

Prova 2
03/12/2022 - 9:55

Masc., 400m Livres

2ª Divisao MASC
Resultados

RN25 Absoluto	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN25 Sen	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN25 Jun18	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26/06/2004
RN25 Jun17	3:56.54	Rui Filipe COSTA	VSC	Felgueiras	24/11/2007
RN25 Juv A	3:58.82	Diogo Matos RIBEIRO	CUC	Mealhada	07/12/2019
RN25 Juv B	4:02.41	Diogo Matos RIBEIRO	CUC	Lousã	23/06/2019
RN25 Inf A	4:12.35	Andre Vilas RUIVO	DNMG	Campo Maior	29/03/2014
RN25 Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04/04/2003

Lugar	Nome	T. Reaçao	Sexo	Licença	Ano	Clube	Tempo Final	Pts
1.	Tomas Amor SARREIRA	+0,77	M	132117	05	Nautico Marinha Grande	3:59.59	28,00
	50m: 26.51 26.51	150m: 1:26.24 30.29	250m: 2:26.91 30.43	350m: 3:29.09 31.26				
	100m: 55.95 29.44	200m: 1:56.48 30.24	300m: 2:57.83 30.92	400m: 3:59.59 30.50				
2.	Afonso Carvalho SILVA	+0,92	M	130127	05	Famalicao	4:04.47	26,00
	50m: 27.29 27.29	150m: 1:28.38 30.95	250m: 2:31.55 31.69	350m: 3:34.51 31.18				
	100m: 57.43 30.14	200m: 1:59.86 31.48	300m: 3:03.33 31.78	400m: 4:04.47 29.96				
	Miguel Costa SIMOES	+0,91	M	132350	04	Uniao Piedense	4:04.47	26,00
	50m: 28.00 28.00	150m: 1:29.20 30.76	250m: 2:31.34 30.94	350m: 3:33.80 30.92				
	100m: 58.44 30.44	200m: 2:00.40 31.20	300m: 3:02.88 31.54	400m: 4:04.47 30.67				
4.	Rui Silva PEREIRA	+0,88	M	205327	08	Colegio Monte Maior	4:07.86	24,00
	50m: 28.53 28.53	150m: 1:31.33 31.61	250m: 2:34.58 31.38	350m: 3:37.79 31.70				
	100m: 59.72 31.19	200m: 2:03.20 31.87	300m: 3:06.09 31.51	400m: 4:07.86 30.07				
5.	Filipe Santos CARDOSO	+0,66	M	130500	04	Gafanha da Encarnacao	4:07.94	23,00
	50m: 28.51 28.51	150m: 1:30.85 31.50	250m: 2:34.36 31.82	350m: 3:37.48 31.40				
	100m: 59.35 30.84	200m: 2:02.54 31.69	300m: 3:06.08 31.72	400m: 4:07.94 30.46				
6.	Goncalo Duarte SANTOS	+0,71	M	111095	00	Vikings	4:08.01	22,00
	50m: 28.14 28.14	150m: 1:30.07 30.89	250m: 2:33.49 31.65	350m: 3:37.75 32.08				
	100m: 59.18 31.04	200m: 2:01.84 31.77	300m: 3:05.67 32.18	400m: 4:08.01 30.26				
