

2023 Coimbra Swimming OPEN
Coimbra, 14- - 17-12-2023

Prova 18
15-12-2023 - 17:10

Masc., 400m Estilos

Open
Resultados

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FOMIN, Yury	06	Louletano / Loule Concelho	4:32.95	+0,74	712	
	50m: 28.33 28.33	150m: 1:36.85	36.48 250m: 2:50.89	39.10	350m: 4:01.89	31.63	
	100m: 1:00.37 32.04	200m: 2:11.79	34.94 300m: 3:30.26	39.37	400m: 4:32.95	31.06	
2.	SILVA, Henrique Gomes	02	Benfica	4:39.61	+0,63	663	
	50m: 27.75 27.75	150m: 1:36.16	36.25 250m: 2:52.51	40.18	350m: 4:06.18	33.14	
	100m: 59.91 32.16	200m: 2:12.33	36.17 300m: 3:33.04	40.53	400m: 4:39.61	33.43	
3.	CRUZ, Leonardo Jose	07	Alcobaca	4:44.07	+0,67	632	
	50m: 29.25 29.25	150m: 1:40.78	37.22 250m: 2:57.05	39.15	350m: 4:11.32	33.86	
	100m: 1:03.56 34.31	200m: 2:17.90	37.12 300m: 3:37.46	40.41	400m: 4:44.07	32.75	
4.	FAFTINE, Kaio Araujo	06	Sporting	4:46.93	+0,60	613	
	50m: 28.97 28.97	150m: 1:41.18	38.02 250m: 3:00.86	42.68	350m: 4:15.60	33.65	
	100m: 1:03.16 34.19	200m: 2:18.18	37.00 300m: 3:41.95	41.09	400m: 4:46.93	31.33	
5.	RODRIGUES, Gil Afonso	07	Fluvial Portuense	4:54.41	+0,68	568	
	50m: 29.21 29.21	150m: 1:42.03	38.48 250m: 3:01.39	41.84	350m: 4:19.25	35.08	
	100m: 1:03.55 34.34	200m: 2:19.55	37.52 300m: 3:44.17	42.78	400m: 4:54.41	35.16	
6.	FERNANDES, Duarte Jose	06	Uniao Coimbra	4:57.32	+0,66	551	
	50m: 29.54 29.54	150m: 1:47.68	42.13 250m: 3:08.52	39.80	350m: 4:24.70	35.04	
	100m: 1:05.55 36.01	200m: 2:28.72	41.04 300m: 3:49.66	41.14	400m: 4:57.32	32.62	
7.	BORGES, Rodrigo Costa	07	Fluvial Portuense	4:58.97	+0,66	542	
	50m: 29.20 29.20	150m: 1:44.99	40.54 250m: 3:07.87	43.38	350m: 4:26.47	34.05	
	100m: 1:04.45 35.25	200m: 2:24.49	39.50 300m: 3:52.42	44.55	400m: 4:58.97	32.50	
8.	MERUJE, Joaquim Agra	01	Academica de Coimbra	5:02.69	+0,76	522	
	50m: 29.53 29.53	150m: 1:46.23	39.63 250m: 3:06.87	40.13	350m: 4:26.24	37.53	
	100m: 1:06.60 37.07	200m: 2:26.74	40.51 300m: 3:48.71	41.84	400m: 5:02.69	36.45	
9.	GOMES, Joao Almeida	06	Nacional de Natacao	5:03.71	+0,63	517	
	50m: 30.05 30.05	150m: 1:48.34	42.79 250m: 3:13.90	44.12	350m: 4:31.62	33.32	
	100m: 1:05.55 35.50	200m: 2:29.78	41.44 300m: 3:58.30	44.40	400m: 5:03.71	32.09	
10.	FERREIRA, Abel Renato	05	Alges e Agueda XXI	5:06.52	+0,68	503	
	50m: 31.37 31.37	150m: 1:47.65	39.62 250m: 3:11.16	44.81	350m: 4:32.51	35.23	
	100m: 1:08.03 36.66	200m: 2:26.35	38.70 300m: 3:57.28	46.12	400m: 5:06.52	34.01	
11.	CARVALHO, Daniel Casaca	07	Colegio Vasco da Gama	5:17.61	+0,79	452	
	50m: 32.64 32.64	150m: 1:53.81	42.21 250m: 3:20.15	46.39	350m: 4:42.75	35.30	
	100m: 1:11.60 38.96	200m: 2:33.76	39.95 300m: 4:07.45	47.30	400m: 5:17.61	34.86	
12.	SILVA, David Ferreira	07	Academica de Coimbra	5:21.20	+0,64	437	
	50m: 33.27 33.27	150m: 1:54.54	42.81 250m: 3:22.06	46.31	350m: 4:45.63	36.28	
	100m: 1:11.73 38.46	200m: 2:35.75	41.21 300m: 4:09.35	47.29	400m: 5:21.20	35.57	