

Prova 10
29-10-2016

Masc., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	3:45.58	Fabio Manuel Pereira	POR	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	POR	Istambul (TUR)	10-12-2009

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Paulo Filipe Silva	98	117012	Natacao da Maia	4:16.05	+0,68	569	
	50m: 27.23 27.23			150m: 1:31.10 32.84	2:36.18 32.17	350m: 3:42.96		33.44
	100m: 58.26 31.03			200m: 2:04.01 32.91	3:09.52 33.34	400m: 4:16.05		33.09
2.	Goncalo Faria Saldida	99	116645	Natacao do Tejo	4:17.80	+0,82	558	
	50m: 29.02 29.02			150m: 1:33.42 32.32	2:39.64 33.07	350m: 3:45.83		33.09
	100m: 1:01.10 32.08			200m: 2:06.57 33.15	3:12.74 33.10	400m: 4:17.80		31.97
3.	Rui Jorge Lopes	00	112726	CLAC-Entroncamento	4:20.17	+0,85	542	
	50m: 28.92 28.92			150m: 1:34.32 33.20	2:41.40 33.55	350m: 3:48.52		33.19
	100m: 1:01.12 32.20			200m: 2:07.85 33.53	3:15.33 33.93	400m: 4:20.17		31.65
	Albino David Almeida	99	125643	O Crasto	4:20.17	+0,83	542	
	50m: 28.94 28.94			150m: 1:32.78 32.25	2:39.55 33.68	350m: 3:47.70		34.28
	100m: 1:00.53 31.59			200m: 2:05.87 33.09	3:13.42 33.87	400m: 4:20.17		32.47
5.	Alessandro Diogo Carvalho	96	24667	Desportivo ABPG	4:26.37	+0,71	505	
	50m: 28.86 28.86			150m: 1:33.15 32.59	2:40.98 34.26	350m: 3:51.45		35.32
	100m: 1:00.56 31.70			200m: 2:06.72 33.57	3:16.13 35.15	400m: 4:26.37		34.92
6.	Miguel Serrao Santos	00	117091	Salvaterra de Magos	4:27.18	+0,69	501	
	50m: 29.56 29.56			150m: 1:35.17 33.23	2:43.31 33.93	350m: 3:53.52		35.40
	100m: 1:01.94 32.38			200m: 2:09.38 34.21	3:18.12 34.81	400m: 4:27.18		33.66
7.	Vitor Diogo Paulino	98	112303	Palmela	4:29.69	+0,86	487	
	50m: 28.87 28.87			150m: 1:35.42 34.07	2:42.90 33.63	350m: 3:53.71		35.61
	100m: 1:01.35 32.48			200m: 2:09.27 33.85	3:18.10 35.20	400m: 4:29.69		35.98
8.	Hugo Azurara Vieira	01	125011	Naval Povoense	4:30.67	+0,71	482	
	50m: 30.44 30.44			150m: 1:38.41 34.32	2:47.49 34.46	350m: 3:57.30		34.79
	100m: 1:04.09 33.65			200m: 2:13.03 34.62	3:22.51 35.02	400m: 4:30.67		33.37
9.	Manuel Landeiro Alves	02	122314	Naval Praia Vitoria	4:31.42		478	
10.	Bernardo Miguel Portela	96	128419	Rio Maior	4:36.02	+0,91	454	
	50m: 29.92 29.92			150m: 1:35.07 33.20	2:45.76 35.99	350m: 4:00.11		37.30
	100m: 1:01.87 31.95			200m: 2:09.77 34.70	3:22.81 37.05	400m: 4:36.02		35.91
11.	Francisco Rodriguez Amaral	02	122608	Campinho	4:36.77	+0,65	451	
	50m: 30.23 30.23			150m: 1:38.23 34.53	2:49.43 35.74	350m: 4:01.20		35.90
	100m: 1:03.70 33.47			200m: 2:13.69 35.46	3:25.30 35.87	400m: 4:36.77		35.57
12.	David Emanuel Tome	03	126011	Hoquei Mealhada/ CA	4:37.02	+0,79	449	
	50m: 30.45 30.45			150m: 1:39.41 34.94	2:50.30 35.57	350m: 4:02.14		36.00
	100m: 1:04.47 34.02			200m: 2:14.73 35.32	3:26.14 35.84	400m: 4:37.02		34.88
13.	Francisco Santos Valfreixo	99	117155	Sport de Mirandela	4:39.64	+0,79	437	
	50m: 29.71 29.71			150m: 1:38.52 34.74	2:50.50 36.12	350m: 4:04.18		37.03
	100m: 1:03.78 34.07			200m: 2:14.38 35.86	3:27.15 36.65	400m: 4:39.64		35.46
14.	Bruno Nobrega Freitas	93	100979	Beja	4:39.67	+0,98	437	
	50m: 31.96 31.96			150m: 1:41.38 35.30	2:52.00 35.25	350m: 4:03.79		36.08
	100m: 1:06.08 34.12			200m: 2:16.75 35.37	3:27.71 35.71	400m: 4:39.67		35.88
15.	Simao Pedro Dias	02	124544	Natacao Guarda	4:40.20	+0,81	434	
	50m: 29.93 29.93			150m: 1:39.19 35.54	2:51.67 36.12	350m: 4:05.16		36.67
	100m: 1:03.65 33.72			200m: 2:15.55 36.36	3:28.49 36.82	400m: 4:40.20		35.04

