

Prova 17	Masc., 400m Livres					Absoluto
27-11-2021 - 9:05						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
RN S15	4:20.31	NEVES Tiago Correia	CFB	Vila Franca de Xira		04-02-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	LOPES Jose Paulo	00	Braga	3:46.78	+0,74	819	
	50m: 26.29 26.29	150m: 1:24.18	29.12	250m: 2:21.82	28.55	350m: 3:18.86	28.69
	100m: 55.06 28.77	200m: 1:53.27	29.09	300m: 2:50.17	28.35	400m: 3:46.78	27.92
2.	VELOSO Tomas Miguel	96	Nautico Academico	3:49.96	+0,65	786	
	50m: 26.78 26.78	150m: 1:25.17	29.33	250m: 2:23.05	28.69	350m: 3:21.28	29.37
	100m: 55.84 29.06	200m: 1:54.36	29.19	300m: 2:51.91	28.86	400m: 3:49.96	28.68
3.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	3:51.44	+0,64	771	
	50m: 26.40 26.40	150m: 1:25.69	29.92	250m: 2:25.99	30.31	350m: 3:24.69	28.66
	100m: 55.77 29.37	200m: 1:55.68	29.99	300m: 2:56.03	30.04	400m: 3:51.44	26.75
4.	SANTOS Pedro Miguel	01	Porto	3:52.93	+0,70	756	
	50m: 26.75 26.75	150m: 1:25.34	29.40	250m: 2:23.95	29.29	350m: 3:23.48	30.04
	100m: 55.94 29.19	200m: 1:54.66	29.32	300m: 2:53.44	29.49	400m: 3:52.93	29.45
5.	BASTOS Lucas Pereira	00	Nautico Academico	3:55.85	+0,77	728	
	50m: 26.71 26.71	150m: 1:25.43	29.72	250m: 2:24.97	29.61	350m: 3:25.49	30.48
	100m: 55.71 29.00	200m: 1:55.36	29.93	300m: 2:55.01	30.04	400m: 3:55.85	30.36
6.	CARDOSO Diogo Santos	01	Sporting	3:56.09	+0,76	726	
	50m: 27.52 27.52	150m: 1:27.45	29.92	250m: 2:27.60	29.87	350m: 3:27.17	29.80
	100m: 57.53 30.01	200m: 1:57.73	30.28	300m: 2:57.37	29.77	400m: 3:56.09	28.92
7.	LOPES Luis Afonso	03	Viver Santarem	4:00.50	+0,71	687	
	50m: 27.18 27.18	150m: 1:27.49	30.25	250m: 2:29.30	30.52	350m: 3:31.07	31.03
	100m: 57.24 30.06	200m: 1:58.78	31.29	300m: 3:00.04	30.74	400m: 4:00.50	29.43
8.	AMARAL Francisco Rodriguez	02	Porto	4:00.73	+0,71	685	
	50m: 27.29 27.29	150m: 1:27.40	30.33	250m: 2:28.94	30.96	350m: 3:30.94	30.52
	100m: 57.07 29.78	200m: 1:57.98	30.58	300m: 3:00.42	31.48	400m: 4:00.73	29.79
9.	RIBEIRO Gustavo Carvalhais	03	Sporting	4:05.06	+0,81	649	
	50m: 27.43 27.43	150m: 1:27.63	30.55	250m: 2:29.33	30.90	350m: 3:33.13	32.19
	100m: 57.08 29.65	200m: 1:58.43	30.80	300m: 3:00.94	31.61	400m: 4:05.06	31.93
10.	CRISTINO David Matias	01	Uniao Piedense	4:05.80	+0,73	643	
	50m: 27.22 27.22	150m: 1:28.08	30.97	250m: 2:31.30	31.71	350m: 3:34.54	31.43
	100m: 57.11 29.89	200m: 1:59.59	31.51	300m: 3:03.11	31.81	400m: 4:05.80	31.26

