

Prova 4  
14.11.15 - 16:48

Masc., 400m Estilos

Infantis A  
Resultados

Rec Regional	4:47.72	Joao Alexandre Vital	ADRCIMM	Sto Antº Cavaleiros	2012
Rec Regional Absoluto	4:10.55	Pedro Miguel Pinotes	SCP	Leiria	2009
Rec Nacional	4:40.32	Tomas Miguel Freitas	CDN	Funchal	2004
Rec Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Mínimo Acesso : 6:23.41

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Vicente Oliveira Gomes	02	Sporting	<b>5:16.41</b>	412
	50m: 32.87 32.87	150m: 1:53.18 42.26	250m: 3:20.01 45.91	350m: 4:42.65 36.01	
	100m: 1:10.92 38.05	200m: 2:34.10 40.92	300m: 4:06.64 46.63	400m: 5:16.41 33.76	
2.	Tomas Penha Monteiro	02	Alges	<b>5:19.84</b>	399
	50m: 33.94 33.94	150m: 1:54.44 40.97	250m: 3:21.15 46.17	350m: 4:44.56 35.79	
	100m: 1:13.47 39.53	200m: 2:34.98 40.54	300m: 4:08.77 47.62	400m: 5:19.84 35.28	
3.	Diogo Santos Costa	02	Colégio Monte Maior	<b>5:20.14</b>	398
	50m: 34.17 34.17	150m: 1:54.76 40.80	250m: 3:21.43 46.30	350m: 4:45.73 35.28	
	100m: 1:13.96 39.79	200m: 2:35.13 40.37	300m: 4:10.45 49.02	400m: 5:20.14 34.41	
4.	Martim Rebelo Malfeito	02	Sporting	<b>5:25.37</b>	379
	50m: 33.70 33.70	150m: 1:58.05 42.86	250m: 3:26.09 44.72	350m: 4:48.81 37.06	
	100m: 1:15.19 41.49	200m: 2:41.37 43.32	300m: 4:11.75 45.66	400m: 5:25.37 36.56	
5.	Diogo Nuno Valente	02	Sporting	<b>5:27.85</b>	370
	50m: 32.61 32.61	150m: 1:54.77 41.87	250m: 3:22.32 47.78	350m: 4:49.80 39.98	
	100m: 1:12.90 40.29	200m: 2:34.54 39.77	300m: 4:09.82 47.50	400m: 5:27.85 38.05	
6.	Rodrigo Neves Pacheco	02	Colégio Monte Maior	<b>5:29.55</b>	364
	50m: 34.88 34.88	150m: 2:00.00 44.04	250m: 3:29.81 46.79	350m: 4:53.35 36.82	
	100m: 1:15.96 41.08	200m: 2:43.02 43.02	300m: 4:16.53 46.72	400m: 5:29.55 36.20	
7.	Pedro Miguel Pinto	02	Fisica Torres Vedras	<b>5:31.60</b>	358
	50m: 34.15 34.15	150m: 1:57.54 42.71	250m: 3:25.26 46.67	350m: 4:54.12 41.73	
	100m: 1:14.83 40.68	200m: 2:38.59 41.05	300m: 4:12.39 47.13	400m: 5:31.60 37.48	
8.	Rafael Moreira Oliveira	02	Belenenses	<b>5:32.19</b>	356
	50m: 35.02 35.02	150m: 1:57.47 40.85	250m: 3:26.50 48.61	350m: 4:54.68 38.66	
	100m: 1:16.62 41.60	200m: 2:37.89 40.42	300m: 4:16.02 49.52	400m: 5:32.19 37.51	
