

Prova 34 Masc., 400m Livres Absolutos  
07-04-2019 - 17:30 Resultados Final

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14-07-2010
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

PreJun\_Masc Juv: 4:08.52 / CEJun\_Masc 15 - 18: 4:01.28 / CMJ\_Masc 15 - 18: 3:56.53 / CMPL Sen: 3:48.15 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Final A</b>							
1.	LOPES Jose Paulo	00	Braga	<b>3:55.33</b>	+0,66	817	
	50m: 27.12 27.12	150m: 1:26.47 29.88	250m: 2:26.34 29.64	350m: 3:26.08 30.05			
	100m: 56.59 29.47	200m: 1:56.70 30.23	300m: 2:56.03 29.69	400m: 3:55.33 29.25			
2.	MOGNE Igor Araujo	96	Sporting	<b>3:55.65</b>	+0,74	814	
	50m: 27.07 27.07	150m: 1:26.53 29.99	250m: 2:27.23 30.33	350m: 3:27.06 29.85			
	100m: 56.54 29.47	200m: 1:56.90 30.37	300m: 2:57.21 29.98	400m: 3:55.65 28.59			
3.	PINA Guilherme Filipe	98	Sporting	<b>3:56.78</b>	+0,66	802	
	50m: 27.64 27.64	150m: 1:27.25 30.09	250m: 2:27.38 29.98	350m: 3:27.42 30.16			
	100m: 57.16 29.52	200m: 1:57.40 30.15	300m: 2:57.26 29.88	400m: 3:56.78 29.36			
4.	COSTA Tiago Cunha	99	Sporting	<b>3:58.39</b>	+0,68	786	
	50m: 27.21 27.21	150m: 1:26.27 29.81	250m: 2:27.11 30.48	350m: 3:29.25 31.09			
	100m: 56.46 29.25	200m: 1:56.63 30.36	300m: 2:58.16 31.05	400m: 3:58.39 29.14			
5.	SANTOS Pedro Miguel <i>Minimos CE Jun</i>	01	Porto	<b>3:59.55</b>	+0,65	775	
	50m: 27.65 27.65	150m: 1:27.46 30.03	250m: 2:27.89 30.29	350m: 3:29.45 31.06			
	100m: 57.43 29.78	200m: 1:57.60 30.14	300m: 2:58.39 30.50	400m: 3:59.55 30.10			
6.	GIL Rafael Lourenco	96	Sporting	<b>4:01.49</b>	+0,70	756	
	50m: 27.70 27.70	150m: 1:28.22 30.26	250m: 2:29.72 30.50	350m: 3:31.26 30.74			
	100m: 57.96 30.26	200m: 1:59.22 31.00	300m: 3:00.52 30.80	400m: 4:01.49 30.23			
7.	JOSE Diogo Coelho	01	Columbifila Cantanhedense	<b>4:02.76</b>	+0,66	744	
	50m: 28.00 28.00	150m: 1:28.14 30.29	250m: 2:29.76 31.03	350m: 3:32.60 31.47			
	100m: 57.85 29.85	200m: 1:58.73 30.59	300m: 3:01.13 31.37	400m: 4:02.76 30.16			
8.	SANTO Filipe Miguel	00	Benfica	<b>4:05.86</b>	+0,78	717	
	50m: 28.17 28.17	150m: 1:29.19 31.23	250m: 2:31.62 30.78	350m: 3:35.66 31.95			
	100m: 57.96 29.79	200m: 2:00.84 31.65	300m: 3:03.71 32.09	400m: 4:05.86 30.20			
9.	CARVALHO Jose Paula	98	Benfica	<b>4:07.85</b>	+0,71	700	
	50m: 28.52 28.52	150m: 1:31.44 31.64	250m: 2:35.20 31.54	350m: 3:37.53 30.47			
	100m: 59.80 31.28	200m: 2:03.66 32.22	300m: 3:07.06 31.86	400m: 4:07.85 30.32			
10.	LOPES Tomas Teixeira	02	Foca	<b>4:34.51</b>	+0,66	515	
	50m: 26.54 26.54	150m: 1:24.48 29.25	250m: 2:38.83 45.14	350m: 3:57.95 38.13			
	100m: 55.23 28.69	200m: 1:53.69 29.21	300m: 3:19.82 40.99	400m: 4:34.51 36.56			
<b>Final B</b>							
11.	CRISTINO David Matias	01	Uniao Piedense	<b>4:05.48</b>	+0,71	720	
	50m: 28.01 28.01	150m: 1:30.14 31.40	250m: 2:32.51 30.76	350m: 3:35.37 31.31			
	100m: 58.74 30.73	200m: 2:01.75 31.61	300m: 3:04.06 31.55	400m: 4:05.48 30.11			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	NUNES Diogo Barbosa	00	Porto	<b>4:06.35</b>	+0,71	712	
	50m: 27.58 27.58	150m: 1:28.54 31.00	250m: 2:31.29 31.42	350m: 3:35.38 32.22	400m: 4:06.35 30.97		
	100m: 57.54 29.96	200m: 1:59.87 31.33	300m: 3:03.16 31.87				
13.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:06.42</b>	+0,69	712	
	50m: 28.06 28.06	150m: 1:28.86 30.83	250m: 2:31.02 30.84	350m: 3:34.88 32.16	400m: 4:06.42 31.54		
	100m: 58.03 29.97	200m: 2:00.18 31.32	300m: 3:02.72 31.70				
14.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:08.32</b>	+0,75	696	
	50m: 29.51 29.51	150m: 1:32.51 31.50	250m: 2:35.45 31.19	350m: 3:38.08 31.03	400m: 4:08.32 30.24		
	100m: 1:01.01 31.50	200m: 2:04.26 31.75	300m: 3:07.05 31.60				
