

Prova 30 Masc., 400m Livres Absolutos
13.03.2022 - 11:03 Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo Lopes	SCB	Barcelona (ESP)	2021
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	4:01.41	Bernardo Victorino Almeida	SCP	Oeiras	2021
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 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Andre Miguel Ramos <i>Campeão Regional Juvenis B</i>	07	Assoc Ed. Fisica Desp. Torres Vedras	4:56.06	4:34.63	514
	50m: 30.02 30.02	150m: 1:40.33 35.92	250m: 2:50.96 34.83	350m: 4:02.52 36.18		
	100m: 1:04.41 34.39	200m: 2:16.13 35.80	300m: 3:26.34 35.38	400m: 4:34.63 32.11		
2.	Leonardo Conceicao Reis	07	Sporting Clube de Portugal	4:44.25	4:37.52	498
	50m: 31.31 31.31	150m: 1:41.38 35.68	250m: 2:53.93 36.41	350m: 4:03.82 33.50		
	100m: 1:05.70 34.39	200m: 2:17.52 36.14	300m: 3:30.32 36.39	400m: 4:37.52 33.70		
3.	Joao Pedro Carapinha	07	Soc.Filarmónica União A. Piedense	4:32.94	4:38.54	493
	50m: 31.44 31.44	150m: 1:40.96 35.27	250m: 2:52.00 35.29	350m: 4:02.83 35.71		
	100m: 1:05.69 34.25	200m: 2:16.71 35.75	300m: 3:27.12 35.12	400m: 4:38.54 35.71		
4.	Miguel Braga Gomes	07	Sporting Clube de Portugal	4:42.12	4:40.84	481
	50m: 32.50 32.50	150m: 1:43.55 36.11	250m: 2:55.16 35.92	350m: 4:06.20 35.10		
	100m: 1:07.44 34.94	200m: 2:19.24 35.69	300m: 3:31.10 35.94	400m: 4:40.84 34.64		
5.	Tomas Santos Braga	07	Clube Natacao Colegio Vasco da Gama	5:03.88	4:45.16	459
	50m: 30.12 30.12	150m: 1:39.41 35.43	250m: 2:52.46 36.69	350m: 4:08.44 37.62		
	100m: 1:03.98 33.86	200m: 2:15.77 36.36	300m: 3:30.82 38.36	400m: 4:45.16 36.72		
6.	Daniel Casaca Carvalho	07	Clube Natacao Colegio Vasco da Gama	5:01.64	4:49.41	439
	50m: 30.81 30.81	150m: 1:42.76 37.11	250m: 2:59.05 37.81	350m: 4:13.26 37.39		
	100m: 1:05.65 34.84	200m: 2:21.24 38.48	300m: 3:35.87 36.82	400m: 4:49.41 36.15		

