

Prova 26  
19-12-2020 - 17:30

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

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

Pontos: FINA 2020

Lugar			Ano			Tempo final			Pts			
1.	LOPES Jose Paulo		00	Braga		<b>4:18.38</b>			840			
	<i>Minimos CEPL</i>											
	50m:	27.34	27.34	150m:	1:32.32	33.42	250m:	2:42.28	36.77	350m:	3:49.52	29.90
	100m:	58.90	31.56	200m:	2:05.51	33.19	300m:	3:19.62	37.34	400m:	4:18.38	28.86
2.	LOPES Gabriel Jose		97	Louzan Natacao/EFAPEL		<b>4:30.92</b>			729			
	50m:	27.39	27.39	150m:	1:31.74	32.81	250m:	2:45.20	40.54	350m:	3:58.20	33.32
	100m:	58.93	31.54	200m:	2:04.66	32.92	300m:	3:24.88	39.68	400m:	4:30.92	32.72
3.	BASTOS Lucas Pereira		00	Nautico Academico		<b>4:31.56</b>			723			
	50m:	28.41	28.41	150m:	1:36.47	35.65	250m:	2:49.71	37.90	350m:	4:00.81	31.99
	100m:	1:00.82	32.41	200m:	2:11.81	35.34	300m:	3:28.82	39.11	400m:	4:31.56	30.75
4.	SILVA Tomas Antonio		01	Porto		<b>4:32.09</b>			719			
	50m:	28.03	28.03	150m:	1:36.21	35.28	250m:	2:50.66	39.16	350m:	4:01.19	31.83
	100m:	1:00.93	32.90	200m:	2:11.50	35.29	300m:	3:29.36	38.70	400m:	4:32.09	30.90
5.	SIMOES Bernardo Jorge		04	Colegio Vasco da Gama		<b>4:41.30</b>			651			
	50m:	28.94	28.94	150m:	1:39.81	36.87	250m:	2:57.48	40.70	350m:	4:10.40	31.48
	100m:	1:02.94	34.00	200m:	2:16.78	36.97	300m:	3:38.92	41.44	400m:	4:41.30	30.90
6.	SAMPAIO Jose Pedro		98	Porto		<b>4:42.85</b>			640			
	50m:	28.52	28.52	150m:	1:38.00	36.13	250m:	2:54.70	40.56	350m:	4:09.30	32.80
	100m:	1:01.87	33.35	200m:	2:14.14	36.14	300m:	3:36.50	41.80	400m:	4:42.85	33.55
7.	FERNANDES Eduardo Gomes		02	Sporting		<b>4:45.73</b>			621			
	50m:	28.83	28.83	150m:	1:40.90	38.17	250m:	2:58.20	40.31	350m:	4:13.17	33.25
	100m:	1:02.73	33.90	200m:	2:17.89	36.99	300m:	3:39.92	41.72	400m:	4:45.73	32.56
8.	SILVA Nuno Marques		04	Ba-Leiria		<b>4:50.00</b>			594			
	50m:	29.56	29.56	150m:	1:44.15	39.37	250m:	3:03.46	40.26	350m:	4:17.75	33.32
	100m:	1:04.78	35.22	200m:	2:23.20	39.05	300m:	3:44.43	40.97	400m:	4:50.00	32.25
9.	DINIS Tiago Moises		98	Nautico Academico		<b>4:51.05</b>			588			
	50m:	30.55	30.55	150m:	1:44.45	38.40	250m:	3:03.40	41.32	350m:	4:19.11	34.12
	100m:	1:06.05	35.50	200m:	2:22.08	37.63	300m:	3:44.99	41.59	400m:	4:51.05	31.94

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Lugar			Ano			Tempo final	Pts					
10.	FANGUEIRO Diogo Morgado		02	Vilacondense		<b>5:04.59</b>	513					
	50m:	31.00	31.00	150m:	1:51.48	44.03	250m:	3:15.02	41.52	350m:	4:31.76	34.62
	100m:	1:07.45	36.45	200m:	2:33.50	42.02	300m:	3:57.14	42.12	400m:	5:04.59	32.83