

Prova 6  
14.11.15 - 18:19

Masc., 400m Estilos

Juvenis  
Resultados

Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Absoluto	4:10.55	Pedro Miguel Pinotes	SCP	Leiria	2009
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Mínimo Acesso Juv B: 5:51.64; Juv A: 5:45.19

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Diogo Santos Cardoso	01	Colégio Monte Maior	<b>4:53.91</b>	514
	50m: 31.62 31.62	150m: 1:47.47 39.63	250m: 3:06.52 41.09	350m: 4:21.06 33.47	
	100m: 1:07.84 36.22	200m: 2:25.43 37.96	300m: 3:47.59 41.07	400m: 4:53.91 32.85	
2.	David Matias Cristino	01	Naval Amorense	<b>4:54.74</b>	510
	50m: 31.39 31.39	150m: 1:45.58 37.54	250m: 3:05.49 43.02	350m: 4:23.14 34.04	
	100m: 1:08.04 36.65	200m: 2:22.47 36.89	300m: 3:49.10 43.61	400m: 4:54.74 31.60	
3.	Alexandre Miguel Branco	01	Alges	<b>4:55.31</b>	507
	50m: 31.50 31.50	150m: 1:44.74 37.69	250m: 3:04.96 43.24	350m: 4:22.20 33.93	
	100m: 1:07.05 35.55	200m: 2:21.72 36.98	300m: 3:48.27 43.31	400m: 4:55.31 33.11	
4.	Jose Maria Pereira	01	Sporting	<b>4:59.10</b>	488
	50m: 31.93 31.93	150m: 1:47.46 39.62	250m: 3:08.93 42.81	350m: 4:26.63 33.82	
	100m: 1:07.84 35.91	200m: 2:26.12 38.66	300m: 3:52.81 43.88	400m: 4:59.10 32.47	
5.	Diogo Alexandre Araujo	01	Estrelas S. Joao Brito	<b>5:03.52</b>	467
	50m: 32.05 32.05	150m: 1:47.37 38.78	250m: 3:08.96 42.94	350m: 4:29.63 35.93	
	100m: 1:08.59 36.54	200m: 2:26.02 38.65	300m: 3:53.70 44.74	400m: 5:03.52 33.89	
6.	Rafael Alcantara Aires	01	Naval Amorense	<b>5:04.52</b>	462
	50m: 31.38 31.38	150m: 1:45.10 36.86	250m: 3:08.29 46.74	350m: 4:30.48 35.82	
	100m: 1:08.24 36.86	200m: 2:21.55 36.45	300m: 3:54.66 46.37	400m: 5:04.52 34.04	
7.	Edgar Filipe Santos	01	Naval Amorense	<b>5:06.22</b>	454
	50m: 32.12 32.12	150m: 1:48.70 39.49	250m: 3:12.84 46.45	350m: 4:33.98 33.52	
	100m: 1:09.21 37.09	200m: 2:26.39 37.69	300m: 4:00.46 47.62	400m: 5:06.22 32.24	
8.	Ricardo Pinela Ferreira	01	Alges	<b>5:06.91</b>	451
	50m: 31.17 31.17	150m: 1:46.95 39.79	250m: 3:11.42 44.56	350m: 4:31.54 34.86	
	100m: 1:07.16 35.99	200m: 2:26.86 39.91	300m: 3:56.68 45.26	400m: 5:06.91 35.37	
9.	Tiago Maria Camoes	01	União Piedense	<b>5:07.86</b>	447
	50m: 32.01 32.01	150m: 1:47.89 39.17	250m: 3:13.39 47.41	350m: 4:35.30 34.48	
	100m: 1:08.72 36.71	200m: 2:25.98 38.09	300m: 4:00.82 47.43	400m: 5:07.86 32.56	
10.	Guilherme Ventura Carvalho	01	Geslourses	<b>5:14.74</b>	418
	50m: 33.02 33.02	150m: 1:52.89 41.09	250m: 3:17.34 44.28	350m: 4:38.86 36.27	
	100m: 1:11.80 38.78	200m: 2:33.06 40.17	300m: 4:02.59 45.25	400m: 5:14.74 35.88	
11.	Gonçalo Silveirinha Caldeira	01	Amadora	<b>5:17.70</b>	407
	50m: 32.37 32.37	150m: 1:53.85 41.89	250m: 3:18.41 43.77	350m: 4:40.58 38.65	
	100m: 1:11.96 39.59	200m: 2:34.64 40.79	300m: 4:01.93 43.52	400m: 5:17.70 37.12	
12.	Renato Barros Frischknecht	01	Alges	<b>5:18.64</b>	403
	50m: 33.43 33.43	150m: 1:55.86 41.30	250m: 3:19.88 43.88	350m: 4:42.17 37.81	
	100m: 1:14.56 41.13	200m: 2:36.00 40.14	300m: 4:04.36 44.48	400m: 5:18.64 36.47	
13.	Francisco Martins Pedro	01	Geslourses	<b>5:18.86</b>	402
	50m: 33.56 33.56	150m: 1:51.36 39.28	250m: 3:18.84 48.15	350m: 4:43.21 36.39	
	100m: 1:12.08 38.52	200m: 2:30.69 39.33	300m: 4:06.82 47.98	400m: 5:18.86 35.65	
14.	Tomas Afonso Graca	01	Benfica	<b>5:19.62</b>	400
	50m: 33.04 33.04	150m: 1:53.46 40.20	250m: 3:18.68 46.11	350m: 4:43.64 36.80	
	100m: 1:13.26 40.22	200m: 2:32.57 39.11	300m: 4:06.84 48.16	400m: 5:19.62 35.98	
15.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	<b>5:20.26</b>	397
	50m: 36.37 36.37	150m: 1:56.39 38.50	250m: 3:20.30 45.83	350m: 4:44.00 36.18	
	100m: 1:17.89 41.52	200m: 2:34.47 38.08	300m: 4:07.82 47.52	400m: 5:20.26 36.26	
16.	Diogo Afonso Miranda	01	União Piedense	<b>5:21.02</b>	394
	50m: 34.52 34.52	150m: 1:54.17 39.68	250m: 3:20.10 47.53	350m: 4:44.83 37.83	
	100m: 1:14.49 39.97	200m: 2:32.57 38.40	300m: 4:07.00 46.90	400m: 5:21.02 36.19	
17.	Guilherme Filipe Alcobia	01	Benfica	<b>5:22.20</b>	390
	50m: 32.57 32.57	150m: 1:54.50 41.91	250m: 3:20.96 45.14	350m: 4:45.16 38.99	
	100m: 1:12.59 40.02	200m: 2:35.82 41.32	300m: 4:06.17 45.21	400m: 5:22.20 37.04	

