

Prova 19
14/12/2024 - 17:05

Masc., 400m Livres

Absolutos
Resultados

RN25 Open	3:42.57	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	16/12/2021
RN25 Sen	3:42.57	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	16/12/2021
RN25 Jun18	3:50.52	Adriano Miguel, Niz	CFV	Fafe	26/06/2004
RN25 Jun17	3:55.43	Rui Silva, Pereira	ADRCIMM	Santo António dos Cavaleiros	30/11/2024

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
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Seniores

1.	Francisco Rodriguez, Amaral	02	Porto	3:51.00	+0,65	775	
	50m: 26.35 26.35	150m: 1:24.34	29.24	250m: 2:22.85	29.20	350m: 3:21.92	29.46
	100m: 55.10 28.75	200m: 1:53.65	29.31	300m: 2:52.46	29.61	400m: 3:51.00	29.08
2.	Gabriel Carvalho, Ferrao	05	Benfica	3:52.40	+0,58	761	
	50m: 26.39 26.39	150m: 1:25.29	29.62	250m: 2:24.52	29.57	350m: 3:24.08	29.64
	100m: 55.67 29.28	200m: 1:54.95	29.66	300m: 2:54.44	29.92	400m: 3:52.40	28.32
3.	Lucas Pereira, Bastos	00	Cnac	3:54.17	+0,71	744	
	50m: 26.29 26.29	150m: 1:23.91	29.17	250m: 2:23.02	29.66	350m: 3:23.64	30.24
	100m: 54.74 28.45	200m: 1:53.36	29.45	300m: 2:53.40	30.38	400m: 3:54.17	30.53
4.	Gustavo Carvalhais, Ribeiro	03	Benfica	3:54.81	+0,72	738	
	50m: 25.94 25.94	150m: 1:22.49	28.52	250m: 2:21.74	29.82	350m: 3:23.44	31.10
	100m: 53.97 28.03	200m: 1:51.92	29.43	300m: 2:52.34	30.60	400m: 3:54.81	31.37
5.	Bernardo Jorge, Simoes	04	Clube Futebol Os Belenense	3:55.46	+0,66	732	
	50m: 26.93 26.93	150m: 1:25.72	29.67	250m: 2:25.60	30.07	350m: 3:25.70	30.10
	100m: 56.05 29.12	200m: 1:55.53	29.81	300m: 2:55.60	30.00	400m: 3:55.46	29.76
6.	Tomas Amor, Sarreira	05	Porto	3:56.45	+0,76	723	
	50m: 27.37 27.37	150m: 1:27.15	30.11	250m: 2:27.24	29.85	350m: 3:27.29	29.99
	100m: 57.04 29.67	200m: 1:57.39	30.24	300m: 2:57.30	30.06	400m: 3:56.45	29.16
7.	Pedro Bethlem, Tigre	06	Sporting	3:57.32	+0,62	715	
	50m: 26.47 26.47	150m: 1:26.08	30.14	250m: 2:26.29	30.02	350m: 3:27.43	30.47
	100m: 55.94 29.47	200m: 1:56.27	30.19	300m: 2:56.96	30.67	400m: 3:57.32	29.89
8.	Diogo Alexandre, Oliveira	05	Sporting Clube de Braga	3:57.76	+0,69	711	
	50m: 26.66 26.66	150m: 1:26.52	30.29	250m: 2:27.56	30.27	350m: 3:28.94	30.49
	100m: 56.23 29.57	200m: 1:57.29	30.77	300m: 2:58.45	30.89	400m: 3:57.76	28.82
	Diogo Santos, Cardoso	01	Sporting	3:57.76		711	
	50m: 27.90 27.90	150m: 1:27.74	30.06	250m: 2:28.15	30.20	350m: 3:28.81	30.23
	100m: 57.68 29.78	200m: 1:57.95	30.21	300m: 2:58.58	30.43	400m: 3:57.76	28.95
10.	Ricardo Matias, Santos	05	Louzan Natacao/EFAPEL	4:01.80	+0,72	676	
	50m: 27.69 27.69	150m: 1:28.69	30.54	250m: 2:29.93	30.58	350m: 3:31.73	30.87
	100m: 58.15 30.46	200m: 1:59.35	30.66	300m: 3:00.86	30.93	400m: 4:01.80	30.07
11.	Tiago Filipe, Campos	99	Porto	4:02.05	+0,72	674	
	50m: 26.84 26.84	150m: 1:26.33	29.98	250m: 2:27.85	30.90	350m: 3:30.74	31.61
	100m: 56.35 29.51	200m: 1:56.95	30.62	300m: 2:59.13	31.28	400m: 4:02.05	31.31
12.	Bruno Silva, Loureiro	06	Porto	4:05.68	+0,67	644	
	50m: 27.62 27.62	150m: 1:29.19	31.01	250m: 2:31.55	31.01	350m: 3:34.96	31.85
	100m: 58.18 30.56	200m: 2:00.54	31.35	300m: 3:03.11	31.56	400m: 4:05.68	30.72

