

Prova 10
06-12-2014

Masc., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec Nac Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec Nac Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	29-03-2014
Rec Nac Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Rec Nac Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Rec Nac Jun17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Rec Nac Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec Nac 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.	Jose Ricardo Sousa	97	105759	Lousada SXXI	4:12.23	+0,83	595	25
	50m: 27.43 27.43		150m: 1:30.95 32.38	250m: 2:36.98 32.99	350m: 3:42.08 32.44			
	100m: 58.57 31.14		200m: 2:03.99 33.04	300m: 3:09.64 32.66	400m: 4:12.23 30.15			
2.	Rodrigo Martins Gomes	98	121195	FC Ferreiras	4:13.21	+0,89	588	23
	50m: 28.42 28.42		150m: 1:31.38 31.84	250m: 2:36.48 32.45	350m: 3:41.97 32.71			
	100m: 59.54 31.12		200m: 2:04.03 32.65	300m: 3:09.26 32.78	400m: 4:13.21 31.24			
3.	Dario Fausto Matias	98	106690	Torres Novas	4:16.37	+0,81	567	22
	50m: 29.14 29.14		150m: 1:34.02 32.70	250m: 2:39.57 32.69	350m: 3:44.91 32.41			
	100m: 1:01.32 32.18		200m: 2:06.88 32.86	300m: 3:12.50 32.93	400m: 4:16.37 31.46			
4.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	4:20.41	+0,84	541	21
	50m: 29.10 29.10		150m: 1:33.97 33.12	250m: 2:40.27 32.96	350m: 3:47.82 33.96			
	100m: 1:00.85 31.75		200m: 2:07.31 33.34	300m: 3:13.86 33.59	400m: 4:20.41 32.59			
5.	Tiago Filipe Campos	99	116573	Scalabiswim	4:21.34	+0,95	535	20
	50m: 29.53 29.53		150m: 1:35.75 33.58	250m: 2:43.69 34.12	350m: 3:50.58 32.97			
	100m: 1:02.17 32.64		200m: 2:09.57 33.82	300m: 3:17.61 33.92	400m: 4:21.34 30.76			
6.	Diogo Filipe Teodoro	99	105897	Natacao da Maia	4:24.51	+0,69	516	19
	50m: 28.89 28.89		150m: 1:36.19 34.22	250m: 2:44.86 34.29	350m: 3:52.69 33.89			
	100m: 1:01.97 33.08		200m: 2:10.57 34.38	300m: 3:18.80 33.94	400m: 4:24.51 31.82			
7.	Joao Soares Melo	98	121433	Estamos Juntos	4:24.99	+0,83	513	18
	50m: 28.99 28.99		150m: 1:35.18 33.99	250m: 2:43.05 33.86	350m: 3:51.03 34.07			
	100m: 1:01.19 32.20		200m: 2:09.19 34.01	300m: 3:16.96 33.91	400m: 4:24.99 33.96			
8.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	4:25.38	+0,69	511	17
	50m: 29.58 29.58		150m: 1:34.42 33.03	250m: 2:43.12 34.76	350m: 3:52.95 34.93			
	100m: 1:01.39 31.81		200m: 2:08.36 33.94	300m: 3:18.02 34.90	400m: 4:25.38 32.43			
9.	Goncalo Duarte Santos	00	111095	Natacao de Faro	4:25.54	+0,88	510	16
	50m: 29.77 29.77		150m: 1:36.97 33.84	250m: 2:45.56 34.10	350m: 3:53.69 33.81			
	100m: 1:03.13 33.36		200m: 2:11.46 34.49	300m: 3:19.88 34.32	400m: 4:25.54 31.85			
10.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	4:26.48	+0,83	505	15
	50m: 30.49 30.49		150m: 1:37.31 33.84	250m: 2:44.70 33.60	350m: 3:53.22 34.14			
	100m: 1:03.47 32.98		200m: 2:11.10 33.79	300m: 3:19.08 34.38	400m: 4:26.48 33.26			
11.	Gino Santos Caetano	94	18331	Sporting de Aveiro	4:27.66	+0,87	498	14
	50m: 30.10 30.10		150m: 1:36.11 33.44	250m: 2:44.68 34.61	350m: 3:54.34 34.85			
	100m: 1:02.67 32.57		200m: 2:10.07 33.96	300m: 3:19.49 34.81	400m: 4:27.66 33.32			
12.	Rui Jorge Lopes	00	112726	CLAC-Entroncamento	4:27.72	+0,80	498	13
	50m: 29.86 29.86		150m: 1:37.38 34.55	250m: 2:45.78 33.24	350m: 3:54.31 33.67			
	100m: 1:02.83 32.97		200m: 2:12.54 35.16	300m: 3:20.64 34.86	400m: 4:27.72 33.41			
13.	Bernardo Meneses Barradas	00	118978	Condeixa Clube	4:28.58	+0,72	493	12
	50m: 30.16 30.16		150m: 1:37.40 33.81	250m: 2:46.29 34.40	350m: 3:54.66 33.88			
	100m: 1:03.59 33.43		200m: 2:11.89 34.49	300m: 3:20.78 34.49	400m: 4:28.58 33.92			
14.	Joao Carlos Pereira	94	100068	Nacional de Natacao	4:32.14	+0,85	474	11
	50m: 30.20 30.20		150m: 1:37.96 34.46	250m: 2:47.52 34.80	350m: 3:58.11 35.29			
	100m: 1:03.50 33.30		200m: 2:12.72 34.76	300m: 3:22.82 35.30	400m: 4:32.14 34.03			

