

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Event 15	Men, 400m Medley				Open
30-07-2010					Startlist Finals
Rec Nac Open	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Inf B	4:59.28	Tomas Miguel Freitas	CDN	Restelo	25-07-2003
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2008
TAC SEN/JUN2 Masc 18 +: 4:53.00 / TAC JUN1 Masc 17: 4:56.50 / TAC JUV A Masc Juv A: 5:09.00 / TAC JUV B Masc Juv B: 5:18.00					

Pista	Nome	YB	Clube	Tp inscrição	
Final A					
1	Joao Claudio Sousa	93	Gespacos	4:43.69	___:___:___
2	Tomas Correia Silva	95	Porto/Dolce Vita	4:41.92	___:___:___
3	Andre Bras Goncalves	88	Amadora	4:40.15	___:___:___
4	Pedro Miguel Pinotes	89	Sporting	4:36.59	___:___:___
5	Nuno Rafael Alves	90	Gespacos	4:40.02	___:___:___
6	Duarte Rafael Mourao	84	Amadora	4:41.74	___:___:___
7	Alexis Manacas Santos	92	Sporting	4:43.47	___:___:___
8	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	4:44.08	___:___:___
Final B					
1	Diogo Parrilha da Silva	93	Alcobaca	4:46.84	___:___:___
2	Pedro Andre Santos	94	Alges	4:46.23	___:___:___
3	Miguel Silva Oliveira	91	Nautico/Matobra	4:44.95	___:___:___
4	Paulo Andre Dias	92	Gespacos	4:44.09	___:___:___
5	Ricardo Amorim Rego	84	Braga	4:44.81	___:___:___
6	Miguel Monteiro Diogo	93	Alcobaca	4:45.35	___:___:___
7	Afonso Lopes dos Santos	95	Bombeiros V. Caldas Rainha	4:46.49	___:___:___
8	Miguel Machado Lopes	92	Benedita	4:48.58	___:___:___
Reserve entries					
	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	4:48.78	___:___:___
	Jorge Miguel Carmo	90	Louletano/Loule Concelho	4:49.59	___:___:___