

Prova 5
11.02.2023

Masc., 400m Livres

Absolutos/All
Resultados Elimin

World Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
European Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Meeting Record	3:53.88	BERNEK Peter	HUN	Lisboa	2017
Portuguese Nat Record	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	2021

Meeting Access Time Jun&Sen: 4:26.00; Juv: 4:49.00

Pontos: FINA 2022

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	ROLDAN Carlos Quijada 50m: 28.03 28.03 100m: 58.13 30.10	01	Real Canoe NC	4:02.78 30.56 350m: 3:31.50 30.48 400m: 4:02.78		744 A 30.81 31.28
2.	LOPES Gabriel Jose 50m: 27.57 27.57 100m: 58.21 30.64	97	Louzan Natacao/EFAPEL	4:04.90 30.63 350m: 3:34.62 31.29 400m: 4:04.90		725 A 31.73 30.28
3.	CASERTA Giovanni 50m: 27.81 27.81 100m: 58.06 30.25	02	Italy National Team	4:05.43 31.84 350m: 3:35.30 31.22 400m: 4:05.43		720 A 31.68 30.13
4.	LOPES Jose Paulo 50m: 27.93 27.93 100m: 58.32 30.39	00	Braga	4:05.98 30.85 350m: 3:34.74 31.31 400m: 4:05.98		716 A 31.69 31.24
5.	MARQUES Gustavo Pires 50m: 27.71 27.71 100m: 58.76 31.05	04	União 1919	4:07.26 31.46 350m: 3:36.97 31.73 400m: 4:07.26		705 A 31.59 30.29
6.	SARREIRA Tomas Amor 50m: 27.60 27.60 100m: 58.28 30.68	05	Portugal	4:07.73 31.73 350m: 3:36.79 31.91 400m: 4:07.73		701 A 32.03 30.94
7.	CARDOSO Diogo Santos 50m: 29.24 29.24 100m: 1:00.46 31.22	01	Sporting	4:09.84 31.81 350m: 3:39.24 31.48 400m: 4:09.84		683 A 31.79 30.60
8.	BASTOS Lucas Pereira 50m: 28.12 28.12 100m: 59.30 31.18	00	Náutico Académico Coimbra	4:11.54 31.85 350m: 3:39.44 31.84 400m: 4:11.54		669 A 32.67 32.10
9.	COSTA Afonso Filipe 50m: 27.52 27.52 100m: 58.36 30.84	03	Louzan Natacao/EFAPEL	4:11.76 32.00 350m: 3:39.21 32.40 400m: 4:11.76		667 A 32.80 32.55
10.	FOMIN Yury 50m: 29.05 29.05 100m: 1:00.83 31.78	06	Louletano / Loule Concelho	4:12.31 32.10 350m: 3:41.57 32.36 400m: 4:12.31		663 A 31.99 30.74
11.	ELACHRAFI Ilias Elfalaki 50m: 28.74 28.74 100m: 59.77 31.03	06	Louletano / Loule Concelho	4:13.10 32.36 350m: 3:41.38 32.60 400m: 4:13.10		657 B 33.00 31.72
12.	JANUARIO Tomas Maia 50m: 29.21 29.21 100m: 1:01.35 32.14	06	Benfica	4:13.69 31.76 350m: 3:42.44 32.54 400m: 4:13.69		652 B 31.88 31.25
13.	LORENZETTI Claudio 50m: 30.11 30.11 100m: 1:01.62 31.51	03	Federazione Ticinese di Nuoto	4:13.84 32.43 350m: 3:42.83 32.22 400m: 4:13.84		651 B 32.51 31.01
14.	SOBRERO FUERTES Jorge 50m: 29.39 29.39 100m: 1:01.56 32.17	05	Real Canoe NC	4:14.63 32.08 350m: 3:43.02 32.49 400m: 4:14.63		645 B 31.78 31.61
15.	MAURI Mattia 50m: 29.48 29.48 100m: 1:01.57 32.09	06	Federazione Ticinese di Nuoto	4:15.31 32.78 350m: 3:44.85 32.61 400m: 4:15.31		640 B 32.83 30.46
16.	SASTRE RODRIGUEZ Joan 50m: 29.07 29.07 100m: 1:00.82 31.75	04	Real Canoe NC	4:16.03 32.64 350m: 3:44.25 32.80 400m: 4:16.03		635 B 32.61 31.78
17.	MONTFORT Nicolas Filip 50m: 29.22 29.22 100m: 1:00.75 31.53	05	Algés	4:16.66 33.13 350m: 3:45.64 32.94 400m: 4:16.66		630 B 33.04 31.02

