

Prova 17 Masc., 400m Livres 17 anos e mais velhos
12-12-2015 - 16:05 Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	POR	Istambul (TUR)	10-12-2009
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	POR	Istambul (TUR)	10-12-2009

TAC_B-JUNM Jun: 4:13.92 / TAC_B-SENM Sen: 4:01.84

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Rafael Lourenco Gil	96	Uniao Piedense	3:48.02	+0,71	806
	50m: 26.53 26.53	150m: 1:23.77 29.01	250m: 2:21.20 28.48	350m: 3:19.19 29.30		
	100m: 54.76 28.23	200m: 1:52.72 28.95	300m: 2:49.89 28.69	400m: 3:48.02 28.83		
2.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	3:51.19	+0,73	773
	50m: 26.78 26.78	150m: 1:24.26 29.02	250m: 2:23.59 29.72	350m: 3:22.61 29.59		
	100m: 55.24 28.46	200m: 1:53.87 29.61	300m: 2:53.02 29.43	400m: 3:51.19 28.58		
3.	Guilherme Pereira Dias	97	Sporting	3:51.99	+0,77	765
	50m: 27.11 27.11	150m: 1:26.30 29.78	250m: 2:24.39 28.51	350m: 3:23.00 29.26		
	100m: 56.52 29.41	200m: 1:55.88 29.58	300m: 2:53.74 29.35	400m: 3:51.99 28.99		
4.	Mario Andre Bonanca	90	Sporting	3:54.66	+0,77	739
	50m: 26.42 26.42	150m: 1:24.38 29.12	250m: 2:24.49 30.24	350m: 3:24.79 30.13		
	100m: 55.26 28.84	200m: 1:54.25 29.87	300m: 2:54.66 30.17	400m: 3:54.66 29.87		
5.	Igor Araujo Mogne	96	Sporting	3:55.68	+0,74	730
	50m: 26.89 26.89	150m: 1:26.20 30.02	250m: 2:25.72 29.39	350m: 3:26.71 30.47		
	100m: 56.18 29.29	200m: 1:56.33 30.13	300m: 2:56.24 30.52	400m: 3:55.68 28.97		
6.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:56.49	+0,69	722
	50m: 26.89 26.89	150m: 1:25.20 29.44	250m: 2:25.18 30.21	350m: 3:26.68 30.92		
	100m: 55.76 28.87	200m: 1:54.97 29.77	300m: 2:55.76 30.58	400m: 3:56.49 29.81		
7.	Vasco Miguel Gaspar	90	Uniao Piedense	3:56.96	+0,72	718
	50m: 26.73 26.73	150m: 1:26.48 30.03	250m: 2:26.92 30.16	350m: 3:27.82 30.26		
	100m: 56.45 29.72	200m: 1:56.76 30.28	300m: 2:57.56 30.64	400m: 3:56.96 29.14		
8.	Nathan Keith Theodoris	95	Louletano / Loule Concelho	3:57.59	+0,75	712
	50m: 26.76 26.76	150m: 1:24.68 29.16	250m: 2:24.76 30.22	350m: 3:26.70 31.05		
	100m: 55.52 28.76	200m: 1:54.54 29.86	300m: 2:55.65 30.89	400m: 3:57.59 30.89		
9.	Joao Duarte Santos	95	Benfica	3:57.60	+0,72	712
	50m: 27.56 27.56	150m: 1:27.88 30.60	250m: 2:28.61 30.11	350m: 3:28.83 29.98		
	100m: 57.28 29.72	200m: 1:58.50 30.62	300m: 2:58.85 30.24	400m: 3:57.60 28.77		
10.	Tiago Silva Oliveira	94	Fluvial Portuense	3:58.99	+0,75	700
	50m: 27.28 27.28	150m: 1:26.88 29.94	250m: 2:27.44 30.28	350m: 3:28.46 30.47		
	100m: 56.94 29.66	200m: 1:57.16 30.28	300m: 2:57.99 30.55	400m: 3:58.99 30.53		
11.	Andre Filipe Farinha	96	Benfica	3:59.25	+0,77	698
	50m: 27.36 27.36	150m: 1:27.42 30.26	250m: 2:28.78 30.75	350m: 3:29.42 30.48		
	100m: 57.16 29.80	200m: 1:58.03 30.61	300m: 2:58.94 30.16	400m: 3:59.25 29.83		

