

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

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
RNS6	5:15.72	VIDEIRA Daniel Carlos	POR	Funchal	19/05/2021
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
RNS21	5:59.96	ALMEIDA Andre Reis	SCP	Oeiras	11/05/2019

TAC : 4:20.37

Points: FINA 2023

Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
1.	LARGERON Pierre	05		Occitanie	4:05.39	+0,63	721	A -
	50m: 27.99 27.99	150m: 1:28.93	30.86	250m: 2:31.30	31.22	350m: 3:34.75	31.91	
	100m: 58.07 30.08	200m: 2:00.08	31.15	300m: 3:02.84	31.54	400m: 4:05.39	30.64	
2.	PEREIRA Rui Silva	08		Portugal	4:15.56	+0,82	638	A -
	50m: 28.71 28.71	150m: 1:33.47	33.28	250m: 2:40.00	33.48	350m: 3:44.29	31.94	
	100m: 1:00.19 31.48	200m: 2:06.52	33.05	300m: 3:12.35	32.35	400m: 4:15.56	31.27	
3.	LEITE Afonso Martim	05		Foca Quinta da Lixa CNF	4:15.63	+0,75	638	A -
	50m: 28.88 28.88	150m: 1:32.93	32.59	250m: 2:38.50	32.91	350m: 3:43.83	32.54	
	100m: 1:00.34 31.46	200m: 2:05.59	32.66	300m: 3:11.29	32.79	400m: 4:15.63	31.80	
4.	SIMOES Bernardo Jorge	04		Belenenses	4:16.21	+0,79	633	A -
	50m: 28.82 28.82	150m: 1:33.70	33.35	250m: 2:40.29	33.49	350m: 3:45.36	32.41	
	100m: 1:00.35 31.53	200m: 2:06.80	33.10	300m: 3:12.95	32.66	400m: 4:16.21	30.85	
5.	SOUSA Joao Maria	05		Braga	4:16.25	+0,81	633	A -
	50m: 29.71 29.71	150m: 1:34.65	32.94	250m: 2:40.30	32.82	350m: 3:44.99	32.44	
	100m: 1:01.71 32.00	200m: 2:07.48	32.83	300m: 3:12.55	32.25	400m: 4:16.25	31.26	
6.	LARANJO Filipe Manso	07		Portugal	4:18.77	+0,83	615	A -
	50m: 29.64 29.64	150m: 1:35.21	33.24	250m: 2:41.44	33.10	350m: 3:47.43	32.51	
	100m: 1:01.97 32.33	200m: 2:08.34	33.13	300m: 3:14.92	33.48	400m: 4:18.77	31.34	
7.	GONCALVES Alexandre Ramos	05		Sao Joao Ver	4:19.62	+0,75	609	A -
	50m: 29.50 29.50	150m: 1:33.53	32.51	250m: 2:39.24	33.01	350m: 3:46.98	34.26	
	100m: 1:01.02 31.52	200m: 2:06.23	32.70	300m: 3:12.72	33.48	400m: 4:19.62	32.64	
8.	FRAZAO Francisco Couto	06		Individual ANC	4:19.98	+0,68	606	A -
	50m: 29.37 29.37	150m: 1:33.13	32.46	250m: 2:40.07	33.78	350m: 3:47.68	33.82	
	100m: 1:00.67 31.30	200m: 2:06.29	33.16	300m: 3:13.86	33.79	400m: 4:19.98	32.30	
9.	MORARI Alexandre FTL	07		Portugal	4:20.84	+0,76	600	A -
	50m: 29.66 29.66	150m: 1:35.09	32.89	250m: 2:42.67	33.45	350m: 3:49.69	33.10	
	100m: 1:02.20 32.54	200m: 2:09.22	34.13	300m: 3:16.59	33.92	400m: 4:20.84	31.15	

