

Prova 1 Masc., 400m Estilos Absolutos/All
11.02.2023 - 16:30 Resultados

World Record	4:03.84	PHELPS Michael	USA	Beijing (CHN)	2008
European Record	4:04.28	MARCHAND Leon	FRA	Budapest (HUN)	2022
Meeting Record	4:21.13	SANTOS Alexis Manacas	POR	Lisboa	2019
Portuguese Nat Record	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	2016

Meeting Access Time Jun&Sen: 5:06.00; Juv: 5:06.00

Pontos: FINA 2022

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	RODERO Alonso Gonzalez	03	Real Canoe NC	4:29.22		743
	50m: 28.77 28.77	150m: 1:37.44 36.65	250m: 2:50.95 38.26	350m: 3:59.95 30.47		30.47
	100m: 1:00.79 32.02	200m: 2:12.69 35.25	300m: 3:29.48 38.53	400m: 4:29.22 29.27		29.27
2.	ROWBOTHAM-KEATING Reuben	05	City of Manchester	4:30.76		730
	50m: 27.15 27.15	150m: 1:34.31 35.15	250m: 2:48.51 39.36	350m: 4:00.19 31.39		31.39
	100m: 59.16 32.01	200m: 2:09.15 34.84	300m: 3:28.80 40.29	400m: 4:30.76 30.57		30.57
3.	BASTOS Lucas Pereira	00	Náutico Académico Coimbra	4:37.99		674
	50m: 28.59 28.59	150m: 1:37.39 36.31	250m: 2:53.29 39.81	350m: 4:06.73 32.52		32.52
	100m: 1:01.08 32.49	200m: 2:13.48 36.09	300m: 3:34.21 40.92	400m: 4:37.99 31.26		31.26
4.	PINOTES Pedro Miguel	89	Sporting	4:38.13		673
	50m: 28.91 28.91	150m: 1:39.40 36.86	250m: 2:55.32 39.54	350m: 4:07.95 32.66		32.66
	100m: 1:02.54 33.63	200m: 2:15.78 36.38	300m: 3:35.29 39.97	400m: 4:38.13 30.18		30.18
5.	ALMEIDA Bernardo Victorino	04	Sporting	4:38.14		673
	50m: 27.91 27.91	150m: 1:38.99 38.28	250m: 2:55.68 40.74	350m: 4:08.78 31.59		31.59
	100m: 1:00.71 32.80	200m: 2:14.94 35.95	300m: 3:37.19 41.51	400m: 4:38.14 29.36		29.36
6.	SILVA Afonso Carvalho	05	Portugal	4:39.35		665
	50m: 29.29 29.29	150m: 1:40.30 37.30	250m: 2:54.96 38.97	350m: 4:07.42 33.38		33.38
	100m: 1:03.00 33.71	200m: 2:15.99 35.69	300m: 3:34.04 39.08	400m: 4:39.35 31.93		31.93
7.	FOMIN Yury	06	Louletano / Loule Concelho	4:39.63		663
	50m: 29.57 29.57	150m: 1:41.34 37.47	250m: 2:57.77 40.72	350m: 4:09.87 31.65		31.65
	100m: 1:03.87 34.30	200m: 2:17.05 35.71	300m: 3:38.22 40.45	400m: 4:39.63 29.76		29.76
8.	D'ORIO Ian	06	Federazione Ticinese di Nuoto	4:43.00		639
	50m: 29.09 29.09	150m: 1:41.79 38.17	250m: 2:58.17 39.98	350m: 4:11.49 32.43		32.43
	100m: 1:03.62 34.53	200m: 2:18.19 36.40	300m: 3:39.06 40.89	400m: 4:43.00 31.51		31.51
9.	MENABALLI Nicola	07	Federazione Ticinese di Nuoto	4:44.61		628
	50m: 29.54 29.54	150m: 1:41.33 37.81	250m: 2:59.61 40.63	350m: 4:13.07 32.77		32.77
