

Event 19
31/03/2023 - 17:44

Men, 400m Medley

Open
Results Finals

Rec Nac Open	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	Jose Paulo LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	Joao Alexandre VITAL	POR	Singapore (SGP)	29/08/2015

JO Open: 4:12.50 / CMPL Sen: 4:17.48 / CESub23 19 - 23: 4:21.34 / CEJun_Masc 15 - 18: 4:33.58 / TAC Sen 50m: 4:49.87 - 25m: 4:40.54; Jun 50m: 4:58.57 - 25m: 4:48.96

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
Final A							
1.	Jose Paulo LOPES	00		Braga	4:27.40	+0,66	758
	50m: 27.68 27.68	150m: 1:33.05	33.55	250m: 2:45.50	38.48	350m: 3:56.99	31.95
	100m: 59.50 31.82	200m: 2:07.02	33.97	300m: 3:25.04	39.54	400m: 4:27.40	30.41
2.	Porfirio Braga NUNES	00		Porto	4:33.03	+0,66	712
	50m: 27.79 27.79	150m: 1:37.49	36.95	250m: 2:52.28	38.54	350m: 4:03.32	31.22
	100m: 1:00.54 32.75	200m: 2:13.74	36.25	300m: 3:32.10	39.82	400m: 4:33.03	29.71
3.	Diogo Santos CARDOSO	01		Sporting	4:34.47	+0,70	701
	50m: 29.16 29.16	150m: 1:39.96	38.40	250m: 2:55.91	39.17	350m: 4:05.33	30.76
	100m: 1:01.56 32.40	200m: 2:16.74	36.78	300m: 3:34.57	38.66	400m: 4:34.47	29.14
4.	Lucas Pereira BASTOS	00		Nautico Academico	4:34.51	+0,71	700
	50m: 28.56 28.56	150m: 1:36.41	35.53	250m: 2:51.13	39.28	350m: 4:03.07	31.93
	100m: 1:00.88 32.32	200m: 2:11.85	35.44	300m: 3:31.14	40.01	400m: 4:34.51	31.44
5.	Yury FOMIN	06		Louletano / Loule Concelho	4:38.02	+0,66	674
	50m: 28.74 28.74	150m: 1:38.82	36.84	250m: 2:54.81	40.31	350m: 4:07.04	32.22
	100m: 1:01.98 33.24	200m: 2:14.50	35.68	300m: 3:34.82	40.01	400m: 4:38.02	30.98
6.	Tiago Roberto CORDEIRO	00		Benfica	4:40.01	+0,69	660
	50m: 28.23 28.23	150m: 1:38.09	37.10	250m: 2:55.09	40.19	350m: 4:08.59	32.65
	100m: 1:00.99 32.76	200m: 2:14.90	36.81	300m: 3:35.94	40.85	400m: 4:40.01	31.42
7.	Afonso Carvalho SILVA	05		Famalicao	4:40.52	+0,65	656
	50m: 29.52 29.52	150m: 1:40.31	36.59	250m: 2:55.99	39.26	350m: 4:08.70	32.71
	100m: 1:03.72 34.20	200m: 2:16.73	36.42	300m: 3:35.99	40.00	400m: 4:40.52	31.82
8.	Vasco Alves MORGADO	05		Alges	4:41.36	+0,60	650
	50m: 28.10 28.10	150m: 1:39.97	38.14	250m: 2:58.94	40.16	350m: 4:11.07	30.55
	100m: 1:01.83 33.73	200m: 2:18.78	38.81	300m: 3:40.52	41.58	400m: 4:41.36	30.29
9.	Luis Galvao GOUVEIA	05		Desportivo Nacional	4:44.22	+0,68	631
	50m: 27.76 27.76	150m: 1:37.35	37.34	250m: 2:55.89	41.44	350m: 4:11.93	34.09
	100m: 1:00.01 32.25	200m: 2:14.45	37.10	300m: 3:37.84	41.95	400m: 4:44.22	32.29
10.	Bernardo Jorge SIMOES	04		Belenenses	4:46.53	+0,69	616
	50m: 28.69 28.69	150m: 1:40.19	37.91	250m: 2:59.17	41.34	350m: 4:14.72	32.01
	100m: 1:02.28 33.59	200m: 2:17.83	37.64	300m: 3:42.71	43.54	400m: 4:46.53	31.81
Final B							
11.	Goncalo Duarte CARVALHO	05		Benfica	4:43.65	+0,70	635
	50m: 28.46 28.46	150m: 1:41.06	38.37	250m: 2:58.55	38.91	350m: 4:11.59	33.35
	100m: 1:02.69 34.23	200m: 2:19.64	38.58	300m: 3:38.24	39.69	400m: 4:43.65	32.06
12.	Kaio Araujo FAFTINE	06		Sporting	4:44.73	+0,61	628
	50m: 29.23 29.23	150m: 1:41.04	37.59	250m: 2:59.53	42.32	350m: 4:13.90	32.37
	100m: 1:03.45 34.22	200m: 2:17.21	36.17	300m: 3:41.53	42.00	400m: 4:44.73	30.83

