



Campeonato Nacional Clubes 1ª e 2ª Divisão
S. António Cavaleiros, 21 - 22-12-2012

Prova 3 21-12-2012	Masc., 400m Livres 2ª Divisão				Absolutos Resultados
Rec. Nat. 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nat. 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec. Nat. 25m Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec. Nat. 25m Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Rec. Nat. 25m Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Rec. Nat. 25m Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec. Nat. 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.	Andre Filipe Farinha	96	Benfica	3:58.63	+0,83	708	17
	50m: 27.66 27.66	150m: 1:28.49 30.56	250m: 2:29.06 30.04	350m: 3:29.67 30.03			
	100m: 57.93 30.27	200m: 1:59.02 30.53	300m: 2:59.64 30.58	400m: 3:58.63 28.96			
2.	Tiago Silva Oliveira	94	Leixoes	3:58.71	+0,61	708	15
	50m: 27.94 27.94	150m: 1:28.54 30.52	250m: 2:28.99 29.88	350m: 3:29.49 30.20			
	100m: 58.02 30.08	200m: 1:59.11 30.57	300m: 2:59.29 30.30	400m: 3:58.71 29.22			
3.	Joao Carlos Santos	96	Naval Amorense	3:58.79	+0,68	707	14
	50m: 27.68 27.68	150m: 1:28.50 30.64	250m: 2:28.52 29.96	350m: 3:29.53 30.46			
	100m: 57.86 30.18	200m: 1:58.56 30.06	300m: 2:59.07 30.55	400m: 3:58.79 29.26			
4.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	3:58.99	+0,72	705	13
	50m: 27.67 27.67	150m: 1:28.99 30.87	250m: 2:29.58 30.18	350m: 3:30.43 30.35			
	100m: 58.12 30.45	200m: 1:59.40 30.41	300m: 3:00.08 30.50	400m: 3:58.99 28.56			
5.	Ricardo Manuel Machado	93	Braga	3:59.56	+0,74	700	12
	50m: 26.83 26.83	150m: 1:26.06 30.19	250m: 2:27.38 30.79	350m: 3:29.42 31.19			
	100m: 55.87 29.04	200m: 1:56.59 30.53	300m: 2:58.23 30.85	400m: 3:59.56 30.14			
6.	Hugo Alberto Ribeiro	88	Gespacos	3:59.89	+0,90	697	11
	50m: 27.61 27.61	150m: 1:27.95 30.30	250m: 2:28.74 30.03	350m: 3:29.55 30.50			
	100m: 57.65 30.04	200m: 1:58.71 30.76	300m: 2:59.05 30.31	400m: 3:59.89 30.34			
7.	Joao Duarte Santos	95	Natacao de Olhao	4:01.65	+0,70	682	10
	50m: 27.56 27.56	150m: 1:29.30 31.14	250m: 2:30.38 30.48	350m: 3:31.67 30.79			
	100m: 58.16 30.60	200m: 1:59.90 30.60	300m: 3:00.88 30.50	400m: 4:01.65 29.98			
8.	Paulo Fragueiro Franco	82	Gesloures	4:02.79	+0,71	673	9
	50m: 28.00 28.00	150m: 1:28.71 30.62	250m: 2:29.90 30.49	350m: 3:32.19 31.26			
	100m: 58.09 30.09	200m: 1:59.41 30.70	300m: 3:00.93 31.03	400m: 4:02.79 30.60			
9.	Ricardo Sousa Filipe	88	Louletano/ Loule Concelho	4:07.39	+0,75	636	8
	50m: 27.57 27.57	150m: 1:29.33 31.20	250m: 2:32.93 31.66	350m: 3:36.70 31.92			
	100m: 58.13 30.56	200m: 2:01.27 31.94	300m: 3:04.78 31.85	400m: 4:07.39 30.69			
10.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:08.36	+0,75	628	7
	50m: 27.92 27.92	150m: 1:29.04 30.88	250m: 2:32.86 31.88	350m: 3:37.58 32.40			
	100m: 58.16 30.24	200m: 2:00.98 31.94	300m: 3:05.18 32.32	400m: 4:08.36 30.78			
11.	Andre Filipe Lopes	92	Academico Viseu	4:12.66	+0,72	597	6
	50m: 27.78 27.78	150m: 1:29.15 31.12	250m: 2:34.28 32.80	350m: 3:40.23 33.04			
	100m: 58.03 30.25	200m: 2:01.48 32.33	300m: 3:07.19 32.91	400m: 4:12.66 32.43			
12.	Lucas Monteiro Silva	94	Alges	4:16.80	+0,71	568	5
	50m: 28.76 28.76	150m: 1:33.39 32.81	250m: 2:38.19 32.13	350m: 3:43.95 32.97			
	100m: 1:00.58 31.82	200m: 2:06.06 32.67	300m: 3:10.98 32.79	400m: 4:16.80 32.85			
13.	Francisco Maldonado Freitas	91	Pimpoes/Cimai	4:18.52	+0,79	557	4
	50m: 28.82 28.82	150m: 1:33.02 32.77	250m: 2:38.89 32.94	350m: 3:45.79 33.39			
	100m: 1:00.25 31.43	200m: 2:05.95 32.93	300m: 3:12.40 33.51	400m: 4:18.52 32.73			

Merry Christmas



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Prova 3, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Bruno Miranda Sousa	93	Desportiva de Viana	4:21.87	+0,95	536	3
	50m: 28.42 28.42	150m: 1:32.68 32.84	250m: 2:39.80 33.63	350m: 3:48.72 34.03			
	100m: 59.84 31.42	200m: 2:06.17 33.49	300m: 3:14.69 34.89	400m: 4:21.87 33.15			
15.	Nuno Goncalo Santos	96	BA/Mr.Pizza	4:27.05	+0,85	505	2
	50m: 27.87 27.87	150m: 1:33.61 33.92	250m: 2:42.94 34.78	350m: 3:53.13 35.23			
	100m: 59.69 31.82	200m: 2:08.16 34.55	300m: 3:17.90 34.96	400m: 4:27.05 33.92			
16.	Miguel Goncalves Furtado	92	Naval de Ponta Delgada	4:41.14	+0,81	433	1
	50m: 30.56 30.56	150m: 1:39.48 35.46	250m: 2:51.58 36.26	350m: 4:04.99 36.60			
	100m: 1:04.02 33.46	200m: 2:15.32 35.84	300m: 3:28.39 36.81	400m: 4:41.14 36.15			