

Prova 11 Masc., 400m Estilos Absolutos  
11.03.2023 - 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: 5:31.48; Juv A: 5:21.83; Jun 1: 5:15.52; Jun 2: 5:12.39; Sen 19: 5:09.61; Sen 19+: 5:06.51

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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Juvenis B

1.	Afonso Gago Garcia <i>Campe�o Regional Juvenis B</i>	08	SLB	5:13.52	<b>5:10.66</b>	483	1:10.04	1:20.07	1:33.38	1:07.17
2.	Francisco Rodrigues Vilar	08	SCP	5:22.88	<b>5:23.40</b>	428	1:12.19	1:21.49	1:34.00	1:15.72

Juvenis A

1.	Leonardo Conceicao Reis <i>Campe�o Regional Juvenis A</i>	07	SCP	4:51.23	<b>4:47.60</b>	609	1:02.35	1:14.56	1:24.47	1:06.22
2.	Rafael Miguel Mimoso	07	SLB	4:46.27	<b>4:51.64</b>	584	1:05.29	1:23.19	1:15.84	1:07.32
3.	Daniel Casaca Carvalho	07	CNCVG	5:14.26	<b>5:13.30</b>	471	1:06.76	1:23.50	1:32.65	1:10.39

Absolutos

1.	Bernardo Jorge Simoes <i>Campe�o Regional Absolutos</i>	04	CFB	4:38.04	<b>4:43.41</b>	636	1:02.28	1:15.68	1:23.11	1:02.34
2.	Vasco Alves Morgado	05	SAD	4:35.18	<b>4:44.34</b>	630	1:02.46	1:18.16	1:22.28	1:01.44
3.	Manuel Angelo Pereira	05	SCP	4:49.08	<b>4:52.03</b>	582	1:05.89	1:16.02	1:25.79	1:04.33
4.	Tiago Almeida Correia	06	CNMJ	4:53.53	<b>5:00.49</b>	534	1:06.71	1:20.45	1:27.01	1:06.32
5.	Nick Heinio-Widell	05	SAD	5:06.92	<b>5:01.80</b>	527	1:04.56	1:19.40	1:26.70	1:11.14
6.	Rafael Filipe Nunes	96	VKGS	4:56.27	<b>5:03.24</b>	519	1:06.92	1:21.37	1:26.93	1:08.02
7.	Rodrigo Andrade Mesquita	06	SCP	5:02.49	<b>5:04.37</b>	514	1:07.79	1:22.42	1:26.12	1:08.04
8.	Tiago Miguel Trombinhas	04	ADRCIMM	5:03.51	<b>5:04.63</b>	512	1:07.81	1:21.88	1:26.08	1:08.86
9.	Andre Correia Alves	06	SFUAP	4:50.68	<b>5:06.41</b>	503	1:09.05	1:17.46	1:30.21	1:09.69
10.	Rafael Filipe Lopes <i>FTL (Fora Tempo Limite)</i>	06	GESL	5:15.40	<b>5:27.48</b>	412	1:12.59	1:22.37	1:37.36	1:15.16

DSQ Miguel Cordeiro Almeida 05 SAD 5:16.00  
*E-C50 - Perdeu a posiç o dorsal na chegada do percurso de costas (SW 6.5)*