

Event 33 Men, 400m Freestyle Open Results Finals
 28/05/2023

Recorde Nacional Open	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Recorde Nacional Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
Recorde Nacional Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recorde Nacional Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006
Recorde Nacional Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
Recorde Nacional Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26/07/2003
Recorde Meeting	3:57.46	LOPES Jose Paulo	POR	Coimbra	20/05/2018
RNS11	4:43.74	MENESES Marco Ribeiro	POR	Sheffield (GBR)	18/03/2023
RNS14	4:51.21	DUARTE Samuel Lima	POR	Pajulahti (FIN)	01/07/2022

TAC : 4:20.37

Points: FINA 2023

Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
Final A								
1.	LARGERON Pierre	05		Occitanie	3:59.51	+0,61	775	16,00
	50m: 28.04 28.04	150m: 1:28.85 30.79	250m: 2:29.73 29.82	350m: 3:29.93 29.96	100m: 58.06 30.02	200m: 1:59.91 31.06	300m: 2:59.97 30.24	400m: 3:59.51 29.58
2.	SIMOES Bernardo Jorge	04		Belenenses	4:09.92	+0,76	682	13,00
	50m: 28.38 28.38	150m: 1:31.76 32.07	250m: 2:36.45 32.19	350m: 3:39.95 31.16	100m: 59.69 31.31	200m: 2:04.26 32.50	300m: 3:08.79 32.34	400m: 4:09.92 29.97
3.	PEREIRA Rui Silva	08		Portugal	4:09.99	+0,86	682	11,00
	50m: 28.39 28.39	150m: 1:31.17 31.78	250m: 2:35.25 32.30	350m: 3:39.81 32.08	100m: 59.39 31.00	200m: 2:02.95 31.78	300m: 3:07.73 32.48	400m: 4:09.99 30.18
4.	LEITE Afonso Martim	05		Foca Quinta da Lixa CNF	4:14.80	+0,72	644	10,00
	50m: 28.79 28.79	150m: 1:31.87 32.20	250m: 2:37.36 32.92	350m: 3:43.20 33.13	100m: 59.67 30.88	200m: 2:04.44 32.57	300m: 3:10.07 32.71	400m: 4:14.80 31.60
5.	SOUSA Joao Maria	05		Braga	4:16.57	+0,73	631	9,00
	50m: 29.37 29.37	150m: 1:34.05 32.78	250m: 2:39.63 32.80	350m: 3:45.35 33.02	100m: 1:01.27 31.90	200m: 2:06.83 32.78	300m: 3:12.33 32.70	400m: 4:16.57 31.22
6.	FRAZAO Francisco Couto	06		Individual ANC	4:16.69	+0,82	630	8,00
	50m: 28.76 28.76	150m: 1:33.06 32.48	250m: 2:39.62 33.04	350m: 3:45.83 32.74	100m: 1:00.58 31.82	200m: 2:06.58 33.52	300m: 3:13.09 33.47	400m: 4:16.69 30.86
7.	COSTA Afonso Filipe	03		Louzan Natacao/EFAPEL	4:16.81	+0,73	629	7,00
	50m: 28.49 28.49	150m: 1:31.60 31.40	250m: 2:36.47 31.99	350m: 3:43.25 33.25	100m: 1:00.20 31.71	200m: 2:04.48 32.88	300m: 3:10.00 33.53	400m: 4:16.81 33.56
8.	LARANJO Filipe Manso	07		Portugal	4:16.94	+0,85	628	6,00
	50m: 29.11 29.11	150m: 1:33.22 32.06	250m: 2:39.89 33.20	350m: 3:46.30 32.52	100m: 1:01.16 32.05	200m: 2:06.69 33.47	300m: 3:13.78 33.89	400m: 4:16.94 30.64
9.	GONCALVES Alexandre Ramos	05		Sao Joao Ver	4:17.80	+0,71	622	5,00
	50m: 29.82 29.82	150m: 1:34.24 32.44	250m: 2:39.82 32.79	350m: 3:45.72 32.89	100m: 1:01.80 31.98	200m: 2:07.03 32.79	300m: 3:12.83 33.01	400m: 4:17.80 32.08
10.	MORARI Alexandre FTL	07		Portugal	4:20.65	+0,76	601	4,00
	50m: 30.01 30.01	150m: 1:35.01 32.69	250m: 2:41.63 33.21	350m: 3:49.92 34.30	100m: 1:02.32 32.31	200m: 2:08.42 33.41	300m: 3:15.62 33.99	400m: 4:20.65 30.73

Event 33, Men, 400m Freestyle, Final, Open

Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
Final B								
11.	NUNES Duarte Ramos	07		Galitos / Bresimar	4:19.51	+0,61	609	3,00
	50m: 28.24 28.24	150m: 1:32.58	32.90	250m: 2:39.39	33.22	350m: 3:46.65	33.68	
	100m: 59.68 31.44	200m: 2:06.17	33.59	300m: 3:12.97	33.58	400m: 4:19.51	32.86	
12.	DIAS Rodrigo Reis	03		Belenenses	4:33.59	+0,70	520	2,00
	<i>FTL</i>							
	50m: 29.75 29.75	150m: 1:37.55	33.88	250m: 2:46.71	34.10	350m: 3:57.93	35.35	
	100m: 1:03.67 33.92	200m: 2:12.61	35.06	300m: 3:22.58	35.87	400m: 4:33.59	35.66	
13.	FIDALGO Joao Matos	03	S110	Geslours	4:41.27	+0,76	478	1,00
	<i>FTL</i>							
	50m: 30.38 30.38	150m: 1:40.50	35.68	250m: 2:53.41	36.59	350m: 4:07.48	37.11	
	100m: 1:04.82 34.44	200m: 2:16.82	36.32	300m: 3:30.37	36.96	400m: 4:41.27	33.79	
14.	MENESES Marco Ribeiro	01	S11	O Crasto	4:47.40	+0,82	448	-
	<i>FTL</i>							
	50m: 31.25 31.25	150m: 1:44.17	36.34	250m: 2:57.27	35.94	350m: 4:11.70	36.83	
	100m: 1:07.83 36.58	200m: 2:21.33	37.16	300m: 3:34.87	37.60	400m: 4:47.40	35.70	
15.	DUARTE Samuel Lima	04	S14	Feira Viva	4:48.51	+0,87	443	-
	<i>Recorde Nacional Classe S14, FTL</i>							
	50m: 30.65 30.65	150m: 1:42.20	36.93	250m: 2:57.11	37.29	350m: 4:12.32	37.17	
	100m: 1:05.27 34.62	200m: 2:19.82	37.62	300m: 3:35.15	38.04	400m: 4:48.51	36.19	
16.	TORRE Francisco Parra De La	00		Nautico Sevilla	4:52.55	+0,76	425	-
	<i>FTL</i>							
	50m: 24.98 24.98	150m: 1:50.76	41.63	250m: 3:09.51	38.44	350m: 4:18.84	34.02	
	100m: 1:09.13 44.15	200m: 2:31.07	40.31	300m: 3:44.82	35.31	400m: 4:52.55	33.71	
17.	FERREIRA Renato Maria	04		Uniao Coimbra	4:52.74	+0,70	424	-
	<i>FTL</i>							
	50m: 31.84 31.84	150m: 1:45.50	37.29	250m: 3:00.86	37.73	350m: 4:16.57	37.99	
	100m: 1:08.21 36.37	200m: 2:23.13	37.63	300m: 3:38.58	37.72	400m: 4:52.74	36.17	
DNS	OVIEDO Miguel Freitas	02		Academica de Coimbra				-