

Prova 10
02/12/2022 - 11:50

Masc., 400m Livres
3ª Divisão

3ª Divisão MASC
Resultados

Rec Nac Absoluto	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Sen	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Jun18	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun17	3:56.54	Rui Filipe COSTA	VSC	Felgueiras	24/11/2007
Rec Nac Juv A	3:58.82	Diogo Matos RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac Juv B	4:02.41	Diogo Matos RIBEIRO	CUC	Lousã	23/06/2019
Rec Nac Inf A	4:12.35	Andre Vilas RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04/04/2003

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
1.	Tiago Filipe CAMPOS	+0,74	M	116573	99	Rio Maior	3:57.08	33,00
	50m: 27.33 27.33	150m: 1:27.68 30.28	250m: 2:27.95 29.92	350m: 3:27.65 29.87				
	100m: 57.40 30.07	200m: 1:58.03 30.35	300m: 2:57.78 29.83	400m: 3:57.08 29.43				
2.	Afonso Filipe COSTA	+0,67	M	126380	03	Louzan Natacao/EFAPEL	4:01.53	31,00
	50m: 27.40 27.40	150m: 1:27.90 30.42	250m: 2:28.81 30.13	350m: 3:30.64 31.04				
	100m: 57.48 30.08	200m: 1:58.68 30.78	300m: 2:59.60 30.79	400m: 4:01.53 30.89				
3.	Vitor Belo CLARA	+0,74	M	127243	04	CNLeiria	4:06.78	30,00
	50m: 27.49 27.49	150m: 1:28.16 30.50	250m: 2:30.91 31.50	350m: 3:35.39 32.36				
	100m: 57.66 30.17	200m: 1:59.41 31.25	300m: 3:03.03 32.12	400m: 4:06.78 31.39				
4.	Leonardo Jose CRUZ	+0,67	M	204601	07	Alcobaca	4:08.83	29,00
	50m: 27.78 27.78	150m: 1:30.43 31.56	250m: 2:34.02 31.76	350m: 3:37.92 32.09				
	100m: 58.87 31.09	200m: 2:02.26 31.83	300m: 3:05.83 31.81	400m: 4:08.83 30.91				
5.	Guilherme Pereira COUTINHO	+0,65	M	130516	03	Viver Santarem	4:13.60	28,00
	50m: 27.90 27.90	150m: 1:30.35 31.76	250m: 2:35.47 32.45	350m: 3:41.62 33.12				
	100m: 58.59 30.69	200m: 2:03.02 32.67	300m: 3:08.50 33.03	400m: 4:13.60 31.98				
6.	Tiago Fonseca CARVALHO	+0,75	M	127099	03	Naval Povoense	4:16.28	27,00
	50m: 28.42 28.42	150m: 1:31.96 32.13	250m: 2:37.42 32.84	350m: 3:43.64 33.24				
	100m: 59.83 31.41	200m: 2:04.58 32.62	300m: 3:10.40 32.98	400m: 4:16.28 32.64				
7.	Miguel Alves FERNANDES	+0,82	M	131479	05	Viana Natacao	4:17.07	26,00
	50m: 28.72 28.72	150m: 1:32.41 32.33	250m: 2:38.13 32.95	350m: 3:44.84 33.49				
	100m: 1:00.08 31.36	200m: 2:05.18 32.77	300m: 3:11.35 33.22	400m: 4:17.07 32.23				
8.	Tiago Diniz LIMA	+0,71	M	132172	04	Estarreja/PROZINCO	4:17.73	25,00
	50m: 27.69 27.69	150m: 1:30.63 31.76	250m: 2:35.92 32.86	350m: 3:44.11 34.60				
	100m: 58.87 31.18	200m: 2:03.06 32.43	300m: 3:09.51 33.59	400m: 4:17.73 33.62				
9.	Francisco Couto FRAZAO	+0,81	M	131112	06	Uniao Coimbra	4:18.39	24,00
	50m: 29.20 29.20	150m: 1:35.17 33.25	250m: 2:41.01 32.54	350m: 3:46.88 32.89				
	100m: 1:01.92 32.72	200m: 2:08.47 33.30	300m: 3:13.99 32.98	400m: 4:18.39 31.51				
10.	Raul Sousa ANSELMO	+0,74	M	130950	05	Bombeiros Ponta Delgada	4:20.22	23,00
	50m: 28.40 28.40	150m: 1:31.41 31.93	250m: 2:37.23 33.01	350m: 3:45.71 34.64				
	100m: 59.48 31.08	200m: 2:04.22 32.81	300m: 3:11.07 33.84	400m: 4:20.22 34.51				
11.	Tiago Almeida CORREIA	+0,82	M	139280	06	Natacao do Montijo	4:20.37	22,00
	50m: 27.85 27.85	150m: 1:31.66 32.63	250m: 2:38.98 33.74	350m: 3:47.09 34.16				
	100m: 59.03 31.18	200m: 2:05.24 33.58	300m: 3:12.93 33.95	400m: 4:20.37 33.28				
12.	Joao Pedro NEVES	+0,89	M	104336	96	Aminata	4:23.47	21,00
	50m: 29.34 29.34	150m: 1:34.41 32.97	250m: 2:40.93 33.49	350m: 3:49.58 34.32				
	100m: 1:01.44 32.10	200m: 2:07.44 33.03	300m: 3:15.26 34.33	400m: 4:23.47 33.89				
13.	Martim Pereira CASTRO	+0,72	M	124907	02	Escola O Liceu	4:23.53	20,00
	50m: 29.03 29.03	150m: 1:33.55 32.63	250m: 2:40.70 33.78	350m: 3:49.08 34.12				
	100m: 1:00.92 31.89	200m: 2:06.92 33.37	300m: 3:14.96 34.26	400m: 4:23.53 34.45				
14.	Tiago Ventura CHAO	+0,72	M	202516	06	Naval Setubalense	4:24.63	19,00
	50m: 29.06 29.06	150m: 1:34.48 33.33	250m: 2:42.64 34.61	350m: 3:51.42 34.30				
	100m: 1:01.15 32.09	200m: 2:08.03 33.55	300m: 3:17.12 34.48	400m: 4:24.63 33.21				
15.	Antonio Miguel COSTA	+0,77	M	202259	07	Fafe	4:26.83	18,00
	50m: 29.30 29.30	150m: 1:35.61 34.02	250m: 2:43.06 33.84	350m: 3:52.59 35.02				
	100m: 1:01.59 32.29	200m: 2:09.22 33.61	300m: 3:17.57 34.51	400m: 4:26.83 34.24				

