

Prova 30 Masc., 400m Livres Absolutos
27.2.16 - 18:30 Resultados

Rec Regional Juv B	4:09.11	Andre Filipe Farinha	SLB	Povoa de Varzim	2011
Rec Regional Juv A	4:04.23	Andre Filipe Farinha	SLB	Torreveja (ESP)	2012
Rec Regional Jun 1	4:02.31	Joao Carlos Santos	ANAM	Coimbra	2013
Rec Regional Jun 2	3:59.24	Rafael Lourenco Gil	ANAM	Dordrecht (NED)	2014
Rec Regional Sen	3:57.97	Duarte Rafael Mourao	SAD	Coimbra	2008
Rec Regional Absoluto	3:57.97	Duarte Rafael Mourao	SAD	Coimbra	2008
Rec Nacional Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	2009

TAC - Masc Juv B: 4:57.33; Juv A: 4:51.92; Jun 1: 4:41.23; Jun 2: 4:37.22; Sen: 4:31.86

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	4:27.62	4:24.66	574	1:03.58	1:08.09	1:08.17	1:04.82
2.	David Matias Cristino	01	ANAM	4:22.05	4:26.07	565	1:02.56	1:08.06	1:08.40	1:07.05
3.	Gonçalo Carvalho Ferrao	01	ANSE	4:26.82	4:30.78	536	1:03.66	1:10.75	1:08.89	1:07.48
4.	Rafael Alcantara Aires	01	ANAM	4:28.59	4:33.12	523	1:03.91	1:10.22	1:11.85	1:07.14
5.	Guilherme Ventura Carvalho	01	GESL	4:35.26	4:37.87	496	1:05.64	1:10.90	1:11.25	1:10.08
6.	Edgar Filipe Santos	01	ANAM	4:31.14	4:41.46	478	1:05.86	1:12.37	1:12.58	1:10.65
7.	Rodrigo Ponte Jorge	01	ANAM	4:32.93	4:45.27	459	1:05.47	1:12.04	1:14.83	1:12.93
8.	Joao Batista Silva	01	PDEM	4:47.27	4:47.16	450	1:06.94	1:13.88	1:14.46	1:11.88
9.	Miguel Monteiro Dinis	01	SAD	4:46.55	4:50.73	433	1:06.67	1:13.00	1:15.94	1:15.12
10.	Gonçalo Silveirinha Caldeira	01	INDANL	4:57.33	4:54.43	417	1:08.29	1:15.20	1:16.95	1:13.99
11.	Henrique Rasteiro Luis <i>FTL (Fora Tempo Limite)</i>	01	ADRCIMM	4:55.55	4:59.01	398	1:08.91	1:16.59	1:17.81	1:15.70
12.	Filipe Eduardo Morais <i>FTL (Fora Tempo Limite)</i>	01	CPCD	4:57.33	5:00.65	392	1:09.50	1:17.70	1:18.39	1:15.06
13.	Claudio Filipe Pedroso <i>FTL (Fora Tempo Limite)</i>	01	AHBE	4:54.12	5:05.24	374	1:12.58	1:18.26	1:18.70	1:15.70
DNS	Alexandre Miguel Branco	01	SAD	4:36.02						

