

Event 33  
29/05/2022

Men, 400m Freestyle

Open  
Results Prelim

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	Helsinquia (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
1.	ALMEIDA Bernardo Victorino	04		Sporting	<b>4:10.20</b>	+0,60	680 A -
	50m: 27.29 27.29	150m: 1:29.92	32.11	250m: 2:34.52	32.02	350m: 3:38.99	32.28
	100m: 57.81 30.52	200m: 2:02.50	32.58	300m: 3:06.71	32.19	400m: 4:10.20	31.21
2.	COSTA Afonso Filipe	03		Louzan Natacao/EFAPEL	<b>4:11.65</b>	+0,68	668 A -
	50m: 29.09 29.09	150m: 1:30.79	30.98	250m: 2:33.90	31.81	350m: 3:39.45	33.32
	100m: 59.81 30.72	200m: 2:02.09	31.30	300m: 3:06.13	32.23	400m: 4:11.65	32.20
3.	PENG Eddie	07		Vaesby SS	<b>4:17.98</b>	+0,65	620 A -
	50m: 29.37 29.37	150m: 1:33.14	32.37	250m: 2:39.10	33.21	350m: 3:46.22	33.45
	100m: 1:00.77 31.40	200m: 2:05.89	32.75	300m: 3:12.77	33.67	400m: 4:17.98	31.76
4.	SARREIRA Tomas Amor	05		Nautico Marinha Grande	<b>4:18.01</b>	+0,72	620 A -
	50m: 28.71 28.71	150m: 1:34.02	33.06	250m: 2:40.21	33.32	350m: 3:46.31	33.04
	100m: 1:00.96 32.25	200m: 2:06.89	32.87	300m: 3:13.27	33.06	400m: 4:18.01	31.70
5.	GONCALVES Alexandre Ramos	05		Colegio Efanor	<b>4:19.03</b>	+0,66	613 A -
	50m: 29.68 29.68	150m: 1:34.16	32.45	250m: 2:40.07	32.82	350m: 3:46.49	33.09
	100m: 1:01.71 32.03	200m: 2:07.25	33.09	300m: 3:13.40	33.33	400m: 4:19.03	32.54
6.	RAMOS Bruno Miguel FTL	97		Belenenses	<b>4:20.42</b>	+0,67	603 A -
	50m: 28.53 28.53	150m: 1:33.35	33.44	250m: 2:40.17	33.35	350m: 3:46.50	32.89
	100m: 59.91 31.38	200m: 2:06.82	33.47	300m: 3:13.61	33.44	400m: 4:20.42	33.92
7.	FRAZAO Francisco Couto FTL	06		Uniao Coimbra	<b>4:21.66</b>	+0,77	594 A -
	50m: 29.36 29.36	150m: 1:35.45	33.15	250m: 2:42.57	32.97	350m: 3:49.70	33.09
	100m: 1:02.30 32.94	200m: 2:09.60	34.15	300m: 3:16.61	34.04	400m: 4:21.66	31.96
8.	CARDOSO Guilherme Maia FTL	05		Columbofila Cantanhedense	<b>4:21.84</b>	+0,69	593 A -
	50m: 30.48 30.48	150m: 1:36.55	33.20	250m: 2:42.76	33.15	350m: 3:49.67	33.15
	100m: 1:03.35 32.87	200m: 2:09.61	33.06	300m: 3:16.52	33.76	400m: 4:21.84	32.17
9.	SIMOES Miguel Costa FTL	04		Uniao Piedense	<b>4:23.32</b>	+0,74	583 A -
	50m: 29.83 29.83	150m: 1:36.81	33.53	250m: 2:44.14	33.88	350m: 3:51.20	33.27
	100m: 1:03.28 33.45	200m: 2:10.26	33.45	300m: 3:17.93	33.79	400m: 4:23.32	32.12



