

Prova 19
28-03-2021 - 10:35

Masc., 400m Livres

Absoluto
Resultados

RN Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Jun 18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
RN Jun 17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RN Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
RN Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003
S6	5:18.61	VIDEIRA Daniel Carlos	POR	Londres (GBR)	09-09-2019
S8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11-05-2019
S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
S15	4:28.84	CRUZ Miguel Duarte	CFB	Oeiras	20-12-2020

TAC Juv 50m: 4:23.43 - 25m: 4:14.11; Jun 50m: 4:13.34 - 25m: 4:03.87; Sen 50m: 4:03.58 - 25m: 3:54.99 / JO : 3:46.78 / CMJ_Masc 15 - 18: 3:56.53 / CEPL 12 +: 3:51.98 / CEJun_Masc 15 - 18: 4:01.28 / PreJun_Masc Juv: 4:08.52

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOGNE Igor Araujo	96	Sporting	3:59.11	+0,72	779	
	50m: 27.31 27.31	150m: 1:27.28	30.24	250m: 2:28.36	30.41	350m: 3:29.26	30.40
	100m: 57.04 29.73	200m: 1:57.95	30.67	300m: 2:58.86	30.50	400m: 3:59.11	29.85
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	3:59.88	+0,80	772	
	50m: 27.79 27.79	150m: 1:27.68	30.50	250m: 2:29.02	30.47	350m: 3:30.46	30.27
	100m: 57.18 29.39	200m: 1:58.55	30.87	300m: 3:00.19	31.17	400m: 3:59.88	29.42
3.	COSTA Tiago Cunha	99	Sporting	4:01.75	+0,64	754	
	50m: 26.97 26.97	150m: 1:26.83	30.14	250m: 2:28.72	31.20	350m: 3:31.12	31.32
	100m: 56.69 29.72	200m: 1:57.52	30.69	300m: 2:59.80	31.08	400m: 4:01.75	30.63
4.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:03.31	+0,70	739	
	50m: 28.03 28.03	150m: 1:29.44	30.98	250m: 2:31.36	30.65	350m: 3:32.58	30.72
	100m: 58.46 30.43	200m: 2:00.71	31.27	300m: 3:01.86	30.50	400m: 4:03.31	30.73
5.	VELOSO Tomas Miguel	96	Nautico Academico	4:04.69	+0,64	727	
	50m: 28.17 28.17	150m: 1:29.27	30.75	250m: 2:31.86	31.06	350m: 3:34.44	31.35
	100m: 58.52 30.35	200m: 2:00.80	31.53	300m: 3:03.09	31.23	400m: 4:04.69	30.25
6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:06.18	+0,73	714	
	50m: 28.13 28.13	150m: 1:29.33	30.88	250m: 2:32.48	31.69	350m: 3:35.81	31.22
	100m: 58.45 30.32	200m: 2:00.79	31.46	300m: 3:04.59	32.11	400m: 4:06.18	30.37
7.	SANTOS Pedro Miguel	01	Porto	4:07.02	+0,61	707	
	50m: 28.12 28.12	150m: 1:29.77	31.30	250m: 2:32.24	31.11	350m: 3:35.94	32.23
	100m: 58.47 30.35	200m: 2:01.13	31.36	300m: 3:03.71	31.47	400m: 4:07.02	31.08
8.	LOPES Luis Afonso	03	Viver Santarem	4:08.04	+0,67	698	
	50m: 28.64 28.64	150m: 1:30.69	31.37	250m: 2:34.30	31.94	350m: 3:37.95	31.42
	100m: 59.32 30.68	200m: 2:02.36	31.67	300m: 3:06.53	32.23	400m: 4:08.04	30.09
9.	MARQUES Gustavo Pires	04	Uniao Coimbra	4:08.20	+0,75	697	
	50m: 27.92 27.92	150m: 1:29.26	31.10	250m: 2:33.12	31.72	350m: 3:36.76	31.76
	100m: 58.16 30.24	200m: 2:01.40	32.14	300m: 3:05.00	31.88	400m: 4:08.20	31.44

