

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

Prova 28
17-12-2023 - 9:45

Masc., 400m Livres

Open
Resultados Elimin

RN Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06-06-2021
RN 19 +	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06-06-2021
RN 18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	28-07-2018
RN 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinkia (FIN)	14-07-2010
RN 16	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN 15	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29-07-2006
RN 14	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
RN 13	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26-07-2003
RNS10	4:24.87	GONCALVES, Emanuel Luis	CDN	Coimbra	10-06-2011
RNS14	4:48.51	DUARTE, Samuel Lima	FVCD	Coimbra	28-05-2023

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FOMIN, Yury	06	Louletano / Loule Concelho	4:13.28	+0,65	655	Q
	50m: 29.26 29.26	150m: 1:33.60	32.63	250m: 2:38.38	32.19	350m: 3:42.44	32.35
	100m: 1:00.97 31.71	200m: 2:06.19	32.59	300m: 3:10.09	31.71	400m: 4:13.28	30.84
2.	MOHAMED, Ridhwan	00	Bath Univ	4:13.88	+0,68	651	Q
	50m: 28.93 28.93	150m: 1:33.43	32.54	250m: 2:38.41	32.45	350m: 3:42.60	32.15
	100m: 1:00.89 31.96	200m: 2:05.96	32.53	300m: 3:10.45	32.04	400m: 4:13.88	31.28
3.	MASCARENHAS, H.	01	Fluvial Portuense	4:14.30	+0,69	648	Q
	50m: 28.35 28.35	150m: 1:31.89	32.04	250m: 2:37.45	32.89	350m: 3:42.80	32.18
	100m: 59.85 31.50	200m: 2:04.56	32.67	300m: 3:10.62	33.17	400m: 4:14.30	31.50
4.	CRUZ, Leonardo Jose	07	Alcobaca	4:18.42	+0,69	617	Q
	50m: 29.32 29.32	150m: 1:33.63	32.71	250m: 2:39.73	33.25	350m: 3:46.12	33.45
	100m: 1:00.92 31.60	200m: 2:06.48	32.85	300m: 3:12.67	32.94	400m: 4:18.42	32.30
5.	FAFTINE, Kaio Araujo	06	Sporting	4:18.84	+0,59	614	Q
	50m: 28.50 28.50	150m: 1:32.51	32.25	250m: 2:38.95	33.19	350m: 3:46.29	33.61
	100m: 1:00.26 31.76	200m: 2:05.76	33.25	300m: 3:12.68	33.73	400m: 4:18.84	32.55
6.	NUNES, Duarte Ramos	07	Galitos / Bresimar	4:20.20	+0,58	605	Q
	50m: 28.96 28.96	150m: 1:34.26	32.89	250m: 2:40.11	32.69	350m: 3:46.56	33.40
	100m: 1:01.37 32.41	200m: 2:07.42	33.16	300m: 3:13.16	33.05	400m: 4:20.20	33.64
7.	GOMES, Joao Almeida	06	Nacional de Natacao	4:22.15	+0,64	591	Q
	50m: 28.69 28.69	150m: 1:33.68	33.37	250m: 2:41.21	34.01	350m: 3:49.01	33.86
	100m: 1:00.31 31.62	200m: 2:07.20	33.52	300m: 3:15.15	33.94	400m: 4:22.15	33.14
8.	COSTA, Afonso Filipe	03	Louzan Natacao/EFAPEL	4:25.61	+0,67	568	Q
	50m: 28.04 28.04	150m: 1:31.79	32.67	250m: 2:39.97	35.42	350m: 3:50.15	35.64
	100m: 59.12 31.08	200m: 2:04.55	32.76	300m: 3:14.51	34.54	400m: 4:25.61	35.46
9.	LARANJO, Filipe Manso	07	Desportiva de Viana	4:27.60	+0,81	556	Q
	50m: 28.96 28.96	150m: 1:34.24	33.21	250m: 2:43.47	35.23	350m: 3:53.78	35.43
	100m: 1:01.03 32.07	200m: 2:08.24	34.00	300m: 3:18.35	34.88	400m: 4:27.60	33.82
10.	MARQUES, Joao Ferreira	06	Academica de Coimbra	4:28.22	+0,74	552	Q
	50m: 30.17 30.17	150m: 1:36.88	34.07	250m: 2:46.28	34.89	350m: 3:55.67	34.67
	100m: 1:02.81 32.64	200m: 2:11.39	34.51	300m: 3:21.00	34.72	400m: 4:28.22	32.55
11.	OLIVEIRA, Marco Dimitar	07	Nautico Academico	4:28.92	+0,84	548	R
	50m: 29.64 29.64	150m: 1:37.06	34.61	250m: 2:46.77	35.00	350m: 3:55.97	34.62
	100m: 1:02.45 32.81	200m: 2:11.77	34.71	300m: 3:21.35	34.58	400m: 4:28.92	32.95
12.	FERREIRA, Abel Renato	05	Alges e Agueda XXI	4:30.16	+0,72	540	R
	50m: 29.87 29.87	150m: 1:36.93	33.77	250m: 2:45.51	34.16	350m: 3:55.63	35.28
	100m: 1:03.16 33.29	200m: 2:11.35	34.42	300m: 3:20.35	34.84	400m: 4:30.16	34.53
13.	FERNANDES, David Alexand06		Nacional de Natacao	4:36.85	+0,70	502	
	50m: 29.00 29.00	150m: 1:36.60	34.81	250m: 2:48.33	35.88	350m: 4:01.17	36.61
	100m: 1:01.79 32.79	200m: 2:12.45	35.85	300m: 3:24.56	36.23	400m: 4:36.85	35.68
14.	CARVALHO, Daniel Casaca 07		Colegio Vasco da Gama	4:38.22	+0,78	494	
	50m: 29.37 29.37	150m: 1:38.28	35.56	250m: 2:48.78	35.06	350m: 4:02.30	36.97
	100m: 1:02.72 33.35	200m: 2:13.72	35.44	300m: 3:25.33	36.55	400m: 4:38.22	35.92

