

VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26	Masc., 400m Livres				Absolutos
14-02-2016 - 10:15	Clínica Medica da Foz				Resultados Elimin
Recordes Nacionais 50m Absoluto	3:52.29	MAIA, Jorge Manuel	POR	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Inf B	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26-07-2003
Recordes Nacionais 50m Inf A	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Recordes Nacionais 50m Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Recordes Nacionais 50m 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m 18	3:58.26	CARNEIRO, Ivo Emanuel	POR	Linz (AUT)	12-07-2002
Recordes Nacionais 50m Sen	3:52.29	MAIA, Jorge Manuel	POR	Málaga (ESP)	05-04-2009
Recorde Meeting	3:55.57	, START		Póvoa de Varzim	

TLP JUN_SEN MASC 17 +: 4:32.94 / TLP INF_JUV MASC 13 - 16: 5:01.98

Pontos: FINA 2016

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
Absolutos									
1.	COUTINHO, Alexandre Valdagua	M	102769	97	ASSS Columb Cantanhedense	4:08.84	691	-	A
	50m: 28.41 28.41		150m: 1:30.24		31.21 250m: 2:33.76	31.49	350m: 3:38.28		31.99
	100m: 59.03 30.62		200m: 2:02.27		32.03 300m: 3:06.29	32.53	400m: 4:08.84		30.56
2.	PINTO, Antonio Fernando	M	109280	99	Lousada Seculo XXI	4:10.86	675	-	A
	50m: 28.54 28.54		150m: 1:31.58		31.58 250m: 2:35.38	31.75	350m: 3:39.41		31.78
	100m: 1:00.00 31.46		200m: 2:03.63		32.05 300m: 3:07.63	32.25	400m: 4:10.86		31.45
3.	GONCALVES, Francisco Xavier	M	26878	97	Clube Nautico Academico/Urgice	4:14.05	650	-	A
	50m: 29.10 29.10		150m: 1:32.78		32.04 250m: 2:36.73	32.21	350m: 3:42.56		33.12
	100m: 1:00.74 31.64		200m: 2:04.52		31.74 300m: 3:09.44	32.71	400m: 4:14.05		31.49
4.	MARQUES, Diogo Manuel	M	118567	98	ASSS Columb Cantanhedense	4:14.13	649	-	A
	50m: 29.38 29.38		150m: 1:33.53		32.66 250m: 2:38.85	32.72	350m: 3:44.84		33.14
	100m: 1:00.87 31.49		200m: 2:06.13		32.60 300m: 3:11.70	32.85	400m: 4:14.13		29.29
5.	BESSA, Pedro Maria	M	18656	95	Clube Nautico Academico/Urgice	4:14.51	646	-	A
	50m: 29.55 29.55		150m: 1:33.82		32.56 250m: 2:39.01	32.44	350m: 3:43.65		32.22
	100m: 1:01.26 31.71		200m: 2:06.57		32.75 300m: 3:11.43	32.42	400m: 4:14.51		30.86
6.	NOGUEIRA, Goncalo Miguel	M	104471	98	Porto	4:14.96	643	-	A
	50m: 30.08 30.08		150m: 1:35.43		33.02 250m: 2:39.85	31.30	350m: 3:44.09		32.20
	100m: 1:02.41 32.33		200m: 2:08.55		33.12 300m: 3:11.89	32.04	400m: 4:14.96		30.87
7.	OLIVEIRA, Tiago Silva	M	15465	94	Fluvial Portuense	4:15.04	642	-	A
	50m: 29.60 29.60		150m: 1:33.99		32.63 250m: 2:39.89	33.01	350m: 3:44.77		32.64
	100m: 1:01.36 31.76		200m: 2:06.88		32.89 300m: 3:12.13	32.24	400m: 4:15.04		30.27
8.	MORIM, Ruben Jose	M	107935	97	Vilacondense	4:15.86	636	-	A
	50m: 29.03 29.03		150m: 1:33.69		32.83 250m: 2:39.77	32.97	350m: 3:44.75		32.25
	100m: 1:00.86 31.83		200m: 2:06.80		33.11 300m: 3:12.50	32.73	400m: 4:15.86		31.11
9.	SILVA, Jorge Jesus	M	121941	00	Braga	4:19.10	612	-	B
	50m: 29.67 29.67		150m: 1:33.78		32.45 250m: 2:39.81	33.04	350m: 3:47.21		33.76
	100m: 1:01.33 31.66		200m: 2:06.77		32.99 300m: 3:13.45	33.64	400m: 4:19.10		31.89
10.	NETO, Pedro Goncalves	M	102038	98	Porto	4:19.44	610	-	B
	50m: 29.79 29.79		150m: 1:35.49		33.31 250m: 2:42.15	32.75	350m: 3:48.15		33.03
	100m: 1:02.18 32.39		200m: 2:09.40		33.91 300m: 3:15.12	32.97	400m: 4:19.44		31.29
11.	PINHEIRO, Andre Resende	M	109196	97	Porto	4:19.49	609	-	B
	50m: 30.13 30.13		150m: 1:35.91		32.83 250m: 2:41.40	31.60	350m: 3:48.25		33.24
	100m: 1:03.08 32.95		200m: 2:09.80		33.89 300m: 3:15.01	33.61	400m: 4:19.49		31.24
12.	GRACA, Bernardo Leitao	M	14838	93	Fluvial Portuense	4:19.51	609	-	B
	50m: 28.91 28.91		150m: 1:34.67		33.01 250m: 2:40.60	32.24	350m: 3:48.24		34.29
	100m: 1:01.66 32.75		200m: 2:08.36		33.69 300m: 3:13.95	33.35	400m: 4:19.51		31.27
13.	OLIVEIRA, Tomas Gomes	M	112715	99	Nautico Marinha Grande	4:19.89	607	-	B
	50m: 29.08 29.08		150m: 1:33.61		32.66 250m: 2:39.87	32.85	350m: 3:46.67		33.51
	100m: 1:00.95 31.87		200m: 2:07.02		33.41 300m: 3:13.16	33.29	400m: 4:19.89		33.22
14.	PEREIRA, Joao Peixoto	M	121310	01	Braga	4:21.74	594	-	B
	50m: 29.72 29.72		150m: 1:36.03		33.57 250m: 2:42.88	33.30	350m: 3:50.22		33.39
	100m: 1:02.46 32.74		200m: 2:09.58		33.55 300m: 3:16.83	33.95	400m: 4:21.74		31.52
15.	FERNANDES, Jose Pedro	M	111611	99	Braga	4:21.85	593	-	B
	50m: 29.11 29.11		150m: 1:33.68		32.90 250m: 2:40.37	33.59	350m: 3:48.13		33.82
	100m: 1:00.78 31.67		200m: 2:06.78		33.10 300m: 3:14.31	33.94	400m: 4:21.85		33.72
16.	MOREIRA, Diogo Fontes	M	13359	93	Leixoes	4:22.11	591	-	B
	50m: 29.49 29.49		150m: 1:34.16		32.62 250m: 2:40.67	33.19	350m: 3:48.88		34.34
	100m: 1:01.54 32.05		200m: 2:07.48		33.32 300m: 3:14.54	33.87	400m: 4:22.11		33.23
17.	MARTINS, David Emanuel	M	105429	97	Braga	4:22.13	591	-	R
	50m: 30.27 30.27		150m: 1:37.03		33.70 250m: 2:44.76	33.26	350m: 3:50.50		32.66
	100m: 1:03.33 33.06		200m: 2:11.50		34.47 300m: 3:17.84	33.08	400m: 4:22.13		31.63

