

Prova 16 Masc., 400m Estilos Absolutos
31-03-2017 Resultados Final

Rec Nac Absoluto	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	POR	Utrecht (NED)	16-07-2013
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014
Rec Nac Jun17	4:25.23	Joao Alexandre Vital	POR	Singapore (SIN)	29-08-2015
Rec Nac Jun18	4:22.25	Joao Alexandre Vital	SCP	Oeiras	22-07-2016
Rec Nac Sen	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016

CMPL 22 +: 4:17.90 / CMJ_Masc 15 - 18: 4:28.20 / CEJ_Masc 15 - 18: 4:33.58 / FOJE_Masc Juv: 4:41.79 / TAC Sen 50m: 4:46.09 - 25m: 4:40.01; Jun 50m: 4:57.59 - 25m: 4:46.58; Juv A 50m: 5:06.60 - 25m: 4:58.92; Juv B 50m: 5:13.99 - 25m: 5:03.31

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
Final A							
1.	Gabriel Jose Lopes	97			Louzan Natacao	4:23.87	789
	50m: 26.74 26.74	150m: 1:32.31	34.70	250m: 2:44.95	37.82	350m: 3:54.05	31.48
	100m: 57.61 30.87	200m: 2:07.13	34.82	300m: 3:22.57	37.62	400m: 4:23.87	29.82
2.	Jose Paula Carvalho	98			Uniao Piedense	4:30.39	733
	50m: 28.31 28.31	150m: 1:36.64	36.36	250m: 2:50.57	38.72	350m: 4:00.55	30.56
	100m: 1:00.28 31.97	200m: 2:11.85	35.21	300m: 3:29.99	39.42	400m: 4:30.39	29.84
3.	Joao Pedro Gil	97			Uniao Piedense	4:31.53	724
	50m: 28.27 28.27	150m: 1:38.77	37.63	250m: 2:53.53	39.12	350m: 4:02.87	30.87
	100m: 1:01.14 32.87	200m: 2:14.41	35.64	300m: 3:32.00	38.47	400m: 4:31.53	28.66
4.	Bruno Miguel Ramos	97			Belenenses	4:31.61	723
	50m: 28.12 28.12	150m: 1:35.88	34.92	250m: 2:50.25	39.49	350m: 4:01.61	32.01
	100m: 1:00.96 32.84	200m: 2:10.76	34.88	300m: 3:29.60	39.35	400m: 4:31.61	30.00
5.	Tomas Miguel Veloso	96			Nautico /Urgicentro-Sanfil	4:32.67	715
	50m: 29.09 29.09	150m: 1:39.29	37.10	250m: 2:53.88	36.86	350m: 4:02.35	31.35
	100m: 1:02.19 33.10	200m: 2:17.02	37.73	300m: 3:31.00	37.12	400m: 4:32.67	30.32
6.	Joao Daniel Machado	99			Uniao Piedense	4:35.69	691
	50m: 28.39 28.39	150m: 1:37.08	35.64	250m: 2:51.72	39.47	350m: 4:03.89	32.35
	100m: 1:01.44 33.05	200m: 2:12.25	35.17	300m: 3:31.54	39.82	400m: 4:35.69	31.80
7.	Jorge Jesus Silva	00			Braga	4:37.85	675
	50m: 28.81 28.81	150m: 1:38.96	36.62	250m: 2:53.75	37.97	350m: 4:05.87	32.63
	100m: 1:02.34 33.53	200m: 2:15.78	36.82	300m: 3:33.24	39.49	400m: 4:37.85	31.98
8.	Jose Paulo Lopes	00			Braga	4:38.57	670
	50m: 28.63 28.63	150m: 1:38.03	36.08	250m: 2:55.08	41.15	350m: 4:07.76	31.46
	100m: 1:01.95 33.32	200m: 2:13.93	35.90	300m: 3:36.30	41.22	400m: 4:38.57	30.81
9.	Jose Pedro Sampaio	98			Fluvial Portuense	4:41.49	650
	50m: 28.51 28.51	150m: 1:38.35	36.07	250m: 2:54.97	41.04	350m: 4:08.98	32.57
	100m: 1:02.28 33.77	200m: 2:13.93	35.58	300m: 3:36.41	41.44	400m: 4:41.49	32.51
10.	Tiago Miguel Vilhena	01			Natacao de Faro	4:51.56	584
	50m: 30.04 30.04	150m: 1:44.84	38.39	250m: 3:02.76	40.79	350m: 4:18.00	34.30
	100m: 1:06.45 36.41	200m: 2:21.97	37.13	300m: 3:43.70	40.94	400m: 4:51.56	33.56
Final B							
11.	Andre Vilas Ruivo	00			Sporting	4:38.69	669
	50m: 29.16 29.16	150m: 1:38.80	36.26	250m: 2:55.54	41.13	350m: 4:07.67	31.12
	100m: 1:02.54 33.38	200m: 2:14.41	35.61	300m: 3:36.55	41.01	400m: 4:38.69	31.02
12.	Nuno Rafael Alves	90			Aquatico Pacense	4:40.58	656
	50m: 29.22 29.22	150m: 1:40.37	37.54	250m: 2:55.50	38.16	350m: 4:07.92	32.92
	100m: 1:02.83 33.61	200m: 2:17.34	36.97	300m: 3:35.00	39.50	400m: 4:40.58	32.66

