

Prova 19	Masc., 400m Livres					Open
09/12/2023						Resultados
RN25 Open	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021	
RN25 Sen	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021	
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26/06/2004	
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Felgueiras	24/11/2007	
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07/12/2019	
RN25 Juv B	4:01.42	PEREIRA Rui Silva	POR	Tomar	15/01/2023	
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29/03/2014	
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04/04/2003	

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	3:47.09	+0,69	816	
	50m: 26.30 26.30	150m: 1:23.62	28.79	250m: 2:21.15	28.57	350m: 3:19.04	28.90
	100m: 54.83 28.53	200m: 1:52.58	28.96	300m: 2:50.14	28.99	400m: 3:47.09	28.05
2.	RIBEIRO Gustavo Carvalhais	03	Alges	3:51.84	+0,76	767	
	50m: 26.71 26.71	150m: 1:24.59	28.96	250m: 2:23.38	29.48	350m: 3:23.39	30.10
	100m: 55.63 28.92	200m: 1:53.90	29.31	300m: 2:53.29	29.91	400m: 3:51.84	28.45
3.	AMARAL Francisco Rodriguez	02	Porto	3:51.92	+0,71	766	
	50m: 27.10 27.10	150m: 1:25.80	29.47	250m: 2:24.61	29.35	350m: 3:23.68	29.44
	100m: 56.33 29.23	200m: 1:55.26	29.46	300m: 2:54.24	29.63	400m: 3:51.92	28.24
4.	SIMOES Bernardo Jorge	04	Belenenses	3:56.73	+0,69	720	
	50m: 26.91 26.91	150m: 1:25.98	29.82	250m: 2:26.91	30.54	350m: 3:27.27	30.00
	100m: 56.16 29.25	200m: 1:56.37	30.39	300m: 2:57.27	30.36	400m: 3:56.73	29.46
5.	COSTA Afonso Filipe	03	Louzan Natacao/EFAPEL	3:57.33	+0,64	715	
	50m: 26.85 26.85	150m: 1:26.71	30.16	250m: 2:26.63	30.08	350m: 3:27.07	30.28
	100m: 56.55 29.70	200m: 1:56.55	29.84	300m: 2:56.79	30.16	400m: 3:57.33	30.26
6.	SARREIRA Tomas Amor	05	Porto	3:57.72	+0,68	711	
	50m: 26.99 26.99	150m: 1:27.51	30.45	250m: 2:27.75	29.94	350m: 3:28.27	30.03
	100m: 57.06 30.07	200m: 1:57.81	30.30	300m: 2:58.24	30.49	400m: 3:57.72	29.45
7.	CARDOSO Diogo Santos	01	Sporting	3:59.95	+0,75	692	
	50m: 28.25 28.25	150m: 1:28.90	30.48	250m: 2:29.54	30.23	350m: 3:30.59	30.42
	100m: 58.42 30.17	200m: 1:59.31	30.41	300m: 3:00.17	30.63	400m: 3:59.95	29.36
8.	OLIVEIRA Diogo Alexandre	05	Braga	4:01.46	+0,68	679	
	50m: 27.06 27.06	150m: 1:27.78	30.73	250m: 2:29.61	30.91	350m: 3:31.53	30.90
	100m: 57.05 29.99	200m: 1:58.70	30.92	300m: 3:00.63	31.02	400m: 4:01.46	29.93
9.	MASCARENHAS Henrique Silva	01	Fluvial Portuense	4:01.65	+0,72	677	
	50m: 26.95 26.95	150m: 1:27.15	30.28	250m: 2:29.04	30.65	350m: 3:31.23	31.01
	100m: 56.87 29.92	200m: 1:58.39	31.24	300m: 3:00.22	31.18	400m: 4:01.65	30.42
10.	FERRAO Gabriel Carvalho	05	Benfica	4:02.02	+0,57	674	
	50m: 27.38 27.38	150m: 1:27.84	30.56	250m: 2:28.92	30.27	350m: 3:30.39	31.04
	100m: 57.28 29.90	200m: 1:58.65	30.81	300m: 2:59.35	30.43	400m: 4:02.02	31.63
11.	SILVA Afonso Carvalho	05	Famalicao	4:06.66	+0,63	637	
	50m: 27.36 27.36	150m: 1:28.48	30.93	250m: 2:31.13	31.24	350m: 3:34.80	32.13
	100m: 57.55 30.19	200m: 1:59.89	31.41	300m: 3:02.67	31.54	400m: 4:06.66	31.86
12.	SOUSA Joao Maria	05	Braga	4:07.36	+0,70	631	
	50m: 27.78 27.78	150m: 1:29.46	31.08	250m: 2:32.26	31.40	350m: 3:36.22	32.17
	100m: 58.38 30.60	200m: 2:00.86	31.40	300m: 3:04.05	31.79	400m: 4:07.36	31.14



