

Prova 36 Masc., 400m Livres Absolutos
03-04-2015 SOMAGUE Resultados Final

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Rec Nac Jun17	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Rec Nac Jun18	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12-07-2002
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC JUN18 Masc Jun18: 4:14.33 / TAC JUN17 Masc Jun17: 4:18.01 / TAC JUV16 Masc Juv A: 4:25.38 / TAC JUV15 Masc Juv B: 4:30.30

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
Final A							
1.	Luis Emanuel Vaz	91		Famalicao	+0,75	4:00.55	765
	50m: 25.66 25.66	150m: 1:23.42 29.83	250m: 2:25.31 31.15	350m: 3:29.35 31.95		400m: 4:00.55 31.20	
	100m: 53.59 27.93	200m: 1:54.16 30.74	300m: 2:57.40 32.09				
2.	Guilherme Pereira Dias	97		Sporting	+0,72	4:02.44	747
	50m: 27.57 27.57	150m: 1:29.01 30.95	250m: 2:30.97 30.97	350m: 3:32.83 30.55		400m: 4:02.44 29.61	
	100m: 58.06 30.49	200m: 2:00.00 30.99	300m: 3:02.28 31.31				
3.	Rafael Lourenco Gil	96		Naval Amorense	+0,72	4:03.43	738
	50m: 27.30 27.30	150m: 1:27.89 31.10	250m: 2:30.98 31.60	350m: 3:33.61 31.16		400m: 4:03.43 29.82	
	100m: 56.79 29.49	200m: 1:59.38 31.49	300m: 3:02.45 31.47				
4.	Mario Andre Bonanca	90		Sporting	+0,78	4:03.72	736
	50m: 27.68 27.68	150m: 1:27.84 30.61	250m: 2:30.50 31.42	350m: 3:34.02 31.53		400m: 4:03.72 29.70	
	100m: 57.23 29.55	200m: 1:59.08 31.24	300m: 3:02.49 31.99				
5.	Pedro Miguel Pinotes	89		Sporting	+0,68	4:03.84	735
	50m: 27.42 27.42	150m: 1:28.43 31.40	250m: 2:32.60 32.53	350m: 3:35.04 30.42		400m: 4:03.84 28.80	
	100m: 57.03 29.61	200m: 2:00.07 31.64	300m: 3:04.62 32.02				
6.	Joao Pedro Gil	97		Naval Amorense	+0,61	4:04.00	733
	50m: 27.61 27.61	150m: 1:29.14 31.13	250m: 2:31.47 31.25	350m: 3:34.23 31.35		400m: 4:04.00 29.77	
	100m: 58.01 30.40	200m: 2:00.22 31.08	300m: 3:02.88 31.41				
7.	Tiago Silva Oliveira	94		Leixoes	+0,72	4:05.32	721
	50m: 28.46 28.46	150m: 1:30.00 30.68	250m: 2:32.65 30.95	350m: 3:34.88 30.43		400m: 4:05.32 30.44	
	100m: 59.32 30.86	200m: 2:01.70 31.70	300m: 3:04.45 31.80				
8.	Guilherme Filipe Pina	98		Benedita	+0,65	4:06.11	714
	50m: 28.30 28.30	150m: 1:29.68 30.93	250m: 2:32.38 31.55	350m: 3:35.78 31.43		400m: 4:06.11 30.33	
	100m: 58.75 30.45	200m: 2:00.83 31.15	300m: 3:04.35 31.97				
9.	Andre Filipe Farinha	96		Benfica	+0,65	4:10.88	674
	50m: 28.35 28.35	150m: 1:30.92 31.67	250m: 2:35.01 32.30	350m: 3:39.41 32.24		400m: 4:10.88 31.47	
	100m: 59.25 30.90	200m: 2:02.71 31.79	300m: 3:07.17 32.16				
10.	Artiom Viatcheslavovitch Poliz93v			Estrelas S. Joao de Brito	+0,65	4:11.42	670
	50m: 28.32 28.32	150m: 1:30.10 31.27	250m: 2:34.75 32.72	350m: 3:40.00 32.71		400m: 4:11.42 31.42	
	100m: 58.83 30.51	200m: 2:02.03 31.93	300m: 3:07.29 32.54				
Final B							
11.	Pedro Maria Bessa	95		Vilacondense	+0,73	4:05.78	717
	50m: 28.38 28.38	150m: 1:30.14 30.87	250m: 2:33.53 31.53	350m: 3:36.27 31.05		400m: 4:05.78 29.51	
	100m: 59.27 30.89	200m: 2:02.00 31.86	300m: 3:05.22 31.69				
12.	Vasco Miguel Gaspar	90		Uniao Piedense	+0,73	4:05.93	716
	50m: 27.66 27.66	150m: 1:30.07 31.51	250m: 2:32.71 31.34	350m: 3:35.29 31.39		400m: 4:05.93 30.64	
	100m: 58.56 30.90	200m: 2:01.37 31.30	300m: 3:03.90 31.19				

