

Event 4
6.2.16 - 16:49

Men, 400m Freestyle

Absolutos/All
Results Finals

Rec Mundial / World Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Europeu / European Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Meeting / Meeting Record	3:56.04	HABER Ido	ISR	Jamor	2013
Rec Nacional / Port.Nat Record	3:52.29	MAIA Jorge Manuel	FPN	Málaga (ESP)	2009

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:25.00; Inf&Juv: 4:44.00

Points: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
Final A						
1.	DIAS Guilherme Pereira	97	Sporting	4:00.92	+0.73	762
	50m: 28.06 28.06	150m: 1:29.38 30.98	250m: 2:30.75 30.66	350m: 3:31.38 30.22		
	100m: 58.40 30.34	200m: 2:00.09 30.71	300m: 3:01.16 30.41	400m: 4:00.92 29.54		
2.	VITAL Joao Alexandre	98	Sporting	4:02.29	+0.57	749
	50m: 28.31 28.31	150m: 1:29.76 30.98	250m: 2:31.09 30.63	350m: 3:32.11 30.13		
	100m: 58.78 30.47	200m: 2:00.46 30.70	300m: 3:01.98 30.89	400m: 4:02.29 30.18		
3.	BONANCA Mario Andre	90	Sporting	4:02.62	+0.79	746
	50m: 28.22 28.22	150m: 1:28.61 30.68	250m: 2:30.36 31.06	350m: 3:32.68 31.01		
	100m: 57.93 29.71	200m: 1:59.30 30.69	300m: 3:01.67 31.31	400m: 4:02.62 29.94		
4.	MOGNE Igor Araujo	96	Sporting	4:06.63	+0.76	710
	50m: 27.91 27.91	150m: 1:29.58 30.80	250m: 2:31.95 30.80	350m: 3:35.25 31.45		
	100m: 58.78 30.87	200m: 2:01.15 31.57	300m: 3:03.80 31.85	400m: 4:06.63 31.38		
5.	FARINHA Andre Filipe	96	Benfica	4:09.65	+0.62	684
	50m: 28.44 28.44	150m: 1:31.92 32.01	250m: 2:35.68 31.64	350m: 3:39.10 31.47		
	100m: 59.91 31.47	200m: 2:04.04 32.12	300m: 3:07.63 31.95	400m: 4:09.65 30.55		
6.	COUTINHO Alexandre Valdagua	97	Cantanhedense	4:09.88	+0.68	683
	50m: 28.80 28.80	150m: 1:32.11 32.58	250m: 2:35.89 31.82	350m: 3:39.56 32.02		
	100m: 59.53 30.73	200m: 2:04.07 31.96	300m: 3:07.54 31.65	400m: 4:09.88 30.32		
7.	PINOTES Pedro Miguel	89	Sporting	4:11.14	+0.60	672
	50m: 28.92 28.92	150m: 1:33.76 32.41	250m: 2:37.07 30.89	350m: 3:40.07 31.33		
	100m: 1:01.35 32.43	200m: 2:06.18 32.42	300m: 3:08.74 31.67	400m: 4:11.14 31.07		
8.	SCHIFFMANN Nathan	00	Fed. Francaise - IRSO	4:11.37	+0.56	671
	50m: 28.53 28.53	150m: 1:31.45 31.97	250m: 2:35.98 32.12	350m: 3:41.02 32.36		
	100m: 59.48 30.95	200m: 2:03.86 32.41	300m: 3:08.66 32.68	400m: 4:11.37 30.35		
9.	MARQUES Diogo Manuel	98	Cantanhedense	4:12.83		659
	50m: 29.45 29.45	150m: 1:33.28 32.15	250m: 2:37.86 32.18	350m: 3:42.23 32.22		
	100m: 1:01.13 31.68	200m: 2:05.68 32.40	300m: 3:10.01 32.15	400m: 4:12.83 30.60		
10.	CARVALHO Jose Paula	98	Uniao Piedense	4:15.17	+0.71	641
	50m: 28.99 28.99	150m: 1:31.59 32.07	250m: 2:36.38 32.02	350m: 3:42.48 32.94		
	100m: 59.52 30.53	200m: 2:04.36 32.77	300m: 3:09.54 33.16	400m: 4:15.17 32.69		
Final B						
11.	LOPES Jose Paulo	00	Selecao Portugal	4:10.28	+0.72	679
	50m: 29.20 29.20	150m: 1:32.11 31.72	250m: 2:35.95 31.64	350m: 3:39.50 31.76		
	100m: 1:00.39 31.19	200m: 2:04.31 32.20	300m: 3:07.74 31.79	400m: 4:10.28 30.78		
12.	COSTA Tiago Cunha	99	Sporting	4:12.01	+0.62	665
	50m: 29.36 29.36	150m: 1:32.83 31.79	250m: 2:37.09 32.16	350m: 3:41.72 32.14		
	100m: 1:01.04 31.68	200m: 2:04.93 32.10	300m: 3:09.58 32.49	400m: 4:12.01 30.29		
13.	NUNES Diogo Barbosa	00	Selecao Portugal	4:13.45	+0.62	654
	50m: 29.40 29.40	150m: 1:32.90 31.71	250m: 2:37.25 32.10	350m: 3:43.16 32.92		
	100m: 1:01.19 31.79	200m: 2:05.15 32.25	300m: 3:10.24 32.99	400m: 4:13.45 30.29		
14.	DANTAS Diogo Leal	00	Sporting	4:13.87	+0.64	651
	50m: 28.75 28.75	150m: 1:32.31 32.31	250m: 2:37.10 32.69	350m: 3:42.67 32.79		
	100m: 1:00.00 31.25	200m: 2:04.41 32.10	300m: 3:09.88 32.78	400m: 4:13.87 31.20		
15.	YEBBA Wissam-Amazigh	00	Fed. Francaise - IRSO	4:14.11	+0.71	649
	50m: 29.61 29.61	150m: 1:33.86 32.00	250m: 2:38.14 32.19	350m: 3:42.59 32.14		
	100m: 1:01.86 32.25	200m: 2:05.95 32.09	300m: 3:10.45 32.31	400m: 4:14.11 31.52		

