

Prova 11 Masc., 400m Estilos 17 anos e mais velhos
09-12-2016 - 18:55 Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	19-12-2014
Recordes Nacionais 25m Jun18	4:11.20	Joao Alexandre Vital	SCP	Porto	11-12-2015
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	POR	Istambul (TUR)	11-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:20.20	+0,65
	50m: 27.74 27.74	150m: 1:33.76 34.51	250m: 2:43.84 35.67	350m: 3:51.37 31.48	
	100m: 59.25 31.51	200m: 2:08.17 34.41	300m: 3:19.89 36.05	400m: 4:20.20 28.83	
2.	Joao Pedro Gil	97	Uniao Piedense	4:20.64	+0,58
	50m: 27.79 27.79	150m: 1:34.94 34.46	250m: 2:46.38 37.14	350m: 3:53.09 29.60	
	100m: 1:00.48 32.69	200m: 2:09.24 34.30	300m: 3:23.49 37.11	400m: 4:20.64 27.55	
3.	Jose Paula Carvalho	98	Uniao Piedense	4:21.21	+0,73
	50m: 27.33 27.33	150m: 1:33.91 35.84	250m: 2:44.87 36.13	350m: 3:53.12 29.95	
	100m: 58.07 30.74	200m: 2:08.74 34.83	300m: 3:23.17 38.30	400m: 4:21.21 28.09	
4.	Bruno Miguel Ramos	97	Belenenses	4:24.99	+0,70
	50m: 27.24 27.24	150m: 1:32.61 33.85	250m: 2:43.83 37.76	350m: 3:53.29 30.97	
	100m: 58.76 31.52	200m: 2:06.07 33.46	300m: 3:22.32 38.49	400m: 4:24.99 31.70	
5.	Andre Bras Goncalves	88	Belenenses	4:32.32	+0,69
	50m: 28.19 28.19	150m: 1:37.08 36.08	250m: 2:51.60 39.64	350m: 4:02.63 31.64	
	100m: 1:01.00 32.81	200m: 2:11.96 34.88	300m: 3:30.99 39.39	400m: 4:32.32 29.69	
6.	Afonso Ribeiro Bate	98	Alges	4:32.38	+0,69
	50m: 28.08 28.08	150m: 1:37.51 36.38	250m: 2:51.79 38.06	350m: 4:02.31 31.98	
	100m: 1:01.13 33.05	200m: 2:13.73 36.22	300m: 3:30.33 38.54	400m: 4:32.38 30.07	
7.	Jose Pedro Sampaio	98	Fluvial Portuense	4:32.49	+0,76
	50m: 29.09 29.09	150m: 1:36.36 34.41	250m: 2:50.27 39.34	350m: 4:02.40 32.31	
	100m: 1:01.95 32.86	200m: 2:10.93 34.57	300m: 3:30.09 39.82	400m: 4:32.49 30.09	
8.	Nuno Rafael Alves	90	Aquatico Pacense	4:32.96	+0,79
	50m: 28.23 28.23	150m: 1:35.83 35.57	250m: 2:48.63 37.70	350m: 4:00.33 33.45	
	100m: 1:00.26 32.03	200m: 2:10.93 35.10	300m: 3:26.88 38.25	400m: 4:32.96 32.63	
9.	Joao Carlos Santos	96	Uniao Piedense	4:33.93	+0,72
	50m: 30.08 30.08	150m: 1:39.94 36.24	250m: 2:54.83 39.16	350m: 4:04.52 30.48	
	100m: 1:03.70 33.62	200m: 2:15.67 35.73	300m: 3:34.04 39.21	400m: 4:33.93 29.41	
10.	Antonio Rafael Bessa	94	Aquatico Pacense	4:34.10	+0,67
	50m: 28.57 28.57	150m: 1:35.83 35.29	250m: 2:50.36 39.49	350m: 4:02.05 31.87	
	100m: 1:00.54 31.97	200m: 2:10.87 35.04	300m: 3:30.18 39.82	400m: 4:34.10 32.05	
11.	Diogo Miguel Costa	98	Porto	4:34.58	+0,71
	50m: 27.62 27.62	150m: 1:37.18 36.65	250m: 2:52.59 39.01	350m: 4:04.45 31.96	
	100m: 1:00.53 32.91	200m: 2:13.58 36.40	300m: 3:32.49 39.90	400m: 4:34.58 30.13	
12.	Rafael Filipe Nunes	96	Benfica	4:39.19	+0,63
	50m: 29.10 29.10	150m: 1:38.23 36.08	250m: 2:53.91 40.15	350m: 4:07.34 33.03	
	100m: 1:02.15 33.05	200m: 2:13.76 35.53	300m: 3:34.31 40.40	400m: 4:39.19 31.85	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Splash Meet Manager, 11.46384

