

Event 25  
7.2.16 - 17:27

Men, 400m Medley

Absolutos/All  
Results

Rec Mundial / World Record	4:03.84	PHELPS Michael	USA	Beijing (CHN)	2008
Rec Europeu / European Record	4:06.16	CSEH Laszlo	HUN	Beijing (CHN)	2008
Rec Meeting / Meeting Record	4:30.03	SANTOS Alexis Manacas	POR	Jamor	2013
Rec Nacional / Port.Nat Record	4:16.30	SANTOS Alexis Manacas	FPN	Barcelona (ESP)	2013

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 5:04.00; Inf&Juv: 5:04.00

Points: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
1.	SANTOS Alexis Manacas <i>Recorde Meeting / Meeting Record</i>	92	Sporting	<b>4:23.00</b>	+0.74	796
	50m: 28.14 28.14 150m: 1:34.86 34.57 250m: 2:45.17 36.90 350m: 3:53.48 31.33			36.90 350m: 3:53.48 31.33		
	100m: 1:00.29 32.15 200m: 2:08.27 33.41 300m: 3:22.15 36.98 400m: 4:23.00 29.52			36.98 400m: 4:23.00 29.52		
2.	PINOTES Pedro Miguel	89	Sporting	<b>4:30.53</b>	+0.56	732
	50m: 28.39 28.39 150m: 1:37.48 37.08 250m: 2:51.12 37.48 350m: 4:01.55 31.97			37.48 350m: 4:01.55 31.97		
	100m: 1:00.40 32.01 200m: 2:13.64 36.16 300m: 3:29.58 38.46 400m: 4:30.53 28.98			38.46 400m: 4:30.53 28.98		
3.	CATTABRIGA Matte	00	Vigili Del Fuoco Modena	<b>4:32.83</b>	+0.70	713
	50m: 29.00 29.00 150m: 1:36.43 33.29 250m: 2:48.70 38.84 350m: 4:01.76 32.33			38.84 350m: 4:01.76 32.33		
	100m: 1:03.14 34.14 200m: 2:09.86 33.43 300m: 3:29.43 40.73 400m: 4:32.83 31.07			40.73 400m: 4:32.83 31.07		
4.	RAMOS Bruno Miguel	97	Belenenses	<b>4:40.26</b>	+0.56	658
	50m: 29.67 29.67 150m: 1:39.26 36.38 250m: 2:55.74 40.42 350m: 4:08.91 32.26			40.42 350m: 4:08.91 32.26		
	100m: 1:02.88 33.21 200m: 2:15.32 36.06 300m: 3:36.65 40.91 400m: 4:40.26 31.35			40.91 400m: 4:40.26 31.35		
5.	MOORE Andrew	98	Connacht Performance Centre	<b>4:42.52</b>	+0.72	642
	50m: 28.21 28.21 150m: 1:39.83 38.32 250m: 2:56.02 39.13 350m: 4:10.18 34.21			39.13 350m: 4:10.18 34.21		
	100m: 1:01.51 33.30 200m: 2:16.89 37.06 300m: 3:35.97 39.95 400m: 4:42.52 32.34			39.95 400m: 4:42.52 32.34		
6.	SILVA Jorge Jesus	00	Selecao Portugal	<b>4:45.08</b>	+0.83	625
	50m: 30.28 30.28 150m: 1:44.06 39.42 250m: 3:01.19 38.81 350m: 4:14.37 32.28			38.81 350m: 4:14.37 32.28		
	100m: 1:04.64 34.36 200m: 2:22.38 38.32 300m: 3:42.09 40.90 400m: 4:45.08 30.71			40.90 400m: 4:45.08 30.71		
7.	MACHADO Joao Daniel	99	Uniao Piedense	<b>4:47.31</b>		611
	50m: 29.74 29.74 150m: 1:41.55 36.92 250m: 2:59.70 41.85 350m: 4:14.80 33.58			41.85 350m: 4:14.80 33.58		
	100m: 1:04.63 34.89 200m: 2:17.85 36.30 300m: 3:41.22 41.52 400m: 4:47.31 32.51			41.52 400m: 4:47.31 32.51		
8.	GONCALVES Andre Bras	88	Belenenses	<b>4:48.45</b>	+0.68	604
	50m: 29.28 29.28 150m: 1:42.30 38.53 250m: 3:01.32 41.87 350m: 4:16.93 33.90			41.87 350m: 4:16.93 33.90		
	100m: 1:03.77 34.49 200m: 2:19.45 37.15 300m: 3:43.03 41.71 400m: 4:48.45 31.52			41.71 400m: 4:48.45 31.52		
9.	WILSON Mitchell	99	Connacht Performance Centre	<b>4:50.23</b>	+0.76	593
	50m: 29.07 29.07 150m: 1:41.40 38.29 250m: 2:59.45 40.51 350m: 4:16.57 34.07			40.51 350m: 4:16.57 34.07		
	100m: 1:03.11 34.04 200m: 2:18.94 37.54 300m: 3:42.50 43.05 400m: 4:50.23 33.66			43.05 400m: 4:50.23 33.66		
10.	SIMEAO Jose Tomas	00	Selecao Portugal	<b>4:50.94</b>	+0.87	588
	50m: 29.26 29.26 150m: 1:41.36 37.37 250m: 3:02.01 43.02 350m: 4:19.36 33.59			43.02 350m: 4:19.36 33.59		
	100m: 1:03.99 34.73 200m: 2:18.99 37.63 300m: 3:45.77 43.76 400m: 4:50.94 31.58			43.76 400m: 4:50.94 31.58		
11.	RUIVO Andre Vilas	00	Selecao Portugal	<b>4:51.01</b>	+0.78	588
	50m: 29.83 29.83 150m: 1:41.91 37.81 250m: 3:02.40 43.66 350m: 4:19.69 33.85			43.66 350m: 4:19.69 33.85		
	100m: 1:04.10 34.27 200m: 2:18.74 36.83 300m: 3:45.84 43.44 400m: 4:51.01 31.32			43.44 400m: 4:51.01 31.32		
12.	COSTA Tiago Cunha	99	Sporting	<b>4:51.39</b>	+0.73	585
	50m: 30.19 30.19 150m: 1:42.81 38.79 250m: 3:02.24 42.29 350m: 4:18.36 34.94			42.29 350m: 4:18.36 34.94		
	100m: 1:04.02 33.83 200m: 2:19.95 37.14 300m: 3:43.42 41.18 400m: 4:51.39 33.03			41.18 400m: 4:51.39 33.03		
13.	QUEIROGA Afonso Calais	98	Uniao Piedense	<b>4:53.59</b>	+0.70	572
	50m: 30.81 30.81 150m: 1:45.80 38.66 250m: 3:04.94 39.57 350m: 4:21.13 33.76			39.57 350m: 4:21.13 33.76		
	100m: 1:07.14 36.33 200m: 2:25.37 39.57 300m: 3:47.37 42.43 400m: 4:53.59 32.46			42.43 400m: 4:53.59 32.46		
14.	MENDES Antonio Manuel	99	Sporting	<b>4:54.26</b>	+0.64	569
	50m: 29.77 29.77 150m: 1:46.69 42.25 250m: 3:07.30 39.35 350m: 4:20.98 34.10			39.35 350m: 4:20.98 34.10		
	100m: 1:04.44 34.67 200m: 2:27.95 41.26 300m: 3:46.88 39.58 400m: 4:54.26 33.28			39.58 400m: 4:54.26 33.28		
15.	NUNES Rafael Filipe	96	Naval Amorense	<b>4:55.68</b>	+0.56	560
	50m: 30.53 30.53 150m: 1:46.14 39.91 250m: 3:07.11 41.72 350m: 4:23.73 33.07			41.72 350m: 4:23.73 33.07		
	100m: 1:06.23 35.70 200m: 2:25.39 39.25 300m: 3:50.66 43.55 400m: 4:55.68 31.95			43.55 400m: 4:55.68 31.95		
16.	PERLOIRO Bernardo Goya	00	Sporting	<b>4:56.22</b>	+0.70	557
	50m: 30.53 30.53 150m: 1:45.65 38.67 250m: 3:05.62 42.13 350m: 4:23.49 34.58			42.13 350m: 4:23.49 34.58		
	100m: 1:06.98 36.45 200m: 2:23.49 37.84 300m: 3:48.91 43.29 400m: 4:56.22 32.73			43.29 400m: 4:56.22 32.73		

