

Prova 10
02/11/2024 - 10:55

Masc., 400m Livres

Absolutos
Resultados

| | | | | | |
|----------------|---------|--------------------------|---------|-----------------|------------|
| Rec Nac Open | 3:42.57 | Jose Paulo, Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac SEN | 3:42.57 | Jose Paulo, Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac JUN 18 | 3:50.52 | Adriano Miguel, Niz | CFV | Fafe | 26/06/2004 |
| Rec Nac JUN 17 | 3:56.54 | Rui Filipe, Costa | VSC | Felgueiras | 24/11/2007 |
| Rec Nac JUV A | 3:58.45 | Rui Silva, Pereira | ADRCIMM | Sines | 17/12/2023 |
| Rec Nac JUV B | 4:01.42 | Rui Silva, Pereira | POR | Tomar | 15/01/2023 |
| Rec Nac INF A | 4:12.35 | Andre Vilas, Ruivo | DNMG | Campo Maior | 29/03/2014 |
| Rec Nac INF B | 4:21.95 | Pedro Fontoura, Oliveira | CFB | Santarém | 04/04/2003 |

| Lugar | Nome | Ano | Licença | Clube | TReac | Tempo Final | Pontos |
|-------|--------------------------|---------------|---------|---------------------------|-------|----------------|--------|
| 1. | Rodolfo Junior, Alecrim | 10 | 206494 | CNLeiria VOID | +0,82 | 4:14.66 | 31,00 |
| | 50m: 27.89 27.89 | 150m: 1:30.34 | 31.90 | 250m: 2:35.27 | 32.52 | 350m: 3:41.36 | 33.23 |
| | 100m: 58.44 30.55 | 200m: 2:02.75 | 32.41 | 300m: 3:08.13 | 32.86 | 400m: 4:14.66 | 33.30 |
| 2. | Afonso Miguel, Oliveira | 07 | 148420 | Juventude Atlantico Clube | | 4:16.31 | 29,00 |
| 3. | David Filipe, Pacheco | 10 | 205810 | BUZIOS - Coruche | +0,85 | 4:16.33 | 28,00 |
| | 50m: 28.11 28.11 | 150m: 1:31.77 | 32.48 | 250m: 2:37.75 | 33.02 | 350m: 3:44.33 | 33.30 |
| | 100m: 59.29 31.18 | 200m: 2:04.73 | 32.96 | 300m: 3:11.03 | 33.28 | 400m: 4:16.33 | 32.00 |
| 4. | David Alberto, Padre | 08 | 223039 | Clube Oriental de Lisboa | +0,74 | 4:19.00 | 27,00 |
| | 50m: 29.82 29.82 | 150m: 1:33.79 | 31.59 | 250m: 2:39.04 | 32.77 | 350m: 3:46.33 | 33.75 |
| | 100m: 1:02.20 32.38 | 200m: 2:06.27 | 32.48 | 300m: 3:12.58 | 33.54 | 400m: 4:19.00 | 32.67 |
| 5. | Antonio Carimbo, Godinho | 10 | 207118 | Fisica Torres Vedras | +0,75 | 4:23.14 | 26,00 |
| | 50m: 29.38 29.38 | 150m: 1:36.10 | 34.03 | 250m: 2:44.59 | 34.17 | 350m: 3:52.07 | 33.41 |
| | 100m: 1:02.07 32.69 | 200m: 2:10.42 | 34.32 | 300m: 3:18.66 | 34.07 | 400m: 4:23.14 | 31.07 |
| 6. | Pedro, Picoto Garcia | 02 | 129958 | Ahbe | +0,91 | 4:26.41 | 25,00 |
| | 50m: 29.00 29.00 | 150m: 1:33.12 | 32.61 | 250m: 2:41.43 | 34.43 | 350m: 3:51.80 | 34.63 |
