

Prova 59 12-04-2015	Masc., 400m Estilos 2ª Divisão				2ª Divisão MASC 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	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014	
Recordes Nacionais 50m Jun 17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005	
Recordes Nacionais 50m Jun 18	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 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diogo Filipe Carvalho	88	12277	Galitos	<b>4:18.67</b>	+0,70	837	17,00
	50m: 26.69 26.69			150m: 1:32.93 34.50	250m: 2:42.78 35.81	350m: 3:49.15 30.10		
	100m: 58.43 31.74			200m: 2:06.97 34.04	300m: 3:19.05 36.27	400m: 4:18.67 29.52		
2.	Joao Alexandre Vital	98	110165	Colegio Monte Maior	<b>4:30.65</b>	+0,71	731	15,00
	50m: 28.44 28.44			150m: 1:35.12 34.04	250m: 2:47.84 39.35	350m: 3:59.46 32.10		
	100m: 1:01.08 32.64			200m: 2:08.49 33.37	300m: 3:27.36 39.52	400m: 4:30.65 31.19		
3.	Miguel Duarte Nascimento	95	14944	Portinado	<b>4:34.10</b>	+0,64	704	14,00
	50m: 27.67 27.67			150m: 1:33.73 35.99	250m: 2:49.81 40.11	350m: 4:02.85 32.09		
	100m: 57.74 30.07			200m: 2:09.70 35.97	300m: 3:30.76 40.95	400m: 4:34.10 31.25		
4.	Pedro Barros Mendes	94	11195	Academica de Coimbra	<b>4:39.65</b>	+0,73	662	13,00
	50m: 29.61 29.61			150m: 1:39.44 35.76	250m: 2:54.53 40.10	350m: 4:08.45 33.26		
	100m: 1:03.68 34.07			200m: 2:14.43 34.99	300m: 3:35.19 40.66	400m: 4:39.65 31.20		
5.	Tiago Silva Oliveira	94	15465	Leixoes	<b>4:40.32</b>	+0,72	658	12,00
	50m: 29.92 29.92			150m: 1:42.06 37.32	250m: 2:59.82 41.26	350m: 4:11.20 29.60		
	100m: 1:04.74 34.82			200m: 2:18.56 36.50	300m: 3:41.60 41.78	400m: 4:40.32 29.12		
6.	Paulo Andre Silva	96	105198	Vilacondense	<b>4:40.61</b>	+0,67	656	11,00
	50m: 27.72 27.72			150m: 1:37.95 37.41	250m: 2:55.48 40.51	350m: 4:09.06 32.45		
	100m: 1:00.54 32.82			200m: 2:14.97 37.02	300m: 3:36.61 41.13	400m: 4:40.61 31.55		
7.	Ruben Filipe Nunes	94	23302	Aquatico Pacense	<b>4:42.61</b>	+0,82	642	10,00
	50m: 29.29 29.29			150m: 1:40.05 37.04	250m: 2:56.73 39.76	350m: 4:10.02 32.92		
	100m: 1:03.01 33.72			200m: 2:16.97 36.92	300m: 3:37.10 40.37	400m: 4:42.61 32.59		
8.	Hugo Pon	98	110164	Alges	<b>4:43.84</b>	+0,70	634	9,00
	50m: 29.55 29.55			150m: 1:41.86 37.42	250m: 2:57.86 39.24	350m: 4:11.71 33.47		
	100m: 1:04.44 34.89			200m: 2:18.62 36.76	300m: 3:38.24 40.38	400m: 4:43.84 32.13		
9.	Jose Paula Carvalho	98	111450	Uniao Piedense	<b>4:43.98</b>	+0,78	633	8,00
	50m: 28.33 28.33			150m: 1:39.42 38.94	250m: 2:58.19 41.32	350m: 4:13.48 32.62		
	100m: 1:00.48 32.15			200m: 2:16.87 37.45	300m: 3:40.86 42.67	400m: 4:43.98 30.50		
10.	Guilherme Miguel Teixeira	97	105091	Benfica	<b>4:44.71</b>	+0,72	628	7,00
	50m: 28.08 28.08			150m: 1:39.66 37.96	250m: 2:56.13 39.72	350m: 4:12.48 35.05		
	100m: 1:01.70 33.62			200m: 2:16.41 36.75	300m: 3:37.43 41.30	400m: 4:44.71 32.23		
11.	Daniel Sanchez Louzan	98	148730	Desportiva de Viana	<b>4:46.41</b>	+0,70	617	6,00
	50m: 30.12 30.12			150m: 1:44.85 38.46	250m: 3:04.03 42.57	350m: 4:17.45 30.83		
	100m: 1:06.39 36.27			200m: 2:21.46 36.61	300m: 3:46.62 42.59	400m: 4:46.41 28.96		
12.	Jose Pedro Sampaio	98	108295	Foca	<b>4:46.92</b>	+0,81	613	5,00
	50m: 30.04 30.04			150m: 1:42.35 36.95	250m: 3:00.78 41.13	350m: 4:16.91 33.01		
	100m: 1:05.40 35.36			200m: 2:19.65 37.30	300m: 3:43.90 43.12	400m: 4:46.92 30.01		
13.	Jorge Jesus Silva	00	121941	Braga	<b>4:49.72</b>	+0,86	596	4,00
	50m: 30.67 30.67			150m: 1:44.82 39.76	250m: 3:04.30 40.93	350m: 4:18.66 32.77		
	100m: 1:05.06 34.39			200m: 2:23.37 38.55	300m: 3:45.89 41.59	400m: 4:49.72 31.06		
14.	Joao Luis Travanca	97	104716	Fluvial Portuense	<b>4:56.03</b>	+0,88	558	3,00
	50m: 30.33 30.33			150m: 1:45.50 40.18	250m: 3:06.65 43.06	350m: 4:24.27 33.73		
	100m: 1:05.32 34.99			200m: 2:23.59 38.09	300m: 3:50.54 43.89	400m: 4:56.03 31.76		

Prova 59, Masc., 400m Estilos, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Eduardo Cardoso Lopes	99	107596	Louletano / Loule Concelho	<b>5:02.42</b>	+0,78	524	2,00
	50m: 30.93 30.93		150m: 1:46.56 39.28	250m: 3:08.89 44.32	350m: 4:28.80 34.52			
	100m: 1:07.28 36.35		200m: 2:24.57 38.01	300m: 3:54.28 45.39	400m: 5:02.42 33.62			
16.	Andre Filipe Correia	97	118799	Feirense	<b>5:27.31</b>	+0,80	413	1,00
	50m: 32.00 32.00		150m: 1:58.11 47.11	250m: 3:25.28 42.83	350m: 4:50.67 40.41			
	100m: 1:11.00 39.00		200m: 2:42.45 44.34	300m: 4:10.26 44.98	400m: 5:27.31 36.64			