

Prova 15
02-04-2015

Masc., 400m Estilos
SOMAGUE

Absolutos
Resultados Final

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	FPN	Utrecht (NED)	16-07-2013
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014
Rec Nac Jun17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005
Rec Nac Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-08-2013

TAC JUN18 Masc Jun18: 4:51.21 / TAC JUN17 Masc Jun17: 4:55.43 / TAC JUV16 Masc Juv A: 5:03.87 / TAC JUV15 Masc Juv B: 5:09.49

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
Final A							
1.	Nuno Goncalo Quintanilha	87		Colegio Vasco da Gama	+0,67	4:23.93	788
	50m: 26.71 26.71	150m: 1:33.40	35.78	250m: 2:44.68	35.50	350m: 3:53.13	32.21
	100m: 57.62 30.91	200m: 2:09.18	35.78	300m: 3:20.92	36.24	400m: 4:23.93	30.80
2.	Tomas Miguel Veloso	96		Nautico /Urgicentro-Sanfil	+0,66	4:27.27	759
	50m: 28.69 28.69	150m: 1:36.60	35.63	250m: 2:48.62	37.32	350m: 3:57.68	31.31
	100m: 1:00.97 32.28	200m: 2:11.30	34.70	300m: 3:26.37	37.75	400m: 4:27.27	29.59
3.	Pedro Miguel Pinotes	89		Sporting	+0,79	4:31.78	722
	50m: 28.18 28.18	150m: 1:37.08	36.92	250m: 2:51.08	38.51	350m: 4:00.24	31.07
	100m: 1:00.16 31.98	200m: 2:12.57	35.49	300m: 3:29.17	38.09	400m: 4:31.78	31.54
4.	Pedro Barros Mendes	94		Academica de Coimbra	+0,71	4:37.42	679
	50m: 29.17 29.17	150m: 1:38.60	36.12	250m: 2:53.99	40.21	350m: 4:07.05	32.92
	100m: 1:02.48 33.31	200m: 2:13.78	35.18	300m: 3:34.13	40.14	400m: 4:37.42	30.37
5.	Nuno Rafael Alves	90		Aquatico Pacense	+0,73	4:38.89	668
	50m: 29.05 29.05	150m: 1:39.13	37.11	250m: 2:54.56	38.66	350m: 4:06.92	33.22
	100m: 1:02.02 32.97	200m: 2:15.90	36.77	300m: 3:33.70	39.14	400m: 4:38.89	31.97
6.	Andre Bras Goncalves	88		Belenenses	+0,69	4:39.04	667
	50m: 28.62 28.62	150m: 1:38.44	36.42	250m: 2:54.48	39.86	350m: 4:07.81	32.90
	100m: 1:02.02 33.40	200m: 2:14.62	36.18	300m: 3:34.91	40.43	400m: 4:39.04	31.23
7.	Antonio Rafael Bessa	94		Aquatico Pacense	+0,77	4:40.53	656
	50m: 28.84 28.84	150m: 1:38.70	36.94	250m: 2:55.23	40.31	350m: 4:08.12	32.48
	100m: 1:01.76 32.92	200m: 2:14.92	36.22	300m: 3:35.64	40.41	400m: 4:40.53	32.41
8.	Ruben Filipe Nunes	94		Aquatico Pacense	+0,74	4:42.82	640
	50m: 28.57 28.57	150m: 1:38.10	36.95	250m: 2:55.65	40.83	350m: 4:09.64	33.14
	100m: 1:01.15 32.58	200m: 2:14.82	36.72	300m: 3:36.50	40.85	400m: 4:42.82	33.18
9.	Andre Magalhaes Moura	98		Academico Viseu	+0,76	4:42.94	640
	50m: 29.61 29.61	150m: 1:41.45	37.50	250m: 2:57.50	38.40	350m: 4:10.72	32.60
	100m: 1:03.95 34.34	200m: 2:19.10	37.65	300m: 3:38.12	40.62	400m: 4:42.94	32.22
10.	Paulo Andre Silva	96		Vilacondense		4:47.05	612
	50m: 28.54 28.54	150m: 1:39.04	37.83	250m: 2:58.31	41.99	350m: 4:14.30	33.46
	100m: 1:01.21 32.67	200m: 2:16.32	37.28	300m: 3:40.84	42.53	400m: 4:47.05	32.75

