

Prova 42	Masc., 400m Estilos					Open
10/12/2023 - 17:25						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	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	4:15.41	+0,69	777	
	50m: 27.21 27.21	150m: 1:30.38	32.01	250m: 2:38.70	36.52	350m: 3:46.65	30.49
	100m: 58.37 31.16	200m: 2:02.18	31.80	300m: 3:16.16	37.46	400m: 4:15.41	28.76
2.	SILVA Henrique Gomes	02	Benfica	4:22.40	+0,63	716	
	50m: 26.88 26.88	150m: 1:32.33	34.28	250m: 2:43.72	37.24	350m: 3:53.14	31.36
	100m: 58.05 31.17	200m: 2:06.48	34.15	300m: 3:21.78	38.06	400m: 4:22.40	29.26
3.	CATALAO Daniel Nogueira	00	Sporting	4:25.29	+0,57	693	
	50m: 27.27 27.27	150m: 1:32.93	34.02	250m: 2:44.20	36.66	350m: 3:54.33	32.48
	100m: 58.91 31.64	200m: 2:07.54	34.61	300m: 3:21.85	37.65	400m: 4:25.29	30.96
4.	SILVA Afonso Carvalho	05	Famalicao	4:29.15	+0,64	663	
	50m: 28.90 28.90	150m: 1:37.49	35.30	250m: 2:49.57	37.88	350m: 3:58.96	31.91
	100m: 1:02.19 33.29	200m: 2:11.69	34.20	300m: 3:27.05	37.48	400m: 4:29.15	30.19
5.	MORGADO Vasco Alves	05	Alges	4:29.20	+0,63	663	
	50m: 27.19 27.19	150m: 1:34.73	35.65	250m: 2:49.50	38.75	350m: 4:00.15	31.26
	100m: 59.08 31.89	200m: 2:10.75	36.02	300m: 3:28.89	39.39	400m: 4:29.20	29.05
6.	GOUVEIA Luis Galvao	05	Desportivo Nacional	4:30.16	+0,69	656	
	50m: 27.12 27.12	150m: 1:33.16	35.46	250m: 2:48.36	40.38	350m: 4:00.78	32.83
	100m: 57.70 30.58	200m: 2:07.98	34.82	300m: 3:27.95	39.59	400m: 4:30.16	29.38
7.	CARDOSO Diogo Santos	01	Sporting	4:31.66	+0,76	645	
	50m: 29.33 29.33	150m: 1:39.47	37.51	250m: 2:53.99	38.71	350m: 4:02.77	30.79
	100m: 1:01.96 32.63	200m: 2:15.28	35.81	300m: 3:31.98	37.99	400m: 4:31.66	28.89
8.	CARVALHO Goncalo Duarte	05	Benfica	4:32.85	+0,64	637	
	50m: 28.29 28.29	150m: 1:36.27	35.03	250m: 2:48.78	37.37	350m: 4:01.18	32.97
	100m: 1:01.24 32.95	200m: 2:11.41	35.14	300m: 3:28.21	39.43	400m: 4:32.85	31.67
9.	TRISTAO Miguel Salomao	04	Portinado	4:42.32	+0,72	575	
	50m: 29.21 29.21	150m: 1:39.03	35.65	250m: 2:54.39	39.53	350m: 4:09.13	33.88
	100m: 1:03.38 34.17	200m: 2:14.86	35.83	300m: 3:35.25	40.86	400m: 4:42.32	33.19
10.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:43.21	+0,84	569	
	50m: 28.84 28.84	150m: 1:39.08	37.08	250m: 2:56.10	40.76	350m: 4:10.80	33.28
	100m: 1:02.00 33.16	200m: 2:15.34	36.26	300m: 3:37.52	41.42	400m: 4:43.21	32.41
11.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:44.67	+0,61	561	
	50m: 29.06 29.06	150m: 1:39.44	35.97	250m: 2:57.06	42.49	350m: 4:13.37	32.63
	100m: 1:03.47 34.41	200m: 2:14.57	35.13	300m: 3:40.74	43.68	400m: 4:44.67	31.30



Prova 42, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DSQ	CRISTINO David Matias	01	Uniao Piedense				

720 - Toque alternado na viragem aos 225 m - SW 7.6, E aos 275 metros.