Event 19, Men, 400m Medley, Final, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
13.	Mark ZHUKOV	06		Braga	4:48.60	+0,73	603
	50m: 29.19 29.19	150m: 1:40.97	37.69	250m: 2:59.08	41.38	350m: 4:14.83	34.47
	100m: 1:03.28 34.09	200m: 2:17.70	36.73	300m: 3:40.36	41.28	400m: 4:48.60	33.77
14.	Nicolas Filip MONTFORT	05		Alges	4:49.96	+0,59	594
	50m: 28.57 28.57	150m: 1:42.26	39.36	250m: 3:03.33	42.88	350m: 4:18.30	32.53
	100m: 1:02.90 34.33	200m: 2:20.45	38.19	300m: 3:45.77	42.44	400m: 4:49.96	31.66
15.	Miguel Salomao TRISTAO	04		Academica de Coimbra	4:51.35	+0,75	586
	50m: 29.58 29.58	150m: 1:42.89	37.77	250m: 3:03.36	42.29	350m: 4:18.95	33.01
	100m: 1:05.12 35.54	200m: 2:21.07	38.18	300m: 3:45.94	42.58	400m: 4:51.35	32.40
16.	Miguel Alves FERNANDES	05		Viana Natacao	4:51.70	+0,84	584
	50m: 29.73 29.73	150m: 1:41.26	36.43	250m: 3:01.22	44.14	350m: 4:18.93	33.09
	100m: 1:04.83 35.10	200m: 2:17.08	35.82	300m: 3:45.84	44.62	400m: 4:51.70	32.77
17.	Rodrigo Reis RODRIGUES	04		Sao Roque	4:52.06	+0,62	581
	50m: 29.13 29.13	150m: 1:41.00	38.71	250m: 3:01.35	42.20	350m: 4:18.02	33.76
	100m: 1:02.29 33.16	200m: 2:19.15	38.15	300m: 3:44.26	42.91	400m: 4:52.06	34.04
18.	David Ferreira RELVAS	03		Nautico Marinha Grande	4:53.10	+0,78	575
	50m: 28.71 28.71	150m: 1:41.15	39.06	250m: 3:03.09	42.98	350m: 4:20.36	33.39
	100m: 1:02.09 33.38	200m: 2:20.11	38.96	300m: 3:46.97	43.88	400m: 4:53.10	32.74
19.	Dinis Miranda DIOGO	04		Nautico Academico	4:55.99	+0,70	559
	50m: 29.64 29.64	150m: 1:43.61	38.24	250m: 3:04.92	42.90	350m: 4:22.41	34.01
	100m: 1:05.37 35.73	200m: 2:22.02	38.41	300m: 3:48.40	43.48	400m: 4:55.99	33.58
20.	Ruben Ferreira PAIVA	05		Sanjoanense/FEPSA	4:59.41	+0,80	540
	50m: 30.05 30.05	150m: 1:44.96	40.48	250m: 3:05.36	41.87	350m: 4:24.33	35.35
	100m: 1:04.48 34.43	200m: 2:23.49	38.53	300m: 3:48.98	43.62	400m: 4:59.41	35.08

