

Prova 15  
22-11-2015

Masc., 400m Estilos  
GRAFIPRONGO

14 - 16 anos  
Resultados

Rec Nacionais - 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	11-12-2009
Rec Nacionais - 25m Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09-07-2004
Rec Nacionais - 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21-03-2003
Rec Nacionais - 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13-12-2013
Recorde Regional 25m Absoluto	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09-12-2005
Recorde Regional 25m Inf A	4:44.40	Rui Paulo, BORGES	FCP	Antas	18-07-1981
Recorde Regional 25m Juv B	4:40.42	Joao Claudio, SOUSA	GESP	Braga	22-02-2008
Recorde Regional 25m Juv A	4:30.52	Adriano Miguel, NIZ	CFV	Ferrol	13-04-2002

Infantis A Masc Inf A: 6:22.59 / Juvenis A Masc Juv A: 5:20.88 / Juvenis B Masc Juv B: 5:33.22

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	<b>5:03.43</b>	467	
	50m: 32.79 32.79		150m: 1:47.90 39.06		250m: 3:09.86 44.43	350m: 4:29.94 42.94		34.86
	100m: 1:08.84 36.05		200m: 2:25.43 37.53		300m: 3:55.08 45.22	400m: 5:03.43 5:03.43		33.49
2.	Ivan Emanuel, AMORIM	M	124774	02	Fluvial Portuense	<b>5:11.49</b>	432	
	50m: 32.75 32.75		150m: 1:54.29 42.49		250m: 3:16.31 42.28	350m: 4:37.20 43.72		36.23
	100m: 1:11.80 39.05		200m: 2:34.03 39.74		300m: 4:00.97 44.66	400m: 5:11.49 5:11.49		34.29
3.	Eduardo Miguel, MAGALHAES	M	125074	02	Vitória de Guimaraes/Olicargo	<b>5:20.48</b>	396	
	50m: 32.84 32.84		150m: 1:52.34 41.62		250m: 3:18.11 45.21	350m: 4:43.20 45.21		37.67
	100m: 1:10.72 37.88		200m: 2:32.90 40.56		300m: 4:05.53 47.42	400m: 5:20.48 5:20.48		37.28
4.	Xavier Gomes, CERDEIRINHA	M	125904	02	Colegio SMLamas	<b>5:21.98</b>	391	
	50m: 34.05 34.05		150m: 1:58.03 43.23		250m: 3:24.36 44.50	350m: 4:46.34 44.66		36.73
	100m: 1:14.80 40.75		200m: 2:39.86 41.83		300m: 4:09.61 45.25	400m: 5:21.98 5:21.98		35.64
5.	Luis Manuel, RIBEIRO	M	120816	02	Porto	<b>5:25.83</b>	377	
	50m: 34.53 34.53		150m: 1:54.77 39.71		250m: 3:23.35 49.09	350m: 4:50.36 49.09		37.93
	100m: 1:15.06 40.53		200m: 2:34.26 39.49		300m: 4:12.43 49.08	400m: 5:25.83 5:25.83		35.47
6.	Tiago Campos, LOURENCO	M	127923	02	Natacao de Valongo	<b>5:27.98</b>	370	
	50m: 34.54 34.54		150m: 1:56.30 41.27		250m: 3:24.79 48.45	350m: 4:52.12 48.45		38.51
	100m: 1:15.03 40.49		200m: 2:36.34 40.04		300m: 4:13.61 48.82	400m: 5:27.98 5:27.98		35.86
7.	Diogo Filipe, RIBEIRO	M	124584	02	Leixões Sport Clube	<b>5:28.24</b>	369	
	50m: 33.40 33.40		150m: 1:57.37 43.66		250m: 3:28.80 48.02	350m: 4:53.91 48.02		36.03
	100m: 1:13.71 40.31		200m: 2:40.78 43.41		300m: 4:17.88 49.08	400m: 5:28.24 5:28.24		34.33
8.	Diogo Santos, MENDES	M	126719	02	Leixões Sport Clube	<b>5:32.18</b>	356	
	50m: 34.79 34.79		150m: 2:01.59 44.63		250m: 3:27.41 44.31	350m: 4:53.92 44.31		40.37
	100m: 1:16.96 42.17		200m: 2:43.10 41.51		300m: 4:13.55 46.14	400m: 5:32.18 5:32.18		38.26
9.	Ricardo Mendes, OLIVEIRA	M	124815	02	Assoc. Desportiva de Fafe	<b>5:32.32</b>	355	
	50m: 34.73 34.73		150m: 2:00.28 44.27		250m: 3:30.63 47.28	350m: 4:56.16 47.28		38.41
	100m: 1:16.01 41.28		200m: 2:43.35 43.07		300m: 4:17.75 47.12	400m: 5:32.32 5:32.32		36.16
10.	Diogo Silva, COENTRAO	M	121715	02	Famalicao	<b>5:33.02</b>	353	
	50m: 33.75 33.75		150m: 1:56.47 43.49		250m: 3:27.71 48.69	350m: 4:55.90 48.69		38.58
	100m: 1:12.98 39.23		200m: 2:39.02 42.55		300m: 4:17.32 49.61	400m: 5:33.02 5:33.02		37.12
11.	Joao Pedro, RIBEIRO	M	127135	02	Vilacondense	<b>5:35.63</b>	345	
	50m: 34.23 34.23		150m: 1:58.38 43.76		250m: 3:29.87 49.39	350m: 5:00.21 49.39		39.38
	100m: 1:14.62 40.39		200m: 2:40.48 42.10		300m: 4:20.83 50.96	400m: 5:35.63 5:35.63		35.42
12.	Rodrigo Oliveira, GONCALVES	M	124764	02	Porto	<b>5:36.06</b>	344	
	50m: 35.40 35.40		150m: 1:58.56 40.63		250m: 3:27.93 48.85	350m: 4:57.90 48.85		39.34
	100m: 1:17.93 42.53		200m: 2:39.08 40.52		300m: 4:18.56 50.63	400m: 5:36.06 5:36.06		38.16
13.	Samson Silva, COSTA	M	120847	02	Fluvial Portuense	<b>5:37.19</b>	340	
	50m: 35.63 35.63		150m: 2:03.27 42.16		250m: 3:33.70 50.71	350m: 5:02.55 50.71		36.27
	100m: 1:21.11 45.48		200m: 2:42.99 39.72		300m: 4:26.28 52.58	400m: 5:37.19 5:37.19		34.64
14.	Joao Andre, OLIVEIRA	M	121981	02	Porto	<b>5:40.41</b>	331	
	50m: 34.76 34.76		150m: 2:01.38 42.52		250m: 3:33.35 49.96	350m: 5:03.97 49.96		39.98
	100m: 1:18.86 44.10		200m: 2:43.39 42.01		300m: 4:23.99 50.64	400m: 5:40.41 5:40.41		36.44
15.	Marco Antonio, PEREIRA	M	130896	02	Lousada Seculo XXI	<b>5:42.28</b>	325	
	50m: 34.11 34.11		150m: 2:02.27 45.67		250m: 3:36.53 51.50	350m: 5:06.09 51.50		37.72
	100m: 1:16.60 42.49		200m: 2:45.03 42.76		300m: 4:28.37 51.84	400m: 5:42.28 5:42.28		36.19
16.	Sergio Daniel, ARAUJO	M	127097	02	Clube Naval Povoense	<b>5:42.63</b>	324	
	50m: 35.63 35.63		150m: 2:02.72 43.42		250m: 3:34.62 49.02	350m: 5:05.87 49.02		41.02
	100m: 1:19.30 43.67		200m: 2:45.60 42.88		300m: 4:24.85 50.23	400m: 5:42.63 5:42.63		36.76
17.	Diogo Goncalves, MOURA	M	124963	02	Assoc. Desportiva de Fafe	<b>5:46.01</b>	315	
	50m: 35.21 35.21		150m: 2:05.51 46.04		250m: 3:36.92 46.06	350m: 5:06.73 46.06		41.52
	100m: 1:19.47 44.26		200m: 2:50.86 45.35		300m: 4:25.21 48.29	400m: 5:46.01 5:46.01		39.28

