

Campeonato Nacional Clubes 3ª Divisão
Estarreja, 1/12/2023



Prova 10 01/12/2023 - 11:25	Masc., 400m Livres 3ª Divisão				3ª Divisão MASC Resultados	
Rec Nac Open	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021	
Rec Nac Sen	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021	
Rec Nac Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26/06/2004	
Rec Nac Jun17	3:56.54	COSTA Rui Filipe	VSC	Felgueiras	24/11/2007	
Rec Nac Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07/12/2019	
Rec Nac Juv B	4:01.42	PEREIRA Rui Silva	POR	Tomar	15/01/2023	
Rec Nac Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29/03/2014	
Rec Nac Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04/04/2003	

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	BORGES Rodrigo Costa	07		Fluvial Portuense	4:06.81	+0,66	635	33,00	
	50m: 27.63 27.63	150m: 1:30.57	31.86	250m: 2:34.26	31.55	350m: 3:37.10	31.17		
	100m: 58.71 31.08	200m: 2:02.71	32.14	300m: 3:05.93	31.67	400m: 4:06.81	29.71		
2.	LEMOS Gil Santos	06		Pimpoes/Cimai	4:07.72	+0,74	629	31,00	
	50m: 28.76 28.76	150m: 1:32.12	31.98	250m: 2:34.97	30.65	350m: 3:36.21	30.98		
	100m: 1:00.14 31.38	200m: 2:04.32	32.20	300m: 3:05.23	30.26	400m: 4:07.72	31.51		
3.	COSTA Antonio Miguel	07		Fafe	4:10.18	+0,69	610	30,00	
	50m: 28.52 28.52	150m: 1:31.40	31.71	250m: 2:35.85	32.19	350m: 3:40.11	32.24		
	100m: 59.69 31.17	200m: 2:03.66	32.26	300m: 3:07.87	32.02	400m: 4:10.18	30.07		
	GOMES Joao Almeida	06		Nacional de Natacao	4:10.18	+0,65	610	30,00	
	50m: 27.56 27.56	150m: 1:30.19	31.77	250m: 2:34.21	32.06	350m: 3:38.36	32.05		
	100m: 58.42 30.86	200m: 2:02.15	31.96	300m: 3:06.31	32.10	400m: 4:10.18	31.82		
5.	GOUVEIA Luis Galvao	05		Desportivo Nacional	4:11.25	+0,75	602	28,00	
	50m: 27.95 27.95	150m: 1:30.89	31.87	250m: 2:36.12	32.78	350m: 3:40.77	32.38		
	100m: 59.02 31.07	200m: 2:03.34	32.45	300m: 3:08.39	32.27	400m: 4:11.25	30.48		
6.	GONCALVES Alexandre Ran05s			Sao Joao Ver	4:15.01	+0,72	576	27,00	
	50m: 28.73 28.73	150m: 1:31.64	31.86	250m: 2:36.63	32.50	350m: 3:42.58	32.76		
	100m: 59.78 31.05	200m: 2:04.13	32.49	300m: 3:09.82	33.19	400m: 4:15.01	32.43		
7.	CARVALHO Tiago Fonseca	03		Naval Povoense	4:15.65	+0,73	572	26,00	
	50m: 28.38 28.38	150m: 1:31.81	32.03	250m: 2:37.20	32.80	350m: 3:43.37	33.20		
	100m: 59.78 31.40	200m: 2:04.40	32.59	300m: 3:10.17	32.97	400m: 4:15.65	32.28		
8.	TRISTAO Miguel Salomao	04		Portinado	4:18.56	+0,77	553	25,00	
	50m: 28.33 28.33	150m: 1:32.54	32.46	250m: 2:38.71	33.03	350m: 3:45.99	33.91		
	100m: 1:00.08 31.75	200m: 2:05.68	33.14	300m: 3:12.08	33.37	400m: 4:18.56	32.57		
9.	SOUSA Santiago Boica	08		Vieirense	4:22.20	+0,91	530	24,00	
	50m: 30.02 30.02	150m: 1:35.71	33.21	250m: 2:43.54	33.63	350m: 3:50.80	32.98		
	100m: 1:02.50 32.48	200m: 2:09.91	34.20	300m: 3:17.82	34.28	400m: 4:22.20	31.40		
10.	SANTOS Guilherme Clara	02		Estamos Juntos	4:22.30	+0,67	529	23,00	
	50m: 29.15 29.15	150m: 1:34.58	33.43	250m: 2:42.37	33.94	350m: 3:50.59	34.11		
	100m: 1:01.15 32.00	200m: 2:08.43	33.85	300m: 3:16.48	34.11	400m: 4:22.30	31.71		
11.	CHAO Tiago Ventura	06		Naval Setubalense	4:22.38	+0,70	529	22,00	
	50m: 29.40 29.40	150m: 1:35.35	33.62	250m: 2:43.38	34.06	350m: 3:51.14	33.68		
	100m: 1:01.73 32.33	200m: 2:09.32	33.97	300m: 3:17.46	34.08	400m: 4:22.38	31.24		
12.	PASSOS Francisco Zamith	83		Ginasio Santo Tirso	4:22.52	+0,84	528	21,00	
	50m: 29.54 29.54	150m: 1:34.94	33.31	250m: 2:42.57	33.71	350m: 3:50.70	33.92		
	100m: 1:01.63 32.09	200m: 2:08.86	33.92	300m: 3:16.78	34.21	400m: 4:22.52	31.82		

