

Prova 4	Masc., 400m Livres					Absoluto
18-04-2014 - 10:00	1ª Divisão					Resultados
Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009	
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003	
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004	
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006	
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009	
Recordes Nacionais 50m Jun17	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010	
Recordes Nacionais 50m Jun18	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12-07-2002	
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009	

Pontos: FINA 2014

Lugar	Nome	Ano NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Emanuel Vaz	91 15628	Famalicao	<b>4:01.15</b>	+0,80	760	9
	50m: 27.26 27.26	150m: 1:27.01 30.32	250m: 2:28.08 30.54	350m: 3:29.40 30.67			
	100m: 56.69 29.43	200m: 1:57.54 30.53	300m: 2:58.73 30.65	400m: 4:01.15 30.75			
2.	Mario Andre Bonanca	90 12773	Sporting	<b>4:03.03</b>	+0,94	742	7
	50m: 28.26 28.26	150m: 1:28.60 30.27	250m: 2:30.01 30.73	350m: 3:32.19 31.29			
	100m: 58.33 30.07	200m: 1:59.28 30.68	300m: 3:00.90 30.89	400m: 4:03.03 30.84			
3.	Ricardo Manuel Machado	93 13278	Braga	<b>4:05.23</b>	+0,82	722	6
	50m: 28.32 28.32	150m: 1:29.24 30.76	250m: 2:31.84 30.85	350m: 3:34.42 31.04			
	100m: 58.48 30.16	200m: 2:00.99 31.75	300m: 3:03.38 31.54	400m: 4:05.23 30.81			
4.	Joao Filipe Carvalho	87 23026	Porto	<b>4:07.11</b>	+0,80	706	5
	50m: 28.36 28.36	150m: 1:29.18 30.64	250m: 2:31.24 30.96	350m: 3:34.66 31.98			
	100m: 58.54 30.18	200m: 2:00.28 31.10	300m: 3:02.68 31.44	400m: 4:07.11 32.45			
5.	Goncalo Cardoso Carmo	96 101124	Colegio Vasco da Gama	<b>4:10.02</b>	+0,66	681	4
	50m: 27.76 27.76	150m: 1:28.92 30.87	250m: 2:32.64 31.98	350m: 3:38.24 32.90			
	100m: 58.05 30.29	200m: 2:00.66 31.74	300m: 3:05.34 32.70	400m: 4:10.02 31.78			
6.	Miguel Silva Oliveira	91 10822	Nautico /Urgicentro-Sanfil	<b>4:12.07</b>	+0,80	665	3
	50m: 28.32 28.32	150m: 1:29.77 31.18	250m: 2:32.81 31.59	350m: 3:39.03 33.46			
	100m: 58.59 30.27	200m: 2:01.22 31.45	300m: 3:05.57 32.76	400m: 4:12.07 33.04			
7.	Bruno Miguel Ramos	97 109110	Amadora	<b>4:17.45</b>	+0,74	624	2
	50m: 28.95 28.95	150m: 1:31.39 31.78	250m: 2:36.12 32.32	350m: 3:43.49 34.05			
	100m: 59.61 30.66	200m: 2:03.80 32.41	300m: 3:09.44 33.32	400m: 4:17.45 33.96			
8.	Rafael Rocha Ferreira	96 103871	Galitos	<b>4:22.74</b>	+0,83	587	1
	50m: 29.66 29.66	150m: 1:34.30 32.83	250m: 2:41.05 33.58	350m: 3:49.32 34.14			
	100m: 1:01.47 31.81	200m: 2:07.47 33.17	300m: 3:15.18 34.13	400m: 4:22.74 33.42			