

**Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024**
**Prova 11
12/07/2024 - 19:35**
Masc., 400m Estilos
**Absolutos
Resultados**

Rec Nac Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013

JUV_B_Masc Juv B 50m: 5:15.96 - 25m: 5:05.79 / JUV_A_Masc Juv A 50m: 5:08.71 - 25m: 4:58.78 / JUN_17_Masc Jun 17 50m: 5:00.02 - 25m: 4:50.36 / JUN_18_Masc Jun 18 50m: 4:58.57 - 25m: 4:48.96 / SEN_1º ANO_Masc Sen 1º 50m: 4:51.32 - 25m: 4:41.94 / SEN_Masc Sen + 50m: 4:49.87 - 25m: 4:40.54

Pontos: FINA 2024

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
Juvenis							
1.	SOARES, Guilherme Costa	08	POR	Vilacondense	4:44.44	+0,85	619
	50m: 30.38 30.38	150m: 1:41.96	36.82	250m: 3:00.38	42.01	350m: 4:14.16	32.11
	100m: 1:05.14 34.76	200m: 2:18.37	36.41	300m: 3:42.05	41.67	400m: 4:44.44	30.28
2.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:44.82	+0,76	617
	50m: 30.36 30.36	150m: 1:40.10	35.29	250m: 2:54.97	40.28	350m: 4:11.92	34.26
	100m: 1:04.81 34.45	200m: 2:14.69	34.59	300m: 3:37.66	42.69	400m: 4:44.82	32.90
3.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:51.54	+0,76	575
	50m: 30.67 30.67	150m: 1:43.25	37.89	250m: 3:03.55	43.25	350m: 4:19.67	33.06
	100m: 1:05.36 34.69	200m: 2:20.30	37.05	300m: 3:46.61	43.06	400m: 4:51.54	31.87
4.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	4:54.56	+0,66	557
	50m: 29.59 29.59	150m: 1:42.34	37.74	250m: 3:03.83	43.83	350m: 4:20.54	33.61
	100m: 1:04.60 35.01	200m: 2:20.00	37.66	300m: 3:46.93	43.10	400m: 4:54.56	34.02
5.	MIRANDA, Francisco Guilherme	08	POR	Cnf	4:55.17	+0,63	554
	50m: 30.13 30.13	150m: 1:43.41	38.85	250m: 3:03.23	41.54	350m: 4:21.29	35.17
	100m: 1:04.56 34.43	200m: 2:21.69	38.28	300m: 3:46.12	42.89	400m: 4:55.17	33.88
6.	KOT, Paulo	09	POR	Nautico Marinha Grande	5:00.05	+0,67	527
	50m: 30.05 30.05	150m: 1:43.95	39.04	250m: 3:07.40	45.76	350m: 4:27.17	34.18
	100m: 1:04.91 34.86	200m: 2:21.64	37.69	300m: 3:52.99	45.59	400m: 5:00.05	32.88
7.	SILVA, Guilherme Martins	08	POR	Academico Viseu Futebol Clube	5:01.45	+0,83	520
	50m: 30.88 30.88	150m: 1:46.27	39.00	250m: 3:08.59	43.25	350m: 4:27.34	34.44
	100m: 1:07.27 36.39	200m: 2:25.34	39.07	300m: 3:52.90	44.31	400m: 5:01.45	34.11
8.	NOVAIS, Guilherme Pereira	09	POR	Desportiva de Fafe	5:01.72	+0,76	519
	50m: 29.68 29.68	150m: 1:45.16	41.07	250m: 3:07.64	43.42	350m: 4:27.16	35.15
	100m: 1:04.09 34.41	200m: 2:24.22	39.06	300m: 3:52.01	44.37	400m: 5:01.72	34.56
9.	MARRAZES, Guilherme Meireles	09	POR	Nautico Marinha Grande	5:02.73	+0,49	514
	50m: 29.75 29.75	150m: 1:44.03	40.30	250m: 3:09.27	45.60	350m: 4:29.38	35.16
	100m: 1:03.73 33.98	200m: 2:23.67	39.64	300m: 3:54.22	44.95	400m: 5:02.73	33.35
10.	BATISTA, Miguel Duarte	08	POR	Academico Viseu Futebol Clube	5:06.87		493
	50m: 31.70 31.70	150m: 1:48.26	38.19	250m: 3:10.88	46.76	350m: 4:32.97	36.88
	100m: 1:10.07 38.37	200m: 2:24.12	35.86	300m: 3:56.09	45.21	400m: 5:06.87	33.90
11.	PEIXOTO, Diogo Teixeira	08	POR	Foca Quinta Da Lixa - Cnf	5:07.05	+0,96	492
	50m: 31.58 31.58	150m: 1:50.90	42.16	250m: 3:13.43	43.11	350m: 4:34.05	36.56
	100m: 1:08.74 37.16	200m: 2:30.32	39.42	300m: 3:57.49	44.06	400m: 5:07.05	33.00

