

Associação de Natação do Norte de Portugal  
Meeting Internacional da Póvoa Varzim - 2025  
Póvoa de Varzim, 01 - 02/02/2025

Prova 27  
02/02/2025 - 10:02

Masc., 400m Livres

Absolutos  
Resultados Elimin

Recorde Nacional Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Recorde Nacional Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14/07/2010
Recorde Nacional Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Recorde Nacional Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Recorde Nacional Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004
Recorde Nacional Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26/07/2003
Recorde Meeting	3:55.57	START,		Póvoa de Varzim	

TLP - ABS MASCULINOS : 4:37.27

Pontos: FINA 2023

Lugar	Nome	TReac	Licença	Clube	Tempo Final	FINA	Pts
1.	Rodrigo Costa, BORGES		133190	Fluvial Portuense	<b>4:11.64</b>	668	-A
	50m: 28.50 28.50	150m: 1:32.34 32.37	250m: 2:36.55 32.06	350m: 3:40.89 32.13			
	100m: 59.97 31.47	200m: 2:04.49 32.15	300m: 3:08.76 32.21	400m: 4:11.64 30.75			
2.	Andrea, MASATTI		880906	Team Lombardia	<b>4:12.92</b>	658	-A
	50m: 28.86 28.86	150m: 1:32.15 32.03	250m: 2:36.58 32.32	350m: 3:41.30 32.25			
	100m: 1:00.12 31.26	200m: 2:04.26 32.11	300m: 3:09.05 32.47	400m: 4:12.92 31.62			
3.	Tiago Filipe, CAMPOS		116573	Porto	<b>4:14.48</b>	646	-A
	50m: 29.28 29.28	150m: 1:33.66 32.29	250m: 2:38.39 32.13	350m: 3:43.75 32.56			
	100m: 1:01.37 32.09	200m: 2:06.26 32.60	300m: 3:11.19 32.80	400m: 4:14.48 30.73			
4.	Miguel Fragoso, MEDEIROS		200778	Porto	<b>4:14.96</b>	643	-A
	50m: 28.89 28.89	150m: 1:32.79 32.35	250m: 2:37.50 32.08	350m: 3:43.78 32.74			
	100m: 1:00.44 31.55	200m: 2:05.42 32.63	300m: 3:11.04 33.54	400m: 4:14.96 31.18			
5.	Antonio Miguel, COSTA		202259	Fafe	<b>4:15.03</b>	642	-A
	50m: 29.55 29.55	150m: 1:34.05 32.48	250m: 2:39.13 32.54	350m: 3:44.55 32.82			
	100m: 1:01.57 32.02	200m: 2:06.59 32.54	300m: 3:11.73 32.60	400m: 4:15.03 30.48			
6.	Bruno Silva, LOUREIRO		129872	Porto	<b>4:16.28</b>	633	-A
	50m: 28.93 28.93	150m: 1:33.52 32.51	250m: 2:38.33 32.28	350m: 3:44.64 33.61			
	100m: 1:01.01 32.08	200m: 2:06.05 32.53	300m: 3:11.03 32.70	400m: 4:16.28 31.64			
7.	Guilherme Costa, SOARES		201093	Vilacondense	<b>4:16.77</b>	629	-A
	50m: 30.00 30.00	150m: 1:35.72 32.84	250m: 2:41.20 31.58	350m: 3:46.25 32.60			
	100m: 1:02.88 32.88	200m: 2:09.62 33.90	300m: 3:13.65 32.45	400m: 4:16.77 30.52			
8.	Tiago Andre, CANELAS		200358	Fluvial Portuense	<b>4:17.10</b>	627	-A
	50m: 29.33 29.33	150m: 1:33.63 32.58	250m: 2:39.58 32.80	350m: 3:45.91 33.13			
	100m: 1:01.05 31.72	200m: 2:06.78 33.15	300m: 3:12.78 33.20	400m: 4:17.10 31.19			
9.	Andre Leitao, COSTA		201806	Foca Quinta Da Lixa - Cnf	<b>4:17.23</b>	626	-B
	50m: 28.72 28.72	150m: 1:33.54 33.02	250m: 2:39.88 33.21	350m: 3:45.98 32.81			
	100m: 1:00.52 31.80	200m: 2:06.67 33.13	300m: 3:13.17 33.29	400m: 4:17.23 31.25			
10.	Goncalo Renato, CARVALHO		127586	Porto	<b>4:17.85</b>	621	-B
	50m: 29.76 29.76	150m: 1:34.70 32.56	250m: 2:39.99 32.45	350m: 3:45.73 32.85			
	100m: 1:02.14 32.38	200m: 2:07.54 32.84	300m: 3:12.88 32.89	400m: 4:17.85 32.12			
11.	Martim Cunha, MACEDO		204594	Natacao da Maia	<b>4:18.95</b>	613	-B
	50m: 29.64 29.64	150m: 1:34.60 32.79	250m: 2:40.60 32.93	350m: 3:46.97 33.16			
	100m: 1:01.81 32.17	200m: 2:07.67 33.07	300m: 3:13.81 33.21	400m: 4:18.95 31.98			
12.	Eduardo Miguel, LIMA		201133	Foca Quinta Da Lixa - Cnf	<b>4:20.03</b>	606	-B
	50m: 28.47 28.47	150m: 1:33.39 32.93	250m: 2:39.57 32.69	350m: 3:46.18 33.19			
	100m: 1:00.46 31.99	200m: 2:06.88 33.49	300m: 3:12.99 33.42	400m: 4:20.03 33.85			
13.	Mattia, GOLTI		844962	Team Lombardia	<b>4:20.61</b>	602	-B
	100m: 1:01.67 1:01.67	200m: 2:08.07 33.37	350m: 3:48.11 33.47				
	150m: 1:34.70 33.03	300m: 3:14.64 1:06.57	400m: 4:20.61 32.50				
14.	Leonardo, VIGANO'		878583	Team Lombardia	<b>4:20.76</b>	601	-B
	50m: 28.81 28.81	150m: 1:34.06 32.88	250m: 2:40.87 33.47	350m: 3:48.37 33.68			
	100m: 1:01.18 32.37	200m: 2:07.40 33.34	300m: 3:14.69 33.82	400m: 4:20.76 32.39			
15.	Joao Maria, SOUSA		130462	Braga	<b>4:21.70</b>	594	-B
	50m: 29.15 29.15	150m: 1:34.42 32.95	250m: 2:40.81 33.37	350m: 3:48.39 33.76			
	100m: 1:01.47 32.32	200m: 2:07.44 33.02	300m: 3:14.63 33.82	400m: 4:21.70 33.31			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.78560

