

Prova 33
22-12-2013

Masc., 400m Estilos

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun 17	4:22.18	Adriano Miguel Niz	CFV	Alges	16-05-2003
Recordes Nacionais 25m Jun 18	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009

TAC-JUN1M Jun 17 50m: 4:58.59 - 25m: 4:52.61 / TAC-JUN2M Jun 18: 4:48.39 / TAC-SENM Sen: 4:41.36

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	4:28.23	+0,68	676		
	50m: 29.01 29.01			150m: 1:37.01 35.08	250m: 2:48.57 36.72	350m: 3:57.46 31.01			
	100m: 1:01.93 32.92			200m: 2:11.85 34.84	300m: 3:26.45 37.88	400m: 4:28.23 30.77			
2.	Joao Pedro Gil	97	108343	Naval Amorense	4:31.77	+0,72	650		
	50m: 29.49 29.49			150m: 1:38.75 35.70	250m: 2:52.51 38.51	350m: 4:02.92 31.19			
	100m: 1:03.05 33.56			200m: 2:14.00 35.25	300m: 3:31.73 39.22	400m: 4:31.77 28.85			
3.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	4:34.29	+0,65	632		
	50m: 28.54 28.54			150m: 1:37.33 35.50	250m: 2:52.70 39.97	350m: 4:04.26 30.85			
	100m: 1:01.83 33.29			200m: 2:12.73 35.40	300m: 3:33.41 40.71	400m: 4:34.29 30.03			
4.	Paulo Andre Silva	96	105198	Vilacondense	4:35.86	+0,66	622		
	50m: 28.77 28.77			150m: 1:37.83 35.65	250m: 2:53.15 40.28	350m: 4:05.24 32.22			
	100m: 1:02.18 33.41			200m: 2:12.87 35.04	300m: 3:33.02 39.87	400m: 4:35.86 30.62			
5.	Eduardo Salgado Ramos	97	106796	Porto	4:37.11	+0,74	613		
	50m: 28.57 28.57			150m: 1:37.98 35.33	250m: 2:52.38 39.54	350m: 4:05.38 33.25			
	100m: 1:02.65 34.08			200m: 2:12.84 34.86	300m: 3:32.13 39.75	400m: 4:37.11 31.73			
6.	Bruno Miguel Ramos	97	109110	Amadora	4:39.16	+0,71	600		
	50m: 29.41 29.41			150m: 1:38.23 34.63	250m: 2:53.41 40.44	350m: 4:07.00 33.17			
	100m: 1:03.60 34.19			200m: 2:12.97 34.74	300m: 3:33.83 40.42	400m: 4:39.16 32.16			
7.	Tomas Risco Fernandes	96	111208	Colegio Vasco da Gama	4:40.18	+0,76	593		
	50m: 29.82 29.82			150m: 1:40.24 36.37	250m: 2:56.08 40.64	350m: 4:09.31 32.64			
	100m: 1:03.87 34.05			200m: 2:15.44 35.20	300m: 3:36.67 40.59	400m: 4:40.18 30.87			
8.	Joao Mota Correia	97	102308	Alcobaca	4:41.01	+0,83	588		
	50m: 29.58 29.58			150m: 1:39.92 36.10	250m: 2:56.52 40.90	350m: 4:09.25 32.38			
	100m: 1:03.82 34.24			200m: 2:15.62 35.70	300m: 3:36.87 40.35	400m: 4:41.01 31.76			
9.	Filipe Carmo Ramos	97	105197	Vilacondense	4:41.26	+0,78	587		
	50m: 29.23 29.23			150m: 1:41.45 37.55	250m: 2:57.10 39.24	350m: 4:09.86 33.30			
	100m: 1:03.90 34.67			200m: 2:17.86 36.41	300m: 3:36.56 39.46	400m: 4:41.26 31.40			
10.	Andre Resende Pinheiro	97	109196	Porto	4:42.02	+0,73	582		
	50m: 29.56 29.56			150m: 1:39.91 36.29	250m: 2:56.77 40.66	350m: 4:10.28 32.39			
	100m: 1:03.62 34.06			200m: 2:16.11 36.20	300m: 3:37.89 41.12	400m: 4:42.02 31.74			
11.	Vitor Joao Pereira	97	102545	Leixoes	4:44.12	+0,85	569		
	50m: 29.93 29.93			150m: 1:42.09 37.26	250m: 2:59.57 40.97	350m: 4:13.17 32.27			
	100m: 1:04.83 34.90			200m: 2:18.60 36.51	300m: 3:40.90 41.33	400m: 4:44.12 30.95			
12.	Jose Ricardo Sousa	97	105759	Lousada SXXI	4:44.23	+0,81	568		
	50m: 28.36 28.36			150m: 1:39.52 37.61	250m: 2:57.95 41.44	350m: 4:12.23 33.51			
	100m: 1:01.91 33.55			200m: 2:16.51 36.99	300m: 3:38.72 40.77	400m: 4:44.23 32.00			
13.	Miguel Monteiro Cruchinho	97	110442	Sporting	4:45.41	+0,73	561		
	50m: 29.58 29.58			150m: 1:44.45 39.55	250m: 2:59.64 37.88	350m: 4:12.94 34.33			
	100m: 1:04.90 35.32			200m: 2:21.76 37.31	300m: 3:38.61 38.97	400m: 4:45.41 32.47			
14.	Joao Miguel Ferreira	97	103044	Foca	4:45.90	+0,75	558		
	50m: 29.15 29.15			150m: 1:40.47 37.31	250m: 2:58.06 40.60	350m: 4:12.54 33.74			
	100m: 1:03.16 34.01			200m: 2:17.46 36.99	300m: 3:38.80 40.74	400m: 4:45.90 33.36			
15.	Luis Carlos Oliveira	97	102629	Porto	4:47.28	+0,75	550		
	50m: 29.12 29.12			150m: 1:40.95 37.21	250m: 2:58.09 40.92	350m: 4:14.20 33.93			
	100m: 1:03.74 34.62			200m: 2:17.17 36.22	300m: 3:40.27 42.18	400m: 4:47.28 33.08			

