

Prova 30 Masc., 400m Estilos Absolutos
19.11.2023 - 9:00 Resultados

Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Sen	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003

TAC Juv B: 5:24.98; Juv A: 5:15.52; Jun 1: 5:09.33; Jun 2: 5:06.27; Sen 1: 5:03.53; Sen +: 5:00.50

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Paulo Junio Fernandes	09	Algés	5:18.99	5:01.15	474
	50m: 29.55 29.55	150m: 1:43.60 39.29	250m: 3:06.56 44.13	350m: 4:27.57 35.80		
	100m: 1:04.31 34.76	200m: 2:22.43 38.83	300m: 3:51.77 45.21	400m: 5:01.15 33.58		
2.	Francisco Nunes Roque	09	Benfica	5:20.14	5:09.50	436
	50m: 32.39 32.39	150m: 1:51.42 41.24	250m: 3:14.49 42.80	350m: 4:34.80 36.75		
	100m: 1:10.18 37.79	200m: 2:31.69 40.27	300m: 3:58.05 43.56	400m: 5:09.50 34.70		
3.	Tomas Augusto Reis	09	Belenenses	5:45.87	5:22.69	385
	50m: 34.13 34.13	150m: 1:54.33 40.86	250m: 3:23.54 49.72	350m: 4:49.20 36.65		
	100m: 1:13.47 39.34	200m: 2:33.82 39.49	300m: 4:12.55 49.01	400m: 5:22.69 33.49		
4.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:31.27	5:22.82	384
	50m: 33.48 33.48	150m: 1:56.33 42.89	250m: 3:24.89 47.65	350m: 4:49.77 36.73		
	100m: 1:13.44 39.96	200m: 2:37.24 40.91	300m: 4:13.04 48.15	400m: 5:22.82 33.05		
5.	Afonso Cunha Amaral	09	Algés	5:39.62	5:23.93	380
	50m: 31.12 31.12	150m: 1:50.36 41.42	250m: 3:21.22 49.31	350m: 4:48.76 36.52		
	100m: 1:08.94 37.82	200m: 2:31.91 41.55	300m: 4:12.24 51.02	400m: 5:23.93 35.17		

Juvenis A

1.	Rui Silva Pereira	08	Colegio Int Monte Maior	4:37.61	4:41.01	583
	50m: 29.04 29.04	150m: 1:40.35 37.64	250m: 2:56.17 40.04	350m: 4:10.12 32.26		
	100m: 1:02.71 33.67	200m: 2:16.13 35.78	300m: 3:37.86 41.69	400m: 4:41.01 30.89		
2.	Afonso Gago Garcia	08	Benfica	5:03.53	5:01.85	470
	50m: 31.86 31.86	150m: 1:48.21 37.80	250m: 3:10.10 45.71	350m: 4:29.44 34.18		
	100m: 1:10.41 38.55	200m: 2:24.39 36.18	300m: 3:55.26 45.16	400m: 5:01.85 32.41		
3.	Francisco Rodrigues Vilar	08	Sporting	5:10.00	5:11.24	429
	50m: 30.72 30.72	150m: 1:46.76 40.05	250m: 3:10.64 44.81	350m: 4:34.25 37.61		
	100m: 1:06.71 35.99	200m: 2:25.83 39.07	300m: 3:56.64 46.00	400m: 5:11.24 36.99		

Juniores

1.	Kaio Araujo Fafine	06	Sporting	4:37.16	4:35.74	617
	50m: 28.18 28.18	150m: 1:35.99 35.15	250m: 2:50.32 39.33	350m: 4:04.27 33.09		
	100m: 1:00.84 32.66	200m: 2:10.99 35.00	300m: 3:31.18 40.86	400m: 4:35.74 31.47		
2.	Tomas Maia Januario	06	Benfica	4:47.85	4:38.97	596
	50m: 28.36 28.36	150m: 1:36.59 35.07	250m: 2:53.33 42.55	350m: 4:09.08 33.17		
	100m: 1:01.52 33.16	200m: 2:10.78 34.19	300m: 3:35.91 42.58	400m: 4:38.97 29.89		
3.	Rafael Miguel Mimoso	07	Benfica	4:38.36	4:39.93	590
	50m: 29.14 29.14	150m: 1:41.72 38.70	250m: 2:57.06 37.87	350m: 4:08.37 33.07		
	100m: 1:03.02 33.88	200m: 2:19.19 37.47	300m: 3:35.30 38.24	400m: 4:39.93 31.56		
4.	Joao Almeida Gomes	06	Nacional de Nataçao	4:50.31	4:49.56	533
	50m: 29.50 29.50	150m: 1:42.75 38.16	250m: 3:02.14 41.93	350m: 4:18.02 32.44		
	100m: 1:04.59 35.09	200m: 2:20.21 37.46	300m: 3:45.58 43.44	400m: 4:49.56 31.54		
5.	Pedro Crispim Jorge	06	Uniao Piedense	5:10.00	4:53.85	510
	50m: 29.62 29.62	150m: 1:42.29 38.00	250m: 3:01.59 42.38	350m: 4:19.55 34.87		
	100m: 1:04.29 34.67	200m: 2:19.21 36.92	300m: 3:44.68 43.09	400m: 4:53.85 34.30		