Juniiores

1.	CRUZ Leonardo Jose	07	Alcobaca	4:31.55	+0,66	646
	50m: 28.50 28.50	150m: 1:36.69	34.95 250m: 2:48.47	37.35	350m: 4:00.00	32.74
	100m: 1:01.74 33.24	200m: 2:11.12	34.43 300m: 3:27.26	38.79	400m: 4:31.55	31.55
2.	MIMOSO Rafael Miguel	07	Benfica	4:34.54	+0,73	625
	50m: 29.98 29.98	150m: 1:41.13	37.26 250m: 2:54.57	36.66	350m: 4:02.79	32.75
	100m: 1:03.87 33.89	200m: 2:17.91	36.78 300m: 3:30.04	35.47	400m: 4:34.54	31.75
3.	SILVA Francisco Araujo	06	Famalicao	4:36.74	+0,71	610
	50m: 28.55 28.55	150m: 1:35.85	34.66 250m: 2:49.70	39.71	350m: 4:05.22	34.40
	100m: 1:01.19 32.64	200m: 2:09.99	34.14 300m: 3:30.82	41.12	400m: 4:36.74	31.52
4.	ALVES Andre Correia	06	Benfica	4:37.39	+0,68	606
	50m: 29.84 29.84	150m: 1:39.76	35.91 250m: 2:54.14	39.77	350m: 4:06.23	31.87
	100m: 1:03.85 34.01	200m: 2:14.37	34.61 300m: 3:34.36	40.22	400m: 4:37.39	31.16
5.	REIS Leonardo Conceicao	07	Sporting	4:38.05	+0,66	602
	50m: 29.50 29.50	150m: 1:37.91	35.08 250m: 2:52.47	39.68	350m: 4:06.25	32.72
	100m: 1:02.83 33.33	200m: 2:12.79	34.88 300m: 3:33.53	41.06	400m: 4:38.05	31.80
6.	ZHUKOV Mark	06	Braga	4:38.21	+0,65	601
	50m: 28.78 28.78	150m: 1:38.15	36.38 250m: 2:53.35	39.48	350m: 4:06.75	32.03
	100m: 1:01.77 32.99	200m: 2:13.87	35.72 300m: 3:34.72	41.37	400m: 4:38.21	31.46
7.	RODRIGUES Gil Afonso	07	Fluvial Portuense	4:43.61	+0,70	567
	50m: 29.06 29.06	150m: 1:38.99	36.28 250m: 2:54.66	40.07	350m: 4:10.37	34.19
	100m: 1:02.71 33.65	200m: 2:14.59	35.60 300m: 3:36.18	41.52	400m: 4:43.61	33.24
8.	ALMEIDA Joao Francisco	07	Naval do Funchal	4:43.63	+0,64	567
	50m: 29.61 29.61	150m: 1:40.27	36.34 250m: 2:58.19	41.55	350m: 4:11.78	31.88
	100m: 1:03.93 34.32	200m: 2:16.64	36.37 300m: 3:39.90	41.71	400m: 4:43.63	31.85
9.	DORES Tomas Rocha	07	Colegio Efanor	4:43.77	+0,67	566
	50m: 28.92 28.92	150m: 1:38.90	35.95 250m: 2:56.26	40.91	350m: 4:10.74	32.77
	100m: 1:02.95 34.03	200m: 2:15.35	36.45 300m: 3:37.97	41.71	400m: 4:43.77	33.03
10.	SIMOES Francisco Marques	07	CNLeiria	4:44.24	+0,69	563
	50m: 29.27 29.27	150m: 1:40.33	36.77 250m: 2:57.50	41.47	350m: 4:12.59	34.39
	100m: 1:03.56 34.29	200m: 2:16.03	35.70 300m: 3:38.20	40.70	400m: 4:44.24	31.65
11.	LOURENCO Francisco Campos	06	Natacao de Valongo	4:46.79	+0,77	548
	50m: 29.13 29.13	150m: 1:39.85	37.21 250m: 2:58.94	41.84	350m: 4:13.58	32.73
	100m: 1:02.64 33.51	200m: 2:17.10	37.25 300m: 3:40.85	41.91	400m: 4:46.79	33.21
12.	FERNANDES Leonardo Freitas	06	Famalicao	4:48.88	+0,73	537
	50m: 29.09 29.09	150m: 1:43.17	39.52 250m: 2:59.10	37.71	350m: 4:13.01	35.52
	100m: 1:03.65 34.56	200m: 2:21.39	38.22 300m: 3:37.49	38.39	400m: 4:48.88	35.87
13.	TEMUDO Jose Maria	06	Rio Maior	4:48.91	+0,64	536
	50m: 29.47 29.47	150m: 1:41.38	38.78 250m: 3:00.50	40.61	350m: 4:16.57	34.28
	100m: 1:02.60 33.13	200m: 2:19.89	38.51 300m: 3:42.29	41.79	400m: 4:48.91	32.34
14.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	4:49.50	+0,68	533
	50m: 30.81 30.81	150m: 1:44.17	36.33 250m: 3:00.58	40.68	350m: 4:16.46	33.85
	100m: 1:07.84 37.03	200m: 2:19.90	35.73 300m: 3:42.61	42.03	400m: 4:49.50	33.04



RUMO A PARIS 2024
Campeonato Nacional Juniores e Seniores PC
Leiria, 08 a 10 de Dezembro de 2023



Prova 42, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	RODRIGUES Joao Alves	07	Famalicao	4:54.02	+0,79	509	
	50m: 29.19 29.19	150m: 1:43.20	39.01 250m: 3:01.52	40.29	350m: 4:19.53	35.93	
	100m: 1:04.19 35.00	200m: 2:21.23	38.03 300m: 3:43.60	42.08	400m: 4:54.02	34.49	
16.	FERNANDES Duarte Jose	06	Uniao Coimbra	4:55.99	+0,76	499	
	50m: 28.64 28.64	150m: 1:42.71	40.16 250m: 3:02.25	41.19	350m: 4:21.57	36.07	
	100m: 1:02.55 33.91	200m: 2:21.06	38.35 300m: 3:45.50	43.25	400m: 4:55.99	34.42	
DSQ	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF				
	<i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i>						
EXH	FOMIN Yury	06	Louletano / Loule Concelhc	4:28.07	+0,71	672	
	50m: 27.76 27.76	150m: 1:34.18	34.42 250m: 2:46.32	38.26	350m: 3:57.63	32.17	
	100m: 59.76 32.00	200m: 2:08.06	33.88 300m: 3:25.46	39.14	400m: 4:28.07	30.44	
EXH	CRUZ Miguel Duarte	99	SM15 Belenenses	4:57.61	+0,61	491	
	50m: 31.12 31.12	150m: 1:47.27	39.97 250m: 3:07.65	42.52	350m: 4:24.54	34.33	
	100m: 1:07.30 36.18	200m: 2:25.13	37.86 300m: 3:50.21	42.56	400m: 4:57.61	33.07	

