

Prova 27
20-12-2020 - 9:00

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	Helsinqia (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
S15	4:29.40	CRUZ Miguel Duarte	CFB	Funchal	03-08-2019

JO-Para S8: 5:08.98 / CEJun_Masc 15 - 18: 4:01.28 / CEPL 12 +: 3:51.98 / JO : 3:46.78

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absoluto							
1.	MOGNE Igor Araujo	96	Sporting	4:01.76	+0,74	754	
	50m: 27.42 27.42	150m: 1:27.52	30.29	250m: 2:29.21	30.93	350m: 3:31.49	31.24
	100m: 57.23 29.81	200m: 1:58.28	30.76	300m: 3:00.25	31.04	400m: 4:01.76	30.27
2.	CAMPOS Tiago Filipe	99	Rio Maior	4:06.05	+0,79	715	
	50m: 28.15 28.15	150m: 1:31.15	31.96	250m: 2:33.96	31.46	350m: 3:36.40	30.58
	100m: 59.19 31.04	200m: 2:02.50	31.35	300m: 3:05.82	31.86	400m: 4:06.05	29.65
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:09.37	+0,70	687	
	50m: 28.22 28.22	150m: 1:31.65	32.09	250m: 2:35.25	31.50	350m: 3:38.32	31.75
	100m: 59.56 31.34	200m: 2:03.75	32.10	300m: 3:06.57	31.32	400m: 4:09.37	31.05
4.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:09.67	+0,82	684	
	50m: 27.84 27.84	150m: 1:31.29	32.08	250m: 2:36.90	32.94	350m: 3:39.33	31.16
	100m: 59.21 31.37	200m: 2:03.96	32.67	300m: 3:08.17	31.27	400m: 4:09.67	30.34
5.	MACHADO Martim Miranda	03	Uniao Coimbra	4:10.28	+0,79	679	
	50m: 28.61 28.61	150m: 1:31.59	32.07	250m: 2:35.64	32.10	350m: 3:39.87	32.75
	100m: 59.52 30.91	200m: 2:03.54	31.95	300m: 3:07.12	31.48	400m: 4:10.28	30.41
6.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:10.63	+0,77	676	
	50m: 28.09 28.09	150m: 1:30.91	31.99	250m: 2:34.64	31.63	350m: 3:39.47	32.91
	100m: 58.92 30.83	200m: 2:03.01	32.10	300m: 3:06.56	31.92	400m: 4:10.63	31.16
7.	SANTOS Pedro Miguel	01	Porto	4:10.76	+0,73	675	
	50m: 27.87 27.87	150m: 1:29.86	31.44	250m: 2:33.61	31.71	350m: 3:38.93	32.66
	100m: 58.42 30.55	200m: 2:01.90	32.04	300m: 3:06.27	32.66	400m: 4:10.76	31.83
8.	CRISTINO David Matias	01	Uniao Piedense	4:18.58	+0,73	616	
	50m: 28.51 28.51	150m: 1:31.72	32.11	250m: 2:37.72	33.29	350m: 3:45.20	34.19
	100m: 59.61 31.10	200m: 2:04.43	32.71	300m: 3:11.01	33.29	400m: 4:18.58	33.38
9.	AMARAL Francisco Rodriguez	02	Porto	4:22.83	+0,81	587	
	50m: 29.47 29.47	150m: 1:35.11	33.10	250m: 2:41.46	33.03	350m: 3:49.22	33.97
	100m: 1:02.01 32.54	200m: 2:08.43	33.32	300m: 3:15.25	33.79	400m: 4:22.83	33.61