Splash Meet Manager, 11.78086

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 10, Masc., 400m Livres, 3ª Divisão MASC

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	SILVA Guilherme Martins	08		Academico Viseu	4:22.56	+0,72	528	20,00	
	50m: 28.84 28.84	150m: 1:33.47 33.05	250m: 2:41.48 34.06	350m: 3:50.24 34.23					
	100m: 1:00.42 31.58	200m: 2:07.42 33.95	300m: 3:16.01 34.53	400m: 4:22.56 32.32					
14.	OLIVEIRA Joaquim Gabriel	07		Sporting de Aveiro	4:22.81	+0,76	526	19,00	
	50m: 29.97 29.97	150m: 1:36.03 33.49	250m: 2:44.87 34.62	350m: 3:51.02 31.49					
	100m: 1:02.54 32.57	200m: 2:10.25 34.22	300m: 3:19.53 34.66	400m: 4:22.81 31.79					
15.	CORREIA Tiago Almeida	06		Palmela	4:24.69	+0,79	515	18,00	
	50m: 28.70 28.70	150m: 1:35.09 33.64	250m: 2:43.56 34.06	350m: 3:51.91 34.03					
	100m: 1:01.45 32.75	200m: 2:09.50 34.41	300m: 3:17.88 34.32	400m: 4:24.69 32.78					
16.	SANTOS Rodrigo Canedo	08		Bombeiros Ponta Delgada	4:26.86	+0,63	503	17,00	
	50m: 30.16 30.16	150m: 1:36.56 33.62	250m: 2:43.73 33.66	350m: 3:53.00 34.59					
	100m: 1:02.94 32.78	200m: 2:10.07 33.51	300m: 3:18.41 34.68	400m: 4:26.86 33.86					
17.	FEDOROV Andriy	08		FC Ferreiras/AlgarExperience	4:28.77	+0,73	492	16,00	
	50m: 30.48 30.48	150m: 1:36.88 33.45	250m: 2:44.96 34.22	350m: 3:54.35 34.81					
	100m: 1:03.43 32.95	200m: 2:10.74 33.86	300m: 3:19.54 34.58	400m: 4:28.77 34.42					
18.	TOSTE Martim Candido	06		Naval Praia da Vitoria	4:28.94	+0,79	491	15,00	
	50m: 30.28 30.28	150m: 1:36.90 33.73	250m: 2:45.77 34.25	350m: 3:55.49 34.80					
	100m: 1:03.17 32.89	200m: 2:11.52 34.62	300m: 3:20.69 34.92	400m: 4:28.94 33.45					
19.	ORNELAS Afonso Mendonca	08		Geslours	4:28.99	+0,67	491	14,00	
	50m: 30.94 30.94	150m: 1:37.82 33.09	250m: 2:46.09 33.01	350m: 3:56.03 33.13					
	100m: 1:04.73 33.79	200m: 2:13.08 35.26	300m: 3:22.90 36.81	400m: 4:28.99 32.96					
20.	BARBARA Gonçalo Gualbert	00		Lagoa AC	4:29.42	+0,67	488	13,00	
	50m: 29.03 29.03	150m: 1:34.67 33.64	250m: 2:44.16 35.01	350m: 3:54.48 35.27					
	100m: 1:01.03 32.00	200m: 2:09.15 34.48	300m: 3:19.21 35.05	400m: 4:29.42 34.94					
21.	FERREIRA Gonçalo Andre	07		Ginasio de Vila Real	4:29.51	+0,84	488	12,00	
	50m: 29.36 29.36	150m: 1:36.36 33.82	250m: 2:45.29 34.64	350m: 3:54.92 34.57					
	100m: 1:02.54 33.18	200m: 2:10.65 34.29	300m: 3:20.35 35.06	400m: 4:29.51 34.59					
22.	ROCHA Jose Pedro	04		Peso da Regua	4:30.52	+0,82	482	11,00	
	50m: 30.76 30.76	150m: 1:37.77 33.81	250m: 2:46.62 34.43	350m: 3:56.16 34.79					
	100m: 1:03.96 33.20	200m: 2:12.19 34.42	300m: 3:21.37 34.75	400m: 4:30.52 34.36					
23.	PAIVA Daniel Filipe	98		Miranda do Corvo	4:32.99	+0,67	470	10,00	
	50m: 30.57 30.57	150m: 1:38.94 34.83	250m: 2:48.90 35.18	350m: 3:58.80 34.76					
	100m: 1:04.11 33.54	200m: 2:13.72 34.78	300m: 3:24.04 35.14	400m: 4:32.99 34.19					
24.	SANTOS Tomas Alexandre	07		BUZIOS - Coruche	4:33.09	+0,78	469	9,00	
	50m: 29.57 29.57	150m: 1:37.72 34.52	250m: 2:48.18 35.41	350m: 3:58.80 35.03					
	100m: 1:03.20 33.63	200m: 2:12.77 35.05	300m: 3:23.77 35.59	400m: 4:33.09 34.29					
25.	OLIVEIRA Manuel Martins	08		Sporting de Espinho	4:37.37	+0,82	448	8,00	
	50m: 30.09 30.09	150m: 1:37.77 34.45	250m: 2:49.02 35.81	350m: 4:02.09 36.56					
	100m: 1:03.32 33.23	200m: 2:13.21 35.44	300m: 3:25.53 36.51	400m: 4:37.37 35.28					
26.	COSTA Rodrigo Marques	76		Litoral Alentejano	4:39.19	+0,79	439	7,00	
	50m: 30.41 30.41	150m: 1:37.21 34.02	250m: 2:48.03 35.91	350m: 4:02.31 37.44					
	100m: 1:03.19 32.78	200m: 2:12.12 34.91	300m: 3:24.87 36.84	400m: 4:39.19 36.88					
27.	CRUZ Miguel Ferreira	08		CLAC-Entroncamento	4:46.17	+0,70	408	6,00	
	50m: 31.40 31.40	150m: 1:42.10 36.12	250m: 2:56.56 37.26	350m: 4:11.70 36.98					
	100m: 1:05.98 34.58	200m: 2:19.30 37.20	300m: 3:34.72 38.16	400m: 4:46.17 34.47					

