



Campeonato Nacional Clubes 1 e 2 Divisao
Mealhada, 17- - 18-12-2011

Prova 3 Masc., 400m Livres Absoluto
17-12-2011 2ª Divisao 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.	Diogo Filipe Carvalho	88	Galitos	3:52.20	+0,72	769		17
	50m: 25.06 25.06	150m: 1:22.66 29.12	250m: 2:21.97 29.92	350m: 3:22.44 30.02				
	100m: 53.54 28.48	200m: 1:52.05 29.39	300m: 2:52.42 30.45	400m: 3:52.20 29.76				
2.	Vasco Miguel Gaspar	90	Uniao Piedense	3:55.77	+0,78	734		15
	50m: 26.39 26.39	150m: 1:25.20 29.51	250m: 2:25.28 30.16	350m: 3:26.32 30.68				
	100m: 55.69 29.30	200m: 1:55.12 29.92	300m: 2:55.64 30.36	400m: 3:55.77 29.45				
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	3:56.49	+0,75	728		14
	50m: 26.71 26.71	150m: 1:25.90 29.85	250m: 2:26.48 30.33	350m: 3:27.33 30.14				
	100m: 56.05 29.34	200m: 1:56.15 30.25	300m: 2:57.19 30.71	400m: 3:56.49 29.16				
4.	Andre Filipe Lopes	92	Academica de Coimbra	4:00.36	+0,72	693		13
	50m: 27.31 27.31	150m: 1:27.64 30.29	250m: 2:28.85 30.70	350m: 3:30.32 30.65				
	100m: 57.35 30.04	200m: 1:58.15 30.51	300m: 2:59.67 30.82	400m: 4:00.36 30.04				
5.	Ricardo Sousa Filipe	88	Louletano/Loule Concelho	4:05.29	+0,77	652		12
	50m: 27.46 27.46	150m: 1:28.93 31.21	250m: 2:32.03 31.57	350m: 3:35.55 31.72				
	100m: 57.72 30.26	200m: 2:00.46 31.53	300m: 3:03.83 31.80	400m: 4:05.29 29.74				
6.	Arseniy Lavrentyev	83	Alges	4:05.54	+0,75	650		11
	50m: 28.30 28.30	150m: 1:30.48 31.32	250m: 2:33.39 31.58	350m: 3:35.52 30.82				
	100m: 59.16 30.86	200m: 2:01.81 31.33	300m: 3:04.70 31.31	400m: 4:05.54 30.02				
7.	Hugo Alberto Ribeiro	88	Gespacos	4:05.94	+0,95	647		10
	50m: 27.41 27.41	150m: 1:28.40 31.17	250m: 2:32.35 32.11	350m: 3:35.71 31.50				
	100m: 57.23 29.82	200m: 2:00.24 31.84	300m: 3:04.21 31.86	400m: 4:05.94 30.23				
8.	Andre Filipe Farinha	96	Benfica	4:09.11	+0,86	623		9
	50m: 27.85 27.85	150m: 1:29.69 31.34	250m: 2:32.68 31.70	350m: 3:37.38 32.26				
	100m: 58.35 30.50	200m: 2:00.98 31.29	300m: 3:05.12 32.44	400m: 4:09.11 31.73				
9.	Ricardo Miguel Antunes	94	Gesloures	4:09.70	+0,76	618		8
	50m: 28.11 28.11	150m: 1:30.15 31.38	250m: 2:33.65 31.86	350m: 3:38.05 32.39				
	100m: 58.77 30.66	200m: 2:01.79 31.64	300m: 3:05.66 32.01	400m: 4:09.70 31.65				
10.	Nelson Goncalves Judas	91	Academico Viseu	4:12.72	+0,97	596		7
	50m: 28.32 28.32	150m: 1:30.34 31.55	250m: 2:34.70 31.97	350m: 3:40.63 33.10				
	100m: 58.79 30.47	200m: 2:02.73 32.39	300m: 3:07.53 32.83	400m: 4:12.72 32.09				
11.	Diogo Antonio Lopes	95	Torres Novas	4:13.71	+0,75	589		6
	50m: 27.66 27.66	150m: 1:30.89 32.11	250m: 2:36.53 32.68	350m: 3:41.95 32.12				
	100m: 58.78 31.12	200m: 2:03.85 32.96	300m: 3:09.83 33.30	400m: 4:13.71 31.76				
12.	Francisco Maldonado Freitas	91	Pimpoes/Cimai	4:13.82	+0,80	589		5
	50m: 28.36 28.36	150m: 1:30.98 31.83	250m: 2:35.92 32.41	350m: 3:41.56 32.66				
	100m: 59.15 30.79	200m: 2:03.51 32.53	300m: 3:08.90 32.98	400m: 4:13.82 32.26				
13.	Antero Simao Martins	94	Nautico da Marinha Grande	4:16.49	+0,84	570		4
	50m: 28.40 28.40	150m: 1:32.06 32.45	250m: 2:37.60 32.72	350m: 3:44.19 33.30				
	100m: 59.61 31.21	200m: 2:04.88 32.82	300m: 3:10.89 33.29	400m: 4:16.49 32.30				



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Bruno Miranda Sousa	93	Desportiva de Viana	4:16.65	+1,00	569		3
	50m: 28.35 28.35	150m: 1:31.93 32.44	250m: 2:37.75 33.13	350m: 3:44.89 33.69				
	100m: 59.49 31.14	200m: 2:04.62 32.69	300m: 3:11.20 33.45	400m: 4:16.65 31.76				
15.	Jose Pedro Bugalho	96	Alcobaca	4:28.83	+0,71	495		2
	50m: 28.60 28.60	150m: 1:34.74 33.84	250m: 2:44.20 34.75	350m: 3:55.03 35.64				
	100m: 1:00.90 32.30	200m: 2:09.45 34.71	300m: 3:19.39 35.19	400m: 4:28.83 33.80				
16.	Francisco Sampaio Garcia	97	Naval de Ponta Delgada	4:43.24	+0,94	423		1
	50m: 29.92 29.92	150m: 1:39.47 35.50	250m: 2:53.42 37.19	350m: 4:07.63 36.89				
	100m: 1:03.97 34.05	200m: 2:16.23 36.76	300m: 3:30.74 37.32	400m: 4:43.24 35.61				