

# RUMO A PARIS 2024

## Campeonato Nacional Clubes 2ª Divisão

### Estarreja, 4- - 5-12-2021



Prova 2	Masc., 400m Livres				2ª Divisão MASC
04-12-2021 - 9:50					Resultados
RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Felgueiras	24-11-2007
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003

Pontos: FINA 2021

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREZ-GODOY BRAGELI Miguel	04	215009	Natacao Olhao	<b>4:03.17</b>	+0,75	664	25,00
	50m: 27.59 27.59		150m: 1:29.47	31.36	250m: 2:32.43	31.20	350m: 3:34.37	30.91
	100m: 58.11 30.52		200m: 2:01.23	31.76	300m: 3:03.46	31.03	400m: 4:03.17	28.80
2.	CLARA Vitor Belo	04	127243	Ba-Leiria	<b>4:03.31</b>	+0,76	663	23,00
	50m: 28.21 28.21		150m: 1:29.70	31.03	250m: 2:32.11	30.72	350m: 3:33.47	30.18
	100m: 58.67 30.46		200m: 2:01.39	31.69	300m: 3:03.29	31.18	400m: 4:03.31	29.84
3.	SARREIRA Tomas Amor	05	132117	Nautico Marinha Grande	<b>4:03.94</b>	+0,71	658	22,00
	50m: 27.70 27.70		150m: 1:30.30	31.67	250m: 2:32.14	30.64	350m: 3:34.17	31.13
	100m: 58.63 30.93		200m: 2:01.50	31.20	300m: 3:03.04	30.90	400m: 4:03.94	29.77
4.	GIL Rafael Lourenco	96	105234	Vikings	<b>4:07.55</b>	+0,68	630	21,00
	50m: 28.29 28.29		150m: 1:29.60	30.80	250m: 2:32.47	31.33	350m: 3:35.97	31.75
	100m: 58.80 30.51		200m: 2:01.14	31.54	300m: 3:04.22	31.75	400m: 4:07.55	31.58
5.	NUNES Diogo Severino	04	128592	Natacao de Valongo	<b>4:10.28</b>	+0,78	609	20,00
	50m: 27.60 27.60		150m: 1:29.47	31.31	250m: 2:33.17	31.75	350m: 3:37.86	32.37
	100m: 58.16 30.56		200m: 2:01.42	31.95	300m: 3:05.49	32.32	400m: 4:10.28	32.42
6.	NIETO Cristian Fernandez	92	148727	Desportiva de Viana	<b>4:10.79</b>	+0,82	606	19,00
	50m: 28.87 28.87		150m: 1:31.81	31.59	250m: 2:35.96	32.02	350m: 3:39.79	31.86
	100m: 1:00.22 31.35		200m: 2:03.94	32.13	300m: 3:07.93	31.97	400m: 4:10.79	31.00
7.	COSTA Rui Filipe	91	24004	Vitoria Guimaraes	<b>4:11.85</b>	+0,80	598	18,00
	50m: 29.40 29.40		150m: 1:32.12	31.51	250m: 2:36.36	32.30	350m: 3:40.90	32.29
	100m: 1:00.61 31.21		200m: 2:04.06	31.94	300m: 3:08.61	32.25	400m: 4:11.85	30.95
8.	SOUSA Nuno Alexandre	02	126235	Academico Viseu	<b>4:14.10</b>	+0,77	582	17,00
	50m: 27.41 27.41		150m: 1:30.30	31.86	250m: 2:35.57	32.99	350m: 3:42.08	33.31
	100m: 58.44 31.03		200m: 2:02.58	32.28	300m: 3:08.77	33.20	400m: 4:14.10	32.02
9.	NUNES Diogo Barbosa	00	110529	Colegio Efanor	<b>4:14.53</b>	+0,79	579	16,00
	50m: 27.99 27.99		150m: 1:29.84	31.43	250m: 2:34.81	32.56	350m: 3:41.50	33.54
	100m: 58.41 30.42		200m: 2:02.25	32.41	300m: 3:07.96	33.15	400m: 4:14.53	33.03
10.	GOMES Rodrigo Ribeiro	00	200699	Condeixa Clube	<b>4:16.61</b>	+0,68	565	15,00
	50m: 27.15 27.15		150m: 1:28.57	31.19	250m: 2:34.32	33.33	350m: 3:42.90	34.29
	100m: 57.38 30.23		200m: 2:00.99	32.42	300m: 3:08.61	34.29	400m: 4:16.61	33.71
11.	RIBEIRO Filipe Silva	05	132090	Leixoes	<b>4:16.83</b>	+0,70	564	14,00
	50m: 27.81 27.81		150m: 1:30.79	32.10	250m: 2:36.51	33.21	350m: 3:43.83	33.65
	100m: 58.69 30.88		200m: 2:03.30	32.51	300m: 3:10.18	33.67	400m: 4:16.83	33.00
12.	ASCENSO Daniel Alexandre	03	131377	Gesloures	<b>4:17.63</b>	+0,85	559	13,00
	50m: 28.85 28.85		150m: 1:32.82	32.35	250m: 2:39.14	33.27	350m: 3:45.92	33.03
	100m: 1:00.47 31.62		200m: 2:05.87	33.05	300m: 3:12.89	33.75	400m: 4:17.63	31.71

