

Campeonatos Regionais Absolutos P.C.
Pacos de Ferreira, 20. - 22.11.2009

Prova 18 Masc., 400m Livres Absolutos
21-11-2009 - 16:10 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Nacional Absoluto	3:46.90	NIZ Adriano Miguel	FPN	Trieste (ITA)	08-12-2005
Recorde Nacional Junior	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
Recorde Nacional Sénior	3:46.90	NIZ Adriano Miguel	FPN	Trieste (ITA)	08-12-2005

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	VAZ Luis Emanuel	M	15628	91	Famalicão	3:55.20	776	
	50m: 26.84 26.84		150m: 1:26.37		30.05 250m: 2:26.81		30.10	350m: 3:26.73 29.83
	100m: 56.32 29.48		200m: 1:56.71		30.34 300m: 2:56.90		30.09	400m: 3:55.20 28.47
2.	CARVALHO Joao Filipe	M	23026	87	Porto/Dolce Vita	3:56.72	761	
	50m: 26.77 26.77		150m: 1:26.37		30.08 250m: 2:27.04		30.20	350m: 3:27.53 30.27
	100m: 56.29 29.52		200m: 1:56.84		30.47 300m: 2:57.26		30.22	400m: 3:56.72 29.19
3.	RIBEIRO Hugo Alberto	M	23114	88	Vilacondense	4:01.18	719	
	50m: 27.52 27.52		150m: 1:27.43		30.22 250m: 2:28.49		30.48	350m: 3:30.47 30.95
	100m: 57.21 29.69		200m: 1:58.01		30.58 300m: 2:59.52		31.03	400m: 4:01.18 30.71
4.	PEREIRA Marcelo Goncalo	M	22440	90	Vilacondense	4:04.87	687	
	50m: 27.10 27.10		150m: 1:27.72		30.51 250m: 2:30.10		31.49	350m: 3:34.38 32.01
	100m: 57.21 30.11		200m: 1:58.61		30.89 300m: 3:02.37		32.27	400m: 4:04.87 30.49
5.	QUEIROS Samuel Patricio	M	15701	91	Porto/Dolce Vita	4:05.78	680	
	50m: 28.55 28.55		150m: 1:32.03		31.98 250m: 2:33.97		30.39	350m: 3:35.50 30.79
	100m: 1:00.05 31.50		200m: 2:03.58		31.55 300m: 3:04.71		30.74	400m: 4:05.78 30.28
6.	CARVALHO Igor Guterres	M	23057	88	Vilacondense	4:07.36	667	
	50m: 28.59 28.59		150m: 1:31.06		31.54 250m: 2:34.40		31.79	350m: 3:37.81 31.64
	100m: 59.52 30.93		200m: 2:02.61		31.55 300m: 3:06.17		31.77	400m: 4:07.36 29.55
7.	MARTINS Rafael Dias	M	102480	93	Porto/Dolce Vita	4:09.83	647	
	50m: 28.71 28.71		150m: 1:30.15		31.19 250m: 2:33.21		31.80	350m: 3:37.75 32.33
	100m: 58.96 30.25		200m: 2:01.41		31.26 300m: 3:05.42		32.21	400m: 4:09.83 32.08
8.	GONCALVES Jose Joao	M	26383	91	Leixões Sport Clube	4:10.23	644	
	50m: 28.77 28.77		150m: 1:31.81		31.94 250m: 2:35.31		31.88	350m: 3:39.18 31.74
	100m: 59.87 31.10		200m: 2:03.43		31.62 300m: 3:07.44		32.13	400m: 4:10.23 31.05
9.	ALMEIDA Joao Pedro	M	24029	92	Porto/Dolce Vita	4:11.75	633	
	50m: 28.12 28.12		150m: 1:31.80		32.15 250m: 2:35.49		31.30	350m: 3:40.28 32.64
	100m: 59.65 31.53		200m: 2:04.19		32.39 300m: 3:07.64		32.15	400m: 4:11.75 31.47
10.	NOGUEIRA Luis Miguel	M	15959	93	Porto/Dolce Vita	4:11.91	631	
	50m: 28.64 28.64		150m: 1:32.18		32.19 250m: 2:36.49		32.04	350m: 3:41.15 32.32
	100m: 59.99 31.35		200m: 2:04.45		32.27 300m: 3:08.83		32.34	400m: 4:11.91 30.76
11.	ALVES Andre Filipe	M	24261	92	Vitória Sport Clube	4:12.60	626	
	50m: 28.70 28.70		150m: 1:31.78		31.68 250m: 2:35.55		31.83	350m: 3:40.44 32.58
