

Prova 34	Masc., 400m Livres				Juniores
03/04/2022 - 12:05					Resultados Elimin
Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
RNS8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11/05/2019
RNS10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10/06/2011

CEJun_Masc 15 - 18: 4:01.28 / CMJun_Masc 15 - 18: 3:56.53

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Gustavo Pires	04	Uniao Coimbra	4:03.10	+0,67	741	Q
	50m: 27.93 27.93 150m: 1:29.52 30.99 250m: 2:31.05 30.56 350m: 3:33.09 30.95						
	100m: 58.53 30.60 200m: 2:00.49 30.97 300m: 3:02.14 31.09 400m: 4:03.10 30.01						
2.	ALMEIDA Bernardo Victorino	04	Sporting	4:04.44	+0,67	729	Q
	50m: 27.06 27.06 150m: 1:27.68 30.32 250m: 2:29.86 31.24 350m: 3:33.87 32.24						
	100m: 57.36 30.30 200m: 1:58.62 30.94 300m: 3:01.63 31.77 400m: 4:04.44 30.57						
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:10.39	+0,74	678	R
	50m: 27.88 27.88 150m: 1:30.61 31.87 250m: 2:34.77 32.07 350m: 3:39.03 32.06						
	100m: 58.74 30.86 200m: 2:02.70 32.09 300m: 3:06.97 32.20 400m: 4:10.39 31.36						
4.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:13.30	+0,55	655	
	50m: 28.65 28.65 150m: 1:32.12 32.08 250m: 2:37.29 32.72 350m: 3:41.66 31.95						
	100m: 1:00.04 31.39 200m: 2:04.57 32.45 300m: 3:09.71 32.42 400m: 4:13.30 31.64						
5.	CARVALHO Martim Henriques	04	Rio Maior	4:14.35	+0,65	647	
	50m: 28.52 28.52 150m: 1:31.76 32.20 250m: 2:36.60 31.99 350m: 3:41.88 32.61						
	100m: 59.56 31.04 200m: 2:04.61 32.85 300m: 3:09.27 32.67 400m: 4:14.35 32.47						
6.	SILVA Afonso Carvalho	05	Famalicao	4:15.18	+0,61	641	
	50m: 28.61 28.61 150m: 1:32.02 32.27 250m: 2:37.35 33.44 350m: 3:43.19 33.00						
	100m: 59.75 31.14 200m: 2:03.91 31.89 300m: 3:10.19 32.84 400m: 4:15.18 31.99						
7.	SOUSA Joao Maria	05	Braga	4:15.97	+0,69	635	
	50m: 28.84 28.84 150m: 1:32.62 32.29 250m: 2:37.94 32.68 350m: 3:43.68 33.05						
	100m: 1:00.33 31.49 200m: 2:05.26 32.64 300m: 3:10.63 32.69 400m: 4:15.97 32.29						
8.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:16.47	+0,68	631	
	50m: 27.72 27.72 150m: 1:30.92 31.85 250m: 2:36.67 32.92 350m: 3:43.64 33.17						
	100m: 59.07 31.35 200m: 2:03.75 32.83 300m: 3:10.47 33.80 400m: 4:16.47 32.83						
9.	APSENIECE Kevins Alexandre	04	Porto	4:17.38	+0,65	625	
	50m: 28.55 28.55 150m: 1:32.60 32.52 250m: 2:38.10 32.99 350m: 3:44.92 33.53						
	100m: 1:00.08 31.53 200m: 2:05.11 32.51 300m: 3:11.39 33.29 400m: 4:17.38 32.46						
10.	GONCALVES Alexandre Ramos	05	Colegio Efanor	4:17.75	+0,63	622	
	50m: 29.08 29.08 150m: 1:32.79 32.29 250m: 2:38.45 32.86 350m: 3:45.11 33.57						
	100m: 1:00.50 31.42 200m: 2:05.59 32.80 300m: 3:11.54 33.09 400m: 4:17.75 32.64						
11.	SIMÕES Miguel Costa	04	Uniao Piedense	4:18.71	+0,74	615	
	50m: 28.38 28.38 150m: 1:32.77 32.34 250m: 2:38.90 32.89 350m: 3:45.98 33.21						
	100m: 1:00.43 32.05 200m: 2:06.01 33.24 300m: 3:12.77 33.87 400m: 4:18.71 32.73						
12.	PEREIRA Manuel Angelo	05	Sporting	4:18.84	+0,71	614	
	50m: 29.16 29.16 150m: 1:33.90 32.72 250m: 2:39.77 32.67 350m: 3:45.85 33.12						
	100m: 1:01.18 32.02 200m: 2:07.10 33.20 300m: 3:12.73 32.96 400m: 4:18.84 32.99						

