

Prova 32  
14.07.2019 - 11:21

Masc., 400m Livres

Absolutos  
Resultados

Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	3:51.92	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

TAC - Masc Juv B 50m: 4:57.33; Juv A 50m: 4:51.92; Jun 1 50m: 4:41.23; Jun 2 50m: 4:37.22; Sen 50m: 4:31.86

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis</b>										
1.	Bernardo Victorino Almeida <i>Rec Regional</i>	04	SCP	4:03.15	<b>4:02.82</b>	667	56.63	1:01.07	1:02.43	1:02.69
2.	Bernardo Jorge Simoes	04	CNCVG	4:04.39	<b>4:04.17</b>	656	59.33	1:02.33	1:02.04	1:00.47
3.	Tomas Nogueira Gomes	03	SFUAP	4:18.08	<b>4:13.78</b>	585	59.84	1:05.23	1:05.03	1:03.68
4.	Joao Lourenco Rebelo	04	SAD	4:24.93	<b>4:18.50</b>	553	1:00.79	1:05.96	1:06.35	1:05.40
5.	Ricardo Martins Ferreira	03	AONDA	4:22.56	<b>4:19.43</b>	547	1:01.54	1:06.49	1:06.72	1:04.68
6.	Pedro Esteves Duarte	03	CDCP	4:20.08	<b>4:20.78</b>	539	1:02.50	1:06.43	1:07.07	1:04.78
7.	Luis Cabral Junior	03	CFB	4:46.09	<b>4:21.41</b>	535	1:02.02	1:06.31	1:06.49	1:06.59
8.	Alexandre Coelho Vieira	03	SCP	4:32.69	<b>4:23.63</b>	521	1:00.92	1:07.51	1:08.17	1:07.03
9.	Francisco Ribeiro Vieira	04	AEFDTV	4:31.09	<b>4:24.79</b>	515	1:01.38	1:07.32	1:08.27	1:07.82
10.	Yann Chetelat Fock	04	EULX	4:39.89	<b>4:26.94</b>	502	1:03.63	1:08.10	1:08.45	1:06.76
11.	Henrique Pinheiro Valente	03	CNCVG	4:26.78	<b>4:26.98</b>	502	1:04.48	1:08.66	1:08.38	1:05.46
12.	Joao Matos Fidalgo	03	SLB	4:31.62	<b>4:27.28</b>	500	1:03.81	1:09.13	1:08.84	1:05.50
13.	Tiago Morgado Nogueira	04	ADRCIMM	4:42.83	<b>4:27.51</b>	499	1:03.59	1:07.04	1:07.79	1:09.09
14.	Rafael Caceres Lopes	04	SFUAP	4:33.69	<b>4:29.87</b>	486	1:03.87	1:08.28	1:09.26	1:08.46
15.	Daniel Alexandre Ascenso	03	GESL	4:31.68	<b>4:30.10</b>	485	1:04.25	1:09.42	1:09.97	1:06.46
16.	Francisco Sousa Uva	04	SAD	4:36.95	<b>4:30.50</b>	483	1:03.87	1:08.94	1:09.22	1:08.47
17.	Tiago Barroso Proenca	04	EULX	4:37.51	<b>4:32.05</b>	474	1:04.74	1:09.09	1:09.75	1:08.47
18.	Guilherme Matias Cristino	03	SFUAP	4:22.91	<b>4:32.13</b>	474	1:02.89	1:09.35	1:10.46	1:09.43
19.	Luis Carlos Correia	03	INDANL	4:33.81	<b>4:33.17</b>	469	1:05.06	1:07.87	1:09.07	1:11.17
20.	Afonso Romao Francisco	04	CDCP	4:37.17	<b>4:35.36</b>	457	1:03.87	1:09.80	1:11.34	1:10.35
21.	Diogo Miguel Duraes	03	CNMJ	4:34.38	<b>4:35.72</b>	456	1:05.11	1:10.96	1:11.05	1:08.60
22.	Pedro Forjaz Cirurgiao	04	SAD	4:36.69	<b>4:36.51</b>	452	1:04.69	1:10.55	1:11.09	1:10.18
23.	Victor Bethlem Tigre	04	SCP	4:42.73	<b>4:38.02</b>	444	1:05.52	1:10.63	1:11.04	1:10.83
24.	Duarte Brito Justino	04	ADRCIMM	4:45.86	<b>4:41.98</b>	426	1:05.42	1:12.04	1:12.97	1:11.55
25.	Miguel Filipe Anjo	04	CDCP	4:38.55	<b>4:42.02</b>	426	1:06.10	1:11.51	1:12.19	1:12.22
26.	Rodrigo Reis Dias	03	CFB	4:46.00	<b>4:49.38</b>	394	1:07.31	1:14.76	1:14.99	1:12.32
27.	Duarte Cadima Goncalves	04	CNMJ	4:40.18	<b>4:51.02</b>	387	59.02	1:04.78	1:30.49	1:16.73

