



Campeonato Nacional Clubes 3ª Divisão
Mealhada, 15- - 16-12-2012

Prova 9 Masc., 400m Livres Absoluto
15-12-2012 - 17:05 Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Rec. Nac. 25m Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Artiom Viatcheslavovitch Polial93/	93	Estrelas S. Joao de Brito	3:56.35	+0,65	729	25
	50m: 26.27 26.27	150m: 1:25.81 30.13	250m: 2:26.68 30.21	350m: 3:27.18 29.98			
	100m: 55.68 29.41	200m: 1:56.47 30.66	300m: 2:57.20 30.52	400m: 3:56.35 29.17			
2.	Joao Andre Neves	95	Academica de Coimbra	4:03.02	+0,73	671	23
	50m: 27.64 27.64	150m: 1:28.82 30.99	250m: 2:30.22 30.53	350m: 3:33.16 31.62			
	100m: 57.83 30.19	200m: 1:59.69 30.87	300m: 3:01.54 31.32	400m: 4:03.02 29.86			
3.	Miguel Monteiro Diogo	93	Alcobaca	4:03.04	+0,73	670	22
	50m: 27.57 27.57	150m: 1:27.98 30.51	250m: 2:30.06 31.18	350m: 3:33.24 31.51			
	100m: 57.47 29.90	200m: 1:58.88 30.90	300m: 3:01.73 31.67	400m: 4:03.04 29.80			
4.	Duarte Cai-Agua Martins	95	Bombeiros dos Estoris	4:10.15	+0,85	615	21
	50m: 28.47 28.47	150m: 1:31.02 31.66	250m: 2:35.11 32.31	350m: 3:39.47 32.05			
	100m: 59.36 30.89	200m: 2:02.80 31.78	300m: 3:07.42 32.31	400m: 4:10.15 30.68			
5.	Diogo Antonio Lopes	95	Torres Novas	4:10.28	+0,78	614	20
	50m: 28.14 28.14	150m: 1:30.96 31.94	250m: 2:35.07 31.71	350m: 3:39.70 31.90			
	100m: 59.02 30.88	200m: 2:03.36 32.40	300m: 3:07.80 32.73	400m: 4:10.28 30.58			
6.	Joao Alexandre Vital	98	Colegio Monte Maior	4:10.32	+0,86	614	19
	50m: 28.63 28.63	150m: 1:31.62 31.67	250m: 2:35.53 31.77	350m: 3:39.64 32.02			
	100m: 59.95 31.32	200m: 2:03.76 32.14	300m: 3:07.62 32.09	400m: 4:10.32 30.68			
7.	Eduardo Filipe Carvalheiro	97	Columbofila Cantanhedens	4:10.81	+0,96	610	18
	50m: 28.68 28.68	150m: 1:31.50 31.71	250m: 2:35.12 31.63	350m: 3:39.95 32.39			
	100m: 59.79 31.11	200m: 2:03.49 31.99	300m: 3:07.56 32.44	400m: 4:10.81 30.86			
8.	Tiago Joao Meira	96	Viana Natacao	4:12.47	+0,79	598	17
	50m: 27.65 27.65	150m: 1:30.91 31.91	250m: 2:34.90 31.69	350m: 3:39.97 32.58			
	100m: 59.00 31.35	200m: 2:03.21 32.30	300m: 3:07.39 32.49	400m: 4:12.47 32.50			
9.	Bruno Rafael Meireles	96	Lisnave	4:15.57	+0,82	577	16
	50m: 29.33 29.33	150m: 1:31.76 31.67	250m: 2:37.16 32.62	350m: 3:43.16 32.98			
	100m: 1:00.09 30.76	200m: 2:04.54 32.78	300m: 3:10.18 33.02	400m: 4:15.57 32.41			
10.	Bruno Daniel Monteiro	88	Ginasio de Vila Real	4:15.65	+0,80	576	15
	50m: 28.10 28.10	150m: 1:30.07 31.61	250m: 2:35.42 32.45	350m: 3:42.18 33.83			
	100m: 58.46 30.36	200m: 2:02.97 32.90	300m: 3:08.35 32.93	400m: 4:15.65 33.47			
11.	Jonatas da Fonseca Gaspar	88	Nautico da Marinha Grande	4:15.76	+0,92	575	14
	50m: 28.66 28.66	150m: 1:33.10 32.76	250m: 2:39.16 32.90	350m: 3:44.21 32.17			
	100m: 1:00.34 31.68	200m: 2:06.26 33.16	300m: 3:12.04 32.88	400m: 4:15.76 31.55			
12.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:16.11	+0,90	573	13
	50m: 28.67 28.67	150m: 1:32.88 32.49	250m: 2:39.13 32.83	350m: 3:45.05 32.58			
	100m: 1:00.39 31.72	200m: 2:06.30 33.42	300m: 3:12.47 33.34	400m: 4:16.11 31.06			



