

Campeonato Nacional Clubes 3ª Divisão  
Guarda, 1-12-2017

Prova 10  
01-12-2017

Masc., 400m Livres

Absolutos  
Resultados

Rec Nac Absoluto	3:45.58	PEREIRA Fabio Manuel	POR	Istambul (TUR)	10-12-2009
Rec Nac Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003
Rec Nac Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
Rec Nac Juv B	4:03.22	GIL Joao Pedro	ANAM	Algés	08-07-2012
Rec Nac Juv A	3:59.31	SANTOS Joao Carlos	ANAM	Algés	08-07-2012
Rec Nac Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
Rec Nac Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
Rec Nac Sen	3:45.58	PEREIRA Fabio Manuel	POR	Istambul (TUR)	10-12-2009

Pontos: FINA 2017

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CAYETANO Miguel Rodriguez	00	205700	Fundacao Beatriz Santos	<b>4:04.81</b>	+0,79	651	33,00
	50m: 28.25 28.25		150m: 1:30.02 31.00	250m: 2:32.21 30.18	350m: 3:34.36 31.17			
	100m: 59.02 30.77		200m: 2:02.03 32.01	300m: 3:03.19 30.98	400m: 4:04.81 30.45			
2.	COSTA Rui Filipe	91	24004	Vitoria Guimaraes	<b>4:05.07</b>	+0,77	649	31,00
	50m: 28.09 28.09		150m: 1:29.68 31.12	250m: 2:32.38 31.29	350m: 3:36.05 31.91			
	100m: 58.56 30.47		200m: 2:01.09 31.41	300m: 3:04.14 31.76	400m: 4:05.07 29.02			
3.	JOAQUIM Andre Serro	00	121096	Portinado	<b>4:12.78</b>	+0,73	591	30,00
	50m: 28.87 28.87		150m: 1:32.76 31.92	250m: 2:37.61 32.23	350m: 3:42.17 32.05			
	100m: 1:00.84 31.97		200m: 2:05.38 32.62	300m: 3:10.12 32.51	400m: 4:12.78 30.61			
4.	RIBAS Alexandre Lages	97	24582	Ginasio de Vila Real	<b>4:13.82</b>	+0,69	584	29,00
	50m: 27.57 27.57		150m: 1:30.36 31.93	250m: 2:35.48 32.69	350m: 3:41.51 33.26			
	100m: 58.43 30.86		200m: 2:02.79 32.43	300m: 3:08.25 32.77	400m: 4:13.82 32.31			
5.	SILVA Paulo Filipe	98	117012	Natacao da Maia	<b>4:14.14</b>	+0,71	582	28,00
	50m: 28.07 28.07		150m: 1:30.69 31.42	250m: 2:34.16 31.72	350m: 3:41.31 33.67			
	100m: 59.27 31.20		200m: 2:02.44 31.75	300m: 3:07.64 33.48	400m: 4:14.14 32.83			
6.	LOPES Rui Jorge	00	112726	CLAC-Entroncamento	<b>4:14.81</b>	+0,83	577	27,00
	50m: 28.81 28.81		150m: 1:31.70 31.60	250m: 2:36.76 32.74	350m: 3:43.02 33.29			
	100m: 1:00.10 31.29		200m: 2:04.02 32.32	300m: 3:09.73 32.97	400m: 4:14.81 31.79			
7.	FERNANDES Romeu Ribeiro	01	122171	Fafe	<b>4:19.51</b>	+0,72	547	26,00
	50m: 29.96 29.96		150m: 1:34.56 32.80	250m: 2:41.52 33.61	350m: 3:49.59 33.52			
	100m: 1:01.76 31.80		200m: 2:07.91 33.35	300m: 3:16.07 34.55	400m: 4:19.51 29.92			
8.	SANTOS Goncalo Duarte	00	111095	Natacao de Faro	<b>4:19.75</b>	+0,80	545	25,00
	50m: 29.76 29.76		150m: 1:35.82 33.54	250m: 2:42.18 33.12	350m: 3:48.30 32.77			
	100m: 1:02.28 32.52		200m: 2:09.06 33.24	300m: 3:15.53 33.35	400m: 4:19.75 31.45			
9.	TORRES OLIVEIRA Raul	01	205705	Condeixa Clube	<b>4:20.53</b>	+0,70	540	24,00
	50m: 29.05 29.05		150m: 1:31.75 31.90	250m: 2:37.72 32.98	350m: 3:46.15 34.55			
	100m: 59.85 30.80		200m: 2:04.74 32.99	300m: 3:11.60 33.88	400m: 4:20.53 34.38			
10.	ALVES Manuel Landeiro	02	122314	Naval Praia da Vitoria	<b>4:22.14</b>	+0,70	530	23,00
	50m: 29.20 29.20		150m: 1:34.12 32.51	250m: 2:40.88 33.80	350m: 3:48.85 34.48			
	100m: 1:01.61 32.41		200m: 2:07.08 32.96	300m: 3:14.37 33.49	400m: 4:22.14 33.29			
11.	BARBARA Goncalo Gualberto	00	118851	Rio Maior	<b>4:22.95</b>	+0,68	525	22,00
	50m: 29.14 29.14		150m: 1:33.40 32.58	250m: 2:40.49 33.65	350m: 3:49.01 34.25			
	100m: 1:00.82 31.68		200m: 2:06.84 33.44	300m: 3:14.76 34.27	400m: 4:22.95 33.94			
12.	TAVARES Vasco Capela	99	109391	Sporting de Espinho	<b>4:25.29</b>	+0,85	512	21,00
	50m: 28.96 28.96		150m: 1:34.35 33.26	250m: 2:42.69 34.32	350m: 3:51.95 34.47			
	100m: 1:01.09 32.13		200m: 2:08.37 34.02	300m: 3:17.48 34.79	400m: 4:25.29 33.34			
13.	MACHADO Martim Miranda	03	123726	Uniao Coimbra	<b>4:25.78</b>	+0,70	509	20,00
	50m: 29.71 29.71		150m: 1:35.84 33.26	250m: 2:44.13 33.84	350m: 3:52.88 34.45			
	100m: 1:02.58 32.87		200m: 2:10.29 34.45	300m: 3:18.43 34.30	400m: 4:25.78 32.90			
14.	MAIA Bruno Miguel	01	126783	Propaganda da Natacao	<b>4:27.23</b>	+0,70	501	19,00
	50m: 28.95 28.95		150m: 1:36.25 34.06	250m: 2:44.57 33.79	350m: 3:53.70 34.54			
	100m: 1:02.19 33.24		200m: 2:10.78 34.53	300m: 3:19.16 34.59	400m: 4:27.23 33.53			

