

Prova 32  
17.03.2024 - 11:12

Masc., 400m Livres

Absolutos  
Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo Lopes	SCB	Barcelona (ESP)	2021
Rec Regional Absoluto	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Sen	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Jun 2	3:58.65	Tiago Cunha Costa	SCP	Oeiras	2017
Rec Regional Jun 1	4:01.41	Bernardo Victorino Almeida	SCP	Oeiras	2021
Rec Regional Juv A	4:04.23	Andre Filipe Farinha	SLB	Torre Vieja (ESP)	2012
Rec Regional Juv B	4:08.94	Bernardo Jorge Simoes	CNCVCG	Funchal	2019

TAC - Masc Juv B: 4:49.51; Juv A: 4:41.07; Jun 1: 4:35.56; Jun 2: 4:32.83; Sen 19: 4:30.40; Sen 19+: 4:27.70

Pontos: FINA 2024

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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Juvenis B

1.	Diogo Damasceno Reis <i>Campeão Regional Juvenis B</i>	09	SCP	4:23.76	<b>4:23.57</b>	582	1:02.09	1:09.52	1:07.58	1:04.38
2.	Tomas Augusto Reis	09	CFB	5:06.99	<b>4:27.77</b>	555	1:02.32	1:07.93	1:10.66	1:06.86
3.	Martim Guerreiro Martins	09	SCP	4:29.06	<b>4:30.50</b>	538	1:03.91	1:09.16	1:10.33	1:07.10
4.	Martim Chambel Pinto	09	ADRCIMM	4:25.58	<b>4:31.30</b>	533	1:04.49	1:09.81	1:09.20	1:07.80
5.	Guilherme Oliveira Rizzon	09	SCP	4:34.85	<b>4:31.48</b>	532	1:04.11	1:11.06	1:09.46	1:06.85
6.	Rafael Lin Moniz	09	CNS	4:30.35	<b>4:32.14</b>	528	1:03.60	1:09.71	1:11.07	1:07.76
7.	Vasco Alexandre Martins	09	ADRCIMM	4:42.43	<b>4:37.09</b>	500	1:06.68	1:10.39	1:10.18	1:09.84
8.	Bernardo Afonso Guedelha	09	SLB	4:40.12	<b>4:42.20</b>	474	1:06.96	1:12.77	1:11.95	1:10.52
9.	Francisco Nunes Roque	09	SLB	4:42.87	<b>4:46.66</b>	452	1:05.72	1:12.44	1:14.10	1:14.40
10.	Miguel Filipe Medronheira	09	PDEM	5:06.83	<b>4:49.32</b>	440	1:07.13	1:14.63	1:14.40	1:13.16
11.	Miguel Bera Fonseca <i>FTL (Fora Tempo Limite)</i>	09	SLB	4:46.87	<b>4:52.06</b>	427	1:10.87	1:14.73	1:14.80	1:11.66
12.	Duarte Afonso Leite <i>FTL (Fora Tempo Limite)</i>	09	CIRL	4:54.80	<b>4:55.94</b>	411	1:10.00	1:14.67	1:16.31	1:14.96
13.	Dinis Guerreiro Monteiro <i>FTL (Fora Tempo Limite)</i>	09	CFB	5:29.44	<b>5:02.21</b>	386	1:11.58	1:17.48	1:17.74	1:15.41

Juvenis A

1.	Rui Silva Pereira <i>Campeão Regional Juvenis A</i>	08	ADRCIMM	4:03.21	<b>4:10.84</b>	675	59.73	1:05.13	1:04.33	1:01.65
2.	Afonso Mendonca Ornelas	08	GESL	4:29.23	<b>4:31.11</b>	534	1:01.88	1:12.15	1:11.57	1:05.51
3.	Vasco Frischknecht Oliveira	08	SLB	4:28.24	<b>4:34.08</b>	517	1:05.00	1:10.03	1:11.09	1:07.96
4.	Henrique Barros Domingos	08	SCP	4:31.55	<b>4:34.92</b>	512	1:05.95	1:12.08	1:10.73	1:06.16
5.	Alexandre Frederico Braz	08	SCP	4:33.41	<b>4:36.97</b>	501	1:03.06	1:11.18	1:12.72	1:10.01
6.	Jose Pedro Salvadinho <i>FTL (Fora Tempo Limite)</i>	08	CNN	4:39.63	<b>4:49.77</b>	438	1:05.38	1:12.41	1:15.12	1:16.86
7.	Francisco Manuel Bexiga <i>FTL (Fora Tempo Limite)</i>	08	INDANL	4:54.82	<b>4:56.64</b>	408	1:09.40	1:15.83	1:16.77	1:14.64

