

Prova 11 Masc., 400m Estilos 17 anos e mais velhos
08-12-2017 - 18:55 Resultados

Rec Nac 25m Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
Rec Nac 25m Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19-12-2014
Rec Nac 25m Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11-12-2015
Rec Nac 25m Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	VELOSO Tomas Miguel	96	Nautico Academico	4:13.49	+0,68
	50m: 27.47 27.47	150m: 1:31.67	33.46	250m: 2:39.98	34.79
	100m: 58.21 30.74	200m: 2:05.19	33.52	300m: 3:14.73	34.75
				350m: 3:45.16	30.43
				400m: 4:13.49	28.33
2.	LOPES Gabriel Jose	97	Louzan Natacao	4:13.89	+0,68
	50m: 26.46 26.46	150m: 1:28.09	31.65	250m: 2:36.60	36.15
	100m: 56.44 29.98	200m: 2:00.45	32.36	300m: 3:13.29	36.69
				350m: 3:43.75	30.46
				400m: 4:13.89	30.14
3.	RAMOS Bruno Miguel	97	Belenenses	4:17.33	+0,70
	50m: 26.87 26.87	150m: 1:31.17	33.41	250m: 2:41.39	36.52
	100m: 57.76 30.89	200m: 2:04.87	33.70	300m: 3:19.17	37.78
				350m: 3:48.51	29.34
				400m: 4:17.33	28.82
4.	CARVALHO Jose Paula	98	Uniao Piedense	4:18.36	+0,72
	50m: 27.85 27.85	150m: 1:31.58	32.94	250m: 2:41.19	36.00
	100m: 58.64 30.79	200m: 2:05.19	33.61	300m: 3:19.22	38.03
				350m: 3:49.56	30.34
				400m: 4:18.36	28.80
5.	PINOTES Pedro Miguel	89	Sporting	4:19.27	
	50m: 27.69 27.69	150m: 1:32.78	33.58	250m: 2:42.08	35.65
	100m: 59.20 31.51	200m: 2:06.43	33.65	300m: 3:18.15	36.07
				350m: 3:49.70	31.55
				400m: 4:19.27	29.57
6.	CAMPOS Tiago Filipe	99	Rio Maior	4:25.81	+0,84
	50m: 27.65 27.65	150m: 1:33.53	34.40	250m: 2:46.69	39.17
	100m: 59.13 31.48	200m: 2:07.52	33.99	300m: 3:26.95	40.26
				350m: 3:56.64	29.69
				400m: 4:25.81	29.17
7.	MACHADO Joao Daniel	99	Benfica	4:29.00	+0,73
	50m: 28.43 28.43	150m: 1:35.11	34.14	250m: 2:48.00	39.30
	100m: 1:00.97 32.54	200m: 2:08.70	33.59	300m: 3:27.45	39.45
				350m: 3:58.48	31.03
				400m: 4:29.00	30.52
8.	BATE Afonso Ribeiro	98	Alges	4:29.03	
	50m: 27.72 27.72	150m: 1:35.61	35.53	250m: 2:49.48	37.78
	100m: 1:00.08 32.36	200m: 2:11.70	36.09	300m: 3:28.00	38.52
				350m: 3:59.17	31.17
				400m: 4:29.03	29.86
9.	PINTO Antonio Fernando	99	Estrelas S. Joao de Brito	4:30.87	+0,80
	50m: 28.10 28.10	150m: 1:35.72	35.63	250m: 2:49.16	38.81
	100m: 1:00.09 31.99	200m: 2:10.35	34.63	300m: 3:29.09	39.93
				350m: 4:00.49	31.40
				400m: 4:30.87	30.38
10.	ALVES Nuno Rafael	90	Aquatico Pacense	4:32.73	
	50m: 28.27 28.27	150m: 1:36.36	35.82	250m: 2:49.89	37.63
	100m: 1:00.54 32.27	200m: 2:12.26	35.90	300m: 3:28.06	38.17
				350m: 4:00.47	32.41
				400m: 4:32.73	32.26
11.	NUNES Rafael Filipe	96	Benfica	4:33.20	+0,66
	50m: 28.94 28.94	150m: 1:37.94	36.25	250m: 2:51.49	38.30
	100m: 1:01.69 32.75	200m: 2:13.19	35.25	300m: 3:30.64	39.15
				350m: 4:02.90	32.26
				400m: 4:33.20	30.30
12.	SAMPAIO Jose Pedro	98	Fluvial Portuense	4:35.32	
	50m: 29.08 29.08	150m: 1:36.97	34.85	250m: 2:49.64	37.69
	100m: 1:02.12 33.04	200m: 2:11.95	34.98	300m: 3:29.04	39.40
				350m: 4:02.22	33.18
				400m: 4:35.32	33.10
13.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	4:37.60	+0,74
	50m: 27.67 27.67	150m: 1:36.20	36.45	250m: 2:53.65	41.56
	100m: 59.75 32.08	200m: 2:12.09	35.89	300m: 3:35.28	41.63
				350m: 4:07.23	31.95
				400m: 4:37.60	30.37

