1:02.79 33.32	200m: 2:18.95 37.93	300m: 3:43.19 42.22	400m: 4:51.93 33.99		
10.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>4:52.30</b>	+0,72	580
	50m: 29.45 29.45	150m: 1:44.72 40.31	250m: 3:03.96 40.44	350m: 4:20.05 34.19		
	100m: 1:04.41 34.96	200m: 2:23.52 38.80	300m: 3:45.86 41.90	400m: 4:52.30 32.25		
11.	Mario Rui Cruz	94	Amadora	<b>4:52.43</b>	+0,68	579
	50m: 29.61 29.61	150m: 1:41.54 37.30	250m: 3:02.64 44.73	350m: 4:20.59 33.23		
	100m: 1:04.24 34.63	200m: 2:17.91 36.37	300m: 3:47.36 44.72	400m: 4:52.43 31.84		
12.	Fabio Alexandre Freitas	94	Uniao Piedense	<b>4:52.65</b>	+0,81	578
	50m: 30.78 30.78	150m: 1:44.40 38.50	250m: 3:03.88 43.15	350m: 4:20.08 33.98		
	100m: 1:05.90 35.12	200m: 2:20.73 36.33	300m: 3:46.10 42.22	400m: 4:52.65 32.57		
13.	Andre Machado Vale	95	Viana Natacao	<b>4:56.52</b>	+0,85	556
	50m: 30.33 30.33	150m: 1:45.13 39.81	250m: 3:05.84 41.46	350m: 4:23.05 35.33		
	100m: 1:05.32 34.99	200m: 2:24.38 39.25	300m: 3:47.72 41.88	400m: 4:56.52 33.47		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Joao Pedro Santos	95	Estarreja	<b>4:57.00</b>	+0,78	553
	50m: 28.95 28.95	150m: 1:41.58 38.28	250m: 3:02.96 43.51	350m: 4:22.93 35.51		
	100m: 1:03.30 34.35	200m: 2:19.45 37.87	300m: 3:47.42 44.46	400m: 4:57.00 34.07		
15.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:57.34</b>	+0,80	551
	50m: 29.19 29.19	150m: 1:43.40 40.24	250m: 3:04.29 42.65	350m: 4:22.77 35.52		
	100m: 1:03.16 33.97	200m: 2:21.64 38.24	300m: 3:47.25 42.96	400m: 4:57.34 34.57		
16.	Afonso Lopes dos Santos	95	Pimpoes/Cimai	<b>4:57.57</b>	+0,74	550
	50m: 30.68 30.68	150m: 1:45.09 38.94	250m: 3:06.32 42.22	350m: 4:23.59 34.86		
	100m: 1:06.15 35.47	200m: 2:24.10 39.01	300m: 3:48.73 42.41	400m: 4:57.57 33.98		
17.	Joao Miguel Costa	95	Vilacondense	<b>4:59.13</b>	+0,70	541
	50m: 29.52 29.52	150m: 1:42.89 39.67	250m: 3:06.40 45.13	350m: 4:26.43 34.75		
	100m: 1:03.22 33.70	200m: 2:21.27 38.38	300m: 3:51.68 45.28	400m: 4:59.13 32.70		
18.	Tiago Barros Ferreira <i>FTL</i>	94	Alges	<b>5:02.19</b>	+0,78	525
	50m: 31.13 31.13	150m: 1:45.70 38.42	250m: 3:07.34 44.29	350m: 4:26.87 36.51		
	100m: 1:07.28 36.15	200m: 2:23.05 37.35	300m: 3:50.36 43.02	400m: 5:02.19 35.32		
19.	Pedro Gomes Antunes <i>FTL</i>	94	Braga	<b>5:12.58</b>	+0,77	474
	50m: 30.35 30.35	150m: 1:47.04 41.31	250m: 3:14.53 47.02	350m: 4:37.74 36.29		
