

Prova 30
04/12/2022 - 16:25

Masc., 400m Estilos

2ª Divisão MASC
Resultados

RN25 Absoluto	4:06.83	Diogo Filipe CARVALHO	POR	Istambul (TUR)	11/12/2009
RN25 Sen	4:06.83	Diogo Filipe CARVALHO	POR	Istambul (TUR)	11/12/2009
RN25 Jun18	4:11.20	Joao Alexandre VITAL	SCP	Porto	11/12/2015
RN25 Jun17	4:21.93	Joao Alexandre VITAL	ADRCIMM	Porto	19/12/2014
RN25 Juv A	4:25.04	Joao Alexandre VITAL	ADRCIMM	Tomar	13/12/2013
RN25 Juv B	4:35.02	Diogo Filipe CARVALHO	CGA	Braga	21/03/2003
RN25 Inf A	4:40.32	Tomas Miguel FREITAS	CDN	Funchal	09/07/2004
RN25 Inf B	4:49.65	Andre Vilas RUIVO	DNMG	S. António Cavaleiros	15/03/2013

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
1.	Joao Peres COSTA	+0,66	M	130322	04	Naval Praia da Vitoria	4:27.71	28,00
	50m: 28.44	28.44	150m: 1:34.60	33.43	250m: 2:46.04	37.86	350m: 3:58.12	32.58
	100m: 1:01.17	32.73	200m: 2:08.18	33.58	300m: 3:25.54	39.50	400m: 4:27.71	29.59
2.	Afonso Carvalho SILVA	+0,82	M	130127	05	Famalicao	4:28.29	26,00
	50m: 28.90	28.90	150m: 1:36.06	34.57	250m: 2:47.99	37.86	350m: 3:58.07	32.49
	100m: 1:01.49	32.59	200m: 2:10.13	34.07	300m: 3:25.58	37.59	400m: 4:28.29	30.22
3.	Luis Galvao GOUVEIA	+0,75	M	127884	05	Desportivo Nacional	4:36.61	25,00
	50m: 28.18	28.18	150m: 1:37.34	36.99	250m: 2:53.39	39.55	350m: 4:05.90	32.52
	100m: 1:00.35	32.17	200m: 2:13.84	36.50	300m: 3:33.38	39.99	400m: 4:36.61	30.71
4.	David Ferreira RELVAS	+0,75	M	125604	03	Nautico Marinha Grande	4:40.92	24,00
	50m: 28.71	28.71	150m: 1:38.67	37.25	250m: 2:56.38	41.06	350m: 4:09.37	32.10
	100m: 1:01.42	32.71	200m: 2:15.32	36.65	300m: 3:37.27	40.89	400m: 4:40.92	31.55
5.	Joao Guilherme ARAUJO	+0,75	M	130366	03	Natacao da Maia	4:41.73	23,00
	50m: 27.89	27.89	150m: 1:37.32	37.06	250m: 2:53.66	40.34	350m: 4:09.10	34.55
	100m: 1:00.26	32.37	200m: 2:13.32	36.00	300m: 3:34.55	40.89	400m: 4:41.73	32.63
6.	Rui Silva PEREIRA	+0,99	M	205327	08	Colegio Monte Maior	4:42.72	22,00
	50m: 29.27	29.27	150m: 1:40.06	36.50	250m: 2:57.67	41.73	350m: 4:11.50	32.79
	100m: 1:03.56	34.29	200m: 2:15.94	35.88	300m: 3:38.71	41.04	400m: 4:42.72	31.22