Juvenis A

1.	Filipe Miguel Santo <i>Campeão Regional Juvenis A</i>	00	SCP	4:24.49	4:25.17	571	1:04.39	1:08.05	1:07.19	1:05.54
2.	Pedro Barata Neves	00	CIRL	4:27.24	4:27.20	558	1:03.50	1:07.57	1:08.31	1:07.82
3.	Jose Tomas Simeao	00	CIRL	4:17.00	4:27.93	554	1:01.92	1:07.99	1:09.86	1:08.16
4.	Bernardo Goya Perloiro	00	SCP	4:16.39	4:28.21	552	1:04.88	1:07.82	1:07.84	1:07.67
5.	Francisco Silva Pinheiro	00	SAD	4:27.95	4:32.70	525	1:03.93	1:09.13	1:09.98	1:09.66
6.	Francisco Nunes Libreiro	00	SFUAP	4:31.68	4:34.34	516	1:05.46	1:10.78	1:10.87	1:07.23
7.	Sebastiao Limbert Piedade	00	SAD	4:38.92	4:36.05	506	1:05.39	1:10.57	1:10.72	1:09.37
8.	Daniel Nogueira Catalao	00	SFUAP	4:27.12	4:36.70	503	1:04.68	1:09.29	1:10.65	1:12.08
9.	Diogo Monteiro Sousa	00	CNS	4:28.29	4:37.20	500	1:05.10	1:09.98	1:11.32	1:10.80
10.	Ricardo Alexandre Faia	00	SLB	4:26.99	4:41.30	478	1:04.31	1:10.42	1:12.75	1:13.82
11.	Ricardo Silva Marujo	00	GESL	4:42.80	4:42.80	471	1:07.12	1:12.43	1:12.56	1:10.69
12.	Guilherme Maria Matos	00	CFB	4:44.97	4:46.17	454	1:08.37	1:14.04	1:13.83	1:09.93
13.	Bernardo Antunes Augusto <i>FTL (Fora Tempo Limite)</i>	00	INDANL	4:35.71	4:52.38	426	1:04.89	1:14.78	1:17.02	1:15.69
14.	Vasco Manuel Reis <i>FTL (Fora Tempo Limite)</i>	00	INDANL	4:51.76	5:09.92	358	1:10.64	1:20.41	1:22.27	1:16.60

Juniores

1.	Hugo Pon <i>Campeão Regional Junior</i>	98	SAD	4:18.75	4:19.27	611	1:03.05	1:05.17	1:06.49	1:04.56
2.	Afonso Ribeiro Bate	98	SAD	4:37.22	4:21.09	598	1:01.84	1:06.52	1:06.96	1:05.77
3.	Afonso Calais Queiroga	98	SFUAP	4:16.85	4:22.01	592	1:00.51	1:05.77	1:08.38	1:07.35
4.	Tiago Carlos Santos	98	SFUAP	4:21.10	4:23.20	584	1:01.67	1:07.24	1:07.48	1:06.81
5.	Diogo Rodrigues Freitas	98	SFUAP	4:15.42	4:24.59	575	1:03.31	1:06.53	1:07.38	1:07.37
6.	Bernardo Graça Rodrigues	99	SAD	4:17.47	4:25.00	572	1:01.77	1:07.85	1:08.81	1:06.57

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

Prova 30, Masc., 400m Livres, Juniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
7.	Andre Alexandre Santos	99	SCP	4:23.03	4:25.76	567	1:02.80	1:07.74	1:08.94	1:06.28
8.	Pedro Trindade Silva	98	CFB	4:20.14	4:27.43	557	1:03.49	1:07.08	1:07.98	1:08.88
9.	Duarte Filipe Rodrigues	99	SAD	4:17.10	4:30.62	537	1:03.50	1:08.15	1:09.83	1:09.14
10.	Diogo Rosado Leca	98	ADRCIMM	4:16.12	4:31.41	533	1:03.89	1:09.76	1:09.52	1:08.24
11.	Andre Tavares Grenho	99	GESL	4:33.19	4:31.62	531	1:04.43	1:08.92	1:09.40	1:08.87
12.	Carlos Afonso Almeida	98	SAD	4:37.22	4:36.83	502	1:06.53	1:10.17	1:11.29	1:08.84
13.	Afonso Sobral Domingues	98	SAD	4:31.52	4:37.72	497	1:04.33	1:09.44	1:11.51	1:12.44
	<i>FTL (Fora Tempo Limite)</i>									
14.	Joao Andre Rodrigues	99	GESL	4:38.16	4:40.28	484	1:06.46	1:11.32	1:11.90	1:10.60
15.	Martim Ferreira Fonseca	99	CNN	4:41.23	4:41.23	479	1:07.14	1:11.27	1:12.41	1:10.41
16.	Leandro Rosa Fernandes	99	CPCD	4:35.15	4:44.16	464	1:05.85	1:13.05	1:13.56	1:11.70
	<i>FTL (Fora Tempo Limite)</i>									
17.	Tiago Filipe Freitas	99	SFUAP	4:41.23	4:46.04	455	1:07.20	1:13.11	1:13.99	1:11.74
	<i>FTL (Fora Tempo Limite)</i>									

