

Prova 11	Masc., 400m Estilos					Absolutos
26-11-2021 - 11:10						Resultados
RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)		11-12-2009
RN25 Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)		11-12-2009
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto		11-12-2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto		19-12-2014
RN S15	4:49.95	NEVES Tiago Correia	CFB	Algés		13-07-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	4:13.17	+0,73	797	
	50m: 27.28 27.28	150m: 1:31.63	32.73	250m: 2:39.87	36.16	350m: 3:44.84	29.09
	100m: 58.90 31.62	200m: 2:03.71	32.08	300m: 3:15.75	35.88	400m: 4:13.17	28.33
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	4:14.74	+0,64	783	
	50m: 27.01 27.01	150m: 1:31.15	32.58	250m: 2:39.39	35.12	350m: 3:44.99	30.12
	100m: 58.57 31.56	200m: 2:04.27	33.12	300m: 3:14.87	35.48	400m: 4:14.74	29.75
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:18.18	+0,71	752	
	50m: 27.72 27.72	150m: 1:31.74	32.69	250m: 2:40.59	35.86	350m: 3:47.90	30.15
	100m: 59.05 31.33	200m: 2:04.73	32.99	300m: 3:17.75	37.16	400m: 4:18.18	30.28
4.	SIMOES Rafael Gomes	00	Braga	4:19.62	+0,80	739	
	50m: 27.51 27.51	150m: 1:33.93	34.36	250m: 2:44.00	35.94	350m: 3:50.31	30.00
	100m: 59.57 32.06	200m: 2:08.06	34.13	300m: 3:20.31	36.31	400m: 4:19.62	29.31
5.	SILVA Tomas Antonio	01	Porto	4:19.71	+0,63	739	
	50m: 26.97 26.97	150m: 1:32.59	33.70	250m: 2:42.93	36.40	350m: 3:49.97	30.47
	100m: 58.89 31.92	200m: 2:06.53	33.94	300m: 3:19.50	36.57	400m: 4:19.71	29.74
6.	CATALAO Daniel Nogueira	00	Benfica	4:25.11	+0,58	694	
	50m: 28.20 28.20	150m: 1:35.73	35.32	250m: 2:46.09	35.79	350m: 3:53.94	31.47
	100m: 1:00.41 32.21	200m: 2:10.30	34.57	300m: 3:22.47	36.38	400m: 4:25.11	31.17
7.	SANTOS Pedro Miguel	01	Porto	4:28.83	+0,65	666	
	50m: 27.85 27.85	150m: 1:34.89	34.59	250m: 2:45.96	37.08	350m: 3:56.92	32.22
	100m: 1:00.30 32.45	200m: 2:08.88	33.99	300m: 3:24.70	38.74	400m: 4:28.83	31.91
8.	LOPES Luis Afonso	03	Viver Santarem	4:28.86	+0,68	666	
	50m: 28.39 28.39	150m: 1:36.33	34.86	250m: 2:49.20	37.84	350m: 3:59.89	31.89
	100m: 1:01.47 33.08	200m: 2:11.36	35.03	300m: 3:28.00	38.80	400m: 4:28.86	28.97
9.	CARDOSO Diogo Santos	01	Sporting	4:30.04	+0,77	657	
	50m: 28.76 28.76	150m: 1:37.64	37.05	250m: 2:51.53	38.50	350m: 4:00.74	30.57
	100m: 1:00.59 31.83	200m: 2:13.03	35.39	300m: 3:30.17	38.64	400m: 4:30.04	29.30
10.	SAMPAIO Jose Pedro	98	Porto	4:36.02	+0,74	615	
	50m: 28.09 28.09	150m: 1:35.10	34.24	250m: 2:49.75	40.18	350m: 4:03.70	32.30
	100m: 1:00.86 32.77	200m: 2:09.57	34.47	300m: 3:31.40	41.65	400m: 4:36.02	32.32
11.	CRISTINO David Matias	01	Uniao Piedense	4:36.17	+0,78	614	
	50m: 28.07 28.07	150m: 1:35.38	34.88	250m: 2:50.23	40.35	350m: 4:04.37	33.43
	100m: 1:00.50 32.43	200m: 2:09.88	34.50	300m: 3:30.94	40.71	400m: 4:36.17	31.80



