



Prova 209

Masc., 400m Livres

Absolutos  
Resultados

18.6.16 - 16:51

|                       |         |                          |      |                |      |
|-----------------------|---------|--------------------------|------|----------------|------|
| Rec Nacional Juv B    | 4:03.22 | Joao Pedro Gil           | ANAM | Algés          | 2012 |
| Rec Nacional Juv A    | 3:59.31 | Joao Carlos Santos       | ANAM | Algés          | 2012 |
| Rec Nacional Jun 1    | 3:56.54 | Rui Filipe Costa         | VSC  | Feigueiras     | 2007 |
| Rec Nacional Jun 2    | 3:50.52 | Adriano Miguel Niz       | CFV  | Fafe           | 2004 |
| Rec Nacional Sen      | 3:45.58 | Fabio Manuel Pereira     | FPN  | Istambul (TUR) | 2009 |
| Rec Nacional Absoluto | 3:45.58 | Fabio Manuel Pereira     | FPN  | Istambul (TUR) | 2009 |
| Rec Regional Absoluto | 3:49.19 | Ricardo Ferreira Cotovio | SCP  | Porto          | 2012 |

Pontos: FINA 2015

| Pos. | Nadador                  | Ano                 | Clube               | T.Inscr.            | Tempo          | Pts |
|------|--------------------------|---------------------|---------------------|---------------------|----------------|-----|
| 1.   | Alexis Manacas Santos    | 92                  | Sporting            | 4:00.13             | <b>3:51.46</b> | 771 |
|      | 50m: 26.37 26.37         | 150m: 1:25.73 29.89 | 250m: 2:24.27 28.76 | 350m: 3:23.09 29.34 |                |     |
|      | 100m: 55.84 29.47        | 200m: 1:55.51 29.78 | 300m: 2:53.75 29.48 | 400m: 3:51.46 28.37 |                |     |
| 2.   | Joao Carlos Santos       | 96                  | União Piedense      | 4:01.25             | <b>3:59.27</b> | 698 |
|      | 50m: 27.90 27.90         | 150m: 1:28.46 30.45 | 250m: 2:28.67 29.82 | 350m: 3:29.66 30.49 |                |     |
|      | 100m: 58.01 30.11        | 200m: 1:58.85 30.39 | 300m: 2:59.17 30.50 | 400m: 3:59.27 29.61 |                |     |
| 3.   | Guilherme Pereira Dias   | 97                  | Sporting            | 3:51.99             | <b>4:05.07</b> | 649 |
|      | 50m: 27.84 27.84         | 150m: 1:28.85 30.93 | 250m: 2:31.53 31.12 | 350m: 3:34.29 31.34 |                |     |
|      | 100m: 57.92 30.08        | 200m: 2:00.41 31.56 | 300m: 3:02.95 31.42 | 400m: 4:05.07 30.78 |                |     |
| 4.   | Miguel Ribeiro Bate      | 99                  | Alges               | 4:07.29             | <b>4:08.11</b> | 626 |
|      | 50m: 27.47 27.47         | 150m: 1:29.03 31.21 | 250m: 2:32.63 31.81 | 350m: 3:37.22 32.50 |                |     |
|      | 100m: 57.82 30.35        | 200m: 2:00.82 31.79 | 300m: 3:04.72 32.09 | 400m: 4:08.11 30.89 |                |     |
| 5.   | Andre Filipe Farinha     | 96                  | Benfica             | 3:57.21             | <b>4:12.30</b> | 595 |
|      | 50m: 28.66 28.66         | 150m: 1:32.62 32.22 | 250m: 2:38.05 32.82 | 350m: 3:42.34 31.69 |                |     |
|      | 100m: 1:00.40 31.74      | 200m: 2:05.23 32.61 | 300m: 3:10.65 32.60 | 400m: 4:12.30 29.96 |                |     |
| 6.   | Bernardo Graca Rodrigues | 99                  | Alges               | 4:12.43             | <b>4:12.79</b> | 591 |
