

Prova 22 Masc., 400m Livres Absolutos
18/11/2023 - 15:07 Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Recordes Nacionais 25m Jun 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007
Recordes Territoriais 25m Open	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10/12/2009
Recordes Territoriais 25m Sen	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10/12/2009
Recordes Territoriais 25m Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Recordes Territoriais 25m Jun 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007

TLP Juniores Masculinos Jun: 4:34.16 / TLP Seniores Masculinos Sen: 4:20.02

Pontos: FINA 2022

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
1.	Goncalo Carlos, AZEVEDO	209939	07	Natacao da Maia	3:59.35	697
	50m: 27.02 27.02	150m: 1:27.37 30.45	250m: 2:28.13 30.44	350m: 3:29.38 30.84		
	100m: 56.92 29.90	200m: 1:57.69 30.32	300m: 2:58.54 30.41	400m: 3:59.35 29.97		
2.	Bruno Silva, LOUREIRO	129872	06	Porto	4:04.97	650
	50m: 28.32 28.32	150m: 1:29.31 30.71	250m: 2:31.23 30.83	350m: 3:34.15 31.62		
	100m: 58.60 30.28	200m: 2:00.40 31.09	300m: 3:02.53 31.30	400m: 4:04.97 30.82		
3.	Vasco Monteiro, CASTRO	202720	06	Porto	4:08.20	625
	50m: 28.29 28.29	150m: 1:28.96 30.98	250m: 2:32.21 31.78	350m: 3:36.21 32.27		
	100m: 57.98 29.69	200m: 2:00.43 31.47	300m: 3:03.94 31.73	400m: 4:08.20 31.99		
4.	Gil Afonso, RODRIGUES	148683	07	Fluvial Portuense	4:14.92	577
	50m: 27.87 27.87	150m: 1:30.42 31.76	250m: 2:35.82 32.99	350m: 3:42.63 33.33		
	100m: 58.66 30.79	200m: 2:02.83 32.41	300m: 3:09.30 33.48	400m: 4:14.92 32.29		
5.	Guilherme Mahua, SOARES	200790	07	Porto	4:16.45	566
	50m: 28.76 28.76	150m: 1:33.17 32.66	250m: 2:38.53 32.69	350m: 3:44.12 32.81		
	100m: 1:00.51 31.75	200m: 2:05.84 32.67	300m: 3:11.31 32.78	400m: 4:16.45 32.33		
6.	Tomas Rocha, DORES	200766	07	Colegio Efanor	4:17.31	561
	50m: 28.23 28.23	150m: 1:31.78 32.29	250m: 2:37.50 32.83	350m: 3:44.31 33.61		
	100m: 59.49 31.26	200m: 2:04.67 32.89	300m: 3:10.70 33.20	400m: 4:17.31 33.00		
7.	Rui Miguel, SANTOS	204083	06	Famaliç�o	4:17.70	558
	50m: 27.68 27.68	150m: 1:31.19 32.62	250m: 2:38.50 33.51	350m: 3:45.69 33.46		
	100m: 58.57 30.89	200m: 2:04.99 33.80	300m: 3:12.23 33.73	400m: 4:17.70 32.01		
8.	Andre Leitao, COSTA	201806	07	Assoc. Desportiva de Fafe	4:18.26	555
	50m: 28.86 28.86	150m: 1:33.79 32.86	250m: 2:39.94 32.91	350m: 3:46.35 33.38		
	100m: 1:00.93 32.07	200m: 2:07.03 33.24	300m: 3:12.97 33.03	400m: 4:18.26 31.91		
9.	Artur Guterres, CARVALHO	202266	06	Vilacondense	4:18.49	553
	50m: 28.72 28.72	150m: 1:32.03 31.87	250m: 2:37.79 32.99	350m: 3:45.32 34.08		
	100m: 1:00.16 31.44	200m: 2:04.80 32.77	300m: 3:11.24 33.45	400m: 4:18.49 33.17		
10.	Paulo Tiago, VALES	201752	07	Porto	4:19.18	549
	50m: 29.14 29.14	150m: 1:33.55 32.42	250m: 2:38.62 32.83	350m: 3:45.84 33.94		
	100m: 1:01.13 31.99	200m: 2:05.79 32.24	300m: 3:11.90 33.28	400m: 4:19.18 33.34		
11.	Rodrigo Santos, CONCEICAO	204488	06	Clube Naval Povoense	4:23.20	524
	50m: 29.27 29.27	150m: 1:34.48 32.79	250m: 2:42.28 34.22	350m: 3:50.51 34.24		
	100m: 1:01.69 32.42	200m: 2:08.06 33.58	300m: 3:16.27 33.99	400m: 4:23.20 32.69		
12.	Joao Alves, RODRIGUES	201808	07	Famaliç�o	4:23.22	524
	50m: 28.53 28.53	150m: 1:34.47 33.54	250m: 2:42.05 33.49	350m: 3:49.59 34.08		
	100m: 1:00.93 32.40	200m: 2:08.56 34.09	300m: 3:15.51 33.46	400m: 4:23.22 33.63		
13.	David Luis, ANTUNES FTL	201934	07	Fluvial Portuense	4:40.53	433
	50m: 30.20 30.20	150m: 1:40.00 35.76	250m: 2:52.95 36.52	350m: 4:05.76 36.34		
	100m: 1:04.24 34.04	200m: 2:16.43 36.43	300m: 3:29.42 36.47	400m: 4:40.53 34.77		
14.	Afonso Moreira, BRAGA FTL	219474	07	Associacao Tubaroes de Gaia	5:07.77	327
	50m: 32.84 32.84	150m: 1:47.11 38.15	250m: 3:07.14 40.45	350m: 4:28.74 40.81		
	100m: 1:08.96 36.12	200m: 2:26.69 39.58	300m: 3:47.93 40.79	400m: 5:07.77 39.03		