Prova 11, Masc., 400m Estilos

Juniores

1.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:28.71	+0,61	667
	50m: 28.39 28.39	150m: 1:36.72	34.77 250m: 2:49.23	37.15 350m: 3:59.25	30.91	
	100m: 1:01.95 33.56	200m: 2:12.08	35.36 300m: 3:28.34	39.11 400m: 4:28.71	29.46	
2.	SILVA Afonso Carvalho	05	Famalicao	4:32.69	+0,64	638
	50m: 29.14 29.14	150m: 1:37.66	35.30 250m: 2:50.36	37.99 350m: 4:01.02	32.02	
	100m: 1:02.36 33.22	200m: 2:12.37	34.71 300m: 3:29.00	38.64 400m: 4:32.69	31.67	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:35.77	+0,73	617
	50m: 28.97 28.97	150m: 1:37.79	35.87 250m: 2:51.64	39.65 350m: 4:05.15	32.58	
	100m: 1:01.92 32.95	200m: 2:11.99	34.20 300m: 3:32.57	40.93 400m: 4:35.77	30.62	
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:36.17	+0,71	614
	50m: 29.09 29.09	150m: 1:39.10	36.06 250m: 2:52.73	38.61 350m: 4:05.19	33.03	
	100m: 1:03.04 33.95	200m: 2:14.12	35.02 300m: 3:32.16	39.43 400m: 4:36.17	30.98	
5.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:36.65	+0,68	611
	50m: 29.34 29.34	150m: 1:38.22	35.82 250m: 2:53.75	39.62 350m: 4:05.86	31.63	
	100m: 1:02.40 33.06	200m: 2:14.13	35.91 300m: 3:34.23	40.48 400m: 4:36.65	30.79	
6.	MARQUES Gustavo Pires	04	Sao Roque	4:37.71	+0,69	604
	50m: 27.40 27.40	150m: 1:35.44	35.66 250m: 2:51.68	41.10 350m: 4:05.64	32.62	
	100m: 59.78 32.38	200m: 2:10.58	35.14 300m: 3:33.02	41.34 400m: 4:37.71	32.07	
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:42.19	+0,64	576
	50m: 29.68 29.68	150m: 1:41.01	36.22 250m: 2:57.50	41.73 350m: 4:11.50	32.06	
	100m: 1:04.79 35.11	200m: 2:15.77	34.76 300m: 3:39.44	41.94 400m: 4:42.19	30.69	
8.	SILVA Nuno Marques	04	Ba-Leiria	4:42.70	+0,75	573
	50m: 29.02 29.02	150m: 1:39.51	36.44 250m: 2:55.48	40.11 350m: 4:09.83	33.26	
	100m: 1:03.07 34.05	200m: 2:15.37	35.86 300m: 3:36.57	41.09 400m: 4:42.70	32.87	
9.	CRUZ David Miguel	04	Braga	4:44.00	+0,69	565
	50m: 29.09 29.09	150m: 1:40.11	37.18 250m: 2:57.30	40.54 350m: 4:10.99	33.24	
	100m: 1:02.93 33.84	200m: 2:16.76	36.65 300m: 3:37.75	40.45 400m: 4:44.00	33.01	
10.	PEREIRA Manuel Angelo	05	Sporting	4:44.17	+0,79	564
	50m: 29.10 29.10	150m: 1:39.35	36.64 250m: 2:56.88	40.69 350m: 4:11.84	33.70	
	100m: 1:02.71 33.61	200m: 2:16.19	36.84 300m: 3:38.14	41.26 400m: 4:44.17	32.33	
11.	CLARA Vitor Belo	04	Ba-Leiria	4:44.50	+0,74	562
	50m: 28.10 28.10	150m: 1:37.59	35.88 250m: 2:53.97	41.29 350m: 4:10.73	33.60	
	100m: 1:01.71 33.61	200m: 2:12.68	35.09 300m: 3:37.13	43.16 400m: 4:44.50	33.77	
12.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	4:45.31	+0,72	557
	50m: 29.67 29.67	150m: 1:42.34	36.95 250m: 2:58.48	40.59 350m: 4:13.51	34.04	
	100m: 1:05.39 35.72	200m: 2:17.89	35.55 300m: 3:39.47	40.99 400m: 4:45.31	31.80	
13.	PINTO Tiago Rodrigues	05	Sporting	4:45.80	+0,75	554
	50m: 29.62 29.62	150m: 1:41.58	37.71 250m: 2:59.34	40.18 350m: 4:14.24	32.08	
	100m: 1:03.87 34.25	200m: 2:19.16	37.58 300m: 3:42.16	42.82 400m: 4:45.80	31.56	



Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	SOUSA Joao Maria	05	Braga	4:46.06	+0,73	553	
	50m: 30.13 30.13	150m: 1:40.37	35.17 250m: 2:58.07	41.94	350m: 4:13.79	32.69	
	100m: 1:05.20 35.07	200m: 2:16.13	35.76 300m: 3:41.10	43.03	400m: 4:46.06	32.27	
15.	BORGES David Costa	04	Fluvial Portuense	4:47.33	+0,62	545	
	50m: 28.44 28.44	150m: 1:40.27	38.19 250m: 2:59.46	40.58	350m: 4:14.69	32.92	
	100m: 1:02.08 33.64	200m: 2:18.88	38.61 300m: 3:41.77	42.31	400m: 4:47.33	32.64	
16.	TSYKAL Daniel	04	Alcobaca	4:50.42	+0,68	528	
	50m: 29.80 29.80	150m: 1:43.83	38.31 250m: 3:01.17	40.69	350m: 4:17.05	34.63	
	100m: 1:05.52 35.72	200m: 2:20.48	36.65 300m: 3:42.42	41.25	400m: 4:50.42	33.37	
EXH	CRUZ Miguel Duarte	99	SM15 Belenenses	4:56.65	+0,67	495	
	50m: 30.53 30.53	150m: 1:44.92	38.72 250m: 3:05.73	42.90	350m: 4:23.23	34.79	
	100m: 1:06.20 35.67	200m: 2:22.83	37.91 300m: 3:48.44	42.71	400m: 4:56.65	33.42	