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ORGANIZAÇÃO



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Associação de Natação do Norte de Portugal  
Meeting Internacional da Póvoa Varzim - 2025  
Póvoa de Varzim, 01 - 02/02/2025

Prova 27, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	TReac	Licença	Clube	Tempo Final	FINA	Pts
16.	Paulo, KOT		144468	Nautico Marinha Grande	<b>4:22.23</b>	591	-B
	50m: 29.72 29.72	150m: 1:35.19 33.01	250m: 2:42.27 33.47	350m: 3:49.64 33.53			
	100m: 1:02.18 32.46	200m: 2:08.80 33.61	300m: 3:16.11 33.84	400m: 4:22.23 32.59			
17.	Tomas Pinto, PEIXOTO		203354	Porto	<b>4:23.64</b>	581	-R
	50m: 29.45 29.45	150m: 1:34.84 32.80	250m: 2:41.61 32.47	350m: 3:49.59 33.64			
	100m: 1:02.04 32.59	200m: 2:09.14 34.30	300m: 3:15.95 34.34	400m: 4:23.64 34.05			
18.	Alexandre Ramos, GONCALVES		128601	Sporting Clube Sao Joao Ver	<b>4:26.09</b>	565	-R
	50m: 29.54 29.54	150m: 1:35.07 33.03	250m: 2:41.96 33.52	350m: 3:51.25 34.55			
	100m: 1:02.04 32.50	200m: 2:08.44 33.37	300m: 3:16.70 34.74	400m: 4:26.09 34.84			
19.	Miguel, VAZQUEZ COSTA		1141480	Club Natación Galaico	<b>4:26.84</b>	560	-
	50m: 30.09 30.09	150m: 1:36.66 33.62	250m: 2:45.71 34.49	350m: 3:54.02 33.97			
	100m: 1:03.04 32.95	200m: 2:11.22 34.56	300m: 3:20.05 34.34	400m: 4:26.84 32.82			
20.	Jason, TOSI		1009954	Team Lombardia	<b>4:26.95</b>	560	-
	50m: 31.29 31.29	150m: 1:37.84 32.70	250m: 2:45.14 34.06	350m: 3:53.25 34.05			
	100m: 1:05.14 33.85	200m: 2:11.08 33.24	300m: 3:19.20 34.06	400m: 4:26.95 33.70			
21.	Goncalo Augusto, SOARES		206424	Porto	<b>4:27.22</b>	558	-
	50m: 29.33 29.33	150m: 1:35.00 33.12	250m: 2:43.54 34.42	350m: 3:53.07 34.83			
	100m: 1:01.88 32.55	200m: 2:09.12 34.12	300m: 3:18.24 34.70	400m: 4:27.22 34.15			
22.	Eduardo Pires, SILVA		205581	Vilacondense	<b>4:27.87</b>	554	-
	50m: 29.54 29.54	150m: 1:36.62 33.97	250m: 2:45.44 34.07	350m: 3:54.36 34.15			
	100m: 1:02.65 33.11	200m: 2:11.37 34.75	300m: 3:20.21 34.77	400m: 4:27.87 33.51			
23.	Afonso Goncalves, COSTA		205176	Porto	<b>4:28.13</b>	552	-
	50m: 29.70 29.70	150m: 1:35.66 33.37	300m: 3:19.27 1:09.39	350m: 3:57.67 34.69			
	100m: 1:02.29 32.59	200m: 2:09.88 34.22	400m: 4:28.13 1:08.86	400m: 4:29.92 32.25			
24.	Francesco, MASATTI		1036297	Team Lombardia	<b>4:29.30</b>	545	-