Juvenis A

1.	Joao Almeida Gomes <i>Campeão Regional Juvenis A</i>	06	Clube Nacional de Nataçao	4:25.14	4:26.25	564
	50m: 29.67 29.67	150m: 1:36.32 33.51	250m: 2:44.47 33.94	350m: 3:52.74 33.98		
	100m: 1:02.81 33.14	200m: 2:10.53 34.21	300m: 3:18.76 34.29	400m: 4:26.25 33.51		
2.	Antonio Coelho Vieira	06	Sporting Clube de Portugal	4:34.15	4:34.04	517
	50m: 30.80 30.80	150m: 1:39.62 35.11	250m: 2:49.13 35.01	350m: 4:01.16 35.58		
	100m: 1:04.51 33.71	200m: 2:14.12 34.50	300m: 3:25.58 36.45	400m: 4:34.04 32.88		
3.	Pedro Crispim Jorge	06	Soc.Filarmónica União A. Piedense	4:51.92	4:34.84	513
	50m: 31.07 31.07	150m: 1:39.49 35.22	250m: 2:50.59 36.45	350m: 4:01.85 36.20		
	100m: 1:04.27 33.20	200m: 2:14.14 34.65	300m: 3:25.65 35.06	400m: 4:34.84 32.99		
4.	Tiago Ventura Chao	06	Clube Naval Setubalense	4:27.70	4:35.28	510
	50m: 30.62 30.62	150m: 1:40.34 35.82	250m: 2:52.34 36.37	350m: 4:02.33 34.41		
	100m: 1:04.52 33.90	200m: 2:15.97 35.63	300m: 3:27.92 35.58	400m: 4:35.28 32.95		
5.	Manuel Costa Simoes	06	Soc.Filarmónica União A. Piedense	4:33.07	4:36.11	506
	50m: 30.27 30.27	150m: 1:37.78 33.90	250m: 2:48.76 35.68	350m: 4:01.04 36.01		
	100m: 1:03.88 33.61	200m: 2:13.08 35.30	300m: 3:25.03 36.27	400m: 4:36.11 35.07		
6.	Afonso Silvestre Almeida	06	Clube Natacao da Amadora	4:29.49	4:39.26	489
	50m: 31.47 31.47	150m: 1:40.90 36.00	250m: 2:52.30 35.91	350m: 4:04.83 35.65		
	100m: 1:04.90 33.43	200m: 2:16.39 35.49	300m: 3:29.18 36.88	400m: 4:39.26 34.43		
7.	Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	4:45.38	4:57.24	405
	50m: 33.97 33.97	150m: 1:50.25 38.67	250m: 3:06.67 37.97	350m: 4:21.54 37.28		
	100m: 1:11.58 37.61	200m: 2:28.70 38.45	300m: 3:44.26 37.59	400m: 4:57.24 35.70		

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Juniores

1. Bernardo Jorge Simoes <i>Campeão Regional Junior</i>	04	Clube Natacao Colegio Vasco da Gama	4:04.88	4:14.97	643
50m: 28.23 28.23	150m: 1:30.60 31.58	250m: 2:35.78 32.96	350m: 3:41.96 33.16		
100m: 59.02 30.79	200m: 2:02.82 32.22	300m: 3:08.80 33.02	400m: 4:14.97 33.01		
2. Miguel Costa Simoes	04	Soc.Filarmónica União A. Piedense	4:09.12	4:20.17	605
50m: 29.15 29.15	150m: 1:34.07 32.71	250m: 2:40.55 33.25	350m: 3:47.64 33.32		
100m: 1:01.36 32.21	200m: 2:07.30 33.23	300m: 3:14.32 33.77	400m: 4:20.17 32.53		
3. Tiago Miguel Trombinhas	04	ADR Colegio Int Monte Maior	4:28.59	4:25.51	569
50m: 30.15 30.15	150m: 1:36.02 33.39	250m: 2:44.25 34.32	350m: 3:52.75 34.01		
100m: 1:02.63 32.48	200m: 2:09.93 33.91	300m: 3:18.74 34.49	400m: 4:25.51 32.76		
4. Francisco Sousa Uva	04	Sport Alges e Dafundo	4:32.25	4:35.54	509
50m: 29.76 29.76	150m: 1:37.23 34.19	250m: 2:48.48 35.73	350m: 4:00.36 35.84		
100m: 1:03.04 33.28	200m: 2:12.75 35.52	300m: 3:24.52 36.04	400m: 4:35.54 35.18		
5. Simao Lopes Oliveira <i>FTL (Fora Tempo Limite)</i>	05	Clube Naval Setubalense	4:50.73	4:45.39	458
50m: 32.43 32.43	150m: 1:44.26 36.27	250m: 2:57.22 36.56	350m: 4:09.42 35.54		
100m: 1:07.99 35.56	200m: 2:20.66 36.40	300m: 3:33.88 36.66	400m: 4:45.39 35.97		