Prova 30, Masc., 400m Estilos, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Tiago Ventura Chao	06	Naval Setubalense	4:57.29	4:55.17	503
	50m: 29.43 29.43	150m: 1:42.45 40.21	250m: 3:05.38 44.40	350m: 4:23.22 34.35		
	100m: 1:02.24 32.81	200m: 2:20.98 38.53	300m: 3:48.87 43.49	400m: 4:55.17 31.95		
7.	Miguel Braga Gomes	07	Sporting	4:53.96	4:56.13	498
	50m: 30.80 30.80	150m: 1:45.17 38.60	250m: 3:05.63 43.04	350m: 4:23.52 34.47		
	100m: 1:06.57 35.77	200m: 2:22.59 37.42	300m: 3:49.05 43.42	400m: 4:56.13 32.61		
8.	Afonso Bjork Freitas	07	Nacional de Natação	5:10.00	5:00.01	479
	50m: 30.33 30.33	150m: 1:43.65 36.94	250m: 3:05.16 46.24	350m: 4:26.72 34.84		
	100m: 1:06.71 36.38	200m: 2:18.92 35.27	300m: 3:51.88 46.72	400m: 5:00.01 33.29		
9.	Rafael Filipe Lopes <i>Fora Tempo Acesso</i>	06	Gesloures	5:09.22	5:19.28	397
	50m: 31.35 31.35	150m: 1:48.62 40.38	250m: 3:15.80 47.64	350m: 4:42.09 37.24		
	100m: 1:08.24 36.89	200m: 2:28.16 39.54	300m: 4:04.85 49.05	400m: 5:19.28 37.19		

Seniores

1.	David Matias Cristino	01	Uniao Piedense	4:55.00	4:37.26	607
	50m: 28.44 28.44	150m: 1:36.80 34.85	250m: 2:51.62 39.69	350m: 4:05.15 32.88		
	100m: 1:01.95 33.51	200m: 2:11.93 35.13	300m: 3:32.27 40.65	400m: 4:37.26 32.11		
2.	Vasco Alves Morgado	05	Algés	4:29.79	4:42.54	573
	50m: 28.50 28.50	150m: 1:39.28 38.05	250m: 2:58.29 41.07	350m: 4:11.65 31.52		
	100m: 1:01.23 32.73	200m: 2:17.22 37.94	300m: 3:40.13 41.84	400m: 4:42.54 30.89		
3.	Tiago Miguel Trombinhas	04	Belenenses	4:54.94	4:51.07	524
	50m: 31.05 31.05	150m: 1:46.05 38.89	250m: 3:04.41 39.97	350m: 4:18.81 32.77		
	100m: 1:07.16 36.11	200m: 2:24.44 38.39	300m: 3:46.04 41.63	400m: 4:51.07 32.26		
4.	Goncalo Duarte Santos	00	Vikings	4:51.04	4:57.57	491
	50m: 29.40 29.40	150m: 1:43.17 39.65	250m: 3:06.52 44.85	350m: 4:25.20 34.65		
	100m: 1:03.52 34.12	200m: 2:21.67 38.50	300m: 3:50.55 44.03	400m: 4:57.57 32.37		
5.	Rafael Filipe Nunes	96	Vikings	4:47.53	4:58.04	489
	50m: 30.71 30.71	150m: 1:45.08 38.69	250m: 3:05.92 42.81	350m: 4:24.46 34.88		
	100m: 1:06.39 35.68	200m: 2:23.11 38.03	300m: 3:49.58 43.66	400m: 4:58.04 33.58		

