

Event 5
11.02.2023

Men, 400m Freestyle

Absolutos/All
Results Prelim

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
1.	ROLDAN Carlos Quijada	01	Real Canoe NC	4:02.78		744 A
	50m: 28.03 28.03	150m: 1:28.82 30.69	250m: 2:30.21 30.56	350m: 3:31.50 30.81		
	100m: 58.13 30.10	200m: 1:59.65 30.83	300m: 3:00.69 30.48	400m: 4:02.78 31.28		
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	4:04.90		725 A
	50m: 27.57 27.57	150m: 1:29.51 31.30	250m: 2:31.60 30.63	350m: 3:34.62 31.73		
	100m: 58.21 30.64	200m: 2:00.97 31.46	300m: 3:02.89 31.29	400m: 4:04.90 30.28		
3.	CASERTA Giovanni	02	Italy National Team	4:05.43		720 A
	50m: 27.81 27.81	150m: 1:29.21 31.15	250m: 2:32.40 31.84	350m: 3:35.30 31.68		
	100m: 58.06 30.25	200m: 2:00.56 31.35	300m: 3:03.62 31.22	400m: 4:05.43 30.13		
4.	LOPES Jose Paulo	00	Braga	4:05.98		716 A
	50m: 27.93 27.93	150m: 1:29.48 31.16	250m: 2:31.74 30.85	350m: 3:34.74 31.69		
	100m: 58.32 30.39	200m: 2:00.89 31.41	300m: 3:03.05 31.31	400m: 4:05.98 31.24		
5.	MARQUES Gustavo Pires	04	Uniao 1919	4:07.26		705 A
	50m: 27.71 27.71	150m: 1:30.56 31.80	250m: 2:33.65 31.46	350m: 3:36.97 31.59		
	100m: 58.76 31.05	200m: 2:02.19 31.63	300m: 3:05.38 31.73	400m: 4:07.26 30.29		
6.	SARREIRA Tomas Amor	05	Portugal	4:07.73		701 A
	50m: 27.60 27.60	150m: 1:29.58 31.30	250m: 2:32.85 31.73	350m: 3:36.79 32.03		
	100m: 58.28 30.68	200m: 2:01.12 31.54	300m: 3:04.76 31.91	400m: 4:07.73 30.94		
7.	CARDOSO Diogo Santos	01	Sporting	4:09.84		683 A
	50m: 29.24 29.24	150m: 1:32.43 31.97	250m: 2:35.97 31.81	350m: 3:39.24 31.79		
	100m: 1:00.46 31.22	200m: 2:04.16 31.73	300m: 3:07.45 31.48	400m: 4:09.84 30.60		
8.	BASTOS Lucas Pereira	00	Nautico Academico Coimbra	4:11.54		669 A
	50m: 28.12 28.12	150m: 1:31.08 31.78	250m: 2:34.93 31.85	350m: 3:39.44 32.67		
	100m: 59.30 31.18	200m: 2:03.08 32.00	300m: 3:06.77 31.84	400m: 4:11.54 32.10		
9.	COSTA Afonso Filipe	03	Louzan Natacao/EFAPEL	4:11.76		667 A
	50m: 27.52 27.52	150m: 1:30.05 31.69	250m: 2:34.01 32.00	350m: 3:39.21 32.80		
	100m: 58.36 30.84	200m: 2:02.01 31.96	300m: 3:06.41 32.40	400m: 4:11.76 32.55		
10.	FOMIN Yury	06	Louletano / Loule Concelho	4:12.31		663 A
	50m: 29.05 29.05	150m: 1:32.93 32.10	250m: 2:37.22 32.10	350m: 3:41.57 31.99		
	100m: 1:00.83 31.78	200m: 2:05.12 32.19	300m: 3:09.58 32.36	400m: 4:12.31 30.74		
11.	ELACHRAFI Ilias Elfallaki	06	Louletano / Loule Concelho	4:13.10		657 B
	50m: 28.74 28.74	150m: 1:31.17 31.40	250m: 2:35.78 32.36	350m: 3:41.38 33.00		
	100m: 59.77 31.03	200m: 2:03.42 32.25	300m: 3:08.38 32.60	400m: 4:13.10 31.72		
12.	JANUARIO Tomas Maia	06	Benfica	4:13.69		652 B
	50m: 29.21 29.21	150m: 1:33.39 32.04	250m: 2:38.02 31.76	350m: 3:42.44 31.88		
	100m: 1:01.35 32.14	200m: 2:06.26 32.87	300m: 3:10.56 32.54	400m: 4:13.69 31.25		
13.	LORENZETTI Claudio	03	Federazione Ticinese di Nuoto	4:13.84		651 B
	50m: 30.11 30.11	150m: 1:33.84 32.22	250m: 2:38.10 32.43	350m: 3:42.83 32.51		
	100m: 1:01.62 31.51	200m: 2:05.67 31.83	300m: 3:10.32 32.22	400m: 4:13.84 31.01		
14.	SOBRERO FUERTES Jorge	05	Real Canoe NC	4:14.63		645 B
	50m: 29.39 29.39	150m: 1:33.99 32.43	250m: 2:38.75 32.08	350m: 3:43.02 31.78		
	100m: 1:01.56 32.17	200m: 2:06.67 32.68	300m: 3:11.24 32.49	400m: 4:14.63 31.61		
15.	MAURI Mattia	06	Federazione Ticinese di Nuoto	4:15.31		640 B
	50m: 29.48 29.48	150m: 1:34.18 32.61	250m: 2:39.41 32.78	350m: 3:44.85 32.83		
	100m: 1:01.57 32.09	200m: 2:06.63 32.45	300m: 3:12.02 32.61	400m: 4:15.31 30.46		
16.	SASTRE RODRIGUEZ Joan	04	Real Canoe NC	4:16.03		635 B
	50m: 29.07 29.07	150m: 1:33.47 32.65	250m: 2:38.84 32.64	350m: 3:44.25 32.61		
	100m: 1:00.82 31.75	200m: 2:06.20 32.73	300m: 3:11.64 32.80	400m: 4:16.03 31.78		
17.	MONTFORT Nicolas Filip	05	Alges	4:16.66		630 B
	50m: 29.22 29.22	150m: 1:33.62 32.87	250m: 2:39.66 33.13	350m: 3:45.64 33.04		
	100m: 1:00.75 31.53	200m: 2:06.53 32.91	300m: 3:12.60 32.94	400m: 4:16.66 31.02		

