

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

 Prova 30
 03/12/2023 - 16:20

Masc., 400m Estilos

 2ª Divisão MASC
 Resultados

RN25 Open	4:05.87	LOPES Gabriel Jose	ALN	Leiria	09/12/2022
RN25 Sen	4:05.87	LOPES Gabriel Jose	ALN	Leiria	09/12/2022
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11/12/2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19/12/2014
RN25 Juv A	4:25.04	VITAL Joao Alexandre	ADRCIMM	Tomar	13/12/2013
RN25 Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21/03/2003
RN25 Inf A	4:40.32	FREITAS Tomas Miguel	CDN	Funchal	09/07/2004
RN25 Inf B	4:49.65	RUIVO Andre Vilas	DNMG	S. António Cavaleiros	15/03/2013

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BASTOS Lucas Pereira	00	117492	Nautico Academico	4:25.40	+0,76	692	25,00
	50m: 28.61 28.61	150m: 1:34.30	33.56	250m: 2:44.91	37.64	350m: 3:54.70	31.67	
	100m: 1:00.74 32.13	200m: 2:07.27	32.97	300m: 3:23.03	38.12	400m: 4:25.40	30.70	
2.	CRUZ Leonardo Jose	07	204601	Alcobaca	4:29.76	+0,66	659	23,00
	50m: 29.10 29.10	150m: 1:36.93	34.62	250m: 2:48.17	36.86	350m: 3:58.76	32.26	
	100m: 1:02.31 33.21	200m: 2:11.31	34.38	300m: 3:26.50	38.33	400m: 4:29.76	31.00	
3.	SOARES Guilherme Costa	08	201093	Vilacondense	4:37.47	+0,72	606	22,00
	50m: 30.06 30.06	150m: 1:40.51	36.00	250m: 2:55.68	40.62	350m: 4:07.64	31.70	
	100m: 1:04.51 34.45	200m: 2:15.06	34.55	300m: 3:35.94	40.26	400m: 4:37.47	29.83	
4.	PEREIRA Rui Silva	08	205327	Colegio Monte Maior	4:38.07	+0,84	602	21,00
	50m: 29.17 29.17	150m: 1:39.59	36.63	250m: 2:54.37	40.20	350m: 4:07.39	31.87	
	100m: 1:02.96 33.79	200m: 2:14.17	34.58	300m: 3:35.52	41.15	400m: 4:38.07	30.68	
5.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	4:40.31	+0,77	587	20,00
	50m: 28.67 28.67	150m: 1:37.38	36.30	250m: 2:53.64	40.25	350m: 4:07.98	33.50	
	100m: 1:01.08 32.41	200m: 2:13.39	36.01	300m: 3:34.48	40.84	400m: 4:40.31	32.33	
6.	MERUJE Joaquim Agra	01	121807	Academica de Coimbra	4:44.39	+0,79	562	19,00
	50m: 29.21 29.21	150m: 1:41.02	37.30	250m: 2:56.71	38.21	350m: 4:10.28	34.94	
	100m: 1:03.72 34.51	200m: 2:18.50	37.48	300m: 3:35.34	38.63	400m: 4:44.39	34.11	
7.	RODRIGUES Rafael Pereira	08	205593	Condeixa Clube	4:45.24	+0,87	557	18,00
	50m: 30.83 30.83	150m: 1:41.97	36.26	250m: 2:59.03	41.27	350m: 4:13.60	32.65	
	100m: 1:05.71 34.88	200m: 2:17.76	35.79	300m: 3:40.95	41.92	400m: 4:45.24	31.64	
8.	CUNHA Joao Simons	02	124582	Leixoes	4:46.47	+0,75	550	17,00
	50m: 30.10 30.10	150m: 1:43.48	38.10	250m: 3:01.15	40.01	350m: 4:15.40	33.70	
	100m: 1:05.38 35.28	200m: 2:21.14	37.66	300m: 3:41.70	40.55	400m: 4:46.47	31.07	
9.	TEMUDO Jose Maria	06	206962	Rio Maior	4:48.03	+0,64	541	16,00
	50m: 29.17 29.17	150m: 1:41.34	38.52	250m: 3:00.44	41.49	350m: 4:16.57	33.83	
	100m: 1:02.82 33.65	200m: 2:18.95	37.61	300m: 3:42.74	42.30	400m: 4:48.03	31.46	
10.	DZYAKANAU Alexandre	07	131765	Louzan Natacao/EFAPEL	4:49.62	+0,76	532	15,00
	50m: 30.20 30.20	150m: 1:42.32	37.84	250m: 3:01.91	42.95	350m: 4:17.70	33.30	
	100m: 1:04.48 34.28	200m: 2:18.96	36.64	300m: 3:44.40	42.49	400m: 4:49.62	31.92	
11.	BISPO Miguel Almeida	08	203715	Natacao da Maia	4:50.97	+0,78	525	14,00
	50m: 31.02 31.02	150m: 1:44.02	37.01	250m: 3:01.82	41.07	350m: 4:18.05	34.32	
	100m: 1:07.01 35.99	200m: 2:20.75	36.73	300m: 3:43.73	41.91	400m: 4:50.97	32.92	
12.	COSTA Goncalo Filipe	04	206464	Gafanha da Encarnacao	4:51.67	+0,73	521	13,00
	50m: 29.50 29.50	150m: 1:40.88	36.65	250m: 3:00.02	43.61	350m: 4:20.13	35.74	
	100m: 1:04.23 34.73	200m: 2:16.41	35.53	300m: 3:44.39	44.37	400m: 4:51.67	31.54	
13.	SARAGOCA Eduardo Sousa	07	200623	Viana Natacao	4:51.72	+0,80	521	12,00
	50m: 31.15 31.15	150m: 1:45.49	38.25	250m: 3:03.88	40.99	350m: 4:20.18	34.45	
	100m: 1:07.24 36.09	200m: 2:22.89	37.40	300m: 3:45.73	41.85	400m: 4:51.72	31.54	