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Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MACHADO Martim Miranda	03	Uniao Coimbra	4:08.43	+0,66	695	
	50m: 28.19 28.19	150m: 1:30.19	31.40	250m: 2:33.52	31.69	350m: 3:37.77	32.13
	100m: 58.79 30.60	200m: 2:01.83	31.64	300m: 3:05.64	32.12	400m: 4:08.43	30.66
11.	BASTOS Lucas Pereira	00	Nautico Academico	4:09.40	+0,68	687	
	50m: 27.64 27.64	150m: 1:28.85	30.98	250m: 2:32.42	31.68	350m: 3:37.76	32.54
	100m: 57.87 30.23	200m: 2:00.74	31.89	300m: 3:05.22	32.80	400m: 4:09.40	31.64
12.	RIBEIRO Diogo Matos	04	Uniao Coimbra	4:10.32	+0,69	679	
	50m: 26.73 26.73	150m: 1:28.01	31.21	250m: 2:31.26	31.39	350m: 3:36.63	33.27
	100m: 56.80 30.07	200m: 1:59.87	31.86	300m: 3:03.36	32.10	400m: 4:10.32	33.69
13.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:13.43	+0,66	654	
	50m: 28.21 28.21	150m: 1:31.97	32.34	250m: 2:36.31	32.13	350m: 3:41.93	32.94
	100m: 59.63 31.42	200m: 2:04.18	32.21	300m: 3:08.99	32.68	400m: 4:13.43	31.50
14.	ALMEIDA Bernardo Victorino	04	Sporting	4:14.82	+0,68	644	
	50m: 27.65 27.65	150m: 1:31.17	32.33	250m: 2:36.10	32.70	350m: 3:42.14	33.00
	100m: 58.84 31.19	200m: 2:03.40	32.23	300m: 3:09.14	33.04	400m: 4:14.82	32.68
15.	MASCARENHAS Henrique Silva	01	Angola	4:16.95	+0,71	628	
	50m: 28.61 28.61	150m: 1:33.08	32.51	250m: 2:38.65	32.57	350m: 3:44.58	32.97
	100m: 1:00.57 31.96	200m: 2:06.08	33.00	300m: 3:11.61	32.96	400m: 4:16.95	32.37
16.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:19.10	+0,73	612	
	50m: 29.33 29.33	150m: 1:34.72	33.14	250m: 2:41.62	33.22	350m: 3:47.45	32.81
	100m: 1:01.58 32.25	200m: 2:08.40	33.68	300m: 3:14.64	33.02	400m: 4:19.10	31.65
17.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:21.01	+0,74	599	
	50m: 29.13 29.13	150m: 1:34.22	32.89	250m: 2:41.51	33.79	350m: 3:49.15	33.45
	100m: 1:01.33 32.20	200m: 2:07.72	33.50	300m: 3:15.70	34.19	400m: 4:21.01	31.86
18.	SILVA Afonso Carvalho	05	Famalicao	4:23.68	+0,67	581	
	50m: 29.34 29.34	150m: 1:35.40	33.05	250m: 2:42.41	33.54	350m: 3:50.81	34.06
	100m: 1:02.35 33.01	200m: 2:08.87	33.47	300m: 3:16.75	34.34	400m: 4:23.68	32.87
19.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	4:25.12	+0,70	571	
	50m: 29.15 29.15	150m: 1:33.49	32.14	250m: 2:41.33	34.53	350m: 3:51.63	35.12
	100m: 1:01.35 32.20	200m: 2:06.80	33.31	300m: 3:16.51	35.18	400m: 4:25.12	33.49
20.	CLARA Vitor Belo	04	Ba-Leiria	4:26.96	+0,63	560	
	50m: 28.97 28.97	150m: 1:33.44	32.83	250m: 2:41.51	34.03	350m: 3:51.80	35.37
	100m: 1:00.61 31.64	200m: 2:07.48	34.04	300m: 3:16.43	34.92	400m: 4:26.96	35.16
21.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:28.53	+0,66	550	
	50m: 28.86 28.86	150m: 1:33.80	32.86	250m: 2:41.48	33.91	350m: 3:51.72	35.60
	100m: 1:00.94 32.08	200m: 2:07.57	33.77	300m: 3:16.12	34.64	400m: 4:28.53	36.81
22.	GRACHAT David Realista	87 S9	Gesloures	4:29.28	+0,76	545	
	50m: 30.41 30.41	150m: 1:37.77	34.25	250m: 2:46.56	34.43	350m: 3:55.49	34.39
	100m: 1:03.52 33.11	200m: 2:12.13	34.36	300m: 3:21.10	34.54	400m: 4:29.28	33.79
23.	SANTOS Rui Miguel	06	Famalicao	4:29.95	+0,87	541	
	50m: 30.12 30.12	150m: 1:39.93	35.87	250m: 2:49.51	34.46	350m: 3:58.34	34.83
	100m: 1:04.06 33.94	200m: 2:15.05	35.12	300m: 3:23.51	34.00	400m: 4:29.95	31.61

