

Prova 17 Masc., 400m Livres 17 anos e mais velhos
09-12-2017 - 16:05 Resultados

Rec Nac 25m Absoluto	3:45.58	PEREIRA Fabio Manuel	POR	Istambul (TUR)	10-12-2009
Rec Nac 25m Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
Rec Nac 25m Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
Rec Nac 25m Sen	3:45.58	PEREIRA Fabio Manuel	POR	Istambul (TUR)	10-12-2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	NASCIMENTO Miguel Duarte <i>Rec Nacional, Sen e Abs</i>	95	Benfica	3:42.91	+0,64
	50m: 25.26 25.26 100m: 53.05 27.79	150m: 1:21.66 28.61 200m: 1:50.48 28.82	250m: 2:19.00 28.52 300m: 2:47.75 28.75	350m: 3:16.29 28.54 400m: 3:42.91 26.62	
2.	MOGNE Igor Araujo	96	Sporting	3:47.77	+0,78
	50m: 26.31 26.31 100m: 54.32 28.01	150m: 1:23.06 28.74 200m: 1:52.01 28.95	250m: 2:20.76 28.75 300m: 2:49.56 28.80	350m: 3:18.48 28.92 400m: 3:47.77 29.29	
3.	COSTA Tiago Cunha	99	Sporting	3:48.79	+0,78
	50m: 26.47 26.47 100m: 54.97 28.50	150m: 1:23.51 28.54 200m: 1:52.61 29.10	250m: 2:21.79 29.18 300m: 2:51.20 29.41	350m: 3:20.77 29.57 400m: 3:48.79 28.02	
4.	VELOSO Tomas Miguel	96	Nautico Academico	3:50.02	+0,68
	50m: 26.66 26.66 100m: 55.14 28.48	150m: 1:24.20 29.06 200m: 1:53.21 29.01	250m: 2:22.39 29.18 300m: 2:51.61 29.22	350m: 3:21.25 29.64 400m: 3:50.02 28.77	
5.	CARVALHO Jose Paula	98	Uniao Piedense	3:50.46	+0,74
	50m: 26.95 26.95 100m: 56.13 29.18	150m: 1:25.73 29.60 200m: 1:55.24 29.51	250m: 2:23.98 28.74 300m: 2:52.77 28.79	350m: 3:21.92 29.15 400m: 3:50.46 28.54	
6.	PINA Guilherme Filipe	98	Sporting	3:54.36	+0,71
	50m: 26.94 26.94 100m: 55.76 28.82	150m: 1:25.04 29.28 200m: 1:54.60 29.56	250m: 2:24.25 29.65 300m: 2:54.29 30.04	350m: 3:24.55 30.26 400m: 3:54.36 29.81	
7.	LOPES Gabriel Jose	97	Louzan Natacao	3:54.66	+0,69
	50m: 26.46 26.46 100m: 55.25 28.79	150m: 1:24.54 29.29 200m: 1:54.28 29.74	250m: 2:23.97 29.69 300m: 2:54.34 30.37	350m: 3:24.61 30.27 400m: 3:54.66 30.05	
8.	RAMOS Bruno Miguel	97	Belenenses	3:56.06	+0,68
	50m: 26.65 26.65 100m: 55.43 28.78	150m: 1:25.09 29.66 200m: 1:55.34 30.25	250m: 2:25.43 30.09 300m: 2:56.05 30.62	350m: 3:26.60 30.55 400m: 3:56.06 29.46	
9.	BATE Afonso Ribeiro	98	Alges	3:56.64	+0,73
	50m: 27.03 27.03 100m: 56.72 29.69	150m: 1:26.73 30.01 200m: 1:57.11 30.38	250m: 2:27.60 30.49 300m: 2:58.18 30.58	350m: 3:28.20 30.02 400m: 3:56.64 28.44	
10.	CAMPOS Tiago Filipe	99	Rio Maior	3:57.24	+0,86
	50m: 26.64 26.64 100m: 55.29 28.65	150m: 1:24.58 29.29 200m: 1:54.67 30.09	250m: 2:25.31 30.64 300m: 2:56.12 30.81	350m: 3:27.22 31.10 400m: 3:57.24 30.02	
11.	GONCALVES Francisco Xavier	97	Nautico Academico	3:59.97	+0,74
	50m: 26.71 26.71 100m: 56.40 29.69	150m: 1:26.82 30.42 200m: 1:57.14 30.32	250m: 2:27.93 30.79 300m: 2:58.87 30.94	350m: 3:29.61 30.74 400m: 3:59.97 30.36	
12.	SANTOS Tiago Carlos	98	Benfica	4:00.44	+0,71
	50m: 27.32 27.32 100m: 57.43 30.11	150m: 1:28.01 30.58 200m: 1:58.51 30.50	250m: 2:28.78 30.27 300m: 2:59.70 30.92	350m: 3:31.00 31.30 400m: 4:00.44 29.44	
13.	PINTO Antonio Fernando	99	Estrelas S. Joao de Brito	4:00.57	+0,80
	50m: 26.24 26.24 100m: 55.15 28.91	150m: 1:25.12 29.97 200m: 1:55.84 30.72	250m: 2:26.86 31.02 300m: 2:58.37 31.51	350m: 3:30.05 31.68 400m: 4:00.57 30.52	

