

Prova 11
09/12/2022 - 19:20

Masc., 400m Estilos

Absolutos
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
RN S15	4:49.95	Tiago Correia NEVES	CFB	Algés	13/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Gabriel Jose LOPES <i>Rec Nacional</i>	97		Louzan Natacao/EFAPEL	4:05.87	+0,77	871
	50m: 26.27 26.27	150m: 1:27.30	30.70	250m: 2:32.20	34.12	350m: 3:36.66	29.94
	100m: 56.60 30.33	200m: 1:58.08	30.78	300m: 3:06.72	34.52	400m: 4:05.87	29.21
2.	Jose Paulo LOPES	00		Braga	4:15.97	+0,72	771
	50m: 27.16 27.16	150m: 1:29.70	32.00	250m: 2:38.31	36.56	350m: 3:46.34	30.98
	100m: 57.70 30.54	200m: 2:01.75	32.05	300m: 3:15.36	37.05	400m: 4:15.97	29.63
3.	Daniel Nogueira CATALAO	00		Sporting	4:22.63	+0,60	714
	50m: 26.97 26.97	150m: 1:32.42	34.28	250m: 2:42.38	35.60	350m: 3:51.14	31.89
	100m: 58.14 31.17	200m: 2:06.78	34.36	300m: 3:19.25	36.87	400m: 4:22.63	31.49
4.	Lucas Pereira BASTOS	00		Nautico Academico	4:22.77	+0,70	713
	50m: 27.97 27.97	150m: 1:33.09	33.54	250m: 2:43.90	37.45	350m: 3:53.20	30.94
	100m: 59.55 31.58	200m: 2:06.45	33.36	300m: 3:22.26	38.36	400m: 4:22.77	29.57
5.	Rafael Gomes SIMOES	00		Braga	4:24.80	+0,95	697
	50m: 27.07 27.07	150m: 1:33.35	35.20	250m: 2:45.69	37.45	350m: 3:54.40	31.17
	100m: 58.15 31.08	200m: 2:08.24	34.89	300m: 3:23.23	37.54	400m: 4:24.80	30.40
6.	Joao Peres COSTA	04		Naval Praia da Vitoria	4:26.62	+0,66	683
	50m: 28.37 28.37	150m: 1:34.69	34.31	250m: 2:46.23	37.92	350m: 3:56.54	31.27
	100m: 1:00.38 32.01	200m: 2:08.31	33.62	300m: 3:25.27	39.04	400m: 4:26.62	30.08
7.	Porfirio Braga NUNES	00		Porto	4:28.12	+0,76	671
	50m: 27.07 27.07	150m: 1:33.34	34.82	250m: 2:45.27	37.63	350m: 3:57.09	32.56
	100m: 58.52 31.45	200m: 2:07.64	34.30	300m: 3:24.53	39.26	400m: 4:28.12	31.03
8.	Diogo Santos CARDOSO	01		Sporting	4:29.16	+0,75	663
	50m: 29.54 29.54	150m: 1:38.43	36.66	250m: 2:52.47	38.88	350m: 4:00.45	30.14
	100m: 1:01.77 32.23	200m: 2:13.59	35.16	300m: 3:30.31	37.84	400m: 4:29.16	28.71
9.	Dinis Miranda DIOGO	04		Nautico Academico	4:39.23	+0,67	594
	50m: 28.20 28.20	150m: 1:39.02	36.30	250m: 2:54.10	39.61	350m: 4:07.14	32.77
	100m: 1:02.72 34.52	200m: 2:14.49	35.47	300m: 3:34.37	40.27	400m: 4:39.23	32.09
10.	Miguel Salomao TRISTAO	04		Academica de Coimbra	4:40.82	+0,73	584
	50m: 29.35 29.35	150m: 1:40.12	35.62	250m: 2:55.36	39.39	350m: 4:09.13	32.91
	100m: 1:04.50 35.15	200m: 2:15.97	35.85	300m: 3:36.22	40.86	400m: 4:40.82	31.69
11.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	4:45.27	+0,67	557
	50m: 30.03 30.03	150m: 1:42.11	36.55	250m: 3:00.43	42.88	350m: 4:15.06	31.91
	100m: 1:05.56 35.53	200m: 2:17.55	35.44	300m: 3:43.15	42.72	400m: 4:45.27	30.21
12.	Rodrigo Reis RODRIGUES	04		Sao Roque	4:50.37	+0,70	528
	50m: 29.69 29.69	150m: 1:41.33	38.17	250m: 3:01.06	42.20	350m: 4:17.11	33.42
	100m: 1:03.16 33.47	200m: 2:18.86	37.53	300m: 3:43.69	42.63	400m: 4:50.37	33.26

