

Prova 37  
22-12-2013

Masc., 400m Livres

17 anos e mais velhos  
Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Jun 17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recordes Nacionais 25m Jun 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

TAC-JUN1M Jun 17 50m: 4:20.77 - 25m: 4:15.55 / TAC-JUN2M Jun 18: 4:11.87 / TAC-SENM Sen: 4:05.73

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juniores</b>									
1.	Rafael Lourenco Gil	96	105234	Naval Amorense	<b>3:54.95</b>	+0,75	737		
	50m: 27.25 27.25			150m: 1:26.78 30.10	250m: 2:26.86 29.92		350m: 3:26.81 30.07		
	100m: 56.68 29.43			200m: 1:56.94 30.16	300m: 2:56.74 29.88		400m: 3:54.95 28.14		
2.	Joao Carlos Santos	96	104253	Naval Amorense	<b>3:55.66</b>	+0,64	730		
	50m: 28.00 28.00			150m: 1:27.60 29.97	250m: 2:26.71 29.79		350m: 3:26.63 29.75		
	100m: 57.63 29.63			200m: 1:56.92 29.32	300m: 2:56.88 30.17		400m: 3:55.66 29.03		
3.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	<b>3:55.77</b>	+0,67	729		
	50m: 28.15 28.15			150m: 1:28.17 30.24	250m: 2:27.79 29.74		350m: 3:27.28 29.77		
	100m: 57.93 29.78			200m: 1:58.05 29.88	300m: 2:57.51 29.72		400m: 3:55.77 28.49		
4.	Andre Filipe Farinha	96	105086	Benfica	<b>3:58.82</b>	+0,71	701		
	50m: 27.33 27.33			150m: 1:28.60 31.24	250m: 2:29.87 30.56		350m: 3:29.68 29.47		
	100m: 57.36 30.03			200m: 1:59.31 30.71	300m: 3:00.21 30.34		400m: 3:58.82 29.14		
5.	Joao Pedro Gil	97	108343	Naval Amorense	<b>3:59.02</b>	+0,74	700		
	50m: 27.55 27.55			150m: 1:28.22 30.72	250m: 2:29.48 30.61		350m: 3:30.19 30.29		
	100m: 57.50 29.95			200m: 1:58.87 30.65	300m: 2:59.90 30.42		400m: 3:59.02 28.83		
6.	Joao Pedro Belo	97	110444	Sporting	<b>4:01.84</b>	+0,80	676		
	50m: 27.66 27.66			150m: 1:28.72 30.43	250m: 2:29.96 30.44		350m: 3:31.00 30.74		
	100m: 58.29 30.63			200m: 1:59.52 30.80	300m: 3:00.26 30.30		400m: 4:01.84 30.84		
7.	Eduardo Salgado Ramos	97	106796	Porto	<b>4:03.72</b>	+0,70	660		
	50m: 27.42 27.42			150m: 1:29.95 31.39	250m: 2:32.07 30.63		350m: 3:34.50 31.43		
	100m: 58.56 31.14			200m: 2:01.44 31.49	300m: 3:03.07 31.00		400m: 4:03.72 29.22		
8.	Tomas Risso Fernandes	96	111208	Colegio Vasco da Gama	<b>4:03.78</b>	+0,73	660		
	50m: 27.84 27.84			150m: 1:30.16 31.70	250m: 2:32.80 31.24		350m: 3:34.51 30.38		
	100m: 58.46 30.62			200m: 2:01.56 31.40	300m: 3:04.13 31.33		400m: 4:03.78 29.27		
9.	Miguel Angelo Silvestre	97	103538	Alcobaca	<b>4:07.20</b>	+0,70	632		
	50m: 28.48 28.48			150m: 1:31.58 31.92	250m: 2:35.16 31.70		350m: 3:37.80 31.09		
	100m: 59.66 31.18			200m: 2:03.46 31.88	300m: 3:06.71 31.55		400m: 4:07.20 29.40		
10.	Guilherme Pereira Dias	97	110443	Sporting	<b>4:07.21</b>	+0,77	632		
	50m: 28.19 28.19			150m: 1:31.38 31.90	250m: 2:35.17 31.73		350m: 3:37.50 30.74		
	100m: 59.48 31.29			200m: 2:03.44 32.06	300m: 3:06.76 31.59		400m: 4:07.21 29.71		
11.	Daniel Filipe Cazeiro	97	104378	Naval Amorense	<b>4:08.08</b>	+0,80	626		
	50m: 28.35 28.35			150m: 1:30.85 31.47	250m: 2:34.66 31.82		350m: 3:38.01 31.37		
	100m: 59.38 31.03			200m: 2:02.84 31.99	300m: 3:06.64 31.98		400m: 4:08.08 30.07		
12.	Fabio Alcantara Aires	97	104252	Naval Amorense	<b>4:08.48</b>	+0,80	623		
	50m: 27.46 27.46			150m: 1:29.09 31.16	250m: 2:32.99 31.78		350m: 3:37.71 32.58		
	100m: 57.93 30.47			200m: 2:01.21 32.12	300m: 3:05.13 32.14		400m: 4:08.48 30.77		
13.	Vitor Joao Pereira	97	102545	Leixoes	<b>4:10.07</b>	+0,84	611		
	50m: 27.99 27.99			150m: 1:30.22 31.50	250m: 2:34.36 31.96		350m: 3:38.76 32.10		
	100m: 58.72 30.73			200m: 2:02.40 32.18	300m: 3:06.66 32.30		400m: 4:10.07 31.31		
14.	Ricardo Eduardo Afonso	97	105414	Braga	<b>4:10.28</b>	+0,71	609		
	50m: 28.73 28.73			150m: 1:32.12 32.05	250m: 2:36.02 31.84		350m: 3:39.96 32.07		
	100m: 1:00.07 31.34			200m: 2:04.18 32.06	300m: 3:07.89 31.87		400m: 4:10.28 30.32		
15.	Andre Resende Pinheiro	97	109196	Porto	<b>4:10.95</b>	+0,74	605		
	50m: 27.79 27.79			150m: 1:30.27 31.82	250m: 2:33.91 31.78		350m: 3:38.98 32.84		
	100m: 58.45 30.66			200m: 2:02.13 31.86	300m: 3:06.14 32.23		400m: 4:10.95 31.97		