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
14.	MACHADO Joao Daniel	99	Benfica	4:00.58	+0,77
	50m: 27.34 27.34	150m: 1:28.17 30.74	250m: 2:29.51 30.47	350m: 3:30.94 30.66	
	100m: 57.43 30.09	200m: 1:59.04 30.87	300m: 3:00.28 30.77	400m: 4:00.58 29.64	
15.	FERNANDES Jose Pedro	99	Braga	4:00.79	+0,69
	50m: 26.76 26.76	150m: 1:26.59 30.43	250m: 2:28.23 30.72	350m: 3:30.15 31.28	
	100m: 56.16 29.40	200m: 1:57.51 30.92	300m: 2:58.87 30.64	400m: 4:00.79 30.64	
16.	BATE Miguel Ribeiro	99	Alges	4:01.04	+0,75
	50m: 27.42 27.42	150m: 1:27.92 30.74	250m: 2:29.52 30.51	350m: 3:31.27 30.78	
	100m: 57.18 29.76	200m: 1:59.01 31.09	300m: 3:00.49 30.97	400m: 4:01.04 29.77	

Juniores

1.	LOPES Jose Paulo	00	Braga	3:52.06	+0,68
	50m: 26.83 26.83	150m: 1:24.84 29.24	250m: 2:24.11 29.56	350m: 3:23.22 29.47	
	100m: 55.60 28.77	200m: 1:54.55 29.71	300m: 2:53.75 29.64	400m: 3:52.06 28.84	
2.	GOMES Roberto Donald	00	Alges	3:53.80	+0,71
	50m: 26.84 26.84	150m: 1:25.21 29.40	250m: 2:25.18 30.15	350m: 3:24.81 29.70	
	100m: 55.81 28.97	200m: 1:55.03 29.82	300m: 2:55.11 29.93	400m: 3:53.80 28.99	
3.	SANTO Filipe Miguel	00	Benfica	3:56.99	+0,82
	50m: 27.34 27.34	150m: 1:26.25 28.96	250m: 2:25.91 29.88	350m: 3:26.83 30.62	
	100m: 57.29 29.95	200m: 1:56.03 29.78	300m: 2:56.21 30.30	400m: 3:56.99 30.16	
4.	CASTRO Joao Cruz	00	Sao Roque	3:57.10	+0,73
	50m: 26.72 26.72	150m: 1:26.42 30.11	250m: 2:27.46 30.71	350m: 3:28.60 30.52	
	100m: 56.31 29.59	200m: 1:56.75 30.33	300m: 2:58.08 30.62	400m: 3:57.10 28.50	
5.	SANTOS Pedro Miguel	01	Porto	3:57.27	+0,75
	50m: 27.25 27.25	150m: 1:26.47 29.92	250m: 2:26.76 30.16	350m: 3:28.00 30.64	
	100m: 56.55 29.30	200m: 1:56.60 30.13	300m: 2:57.36 30.60	400m: 3:57.27 29.27	
6.	DANTAS Diogo Leal	00	Sporting	4:00.90	+0,62
	50m: 26.62 26.62	150m: 1:27.03 30.85	250m: 2:29.00 30.99	350m: 3:31.07 30.71	
	100m: 56.18 29.56	200m: 1:58.01 30.98	300m: 3:00.36 31.36	400m: 4:00.90 29.83	
7.	CRISTINO David Matias	01	Uniao Piedense	4:01.82	+0,73
	50m: 28.18 28.18	150m: 1:30.38 31.49	250m: 2:32.11 30.55	350m: 3:32.92 29.94	
	100m: 58.89 30.71	200m: 2:01.56 31.18	300m: 3:02.98 30.87	400m: 4:01.82 28.90	
8.	JORGE Duarte Miguel	01	Galitos / Bresimar	4:02.37	+0,85
	50m: 27.48 27.48	150m: 1:27.08 30.26	250m: 2:28.42 30.84	350m: 3:31.27 30.82	
	100m: 56.82 29.34	200m: 1:57.58 30.50	300m: 3:00.45 32.03	400m: 4:02.37 31.10	
9.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	4:02.55	+0,75
	50m: 27.27 27.27	150m: 1:27.12 30.32	250m: 2:28.56 30.84	350m: 3:31.40 31.59	
	100m: 56.80 29.53	200m: 1:57.72 30.60	300m: 2:59.81 31.25	400m: 4:02.55 31.15	
10.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	4:03.60	+0,76
	50m: 27.53 27.53	150m: 1:28.15 30.80	250m: 2:30.28 31.11	350m: 3:32.80 31.43	
	100m: 57.35 29.82	200m: 1:59.17 31.02	300m: 3:01.37 31.09	400m: 4:03.60 30.80	
11.	BASTOS Lucas Pereira	00	Nautico Academico	4:04.56	+0,71
	50m: 27.24 27.24	150m: 1:27.57 30.87	250m: 2:29.83 30.96	350m: 3:33.47 32.00	
	100m: 56.70 29.46	200m: 1:58.87 31.30	300m: 3:01.47 31.64	400m: 4:04.56 31.09	
12.	NUNES Diogo Barbosa	00	Fluvial Portuense	4:04.86	+0,78
	50m: 27.42 27.42	150m: 1:27.84 30.74	250m: 2:30.73 31.43	350m: 3:34.08 31.49	
	100m: 57.10 29.68	200m: 1:59.30 31.46	300m: 3:02.59 31.86	400m: 4:04.86 30.78	

