



NATAÇÃO PURA  
Campeonato Nacional Clubes 3ª Divisão  
Abrantes, 1-12-2018

Prova 10  
01-12-2018 - 11:20

Masc., 400m Livres

Absolutos  
Resultados

Rec Nac Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
Rec Nac Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
Rec Nac Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
Rec Nac Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
Rec Nac Juv A	3:59.31	SANTOS Joao Carlos	ANAM	Algés	08-07-2012
Rec Nac Juv B	4:03.22	GiL Joao Pedro	ANAM	Algés	08-07-2012
Rec Nac Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
Rec Nac Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GOUVEIA Pedro Galvao	99	112722	Desportivo Nacional	<b>4:02.59</b>	+0,70	669	33,00
	50m: 26.79 26.79	150m: 1:26.56	30.24	250m: 2:28.14	31.06	350m: 3:31.33	31.77	
	100m: 56.32 29.53	200m: 1:57.08	30.52	300m: 2:59.56	31.42	400m: 4:02.59	31.26	
2.	DEUS Andre Portugal	02	122429	Naval do Funchal	<b>4:06.46</b>	+0,69	638	31,00
	50m: 27.39 27.39	150m: 1:28.29	30.98	250m: 2:31.94	31.78	350m: 3:35.05	31.28	
	100m: 57.31 29.92	200m: 2:00.16	31.87	300m: 3:03.77	31.83	400m: 4:06.46	31.41	
3.	FROTA Paulo Andre	02	124128	Condeixa Clube	<b>4:08.60</b>	+0,67	622	30,00
	50m: 28.45 28.45	150m: 1:29.86	30.90	250m: 2:32.66	31.41	350m: 3:37.43	32.61	
	100m: 58.96 30.51	200m: 2:01.25	31.39	300m: 3:04.82	32.16	400m: 4:08.60	31.17	
4.	AMARAL Francisco Rodriguez	02	122608	Campinho	<b>4:10.55</b>	+0,76	607	29,00
	50m: 28.24 28.24	150m: 1:30.13	31.16	250m: 2:33.99	32.11	350m: 3:39.29	32.73	
	100m: 58.97 30.73	200m: 2:01.88	31.75	300m: 3:06.56	32.57	400m: 4:10.55	31.26	
5.	COSTA Rui Filipe	91	24004	Vitoria Guimaraes	<b>4:11.74</b>	+0,82	599	28,00
	50m: 28.48 28.48	150m: 1:30.11	31.36	250m: 2:34.24	32.33	350m: 3:39.98	32.95	
	100m: 58.75 30.27	200m: 2:01.91	31.80	300m: 3:07.03	32.79	400m: 4:11.74	31.76	
6.	SANTOS Goncalo Duarte	00	111095	Natacao de Faro	<b>4:13.04</b>	+0,75	590	27,00
	50m: 29.23 29.23	150m: 1:32.92	31.90	250m: 2:37.32	32.31	350m: 3:41.61	31.83	
	100m: 1:01.02 31.79	200m: 2:05.01	32.09	300m: 3:09.78	32.46	400m: 4:13.04	31.43	
7.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	<b>4:13.34</b>	+0,80	588	26,00
	50m: 28.47 28.47	150m: 1:32.16	32.00	250m: 2:36.89	32.41	350m: 3:41.71	31.98	
	100m: 1:00.16 31.69	200m: 2:04.48	32.32	300m: 3:09.73	32.84	400m: 4:13.34	31.63	
8.	JOAQUIM Andre Serro	00	121096	Portinado	<b>4:13.67</b>	+0,71	585	25,00
	50m: 27.73 27.73	150m: 1:30.43	31.94	250m: 2:36.50	33.38	350m: 3:41.98	31.82	
	100m: 58.49 30.76	200m: 2:03.12	32.69	300m: 3:10.16	33.66	400m: 4:13.67	31.69	
9.	ALVES Manuel Landeiro	02	122314	Naval Praia da Vitoria	<b>4:17.72</b>	+0,78	558	24,00
	50m: 28.76 28.76	150m: 1:33.18	32.78	250m: 2:39.25	33.12	350m: 3:45.56	33.18	
	100m: 1:00.40 31.64	200m: 2:06.13	32.95	300m: 3:12.38	33.13	400m: 4:17.72	32.16	
10.	VIEGAS Hugo Miguel	02	125185	Natacao Olhao	<b>4:17.84</b>	+0,72	557	23,00
	50m: 29.18 29.18	150m: 1:33.81	32.56	250m: 2:39.55	32.77	350m: 3:45.99	33.16	
	100m: 1:01.25 32.07	200m: 2:06.78	32.97	300m: 3:12.83	33.28	400m: 4:17.84	31.85	
11.	VIEIRA Hugo Azurara	01	125011	Naval Povoense	<b>4:20.28</b>	+0,71	542	22,00
	50m: 29.45 29.45	150m: 1:34.37	32.92	250m: 2:40.41	33.20	350m: 3:47.28	33.47	
	100m: 1:01.45 32.00	200m: 2:07.21	32.84	300m: 3:13.81	33.40	400m: 4:20.28	33.00	
12.	PINTO Carlos Miguel	97	107661	Natacao de Lisboa	<b>4:20.76</b>	+0,74	539	21,00
	50m: 29.01 29.01	150m: 1:33.38	32.64	250m: 2:39.95	33.24	350m: 3:47.20	33.37	
	100m: 1:00.74 31.73	200m: 2:06.71	33.33	300m: 3:13.83	33.88	400m: 4:20.76	33.56	
13.	DIAS Simao Pedro	02	124544	Natacao Guarda	<b>4:21.73</b>	+0,70	533	20,00
	50m: 29.54 29.54	150m: 1:35.03	33.30	250m: 2:41.50	33.19	350m: 3:49.49	33.85	
	100m: 1:01.73 32.19	200m: 2:08.31	33.28	300m: 3:15.64	34.14	400m: 4:21.73	32.24	
14.	MACHADO Martim Miranda	03	123726	Uniao Coimbra	<b>4:21.77</b>	+0,74	533	19,00
	50m: 28.77 28.77	150m: 1:33.37	32.94	250m: 2:40.18	33.24	350m: 3:48.68	34.21	
	100m: 1:00.43 31.66	200m: 2:06.94	33.57	300m: 3:14.47	34.29	400m: 4:21.77	33.09	

