

Prova 35

Masc., 400m Estilos

Absoluto

25-04-2021 - 18:30

Resultados

Recorde Nacional Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Recorde Nacional Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Recorde Nacional Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Recorde Nacional Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29-08-2015
Recorde Nacional Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Recorde Nacional Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
Recorde Nacional Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
Recorde Nacional Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013
Recorde Meeting	4:20.44	DRYMONAKOS Ioannis	GRE	Coimbra	30-05-2010

JO : 4:15.84 / CEPL 12 +: 4:23.04 / TAC : 5:11.85

Pontos: FINA 2021

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
<b>Absoluto</b>							
1.	RAMOS Bruno Miguel	97		Belenenses	<b>4:28.54</b> +0,68	748	-
	50m: 27.22 27.22	150m: 1:33.60	34.68	250m: 2:47.46	39.09	350m: 3:58.13	31.36
	100m: 58.92 31.70	200m: 2:08.37	34.77	300m: 3:26.77	39.31	400m: 4:28.54	30.41
2.	MARQUES Gustavo Pires	04		Uniao Coimbra	<b>4:39.57</b> +0,70	663	-
	50m: 28.21 28.21	150m: 1:38.46	36.65	250m: 2:55.71	41.59	350m: 4:08.64	31.84
	100m: 1:01.81 33.60	200m: 2:14.12	35.66	300m: 3:36.80	41.09	400m: 4:39.57	30.93
3.	PINOTES Pedro Miguel	89		Angola	<b>4:43.00</b> +0,69	639	-
	50m: 29.12 29.12	150m: 1:40.08	37.41	250m: 2:56.60	39.55	350m: 4:10.62	33.77
	100m: 1:02.67 33.55	200m: 2:17.05	36.97	300m: 3:36.85	40.25	400m: 4:43.00	32.38
4.	SILVA Afonso Carvalho	05		Portugal	<b>4:48.79</b> +0,62	601	-
	50m: 30.30 30.30	150m: 1:43.91	38.88	250m: 3:01.38	40.02	350m: 4:16.59	34.23
	100m: 1:05.03 34.73	200m: 2:21.36	37.45	300m: 3:42.36	40.98	400m: 4:48.79	32.20
5.	COSTA Joao Peres	04		Naval Praia da Vitoria	<b>4:48.83</b> +0,61	601	-
	50m: 29.31 29.31	150m: 1:41.38	37.25	250m: 2:59.33	40.49	350m: 4:15.39	33.55
	100m: 1:04.13 34.82	200m: 2:18.84	37.46	300m: 3:41.84	42.51	400m: 4:48.83	33.44
6.	SARREIRA Tomas Amor	05		Portugal	<b>4:51.71</b> +0,73	584	-
	50m: 29.97 29.97	150m: 1:42.27	37.75	250m: 3:02.98	43.92	350m: 4:20.08	32.80
	100m: 1:04.52 34.55	200m: 2:19.06	36.79	300m: 3:47.28	44.30	400m: 4:51.71	31.63
7.	SOUSA Joao Maria	05		Portugal	<b>4:53.89</b> +0,79	571	-
	50m: 29.92 29.92	150m: 1:41.59	36.57	250m: 3:02.70	43.81	350m: 4:20.35	33.18
	100m: 1:05.02 35.10	200m: 2:18.89	37.30	300m: 3:47.17	44.47	400m: 4:53.89	33.54
8.	ANSELMO Raul Sousa	05		Portugal	<b>4:58.50</b> +0,74	545	-
	50m: 29.77 29.77	150m: 1:45.95	40.20	250m: 3:06.27	41.57	350m: 4:24.34	35.08
	100m: 1:05.75 35.98	200m: 2:24.70	38.75	300m: 3:49.26	42.99	400m: 4:58.50	34.16
9.	CARVALHO Antonio Lombardi	04		Sporting	<b>4:59.05</b> +0,76	542	-
	50m: 30.13 30.13	150m: 1:44.62	39.04	250m: 3:06.86	44.23	350m: 4:25.58	34.45
	100m: 1:05.58 35.45	200m: 2:22.63	38.01	300m: 3:51.13	44.27	400m: 4:59.05	33.47
10.	PINTO Pedro Miguel	02		Sporting	<b>4:59.71</b> +0,71	538	-
	50m: 30.15 30.15	150m: 1:44.54	39.68	250m: 3:08.42	43.71	350m: 4:26.53	35.14
	100m: 1:04.86 34.71	200m: 2:24.71	40.17	300m: 3:51.39	42.97	400m: 4:59.71	33.18

