

Prova 10  
29/11/2024 - 11:20

Masc., 400m Livres

3ª Divisão MASC  
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 Jun18	3:50.52	Adriano Miguel, Niz	CFV	Fafe	26/06/2004
Rec Nac Jun17	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	Tempo Final	TReac	Pts
1.	Rodrigo Costa, Borges	07	133190	Fluvial Portuense	<b>4:01.41</b>	+0,66	33,00
	50m: 27.37 27.37	150m: 1:29.05 31.28	250m: 2:32.41 31.37	350m: 3:31.70 29.77			
	100m: 57.77 30.40	200m: 2:01.04 31.99	300m: 3:01.93 29.52	400m: 4:01.41 29.71			
2.	Antonio Miguel, Costa	07	202259	Fafe	<b>4:05.03</b>	+0,75	31,00
	50m: 27.80 27.80	150m: 1:29.04 30.99	250m: 2:32.31 31.51	350m: 3:34.87 31.24			
	100m: 58.05 30.25	200m: 2:00.80 31.76	300m: 3:03.63 31.32	400m: 4:05.03 30.16			
3.	Daniel, Tsykal	04	128727	Alcobaca	<b>4:08.78</b>	+0,68	30,00
	50m: 27.19 27.19	150m: 1:29.18 31.32	250m: 2:32.33 31.08	350m: 3:37.14 32.50			
	100m: 57.86 30.67	200m: 2:01.25 32.07	300m: 3:04.64 32.31	400m: 4:08.78 31.64			
4.	Tomas Pascoal, Ferreira	09	208129	Ba-Leiria	<b>4:09.63</b>	+0,73	29,00
	50m: 28.40 28.40	150m: 1:31.32 31.90	250m: 2:34.73 31.82	350m: 3:39.45 32.23			
	100m: 59.42 31.02	200m: 2:02.91 31.59	300m: 3:07.22 32.49	400m: 4:09.63 30.18			
5.	Goncalo Duarte, Santos	00	111095	Clube Oriental de Lisboa	<b>4:10.31</b>	+0,75	28,00
	50m: 29.10 29.10	150m: 1:32.46 31.56	250m: 2:36.70 32.30	350m: 3:41.58 32.02			
	100m: 1:00.90 31.80	200m: 2:04.40 31.94	300m: 3:09.56 32.86	400m: 4:10.31 28.73			
6.	Francisco Marques, Simoes	07	205719	CNLeiria - VOID	<b>4:10.37</b>	+0,69	27,00
	50m: 27.36 27.36	150m: 1:30.29 31.86	250m: 2:34.44 31.82	350m: 3:39.68 32.63			
	100m: 58.43 31.07	200m: 2:02.62 32.33	300m: 3:07.05 32.61	400m: 4:10.37 30.69			
7.	Miguel Salomao, Tristao	04	129885	Portinado	<b>4:10.77</b>	+0,75	26,00
	50m: 27.91 27.91	150m: 1:31.05 31.97	250m: 2:35.30 32.24	350m: 3:39.54 32.15			
	100m: 59.08 31.17	200m: 2:03.06 32.01	300m: 3:07.39 32.09	400m: 4:10.77 31.23			
8.	Miguel Lourenco, Velinho	07	207677	Lagoa Academico Clube	<b>4:11.56</b>	+0,72	25,00
	50m: 27.83 27.83	150m: 1:30.61 31.66	250m: 2:34.67 32.22	350m: 3:39.98 32.62			
	100m: 58.95 31.12	200m: 2:02.45 31.84	300m: 3:07.36 32.69	400m: 4:11.56 31.58			
9.	David Filipe, Pacheco	10	205810	BUZIOS - Coruche	<b>4:13.62</b>	+0,77	24,00
	50m: 28.28 28.28	150m: 1:32.06 32.23	250m: 2:37.11 32.74	350m: 3:42.70 32.75			
	100m: 59.83 31.55	200m: 2:04.37 32.31	300m: 3:09.95 32.84	400m: 4:13.62 30.92			
10.	Rafael Lin, Moniz	09	210337	Cns	<b>4:17.31</b>	+0,71	23,00
	50m: 28.41 28.41	150m: 1:32.27 32.43	250m: 2:37.97 32.46	350m: 3:45.07 33.91			
	100m: 59.84 31.43	200m: 2:05.51 33.24	300m: 3:11.16 33.19	400m: 4:17.31 32.24			
11.	Alexandre Ramos, Goncalves	05	128601	Sporting Clube Sao Joao Ver	<b>4:17.79</b>		22,00