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Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
12.	VILAR, Francisco Rodrigues	08	POR	Sporting	5:07.21	+0,67	491
	50m: 30.42 30.42	150m: 1:46.67	40.12	250m: 3:09.39	43.01	350m: 4:30.58	36.21
	100m: 1:06.55 36.13	200m: 2:26.38	39.71	300m: 3:54.37	44.98	400m: 5:07.21	36.63
13.	RIZZON, Guilherme Oliveira	09	POR	Sporting	5:08.34	+0,68	486
	50m: 31.55 31.55	150m: 1:50.15	40.92	250m: 3:14.64	43.82	350m: 4:34.63	35.25
	100m: 1:09.23 37.68	200m: 2:30.82	40.67	300m: 3:59.38	44.74	400m: 5:08.34	33.71
14.	SILVA, Francisco Carvalho	09	POR	Naval Praia da Vitoria	5:11.32	+0,80	472
	50m: 32.48 32.48	150m: 1:51.37	41.21	250m: 3:14.01	41.82	350m: 4:34.65	36.01
	100m: 1:10.16 37.68	200m: 2:32.19	40.82	300m: 3:58.64	44.63	400m: 5:11.32	36.67
15.	LOURENCO, Daniel Alexandre	09	POR	Sporting	5:12.98	+0,79	465
	50m: 29.88 29.88	150m: 1:45.30	40.75	250m: 3:11.87	45.21	350m: 4:36.27	37.06
	100m: 1:04.55 34.67	200m: 2:26.66	41.36	300m: 3:59.21	47.34	400m: 5:12.98	36.71
16.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	5:16.50	+0,82	449
	<i>FTL</i>						
	50m: 32.76 32.76	150m: 1:52.38	40.92	250m: 3:20.14	47.17	350m: 4:42.68	36.29
	100m: 1:11.46 38.70	200m: 2:32.97	40.59	300m: 4:06.39	46.25	400m: 5:16.50	33.82
17.	GOMES, Santiago Marques	09	POR	Ba-Leiria	5:16.80	+0,82	448
	<i>FTL</i>						
	50m: 31.94 31.94	150m: 1:53.13	42.28	250m: 3:19.19	45.27	350m: 4:41.68	37.21
	100m: 1:10.85 38.91	200m: 2:33.92	40.79	300m: 4:04.47	45.28	400m: 5:16.80	35.12
18.	JESUS, Ricardo Jorge	09	POR	Leixoes Sport Clube	5:18.34	+0,78	442
	<i>FTL</i>						
	50m: 32.27 32.27	150m: 1:53.54	41.98	250m: 3:19.98	45.77	350m: 4:43.08	36.63
	100m: 1:11.56 39.29	200m: 2:34.21	40.67	300m: 4:06.45	46.47	400m: 5:18.34	35.26
19.	ROCHA, Miguel Ratinho	09	POR	Cns	5:24.40	+0,51	417
	<i>FTL</i>						
	50m: 31.26 31.26	150m: 1:52.39	43.89	250m: 3:21.60	46.45	350m: 4:47.85	39.16
	100m: 1:08.50 37.24	200m: 2:35.15	42.76	300m: 4:08.69	47.09	400m: 5:24.40	36.55
DSQ	COELHO, Salvador Teixeira	09	POR	Aquatico Pacense			
	<i>802 - Saiu na posição dorsal após a viragem aos 200 metros - SW 8.1</i>						
DSQ	SILVA, Joao Bernardo	09	POR	Clube Desportivo Nacional			
	<i>603 - Após viragem saiu em posição ventral aos 150 m - SW 6.2</i>						

