

**Prova 31**  
**25.11.2018 - 10:41**
**Masc., 400m Estilos**
**Absolutos**  
**Lista inscritos**

Rec Regional Abs	4:09.19	Joao Alexandre Vital	SCP	Copenhagen (DEN)	2017
Rec Regional Sen	4:09.19	Joao Alexandre Vital	SCP	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003

TAC Juv B: 5:33.64; Juv A: 5:27.57; Jun 1: 5:15.58; Jun 2: 5:11.06; Sen: 5:05.06

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
<b>Juvenis B</b>									
B	1 Bernardo Jorge Simoes	04	Juv B	130250	CNCVG	4:45.10 S	05.05.2018	Alapraia (POR)	4:45.10
B	2 Joao Lourenco Rebelo	04	Juv B	132558	SAD	4:53.74 S	09.03.2018	Caldas da Rainha (POR)	4:53.74
B	3 Bernardo Victorino Almeida	04	Juv B	153357	SCP	4:59.91 L	22.07.2018	S. Joao da Madeira (POR)	4:53.91
B	4 Tiago Miguel Trombinhas	04	Juv B	201495	ADRCIMM	5:02.30 S	05.05.2018	Alapraia (POR)	5:02.30
B	5 Andre Azevedo Baraona	04	Juv B	123965	CNMJ	5:07.66 S	05.05.2018	Alapraia (POR)	5:07.66
B	6 Antonio Lombardi Carvalho	04	Juv B	129886	CFB	5:08.44 S	16.02.2018	Setubal (POR)	5:08.44
B	7 Afonso Figueiredo Frasquilho	04	Juv B	153353	SCP	5:14.86 L	22.07.2018	S. Joao da Madeira (POR)	5:08.56
B	8 Nuno Fontes Mil-homens	04	Juv B	153364	SCP	5:08.82 S	09.03.2018	Caldas da Rainha (POR)	5:08.82
B	9 Tiago Fanha Lopes	04	Juv B	129520	CNMJ	5:11.83 S	05.05.2018	Alapraia (POR)	5:11.83
B	10 Felipe Menegassi Maia	04	Juv B	207683	SAD	5:12.01 S	05.05.2018	Alapraia (POR)	5:12.01
B	11 Miguel Costa Simoes	04	Juv B	132350	CDCP	5:12.17 S	05.05.2018	Alapraia (POR)	5:12.17
B	12 Afonso Cipriano Pinto	04	Juv B	153352	SCP	5:20.60 L	08.07.2018	Setubal (POR)	5:14.18
B	13 Tiago Morgado Nogueira	04	Juv B	202389	ADRCIMM	5:15.04 S	09.03.2018	Caldas da Rainha (POR)	5:15.04
B	14 Joao Afonso Santos	04	Juv B	153371	SCP	5:15.81 S	09.03.2018	Caldas da Rainha (POR)	5:15.81
B	15 Yann Chetelat Fock	04	Juv B	129699	AEULCCD	5:18.91 S	16.02.2018	Setubal (POR)	5:18.91
B	16 Guilherme Machado Santos	04	Juv B	200202	SFUAP	5:25.87 L	08.07.2018	Setubal (POR)	5:19.35
B	17 Tomas Sa Vieira	04	Juv B	131504	SAD	5:20.14 S	05.05.2018	Alapraia (POR)	5:20.14
B	18 Goncalo Filipe Carrapito	04	Juv B	129666	SFUAP	5:23.62 S	05.05.2018	Alapraia (POR)	5:23.62
B	19 Francisco Ribeiro Vieira	04	Juv B	130443	AEFDTV	5:25.24 S	05.05.2018	Alapraia (POR)	5:25.24
B	20 Tomas Santos Luis	04	Juv B	153367	SCP	5:25.92 S	16.02.2018	Setubal (POR)	5:25.92
B	21 Alexandre Duarte Morais	04	Juv B	132645	PDEM	5:26.99 S	05.05.2018	Alapraia (POR)	5:26.99
B	22 Goncalo Gomes Augusto	04	Juv B	127270	CIRL	5:29.29 S	09.03.2018	Caldas da Rainha (POR)	5:29.29
B	23 Duarte Brito Justino	04	Juv B	130802	ADRCIMM	5:33.64			5:33.64
B	24 Miguel Filipe Anjo	04	Juv B	201394	CDCP	5:33.64 S			5:33.64
B	25 Afonso Romao Francisco	04	Juv B	204573	CDCP	5:33.64 S			5:33.64
B	26 Jaeden Michael Nunes	04	Juv B	202508	CFB	5:33.64 S			5:33.64
B	27 Joao Silva Angelino	04	Juv B	132832	PDEM	5:33.64			5:33.64
B	28 Tomas Pratas Neto	04	Juv B	132652	PDEM	5:33.64 S			5:33.64
B	29 Victor Bethlem Tigre	04	Juv B	208094	SCP	5:33.64			5:33.64
DNS	David Jorge Sequeira	04	Juv B	130234	CNCVG	5:33.64 S			5:33.64

