

Prova 17
21-12-2019 - 17:05

Masc., 400m Livres

Absoluto
Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	3:45.21	+0,64	837	
	50m: 26.01 26.01	150m: 1:22.64	28.48	250m: 2:20.41	28.74	350m: 3:17.88	28.62
	100m: 54.16 28.15	200m: 1:51.67	29.03	300m: 2:49.26	28.85	400m: 3:45.21	27.33
2.	VELOSO Tomas Miguel	96	Nautico Coimbra	3:45.56	+0,64	833	
	50m: 26.14 26.14	150m: 1:22.99	28.57	250m: 2:20.39	28.54	350m: 3:17.82	28.67
	100m: 54.42 28.28	200m: 1:51.85	28.86	300m: 2:49.15	28.76	400m: 3:45.56	27.74
3.	MOGNE Igor Araujo	96	Sporting	3:48.89	+0,74	797	
	50m: 26.29 26.29	150m: 1:23.47	28.70	250m: 2:21.53	28.99	350m: 3:19.87	29.10
	100m: 54.77 28.48	200m: 1:52.54	29.07	300m: 2:50.77	29.24	400m: 3:48.89	29.02
4.	COSTA Tiago Cunha	99	Sporting	3:51.08	+0,56	774	
	50m: 26.21 26.21	150m: 1:23.73	29.01	250m: 2:22.27	29.41	350m: 3:21.70	29.64
	100m: 54.72 28.51	200m: 1:52.86	29.13	300m: 2:52.06	29.79	400m: 3:51.08	29.38
5.	GIL Rafael Lourenco	96	Sporting	3:53.01	+0,76	755	
	50m: 26.88 26.88	150m: 1:24.56	29.09	250m: 2:23.69	29.45	350m: 3:23.31	29.75
	100m: 55.47 28.59	200m: 1:54.24	29.68	300m: 2:53.56	29.87	400m: 3:53.01	29.70
6.	VITAL Joao Alexandre	98	Sporting	3:53.34	+0,66	752	
	50m: 26.61 26.61	150m: 1:25.24	29.71	250m: 2:25.05	29.79	350m: 3:24.10	29.24
	100m: 55.53 28.92	200m: 1:55.26	30.02	300m: 2:54.86	29.81	400m: 3:53.34	29.24
7.	SANTOS Pedro Miguel	01	Porto	3:54.67	+0,65	739	
	50m: 27.33 27.33	150m: 1:25.91	29.65	250m: 2:25.43	29.59	350m: 3:24.85	29.76
	100m: 56.26 28.93	200m: 1:55.84	29.93	300m: 2:55.09	29.66	400m: 3:54.67	29.82
8.	BASTOS Lucas Pereira	00	Nautico Coimbra	3:57.38	+0,67	714	
	50m: 27.51 27.51	150m: 1:27.57	30.27	250m: 2:27.38	29.43	350m: 3:27.39	30.13
	100m: 57.30 29.79	200m: 1:57.95	30.38	300m: 2:57.26	29.88	400m: 3:57.38	29.99
9.	BATE Afonso Ribeiro	98	Alges	3:57.81	+0,71	710	
	50m: 27.70 27.70	150m: 1:28.82	30.86	250m: 2:29.87	30.38	350m: 3:30.31	30.15
	100m: 57.96 30.26	200m: 1:59.49	30.67	300m: 3:00.16	30.29	400m: 3:57.81	27.50
10.	CRISTINO David Matias	01	Uniao Piedense	3:58.50	+1,93	704	
	50m: 27.80 27.80	150m: 1:28.94	30.76	250m: 2:29.55	30.06	350m: 3:29.68	29.79
	100m: 58.18 30.38	200m: 1:59.49	30.55	300m: 2:59.89	30.34	400m: 3:58.50	28.82
11.	NUNES Diogo Barbosa	00	Porto	4:01.06	+0,78	682	
	50m: 27.49 27.49	150m: 1:27.05	29.88	250m: 2:27.69	30.38	350m: 3:29.62	31.47
	100m: 57.17 29.68	200m: 1:57.31	30.26	300m: 2:58.15	30.46	400m: 4:01.06	31.44
12.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:06.50		638	
	50m: 28.99 28.99	150m: 1:31.27	30.94	250m: 2:33.54	31.27	350m: 3:36.06	31.21
	100m: 1:00.33 31.34	200m: 2:02.27	31.00	300m: 3:04.85	31.31	400m: 4:06.50	30.44

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	MORIM Ruben Jose	97	Vilacondense	4:13.66	+0,80	585	
	50m: 28.33 28.33	150m: 1:31.20	31.86	250m: 2:35.23	31.98	350m: 3:41.15	32.86
	100m: 59.34 31.01	200m: 2:03.25	32.05	300m: 3:08.29	33.06	400m: 4:13.66	32.51
14.	GRACHAT David Realista	87 S9	Geslours	4:22.36	+0,75	529	936
	50m: 28.89 28.89	150m: 1:33.36	32.60	250m: 2:39.48	32.97	350m: 3:47.69	34.55
	100m: 1:00.76 31.87	200m: 2:06.51	33.15	300m: 3:13.14	33.66	400m: 4:22.36	34.67
15.	CRUZ Miguel Duarte	99 S15	Belenenses	4:23.64	+0,65	521	
	50m: 29.97 29.97	150m: 1:35.46	32.91	250m: 2:42.51	33.59	350m: 3:50.61	34.02
	100m: 1:02.55 32.58	200m: 2:08.92	33.46	300m: 3:16.59	34.08	400m: 4:23.64	33.03
16.	VIDEIRA Daniel Carlos	92 S6	Geslours	5:23.37	+0,89	282	851
	50m: 37.60 37.60	150m: 2:00.32	41.59	250m: 3:22.60	41.00	350m: 4:44.70	40.75
	100m: 1:18.73 41.13	200m: 2:41.60	41.28	300m: 4:03.95	41.35	400m: 5:23.37	38.67

