

Prova 16 Masc., 400m Estilos Absolutos
05-04-2019 - 18:25 Resultados Final

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / CMPL Sen: 4:17.90 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	VITAL Joao Alexandre	98	Sporting	4:18.06	+0,65	843	
	50m: 27.15 27.15	150m: 1:30.20 32.58	250m: 2:39.36 37.51	350m: 3:47.86 31.17	400m: 4:18.06 30.20		
	100m: 57.62 30.47	200m: 2:01.85 31.65	300m: 3:16.69 37.33				
2.	LOPES Jose Paulo	00	Braga	4:22.07	+0,66	805	
	50m: 27.24 27.24	150m: 1:32.02 33.52	250m: 2:42.83 37.54	350m: 3:52.41 31.09	400m: 4:22.07 29.66		
	100m: 58.50 31.26	200m: 2:05.29 33.27	300m: 3:21.32 38.49				
3.	RAMOS Bruno Miguel	97	Belenenses	4:25.68	+0,68	773	
	50m: 27.57 27.57	150m: 1:33.76 34.32	250m: 2:46.10 38.19	350m: 3:56.19 31.06	400m: 4:25.68 29.49		
	100m: 59.44 31.87	200m: 2:07.91 34.15	300m: 3:25.13 39.03				
4.	CARVALHO Jose Paula	98	Benfica	4:30.54	+0,72	732	
	50m: 28.58 28.58	150m: 1:35.85 35.01	250m: 2:48.64 38.89	350m: 3:59.53 31.85	400m: 4:30.54 31.01		
	100m: 1:00.84 32.26	200m: 2:09.75 33.90	300m: 3:27.68 39.04				
5.	PINOTES Pedro Miguel	89	Sporting	4:32.10	+0,73	719	
	50m: 28.42 28.42	150m: 1:37.32 35.83	250m: 2:50.86 37.96	350m: 4:01.27 31.77	400m: 4:32.10 30.83		
	100m: 1:01.49 33.07	200m: 2:12.90 35.58	300m: 3:29.50 38.64				
6.	BASTOS Lucas Pereira	00	Nautico Academico	4:34.04	+0,63	704	
	50m: 28.66 28.66	150m: 1:37.34 36.35	250m: 2:51.62 38.10	350m: 4:02.45 32.17	400m: 4:34.04 31.59		
	100m: 1:00.99 32.33	200m: 2:13.52 36.18	300m: 3:30.28 38.66				
7.	CARNEIRO Joao Soares <i>Minimos Pré-Jun</i>	03	Benfica	4:37.17	+0,74	680	
	50m: 28.77 28.77	150m: 1:38.67 36.59	250m: 2:53.03 38.59	350m: 4:04.94 33.03	400m: 4:37.17 32.23		
	100m: 1:02.08 33.31	200m: 2:14.44 35.77	300m: 3:31.91 38.88				
8.	DANTAS Diogo Leal	00	Sporting	4:37.48	+0,64	678	
	50m: 27.90 27.90	150m: 1:37.20 36.00	250m: 2:51.63 38.31	350m: 4:04.58 32.79	400m: 4:37.48 32.90		
	100m: 1:01.20 33.30	200m: 2:13.32 36.12	300m: 3:31.79 40.16				
9.	CRISTINO David Matias	01	Uniao Piedense	4:40.14	+0,73	659	
	50m: 29.41 29.41	150m: 1:38.17 35.33	250m: 2:55.58 42.18	350m: 4:09.92 32.32	400m: 4:40.14 30.22		
	100m: 1:02.84 33.43	200m: 2:13.40 35.23	300m: 3:37.60 42.02				
10.	BATE Miguel Ribeiro	99	Alges	4:46.89	+0,70	614	
	50m: 29.15 29.15	150m: 1:40.20 37.04	250m: 2:58.13 41.53	350m: 4:14.47 33.73	400m: 4:46.89 32.42		
	100m: 1:03.16 34.01	200m: 2:16.60 36.40	300m: 3:40.74 42.61				
Final B							
11.	PINTO Antonio Fernando	99	Benfica	4:36.69	+0,72	684	
	50m: 27.66 27.66	150m: 1:36.61 36.88	250m: 2:52.52 39.14	350m: 4:05.13 32.81	400m: 4:36.69 31.56		
	100m: 59.73 32.07	200m: 2:13.38 36.77	300m: 3:32.32 39.80				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Tomas Antonio	01	Naval do Funchal	4:40.13	+0,68	659	
	50m: 29.50 29.50	150m: 1:40.56 36.51	250m: 2:55.95 38.27	350m: 4:08.74 34.25			
	100m: 1:04.05 34.55	200m: 2:17.68 37.12	300m: 3:34.49 38.54	400m: 4:40.13 31.39			
13.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:40.63	+0,73	656	
	50m: 30.33 30.33	150m: 1:42.61 38.43	250m: 2:59.69 41.00	350m: 4:10.88 31.30			
	100m: 1:04.18 33.85	200m: 2:18.69 36.08	300m: 3:39.58 39.89	400m: 4:40.63 29.75			
14.	SILVA Henrique Gomes	02	Estamos Juntos	4:43.63	+0,67	635	
	50m: 28.43 28.43	150m: 1:39.69 37.86	250m: 2:58.30 41.89	350m: 4:14.07 32.83			
	100m: 1:01.83 33.40	200m: 2:16.41 36.72	300m: 3:41.24 42.94	400m: 4:43.63 29.56			
15.	VAKULYUK Paulo	03	Torres Novas	4:43.87	+0,73	633	
	50m: 28.60 28.60	150m: 1:37.26 36.26	250m: 2:56.59 43.77	350m: 4:13.65 32.42			
	100m: 1:01.00 32.40	200m: 2:12.82 35.56	300m: 3:41.23 44.64	400m: 4:43.87 30.22			
16.	SIMÕES Bernardo Jorge	04	Colegio Vasco da Gama	4:47.04	+0,73	613	
	50m: 29.38 29.38	150m: 1:41.18 37.23	250m: 2:59.39 40.72	350m: 4:15.31 32.73			
	100m: 1:03.95 34.57	200m: 2:18.67 37.49	300m: 3:42.58 43.19	400m: 4:47.04 31.73			
17.	CATALAO Daniel Nogueira	00	Benfica	4:49.84	+0,61	595	
	50m: 28.91 28.91	150m: 1:39.04 37.46	250m: 2:56.36 40.16	350m: 4:14.17 36.18			
	100m: 1:01.58 32.67	200m: 2:16.20 37.16	300m: 3:37.99 41.63	400m: 4:49.84 35.67			
18.	RIBEIRO Diogo Matos	04	Uniao Coimbra	4:53.99	+0,77	570	
	50m: 27.55 27.55	150m: 1:37.81 38.16	250m: 3:00.54 44.37	350m: 4:20.14 33.86			
	100m: 59.65 32.10	200m: 2:16.17 38.36	300m: 3:46.28 45.74	400m: 4:53.99 33.85			
19.	BRAS Ricardo Martins	01	Belenenses	4:59.33	+0,67	540	
	50m: 30.03 30.03	150m: 1:45.40 39.15	250m: 3:06.58 42.50	350m: 4:25.05 34.04			
	100m: 1:06.25 36.22	200m: 2:24.08 38.68	300m: 3:51.01 44.43	400m: 4:59.33 34.28			