9.	Bernardo Geada Brito	02	Naval Amorense	<b>5:33.17</b>	353
	50m: 34.99 34.99	150m: 2:00.96 44.53	250m: 3:29.89 46.65	350m: 4:56.34 38.22	
	100m: 1:16.43 41.44	200m: 2:43.24 42.28	300m: 4:18.12 48.23	400m: 5:33.17 36.83	
10.	Francisco Padilla Correia	02	Geslours	<b>5:33.43</b>	352
	50m: 37.56 37.56	150m: 2:08.36 45.96	250m: 3:36.08 43.58	350m: 4:58.41 37.90	
	100m: 1:22.40 44.84	200m: 2:52.50 44.14	300m: 4:20.51 44.43	400m: 5:33.43 35.02	
11.	Bernardo Safara Inverno	02	Sporting	<b>5:34.38</b>	349
	50m: 35.88 35.88	150m: 2:03.52 45.68	250m: 3:33.07 46.52	350m: 4:59.23 39.08	
	100m: 1:17.84 41.96	200m: 2:46.55 43.03	300m: 4:20.15 47.08	400m: 5:34.38 35.15	
12.	Henrique Chan Machado	02	Alges	<b>5:36.18</b>	343
	50m: 36.29 36.29	150m: 2:01.47 42.91	250m: 3:31.63 47.78	350m: 4:57.61 38.75	
	100m: 1:18.56 42.27	200m: 2:43.85 42.38	300m: 4:18.86 47.23	400m: 5:36.18 38.57	
13.	Daniel Rodrigues Alves	02	Belenenses	<b>5:36.20</b>	343
	50m: 36.01 36.01	150m: 2:01.93 41.55	250m: 3:30.23 47.65	350m: 4:58.31 39.04	
	100m: 1:20.38 44.37	200m: 2:42.58 40.65	300m: 4:19.27 49.04	400m: 5:36.20 37.89	
14.	Tiago Leite Barreiros	02	Alges	<b>5:37.97</b>	338
	50m: 36.52 36.52	150m: 2:02.05 41.77	250m: 3:33.08 49.61	350m: 5:01.94 38.57	
	100m: 1:20.28 43.76	200m: 2:43.47 41.42	300m: 4:23.37 50.29	400m: 5:37.97 36.03	
15.	Hugo Nunes Magalhaes	02	Alges	<b>5:38.61</b>	336
	50m: 35.38 35.38	150m: 1:59.88 42.39	250m: 3:27.92 47.97	350m: 4:57.98 40.59	
	100m: 1:17.49 42.11	200m: 2:39.95 40.07	300m: 4:17.39 49.47	400m: 5:38.61 40.63	
16.	Manuel Bernardo Castro	02	Sporting	<b>5:41.46</b>	328
	50m: 37.38 37.38	150m: 2:05.76 42.52	250m: 3:35.63 47.10	350m: 5:03.10 39.44	
	100m: 1:23.24 45.86	200m: 2:48.53 42.77	300m: 4:23.66 48.03	400m: 5:41.46 38.36	
17.	Afonso Amaro Santos	02	Geslours	<b>5:41.87</b>	326
	50m: 41.38 41.38	150m: 2:14.20 43.27	250m: 3:40.19 44.28	350m: 5:06.04 39.45	
	100m: 1:30.93 49.55	200m: 2:55.91 41.71	300m: 4:26.59 46.40	400m: 5:41.87 35.83	
18.	Francisco Gomes Anjos	02	União Piedense	<b>5:41.96</b>	326
	50m: 37.29 37.29	150m: 2:04.33 44.05	250m: 3:36.97 51.49	350m: 5:06.56 39.00	
	100m: 1:20.28 42.99	200m: 2:45.48 41.15	300m: 4:27.56 50.59	400m: 5:41.96 35.40	

