

Prova 60	Masc., 400m Estilos				Absoluto
19-04-2014 - 16:30	1ª 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.	Pedro Miguel Pinotes	89 26732	Sporting	<b>4:24.53</b>	<b>+0,76</b>	<b>783</b>	
	50m: 28.42 28.42	150m: 1:34.79 33.83	250m: 2:46.23 37.26	350m: 3:54.73 31.10			
	100m: 1:00.96 32.54	200m: 2:08.97 34.18	300m: 3:23.63 37.40	400m: 4:24.53 29.80			
2.	Carlos Esteves Almeida	88 11085	Porto	<b>4:30.01</b>	<b>+0,80</b>	<b>736</b>	
	50m: 28.32 28.32	150m: 1:37.36 36.04	250m: 2:49.55 36.68	350m: 3:58.48 31.97			
	100m: 1:01.32 33.00	200m: 2:12.87 35.51	300m: 3:26.51 36.96	400m: 4:30.01 31.53			
3.	Tomas Miguel Veloso	96 10868	Nautico /Urgicentro-Sanfil	<b>4:35.12</b>	<b>+0,71</b>	<b>696</b>	
	50m: 28.91 28.91	150m: 1:38.85 36.53	250m: 2:51.60 36.87	350m: 4:03.09 33.10			
	100m: 1:02.32 33.41	200m: 2:14.73 35.88	300m: 3:29.99 38.39	400m: 4:35.12 32.03			
4.	Andre Bras Goncalves	88 14767	Amadora	<b>4:39.07</b>	<b>+0,76</b>	<b>667</b>	
	50m: 28.61 28.61	150m: 1:38.92 37.13	250m: 2:55.26 39.88	350m: 4:07.38 32.43			
	100m: 1:01.79 33.18	200m: 2:15.38 36.46	300m: 3:34.95 39.69	400m: 4:39.07 31.69			
5.	Rodrigo Silverio Carmo	96 100588	Colegio Vasco da Gama	<b>4:41.11</b>	<b>+0,66</b>	<b>652</b>	
	50m: 29.74 29.74	150m: 1:41.53 37.41	250m: 2:57.13 38.92	350m: 4:09.54 33.04			
	100m: 1:04.12 34.38	200m: 2:18.21 36.68	300m: 3:36.50 39.37	400m: 4:41.11 31.57			
6.	Ricardo Amorim Rego	84 15954	Braga	<b>4:44.60</b>	<b>+0,81</b>	<b>628</b>	
	50m: 29.21 29.21	150m: 1:40.96 37.75	250m: 2:57.07 38.66	350m: 4:10.60 33.96			
	100m: 1:03.21 34.00	200m: 2:18.41 37.45	300m: 3:36.64 39.57	400m: 4:44.60 34.00			
7.	Rui Pedro Faria	94 15592	Famalicao	<b>4:50.13</b>	<b>+0,92</b>	<b>593</b>	
	50m: 28.45 28.45	150m: 1:41.61 40.31	250m: 3:00.03 40.44	350m: 4:17.07 34.39			
	100m: 1:01.30 32.85	200m: 2:19.59 37.98	300m: 3:42.68 42.65	400m: 4:50.13 33.06			
8.	Pedro Miguel Vieira	98 109367	Galitos	<b>5:18.49</b>	<b>+0,92</b>	<b>448</b>	
	50m: 32.76 32.76	150m: 1:57.41 43.53	250m: 3:21.72 43.86	350m: 4:43.60 37.22			
	100m: 1:13.88 41.12	200m: 2:37.86 40.45	300m: 4:06.38 44.66	400m: 5:18.49 34.89			