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	3:59.88	+0,77	692
	50m: 27.99 27.99 150m: 1:28.31 30.33 250m: 2:28.65 30.04 350m: 3:29.82 30.79					
	100m: 57.98 29.99 200m: 1:58.61 30.30 300m: 2:59.03 30.38 400m: 3:59.88 30.06					
13.	Rui Filipe Costa	91	Foca	4:00.47	+0,80	687
	50m: 27.67 27.67 150m: 1:27.52 30.02 250m: 2:28.70 30.73 350m: 3:31.27 31.39					
	100m: 57.50 29.83 200m: 1:57.97 30.45 300m: 2:59.88 31.18 400m: 4:00.47 29.20					
14.	Joao Pedro Gil	97	Alges	4:00.57	+0,66	686
	50m: 27.03 27.03 150m: 1:26.26 30.01 250m: 2:27.07 30.63 350m: 3:30.22 31.48					
	100m: 56.25 29.22 200m: 1:56.44 30.18 300m: 2:58.74 31.67 400m: 4:00.57 30.35					
15.	Joao Carlos Santos	96	Uniao Piedense	4:01.25	+0,70	680
	50m: 28.29 28.29 150m: 1:29.01 30.62 250m: 2:29.92 30.03 350m: 3:31.49 30.91					
	100m: 58.39 30.10 200m: 1:59.89 30.88 300m: 3:00.58 30.66 400m: 4:01.25 29.76					
16.	Pedro Maria Bessa FTL	95	Nautico /Urgicentro-Sanfil	4:02.41	+0,75	671
	50m: 27.36 27.36 150m: 1:27.80 30.50 250m: 2:29.79 30.93 350m: 3:32.06 31.03					
	100m: 57.30 29.94 200m: 1:58.86 31.06 300m: 3:01.03 31.24 400m: 4:02.41 30.35					
17.	Ruben Jose Morim FTL	97	Vilacondense	4:02.82	+0,77	667
	50m: 27.38 27.38 150m: 1:28.53 31.13 250m: 2:31.26 31.13 350m: 3:33.79 30.97					
	100m: 57.40 30.02 200m: 2:00.13 31.60 300m: 3:02.82 31.56 400m: 4:02.82 29.03					
18.	Rui Pedro Faria FTL	94	Famalicao	4:07.35	+0,81	631
	50m: 27.91 27.91 150m: 1:28.37 30.41 250m: 2:31.05 31.54 350m: 3:35.29 32.18					
	100m: 57.96 30.05 200m: 1:59.51 31.14 300m: 3:03.11 32.06 400m: 4:07.35 32.06					

Juniores

1.	Joao Alexandre Vital	98	Sporting	3:51.92	+0,64	766
	50m: 26.80 26.80 150m: 1:25.35 29.36 250m: 2:24.13 29.10 350m: 3:23.11 29.37					
	100m: 55.99 29.19 200m: 1:55.03 29.68 300m: 2:53.74 29.61 400m: 3:51.92 28.81					
2.	Guilherme Filipe Pina	98	Benedita	3:52.28	+0,76	762
	50m: 27.13 27.13 150m: 1:25.66 29.26 250m: 2:24.39 29.15 350m: 3:23.45 29.42					
	100m: 56.40 29.27 200m: 1:55.24 29.58 300m: 2:54.03 29.64 400m: 3:52.28 28.83					
3.	Jose Paula Carvalho	98	Uniao Piedense	4:01.98	+0,76	674
	50m: 27.31 27.31 150m: 1:28.19 31.05 250m: 2:29.47 30.59 350m: 3:32.36 31.53					
	100m: 57.14 29.83 200m: 1:58.88 30.69 300m: 3:00.83 31.36 400m: 4:01.98 29.62					
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:02.79	+0,72	668
	50m: 27.27 27.27 150m: 1:28.40 30.68 250m: 2:30.75 31.07 350m: 3:33.21 31.28					
	100m: 57.72 30.45 200m: 1:59.68 31.28 300m: 3:01.93 31.18 400m: 4:02.79 29.58					