7.	Diogo Severino NUNES	+0,82	M	128592	04	Natacao de Valongo	4:08.27	21,00
	50m: 27.43 27.43	150m: 1:28.96 31.30	250m: 2:32.59 31.91	350m: 3:37.05 32.30				
	100m: 57.66 30.23	200m: 2:00.68 31.72	300m: 3:04.75 32.16	400m: 4:08.27 31.22				
8.	Afonso Martim LEITE	+0,72	M	127335	05	Foca Quinta da Lixa CNF	4:08.44	20,00
	50m: 28.10 28.10	150m: 1:30.43 31.39	250m: 2:34.00 31.83	350m: 3:37.86 31.64				
	100m: 59.04 30.94	200m: 2:02.17 31.74	300m: 3:06.22 32.22	400m: 4:08.44 30.58				
9.	Diogo Barbosa NUNES	+0,79	M	110529	00	Colegio Efanor	4:09.49	19,00
	50m: 27.46 27.46	150m: 1:28.94 31.36	250m: 2:33.17 32.21	350m: 3:38.12 32.82				
	100m: 57.58 30.12	200m: 2:00.96 32.02	300m: 3:05.30 32.13	400m: 4:09.49 31.37				
10.	Hugo Alberto RIBEIRO	+0,98	M	23114	88	Leixoes	4:11.34	18,00
	50m: 28.27 28.27	150m: 1:30.97 31.69	250m: 2:34.88 31.71	350m: 3:39.18 31.92				
	100m: 59.28 31.01	200m: 2:03.17 32.20	300m: 3:07.26 32.38	400m: 4:11.34 32.16				
11.	Filipe Manso LARANJO		M	202281	07	Desportiva de Viana	4:14.28	17,00
	50m: 29.27 29.27	150m: 1:33.36 32.30	250m: 2:37.82 32.06	350m: 3:42.78 32.32				
	100m: 1:01.06 31.79	200m: 2:05.76 32.40	300m: 3:10.46 32.64	400m: 4:14.28 31.50				
12.	Miguel Freitas OVIEDO	+0,79	M	130017	02	Academica de Coimbra	4:15.26	16,00
	50m: 29.28 29.28	150m: 1:33.57 32.35	250m: 2:38.02 31.90	350m: 3:44.01 33.01				
	100m: 1:01.22 31.94	200m: 2:06.12 32.55	300m: 3:11.00 32.98	400m: 4:15.26 31.25				
13.	Guilherme Costa SOARES	+0,85	M	201093	08	Vilacondense	4:16.94	15,00
	50m: 29.76 29.76	150m: 1:34.97 32.66	250m: 2:40.35 32.69	350m: 3:46.14 32.66				
	100m: 1:02.31 32.55	200m: 2:07.66 32.69	300m: 3:13.48 33.13	400m: 4:16.94 30.80				
14.	Martim Miranda MACHADO	+0,74	M	123726	03	Sao Roque	4:17.09	14,00
	50m: 29.17 29.17	150m: 1:33.97 32.76	250m: 2:40.38 33.39	350m: 3:46.41 33.00				
	100m: 1:01.21 32.04	200m: 2:06.99 33.02	300m: 3:13.41 33.03	400m: 4:17.09 30.68				
15.	Daniel Filipe CAZEIRO	+0,70	M	104378	97	Laranjeiro	4:17.54	13,00
	50m: 29.64 29.64	150m: 1:34.72 32.67	250m: 2:40.55 32.90	350m: 3:45.80 32.33				
	100m: 1:02.05 32.41	200m: 2:07.65 32.93	300m: 3:13.47 32.92	400m: 4:17.54 31.74				