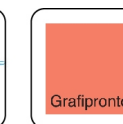
O Juiz  rbitro

O Secretariado do J ri

Splash Meet Manager 11, 11.41263

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VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
18.	TRAVANCA, Joao Luis	M	104716	97	Fluvial Portuense	4:22.34	590	-	R
	50m: 29.25 100m: 1:00.91	29.25 31.66	150m: 1:33.76 200m: 2:06.85	32.85 33.09	250m: 2:40.49 300m: 3:14.26	33.64 33.77	350m: 3:48.71 400m: 4:22.34	34.45 33.63	
19.	BESSA, Antonio Rafael	M	102089	94	Aquatico Pacense	4:23.08	585	-	
	50m: 30.37 100m: 1:03.10	30.37 32.73	150m: 1:35.76 200m: 2:09.38	32.66 33.62	250m: 2:42.48 300m: 3:15.81	33.10 33.33	350m: 3:49.55 400m: 4:23.08	33.74 33.53	
20.	JORGE, Duarte Miguel	M	117045	01	Galitos/Bresimar	4:23.65	581	-	
	50m: 30.06 100m: 1:03.03	30.06 32.97	150m: 1:35.22 200m: 2:09.11	32.78 33.30	250m: 2:42.40 300m: 3:16.41	33.29 34.01	350m: 3:50.26 400m: 4:23.65	33.85 33.39	
21.	SILVA, Paulo Filipe	M	117012	98	Natacao da Maia	4:23.83	580	-	
	50m: 29.96 100m: 1:02.53	29.96 32.57	150m: 1:35.22 200m: 2:09.38	33.14 33.71	250m: 2:43.03 300m: 3:17.00	33.65 33.97	350m: 3:50.49 400m: 4:23.83	33.49 33.34	
22.	GARCIA, Pedro Rafael	M	123689	96	Ac.Viseu	4:24.00	579	-	
	50m: 29.99 100m: 1:02.59	29.99 32.60	150m: 1:35.22 200m: 2:08.85	32.88 33.63	250m: 2:42.49 300m: 3:16.72	33.64 34.23	350m: 3:50.81 400m: 4:24.00	34.09 33.19	
23.	OLIVEIRA, Luis Carlos	M	102629	97	Porto	4:24.29	577	-	
	50m: 29.03 100m: 1:01.77	29.03 32.74	150m: 1:35.37 200m: 2:09.43	33.60 34.06	250m: 2:43.36 300m: 3:17.36	33.93 34.00	350m: 3:51.46 400m: 4:24.29	34.10 32.83	
24.	JOSE, Diogo Coelho	M	124207	01	ASSS Columb Cantanhedense	4:24.66	574	-	
	50m: 30.93 100m: 1:03.95	30.93 33.02	150m: 1:37.27 200m: 2:10.93	33.32 33.66	250m: 2:44.59 300m: 3:18.34	33.66 33.75	350m: 3:52.39 400m: 4:24.66	34.05 32.27	
25.	FREITAS, Jose Pedro	M	111446	00	Famalicao	4:25.33	570	-	
	50m: 29.81 100m: 1:02.62	29.81 32.81	150m: 1:36.50 200m: 2:10.48	33.88 33.98	250m: 2:44.75 300m: 3:19.05	34.27 34.30	350m: 3:52.83 400m: 4:25.33	33.78 32.50	
26.	SOARES, Joao Diogo	M	122731	00	Fluvial Portuense	4:26.90	560	-	
	50m: 30.34 100m: 1:03.22	30.34 32.88	150m: 1:36.99 200m: 2:10.90	33.77 33.91	250m: 2:44.76 300m: 3:18.79	33.86 34.03	350m: 3:53.28 400m: 4:26.90	34.49 33.62	
27.	MENDES, Joao Santos	M	111648	98	Leixoes	4:27.16	558	-	
	50m: 29.96 100m: 1:03.19	29.96 33.23	150m: 1:36.93 200m: 2:11.45	33.74 34.52	250m: 2:45.69 300m: 3:19.78	34.24 34.09	350m: 3:53.95 400m: 4:27.16	34.17 33.21	
28.	SANTOS, Joao Martins	M	116544	96	Gafanha da Encarnacao	4:27.75	555	-	
	50m: 30.06 100m: 1:03.18	30.06 33.12	150m: 1:37.62 200m: 2:12.25	34.44 34.63	250m: 2:46.94 300m: 3:22.10	34.69 35.16	350m: 3:55.96 400m: 4:27.75	33.86 31.79	
29.	FONSECA, Jose Diogo	M	112714	98	Nautico Marinha Grande	4:28.01	553	-	
	50m: 29.77 100m: 1:02.54	29.77 32.77	150m: 1:36.51 200m: 2:10.83	33.97 34.32	250m: 2:45.48 300m: 3:20.80	34.65 35.32	350m: 3:55.41 400m: 4:28.01	34.61 32.60	
30.	LUZ, Jose Henriques	M	119266	99	Nucleo Sportinguista Golega	4:28.15	552	-	
	50m: 30.21 100m: 1:03.10	30.21 32.89	150m: 1:37.31 200m: 2:11.60	34.21 34.29	250m: 2:46.36 300m: 3:21.17	34.76 34.81	350m: 3:55.78 400m: 4:28.15	34.61 32.37	
	RIBEIRO, Jose Ricardo	M	108185	99	Fluvial Portuense	4:28.15	552	-	
	50m: 30.11 100m: 1:02.41	30.11 32.30	150m: 1:36.09 200m: 2:10.70	33.68 34.61	250m: 2:45.30 300m: 3:20.01	34.60 34.71	350m: 3:55.11 400m: 4:28.15	35.10 33.04	
32.	ANTAS, Francisco Rodrigues	M	108431	98	Escola Desportiva de Viana	4:28.33	551	-	
	50m: 30.88 100m: 1:04.30	30.88 33.42	150m: 1:38.69 200m: 2:12.80	34.39 34.11	250m: 2:46.84 300m: 3:20.72	34.04 33.88	350m: 3:55.18 400m: 4:28.33	34.46 33.15	
33.	CRUZ, Miguel Angelo	M	101976	96	Aquatico Pacense	4:29.07	547	-	
	50m: 30.63 100m: 1:03.02	30.63 32.39	150m: 1:36.86 200m: 2:11.18	33.84 34.32	250m: 2:45.13 300m: 3:19.60	33.95 34.47	350m: 3:54.60 400m: 4:29.07	35.00 34.47	
34.	SANTOS, Tiago Andre	M	119684	00	Bairro dos Anjos/Bomcar	4:29.27	545	-	
	50m: 29.83 100m: 1:02.93	29.83 33.10	150m: 1:37.14 200m: 2:11.55	34.21 34.41	250m: 2:46.36 300m: 3:21.36	34.81 35.00	350m: 3:56.04 400m: 4:29.27	34.68 33.23	
35.	SANTOS, Pedro Miguel	M	121987	01	Porto	4:29.40	545	-	
	50m: 30.29 100m: 1:03.41	30.29 33.12	150m: 1:37.71 200m: 2:12.48	34.30 34.77	250m: 2:46.93 300m: 3:21.72	34.45 34.79	350m: 3:56.25 400m: 4:29.40	34.53 33.15	
36.	TEIXEIRA, Jose Carlos	M	102982	96	Foca	4:29.45	544	-	
	50m: 29.48 100m: 1:01.97	29.48 32.49	150m: 1:35.45 200m: 2:09.44	33.48 33.99	250m: 2:43.93 300m: 3:18.78	34.49 34.85	350m: 3:54.71 400m: 4:29.45	35.93 34.74	
37.	MATIAS, Rui Jorge	M	107735	99	Vilacondense	4:31.67	531	-	
	50m: 29.91 100m: 1:02.90	29.91 32.99	150m: 1:37.01 200m: 2:11.99	34.11 34.98	250m: 2:46.74 300m: 3:22.28	34.75 35.54	350m: 3:57.39 400m: 4:31.67	35.11 34.28	
38.	NOVAIS, Tiago Miguel	M	117886	00	Escola Desportiva de Viana	4:31.93	530	-	
	50m: 30.88 100m: 1:04.68	30.88 33.80	150m: 1:39.85 200m: 2:15.45	35.17 35.60	250m: 2:50.06 300m: 3:25.19	34.61 35.13	350m: 3:59.87 400m: 4:31.93	34.68 32.06	
39.	CARVALHO, Alexandre Magno	M	108284	98	Fluvial Portuense	4:32.12	528	-	
	50m: 29.49 100m: 1:02.67	29.49 33.18	150m: 1:36.96 200m: 2:11.45	34.29 34.49	250m: 2:46.73 300m: 3:22.01	35.28 35.28	350m: 3:57.79 400m: 4:32.12	35.78 34.33	
40.	LIMA, David Dias	M	118183	00	Vilacondense	4:32.24	528	-	
	50m: 31.01 100m: 1:04.92	31.01 33.91	150m: 1:40.67 200m: 2:14.40	35.75 33.73	250m: 2:48.42 300m: 3:23.14	34.02 34.72	350m: 3:58.28 400m: 4:32.24	35.14 33.96	