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PARCEROS



Prova 11, Masc., 400m Estilos

Juniores

1. Joao Daniel Machado	99	Uniao Piedense	4:26.48	+0,74	
50m: 28.39 28.39	150m: 1:34.43 33.62	250m: 2:46.03 38.79	350m: 3:56.75 31.89		
100m: 1:00.81 32.42	200m: 2:07.24 32.81	300m: 3:24.86 38.83	400m: 4:26.48 29.73		
2. Jorge Jesus Silva	00	Braga	4:30.12	+0,75	
50m: 28.63 28.63	150m: 1:36.61 35.99	250m: 2:49.73 37.46	350m: 3:59.74 31.88		
100m: 1:00.62 31.99	200m: 2:12.27 35.66	300m: 3:27.86 38.13	400m: 4:30.12 30.38		
3. Andre Vilas Ruivo	00	Sporting	4:30.85	+0,71	
50m: 28.84 28.84	150m: 1:35.00 33.75	250m: 2:48.97 40.09	350m: 4:00.24 31.19		
100m: 1:01.25 32.41	200m: 2:08.88 33.88	300m: 3:29.05 40.08	400m: 4:30.85 30.61		
4. Jose Paulo Lopes	00	Braga	4:31.84	+0,69	
50m: 28.51 28.51	150m: 1:36.93 35.26	250m: 2:51.89 40.49	350m: 4:02.60 31.08		
100m: 1:01.67 33.16	200m: 2:11.40 34.47	300m: 3:31.52 39.63	400m: 4:31.84 29.24		
5. Filipe Miguel Santo	00	Benfica	4:34.69	+0,86	
50m: 29.54 29.54	150m: 1:39.86 35.88	250m: 2:54.72 39.82	350m: 4:04.66 30.22		
100m: 1:03.98 34.44	200m: 2:14.90 35.04	300m: 3:34.44 39.72	400m: 4:34.69 30.03		
6. Roberto Donald Gomes	00	Alges	4:34.97	+0,81	
50m: 28.62 28.62	150m: 1:37.00 35.94	250m: 2:52.56 40.42	350m: 4:05.17 31.43		
100m: 1:01.06 32.44	200m: 2:12.14 35.14	300m: 3:33.74 41.18	400m: 4:34.97 29.80		
7. Miguel Angelo Santos	00	Famalicao	4:35.66	+0,80	
50m: 29.75 29.75	150m: 1:40.37 35.99	250m: 2:54.94 38.20	350m: 4:04.42 31.58		
100m: 1:04.38 34.63	200m: 2:16.74 36.37	300m: 3:32.84 37.90	400m: 4:35.66 31.24		
8. Tiago Filipe Campos	99	Rio Maior	4:37.25	+0,83	
50m: 28.15 28.15	150m: 1:35.95 35.93	250m: 2:52.52 41.55	350m: 4:06.83 31.34		
100m: 1:00.02 31.87	200m: 2:10.97 35.02	300m: 3:35.49 42.97	400m: 4:37.25 30.42		
9. Bernardo Garcia Perloiro	00	Sporting	4:37.58	+0,64	
50m: 29.21 29.21	150m: 1:37.69 34.56	250m: 2:52.54 39.91	350m: 4:06.17 32.73		
100m: 1:03.13 33.92	200m: 2:12.63 34.94	300m: 3:33.44 40.90	400m: 4:37.58 31.41		
10. Daniel Nogueira Catalao	00	Uniao Piedense	4:39.37	+0,75	
50m: 29.41 29.41	150m: 1:40.98 36.89	250m: 2:56.35 39.71	350m: 4:09.14 32.56		
100m: 1:04.09 34.68	200m: 2:16.64 35.66	300m: 3:36.58 40.23	400m: 4:39.37 30.23		
11. Diogo Leal Dantas	00	Sporting	4:39.87	+0,62	
50m: 28.46 28.46	150m: 1:38.50 36.44	250m: 2:54.14 39.61	350m: 4:07.97 33.13		
100m: 1:02.06 33.60	200m: 2:14.53 36.03	300m: 3:34.84 40.70	400m: 4:39.87 31.90		
12. Afonso Guilherme Jesus	00	Sporting	4:40.24	+0,69	
50m: 29.38 29.38	150m: 1:41.18 37.55	250m: 2:56.85 38.66	350m: 4:09.14 33.09		
100m: 1:03.63 34.25	200m: 2:18.19 37.01	300m: 3:36.05 39.20	400m: 4:40.24 31.10		
13. Joao Pedro Gomes	99	Miranda do Corvo	4:40.31	+0,75	
50m: 29.70 29.70	150m: 1:38.35 34.62	250m: 2:53.50 39.75	350m: 4:07.41 33.29		
100m: 1:03.73 34.03	200m: 2:13.75 35.40	300m: 3:34.12 40.62	400m: 4:40.31 32.90		
14. Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:40.40	+0,71	
50m: 28.61 28.61	150m: 1:37.08 35.65	250m: 2:52.59 40.40	350m: 4:06.91 33.16		
100m: 1:01.43 32.82	200m: 2:12.19 35.11	300m: 3:33.75 41.16	400m: 4:40.40 33.49		

