

Prova 34  
02-04-2017

Masc., 400m Livres

Absolutos  
Resultados Final

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	POR	Málaga (ESP)	05-04-2009
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	POR	Tampere (FIN)	21-07-2009
Rec Nac Jun17	3:57.15	Gustavo Manuel Santa	POR	Helsinki (FIN)	14-07-2010
Rec Nac Jun18	3:58.26	Ivo Emanuel Carneiro	POR	Linz (AUT)	12-07-2002
Rec Nac Sen	3:52.29	Jorge Manuel Maia	POR	Málaga (ESP)	05-04-2009

CMPL 22 +: 3:48.15 / CMJ\_Masc 15 - 18: 3:56.53 / CEJ\_Masc 15 - 18: 4:01.28 / FOJE\_Masc Juv: 4:08.52 / TAC Sen 50m: 4:12.44 - 25m: 4:04.81; Jun 50m: 4:18.12 - 25m: 4:10.67; Juv A 50m: 4:31.04 - 25m: 4:21.78; Juv B 50m: 4:31.14 - 25m: 4:26.49

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
<b>Final A</b>								
1.	Igor Araujo Mogne	96				Sporting	<b>3:57.63</b>	794
	50m: 26.76 26.76	150m: 1:25.84	30.01	250m: 2:26.65	30.48	350m: 3:28.21	30.55	
	100m: 55.83 29.07	200m: 1:56.17	30.33	300m: 2:57.66	31.01	400m: 3:57.63	29.42	
2.	Guilherme Filipe Pina	98				Sporting	<b>3:59.09</b>	779
	50m: 27.66 27.66	150m: 1:27.76	29.98	250m: 2:28.27	30.09	350m: 3:29.24	30.29	
	100m: 57.78 30.12	200m: 1:58.18	30.42	300m: 2:58.95	30.68	400m: 3:59.09	29.85	
3.	Jose Paula Carvalho	98				Uniao Piedense	<b>3:59.22</b>	778
	50m: 27.79 27.79	150m: 1:28.15	30.34	250m: 2:28.61	29.74	350m: 3:30.03	30.66	
	100m: 57.81 30.02	200m: 1:58.87	30.72	300m: 2:59.37	30.76	400m: 3:59.22	29.19	
4.	Tiago Filipe Campos	99				Rio Maior	<b>4:01.21</b>	759
	<i>Minimo CEJ</i>							
	50m: 27.08 27.08	150m: 1:26.91	30.21	250m: 2:28.63	30.97	350m: 3:31.59	31.41	
	100m: 56.70 29.62	200m: 1:57.66	30.75	300m: 3:00.18	31.55	400m: 4:01.21	29.62	
5.	Alexandre Valdagua Coutinho	97				Columbofila Cantanhedense	<b>4:01.25</b>	759
	50m: 27.20 27.20	150m: 1:27.78	30.63	250m: 2:29.46	30.65	350m: 3:31.76	30.71	
	100m: 57.15 29.95	200m: 1:58.81	31.03	300m: 3:01.05	31.59	400m: 4:01.25	29.49	
6.	Tiago Cunha Costa	99				Sporting	<b>4:01.52</b>	756
	50m: 27.65 27.65	150m: 1:28.34	30.43	250m: 2:29.90	30.66	350m: 3:31.86	30.57	
	100m: 57.91 30.26	200m: 1:59.24	30.90	300m: 3:01.29	31.39	400m: 4:01.52	29.66	
7.	Roberto Donald Gomes	00				Alges	<b>4:02.05</b>	751
	50m: 27.72 27.72	150m: 1:28.66	30.63	250m: 2:30.73	30.93	350m: 3:32.50	30.46	
	100m: 58.03 30.31	200m: 1:59.80	31.14	300m: 3:02.04	31.31	400m: 4:02.05	29.55	
8.	Joao Pedro Gil	97				Uniao Piedense	<b>4:02.42</b>	748
	50m: 27.47 27.47	150m: 1:27.58	30.62	250m: 2:29.94	31.16	350m: 3:32.72	31.26	
	100m: 56.96 29.49	200m: 1:58.78	31.20	300m: 3:01.46	31.52	400m: 4:02.42	29.70	
9.	Mario Andre Bonanca	90				Sporting	<b>4:03.87</b>	734
	50m: 28.11 28.11	150m: 1:28.13	30.31	250m: 2:29.45	30.81	350m: 3:32.60	31.98	
	100m: 57.82 29.71	200m: 1:58.64	30.51	300m: 3:00.62	31.17	400m: 4:03.87	31.27	
10.	Jose Paulo Lopes	00				Braga	<b>4:08.08</b>	698
	50m: 27.75 27.75	150m: 1:29.44	30.97	250m: 2:32.61	31.47	350m: 3:36.85	32.03	
	100m: 58.47 30.72	200m: 2:01.14	31.70	300m: 3:04.82	32.21	400m: 4:08.08	31.23	
<b>Final B</b>								
11.	Rafael Lourenco Gil	96				Benfica	<b>4:03.42</b>	738
	50m: 28.19 28.19	150m: 1:29.48	30.81	250m: 2:31.54	31.06	350m: 3:33.42	31.09	
	100m: 58.67 30.48	200m: 2:00.48	31.00	300m: 3:02.33	30.79	400m: 4:03.42	30.00	