O Juiz Árbitro

O Secretariado do Júri

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VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS	
41.	FELGUEIRAS, H. 50m: 31.42 31.42 100m: 1:05.69 34.27	M	105205	98	Natacao Valongo 150m: 1:40.48 200m: 2:14.90	34.79 250m: 2:49.04 34.14 34.42 300m: 3:24.00 34.96	350m: 3:58.49 34.49 400m: 4:32.28 33.79	4:32.28	528	-
42.	GONCALVES, Bernardo Marques 50m: 29.97 29.97 100m: 1:03.40 33.43	M	112379	00	Galitos/Bresimar 150m: 1:38.00 200m: 2:13.01	34.60 250m: 2:48.35 35.34 35.01 300m: 3:23.80 35.45	350m: 3:59.11 35.31 400m: 4:32.31 33.20	4:32.31	527	-
43.	PIRES, Rui Miguel 50m: 29.98 29.98 100m: 1:04.24 34.26	M	121043	01	Nautico Marinha Grande 150m: 1:38.96 200m: 2:13.99	34.72 250m: 2:49.24 35.25 35.03 300m: 3:24.12 34.88	350m: 3:59.03 34.91 400m: 4:32.65 33.62	4:32.65	525	-
44.	LEBRE, Diogo Ramos 50m: 32.01 31.17 100m: 1:05.03 33.86	M	122294	01	Sporting Clube de Aveiro 150m: 1:42.53 200m: 2:14.39	34.51 250m: 2:49.46 35.07 34.85 300m: 3:24.52 35.06	350m: 3:59.53 35.01 400m: 4:32.77 33.24	4:32.77	525	-
45.	AMORIM, Ivan Emanuel 50m: 31.19 32.01 100m: 1:06.95 34.94	M	124774	02	Fluvial Portuense 150m: 1:42.53 200m: 2:17.36	34.72 250m: 2:52.05 34.69 34.83 300m: 3:27.02 34.97	350m: 4:02.11 35.09 400m: 4:34.30 32.19	4:34.30	516	-
46.	NEVES, Tomas Quintas 50m: 31.19 31.19 100m: 1:06.06 34.87	M	125144	00	Escola Desportiva de Viana 150m: 1:41.03 200m: 2:16.57	34.97 250m: 2:51.28 34.71 35.54 300m: 3:26.37 35.09	350m: 4:02.57 34.20 400m: 4:34.71 34.14	4:34.71	514	-
47.	SARAIVA, Joao Leite 50m: 30.47 30.47 100m: 1:03.72 33.25	M	118229	01	Famalicao 150m: 1:38.23 200m: 2:13.25	34.51 250m: 2:48.74 35.49 35.02 300m: 3:24.76 36.02	350m: 4:01.08 36.32 400m: 4:35.41 34.33	4:35.41	510	-
48.	CALONIO, Pedro Vicente FTL 50m: 30.99 30.99 100m: 1:04.61 33.62	M	130798	98	Leixoes 150m: 1:39.21 200m: 2:14.14	34.60 250m: 2:49.33 35.19 34.93 300m: 3:26.08 36.75	350m: 4:01.20 35.12 400m: 4:36.37 35.17	4:36.37	504	-
49.	PINTO, Bruno Miguel 50m: 31.39 31.39 100m: 1:05.74 34.35	M	121335	00	Porto 150m: 1:40.72 200m: 2:16.21	34.98 250m: 2:51.22 35.01 35.49 300m: 3:26.42 35.20	350m: 4:02.29 35.87 400m: 4:36.44 34.15	4:36.44	504	-
50.	RAINHO, Joao Tiago 50m: 31.19 31.19 100m: 1:04.95 33.76	M	119395	00	Galitos/Bresimar 150m: 1:39.75 200m: 2:14.73	34.80 250m: 2:50.56 35.83 34.98 300m: 3:26.76 36.20	350m: 4:02.62 35.86 400m: 4:37.83 35.21	4:37.83	496	-
51.	TINOCO, David Joao 50m: 31.55 31.55 100m: 1:06.21 34.66	M	121234	01	ASSS Columb Cantanhedense 150m: 1:40.83 200m: 2:16.44	34.62 250m: 2:51.33 34.89 35.61 300m: 3:27.76 36.43	350m: 4:03.55 35.79 400m: 4:38.55 35.00	4:38.55	493	-
52.	ALMEIDA, Albino David FTL 50m: 31.39 31.39 100m: 1:06.02 34.63	M	125643	99	O Crasto 150m: 1:41.62 200m: 2:17.06	35.60 250m: 2:52.85 35.79 35.44 300m: 3:28.73 35.88	350m: 4:04.45 35.72 400m: 4:38.74 34.29	4:38.74	492	-
53.	COSTA, Joao Mano 50m: 31.16 31.16 100m: 1:05.83 34.87	M	121356	01	Braga 150m: 1:41.48 200m: 2:17.64	35.65 250m: 2:53.99 36.35 36.16 300m: 3:30.33 36.34	350m: 4:06.11 35.78 400m: 4:39.37 33.26	4:39.37	488	-
54.	MELO, Joao Sa 50m: 30.86 30.86 100m: 1:05.04 34.18	M	118226	01	Famalicao 150m: 1:40.45 200m: 2:16.29	35.41 250m: 2:52.24 35.95 35.84 300m: 3:28.71 36.47	350m: 4:05.20 36.49 400m: 4:39.46 34.26	4:39.46	488	-
55.	OLIVEIRA, Renato Torre FTL 50m: 31.57 31.57 100m: 1:05.75 34.18	M	118157	99	Viana Natacao 150m: 1:40.44 200m: 2:15.46	34.69 250m: 2:51.15 35.69 35.02 300m: 3:27.35 36.20	350m: 4:03.40 36.05 400m: 4:39.61 36.21	4:39.61	487	-
56.	BRANCO, Andre Castro 50m: 30.52 30.52 100m: 1:04.55 34.03	M	117915	00	Escola Desportiva de Viana 150m: 1:39.84 200m: 2:15.76	35.29 250m: 2:52.04 36.28 35.92 300m: 3:29.06 37.02	350m: 4:05.67 36.61 400m: 4:40.86 35.19	4:40.86	481	-
57.	MOREIRA, Ricardo Jorge 50m: 32.42 32.42 100m: 1:07.23 34.81	M	122012	01	Natacao Valongo 150m: 1:43.38 200m: 2:18.95	36.15 250m: 2:54.96 36.01 35.57 300m: 3:31.24 36.28	350m: 4:06.90 35.66 400m: 4:41.32 34.42	4:41.32	478	-
58.	BORGES, Tomas Pimentel 50m: 30.56 30.56 100m: 1:04.32 33.76	M	112140	00	Porto 150m: 1:39.29 200m: 2:15.19	34.97 250m: 2:50.28 35.09 35.90 300m: 3:27.22 36.94	350m: 4:04.74 37.52 400m: 4:41.88 37.14	4:41.88	475	-
59.	ALMEIDA, Andre Filipe 50m: 31.14 31.14 100m: 1:06.22 35.08	M	110492	00	Porto 150m: 1:41.12 200m: 2:17.12	34.90 250m: 2:53.53 36.41 36.00 300m: 3:30.21 36.68	350m: 4:06.32 36.11 400m: 4:42.32 36.00	4:42.32	473	-
60.	AMORIM, Henrique Maieiro 50m: 31.03 31.03 100m: 1:05.30 34.27	M	125010	01	Clube Naval Povoense 150m: 1:41.16 200m: 2:17.72	35.86 250m: 2:54.34 36.62 36.56 300m: 3:31.18 36.84	350m: 4:08.54 37.36 400m: 4:43.85 35.31	4:43.85	466	-
61.	SOSA, Miguel Filipe 50m: 32.50 32.50 100m: 1:07.80 35.30	M	123704	00	Fluvial Portuense 150m: 1:44.07 200m: 2:20.56	36.27 250m: 2:57.41 36.85 36.49 300m: 3:33.51 36.10	350m: 4:10.15 36.64 400m: 4:44.41 34.26	4:44.41	463	-
62.	COSTA, Samson Silva 50m: 33.63 33.63 100m: 1:10.39 36.76	M	120847	02	Fluvial Portuense 150m: 1:46.85 200m: 2:23.47	36.46 250m: 2:59.35 35.88 36.62 300m: 3:36.05 36.70	350m: 4:11.52 35.47 400m: 4:45.15 33.63	4:45.15	459	-

