

Prova 22
 24/11/2024 - 17:18

Masc., 400m Livres

 Open
 Resultados

Rec Nac Univ 3:51.11 José, LOPES AAUM Senhora da Hora 08/12/2021

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	FINA	Pts
1.	Jose, LOPES	00	Assoc Academica da UM	3:56.49		722	
	50m: 27.47 27.47	150m: 1:26.88	29.87 250m: 2:26.94 29.92	350m: 3:27.01	29.89		
	100m: 57.01 29.54	200m: 1:57.02	30.14 300m: 2:57.12 30.18	400m: 3:56.49	29.48		
2.	Gabriel Carvalho, FERRAO	05	Universidade Nova de Lisboa	4:03.42		662	
	50m: 27.64 27.64	150m: 1:29.65	31.63 250m: 2:32.14 31.14	350m: 3:33.90	30.56		
	100m: 58.02 30.38	200m: 2:01.00	31.35 300m: 3:03.34 31.20	400m: 4:03.42	29.52		
3.	Bernardo Jorge, SIMOES	04	Universidade Nova de Lisboa	4:03.51		662	
	50m: 28.02 28.02	150m: 1:29.61	31.13 250m: 2:32.41 31.33	350m: 3:34.35	30.67		
	100m: 58.48 30.46	200m: 2:01.08	31.47 300m: 3:03.68 31.27	400m: 4:03.51	29.16		
4.	Tomas Amor, SARREIRA	05	Politécnico do Porto	4:05.89		643	
	50m: 28.32 28.32	150m: 1:30.39	31.23 250m: 2:32.89 31.31	350m: 3:35.40	31.12		
	100m: 59.16 30.84	200m: 2:01.58	31.19 300m: 3:04.28 31.39	400m: 4:05.89	30.49		
5.	Bruno Silva, LOUREIRO	06	Politécnico do Porto	4:12.25		595	
	50m: 28.85 28.85	150m: 1:31.24	31.36 250m: 2:34.56 31.73	350m: 3:40.14	33.08		
	100m: 59.88 31.03	200m: 2:02.83	31.59 300m: 3:07.06 32.50	400m: 4:12.25	32.11		
6.	Goncalo Renato, CARVALHO	04	Politécnico do Porto	4:15.86		570	
	50m: 29.55 29.55	150m: 1:33.25	32.00 250m: 2:37.78 32.66	350m: 3:43.42	32.89		
	100m: 1:01.25 31.70	200m: 2:05.12	31.87 300m: 3:10.53 32.75	400m: 4:15.86	32.44		
7.	Afonso, LEITE	05	Assoc Academica da UM	4:16.16		568	
	50m: 29.95 29.95	150m: 1:33.71	31.87 250m: 2:39.19 32.96	350m: 3:45.03	32.84		
	100m: 1:01.84 31.89	200m: 2:06.23	32.52 300m: 3:12.19 33.00	400m: 4:16.16	31.13		
8.	Joao, MARQUES	06	Associacao Academica de Co	4:16.42		567	
	50m: 29.82 29.82	150m: 1:34.08	32.35 250m: 2:40.23 33.07	350m: 3:45.85	31.98		
	100m: 1:01.73 31.91	200m: 2:07.16	33.08 300m: 3:13.87 33.64	400m: 4:16.42	30.57		
	Tiago Barroso, PROENCA	04	AE do IST	4:16.42		567	
	50m: 29.90 29.90	150m: 1:34.01	32.46 250m: 2:39.42 32.73	350m: 3:45.51	32.87		
	100m: 1:01.55 31.65	200m: 2:06.69	32.68 300m: 3:12.64 33.22	400m: 4:16.42	30.91		
10.	Alexandre, GONCALVES	05	AE ESS da CVP de Oliv Azen	4:17.63		559	
	50m: 29.36 29.36	150m: 1:33.68	32.57 250m: 2:39.12 32.69	350m: 3:46.03	33.41		
	100m: 1:01.11 31.75	200m: 2:06.43	32.75 300m: 3:12.62 33.50	400m: 4:17.63	31.60		
11.	Vasco, CASTRO	06	Universidade do Porto	4:18.98		550	
	50m: 28.73 28.73	150m: 1:31.92	31.58 250m: 2:37.14 33.17	350m: 3:45.38	34.19		
	100m: 1:00.34 31.61	200m: 2:03.97	32.05 300m: 3:11.19 34.05	400m: 4:18.98	33.60		
12.	Marcio, GOMES	04	Assoc Academica da UM	4:19.20		549	
	50m: 30.54 30.54	150m: 1:35.67	33.01 250m: 2:41.44 32.29	350m: 3:47.03	32.25		
	100m: 1:02.66 32.12	200m: 2:09.15	33.48 300m: 3:14.78 33.34	400m: 4:19.20	32.17		
13.	Afonso, PINHO	06	AE da Escola Universitaria Va	4:19.43	Gama	547	
	50m: 29.42 29.42	150m: 1:34.45	32.79 250m: 2:41.66 33.71	350m: 3:48.73	33.08		
	100m: 1:01.66 32.24	200m: 2:07.95	33.50 300m: 3:15.65 33.99	400m: 4:19.43	30.70		
14.	Jose, MARQUES	06	Associacao Academica de Co	4:20.11		543	
	50m: 29.66 29.66	150m: 1:34.63	32.75 250m: 2:41.02 33.22	350m: 3:48.08	33.55		
	100m: 1:01.88 32.22	200m: 2:07.80	33.17 300m: 3:14.53 33.51	400m: 4:20.11	32.03		
15.	Diogo Severino, NUNES	04	Universidade do Porto	4:24.57		516	
	50m: 30.08 30.08	150m: 1:34.27	32.39 250m: 2:40.37 33.40	350m: 3:49.79	35.06		
	100m: 1:01.88 31.80	200m: 2:06.97	32.70 300m: 3:14.73 34.36	400m: 4:24.57	34.78		

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Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	FINA	Pts
16.	Francisco, PARRA	00	Instituto Politecnico de Coimbra	4:32.94		470	
	50m: 29.67 29.67	150m: 1:36.60	34.03	250m: 2:45.10	34.43	350m: 3:56.96	36.32
	100m: 1:02.57 32.90	200m: 2:10.67	34.07	300m: 3:20.64	35.54	400m: 4:32.94	35.98
17.	Antonio, FERREIRA	00	Assoc Academica da UBI	4:57.46		363	
	50m: 30.85 30.85	150m: 1:43.48	37.73	250m: 3:01.60	39.19	350m: 4:19.36	39.11
	100m: 1:05.75 34.90	200m: 2:22.41	38.93	300m: 3:40.25	38.65	400m: 4:57.46	38.10