## Prova 6, Masc., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Rodrigo Almeida Cabrito	01	Belenenses	<b>5:22.97</b>	387
	50m: 33.62 33.62	150m: 2:01.10 42.94	250m: 3:25.16 43.21	350m: 4:46.87 38.02	
	100m: 1:18.16 44.54	200m: 2:41.95 40.85	300m: 4:08.85 43.69	400m: 5:22.97 36.10	
19.	Rodrigo Ponte Jorge	01	Naval Amorense	<b>5:24.06</b>	383
	50m: 32.21 32.21	150m: 1:52.31 40.66	250m: 3:22.08 47.77	350m: 4:47.21 35.60	
	100m: 1:11.65 39.44	200m: 2:34.31 42.00	300m: 4:11.61 49.53	400m: 5:24.06 36.85	
20.	Afonso Maria Carvalho	01	Sporting	<b>5:24.59</b>	381
	50m: 33.56 33.56	150m: 1:55.42 42.62	250m: 3:20.50 44.82	350m: 4:46.52 39.39	
	100m: 1:12.80 39.24	200m: 2:35.68 40.26	300m: 4:07.13 46.63	400m: 5:24.59 38.07	
21.	Ricardo Martins Bras	01	Belenenses	<b>5:24.61</b>	381
	50m: 33.87 33.87	150m: 1:55.98 40.91	250m: 3:20.90 45.12	350m: 4:46.01 39.08	
	100m: 1:15.07 41.20	200m: 2:35.78 39.80	300m: 4:06.93 46.03	400m: 5:24.61 38.60	
22.	Bernardo Craveiro Bandarra	01	Alges	<b>5:25.87</b>	377
	50m: 32.93 32.93	150m: 1:56.28 40.63	250m: 3:23.74 48.13	350m: 4:49.72 37.09	
	100m: 1:15.65 42.72	200m: 2:35.61 39.33	300m: 4:12.63 48.89	400m: 5:25.87 36.15	
23.	Ricardo Correia Teixeira	01	Belenenses	<b>5:36.06</b>	344
	50m: 34.76 34.76	150m: 2:02.59 43.83	250m: 3:29.24 43.72	350m: 4:57.02 41.23	
	100m: 1:18.76 44.00	200m: 2:45.52 42.93	300m: 4:15.79 46.55	400m: 5:36.06 39.04	
24.	Joao Batista Silva	01	Palmela Desporto	<b>5:36.96</b>	341
	50m: 34.42 34.42	150m: 2:00.00 42.71	250m: 3:31.07 50.01	350m: 5:01.11 37.94	
	100m: 1:17.29 42.87	200m: 2:41.06 41.06	300m: 4:23.17 52.10	400m: 5:36.96 35.85	
25.	Diogo Alexandre Casteleiro	01	Sporting	<b>5:37.02</b>	341
	50m: 34.59 34.59	150m: 1:59.69 43.09	250m: 3:30.90 49.82	350m: 4:59.55 37.42	
	100m: 1:16.60 42.01	200m: 2:41.08 41.39	300m: 4:22.13 51.23	400m: 5:37.02 37.47	
26.	Claudio Filipe Pedroso	01	Estoris	<b>5:40.92</b>	329
	50m: 34.63 34.63	150m: 2:01.34 45.12	250m: 3:33.50 47.39	350m: 5:02.58 39.49	
	100m: 1:16.22 41.59	200m: 2:46.11 44.77	300m: 4:23.09 49.59	400m: 5:40.92 38.34	
27.	Henrique Rasteiro Luis	01	Colégio Monte Maior	<b>5:42.52</b>	325
	50m: 36.58 36.58	150m: 2:01.96 42.36	250m: 3:35.13 51.62	350m: 5:06.68 39.97	
	100m: 1:19.60 43.02	200m: 2:43.51 41.55	300m: 4:26.71 51.58	400m: 5:42.52 35.84	
28.	Filipe Eduardo Morais	01	CPCD Póvoa Sta Iria	<b>5:46.88</b>	312
	50m: 36.70 36.70	150m: 2:07.61 46.90	250m: 3:40.21 47.02	350m: 5:08.33 40.47	
	100m: 1:20.71 44.01	200m: 2:53.19 45.58	300m: 4:27.86 47.65	400m: 5:46.88 38.55	
29.	Bernardo Silva Felix <i>Fora Minimo Acesso</i>	01	Palmela Desporto	<b>5:53.77</b>	294
	50m: 35.47 35.47	150m: 2:06.15 45.26	250m: 3:41.69 52.13	350m: 5:13.27 39.57	
	100m: 1:20.89 45.42	200m: 2:49.56 43.41	300m: 4:33.70 52.01	400m: 5:53.77 40.50	
DSQ	Luis Martins Tripa	01	Geslours		
	<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>				
DNS	Gonçalo Carvalho Ferrao	01	Nautica do Seixal		
DNS	Miguel Monteiro Dinis	01	Alges		