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Prova 15, Masc., 400m Estilos, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
18.	Diogo Manuel, MARTINS	M	119083	02	Porto	<b>5:49.26</b>	306	
	50m: 38.74 38.74		150m: 2:08.63		43.25 250m: 3:43.14	51.27	350m: 5:12.23	37.60
	100m: 1:25.38 46.64		200m: 2:51.87		43.24 300m: 4:34.63	51.49	400m: 5:49.26	37.03
19.	Francisco Emanuel, MORIM	M	118054	02	Vilacondense	<b>5:50.05</b>	304	
	50m: 37.26 37.26		150m: 2:07.43		45.23 250m: 3:41.90	51.34	350m: 5:12.60	39.37
	100m: 1:22.20 44.94		200m: 2:50.56		43.13 300m: 4:33.23	51.33	400m: 5:50.05	37.45
20.	Diogo Martins, AIRES	M	126513	02	Natacao de Valongo	<b>5:53.55</b>	295	
	50m: 37.26 37.26		150m: 2:07.93		47.95 250m: 3:43.35	48.68	350m: 5:13.78	40.12
	100m: 1:19.98 42.72		200m: 2:54.67		46.74 300m: 4:33.66	50.31	400m: 5:53.55	39.77
21.	Samuel Dias, MARTINS	M	122190	02	Colegio SMLamas	<b>5:55.23</b>	291	
	50m: 38.15 38.15		150m: 2:08.17		42.51 250m: 3:42.05	51.22	350m: 5:15.36	41.05
	100m: 1:25.66 47.51		200m: 2:50.83		42.66 300m: 4:34.31	52.26	400m: 5:55.23	39.87
22.	Luis Miguel, ALVES	M	124962	02	Assoc. Desportiva de Fafe	<b>5:55.70</b>	290	
	50m: 38.16 38.16		150m: 2:09.30		45.50 250m: 3:45.28	50.62	350m: 5:16.95	40.87
	100m: 1:23.80 45.64		200m: 2:54.66		45.36 300m: 4:36.08	50.80	400m: 5:55.70	38.75
23.	Tiago Matos, GUEDES	M	124961	02	Assoc. Desportiva de Fafe	<b>5:55.87</b>	289	
	50m: 38.72 38.72		150m: 2:11.61		46.58 250m: 3:47.35	51.27	350m: 5:19.27	39.73
	100m: 1:25.03 46.31		200m: 2:56.08		44.47 300m: 4:39.54	52.19	400m: 5:55.87	36.60
24.	Marcos Dias, MARTINS	M	122189	02	Colegio SMLamas	<b>5:58.22</b>	284	
	50m: 39.80 39.80		150m: 2:11.97		44.60 250m: 3:48.92	52.98	350m: 5:21.12	39.48
	100m: 1:27.37 47.57		200m: 2:55.94		43.97 300m: 4:41.64	52.72	400m: 5:58.22	37.10
25.	Lourenco Monteiro, SOUSA	M	116900	02	Leixões Sport Clube	<b>5:58.58</b>	283	
	50m: 38.55 38.55		150m: 2:11.22		46.83 250m: 3:45.14	48.70	350m: 5:17.02	41.85
	100m: 1:24.39 45.84		200m: 2:56.44		45.22 300m: 4:35.17	50.03	400m: 5:58.58	41.56
26.	Alexandre Carvalho, CONCEICAO	M	126858	02	Penafiel	<b>6:00.33</b>	279	
	50m: 21.57 21.57		400m: 6:00.33		5:38.76			
27.	Rui Almeida, SANTOS	M	119064	02	Colegio SMLamas	<b>6:02.16</b>	274	
	50m: 40.33 40.33		150m: 2:15.70		44.43 250m: 3:50.93	52.89	350m: 5:23.04	39.70
	100m: 1:31.27 50.94		200m: 2:58.04		42.34 300m: 4:43.34	52.41	400m: 6:02.16	39.12
28.	Hugo Correia, FERREIRA	M	125012	02	Vilacondense	<b>6:03.82</b>	271	
	50m: 36.25 36.25		150m: 2:10.80		48.69 250m: 3:48.97	51.28	350m: 5:23.91	42.03
	100m: 1:22.11 45.86		200m: 2:57.69		46.89 300m: 4:41.88	52.91	400m: 6:03.82	39.91