Event 25, Men, 400m Medley, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	SANTOS Joao Carlos	96	Uniao Piedense	<b>4:57.74</b>	+0.63	549
	50m: 31.35 31.35	150m: 1:46.54 39.43	250m: 3:07.69	42.86 350m: 4:25.69		33.85
	100m: 1:07.11 35.76	200m: 2:24.83 38.29	300m: 3:51.84	44.15 400m: 4:57.74		32.05
18.	PAULA Tiago Douwens	99	Sporting	<b>5:01.13</b>	+0.69	530
	50m: 32.20 32.20	150m: 1:48.05 38.83	250m: 3:09.17	43.59 350m: 4:27.26		34.93
	100m: 1:09.22 37.02	200m: 2:25.58 37.53	300m: 3:52.33	43.16 400m: 5:01.13		33.87
19.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>5:02.88</b>	+0.64	521
	50m: 30.96 30.96	150m: 1:45.57 37.83	250m: 3:07.50	44.47 350m: 4:30.47		36.20
	100m: 1:07.74 36.78	200m: 2:23.03 37.46	300m: 3:54.27	46.77 400m: 5:02.88		32.41
20.	FRADE Miguel Goncalves	00	Torres Novas	<b>5:03.36</b>	+0.88	519
	50m: 32.15 32.15	150m: 1:48.56 39.53	250m: 3:09.49	42.33 350m: 4:28.50		35.72
	100m: 1:09.03 36.88	200m: 2:27.16 38.60	300m: 3:52.78	43.29 400m: 5:03.36		34.86