

Prova 18 Masc., 400m Livres 15 - 18 anos  
05-04-2014 - 11:10 Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Recordes Nacionais 50m Jun17	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Jun18	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12-07-2002

TAC-JUN17M Jun17: 4:20.77 / TAC-JUN18M Jun18: 4:17.01 / TAC-JUVAM Juv A: 4:28.29 / TAC-JUVBM Juv B: 4:33.31

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	<b>4:13.99</b>	+0,81	650
	50m: 28.21 28.21	150m: 1:31.19 32.38	250m: 2:36.74 32.81	350m: 3:42.18 32.33		
	100m: 58.81 30.60	200m: 2:03.93 32.74	300m: 3:09.85 33.11	400m: 4:13.99 31.81		
2.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	<b>4:20.75</b>	+0,84	601
	50m: 29.32 29.32	150m: 1:34.29 32.72	250m: 2:41.25 33.51	350m: 3:48.57 33.43		
	100m: 1:01.57 32.25	200m: 2:07.74 33.45	300m: 3:15.14 33.89	400m: 4:20.75 32.18		
3.	Joao Magalhaes Nunes	99	Amadora	<b>4:23.68</b>	+0,83	581
	50m: 29.86 29.86	150m: 1:36.87 34.54	250m: 2:45.55 33.73	350m: 3:51.97 33.46		
	100m: 1:02.33 32.47	200m: 2:11.82 34.95	300m: 3:18.51 32.96	400m: 4:23.68 31.71		
4.	Rui Jorge Matias	99	Vilacondense	<b>4:24.21</b>	+0,91	577
	50m: 29.48 29.48	150m: 1:35.21 33.37	250m: 2:43.83 34.05	350m: 3:52.15 33.65		
	100m: 1:01.84 32.36	200m: 2:09.78 34.57	300m: 3:18.50 34.67	400m: 4:24.21 32.06		
5.	Jose Pedro Fernandes	99	Braga	<b>4:27.27</b>	+0,85	558
	50m: 29.90 29.90	150m: 1:36.77 33.60	250m: 2:45.57 34.55	350m: 3:54.88 34.81		
	100m: 1:03.17 33.27	200m: 2:11.02 34.25	300m: 3:20.07 34.50	400m: 4:27.27 32.39		
6.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	<b>4:27.83</b>	+0,78	554
	50m: 29.14 29.14	150m: 1:35.40 33.18	250m: 2:43.93 34.25	350m: 3:53.85 34.69		
	100m: 1:02.22 33.08	200m: 2:09.68 34.28	300m: 3:19.16 35.23	400m: 4:27.83 33.98		
7.	Manuel Silva Godinho	99	Louletano/Loule Concelho	<b>4:31.74</b>	+0,82	531
	50m: 29.42 29.42	150m: 1:37.56 35.08	250m: 2:49.24 36.15	350m: 3:58.88 34.56		
	100m: 1:02.48 33.06	200m: 2:13.09 35.53	300m: 3:24.32 35.08	400m: 4:31.74 32.86		
8.	Andre Lopes Silva	99	Industrial Viegense	<b>4:32.46</b>	+0,59	526
	50m: 28.84 28.84	150m: 1:36.81 34.88	250m: 2:47.29 34.68	350m: 3:58.56 35.18		
	100m: 1:01.93 33.09	200m: 2:12.61 35.80	300m: 3:23.38 36.09	400m: 4:32.46 33.90		
9.	Nelson Pereira Malheiros	99	Litoral Alentejano	<b>4:33.01</b>	+0,75	523
	50m: 29.66 29.66	150m: 1:37.62 35.06	250m: 2:48.71 35.56	350m: 3:58.96 34.57		
	100m: 1:02.56 32.90	200m: 2:13.15 35.53	300m: 3:24.39 35.68	400m: 4:33.01 34.05		
10.	Duarte Filipe Rodrigues FTL	99	Alges	<b>4:36.20</b>	+0,72	505
	50m: 30.44 30.44	150m: 1:39.26 35.14	250m: 2:50.41 35.99	350m: 4:01.47 35.54		
	100m: 1:04.12 33.68	200m: 2:14.42 35.16	300m: 3:25.93 35.52	400m: 4:36.20 34.73		
11.	Afonso Guilherme Rosa FTL	99	Gualdim Pais	<b>4:47.55</b>	+0,82	448
	50m: 30.36 30.36	150m: 1:41.85 36.51	250m: 2:55.95 37.38	350m: 4:11.43 37.94		
	100m: 1:05.34 34.98	200m: 2:18.57 36.72	300m: 3:33.49 37.54	400m: 4:47.55 36.12		