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Joaquim Agra Meruje	01	121807	Elvense	4:42.56	+0,82	423	
	50m: 30.22 30.22			150m: 1:38.95 35.54	250m: 2:52.61 37.31	350m: 4:07.74		36.98
	100m: 1:03.41 33.19			200m: 2:15.30 36.35	300m: 3:30.76 38.15	400m: 4:42.56		34.82
17.	Carlos Manuel Marques	00	153488	Albicastrense	4:43.27	+0,72	420	
	50m: 29.64 29.64			150m: 1:36.76 35.00	250m: 2:52.45 38.14	350m: 4:08.38		38.36
	100m: 1:01.76 32.12			200m: 2:14.31 37.55	300m: 3:30.02 37.57	400m: 4:43.27		34.89
18.	Joao Mendes Catarino	01	122099	Estremoz / Estremozcarnes	4:43.95	+0,80	417	
	50m: 31.56 31.56			150m: 1:43.31 36.20	250m: 2:57.09 37.12	350m: 4:10.10		36.62
	100m: 1:07.11 35.55			200m: 2:19.97 36.66	300m: 3:33.48 36.39	400m: 4:43.95		33.85
19.	Bernardo Mendes Sousa	99	121567	Nucleo Sportinguista Terceira	4:53.57		377	
20.	Ricardo Samuel Pereira	03	131801	CCDSerta	4:54.86	+0,69	372	
	50m: 32.68 32.68			150m: 1:47.14 37.59	250m: 3:03.71 39.11	350m: 4:19.72		36.99
	100m: 1:09.55 36.87			200m: 2:24.60 37.46	300m: 3:42.73 39.02	400m: 4:54.86		35.14
21.	Alexandre Carvalho Conceicao	02	126858	Penafiel	4:58.84	+0,97	358	
	50m: 31.95 31.95			150m: 1:46.74 37.74	250m: 3:03.63 38.59	350m: 4:21.35		38.73
	100m: 1:09.00 37.05			200m: 2:25.04 38.30	300m: 3:42.62 38.99	400m: 4:58.84		37.49
22.	Marco Santos Teixeira	00	119796	Flavitus	5:00.92	+0,83	350	
	50m: 30.06 30.06			150m: 1:40.75 36.78	250m: 2:59.98 40.35	350m: 4:20.94		40.55
	100m: 1:03.97 33.91			200m: 2:19.63 38.88	300m: 3:40.39 40.41	400m: 5:00.92		39.98
23.	Diogo Marreiros Azevedo	02	130886	Lagoa AC	5:23.77	+0,78	281	
	50m: 34.11 34.11			150m: 1:53.30 40.70	250m: 3:17.61 42.97	350m: 4:43.06		42.53
	100m: 1:12.60 38.49			200m: 2:34.64 41.34	300m: 4:00.53 42.92	400m: 5:23.77		40.71
24.	Vasco Ormonde Aguiar	04	126947	Academia Acores	5:34.59		255	
25.	Sergio Rafael Moura	01	201115	Amarantus	5:44.78	+0,78	233	
	50m: 32.21 32.21			150m: 1:56.77 45.31	250m: 3:27.73 43.15	350m: 4:59.00		44.99
	100m: 1:11.46 39.25			200m: 2:44.58 47.81	300m: 4:14.01 46.28	400m: 5:44.78		45.78
26.	Hugo Trindade Sachim	03	126920	Campomaiorense	6:04.06	+0,89	198	
	50m: 39.57 39.57			150m: 2:09.96 45.92	250m: 3:43.81 46.98	350m: 5:19.39		47.65
	100m: 1:24.04 44.47			200m: 2:56.83 46.87	300m: 4:31.74 47.93	400m: 6:04.06		44.67