

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

Event 27	Men, 400m Freestyle				Absolutos
07-02-2010 - 17:30	TURBO				Results 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

Points: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
Final A									
1.	MIRANDA, Marcos Rivera	M	83		CN Santa Olaya	3:58.38	786		
	50m: 28.19		150m: 1:29.46		30.97	250m: 2:31.21	30.95	350m: 3:29.64	29.18
	100m: 58.49		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	4:00.45	766		
	50m: 28.97		150m: 1:29.21		31.37	250m: 2:29.82	29.97	350m: 3:30.70	30.22
	100m: 59.16		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	4:03.02	742		
	50m: 27.51		150m: 1:29.32		31.37	250m: 2:31.57	30.87	350m: 3:32.89	30.54
	100m: 57.95		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	4:04.68	727		
	50m: 28.04		150m: 1:30.71		31.92	250m: 2:33.59	31.43	350m: 3:35.55	30.53
	100m: 58.79		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	4:04.90	725		
	50m: 28.23		150m: 1:30.14		31.45	250m: 2:33.77	31.97	350m: 3:36.25	30.94
	100m: 58.69		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	Vitoria Sport Clube	4:09.50	686		
	50m: 28.43		150m: 1:30.27		31.26	250m: 2:33.72	31.82	350m: 3:37.97	31.78
	100m: 59.01		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	4:10.98	674		
	50m: 29.22		150m: 1:31.51		31.04	250m: 2:34.63	31.62	350m: 3:39.26	32.19
	100m: 1:00.47		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	4:14.30	648		
	50m: 28.53		150m: 1:31.97		31.98	250m: 2:37.25	32.40	350m: 3:42.95	32.84
	100m: 59.99		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	Academica de Coimbra	4:11.95	666		
	50m: 29.36		150m: 1:32.51		31.75	250m: 2:36.58	31.88	350m: 3:40.70	32.10
	100m: 1:00.76		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	4:13.71	652		
	50m: 29.71		150m: 1:33.57		32.27	250m: 2:38.09	32.26	350m: 3:42.78	32.49
	100m: 1:01.30		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	4:14.35	647		
	50m: 29.57		150m: 1:33.00		32.17	250m: 2:38.28	32.94	350m: 3:43.31	32.25
	100m: 1:00.83		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	Leixoes Sport Clube	4:15.81	636		
	50m: 29.56		150m: 1:33.79		32.39	250m: 2:39.33	32.92	350m: 3:44.71	32.66
	100m: 1:01.40		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	4:16.74	629		
	50m: 28.24		150m: 1:32.59		32.59	250m: 2:38.74	32.76	350m: 3:45.48	33.10
	100m: 1:00.00		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	Alges	4:18.08	620		
	50m: 29.52		150m: 1:34.12		32.61	250m: 2:39.87	32.90	350m: 3:46.28	33.07
	100m: 1:01.51		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	Nautico/Matobra	4:18.25	618		
	50m: 29.34		150m: 1:33.16		32.43	250m: 2:38.09	32.28	350m: 3:44.92	33.68
	100m: 1:00.73		200m: 2:05.81		32.65	300m: 3:11.24	33.15	400m: 4:18.25	33.33