

Prova 5  
08.02.2020

Masc., 400m Livres

Absolutos/All  
Resultados Elimin

Rec Mundial / World Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Europeu / European Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Meeting / Meeting Record	3:53.88	BERNEK Peter	HUN	Lisboa	2017
Rec Nacional / Port.Nat Record	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	2018

Meeting Access Time Jun&Sen: 4:25.00; Juv: 4:44.00

Pontos: FINA 2020

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	COSTA Tiago Cunha 50m: 27.94 27.94 100m: 58.02 30.08	99	Sporting	4:02.99 150m: 1:28.53 30.51 250m: 2:30.31 30.95 200m: 1:59.36 30.83 300m: 3:01.28 30.97 350m: 3:32.32 31.04 400m: 4:02.99 30.67		742 A
2.	MOGNE Igor Araujo 50m: 28.32 28.32 100m: 58.79 30.47	96	Sporting	4:04.35 150m: 1:29.29 30.50 250m: 2:30.72 30.94 200m: 1:59.78 30.49 300m: 3:02.03 31.31 350m: 3:33.82 31.79 400m: 4:04.35 30.53		730 A
3.	LOPES Tomas Teixeira 50m: 28.35 28.35 100m: 59.03 30.68	02	Portugal	4:04.64 150m: 1:29.86 30.83 250m: 2:31.47 30.76 200m: 2:00.71 30.85 300m: 3:02.65 31.18 350m: 3:33.90 31.25 400m: 4:04.64 30.74		727 A
4.	VELOSO Tomas Miguel 50m: 28.36 28.36 100m: 59.31 30.95	96	Seleccao de Coimbra	4:06.47 150m: 1:30.11 30.80 250m: 2:32.39 30.85 200m: 2:01.54 31.43 300m: 3:04.04 31.65 350m: 3:35.52 31.48 400m: 4:06.47 30.95		711 A
5.	ASHLEY SPARKS Freddie 50m: 28.07 28.07 100m: 59.25 31.18	02	England South West	4:07.11 150m: 1:30.92 31.67 250m: 2:34.15 31.43 200m: 2:02.72 31.80 300m: 3:05.89 31.74 350m: 3:36.92 31.03 400m: 4:07.11 30.19		706 A
6.	ROMERO Eusebio Alacantarilla 50m: 29.00 29.00 100m: 59.73 30.73	99	Mairena del Aljarafe	4:07.61 150m: 1:31.42 31.69 250m: 2:34.22 31.39 200m: 2:02.83 31.41 300m: 3:05.98 31.76 350m: 3:37.48 31.50 400m: 4:07.61 30.13		702 A
7.	BATE Miguel Ribeiro 50m: 28.41 28.41 100m: 59.80 31.39	99	Alges	4:09.99 150m: 1:31.49 31.69 250m: 2:35.32 31.64 200m: 2:03.68 32.19 300m: 3:06.97 31.65 350m: 3:38.62 31.65 400m: 4:09.99 31.37		682 A
8.	DIAZ ROMERO Carlos 50m: 29.00 29.00 100m: 1:00.60 31.60	01	Mairena del Aljarafe	4:10.35 150m: 1:32.74 32.14 250m: 2:36.07 31.71 200m: 2:04.36 31.62 300m: 3:07.71 31.64 350m: 3:39.26 31.55 400m: 4:10.35 31.09		679 A
9.	SIMOES Bernardo Jorge 50m: 28.21 28.21 100m: 59.62 31.41	04	Colégio Vasco da Gama	4:10.50 150m: 1:31.73 32.11 250m: 2:36.45 32.33 200m: 2:04.12 32.39 300m: 3:08.04 31.59 350m: 3:39.51 31.47 400m: 4:10.50 30.99		678 A
10.	GIL Rafael Lourenco 50m: 29.36 29.36 100m: 1:00.39 31.03	96	Sporting	4:10.57 150m: 1:31.99 31.60 250m: 2:35.33 31.78 200m: 2:03.55 31.56 300m: 3:06.95 31.62 350m: 3:38.53 31.58 400m: 4:10.57 32.04		677 A
11.	GOMES Goncalo Andre 50m: 28.88 28.88 100m: 1:01.01 32.13	03	Fundação Beatriz Santos	4:11.09 150m: 1:32.97 31.96 250m: 2:36.94 31.89 200m: 2:05.05 32.08 300m: 3:09.32 32.38 350m: 3:40.89 31.57 400m: 4:11.09 30.20		673 B
12.	BARROS Bruno Rey 50m: 29.48 29.48 100m: 1:01.33 31.85	01	Sporting	4:11.96 150m: 1:33.21 31.88 250m: 2:37.26 31.78 200m: 2:05.48 32.27 300m: 3:09.18 31.92 350m: 3:40.79 31.61 400m: 4:11.96 31.17		666 B
13.	AMARAL Francisco Rodriguez 50m: 27.93 27.93 100m: 58.74 30.81	02	Desportivo de Campinho	4:12.06 150m: 1:30.86 32.12 250m: 2:35.10 31.96 200m: 2:03.14 32.28 300m: 3:07.52 32.42 350m: 3:40.07 32.55 400m: 4:12.06 31.99		665 B
14.	RAYMENT Ethan 50m: 27.80 27.80 100m: 59.28 31.48	01	England South West	4:12.76 150m: 1:30.74 31.46 250m: 2:34.51 31.94 200m: 2:02.57 31.83 300m: 3:07.19 32.68 350m: 3:40.17 32.98 400m: 4:12.76 32.59		660 B
15.	RODRIGUES Pedro Reis 50m: 29.17 29.17 100m: 1:00.82 31.65	02	Seleccao da Madeira	4:13.57 150m: 1:32.81 31.99 250m: 2:37.72 32.72 200m: 2:05.00 32.19 300m: 3:10.57 32.85 350m: 3:42.25 31.68 400m: 4:13.57 31.32		653 B
16.	HALL Adam 50m: 29.04 29.04 100m: 1:00.37 31.33	01	England South West	4:14.26 150m: 1:32.73 32.36 250m: 2:37.64 32.77 200m: 2:04.87 32.14 300m: 3:09.75 32.11 350m: 3:42.90 33.15 400m: 4:14.26 31.36		648 B
17.	NUNES Francisco Costa 50m: 29.20 29.20 100m: 1:00.84 31.64	02	Sporting	4:14.37 150m: 1:32.89 32.05 250m: 2:37.63 32.14 200m: 2:05.49 32.60 300m: 3:10.00 32.37 350m: 3:42.56 32.56 400m: 4:14.37 31.81		647 B

