Prova 22 — Masc., 400m Livres — Absolutos
07-11-2020 - 17:50 — Resultados

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

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Martim Miranda	03	123726	Uniao Coimbra	**4:09.91**	+0,73	612	21,00
	50m: 28.56 28.56 150m: 1:31.20 31.72 250m: 2:35.15 31.82 350m: 3:39.19 31.93							
	100m: 59.48 30.92 200m: 2:03.33 32.13 300m: 3:07.26 32.11 400m: 4:09.91 30.72							
2.	QUEIROS Luis Pedro	04	124051	Viana Natacao	**4:26.29**	+0,87	506	19,00
	50m: 29.00 29.00 150m: 1:35.10 33.71 250m: 2:44.59 34.93 350m: 3:53.27 33.93							
	100m: 1:01.39 32.39 200m: 2:09.66 34.56 300m: 3:19.34 34.75 400m: 4:26.29 33.02							
3.	VALE Henrique Santa	04	125785	Ginasio Santo Tirso	**4:27.57**	+0,91	499	18,00
	50m: 30.01 30.01 150m: 1:37.51 34.12 250m: 2:45.92 34.24 350m: 3:55.27 34.69							
	100m: 1:03.39 33.38 200m: 2:11.68 34.17 300m: 3:20.58 34.66 400m: 4:27.57 32.30							
4.	BRAZ Romao Noronha	04	127443	Naval de Ponta Delgada	**4:31.64**		477	17,00
5.	CASTRO Martim Pereira	02	124907	Escola O Liceu	**4:32.74**		471	16,00
6.	PACHECO Francisco Silva	04	125117	Nucleo Sporting da Terceira	**4:35.52**		457	15,00
7.	MARTINS Miguel Alexandre	04	130558	BUZIOS-Coruche	**4:35.71**	+0,81	456	14,00
	50m: 30.61 30.61 150m: 1:38.71 34.63 250m: 2:49.86 35.78 350m: 4:01.00 35.76							
	100m: 1:04.08 33.47 200m: 2:14.08 35.37 300m: 3:25.24 35.38 400m: 4:35.71 34.71							
8.	MARIANO Samuel Andre	02	132931	Litoral Alentejano	**4:37.53**	+0,90	447	13,00
	50m: 30.50 30.50 150m: 1:39.04 34.92 250m: 2:50.47 35.94 350m: 4:02.85 36.19							
	100m: 1:04.12 33.62 200m: 2:14.53 35.49 300m: 3:26.66 36.19 400m: 4:37.53 34.68							
9.	VIEIRA Diogo Silveira	01	117666	Naval da Horta	**4:37.84**		445	12,00
10.	ROCHA Jose Pedro	04	201748	Peso da Regua	**4:40.91**	+0,75	431	11,00
	50m: 30.39 30.39 150m: 1:38.52 34.73 250m: 2:50.41 36.05 350m: 4:04.50 37.14							
	100m: 1:03.79 33.40 200m: 2:14.36 35.84 300m: 3:27.36 36.95 400m: 4:40.91 36.41							
11.	FIGUEIRA Diogo Morgado	06	203863	CPCD-Povoa St Iria	**4:45.06**	+0,74	412	10,00
	50m: 31.62 31.62 150m: 1:42.84 36.13 250m: 2:56.52 36.81 350m: 4:10.41 36.31							
	100m: 1:06.71 35.09 200m: 2:19.71 36.87 300m: 3:34.10 37.58 400m: 4:45.06 34.65							
12.	SIMOES Diogo Daniel	99	148332	Vikings Alentejo	**4:45.86**	+0,71	409	9,00
	50m: 31.29 31.29 150m: 1:42.61 36.43 250m: 2:55.99 36.45 350m: 4:10.44 37.47							
	100m: 1:06.18 34.89 200m: 2:19.54 36.93 300m: 3:32.97 36.98 400m: 4:45.86 35.42							
13.	MELIM Bruno Pontes	03	201593	Juventude Atlantico	**4:47.44**		402	8,00
14.	LOBO Pedro Cerqueira	01	211075	Fundacao Salesianos	**4:49.76**	+0,84	393	7,00
	50m: 30.46 30.46 150m: 1:41.84 37.07 250m: 2:58.59 38.68 350m: 4:15.84 38.41							
	100m: 1:04.77 34.31 200m: 2:19.91 38.07 300m: 3:37.43 38.84 400m: 4:49.76 33.92							
15.	NEVES Luis Miguel	04	133025	Aminata	**4:52.26**	+0,91	383	6,00
	50m: 32.75 32.75 150m: 1:45.95 37.04 250m: 3:01.84 37.70 350m: 4:17.55 37.62							
	100m: 1:08.91 36.16 200m: 2:24.14 38.19 300m: 3:39.93 38.09 400m: 4:52.26 34.71							

ORGANIZAÇÃO FASE INSULAR FASE CONTINENTAL PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL
FORNECEDOR OFICIAL PARCEIROS

Prova 22, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CHAO Tiago Ventura	06	202516	Naval Setubalense	**4:53.37**	+0,66	378	5,00
	50m: 31.78 31.78	150m: 1:43.66	36.62	250m: 2:59.01	37.48	350m: 4:15.30	37.96	
	100m: 1:07.04 35.26	200m: 2:21.53	37.87	300m: 3:37.34	38.33	400m: 4:53.37	38.07	
17.	ALMEIDA Antonio Botelho	04	132962	Agua de Pau	**5:04.59**		338	4,00
18.	DIAS Manuel Jose	05	204524	Natacao do Fundao	**5:06.95**	+0,87	330	3,00
	50m: 33.67 33.67	150m: 1:48.92	38.49	250m: 3:07.99	39.60	350m: 4:28.29	40.38	
	100m: 1:10.43 36.76	200m: 2:28.39	39.47	300m: 3:47.91	39.92	400m: 5:06.95	38.66	
19.	PERES Lucas Farinha	06	132688	CCDSerta	**5:21.50**	+0,81	287	2,00
	50m: 35.17 35.17	150m: 1:54.42	40.43	250m: 3:17.21	41.68	350m: 4:41.65	42.44	
	100m: 1:13.99 38.82	200m: 2:35.53	41.11	300m: 3:59.21	42.00	400m: 5:21.50	39.85	
DNS	PIRES Antonio Furtado	07	148630	CLIP Teams				-
EXH	RIBEIRO Francisco Martins	06	202549	CCDSerta				-
EXH	MARQUES Rodrigo Miguel	05	127744	CLIP Teams				-

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