Seniores

1.	Andre Filipe Farinha	96	SLB	4:03.92	4:10.57	677	1:01.01	1:04.41	1:03.63	1:01.52
	<i>Campeão Regional Sénior</i>									
2.	Joao Carlos Santos	96	SFUAP	4:06.07	4:17.50	624	1:03.79	1:04.58	1:03.97	1:05.16
3.	Fabio Alcantara Aires	97	ANSE	4:10.76	4:19.63	609	1:02.00	1:06.42	1:05.47	1:05.74
4.	Rodrigo Antonio Rosa	96	ADRCIMM	4:29.85	4:19.67	608	1:02.48	1:06.05	1:06.53	1:04.61
5.	Pedro Miguel Silva	94	ADRCIMM	4:14.16	4:20.53	602	1:02.39	1:05.96	1:07.03	1:05.15
6.	Joao Miguel Cardoso	97	GESL	4:15.34	4:21.99	592	1:02.05	1:06.41	1:07.52	1:06.01
7.	Rafael Filipe Nunes	96	ANAM	4:16.42	4:24.17	578	1:02.42	1:07.81	1:07.44	1:06.50
8.	Joao Pedro Neves	96	SLB	4:24.23	4:27.18	558	1:04.19	1:08.47	1:09.18	1:05.34
9.	Claudio Alexandre Pinheiro	93	SFUAP	4:22.68	4:28.51	550	1:01.95	1:08.14	1:09.82	1:08.60
10.	Pedro Dordio Carreiro	97	GESL	4:18.81	4:29.42	544	1:02.66	1:08.10	1:09.85	1:08.81
11.	Ivo Manuel Reis	93	INDANL	4:24.61	4:33.91	518	1:03.41	1:10.35	1:11.52	1:08.63
	<i>FTL (Fora Tempo Limite)</i>									
	Miguel Dordio Carreiro	97	GESL	4:31.86	4:33.91	518	1:03.86	1:08.57	1:10.51	1:10.97
	<i>FTL (Fora Tempo Limite)</i>									
13.	Tiago Rafael Martins	97	GESL	4:23.66	4:35.65	508	1:04.94	1:11.16	1:10.29	1:09.26
	<i>FTL (Fora Tempo Limite)</i>									