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:02.86	+0,77	667
	50m: 27.49 27.49	150m: 1:27.75 30.66	250m: 2:30.45 31.34	350m: 3:33.08 31.31		
	100m: 57.09 29.60	200m: 1:59.11 31.36	300m: 3:01.77 31.32	400m: 4:02.86 29.78		
6.	Antonio Fernando Pinto	99	Lousada SXXI	4:04.81	+0,71	651
	50m: 27.36 27.36	150m: 1:29.18 31.22	250m: 2:31.55 31.18	350m: 3:34.59 31.60		
	100m: 57.96 30.60	200m: 2:00.37 31.19	300m: 3:02.99 31.44	400m: 4:04.81 30.22		
7.	Miguel Ribeiro Bate	99	Alges	4:07.29	+0,76	632
	50m: 28.05 28.05	150m: 1:30.19 31.71	250m: 2:33.54 31.55	350m: 3:36.76 31.39		
	100m: 58.48 30.43	200m: 2:01.99 31.80	300m: 3:05.37 31.83	400m: 4:07.29 30.53		
8.	Pedro Goncalves Neto	98	Porto	4:08.76	+0,77	621
	50m: 27.61 27.61	150m: 1:30.79 31.99	250m: 2:34.13 31.30	350m: 3:37.64 31.75		
	100m: 58.80 31.19	200m: 2:02.83 32.04	300m: 3:05.89 31.76	400m: 4:08.76 31.12		
9.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:09.22	+0,80	617
	50m: 27.71 27.71	150m: 1:29.72 31.46	250m: 2:33.19 31.85	350m: 3:37.47 31.99		
	100m: 58.26 30.55	200m: 2:01.34 31.62	300m: 3:05.48 32.29	400m: 4:09.22 31.75		
10.	Diogo Rodrigues Freitas	98	Uniao Piedense	4:10.42	+0,81	608
	50m: 27.95 27.95	150m: 1:30.19 31.63	250m: 2:34.14 31.91	350m: 3:38.61 32.26		
	100m: 58.56 30.61	200m: 2:02.23 32.04	300m: 3:06.35 32.21	400m: 4:10.42 31.81		
11.	Jose Pedro Fernandes	99	Braga	4:10.61	+0,81	607
	50m: 28.26 28.26	150m: 1:31.18 31.76	250m: 2:34.72 31.81	350m: 3:39.14 32.31		
	100m: 59.42 31.16	200m: 2:02.91 31.73	300m: 3:06.83 32.11	400m: 4:10.61 31.47		
12.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	4:11.09	+0,77	604
	50m: 28.82 28.82	150m: 1:32.25 32.09	250m: 2:36.60 32.10	350m: 3:40.56 31.84		
	100m: 1:00.16 31.34	200m: 2:04.50 32.25	300m: 3:08.72 32.12	400m: 4:11.09 30.53		
13.	Diogo Rosado Leca	98	Colegio Monte Maior	4:11.10	+0,74	603
	50m: 28.61 28.61	150m: 1:31.35 31.76	250m: 2:35.64 32.07	350m: 3:40.06 32.13		
	100m: 59.59 30.98	200m: 2:03.57 32.22	300m: 3:07.93 32.29	400m: 4:11.10 31.04		
14.	Joao Magalhaes Nunes	99	Belenenses	4:11.13	+0,75	603
	50m: 29.00 29.00	150m: 1:32.28 31.97	250m: 2:36.42 32.27	350m: 3:39.97 31.51		
	100m: 1:00.31 31.31	200m: 2:04.15 31.87	300m: 3:08.46 32.04	400m: 4:11.13 31.16		
15.	Goncalo Miguel Nogueira	98	Porto	4:11.22	+0,74	603
	50m: 27.63 27.63	150m: 1:29.40 31.52	250m: 2:34.25 32.81	350m: 3:39.22 32.47		
	100m: 57.88 30.25	200m: 2:01.44 32.04	300m: 3:06.75 32.50	400m: 4:11.22 32.00		
16.	Paulo Filipe Silva	98	Natacao da Maia	4:11.40	+0,89	601
	50m: 28.82 28.82	150m: 1:31.43 31.53	250m: 2:35.73 32.13	350m: 3:40.89 32.70		
	100m: 59.90 31.08	200m: 2:03.60 32.17	300m: 3:08.19 32.46	400m: 4:11.40 30.51		
17.	Duarte Filipe Rodrigues	99	Alges	4:12.06	+0,83	597
	50m: 28.90 28.90	150m: 1:31.97 31.74	250m: 2:35.91 31.76	350m: 3:40.56 32.52		
	100m: 1:00.23 31.33	200m: 2:04.15 32.18	300m: 3:08.04 32.13	400m: 4:12.06 31.50		
18.	Bernardo Graca Rodrigues	99	Alges	4:12.43	+0,68	594
	50m: 28.51 28.51	150m: 1:31.19 31.46	250m: 2:35.42 32.12	350m: 3:40.65 32.63		
	100m: 59.73 31.22	200m: 2:03.30 32.11	300m: 3:08.02 32.60	400m: 4:12.43 31.78		
19.	Francisco Rodrigues Antas	98	Desportiva de Viana	4:12.56	+0,95	593
	50m: 29.29 29.29	150m: 1:32.72 32.15	250m: 2:36.71 31.76	350m: 3:40.76 32.17		
	100m: 1:00.57 31.28	200m: 2:04.95 32.23	300m: 3:08.59 31.88	400m: 4:12.56 31.80		

