

Prova 30	Masc., 400m Estilos				1ª Divisão MASC
14-04-2019 - 16:20	1ª Divisão				Resultados
RN Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
RN Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
RN Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
RN Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
RN Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
RN Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013
CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / CMPL Sen: 4:17.90 / JO : 4:15.84					

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre <i>Minimos CM PL</i>	98	110165	Sporting	4:17.76	+0,65	846	25,00
	50m: 27.66 27.66 150m: 1:31.27 32.42 250m: 2:40.13 36.71 350m: 3:47.62 30.73							
	100m: 58.85 31.19 200m: 2:03.42 32.15 300m: 3:16.89 36.76 400m: 4:17.76 30.14							
2.	LOPES Jose Paulo	00	117924	Braga	4:19.67	+0,77	828	23,00
	50m: 27.92 27.92 150m: 1:32.57 33.03 250m: 2:42.12 36.75 350m: 3:50.64 30.73							
	100m: 59.54 31.62 200m: 2:05.37 32.80 300m: 3:19.91 37.79 400m: 4:19.67 29.03							
3.	CONDE Alvaro Lopez	92	205768	Porto	4:27.03	+0,78	761	22,00
	50m: 28.62 28.62 150m: 1:36.83 35.97 250m: 2:47.25 36.15 350m: 3:56.35 31.71							
	100m: 1:00.86 32.24 200m: 2:11.10 34.27 300m: 3:24.64 37.39 400m: 4:27.03 30.68							
4.	RAMOS Bruno Miguel	97	109110	Belenenses	4:28.16	+0,71	751	21,00
	50m: 27.71 27.71 150m: 1:34.96 34.98 250m: 2:47.46 37.92 350m: 3:57.87 30.77							
	100m: 59.98 32.27 200m: 2:09.54 34.58 300m: 3:27.10 39.64 400m: 4:28.16 30.29							
5.	PINOTES Pedro Miguel	89	26732	Sporting	4:30.22	+0,80	734	20,00
	50m: 28.73 28.73 150m: 1:36.59 35.51 250m: 2:50.07 37.81 350m: 3:59.47 31.61							
	100m: 1:01.08 32.35 200m: 2:12.26 35.67 300m: 3:27.86 37.79 400m: 4:30.22 30.75							
6.	SIMÕES Rafael Gomes	00	119705	Braga	4:35.45	+0,95	693	19,00
	50m: 28.85 28.85 150m: 1:39.73 37.35 250m: 2:53.17 37.33 350m: 4:04.07 32.19							
	100m: 1:02.38 33.53 200m: 2:15.84 36.11 300m: 3:31.88 38.71 400m: 4:35.45 31.38							
7.	SANTOS Pedro Miguel	01	121987	Porto	4:36.47	+0,69	686	18,00
	50m: 29.21 29.21 150m: 1:39.97 36.14 250m: 2:55.22 40.42 350m: 4:06.73 30.76							
	100m: 1:03.83 34.62 200m: 2:14.80 34.83 300m: 3:35.97 40.75 400m: 4:36.47 29.74							
8.	SAMPAIO Jose Pedro	98	108295	Fluvial Portuense	4:37.57	+0,75	677	17,00
	50m: 28.89 28.89 150m: 1:38.43 35.91 250m: 2:54.58 40.39 350m: 4:07.22 31.54							
	100m: 1:02.52 33.63 200m: 2:14.19 35.76 300m: 3:35.68 41.10 400m: 4:37.57 30.35							
9.	CARVALHO Jose Paula	98	111450	Benfica	4:38.06	+0,72	674	16,00
	50m: 28.18 28.18 150m: 1:37.05 36.30 250m: 2:52.13 38.81 350m: 4:05.48 33.33							
	100m: 1:00.75 32.57 200m: 2:13.32 36.27 300m: 3:32.15 40.02 400m: 4:38.06 32.58							
10.	CARNEIRO Joao Soares	03	205269	Benfica	4:38.78	+0,89	669	15,00
	50m: 29.18 29.18 150m: 1:40.41 37.59 250m: 2:56.12 39.08 350m: 4:07.42 32.56							
	100m: 1:02.82 33.64 200m: 2:17.04 36.63 300m: 3:34.86 38.74 400m: 4:38.78 31.36							
11.	BATE Miguel Ribeiro	99	117183	Alges	4:39.64	+0,76	663	14,00
	50m: 28.72 28.72 150m: 1:39.14 36.83 250m: 2:56.00 40.81 350m: 4:09.40 32.28							
	100m: 1:02.31 33.59 200m: 2:15.19 36.05 300m: 3:37.12 41.12 400m: 4:39.64 30.24							
12.	CARDOSO Diogo Santos	01	122969	Colegio Monte Maior	4:40.01	+0,81	660	13,00
	50m: 30.54 30.54 150m: 1:42.38 37.33 250m: 2:59.58 40.67 350m: 4:10.76 31.25							
	100m: 1:05.05 34.51 200m: 2:18.91 36.53 300m: 3:39.51 39.93 400m: 4:40.01 29.25							