Absolutos

1.	Andre Filipe Farinha	96	SLB	4:03.92	4:10.57	677	1:01.01	1:04.41	1:03.63	1:01.52
2.	Joao Carlos Santos	96	SFUAP	4:06.07	4:17.50	624	1:03.79	1:04.58	1:03.97	1:05.16
3.	Hugo Pon	98	SAD	4:18.75	4:19.27	611	1:03.05	1:05.17	1:06.49	1:04.56
4.	Fabio Alcantara Aires	97	ANSE	4:10.76	4:19.63	609	1:02.00	1:06.42	1:05.47	1:05.74
5.	Rodrigo Antonio Rosa	96	ADRCIMM	4:29.85	4:19.67	608	1:02.48	1:06.05	1:06.53	1:04.61
6.	Pedro Miguel Silva	94	ADRCIMM	4:14.16	4:20.53	602	1:02.39	1:05.96	1:07.03	1:05.15
7.	Afonso Ribeiro Bate	98	SAD	4:37.22	4:21.09	598	1:01.84	1:06.52	1:06.96	1:05.77
8.	Joao Miguel Cardoso	97	GESL	4:15.34	4:21.99	592	1:02.05	1:06.41	1:07.52	1:06.01
9.	Afonso Calais Queiroga	98	SFUAP	4:16.85	4:22.01	592	1:00.51	1:05.77	1:08.38	1:07.35
10.	Tiago Carlos Santos	98	SFUAP	4:21.10	4:23.20	584	1:01.67	1:07.24	1:07.48	1:06.81
11.	Rafael Filipe Nunes	96	ANAM	4:16.42	4:24.17	578	1:02.42	1:07.81	1:07.44	1:06.50
12.	Diogo Rodrigues Freitas	98	SFUAP	4:15.42	4:24.59	575	1:03.31	1:06.53	1:07.38	1:07.37
13.	Diogo Santos Cardoso	01	ADRCIMM	4:27.62	4:24.66	574	1:03.58	1:08.09	1:08.17	1:04.82
14.	Bernardo Graca Rodrigues	99	SAD	4:17.47	4:25.00	572	1:01.77	1:07.85	1:08.81	1:06.57
15.	Filipe Miguel Santo	00	SCP	4:24.49	4:25.17	571	1:04.39	1:08.05	1:07.19	1:05.54
16.	Andre Alexandre Santos	99	SCP	4:23.03	4:25.76	567	1:02.80	1:07.74	1:08.94	1:06.28
17.	David Matias Cristino	01	ANAM	4:22.05	4:26.07	565	1:02.56	1:08.06	1:08.40	1:07.05
18.	Joao Pedro Neves	96	SLB	4:24.23	4:27.18	558	1:04.19	1:08.47	1:09.18	1:05.34
19.	Pedro Barata Neves	00	CIRL	4:27.24	4:27.20	558	1:03.50	1:07.57	1:08.31	1:07.82
20.	Pedro Trindade Silva	98	CFB	4:20.14	4:27.43	557	1:03.49	1:07.08	1:07.98	1:08.88
21.	Jose Tomas Simeao	00	CIRL	4:17.00	4:27.93	554	1:01.92	1:07.99	1:09.86	1:08.16
22.	Bernardo Goya Perloiro	00	SCP	4:16.39	4:28.21	552	1:04.88	1:07.82	1:07.84	1:07.67
23.	Claudio Alexandre Pinheiro	93	SFUAP	4:22.68	4:28.51	550	1:01.95	1:08.14	1:09.82	1:08.60
24.	Pedro Dordio Carreiro	97	GESL	4:18.81	4:29.42	544	1:02.66	1:08.10	1:09.85	1:08.81
25.	Duarte Filipe Rodrigues	99	SAD	4:17.10	4:30.62	537	1:03.50	1:08.15	1:09.83	1:09.14

