

Campeonato Nacional Clubes 1 e 2 Divisão
Coimbra, 19- - 20-12-2015

Prova 4	Masc., 400m Livres				1ª Divisão MASC
19-12-2015	1ª Divisão				Resultados
Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	POR	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	POR	Tampere (FIN)	21-07-2009
Recordes Nacionais 50m Jun17	3:57.15	Gustavo Manuel Santa	POR	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Jun18	3:58.26	Ivo Emanuel Carneiro	POR	Linz (AUT)	12-07-2002
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel Maia	POR	Málaga (ESP)	05-04-2009

Pontos: FINA 2015

Lugar	Nome	An NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Miguel Duarte Nascimento	9514944	Estrelas S. Joao de Br	3:59.10	+0,67	779	9,00
	50m: 27.68 27.68	150m: 1:29.29 31.20	250m: 2:30.79 30.36	350m: 3:30.99 29.84			
	100m: 58.09 30.41	200m: 2:00.43 31.14	300m: 3:01.15 30.36	400m: 3:59.10 28.11			
2.	Guilherme Pereira Dias	97110443	Sporting	4:02.68	+0,73	745	7,00
	50m: 28.03 28.03	150m: 1:29.83 31.09	250m: 2:32.07 30.94	350m: 3:32.62 29.96			
	100m: 58.74 30.71	200m: 2:01.13 31.30	300m: 3:02.66 30.59	400m: 4:02.68 30.06			
3.	Alejandro Garcia Ramirez	98200191	Colegio Monte Maior	4:05.99	+0,65	716	6,00
	50m: 27.94 27.94	150m: 1:29.87 31.08	250m: 2:32.53 31.34	350m: 3:35.18 31.32			
	100m: 58.79 30.85	200m: 2:01.19 31.32	300m: 3:03.86 31.33	400m: 4:05.99 30.81			
4.	Luis Emanuel Vaz	9115628	Famalicao	4:07.60	+0,71	702	5,00
	50m: 27.36 27.36	150m: 1:28.99 31.24	250m: 2:31.57 31.05	350m: 3:35.40 32.27			
	100m: 57.75 30.39	200m: 2:00.52 31.53	300m: 3:03.13 31.56	400m: 4:07.60 32.20			
5.	Pedro Maria Bessa	9518656	Nautico /Urgicentro-Sa	4:10.61	+0,75	677	4,00
	50m: 28.52 28.52	150m: 1:31.01 31.38	250m: 2:34.53 31.85	350m: 3:39.04 32.30			
	100m: 59.63 31.11	200m: 2:02.68 31.67	300m: 3:06.74 32.21	400m: 4:10.61 31.57			
6.	Goncalo Miguel Nogueira	98104471	Porto	4:17.42	+0,73	624	3,00
	50m: 28.71 28.71	150m: 1:32.35 32.14	250m: 2:37.77 32.93	350m: 3:44.72 33.82			
	100m: 1:00.21 31.50	200m: 2:04.84 32.49	300m: 3:10.90 33.13	400m: 4:17.42 32.70			
7.	David Matias Cristino	01127872	Naval Amorense	4:23.29	+0,83	583	2,00
	50m: 29.45 29.45	150m: 1:35.79 33.63	250m: 2:43.11 33.65	350m: 3:51.06 33.53			
	100m: 1:02.16 32.71	200m: 2:09.46 33.67	300m: 3:17.53 34.42	400m: 4:23.29 32.23			
8.	Joao Santos Mendes	98111648	Leixoes	4:28.56	+0,69	550	1,00
	50m: 28.53 28.53	150m: 1:33.98 33.41	250m: 2:43.12 34.73	350m: 3:53.63 35.26			
	100m: 1:00.57 32.04	200m: 2:08.39 34.41	300m: 3:18.37 35.25	400m: 4:28.56 34.93			