

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

Event 28
17-12-2023 - 16:05

Men, 400m Freestyle

Open
Results Final

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	Pts
1.	COSTA, Afonso Filipe	03		Louzan Natacao/EFAPEL	4:06.58	+0,65	710	
	50m: 27.64 27.64	150m: 1:29.73		31.71 250m: 2:32.88	31.58	350m: 3:36.33	32.06	
	100m: 58.02 30.38	200m: 2:01.30		31.57 300m: 3:04.27	31.39	400m: 4:06.58	30.25	
2.	MOHAMED, Ridhwan	00		Bath Univ	4:08.71	+0,64	692	
	50m: 27.75 27.75	150m: 1:30.12		31.72 250m: 2:34.35	32.26	350m: 3:38.24	31.83	
	100m: 58.40 30.65	200m: 2:02.09		31.97 300m: 3:06.41	32.06	400m: 4:08.71	30.47	
3.	NUNES, Duarte Ramos	07		Galitos / Bresimar	4:14.36	+0,50	647	
	50m: 28.62 28.62	150m: 1:33.10		32.68 250m: 2:39.02	32.84	350m: 3:43.88	32.32	
	100m: 1:00.42 31.80	200m: 2:06.18		33.08 300m: 3:11.56	32.54	400m: 4:14.36	30.48	
4.	CRUZ, Leonardo Jose	07		Alcobaca	4:14.58	+0,64	645	
	50m: 28.86 28.86	150m: 1:33.49		32.76 250m: 2:39.16	32.68	350m: 3:44.42	32.70	
	100m: 1:00.73 31.87	200m: 2:06.48		32.99 300m: 3:11.72	32.56	400m: 4:14.58	30.16	
5.	LARANJO, Filipe Manso	07		Desportiva de Viana	4:14.61	+0,81	645	
	50m: 28.75 28.75	150m: 1:33.29		32.63 250m: 2:40.08	33.37	350m: 3:43.73	31.34	
	100m: 1:00.66 31.91	200m: 2:06.71		33.42 300m: 3:12.39	32.31	400m: 4:14.61	30.88	
6.	FAFTINE, Kaio Araujo	06		Sporting	4:15.54	+0,54	638	
	50m: 29.17 29.17	150m: 1:33.83		32.90 250m: 2:39.37	32.25	350m: 3:44.81	32.35	
	100m: 1:00.93 31.76	200m: 2:07.12		33.29 300m: 3:12.46	33.09	400m: 4:15.54	30.73	
7.	GOMES, Joao Almeida	06		Nacional de Natacao	4:17.30	+0,62	625	
	50m: 28.33 28.33	150m: 1:33.19		32.90 250m: 2:39.35	33.00	350m: 3:45.19	32.61	
	100m: 1:00.29 31.96	200m: 2:06.35		33.16 300m: 3:12.58	33.23	400m: 4:17.30	32.11	
8.	MARQUES, Joao Ferreira	06		Academica de Coimbra	4:27.62	+0,72	556	
	50m: 29.70 29.70	150m: 1:36.52		34.01 250m: 2:44.57	34.58	350m: 3:53.90	34.81	
	100m: 1:02.51 32.81	200m: 2:09.99		33.47 300m: 3:19.09	34.52	400m: 4:27.62	33.72	
9.	OLIVEIRA, Marco Dimitar	07		Nautico Academico	4:31.27	+0,75	533	
	50m: 29.38 29.38	150m: 1:36.83		34.41 250m: 2:46.97	35.09	350m: 3:57.07	35.00	
	100m: 1:02.42 33.04	200m: 2:11.88		35.05 300m: 3:22.07	35.10	400m: 4:31.27	34.20	
DSQ	FOMIN, Yury	06		Louletano / Loule Concelho		+0,70		
	<i>SW 4.4 - Swimmer started before the signal</i>							