Prova 5, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	SOUSA Joao Maria 50m: 28.90 28.90 100m: 1:00.43 31.53	05	Braga 150m: 1:32.82 32.39 200m: 2:05.69 32.87	250m: 2:38.29 32.60 300m: 3:11.38 33.09	350m: 3:44.49 400m: 4:16.98	628 B 33.11 32.49
19.	ROQUE Tomas Nunes 50m: 29.24 29.24 100m: 1:00.87 31.63	06	Benfica 150m: 1:33.69 32.82 200m: 2:06.64 32.95	250m: 2:39.69 33.05 300m: 3:12.70 33.01	350m: 3:45.76 400m: 4:17.09	627 B 33.06 31.33
20.	MCLAUGHLIN Ben 50m: 29.01 29.01 100m: 1:01.29 32.28	06	Garioch ASC 150m: 1:34.15 32.86 200m: 2:07.81 33.66	250m: 2:40.84 33.03 300m: 3:14.11 33.27	350m: 3:46.28 400m: 4:17.15	626 ? 32.17 30.87
	THOMAS Sonny 50m: 29.28 29.28 100m: 1:00.93 31.65	06	Leander SC (GBR) 150m: 1:33.75 32.82 200m: 2:06.81 33.06	250m: 2:39.33 32.52 300m: 3:12.62 33.29	350m: 3:45.21 400m: 4:17.15	626 ? 32.59 31.94
22.	VIDAL Jan 50m: 28.78 28.78 100m: 1:01.08 32.30	08	Federazione Ticinese di Nuoto 150m: 1:34.00 32.92 200m: 2:07.06 33.06	250m: 2:40.57 33.51 300m: 3:13.99 33.42	350m: 3:46.44 400m: 4:17.72	622 32.45 31.28
23.	CARDOSO Guilherme Maia 50m: 29.61 29.61 100m: 1:02.01 32.40	05	Columbofila Cantanhedense 150m: 1:34.82 32.81 200m: 2:07.70 32.88	250m: 2:40.65 32.95 300m: 3:13.40 32.75	350m: 3:46.37 400m: 4:17.86	621 32.97 31.49
24.	TRAVASSOS Rodrigo Alexandre 50m: 28.35 28.35 100m: 1:00.11 31.76	02	Náutico Académico Coimbra 150m: 1:32.53 32.42 200m: 2:05.44 32.91	250m: 2:38.05 32.61 300m: 3:11.03 32.98	350m: 3:45.03 400m: 4:18.62	616 34.00 33.59
25.	LEITE Afonso Martim 50m: 29.25 29.25 100m: 1:01.03 31.78	05	Foca / Quinta Da Lixa 150m: 1:33.62 32.59 200m: 2:06.40 32.78	250m: 2:39.66 33.26 300m: 3:13.03 33.37	350m: 3:46.58 400m: 4:18.77	615 33.55 32.19
26.	LAWRIE Alexander 50m: 28.99 28.99 100m: 1:01.01 32.02	07	Leander SC (GBR) 150m: 1:33.64 32.63 200m: 2:07.21 33.57	250m: 2:40.75 33.54 300m: 3:14.18 33.43	350m: 3:47.38 400m: 4:18.80	614 33.20 31.42
27.	NUNES Duarte Ramos 50m: 29.46 29.46 100m: 1:01.16 31.70	07	Galitos / Bresimar 150m: 1:34.11 32.95 200m: 2:07.56 33.45	250m: 2:41.28 33.72 300m: 3:14.80 33.52	350m: 3:47.84 400m: 4:19.47	610 33.04 31.63
28.	MARTINEZ GEA Cesar 50m: 29.89 29.89 100m: 1:02.68 32.79	05	Real Canoe NC 150m: 1:35.58 32.90 200m: 2:08.80 33.22	250m: 2:41.52 32.72 300m: 3:14.88 33.36	350m: 3:48.41 400m: 4:19.74	608 33.53 31.33
29.	FRAZAO Francisco Couto 50m: 29.40 29.40 100m: 1:01.94 32.54	06	União 1919 150m: 1:34.99 33.05 200m: 2:08.38 33.39	250m: 2:41.22 32.84 300m: 3:14.96 33.74	350m: 3:48.71 400m: 4:20.97	599 33.75 32.26
30.	CAPPELLETTI Yannick 50m: 29.48 29.48 100m: 1:01.39 31.91	07	Federazione Ticinese di Nuoto 150m: 1:34.58 33.19 200m: 2:07.24 32.66	250m: 2:41.15 33.91 300m: 3:14.63 33.48	350m: 3:48.29 400m: 4:21.40	596 33.66 33.11
31.	EMANOEL Boboc 50m: 29.71 29.71 100m: 1:01.97 32.26	05	CN Emil Racovita 150m: 1:34.90 32.93 200m: 2:07.79 32.89	250m: 2:41.21 33.42 300m: 3:15.91 34.70	350m: 3:49.96 400m: 4:24.19	578 34.05 34.23
32.	AMADO Pedro Maria 50m: 29.80 29.80 100m: 1:02.26 32.46	05	Algés 150m: 1:36.02 33.76 200m: 2:09.97 33.95	250m: 2:44.25 34.28 300m: 3:18.09 33.84	350m: 3:52.01 400m: 4:24.43	576 33.92 32.42
33.	GOMES Joao Almeida 50m: 29.04 29.04 100m: 1:01.43 32.39	06	Nacional de Nataçao 150m: 1:34.59 33.16 200m: 2:08.39 33.80	250m: 2:42.78 34.39 300m: 3:17.30 34.52	350m: 3:51.32 400m: 4:24.83	573 34.02 33.51
34.	CARDOSO Filipe Santos 50m: 30.81 30.81 100m: 1:03.58 32.77	04	Gafanha da Encarnacao 150m: 1:37.52 33.94 200m: 2:11.04 33.52	250m: 2:45.19 34.15 300m: 3:18.96 33.77	350m: 3:52.75 400m: 4:25.21	571 33.79 32.46
35.	MARBACH Alessio 50m: 30.90 30.90 100m: 1:04.10 33.20	08	Federazione Ticinese di Nuoto 150m: 1:37.75 33.65 200m: 2:11.39 33.64	250m: 2:45.09 33.70 300m: 3:18.93 33.84	350m: 3:53.31 400m: 4:25.74	567 34.38 32.43
36.	SANTA Marco 50m: 30.15 30.15 100m: 1:02.67 32.52	07	Federazione Ticinese di Nuoto 150m: 1:36.33 33.66 200m: 2:10.56 34.23	250m: 2:45.68 35.12 300m: 3:19.89 34.21	350m: 3:54.87 400m: 4:27.85	554 34.98 32.98
37.	BODDIE James 50m: 29.64 29.64 100m: 1:03.14 33.50	07	Garioch ASC 150m: 1:37.24 34.10 200m: 2:11.36 34.12	250m: 2:45.67 34.31 300m: 3:20.22 34.55	350m: 3:54.96 400m: 4:28.13	552 34.74 33.17

