

Prova 30 Masc., 400m Livres Absolutos
01.03.2020 - 11:34 Resultados

| | | | | | |
|-----------------------|---------|--------------------------|-------|-------------------|------|
| Rec Nacional Absoluto | 3:51.89 | Miguel Duarte Nascimento | SLB | Glasgow (GBR) | 2018 |
| Rec Regional Absoluto | 3:51.89 | Miguel Duarte Nascimento | SLB | Glasgow (GBR) | 2018 |
| Rec Regional Sen | 3:51.89 | Miguel Duarte Nascimento | SLB | Glasgow (GBR) | 2018 |
| Rec Regional Jun 2 | 3:58.65 | Tiago Cunha Costa | SCP | Oeiras | 2017 |
| Rec Regional Jun 1 | 4:02.05 | Roberto Donald Gomes | SAD | Coimbra | 2017 |
| Rec Regional Juv A | 4:04.23 | Andre Filipe Farinha | SLB | Torre Vieja (ESP) | 2012 |
| Rec Regional Juv B | 4:08.94 | Bernardo Jorge Simoes | CNCVG | Funchal | 2019 |

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

Pontos: FINA 2020

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 100m | 200m | 300m | 400m |
|------------------|--|-----|-------|----------|----------------|-----|---------|---------|---------|---------|
| Juvenis B | | | | | | | | | | |
| 1. | Gabriel Carvalho Ferrao <i>Campeão Regional Juvenis B</i> | 05 | CDCP | 4:46.99 | 4:28.37 | 551 | 1:04.32 | 1:10.09 | 1:08.58 | 1:05.38 |
| 2. | Andre Henriques Marques | 05 | SLB | 4:38.80 | 4:33.92 | 518 | 1:06.08 | 1:10.35 | 1:10.38 | 1:07.11 |
| 3. | Pedro Maria Amado | 05 | SAD | 4:32.61 | 4:35.91 | 507 | 1:03.86 | 1:10.59 | 1:11.20 | 1:10.26 |
| 4. | Diogo Sousa Barbosa | 05 | SLB | 4:43.96 | 4:37.27 | 500 | 1:05.41 | 1:11.26 | 1:10.66 | 1:09.94 |
| 5. | Jose Manuel Sa | 05 | SCP | 4:39.65 | 4:39.74 | 486 | 1:07.35 | 1:11.07 | 1:11.74 | 1:09.58 |
| 6. | Manuel Angelo Pereira | 05 | SCP | 4:40.34 | 4:46.68 | 452 | 1:08.17 | 1:12.02 | 1:13.59 | 1:12.90 |
| 7. | Vasco Alves Morgado | 05 | SAD | 4:57.33 | 4:47.70 | 447 | 1:08.07 | 1:13.97 | 1:14.20 | 1:11.46 |
| 8. | Joao Ferreira Rodrigues | 05 | GESL | 4:55.97 | 4:51.85 | 428 | 1:09.37 | 1:14.44 | 1:14.65 | 1:13.39 |
| 9. | Simao Lopes Oliveira | 05 | CNS | 4:57.33 | 4:52.87 | 424 | 1:10.22 | 1:16.11 | 1:14.66 | 1:11.88 |
| 10. | Mateus Correa Walker | 05 | AHBE | 4:57.33 | 4:53.80 | 420 | 1:08.35 | 1:16.69 | 1:16.11 | 1:12.65 |
| 11. | Manuel Pires Oliveira | 05 | PDEM | 4:53.32 | 4:54.39 | 417 | 1:10.25 | 1:16.07 | 1:14.81 | 1:13.26 |
| 12. | Diogo Botelho Capricho | 05 | SCP | 4:45.83 | 4:55.93 | 411 | 1:05.78 | 1:14.35 | 1:18.69 | 1:17.11 |
| DNS | Rodrigo Martins Bras | 05 | CFB | 4:57.33 | | | | | | |
| DNS | Alfredo Cabrita Soudo | 05 | CFB | 4:57.33 | | | | | | |
| DNS | Joao Seixedo Pinheiro | 05 | CNS | 4:39.01 | | | | | | |

