

Póvoa de Varzim, 06 - 07.02.2010  
www.annp.pt/povoameeting10/

Prova 27 Masc., 400m Livres Absolutos  
07-02-2010 - 17:30 TURBO Resultados Final

Recorde Nacional Absoluto	3:52.29	MAIA, Jorge Manuel	FPN	Málaga (ESP)	05-04-2009
Recorde Nacional Sénior	3:52.29	MAIA, Jorge Manuel	FPN	Málaga (ESP)	05-04-2009
Recorde Nacional Júnior	3:58.26	CARNEIRO, Ivo Emanuel	FPN	Linz (AUT)	12-07-2002
Recorde Nacional Juvenis A	3:59.38	SANTA, Gustavo Manuel	FPN	Tampere (FIN)	21-07-2009
Recorde Nacional Juvenis B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29-07-2006
Recorde Nacional Infantis A	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Recorde Nacional Infantis B	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26-07-2003
Recorde Meeting	3:55.57	, START		Póvoa de Varzim	

TLP INF\_JUV MASC 13 - 16: 4:42.50 / TLP JUN\_SEN MASC 17 +: 4:23.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Final A								
1.	MIRANDA, Marcos Rivera	M	83		CN Santa Olaya	<b>3:58.38</b>	786	
	50m: 28.19 28.19				150m: 1:29.46 30.97	250m: 2:31.21 30.95	350m: 3:29.64 29.18	
	100m: 58.49 30.30				200m: 2:00.26 30.80	300m: 3:00.46 29.25	400m: 3:58.38 28.74	
2.	MONTANARI, MATTEO	M	LOM001899		Nuoto Mgm Sport	<b>4:00.45</b>	766	
	50m: 28.97 28.97				150m: 1:29.32 31.37	250m: 2:29.82 29.97	350m: 3:30.70 30.22	
	100m: 59.16 30.19				200m: 1:59.85 30.64	300m: 3:00.48 30.66	400m: 4:00.45 29.75	
3.	BARBIERE, James	M	090789		COMJBBARAT 1	<b>4:03.02</b>	742	
	50m: 27.51 27.51				150m: 1:29.32 31.37	250m: 2:31.57 30.87	350m: 3:32.89 30.54	
	100m: 57.95 30.44				200m: 2:00.70 31.38	300m: 3:02.35 30.78	400m: 4:03.02 30.13	
4.	PEREIRA, Fabio Manuel	M	23049	86	Vilacondense	<b>4:04.68</b>	727	
	50m: 28.04 28.04				150m: 1:30.71 31.92	250m: 2:33.59 31.43	350m: 3:35.55 30.53	
	100m: 58.79 30.75				200m: 2:02.16 31.45	300m: 3:05.02 31.43	400m: 4:04.68 29.13	
5.	NIZ, Adriano Miguel	M	23013	86	Benfica	<b>4:04.90</b>	725	
	50m: 28.23 28.23				150m: 1:30.14 31.45	250m: 2:33.77 31.97	350m: 3:36.25 30.94	
	100m: 58.69 30.46				200m: 2:01.80 31.66	300m: 3:05.31 31.54	400m: 4:04.90 28.65	
6.	COSTA, Rui Filipe	M	24004	91	Vitória Sport Clube	<b>4:09.50</b>	686	
	50m: 28.43 28.43				150m: 1:30.27 31.26	250m: 2:33.72 31.82	350m: 3:37.97 31.78	
	100m: 59.01 30.58				200m: 2:01.90 31.63	300m: 3:06.19 32.47	400m: 4:09.50 31.53	
7.	BERETTA, Matteo	M		93	G.S. Vigili del Fuoco Modena	<b>4:10.98</b>	674	
	50m: 29.22 29.22				150m: 1:31.51 31.04	250m: 2:34.63 31.62	350m: 3:39.26 32.19	
	100m: 1:00.47 31.25				200m: 2:03.01 31.50	300m: 3:07.07 32.44	400m: 4:10.98 31.72	
8.	MACHADO, Ricardo Manuel	M	13278	93	Braga	<b>4:14.30</b>	648	
	50m: 28.53 28.53				150m: 1:31.97 31.98	250m: 2:37.25 32.40	350m: 3:42.95 32.84	
	100m: 59.99 31.46				200m: 2:04.85 32.88	300m: 3:10.11 32.86	400m: 4:14.30 31.35	
Final B								
9.	LOPES, Andre Filipe	M	11180	92	Académica de Coimbra	<b>4:11.95</b>	666	
	50m: 29.36 29.36				150m: 1:32.51 31.75	250m: 2:36.58 31.88	350m: 3:40.70 32.10	
	100m: 1:00.76 31.40				200m: 2:04.70 32.19	300m: 3:08.60 32.02	400m: 4:11.95 31.25	
10.	NEGRELLI, Alessio	M		93	G.S. Vigili del Fuoco Modena	<b>4:13.71</b>	652	
	50m: 29.71 29.71				150m: 1:33.57 32.27	250m: 2:38.09 32.26	350m: 3:42.78 32.49	
	100m: 1:01.30 31.59				200m: 2:05.83 32.26	300m: 3:10.29 32.20	400m: 4:13.71 30.93	
11.	BONILAUARI, Augusto	M		93	G.S. Vigili del Fuoco Modena	<b>4:14.35</b>	647	
	50m: 29.57 29.57				150m: 1:33.00 32.17	250m: 2:38.28 32.94	350m: 3:43.31 32.25	
	100m: 1:00.83 31.26				200m: 2:05.34 32.34	300m: 3:11.06 32.78	400m: 4:14.35 31.04	
12.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	<b>4:15.81</b>	636	
	50m: 29.56 29.56				150m: 1:33.79 32.39	250m: 2:39.33 32.92	350m: 3:44.71 32.66	
	100m: 1:01.40 31.84				200m: 2:06.41 32.62	300m: 3:12.05 32.72	400m: 4:15.81 31.10	
13.	JANEIRO, Paulo Bruno	M	11305	94	Litoral Alentejano	<b>4:16.74</b>	629	
	50m: 28.24 28.24				150m: 1:32.59 32.59	250m: 2:38.74 32.76	350m: 3:45.48 33.10	
	100m: 1:00.00 31.76				200m: 2:05.98 33.39	300m: 3:12.38 33.64	400m: 4:16.74 31.26	
14.	CIRURGIAO, Francisco Miguel	M	11120	93	Algés	<b>4:18.08</b>	620	
	50m: 29.52 29.52				150m: 1:34.12 32.61	250m: 2:39.87 32.90	350m: 3:46.28 33.07	
	100m: 1:01.51 31.99				200m: 2:06.97 32.85	300m: 3:13.21 33.34	400m: 4:18.08 31.80	
15.	MENDES, Jorge Miguel	M	11995	90	Náutico/Matobra	<b>4:18.25</b>	618	
	50m: 29.34 29.34				150m: 1:33.16 32.43	250m: 2:38.09 32.28	350m: 3:44.92 33.68	
	100m: 1:00.73 31.39				200m: 2:05.81 32.65	300m: 3:11.24 33.15	400m: 4:18.25 33.33	