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Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Tomás Patrício Martins	02	Fisica Torres Vedras	<b>5:42.97</b>	323
	50m: 37.28 37.28	150m: 2:07.90 46.06	250m: 3:38.50 45.74	350m: 5:05.35 39.94	
	100m: 1:21.84 44.56	200m: 2:52.76 44.86	300m: 4:25.41 46.91	400m: 5:42.97 37.62	
20.	Ruy Manuel Domingos	02	Sporting	<b>5:43.04</b>	323
	50m: 34.87 34.87	150m: 2:00.99 43.90	250m: 3:33.04 49.55	350m: 5:03.33 40.48	
	100m: 1:17.09 42.22	200m: 2:43.49 42.50	300m: 4:22.85 49.81	400m: 5:43.04 39.71	
21.	Rafael Alves Costa	02	Sporting	<b>5:44.91</b>	318
	50m: 37.34 37.34	150m: 2:05.98 42.63	250m: 3:36.99 50.66	350m: 5:06.65 39.17	
	100m: 1:23.35 46.01	200m: 2:46.33 40.35	300m: 4:27.48 50.49	400m: 5:44.91 38.26	
22.	Rodrigo Rosa Fernandes	02	CPCD Póvoa Sta Iria	<b>5:47.27</b>	311
	50m: 36.49 36.49	150m: 2:05.41 44.75	250m: 3:39.48 50.85	350m: 5:11.07 40.01	
	100m: 1:20.66 44.17	200m: 2:48.63 43.22	300m: 4:31.06 51.58	400m: 5:47.27 36.20	
23.	Diogo Garcez Mateus	02	Desporto Setúbal	<b>5:51.77</b>	300
	50m: 36.01 36.01	150m: 2:04.25 45.25	250m: 3:39.41 51.22	350m: 5:11.48 41.38	
	100m: 1:19.00 42.99	200m: 2:48.19 43.94	300m: 4:30.10 50.69	400m: 5:51.77 40.29	
24.	Pedro Alves Martinho	02	Estoris	<b>5:54.09</b>	294
	50m: 37.98 37.98	150m: 2:09.44 44.39	250m: 3:42.99 50.82	350m: 5:15.12 41.48	
	100m: 1:25.05 47.07	200m: 2:52.17 42.73	300m: 4:33.64 50.65	400m: 5:54.09 38.97	
25.	Joao Nogueira Mendes	02	Clube Instrucao Laranjeiro	<b>5:54.21</b>	293
	50m: 39.73 39.73	150m: 2:08.82 44.51	250m: 3:45.37 53.95	350m: 5:17.54 39.03	
	100m: 1:24.31 44.58	200m: 2:51.42 42.60	300m: 4:38.51 53.14	400m: 5:54.21 36.67	
26.	Rafael Rodrigues Jacinto	02	Belenenses	<b>5:54.60</b>	292
	50m: 36.58 36.58	150m: 2:05.65 45.85	250m: 3:39.60 50.05	350m: 5:14.44 43.05	
	100m: 1:19.80 43.22	200m: 2:49.55 43.90	300m: 4:31.39 51.79	400m: 5:54.60 40.16	
27.	Diogo Sousa Pinto	02	Oriental	<b>5:59.62</b>	280
	50m: 37.56 37.56	150m: 2:10.12 45.86	250m: 3:46.85 49.48	350m: 5:20.08 43.45	
	100m: 1:24.26 46.70	200m: 2:57.37 47.25	300m: 4:36.63 49.78	400m: 5:59.62 39.54	
28.	Diogo Rogado Guerreiro	02	Desporto Setúbal	<b>6:03.80</b>	271
	50m: 37.26 37.26	150m: 2:09.87 47.04	250m: 3:48.40 52.73	350m: 5:23.83 42.37	
	100m: 1:22.83 45.57	200m: 2:55.67 45.80	300m: 4:41.46 53.06	400m: 6:03.80 39.97	
29.	Claudio Bularu Freitas	02	CPCD Póvoa Sta Iria	<b>6:05.04</b>	268
	50m: 37.20 37.20	150m: 2:15.21 51.06	250m: 3:56.87 53.86	350m: 5:31.06 39.16	
	100m: 1:24.15 46.95	200m: 3:03.01 47.80	300m: 4:51.90 55.03	400m: 6:05.04 33.98	
30.	Pedro Almeida Marques	02	Naval Setubalense	<b>6:09.14</b>	259
	50m: 40.73 40.73	150m: 2:15.24 47.30	250m: 3:48.95 48.97	350m: 5:25.20 45.19	
	100m: 1:27.94 47.21	200m: 2:59.98 44.74	300m: 4:40.01 51.06	400m: 6:09.14 43.94	
31.	Henrique Rodrigues Cruz	02	Colégio Monte Maior	<b>6:19.99</b>	238
	50m: 43.89 43.89	150m: 2:25.13 47.67	250m: 4:05.61 52.75	350m: 5:41.25 41.99	
	100m: 1:37.46 53.57	200m: 3:12.86 47.73	300m: 4:59.26 53.65	400m: 6:19.99 38.74	
32.	Rodrigo Gomes Gamito <i>Fora Mínimo Acesso</i>	02	Palmela Desporto	<b>6:25.79</b>	227
	50m: 44.24 44.24	150m: 2:27.90 49.24	250m: 4:07.70 51.83	350m: 5:44.36 43.34	
	100m: 1:38.66 54.42	200m: 3:15.87 47.97	300m: 5:01.02 53.32	400m: 6:25.79 41.43	
33.	Nuno Xavier Cardoso <i>Fora Mínimo Acesso</i>	02	Palmela Desporto	<b>6:32.16</b>	216
	50m: 42.85 42.85	150m: 2:25.35 45.88	250m: 4:09.16 59.64	350m: 5:51.40 42.52	
	100m: 1:39.47 56.62	200m: 3:09.52 44.17	300m: 5:08.88 59.72	400m: 6:32.16 40.76	
DSQ	Rodrigo Lanz Dias <i>G1 - Efectuou falsa partida (SW 4.4)</i>	02	Naval Setubalense		