

Prova 7	Masc., 400m Livres				Absolutos
25.01.2025					Resultados
Rec Regional Absoluto	3:42.91	Miguel Duarte Nascimento	POR	Porto	2017
Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	POR	Porto	2017
Rec Regional Jun A	3:51.92	Joao Alexandre Vital	POR	Porto	2015
Rec Regional Jun B	3:55.43	Rui Silva Pereira	POR	Santo Antonio dos Cavaleiros	2024
Rec Regional Juv A	3:52.60	Rui Silva Pereira	POR	Tomar	2024
Rec Regional Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	2023
Rec Nacional Absoluto	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021

Pontos: FINA 2022

Pos.	Nadador / Athlete	Ano/Yr	Clube / Club	Final	Pts	100m	200m	300m	400m
Juvenis									
1.	Rodrigo Duarte Narigueta	09	PDEM	4:34.07	464	1:05.38	1:08.95	1:09.81	1:09.93
2.	Tiago Trindade Manuel	09	PDEM	4:41.01	430	1:06.81	1:12.90	1:12.47	1:08.83
3.	Bernardo Miguel Oliveira	09	CNN	4:41.69	427	1:06.81	1:12.03	1:11.69	1:11.16
4.	Miguel Loucao Caxaria	09	PDEM	4:42.17	425	1:06.77	1:13.46	1:13.03	1:08.91
5.	Miguel Filipe Medronheira	09	PDEM	4:42.95	422	1:07.97	1:11.76	1:11.91	1:11.31
6.	Martim Abalada Vilaca	09	AONDA	4:47.64	401	1:06.45	1:13.45	1:14.50	1:13.24
7.	Andrey Ponomarov	10	CPCD	4:51.34	386	1:08.38	1:15.14	1:14.83	1:12.99
8.	Simao Cruz Trindade	10	CNS	5:18.30	296	1:13.51	1:20.07	1:21.70	1:23.02
DNS	Francisco Miguel Santos	09	CNN						

Juniores

1.	Jose Guilherme Lopes	07	CPCD	4:22.96	525	1:00.84	1:07.15	1:07.96	1:07.01
2.	Tomas Moura Ramos	08	CFB	4:46.16	408	1:07.56	1:12.67	1:13.58	1:12.35
3.	Pedro Antonio Pinto	08	PDEM	4:49.88	392	1:07.72	1:13.88	1:14.82	1:13.46
4.	Bruno Miguel Amaro	07	CFB	4:50.23	391	1:07.07	1:13.88	1:14.83	1:14.45
5.	Afonso Oliveira Diniz	08	CFB	4:53.26	379	1:08.22	1:14.24	1:15.35	1:15.45
DNS	Rafael Piedade Quaresma	07	PDEM						

Seniores

1.	Rodrigo Beja Lopes	03	PDEM	4:21.79	532	1:00.91	1:08.48	1:09.94	1:02.46
2.	Diogo Morgado Figueira	06	CPCD	4:22.08	531	1:01.00	1:07.03	1:07.20	1:06.85
3.	Rafael Caceres Lopes	04	DRCN	4:36.26	453	1:05.06	1:10.19	1:11.28	1:09.73
4.	Rafael Goncalves Sousa	99	CPCD	4:46.09	408	1:08.52	1:15.01	1:12.63	1:09.93
5.	Rodrigo Rosa Fernandes	02	CPCD	4:51.47	386	1:06.18	1:14.75	1:15.99	1:14.55

Absolutos

1.	Rodrigo Beja Lopes	03	PDEM	4:21.79	532	1:00.91	1:08.48	1:09.94	1:02.46
2.	Diogo Morgado Figueira	06	CPCD	4:22.08	531	1:01.00	1:07.03	1:07.20	1:06.85
3.	Jose Guilherme Lopes	07	CPCD	4:22.96	525	1:00.84	1:07.15	1:07.96	1:07.01
4.	Rodrigo Duarte Narigueta	09	PDEM	4:34.07	464	1:05.38	1:08.95	1:09.81	1:09.93
5.	Rafael Caceres Lopes	04	DRCN	4:36.26	453	1:05.06	1:10.19	1:11.28	1:09.73
6.	Tiago Trindade Manuel	09	PDEM	4:41.01	430	1:06.81	1:12.90	1:12.47	1:08.83
7.	Bernardo Miguel Oliveira	09	CNN	4:41.69	427	1:06.81	1:12.03	1:11.69	1:11.16
8.	Miguel Loucao Caxaria	09	PDEM	4:42.17	425	1:06.77	1:13.46	1:13.03	1:08.91
9.	Miguel Filipe Medronheira	09	PDEM	4:42.95	422	1:07.97	1:11.76	1:11.91	1:11.31
10.	Rafael Goncalves Sousa	99	CPCD	4:46.09	408	1:08.52	1:15.01	1:12.63	1:09.93
11.	Tomas Moura Ramos	08	CFB	4:46.16	408	1:07.56	1:12.67	1:13.58	1:12.35
12.	Martim Abalada Vilaca	09	AONDA	4:47.64	401	1:06.45	1:13.45	1:14.50	1:13.24
13.	Pedro Antonio Pinto	08	PDEM	4:49.88	392	1:07.72	1:13.88	1:14.82	1:13.46
14.	Bruno Miguel Amaro	07	CFB	4:50.23	391	1:07.07	1:13.88	1:14.83	1:14.45
15.	Andrey Ponomarov	10	CPCD	4:51.34	386	1:08.38	1:15.14	1:14.83	1:12.99
16.	Rodrigo Rosa Fernandes	02	CPCD	4:51.47	386	1:06.18	1:14.75	1:15.99	1:14.55
17.	Afonso Oliveira Diniz	08	CFB	4:53.26	379	1:08.22	1:14.24	1:15.35	1:15.45
18.	Simao Cruz Trindade	10	CNS	5:18.30	296	1:13.51	1:20.07	1:21.70	1:23.02
DNS	Francisco Miguel Santos	09	CNN						

Resultados online: <http://anlisboa.pt/live>

Prova 7, Masc., 400m Livres, Absolutos

Pos.	Nadador / Athlete	Ano/Yr	Clube / Club	Final	Pts	100m	200m	300m	400m
DNS	Rafael Piedade Quaresma	07	PDEM						