

Prova 17

10/12/2022 - 17:15

Masc., 400m Livres

Absoluto

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
RN S15	4:20.31	Tiago Correia NEVES	CFB	Vila Franca de Xira	04/02/2018

Pontos: FINA 2022

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Jose Paulo LOPES	00		Braga	3:47.57	+0,70	811
	50m: 25.94 25.94	150m: 1:22.93	28.70	250m: 2:20.36	28.55	350m: 3:18.74	29.28
	100m: 54.23 28.29	200m: 1:51.81	28.88	300m: 2:49.46	29.10	400m: 3:47.57	28.83
2.	Tomas Teixeira LOPES	02		Vitoria Guimaraes	3:54.04	+0,67	745
	50m: 26.21 26.21	150m: 1:23.93	29.11	250m: 2:23.83	30.04	350m: 3:24.31	30.10
	100m: 54.82 28.61	200m: 1:53.79	29.86	300m: 2:54.21	30.38	400m: 3:54.04	29.73
3.	Gustavo Pires MARQUES	04		Uniao Coimbra	3:54.83	+0,70	738
	50m: 26.02 26.02	150m: 1:24.03	29.41	250m: 2:22.86	29.48	350m: 3:24.74	31.24
	100m: 54.62 28.60	200m: 1:53.38	29.35	300m: 2:53.50	30.64	400m: 3:54.83	30.09
4.	Francisco Rodriguez AMARAL	02		Porto	3:55.69	+0,71	730
	50m: 27.84 27.84	150m: 1:26.74	29.39	250m: 2:26.14	29.81	350m: 3:26.34	30.01
	100m: 57.35 29.51	200m: 1:56.33	29.59	300m: 2:56.33	30.19	400m: 3:55.69	29.35
5.	Lucas Pereira BASTOS	00		Nautico Academico	3:56.58	+0,69	722
	50m: 26.79 26.79	150m: 1:25.48	29.55	250m: 2:25.45	29.92	350m: 3:26.42	30.71
	100m: 55.93 29.14	200m: 1:55.53	30.05	300m: 2:55.71	30.26	400m: 3:56.58	30.16
6.	Diogo Santos CARDOSO	01		Sporting	3:57.14	+0,75	717
	50m: 28.09 28.09	150m: 1:28.28	30.09	250m: 2:28.71	30.02	350m: 3:28.35	29.70
	100m: 58.19 30.10	200m: 1:58.69	30.41	300m: 2:58.65	29.94	400m: 3:57.14	28.79
7.	Tiago Filipe CAMPOS	99		Rio Maior	3:58.52	+0,73	704
	50m: 26.46 26.46	150m: 1:25.72	29.90	250m: 2:26.54	30.71	350m: 3:28.23	31.11
	100m: 55.82 29.36	200m: 1:55.83	30.11	300m: 2:57.12	30.58	400m: 3:58.52	30.29
8.	Bernardo Victorino ALMEIDA	04		Sporting	4:01.19	+0,67	681
	50m: 26.10 26.10	150m: 1:24.76	29.48	250m: 2:26.00	31.11	350m: 3:29.60	32.13
	100m: 55.28 29.18	200m: 1:54.89	30.13	300m: 2:57.47	31.47	400m: 4:01.19	31.59
9.	Afonso Filipe COSTA	03		Louzan Natacao/EFAPEL	4:02.02	+0,66	674
	50m: 27.20 27.20	150m: 1:27.57	30.30	250m: 2:28.80	30.41	350m: 3:30.68	31.22
	100m: 57.27 30.07	200m: 1:58.39	30.82	300m: 2:59.46	30.66	400m: 4:02.02	31.34
10.	Henrique Silva MASCARENHA	01		Fluvial Portuense	4:04.13	+0,71	657
	50m: 28.08 28.08	150m: 1:30.48	31.36	250m: 2:31.97	30.09	350m: 3:33.35	31.01
	100m: 59.12 31.04	200m: 2:01.88	31.40	300m: 3:02.34	30.37	400m: 4:04.13	30.78
11.	Goncalo Renato CARVALHO	04		Porto	4:08.54	+0,67	622
	50m: 28.82 28.82	150m: 1:31.07	31.51	250m: 2:33.42	30.89	350m: 3:37.51	32.09
	100m: 59.56 30.74	200m: 2:02.53	31.46	300m: 3:05.42	32.00	400m: 4:08.54	31.03

