

RUMO A PARIS 2024

Campeonato Nacional Clubes 1 Divisão
Oeiras, 9 - 10/4/2022



Prova 2
09/04/2022 - 9:50

Masc., 400m Livres
1ª Divisão

1ª Divisão MASC
Resultados

RN Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RN Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RN Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
RN Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006
RN Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
RN Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26/07/2003

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	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	117924	Braga	3:57.39	+0,70	796	31,00
	50m: 27.53 27.53	150m: 1:27.54 30.17	250m: 2:27.77	29.86	350m: 3:27.67	30.02		
	100m: 57.37 29.84	200m: 1:57.91 30.37	300m: 2:57.65	29.88	400m: 3:57.39	29.72		
2.	VELOSO Tomas Miguel	96	10868	Nautico Academico	3:57.83	+0,95	792	29,00
	50m: 27.96 27.96	150m: 1:28.83 30.63	250m: 2:29.05	29.87	350m: 3:28.86	29.84		
	100m: 58.20 30.24	200m: 1:59.18 30.35	300m: 2:59.02	29.97	400m: 3:57.83	28.97		
3.	SANTOS Pedro Miguel	01	121987	Porto	4:01.96	+0,68	752	28,00
	50m: 27.68 27.68	150m: 1:28.24 30.61	250m: 2:30.15	31.03	350m: 3:32.01	30.95		
	100m: 57.63 29.95	200m: 1:59.12 30.88	300m: 3:01.06	30.91	400m: 4:01.96	29.95		
4.	BELIG Xavier	97	216336	Naval do Funchal	4:02.55	+0,71	746	27,00
	50m: 27.52 27.52	150m: 1:28.58 30.72	250m: 2:30.68	31.08	350m: 3:32.62	30.77		
	100m: 57.86 30.34	200m: 1:59.60 31.02	300m: 3:01.85	31.17	400m: 4:02.55	29.93		
5.	AMARAL Francisco Rodriguez	02	122608	Porto	4:02.79	+0,71	744	26,00
	50m: 27.69 27.69	150m: 1:28.91 30.91	250m: 2:31.27	31.17	350m: 3:33.38	31.17		
	100m: 58.00 30.31	200m: 2:00.10 31.19	300m: 3:02.21	30.94	400m: 4:02.79	29.41		
6.	CARDOSO Diogo Santos	01	122969	Sporting	4:04.11	+0,77	732	25,00
	50m: 28.31 28.31	150m: 1:29.77 30.98	250m: 2:32.10	31.27	350m: 3:34.35	31.08		
	100m: 58.79 30.48	200m: 2:00.83 31.06	300m: 3:03.27	31.17	400m: 4:04.11	29.76		
7.	ALMEIDA Bernardo Victorino	04	153357	Sporting	4:05.90	+0,69	716	24,00
	50m: 27.58 27.58	150m: 1:29.00 30.86	250m: 2:30.85	30.96	350m: 3:34.08	31.49		
	100m: 58.14 30.56	200m: 1:59.89 30.89	300m: 3:02.59	31.74	400m: 4:05.90	31.82		
8.	RIBEIRO Diogo Matos	04	124127	Benfica	4:06.88	+0,65	708	23,00
	50m: 27.22 27.22	150m: 1:28.24 30.75	250m: 2:30.58	31.26	350m: 3:34.67	32.53		
	100m: 57.49 30.27	200m: 1:59.32 31.08	300m: 3:02.14	31.56	400m: 4:06.88	32.21		
9.	SILVA Afonso Carvalho	05	130127	Famalicao	4:11.90	+0,85	666	22,00
	50m: 28.33 28.33	150m: 1:32.00 32.31	250m: 2:37.75	32.92	350m: 3:41.54	31.17		
	100m: 59.69 31.36	200m: 2:04.83 32.83	300m: 3:10.37	32.62	400m: 4:11.90	30.36		
10.	DIAS Rodrigo Reis	03	129003	Belenenses	4:14.74	+0,69	644	21,00
	50m: 29.38 29.38	150m: 1:34.63 32.54	250m: 2:40.10	32.68	350m: 3:44.75	31.38		
	100m: 1:02.09 32.71	200m: 2:07.42 32.79	300m: 3:13.37	33.27	400m: 4:14.74	29.99		
11.	MORGADO Vasco Alves	05	147123	Alges	4:14.93	+0,61	643	20,00
	50m: 28.90 28.90	150m: 1:33.51 32.50	250m: 2:39.68	33.08	350m: 3:45.01	31.84		
	100m: 1:01.01 32.11	200m: 2:06.60 33.09	300m: 3:13.17	33.49	400m: 4:14.93	29.92		