29.	Manuel Filipe, OLIVEIRA	M	124929	02	Colegio SMLamas	<b>6:03.97</b>	270	
	50m: 39.42 39.42		150m: 2:13.56		45.18 250m: 3:48.81	51.93	350m: 5:23.03	41.76
	100m: 1:28.38 48.96		200m: 2:56.88		43.32 300m: 4:41.27	52.46	400m: 6:03.97	40.94
30.	Bruno Shinji, KOBAYASHI	M	123019	02	Vilacondense	<b>6:04.96</b>	268	
	50m: 35.24 35.24		150m: 2:06.26		45.21 250m: 3:42.86	51.73	350m: 5:20.42	45.06
	100m: 1:21.05 45.81		200m: 2:51.13		44.87 300m: 4:35.36	52.50	400m: 6:04.96	44.54
31.	Alexandre Abreu, MACHADO	M	119215	02	Vitória de Guimaraes/Olicargo	<b>6:06.07</b>	266	
	50m: 36.88 36.88		150m: 2:10.21		47.77 250m: 3:50.49	52.91	350m: 5:26.44	41.77
	100m: 1:22.44 45.56		200m: 2:57.58		47.37 300m: 4:44.67	54.18	400m: 6:06.07	39.63
32.	Luis Goncalves, PEREIRA	M	119177	02	Colegio SMLamas	<b>6:07.20</b>	263	
	50m: 39.92 39.92		150m: 2:17.53		50.32 250m: 3:56.23	49.53	350m: 5:27.43	41.41
	100m: 1:27.21 47.29		200m: 3:06.70		49.17 300m: 4:46.02	49.79	400m: 6:07.20	39.77
33.	Joao Carvalho, CUNHA	M	124813	02	Assoc. Desportiva de Fafe	<b>6:10.18</b>	257	
	50m: 41.19 41.19		150m: 2:19.30		47.67 250m: 3:56.49	50.58	350m: 5:30.23	42.04
	100m: 1:31.63 50.44		200m: 3:05.91		46.61 300m: 4:48.19	51.70	400m: 6:10.18	39.95
34.	Rafael Mesquita, TERROSO	M	133404	02	Vilacondense	<b>6:10.72</b>	256	
	50m: 38.46 38.46		150m: 2:16.24		47.88 250m: 3:55.97	52.53	350m: 5:30.52	41.38
	100m: 1:28.36 49.90		200m: 3:03.44		47.20 300m: 4:49.14	53.17	400m: 6:10.72	40.20
35.	Goncalo Sampaio, SALGADO	M	121720	02	Famalicao	<b>6:15.45</b>	246	
	50m: 40.27 40.27		150m: 2:20.18		51.00 250m: 4:01.75	52.05	350m: 5:35.84	40.14
	100m: 1:29.18 48.91		200m: 3:09.70		49.52 300m: 4:55.70	53.95	400m: 6:15.45	39.61
36.	Diogo Morgado, FANGUEIRO	M	133440	02	Vilacondense	<b>6:17.39</b>	242	
	50m: 40.11 40.11		150m: 2:18.71		50.20 250m: 3:59.92	52.55	350m: 5:36.73	43.29
	100m: 1:28.51 48.40		200m: 3:07.37		48.66 300m: 4:53.44	53.52	400m: 6:17.39	40.66
37.	Nuno Rocha, ALMEIDA FL	M	122193	02	Colegio SMLamas	<b>6:24.57</b>	229	
	50m: 37.62 37.62		150m: 2:14.74		50.62 250m: 3:59.64	55.73	350m: 5:43.15	46.41
	100m: 1:24.12 46.50		200m: 3:03.91		49.17 300m: 4:56.74	57.10	400m: 6:24.57	41.42
38.	Pedro Soares, MORIM FL	M	131612	02	Clube Naval Povoense	<b>6:30.72</b>	218	
	50m: 39.15 39.15		150m: 2:23.03		52.06 250m: 4:11.88	59.95	350m: 5:52.67	42.02
	100m: 1:30.97 51.82		200m: 3:11.93		48.90 300m: 5:10.65	58.77	400m: 6:30.72	38.05
39.	Joao Pedro, PEREIRA FL	M	129362	02	Lousada Seculo XXI	<b>6:36.10</b>	210	
	50m: 44.97 44.97		150m: 2:23.48		47.59 250m: 4:06.42	55.26	350m: 5:51.73	47.49
	100m: 1:35.89 50.92		200m: 3:11.16		47.68 300m: 5:04.24	57.82	400m: 6:36.10	44.37