Juniores

1.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	3:55.42	+0,65	732	
	50m: 26.78 26.78	150m: 1:25.11	29.61	250m: 2:24.66	29.87	350m: 3:25.29	30.17
	100m: 55.50 28.72	200m: 1:54.79	29.68	300m: 2:55.12	30.46	400m: 3:55.42	30.13
2.	DEUS Andre Portugal	02	Naval do Funchal	4:00.44	+0,63	687	
	50m: 27.84 27.84	150m: 1:28.03	30.22	250m: 2:29.65	30.88	350m: 3:30.42	30.03
	100m: 57.81 29.97	200m: 1:58.77	30.74	300m: 3:00.39	30.74	400m: 4:00.44	30.02
3.	NUNES Francisco Costa	02	Sporting	4:02.45	+0,76	670	
	50m: 27.73 27.73	150m: 1:28.25	30.53	250m: 2:30.18	30.97	350m: 3:32.78	31.18
	100m: 57.72 29.99	200m: 1:59.21	30.96	300m: 3:01.60	31.42	400m: 4:02.45	29.67
4.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:03.65	+0,80	661	
	50m: 27.75 27.75	150m: 1:28.06	30.24	250m: 2:29.66	30.86	350m: 3:32.39	31.24
	100m: 57.82 30.07	200m: 1:58.80	30.74	300m: 3:01.15	31.49	400m: 4:03.65	31.26
5.	AMARAL Francisco Rodriguez	02	Campinho	4:04.51	+0,69	654	
	50m: 27.72 27.72	150m: 1:28.49	30.69	250m: 2:30.66	31.21	350m: 3:33.49	31.45
	100m: 57.80 30.08	200m: 1:59.45	30.96	300m: 3:02.04	31.38	400m: 4:04.51	31.02
6.	CARVALHO Daniel Luis	02	Braga	4:06.41	+0,80	639	
	50m: 27.91 27.91	150m: 1:29.46	31.00	250m: 2:32.53	31.54	350m: 3:35.59	31.50
	100m: 58.46 30.55	200m: 2:00.99	31.53	300m: 3:04.09	31.56	400m: 4:06.41	30.82
7.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:07.25	+0,68	632	
	50m: 28.44 28.44	150m: 1:31.25	31.75	250m: 2:34.03	31.48	350m: 3:37.63	31.91
	100m: 59.50 31.06	200m: 2:02.55	31.30	300m: 3:05.72	31.69	400m: 4:07.25	29.62
8.	JACINTO Rafael Rodrigues	02	Belenenses	4:07.99	+1,56	626	
	50m: 28.30 28.30	150m: 1:29.61	31.00	250m: 2:33.65	31.76	350m: 3:37.30	31.07
	100m: 58.61 30.31	200m: 2:01.89	32.28	300m: 3:06.23	32.58	400m: 4:07.99	30.69
9.	MACHADO Martim Miranda	03	Uniao Coimbra	4:09.69	+0,76	614	
	50m: 28.08 28.08	150m: 1:29.70	31.06	250m: 2:33.80	32.18	350m: 3:38.47	32.26
	100m: 58.64 30.56	200m: 2:01.62	31.92	300m: 3:06.21	32.41	400m: 4:09.69	31.22
10.	SILVA Henrique Gomes	02	Estamos Juntos	4:11.01	+0,65	604	
	50m: 27.63 27.63	150m: 1:29.45	31.35	250m: 2:34.10	32.32	350m: 3:39.27	32.64
	100m: 58.10 30.47	200m: 2:01.78	32.33	300m: 3:06.63	32.53	400m: 4:11.01	31.74
11.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	4:16.71	+0,70	565	
	50m: 28.26 28.26	150m: 1:32.54	32.65	250m: 2:38.08	32.77	350m: 3:44.27	33.17
	100m: 59.89 31.63	200m: 2:05.31	32.77	300m: 3:11.10	33.02	400m: 4:16.71	32.44

Prova 17, Masc., 400m Livres

Classe S15

1. CRUZ Miguel Duarte	99 S15	Belenenses	4:23.64	+0,65	521
50m: 29.97 29.97	150m: 1:35.46 32.91	250m: 2:42.51 33.59	350m: 3:50.61 34.02		
100m: 1:02.55 32.58	200m: 2:08.92 33.46	300m: 3:16.59 34.08	400m: 4:23.64 33.03		

Paralimpicos

1. GRACHAT David Realista	87 S9	Geslours	4:22.36	+0,75	529	936
50m: 28.89 28.89	150m: 1:33.36 32.60	250m: 2:39.48 32.97	350m: 3:47.69 34.55			
100m: 1:00.76 31.87	200m: 2:06.51 33.15	300m: 3:13.14 33.66	400m: 4:22.36 34.67			
2. VIDEIRA Daniel Carlos	92 S6	Geslours	5:23.37	+0,89	282	851
50m: 37.60 37.60	150m: 2:00.32 41.59	250m: 3:22.60 41.00	350m: 4:44.70 40.75			
100m: 1:18.73 41.13	200m: 2:41.60 41.28	300m: 4:03.95 41.35	400m: 5:23.37 38.67			

ORGANIZAÇÃO



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