

Prova 10  
01-11-2014

Masc., 400m Livres

Absolutos  
Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Recordes Nacionais 25m Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	29-03-2014
Recordes Nacionais 25m Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Recordes Nacionais 25m Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Recordes Nacionais 25m Jun17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recordes Nacionais 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2014

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rodrigo Martins Gomes	98	121195	FC Ferreiras	<b>4:20.30</b>	+0,81	542	22
	50m: 29.30 29.30			150m: 1:33.13 32.42	250m: 2:39.92 33.71	350m: 3:47.61 33.94		
	100m: 1:00.71 31.41			200m: 2:06.21 33.08	300m: 3:13.67 33.75	400m: 4:20.30 32.69		
2.	Tiago Filipe Campos	99	116573	Scalabiswim	<b>4:24.89</b>	+1,03	514	20
	50m: 30.56 30.56			150m: 1:37.76 33.55	250m: 2:45.16 33.59	350m: 3:52.64 33.40		
	100m: 1:04.21 33.65			200m: 2:11.57 33.81	300m: 3:19.24 34.08	400m: 4:24.89 32.25		
3.	Albino David Almeida	99	125643	O Crasto	<b>4:25.89</b>	+0,83	508	19
	50m: 29.58 29.58			150m: 1:37.46 34.35	250m: 2:46.00 34.34	350m: 3:54.32 33.63		
	100m: 1:03.11 33.53			200m: 2:11.66 34.20	300m: 3:20.69 34.69	400m: 4:25.89 31.57		
4.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	<b>4:26.10</b>	+0,89	507	18
	50m: 29.32 29.32			150m: 1:36.39 33.90	250m: 2:44.98 34.45	350m: 3:53.93 34.57		
	100m: 1:02.49 33.17			200m: 2:10.53 34.14	300m: 3:19.36 34.38	400m: 4:26.10 32.17		
5.	Joao Soares Melo	98	121433	Estamos Juntos	<b>4:28.30</b>	+0,84	495	17
	50m: 29.48 29.48			150m: 1:36.30 33.84	250m: 2:44.74 34.30	350m: 3:53.93 34.46		
	100m: 1:02.46 32.98			200m: 2:10.44 34.14	300m: 3:19.47 34.73	400m: 4:28.30 34.37		
6.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	<b>4:29.83</b>	+0,91	486	16
	50m: 31.17 31.17			150m: 1:38.05 33.57	250m: 2:46.86 34.64	350m: 3:56.00 34.55		
	100m: 1:04.48 33.31			200m: 2:12.22 34.17	300m: 3:21.45 34.59	400m: 4:29.83 33.83		
	Francisco Jorge Rodrigues	99	109862	Natacao de Braganca	<b>4:29.83</b>	+0,98	486	16
	50m: 29.98 29.98			150m: 1:37.62 34.29	250m: 2:47.92 35.02	350m: 3:57.55 34.78		
	100m: 1:03.33 33.35			200m: 2:12.90 35.28	300m: 3:22.77 34.85	400m: 4:29.83 32.28		
8.	Pedro Pereira Lopes	99	127118	BUZIOS-Coruche	<b>4:30.49</b>	+0,82	483	14
	50m: 32.17 32.17			150m: 1:44.31 36.18	250m: 2:50.78 32.26	350m: 3:57.42 33.40		
	100m: 1:08.13 35.96			200m: 2:18.52 34.21	300m: 3:24.02 33.24	400m: 4:30.49 33.07		
9.	Bernardo Meneses Barradas	00	118978	Condeixa Clube	<b>4:32.31</b>	+0,72	473	13
	50m: 30.52 30.52			150m: 1:37.80 34.32	250m: 2:47.77 34.92	350m: 3:58.27 35.22		
	100m: 1:03.48 32.96			200m: 2:12.85 35.05	300m: 3:23.05 35.28	400m: 4:32.31 34.04		
10.	Ivo Manuel Reis	93	129149	A Atletico	<b>4:35.18</b>	+0,87	458	12
