

Prova 10  
01/11/2023 - 10:36

Masc., 400m Livres

Absolutos  
Resultados

Rec Nac Open	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Sen	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Jun 18	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun 17	3:56.54	Rui Filipe COSTA	VSC	Felgueiras	24/11/2007
Rec Nac Juv A	3:58.82	Diogo Matos RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac Juv B	4:01.42	Rui Silva PEREIRA	POR	Tomar	15/01/2023
Rec Nac Inf A	4:12.35	Andre Vilas RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: FINA 2023

Lugar	Nome	TReac	Licença	Ano	Clube	Tempo Final	FINA	Pts
1.	Joao Almeida GOMES	+0,72	132828	06	Clube Nacional de Natação	<b>4:10.96</b>	604	26,00
	50m: 28.35 28.35	150m: 1:32.11 32.12	250m: 2:36.68 32.18	350m: 3:40.14 31.35	100m: 59.99 31.64	200m: 2:04.50 32.39	300m: 3:08.79 32.11	400m: 4:10.96 30.82
2.	Alexandre Ramos GONCALVES	+0,74	128601	05	Sporting Clube Sao Joao Ver	<b>4:16.05</b>	569	24,00
	50m: 29.10 29.10	150m: 1:32.20 31.92	250m: 2:37.41 32.64	350m: 3:43.47 33.20	100m: 1:00.28 31.18	200m: 2:04.77 32.57	300m: 3:10.27 32.86	400m: 4:16.05 32.58
3.	Afonso Dinis ROQUE	+0,96	205541	07	CNLeiria	<b>4:17.09</b>	562	23,00
	50m: 28.80 28.80	150m: 1:32.62 32.32	250m: 2:37.41 32.28	350m: 3:44.11 33.31	100m: 1:00.30 31.50	200m: 2:05.13 32.51	300m: 3:10.80 33.39	400m: 4:17.09 32.98
4.	Abel Renato FERREIRA	+0,78	131149	05	Algés e Águeda XXI	<b>4:18.34</b>	554	22,00
	50m: 29.61 29.61	150m: 1:33.82 32.29	250m: 2:39.36 32.52	350m: 3:45.34 33.25	100m: 1:01.53 31.92	200m: 2:06.84 33.02	300m: 3:12.09 32.73	400m: 4:18.34 33.00
5.	Andriy FEDOROV	+0,77	205060	08	FC Ferreiras/AlgarExperience	<b>4:21.42</b>	535	21,00
	50m: 29.06 29.06	150m: 1:33.02 32.30	250m: 2:40.13 33.99	350m: 3:49.11 34.68	100m: 1:00.72 31.66	200m: 2:06.14 33.12	300m: 3:14.43 34.30	400m: 4:21.42 32.31
6.	Santiago Boica SOUSA	+0,93	212709	08	Vieirense	<b>4:21.55</b>	534	20,00
	50m: 29.50 29.50	150m: 1:35.20 33.44	250m: 2:41.73 32.69	350m: 3:49.76 34.08	100m: 1:01.76 32.26	200m: 2:09.04 33.84	300m: 3:15.68 33.95	400m: 4:21.55 31.79
7.	Miguel Lourenco VELHINHO	+0,77	207677	07	Lagoa Academico Clube	<b>4:23.89</b>	520	19,00
	50m: 28.31 28.31	150m: 1:34.01 33.52	250m: 2:42.27 34.25	350m: 3:50.65 34.32	100m: 1:00.49 32.18	200m: 2:08.02 34.01	300m: 3:16.33 34.06	400m: 4:23.89 33.24
8.	Goncalo Andre FERREIRA	+0,81	151733	07	Ginasio de Vila Real	<b>4:25.50</b>	510	18,00
	50m: 29.21 29.21	150m: 1:35.39 33.79	250m: 2:43.47 33.84	350m: 3:51.82 34.41	100m: 1:01.60 32.39	200m: 2:09.63 34.24	300m: 3:17.41 33.94	400m: 4:25.50 33.68
9.	Tiago Almeida CORREIA	+0,76	139280	06	Palmela Desporto	<b>4:26.69</b>	504	17,00
	50m: 28.83 28.83	150m: 1:35.03 33.71	250m: 2:43.78 34.40	350m: 3:53.44 34.43	100m: 1:01.32 32.49	200m: 2:09.38 34.35	300m: 3:19.01 35.23	400m: 4:26.69 33.25
10.	Martim Goncalves JESUS	+0,84	207329	08	Caminhense	<b>4:32.15</b>	474	16,00
	50m: 30.56 30.56	150m: 1:39.10 34.77	250m: 2:49.50 35.14	350m: 3:59.09 34.51	100m: 1:04.33 33.77	200m: 2:14.36 35.26	300m: 3:24.58 35.08	400m: 4:32.15 33.06
11.	Daniel Filipe PAIVA	+0,73	110265	98	Miranda do Corvo	<b>4:35.82</b>	455	15,00
	50m: 30.27 30.27	150m: 1:37.78 34.47	250m: 2:48.50 35.70	350m: 4:00.50 36.41	100m: 1:03.31 33.04	200m: 2:12.80 35.02	300m: 3:24.09 35.59	400m: 4:35.82 35.32
12.	Martim Frederico MARQUES	+0,90	210909	10	CP de Cultura e Desporto	<b>4:41.92</b>	426	14,00
	50m: 30.95 30.95	150m: 1:39.54 34.85	250m: 2:51.69 36.50	350m: 4:05.33 36.99	100m: 1:04.69 33.74	200m: 2:15.19 35.65	300m: 3:28.34 36.65	400m: 4:41.92 36.59
13.	Miguel Carreiro SOUSA		205609	08	Agua de Pau	<b>4:42.31</b>	424	13,00
14.	Diogo Miguel ROSADO	+0,73	203129	07	Grupo Desportivo Mora	<b>4:44.47</b>	415	12,00
	50m: 30.77 30.77	150m: 1:40.15 35.43	250m: 2:53.25 36.84	350m: 4:07.84 37.12	100m: 1:04.72 33.95	200m: 2:16.41 36.26	300m: 3:30.72 37.47	400m: 4:44.47 36.63
15.	Eduardo Pires TAVARES	+0,85	205385	07	AN Albcastrense	<b>4:46.70</b>	405	11,00
	50m: 32.09 32.09	150m: 1:43.07 36.09	250m: 2:56.71 36.97	350m: 4:10.92 37.22	100m: 1:06.98 34.89	200m: 2:19.74 36.67	300m: 3:33.70 36.99	400m: 4:46.70 35.78
16.	Gabriel Ramada COELHO	+0,90	208105	08	Penafiel	<b>4:52.05</b>	383	10,00
	50m: 30.50 30.50	150m: 1:41.32 36.33	250m: 2:57.24 38.34	350m: 4:14.51 38.59	100m: 1:04.99 34.49	200m: 2:18.90 37.58	300m: 3:35.92 38.68	400m: 4:52.05 37.54