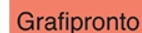
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22-11-2015 15:57 - Página 2



Prova 15, Masc., 400m Estilos, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
40.	Ruben Filipe, AZEVEDO <i>FTL</i>	M	130890	02	Penafiel	<b>6:43.11</b>				199	
	50m: 44.12				150m: 2:27.06	250m: 4:17.34	1:00.39	350m: 6:02.62		43.33	
	100m: 1:36.93				200m: 3:16.95	300m: 5:19.29	1:01.95	400m: 6:43.11		40.49	
41.	Pedro Miguel, FARIA <i>FTL</i>	M	129799	02	Vitória de Guimaraes/Olicargo	<b>6:54.01</b>				184	
	50m: 45.26				150m: 2:32.18	250m: 4:21.22	59.97	350m: 6:08.80		46.81	
	100m: 1:41.59				200m: 3:21.25	300m: 5:21.99	1:00.77	400m: 6:54.01		45.21	
42.	David Oliveira, MENDES <i>FTL</i>	M	131977	02	Penafiel	<b>7:08.81</b>				165	
	50m: 47.76				150m: 2:41.99	250m: 4:31.73	59.00	350m: 6:21.51		48.51	
	100m: 1:48.63				200m: 3:32.73	300m: 5:33.00	1:01.27	400m: 7:08.81		47.30	
43.	Joao Pedro, SOARES <i>FTL</i>	M	130891	02	Penafiel	<b>7:25.65</b>				147	
	50m: 48.51				150m: 2:53.78	250m: 4:49.48	58.31	350m: 6:38.31		47.57	
	100m: 1:57.17				200m: 3:51.17	300m: 5:50.74	1:01.26	400m: 7:25.65		47.34	
DSQ	Vitor Pedro, MAGALHAES	M	123237	02	Famalicao						DSQ
	<i>719 - O(A) nadador(a) tocou só com uma mão na parede na viragem dos 300 metros - SW 7.6</i>										
DSQ	Goncalo Araujo, CRUZ	M	126981	02	Clube Naval Povoense						DSQ
	<i>1001 - O(A) nadador(a), nadando uma prova individual, não cobriu o percurso completo - SW 10.2</i>										
DSQ	Guilherme Diogo, LOBO	M	122395	02	Porto						DSQ
	<i>720 - O(A) nadador(a) tocou na parede com toque não simultâneo na viragem aos 300 metros - SW 7.6</i>										
DSQ	Jose Diogo, PACHECO	M	126021	02	Vitória de Guimaraes/Olicargo						DSQ
	<i>805 - O(A) nadador(a) efetuou movimento não simultâneo de pernas durante o percurso dos 50 metros - SW 8.3</i>										
DSQ	Bruno Costa, CASTRO	M	124814	02	Assoc. Desportiva de Fafe						DSQ
	<i>607 - O(A) nadador(a) não começou a executar a viragem imediatamente após terminar a braçada na posição ventral aos 125 metros - SW 6.4</i>										

Juvenis A

1.	Miguel Angelo, SANTOS	M	109306	00	Famalicao	<b>4:42.19</b>				581	
	50m: 30.83				150m: 1:44.74	250m: 2:59.00	37.91	350m: 4:10.68		33.19	
	100m: 1:07.15				200m: 2:21.09	300m: 3:37.49	38.49	400m: 4:42.19		31.51	
2.	Sergio Filipe, TRAVANCA	M	117385	00	Fluvial Portuense	<b>4:50.38</b>				533	
	50m: 30.66				150m: 1:45.05	250m: 3:03.56	40.87	350m: 4:18.60		33.37	
	100m: 1:06.41				200m: 2:22.69	300m: 3:45.23	41.67	400m: 4:50.38		31.78	
3.	Jose Pedro, FREITAS	M	111446	00	Famalicao	<b>4:50.89</b>				530	
	50m: 31.12				150m: 1:45.93	250m: 3:03.31	40.08	350m: 4:19.41		33.59	
	100m: 1:07.34				200m: 2:23.23	300m: 3:45.82	42.51	400m: 4:50.89		31.48	
4.	Diogo Barbosa, NUNES	M	110529	00	Fluvial Portuense	<b>4:53.74</b>				515	
	50m: 30.68				150m: 1:44.42	250m: 3:07.16	43.13	350m: 4:23.08		31.56	
	100m: 1:05.30				200m: 2:24.03	300m: 3:51.52	44.36	400m: 4:53.74		30.66	
5.	David Dias, LIMA	M	118183	00	Vilacondense	<b>4:53.91</b>				514	
	50m: 30.63				150m: 1:46.25	250m: 3:06.10	42.03	350m: 4:22.82		33.10	
	100m: 1:07.16				200m: 2:24.07	300m: 3:49.72	43.62	400m: 4:53.91		31.09	
6.	Daniel Pereira, SILVA	M	111055	00	Famalicao	<b>4:55.35</b>				506	
	50m: 31.93				150m: 1:48.97	250m: 3:08.34	41.78	350m: 4:23.87		33.77	
	100m: 1:10.06				200m: 2:26.56	300m: 3:50.10	41.76	400m: 4:55.35		31.48	
7.	Porfirio Braga, NUNES	M	111552	00	Vilacondense	<b>4:56.58</b>				500	
	50m: 29.96				150m: 1:44.80	250m: 3:03.98	41.26	350m: 4:22.57		33.93	
	100m: 1:04.64				200m: 2:22.72	300m: 3:48.64	44.66	400m: 4:56.58		34.01	
8.	Joao Pereira, TINOCO	M	111056	00	Famalicao	<b>4:56.68</b>				500	
	50m: 30.83				150m: 1:44.07	250m: 3:03.91	44.22	350m: 4:24.23		35.11	
	100m: 1:06.89				200m: 2:19.69	300m: 3:49.12	45.21	400m: 4:56.68		32.45	
9.	Diogo Moreno, BASTOS	M	108285	00	Fluvial Portuense	<b>4:56.86</b>				499	
	50m: 32.60				150m: 1:50.75	250m: 3:09.87	41.76	350m: 4:25.57		32.81	
	100m: 1:11.54				200m: 2:28.11	300m: 3:52.76	42.89	400m: 4:56.86		31.29	
10.	Ivo Manuel, DIAS	M	111508	00	Foca	<b>4:56.99</b>				498	
	50m: 30.17				150m: 1:43.69	250m: 3:06.21	44.95	350m: 4:24.51		33.95	
	100m: 1:05.83				200m: 2:21.26	300m: 3:50.56	44.35	400m: 4:56.99		32.48	
11.	Hugo Gabriel, MORAIS	M	108637	00	Famalicao	<b>4:59.44</b>				486	
	50m: 29.73				150m: 1:42.34	250m: 3:04.44	44.55	350m: 4:25.07		35.77	
	100m: 1:04.18				200m: 2:19.89	300m: 3:49.30	44.86	400m: 4:59.44		34.37	
12.	Nuno Correia, SOUSA	M	110484	00	Fluvial Portuense	<b>5:05.90</b>				456	
	50m: 32.29				150m: 1:47.59	250m: 3:10.73	46.56	350m: 4:32.82		34.09	
	100m: 1:10.20				200m: 2:24.17	300m: 3:58.73	48.00	400m: 5:05.90		33.08	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, 11.40161