O Juiz Árbitro

O Secretariado do Júri

Splash Meet Manager 11, 11.41263

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VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
63.	NOGUEIRA, Alexandre Jose	M	119081	01	Fluvial Portuense	4:45.32	458	-	
	50m: 33.42 33.42				36.77 250m: 2:58.71 36.34	350m: 4:11.33 36.58			
	100m: 1:09.15 35.73				36.45 300m: 3:34.75 36.04	400m: 4:45.32 33.99			
64.	DIAS, Sergio Eduardo	M	108011	00	Aquatico Pacense	4:45.86	456	-	
	50m: 31.41 31.41				35.60 250m: 2:55.53 36.22	350m: 4:10.88 37.37			
	100m: 1:06.95 35.54				36.76 300m: 3:33.51 37.98	400m: 4:45.86 34.98			
65.	FREITAS, Joao Pinto	M	122926	01	Assoc. Desportiva de Fafe	4:47.21	449	-	
	50m: 30.88 30.88				36.29 250m: 2:56.53 37.04	350m: 4:11.54 37.38			
	100m: 1:06.04 35.16				37.16 300m: 3:34.16 37.63	400m: 4:47.21 35.67			
66.	BARROSO, Bruno Carvalho	M	125969	01	Leixoes	4:47.39	449	-	
	50m: 31.31 31.31				36.81 250m: 2:58.24 36.93	350m: 4:12.56 36.99			
	100m: 1:06.92 35.61				37.48 300m: 3:35.57 37.33	400m: 4:47.39 34.83			
67.	FERNANDES, Luis Tiago	M	111447	01	Famalicao	4:48.93	441	-	
	50m: 31.44 31.44				36.81 250m: 2:57.77 36.77	350m: 4:12.43 37.35			
	100m: 1:06.93 35.49				37.26 300m: 3:35.08 37.31	400m: 4:48.93 36.50			
68.	COSTA, Joao Pedro	M	121468	01	Vilacondense	4:50.92	432	-	
	50m: 31.04 31.04				37.29 250m: 2:59.09 37.68	350m: 4:14.84 37.74			
	100m: 1:06.64 35.60				37.48 300m: 3:37.10 38.01	400m: 4:50.92 36.08			
69.	MARTINS, Rui Pires	M	122177	01	Assoc. Desportiva de Fafe	4:52.33	426	-	
	50m: 30.87 30.87				36.91 250m: 2:58.68 38.28	350m: 4:16.31 38.82			
	100m: 1:05.89 35.02				37.70 300m: 3:37.49 38.81	400m: 4:52.33 36.02			
70.	FREIRE, Tiago Mendonca	M	116898	01	Leixoes	4:52.36	426	-	
	50m: 32.35 32.35				37.42 250m: 3:01.59 37.80	350m: 4:16.84 37.20			
	100m: 1:08.73 36.38				37.64 300m: 3:39.64 38.05	400m: 4:52.36 35.52			
71.	SEIXAS, Bruno Miguel	M	126784	01	Natacao da Maia	4:54.46	417	-	
	50m: 32.40 32.40				38.04 250m: 3:03.73 38.32	350m: 4:19.00 37.21			
	100m: 1:09.09 36.69				38.28 300m: 3:41.79 38.06	400m: 4:54.46 35.46			
72.	MORAIS, Ricardo Filipe	M	116883	00	Fluvial Portuense	4:55.68	412	-	
	50m: 32.10 32.10				37.04 250m: 3:02.04 37.79	350m: 4:18.94 38.32			
	100m: 1:08.61 36.51				38.60 300m: 3:40.62 38.58	400m: 4:55.68 36.74			
WDR	DUARTE, Daniel Jose	M	118897	00	Leixoes			-	
WDR	BASTOS, Diogo Moreno	M	108285	00	Fluvial Portuense			-	

