

Prova 23  
01/04/2023 - 17:00

Masc., 400m Livres

Open  
Resultados Final

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	Jose Paulo LOPES	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	Gustavo Manuel SANTA	POR	Helsinquia (FIN)	14/07/2010

JO Absoluto: 3:46.78 / CMPL Sen: 3:48.15 / CESub23 19 - 23: 2:54.72 / CEJun\_Masc 15 - 18: 4:01.28 / TAC Sen 50m: 4:16.03 - 25m: 4:06.41; Jun 50m: 4:23.71 - 25m: 4:13.80

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Jose Paulo LOPES	00	Braga	<b>3:55.39</b>	+0,68	817
	50m: 26.86 26.86	150m: 1:26.22	29.81	250m: 2:25.63	29.68	350m: 3:25.92 30.05
	100m: 56.41 29.55	200m: 1:55.95	29.73	300m: 2:55.87	30.24	400m: 3:55.39 29.47
2.	Bernardo Victorino ALMEIDA	04	Sporting	<b>4:00.72</b>	+0,66	764
	50m: 26.71 26.71	150m: 1:27.06	30.16	250m: 2:29.17	31.23	350m: 3:31.04 30.77
	100m: 56.90 30.19	200m: 1:57.94	30.88	300m: 3:00.27	31.10	400m: 4:00.72 29.68
3.	Gustavo Pires MARQUES	04	Uniao Coimbra	<b>4:01.07</b>	+0,70	760
	50m: 27.11 27.11	150m: 1:27.12	30.33	250m: 2:28.97	30.82	350m: 3:32.00 31.31
	100m: 56.79 29.68	200m: 1:58.15	31.03	300m: 3:00.69	31.72	400m: 4:01.07 29.07
4.	Lucas Pereira BASTOS	00	Nautico Academico	<b>4:04.81</b>	+0,70	726
	50m: 27.96 27.96	150m: 1:29.45	31.05	250m: 2:31.75	30.81	350m: 3:34.10 31.04
	100m: 58.40 30.44	200m: 2:00.94	31.49	300m: 3:03.06	31.31	400m: 4:04.81 30.71
5.	Salvador Goya PERLOIRO	05	Benfica	<b>4:05.28</b>	+0,69	722
	50m: 27.53 27.53	150m: 1:28.82	30.76	250m: 2:32.07	31.57	350m: 3:35.02 31.22
	100m: 58.06 30.53	200m: 2:00.50	31.68	300m: 3:03.80	31.73	400m: 4:05.28 30.26
6.	Bernardo Jorge SIMOES	04	Belenenses	<b>4:07.87</b>	+0,68	699
	50m: 27.56 27.56	150m: 1:29.37	31.34	250m: 2:33.64	32.03	350m: 3:37.38 31.61
	100m: 58.03 30.47	200m: 2:01.61	32.24	300m: 3:05.77	32.13	400m: 4:07.87 30.49
7.	Yury FOMIN	06	Louletano / Loule Concelho	<b>4:08.39</b>	+0,67	695
	50m: 28.03 28.03	150m: 1:29.37	30.89	250m: 2:32.96	31.98	350m: 3:37.18 31.91
	100m: 58.48 30.45	200m: 2:00.98	31.61	300m: 3:05.27	32.31	400m: 4:08.39 31.21
8.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>4:10.33</b>	+0,63	679
	50m: 27.61 27.61	150m: 1:28.88	30.87	250m: 2:32.16	31.54	350m: 3:37.08 32.66
	100m: 58.01 30.40	200m: 2:00.62	31.74	300m: 3:04.42	32.26	400m: 4:10.33 33.25
9.	Nicolas Filip MONTFORT	05	Alges	<b>4:16.44</b>	+0,63	632
	50m: 28.64 28.64	150m: 1:32.90	32.85	250m: 2:38.63	32.81	350m: 3:45.12 33.13
	100m: 1:00.05 31.41	200m: 2:05.82	32.92	300m: 3:11.99	33.36	400m: 4:16.44 31.32
10.	Afonso Martim LEITE	05	Foca Quinta da Lixa CNF	<b>4:19.57</b>	+0,71	609
	50m: 28.78 28.78	150m: 1:32.11	32.34	250m: 2:38.13	33.27	350m: 3:46.18 33.83
	100m: 59.77 30.99	200m: 2:04.86	32.75	300m: 3:12.35	34.22	400m: 4:19.57 33.39