	100m: 1:05.73 35.38	200m: 2:27.51 40.47	300m: 4:01.45 46.92	400m: 5:12.58 34.84		

Seniores

1.	Alexis Manacas Santos	92	Sporting	<b>4:20.53</b>	+0,72	819
	50m: 27.38 27.38	150m: 1:32.19 33.59	250m: 2:42.49 37.06	350m: 3:50.96 31.44		
	100m: 58.60 31.22	200m: 2:05.43 33.24	300m: 3:19.52 37.03	400m: 4:20.53 29.57		
2.	Diogo Filipe Carvalho	88	Galitos	<b>4:23.61</b>	+0,68	791
	50m: 26.97 26.97	150m: 1:32.78 34.77	250m: 2:43.88 36.78	350m: 3:52.72 31.24		
	100m: 58.01 31.04	200m: 2:07.10 34.32	300m: 3:21.48 37.60	400m: 4:23.61 30.89		
3.	Pedro Miguel Pinotes	89	Sporting	<b>4:27.66</b>	+0,73	756
	50m: 28.43 28.43	150m: 1:35.74 34.93	250m: 2:47.77 37.86	350m: 3:57.46 32.37		
	100m: 1:00.81 32.38	200m: 2:09.91 34.17	300m: 3:25.09 37.32	400m: 4:27.66 30.20		
4.	Nuno Rafael Alves	90	Gespacos	<b>4:34.08</b>	+0,79	704
	50m: 27.70 27.70	150m: 1:36.57 35.93	250m: 2:50.55 37.85	350m: 4:01.93 32.69		
	100m: 1:00.64 32.94	200m: 2:12.70 36.13	300m: 3:29.24 38.69	400m: 4:34.08 32.15		
5.	Andre Bras Goncalves	88	Amadora	<b>4:35.48</b>	+0,64	693
	50m: 27.86 27.86	150m: 1:37.21 36.31	250m: 2:51.84 38.58	350m: 4:03.58 32.61		
	100m: 1:00.90 33.04	200m: 2:13.26 36.05	300m: 3:30.97 39.13	400m: 4:35.48 31.90		
6.	Rui Filipe Vilar	91	Porto	<b>4:39.29</b>	+0,68	665
	50m: 28.89 28.89	150m: 1:37.88 36.25	250m: 2:52.22 38.30	350m: 4:07.39 34.99		
	100m: 1:01.63 32.74	200m: 2:13.92 36.04	300m: 3:32.40 40.18	400m: 4:39.29 31.90		
7.	Paulo Andre Dias	92	Gespacos	<b>4:42.18</b>	+0,84	645
	50m: 29.14 29.14	150m: 1:40.78 38.24	250m: 2:57.75 40.17	350m: 4:10.64 32.63		
	100m: 1:02.54 33.40	200m: 2:17.58 36.80	300m: 3:38.01 40.26	400m: 4:42.18 31.54		
8.	Andre Duarte Vaz	93	Nautico/Matobra	<b>4:46.79</b>	+0,81	614
	50m: 29.25 29.25	150m: 1:39.33 36.23	250m: 2:56.56 41.66	350m: 4:12.66 33.87		
	100m: 1:03.10 33.85	200m: 2:14.90 35.57	300m: 3:38.79 42.23	400m: 4:46.79 34.13		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Miguel Machado Lopes	92	Sporting	<b>4:48.30</b>	+0,67	605
	50m: 29.52 29.52	150m: 1:40.74 37.43	250m: 2:59.87 41.76	350m: 4:15.57 32.93		
	100m: 1:03.31 33.79	200m: 2:18.11 37.37	300m: 3:42.64 42.77	400m: 4:48.30 32.73		
10.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	<b>4:50.60</b>	+0,70	590
	<i>FTL</i>					
	50m: 29.47 29.47	150m: 1:41.33 37.58	250m: 3:01.07 43.22	350m: 4:17.90 33.16		
	100m: 1:03.75 34.28	200m: 2:17.85 36.52	300m: 3:44.74 43.67	400m: 4:50.60 32.70		