

Event 21 Men, 400m Medley Absoluto  
09/11/2024 - 16:00 Results

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

Points: AQUA 2024

Rank	YB			Time			FINA Pts	Pts				
1.	Yury, Fomin			06	Benfica			<b>4:28.64</b>	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			<b>4:32.92</b>	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			<b>4:34.20</b>	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			<b>4:39.63</b>	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			<b>4:44.40</b>	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			<b>4:44.55</b>	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			<b>4:47.90</b>	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			<b>4:51.58</b>	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			<b>4:55.46</b>	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			<b>4:59.67</b>	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			<b>5:01.58</b>	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			<b>5:03.70</b>	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			<b>5:06.31</b>	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			<b>5:15.93</b>	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