

Prova 41
20-12-2020 - 16:00

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	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
S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
S11	5:02.55	MENESES Marco Ribeiro	CRASTO	Rio Maior	25-01-2020
S15	4:29.40	CRUZ Miguel Duarte	CFB	Funchal	03-08-2019

JO-Para S8: 5:08.98; S9: 4:29.80; S11: 5:23.76 / 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.	LOPES Jose Paulo	00	Braga	3:55.02	+0,67	821	
	50m: 27.08 27.08	150m: 1:26.63	30.04	250m: 2:26.77	29.89	350m: 3:26.30	29.61
	100m: 56.59 29.51	200m: 1:56.88	30.25	300m: 2:56.69	29.92	400m: 3:55.02	28.72
2.	VELOSO Tomas Miguel	96	Nautico Academico	3:57.59	+0,62	794	
	50m: 27.52 27.52	150m: 1:27.36	30.08	250m: 2:27.54	30.00	350m: 3:27.82	30.07
	100m: 57.28 29.76	200m: 1:57.54	30.18	300m: 2:57.75	30.21	400m: 3:57.59	29.77
3.	MOGNE Igor Araujo	96	Sporting	3:58.01	+0,76	790	
	50m: 27.28 27.28	150m: 1:27.18	30.03	250m: 2:27.71	30.19	350m: 3:28.38	30.34
	100m: 57.15 29.87	200m: 1:57.52	30.34	300m: 2:58.04	30.33	400m: 3:58.01	29.63
4.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	3:59.18	+0,72	778	
	50m: 27.78 27.78	150m: 1:28.14	30.34	250m: 2:28.90	30.27	350m: 3:29.60	30.36
	100m: 57.80 30.02	200m: 1:58.63	30.49	300m: 2:59.24	30.34	400m: 3:59.18	29.58
5.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:05.07	+0,68	724	
	50m: 27.92 27.92	150m: 1:29.16	30.91	250m: 2:31.79	31.20	350m: 3:34.40	31.01
	100m: 58.25 30.33	200m: 2:00.59	31.43	300m: 3:03.39	31.60	400m: 4:05.07	30.67
6.	BASTOS Lucas Pereira	00	Nautico Academico	4:05.63	+0,90	719	
	50m: 28.27 28.27	150m: 1:29.62	30.86	250m: 2:31.71	31.07	350m: 3:34.77	31.55
	100m: 58.76 30.49	200m: 2:00.64	31.02	300m: 3:03.22	31.51	400m: 4:05.63	30.86
7.	MACHADO Martim Miranda	03	Uniao Coimbra	4:11.03	+0,80	673	
	50m: 28.51 28.51	150m: 1:31.52	31.98	250m: 2:35.82	32.19	350m: 3:40.19	32.25
	100m: 59.54 31.03	200m: 2:03.63	32.11	300m: 3:07.94	32.12	400m: 4:11.03	30.84
8.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:11.65	+0,66	668	
	50m: 29.53 29.53	150m: 1:34.61	32.61	250m: 2:37.59	31.55	350m: 3:41.22	31.75
	100m: 1:02.00 32.47	200m: 2:06.04	31.43	300m: 3:09.47	31.88	400m: 4:11.65	30.43

Prova 41, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CARVALHO Daniel Luis	02	Braga	4:15.52	+0,76	638	
	50m: 28.93 28.93	150m: 1:33.52	32.67	250m: 2:38.68	32.36	350m: 3:43.72	32.63
	100m: 1:00.85 31.92	200m: 2:06.32	32.80	300m: 3:11.09	32.41	400m: 4:15.52	31.80
EXH	CRUZ Miguel Duarte <i>Rec Nac Adaptada</i>	99 S15	Belenenses	4:28.84	+0,66	548	
	50m: 30.91 30.91	150m: 1:39.25	34.41	250m: 2:47.82	34.22	350m: 3:56.35	34.12
	100m: 1:04.84 33.93	200m: 2:13.60	34.35	300m: 3:22.23	34.41	400m: 4:28.84	32.49
EXH	GRACHAT David Realista <i>Minimos JO-Para</i>	87 S9	GesLoures	4:28.93	+0,78	547	
	50m: 31.16 31.16	150m: 1:39.09	34.22	250m: 2:47.84	34.38	350m: 3:55.82	33.41
	100m: 1:04.87 33.71	200m: 2:13.46	34.37	300m: 3:22.41	34.57	400m: 4:28.93	33.11
EXH	MENESES Marco Ribeiro <i>Rec Nac Adaptada, Minimos JO-Para</i>	01 S11	O Crasto	4:59.64	+0,85	396	
	50m: 32.14 32.14	150m: 1:46.72	37.90	250m: 3:04.18	38.47	350m: 4:22.49	38.82
	100m: 1:08.82 36.68	200m: 2:25.71	38.99	300m: 3:43.67	39.49	400m: 4:59.64	37.15
EXH	VIDEIRA Daniel Carlos	92 S6	GesLoures	5:40.73	+0,84	269	
	50m: 39.53 39.53	150m: 2:08.22	44.54	250m: 3:35.14	43.56	350m: 5:00.43	42.24
	100m: 1:23.68 44.15	200m: 2:51.58	43.36	300m: 4:18.19	43.05	400m: 5:40.73	40.30