**Juvenis A**

B	1 Joao Soares Carneiro	03	Juv A	205269	SLB	4:43.74 L	27.07.2018	Oeiras (POR)	4:38.06
B	2 Ricardo Samuel Pereira	03	Juv A	131801	SLB	4:54.31 S	05.05.2018	Alapraia (POR)	4:54.31
B	3 Tomas Nogueira Gomes	03	Juv A	126626	SFUAP	4:54.76 S	05.05.2018	Alapraia (POR)	4:54.76
B	4 Rodrigo Reis Dias	03	Juv A	129003	CFB	4:57.08 S	19.11.2017	Alges (POR)	4:57.08
B	5 Ricardo Novikov	03	Juv A	129524	SAD	5:02.15 S	15.12.2017	Albufeira (POR)	5:02.15
B	6 Pedro Henriques Correia	03	Juv A	125257	SLB	5:03.76 S	15.12.2017	Albufeira (POR)	5:03.76
B	7 Joao Maria Colaco	03	Juv A	131515	SCP	5:05.55 S	17.06.2018	Sto Ant. Cavaleiros (POR)	5:05.55
B	8 Luis Cabral Junior	03	Juv A	129805	CFB	5:07.36 S	05.05.2018	Alapraia (POR)	5:07.36
B	9 Joao Luis Matos	03	Juv A	130239	CNCVG	5:07.49 S	05.05.2018	Alapraia (POR)	5:07.49
B	10 Guilherme Matias Cristiano	03	Juv A	132528	SFUAP	5:07.83 S	05.05.2018	Alapraia (POR)	5:07.83
B	11 Joao Matos Fidalgo	03	Juv A	128885	SLB	5:20.71 L	24.02.2018	Vila Franca de Xira (POR)	5:14.29
B	12 Nicolae Iachimovschi	03	Juv A	130036	CFB	5:19.50 S	05.05.2018	Alapraia (POR)	5:19.50
B	13 Alexandre Coelho Vieira	03	Juv A	131516	SCP	5:20.67 S	05.05.2018	Alapraia (POR)	5:20.67
B	14 Diogo Miguel Duraes	03	Juv A	123448	CNMJ	5:29.42 L	24.02.2018	Vila Franca de Xira (POR)	5:22.83
B	15 Joao Miguel Cascalheira	03	Juv A	201621	CNS	5:30.43 L	24.02.2018	Vila Franca de Xira (POR)	5:23.82
B	16 Afonso Esteves Tome	03	Juv A	128467	ADRCIMM	5:24.83 S	19.11.2017	Alges (POR)	5:24.83
B	17 Andre Santos Costa	03	Juv A	129963	CNA	5:25.47 S	05.05.2018	Alapraia (POR)	5:25.47

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B	18	Pedro Esteves Duarte	03	Juv A	132531	CDCP	5:26.34 S	05.05.2018	Alapraia (POR)	5:26.34
B	19	Dinis Viola Caroco	03	Juv A	131696	SCP	5:27.19 S	05.05.2018	Alapraia (POR)	5:27.19
	20	Fabio Miguel Farinha	03	Juv A	128886	SLB	5:27.57			5:27.57
B	21	Pedro Pires Gomes	03	Juv A	129534	CFB	5:27.57			5:27.57
B,DNS		Francisco Teixeira Monteiro	03	Juv A	132527	CDCP	5:27.57 S			5:27.57

**Juniores**

	1	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	4:41.81 L	23.03.2018	Funchal (POR)	4:36.17
	2	Goncalo Morais Gordo	02	Jun	126006	ADRCIMM	4:53.78 L	23.03.2018	Funchal (POR)	4:47.90
	3	Tomas Penha Monteiro	02	Jun	132566	SAD	4:49.21 S	15.12.2017	Albufeira (POR)	4:49.21
	4	Rodrigo Almeida Cabrito	01	Jun	121510	CFB	4:50.02 S	19.11.2017	Alges (POR)	4:50.02
	5	Martim Rebelo Malfeito	02	Jun	129023	SCP	4:51.73 S	15.12.2017	Albufeira (POR)	4:51.73
	6	Afonso Amaro Santos	02	Jun	131510	GESL	4:52.13 S	17.06.2018	Sto Ant. Cavaleiros (POR)	4:52.13
	7	Alexandre Miguel Branco	01	Jun	126584	SAD	4:52.13 S	19.11.2017	Alges (POR)	4:52.13
DNS		Martim Primavera Alfama	02	Jun	128833	GESL	5:15.58			5:15.58

**Seniores**

	1	Rafael Filipe Nunes	96	Sen	108344	SLB	4:33.20 S	08.12.2017	Porto (POR)	4:33.20
	2	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	4:41.09 S	17.06.2018	Sto Ant. Cavaleiros (POR)	4:41.09
	3	Pedro Barata Neves	00	Sen	118137	CIRL	4:49.65 S	19.11.2017	Alges (POR)	4:49.65
	4	Joao Manuel Vargas	00	Sen	123510	SAD	4:50.67 S	19.11.2017	Alges (POR)	4:50.67
	5	Miguel Duarte Cruz	99	Sen	125797	CFB	5:08.09 L	06.07.2018	Lublin (POL)	5:01.92
	6	Frederico Sousa Soares	96	Sen	104260	AHBE	5:05.06			5:05.06
	7	Afonso Mateus Ribeiro	95	Sen	100430	CFB	5:05.06			5:05.06
	8	Rafael Lourenco Gil	96	Sen	105234	SCP	5:05.06			5:05.06
	9	Antonio Manuel Mendes	99	Sen	120726	SCP	5:05.06			5:05.06
	10	Hugo Pon	98	Sen	110164	SAD	5:05.06			5:05.06
DNS		Miguel Ribeiro Bate	99	Sen	117183	SAD	4:36.35 L	27.07.2018	Oeiras (POR)	4:30.82
DNS		Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	5:05.06			5:05.06