

Campeonatos Regionais Juniores e Seniores
Pova de Varzim, 16, 17 e 18-3-2012

Prova 12	Masc., 400m Livres				17 anos e mais velhos
17-03-2012 - 10:00	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 50m Absoluto	3:52.29	Jorge Manuel, MAIA	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun	3:57.15	Gustavo Manuel, SANTA	FPN	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel, MAIA	FPN	Málaga (ESP)	05-04-2009

Juniores Masculinos Jun: 4:40.00 / Seniores Masculinos Sen: 4:33.00

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
Juniores								
1.	Tiago Silva, OLIVEIRA	M	15465	94	Leixões Sport Clube	4:13.72	652	+0,93
	100m: 59.61 59.61		200m: 2:05.95		1:06.34 300m: 3:10.48	1:04.53 400m: 4:13.72		1:03.24
2.	Ruben Filipe, NUNES	M	23302	94	Gespacos	4:17.11	627	+0,88
	100m: 1:01.85 1:01.85		200m: 2:07.63		1:05.78 300m: 3:13.65	1:06.02 400m: 4:17.11		1:03.46
3.	Artur Manuel, FERREIRA	M	101981	95	FCPorto	4:20.51	602	+0,89
	100m: 1:01.85 1:01.85		200m: 2:07.81		1:05.96 300m: 3:14.37	1:06.56 400m: 4:20.51		1:06.14
4.	Cesar Filipe, MAGALHAES	M	15473	95	Foca	4:20.62	602	+0,86
	100m: 1:01.98 1:01.98		200m: 2:07.95		1:05.97 300m: 3:14.18	1:06.23 400m: 4:20.62		1:06.44
5.	Nuno Filipe, MAGALHAES	M	102016	94	FCPorto	4:20.91	600	+0,88
	100m: 1:01.03 1:01.03		200m: 2:06.90		1:05.87 300m: 3:13.49	1:06.59 400m: 4:20.91		1:07.42
6.	Marcelo Jose, PINTO	M	19400	94	Foca	4:27.25	558	+0,85
	100m: 1:02.73 1:02.73		200m: 2:10.20		1:07.47 300m: 3:19.38	1:09.18 400m: 4:27.25		1:07.87
7.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	4:34.81	513	+0,85
	100m: 1:05.84 1:05.84		200m: 2:16.24		1:10.40 300m: 3:26.44	1:10.20 400m: 4:34.81		1:08.37
8.	Paulo Andre, SILVA	M	104517	95	CNMaia	4:36.06	506	+0,87
	100m: 1:05.94 1:05.94		200m: 2:16.19		1:10.25 300m: 3:27.30	1:11.11 400m: 4:36.06		1:08.76
9.	Pedro Maria, BESSA	M	18656	95	Vilacondense	4:36.33	505	+0,83
	100m: 1:04.69 1:04.69		200m: 2:15.61		1:10.92 300m: 3:27.46	1:11.85 400m: 4:36.33		1:08.87
10.	Manuel Silva, BARROS	M	12877	94	Braga	4:36.60	503	+0,76
	100m: 1:03.83 1:03.83		200m: 2:14.96		1:11.13 300m: 3:26.49	1:11.53 400m: 4:36.60		1:10.11
11.	Joao Eurico, COSTA	M	15450	94	Leixões Sport Clube	4:36.89	502	+0,83
	100m: 1:04.83 1:04.83		200m: 2:15.74		1:10.91 300m: 3:27.03	1:11.29 400m: 4:36.89		1:09.86
12.	Diogo Sequeira, APARICIO	M	102390	95	FCPorto	4:37.24	500	+0,85
	100m: 1:03.74 1:03.74		200m: 2:14.89		1:11.15 300m: 3:27.22	1:12.33 400m: 4:37.24		1:10.02
13.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	4:40.00	485	+0,80
	100m: 1:05.33 1:05.33		200m: 2:15.36		1:10.03 300m: 3:28.36	1:13.00 400m: 4:40.00		1:11.64
14.	Hugo Miguel, SILVA	M	24567	94	Braga	4:40.09	485	+0,90
	<i>FTL</i> 100m: 1:02.75 1:02.75		200m: 2:12.83		1:10.08 300m: 3:25.87	1:13.04 400m: 4:40.09		1:14.22
15.	Rui Fernando, ROCHA	M	24096	94	Valongo	4:44.20	464	+0,91
	<i>FTL</i> 100m: 1:05.29 1:05.29		200m: 2:23.12		1:17.83 300m: 3:33.52	1:10.40 400m: 4:44.20		1:10.68
16.	Diogo Jose, NUNES	M	100822	95	Escola Desportiva de Viana	4:54.88	415	+0,95
	<i>FTL</i> 100m: 1:05.62 1:05.62		200m: 2:20.46		1:14.84 300m: 3:38.32	1:17.86 400m: 4:54.88		1:16.56
17.	Tomas Azevedo, RAMOS	M	101363	95	Braga	4:57.56	404	+0,89
	<i>FTL</i> 100m: 1:08.59 1:08.59		200m: 2:23.87		1:15.28 300m: 3:41.00	1:17.13 400m: 4:57.56		1:16.56
18.	Luis Miguel, ALMEIDA	M	15370	95	Foca	5:03.58	380	+0,75
	<i>FTL</i> 100m: 1:07.79 1:07.79		200m: 2:24.63		1:16.84 300m: 3:40.66	1:16.03 400m: 5:03.58		1:22.92
19.	Andre Alexandre, SILVA	M	102699	94	Propaganda da Natacao	5:11.96	351	+0,96
	<i>FTL</i> 100m: 1:06.07 1:06.07		200m: 2:25.01		1:18.94 300m: 3:48.43	1:23.42 400m: 5:11.96		1:23.53
WDR	Joao Duarte, MARAFONA	M	20293	95	Vilacondense			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associação de Natacao do Norte de Portugal