	50m: 30.99 30.99	150m: 1:39.43 34.69	250m: 2:48.03 34.17	350m: 3:56.06 33.95			
	100m: 1:04.74 33.75	200m: 2:13.86 34.43	300m: 3:22.11 34.08	400m: 4:29.30 33.24			
25.	Marcio Fernandes, GOMES		200286	Braga	<b>4:29.92</b>	541	-
	50m: 30.73 30.73	150m: 1:37.68 33.90	250m: 2:47.38 34.77	350m: 3:57.67 34.69			
	100m: 1:03.78 33.05	200m: 2:12.61 34.93	300m: 3:22.98 35.60	400m: 4:29.92 32.25			
26.	Lucas, LEIROS FERNANDEZ		1143181	Club Natacion Ponteareas	<b>4:30.02</b>	541	-
	50m: 29.93 29.93	150m: 1:38.25 34.34	250m: 2:47.42 34.62	350m: 3:56.84 34.41			
	100m: 1:03.91 33.98	200m: 2:12.80 34.55	300m: 3:22.43 35.01	400m: 4:30.02 33.18			
27.	Lorenzo, MANDUCA		1036291	Team Lombardia	<b>4:30.20</b>	540	-
	50m: 31.11 31.11	150m: 1:39.10 34.21	250m: 2:48.17 34.65	350m: 3:57.14 34.41			
	100m: 1:04.89 33.78	200m: 2:13.52 34.42	300m: 3:22.73 34.56	400m: 4:30.20 33.06			
28.	Brais, PREGO GROBA		1079430	Club Natacion Ponteareas	<b>4:30.92</b>	535	-
	50m: 30.42 30.42	150m: 1:38.34 34.24	250m: 2:47.64 34.59	350m: 3:57.54 34.62			
	100m: 1:04.10 33.68	200m: 2:13.05 34.71	300m: 3:22.92 35.28	400m: 4:30.92 33.38			
29.	Dario, PEREZ PAZ		1142991	Club Natacion Ponteareas	<b>4:32.79</b>	525	-
	50m: 30.26 30.26	150m: 1:38.57 34.15	250m: 2:48.12 34.23	350m: 3:58.53 35.21			
	100m: 1:04.42 34.16	200m: 2:13.89 35.32	300m: 3:23.32 35.20	400m: 4:32.79 34.26			
30.	Raul Ventura, BARROS		210422	Braga	<b>4:33.58</b>	520	-
	50m: 30.76 30.76	150m: 1:40.60 35.26	250m: 2:50.49 34.51	350m: 4:00.18 34.38			
	100m: 1:05.34 34.58	200m: 2:15.98 35.38	300m: 3:25.80 35.31	400m: 4:33.58 33.40			
31.	Francisco Bentes, SANTOS		200347	Aquatico Pacense	<b>4:34.03</b>	517	-
	50m: 29.70 29.70	150m: 1:38.77 34.85	250m: 2:49.48 35.31	350m: 4:00.85 35.64			
	100m: 1:03.92 34.22	200m: 2:14.17 35.40	300m: 3:25.21 35.73	400m: 4:34.03 33.18			
32.	Jose Pedro, OLIVEIRA		210144	Associacao Tubaroes de Gaia	<b>4:34.64</b>	514	-
	50m: 31.28 31.28	150m: 1:40.86 34.75	250m: 2:51.49 35.33	350m: 4:01.71 34.89			
	100m: 1:06.11 34.83	200m: 2:16.16 35.30	300m: 3:26.82 35.33	400m: 4:34.64 32.93			
33.	Rodrigo Teixeira, PINTO FTL		206287	Foca Quinta Da Lixa - Cnf	<b>4:37.31</b>	499	-
	50m: 30.34 30.34	150m: 1:38.31 34.08	250m: 2:49.06 35.46	350m: 4:01.15 36.38			
	100m: 1:04.23 33.89	200m: 2:13.60 35.29	300m: 3:24.77 35.71	400m: 4:37.31 36.16			