Event 4, Men, 400m Freestyle, Final, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
16.	OLIVEIRA Tomas Gomes 50m: 28.90 28.90 100m: 1:00.59 31.69	99	Nautico Marinha Grande 150m: 1:33.34 32.75 250m: 2:38.58 200m: 2:05.77 32.43 300m: 3:11.93	4:17.16 32.81 350m: 3:45.02 33.35 400m: 4:17.16	+0.85	626 33.09 32.14
17.	PLAZA Swann 50m: 29.55 29.55 100m: 1:01.50 31.95	01	Fed. Francaise - IRSO 150m: 1:33.98 32.48 250m: 2:39.67 200m: 2:06.58 32.60 300m: 3:12.61	4:17.45 33.09 350m: 3:45.77 32.94 400m: 4:17.45	+0.81	624 33.16 31.68
18.	REIS Leonardo Peralta 50m: 29.40 29.40 100m: 1:01.57 32.17	96	Benedita 150m: 1:34.23 32.66 250m: 2:39.76 200m: 2:06.97 32.74 300m: 3:12.58	4:17.47 32.79 350m: 3:45.64 32.82 400m: 4:17.47	+0.79	624 33.06 31.83
19.	GRADY Eoghan 50m: 29.48 29.48 100m: 1:02.06 32.58	96	Connacht Performance Centre 150m: 1:35.11 33.05 250m: 2:42.18 200m: 2:08.80 33.69 300m: 3:16.08	4:21.97 33.38 350m: 3:49.20 33.90 400m: 4:21.97	+0.81	592 33.12 32.77
20.	GOMES Sebastiao Mendes 50m: 29.16 29.16 100m: 1:02.34 33.18	00	Selecao Portugal 150m: 1:36.14 33.80 250m: 2:43.02 200m: 2:09.42 33.28 300m: 3:17.12	4:22.99 33.60 350m: 3:50.50 34.10 400m: 4:22.99		585 33.38 32.49