

**Campeonato Nacional Juniores e Seniores de Piscina Curta
Felgueiras, 20 a 22 de Dezembro de 2019**

**Prova 11
20-12-2019 - 19:20**

Masc., 400m Estilos

**Absolutos
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

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	4:09.66	+0,73	839	
	50m: 26.09 26.09	150m: 1:28.46	32.23	250m: 2:34.00	33.64	350m: 3:39.49	30.54
	100m: 56.23 30.14	200m: 2:00.36	31.90	300m: 3:08.95	34.95	400m: 4:09.66	30.17
2.	LOPES Jose Paulo	00	Braga	4:10.71	+0,65	828	
	50m: 27.35 27.35	150m: 1:30.26	32.10	250m: 2:37.55	35.82	350m: 3:42.83	29.70
	100m: 58.16 30.81	200m: 2:01.73	31.47	300m: 3:13.13	35.58	400m: 4:10.71	27.88
3.	VITAL Joao Alexandre	98	Sporting	4:12.28	+0,69	813	
	50m: 26.86 26.86	150m: 1:28.93	31.42	250m: 2:35.76	35.61	350m: 3:42.10	30.34
	100m: 57.51 30.65	200m: 2:00.15	31.22	300m: 3:11.76	36.00	400m: 4:12.28	30.18
4.	RAMOS Bruno Miguel	97	Belenenses	4:19.44	+1,93	747	
	50m: 27.54 27.54	150m: 1:31.38	32.82	250m: 2:41.31	37.12	350m: 3:49.01	30.39
	100m: 58.56 31.02	200m: 2:04.19	32.81	300m: 3:18.62	37.31	400m: 4:19.44	30.43
5.	BASTOS Lucas Pereira	00	Nautico Coimbra	4:23.71	+0,74	712	
	50m: 27.75 27.75	150m: 1:33.81	34.15	250m: 2:43.83	36.16	350m: 3:52.41	31.36
	100m: 59.66 31.91	200m: 2:07.67	33.86	300m: 3:21.05	37.22	400m: 4:23.71	31.30
6.	CRISTINO David Matias	01	Uniao Piedense	4:24.95	+0,79	702	
	50m: 28.64 28.64	150m: 1:34.18	33.19	250m: 2:46.29	39.40	350m: 3:55.95	31.22
	100m: 1:00.99 32.35	200m: 2:06.89	32.71	300m: 3:24.73	38.44	400m: 4:24.95	29.00
7.	SILVA Tomas Antonio	01	Naval do Funchal	4:27.98	+0,57	678	
	50m: 27.77 27.77	150m: 1:35.04	34.64	250m: 2:47.72	37.52	350m: 3:58.18	31.93
	100m: 1:00.40 32.63	200m: 2:10.20	35.16	300m: 3:26.25	38.53	400m: 4:27.98	29.80
8.	SIMOES Rafael Gomes	00	Braga	4:28.72	+0,82	673	
	50m: 28.51 28.51	150m: 1:36.95	35.91	250m: 2:49.84	37.24	350m: 3:58.49	31.03
	100m: 1:01.04 32.53	200m: 2:12.60	35.65	300m: 3:27.46	37.62	400m: 4:28.72	30.23
9.	DANTAS Diogo Leal	00	Sporting	4:29.72	+0,57	665	
	50m: 27.78 27.78	150m: 1:35.00	34.51	250m: 2:47.04	37.58	350m: 3:58.69	32.60
	100m: 1:00.49 32.71	200m: 2:09.46	34.46	300m: 3:26.09	39.05	400m: 4:29.72	31.03
10.	CORDEIRO Tiago Roberto	00	Benfica	4:30.23	+0,68	661	
	50m: 27.30 27.30	150m: 1:31.70	33.71	250m: 2:44.72	38.69	350m: 3:58.34	33.00
	100m: 57.99 30.69	200m: 2:06.03	34.33	300m: 3:25.34	40.62	400m: 4:30.23	31.89
11.	ALVES Nuno Rafael	90	Aquatico Pacense	4:30.63	+0,79	658	
	50m: 28.88 28.88	150m: 1:37.20	35.80	250m: 2:49.39	37.15	350m: 3:59.07	31.84
	100m: 1:01.40 32.52	200m: 2:12.24	35.04	300m: 3:27.23	37.84	400m: 4:30.63	31.56
12.	CATALAO Daniel Nogueira	00	Benfica	4:31.67	+0,48	651	
	50m: 28.13 28.13	150m: 1:36.12	34.95	250m: 2:48.33	36.70	350m: 3:59.43	32.63
	100m: 1:01.17 33.04	200m: 2:11.63	35.51	300m: 3:26.80	38.47	400m: 4:31.67	32.24
13.	GASPAR Miguel Caridade	99	Academica de Coimbra	4:36.20	+0,73	619	
	50m: 30.20 30.20	150m: 1:41.80	36.45	250m: 2:53.82	36.30	350m: 4:04.76	33.76
	100m: 1:05.35 35.15	200m: 2:17.52	35.72	300m: 3:31.00	37.18	400m: 4:36.20	31.44

