

Prova 10  
07-12-2013

Masc., 400m Livres

Absolutos  
Resultados

Recorde Nacional (25m) Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recorde Nacional (25m) Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Recorde Nacional (25m) Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Recorde Nacional (25m) Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Jun 17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recorde Nacional (25m) Jun 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recorde Nacional (25m) Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Ricardo Sousa	97	105759	Lousada SXXI	<b>4:13.10</b>	+0,80	589	25
	50m: 27.33 27.33			150m: 1:30.51 32.29	250m: 2:36.11 32.82	350m: 3:41.95 32.84		
	100m: 58.22 30.89			200m: 2:03.29 32.78	300m: 3:09.11 33.00	400m: 4:13.10 31.15		
2.	Joao Miguel Lopes	96	103344	Electrico Clube	<b>4:14.85</b>	+0,79	577	23
	50m: 29.03 29.03			150m: 1:32.08 31.94	250m: 2:37.61 32.78	350m: 3:43.88 32.72		
	100m: 1:00.14 31.11			200m: 2:04.83 32.75	300m: 3:11.16 33.55	400m: 4:14.85 30.97		
3.	Joao Luis Serrano	91	12306	Cartaxo	<b>4:15.01</b>	+0,84	576	22
	50m: 28.53 28.53			150m: 1:31.99 32.20	250m: 2:37.66 32.72	350m: 3:44.02 32.63		
	100m: 59.79 31.26			200m: 2:04.94 32.95	300m: 3:11.39 33.73	400m: 4:15.01 30.99		
4.	Carlos Daniel Ramos	96	110520	Estarreja	<b>4:20.91</b>	+0,79	538	21
	50m: 29.55 29.55			150m: 1:34.76 33.04	250m: 2:41.75 33.41	350m: 3:48.39 33.08		
	100m: 1:01.72 32.17			200m: 2:08.34 33.58	300m: 3:15.31 33.56	400m: 4:20.91 32.52		
5.	Joao Ricardo Silva	97	116947	Ginasio Figueirense	<b>4:21.65</b>	+0,74	533	20
	50m: 29.44 29.44			150m: 1:36.01 33.65	250m: 2:42.48 32.34	350m: 3:50.20 33.86		
	100m: 1:02.36 32.92			200m: 2:10.14 34.13	300m: 3:16.34 33.86	400m: 4:21.65 31.45		
6.	Bruno Rafael Meireles	96	100245	Laranjeiro	<b>4:21.91</b>	+0,82	532	19
	50m: 30.31 30.31			150m: 1:35.86 33.05	250m: 2:42.79 33.60	350m: 3:50.08 33.36		
	100m: 1:02.81 32.50			200m: 2:09.19 33.33	300m: 3:16.72 33.93	400m: 4:21.91 31.83		
7.	Daniel Filipe Lopes	96	116836	Interior Norte	<b>4:22.68</b>	+0,71	527	18
	50m: 29.74 29.74			150m: 1:35.67 33.17	250m: 2:43.48 34.11	350m: 3:51.01 33.33		
	100m: 1:02.50 32.76			200m: 2:09.37 33.70	300m: 3:17.68 34.20	400m: 4:22.68 31.67		
8.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	<b>4:23.23</b>	+0,90	524	17
	50m: 30.35 30.35			150m: 1:36.86 33.50	250m: 2:44.49 34.10	350m: 3:51.30 33.32		
	100m: 1:03.36 33.01			200m: 2:10.39 33.53	300m: 3:17.98 33.49	400m: 4:23.23 31.93		
9.	Miguel Martins Baltazar	98	104338	Aminata	<b>4:23.66</b>	+0,77	521	16
	50m: 29.64 29.64			150m: 1:35.39 33.30	250m: 2:43.26 33.97	350m: 3:50.83 33.69		
	100m: 1:02.09 32.45			200m: 2:09.29 33.90	300m: 3:17.14 33.88	400m: 4:23.66 32.83		
10.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	<b>4:23.67</b>	+0,72	521	15
	50m: 28.30 28.30			150m: 1:33.08 33.13	250m: 2:41.49 34.67	350m: 3:50.69 34.55		
	100m: 59.95 31.65			200m: 2:06.82 33.74	300m: 3:16.14 34.65	400m: 4:23.67 32.98		
11.	Mateus Roque Mendes	96	117954	Natacao de Faro	<b>4:24.76</b>	+0,84	515	14
	50m: 29.02 29.02			150m: 1:34.84 33.60	250m: 2:43.14 34.03	350m: 3:52.03 34.28		
	100m: 1:01.24 32.22			200m: 2:09.11 34.27	300m: 3:17.75 34.61	400m: 4:24.76 32.73		
