

Prova 11 Masc., 400m Estilos Absolutos  
12.03.2022 - 15:30 Resultados

Rec Nacional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Sen	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Jun 2	4:22.25	Joao Alexandre Vital	SCP	Oeiras	2016
Rec Regional Jun 1	4:25.23	Joao Alexandre Vital	ADRCIMM	Singapore	2015
Rec Regional Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	2014
Rec Regional Juv B	4:37.06	Joao Alexandre Vital	ADRCIMM	Utrecht (NED)	2013

TAC - Masc Juv B: 5:40.44; Juv A: 5:34.26; Jun 1: 5:22.02; Jun 2: 5:17.42; Sen: 5:11.28

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	<b>Axel Guedes Asmar</b> <i>Campeão Regional Juvenis B</i>	07	Sporting Clube de Portugal	5:27.72	<b>5:08.48</b>	493
	50m: 31.30 31.30	150m: 1:49.71 42.12	250m: 3:15.90 44.46	350m: 4:35.67 34.45		
	100m: 1:07.59 36.29	200m: 2:31.44 41.73	300m: 4:01.22 45.32	400m: 5:08.48 32.81		

Juvenis A

1.	<b>Kaio Araujo Faftine</b> <i>Campeão Regional Juvenis A</i>	06	Sporting Clube de Portugal	4:57.38	<b>4:57.70</b>	549
	50m: 29.64 29.64	150m: 1:44.21 38.58	250m: 3:05.18 42.67	350m: 4:24.21 35.56		
	100m: 1:05.63 35.99	200m: 2:22.51 38.30	300m: 3:48.65 43.47	400m: 4:57.70 33.49		
2.	<b>Tiago Almeida Correia</b>	06	Clube Natacao do Montijo	5:00.93	<b>4:59.87</b>	537
	50m: 31.02 31.02	150m: 1:47.22 40.44	250m: 3:09.34 43.94	350m: 4:28.63 33.66		
	100m: 1:06.78 35.76	200m: 2:25.40 38.18	300m: 3:53.62 44.28	400m: 4:59.87 32.59		
3.	<b>Guilherme Fernandes Baptista</b>	06	Sport Lisboa e Benfica	5:01.78	<b>5:02.31</b>	524
	50m: 30.95 30.95	150m: 1:46.82 40.83	250m: 3:09.93 43.46	350m: 4:28.63 33.04		
	100m: 1:05.99 35.04	200m: 2:26.47 39.65	300m: 3:55.59 45.66	400m: 5:02.31 33.68		
4.	<b>Tomas Nunes Roque</b>	06	Sport Lisboa e Benfica	5:34.26	<b>5:07.23</b>	499
	50m: 30.65 30.65	150m: 1:48.15 42.28	250m: 3:13.19 43.97	350m: 4:33.87 35.06		
	100m: 1:05.87 35.22	200m: 2:29.22 41.07	300m: 3:58.81 45.62	400m: 5:07.23 33.36		
5.	<b>Rodrigo Andrade Mesquita</b>	06	Sporting Clube de Portugal	5:06.47	<b>5:13.43</b>	470
	50m: 31.97 31.97	150m: 1:52.56 43.62	250m: 3:17.38 44.07	350m: 4:39.37 37.53		
	100m: 1:08.94 36.97	200m: 2:33.31 40.75	300m: 4:01.84 44.46	400m: 5:13.43 34.06		
6.	<b>Diogo Morgado Figueira</b>	06	Centro Popular de Cultura e Desporto	5:07.41	<b>5:17.00</b>	455
	50m: 30.49 30.49	150m: 1:47.07 40.51	250m: 3:15.16 47.60	350m: 4:40.32 36.10		
	100m: 1:06.56 36.07	200m: 2:27.56 40.49	300m: 4:04.22 49.06	400m: 5:17.00 36.68		
7.	<b>Rodrigo Piteira Maio</b>	06	Clube Futebol Os Belenenses	5:19.18	<b>5:31.23</b>	398
	50m: 33.95 33.95	150m: 1:57.13 44.57	250m: 3:30.09 48.36	350m: 4:56.24 35.59		
	100m: 1:12.56 38.61	200m: 2:41.73 44.60	300m: 4:20.65 50.56	400m: 5:31.23 34.99		