anlisboa.pt  
fb.com/assocnatacaolisboa

Online results:  
bit.ly/arenalim2020

anleventos.com  
instagram.com/lisbonswimmeet

Approved by:



Supported by:



Sponsored by:



Prova 5, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	ALMEIDA Bernardo Victorino	04	Sporting	4:14.42		647 B
	50m: 28.34 28.34	150m: 1:32.83 32.42	250m: 2:37.70 32.12	350m: 3:43.10 32.49		32.68
	100m: 1:00.41 32.07	200m: 2:05.58 32.75	300m: 3:10.42 32.72	400m: 4:14.42 31.32		
19.	CRISTINO David Matias	01	União Piedense	4:14.81		644 B
	50m: 29.65 29.65	150m: 1:33.34 32.09	250m: 2:37.63 32.05	350m: 3:42.53 32.49		32.49
	100m: 1:01.25 31.60	200m: 2:05.58 32.24	300m: 3:10.04 32.41	400m: 4:14.81 32.28		32.28
20.	CARDOSO Diogo Santos	01	Colégio Int. Monte Maior	4:15.46		639 B
	50m: 30.04 30.04	150m: 1:33.90 31.89	250m: 2:38.43 32.16	350m: 3:43.98 32.75		32.75
	100m: 1:02.01 31.97	200m: 2:06.27 32.37	300m: 3:11.23 32.80	400m: 4:15.46 31.48		31.48
21.	BASTOS Lucas Pereira	00	Seleccao de Coimbra	4:18.36		618 R
	50m: 29.55 29.55	150m: 1:34.37 32.59	250m: 2:39.39 32.41	350m: 3:45.37 32.96		32.96
	100m: 1:01.78 32.23	200m: 2:06.98 32.61	300m: 3:12.41 33.02	400m: 4:18.36 32.99		32.99
22.	MACHADO Martim Miranda	03	Seleccao de Coimbra	4:18.53		616 R
	50m: 29.73 29.73	150m: 1:35.68 33.10	250m: 2:42.18 32.69	350m: 3:47.90 32.54		32.54
	100m: 1:02.58 32.85	200m: 2:09.49 33.81	300m: 3:15.36 33.18	400m: 4:18.53 30.63		30.63
23.	DINIS Tiago Moises	98	Académico de Coimbra	4:18.83		614
	50m: 29.55 29.55	150m: 1:34.24 32.80	250m: 2:40.71 33.29	350m: 3:46.85 33.00		33.00
	100m: 1:01.44 31.89	200m: 2:07.42 33.18	300m: 3:13.85 33.14	400m: 4:18.83 31.98		31.98
24.	MARQUES Gustavo Pires	04	Fundação Beatriz Santos	4:18.96		613
	50m: 29.67 29.67	150m: 1:36.19 33.52	250m: 2:42.86 32.98	350m: 3:49.21 32.98		32.98
	100m: 1:02.67 33.00	200m: 2:09.88 33.69	300m: 3:16.23 33.37	400m: 4:18.96 29.75		29.75
25.	LOPES Luis Afonso	03	Viver Santarém	4:20.98		599
	50m: 30.01 30.01	150m: 1:34.78 32.92	250m: 2:41.34 33.44	350m: 3:49.00 33.55		33.55
	100m: 1:01.86 31.85	200m: 2:07.90 33.12	300m: 3:15.45 34.11	400m: 4:20.98 31.98		31.98
26.	JACINTO Rafael Rodrigues	02	Belenenses	4:21.66		594
	50m: 29.28 29.28	150m: 1:34.45 33.09	250m: 2:41.23 33.54	350m: 3:48.60 33.44		33.44
	100m: 1:01.36 32.08	200m: 2:07.69 33.24	300m: 3:15.16 33.93	400m: 4:21.66 33.06		33.06
27.	BARTLEY James	03	England South West	4:22.67		588