Juniiores

1.	Joao Almeida Gomes <i>Campeão Regional Juniores</i>	06	CNN	4:13.94	<b>4:21.47</b>	596	1:02.45	1:05.79	1:07.11	1:06.12
2.	Tomas Nunes Roque	06	SLB	4:12.23	<b>4:25.35</b>	570	1:01.66	1:06.56	1:08.01	1:09.12
3.	André Correia Alves	06	SLB	4:20.22	<b>4:25.51</b>	569	1:02.85	1:08.37	1:07.69	1:06.60
4.	Pedro Crispim Jorge	06	SFUAP	4:18.90	<b>4:26.33</b>	564	1:02.02	1:07.82	1:08.95	1:07.54
5.	Afonso Bjork Freitas	07	CNN	4:29.76	<b>4:27.06</b>	559	1:01.60	1:08.60	1:09.06	1:07.80
6.	Caio Salgado Medeiros	07	SAD	4:38.30	<b>4:28.90</b>	548	1:03.09	1:09.55	1:08.81	1:07.45
7.	Rodrigo Onofre Matos	06	CFB	4:27.67	<b>4:30.02</b>	541	1:03.85	1:09.19	1:08.67	1:08.31
8.	Daniel Casaca Carvalho	07	CNCVCG	4:27.70	<b>4:33.95</b>	518	1:03.55	1:09.74	1:10.99	1:09.67
9.	Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i>	06	CFB	4:32.83	<b>4:34.99</b>	512	1:05.30	1:11.02	1:09.70	1:08.97

<http://anlisboa.pt>

Resultados online: [anlisboa.pt/live](http://anlisboa.pt/live)

[facebook.com/assocnatacaolisboa](https://facebook.com/assocnatacaolisboa)

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CÂMARA  
MUNICIPAL

parceiros



Prova 32, Masc., 400m Livres, Juniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
10.	David Alexandre Fernandes <i>FTL (Fora Tempo Limite)</i>	06	CNN	4:27.64	<b>4:37.55</b>	498	1:04.21	1:10.57	1:11.17	1:11.60
11.	Tiago Dinis Ferreira <i>FTL (Fora Tempo Limite)</i>	07	GESL	4:51.78	<b>4:57.18</b>	406	1:08.91	1:14.62	1:17.32	1:16.33
DNS	Arthur Santos Silva	06	CFB	4:26.42						

Seniores

1.	Gabriel Carvalho Ferrao <i>Campeão Regional Seniores</i>	05	SLB	4:06.78	<b>4:10.35</b>	679	59.48	1:05.24	1:04.61	1:01.02
2.	Bernardo Jorge Simoes	04	CNCVG	4:01.46	<b>4:10.84</b>	675	59.74	1:05.31	1:04.94	1:00.85
3.	Vasco Alves Morgado	05	SAD	4:11.19	<b>4:11.82</b>	667	59.39	1:04.36	1:04.63	1:03.44
4.	Diogo Garcez Mateus	02	SCP	4:27.70	<b>4:17.45</b>	624	1:00.76	1:05.31	1:06.18	1:05.20
5.	Pedro Maria Amado	05	SAD	4:20.95	<b>4:18.72</b>	615	1:00.72	1:06.04	1:06.44	1:05.52
6.	Daniel Tsykal	04	SCP	4:31.60	<b>4:19.96</b>	606	59.90	1:06.33	1:07.96	1:05.77
7.	Tiago Barroso Proenca	04	SCP	4:18.09	<b>4:20.85</b>	600	1:02.17	1:06.50	1:07.22	1:04.96
8.	David Matias Cristino	01	SFUAP	4:19.57	<b>4:25.02</b>	572	1:02.17	1:06.80	1:08.70	1:07.35
9.	Diogo Santos Costa	02	SLB	4:27.70	<b>4:26.77</b>	561	59.71	1:05.35	1:08.57	1:13.14
10.	Goncalo Duarte Santos <i>FTL (Fora Tempo Limite)</i>	00	COL	4:12.66	<b>4:30.96</b>	535	1:02.92	1:09.44	1:10.08	1:08.52
11.	Tiago Correia Neves <i>FTL (Fora Tempo Limite)</i>	97	CFB	4:27.70	<b>4:43.47</b>	467	1:06.90	1:12.29	1:12.51	1:11.77
12.	Romão Noronha Braz <i>FTL (Fora Tempo Limite)</i>	04	CNLX	4:27.70	<b>4:43.78</b>	466	1:03.52	1:11.34	1:14.41	1:14.51
DNS	Miguel Cordeiro Almeida	05	SAD	4:30.40						
DNS	Nicolas Filip Montfort	05	SAD	4:04.30						

