

Prova 4 11-04-2015	Masc., 400m Livres 1ª Divisão				Absolutos 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 Jun 1	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Jun 2	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 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Luis Emanuel Vaz	91	15628	Famalicao	<b>3:58.27</b>	+0,77	787	9,00
	50m: 27.55 27.55			150m: 1:27.13 30.09	250m: 2:27.30 30.05	350m: 3:27.34 30.03		
	100m: 57.04 29.49			200m: 1:57.25 30.12	300m: 2:57.31 30.01	400m: 3:58.27 30.93		
2.	Mario Alexandre Pereira	92	10767	Nautico /Urgicentro-Sanfil	<b>3:59.81</b>	+0,63	772	7,00
	50m: 26.30 26.30			150m: 1:26.51 30.21	250m: 2:27.11 30.02	350m: 3:28.90 30.57		
	100m: 56.30 30.00			200m: 1:57.09 30.58	300m: 2:58.33 31.22	400m: 3:59.81 30.91		
3.	Guilherme Pereira Dias	97	110443	Sporting	<b>4:01.47</b>	+0,72	756	6,00
	50m: 27.18 27.18			150m: 1:27.94 30.72	250m: 2:29.32 30.47	350m: 3:30.85 30.49		
	100m: 57.22 30.04			200m: 1:58.85 30.91	300m: 3:00.36 31.04	400m: 4:01.47 30.62		
4.	Rafael lourenco Gil	96	105234	Naval Amorense	<b>4:03.88</b>	+0,70	734	5,00
	50m: 28.18 28.18			150m: 1:28.49 30.47	250m: 2:30.04 30.79	350m: 3:32.65 31.46		
	100m: 58.02 29.84			200m: 1:59.25 30.76	300m: 3:01.19 31.15	400m: 4:03.88 31.23		
5.	Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	<b>4:07.62</b>	+0,63	701	4,00
	50m: 27.00 27.00			150m: 1:27.94 30.94	250m: 2:31.13 31.55	350m: 3:35.97 32.46		
	100m: 57.00 30.00			200m: 1:59.58 31.64	300m: 3:03.51 32.38	400m: 4:07.62 31.65		
6.	Goncalo Miguel Nogueira	98	104471	Porto	<b>4:10.43</b>	+0,67	678	3,00
	50m: 27.99 27.99			150m: 1:30.29 31.85	250m: 2:34.30 31.75	350m: 3:39.17 32.38		
	100m: 58.44 30.45			200m: 2:02.55 32.26	300m: 3:06.79 32.49	400m: 4:10.43 31.26		
7.	Jose Joao Bica	87	12879	Colegio Vasco da Gama	<b>4:26.82</b>	+0,83	561	2,00
	50m: 28.38 28.38			150m: 1:32.91 33.16	250m: 2:41.94 34.87	350m: 3:52.36 35.36		
	100m: 59.75 31.37			200m: 2:07.07 34.16	300m: 3:17.00 35.06	400m: 4:26.82 34.46		
8.	Ricardo Andrade Belezas	91	132918	Amadora	<b>5:22.14</b>	+0,88	318	1,00
	50m: 28.28 28.28			150m: 1:53.51 42.26	250m: 3:17.08 41.08	350m: 4:40.55 42.27		
	100m: 1:11.25 42.97			200m: 2:36.00 42.49	300m: 3:58.28 41.20	400m: 5:22.14 41.59		