

Event 35 **Men, 400m Medley** **Open Results**
28/05/2023

Recorde Nacional Open	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recorde Nacional Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recorde Nacional Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Recorde Nacional Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Recorde Nacional Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Recorde Nacional Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013
Recorde Nacional Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23/07/2004
Recorde Nacional Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013
Recorde Meeting	4:20.44	DRYMONAKOS Ioannis	GRE	Coimbra	30/05/2010

TAC : 5:11.85

Points: FINA 2023

Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
Open								
1.	CONDE Alvaro Lopez	92		Nautico Sevilla	4:34.06	+0,78	704	-
	50m: 28.57 28.57	150m: 1:40.35	37.72	250m: 2:54.36	37.85	350m: 4:04.44	31.91	
	100m: 1:02.63 34.06	200m: 2:16.51	36.16	300m: 3:32.53	38.17	400m: 4:34.06	29.62	
2.	RAMOS Bruno Miguel	97		Belenenses	4:34.60	+0,68	700	-
	50m: 28.68 28.68	150m: 1:39.57	37.47	250m: 2:55.73	39.89	350m: 4:06.21	31.09	
	100m: 1:02.10 33.42	200m: 2:15.84	36.27	300m: 3:35.12	39.39	400m: 4:34.60	28.39	
3.	BASTOS Lucas Pereira	00		Nautico Academico	4:39.28	+0,76	665	-
	50m: 29.17 29.17	150m: 1:38.73	36.33	250m: 2:54.50	39.69	350m: 4:08.43	32.52	
	100m: 1:02.40 33.23	200m: 2:14.81	36.08	300m: 3:35.91	41.41	400m: 4:39.28	30.85	
4.	FOMIN Yury	06		Louletano / Loule Concelho	4:41.45	+0,71	650	-
	50m: 29.43 29.43	150m: 1:40.90	37.43	250m: 2:57.49	41.23	350m: 4:10.60	32.33	
	100m: 1:03.47 34.04	200m: 2:16.26	35.36	300m: 3:38.27	40.78	400m: 4:41.45	30.85	
5.	SILVA Afonso Carvalho	05		Famalicao	4:42.58	+0,66	642	-
	50m: 29.29 29.29	150m: 1:40.76	37.37	250m: 2:56.79	39.66	350m: 4:10.38	33.56	
	100m: 1:03.39 34.10	200m: 2:17.13	36.37	300m: 3:36.82	40.03	400m: 4:42.58	32.20	
6.	SILVA Henrique Gomes	02		Benfica	4:43.17	+0,71	638	-
	50m: 28.64 28.64	150m: 1:38.80	36.44	250m: 2:55.89	40.63	350m: 4:10.75	33.81	
	100m: 1:02.36 33.72	200m: 2:15.26	36.46	300m: 3:36.94	41.05	400m: 4:43.17	32.42	
7.	CARVALHO Goncalo Duarte	05		Benfica	4:47.30	+0,70	611	-
	50m: 29.16 29.16	150m: 1:41.72	38.86	250m: 2:59.58	40.35	350m: 4:14.32	33.70	
	100m: 1:02.86 33.70	200m: 2:19.23	37.51	300m: 3:40.62	41.04	400m: 4:47.30	32.98	
8.	REIS Leonardo Conceicao	07		Portugal	4:51.59	+0,75	584	-
	50m: 29.13 29.13	150m: 1:40.30	37.18	250m: 3:00.36	42.05	350m: 4:19.39	34.97	
	100m: 1:03.12 33.99	200m: 2:18.31	38.01	300m: 3:44.42	44.06	400m: 4:51.59	32.20	
9.	ZHUKOV Mark	06		Braga	4:52.62	+0,73	578	-
	50m: 29.65 29.65	150m: 1:43.05	38.94	250m: 3:02.07	41.56	350m: 4:18.25	34.93	
	100m: 1:04.11 34.46	200m: 2:20.51	37.46	300m: 3:43.32	41.25	400m: 4:52.62	34.37	
10.	TEIXEIRA Renato Gouveia	07		Portugal	4:56.30	+0,77	557	-
	50m: 30.20 30.20	150m: 1:43.49	38.48	250m: 3:05.26	43.87	350m: 4:23.27	34.02	
	100m: 1:05.01 34.81	200m: 2:21.39	37.90	300m: 3:49.25	43.99	400m: 4:56.30	33.03	