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Afonso Mateus Ribeiro	95	Belenenses	4:16.20	+0,68	572	12
	50m: 28.24 28.24	150m: 1:31.69 31.96	250m: 2:37.17 32.55	350m: 3:44.14 33.52			
	100m: 59.73 31.49	200m: 2:04.62 32.93	300m: 3:10.62 33.45	400m: 4:16.20 32.06			
14.	David Oliveira Gorgulho	82	Litoral Alentejano	4:18.31	+0,87	558	11
	50m: 29.08 29.08	150m: 1:33.91 32.59	250m: 2:39.67 32.37	350m: 3:46.41 33.57			
	100m: 1:01.32 32.24	200m: 2:07.30 33.39	300m: 3:12.84 33.17	400m: 4:18.31 31.90			
15.	Marcelo Jose Pinto	94	Foca	4:18.93	+0,82	554	10
	50m: 28.76 28.76	150m: 1:32.00 31.86	250m: 2:37.64 33.05	350m: 3:45.49 33.77			
	100m: 1:00.14 31.38	200m: 2:04.59 32.59	300m: 3:11.72 34.08	400m: 4:18.93 33.44			
16.	Joao Pedro Neves	96	Aminata	4:20.29	+0,82	546	9
	50m: 28.61 28.61	150m: 1:32.71 32.50	250m: 2:39.41 33.34	350m: 3:46.84 33.83			
	100m: 1:00.21 31.60	200m: 2:06.07 33.36	300m: 3:13.01 33.60	400m: 4:20.29 33.45			
17.	Daniel Filipe Lopes	96	Natacao de Vila Real	4:22.83	+0,76	530	8
	50m: 28.12 28.12	150m: 1:31.28 32.03	250m: 2:39.40 34.21	350m: 3:48.78 34.67			
	100m: 59.25 31.13	200m: 2:05.19 33.91	300m: 3:14.11 34.71	400m: 4:22.83 34.05			
18.	Joao Luis Baeta	94	Viver Santarem	4:23.86	+0,80	524	7
	50m: 29.25 29.25	150m: 1:33.43 32.63	250m: 2:40.84 33.96	350m: 3:49.90 34.62			
	100m: 1:00.80 31.55	200m: 2:06.88 33.45	300m: 3:15.28 34.44	400m: 4:23.86 33.96			
19.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	4:27.71	+0,80	502	6
	50m: 29.00 29.00	150m: 1:34.69 33.39	250m: 2:42.64 34.06	350m: 3:53.16 35.63			
	100m: 1:01.30 32.30	200m: 2:08.58 33.89	300m: 3:17.53 34.89	400m: 4:27.71 34.55			
20.	Joao Goncalves Figueiredo	96	Ginasio Figueirense	4:29.03	+0,95	494	5
	50m: 29.67 29.67	150m: 1:35.87 33.58	250m: 2:44.37 34.36	350m: 3:54.47 34.91			
	100m: 1:02.29 32.62	200m: 2:10.01 34.14	300m: 3:19.56 35.19	400m: 4:29.03 34.56			
21.	Paulo Filipe Miranda	97	Fafe	4:31.64	+0,75	480	4
	50m: 27.98 27.98	150m: 1:33.76 33.66	250m: 2:43.34 35.29	350m: 3:55.93 36.28			
	100m: 1:00.10 32.12	200m: 2:08.05 34.29	300m: 3:19.65 36.31	400m: 4:31.64 35.71			
22.	Rui Miguel Cruz	96	Natacao da Maia	4:36.60	+0,82	455	3
	50m: 29.12 29.12	150m: 1:35.79 34.23	250m: 2:47.37 35.95	350m: 4:00.50 36.72			
	100m: 1:01.56 32.44	200m: 2:11.42 35.63	300m: 3:23.78 36.41	400m: 4:36.60 36.10			
23.	Rodrigo Manuel Monteiro	98	Sporting de Espinho	4:46.76	+0,99	408	2
	50m: 31.00 31.00	150m: 1:41.74 35.91	250m: 2:56.28 37.29	350m: 4:11.51 37.32			
	100m: 1:05.83 34.83	200m: 2:18.99 37.25	300m: 3:34.19 37.91	400m: 4:46.76 35.25			
24.	Filipe Jose Baptista	94	Feirense	4:47.99	+0,81	403	1
	50m: 29.69 29.69	150m: 1:39.07 35.77	250m: 2:53.57 37.78	350m: 4:10.77 38.82			
	100m: 1:03.30 33.61	200m: 2:15.79 36.72	300m: 3:31.95 38.38	400m: 4:47.99 37.22			