

Campeonatos Regionais JUN-SEN PL 08-09
Póvoa de Varzim, 6. - 8.3.2009

Prova 20
07-03-2009 - 10:25

Masc., 400m Livres
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17 anos e mais velhos
Resultados

Recorde Nacional Absoluto	3:55.30	PEREIRA, Fabio Manuel	CFV	Canet (FRA)	14-06-2008
Recorde Nacional Sénior	3:55.30	PEREIRA, Fabio Manuel	CFV	Canet (FRA)	14-06-2008
Recorde Nacional Junior	3:58.26	CARNEIRO, Ivo Emanuel	FPN	Linz (AUT)	12-07-2002

Time standard 1 Jun: 4:55.60; Sen: 4:46.00

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
Juniores								
1.	COSTA, Rui Filipe	M	24004	91	Vitória Sport Clube	4:08.52	719	+0,76
	50m: 28.16 28.16		150m: 1:29.85		31.18 250m: 2:33.37	31.84	350m: 3:37.05	31.40
	100m: 58.67 30.51		200m: 2:01.53		31.68 300m: 3:05.65	32.28	400m: 4:08.52	31.47
2.	SERRA, Carlos Filipe	M	13180	92	Sporting Clube de Braga	4:15.55	662	+0,86
	50m: 29.09 29.09		150m: 1:32.71		32.29 250m: 2:38.81	33.20	350m: 3:52.76	34.32
	100m: 1:00.42 31.33		200m: 2:05.61		32.90 300m: 3:11.91	33.10	400m: 4:15.55	
3.	ALVES, Andre Filipe	M	24261	92	Vitória Sport Clube	4:21.94	614	+0,74
	50m: 29.51 29.51		150m: 1:34.45		32.94 250m: 2:41.03	33.42	350m: 3:52.76	34.32
	100m: 1:01.51 32.00		200m: 2:07.61		33.16 300m: 3:15.05	34.02	400m: 4:21.94	
4.	PIRES, Duarte Barros	M	13036	92	Escola Desportiva Limiana	4:26.30	585	+0,91
	50m: 29.37 29.37		150m: 1:36.03		33.96 250m: 2:45.10	34.60	350m: 3:53.43	33.60
	100m: 1:02.07 32.70		200m: 2:10.50		34.47 300m: 3:19.83	34.73	400m: 4:26.30	32.87
5.	GONCALVES, Jose Joao	M	26383	91	Leixões Sport Clube	4:26.32	585	+0,87
	50m: 29.21 29.21		150m: 1:35.74		33.80 250m: 2:44.04	34.21	350m: 3:52.76	34.32
	100m: 1:01.94 32.73		200m: 2:09.83		34.09 300m: 3:18.44	34.40	400m: 4:26.32	33.56
6.	MAGANINHO, Pedro Miguel	M	13177	92	Sporting Clube de Braga	4:30.56	558	+0,93
	50m: 29.51 29.51		150m: 1:35.66		33.62 250m: 2:45.03	34.79	350m: 3:55.91	35.24
	100m: 1:02.04 32.53		200m: 2:10.24		34.58 300m: 3:20.67	35.64	400m: 4:30.56	34.65
7.	MENDES, Pedro Nuno	M	13172	92	Sporting Clube de Braga	4:32.52	546	+0,89
	50m: 30.47 30.47		150m: 1:39.05		34.94 250m: 2:49.26	35.18	350m: 3:55.91	35.24
	100m: 1:04.11 33.64		200m: 2:14.08		35.03 300m: 3:24.53	35.27	400m: 4:32.52	
8.	FERNANDES, Andre Antonio	M	24139	92	Leixões Sport Clube	4:32.57	545	+0,94
	50m: 29.66 29.66		150m: 1:35.62		33.77 250m: 2:45.99	35.75	350m: 3:52.76	34.32
	100m: 1:01.85 32.19		200m: 2:10.24		34.62 300m: 3:22.51	36.52	400m: 4:32.57	
9.	SILVA, Jose Miguel	M	24862	91	Famalicao	4:33.67	539	+0,83
	50m: 30.44 30.44		150m: 1:39.55		34.95 250m: 2:50.32	34.89	350m: 3:55.91	35.24
	100m: 1:04.60 34.16		200m: 2:15.43		35.88 300m: 3:25.47	35.15	400m: 4:33.67	
10.	GOMES, Pedro Miguel	M	16978	92	Clube Fluvial Portuense	4:47.65	464	+0,93
	50m: 31.35 31.35		150m: 1:43.13		36.74 250m: 2:58.01	37.20	350m: 4:13.80	37.86
	100m: 1:08.39 35.04		200m: 2:20.81		37.68 300m: 3:35.94	37.93	400m: 4:47.65	33.85
11.	COSTA, Jose Miguel	M	13580	91	Escola Desportiva Limiana	4:48.21	461	+0,88
	50m: 31.30 31.30		150m: 1:43.99		37.22 250m: 2:59.22	37.37	350m: 4:14.13	37.16
	100m: 1:08.77 35.47		200m: 2:21.85		37.86 300m: 3:36.97	37.75	400m: 4:48.21	34.08
12.	COUTO, Andre Filipe	M	23958	91	Leixões Sport Clube	4:52.10	443	+0,88
	50m: 32.19 32.19		150m: 1:46.68		37.89 250m: 3:01.85	37.43	350m: 4:16.18	37.01
	100m: 1:08.79 36.60		200m: 2:24.42		37.74 300m: 3:39.17	37.32	400m: 4:52.10	35.92
13.	SOUSA, Andre Caravela FTL	M	11014	91	Desportiva de Viana	4:56.42	424	+0,80
	50m: 31.57 31.57		150m: 1:45.19		37.69 250m: 3:02.05	38.42	350m: 4:19.65	38.59
	100m: 1:07.50 35.93		200m: 2:23.63		38.44 300m: 3:41.06	39.01	400m: 4:56.42	36.77