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Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	VIEIRA Hugo Azurara	01	125011	Naval Povoense	<b>4:27.24</b>	+0,66	501	18,00
	50m: 29.42 29.42		150m: 1:36.05 33.67	250m: 2:45.09 34.71	350m: 3:54.10 34.31			
	100m: 1:02.38 32.96		200m: 2:10.38 34.33	300m: 3:19.79 34.70	400m: 4:27.24 33.14			
16.	COELHO Rodrigo Manuel	01	122290	Feirense	<b>4:29.46</b>	+0,87	488	17,00
	50m: 30.53 30.53		150m: 1:37.69 34.14	250m: 2:47.12 34.37	350m: 3:56.17 34.18			
	100m: 1:03.55 33.02		200m: 2:12.75 35.06	300m: 3:21.99 34.87	400m: 4:29.46 33.29			
17.	ILHA Joao Eduardo	98	109749	Natacao Olhao	<b>4:30.57</b>	+0,82	482	16,00
	50m: 28.60 28.60		150m: 1:35.64 34.08	250m: 2:45.72 35.11	350m: 3:56.40 35.25			
	100m: 1:01.56 32.96		200m: 2:10.61 34.97	300m: 3:21.15 35.43	400m: 4:30.57 34.17			
18.	CARVALHO Alessandro Diogo	96	24667	Desportivo ABPG	<b>4:31.60</b>	+0,72	477	15,00
	50m: 30.13 30.13		150m: 1:37.19 34.03	250m: 2:46.46 34.82	350m: 3:56.53 35.22			
	100m: 1:03.16 33.03		200m: 2:11.64 34.45	300m: 3:21.31 34.85	400m: 4:31.60 35.07			
19.	BENAVENTE Rodrigo Guerreiro	00	122962	AONDA	<b>4:32.31</b>	+0,73	473	14,00
	50m: 29.89 29.89		150m: 1:36.51 33.75	250m: 2:45.21 34.47	350m: 3:56.31 36.15			
	100m: 1:02.76 32.87		200m: 2:10.74 34.23	300m: 3:20.16 34.95	400m: 4:32.31 36.00			
20.	INACIO Mauro Santos	84	14030	Litoral Alentejano	<b>4:33.07</b>	+0,81	469	13,00
	50m: 30.23 30.23		150m: 1:36.84 33.73	250m: 2:45.52 34.35	350m: 3:56.72 35.86			
	100m: 1:03.11 32.88		200m: 2:11.17 34.33	300m: 3:20.86 35.34	400m: 4:33.07 36.35			
21.	DIAS Simao Pedro	02	124544	Natacao Guarda	<b>4:33.88</b>	+0,64	465	12,00
	50m: 29.18 29.18		150m: 1:36.40 34.42	250m: 2:47.32 35.97	350m: 3:59.98 36.09			
	100m: 1:01.98 32.80		200m: 2:11.35 34.95	300m: 3:23.89 36.57	400m: 4:33.88 33.90			
22.	PINHEIRO Domingos Tiago	98	118328	Ginasio Santo Tirso	<b>4:35.98</b>	+0,75	454	11,00
	50m: 30.85 30.85		150m: 1:38.48 34.21	250m: 2:48.63 35.11	350m: 4:00.76 36.16			
	100m: 1:04.27 33.42		200m: 2:13.52 35.04	300m: 3:24.60 35.97	400m: 4:35.98 35.22			
23.	ALMEIDA Tomas Silvestre	01	126471	Natacao de Lisboa	<b>4:37.08</b>	+0,80	449	10,00
	50m: 30.44 30.44		150m: 1:40.02 35.33	250m: 2:51.58 35.87	350m: 4:02.75 35.32			