Prova 37, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Carlos Flores Clara	97	117120	Geslours	<b>4:13.89</b>	+0,78	584		
	50m: 28.84 28.84		150m: 1:32.23 31.95	250m: 2:36.21 32.17		350m: 3:41.74 32.65			
	100m: 1:00.28 31.44		200m: 2:04.04 31.81	300m: 3:09.09 32.88		400m: 4:13.89 32.15			
17.	David Soares Caratao	96	106822	Sporting	<b>4:16.98</b>	+0,66	563		
	FTL								
	50m: 28.24 28.24		150m: 1:32.59 32.59	250m: 2:36.49 31.08		350m: 3:43.19 33.81			
	100m: 1:00.00 31.76		200m: 2:05.41 32.82	300m: 3:09.38 32.89		400m: 4:16.98 33.79			
18.	Bruno Miguel Ramos	97	109110	Amadora	<b>4:17.67</b>	+0,78	558		
	FTL								
	50m: 28.70 28.70		150m: 1:32.58 32.20	250m: 2:38.33 32.98		350m: 3:45.25 33.33			
	100m: 1:00.38 31.68		200m: 2:05.35 32.77	300m: 3:11.92 33.59		400m: 4:17.67 32.42			
19.	David Emanuel Martins	97	105429	Braga	<b>4:20.65</b>	+1,01	539		
	FTL								
	50m: 28.60 28.60		150m: 1:33.28 32.73	250m: 2:40.07 33.65		350m: 3:48.11 34.08			
	100m: 1:00.55 31.95		200m: 2:06.42 33.14	300m: 3:14.03 33.96		400m: 4:20.65 32.54			
20.	Jose Ricardo Sousa	97	105759	Lousada SXXI	<b>4:22.59</b>	+0,80	528		
	FTL								
	50m: 28.00 28.00		150m: 1:33.23 33.23	250m: 2:41.13 34.16		350m: 3:49.43 34.04			
	100m: 1:00.00 32.00		200m: 2:06.97 33.74	300m: 3:15.39 34.26		400m: 4:22.59 33.16			

