

Campeonato Nacional Clubes 2ª Divisão
Leiria, 14- - 15-12-2019



Prova 30
15-12-2019 - 16:20

Masc., 400m Estilos

2ª Divisão MASC
Resultados

RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11-12-2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19-12-2014
RN25 Juv A	4:25.04	VITAL Joao Alexandre	ADRCIMM	Tomar	13-12-2013
RN25 Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21-03-2003
RN25 Inf A	4:40.32	FREITAS Tomas Miguel	CDN	Funchal	09-07-2004
RN25 Inf B	4:49.65	RUIVO Andre Vilas	DNMG	S. António Cavaleiros	15-03-2013

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	124315	Vitoria Guimaraes	4:28.00	+0,72	678	25,00
	50m: 27.92 27.92		150m: 1:34.25 33.01	250m: 2:47.16 40.14	350m: 3:57.87 31.07			
	100m: 1:01.24 33.32		200m: 2:07.02 32.77	300m: 3:26.80 39.64	400m: 4:28.00 30.13			
2.	SILVA Tomas Antonio	01	132294	Naval do Funchal	4:30.10	+0,68	662	23,00
	50m: 28.70 28.70		150m: 1:37.21 34.28	250m: 2:49.11 37.00	350m: 3:59.51 32.09			
	100m: 1:02.93 34.23		200m: 2:12.11 34.90	300m: 3:27.42 38.31	400m: 4:30.10 30.59			
3.	BESSA Antonio Rafael	94	102089	Aquatico Pacense	4:33.15	+0,75	640	22,00
	50m: 28.54 28.54		150m: 1:35.54 34.80	250m: 2:49.33 39.55	350m: 4:01.26 32.09			
	100m: 1:00.74 32.20		200m: 2:09.78 34.24	300m: 3:29.17 39.84	400m: 4:33.15 31.89			
4.	GASPAR Miguel Caridade	99	108624	Academica de Coimbra	4:35.12	+0,77	627	21,00
	50m: 29.76 29.76		150m: 1:41.23 36.41	250m: 2:53.46 36.16	350m: 4:03.78 33.05			
	100m: 1:04.82 35.06		200m: 2:17.30 36.07	300m: 3:30.73 37.27	400m: 4:35.12 31.34			
5.	LUZ Filipe Ferreira	98	112320	Gesloures	4:35.45	+0,73	624	20,00
	50m: 29.41 29.41		150m: 1:38.99 35.13	250m: 2:54.12 40.18	350m: 4:05.81 30.98			
	100m: 1:03.86 34.45		200m: 2:13.94 34.95	300m: 3:34.83 40.71	400m: 4:35.45 29.64			
6.	SILVA Nuno Marques	04	127406	BA-Leiria	4:38.29	+0,70	606	19,00
	50m: 28.66 28.66		150m: 1:38.76 36.36	250m: 2:53.80 39.34	350m: 4:06.09 32.83			
	100m: 1:02.40 33.74		200m: 2:14.46 35.70	300m: 3:33.26 39.46	400m: 4:38.29 32.20			
7.	ALVES Paulo Rodrigues	04	124154	Desportivo Nacional	4:38.48	+0,77	604	18,00
	50m: 29.48 29.48		150m: 1:41.60 37.25	250m: 2:56.19 38.63	350m: 4:08.03 31.37			
	100m: 1:04.35 34.87		200m: 2:17.56 35.96	300m: 3:36.66 40.47	400m: 4:38.48 30.45			
8.	ARAUJO Joao Guilherme	03	130366	Natacao da Maia	4:39.32	+0,83	599	17,00
	50m: 28.79 28.79		150m: 1:38.52 36.53	250m: 2:53.63 39.70	350m: 4:07.36 33.38			
	100m: 1:01.99 33.20		200m: 2:13.93 35.41	300m: 3:33.98 40.35	400m: 4:39.32 31.96			
9.	NEVES Pedro Barata	00	118137	Laranjeiro	4:40.54	+0,73	591	16,00
	50m: 29.62 29.62		150m: 1:40.84 37.52	250m: 2:58.53 40.67	350m: 4:10.99 31.32			
	100m: 1:03.32 33.70		200m: 2:17.86 37.02	300m: 3:39.67 41.14	400m: 4:40.54 29.55			
10.	LOUZAN Daniel Sanchez	98	148730	Desportiva de Viana	4:40.59	+0,63	591	15,00
	50m: 27.84 27.84		150m: 1:42.02 39.49	250m: 3:00.16 41.07	350m: 4:11.45 31.01			
	100m: 1:02.53 34.69		200m: 2:19.09 37.07	300m: 3:40.44 40.28	400m: 4:40.59 29.14			
11.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	4:42.41	+0,78	579	14,00
	50m: 28.82 28.82		150m: 1:38.32 36.59	250m: 2:55.35 40.72	350m: 4:10.43 32.83			