12.	Luis Filipe Fonseca	97	108855	Estremoz/Estremozcarnes	<b>4:25.75</b>	+0,88	509	13
	50m: 29.47 29.47			150m: 1:35.48 33.47	250m: 2:43.75 34.17	350m: 3:52.62 34.26		
	100m: 1:02.01 32.54			200m: 2:09.58 34.10	300m: 3:18.36 34.61	400m: 4:25.75 33.13		
13.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	<b>4:26.91</b>	+0,82	502	12
	50m: 29.97 29.97			150m: 1:37.01 33.76	250m: 2:45.33 34.46	350m: 3:54.09 34.32		
	100m: 1:03.25 33.28			200m: 2:10.87 33.86	300m: 3:19.77 34.44	400m: 4:26.91 32.82		
14.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	<b>4:27.61</b>	+0,86	498	11
	50m: 29.07 29.07			150m: 1:34.62 33.70	250m: 2:43.67 34.80	350m: 3:53.74 35.00		
	100m: 1:00.92 31.85			200m: 2:08.87 34.25	300m: 3:18.74 35.07	400m: 4:27.61 33.87		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Rodrigo Palmela Costa	96	104379	Nacional de Natacao	<b>4:30.96</b>	+0,81	480	10
	50m: 29.45 29.45		150m: 1:37.93	34.66	250m: 2:46.58	33.41	350m: 3:55.88	34.54
	100m: 1:03.27 33.82		200m: 2:13.17	35.24	300m: 3:21.34	34.76	400m: 4:30.96	35.08
16.	Gino Santos Caetano	94	18331	Sporting de Aveiro	<b>4:31.56</b>	+0,92	477	9
	50m: 30.38 30.38		150m: 1:36.05	33.50	250m: 2:44.73	34.86	350m: 3:56.11	36.04
	100m: 1:02.55 32.17		200m: 2:09.87	33.82	300m: 3:20.07	35.34	400m: 4:31.56	35.45
17.	Alexandre Ferreira Amorim	99	103953	Colegio SMLamas	<b>4:33.48</b>	+0,89	467	8
	50m: 29.99 29.99		150m: 1:37.42	34.10	250m: 2:47.32	35.16	350m: 3:58.82	35.72
	100m: 1:03.32 33.33		200m: 2:12.16	34.74	300m: 3:23.10	35.78	400m: 4:33.48	34.66
18.	Diogo Filipe Teodoro	99	105897	Natacao da Maia	<b>4:36.26</b>	+0,74	453	7
	50m: 30.23 30.23		150m: 1:39.75	35.14	250m: 2:50.93	35.76	350m: 4:01.50	35.47
	100m: 1:04.61 34.38		200m: 2:15.17	35.42	300m: 3:26.03	35.10	400m: 4:36.26	34.76
19.	Joao Mauricio Gaspar	97	116619	Nautico Abrantes	<b>4:36.40</b>	+0,71	452	6
	50m: 30.38 30.38		150m: 1:38.09	34.62	250m: 2:50.14	35.89	350m: 4:01.58	34.91
	100m: 1:03.47 33.09		200m: 2:14.25	36.16	300m: 3:26.67	36.53	400m: 4:36.40	34.82
20.	Edi Couto Moderno	95	121001	Nucleo de Pombal	<b>4:39.39</b>	+0,86	438	5
	50m: 30.60 30.60		150m: 1:40.18	35.02	250m: 2:51.91	35.87	350m: 4:03.97	35.73
	100m: 1:05.16 34.56		200m: 2:16.04	35.86	300m: 3:28.24	36.33	400m: 4:39.39	35.42
21.	Pedro Manuel Nunes	98	100643	CLAC-Entroncamento	<b>4:39.71</b>	+0,72	436	4
	50m: 30.19 30.19		150m: 1:39.99	35.67	250m: 2:52.64	36.43	350m: 4:05.19	35.88
	100m: 1:04.32 34.13		200m: 2:16.21	36.22	300m: 3:29.31	36.67	400m: 4:39.71	34.52
22.	Joao Pedro Alves	96	119577	Natacao do Tejo	<b>4:55.02</b>	+0,94	372	3
	50m: 31.37 31.37		150m: 1:42.92	36.63	250m: 2:58.55	38.20	350m: 4:15.64	39.14
	100m: 1:06.29 34.92		200m: 2:20.35	37.43	300m: 3:36.50	37.95	400m: 4:55.02	39.38
23.	Frederico Antunes Silva	95	25578	Portugal Cultura	<b>4:55.06</b>	+0,76	372	2
	50m: 29.92 29.92		150m: 1:41.73	37.07	250m: 2:58.42	38.82	350m: 4:16.97	39.44
	100m: 1:04.66 34.74		200m: 2:19.60	37.87	300m: 3:37.53	39.11	400m: 4:55.06	38.09
24.	Filipe Miguel Mesquita	97	104894	Natacao do Montijo	<b>4:58.90</b>	+0,73	358	1
	50m: 32.14 32.14		150m: 1:45.06	37.45	250m: 3:02.61	39.10	350m: 4:20.62	39.06
	100m: 1:07.61 35.47		200m: 2:23.51	38.45	300m: 3:41.56	38.95	400m: 4:58.90	38.28