

Prova 8 Masc., 400m Livres Juvenis B
23-03-2013 - 10:05 Resultados

Rec Nac Absoluto 3:52.29 Jorge Manuel Maia FPN Málaga (ESP) 05-04-2009
Rec Nac Juv B 4:06.22 Rui Filipe Costa VSC Coimbra 29-07-2006

TAC Masc Juv B : 4:40.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Goncalo Miguel Nogueira	98	Porto	4:20.95	+0,71	599
	50m: 29.25 29.25 150m: 1:33.86 32.90 250m: 2:40.49 33.33 350m: 3:48.27 33.87					
	100m: 1:00.96 31.71 200m: 2:07.16 33.30 300m: 3:14.40 33.91 400m: 4:20.95 32.68					
2.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:21.93	+0,73	593
	50m: 29.81 29.81 150m: 1:35.48 33.64 250m: 2:42.15 33.50 350m: 3:49.79 33.81					
	100m: 1:01.84 32.03 200m: 2:08.65 33.17 300m: 3:15.98 33.83 400m: 4:21.93 32.14					
3.	Pedro Goncalves Neto	98	Porto	4:25.43	+0,88	569
	50m: 29.59 29.59 150m: 1:36.40 33.70 250m: 2:44.06 33.74 350m: 3:53.96 35.05					
	100m: 1:02.70 33.11 200m: 2:10.32 33.92 300m: 3:18.91 34.85 400m: 4:25.43 31.47					
4.	Vasco Gradim Amorim	98	Porto	4:25.99	+0,78	566
	50m: 30.33 30.33 150m: 1:36.63 33.93 250m: 2:44.84 34.30 350m: 3:53.10 34.08					
	100m: 1:02.70 32.37 200m: 2:10.54 33.91 300m: 3:19.02 34.18 400m: 4:25.99 32.89					
5.	Guilherme Filipe Pina	98	Benedita	4:26.16	+0,76	565
	50m: 30.12 30.12 150m: 1:36.26 33.49 250m: 2:44.09 34.03 350m: 3:53.22 34.24					
	100m: 1:02.77 32.65 200m: 2:10.06 33.80 300m: 3:18.98 34.89 400m: 4:26.16 32.94					
6.	Joao Costa Ferreira	98	Famalicao	4:26.91	+0,85	560
	50m: 29.81 29.81 150m: 1:35.80 33.72 250m: 2:43.86 34.51 350m: 3:53.61 35.11					
	100m: 1:02.08 32.27 200m: 2:09.35 33.55 300m: 3:18.50 34.64 400m: 4:26.91 33.30					
7.	Luis Filipe Ribeiro	98	Braga	4:28.68	+0,76	549
	50m: 29.84 29.84 150m: 1:38.29 34.72 250m: 2:47.28 34.69 350m: 3:56.40 34.43					
	100m: 1:03.57 33.73 200m: 2:12.59 34.30 300m: 3:21.97 34.69 400m: 4:28.68 32.28					
8.	Leonardo Bom Pinto	98	Leixoes	4:29.43	+0,86	544
	50m: 30.39 30.39 150m: 1:38.30 34.35 250m: 2:47.58 34.42 350m: 3:56.52 33.59					
	100m: 1:03.95 33.56 200m: 2:13.16 34.86 300m: 3:22.93 35.35 400m: 4:29.43 32.91					
9.	Joao Alberto Gondar	98	Vilacondense	4:29.68	+0,79	543
	50m: 30.10 30.10 150m: 1:37.70 33.96 250m: 2:47.10 34.42 350m: 3:56.54 34.39					
	100m: 1:03.74 33.64 200m: 2:12.68 34.98 300m: 3:22.15 35.05 400m: 4:29.68 33.14					
10.	Leandro Fernandes Mota	98	Columbofila Cantanhedense	4:30.76	+0,86	536
	50m: 29.88 29.88 150m: 1:36.87 34.24 250m: 2:46.39 34.74 350m: 3:56.76 34.91					
	100m: 1:02.63 32.75 200m: 2:11.65 34.78 300m: 3:21.85 35.46 400m: 4:30.76 34.00					
11.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	4:31.31	+0,75	533
	50m: 30.06 30.06 150m: 1:39.14 35.05 250m: 2:49.29 34.76 350m: 3:59.24 34.70					
	100m: 1:04.09 34.03 200m: 2:14.53 35.39 300m: 3:24.54 35.25 400m: 4:31.31 32.07					
12.	Rafael Ladeiro Santos	98	Geslours	4:31.55	+0,87	532
	50m: 30.25 30.25 150m: 1:38.54 34.49 250m: 2:48.92 35.17 350m: 3:58.41 34.72					
	100m: 1:04.05 33.80 200m: 2:13.75 35.21 300m: 3:23.69 34.77 400m: 4:31.55 33.14					
13.	Diogo Rodrigues Freitas	98	Uniao Piedense	4:31.65	+0,84	531
	50m: 30.32 30.32 150m: 1:38.67 34.37 250m: 2:48.25 34.61 350m: 3:58.12 34.54					
	100m: 1:04.30 33.98 200m: 2:13.64 34.97 300m: 3:23.58 35.33 400m: 4:31.65 33.53					
14.	Miguel Martins Baltazar	98	Aminata	4:32.60	+0,78	526
	50m: 30.07 30.07 150m: 1:37.69 34.66 250m: 2:48.26 35.56 350m: 3:58.56 35.27					
	100m: 1:03.03 32.96 200m: 2:12.70 35.01 300m: 3:23.29 35.03 400m: 4:32.60 34.04					

Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	4:32.75	+0,87	525
	50m: 30.30 30.30	150m: 1:39.29 34.91	250m: 2:49.26 34.27	350m: 3:59.23 34.82		
	100m: 1:04.38 34.08	200m: 2:14.99 35.70	300m: 3:24.41 35.15	400m: 4:32.75 33.52		
16.	Afonso Calais Queiroga	98	Uniao Piedense	4:33.40	+0,81	521
	50m: 31.20 31.20	150m: 1:38.19 34.18	250m: 2:47.60 34.56	350m: 3:59.41 36.00		
	100m: 1:04.01 32.81	200m: 2:13.04 34.85	300m: 3:23.41 35.81	400m: 4:33.40 33.99		
17.	Andre Magalhaes Moura	98	Academico Viseu	4:33.60	+0,87	520
	50m: 30.92 30.92	150m: 1:39.93 35.06	250m: 2:50.31 35.22	350m: 4:00.61 34.97		
	100m: 1:04.87 33.95	200m: 2:15.09 35.16	300m: 3:25.64 35.33	400m: 4:33.60 32.99		
18.	Diogo Miguel Costa	98	Porto	4:33.80	+0,68	519
	50m: 30.52 30.52	150m: 1:37.99 34.35	250m: 2:47.70 34.60	350m: 3:59.52 35.86		
	100m: 1:03.64 33.12	200m: 2:13.10 35.11	300m: 3:23.66 35.96	400m: 4:33.80 34.28		
19.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	4:34.32	+0,88	516
	50m: 30.52 30.52	150m: 1:39.24 34.85	250m: 2:49.33 35.07	350m: 3:59.82 35.10		
	100m: 1:04.39 33.87	200m: 2:14.26 35.02	300m: 3:24.72 35.39	400m: 4:34.32 34.50		
20.	Humberto Fernandes Felgueiras	98	Natacao de Valongo	4:34.33	+1,07	516
	50m: 30.21 30.21	150m: 1:39.07 34.70	250m: 2:49.30 34.68	350m: 3:59.81 35.71		
	100m: 1:04.37 34.16	200m: 2:14.62 35.55	300m: 3:24.10 34.80	400m: 4:34.33 34.52		
21.	Francisco Aguiar Morganho	98	Naval do Funchal	4:34.76	+0,68	513
	50m: 31.32 31.32	150m: 1:40.83 35.43	250m: 2:52.00 35.65	350m: 4:01.87 34.44		
	100m: 1:05.40 34.08	200m: 2:16.35 35.52	300m: 3:27.43 35.43	400m: 4:34.76 32.89		
22.	David Miguel Neves	98	Benfica	4:34.81	+0,85	513
	50m: 30.42 30.42	150m: 1:39.23 34.69	250m: 2:49.90 35.39	350m: 4:00.33 34.88		
	100m: 1:04.54 34.12	200m: 2:14.51 35.28	300m: 3:25.45 35.55	400m: 4:34.81 34.48		
23.	Jose Diogo Fonseca	98	Nautico da Marinha Grande	4:34.93	+0,84	512
	50m: 29.78 29.78	150m: 1:38.48 35.12	250m: 2:49.21 35.41	350m: 4:00.41 35.69		
	100m: 1:03.36 33.58	200m: 2:13.80 35.32	300m: 3:24.72 35.51	400m: 4:34.93 34.52		
24.	Francisco Rodrigues Antas	98	Desportiva de Viana	4:35.91	+0,91	507
	50m: 31.10 31.10	150m: 1:40.40 35.04	250m: 2:51.05 35.11	350m: 4:00.67 34.64		
	100m: 1:05.36 34.26	200m: 2:15.94 35.54	300m: 3:26.03 34.98	400m: 4:35.91 35.24		
25.	Bruno Jose Silva	98	Braga	4:37.29	+1,01	499
	50m: 31.59 31.59	150m: 1:40.59 34.79	250m: 2:51.16 35.16	350m: 4:02.25 35.48		
	100m: 1:05.80 34.21	200m: 2:16.00 35.41	300m: 3:26.77 35.61	400m: 4:37.29 35.04		
26.	Pedro Trindade Silva	98	Amadora	4:37.66	+0,82	497
	50m: 31.38 31.38	150m: 1:41.31 35.32	250m: 2:51.56 35.27	350m: 4:03.65 36.03		
	100m: 1:05.99 34.61	200m: 2:16.29 34.98	300m: 3:27.62 36.06	400m: 4:37.66 34.01		
27.	Joao Santos Mendes	98	Leixoes	4:37.75	+0,74	497
	50m: 30.30 30.30	150m: 1:38.85 34.69	250m: 2:49.54 35.44	350m: 4:01.82 36.23		
	100m: 1:04.16 33.86	200m: 2:14.10 35.25	300m: 3:25.59 36.05	400m: 4:37.75 35.93		
28.	Luis Carlos Almeida	98	Gespacos	4:38.50	+0,90	493
	50m: 31.64 31.64	150m: 1:41.98 35.33	250m: 2:53.67 36.02	350m: 4:04.44 35.20		
	100m: 1:06.65 35.01	200m: 2:17.65 35.67	300m: 3:29.24 35.57	400m: 4:38.50 34.06		
29.	Tiago Martins Boleta	98	Louletano/ Loule Concelho	4:39.23	+0,81	489
	50m: 29.74 29.74	150m: 1:37.95 34.93	250m: 2:49.61 36.48	350m: 4:02.97 37.09		
	100m: 1:03.02 33.28	200m: 2:13.13 35.18	300m: 3:25.88 36.27	400m: 4:39.23 36.26		

Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
30.	Daniel Filipe Paiva	98	Miranda do Corvo	4:39.35	+0,97	488
	50m: 32.24 32.24	150m: 1:42.23 35.52	250m: 2:53.74 35.90	350m: 4:05.49 35.89		
	100m: 1:06.71 34.47	200m: 2:17.84 35.61	300m: 3:29.60 35.86	400m: 4:39.35 33.86		
31.	Jose Pedro Pinto	98	Braga	4:40.53	+0,84	482
	FTL					
	50m: 30.65 30.65	150m: 1:40.47 35.78	250m: 2:53.04 36.61	350m: 4:05.89 36.35		
	100m: 1:04.69 34.04	200m: 2:16.43 35.96	300m: 3:29.54 36.50	400m: 4:40.53 34.64		
32.	Paulo Filipe Silva	98	Natacao da Maia	4:40.95	+0,89	480
	FTL					
	50m: 30.16 30.16	150m: 1:40.91 35.93	250m: 2:54.16 36.55	350m: 4:05.57 34.17		
	100m: 1:04.98 34.82	200m: 2:17.61 36.70	300m: 3:31.40 37.24	400m: 4:40.95 35.38		
33.	Leandro Miguel Baptista	98	Leixoes	4:41.38	+0,73	478
	FTL					
	50m: 31.31 31.31	150m: 1:41.95 36.06	250m: 2:53.72 35.37	350m: 4:05.86 36.11		
	100m: 1:05.89 34.58	200m: 2:18.35 36.40	300m: 3:29.75 36.03	400m: 4:41.38 35.52		
34.	Tomas Robalo Maia	98	Famalicao	4:43.06	+0,89	469
	FTL					
	50m: 31.15 31.15	150m: 1:42.08 36.42	250m: 2:54.30 36.24	350m: 4:07.36 36.71		
	100m: 1:05.66 34.51	200m: 2:18.06 35.98	300m: 3:30.65 36.35	400m: 4:43.06 35.70		
WDR	Joao Carlos Silva	98	Famalicao			