Juvenis A

| | | | | | | | | | | |
|-----|---|----|---------|---------|----------------|-----|---------|---------|---------|---------|
| 1. | Joao Lourenco Rebelo <i>Campeão Regional Juvenis A</i> | 04 | SAD | 4:23.67 | 4:21.95 | 592 | 1:02.31 | 1:07.24 | 1:07.47 | 1:04.93 |
| 2. | Miguel Costa Simoes | 04 | CDCP | 4:36.47 | 4:23.50 | 582 | 1:04.22 | 1:08.69 | 1:06.80 | 1:03.79 |
| 3. | Afonso Figueiredo Frasquilho | 04 | SCP | 4:31.62 | 4:27.50 | 556 | 1:02.73 | 1:08.06 | 1:09.88 | 1:06.83 |
| 4. | Joao Afonso Santos | 04 | SCP | 4:29.00 | 4:32.76 | 525 | 1:04.57 | 1:09.22 | 1:10.40 | 1:08.57 |
| 5. | Tiago Miguel Trombinhas | 04 | ADRCIMM | 4:30.94 | 4:35.20 | 511 | 1:05.14 | 1:09.77 | 1:10.78 | 1:09.51 |
| 6. | Francisco Amaro Santos | 04 | GESL | 4:29.14 | 4:35.96 | 507 | 1:05.23 | 1:09.44 | 1:11.30 | 1:09.99 |
| 7. | Yann Chetelat Fock | 04 | EULX | 4:31.55 | 4:36.08 | 506 | 1:06.66 | 1:09.64 | 1:10.77 | 1:09.01 |
| 8. | Miguel Filipe Anjo | 04 | CDCP | 4:31.76 | 4:38.47 | 493 | 1:07.68 | 1:10.65 | 1:11.03 | 1:09.11 |
| 9. | Tiago Barroso Proenca | 04 | EULX | 4:37.49 | 4:39.58 | 487 | 1:06.90 | 1:11.02 | 1:12.31 | 1:09.35 |
| 10. | Francisco Sousa Uva | 04 | SAD | 4:35.91 | 4:40.29 | 484 | 1:05.28 | 1:11.31 | 1:12.63 | 1:11.07 |
| 11. | Pedro Forjaz Cirurgiao | 04 | SAD | 4:39.48 | 4:45.23 | 459 | 1:06.53 | 1:11.79 | 1:14.05 | 1:12.86 |
| 12. | Tomas Martins Mira | 04 | CNS | 4:47.19 | 4:45.65 | 457 | 1:07.65 | 1:13.72 | 1:14.46 | 1:09.82 |
| 13. | Rafael Caceres Lopes | 04 | SFUAP | 4:35.26 | 4:48.68 | 443 | 1:07.03 | 1:13.44 | 1:13.83 | 1:14.38 |
| 14. | Afonso Romao Francisco <i>FTL (Fora Tempo Limite)</i> | 04 | CDCP | 4:40.86 | 4:52.72 | 424 | 1:08.43 | 1:13.27 | 1:16.28 | 1:14.74 |
| 15. | Miguel Alexandre Araujo <i>FTL (Fora Tempo Limite)</i> | 04 | SFUAP | 4:51.92 | 5:19.43 | 327 | 1:13.67 | 1:21.94 | 1:22.80 | 1:21.02 |
| DSQ | Rodrigo Rebelo Pereira <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 04 | CIRL | 4:51.92 | | | | | | |

Prova 30, Masc., 400m Livres

Juniores

| | | | | | | | | | |
|---|----|-------|---------|----------------|-----|---------|---------|---------|---------|
| 1. Pedro Esteves Duarte <i>Campeão Regional Junior</i> | 03 | CDCP | 4:17.98 | 4:26.59 | 562 | 1:03.71 | 1:08.45 | 1:08.00 | 1:06.43 |
| 2. Antonio Santos Pereira | 03 | AHBE | 4:20.68 | 4:28.62 | 549 | 1:02.04 | 1:08.61 | 1:09.83 | 1:08.14 |
| 3. Alexandre Coelho Vieira | 03 | SCP | 4:28.90 | 4:30.78 | 536 | 1:02.84 | 1:09.95 | 1:09.93 | 1:08.06 |
| 4. Diogo Miguel Duraes | 03 | CNMJ | 4:28.27 | 4:30.94 | 535 | 1:02.80 | 1:09.42 | 1:11.14 | 1:07.58 |
| 5. Ricardo Martins Ferreira | 03 | AONDA | 4:24.61 | 4:31.03 | 535 | 1:03.76 | 1:09.07 | 1:10.43 | 1:07.77 |
| 6. Luis Carlos Correia | 03 | SFUAP | 4:30.07 | 4:33.58 | 520 | 1:05.00 | 1:08.96 | 1:10.88 | 1:08.74 |