Registered to Associação de Natacao do Norte de Portugal

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Prova 15, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Sergio Eduardo, DIAS	M	108011	00	Aquatico Pacense	<b>5:06.59</b>	453	
	50m: 32.02	32.02	150m: 1:49.03	38.94	250m: 3:13.56	46.29	350m: 4:33.00	34.10
	100m: 1:10.09	38.07	200m: 2:27.27	38.24	300m: 3:58.90	45.34	400m: 5:06.59	33.59
14.	Daniel Jose, DUARTE	M	118897	00	Leixões Sport Clube	<b>5:07.73</b>	448	
	50m: 31.36	31.36	150m: 1:50.76	40.83	250m: 3:14.52	44.68	350m: 4:34.49	34.99
	100m: 1:09.93	38.57	200m: 2:29.84	39.08	300m: 3:59.50	44.98	400m: 5:07.73	33.24
15.	Tiago Filipe, TEIXEIRA	M	112114	00	Foca	<b>5:07.87</b>	447	
	50m: 31.45	31.45	150m: 1:48.69	40.84	250m: 3:11.42	42.07	350m: 4:32.13	37.32
	100m: 1:07.85	36.40	200m: 2:29.35	40.66	300m: 3:54.81	43.39	400m: 5:07.87	35.74
16.	Joao Miguel, NUNES	M	108104	00	Aquatico Pacense	<b>5:09.41</b>	440	
	50m: 31.50	31.50	150m: 1:48.49	39.76	250m: 3:13.52	46.13	350m: 4:34.97	35.38
	100m: 1:08.73	37.23	200m: 2:27.39	38.90	300m: 3:59.59	46.07	400m: 5:09.41	34.44
17.	Joao Diogo, SOARES	M	122731	00	Fluvial Portuense	<b>5:13.87</b>	422	
	50m: 31.89	31.89	150m: 1:49.21	40.63	250m: 3:17.20	48.32	350m: 4:40.88	33.87
	100m: 1:08.58	36.69	200m: 2:28.88	39.67	300m: 4:07.01	49.81	400m: 5:13.87	32.99
18.	Andre Filipe, ALMEIDA	M	110492	00	Porto	<b>5:14.77</b>	418	
	50m: 31.71	31.71	150m: 1:50.59	41.67	250m: 3:17.51	46.54	350m: 4:40.06	36.56
	100m: 1:08.92	37.21	200m: 2:30.97	40.38	300m: 4:03.50	45.99	400m: 5:14.77	34.71
19.	Andre Manada, SILVA	M	126722	00	Leixões Sport Clube	<b>5:16.00</b>	413	
	50m: 31.29	31.29	150m: 1:51.46	42.73	250m: 3:19.19	46.28	350m: 4:42.01	35.51
	100m: 1:08.73	37.44	200m: 2:32.91	41.45	300m: 4:06.50	47.31	400m: 5:16.00	33.99
20.	Francisco Vilhena, COSTA	M	111325	00	Vilacondense	<b>5:16.63</b>	411	
	50m: 33.03	33.03	150m: 1:53.02	40.61	250m: 3:17.98	44.50	350m: 4:41.00	37.36
	100m: 1:12.41	39.38	200m: 2:33.48	40.46	300m: 4:03.64	45.66	400m: 5:16.63	35.63
21.	Luis Miguel, REBELO	M	121467	00	Vilacondense	<b>5:17.18</b>	409	
	50m: 32.21	32.21	150m: 1:51.47	40.15	250m: 3:17.27	46.61	350m: 4:41.73	37.27
	100m: 1:11.32	39.11	200m: 2:30.66	39.19	300m: 4:04.46	47.19	400m: 5:17.18	35.45
22.	Nuno Filipe, FERREIRA	M	119654	00	Foca	<b>5:24.88</b>	380	
	<i>FTL</i>							
	50m: 35.54	35.54	150m: 1:57.00	39.53	250m: 3:23.58	47.74	350m: 4:48.61	37.14
	100m: 1:17.47	41.93	200m: 2:35.84	38.84	300m: 4:11.47	47.89	400m: 5:24.88	36.27
23.	Andre Miguel, SANTOS	M	118053	00	Vilacondense	<b>5:24.99</b>	380	
	<i>FTL</i>							
	50m: 33.95	33.95	150m: 1:55.48	40.80	250m: 3:21.12	46.95	350m: 4:48.47	39.23
	100m: 1:14.68	40.73	200m: 2:34.17	38.69	300m: 4:09.24	48.12	400m: 5:24.99	36.52
24.	Pedro Miguel, GONCALVES	M	108164	00	Leixões Sport Clube	<b>5:26.18</b>	376	
	<i>FTL</i>							
	50m: 32.87	32.87	150m: 1:54.62	42.24	250m: 3:24.46	48.60	350m: 4:50.66	37.79
	100m: 1:12.38	39.51	200m: 2:35.86	41.24	300m: 4:12.87	48.41	400m: 5:26.18	35.52
25.	Pedro Miguel, MARQUES	M	111060	00	Famalicao	<b>5:31.91</b>	357	
	<i>FTL</i>							
	50m: 33.19	33.19	150m: 1:53.65	40.72	250m: 3:23.73	48.83	350m: 4:53.43	39.93
	100m: 1:12.93	39.74	200m: 2:34.90	41.25	300m: 4:13.50	49.77	400m: 5:31.91	38.48
26.	Tiago Silva, RIBEIRO	M	126718	00	Leixões Sport Clube	<b>5:36.71</b>	342	
	<i>FTL</i>							
	50m: 34.44	34.44	150m: 2:00.43	45.40	250m: 3:30.94	48.76	350m: 4:59.30	38.89
	100m: 1:15.03	40.59	200m: 2:42.18	41.75	300m: 4:20.41	49.47	400m: 5:36.71	37.41
27.	Guilherme Goncalves, BRANDAO	M	118184	00	Vilacondense	<b>5:40.65</b>	330	
	<i>FTL</i>							
	50m: 32.29	32.29	150m: 1:59.19	45.84	250m: 3:33.36	49.43	350m: 5:02.97	39.17
	100m: 1:13.35	41.06	200m: 2:43.93	44.74	300m: 4:23.80	50.44	400m: 5:40.65	37.68
28.	Leonardo Morim, SILVA	M	133181	00	Vilacondense	<b>6:06.26</b>	265	
	<i>FTL</i>							
	50m: 36.04	36.04	200m: 2:51.96	1:31.55	300m: 4:42.42	55.76	400m: 6:06.26	41.08
	100m: 1:20.41	44.37	250m: 3:46.66	54.70	350m: 5:25.18	42.76		
DSQ	Tomas Pimentel, BORGES	M	112140	00	Porto			DSQ
	<i>719 - O(A) nadador(a) tocou só com uma mão na parede na viragem dos 300 metros – SW 7.6</i>							
DNS	Ricardo Alexandre, MARQUES	M	110468	00	Lousada Seculo XXI			DNS
DNS	Ricardo Manuel, FARIA	M	124353	00	Vitória de Guimaraes/Olicargo			DNS
WDR	Bruno Miguel, PINTO	M	121335	00	Porto			WDR
WDR	Rui Alexandre, RAMOS	M	111744	00	Porto			WDR

