

Event 5 Men, 400m Freestyle Absolutos/All
12.02.2022 Results Prelim

Rec Mundial / World Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Europeu / European Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Meeting / Meeting Record	3:53.88	BERNEK Peter	HUN	Lisboa	2017
Rec Nacional / Port.Nat Record	3:50.56	LOPES Jose Paulo	SCB	Barcelona (ESP)	2021

Meeting Access Time Jun&Sen: 4:26.00; Juv: 4:49.00

Points: FINA 2021

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
1.	LOPES Jose Paulo	00	Braga	4:06.21		714 A
	50m: 28.47 28.47	150m: 1:30.55 31.14	250m: 2:32.77 30.85	350m: 3:35.42 31.38		
	100m: 59.41 30.94	200m: 2:01.92 31.37	300m: 3:04.04 31.27	400m: 4:06.21 30.79		
2.	ALMEIDA Bernardo Victorino	04	Selecao Portugal	4:06.23		713 A
	50m: 27.23 27.23	150m: 1:28.09 30.84	250m: 2:30.98 31.79	350m: 3:34.38 31.81		
	100m: 57.25 30.02	200m: 1:59.19 31.10	300m: 3:02.57 31.59	400m: 4:06.23 31.85		
3.	LOPES Gabriel Jose	97	Selecao de Coimbra	4:07.98		698 A
	50m: 28.94 28.94	150m: 1:31.68 31.11	250m: 2:34.23 30.83	350m: 3:37.04 31.47		
	100m: 1:00.57 31.63	200m: 2:03.40 31.72	300m: 3:05.57 31.34	400m: 4:07.98 30.94		
4.	RAMOS Bruno Miguel	97	Belenenses	4:09.86		683 A
	50m: 27.66 27.66	150m: 1:29.05 31.33	250m: 2:32.52 32.03	350m: 3:38.12 32.82		
	100m: 57.72 30.06	200m: 2:00.49 31.44	300m: 3:05.30 32.78	400m: 4:09.86 31.74		
5.	RIBEIRO Gustavo Carvalhais	03	Sporting	4:10.07		681 A
	50m: 28.56 28.56	150m: 1:30.78 31.28	250m: 2:34.21 31.92	350m: 3:38.51 31.99		
	100m: 59.50 30.94	200m: 2:02.29 31.51	300m: 3:06.52 32.31	400m: 4:10.07 31.56		
6.	BASTOS Lucas Pereira	00	Selecao de Coimbra	4:10.87		675 A
	50m: 28.59 28.59	150m: 1:31.30 31.61	250m: 2:34.87 31.56	350m: 3:39.32 32.28		
	100m: 59.69 31.10	200m: 2:03.31 32.01	300m: 3:07.04 32.17	400m: 4:10.87 31.55		
7.	SPIESS Alexandre Martinenko	98	Sporting	4:11.42		670 A
	50m: 29.36 29.36	150m: 1:31.51 31.35	250m: 2:35.03 31.99	350m: 3:39.54 32.53		
	100m: 1:00.16 30.80	200m: 2:03.04 31.53	300m: 3:07.01 31.98	400m: 4:11.42 31.88		
8.	BARROS Bruno Rey	01	Sporting	4:12.61		661 A
	50m: 29.12 29.12	150m: 1:32.92 32.03	250m: 2:37.32 32.03	350m: 3:41.45 32.06		
	100m: 1:00.89 31.77	200m: 2:05.29 32.37	300m: 3:09.39 32.07	400m: 4:12.61 31.16		
9.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:14.32		647 A
	50m: 28.72 28.72	150m: 1:33.39 32.88	250m: 2:38.52 32.32	350m: 3:43.52 32.29		
	100m: 1:00.51 31.79	200m: 2:06.20 32.81	300m: 3:11.23 32.71	400m: 4:14.32 30.80		
10.	SILVA Afonso Carvalho	05	Famalicao	4:14.46		646 A
	50m: 29.42 29.42	150m: 1:33.72 32.40	250m: 2:39.44 32.80	350m: 3:43.89 31.82		
	100m: 1:01.32 31.90	200m: 2:06.64 32.92	300m: 3:12.07 32.63	400m: 4:14.46 30.57		
11.	COSTA Afonso Filipe	03	Selecao de Coimbra	4:15.56		638 B
	50m: 28.99 28.99	150m: 1:32.58 31.84	250m: 2:37.07 32.32	350m: 3:43.17 33.17		
	100m: 1:00.74 31.75	200m: 2:04.75 32.17	300m: 3:10.00 32.93	400m: 4:15.56 32.39		
12.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:16.75		629 B
	50m: 29.98 29.98	150m: 1:35.28 32.93	250m: 2:40.53 32.43	350m: 3:44.94 31.79		
	100m: 1:02.35 32.37	200m: 2:08.10 32.82	300m: 3:13.15 32.62	400m: 4:16.75 31.81		
13.	SOUSA Joao Maria	05	Braga	4:17.27		625 B
	50m: 28.81 28.81	150m: 1:33.34 32.80	250m: 2:39.35 33.02	350m: 3:45.10 32.60		
	100m: 1:00.54 31.73	200m: 2:06.33 32.99	300m: 3:12.50 33.15	400m: 4:17.27 32.17		
14.	D'IORIO Ian	06	Fed. Ticinese di Nuoto	4:18.38		617 B
	50m: 29.05 29.05	150m: 1:34.01 32.63	250m: 2:40.12 32.85	350m: 3:46.07 32.89		
	100m: 1:01.38 32.33	200m: 2:07.27 33.26	300m: 3:13.18 33.06	400m: 4:18.38 32.31		
15.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:19.48		610 B
	50m: 29.80 29.80	150m: 1:34.91 32.83	250m: 2:40.94 33.07	350m: 3:47.56 33.29		
	100m: 1:02.08 32.28	200m: 2:07.87 32.96	300m: 3:14.27 33.33	400m: 4:19.48 31.92		
16.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgada	4:20.03		606 B
	50m: 29.43 29.43	150m: 1:33.41 32.73	250m: 2:40.33 33.65	350m: 3:47.53 33.53		
	100m: 1:00.68 31.25	200m: 2:06.68 33.27	300m: 3:14.00 33.67	400m: 4:20.03 32.50		
17.	FRAZAO Francisco Couto	06	CUC-Uniao 1919	4:20.18		605 B
	50m: 29.62 29.62	150m: 1:36.07 33.47	250m: 2:42.03 32.06	350m: 3:48.63 33.35		
	100m: 1:02.60 32.98	200m: 2:09.97 33.90	300m: 3:15.28 33.25	400m: 4:20.18 31.55		

