

Prova 28  
11.07.2021 - 15:44

Masc., 400m Livres

Absolutos  
Resultados

Rec Regional Sen	3:51.89	Miguel Duarte Nascimento	POR	Glasgow (GBR)	2018
Rec Regional Jun A	3:58.65	Tiago Cunha Costa	POR	Oeiras	2017
Rec Regional Jun B	4:02.05	Roberto Donald Gomes	POR	Coimbra	2017
Rec Regional Juv A	4:04.23	Andre Filipe Farinha	POR	Torreveja (ESP)	2012
Rec Regional Juv B	4:08.94	Bernardo Jorge Simoes	POR	Funchal	2019
Rec Regional Absoluto	3:51.89	Miguel Duarte Nascimento	POR	Glasgow (GBR)	2018
Rec Nacional Absoluto	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	2021

Pontos: FINA 2021

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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**Juniores B**

1.	Miguel Costa Simoes	04	INDANL	4:21.69	<b>4:20.62</b>	602	1:02.05	1:08.05	1:07.20	1:03.32
2.	Afonso Figueiredo Frasquilho	04	SCP	4:23.33	<b>4:21.88</b>	593	1:01.07	1:07.08	1:07.11	1:06.62
3.	Miguel Filipe Anjo	04	INDANL	4:31.76	<b>4:34.52</b>	515	1:04.89	1:09.92	1:10.33	1:09.38
4.	Tiago Miguel Trombinhas	04	ADRCIMM	4:28.59	<b>4:36.01</b>	506	1:04.75	1:09.77	1:11.39	1:10.10
5.	Rodrigo Rebelo Pereira	04	CIRL	4:55.00	<b>5:08.57</b>	362	1:13.07	1:18.72	1:19.68	1:17.10

**Juniores A**

1.	Alexandre Coelho Vieira	03	SCP	4:28.60	<b>4:24.05</b>	578	1:01.85	1:07.26	1:08.17	1:06.77
2.	Luis Carlos Correia	03	SFUAP	4:30.07	<b>4:29.39</b>	545	1:02.36	1:08.34	1:10.54	1:08.15

**Seniores**

1.	Diogo Santos Cardoso	01	ADRCIMM	4:05.07	<b>4:13.43</b>	654	1:02.19	1:04.61	1:04.41	1:02.22
2.	David Matias Cristino	01	SFUAP	4:03.27	<b>4:17.44</b>	624	1:01.73	1:05.75	1:04.81	1:05.15
3.	Pedro Barata Neves	00	CIRL	4:15.91	<b>4:23.46</b>	582	1:02.56	1:06.55	1:07.10	1:07.25
4.	Joao Carlos Santos	96	SFUAP	4:25.93	<b>4:33.72</b>	519	1:01.55	1:09.19	1:11.85	1:11.13
5.	Andre Tavares Grenho	99	GESL	4:18.72	<b>4:34.57</b>	514	1:03.49	1:08.75	1:10.67	1:11.66
6.	Tiago Rafael Martins	97	VKGS	4:29.03	<b>4:37.06</b>	501	1:04.24	1:09.99	1:10.95	1:11.88
7.	Ricardo Alexandre Faia	00	VKGS	4:55.00	<b>4:45.69</b>	457	1:04.19	1:10.87	1:14.48	1:16.15
DNS	Diogo Daniel Simões	99	VKGS	4:51.57						

**Absolutos**

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