17 anos e mais velhos

1.	COUTINHO, Alexandre Valdagua	M	102769	97	ASSS Columb Cantanhedense	4:08.84	691	-	A
	50m: 28.41 28.41				31.21 250m: 2:33.76 31.49	350m: 3:38.28 31.99			
	100m: 59.03 30.62				32.03 300m: 3:06.29 32.53	400m: 4:08.84 30.56			
2.	PINTO, Antonio Fernando	M	109280	99	Lousada Seculo XXI	4:10.86	675	-	A
	50m: 28.54 28.54				31.58 250m: 2:35.38 31.75	350m: 3:39.41 31.78			
	100m: 1:00.00 31.46				32.05 300m: 3:07.63 32.25	400m: 4:10.86 31.45			
3.	GONCALVES, Francisco Xavier	M	26878	97	Clube Nautico Academico/Urgice	4:14.05	650	-	A
	50m: 29.10 29.10				32.04 250m: 2:36.73 32.21	350m: 3:42.56 33.12			
	100m: 1:00.74 31.64				31.74 300m: 3:09.44 32.71	400m: 4:14.05 31.49			
4.	MARQUES, Diogo Manuel	M	118567	98	ASSS Columb Cantanhedense	4:14.13	649	-	A
	50m: 29.38 29.38				32.66 250m: 2:38.85 32.72	350m: 3:44.84 33.14			
	100m: 1:00.87 31.49				32.60 300m: 3:11.70 32.85	400m: 4:14.13 29.29			
5.	BESSA, Pedro Maria	M	18656	95	Clube Nautico Academico/Urgice	4:14.51	646	-	A
	50m: 29.55 29.55				32.56 250m: 2:39.01 32.44	350m: 3:43.65 32.22			
	100m: 1:01.26 31.71				32.75 300m: 3:11.43 32.42	400m: 4:14.51 30.86			
6.	NOGUEIRA, Goncalo Miguel	M	104471	98	Porto	4:14.96	643	-	A
	50m: 30.08 30.08				33.02 250m: 2:39.85 31.30	350m: 3:44.09 32.20			
	100m: 1:02.41 32.33				33.12 300m: 3:11.89 32.04	400m: 4:14.96 30.87			
7.	OLIVEIRA, Tiago Silva	M	15465	94	Fluvial Portuense	4:15.04	642	-	A
	50m: 29.60 29.60				32.63 250m: 2:39.89 33.01	350m: 3:44.77 32.64			
	100m: 1:01.36 31.76				32.89 300m: 3:12.13 32.24	400m: 4:15.04 30.27			
8.	MORIM, Ruben Jose	M	107935	97	Vilacondense	4:15.86	636	-	A
	50m: 29.03 29.03				32.83 250m: 2:39.77 32.97	350m: 3:44.75 32.25			
	100m: 1:00.86 31.83				33.11 300m: 3:12.50 32.73	400m: 4:15.86 31.11			
9.	NETO, Pedro Goncalves	M	102038	98	Porto	4:19.44	610	-	B
	50m: 29.79 29.79				33.31 250m: 2:42.15 32.75	350m: 3:48.15 33.03			
	100m: 1:02.18 32.39				33.91 300m: 3:15.12 32.97	400m: 4:19.44 31.29			
10.	PINHEIRO, Andre Resende	M	109196	97	Porto	4:19.49	609	-	B
	50m: 30.13 30.13				32.83 250m: 2:41.40 31.60	350m: 3:48.25 33.24			
	100m: 1:03.08 32.95				33.89 300m: 3:15.01 33.61	400m: 4:19.49 31.24			
11.	GRACA, Bernardo Leitao	M	14838	93	Fluvial Portuense	4:19.51	609	-	B
	50m: 28.91 28.91				33.01 250m: 2:40.60 32.24	350m: 3:48.24 34.29			
	100m: 1:01.66 32.75				33.69 300m: 3:13.95 33.35	400m: 4:19.51 31.27			