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
12.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	4:08.70	+0,63	621
	50m: 28.40 28.40	150m: 1:31.18	31.64	250m: 2:34.92	31.90	350m: 3:38.55	31.61
	100m: 59.54 31.14	200m: 2:03.02	31.84	300m: 3:06.94	32.02	400m: 4:08.70	30.15
13.	Miguel Costa SIMOES	04		Uniao Piedense	4:08.84	+0,80	620
	50m: 28.42 28.42	150m: 1:31.32	31.65	250m: 2:35.07	31.66	350m: 3:38.47	31.30
	100m: 59.67 31.25	200m: 2:03.41	32.09	300m: 3:07.17	32.10	400m: 4:08.84	30.37
14.	Vitor Belo CLARA	04		CNLeiria	4:09.17	+0,76	618
	50m: 27.67 27.67	150m: 1:29.86	31.78	250m: 2:33.87	31.71	350m: 3:38.54	32.31
	100m: 58.08 30.41	200m: 2:02.16	32.30	300m: 3:06.23	32.36	400m: 4:09.17	30.63
15.	Diogo Severino NUNES	04		Natacao de Valongo	4:09.57	+0,75	615
	50m: 28.67 28.67	150m: 1:32.31	31.97	250m: 2:35.53	31.20	350m: 3:38.78	31.69
	100m: 1:00.34 31.67	200m: 2:04.33	32.02	300m: 3:07.09	31.56	400m: 4:09.57	30.79

Juniores

1.	Tomas Amor SARREIRA	05		Nautico Marinha Grande	3:58.24	+0,75	707
	50m: 26.64 26.64	150m: 1:26.57	30.21	250m: 2:27.38	30.13	350m: 3:28.56	30.58
	100m: 56.36 29.72	200m: 1:57.25	30.68	300m: 2:57.98	30.60	400m: 3:58.24	29.68
2.	Guilherme Fernandes BAPTISTO6			Benfica	4:06.62	+0,75	637
	50m: 27.86 27.86	150m: 1:29.78	31.25	250m: 2:32.15	30.97	350m: 3:35.18	31.75
	100m: 58.53 30.67	200m: 2:01.18	31.40	300m: 3:03.43	31.28	400m: 4:06.62	31.44
3.	Vasco Alves MORGADO	05		Alges	4:08.08	+0,65	626
	50m: 28.39 28.39	150m: 1:30.79	31.37	250m: 2:34.11	31.37	350m: 3:37.36	31.74
	100m: 59.42 31.03	200m: 2:02.74	31.95	300m: 3:05.62	31.51	400m: 4:08.08	30.72
4.	Joao Maria SOUSA	05		Braga	4:08.48	+0,81	623
	50m: 28.20 28.20	150m: 1:30.01	31.21	250m: 2:33.72	32.15	350m: 3:37.89	31.91
	100m: 58.80 30.60	200m: 2:01.57	31.56	300m: 3:05.98	32.26	400m: 4:08.48	30.59
5.	Guilherme Maia CARDOSO	05		Columbofila Cantanhedense	4:08.51	+0,99	623
	50m: 28.12 28.12	150m: 1:30.09	31.14	250m: 2:33.64	31.90	350m: 3:37.50	31.85
	100m: 58.95 30.83	200m: 2:01.74	31.65	300m: 3:05.65	32.01	400m: 4:08.51	31.01
6.	Afonso Carvalho SILVA	05		Famalicao	4:09.21	+0,73	617
	50m: 27.85 27.85	150m: 1:29.18	31.02	250m: 2:32.62	31.79	350m: 3:37.07	32.50
	100m: 58.16 30.31	200m: 2:00.83	31.65	300m: 3:04.57	31.95	400m: 4:09.21	32.14
7.	Diogo Alexandre OLIVEIRA	05		Naval do Funchal	4:10.51	+0,66	608
	50m: 27.34 27.34	150m: 1:29.30	31.43	250m: 2:33.45	32.22	350m: 3:38.85	32.70
	100m: 57.87 30.53	200m: 2:01.23	31.93	300m: 3:06.15	32.70	400m: 4:10.51	31.66
8.	Tomas Nunes ROQUE	06		Benfica	4:10.54	+0,71	608
	50m: 28.04 28.04	150m: 1:30.61	31.63	250m: 2:35.66	32.43	350m: 3:41.07	33.32
	100m: 58.98 30.94	200m: 2:03.23	32.62	300m: 3:07.75	32.09	400m: 4:10.54	29.47
9.	Pedro Maria AMADO	05		Alges	4:10.78	+0,76	606
	50m: 29.11 29.11	150m: 1:31.88	31.65	250m: 2:35.63	31.85	350m: 3:39.70	32.14
	100m: 1:00.23 31.12	200m: 2:03.78	31.90	300m: 3:07.56	31.93	400m: 4:10.78	31.08
10.	Francisco Couto FRAZAO	06		Uniao Coimbra	4:10.98	+0,71	604
	50m: 27.98 27.98	150m: 1:30.01	31.24	250m: 2:33.95	31.98	350m: 3:38.88	32.32
	100m: 58.77 30.79	200m: 2:01.97	31.96	300m: 3:06.56	32.61	400m: 4:10.98	32.10