DSQ MONTEIRO Tomas Penha 02 Alges
SW 8.3 - O (a) atleta efectuou movimento alternado de pernas após a viragem aos 50 m

Final C

21.	GORDO Goncalo Morais	02	Colegio Monte Maior	4:49.76	+0,82	595	
	50m: 29.65 29.65	150m: 1:44.21 39.43	250m: 3:03.28 41.63	350m: 4:18.18 33.18			
	100m: 1:04.78 35.13	200m: 2:21.65 37.44	300m: 3:45.00 41.72	400m: 4:49.76 31.58			
22.	PEREIRA Joao Peixoto	01	Braga	4:51.63	+0,82	584	
	50m: 29.44 29.44	150m: 1:42.26 39.07	250m: 3:04.25 43.88	350m: 4:20.56 32.57			
	100m: 1:03.19 33.75	200m: 2:20.37 38.11	300m: 3:47.99 43.74	400m: 4:51.63 31.07			
23.	DIAS Rodrigo Reis	03	Belenenses	4:52.71	+0,72	578	
	50m: 30.56 30.56	150m: 1:43.95 37.31	250m: 3:05.95 44.27	350m: 4:20.71 31.24			
	100m: 1:06.64 36.08	200m: 2:21.68 37.73	300m: 3:49.47 43.52	400m: 4:52.71 32.00			
24.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:54.74	+0,83	566	
	50m: 29.88 29.88	150m: 1:43.93 39.77	250m: 3:04.82 42.89	350m: 4:22.04 33.71			
	100m: 1:04.16 34.28	200m: 2:21.93 38.00	300m: 3:48.33 43.51	400m: 4:54.74 32.70			
25.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:55.39	+0,78	562	
	50m: 29.50 29.50	150m: 1:43.46 38.72	250m: 3:04.43 42.96	350m: 4:22.55 33.70			
	100m: 1:04.74 35.24	200m: 2:21.47 38.01	300m: 3:48.85 44.42	400m: 4:55.39 32.84			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	ALMEIDA Bernardo Victorino	04	Sporting	4:55.43	+0,77	562	
	50m: 29.63 29.63	150m: 1:43.63 38.67	250m: 3:04.95 43.02	350m: 4:23.26 33.17			
	100m: 1:04.96 35.33	200m: 2:21.93 38.30	300m: 3:50.09 45.14	400m: 4:55.43 32.17			
27.	AGUIAR Gabriel Silva	01	Porto	4:56.83	+0,61	554	
	50m: 29.38 29.38	150m: 1:42.98 39.77	250m: 3:05.08 42.79	350m: 4:23.70 34.79			
	100m: 1:03.21 33.83	200m: 2:22.29 39.31	300m: 3:48.91 43.83	400m: 4:56.83 33.13			
28.	MACHADO Martim Miranda	03	Uniao Coimbra	5:00.28	+0,78	535	
	50m: 29.41 29.41	150m: 1:44.28 39.85	250m: 3:08.83 45.49	350m: 4:27.10 32.78			
	100m: 1:04.43 35.02	200m: 2:23.34 39.06	300m: 3:54.32 45.49	400m: 5:00.28 33.18			
29.	FERREIRA Joao Carlos	03	Porto	5:00.53	+0,80	534	
	50m: 30.42 30.42	150m: 1:45.55 39.45	250m: 3:07.99 44.60	350m: 4:27.32 34.95			
	100m: 1:06.10 35.68	200m: 2:23.39 37.84	300m: 3:52.37 44.38	400m: 5:00.53 33.21			
30.	CARVALHO Antonio Lombardi	04	Belenenses	5:00.76	+0,76	532	
	50m: 30.80 30.80	150m: 1:46.12 39.41	250m: 3:08.23 43.76	350m: 4:27.82 34.83			
	100m: 1:06.71 35.91	200m: 2:24.47 38.35	300m: 3:52.99 44.76	400m: 5:00.76 32.94			