

X Meeting Internacional da Pova de Varzim  
Pova de Varzim, 02-03-2-2019  
www.annp.pt

Event 11	Men, 400m Medley				Open
02/02/2019 - 18:10	TURBO				Results Final
Recordes Nacionais 50m Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Recordes Nacionais 50m 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore	29/08/2015
Recordes Nacionais 50m Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Recordes Nacionais 50m Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013
Recordes Nacionais 50m Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	P�ova Varzim	23/07/2004
Recordes Nacionais 50m Inf B	4:54.87	RUIVO, Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013
Recorde Meeting	4:25.14	OPELL, Aaron	USA	Pova de Varzim	06/02/2011
Recorde Regional 50m Open	4:30.01	ALMEIDA, Carlos Esteves	FCP	Pova de Varzim (ESP)	19/04/2014
Recorde Regional 50m Sen	4:30.01	ALMEIDA, Carlos Esteves	FCP	Pova de Varzim	19/04/2014
Recorde Regional 50m 18	4:31.48	ARAUJO, Paulo Ricardo	GDNVNF	Antuerpia (BEL)	22/07/2007
Recorde Regional 50m 17	4:33.38	NIZ, Adriano Miguel	CFV	Lisboa	29/03/2003
Recorde Regional 50m Juv A	4:37.49	NIZ, Adriano Miguel	CFV	EULisboa	18/05/2002
Recorde Regional 50m Juv B	4:41.92	SILVA, Tomas Correia	FCP	Coimbra	30/07/2010
Recorde Regional 50m Inf A	4:48.40	BORGES, Rui Paulo	FCP	Coimbra	06/08/1981
Recorde Regional 50m Inf B	5:07.83	BORGES, Rui Paulo	FCP	Coimbra	16/08/1980

TLP ABS MASCULINOS Abs: 5:02.26

Points: FINA 2018

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
1.	LOPES, Gabriel Jose <i>MEETING RECORD</i>	M	24488	97	Portugal	<b>4:25.01</b>	778	20,00	
	50m: 28.35	28.35	150m: 1:36.13	34.56	250m: 2:47.09	36.66	350m: 3:54.90	30.98	
	100m: 1:01.57	33.22	200m: 2:10.43	34.30	300m: 3:23.92	36.83	400m: 4:25.01	30.11	
2.	LOPES, Jose Paulo	M	117924	00	Portugal	<b>4:25.26</b>	776	18,00	
	50m: 28.51	28.51	150m: 1:35.99	34.28	250m: 2:47.87	37.60	350m: 3:56.32	30.62	
	100m: 1:01.71	33.20	200m: 2:10.27	34.28	300m: 3:25.70	37.83	400m: 4:25.26	28.94	
3.	SIMOES, Rafael Gomes	M	119705	00	Braga	<b>4:39.50</b>	664	16,00	
	50m: 29.53	29.53	150m: 1:41.67	38.18	250m: 2:56.22	37.38	350m: 4:07.94	32.85	
	100m: 1:03.49	33.96	200m: 2:18.84	37.17	300m: 3:35.09	38.87	400m: 4:39.50	31.56	
4.	ALVES, Nuno Rafael	M	25140	90	Aquatico Pacense	<b>4:44.81</b>	627	14,00	
	50m: 29.37	29.37	150m: 1:42.35	38.65	250m: 2:59.48	38.74	350m: 4:12.68	33.25	
	100m: 1:03.70	34.33	200m: 2:20.74	38.39	300m: 3:39.43	39.95	400m: 4:44.81	32.13	
5.	SOUTO VILAS, Carlos	M	541521	703	Centro Gallego T. Deportiva	<b>4:45.36</b>	623	13,00	
	50m: 30.18	30.18	150m: 1:42.46	38.22	250m: 2:59.57	40.11	350m: 4:13.46	32.88	
	100m: 1:04.24	34.06	200m: 2:19.46	37.00	300m: 3:40.58	41.01	400m: 4:45.36	31.90	
6.	SAMPAIO, Jose Pedro	M	108295	98	Fluvial Portuense	<b>4:51.65</b>	584	12,00	
	50m: 29.55	29.55	150m: 1:40.74	36.10	250m: 2:59.48	41.88	350m: 4:16.57	33.92	
	100m: 1:04.64	35.09	200m: 2:17.60	36.86	300m: 3:42.65	43.17	400m: 4:51.65	35.08	
7.	SILVA, Nuno Marques	M	127406	04	Ba-Leiria	<b>4:55.78</b>	560	11,00	
	50m: 30.64	30.64	150m: 1:46.50	39.49	250m: 3:06.71	42.37	350m: 4:22.96	34.08	
	100m: 1:07.01	36.37	200m: 2:24.34	37.84	300m: 3:48.88	42.17	400m: 4:55.78	32.82	
8.	GALAN VICENTE, Pablo	M	991125	802	Centro Gallego T. Deportiva	<b>4:58.59</b>	544	10,00	
	50m: 30.72	30.72	150m: 1:47.77	41.95	250m: 3:09.65	42.40	350m: 4:26.35	32.87	
	100m: 1:05.82	35.10	200m: 2:27.25	39.48	300m: 3:53.48	43.83	400m: 4:58.59	32.24	

O Juiz  rbitro

O Secretariado do J ri

Splash Meet Manager, 11.57964

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

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