Juniores

1.	CRUZ, Leonardo Jose	07	POR	Alcobaca	4:42.59	+0,51	631
	50m: 28.77 28.77	150m: 1:37.93	36.33	250m: 2:53.95	40.13	350m: 4:09.56	33.89
	100m: 1:01.60 32.83	200m: 2:13.82	35.89	300m: 3:35.67	41.72	400m: 4:42.59	33.03
2.	REIS, Leonardo Conceicao	07	POR	Sporting	4:43.72	+0,59	624
	50m: 28.82 28.82	150m: 1:39.95	37.83	250m: 2:58.80	40.91	350m: 4:13.52	32.31
	100m: 1:02.12 33.30	200m: 2:17.89	37.94	300m: 3:41.21	42.41	400m: 4:43.72	30.20

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Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
3.	ZHUKOV, Mark	06	POR	Braga	4:44.51	+0,70	619
	50m: 28.23 28.23	150m: 1:38.30	37.40	250m: 2:56.01	41.03	350m: 4:11.07	33.94
	100m: 1:00.90 32.67	200m: 2:14.98	36.68	300m: 3:37.13	41.12	400m: 4:44.51	33.44
4.	TEIXEIRA, Renato Gouveia	07	POR	Foca Quinta Da Lixa - Cnf	4:46.39	+0,67	607
	50m: 29.48 29.48	150m: 1:40.09	37.45	250m: 2:58.03	41.60	350m: 4:13.36	33.37
	100m: 1:02.64 33.16	200m: 2:16.43	36.34	300m: 3:39.99	41.96	400m: 4:46.39	33.03
5.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:47.65	+0,65	599
	50m: 29.07 29.07	150m: 1:40.92	37.84	250m: 2:58.56	40.12	350m: 4:13.97	34.54
	100m: 1:03.08 34.01	200m: 2:18.44	37.52	300m: 3:39.43	40.87	400m: 4:47.65	33.68
6.	ALVES, Andre Correia	06	POR	Benfica	4:50.61	+0,67	581
	50m: 29.58 29.58	150m: 1:41.68	37.55	250m: 3:01.69	43.06	350m: 4:18.99	33.57
	100m: 1:04.13 34.55	200m: 2:18.63	36.95	300m: 3:45.42	43.73	400m: 4:50.61	31.62
7.	SIMOES, Francisco Marques	07	POR	CNLeiria	4:55.94	+0,72	550
	50m: 28.90 28.90	150m: 1:41.31	38.64	250m: 3:02.26	43.22	350m: 4:20.74	36.29
	100m: 1:02.67 33.77	200m: 2:19.04	37.73	300m: 3:44.45	42.19	400m: 4:55.94	35.20
8.	SARAGOCA, Eduardo Sousa	07	POR	Viana Natacao	4:58.74	+0,84	534
	50m: 31.82 31.82	150m: 1:47.73	39.28	250m: 3:09.57	42.92	350m: 4:26.65	34.14
	100m: 1:08.45 36.63	200m: 2:26.65	38.92	300m: 3:52.51	42.94	400m: 4:58.74	32.09
9.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:59.04	+0,67	533
	50m: 29.63 29.63	150m: 1:43.11	38.54	250m: 3:06.22	45.05	350m: 4:25.22	34.21
	100m: 1:04.57 34.94	200m: 2:21.17	38.06	300m: 3:51.01	44.79	400m: 4:59.04	33.82
10.	SANTOS, Rui Miguel FTL	06	POR	Leixoes Sport Clube	5:01.83	+0,88	518
	50m: 29.17 29.17	150m: 1:43.25	39.43	250m: 3:08.37	44.35	350m: 4:29.26	34.75
	100m: 1:03.82 34.65	200m: 2:24.02	40.77	300m: 3:54.51	46.14	400m: 5:01.83	32.57
11.	SILVA, Guilherme Ramos FTL	06	POR	Vilacondense	5:02.39	+0,78	515
	50m: 28.94 28.94	150m: 1:46.33	40.92	250m: 3:06.63	39.61	350m: 4:27.56	37.57
	100m: 1:05.41 36.47	200m: 2:27.02	40.69	300m: 3:49.99	43.36	400m: 5:02.39	34.83

DSQ OLIVEIRA, Tomas Ferreira 06 POR Natacao da Maia
701 - Mais de uma pernada de mariposa durante o percurso subaquático - SW 7.1, Após a viragem dos 200 metros.