Seniores

1. Bruno Miguel Ramos <i>Campeão Regional Sénior</i>	97	Clube Futebol Os Belenenses	4:03.59	4:08.84	691
50m: 27.72 27.72	150m: 1:29.74 31.34	250m: 2:33.18 31.49	350m: 3:37.52 31.66		
100m: 58.40 30.68	200m: 2:01.69 31.95	300m: 3:05.86 32.68	400m: 4:08.84 31.32		
2. Rodrigo Reis Dias	03	Clube Futebol Os Belenenses	4:39.02	4:24.23	577
50m: 30.68 30.68	150m: 1:38.28 33.19	250m: 2:44.37 32.67	350m: 3:51.38 32.48		
100m: 1:05.09 34.41	200m: 2:11.70 33.42	300m: 3:18.90 34.53	400m: 4:24.23 32.85		
3. Alexandre Coelho Vieira	03	Sporting Clube de Portugal	4:20.51	4:26.74	561
50m: 29.23 29.23	150m: 1:35.34 34.28	250m: 2:44.22 35.01	350m: 3:53.47 34.91		
100m: 1:01.06 31.83	200m: 2:09.21 33.87	300m: 3:18.56 34.34	400m: 4:26.74 33.27		
4. Daniel Alexandre Ascenso	03	Gesloures - Gestão Equipamentos E.M.	4:22.78	4:29.53	544
50m: 31.05 31.05	150m: 1:39.45 35.24	250m: 2:48.96 34.90	350m: 3:57.67 34.42		
100m: 1:04.21 33.16	200m: 2:14.06 34.61	300m: 3:23.25 34.29	400m: 4:29.53 31.86		
5. Joao Carlos Santos	96	Soc.Filarmónica União A. Piedense	4:12.97	4:29.75	542
50m: 29.30 29.30	150m: 1:33.84 33.29	250m: 2:43.58 35.58	350m: 3:55.01 36.06		
100m: 1:00.55 31.25	200m: 2:08.00 34.16	300m: 3:18.95 35.37	400m: 4:29.75 34.74		
6. Luis Carlos Correia <i>FTL (Fora Tempo Limite)</i>	03	Soc.Filarmónica União A. Piedense	4:22.54	4:34.34	516
50m: 28.59 28.59	150m: 1:36.14 34.98	250m: 2:47.59 35.43	350m: 3:59.58 35.97		
100m: 1:01.16 32.57	200m: 2:12.16 36.02	300m: 3:23.61 36.02	400m: 4:34.34 34.76		

DNS Afonso Mateus Ribeiro 95 Clube Futebol Os Belenenses 4:19.66

Absolutos

1. Bruno Miguel Ramos	97	Clube Futebol Os Belenenses	4:03.59	4:08.84	691
50m: 27.72 27.72	150m: 1:29.74 31.34	250m: 2:33.18 31.49	350m: 3:37.52 31.66		
100m: 58.40 30.68	200m: 2:01.69 31.95	300m: 3:05.86 32.68	400m: 4:08.84 31.32		
2. Bernardo Jorge Simoes	04	Clube Natacao Colegio Vasco da Gama	4:04.88	4:14.97	643
50m: 28.23 28.23	150m: 1:30.60 31.58	250m: 2:35.78 32.96	350m: 3:41.96 33.16		
100m: 59.02 30.79	200m: 2:02.82 32.22	300m: 3:08.80 33.02	400m: 4:14.97 33.01		
3. Miguel Costa Simoes	04	Soc.Filarmónica União A. Piedense	4:09.12	4:20.17	605
50m: 29.15 29.15	150m: 1:34.07 32.71	250m: 2:40.55 33.25	350m: 3:47.64 33.32		
100m: 1:01.36 32.21	200m: 2:07.30 33.23	300m: 3:14.32 33.77	400m: 4:20.17 32.53		
4. Rodrigo Reis Dias	03	Clube Futebol Os Belenenses	4:39.02	4:24.23	577
50m: 30.68 30.68	150m: 1:38.28 33.19	250m: 2:44.37 32.67	350m: 3:51.38 32.48		
100m: 1:05.09 34.41	200m: 2:11.70 33.42	300m: 3:18.90 34.53	400m: 4:24.23 32.85		
5. Tiago Miguel Trombinhas	04	ADR Colegio Int Monte Maior	4:28.59	4:25.51	569
50m: 30.15 30.15	150m: 1:36.02 33.39	250m: 2:44.25 34.32	350m: 3:52.75 34.01		
100m: 1:02.63 32.48	200m: 2:09.93 33.91	300m: 3:18.74 34.49	400m: 4:25.51 32.76		

