

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Oeiras, 26.7. - 29.7.2012

Prova 15 Masc., 400m Estilos Open
27-07-2012 - 17:00 Resultados Final

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Inf B	4:59.28	Tomas Miguel Freitas	CDN	Restelo	25-07-2003
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC JUN2 Masc 18: 4:50.00 / TAC JUN1 Masc 17: 4:56.00 / TAC JUV A Masc Juv A: 5:08.00 / TAC JUV B Masc Juv B: 5:17.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	Arnaud Rondan	88	Languedoc Roussillon	4:22.70	+0,65	799	
	50m: 28.23 28.23	150m: 1:33.67 34.29	250m: 2:43.07 36.16	350m: 3:52.36 32.00			
	100m: 59.38 31.15	200m: 2:06.91 33.24	300m: 3:20.36 37.29	400m: 4:22.70 30.34			
2.	Lorenzo Tarocchi	95	Team N.Tos Empoli	4:30.87	+0,73	729	
	50m: 29.84 29.84	150m: 1:37.99 34.52	250m: 2:51.09 39.47	350m: 4:01.50 31.29			
	100m: 1:03.47 33.63	200m: 2:11.62 33.63	300m: 3:30.21 39.12	400m: 4:30.87 29.37			
3.	Nuno Rafael Alves	90	Gespacos	4:31.93	+0,80	721	
	50m: 28.96 28.96	150m: 1:38.53 36.81	250m: 2:51.40 37.10	350m: 4:01.13 31.42			
	100m: 1:01.72 32.76	200m: 2:14.30 35.77	300m: 3:29.71 38.31	400m: 4:31.93 30.80			
4.	Andre Bras Goncalves	88	Amadora	4:38.22	+0,75	673	
	50m: 28.14 28.14	150m: 1:38.58 36.79	250m: 2:54.10 38.93	350m: 4:06.41 33.06			
	100m: 1:01.79 33.65	200m: 2:15.17 36.59	300m: 3:33.35 39.25	400m: 4:38.22 31.81			
5.	Rui Filipe Vilar	91	Porto	4:38.41	+0,71	671	
	50m: 28.45 28.45	150m: 1:38.15 36.59	250m: 2:55.65 40.03	350m: 4:07.36 31.66			
	100m: 1:01.56 33.11	200m: 2:15.62 37.47	300m: 3:35.70 40.05	400m: 4:38.41 31.05			
6.	Ruben Filipe Nunes	94	Gespacos	4:38.74	+0,82	669	
	50m: 29.34 29.34	150m: 1:39.83 37.40	250m: 2:56.12 40.21	350m: 4:08.46 32.19			
	100m: 1:02.43 33.09	200m: 2:15.91 36.08	300m: 3:36.27 40.15	400m: 4:38.74 30.28			
7.	Paulo Andre Dias	92	Gespacos	4:39.17	+0,95	666	
	50m: 29.20 29.20	150m: 1:39.21 37.30	250m: 2:55.29 39.88	350m: 4:08.00 32.32			
	100m: 1:01.91 32.71	200m: 2:15.41 36.20	300m: 3:35.68 40.39	400m: 4:39.17 31.17			
8.	Pedro Andre Santos	94	Alges	4:41.94	+0,73	646	
	50m: 28.55 28.55	150m: 1:41.15 38.20	250m: 2:58.55 39.05	350m: 4:10.81 32.88			
	100m: 1:02.95 34.40	200m: 2:19.50 38.35	300m: 3:37.93 39.38	400m: 4:41.94 31.13			
Final B							
9.	Simon Frank	90	Sweden	4:28.29	+0,71	750	
	50m: 27.51 27.51	150m: 1:33.82 34.76	250m: 2:46.26 38.70	350m: 3:57.85 32.78			
	100m: 59.06 31.55	200m: 2:07.56 33.74	300m: 3:25.07 38.81	400m: 4:28.29 30.44			
10.	Yannick Chatelain	94	Languedoc Roussillon	4:28.59	+0,73	748	
	50m: 28.99 28.99	150m: 1:37.21 35.52	250m: 2:49.86 37.46	350m: 3:58.88 30.47			
	100m: 1:01.69 32.70	200m: 2:12.40 35.19	300m: 3:28.41 38.55	400m: 4:28.59 29.71			
11.	Miguel Monteiro Diogo	93	Nautico de Coimbra	4:39.85	+0,73	661	
	50m: 28.24 28.24	150m: 1:38.86 37.64	250m: 2:55.83 40.86	350m: 4:09.22 31.51			
	100m: 1:01.22 32.98	200m: 2:14.97 36.11	300m: 3:37.71 41.88	400m: 4:39.85 30.63			

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Oeiras, 26.7. - 29.7.2012

Prova 15, Masc., 400m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Andre Duarte Vaz	93	Nautico de Coimbra	4:42.37	+0,85	643	
	50m: 28.99 28.99	150m: 1:39.13 36.45	250m: 2:55.56 41.19	350m: 4:09.73 32.57			
	100m: 1:02.68 33.69	200m: 2:14.37 35.24	300m: 3:37.16 41.60	400m: 4:42.37 32.64			
13.	Joao Andre Neves	95	Academica de Coimbra	4:43.38	+0,68	637	
	50m: 29.64 29.64	150m: 1:42.36 38.40	250m: 2:59.40 38.81	350m: 4:11.61 32.51			
	100m: 1:03.96 34.32	200m: 2:20.59 38.23	300m: 3:39.10 39.70	400m: 4:43.38 31.77			
14.	Jose Luis Gabriel	96	Academico Viseu	4:46.63	+0,85	615	
	50m: 30.04 30.04	150m: 1:42.89 38.12	250m: 3:01.03 40.74	350m: 4:16.06 32.56			
	100m: 1:04.77 34.73	200m: 2:20.29 37.40	300m: 3:43.50 42.47	400m: 4:46.63 30.57			
15.	Pedro Barros Mendes	94	Academica de Coimbra	4:47.70		608	
	50m: 29.82 29.82	150m: 1:39.18 36.02	250m: 2:56.36 41.49	350m: 4:13.94 35.16			
	100m: 1:03.16 33.34	200m: 2:14.87 35.69	300m: 3:38.78 42.42	400m: 4:47.70 33.76			
16.	Tomas Miguel Freitas	90	Desportivo Nacional	4:52.81	+0,75	577	
	50m: 29.52 29.52	150m: 1:44.39 40.20	250m: 3:05.05 40.87	350m: 4:20.19 32.97			
	100m: 1:04.19 34.67	200m: 2:24.18 39.79	300m: 3:47.22 42.17	400m: 4:52.81 32.62			