

Prova 17 Masc., 400m Livres 17 anos e mais velhos
10-12-2016 - 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

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Joao Pedro Gil	97	Uniao Piedense	3:52.47	+0,62
	50m: 26.56 26.56	150m: 1:25.48 29.71	250m: 2:25.23 29.62	350m: 3:24.14 29.13	
	100m: 55.77 29.21	200m: 1:55.61 30.13	300m: 2:55.01 29.78	400m: 3:52.47 28.33	
2.	Jose Paula Carvalho	98	Uniao Piedense	3:52.85	+0,71
	50m: 27.15 27.15	150m: 1:26.36 29.86	250m: 2:26.28 29.94	350m: 3:24.59 28.73	
	100m: 56.50 29.35	200m: 1:56.34 29.98	300m: 2:55.86 29.58	400m: 3:52.85 28.26	
3.	Rafael Lourenco Gil	96	Benfica	3:53.90	+0,72
	50m: 27.21 27.21	150m: 1:25.84 29.57	250m: 2:25.57 29.93	350m: 3:25.07 29.68	
	100m: 56.27 29.06	200m: 1:55.64 29.80	300m: 2:55.39 29.82	400m: 3:53.90 28.83	
4.	Guilherme Pereira Dias	97	Sporting	3:55.62	+0,71
	50m: 26.94 26.94	150m: 1:26.38 29.89	250m: 2:26.62 30.15	350m: 3:25.49 29.34	
	100m: 56.49 29.55	200m: 1:56.47 30.09	300m: 2:56.15 29.53	400m: 3:55.62 30.13	
5.	Joao Carlos Santos	96	Uniao Piedense	3:57.02	+0,70
	50m: 27.66 27.66	150m: 1:28.20 30.57	250m: 2:28.25 29.33	350m: 3:27.49 29.91	
	100m: 57.63 29.97	200m: 1:58.92 30.72	300m: 2:57.58 29.33	400m: 3:57.02 29.53	
6.	Guilherme Filipe Pina	98	Sporting	3:57.16	+0,73
	50m: 27.26 27.26	150m: 1:26.24 29.77	250m: 2:26.45 30.02	350m: 3:26.98 30.19	
	100m: 56.47 29.21	200m: 1:56.43 30.19	300m: 2:56.79 30.34	400m: 3:57.16 30.18	
7.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:58.51	+0,68
	50m: 26.35 26.35	150m: 1:25.22 29.85	250m: 2:26.07 30.28	350m: 3:27.65 30.89	
	100m: 55.37 29.02	200m: 1:55.79 30.57	300m: 2:56.76 30.69	400m: 3:58.51 30.86	
8.	Mario Andre Bonanca	90	Sporting	3:59.38	+0,82
	50m: 27.24 27.24	150m: 1:26.54 29.99	250m: 2:27.17 30.41	350m: 3:29.47 31.37	
	100m: 56.55 29.31	200m: 1:56.76 30.22	300m: 2:58.10 30.93	400m: 3:59.38 29.91	
9.	Afonso Ribeiro Bate	98	Alges	4:01.47	+0,67
	50m: 27.72 27.72	150m: 1:29.19 30.95	250m: 2:31.02 30.72	350m: 3:32.37 30.50	
	100m: 58.24 30.52	200m: 2:00.30 31.11	300m: 3:01.87 30.85	400m: 4:01.47 29.10	
10.	Andre Filipe Farinha	96	Benfica	4:02.46	+0,61
	50m: 27.31 27.31	150m: 1:27.81 30.62	250m: 2:28.65 30.33	350m: 3:31.44 31.58	
	100m: 57.19 29.88	200m: 1:58.32 30.51	300m: 2:59.86 31.21	400m: 4:02.46 31.02	
11.	Francisco Xavier Goncalves	97	Nautico /Urgicentro-Sanfil	4:02.66	+0,71
	50m: 27.03 27.03	150m: 1:26.78 30.07	250m: 2:28.03 30.67	350m: 3:31.27 31.76	
	100m: 56.71 29.68	200m: 1:57.36 30.58	300m: 2:59.51 31.48	400m: 4:02.66 31.39	
12.	Ruben Jose Morim	97	Vilacondense	4:04.37	+0,73
	50m: 27.57 27.57	150m: 1:28.53 30.80	250m: 2:31.50 31.53	350m: 3:34.08 31.16	
	100m: 57.73 30.16	200m: 1:59.97 31.44	300m: 3:02.92 31.42	400m: 4:04.37 30.29	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

