

Prova 2
20.06.2019 - 15:50

Masc., 400m Livres
Absolutos (NP)

Absoluto
Resultados Final

Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:16.71	Francisco Alves Souza	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:08.04	Bernardo Victorino Almeida	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.68	Yann Forjaz Fock	POR	Loures	14.05.2017
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Tiago Rodrigues Pinto	05	Sporting	4:44.72	4:28.57	493
	50m: 30.75 30.75	150m: 1:38.39 34.02	250m: 2:47.69 34.62	350m: 3:56.08 34.28		
	100m: 1:04.37 33.62	200m: 2:13.07 34.68	300m: 3:21.80 34.11	400m: 4:28.57 32.49		
2.	Gonçalo Duarte Carvalho	05	Benfica	4:46.65	4:42.09	425
	50m: 31.71 31.71	150m: 1:41.96 35.57	250m: 2:53.44 35.94	350m: 4:06.09 36.59		
	100m: 1:06.39 34.68	200m: 2:17.50 35.54	300m: 3:29.50 36.06	400m: 4:42.09 36.00		
3.	Francisco Lourenco Vasconcelos	05	Gesloures	4:47.90	4:45.34	411
	50m: 31.39 31.39	150m: 1:42.15 35.57	250m: 2:55.63 37.00	350m: 4:09.39 36.68		
	100m: 1:06.58 35.19	200m: 2:18.63 36.48	300m: 3:32.71 37.08	400m: 4:45.34 35.95		
4.	Afonso Silvestre Almeida <i>Recorde da Taça</i>	06	Amadora	4:58.71	4:50.33	390
	50m: 32.47 32.47	150m: 1:44.95 36.48	250m: 2:59.16 37.13	350m: 4:14.01 37.69		
	100m: 1:08.47 36.00	200m: 2:22.03 37.08	300m: 3:36.32 37.16	400m: 4:50.33 36.32		
5.	Rodrigo Martins Bras	05	Belenenses	4:58.88	4:51.45	386
	50m: 31.68 31.68	150m: 1:44.68 37.48	250m: 2:59.46 37.67	350m: 4:14.67 37.81		
	100m: 1:07.20 35.52	200m: 2:21.79 37.11	300m: 3:36.86 37.40	400m: 4:51.45 36.78		
6.	Simao Lopes Oliveira	05	Naval Setubalense	4:59.31	4:57.04	364
	50m: 33.25 33.25	150m: 1:49.32 38.73	250m: 3:05.28 36.85	350m: 4:20.30 37.35		
	100m: 1:10.59 37.34	200m: 2:28.43 39.11	300m: 3:42.95 37.67	400m: 4:57.04 36.74		
7.	Tiago Almeida Correia	06	C N Montijo	5:05.48	4:57.15	364
	50m: 33.98 33.98	150m: 1:49.37 38.20	250m: 3:05.54 37.74	350m: 4:21.08 37.92		
	100m: 1:11.17 37.19	200m: 2:27.80 38.43	300m: 3:43.16 37.62	400m: 4:57.15 36.07		
8.	Pedro Crispim Jorge	06	União Piedense	5:02.61	5:04.82	337
	50m: 33.99 33.99	150m: 1:51.17 38.99	250m: 3:10.04 39.38	350m: 4:27.31 39.03		
	100m: 1:12.18 38.19	200m: 2:30.66 39.49	300m: 3:48.28 38.24	400m: 5:04.82 37.51		