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Splash Meet Manager, 11.46384

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PARCEIROS



Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
15.	Sergio Filipe Travanca	00	Fluvial Portuense	4:41.92	+0,76
	50m: 29.15 29.15	150m: 1:39.06 36.54	250m: 2:56.22 40.85	350m: 4:10.02 32.10	
	100m: 1:02.52 33.37	200m: 2:15.37 36.31	300m: 3:37.92 41.70	400m: 4:41.92 31.90	
16.	Miguel Goncalves Frade	00	Torres Novas	4:42.78	+0,86
	50m: 30.55 30.55	150m: 1:41.70 36.81	250m: 2:57.26 39.27	350m: 4:10.45 33.14	
	100m: 1:04.89 34.34	200m: 2:17.99 36.29	300m: 3:37.31 40.05	400m: 4:42.78 32.33	
17.	Jose Tomas Simeao	00	Laranjeiro	4:42.81	+0,74
	50m: 28.79 28.79	150m: 1:38.00 35.20	250m: 2:54.30 41.39	350m: 4:09.90 33.27	
	100m: 1:02.80 34.01	200m: 2:12.91 34.91	300m: 3:36.63 42.33	400m: 4:42.81 32.91	
18.	Sebastiao Limbert Piedade	00	Alges	4:44.27	+0,73
	50m: 29.46 29.46	150m: 1:40.23 36.62	250m: 2:55.94 39.53	350m: 4:10.88 33.79	
	100m: 1:03.61 34.15	200m: 2:16.41 36.18	300m: 3:37.09 41.15	400m: 4:44.27 33.39	
19.	Tiago Douwens Paula	99	Sporting	4:45.47	+0,75
	50m: 31.00 31.00	150m: 1:42.10 35.87	250m: 2:58.51 41.22	350m: 4:12.81 32.86	
	100m: 1:06.23 35.23	200m: 2:17.29 35.19	300m: 3:39.95 41.44	400m: 4:45.47 32.66	

