

Prova 30	Masc., 400m Estilos				1ª Divisão MASC
18-03-2018 - 16:20	1ª Divisão				Resultados
RN Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Jun18	4:22.25	VITAL Joao Alexandre	SCP	Oeiras	22-07-2016
RN Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
RN Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
RN Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
RN Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
RN Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre <i>Minimos CEuropa PL</i>	98	110165	Sporting	4:18.46	+0,66	839	25,00
	50m: 27.47 27.47	150m: 1:31.36 32.65	250m: 2:40.09 37.18	350m: 3:48.45 31.30				
	100m: 58.71 31.24	200m: 2:02.91 31.55	300m: 3:17.15 37.06	400m: 4:18.46 30.01				
2.	LOPES Jose Paulo <i>Minimos CEJun</i>	00	117924	Braga	4:25.30	+0,70	776	23,00
	50m: 27.82 27.82	150m: 1:33.21 33.24	250m: 2:44.82 38.24	350m: 3:55.06 31.76				
	100m: 59.97 32.15	200m: 2:06.58 33.37	300m: 3:23.30 38.48	400m: 4:25.30 30.24				
3.	RAMOS Bruno Miguel	97	109110	Belenenses	4:25.68	+0,68	773	22,00
	50m: 27.71 27.71	150m: 1:34.05 34.46	250m: 2:47.69 39.46	350m: 3:57.21 30.44				
	100m: 59.59 31.88	200m: 2:08.23 34.18	300m: 3:26.77 39.08	400m: 4:25.68 28.47				
4.	CARVALHO Jose Paula	98	111450	Uniao Piedense	4:28.13	+0,76	752	21,00
	50m: 28.40 28.40	150m: 1:35.02 34.49	250m: 2:47.27 37.70	350m: 3:57.46 31.02				
	100m: 1:00.53 32.13	200m: 2:09.57 34.55	300m: 3:26.44 39.17	400m: 4:28.13 30.67				
5.	CONDE Alvaro Lopez	92	205768	Porto	4:28.48	+0,73	749	20,00
	50m: 28.90 28.90	150m: 1:38.63 36.43	250m: 2:50.17 37.22	350m: 3:59.11 30.78				
	100m: 1:02.20 33.30	200m: 2:12.95 34.32	300m: 3:28.33 38.16	400m: 4:28.48 29.37				
6.	QUINTANILHA Nuno Goncalo	87	12902	Belenenses	4:31.39	+0,72	725	19,00
	50m: 27.26 27.26	150m: 1:36.43 36.68	250m: 2:49.47 36.22	350m: 3:59.51 33.04				
	100m: 59.75 32.49	200m: 2:13.25 36.82	300m: 3:26.47 37.00	400m: 4:31.39 31.88				
7.	SANTO Filipe Miguel	00	118247	Benfica	4:34.79	+0,80	698	18,00
	50m: 29.17 29.17	150m: 1:37.25 35.89	250m: 2:52.86 40.40	350m: 4:04.40 30.67				
	100m: 1:01.36 32.19	200m: 2:12.46 35.21	300m: 3:33.73 40.87	400m: 4:34.79 30.39				
8.	PINTO Antonio Fernando	99	109280	Estrelas S. Joao de Brito	4:35.31	+0,76	694	17,00
	50m: 28.45 28.45	150m: 1:38.66 37.71	250m: 2:54.41 39.00	350m: 4:05.15 32.21				
	100m: 1:00.95 32.50	200m: 2:15.41 36.75	300m: 3:32.94 38.53	400m: 4:35.31 30.16				
9.	SILVA Jorge Jesus	00	121941	Braga	4:37.26	+0,73	680	16,00
	50m: 29.12 29.12	150m: 1:38.44 36.17	250m: 2:53.42 38.59	350m: 4:05.77 32.43				
	100m: 1:02.27 33.15	200m: 2:14.83 36.39	300m: 3:33.34 39.92	400m: 4:37.26 31.49				
10.	BATE Miguel Ribeiro	99	117183	Alges	4:37.71	+0,79	676	15,00
	50m: 28.65 28.65	150m: 1:37.47 36.44	250m: 2:53.85 41.22	350m: 4:07.10 32.91				
	100m: 1:01.03 32.38	200m: 2:12.63 35.16	300m: 3:34.19 40.34	400m: 4:37.71 30.61				
11.	BASTOS Lucas Pereira	00	117492	Nautico Academico	4:38.61	+0,69	670	14,00
	50m: 28.55 28.55	150m: 1:37.23 35.76	250m: 2:53.58 40.68	350m: 4:07.40 32.68				
	100m: 1:01.47 32.92	200m: 2:12.90 35.67	300m: 3:34.72 41.14	400m: 4:38.61 31.21				
12.	FARIA Rui Pedro	94	15592	Famalicao	4:40.80	+0,90	654	13,00
	50m: 29.34 29.34	150m: 1:40.73 38.86	250m: 2:57.27 39.98	350m: 4:10.38 32.53				
	100m: 1:01.87 32.53	200m: 2:17.29 36.56	300m: 3:37.85 40.58	400m: 4:40.80 30.42				

