

Prova 30
01/12/2024 - 16:20

Masc., 400m Estilos

2ª Divisão MASC
Resultados

Rec Nac Open	4:05.87	Gabriel Jose, Lopes	ALN	Leiria	09/12/2022
Rec Nac Sen	4:05.87	Gabriel Jose, Lopes	ALN	Leiria	09/12/2022
Rec Nac Jun18	4:11.20	Joao Alexandre, Vital	SCP	Porto	11/12/2015
Rec Nac Jun17	4:21.93	Joao Alexandre, Vital	ADRCIMM	Porto	19/12/2014
Rec Nac Juv A	4:25.04	Joao Alexandre, Vital	ADRCIMM	Tomar	13/12/2013
Rec Nac Juv B	4:35.02	Diogo Filipe, Carvalho	CGA	Braga	21/03/2003
Rec Nac Inf A	4:40.32	Tomas Miguel, Freitas	CDN	Funchal	09/07/2004
Rec Nac Inf B	4:49.65	Andre Vilas, Ruivo	DNMG	S. António Cavaleiros	15/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
1.	Guilherme Costa, Soares	08	201093	Vilacondense	4:29.30	+0,78	25,00
	50m: 29.13 29.13	150m: 1:37.79 35.14	250m: 2:50.82 38.98	350m: 4:00.54 31.31			
	100m: 1:02.65 33.52	200m: 2:11.84 34.05	300m: 3:29.23 38.41	400m: 4:29.30 28.76			
2.	Rui Silva, Pereira	08	205327	Adrcimm	4:29.75	+0,88	23,00
	50m: 28.21 28.21	150m: 1:36.68 35.94	250m: 2:50.26 38.60	350m: 4:00.71 30.86			
	100m: 1:00.74 32.53	200m: 2:11.66 34.98	300m: 3:29.85 39.59	400m: 4:29.75 29.04			
3.	Luis Galvao, Gouveia	05	127884	Clube Desportivo Nacional	4:37.15	+0,71	22,00
	50m: 28.34 28.34	150m: 1:36.15 35.47	250m: 2:51.31 39.28	350m: 4:05.64 33.11			
	100m: 1:00.68 32.34	200m: 2:12.03 35.88	300m: 3:32.53 41.22	400m: 4:37.15 31.51			
4.	Rafael Pereira, Rodrigues	08	205593	Condeixa Aqua Clube	4:38.11	+0,76	21,00
	50m: 29.76 29.76	150m: 1:39.12 35.81	250m: 2:54.86 40.39	350m: 4:07.14 31.73			
	100m: 1:03.31 33.55	200m: 2:14.47 35.35	300m: 3:35.41 40.55	400m: 4:38.11 30.97			
5.	Martim Machado, Silva	03	222820	Clube Naval Povoense	4:39.56	+0,69	20,00
	50m: 29.42 29.42	150m: 1:41.52 38.21	250m: 2:56.82 37.59	350m: 4:07.92 33.19			
	100m: 1:03.31 33.89	200m: 2:19.23 37.71	300m: 3:34.73 37.91	400m: 4:39.56 31.64			
6.	Tomas Rocha, Dores	07	200766	Colegio Efanor	4:42.35	+0,76	19,00
	50m: 29.67 29.67	150m: 1:40.47 36.85	250m: 2:57.99 41.27	350m: 4:11.81 32.55			
	100m: 1:03.62 33.95	200m: 2:16.72 36.25	300m: 3:39.26 41.27	400m: 4:42.35 30.54			
7.	Alexandre, Dzyakanau	07	131765	Louzan Natacao/EFAPEL	4:42.92	+0,77	18,00
	50m: 29.25 29.25	150m: 1:40.66 37.14	250m: 2:58.82 41.81	350m: 4:12.49 31.55			
	100m: 1:03.52 34.27	200m: 2:17.01 36.35	300m: 3:40.94 42.12	400m: 4:42.92 30.43			
8.	Tiago Maia, Pereira	04	124456	Galitos / Bresimar	4:43.87	+0,72	17,00
	50m: 28.95 28.95	150m: 1:39.86 37.20	250m: 2:56.66 40.68	350m: 4:11.20 33.56			
	100m: 1:02.66 33.71	200m: 2:15.98 36.12	300m: 3:37.64 40.98	400m: 4:43.87 32.67			
9.	David Ferreira, Relvas	03	125604	Nautico Marinha Grande	4:45.52	+0,86	16,00
	50m: 28.93 28.93	150m: 1:39.75 37.50	250m: 2:57.66 41.58	350m: 4:13.36 33.49			
	100m: 1:02.25 33.32	200m: 2:16.08 36.33	300m: 3:39.87 42.21	400m: 4:45.52 32.16			
10.	Santiago Agostinho, Parreira	09	209481	Pimpoes/Cimai	4:45.84	+0,75	15,00
	50m: 30.76 30.76	150m: 1:43.16 37.09	250m: 3:02.11 41.71	350m: 4:14.90 30.36			
	100m: 1:06.07 35.31	200m: 2:20.40 37.24	300m: 3:44.54 42.43	400m: 4:45.84 30.94			
11.	Joao Almeida, Gomes	06	132828	Clube Nacional de Natacao	4:46.44	+0,71	14,00
	50m: 29.37 29.37	150m: 1:41.54 38.10	250m: 3:01.47 41.74	350m: 4:15.98 31.98			
	100m: 1:03.44 34.07	200m: 2:19.73 38.19	300m: 3:44.00 42.53	400m: 4:46.44 30.46			
12.	Joaquim Agra, Meruje	01	121807	Aac	4:46.52	+0,75	13,00
	50m: 28.61 28.61	150m: 1:40.84 37.92	250m: 2:56.24 37.95	350m: 4:11.27 35.42			
	100m: 1:02.92 34.31	200m: 2:18.29 37.45	300m: 3:35.85 39.61	400m: 4:46.52 35.25			
13.	Francisco Campos, Lourenco	06	132136	Natacao de Valongo	4:46.89	+0,77	12,00
	50m: 28.90 28.90	150m: 1:40.15 37.49	250m: 2:56.86 39.33	350m: 4:13.41 35.08			
	100m: 1:02.66 33.76	200m: 2:17.53 37.38	300m: 3:38.33 41.47	400m: 4:46.89 33.48			
14.	Guilherme Martins, Silva	08	204688	Academico Viseu Futebol Clube	4:49.93	+0,77	11,00
	50m: 29.81 29.81	150m: 1:41.01 36.81	250m: 3:00.40 41.74	350m: 4:16.27 33.04			
	100m: 1:04.20 34.39	200m: 2:18.66 37.65	300m: 3:43.23 42.83	400m: 4:49.93 33.66			
15.	Dinis Amorim, Moutela	05	132169	Clube Desportivo de Estarreja	4:50.68	+0,71	10,00
	50m: 29.45 29.45	150m: 1:40.49 36.68	250m: 2:59.13 41.62	350m: 4:16.45 34.25			
	100m: 1:03.81 34.36	200m: 2:17.51 37.02	300m: 3:42.20 43.07	400m: 4:50.68 34.23			

