

Prova 10
26-11-2016

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	POR	Santarém	04-04-2003
Rec Nac Inf A	4:12.35	Andre Vilas Ruivo	POR	Campo Maior	29-03-2014
Rec Nac Juv B	4:03.22	Joao Pedro Gil	POR	Algés	08-07-2012
Rec Nac Juv A	3:59.31	Joao Carlos Santos	POR	Algés	08-07-2012
Rec Nac Jun17	3:56.54	Rui Filipe Costa	POR	Feigueiras	24-11-2007
Rec Nac Jun18	3:50.52	Adriano Miguel Niz	POR	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.	Rui Filipe Costa	91	24004	Vitoria Guimaraes	4:05.46	+0,83	646	25,00
	50m: 28.14 28.14			150m: 1:29.13 30.70	2:31.39 31.33	350m: 3:34.98 31.94		
	100m: 58.43 30.29			200m: 2:00.06 30.93	3:03.04 31.65	400m: 4:05.46 30.48		
2.	Daniel Filipe Paiva	98	110265	Miranda do Corvo	4:09.58	+0,78	615	23,00
	50m: 29.37 29.37			150m: 1:32.22 31.71	2:35.58 31.68	350m: 3:38.70 31.05		
	100m: 1:00.51 31.14			200m: 2:03.90 31.68	3:07.65 32.07	400m: 4:09.58 30.88		
3.	Andre Gouveia Costa	01	123368	Condeixa Clube	4:10.04	+0,85	611	22,00
	50m: 28.59 28.59			150m: 1:31.12 31.22	2:34.62 31.85	350m: 3:38.71 32.09		
	100m: 59.90 31.31			200m: 2:02.77 31.65	3:06.62 32.00	400m: 4:10.04 31.33		
4.	Paulo Filipe Silva	98	117012	Natacao da Maia	4:10.69	+0,83	606	21,00
	50m: 28.04 28.04			150m: 1:30.03 30.59	2:33.18 31.06	350m: 3:38.63 33.02		
	100m: 59.44 31.40			200m: 2:02.12 32.09	3:05.61 32.43	400m: 4:10.69 32.06		
5.	Rui Jorge Lopes	00	112726	CLAC-Entroncamento	4:15.08	+0,91	576	20,00
	50m: 29.23 29.23			150m: 1:32.58 32.09	2:37.44 32.43	350m: 3:43.62 32.88		
	100m: 1:00.49 31.26			200m: 2:05.01 32.43	3:10.74 33.30	400m: 4:15.08 31.46		
6.	Renato Torre Oliveira	99	118157	Viana Natacao	4:18.81	+0,85	551	19,00
	50m: 28.65 28.65			150m: 1:31.93 32.01	2:37.12 32.97	350m: 3:44.97 33.99		
	100m: 59.92 31.27			200m: 2:04.15 32.22	3:10.98 33.86	400m: 4:18.81 33.84		
7.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	4:18.99	+0,80	550	18,00
	50m: 30.04 30.04			150m: 1:33.88 32.24	2:39.38 32.93	350m: 3:46.81 33.80		
	100m: 1:01.64 31.60			200m: 2:06.45 32.57	3:13.01 33.63	400m: 4:18.99 32.18		
8.	Alessandro Diogo Carvalho	96	24667	Desportivo ABPG	4:19.68	+0,76	546	17,00
	50m: 28.77 28.77			150m: 1:32.84 32.20	2:38.69 32.90	350m: 3:45.89 33.74		
	100m: 1:00.64 31.87			200m: 2:05.79 32.95	3:12.15 33.46	400m: 4:19.68 33.79		
9.	Tomas Jose Agostinho	99	118115	BUZIOS-Coruche	4:23.96	+0,76	519	16,00
	50m: 28.55 28.55			150m: 1:33.84 33.17	2:41.33 33.71	350m: 3:50.34 34.15		
	100m: 1:00.67 32.12			200m: 2:07.62 33.78	3:16.19 34.86	400m: 4:23.96 33.62		
10.	Diogo Monteiro Sousa	00	118406	Naval Setubalense	4:25.95	+0,86	508	15,00
	50m: 30.23 30.23			150m: 1:36.02 33.24	2:43.61 33.69	350m: 3:52.42 34.52		
	100m: 1:02.78 32.55			200m: 2:09.92 33.90	3:17.90 34.29	400m: 4:25.95 33.53		
11.	Vitor Diogo Paulino	98	112303	Palmela	4:26.56	+0,73	504	14,00
	50m: 29.35 29.35			150m: 1:35.46 33.52	2:43.73 34.17	350m: 3:52.66 34.61		
	100m: 1:01.94 32.59			200m: 2:09.56 34.10	3:18.05 34.32	400m: 4:26.56 33.90		
12.	Domingos Tiago Pinheiro	98	118328	Ginasio Santo Tirso	4:28.42	+0,79	494	13,00