Prova 2, Masc., 400m Livres, 2ª Divisao MASC

Lugar	Nome	T. Reaçao	Sexo	Licenca	Ano	Clube	Tempo Final	Pts
16.	Bernardo Rodrigues TAVARES	+0,70	M	127799	04	Galitos / Bresimar	4:19.61	12,00
	50m: 28.52 28.52	150m: 1:31.80 31.96	250m: 2:36.73 32.22	350m: 3:45.51 34.90	100m: 59.84 31.32	200m: 2:04.51 32.71	300m: 3:10.61 33.88	400m: 4:19.61 34.10
17.	Tomas Carvalhinho RIBEIRO	+0,95	M	131799	05	Natacao da Maia	4:21.23	11,00
	50m: 29.12 29.12	150m: 1:34.40 33.15	250m: 2:41.07 33.16	350m: 3:48.05 33.64	100m: 1:01.25 32.13	200m: 2:07.91 33.51	300m: 3:14.41 33.34	400m: 4:21.23 33.18
18.	Rodrigo Costa BORGES	+0,69	M	133190	07	Fluvial Portuense	4:21.44	10,00
	50m: 28.38 28.38	150m: 1:33.57 33.21	250m: 2:41.72 34.31	350m: 3:48.74 33.60	100m: 1:00.36 31.98	200m: 2:07.41 33.84	300m: 3:15.14 33.42	400m: 4:21.44 32.70
19.	Afonso Formigo PINHO	+0,94	M	129956	06	Torres Novas	4:25.26	9,00
	50m: 28.78 28.78	150m: 1:34.30 33.59	250m: 2:42.28 34.02	350m: 3:51.73 34.86	100m: 1:00.71 31.93	200m: 2:08.26 33.96	300m: 3:16.87 34.59	400m: 4:25.26 33.53
20.	Jose Miguel MARQUES	+0,82	M	202999	06	Condeixa Clube	4:26.00	8,00
	50m: 29.05 29.05	150m: 1:34.31 33.25	250m: 2:42.58 34.42	350m: 3:52.27 34.86	100m: 1:01.06 32.01	200m: 2:08.16 33.85	300m: 3:17.41 34.83	400m: 4:26.00 33.73
21.	Romao Noronha BRAZ	+0,76	M	127443	04	Natacao de Lisboa	4:26.42	7,00
	50m: 28.53 28.53	150m: 1:33.54 33.25	250m: 2:42.10 34.79	350m: 3:51.90 34.85	100m: 1:00.29 31.76	200m: 2:07.31 33.77	300m: 3:17.05 34.95	400m: 4:26.42 34.52
22.	Rodrigo Ladeira SANTOS	+0,88	M	103363	97	Geslours	4:27.75	6,00
	50m: 27.67 27.67	150m: 1:32.15 33.23	250m: 2:40.93 34.65	350m: 3:52.71 36.39	100m: 58.92 31.25	200m: 2:06.28 34.13	300m: 3:16.32 35.39	400m: 4:27.75 35.04
23.	Henrique Rocha CARNEIRO	+0,92	M	132879	05	Aquatico Pacense	4:32.34	5,00
	50m: 29.87 29.87	150m: 1:36.84 34.22	250m: 2:46.16 34.82	350m: 3:57.61 35.92	100m: 1:02.62 32.75	200m: 2:11.34 34.50	300m: 3:21.69 35.53	400m: 4:32.34 34.73
24.	Martim Candido TOSTE	+0,80	M	130705	06	Naval Praia da Vitoria	4:34.36	4,00
	50m: 29.45 29.45	150m: 1:36.04 34.05	250m: 2:46.15 35.18	350m: 3:58.56 36.47	100m: 1:01.99 32.54	200m: 2:10.97 34.93	300m: 3:22.09 35.94	400m: 4:34.36 35.80
25.	Tiago Miguel COSTA	+0,87	M	203150	07	Portinado	4:35.55	3,00
	50m: 30.63 30.63	150m: 1:39.76 34.87	250m: 2:50.29 35.46	350m: 4:01.20 35.65	100m: 1:04.89 34.26	200m: 2:14.83 35.07	300m: 3:25.55 35.26	400m: 4:35.55 34.35
26.	Joao Miguel VITORIA	+0,69	M	204687	08	Academico Viseu	4:35.70	2,00
	50m: 30.82 30.82	150m: 1:40.78 35.21	250m: 2:51.88 35.38	350m: 4:02.34 35.25	100m: 1:05.57 34.75	200m: 2:16.50 35.72	300m: 3:27.09 35.21	400m: 4:35.70 33.36
27.	Guilherme Corte COSTA	+0,77	M	132693	07	Desportivo Nacional	4:37.63	1,00
	50m: 30.60 30.60	150m: 1:39.17 35.00	250m: 2:50.52 35.83	350m: 4:03.38 36.12	100m: 1:04.17 33.57	200m: 2:14.69 35.52	300m: 3:27.26 36.74	400m: 4:37.63 34.25