	100m: 1:00.10 31.40		200m: 2:03.72		31.94 300m: 3:07.86		32.31	400m: 4:12.60 32.16
12.	RIBEIRO Pedro Nuno	M	24127	93	Porto/Dolce Vita	4:16.45	598	
	50m: 28.58 28.58		150m: 1:32.58		32.50 250m: 2:38.60		32.83	350m: 3:45.49 33.50
	100m: 1:00.08 31.50		200m: 2:05.77		33.19 300m: 3:11.99		33.39	400m: 4:16.45 30.96
13.	PINHEIRO Claudio Miguel	M	103181	93	CNMaia	4:16.75	596	
	50m: 28.51 28.51		150m: 1:32.27		32.45 250m: 2:38.53		32.94	350m: 3:44.83 33.13
	100m: 59.82 31.31		200m: 2:05.59		33.32 300m: 3:11.70		33.17	400m: 4:16.75 31.92
14.	SILVA Bernardo Correia	M	15342	93	Porto/Dolce Vita	4:17.02	594	
	50m: 29.66 29.66		150m: 1:34.14		32.55 250m: 2:39.94		33.01	350m: 3:46.20 33.10
	100m: 1:01.59 31.93		200m: 2:06.93		32.79 300m: 3:13.10		33.16	400m: 4:17.02 30.82
15.	QUEIJO Joao Pedro	M	24221	93	CNMaia	4:17.25	593	
	50m: 29.30 29.30		150m: 1:34.02		32.92 250m: 2:39.75		32.90	350m: 3:45.88 33.01
	100m: 1:01.10 31.80		200m: 2:06.85		32.83 300m: 3:12.87		33.12	400m: 4:17.25 31.37
16.	MAIA Rui Filipe	M	24204	93	Vilacondense	4:19.69	576	
	50m: 28.79 28.79		150m: 1:33.45		32.98 250m: 2:40.68		33.60	350m: 3:47.28 33.31
	100m: 1:00.47 31.68		200m: 2:07.08		33.63 300m: 3:13.97		33.29	400m: 4:19.69 32.41
17.	MACHADO Marco Joao	M	15626	90	Famalicão	4:20.78	569	
	50m: 28.95 28.95		150m: 1:32.70		32.27 250m: 2:37.97		32.86	350m: 3:45.89 34.14
	100m: 1:00.43 31.48		200m: 2:05.11		32.41 300m: 3:11.75		33.78	400m: 4:20.78 34.89
18.	FERNANDES Andre Antonio	M	24139	92	Leixões Sport Clube	4:21.28	566	
	50m: 28.68 28.68		150m: 1:33.07		32.57 250m: 2:38.74		32.91	350m: 3:47.21 34.32
	100m: 1:00.50 31.82		200m: 2:05.83		32.76 300m: 3:12.89		34.15	400m: 4:21.28 34.07
19.	FREITAS Jose Carlos	M	111877	63	Clube Fluvial Portuense	4:26.21	535	
	50m: 31.58 31.58		150m: 1:38.71		33.70 250m: 2:46.28		33.85	350m: 3:54.22 34.00
	100m: 1:05.01 33.43		200m: 2:12.43		33.72 300m: 3:20.22		33.94	400m: 4:26.21 31.99
20.	PINTO Diogo Andre	M	15901	90	CNMaia	4:28.18	523	
	50m: 29.52 29.52		150m: 1:35.59		33.56 250m: 2:44.41		34.66	350m: 3:53.52 34.50
	100m: 1:02.03 32.51		200m: 2:09.75		34.16 300m: 3:19.02		34.61	400m: 4:28.18 34.66
21.	MENESES Goncalo Goncalves	M	13171	92	Vitória Sport Clube	4:31.60	504	
	50m: 30.51 30.51		150m: 1:36.82		33.73 250m: 2:45.73		34.67	350m: 3:56.43 35.71
	100m: 1:03.09 32.58		200m: 2:11.06		34.24 300m: 3:20.72		34.99	400m: 4:31.60 35.17
22.	COUTO Andre Filipe	M	23958	91	Leixões Sport Clube	4:41.82	451	
	50m: 31.80 31.80		150m: 1:41.76		35.48 250m: 2:53.89		35.98	350m: 4:05.71 36.29
	100m: 1:06.28 34.48		200m: 2:17.91		36.15 300m: 3:29.42		35.53	400m: 4:41.82 36.11
23.	LOPES Pedro David	M	20554	93	Lousada	4:46.93	427	
	50m: 30.26 30.26		150m: 1:40.46		36.30 250m: 2:54.90		37.02	350m: 4:10.50 37.30
	100m: 1:04.16 33.90		200m: 2:17.88		37.42 300m: 3:33.20		38.30	400m: 4:46.93 36.43
DNS	SOUSA NunoTiago	M	19004	93	Leixões Sport Clube			DNS