Prova 18, Masc., 400m Livres

Juvenis A

1.	Joao Alexandre Vital	98	Colegio Monte Maior	<b>4:07.75</b>	+0,69	700
	50m: 28.49 28.49	150m: 1:30.26 31.09	250m: 2:33.63 31.99	350m: 3:37.00 31.68		
	100m: 59.17 30.68	200m: 2:01.64 31.38	300m: 3:05.32 31.69	400m: 4:07.75 30.75		
2.	Guilherme Filipe Pina	98	Benedita	<b>4:11.42</b>	+0,73	670
	50m: 28.24 28.24	150m: 1:30.96 31.42	250m: 2:34.89 31.53	350m: 3:39.54 32.28		
	100m: 59.54 31.30	200m: 2:03.36 32.40	300m: 3:07.26 32.37	400m: 4:11.42 31.88		
3.	Goncalo Miguel Nogueira	98	Porto	<b>4:13.60</b>	+0,68	653
	50m: 28.10 28.10	150m: 1:31.03 32.12	250m: 2:36.60 32.75	350m: 3:43.28 33.24		
	100m: 58.91 30.81	200m: 2:03.85 32.82	300m: 3:10.04 33.44	400m: 4:13.60 30.32		
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	<b>4:17.09</b>	+0,71	627
	50m: 29.06 29.06	150m: 1:33.91 33.11	250m: 2:40.15 33.08	350m: 3:46.16 33.05		
	100m: 1:00.80 31.74	200m: 2:07.07 33.16	300m: 3:13.11 32.96	400m: 4:17.09 30.93		
5.	Joao Costa Ferreira	98	Famalicao	<b>4:18.40</b>	+0,86	617
	50m: 29.22 29.22	150m: 1:35.11 33.47	250m: 2:41.56 33.24	350m: 3:47.48 32.91		
	100m: 1:01.64 32.42	200m: 2:08.32 33.21	300m: 3:14.57 33.01	400m: 4:18.40 30.92		
6.	Rafael Ladeiro Santos	98	Gesloures	<b>4:19.67</b>	+0,74	608
	50m: 29.53 29.53	150m: 1:35.17 33.63	250m: 2:42.65 33.92	350m: 3:48.81 32.94		
	100m: 1:01.54 32.01	200m: 2:08.73 33.56	300m: 3:15.87 33.22	400m: 4:19.67 30.86		
7.	Pedro Goncalves Neto	98	Porto	<b>4:19.82</b>	+0,99	607
	50m: 28.73 28.73	150m: 1:34.37 33.59	250m: 2:40.39 32.73	350m: 3:47.83 34.06		
	100m: 1:00.78 32.05	200m: 2:07.66 33.29	300m: 3:13.77 33.38	400m: 4:19.82 31.99		
8.	Afonso Calais Queiroga	98	Uniao Piedense	<b>4:20.42</b>	+0,64	603
	50m: 29.59 29.59	150m: 1:35.34 33.39	250m: 2:42.03 33.13	350m: 3:48.46 33.21		
	100m: 1:01.95 32.36	200m: 2:08.90 33.56	300m: 3:15.25 33.22	400m: 4:20.42 31.96		
9.	Leandro Fernandes Mota	98	Columbofila Cantanhedense	<b>4:22.46</b>	+0,68	589
	50m: 29.57 29.57	150m: 1:35.14 33.34	250m: 2:43.57 34.12	350m: 3:50.25 33.15		
	100m: 1:01.80 32.23	200m: 2:09.45 34.31	300m: 3:17.10 33.53	400m: 4:22.46 32.21		
10.	Joao Alberto Gondar	98	Vilacondense	<b>4:23.75</b>	+0,73	580
	50m: 29.12 29.12	150m: 1:34.80 33.50	250m: 2:42.22 33.72	350m: 3:50.60 34.32		
	100m: 1:01.30 32.18	200m: 2:08.50 33.70	300m: 3:16.28 34.06	400m: 4:23.75 33.15		
11.	Bruno Jose Silva	98	Braga	<b>4:24.26</b>	+0,95	577
	50m: 29.15 29.15	150m: 1:34.41 33.23	250m: 2:42.64 34.32	350m: 3:51.10 34.14		
	100m: 1:01.18 32.03	200m: 2:08.32 33.91	300m: 3:16.96 34.32	400m: 4:24.26 33.16		
12.	Tiago Carlos Santos	98	Naval Amorense	<b>4:24.34</b>	+0,70	577
	50m: 28.67 28.67	150m: 1:34.28 33.59	250m: 2:42.78 34.44	350m: 3:51.20 34.10		
	100m: 1:00.69 32.02	200m: 2:08.34 34.06	300m: 3:17.10 34.32	400m: 4:24.34 33.14		
13.	Francisco Aguiar Morganho	98	Naval do Funchal	<b>4:25.95</b>	+0,66	566
	50m: 29.59 29.59	150m: 1:36.93 34.30	250m: 2:45.84 34.40	350m: 3:54.09 34.24		
	100m: 1:02.63 33.04	200m: 2:11.44 34.51	300m: 3:19.85 34.01	400m: 4:25.95 31.86		
14.	Joao Luis Maximo	98	O Crasto	<b>4:26.63</b>	+0,75	562
	50m: 28.32 28.32	150m: 1:33.49 33.72	250m: 2:42.80 35.34	350m: 3:52.99 35.26		
	100m: 59.77 31.45	200m: 2:07.46 33.97	300m: 3:17.73 34.93	400m: 4:26.63 33.64		
15.	Jose Diogo Fonseca	98	Nautico Marinha Grande	<b>4:27.98</b>	+0,74	553
	50m: 29.91 29.91	150m: 1:37.46 34.19	250m: 2:46.43 34.69	350m: 3:55.70 34.85		
	100m: 1:03.27 33.36	200m: 2:11.74 34.28	300m: 3:20.85 34.42	400m: 4:27.98 32.28		

