



# FESTIVAL DE NOVEMBRO DO SCP

Absolutos

03 novembro 2019



Complexo Multidesportivo, Alvalade

Piscina Curta (25m)



Prova 6  
03.11.2019 - 16:39

Masc., 400m Livres

Absolutos  
Resultados

Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	POR	Porto	2017
Rec Regional Jun 2	3:51.92	Joao Alexandre Vital	POR	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	POR	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	POR	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	POR	Algés	2012
Rec Regional Inf A	4:13.24	Pedro Fontoura Oliveira	POR		2004
Rec Regional Inf B	4:21.95	Pedro Fontoura Oliveira	POR	Santarém	2003
Rec Regional Absoluto	3:42.91	Miguel Duarte Nascimento	POR	Porto	2017
Rec Nacional Absoluto	3:42.91	Miguel Duarte Nascimento	POR	Porto	2017

Pontos: FINA 2018

Pos.	Nadador / Athlete	Ano/Y	Clube / Club	Final	Pts	100m	200m	300m	400m
<b>Absolutos</b>									
1.	Joao Miguel Cardoso	97	GESL	<b>4:14.93</b>	577	1:00.90	1:05.09	1:04.42	1:04.52
2.	Filipe Ferreira Luz	98	GESL	<b>4:18.36</b>	554	1:00.56	1:05.80	1:06.03	1:05.97
3.	Joao Gabriel Machado	02	SCP	<b>4:24.86</b>	514	1:00.97	1:07.80	1:08.49	1:07.60
4.	David Realista Grachat	87	GESL	<b>4:27.37</b>	500	1:02.37	1:07.56	1:08.60	1:08.84
5.	Alexandre Coelho Vieira	03	SCP	<b>4:28.06</b>	496	1:02.40	1:08.47	1:09.28	1:07.91
6.	Francisco Amaro Santos	04	GESL	<b>4:29.06</b>	490	1:04.12	1:07.47	1:08.53	1:08.94
7.	Pedro Mahua Alvarez	05	SCP	<b>4:36.50</b>	452	1:07.06	1:11.09	1:10.50	1:07.85
8.	Filipe Simoes Freitas	05	SCP	<b>4:37.03</b>	449	1:04.09	1:10.56	1:12.13	1:10.25
9.	Joao Pedro Penelas	04	GESL	<b>4:40.67</b>	432	1:04.75	1:10.59	1:12.51	1:12.82
10.	Afonso Lucio Costa	05	SCP	<b>4:43.00</b>	421	1:04.68	1:10.72	1:12.56	1:15.04
11.	Pedro Goncalves Bonniz	06	GESL	<b>4:43.81</b>	418	1:08.09	1:12.41	1:12.12	1:11.19
12.	Dinis Viola Caroco	03	SCP	<b>4:45.77</b>	409	1:05.08	1:12.32	1:14.15	1:14.22
13.	Francisco Lourenco Vasconcelos	05	GESL	<b>4:47.88</b>	400	1:05.38	1:12.75	1:15.03	1:14.72
14.	Joao Ferreira Rodrigues	05	GESL	<b>4:56.18</b>	368	1:10.03	1:14.50	1:16.37	1:15.28
15.	Rodrigo Andrade Mesquita	06	SCP	<b>5:02.80</b>	344	1:13.54	1:17.16	1:19.12	1:12.98
16.	Rodrigo Franco Palare	06	GESL	<b>5:04.90</b>	337	1:12.38	1:19.34	1:19.24	1:13.94
17.	Simao Martins Pereira	04	GESL	<b>5:05.71</b>	334	1:13.25	1:18.75	1:18.36	1:15.35
18.	Guilherme Matias Sousa	07	GESL	<b>5:13.12</b>	311	1:13.40	1:20.19	1:19.69	1:19.84
19.	Daniel Munoz Lopes	05	GESL	<b>5:16.65</b>	301	1:12.84	1:20.34	1:21.82	1:21.65
20.	Ricardo Aderneira Soares	99	GESL	<b>5:20.97</b>	289	1:16.75	1:22.99	1:21.20	1:20.03
21.	Daniel Carlos Videira	92	GESL	<b>5:33.00</b>	258	1:18.34	1:24.41	1:25.71	1:24.54
22.	Francisco Tente Pinto	06	GESL	<b>5:33.24</b>	258	1:19.72	1:23.28	1:25.01	1:25.23
23.	Rodrigo Onofre Matos	06	GESL	<b>5:42.51</b>	237	1:20.07	1:28.42	1:27.33	1:26.69
24.	Rodolfo Francisco Castanheira	01	GESL	<b>5:47.12</b>	228	1:18.68	1:28.66	1:29.78	1:30.00
25.	Jose Carneirinho Ribeiro	90	SCP	<b>6:25.04</b>	167	1:28.45	1:38.89	1:41.14	1:36.56
DNS	Francisco Alves Souza	02	GESL						
DNS	Manuel Angelo Pereira	05	SCP						

### Natação Adaptada

1.	Ricardo Aderneira Soares	99	GESL	<b>5:20.97</b>	289	1:16.75	1:22.99	1:21.20	1:20.03
2.	Daniel Carlos Videira	92	GESL	<b>5:33.00</b>	258	1:18.34	1:24.41	1:25.71	1:24.54
3.	Rodolfo Francisco Castanheira	01	GESL	<b>5:47.12</b>	228	1:18.68	1:28.66	1:29.78	1:30.00
4.	Jose Carneirinho Ribeiro	90	SCP	<b>6:25.04</b>	167	1:28.45	1:38.89	1:41.14	1:36.56