Seniores

| | | | | | | | | | |
|---|----|---------|---------|----------------|-----|---------|---------|---------|---------|
| 1. Bruno Rey Barros <i>Campeão Regional Sénior</i> | 01 | SCP | 4:05.94 | 4:12.54 | 661 | 1:01.24 | 1:05.85 | 1:04.52 | 1:00.93 |
| 2. Pedro Miguel Silva | 94 | ADRCIMM | 4:09.66 | 4:14.63 | 645 | 1:01.59 | 1:05.57 | 1:04.58 | 1:02.89 |
| 3. Pedro Barata Neves | 00 | CIRL | 4:15.27 | 4:15.91 | 635 | 1:02.25 | 1:05.76 | 1:05.24 | 1:02.66 |
| 4. Daniel Rochinha Pedro | 98 | AHBE | 4:06.89 | 4:16.08 | 634 | 1:00.92 | 1:05.50 | 1:05.47 | 1:04.19 |
| 5. Pedro Dordio Carreiro | 97 | GESL | 4:18.51 | 4:21.67 | 594 | 1:02.40 | 1:06.72 | 1:06.66 | 1:05.89 |
| 6. Filipe Ferreira Luz | 98 | GESL | 4:23.52 | 4:22.07 | 592 | 1:02.16 | 1:07.43 | 1:07.68 | 1:04.80 |
| 7. Diogo Nogueira Rebelo | 98 | ADRCIMM | 4:31.86 | 4:22.23 | 591 | 1:02.86 | 1:06.93 | 1:07.32 | 1:05.12 |
| 8. Afonso Mateus Ribeiro | 95 | CFB | 4:11.34 | 4:25.05 | 572 | 1:03.58 | 1:07.07 | 1:07.40 | 1:07.00 |
| 9. Joao Esteves Padrela | 99 | CFB | 4:12.57 | 4:26.29 | 564 | 1:02.37 | 1:08.47 | 1:08.93 | 1:06.52 |
| 10. Afonso Godinho Mestre | 95 | CNLX | 4:31.86 | 4:31.64 | 531 | 1:03.77 | 1:10.07 | 1:11.17 | 1:06.63 |
| 11. Sebastiao Limbert Piedade <i>FTL (Fora Tempo Limite)</i> | 00 | SAD | 4:26.15 | 4:33.39 | 521 | 1:03.66 | 1:08.67 | 1:10.76 | 1:10.30 |
| 12. Pedro Ferraz Esteves <i>FTL (Fora Tempo Limite)</i> | 99 | CNLX | 4:31.86 | 4:39.18 | 489 | 1:04.83 | 1:11.87 | 1:13.12 | 1:09.36 |
| 13. Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i> | 99 | CFB | 4:28.91 | 4:41.82 | 476 | 1:06.83 | 1:12.28 | 1:12.58 | 1:10.13 |
| 14. Pedro Cerqueira Lobo <i>FTL (Fora Tempo Limite)</i> | 01 | FS | 4:31.86 | 4:47.30 | 449 | 1:06.63 | 1:13.50 | 1:15.38 | 1:11.79 |