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PARCEIROS



Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome			Ano	Clube				Tempo Final		TReac	
13.	Diogo Manuel Marques			98	Columbofila Cantanhedense				4:05.39		+0,71	
	50m:	26.96	26.96	150m:	1:28.30	31.03	250m:	2:30.97	31.31	350m:	3:34.84	31.88
	100m:	57.27	30.31	200m:	1:59.66	31.36	300m:	3:02.96	31.99	400m:	4:05.39	30.55
14.	Rui Filipe Costa			91	Vitoria Guimaraes				4:06.37		+0,72	
	50m:	28.00	28.00	150m:	1:29.05	30.78	250m:	2:32.06	31.48	350m:	3:35.91	32.10
	100m:	58.27	30.27	200m:	2:00.58	31.53	300m:	3:03.81	31.75	400m:	4:06.37	30.46
15.	Joao Duarte Santos			95	Benfica				4:08.24		+0,71	
	50m:	27.36	27.36	150m:	1:27.94	30.67	250m:	2:30.42	31.59	350m:	3:36.14	33.04
	100m:	57.27	29.91	200m:	1:58.83	30.89	300m:	3:03.10	32.68	400m:	4:08.24	32.10
16.	Pedro Maria Bessa			95	Nautico /Urgicentro-Sanfil				4:08.34		+0,75	
	50m:	27.65	27.65	150m:	1:29.27	30.99	250m:	2:33.03	31.78	350m:	3:37.26	32.20
	100m:	58.28	30.63	200m:	2:01.25	31.98	300m:	3:05.06	32.03	400m:	4:08.34	31.08

Juniores

1.	Jose Paulo Lopes			00	Braga				3:58.55	+0,70		
	50m:	27.17	27.17	150m:	1:26.85	30.20	250m:	2:27.60	30.28	350m:	3:29.05	30.63
	100m:	56.65	29.48	200m:	1:57.32	30.47	300m:	2:58.42	30.82	400m:	3:58.55	29.50
2.	Roberto Donald Gomes			00	Alges				3:59.80	+0,76		
	50m:	27.26	27.26	150m:	1:27.20	30.43	250m:	2:28.62	30.80	350m:	3:30.50	30.74
	100m:	56.77	29.51	200m:	1:57.82	30.62	300m:	2:59.76	31.14	400m:	3:59.80	29.30
3.	Antonio Fernando Pinto			99	Lousada SXXI				3:59.82	+0,73		
	50m:	26.87	26.87	150m:	1:27.38	30.36	250m:	2:28.78	30.73	350m:	3:30.53	30.83
	100m:	57.02	30.15	200m:	1:58.05	30.67	300m:	2:59.70	30.92	400m:	3:59.82	29.29
4.	Tiago Cunha Costa			99	Sporting				4:00.31	+0,72		
	50m:	27.46	27.46	150m:	1:27.18	29.91	250m:	2:28.27	30.64	350m:	3:30.61	31.35
	100m:	57.27	29.81	200m:	1:57.63	30.45	300m:	2:59.26	30.99	400m:	4:00.31	29.70
5.	Pedro Galvao Gouveia			99	Desportivo Nacional				4:01.11	+0,70		
	50m:	27.17	27.17	150m:	1:27.44	30.42	250m:	2:29.68	31.35	350m:	3:31.69	30.76
	100m:	57.02	29.85	200m:	1:58.33	30.89	300m:	3:00.93	31.25	400m:	4:01.11	29.42
6.	Joao Cruz Castro			00	Sao Roque				4:01.61	+0,67		
	50m:	27.63	27.63	150m:	1:29.56	31.07	250m:	2:31.07	30.37	350m:	3:31.88	30.15
	100m:	58.49	30.86	200m:	2:00.70	31.14	300m:	3:01.73	30.66	400m:	4:01.61	29.73
7.	Jose Pedro Fernandes			99	Braga				4:02.84	+0,71		
	50m:	27.11	27.11	150m:	1:27.58	30.31	250m:	2:29.67	31.21	350m:	3:32.16	31.29
	100m:	57.27	30.16	200m:	1:58.46	30.88	300m:	3:00.87	31.20	400m:	4:02.84	30.68
8.	Filipe Miguel Santo			00	Benfica				4:03.61	+0,80		
	50m:	28.17	28.17	150m:	1:29.38	31.00	250m:	2:31.19	30.88	350m:	3:33.31	31.04
	100m:	58.38	30.21	200m:	2:00.31	30.93	300m:	3:02.27	31.08	400m:	4:03.61	30.30