Splash Meet Manager, 11.72410

Registered to Federacao Portuguesa De Natacao

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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Oeiras, 9 - 10/4/2022



Prova 2, Masc., 400m Livres, 1ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	BAPTISTA Guilherme Fernandes	06	153381	Benfica	4:15.81	+0,73	636	19,00
	50m: 29.03 29.03 150m: 1:33.05 32.60 250m: 2:38.22 32.77 350m: 3:44.28 32.94							
	100m: 1:00.45 31.42 200m: 2:05.45 32.40 300m: 3:11.34 33.12 400m: 4:15.81 31.53							
13.	ELACHARAFI Ilias Elfallaki	06	213324	Louletano/Loule Concelho	4:16.01	+0,78	635	18,00
	50m: 28.12 28.12 150m: 1:30.86 31.59 250m: 2:36.82 33.03 350m: 3:42.80 33.07							
	100m: 59.27 31.15 200m: 2:03.79 32.93 300m: 3:09.73 32.91 400m: 4:16.01 33.21							
14.	SOUSA Rafael Fidelis	05	216254	Uniao Piedense	4:16.08	+0,76	634	17,00
	50m: 28.49 28.49 150m: 1:32.03 32.41 250m: 2:37.68 33.10 350m: 3:43.94 32.76							
	100m: 59.62 31.13 200m: 2:04.58 32.55 300m: 3:11.18 33.50 400m: 4:16.08 32.14							
15.	OLIVEIRA Diogo Alexandre	05	130414	Naval do Funchal	4:16.18	+0,68	633	16,00
	50m: 28.21 28.21 150m: 1:31.91 32.25 250m: 2:37.84 32.71 350m: 3:43.91 32.71							
	100m: 59.66 31.45 200m: 2:05.13 33.22 300m: 3:11.20 33.36 400m: 4:16.18 32.27							
16.	SIMÕES Miguel Costa	04	132350	Uniao Piedense	4:16.67	+0,81	630	15,00
	50m: 28.62 28.62 150m: 1:33.60 32.78 250m: 2:39.52 32.72 350m: 3:45.13 32.64							
	100m: 1:00.82 32.20 200m: 2:06.80 33.20 300m: 3:12.49 32.97 400m: 4:16.67 31.54							
17.	REIS Rodrigo Miguel	04	129842	Nautico Academico	4:17.13	+0,70	626	14,00
	50m: 27.56 27.56 150m: 1:30.49 32.17 250m: 2:35.65 32.09 350m: 3:43.46 34.14							
	100m: 58.32 30.76 200m: 2:03.56 33.07 300m: 3:09.32 33.67 400m: 4:17.13 33.67							
18.	FOMIN Yury	06	208159	Louletano/Loule Concelho	4:18.79	+0,75	614	13,00
	50m: 28.75 28.75 150m: 1:33.24 32.83 250m: 2:39.87 33.18 350m: 3:46.56 32.86							
	100m: 1:00.41 31.66 200m: 2:06.69 33.45 300m: 3:13.70 33.83 400m: 4:18.79 32.23							
19.	SOUSA Joao Maria	05	130462	Braga	4:19.34	+0,72	611	12,00
	50m: 28.27 28.27 150m: 1:32.31 32.55 250m: 2:38.68 33.40 350m: 3:46.13 33.74							
	100m: 59.76 31.49 200m: 2:05.28 32.97 300m: 3:12.39 33.71 400m: 4:19.34 33.21							
20.	LEITE Afonso Martim	05	127335	Foca Quinta da Lixa CNF	4:19.43	+0,88	610	11,00
	50m: 29.44 29.44 150m: 1:33.73 32.85 250m: 2:39.47 33.09 350m: 3:46.67 33.70							
	100m: 1:00.88 31.44 200m: 2:06.38 32.65 300m: 3:12.97 33.50 400m: 4:19.43 32.76							
21.	SANTOS Gabriel Moreira	04	127679	Famalicao	4:19.91	+0,73	607	10,00
	50m: 29.61 29.61 150m: 1:35.21 32.96 250m: 2:41.58 33.06 350m: 3:47.61 32.90							
	100m: 1:02.25 32.64 200m: 2:08.52 33.31 300m: 3:14.71 33.13 400m: 4:19.91 32.30							
22.	REBELO Joao Lourenco	04	132558	Alges	4:21.70	+0,67	594	9,00
	50m: 28.74 28.74 150m: 1:34.37 33.06 250m: 2:41.19 32.91 350m: 3:48.71 33.44							
	100m: 1:01.31 32.57 200m: 2:08.28 33.91 300m: 3:15.27 34.08 400m: 4:21.70 32.99							
23.	PINTO Guilherme Lobo	04	126503	Foca Quinta da Lixa CNF	4:21.74	+0,72	594	8,00
	50m: 28.21 28.21 150m: 1:33.28 33.15 250m: 2:40.18 33.16 350m: 3:48.06 34.10							
	100m: 1:00.13 31.92 200m: 2:07.02 33.74 300m: 3:13.96 33.78 400m: 4:21.74 33.68							
24.	JESUS Pedro Duarte	04	126525	Galitos/ Bresimar	4:24.97	+0,80	572	7,00
	50m: 30.50 30.50 150m: 1:36.83 33.77 250m: 2:45.56 34.46 350m: 3:53.78 34.04							
	100m: 1:03.06 32.56 200m: 2:11.10 34.27 300m: 3:19.74 34.18 400m: 4:24.97 31.19							
25.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	4:25.30	+0,70	570	6,00
	50m: 29.76 29.76 150m: 1:35.97 33.26 250m: 2:43.92 33.96 350m: 3:52.94 34.08							
	100m: 1:02.71 32.95 200m: 2:09.96 33.99 300m: 3:18.86 34.94 400m: 4:25.30 32.36							
26.	OVIDIO Miguel Freitas	02	130017	Academica de Coimbra	4:25.89	+0,96	566	5,00
	50m: 29.51 29.51 150m: 1:37.23 34.57 250m: 2:44.88 33.33 350m: 3:53.21 34.30							
	100m: 1:02.66 33.15 200m: 2:11.55 34.32 300m: 3:18.91 34.03 400m: 4:25.89 32.68							