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Ruben Jose Morim	97	107935	Vilacondense	4:47.82	+0,88	547		
	50m: 30.43 30.43		150m: 1:42.48 37.54	250m: 3:01.67 42.51	350m: 4:17.20 33.47				
	100m: 1:04.94 34.51		200m: 2:19.16 36.68	300m: 3:43.73 42.06	400m: 4:47.82 30.62				
17.	Joao Pedro Neves FTL	96	104336	Aminata	4:49.30	+0,82	539		
	50m: 29.66 29.66		150m: 1:40.46 36.50	250m: 2:59.49 42.36	350m: 4:16.05 33.42				
	100m: 1:03.96 34.30		200m: 2:17.13 36.67	300m: 3:42.63 43.14	400m: 4:49.30 33.25				
18.	Tomas Machado Vale	97	102229	Viana Natacao	4:49.59	+0,74	537		
	50m: 28.37 28.37		150m: 1:37.46 35.23	250m: 2:57.81 44.43	350m: 4:15.79 33.92				
	100m: 1:02.23 33.86		200m: 2:13.38 35.92	300m: 3:41.87 44.06	400m: 4:49.59 33.80				
19.	Tiago Martim Alves	97	100789	Desportiva de Viana	4:51.86	+0,90	525		
	50m: 30.66 30.66		150m: 1:44.78 38.70	250m: 3:03.61 41.13	350m: 4:18.96 34.18				
	100m: 1:06.08 35.42		200m: 2:22.48 37.70	300m: 3:44.78 41.17	400m: 4:51.86 32.90				
20.	Joao Miguel Cardoso	97	109124	Gesloures	4:52.46	+0,84	522		
	50m: 32.30 32.30		150m: 1:46.78 37.69	250m: 3:06.02 41.68	350m: 4:20.21 33.20				
	100m: 1:09.09 36.79		200m: 2:24.34 37.56	300m: 3:47.01 40.99	400m: 4:52.46 32.25				
21.	Tiago Bernardo Marques	97	104783	Uniao Piedense	4:52.47	+0,77	522		
	50m: 30.56 30.56		150m: 1:44.99 38.25	250m: 3:02.37 40.34	350m: 4:19.06 34.65				
	100m: 1:06.74 36.18		200m: 2:22.03 37.04	300m: 3:44.41 42.04	400m: 4:52.47 33.41				
22.	Miguel Rocha Costa FTL	97	111870	Gesloures	4:59.03	+0,82	488		
	50m: 31.26 31.26		150m: 1:46.91 38.71	250m: 3:05.59 40.56	350m: 4:24.93 36.04				
	100m: 1:08.20 36.94		200m: 2:25.03 38.12	300m: 3:48.89 43.30	400m: 4:59.03 34.10				
DSQ	Miguel Angelo Silvestre	97	103538	Alcobaca					
	<i>704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 250 m - SW 7.1</i>								
DSQ	David Emanuel Martins	97	105429	Braga					
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 250 m - SW 7.6</i>								
DNS	Rafael Filipe Nunes	96	108344	Naval Amorense					