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Diogo Alexandre Pacheco	99	121684	Bombeiros Ponta Delgada	4:32.74	+0,78	471	10
	50m: 30.36 30.36		150m: 1:39.79 35.17	250m: 2:51.78	35.99	350m: 4:02.51 34.80		
	100m: 1:04.62 34.26		200m: 2:15.79 36.00	300m: 3:27.71	35.93	400m: 4:32.74 30.23		
16.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	4:33.96	+0,76	465	9
	50m: 30.30 30.30		150m: 1:38.47 34.62	250m: 2:49.46	35.42	350m: 4:00.56 35.10		
	100m: 1:03.85 33.55		200m: 2:14.04 35.57	300m: 3:25.46	36.00	400m: 4:33.96 33.40		
17.	Frederico Antunes Silva	95	25578	Nautica do Seixal	4:34.25	+0,68	463	8
	50m: 30.42 30.42		150m: 1:39.20 34.71	250m: 2:49.96	35.34	350m: 4:00.81 35.07		
	100m: 1:04.49 34.07		200m: 2:14.62 35.42	300m: 3:25.74	35.78	400m: 4:34.25 33.44		
18.	Pedro Pereira Lopes	99	127118	BUZIOS - Coruche	4:35.12	+0,75	459	7
	50m: 31.45 31.45		150m: 1:41.33 35.44	250m: 2:51.73	34.45	350m: 4:01.39 34.17		
	100m: 1:05.89 34.44		200m: 2:17.28 35.95	300m: 3:27.22	35.49	400m: 4:35.12 33.73		
19.	Bernardo Antunes Augusto	00	122518	Naval Setubalense	4:38.43	+0,77	442	6
	50m: 29.58 29.58		150m: 1:37.20 34.67	250m: 2:48.84	36.10	350m: 4:03.50 36.86		
	100m: 1:02.53 32.95		200m: 2:12.74 35.54	300m: 3:26.64	37.80	400m: 4:38.43 34.93		
20.	Vasco Capela Tavares	99	109391	Sporting de Espinho	4:43.30	+1,00	420	5
	50m: 30.77 30.77		150m: 1:42.09 36.64	250m: 2:55.55	36.34	350m: 4:07.86 36.19		
	100m: 1:05.45 34.68		200m: 2:19.21 37.12	300m: 3:31.67	36.12	400m: 4:43.30 35.44		
21.	Vasco Manuel Reis	00	129145	Atletico	4:44.20	+0,74	416	4
	50m: 31.04 31.04		150m: 1:42.21 36.55	250m: 2:55.07	36.48	350m: 4:09.59 37.20		
	100m: 1:05.66 34.62		200m: 2:18.59 36.38	300m: 3:32.39	37.32	400m: 4:44.20 34.61		
22.	Goncalo Fernando Ferreira	94	121734	Penafiel	4:45.93	+0,92	409	3
	50m: 30.85 30.85		150m: 1:40.92 35.89	250m: 2:54.20	37.06	350m: 4:10.35 38.32		
	100m: 1:05.03 34.18		200m: 2:17.14 36.22	300m: 3:32.03	37.83	400m: 4:45.93 35.58		
23.	Manuel Jose Lucas	97	101067	Nucleo Sportinguista Terceira	4:54.76	+0,79	373	2
	50m: 30.96 30.96		150m: 1:42.73 36.54	250m: 2:58.46	38.24	350m: 4:16.56 39.51		
	100m: 1:06.19 35.23		200m: 2:20.22 37.49	300m: 3:37.05	38.59	400m: 4:54.76 38.20		
24.	Bernardo Teixeira Quintela	97	112083	Nucleo Sportinguista Golega	5:23.97	+1,09	281	1
	50m: 37.03 37.03		150m: 1:57.52 40.57	250m: 3:18.96	40.67	350m: 4:42.61 41.63		
	100m: 1:16.95 39.92		200m: 2:38.29 40.77	300m: 4:00.98	42.02	400m: 5:23.97 41.36		