

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.	Guilherme Filipe Pina	98	107450	Benedita	4:00.65	+0,74	686	25
	50m: 28.43 28.43		150m: 1:29.79	30.69	250m: 2:30.15	29.88	350m: 3:31.09	30.55
	100m: 59.10 30.67		200m: 2:00.27	30.48	300m: 3:00.54	30.39	400m: 4:00.65	29.56
2.	Bruno Miguel Ramos	97	109110	Belenenses	4:05.70	+0,65	644	23
	50m: 27.90 27.90		150m: 1:30.07	31.29	250m: 2:31.74	30.68	350m: 3:35.10	31.55
	100m: 58.78 30.88		200m: 2:01.06	30.99	300m: 3:03.55	31.81	400m: 4:05.70	30.60
3.	Tomas Gomes Oliveira	99	112715	Nautico da Marinha Grande	4:06.59	+0,86	637	22
	50m: 28.30 28.30		150m: 1:30.19	31.20	250m: 2:32.94	31.19	350m: 3:35.93	31.59
	100m: 58.99 30.69		200m: 2:01.75	31.56	300m: 3:04.34	31.40	400m: 4:06.59	30.66
4.	Andre Vilas Ruivo	00	112718	Ba/Bomcar	4:09.05	+0,80	618	21
	50m: 28.95 28.95		150m: 1:32.10	31.84	250m: 2:35.51	31.75	350m: 3:39.14	31.90
	100m: 1:00.26 31.31		200m: 2:03.76	31.66	300m: 3:07.24	31.73	400m: 4:09.05	29.91
5.	Rafael Ladeiro Santos	98	117122	Gesloures	4:09.25	+0,83	617	20
	50m: 28.69 28.69		150m: 1:31.47	31.72	250m: 2:35.16	32.01	350m: 3:38.92	31.63
	100m: 59.75 31.06		200m: 2:03.15	31.68	300m: 3:07.29	32.13	400m: 4:09.25	30.33
6.	Pedro Rafael Garcia	96	123689	Academico Viseu	4:09.32	+0,80	616	19
	50m: 28.63 28.63		150m: 1:31.24	31.56	250m: 2:35.45	32.22	350m: 3:39.43	32.04
	100m: 59.68 31.05		200m: 2:03.23	31.99	300m: 3:07.39	31.94	400m: 4:09.32	29.89
7.	Eduardo Manuel Goncalves	98	112562	Naval de Ponta Delgada	4:12.90	+0,79	591	18
	50m: 28.78 28.78		150m: 1:32.64	32.45	250m: 2:37.63	32.28	350m: 3:42.84	32.35
	100m: 1:00.19 31.41		200m: 2:05.35	32.71	300m: 3:10.49	32.86	400m: 4:12.90	30.06
8.	Carlos Daniel Ramos	96	110520	Estarreja	4:12.93	+0,79	590	17
	50m: 29.35 29.35		150m: 1:33.13	31.81	250m: 2:36.88	31.82	350m: 3:41.35	32.04
	100m: 1:01.32 31.97		200m: 2:05.06	31.93	300m: 3:09.31	32.43	400m: 4:12.93	31.58
9.	Daniel Filipe Cazeiro	97	104378	Laranjeiro	4:14.85	+0,78	577	16
	50m: 28.23 28.23		150m: 1:30.74	31.78	250m: 2:35.41	32.44	350m: 3:42.02	33.47
	100m: 58.96 30.73		200m: 2:02.97	32.23	300m: 3:08.55	33.14	400m: 4:14.85	32.83
10.	Miguel Angelo Silvestre	97	103538	Alcobaca	4:14.90	+0,70	577	15
	50m: 28.47 28.47		150m: 1:30.64	31.28	250m: 2:35.49	32.66	350m: 3:41.90	33.32
	100m: 59.36 30.89		200m: 2:02.83	32.19	300m: 3:08.58	33.09	400m: 4:14.90	33.00
11.	Leonardo Rochinha Pedro	98	111381	Estoris	4:17.18	+0,83	562	14
	50m: 28.99 28.99		150m: 1:32.40	31.62	250m: 2:37.77	32.95	350m: 3:44.47	33.18
	100m: 1:00.78 31.79		200m: 2:04.82	32.42	300m: 3:11.29	33.52	400m: 4:17.18	32.71
12.	Filipe Ricardo Azevedo	93	14907	Aminata	4:17.72	+0,76	558	13
	50m: 29.20 29.20		150m: 1:33.89	32.29	250m: 2:39.92	32.90	350m: 3:45.83	32.74
	100m: 1:01.60 32.40		200m: 2:07.02	33.13	300m: 3:13.09	33.17	400m: 4:17.72	31.89
