

Prova 19 Masc., 400m Estilos Absolutos  
22/04/2023 - 17:00 Resultados

Recorde Nacional 25m Absoluto	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional 25m Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recorde Nacional 25m Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recorde Nacional 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recorde Nacional 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recorde Nacional 25m Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Recorde Nacional 25m Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. Ant�nio Cavaleiros	15/03/2013

INF - JUV - MASCULINOS Inf - Juv: 5:18.68 / JUN - SEN - MASCULINOS Jun - Sen: 4:55.84

Pontos: FINA 2022

Lugar	Nome	T. Reaç�o	Licena	Ano	Clube	Tempo Final	Pts
<b>Infantis - Juvenis</b>							
1.	Guilherme Costa, SOARES	+0,80	201093	08	Vilacondense	<b>4:47.53</b>	544
	50m: 30.23 30.23	150m: 1:42.90 37.05	250m: 3:00.50 42.01	350m: 4:16.19 32.66			
	100m: 1:05.85 35.62	200m: 2:18.49 35.59	300m: 3:43.53 43.03	400m: 4:47.53 31.34			
2.	Gil Afonso, RODRIGUES	+0,72	148683	07	Fluvial Portuense	<b>4:48.68</b>	538
	50m: 29.85 29.85	150m: 1:43.72 39.24	250m: 3:02.51 40.49	350m: 4:16.98 33.58			
	100m: 1:04.48 34.63	200m: 2:22.02 38.30	300m: 3:43.40 40.89	400m: 4:48.68 31.70			
3.	Rodrigo Costa, BORGES	+0,75	133190	07	Fluvial Portuense	<b>4:50.35</b>	528
	50m: 29.82 29.82	150m: 1:44.18 38.74	250m: 3:03.38 42.41	350m: 4:18.94 33.19			
	100m: 1:05.44 35.62	200m: 2:20.97 36.79	300m: 3:45.75 42.37	400m: 4:50.35 31.41			
4.	Enrique, CARBALLO RODR�GUEZ	+0,71	1144702	07	Federaci�n Gallega de Nataci�n	<b>4:56.27</b>	497
	50m: 29.80 29.80	150m: 1:45.17 39.13	250m: 3:05.38 42.83	350m: 4:22.58 35.18			
	100m: 1:06.04 36.24	200m: 2:22.55 37.38	300m: 3:47.40 42.02	400m: 4:56.27 33.69			
5.	Miguel Almeida, BISPO	+0,85	203715	08	Natacao da Maia	<b>4:57.23</b>	493
	50m: 31.02 31.02	150m: 1:45.47 38.35	250m: 3:07.30 44.39	350m: 4:24.68 33.70			
	100m: 1:07.12 36.10	200m: 2:22.91 37.44	300m: 3:50.98 43.68	400m: 4:57.23 32.55			
6.	Xoel, PARCERO AREOSO	+0,79	1146873	07	Federaci�n Gallega de Nataci�n	<b>4:58.38</b>	487
	50m: 31.91 31.91	150m: 1:48.23 39.82	250m: 3:05.99 38.99	350m: 4:23.21 37.36			
	100m: 1:08.41 36.50	200m: 2:27.00 38.77	300m: 3:45.85 39.86	400m: 4:58.38 35.17			
7.	Pedro Miguel, PINTO	+0,82	148621	07	Assoc. Desportiva de Fafe	<b>4:59.00</b>	484
	50m: 30.40 30.40	150m: 1:44.22 38.59	250m: 3:05.89 43.73	350m: 4:25.32 34.86			
	100m: 1:05.63 35.23	200m: 2:22.16 37.94	300m: 3:50.46 44.57	400m: 4:59.00 33.68			
8.	Afonso Miguel, NOGUEIRA	+0,86	200633	07	Braga	<b>5:00.13</b>	478
	50m: 31.86 31.86	150m: 1:47.29 39.61	250m: 3:09.04 43.31	350m: 4:27.72 34.51			
	100m: 1:07.68 35.82	200m: 2:25.73 38.44	300m: 3:53.21 44.17	400m: 5:00.13 32.41			
9.	Francisco Bentes, SANTOS	+0,90	200347	08	Aquatico Pacense	<b>5:06.40</b>	450
	50m: 33.30 33.30	150m: 1:49.01 39.98	250m: 3:12.72 44.43	350m: 4:33.21 35.32			
	100m: 1:09.03 35.73	200m: 2:28.29 39.28	300m: 3:57.89 45.17	400m: 5:06.40 33.19			
10.	Diogo Teixeira, PEIXOTO	+0,91	206053	08	Foca Quinta da Lixa CNF	<b>5:07.43</b>	445
	50m: 31.99 31.99	150m: 1:49.08 39.04	250m: 3:11.42 43.99	350m: 4:33.13 36.67			
	100m: 1:10.04 38.05	200m: 2:27.43 38.35	300m: 3:56.46 45.04	400m: 5:07.43 34.30			
11.	Rafael Dinis, PACHECO	+0,71	204593	07	Aquatico Pacense	<b>5:10.43</b>	432
	50m: 32.03 32.03	150m: 1:49.42 39.97	250m: 3:12.96 44.68	350m: 4:35.33 37.80			
	100m: 1:09.45 37.42	200m: 2:28.28 38.86	300m: 3:57.53 44.57	400m: 5:10.43 35.10			
12.	Guilherme Simao, BESSA	+0,78	208436	08	Vilacondense	<b>5:15.27</b>	413
	50m: 32.88 32.88	150m: 1:54.72 41.47	250m: 3:18.11 44.00	350m: 4:39.81 36.92			
	100m: 1:13.25 40.37	200m: 2:34.11 39.39	300m: 4:02.89 44.78	400m: 5:15.27 35.46			
DSQ	Renato Gouveia, TEIXEIRA	+0,74	204599	07	Foca Quinta da Lixa CNF		
9.4 - O(A) nadador(a) n�o executou a viragem dos 275 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4							