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



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Rank	Nome	YB	Classe	Clube	Tempo Final	RTPts FINA	Pontos
10.	ERIKSSON Jonatan <i>FTL</i>	06		Vaesby SS	<b>4:25.51</b>	+0,76	569 A -
	50m: 29.29 29.29	150m: 1:33.66	32.77	250m: 2:40.52	33.42	350m: 3:51.39	35.70
	100m: 1:00.89 31.60	200m: 2:07.10	33.44	300m: 3:15.69	35.17	400m: 4:25.51	34.12
11.	MELINDER Martin <i>FTL</i>	01		Vaesby SS	<b>4:26.05</b>	+0,65	565 B -
	50m: 30.37 30.37	150m: 1:37.36	33.71	250m: 2:45.11	33.82	350m: 3:53.05	33.90
	100m: 1:03.65 33.28	200m: 2:11.29	33.93	300m: 3:19.15	34.04	400m: 4:26.05	33.00
12.	AREBLAD Linus <i>FTL</i>	04		Vaesby SS	<b>4:33.36</b>	+0,73	521 B -
	50m: 30.47 30.47	150m: 1:37.87	34.29	250m: 2:47.39	34.70	350m: 3:58.34	35.60
	100m: 1:03.58 33.11	200m: 2:12.69	34.82	300m: 3:22.74	35.35	400m: 4:33.36	35.02
13.	CARVALHO Francisco Miguel <i>FTL</i>	00		Academica de Coimbra	<b>4:45.62</b>	+0,72	457 B -
	50m: 31.50 31.50	150m: 1:43.02	36.01	250m: 2:55.32	35.90	350m: 4:09.45	37.32
	100m: 1:07.01 35.51	200m: 2:19.42	36.40	300m: 3:32.13	36.81	400m: 4:45.62	36.17
14.	MARQUES Joao Ferreira <i>FTL</i>	06		Academica de Coimbra	<b>4:47.62</b>	+0,65	447 B -
	50m: 32.49 32.49	150m: 1:44.51	36.80	250m: 2:57.34	36.97	350m: 4:12.69	37.87
	100m: 1:07.71 35.22	200m: 2:20.37	35.86	300m: 3:34.82	37.48	400m: 4:47.62	34.93
15.	LEITE Afonso Martim <i>FTL</i>	05		Foca Quinta da Lixa CNF	<b>4:48.76</b>	+0,75	442 B -
	50m: 32.24 32.24	150m: 1:43.72	36.34	250m: 2:58.49	37.30	350m: 4:12.30	36.83
	100m: 1:07.38 35.14	200m: 2:21.19	37.47	300m: 3:35.47	36.98	400m: 4:48.76	36.46
16.	SILVA David Ferreira <i>FTL</i>	07		Academica de Coimbra	<b>4:50.05</b>	+0,73	436 B -
	50m: 33.34 33.34	150m: 1:45.07	36.13	250m: 2:58.34	36.91	350m: 4:13.24	37.63
	100m: 1:08.94 35.60	200m: 2:21.43	36.36	300m: 3:35.61	37.27	400m: 4:50.05	36.81
17.	GLAVATSKYY Antonio <i>FTL</i>	05		Academica de Coimbra	<b>4:50.82</b>	+0,68	433 B -
	50m: 32.71 32.71	150m: 1:45.44	36.53	250m: 2:59.73	36.89	350m: 4:13.76	36.74
	100m: 1:08.91 36.20	200m: 2:22.84	37.40	300m: 3:37.02	37.29	400m: 4:50.82	37.06
18.	CRUZ Rodrigo Costa <i>FTL</i>	06		Academica de Coimbra	<b>4:52.57</b>	+0,68	425 B -
	50m: 31.80 31.80	150m: 1:44.61	36.85	250m: 2:59.44	37.73	350m: 4:15.51	37.94
	100m: 1:07.76 35.96	200m: 2:21.71	37.10	300m: 3:37.57	38.13	400m: 4:52.57	37.06
19.	MELO Afonso Benjamim <i>FTL</i>	08		Academica de Coimbra	<b>5:29.86</b>	+0,81	296 B -
	50m: 37.12 37.12	150m: 2:00.99	43.02	250m: 3:26.60	42.83	350m: 4:50.96	41.73
	100m: 1:17.97 40.85	200m: 2:43.77	42.78	300m: 4:09.23	42.63	400m: 5:29.86	38.90





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20.	PEREIRA Francisco Fernandes <i>FTL</i>	08		Academica de Coimbra	<b>5:33.90</b>	+0,72	286 B -
	50m: 39.05    39.05    150m: 2:04.24    42.71    250m: 3:29.90    43.14				350m: 4:54.26    42.28		
	100m: 1:21.53    42.48    200m: 2:46.76    42.52    300m: 4:11.98    42.08				400m: 5:33.90    39.64		
DNS	LINDEBERG Filip	07		Vaesby SS			-