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Associação de Nataç o do Norte de Portugal  
Meeting Internacional da P voa Varzim - 2025  
P voa de Varzim, 01 - 02/02/2025

Prova 27, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	TReac	Licena	Clube	Tempo Final	FINA	Pts
34.	Antonio Cruz, FARDILHA <i>FTL</i>		140216	Galitos / Bresimar	<b>4:37.73</b>	497	-
	50m: 30.18 30.18 100m: 1:04.55 34.37	150m: 1:40.13 35.58 200m: 2:16.09 35.96	250m: 2:51.69 35.60 300m: 3:27.80 36.11	400m: 4:37.73 1:09.93			
35.	Gustavo Brito, RICARDO <i>FTL</i>		214609	Vilacondense	<b>4:41.87</b>	475	-
	50m: 31.25 31.25 100m: 1:07.00 35.75	150m: 1:42.56 35.56 200m: 2:18.68 36.12	250m: 2:54.53 35.85 300m: 3:31.11 36.58	350m: 4:07.21 36.10 400m: 4:41.87 34.66			
36.	Pedro Cerejo, CARVALHO <i>FTL</i>		207980	Vilacondense	<b>4:42.24</b>	474	-
	50m: 31.71 31.71 100m: 1:06.45 34.74	150m: 1:41.51 35.06 200m: 2:17.46 35.95	250m: 2:54.31 36.85 300m: 3:31.06 36.75	350m: 4:07.94 36.88 400m: 4:42.24 34.30			
37.	Alexandre, SHUBIN <i>FTL</i>		207643	Campinho	<b>4:43.41</b>	468	-
	50m: 30.97 30.97 100m: 1:05.73 34.76	150m: 1:41.33 35.60 200m: 2:17.63 36.30	250m: 2:54.22 36.59 300m: 3:30.75 36.53	350m: 4:07.63 36.88 400m: 4:43.41 35.78			
38.	Jose Pedro, ALMEIDA <i>FTL</i>		207387	Foca Quinta Da Lixa - Cnf	<b>4:49.88</b>	437	-
	50m: 32.12 32.12 100m: 1:07.55 35.43	150m: 1:44.02 36.47 200m: 2:20.93 36.91	250m: 2:58.11 37.18 300m: 3:36.48 38.37	350m: 4:13.76 37.28 400m: 4:49.88 36.12			
WDR	Marco Santos, SOARES		203332	Natacao de Valongo			-

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O Juiz  rbitro

Splash Meet Manager, 11.78560

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