

Prova 10 31-10-2015	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 Jun 1	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Rec Nac Jun 2	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 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafael Gomes Simoes	00	119705	Amigos da Montanha	<b>4:12.95</b>		590	23,00
	50m: 27.88 27.88		150m: 1:30.20 31.64	250m: 2:35.42 32.83		350m: 3:41.13 33.02		
	100m: 58.56 30.68		200m: 2:02.59 32.39	300m: 3:08.11 32.69		400m: 4:12.95 31.82		
2.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	<b>4:15.65</b>		572	21,00
	50m: 29.49 29.49		150m: 1:34.23 32.79	250m: 2:39.44 32.61		350m: 3:44.23 32.24		
	100m: 1:01.44 31.95		200m: 2:06.83 32.60	300m: 3:11.99 32.55		400m: 4:15.65 31.42		
3.	Ivo Manuel Reis	93	129149	Atletico	<b>4:19.43</b>		547	20,00
	50m: 28.17 28.17		150m: 1:32.60 32.96	250m: 2:40.35 33.86		350m: 3:47.81 33.83		
	100m: 59.64 31.47		200m: 2:06.49 33.89	300m: 3:13.98 33.63		400m: 4:19.43 31.62		
4.	Andre Lopes Silva	99	117819	Vieirense	<b>4:21.53</b>		534	19,00
	50m: 28.53 28.53		150m: 1:33.50 33.43	250m: 2:40.79 34.05		350m: 3:48.46 33.79		
	100m: 1:00.07 31.54		200m: 2:06.74 33.24	300m: 3:14.67 33.88		400m: 4:21.53 33.07		
5.	Albino David Almeida	99	125643	O Crasto	<b>4:25.94</b>		508	18,00
	50m: 29.67 29.67		150m: 1:36.64 33.79	250m: 2:44.57 34.08		350m: 3:53.34 34.43		
	100m: 1:02.85 33.18		200m: 2:10.49 33.85	300m: 3:18.91 34.34		400m: 4:25.94 32.60		
6.	Goncalo Faria Saldida	99	116645	Natacao do Tejo	<b>4:28.97</b>		491	17,00
	50m: 29.96 29.96		150m: 1:37.05 34.34	250m: 2:45.62 34.25		350m: 3:55.71 35.23		
	100m: 1:02.71 32.75		200m: 2:11.37 34.32	300m: 3:20.48 34.86		400m: 4:28.97 33.26		
7.	Leandro Rosa Fernandes	99	153431	Cultura e Desporto	<b>4:29.76</b>		487	16,00
	50m: 29.08 29.08		150m: 1:35.83 34.30	250m: 2:46.05 35.33		350m: 3:56.67 35.00		
	100m: 1:01.53 32.45		200m: 2:10.72 34.89	300m: 3:21.67 35.62		400m: 4:29.76 33.09		
8.	Bernardo Antunes Augusto	00	122518	Naval Setubalense	<b>4:31.63</b>		477	15,00
	50m: 30.98 30.98		150m: 1:37.58 33.54	250m: 2:46.43 34.55		350m: 3:57.72 36.04		
	100m: 1:04.04 33.06		200m: 2:11.88 34.30	300m: 3:21.68 35.25		400m: 4:31.63 33.91		
9.	Eduardo Gomes Fernandes	02	117625	Hoquei Mealhada/ CA	<b>4:33.39</b>		467	14,00
	50m: 30.61 30.61		150m: 1:39.90 35.12	250m: 2:50.62 35.37		350m: 4:01.15 34.91		
	100m: 1:04.78 34.17		200m: 2:15.25 35.35	300m: 3:26.24 35.62		400m: 4:33.39 32.24		
10.	Francisco Santos Valfreixo	99	117155	Mirandela	<b>4:34.08</b>		464	13,00
	50m: 30.00 30.00		150m: 1:37.85 34.79	250m: 2:48.36 35.50		350m: 4:00.38 35.74		
	100m: 1:03.06 33.06		200m: 2:12.86 35.01	300m: 3:24.64 36.28		400m: 4:34.08 33.70		
11.	Miguel Angelo Caetano	01	117933	Naval da Nazare	<b>4:37.47</b>		447	12,00
	50m: 30.99 30.99		150m: 1:42.19 36.38	250m: 2:54.03 35.65		350m: 4:04.62 35.03		
	100m: 1:05.81 34.82		200m: 2:18.38 36.19	300m: 3:29.59 35.56		400m: 4:37.47 32.85		
12.	Luis Pedro Farinha	00	122085	CCDSerta	<b>4:39.42</b>		438	11,00
	50m: 30.16 30.16		150m: 1:38.56 34.58	250m: 2:50.59 36.57		350m: 4:04.48 37.09		
	100m: 1:03.98 33.82		200m: 2:14.02 35.46	300m: 3:27.39 36.80		400m: 4:39.42 34.94		
13.	Hugo Azurara Vieira	01	125011	Naval Povoense	<b>4:39.51</b>		437	10,00
	50m: 30.58 30.58		150m: 1:39.80 35.17	250m: 2:51.68 36.19		350m: 4:04.37 36.32		
	100m: 1:04.63 34.05		200m: 2:15.49 35.69	300m: 3:28.05 36.37		400m: 4:39.51 35.14		

