

Prova 1

Masc., 400m Livres

Juvenis

18.01.2020 - 15:00

Resultados

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 Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Nacional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Nacional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis A</b>									
1.	Miguel Costa Simoes	04	CDCP	<b>4:16.56</b>	566	1:03.81	1:06.40	1:04.03	1:02.32
2.	Andre Azevedo Baraona	04	CNMJ	<b>4:18.06</b>	556	1:01.51	1:06.23	1:05.81	1:04.51
3.	Afonso Figueiredo Frasquilho	04	SCP	<b>4:20.24</b>	542	1:02.09	1:07.05	1:06.12	1:04.98
4.	Joao Afonso Santos	04	SCP	<b>4:23.38</b>	523	1:02.74	1:06.51	1:07.43	1:06.70
5.	Francisco Ribeiro Vieira	04	AEFDTV	<b>4:29.11</b>	490	1:03.07	1:07.86	1:09.38	1:08.80
6.	Tiago Fanha Lopes	04	CNMJ	<b>4:29.58</b>	488	1:04.23	1:08.91	1:08.59	1:07.85
7.	Ruben Jose Salgueiro	04	SCP	<b>4:34.31</b>	463	1:05.62	1:10.01	1:11.01	1:07.67
8.	Pedro Forjaz Cirurgiao	04	SAD	<b>4:34.36</b>	462	1:05.56	1:10.36	1:10.25	1:08.19
9.	Francisco Sousa Uva	04	SAD	<b>4:34.55</b>	462	1:05.72	1:10.13	1:10.21	1:08.49
10.	Joao Pedro Faustino	04	CDCP	<b>4:34.80</b>	460	1:04.29	1:08.90	1:10.23	1:11.38
11.	Tomás Pratas Neto	04	PDEM	<b>4:37.79</b>	446	1:04.14	1:12.53	1:11.00	1:10.12
12.	Afonso Leonel Barreto	04	CPCD	<b>4:37.88</b>	445	1:03.26	1:11.48	1:11.82	1:11.32
13.	Alexandre Duarte Morais	04	PDEM	<b>4:37.97</b>	445	1:06.46	1:10.94	1:09.91	1:10.66
14.	Afonso Romao Francisco	04	CDCP	<b>4:38.09</b>	444	1:05.73	1:10.73	1:11.11	1:10.52
15.	Diogo Miguel Monteiro	04	DRCN	<b>4:39.77</b>	436	1:05.63	1:11.01	1:12.31	1:10.82
16.	Rafael Caceres Lopes	04	SFUAP	<b>4:40.74</b>	432	1:05.17	1:10.89	1:11.77	1:12.91
17.	Tomas Martins Mira	04	CNS	<b>4:43.81</b>	418	1:07.55	1:13.56	1:11.77	1:10.93
18.	Victor Bethlem Tigre	04	SCP	<b>4:43.85</b>	418	1:06.09	1:11.85	1:12.86	1:13.05
19.	Duarte Cadima Goncalves	04	CNMJ	<b>4:45.97</b>	408	1:04.71	1:12.84	1:15.08	1:13.34
20.	Miguel Alexandre Araujo	04	SFUAP	<b>5:01.11</b>	350	1:10.16	1:16.40	1:17.60	1:16.95
21.	Joao Silva Angelino	04	PDEM	<b>5:02.73</b>	344	1:09.24	1:15.98	1:20.31	1:17.20
22.	Afonso Miguel Ribeiro	04	PDEM	<b>5:09.35</b>	322	1:09.11	1:19.16	1:21.90	1:19.18
DNS	Guilherme Machado Santos	04	SFUAP						