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Boys, 400m Medley

Juvenis Results Final

Rec Nac Open	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Juv A	4:32.66	Joao Alexandre VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	Joao Alexandre VITAL	POR	Utrecht (NED)	16/07/2013
JO Open: 4:12.50 / CEJun_Masc 15 - 18: 4:33.58 / TAC 50m: 5:13.06 - 25m: 5:02.98					

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
1.	Leonardo Conceicao REIS	07		Sporting	4:46.49	+0,64	616
	50m: 29.11 29.11	150m: 1:38.49	36.48	250m: 2:56.70	41.40	350m: 4:13.03	34.30
	100m: 1:02.01 32.90	200m: 2:15.30	36.81	300m: 3:38.73	42.03	400m: 4:46.49	33.46
2.	Renato Gouveia TEIXEIRA	07		Foca Quinta da Lixa CNF	4:49.84	+0,81	595
	50m: 30.30 30.30	150m: 1:42.30	37.30	250m: 3:01.60	41.90	350m: 4:17.30	32.63
	100m: 1:05.00 34.70	200m: 2:19.70	37.40	300m: 3:44.67	43.07	400m: 4:49.84	32.54
3.	Guilherme Costa SOARES	08		Vilacondense	4:53.80	+0,72	571
	50m: 30.56 30.56	150m: 1:43.70	37.86	250m: 3:04.40	43.45	350m: 4:22.16	33.49
	100m: 1:05.84 35.28	200m: 2:20.95	37.25	300m: 3:48.67	44.27	400m: 4:53.80	31.64
4.	Tomas Pinto PEIXOTO	08		Porto	4:55.93	+0,79	559
	50m: 30.85 30.85	150m: 1:43.83	36.85	250m: 3:02.08	42.80	350m: 4:23.10	34.73
	100m: 1:06.98 36.13	200m: 2:19.28	35.45	300m: 3:48.37	46.29	400m: 4:55.93	32.83

Event 19, Boys, 400m Medley, Final, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
5.	Filipe Manso LARANJO	07		Desportiva de Viana	4:56.01	+0,75	558
	50m: 30.90 30.90	150m: 1:45.72	38.78	250m: 3:07.04	44.04	350m: 4:25.37	33.52
	100m: 1:06.94 36.04	200m: 2:23.00	37.28	300m: 3:51.85	44.81	400m: 4:56.01	30.64
6.	Francisco Marques SIMOES	07		Nautico de Leiria	4:59.47	+0,69	539
	50m: 30.53 30.53	150m: 1:45.53	38.61	250m: 3:07.17	43.81	350m: 4:26.51	35.35
	100m: 1:06.92 36.39	200m: 2:23.36	37.83	300m: 3:51.16	43.99	400m: 4:59.47	32.96
7.	Joao Dinis ROQUE	07		Sporting	5:00.66	+0,78	533
	50m: 30.85 30.85	150m: 1:46.95	40.87	250m: 3:08.83	41.56	350m: 4:27.10	35.36
	100m: 1:06.08 35.23	200m: 2:27.27	40.32	300m: 3:51.74	42.91	400m: 5:00.66	33.56
8.	Joao Francisco ALMEIDA	07		Naval do Funchal	5:04.99	+0,64	511
	50m: 30.59 30.59	150m: 1:47.28	40.87	250m: 3:10.76	43.62	350m: 4:30.57	35.20
	100m: 1:06.41 35.82	200m: 2:27.14	39.86	300m: 3:55.37	44.61	400m: 5:04.99	34.42
9.	Mikhael ONUTSKYY	08		Pimpoes/Cimai	5:05.14	+0,80	510
	50m: 32.34 32.34	150m: 1:47.07	38.62	250m: 3:10.56	45.35	350m: 4:31.57	35.53
	100m: 1:08.45 36.11	200m: 2:25.21	38.14	300m: 3:56.04	45.48	400m: 5:05.14	33.57
10.	Rafael Pacheco GODINHO	07		Sporting	5:13.44	+0,78	470
	50m: 30.01 30.01	150m: 1:47.18	41.32	250m: 3:13.01	45.49	350m: 4:37.16	37.01
	100m: 1:05.86 35.85	200m: 2:27.52	40.34	300m: 4:00.15	47.14	400m: 5:13.44	36.28