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PARCEROS



Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
9.	Miguel Ribeiro Bate	99	Alges	4:04.13	+0,71
	50m: 27.25 27.25	150m: 1:28.94 31.28	250m: 2:31.46 31.11	350m: 3:33.88 31.14	
	100m: 57.66 30.41	200m: 2:00.35 31.41	300m: 3:02.74 31.28	400m: 4:04.13 30.25	
10.	Andre Vilas Ruivo	00	Sporting	4:04.27	+0,70
	50m: 27.80 27.80	150m: 1:28.94 30.69	250m: 2:30.76 30.74	350m: 3:33.34 31.43	
	100m: 58.25 30.45	200m: 2:00.02 31.08	300m: 3:01.91 31.15	400m: 4:04.27 30.93	
11.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:04.33	+0,77
	50m: 27.54 27.54	150m: 1:27.46 30.38	250m: 2:30.09 31.33	350m: 3:33.41 31.66	
	100m: 57.08 29.54	200m: 1:58.76 31.30	300m: 3:01.75 31.66	400m: 4:04.33 30.92	
12.	Diogo Barbosa Nunes	00	Fluvial Portuense	4:05.84	+0,74
	50m: 27.24 27.24	150m: 1:27.73 30.59	250m: 2:30.02 31.22	350m: 3:34.24 32.14	
	100m: 57.14 29.90	200m: 1:58.80 31.07	300m: 3:02.10 32.08	400m: 4:05.84 31.60	
13.	Tiago Filipe Campos	99	Rio Maior	4:06.43	+0,83
	50m: 27.98 27.98	150m: 1:29.13 30.96	250m: 2:32.26 31.66	350m: 3:36.20 32.08	
	100m: 58.17 30.19	200m: 2:00.60 31.47	300m: 3:04.12 31.86	400m: 4:06.43 30.23	
14.	Joao Daniel Machado	99	Uniao Piedense	4:06.59	+0,76
	50m: 28.16 28.16	150m: 1:30.30 31.06	250m: 2:33.33 31.16	350m: 3:35.79 31.21	
	100m: 59.24 31.08	200m: 2:02.17 31.87	300m: 3:04.58 31.25	400m: 4:06.59 30.80	
15.	Diogo Leal Dantas	00	Sporting	4:07.14	+0,57
	50m: 27.22 27.22	150m: 1:29.49 31.60	250m: 2:32.71 31.37	350m: 3:36.35 31.94	
	100m: 57.89 30.67	200m: 2:01.34 31.85	300m: 3:04.41 31.70	400m: 4:07.14 30.79	
16.	Tiago Silva Soares	99	Porto	4:07.15	+0,75
	50m: 27.04 27.04	150m: 1:29.78 32.02	250m: 2:32.10 29.96	350m: 3:35.82 32.24	
	100m: 57.76 30.72	200m: 2:02.14 32.36	300m: 3:03.58 31.48	400m: 4:07.15 31.33	
17.	Bernardo Garcia Perloiro	00	Sporting	4:09.45	+0,64
	50m: 28.58 28.58	150m: 1:31.16 31.35	250m: 2:34.02 31.35	350m: 3:37.73 31.95	
	100m: 59.81 31.23	200m: 2:02.67 31.51	300m: 3:05.78 31.76	400m: 4:09.45 31.72	
18.	Pedro Guilherme Ferreira	00	Miranda do Corvo	4:09.81	+0,64
	50m: 28.69 28.69	150m: 1:31.81 31.96	250m: 2:35.07 31.38	350m: 3:38.41 31.90	
	100m: 59.85 31.16	200m: 2:03.69 31.88	300m: 3:06.51 31.44	400m: 4:09.81 31.40	
19.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:10.62	+0,73
	50m: 27.87 27.87	150m: 1:30.35 31.66	250m: 2:34.28 32.34	350m: 3:39.58 32.50	
	100m: 58.69 30.82	200m: 2:01.94 31.59	300m: 3:07.08 32.80	400m: 4:10.62 31.04	
20.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	4:11.40	+0,78
	50m: 27.88 27.88	150m: 1:30.17 31.50	250m: 2:34.36 32.65	350m: 3:39.42 32.82	
	100m: 58.67 30.79	200m: 2:01.71 31.54	300m: 3:06.60 32.24	400m: 4:11.40 31.98	
21.	Jose Henriques Luz	99	Torres Novas	4:11.83	+0,87
	50m: 28.70 28.70	150m: 1:31.11 31.55	250m: 2:35.58 32.25	350m: 3:40.33 32.47	
	100m: 59.56 30.86	200m: 2:03.33 32.22	300m: 3:07.86 32.28	400m: 4:11.83 31.50	
22.	Nuno Correia Sousa	00	Fluvial Portuense	4:13.04	+0,84
	50m: 28.15 28.15	150m: 1:31.01 31.77	250m: 2:35.08 31.97	350m: 3:40.81 33.06	
	100m: 59.24 31.09	200m: 2:03.11 32.10	300m: 3:07.75 32.67	400m: 4:13.04 32.23	

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