

Prova 2	Masc., 400m Livres				Absoluto
08.05.2022 - 9:13	Absolutos (NP)				Resultados
Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:11.51	Rodrigo Reis Dias	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv B	4:03.15	Bernardo Victorino Almeida	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.33	Afonso Silvestre Almeida	POR	Sto Antº Cavaleiros	20.06.2019
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.57	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	16.12.2021

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Joao Pedro Monteiro	08	BUZIOS - Coruche	4:52.70	4:47.36	402
	50m: 33.06 33.06 100m: 1:08.54 35.48		150m: 2:22.20 250m: 3:35.80 200m: 2:22.20 300m: 3:35.80		350m: 4:47.36 400m: 4:47.36	
2.	Romulo Artur Silva	08	Eléctrico	4:48.10	4:47.92	400
	50m: 32.82 32.82 100m: 1:09.40 36.58		150m: 2:23.18 250m: 3:36.53 200m: 2:23.18 300m: 3:36.53		350m: 4:47.92 400m: 4:47.92	
3.	David Filipe Boleo	08	Sporting	4:58.57	5:00.28	353
	50m: 32.71 32.71 100m: 1:09.09 36.38		150m: 2:26.06 250m: 3:43.90 200m: 2:26.06 300m: 3:43.90		350m: 5:00.28 400m: 5:00.28	
4.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:06.36	5:08.23	326
	50m: 34.20 34.20 100m: 1:12.33 38.13		150m: 2:30.54 250m: 3:49.42 200m: 2:30.54 300m: 3:49.42		350m: 5:08.23 400m: 5:08.23	
5.	Vasco Frischknecht Oliveira	08	Algés	5:45.00	5:16.75	300
	50m: 34.75 34.75 100m: 1:14.62 39.87		150m: 2:36.06 250m: 4:00.59 200m: 2:36.06 300m: 4:00.59		350m: 5:16.75 400m: 5:16.75	
6.	Goncalo Filipe Marques	08	CPCD - Póvoa Sta Iria	5:20.40	5:17.31	299
	50m: 34.61 34.61 100m: 1:13.40 38.79		150m: 2:34.84 250m: 3:58.63 200m: 2:34.84 300m: 3:58.63		350m: 5:17.31 400m: 5:17.31	
7.	Joao Filipe Prazeres	08	Gesloures	5:18.02	5:19.06	294
	50m: 32.62 32.62 100m: 1:11.50 38.88		150m: 2:33.62 250m: 3:58.50 200m: 2:33.62 300m: 3:58.50		350m: 5:19.06 400m: 5:19.06	
8.	Jose Pedro Salvadinho	08	Nacional de Natação	5:31.38	5:22.88	284
	50m: 35.49 35.49 100m: 1:16.16 40.67		150m: 2:40.24 250m: 4:04.24 200m: 2:40.24 300m: 4:04.24		350m: 5:22.88 400m: 5:22.88	
9.	Miguel Ratinho Rocha	09	Naval Setubalense	5:40.72	5:23.81	281
	50m: 35.31 35.31 100m: 1:15.59 40.28		150m: 2:38.15 250m: 4:02.78 200m: 2:38.15 300m: 4:02.78		350m: 5:23.81 400m: 5:23.81	
Absoluto						
1.	Joao Pedro Monteiro	08	BUZIOS - Coruche	4:52.70	4:47.36	402
	50m: 33.06 33.06 100m: 1:08.54 35.48		150m: 2:22.20 250m: 3:35.80 200m: 2:22.20 300m: 3:35.80		350m: 4:47.36 400m: 4:47.36	
2.	Romulo Artur Silva	08	Eléctrico	4:48.10	4:47.92	400
	50m: 32.82 32.82 100m: 1:09.40 36.58		150m: 2:23.18 250m: 3:36.53 200m: 2:23.18 300m: 3:36.53		350m: 4:47.92 400m: 4:47.92	
3.	David Filipe Boleo	08	Sporting	4:58.57	5:00.28	353
	50m: 32.71 32.71 100m: 1:09.09 36.38		150m: 2:26.06 250m: 3:43.90 200m: 2:26.06 300m: 3:43.90		350m: 5:00.28 400m: 5:00.28	
4.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:06.36	5:08.23	326
	50m: 34.20 34.20 100m: 1:12.33 38.13		150m: 2:30.54 250m: 3:49.42 200m: 2:30.54 300m: 3:49.42		350m: 5:08.23 400m: 5:08.23	
5.	Vasco Frischknecht Oliveira	08	Algés	5:45.00	5:16.75	300
	50m: 34.75 34.75 100m: 1:14.62 39.87		150m: 2:36.06 250m: 4:00.59 200m: 2:36.06 300m: 4:00.59		350m: 5:16.75 400m: 5:16.75	
6.	Goncalo Filipe Marques	08	CPCD - Póvoa Sta Iria	5:20.40	5:17.31	299
	50m: 34.61 34.61 100m: 1:13.40 38.79		150m: 2:34.84 250m: 3:58.63 200m: 2:34.84 300m: 3:58.63		350m: 5:17.31 400m: 5:17.31	
7.	Joao Filipe Prazeres	08	Gesloures	5:18.02	5:19.06	294
	50m: 32.62 32.62 100m: 1:11.50 38.88		150m: 2:33.62 250m: 3:58.50 200m: 2:33.62 300m: 3:58.50		350m: 5:19.06 400m: 5:19.06	
8.	Jose Pedro Salvadinho	08	Nacional de Natação	5:31.38	5:22.88	284
	50m: 35.49 35.49 100m: 1:16.16 40.67		150m: 2:40.24 250m: 4:04.24 200m: 2:40.24 300m: 4:04.24		350m: 5:22.88 400m: 5:22.88	