	100m: 1:03.52 33.98	200m: 2:18.98 37.65	300m: 3:40.30 40.69	400m: 4:44.61 31.54		31.54
10.	CARVALHO Goncalo Duarte	05	Benfica	4:46.47		616
	50m: 29.19 29.19	150m: 1:42.12 38.37	250m: 3:00.05 39.84	350m: 4:13.98 33.69		33.69
	100m: 1:03.75 34.56	200m: 2:20.21 38.09	300m: 3:40.29 40.24	400m: 4:46.47 32.49		32.49
11.	CATALAO Daniel Nogueira	00	Sporting	4:47.37		610
	50m: 27.92 27.92	150m: 1:37.64 36.90	250m: 2:52.93 39.07	350m: 4:09.97 36.21		36.21
	100m: 1:00.74 32.82	200m: 2:13.86 36.22	300m: 3:33.76 40.83	400m: 4:47.37 37.40		37.40
12.	FAFTINE Kaio Araujo	06	Sporting	4:47.61		609
	50m: 30.46 30.46	150m: 1:42.24 37.43	250m: 3:02.37 43.64	350m: 4:16.98 33.58		33.58
	100m: 1:04.81 34.35	200m: 2:18.73 36.49	300m: 3:43.40 41.03	400m: 4:47.61 30.63		30.63
13.	CORDEIRO Tiago Roberto	00	Benfica	4:48.81		601
	50m: 29.04 29.04	150m: 1:40.80 38.64	250m: 2:59.45 41.59	350m: 4:15.73 34.31		34.31
	100m: 1:02.16 33.12	200m: 2:17.86 37.06	300m: 3:41.42 41.97	400m: 4:48.81 33.08		33.08
14.	PEREIRA Rui Silva	08	Colegio Int Monte Maior	4:51.58		584
	50m: 30.05 30.05	150m: 1:44.11 38.58	250m: 3:03.52 41.29	350m: 4:19.14 33.34		33.34
	100m: 1:05.53 35.48	200m: 2:22.23 38.12	300m: 3:45.80 42.28	400m: 4:51.58 32.44		32.44
15.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:54.23		569
	50m: 28.41 28.41	150m: 1:41.85 39.77	250m: 3:03.77 43.13	350m: 4:20.86 33.17		33.17
	100m: 1:02.08 33.67	200m: 2:20.64 38.79	300m: 3:47.69 43.92	400m: 4:54.23 33.37		33.37
16.	MCLAUGHLIN Ben	06	Garioch ASC	4:54.84		565
	50m: 30.77 30.77	150m: 1:46.90 39.55	250m: 3:07.08 41.64	350m: 4:23.17 33.50		33.50
	100m: 1:07.35 36.58	200m: 2:25.44 38.54	300m: 3:49.67 42.59	400m: 4:54.84 31.67		31.67
17.	MIMOSO Rafael Miguel	07	Portugal	4:55.26		563
	50m: 30.73 30.73	150m: 1:48.21 41.26	250m: 3:06.42 37.77	350m: 4:20.54 35.43		35.43
	100m: 1:06.95 36.22	200m: 2:28.65 40.44	300m: 3:45.11 38.69	400m: 4:55.26 34.72		34.72

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	BERNASCONI Aris	05	Federazione Ticinese di Nuoto	4:55.37		562
	50m: 30.57 30.57	150m: 1:44.50 38.34	250m: 3:04.57 42.48	350m: 4:22.67 34.46		
	100m: 1:06.16 35.59	200m: 2:22.09 37.59	300m: 3:48.21 43.64	400m: 4:55.37 32.70		
19.	DIOGO Dinis Miranda	04	Náutico Académico Coimbra	4:59.29		540
	50m: 29.64 29.64	150m: 1:45.04 39.67	250m: 3:06.42 42.63	350m: 4:24.83 34.61		
	100m: 1:05.37 35.73	200m: 2:23.79 38.75	300m: 3:50.22 43.80	400m: 4:59.29 34.46		