Prova 30, Masc., 400m Estilos, 2ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Goncalo Filipe, Costa	04	206464	Gafanha da Encarnacao	4:51.44	+0,79	9,00
	50m: 29.36 29.36			150m: 1:40.03 36.46	250m: 3:01.19 44.81	350m: 4:19.48 34.16	
	100m: 1:03.57 34.21			200m: 2:16.38 36.35	300m: 3:45.32 44.13	400m: 4:51.44 31.96	
17.	Rodrigo Reis, Rodrigues	04	124155	Clube Desportivo Sao Roque	4:51.60	+0,70	8,00
	50m: 28.91 28.91			150m: 1:41.58 39.38	250m: 3:02.48 40.74	350m: 4:18.55 33.96	
	100m: 1:02.20 33.29			200m: 2:21.74 40.16	300m: 3:44.59 42.11	400m: 4:51.60 33.05	
18.	Carlos Daniel, Felgueiras	09	211918	Viana Natacao	4:54.84	+0,88	7,00
	50m: 31.59 31.59			150m: 1:45.54 37.63	250m: 3:05.14 42.53	350m: 4:22.11 33.76	
	100m: 1:07.91 36.32			200m: 2:22.61 37.07	300m: 3:48.35 43.21	400m: 4:54.84 32.73	
19.	Afonso Formigo, Pinho	06	129956	Torres Novas	4:56.89	+0,68	6,00
	50m: 29.47 29.47			150m: 1:44.75 39.69	250m: 3:06.36 42.79	350m: 4:24.45 34.45	
	100m: 1:05.06 35.59			200m: 2:23.57 38.82	300m: 3:50.00 43.64	400m: 4:56.89 32.44	
20.	Rafael Filipe, Nunes	96	108344	Laranjeiro	4:59.45	+0,69	5,00
	50m: 30.68 30.68			150m: 1:45.77 39.25	250m: 3:07.38 42.81	350m: 4:26.30 34.84	
	100m: 1:06.52 35.84			200m: 2:24.57 38.80	300m: 3:51.46 44.08	400m: 4:59.45 33.15	
21.	Pablo Mira, Marquez	07	222611	Clube Natacao Olhao	5:00.65	+0,77	4,00
	50m: 33.18 33.18			150m: 1:53.80 41.54	250m: 3:12.49 39.12	350m: 4:27.13 35.01	
	100m: 1:12.26 39.08			200m: 2:33.37 39.57	300m: 3:52.12 39.63	400m: 5:00.65 33.52	
22.	Daniel Filipe, Jorge	10	210798	Rio Maior	5:14.59	+0,64	3,00
	50m: 31.07 31.07			150m: 1:49.65 41.22	250m: 3:16.73 46.57	350m: 4:39.70 35.53	
	100m: 1:08.43 37.36			200m: 2:30.16 40.51	300m: 4:04.17 47.44	400m: 5:14.59 34.89	
23.	Manuel Manso, Goncalves	09	210411	Escola Desportiva de Viana	5:22.46	+0,86	2,00
	50m: 34.50 34.50			150m: 1:56.67 41.40	250m: 3:24.18 47.56	350m: 4:47.94 36.58	
	100m: 1:15.27 40.77			200m: 2:36.62 39.95	300m: 4:11.36 47.18	400m: 5:22.46 34.52	
DSQ	Rafael Dinis, Pacheco	07	204593	Aquatico Pacense			-
	<i>- O(a) atleta não executou a viragem dos 275 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, Tocou só com uma mão na parede (Bruços)</i>						