

**Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024**
**Prova 2 Masc., 400m Livres Open
04/04/2024 - 17:20 Resultados Final**

Rec Nac Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun 18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	28/07/2018
Rec Nac Jun 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
Rec Nac Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29/07/2006

CEJun_Masc 15 - 18: 4:01.28 / CEPL : 3:49.22 / JO : 3:46.78 / TAC_Masc Juv B 50m: 4:39.07 - 25m: 4:28.59 /
Masc Juv A 50m: 4:32.67 - 25m: 4:22.43; Jun 17 50m: 4:24.99 - 25m: 4:15.03; Jun 18 50m: 4:23.71 - 25m: 4:13.80;
Sen 1º 50m: 4:17.31 - 25m: 4:07.64; Sen + 50m: 4:16.03 - 25m: 4:06.41

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Final A							
1.	GARACH BENITO, Carlos	04	ESP	Spain	3:50.79	+0,67	867
	50m: 27.26 27.26	150m: 1:25.79	29.41	250m: 2:24.06	29.16	350m: 3:22.76	29.24
	100m: 56.38 29.12	200m: 1:54.90	29.11	300m: 2:53.52	29.46	400m: 3:50.79	28.03
2.	LOPES, Jose Paulo	00	POR	Braga	3:53.46	+0,65	837
	50m: 26.90 26.90	150m: 1:25.26	29.54	250m: 2:24.45	29.59	350m: 3:23.95	29.90
	100m: 55.72 28.82	200m: 1:54.86	29.60	300m: 2:54.05	29.60	400m: 3:53.46	29.51
3.	ORTIZ MARTINEZ, Carlos	04	ESP	Spain	3:58.17	+0,73	788
	50m: 27.45 27.45	150m: 1:26.96	29.97	250m: 2:27.06	30.04	350m: 3:27.63	29.93
	100m: 56.99 29.54	200m: 1:57.02	30.06	300m: 2:57.70	30.64	400m: 3:58.17	30.54
4.	AMARAL, Francisco Rodriguez	02	POR	Porto	3:58.62	+0,75	784
	50m: 27.67 27.67	150m: 1:27.29	30.13	250m: 2:27.61	30.23	350m: 3:28.68	30.61
	100m: 57.16 29.49	200m: 1:57.38	30.09	300m: 2:58.07	30.46	400m: 3:58.62	29.94
5.	RIBEIRO, Gustavo Carvalhais	03	POR	Alges	4:00.01	+0,73	770
	50m: 27.19 27.19	150m: 1:26.22	29.79	250m: 2:26.77	30.41	350m: 3:29.41	31.50
	100m: 56.43 29.24	200m: 1:56.36	30.14	300m: 2:57.91	31.14	400m: 4:00.01	30.60
6.	COSTA, Afonso Filipe	03	POR	Louzan Natacao/EFAPEL	4:02.23	+0,64	749
	50m: 27.34 27.34	150m: 1:27.48	30.10	250m: 2:29.16	30.75	350m: 3:31.44	31.00
	100m: 57.38 30.04	200m: 1:58.41	30.93	300m: 3:00.44	31.28	400m: 4:02.23	30.79
7.	BASTOS, Lucas Pereira	00	POR	Nautico Academico	4:03.68	+0,72	736
	50m: 27.71 27.71	150m: 1:28.44	30.67	250m: 2:30.15	30.53	350m: 3:32.31	31.05
	100m: 57.77 30.06	200m: 1:59.62	31.18	300m: 3:01.26	31.11	400m: 4:03.68	31.37
8.	FERRAO, Gabriel Carvalho	05	POR	Benfica	4:05.00	+0,63	724
	50m: 27.89 27.89	150m: 1:29.71	31.14	250m: 2:32.24	31.20	350m: 3:34.35	30.73
	100m: 58.57 30.68	200m: 2:01.04	31.33	300m: 3:03.62	31.38	400m: 4:05.00	30.65
9.	ELACHARAFI, Ilias EIFallaki	06	ESP	Louletano / Loule Concelho	4:05.19	+0,77	723
	50m: 27.46 27.46	150m: 1:27.76	30.30	250m: 2:30.32	31.33	350m: 3:34.11	31.87
	100m: 57.46 30.00	200m: 1:58.99	31.23	300m: 3:02.24	31.92	400m: 4:05.19	31.08
10.	PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	4:05.25	+0,82	722
	50m: 28.01 28.01	150m: 1:29.37	30.88	250m: 2:32.47	31.00	350m: 3:35.03	31.22
	100m: 58.49 30.48	200m: 2:01.47	32.10	300m: 3:03.81	31.34	400m: 4:05.25	30.22
Final B							
11.	MENDEZ PUGA, Mario	03	ESP	Spain	3:57.28	+0,67	797
	50m: 27.80 27.80	150m: 1:27.61	30.21	250m: 2:27.76	30.15	350m: 3:28.20	30.17
	100m: 57.40 29.60	200m: 1:57.61	30.00	300m: 2:58.03	30.27	400m: 3:57.28	29.08