Splash Meet Manager, 11.59098

Registered to Federacao Portuguesa de Natacao

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PARCEIROS



Prova 30, Masc., 400m Estilos, 1ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	BASTOS Lucas Pereira	00	117492	Nautico Academico	4:40.20	+0,75	659	12,00
	50m: 29.06 29.06			150m: 1:40.95 38.00	39.65	350m: 4:09.07	31.79	
	100m: 1:02.95 33.89			200m: 2:18.11 37.16	39.52	400m: 4:40.20	31.13	
14.	FARIA Rui Pedro	94	15592	Famalicao	4:43.02	+0,92	639	11,00
	50m: 29.31 29.31			150m: 1:41.71 39.09	39.32	350m: 4:11.74	32.67	
	100m: 1:02.62 33.31			200m: 2:18.84 37.13	40.91	400m: 4:43.02	31.28	
15.	CRESPO Sergio Arroyo	00	202608	Leixoes	4:44.97	+0,72	626	10,00
	50m: 29.61 29.61			150m: 1:40.80 37.25	40.82	350m: 4:12.32	32.82	
	100m: 1:03.55 33.94			200m: 2:17.35 36.55	41.33	400m: 4:44.97	32.65	
16.	GORDO Goncalo Moraes	02	126006	Colegio Monte Maior	4:48.67	+0,88	602	9,00
	50m: 29.77 29.77			150m: 1:42.73 38.47	40.54	350m: 4:16.23	34.66	
	100m: 1:04.26 34.49			200m: 2:19.82 37.09	41.21	400m: 4:48.67	32.44	
17.	SILVA Joao Carlos	98	108379	Famalicao	4:52.65	+0,69	578	8,00
	50m: 27.96 27.96			150m: 1:38.92 38.13	43.39	350m: 4:19.03	33.57	
	100m: 1:00.79 32.83			200m: 2:16.63 37.71	45.44	400m: 4:52.65	33.62	
18.	PIEIDADE Sebastiao Limbert	00	120451	Alges	4:53.81	+0,75	571	7,00
	50m: 30.22 30.22			150m: 1:42.94 38.26	41.51	350m: 4:20.21	34.19	
	100m: 1:04.68 34.46			200m: 2:21.86 38.92	42.65	400m: 4:53.81	33.60	
19.	RIBEIRO Diogo Filipe	02	124584	Leixoes	4:55.22	+0,84	563	6,00
	50m: 29.71 29.71			150m: 1:44.91 40.50	42.99	350m: 4:23.69	33.52	
	100m: 1:04.41 34.70			200m: 2:23.94 39.03	43.24	400m: 4:55.22	31.53	
20.	CABRITO Rodrigo Almeida	01	121510	Belenenses	4:55.49	+0,66	561	5,00
	50m: 29.59 29.59			150m: 1:45.88 38.96	38.93	350m: 4:20.60	35.70	
	100m: 1:06.92 37.33			200m: 2:24.53 38.65	41.44	400m: 4:55.49	34.89	
21.	LIMA David Dias	00	118183	Vilacondense	4:58.33	+0,73	546	4,00
	50m: 29.38 29.38			150m: 1:43.16 39.38	43.60	350m: 4:24.95	34.24	
	100m: 1:03.78 34.40			200m: 2:22.49 39.33	44.62	400m: 4:58.33	33.38	
22.	DIAS Sergio Eduardo	00	108011	Fluvial Portuense	4:58.97	+0,76	542	3,00
	50m: 30.84 30.84			150m: 1:46.18 39.70	43.49	350m: 4:27.00	34.35	
	100m: 1:06.48 35.64			200m: 2:24.57 38.39	44.59	400m: 4:58.97	31.97	
23.	FANGUEIRO Diogo Morgado	02	133440	Vilacondense	5:01.10	+0,76	531	2,00
	50m: 30.67 30.67			150m: 1:49.12 42.79	39.84	350m: 4:26.78	35.22	
	100m: 1:06.33 35.66			200m: 2:30.58 41.46	41.14	400m: 5:01.10	34.32	
24.	MARQUES Rui Joao	02	127209	Nautico Academico	5:14.51	+0,82	466	1,00
	50m: 33.03 33.03			150m: 1:54.85 42.75	43.67	350m: 4:41.29	35.15	
	100m: 1:12.10 39.07			200m: 2:37.14 42.29	45.33	400m: 5:14.51	33.22	

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