Absolutos

1.	Kaio Araujo Fafine <i>Campeão Regional</i>	06	Sporting	4:37.16	4:35.74	617
	50m: 28.18 28.18	150m: 1:35.99 35.15	250m: 2:50.32 39.33	350m: 4:04.27 33.09		
	100m: 1:00.84 32.66	200m: 2:10.99 35.00	300m: 3:31.18 40.86	400m: 4:35.74 31.47		
2.	David Matias Cristino	01	Uniao Piedense	4:55.00	4:37.26	607
	50m: 28.44 28.44	150m: 1:36.80 34.85	250m: 2:51.62 39.69	350m: 4:05.15 32.88		
	100m: 1:01.95 33.51	200m: 2:11.93 35.13	300m: 3:32.27 40.65	400m: 4:37.26 32.11		
3.	Tomas Maia Januario	06	Benfica	4:47.85	4:38.97	596
	50m: 28.36 28.36	150m: 1:36.59 35.07	250m: 2:53.33 42.55	350m: 4:09.08 33.17		
	100m: 1:01.52 33.16	200m: 2:10.78 34.19	300m: 3:35.91 42.58	400m: 4:38.97 29.89		
4.	Rafael Miguel Mimoso	07	Benfica	4:38.36	4:39.93	590
	50m: 29.14 29.14	150m: 1:41.72 38.70	250m: 2:57.06 37.87	350m: 4:08.37 33.07		
	100m: 1:03.02 33.88	200m: 2:19.19 37.47	300m: 3:35.30 38.24	400m: 4:39.93 31.56		
5.	Rui Silva Pereira	08	Colegio Int Monte Maior	4:37.61	4:41.01	583
	50m: 29.04 29.04	150m: 1:40.35 37.64	250m: 2:56.17 40.04	350m: 4:10.12 32.26		
	100m: 1:02.71 33.67	200m: 2:16.13 35.78	300m: 3:37.86 41.69	400m: 4:41.01 30.89		
6.	Vasco Alves Morgado	05	Algés	4:29.79	4:42.54	573
	50m: 28.50 28.50	150m: 1:39.28 38.05	250m: 2:58.29 41.07	350m: 4:11.65 31.52		
	100m: 1:01.23 32.73	200m: 2:17.22 37.94	300m: 3:40.13 41.84	400m: 4:42.54 30.89		
7.	Joao Almeida Gomes	06	Nacional de Natação	4:50.31	4:49.56	533
	50m: 29.50 29.50	150m: 1:42.75 38.16	250m: 3:02.14 41.93	350m: 4:18.02 32.44		
	100m: 1:04.59 35.09	200m: 2:20.21 37.46	300m: 3:45.58 43.44	400m: 4:49.56 31.54		
8.	Tiago Miguel Trombinhas	04	Belenenses	4:54.94	4:51.07	524
	50m: 31.05 31.05	150m: 1:46.05 38.89	250m: 3:04.41 39.97	350m: 4:18.81 32.77		
	100m: 1:07.16 36.11	200m: 2:24.44 38.39	300m: 3:46.04 41.63	400m: 4:51.07 32.26		
9.	Pedro Crispim Jorge	06	Uniao Piedense	5:10.00	4:53.85	510
	50m: 29.62 29.62	150m: 1:42.29 38.00	250m: 3:01.59 42.38	350m: 4:19.55 34.87		
	100m: 1:04.29 34.67	200m: 2:19.21 36.92	300m: 3:44.68 43.09	400m: 4:53.85 34.30		