Prova 18, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	<b>4:28.34</b>	+0,62	551
	<i>FTL</i>					
	50m: 30.63 30.63	150m: 1:38.49 34.21	250m: 2:47.23 34.12	350m: 3:56.05 34.19		
	100m: 1:04.28 33.65	200m: 2:13.11 34.62	300m: 3:21.86 34.63	400m: 4:28.34 32.29		
17.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	<b>4:29.02</b>	+0,79	547
	<i>FTL</i>					
	50m: 29.59 29.59	150m: 1:35.46 33.70	250m: 2:44.86 34.58	350m: 3:54.74 34.70		
	100m: 1:01.76 32.17	200m: 2:10.28 34.82	300m: 3:20.04 35.18	400m: 4:29.02 34.28		
18.	Diogo Rodrigues Freitas	98	Uniao Piedense	<b>4:29.43</b>	+0,84	544
	<i>FTL</i>					
	50m: 30.10 30.10	150m: 1:37.54 34.71	250m: 2:46.76 34.77	350m: 3:56.04 34.61		
	100m: 1:02.83 32.73	200m: 2:11.99 34.45	300m: 3:21.43 34.67	400m: 4:29.43 33.39		
19.	Paulo Filipe Silva	98	Natacao da Maia	<b>4:29.48</b>	+0,77	544
	<i>FTL</i>					
	50m: 28.86 28.86	150m: 1:36.72 35.01	250m: 2:46.10 34.39	350m: 3:55.77 33.83		
	100m: 1:01.71 32.85	200m: 2:11.71 34.99	300m: 3:21.94 35.84	400m: 4:29.48 33.71		
20.	Leonardo Rochinha Pedro	98	Estoris	<b>4:30.28</b>	+0,75	539
	<i>FTL</i>					
	50m: 28.91 28.91	150m: 1:36.26 34.21	250m: 2:44.37 33.39	350m: 3:55.31 35.49		
	100m: 1:02.05 33.14	200m: 2:10.98 34.72	300m: 3:19.82 35.45	400m: 4:30.28 34.97		
21.	Dario Fausto Matias	98	Torres Novas	<b>4:31.82</b>	+0,77	530
	<i>FTL</i>					
	50m: 30.14 30.14	150m: 1:37.43 33.85	250m: 2:47.43 35.11	350m: 3:57.96 35.06		
	100m: 1:03.58 33.44	200m: 2:12.32 34.89	300m: 3:22.90 35.47	400m: 4:31.82 33.86		
22.	Francisco Rodrigues Antas	98	Desportiva de Viana	<b>4:32.58</b>	+0,90	526
	<i>FTL</i>					
	50m: 29.34 29.34	150m: 1:36.07 34.24	250m: 2:45.74 35.35	350m: 3:57.66 35.70		
	100m: 1:01.83 32.49	200m: 2:10.39 34.32	300m: 3:21.96 36.22	400m: 4:32.58 34.92		
23.	David Miguel Neves	98	Benfica	<b>4:33.64</b>	+0,88	520
	<i>FTL</i>					
	50m: 29.27 29.27	150m: 1:37.48 34.96	250m: 2:48.38 35.40	350m: 3:59.13 35.24		
	100m: 1:02.52 33.25	200m: 2:12.98 35.50	300m: 3:23.89 35.51	400m: 4:33.64 34.51		
24.	Tiago Martins Boleta	98	Louletano/Loule Concelho	<b>4:35.19</b>	+0,70	511
	<i>FTL</i>					
	50m: 30.01 30.01	150m: 1:37.27 34.34	250m: 2:47.41 35.08	350m: 3:59.40 36.55		
	100m: 1:02.93 32.92	200m: 2:12.33 35.06	300m: 3:22.85 35.44	400m: 4:35.19 35.79		
DNS	Joao Santos Mendes	98	Leixoes			

