

Prova 11
27.2.16 - 9:00

Masc., 400m Estilos

Absolutos
Resultados

| | | | | | |
|-----------------------|---------|-----------------------|---------|-----------------|------|
| Rec Regional Juv B | 4:37.06 | Joao Alexandre Vital | ADRCIMM | Utrecht (NED) | 2013 |
| Rec Regional Juv A | 4:32.66 | Joao Alexandre Vital | ADRCIMM | Coimbra | 2014 |
| Rec Regional Jun 1 | 4:25.23 | Joao Alexandre Vital | ADRCIMM | Singapore (SIN) | 2015 |
| Rec Regional Jun 2 | 4:25.52 | João Alexandre Vital | SCP | Antwerpen (BEL) | 2016 |
| Rec Regional Sen | 4:16.30 | Alexis Manacas Santos | SCP | Barcelona (ESP) | 2013 |
| Rec Regional Absoluto | 4:16.30 | Alexis Manacas Santos | FPN | Barcelona (ESP) | 2013 |
| Rec Nacional Absoluto | 4:16.30 | Alexis Manacas Santos | FPN | Barcelona (ESP) | 2013 |

TAC - Masc Juv B: 5:40.44; Juv A: 5:34.26; Jun 1: 5:22.02; Jun 2: 5:17.42; Sen: 5:11.28

Pontos: FINA 2015

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 100m | 200m | 300m | 400m |
|------------------|---|-----|---------|----------|----------------|-----|---------|---------|---------|---------|
| Juvenis B | | | | | | | | | | |
| 1. | Diogo Santos Cardoso <i>Campeão Regional Juvenis B</i> | 01 | ADRCIMM | 4:54.34 | 4:59.96 | 537 | 1:06.82 | 1:20.73 | 1:25.21 | 1:07.20 |
| 2. | Diogo Alexandre Araujo | 01 | ESJB | 5:09.59 | 5:13.10 | 472 | 1:09.77 | 1:24.10 | 1:30.56 | 1:08.67 |
| 3. | Rodrigo Melo Pinto | 01 | CNCVG | 5:19.76 | 5:14.72 | 465 | 1:12.59 | 1:18.10 | 1:32.75 | 1:11.28 |
| 4. | Guilherme Filipe Alcobia | 01 | SLB | 5:28.64 | 5:17.89 | 451 | 1:09.14 | 1:24.36 | 1:28.54 | 1:15.85 |
| 5. | Afonso Maria Carvalho | 01 | SCP | 5:31.08 | 5:19.94 | 442 | 1:10.91 | 1:24.50 | 1:29.59 | 1:14.94 |
| 6. | Ricardo Martins Bras | 01 | CFB | 5:17.85 | 5:26.70 | 415 | 1:12.95 | 1:22.68 | 1:35.76 | 1:15.31 |

Juvenis A

| | | | | | | | | | | |
|----|--|----|-------|---------|----------------|-----|---------|---------|---------|---------|
| 1. | Jose Tomas Simeao <i>Campeão Regional Juvenis A</i> | 00 | CIRL | 4:41.31 | 4:52.05 | 582 | 1:03.49 | 1:14.03 | 1:25.91 | 1:08.62 |
| 2. | Sebastiao Limbert Piedade | 00 | SAD | 4:55.32 | 5:03.17 | 520 | 1:08.58 | 1:18.98 | 1:27.11 | 1:08.50 |
| 3. | Filipe Miguel Santo | 00 | SCP | 4:54.41 | 5:03.20 | 520 | 1:09.68 | 1:17.32 | 1:28.97 | 1:07.23 |
| 4. | Daniel Nogueira Catalao | 00 | SFUAP | 4:57.33 | 5:03.21 | 520 | 1:08.10 | 1:19.07 | 1:27.29 | 1:08.75 |
| 5. | Tomas Dias Ferreira | 00 | GESL | 5:12.14 | 5:09.83 | 487 | 1:11.07 | 1:23.23 | 1:26.77 | 1:08.76 |
| 6. | Pedro Barata Neves | 00 | CIRL | 5:05.87 | 5:11.61 | 479 | 1:05.62 | 1:22.54 | 1:34.03 | 1:09.42 |
| 7. | Joao Manuel Vargas | 00 | SAD | 5:07.13 | 5:18.27 | 449 | 1:13.26 | 1:21.81 | 1:30.93 | 1:12.27 |
| 8. | Nuno Tiago Pinela | 00 | CNCVG | 5:20.33 | 5:18.69 | 447 | 1:11.27 | 1:22.43 | 1:30.43 | 1:14.56 |