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
DNS	Guilherme Lobo PINTO	04		Foca Quinta da Lixa CNF			

Juniores

1.	Afonso Carvalho SILVA	05		Famalicao	4:29.04	+0,71	664
	50m: 28.65 28.65	150m: 1:36.07	34.95	250m: 2:47.99	37.88	350m: 3:57.94	32.10
	100m: 1:01.12 32.47	200m: 2:10.11	34.04	300m: 3:25.84	37.85	400m: 4:29.04	31.10
2.	Vasco Alves MORGADO	05		Alges	4:29.79		659
	50m: 28.10 28.10	150m: 1:37.34	36.71	250m: 2:51.47	38.04	350m: 4:00.32	30.65
	100m: 1:00.63 32.53	200m: 2:13.43	36.09	300m: 3:29.67	38.20	400m: 4:29.79	29.47
3.	Luis Galvao GOUVEIA	05		Desportivo Nacional	4:36.17	+0,74	614
	50m: 27.73 27.73	150m: 1:36.39	36.54	250m: 2:52.17	39.96	350m: 4:04.97	32.83
	100m: 59.85 32.12	200m: 2:12.21	35.82	300m: 3:32.14	39.97	400m: 4:36.17	31.20
4.	Mark ZHUKOV	06		Braga	4:37.65	+0,80	604
	50m: 28.92 28.92	150m: 1:37.73	35.98	250m: 2:52.22	39.20	350m: 4:05.18	33.08
	100m: 1:01.75 32.83	200m: 2:13.02	35.29	300m: 3:32.10	39.88	400m: 4:37.65	32.47
5.	Kaio Araujo FATTINE	06		Sporting	4:39.45	+0,65	593
	50m: 29.33 29.33	150m: 1:39.41	35.97	250m: 2:56.14	39.86	350m: 4:09.69	32.87
	100m: 1:03.44 34.11	200m: 2:16.28	36.87	300m: 3:36.82	40.68	400m: 4:39.45	29.76
6.	Manuel Angelo PEREIRA	05		Sporting	4:43.42	+0,73	568
	50m: 29.55 29.55	150m: 1:40.54	36.99	250m: 2:57.32	40.55	350m: 4:11.77	32.93
	100m: 1:03.55 34.00	200m: 2:16.77	36.23	300m: 3:38.84	41.52	400m: 4:43.42	31.65
7.	Goncalo Duarte CARVALHO	05		Benfica	4:44.74	+0,73	560
	50m: 28.91 28.91	150m: 1:40.96	38.54	250m: 2:57.22	38.45	350m: 4:11.62	33.93
	100m: 1:02.42 33.51	200m: 2:18.77	37.81	300m: 3:37.69	40.47	400m: 4:44.74	33.12
8.	Jose Luis GONCALVES	05		Fafe	4:47.57	+0,78	544
	50m: 29.05 29.05	150m: 1:41.39	38.13	250m: 2:58.70	39.93	350m: 4:13.81	34.49
	100m: 1:03.26 34.21	200m: 2:18.77	37.38	300m: 3:39.32	40.62	400m: 4:47.57	33.76
9.	Francisco Campos LOURENCCO	06		Natacao de Valongo	4:51.53	+0,83	522
	50m: 28.61 28.61	150m: 1:40.37	38.23	250m: 3:00.67	42.24	350m: 4:18.49	34.52
	100m: 1:02.14 33.53	200m: 2:18.43	38.06	300m: 3:43.97	43.30	400m: 4:51.53	33.04
10.	Ruben Ferreira PAIVA	05		Sanjoanense/FEPSA	4:51.55	+0,85	522
	50m: 29.92 29.92	150m: 1:42.57	38.29	250m: 3:01.10	41.02	350m: 4:17.64	34.59
	100m: 1:04.28 34.36	200m: 2:20.08	37.51	300m: 3:43.05	41.95	400m: 4:51.55	33.91
11.	Joao Almeida GOMES	06		Nacional de Natacao	4:51.59	+0,72	522
	50m: 29.27 29.27	150m: 1:43.56	39.73	250m: 3:04.28	41.95	350m: 4:20.43	32.78
	100m: 1:03.83 34.56	200m: 2:22.33	38.77	300m: 3:47.65	43.37	400m: 4:51.59	31.16
12.	Tiago Almeida CORREIA	06		Natacao do Montijo	4:51.86	+0,92	520
	50m: 29.84 29.84	150m: 1:43.33	38.12	250m: 3:04.10	43.80	350m: 4:20.52	33.22
	100m: 1:05.21 35.37	200m: 2:20.30	36.97	300m: 3:47.30	43.20	400m: 4:51.86	31.34
13.	Gustavo Gomes RAMOS	06		Porto	4:58.59	+0,77	486
	50m: 29.47 29.47	150m: 1:42.24	38.30	250m: 3:04.93	45.08	350m: 4:24.88	34.32
	100m: 1:03.94 34.47	200m: 2:19.85	37.61	300m: 3:50.56	45.63	400m: 4:58.59	33.71
14.	Andre Correia ALVES	06		Uniao Piedense	5:00.90		475
	50m: 31.12 31.12	150m: 1:45.77	37.74	250m: 3:07.55	44.76	350m: 4:27.14	34.44
	100m: 1:08.03 36.91	200m: 2:22.79	37.02	300m: 3:52.70	45.15	400m: 5:00.90	33.76