	100m: 1:04.69 34.25		200m: 2:15.71 35.69	300m: 3:27.43 35.85	400m: 4:37.08 34.33			
24.	CARVALHO Filipe Albernaz	00	120077	Bombeiros Ponta Delgada	<b>4:37.63</b>	+0,65	446	9,00
	50m: 30.15 30.15		150m: 1:38.05 34.44	250m: 2:49.64 35.89	350m: 4:01.60 36.13			
	100m: 1:03.61 33.46		200m: 2:13.75 35.70	300m: 3:25.47 35.83	400m: 4:37.63 36.03			
25.	PAULINO Vitor Diogo	98	112303	Palmela	<b>4:41.72</b>	+0,73	427	8,00
	50m: 30.11 30.11		150m: 1:38.50 34.27	250m: 2:49.78 36.54	350m: 4:04.10 37.38			
	100m: 1:04.23 34.12		200m: 2:13.24 34.74	300m: 3:26.72 36.94	400m: 4:41.72 37.62			
26.	AIRES Fabio Alcantara	97	104252	Cova da Piedade	<b>4:42.26</b>	+0,75	425	7,00
	50m: 29.85 29.85		150m: 1:37.43 34.80	250m: 2:50.70 36.78	350m: 4:05.86 37.91			
	100m: 1:02.63 32.78		200m: 2:13.92 36.49	300m: 3:27.95 37.25	400m: 4:42.26 36.40			
27.	OLIVEIRA Afonso Torre	01	121838	Viana Natacao	<b>4:43.58</b>	+0,70	419	6,00
	50m: 30.43 30.43		150m: 1:42.00 36.51	250m: 2:53.51 36.50	350m: 4:06.86 36.47			
	100m: 1:05.49 35.06		200m: 2:17.01 35.01	300m: 3:30.39 36.88	400m: 4:43.58 36.72			
28.	BORGES Rafael Braga	03	127434	Naval de Ponta Delgada	<b>4:44.96</b>	+0,75	413	5,00
	50m: 30.82 30.82		150m: 1:41.39 36.01	250m: 2:54.64 36.73	350m: 4:09.06 37.29			
	100m: 1:05.38 34.56		200m: 2:17.91 36.52	300m: 3:31.77 37.13	400m: 4:44.96 35.90			
29.	LOPES Ivo Andre	94	11728	BUZIOS-Coruche	<b>4:47.73</b>	+0,80	401	4,00
	50m: 30.91 30.91		150m: 1:40.75 35.39	250m: 2:53.71 36.82	350m: 4:09.61 38.12			
	100m: 1:05.36 34.45		200m: 2:16.89 36.14	300m: 3:31.49 37.78	400m: 4:47.73 38.12			
30.	CASCALHEIRA Joao Miguel	03	201621	Naval Setubalense	<b>4:50.07</b>	+0,82	391	3,00
	50m: 31.87 31.87		150m: 1:43.45 36.58	250m: 2:58.46 37.55	350m: 4:13.81 37.55			
	100m: 1:06.87 35.00		200m: 2:20.91 37.46	300m: 3:36.26 37.80	400m: 4:50.07 36.26			
31.	PACAU Joao Afonso	02	126954	Gualdim Pais	<b>4:52.26</b>	+0,91	383	2,00
	50m: 31.49 31.49		150m: 1:41.71 35.83	250m: 2:56.10 37.36	350m: 4:13.70 39.21			
	100m: 1:05.88 34.39		200m: 2:18.74 37.03	300m: 3:34.49 38.39	400m: 4:52.26 38.56			
32.	RIBEIRO Vitor Hugo	03	122129	Lousada SXXI	<b>4:52.28</b>	+0,82	382	1,00
	50m: 30.79 30.79		150m: 1:41.83 36.52	250m: 2:57.67 38.62	350m: 4:14.77 38.89			
	100m: 1:05.31 34.52		200m: 2:19.05 37.22	300m: 3:35.88 38.21	400m: 4:52.28 37.51			