	50m: 29.94 29.94	150m: 1:35.45 33.38	250m: 2:42.62 33.73	350m: 3:49.68 33.71		33.71
	100m: 1:02.07 32.13	200m: 2:08.89 33.44	300m: 3:15.97 33.35	400m: 4:22.67 32.99		32.99
28.	PARRA DE LA TORRE Francisco	00	Mairena del Aljarafe	4:22.69		587
	50m: 29.03 29.03	150m: 1:34.04 32.86	250m: 2:40.42 33.06	350m: 3:48.43 33.99		33.99
	100m: 1:01.18 32.15	200m: 2:07.36 33.32	300m: 3:14.44 34.02	400m: 4:22.69 34.26		34.26
29.	GOMES Rodrigo Ribeiro	00	Seleccao de Coimbra	4:23.19		584
	50m: 30.09 30.09	150m: 1:35.80 33.23	250m: 2:42.87 33.85	350m: 3:50.12 33.57		33.57
	100m: 1:02.57 32.48	200m: 2:09.02 33.22	300m: 3:16.55 33.68	400m: 4:23.19 33.07		33.07
30.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	4:23.37		583
	50m: 29.10 29.10	150m: 1:35.86 33.34	250m: 2:43.02 33.25	350m: 3:50.09 33.35		33.35
	100m: 1:02.52 33.42	200m: 2:09.77 33.91	300m: 3:16.74 33.72	400m: 4:23.37 33.28		33.28
31.	DEUS Andre Portugal	02	Seleccao da Madeira	4:24.70		574
	50m: 30.30 30.30	150m: 1:36.69 33.54	250m: 2:44.38 33.97	350m: 3:51.60 33.68		33.68
	100m: 1:03.15 32.85	200m: 2:10.41 33.72	300m: 3:17.92 33.54	400m: 4:24.70 33.10		33.10
32.	SANTOS Rui Mamede	04	Uniao Coimbra	4:24.95		573
	50m: 29.63 29.63	150m: 1:37.42 34.43	250m: 2:46.58 34.56	350m: 3:55.01 33.94		33.94
	100m: 1:02.99 33.36	200m: 2:12.02 34.60	300m: 3:21.07 34.49	400m: 4:24.95 29.94		29.94
33.	OLIVEIRA Goncalo Daniel	04	Fundação Beatriz Santos	4:26.21		564
	50m: 29.83 29.83	150m: 1:37.00 34.16	250m: 2:45.84 34.54	350m: 3:54.58 34.29		34.29
	100m: 1:02.84 33.01	200m: 2:11.30 34.30	300m: 3:20.29 34.45	400m: 4:26.21 31.63		31.63
34.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:26.41		563
	50m: 30.96 30.96	150m: 1:37.60 33.73	250m: 2:45.65 33.92	350m: 3:53.56 33.78		33.78
	100m: 1:03.87 32.91	200m: 2:11.73 34.13	300m: 3:19.78 34.13	400m: 4:26.41 32.85		32.85
35.	DUARTE Pedro Esteves (Fora Tempo Acesso / Out of Admission Time)	03	Desportivo Cova da Piedade	4:26.42		563
	50m: 30.46 30.46	150m: 1:37.92 34.13	250m: 2:45.28 32.71	350m: 3:52.97 33.77		33.77
	100m: 1:03.79 33.33	200m: 2:12.57 34.65	300m: 3:19.20 33.92	400m: 4:26.42 33.45		33.45
36.	SANTOS Afonso Amaro (Fora Tempo Acesso / Out of Admission Time)	02	Gesloures	4:27.65		555
	50m: 30.50 30.50	150m: 1:38.13 34.19	250m: 2:46.83 34.27	350m: 3:55.23 34.25		34.25
	100m: 1:03.94 33.44	200m: 2:12.56 34.43	300m: 3:20.98 34.15	400m: 4:27.65 32.42		32.42

