

Prova 11

Masc., 400m Estilos

Absoluto

04/02/2023 - 17:23

Resultados Final

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 Abs: 5:07.21

Lugar	Nome	T. Reaç�o	Classe	Licena	Ano	Clube	Tempo Final	Pts
Final A								
1.	Porfirio Braga, NUNES	+0,75		111552	00	Porto	4:37.14	20,00
	50m: 29.26	29.26	150m: 1:39.23	37.26	250m: 2:55.85	39.78	350m: 4:07.16	31.10
	100m: 1:01.97	32.71	200m: 2:16.07	36.84	300m: 3:36.06	40.21	400m: 4:37.14	29.98
2.	Mario, M�ENZES PUGA	+0,70		1079855	03	Federaci�n Gallega Nataci�n	4:42.54	18,00
	50m: 29.09	29.09	150m: 1:40.14	37.52	250m: 2:57.25	39.60	350m: 4:08.64	31.27
	100m: 1:02.62	33.53	200m: 2:17.65	37.51	300m: 3:37.37	40.12	400m: 4:42.54	33.90
3.	Leonardo Jose, CRUZ	+0,79		204601	07	Alcobaca	4:54.00	16,00
	50m: 30.23	30.23	150m: 1:42.94	37.10	250m: 3:02.17	42.24	350m: 4:19.51	34.29
	100m: 1:05.84	35.61	200m: 2:19.93	36.99	300m: 3:45.22	43.05	400m: 4:54.00	34.49
4.	Joao Carlos, BARROS	+0,75		200357	06	Fluvial Portuense	4:56.61	14,00
	50m: 29.34	29.34	150m: 1:44.60	40.61	250m: 3:05.21	41.94	350m: 4:23.82	34.75
	100m: 1:03.99	34.65	200m: 2:23.27	38.67	300m: 3:49.07	43.86	400m: 4:56.61	32.79
5.	Vasco Monteiro, CASTRO	+0,92		202720	06	Porto	4:58.28	13,00
	50m: 31.50	31.50	150m: 1:46.43	37.99	250m: 3:07.18	43.85	350m: 4:25.93	34.47
	100m: 1:08.44	36.94	200m: 2:23.33	36.90	300m: 3:51.46	44.28	400m: 4:58.28	32.35
6.	Francisco Marques, SIMOES	+0,80		205719	07	CNLeiria	5:00.18	12,00
	50m: 30.15	30.15	150m: 1:46.22	39.29	250m: 3:08.11	43.59	350m: 4:25.92	35.27
	100m: 1:06.93	36.78	200m: 2:24.52	38.30	300m: 3:50.65	42.54	400m: 5:00.18	34.26
7.	Gil Afonso, RODRIGUES	+0,77		148683	07	Fluvial Portuense	5:00.75	11,00
	50m: 30.04	30.04	150m: 1:46.53	40.59	250m: 3:09.11	42.42	350m: 4:26.63	34.96
	100m: 1:05.94	35.90	200m: 2:26.69	40.16	300m: 3:51.67	42.56	400m: 5:00.75	34.12
8.	Jose Luis, GONCALVES	+0,81		131849	05	Assoc. Desportiva de Fafe	5:03.07	10,00
	50m: 29.25	29.25	150m: 1:45.16	41.28	250m: 3:07.91	42.37	350m: 4:27.98	36.20
	100m: 1:03.88	34.63	200m: 2:25.54	40.38	300m: 3:51.78	43.87	400m: 5:03.07	35.09

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 11:45 - P gina 1

|ORGANIZAÇÃO



|PARCEIROS INSTITUCIONAIS



|PARCEIRO



|FORNECEDOR OFICIAL

