

Prova 59 Masc., 400m Estilos Absoluto
19-04-2014 - 16:20 2ª Divisão Resultados

Recordes Nacionais 50m Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Recordes Nacionais 50m Inf B	4:54.87	Andre Vilas Ruivo	DNMG	S. João da Madeira	12-07-2013
Recordes Nacionais 50m Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Recordes Nacionais 50m Juv B	4:37.06	Joao Alexandre Vital	FPN	Utrecht (NED)	16-07-2013
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Recordes Nacionais 50m Jun17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005
Recordes Nacionais 50m Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-08-2013

Pontos: FINA 2014

Lugar	Nome	Ano NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	110165 Colegio Monte Maior	4:37.62	+0,73	677	
	50m: 28.66 28.66	150m: 1:36.09 34.47	250m: 2:50.63 40.31	350m: 4:05.23 32.98			
	100m: 1:01.62 32.96	200m: 2:10.32 34.23	300m: 3:32.25 41.62	400m: 4:37.62 32.39			
2.	Paulo Andre Silva	96	105198 Vilacondense	4:40.09	+0,73	659	
	50m: 29.00 29.00	150m: 1:39.56 36.91	250m: 2:56.80 40.63	350m: 4:09.09 31.60			
	100m: 1:02.65 33.65	200m: 2:16.17 36.61	300m: 3:37.49 40.69	400m: 4:40.09 31.00			
3.	Joao Pedro Gil	97	108343 Naval Amorense	4:40.46	+0,75	657	
	50m: 29.79 29.79	150m: 1:41.93 37.43	250m: 2:59.06 40.17	350m: 4:11.11 30.51			
	100m: 1:04.50 34.71	200m: 2:18.89 36.96	300m: 3:40.60 41.54	400m: 4:40.46 29.35			
4.	Pedro Barros Mendes	94	11195 Academica de Coimbra	4:40.87	+0,78	654	
	50m: 29.70 29.70	150m: 1:38.11 35.50	250m: 2:53.23 40.58	350m: 4:08.44 33.57			
	100m: 1:02.61 32.91	200m: 2:12.65 34.54	300m: 3:34.87 41.64	400m: 4:40.87 32.43			
5.	Ruben Filipe Nunes	94	23302 Gespacos	4:41.86	+0,86	647	
	50m: 29.02 29.02	150m: 1:39.14 37.22	250m: 2:55.45 40.27	350m: 4:09.23 32.89			
	100m: 1:01.92 32.90	200m: 2:15.18 36.04	300m: 3:36.34 40.89	400m: 4:41.86 32.63			
6.	Hugo Pon	98	110164 Alges	4:43.27	+0,78	637	
	50m: 29.88 29.88	150m: 1:43.05 38.35	250m: 2:59.10 38.31	350m: 4:11.57 32.91			
	100m: 1:04.70 34.82	200m: 2:20.79 37.74	300m: 3:38.66 39.56	400m: 4:43.27 31.70			
7.	Afonso Lopes dos Santos	95	14773 Alcobaca	4:47.01	+0,75	613	
	50m: 29.17 29.17	150m: 1:41.41 38.10	250m: 2:59.65 40.83	350m: 4:13.78 33.14			
	100m: 1:03.31 34.14	200m: 2:18.82 37.41	300m: 3:40.64 40.99	400m: 4:47.01 33.23			
8.	Jose Paula Carvalho	98	111450 Uniao Piedense	4:48.46	+0,81	604	
	50m: 29.49 29.49	150m: 1:40.73 37.91	250m: 2:58.71 41.19	350m: 4:15.64 34.01			
	100m: 1:02.82 33.33	200m: 2:17.52 36.79	300m: 3:41.63 42.92	400m: 4:48.46 32.82			
9.	Guilherme Miguel Teixeira	97	105091 Benfica	4:50.97	+0,76	588	
	50m: 29.35 29.35	150m: 1:43.03 38.69	250m: 3:02.27 41.31	350m: 4:18.73 34.48			
	100m: 1:04.34 34.99	200m: 2:20.96 37.93	300m: 3:44.25 41.98	400m: 4:50.97 32.24			
10.	Tiago Martim Alves	97	100789 Desportiva de Viana	4:56.86	+0,89	554	
	50m: 30.59 30.59	150m: 1:45.76 40.03	250m: 3:06.74 41.89	350m: 4:23.47 35.67			
	100m: 1:05.73 35.14	200m: 2:24.85 39.09	300m: 3:47.80 41.06	400m: 4:56.86 33.39			
11.	Vitor Joao Pereira	97	102545 Leixoes	4:57.39	+0,82	551	
	50m: 30.75 30.75	150m: 1:45.29 38.65	250m: 3:06.72 44.20	350m: 4:24.85 33.68			
	100m: 1:06.64 35.89	200m: 2:22.52 37.23	300m: 3:51.17 44.45	400m: 4:57.39 32.54			
12.	Bruno Miguel Martins	93	26891 GesLoures	4:59.87	+0,83	537	
	50m: 30.94 30.94	150m: 1:45.23 38.04	250m: 3:04.33 40.54	350m: 4:23.62 36.13			
	100m: 1:07.19 36.25	200m: 2:23.79 38.56	300m: 3:47.49 43.16	400m: 4:59.87 36.25			
13.	Christophe Pereira Fernandes	91	15955 Vitoria de Guimaraes/Olicargo	5:06.03	+0,80	505	
	50m: 30.97 30.97	150m: 1:46.65 39.17	250m: 3:09.75 44.02	350m: 4:30.92 35.57			
	100m: 1:07.48 36.51	200m: 2:25.73 39.08	300m: 3:55.35 45.60	400m: 5:06.03 35.11			
14.	Andre Sousa Goncalves	97	105368 Natacao de Olhao	5:06.66	+0,89	502	
	50m: 31.46 31.46	150m: 1:47.91 40.10	250m: 3:12.74 45.91	350m: 4:33.29 33.96			
	100m: 1:07.81 36.35	200m: 2:26.83 38.92	300m: 3:59.33 46.59	400m: 5:06.66 33.37			

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Lugar	Nome	Ano NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Eduardo Cardoso Lopes	99 107596	Louletano / Loule Concelho	5:08.64	+0,82	493	
	50m: 32.75 32.75	150m: 1:49.93 38.68	250m: 3:13.71 45.91	45.91	350m: 4:34.86 34.99		
	100m: 1:11.25 38.50	200m: 2:27.80 37.87	300m: 3:59.87 46.16	46.16	400m: 5:08.64 33.78		
DSQ	Pedro Diogo Oliveira	88 11531	Estrelas S. Joao de Brito				
	<i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i>						