Prova 19, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA	
13.	Goncalo Renato, Carvalho	04	Porto	4:07.43	+0,66	631	
	50m: 28.51 28.51	150m: 1:30.47	30.85	250m: 2:32.94	31.10	350m: 3:36.30	31.72
	100m: 59.62 31.11	200m: 2:01.84	31.37	300m: 3:04.58	31.64	400m: 4:07.43	31.13
14.	Andre Correia, Alves	06	Benfica	4:07.47	+0,69	630	
	50m: 27.72 27.72	150m: 1:29.77	31.34	250m: 2:33.08	31.48	350m: 3:36.43	31.65
	100m: 58.43 30.71	200m: 2:01.60	31.83	300m: 3:04.78	31.70	400m: 4:07.47	31.04
15.	Joao Almeida, Gomes	06	Nacional de Natacao	4:07.94	+0,68	627	
	50m: 28.54 28.54	150m: 1:30.21	30.85	250m: 2:33.15	31.42	350m: 3:36.81	31.81
	100m: 59.36 30.82	200m: 2:01.73	31.52	300m: 3:05.00	31.85	400m: 4:07.94	31.13
16.	Joao Maria, Sousa	05	Sporting Clube de Braga	4:08.60	+0,73	622	
	50m: 28.44 28.44	150m: 1:30.73	31.31	250m: 2:33.85	31.47	350m: 3:37.28	31.82
	100m: 59.42 30.98	200m: 2:02.38	31.65	300m: 3:05.46	31.61	400m: 4:08.60	31.32
17.	Jose Miguel, Marques	06	Condeixa Aqua Clube	4:16.43	+0,75	567	
	50m: 29.41 29.41	150m: 1:34.32	32.63	250m: 2:39.50	32.72	350m: 3:44.61	32.38
	100m: 1:01.69 32.28	200m: 2:06.78	32.46	300m: 3:12.23	32.73	400m: 4:16.43	31.82