Juniores

| | | | | | | | | | | |
|-----|--|----|------|---------|----------------|-----|---------|---------|---------|---------|
| 1. | Hugo Pon <i>Campeão Regional Junior</i> | 98 | SAD | 4:34.92 | 4:40.61 | 656 | 1:02.74 | 1:13.73 | 1:18.71 | 1:05.43 |
| 2. | Filipe Ferreira Luz | 98 | GESL | 4:59.63 | 4:54.91 | 565 | 1:07.73 | 1:13.98 | 1:26.35 | 1:06.85 |
| 3. | Bernardo Graca Rodrigues | 99 | SAD | 4:57.68 | 4:59.12 | 541 | 1:07.65 | 1:18.96 | 1:25.07 | 1:07.44 |
| 4. | Andre Alexandre Santos | 99 | SCP | 5:00.16 | 5:03.75 | 517 | 1:06.26 | 1:17.34 | 1:30.46 | 1:09.69 |
| DSQ | Rodrigo Ferreira Sousa | 99 | GESL | 5:05.34 | | | | | | |

E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de braços (SW 7.6)

Seniores

| | | | | | | | | | | |
|----|---|----|--------|---------|----------------|-----|---------|---------|---------|---------|
| 1. | Rafael Filipe Nunes <i>Campeão Regional Sénior</i> | 96 | ANAM | 4:45.61 | 4:56.05 | 558 | 1:04.88 | 1:18.22 | 1:26.06 | 1:06.89 |
| 2. | Bruno Miguel Martins | 93 | GESL | 5:11.28 | 4:56.20 | 557 | 1:08.17 | 1:16.68 | 1:22.11 | 1:09.24 |
| 3. | Joao Carlos Santos | 96 | SFUAP | 4:43.12 | 4:57.24 | 552 | 1:08.06 | 1:15.80 | 1:29.13 | 1:04.25 |
| 4. | Tiago Barros Ferreira | 94 | SAD | 5:02.10 | 5:06.73 | 502 | 1:08.72 | 1:18.94 | 1:26.47 | 1:12.60 |
| 5. | Luis Maria Rosa | 91 | INDANL | 4:58.60 | 5:08.37 | 494 | 1:06.57 | 1:22.07 | 1:28.71 | 1:11.02 |

Absolutos

| | | | | | | | | | | |
|----|--------------------------|----|-------|---------|----------------|-----|---------|---------|---------|---------|
| 1. | Hugo Pon | 98 | SAD | 4:34.92 | 4:40.61 | 656 | 1:02.74 | 1:13.73 | 1:18.71 | 1:05.43 |
| 2. | Jose Tomas Simeao | 00 | CIRL | 4:41.31 | 4:52.05 | 582 | 1:03.49 | 1:14.03 | 1:25.91 | 1:08.62 |
| 3. | Filipe Ferreira Luz | 98 | GESL | 4:59.63 | 4:54.91 | 565 | 1:07.73 | 1:13.98 | 1:26.35 | 1:06.85 |
| 4. | Rafael Filipe Nunes | 96 | ANAM | 4:45.61 | 4:56.05 | 558 | 1:04.88 | 1:18.22 | 1:26.06 | 1:06.89 |
| 5. | Bruno Miguel Martins | 93 | GESL | 5:11.28 | 4:56.20 | 557 | 1:08.17 | 1:16.68 | 1:22.11 | 1:09.24 |
| 6. | Joao Carlos Santos | 96 | SFUAP | 4:43.12 | 4:57.24 | 552 | 1:08.06 | 1:15.80 | 1:29.13 | 1:04.25 |
| 7. | Bernardo Graca Rodrigues | 99 | SAD | 4:57.68 | 4:59.12 | 541 | 1:07.65 | 1:18.96 | 1:25.07 | 1:07.44 |

