

Event 5 Men, 400m Freestyle
11.02.2023 - 17:10 Absolutos/All Results Finals

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

Points: FINA 2022

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
Final A						
1.	ROLDAN Carlos Quijada	01	Real Canoe NC	3:57.38		796
	50m: 27.37 27.37	150m: 1:27.08 30.25	250m: 2:27.68 30.49	350m: 3:28.10		29.96
	100m: 56.83 29.46	200m: 1:57.19 30.11	300m: 2:58.14 30.46	400m: 3:57.38		29.28
2.	CASERTA Giovanni	02	Italy National Team	3:58.14		789
	50m: 27.10 27.10	150m: 1:26.16 29.92	250m: 2:27.52 30.86	350m: 3:29.11		30.57
	100m: 56.24 29.14	200m: 1:56.66 30.50	300m: 2:58.54 31.02	400m: 3:58.14		29.03
3.	LOPES Jose Paulo	00	Braga	3:59.29		777
	50m: 27.43 27.43	150m: 1:27.40 30.31	250m: 2:27.89 30.22	350m: 3:29.01		30.60
	100m: 57.09 29.66	200m: 1:57.67 30.27	300m: 2:58.41 30.52	400m: 3:59.29		30.28
4.	MARQUES Gustavo Pires	04	Uniao 1919	4:02.10		751
	50m: 27.42 27.42	150m: 1:27.93 30.36	250m: 2:29.75 30.78	350m: 3:32.09		31.15
	100m: 57.57 30.15	200m: 1:58.97 31.04	300m: 3:00.94 31.19	400m: 4:02.10		30.01
5.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	4:03.24		740
	50m: 27.17 27.17	150m: 1:28.09 30.42	250m: 2:29.20 30.27	350m: 3:31.45		31.34
	100m: 57.67 30.50	200m: 1:58.93 30.84	300m: 3:00.11 30.91	400m: 4:03.24		31.79
6.	CARDOSO Diogo Santos	01	Sporting	4:08.12		697
	50m: 29.29 29.29	150m: 1:32.39 31.41	250m: 2:35.60 31.40	350m: 3:37.94		31.21
	100m: 1:00.98 31.69	200m: 2:04.20 31.81	300m: 3:06.73 31.13	400m: 4:08.12		30.18
7.	BASTOS Lucas Pereira	00	Nautico Academico Coimbra	4:10.67		676
	50m: 28.42 28.42	150m: 1:31.43 32.04	250m: 2:35.98 32.16	350m: 3:40.18		31.97
	100m: 59.39 30.97	200m: 2:03.82 32.39	300m: 3:08.21 32.23	400m: 4:10.67		30.49
8.	FOMIN Yury	06	Louletano / Loule Concelho	4:10.73		676
	50m: 28.64 28.64	150m: 1:31.89 31.77	250m: 2:36.50 32.10	350m: 3:40.75		31.85
	100m: 1:00.12 31.48	200m: 2:04.40 32.51	300m: 3:08.90 32.40	400m: 4:10.73		29.98
9.	ELACHRAFI Ilias Elfalaki	06	Louletano / Loule Concelho	4:13.52		654
	50m: 28.45 28.45	150m: 1:32.09 32.38	250m: 2:37.17 32.73	350m: 3:41.84		31.48
	100m: 59.71 31.26	200m: 2:04.44 32.35	300m: 3:10.36 33.19	400m: 4:13.52		31.68
10.	COSTA Afonso Filipe	03	Louzan Natacao/EFAPEL	4:14.46		646
	50m: 27.76 27.76	150m: 1:30.60 31.84	250m: 2:35.46 32.39	350m: 3:41.51		33.17
	100m: 58.76 31.00	200m: 2:03.07 32.47	300m: 3:08.34 32.88	400m: 4:14.46		32.95
Final B						
11.	VIDAL Jan	08	Federazione Ticinese di Nuoto	4:10.42		678
	50m: 28.86 28.86	150m: 1:32.67 32.25	250m: 2:37.04 32.17	350m: 3:40.46		31.65
	100m: 1:00.42 31.56	200m: 2:04.87 32.20	300m: 3:08.81 31.77	400m: 4:10.42		29.96
12.	SOBRERO FUERTES Jorge	05	Real Canoe NC	4:12.39		662
	50m: 29.18 29.18	150m: 1:32.86 32.30	250m: 2:37.00 31.72	350m: 3:40.89		31.96
	100m: 1:00.56 31.38	200m: 2:05.28 32.42	300m: 3:08.93 31.93	400m: 4:12.39		31.50
13.	THOMAS Sonny	06	Leander SC (GBR)	4:14.29		648
	50m: 29.11 29.11	150m: 1:33.76 32.67	250m: 2:38.50 32.05	350m: 3:43.21		32.40
	100m: 1:01.09 31.98	200m: 2:06.45 32.69	300m: 3:10.81 32.31	400m: 4:14.29		31.08
14.	SASTRE RODRIGUEZ Joan	04	Real Canoe NC	4:14.58		645
	50m: 29.12 29.12	150m: 1:33.26 32.31	250m: 2:38.33 32.52	350m: 3:43.50		32.60
	100m: 1:00.95 31.83	200m: 2:05.81 32.55	300m: 3:10.90 32.57	400m: 4:14.58		31.08
15.	JANUARIO Tomas Maia	06	Benfica	4:14.71		644
	50m: 29.04 29.04	150m: 1:32.61 32.20	250m: 2:38.00 32.83	350m: 3:43.55		32.40
	100m: 1:00.41 31.37	200m: 2:05.17 32.56	300m: 3:11.15 33.15	400m: 4:14.71		31.16
16.	MONTFORT Nicolas Filip	05	Alges	4:15.32		640
	50m: 28.78 28.78	150m: 1:33.00 32.61	250m: 2:38.15 32.58	350m: 3:44.00		32.90
	100m: 1:00.39 31.61	200m: 2:05.57 32.57	300m: 3:11.10 32.95	400m: 4:15.32		31.32

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Online results: anlisboa.pt/live

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Event 5, Men, 400m Freestyle, Final, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	ROQUE Tomas Nunes	06	Benfica	4:16.22		633
	50m: 28.59 28.59	150m: 1:32.13 32.27	250m: 2:37.25 32.79	350m: 3:44.68 33.92		
	100m: 59.86 31.27	200m: 2:04.46 32.33	300m: 3:10.76 33.51	400m: 4:16.22 31.54		
18.	SOUZA Joao Maria	05	Braga	4:16.92		628
	50m: 28.67 28.67	150m: 1:32.75 32.58	250m: 2:38.74 32.88	350m: 3:44.93 32.95		
	100m: 1:00.17 31.50	200m: 2:05.86 33.11	300m: 3:11.98 33.24	400m: 4:16.92 31.99		
19.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:18.22		619
	50m: 30.02 30.02	150m: 1:34.57 32.50	250m: 2:40.03 32.36	350m: 3:46.25 32.78		
	100m: 1:02.07 32.05	200m: 2:07.67 33.10	300m: 3:13.47 33.44	400m: 4:18.22 31.97		
20.	MCLAUGHLIN Ben	06	Garioch ASC	4:21.98		592
	50m: 28.62 28.62	150m: 1:34.68 33.70	250m: 2:41.91 32.97	350m: 3:49.16 33.60		
	100m: 1:00.98 32.36	200m: 2:08.94 34.26	300m: 3:15.56 33.65	400m: 4:21.98 32.82		