Splash Meet Manager, 11.71436

Registered to Federacao Portuguesa De Natacao

04-12-2021 10:07 - Página 1

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNecedor OFICIAL



PARCEIROS



**RUMO A PARIS 2024**  
Campeonato Nacional Clubes 2ª Divisão  
Estarreja, 4- - 5-12-2021



Prova 2, Masc., 400m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MALFEITO Martim Rebelo	02	129023	Natacao de Lisboa	<b>4:17.77</b>	+0,90	558	12,00
	50m: 28.31 28.31	150m: 1:32.41	32.70	250m: 2:38.61	33.05	350m: 3:45.30	33.46	
	100m: 59.71 31.40	200m: 2:05.56	33.15	300m: 3:11.84	33.23	400m: 4:17.77	32.47	
14.	MENDES Joao Nogueira	02	128745	Laranjeiro	<b>4:19.55</b>	+0,85	546	11,00
	50m: 28.61 28.61	150m: 1:32.29	32.10	250m: 2:38.43	33.26	350m: 3:46.11	34.08	
	100m: 1:00.19 31.58	200m: 2:05.17	32.88	300m: 3:12.03	33.60	400m: 4:19.55	33.44	
15.	DIAS Andre Vicente	05	132697	Desportivo Nacional	<b>4:21.47</b>	+0,71	534	10,00
	50m: 28.41 28.41	150m: 1:33.16	32.93	250m: 2:40.00	33.47	350m: 3:48.00	34.17	
	100m: 1:00.23 31.82	200m: 2:06.53	33.37	300m: 3:13.83	33.83	400m: 4:21.47	33.47	
16.	PIRES Joao Antonio	05	201027	Torres Novas	<b>4:22.70</b>	+0,70	527	9,00
	50m: 28.92 28.92	150m: 1:34.86	33.41	250m: 2:42.94	34.15	350m: 3:50.85	33.59	
	100m: 1:01.45 32.53	200m: 2:08.79	33.93	300m: 3:17.26	34.32	400m: 4:22.70	31.85	
17.	OLIVEIRA Joao Antonio	03	129611	Estarreja	<b>4:23.98</b>	+0,62	519	8,00
	50m: 28.55 28.55	150m: 1:33.80	33.24	250m: 2:42.38	34.50	350m: 3:48.59	32.22	
	100m: 1:00.56 32.01	200m: 2:07.88	34.08	300m: 3:16.37	33.99	400m: 4:23.98	35.39	
18.	RIBEIRO Tomas Carvalhinho	05	131799	Natacao da Maia	<b>4:24.20</b>	+0,80	518	7,00
	50m: 28.81 28.81	150m: 1:34.63	33.55	250m: 2:42.87	34.20	350m: 3:51.15	34.22	
	100m: 1:01.08 32.27	200m: 2:08.67	34.04	300m: 3:16.93	34.06	400m: 4:24.20	33.05	
19.	CARVALHO Artur Guterres	06	202266	Vilacondense	<b>4:30.48</b>	+0,70	483	6,00
	50m: 29.51 29.51	150m: 1:37.42	34.56	250m: 2:48.18	35.63	350m: 3:58.39	34.86	
	100m: 1:02.86 33.35	200m: 2:12.55	35.13	300m: 3:23.53	35.35	400m: 4:30.48	32.09	
20.	ALVES Manuel Landeiro	02	122314	Naval Praia da Vitoria	<b>4:31.06</b>	+0,89	480	5,00
	50m: 30.89 30.89	150m: 1:38.51	34.26	250m: 2:48.08	34.73	350m: 3:57.78	34.88	
	100m: 1:04.25 33.36	200m: 2:13.35	34.84	300m: 3:22.90	34.82	400m: 4:31.06	33.28	
21.	CARNEIRO Henrique Rocha	05	132879	Aquatico Pacense	<b>4:38.65</b>	+0,97	441	4,00
	50m: 29.61 29.61	150m: 1:36.14	34.05	250m: 2:46.66	35.35	350m: 4:01.13	37.65	
	100m: 1:02.09 32.48	200m: 2:11.31	35.17	300m: 3:23.48	36.82	400m: 4:38.65	37.52	
22.	ALVES Mateus Jose	07	132891	Bombeiros de Ponta Delgada	<b>4:42.47</b>	+0,69	424	3,00
	50m: 31.24 31.24	150m: 1:42.05	36.02	250m: 2:54.80	36.37	350m: 4:07.30	36.38	
	100m: 1:06.03 34.79	200m: 2:18.43	36.38	300m: 3:30.92	36.12	400m: 4:42.47	35.17	
23.	RESENDE Alexandre Silva	07	203598	Feirense	<b>4:59.54</b>	+0,80	355	2,00
	50m: 31.32 31.32	150m: 1:42.90	37.22	250m: 3:00.73	39.42	350m: 4:20.63	40.16	
	100m: 1:05.68 34.36	200m: 2:21.31	38.41	300m: 3:40.47	39.74	400m: 4:59.54	38.91	