anlisboa.pt
fb.com/assocnatacaolisboa

Online results:
bit.ly/arenalim2022

anleventos.com
instagram.com/lisbonswimmeet

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Event 5, Men, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
18.	SIMÕES Miguel Costa	04	Uniao Piedense	4:20.96		599 B
	50m: 29.08 29.08	150m: 1:34.31 33.02	250m: 2:40.47 33.32	350m: 3:48.10 34.14		
	100m: 1:01.29 32.21	200m: 2:07.15 32.84	300m: 3:13.96 33.49	400m: 4:20.96 32.86		
19.	CAPPELLETTI Yannick	07	Fed. Ticinese di Nuoto	4:21.04		599 B
	50m: 29.95 29.95	150m: 1:34.80 32.88	250m: 2:41.56 33.38	350m: 3:48.74 33.57		
	100m: 1:01.92 31.97	200m: 2:08.18 33.38	300m: 3:15.17 33.61	400m: 4:21.04 32.30		
20.	MORGADO Vasco Alves	05	Alges	4:22.74		587 B
	50m: 29.67 29.67	150m: 1:36.67 33.84	250m: 2:44.57 34.08	350m: 3:51.78 33.88		
	100m: 1:02.83 33.16	200m: 2:10.49 33.82	300m: 3:17.90 33.33	400m: 4:22.74 30.96		
21.	TOBEL Matteo	05	Fed. Ticinese di Nuoto	4:23.04		585 R
	50m: 28.76 28.76	150m: 1:34.03 33.12	250m: 2:41.08 33.41	350m: 3:49.41 34.17		
	100m: 1:00.91 32.15	200m: 2:07.67 33.64	300m: 3:15.24 34.16	400m: 4:23.04 33.63		
22.	BAPTISTA Guilherme Fernandes	06	Benfica	4:23.69		581 R
	50m: 29.61 29.61	150m: 1:35.90 33.49	250m: 2:43.54 33.87	350m: 3:50.88 33.43		
	100m: 1:02.41 32.80	200m: 2:09.67 33.77	300m: 3:17.45 33.91	400m: 4:23.69 32.81		
23.	AMADO Pedro Maria	05	Alges	4:23.78		580
	50m: 29.89 29.89	150m: 1:36.68 33.82	250m: 2:44.81 34.09	350m: 3:52.03 33.38		
	100m: 1:02.86 32.97	200m: 2:10.72 34.04	300m: 3:18.65 33.84	400m: 4:23.78 31.75		
24.	LEITE Afonso Martim	05	Foca Quinta Da Lixa	4:24.93		573
	50m: 29.73 29.73	150m: 1:35.83 33.65	250m: 2:42.56 33.56	350m: 3:51.32 34.89		
	100m: 1:02.18 32.45	200m: 2:09.00 33.17	300m: 3:16.43 33.87	400m: 4:24.93 33.61		
25.	MELLINI Samuele	06	Fed. Ticinese di Nuoto	4:24.95		573
	50m: 29.18 29.18	150m: 1:34.11 32.50	250m: 2:41.20 33.37	350m: 3:50.81 34.76		
	100m: 1:01.61 32.43	200m: 2:07.83 33.72	300m: 3:16.05 34.85	400m: 4:24.95 34.14		
26.	OLIVEIRA Diogo Alexandre	05	Selecao da Madeira	4:24.98		572
	50m: 29.19 29.19	150m: 1:35.13 33.50	250m: 2:43.13 34.10	350m: 3:51.96 34.38		