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



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WATER INSTINCT

PARCEIROS



**Campeonato Nacional Juniores e Seniores de Piscina Curta
Felgueiras, 20 a 22 de Dezembro de 2019**

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:37.29	+0,58	612	
	50m: 30.09 30.09	150m: 1:40.74	37.10	250m: 2:56.43	40.06	350m: 4:07.06	31.02
	100m: 1:03.64 33.55	200m: 2:16.37	35.63	300m: 3:36.04	39.61	400m: 4:37.29	30.23
15.	NUNES Rafael Filipe	96	Benfica	4:41.16	+1,90	587	
	50m: 29.56 29.56	150m: 1:39.75	36.72	250m: 2:55.46	40.25	350m: 4:09.39	33.52
	100m: 1:03.03 33.47	200m: 2:15.21	35.46	300m: 3:35.87	40.41	400m: 4:41.16	31.77
16.	PIEDADE Sebastiao Limbert	00	Alges	4:43.28	+0,72	574	
	50m: 29.42 29.42	150m: 1:39.99	36.62	250m: 2:56.50	40.23	350m: 4:10.83	33.01
	100m: 1:03.37 33.95	200m: 2:16.27	36.28	300m: 3:37.82	41.32	400m: 4:43.28	32.45
17.	NEVES Tiago Correia	97	SM15 Belenenses	4:53.10	+0,97	518	
	50m: 30.63 30.63	150m: 1:45.30	38.87	250m: 3:04.44	41.73	350m: 4:20.16	33.78
	100m: 1:06.43 35.80	200m: 2:22.71	37.41	300m: 3:46.38	41.94	400m: 4:53.10	32.94
18.	CRUZ Miguel Duarte	99	SM15 Belenenses	4:56.93	+0,66	498	
	50m: 30.92 30.92	150m: 1:46.20	39.22	250m: 3:06.90	42.69	350m: 4:23.80	34.13
	100m: 1:06.98 36.06	200m: 2:24.21	38.01	300m: 3:49.67	42.77	400m: 4:56.93	33.13
DSQ	SAMPAIO Jose Pedro	98	Porto				
	704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 250 m - SW 7.1						

Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	4:30.89	+0,67	657	
	50m: 28.61 28.61	150m: 1:36.57	34.14	250m: 2:48.38	37.45	350m: 3:59.49	32.15
	100m: 1:02.43 33.82	200m: 2:10.93	34.36	300m: 3:27.34	38.96	400m: 4:30.89	31.40
2.	CARNEIRO Joao Soares	03	Benfica	4:31.45	+0,61	652	
	50m: 28.52 28.52	150m: 1:36.55	36.00	250m: 2:50.42	38.19	350m: 4:00.62	31.79
	100m: 1:00.55 32.03	200m: 2:12.23	35.68	300m: 3:28.83	38.41	400m: 4:31.45	30.83
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:37.54	+0,81	610	
	50m: 29.16 29.16	150m: 1:38.19	36.13	250m: 2:53.19	39.93	350m: 4:06.18	32.87
	100m: 1:02.06 32.90	200m: 2:13.26	35.07	300m: 3:33.31	40.12	400m: 4:37.54	31.36
4.	LOPES Luis Afonso	03	Viver Santarem	4:40.24	+0,72	593	
	50m: 29.78 29.78	150m: 1:38.54	34.24	250m: 2:53.12	39.66	350m: 4:07.81	33.92
	100m: 1:04.30 34.52	200m: 2:13.46	34.92	300m: 3:33.89	40.77	400m: 4:40.24	32.43
5.	PINTO Pedro Miguel	02	Sporting	4:41.76	+0,76	583	
	50m: 29.51 29.51	150m: 1:39.78	36.33	250m: 2:56.29	39.68	350m: 4:10.40	33.02
	100m: 1:03.45 33.94	200m: 2:16.61	36.83	300m: 3:37.38	41.09	400m: 4:41.76	31.36
6.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	4:42.47	+0,65	579	
	50m: 28.88 28.88	150m: 1:39.81	36.79	250m: 2:56.72	40.20	350m: 4:09.89	32.17
	100m: 1:03.02 34.14	200m: 2:16.52	36.71	300m: 3:37.72	41.00	400m: 4:42.47	32.58
7.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:45.59	+0,79	560	
	50m: 29.06 29.06	150m: 1:39.97	37.16	250m: 2:56.69	40.56	350m: 4:12.18	34.15
	100m: 1:02.81 33.75	200m: 2:16.13	36.16	300m: 3:38.03	41.34	400m: 4:45.59	33.41
8.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	4:48.37	+0,74	544	
	50m: 30.13 30.13	150m: 1:42.45	38.17	250m: 3:01.69	42.19	350m: 4:16.08	33.23
	100m: 1:04.28 34.15	200m: 2:19.50	37.05	300m: 3:42.85	41.16	400m: 4:48.37	32.29
9.	DIAS Rodrigo Reis	03	Belenenses	4:48.71	+0,67	542	
	50m: 29.46 29.46	150m: 1:41.04	36.82	250m: 3:00.91	42.75	350m: 4:16.72	32.00
	100m: 1:04.22 34.76	200m: 2:18.16	37.12	300m: 3:44.72	43.81	400m: 4:48.71	31.99
DNS	RELVAS David Ferreira	03	Nautico Marinha Grande				