DSQ Andre Correia Alves 06 Soc.Filarmónica União A. Piedense 4:51.56  
*E-B35 - No percurso de braços, efect. múltiplas pernadas de golfinho após a viragem aos 250 metros (SW 7.1)*

Juniores

1.	<b>Bernardo Victorino Almeida</b> <i>Campeão Regional Junior</i>	04	Sporting Clube de Portugal	4:46.65	<b>4:43.05</b>	639
	50m: 29.54 29.54	150m: 1:42.62 39.34	250m: 3:01.83 42.06	350m: 4:13.13 30.23		
	100m: 1:03.28 33.74	200m: 2:19.77 37.15	300m: 3:42.90 41.07	400m: 4:43.05 29.92		
2.	<b>Vasco Alves Morgado</b>	05	Sport Alges e Dafundo	4:57.08	<b>4:51.48</b>	585
	50m: 30.30 30.30	150m: 1:44.50 38.99	250m: 3:04.70 40.78	350m: 4:19.37 32.79		
	100m: 1:05.51 35.21	200m: 2:23.92 39.42	300m: 3:46.58 41.88	400m: 4:51.48 32.11		
3.	<b>Joao Lourenco Rebelo</b>	04	Sport Alges e Dafundo	5:17.42	<b>4:52.01</b>	582
	50m: 29.77 29.77	150m: 1:45.41 40.04	250m: 3:04.62 38.76	350m: 4:19.22 34.35		
	100m: 1:05.37 35.60	200m: 2:25.86 40.45	300m: 3:44.87 40.25	400m: 4:52.01 32.79		
4.	<b>Manuel Angelo Pereira</b>	05	Sporting Clube de Portugal	4:47.49	<b>4:55.11</b>	564
	50m: 30.15 30.15	150m: 1:43.50 37.87	250m: 3:04.38 42.93	350m: 4:22.75 33.17		
	100m: 1:05.63 35.48	200m: 2:21.45 37.95	300m: 3:49.58 45.20	400m: 4:55.11 32.36		

Prova 11, Masc., 400m Estilos, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Goncalo Duarte Carvalho 50m: 30.70 30.70 100m: 1:06.44 35.74	05	Sport Lisboa e Benfica	5:28.93 150m: 1:47.77 41.33 250m: 3:08.38 40.69 350m: 4:24.51 34.21 200m: 2:27.89 39.92 300m: 3:50.30 41.92 400m: 4:57.82 33.31	<b>4:57.82</b>	548
6.	Miguel Costa Simoes 50m: 30.27 30.27 100m: 1:07.29 37.02	04	Soc.Filarmónica União A. Piedense	5:17.42 150m: 1:48.47 41.18 250m: 3:12.13 43.54 350m: 4:28.95 33.13 200m: 2:28.59 40.12 300m: 3:55.82 43.69 400m: 5:00.89 31.94	<b>5:00.89</b>	532
7.	Simao Lopes Oliveira 50m: 30.70 30.70 100m: 1:06.13 35.43	05	Clube Naval Setubalense	4:59.96 150m: 1:47.16 41.03 250m: 3:09.03 41.41 350m: 4:26.27 34.86 200m: 2:27.62 40.46 300m: 3:51.41 42.38 400m: 5:00.99 34.72	<b>5:00.99</b>	531
8.	Jose Alves Monteiro 50m: 30.35 30.35 100m: 1:07.00 36.65	05	Clube Futebol Os Belenenses	5:13.46 150m: 1:47.84 40.84 250m: 3:10.50 43.35 350m: 4:31.17 36.02 200m: 2:27.15 39.31 300m: 3:55.15 44.65 400m: 5:05.67 34.50	<b>5:05.67</b>	507
9.	Nick Heinio-Widell 50m: 30.26 30.26 100m: 1:05.64 35.38	05	Sport Alges e Dafundo	5:22.02 150m: 1:46.22 40.58 250m: 3:10.52 43.72 350m: 4:32.46 36.62 200m: 2:26.80 40.58 300m: 3:55.84 45.32 400m: 5:06.92 34.46	<b>5:06.92</b>	501
10.	Francisc Gututui 50m: 31.53 31.53 100m: 1:07.93 36.40	05	Sport Alges e Dafundo	5:09.40 150m: 1:50.20 42.27 250m: 3:14.36 42.81 350m: 4:35.56 37.48 200m: 2:31.55 41.35 300m: 3:58.08 43.72 400m: 5:12.10 36.54	<b>5:12.10</b>	476

