

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

Event 36 Men, 400m Freestyle Open  
28-07-2012 - 18:10 Results Finals

Rec Nac Open	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003
Rec Nac Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC JUN2 Masc 18: 4:10.00 / TAC JUN1 Masc 17: 4:15.00 / TAC JUV A Masc Juv A: 4:27.00 / TAC JUV B Masc Juv B: 4:36.00

Points: FINA 2012

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
<b>Final A</b>							
1.	Sebastien Vigroux	93	Languedoc Roussillon	<b>3:55.69</b>	+0.73	814	
	50m: 27.49 27.49	150m: 1:26.82 30.11	250m: 2:27.06 30.09	350m: 3:26.99	29.85		
	100m: 56.71 29.22	200m: 1:56.97 30.15	300m: 2:57.14 30.08	400m: 3:55.69	28.70		
2.	Luis Emanuel Vaz	91	Famalicao	<b>4:01.31</b>	+0.72	758	
	50m: 27.47 27.47	150m: 1:27.89 30.47	250m: 2:30.14 31.25	350m: 3:32.28	30.45		
	100m: 57.42 29.95	200m: 1:58.89 31.00	300m: 3:01.83 31.69	400m: 4:01.31	29.03		
3.	Romain Mrowinski	94	Languedoc Roussillon	<b>4:01.75</b>	+0.66	754	
	50m: 27.86 27.86	150m: 1:28.16 30.22	250m: 2:29.61 30.70	350m: 3:32.40	31.71		
	100m: 57.94 30.08	200m: 1:58.91 30.75	300m: 3:00.69 31.08	400m: 4:01.75	29.35		
4.	Gustavo Manuel Santa	93	Sporting	<b>4:01.84</b>	+0.69	753	
	50m: 27.74 27.74	150m: 1:27.53 30.33	250m: 2:29.13 30.69	350m: 3:32.54	31.79		
	100m: 57.20 29.46	200m: 1:58.44 30.91	300m: 3:00.75 31.62	400m: 4:01.84	29.30		
5.	Ricardo Manuel Machado	93	Braga	<b>4:02.56</b>	+0.77	746	
	50m: 28.47 28.47	150m: 1:30.34 30.94	250m: 2:32.61 30.92	350m: 3:33.58	29.84		
	100m: 59.40 30.93	200m: 2:01.69 31.35	300m: 3:03.74 31.13	400m: 4:02.56	28.98		
6.	Andre Filipe Farinha	96	Benfica	<b>4:05.35</b>	+0.77	721	
	50m: 27.99 27.99	150m: 1:29.67 31.20	250m: 2:32.62 31.34	350m: 3:34.79	31.04		
	100m: 58.47 30.48	200m: 2:01.28 31.61	300m: 3:03.75 31.13	400m: 4:05.35	30.56		
7.	Hugo Alberto Ribeiro	88	Gespacos	<b>4:06.76</b>	+0.99	709	
	50m: 28.12 28.12	150m: 1:29.74 31.03	250m: 2:31.97 30.64	350m: 3:35.02	31.40		
	100m: 58.71 30.59	200m: 2:01.33 31.59	300m: 3:03.62 31.65	400m: 4:06.76	31.74		
8.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>4:08.08</b>	+0.71	698	
	50m: 28.02 28.02	150m: 1:30.19 31.17	250m: 2:33.14 31.24	350m: 3:36.75	31.69		
	100m: 59.02 31.00	200m: 2:01.90 31.71	300m: 3:05.06 31.92	400m: 4:08.08	31.33		
<b>Final B</b>							
9.	Ricardo Ferreira Cotovio	91	Sporting	<b>4:02.80</b>	+0.65	744	
	50m: 26.80 26.80	150m: 1:27.41 30.69	250m: 2:29.40 31.10	350m: 3:32.22	31.49		
	100m: 56.72 29.92	200m: 1:58.30 30.89	300m: 3:00.73 31.33	400m: 4:02.80	30.58		
10.	Lorenzo Tarocchi	95	Team N.Tos Empoli	<b>4:03.92</b>	+0.68	734	
	50m: 28.83 28.83	150m: 1:31.04 31.46	250m: 2:33.53 31.01	350m: 3:35.21	30.61		
	100m: 59.58 30.75	200m: 2:02.52 31.48	300m: 3:04.60 31.07	400m: 4:03.92	28.71		
11.	Domenico Acerenza	95	CN Lucano Savigi - PZ	<b>4:04.52</b>	+0.80	729	
	50m: 28.89 28.89	150m: 1:30.55 31.24	250m: 2:32.80 30.79	350m: 3:34.66	31.07		
	100m: 59.31 30.42	200m: 2:02.01 31.46	300m: 3:03.59 30.79	400m: 4:04.52	29.86		

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	Joao Duarte Santos	95	Natacao de Olhao	<b>4:04.65</b>	+0.69	727	
	50m: 27.79 27.79	150m: 1:28.94 30.86	250m: 2:31.64 31.23	350m: 3:34.45 31.39			
	100m: 58.08 30.29	200m: 2:00.41 31.47	300m: 3:03.06 31.42	400m: 4:04.65 30.20			
13.	Tiago Silva Oliveira	94	Leixoes	<b>4:05.90</b>	+0.72	716	
	50m: 27.67 27.67	150m: 1:30.26 32.15	250m: 2:32.88 30.78	350m: 3:36.04 31.11			
	100m: 58.11 30.44	200m: 2:02.10 31.84	300m: 3:04.93 32.05	400m: 4:05.90 29.86			
14.	Joao Carlos Santos	96	Naval Amorense	<b>4:07.98</b>	+0.66	698	
	50m: 28.65 28.65	150m: 1:30.71 31.41	250m: 2:33.62 31.05	350m: 3:37.07 31.65			
	100m: 59.30 30.65	200m: 2:02.57 31.86	300m: 3:05.42 31.80	400m: 4:07.98 30.91			
15.	Miguel Monteiro Diogo	93	Nautico de Coimbra	<b>4:09.32</b>	+0.69	687	
	50m: 28.28 28.28	150m: 1:31.09 31.70	250m: 2:34.91 31.84	350m: 3:38.47 31.56			
	100m: 59.39 31.11	200m: 2:03.07 31.98	300m: 3:06.91 32.00	400m: 4:09.32 30.85			
16.	Mario Andre Bonanca	90	Sporting	<b>4:09.51</b>	+0.72	686	
	50m: 28.24 28.24	150m: 1:30.28 31.49	250m: 2:34.27 32.11	350m: 3:38.36 32.38			
	100m: 58.79 30.55	200m: 2:02.16 31.88	300m: 3:05.98 31.71	400m: 4:09.51 31.15			