Juniores

1.	Rafael Lourenco Gil	96	Naval Amorense	<b>4:01.81</b>	+0,72	753
	50m: 27.85 27.85	150m: 1:29.29 31.05	250m: 2:30.89 30.72	350m: 3:32.10 30.64		
	100m: 58.24 30.39	200m: 2:00.17 30.88	300m: 3:01.46 30.57	400m: 4:01.81 29.71		
2.	Joao Pedro Belo	97	Sporting	<b>4:03.31</b>	+0,70	739
	50m: 27.20 27.20	150m: 1:27.45 30.75	250m: 2:29.41 31.15	350m: 3:32.12 31.46		
	100m: 56.70 29.50	200m: 1:58.26 30.81	300m: 3:00.66 31.25	400m: 4:03.31 31.19		

Prova 18, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Joao Carlos Santos	96	Naval Amorense	<b>4:05.29</b>	+0,73	722
	50m: 28.68 28.68	150m: 1:30.20 31.04	250m: 2:32.28 30.85	350m: 3:34.89 31.40		
	100m: 59.16 30.48	200m: 2:01.43 31.23	300m: 3:03.49 31.21	400m: 4:05.29 30.40		
4.	Joao Pedro Gil	97	Naval Amorense	<b>4:06.06</b>	+0,68	715
	50m: 28.28 28.28	150m: 1:29.85 31.22	250m: 2:32.76 31.23	350m: 3:35.34 31.23		
	100m: 58.63 30.35	200m: 2:01.53 31.68	300m: 3:04.11 31.35	400m: 4:06.06 30.72		
5.	Guilherme Pereira Dias	97	Sporting	<b>4:09.85</b>	+0,73	683
	50m: 28.23 28.23	150m: 1:31.27 31.61	250m: 2:35.19 31.77	350m: 3:39.25 31.65		
	100m: 59.66 31.43	200m: 2:03.42 32.15	300m: 3:07.60 32.41	400m: 4:09.85 30.60		
6.	Eduardo Salgado Ramos	97	Porto	<b>4:15.38</b>	+0,64	639
	50m: 28.15 28.15	150m: 1:31.71 32.39	250m: 2:35.52 31.70	350m: 3:41.87 33.46		
	100m: 59.32 31.17	200m: 2:03.82 32.11	300m: 3:08.41 32.89	400m: 4:15.38 33.51		
7.	Luis Carlos Oliveira	97	Porto	<b>4:17.23</b>	+0,86	626
	50m: 28.80 28.80	150m: 1:34.04 33.06	250m: 2:40.13 32.90	350m: 3:46.19 33.24		
	100m: 1:00.98 32.18	200m: 2:07.23 33.19	300m: 3:12.95 32.82	400m: 4:17.23 31.04		
8.	Fabio Alcantara Aires	97	Naval Amorense	<b>4:17.40</b>	+0,78	624
	50m: 27.74 27.74	150m: 1:30.32 31.61	250m: 2:35.73 32.71	350m: 3:44.51 34.47		
	100m: 58.71 30.97	200m: 2:03.02 32.70	300m: 3:10.04 34.31	400m: 4:17.40 32.89		
9.	Ruben Jose Morim	97	Vilacondense	<b>4:18.33</b>	+0,76	618
	50m: 29.61 29.61	150m: 1:35.19 33.21	250m: 2:41.23 32.85	350m: 3:47.59 32.50		
	100m: 1:01.98 32.37	200m: 2:08.38 33.19	300m: 3:15.09 33.86	400m: 4:18.33 30.74		
10.	Ricardo Eduardo Afonso	97	Braga	<b>4:18.34</b>	+0,64	618