Final B

11.	Bruno Miguel Ramos	97		Belenenses	+0,67	4:38.73	669
	50m: 28.12 28.12	150m: 1:36.32	36.24	250m: 2:53.09	40.62	350m: 4:05.96	33.28
	100m: 1:00.08 31.96	200m: 2:12.47	36.15	300m: 3:32.68	39.59	400m: 4:38.73	32.77
12.	Jose Ricardo Sousa	97		Lousada SXXI	+0,81	4:43.07	639
	50m: 28.13 28.13	150m: 1:38.96	37.66	250m: 2:56.73	41.38	350m: 4:10.94	33.58
	100m: 1:01.30 33.17	200m: 2:15.35	36.39	300m: 3:37.36	40.63	400m: 4:43.07	32.13

Prova 15, Masc., 400m Estilos, Final, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Hugo Pon	98		Alges	+0,69	4:43.84	634
	50m: 29.44 29.44	150m: 1:41.05	37.75	250m: 2:57.20	39.55	350m: 4:11.50	33.76
	100m: 1:03.30 33.86	200m: 2:17.65	36.60	300m: 3:37.74	40.54	400m: 4:43.84	32.34
14.	Joao Carlos Santos	96		Naval Amorense	+0,68	4:46.63	615
	50m: 30.76 30.76	150m: 1:42.88	37.59	250m: 3:00.08	39.91	350m: 4:15.42	32.74
	100m: 1:05.29 34.53	200m: 2:20.17	37.29	300m: 3:42.68	42.60	400m: 4:46.63	31.21
15.	Jose Pedro Sampaio	98		Foca	+0,80	4:46.98	613
	50m: 29.82 29.82	150m: 1:42.36	37.34	250m: 3:00.71	42.03	350m: 4:16.82	32.50
	100m: 1:05.02 35.20	200m: 2:18.68	36.32	300m: 3:44.32	43.61	400m: 4:46.98	30.16
16.	Andre Resende Pinheiro	97		Porto	+0,72	4:46.99	613
	50m: 29.64 29.64	150m: 1:42.60	37.66	250m: 3:01.01	41.46	350m: 4:16.19	32.17
	100m: 1:04.94 35.30	200m: 2:19.55	36.95	300m: 3:44.02	43.01	400m: 4:46.99	30.80
17.	Antonio Fernando Pinto	99		Lousada SXXI		4:48.08	606
	50m: 29.71 29.71	150m: 1:44.75	40.19	250m: 3:03.04	39.83	350m: 4:16.30	33.27
	100m: 1:04.56 34.85	200m: 2:23.21	38.46	300m: 3:43.03	39.99	400m: 4:48.08	31.78
18.	Rafael Filipe Nunes	96		Naval Amorense	+0,64	4:48.39	604
	50m: 29.90 29.90	150m: 1:42.27	38.62	250m: 3:02.62	42.11	350m: 4:18.41	33.36
	100m: 1:03.65 33.75	200m: 2:20.51	38.24	300m: 3:45.05	42.43	400m: 4:48.39	29.98
19.	Jorge Jesus Silva	00		Braga	+0,85	4:48.48	603
	50m: 29.82 29.82	150m: 1:45.10	40.54	250m: 3:03.39	40.20	350m: 4:17.78	33.18
	100m: 1:04.56 34.74	200m: 2:23.19	38.09	300m: 3:44.60	41.21	400m: 4:48.48	30.70
20.	Antonio Manuel Mendes	99		Sporting	+0,78	4:51.99	582
	50m: 29.56 29.56	150m: 1:45.05	40.13	250m: 3:06.52	39.24	350m: 4:19.99	33.24
	100m: 1:04.92 35.36	200m: 2:27.28	42.23	300m: 3:46.75	40.23	400m: 4:51.99	32.00