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	TReac	Licença	Ano	Clube	Tempo Final	FINA	Pts
17.	Renato TORRE OLIVEIRA	+0,73	118157	99	Associação Tubarões de Gaia	<b>4:52.94</b>	380	-9,00
	50m: 30.13 30.13	150m: 1:39.69 35.64	250m: 2:54.53 37.94	350m: 4:13.46 39.75				
	100m: 1:04.05 33.92	200m: 2:16.59 36.90	300m: 3:33.71 39.18	400m: 4:52.94 39.48				
18.	Rafael Moreira ASSUNCAO	+0,84	208539	10	Clube Desportivo Feirense	<b>4:53.99</b>	376	-8,00
	50m: 31.26 31.26	150m: 1:44.47 37.48	250m: 3:01.15 38.63	350m: 4:17.91 38.14				
	100m: 1:06.99 35.73	200m: 2:22.52 38.05	300m: 3:39.77 38.62	400m: 4:53.99 36.08				
19.	Dinis Maria GARCIA	+0,74	205671	09	Nautico Abrantes	<b>4:55.38</b>	371	-7,00
	50m: 32.37 32.37	150m: 1:45.97 37.01	250m: 3:03.24 38.97	350m: 4:19.47 38.00				
	100m: 1:08.96 36.59	200m: 2:24.27 38.30	300m: 3:41.47 38.23	400m: 4:55.38 35.91				
20.	Duarte Costa NUNES		206934	07	Juventude Atlantico Clube	<b>4:59.26</b>	356	-6,00
21.	Francisco Manuel RODRIGUES		129657	06	Naval da Horta	<b>5:03.10</b>	343	-5,00
22.	Mateus Tavares BASTOS	+0,82	214438	08	Campinho	<b>5:04.53</b>	338	-4,00
	50m: 32.76 32.76	150m: 1:49.32 39.66	250m: 3:09.80 39.91	350m: 4:29.64 38.91				
	100m: 1:09.66 36.90	200m: 2:29.89 40.57	300m: 3:50.73 40.93	400m: 5:04.53 34.89				
23.	Joao Tomas FERNANDES	+0,94	203911	08	O Crasto	<b>5:05.12</b>	336	-3,00
	50m: 32.79 32.79	150m: 1:49.27 38.68	250m: 3:08.04 39.44	350m: 4:27.12 39.50				
	100m: 1:10.59 37.80	200m: 2:28.60 39.33	300m: 3:47.62 39.58	400m: 5:05.12 38.00				
24.	Tomas Araujo MEDEIROS		132980	06	Bombeiros Ribeira Grande	<b>5:32.83</b>	259	-2,00
25.	Tomas Sousa SOL		212010	10	Desportiva de Machico	<b>6:05.81</b>	195	-1,00