

Campeonato Nacional Clubes 3ª Divisão
 Cantanhede, 10- - 11-12-2011

 Prova 9 Masc., 400m Livres Absoluto
 10-12-2011 - 17:05 Resultados

Rec. Nac. 25m Absoluto	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 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Nuno Goncalo QUINTANILHA	87	Colegio Vasco da Gama	4:03.32	+0,75	668		25
	50m: 27.50 27.50	150m: 1:30.28 31.81	250m: 2:33.22 30.95	350m: 3:33.67 29.70				
	100m: 58.47 30.97	200m: 2:02.27 31.99	300m: 3:03.97 30.75	400m: 4:03.32 29.65				
2.	Rui Miguel LOPES	94	Natacao de Olhao	4:04.45	+0,77	659		23
	50m: 27.67 27.67	150m: 1:29.72 31.19	250m: 2:32.23 31.21	350m: 3:34.45 31.03				
	100m: 58.53 30.86	200m: 2:01.02 31.30	300m: 3:03.42 31.19	400m: 4:04.45 30.00				
3.	Joao Carlos SANTOS	96	Naval Amorense	4:05.06	+0,74	654		22
	50m: 28.35 28.35	150m: 1:31.29 31.94	250m: 2:33.54 30.37	350m: 3:34.57 29.91				
	100m: 59.35 31.00	200m: 2:03.17 31.88	300m: 3:04.66 31.12	400m: 4:05.06 30.49				
4.	Tiago Silva OLIVEIRA	94	Leixoes	4:08.16	+0,90	630		21
	50m: 27.70 27.70	150m: 1:30.67 31.81	250m: 2:33.69 30.96	350m: 3:37.21 32.07				
	100m: 58.86 31.16	200m: 2:02.73 32.06	300m: 3:05.14 31.45	400m: 4:08.16 30.95				
5.	Miguel Prata SANTOS	96	Viana Natacao	4:11.64	+0,86	604		20
	50m: 27.97 27.97	150m: 1:30.36 31.58	250m: 2:34.94 32.01	350m: 3:40.12 32.62				
	100m: 58.78 30.81	200m: 2:02.93 32.57	300m: 3:07.50 32.56	400m: 4:11.64 31.52				
6.	Tiago Manuel TEIXEIRA	96	Fafe	4:12.51	+0,71	598		19
	50m: 28.11 28.11	150m: 1:31.31 32.16	250m: 2:35.07 31.54	350m: 3:40.81 33.28				
	100m: 59.15 31.04	200m: 2:03.53 32.22	300m: 3:07.53 32.46	400m: 4:12.51 31.70				
7.	Bruno Daniel MONTEIRO	88	Ginasio de Vila Real	4:16.36	+0,81	571		18
	50m: 27.76 27.76	150m: 1:30.57 31.93	250m: 2:36.24 32.96	350m: 3:43.07 33.51				
	100m: 58.64 30.88	200m: 2:03.28 32.71	300m: 3:09.56 33.32	400m: 4:16.36 33.29				
8.	Miguel Duarte MOREIRA	96	Belenenses	4:18.95	+0,81	554		17
	50m: 28.50 28.50	150m: 1:33.85 32.91	250m: 2:40.22 32.88	350m: 3:47.28 33.87				
	100m: 1:00.94 32.44	200m: 2:07.34 33.49	300m: 3:13.41 33.19	400m: 4:18.95 31.67				
9.	Joao Pedro NEVES	96	Aminata	4:19.09	+0,84	553		16
	50m: 28.87 28.87	150m: 1:33.75 32.88	250m: 2:39.82 32.48	350m: 3:47.08 33.64				
	100m: 1:00.87 32.00	200m: 2:07.34 33.59	300m: 3:13.44 33.62	400m: 4:19.09 32.01				
10.	Daciano Egidio SOUSA	93	Ginasio Figueirense	4:20.43	+0,94	545		15
	50m: 29.42 29.42	150m: 1:35.58 33.41	250m: 2:43.32 33.75	350m: 3:49.13 33.01				
	100m: 1:02.17 32.75	200m: 2:09.57 33.99	300m: 3:16.12 32.80	400m: 4:20.43 31.30				
11.	Alexandre Miguel MENDES	86	Estrelas S. Joao de Brito	4:21.11	+0,86	541		14
	50m: 28.14 28.14	150m: 1:30.72 31.69	250m: 2:37.19 33.55	350m: 3:46.14 34.87				
	100m: 59.03 30.89	200m: 2:03.64 32.92	300m: 3:11.27 34.08	400m: 4:21.11 34.97				
12.	Antonio Fraga FRAGOSO	95	Bombeiros Ponta Delgada	4:24.03	+0,92	523		13
	50m: 28.63 28.63	150m: 1:34.06 33.14	250m: 2:41.62 34.04	350m: 3:50.07 34.49				
	100m: 1:00.92 32.29	200m: 2:07.58 33.52	300m: 3:15.58 33.96	400m: 4:24.03 33.96				