Prova 5, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
38.	SOARES Guilherme Costa	08	Vilacondense	4:28.50		550
	50m: 30.21 30.21	150m: 1:36.92 34.27	250m: 2:46.12 34.62	350m: 3:55.67 34.66		34.66
	100m: 1:02.65 32.44	200m: 2:11.50 34.58	300m: 3:21.01 34.89	400m: 4:28.50 32.83		32.83
39.	GOMES Miguel Braga	07	Sporting	4:29.68		543
	50m: 30.16 30.16	150m: 1:38.15 34.41	250m: 2:47.06 34.20	350m: 3:56.46 34.42		34.42
	100m: 1:03.74 33.58	200m: 2:12.86 34.71	300m: 3:22.04 34.98	400m: 4:29.68 33.22		33.22
40.	CHIRNSIDE Oscar	08	Garioch ASC	4:29.84		542
	50m: 30.54 30.54	150m: 1:38.16 34.16	250m: 2:46.81 34.41	350m: 3:56.56 34.67		34.67
	100m: 1:04.00 33.46	200m: 2:12.40 34.24	300m: 3:21.89 35.08	400m: 4:29.84 33.28		33.28
41.	DELLA PORTELLA Marco	07	Federazione Ticinese di Nuoto	4:30.78		536
	50m: 30.32 30.32	150m: 1:38.48 34.56	250m: 2:47.93 35.06	350m: 3:57.25 34.84		34.84
	100m: 1:03.92 33.60	200m: 2:12.87 34.39	300m: 3:22.41 34.48	400m: 4:30.78 33.53		33.53
42.	SIMOES Miguel Costa (Fora Tempo Acesso / Out of Admission Time)	04	União Piedense	4:31.73		531
	50m: 29.61 29.61	150m: 1:37.17 34.04	250m: 2:46.44 34.96	350m: 3:57.36 35.13		35.13
	100m: 1:03.13 33.52	200m: 2:11.48 34.31	300m: 3:22.23 35.79	400m: 4:31.73 34.37		34.37
43.	FERNANDES Ricardo Figueiredo	08	Colegio Int Monte Maior	4:31.80		530
	50m: 30.05 30.05	150m: 1:39.12 34.70	250m: 2:49.71 35.17	350m: 3:59.60 34.70		34.70
	100m: 1:04.42 34.37	200m: 2:14.54 35.42	300m: 3:24.90 35.19	400m: 4:31.80 32.20		32.20
44.	ALVES Andre Correia (Fora Tempo Acesso / Out of Admission Time)	06	União Piedense	4:32.05		529
	50m: 30.91 30.91	150m: 1:40.18 34.88	250m: 2:49.81 34.25	350m: 3:58.06 33.96		33.96
	100m: 1:05.30 34.39	200m: 2:15.56 35.38	300m: 3:24.10 34.29	400m: 4:32.05 33.99		33.99
45.	CARVALHO Daniel Casaca	07	Colégio Vasco da Gama	4:32.18		528
	50m: 28.58 28.58	150m: 1:36.30 34.82	250m: 2:47.38 35.21	350m: 3:58.63 34.92		34.92
	100m: 1:01.48 32.90	200m: 2:12.17 35.87	300m: 3:23.71 36.33	400m: 4:32.18 33.55		33.55
46.	VALLECILLO MARIN Pablo	07	CN Marbella	4:32.93		524
	50m: 29.82 29.82	150m: 1:38.04 34.77	250m: 2:48.58 35.17	350m: 3:59.36 34.91		34.91
	100m: 1:03.27 33.45	200m: 2:13.41 35.37	300m: 3:24.45 35.87	400m: 4:32.93 33.57		33.57
