

Prova 34		Masc., 400m Livres				Absolutos	
25-03-2018 - 17:40						Resultados Final	
RN Absoluto	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009		
RN Sen	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009		
RN Jun18	3:57.18	LOPES Jose Paulo	SCB	Coimbra	17-03-2018		
RN Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14-07-2010		
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009		
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006		

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	MOGNE Igor Araujo	96	Sporting	3:55.54	+0,73	815	
	50m: 26.61 26.61	150m: 1:25.59 29.78	250m: 2:25.68	29.72	350m: 3:25.67	29.92	
	100m: 55.81 29.20	200m: 1:55.96 30.37	300m: 2:55.75	30.07	400m: 3:55.54	29.87	
2.	LOPES Jose Paulo	00	Braga	3:56.78	+0,64	802	
	<i>Recorde Nacional, Minimos CEJun, Minimos JOJuv</i>						
	50m: 26.94 26.94	150m: 1:26.19 29.65	250m: 2:26.94	29.97	350m: 3:27.24	30.16	
	100m: 56.54 29.60	200m: 1:56.97 30.78	300m: 2:57.08	30.14	400m: 3:56.78	29.54	
3.	PINA Guilherme Filipe	98	Sporting	3:58.49	+0,73	785	
	50m: 27.57 27.57	150m: 1:27.19 30.07	250m: 2:27.85	30.47	350m: 3:28.99	30.62	
	100m: 57.12 29.55	200m: 1:57.38 30.19	300m: 2:58.37	30.52	400m: 3:58.49	29.50	
4.	GIL Rafael Lourenco	96	Individual ANL	3:58.53	+0,68	785	
	50m: 27.40 27.40	150m: 1:27.46 30.27	250m: 2:28.37	30.46	350m: 3:29.21	30.33	
	100m: 57.19 29.79	200m: 1:57.91 30.45	300m: 2:58.88	30.51	400m: 3:58.53	29.32	
5.	CARVALHO Jose Paula	98	Uniao Piedense	4:02.79	+0,70	744	
	50m: 28.36 28.36	150m: 1:29.82 30.97	250m: 2:31.07	30.10	350m: 3:32.28	30.77	
	100m: 58.85 30.49	200m: 2:00.97 31.15	300m: 3:01.51	30.44	400m: 4:02.79	30.51	
6.	COSTA Tiago Cunha	99	Sporting	4:03.95	+0,68	734	
	50m: 27.13 27.13	150m: 1:27.36 30.48	250m: 2:29.48	30.99	350m: 3:33.00	31.82	
	100m: 56.88 29.75	200m: 1:58.49 31.13	300m: 3:01.18	31.70	400m: 4:03.95	30.95	
7.	CAILLE Dany Pedro	00	Braga	4:05.29	+0,68	722	
	50m: 28.31 28.31	150m: 1:30.69 31.17	250m: 2:32.87	30.90	350m: 3:35.03	30.92	
	100m: 59.52 31.21	200m: 2:01.97 31.28	300m: 3:04.11	31.24	400m: 4:05.29	30.26	
8.	BATE Afonso Ribeiro	98	Alges	4:06.68	+0,67	710	
	50m: 27.59 27.59	150m: 1:29.51 31.18	250m: 2:32.76	31.47	350m: 3:37.04	31.99	
	100m: 58.33 30.74	200m: 2:01.29 31.78	300m: 3:05.05	32.29	400m: 4:06.68	29.64	
9.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	4:06.82	+0,65	708	
	50m: 28.46 28.46	150m: 1:30.14 30.85	250m: 2:32.78	31.12	350m: 3:35.97	31.57	