Splash Meet Manager, 11.57374

Registered to Federacao Portuguesa de Natacao

01-12-2018 11:37 - Página 1

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS





NATAÇÃO PURA

Campeonato Nacional Clubes 3ª Divisão  
Abrantes, 1-12-2018

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	LOPES Miguel Sanches	01	125038	Academico Viseu	<b>4:21.79</b>	+0,72	532	18,00
	50m: 29.68 29.68		150m: 1:34.74 32.80	250m: 2:41.52 33.22	350m: 3:48.78 33.70		400m: 4:21.79 33.01	
	100m: 1:01.94 32.26		200m: 2:08.30 33.56	300m: 3:15.08 33.56				
16.	SILVA Rodrigo Reis	98	117297	Colegio SMLamas	<b>4:22.15</b>	+0,73	530	17,00
	50m: 28.16 28.16		150m: 1:32.68 32.92	250m: 2:38.99 33.50	350m: 3:48.08 34.77		400m: 4:22.15 34.07	
	100m: 59.76 31.60		200m: 2:05.49 32.81	300m: 3:13.31 34.32				
17.	FERREIRA Ricardo Martins	03	127307	AONDA-Azeitao	<b>4:23.95</b>	+0,79	519	16,00
	50m: 29.28 29.28		150m: 1:35.09 33.41	250m: 2:43.08 33.94	350m: 3:51.16 33.94		400m: 4:23.95 32.79	
	100m: 1:01.68 32.40		200m: 2:09.14 34.05	300m: 3:17.22 34.14				
18.	FREITAS Joao Pinto	01	122926	Fafe	<b>4:24.66</b>	+0,70	515	15,00
	50m: 29.74 29.74		150m: 1:36.64 33.44	250m: 2:44.48 33.56	350m: 3:53.02 34.10		400m: 4:24.66 31.64	
	100m: 1:03.20 33.46		200m: 2:10.92 34.28	300m: 3:18.92 33.44				
19.	OLIVEIRA David Miguel	01	125696	Estarreja	<b>4:24.69</b>	+0,72	515	14,00
	50m: 28.71 28.71		150m: 1:34.78 33.08	250m: 2:43.02 34.13	350m: 3:52.35 34.65		400m: 4:24.69 32.34	
	100m: 1:01.70 32.99		200m: 2:08.89 34.11	300m: 3:17.70 34.68				
20.	PINHEIRO Domingos Tiago	98	118328	Ginasio Santo Tirso	<b>4:25.59</b>	+0,75	510	13,00
	50m: 30.37 30.37		150m: 1:36.80 33.44	250m: 2:44.52 33.73	350m: 3:53.15 34.55		400m: 4:25.59 32.44	
	100m: 1:03.36 32.99		200m: 2:10.79 33.99	300m: 3:18.60 34.08				
21.	DUARTE Pedro Esteves	03	132531	Cova da Piedade	<b>4:26.02</b>	+0,73	507	12,00
	50m: 29.29 29.29		150m: 1:34.42 33.24	250m: 2:43.09 34.94	350m: 3:53.92 35.38		400m: 4:26.02 32.10	
	100m: 1:01.18 31.89		200m: 2:08.15 33.73	300m: 3:18.54 35.45				
22.	TAVARES Vasco Capela	99	109391	Sporting de Espinho	<b>4:26.23</b>	+1,07	506	11,00
	50m: 29.24 29.24		150m: 1:34.73 33.50	250m: 2:43.53 34.14	350m: 3:53.08 34.60		400m: 4:26.23 33.15	
	100m: 1:01.23 31.99		200m: 2:09.39 34.66	300m: 3:18.48 34.95				
23.	CARVALHO Alessandro Diogo	96	24667	Desportivo ABPG	<b>4:27.13</b>	+0,71	501	10,00
	50m: 29.09 29.09		150m: 1:34.63 33.14	250m: 2:42.47 33.78	350m: 3:51.89 34.75		400m: 4:27.13 35.24	
	100m: 1:01.49 32.40		200m: 2:08.69 34.06	300m: 3:17.14 34.67				