|      | 50m: 28.02 28.02         | 150m: 1:30.68 31.83 | 250m: 2:35.25 32.23 | 350m: 3:40.58 32.58 |                |     |
|      | 100m: 58.85 30.83        | 200m: 2:03.02 32.34 | 300m: 3:08.00 32.75 | 400m: 4:12.79 32.21 |                |     |
| 7.   | Ricardo Alexandre Faia   | 00                  | Benfica             | 4:21.76             | <b>4:17.48</b> | 560 |
|      | 50m: 28.11 28.11         | 150m: 1:33.33 33.24 | 250m: 2:39.03 32.24 | 350m: 3:45.66 33.33 |                |     |
|      | 100m: 1:00.09 31.98      | 200m: 2:06.79 33.46 | 300m: 3:12.33 33.30 | 400m: 4:17.48 31.82 |                |     |
| 8.   | Tiago Rafael Martins     | 97                  | Geslours            | 4:18.49             | <b>4:19.51</b> | 547 |
|      | 50m: 29.27 29.27         | 150m: 1:33.08 32.46 | 250m: 2:38.71 32.84 | 350m: 3:45.73 33.53 |                |     |
|      | 100m: 1:00.62 31.35      | 200m: 2:05.87 32.79 | 300m: 3:12.20 33.49 | 400m: 4:19.51 33.78 |                |     |
| 9.   | Diogo Rodrigues Freitas  | 98                  | União Piedense      | 4:10.42             | <b>4:23.67</b> | 521 |
|      | 50m: 28.87 28.87         | 150m: 1:33.37 32.97 | 250m: 2:40.72 33.69 | 350m: 3:49.53 34.32 |                |     |
|      | 100m: 1:00.40 31.53      | 200m: 2:07.03 33.66 | 300m: 3:15.21 34.49 | 400m: 4:23.67 34.14 |                |     |
| 10.  | Martim Ferreira Fonseca  | 99                  | Nacional de Nataçao | 4:29.02             | <b>4:29.80</b> | 486 |
|      | 50m: 29.32 29.32         | 150m: 1:35.89 34.07 | 250m: 2:45.66 35.05 | 350m: 3:56.04 35.08 |                |     |
|      | 100m: 1:01.82 32.50      | 200m: 2:10.61 34.72 | 300m: 3:20.96 35.30 | 400m: 4:29.80 33.76 |                |     |
| 11.  | Ricardo Silva Marujo     | 00                  | Geslours            | 4:37.14             | <b>4:38.30</b> | 443 |
|      | 50m: 29.40 29.40         | 150m: 1:35.53 33.42 | 250m: 2:46.36 35.97 | 350m: 4:01.15 37.62 |                |     |
|      | 100m: 1:02.11 32.71      | 200m: 2:10.39 34.86 | 300m: 3:23.53 37.17 | 400m: 4:38.30 37.15 |                |     |
| 12.  | Filipe Ferrão Melo       | 01                  | Naval Setubalense   | 4:38.00             | <b>4:41.60</b> | 428 |
|      | 50m: 29.93 29.93         | 150m: 1:38.39 34.93 | 250m: 2:51.39 36.79 | 350m: 4:05.31 37.14 |                |     |
|      | 100m: 1:03.46 33.53      | 200m: 2:14.60 36.21 | 300m: 3:28.17 36.78 | 400m: 4:41.60 36.29 |                |     |
| EXH  | Rafael Alcantara Aires   | 01                  | Individual ANL      | 4:23.33             | <b>4:18.02</b> | 556 |
|      | 50m: 28.64 28.64         | 150m: 1:33.60 32.91 | 250m: 2:39.55 32.79 | 350m: 3:46.26 33.29 |                |     |
|      | 100m: 1:00.69 32.05      | 200m: 2:06.76 33.16 | 300m: 3:12.97 33.42 | 400m: 4:18.02 31.76 |                |     |
| EXH  | David Matias Cristino    | 01                  | Individual ANL      | 4:16.87             | <b>4:18.02</b> | 556 |
|      | 50m: 28.71 28.71         | 150m: 1:34.15 33.12 | 250m: 2:39.95 32.60 | 350m: 3:45.84 32.70 |                |     |
|      | 100m: 1:01.03 32.32      | 200m: 2:07.35 33.20 | 300m: 3:13.14 33.19 | 400m: 4:18.02 32.18 |                |     |