Prova 30, Masc., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
10.	Tiago Ventura Chao 50m: 29.43 29.43 100m: 1:02.24 32.81	06	Naval Setubalense	4:57.29	4:55.17	503
				150m: 1:42.45 40.21 250m: 3:05.38 44.40 350m: 4:23.22 34.35 200m: 2:20.98 38.53 300m: 3:48.87 43.49 400m: 4:55.17 31.95		
11.	Miguel Braga Gomes 50m: 30.80 30.80 100m: 1:06.57 35.77	07	Sporting	4:53.96	4:56.13	498
				150m: 1:45.17 38.60 250m: 3:05.63 43.04 350m: 4:23.52 34.47 200m: 2:22.59 37.42 300m: 3:49.05 43.42 400m: 4:56.13 32.61		
12.	Goncalo Duarte Santos 50m: 29.40 29.40 100m: 1:03.52 34.12	00	Vikings	4:51.04	4:57.57	491
				150m: 1:43.17 39.65 250m: 3:06.52 44.85 350m: 4:25.20 34.65 200m: 2:21.67 38.50 300m: 3:50.55 44.03 400m: 4:57.57 32.37		
13.	Rafael Filipe Nunes 50m: 30.71 30.71 100m: 1:06.39 35.68	96	Vikings	4:47.53	4:58.04	489
				150m: 1:45.08 38.69 250m: 3:05.92 42.81 350m: 4:24.46 34.88 200m: 2:23.11 38.03 300m: 3:49.58 43.66 400m: 4:58.04 33.58		
14.	Afonso Bjork Freitas 50m: 30.33 30.33 100m: 1:06.71 36.38	07	Nacional de Nataçao	5:10.00	5:00.01	479
				150m: 1:43.65 36.94 250m: 3:05.16 46.24 350m: 4:26.72 34.84 200m: 2:18.92 35.27 300m: 3:51.88 46.72 400m: 5:00.01 33.29		
15.	Paulo Junio Fernandes 50m: 29.55 29.55 100m: 1:04.31 34.76	09	Algés	5:18.99	5:01.15	474
				150m: 1:43.60 39.29 250m: 3:06.56 44.13 350m: 4:27.57 35.80 200m: 2:22.43 38.83 300m: 3:51.77 45.21 400m: 5:01.15 33.58		
16.	Afonso Gago Garcia 50m: 31.86 31.86 100m: 1:10.41 38.55	08	Benfica	5:03.53	5:01.85	470
				150m: 1:48.21 37.80 250m: 3:10.10 45.71 350m: 4:29.44 34.18 200m: 2:24.39 36.18 300m: 3:55.26 45.16 400m: 5:01.85 32.41		
17.	Francisco Nunes Roque 50m: 32.39 32.39 100m: 1:10.18 37.79	09	Benfica	5:20.14	5:09.50	436
				150m: 1:51.42 41.24 250m: 3:14.49 42.80 350m: 4:34.80 36.75 200m: 2:31.69 40.27 300m: 3:58.05 43.56 400m: 5:09.50 34.70		
18.	Francisco Rodrigues Vilar 50m: 30.72 30.72 100m: 1:06.71 35.99	08	Sporting	5:10.00	5:11.24	429
				150m: 1:46.76 40.05 250m: 3:10.64 44.81 350m: 4:34.25 37.61 200m: 2:25.83 39.07 300m: 3:56.64 46.00 400m: 5:11.24 36.99		
19.	Rafael Filipe Lopes <i>Fora Tempo Acesso</i> 50m: 31.35 31.35 100m: 1:08.24 36.89	06	Gesloures	5:09.22	5:19.28	397
				150m: 1:48.62 40.38 250m: 3:15.80 47.64 350m: 4:42.09 37.24 200m: 2:28.16 39.54 300m: 4:04.85 49.05 400m: 5:19.28 37.19		
20.	Tomas Augusto Reis 50m: 34.13 34.13 100m: 1:13.47 39.34	09	Belenenses	5:45.87	5:22.69	385
				150m: 1:54.33 40.86 250m: 3:23.54 49.72 350m: 4:49.20 36.65 200m: 2:33.82 39.49 300m: 4:12.55 49.01 400m: 5:22.69 33.49		
21.	Rodrigo Duarte Narigueta 50m: 33.48 33.48 100m: 1:13.44 39.96	09	Palmela Desporto	5:31.27	5:22.82	384
				150m: 1:56.33 42.89 250m: 3:24.89 47.65 350m: 4:49.77 36.73 200m: 2:37.24 40.91 300m: 4:13.04 48.15 400m: 5:22.82 33.05		
22.	Afonso Cunha Amaral 50m: 31.12 31.12 100m: 1:08.94 37.82	09	Algés	5:39.62	5:23.93	380
				150m: 1:50.36 41.42 250m: 3:21.22 49.31 350m: 4:48.76 36.52 200m: 2:31.91 41.55 300m: 4:12.24 51.02 400m: 5:23.93 35.17		
EXH	Yury Fomin 50m: 28.60 28.60 100m: 1:00.75 32.15	06	Louletano / Loule Concelho	4:28.68	4:28.16	671
				150m: 1:35.33 34.58 250m: 2:46.75 38.36 350m: 3:57.68 31.87 200m: 2:08.39 33.06 300m: 3:25.81 39.06 400m: 4:28.16 30.48		