

Prova 30
22/12/2024 - 16:15

Masc., 400m Estilos

1ª Divisão MASC
Resultados

RN Open	4:05.87	Gabriel Jose, Lopes	ALN	Leiria	09/12/2022
RN Sen	4:05.87	Gabriel Jose, Lopes	ALN	Leiria	09/12/2022
RN Jun 18	4:11.20	Joao Alexandre, Vital	SCP	Porto	11/12/2015
RN Jun 17	4:21.93	Joao Alexandre, Vital	ADRCIMM	Porto	19/12/2014
RN Juv A	4:25.04	Joao Alexandre, Vital	ADRCIMM	Tomar	13/12/2013
RN Juv B	4:35.02	Diogo Filipe, Carvalho	CGA	Braga	21/03/2003
RN Inf A	4:40.32	Tomas Miguel, Freitas	CDN	Funchal	09/07/2004
RN Inf B	4:49.65	Andre Vilas, Ruivo	DNMG	S. António Cavaleiros	15/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Jose Paulo, Lopes	00	117924	Sporting Clube de Braga	4:13.64	16,00
	50m: 27.16 27.16		150m: 1:31.39 32.99	250m: 2:39.53 35.75	350m: 3:45.38 29.84	
	100m: 58.40 31.24		200m: 2:03.78 32.39	300m: 3:15.54 36.01	400m: 4:13.64 28.26	
2.	Lucas Pereira, Bastos	00	117492	Cnac	4:18.59	14,00
	50m: 27.82 27.82		150m: 1:32.90 33.91	250m: 2:41.77 36.30	350m: 3:48.62 29.99	
	100m: 58.99 31.17		200m: 2:05.47 32.57	300m: 3:18.63 36.86	400m: 4:18.59 29.97	
3.	Henrique Gomes, Silva	02	120860	Benfica	4:19.51	13,00
	50m: 26.69 26.69		150m: 1:31.56 33.63	250m: 2:41.19 36.38	350m: 3:49.86 31.10	
	100m: 57.93 31.24		200m: 2:04.81 33.25	300m: 3:18.76 37.57	400m: 4:19.51 29.65	
4.	Joao Soares, Carneiro	03	205269	Clube Futebol Os Belenenses	4:24.82	12,00
	50m: 27.33 27.33		150m: 1:34.66 35.79	250m: 2:45.21 35.23	350m: 3:54.08 32.22	
	100m: 58.87 31.54		200m: 2:09.98 35.32	300m: 3:21.86 36.65	400m: 4:24.82 30.74	
5.	Diogo Santos, Cardoso	01	122969	Sporting	4:25.52	11,00
	50m: 28.72 28.72		150m: 1:37.21 36.18	250m: 2:49.53 37.43	350m: 3:57.32 30.27	
	100m: 1:01.03 32.31		200m: 2:12.10 34.89	300m: 3:27.05 37.52	400m: 4:25.52 28.20	
6.	Joao Nogueira, Costa	01	124315	Vitoria Sport Clube	4:27.12	10,00
	50m: 27.16 27.16		150m: 1:33.12 32.97	250m: 2:46.37 40.05	350m: 3:57.68 31.30	
	100m: 1:00.15 32.99		200m: 2:06.32 33.20	300m: 3:26.38 40.01	400m: 4:27.12 29.44	
7.	Lorenzo, Zagli	94	216072	Naval Do Funchal	4:27.62	9,00
	50m: 29.02 29.02		150m: 1:36.68 35.04	250m: 2:48.47 37.28	350m: 3:57.98 31.69	
	100m: 1:01.64 32.62		200m: 2:11.19 34.51	300m: 3:26.29 37.82	400m: 4:27.62 29.64	
8.	Tomas Amor, Sarreira	05	132117	Porto	4:30.38	8,00
	50m: 28.11 28.11		150m: 1:35.37 34.47	250m: 2:48.52 39.29	350m: 4:00.61 31.76	
	100m: 1:00.90 32.79		200m: 2:09.23 33.86	300m: 3:28.85 40.33	400m: 4:30.38 29.77	
9.	Afonso Carvalho, Silva	05	130127	Famalicao	4:32.10	7,00
	50m: 28.68 28.68		150m: 1:36.69 35.70	250m: 2:50.06 37.67	350m: 4:00.68 32.12	
	100m: 1:00.99 32.31		200m: 2:12.39 35.70	300m: 3:28.56 38.50	400m: 4:32.10 31.42	
10.	Leonardo Conceicao, Reis	07	207815	Sport Alges e Dafundo	4:32.94	6,00
	50m: 28.06 28.06		150m: 1:34.92 34.62	250m: 2:48.48 38.87	350m: 4:01.31 32.44	
	100m: 1:00.30 32.24		200m: 2:09.61 34.69	300m: 3:28.87 40.39	400m: 4:32.94 31.63	
11.	David Matias, Cristino	01	127872	Uniao Piedense	4:34.25	5,00
	50m: 28.49 28.49		150m: 1:36.70 35.69	250m: 2:51.81 40.30	350m: 4:03.50 31.42	
	100m: 1:01.01 32.52		200m: 2:11.51 34.81	300m: 3:32.08 40.27	400m: 4:34.25 30.75	
12.	Miguel Almeida, Bispo	08	203715	Natacao da Maia	4:34.54	4,00
	50m: 28.90 28.90		150m: 1:36.67 34.97	250m: 2:51.30 40.28	350m: 4:03.76 31.91	
	100m: 1:01.70 32.80		200m: 2:11.02 34.35	300m: 3:31.85 40.55	400m: 4:34.54 30.78	
13.	Guilherme Pereira, Novais	09	205195	Foca Quinta Da Lixa - Cnf	4:44.69	3,00
	50m: 29.03 29.03		150m: 1:38.93 36.75	250m: 2:57.39 41.31	350m: 4:12.80 33.35	
	100m: 1:02.18 33.15		200m: 2:16.08 37.15	300m: 3:39.45 42.06	400m: 4:44.69 31.89	
14.	Joao Simons, Cunha	02	124582	Leixoes Sport Clube	4:51.57	2,00
	50m: 29.02 29.02		150m: 1:42.12 38.52	250m: 3:01.02 40.81	350m: 4:18.11 35.23	
	100m: 1:03.60 34.58		200m: 2:20.21 38.09	300m: 3:42.88 41.86	400m: 4:51.57 33.46	
15.	Martim Santos, Cabrita	08	208153	Louletano / Loule Aqui e Agora	5:00.32	1,00
	50m: 29.31 29.31		150m: 1:41.99 38.57	250m: 3:04.50 44.68	350m: 4:27.13 35.75	
	100m: 1:03.42 34.11		200m: 2:19.82 37.83	300m: 3:51.38 46.88	400m: 5:00.32 33.19	