Final B

11.	Diogo Alexandre OLIVEIRA	05	Naval do Funchal	<b>4:13.22</b>	+0,66	656
	50m: 28.11 28.11	150m: 1:30.41	31.62	250m: 2:35.53	32.79	350m: 3:41.14 32.83
	100m: 58.79 30.68	200m: 2:02.74	32.33	300m: 3:08.31	32.78	400m: 4:13.22 32.08
12.	Bruno Silva LOUREIRO	06	Porto	<b>4:13.36</b>	+0,68	655
	50m: 28.74 28.74	150m: 1:32.59	32.03	250m: 2:37.73	32.17	350m: 3:42.85 32.07
	100m: 1:00.56 31.82	200m: 2:05.56	32.97	300m: 3:10.78	33.05	400m: 4:13.36 30.51

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

02/04/2023 19:55 - Página 1

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS LOCAIS



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



## Prova 23, Masc., 400m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Filipe Santos CARDOSO	04	Gafanha da Encarnacao	<b>4:13.66</b>	+0,60	653	
	50m: 28.70 28.70	150m: 1:32.64	32.20	250m: 2:38.18	32.63	350m: 3:43.06	31.81
	100m: 1:00.44 31.74	200m: 2:05.55	32.91	300m: 3:11.25	33.07	400m: 4:13.66	30.60
14.	Goncalo Renato CARVALHO	04	Porto	<b>4:16.82</b>	+0,62	629	
	50m: 29.45 29.45	150m: 1:33.54	32.33	250m: 2:38.97	32.72	350m: 3:44.57	32.62
	100m: 1:01.21 31.76	200m: 2:06.25	32.71	300m: 3:11.95	32.98	400m: 4:16.82	32.25
15.	Guilherme Maia CARDOSO	05	Columbofila Cantanhedense	<b>4:17.92</b>	+0,68	621	
	50m: 29.95 29.95	150m: 1:34.83	32.31	250m: 2:40.27	32.62	350m: 3:45.92	32.47
	100m: 1:02.52 32.57	200m: 2:07.65	32.82	300m: 3:13.45	33.18	400m: 4:17.92	32.00
16.	Tomas Nunes ROQUE	06	Benfica	<b>4:18.35</b>	+0,68	618	
	50m: 28.82 28.82	150m: 1:32.82	32.46	250m: 2:38.57	32.75	350m: 3:45.34	33.43
	100m: 1:00.36 31.54	200m: 2:05.82	33.00	300m: 3:11.91	33.34	400m: 4:18.35	33.01
17.	Alexandre Ramos GONCALVES	05	Sao Joao Ver	<b>4:20.36</b>	+0,70	603	
	50m: 28.89 28.89	150m: 1:32.93	32.35	250m: 2:39.31	32.99	350m: 3:47.10	34.08
	100m: 1:00.58 31.69	200m: 2:06.32	33.39	300m: 3:13.02	33.71	400m: 4:20.36	33.26
18.	Joao Maria SOUSA	05	Braga	<b>4:20.54</b>	+0,75	602	
	50m: 28.80 28.80	150m: 1:32.37	32.29	250m: 2:39.28	33.63	350m: 3:47.63	34.01
	100m: 1:00.08 31.28	200m: 2:05.65	33.28	300m: 3:13.62	34.34	400m: 4:20.54	32.91
19.	Francisco Couto FRAZAO	06	Uniao Coimbra	<b>4:22.05</b>	+0,77	592	
	50m: 28.95 28.95	150m: 1:34.38	32.92	250m: 2:41.93	33.73	350m: 3:49.96	33.87
	100m: 1:01.46 32.51	200m: 2:08.20	33.82	300m: 3:16.09	34.16	400m: 4:22.05	32.09
20.	Joao Pedro TORRES	05	Porto	<b>4:23.15</b>	+0,78	584	
	50m: 29.26 29.26	150m: 1:33.61	32.05	250m: 2:40.82	33.45	350m: 3:49.24	33.35
	100m: 1:01.56 32.30	200m: 2:07.37	33.76	300m: 3:15.89	35.07	400m: 4:23.15	33.91