Juvenis B

1.	Gabriel Carvalho Ferrao	05	CDCP	<b>4:22.31</b>	529	1:02.80	1:06.25	1:07.17	1:06.09
2.	Andre Henriques Marques	05	SLB	<b>4:22.68</b>	527	1:03.81	1:07.25	1:07.24	1:04.38
3.	Tiago Rodrigues Pinto	05	SCP	<b>4:22.90</b>	526	1:02.77	1:06.98	1:07.57	1:05.58
4.	Pedro Mahua Alvarez	05	SCP	<b>4:29.12</b>	490	1:04.84	1:08.90	1:08.96	1:06.42
5.	Pedro Maria Amado	05	SAD	<b>4:29.84</b>	486	1:03.07	1:07.67	1:09.31	1:09.79
6.	Joao Seixedo Pinheiro	05	CNS	<b>4:31.33</b>	478	1:05.98	1:10.18	1:08.45	1:06.72
7.	Filipe Simoes Freitas	05	SCP	<b>4:31.47</b>	477	1:04.07	1:08.67	1:09.94	1:08.79
8.	Jose Manuel Sa	05	SCP	<b>4:33.47</b>	467	1:05.44	1:10.20	1:10.61	1:07.22
9.	Manuel Angelo Pereira	05	SCP	<b>4:33.48</b>	467	1:05.83	1:10.21	1:10.44	1:07.00
10.	Diogo Sousa Barbosa	05	SLB	<b>4:33.52</b>	467	1:05.93	1:10.37	1:10.38	1:06.84
11.	Miguel Cordeiro Almeida	05	SAD	<b>4:38.68</b>	441	1:06.95	1:10.49	1:10.72	1:10.52
12.	Manuel Pires Oliveira	05	PDEM	<b>4:43.83</b>	418	1:07.72	1:13.64	1:12.03	1:10.44
13.	Simao Lopes Oliveira	05	CNS	<b>4:44.27</b>	416	1:08.74	1:14.14	1:11.09	1:10.30
14.	Afonso Lucio Costa	05	SCP	<b>4:44.45</b>	415	1:05.70	1:11.11	1:13.26	1:14.38
15.	Daniel Pankivskiy	05	CPCD	<b>4:44.66</b>	414	1:07.46	1:12.86	1:14.27	1:10.07
16.	Diogo Rafael Dias	05	DRCN	<b>4:45.52</b>	410	1:05.43	1:12.45	1:13.63	1:14.01
17.	Tomas Almeida Cordeiro	05	SAD	<b>4:45.94</b>	408	1:07.45	1:12.76	1:13.61	1:12.12
18.	Rodrigo Martins Bras	05	CFB	<b>4:54.15</b>	375	1:07.30	1:15.52	1:16.01	1:15.32
19.	Vasco Santos Silva	05	SLB	<b>4:58.14</b>	360	1:10.75	1:16.95	1:15.63	1:14.81
20.	Alfredo Cabrita Soudo	05	CFB	<b>4:59.49</b>	355	1:09.39	1:14.71	1:18.15	1:17.24
21.	Tiago Romão Lourenço	05	PDEM	<b>5:02.03</b>	347	1:11.36	1:18.35	1:17.12	1:15.20
22.	Gonçalo Pires Fialho	05	CNA	<b>5:06.17</b>	333	1:09.95	1:19.46	1:18.79	1:17.97
23.	Lourenco Matos Perdigo	05	CNN	<b>5:10.92</b>	318	1:12.31	1:19.47	1:20.12	1:19.02
24.	Francisco Fino Motta	05	PDEM	<b>5:22.92</b>	283	1:17.27	1:23.01	1:21.50	1:21.14
25.	Miguel Palminha Serafim	05	CNMJ	<b>5:26.97</b>	273	1:16.85	1:23.04	1:24.17	1:22.91
26.	Simão Matos Mira	05	FS	<b>5:33.14</b>	258	1:17.63	1:26.15	1:25.62	1:23.74

**Prova 1, Masc., 400m Livres, Juvenis B**

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
DNS	Pedro Dinis Casquinha	05	FS						

