

Prova 2  
06/04/2023 - 9:50

Masc., 400m Livres  
1ª Divisão

1ª Divisão MASC  
Resultados

RN Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RN Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RN Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
RN Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006
RN Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
RN Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26/07/2003

JO : 3:46.78 / CEJun\_Masc 15 - 18: 4:01.28

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	FINA	Pts
1.	LOPES Jose Paulo	00	117924	Braga	<b>3:57.30</b>	+0,67	797	25,00
	50m: 27.26 27.26	150m: 1:26.90 30.17	250m: 2:27.20	300m: 2:57.47	30.03 350m: 3:27.94		30.47	
	100m: 56.73 29.47	200m: 1:57.17 30.27	300m: 2:57.47	400m: 3:57.30	30.27		29.36	
2.	AMARAL Francisco Rodriguez	02	122608	Porto	<b>3:58.97</b>	+0,72	781	23,00
	50m: 28.25 28.25	150m: 1:28.78 30.55	250m: 2:29.28	300m: 2:59.37	30.18 350m: 3:29.45		30.08	
	100m: 58.23 29.98	200m: 1:59.10 30.32	300m: 2:59.37	400m: 3:58.97	30.09		29.52	
3.	ALMEIDA Bernardo Victorino	04	153357	Sporting	<b>4:03.77</b>	+0,70	735	22,00
	50m: 27.18 27.18	150m: 1:27.88 30.84	250m: 2:30.63	300m: 3:02.24	31.54 350m: 3:33.82		31.58	
	100m: 57.04 29.86	200m: 1:59.09 31.21	300m: 3:02.24	400m: 4:03.77	31.61		29.95	
4.	BRAGELI Miguel Perez-Godoy	04	215009	Natacao de Olhao	<b>4:03.89</b>	+0,76	734	21,00
	50m: 27.55 27.55	150m: 1:29.27 30.78	250m: 2:32.06	300m: 3:03.90	31.16 350m: 3:34.60		30.70	
	100m: 58.49 30.94	200m: 2:00.90 31.63	300m: 3:03.90	400m: 4:03.89	31.84		29.29	
5.	CARDOSO Diogo Santos	01	122969	Sporting	<b>4:06.08</b>	+0,87	715	20,00
	50m: 28.89 28.89	150m: 1:30.83 31.24	250m: 2:33.68	300m: 3:05.17	31.55 350m: 3:36.31		31.14	
	100m: 59.59 30.70	200m: 2:02.13 31.30	300m: 3:05.17	400m: 4:06.08	31.49		29.77	
6.	SIMOES Bernardo Jorge	04	130250	Belenenses	<b>4:06.11</b>	+0,71	714	19,00
	50m: 27.06 27.06	150m: 1:28.65 31.41	250m: 2:32.12	300m: 3:03.62	31.83 350m: 3:34.88		31.26	
	100m: 57.24 30.18	200m: 2:00.29 31.64	300m: 3:03.62	400m: 4:06.11	31.50		31.23	
7.	ELACHARAFI Ilias EIFallaki	06	213324	Louletano/Loule Concelho	<b>4:06.48</b>	+0,80	711	18,00
	50m: 28.56 28.56	150m: 1:30.99 31.68	250m: 2:34.07	300m: 3:05.56	31.44 350m: 3:36.71		31.15	
	100m: 59.31 30.75	200m: 2:02.63 31.64	300m: 3:05.56	400m: 4:06.48	31.49		29.77	
8.	PERLOIRO Salvador Goya	05	200474	Benfica	<b>4:06.51</b>		711	17,00
	50m: 28.43 28.43	150m: 1:30.81 31.28	250m: 2:33.74	300m: 3:05.01	31.38 350m: 3:36.31		31.30	
	100m: 59.53 31.10	200m: 2:02.36 31.55	300m: 3:05.01	400m: 4:06.51	31.27		30.20	
9.	BASTOS Lucas Pereira	00	117492	Nautico Academico	<b>4:09.20</b>	+0,72	688	16,00
	50m: 27.89 27.89	150m: 1:29.40 31.23	250m: 2:32.63	300m: 2:58.44	31.48 350m: 3:36.90		38.46	
	100m: 58.17 30.28	200m: 2:01.15 31.75	300m: 2:58.44	400m: 4:09.20	25.81		32.30	
10.	TRUJILLO Cristobal Vargas	07	218741	Natacao de Olhao	<b>4:11.13</b>	+0,73	672	15,00
	50m: 28.79 28.79	150m: 1:31.47 31.83	250m: 2:35.15	300m: 3:07.64	31.75 350m: 3:40.07		32.43	
	100m: 59.64 30.85	200m: 2:03.40 31.93	300m: 3:07.64	400m: 4:11.13	32.49		31.06	
11.	PERLOIRO Francisco Goya	07	200473	Benfica	<b>4:13.46</b>		654	14,00
	50m: 28.62 28.62	150m: 1:32.76 32.40	250m: 2:37.83	300m: 3:10.55	32.51 350m: 3:43.01		32.46	
	100m: 1:00.36 31.74	200m: 2:05.32 32.56	300m: 3:10.55	400m: 4:13.46	32.72		30.45	

