

Torneio Internacional da Guarda - Cidade dos 5 F's
(Farta, Forte, Fiel, Fria, Formosa)
Guarda, 09-01-2021

Prova 9 09-01-2021 - 15:30	Masc., 400m Livres				Absoluto Resultados
RN Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN Jun 18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN Jun 17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
RN Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003

Pontos: FINA 2020

Lugar	Ano		Tempo final		FINA	Pts
1. SANTOS Francisco Rogerio	98	Sporting	3:58.02		709	
50m: 26.34 26.34	150m: 1:26.31 30.06	250m: 2:26.41 29.82	350m: 3:28.24	31.03		
100m: 56.25 29.91	200m: 1:56.59 30.28	300m: 2:57.21 30.80	400m: 3:58.02	29.78		
2. LOPES Tomas Teixeira	02	Portugal	3:59.78		693	
50m: 27.04 27.04	150m: 1:26.32 29.63	250m: 2:27.42 30.57	350m: 3:29.37	30.82		
100m: 56.69 29.65	200m: 1:56.85 30.53	300m: 2:58.55 31.13	400m: 3:59.78	30.41		
3. SANTOS Pedro Miguel	01	Porto	4:02.51		670	
50m: 27.40 27.40	150m: 1:26.55 29.89	250m: 2:28.26 30.95	350m: 3:31.63	32.08		
100m: 56.66 29.26	200m: 1:57.31 30.76	300m: 2:59.55 31.29	400m: 4:02.51	30.88		
4. COSTA Joao Nogueira	01	Portugal	4:02.57		669	
50m: 27.94 27.94	150m: 1:29.75 31.25	250m: 2:31.35 30.01	350m: 3:33.60	30.12		
100m: 58.50 30.56	200m: 2:01.34 31.59	300m: 3:03.48 32.13	400m: 4:02.57	28.97		
5. DOMINGOS Ruy Manuel	02	Sporting	4:12.81		591	
50m: 29.04 29.04	150m: 1:32.50 31.69	250m: 2:36.42 31.93	350m: 3:41.10	32.35		
100m: 1:00.81 31.77	200m: 2:04.49 31.99	300m: 3:08.75 32.33	400m: 4:12.81	31.71		
6. SAMPAIO Jose Pedro	98	Porto	4:12.98		590	
50m: 28.27 28.27	150m: 1:30.39 31.54	250m: 2:34.05 31.68	350m: 3:40.04	33.11		
100m: 58.85 30.58	200m: 2:02.37 31.98	300m: 3:06.93 32.88	400m: 4:12.98	32.94		
7. MENDES Antonio Manuel	99	Sporting	4:14.12		582	
50m: 28.83 28.83	150m: 1:31.80 31.65	250m: 2:36.10 32.25	350m: 3:39.77	31.43		
100m: 1:00.15 31.32	200m: 2:03.85 32.05	300m: 3:08.34 32.24	400m: 4:14.12	34.35		
8. SOUSA Nuno Alexandre	02	Seleccao Centro Norte Portugal	4:15.06		576	
50m: 28.24 28.24	150m: 1:30.31 31.38	250m: 2:35.74 32.74	350m: 3:42.78	33.69		
100m: 58.93 30.69	200m: 2:03.00 32.69	300m: 3:09.09 33.35	400m: 4:15.06	32.28		
9. CARDOSO Filipe Santos	04	Seleccao Centro Norte Portugal	4:16.66		565	
50m: 29.86 29.86	150m: 1:34.09 32.40	250m: 2:39.87 32.94	350m: 3:44.95	32.37		
100m: 1:01.69 31.83	200m: 2:06.93 32.84	300m: 3:12.58 32.71	400m: 4:16.66	31.71		
10. CARVALHO Goncalo Renato	04	Porto	4:18.70		552	
50m: 29.43 29.43	150m: 1:34.28 32.95	250m: 2:40.41 33.08	350m: 3:46.57	32.93		
100m: 1:01.33 31.90	200m: 2:07.33 33.05	300m: 3:13.64 33.23	400m: 4:18.70	32.13		

Organizadores |



Parceiros |



Patrocinadores |



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Prova 9, Masc., 400m Livres, Absoluto

Lugar	Ano	Tempo final	FINA	Pts
11. SILVA Afonso Carvalho	05 Famalicao	4:22.26	530	
50m: 28.93 28.93	150m: 1:34.22 33.08	250m: 2:40.81 33.14	350m: 3:48.78	34.15
100m: 1:01.14 32.21	200m: 2:07.67 33.45	300m: 3:14.63 33.82	400m: 4:22.26	33.48
12. NEVES Joao Pedro	96 Selecao do Alentejo	4:29.04	491	
50m: 30.86 30.86	150m: 1:38.59 33.88	250m: 2:47.69 34.67	350m: 3:56.79	34.45
100m: 1:04.71 33.85	200m: 2:13.02 34.43	300m: 3:22.34 34.65	400m: 4:29.04	32.25
13. MATRENO Diogo Miguel	03 Torres Novas	4:29.82	486	
50m: 30.31 30.31	150m: 1:38.22 34.37	250m: 2:47.78 34.54	350m: 3:56.49	33.91
100m: 1:03.85 33.54	200m: 2:13.24 35.02	300m: 3:22.58 34.80	400m: 4:29.82	33.33
14. CHOCAS Afonso Alves	04 Selecao do Interior Centro	4:31.52	477	
50m: 30.17 30.17	150m: 1:37.08 33.78	250m: 2:46.54 34.84	350m: 3:56.76	34.96
100m: 1:03.30 33.13	200m: 2:11.70 34.62	300m: 3:21.80 35.26	400m: 4:31.52	34.76
15. MARIANO Samuel Andre	02 Selecao do Alentejo	4:36.41	452	
50m: 31.67 31.67	150m: 1:42.06 35.66	250m: 2:53.93 36.15	350m: 4:07.42	37.05
100m: 1:06.40 34.73	200m: 2:17.78 35.72	300m: 3:30.37 36.44	400m: 4:36.41	28.99
16. NUNES Hugo Fernandes	03 Selecao do Interior Centro	4:43.97	417	
50m: 30.38 30.38	150m: 1:38.69 34.78	250m: 2:51.15 36.37	350m: 4:06.97	38.45
100m: 1:03.91 33.53	200m: 2:14.78 36.09	300m: 3:28.52 37.37	400m: 4:43.97	37.00

Organizadores |



Parceiros |



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