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Campeonatos Regionais Juniores e Seniores
Pova de Varzim, 16, 17 e 18-3-2012

Prova 12, Masc., 400m Livres

Seniores

1.	Luis Emanuel, VAZ		M	15628	91	Famalicao							4:03.67	736	+0,83
	100m: 58.85	58.85		200m: 2:00.87		1:02.02	300m: 3:02.44	1:01.57	400m: 4:03.67		1:01.23				
2.	Hugo Alberto, RIBEIRO		M	23114	88	Gespacos							4:10.11	681	+0,93
	100m: 1:01.10	1:01.10		200m: 2:05.06		1:03.96	300m: 3:07.79	1:02.73	400m: 4:10.11		1:02.32				
3.	Rui Filipe, COSTA		M	24004	91	Vitória Sport Clube							4:10.96	674	+0,75
	100m: 1:00.16	1:00.16		200m: 2:04.49		1:04.33	300m: 3:09.86	1:05.37	400m: 4:10.96		1:01.10				
4.	Edgar Oliveira, RIBEIRO		M	13277	93	Braga							4:17.60	623	+0,91
	100m: 1:01.92	1:01.92		200m: 2:08.36		1:06.44	300m: 3:14.41	1:06.05	400m: 4:17.60		1:03.19				
5.	Adriano Miguel, NIZ		M	23013	86	Famalicao							4:18.20	619	+0,92
	100m: 1:00.24	1:00.24		200m: 2:04.13		1:03.89	300m: 3:10.82	1:06.69	400m: 4:18.20		1:07.38				
6.	Nuno Rafael, ALVES		M	25140	90	Gespacos							4:20.65	601	+0,81
	100m: 1:00.86	1:00.86		200m: 2:07.26		1:06.40	300m: 3:14.39	1:07.13	400m: 4:20.65		1:06.26				
7.	Paulo Andre, DIAS		M	23406	92	Gespacos							4:22.53	589	+0,88
	100m: 1:02.29	1:02.29		200m: 2:08.05		1:05.76	300m: 3:15.20	1:07.15	400m: 4:22.53		1:07.33				
8.	Bruno Miranda, SOUSA		M	106109	93	Escola Desportiva de Viana							4:25.85	567	+0,91
	100m: 1:02.09	1:02.09		200m: 2:09.54		1:07.45	300m: 3:17.95	1:08.41	400m: 4:25.85		1:07.90				
9.	Goncalo Goncalves, MENESES		M	13171	92	Braga							4:41.26	479	+0,84
	<i>FTL</i>														
	100m: 1:04.80	1:04.80		200m: 2:16.41		1:11.61	300m: 3:29.04	1:12.63	400m: 4:41.26		1:12.22				
DSQ	Nuno Vieira, MALHEIRO		M	13279	93	Braga									+0,75
	<i>102 - Falsa partida - SW 4.4</i>														