

Prova 8
15.11.15 - 9:33

Masc., 400m Livres

Infantis B
Resultados

Rec Regional	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Absoluto	3:49.19	Ricardo Ferreira Cotovio	SCP	Porto	2012
Rec Nacional	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Nacional Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	2009

Mínimo Acesso : 5:32.45

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Duarte Silva Taleigo	03	Amadora	4:53.71	377
	50m: 33.03 33.03	150m: 1:47.56 37.92	250m: 3:03.20 38.12	350m: 4:17.65 37.89	
	100m: 1:09.64 36.61	200m: 2:25.08 37.52	300m: 3:39.76 36.56	400m: 4:53.71 36.06	
2.	Tomas Nogueira Gomes	03	União Piedense	5:02.64	344
	50m: 33.02 33.02	150m: 1:49.29 38.91	250m: 3:08.83 39.67	350m: 4:26.10 38.72	
	100m: 1:10.38 37.36	200m: 2:29.16 39.87	300m: 3:47.38 38.55	400m: 5:02.64 36.54	
3.	Ricardo Novikov	03	Alges	5:03.71	341
	50m: 34.52 34.52	150m: 1:52.13 39.22	250m: 3:10.78 39.04	350m: 4:28.95 38.86	
	100m: 1:12.91 38.39	200m: 2:31.74 39.61	300m: 3:50.09 39.31	400m: 5:03.71 34.76	
4.	Ricardo Martins Ferreira	03	Desporto Setúbal	5:05.48	335
	50m: 33.66 33.66	150m: 1:50.95 39.30	250m: 3:09.30 38.69	350m: 4:28.02 39.42	
	100m: 1:11.65 37.99	200m: 2:30.61 39.66	300m: 3:48.60 39.30	400m: 5:05.48 37.46	
5.	Rodrigo Reis Dias	03	Belenenses	5:11.83	315
	50m: 34.16 34.16	150m: 1:53.64 40.28	250m: 3:13.22 39.86	350m: 4:33.60 40.25	
	100m: 1:13.36 39.20	200m: 2:33.36 39.72	300m: 3:53.35 40.13	400m: 5:11.83 38.23	
6.	Andre Martins Sousa	03	C N Montijo	5:19.77	292
	50m: 36.17 36.17	150m: 1:55.73 40.49	250m: 3:18.04 41.56	350m: 4:40.25 41.14	
	100m: 1:15.24 39.07	200m: 2:36.48 40.75	300m: 3:59.11 41.07	400m: 5:19.77 39.52	
7.	Luis Cabral Junior	03	Belenenses	5:20.69	289
	50m: 36.30 36.30	150m: 1:55.69 40.79	250m: 3:17.43 41.43	350m: 4:42.30 42.00	
	100m: 1:14.90 38.60	200m: 2:36.00 40.31	300m: 4:00.30 42.87	400m: 5:20.69 38.39	
8.	Alexandre Coelho Vieira	03	Sporting	5:25.56	277
	50m: 38.05 38.05	150m: 2:02.82 42.29	250m: 3:25.31 41.21	350m: 4:46.75 40.29	
	100m: 1:20.53 42.48	200m: 2:44.10 41.28	300m: 4:06.46 41.15	400m: 5:25.56 38.81	
9.	Salvador Ataide Parente	03	Geslours	5:30.40	265
	50m: 38.17 38.17	150m: 2:02.42 42.49	250m: 3:27.23 42.24	350m: 4:50.88 42.05	
	100m: 1:19.93 41.76	200m: 2:44.99 42.57	300m: 4:08.83 41.60	400m: 5:30.40 39.52	
10.	David Van Ossenbruggen	03	União Piedense	5:30.71	264
	50m: 35.99 35.99	150m: 2:00.44 43.03	250m: 3:26.30 43.20	350m: 4:51.21 42.57	
	100m: 1:17.41 41.42	200m: 2:43.10 42.66	300m: 4:08.64 42.34	400m: 5:30.71 39.50	
11.	Miguel Fernandes Rosado <i>Fora Mínimo Acesso</i>	03	Clube Instrucao Laranjeiro	5:33.46	257
	50m: 37.31 37.31	150m: 2:02.40 42.80	250m: 3:27.91 42.75	350m: 4:53.10 42.20	
	100m: 1:19.60 42.29	200m: 2:45.16 42.76	300m: 4:10.90 42.99	400m: 5:33.46 40.36	
12.	Joao Pinela Santos <i>Fora Mínimo Acesso</i>	03	União Piedense	5:33.68	257
	50m: 37.37 37.37	150m: 2:02.03 43.05	250m: 3:29.25 43.86	350m: 4:55.90 42.91	
	100m: 1:18.98 41.61	200m: 2:45.39 43.36	300m: 4:12.99 43.74	400m: 5:33.68 37.78	
13.	Diogo Miguel Duraes <i>Fora Mínimo Acesso</i>	03	C N Montijo	5:34.08	256
	50m: 38.66 38.66	150m: 2:03.56 42.42	250m: 3:30.20 43.64	350m: 4:55.61 41.59	
	100m: 1:21.14 42.48	200m: 2:46.56 43.00	300m: 4:14.02 43.82	400m: 5:34.08 38.47	
14.	Goncalo Filipe Valente <i>Fora Mínimo Acesso</i>	03	Geslours	5:34.92	254
	50m: 36.76 36.76	150m: 2:01.21 42.78	250m: 3:27.17 43.33	350m: 4:53.51 43.28	
	100m: 1:18.43 41.67	200m: 2:43.84 42.63	300m: 4:10.23 43.06	400m: 5:34.92 41.41	
15.	Guilherme Matias Cristino <i>Fora Mínimo Acesso</i>	03	Naval Amorense	5:35.03	254
	50m: 36.74 36.74	150m: 2:01.51 43.41	250m: 3:28.10 42.98	350m: 4:54.88 43.21	
	100m: 1:18.10 41.36	200m: 2:45.12 43.61	300m: 4:11.67 43.57	400m: 5:35.03 40.15	
16.	Joao Luis Matos <i>Fora Mínimo Acesso</i>	03	Colégio Vasco da Gama	5:35.37	253
	50m: 36.52 36.52	150m: 2:00.82 42.41	250m: 3:27.45 43.25	350m: 4:54.33 43.36	
	100m: 1:18.41 41.89	200m: 2:44.20 43.38	300m: 4:10.97 43.52	400m: 5:35.37 41.04	

