

X Torneio Cidade da Maia  
Maia, 9.1.2010

Prova 2  
09-01-2010 - 15:50

Masc., 400m Estilos

Absolutos  
Resultados

Pontos: FINA 2009

| Lugar | Nome                           | Sexo | Licença | Ano | Clube                        | Tempo Final         |                     |     |  | Pts | Obs |
|-------|--------------------------------|------|---------|-----|------------------------------|---------------------|---------------------|-----|--|-----|-----|
| 1.    | PEREIRA, Marcelo Goncalo       | M    | 22440   | 90  | Vilacondense                 | <b>4:47.64</b>      | 599                 |     |  |     |     |
|       | 50m: 29.04 29.04               |      |         |     | 150m: 1:40.78 37.61          | 250m: 2:59.61 41.48 | 350m: 4:15.52 34.49 |     |  |     |     |
|       | 100m: 1:03.17 34.13            |      |         |     | 200m: 2:18.13 37.35          | 300m: 3:41.03 41.42 | 400m: 4:47.64 32.12 |     |  |     |     |
| 2.    | VAZ, Andre Duarte              | M    | 10768   | 93  | Ginásio Clube Figueirense    | <b>4:48.21</b>      | 595                 |     |  |     |     |
|       | 50m: 30.89 30.89               |      |         |     | 150m: 1:43.34 37.02          | 250m: 3:01.39 42.06 | 350m: 4:17.01 33.42 |     |  |     |     |
|       | 100m: 1:06.32 35.43            |      |         |     | 200m: 2:19.33 35.99          | 300m: 3:43.59 42.20 | 400m: 4:48.21 31.20 |     |  |     |     |
| 3.    | PINHEIRO, Claudio Miguel       | M    | 103181  | 93  | Maia                         | <b>4:57.25</b>      | 542                 |     |  |     |     |
|       | 50m: 30.92 30.92               |      |         |     | 150m: 1:45.87 38.69          | 250m: 3:05.89 41.79 | 350m: 4:25.29 35.71 |     |  |     |     |
|       | 100m: 1:07.18 36.26            |      |         |     | 200m: 2:24.10 38.23          | 300m: 3:49.58 43.69 | 400m: 4:57.25 31.96 |     |  |     |     |
| 4.    | FERNANDES, Joao Filipe         | M    | 15222   | 93  | Famalicao                    | <b>4:58.61</b>      | 535                 |     |  |     |     |
|       | 50m: 32.77 32.77               |      |         |     | 150m: 1:46.88 37.03          | 250m: 3:08.05 44.20 | 350m: 4:26.52 34.64 |     |  |     |     |
|       | 100m: 1:09.85 37.08            |      |         |     | 200m: 2:23.85 36.97          | 300m: 3:51.88 43.83 | 400m: 4:58.61 32.09 |     |  |     |     |
| 5.    | BESSA, Antonio Rafael          | M    | 102089  | 94  | Gespacos                     | <b>4:59.03</b>      | 533                 |     |  |     |     |
|       | 50m: 30.18 30.18               |      |         |     | 150m: 1:42.36 37.47          | 250m: 3:02.74 43.04 | 350m: 4:23.78 37.18 |     |  |     |     |
|       | 100m: 1:04.89 34.71            |      |         |     | 200m: 2:19.70 37.34          | 300m: 3:46.60 43.86 | 400m: 4:59.03 35.25 |     |  |     |     |
| 6.    | PIRES, Joao Nuno               | M    | 10866   | 94  | Náutico/Matobra              | <b>4:59.15</b>      | 532                 |     |  |     |     |
|       | 50m: 30.87 30.87               |      |         |     | 150m: 1:46.89 39.52          | 250m: 3:08.70 44.18 | 350m: 4:27.70 34.77 |     |  |     |     |
|       | 100m: 1:07.37 36.50            |      |         |     | 200m: 2:24.52 37.63          | 300m: 3:52.93 44.23 | 400m: 4:59.15 31.45 |     |  |     |     |
| 7.    | MARTINS, Jose Alberto          | M    | 23096   | 94  | Vitória Sport Clube          | <b>5:02.12</b>      | 517                 |     |  |     |     |
|       | 50m: 31.73 31.73               |      |         |     | 150m: 1:48.04 39.59          | 250m: 3:09.85 44.17 | 350m: 4:28.83 35.01 |     |  |     |     |
