

Event 23
01/04/2023 - 17:00

Men, 400m Freestyle

Open
Results Finals

Rec Nac Open	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 Open: 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

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
Final A							
1.	Jose Paulo LOPES	00		Braga	3:55.39	+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	4:00.72	+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	4:01.07	+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	4:04.81	+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	4:05.28	+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	4:07.87	+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	4:08.39	+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	4:10.33	+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	4:16.44	+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	4:19.57	+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	4:13.22	+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	4:13.36	+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

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Event 23, Men, 400m Freestyle, Final, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
13.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	4:13.66	+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	4:16.82	+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	4:17.92	+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	4:18.35	+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	4:20.36	+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	4:20.54	+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	4:22.05	+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	4:23.15	+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

Event 23 01/04/2023 - 17:00

Boys, 400m Freestyle

Juvenis Results Final

Rec Nac Open	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 Open: 3:46.78 / CEJun_Masc 15 - 18: 4:01.28 / TAC 50m: 4:36.51 - 25m: 4:26.12

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
1.	Francisco Goya PERLOIRO	07		Benfica	4:12.85	+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	4:14.37	+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	4:17.28	+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	4:18.53	+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

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Event 23, Boys, 400m Freestyle, Final, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
5.	Antonio Miguel COSTA	07		Fafe	4:18.67	+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	4:22.26	+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	4:23.20	+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	4:23.68	+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	4:24.80	+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	4:25.43	+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

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	