47.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	4:33.05		523
	50m: 29.65 29.65	150m: 1:35.85 33.80	250m: 2:46.34 35.55	350m: 3:58.55 35.97		35.97
	100m: 1:02.05 32.40	200m: 2:10.79 34.94	300m: 3:22.58 36.24	400m: 4:33.05 34.50		34.50
48.	FALLSCHEER Roberto (Fora Tempo Acesso / Out of Admission Time)	06	Federazione Ticinese di Nuoto	4:35.18		511
	50m: 30.45 30.45	150m: 1:39.12 35.24	250m: 2:49.19 35.68	350m: 4:00.71 35.89		35.89
	100m: 1:03.88 33.43	200m: 2:13.51 34.39	300m: 3:24.82 35.63	400m: 4:35.18 34.47		34.47
49.	MEDEIROS Caio Salgado	07	Algés	4:38.30		494
	50m: 29.29 29.29	150m: 1:39.88 36.26	250m: 2:52.21 36.05	350m: 4:04.43 35.74		35.74
	100m: 1:03.62 34.33	200m: 2:16.16 36.28	300m: 3:28.69 36.48	400m: 4:38.30 33.87		33.87
50.	CIOCARELLI Nathan	08	Federazione Ticinese di Nuoto	4:38.75		492
	50m: 30.07 30.07	150m: 1:38.62 34.74	250m: 2:49.70 35.72	350m: 4:02.35 36.42		36.42
	100m: 1:03.88 33.81	200m: 2:13.98 35.36	300m: 3:25.93 36.23	400m: 4:38.75 36.40		36.40
51.	MARTINS Pedro Lages	07	Algés e Águeda XXI	4:39.99		485
	50m: 30.89 30.89	150m: 1:40.31 35.46	250m: 2:51.55 35.72	350m: 4:04.30 36.56		36.56
	100m: 1:04.85 33.96	200m: 2:15.83 35.52	300m: 3:27.74 36.19	400m: 4:39.99 35.69		35.69
52.	COSTA Tiago Miguel	07	Portinado	4:40.50		482
	50m: 30.52 30.52	150m: 1:40.09 35.35	250m: 2:52.76 36.06	350m: 4:05.68 35.80		35.80
	100m: 1:04.74 34.22	200m: 2:16.70 36.61	300m: 3:29.88 37.12	400m: 4:40.50 34.82		34.82
53.	SANTOS Francisco Maria	08	Algés	4:41.29		478
	50m: 31.75 31.75	150m: 1:42.97 36.19	250m: 2:56.40 37.15	350m: 4:08.35 36.05		36.05
	100m: 1:06.78 35.03	200m: 2:19.25 36.28	300m: 3:32.30 35.90	400m: 4:41.29 32.94		32.94
54.	GOMES Rafael Rodrigues (Fora Tempo Acesso / Out of Admission Time)	06	Natacao do Tejo	4:42.56		472
	50m: 29.82 29.82	150m: 1:36.59 34.12	250m: 2:48.49 36.59	350m: 4:04.78 38.34		38.34
	100m: 1:02.47 32.65	200m: 2:11.90 35.31	300m: 3:26.44 37.95	400m: 4:42.56 37.78		37.78
55.	FERNANDES Afonso Jose	07	Algés	4:44.92		460
	50m: 30.17 30.17	150m: 1:38.67 34.91	250m: 2:51.25 36.45	350m: 4:06.86 38.12		38.12
	100m: 1:03.76 33.59	200m: 2:14.80 36.13	300m: 3:28.74 37.49	400m: 4:44.92 38.06		38.06