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
13.	NEVES Pedro Barata	00	Laranjeiro	4:07.13	+0,80
	50m: 28.08 28.08	150m: 1:29.57	31.08	250m: 2:33.01	31.60
	100m: 58.49 30.41	200m: 2:01.41	31.84	300m: 3:05.12	32.11
				350m: 3:36.55	31.43
				400m: 4:07.13	30.58
	SIMEAO Jose Tomas	00	Laranjeiro	4:07.13	+0,75
	50m: 28.07 28.07	150m: 1:29.79	31.22	250m: 2:33.05	31.71
	100m: 58.57 30.50	200m: 2:01.34	31.55	300m: 3:05.12	32.07
				350m: 3:36.39	31.27
				400m: 4:07.13	30.74
15.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:07.75	+0,78
	50m: 28.20 28.20	150m: 1:30.65	31.81	250m: 2:33.38	31.08
	100m: 58.84 30.64	200m: 2:02.30	31.65	300m: 3:05.57	32.19
				350m: 3:37.29	31.72
				400m: 4:07.75	30.46
16.	VILHENA Tiago Miguel	01	Natacao de Faro	4:09.14	+0,76
	50m: 28.62 28.62	150m: 1:29.80	30.70	250m: 2:31.89	31.02
	100m: 59.10 30.48	200m: 2:00.87	31.07	300m: 3:04.37	32.48
				350m: 3:37.22	32.85
				400m: 4:09.14	31.92
17.	PERLOIRO Bernardo Garcia	00	Sporting	4:10.71	+0,73
	50m: 28.67 28.67	150m: 1:30.63	31.19	250m: 2:34.41	31.97
	100m: 59.44 30.77	200m: 2:02.44	31.81	300m: 3:06.57	32.16
				350m: 3:38.76	32.19
				400m: 4:10.71	31.95
18.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	4:11.73	+0,76
	50m: 28.62 28.62	150m: 1:31.17	31.66	250m: 2:35.55	32.22
	100m: 59.51 30.89	200m: 2:03.33	32.16	300m: 3:08.23	32.68
				350m: 3:40.75	32.52
				400m: 4:11.73	30.98
19.	PIRES Rui Miguel	01	Nautico Marinha Grande	4:11.87	+0,78
	50m: 28.72 28.72	150m: 1:31.72	31.54	250m: 2:35.87	31.96
	100m: 1:00.18 31.46	200m: 2:03.91	32.19	300m: 3:07.93	32.06
				350m: 3:40.06	32.13
				400m: 4:11.87	31.81
20.	PEREIRA Joao Peixoto	01	Braga	4:12.70	+0,82
	50m: 28.30 28.30	150m: 1:29.87	31.11	250m: 2:33.02	31.54
	100m: 58.76 30.46	200m: 2:01.48	31.61	300m: 3:05.32	32.30
				350m: 3:38.72	33.40
				400m: 4:12.70	33.98
EXH	BORRAS Miguel Bautista	94	Benfica	4:04.43	+0,84
	50m: 27.39 27.39	150m: 1:27.99	30.48	250m: 2:29.95	30.98
	100m: 57.51 30.12	200m: 1:58.97	30.98	300m: 3:01.44	31.49
				350m: 3:33.59	32.15
				400m: 4:04.43	30.84