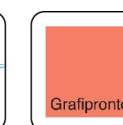
O Juiz Árbitro

O Secretariado do Júri

Splash Meet Manager 11, 11.41263

Registered to Associação de Nataçao do Norte de Portugal

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VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26, Masc., 400m Livres, Elimin, 17 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
12.	OLIVEIRA, Tomas Gomes	M	112715	99	Nautico Marinha Grande	4:19.89	607	-	B
	50m: 29.08 29.08		150m: 1:33.61		32.66 250m: 2:39.87	32.85	350m: 3:46.67		33.51
	100m: 1:00.95 31.87		200m: 2:07.02		33.41 300m: 3:13.16	33.29	400m: 4:19.89		33.22
13.	FERNANDES, Jose Pedro	M	111611	99	Braga	4:21.85	593	-	B
	50m: 29.11 29.11		150m: 1:33.68		32.90 250m: 2:40.37	33.59	350m: 3:48.13		33.82
	100m: 1:00.78 31.67		200m: 2:06.78		33.10 300m: 3:14.31	33.94	400m: 4:21.85		33.72
14.	MOREIRA, Diogo Fontes	M	13359	93	Leixoes	4:22.11	591	-	B
	50m: 29.49 29.49		150m: 1:34.16		32.62 250m: 2:40.67	33.19	350m: 3:48.88		34.34
	100m: 1:01.54 32.05		200m: 2:07.48		33.32 300m: 3:14.54	33.87	400m: 4:22.11		33.23
15.	MARTINS, David Emanuel	M	105429	97	Braga	4:22.13	591	-	R
	50m: 30.27 30.27		150m: 1:37.03		33.70 250m: 2:44.76	33.26	350m: 3:50.50		32.66
	100m: 1:03.33 33.06		200m: 2:11.50		34.47 300m: 3:17.84	33.08	400m: 4:22.13		31.63
16.	TRAVANCA, Joao Luis	M	104716	97	Fluvial Portuense	4:22.34	590	-	R
	50m: 29.25 29.25		150m: 1:33.76		32.85 250m: 2:40.49	33.64	350m: 3:48.71		34.45
	100m: 1:00.91 31.66		200m: 2:06.85		33.09 300m: 3:14.26	33.77	400m: 4:22.34		33.63
17.	BESSA, Antonio Rafael	M	102089	94	Aquatico Pacense	4:23.08	585	-	
	50m: 30.37 30.37		150m: 1:35.67		32.66 250m: 2:42.48	33.10	350m: 3:49.55		33.74
	100m: 1:03.10 32.73		200m: 2:09.38		33.62 300m: 3:15.81	33.33	400m: 4:23.08		33.53
18.	SILVA, Paulo Filipe	M	117012	98	Natacao da Maia	4:23.83	580	-	
	50m: 29.96 29.96		150m: 1:35.67		33.14 250m: 2:43.03	33.65	350m: 3:50.49		33.49
	100m: 1:02.53 32.57		200m: 2:09.38		33.71 300m: 3:17.00	33.97	400m: 4:23.83		33.34
19.	GARCIA, Pedro Rafael	M	123689	96	Ac.Viseu	4:24.00	579	-	
	50m: 29.99 29.99		150m: 1:35.22		32.63 250m: 2:42.49	33.64	350m: 3:50.81		34.09
	100m: 1:02.59 32.60		200m: 2:08.85		33.63 300m: 3:16.72	34.23	400m: 4:24.00		33.19
20.	OLIVEIRA, Luis Carlos	M	102629	97	Porto	4:24.29	577	-	
	50m: 29.03 29.03		150m: 1:35.37		33.60 250m: 2:43.36	33.93	350m: 3:51.46		34.10
	100m: 1:01.77 32.74		200m: 2:09.43		34.06 300m: 3:17.36	34.00	400m: 4:24.29		32.83
21.	MENDES, Joao Santos	M	111648	98	Leixoes	4:27.16	558	-	
	50m: 29.96 29.96		150m: 1:36.93		33.74 250m: 2:45.69	34.24	350m: 3:53.95		34.17
	100m: 1:03.19 33.23		200m: 2:11.45		34.52 300m: 3:19.78	34.09	400m: 4:27.16		33.21
22.	SANTOS, Joao Martins	M	116544	96	Gafanha da Encarnacao	4:27.75	555	-	
	50m: 30.06 30.06		150m: 1:37.62		34.44 250m: 2:46.94	34.69	350m: 3:55.96		33.86
	100m: 1:03.18 33.12		200m: 2:12.25		34.63 300m: 3:22.10	35.16	400m: 4:27.75		31.79
23.	FONSECA, Jose Diogo	M	112714	98	Nautico Marinha Grande	4:28.01	553	-	
	50m: 29.77 29.77		150m: 1:36.51		33.97 250m: 2:45.48	34.65	350m: 3:55.41		34.61
	100m: 1:02.54 32.77		200m: 2:10.83		34.32 300m: 3:20.80	35.32	400m: 4:28.01		32.60
24.	LUZ, Jose Henriques	M	119266	99	Nucleo Sportinguista Golega	4:28.15	552	-	
	50m: 30.21 30.21		150m: 1:37.31		34.21 250m: 2:46.36	34.76	350m: 3:55.78		34.61
	100m: 1:03.10 32.89		200m: 2:11.60		34.29 300m: 3:21.17	34.81	400m: 4:28.15		32.37
	RIBEIRO, Jose Ricardo	M	108185	99	Fluvial Portuense	4:28.15	552	-	
	50m: 30.11 30.11		150m: 1:36.09		33.68 250m: 2:45.30	34.60	350m: 3:55.11		35.10
	100m: 1:02.41 32.30		200m: 2:10.70		34.61 300m: 3:20.01	34.71	400m: 4:28.15		33.04
26.	ANTAS, Francisco Rodrigues	M	108431	98	Escola Desportiva de Viana	4:28.33	551	-	
	50m: 30.88 30.88		150m: 1:38.69		34.39 250m: 2:46.84	34.04	350m: 3:55.18		34.46
	100m: 1:04.30 33.42		200m: 2:12.80		34.11 300m: 3:20.72	33.88	400m: 4:28.33		33.15
27.	CRUZ, Miguel Angelo	M	101976	96	Aquatico Pacense	4:29.07	547	-	
	50m: 30.63 30.63		150m: 1:36.86		33.84 250m: 2:45.13	33.95	350m: 3:54.60		35.00
	100m: 1:03.02 32.39		200m: 2:11.18		34.32 300m: 3:19.60	34.47	400m: 4:29.07		34.47
28.	TEIXEIRA, Jose Carlos	M	102982	96	Foca	4:29.45	544	-	
	50m: 29.48 29.48		150m: 1:35.45		33.48 250m: 2:43.93	34.49	350m: 3:54.71		35.93
	100m: 1:01.97 32.49		200m: 2:09.44		33.99 300m: 3:18.78	34.85	400m: 4:29.45		34.74
29.	MATIAS, Rui Jorge	M	107735	99	Vilacondense	4:31.67	531	-	
	50m: 29.91 29.91		150m: 1:37.01		34.11 250m: 2:46.74	34.75	350m: 3:57.39		35.11
	100m: 1:02.90 32.99		200m: 2:11.99		34.98 300m: 3:22.28	35.54	400m: 4:31.67		34.28
30.	CARVALHO, Alexandre Magno	M	108284	98	Fluvial Portuense	4:32.12	528	-	
	50m: 29.49 29.49		150m: 1:36.96		34.29 250m: 2:46.73	35.28	350m: 3:57.79		35.78
	100m: 1:02.67 33.18		200m: 2:11.45		34.49 300m: 3:22.01	35.28	400m: 4:32.12		34.33
31.	FELGUEIRAS, H.	M	105205	98	Natacao Valongo	4:32.28	528	-	
	50m: 31.42 31.42		150m: 1:40.48		34.79 250m: 2:49.04	34.14	350m: 3:58.49		34.49
	100m: 1:05.69 34.27		200m: 2:14.90		34.42 300m: 3:24.00	34.96	400m: 4:32.28		33.79
32.	CALONIO, Pedro Vicente FTL	M	130798	98	Leixoes	4:36.37	504	-	
	50m: 30.99 30.99		150m: 1:39.21		34.60 250m: 2:49.33	35.19	350m: 4:01.20		35.12
	100m: 1:04.61 33.62		200m: 2:14.14		34.93 300m: 3:26.08	36.75	400m: 4:36.37		35.17
33.	ALMEIDA, Albino David FTL	M	125643	99	O Crasto	4:38.74	492	-	
	50m: 31.39 31.39		150m: 1:41.62		35.60 250m: 2:52.85	35.79	350m: 4:04.45		35.72
	100m: 1:06.02 34.63		200m: 2:17.06		35.44 300m: 3:28.73	35.88	400m: 4:38.74		34.29

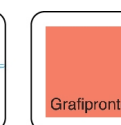
O Juiz  rbitro

O Secretariado do J ri

Splash Meet Manager 11, 11.41263

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

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VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26, Masc., 400m Livres, Elimin, 17 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
34.	OLIVEIRA, Renato Torre <i>FTL</i>	M	118157	99	Viana Natacao	4:39.61	487	-	
	50m: 31.57 31.57		150m: 1:40.44	34.69	250m: 2:51.15	35.69	350m: 4:03.40	36.05	
	100m: 1:05.75 34.18		200m: 2:15.46	35.02	300m: 3:27.35	36.20	400m: 4:39.61	36.21	