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
14.	DINIS Tiago Moises	98	Nautico Academico	4:43.21	+0,82
	50m: 29.39 29.39	150m: 1:40.08 36.61	250m: 2:56.42 40.06	350m: 4:11.19 33.69	
	100m: 1:03.47 34.08	200m: 2:16.36 36.28	300m: 3:37.50 41.08	400m: 4:43.21 32.02	
15.	FARIA Rui Pedro	94	Famalicao	4:45.54	+0,83
	50m: 29.77 29.77	150m: 1:40.65 38.01	250m: 2:56.97 39.54	350m: 4:12.10 33.69	
	100m: 1:02.64 32.87	200m: 2:17.43 36.78	300m: 3:38.41 41.44	400m: 4:45.54 33.44	

Juniores

1.	SANTO Filipe Miguel	00	Benfica	4:24.12	
	50m: 28.08 28.08	150m: 1:34.47 33.97	250m: 2:47.12 38.43	350m: 3:55.29 28.82	
	100m: 1:00.50 32.42	200m: 2:08.69 34.22	300m: 3:26.47 39.35	400m: 4:24.12 28.83	
2.	RUIVO Andre Vilas	00	Sporting	4:26.07	
	50m: 27.84 27.84	150m: 1:33.03 33.57	250m: 2:45.79 38.79	350m: 3:55.15 30.38	
	100m: 59.46 31.62	200m: 2:07.00 33.97	300m: 3:24.77 38.98	400m: 4:26.07 30.92	
3.	LOPES Jose Paulo	00	Braga	4:26.95	+0,69
	50m: 27.97 27.97	150m: 1:34.19 34.32	250m: 2:48.14 39.50	350m: 3:57.19 30.44	
	100m: 59.87 31.90	200m: 2:08.64 34.45	300m: 3:26.75 38.61	400m: 4:26.95 29.76	
4.	CRISTINO David Matias	01	Uniao Piedense	4:29.25	+0,85
	50m: 28.48 28.48	150m: 1:34.86 33.56	250m: 2:47.68 39.16	350m: 3:58.79 31.30	
	100m: 1:01.30 32.82	200m: 2:08.52 33.66	300m: 3:27.49 39.81	400m: 4:29.25 30.46	
5.	DANTAS Diogo Leal	00	Sporting	4:29.36	
	50m: 27.64 27.64	150m: 1:34.32 34.69	250m: 2:45.77 37.72	350m: 3:57.35 32.76	
	100m: 59.63 31.99	200m: 2:08.05 33.73	300m: 3:24.59 38.82	400m: 4:29.36 32.01	
6.	SILVA Jorge Jesus	00	Braga	4:29.86	+0,77
	50m: 28.71 28.71	150m: 1:36.80 35.89	250m: 2:49.30 37.28	350m: 3:58.99 31.94	
	100m: 1:00.91 32.20	200m: 2:12.02 35.22	300m: 3:27.05 37.75	400m: 4:29.86 30.87	
7.	BASTOS Lucas Pereira	00	Nautico Academico	4:30.24	+0,69
	50m: 28.13 28.13	150m: 1:35.07 34.56	250m: 2:47.89 38.70	350m: 3:59.10 31.65	
	100m: 1:00.51 32.38	200m: 2:09.19 34.12	300m: 3:27.45 39.56	400m: 4:30.24 31.14	
8.	VILHENA Tiago Miguel	01	Natacao de Faro	4:32.43	
	50m: 29.53 29.53	150m: 1:37.34 34.48	250m: 2:50.71 39.46	350m: 4:02.02 31.32	
	100m: 1:02.86 33.33	200m: 2:11.25 33.91	300m: 3:30.70 39.99	400m: 4:32.43 30.41	
9.	PERLOIRO Bernardo Garcia	00	Sporting	4:34.14	+0,84
	50m: 28.53 28.53	150m: 1:37.19 34.93	250m: 2:50.17 38.39	350m: 4:02.12 32.53	
	100m: 1:02.26 33.73	200m: 2:11.78 34.59	300m: 3:29.59 39.42	400m: 4:34.14 32.02	
10.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	4:35.20	
	50m: 29.30 29.30	150m: 1:37.43 34.46	250m: 2:52.54 41.19	350m: 4:05.20 31.28	
	100m: 1:02.97 33.67	200m: 2:11.35 33.92	300m: 3:33.92 41.38	400m: 4:35.20 30.00	
11.	CATALAO Daniel Nogueira	00	Benfica	4:36.26	
	50m: 27.99 27.99	150m: 1:35.32 35.38	250m: 2:48.96 38.46	350m: 4:03.01 33.92	
	100m: 59.94 31.95	200m: 2:10.50 35.18	300m: 3:29.09 40.13	400m: 4:36.26 33.25	
12.	SILVA Tomas Antonio	01	Naval do Funchal	4:37.49	+0,70
	50m: 29.07 29.07	150m: 1:37.98 35.51	250m: 2:52.31 38.36	350m: 4:04.46 33.23	
	100m: 1:02.47 33.40	200m: 2:13.95 35.97	300m: 3:31.23 38.92	400m: 4:37.49 33.03	