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
11.	Manuel Angelo PEREIRA	05		Sporting	4:11.73	+0,76	599
	50m: 29.01 29.01	150m: 1:32.45	31.99	250m: 2:36.31	31.75	350m: 3:40.11	31.93
	100m: 1:00.46 31.45	200m: 2:04.56	32.11	300m: 3:08.18	31.87	400m: 4:11.73	31.62
12.	Bruno Silva LOUREIRO	06		Porto	4:12.83	+0,75	591
	50m: 28.09 28.09	150m: 1:30.44	31.43	250m: 2:35.60	32.43	350m: 3:40.77	32.64
	100m: 59.01 30.92	200m: 2:03.17	32.73	300m: 3:08.13	32.53	400m: 4:12.83	32.06
13.	Joao Pedro TORRES	05		Porto	4:13.26	+0,82	588
	50m: 28.65 28.65	150m: 1:29.72	30.56	250m: 2:33.28	31.89	350m: 3:40.18	33.77
	100m: 59.16 30.51	200m: 2:01.39	31.67	300m: 3:06.41	33.13	400m: 4:13.26	33.08
14.	Alexandre Ramos GONCALVES	05		Colegio Efanor	4:13.33	+0,75	588
	50m: 28.88 28.88	150m: 1:32.42	32.23	250m: 2:36.80	32.15	350m: 3:41.17	32.08
	100m: 1:00.19 31.31	200m: 2:04.65	32.23	300m: 3:09.09	32.29	400m: 4:13.33	32.16
15.	Afonso Martim LEITE	05		Foca Quinta da Lixa CNF	4:14.08	+0,82	582
	50m: 28.78 28.78	150m: 1:30.95	31.26	250m: 2:35.04	32.30	350m: 3:41.34	33.39
	100m: 59.69 30.91	200m: 2:02.74	31.79	300m: 3:07.95	32.91	400m: 4:14.08	32.74
16.	Tomas Maia JANUARIO	06		Benfica	4:15.09	+0,83	576
	50m: 28.01 28.01	150m: 1:30.17	31.40	250m: 2:35.38	33.08	350m: 3:41.65	33.00
	100m: 58.77 30.76	200m: 2:02.30	32.13	300m: 3:08.65	33.27	400m: 4:15.09	33.44
17.	Milan Santos JEVIC	06		Braga	4:15.84	+0,79	571
	50m: 28.81 28.81	150m: 1:32.04	31.77	250m: 2:37.98	33.09	350m: 3:44.19	33.14
	100m: 1:00.27 31.46	200m: 2:04.89	32.85	300m: 3:11.05	33.07	400m: 4:15.84	31.65
18.	Eduardo Nuno FARIA	06		Braga	4:17.84	+0,84	557
	50m: 28.65 28.65	150m: 1:32.19	31.89	250m: 2:37.92	33.03	350m: 3:44.59	33.23
	100m: 1:00.30 31.65	200m: 2:04.89	32.70	300m: 3:11.36	33.44	400m: 4:17.84	33.25
19.	Raul Sousa ANSELMO	05		Bombeiros de Ponta Delgada	4:23.13	+0,82	524
	50m: 28.58 28.58	150m: 1:33.26	32.96	250m: 2:40.34	33.75	350m: 3:49.56	34.87
	100m: 1:00.30 31.72	200m: 2:06.59	33.33	300m: 3:14.69	34.35	400m: 4:23.13	33.57
20.	Andre Correia ALVES	06		Uniao Piedense	4:27.37	+0,80	500
	50m: 30.36 30.36	150m: 1:37.31	33.85	250m: 2:45.24	33.70	350m: 3:53.64	34.07
	100m: 1:03.46 33.10	200m: 2:11.54	34.23	300m: 3:19.57	34.33	400m: 4:27.37	33.73
DNF	Rafael Rodrigues GOMES	06		Gualdim Pais		+0,78	
10.1 - O(A) nadador(a), nadando uma prova individual, não completou o percurso - SW 10.2							
EXH	Nicolas Filip MONTFORT	05		Alges	4:02.11	+0,80	673
	50m: 27.25 27.25	150m: 1:28.14	30.66	250m: 2:30.27	30.77	350m: 3:32.47	30.99
	100m: 57.48 30.23	200m: 1:59.50	31.36	300m: 3:01.48	31.21	400m: 4:02.11	29.64
EXH	Pedro Bethlem TIGRE	06		Sporting	4:04.29	+0,64	655
	50m: 27.60 27.60	150m: 1:28.40	30.61	250m: 2:30.79	31.12	350m: 3:33.50	31.24
	100m: 57.79 30.19	200m: 1:59.67	31.27	300m: 3:02.26	31.47	400m: 4:04.29	30.79
EXH	Yury FOMIN	06		Louletano / Loule Concelho	4:06.24	+0,76	640
	50m: 27.75 27.75	150m: 1:29.07	31.15	250m: 2:31.66	31.18	350m: 3:35.23	31.79
	100m: 57.92 30.17	200m: 2:00.48	31.41	300m: 3:03.44	31.78	400m: 4:06.24	31.01
EXH	Miguel Duarte CRUZ	99	S15	Belenenses	4:34.03	+0,69	464
	50m: 30.45 30.45	150m: 1:38.70	34.39	250m: 2:48.85	35.23	350m: 3:59.39	35.41
	100m: 1:04.31 33.86	200m: 2:13.62	34.92	300m: 3:23.98	35.13	400m: 4:34.03	34.64