Absolutos

1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:20.20	+0,65
	50m: 27.74 27.74	150m: 1:33.76 34.51	250m: 2:43.84 35.67	350m: 3:51.37 31.48	
	100m: 59.25 31.51	200m: 2:08.17 34.41	300m: 3:19.89 36.05	400m: 4:20.20 28.83	
2.	Joao Pedro Gil	97	Uniao Piedense	4:20.64	+0,58
	50m: 27.79 27.79	150m: 1:34.94 34.46	250m: 2:46.38 37.14	350m: 3:53.09 29.60	
	100m: 1:00.48 32.69	200m: 2:09.24 34.30	300m: 3:23.49 37.11	400m: 4:20.64 27.55	
3.	Jose Paula Carvalho	98	Uniao Piedense	4:21.21	+0,73
	50m: 27.33 27.33	150m: 1:33.91 35.84	250m: 2:44.87 36.13	350m: 3:53.12 29.95	
	100m: 58.07 30.74	200m: 2:08.74 34.83	300m: 3:23.17 38.30	400m: 4:21.21 28.09	
4.	Bruno Miguel Ramos	97	Belenenses	4:24.99	+0,70
	50m: 27.24 27.24	150m: 1:32.61 33.85	250m: 2:43.83 37.76	350m: 3:53.29 30.97	
	100m: 58.76 31.52	200m: 2:06.07 33.46	300m: 3:22.32 38.49	400m: 4:24.99 31.70	
5.	Joao Daniel Machado	99	Uniao Piedense	4:26.48	+0,74
	50m: 28.39 28.39	150m: 1:34.43 33.62	250m: 2:46.03 38.79	350m: 3:56.75 31.89	
	100m: 1:00.81 32.42	200m: 2:07.24 32.81	300m: 3:24.86 38.83	400m: 4:26.48 29.73	
6.	Jorge Jesus Silva	00	Braga	4:30.12	+0,75
	50m: 28.63 28.63	150m: 1:36.61 35.99	250m: 2:49.73 37.46	350m: 3:59.74 31.88	
	100m: 1:00.62 31.99	200m: 2:12.27 35.66	300m: 3:27.86 38.13	400m: 4:30.12 30.38	
7.	Andre Vilas Ruivo	00	Sporting	4:30.85	+0,71
	50m: 28.84 28.84	150m: 1:35.00 33.75	250m: 2:48.97 40.09	350m: 4:00.24 31.19	
	100m: 1:01.25 32.41	200m: 2:08.88 33.88	300m: 3:29.05 40.08	400m: 4:30.85 30.61	
8.	Jose Paulo Lopes	00	Braga	4:31.84	+0,69
	50m: 28.51 28.51	150m: 1:36.93 35.26	250m: 2:51.89 40.49	350m: 4:02.60 31.08	
	100m: 1:01.67 33.16	200m: 2:11.40 34.47	300m: 3:31.52 39.63	400m: 4:31.84 29.24	
9.	Andre Bras Goncalves	88	Belenenses	4:32.32	+0,69
	50m: 28.19 28.19	150m: 1:37.08 36.08	250m: 2:51.60 39.64	350m: 4:02.63 31.64	
	100m: 1:01.00 32.81	200m: 2:11.96 34.88	300m: 3:30.99 39.39	400m: 4:32.32 29.69	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 11, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Afonso Ribeiro Bate	98	Alges	4:32.38	+0,69
	50m: 28.08 28.08	150m: 1:37.51 36.38	250m: 2:51.79 38.06	350m: 4:02.31 31.98	
	100m: 1:01.13 33.05	200m: 2:13.73 36.22	300m: 3:30.33 38.54	400m: 4:32.38 30.07	
11.	Jose Pedro Sampaio	98	Fluvial Portuense	4:32.49	+0,76
	50m: 29.09 29.09	150m: 1:36.36 34.41	250m: 2:50.27 39.34	350m: 4:02.40 32.31	
	100m: 1:01.95 32.86	200m: 2:10.93 34.57	300m: 3:30.09 39.82	400m: 4:32.49 30.09	
12.	Nuno Rafael Alves	90	Aquatico Pacense	4:32.96	+0,79
	50m: 28.23 28.23	150m: 1:35.83 35.57	250m: 2:48.63 37.70	350m: 4:00.33 33.45	