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Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
16.	Jose Miguel MONTEIRO	+0,79	M	129576	04	Gualdim Pais	4:28.24	17,00
	50m: 28.91 28.91	150m: 1:33.69 33.10	250m: 2:43.24 35.02	350m: 3:53.94 35.18				
	100m: 1:00.59 31.68	200m: 2:08.22 34.53	300m: 3:18.76 35.52	400m: 4:28.24 34.30				
17.	Guilherme Romeira PINTO	+0,70	M	200844	07	Sporting de Espinho	4:28.53	16,00
	50m: 30.13 30.13	150m: 1:36.54 33.44	250m: 2:45.13 34.35	350m: 3:55.07 35.12				
	100m: 1:03.10 32.97	200m: 2:10.78 34.24	300m: 3:19.95 34.82	400m: 4:28.53 33.46				
18.	Daniel Casaca CARVALHO	+0,85	M	205098	07	Colegio Vasco da Gama	4:29.32	15,00
	50m: 29.28 29.28	150m: 1:36.30 34.11	250m: 2:45.65 34.98	350m: 3:55.34 34.86				
	100m: 1:02.19 32.91	200m: 2:10.67 34.37	300m: 3:20.48 34.83	400m: 4:29.32 33.98				
19.	Joaquim Gabriel OLIVEIRA	+0,94	M	210986	07	Sporting de Aveiro	4:29.79	14,00
	50m: 27.99 27.99	150m: 1:32.92 32.92	250m: 2:41.71 34.45	350m: 3:53.87 36.42				
	100m: 1:00.00 32.01	200m: 2:07.26 34.34	300m: 3:17.45 35.74	400m: 4:29.79 35.92				
20.	Guilherme Clara SANTOS	+0,69	M	127325	02	Estamos Juntos	4:31.89	13,00
	50m: 29.62 29.62	150m: 1:36.35 33.83	250m: 2:46.07 34.63	350m: 3:57.13 35.81				
	100m: 1:02.52 32.90	200m: 2:11.44 35.09	300m: 3:21.32 35.25	400m: 4:31.89 34.76				
21.	Jose Januario MARQUES	+0,74	M	207254	07	Pimpoes/Cimai	4:33.29	12,00
	50m: 30.43 30.43	150m: 1:38.00 34.14	250m: 2:48.01 35.24	350m: 3:58.83 35.20				
	100m: 1:03.86 33.43	200m: 2:12.77 34.77	300m: 3:23.63 35.62	400m: 4:33.29 34.46				
22.	Bruno Miguel MAIA	+0,66	M	126783	01	Ginasio Santo Tirso	4:36.98	11,00
	50m: 28.30 28.30	150m: 1:36.96 34.90	250m: 2:48.04 35.58	350m: 4:01.74 36.82				
	100m: 1:02.06 33.76	200m: 2:12.46 35.50	300m: 3:24.92 36.88	400m: 4:36.98 35.24				
23.	Joao Pedro MONTEIRO	+0,79	M	203021	08	BUZIOS - Coruche	4:37.74	10,00
	50m: 30.54 30.54	150m: 1:39.93 36.22	250m: 2:52.73 36.38	350m: 4:04.55 35.88				
	100m: 1:03.71 33.17	200m: 2:16.35 36.42	300m: 3:28.67 35.94	400m: 4:37.74 33.19				
24.	Jose Pedro ROCHA	+0,85	M	201748	04	Peso da Regua	4:37.97	9,00