Prova 5, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
37.	FARDILHA Manuel Cruz (Fora Tempo Acesso / Out of Admission Time)	03	Galitos / Bresimar	4:27.92		554
	50m: 29.08 29.08 150m: 1:34.51 33.09 250m: 2:42.59 34.39 350m: 3:53.13 35.58 100m: 1:01.42 32.34 200m: 2:08.20 33.69 300m: 3:17.55 34.96 400m: 4:27.92 34.79					
38.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:28.05		553
	50m: 30.89 30.89 150m: 1:37.91 34.02 250m: 2:46.40 34.50 350m: 3:55.05 34.41 100m: 1:03.89 33.00 200m: 2:11.90 33.99 300m: 3:20.64 34.24 400m: 4:28.05 33.00					
39.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:29.93		541
	50m: 30.29 30.29 150m: 1:38.12 34.58 250m: 2:47.37 34.95 350m: 3:56.66 34.83 100m: 1:03.54 33.25 200m: 2:12.42 34.30 300m: 3:21.83 34.46 400m: 4:29.93 33.27					
40.	POIARES Tiago Andre	04	Funda�o Beatriz Santos	4:30.25		539
	50m: 31.19 31.19 150m: 1:39.09 34.63 250m: 2:48.25 35.01 350m: 3:57.23 34.42 100m: 1:04.46 33.27 200m: 2:13.24 34.15 300m: 3:22.81 34.56 400m: 4:30.25 33.02					
41.	DURAES Diogo Miguel (Fora Tempo Acesso / Out of Admission Time)	03	C N Montijo	4:32.49		526
	50m: 30.48 30.48 150m: 1:39.20 34.79 250m: 2:48.74 34.68 350m: 3:58.96 34.87 100m: 1:04.41 33.93 200m: 2:14.06 34.86 300m: 3:24.09 35.35 400m: 4:32.49 33.53					
42.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:32.78		525
	50m: 30.21 30.21 150m: 1:38.58 34.67 250m: 2:48.82 35.20 350m: 3:58.80 34.96 100m: 1:03.91 33.70 200m: 2:13.62 35.04 300m: 3:23.84 35.02 400m: 4:32.78 33.98					
43.	DIAS Simao Pedro (Fora Tempo Acesso / Out of Admission Time)	02	Natacao Guarda	4:33.35		521
	50m: 30.47 30.47 150m: 1:38.04 34.24 250m: 2:47.99 35.13 350m: 3:59.87 35.94 100m: 1:03.80 33.33 200m: 2:12.86 34.82 300m: 3:23.93 35.94 400m: 4:33.35 33.48					
44.	TROMBINHAS Tiago Miguel	04	Col�gio Int. Monte Maior	4:34.29		516
	50m: 30.69 30.69 150m: 1:38.97 34.58 250m: 2:49.73 35.59 350m: 4:00.75 35.64 100m: 1:04.39 33.70 200m: 2:14.14 35.17 300m: 3:25.11 35.38 400m: 4:34.29 33.54					
45.	CARDOSO Filipe Santos	04	Gafanha da Encarna�o	4:34.34		516
	50m: 31.29 31.29 150m: 1:40.96 35.44 250m: 2:51.92 35.63 350m: 4:01.53 34.33 100m: 1:05.52 34.23 200m: 2:16.29 35.33 300m: 3:27.20 35.28 400m: 4:34.34 32.81					
46.	NEVES Tiago Correia (Fora Tempo Acesso / Out of Admission Time)	97	Belenenses	4:34.77		513
	50m: 30.63 30.63 150m: 1:38.91 34.40 250m: 2:49.31 35.21 350m: 4:00.62 35.54 100m: 1:04.51 33.88 200m: 2:14.10 35.19 300m: 3:25.08 35.77 400m: 4:34.77 34.15					
47.	RODEIA Jose Miguel	04	Louletano / Loule Concelho	4:34.95		512
	50m: 31.36 31.36 150m: 1:40.46 34.80 250m: 2:51.37 34.82 350m: 4:01.75 34.93 100m: 1:05.66 34.30 200m: 2:16.55 36.09 300m: 3:26.82 35.45 400m: 4:34.95 33.20					
48.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:35.35		510
	50m: 31.27 31.27 150m: 1:40.88 35.13 250m: 2:51.08 35.34 350m: 4:01.62 35.25 100m: 1:05.75 34.48 200m: 2:15.74 34.86 300m: 3:26.37 35.29 400m: 4:35.35 33.73					
49.	ANJO Miguel Filipe	04	Desportivo Cova da Piedade	4:35.45		509
	50m: 31.49 31.49 150m: 1:41.70 35.10 250m: 2:52.45 34.83 350m: 4:02.20 34.48 100m: 1:06.60 35.11 200m: 2:17.62 35.92 300m: 3:27.72 35.27 400m: 4:35.45 33.25					
50.	AFONSO Martim Rodrigues	04	Aquatico Silves	4:35.71		508
	50m: 30.26 30.26 150m: 1:38.61 34.69 250m: 2:48.30 34.41 350m: 4:00.65 36.12 100m: 1:03.92 33.66 200m: 2:13.89 35.28 300m: 3:24.53 36.23 400m: 4:35.71 35.06					
51.	FOCK Yann Chetelat	04	Avan�ado EULx	4:36.43		504
	50m: 31.97 31.97 150m: 1:42.01 35.38 250m: 2:53.00 35.53 350m: 4:03.07 34.84 100m: 1:06.63 34.66 200m: 2:17.47 35.46 300m: 3:28.23 35.23 400m: 4:36.43 33.36					
52.	UVA Francisco Sousa	04	Alges	4:39.05		490
	50m: 30.70 30.70 150m: 1:39.73 35.19 250m: 2:51.32 35.98 350m: 4:03.97 35.93 100m: 1:04.54 33.84 200m: 2:15.34 35.61 300m: 3:28.04 36.72 400m: 4:39.05 35.08					
53.	PROENCA Tiago Barroso	04	Avan�ado EULx	4:41.79		476
	50m: 31.07 31.07 150m: 1:41.69 35.92 250m: 2:53.95 36.45 350m: 4:07.14 36.72 100m: 1:05.77 34.70 200m: 2:17.50 35.81 300m: 3:30.42 36.47 400m: 4:41.79 34.65					