Prova 15, Masc., 400m Estilos

Juvenis B

1.	Pedro Miguel, SANTOS	M	121987 01	Porto	4:54.58	510
	50m: 30.90 30.90		150m: 1:43.89	37.34	250m: 3:01.99	41.72
	100m: 1:06.55 35.65		200m: 2:20.27	36.38	300m: 3:45.55	43.56
					350m: 4:21.13	35.58
					400m: 4:54.58	33.45
2.	Afonso Passos, CUNHA	M	118228 01	Famalicao	5:03.36	467
	50m: 30.81 30.81		150m: 1:46.40	39.42	250m: 3:07.87	44.13
	100m: 1:06.98 36.17		200m: 2:23.74	37.34	300m: 3:53.21	45.34
					350m: 4:28.79	35.58
					400m: 5:03.36	34.57
3.	Bruno Rafael, MACHADO	M	119176 01	Fluvial Portuense	5:08.41	445
	50m: 31.95 31.95		150m: 1:48.81	37.73	250m: 3:10.79	44.78
	100m: 1:11.08 39.13		200m: 2:26.01	37.20	300m: 3:56.38	45.59
					350m: 4:33.42	37.04
					400m: 5:08.41	34.99
4.	Bruno Miguel, MAIA	M	126783 01	CNMaia	5:08.50	444
	50m: 32.12 32.12		150m: 1:50.94	40.58	250m: 3:13.59	43.10
	100m: 1:10.36 38.24		200m: 2:30.49	39.55	300m: 3:57.26	43.67
					350m: 4:33.70	36.44
					400m: 5:08.50	34.80
5.	Jose Moreira, SOUSA	M	118224 01	Famalicao	5:10.90	434
	50m: 32.17 32.17		150m: 1:51.76	40.84	250m: 3:16.33	43.53
	100m: 1:10.92 38.75		200m: 2:32.80	41.04	300m: 4:01.08	44.75
					350m: 4:37.19	36.11
					400m: 5:10.90	33.71
6.	Jose Salgado, MOREIRA	M	121706 01	Famalicao	5:11.00	434
	50m: 33.18 33.18		150m: 1:49.04	36.52	250m: 3:11.50	46.82
	100m: 1:12.52 39.34		200m: 2:24.68	35.64	300m: 3:59.01	47.51
					350m: 4:36.02	37.01
					400m: 5:11.00	34.98
7.	Joao Ribeiro, SOUSA	M	123014 01	Porto	5:13.69	423
	50m: 32.42 32.42		150m: 1:51.96	41.86	250m: 3:20.67	48.51
	100m: 1:10.10 37.68		200m: 2:32.16	40.20	300m: 4:08.32	47.65
					350m: 4:41.60	33.28
					400m: 5:13.69	32.09
8.	Joao Pedro, COSTA	M	121468 01	Vilacondense	5:14.74	418
	50m: 33.31 33.31		150m: 1:53.64	41.68	250m: 3:19.26	45.08
	100m: 1:11.96 38.65		200m: 2:34.18	40.54	300m: 3:25.17	5.91
					350m: 4:04.32	39.15
					400m: 5:14.74	1:10.42
9.	Bruno Carvalho, BARROSO	M	125969 01	Leixões Sport Clube	5:15.18	417
	50m: 32.44 32.44		150m: 1:52.29	41.76	250m: 3:18.72	46.42
	100m: 1:10.53 38.09		200m: 2:32.30	40.01	300m: 4:05.39	46.67
					350m: 4:41.08	35.69
					400m: 5:15.18	34.10
10.	Joao Leite, SARAIVA	M	118229 01	Famalicao	5:16.16	413
	50m: 32.50 32.50		150m: 1:52.17	40.65	250m: 3:19.56	47.69
	100m: 1:11.52 39.02		200m: 2:31.87	39.70	300m: 4:08.73	49.17
					350m: 4:43.40	34.67
					400m: 5:16.16	32.76
11.	Ricardo Jorge, MOREIRA	M	122012 01	Natacao de Valongo	5:17.08	409
	50m: 34.02 34.02		150m: 1:55.82	42.93	250m: 3:22.81	45.85
	100m: 1:12.89 38.87		200m: 2:36.96	41.14	300m: 4:08.70	45.89
					350m: 4:43.50	34.80
					400m: 5:17.08	33.58