## Juvenis A

1.	Diogo Leal Dantas	00	Sporting	<b>4:39.07</b>	600
	50m: 29.44 29.44	150m: 1:39.59 36.25	250m: 2:55.21 39.93	350m: 4:07.54 32.73	
	100m: 1:03.34 33.90	200m: 2:15.28 35.69	300m: 3:34.81 39.60	400m: 4:39.07 31.53	
2.	Jose Tomas Simeao	00	Clube Instrucao Laranjeiro	<b>4:40.45</b>	592
	50m: 29.90 29.90	150m: 1:39.69 35.57	250m: 2:55.91 40.87	350m: 4:09.09 31.73	
	100m: 1:04.12 34.22	200m: 2:15.04 35.35	300m: 3:37.36 41.45	400m: 4:40.45 31.36	
3.	Bernardo Garcia Perloiro	00	Sporting	<b>4:49.95</b>	535
	50m: 30.66 30.66	150m: 1:41.76 35.87	250m: 3:00.05 41.83	350m: 4:16.40 34.05	
	100m: 1:05.89 35.23	200m: 2:18.22 36.46	300m: 3:42.35 42.30	400m: 4:49.95 33.55	
4.	Afonso Guilherme Jesus	00	Sporting	<b>4:53.27</b>	517
	50m: 31.54 31.54	150m: 1:45.79 38.11	250m: 3:04.52 40.73	350m: 4:20.77 34.35	
	100m: 1:07.68 36.14	200m: 2:23.79 38.00	300m: 3:46.42 41.90	400m: 4:53.27 32.50	
5.	Sebastiao Limbert Piedade	00	Alges	<b>4:55.68</b>	505
	50m: 31.38 31.38	150m: 1:46.05 38.45	250m: 3:05.50 41.48	350m: 4:22.58 35.03	
	100m: 1:07.60 36.22	200m: 2:24.02 37.97	300m: 3:47.55 42.05	400m: 4:55.68 33.10	
6.	Filipe Miguel Santo	00	Sporting	<b>4:57.06</b>	498
	50m: 30.89 30.89	150m: 1:45.56 38.95	250m: 3:05.56 42.74	350m: 4:23.69 34.25	
	100m: 1:06.61 35.72	200m: 2:22.82 37.26	300m: 3:49.44 43.88	400m: 4:57.06 33.37	