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Prova 9, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Leonardo Peralta REIS	96	Benedita	4:27.16	+0,94	505		12
	50m: 28.69 28.69	150m: 1:34.00 33.24	250m: 2:41.42 34.16	350m: 3:52.37 35.78				
	100m: 1:00.76 32.07	200m: 2:07.26 33.26	300m: 3:16.59 35.17	400m: 4:27.16 34.79				
14.	Bruno Rafael MEIRELES	96	Lisnave	4:27.30	+0,82	504		11
	50m: 28.75 28.75	150m: 1:35.68 34.09	250m: 2:45.07 34.69	350m: 3:54.51 34.28				
	100m: 1:01.59 32.84	200m: 2:10.38 34.70	300m: 3:20.23 35.16	400m: 4:27.30 32.79				
15.	Joao Bernardo SARAGOCA	95	Scalabisport	4:29.12	+0,85	494		10
	50m: 28.87 28.87	150m: 1:34.71 33.80	250m: 2:44.16 34.62	350m: 3:54.19 34.88				
	100m: 1:00.91 32.04	200m: 2:09.54 34.83	300m: 3:19.31 35.15	400m: 4:29.12 34.93				
16.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	4:31.05	+0,78	483		9
	50m: 28.50 28.50	150m: 1:35.81 34.78	250m: 2:46.31 34.89	350m: 3:56.62 34.80				
	100m: 1:01.03 32.53	200m: 2:11.42 35.61	300m: 3:21.82 35.51	400m: 4:31.05 34.43				
17.	Mario Pinto AMORIM	94	BUZIOS-Coruche	4:31.45	+1,00	481		8
	50m: 30.32 30.32	150m: 1:37.31 34.18	250m: 2:46.87 34.77	350m: 3:57.58 35.27				
	100m: 1:03.13 32.81	200m: 2:12.10 34.79	300m: 3:22.31 35.44	400m: 4:31.45 33.87				
18.	Tomas Antonio AZEVEDO	96	Kainagua	4:31.91	+0,76	479		7
	50m: 29.59 29.59	150m: 1:36.27 34.10	250m: 2:45.81 34.97	350m: 3:56.90 35.90				
	100m: 1:02.17 32.58	200m: 2:10.84 34.57	300m: 3:21.00 35.19	400m: 4:31.91 35.01				
19.	Paulo Andre SILVA	95	Natacao da Maia	4:33.30	+0,87	471		6
	50m: 29.14 29.14	150m: 1:36.34 34.19	250m: 2:46.73 35.30	350m: 3:58.57 36.01				
	100m: 1:02.15 33.01	200m: 2:11.43 35.09	300m: 3:22.56 35.83	400m: 4:33.30 34.73				
20.	Rogério Pina TAVARES	92	Litoral Alentejano	4:36.34	+0,83	456		5
	50m: 28.98 28.98	150m: 1:34.86 34.01	250m: 2:47.46 36.98	350m: 4:00.38 36.40				
	100m: 1:00.85 31.87	200m: 2:10.48 35.62	300m: 3:23.98 36.52	400m: 4:36.34 35.96				
21.	Fabio Alcantara AIRES	97	Nautica do Seixal	4:36.35	+0,77	456		4
	50m: 29.36 29.36	150m: 1:37.19 34.14	250m: 2:48.19 35.95	350m: 4:01.95 37.12				
	100m: 1:03.05 33.69	200m: 2:12.24 35.05	300m: 3:24.83 36.64	400m: 4:36.35 34.40				
22.	Pedro Miguel REIS	96	Sporting de Espinho	4:45.35	+0,86	414		3
	50m: 29.18 29.18	150m: 1:37.64 35.96	250m: 2:51.93 37.42	350m: 4:07.12 37.80				
	100m: 1:01.68 32.50	200m: 2:14.51 36.87	300m: 3:29.32 37.39	400m: 4:45.35 38.23				
23.	Filipe Jose BAPTISTA	94	Feirense	4:49.23	+0,82	398		2
	50m: 29.83 29.83	150m: 1:39.29 35.87	250m: 2:54.57 38.39	350m: 4:11.90 38.73				
	100m: 1:03.42 33.59	200m: 2:16.18 36.89	300m: 3:33.17 38.60	400m: 4:49.23 37.33				
24.	Christophe Pereira FERNANDES	98	Natacao de Vila Real	4:57.98	+0,76	364		1
	50m: 29.30 29.30	150m: 1:35.46 34.45	250m: 2:54.43 40.56	350m: 4:17.37 41.86				
	100m: 1:01.01 31.71	200m: 2:13.87 38.41	300m: 3:35.51 41.08	400m: 4:57.98 40.61				