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
20.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:12.63	+0,73	593
	50m: 27.65 27.65 150m: 1:29.90 31.38 250m: 2:34.33 32.10 350m: 3:40.01 32.89					
	100m: 58.52 30.87 200m: 2:02.23 32.33 300m: 3:07.12 32.79 400m: 4:12.63 32.62					
21.	Tiago Silva Soares	99	Porto	4:12.64	+0,85	592
	50m: 28.70 28.70 150m: 1:31.63 31.13 250m: 2:36.62 32.30 350m: 3:42.50 32.84					
	100m: 1:00.50 31.80 200m: 2:04.32 32.69 300m: 3:09.66 33.04 400m: 4:12.64 30.14					
22.	Daniel Filipe Paiva	98	Miranda do Corvo	4:12.67	+0,85	592
	50m: 29.15 29.15 150m: 1:32.11 31.80 250m: 2:36.24 32.29 350m: 3:40.92 32.44					
	100m: 1:00.31 31.16 200m: 2:03.95 31.84 300m: 3:08.48 32.24 400m: 4:12.67 31.75					
23.	Joao Jose Laranjeira	98	Galitos/Bresimar	4:13.14	+0,81	589
	50m: 28.63 28.63 150m: 1:31.96 31.65 250m: 2:36.36 32.44 350m: 3:41.71 32.66					
	100m: 1:00.31 31.68 200m: 2:03.92 31.96 300m: 3:09.05 32.69 400m: 4:13.14 31.43					
24.	Rafael Ladeiro Santos	98	Geslours	4:13.94	+0,75	583
	<i>FTL</i>					
	50m: 28.58 28.58 150m: 1:32.57 32.25 250m: 2:37.33 32.48 350m: 3:42.43 32.48					
	100m: 1:00.32 31.74 200m: 2:04.85 32.28 300m: 3:09.95 32.62 400m: 4:13.94 31.51					
25.	Leonardo Rochinha Pedro	98	Bombeiros Estoris	4:16.00	+0,79	569
	<i>FTL</i>					
	50m: 29.05 29.05 150m: 1:32.82 32.08 250m: 2:37.26 32.23 350m: 3:43.40 33.09					
	100m: 1:00.74 31.69 200m: 2:05.03 32.21 300m: 3:10.31 33.05 400m: 4:16.00 32.60					
26.	Tiago Carlos Santos	98	Naval Amorense	4:17.75	+0,78	558
	<i>FTL</i>					
	50m: 28.58 28.58 150m: 1:32.05 31.82 250m: 2:36.99 32.97 350m: 3:44.47 33.92					
	100m: 1:00.23 31.65 200m: 2:04.02 31.97 300m: 3:10.55 33.56 400m: 4:17.75 33.28					
27.	Rui Jorge Matias	99	Vilacondense	4:17.97	+0,80	556
	<i>FTL</i>					
	50m: 28.53 28.53 150m: 1:31.45 32.05 250m: 2:38.16 33.37 350m: 3:45.33 33.76					
	100m: 59.40 30.87 200m: 2:04.79 33.34 300m: 3:11.57 33.41 400m: 4:17.97 32.64					
DNS	Tiago Filipe Campos	99	Scalabiswim			