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PARCEIROS



Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	DUARTE Joao Nunes	01	Colegio Efanor	4:30.25	+0,67	539	
	50m: 30.27 30.27	150m: 1:37.81	34.19	250m: 2:47.61	34.99	350m: 3:56.73	34.56
	100m: 1:03.62 33.35	200m: 2:12.62	34.81	300m: 3:22.17	34.56	400m: 4:30.25	33.52
25.	CRUZ Miguel Duarte	99 S15	Belenenses	4:30.54	+0,74	538	
	50m: 30.80 30.80	150m: 1:40.38	34.91	250m: 2:49.79	34.45	350m: 3:58.10	33.80
	100m: 1:05.47 34.67	200m: 2:15.34	34.96	300m: 3:24.30	34.51	400m: 4:30.54	32.44
26.	BELEZAS Ricardo Andrade	91 S15	Sporting	4:39.44	+0,69	488	
	50m: 32.48 32.48	150m: 1:42.51	35.20	250m: 2:52.69	34.99	350m: 4:04.34	36.03
	100m: 1:07.31 34.83	200m: 2:17.70	35.19	300m: 3:28.31	35.62	400m: 4:39.44	35.10
27.	GERALDO Tomas Cardoso	05	Condeixa Clube	4:50.45	+0,68	434	
	50m: 31.86 31.86	150m: 1:43.88	36.25	250m: 2:57.89	37.10	350m: 4:13.69	37.88
	100m: 1:07.63 35.77	200m: 2:20.79	36.91	300m: 3:35.81	37.92	400m: 4:50.45	36.76
28.	MARQUES Jose Miguel	06	Condeixa Clube	4:50.93	+0,78	432	
	50m: 33.14 33.14	150m: 1:45.00	36.20	250m: 2:59.38	36.56	350m: 4:14.67	37.46
	100m: 1:08.80 35.66	200m: 2:22.82	37.82	300m: 3:37.21	37.83	400m: 4:50.93	36.26
29.	SOARES Ricardo Aderneira	99 S8	Gesloures	5:11.36	+0,75	353	
	50m: 37.57 37.57	150m: 1:56.95	40.05	250m: 3:15.22	38.79	350m: 4:33.14	38.99
	100m: 1:16.90 39.33	200m: 2:36.43	39.48	300m: 3:54.15	38.93	400m: 5:11.36	38.22
30.	VIDEIRA Daniel Carlos	92 S6	Gesloures	5:33.07	+0,79	288	
	50m: 36.53 36.53	150m: 1:59.59	41.91	250m: 3:24.82	42.32	350m: 4:51.20	42.94
	100m: 1:17.68 41.15	200m: 2:42.50	42.91	300m: 4:08.26	43.44	400m: 5:33.07	41.87

Paralimpicos

1.	GRACHAT David Realista	87 S9	Gesloures	4:29.28	+0,76	545	
	50m: 30.41 30.41	150m: 1:37.77	34.25	250m: 2:46.56	34.43	350m: 3:55.49	34.39
	100m: 1:03.52 33.11	200m: 2:12.13	34.36	300m: 3:21.10	34.54	400m: 4:29.28	33.79
2.	VIDEIRA Daniel Carlos	92 S6	Gesloures	5:33.07	+0,79	288	
	50m: 36.53 36.53	150m: 1:59.59	41.91	250m: 3:24.82	42.32	350m: 4:51.20	42.94
	100m: 1:17.68 41.15	200m: 2:42.50	42.91	300m: 4:08.26	43.44	400m: 5:33.07	41.87
3.	SOARES Ricardo Aderneira	99 S8	Gesloures	5:11.36	+0,75	353	
	50m: 37.57 37.57	150m: 1:56.95	40.05	250m: 3:15.22	38.79	350m: 4:33.14	38.99
	100m: 1:16.90 39.33	200m: 2:36.43	39.48	300m: 3:54.15	38.93	400m: 5:11.36	38.22

Surdolimpicos

1.	CRUZ Miguel Duarte	99 S15	Belenenses	4:30.54	+0,74	538	
	50m: 30.80 30.80	150m: 1:40.38	34.91	250m: 2:49.79	34.45	350m: 3:58.10	33.80
	100m: 1:05.47 34.67	200m: 2:15.34	34.96	300m: 3:24.30	34.51	400m: 4:30.54	32.44
2.	BELEZAS Ricardo Andrade	91 S15	Sporting	4:39.44	+0,69	488	
	50m: 32.48 32.48	150m: 1:42.51	35.20	250m: 2:52.69	34.99	350m: 4:04.34	36.03
	100m: 1:07.31 34.83	200m: 2:17.70	35.19	300m: 3:28.31	35.62	400m: 4:39.44	35.10