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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
11.	DIOGO Dinis Miranda	04		Fundacao Beatriz Santos	<b>5:00.58</b>	+0,59	533
	50m: 29.35 29.35	150m: 1:45.45	39.59	250m: 3:08.15	43.71	350m: 4:26.94	34.05
	100m: 1:05.86 36.51	200m: 2:24.44	38.99	300m: 3:52.89	44.74	400m: 5:00.58	33.64
12.	PINTO Guilherme Lobo	04		Foca Quinta da Lixa CNF	<b>5:01.25</b>	+0,67	530
	50m: 31.09 31.09	150m: 1:44.92	38.84	250m: 3:09.02	45.43	350m: 4:27.62	33.54
	100m: 1:06.08 34.99	200m: 2:23.59	38.67	300m: 3:54.08	45.06	400m: 5:01.25	33.63
13.	RIBEIRO Diogo Filipe	02		Leixoes	<b>5:02.13</b>	+0,80	525
	50m: 30.15 30.15	150m: 1:46.37	41.34	250m: 3:09.92	42.34	350m: 4:29.29	35.70
	100m: 1:05.03 34.88	200m: 2:27.58	41.21	300m: 3:53.59	43.67	400m: 5:02.13	32.84
14.	FOMIN Yury	06		Louletano / Loule Concelho	<b>5:03.71</b>	+0,73	517
	50m: 31.40 31.40	150m: 1:48.73	39.86	250m: 3:09.94	43.58	350m: 4:29.33	35.52
	100m: 1:08.87 37.47	200m: 2:26.36	37.63	300m: 3:53.81	43.87	400m: 5:03.71	34.38
15.	CRISTINO Guilherme Matias	03		Uniao Piedense	<b>5:04.34</b>	+0,73	514
	50m: 31.02 31.02	150m: 1:48.00	40.80	250m: 3:10.02	42.10	350m: 4:28.47	36.21
	100m: 1:07.20 36.18	200m: 2:27.92	39.92	300m: 3:52.26	42.24	400m: 5:04.34	35.87
16.	BORGES David Costa	04		Fluvial Portuense	<b>5:06.78</b>	+0,62	502
	50m: 29.76 29.76	150m: 1:48.12	42.48	250m: 3:12.78	42.38	350m: 4:32.15	34.82
	100m: 1:05.64 35.88	200m: 2:30.40	42.28	300m: 3:57.33	44.55	400m: 5:06.78	34.63
17.	CRUZ Miguel Duarte	99	SM15	Belenenses	<b>5:09.01</b>	+0,60	491
	50m: 31.34 31.34	150m: 1:51.48	42.50	250m: 3:16.47	45.49	350m: 4:36.26	34.58
	100m: 1:08.98 37.64	200m: 2:30.98	39.50	300m: 4:01.68	45.21	400m: 5:09.01	32.75
18.	TRISTAO Miguel Salomao	04		Portinado	<b>5:10.39</b>	+0,70	484
	50m: 31.68 31.68	150m: 1:50.52	40.38	250m: 3:14.87	43.61	350m: 4:35.30	35.94
	100m: 1:10.14 38.46	200m: 2:31.26	40.74	300m: 3:59.36	44.49	400m: 5:10.39	35.09
DSQ	LOPES Francisco Oliveira	04		Bombeiros Ponta Delgada			
	<i>SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 300 metros</i>						
DSQ	SOUSA Diogo Nunes	03		Vitoria Guimaraes			
	<i>SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso</i>						

Classe S15

1.	CRUZ Miguel Duarte	99	SM15	Belenenses	<b>5:09.01</b>	+0,60	491
	50m: 31.34 31.34	150m: 1:51.48	42.50	250m: 3:16.47	45.49	350m: 4:36.26	34.58
	100m: 1:08.98 37.64	200m: 2:30.98	39.50	300m: 4:01.68	45.21	400m: 5:09.01	32.75