Prova 34, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:19.69	+0,75	608	
	50m: 28.99 28.99	150m: 1:33.62 32.69	250m: 2:39.77 33.12	350m: 3:47.01 33.53			
	100m: 1:00.93 31.94	200m: 2:06.65 33.03	300m: 3:13.48 33.71	400m: 4:19.69 32.68			
14.	REIS Rodrigo Miguel	04	Nautico Academico	4:20.48	+0,68	603	
	50m: 28.11 28.11	150m: 1:31.61 32.28	250m: 2:37.14 32.65	350m: 3:45.94 35.07			
	100m: 59.33 31.22	200m: 2:04.49 32.88	300m: 3:10.87 33.73	400m: 4:20.48 34.54			
DNS	CARDOSO Guilherme Maia	05	Columbifila Cantanhedense				

Prova 34 Masc., 400m Livres Seniores Resultados Elimin

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RNS8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11/05/2019
RNS10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10/06/2011

CEPL : 3:49.22 / CMPL : 3:48.15

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:02.52	+0,67	747 Q	
	50m: 27.95 27.95	150m: 1:29.61 31.07	250m: 2:30.92 30.69	350m: 3:32.68 30.81			
	100m: 58.54 30.59	200m: 2:00.23 30.62	300m: 3:01.87 30.95	400m: 4:02.52 29.84			
2.	LOPES Jose Paulo	00	Braga	4:02.78	+0,68	744 Q	
	50m: 27.89 27.89	150m: 1:28.94 30.90	250m: 2:30.45 30.57	350m: 3:32.31 31.19			
	100m: 58.04 30.15	200m: 1:59.88 30.94	300m: 3:01.12 30.67	400m: 4:02.78 30.47			
3.	SANTOS Pedro Miguel	01	Porto	4:04.62	+0,67	728 Q	
	50m: 28.07 28.07	150m: 1:29.09 30.57	250m: 2:30.64 30.70	350m: 3:33.11 31.42			
	100m: 58.52 30.45	200m: 1:59.94 30.85	300m: 3:01.69 31.05	400m: 4:04.62 31.51			
4.	BASTOS Lucas Pereira	00	Nautico Academico	4:05.15	+0,69	723 Q	
	50m: 27.61 27.61	150m: 1:28.47 30.83	250m: 2:30.65 31.15	350m: 3:34.04 31.90			
	100m: 57.64 30.03	200m: 1:59.50 31.03	300m: 3:02.14 31.49	400m: 4:05.15 31.11			
5.	VELOSO Tomas Miguel	96	Nautico Academico	4:05.72	+0,64	718 Q	
	50m: 28.18 28.18	150m: 1:29.53 30.92	250m: 2:31.76 30.79	350m: 3:34.81 32.18			
	100m: 58.61 30.43	200m: 2:00.97 31.44	300m: 3:02.63 30.87	400m: 4:05.72 30.91			
6.	AMARAL Francisco Rodriguez	02	Porto	4:05.94	+0,69	716 Q	
	50m: 28.21 28.21	150m: 1:29.73 31.04	250m: 2:31.67 30.95	350m: 3:34.87 32.02			
	100m: 58.69 30.48	200m: 2:00.72 30.99	300m: 3:02.85 31.18	400m: 4:05.94 31.07			
7.	RAMOS Bruno Miguel	97	Belenenses	4:06.27	+0,66	713 Q	
	50m: 27.81 27.81	150m: 1:29.41 31.06	250m: 2:31.24 30.93	350m: 3:34.93 31.95			
	100m: 58.35 30.54	200m: 2:00.31 30.90	300m: 3:02.98 31.74	400m: 4:06.27 31.34			
8.	CARDOSO Diogo Santos	01	Sporting	4:08.35	+0,73	695 Q	
	50m: 28.68 28.68	150m: 1:31.16 31.39	250m: 2:34.24 31.48	350m: 3:37.43 31.39			
	100m: 59.77 31.09	200m: 2:02.76 31.60	300m: 3:06.04 31.80	400m: 4:08.35 30.92			
9.	RIBEIRO Gustavo Carvalhais	03	Sporting	4:08.55	+0,75	694 R	
	50m: 28.24 28.24	150m: 1:29.74 31.38	250m: 2:32.71 31.42	350m: 3:37.56 32.86			
	100m: 58.36 30.12	200m: 2:01.29 31.55	300m: 3:04.70 31.99	400m: 4:08.55 30.99			