	100m: 1:00.26 32.03	200m: 2:10.93 35.10	300m: 3:26.88 38.25	400m: 4:32.96 32.63	
13.	Joao Carlos Santos	96	Uniao Piedense	4:33.93	+0,72
	50m: 30.08 30.08	150m: 1:39.94 36.24	250m: 2:54.83 39.16	350m: 4:04.52 30.48	
	100m: 1:03.70 33.62	200m: 2:15.67 35.73	300m: 3:34.04 39.21	400m: 4:33.93 29.41	
14.	Antonio Rafael Bessa	94	Aquatico Pacense	4:34.10	+0,67
	50m: 28.57 28.57	150m: 1:35.83 35.29	250m: 2:50.36 39.49	350m: 4:02.05 31.87	
	100m: 1:00.54 31.97	200m: 2:10.87 35.04	300m: 3:30.18 39.82	400m: 4:34.10 32.05	
15.	Diogo Miguel Costa	98	Porto	4:34.58	+0,71
	50m: 27.62 27.62	150m: 1:37.18 36.65	250m: 2:52.59 39.01	350m: 4:04.45 31.96	
	100m: 1:00.53 32.91	200m: 2:13.58 36.40	300m: 3:32.49 39.90	400m: 4:34.58 30.13	
16.	Filipe Miguel Santo	00	Benfica	4:34.69	+0,86
	50m: 29.54 29.54	150m: 1:39.86 35.88	250m: 2:54.72 39.82	350m: 4:04.66 30.22	
	100m: 1:03.98 34.44	200m: 2:14.90 35.04	300m: 3:34.44 39.72	400m: 4:34.69 30.03	
17.	Roberto Donald Gomes	00	Alges	4:34.97	+0,81
	50m: 28.62 28.62	150m: 1:37.00 35.94	250m: 2:52.56 40.42	350m: 4:05.17 31.43	
	100m: 1:01.06 32.44	200m: 2:12.14 35.14	300m: 3:33.74 41.18	400m: 4:34.97 29.80	
18.	Miguel Angelo Santos	00	Famalicao	4:35.66	+0,80
	50m: 29.75 29.75	150m: 1:40.37 35.99	250m: 2:54.94 38.20	350m: 4:04.42 31.58	
	100m: 1:04.38 34.63	200m: 2:16.74 36.37	300m: 3:32.84 37.90	400m: 4:35.66 31.24	
19.	Tiago Filipe Campos	99	Rio Maior	4:37.25	+0,83
	50m: 28.15 28.15	150m: 1:35.95 35.93	250m: 2:52.52 41.55	350m: 4:06.83 31.34	
	100m: 1:00.02 31.87	200m: 2:10.97 35.02	300m: 3:35.49 42.97	400m: 4:37.25 30.42	
20.	Bernardo Garcia Perloiro	00	Sporting	4:37.58	+0,64
	50m: 29.21 29.21	150m: 1:37.69 34.56	250m: 2:52.54 39.91	350m: 4:06.17 32.73	
	100m: 1:03.13 33.92	200m: 2:12.63 34.94	300m: 3:33.44 40.90	400m: 4:37.58 31.41	
21.	Rafael Filipe Nunes	96	Benfica	4:39.19	+0,63
	50m: 29.10 29.10	150m: 1:38.23 36.08	250m: 2:53.91 40.15	350m: 4:07.34 33.03	
	100m: 1:02.15 33.05	200m: 2:13.76 35.53	300m: 3:34.31 40.40	400m: 4:39.19 31.85	
22.	Daniel Nogueira Catalao	00	Uniao Piedense	4:39.37	+0,75
	50m: 29.41 29.41	150m: 1:40.98 36.89	250m: 2:56.35 39.71	350m: 4:09.14 32.56	
	100m: 1:04.09 34.68	200m: 2:16.64 35.66	300m: 3:36.58 40.23	400m: 4:39.37 30.23	
23.	Diogo Leal Dantas	00	Sporting	4:39.87	+0,62
	50m: 28.46 28.46	150m: 1:38.50 36.44	250m: 2:54.14 39.61	350m: 4:07.97 33.13	
	100m: 1:02.06 33.60	200m: 2:14.53 36.03	300m: 3:34.84 40.70	400m: 4:39.87 31.90	
24.	Afonso Guilherme Jesus	00	Sporting	4:40.24	+0,69
	50m: 29.38 29.38	150m: 1:41.18 37.55	250m: 2:56.85 38.66	350m: 4:09.14 33.09	
	100m: 1:03.63 34.25	200m: 2:18.19 37.01	300m: 3:36.05 39.20	400m: 4:40.24 31.10	

