

Prova 30  
07/04/2023 - 16:20Masc., 400m Estilos  
1ª Divisão1ª Divisão MASC  
Resultados

RN Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
RN Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
RN Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
RN Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015
RN Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
RN Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013
RN Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23/07/2004
RN Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013

JO : 4:12.50 / CEJun\_Masc 15 - 18: 4:33.58

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	FINA	Pts
1.	LOPES Jose Paulo	00	117924	Braga	<b>4:26.76</b>	+0,72	763	25,00
	50m: 27.87 27.87	150m: 1:33.71 34.08	250m: 2:44.61	37.38	350m: 3:55.49	32.46		
	100m: 59.63 31.76	200m: 2:07.23 33.52	300m: 3:23.03	38.42	400m: 4:26.76	31.27		
2.	ZAGLI Lorenzo	94	216072	Naval do Funchal	<b>4:29.70</b>	+0,91	739	23,00
	50m: 28.64 28.64	150m: 1:36.85 36.04	250m: 2:49.85	38.70	350m: 4:00.04	31.78		
	100m: 1:00.81 32.17	200m: 2:11.15 34.30	300m: 3:28.26	38.41	400m: 4:29.70	29.66		
3.	RAMOS Bruno Miguel	97	109110	Belenenses	<b>4:31.55</b>	+0,68	724	22,00
	50m: 27.92 27.92	150m: 1:36.69 36.46	250m: 2:51.55	40.02	350m: 4:02.02	31.69		
	100m: 1:00.23 32.31	200m: 2:11.53 34.84	300m: 3:30.33	38.78	400m: 4:31.55	29.53		
4.	DUTHU Jules	04	218917	Porto	<b>4:34.66</b>	+0,67	699	21,00
	50m: 27.85 27.85	150m: 1:35.20 34.59	250m: 2:51.44	42.02	350m: 4:05.80	32.80		
	100m: 1:00.61 32.76	200m: 2:09.42 34.22	300m: 3:33.00	41.56	400m: 4:34.66	28.86		
5.	CARDOSO Diogo Santos	01	122969	Sporting	<b>4:35.74</b>	+0,79	691	20,00
	50m: 29.02 29.02	150m: 1:39.82 38.67	250m: 2:56.15	39.20	350m: 4:06.69	31.12		
	100m: 1:01.15 32.13	200m: 2:16.95 37.13	300m: 3:35.57	39.42	400m: 4:35.74	29.05		
6.	TRUJILLO Cristobal Vargas	07	218741	Natacao de Olhao	<b>4:36.01</b>	+0,78	689	19,00
	50m: 29.80 29.80	150m: 1:38.41 35.38	250m: 2:54.50	40.33	350m: 4:05.66	31.83		
	100m: 1:03.03 33.23	200m: 2:14.17 35.76	300m: 3:33.83	39.33	400m: 4:36.01	30.35		
7.	FOMIN Yury	06	208159	Louletano/Loule Concelho	<b>4:36.47</b>	+0,80	686	18,00
	50m: 28.37 28.37	150m: 1:37.70 36.72	250m: 2:53.65	40.53	350m: 4:05.78	31.19		
	100m: 1:00.98 32.61	200m: 2:13.12 35.42	300m: 3:34.59	40.94	400m: 4:36.47	30.69		
8.	BASTOS Lucas Pereira	00	117492	Nautico Academico	<b>4:38.46</b>	+0,73	671	17,00
	50m: 28.89 28.89	150m: 1:38.28 36.38	250m: 2:54.24	40.26	350m: 4:07.90	32.76		
	100m: 1:01.90 33.01	200m: 2:13.98 35.70	300m: 3:35.14	40.90	400m: 4:38.46	30.56		
9.	COSTA Joao Nogueira	01	124315	Vitoria Guimaraes	<b>4:38.50</b>	+0,79	671	16,00
	50m: 27.78 27.78	150m: 1:35.96 34.26	250m: 2:55.12	43.73	350m: 4:09.39	31.62		
	100m: 1:01.70 33.92	200m: 2:11.39 35.43	300m: 3:37.77	42.65	400m: 4:38.50	29.11		
10.	SILVA Henrique Gomes	02	120860	Benfica	<b>4:39.32</b>	+0,65	665	15,00
	50m: 27.65 27.65	150m: 1:36.24 36.25	250m: 2:52.70	39.01	350m: 4:06.86	33.73		
	100m: 59.99 32.34	200m: 2:13.69 37.45	300m: 3:33.13	40.43	400m: 4:39.32	32.46		
11.	APSENIECE Kevins Alexandre	04	128451	Porto	<b>4:40.25</b>	+0,77	658	14,00
	50m: 27.76 27.76	150m: 1:37.18 37.27	250m: 2:56.59	42.29	350m: 4:09.77	31.36		
	100m: 59.91 32.15	200m: 2:14.30 37.12	300m: 3:38.41	41.82	400m: 4:40.25	30.48		

