

Prova 12  
19-12-2020 - 10:35

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

CEPL 12 +: 4:23.04 / CEJun\_Masc 15 - 18: 4:33.58 / JO : 4:15.84

Pontos: FINA 2020

Lugar				Ano				Tempo final				Pts
1.	LOPES Jose Paulo			00	Braga			<b>4:26.75</b>				763
	50m:	27.43	27.43	150m:	1:32.36	33.59	250m:	2:43.39	38.35	350m:	3:55.62	32.63
	100m:	58.77	31.34	200m:	2:05.04	32.68	300m:	3:22.99	39.60	400m:	4:26.75	31.13
2.	BASTOS Lucas Pereira			00	Nautico Academico			<b>4:34.04</b>				704
	50m:	28.22	28.22	150m:	1:36.02	35.47	250m:	2:49.80	38.42	350m:	4:02.25	32.69
	100m:	1:00.55	32.33	200m:	2:11.38	35.36	300m:	3:29.56	39.76	400m:	4:34.04	31.79
3.	CRISTINO David Matias			01	Uniao Piedense			<b>4:50.24</b>				592
	50m:	28.92	28.92	150m:	1:39.20	36.58	250m:	2:57.94	41.94	350m:	4:15.63	34.91
	100m:	1:02.62	33.70	200m:	2:16.00	36.80	300m:	3:40.72	42.78	400m:	4:50.24	34.61
4.	TSYKAL Daniel			04	Alcobaca			<b>4:51.55</b>				585
	50m:	30.65	30.65	150m:	1:46.87	39.92	250m:	3:05.00	40.16	350m:	4:19.54	34.36
	100m:	1:06.95	36.30	200m:	2:24.84	37.97	300m:	3:45.18	40.18	400m:	4:51.55	32.01
5.	DINIS Tiago Moises			98	Nautico Academico			<b>4:53.59</b>				572
	50m:	30.24	30.24	150m:	1:43.90	38.47	250m:	3:03.52	41.76	350m:	4:20.55	34.85
	100m:	1:05.43	35.19	200m:	2:21.76	37.86	300m:	3:45.70	42.18	400m:	4:53.59	33.04
6.	REBELO Joao Lourenco			04	Alges			<b>4:53.63</b>				572
	50m:	29.98	29.98	150m:	1:44.90	39.13	250m:	3:04.35	39.98	350m:	4:19.77	34.51
	100m:	1:05.77	35.79	200m:	2:24.37	39.47	300m:	3:45.26	40.91	400m:	4:53.63	33.86
7.	LUZ Filipe Ferreira			98	GesLoures			<b>5:00.85</b>				532
	50m:	30.86	30.86	150m:	1:45.14	38.24	250m:	3:06.82	43.72	350m:	4:26.12	35.51
	100m:	1:06.90	36.04	200m:	2:23.10	37.96	300m:	3:50.61	43.79	400m:	5:00.85	34.73
8.	CATALAO Daniel Nogueira			00	Benfica			<b>5:01.54</b>				528
	50m:	30.22	30.22	150m:	1:44.79	40.05	250m:	3:05.65	41.26	350m:	4:25.93	37.49
	100m:	1:04.74	34.52	200m:	2:24.39	39.60	300m:	3:48.44	42.79	400m:	5:01.54	35.61
9.	FANGUEIRO Diogo Morgado			02	Vilacondense			<b>5:05.64</b>				507
	50m:	30.32	30.32	150m:	1:49.36	43.55	250m:	3:12.70	42.56	350m:	4:30.69	35.81
	100m:	1:05.81	35.49	200m:	2:30.14	40.78	300m:	3:54.88	42.18	400m:	5:05.64	34.95