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Splash Meet Manager, 11.46384

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PARCEIROS INSTITUCIONAIS

FORNECEDOR OFICIAL



PARCEIROS



Prova 11, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac
25.	Joao Pedro Gomes	99	Miranda do Corvo	4:40.31	+0,75
	50m: 29.70 29.70	150m: 1:38.35 34.62	250m: 2:53.50 39.75	350m: 4:07.41 33.29	
	100m: 1:03.73 34.03	200m: 2:13.75 35.40	300m: 3:34.12 40.62	400m: 4:40.31 32.90	
26.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:40.40	+0,71
	50m: 28.61 28.61	150m: 1:37.08 35.65	250m: 2:52.59 40.40	350m: 4:06.91 33.16	
	100m: 1:01.43 32.82	200m: 2:12.19 35.11	300m: 3:33.75 41.16	400m: 4:40.40 33.49	
27.	Sergio Filipe Travanca	00	Fluvial Portuense	4:41.92	+0,76
	50m: 29.15 29.15	150m: 1:39.06 36.54	250m: 2:56.22 40.85	350m: 4:10.02 32.10	
	100m: 1:02.52 33.37	200m: 2:15.37 36.31	300m: 3:37.92 41.70	400m: 4:41.92 31.90	
28.	Miguel Goncalves Frade	00	Torres Novas	4:42.78	+0,86
	50m: 30.55 30.55	150m: 1:41.70 36.81	250m: 2:57.26 39.27	350m: 4:10.45 33.14	
	100m: 1:04.89 34.34	200m: 2:17.99 36.29	300m: 3:37.31 40.05	400m: 4:42.78 32.33	
29.	Jose Tomas Simeao	00	Laranjeiro	4:42.81	+0,74
	50m: 28.79 28.79	150m: 1:38.00 35.20	250m: 2:54.30 41.39	350m: 4:09.90 33.27	
	100m: 1:02.80 34.01	200m: 2:12.91 34.91	300m: 3:36.63 42.33	400m: 4:42.81 32.91	
30.	Sebastiao Limbert Piedade	00	Alges	4:44.27	+0,73
	50m: 29.46 29.46	150m: 1:40.23 36.62	250m: 2:55.94 39.53	350m: 4:10.88 33.79	
	100m: 1:03.61 34.15	200m: 2:16.41 36.18	300m: 3:37.09 41.15	400m: 4:44.27 33.39	
31.	Tiago Douwens Paula	99	Sporting	4:45.47	+0,75
	50m: 31.00 31.00	150m: 1:42.10 35.87	250m: 2:58.51 41.22	350m: 4:12.81 32.86	
	100m: 1:06.23 35.23	200m: 2:17.29 35.19	300m: 3:39.95 41.44	400m: 4:45.47 32.66	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Splash Meet Manager, 11.46384

Registered to Federacao Portuguesa De Natacao

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PARCEROS