Seniores

1.	Hugo Pon <i>Campeão Regional Sénior</i> 50m: 30.71 30.71 100m: 1:07.36 36.65	98	Sport Alges e Dafundo	5:11.28 150m: 1:47.79 40.43 250m: 3:04.57 37.46 350m: 4:19.15 35.49 200m: 2:27.11 39.32 300m: 3:43.66 39.09 400m: 4:53.00 33.85	<b>4:53.00</b>	576
2.	David Matias Cristino 50m: 29.57 29.57 100m: 1:03.61 34.04	01	Soc.Filarmónica União A. Piedense	4:41.69 150m: 1:41.79 38.18 250m: 3:01.42 42.80 350m: 4:20.39 35.06 200m: 2:18.62 36.83 300m: 3:45.33 43.91 400m: 4:54.01 33.62	<b>4:54.01</b>	570
3.	Ricardo Martins Bras 50m: 31.09 31.09 100m: 1:08.52 37.43	01	Vikings Sports Club	5:11.28 150m: 1:46.38 37.86 250m: 3:04.40 40.27 350m: 4:21.96 34.22 200m: 2:24.13 37.75 300m: 3:47.74 43.34 400m: 4:55.17 33.21	<b>4:55.17</b>	563
4.	Joao Carlos Santos 50m: 31.31 31.31 100m: 1:07.43 36.12	96	Soc.Filarmónica União A. Piedense	5:11.28 150m: 1:48.21 40.78 250m: 3:13.77 45.48 350m: 4:35.58 35.73 200m: 2:28.29 40.08 300m: 3:59.85 46.08 400m: 5:09.65 34.07	<b>5:09.65</b>	488

