

Prova 17
22-12-2018 - 17:05

Masc., 400m Livres

Absolutos
Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Felgueiras	24-11-2007

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Seniores

1.	VELOSO Tomas Miguel	96	Nautico Academico	3:46.45	+0,69	823
	50m: 26.81 26.81	150m: 1:24.47 29.06	250m: 2:22.08 28.43	350m: 3:18.73 28.06		
	100m: 55.41 28.60	200m: 1:53.65 29.18	300m: 2:50.67 28.59	400m: 3:46.45 27.72		
2.	LOPES Jose Paulo	00	Braga	3:46.52	+0,64	822
	50m: 26.56 26.56	150m: 1:24.32 28.97	250m: 2:21.95 28.33	350m: 3:19.01 28.51		
	100m: 55.35 28.79	200m: 1:53.62 29.30	300m: 2:50.50 28.55	400m: 3:46.52 27.51		
3.	COSTA Tiago Cunha	99	Sporting	3:46.94	+0,68	818
	50m: 26.42 26.42	150m: 1:23.90 28.91	250m: 2:21.14 28.37	350m: 3:19.53 29.38		
	100m: 54.99 28.57	200m: 1:52.77 28.87	300m: 2:50.15 29.01	400m: 3:46.94 27.41		
4.	GIL Rafael Lourenco	96	Sporting	3:49.87	+0,68	787
	50m: 26.83 26.83	150m: 1:24.72 29.19	250m: 2:22.90 28.77	350m: 3:21.12 28.99		
	100m: 55.53 28.70	200m: 1:54.13 29.41	300m: 2:52.13 29.23	400m: 3:49.87 28.75		
5.	PINA Guilherme Filipe	98	Sporting	3:51.89	+0,78	766
	50m: 27.24 27.24	150m: 1:25.46 29.17	250m: 2:24.16 29.22	350m: 3:23.09 29.55		
	100m: 56.29 29.05	200m: 1:54.94 29.48	300m: 2:53.54 29.38	400m: 3:51.89 28.80		
6.	CARVALHO Jose Paula	98	Benfica	3:53.52	+0,73	750
	50m: 27.07 27.07	150m: 1:25.16 29.25	250m: 2:23.69 29.28	350m: 3:23.91 30.48		
	100m: 55.91 28.84	200m: 1:54.41 29.25	300m: 2:53.43 29.74	400m: 3:53.52 29.61		
7.	NUNES Diogo Barbosa	00	Porto	3:54.82	+0,76	738
	50m: 27.19 27.19	150m: 1:25.67 29.49	250m: 2:24.48 29.69	350m: 3:24.81 30.35		
	100m: 56.18 28.99	200m: 1:54.79 29.12	300m: 2:54.46 29.98	400m: 3:54.82 30.01		
8.	BATE Afonso Ribeiro	98	Alges	3:58.37	+0,70	705
	50m: 27.18 27.18	150m: 1:27.53 30.17	250m: 2:28.02 30.30	350m: 3:30.25 31.06		
	100m: 57.36 30.18	200m: 1:57.72 30.19	300m: 2:59.19 31.17	400m: 3:58.37 28.12		
9.	BASTOS Lucas Pereira	00	Nautico Academico	3:58.87	+0,71	701
	50m: 27.08 27.08	150m: 1:26.67 29.85	250m: 2:26.67 29.53	350m: 3:27.79 30.90		
	100m: 56.82 29.74	200m: 1:57.14 30.47	300m: 2:56.89 30.22	400m: 3:58.87 31.08		
10.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	4:01.45	+0,74	679
	50m: 27.39 27.39	150m: 1:27.85 30.53	250m: 2:29.64 30.79	350m: 3:31.06 30.45		
	100m: 57.32 29.93	200m: 1:58.85 31.00	300m: 3:00.61 30.97	400m: 4:01.45 30.39		
11.	SANTO Filipe Miguel	00	Benfica	4:01.65	+0,81	677
	50m: 26.28 26.28	150m: 1:24.89 29.85	250m: 2:26.25 30.84	350m: 3:30.01 32.14		
	100m: 55.04 28.76	200m: 1:55.41 30.52	300m: 2:57.87 31.62	400m: 4:01.65 31.64		
12.	TRAVANCA Sergio Filipe	00	Leixoes	4:01.72	+0,68	677
	50m: 27.71 27.71	150m: 1:28.61 30.95	250m: 2:30.17 30.44	350m: 3:31.34 30.61		
	100m: 57.66 29.95	200m: 1:59.73 31.12	300m: 3:00.73 30.56	400m: 4:01.72 30.38		