Seniores

1.	Nuno Goncalo QUINTANILHA	87	Colegio Vasco da Gama	4:03.32	+0,75	668		25
	50m: 27.50 27.50	150m: 1:30.28 31.81	250m: 2:33.22 30.95	350m: 3:33.67 29.70				
	100m: 58.47 30.97	200m: 2:02.27 31.99	300m: 3:03.97 30.75	400m: 4:03.32 29.65				
2.	Bruno Daniel MONTEIRO	88	Ginasio de Vila Real	4:16.36	+0,81	571		18
	50m: 27.76 27.76	150m: 1:30.57 31.93	250m: 2:36.24 32.96	350m: 3:43.07 33.51				
	100m: 58.64 30.88	200m: 2:03.28 32.71	300m: 3:09.56 33.32	400m: 4:16.36 33.29				

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Prova 9, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
3.	Daciano Egidio SOUSA	93	Ginasio Figueirense	4:20.43	+0,94	545		15
	50m: 29.42 29.42	150m: 1:35.58 33.41	250m: 2:43.32 33.75	350m: 3:49.13 33.01				
	100m: 1:02.17 32.75	200m: 2:09.57 33.99	300m: 3:16.12 32.80	400m: 4:20.43 31.30				
4.	Alexandre Miguel MENDES	86	Estrelas S. Joao de Brito	4:21.11	+0,86	541		14
	50m: 28.14 28.14	150m: 1:30.72 31.69	250m: 2:37.19 33.55	350m: 3:46.14 34.87				
	100m: 59.03 30.89	200m: 2:03.64 32.92	300m: 3:11.27 34.08	400m: 4:21.11 34.97				
5.	Rogério Pina TAVARES	92	Litoral Alentejano	4:36.34	+0,83	456		5
	50m: 28.98 28.98	150m: 1:34.86 34.01	250m: 2:47.46 36.98	350m: 4:00.38 36.40				
	100m: 1:00.85 31.87	200m: 2:10.48 35.62	300m: 3:23.98 36.52	400m: 4:36.34 35.96				
6.	Christophe Pereira FERNANDES	88	Natacao de Vila Real	4:57.98	+0,76	364		1
	50m: 29.30 29.30	150m: 1:35.46 34.45	250m: 2:54.43 40.56	350m: 4:17.37 41.86				
	100m: 1:01.01 31.71	200m: 2:13.87 38.41	300m: 3:35.51 41.08	400m: 4:57.98 40.61				

Juniores

1.	Rui Miguel LOPES	94	Natacao de Olhao	4:04.45	+0,77	659		23
	50m: 27.67 27.67	150m: 1:29.72 31.19	250m: 2:32.23 31.21	350m: 3:34.45 31.03				
	100m: 58.53 30.86	200m: 2:01.02 31.30	300m: 3:03.42 31.19	400m: 4:04.45 30.00				
2.	Tiago Silva OLIVEIRA	94	Leixoes	4:08.16	+0,90	630		21
	50m: 27.70 27.70	150m: 1:30.67 31.81	250m: 2:33.69 30.96	350m: 3:37.21 32.07				
	100m: 58.86 31.16	200m: 2:02.73 32.06	300m: 3:05.14 31.45	400m: 4:08.16 30.95				
3.	Antonio Fraga FRAGOSO	95	Bombeiros Ponta Delgada	4:24.03	+0,92	523		13
	50m: 28.63 28.63	150m: 1:34.06 33.14	250m: 2:41.62 34.04	350m: 3:50.07 34.49				
	100m: 1:00.92 32.29	200m: 2:07.58 33.52	300m: 3:15.58 33.96	400m: 4:24.03 33.96				
4.	Joao Bernardo SARAGOCA	95	Scalabisport	4:29.12	+0,85	494		10
	50m: 28.87 28.87	150m: 1:34.71 33.80	250m: 2:44.16 34.62	350m: 3:54.19 34.88				
	100m: 1:00.91 32.04	200m: 2:09.54 34.83	300m: 3:19.31 35.15	400m: 4:29.12 34.93				
5.	Mario Pinto AMORIM	94	BUZIOS-Coruche	4:31.45	+1,00	481		8
	50m: 30.32 30.32	150m: 1:37.31 34.18	250m: 2:46.87 34.77	350m: 3:57.58 35.27				
	100m: 1:03.13 32.81	200m: 2:12.10 34.79	300m: 3:22.31 35.44	400m: 4:31.45 33.87				
6.	Paulo Andre SILVA	95	Natacao da Maia	4:33.30	+0,87	471		6
	50m: 29.14 29.14	150m: 1:36.34 34.19	250m: 2:46.73 35.30	350m: 3:58.57 36.01				
	100m: 1:02.15 33.01	200m: 2:11.43 35.09	300m: 3:22.56 35.83	400m: 4:33.30 34.73				
7.	Filipe Jose BAPTISTA	94	Feirense	4:49.23	+0,82	398		2
	50m: 29.83 29.83	150m: 1:39.29 35.87	250m: 2:54.57 38.39	350m: 4:11.90 38.73				
	100m: 1:03.42 33.59	200m: 2:16.18 36.89	300m: 3:33.17 38.60	400m: 4:49.23 37.33				