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

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

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	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		
	100m: 1:02.65 32.44	200m: 2:11.50 34.58	300m: 3:21.01 34.89	400m: 4:28.50 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		
	100m: 1:03.74 33.58	200m: 2:12.86 34.71	300m: 3:22.04 34.98	400m: 4:29.68 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		
	100m: 1:04.00 33.46	200m: 2:12.40 34.24	300m: 3:21.89 35.08	400m: 4:29.84 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		
	100m: 1:03.92 33.60	200m: 2:12.87 34.39	300m: 3:22.41 34.48	400m: 4:30.78 33.53		
42.	SIMÕES Miguel Costa (Fora Tempo Acesso / Out of Admission Time)	04	Uniao 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		
	100m: 1:03.13 33.52	200m: 2:11.48 34.31	300m: 3:22.23 35.79	400m: 4:31.73 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		
	100m: 1:04.42 34.37	200m: 2:14.54 35.42	300m: 3:24.90 35.19	400m: 4:31.80 32.20		
44.	ALVES Andre Correia (Fora Tempo Acesso / Out of Admission Time)	06	Uniao 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		
	100m: 1:05.30 34.39	200m: 2:15.56 35.38	300m: 3:24.10 34.29	400m: 4:32.05 33.99		
45.	CARVALHO Daniel Casaca	07	Colegio 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		
	100m: 1:01.48 32.90	200m: 2:12.17 35.87	300m: 3:23.71 36.33	400m: 4:32.18 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		
	100m: 1:03.27 33.45	200m: 2:13.41 35.37	300m: 3:24.45 35.87	400m: 4:32.93 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		
	100m: 1:02.05 32.40	200m: 2:10.79 34.94	300m: 3:22.58 36.24	400m: 4:33.05 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		
	100m: 1:03.88 33.43	200m: 2:13.51 34.39	300m: 3:24.82 35.63	400m: 4:35.18 34.47		
49.	MEDEIROS Caio Salgado	07	Alges	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		
	100m: 1:03.62 34.33	200m: 2:16.16 36.28	300m: 3:28.69 36.48	400m: 4:38.30 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		
	100m: 1:03.88 33.81	200m: 2:13.98 35.36	300m: 3:25.93 36.23	400m: 4:38.75 36.40		
51.	MARTINS Pedro Lages	07	Alges e Agueda 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		
	100m: 1:04.85 33.96	200m: 2:15.83 35.52	300m: 3:27.74 36.19	400m: 4:39.99 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		
	100m: 1:04.74 34.22	200m: 2:16.70 36.61	300m: 3:29.88 37.12	400m: 4:40.50 34.82		
53.	SANTOS Francisco Maria	08	Alges	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		
	100m: 1:06.78 35.03	200m: 2:19.25 36.28	300m: 3:32.30 35.90	400m: 4:41.29 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		
	100m: 1:02.47 32.65	200m: 2:11.90 35.31	300m: 3:26.44 37.95	400m: 4:42.56 37.78		
55.	FERNANDES Afonso Jose	07	Alges	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		
	100m: 1:03.76 33.59	200m: 2:14.80 36.13	300m: 3:28.74 37.49	400m: 4:44.92 38.06		

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
56.	VELHINHO Miguel Lourenco	07	Lagoa Academico	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		
	100m: 1:04.21 34.56	200m: 2:17.40 36.69	300m: 3:32.21 37.14	400m: 4:45.77 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		
	100m: 1:05.03 34.95	200m: 2:18.44 37.09	300m: 3:33.12 37.69	400m: 4:46.25 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		
	100m: 1:08.27 36.08	200m: 2:23.49 37.76	300m: 3:40.69 39.06	400m: 4:54.72 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		
	100m: 1:10.19 37.16	200m: 2:27.47 38.71	300m: 3:44.27 38.32	400m: 4:59.45 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		
	100m:	200m: 2:27.20	300m: 3:44.16 38.49	400m: 5:00.35 37.21		