Prova 5, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
56.	VELHINHO Miguel Lourenco	07	Lagoa Académico	4:45.77		456
	50m: 29.65 29.65	150m: 1:40.71 36.50	250m: 2:55.07 37.67	350m: 4:10.12 37.91		37.91
	100m: 1:04.21 34.56	200m: 2:17.40 36.69	300m: 3:32.21 37.14	400m: 4:45.77 35.65		35.65
57.	GEDDIE Nathan	07	Garioch ASC	4:46.25		454
	50m: 30.08 30.08	150m: 1:41.35 36.32	250m: 2:55.43 36.99	350m: 4:10.35 37.23		37.23
	100m: 1:05.03 34.95	200m: 2:18.44 37.09	300m: 3:33.12 37.69	400m: 4:46.25 35.90		35.90
58.	PASCOAL Martim Nobre (Fora Tempo Acesso / Out of Admission Time)	08	Columbofila Cantanhedense	4:54.72		416
	50m: 32.19 32.19	150m: 1:45.73 37.46	250m: 3:01.63 38.14	350m: 4:18.40 37.71		37.71
	100m: 1:08.27 36.08	200m: 2:23.49 37.76	300m: 3:40.69 39.06	400m: 4:54.72 36.32		36.32
59.	MARQUES Jose Januario (Fora Tempo Acesso / Out of Admission Time)	07	Pimpoes/Cimai	4:59.45		396
	50m: 33.03 33.03	150m: 1:48.76 38.57	250m: 3:05.95 38.48	350m: 4:22.94 38.67		38.67
	100m: 1:10.19 37.16	200m: 2:27.47 38.71	300m: 3:44.27 38.32	400m: 4:59.45 36.51		36.51
EXH	JONES Michael (Fora Tempo Acesso / Out of Admission Time)	94	City of Manchester	5:00.35		393
	50m: 34.14 34.14	150m: 1:48.93 38.27	250m: 3:05.67 38.47	350m: 4:23.14 38.98		38.98
	100m: 34.14 34.14	200m: 2:27.20 38.27	300m: 3:44.16 38.49	400m: 5:00.35 37.21		37.21