	100m: 1:01.63 32.44	200m: 2:09.03 33.90	300m: 3:17.58 34.45	400m: 4:24.98 33.02		
27.	TIGRE Pedro Bethlem	06	Sporting	4:26.47		563
	50m: 30.10 30.10	150m: 1:36.53 33.77	250m: 2:45.40 34.65	350m: 3:53.56 33.61		
	100m: 1:02.76 32.66	200m: 2:10.75 34.22	300m: 3:19.95 34.55	400m: 4:26.47 32.91		
28.	VIEIRA Alexandre Coelho (Fora Tempo Acesso / Out of Admission Time)	03	Sporting	4:27.61		556
	50m: 29.25 29.25	150m: 1:36.27 34.18	250m: 2:45.36 34.68	350m: 3:54.44 34.51		
	100m: 1:02.09 32.84	200m: 2:10.68 34.41	300m: 3:19.93 34.57	400m: 4:27.61 33.17		
29.	MAZZARETTO Pietro	07	Fed. Ticinese di Nuoto	4:28.13		552
	50m: 30.28 30.28	150m: 1:37.62 33.91	250m: 2:46.02 33.94	350m: 3:54.64 34.26		
	100m: 1:03.71 33.43	200m: 2:12.08 34.46	300m: 3:20.38 34.36	400m: 4:28.13 33.49		
30.	FALLSCHEER Roberto	06	Fed. Ticinese di Nuoto	4:28.36		551
	50m: 29.91 29.91	150m: 1:37.36 33.96	250m: 2:45.71 34.44	350m: 3:54.89 34.64		
	100m: 1:03.40 33.49	200m: 2:11.27 33.91	300m: 3:20.25 34.54	400m: 4:28.36 33.47		
31.	CRUZ Leonardo Jose	07	Alcobaca	4:29.05		547
	50m: 30.42 30.42	150m: 1:38.72 34.20	250m: 2:48.09 34.75	350m: 3:56.75 34.23		
	100m: 1:04.52 34.10	200m: 2:13.34 34.62	300m: 3:22.52 34.43	400m: 4:29.05 32.30		
32.	CARVALHO Artur Guterres	06	Vilacondense	4:29.18		546
	50m: 30.44 30.44	150m: 1:37.97 34.28	250m: 2:46.89 34.50	350m: 3:55.94 34.22		
	100m: 1:03.69 33.25	200m: 2:12.39 34.42	300m: 3:21.72 34.83	400m: 4:29.18 33.24		
33.	MONTEIRO Jose Miguel (Fora Tempo Acesso / Out of Admission Time)	04	Gualdim Pais	4:30.36		539
	50m: 29.98 29.98	150m: 1:36.81 33.92	250m: 2:45.73 34.59	350m: 3:56.05 35.69		
	100m: 1:02.89 32.91	200m: 2:11.14 34.33	300m: 3:20.36 34.63	400m: 4:30.36 34.31		
34.	LEMOES Gil Santos	06	Pimpoes/Cimai	4:30.92		535
	50m: 29.00 29.00	150m: 1:37.18 34.46	250m: 2:47.09 34.72	350m: 3:57.78 35.28		
	100m: 1:02.72 33.72	200m: 2:12.37 35.19	300m: 3:22.50 35.41	400m: 4:30.92 33.14		
35.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	4:31.50		532
	50m: 29.91 29.91	150m: 1:37.17 34.14	250m: 2:47.27 35.18	350m: 3:57.41 35.25		
	100m: 1:03.03 33.12	200m: 2:12.09 34.92	300m: 3:22.16 34.89	400m: 4:31.50 34.09		