Absolutos

| | | | | | | | | | |
|---|----|---------|---------|----------------|-----|---------|---------|---------|---------|
| 1. Bruno Rey Barros | 01 | SCP | 4:05.94 | 4:12.54 | 661 | 1:01.24 | 1:05.85 | 1:04.52 | 1:00.93 |
| 2. Pedro Miguel Silva | 94 | ADRCIMM | 4:09.66 | 4:14.63 | 645 | 1:01.59 | 1:05.57 | 1:04.58 | 1:02.89 |
| 3. Pedro Barata Neves | 00 | CIRL | 4:15.27 | 4:15.91 | 635 | 1:02.25 | 1:05.76 | 1:05.24 | 1:02.66 |
| 4. Daniel Rochinha Pedro | 98 | AHBE | 4:06.89 | 4:16.08 | 634 | 1:00.92 | 1:05.50 | 1:05.47 | 1:04.19 |
| 5. Pedro Dordio Carreiro | 97 | GESL | 4:18.51 | 4:21.67 | 594 | 1:02.40 | 1:06.72 | 1:06.66 | 1:05.89 |
| 6. Joao Lourenco Rebelo | 04 | SAD | 4:23.67 | 4:21.95 | 592 | 1:02.31 | 1:07.24 | 1:07.47 | 1:04.93 |
| 7. Filipe Ferreira Luz | 98 | GESL | 4:23.52 | 4:22.07 | 592 | 1:02.16 | 1:07.43 | 1:07.68 | 1:04.80 |
| 8. Diogo Nogueira Rebelo | 98 | ADRCIMM | 4:31.86 | 4:22.23 | 591 | 1:02.86 | 1:06.93 | 1:07.32 | 1:05.12 |
| 9. Miguel Costa Simoes | 04 | CDCP | 4:36.47 | 4:23.50 | 582 | 1:04.22 | 1:08.69 | 1:06.80 | 1:03.79 |
| 10. Afonso Mateus Ribeiro | 95 | CFB | 4:11.34 | 4:25.05 | 572 | 1:03.58 | 1:07.07 | 1:07.40 | 1:07.00 |
| 11. Joao Esteves Padrela | 99 | CFB | 4:12.57 | 4:26.29 | 564 | 1:02.37 | 1:08.47 | 1:08.93 | 1:06.52 |
| 12. Pedro Esteves Duarte | 03 | CDCP | 4:17.98 | 4:26.59 | 562 | 1:03.71 | 1:08.45 | 1:08.00 | 1:06.43 |
| 13. Afonso Figueiredo Frasquilho | 04 | SCP | 4:31.62 | 4:27.50 | 556 | 1:02.73 | 1:08.06 | 1:09.88 | 1:06.83 |
| 14. Gabriel Carvalho Ferrao | 05 | CDCP | 4:46.99 | 4:28.37 | 551 | 1:04.32 | 1:10.09 | 1:08.58 | 1:05.38 |
| 15. Antonio Santos Pereira | 03 | AHBE | 4:20.68 | 4:28.62 | 549 | 1:02.04 | 1:08.61 | 1:09.83 | 1:08.14 |
| 16. Alexandre Coelho Vieira | 03 | SCP | 4:28.90 | 4:30.78 | 536 | 1:02.84 | 1:09.95 | 1:09.93 | 1:08.06 |
| 17. Diogo Miguel Duraes | 03 | CNMJ | 4:28.27 | 4:30.94 | 535 | 1:02.80 | 1:09.42 | 1:11.14 | 1:07.58 |
| 18. Ricardo Martins Ferreira | 03 | AONDA | 4:24.61 | 4:31.03 | 535 | 1:03.76 | 1:09.07 | 1:10.43 | 1:07.77 |
| 19. Afonso Godinho Mestre | 95 | CNLX | 4:31.86 | 4:31.64 | 531 | 1:03.77 | 1:10.07 | 1:11.17 | 1:06.63 |
| 20. Joao Afonso Santos | 04 | SCP | 4:29.00 | 4:32.76 | 525 | 1:04.57 | 1:09.22 | 1:10.40 | 1:08.57 |
| 21. Sebastiao Limbert Piedade <i>FTL (Fora Tempo Limite)</i> | 00 | SAD | 4:26.15 | 4:33.39 | 521 | 1:03.66 | 1:08.67 | 1:10.76 | 1:10.30 |
| 22. Luis Carlos Correia | 03 | SFUAP | 4:30.07 | 4:33.58 | 520 | 1:05.00 | 1:08.96 | 1:10.88 | 1:08.74 |
| 23. Andre Henriques Marques | 05 | SLB | 4:38.80 | 4:33.92 | 518 | 1:06.08 | 1:10.35 | 1:10.38 | 1:07.11 |
| 24. Tiago Miguel Trombinhas | 04 | ADRCIMM | 4:30.94 | 4:35.20 | 511 | 1:05.14 | 1:09.77 | 1:10.78 | 1:09.51 |
| 25. Pedro Maria Amado | 05 | SAD | 4:32.61 | 4:35.91 | 507 | 1:03.86 | 1:10.59 | 1:11.20 | 1:10.26 |