Prova 34, Masc., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	LOPES Luis Afonso	03	Viver Santarem	4:12.88	+0,71	659	
	50m: 28.73 28.73	150m: 1:31.71 31.57	250m: 2:36.01 32.19	350m: 3:40.85 32.45			
	100m: 1:00.14 31.41	200m: 2:03.82 32.11	300m: 3:08.40 32.39	400m: 4:12.88 32.03			
DNS	MOGNE Igor Araujo	96	Sporting				

Prova 34 Masc., 400m Livres Absolutos 03/04/2022 - 12:05 Resultados Elimin

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
RNS8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11/05/2019
RNS10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10/06/2011

CEJun_Masc 15 - 18: 4:01.28 / CMJun_Masc 15 - 18: 3:56.53 / CEPL Sen: 3:49.22 / CMPL Sen: 3:48.15

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:02.52	+0,67	747 Q	
	50m: 27.95 27.95	150m: 1:29.61 31.07	250m: 2:30.92 30.69	350m: 3:32.68 30.81			
	100m: 58.54 30.59	200m: 2:00.23 30.62	300m: 3:01.87 30.95	400m: 4:02.52 29.84			
2.	LOPES Jose Paulo	00	Braga	4:02.78	+0,68	744 Q	
	50m: 27.89 27.89	150m: 1:28.94 30.90	250m: 2:30.45 30.57	350m: 3:32.31 31.19			
	100m: 58.04 30.15	200m: 1:59.88 30.94	300m: 3:01.12 30.67	400m: 4:02.78 30.47			
3.	MARQUES Gustavo Pires	04	Uniao Coimbra	4:03.10	+0,67	741 Q	
	50m: 27.93 27.93	150m: 1:29.52 30.99	250m: 2:31.05 30.56	350m: 3:33.09 30.95			
	100m: 58.53 30.60	200m: 2:00.49 30.97	300m: 3:02.14 31.09	400m: 4:03.10 30.01			
4.	ALMEIDA Bernardo Victorino	04	Sporting	4:04.44	+0,67	729 Q	
	50m: 27.06 27.06	150m: 1:27.68 30.32	250m: 2:29.86 31.24	350m: 3:33.87 32.24			
	100m: 57.36 30.30	200m: 1:58.62 30.94	300m: 3:01.63 31.77	400m: 4:04.44 30.57			
5.	SANTOS Pedro Miguel	01	Porto	4:04.62	+0,67	728 Q	
	50m: 28.07 28.07	150m: 1:29.09 30.57	250m: 2:30.64 30.70	350m: 3:33.11 31.42			
	100m: 58.52 30.45	200m: 1:59.94 30.85	300m: 3:01.69 31.05	400m: 4:04.62 31.51			
6.	BASTOS Lucas Pereira	00	Nautico Academico	4:05.15	+0,69	723 Q	
	50m: 27.61 27.61	150m: 1:28.47 30.83	250m: 2:30.65 31.15	350m: 3:34.04 31.90			
	100m: 57.64 30.03	200m: 1:59.50 31.03	300m: 3:02.14 31.49	400m: 4:05.15 31.11			
7.	VELOSO Tomas Miguel	96	Nautico Academico	4:05.72	+0,64	718 Q	
	50m: 28.18 28.18	150m: 1:29.53 30.92	250m: 2:31.76 30.79	350m: 3:34.81 32.18			
	100m: 58.61 30.43	200m: 2:00.97 31.44	300m: 3:02.63 30.87	400m: 4:05.72 30.91			
8.	AMARAL Francisco Rodriguez	02	Porto	4:05.94	+0,69	716 Q	
	50m: 28.21 28.21	150m: 1:29.73 31.04	250m: 2:31.67 30.95	350m: 3:34.87 32.02			
	100m: 58.69 30.48	200m: 2:00.72 30.99	300m: 3:02.85 31.18	400m: 4:05.94 31.07			
9.	RAMOS Bruno Miguel	97	Belenenses	4:06.27	+0,66	713 Q	
	50m: 27.81 27.81	150m: 1:29.41 31.06	250m: 2:31.24 30.93	350m: 3:34.93 31.95			
	100m: 58.35 30.54	200m: 2:00.31 30.90	300m: 3:02.98 31.74	400m: 4:06.27 31.34			