Event 5, Men, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer			A/Y	Clube / Team				Tempo / Final		RT	Pts
36.	ALVES Andre Correia			06	Uniao Piedense				4:31.70			531
	50m:	30.11	30.11	150m:	1:37.78	34.10	250m:	2:46.98	34.17	350m:	3:57.25	34.95
	100m:	1:03.68	33.57	200m:	2:12.81	35.03	300m:	3:22.30	35.32	400m:	4:31.70	34.45
37.	PEREIRA Manuel Angelo			05	Sporting				4:33.42			521
	(Fora Tempo Acesso / Out of Admission Time)											
	50m:	30.19	30.19	150m:	1:37.03	33.98	250m:	2:47.20	35.64	350m:	3:58.63	35.78
	100m:	1:03.05	32.86	200m:	2:11.56	34.53	300m:	3:22.85	35.65	400m:	4:33.42	34.79
38.	GOMES Joao Almeida			06	Nacional de Natacao				4:34.04			517
	50m:	30.08	30.08	150m:	1:37.85	34.44	250m:	2:48.18	35.19	350m:	3:59.01	35.46
	100m:	1:03.41	33.33	200m:	2:12.99	35.14	300m:	3:23.55	35.37	400m:	4:34.04	35.03
39.	LUCAS Joao Neves			06	Columbofila Cantanhedense				4:34.77			513
	50m:	31.36	31.36	150m:	1:40.92	35.20	250m:	2:50.22	34.13	350m:	4:00.22	34.99
	100m:	1:05.72	34.36	200m:	2:16.09	35.17	300m:	3:25.23	35.01	400m:	4:34.77	34.55
40.	ALMEIDA Joao Francisco			07	Naval do Funchal				4:35.25			511
	50m:	30.32	30.32	150m:	1:38.78	34.60	250m:	2:49.86	35.75	350m:	4:01.30	36.00
	100m:	1:04.18	33.86	200m:	2:14.11	35.33	300m:	3:25.30	35.44	400m:	4:35.25	33.95
41.	MESQUITA Rodrigo Andrade			06	Sporting				4:38.63			492
	50m:	31.62	31.62	150m:	1:42.44	35.58	250m:	2:54.92	36.09	350m:	4:06.09	35.13
	100m:	1:06.86	35.24	200m:	2:18.83	36.39	300m:	3:30.96	36.04	400m:	4:38.63	32.54
42.	ISMATULLAEV Jamie			06	Hatfield				4:39.28			489
	50m:	31.10	31.10	150m:	1:41.11	35.39	250m:	2:53.25	35.94	350m:	4:05.16	35.83
	100m:	1:05.72	34.62	200m:	2:17.31	36.20	300m:	3:29.33	36.08	400m:	4:39.28	34.12
43.	PEREIRA Tomas Veiga			06	Nautico Academico de Coimbra				4:39.59			487
	50m:	31.97	31.97	150m:	1:42.35	35.69	250m:	2:53.85	35.96	350m:	4:05.09	35.57
	100m:	1:06.66	34.69	200m:	2:17.89	35.54	300m:	3:29.52	35.67	400m:	4:39.59	34.50
44.	MESQUITA Tomas Afonso			07	Benfica				4:40.24			484
	50m:	30.69	30.69	150m:	1:39.67	35.00	250m:	2:50.94	36.24	350m:	4:04.13	36.78
	100m:	1:04.67	33.98	200m:	2:14.70	35.03	300m:	3:27.35	36.41	400m:	4:40.24	36.11
45.	FIGUEIRA Diogo Morgado			06	CPCD Povia Sta Iria				4:40.77			481
	50m:	31.59	31.59	150m:	1:42.07	35.86	250m:	2:54.08	36.18	350m:	4:06.33	36.10
	100m:	1:06.21	34.62	200m:	2:17.90	35.83	300m:	3:30.23	36.15	400m:	4:40.77	34.44
46.	CARAPINHA Joao Pedro			07	Uniao Piedense				4:42.83			471
	50m:	31.19	31.19	150m:	1:41.27	35.25	250m:	2:53.20	36.22	350m:	4:06.25	36.66
	100m:	1:06.02	34.83	200m:	2:16.98	35.71	300m:	3:29.59	36.39	400m:	4:42.83	36.58
47.	MARTINS Antonio Pedro			05	Ferreira do Zezere - Natacao				4:54.90			415
	(Fora Tempo Acesso / Out of Admission Time)											
	50m:	33.94	33.94	150m:	1:49.59	38.12	250m:	3:04.40	37.58	350m:	4:20.20	38.57
	100m:	1:11.47	37.53	200m:	2:26.82	37.23	300m:	3:41.63	37.23	400m:	4:54.90	34.70
48.	FREITAS Filipe Simoes			05	CD 1. de Agosto				5:10.70			355
	(Fora Tempo Acesso / Out of Admission Time)											
	50m:	30.32	30.32	150m:	1:48.44	40.73	250m:	3:09.09	41.04	350m:	4:31.67	41.46
	100m:	1:07.71	37.39	200m:	2:28.05	39.61	300m:	3:50.21	41.12	400m:	5:10.70	39.03