

Prova 10
28-11-2015

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 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 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Nathan Keith Theodoris	95	26389	Louletano / Loule Concelho	3:58.90	+0,70	701	25,00
	50m: 26.94 26.94		150m: 1:25.95 29.80	250m: 2:26.46	30.26	350m: 3:28.49 31.11		
	100m: 56.15 29.21		200m: 1:56.20 30.25	300m: 2:57.38	30.92	400m: 3:58.90 30.41		
2.	Rui Filipe Costa	91	24004	Foca	3:59.24	+0,79	698	23,00
	50m: 27.72 27.72		150m: 1:27.72 30.31	250m: 2:29.12	30.82	350m: 3:30.59 30.48		
	100m: 57.41 29.69		200m: 1:58.30 30.58	300m: 3:00.11	30.99	400m: 3:59.24 28.65		
3.	Diogo Barbosa Nunes	00	110529	Fluvial Portuense	4:05.24	+0,71	648	22,00
	50m: 27.08 27.08		150m: 1:27.52 30.72	250m: 2:29.43	31.10	350m: 3:33.31 32.21		
	100m: 56.80 29.72		200m: 1:58.33 30.81	300m: 3:01.10	31.67	400m: 4:05.24 31.93		
4.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	4:08.24	+0,85	625	21,00
	50m: 27.82 27.82		150m: 1:28.93 30.99	250m: 2:32.53	31.97	350m: 3:37.22 32.38		
	100m: 57.94 30.12		200m: 2:00.56 31.63	300m: 3:04.84	32.31	400m: 4:08.24 31.02		
5.	Antonio Fernando Pinto	99	109280	Lousada SXXI	4:08.50	+0,73	623	20,00
	50m: 28.21 28.21		150m: 1:30.63 31.65	250m: 2:34.22	31.97	350m: 3:37.89 31.83		
	100m: 58.98 30.77		200m: 2:02.25 31.62	300m: 3:06.06	31.84	400m: 4:08.50 30.61		
6.	Pedro Rafael Garcia	96	123689	Academico Viseu	4:10.68	+0,72	606	19,00
	50m: 28.77 28.77		150m: 1:31.20 31.35	250m: 2:35.58	32.33	350m: 3:39.59 31.92		
	100m: 59.85 31.08		200m: 2:03.25 32.05	300m: 3:07.67	32.09	400m: 4:10.68 31.09		
7.	Jose Tomas Simeao	00	119420	Laranjeiro	4:11.97	+0,74	597	18,00
	50m: 27.92 27.92		150m: 1:29.72 31.03	250m: 2:33.87	32.25	350m: 3:39.50 32.91		
	100m: 58.69 30.77		200m: 2:01.62 31.90	300m: 3:06.59	32.72	400m: 4:11.97 32.47		
8.	Tomas Antonio Azevedo	96	24584	Aminata	4:12.59	+0,73	593	17,00
	50m: 28.33 28.33		150m: 1:30.62 31.46	250m: 2:35.24	32.50	350m: 3:40.94 32.73		
	100m: 59.16 30.83		200m: 2:02.74 32.12	300m: 3:08.21	32.97	400m: 4:12.59 31.65		
9.	Rafael Ladeiro Santos	98	117122	Geslours	4:13.34	+0,87	588	16,00
	50m: 28.15 28.15		150m: 1:31.44 31.96	250m: 2:35.70	32.15	350m: 3:40.86 32.88		
	100m: 59.48 31.33		200m: 2:03.55 32.11	300m: 3:07.98	32.28	400m: 4:13.34 32.48		
10.	Alexandre Ferreira Amorim	99	103953	Colegio SMLamas	4:13.70	+0,77	585	15,00
	50m: 28.51 28.51		150m: 1:32.02 32.06	250m: 2:36.54	32.36	350m: 3:42.36 32.86		
	100m: 59.96 31.45		200m: 2:04.18 32.16	300m: 3:09.50	32.96	400m: 4:13.70 31.34		
11.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	4:14.22	+0,71	581	14,00
	50m: 28.33 28.33		150m: 1:30.76 31.45	250m: 2:35.42	32.42	350m: 3:42.02 33.28		
	100m: 59.31 30.98		200m: 2:03.00 32.24	300m: 3:08.74	33.32	400m: 4:14.22 32.20		
12.	Dario Fausto Matias	98	106690	Torres Novas	4:17.68	+0,79	558	13,00
	50m: 29.13 29.13		150m: 1:33.96 32.49	250m: 2:40.02	32.82	350m: 3:45.77 32.68		