13 - 16 anos

1.	SILVA, Jorge Jesus	M	121941	00	Braga	4:19.10	612	-	B
	50m: 29.67 29.67		150m: 1:33.78	32.45	250m: 2:39.81	33.04	350m: 3:47.21	33.76	
	100m: 1:01.33 31.66		200m: 2:06.77	32.99	300m: 3:13.45	33.64	400m: 4:19.10	31.89	
2.	PEREIRA, Joao Peixoto	M	121310	01	Braga	4:21.74	594	-	B
	50m: 29.72 29.72		150m: 1:36.03	33.57	250m: 2:42.88	33.30	350m: 3:50.22	33.39	
	100m: 1:02.46 32.74		200m: 2:09.58	33.55	300m: 3:16.83	33.95	400m: 4:21.74	31.52	
3.	JORGE, Duarte Miguel	M	117045	01	Galitos/Bresimar	4:23.65	581	-	
	50m: 30.06 30.06		150m: 1:35.81	32.78	250m: 2:42.40	33.29	350m: 3:50.26	33.85	
	100m: 1:03.03 32.97		200m: 2:09.11	33.30	300m: 3:16.41	34.01	400m: 4:23.65	33.39	
4.	JOSE, Diogo Coelho	M	124207	01	ASSS Columb Cantanhedense	4:24.66	574	-	
	50m: 30.93 30.93		150m: 1:37.27	33.32	250m: 2:44.59	33.66	350m: 3:52.39	34.05	
	100m: 1:03.95 33.02		200m: 2:10.93	33.66	300m: 3:18.34	33.75	400m: 4:24.66	32.27	
5.	FREITAS, Jose Pedro	M	111446	00	Famalição	4:25.33	570	-	
	50m: 29.81 29.81		150m: 1:36.50	33.88	250m: 2:44.75	34.27	350m: 3:52.83	33.78	
	100m: 1:02.62 32.81		200m: 2:10.48	33.98	300m: 3:19.05	34.30	400m: 4:25.33	32.50	
6.	SOARES, Joao Diogo	M	122731	00	Fluvial Portuense	4:26.90	560	-	
	50m: 30.34 30.34		150m: 1:36.99	33.77	250m: 2:44.76	33.86	350m: 3:53.28	34.49	
	100m: 1:03.22 32.88		200m: 2:10.90	33.91	300m: 3:18.79	34.03	400m: 4:26.90	33.62	
7.	SANTOS, Tiago Andre	M	119684	00	Bairro dos Anjos/Bomcar	4:29.27	545	-	
	50m: 29.83 29.83		150m: 1:37.14	34.21	250m: 2:46.36	34.81	350m: 3:56.04	34.68	
	100m: 1:02.93 33.10		200m: 2:11.55	34.41	300m: 3:21.36	35.00	400m: 4:29.27	33.23	
8.	SANTOS, Pedro Miguel	M	121987	01	Porto	4:29.40	545	-	
	50m: 30.29 30.29		150m: 1:37.71	34.30	250m: 2:46.93	34.45	350m: 3:56.25	34.53	
	100m: 1:03.41 33.12		200m: 2:12.48	34.77	300m: 3:21.72	34.79	400m: 4:29.40	33.15	
9.	NOVAIS, Tiago Miguel	M	117886	00	Escola Desportiva de Viana	4:31.93	530	-	
	50m: 30.88 30.88		150m: 1:39.85	35.17	250m: 2:50.06	34.61	350m: 3:59.87	34.68	
	100m: 1:04.68 33.80		200m: 2:15.45	35.60	300m: 3:25.19	35.13	400m: 4:31.93	32.06	
10.	LIMA, David Dias	M	118183	00	Vilacondense	4:32.24	528	-	
	50m: 31.01 31.01		150m: 1:40.67	35.75	250m: 2:48.42	34.02	350m: 3:58.28	35.14	
	100m: 1:04.92 33.91		200m: 2:14.40	33.73	300m: 3:23.14	34.72	400m: 4:32.24	33.96	
11.	GONCALVES, Bernardo Marques	M	112379	00	Galitos/Bresimar	4:32.31	527	-	
	50m: 29.97 29.97		150m: 1:38.00	34.60	250m: 2:48.35	35.34	350m: 3:59.11	35.31	
	100m: 1:03.40 33.43		200m: 2:13.01	35.01	300m: 3:23.80	35.45	400m: 4:32.31	33.20	
12.	PIRES, Rui Miguel	M	121043	01	Nautico Marinha Grande	4:32.65	525	-	
	50m: 29.98 29.98		150m: 1:38.96	34.72	250m: 2:49.24	35.25	350m: 3:59.03	34.91	
	100m: 1:04.24 34.26		200m: 2:13.99	35.03	300m: 3:24.12	34.88	400m: 4:32.65	33.62	
13.	LEBRE, Diogo Ramos	M	122294	01	Sporting Clube de Aveiro	4:32.77	525	-	
	50m: 31.17 31.17		150m: 1:39.54	34.51	250m: 2:49.46	35.07	350m: 3:59.53	35.01	
	100m: 1:05.03 33.86		200m: 2:14.39	34.85	300m: 3:24.52	35.06	400m: 4:32.77	33.24	
14.	AMORIM, Ivan Emanuel	M	124774	02	Fluvial Portuense	4:34.30	516	-	
	50m: 32.01 32.01		150m: 1:42.53	35.58	250m: 2:52.05	34.69	350m: 4:02.11	35.09	
	100m: 1:06.95 34.94		200m: 2:17.36	34.83	300m: 3:27.02	34.97	400m: 4:34.30	32.19	
15.	NEVES, Tomas Quintas	M	125144	00	Escola Desportiva de Viana	4:34.71	514	-	
	50m: 31.19 31.19		150m: 1:41.03	34.97	250m: 2:51.28	34.71	350m: 4:00.57	34.20	
	100m: 1:06.06 34.87		200m: 2:16.57	35.54	300m: 3:26.37	35.09	400m: 4:34.71	34.14	
16.	SARAIVA, Joao Leite	M	118229	01	Famalição	4:35.41	510	-	
	50m: 30.47 30.47		150m: 1:38.23	34.51	250m: 2:48.74	35.49	350m: 4:01.08	36.32	
	100m: 1:03.72 33.25		200m: 2:13.25	35.02	300m: 3:24.76	36.02	400m: 4:35.41	34.33	
17.	PINTO, Bruno Miguel	M	121335	00	Porto	4:36.44	504	-	
	50m: 31.39 31.39		150m: 1:40.72	34.98	250m: 2:51.22	35.01	350m: 4:02.29	35.87	
	100m: 1:05.74 34.35		200m: 2:16.21	35.49	300m: 3:26.42	35.20	400m: 4:36.44	34.15	
18.	RAINHO, Joao Tiago	M	119395	00	Galitos/Bresimar	4:37.83	496	-	
	50m: 31.19 31.19		150m: 1:39.75	34.80	250m: 2:50.56	35.83	350m: 4:02.62	35.86	
	100m: 1:04.95 33.76		200m: 2:14.73	34.98	300m: 3:26.76	36.20	400m: 4:37.83	35.21	
19.	TINOCO, David Joao	M	121234	01	ASSS Columb Cantanhedense	4:38.55	493	-	
	50m: 31.55 31.55		150m: 1:40.83	34.62	250m: 2:51.33	34.89	350m: 4:03.55	35.79	
	100m: 1:06.21 34.66		200m: 2:16.44	35.61	300m: 3:27.76	36.43	400m: 4:38.55	35.00	
20.	COSTA, Joao Mano	M	121356	01	Braga	4:39.37	488	-	
	50m: 31.16 31.16		150m: 1:41.48	35.65	250m: 2:53.99	36.35	350m: 4:06.11	35.78	
	100m: 1:05.83 34.67		200m: 2:17.64	36.16	300m: 3:30.33	36.34	400m: 4:39.37	33.26	