| | 100m: 1:00.51 31.51 | 200m: 2:07.00 | 33.88 | 300m: 3:17.17 | 35.74 | 400m: 4:26.41 | 34.61 |
| 7. | Pedro Malhao, Dias | 08 | 207330 | Sporting Club Caminhense | +0,92 | 4:27.48 | 24,00 |
| | 50m: 30.17 30.17 | 150m: 1:36.34 | 33.50 | 250m: 2:44.15 | 33.51 | 350m: 3:53.67 | 34.96 |
| | 100m: 1:02.84 32.67 | 200m: 2:10.64 | 34.30 | 300m: 3:18.71 | 34.56 | 400m: 4:27.48 | 33.81 |
| 8. | Jose Guilherme, Lopes | 07 | 219877 | CPCD | +0,94 | 4:27.81 | 23,00 |
| | 50m: 31.15 31.15 | 150m: 1:38.85 | 34.13 | 250m: 2:47.28 | 34.35 | 350m: 3:54.54 | 33.13 |
| | 100m: 1:04.72 33.57 | 200m: 2:12.93 | 34.08 | 300m: 3:21.41 | 34.13 | 400m: 4:27.81 | 33.27 |
| 9. | Afonso Maria, Bento | 09 | 211118 | AN Alcabastrense | | 4:27.85 | 22,00 |
| | 50m: 28.36 28.36 | 150m: 1:33.17 | 33.35 | 250m: 2:42.52 | 35.03 | 350m: 3:53.40 | 35.36 |
| | 100m: 59.82 31.46 | 200m: 2:07.49 | 34.32 | 300m: 3:18.04 | 35.52 | 400m: 4:27.85 | 34.45 |
| 10. | Alexandre, Shubin | 09 | 207643 | Cdca | +0,81 | 4:34.33 | 21,00 |
| | 50m: 29.96 29.96 | 150m: 1:36.93 | 34.08 | 250m: 2:47.34 | 35.46 | 350m: 3:59.01 | 35.72 |
| | 100m: 1:02.85 32.89 | 200m: 2:11.88 | 34.95 | 300m: 3:23.29 | 35.95 | 400m: 4:34.33 | 35.32 |
| 11. | Rafael Moreira, Assuncao | 10 | 208539 | Clube Desportivo Feirense | | 4:39.93 | 20,00 |
| | 50m: 25.35 25.35 | 150m: 1:31.61 | 25.90 | 250m: 2:51.94 | 35.44 | 350m: 4:06.11 | 37.62 |
| | 100m: 1:05.71 40.36 | 200m: 2:16.50 | 44.89 | 300m: 3:28.49 | 36.55 | 400m: 4:39.93 | 33.82 |
| 12. | Diogo Silveira, Vieira | 01 | 117666 | Naval da Horta | | 4:40.53 | 19,00 |
| 13. | Manuel Leite, Aguiar | 09 | 212217 | Sanjoanense/FEPSA | +0,83 | 4:41.12 | 18,00 |
| | 50m: 30.33 30.33 | 150m: 1:40.14 | 35.25 | 250m: 2:51.71 | 35.94 | 350m: 4:05.04 | 37.11 |
| | 100m: 1:04.89 34.56 | 200m: 2:15.77 | 35.63 | 300m: 3:27.93 | 36.22 | 400m: 4:41.12 | 36.08 |
| 14. | Diogo Miguel, Rosado | 07 | 203129 | Grupo Desportivo Mora | +0,79 | 4:42.63 | 17,00 |
| | 50m: 30.35 30.35 | 150m: 1:40.28 | 35.66 | 250m: 2:52.80 | 36.12 | 350m: 4:07.08 | 37.46 |
| | 100m: 1:04.62 34.27 | 200m: 2:16.68 | 36.40 | 300m: 3:29.62 | 36.82 | 400m: 4:42.63 | 35.55 |
| 15. | Jorge Mare, Medeiros | 08 | 208507 | Bombeiros Ribeira Grande | | 4:43.09 | 16,00 |
| 16. | Tomas Martim, Moreno | 08 | 214283 | Despertarecorde | +0,76 | 4:44.60 | 15,00 |
| | 50m: 31.27 31.27 | 150m: 1:42.08 | 35.88 | 250m: 2:57.69 | 38.06 | 350m: 4:10.41 | 35.74 |
| | 100m: 1:06.20 34.93 | 200m: 2:19.63 | 37.55 | 300m: 3:34.67 | 36.98 | 400m: 4:44.60 | 34.19 |

