

Prova 35	Masc., 400m Estilos				Absolutos
06-06-2010 - 12:35	Modelo Continente Hipermercados, SA				Resultados
Recordes Nacionais 50m Open	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Inf B	4:59.28	Tomas Miguel, FREITAS	CDN	Restelo	25-07-2003
Recordes Nacionais 50m Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23-07-2004
Recordes Nacionais 50m Juv A	4:40.16	Diogo Filipe, CARVALHO	CGA	Lisboa	17-05-2003
Recordes Nacionais 50m Juv B	4:33.24	Diogo Filipe, CARVALHO	CGA	Lisboa	29-07-2004
Recordes Nacionais 50m Jun	4:28.70	Carlos Esteves, ALMEIDA	CNA	Lisboa	26-03-2006
Recordes Nacionais 50m Sen	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2008
MEETREC	4:22.86	Giorgio, BATTISTELLA	ITA	Porto	21-06-2009

TLP ABS\_MASC : 5:23.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Giacomo, GREMIZZI	M	90		Lombardia	<b>4:33.19</b>	711	
	50m: 29.08 29.08		150m: 1:36.68 35.82		250m: 2:50.38 39.03	350m: 4:01.94 33.49		
	100m: 1:00.86 31.78		200m: 2:11.35 34.67		300m: 3:28.45 38.07	400m: 4:33.19 31.25		
2.	Davide, COVA	M	89		Lombardia	<b>4:34.40</b>	701	
	50m: 28.95 28.95		150m: 1:37.38 36.30		250m: 2:51.46 39.04	350m: 4:02.40 33.32		
	100m: 1:01.08 32.13		200m: 2:12.42 35.04		300m: 3:29.08 37.62	400m: 4:34.40 32.00		
3.	Alexis Manacas, SANTOS	M	13704	92	Sporting Clube de Portugal	<b>4:35.36</b>	694	
	50m: 30.10 30.10		150m: 1:39.99 36.17		250m: 2:52.85 38.81	350m: 4:04.68 33.78		
	100m: 1:03.82 33.72		200m: 2:14.04 34.05		300m: 3:30.90 38.05	400m: 4:35.36 30.68		
4.	PATRICK, PERISSER	M	02064392	2325396	Stade Aquitane	<b>4:36.84</b>	683	
	50m: 30.18 30.18		150m: 1:41.88 37.65		250m: 2:56.19 37.23	350m: 4:06.68 31.63		
	100m: 1:04.23 34.05		200m: 2:18.96 37.08		300m: 3:35.05 38.86	400m: 4:36.84 30.16		
5.	Nuno Rafael, ALVES	M	103907	90	Gespacos	<b>4:37.77</b>	676	
	50m: 29.43 29.43		150m: 1:39.73 36.86		250m: 2:53.41 38.81	350m: 4:06.18 33.24		
	100m: 1:02.87 33.44		200m: 2:14.60 34.87		300m: 3:32.94 39.53	400m: 4:37.77 31.59		
6.	Miguel Silva, OLIVEIRA	M	10822	91	Náutico/Matobra	<b>4:44.68</b>	628	
	50m: 29.87 29.87		150m: 1:43.13 39.29		250m: 3:00.40 39.83	350m: 4:13.60 33.36		
	100m: 1:03.84 33.97		200m: 2:20.57 37.44		300m: 3:40.24 39.84	400m: 4:44.68 31.08		
7.	Pedro Miguel, PINOTES	M	1989	89	Sporting Clube de Portugal	<b>4:46.53</b>	616	
	50m: 30.32 30.32		150m: 1:42.67 38.03		250m: 2:59.55 40.10	350m: 4:14.58 34.34		
	100m: 1:04.64 34.32		200m: 2:19.45 36.78		300m: 3:40.24 40.69	400m: 4:46.53 31.95		
8.	Tomas Correia, SILVA	M	23367	95	Porto/Dolce Vita	<b>4:46.84</b>	614	
	50m: 30.53 30.53		150m: 1:43.35 37.92		250m: 3:00.33 40.49	350m: 4:15.77 33.60		
	100m: 1:05.43 34.90		200m: 2:19.84 36.49		300m: 3:42.17 41.84	400m: 4:46.84 31.07		
9.	Miguel Monteiro, DIOGO	M	10164	93	Alcobaça	<b>4:47.25</b>	611	
	50m: 29.41 29.41		150m: 1:41.15 38.20		250m: 3:01.83 43.16	350m: 4:16.62 32.43		
	100m: 1:02.95 33.54		200m: 2:18.67 37.52		300m: 3:44.19 42.36	400m: 4:47.25 30.63		
10.	Rui Filipe, VILAR	M	24159	91	Porto/Dolce Vita	<b>4:47.80</b>	608	
	50m: 29.62 29.62		150m: 1:41.70 38.65		250m: 3:00.07 40.23	350m: 4:15.72 34.96		
	100m: 1:03.05 33.43		200m: 2:19.84 38.14		300m: 3:40.76 40.69	400m: 4:47.80 32.08		
11.	Paulo Andre, DIAS	M	23406	92	Gespacos	<b>4:48.98</b>	600	
	50m: 30.56 30.56		150m: 1:43.88 38.59		250m: 3:02.92 42.34	350m: 4:17.80 32.49		
	100m: 1:05.29 34.73		200m: 2:20.58 36.70		300m: 3:45.31 42.39	400m: 4:48.98 31.18		
12.	Joao Claudio, SOUSA	M	23458	93	Gespacos	<b>4:52.10</b>	581	
	50m: 30.30 30.30		150m: 1:43.46 38.73		250m: 3:02.32 41.93	350m: 4:18.78 34.18		
	100m: 1:04.73 34.43		200m: 2:20.39 36.93		300m: 3:44.60 42.28	400m: 4:52.10 33.32		
13.	Bernardo Correia, SILVA	M	15342	93	Porto/Dolce Vita	<b>4:54.29</b>	568	
	50m: 29.85 29.85		150m: 1:43.82 38.69		250m: 3:03.95 42.18	350m: 4:21.64 33.99		
	100m: 1:05.13 35.28		200m: 2:21.77 37.95		300m: 3:47.65 43.70	400m: 4:54.29 32.65		
14.	Duarte Barros, PIRES	M	13036	92	Escola Desportiva Limiana	<b>4:57.52</b>	550	
	50m: 30.98 30.98		150m: 1:46.23 39.66		250m: 3:07.32 42.39	350m: 4:24.49 33.87		
	100m: 1:06.57 35.59		200m: 2:24.93 38.70		300m: 3:50.62 43.30	400m: 4:57.52 33.03		
15.	Ricardo Amorim, REGO	M	15954	84	Braga	<b>4:58.27</b>	546	
	50m: 30.31 30.31		150m: 1:45.06 38.54		250m: 3:06.20 41.55	350m: 4:22.95 34.85		
	100m: 1:06.52 36.21		200m: 2:24.65 39.59		300m: 3:48.10 41.90	400m: 4:58.27 35.32		
16.	Sergio San Millan, ALVAREZ	M	93		Santa Olaya	<b>4:58.60</b>	544	
	50m: 31.37 31.37		150m: 1:46.64 38.23		250m: 3:09.00 45.19	350m: 4:25.99 33.74		
	100m: 1:08.41 37.04		200m: 2:23.81 37.17		300m: 3:52.25 43.25	400m: 4:58.60 32.61		