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Rodrigo Filipe Policarpo	96	109088	Albicastrense	<b>4:44.11</b>		416	9,00
	50m: 30.74 30.74		150m: 1:41.72 36.00	250m: 2:55.44 36.87	350m: 4:09.30 36.61		34.81	
	100m: 1:05.72 34.98		200m: 2:18.57 36.85	300m: 3:32.69 37.25	400m: 4:44.11 34.81			
15.	Marcio Gregorio Neves	83	129091	Salvaterra de Magos	<b>4:44.56</b>		414	8,00
	50m: 31.23 31.23		150m: 1:41.03 35.62	250m: 2:54.86 37.17	350m: 4:09.01 37.04		35.55	
	100m: 1:05.41 34.18		200m: 2:17.69 36.66	300m: 3:31.97 37.11	400m: 4:44.56 35.55			
16.	Manuel Landeiro Alves	02	122314	Naval Praia Vitoria	<b>4:44.75</b>		414	7,00
	50m: 31.11 31.11		150m: 1:43.40 36.82	250m: 2:57.18 37.26	350m: 4:10.43 39.63		34.32	
	100m: 1:06.58 35.47		200m: 2:19.92 36.52	300m: 3:30.80 33.62	400m: 4:44.75 34.32			
17.	Simao Pedro Dias	02	124544	Natacao Guarda	<b>4:52.81</b>		380	6,00
	50m: 31.79 31.79		150m: 1:45.06 37.30	250m: 2:59.97 37.22	350m: 4:16.70 38.30		36.11	
	100m: 1:07.76 35.97		200m: 2:22.75 37.69	300m: 3:38.40 38.43	400m: 4:52.81 36.11			
18.	Andre Botelho Azevedo	02	119012	Nucleo Sportinguista Terceira	<b>4:57.18</b>		364	5,00
	50m: 32.83 32.83		150m: 1:48.20 37.91	250m: 3:04.21 38.85	350m: 4:19.65 38.88		37.53	
	100m: 1:10.29 37.46		200m: 2:25.36 37.16	300m: 3:40.77 36.56	400m: 4:57.18 37.53			
19.	Claudio Andre Jesus	00	125097	Flavitus	<b>5:08.39</b>		326	4,00
	50m: 36.05 36.05		150m: 1:52.86 39.06	250m: 3:11.29 39.26	350m: 4:31.17 40.14		37.22	
	100m: 1:13.80 37.75		200m: 2:32.03 39.17	300m: 3:51.03 39.74	400m: 5:08.39 37.22			
20.	Ricardo Jorge Jose	02	125208	Colegio Bernardette Romeira	<b>5:15.33</b>		304	3,00
	50m: 35.48 35.48		150m: 1:55.78 40.30	250m: 3:16.17 40.17	350m: 4:37.25 40.27		38.08	
	100m: 1:15.48 40.00		200m: 2:36.00 40.22	300m: 3:56.98 40.81	400m: 5:15.33 38.08			
21.	Hugo Trindade Sachim	03	126920	Campomaiorense	<b>6:12.67</b>		184	2,00
	50m: 40.57 40.57		150m: 2:13.09 47.52	250m: 3:50.66 48.69	350m: 5:29.09 48.62		43.58	
	100m: 1:25.57 45.00		200m: 3:01.97 48.88	300m: 4:40.47 49.81	400m: 6:12.67 43.58			
DSQ	Joao Pedro Freire	00	129265	Nucleo Ansiao				-
	403 - Falsa partida - SW 4.4							

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