Prova 5, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
54.	MACHADO Diogo Pimentel	05	Bombeiros Ponta Delgada	4:41.82		476
	50m: 31.24 31.24	150m: 1:41.49 35.64	250m: 2:53.82	36.09 350m: 4:06.30	4:06.30	36.06
	100m: 1:05.85 34.61	200m: 2:17.73 36.24	300m: 3:30.24	36.42 400m: 4:41.82	4:41.82	35.52
55.	SANTOS Francisco Amaro	04	Geslourses	4:41.87		475
	50m: 32.83 32.83	150m: 1:44.41 35.66	250m: 2:55.70	35.26 350m: 4:07.01	4:07.01	35.61
	100m: 1:08.75 35.92	200m: 2:20.44 36.03	300m: 3:31.40	35.70 400m: 4:41.87	4:41.87	34.86
56.	VIEIRA Eduardo Gabriel	05	Bombeiros Mealhada/ CA	4:43.67		466
	50m: 30.63 30.63	150m: 1:39.10 35.07	250m: 2:51.93	37.19 350m: 4:07.53	4:07.53	37.80
	100m: 1:04.03 33.40	200m: 2:14.74 35.64	300m: 3:29.73	37.80 400m: 4:43.67	4:43.67	36.14
57.	GARCIA Goncalo Raposo (Fora Tempo Acesso / Out of Admission Time)	05	Bombeiros Ponta Delgada	4:52.42		426
	50m: 32.50 32.50	150m: 1:46.52 37.49	250m: 3:02.02	38.15 350m: 4:17.12	4:17.12	37.61
	100m: 1:09.03 36.53	200m: 2:23.87 37.35	300m: 3:39.51	37.49 400m: 4:52.42	4:52.42	35.30