

Prova 4
23/03/2025 - 14:17

Masc., 400m Livres

Open
Resultados

Rec Nac Univ PL 4:01.30 Jose Paulo LOPES AAUMINHOPorto 18/06/2023

Pontos: AQUA 2025

| Lugar | Nome | Ano Cod | Clube | Tempo Final | TReac | FINA | Pts |
|-------|---------------------|---------------|---------------------|----------------|---------------|-------|-----|
| 1. | Gabriel FERRAO | 05 | NOVA | 4:05.75 | +0,62 | 718 | |
| | 50m: 27.55 27.55 | 150m: 1:29.43 | 31.48 250m: 2:32.84 | 31.74 | 350m: 3:35.31 | 30.79 | |
| | 100m: 57.95 30.40 | 200m: 2:01.10 | 31.67 300m: 3:04.52 | 31.68 | 400m: 4:05.75 | 30.44 | |
| 2. | Tomas SARREIRA | 05 | PPORTO | 4:13.23 | +0,76 | 656 | |
| | 50m: 29.15 29.15 | 150m: 1:33.25 | 32.30 250m: 2:37.67 | 32.14 | 350m: 3:42.29 | 32.11 | |
| | 100m: 1:00.95 31.80 | 200m: 2:05.53 | 32.28 300m: 3:10.18 | 32.51 | 400m: 4:13.23 | 30.94 | |
| 3. | Bruno LOUREIRO | 06 | PPORTO | 4:13.95 | +0,67 | 650 | |
| | 50m: 28.58 28.58 | 150m: 1:32.51 | 32.18 250m: 2:37.86 | 32.32 | 350m: 3:44.09 | 33.14 | |
| | 100m: 1:00.33 31.75 | 200m: 2:05.54 | 33.03 300m: 3:10.95 | 33.09 | 400m: 4:13.95 | 29.86 | |
| 4. | Jose MARQUES | 06 | AA de Coimbra | 4:17.44 | +0,76 | 624 | |
| | 50m: 29.49 29.49 | 150m: 1:34.54 | 32.78 250m: 2:39.76 | 32.30 | 350m: 3:45.87 | 33.13 | |
| | 100m: 1:01.76 32.27 | 200m: 2:07.46 | 32.92 300m: 3:12.74 | 32.98 | 400m: 4:17.44 | 31.57 | |
| 5. | Goncalo CARVALHO | 04 | PPORTO | 4:22.62 | +0,70 | 588 | |
| | 50m: 30.10 30.10 | 150m: 1:35.95 | 33.29 250m: 2:42.34 | 33.20 | 350m: 3:49.60 | 33.92 | |
| | 100m: 1:02.66 32.56 | 200m: 2:09.14 | 33.19 300m: 3:15.68 | 33.34 | 400m: 4:22.62 | 33.02 | |
| 6. | Joao SOUSA | 05 | AA da UMINHO | 4:24.74 | | 574 | |
| | 50m: 29.52 29.52 | 150m: 1:35.79 | 33.34 250m: 2:42.90 | 33.31 | 350m: 3:50.91 | 34.06 | |
| | 100m: 1:02.45 32.93 | 200m: 2:09.59 | 33.80 300m: 3:16.85 | 33.95 | 400m: 4:24.74 | 33.83 | |
| 7. | Alexandre GONCALVES | 05 | AE da ESSCV de OA | 4:28.70 | +0,74 | 549 | |
| | 50m: 29.69 29.69 | 150m: 1:36.54 | 34.07 250m: 2:44.92 | 34.17 | 350m: 3:54.52 | 34.78 | |
| | 100m: 1:02.47 32.78 | 200m: 2:10.75 | 34.21 300m: 3:19.74 | 34.82 | 400m: 4:28.70 | 34.18 | |
| 8. | Manuel DIAS | 05 | AA da UBI | 4:56.55 | +0,71 | 408 | |
| | 50m: 32.10 32.10 | 150m: 1:44.80 | 36.65 250m: 3:00.08 | 37.77 | 350m: 4:17.12 | 38.74 | |
| | 100m: 1:08.15 36.05 | 200m: 2:22.31 | 37.51 300m: 3:38.38 | 38.30 | 400m: 4:56.55 | 39.43 | |

Resultados online: <https://bit.ly/cnuniv-nat-22>

Splash Meet Manager, 11.81460

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APOIOS INSTITUCIONAIS

MEMBRO