Prova 8, Masc., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
17.	Luis Maia Pegado <i>Fora Minimo Acesso</i>	03	Sporting	5:36.08	251
	50m: 37.55 37.55 100m: 1:20.04 42.49	150m: 2:03.48 43.44 200m: 2:45.54 42.06	250m: 3:27.81 42.27 300m: 4:10.94 43.13	350m: 4:53.71 42.77 400m: 5:36.08 42.37	
18.	Pedro Esteves Duarte <i>Fora Minimo Acesso</i>	03	Naval Amorense	5:36.35	251
	50m: 37.13 37.13 100m: 1:19.18 42.05	150m: 2:02.71 43.53 200m: 2:45.75 43.04	250m: 3:27.10 41.35 300m: 4:11.03 43.93	350m: 4:54.14 43.11 400m: 5:36.35 42.21	
19.	Goncalo Vieira Almeida <i>Fora Minimo Acesso</i>	03	União Piedense	5:38.64	246
	50m: 39.29 39.29 100m: 1:22.52 43.23	150m: 2:06.29 43.77 200m: 2:49.01 42.72	250m: 3:31.30 42.29 300m: 4:14.19 42.89	350m: 4:57.40 43.21 400m: 5:38.64 41.24	
20.	Rodrigo Beja Lopes <i>Fora Minimo Acesso</i>	03	Palmela Desporto	5:38.93	245
	50m: 37.86 37.86 100m: 1:20.51 42.65	150m: 2:03.84 43.33 200m: 2:46.81 42.97	250m: 3:29.94 43.13 300m: 4:14.84 44.90	350m: 4:59.32 44.48 400m: 5:38.93 39.61	
21.	Goncalo Nuno Raposo <i>Fora Minimo Acesso</i>	03	Palmela Desporto	5:41.00	241
	50m: 37.51 37.51 100m: 1:19.38 41.87	150m: 2:03.52 44.14 200m: 2:47.90 44.38	250m: 3:32.27 44.37 300m: 4:16.83 44.56	350m: 4:59.84 43.01 400m: 5:41.00 41.16	
22.	Fabio Miguel Farinha <i>Fora Minimo Acesso</i>	03	Benfica	5:41.12	240
	50m: 38.54 38.54 100m: 1:21.31 42.77	150m: 2:04.52 43.21 200m: 2:48.70 44.18	250m: 3:32.57 43.87 300m: 4:15.48 42.91	350m: 4:59.49 44.01 400m: 5:41.12 41.63	
23.	Daniel Shumeika Zayika <i>Fora Minimo Acesso</i>	03	Benfica	5:41.79	239
	50m: 38.89 38.89 100m: 1:21.33 42.44	150m: 2:04.95 43.62 200m: 2:48.93 43.98	250m: 3:33.23 44.30 300m: 4:16.66 43.43	350m: 5:00.34 43.68 400m: 5:41.79 41.45	
24.	Pedro Miguel Matos <i>Fora Minimo Acesso</i>	03	Colégio Vasco da Gama	5:44.58	233
	50m: 38.21 38.21 100m: 1:22.10 43.89	150m: 2:06.15 44.05 200m: 2:50.06 43.91	250m: 3:34.63 44.57 300m: 4:18.34 43.71	350m: 5:01.67 43.33 400m: 5:44.58 42.91	