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Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
13.	Antonio Rafael Bessa	94				Aquatico Pacense	4:41.32	651
	50m: 29.19 29.19	150m: 1:38.43	36.80	250m: 2:55.29	41.09	350m: 4:08.85	33.11	
	100m: 1:01.63 32.44	200m: 2:14.20	35.77	300m: 3:35.74	40.45	400m: 4:41.32	32.47	
14.	Diogo Coelho Jose	01				Columbofila Cantanhedense	4:43.61	635
	50m: 29.32 29.32	150m: 1:39.37	36.47	250m: 2:57.48	42.44	350m: 4:13.05	32.94	
	100m: 1:02.90 33.58	200m: 2:15.04	35.67	300m: 3:40.11	42.63	400m: 4:43.61	30.56	
15.	Diogo Santos Cardoso	01				Colegio Monte Maior	4:44.71	628
	50m: 30.12 30.12	150m: 1:42.85	38.82	250m: 3:00.87	40.48	350m: 4:14.05	32.18	
	100m: 1:04.03 33.91	200m: 2:20.39	37.54	300m: 3:41.87	41.00	400m: 4:44.71	30.66	
16.	Bernardo Garcia Perloiro	00				Sporting	4:45.64	622
	50m: 29.77 29.77	150m: 1:41.46	36.26	250m: 2:58.04	40.48	350m: 4:12.94	33.61	
	100m: 1:05.20 35.43	200m: 2:17.56	36.10	300m: 3:39.33	41.29	400m: 4:45.64	32.70	
17.	Lucas Pereira Bastos	00				Nautico /Urgicentro-Sanfil	4:45.86	620
	50m: 29.44 29.44	150m: 1:40.68	37.18	250m: 2:59.04	41.42	350m: 4:14.12	32.57	
	100m: 1:03.50 34.06	200m: 2:17.62	36.94	300m: 3:41.55	42.51	400m: 4:45.86	31.74	
18.	Filipe Miguel Santo	00				Benfica	4:47.65	609
	50m: 29.95 29.95	150m: 1:44.22	38.23	250m: 3:03.16	41.70	350m: 4:17.02	31.06	
	100m: 1:05.99 36.04	200m: 2:21.46	37.24	300m: 3:45.96	42.80	400m: 4:47.65	30.63	
19.	Sergio Filipe Travanca	00				Fluvial Portuense	4:49.74	596
	50m: 28.79 28.79	150m: 1:42.30	38.82	250m: 3:02.79	41.81	350m: 4:17.98	32.01	
	100m: 1:03.48 34.69	200m: 2:20.98	38.68	300m: 3:45.97	43.18	400m: 4:49.74	31.76	
20.	David Matias Cristino	01				Uniao Piedense	4:51.26	586
	50m: 29.53 29.53	150m: 1:41.73	37.59	250m: 3:02.32	43.57	350m: 4:18.89	31.95	
	100m: 1:04.14 34.61	200m: 2:18.75	37.02	300m: 3:46.94	44.62	400m: 4:51.26	32.37	
Final C								
21.	Sebastiao Mendes Gomes	00				Pimpoes/Cimai	4:45.59	622
	50m: 29.10 29.10	150m: 1:42.72	39.43	250m: 3:01.60	41.51	350m: 4:15.01	31.88	