Seniores

1.	Luis Emanuel Vaz	91	15628	Famalicao	<b>3:48.14</b>	+0,79	805		
	50m: 25.98 25.98		150m: 1:23.04 28.91	250m: 2:21.45 29.16		350m: 3:20.02 29.37			
	100m: 54.13 28.15		200m: 1:52.29 29.25	300m: 2:50.65 29.20		400m: 3:48.14 28.12			
2.	Pedro Miguel Pinotes	89	26732	Sporting	<b>3:53.19</b>	+0,72	754		
	50m: 27.21 27.21		150m: 1:27.11 30.24	250m: 2:26.76 29.68		350m: 3:24.99 28.67			
	100m: 56.87 29.66		200m: 1:57.08 29.97	300m: 2:56.32 29.56		400m: 3:53.19 28.20			
3.	Ricardo Manuel Machado	93	13278	Braga	<b>3:54.94</b>	+0,82	737		
	50m: 26.87 26.87		150m: 1:26.45 30.09	250m: 2:26.27 29.72		350m: 3:25.60 29.30			
	100m: 56.36 29.49		200m: 1:56.55 30.10	300m: 2:56.30 30.03		400m: 3:54.94 29.34			
4.	Mario Alexandre Pereira	92	10767	Nautico de Coimbra	<b>3:55.14</b>	+0,73	735		
	50m: 26.71 26.71		150m: 1:26.58 30.05	250m: 2:26.97 30.18		350m: 3:26.48 29.97			
	100m: 56.53 29.82		200m: 1:56.79 30.21	300m: 2:56.51 29.54		400m: 3:55.14 28.66			
5.	Mario Andre Bonanca	90	12773	Sporting	<b>3:55.21</b>	+0,82	734		
	50m: 27.03 27.03		150m: 1:26.57 29.90	250m: 2:27.04 30.16		350m: 3:26.96 29.85			
	100m: 56.67 29.64		200m: 1:56.88 30.31	300m: 2:57.11 30.07		400m: 3:55.21 28.25			
6.	Gustavo Manuel Santa	93	26492	Sporting	<b>3:55.25</b>	+0,86	734		
	50m: 27.24 27.24		150m: 1:26.53 29.98	250m: 2:26.18 29.33		350m: 3:26.05 30.14			
	100m: 56.55 29.31		200m: 1:56.85 30.32	300m: 2:55.91 29.73		400m: 3:55.25 29.20			
7.	Ricardo Ferreira Cotovio	91	10921	Sporting	<b>3:55.29</b>	+0,71	734		
	50m: 26.46 26.46		150m: 1:25.57 29.87	250m: 2:25.62 30.05		350m: 3:26.44 30.35			
	100m: 55.70 29.24		200m: 1:55.57 30.00	300m: 2:56.09 30.47		400m: 3:55.29 28.85			
8.	Carlos Esteves Almeida	88	11085	Porto	<b>3:58.09</b>	+0,77	708		
	50m: 26.95 26.95		150m: 1:26.58 30.18	250m: 2:27.09 30.11		350m: 3:27.60 30.26			
	100m: 56.40 29.45		200m: 1:56.98 30.40	300m: 2:57.34 30.25		400m: 3:58.09 30.49			
9.	Joao Duarte Santos	95	26430	Estrelas S. Joao de Brito	<b>3:59.00</b>	+0,74	700		
	50m: 27.49 27.49		150m: 1:28.11 30.50	250m: 2:29.24 30.26		350m: 3:29.80 30.02			
	100m: 57.61 30.12		200m: 1:58.98 30.87	300m: 2:59.78 30.54		400m: 3:59.00 29.20			
10.	Tiago Silva Oliveira	94	15465	Leixoes	<b>4:01.37</b>	+0,78	679		
	50m: 27.27 27.27		150m: 1:28.06 30.55	250m: 2:30.02 30.93		350m: 3:31.46 30.75			
	100m: 57.51 30.24		200m: 1:59.09 31.03	300m: 3:00.71 30.69		400m: 4:01.37 29.91			

Prova 37, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Bernardo Leitao Graca	93	14838	Sporting	<b>4:01.39</b>	<b>+0,70</b>	<b>679</b>		
	50m: 27.00 27.00		150m: 1:27.97 30.56	250m: 2:29.53 30.55	350m: 3:31.62 31.14				
	100m: 57.41 30.41		200m: 1:58.98 31.01	300m: 3:00.48 30.95	400m: 4:01.39 29.77				
12.	Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	<b>4:01.80</b>	<b>+0,66</b>	<b>676</b>		
	50m: 27.25 27.25		150m: 1:27.84 30.60	250m: 2:28.78 30.14	350m: 3:31.23 31.29				
	100m: 57.24 29.99		200m: 1:58.64 30.80	300m: 2:59.94 31.16	400m: 4:01.80 30.57				
13.	Artur Manuel Ferreira	95	101981	Porto	<b>4:04.75</b>	<b>+0,86</b>	<b>652</b>		
	50m: 27.63 27.63		150m: 1:28.55 30.95	250m: 2:30.99 31.07	350m: 3:33.62 31.40				
	100m: 57.60 29.97		200m: 1:59.92 31.37	300m: 3:02.22 31.23	400m: 4:04.75 31.13				
14.	Hugo Alberto Ribeiro	88	23114	Gespacos	<b>4:05.30</b>	<b>+0,95</b>	<b>647</b>		
	50m: 27.88 27.88		150m: 1:28.63 30.49	250m: 2:30.33 30.84	350m: 3:33.43 31.85				
	100m: 58.14 30.26		200m: 1:59.49 30.86	300m: 3:01.58 31.25	400m: 4:05.30 31.87				
DNS	Vasco Miguel Gaspar	90	26500	Uniao Piedense					