

Prova 21 Masc., 400m Estilos Absoluto
09/11/2024 - 16:00 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
Meet Rec	4:09.32	Gabriel Jose, Lopes	POR	Albufeira	12/11/2022

Pontos: AQUA 2024

Lugar	Ano			Tempo final			FINA Pts	Pts
1. Yury, Fomin	06	Benfica	4:28.64	667	8,00			
50m: 28.31 28.31	150m: 1:35.75	34.70	250m: 2:47.77	38.52	350m: 3:58.57	31.04		
100m: 1:01.05 32.74	200m: 2:09.25	33.50	300m: 3:27.53	39.76	400m: 4:28.64	30.07		
2. Kaio Araujo, Faftine	06	Sporting	4:32.92	636	7,00			
50m: 28.10 28.10	150m: 1:36.61	35.28	250m: 2:51.06	39.01	350m: 4:02.64	31.74		
100m: 1:01.33 33.23	200m: 2:12.05	35.44	300m: 3:30.90	39.84	400m: 4:32.92	30.28		
3. Diogo Santos, Cardoso	01	Sporting	4:34.20	627	6,00			
50m: 30.22 30.22	150m: 1:41.21	37.38	250m: 2:55.81	38.35	350m: 4:05.07	31.18		
100m: 1:03.83 33.61	200m: 2:17.46	36.25	300m: 3:33.89	38.08	400m: 4:34.20	29.13		
4. Goncalo Duarte, Carvalho	05	Benfica	4:39.63	592	5,00			
50m: 29.10 29.10	150m: 1:40.13	36.72	250m: 2:54.41	38.30	350m: 4:07.20	33.11		
100m: 1:03.41 34.31	200m: 2:16.11	35.98	300m: 3:34.09	39.68	400m: 4:39.63	32.43		
5. Andre Correia, Alves	06	Benfica	4:44.40	562	4,00			
50m: 30.25 30.25	150m: 1:41.49	36.90	250m: 2:59.68	42.08	350m: 4:13.89	32.17		
100m: 1:04.59 34.34	200m: 2:17.60	36.11	300m: 3:41.72	42.04	400m: 4:44.40	30.51		
6. Goncalo Gualberto, Barbara	00	Lagoa Academico Clube	4:44.55	561	3,00			
50m: 30.03 30.03	150m: 1:42.93	38.04	250m: 2:57.97	38.73	350m: 4:12.10	33.79		
100m: 1:04.89 34.86	200m: 2:19.24	36.31	300m: 3:38.31	40.34	400m: 4:44.55	32.45		
7. Tomas Rocha, Dores	07	Colegio Efanor	4:47.90	542	2,00			
50m: 30.42 30.42	150m: 1:41.72	36.98	250m: 3:01.44	42.31	350m: 4:16.24	32.40		
100m: 1:04.74 34.32	200m: 2:19.13	37.41	300m: 3:43.84	42.40	400m: 4:47.90	31.66		
8. Martim Santos, Cabrita	08	Louletano / Loule Aqui e Agora	4:51.58	522	1,00			
50m: 29.86 29.86	150m: 1:43.82	39.12	250m: 3:01.68	40.46	350m: 4:19.07	34.25		
100m: 1:04.70 34.84	200m: 2:21.22	37.40	300m: 3:44.82	43.14	400m: 4:51.58	32.51		
9. Guilherme Pereira, Novais	09	Foca Quinta Da Lixa - Cnf	4:55.46	501	-			
50m: 29.56 29.56	150m: 1:41.73	38.19	250m: 3:03.29	43.89	350m: 4:21.81	34.55		
100m: 1:03.54 33.98	200m: 2:19.40	37.67	300m: 3:47.26	43.97	400m: 4:55.46	33.65		
10. Francisco Oliveira, Lopes	04	Bombeiros Ponta Delgada	4:59.67	481	-			
50m: 31.08 31.08	150m: 1:46.40	39.58	250m: 3:07.44	42.52	350m: 4:25.22	35.40		
100m: 1:06.82 35.74	200m: 2:24.92	38.52	300m: 3:49.82	42.38	400m: 4:59.67	34.45		
11. Carlos, Linan Del Rosario	06	C. Nautico Sevilla	5:01.58	472	-			
50m: 30.58 30.58	150m: 1:45.51	40.27	250m: 3:08.75	44.25	350m: 4:28.50	34.65		
100m: 1:05.24 34.66	200m: 2:24.50	38.99	300m: 3:53.85	45.10	400m: 5:01.58	33.08		
12. Miguel Chagas, Vicente	09	Selecao dos Acores	5:03.70	462	-			
50m: 31.77 31.77	150m: 1:45.01	36.50	250m: 3:07.86	46.45	350m: 4:30.37	35.35		
100m: 1:08.51 36.74	200m: 2:21.41	36.40	300m: 3:55.02	47.16	400m: 5:03.70	33.33		
13. Guilherme Salvador, Chaveca	05	Portinado	5:06.31	450	-			
50m: 30.43 30.43	150m: 1:44.86	39.49	250m: 3:08.96	45.04	350m: 4:31.11	35.33		
100m: 1:05.37 34.94	200m: 2:23.92	39.06	300m: 3:55.78	46.82	400m: 5:06.31	35.20		
14. Jorge Mare, Medeiros	08	Selecao dos Acores	5:15.93	410	-			
50m: 31.53 31.53	150m: 1:49.89	40.52	250m: 3:15.13	45.99	350m: 4:39.37	37.52		
100m: 1:09.37 37.84	200m: 2:29.14	39.25	300m: 4:01.85	46.72	400m: 5:15.93	36.56		