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha

Prova 11, Masc., 400m Estilos, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 100m | 200m | 300m | 400m |
|-------|---------------------------|-----|---------|----------|----------------|-----|---------|---------|---------|---------|
| 8. | Diogo Santos Cardoso | 01 | ADRCIMM | 4:54.34 | 4:59.96 | 537 | 1:06.82 | 1:20.73 | 1:25.21 | 1:07.20 |
| 9. | Sebastiao Limbert Piedade | 00 | SAD | 4:55.32 | 5:03.17 | 520 | 1:08.58 | 1:18.98 | 1:27.11 | 1:08.50 |
| 10. | Filipe Miguel Santo | 00 | SCP | 4:54.41 | 5:03.20 | 520 | 1:09.68 | 1:17.32 | 1:28.97 | 1:07.23 |
| 11. | Daniel Nogueira Catalao | 00 | SFUAP | 4:57.33 | 5:03.21 | 520 | 1:08.10 | 1:19.07 | 1:27.29 | 1:08.75 |
| 12. | Andre Alexandre Santos | 99 | SCP | 5:00.16 | 5:03.75 | 517 | 1:06.26 | 1:17.34 | 1:30.46 | 1:09.69 |
| 13. | Tiago Barros Ferreira | 94 | SAD | 5:02.10 | 5:06.73 | 502 | 1:08.72 | 1:18.94 | 1:26.47 | 1:12.60 |
| 14. | Luis Maria Rosa | 91 | INDANL | 4:58.60 | 5:08.37 | 494 | 1:06.57 | 1:22.07 | 1:28.71 | 1:11.02 |
| 15. | Tomas Dias Ferreira | 00 | GESL | 5:12.14 | 5:09.83 | 487 | 1:11.07 | 1:23.23 | 1:26.77 | 1:08.76 |
| 16. | Pedro Barata Neves | 00 | CIRL | 5:05.87 | 5:11.61 | 479 | 1:05.62 | 1:22.54 | 1:34.03 | 1:09.42 |
| 17. | Diogo Alexandre Araujo | 01 | ESJB | 5:09.59 | 5:13.10 | 472 | 1:09.77 | 1:24.10 | 1:30.56 | 1:08.67 |
| 18. | Rodrigo Melo Pinto | 01 | CNCVG | 5:19.76 | 5:14.72 | 465 | 1:12.59 | 1:18.10 | 1:32.75 | 1:11.28 |
| 19. | Guilherme Filipe Alcobia | 01 | SLB | 5:28.64 | 5:17.89 | 451 | 1:09.14 | 1:24.36 | 1:28.54 | 1:15.85 |
| 20. | Joao Manuel Vargas | 00 | SAD | 5:07.13 | 5:18.27 | 449 | 1:13.26 | 1:21.81 | 1:30.93 | 1:12.27 |
| 21. | Nuno Tiago Pinela | 00 | CNCVG | 5:20.33 | 5:18.69 | 447 | 1:11.27 | 1:22.43 | 1:30.43 | 1:14.56 |
| 22. | Afonso Maria Carvalho | 01 | SCP | 5:31.08 | 5:19.94 | 442 | 1:10.91 | 1:24.50 | 1:29.59 | 1:14.94 |
| 23. | Ricardo Martins Bras | 01 | CFB | 5:17.85 | 5:26.70 | 415 | 1:12.95 | 1:22.68 | 1:35.76 | 1:15.31 |
| DSQ | Rodrigo Ferreira Sousa | 99 | GESL | 5:05.34 | | | | | | |

E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)