7.	Andre Correia ALVES	+0,80	M	131173	06	Uniao Piedense	4:44.98	21,00
	50m: 29.81	29.81	150m: 1:40.95	36.44	250m: 2:58.66	41.82	350m: 4:13.38	32.27
	100m: 1:04.51	34.70	200m: 2:16.84	35.89	300m: 3:41.11	42.45	400m: 4:44.98	31.60
8.	Ricardo Martins BRAS	+0,68	M	121508	01	Vikings	4:45.40	20,00
	50m: 29.51	29.51	150m: 1:41.89	36.88	250m: 2:58.50	40.52	350m: 4:13.02	33.40
	100m: 1:05.01	35.50	200m: 2:17.98	36.09	300m: 3:39.62	41.12	400m: 4:45.40	32.38
9.	Rodrigo Reis RODRIGUES	+0,99	M	124155	04	Sao Roque	4:47.09	19,00
	50m: 29.37	29.37	150m: 1:40.20	37.42	250m: 2:59.24	41.52	350m: 4:14.55	33.10
	100m: 1:02.78	33.41	200m: 2:17.72	37.52	300m: 3:41.45	42.21	400m: 4:47.09	32.54
10.	Francisco Campos LOURENCO	+0,77	M	132136	06	Natacao de Valongo	4:48.43	18,00
	50m: 29.27	29.27	150m: 1:39.90	37.03	250m: 2:59.34	42.29	350m: 4:15.20	32.99
	100m: 1:02.87	33.60	200m: 2:17.05	37.15	300m: 3:42.21	42.87	400m: 4:48.43	33.23
11.	Filipe Manso LARANJO	+0,86	M	202281	07	Desportiva de Viana	4:49.29	17,00
	50m: 31.55	31.55	150m: 1:45.89	37.93	250m: 3:04.20	42.22	350m: 4:18.57	32.37
	100m: 1:07.96	36.41	200m: 2:21.98	36.09	300m: 3:46.20	42.00	400m: 4:49.29	30.72
12.	Daniel Filipe CAZEIRO	+0,73	M	104378	97	Laranjeiro	4:50.74	16,00
	50m: 30.68	30.68	150m: 1:43.63	37.74	250m: 3:03.08	41.49	350m: 4:18.70	33.24
	100m: 1:05.89	35.21	200m: 2:21.59	37.96	300m: 3:45.46	42.38	400m: 4:50.74	32.04
13.	Nuno Rafael ALVES	+0,83	M	25140	90	Aquatico Pacense	4:50.77	15,00
	50m: 29.54	29.54	150m: 1:41.79	38.21	250m: 3:00.37	40.05	350m: 4:16.53	34.83
	100m: 1:03.58	34.04	200m: 2:20.32	38.53	300m: 3:41.70	41.33	400m: 4:50.77	34.24
14.	Renato Gouveia TEIXEIRA	+0,68	M	204599	07	Foca Quinta da Lixa CNF	4:51.21	14,00
	50m: 29.21	29.21	150m: 1:40.13	36.54	250m: 3:00.00	43.40	350m: 4:17.92	34.04
	100m: 1:03.59	34.38	200m: 2:16.60	36.47	300m: 3:43.88	43.88	400m: 4:51.21	33.29
15.	Antonio GLAVATSKYY	+0,77	M	129573	05	Academica de Coimbra	4:51.40	13,00
	50m: 30.56	30.56	150m: 1:45.35	38.35	250m: 3:03.82	41.18	350m: 4:18.58	33.01
	100m: 1:07.00	36.44	200m: 2:22.64	37.29	300m: 3:45.57	41.75	400m: 4:51.40	32.82