24.	SANTOS Guilherme Clara	02	127325	Estamos Juntos	<b>4:27.17</b>	+0,73	501	9,00
	50m: 30.11 30.11		150m: 1:36.74 33.81	250m: 2:44.87 34.20	350m: 3:53.95 34.22		400m: 4:27.17 33.22	
	100m: 1:02.93 32.82		200m: 2:10.67 33.93	300m: 3:19.73 34.86				
25.	ACIOLI Victor Hugo	02	207165	Feirense	<b>4:29.81</b>	+0,69	486	8,00
	50m: 28.91 28.91		150m: 1:35.19 33.87	250m: 2:45.07 35.17	350m: 3:55.74 34.94		400m: 4:29.81 34.07	
	100m: 1:01.32 32.41		200m: 2:09.90 34.71	300m: 3:20.80 35.73				
26.	QUEIROS Luis Pedro	04	124051	Viana Natacao	<b>4:32.94</b>	+1,00	470	7,00
	50m: 30.64 30.64		150m: 1:39.18 34.31	250m: 2:49.27 35.15	350m: 3:59.74 34.94		400m: 4:32.94 33.20	
	100m: 1:04.87 34.23		200m: 2:14.12 34.94	300m: 3:24.80 35.53				
27.	ROSA Joao Pedro	90	11317	CLAC-Entroncamento	<b>4:33.24</b>	+0,81	468	6,00
	50m: 30.30 30.30		150m: 1:38.72 34.42	250m: 2:48.33 34.74	350m: 3:59.31 35.38		400m: 4:33.24 33.93	
	100m: 1:04.30 34.00		200m: 2:13.59 34.87	300m: 3:23.93 35.60				
28.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	<b>4:34.50</b>	+0,88	462	5,00
	50m: 29.57 29.57		150m: 1:36.68 34.39	250m: 2:46.84 35.07	350m: 3:59.31 36.38		400m: 4:34.50 35.19	
	100m: 1:02.29 32.72		200m: 2:11.77 35.09	300m: 3:22.93 36.09				
29.	CASCALHEIRA Joao Miguel	03	201621	Naval Setubalense	<b>4:35.63</b>	+0,83	456	4,00
	50m: 30.71 30.71		150m: 1:40.13 35.09	250m: 2:50.99 35.37	350m: 4:01.78 35.01		400m: 4:35.63 33.85	
	100m: 1:05.04 34.33		200m: 2:15.62 35.49	300m: 3:26.77 35.78				
30.	PACAU Joao Afonso	02	126954	Gualdim Pais	<b>4:44.35</b>	+0,75	415	3,00
	50m: 32.00 32.00		150m: 1:42.23 35.32	250m: 2:53.86 35.93	350m: 4:08.47 37.24		400m: 4:44.35 35.88	
	100m: 1:06.91 34.91		200m: 2:17.93 35.70	300m: 3:31.23 37.37				
31.	COELHO Alex Baptista	03	130334	Luso-Internacional Porto	<b>4:45.22</b>	+0,76	412	2,00
	50m: 31.18 31.18		150m: 1:41.93 35.65	250m: 2:55.25 36.97	350m: 4:09.73 37.11		400m: 4:45.22 35.49	
	100m: 1:06.28 35.10		200m: 2:18.28 36.35	300m: 3:32.62 37.37				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIROS





NATAÇÃO PURA  
Campeonato Nacional Clubes 3ª Divisão  
Abrantes, 1-12-2018

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	MARTINS Miguel Alexandre	04	130558	BUZIOS - Coruche	<b>4:49.74</b>	+0,72	393	1,00
	50m: 31.97 31.97	150m: 1:43.05	35.95	250m: 2:57.71	37.82	350m: 4:13.35	37.76	
	100m: 1:07.10 35.13	200m: 2:19.89	36.84	300m: 3:35.59	37.88	400m: 4:49.74	36.39	

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS

