

Campeonato Nacional Clubes 1 e 2 Divisao
Porto, 4. - 5.12.2010

Prova 3 04-12-2010	Masc., 400m Livres 2ª Divisão				Absolutos Resultados
Rec. Nac. 25m Open	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:05.91	Diogo Filipe Carvalho	CGA	Braga	22-03-2002
Rec. Nac. 25m Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16-05-2009
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Cesar Fernando Faria	90	Bairro dos Anjos/Mr.Pizza	3:54.37	+0.79	748	
	50m: 26.79 26.79	150m: 1:26.47 30.21	250m: 2:26.77 30.08	350m: 3:25.59	28.80		
	100m: 56.26 29.47	200m: 1:56.69 30.22	300m: 2:56.79 30.02	400m: 3:54.37	28.78		
2.	Gustavo Manuel Santa	93	Sporting	3:54.72	+0.82	744	
	50m: 27.34 27.34	150m: 1:26.20 29.60	250m: 2:25.71 29.24	350m: 3:25.84	30.05		
	100m: 56.60 29.26	200m: 1:56.47 30.27	300m: 2:55.79 30.08	400m: 3:54.72	28.88		
3.	Bernardo Almeida Moreira	89	Colegio Vasco da Gama	3:55.75	+0.78	735	
	50m: 27.58 27.58	150m: 1:27.75 30.41	250m: 2:28.27 30.25	350m: 3:27.34	28.73		
	100m: 57.34 29.76	200m: 1:58.02 30.27	300m: 2:58.61 30.34	400m: 3:55.75	28.41		
4.	Rui Filipe Costa	91	Vitoria de Guimaraes	3:55.81	+0.72	734	
	50m: 26.96 26.96	150m: 1:26.80 30.22	250m: 2:26.99 29.89	350m: 3:27.68	30.10		
	100m: 56.58 29.62	200m: 1:57.10 30.30	300m: 2:57.58 30.59	400m: 3:55.81	28.13		
5.	Vasco Miguel Gaspar	90	Uniao Piedense	3:57.08	+0.84	722	
	50m: 26.67 26.67	150m: 1:26.53 30.03	250m: 2:27.06 30.15	350m: 3:27.49	30.07		
	100m: 56.50 29.83	200m: 1:56.91 30.38	300m: 2:57.42 30.36	400m: 3:57.08	29.59		
6.	Hugo Alberto Ribeiro	88	Gespacos	4:00.53	+0.95	692	
	50m: 27.62 27.62	150m: 1:28.42 30.69	250m: 2:29.64 30.12	350m: 3:30.38	30.30		
	100m: 57.73 30.11	200m: 1:59.52 31.10	300m: 3:00.08 30.44	400m: 4:00.53	30.15		
7.	Tiago Silva Oliveira	94	Leixoes	4:00.91	+0.75	688	
	50m: 27.24 27.24	150m: 1:27.16 30.28	250m: 2:28.96 31.11	350m: 3:30.86	30.73		
	100m: 56.88 29.64	200m: 1:57.85 30.69	300m: 3:00.13 31.17	400m: 4:00.91	30.05		
8.	Arseniy Lavrentyev	83	Alges	4:02.48	+0.74	675	
	50m: 27.51 27.51	150m: 1:27.40 30.15	250m: 2:28.85 30.88	350m: 3:31.36	31.20		
	100m: 57.25 29.74	200m: 1:57.97 30.57	300m: 3:00.16 31.31	400m: 4:02.48	31.12		
9.	Joao Nuno Pires	94	Nautico/Matobra	4:12.37		599	
	50m: 28.19 28.19	150m: 1:31.25 32.10	250m: 2:35.53 31.79	350m: 3:40.16	32.30		
	100m: 59.15 30.96	200m: 2:03.74 32.49	300m: 3:07.86 32.33	400m: 4:12.37	32.21		
10.	Alexandre Santos Gomes	93	Naval do Funchal	4:18.07	+0.87	560	
	50m: 28.99 28.99	150m: 1:33.50 32.93	250m: 2:40.04 33.14	350m: 3:47.11	33.26		
	100m: 1:00.57 31.58	200m: 2:06.90 33.40	300m: 3:13.85 33.81	400m: 4:18.07	30.96		
11.	Andre Alexandre Vicente	94	Alcobaca	4:18.12	+0.85	560	
	50m: 28.61 28.61	150m: 1:33.96 33.17	250m: 2:40.23 33.27	350m: 3:47.23	33.34		
	100m: 1:00.79 32.18	200m: 2:06.96 33.00	300m: 3:13.89 33.66	400m: 4:18.12	30.89		
12.	Joao Carlos Paula	94	Galitos	4:19.75	+0.83	549	
	50m: 28.98 28.98	150m: 1:33.06 32.30	250m: 2:38.84 32.76	350m: 3:46.41	33.79		
	100m: 1:00.76 31.78	200m: 2:06.08 33.02	300m: 3:12.62 33.78	400m: 4:19.75	33.34		
13.	Pedro Miguel Varela	86	Naval Setubalense	4:23.33	+0.90	527	
	50m: 29.19 29.19	150m: 1:34.03 32.68	250m: 2:41.60 33.99	350m: 3:49.73	33.76		
	100m: 1:01.35 32.16	200m: 2:07.61 33.58	300m: 3:15.97 34.37	400m: 4:23.33	33.60		

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Prova 3, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Rogério Pina Tavares	92	Litoral Alentejano	4:24.00	+0.74	523	
	50m: 28.14 28.14	150m: 1:34.35 33.69	250m: 2:43.41 34.86	350m: 3:52.43 34.21			
	100m: 1:00.66 32.52	200m: 2:08.55 34.20	300m: 3:18.22 34.81	400m: 4:24.00 31.57			
15.	Miguel Duarte Moreira	96	Belenenses	4:25.57	+0.80	514	
	50m: 28.37 28.37	150m: 1:34.18 33.52	250m: 2:42.87 34.45	350m: 3:51.94 34.70			
	100m: 1:00.66 32.29	200m: 2:08.42 34.24	300m: 3:17.24 34.37	400m: 4:25.57 33.63			
16.	Manuel Silva Farinha	94	Portinado	4:33.27	+0.88	472	
	50m: 28.34 28.34	150m: 1:33.63 33.45	250m: 2:43.83 35.73	350m: 3:57.40 37.12			
	100m: 1:00.18 31.84	200m: 2:08.10 34.47	300m: 3:20.28 36.45	400m: 4:33.27 35.87			