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	FINA	Pts
12.	LOPES Tomas Teixeira	02	122006	Vitoria Guimaraes	<b>4:13.65</b>	+0,80	653	13,00
	50m: 27.60 27.60	150m: 1:29.06	31.27	250m: 2:33.00	32.13	350m: 3:39.92	34.22	
	100m: 57.79 30.19	200m: 2:00.87	31.81	300m: 3:05.70	32.70	400m: 4:13.65	33.73	
13.	LOUREIRO Bruno Silva	06	129872	Porto	<b>4:13.74</b>	+0,73	652	12,00
	50m: 28.66 28.66	150m: 1:32.17	32.04	250m: 2:37.68	32.96	350m: 3:43.35	32.56	
	100m: 1:00.13 31.47	200m: 2:04.72	32.55	300m: 3:10.79	33.11	400m: 4:13.74	30.39	
14.	MORGADO Vasco Alves	05	147123	Alges	<b>4:13.91</b>	+0,51	651	11,00
	50m: 28.74 28.74	150m: 1:32.39	32.35	250m: 2:37.92	33.14	350m: 3:43.91	33.44	
	100m: 1:00.04 31.30	200m: 2:04.78	32.39	300m: 3:10.47	32.55	400m: 4:13.91	30.00	
15.	MONTFORT Nicolas Filip	05	217266	Alges	<b>4:14.56</b>	+0,62	646	10,00
	50m: 28.45 28.45	150m: 1:32.11	32.17	250m: 2:37.18	32.53	350m: 3:43.11	32.80	
	100m: 59.94 31.49	200m: 2:04.65	32.54	300m: 3:10.31	33.13	400m: 4:14.56	31.45	
16.	OLIVEIRA Diogo Alexandre	05	130414	Naval do Funchal	<b>4:17.19</b>		626	9,00
	50m: 28.17 28.17	150m: 1:31.62	32.39	250m: 2:38.41	33.76	350m: 3:45.62	33.93	
	100m: 59.23 31.06	200m: 2:04.65	33.03	300m: 3:11.69	33.28	400m: 4:17.19	31.57	
17.	SOUSA Joao Maria	05	130462	Braga	<b>4:17.49</b>	+0,82	624	8,00
	50m: 28.73 28.73	150m: 1:33.43	32.64	250m: 2:39.52	32.70	350m: 3:45.40	32.66	
	100m: 1:00.79 32.06	200m: 2:06.82	33.39	300m: 3:12.74	33.22	400m: 4:17.49	32.09	
18.	TRAVASSOS Rodrigo Alexandre	02	126187	Nautico Academico	<b>4:17.50</b>	+0,74	624	7,00
	50m: 28.43 28.43	150m: 1:32.20	32.32	250m: 2:38.25	32.91	350m: 3:45.20	33.54	
	100m: 59.88 31.45	200m: 2:05.34	33.14	300m: 3:11.66	33.41	400m: 4:17.50	32.30	
19.	ABREU Sergio Gomes	96	100821	Naval do Funchal	<b>4:21.95</b>	+0,74	592	6,00
	50m: 28.00 28.00	150m: 1:32.65	33.04	250m: 2:40.30	34.02	350m: 3:48.64	34.39	
	100m: 59.61 31.61	200m: 2:06.28	33.63	300m: 3:14.25	33.95	400m: 4:21.95	33.31	
20.	SANTOS Vasco Malia	04	153124	Louletano/Loule Concelho	<b>4:22.80</b>	+0,74	587	5,00
	50m: 30.63 30.63	150m: 1:37.07	34.04	250m: 2:44.06	32.88	350m: 3:51.93	33.62	
	100m: 1:03.03 32.40	200m: 2:11.18	34.11	300m: 3:18.31	34.25	400m: 4:22.80	30.87	
21.	RIBEIRO Afonso Mateus	95	100430	Belenenses	<b>4:25.53</b>	+0,67	569	4,00
	50m: 29.20 29.20	150m: 1:34.04	33.11	250m: 2:42.44	34.47	350m: 3:51.51	34.45	
	100m: 1:00.93 31.73	200m: 2:07.97	33.93	300m: 3:17.06	34.62	400m: 4:25.53	34.02	
22.	FRANCISCO Tiago Serradas	05	202567	Bairro dos Anjos/ Leiria	<b>4:26.58</b>	+0,73	562	3,00
	50m: 29.55 29.55	150m: 1:35.83	33.61	250m: 2:44.79	34.42	350m: 3:53.60	34.23	
	100m: 1:02.22 32.67	200m: 2:10.37	34.54	300m: 3:19.37	34.58	400m: 4:26.58	32.98	
23.	OLIVEIRA Jose Francisco	05	202465	Bairro dos Anjos/ Leiria	<b>4:34.64</b>	+0,74	514	2,00
	50m: 30.84 30.84	150m: 1:40.03	35.17	250m: 2:50.93	35.61	350m: 4:01.17	35.24	
	100m: 1:04.86 34.02	200m: 2:15.32	35.29	300m: 3:25.93	35.00	400m: 4:34.64	33.47	
24.	SOUSA Tomas Castro	04	123239	Vitoria Guimaraes	<b>4:38.22</b>	+0,79	494	1,00
	50m: 30.55 30.55	150m: 1:38.93	34.57	250m: 2:49.36	35.45	350m: 4:02.12	36.67	
	100m: 1:04.36 33.81	200m: 2:13.91	34.98	300m: 3:25.45	36.09	400m: 4:38.22	36.10	