

Prova 12 Masc., 400m Livres Open
17/02/2024 - 16:05 Resultados

R N 25m Open	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
R N 25m Sen	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
R N 25m Jun 18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26/06/2004
R N 25m Jun 17	3:56.54	COSTA Rui Filipe	VSC	Felgueiras	24/11/2007
R N 25m Juv A	3:58.45	PEREIRA Rui Silva	ADRCIMM	Sines	17/12/2023
R N 25m Juv B	4:01.42	PEREIRA Rui Silva	POR	Tomar	15/01/2023
R N 25m Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29/03/2014
R N 25m Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04/04/2003

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo final	Pts
1.	COSTA Afonso Filipe	03	Seleccao de Coimbra	3:57.36	715
	50m: 27.58 27.58	150m: 1:27.27 29.92	250m: 2:27.44 30.03	350m: 3:27.72 30.08	
	100m: 57.35 29.77	200m: 1:57.41 30.14	300m: 2:57.64 30.20	400m: 3:57.36 29.64	
2.	AZEVEDO Goncalo Carlos	07	Selecao AN Norte de Portugal	4:02.17	673
	50m: 27.67 27.67	150m: 1:28.13 30.45	250m: 2:30.50 31.37	350m: 3:33.70 31.61	
	100m: 57.68 30.01	200m: 1:59.13 31.00	300m: 3:02.09 31.59	400m: 4:02.17 28.47	
3.	BORGES Rodrigo Costa	07	Selecao AN Norte de Portugal	4:09.57	615
	50m: 28.49 28.49	150m: 1:31.06 31.61	250m: 2:35.04 31.98	350m: 3:38.64 31.55	
	100m: 59.45 30.96	200m: 2:03.06 32.00	300m: 3:07.09 32.05	400m: 4:09.57 30.93	
4.	COUTINHO Guilherme Pereira	03	Seleccao de Santarem	4:15.27	574
	50m: 29.21 29.21	150m: 1:32.82 32.29	250m: 2:37.89 32.47	350m: 3:43.12 32.44	
	100m: 1:00.53 31.32	200m: 2:05.42 32.60	300m: 3:10.68 32.79	400m: 4:15.27 32.15	
5.	POMBO Tiago Santos	08	Seleccao Distrito de Leiria	4:26.56	504
	50m: 30.07 30.07	150m: 1:37.07 33.99	250m: 2:46.43 34.51	350m: 3:53.67 33.25	
	100m: 1:03.08 33.01	200m: 2:11.92 34.85	300m: 3:20.42 33.99	400m: 4:26.56 32.89	
6.	SOUSA Santiago Boica	08	Seleccao Distrito de Leiria	4:29.94	486
	50m: 29.43 29.43	150m: 1:36.43 34.76	250m: 2:45.26 34.10	350m: 3:50.51 31.65	
	100m: 1:01.67 32.24	200m: 2:11.16 34.73	300m: 3:18.86 33.60	400m: 4:29.94 39.43	
7.	BENTO Afonso Maria	09	Seleccao do Interior Centro	4:31.62	477
	50m: 30.47 30.47	150m: 1:37.88 33.51	250m: 2:48.20 35.22	350m: 3:58.80 35.43	
	100m: 1:04.37 33.90	200m: 2:12.98 35.10	300m: 3:23.37 35.17	400m: 4:31.62 32.82	
8.	MARIANO Samuel Andre	02	Analentejo	4:32.61	471
	50m: 31.03 31.03	150m: 1:38.68 33.98	250m: 2:48.29 35.01	350m: 3:59.03 35.45	
	100m: 1:04.70 33.67	200m: 2:13.28 34.60	300m: 3:23.58 35.29	400m: 4:32.61 33.58	
9.	FERREIRA Goncalo Andre	07	Selecao do Nordeste	4:40.20	434
	50m: 30.65 30.65	150m: 1:39.76 34.97	250m: 2:51.40 36.35	350m: 4:04.97 36.95	
	100m: 1:04.79 34.14	200m: 2:15.05 35.29	300m: 3:28.02 36.62	400m: 4:40.20 35.23	
10.	MARTINHO Guilherme Bernardo	10	Seleccao do Interior Centro	4:44.74	414
	50m: 30.89 30.89	150m: 1:39.49 34.90	250m: 2:52.39 36.84	350m: 4:08.41 38.26	
	100m: 1:04.59 33.70	200m: 2:15.55 36.06	300m: 3:30.15 37.76	400m: 4:44.74 36.33	
DSQ	SANTOS Ricardo Matias	05	Seleccao de Coimbra		
	<i>404 - Falsa partida - SW 4.4</i>				