Absolutos

1.	Bernardo Victorino Almeida 50m: 29.54 29.54 100m: 1:03.28 33.74	04	Sporting Clube de Portugal	4:46.65 150m: 1:42.62 39.34 250m: 3:01.83 42.06 350m: 4:13.13 30.23 200m: 2:19.77 37.15 300m: 3:42.90 41.07 400m: 4:43.05 29.92	<b>4:43.05</b>	639
2.	Vasco Alves Morgado 50m: 30.30 30.30 100m: 1:05.51 35.21	05	Sport Alges e Dafundo	4:57.08 150m: 1:44.50 38.99 250m: 3:04.70 40.78 350m: 4:19.37 32.79 200m: 2:23.92 39.42 300m: 3:46.58 41.88 400m: 4:51.48 32.11	<b>4:51.48</b>	585
3.	Joao Lourenco Rebelo 50m: 29.77 29.77 100m: 1:05.37 35.60	04	Sport Alges e Dafundo	5:17.42 150m: 1:45.41 40.04 250m: 3:04.62 38.76 350m: 4:19.22 34.35 200m: 2:25.86 40.45 300m: 3:44.87 40.25 400m: 4:52.01 32.79	<b>4:52.01</b>	582
4.	Hugo Pon 50m: 30.71 30.71 100m: 1:07.36 36.65	98	Sport Alges e Dafundo	5:11.28 150m: 1:47.79 40.43 250m: 3:04.57 37.46 350m: 4:19.15 35.49 200m: 2:27.11 39.32 300m: 3:43.66 39.09 400m: 4:53.00 33.85	<b>4:53.00</b>	576
5.	David Matias Cristino 50m: 29.57 29.57 100m: 1:03.61 34.04	01	Soc.Filarmónica União A. Piedense	4:41.69 150m: 1:41.79 38.18 250m: 3:01.42 42.80 350m: 4:20.39 35.06 200m: 2:18.62 36.83 300m: 3:45.33 43.91 400m: 4:54.01 33.62	<b>4:54.01</b>	570
6.	Manuel Angelo Pereira 50m: 30.15 30.15 100m: 1:05.63 35.48	05	Sporting Clube de Portugal	4:47.49 150m: 1:43.50 37.87 250m: 3:04.38 42.93 350m: 4:22.75 33.17 200m: 2:21.45 37.95 300m: 3:49.58 45.20 400m: 4:55.11 32.36	<b>4:55.11</b>	564
7.	Ricardo Martins Bras 50m: 31.09 31.09 100m: 1:08.52 37.43	01	Vikings Sports Club	5:11.28 150m: 1:46.38 37.86 250m: 3:04.40 40.27 350m: 4:21.96 34.22 200m: 2:24.13 37.75 300m: 3:47.74 43.34 400m: 4:55.17 33.21	<b>4:55.17</b>	563
8.	Kaio Araujo Faftine 50m: 29.64 29.64 100m: 1:05.63 35.99	06	Sporting Clube de Portugal	4:57.38 150m: 1:44.21 38.58 250m: 3:05.18 42.67 350m: 4:24.21 35.56 200m: 2:22.51 38.30 300m: 3:48.65 43.47 400m: 4:57.70 33.49	<b>4:57.70</b>	549

