

Prova 34

Masc., 400m Livres

Absolutos

03/04/2022 - 18:40

Resultados Final

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

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	4:00.61	+0,64	765	
	50m: 27.59 27.59	150m: 1:28.41 30.90	250m: 2:30.33 30.92	350m: 3:31.47 30.33			
	100m: 57.51 29.92	200m: 1:59.41 31.00	300m: 3:01.14 30.81	400m: 4:00.61 29.14			
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:00.66	+0,64	764	
	50m: 27.45 27.45	150m: 1:28.46 30.81	250m: 2:30.81 31.18	350m: 3:31.72 30.10			
	100m: 57.65 30.20	200m: 1:59.63 31.17	300m: 3:01.62 30.81	400m: 4:00.66 28.94			
3.	MARQUES Gustavo Pires	04	Uniao Coimbra	4:01.04	+0,64	761	
	<i>Minimos CE Jun</i>						
	50m: 27.51 27.51	150m: 1:28.38 30.71	250m: 2:30.06 30.73	350m: 3:31.73 30.77			
	100m: 57.67 30.16	200m: 1:59.33 30.95	300m: 3:00.96 30.90	400m: 4:01.04 29.31			
4.	LOPES Jose Paulo	00	Braga	4:01.28	+0,67	758	
	50m: 27.54 27.54	150m: 1:28.03 30.62	250m: 2:30.31 31.04	350m: 3:31.20 30.51			
	100m: 57.41 29.87	200m: 1:59.27 31.24	300m: 3:00.69 30.38	400m: 4:01.28 30.08			
5.	ALMEIDA Bernardo Victorino	04	Sporting	4:02.97	+0,65	743	
	50m: 27.45 27.45	150m: 1:28.34 30.46	250m: 2:30.74 31.29	350m: 3:33.08 31.09			
	100m: 57.88 30.43	200m: 1:59.45 31.11	300m: 3:01.99 31.25	400m: 4:02.97 29.89			
6.	SANTOS Pedro Miguel	01	Porto	4:03.69	+0,68	736	
	50m: 27.69 27.69	150m: 1:28.37 30.66	250m: 2:30.31 31.04	350m: 3:31.89 31.25			
	100m: 57.71 30.02	200m: 1:59.27 30.90	300m: 3:00.64 30.33	400m: 4:03.69 31.80			
7.	AMARAL Francisco Rodriguez	02	Porto	4:04.19	+0,69	731	
	50m: 27.78 27.78	150m: 1:28.76 30.84	250m: 2:30.97 31.06	350m: 3:33.28 31.11			
	100m: 57.92 30.14	200m: 1:59.91 31.15	300m: 3:02.17 31.20	400m: 4:04.19 30.91			
8.	RAMOS Bruno Miguel	97	Belenenses	4:04.35	+0,63	730	
	50m: 27.53 27.53	150m: 1:28.36 30.93	250m: 2:30.55 31.15	350m: 3:33.34 31.44			
	100m: 57.43 29.90	200m: 1:59.40 31.04	300m: 3:01.90 31.35	400m: 4:04.35 31.01			
9.	CARDOSO Diogo Santos	01	Sporting	4:07.01	+0,74	707	
	50m: 28.85 28.85	150m: 1:31.09 30.97	250m: 2:33.78 31.00	350m: 3:36.46 30.76			
	100m: 1:00.12 31.27	200m: 2:02.78 31.69	300m: 3:05.70 31.92	400m: 4:07.01 30.55			
10.	BASTOS Lucas Pereira	00	Nautico Academico	4:07.46	+0,71	703	
	50m: 27.45 27.45	150m: 1:27.99 30.73	250m: 2:30.75 31.37	350m: 3:35.07 32.26			
	100m: 57.26 29.81	200m: 1:59.38 31.39	300m: 3:02.81 32.06	400m: 4:07.46 32.39			

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