|       | 100m: 1:08.45 36.72            |      |         |     | 200m: 2:25.68 37.64          | 300m: 3:53.82 43.97 | 400m: 5:02.12 33.29 |     |  |     |     |
| 8.    | SILVA, Hugo Miguel             | M    | 24567   | 94  | Braga                        | <b>5:07.51</b>      | 490                 |     |  |     |     |
|       | 50m: 32.09 32.09               |      |         |     | 150m: 1:48.97 39.63          | 250m: 3:10.70 42.10 | 350m: 4:31.13 37.13 |     |  |     |     |
|       | 100m: 1:09.34 37.25            |      |         |     | 200m: 2:28.60 39.63          | 300m: 3:54.00 43.30 | 400m: 5:07.51 36.38 |     |  |     |     |
| 9.    | ROCHA, Antonio Jorge           | M    | 15322   | 94  | Penafiel                     | <b>5:12.29</b>      | 468                 |     |  |     |     |
|       | 50m: 31.40 31.40               |      |         |     | 150m: 1:50.28 42.01          | 250m: 3:16.49 44.87 | 350m: 4:38.94 35.06 |     |  |     |     |
|       | 100m: 1:08.27 36.87            |      |         |     | 200m: 2:31.62 41.34          | 300m: 4:03.88 47.39 | 400m: 5:12.29 33.35 |     |  |     |     |
| 10.   | CAVADAS, Bruno Miguel          | M    | 23279   | 89  | Valongo                      | <b>5:17.22</b>      | 446                 |     |  |     |     |
|       | 50m: 32.18 32.18               |      |         |     | 150m: 1:50.36 40.41          | 250m: 3:14.41 44.58 | 350m: 4:38.58 38.43 |     |  |     |     |
|       | 100m: 1:09.95 37.77            |      |         |     | 200m: 2:29.83 39.47          | 300m: 4:00.15 45.74 | 400m: 5:17.22 38.64 |     |  |     |     |
| 11.   | PINTO, Marcelo Jose            | M    | 19400   | 94  | FOCA                         | <b>5:23.60</b>      | 420                 |     |  |     |     |
|       | 50m: 33.77 33.77               |      |         |     | 150m: 1:54.97 41.93          | 250m: 3:22.16 46.27 | 350m: 4:47.61 36.95 |     |  |     |     |
|       | 100m: 1:13.04 39.27            |      |         |     | 200m: 2:35.89 40.92          | 300m: 4:10.66 48.50 | 400m: 5:23.60 35.99 |     |  |     |     |
| 12.   | CERQUEIRA, Mario Andre         | M    | 15458   | 94  | Clube Fluvial Portuense      | <b>5:25.35</b>      | 414                 |     |  |     |     |
|       | 50m: 33.11 33.11               |      |         |     | 150m: 1:54.69 42.89          | 250m: 3:23.93 47.41 | 350m: 4:49.54 37.67 |     |  |     |     |
|       | 100m: 1:11.80 38.69            |      |         |     | 200m: 2:36.52 41.83          | 300m: 4:11.87 47.94 | 400m: 5:25.35 35.81 |     |  |     |     |
| DNS   | FERREIRA, Jorge Filipe         | M    | 103957  | 94  | Lamas                        |                     |                     |     |  |     | DNS |
| EXH   | OLIVEIRA, Rui Goncalves        | M    | 20359   | 93  | Individual Norte de Portugal | <b>5:12.38</b>      | 467                 | EXH |  |     |     |
|       | 50m: 32.45 32.45               |      |         |     | 150m: 1:49.60 39.76          | 250m: 3:14.43 46.00 | 350m: 4:36.56 35.51 |     |  |     |     |
|       | 100m: 1:09.84 37.39            |      |         |     | 200m: 2:28.43 38.83          | 300m: 4:01.05 46.62 | 400m: 5:12.38 35.82 |     |  |     |     |
| EXH   | RODRIGUES, Francisco Abrunhosa | M    | 105264  | 96  | Maia                         | <b>5:36.30</b>      | 375                 | EXH |  |     |     |
|       | 50m: 36.03 36.03               |      |         |     | 150m: 2:01.85 42.23          | 250m: 3:29.78 47.81 | 350m: 4:58.91 40.17 |     |  |     |     |
|       | 100m: 1:19.62 43.59            |      |         |     | 200m: 2:41.97 40.12          | 300m: 4:18.74 48.96 | 400m: 5:36.30 37.39 |     |  |     |     |