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CARDOSO Diogo Santos	01	Sporting	4:08.35	+0,73	695	Q
	50m: 28.68 28.68 150m: 1:31.16 31.39 250m: 2:34.24 31.48 350m: 3:37.43 31.39						
	100m: 59.77 31.09 200m: 2:02.76 31.60 300m: 3:06.04 31.80 400m: 4:08.35 30.92						
11.	RIBEIRO Gustavo Carvalhais	03	Sporting	4:08.55	+0,75	694	R
	50m: 28.24 28.24 150m: 1:29.74 31.38 250m: 2:32.71 31.42 350m: 3:37.56 32.86						
	100m: 58.36 30.12 200m: 2:01.29 31.55 300m: 3:04.70 31.99 400m: 4:08.55 30.99						
12.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:10.39	+0,74	678	R
	50m: 27.88 27.88 150m: 1:30.61 31.87 250m: 2:34.77 32.07 350m: 3:39.03 32.06						
	100m: 58.74 30.86 200m: 2:02.70 32.09 300m: 3:06.97 32.20 400m: 4:10.39 31.36						
13.	LOPES Luis Afonso	03	Viver Santarem	4:12.88	+0,71	659	
	50m: 28.73 28.73 150m: 1:31.71 31.57 250m: 2:36.01 32.19 350m: 3:40.85 32.45						
	100m: 1:00.14 31.41 200m: 2:03.82 32.11 300m: 3:08.40 32.39 400m: 4:12.88 32.03						
14.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:13.30	+0,55	655	
	50m: 28.65 28.65 150m: 1:32.12 32.08 250m: 2:37.29 32.72 350m: 3:41.66 31.95						
	100m: 1:00.04 31.39 200m: 2:04.57 32.45 300m: 3:09.71 32.42 400m: 4:13.30 31.64						
15.	CARVALHO Martim Henriques	04	Rio Maior	4:14.35	+0,65	647	
	50m: 28.52 28.52 150m: 1:31.76 32.20 250m: 2:36.60 31.99 350m: 3:41.88 32.61						
	100m: 59.56 31.04 200m: 2:04.61 32.85 300m: 3:09.27 32.67 400m: 4:14.35 32.47						
16.	SILVA Afonso Carvalho	05	Famalicao	4:15.18	+0,61	641	
	50m: 28.61 28.61 150m: 1:32.02 32.27 250m: 2:37.35 33.44 350m: 3:43.19 33.00						
	100m: 59.75 31.14 200m: 2:03.91 31.89 300m: 3:10.19 32.84 400m: 4:15.18 31.99						
17.	SOUSA Joao Maria	05	Braga	4:15.97	+0,69	635	
	50m: 28.84 28.84 150m: 1:32.62 32.29 250m: 2:37.94 32.68 350m: 3:43.68 33.05						
	100m: 1:00.33 31.49 200m: 2:05.26 32.64 300m: 3:10.63 32.69 400m: 4:15.97 32.29						
18.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:16.47	+0,68	631	
	50m: 27.72 27.72 150m: 1:30.92 31.85 250m: 2:36.67 32.92 350m: 3:43.64 33.17						
	100m: 59.07 31.35 200m: 2:03.75 32.83 300m: 3:10.47 33.80 400m: 4:16.47 32.83						