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
13.	TOMAS Francisco Xavier	00	Alcobaca	4:37.51	+0,86
	50m: 30.48 30.48	150m: 1:41.50	36.57	250m: 2:55.33	38.79
	100m: 1:04.93 34.45	200m: 2:16.54	35.04	300m: 3:34.77	39.44
				350m: 4:06.71	31.94
				400m: 4:37.51	30.80
14.	JESUS Afonso Guilherme	00	Sporting	4:37.60	+0,69
	50m: 29.91 29.91	150m: 1:40.90	36.65	250m: 2:56.26	39.13
	100m: 1:04.25 34.34	200m: 2:17.13	36.23	300m: 3:35.25	38.99
				350m: 4:07.13	31.88
				400m: 4:37.60	30.47
15.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	4:38.94	+0,81
	50m: 29.48 29.48	150m: 1:39.80	36.16	250m: 2:56.95	41.76
	100m: 1:03.64 34.16	200m: 2:15.19	35.39	300m: 3:37.71	40.76
				350m: 4:08.59	30.88
				400m: 4:38.94	30.35
16.	JOAQUIM Andre Serro	00	Portinado	4:39.27	+0,72
	50m: 30.76 30.76	150m: 1:41.23	36.23	250m: 2:57.53	39.67
	100m: 1:05.00 34.24	200m: 2:17.86	36.63	300m: 3:38.53	41.00
				350m: 4:08.06	29.53
				400m: 4:39.27	31.21
17.	PIRES Rui Miguel	01	Nautico Marinha Grande	4:39.33	+0,76
	50m: 29.87 29.87	150m: 1:40.05	35.93	250m: 2:55.12	40.40
	100m: 1:04.12 34.25	200m: 2:14.72	34.67	300m: 3:36.35	41.23
				350m: 4:08.80	32.45
				400m: 4:39.33	30.53
18.	FRADE Miguel Goncalves	00	Torres Novas	4:39.99	+0,81
	50m: 30.72 30.72	150m: 1:41.41	36.48	250m: 2:55.72	38.85
	100m: 1:04.93 34.21	200m: 2:16.87	35.46	300m: 3:36.20	40.48
				350m: 4:08.90	32.70
				400m: 4:39.99	31.09
19.	PIEIDADE Sebastiao Limbert	00	Alges	4:41.50	+0,70
	50m: 28.96 28.96	150m: 1:38.94	36.26	250m: 2:54.78	39.31
	100m: 1:02.68 33.72	200m: 2:15.47	36.53	300m: 3:35.96	41.18
				350m: 4:08.76	32.80
				400m: 4:41.50	32.74
20.	TRAVANCA Sergio Filipe	00	Fluvial Portuense	4:43.62	+0,75
	50m: 29.11 29.11	150m: 1:40.16	37.08	250m: 2:58.40	41.21
	100m: 1:03.08 33.97	200m: 2:17.19	37.03	300m: 3:40.27	41.87
				350m: 4:11.84	31.57
				400m: 4:43.62	31.78
21.	PEREIRA Bernardo Sousa	01	Pimpoes/Cimai	4:45.15	+0,78
	50m: 30.24 30.24	150m: 1:42.25	37.30	250m: 2:58.82	39.97
	100m: 1:04.95 34.71	200m: 2:18.85	36.60	300m: 3:39.00	40.18
				350m: 4:12.48	33.48
				400m: 4:45.15	32.67
DNF	SANTOS Pedro Miguel	01	Porto		