Prova 19, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	ALMEIDA Bernardo Victorino	04	Sporting	4:08.05	+0,66	626	
	50m: 26.91 26.91 150m: 1:27.48 30.67 250m: 2:30.82 32.19 350m: 3:35.85 32.63						
	100m: 56.81 29.90 200m: 1:58.63 31.15 300m: 3:03.22 32.40 400m: 4:08.05 32.20						
14.	CARVALHO Goncalo Renato	04	Porto	4:08.58	+0,67	622	
	50m: 28.11 28.11 150m: 1:30.06 31.19 250m: 2:33.11 31.63 350m: 3:37.30 32.28						
	100m: 58.87 30.76 200m: 2:01.48 31.42 300m: 3:05.02 31.91 400m: 4:08.58 31.28						
15.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:12.58	+0,65	593	
	50m: 28.64 28.64 150m: 1:31.97 31.86 250m: 2:37.07 32.49 350m: 3:41.45 32.12						
	100m: 1:00.11 31.47 200m: 2:04.58 32.61 300m: 3:09.33 32.26 400m: 4:12.58 31.13						
16.	GONCALVES Alexandre Ramos	05	Sao Joao Ver	4:16.08	+0,70	569	
	50m: 28.54 28.54 150m: 1:31.74 32.00 250m: 2:37.48 32.66 350m: 3:43.54 33.15						
	100m: 59.74 31.20 200m: 2:04.82 33.08 300m: 3:10.39 32.91 400m: 4:16.08 32.54						
17.	TORRES Joao Pedro	05	Porto	4:16.99	+0,80	563	
	50m: 28.52 28.52 150m: 1:31.07 31.47 250m: 2:36.14 32.71 350m: 3:43.98 34.01						
	100m: 59.60 31.08 200m: 2:03.43 32.36 300m: 3:09.97 33.83 400m: 4:16.99 33.01						
DNS	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF				

Juniores

1.	LOUREIRO Bruno Silva	06	Porto	4:03.12	+0,71	665	
	50m: 27.46 27.46 150m: 1:28.58 30.64 250m: 2:29.84 30.59 350m: 3:32.13 31.15						
	100m: 57.94 30.48 200m: 1:59.25 30.67 300m: 3:00.98 31.14 400m: 4:03.12 30.99						
2.	LARANJO Filipe Manso	07	Desportiva de Viana	4:03.16	+0,78	665	
	50m: 27.56 27.56 150m: 1:28.12 30.63 250m: 2:30.07 30.91 350m: 3:32.56 31.29						
	100m: 57.49 29.93 200m: 1:59.16 31.04 300m: 3:01.27 31.20 400m: 4:03.16 30.60						
3.	BORGES Rodrigo Costa	07	Fluval Portuense	4:07.26	+0,73	632	
	50m: 28.21 28.21 150m: 1:30.81 31.48 250m: 2:34.36 31.83 350m: 3:37.57 31.35						
	100m: 59.33 31.12 200m: 2:02.53 31.72 300m: 3:06.22 31.86 400m: 4:07.26 29.69						
4.	ROQUE Tomas Nunes	06	Benfica	4:07.29	+0,72	632	
	50m: 27.86 27.86 150m: 1:29.75 31.30 250m: 2:33.28 31.96 350m: 3:37.98 32.13						
	100m: 58.45 30.59 200m: 2:01.32 31.57 300m: 3:05.85 32.57 400m: 4:07.29 29.31						
5.	NUNES Duarte Ramos	07	Galitos / Bresimar	4:07.49	+0,57	630	
	50m: 28.53 28.53 150m: 1:31.22 31.47 250m: 2:33.60 31.02 350m: 3:37.20 31.64						
	100m: 59.75 31.22 200m: 2:02.58 31.36 300m: 3:05.56 31.96 400m: 4:07.49 30.29						
6.	COSTA Antonio Miguel	07	Fafe	4:08.45	+0,70	623	
	50m: 28.72 28.72 150m: 1:31.02 31.67 250m: 2:34.64 31.86 350m: 3:38.49 31.87						
	100m: 59.35 30.63 200m: 2:02.78 31.76 300m: 3:06.62 31.98 400m: 4:08.45 29.96						
7.	GOMES Joao Almeida	06	Nacional de Natacao	4:08.97	+0,63	619	
	50m: 28.49 28.49 150m: 1:31.23 31.82 250m: 2:35.07 31.82 350m: 3:38.14 31.39						
	100m: 59.41 30.92 200m: 2:03.25 32.02 300m: 3:06.75 31.68 400m: 4:08.97 30.83						
8.	CASTRO Vasco Monteiro	06	Porto	4:09.38	+0,83	616	
	50m: 28.38 28.38 150m: 1:30.69 31.23 250m: 2:33.78 31.66 350m: 3:38.31 32.24						
	100m: 59.46 31.08 200m: 2:02.12 31.43 300m: 3:06.07 32.29 400m: 4:09.38 31.07						
9.	MARQUES Joao Ferreira	06	Academica de Coimbra	4:10.48	+0,70	608	
	50m: 28.48 28.48 150m: 1:32.32 32.23 250m: 2:36.01 31.19 350m: 3:39.18 31.33						
	100m: 1:00.09 31.61 200m: 2:04.82 32.50 300m: 3:07.85 31.84 400m: 4:10.48 31.30						