Seniores

1.	Alexis Manacas Santos	92	13704	Sporting	4:15.26	+0,73	785		
	50m: 26.85 26.85		150m: 1:30.02 31.93	250m: 2:36.44 35.33	350m: 3:44.80 31.96				
	100m: 58.09 31.24		200m: 2:01.11 31.09	300m: 3:12.84 36.40	400m: 4:15.26 30.46				
2.	Pedro Miguel Pinotes	89	26732	Sporting	4:18.31	+0,71	757		
	50m: 27.47 27.47		150m: 1:32.41 32.88	250m: 2:41.64 36.47	350m: 3:48.80 30.44				
	100m: 59.53 32.06		200m: 2:05.17 32.76	300m: 3:18.36 36.72	400m: 4:18.31 29.51				
3.	Nuno Rafael Alves	90	25140	Gespacos	4:20.61	+0,76	737		
	50m: 28.60 28.60		150m: 1:35.17 34.51	250m: 2:44.37 35.77	350m: 3:50.98 30.80				
	100m: 1:00.66 32.06		200m: 2:08.60 33.43	300m: 3:20.18 35.81	400m: 4:20.61 29.63				
4.	Tomas Correia Silva	95	23367	Fluvial Portuense	4:25.26	+0,76	699		
	50m: 28.25 28.25		150m: 1:35.92 34.92	250m: 2:48.04 37.49	350m: 3:55.84 30.70				
	100m: 1:01.00 32.75		200m: 2:10.55 34.63	300m: 3:25.14 37.10	400m: 4:25.26 29.42				
5.	Ruben Filipe Nunes	94	23302	Gespacos	4:30.35	+0,85	660		
	50m: 27.99 27.99		150m: 1:35.65 35.45	250m: 2:48.02 38.06	350m: 3:58.67 31.95				
	100m: 1:00.20 32.21		200m: 2:09.96 34.31	300m: 3:26.72 38.70	400m: 4:30.35 31.68				
6.	Pedro Andre Santos	94	15732	Alges	4:30.38	+0,72	660		
	50m: 28.43 28.43		150m: 1:36.28 34.40	250m: 2:48.05 37.39	350m: 3:58.87 32.77				
	100m: 1:01.88 33.45		200m: 2:10.66 34.38	300m: 3:26.10 38.05	400m: 4:30.38 31.51				
7.	Pedro Barros Mendes	94	11195	Academica de Coimbra	4:32.95	+0,77	642		
	50m: 29.29 29.29		150m: 1:37.71 35.15	250m: 2:51.03 39.17	350m: 4:02.95 32.73				
	100m: 1:02.56 33.27		200m: 2:11.86 34.15	300m: 3:30.22 39.19	400m: 4:32.95 30.00				