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Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	3:55.70	+0,62	730
	50m: 26.83 26.83	150m: 1:26.36	30.02	250m: 2:25.50	29.45	350m: 3:25.83
	100m: 56.34 29.51	200m: 1:56.05	29.69	300m: 2:55.57	30.07	400m: 3:55.70
2.	MARQUES Gustavo Pires	04	Sao Roque	4:01.02	+0,68	682
	50m: 26.81 26.81	150m: 1:27.21	30.51	250m: 2:28.74	30.72	350m: 3:30.49
	100m: 56.70 29.89	200m: 1:58.02	30.81	300m: 2:59.42	30.68	400m: 4:01.02
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:04.04	+0,74	657
	50m: 27.78 27.78	150m: 1:29.98	31.21	250m: 2:31.62	30.42	350m: 3:33.95
	100m: 58.77 30.99	200m: 2:01.20	31.22	300m: 3:02.92	31.30	400m: 4:04.04
4.	SIMOES Miguel Costa	04	Uniao Piedense	4:04.42	+0,78	654
	50m: 28.06 28.06	150m: 1:30.33	31.26	250m: 2:33.07	30.82	350m: 3:34.56
	100m: 59.07 31.01	200m: 2:02.25	31.92	300m: 3:03.85	30.78	400m: 4:04.42
5.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:05.48	+0,73	646
	50m: 27.72 27.72	150m: 1:29.69	31.45	250m: 2:32.84	31.59	350m: 3:35.10
	100m: 58.24 30.52	200m: 2:01.25	31.56	300m: 3:04.41	31.57	400m: 4:05.48
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:06.73	+0,63	636
	50m: 28.28 28.28	150m: 1:29.71	30.97	250m: 2:32.83	31.63	350m: 3:36.45
	100m: 58.74 30.46	200m: 2:01.20	31.49	300m: 3:04.83	32.00	400m: 4:06.73
7.	SILVA Afonso Carvalho	05	Famalicao	4:06.83	+0,63	635
	50m: 28.16 28.16	150m: 1:30.81	31.42	250m: 2:33.76	31.63	350m: 3:36.49
	100m: 59.39 31.23	200m: 2:02.13	31.32	300m: 3:05.41	31.65	400m: 4:06.83
8.	CLARA Vitor Belo	04	Ba-Leiria	4:10.49	+0,69	608
	50m: 27.60 27.60	150m: 1:28.48	30.60	250m: 2:31.14	31.10	350m: 3:37.26
	100m: 57.88 30.28	200m: 2:00.04	31.56	300m: 3:03.58	32.44	400m: 4:10.49
9.	PEREIRA Manuel Angelo	05	Sporting	4:11.09	+0,72	604
	50m: 28.71 28.71	150m: 1:31.56	31.72	250m: 2:35.42	31.92	350m: 3:39.64
	100m: 59.84 31.13	200m: 2:03.50	31.94	300m: 3:07.66	32.24	400m: 4:11.09
10.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:12.83	+0,75	591
	50m: 28.68 28.68	150m: 1:31.27	31.57	250m: 2:35.67	32.48	350m: 3:41.51
	100m: 59.70 31.02	200m: 2:03.19	31.92	300m: 3:08.38	32.71	400m: 4:12.83
11.	SOUSA Joao Maria	05	Braga	4:13.21	+0,74	588
	50m: 28.17 28.17	150m: 1:30.51	31.34	250m: 2:34.86	32.24	350m: 3:40.54
	100m: 59.17 31.00	200m: 2:02.62	32.11	300m: 3:07.64	32.78	400m: 4:13.21
12.	NUNES Diogo Severino	04	Natacao de Valongo	4:14.51	+0,78	580
	50m: 28.40 28.40	150m: 1:31.75	31.99	250m: 2:35.65	32.16	350m: 3:41.61
	100m: 59.76 31.36	200m: 2:03.49	31.74	300m: 3:08.62	32.97	400m: 4:14.51
13.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgad	4:14.82	+0,73	577
	50m: 28.15 28.15	150m: 1:30.17	31.43	250m: 2:35.58	33.10	350m: 3:42.16
	100m: 58.74 30.59	200m: 2:02.48	32.31	300m: 3:08.58	33.00	400m: 4:14.82



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EXH	CRUZ Miguel Duarte		99	S15	Belenenses		4:27.57	+0,69	499			
	50m:	29.85	29.85	150m:	1:37.76	34.47	250m:	2:46.30	34.37	350m:	3:54.25	33.92
	100m:	1:03.29	33.44	200m:	2:11.93	34.17	300m:	3:20.33	34.03	400m:	4:27.57	33.32