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Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
10.	COSTA Afonso Filipe <i>FTL</i>	03		Louzan Natacao/EFAPEL	4:23.58	+0,72	582 A	-
	50m: 29.32 29.32 150m: 1:34.30 33.04 250m: 2:41.79 33.91 350m: 3:50.16 34.25			100m: 1:01.26 31.94 200m: 2:07.88 33.58 300m: 3:15.91 34.12 400m: 4:23.58 33.42				
11.	NUNES Duarte Ramos <i>FTL</i>	07		Galitos / Bresimar	4:24.27	+0,64	577 B	-
	50m: 28.97 28.97 150m: 1:35.36 33.57 250m: 2:44.09 34.35 350m: 3:53.14 34.29			100m: 1:01.79 32.82 200m: 2:09.74 34.38 300m: 3:18.85 34.76 400m: 4:24.27 31.13				
12.	TORRE Francisco Parra De La <i>FTL</i>	00		Nautico Sevilla	4:24.32	+0,86	577 B	-
	50m: 29.61 29.61 150m: 1:35.92 33.37 250m: 2:44.52 34.03 350m: 3:53.38 34.08			100m: 1:02.55 32.94 200m: 2:10.49 34.57 300m: 3:19.30 34.78 400m: 4:24.32 30.94				
13.	ROQUE Afonso Dinis <i>FTL</i>	07		Portugal	4:28.54	+0,80	550 B	-
	50m: 30.19 30.19 150m: 1:37.20 34.07 250m: 2:45.41 34.29 350m: 3:54.59 34.83			100m: 1:03.13 32.94 200m: 2:11.12 33.92 300m: 3:19.76 34.35 400m: 4:28.54 33.95				
14.	OVIEDO Miguel Freitas <i>FTL</i>	02		Academica de Coimbra	4:39.24	+0,68	489 B	-
	50m: 30.10 30.10 150m: 1:38.56 35.06 250m: 2:51.04 36.44 350m: 4:03.79 36.75			100m: 1:03.50 33.40 200m: 2:14.60 36.04 300m: 3:27.04 36.00 400m: 4:39.24 35.45				
15.	SILVA David Ferreira <i>FTL</i>	07		Academica de Coimbra	4:41.23	+0,75	479 B	-
	50m: 32.01 32.01 150m: 1:41.42 35.50 250m: 2:53.23 36.45 350m: 4:06.07 36.77			100m: 1:05.92 33.91 200m: 2:16.78 35.36 300m: 3:29.30 36.07 400m: 4:41.23 35.16				
16.	DIAS Rodrigo Reis <i>FTL</i>	03		Belenenses	4:41.78	+0,67	476 B	-
	50m: 30.13 30.13 150m: 1:38.68 34.36 250m: 2:50.22 35.78 350m: 4:05.20 37.53			100m: 1:04.32 34.19 200m: 2:14.44 35.76 300m: 3:27.67 37.45 400m: 4:41.78 36.58				
17.	FIDALGO Joao Matos <i>FTL</i>	03	S110	Gesloures	4:45.19	+0,74	459 B	-
	50m: 31.48 31.48 150m: 1:43.69 36.82 250m: 2:56.52 36.11 350m: 4:09.69 36.78			100m: 1:06.87 35.39 200m: 2:20.41 36.72 300m: 3:32.91 36.39 400m: 4:45.19 35.50				
18.	MENESES Marco Ribeiro <i>FTL</i>	01	S11	O Crasto	4:47.21	+0,87	449 B	-
	50m: 31.69 31.69 150m: 1:45.00 36.94 250m: 2:59.27 36.83 350m: 4:12.26 36.15			100m: 1:08.06 36.37 200m: 2:22.44 37.44 300m: 3:36.11 36.84 400m: 4:47.21 34.95				
19.	FERREIRA Renato Maria <i>FTL</i>	04		Uniao Coimbra	4:51.40	+0,63	430 B	-
	50m: 32.18 32.18 150m: 1:45.35 36.93 250m: 2:59.49 37.10 350m: 4:14.90 37.54			100m: 1:08.42 36.24 200m: 2:22.39 37.04 300m: 3:37.36 37.87 400m: 4:51.40 36.50				

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Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
20.	PEREIRA Francisco Fernandes <i>FTL</i>	08		Academica de Coimbra	4:54.09	+0,80	419 B	-
	50m: 34.04 34.04 150m: 1:48.45 37.42 250m: 3:03.20 37.27				350m: 4:18.99 38.02			
	100m: 1:11.03 36.99 200m: 2:25.93 37.48 300m: 3:40.97 37.77				400m: 4:54.09 35.10			
21.	MAIA Samuel Dinis <i>FTL</i>	08		Miranda do Corvo	4:56.45	+0,63	409 R	-
	50m: 32.86 32.86 150m: 1:47.34 37.83 250m: 3:02.93 37.83				350m: 4:19.93 38.83			
	100m: 1:09.51 36.65 200m: 2:25.10 37.76 300m: 3:41.10 38.17				400m: 4:56.45 36.52			
22.	DUARTE Samuel Lima <i>FTL</i>	04	S14	Feira Viva	5:01.15	+0,87	390 R	-
	50m: 32.20 32.20 150m: 1:46.85 37.82 250m: 3:05.13 39.29				350m: 4:23.15 38.31			
	100m: 1:09.03 36.83 200m: 2:25.84 38.99 300m: 3:44.84 39.71				400m: 5:01.15 38.00			
23.	PEREIRA Pedro Emanuel <i>FTL</i>	10		Academica de Coimbra	6:14.94	+0,82	202	-
	50m: 44.27 44.27 150m: 2:19.96 48.84 250m: 3:55.80 47.47				350m: 5:30.34 46.79			
	100m: 1:31.12 46.85 200m: 3:08.33 48.37 300m: 4:43.55 47.75				400m: 6:14.94 44.60			
DNS	GOMES Diogo Lopes	96	S21	Feira Viva				-
DNS	TRAVASSOS Rodrigo Alexandre	02		Nautico Academico				-
DNS	VIDEIRA Daniel Carlos	92	S6	Gesloures				-