## Prova 23 01/04/2023 - 17:00

## Masc., 400m Livres

## Juvenis Resultados Final

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	Gustavo Manuel SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe COSTA	VSC	Coimbra	29/07/2006

JO Absoluto: 3:46.78 / CEJun\_Masc 15 - 18: 4:01.28 / TAC 50m: 4:36.51 - 25m: 4:26.12

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Goya PERLOIRO	07	Benfica	<b>4:12.85</b>	+0,66	659	
	50m: 29.19 29.19	150m: 1:33.98	32.30	250m: 2:38.00	31.61	350m: 3:42.13	31.88
	100m: 1:01.68 32.49	200m: 2:06.39	32.41	300m: 3:10.25	32.25	400m: 4:12.85	30.72
2.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>4:14.37</b>	+0,78	647	
	50m: 29.42 29.42	150m: 1:34.72	32.71	250m: 2:39.93	32.42	350m: 3:43.62	31.39
	100m: 1:02.01 32.59	200m: 2:07.51	32.79	300m: 3:12.23	32.30	400m: 4:14.37	30.75
3.	Rui Silva PEREIRA	08	Colegio Monte Maior	<b>4:17.28</b>	+0,79	625	
	50m: 28.83 28.83	150m: 1:33.90	33.03	250m: 2:38.96	32.39	350m: 3:44.91	33.05
	100m: 1:00.87 32.04	200m: 2:06.57	32.67	300m: 3:11.86	32.90	400m: 4:17.28	32.37
4.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>4:18.53</b>	+0,60	616	
	50m: 28.78 28.78	150m: 1:33.99	33.17	250m: 2:40.22	33.11	350m: 3:47.24	33.55
	100m: 1:00.82 32.04	200m: 2:07.11	33.12	300m: 3:13.69	33.47	400m: 4:18.53	31.29

Prova 23, Masc., 400m Livres, Final, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
5.	Antonio Miguel COSTA	07		Fafe	<b>4:18.67</b>	+0,70	615
	50m: 29.29 29.29	150m: 1:34.47	33.05	250m: 2:40.80	33.24	350m: 3:47.74	33.58
	100m: 1:01.42 32.13	200m: 2:07.56	33.09	300m: 3:14.16	33.36	400m: 4:18.67	30.93
6.	Axel Guedes ASMAR	07		Sporting	<b>4:22.26</b>	+0,63	590
	50m: 28.30 28.30	150m: 1:33.78	33.36	250m: 2:40.86	33.51	350m: 3:49.27	34.14
	100m: 1:00.42 32.12	200m: 2:07.35	33.57	300m: 3:15.13	34.27	400m: 4:22.26	32.99
7.	Guilherme Costa SOARES	08		Vilacondense	<b>4:23.20</b>	+0,71	584
	50m: 29.11 29.11	150m: 1:35.33	33.35	250m: 2:42.71	33.62	350m: 3:50.32	33.61
	100m: 1:01.98 32.87	200m: 2:09.09	33.76	300m: 3:16.71	34.00	400m: 4:23.20	32.88
8.	Alexandre MORARI	07		Rio Maior	<b>4:23.68</b>	+0,69	581
	50m: 29.28 29.28	150m: 1:34.58	32.51	250m: 2:41.28	33.22	350m: 3:49.31	34.17
	100m: 1:02.07 32.79	200m: 2:08.06	33.48	300m: 3:15.14	33.86	400m: 4:23.68	34.37
9.	Afonso Dinis ROQUE	07		Nautico de Leiria	<b>4:24.80</b>	+0,74	574
	50m: 29.23 29.23	150m: 1:35.01	33.11	250m: 2:42.38	33.46	350m: 3:50.58	34.06
	100m: 1:01.90 32.67	200m: 2:08.92	33.91	300m: 3:16.52	34.14	400m: 4:24.80	34.22
10.	Miguel Guedes FERREIRA	07		Porto	<b>4:25.43</b>	+0,79	569
	50m: 29.03 29.03	150m: 1:35.53	33.69	250m: 2:43.95	34.10	350m: 3:52.19	33.83
	100m: 1:01.84 32.81	200m: 2:09.85	34.32	300m: 3:18.36	34.41	400m: 4:25.43	33.24