	50m: 28.56 28.56	150m: 1:32.77 32.44	250m: 2:38.89 32.93	350m: 3:46.05 33.67		
	100m: 1:00.33 31.77	200m: 2:05.96 33.19	300m: 3:12.38 33.49	400m: 4:18.34 32.29		
11.	Carlos Flores Clara	97	Gesloures	<b>4:19.01</b>	+0,83	613
	50m: 28.58 28.58	150m: 1:32.44 32.14	250m: 2:39.82 33.50	350m: 3:46.89 32.88		
	100m: 1:00.30 31.72	200m: 2:06.32 33.88	300m: 3:14.01 34.19	400m: 4:19.01 32.12		
12.	Vitor Joao Pereira	97	Leixoes	<b>4:19.66</b>	+0,86	608
	50m: 28.70 28.70	150m: 1:32.60 32.80	250m: 2:39.70 33.63	350m: 3:46.89 33.68		
	100m: 59.80 31.10	200m: 2:06.07 33.47	300m: 3:13.21 33.51	400m: 4:19.66 32.77		
13.	David Emanuel Martins	97	Braga	<b>4:20.09</b>	+0,94	605
	50m: 28.97 28.97	150m: 1:33.85 32.76	250m: 2:40.92 33.61	350m: 3:48.15 33.79		
	100m: 1:01.09 32.12	200m: 2:07.31 33.46	300m: 3:14.36 33.44	400m: 4:20.09 31.94		
14.	Andre Resende Pinheiro	97	Porto	<b>4:20.91</b>	+0,74	600
	<i>FTL</i>					
	50m: 28.72 28.72	150m: 1:33.15 32.56	250m: 2:40.49 33.57	350m: 3:48.82 34.41		
	100m: 1:00.59 31.87	200m: 2:06.92 33.77	300m: 3:14.41 33.92	400m: 4:20.91 32.09		
15.	Joao Miguel Cardoso	97	Gesloures	<b>4:21.39</b>	+0,78	596
	<i>FTL</i>					
	50m: 29.10 29.10	150m: 1:34.41 33.22	250m: 2:42.03 33.78	350m: 3:49.50 33.29		
	100m: 1:01.19 32.09	200m: 2:08.25 33.84	300m: 3:16.21 34.18	400m: 4:21.39 31.89		
16.	Joao Luis Travanca	97	Fluvial Portuense	<b>4:23.58</b>	+0,74	582
	<i>FTL</i>					
	50m: 29.35 29.35	150m: 1:34.16 32.93	250m: 2:41.91 34.07	350m: 3:50.85 34.55		
	100m: 1:01.23 31.88	200m: 2:07.84 33.68	300m: 3:16.30 34.39	400m: 4:23.58 32.73		

Prova 18, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Miguel Angelo Silvestre	97	Alcobaca	<b>4:24.04</b>	+0,61	578
	<i>FTL</i>					
	50m: 28.94 28.94	150m: 1:34.31 33.04	250m: 2:42.17 33.81	350m: 3:50.10 34.01		
	100m: 1:01.27 32.33	200m: 2:08.36 34.05	300m: 3:16.09 33.92	400m: 4:24.04 33.94		
DNS	Andre Filipe Farinha	96	Benfica			
EXH	Pedro Vicente Calonio	98	Leixoes	<b>4:28.41</b>	+0,76	551
	<i>FTL</i>					
	50m: 30.64 30.64	150m: 1:38.86 34.66	250m: 2:47.57 34.47	350m: 3:55.87 33.83		
	100m: 1:04.20 33.56	200m: 2:13.10 34.24	300m: 3:22.04 34.47	400m: 4:28.41 32.54		