Prova 10, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Licença | Clube | TReac | Tempo Final | Pontos |
|-------|------------------------------|---------------|---------|--------------------------------|-------|----------------|--------|
| 17. | Francisco Almeida, Pereira | 07 | 200012 | AONDA | +0,85 | 4:45.41 | 14,00 |
| | 50m: 31.81 31.81 | 150m: 1:44.07 | 36.43 | 250m: 2:57.58 | 37.00 | 350m: 4:10.30 | 36.19 |
| | 100m: 1:07.64 35.83 | 200m: 2:20.58 | 36.51 | 300m: 3:34.11 | 36.53 | 400m: 4:45.41 | 35.11 |
| 18. | Santiago Marques, Pereira | 10 | 213189 | Columbofila Cantanhedense | +0,82 | 4:48.06 | 13,00 |
| | 50m: 32.40 32.40 | 150m: 1:45.73 | 37.24 | 250m: 2:59.91 | 37.04 | 350m: 4:13.00 | 36.41 |
| | 100m: 1:08.49 36.09 | 200m: 2:22.87 | 37.14 | 300m: 3:36.59 | 36.68 | 400m: 4:48.06 | 35.06 |
| 19. | Joao Pedro, Rosa | 90 | 11317 | CLAC-Entroncamento | +0,85 | 4:49.57 | 12,00 |
| | 50m: 33.00 33.00 | 150m: 1:45.62 | 36.90 | 250m: 3:00.62 | 37.46 | 350m: 4:13.86 | 36.09 |
| | 100m: 1:08.72 35.72 | 200m: 2:23.16 | 37.54 | 300m: 3:37.77 | 37.15 | 400m: 4:49.57 | 35.71 |
| 20. | Francisco Laranjeira, Morais | 10 | 208427 | Alges e Agueda XXI | +0,84 | 4:51.77 | 11,00 |
| | 50m: 31.74 31.74 | 150m: 1:43.36 | 36.60 | 250m: 2:57.76 | 37.01 | 350m: 4:13.83 | 38.41 |
| | 100m: 1:06.76 35.02 | 200m: 2:20.75 | 37.39 | 300m: 3:35.42 | 37.66 | 400m: 4:51.77 | 37.94 |
| 21. | Gabriel Neto, Ferreira | 08 | 203901 | O Crasto | +0,73 | 4:53.16 | 10,00 |
| | 50m: 31.83 31.83 | 150m: 1:44.69 | 36.68 | 250m: 3:00.58 | 38.16 | 350m: 4:16.62 | 37.75 |
| | 100m: 1:08.01 36.18 | 200m: 2:22.42 | 37.73 | 300m: 3:38.87 | 38.29 | 400m: 4:53.16 | 36.54 |
| 22. | Gabriel Alves, Viana | 08 | 222665 | Fundacao Salesianos | | 4:55.63 | 9,00 |
| | 50m: 30.97 30.97 | 150m: 1:42.99 | 36.90 | 250m: 2:59.64 | 38.52 | 350m: 4:16.95 | 38.80 |
| | 100m: 1:06.09 35.12 | 200m: 2:21.12 | 38.13 | 300m: 3:38.15 | 38.51 | 400m: 4:55.63 | 38.68 |
| 23. | Francisco Silva, Pacheco | 04 | 125117 | Núcleo Sporting | | 4:58.72 | 8,00 |
| 24. | Tomas Santos, Miguel | 09 | 207911 | Aquatico Silves | +0,88 | 5:01.79 | 7,00 |
| | 50m: 31.53 31.53 | 150m: 1:44.79 | 37.18 | 250m: 3:03.98 | 39.78 | 350m: 4:23.90 | 40.05 |
| | 100m: 1:07.61 36.08 | 200m: 2:24.20 | 39.41 | 300m: 3:43.85 | 39.87 | 400m: 5:01.79 | 37.89 |
| 25. | Miguel Carreiro, Sousa | 08 | 205609 | Clube Desportivo Escolar de Ag | | 5:02.25 | 6,00 |
| 26. | Vasco Alexandre, Silva | 11 | 214236 | Natacao Clube de Fafe | +0,83 | 5:03.93 | 5,00 |
| | 50m: 33.01 33.01 | 150m: 1:46.92 | 37.75 | 250m: 3:05.66 | 39.93 | 350m: 4:25.48 | 39.78 |
| | 100m: 1:09.17 36.16 | 200m: 2:25.73 | 38.81 | 300m: 3:45.70 | 40.04 | 400m: 5:03.93 | 38.45 |
| 27. | Andre Guilherme, Anastacio | 10 | 209988 | Nautico Abrantes | +0,82 | 5:17.14 | 4,00 |
| | 50m: 31.93 31.93 | 150m: 1:47.16 | 38.99 | 250m: 3:09.14 | 41.24 | 350m: 4:34.89 | 43.13 |
| | 100m: 1:08.17 36.24 | 200m: 2:27.90 | 40.74 | 300m: 3:51.76 | 42.62 | 400m: 5:17.14 | 42.25 |
| 28. | Joao Dinis, Santos | 09 | 206754 | Desportiva de Machico | | 5:25.12 | 3,00 |
| 29. | Mateus Duarte, Heleno | 10 | 218244 | GSC Grandola Sports Club | +0,91 | 5:33.63 | 2,00 |
| | 50m: 32.47 32.47 | 150m: 1:51.48 | 40.88 | 250m: 3:18.45 | 43.90 | 350m: 4:48.53 | 45.76 |
| | 100m: 1:10.60 38.13 | 200m: 2:34.55 | 43.07 | 300m: 4:02.77 | 44.32 | 400m: 5:33.63 | 45.10 |
| 30. | Fernando Silva, Goncalves | 09 | 145660 | Escola O Liceu | | 5:34.96 | 1,00 |