	50m: 29.20 29.20			150m: 1:37.11 34.71	250m: 2:48.88 35.55	350m: 4:01.02 36.14		
	100m: 1:02.40 33.20			200m: 2:13.33 36.22	300m: 3:24.88 36.00	400m: 4:35.18 34.16		
11.	Frederico Antunes Silva	95	25578	Nautica do Seixal	<b>4:36.87</b>	+0,68	450	11
	50m: 28.67 28.67			150m: 1:36.12 34.37	250m: 2:47.73 36.03	350m: 4:00.98 36.87		
	100m: 1:01.75 33.08			200m: 2:11.70 35.58	300m: 3:24.11 36.38	400m: 4:36.87 35.89		
12.	Pedro Pereira Calvao	00	120684	Flavitus	<b>4:47.99</b>	+0,78	400	10
	50m: 30.79 30.79			150m: 1:41.91 36.76	250m: 2:57.30 38.09	350m: 4:13.13 37.97		
	100m: 1:05.15 34.36			200m: 2:19.21 37.30	300m: 3:35.16 37.86	400m: 4:47.99 34.86		
13.	Francisco Santos Valfreixo	99	117155	Sport de Mirandela	<b>4:49.26</b>	+0,80	395	9
	50m: 31.00 31.00			150m: 1:43.46 37.25	250m: 2:59.10 37.82	350m: 4:12.93 36.12		
	100m: 1:06.21 35.21			200m: 2:21.28 37.82	300m: 3:36.81 37.71	400m: 4:49.26 36.33		
14.	Joao Courelas Goncalves	97	107282	Nucleo de Pombal	<b>4:51.62</b>	+0,90	385	8
	50m: 29.45 29.45			150m: 1:40.23 36.48	250m: 2:56.29 38.50	350m: 4:14.23 38.76		
	100m: 1:03.75 34.30			200m: 2:17.79 37.56	300m: 3:35.47 39.18	400m: 4:51.62 37.39		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Marcio Gregorio Neves	83	129091	Salvaterra de Magos	<b>4:53.90</b>	+0,88	376	7
	50m: 32.65 32.65		150m: 1:44.65	36.45	250m: 3:00.58	38.21	350m: 4:17.51	38.71
	100m: 1:08.20 35.55		200m: 2:22.37	37.72	300m: 3:38.80	38.22	400m: 4:53.90	36.39
16.	Goncalo Fernando Ferreira	94	121734	Penafiel	<b>4:53.96</b>	+0,89	376	6
	50m: 32.64 32.64		150m: 1:45.49	36.95	250m: 3:01.61	38.64	350m: 4:18.99	38.71
	100m: 1:08.54 35.90		200m: 2:22.97	37.48	300m: 3:40.28	38.67	400m: 4:53.96	34.97
17.	Francisco Quadros Cascalho	97	116792	Terceira Auto Clube	<b>4:59.21</b>	+0,72	356	5
	50m: 31.09 31.09		150m: 1:44.40	37.19	250m: 3:01.25	38.65	350m: 4:21.95	40.50
	100m: 1:07.21 36.12		200m: 2:22.60	38.20	300m: 3:41.45	40.20	400m: 4:59.21	37.26
18.	Henrique Maieiro Amorim	01	125010	Naval Povoense	<b>5:17.64</b>	+0,81	298	4
	50m: 34.02 34.02		150m: 1:52.59	39.85	250m: 3:15.00	41.67	350m: 4:39.08	41.98
	100m: 1:12.74 38.72		200m: 2:33.33	40.74	300m: 3:57.10	42.10	400m: 5:17.64	38.56
19.	Manuel Landeiro Alves	02	122314	Naval Praia da Vitoria	<b>5:20.57</b>	+0,73	290	3
	50m: 36.39 36.39		150m: 1:58.52	41.67	250m: 3:20.87	41.24	350m: 4:42.64	40.96
	100m: 1:16.85 40.46		200m: 2:39.63	41.11	300m: 4:01.68	40.81	400m: 5:20.57	37.93
20.	Duarte Almeida Soares	01	124850	Campinho	<b>5:29.19</b>	+0,96	268	2
	50m: 36.31 36.31		150m: 1:59.54	42.12	250m: 3:24.46	42.38	350m: 4:48.18	42.37
	100m: 1:17.42 41.11		200m: 2:42.08	42.54	300m: 4:05.81	41.35	400m: 5:29.19	41.01
21.	Pedro Miguel Cruz	01	130287	Natacao da Guarda	<b>5:51.36</b>	+0,83	220	1
	50m: 36.25 36.25		150m: 2:04.00	45.28	250m: 3:35.23	46.23	350m: 5:07.80	45.93
	100m: 1:18.72 42.47		200m: 2:49.00	45.00	300m: 4:21.87	46.64	400m: 5:51.36	43.56