Juniores - Seniores

1.	Porfirio Braga, NUNES	+0,72	111552	00	Porto	<b>4:25.56</b>	691
	50m: 28.00 28.00	150m: 1:35.62 35.25	250m: 2:48.34 38.07	350m: 3:57.70 30.37			
	100m: 1:00.37 32.37	200m: 2:10.27 34.65	300m: 3:27.33 38.99	400m: 4:25.56 27.86			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.76277

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

22/04/2023 17:19 - P gina 1

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|PARCEIROS INSTITUCIONAIS

|PARCEIRO

|FORNECEDOR OFICIAL



Prova 19, Masc., 400m Estilos, Juniores - Seniores

Lugar	Nome	T. Reaç�o		Licença	Ano	Clube	Tempo Final		Pts
2.	Afonso Carvalho, SILVA	+0,71		130127	05	Famaliç�o	<b>4:33.86</b>		630
	50m: 29.22	29.22	150m: 1:39.56	36.04	250m: 2:53.09	38.34	350m: 4:03.69	31.77	
	100m: 1:03.52	34.30	200m: 2:14.75	35.19	300m: 3:31.92	38.83	400m: 4:33.86	30.17	
3.	Mark, ZHUKOV	+0,74		200632	06	Braga	<b>4:39.38</b>		593
	50m: 29.56	29.56	150m: 1:40.75	36.92	250m: 2:54.95	39.18	350m: 4:07.65	32.97	
	100m: 1:03.83	34.27	200m: 2:15.77	35.02	300m: 3:34.68	39.73	400m: 4:39.38	31.73	
4.	Vasco Monteiro, CASTRO	+0,88		202720	06	Porto	<b>4:42.12</b>		576
	50m: 30.39	30.39	150m: 1:41.69	36.13	250m: 2:57.00	40.42	350m: 4:10.70	32.89	
	100m: 1:05.56	35.17	200m: 2:16.58	34.89	300m: 3:37.81	40.81	400m: 4:42.12	31.42	

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22/04/2023 17:19 - P gina 2

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