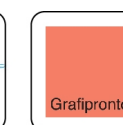
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VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 26, Masc., 400m Livres, Elimin, 13 - 16 anos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
21.	MELO, Joao Sa	M	118226	01	Famalicão	4:39.46	488	-	
	50m: 30.86 30.86		150m: 1:40.45		35.41 250m: 2:52.24 35.95	350m: 4:05.20 36.49			
	100m: 1:05.04 34.18		200m: 2:16.29		35.84 300m: 3:28.71 36.47	400m: 4:39.46 34.26			
22.	BRANCO, Andre Castro	M	117915	00	Escola Desportiva de Viana	4:40.86	481	-	
	50m: 30.52 30.52		150m: 1:39.84		35.29 250m: 2:52.04 36.28	350m: 4:05.67 36.61			
	100m: 1:04.55 34.03		200m: 2:15.76		35.92 300m: 3:29.06 37.02	400m: 4:40.86 35.19			
23.	MOREIRA, Ricardo Jorge	M	122012	01	Natacao Valongo	4:41.32	478	-	
	50m: 32.42 32.42		150m: 1:43.38		36.15 250m: 2:54.96 36.01	350m: 4:06.90 35.66			
	100m: 1:07.23 34.81		200m: 2:18.95		35.57 300m: 3:31.24 36.28	400m: 4:41.32 34.42			
24.	BORGES, Tomas Pimentel	M	112140	00	Porto	4:41.88	475	-	
	50m: 30.56 30.56		150m: 1:39.29		34.97 250m: 2:50.28 35.09	350m: 4:04.74 37.52			
	100m: 1:04.32 33.76		200m: 2:15.19		35.90 300m: 3:27.22 36.94	400m: 4:41.88 37.14			
25.	ALMEIDA, Andre Filipe	M	110492	00	Porto	4:42.32	473	-	
	50m: 31.14 31.14		150m: 1:41.12		34.90 250m: 2:53.53 36.41	350m: 4:06.32 36.11			
	100m: 1:06.22 35.08		200m: 2:17.12		36.00 300m: 3:30.21 36.68	400m: 4:42.32 36.00			
26.	AMORIM, Henrique Maieiro	M	125010	01	Clube Naval Povoense	4:43.85	466	-	
	50m: 31.03 31.03		150m: 1:41.12		35.86 250m: 2:54.34 36.62	350m: 4:08.54 37.36			
	100m: 1:05.30 34.27		200m: 2:17.72		36.56 300m: 3:31.18 36.84	400m: 4:43.85 35.31			
27.	SOUSA, Miguel Filipe	M	123704	00	Fluvial Portuense	4:44.41	463	-	
	50m: 32.50 32.50		150m: 1:44.07		36.77 250m: 2:57.41 36.85	350m: 4:10.15 36.64			
	100m: 1:07.80 35.30		200m: 2:20.56		36.49 300m: 3:33.51 36.10	400m: 4:44.41 34.26			
28.	COSTA, Samson Silva	M	120847	02	Fluvial Portuense	4:45.15	459	-	
	50m: 33.63 33.63		150m: 1:46.85		36.46 250m: 2:59.35 35.88	350m: 4:11.52 35.47			
	100m: 1:10.39 36.76		200m: 2:23.47		36.62 300m: 3:36.05 36.70	400m: 4:45.15 33.63			
29.	NOGUEIRA, Alexandre Jose	M	119081	01	Fluvial Portuense	4:45.32	458	-	
	50m: 33.42 33.42		150m: 1:45.92		36.77 250m: 2:58.71 36.34	350m: 4:11.33 36.58			
	100m: 1:09.15 35.73		200m: 2:22.37		36.45 300m: 3:34.75 36.04	400m: 4:45.32 33.99			
30.	DIAS, Sergio Eduardo	M	108011	00	Aquatico Pacense	4:45.86	456	-	
	50m: 31.41 31.41		150m: 1:42.55		35.60 250m: 2:55.53 36.22	350m: 4:10.88 37.37			
	100m: 1:06.95 35.54		200m: 2:19.31		36.76 300m: 3:33.51 37.98	400m: 4:45.86 34.98			
31.	FREITAS, Joao Pinto	M	122926	01	Assoc. Desportiva de Fafe	4:47.21	449	-	
	50m: 30.88 30.88		150m: 1:42.33		36.29 250m: 2:56.53 37.04	350m: 4:11.54 37.38			
	100m: 1:06.04 35.16		200m: 2:19.49		37.16 300m: 3:34.16 37.63	400m: 4:47.21 35.67			
32.	BARROSO, Bruno Carvalho	M	125969	01	Leixoes	4:47.39	449	-	
	50m: 31.31 31.31		150m: 1:43.83		36.91 250m: 2:58.24 36.93	350m: 4:12.56 36.99			
	100m: 1:06.92 35.61		200m: 2:21.31		37.48 300m: 3:35.57 37.33	400m: 4:47.39 34.83			
33.	FERNANDES, Luis Tiago	M	111447	01	Famalicão	4:48.93	441	-	
	50m: 31.44 31.44		150m: 1:43.74		36.81 250m: 2:57.77 36.77	350m: 4:12.43 37.35			
	100m: 1:06.93 35.49		200m: 2:21.00		37.26 300m: 3:35.08 37.31	400m: 4:48.93 36.50			
34.	COSTA, Joao Pedro	M	121468	01	Vilacondense	4:50.92	432	-	
	50m: 31.04 31.04		150m: 1:43.93		37.29 250m: 2:59.09 37.68	350m: 4:14.84 37.74			
	100m: 1:06.64 35.60		200m: 2:21.41		37.48 300m: 3:37.10 38.01	400m: 4:50.92 36.08			
35.	MARTINS, Rui Pires	M	122177	01	Assoc. Desportiva de Fafe	4:52.33	426	-	
	50m: 30.87 30.87		150m: 1:42.70		36.81 250m: 2:58.68 38.28	350m: 4:16.31 38.82			
	100m: 1:05.89 35.02		200m: 2:20.40		37.70 300m: 3:37.49 38.81	400m: 4:52.33 36.02			
36.	FREIRE, Tiago Mendonca	M	116898	01	Leixoes	4:52.36	426	-	
	50m: 32.35 32.35		150m: 1:46.15		37.42 250m: 3:01.59 37.80	350m: 4:16.84 37.20			
	100m: 1:08.73 36.38		200m: 2:23.79		37.64 300m: 3:39.64 38.05	400m: 4:52.36 35.52			
37.	SEIXAS, Bruno Miguel	M	126784	01	Natacao da Maia	4:54.46	417	-	
	50m: 32.40 32.40		150m: 1:47.13		38.04 250m: 3:03.73 38.32	350m: 4:19.00 37.21			
	100m: 1:09.09 36.69		200m: 2:25.41		38.28 300m: 3:41.79 38.06	400m: 4:54.46 35.46			
38.	MORAIS, Ricardo Filipe	M	116883	00	Fluvial Portuense	4:55.68	412	-	
	50m: 32.10 32.10		150m: 1:45.65		37.04 250m: 3:02.04 37.79	350m: 4:18.94 38.32			
	100m: 1:08.61 36.51		200m: 2:24.25		38.60 300m: 3:40.62 38.58	400m: 4:55.68 36.74			
WDR	DUARTE, Daniel Jose	M	118897	00	Leixoes			-	
WDR	BASTOS, Diogo Moreno	M	108285	00	Fluvial Portuense			-	

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