Seniores

1.	NIZ, Adriano Miguel	M	23013	86	Individual Norte de Portugal	4:03.82	762	+0,81
	50m: 27.57 27.57		150m: 1:28.59		30.89 250m: 2:30.51	30.97	350m: 3:33.27	31.01
	100m: 57.70 30.13		200m: 1:59.54		30.95 300m: 3:02.26	31.75	400m: 4:03.82	30.55
2.	MALHEIRO, Filipe Vieira	M	13117	90	Sporting Clube de Braga	4:11.76	692	+0,84
	50m: 28.25 28.25		150m: 1:31.73		32.01 250m: 2:36.24	32.24	350m: 3:40.17	31.85
	100m: 59.72 31.47		200m: 2:04.00		32.27 300m: 3:08.32	32.08	400m: 4:11.76	31.59
3.	CARVALHO, Igor Guterres	M	23057	88	Vilacondense	4:12.88	683	+0,94
	50m: 28.83 28.83		150m: 1:32.49		32.43 250m: 2:37.65	32.73	350m: 3:42.52	32.10
	100m: 1:00.06 31.23		200m: 2:04.92		32.43 300m: 3:10.42	32.77	400m: 4:12.88	30.36
4.	COSTA, Tiago Manuel	M	25169	89	Leixões Sport Clube	4:14.06	673	+0,83
	50m: 29.13 29.13		150m: 1:32.66		32.20 250m: 2:37.32	32.12	350m: 3:42.68	32.51
	100m: 1:00.46 31.33		200m: 2:05.20		32.54 300m: 3:10.17	32.85	400m: 4:14.06	31.38
5.	MACHADO, Marco Joao	M	15626	90	Famalicao	4:14.19	672	+0,79
	50m: 28.79 28.79		150m: 1:31.96		31.63 250m: 2:36.12	32.15	350m: 3:42.68	32.51
	100m: 1:00.33 31.54		200m: 2:03.97		32.01 300m: 3:08.71	32.59	400m: 4:14.19	
6.	SILVA, Luis Miguel	M	12376	89	Sporting Clube de Braga	4:19.90	629	+0,46
	50m: 28.59 28.59		150m: 1:32.25		32.26 250m: 2:37.59	32.51	350m: 3:45.82	34.08
	100m: 59.99 31.40		200m: 2:05.08		32.83 300m: 3:11.74	34.15	400m: 4:19.90	34.08
7.	RIBEIRO, Rui Manuel	M	24023	89	Leixões Sport Clube	4:32.91	543	+0,95
	50m: 31.11 31.11		150m: 1:39.12		34.77 250m: 2:50.84	36.09	350m: 4:19.65	38.59
	100m: 1:04.35 33.24		200m: 2:14.75		35.63 300m: 3:26.70	35.86	400m: 4:32.91	