Juvenis A

1.	Joao Carlos SANTOS	96	Naval Amorense	4:05.06	+0,74	654		22
	50m: 28.35 28.35	150m: 1:31.29 31.94	250m: 2:33.54 30.37	350m: 3:34.57 29.91				
	100m: 59.35 31.00	200m: 2:03.17 31.88	300m: 3:04.66 31.12	400m: 4:05.06 30.49				
2.	Miguel Prata SANTOS	96	Viana Natacao	4:11.64	+0,86	604		20
	50m: 27.97 27.97	150m: 1:30.36 31.58	250m: 2:34.94 32.01	350m: 3:40.12 32.62				
	100m: 58.78 30.81	200m: 2:02.93 32.57	300m: 3:07.50 32.56	400m: 4:11.64 31.52				
3.	Tiago Manuel TEIXEIRA	96	Fafe	4:12.51	+0,71	598		19
	50m: 28.11 28.11	150m: 1:31.31 32.16	250m: 2:35.07 31.54	350m: 3:40.81 33.28				
	100m: 59.15 31.04	200m: 2:03.53 32.22	300m: 3:07.53 32.46	400m: 4:12.51 31.70				

Campeonato Nacional Clubes 3ª Divisão
 Cantanhede, 10- - 11-12-2011

Prova 9, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Miguel Duarte MOREIRA	96	Belenenses	4:18.95	+0,81	554		17
	50m: 28.50 28.50	150m: 1:33.85 32.91	250m: 2:40.22 32.88	350m: 3:47.28 33.87				
	100m: 1:00.94 32.44	200m: 2:07.34 33.49	300m: 3:13.41 33.19	400m: 4:18.95 31.67				
5.	Joao Pedro NEVES	96	Aminata	4:19.09	+0,84	553		16
	50m: 28.87 28.87	150m: 1:33.75 32.88	250m: 2:39.82 32.48	350m: 3:47.08 33.64				
	100m: 1:00.87 32.00	200m: 2:07.34 33.59	300m: 3:13.44 33.62	400m: 4:19.09 32.01				
6.	Leonardo Peralta REIS	96	Benedita	4:27.16	+0,94	505		12
	50m: 28.69 28.69	150m: 1:34.00 33.24	250m: 2:41.42 34.16	350m: 3:52.37 35.78				
	100m: 1:00.76 32.07	200m: 2:07.26 33.26	300m: 3:16.59 35.17	400m: 4:27.16 34.79				
7.	Bruno Rafael MEIRELES	96	Lisnave	4:27.30	+0,82	504		11
	50m: 28.75 28.75	150m: 1:35.68 34.09	250m: 2:45.07 34.69	350m: 3:54.51 34.28				
	100m: 1:01.59 32.84	200m: 2:10.38 34.70	300m: 3:20.23 35.16	400m: 4:27.30 32.79				
8.	Tomas Antonio AZEVEDO	96	Kainagua	4:31.91	+0,76	479		7
	50m: 29.59 29.59	150m: 1:36.27 34.10	250m: 2:45.81 34.97	350m: 3:56.90 35.90				
	100m: 1:02.17 32.58	200m: 2:10.84 34.57	300m: 3:21.00 35.19	400m: 4:31.91 35.01				
9.	Pedro Miguel REIS	96	Sporting de Espinho	4:45.35	+0,86	414		3
	50m: 29.18 29.18	150m: 1:37.64 35.96	250m: 2:51.93 37.42	350m: 4:07.12 37.80				
	100m: 1:01.68 32.50	200m: 2:14.51 36.87	300m: 3:29.32 37.39	400m: 4:45.35 38.23				

Juvenis B

1.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	4:31.05	+0,78	483		9
	50m: 28.50 28.50	150m: 1:35.81 34.78	250m: 2:46.31 34.89	350m: 3:56.62 34.80				
	100m: 1:01.03 32.53	200m: 2:11.42 35.61	300m: 3:21.82 35.51	400m: 4:31.05 34.43				
2.	Fabio Alcantara AIRES	97	Nautica do Seixal	4:36.35	+0,77	456		4
	50m: 29.36 29.36	150m: 1:37.19 34.14	250m: 2:48.19 35.95	350m: 4:01.95 37.12				
	100m: 1:03.05 33.69	200m: 2:12.24 35.05	300m: 3:24.83 36.64	400m: 4:36.35 34.40				