## Prova 30, Masc., 400m Estilos, 1ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	FINA	Pts
12.	CATALAO Daniel Nogueira	00	127075	Sporting	<b>4:43.34</b>	+0,63	637	13,00
	50m: 27.63 27.63	150m: 1:36.28	36.40	250m: 2:51.22	39.05	350m: 4:07.65	35.84	
	100m: 59.88 32.25	200m: 2:12.17	35.89	300m: 3:31.81	40.59	400m: 4:43.34	35.69	
13.	SIMOES Bernardo Jorge	04	130250	Belenenses	<b>4:43.48</b>	+0,73	636	12,00
	50m: 28.92 28.92	150m: 1:41.33	38.95	250m: 3:00.21	41.56	350m: 4:13.74	31.34	
	100m: 1:02.38 33.46	200m: 2:18.65	37.32	300m: 3:42.40	42.19	400m: 4:43.48	29.74	
14.	MORGADO Vasco Alves	05	147123	Alges	<b>4:43.91</b>	+0,65	633	11,00
	50m: 28.62 28.62	150m: 1:41.07	39.25	250m: 3:00.92	41.12	350m: 4:13.62	31.42	
	100m: 1:01.82 33.20	200m: 2:19.80	38.73	300m: 3:42.20	41.28	400m: 4:43.91	30.29	
15.	CARVALHO Goncalo Duarte	05	132466	Benfica	<b>4:44.41</b>	+0,69	630	10,00
	50m: 28.31 28.31	150m: 1:39.79	37.23	250m: 2:57.49	40.27	350m: 4:11.52	33.66	
	100m: 1:02.56 34.25	200m: 2:17.22	37.43	300m: 3:37.86	40.37	400m: 4:44.41	32.89	
16.	ZHUKOV Mark	06	200632	Braga	<b>4:46.78</b>	+0,66	614	9,00
	50m: 29.95 29.95	150m: 1:42.55	38.40	250m: 3:00.14	40.33	350m: 4:14.48	33.47	
	100m: 1:04.15 34.20	200m: 2:19.81	37.26	300m: 3:41.01	40.87	400m: 4:46.78	32.30	
17.	REBELO Joao Lourenco	04	132558	Alges	<b>4:47.82</b>	+0,64	608	8,00
	50m: 28.79 28.79	150m: 1:43.17	40.48	250m: 3:00.90	38.65	350m: 4:15.60	35.46	
	100m: 1:02.69 33.90	200m: 2:22.25	39.08	300m: 3:40.14	39.24	400m: 4:47.82	32.22	
18.	SANTOS Vasco Malia	04	153124	Louletano/Loule Concelho	<b>4:56.28</b>	+0,90	557	7,00
	50m: 30.60 30.60	150m: 1:46.12	41.03	250m: 3:07.20	42.90	350m: 4:24.17	34.24	
	100m: 1:05.09 34.49	200m: 2:24.30	38.18	300m: 3:49.93	42.73	400m: 4:56.28	32.11	
19.	DIOGO Dinis Miranda	04	129397	Nautico Academico	<b>4:56.54</b>	+0,71	555	6,00
	50m: 29.10 29.10	150m: 1:43.26	39.13	250m: 3:04.50	42.90	350m: 4:23.19	35.15	
	100m: 1:04.13 35.03	200m: 2:21.60	38.34	300m: 3:48.04	43.54	400m: 4:56.54	33.35	
20.	OLIVEIRA Miguel Fernandes	05	130926	Bairro dos Anjos/ Leiria	<b>5:01.27</b>	+0,66	530	5,00
	50m: 29.26 29.26	150m: 1:42.95	39.37	250m: 3:06.30	44.91	350m: 4:27.18	35.78	
	100m: 1:03.58 34.32	200m: 2:21.39	38.44	300m: 3:51.40	45.10	400m: 5:01.27	34.09	
21.	LOPES Afonso Teixeira	05	127333	Vitoria Guimaraes	<b>5:01.81</b>	+0,75	527	4,00
	50m: 29.01 29.01	150m: 1:45.30	42.53	250m: 3:10.15	45.07	350m: 4:29.44	34.49	
	100m: 1:02.77 33.76	200m: 2:25.08	39.78	300m: 3:54.95	44.80	400m: 5:01.81	32.37	
22.	GONCALVES Pedro Sousa	06	129459	Natacao de Olhao	<b>5:08.23</b>	+0,65	495	3,00
	50m: 30.03 30.03	150m: 1:47.42	42.17	250m: 3:12.42	43.51	350m: 4:32.23	35.82	
	100m: 1:05.25 35.22	200m: 2:28.91	41.49	300m: 3:56.41	43.99	400m: 5:08.23	36.00	
23.	ASCENSO Afonso Manuel	05	144105	Bairro dos Anjos/ Leiria	<b>5:21.68</b>	+0,75	435	2,00
	50m: 31.26 31.26	150m: 1:55.57	47.04	250m: 3:22.36	42.26	350m: 4:44.65	38.12	
	100m: 1:08.53 37.27	200m: 2:40.10	44.53	300m: 4:06.53	44.17	400m: 5:21.68	37.03	
DSQ	OLIVEIRA Diogo Alexandre	05	130414	Naval do Funchal				-
	7.18 - O(A) nadador(a) executou pernada vertical durante o percurso – SW 7.5							