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	GONCALVES Pedro Sousa	06	129459	Natacao Olhao	4:52.93	+0,68	515	11,00	
	50m: 30.71 30.71		150m: 1:44.62	38.72	250m: 3:04.50	41.18	350m: 4:20.42	33.65	
	100m: 1:05.90 35.19		200m: 2:23.32	38.70	300m: 3:46.77	42.27	400m: 4:52.93	32.51	
15.	CAZEIRO Daniel Filipe	97	104378	Laranjeiro	4:53.40	+0,69	512	10,00	
	50m: 30.93 30.93		150m: 1:44.63	37.62	250m: 3:04.27	42.39	350m: 4:20.68	33.72	
	100m: 1:07.01 36.08		200m: 2:21.88	37.25	300m: 3:46.96	42.69	400m: 4:53.40	32.72	
16.	FERREIRA Tomas Pascoal	09	208129	Ba-Leiria	4:53.53	+0,78	511	9,00	
	50m: 29.53 29.53		150m: 1:41.70	38.48	250m: 3:04.05	44.47	350m: 4:22.57	34.31	
	100m: 1:03.22 33.69		200m: 2:19.58	37.88	300m: 3:48.26	44.21	400m: 4:53.53	30.96	
17.	PINHO Afonso Formigo	06	129956	Torres Novas	4:54.79	+0,69	505	8,00	
	50m: 30.57 30.57		150m: 1:45.72	39.40	250m: 3:07.36	43.15	350m: 4:23.66	33.19	
	100m: 1:06.32 35.75		200m: 2:24.21	38.49	300m: 3:50.47	43.11	400m: 4:54.79	31.13	
18.	ROCHA Dinis Valente	09	208532	Estarreja/PROZINCO	4:57.97	+0,71	489	7,00	
	50m: 32.30 32.30		150m: 1:50.50	39.91	250m: 3:10.63	40.66	350m: 4:25.81	33.86	
	100m: 1:10.59 38.29		200m: 2:29.97	39.47	300m: 3:51.95	41.32	400m: 4:57.97	32.16	
19.	CABRAL Jose Pinto	05	130623	Viver Santarem	4:58.04	+0,68	489	6,00	
	50m: 28.77 28.77		150m: 1:41.38	38.30	250m: 3:04.25	45.20	350m: 4:24.87	34.37	
	100m: 1:03.08 34.31		200m: 2:19.05	37.67	300m: 3:50.50	46.25	400m: 4:58.04	33.17	
20.	PACHECO Rafael Dinis	07	204593	Aquatico Pacense	5:01.29	+0,70	473	5,00	
	50m: 31.17 31.17		150m: 1:44.73	37.81	250m: 3:06.32	43.98	350m: 4:25.78	36.57	
	100m: 1:06.92 35.75		200m: 2:22.34	37.61	300m: 3:49.21	42.89	400m: 5:01.29	35.51	
21.	CARVALHO Daniel Casaca	07	205098	Colegio Vasco da Gama	5:02.58	+0,74	467	4,00	
	50m: 30.43 30.43		150m: 1:45.98	39.92	250m: 3:09.50	43.99	350m: 4:29.75	35.41	
	100m: 1:06.06 35.63		200m: 2:25.51	39.53	300m: 3:54.34	44.84	400m: 5:02.58	32.83	
22.	DIAS Pedro Malhao	08	207330	Desportiva de Viana	5:16.70	+0,77	407	3,00	
	50m: 30.82 30.82		150m: 1:50.29	42.59	250m: 3:19.09	47.46	350m: 4:41.39	36.21	
	100m: 1:07.70 36.88		200m: 2:31.63	41.34	300m: 4:05.18	46.09	400m: 5:16.70	35.31	
DSQ	BICAS Antonio Peixe	08	204532	Aminata				-	-
	<i>613 - Não efectuou a viragem aos 125 m logo após terminar movimento continuo dos braços - SW 6.4</i>								
DSQ	LOURENCO Francisco Campos	06	132136	Natacao de Valongo				-	-
	<i>725 - Movimento alternado pernas percurso subaquático após viragens - SW 7.4</i>								