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
15.	Duarte Jose FERNANDES	06		Louzan Natacao/EFAPEL	5:03.37	+0,78	463
	50m: 30.04 30.04	150m: 1:47.58	41.56	250m: 3:07.43	40.19	350m: 4:27.96	37.28
	100m: 1:06.02 35.98	200m: 2:27.24	39.66	300m: 3:50.68	43.25	400m: 5:03.37	35.41
DSQ	Joao Carlos BARROS	06		Fluvial Portuense			
	7.22 - O(A) nadador(a) tocou na parede com toque não simultâneo na viragem aos 250 metros – SW 7.6						
DNS	Rui Miguel SANTOS	06		Famalicao			
DNS	Miguel Alves FERNANDES	05		Viana Natacao			
EXH	Yury FOMIN	06		Louletano / Loule Concelho	4:38.70	+0,72	598
	50m: 29.09 29.09	150m: 1:39.15	36.32	250m: 2:54.40	40.43	350m: 4:07.81	32.90
	100m: 1:02.83 33.74	200m: 2:13.97	34.82	300m: 3:34.91	40.51	400m: 4:38.70	30.89
EXH	Miguel Duarte CRUZ	99	SM15	Belenenses	4:57.47	+0,71	491
	50m: 30.49 30.49	150m: 1:45.63	39.67	250m: 3:06.88	42.77	350m: 4:24.19	34.87
	100m: 1:05.96 35.47	200m: 2:24.11	38.48	300m: 3:49.32	42.44	400m: 4:57.47	33.28