

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

Prova 18	Masc., 400m Estilos				17 anos e mais velhos
17-03-2012 - 16:55	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 50m Absoluto	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Jun	4:26.40	Alexis Manacas, SANTOS	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2009

Juniores Masculinos Jun: 5:25.00 / Seniores Masculinos Sen: 5:16.00

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
<b>Juniores</b>								
1.	Ruben Filipe, NUNES	M	23302	94	Gespacos	<b>4:45.08</b>	625	+0,86
	100m: 1:02.74 1:02.74				200m: 2:17.71 1:14.97	300m: 3:40.09 1:22.38	400m: 4:45.08 1:04.99	
2.	Joao Miguel, COSTA	M	15088	95	Vilacondense	<b>4:57.83</b>	548	+0,75
	100m: 1:04.99 1:04.99				200m: 2:25.42 1:20.43	300m: 3:53.29 1:27.87	400m: 4:57.83 1:04.54	
3.	Andre Machado, VALE	M	25817	95	Viana Natacao	<b>4:58.79</b>	543	+0,93
	100m: 1:06.03 1:06.03				200m: 2:25.53 1:19.50	300m: 3:49.53 1:24.00	400m: 4:58.79 1:09.26	
4.	Antonio Rafael, BESSA	M	102089	94	Gespacos	<b>4:59.82</b>	537	+0,83
	100m: 1:05.63 1:05.63				200m: 2:21.98 1:16.35	300m: 3:49.93 1:27.95	400m: 4:59.82 1:09.89	
5.	Luis Miguel, LOPES	M	102984	95	Foca	<b>5:01.08</b>	531	+1,04
	100m: 1:09.98 1:09.98				200m: 2:29.69 1:19.71	300m: 3:54.31 1:24.62	400m: 5:01.08 1:06.77	
6.	Pedro Gomes, ANTUNES	M	13287	94	Braga	<b>5:01.73</b>	527	+0,83
	100m: 1:04.58 1:04.58				200m: 2:23.60 1:19.02	300m: 3:53.71 1:30.11	400m: 5:01.73 1:08.02	
7.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	<b>5:09.36</b>	489	+0,83
	100m: 1:06.78 1:06.78				200m: 2:27.05 1:20.27	300m: 3:55.93 1:28.88	400m: 5:09.36 1:13.43	
8.	Tiago Andre, ARAUJO <i>FTL</i>	M	105931	95	Leixões Sport Clube	<b>5:26.35</b>	417	+0,83
	100m: 1:12.04 1:12.04				200m: 2:38.47 1:26.43	300m: 4:13.27 1:34.80	400m: 5:26.35 1:13.08	

**Seniores**

1.	Fabio Manuel, PEREIRA	M	23049	86	Vilacondense	<b>4:36.96</b>	682	+0,75
	100m: 1:00.86 1:00.86				200m: 2:14.94 1:14.08	300m: 3:36.08 1:21.14	400m: 4:36.96 1:00.88	
2.	Nuno Rafael, ALVES	M	25140	90	Gespacos	<b>4:39.17</b>	666	+0,82
	100m: 1:02.63 1:02.63				200m: 2:15.55 1:12.92	300m: 3:34.03 1:18.48	400m: 4:39.17 1:05.14	
3.	Adriano Miguel, NIZ	M	23013	86	Famalicão	<b>4:48.06</b>	606	+0,93
	100m: 1:02.36 1:02.36				200m: 2:13.70 1:11.34	300m: 3:40.95 1:27.25	400m: 4:48.06 1:07.11	
4.	Paulo Andre, DIAS	M	23406	92	Gespacos	<b>4:48.95</b>	600	+0,93
	100m: 1:04.64 1:04.64				200m: 2:21.26 1:16.62	300m: 3:44.51 1:23.25	400m: 4:48.95 1:04.44	
5.	Ricardo Manuel, MACHADO	M	13278	93	Braga	<b>4:56.31</b>	557	+0,86
	100m: 1:04.21 1:04.21				200m: 2:23.16 1:18.95	300m: 3:53.79 1:30.63	400m: 4:56.31 1:02.52	
6.	Diogo Carmo, RAMOS	M	15317	93	Vilacondense	<b>4:57.23</b>	552	+0,82
	100m: 1:06.43 1:06.43				200m: 2:24.27 1:17.84	300m: 3:49.31 1:25.04	400m: 4:57.23 1:07.92	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associação de Natacao do Norte de Portugal

19-03-2012 14:08 - Página 1