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Prova 2, Masc., 400m Livres, 1ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	JACINTO Rafael Rodrigues	02	129002	Belenenses	4:29.27	+0,72	545	4,00
	50m: 28.57 28.57	150m: 1:32.99 32.65	250m: 2:40.92 34.16	350m: 3:52.91 36.66				
	100m: 1:00.34 31.77	200m: 2:06.76 33.77	300m: 3:16.25 35.33	400m: 4:29.27 36.36				
28.	MARQUES Carlos Manuel	00	153488	Academica de Coimbra	4:35.29	+0,68	510	3,00
	50m: 29.89 29.89	150m: 1:36.62 33.98	250m: 2:46.61 35.41	350m: 3:59.50 36.55				
	100m: 1:02.64 32.75	200m: 2:11.20 34.58	300m: 3:22.95 36.34	400m: 4:35.29 35.79				
29.	NUNES Duarte Ramos	07	131915	Galitos/ Bresimar	4:37.33	+0,68	499	2,00
	50m: 29.63 29.63	150m: 1:38.55 35.34	250m: 2:50.23 35.71	350m: 4:02.48 35.91				
	100m: 1:03.21 33.58	200m: 2:14.52 35.97	300m: 3:26.57 36.34	400m: 4:37.33 34.85				
30.	PEREIRA Rui Silva	08	205327	Colegio Monte Maior	4:38.53	+0,81	493	1,00
	50m: 30.12 30.12	150m: 1:40.56 36.01	250m: 2:54.03 36.70	350m: 4:06.59 36.06				
	100m: 1:04.55 34.43	200m: 2:17.33 36.77	300m: 3:30.53 36.50	400m: 4:38.53 31.94				

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