

Prova 18  
14-11-2015 - 16:10

Masc., 400m Estilos  
TURBO

Juniores-Seniores  
Resultados

Rec Nacionais - 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	11-12-2009
Rec Nacionais - 25m 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19-12-2014
Rec Nacionais - 25m 18	4:20.95	Adriano Miguel, NIZ	FPN	Dublin (IRL)	12-12-2003
Rec Nacionais - 25m Sen	4:06.83	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	11-12-2009

Jun-Sen Masc : 4:50.03

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Pts	OBS	
1.	Nuno Rafael, ALVES	M	25140	90	Vilacondense	<b>4:32.12</b>	648	10,00		
	50m: 28.98				150m: 1:37.69	35.66	250m: 2:50.38	37.13	350m: 4:00.62	32.94
	100m: 1:02.03	33.05			200m: 2:13.25	35.56	300m: 3:27.68	37.30	400m: 4:32.12	31.50
2.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	<b>4:32.56</b>	645	7,00		
	50m: 28.92	28.92			150m: 1:36.99	35.44	250m: 2:50.38	38.73	350m: 4:01.24	32.01
	100m: 1:01.55	32.63			200m: 2:11.65	34.66	300m: 3:29.23	38.85	400m: 4:32.56	31.32
3.	Jose Pedro, SAMPAIO	M	108295	98	Foca	<b>4:36.37</b>	618	6,00		
	50m: 29.68	29.68			150m: 1:38.53	34.76	250m: 2:52.60	39.21	350m: 4:04.09	31.76
	100m: 1:03.77	34.09			200m: 2:13.39	34.86	300m: 3:32.33	39.73	400m: 4:36.37	32.28
4.	Antonio Fernando, PINTO	M	109280	99	Lousada Seculo XXI	<b>4:39.49</b>	598	5,00		
	50m: 29.30	29.30			150m: 1:40.60	37.92	250m: 2:56.56	38.87	350m: 4:08.30	32.64
	100m: 1:02.68	33.38			200m: 2:17.69	37.09	300m: 3:35.66	39.10	400m: 4:39.49	31.19
5.	Tiago Silva, OLIVEIRA	M	15465	94	Fluvial Portuense	<b>4:44.28</b>	568	4,00		
	50m: 30.41	30.41			150m: 1:41.63	36.65	250m: 2:59.57	41.93	350m: 4:12.97	31.50
	100m: 1:04.98	34.57			200m: 2:17.64	36.01	300m: 3:41.47	41.90	400m: 4:44.28	31.31
6.	Miguel Angelo, CRUZ	M	101976	96	Aquatico Pacense	<b>4:44.62</b>	566	3,00		
	50m: 30.18	30.18			150m: 1:41.72	38.03	250m: 2:58.34	39.31	350m: 4:12.31	33.56
	100m: 1:03.69	33.51			200m: 2:19.03	37.31	300m: 3:38.75	40.41	400m: 4:44.62	32.31
7.	Alexandre Magno, CARVALHO	M	108284	98	Fluvial Portuense	<b>4:47.00</b>	552	2,00		
	50m: 29.89	29.89			150m: 1:42.31	37.67	250m: 3:00.34	40.70	350m: 4:14.53	32.79
	100m: 1:04.64	34.75			200m: 2:19.64	37.33	300m: 3:41.74	41.40	400m: 4:47.00	32.47
8.	Daniel Silva, BESSA <i>FTL</i>	M	123018	99	Aquatico Pacense	<b>4:53.39</b>	517	-		
	50m: 30.91	30.91			150m: 1:43.85	37.92	250m: 3:01.53	40.93	350m: 4:18.00	35.18
	100m: 1:05.93	35.02			200m: 2:20.60	36.75	300m: 3:42.82	41.29	400m: 4:53.39	35.39
9.	Luis Carlos, ALMEIDA <i>FTL</i>	M	104527	98	Aquatico Pacense	<b>4:57.21</b>	497	-		
	50m: 30.92	30.92			150m: 1:44.36	38.21	250m: 3:05.17	42.71	350m: 4:22.89	34.71
	100m: 1:06.15	35.23			200m: 2:22.46	38.10	300m: 3:48.18	43.01	400m: 4:57.21	34.32
WDR	Gabriel Jose, LOPES	M	24488	97	Louzan Natacao					-
WDR	Jose Ricardo, SOUSA	M	105759	97	Lousada Seculo XXI					-

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, 11.39204

Registered to Associação de Natacao do Norte de Portugal

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