	100m: 59.29 30.83	200m: 2:01.66 31.52	300m: 3:04.40	31.62	400m: 4:06.82	30.85	
10.	LEBRE Diogo Ramos	01	Sporting de Aveiro	4:10.04	+0,78	681	
	50m: 28.73 28.73	150m: 1:32.14 32.07	250m: 2:36.42	31.93	350m: 3:40.48	31.63	
	100m: 1:00.07 31.34	200m: 2:04.49 32.35	300m: 3:08.85	32.43	400m: 4:10.04	29.56	
Final B							
11.	SANTO Filipe Miguel	00	Benfica	4:02.71	+0,77	745	
	50m: 27.96 27.96	150m: 1:28.68 30.52	250m: 2:30.27	30.78	350m: 3:32.74	31.22	
	100m: 58.16 30.20	200m: 1:59.49 30.81	300m: 3:01.52	31.25	400m: 4:02.71	29.97	

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SANTOS Pedro Miguel	01	Porto	4:07.00	+0,70	707	
	50m: 27.82 27.82	150m: 1:29.85 31.16	250m: 2:32.92 31.30	350m: 3:35.94 31.06	400m: 4:07.00 31.06		
	100m: 58.69 30.87	200m: 2:01.62 31.77	300m: 3:04.88 31.96				
13.	BATE Miguel Ribeiro	99	Alges	4:07.49	+0,67	703	
	50m: 28.16 28.16	150m: 1:30.45 31.30	250m: 2:33.50 31.33	350m: 3:36.72 31.65	400m: 4:07.49 30.77		
	100m: 59.15 30.99	200m: 2:02.17 31.72	300m: 3:05.07 31.57				
14.	DANTAS Diogo Leal	00	Sporting	4:08.05	+0,63	698	
	50m: 27.74 27.74	150m: 1:29.49 31.07	250m: 2:32.35 31.31	350m: 3:37.20 32.15	400m: 4:08.05 30.85		
	100m: 58.42 30.68	200m: 2:01.04 31.55	300m: 3:05.05 32.70				
15.	GONCALVES Francisco Xavier	97	Nautico Academico	4:09.26	+0,69	688	
	50m: 27.57 27.57	150m: 1:29.42 31.45	250m: 2:33.19 31.78	350m: 3:37.41 32.16	400m: 4:09.26 31.85		
	100m: 57.97 30.40	200m: 2:01.41 31.99	300m: 3:05.25 32.06				
16.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	4:09.90	+0,70	682	
	50m: 28.08 28.08	150m: 1:30.06 31.17	250m: 2:33.59 31.73	350m: 3:38.03 31.85	400m: 4:09.90 31.87		
	100m: 58.89 30.81	200m: 2:01.86 31.80	300m: 3:06.18 32.59				
17.	BASTOS Lucas Pereira	00	Nautico Academico	4:11.98	+0,65	666	
	50m: 27.83 27.83	150m: 1:29.84 31.48	250m: 2:34.32 32.00	350m: 3:39.42 32.87	400m: 4:11.98 32.56		
	100m: 58.36 30.53	200m: 2:02.32 32.48	300m: 3:06.55 32.23				
18.	TRAVANCA Sergio Filipe	00	Fluvial Portuense	4:12.07	+0,73	665	
	50m: 28.52 28.52	150m: 1:31.42 31.63	250m: 2:35.81 31.90	350m: 3:40.00 32.02	400m: 4:12.07 32.07		
	100m: 59.79 31.27	200m: 2:03.91 32.49	300m: 3:07.98 32.17				
19.	RUIVO Andre Vilas	00	Sporting	4:12.09	+0,69	665	
	50m: 28.17 28.17	150m: 1:30.84 31.58	250m: 2:34.89 31.95	350m: 3:40.06 32.41	400m: 4:12.09 32.03		
	100m: 59.26 31.09	200m: 2:02.94 32.10	300m: 3:07.65 32.76				
20.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:13.30	+0,72	655	
