

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

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

Pista	Nadador	Categ.	Clube	Obs.	Tempo	Inscr.		
Série 1 de 3, 9:00								
1	Tomas Maia Januario	Jun	SLB		4:47.85		_____	_____
2	Rafael Miguel Mimoso	Jun	SLB		4:38.36		_____	_____
3	Kaio Araujo Faftine	Jun	SCP		4:37.16		_____	_____
4	Yury Fomin	Jun	LDC	EXH	4:28.68		_____	_____
5	Vasco Alves Morgado	Sen	SAD		4:29.79		_____	_____
6	Rui Silva Pereira	Juv A	ADRCIMM		4:37.61		_____	_____
7	Rafael Filipe Nunes	Sen	VKGS		4:47.53		_____	_____
8	Joao Almeida Gomes	Jun	CNN		4:50.31		_____	_____
Série 2 de 3, 9:06								
1	Afonso Gago Garcia	Juv A	SLB		5:03.53		_____	_____
2	Tiago Ventura Chao	Jun	CNS		4:57.29		_____	_____
3	Tiago Miguel Trombinhas	Sen	CFB		4:54.94		_____	_____
4	Goncalo Duarte Santos	Sen	VKGS		4:51.04		_____	_____
5	Miguel Braga Gomes	Jun	SCP		4:53.96		_____	_____
6	David Matias Cristino	Sen	SFUAP		4:55.00		_____	_____
7	Daniel Casaca Carvalho	Jun	CNCVG	DNS	4:59.31		_____	_____
8	Rafael Filipe Lopes	Jun	GESL		5:09.22		_____	_____
Série 3 de 3, 9:11								
1	Afonso Cunha Amaral	Juv B	SAD		5:39.62		_____	_____
2	Francisco Nunes Roque	Juv B	SLB		5:20.14		_____	_____
3	Pedro Crispim Jorge	Jun	SFUAP		5:10.00		_____	_____
4	Francisco Rodrigues Vilar	Juv A	SCP		5:10.00		_____	_____
5	Afonso Bjork Freitas	Jun	CNN		5:10.00		_____	_____
6	Paulo Junio Fernandes	Juv B	SAD		5:18.99		_____	_____
7	Rodrigo Duarte Narigueta	Juv B	PDEM		5:31.27		_____	_____
8	Tomas Augusto Reis	Juv B	CFB		5:45.87		_____	_____