

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

Prova 24
07-03-2009 - 16:30

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

Recorde Nacional Absoluto	4:23.89	ALMEIDA, Carlos Esteves	FPN	Eindhoven (NED)	24-03-2008
Recorde Nacional Sénior	4:23.89	ALMEIDA, Carlos Esteves	FPN	Eindhoven (NED)	24-03-2008
Recorde Nacional Junior	4:28.70	ALMEIDA, Carlos Esteves	CNA	Lisboa	26-03-2006

Time standard 1 Jun: 5:34.80; Sen: 5:24.50

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
Juniores								
1.	DIAS, Paulo Andre	M	23406	92	Gespacos	4:50.91	629	+0,91
	50m: 30.70 30.70		150m: 1:43.76 38.54		250m: 3:02.67 41.42	350m: 4:18.95 34.15		
	100m: 1:05.22 34.52		200m: 2:21.25 37.49		300m: 3:44.80 42.13	400m: 4:50.91 31.96		
2.	COSTA, Rui Filipe	M	24004	91	Vitória Sport Clube	4:53.25	614	+0,72
	50m: 29.35 29.35		150m: 1:42.55 38.75		250m: 3:04.40 44.35	350m: 4:22.83 33.11		
	100m: 1:03.80 34.45		200m: 2:20.05 37.50		300m: 3:49.72 45.32	400m: 4:53.25 30.42		
3.	PIRES, Duarte Barros	M	13036	92	Escola Desportiva Limiana	4:53.71	611	+0,86
	50m: 30.26 30.26		150m: 1:44.88 39.18		250m: 3:05.59 42.14	350m: 4:21.32 32.84		
	100m: 1:05.70 35.44		200m: 2:23.45 38.57		300m: 3:48.48 42.89	400m: 4:53.71 32.39		
4.	FREIXO, Rui Alberto	M	11023	92	Desportiva de Viana	4:58.01	585	+0,84
	50m: 30.27 30.27		150m: 1:43.27 37.62		250m: 3:05.58 45.57	350m: 4:28.05 33.44		
	100m: 1:05.65 35.38		200m: 2:20.01 36.74		300m: 3:51.61 46.03	400m: 4:58.01 32.96		
5.	MENDES, Pedro Nuno	M	13172	92	Sporting Clube de Braga	5:01.21	567	+0,91
	50m: 32.25 32.25		150m: 1:48.75 38.83		250m: 3:10.46 43.62	350m: 4:28.41 33.90		
	100m: 1:09.92 37.67		200m: 2:26.84 38.09		300m: 3:54.51 44.05	400m: 5:01.21 32.80		
6.	FERNANDES, Christophe Pereira	M	15955	91	Vitória Sport Clube	5:06.11	540	+0,95
	50m: 31.41 31.41		150m: 1:46.03 39.81		250m: 3:07.97 42.91	350m: 4:29.65 36.06		
	100m: 1:07.22 35.81		200m: 2:25.06 39.03		300m: 3:53.59 45.62	400m: 5:06.11 36.46		
7.	RODRIGUES, Tiago Manuel	M	16047	91	Vitória Sport Clube	5:08.24	529	+0,92
	50m: 31.03 31.03		150m: 1:48.89 41.29		250m: 3:13.78 45.46	350m: 4:33.39 34.74		
	100m: 1:07.60 36.57		200m: 2:28.32 39.43		300m: 3:58.65 44.87	400m: 5:08.24 34.85		
8.	SAMPAIO, Ricardo Jorge	M	11027	92	Desportiva de Viana	5:20.76	469	+0,84
	50m: 31.31 31.31		150m: 1:50.57 42.47		250m: 3:17.57 45.73	350m: 4:43.47 38.98		
	100m: 1:08.10 36.79		200m: 2:31.84 41.27		300m: 4:04.49 46.92	400m: 5:20.76 37.29		
DSQ	GOMES, Pedro Miguel	M	16978	92	Clube Fluvial Portuense			+0,94
	<i>O atleta, efectuou pernadas alternadas durante o percurso de mariposa.</i>							

Seniores

1.	NIZ, Adriano Miguel	M	23013	86	Individual Norte de Portugal	4:38.89	714	+0,84
	50m: 28.26 28.26		150m: 1:37.63 36.37		250m: 2:54.19 41.21	350m: 4:08.01 32.45		
	100m: 1:01.26 33.00		200m: 2:12.98 35.35		300m: 3:35.56 41.37	400m: 4:38.89 30.88		
2.	ALVES, Nuno Rafael	M	103907	90	Gespacos	4:43.77	678	+0,88
	50m: 30.16 30.16		150m: 1:41.67 37.03		250m: 2:57.56 39.85	350m: 4:11.35 33.19		
	100m: 1:04.64 34.48		200m: 2:17.71 36.04		300m: 3:38.16 40.60	400m: 4:43.77 32.42		
3.	PEREIRA, Marcelo Goncalo	M	22440	90	Vilacondense	4:50.36	633	+0,87
	50m: 28.71 28.71		150m: 1:41.70 38.63		250m: 3:01.49 42.45	350m: 4:18.61 34.81		
	100m: 1:03.07 34.36		200m: 2:19.04 37.34		300m: 3:43.80 42.31	400m: 4:50.36 31.75		
4.	COSTA, Tiago Manuel	M	25169	89	Leixões Sport Clube	4:52.41	620	+0,85
	50m: 30.53 30.53		150m: 1:45.75 40.46		250m: 3:07.42 43.01	350m: 4:21.74 31.72		
	100m: 1:05.29 34.76		200m: 2:24.41 38.66		300m: 3:50.02 42.60	400m: 4:52.41 30.67		
5.	RIBEIRO, Hugo Alberto	M	23114	88	Vilacondense	4:55.54	600	+0,97
	50m: 30.27 30.27		150m: 1:43.14 38.77		250m: 3:06.81 45.13	350m: 4:25.06 32.08		
	100m: 1:04.37 34.10		200m: 2:21.68 38.54		300m: 3:52.98 46.17	400m: 4:55.54 30.48		
6.	FERREIRA, Dario Miguel	M	22437	90	Foca-Clube De Natação De Felgu	4:58.35	583	+0,81
	50m: 29.92 29.92		150m: 1:44.35 40.79		250m: 3:06.97 42.28	350m: 4:25.08 35.98		
	100m: 1:03.56 33.64		200m: 2:24.69 40.34		300m: 3:49.10 42.13	400m: 4:58.35 33.27		
7.	OLIVEIRA, Nuno Cruz	M	12871	90	Sporting Clube de Braga	5:04.10	551	+0,85
	50m: 29.67 29.67		150m: 1:44.19 40.48		250m: 3:09.43 45.17	350m: 4:29.42 35.15		
	100m: 1:03.71 34.04		200m: 2:24.26 40.07		300m: 3:54.27 44.84	400m: 5:04.10 34.68		
EXH	PASCOAL, Nuno Durao	M	12560	92	Galitos	5:03.04	557	+0,79
	50m: 30.15 30.15		150m: 1:46.03 39.94		250m: 3:08.59 43.64	350m: 4:28.43 34.86		
	100m: 1:06.09 35.94		200m: 2:24.95 38.92		300m: 3:53.57 44.98	400m: 5:03.04 34.61		