**Juvenis**

1.	Miguel Costa Simoes	04	CDCP	<b>4:16.56</b>	566	1:03.81	1:06.40	1:04.03	1:02.32
2.	Andre Azevedo Baraona	04	CNMJ	<b>4:18.06</b>	556	1:01.51	1:06.23	1:05.81	1:04.51
3.	Afonso Figueiredo Frasilho	04	SCP	<b>4:20.24</b>	542	1:02.09	1:07.05	1:06.12	1:04.98
4.	Gabriel Carvalho Ferrao	05	CDCP	<b>4:22.31</b>	529	1:02.80	1:06.25	1:07.17	1:06.09
5.	Andre Henriques Marques	05	SLB	<b>4:22.68</b>	527	1:03.81	1:07.25	1:07.24	1:04.38
6.	Tiago Rodrigues Pinto	05	SCP	<b>4:22.90</b>	526	1:02.77	1:06.98	1:07.57	1:05.58
7.	Joao Afonso Santos	04	SCP	<b>4:23.38</b>	523	1:02.74	1:06.51	1:07.43	1:06.70
8.	Francisco Ribeiro Vieira	04	AEFDTV	<b>4:29.11</b>	490	1:03.07	1:07.86	1:09.38	1:08.80
9.	Pedro Mahua Alvarez	05	SCP	<b>4:29.12</b>	490	1:04.84	1:08.90	1:08.96	1:06.42
10.	Tiago Fanha Lopes	04	CNMJ	<b>4:29.58</b>	488	1:04.23	1:08.91	1:08.59	1:07.85
11.	Pedro Maria Amado	05	SAD	<b>4:29.84</b>	486	1:03.07	1:07.67	1:09.31	1:09.79
12.	Joao Seixedo Pinheiro	05	CNS	<b>4:31.33</b>	478	1:05.98	1:10.18	1:08.45	1:06.72
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14.	Jose Manuel Sa	05	SCP	<b>4:33.47</b>	467	1:05.44	1:10.20	1:10.61	1:07.22
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16.	Diogo Sousa Barbosa	05	SLB	<b>4:33.52</b>	467	1:05.93	1:10.37	1:10.38	1:06.84
17.	Ruben Jose Salgueiro	04	SCP	<b>4:34.31</b>	463	1:05.62	1:10.01	1:11.01	1:07.67
18.	Pedro Forjaz Cirurgiao	04	SAD	<b>4:34.36</b>	462	1:05.56	1:10.36	1:10.25	1:08.19
19.	Francisco Sousa Uva	04	SAD	<b>4:34.55</b>	462	1:05.72	1:10.13	1:10.21	1:08.49
20.	Joao Pedro Faustino	04	CDCP	<b>4:34.80</b>	460	1:04.29	1:08.90	1:10.23	1:11.38
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24.	Afonso Romao Francisco	04	CDCP	<b>4:38.09</b>	444	1:05.73	1:10.73	1:11.11	1:10.52
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30.	Victor Bethlem Tigre	04	SCP	<b>4:43.85</b>	418	1:06.09	1:11.85	1:12.86	1:13.05
31.	Simao Lopes Oliveira	05	CNS	<b>4:44.27</b>	416	1:08.74	1:14.14	1:11.09	1:10.30
32.	Afonso Lucio Costa	05	SCP	<b>4:44.45</b>	415	1:05.70	1:11.11	1:13.26	1:14.38
33.	Daniel Pankivskiy	05	CPCD	<b>4:44.66</b>	414	1:07.46	1:12.86	1:14.27	1:10.07
34.	Diogo Rafael Dias	05	DRCN	<b>4:45.52</b>	410	1:05.43	1:12.45	1:13.63	1:14.01
35.	Tomas Almeida Cordeiro	05	SAD	<b>4:45.94</b>	408	1:07.45	1:12.76	1:13.61	1:12.12
36.	Duarte Cadima Goncalves	04	CNMJ	<b>4:45.97</b>	408	1:04.71	1:12.84	1:15.08	1:13.34
37.	Rodrigo Martins Bras	05	CFB	<b>4:54.15</b>	375	1:07.30	1:15.52	1:16.01	1:15.32
38.	Vasco Santos Silva	05	SLB	<b>4:58.14</b>	360	1:10.75	1:16.95	1:15.63	1:14.81
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40.	Miguel Alexandre Araujo	04	SFUAP	<b>5:01.11</b>	350	1:10.16	1:16.40	1:17.60	1:16.95
41.	Tiago Romão Lourenço	05	PDEM	<b>5:02.03</b>	347	1:11.36	1:18.35	1:17.12	1:15.20
42.	Joao Silva Angelino	04	PDEM	<b>5:02.73</b>	344	1:09.24	1:15.98	1:20.31	1:17.20
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46.	Francisco Fino Motta	05	PDEM	<b>5:22.92</b>	283	1:17.27	1:23.01	1:21.50	1:21.14
47.	Miguel Palminha Serafim	05	CNMJ	<b>5:26.97</b>	273	1:16.85	1:23.04	1:24.17	1:22.91
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DNS	Pedro Dinis Casquinha	05	FS						
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