	50m: 28.50 28.50	150m: 1:31.79 32.13	250m: 2:37.19 32.93	350m: 3:44.75 33.98			
	100m: 59.66 31.16	200m: 2:04.26 32.47	300m: 3:10.77 33.58	400m: 4:17.79 33.04			
12.	Andriy, Fedorov	08	205060	FC Ferreiras/AlgarExperience	<b>4:18.63</b>	+0,70	21,00
	50m: 28.24 28.24	150m: 1:31.16 31.62	250m: 2:37.36 33.26	350m: 3:45.24 33.88			
	100m: 59.54 31.30	200m: 2:04.10 32.94	300m: 3:11.36 34.00	400m: 4:18.63 33.39			
13.	Santiago Boica, Sousa	08	212709	Vieirense	<b>4:19.36</b>	+0,94	20,00
	50m: 28.66 28.66	150m: 1:33.00 32.56	250m: 2:39.43 33.26	350m: 3:46.75 33.93			
	100m: 1:00.44 31.78	200m: 2:06.17 33.17	300m: 3:12.82 33.39	400m: 4:19.36 32.61			
14.	Afonso Miguel, Oliveira	07	148420	Juventude Atlantico Clube	<b>4:20.97</b>	+0,64	19,00
	50m: 28.04 28.04	150m: 1:31.55 32.08	250m: 2:38.60 33.91	350m: 3:47.54 34.60			
	100m: 59.47 31.43	200m: 2:04.69 33.14	300m: 3:12.94 34.34	400m: 4:20.97 33.43			
15.	Guilherme Romeira, Pinto	07	200844	Sporting de Espinho	<b>4:22.34</b>	+0,65	18,00
	50m: 28.43 28.43	150m: 1:32.67 32.19	250m: 2:39.28 33.54	350m: 3:47.82 34.33			
	100m: 1:00.48 32.05	200m: 2:05.74 33.07	300m: 3:13.49 34.21	400m: 4:22.34 34.52			

Prova 10, Masc., 400m Livres, 3ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Afonso Mendonca, Ornelas	08	208752	Gesloures	<b>4:22.57</b>	+0,78	17,00
	50m: 28.04 28.04	150m: 1:32.60 32.37	250m: 2:40.31 34.31	350m: 3:49.88 33.96			
	100m: 1:00.23 32.19	200m: 2:06.00 33.40	300m: 3:15.92 35.61	400m: 4:22.57 32.69			
17.	Guilherme Clara, Santos	02	127325	Aej	<b>4:22.81</b>	+0,71	16,00
	50m: 29.13 29.13	150m: 1:35.47 33.58	250m: 2:43.07 33.80	350m: 3:51.12 34.06			
	100m: 1:01.89 32.76	200m: 2:09.27 33.80	300m: 3:17.06 33.99	400m: 4:22.81 31.69			
18.	Rodrigo Canedo, Santos	08	153185	Bombeiros de Ponta Delgada	<b>4:23.12</b>	+0,66	15,00
	50m: 28.75 28.75	150m: 1:32.90 32.40	250m: 2:40.34 34.06	350m: 3:49.60 34.91			
	100m: 1:00.50 31.75	200m: 2:06.28 33.38	300m: 3:14.69 34.35	400m: 4:23.12 33.52			
19.	Pedro, Picoto Garcia	02	129958	Ahbe	<b>4:23.24</b>	+0,73	14,00
	50m: 29.57 29.57	150m: 1:34.79 32.79	250m: 2:41.48 33.30	350m: 3:49.32 34.43			
	100m: 1:02.00 32.43	200m: 2:08.18 33.39	300m: 3:14.89 33.41	400m: 4:23.24 33.92			
20.	Andre Azevedo, Baraona	04	123965	Palmela Desporto	<b>4:23.30</b>	+0,76	13,00
	50m: 28.58 28.58	150m: 1:32.62 32.83	250m: 2:39.75 33.45	350m: 3:49.20 34.89			
	100m: 59.79 31.21	200m: 2:06.30 33.68	300m: 3:14.31 34.56	400m: 4:23.30 34.10			
21.	Martim Candido, Toste	06	130705	Naval Praia da Vitoria	<b>4:24.80</b>		12,00
	50m: 29.31 29.31	150m: 1:34.21 32.66	250m: 350m: 3:50.26 34.77	400m: 4:24.80 34.54			
	100m: 1:01.55 32.24	200m: 2:07.49 33.28	300m: 3:15.49				