Absolutos

1.	Gabriel Carvalho Ferrao	05	SLB	4:06.78	<b>4:10.35</b>	679	59.48	1:05.24	1:04.61	1:01.02
2.	Rui Silva Pereira	08	ADRCIMM	4:03.21	<b>4:10.84</b>	675	59.73	1:05.13	1:04.33	1:01.65
	Bernardo Jorge Simoes	04	CNCVG	4:01.46	<b>4:10.84</b>	675	59.74	1:05.31	1:04.94	1:00.85
4.	Vasco Alves Morgado	05	SAD	4:11.19	<b>4:11.82</b>	667	59.39	1:04.36	1:04.63	1:03.44
5.	Diogo Garcez Mateus	02	SCP	4:27.70	<b>4:17.45</b>	624	1:00.76	1:05.31	1:06.18	1:05.20
6.	Pedro Maria Amado	05	SAD	4:20.95	<b>4:18.72</b>	615	1:00.72	1:06.04	1:06.44	1:05.52
7.	Daniel Tsykal	04	SCP	4:31.60	<b>4:19.96</b>	606	59.90	1:06.33	1:07.96	1:05.77
8.	Tiago Barroso Proenca	04	SCP	4:18.09	<b>4:20.85</b>	600	1:02.17	1:06.50	1:07.22	1:04.96
9.	Joao Almeida Gomes	06	CNN	4:13.94	<b>4:21.47</b>	596	1:02.45	1:05.79	1:07.11	1:06.12
10.	Diogo Damasceno Reis	09	SCP	4:23.76	<b>4:23.57</b>	582	1:02.09	1:09.52	1:07.58	1:04.38
11.	David Matias Cristino	01	SFUAP	4:19.57	<b>4:25.02</b>	572	1:02.17	1:06.80	1:08.70	1:07.35
12.	Tomas Nunes Roque	06	SLB	4:12.23	<b>4:25.35</b>	570	1:01.66	1:06.56	1:08.01	1:09.12
13.	André Correia Alves	06	SLB	4:20.22	<b>4:25.51</b>	569	1:02.85	1:08.37	1:07.69	1:06.60
14.	Pedro Crispim Jorge	06	SFUAP	4:18.90	<b>4:26.33</b>	564	1:02.02	1:07.82	1:08.95	1:07.54
15.	Diogo Santos Costa	02	SLB	4:27.70	<b>4:26.77</b>	561	59.71	1:05.35	1:08.57	1:13.14
16.	Afonso Bjork Freitas	07	CNN	4:29.76	<b>4:27.06</b>	559	1:01.60	1:08.60	1:09.06	1:07.80
17.	Tomas Augusto Reis	09	CFB	5:06.99	<b>4:27.77</b>	555	1:02.32	1:07.93	1:10.66	1:06.86
18.	Caio Salgado Medeiros	07	SAD	4:38.30	<b>4:28.90</b>	548	1:03.09	1:09.55	1:08.81	1:07.45
19.	Rodrigo Onofre Matos	06	CFB	4:27.67	<b>4:30.02</b>	541	1:03.85	1:09.19	1:08.67	1:08.31
20.	Martim Guerreiro Martins	09	SCP	4:29.06	<b>4:30.50</b>	538	1:03.91	1:09.16	1:10.33	1:07.10
21.	Goncalo Duarte Santos <i>FTL (Fora Tempo Limite)</i>	00	COL	4:12.66	<b>4:30.96</b>	535	1:02.92	1:09.44	1:10.08	1:08.52
22.	Afonso Mendonca Ornelas	08	GESL	4:29.23	<b>4:31.11</b>	534	1:01.88	1:12.15	1:11.57	1:05.51
23.	Martim Chambel Pinto	09	ADRCIMM	4:25.58	<b>4:31.30</b>	533	1:04.49	1:09.81	1:09.20	1:07.80
24.	Guilherme Oliveira Rizzon	09	SCP	4:34.85	<b>4:31.48</b>	532	1:04.11	1:11.06	1:09.46	1:06.85
25.	Rafael Lin Moniz	09	CNS	4:30.35	<b>4:32.14</b>	528	1:03.60	1:09.71	1:11.07	1:07.76
26.	Daniel Casaca Carvalho	07	CNCVG	4:27.70	<b>4:33.95</b>	518	1:03.55	1:09.74	1:10.99	1:09.67
27.	Vasco Frischknecht Oliveira	08	SLB	4:28.24	<b>4:34.08</b>	517	1:05.00	1:10.03	1:11.09	1:07.96
28.	Henrique Barros Domingos	08	SCP	4:31.55	<b>4:34.92</b>	512	1:05.95	1:12.08	1:10.73	1:06.16