Prova 34, Masc., 400m Livres, Final, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
12.	Pedro Miguel Santos	01			Porto	<b>4:08.58</b>	693
	50m: 28.32 28.32	150m: 1:29.83	30.73	250m: 2:32.82	31.79	350m: 3:37.70	32.86
	100m: 59.10 30.78	200m: 2:01.03	31.20	300m: 3:04.84	32.02	400m: 4:08.58	30.88
13.	Diogo Coelho Jose	01			Columbofila Cantanhedense	<b>4:08.71</b>	692
	50m: 28.28 28.28	150m: 1:30.30	31.44	250m: 2:33.16	31.51	350m: 3:37.72	32.32
	100m: 58.86 30.58	200m: 2:01.65	31.35	300m: 3:05.40	32.24	400m: 4:08.71	30.99
14.	Pedro Galvao Gouveia	99			Desportivo Nacional	<b>4:08.82</b>	691
	50m: 28.24 28.24	150m: 1:30.30	31.38	250m: 2:34.19	32.00	350m: 3:38.57	32.14
	100m: 58.92 30.68	200m: 2:02.19	31.89	300m: 3:06.43	32.24	400m: 4:08.82	30.25
15.	Diogo Barbosa Nunes	00			Fluvial Portuense	<b>4:09.03</b>	690
	50m: 28.14 28.14	150m: 1:30.55	31.76	250m: 2:33.91	31.87	350m: 3:38.40	32.61
	100m: 58.79 30.65	200m: 2:02.04	31.49	300m: 3:05.79	31.88	400m: 4:09.03	30.63
16.	Miguel Ribeiro Bate	99			Alges	<b>4:09.40</b>	687
	50m: 28.38 28.38	150m: 1:31.18	31.39	250m: 2:34.91	31.88	350m: 3:39.06	31.96
	100m: 59.79 31.41	200m: 2:03.03	31.85	300m: 3:07.10	32.19	400m: 4:09.40	30.34
17.	Francisco Xavier Goncalves	97			Nautico /Urgicentro-Sanfil	<b>4:09.88</b>	683
	50m: 27.89 27.89	150m: 1:30.21	31.49	250m: 2:34.07	32.17	350m: 3:38.53	32.32
	100m: 58.72 30.83	200m: 2:01.90	31.69	300m: 3:06.21	32.14	400m: 4:09.88	31.35
18.	Sebastiao Mendes Gomes	00			Pimpoes/Cimai	<b>4:10.83</b>	675
	50m: 28.25 28.25	150m: 1:31.40	31.67	250m: 2:36.25	32.33	350m: 3:39.88	30.80
	100m: 59.73 31.48	200m: 2:03.92	32.52	300m: 3:09.08	32.83	400m: 4:10.83	30.95
19.	Duarte Miguel Jorge	01			Galitos / Bresimar	<b>4:11.15</b>	672
	50m: 28.61 28.61	150m: 1:30.26	30.90	250m: 2:34.59	32.19	350m: 3:39.52	32.25
	100m: 59.36 30.75	200m: 2:02.40	32.14	300m: 3:07.27	32.68	400m: 4:11.15	31.63
20.	Andre Vilas Ruivo	00			Sporting	<b>4:12.34</b>	663
	50m: 28.54 28.54	150m: 1:31.78	31.86	250m: 2:35.79	31.89	350m: 3:40.33	32.08
	100m: 59.92 31.38	200m: 2:03.90	32.12	300m: 3:08.25	32.46	400m: 4:12.34	32.01
Final C							
21.	Lucas Pereira Bastos	00			Nautico /Urgicentro-Sanfil	<b>4:09.28</b>	688
	50m: 27.58 27.58	150m: 1:28.91	31.35	250m: 2:33.01	32.02	350m: 3:38.03	32.68
	100m: 57.56 29.98	200m: 2:00.99	32.08	300m: 3:05.35	32.34	400m: 4:09.28	31.25
22.	Filipe Miguel Santo	00			Benfica	<b>4:10.76</b>	675
	50m: 29.02 29.02	150m: 1:32.42	31.88	250m: 2:36.13	31.66	350m: 3:39.60	31.44
	100m: 1:00.54 31.52	200m: 2:04.47	32.05	300m: 3:08.16	32.03	400m: 4:10.76	31.16
23.	Diogo Leal Dantas	00			Sporting	<b>4:13.19</b>	656
	50m: 28.07 28.07	150m: 1:30.46	31.85	250m: 2:35.75	32.97	350m: 3:41.74	33.17
	100m: 58.61 30.54	200m: 2:02.78	32.32	300m: 3:08.57	32.82	400m: 4:13.19	31.45
24.	David Matias Cristino	01			Uniao Piedense	<b>4:14.85</b>	643
	50m: 28.62 28.62	150m: 1:32.63	32.38	250m: 2:37.74	32.21	350m: 3:43.18	32.65
	100m: 1:00.25 31.63	200m: 2:05.53	32.90	300m: 3:10.53	32.79	400m: 4:14.85	31.67
25.	Diogo Santos Cardoso	01			Colegio Monte Maior	<b>4:15.63</b>	638
	50m: 29.65 29.65	150m: 1:34.26	32.35	250m: 2:39.52	32.70	350m: 3:44.74	31.97
	100m: 1:01.91 32.26	200m: 2:06.82	32.56	300m: 3:12.77	33.25	400m: 4:15.63	30.89
26.	Rui Miguel Pires	01			Nautico Marinha Grande	<b>4:19.38</b>	610
	50m: 28.76 28.76	150m: 1:34.13	33.31	250m: 2:40.33	33.41	350m: 3:47.11	33.25
	100m: 1:00.82 32.06	200m: 2:06.92	32.79	300m: 3:13.86	33.53	400m: 4:19.38	32.27