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	PUEBLA MARTINEZ, Alejandro	02	ESP	Spain	4:00.57	+0,67	765
	50m: 28.18 28.18	150m: 1:28.94	30.66	250m: 2:29.99	30.41	350m: 3:30.67	30.51
	100m: 58.28 30.10	200m: 1:59.58	30.64	300m: 3:00.16	30.17	400m: 4:00.57	29.90
13.	CARDOSO, Diogo Santos	01	POR	Sporting	4:04.71	+0,71	727
	50m: 28.72 28.72	150m: 1:30.87	31.22	250m: 2:33.32	31.11	350m: 3:35.21	30.73
	100m: 59.65 30.93	200m: 2:02.21	31.34	300m: 3:04.48	31.16	400m: 4:04.71	29.50
14.	SARREIRA, Tomas Amor	05	POR	Porto	4:06.35	+0,69	712
	50m: 28.32 28.32	150m: 1:30.37	31.17	250m: 2:33.03	31.36	350m: 3:35.95	31.54
	100m: 59.20 30.88	200m: 2:01.67	31.30	300m: 3:04.41	31.38	400m: 4:06.35	30.40
15.	SIMOES, Bernardo Jorge	04	POR	Colegio Vasco da Gama	4:06.91	+0,69	708
	50m: 27.99 27.99	150m: 1:30.63	31.84	250m: 2:34.21	31.87	350m: 3:37.07	31.31
	100m: 58.79 30.80	200m: 2:02.34	31.71	300m: 3:05.76	31.55	400m: 4:06.91	29.84
16.	MEDEIROS, Miguel Fragoso	08	POR	Porto	4:08.13	+0,68	697
	50m: 28.58 28.58	150m: 1:30.47	30.71	250m: 2:33.10	31.33	350m: 3:37.48	32.39
	100m: 59.76 31.18	200m: 2:01.77	31.30	300m: 3:05.09	31.99	400m: 4:08.13	30.65
17.	TIGRE, Pedro Bethlem	06	POR	Sporting	4:10.88	+0,69	674
	50m: 28.43 28.43	150m: 1:30.94	31.39	250m: 2:34.91	32.00	350m: 3:39.33	31.93
	100m: 59.55 31.12	200m: 2:02.91	31.97	300m: 3:07.40	32.49	400m: 4:10.88	31.55
18.	OLIVEIRA, Diogo Alexandre	05	POR	Braga	4:11.85	+0,67	667
	50m: 27.34 27.34	150m: 1:30.20	31.89	250m: 2:35.36	32.61	350m: 3:40.81	32.46
	100m: 58.31 30.97	200m: 2:02.75	32.55	300m: 3:08.35	32.99	400m: 4:11.85	31.04
19.	ASMAR, Axel Guedes	07	POR	Sporting	4:12.60	+0,64	661
	50m: 28.29 28.29	150m: 1:31.76	31.76	250m: 2:36.28	32.01	350m: 3:40.95	32.16
	100m: 1:00.00 31.71	200m: 2:04.27	32.51	300m: 3:08.79	32.51	400m: 4:12.60	31.65
20.	ROQUE, Tomas Nunes	06	POR	Benfica	4:20.77	+0,70	601
	50m: 29.34 29.34	150m: 1:33.50	32.37	250m: 2:39.43	33.36	350m: 3:47.28	34.17
	100m: 1:01.13 31.79	200m: 2:06.07	32.57	300m: 3:13.11	33.68	400m: 4:20.77	33.49