Prova 10, Masc., 400m Livres, 3ª Divisão MASC

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
28.	OLIVEIRA Renato Torre	99	Tubaroes de Gaia	4:47.48	+0,71	402	5,00	
	50m: 30.39 30.39	150m: 1:39.04 34.64	250m: 2:51.85 36.91	350m: 4:08.95 39.07				
	100m: 1:04.40 34.01	200m: 2:14.94 35.90	300m: 3:29.88 38.03	400m: 4:47.48 38.53				
29.	COELHO Gabriel Ramada	08	Penafiel	4:47.98	+0,84	400	4,00	
	50m: 30.29 30.29	150m: 1:39.89 35.73	250m: 2:54.22 37.41	350m: 4:10.63 38.13				
	100m: 1:04.16 33.87	200m: 2:16.81 36.92	300m: 3:32.50 38.28	400m: 4:47.98 37.35				
30.	SILVA Simao Rocha	07	Gualdim Pais	4:51.18	+0,80	387	3,00	
	50m: 31.20 31.20	150m: 1:42.89 36.55	250m: 2:57.10 37.19	350m: 4:14.22 38.85				
	100m: 1:06.34 35.14	200m: 2:19.91 37.02	300m: 3:35.37 38.27	400m: 4:51.18 36.96				
31.	ASSUNCAO Rafael Moreira	10	Feirense	4:54.45	+0,78	374	2,00	
	50m: 31.12 31.12	150m: 1:43.81 37.33	250m: 3:00.06 38.16	350m: 4:17.46 38.43				
	100m: 1:06.48 35.36	200m: 2:21.90 38.09	300m: 3:39.03 38.97	400m: 4:54.45 36.99				
32.	OLIVEIRA Ricardo Januario	04	Naval de Ponta Delgada	5:08.64	+0,78	325	1,00	
	50m: 31.71 31.71	150m: 1:44.50 36.77	250m: 3:02.94 39.98	350m: 4:27.09 42.70				
	100m: 1:07.73 36.02	200m: 2:22.96 38.46	300m: 3:44.39 41.45	400m: 5:08.64 41.55				