Prova 34, Masc., 400m Livres, Final, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
27.	Tiago Andrade Machado	02			Sporting de Aveiro	<b>4:20.28</b>	604
	50m: 29.64 29.64	150m: 1:34.58	33.19	250m: 2:41.31	33.69	350m: 3:48.55	33.94
	100m: 1:01.39 31.75	200m: 2:07.62	33.04	300m: 3:14.61	33.30	400m: 4:20.28	31.73
28.	Joao Peixoto Pereira	01			Braga	<b>4:22.30</b>	590
	50m: 29.59 29.59	150m: 1:34.73	33.37	250m: 2:43.58	34.76	350m: 3:51.30	32.69
	100m: 1:01.36 31.77	200m: 2:08.82	34.09	300m: 3:18.61	35.03	400m: 4:22.30	31.00
29.	Ivan Emanuel Amorim	02			Fluvial Portuense	<b>4:22.62</b>	588
	50m: 28.64 28.64	150m: 1:34.80	33.31	250m: 2:43.02	33.80	350m: 3:50.98	33.15
	100m: 1:01.49 32.85	200m: 2:09.22	34.42	300m: 3:17.83	34.81	400m: 4:22.62	31.64
30.	Diogo Ramos Lebre	01			Sporting de Aveiro	<b>4:54.22</b>	418
	50m: 26.80 26.80	150m: 1:27.14	30.99	250m: 2:46.02	46.06	350m: 4:12.11	42.71
	100m: 56.15 29.35	200m: 1:59.96	32.82	300m: 3:29.40	43.38	400m: 4:54.22	42.11