

Prova 20 Masc., 400m Livres 17 anos e mais velhos  
29-03-2013 - 10:20 Resultados

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinquia (FIN)	14-07-2010
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC-SENM Sen: 4:10.50 / TAC-JUNM Jun: 4:18.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juniores</b>						
1.	Andre Filipe Farinha	96	Benfica	<b>4:02.64</b>	+0,70	746
	50m: 27.73 27.73	150m: 1:28.67 31.15	250m: 2:30.48 31.04	350m: 3:32.81 31.10		
	100m: 57.52 29.79	200m: 1:59.44 30.77	300m: 3:01.71 31.23	400m: 4:02.64 29.83		
2.	Joao Carlos Santos	96	Naval Amorense	<b>4:04.29</b>	+0,66	731
	50m: 28.17 28.17	150m: 1:29.21 30.79	250m: 2:30.46 30.30	350m: 3:33.27 31.44		
	100m: 58.42 30.25	200m: 2:00.16 30.95	300m: 3:01.83 31.37	400m: 4:04.29 31.02		
3.	Tomas Correia Silva	95	Porto	<b>4:07.44</b>	+0,63	703
	50m: 27.38 27.38	150m: 1:30.57 32.03	250m: 2:33.27 30.44	350m: 3:37.00 31.84		
	100m: 58.54 31.16	200m: 2:02.83 32.26	300m: 3:05.16 31.89	400m: 4:07.44 30.44		
4.	Rafael Lourenco Gil	96	Naval Amorense	<b>4:08.03</b>	+0,71	698
	50m: 27.99 27.99	150m: 1:29.88 31.17	250m: 2:33.46 31.68	350m: 3:37.14 31.82		
	100m: 58.71 30.72	200m: 2:01.78 31.90	300m: 3:05.32 31.86	400m: 4:08.03 30.89		
5.	Artur Manuel Ferreira	95	Porto	<b>4:08.23</b>	+0,79	696
	50m: 28.50 28.50	150m: 1:31.27 32.04	250m: 2:35.13 31.22	350m: 3:38.01 31.21		
	100m: 59.23 30.73	200m: 2:03.91 32.64	300m: 3:06.80 31.67	400m: 4:08.23 30.22		
6.	Diogo Gomes Sousa	95	Colegio Vasco da Gama	<b>4:09.94</b>	+0,69	682
	50m: 28.19 28.19	150m: 1:31.51 31.97	250m: 2:35.31 31.72	350m: 3:39.32 31.94		
	100m: 59.54 31.35	200m: 2:03.59 32.08	300m: 3:07.38 32.07	400m: 4:09.94 30.62		
7.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	<b>4:13.51</b>	+0,64	654
	50m: 28.91 28.91	150m: 1:31.89 31.88	250m: 2:36.83 32.45	350m: 3:41.06 31.85		
	100m: 1:00.01 31.10	200m: 2:04.38 32.49	300m: 3:09.21 32.38	400m: 4:13.51 32.45		
8.	Joao Andre Neves	95	Academica de Coimbra	<b>4:15.61</b>	+0,67	638
	50m: 28.08 28.08	150m: 1:30.56 31.81	250m: 2:35.45 32.38	350m: 3:42.09 33.86		
	100m: 58.75 30.67	200m: 2:03.07 32.51	300m: 3:08.23 32.78	400m: 4:15.61 33.52		
9.	Andre Filipe Teodoro	95	Naval Setubalense	<b>4:18.86</b>	+0,78	614
	<i>FTL</i>					
	50m: 28.65 28.65	150m: 1:32.99 33.09	250m: 2:40.35 34.17	350m: 3:46.75 33.55		
	100m: 59.90 31.25	200m: 2:06.18 33.19	300m: 3:13.20 32.85	400m: 4:18.86 32.11		
10.	Pedro Veiguiha Martins	96	Braga	<b>4:28.09</b>	+0,80	553
	<i>FTL</i>					
	50m: 28.58 28.58	150m: 1:33.64 33.42	250m: 2:44.08 34.79	350m: 3:53.78 34.45		
	100m: 1:00.22 31.64	200m: 2:09.29 35.65	300m: 3:19.33 35.25	400m: 4:28.09 34.31		
DNS	Joao Duarte Santos	95	Natacao de Olhao			

