

Event 33  
29/05/2022

Men, 400m Freestyle

Open  
Results Finals

Recorde Nacional Open	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Recorde Nacional Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
Recorde Nacional Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recorde Nacional Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006
Recorde Nacional Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
Recorde Nacional Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26/07/2003
Recorde Meeting	3:57.46	LOPES Jose Paulo	SCB	Coimbra	20/05/2018

TAC : 4:20.37

Points: FINA 2022

Rank	Nome	YB	Classe	Clube	Tempo Final	RTPts FINA	Pontos
<b>Final A</b>							
1.	ALMEIDA Bernardo Victorino	04		Sporting	<b>4:02.11</b>	+0,61	751
	50m: 26.98 26.98	150m: 1:27.09	30.52	250m: 2:29.20	31.25	350m: 3:32.00	31.68
	100m: 56.57 29.59	200m: 1:57.95	30.86	300m: 3:00.32	31.12	400m: 4:02.11	30.11
2.	RAMOS Bruno Miguel	97		Belenenses	<b>4:08.03</b>	+0,67	698
	50m: 27.55 27.55	150m: 1:28.27	30.99	250m: 2:31.75	31.81	350m: 3:36.08	32.03
	100m: 57.28 29.73	200m: 1:59.94	31.67	300m: 3:04.05	32.30	400m: 4:08.03	31.95
3.	COSTA Afonso Filipe	03		Louzan Natacao/EFAPEL	<b>4:14.90</b>	+0,63	643
	50m: 28.08 28.08	150m: 1:30.62	31.94	250m: 2:35.78	33.01	350m: 3:42.37	33.46
	100m: 58.68 30.60	200m: 2:02.77	32.15	300m: 3:08.91	33.13	400m: 4:14.90	32.53
4.	GONCALVES Alexandre Ramos	05		Colegio Efanor	<b>4:16.07</b>	+0,58	634
	50m: 29.00 29.00	150m: 1:32.42	32.12	250m: 2:37.72	32.73	350m: 3:44.17	33.08
	100m: 1:00.30 31.30	200m: 2:04.99	32.57	300m: 3:11.09	33.37	400m: 4:16.07	31.90
5.	PENG Eddie	07		Vaesby SS	<b>4:17.11</b>	+0,65	627
	50m: 29.27 29.27	150m: 1:33.63	32.53	250m: 2:39.55	32.89	350m: 3:45.98	33.25
	100m: 1:01.10 31.83	200m: 2:06.66	33.03	300m: 3:12.73	33.18	400m: 4:17.11	31.13
6.	SARREIRA Tomas Amor	05		Nautico Marinha Grande	<b>4:18.33</b>	+0,73	618
	50m: 28.58 28.58	150m: 1:33.86	33.20	250m: 2:39.60	32.29	350m: 3:46.08	33.16
	100m: 1:00.66 32.08	200m: 2:07.31	33.45	300m: 3:12.92	33.32	400m: 4:18.33	32.25
7.	ERIKSSON Jonatan	06		Vaesby SS	<b>4:19.61</b>	+0,72	609
	50m: 28.16 28.16	150m: 1:32.14	32.49	250m: 2:38.51	32.87	350m: 3:46.91	33.72
	100m: 59.65 31.49	200m: 2:05.64	33.50	300m: 3:13.19	34.68	400m: 4:19.61	32.70
8.	CARDOSO Guilherme Maia FTL	05		Columbofila Cantanhedense	<b>4:20.38</b>	+0,69	603
	50m: 29.59 29.59	150m: 1:34.82	32.94	250m: 2:41.40	33.43	350m: 3:48.31	33.49
	100m: 1:01.88 32.29	200m: 2:07.97	33.15	300m: 3:14.82	33.42	400m: 4:20.38	32.07
9.	SIMOES Miguel Costa FTL	04		Uniao Piedense	<b>4:20.64</b>	+0,76	601
	50m: 29.47 29.47	150m: 1:34.46	32.72	250m: 2:41.89	33.69	350m: 3:48.98	33.05
	100m: 1:01.74 32.27	200m: 2:08.20	33.74	300m: 3:15.93	34.04	400m: 4:20.64	31.66



XIV MEETING CIDADE DE COIMBRA  
XXXIII Torneio Internacional Queima das Fitas  
Coimbra, 28.5.- 29.5.2022



Event 33, Men, 400m Freestyle, Final, Open

Rank	Nome	YB	Classe	Clube	Tempo Final	RTPts FINA	Pontos
10.	FRAZAO Francisco Couto <i>FTL</i>	06		Uniao Coimbra	<b>4:21.36</b>	+0,72	596
	50m: 29.78 29.78	150m: 1:36.66	33.75	250m: 2:43.76	32.86	350m: 3:50.00	32.77
	100m: 1:02.91 33.13	200m: 2:10.90	34.24	300m: 3:17.23	33.47	400m: 4:21.36	31.36
Final B							
11.	LEITE Afonso Martim <i>FTL</i>	05		Foca Quinta da Lixa CNF	<b>4:21.43</b>	+0,73	596
	50m: 29.16 29.16	150m: 1:34.40	33.09	250m: 2:41.42	33.82	350m: 3:49.11	33.99
	100m: 1:01.31 32.15	200m: 2:07.60	33.20	300m: 3:15.12	33.70	400m: 4:21.43	32.32
12.	GLAVATSKYY Antonio <i>FTL</i>	05		Academica de Coimbra	<b>4:35.14</b>	+0,60	511
	50m: 29.40 29.40	150m: 1:36.60	34.13	250m: 2:47.46	35.67	350m: 3:59.78	36.55
	100m: 1:02.47 33.07	200m: 2:11.79	35.19	300m: 3:23.23	35.77	400m: 4:35.14	35.36
13.	CARVALHO Francisco Miguel <i>FTL</i>	00		Academica de Coimbra	<b>4:39.10</b>	+0,58	490
	50m: 29.94 29.94	150m: 1:38.53	35.09	250m: 2:50.20	36.13	350m: 4:03.24	36.68
	100m: 1:03.44 33.50	200m: 2:14.07	35.54	300m: 3:26.56	36.36	400m: 4:39.10	35.86
14.	CRUZ Rodrigo Costa <i>FTL</i>	06		Academica de Coimbra	<b>4:43.62</b>	+0,67	467
	50m: 32.12 32.12	150m: 1:42.50	35.52	250m: 2:54.74	36.20	350m: 4:08.30	36.43
	100m: 1:06.98 34.86	200m: 2:18.54	36.04	300m: 3:31.87	37.13	400m: 4:43.62	35.32
15.	SILVA David Ferreira <i>FTL</i>	07		Academica de Coimbra	<b>4:47.24</b>	+0,71	449
	50m: 32.90 32.90	150m: 1:44.44	36.11	250m: 2:57.43	36.59	350m: 4:11.25	36.88
	100m: 1:08.33 35.43	200m: 2:20.84	36.40	300m: 3:34.37	36.94	400m: 4:47.24	35.99