15.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:12.57</b>	+0,73	661	
	50m: 27.40 27.40	150m: 1:27.55 30.60	250m: 2:30.99 32.16	350m: 3:38.86 34.46	400m: 4:12.57 33.71		
	100m: 56.95 29.55	200m: 1:58.83 31.28	300m: 3:04.40 33.41				
16.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:13.59</b>	+0,64	653	
	50m: 28.76 28.76	150m: 1:31.86 31.90	250m: 2:36.45 32.16	350m: 3:41.61 32.56	400m: 4:13.59 31.98		
	100m: 59.96 31.20	200m: 2:04.29 32.43	300m: 3:09.05 32.60				
17.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:14.17</b>	+0,74	649	
	50m: 28.77 28.77	150m: 1:32.81 32.07	250m: 2:37.63 32.10	350m: 3:42.46 31.97	400m: 4:14.17 31.71		
	100m: 1:00.74 31.97	200m: 2:05.53 32.72	300m: 3:10.49 32.86				
18.	VAKULYUK Paulo	03	Torres Novas	<b>4:14.36</b>	+0,68	647	
	50m: 27.67 27.67	150m: 1:29.55 31.22	250m: 2:34.91 32.96	350m: 3:42.65 34.30	400m: 4:14.36 31.71		
	100m: 58.33 30.66	200m: 2:01.95 32.40	300m: 3:08.35 33.44				
19.	CARVALHO Daniel Luis	02	Braga	<b>4:16.54</b>	+0,83	631	
	50m: 28.58 28.58	150m: 1:32.67 32.80	250m: 2:38.41 33.16	350m: 3:44.85 33.24	400m: 4:16.54 31.69		
	100m: 59.87 31.29	200m: 2:05.25 32.58	300m: 3:11.61 33.20				
20.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:17.13</b>	+0,80	626	
	50m: 28.61 28.61	150m: 1:31.45 31.52	250m: 2:36.07 32.45	350m: 3:42.89 33.43	400m: 4:17.13 34.24		
	100m: 59.93 31.32	200m: 2:03.62 32.17	300m: 3:09.46 33.39				
Final C							
21.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:13.44</b>	+0,68	654	
	50m: 29.44 29.44	150m: 1:34.68 33.01	250m: 2:37.92 31.69	350m: 3:42.50 32.26	400m: 4:13.44 30.94		
	100m: 1:01.67 32.23	200m: 2:06.23 31.55	300m: 3:10.24 32.32				
22.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:13.94</b>	+0,76	650	
	50m: 29.00 29.00	150m: 1:33.10 32.62	250m: 2:37.18 31.83	350m: 3:41.61 32.43	400m: 4:13.94 32.33		
	100m: 1:00.48 31.48	200m: 2:05.35 32.25	300m: 3:09.18 32.00				
23.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:16.99</b>	+0,66	627	
	50m: 28.99 28.99	150m: 1:33.99 32.64	250m: 2:40.19 32.94	350m: 3:46.21 32.78	400m: 4:16.99 30.78		
	100m: 1:01.35 32.36	200m: 2:07.25 33.26	300m: 3:13.43 33.24				
24.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:17.20</b>	+0,80	626	
	50m: 28.63 28.63	150m: 1:33.48 32.58	250m: 2:39.29 32.58	350m: 3:45.69 32.85	400m: 4:17.20 31.51		
	100m: 1:00.90 32.27	200m: 2:06.71 33.23	300m: 3:12.84 33.55				
25.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	<b>4:17.47</b>	+0,70	624	
	50m: 29.39 29.39	150m: 1:34.47 32.67	250m: 2:39.97 32.64	350m: 3:46.14 33.13	400m: 4:17.47 31.33		
	100m: 1:01.80 32.41	200m: 2:07.33 32.86	300m: 3:13.01 33.04				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	CARVALHO Fernando Costa	03	Foca	<b>4:22.61</b>	+0,74	588	
	50m: 29.23 29.23	150m: 1:36.66 33.59	250m: 2:43.90 32.85	350m: 3:50.34 32.70			
	100m: 1:03.07 33.84	200m: 2:11.05 34.39	300m: 3:17.64 33.74	400m: 4:22.61 32.27			
27.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:23.50</b>	+0,77	582	
	50m: 29.86 29.86	150m: 1:35.44 33.22	250m: 2:42.51 34.00	350m: 3:50.47 34.21			
	100m: 1:02.22 32.36	200m: 2:08.51 33.07	300m: 3:16.26 33.75	400m: 4:23.50 33.03			
28.	DIAS Rodrigo Reis	03	Belenenses	<b>4:27.17</b>	+0,68	558	
	50m: 28.74 28.74	150m: 1:35.71 33.84	250m: 2:43.95 33.84	350m: 3:53.29 34.47			
	100m: 1:01.87 33.13	200m: 2:10.11 34.40	300m: 3:18.82 34.87	400m: 4:27.17 33.88			
29.	LOPES Luis Afonso	03	Viver Santarem	<b>4:32.00</b>	+0,72	529	
	50m: 30.28 30.28	150m: 1:37.00 33.96	250m: 2:47.24 35.21	350m: 3:57.32 34.85			
	100m: 1:03.04 32.76	200m: 2:12.03 35.03	300m: 3:22.47 35.23	400m: 4:32.00 34.68			
DSQ	LEBRE Diogo Ramos	01	Benfica				
	<i>- Comportamento anti-desportivo</i>						