Juvenis

1.	Bernardo Victorino Almeida <i>Recorde da Taça, , Recorde Regional e Recorde Nacional</i>	04	Sporting	4:08.04	4:03.15	665
	50m: 27.50 27.50	150m: 1:28.23 30.67	250m: 2:30.18 31.06	350m: 3:32.86 31.24		
	100m: 57.56 30.06	200m: 1:59.12 30.89	300m: 3:01.62 31.44	400m: 4:03.15 30.29		
2.	Rodrigo Reis Dias <i>Recorde da Taça</i>	03	Belenenses	4:24.01	4:11.51	601
	50m: 28.65 28.65	150m: 1:31.24 31.41	250m: 2:35.51 31.99	350m: 3:40.08 32.42		
	100m: 59.83 31.18	200m: 2:03.52 32.28	300m: 3:07.66 32.15	400m: 4:11.51 31.43		
3.	Antonio Santos Pereira	03	Bombeiros dos Estoris	4:17.17	4:15.57	572
	50m: 28.43 28.43	150m: 1:33.44 32.98	250m: 2:39.24 32.97	350m: 3:44.16 32.38		
	100m: 1:00.46 32.03	200m: 2:06.27 32.83	300m: 3:11.78 32.54	400m: 4:15.57 31.41		
4.	Francisco Amaro Santos	04	Gesloures	4:33.07	4:23.87	520
	50m: 29.94 29.94	150m: 1:34.88 32.54	250m: 2:42.12 33.98	350m: 3:50.64 34.34		
	100m: 1:02.34 32.40	200m: 2:08.14 33.26	300m: 3:16.30 34.18	400m: 4:23.87 33.23		
5.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	4:28.34	4:31.79	476
	50m: 30.84 30.84	150m: 1:39.21 34.54	250m: 2:48.90 34.89	350m: 3:58.77 35.09		
	100m: 1:04.67 33.83	200m: 2:14.01 34.80	300m: 3:23.68 34.78	400m: 4:31.79 33.02		
6.	Guilherme Machado Santos	04	União Piedense	4:35.52	4:32.20	474
	50m: 30.24 30.24	150m: 1:38.95 34.72	250m: 2:49.21 35.08	350m: 3:59.26 34.77		
	100m: 1:04.23 33.99	200m: 2:14.13 35.18	300m: 3:24.49 35.28	400m: 4:32.20 32.94		
7.	Diogo Miguel Duraes	03	C N Montijo	4:37.05	4:34.38	462
	50m: 30.80 30.80	150m: 1:39.20 34.89	250m: 2:50.01 35.44	350m: 4:00.25 35.07		
	100m: 1:04.31 33.51	200m: 2:14.57 35.37	300m: 3:25.18 35.17	400m: 4:34.38 34.13		

Prova 2, Masc., 400m Livres, Final, Juvenis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
8.	Tomas Martins Mira	04	Naval Setubalense	4:41.56	4:42.84	422
	50m: 30.72 30.72	150m: 1:42.47 36.80	250m: 2:55.32 36.45	350m: 4:07.32 35.86		
	100m: 1:05.67 34.95	200m: 2:18.87 36.40	300m: 3:31.46 36.14	400m: 4:42.84 35.52		

Juniores & Seniores

1.	Diogo Santos Cardoso	01	Colégio Int Monte Maior	4:12.44	4:08.48	623
	50m: 28.82 28.82	150m: 1:31.00 31.22	250m: 2:34.01 31.63	350m: 3:37.44 31.77		
	100m: 59.78 30.96	200m: 2:02.38 31.38	300m: 3:05.67 31.66	400m: 4:08.48 31.04		
2.	Afonso Mateus Ribeiro	95	Belenenses	4:20.85	4:13.28	588
	50m: 29.43 29.43	150m: 1:31.87 31.36	250m: 2:36.51 32.11	350m: 3:41.61 32.79		
	100m: 1:00.51 31.08	200m: 2:04.40 32.53	300m: 3:08.82 32.31	400m: 4:13.28 31.67		
3.	Francisco Alves Souza	02	Gesloures	4:17.58	4:13.51	586
	50m: 28.74 28.74	150m: 1:31.85 31.86	250m: 2:36.50 32.26	350m: 3:41.52 32.12		
	100m: 59.99 31.25	200m: 2:04.24 32.39	300m: 3:09.40 32.90	400m: 4:13.51 31.99		
4.	Joao Nogueira Mendes	02	Laranjeiro	4:22.87	4:19.16	549
	50m: 29.83 29.83	150m: 1:34.94 32.76	250m: 2:41.68 33.37	350m: 3:47.95 32.78		
	100m: 1:02.18 32.35	200m: 2:08.31 33.37	300m: 3:15.17 33.49	400m: 4:19.16 31.21		
5.	Carlos Filipe Lopes	01	União Piedense	4:19.22	4:24.88	514
	50m: 29.75 29.75	150m: 1:35.66 33.17	250m: 2:41.78 32.28	350m: 3:49.94 34.49		
	100m: 1:02.49 32.74	200m: 2:09.50 33.84	300m: 3:15.45 33.67	400m: 4:24.88 34.94		
6.	Antonio Maria Ferreira	00	Palmela Desporto	4:35.19	4:32.20	474
	50m: 30.23 30.23	150m: 1:37.43 34.22	250m: 2:47.55 35.33	350m: 3:57.71 35.06		
	100m: 1:03.21 32.98	200m: 2:12.22 34.79	300m: 3:22.65 35.10	400m: 4:32.20 34.49		