Splash Meet Manager, 11.53415

Registered to Federacao Portuguesa de Natacao

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CÂMARA MUNICIPAL
COIMBRA



PARCEIROS INSTITUCIONAIS

FORNECEDOR OFICIAL

PARCEIROS



Prova 30, Masc., 400m Estilos, 1ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MACHADO Joao Daniel	99	109714	Benfica	4:41.72	+0,74	648	12,00
	50m: 28.37 28.37			150m: 1:38.48 36.51	250m: 2:55.40 40.64	350m: 4:10.44 33.70		
	100m: 1:01.97 33.60			200m: 2:14.76 36.28	300m: 3:36.74 41.34	400m: 4:41.72 31.28		
14.	RUIVO Andre Vilas	00	112718	Sporting	4:42.10	+0,73	645	11,00
	50m: 29.05 29.05			150m: 1:38.33 36.24	250m: 2:55.84 41.27	350m: 4:09.86 31.88		
	100m: 1:02.09 33.04			200m: 2:14.57 36.24	300m: 3:37.98 42.14	400m: 4:42.10 32.24		
15.	CARDOSO Diogo Santos	01	122969	Colegio Monte Maior	4:43.78	+0,79	634	10,00
	50m: 30.46 30.46			150m: 1:43.20 39.16	250m: 3:01.77 41.19	350m: 4:13.62 32.29		
	100m: 1:04.04 33.58			200m: 2:20.58 37.38	300m: 3:41.33 39.56	400m: 4:43.78 30.16		
16.	URTXEGI Aritz Aguilar	99	205743	Estrelas S. Joao de Brito	4:45.47	+0,72	623	9,00
	50m: 31.11 31.11			150m: 1:43.94 36.51	250m: 3:01.77 42.26	350m: 4:15.90 30.91		
	100m: 1:07.43 36.32			200m: 2:19.51 35.57	300m: 3:44.99 43.22	400m: 4:45.47 29.57		
17.	CRISTINO David Matias	01	127872	Uniao Piedense	4:45.67	+0,73	621	8,00
	50m: 29.52 29.52			150m: 1:39.14 35.65	250m: 2:58.47 43.49	350m: 4:14.94 32.62		
	100m: 1:03.49 33.97			200m: 2:14.98 35.84	300m: 3:42.32 43.85	400m: 4:45.67 30.73		
18.	SILVA Joao Carlos	98	108379	Famalicao	4:46.90	+0,63	613	7,00
	50m: 28.27 28.27			150m: 1:38.47 37.25	250m: 2:57.48 42.00	350m: 4:15.01 33.49		
	100m: 1:01.22 32.95			200m: 2:15.48 37.01	300m: 3:41.52 44.04	400m: 4:46.90 31.89		
19.	SANTOS Pedro Miguel	01	121987	Porto	4:47.47	+0,71	610	6,00
	50m: 29.48 29.48			150m: 1:40.75 36.85	250m: 2:58.12 41.42	350m: 4:14.74 34.32		
	100m: 1:03.90 34.42			200m: 2:16.70 35.95	300m: 3:40.42 42.30	400m: 4:47.47 32.73		
20.	PIEIDADE Sebastiao Limbert	00	120451	Alges	4:50.09	+0,74	593	5,00
	50m: 29.98 29.98			150m: 1:41.22 37.18	250m: 3:00.38 41.51	350m: 4:16.36 33.66		
	100m: 1:04.04 34.06			200m: 2:18.87 37.65	300m: 3:42.70 42.32	400m: 4:50.09 33.73		
21.	JORGE Duarte Miguel	01	117045	Galitos/ Bresimar	4:55.86	+0,90	559	4,00
	50m: 31.43 31.43			150m: 1:48.01 39.89	250m: 3:08.76 42.47	350m: 4:23.60 32.32		
	100m: 1:08.12 36.69			200m: 2:26.29 38.28	300m: 3:51.28 42.52	400m: 4:55.86 32.26		
22.	GORDO Goncalo Morais	02	126006	Colegio Monte Maior	4:57.68	+0,80	549	3,00
	50m: 29.78 29.78			150m: 1:44.19 39.55	250m: 3:05.47 43.37	350m: 4:24.58 35.32		
	100m: 1:04.64 34.86			200m: 2:22.10 37.91	300m: 3:49.26 43.79	400m: 4:57.68 33.10		
23.	LIMONES Sergio Miguel	03	132909	Galitos/ Bresimar	5:14.30	+0,79	466	2,00
	50m: 31.63 31.63			150m: 1:52.28 42.84	250m: 3:17.94 43.27	350m: 4:38.96 37.03		
	100m: 1:09.44 37.81			200m: 2:34.67 42.39	300m: 4:01.93 43.99	400m: 5:14.30 35.34		
DSQ	MARQUES Rui Joao	02	127209	Nautico Academico				-
	725 - Movimento alternado pernas no percurso subaquático após viragem aos 250 metros - SW 7.4							