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
13.	PINTO Antonio Fernando	99	Benfica	4:04.48	+0,75	654
	50m: 27.92 27.92	150m: 1:29.01 30.76	250m: 2:30.64 30.49	350m: 3:33.18 31.23		
	100m: 58.25 30.33	200m: 2:00.15 31.14	300m: 3:01.95 31.31	400m: 4:04.48 31.30		
14.	FARIA Rui Pedro	94	Famalicao	4:05.15	+0,84	649
	50m: 27.74 27.74	150m: 1:28.51 30.92	250m: 2:30.37 30.96	350m: 3:33.79 31.95		
	100m: 57.59 29.85	200m: 1:59.41 30.90	300m: 3:01.84 31.47	400m: 4:05.15 31.36		
15.	MORIM Ruben Jose	97	Vilacondense	4:05.55	+0,77	645
	50m: 27.60 27.60	150m: 1:28.18 30.62	250m: 2:31.13 31.45	350m: 3:34.45 31.61		
	100m: 57.56 29.96	200m: 1:59.68 31.50	300m: 3:02.84 31.71	400m: 4:05.55 31.10		
16.	BATE Miguel Ribeiro	99	Alges	4:09.94	+0,74	612
	50m: 27.33 27.33	150m: 1:28.91 31.10	250m: 2:32.52 31.82	350m: 3:37.93 32.87		
	100m: 57.81 30.48	200m: 2:00.70 31.79	300m: 3:05.06 32.54	400m: 4:09.94 32.01		

Juniores

1.	SANTOS Pedro Miguel	01	Porto	3:56.20	+0,70	725
	50m: 27.06 27.06	150m: 1:25.69 28.76	250m: 2:25.00 29.85	350m: 3:26.34 30.78		
	100m: 56.93 29.87	200m: 1:55.15 29.46	300m: 2:55.56 30.56	400m: 3:56.20 29.86		
2.	CRISTINO David Matias	01	Uniao Piedense	3:57.45	+0,74	714
	50m: 28.04 28.04	150m: 1:28.54 30.34	250m: 2:29.24 30.12	350m: 3:28.86 29.53		
	100m: 58.20 30.16	200m: 1:59.12 30.58	300m: 2:59.33 30.09	400m: 3:57.45 28.59		
3.	LEBRE Diogo Ramos	01	Benfica	3:58.27	+0,80	706
	50m: 28.08 28.08	150m: 1:28.31 30.43	250m: 2:29.26 30.16	350m: 3:29.33 29.58		
	100m: 57.88 29.80	200m: 1:59.10 30.79	300m: 2:59.75 30.49	400m: 3:58.27 28.94		
4.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	3:58.57	+0,73	704
	50m: 28.30 28.30	150m: 1:28.51 30.18	250m: 2:28.93 30.13	350m: 3:29.67 30.42		
	100m: 58.33 30.03	200m: 1:58.80 30.29	300m: 2:59.25 30.32	400m: 3:58.57 28.90		
5.	JORGE Duarte Miguel	01	Galitos / Bresimar	3:59.88	+0,80	692
	50m: 27.55 27.55	150m: 1:27.78 30.44	250m: 2:28.54 30.19	350m: 3:30.05 30.82		
	100m: 57.34 29.79	200m: 1:58.35 30.57	300m: 2:59.23 30.69	400m: 3:59.88 29.83		
6.	LOPES Tomas Teixeira	02	Foca	4:03.84	+0,71	659
	50m: 27.86 27.86	150m: 1:28.83 30.72	250m: 2:31.10 31.08	350m: 3:33.35 31.00		
	100m: 58.11 30.25	200m: 2:00.02 31.19	300m: 3:02.35 31.25	400m: 4:03.84 30.49		
7.	AMARAL Francisco Rodriguez	02	Campinho	4:04.43	+0,71	654
	50m: 27.44 27.44	150m: 1:28.03 30.60	250m: 2:29.95 31.17	350m: 3:33.36 31.77		
	100m: 57.43 29.99	200m: 1:58.78 30.75	300m: 3:01.59 31.64	400m: 4:04.43 31.07		
8.	NUNES Francisco Costa	02	Salvaterra de Magos	4:05.77	+0,79	644
	50m: 28.36 28.36	150m: 1:29.38 30.76	250m: 2:31.63 31.24	350m: 3:34.59 31.42		
	100m: 58.62 30.26	200m: 2:00.39 31.01	300m: 3:03.17 31.54	400m: 4:05.77 31.18		