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

Prova 28, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FERREIRA, Antonio Maria	00		Penta da Covilha	4:52.73	+0,84	424	
	50m: 30.89 30.89	150m: 1:41.56	36.33	250m: 2:57.79	38.49	350m: 4:14.92	38.48	
	100m: 1:05.23 34.34	200m: 2:19.30	37.74	300m: 3:36.44	38.65	400m: 4:52.73	37.81	
16.	NEVES, Diogo Fonseca	06		Alges e Agueda XXI	5:21.61	+0,72	320	
	50m: 33.41 33.41	150m: 1:53.54	41.66	250m: 3:17.77	42.54	350m: 4:41.86	41.96	
	100m: 1:11.88 38.47	200m: 2:35.23	41.69	300m: 3:59.90	42.13	400m: 5:21.61	39.75	
EXH	CORDEIRO, Tomas Coelho	04	S10 12+	Individual ANC	4:22.53	+0,73	589	
	<i>Rec Nac NA S10</i>							
	50m: 30.07 30.07	150m: 1:36.12	33.48	250m: 2:43.42	33.54	350m: 3:49.93	33.26	
	100m: 1:02.64 32.57	200m: 2:09.88	33.76	300m: 3:16.67	33.25	400m: 4:22.53	32.60	
EXH	DUARTE, Samuel Lima	04	S14	Feira Viva	4:52.09	+0,76	427	
	50m: 32.45 32.45	150m: 1:43.93	37.03	250m: 2:59.28	38.00	350m: 4:15.77	38.33	
	100m: 1:06.90 34.45	200m: 2:21.28	37.35	300m: 3:37.44	38.16	400m: 4:52.09	36.32	