

Prova 1 15-07-2011 - 17:00	Masc., 400m Estilos COPIDOURO - Cópia e Artigos de Reprodução, Lda				Absolutos Resultados
RN Absoluto	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2009
RN Juv B	4:40.16	Diogo Filipe, CARVALHO	CGA	Lisboa	17-05-2003
RN Juv A	4:33.24	Diogo Filipe, CARVALHO	CGA	Lisboa	29-07-2004
RN Jun	4:28.70	Carlos Esteves, ALMEIDA	CNA	Lisboa	26-03-2006
RN Sen	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2008

Masculino Absoluto 17 +: 5:12.00 / Masculino Juvenil A Juv A: 5:30.00 / Masculino Juvenil B Juv B: 5:40.00

Lugar	Ano	Tempo final	100m	200m	300m	400m	
<b>17 anos e mais velhos</b>							
1. Adriano Miguel, NIZ	86	Famalicao	<b>4:36.64</b>	1:02.08	1:08.70	1:22.16	1:03.70
50m:		150m:	250m:	350m:			
100m: 1:02.08		200m: 2:10.78	300m: 3:32.94	400m: 4:36.64			
2. Fabio Manuel, PEREIRA	86	Vilacondense	<b>4:41.70</b>	1:02.41	1:13.36	1:23.43	1:02.50
50m:		150m:	250m:	350m:			
100m: 1:02.41		200m: 2:15.77	300m: 3:39.20	400m: 4:41.70			
3. Ruben Filipe, NUNES	94	Gespacos	<b>4:44.10</b>	1:02.94	1:14.04	1:22.78	1:04.34
50m:		150m:	250m:	350m:			
100m: 1:02.94		200m: 2:16.98	300m: 3:39.76	400m: 4:44.10			
4. Paulo Andre, DIAS	92	Gespacos	<b>4:52.23</b>	1:04.11	1:16.35	1:23.62	1:08.15
50m:		150m:	250m:	350m:			
100m: 1:04.11		200m: 2:20.46	300m: 3:44.08	400m: 4:52.23			
5. Joao Filipe, CARVALHO	87	Porto/Dolce Vita	<b>4:52.82</b>	1:03.48	1:17.49	1:28.61	1:03.24
50m:		150m:	250m:	350m:			
100m: 1:03.48		200m: 2:20.97	300m: 3:49.58	400m: 4:52.82			
6. Tiago Silva, OLIVEIRA	94	Leixões Sport Clube	<b>4:53.64</b>	1:06.58	1:19.92	1:27.31	59.83
50m:		150m:	250m:	350m:			
100m: 1:06.58		200m: 2:26.50	300m: 3:53.81	400m: 4:53.64			
7. Antonio Rafael, BESSA	94	Gespacos	<b>4:57.93</b>	1:05.19	1:14.41	1:27.80	1:10.53
50m:		150m:	250m:	350m:			
100m: 1:05.19		200m: 2:19.60	300m: 3:47.40	400m: 4:57.93			
8. D., RODRIGUES	94	Vitória Sport Clube	<b>4:59.85</b>	1:05.47	1:20.20	1:23.80	1:10.38
50m:		150m:	250m:	350m:			
100m: 1:05.47		200m: 2:25.67	300m: 3:49.47	400m: 4:59.85			
9. Rui Pedro, FARIA	94	Famalicao	<b>5:00.07</b>	1:06.93	1:21.07	1:24.18	1:07.89
50m:		150m:	250m:	350m:			
100m: 1:06.93		200m: 2:28.00	300m: 3:52.18	400m: 5:00.07			
10. Rui Filipe, MAIA	93	Vilacondense	<b>5:02.09</b>	1:06.29	1:21.07	1:27.44	1:07.29
50m:		150m:	250m:	350m:			
100m: 1:06.29		200m: 2:27.36	300m: 3:54.80	400m: 5:02.09			
11. Rui Filipe, COSTA FTL	91	Vitória Sport Clube	<b>5:24.00</b>	1:08.43	1:26.70	1:36.68	1:12.19
50m:		150m:	250m:	350m:			
100m: 1:08.43		200m: 2:35.13	300m: 4:11.81	400m: 5:24.00			

