

Prova 14
27-03-2021 - 16:55

Masc., 400m Estilos

Absoluto
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 Jun 18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
RN Jun 17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	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
S15	5:00.70	NEVES Tiago Correia	POR	São Paulo (BRA)	26-08-2019

TAC Juv 50m: 4:58.70 - 25m: 4:48.62; Jun 50m: 4:47.26 - 25m: 4:37.47; Sen 50m: 4:36.19 - 25m: 4:26.81 / JO : 4:15.84 / CMJ_Masc 15 - 18: 4:28.20 / CEPL 12 +: 4:23.04 / CEJun_Masc 15 - 18: 4:33.58 / PreJun_Masc Juv: 4:41.79

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	4:17.99	+0,68	844	
	<i>Minimos CEPL</i>						
	50m: 27.30 27.30	150m: 1:32.17 33.70	250m: 2:41.25 36.21	350m: 3:48.48 30.27			
	100m: 58.47 31.17	200m: 2:05.04 32.87	300m: 3:18.21 36.96	400m: 4:17.99 29.51			
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:29.38	+0,79	741	
	<i>Minimos CEJun</i>						
	50m: 28.45 28.45	150m: 1:35.92 35.44	250m: 2:49.51 38.69	350m: 3:59.68 31.17			
	100m: 1:00.48 32.03	200m: 2:10.82 34.90	300m: 3:28.51 39.00	400m: 4:29.38 29.70			
3.	RAMOS Bruno Miguel	97	Belenenses	4:29.58	+0,66	740	
	50m: 27.66 27.66	150m: 1:35.22 35.56	250m: 2:49.89 39.11	350m: 4:00.10 30.31			
	100m: 59.66 32.00	200m: 2:10.78 35.56	300m: 3:29.79 39.90	400m: 4:29.58 29.48			
4.	BASTOS Lucas Pereira	00	Nautico Academico	4:33.59	+0,69	707	
	50m: 27.99 27.99	150m: 1:35.93 35.73	250m: 2:49.38 37.64	350m: 4:01.97 33.01			
	100m: 1:00.20 32.21	200m: 2:11.74 35.81	300m: 3:28.96 39.58	400m: 4:33.59 31.62			
5.	PINOTES Pedro Miguel	89	Angola	4:36.95	+0,71	682	
	50m: 28.60 28.60	150m: 1:39.09 37.08	250m: 2:53.86 38.15	350m: 4:05.65 33.36			
	100m: 1:02.01 33.41	200m: 2:15.71 36.62	300m: 3:32.29 38.43	400m: 4:36.95 31.30			
6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:38.65	+0,71	670	
	50m: 29.05 29.05	150m: 1:40.73 38.70	250m: 2:58.41 40.45	350m: 4:08.85 31.13			
	100m: 1:02.03 32.98	200m: 2:17.96 37.23	300m: 3:37.72 39.31	400m: 4:38.65 29.80			
7.	MARQUES Gustavo Pires	04	Uniao Coimbra	4:38.95	+0,70	667	
	50m: 28.43 28.43	150m: 1:38.37 37.15	250m: 2:55.31 41.18	350m: 4:08.01 31.95			
	100m: 1:01.22 32.79	200m: 2:14.13 35.76	300m: 3:36.06 40.75	400m: 4:38.95 30.94			
8.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:42.61	+0,67	642	
	50m: 29.01 29.01	150m: 1:41.04 38.18	250m: 2:59.34 40.61	350m: 4:11.66 31.21			
	100m: 1:02.86 33.85	200m: 2:18.73 37.69	300m: 3:40.45 41.11	400m: 4:42.61 30.95			
9.	APSENIECE Kevins Alexandre	04	Porto	4:45.51	+0,77	622	
	50m: 29.37 29.37	150m: 1:40.58 37.59	250m: 2:59.60 42.26	350m: 4:13.85 32.54			
	100m: 1:02.99 33.62	200m: 2:17.34 36.76	300m: 3:41.31 41.71	400m: 4:45.51 31.66			