	100m: 1:01.47 32.34		200m: 2:07.20 33.24	300m: 3:13.09	33.07	400m: 4:17.68 31.91		
13.	Diogo Ramos Lebre	01	122294	Sporting de Aveiro	4:17.89	+0,88	557	12,00
	50m: 29.17 29.17		150m: 1:33.05 32.08	250m: 2:38.07	32.73	350m: 3:44.99 33.64		
	100m: 1:00.97 31.80		200m: 2:05.34 32.29	300m: 3:11.35	33.28	400m: 4:17.89 32.90		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Francisco Maldonado Freitas	91	10263	Pimpoes/Cimai	4:18.24	+0,74	555	11,00
	50m: 28.79 28.79	150m: 1:32.51 32.42	250m: 2:38.59 33.06	350m: 3:46.08 33.54	100m: 1:00.09 31.30	200m: 2:05.53 33.02	300m: 3:12.54 33.95	400m: 4:18.24 32.16
15.	Joao Pedro Braga	94	25892	Naval de Ponta Delgada	4:18.53	+0,82	553	10,00
	50m: 28.74 28.74	150m: 1:31.75 32.00	250m: 2:37.59 33.22	350m: 3:45.32 34.07	100m: 59.75 31.01	200m: 2:04.37 32.62	300m: 3:11.25 33.66	400m: 4:18.53 33.21
16.	Carlos Daniel Ramos	96	110520	Estarreja	4:20.97	+0,80	537	9,00
	50m: 29.36 29.36	150m: 1:33.92 32.61	250m: 2:40.50 33.44	350m: 3:47.72 33.68	100m: 1:01.31 31.95	200m: 2:07.06 33.14	300m: 3:14.04 33.54	400m: 4:20.97 33.25
17.	Miguel Angelo Silvestre	97	103538	Alcobaca	4:22.04	+0,75	531	8,00
	50m: 28.19 28.19	150m: 1:32.13 32.71	250m: 2:40.00 34.31	350m: 3:48.77 34.25	100m: 59.42 31.23	200m: 2:05.69 33.56	300m: 3:14.52 34.52	400m: 4:22.04 33.27
18.	Renato Torre Oliveira	99	118157	Viana Natacao	4:23.59	+0,93	522	7,00
	50m: 28.91 28.91	150m: 1:33.03 32.56	250m: 2:40.53 33.67	350m: 3:49.45 34.45	100m: 1:00.47 31.56	200m: 2:06.86 33.83	300m: 3:15.00 34.47	400m: 4:23.59 34.14
19.	Jose Miguel Rodrigues	97	106741	Natacao de Valongo	4:27.26	+0,94	500	6,00
	50m: 29.23 29.23	150m: 1:33.36 32.82	250m: 2:41.23 34.01	350m: 3:52.27 35.70	100m: 1:00.54 31.31	200m: 2:07.22 33.86	300m: 3:16.57 35.34	400m: 4:27.26 34.99
20.	Joao Jose Calado	01	120772	Nautico Abrantes	4:28.36	+0,72	494	5,00
	50m: 28.24 28.24	150m: 1:33.39 33.40	250m: 2:42.68 34.93	350m: 3:53.79 35.20	100m: 59.99 31.75	200m: 2:07.75 34.36	300m: 3:18.59 35.91	400m: 4:28.36 34.57
21.	Job Santos Silva	96	24351	Feirense	4:29.48	+0,94	488	4,00
	50m: 30.66 30.66	150m: 1:38.40 34.16	250m: 2:47.71 34.71	350m: 3:57.33 34.85	100m: 1:04.24 33.58	200m: 2:13.00 34.60	300m: 3:22.48 34.77	400m: 4:29.48 32.15
22.	Nuno Tiago Lopes	98	110423	Ginasio de Vila Real	4:30.74	+0,63	481	3,00
	50m: 28.41 28.41	150m: 1:33.07 33.11	250m: 2:42.57 35.06	350m: 3:55.27 36.79	100m: 59.96 31.55	200m: 2:07.51 34.44	300m: 3:18.48 35.91	400m: 4:30.74 35.47
23.	Domingos Tiago Pinheiro	98	118328	Ginasio Santo Tirso	4:32.86	+0,79	470	2,00
	50m: 30.39 30.39	150m: 1:38.72 34.64	250m: 2:47.88 34.48	350m: 3:58.22 35.26	100m: 1:04.08 33.69	200m: 2:13.40 34.68	300m: 3:22.96 35.08	400m: 4:32.86 34.64
24.	Martim Ferreira Fonseca	99	128555	Nacional de Natacao	4:41.71	+0,71	427	1,00
	50m: 30.38 30.38	150m: 1:39.89 35.47	250m: 2:52.58 36.47	350m: 4:06.21 36.59	100m: 1:04.42 34.04	200m: 2:16.11 36.22	300m: 3:29.62 37.04	400m: 4:41.71 35.50