Prova 30, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
6.	Joao Almeida Gomes	06	Clube Nacional de Nataç�o	4:25.14	4:26.25	564
	50m: 29.67 29.67	150m: 1:36.32 33.51	250m: 2:44.47 33.94	350m: 3:52.74 33.98		
	100m: 1:02.81 33.14	200m: 2:10.53 34.21	300m: 3:18.76 34.29	400m: 4:26.25 33.51		
7.	Alexandre Coelho Vieira	03	Sporting Clube de Portugal	4:20.51	4:26.74	561
	50m: 29.23 29.23	150m: 1:35.34 34.28	250m: 2:44.22 35.01	350m: 3:53.47 34.91		
	100m: 1:01.06 31.83	200m: 2:09.21 33.87	300m: 3:18.56 34.34	400m: 4:26.74 33.27		
8.	Daniel Alexandre Ascenso	03	Geslours - Gest�o Equipamentos E.M.	4:22.78	4:29.53	544
	50m: 31.05 31.05	150m: 1:39.45 35.24	250m: 2:48.96 34.90	350m: 3:57.67 34.42		
	100m: 1:04.21 33.16	200m: 2:14.06 34.61	300m: 3:23.25 34.29	400m: 4:29.53 31.86		
9.	Joao Carlos Santos	96	Soc.Filarm�nica Uni�o A. Piedense	4:12.97	4:29.75	542
	50m: 29.30 29.30	150m: 1:33.84 33.29	250m: 2:43.58 35.58	350m: 3:55.01 36.06		
	100m: 1:00.55 31.25	200m: 2:08.00 34.16	300m: 3:18.95 35.37	400m: 4:29.75 34.74		
10.	Antonio Coelho Vieira	06	Sporting Clube de Portugal	4:34.15	4:34.04	517
	50m: 30.80 30.80	150m: 1:39.62 35.11	250m: 2:49.13 35.01	350m: 4:01.16 35.58		
	100m: 1:04.51 33.71	200m: 2:14.12 34.50	300m: 3:25.58 36.45	400m: 4:34.04 32.88		
11.	Luis Carlos Correia <i>FTL (Fora Tempo Limite)</i>	03	Soc.Filarm�nica Uni�o A. Piedense	4:22.54	4:34.34	516
	50m: 28.59 28.59	150m: 1:36.14 34.98	250m: 2:47.59 35.43	350m: 3:59.58 35.97		
	100m: 1:01.16 32.57	200m: 2:12.16 36.02	300m: 3:23.61 36.02	400m: 4:34.34 34.76		
12.	Andre Miguel Ramos	07	Assoc Ed. Fisica Desp. Torres Vedras	4:56.06	4:34.63	514
	50m: 30.02 30.02	150m: 1:40.33 35.92	250m: 2:50.96 34.83	350m: 4:02.52 36.18		
	100m: 1:04.41 34.39	200m: 2:16.13 35.80	300m: 3:26.34 35.38	400m: 4:34.63 32.11		
13.	Pedro Crispim Jorge	06	Soc.Filarm�nica Uni�o A. Piedense	4:51.92	4:34.84	513
	50m: 31.07 31.07	150m: 1:39.49 35.22	250m: 2:50.59 36.45	350m: 4:01.85 36.20		
	100m: 1:04.27 33.20	200m: 2:14.14 34.65	300m: 3:25.65 35.06	400m: 4:34.84 32.99		
14.	Tiago Ventura Chao	06	Clube Naval Setubalense	4:27.70	4:35.28	510
	50m: 30.62 30.62	150m: 1:40.34 35.82	250m: 2:52.34 36.37	350m: 4:02.33 34.41		
	100m: 1:04.52 33.90	200m: 2:15.97 35.63	300m: 3:27.92 35.58	400m: 4:35.28 32.95		
15.	Francisco Sousa Uva	04	Sport Alges e Dafundo	4:32.25	4:35.54	509
	50m: 29.76 29.76	150m: 1:37.23 34.19	250m: 2:50.59 35.73	350m: 4:00.36 35.84		