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Prova 30, Masc., 400m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
26.	Gonçalo Carvalho Ferrao	01	ANSE	4:26.82	4:30.78	536	1:03.66	1:10.75	1:08.89	1:07.48
27.	Diogo Rosado Leca	98	ADRCIMM	4:16.12	4:31.41	533	1:03.89	1:09.76	1:09.52	1:08.24
28.	Andre Tavares Grenho	99	GESL	4:33.19	4:31.62	531	1:04.43	1:08.92	1:09.40	1:08.87
29.	Francisco Silva Pinheiro	00	SAD	4:27.95	4:32.70	525	1:03.93	1:09.13	1:09.98	1:09.66
30.	Rafael Alcantara Aires	01	ANAM	4:28.59	4:33.12	523	1:03.91	1:10.22	1:11.85	1:07.14
31.	Ivo Manuel Reis	93	INDANL	4:24.61	4:33.91	518	1:03.41	1:10.35	1:11.52	1:08.63
	<i>FTL (Fora Tempo Limite)</i>									
	Miguel Dordio Carreiro	97	GESL	4:31.86	4:33.91	518	1:03.86	1:08.57	1:10.51	1:10.97
	<i>FTL (Fora Tempo Limite)</i>									
33.	Francisco Nunes Libreiro	00	SFUAP	4:31.68	4:34.34	516	1:05.46	1:10.78	1:10.87	1:07.23
34.	Tiago Rafael Martins	97	GESL	4:23.66	4:35.65	508	1:04.94	1:11.16	1:10.29	1:09.26
	<i>FTL (Fora Tempo Limite)</i>									
35.	Sebastiao Limbert Piedade	00	SAD	4:38.92	4:36.05	506	1:05.39	1:10.57	1:10.72	1:09.37
36.	Daniel Nogueira Catalao	00	SFUAP	4:27.12	4:36.70	503	1:04.68	1:09.29	1:10.65	1:12.08
37.	Carlos Afonso Almeida	98	SAD	4:37.22	4:36.83	502	1:06.53	1:10.17	1:11.29	1:08.84
38.	Diogo Monteiro Sousa	00	CNS	4:28.29	4:37.20	500	1:05.10	1:09.98	1:11.32	1:10.80
39.	Afonso Sobral Domingues	98	SAD	4:31.52	4:37.72	497	1:04.33	1:09.44	1:11.51	1:12.44
	<i>FTL (Fora Tempo Limite)</i>									
40.	Guilherme Ventura Carvalho	01	GESL	4:35.26	4:37.87	496	1:05.64	1:10.90	1:11.25	1:10.08
41.	Joao Andre Rodrigues	99	GESL	4:38.16	4:40.28	484	1:06.46	1:11.32	1:11.90	1:10.60
42.	Martim Ferreira Fonseca	99	CNN	4:41.23	4:41.23	479	1:07.14	1:11.27	1:12.41	1:10.41
43.	Ricardo Alexandre Faia	00	SLB	4:26.99	4:41.30	478	1:04.31	1:10.42	1:12.75	1:13.82
44.	Edgar Filipe Santos	01	ANAM	4:31.14	4:41.46	478	1:05.86	1:12.37	1:12.58	1:10.65
45.	Ricardo Silva Marujo	00	GESL	4:42.80	4:42.80	471	1:07.12	1:12.43	1:12.56	1:10.69
46.	Leandro Rosa Fernandes	99	CPCD	4:35.15	4:44.16	464	1:05.85	1:13.05	1:13.56	1:11.70
	<i>FTL (Fora Tempo Limite)</i>									
47.	Rodrigo Ponte Jorge	01	ANAM	4:32.93	4:45.27	459	1:05.47	1:12.04	1:14.83	1:12.93
48.	Tiago Filipe Freitas	99	SFUAP	4:41.23	4:46.04	455	1:07.20	1:13.11	1:13.99	1:11.74
	<i>FTL (Fora Tempo Limite)</i>									
49.	Guilherme Maria Matos	00	CFB	4:44.97	4:46.17	454	1:08.37	1:14.04	1:13.83	1:09.93
50.	Joao Batista Silva	01	PDEM	4:47.27	4:47.16	450	1:06.94	1:13.88	1:14.46	1:11.88
51.	Miguel Monteiro Dinis	01	SAD	4:46.55	4:50.73	433	1:06.67	1:13.00	1:15.94	1:15.12
52.	Bernardo Antunes Augusto	00	INDANL	4:35.71	4:52.38	426	1:04.89	1:14.78	1:17.02	1:15.69
	<i>FTL (Fora Tempo Limite)</i>									
53.	Gonçalo Silveirinha Caldeira	01	INDANL	4:57.33	4:54.43	417	1:08.29	1:15.20	1:16.95	1:13.99
54.	Henrique Rasteiro Luis	01	ADRCIMM	4:55.55	4:59.01	398	1:08.91	1:16.59	1:17.81	1:15.70
	<i>FTL (Fora Tempo Limite)</i>									
55.	Filipe Eduardo Morais	01	CPCD	4:57.33	5:00.65	392	1:09.50	1:17.70	1:18.39	1:15.06
	<i>FTL (Fora Tempo Limite)</i>									
56.	Claudio Filipe Pedroso	01	AHBE	4:54.12	5:05.24	374	1:12.58	1:18.26	1:18.70	1:15.70
	<i>FTL (Fora Tempo Limite)</i>									
57.	Vasco Manuel Reis	00	INDANL	4:51.76	5:09.92	358	1:10.64	1:20.41	1:22.27	1:16.60
	<i>FTL (Fora Tempo Limite)</i>									
DNS	Alexandre Miguel Branco	01	SAD	4:36.02						

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