Prova 33, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	4:33.50	+0,83	638		
	50m: 29.26 29.26		150m: 1:38.61 34.31	250m: 2:50.47 38.23		350m: 4:02.09 32.44			
	100m: 1:04.30 35.04		200m: 2:12.24 33.63	300m: 3:29.65 39.18		400m: 4:33.50 31.41			
9.	Afonso Lopes dos Santos	95	14773	Alcobaca	4:34.06	+0,70	634		
	50m: 28.80 28.80		150m: 1:36.11 34.99	250m: 2:49.99 38.89		350m: 4:02.49 33.42			
	100m: 1:01.12 32.32		200m: 2:11.10 34.99	300m: 3:29.07 39.08		400m: 4:34.06 31.57			
10.	Tiago Silva Oliveira	94	15465	Leixoes	4:36.71	+0,73	616		
	50m: 29.99 29.99		150m: 1:40.35 36.21	250m: 2:56.69 40.80		350m: 4:07.75 30.61			
	100m: 1:04.14 34.15		200m: 2:15.89 35.54	300m: 3:37.14 40.45		400m: 4:36.71 28.96			
11.	Miguel Bras Sergio	95	100925	Estoris	4:39.53	+0,78	597		
	50m: 28.24 28.24		150m: 1:36.49 35.99	250m: 2:51.96 39.97		350m: 4:06.36 33.47			
	100m: 1:00.50 32.26		200m: 2:11.99 35.50	300m: 3:32.89 40.93		400m: 4:39.53 33.17			
12.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	4:39.60	+0,72	597		
	50m: 27.05 27.05		150m: 1:36.73 38.03	250m: 2:53.12 38.25		350m: 4:06.51 34.70			
	100m: 58.70 31.65		200m: 2:14.87 38.14	300m: 3:31.81 38.69		400m: 4:39.60 33.09			
13.	Antonio Rafael Bessa	94	102089	Gespacos	4:39.82	+0,80	596		
	50m: 28.92 28.92		150m: 1:37.18 35.81	250m: 2:52.63 40.29		350m: 4:06.67 33.06			
	100m: 1:01.37 32.45		200m: 2:12.34 35.16	300m: 3:33.61 40.98		400m: 4:39.82 33.15			
14.	Nuno Durao Pascoal	92	12560	Galitos	4:40.18	+0,78	593		
	50m: 29.04 29.04		150m: 1:38.76 36.01	250m: 2:54.19 39.64		350m: 4:07.54 33.57			
	100m: 1:02.75 33.71		200m: 2:14.55 35.79	300m: 3:33.97 39.78		400m: 4:40.18 32.64			
15.	Tiago Barros Ferreira	94	16003	Alges	4:42.57	+0,82	578		
	<i>FTL</i>								
	50m: 30.20 30.20		150m: 1:41.30 35.66	250m: 2:55.55 39.33		350m: 4:09.65 33.96			
	100m: 1:05.64 35.44		200m: 2:16.22 34.92	300m: 3:35.69 40.14		400m: 4:42.57 32.92			
16.	Mario Rui Cruz	94	101128	Amadora	4:46.30	+0,72	556		
	<i>FTL</i>								
	50m: 28.40 28.40		150m: 1:37.14 35.11	250m: 2:54.33 42.40		350m: 4:12.47 34.05			
	100m: 1:02.03 33.63		200m: 2:11.93 34.79	300m: 3:38.42 44.09		400m: 4:46.30 33.83			
DSQ	Diogo Carmo Ramos	93	15317	Vilacondense					
	<i>722 - Tocou com uma mão na parede na viragem aos 225 m - SW 7.6</i>								
DSQ	Andre Bras Goncalves	88	14767	Amadora					
	<i>810 - Movimento alternado de pernas após viragem aos 50 m - SW 8.3</i>								
DSQ	Diogo Filipe Carvalho	88	12277	Galitos					
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>								