

Prova 2
30/11/2024 - 9:45

Masc., 400m Livres

2ª 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.	Rui Silva, Pereira <i>Recorde Nacional</i>	08	205327	Adrcimm	3:55.43	+0,85	25,00
	50m: 26.89 26.89	150m: 1:26.12 29.84	250m: 2:26.36 30.06	350m: 3:26.61 30.08			
	100m: 56.28 29.39	200m: 1:56.30 30.18	300m: 2:56.53 30.17	400m: 3:55.43 28.82			
2.	Duarte Cachulo, Marques	07	205589	Condeixa Aqua Clube	4:04.51	+0,64	23,00
	50m: 26.18 26.18	150m: 1:25.97 30.49	250m: 2:28.00 31.05	350m: 3:32.80 32.55			
	100m: 55.48 29.30	200m: 1:56.95 30.98	300m: 3:00.25 32.25	400m: 4:04.51 31.71			
3.	Joao Almeida, Gomes	06	132828	Clube Nacional de Natacao	4:07.69	+0,69	22,00
	50m: 28.58 28.58	150m: 1:31.41 31.71	250m: 2:34.57 31.27	350m: 3:36.92 30.82			
	100m: 59.70 31.12	200m: 2:03.30 31.89	300m: 3:06.10 31.53	400m: 4:07.69 30.77			
4.	Filipe Santos, Cardoso	04	130500	Gafanha da Encarnacao	4:08.41		21,00
	50m: 28.63 28.63	150m: 1:31.59 31.71	250m: 2:35.54 32.15	350m: 3:38.48 30.97			
	100m: 59.88 31.25	200m: 2:03.39 31.80	300m: 3:07.51 31.97	400m: 4:08.41 29.93			
5.	Eduardo Pires, Silva	08	205581	Vilacondense	4:08.72	+0,86	20,00
	50m: 26.99 26.99	150m: 1:28.62 31.34	250m: 2:32.06 31.55	350m: 3:36.47 32.54			
	100m: 57.28 30.29	200m: 2:00.51 31.89	300m: 3:03.93 31.87	400m: 4:08.72 32.25			
6.	Paulo, Kot	09	144468	Nautico Marinha Grande	4:09.33	+0,69	19,00
	50m: 28.01 28.01	150m: 1:29.60 31.22	250m: 2:33.80 32.34	350m: 3:38.44 32.25			
	100m: 58.38 30.37	200m: 2:01.46 31.86	300m: 3:06.19 32.39	400m: 4:09.33 30.89			
7.	Joao Ferreira, Marques	06	201190	Aac	4:09.43	+0,69	18,00
	50m: 28.35 28.35	150m: 1:30.06 31.10	250m: 2:33.77 32.07	350m: 3:38.15 32.53			
	100m: 58.96 30.61	200m: 2:01.70 31.64	300m: 3:05.62 31.85	400m: 4:09.43 31.28			
8.	Afonso Filipe, Costa	03	126380	Louzan Natacao/EFAPEL	4:10.01	+0,70	17,00
	50m: 27.47 27.47	150m: 1:28.50 30.87	250m: 2:32.53 32.19	350m: 3:37.85 32.78			
	100m: 57.63 30.16	200m: 2:00.34 31.84	300m: 3:05.07 32.54	400m: 4:10.01 32.16			
9.	Gil Santos, Lemos	06	201904	Pimpoes/Cimai	4:11.69	+0,77	16,00
	50m: 28.15 28.15	150m: 1:30.38 31.26	250m: 2:34.42 32.08	350m: 3:40.36 32.70			
	100m: 59.12 30.97	200m: 2:02.34 31.96	300m: 3:07.66 33.24	400m: 4:11.69 31.33			
10.	Diogo Severino, Nunes	04	128592	Natacao de Valongo	4:11.75	+0,86	15,00
	50m: 28.43 28.43	150m: 1:31.11 31.65	250m: 2:34.94 31.80	350m: 3:39.86 32.52			
	100m: 59.46 31.03	200m: 2:03.14 32.03	300m: 3:07.34 32.40	400m: 4:11.75 31.89			
11.	Luis Filipe, Carvalho	07	132279	Clube Naval Povoense	4:12.19	+0,72	14,00
	50m: 27.66 27.66	150m: 1:29.40 31.43	250m: 2:34.00 32.44	350m: 3:39.68 32.76			
	100m: 57.97 30.31	200m: 2:01.56 32.16	300m: 3:06.92 32.92	400m: 4:12.19 32.51			
12.	Guilherme Corte, Costa	07	132693	Clube Desportivo Nacional	4:13.88	+0,74	13,00
	50m: 28.03 28.03	150m: 1:30.67 32.39	250m: 2:36.86 33.23	350m: 3:43.19 33.05			
	100m: 58.28 30.25	200m: 2:03.63 32.96	300m: 3:10.14 33.28	400m: 4:13.88 30.69			
13.	Antonio Cruz, Fardilha	08	140216	Galitos / Bresimar	4:15.38		12,00
	50m: 27.81 27.81	150m: 1:31.03 32.12	250m: 2:36.86 32.90	350m: 3:43.52 33.25			
	100m: 58.91 31.10	200m: 2:03.96 32.93	300m: 3:10.27 33.41	400m: 4:15.38 31.86			
14.	Paulo Jorge, Oliveira	08	205716	Clube Desportivo de Estarreja	4:15.79	+0,66	11,00
	50m: 28.40 28.40	150m: 1:32.26 31.93	250m: 2:37.07 32.69	350m: 3:43.23 33.20			
	100m: 1:00.33 31.93	200m: 2:04.38 32.12	300m: 3:10.03 32.96	400m: 4:15.79 32.56			
15.	Joao Miguel, Vitoria	08	204687	Academico Viseu Futebol Clube	4:16.31	+0,70	10,00
	50m: 28.95 28.95	150m: 1:32.99 32.52	250m: 2:37.65 32.16	350m: 3:44.34 33.23			
	100m: 1:00.47 31.52	200m: 2:05.49 32.50	300m: 3:11.11 33.46	400m: 4:16.31 31.97			