Prova 6, Masc., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Simão Correia Ricardo	00	Naval Setubalense	<b>4:59.05</b>	488
	50m: 32.75 32.75	150m: 1:49.74 40.29	250m: 3:09.06 40.45	350m: 4:25.77 36.25	
	100m: 1:09.45 36.70	200m: 2:28.61 38.87	300m: 3:49.52 40.46	400m: 4:59.05 33.28	
8.	Daniel Nogueira Catalão	00	União Piedense	<b>4:59.76</b>	484
	50m: 31.49 31.49	150m: 1:47.06 39.99	250m: 3:07.48 40.93	350m: 4:25.22 35.47	
	100m: 1:07.07 35.58	200m: 2:26.55 39.49	300m: 3:49.75 42.27	400m: 4:59.76 34.54	
9.	João Pedro Silva	00	Naval Amorense	<b>5:00.27</b>	482
	50m: 30.80 30.80	150m: 1:45.59 39.91	250m: 3:09.33 44.72	350m: 4:28.23 34.69	
	100m: 1:05.68 34.88	200m: 2:24.61 39.02	300m: 3:53.54 44.21	400m: 5:00.27 32.04	
10.	Daniel Cipriano Pinto	00	Sporting	<b>5:00.32</b>	482
	50m: 30.75 30.75	150m: 1:44.51 37.68	250m: 3:03.93 42.61	350m: 4:25.75 36.28	
	100m: 1:06.83 36.08	200m: 2:21.32 36.81	300m: 3:49.47 45.54	400m: 5:00.32 34.57	
11.	Francisco Silva Pinheiro	00	Alges	<b>5:00.90</b>	479
	50m: 31.09 31.09	150m: 1:46.34 39.47	250m: 3:09.15 43.02	350m: 4:27.75 34.80	
	100m: 1:06.87 35.78	200m: 2:26.13 39.79	300m: 3:52.95 43.80	400m: 5:00.90 33.15	
12.	Joao Manuel Vargas	00	Alges	<b>5:01.11</b>	478
	50m: 32.18 32.18	150m: 1:49.87 38.89	250m: 3:10.25 42.74	350m: 4:27.70 34.75	
	100m: 1:10.98 38.80	200m: 2:27.51 37.64	300m: 3:52.95 42.70	400m: 5:01.11 33.41	
13.	Pedro Barata Neves	00	Clube Instrucao Laranjeiro	<b>5:03.91</b>	465
	50m: 32.14 32.14	150m: 1:47.42 40.24	250m: 3:10.71 44.83	350m: 4:30.95 34.28	
	100m: 1:07.18 35.04	200m: 2:25.88 38.46	300m: 3:56.67 45.96	400m: 5:03.91 32.96	
14.	Tomas Dias Ferreira	00	Geslours	<b>5:06.02</b>	455
	50m: 32.99 32.99	150m: 1:51.55 40.57	250m: 3:14.08 43.03	350m: 4:32.49 35.14	
	100m: 1:10.98 37.99	200m: 2:31.05 39.50	300m: 3:57.35 43.27	400m: 5:06.02 33.53	
15.	Pedro Henriques Marques	00	União Piedense	<b>5:07.91</b>	447
	50m: 30.97 30.97	150m: 1:47.01 40.03	250m: 3:12.35 47.18	350m: 4:33.48 34.10	
	100m: 1:06.98 36.01	200m: 2:25.17 38.16	300m: 3:59.38 47.03	400m: 5:07.91 34.43	
16.	Diogo Monteiro Sousa	00	Naval Setubalense	<b>5:13.52</b>	423
	50m: 33.33 33.33	150m: 1:52.02 40.64	250m: 3:14.36 44.17	350m: 4:37.40 37.15	