12.	Romeu Ribeiro, FERNANDES	M	122171 01	Assoc. Desportiva de Fafe	5:19.77	399
	50m: 31.80 31.80		150m: 1:52.06	42.46	250m: 3:19.89	46.41
	100m: 1:09.60 37.80		200m: 2:33.48	41.42	300m: 4:07.62	47.73
					350m: 4:45.34	37.72
					400m: 5:19.77	34.43
13.	Alexandre Jose, NOGUEIRA	M	119081 01	Fluvial Portuense	5:20.33	397
	50m: 33.57 33.57		150m: 1:56.17	43.86	250m: 3:24.04	45.93
	100m: 1:12.31 38.74		200m: 2:38.11	41.94	300m: 4:09.36	45.32
					350m: 4:45.45	36.09
					400m: 5:20.33	34.88
14.	Jorge Coelho, QUINTA	M	120497 01	Leixões Sport Clube	5:22.02	391
	50m: 32.61 32.61		150m: 1:55.71	42.25	250m: 3:23.67	48.00
	100m: 1:13.46 40.85		200m: 2:35.67	39.96	300m: 4:11.81	48.14
					350m: 4:47.02	35.21
					400m: 5:22.02	35.00
15.	Joao Sa, MELO	M	118226 01	Famalicao	5:26.39	375
	50m: 33.35 33.35		150m: 1:56.74	42.91	250m: 3:25.21	46.05
	100m: 1:13.83 40.48		200m: 2:39.16	42.42	300m: 4:12.71	47.50
					350m: 4:50.16	37.45
					400m: 5:26.39	36.23
16.	Filipe Rodrigues, FONSECA	M	111316 01	Aquatico Pacense	5:26.55	375
	50m: 36.63 36.63		150m: 1:59.91	41.37	250m: 3:26.82	47.64
	100m: 1:18.54 41.91		200m: 2:39.18	39.27	300m: 4:12.45	45.63
					350m: 4:51.24	38.79
					400m: 5:26.55	35.31
17.	Joao Freitas, PEIXOTO	M	122172 01	Assoc. Desportiva de Fafe	5:26.61	374
	50m: 36.00 36.00		150m: 1:57.98	38.02	250m: 3:24.25	47.39
	100m: 1:19.96 43.96		200m: 2:36.86	38.88	300m: 4:12.86	48.61
					350m: 4:51.41	38.55
					400m: 5:26.61	35.20
18.	Jose Pedro, PICA	M	118898 01	Leixões Sport Clube	5:26.62	374
	50m: 35.48 35.48		150m: 1:59.05	41.49	250m: 3:25.83	46.67
	100m: 1:17.56 42.08		200m: 2:39.16	40.11	300m: 4:14.25	48.42
					350m: 4:52.09	37.84
					400m: 5:26.62	34.53
19.	Joao Pinto, FREITAS	M	122926 01	Assoc. Desportiva de Fafe	5:26.89	373
	50m: 33.54 33.54		150m: 1:56.02	41.60	250m: 3:23.14	46.75
	100m: 1:14.42 40.88		200m: 2:36.39	40.37	300m: 4:11.76	48.62
					350m: 4:50.17	38.41
					400m: 5:26.89	36.72
20.	Hugo Azurara, VIEIRA	M	125011 01	Clube Naval Povoense	5:26.91	373
	50m: 35.90 35.90		150m: 2:03.70	43.84	250m: 3:28.55	43.04
	100m: 1:19.86 43.96		200m: 2:45.51	41.81	300m: 4:12.58	44.03
					350m: 4:50.51	37.93
					400m: 5:26.91	36.40
21.	Luis Tiago, FERNANDES	M	111447 01	Famalicao	5:27.92	370
	50m: 33.49 33.49		150m: 1:55.12	42.34	250m: 3:24.94	48.81
	100m: 1:12.78 39.29		200m: 2:36.13	41.01	300m: 4:14.20	49.26
					350m: 4:51.61	37.41
					400m: 5:27.92	36.31
22.	Rui Pires, MARTINS	M	122177 01	Assoc. Desportiva de Fafe	5:28.67	367
	50m: 33.37 33.37		150m: 1:54.71	41.38	250m: 3:22.83	47.06
	100m: 1:13.33 39.96		200m: 2:35.77	41.06	300m: 4:11.14	48.31
					350m: 4:50.56	39.42
					400m: 5:28.67	38.11