	50m: 30.46 30.46			150m: 1:37.67 33.63	2:46.12 33.92	350m: 3:55.35 34.82		
	100m: 1:04.04 33.58			200m: 2:12.20 34.53	3:20.53 34.41	400m: 4:28.42 33.07		
13.	Miguel Serrao Santos	00	117091	Salvaterra de Magos	4:28.43	+0,67	494	12,00
	50m: 29.50 29.50			150m: 1:36.29 34.01	2:45.25 34.73	350m: 3:55.60 35.02		
	100m: 1:02.28 32.78			200m: 2:10.52 34.23	3:20.58 35.33	400m: 4:28.43 32.83		
14.	Tomas Tinoco Barros	99	118611	Ginasio de Vila Real	4:29.31	+0,80	489	11,00
	50m: 28.65 28.65			150m: 1:34.58 33.63	2:42.34 34.28	350m: 3:53.84 36.14		
	100m: 1:00.95 32.30			200m: 2:08.06 33.48	3:17.70 35.36	400m: 4:29.31 35.47		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Martim Ferreira Fonseca	99	128555	Nacional de Natacao	4:29.35	+0,76	489	10,00
	50m: 30.03 30.03			150m: 1:36.36 33.67	250m: 2:44.83 34.41	350m: 3:54.98 35.48		
	100m: 1:02.69 32.66			200m: 2:10.42 34.06	300m: 3:19.50 34.67	400m: 4:29.35 34.37		
16.	Fernando Marcelo Rocha	99	103952	Sporting de Espinho	4:30.13	+0,82	485	9,00
	50m: 30.01 30.01			150m: 1:37.14 34.02	250m: 2:45.63 33.53	350m: 3:55.94 34.97		
	100m: 1:03.12 33.11			200m: 2:12.10 34.96	300m: 3:20.97 35.34	400m: 4:30.13 34.19		
17.	Jorge Antonio Duarte	00	122868	Estamos Juntos	4:32.54	+0,91	472	8,00
	50m: 30.81 30.81			150m: 1:39.21 34.78	250m: 2:48.87 34.19	350m: 3:59.31 34.83		
	100m: 1:04.43 33.62			200m: 2:14.68 35.47	300m: 3:24.48 35.61	400m: 4:32.54 33.23		
18.	Hugo Azurara Vieira	01	125011	Naval Povoense	4:33.75	+0,75	466	7,00
	50m: 30.05 30.05			150m: 1:37.77 34.43	250m: 2:48.09 35.40	350m: 3:59.28 35.39		
	100m: 1:03.34 33.29			200m: 2:12.69 34.92	300m: 3:23.89 35.80	400m: 4:33.75 34.47		
19.	Romeu Ribeiro Fernandes	01	122171	Fafe	4:34.39	+0,77	462	6,00
	50m: 30.72 30.72			150m: 1:38.17 34.46	250m: 2:47.84 34.66	350m: 3:59.68 35.60		
	100m: 1:03.71 32.99			200m: 2:13.18 35.01	300m: 3:24.08 36.24	400m: 4:34.39 34.71		
20.	Jose Manuel Cabeca	96	117289	Rio Maior	4:35.67	+0,72	456	5,00
	50m: 31.05 31.05			150m: 1:39.13 34.63	250m: 2:49.84 35.63	350m: 4:01.59 36.01		
	100m: 1:04.50 33.45			200m: 2:14.21 35.08	300m: 3:25.58 35.74	400m: 4:35.67 34.08		
21.	Afonso Filipe Costa	03	126380	Naval da Nazare	4:35.71	+0,69	456	4,00
	50m: 30.54 30.54			150m: 1:39.02 35.04	250m: 2:50.26 35.91	350m: 4:02.83 36.09		
	100m: 1:03.98 33.44			200m: 2:14.35 35.33	300m: 3:26.74 36.48	400m: 4:35.71 32.88		
22.	Francisco Santos Valfreixo	99	117155	Sport de Mirandela	4:37.97	+0,85	445	3,00
	50m: 30.09 30.09			150m: 1:39.24 35.30	250m: 2:51.25 36.25	350m: 4:03.54 36.24		
	100m: 1:03.94 33.85			200m: 2:15.00 35.76	300m: 3:27.30 36.05	400m: 4:37.97 34.43		
23.	Joao Luis Tavares	00	122090	CCDSerta	4:53.87	+0,83	376	2,00
	50m: 30.07 30.07			150m: 1:43.32 37.59	250m: 3:00.31 38.48	350m: 4:17.31 38.04		
	100m: 1:05.73 35.66			200m: 2:21.83 38.51	300m: 3:39.27 38.96	400m: 4:53.87 36.56		
24.	Carlos Veloso Gois	01	131250	Beja	5:07.55	+0,83	328	1,00
	50m: 31.80 31.80			150m: 1:47.02 39.07	250m: 3:06.93 39.93	350m: 4:28.25 40.64		
	100m: 1:07.95 36.15			200m: 2:27.00 39.98	300m: 3:47.61 40.68	400m: 5:07.55 39.30		