Prova 32, Masc., 400m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
29.	Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i>	06	CFB	4:32.83	<b>4:34.99</b>	512	1:05.30	1:11.02	1:09.70	1:08.97
30.	Alexandre Frederico Braz	08	SCP	4:33.41	<b>4:36.97</b>	501	1:03.06	1:11.18	1:12.72	1:10.01
31.	Vasco Alexandre Martins	09	ADRCIMM	4:42.43	<b>4:37.09</b>	500	1:06.68	1:10.39	1:10.18	1:09.84
32.	David Alexandre Fernandes <i>FTL (Fora Tempo Limite)</i>	06	CNN	4:27.64	<b>4:37.55</b>	498	1:04.21	1:10.57	1:11.17	1:11.60
33.	Bernardo Afonso Guedelha	09	SLB	4:40.12	<b>4:42.20</b>	474	1:06.96	1:12.77	1:11.95	1:10.52
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36.	Francisco Nunes Roque	09	SLB	4:42.87	<b>4:46.66</b>	452	1:05.72	1:12.44	1:14.10	1:14.40
37.	Miguel Filipe Medronheira	09	PDEM	5:06.83	<b>4:49.32</b>	440	1:07.13	1:14.63	1:14.40	1:13.16
38.	Jose Pedro Salvadinho <i>FTL (Fora Tempo Limite)</i>	08	CNN	4:39.63	<b>4:49.77</b>	438	1:05.38	1:12.41	1:15.12	1:16.86
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40.	Duarte Afonso Leite <i>FTL (Fora Tempo Limite)</i>	09	CIRL	4:54.80	<b>4:55.94</b>	411	1:10.00	1:14.67	1:16.31	1:14.96
41.	Francisco Manuel Bexiga <i>FTL (Fora Tempo Limite)</i>	08	INDANL	4:54.82	<b>4:56.64</b>	408	1:09.40	1:15.83	1:16.77	1:14.64
42.	Tiago Dinis Ferreira <i>FTL (Fora Tempo Limite)</i>	07	GESL	4:51.78	<b>4:57.18</b>	406	1:08.91	1:14.62	1:17.32	1:16.33
43.	Dinis Guerreiro Monteiro <i>FTL (Fora Tempo Limite)</i>	09	CFB	5:29.44	<b>5:02.21</b>	386	1:11.58	1:17.48	1:17.74	1:15.41
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DNS	Nicolas Filip Montfort	05	SAD	4:04.30						