19.	APSENIECE Kevins Alexandre	04	Porto	4:17.38	+0,65	625	
	50m: 28.55 28.55 150m: 1:32.60 32.52 250m: 2:38.10 32.99 350m: 3:44.92 33.53						
	100m: 1:00.08 31.53 200m: 2:05.11 32.51 300m: 3:11.39 33.29 400m: 4:17.38 32.46						
20.	GONCALVES Alexandre Ramos	05	Colegio Efanor	4:17.75	+0,63	622	
	50m: 29.08 29.08 150m: 1:32.79 32.29 250m: 2:38.45 32.86 350m: 3:45.11 33.57						
	100m: 1:00.50 31.42 200m: 2:05.59 32.80 300m: 3:11.54 33.09 400m: 4:17.75 32.64						
21.	SIMÕES Miguel Costa	04	Uniao Piedense	4:18.71	+0,74	615	
	50m: 28.38 28.38 150m: 1:32.77 32.34 250m: 2:38.90 32.89 350m: 3:45.98 33.21						
	100m: 1:00.43 32.05 200m: 2:06.01 33.24 300m: 3:12.77 33.87 400m: 4:18.71 32.73						
22.	PEREIRA Manuel Angelo	05	Sporting	4:18.84	+0,71	614	
	50m: 29.16 29.16 150m: 1:33.90 32.72 250m: 2:39.77 32.67 350m: 3:45.85 33.12						
	100m: 1:01.18 32.02 200m: 2:07.10 33.20 300m: 3:12.73 32.96 400m: 4:18.84 32.99						
23.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:19.69	+0,75	608	
	50m: 28.99 28.99 150m: 1:33.62 32.69 250m: 2:39.77 33.12 350m: 3:47.01 33.53						
	100m: 1:00.93 31.94 200m: 2:06.65 33.03 300m: 3:13.48 33.71 400m: 4:19.69 32.68						
24.	REIS Rodrigo Miguel	04	Nautico Academico	4:20.48	+0,68	603	
	50m: 28.11 28.11 150m: 1:31.61 32.28 250m: 2:37.14 32.65 350m: 3:45.94 35.07						
	100m: 59.33 31.22 200m: 2:04.49 32.88 300m: 3:10.87 33.73 400m: 4:20.48 34.54						

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 12:26 - Página 4

ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				
DNS	MOGNE Igor Araujo	96	Sporting				
EXH	CORDEIRO Tomas Coelho	04	Colegio Efanor	4:34.51	+0,75	515	
	50m: 30.39 30.39	150m: 1:38.35 34.78	250m: 2:49.35 35.47	350m: 4:00.91 35.71			
	100m: 1:03.57 33.18	200m: 2:13.88 35.53	300m: 3:25.20 35.85	400m: 4:34.51 33.60			
EXH	CANCELA Diogo Luis	02	Louzan Natacao/EFAPEL	4:45.39	+0,64	458	
	Rec Nac S8						
	50m: 31.96 31.96	150m: 1:44.89 36.55	250m: 2:57.72 36.06	350m: 4:10.44 35.91			
	100m: 1:08.34 36.38	200m: 2:21.66 36.77	300m: 3:34.53 36.81	400m: 4:45.39 34.95			

ORGANIZAÇÃO



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PARCEIROS