Prova 2, Masc., 400m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Afonso Formigo, Pinho	06	129956	Torres Novas	4:18.40	+0,69	9,00
	50m: 28.53 28.53	150m: 1:32.45	32.54	250m: 2:38.42	32.99	350m: 3:45.70	33.82
	100m: 59.91 31.38	200m: 2:05.43	32.98	300m: 3:11.88	33.46	400m: 4:18.40	32.70
17.	Eduardo Sousa, Saragoca	07	200623	Viana Natacao	4:22.85	+0,83	8,00
	50m: 28.99 28.99	150m: 1:33.12	32.53	250m: 2:40.12	33.92	350m: 3:48.89	34.60
	100m: 1:00.59 31.60	200m: 2:06.20	33.08	300m: 3:14.29	34.17	400m: 4:22.85	33.96
18.	Rafael Filipe, Nunes	96	108344	Laranjeiro	4:23.79	+0,70	7,00
	50m: 30.18 30.18	150m: 1:37.17	33.55	250m: 2:44.94	33.66	350m: 3:51.86	32.64
	100m: 1:03.62 33.44	200m: 2:11.28	34.11	300m: 3:19.22	34.28	400m: 4:23.79	31.93
19.	Joao Nunes, Duarte	01	205304	Colegio Efanor	4:24.55		6,00
	50m: 29.18 29.18	150m: 1:35.08	33.64	250m: 2:43.06	34.13	350m: 3:51.22	34.13
	100m: 1:01.44 32.26	200m: 2:08.93	33.85	300m: 3:17.09	34.03	400m: 4:24.55	33.33
20.	Francisco Bentes, Santos	08	200347	Aquatico Pacense	4:25.46	+0,84	5,00
	50m: 28.83 28.83	150m: 1:34.02	33.17	250m: 2:41.70	34.20	350m: 3:50.86	34.49
	100m: 1:00.85 32.02	200m: 2:07.50	33.48	300m: 3:16.37	34.67	400m: 4:25.46	34.60
21.	Pablo Mira, Marquez	07	222611	Clube Natacao Olhao	4:27.74	+0,77	4,00
	50m: 29.39 29.39	150m: 1:34.27	33.17	250m: 2:42.00	34.32	350m: 3:52.61	35.48
	100m: 1:01.10 31.71	200m: 2:07.68	33.41	300m: 3:17.13	35.13	400m: 4:27.74	35.13
22.	Tiago Frazao, Barra	10	214568	Rio Maior	4:40.86	+0,61	3,00
	50m: 30.71 30.71	150m: 1:39.83	35.17	250m: 2:52.74	36.77	350m: 4:05.79	36.23
	100m: 1:04.66 33.95	200m: 2:15.97	36.14	300m: 3:29.56	36.82	400m: 4:40.86	35.07
23.	Manuel Manso, Goncalves	09	210411	Escola Desportiva de Viana	4:42.64	+0,86	2,00
	50m: 31.73 31.73	150m: 1:42.62	35.71	250m: 2:55.96	36.78	350m: 4:07.37	35.79
	100m: 1:06.91 35.18	200m: 2:19.18	36.56	300m: 3:31.58	35.62	400m: 4:42.64	35.27
24.	Miguel Reigada, Penso	07	209691	Clube Desportivo Sao Roque	4:44.30	+0,79	1,00
	50m: 30.66 30.66	150m: 1:40.71	35.26	250m: 2:54.77	37.49	350m: 4:09.24	36.76
	100m: 1:05.45 34.79	200m: 2:17.28	36.57	300m: 3:32.48	37.71	400m: 4:44.30	35.06