

Prova 12
13-02-2021 - 17:05

Masc., 400m Estilos

Absolutos
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

CEPL 12 +: 4:23.04 / CEJun_Masc 15 - 18: 4:33.58 / JO Absoluto: 4:15.84

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RAMOS Bruno Miguel	97	Belenenses	4:35.90	+0,67	690	
	50m: 27.46 27.46	150m: 1:35.54	35.90	250m: 2:50.32	40.40	350m: 4:04.05	33.11
	100m: 59.64 32.18	200m: 2:09.92	34.38	300m: 3:30.94	40.62	400m: 4:35.90	31.85
2.	BASTOS Lucas Pereira	00	Nautico Academico	4:43.92	+0,69	633	
	50m: 28.71 28.71	150m: 1:39.17	37.21	250m: 2:55.76	39.83	350m: 4:11.20	34.05
	100m: 1:01.96 33.25	200m: 2:15.93	36.76	300m: 3:37.15	41.39	400m: 4:43.92	32.72
3.	COSTA Tiago Cunha	99	Sporting	4:45.95	+0,67	620	
	50m: 29.20 29.20	150m: 1:40.72	38.70	250m: 3:00.59	42.55	350m: 4:15.29	32.34
	100m: 1:02.02 32.82	200m: 2:18.04	37.32	300m: 3:42.95	42.36	400m: 4:45.95	30.66
4.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:50.35	+0,68	592	
	50m: 30.45 30.45	150m: 1:45.12	39.35	250m: 3:03.98	41.30	350m: 4:18.97	33.05
	100m: 1:05.77 35.32	200m: 2:22.68	37.56	300m: 3:45.92	41.94	400m: 4:50.35	31.38
5.	SILVA Nuno Marques	04	Ba-Leiria	4:51.62	+0,72	584	
	50m: 30.15 30.15	150m: 1:44.92	38.96	250m: 3:04.16	39.73	350m: 4:18.84	33.37
	100m: 1:05.96 35.81	200m: 2:24.43	39.51	300m: 3:45.47	41.31	400m: 4:51.62	32.78