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Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
16.	Duarte Ramos NUNES	+0,81	M	131915	07	Galitos / Bresimar	4:51.64	12,00
	50m: 30.97 30.97	150m: 1:46.48 38.90	250m: 3:05.33 40.95	350m: 4:20.88 34.74				
	100m: 1:07.58 36.61	200m: 2:24.38 37.90	300m: 3:46.14 40.81	400m: 4:51.64 30.76				
17.	Tomas Rocha DORES	+0,80	M	200766	07	Colegio Efanor	4:54.29	11,00
	50m: 30.44 30.44	150m: 1:43.57 37.86	250m: 3:04.71 43.61	350m: 4:21.63 33.53				
	100m: 1:05.71 35.27	200m: 2:21.10 37.53	300m: 3:48.10 43.39	400m: 4:54.29 32.66				
18.	Gil Afonso RODRIGUES	+0,74	M	148683	07	Fluvial Portuense	4:54.58	10,00
	50m: 29.81 29.81	150m: 1:43.14 38.74	250m: 3:03.45 40.84	350m: 4:21.36 35.15				
	100m: 1:04.40 34.59	200m: 2:22.61 39.47	300m: 3:46.21 42.76	400m: 4:54.58 33.22				
19.	Romao Noronha BRAZ	+0,95	M	127443	04	Natacao de Lisboa	4:56.11	9,00
	50m: 31.59 31.59	150m: 1:47.09 39.18	250m: 3:06.07 40.43	350m: 4:22.28 35.92				
	100m: 1:07.91 36.32	200m: 2:25.64 38.55	300m: 3:46.36 40.29	400m: 4:56.11 33.83				
20.	Goncalo Filipe COSTA	+0,72	M	206464	04	Gafanha da Encarnacao	4:58.08	8,00
	50m: 30.16 30.16	150m: 1:43.27 37.96	250m: 3:04.71 44.78	350m: 4:24.77 35.69				
	100m: 1:05.31 35.15	200m: 2:19.93 36.66	300m: 3:49.08 44.37	400m: 4:58.08 33.31				
21.	Guilherme Costa SOARES	+0,88	M	201093	08	Vilacondense	5:00.96	7,00
	50m: 31.28 31.28	150m: 1:47.56 39.20	250m: 3:09.98 44.27	350m: 4:29.18 33.81				
	100m: 1:08.36 37.08	200m: 2:25.71 38.15	300m: 3:55.37 45.39	400m: 5:00.96 31.78				
22.	Afonso Formigo PINHO	+0,78	M	129956	06	Torres Novas	5:03.79	6,00
	50m: 31.46 31.46	150m: 1:48.05 39.79	250m: 3:11.69 44.86	350m: 4:31.05 34.11				
	100m: 1:08.26 36.80	200m: 2:26.83 38.78	300m: 3:56.94 45.25	400m: 5:03.79 32.74				
23.	Martim Nuno LAVAJO	+0,79	M	133211	07	Academico Viseu	5:06.34	5,00
	50m: 31.63 31.63	150m: 1:47.17 38.60	250m: 3:10.88 45.80	350m: 4:31.96 35.12				
	100m: 1:08.57 36.94	200m: 2:25.08 37.91	300m: 3:56.84 45.96	400m: 5:06.34 34.38				
24.	Rafael Pereira RODRIGUES	+0,73	M	205593	08	Condeixa Clube	5:08.59	4,00
	50m: 32.57 32.57	150m: 1:48.78 39.06	250m: 3:11.78 43.97	350m: 4:33.19 35.99				
	100m: 1:09.72 37.15	200m: 2:27.81 39.03	300m: 3:57.20 45.42	400m: 5:08.59 35.40				
25.	Rafael Filipe LOPES	+0,75	M	201700	06	Geslours	5:09.22	3,00
	50m: 30.50 30.50	150m: 1:47.26 39.10	250m: 3:11.85 46.56	350m: 4:34.21 35.99				
	100m: 1:08.16 37.66	200m: 2:25.29 38.03	300m: 3:58.22 46.37	400m: 5:09.22 35.01				
26.	Guilherme Salvador CHAVECA	+0,82	M	152809	05	Portinado	5:09.34	2,00
	50m: 31.58 31.58	150m: 1:46.95 39.03	250m: 3:11.84 45.96	350m: 4:34.79 36.71				
	100m: 1:07.92 36.34	200m: 2:25.88 38.93	300m: 3:58.08 46.24	400m: 5:09.34 34.55				

DSQ Joao Simons CUNHA

+0,73 M

124582

02

Leixoes

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7.22 - O(A) nadador(a) tocou na parede com toque não simultâneo na viragem aos 225 metros – SW 7.6