Juniores

1.	Rui Silva, Pereira <i>Rec Nacional</i>	08	Adrcimm	3:52.60	+0,80	759	
	50m: 26.69 26.69	150m: 1:25.67	29.74	250m: 2:25.09	29.51	350m: 3:24.28	29.42
	100m: 55.93 29.24	200m: 1:55.58	29.91	300m: 2:54.86	29.77	400m: 3:52.60	28.32
2.	Filipe Manso, Laranjo	07	Sporting Clube de Braga	3:56.66	+0,83	721	
	50m: 27.05 27.05	150m: 1:26.28	29.72	250m: 2:26.79	30.15	350m: 3:26.99	30.14
	100m: 56.56 29.51	200m: 1:56.64	30.36	300m: 2:56.85	30.06	400m: 3:56.66	29.67
3.	Rodrigo Costa, Borges	07	Fluval Portuense	4:00.10	+0,72	690	
	50m: 27.52 27.52	150m: 1:27.78	30.60	250m: 2:29.06	30.61	350m: 3:30.27	30.49
	100m: 57.18 29.66	200m: 1:58.45	30.67	300m: 2:59.78	30.72	400m: 4:00.10	29.83
4.	Miguel Fragoso, Medeiros	08	Porto	4:01.52	+0,67	678	
	50m: 27.64 27.64	150m: 1:27.51	30.34	250m: 2:28.70	30.58	350m: 3:31.24	31.25
	100m: 57.17 29.53	200m: 1:58.12	30.61	300m: 2:59.99	31.29	400m: 4:01.52	30.28
5.	Guilherme Costa, Soares	08	Vilacondense	4:02.13	+0,68	673	
	50m: 28.30 28.30	150m: 1:30.49	31.20	250m: 2:32.56	30.74	350m: 3:33.41	30.18
	100m: 59.29 30.99	200m: 2:01.82	31.33	300m: 3:03.23	30.67	400m: 4:02.13	28.72
6.	Duarte Cachulo, Marques	07	Condeixa Aqua Clube	4:02.99	+0,66	666	
	50m: 27.67 27.67	150m: 1:29.34	31.14	250m: 2:30.46	30.38	350m: 3:32.44	31.12
	100m: 58.20 30.53	200m: 2:00.08	30.74	300m: 3:01.32	30.86	400m: 4:02.99	30.55
7.	Antonio Miguel, Costa	07	Fafe	4:03.30	+0,76	663	
	50m: 27.21 27.21	150m: 1:27.40	30.40	250m: 2:29.27	31.33	350m: 3:32.72	31.87
	100m: 57.00 29.79	200m: 1:57.94	30.54	300m: 3:00.85	31.58	400m: 4:03.30	30.58
8.	Afonso Gago, Garcia	08	Benfica	4:07.61	+0,61	629	
	50m: 28.20 28.20	150m: 1:31.51	31.81	250m: 2:34.18	31.22	350m: 3:36.99	30.95
	100m: 59.70 31.50	200m: 2:02.96	31.45	300m: 3:06.04	31.86	400m: 4:07.61	30.62

