

Prova 11  
01/02/2025 - 17:51

Masc., 400m Estilos

Open  
Resultados Final

Recorde Nacional Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recorde Nacional Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recorde Nacional Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Recorde Nacional Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Recorde Nacional Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Recorde Nacional Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Recorde Nacional Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	P�ova Varzim	23/07/2004
Recorde Nacional Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12/07/2013
Recorde Meeting	4:25.01	Gabriel Jose, LOPES	POR	Pova de Varzim	02/02/2019

TLP - ABS MASCULINOS Abs: 5:05.53

Pontos: FINA 2023

Lugar	Nome	TReac	Licença	Clube	Tempo Final	FINA	Pts
<b>Final A</b>							
1.	Jose Paulo, LOPES		117924	Braga	<b>4:43.35</b>	637	20,00
	50m: 29.63 29.63	150m: 1:40.60 36.47	250m: 2:57.67 40.84	350m: 4:11.91 32.49			
	100m: 1:04.13 34.50	200m: 2:16.83 36.23	300m: 3:39.42 41.75	400m: 4:43.35 31.44			
2.	Guilherme Costa, SOARES		201093	Vilacondense	<b>4:44.79</b>	627	18,00
	50m: 29.45 29.45	150m: 1:42.08 37.53	250m: 3:00.75 42.66	350m: 4:14.64 32.21			
	100m: 1:04.55 35.10	200m: 2:18.09 36.01	300m: 3:42.43 41.68	400m: 4:44.79 30.15			
3.	Gil Afonso, RODRIGUES		148683	Fluvial Portuense	<b>4:47.77</b>	608	16,00
	50m: 29.34 29.34	150m: 1:42.44 38.72	250m: 3:00.33 39.42	350m: 4:14.43 33.82			
	100m: 1:03.72 34.38	200m: 2:20.91 38.47	300m: 3:40.61 40.28	400m: 4:47.77 33.34			
4.	Tomas Pinto, PEIXOTO		203354	Porto	<b>4:51.50</b>	585	14,00
	50m: 30.52 30.52	150m: 1:43.46 36.94	250m: 3:02.54 43.06	350m: 4:19.60 33.10			
	100m: 1:06.52 36.00	200m: 2:19.48 36.02	300m: 3:46.50 43.96	400m: 4:51.50 31.90			
5.	Miguel Almeida, BISPO		203715	Natacao da Maia	<b>4:51.78</b>	583	13,00
	50m: 29.72 29.72	150m: 1:42.57 37.62	250m: 3:03.11 43.01	350m: 4:20.34 33.15			
	100m: 1:04.95 35.23	200m: 2:20.10 37.53	300m: 3:47.19 44.08	400m: 4:51.78 31.44			
6.	Joao Maria, SOUSA		130462	Braga	<b>4:53.54</b>	573	12,00
	50m: 30.37 30.37	150m: 1:43.27 38.12	250m: 3:05.05 43.77	350m: 4:21.36 33.20			
	100m: 1:05.15 34.78	200m: 2:21.28 38.01	300m: 3:48.16 43.11	400m: 4:53.54 32.18			
7.	Rodrigo Costa, BORGES		133190	Fluvial Portuense	<b>4:54.89</b>	565	11,00
	50m: 29.86 29.86	150m: 1:43.80 38.54	250m: 3:05.71 45.03	350m: 4:23.37 32.98			
	100m: 1:05.26 35.40	200m: 2:20.68 36.88	300m: 3:50.39 44.68	400m: 4:54.89 31.52			
8.	Mikhael, ONUTSKYY		207253	Pimpoes/Cimai	<b>4:58.80</b>	543	10,00
	50m: 30.07 30.07	150m: 1:44.36 39.27	250m: 3:07.05 44.27	350m: 4:25.53 34.12			
	100m: 1:05.09 35.02	200m: 2:22.78 38.42	300m: 3:51.41 44.36	400m: 4:58.80 33.27			
<b>Final B</b>							
9.	Afonso Carvalho, MONTEIRO		208116	Famaliç�o	<b>4:55.30</b>	563	9,00
	50m: 30.72 30.72	150m: 1:47.82 40.44	250m: 3:06.86 39.70	350m: 4:21.91 34.47			
	100m: 1:07.38 36.66	200m: 2:27.16 39.34	300m: 3:47.44 40.58	400m: 4:55.30 33.39			
10.	Brais, PREGO GROBA		1079430	Club Natacion Ponteareas	<b>4:59.36</b>	540	7,00
	50m: 33.53 33.53	150m: 1:52.36 40.14	250m: 3:11.11 41.17	350m: 4:26.93 33.93			
	100m: 1:12.22 38.69	200m: 2:29.94 37.58	300m: 3:53.00 41.89	400m: 4:59.36 32.43			
11.	Rafael Dinis, PACHECO		204593	Aquatico Pacense	<b>5:01.14</b>	530	6,00
	50m: 30.17 30.17	150m: 1:44.92 38.41	250m: 3:07.25 43.60	350m: 4:25.98 34.93			
	100m: 1:06.51 36.34	200m: 2:23.65 38.73	300m: 3:51.05 43.80	400m: 5:01.14 35.16			
12.	Yoel, FARO MARTINEZ		1143429	Club Natacion Ponteareas	<b>5:04.58</b>	513	5,00
	50m: 31.17 31.17	150m: 1:48.59 41.09	250m: 3:09.89 40.85	350m: 4:28.99 36.31			
	100m: 1:07.50 36.33	200m: 2:29.04 40.45	300m: 3:52.68 42.79	400m: 5:04.58 35.59			
13.	Lorenzo, TESSER		495461	Team Lombardia	<b>5:06.74</b>	502	-
	<i>FTL</i>						
	50m: 30.47 30.47	150m: 1:50.01 42.86	250m: 3:13.23 42.23	350m: 4:32.17 35.51			
	100m: 1:07.15 36.68	200m: 2:31.00 40.99	300m: 3:56.66 43.43	400m: 5:06.74 34.57			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.78560

Registered to Associa o de Nata o do Norte de Portugal

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Prova 11, Masc., 400m Estilos, Final, Open

Lugar	Nome	TReac	Licena	Clube	Tempo Final	FINA	Pts
14.	Dario, PEREZ PAZ <i>FTL</i>		1142991	Club Natacion Ponteareas	<b>5:07.93</b>	496	-
	50m: 31.15 31.15	150m: 1:48.99 40.01	250m: 3:13.14 44.71	350m: 4:34.23 35.49			
	100m: 1:08.98 37.83	200m: 2:28.43 39.44	300m: 3:58.74 45.60	400m: 5:07.93 33.70			
15.	Diogo Teixeira, PEIXOTO <i>FTL</i>		206053	Foca Quinta Da Lixa - Crf	<b>5:09.26</b>	490	-
	50m: 31.89 31.89	150m: 1:50.30 41.25	250m: 3:14.44 43.37	350m: 4:34.41 35.39			
	100m: 1:09.05 37.16	200m: 2:31.07 40.77	300m: 3:59.02 44.58	400m: 5:09.26 34.85			

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O Juiz  rbitro

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