	100m: 1:11.38 38.05	200m: 2:30.19 38.17	300m: 4:00.25 45.89	400m: 5:13.52 36.12	
17.	João Fernandes Garcia	00	Avançado EULx	<b>5:13.73</b>	422
	50m: 31.75 31.75	150m: 1:48.18 39.64	250m: 3:15.90 48.46	350m: 4:39.55 34.84	
	100m: 1:08.54 36.79	200m: 2:27.44 39.26	300m: 4:04.71 48.81	400m: 5:13.73 34.18	
18.	Bernardo Antunes Augusto	00	Naval Setubalense	<b>5:14.64</b>	419
	50m: 32.84 32.84	150m: 1:53.63 42.86	250m: 3:20.09 45.16	350m: 4:39.77 35.38	
	100m: 1:10.77 37.93	200m: 2:34.93 41.30	300m: 4:04.39 44.30	400m: 5:14.64 34.87	
19.	Nuno Tiago Pinela	00	Colégio Vasco da Gama	<b>5:18.40</b>	404
	50m: 34.07 34.07	150m: 1:52.72 40.15	250m: 3:16.25 44.71	350m: 4:41.11 39.12	
	100m: 1:12.57 38.50	200m: 2:31.54 38.82	300m: 4:01.99 45.74	400m: 5:18.40 37.29	
20.	Diogo Puidival Marques	00	Desporto Setúbal	<b>5:26.63</b>	374
	50m: 31.83 31.83	150m: 1:52.89 42.91	250m: 3:23.59 49.02	350m: 4:50.53 37.63	
	100m: 1:09.98 38.15	200m: 2:34.57 41.68	300m: 4:12.90 49.31	400m: 5:26.63 36.10	
21.	Rodrigo Guerreiro Benavente	00	Desporto Setúbal	<b>5:31.60</b>	358
	50m: 32.64 32.64	150m: 1:53.04 42.31	250m: 3:25.52 50.41	350m: 4:54.29 37.44	
	100m: 1:10.73 38.09	200m: 2:35.11 42.07	300m: 4:16.85 51.33	400m: 5:31.60 37.31	
22.	Ricardo Silva Marujo	00	Geslours	<b>5:32.80</b>	354
	50m: 34.56 34.56	150m: 1:56.17 42.14	250m: 3:26.89 49.42	350m: 4:55.44 37.51	
	100m: 1:14.03 39.47	200m: 2:37.47 41.30	300m: 4:17.93 51.04	400m: 5:32.80 37.36	
DSQ	Joao Pedro Gaspar	00	Colégio Monte Maior		
	<i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>				
DSQ	Sergio Chan Machado	00	Alges		
	<i>E-M2 - Efectuou batimento alternado de pernas/pés após a partida. (SW 8.3)</i>				
DSQ	Manuel Castelo Branco	00	Estoris		
	<i>E-B31 - No percurso de braços, tocou com uma só mão na parede testa na viragem aos 275 metros (SW 7.6)</i>				
EXH	Benkai He	00	Fisica Torres Vedras	<b>5:20.39</b>	397
	50m: 33.20 33.20	150m: 1:53.48 40.91	250m: 3:19.01 45.88	350m: 4:43.43 39.42	
	100m: 1:12.57 39.37	200m: 2:33.13 39.65	300m: 4:04.01 45.00	400m: 5:20.39 36.96	
EXH	Luis Carrara Bittini	01	Alges	<b>5:11.54</b>	431
	50m: 32.88 32.88	150m: 1:49.64 37.48	250m: 3:13.95 46.73	350m: 4:36.56 35.20	
	100m: 1:12.16 39.28	200m: 2:27.22 37.58	300m: 4:01.36 47.41	400m: 5:11.54 34.98	