

Prova 4
17-12-2016

Masc., 400m Livres
1ª Divisão

1ª Divisão MASC
Resultados

Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel MAIA	POR	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura OLIVEIRA	CFB	Restelo	26-07-2003
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura OLIVEIRA	CFB	Badajoz (ESP)	11-07-2004
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe COSTA	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel SANTA	POR	Tampere (FIN)	21-07-2009
Recordes Nacionais 50m Jun17	3:57.15	Gustavo Manuel SANTA	POR	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Jun18	3:58.26	Ivo Emanuel CARNEIRO	POR	Linz (AUT)	12-07-2002
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel MAIA	POR	Málaga (ESP)	05-04-2009

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafael Lourenco GIL	96	105234	Benfica	4:02.18	+0,74	750	9,00
	50m: 28.07 28.07	150m: 1:29.22 30.66	250m: 2:30.79 30.75	350m: 3:32.26 30.46	400m: 4:02.18 29.92			
	100m: 58.56 30.49	200m: 2:00.04 30.82	300m: 3:01.80 31.01					
2.	Joao Pedro GIL	97	108343	Uniao Piedense	4:04.29	+0,67	731	7,00
	50m: 27.57 27.57	150m: 1:29.03 31.19	250m: 2:31.71 31.31	350m: 3:34.04 30.67	400m: 4:04.29 30.25			
	100m: 57.84 30.27	200m: 2:00.40 31.37	300m: 3:03.37 31.66					
3.	Guilherme Pereira DIAS	97	110443	Sporting	4:04.91	+0,75	725	6,00
	50m: 28.00 28.00	150m: 1:29.56 31.09	250m: 2:32.16 31.64	350m: 3:34.28 31.30	400m: 4:04.91 30.63			
	100m: 58.47 30.47	200m: 2:00.52 30.96	300m: 3:02.98 30.82					
4.	Hugo Alberto RIBEIRO	88	23114	Estrelas S. Joao de Brito	4:11.03	+0,92	673	5,00
	50m: 29.00 29.00	150m: 1:32.23 32.01	250m: 2:36.37 32.07	350m: 3:39.64 31.48	400m: 4:11.03 31.39			
	100m: 1:00.22 31.22	200m: 2:04.30 32.07	300m: 3:08.16 31.79					
5.	Rui Pedro FARIA	94	15592	Famalicao	4:13.03	+0,91	657	4,00
	50m: 29.06 29.06	150m: 1:32.00 32.07	250m: 2:36.69 32.32	350m: 3:41.69 32.69	400m: 4:13.03 31.34			
	100m: 59.93 30.87	200m: 2:04.37 32.37	300m: 3:09.00 32.31					
6.	Francisco Xavier GONCALVES	97	26878	Nautico /Urgicentro-Sanfil	4:13.72	+0,72	652	3,00
	50m: 28.63 28.63	150m: 1:32.75 32.48	250m: 2:37.59 32.26	350m: 3:42.26 32.34	400m: 4:13.72 31.46			
	100m: 1:00.27 31.64	200m: 2:05.33 32.58	300m: 3:09.92 32.33					
7.	Diogo Santos CARDOSO	01	122969	Colegio Monte Maior	4:15.12	+0,89	641	2,00
	50m: 29.61 29.61	150m: 1:34.10 32.34	250m: 2:39.16 32.37	350m: 3:43.97 32.09	400m: 4:15.12 31.15			
	100m: 1:01.76 32.15	200m: 2:06.79 32.69	300m: 3:11.88 32.72					
8.	Tiago Silva SOARES	99	108287	Porto	4:22.70	+0,83	587	1,00
	50m: 28.35 28.35	150m: 1:32.99 32.79	250m: 2:39.67 32.68	350m: 3:48.72 34.85	400m: 4:22.70 33.98			
	100m: 1:00.20 31.85	200m: 2:06.99 34.00	300m: 3:13.87 34.20					