Prova 19, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA	
9.	Axel Guedes, Asmar	07	Sporting	4:08.39	+0,61	623	
	50m: 28.29 28.29	150m: 1:29.93	30.98	250m: 2:32.96	31.54	350m: 3:37.05	32.21
	100m: 58.95 30.66	200m: 2:01.42	31.49	300m: 3:04.84	31.88	400m: 4:08.39	31.34
10.	Rafael Pereira, Rodrigues	08	Condeixa Aqua Clube	4:08.89	+0,75	620	
	50m: 28.50 28.50	150m: 1:30.54	31.29	250m: 2:33.70	31.52	350m: 3:37.32	31.80
	100m: 59.25 30.75	200m: 2:02.18	31.64	300m: 3:05.52	31.82	400m: 4:08.89	31.57
11.	Andre Leitao, Costa	07	Foca Quinta Da Lixa - Cnf	4:09.14	+0,66	618	
	50m: 27.58 27.58	150m: 1:30.46	31.75	250m: 2:33.94	31.77	350m: 3:37.80	31.68
	100m: 58.71 31.13	200m: 2:02.17	31.71	300m: 3:06.12	32.18	400m: 4:09.14	31.34
12.	Tiago Andre, Canelas	08	Fluval Portuense	4:09.68	+0,71	614	
	50m: 28.29 28.29	150m: 1:30.74	31.39	250m: 2:34.92	32.28	350m: 3:39.23	32.16
	100m: 59.35 31.06	200m: 2:02.64	31.90	300m: 3:07.07	32.15	400m: 4:09.68	30.45
13.	Tomas Rocha, Dolores	07	Colegio Efanor	4:09.85	+0,72	613	
	50m: 28.74 28.74	150m: 1:32.08	31.81	250m: 2:35.87	31.71	350m: 3:38.90	31.19
	100m: 1:00.27 31.53	200m: 2:04.16	32.08	300m: 3:07.71	31.84	400m: 4:09.85	30.95
14.	Eduardo Miguel, Lima	08	Foca Quinta Da Lixa - Cnf	4:10.10		611	
	50m: 27.76 27.76	150m: 1:30.39	31.77	250m: 2:33.74	31.48	350m: 3:38.75	32.74
	100m: 58.62 30.86	200m: 2:02.26	31.87	300m: 3:06.01	32.27	400m: 4:10.10	31.35
15.	Francisco Xavier, Rita	07	Vieirense	4:10.32	+0,75	609	
	50m: 28.63 28.63	150m: 1:31.44	31.69	250m: 2:35.53	31.99	350m: 3:39.64	32.17
	100m: 59.75 31.12	200m: 2:03.54	32.10	300m: 3:07.47	31.94	400m: 4:10.32	30.68
16.	Eduardo Pires, Silva	08	Vilacondense	4:10.94	+0,76	605	
	50m: 28.08 28.08	150m: 1:31.62	32.28	250m: 2:35.12	31.63	350m: 3:39.30	31.96
	100m: 59.34 31.26	200m: 2:03.49	31.87	300m: 3:07.34	32.22	400m: 4:10.94	31.64
17.	Miguel Braga, Gomes	07	Sport Alges e Dafundo	4:12.09	+0,69	596	
	50m: 28.62 28.62	150m: 1:31.23	31.81	250m: 2:35.13	31.88	350m: 3:40.23	32.64
	100m: 59.42 30.80	200m: 2:03.25	32.02	300m: 3:07.59	32.46	400m: 4:12.09	31.86
18.	Guilherme Corte, Costa	07	Clube Desportivo Nacional	4:12.20	+0,72	596	
	50m: 28.43 28.43	150m: 1:31.15	31.64	250m: 2:36.83	33.11	350m: 3:41.35	31.51
	100m: 59.51 31.08	200m: 2:03.72	32.57	300m: 3:09.84	33.01	400m: 4:12.20	30.85
19.	Miguel Lourenco, Velhinho	07	Lagoa Academico Clube	4:13.44	+0,70	587	
	50m: 28.44 28.44	150m: 1:31.51	31.73	250m: 2:36.08	32.48	350m: 3:41.52	32.78
	100m: 59.78 31.34	200m: 2:03.60	32.09	300m: 3:08.74	32.66	400m: 4:13.44	31.92
20.	Goncalo Augusto, Soares	08	Porto	4:13.62	+0,74	586	
	50m: 28.72 28.72	150m: 1:32.34	31.96	250m: 2:36.86	32.08	350m: 3:41.86	32.59
	100m: 1:00.38 31.66	200m: 2:04.78	32.44	300m: 3:09.27	32.41	400m: 4:13.62	31.76
21.	Marco Antonio, Castro	08	Naval Do Funchal	4:14.54	+0,68	579	
	50m: 28.33 28.33	150m: 1:31.67	31.91	250m: 2:37.18	33.08	350m: 3:42.44	32.26
	100m: 59.76 31.43	200m: 2:04.10	32.43	300m: 3:10.18	33.00	400m: 4:14.54	32.10
22.	Luis Filipe, Carvalho	07	Clube Naval Povoense	4:16.64	+0,69	565	
	50m: 28.75 28.75	150m: 1:31.86	32.10	250m: 2:37.86	33.19	350m: 3:44.06	33.05
	100m: 59.76 31.01	200m: 2:04.67	32.81	300m: 3:11.01	33.15	400m: 4:16.64	32.58
23.	Guilherme Simoes, Sousa	08	Cnac	4:16.94	+0,75	563	
	50m: 28.46 28.46	150m: 1:31.25	31.97	250m: 2:37.17	33.15	350m: 3:44.34	33.59
	100m: 59.28 30.82	200m: 2:04.02	32.77	300m: 3:10.75	33.58	400m: 4:16.94	32.60