25.	Guilherme Carmo Manz <i>Fora Minimo Acesso</i>	03	Colégio Vasco da Gama	5:46.04	230
	50m: 37.31 37.31 100m: 1:20.60 43.29	150m: 2:05.11 44.51 200m: 2:50.16 45.05	250m: 3:34.80 44.64 300m: 4:19.34 44.54	350m: 5:03.93 44.59 400m: 5:46.04 42.11	
26.	Henrique Pinheiro Valente <i>Fora Minimo Acesso</i>	03	Colégio Vasco da Gama	5:50.39	222
	50m: 38.88 38.88 100m: 1:22.55 43.67	150m: 2:06.67 44.12 200m: 2:51.11 44.44	250m: 3:35.76 44.65 300m: 4:21.57 45.81	350m: 5:07.09 45.52 400m: 5:50.39 43.30	
27.	Tomas Augusto Teixeira <i>Fora Minimo Acesso</i>	03	Colégio Vasco da Gama	5:51.03	221
	50m: 38.66 38.66 100m: 1:21.55 42.89	150m: 2:05.52 43.97 200m: 2:51.05 45.53	250m: 3:35.88 44.83 300m: 4:20.72 44.84	350m: 5:05.84 45.12 400m: 5:51.03 45.19	
28.	Gonçalo Miguel Rodrigues <i>Fora Minimo Acesso</i>	03	Estoris	5:51.09	220
	50m: 37.29 37.29 100m: 1:19.80 42.51	150m: 2:04.89 45.09 200m: 2:50.28 45.39	250m: 3:36.65 46.37 300m: 4:22.88 46.23	350m: 5:08.97 46.09 400m: 5:51.09 42.12	
29.	Francisco Teixeira Monteiro <i>Fora Minimo Acesso</i>	03	Naval Amorense	5:52.54	218
	50m: 37.19 37.19 100m: 1:20.67 43.48	150m: 2:05.64 44.97 200m: 2:51.09 45.45	250m: 3:36.32 45.23 300m: 4:23.60 47.28	350m: 5:09.10 45.50 400m: 5:52.54 43.44	
30.	Gonçalo Formosinho Rodrigues <i>Fora Minimo Acesso</i>	03	Avançado EULx	6:03.69	198
	50m: 40.00 40.00 100m: 1:24.54 44.54	150m: 2:11.27 46.73 200m: 2:58.92 47.65	250m: 3:45.39 46.47 300m: 4:31.33 45.94	350m: 5:17.92 46.59 400m: 6:03.69 45.77	
31.	Andre Santos Costa <i>Fora Minimo Acesso</i>	03	Amadora	6:10.85	187
	50m: 39.86 39.86 100m: 1:26.81 46.95	150m: 2:14.14 47.33 200m: 3:01.55 47.41	250m: 3:49.21 47.66 300m: 4:36.90 47.69	350m: 5:23.07 46.17 400m: 6:10.85 47.78	

Prova 8, Masc., 400m Livres

EXH	Nicolae Iachimovschi			03	Amadora					5:26.10	275	
	50m:	35.03	35.03	150m:	1:55.58	40.57	250m:	3:19.09	41.96	350m:	4:44.12	42.53
	100m:	1:15.01	39.98	200m:	2:37.13	41.55	300m:	4:01.59	42.50	400m:	5:26.10	41.98