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
9.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	4:07.06	+0,74	634
	50m: 28.61 28.61 150m: 1:31.37 31.34 250m: 2:35.01 31.61 350m: 3:37.61 30.98					
	100m: 1:00.03 31.42 200m: 2:03.40 32.03 300m: 3:06.63 31.62 400m: 4:07.06 29.45					
10.	PEREIRA Joao Peixoto	01	Braga	4:07.31	+0,73	632
	50m: 28.18 28.18 150m: 1:31.46 31.61 250m: 2:34.53 31.33 350m: 3:37.61 31.22					
	100m: 59.85 31.67 200m: 2:03.20 31.74 300m: 3:06.39 31.86 400m: 4:07.31 29.70					
11.	DEUS Andre Portugal	02	Naval do Funchal	4:07.33	+0,73	631
	50m: 28.36 28.36 150m: 1:31.06 31.45 250m: 2:34.39 31.54 350m: 3:37.15 31.01					
	100m: 59.61 31.25 200m: 2:02.85 31.79 300m: 3:06.14 31.75 400m: 4:07.33 30.18					
12.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:07.83	+0,77	628
	50m: 28.89 28.89 150m: 1:31.32 31.42 250m: 2:35.06 31.69 350m: 3:38.31 31.42					
	100m: 59.90 31.01 200m: 2:03.37 32.05 300m: 3:06.89 31.83 400m: 4:07.83 29.52					
13.	VILHENA Tiago Miguel	01	Natacao de Faro	4:08.31	+0,73	624
	50m: 28.62 28.62 150m: 1:30.78 31.39 250m: 2:34.56 32.05 350m: 3:37.56 30.99					
	100m: 59.39 30.77 200m: 2:02.51 31.73 300m: 3:06.57 32.01 400m: 4:08.31 30.75					
14.	FROTA Paulo Andre	02	Condeixa Clube	4:08.48	+0,67	623
	50m: 29.36 29.36 150m: 1:31.95 31.59 250m: 2:35.50 31.43 350m: 3:38.53 31.42					
	100m: 1:00.36 31.00 200m: 2:04.07 32.12 300m: 3:07.11 31.61 400m: 4:08.48 29.95					
15.	FERNANDES Eduardo Gomes	02	Sporting	4:09.78	+0,79	613
	50m: 28.03 28.03 150m: 1:29.59 31.29 250m: 2:34.19 32.37 350m: 3:38.65 32.08					
	100m: 58.30 30.27 200m: 2:01.82 32.23 300m: 3:06.57 32.38 400m: 4:09.78 31.13					
16.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	4:13.67	+0,81	585
	50m: 29.18 29.18 150m: 1:32.07 31.60 250m: 2:36.32 31.72 350m: 3:41.45 32.92					
	100m: 1:00.47 31.29 200m: 2:04.60 32.53 300m: 3:08.53 32.21 400m: 4:13.67 32.22					
EXH	GRACHAT David Realista	87	Geslours	4:23.51	+0,82	522
	50m: 29.54 29.54 150m: 1:35.06 33.14 250m: 2:41.92 33.33 350m: 3:49.81 34.26					
	100m: 1:01.92 32.38 200m: 2:08.59 33.53 300m: 3:15.55 33.63 400m: 4:23.51 33.70					
EXH	SOARES Ricardo Aderneira Rec Nacional S 8,	99	Geslours	5:04.93	+0,80	337
	50m: 35.24 35.24 150m: 1:52.14 38.76 250m: 3:09.22 38.22 350m: 4:26.90 38.44					
	100m: 1:13.38 38.14 200m: 2:31.00 38.86 300m: 3:48.46 39.24 400m: 5:04.93 38.03					