**Absolutos**

1.	Tiago Cunha Costa	99	SCP	3:46.94	<b>3:53.65</b>	749	55.29	58.78	59.76	59.82
2.	Afonso Ribeiro Bate	98	SAD	3:58.37	<b>4:01.64</b>	677	58.30	1:03.12	1:01.71	58.51
3.	Bernardo Victorino Almeida <i>Rec Regional</i>	04	SCP	4:03.15	<b>4:02.82</b>	667	56.63	1:01.07	1:02.43	1:02.69
4.	Bernardo Jorge Simoes	04	CNCVG	4:04.39	<b>4:04.17</b>	656	59.33	1:02.33	1:02.04	1:00.47
5.	David Matias Cristino	01	SFUAP	3:57.45	<b>4:05.66</b>	644	58.97	1:04.48	1:02.47	59.74
6.	Daniel Rochinha Pedro	98	AHBE	4:02.05	<b>4:06.16</b>	641	58.44	1:02.25	1:02.96	1:02.51
7.	Miguel Ribeiro Bate	99	SAD	4:02.57	<b>4:06.39</b>	639	59.60	1:02.44	1:02.47	1:01.88
8.	Afonso Mateus Ribeiro	95	CFB	4:13.28	<b>4:06.42</b>	639	57.53	1:02.70	1:02.66	1:03.53
9.	Joao Esteves Padrela	99	CFB	4:10.27	<b>4:07.62</b>	629	59.69	1:03.32	1:03.52	1:01.09
10.	Joao Mota Correia	97	SLB	4:09.11	<b>4:08.47</b>	623	1:00.24	1:04.13	1:01.62	1:02.48
11.	Rafael Rodrigues Jacinto	02	CFB	4:08.12	<b>4:08.55</b>	622	59.79	1:03.26	1:03.38	1:02.12
12.	Tomas Nogueira Gomes	03	SFUAP	4:18.08	<b>4:13.78</b>	585	59.84	1:05.23	1:05.03	1:03.68
13.	Joao Nogueira Mendes	02	CIRL	4:19.16	<b>4:14.98</b>	576	1:01.06	1:05.18	1:04.94	1:03.80
14.	Francisco Alves Souza	02	GESL	4:13.51	<b>4:17.44</b>	560	1:00.13	1:04.40	1:06.08	1:06.83
15.	Martim Primavera Alfama	02	GESL	4:20.85	<b>4:17.91</b>	557	1:00.40	1:05.58	1:06.23	1:05.70
16.	Joao Lourenco Rebelo	04	SAD	4:24.93	<b>4:18.50</b>	553	1:00.79	1:05.96	1:06.35	1:05.40

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18.	Tiago Rafael Martins	97	EULX	4:20.85	<b>4:20.38</b>	541	1:00.41	1:05.02	1:06.68	1:08.27
19.	Alexandre Miguel Branco	01	SAD	4:31.67	<b>4:20.53</b>	540	1:00.61	1:05.36	1:07.26	1:07.30
20.	Pedro Esteves Duarte	03	CDCP	4:20.08	<b>4:20.78</b>	539	1:02.50	1:06.43	1:07.07	1:04.78
21.	Hugo Nunes Magalhaes	02	SAD	4:35.62	<b>4:21.10</b>	537	1:02.85	1:06.81	1:05.82	1:05.62
22.	Luis Cabral Junior	03	CFB	4:46.09	<b>4:21.41</b>	535	1:02.02	1:06.31	1:06.49	1:06.59
23.	Alexandre Coelho Vieira	03	SCP	4:32.69	<b>4:23.63</b>	521	1:00.92	1:07.51	1:08.17	1:07.03
24.	Francisco Ribeiro Vieira	04	AEFDTV	4:31.09	<b>4:24.79</b>	515	1:01.38	1:07.32	1:08.27	1:07.82
25.	Yann Chetelat Fock	04	EULX	4:39.89	<b>4:26.94</b>	502	1:03.63	1:08.10	1:08.45	1:06.76
26.	Henrique Pinheiro Valente	03	CNCVG	4:26.78	<b>4:26.98</b>	502	1:04.48	1:08.66	1:08.38	1:05.46
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42.	Duarte Cadima Goncalves	04	CNMJ	4:40.18	<b>4:51.02</b>	387	59.02	1:04.78	1:30.49	1:16.73