Event 35, Men, 400m Medley, Open

Rank	Nome	YB	Classe	Clube	Tempo Final	RT	FINA	Pontos
11.	CORREIA Tiago Almeida	06		Natacao do Montijo	5:03.13	+0,69	520	-
	50m: 30.20 30.20	150m: 1:46.23	40.29	250m: 3:09.44	44.89	350m: 4:29.79	35.33	
	100m: 1:05.94 35.74	200m: 2:24.55	38.32	300m: 3:54.46	45.02	400m: 5:03.13	33.34	
12.	RODRIGUES Rafael Pereira	08		Condeixa Clube	5:03.99	+0,75	516	-
	50m: 32.18 32.18	150m: 1:47.99	39.03	250m: 3:10.57	45.06	350m: 4:29.81	34.33	
	100m: 1:08.96 36.78	200m: 2:25.51	37.52	300m: 3:55.48	44.91	400m: 5:03.99	34.18	
13.	SANTOS Ricardo Matias	05		CPFZ-Natacao	5:04.08	+0,76	515	-
	50m: 32.62 32.62	150m: 1:44.17	33.29	250m: 3:07.16	50.21	350m: 4:32.27	34.58	
	100m: 1:10.88 38.26	200m: 2:16.95	32.78	300m: 3:57.69	50.53	400m: 5:04.08	31.81	
14.	CABRITO Rodrigo Almeida	01		Belenenses	5:11.07	+0,68	481	-
	50m: 30.81 30.81	150m: 1:51.03	40.92	250m: 3:14.10	43.38	350m: 4:35.87	37.50	
	100m: 1:10.11 39.30	200m: 2:30.72	39.69	300m: 3:58.37	44.27	400m: 5:11.07	35.20	
15.	FERREIRA Abel Renato	05		Alges e Agueda XXI	5:11.66	+0,72	478	-
	50m: 32.71 32.71	150m: 1:49.48	39.95	250m: 3:13.71	45.10	350m: 4:35.94	35.75	
	100m: 1:09.53 36.82	200m: 2:28.61	39.13	300m: 4:00.19	46.48	400m: 5:11.66	35.72	
16.	CRUZ Miguel Duarte <i>FTL</i>	99	SM15	Belenenses	5:12.22	+0,67	476	-
	50m: 31.23 31.23	150m: 1:52.53	43.11	250m: 3:18.25	44.45	350m: 4:38.81	35.20	
	100m: 1:09.42 38.19	200m: 2:33.80	41.27	300m: 4:03.61	45.36	400m: 5:12.22	33.41	
17.	CANCELA Diogo Luis <i>Rec Nac S8, FTL</i>	02	SM8	Louzan Natacao/EFAPEL	5:21.82	+0,68	434	-
	50m: 33.06 33.06	150m: 1:53.65	42.63	250m: 3:23.67	47.55	350m: 4:46.75	36.71	
	100m: 1:11.02 37.96	200m: 2:36.12	42.47	300m: 4:10.04	46.37	400m: 5:21.82	35.07	
18.	GOMES Diogo Lopes <i>FTL</i>	96	SM21	Feira Viva	7:43.59		145	-
	50m: 49.63 49.63	150m: 2:59.76	1:00.72	250m: 5:00.57	1:02.62	350m: 6:54.66	50.69	
	100m: 1:59.04 1:09.41	200m: 3:57.95	58.19	300m: 6:03.97	1:03.40	400m: 7:43.59	48.93	
DNS	BORGES Rodrigo Costa	07		Portugal				-
DNS	FERNANDES Duarte Jose	06		Louzan Natacao/EFAPEL				-

Classe S15

1.	CRUZ Miguel Duarte <i>FTL</i>	99	SM15	Belenenses	5:12.22	+0,67	476	-
	50m: 31.23 31.23	150m: 1:52.53	43.11	250m: 3:18.25	44.45	350m: 4:38.81	35.20	
	100m: 1:09.42 38.19	200m: 2:33.80	41.27	300m: 4:03.61	45.36	400m: 5:12.22	33.41	