	100m: 1:03.04 33.28	200m: 2:12.75 35.52	300m: 3:24.52 36.04	400m: 4:35.54 35.18		
16.	Manuel Costa Simoes	06	Soc.Filarm�nica Uni�o A. Piedense	4:33.07	4:36.11	506
	50m: 30.27 30.27	150m: 1:37.78 33.90	250m: 2:48.76 35.68	350m: 4:01.04 36.01		
	100m: 1:03.88 33.61	200m: 2:13.08 35.30	300m: 3:25.03 36.27	400m: 4:36.11 35.07		
17.	Leonardo Conceicao Reis	07	Sporting Clube de Portugal	4:44.25	4:37.52	498
	50m: 31.31 31.31	150m: 1:41.38 35.68	250m: 2:53.93 36.41	350m: 4:03.82 33.50		
	100m: 1:05.70 34.39	200m: 2:17.52 36.14	300m: 3:30.32 36.39	400m: 4:37.52 33.70		
18.	Joao Pedro Carapinha	07	Soc.Filarm�nica Uni�o A. Piedense	4:32.94	4:38.54	493
	50m: 31.44 31.44	150m: 1:40.96 35.27	250m: 2:52.00 35.29	350m: 4:02.83 35.71		
	100m: 1:05.69 34.25	200m: 2:16.71 35.75	300m: 3:27.12 35.12	400m: 4:38.54 35.71		
19.	Afonso Silvestre Almeida	06	Clube Natacao da Amadora	4:29.49	4:39.26	489
	50m: 31.47 31.47	150m: 1:40.90 36.00	250m: 2:52.30 35.91	350m: 4:04.83 35.65		
	100m: 1:04.90 33.43	200m: 2:16.39 35.49	300m: 3:29.18 36.88	400m: 4:39.26 34.43		
20.	Miguel Braga Gomes	07	Sporting Clube de Portugal	4:42.12	4:40.84	481
	50m: 32.50 32.50	150m: 1:43.55 36.11	250m: 2:55.16 35.92	350m: 4:06.20 35.10		
	100m: 1:07.44 34.94	200m: 2:19.24 35.69	300m: 3:31.10 35.94	400m: 4:40.84 34.64		
21.	Tomas Santos Braga	07	Clube Natacao Colegio Vasco da Gama	5:03.88	4:45.16	459
	50m: 30.12 30.12	150m: 1:39.41 35.43	250m: 2:52.46 36.69	350m: 4:08.44 37.62		
	100m: 1:03.98 33.86	200m: 2:15.77 36.36	300m: 3:30.82 38.36	400m: 4:45.16 36.72		
22.	Simao Lopes Oliveira <i>FTL (Fora Tempo Limite)</i>	05	Clube Naval Setubalense	4:50.73	4:45.39	458
	50m: 32.43 32.43	150m: 1:44.26 36.27	250m: 2:57.22 36.56	350m: 4:09.42 35.54		
	100m: 1:07.99 35.56	200m: 2:20.66 36.40	300m: 3:33.88 36.66	400m: 4:45.39 35.97		
23.	Daniel Casaca Carvalho	07	Clube Natacao Colegio Vasco da Gama	5:01.64	4:49.41	439
	50m: 30.81 30.81	150m: 1:42.76 37.11	250m: 2:59.05 37.81	350m: 4:13.26 37.39		
	100m: 1:05.65 34.84	200m: 2:21.24 38.48	300m: 3:35.87 36.82	400m: 4:49.41 36.15		
24.	Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	4:45.38	4:57.24	405
	50m: 33.97 33.97	150m: 1:50.25 38.67	250m: 3:06.67 37.97	350m: 4:21.54 37.28		
	100m: 1:11.58 37.61	200m: 2:28.70 38.45	300m: 3:44.26 37.59	400m: 4:57.24 35.70		

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Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
DNS	Afonso Mateus Ribeiro	95	Clube Futebol Os Belenenses	4:19.66		