13.	Humberto Fernandes Felgueir	98	105205	Natacao de Valongo	4:19.60	+0,85	546	12
	50m: 29.59 29.59		150m: 1:34.03	32.34	250m: 2:39.44	32.84	350m: 3:46.21	33.44
	100m: 1:01.69 32.10		200m: 2:06.60	32.57	300m: 3:12.77	33.33	400m: 4:19.60	33.39
14.	Vitor Monteiro Cunha	97	110625	Fafe	4:21.25	+0,82	536	11
	50m: 29.18 29.18		150m: 1:35.20	33.77	250m: 2:43.07	33.68	350m: 3:49.01	31.42
	100m: 1:01.43 32.25		200m: 2:09.39	34.19	300m: 3:17.59	34.52	400m: 4:21.25	32.24

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Alexandre Ferreira Amorim	99	103953	Colegio SMLamas	4:22.18	+0,81	530	10
	50m: 30.29 30.29		150m: 1:35.75	33.35	250m: 2:43.01	33.64	350m: 3:49.89	33.49
	100m: 1:02.40 32.11		200m: 2:09.37	33.62	300m: 3:16.40	33.39	400m: 4:22.18	32.29
16.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	4:22.43	+0,71	529	9
	50m: 29.46 29.46		150m: 1:34.58	33.01	250m: 2:41.43	33.77	350m: 3:48.92	33.90
	100m: 1:01.57 32.11		200m: 2:07.66	33.08	300m: 3:15.02	33.59	400m: 4:22.43	33.51
17.	Afonso Filipe Gaspar	97	109947	Nautico Abrantes	4:24.96	+0,88	514	8
	50m: 29.17 29.17		150m: 1:35.01	33.71	250m: 2:43.50	34.14	350m: 3:51.87	33.93
	100m: 1:01.30 32.13		200m: 2:09.36	34.35	300m: 3:17.94	34.44	400m: 4:24.96	33.09
18.	Miguel Duarte Pereira	00	123264	Natacao Olhao	4:25.06	+0,84	513	7
	50m: 29.61 29.61		150m: 1:35.78	33.41	250m: 2:44.08	34.37	350m: 3:52.61	34.02
	100m: 1:02.37 32.76		200m: 2:09.71	33.93	300m: 3:18.59	34.51	400m: 4:25.06	32.45
19.	Bernardo Filipe Pereira	96	116967	Pimpoes/Cimai	4:25.38	+0,77	511	6
	50m: 29.05 29.05		150m: 1:34.68	33.34	250m: 2:42.75	34.13	350m: 3:51.97	34.24
	100m: 1:01.34 32.29		200m: 2:08.62	33.94	300m: 3:17.73	34.98	400m: 4:25.38	33.41
20.	Nuno Tiago Lopes	98	110423	Ginasio de Vila Real	4:25.43	+0,66	511	5
	50m: 29.81 29.81		150m: 1:35.09	33.25	250m: 2:42.10	33.55	350m: 3:50.69	34.61
	100m: 1:01.84 32.03		200m: 2:08.55	33.46	300m: 3:16.08	33.98	400m: 4:25.43	34.74
21.	Renato Torre Oliveira	99	118157	Viana Natacao	4:32.06	+0,78	474	4
	50m: 29.18 29.18		150m: 1:35.35	34.15	250m: 2:44.56	34.46	350m: 3:56.96	36.04
	100m: 1:01.20 32.02		200m: 2:10.10	34.75	300m: 3:20.92	36.36	400m: 4:32.06	35.10
22.	Albino Manuel Goncalves	99	123698	Vitoria de Guimaraes/Olicargo	4:33.59	+0,75	466	3
	50m: 30.31 30.31		150m: 1:38.26	34.46	250m: 2:48.76	35.28	350m: 3:59.62	35.28
	100m: 1:03.80 33.49		200m: 2:13.48	35.22	300m: 3:24.34	35.58	400m: 4:33.59	33.97
23.	Domingos Tiago Pinheiro	98	118328	Ginasio Santo Tirso	4:35.11	+0,72	459	2
	50m: 29.84 29.84		150m: 1:37.75	34.44	250m: 2:48.37	35.34	350m: 4:00.07	35.82
	100m: 1:03.31 33.47		200m: 2:13.03	35.28	300m: 3:24.25	35.88	400m: 4:35.11	35.04
24.	Joao Miguel Lopes	96	103344	Electrico Clube	4:47.77	+0,77	401	1
	50m: 31.58 31.58		150m: 1:39.88	34.82	250m: 2:53.07	37.09	350m: 4:09.83	38.40
	100m: 1:05.06 33.48		200m: 2:15.98	36.10	300m: 3:31.43	38.36	400m: 4:47.77	37.94