ORGANIZAÇÃO



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PARCEIROS



Prova 14, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
10.	CARVALHO Martim Henriques	04	Rio Maior	4:48.96	+0,72	600		
	50m: 29.89 29.89	150m: 1:40.67	37.55 250m: 3:01.83	45.11	350m: 4:18.41	32.11		
	100m: 1:03.12 33.23	200m: 2:16.72	36.05 300m: 3:46.30	44.47	400m: 4:48.96	30.55		
11.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:50.97	+0,72	588		
	50m: 30.03 30.03	150m: 1:42.53	37.94 250m: 3:03.34	43.55	350m: 4:19.69	32.68		
	100m: 1:04.59 34.56	200m: 2:19.79	37.26 300m: 3:47.01	43.67	400m: 4:50.97	31.28		
12.	SOUSA Joao Maria	05	Braga	4:53.31	+0,69	574		
	50m: 30.19 30.19	150m: 1:43.16	37.37 250m: 3:04.55	43.78	350m: 4:20.86	32.86		
	100m: 1:05.79 35.60	200m: 2:20.77	37.61 300m: 3:48.00	43.45	400m: 4:53.31	32.45		
13.	CRISTINO David Matias	01	Uniao Piedense	4:54.33	+0,73	568		
	50m: 29.26 29.26	150m: 1:40.47	37.08 250m: 3:01.69	44.01	350m: 4:20.89	34.93		
	100m: 1:03.39 34.13	200m: 2:17.68	37.21 300m: 3:45.96	44.27	400m: 4:54.33	33.44		
14.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:54.58	+0,75	567		
	50m: 30.70 30.70	150m: 1:45.57	39.11 250m: 3:05.82	42.53	350m: 4:21.99	33.96		
	100m: 1:06.46 35.76	200m: 2:23.29	37.72 300m: 3:48.03	42.21	400m: 4:54.58	32.59		
15.	MOREIRA Joao Pedro	04	Colegio Efanor	4:55.67	+0,71	560		
	50m: 30.22 30.22	150m: 1:44.84	38.78 250m: 3:04.20	40.06	350m: 4:21.61	35.68		
	100m: 1:06.06 35.84	200m: 2:24.14	39.30 300m: 3:45.93	41.73	400m: 4:55.67	34.06		
16.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	4:56.35	+0,64	557		
	50m: 30.66 30.66	150m: 1:43.77	37.95 250m: 3:06.67	44.75	350m: 4:23.88	34.03		
	100m: 1:05.82 35.16	200m: 2:21.92	38.15 300m: 3:49.85	43.18	400m: 4:56.35	32.47		
17.	CRUZ Miguel Duarte <i>Rec Nac Classe S15</i>	99	SM15 Belenenses	4:58.86	+0,75	543		
	50m: 30.51 30.51	150m: 1:47.23	40.57 250m: 3:09.07	43.30	350m: 4:26.65	33.76		
	100m: 1:06.66 36.15	200m: 2:25.77	38.54 300m: 3:52.89	43.82	400m: 4:58.86	32.21		
18.	SILVA Nuno Marques	04	Ba-Leiria	4:59.07	+0,74	541		
	50m: 30.63 30.63	150m: 1:46.59	39.04 250m: 3:06.82	41.09	350m: 4:24.34	35.62		
	100m: 1:07.55 36.92	200m: 2:25.73	39.14 300m: 3:48.72	41.90	400m: 4:59.07	34.73		
DSQ	CARNEIRO Joao Soares	03	Benfica	<i>não terminou o percurso de costas na posição de costas</i>				
DSQ	SANTOS Rui Miguel	06	Famalicao	<i>toque alternado nas virangens dos 250 e 300m</i>				

Surdolimpicos

1.	CRUZ Miguel Duarte <i>Rec Nac Classe S15</i>	99	SM15 Belenenses	4:58.86	+0,75	543	
	50m: 30.51 30.51	150m: 1:47.23	40.57 250m: 3:09.07	43.30	350m: 4:26.65	33.76	
	100m: 1:06.66 36.15	200m: 2:25.77	38.54 300m: 3:52.89	43.82	400m: 4:58.86	32.21	