

Prova 11

Masc., 400m Estilos

Absolutos

04/02/2023 - 11:33

Resultados Elimin

Recorde Nacional Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recorde Nacional Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recorde Nacional 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Recorde Nacional 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Recorde Nacional Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Recorde Nacional Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Recorde Nacional Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	P�ova Varzim	23/07/2004
Recorde Nacional Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12/07/2013
Recorde Meeting	4:25.01	Gabriel Jose, LOPES	POR	Pova de Varzim	02/02/2019

TLP - ABS MASCULINOS : 5:07.21

Lugar	Nome	T. Reaç�o	Classe	Licena	Ano	Clube	Tempo Final	Pts
1.	Mario, M�ENZES PUGA	+0,74		1079855	03	Federaci�o Gallega Nataci�o	4:38.94	- A
	50m: 29.19 29.19	150m: 1:39.94 37.14	250m: 2:56.04 39.99	350m: 4:08.19 31.58	100m: 1:02.80 33.61	200m: 2:16.05 36.11	300m: 3:36.61 40.57	400m: 4:38.94 30.75
2.	Porfirio Braga, NUNES	+0,74		111552	00	Porto	4:47.32	- A
	50m: 28.96 28.96	150m: 1:39.90 37.89	250m: 2:56.87 39.68	350m: 4:13.09 34.69	100m: 1:02.01 33.05	200m: 2:17.19 37.29	300m: 3:38.40 41.53	400m: 4:47.32 34.23
3.	Mark, ZHUKOV	+0,82		200632	06	Braga	4:51.33	- A
	50m: 30.15 30.15	150m: 1:42.91 38.33	250m: 3:01.18 41.30	350m: 4:17.26 34.93	100m: 1:04.58 34.43	200m: 2:19.88 36.97	300m: 3:42.33 41.15	400m: 4:51.33 34.07
4.	Francisco Marques, SIMOES	+0,87		205719	07	CNLeiria	4:58.03	- A
	50m: 31.10 31.10	150m: 1:46.12 38.41	250m: 3:06.23 43.09	350m: 4:24.53 34.97	100m: 1:07.71 36.61	200m: 2:23.14 37.02	300m: 3:49.56 43.33	400m: 4:58.03 33.50
5.	Leonardo Jose, CRUZ	+0,72		204601	07	Alcobaca	4:58.66	- A
	50m: 31.47 31.47	150m: 1:46.97 38.10	250m: 3:06.88 42.50	350m: 4:25.49 35.49	100m: 1:08.87 37.40	200m: 2:24.38 37.41	300m: 3:50.00 43.12	400m: 4:58.66 33.17
6.	Jose Luis, GONCALVES	+0,75		131849	05	Assoc. Desportiva de Fafe	4:59.35	- A
	50m: 31.10 31.10	150m: 1:43.29 40.81	250m: 3:04.61 41.50	350m: 4:24.06 35.38	100m: 1:02.48 33.90	200m: 2:23.11 39.82	300m: 3:48.68 44.07	400m: 4:59.35 35.29
7.	Gil Afonso, RODRIGUES	+0,75		148683	07	Fluvial Portuense	5:00.46	- A
	50m: 29.43 29.43	150m: 1:46.20 41.58	250m: 3:08.12 42.05	350m: 4:26.38 35.07	100m: 1:04.62 35.19	200m: 2:26.07 39.87	300m: 3:51.31 43.19	400m: 5:00.46 34.08
8.	Joao Carlos, BARROS	+0,75		200357	06	Fluvial Portuense	5:01.27	- A
	50m: 29.71 29.71	150m: 1:45.98 40.38	250m: 3:07.66 42.92	350m: 4:28.22 36.05	100m: 1:04.40 34.69	200m: 2:24.74 38.76	300m: 3:52.17 44.51	400m: 5:01.27 33.05
9.	Vasco Monteiro, CASTRO	+0,91		202720	06	Porto	5:01.85	- B
	50m: 33.33 33.33	150m: 1:48.92 38.77	250m: 3:10.55 44.33	350m: 4:29.52 34.42	100m: 1:10.15 36.82	200m: 2:26.22 37.30	300m: 3:55.10 44.55	400m: 5:01.85 32.33
10.	Martin Carrera, COSTAS	+0,83		1037180	96	Club Nataci�o Ponteareas	5:07.06	- B
	50m: 32.72 32.72	150m: 1:50.68 40.38	250m: 3:12.90 42.77	350m: 4:32.52 36.50	100m: 1:10.30 37.58	200m: 2:30.13 39.45	300m: 3:56.02 43.12	400m: 5:07.06 34.54
11.	Miguel Fragozo, MEDEIROS	+0,94		200778	08	Portugal	5:07.72	- B
	FTL							
	50m: 32.71 32.71	150m: 1:51.44 40.67	250m: 3:15.40 43.58	350m: 4:34.68 33.96	100m: 1:10.77 38.06	200m: 2:31.82 40.38	300m: 4:00.72 45.32	400m: 5:07.72 33.04
12.	Renato Gouveia, TEIXEIRA	+0,80		204599	07	Foca Quinta Da Lixa - Cnf	5:09.19	- B
	FTL							
	50m: 30.50 30.50	150m: 1:47.03 40.76	250m: 3:12.46 46.20	350m: 4:33.37 35.03	100m: 1:06.27 35.77	200m: 2:26.26 39.23	300m: 3:58.34 45.88	400m: 5:09.19 35.82
13.	Iacopo, BALESTRINI	+0,86		946127	05	Team Lombardia Nuoto	5:09.56	- B
	FTL							
	50m: 31.58 31.58	150m: 1:51.62 42.82	250m: 3:14.10 40.33	350m: 4:33.92 38.03	100m: 1:08.80 37.22	200m: 2:33.77 42.15	300m: 3:55.89 41.79	400m: 5:09.56 35.64

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.75806

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

05/02/2023 9:48 - P gina 1

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|PARCEIRO



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Prova 11, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	T. Reaç�o	Classe	Licena	Ano	Clube	Tempo Final	Pts	
14.	Rui Miguel, SANTOS <i>FTL</i>	+0,84		204083	06	Famalio	5:12.01	-	B
	50m: 31.71	31.71	150m: 1:50.40	40.13	250m: 3:15.91	46.16	350m: 4:37.62	35.66	
	100m: 1:10.27	38.56	200m: 2:29.75	39.35	300m: 4:01.96	46.05	400m: 5:12.01	34.39	
15.	Vicente Sa, VALE <i>FTL</i>	+0,79		148738	08	Portugal	5:16.51	-	B
	50m: 32.79	32.79	150m: 1:54.86	43.19	250m: 3:19.29	43.27	350m: 4:41.52	36.82	
	100m: 1:11.67	38.88	200m: 2:36.02	41.16	300m: 4:04.70	45.41	400m: 5:16.51	34.99	

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.75806

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