

Prova 30	Masc., 400m Estilos					Absolutos
22/12/2023 - 16:13						Resultados
Recordes Nacionais 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022	
Recordes Nacionais 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022	
Recordes Nacionais 25m Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015	
Recordes Nacionais 25m Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014	
Recordes Nacionais 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013	
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003	
Recordes Nacionais 25m Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004	
Recordes Nacionais 25m Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013	

Pontos: FINA 2023

Lugar	Nome	TReac	Licença	Ano	Clube	Tempo Final	FINA	Pts
1.	Jose Paulo, LOPES	+0,70	117924	00	Braga	4:14.26	787	17,00
	50m: 27.00 27.00	150m: 1:29.61 31.56	250m: 2:37.20 35.99	350m: 3:45.22 31.19				
	100m: 58.05 31.05	200m: 2:01.21 31.60	300m: 3:14.03 36.83	400m: 4:14.26 29.04				
2.	Lorenzo, ZAGLI	+0,78	216072	94	Naval do Funchal	4:15.18	779	15,00
	50m: 27.82 27.82	150m: 1:32.92 33.26	250m: 2:41.06 35.65	350m: 3:46.89 29.74				
	100m: 59.66 31.84	200m: 2:05.41 32.49	300m: 3:17.15 36.09	400m: 4:15.18 28.29				
3.	Henrique Gomes, SILVA	+0,64	120860	02	Benfica	4:19.51	740	14,00
	50m: 27.09 27.09	150m: 1:30.80 32.80	250m: 2:40.65 36.74	350m: 3:49.45 30.95				
	100m: 58.00 30.91	200m: 2:03.91 33.11	300m: 3:18.50 37.85	400m: 4:19.51 30.06				
4.	Bruno Miguel, RAMOS	+0,67	109110	97	Clube Futebol Os Belenenses	4:20.36	733	13,00
	50m: 26.70 26.70	150m: 1:31.55 33.40	250m: 2:42.03 37.03	350m: 3:51.77 30.86				
	100m: 58.15 31.45	200m: 2:05.00 33.45	300m: 3:20.91 38.88	400m: 4:20.36 28.59				
5.	Tomas Amor, SARREIRA	+0,72	132117	05	Porto	4:24.76	697	12,00
	50m: 27.37 27.37	150m: 1:33.30 34.29	250m: 2:45.26 38.55	350m: 3:55.40 30.80				
	100m: 59.01 31.64	200m: 2:06.71 33.41	300m: 3:24.60 39.34	400m: 4:24.76 29.36				
6.	Daniel Nogueira, CATALAO	+0,57	127075	00	Sporting	4:24.79	697	11,00
	50m: 27.88 27.88	150m: 1:34.03 34.52	250m: 2:45.31 37.34	350m: 3:54.78 32.24				
	100m: 59.51 31.63	200m: 2:07.97 33.94	300m: 3:22.54 37.23	400m: 4:24.79 30.01				
7.	Afonso Carvalho, SILVA	+0,66	130127	05	Famalicao	4:26.10	687	10,00
	50m: 28.93 28.93	150m: 1:36.18 34.53	250m: 2:47.10 37.36	350m: 3:55.23 31.27				
	100m: 1:01.65 32.72	200m: 2:09.74 33.56	300m: 3:23.96 36.86	400m: 4:26.10 30.87				
8.	Yury, FOMIN	+0,75	208159	06	Louletano / Loule Concelho	4:29.50	661	9,00
	50m: 28.35 28.35	150m: 1:35.55 34.74	250m: 2:47.56 38.59	350m: 3:58.32 32.21				
	100m: 1:00.81 32.46	200m: 2:08.97 33.42	300m: 3:26.11 38.55	400m: 4:29.50 31.18				
9.	David Matias, CRISTINO	+0,79	127872	01	União Piedense	4:30.11	656	8,00
	50m: 27.92 27.92	150m: 1:34.65 34.32	250m: 2:48.29 39.97	350m: 4:00.46 31.98				
	100m: 1:00.33 32.41	200m: 2:08.32 33.67	300m: 3:28.48 40.19	400m: 4:30.11 29.65				
10.	Vasco Alves, MORGADO	+0,62	147123	05	Sport Alges e Dafundo	4:30.65	653	7,00
	50m: 27.44 27.44	150m: 1:35.21 36.47	250m: 2:49.67 37.49	350m: 4:00.15 31.08				
	100m: 58.74 31.30	200m: 2:12.18 36.97	300m: 3:29.07 39.40	400m: 4:30.65 30.50				
11.	Renato Gouveia, TEIXEIRA	+0,70	204599	07	Foca Quinta Da Lixa - Cnf	4:34.03	629	6,00
	50m: 29.09 29.09	150m: 1:37.07 35.18	250m: 2:51.79 39.85	350m: 4:03.74 31.16				
	100m: 1:01.89 32.80	200m: 2:11.94 34.87	300m: 3:32.58 40.79	400m: 4:34.03 30.29				
12.	Duarte Ramos, NUNES	+0,56	131915	07	Galitos / Bresimar	4:34.23	627	5,00
	50m: 29.42 29.42	150m: 1:40.14 36.81	250m: 2:55.57 38.78	350m: 4:05.10 31.51				
	100m: 1:03.33 33.91	200m: 2:16.79 36.65	300m: 3:33.59 38.02	400m: 4:34.23 29.13				
13.	Tomas Rocha, DORES	+0,70	200766	07	Colegio Efanor	4:44.68	561	4,00
	50m: 29.06 29.06	150m: 1:40.79 37.59	250m: 2:59.55 42.07	350m: 4:13.39 32.31				
	100m: 1:03.20 34.14	200m: 2:17.48 36.69	300m: 3:41.08 41.53	400m: 4:44.68 31.29				
14.	Rodrigo Reis, RODRIGUES	+0,63	124155	04	Clube Desportivo Sao Roque	4:47.52	544	3,00
	50m: 27.92 27.92	150m: 1:37.18 37.41	250m: 2:57.75 42.76	350m: 4:13.95 33.54				
	100m: 59.77 31.85	200m: 2:14.99 37.81	300m: 3:40.41 42.66	400m: 4:47.52 33.57				
15.	Miguel Reis, OLIVEIRA	+0,72	214174	09	Vitoria Sport Clube	4:49.60	533	2,00
	50m: 29.11 29.11	150m: 1:40.08 37.21	250m: 2:59.87 43.77	350m: 4:17.35 33.55				
	100m: 1:02.87 33.76	200m: 2:16.10 36.02	300m: 3:43.80 43.93	400m: 4:49.60 32.25				
16.	Rafael Filipe, NUNES	+0,68	108344	96	Vikings	4:52.00	519	1,00
	50m: 30.07 30.07	150m: 1:42.43 37.83	250m: 3:02.50 42.55	350m: 4:19.07 33.73				
	100m: 1:04.60 34.53	200m: 2:19.95 37.52	300m: 3:45.34 42.84	400m: 4:52.00 32.93				