



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

Prova 4 21-12-2012	Masc., 400m Livres 1ª Divisão				Absolutos 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.	Diogo Filipe Carvalho	88	Galitos	<b>3:49.02</b>	+0,71	801	9	
	50m: 25.85 25.85	150m: 1:22.95 28.69	250m: 2:20.77 28.64	350m: 3:19.62 29.63	100m: 54.26 28.41	200m: 1:52.13 29.18	300m: 2:49.99 29.22	400m: 3:49.02 29.40
2.	Luis Emanuel Vaz	91	Famalicao	<b>3:52.06</b>	+0,85	770	7	
	50m: 26.26 26.26	150m: 1:24.64 29.57	250m: 2:24.19 29.63	350m: 3:23.45 29.60	100m: 55.07 28.81	200m: 1:54.56 29.92	300m: 2:53.85 29.66	400m: 3:52.06 28.61
3.	Ricardo Ferreira Cotovio	91	Sporting	<b>3:52.40</b>	+0,71	767	6	
	50m: 26.53 26.53	150m: 1:25.88 30.02	250m: 2:25.74 29.88	350m: 3:24.37 29.14	100m: 55.86 29.33	200m: 1:55.86 29.98	300m: 2:55.23 29.49	400m: 3:52.40 28.03
4.	Fabio Manuel Pereira	86	Vilacondense	<b>3:54.34</b>	+0,80	748	5	
	50m: 26.81 26.81	150m: 1:26.06 29.88	250m: 2:26.06 30.18	350m: 3:25.72 29.50	100m: 56.18 29.37	200m: 1:55.88 29.82	300m: 2:56.22 30.16	400m: 3:54.34 28.62
5.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>3:54.60</b>	+0,78	746	4	
	50m: 26.33 26.33	150m: 1:25.11 29.65	250m: 2:24.93 29.85	350m: 3:25.31 30.16	100m: 55.46 29.13	200m: 1:55.08 29.97	300m: 2:55.15 30.22	400m: 3:54.60 29.29
6.	Joao Filipe Carvalho	87	Porto	<b>3:57.08</b>	+0,78	722	3	
	50m: 26.66 26.66	150m: 1:25.35 29.77	250m: 2:26.39 30.49	350m: 3:26.98 30.39	100m: 55.58 28.92	200m: 1:55.90 30.55	300m: 2:56.59 30.20	400m: 3:57.08 30.10
7.	Miguel Silva Oliveira	91	Nautico de Coimbra	<b>4:02.61</b>	+0,76	674	2	
	50m: 26.38 26.38	150m: 1:25.08 29.83	250m: 2:27.03 31.11	350m: 3:30.81 32.44	100m: 55.25 28.87	200m: 1:55.92 30.84	300m: 2:58.37 31.34	400m: 4:02.61 31.80
8.	Mario Rui Cruz	94	Amadora	<b>4:09.64</b>	+0,71	619	1	
	50m: 27.58 27.58	150m: 1:28.66 30.90	250m: 2:32.15 32.02	350m: 3:36.99 32.65	100m: 57.76 30.18	200m: 2:00.13 31.47	300m: 3:04.34 32.19	400m: 4:09.64 32.65