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Seniores

1.	Luis Emanuel Vaz	91	Famalicao	<b>3:59.86</b>	+0,74	772
	50m: 27.37 27.37	150m: 1:28.37 30.96	250m: 2:29.73 30.65	350m: 3:30.59 30.64		
	100m: 57.41 30.04	200m: 1:59.08 30.71	300m: 2:59.95 30.22	400m: 3:59.86 29.27		
2.	Diogo Filipe Carvalho	88	Galitos	<b>4:02.17</b>	+0,69	750
	50m: 27.75 27.75	150m: 1:29.12 31.12	250m: 2:30.75 30.67	350m: 3:32.75 31.14		
	100m: 58.00 30.25	200m: 2:00.08 30.96	300m: 3:01.61 30.86	400m: 4:02.17 29.42		
3.	Ricardo Ferreira Cotovio	91	Sporting	<b>4:02.70</b>	+0,70	745
	50m: 27.11 27.11	150m: 1:28.12 31.11	250m: 2:29.97 31.04	350m: 3:32.01 31.14		
	100m: 57.01 29.90	200m: 1:58.93 30.81	300m: 3:00.87 30.90	400m: 4:02.70 30.69		
4.	Mario Andre Bonanca	90	Sporting	<b>4:05.23</b>	+0,81	722
	50m: 28.14 28.14	150m: 1:29.21 30.80	250m: 2:31.52 31.01	350m: 3:34.93 31.86		
	100m: 58.41 30.27	200m: 2:00.51 31.30	300m: 3:03.07 31.55	400m: 4:05.23 30.30		
5.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>4:07.09</b>	+0,73	706
	50m: 28.19 28.19	150m: 1:30.29 31.02	250m: 2:32.84 31.44	350m: 3:36.23 31.83		
	100m: 59.27 31.08	200m: 2:01.40 31.11	300m: 3:04.40 31.56	400m: 4:07.09 30.86		
6.	Tiago Silva Oliveira	94	Leixoes	<b>4:07.11</b>	+0,71	706
	50m: 28.57 28.57	150m: 1:30.06 31.15	250m: 2:32.93 31.20	350m: 3:36.24 31.47		
	100m: 58.91 30.34	200m: 2:01.73 31.67	300m: 3:04.77 31.84	400m: 4:07.11 30.87		
7.	Hugo Alberto Ribeiro	88	Gespacos	<b>4:08.17</b>	+0,90	697
	50m: 27.84 27.84	150m: 1:30.11 31.24	250m: 2:33.35 31.13	350m: 3:36.85 31.57		
	100m: 58.87 31.03	200m: 2:02.22 32.11	300m: 3:05.28 31.93	400m: 4:08.17 31.32		
8.	Artiom Viatcheslavovitch Poliakov	93	Estrelas S. Joao Brito	<b>4:08.90</b>	+0,63	691
	50m: 27.45 27.45	150m: 1:30.04 31.56	250m: 2:33.74 31.83	350m: 3:38.13 32.02		
	100m: 58.48 31.03	200m: 2:01.91 31.87	300m: 3:06.11 32.37	400m: 4:08.90 30.77		
9.	Ricardo Manuel Machado	93	Braga	<b>4:09.03</b>	+0,76	690
	50m: 27.67 27.67	150m: 1:29.39 31.45	250m: 2:33.09 31.74	350m: 3:38.56 32.47		
	100m: 57.94 30.27	200m: 2:01.35 31.96	300m: 3:06.09 33.00	400m: 4:09.03 30.47		
10.	Bernardo Leitao Graca	93	Sporting	<b>4:15.67</b>	+0,69	637
	<i>FTL</i>					
	50m: 28.25 28.25	150m: 1:31.25 31.97	250m: 2:36.92 32.98	350m: 3:43.29 33.14		
	100m: 59.28 31.03	200m: 2:03.94 32.69	300m: 3:10.15 33.23	400m: 4:15.67 32.38		