22.	Antonio Carimbo, Godinho	10	207118	Fisica Torres Vedras	<b>4:26.11</b>	+0,78	11,00
	50m: 30.10 30.10	150m: 1:36.41 33.81	250m: 2:45.05 34.50	350m: 3:53.52 34.34			
	100m: 1:02.60 32.50	200m: 2:10.55 34.14	300m: 3:19.18 34.13	400m: 4:26.11 32.59			
23.	Pedro Malhao, Dias	08	207330	Sporting Club Caminhense	<b>4:29.95</b>	+0,87	10,00
	50m: 29.12 29.12	150m: 1:34.53 33.24	250m: 2:43.64 34.77	350m: 3:54.91 35.45			
	100m: 1:01.29 32.17	200m: 2:08.87 34.34	300m: 3:19.46 35.82	400m: 4:29.95 35.04			
24.	Jose Pedro, Oliveira	09	210144	Associacao Tubaroes de Gaia	<b>4:30.39</b>	+0,83	9,00
	50m: 29.96 29.96	150m: 1:36.61 33.69	250m: 2:46.11 34.86	350m: 3:56.13 34.73			
	100m: 1:02.92 32.96	200m: 2:11.25 34.64	300m: 3:21.40 35.29	400m: 4:30.39 34.26			
25.	Vasco Francisco, Pereira	07	204192	Aminata	<b>4:31.35</b>	+0,82	8,00
	50m: 30.33 30.33	150m: 1:36.85 33.39	250m: 2:45.47 34.24	350m: 3:56.10 35.57			
	100m: 1:03.46 33.13	200m: 2:11.23 34.38	300m: 3:20.53 35.06	400m: 4:31.35 35.25			
26.	Bernardo Jose, Dionisio	99	123624	Gualdim Pais	<b>4:33.45</b>	+0,84	7,00
	50m: 30.08 30.08	150m: 1:37.98 34.16	250m: 2:47.04 34.76	350m: 3:57.52 35.45			
	100m: 1:03.82 33.74	200m: 2:12.28 34.30	300m: 3:22.07 35.03	400m: 4:33.45 35.93			
27.	Samuel Andre, Mariano	02	132931	Litoral Alentejano	<b>4:33.91</b>	+0,84	6,00
	50m: 29.55 29.55	150m: 1:36.14 33.56	250m: 2:46.18 35.24	350m: 3:58.62 36.58			
	100m: 1:02.58 33.03	200m: 2:10.94 34.80	300m: 3:22.04 35.86	400m: 4:33.91 35.29			
28.	Daniel Filipe, Paiva	98	110265	Miranda do Corvo	<b>4:39.36</b>	+0,75	5,00
	50m: 30.29 30.29	150m: 1:37.88 34.38	250m: 2:49.23 35.89	350m: 4:02.80 36.62			
	100m: 1:03.50 33.21	200m: 2:13.34 35.46	300m: 3:26.18 36.95	400m: 4:39.36 36.56			
29.	Miguel Afonso, Encarnacao	08	151821	Gcvr	<b>4:42.55</b>	+0,76	4,00
	50m: 30.17 30.17	150m: 1:39.26 35.10	250m: 2:51.67 36.17	350m: 4:05.92 37.23			
	100m: 1:04.16 33.99	200m: 2:15.50 36.24	300m: 3:28.69 37.02	400m: 4:42.55 36.63			
30.	Rodrigo Guedes, Ferreira	10	213631	Clube Desportivo Feirense	<b>4:49.16</b>		3,00
	50m: 30.04 30.04	150m: 1:40.43 36.00	250m: 2:54.25 37.35	350m: 4:10.81 38.82			
	100m: 1:04.43 34.39	200m: 2:16.90 36.47	300m: 3:31.99 37.74	400m: 4:49.16 38.35			
31.	Pedro Machado, Ferreira	08	201134	Penafiel	<b>5:15.87</b>	+0,85	2,00
	50m: 33.82 33.82	150m: 1:49.19 38.09	250m: 3:09.04 40.38	350m: 4:33.16 42.42			
	100m: 1:11.10 37.28	200m: 2:28.66 39.47	300m: 3:50.74 41.70	400m: 5:15.87 42.71			
32.	Lucas Almeida, Pinto	12	214222	Sporting Clube de Aveiro	<b>5:55.59</b>	+0,79	1,00
	50m: 39.40 39.40	150m: 2:09.26 45.24	250m: 3:40.26 45.30	350m: 5:11.70 45.16			
	100m: 1:24.02 44.62	200m: 2:54.96 45.70	300m: 4:26.54 46.28	400m: 5:55.59 43.89			