

Prova 15 Masc., 400m Livres Absoluto  
09/11/2024 - 17:25 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
Meet Rec	3:47.11	Javier, Chacon Mateos Francisco	ESP	Vila Real St. Antonio	04/11/2018

Pontos: AQUA 2024

Lugar	Ano			Tempo final			FINA Pts	Pts
1. Gustavo Carvalhais, Ribeiro	03	Benfica	<b>3:55.50</b>	732	8,00			
50m: 27.19 27.19	150m: 1:25.85	29.52 250m: 2:25.00	29.44	350m: 3:25.12	30.27			
100m: 56.33 29.14	200m: 1:55.56	29.71 300m: 2:54.85	29.85	400m: 3:55.50	30.38			
2. Gabriel Carvalho, Ferrao	05	Benfica	<b>3:58.43</b>	705	7,00			
50m: 27.02 27.02	150m: 1:26.56	30.02 250m: 2:26.96	30.17	350m: 3:28.13	30.73			
100m: 56.54 29.52	200m: 1:56.79	30.23 300m: 2:57.40	30.44	400m: 3:58.43	30.30			
3. Pedro Bethlem, Tigre	06	Sporting	<b>4:02.70</b>	668	6,00			
50m: 26.66 26.66	150m: 1:25.72	29.71 250m: 2:27.03	31.14	350m: 3:31.50	32.70			
100m: 56.01 29.35	200m: 1:55.89	30.17 300m: 2:58.80	31.77	400m: 4:02.70	31.20			
4. Diogo Santos, Cardoso	01	Sporting	<b>4:03.82</b>	659	5,00			
50m: 28.84 28.84	150m: 1:30.72	31.07 250m: 2:32.57	30.88	350m: 3:34.15	30.69			
100m: 59.65 30.81	200m: 2:01.69	30.97 300m: 3:03.46	30.89	400m: 4:03.82	29.67			
5. Yury, Fomin	06	Benfica	<b>4:03.92</b>	658	4,00			
50m: 27.78 27.78	150m: 1:27.36	30.07 250m: 2:29.90	31.37	350m: 3:33.27	31.99			
100m: 57.29 29.51	200m: 1:58.53	31.17 300m: 3:01.28	31.38	400m: 4:03.92	30.65			
6. Axel Guedes, Asmar	07	Sporting	<b>4:04.90</b>	650	3,00			
50m: 28.33 28.33	150m: 1:29.93	31.09 250m: 2:32.21	31.06	350m: 3:34.93	31.34			
100m: 58.84 30.51	200m: 2:01.15	31.22 300m: 3:03.59	31.38	400m: 4:04.90	29.97			
7. Duarte Ramos, Nunes	07	Benfica	<b>4:07.15</b>	633	2,00			
50m: 27.96 27.96	150m: 1:29.45	31.10 250m: 2:32.84	31.60	350m: 3:36.00	31.64			
100m: 58.35 30.39	200m: 2:01.24	31.79 300m: 3:04.36	31.52	400m: 4:07.15	31.15			
8. Andre Leitao, Costa	07	Foca Quinta Da Lixa - Cnf	<b>4:10.32</b>	609	1,00			
50m: 28.05 28.05	150m: 1:30.38	31.37 250m: 2:34.45	32.14	350m: 3:39.41	32.32			
100m: 59.01 30.96	200m: 2:02.31	31.93 300m: 3:07.09	32.64	400m: 4:10.32	30.91			
9. Eduardo Miguel, Lima	08	Foca Quinta Da Lixa - Cnf	<b>4:10.86</b>	605	-			
50m: 27.83 27.83	150m: 1:30.77	31.97 250m: 2:35.04	31.54	350m: 3:39.44	32.42			
100m: 58.80 30.97	200m: 2:03.50	32.73 300m: 3:07.02	31.98	400m: 4:10.86	31.42			
10. Miguel Lourenco, Velhinho	07	Lagoa Academico Clube	<b>4:11.27</b>	602	-			
50m: 28.66 28.66	150m: 1:31.29	31.76 250m: 2:34.88	31.71	350m: 3:40.16	32.72			
100m: 59.53 30.87	200m: 2:03.17	31.88 300m: 3:07.44	32.56	400m: 4:11.27	31.11			
11. Rafael Lin, Moniz	09	Naval Setubalense	<b>4:15.91</b>	570	-			
50m: 28.50 28.50	150m: 1:31.11	31.90 250m: 2:36.40	32.57	350m: 3:43.21	33.98			
100m: 59.21 30.71	200m: 2:03.83	32.72 300m: 3:09.23	32.83	400m: 4:15.91	32.70			
12. Jesus, Elena Fernandez	04	C.N.Mairena Aljarafe	<b>4:25.31</b>	512	-			
50m: 30.17 30.17	150m: 1:36.53	33.45 250m: 2:44.36	33.79	350m: 3:52.44	34.04			
100m: 1:03.08 32.91	200m: 2:10.57	34.04 300m: 3:18.40	34.04	400m: 4:25.31	32.87			
13. Antonio, Bermudez Tovar	07	R.C.Nautico De Motril	<b>4:30.78</b>	481	-			
50m: 28.49 28.49	150m: 1:33.93	34.05 250m: 2:44.69	35.96	350m: 3:55.88	35.67			
100m: 59.88 31.39	200m: 2:08.73	34.80 300m: 3:20.21	35.52	400m: 4:30.78	34.90			
14. Diogo Jose, Mateus	08	Lagoa Academico Clube	<b>4:39.45</b>	438	-			
50m: 29.62 29.62	150m: 1:37.50	34.98 250m: 2:49.74	36.51	350m: 4:03.65	37.06			
100m: 1:02.52 32.90	200m: 2:13.23	35.73 300m: 3:26.59	36.85	400m: 4:39.45	35.80			

Prova 15, Masc., 400m Livres, Absoluto

Lugar	Ano		Tempo final		FINA Pts	Pts
15. Diogo Francisco, Venceslau	06	Pdem	<b>4:40.45</b>	433	-	
50m: 31.19 31.19	150m: 1:38.99	34.62 250m: 2:50.68	36.42 350m: 4:04.42	37.10		
100m: 1:04.37 33.18	200m: 2:14.26	35.27 300m: 3:27.32	36.64 400m: 4:40.45	36.03		
16. Goncalo Alexandre, Retre	10	Naval de Faro	<b>4:49.25</b>	395	-	
50m: 32.63 32.63	150m: 1:44.44	36.20 250m: 2:58.34	37.32 350m: 4:13.01	37.29		
100m: 1:08.24 35.61	200m: 2:21.02	36.58 300m: 3:35.72	37.38 400m: 4:49.25	36.24		