Prova 19, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	ASMAR Axel Guedes	07	Sporting	4:11.56	+0,70	600	
	50m: 28.66 28.66	150m: 1:31.86	31.70 250m: 2:35.55	31.71	350m: 3:40.09	32.20	
	100m: 1:00.16 31.50	200m: 2:03.84	31.98 300m: 3:07.89	32.34	400m: 4:11.56	31.47	
11.	TEMUDO Jose Maria	06	Rio Maior	4:12.69	+0,60	592	
	50m: 28.56 28.56	150m: 1:31.84	31.86 250m: 2:36.83	32.40	350m: 3:41.33	32.07	
	100m: 59.98 31.42	200m: 2:04.43	32.59 300m: 3:09.26	32.43	400m: 4:12.69	31.36	
12.	RITA Francisco Xavier	07	Vieirense	4:13.45	+0,69	587	
	50m: 28.26 28.26	150m: 1:31.38	31.94 250m: 2:36.70	32.68	350m: 3:42.17	32.61	
	100m: 59.44 31.18	200m: 2:04.02	32.64 300m: 3:09.56	32.86	400m: 4:13.45	31.28	
13.	MARQUES Jose Miguel	06	Condeixa Clube	4:14.18	+0,67	582	
	50m: 28.03 28.03	150m: 1:31.32	32.11 250m: 2:36.24	32.00	350m: 3:42.04	32.83	
	100m: 59.21 31.18	200m: 2:04.24	32.92 300m: 3:09.21	32.97	400m: 4:14.18	32.14	
14.	JORGE Pedro Crispim	06	Uniao Piedense	4:17.20	+0,69	561	
	50m: 28.82 28.82	150m: 1:32.74	32.10 250m: 2:37.69	32.28	350m: 3:43.82	33.33	
	100m: 1:00.64 31.82	200m: 2:05.41	32.67 300m: 3:10.49	32.80	400m: 4:17.20	33.38	
15.	FRAZAO Francisco Couto	06	Academica de Coimbra	4:23.56	+0,75	522	
	50m: 29.54 29.54	150m: 1:35.96	33.20 250m: 2:43.18	33.56	350m: 3:50.63	33.67	
	100m: 1:02.76 33.22	200m: 2:09.62	33.66 300m: 3:16.96	33.78	400m: 4:23.56	32.93	
16.	MARQUES Duarte Cachulo	07	Condeixa Clube	4:31.57	+0,70	477	
	50m: 29.15 29.15	150m: 1:36.07	34.07 250m: 2:45.48	34.64	350m: 3:56.72	35.68	
	100m: 1:02.00 32.85	200m: 2:10.84	34.77 300m: 3:21.04	35.56	400m: 4:31.57	34.85	
EXH	FOMIN Yury	06	Louletano / Loule Concelhc	4:00.24	+0,74	689	
	50m: 27.17 27.17	150m: 1:26.69	30.01 250m: 2:27.63	30.61	350m: 3:29.53	31.19	
	100m: 56.68 29.51	200m: 1:57.02	30.33 300m: 2:58.34	30.71	400m: 4:00.24	30.71	
EXH	MONTFORT Nicolas Filip	05	Alges	4:02.12	+0,63	673	
	50m: 27.06 27.06	150m: 1:27.74	30.86 250m: 2:29.80	30.99	350m: 3:32.74	31.50	
	100m: 56.88 29.82	200m: 1:58.81	31.07 300m: 3:01.24	31.44	400m: 4:02.12	29.38	
EXH	TIGRE Pedro Bethlem	06	Sporting	4:04.13	+0,63	657	
	50m: 27.42 27.42	150m: 1:28.61	30.92 250m: 2:31.02	31.18	350m: 3:33.65	31.34	
	100m: 57.69 30.27	200m: 1:59.84	31.23 300m: 3:02.31	31.29	400m: 4:04.13	30.48	

