

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

Prova 35	Masc., 400m Estilos				Absolutos
07-02-2010 - 12:45	TURBO				Resultados
Recorde Nacional Absoluto	4:18.08	CARVALHO, Diogo Filipe	FPN	Roma (ITA)	02-08-2009
Recorde Nacional Sénior	4:18.08	CARVALHO, Diogo Filipe	FPN	Roma (ITA)	02-08-2008
Recorde Nacional Júnior	4:28.70	ALMEIDA, Carlos Esteves	CNA	Lisboa	26-03-2006
Recorde Nacional Juvenis A	4:33.24	CARVALHO, Diogo Filipe	CGA	Lisboa	29-07-2004
Recorde Nacional Juvenis B	4:40.16	CARVALHO, Diogo Filipe	CGA	Lisboa	17-05-2003
Recorde Nacional Infantis A	4:46.20	FREITAS, Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
Recorde Nacional Infantis B	4:59.28	FREITAS, Tomas Miguel	CDN	Restelo	25-07-2003
Recorde Meeting	4:28.10	, START		Póvoa de Varzim	

TLP ABS MASCULINOS : 5:20.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	GREMIZZI, GIACOMO	M	LOM002985	85	Nuoto Mgm Sport	<b>4:28.27</b>	750	
	50m: 28.38	28.38	150m: 1:35.27	35.02	250m: 2:47.61	37.99	350m: 3:58.12	32.40
	100m: 1:00.25	31.87	200m: 2:09.62	34.35	300m: 3:25.72	38.11	400m: 4:28.27	30.15
2.	COVA, DAVIDE	M	LOM002974	74	Nuoto Mgm Sport	<b>4:28.35</b>	750	
	50m: 28.55	28.55	150m: 1:35.61	34.82	250m: 2:47.96	37.63	350m: 3:58.06	32.49
	100m: 1:00.79	32.24	200m: 2:10.33	34.72	300m: 3:25.57	37.61	400m: 4:28.35	30.29
3.	PINOTES, Pedro Miguel	M	1989	89	Sporting Clube de Portugal	<b>4:35.48</b>	693	
	50m: 29.56	29.56	150m: 1:38.40	35.39	250m: 2:53.32	39.08	350m: 4:05.18	32.35
	100m: 1:03.01	33.45	200m: 2:14.24	35.84	300m: 3:32.83	39.51	400m: 4:35.48	30.30
4.	OLIVEIRA, Miguel Silva	M	10822	91	Náutico/Matobra	<b>4:35.99</b>	689	
	50m: 29.37	29.37	150m: 1:40.87	37.68	250m: 2:56.05	39.21	350m: 4:06.37	31.79
	100m: 1:03.19	33.82	200m: 2:16.84	35.97	300m: 3:34.58	38.53	400m: 4:35.99	29.62
5.	HANANI, Tal	M		93	Israel Swimming Association	<b>4:36.04</b>	689	
	50m: 29.95	29.95	150m: 1:40.11	36.04	250m: 2:53.47	39.08	350m: 4:05.61	32.22
	100m: 1:04.07	34.12	200m: 2:14.39	34.28	300m: 3:33.39	39.92	400m: 4:36.04	30.43
6.	ALVES, Nuno Rafael	M	103907	90	Gespacos	<b>4:39.61</b>	663	
	50m: 30.77	30.77	150m: 1:42.31	36.96	250m: 2:56.38	39.05	350m: 4:08.27	45.46
	100m: 1:05.35	34.58	200m: 2:17.33	35.02	300m: 3:22.81	26.43	400m: 4:39.61	31.34
7.	DIOGO, Miguel Monteiro	M	10164	93	Alcobaça	<b>4:45.14</b>	625	
	50m: 29.52	29.52	150m: 1:40.54	37.87	250m: 3:00.15	42.32	350m: 4:14.85	32.34
	100m: 1:02.67	33.15	200m: 2:17.83	37.29	300m: 3:42.51	42.36	400m: 4:45.14	30.29
8.	SANTOS, Alexis Manacas	M	13704	92	Sporting Clube de Portugal	<b>4:45.82</b>	620	
	50m: 29.75	29.75	150m: 1:41.18	36.31	250m: 2:56.50	39.81	350m: 4:12.11	34.66
	100m: 1:04.87	35.12	200m: 2:16.69	35.51	300m: 3:37.45	40.95	400m: 4:45.82	33.71
9.	VILAR, Rui Filipe	M	24159	91	Porto/Dolce Vita	<b>4:46.22</b>	618	
	50m: 30.36	30.36	150m: 1:42.12	37.97	250m: 3:00.61	40.26	350m: 4:14.39	33.02
	100m: 1:04.15	33.79	200m: 2:20.35	38.23	300m: 3:41.37	40.76	400m: 4:46.22	31.83
10.	DIAS, Paulo Andre	M	23406	92	Gespacos	<b>4:46.88</b>	614	
	50m: 30.64	30.64	150m: 1:44.21	38.77	250m: 3:01.64	40.36	350m: 4:15.60	33.04
	100m: 1:05.44	34.80	200m: 2:21.28	37.07	300m: 3:42.56	40.92	400m: 4:46.88	31.28
11.	REGO, Ricardo Amorim	M	15954	84	Braga	<b>4:55.09</b>	564	
	50m: 30.30	30.30	150m: 1:44.56	38.60	250m: 3:04.42	41.14	350m: 4:20.74	34.45
	100m: 1:05.96	35.66	200m: 2:23.28	38.72	300m: 3:46.29	41.87	400m: 4:55.09	34.35
12.	PIRES, Duarte Barros	M	13036	92	Escola Desportiva Limiana	<b>4:58.64</b>	544	
	50m: 30.34	30.34	150m: 1:45.20	39.18	250m: 3:06.98	42.93	350m: 4:25.15	34.07
	100m: 1:06.02	35.68	200m: 2:24.05	38.85	300m: 3:51.08	44.10	400m: 4:58.64	33.49
13.	PEREIRA, Marcelo Goncalo	M	22440	90	Vilacondense	<b>4:59.04</b>	542	
	50m: 30.36	30.36	150m: 1:46.76	40.51	250m: 3:08.63	42.11	350m: 4:26.69	34.92
	100m: 1:06.25	35.89	200m: 2:26.52	39.76	300m: 3:51.77	43.14	400m: 4:59.04	32.35
14.	NUNES, Ruben Filipe	M	23302	94	Gespacos	<b>4:59.99</b>	537	
	50m: 31.06	31.06	150m: 1:46.59	39.58	250m: 3:08.03	42.09	350m: 4:27.02	35.28
	100m: 1:07.01	35.95	200m: 2:25.94	39.35	300m: 3:51.74	43.71	400m: 4:59.99	32.97
15.	LOPES, Miguel Machado	M	11467	92	Benedita Sport Club Natação	<b>5:01.52</b>	528	
	50m: 30.85	30.85	150m: 1:46.15	39.05	250m: 3:09.10	43.01	350m: 4:27.58	35.09
	100m: 1:07.10	36.25	200m: 2:26.09	39.94	300m: 3:52.49	43.39	400m: 5:01.52	33.94
16.	BERETTA, Matteo	M		93	G.S. Vigili del Fuoco Modena	<b>5:03.30</b>	519	
	50m: 33.25	33.25	150m: 1:52.72	40.35	250m: 3:14.70	43.56	350m: 4:31.52	32.62
	100m: 1:12.37	39.12	200m: 2:31.14	38.42	300m: 3:58.90	44.20	400m: 5:03.30	31.78