

Prova 18		Masc., 400m Estilos			Absolutos
01/04/2022					Resultados Final
Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015

CEJun_Masc 15 - 18: 4:33.58 / CMJun_Masc 15 - 18: 4:28.20 / CEPL Sen: 4:17.55 / CMPL Sen: 4:17.48

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	4:29.11	+0,71		743	
	50m: 28.49 28.49	150m: 1:34.78 33.75	250m: 2:47.20 38.69	350m: 3:58.53 32.10				
	100m: 1:01.03 32.54	200m: 2:08.51 33.73	300m: 3:26.43 39.23	400m: 4:29.11 30.58				
2.	SILVA Tomas Antonio	01	Porto	4:32.00	+0,61		720	
	50m: 28.01 28.01	150m: 1:37.35 36.18	250m: 2:51.55 38.32	350m: 4:01.91 31.92				
	100m: 1:01.17 33.16	200m: 2:13.23 35.88	300m: 3:29.99 38.44	400m: 4:32.00 30.09				
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:32.04	+0,69		720	
	50m: 28.33 28.33	150m: 1:35.88 35.06	250m: 2:50.08 39.53	350m: 4:01.15 30.93				
	100m: 1:00.82 32.49	200m: 2:10.55 34.67	300m: 3:30.22 40.14	400m: 4:32.04 30.89				
4.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:36.29	+0,61		687	
	50m: 28.64 28.64	150m: 1:38.91 35.97	250m: 2:53.22 38.65	350m: 4:04.87 31.81				
	100m: 1:02.94 34.30	200m: 2:14.57 35.66	300m: 3:33.06 39.84	400m: 4:36.29 31.42				
5.	CARDOSO Diogo Santos	01	Sporting	4:37.25	+0,74		680	
	50m: 29.53 29.53	150m: 1:41.24 38.36	250m: 2:57.45 38.15	350m: 4:07.64 30.85				
	100m: 1:02.88 33.35	200m: 2:19.30 38.06	300m: 3:36.79 39.34	400m: 4:37.25 29.61				
6.	APSENIECE Kevins Alexandre	04	Porto	4:40.85	+0,72		654	
	50m: 28.17 28.17	150m: 1:38.17 36.98	250m: 2:56.18 42.32	350m: 4:09.84 32.15				
	100m: 1:01.19 33.02	200m: 2:13.86 35.69	300m: 3:37.69 41.51	400m: 4:40.85 31.01				
7.	CRISTINO David Matias	01	Uniao Piedense	4:45.65	+0,75		622	
	50m: 28.84 28.84	150m: 1:40.45 37.01	250m: 2:59.18 42.16	350m: 4:14.34 32.49				
	100m: 1:03.44 34.60	200m: 2:17.02 36.57	300m: 3:41.85 42.67	400m: 4:45.65 31.31				
8.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:48.48	+0,78		603	
	50m: 29.17 29.17	150m: 1:40.58 37.37	250m: 2:59.82 42.83	350m: 4:17.18 33.45				
	100m: 1:03.21 34.04	200m: 2:16.99 36.41	300m: 3:43.73 43.91	400m: 4:48.48 31.30				
9.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:49.01	+0,66		600	
	50m: 29.40 29.40	150m: 1:40.59 37.08	250m: 3:00.30 42.19	350m: 4:16.60 33.26				
	100m: 1:03.51 34.11	200m: 2:18.11 37.52	300m: 3:43.34 43.04	400m: 4:49.01 32.41				
10.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	4:50.48	+0,68		591	
	50m: 29.75 29.75	150m: 1:43.75 39.10	250m: 3:02.40 40.73	350m: 4:17.86 33.82				
	100m: 1:04.65 34.90	200m: 2:21.67 37.92	300m: 3:44.04 41.64	400m: 4:50.48 32.62				