Prova 30, Masc., 400m Livres, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 100m | 200m | 300m | 400m |
|-------|---|-----|-------|----------|----------------|-----|---------|---------|---------|---------|
| 26. | Francisco Amaro Santos | 04 | GESL | 4:29.14 | 4:35.96 | 507 | 1:05.23 | 1:09.44 | 1:11.30 | 1:09.99 |
| 27. | Yann Chetelat Fock | 04 | EULX | 4:31.55 | 4:36.08 | 506 | 1:06.66 | 1:09.64 | 1:10.77 | 1:09.01 |
| 28. | Diogo Sousa Barbosa | 05 | SLB | 4:43.96 | 4:37.27 | 500 | 1:05.41 | 1:11.26 | 1:10.66 | 1:09.94 |
| 29. | Miguel Filipe Anjo | 04 | CDCP | 4:31.76 | 4:38.47 | 493 | 1:07.68 | 1:10.65 | 1:11.03 | 1:09.11 |
| 30. | Pedro Ferraz Esteves <i>FTL (Fora Tempo Limite)</i> | 99 | CNLX | 4:31.86 | 4:39.18 | 489 | 1:04.83 | 1:11.87 | 1:13.12 | 1:09.36 |
| 31. | Tiago Barroso Proenca | 04 | EULX | 4:37.49 | 4:39.58 | 487 | 1:06.90 | 1:11.02 | 1:12.31 | 1:09.35 |
| 32. | Jose Manuel Sa | 05 | SCP | 4:39.65 | 4:39.74 | 486 | 1:07.35 | 1:11.07 | 1:11.74 | 1:09.58 |
| 33. | Francisco Sousa Uva | 04 | SAD | 4:35.91 | 4:40.29 | 484 | 1:05.28 | 1:11.31 | 1:12.63 | 1:11.07 |
| 34. | Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i> | 99 | CFB | 4:28.91 | 4:41.82 | 476 | 1:06.83 | 1:12.28 | 1:12.58 | 1:10.13 |
| 35. | Pedro Forjaz Cirurgiao | 04 | SAD | 4:39.48 | 4:45.23 | 459 | 1:06.53 | 1:11.79 | 1:14.05 | 1:12.86 |
| 36. | Tomas Martins Mira | 04 | CNS | 4:47.19 | 4:45.65 | 457 | 1:07.65 | 1:13.72 | 1:14.46 | 1:09.82 |
| 37. | Manuel Angelo Pereira | 05 | SCP | 4:40.34 | 4:46.68 | 452 | 1:08.17 | 1:12.02 | 1:13.59 | 1:12.90 |
| 38. | Pedro Cerqueira Lobo <i>FTL (Fora Tempo Limite)</i> | 01 | FS | 4:31.86 | 4:47.30 | 449 | 1:06.63 | 1:13.50 | 1:15.38 | 1:11.79 |
| 39. | Vasco Alves Morgado | 05 | SAD | 4:57.33 | 4:47.70 | 447 | 1:08.07 | 1:13.97 | 1:14.20 | 1:11.46 |
| 40. | Rafael Caceres Lopes | 04 | SFUAP | 4:35.26 | 4:48.68 | 443 | 1:07.03 | 1:13.44 | 1:13.83 | 1:14.38 |
| 41. | Joao Ferreira Rodrigues | 05 | GESL | 4:55.97 | 4:51.85 | 428 | 1:09.37 | 1:14.44 | 1:14.65 | 1:13.39 |
| 42. | Afonso Romao Francisco <i>FTL (Fora Tempo Limite)</i> | 04 | CDCP | 4:40.86 | 4:52.72 | 424 | 1:08.43 | 1:13.27 | 1:16.28 | 1:14.74 |
| 43. | Simao Lopes Oliveira | 05 | CNS | 4:57.33 | 4:52.87 | 424 | 1:10.22 | 1:16.11 | 1:14.66 | 1:11.88 |
| 44. | Mateus Correa Walker | 05 | AHBE | 4:57.33 | 4:53.80 | 420 | 1:08.35 | 1:16.69 | 1:16.11 | 1:12.65 |
| 45. | Manuel Pires Oliveira | 05 | PDEM | 4:53.32 | 4:54.39 | 417 | 1:10.25 | 1:16.07 | 1:14.81 | 1:13.26 |
| 46. | Diogo Botelho Capricho | 05 | SCP | 4:45.83 | 4:55.93 | 411 | 1:05.78 | 1:14.35 | 1:18.69 | 1:17.11 |
| 47. | Miguel Alexandre Araujo <i>FTL (Fora Tempo Limite)</i> | 04 | SFUAP | 4:51.92 | 5:19.43 | 327 | 1:13.67 | 1:21.94 | 1:22.80 | 1:21.02 |
| DSQ | Rodrigo Rebelo Pereira <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 04 | CIRL | 4:51.92 | | | | | | |
| DNS | Rodrigo Martins Bras | 05 | CFB | 4:57.33 | | | | | | |
| DNS | Alfredo Cabrita Soudo | 05 | CFB | 4:57.33 | | | | | | |
| DNS | Joao Seixedo Pinheiro | 05 | CNS | 4:39.01 | | | | | | |