	100m: 1:01.73 32.91		200m: 2:14.63 36.31	300m: 3:37.60 42.25	400m: 4:42.41 31.98			
12.	FARDILHA Manuel Cruz	03	119398	Galitos / Bresimar	4:42.68	+0,72	578	13,00
	50m: 29.61 29.61		150m: 1:39.79 36.84	250m: 2:57.84 41.38	350m: 4:12.30 32.61			
	100m: 1:02.95 33.34		200m: 2:16.46 36.67	300m: 3:39.69 41.85	400m: 4:42.68 30.38			
13.	RIBEIRO Diogo Filipe	02	124584	Leixoes	4:45.50	+0,73	561	12,00
	50m: 29.51 29.51		150m: 1:42.32 39.02	250m: 3:00.51 40.65	350m: 4:14.62 32.20			
	100m: 1:03.30 33.79		200m: 2:19.86 37.54	300m: 3:42.42 41.91	400m: 4:45.50 30.88			
14.	DIOGO Dinis Miranda	04	129397	Fundacao Beatriz Santos	4:45.81	+0,70	559	11,00
	50m: 29.16 29.16		150m: 1:39.33 36.08	250m: 2:57.40 42.22	350m: 4:13.96 33.96			
	100m: 1:03.25 34.09		200m: 2:15.18 35.85	300m: 3:40.00 42.60	400m: 4:45.81 31.85			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 30, Masc., 400m Estilos, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	LIMA David Dias	00	118183	Vilacondense	4:47.84	+0,70	547	10,00
	50m: 29.27 29.27		150m: 1:39.61 36.55	250m: 2:58.25 41.71	350m: 4:15.25 33.85			
	100m: 1:03.06 33.79		200m: 2:16.54 36.93	300m: 3:41.40 43.15	400m: 4:47.84 32.59			
16.	TSYKAL Daniel	04	128727	Alcobaca	4:48.13	+0,72	546	9,00
	50m: 31.30 31.30		150m: 1:45.61 38.03	250m: 3:02.10 39.83	350m: 4:16.08 33.86			
	100m: 1:07.58 36.28		200m: 2:22.27 36.66	300m: 3:42.22 40.12	400m: 4:48.13 32.05			
17.	FELICIO Tomas Miguel	03	127309	Rio Maior	4:49.45	+0,77	538	8,00
	50m: 30.19 30.19		150m: 1:42.22 36.91	250m: 2:59.29 40.79	350m: 4:15.62 34.22			
	100m: 1:05.31 35.12		200m: 2:18.50 36.28	300m: 3:41.40 42.11	400m: 4:49.45 33.83			
18.	DIAS Ruben Fonseca	03	125780	Natacao de Valongo	4:51.74	+0,70	525	7,00
	50m: 29.65 29.65		150m: 1:41.30 37.24	250m: 3:01.02 43.62	350m: 4:18.66 33.70			
	100m: 1:04.06 34.41		200m: 2:17.40 36.10	300m: 3:44.96 43.94	400m: 4:51.74 33.08			
19.	AFONSO Francisco Lopes	03	119231	Ginasio de Vila Real	4:54.91	+0,66	509	6,00
	50m: 31.47 31.47		150m: 1:48.01 39.54	250m: 3:07.21 39.35	350m: 4:23.41 34.90			
	100m: 1:08.47 37.00		200m: 2:27.86 39.85	300m: 3:48.51 41.30	400m: 4:54.91 31.50			
20.	SANTANA Pedro Maria	03	124028	Torres Novas	4:55.08	+0,68	508	5,00
	50m: 31.02 31.02		150m: 1:46.24 39.04	250m: 3:04.73 40.05	350m: 4:22.08 35.94			
	100m: 1:07.20 36.18		200m: 2:24.68 38.44	300m: 3:46.14 41.41	400m: 4:55.08 33.00			
21.	CUNHA Joao Simons	02	124582	Fluvial Portuense	4:59.78	+0,80	484	4,00
	50m: 30.89 30.89		150m: 1:46.38 38.92	250m: 3:06.53 41.40	350m: 4:25.53 35.91			
	100m: 1:07.46 36.57		200m: 2:25.13 38.75	300m: 3:49.62 43.09	400m: 4:59.78 34.25			
22.	COSTA Goncalo Filipe	04	206464	Gafanha da Encarnacao	5:10.53	+0,79	436	3,00
	50m: 31.04 31.04		150m: 1:47.88 39.87	250m: 3:12.45 45.87	350m: 4:35.89 36.66			
	100m: 1:08.01 36.97		200m: 2:26.58 38.70	300m: 3:59.23 46.78	400m: 5:10.53 34.64			
23.	RODRIGUES Goncalo Miguel	03	126830	Bombeiros Estoris	5:26.12	+0,74	376	2,00
	50m: 33.70 33.70		150m: 1:57.38 42.69	250m: 3:25.81 47.28	350m: 4:51.13 38.46			
	100m: 1:14.69 40.99		200m: 2:38.53 41.15	300m: 4:12.67 46.86	400m: 5:26.12 34.99			
DSQ	COSTA Andre Gouveia	01	123368	Condeixa Clube				-
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 200 m</i>							