Prova 11, Masc., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
9.	Goncalo Duarte Carvalho 50m: 30.70 30.70 100m: 1:06.44 35.74	05	Sport Lisboa e Benfica	5:28.93 150m: 1:47.77 41.33 250m: 3:08.38 40.69 350m: 4:24.51 34.21 200m: 2:27.89 39.92 300m: 3:50.30 41.92 400m: 4:57.82 33.31	<b>4:57.82</b>	548
10.	Tiago Almeida Correia 50m: 31.02 31.02 100m: 1:06.78 35.76	06	Clube Natacao do Montijo	5:00.93 150m: 1:47.22 40.44 250m: 3:09.34 43.94 350m: 4:27.28 33.66 200m: 2:25.40 38.18 300m: 3:53.62 44.28 400m: 4:59.87 32.59	<b>4:59.87</b>	537
11.	Miguel Costa Simoes 50m: 30.27 30.27 100m: 1:07.29 37.02	04	Soc.Filarmónica União A. Piedense	5:17.42 150m: 1:48.47 41.18 250m: 3:12.13 43.54 350m: 4:28.95 33.13 200m: 2:28.59 40.12 300m: 3:55.82 43.69 400m: 5:00.89 31.94	<b>5:00.89</b>	532
12.	Simao Lopes Oliveira 50m: 30.70 30.70 100m: 1:06.13 35.43	05	Clube Naval Setubalense	4:59.96 150m: 1:47.16 41.03 250m: 3:09.03 41.41 350m: 4:26.27 34.86 200m: 2:27.62 40.46 300m: 3:51.41 42.38 400m: 5:00.99 34.72	<b>5:00.99</b>	531
13.	Guilherme Fernandes Baptista 50m: 30.95 30.95 100m: 1:05.99 35.04	06	Sport Lisboa e Benfica	5:01.78 150m: 1:46.82 40.83 250m: 3:09.93 43.46 350m: 4:28.63 33.04 200m: 2:26.47 39.65 300m: 3:55.59 45.66 400m: 5:02.31 33.68	<b>5:02.31</b>	524
14.	Jose Alves Monteiro 50m: 30.35 30.35 100m: 1:07.00 36.65	05	Clube Futebol Os Belenenses	5:13.46 150m: 1:47.84 40.84 250m: 3:10.50 43.35 350m: 4:31.17 36.02 200m: 2:27.15 39.31 300m: 3:55.15 44.65 400m: 5:05.67 34.50	<b>5:05.67</b>	507
15.	Nick Heinio-Widell 50m: 30.26 30.26 100m: 1:05.64 35.38	05	Sport Alges e Dafundo	5:22.02 150m: 1:46.22 40.58 250m: 3:10.52 43.72 350m: 4:32.46 36.62 200m: 2:26.80 40.58 300m: 3:55.84 45.32 400m: 5:06.92 34.46	<b>5:06.92</b>	501
16.	Tomas Nunes Roque 50m: 30.65 30.65 100m: 1:05.87 35.22	06	Sport Lisboa e Benfica	5:34.26 150m: 1:48.15 42.28 250m: 3:13.19 43.97 350m: 4:33.87 35.06 200m: 2:29.22 41.07 300m: 3:58.81 45.62 400m: 5:07.23 33.36	<b>5:07.23</b>	499
17.	Axel Guedes Asmar 50m: 31.30 31.30 100m: 1:07.59 36.29	07	Sporting Clube de Portugal	5:27.72 150m: 1:49.71 42.12 250m: 3:15.90 44.46 350m: 4:35.67 34.45 200m: 2:31.44 41.73 300m: 4:01.22 45.32 400m: 5:08.48 32.81	<b>5:08.48</b>	493
18.	Joao Carlos Santos 50m: 31.31 31.31 100m: 1:07.43 36.12	96	Soc.Filarmónica União A. Piedense	5:11.28 150m: 1:48.21 40.78 250m: 3:13.77 45.48 350m: 4:35.58 35.73 200m: 2:28.29 40.08 300m: 3:59.85 46.08 400m: 5:09.65 34.07	<b>5:09.65</b>	488
19.	Francisc Gututui 50m: 31.53 31.53 100m: 1:07.93 36.40	05	Sport Alges e Dafundo	5:09.40 150m: 1:50.20 42.27 250m: 3:14.36 42.81 350m: 4:35.56 37.48 200m: 2:31.55 41.35 300m: 3:58.08 43.72 400m: 5:12.10 36.54	<b>5:12.10</b>	476
20.	Rodrigo Andrade Mesquita 50m: 31.97 31.97 100m: 1:08.94 36.97	06	Sporting Clube de Portugal	5:06.47 150m: 1:52.56 43.62 250m: 3:17.38 44.07 350m: 4:39.37 37.53 200m: 2:33.31 40.75 300m: 4:01.84 44.46 400m: 5:13.43 34.06	<b>5:13.43</b>	470
21.	Diogo Morgado Figueira 50m: 30.49 30.49 100m: 1:06.56 36.07	06	Centro Popular de Cultura e Desporto	5:07.41 150m: 1:47.07 40.51 250m: 3:15.16 47.60 350m: 4:40.32 36.10 200m: 2:27.56 40.49 300m: 4:04.22 49.06 400m: 5:17.00 36.68	<b>5:17.00</b>	455
22.	Rodrigo Piteira Maio 50m: 33.95 33.95 100m: 1:12.56 38.61	06	Clube Futebol Os Belenenses	5:19.18 150m: 1:57.13 44.57 250m: 3:30.09 48.36 350m: 4:56.24 35.59 200m: 2:41.73 44.60 300m: 4:20.65 50.56 400m: 5:31.23 34.99	<b>5:31.23</b>	398
DSQ	Andre Correia Alves	06	Soc.Filarmónica União A. Piedense	4:51.56		

*E-B35 - No percurso de braços, efect. múltiplas pernadas de golfinho após a viragem aos 250 metros (SW 7.1)*