DSQ ALMEIDA, Joao Francisco 07 POR Cnf
724 - Não tocou com as mãos na parede simultaneamente na viragem aos 300 metros - SW 7.6

Seniores

1.	LOPES, Jose Paulo	00	POR	Braga	4:27.96	+0,64	741
	50m: 27.71 27.71	150m: 1:34.17	34.25	250m: 2:47.32	39.05	350m: 3:57.83	31.45
	100m: 59.92 32.21	200m: 2:08.27	34.10	300m: 3:26.38	39.06	400m: 4:27.96	30.13
2.	BASTOS, Lucas Pereira	00	POR	Cnac	4:30.99	+0,70	716
	50m: 28.39 28.39	150m: 1:34.94	34.56	250m: 2:48.08	38.95	350m: 3:59.23	32.36
	100m: 1:00.38 31.99	200m: 2:09.13	34.19	300m: 3:26.87	38.79	400m: 4:30.99	31.76

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Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
3.	CARDOSO, Diogo Santos	01	POR	Sporting	4:36.17	+0,80	677
	50m: 29.52 29.52	150m: 1:40.76	38.57	250m: 2:56.65	38.56	350m: 4:06.88	31.54
	100m: 1:02.19 32.67	200m: 2:18.09	37.33	300m: 3:35.34	38.69	400m: 4:36.17	29.29
4.	GOUVEIA, Luis Galvao	05	POR	Clube Desportivo Nacional	4:36.18	+0,66	676
	50m: 28.04 28.04	150m: 1:37.10	37.51	250m: 2:52.74	40.52	350m: 4:06.36	32.74
	100m: 59.59 31.55	200m: 2:12.22	35.12	300m: 3:33.62	40.88	400m: 4:36.18	29.82
5.	CORDEIRO, Tiago Roberto	00	POR	Clube Futebol Os Belenenses	4:37.42	+0,65	667
	50m: 27.85 27.85	150m: 1:37.12	37.24	250m: 2:53.66	40.40	350m: 4:06.29	32.41
	100m: 59.88 32.03	200m: 2:13.26	36.14	300m: 3:33.88	40.22	400m: 4:37.42	31.13
6.	CATALAO, Daniel Nogueira	00	POR	Sporting	4:42.63	+0,62	631
	50m: 27.99 27.99	150m: 1:37.90	37.12	250m: 2:52.19	37.64	350m: 4:07.31	35.79
	100m: 1:00.78 32.79	200m: 2:14.55	36.65	300m: 3:31.52	39.33	400m: 4:42.63	35.32
7.	SARREIRA, Tomas Amor	05	POR	Porto	4:43.28	+0,77	627
	50m: 28.89 28.89	150m: 1:40.15	37.13	250m: 2:57.50	41.36	350m: 4:12.28	32.74
	100m: 1:03.02 34.13	200m: 2:16.14	35.99	300m: 3:39.54	42.04	400m: 4:43.28	31.00
8.	SILVA, Afonso Carvalho	05	POR	Famalicao	4:45.49	+0,68	612
	50m: 29.45 29.45	150m: 1:42.34	38.54	250m: 2:58.88	39.47	350m: 4:13.37	34.28
	100m: 1:03.80 34.35	200m: 2:19.41	37.07	300m: 3:39.09	40.21	400m: 4:45.49	32.12
9.	CARVALHO, Goncalo Duarte	05	POR	Benfica	4:46.24	+0,73	608
	50m: 29.26 29.26	150m: 1:41.99	38.39	250m: 2:59.79	40.00	350m: 4:13.61	33.55
	100m: 1:03.60 34.34	200m: 2:19.79	37.80	300m: 3:40.06	40.27	400m: 4:46.24	32.63
10.	RELVAS, David Ferreira	03	POR	Nautico Marinha Grande	4:53.18	+0,77	565
	<i>FTL</i>						
	50m: 28.01 28.01	150m: 1:38.91	38.69	250m: 3:00.41	42.77	350m: 4:19.01	35.17
	100m: 1:00.22 32.21	200m: 2:17.64	38.73	300m: 3:43.84	43.43	400m: 4:53.18	34.17
EXH	FOMIN, Yury	06	RUS	Louletano / Loule Concelho	4:33.43	+0,73	697
	50m: 27.83 27.83	150m: 1:35.12	35.50	250m: 2:49.01	39.28	350m: 4:02.15	32.78
	100m: 59.62 31.79	200m: 2:09.73	34.61	300m: 3:29.37	40.36	400m: 4:33.43	31.28