

Prova 8

Masc., 400m Livres

Absolutos

07-04-2013 - 9:30

Resultados

RT	4:07.45	Jose Alberto, MARTINS	VSC	Valongo	17-04-2011
Recorde Regional 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10-12-2009
Recorde Regional 25m Inf B	4:26.90	Joao Claudio, SOUSA	GESP	Felgueiras	08-04-2006
Recorde Regional 25m Inf A	4:13.70	Rui Paulo, BORGES	FCP	Antas	25-07-1981
Recorde Regional 25m Juv B	4:06.60	Luis Miguel, MONTEIRO	FCP	Lousada	28-02-1998
Recorde Regional 25m Juv A	3:59.35	Rui Filipe, COSTA	VSC	Caldas da Rainha	01-12-2006
Recorde Regional 25m Jun	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Recorde Regional 25m Sen	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Tiago Manuel, TEIXEIRA	M	102485	96	Vitória Sport Clube	4:11.35	606	
	50m: 30.12		150m: 1:34.37		32.14	250m: 2:37.97		31.43
	100m: 1:02.23		200m: 2:06.54		32.17	300m: 3:09.65		31.68
	350m: 3:41.01					400m: 4:11.35		31.36
	32.11							30.34
2.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	4:18.92	554	
	50m: 29.82		150m: 1:34.61		32.36	250m: 2:39.71		32.77
	100m: 1:02.25		200m: 2:06.94		32.33	300m: 3:13.41		33.70
	350m: 3:47.89					400m: 4:18.92		34.48
	32.43							31.03
3.	Joao Claudio, SOUSA	M	23458	93	Gespacos	4:20.52	544	
	50m: 29.44		150m: 1:34.51		33.09	250m: 2:41.48		33.65
	100m: 1:01.42		200m: 2:07.83		33.32	300m: 3:15.11		33.63
	350m: 3:49.34					400m: 4:20.52		34.23
	31.98							31.18
4.	Jose Ricardo, SOUSA	M	105759	97	Lousada	4:26.20	510	
	50m: 30.29		150m: 1:39.26		34.99	250m: 2:48.53		34.31
	100m: 1:04.27		200m: 2:14.22		34.96	300m: 3:21.63		33.10
	350m: 3:54.45					400m: 4:26.20		32.82
	33.98							31.75
5.	Miguel Filipe, PINTO	M	105729	96	Ginásio Santo Tirso	4:27.05	505	
	50m: 30.06		150m: 1:36.08		33.45	250m: 2:44.75		34.46
	100m: 1:02.63		200m: 2:10.29		34.21	300m: 3:20.12		35.37
	350m: 3:54.93					400m: 4:27.05		34.81
	32.57							32.12
6.	H., FELGUEIRAS	M	105205	98	Valongo	4:29.45	492	
	50m: 30.29		150m: 1:36.38		33.34	250m: 2:45.33		34.47
	100m: 1:03.04		200m: 2:10.86		34.48	300m: 3:19.85		34.52
	350m: 3:55.23					400m: 4:29.45		35.38
	32.75							34.22
7.	Paulo Filipe, SILVA	M	117012	98	CNMaia	4:34.36	466	
	50m: 30.74		150m: 1:41.68		35.39	250m: 2:52.85		35.45
	100m: 1:06.29		200m: 2:17.40		35.72	300m: 3:26.49		33.64
	350m: 4:00.51					400m: 4:34.36		34.02
	35.55							33.85
8.	Alexandre Magno, CARVALHO	M	108284	98	Fluvial Portuense	4:34.78	464	
	50m: 31.12		150m: 1:41.28		35.44	250m: 2:52.17		35.54
	100m: 1:05.84		200m: 2:16.63		35.35	300m: 3:26.63		34.46
	350m: 4:01.23					400m: 4:34.78		34.60
	34.72							33.55
9.	Claudio Henrique, RODRIGUES	M	105876	98	Leixões Sport Clube	4:55.05	375	
	50m: 32.43		150m: 1:46.52		37.94	250m: 3:02.75		38.38
	100m: 1:08.58		200m: 2:24.37		37.85	300m: 3:40.25		37.50
	350m: 4:17.75					400m: 4:55.05		37.30
	36.15							
10.	Paulo Filipe, MIRANDA	M	110626	97	Fafe	5:03.27	345	
	50m: 32.72		150m: 1:46.73		37.54	250m: 3:03.83		39.12
	100m: 1:09.19		200m: 2:24.71		37.98	300m: 3:42.48		38.65
	350m: 4:23.32					400m: 5:03.27		40.84
	36.47							39.95
11.	Daniel Baptista, COIMBRA	M	103780	96	Lamas	5:09.07	326	
	50m: 32.44		150m: 1:49.00		39.44	250m: 3:07.60		39.65
	100m: 1:09.56		200m: 2:27.95		38.95	300m: 3:47.56		39.96
	350m: 4:29.13					400m: 5:09.07		41.57
	37.12							39.94
12.	Nuno Filipe, MAGALHAES	M	122748	95	Propaganda da Natacao	5:14.73	308	
	50m: 33.34		150m: 1:49.58		38.73	250m: 3:12.14		41.63
	100m: 1:10.85		200m: 2:30.51		40.93	300m: 3:53.49		41.35
	350m: 4:35.41					400m: 5:14.73		41.92
	33.34							39.32
13.	Joao Paulo, PACHECO	M	121342	98	Penafiel	5:23.94	283	
	50m: 31.89		150m: 1:47.82		39.70	250m: 3:12.14		44.32
	100m: 1:08.12		200m: 2:27.82		40.00	300m: 3:56.92		44.78
	31.89							350m: 4:40.91
	36.23							400m: 5:23.94
								43.99
								43.03
EXH	Rui Fernando, ROCHA	M	24096	94	Valongo	4:34.09	467	EXH
	50m: 30.48		150m: 1:38.83		34.57	250m: 2:49.02		34.69
	100m: 1:04.26		200m: 2:14.33		35.50	300m: 3:24.33		35.31
	30.48							350m: 3:59.47
	33.78							400m: 4:34.09
								35.14
								34.62