	50m: 30.48 30.48	150m: 1:37.77 34.14	250m: 2:48.58 35.71	350m: 4:01.99 36.97				
	100m: 1:03.63 33.15	200m: 2:12.87 35.10	300m: 3:25.02 36.44	400m: 4:37.97 35.98				
25.	Eduardo Pinto SANTOS	+0,68	M	130476	06	Feirense	4:38.96	8,00
	50m: 30.83 30.83	150m: 1:40.47 35.60	250m: 2:52.27 35.97	350m: 4:04.29 35.91				
	100m: 1:04.87 34.04	200m: 2:16.30 35.83	300m: 3:28.38 36.11	400m: 4:38.96 34.67				
26.	Daniel Alves MATOS	+0,83	M	201209	07	Litoral Alentejano	4:39.21	7,00
	50m: 30.59 30.59	150m: 1:41.98 35.57	250m: 2:53.56 35.86	350m: 4:05.30 35.32				
	100m: 1:06.41 35.82	200m: 2:17.70 35.72	300m: 3:29.98 36.42	400m: 4:39.21 33.91				
27.	Joao Pedro ROSA	+0,92	M	11317	90	CLAC-Entroncamento	4:42.57	6,00
	50m: 31.64 31.64	150m: 1:43.76 36.51	250m: 2:55.53 35.65	350m: 4:07.80 36.23				
	100m: 1:07.25 35.61	200m: 2:19.88 36.12	300m: 3:31.57 36.04	400m: 4:42.57 34.77				
28.	Francisco Manuel RODRIGUES	+0,88	M	129657	06	Naval da Horta	4:42.83	5,00
	50m: 30.79 30.79	150m: 1:39.07 34.92	250m: 2:51.24 36.54	350m: 4:06.01 37.51				
	100m: 1:04.15 33.36	200m: 2:14.70 35.63	300m: 3:28.50 37.26	400m: 4:42.83 36.82				
29.	Rodrigo Santos PERRY	+0,77	M	205120	07	Despertarecorde	4:53.71	4,00
	50m: 32.03 32.03	150m: 1:45.09 37.06	250m: 3:00.75 37.99	350m: 4:16.37 37.62				
	100m: 1:08.03 36.00	200m: 2:22.76 37.67	300m: 3:38.75 38.00	400m: 4:53.71 37.34				
30.	Fabio Jose PINTO	+0,74	M	205486	06	CCDSerta	4:58.43	3,00
	50m: 32.38 32.38	150m: 1:45.43 37.15	250m: 3:01.72 38.33	350m: 4:20.11 39.33				
	100m: 1:08.28 35.90	200m: 2:23.39 37.96	300m: 3:40.78 39.06	400m: 4:58.43 38.32				
31.	Martim Frederico MARQUES	+0,97	M	210909	10	CPCD-Povoa St Iria	5:12.61	2,00
	50m: 32.22 32.22	150m: 1:46.07 38.18	250m: 3:06.39 40.65	350m: 4:31.68 43.32				
	100m: 1:07.89 35.67	200m: 2:25.74 39.67	300m: 3:48.36 41.97	400m: 5:12.61 40.93				
32.	Luis Maria PIRES	+0,73	M	203784	08	Naval de Ponta Delgada	5:40.30	1,00
	50m: 34.32 34.32	150m: 1:56.38 42.27	250m: 3:25.68 45.28	350m: 4:57.03 46.01				
	100m: 1:14.11 39.79	200m: 2:40.40 44.02	300m: 4:11.02 45.34	400m: 5:40.30 43.27				