Prova 36, Masc., 400m Livres, Final, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Alexandre Valdagua Coutinhc97			Columbofila Cantanhedense	+0,66	4:06.24	713
	50m: 27.87 27.87	150m: 1:30.39	31.40	250m: 2:33.18	31.40	350m: 3:36.41	31.37
	100m: 58.99 31.12	200m: 2:01.78	31.39	300m: 3:05.04	31.86	400m: 4:06.24	29.83
14.	Jose Paula Carvalho	98		Uniao Piedense	+0,73	4:07.43	703
	50m: 27.98 27.98	150m: 1:30.27	31.46	250m: 2:33.20	31.13	350m: 3:36.37	31.62
	100m: 58.81 30.83	200m: 2:02.07	31.80	300m: 3:04.75	31.55	400m: 4:07.43	31.06
15.	Joao Duarte Santos	95		Benfica	+0,67	4:09.53	685
	50m: 27.83 27.83	150m: 1:30.82	31.65	250m: 2:35.04	32.02	350m: 3:38.55	31.73
	100m: 59.17 31.34	200m: 2:03.02	32.20	300m: 3:06.82	31.78	400m: 4:09.53	30.98
16.	Ricardo Manuel Machado	93		Braga	+0,74	4:10.19	680
	50m: 29.07 29.07	150m: 1:31.68	31.79	250m: 2:35.45	32.03	350m: 3:40.54	32.56
	100m: 59.89 30.82	200m: 2:03.42	31.74	300m: 3:07.98	32.53	400m: 4:10.19	29.65
17.	Joao Carlos Santos	96		Naval Amorense	+0,66	4:10.22	680
	50m: 28.67 28.67	150m: 1:30.30	30.71	250m: 2:32.32	30.96	350m: 3:37.48	32.86
	100m: 59.59 30.92	200m: 2:01.36	31.06	300m: 3:04.62	32.30	400m: 4:10.22	32.74
18.	Goncalo Miguel Nogueira	98		Porto	+0,62	4:10.46	678
	50m: 27.85 27.85	150m: 1:30.36	31.57	250m: 2:34.12	31.92	350m: 3:39.18	32.33
	100m: 58.79 30.94	200m: 2:02.20	31.84	300m: 3:06.85	32.73	400m: 4:10.46	31.28
19.	Ruben Jose Morim	97		Vilacondense	+0,73	4:14.25	648
	50m: 27.93 27.93	150m: 1:30.78	31.71	250m: 2:35.15	32.46	350m: 3:41.34	32.93
	100m: 59.07 31.14	200m: 2:02.69	31.91	300m: 3:08.41	33.26	400m: 4:14.25	32.91
20.	Diogo Leal Dantas	00		Sporting	+0,65	4:17.98	620
	50m: 28.02 28.02	150m: 1:31.21	31.70	250m: 2:37.26	32.90	350m: 3:45.04	33.66
	100m: 59.51 31.49	200m: 2:04.36	33.15	300m: 3:11.38	34.12	400m: 4:17.98	32.94