Prova 2, Masc., 400m Livres, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
9.	Miguel Ratinho Rocha	09	Naval Setubalense	5:40.72	5:23.81	281
	50m: 35.31 35.31	150m:	250m:	350m:	400m:	
	100m: 1:15.59 40.28	200m: 2:38.15	300m: 4:02.78	400m: 5:23.81		

Infantis B

1.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:06.36	5:08.23	326
	50m: 34.20 34.20	150m:	250m:	350m:	400m:	
	100m: 1:12.33 38.13	200m: 2:30.54	300m: 3:49.42	400m: 5:08.23		
2.	Miguel Ratinho Rocha	09	Naval Setubalense	5:40.72	5:23.81	281
	50m: 35.31 35.31	150m:	250m:	350m:	400m:	
	100m: 1:15.59 40.28	200m: 2:38.15	300m: 4:02.78	400m: 5:23.81		

Infantis A

1.	Joao Pedro Monteiro	08	BUZIOS - Coruche	4:52.70	4:47.36	402
	50m: 33.06 33.06	150m:	250m:	350m:	400m:	
	100m: 1:08.54 35.48	200m: 2:22.20	300m: 3:35.80	400m: 4:47.36		
2.	Romulo Artur Silva	08	Eléctrico	4:48.10	4:47.92	400
	50m: 32.82 32.82	150m:	250m:	350m:	400m:	
	100m: 1:09.40 36.58	200m: 2:23.18	300m: 3:36.53	400m: 4:47.92		
3.	David Filipe Boleo	08	Sporting	4:58.57	5:00.28	353
	50m: 32.71 32.71	150m:	250m:	350m:	400m:	
	100m: 1:09.09 36.38	200m: 2:26.06	300m: 3:43.90	400m: 5:00.28		
4.	Vasco Frischknecht Oliveira	08	Algés	5:45.00	5:16.75	300
	50m: 34.75 34.75	150m:	250m:	350m:	400m:	
	100m: 1:14.62 39.87	200m: 2:36.06	300m: 4:00.59	400m: 5:16.75		
5.	Goncalo Filipe Marques	08	CPCD - Póvoa Sta Iria	5:20.40	5:17.31	299
	50m: 34.61 34.61	150m:	250m:	350m:	400m:	
	100m: 1:13.40 38.79	200m: 2:34.84	300m: 3:58.63	400m: 5:17.31		
6.	Joao Filipe Prazeres	08	Gesloures	5:18.02	5:19.06	294
	50m: 32.62 32.62	150m:	250m:	350m:	400m:	
	100m: 1:11.50 38.88	200m: 2:33.62	300m: 3:58.50	400m: 5:19.06		
7.	Jose Pedro Salvadinho	08	Nacional de Natação	5:31.38	5:22.88	284
	50m: 35.49 35.49	150m:	250m:	350m:	400m:	
	100m: 1:16.16 40.67	200m: 2:40.24	300m: 4:04.24	400m: 5:22.88		
EXH	Francisco Gabriel Freitas	09	Gesloures	5:26.55	5:22.81	284
	50m: 35.62 35.62	150m:	250m:	350m:	400m:	
	100m: 1:15.76 40.14	200m: 2:38.45	300m: 4:01.95	400m: 5:22.81		
EXH	Joao Pedro Sousa	09	Gesloures	5:45.00	5:29.43	267
	50m: 35.96 35.96	150m:	250m:	350m:	400m:	
	100m: 1:16.21 40.25	200m: 2:39.37	300m: 4:04.87	400m: 5:29.43		