Prova 15, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
23.	Sergio Miguel, ESTEVAO	M	121590	01	Leixões Sport Clube	<b>5:32.24</b>				356	
	50m: 35.81 35.81				150m: 2:02.99 44.56	250m: 3:30.75 45.13	350m: 4:56.45 38.94	400m: 5:32.24 35.79			
	100m: 1:18.43 42.62				200m: 2:45.62 42.63	300m: 4:17.51 46.76					
24.	Francisco Manuel, ZENZA	M	112097	01	CNMaia	<b>5:32.90</b>				354	
	50m: 33.38 33.38				150m: 1:55.44 41.99	250m: 3:25.41 49.32	350m: 4:54.68 39.33	400m: 5:32.90 38.22			
	100m: 1:13.45 40.07				200m: 2:36.09 40.65	300m: 4:15.35 49.94					
25.	Henrique Maieiro, AMORIM	M	125010	01	Clube Naval Povoense	<b>5:33.01</b>				353	
	50m: 32.36 32.36				150m: 1:55.32 43.86	250m: 3:26.62 48.42	350m: 4:55.38 40.37	400m: 5:33.01 37.63			
	100m: 1:11.46 39.10				200m: 2:38.20 42.88	300m: 4:15.01 48.39					
26.	Rui Tiago, PACHECO	M	118357	01	Vilacondense	<b>5:38.07</b>				338	
	<i>FTL</i>										
	50m: 33.65 33.65				150m: 2:00.26 45.98	250m: 3:31.99 48.16	350m: 5:00.09 38.25	400m: 5:38.07 37.98			
	100m: 1:14.28 40.63				200m: 2:43.83 43.57	300m: 4:21.84 49.85					
27.	Tiago Mendonca, FREIRE	M	116898	01	Leixões Sport Clube	<b>5:38.59</b>				336	
	<i>FTL</i>										
	50m: 36.27 36.27				150m: 2:01.48 42.80	250m: 3:34.25 51.15	350m: 5:03.65 37.51	400m: 5:38.59 34.94			
	100m: 1:18.68 42.41				200m: 2:43.10 41.62	300m: 4:26.14 51.89					
28.	Tiago Lima, MARTINS	M	124861	01	Ginásio Santo Tirso	<b>5:41.01</b>				329	
	<i>FTL</i>										
	50m: 39.13 39.13				150m: 2:12.00 45.54	250m: 3:40.08 45.28	350m: 5:06.04 38.08	400m: 5:41.01 34.97			
	100m: 1:26.46 47.33				200m: 2:54.80 42.80	300m: 4:27.96 47.88					
29.	Goncalo Moreira, SANTOS	M	120511	01	Natacao de Valongo	<b>5:42.12</b>				326	
	<i>FTL</i>										
	50m: 35.71 35.71				150m: 2:04.33 44.68	250m: 3:36.09 49.69	350m: 5:05.50 38.51	400m: 5:42.12 36.62			
	100m: 1:19.65 43.94				200m: 2:46.40 42.07	300m: 4:26.99 50.90					
30.	Nuno Oliveira, FREITAS	M	112129	01	Fluvial Portuense	<b>5:42.37</b>				325	
	<i>FTL</i>										
	50m: 34.64 34.64				150m: 2:02.05 46.16	250m: 3:35.46 48.71	350m: 5:05.02 39.17	400m: 5:42.37 37.35			
	100m: 1:15.89 41.25				200m: 2:46.75 44.70	300m: 4:25.85 50.39					
DSQ	Tomas Ribeiro, FERREIRA	M	133403	01	Vilacondense						DSQ
	<i>705 - O(A) nadador(a) não realizou movimentos simultâneos de braços durante o percurso dos 225 metros – SW 7.2</i>										
DSQ	Joao Nogueira, COSTA	M	124315	01	Vitória de Guimaraes/Olicargo						DSQ
	<i>607 - O(A) nadador(a) não começou a executar a viragem imediatamente após terminar a braçada na posição ventral aos 175 metros - SW 6.4</i>										
WDR	Jose Pedro, MENESES	M	118899	01	Leixões Sport Clube						WDR
EXH	Issac James, FILLINGHAM	M	123971	01	Luso-Internacional	<b>5:20.73</b>				395	EXH
	50m: 32.74 32.74				150m: 1:51.87 40.08	250m: 3:18.09 46.84	350m: 4:45.35 38.44	400m: 5:20.73 35.38			
	100m: 1:11.79 39.05				200m: 2:31.25 39.38	300m: 4:06.91 48.82					