**Juvenis A**

1. Luis Manuel, FERNANDES	95	Famalicao	<b>5:03.72</b>	1:06.60	1:20.76	1:21.77	1:14.59
50m:		150m:	250m:	350m:			
100m: 1:06.60		200m: 2:27.36	300m: 3:49.13	400m: 5:03.72			
2. Frederico Renato, SOUSA	95	Gespacos	<b>5:19.12</b>	1:07.29	1:28.92	1:27.93	1:14.98
50m:		150m:	250m:	350m:			
100m: 1:07.29		200m: 2:36.21	300m: 4:04.14	400m: 5:19.12			

O Secretário do Juri

O Juiz Árbitro

Prova 1, Masc., 400m Estilos, Juvenis A

Lugar	Ano	Tempo final	100m	200m	300m	400m
3. Pedro Maria, BESSA	95 Vilacondense	<b>5:24.74</b>	1:09.45	1:26.68	1:35.40	1:13.21
50m:	150m:	250m:	350m:			
100m: 1:09.45	200m: 2:36.13	300m: 4:11.53	400m: 5:24.74			
4. Joao Paulo, COSTA	95 Gespacos	<b>5:33.42</b>	1:15.46	1:20.43	1:41.63	1:15.90
<i>FTL</i>	150m:	250m:	350m:			
50m:	200m: 2:35.89	300m: 4:17.52	400m: 5:33.42			

Juvenis B

1. Artur Jose, REIS	96 Porto/Dolce Vita	<b>5:03.12</b>	1:03.89	1:21.93	1:24.70	1:12.60
50m:	150m:	250m:	350m:			
100m: 1:03.89	200m: 2:25.82	300m: 3:50.52	400m: 5:03.12			
2. Miguel Angelo, CRUZ	96 Gespacos	<b>5:08.51</b>	1:08.22	1:22.16	1:28.54	1:09.59
50m:	150m:	250m:	350m:			
100m: 1:08.22	200m: 2:30.38	300m: 3:58.92	400m: 5:08.51			
3. Gil Silva, SANTOS	96 Gespacos	<b>5:10.68</b>	1:08.07	1:20.97	1:30.65	1:10.99
50m:	150m:	250m:	350m:			
100m: 1:08.07	200m: 2:29.04	300m: 3:59.69	400m: 5:10.68			
4. Andre Coelho, OLIVEIRA	96 Vitória Sport Clube	<b>5:10.83</b>	1:07.58	1:18.57	1:36.05	1:08.63
50m:	150m:	250m:	350m:			
100m: 1:07.58	200m: 2:26.15	300m: 4:02.20	400m: 5:10.83			
5. L., FIGUEIREDO	96 CNMaia	<b>5:11.87</b>	1:07.66	1:23.98	1:27.33	1:12.90
50m:	150m:	250m:	350m:			
100m: 1:07.66	200m: 2:31.64	300m: 3:58.97	400m: 5:11.87			
6. Rui Miguel, CRUZ	96 CNMaia	<b>5:12.61</b>	1:09.85	1:21.19	1:29.54	1:12.03
50m:	150m:	250m:	350m:			
100m: 1:09.85	200m: 2:31.04	300m: 4:00.58	400m: 5:12.61			
7. Bruno Alexandre, SOUSA	96 Gespacos	<b>5:16.33</b>	1:14.66	1:21.63	1:27.48	1:12.56
50m:	150m:	250m:	350m:			
100m: 1:14.66	200m: 2:36.29	300m: 4:03.77	400m: 5:16.33			
8. Vitor Samuel, ROCHA	96 Gespacos	<b>5:18.56</b>	1:08.34	1:20.32	1:36.33	1:13.57
50m:	150m:	250m:	350m:			
100m: 1:08.34	200m: 2:28.66	300m: 4:04.99	400m: 5:18.56			
9. Tiago Lopes, REIS	96 Porto/Dolce Vita	<b>5:20.48</b>	1:11.46	1:20.38	1:36.43	1:12.21
50m:	150m:	250m:	350m:			
100m: 1:11.46	200m: 2:31.84	300m: 4:08.27	400m: 5:20.48			
10. F., RODRIGUES	96 Porto/Dolce Vita	<b>5:21.55</b>	1:11.68	1:21.17	1:34.51	1:14.19
50m:	150m:	250m:	350m:			
100m: 1:11.68	200m: 2:32.85	300m: 4:07.36	400m: 5:21.55			
DSQ Humberto Joao, SILVA	96 Assoc. Desportiva de Fafe					
<i>419 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 250 metros – SW 7.6</i>						
50m:	150m:	250m:	350m:			
100m:	200m:	300m:	400m:			