	100m: 1:03.29 34.19	200m: 2:20.09	37.37	300m: 3:43.13	41.53	400m: 4:45.59	30.58	
22.	Diogo Leal Dantas	00				Sporting	4:46.51	616
	50m: 29.06 29.06	150m: 1:41.46	38.52	250m: 3:00.13	41.06	350m: 4:14.53	33.79	
	100m: 1:02.94 33.88	200m: 2:19.07	37.61	300m: 3:40.74	40.61	400m: 4:46.51	31.98	
23.	Daniel Nogueira Catalao	00				Uniao Piedense	4:51.38	586
	50m: 29.29 29.29	150m: 1:42.88	39.35	250m: 3:02.10	41.19	350m: 4:17.83	33.91	
	100m: 1:03.53 34.24	200m: 2:20.91	38.03	300m: 3:43.92	41.82	400m: 4:51.38	33.55	
24.	Vicente Oliveira Gomes	02				Sporting	4:51.84	583
	50m: 29.99 29.99	150m: 1:43.95	38.35	250m: 3:04.35	42.50	350m: 4:20.42	32.64	
	100m: 1:05.60 35.61	200m: 2:21.85	37.90	300m: 3:47.78	43.43	400m: 4:51.84	31.42	
25.	Ivan Emanuel Amorim	02				Fluvial Portuense	4:55.19	563
	50m: 30.90 30.90	150m: 1:47.54	40.87	250m: 3:08.70	41.78	350m: 4:24.43	34.00	
	100m: 1:06.67 35.77	200m: 2:26.92	39.38	300m: 3:50.43	41.73	400m: 4:55.19	30.76	
26.	Joao Nogueira Costa	01				Vitoria Guimaraes	4:56.99	553
	50m: 29.55 29.55	150m: 1:43.34	38.14	250m: 3:05.18	44.99	350m: 4:24.91	34.71	
	100m: 1:05.20 35.65	200m: 2:20.19	36.85	300m: 3:50.20	45.02	400m: 4:56.99	32.08	
27.	Edgar Casimiro Ribeiro	01				Alcobaca	4:57.68	549
	50m: 30.17 30.17	150m: 1:44.60	39.35	250m: 3:06.95	44.25	350m: 4:25.50	33.39	
	100m: 1:05.25 35.08	200m: 2:22.70	38.10	300m: 3:52.11	45.16	400m: 4:57.68	32.18	

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
28.	Joao Jose Calado	01			Torres Novas	4:59.00	542
	50m: 29.59 29.59	150m: 1:41.92	38.06	250m: 3:04.10	44.11	350m: 4:24.53	33.98
	100m: 1:03.86 34.27	200m: 2:19.99	38.07	300m: 3:50.55	46.45	400m: 4:59.00	34.47
29.	Ruy Manuel Domingos	02			Sporting	4:59.82	537
	50m: 29.82 29.82	150m: 1:44.43	39.72	250m: 3:06.76	43.80	350m: 4:26.22	34.91
	100m: 1:04.71 34.89	200m: 2:22.96	38.53	300m: 3:51.31	44.55	400m: 4:59.82	33.60
30.	Rui Miguel Pires	01			Nautico Marinha Grande	5:00.02	536
	50m: 29.26 29.26	150m: 1:43.98	39.02	250m: 3:06.76	44.82	350m: 4:26.31	35.62
	100m: 1:04.96 35.70	200m: 2:21.94	37.96	300m: 3:50.69	43.93	400m: 5:00.02	33.71