	50m: 29.37 29.37	150m: 1:32.60 31.87	250m: 2:37.68 32.61	350m: 3:42.15 32.03	400m: 4:13.30 31.15		
	100m: 1:00.73 31.36	200m: 2:05.07 32.47	300m: 3:10.12 32.44				
Final C							
21.	NUNES Diogo Barbosa	00	Fluvial Portuense	4:08.58	+0,68	693	
	50m: 28.06 28.06	150m: 1:29.84 31.20	250m: 2:32.79 31.38	350m: 3:37.13 31.98	400m: 4:08.58 31.45		
	100m: 58.64 30.58	200m: 2:01.41 31.57	300m: 3:05.15 32.36				
22.	NEVES Pedro Barata	00	Laranjeiro	4:13.28	+0,72	655	
	50m: 28.80 28.80	150m: 1:31.88 31.93	250m: 2:36.45 32.37	350m: 3:41.65 32.15	400m: 4:13.28 31.63		
	100m: 59.95 31.15	200m: 2:04.08 32.20	300m: 3:09.50 33.05				
23.	FROTA Paulo Andre	02	CASPAE	4:14.91	+0,62	643	
	50m: 29.08 29.08	150m: 1:33.02 32.18	250m: 2:38.01 32.64	350m: 3:44.01 33.07	400m: 4:14.91 30.90		
	100m: 1:00.84 31.76	200m: 2:05.37 32.35	300m: 3:10.94 32.93				
24.	JORGE Duarte Miguel	01	Galitos / Bresimar	4:15.08	+0,70	642	
	50m: 29.39 29.39	150m: 1:33.69 32.25	250m: 2:37.65 31.27	350m: 3:42.97 32.67	400m: 4:15.08 32.11		
	100m: 1:01.44 32.05	200m: 2:06.38 32.69	300m: 3:10.30 32.65				
25.	FERNANDES Eduardo Gomes	02	Hoquei Mealhada/ CA	4:18.72	+0,70	615	
	50m: 28.19 28.19	150m: 1:32.39 32.61	250m: 2:38.90 33.44	350m: 3:46.06 33.39	400m: 4:18.72 32.66		
	100m: 59.78 31.59	200m: 2:05.46 33.07	300m: 3:12.67 33.77				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	TRAVASSOS Rodrigo Alexandre	02	CASPAE	4:21.07	+0,71	598	
	50m: 28.69 28.69	150m: 1:34.53	33.53	250m: 2:41.65	33.46	350m: 3:49.71	33.97
	100m: 1:01.00 32.31	200m: 2:08.19	33.66	300m: 3:15.74	34.09	400m: 4:21.07	31.36
27.	SIMOES Bernardo Jorge	02	Torres Novas	4:22.01	+0,60	592	
	50m: 29.52 29.52	150m: 1:36.10	33.46	250m: 2:44.01	34.37	350m: 3:51.78	33.04
	100m: 1:02.64 33.12	200m: 2:09.64	33.54	300m: 3:18.74	34.73	400m: 4:22.01	30.23
28.	MACHADO Martim Miranda	03	Uniao Coimbra	4:22.60	+0,69	588	
	50m: 29.39 29.39	150m: 1:36.23	33.67	250m: 2:43.72	33.89	350m: 3:51.62	33.72
	100m: 1:02.56 33.17	200m: 2:09.83	33.60	300m: 3:17.90	34.18	400m: 4:22.60	30.98
29.	DOMINGOS Ruy Manuel	02	Sporting	4:23.13	+0,73	585	
	50m: 29.14 29.14	150m: 1:35.75	33.25	250m: 2:43.46	33.69	350m: 3:51.57	33.43
	100m: 1:02.50 33.36	200m: 2:09.77	34.02	300m: 3:18.14	34.68	400m: 4:23.13	31.56
30.	AMORIM Ivan Emanuel	02	Fluvial Portuense	4:31.31	+0,73	533	
	50m: 28.27 28.27	150m: 1:33.73	33.90	250m: 2:46.16	36.09	350m: 3:57.17	35.56
	100m: 59.83 31.56	200m: 2:10.07	36.34	300m: 3:21.61	35.45	400m: 4:31.31	34.14