Prova 8 Masc., 400m Livres Juvenis A
23-03-2013 - 10:05 Resultados

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
TAC Masc Juv A :	4:31.00				

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joao Pedro Gil	97	Naval Amorense	4:09.27	+0,67	688
	50m: 28.52 28.52	150m: 1:31.63 31.98	250m: 2:35.85 32.01	350m: 3:39.23 31.32		
	100m: 59.65 31.13	200m: 2:03.84 32.21	300m: 3:07.91 32.06	400m: 4:09.27 30.04		
2.	Francisco Xavier Goncalves	97	Nautico de Coimbra	4:15.49	+0,74	639
	50m: 28.72 28.72	150m: 1:32.23 32.04	250m: 2:37.18 32.89	350m: 3:43.30 33.03		
	100m: 1:00.19 31.47	200m: 2:04.29 32.06	300m: 3:10.27 33.09	400m: 4:15.49 32.19		
3.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	4:16.12	+0,73	634
	50m: 29.15 29.15	150m: 1:33.16 32.43	250m: 2:39.18 32.60	350m: 3:44.64 32.83		
	100m: 1:00.73 31.58	200m: 2:06.58 33.42	300m: 3:11.81 32.63	400m: 4:16.12 31.48		
4.	Eduardo Filipe Carvalheiro	97	Columbofila Cantanhedense	4:16.43	+0,79	632
	50m: 29.53 29.53	150m: 1:34.46 32.59	250m: 2:40.15 32.61	350m: 3:45.38 32.50		
	100m: 1:01.87 32.34	200m: 2:07.54 33.08	300m: 3:12.88 32.73	400m: 4:16.43 31.05		
5.	Vitor Joao Pereira	97	Leixoes	4:16.61	+0,91	630
	50m: 29.07 29.07	150m: 1:33.86 32.90	250m: 2:40.40 33.10	350m: 3:45.80 32.48		
	100m: 1:00.96 31.89	200m: 2:07.30 33.44	300m: 3:13.32 32.92	400m: 4:16.61 30.81		
6.	Ricardo Eduardo Afonso	97	Braga	4:16.73	+0,77	629
	50m: 29.17 29.17	150m: 1:34.57 32.98	250m: 2:41.00 32.99	350m: 3:46.39 32.14		
	100m: 1:01.59 32.42	200m: 2:08.01 33.44	300m: 3:14.25 33.25	400m: 4:16.73 30.34		

Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Joao Miguel Ferreira	97	Foca	4:18.23	+0,84	618
	50m: 29.37 29.37	150m: 1:34.11 32.38	250m: 2:40.43 33.43	350m: 3:46.48 33.03		
	100m: 1:01.73 32.36	200m: 2:07.00 32.89	300m: 3:13.45 33.02	400m: 4:18.23 31.75		
8.	Eduardo Salgado Ramos	97	Porto	4:19.12	+0,94	612
	50m: 29.02 29.02	150m: 1:33.81 32.75	250m: 2:40.69 32.97	350m: 3:47.06 32.97		
	100m: 1:01.06 32.04	200m: 2:07.72 33.91	300m: 3:14.09 33.40	400m: 4:19.12 32.06		
9.	Miguel Angelo Silvestre	97	Alcobaca	4:21.43	+0,82	596
	50m: 29.46 29.46	150m: 1:35.63 33.26	250m: 2:42.97 33.39	350m: 3:50.10 33.32		
	100m: 1:02.37 32.91	200m: 2:09.58 33.95	300m: 3:16.78 33.81	400m: 4:21.43 31.33		
10.	David Emanuel Martins	97	Braga	4:21.54	+1,06	595
	50m: 29.82 29.82	150m: 1:35.33 33.31	250m: 2:42.37 33.70	350m: 3:49.93 33.57		
	100m: 1:02.02 32.20	200m: 2:08.67 33.34	300m: 3:16.36 33.99	400m: 4:21.54 31.61		
11.	Jorge Miguel Nunes	97	Porto	4:23.28	+0,86	584
	50m: 29.49 29.49	150m: 1:36.41 33.72	250m: 2:43.94 33.48	350m: 3:51.32 33.32		
	100m: 1:02.69 33.20	200m: 2:10.46 34.05	300m: 3:18.00 34.06	400m: 4:23.28 31.96		
12.	Joao Luis Travanca	97	Porto	4:23.72	+0,94	581
	50m: 29.86 29.86	150m: 1:35.45 33.46	250m: 2:42.88 33.30	350m: 3:51.61 33.94		
	100m: 1:01.99 32.13	200m: 2:09.58 34.13	300m: 3:17.67 34.79	400m: 4:23.72 32.11		
13.	Andre Resende Pinheiro	97	Porto	4:25.11	+0,80	572
	50m: 29.58 29.58	150m: 1:35.83 33.43	250m: 2:43.93 34.01	350m: 3:52.84 34.13		
	100m: 1:02.40 32.82	200m: 2:09.92 34.09	300m: 3:18.71 34.78	400m: 4:25.11 32.27		
14.	Joao Miguel Cardoso	97	Geslours	4:25.24	+0,87	571
	50m: 30.12 30.12	150m: 1:36.95 33.54	250m: 2:45.36 34.26	350m: 3:53.69 33.63		
	100m: 1:03.41 33.29	200m: 2:11.10 34.15	300m: 3:20.06 34.70	400m: 4:25.24 31.55		
15.	Miguel Monteiro Cruchinho	97	Sporting	4:25.72	+0,81	568
	50m: 29.12 29.12	150m: 1:35.29 33.75	250m: 2:43.25 34.45	350m: 3:52.97 35.40		
	100m: 1:01.54 32.42	200m: 2:08.80 33.51	300m: 3:17.57 34.32	400m: 4:25.72 32.75		
16.	Artur Miguel Marques	97	Leixoes	4:26.09	+0,88	565
	50m: 29.98 29.98	150m: 1:37.15 34.41	250m: 2:46.29 34.51	350m: 3:54.90 34.47		
	100m: 1:02.74 32.76	200m: 2:11.78 34.63	300m: 3:20.43 34.14	400m: 4:26.09 31.19		
17.	Joao Afonso Picao	97	Leixoes	4:26.92	+0,87	560
	50m: 30.55 30.55	150m: 1:37.49 33.86	250m: 2:45.72 34.14	350m: 3:54.70 34.21		
	100m: 1:03.63 33.08	200m: 2:11.58 34.09	300m: 3:20.49 34.77	400m: 4:26.92 32.22		
18.	Ruben Jose Morim	97	Vilacondense	4:26.96	+0,79	560
	50m: 29.62 29.62	150m: 1:37.34 33.90	250m: 2:45.44 34.05	350m: 3:54.42 33.84		
	100m: 1:03.44 33.82	200m: 2:11.39 34.05	300m: 3:20.58 35.14	400m: 4:26.96 32.54		
19.	Tiago Rafael Martins	97	Geslours	4:27.07	+0,88	559
	50m: 30.52 30.52	150m: 1:37.77 33.92	250m: 2:46.11 34.02	350m: 3:54.29 34.04		
	100m: 1:03.85 33.33	200m: 2:12.09 34.32	300m: 3:20.25 34.14	400m: 4:27.07 32.78		
20.	Nuno Valerio Silva	97	Nautico da Marinha Grande	4:28.23	+0,81	552
	50m: 29.70 29.70	150m: 1:37.41 34.51	250m: 2:46.74 34.91	350m: 3:56.54 34.98		
	100m: 1:02.90 33.20	200m: 2:11.83 34.42	300m: 3:21.56 34.82	400m: 4:28.23 31.69		
21.	Daniel Filipe Cazeiro	97	Naval Amorense	4:28.36	+0,84	551
	50m: 29.63 29.63	150m: 1:36.63 33.95	250m: 2:44.74 34.31	350m: 3:54.03 34.89		
	100m: 1:02.68 33.05	200m: 2:10.43 33.80	300m: 3:19.14 34.40	400m: 4:28.36 34.33		

Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Joao Ricardo Silva	97	Ginasio Figueirense	4:28.78	+0,76	548
	50m: 29.81 29.81	150m: 1:37.68 34.47	250m: 2:46.90 34.72	350m: 3:55.68 34.33		
	100m: 1:03.21 33.40	200m: 2:12.18 34.50	300m: 3:21.35 34.45	400m: 4:28.78 33.10		
23.	Narciso Daniel Correia	97	Braga	4:28.84	+0,91	548
	50m: 30.11 30.11	150m: 1:36.65 33.97	250m: 2:45.67 34.39	350m: 3:55.61 35.47		
	100m: 1:02.68 32.57	200m: 2:11.28 34.63	300m: 3:20.14 34.47	400m: 4:28.84 33.23		
24.	Diogo Miguel Nelas	97	Braga	4:32.60	+0,80	526
	FTL					
	50m: 30.49 30.49	150m: 1:37.49 34.05	250m: 2:47.45 35.14	350m: 3:58.27 35.42		
	100m: 1:03.44 32.95	200m: 2:12.31 34.82	300m: 3:22.85 35.40	400m: 4:32.60 34.33		
25.	Joao Miguel Ascensao	97	Porto	4:34.64	+0,82	514
	FTL					
	50m: 29.26 29.26	150m: 1:36.76 34.71	250m: 2:48.23 35.87	350m: 4:00.38 35.95		
	100m: 1:02.05 32.79	200m: 2:12.36 35.60	300m: 3:24.43 36.20	400m: 4:34.64 34.26		
DSQ	Carlos Flores Clara	97	Geslours			
	403 - Falsa partida - SW 4.4					
WDR	Bruno Miguel Ramos	97	Amadora			