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Prova 22, Masc., 400m Livres

Seniores

1.	Francisco Rodriguez, AMARAL				122608	02	Porto			3:59.14	699
	50m: 28.18 28.18	150m: 1:28.48	30.30	250m: 2:28.86	30.13	350m: 3:29.67	30.61				
	100m: 58.18 30.00	200m: 1:58.73	30.25	300m: 2:59.06	30.20	400m: 3:59.14	29.47				
2.	Tomas Amor, SARREIRA				132117	05	Porto			4:02.75	668
	50m: 27.79 27.79	150m: 1:28.68	30.68	250m: 2:29.89	30.55	350m: 3:31.85	31.15				
	100m: 58.00 30.21	200m: 1:59.34	30.66	300m: 3:00.70	30.81	400m: 4:02.75	30.90				
3.	Filipe Silva, RIBEIRO				132090	05	Leixoes Sport Clube			4:05.96	642
	50m: 28.65 27.28	150m: 1:29.08	31.47	250m: 2:31.73	30.95	350m: 3:34.72	31.59				
	100m: 57.61 30.33	200m: 2:00.78	31.70	300m: 3:03.13	31.40	400m: 4:05.96	31.24				
4.	Goncalo Renato, CARVALHO				127586	04	Porto			4:10.90	605
	50m: 28.99 28.99	150m: 1:31.09	31.14	250m: 2:34.43	31.95	350m: 3:39.09	32.63				
	100m: 59.95 30.96	200m: 2:02.48	31.39	300m: 3:06.46	32.03	400m: 4:10.90	31.81				
5.	Diogo Barbosa, NUNES				110529	00	Colegio Efanor			4:11.31	602
	50m: 28.65 28.65	150m: 1:31.11	31.60	250m: 2:34.64	31.80	350m: 3:39.74	32.65				
	100m: 59.51 30.86	200m: 2:02.84	31.73	300m: 3:07.09	32.45	400m: 4:11.31	31.57				
6.	Afonso Martim, LEITE				127335	05	Foca Quinta Da Lixa - Cnf			4:12.56	593
	50m: 28.96 28.96	150m: 1:31.53	31.34	250m: 2:35.60	32.36	350m: 3:40.46	32.42				
	100m: 1:00.19 31.23	200m: 2:03.24	31.71	300m: 3:08.04	32.44	400m: 4:12.56	32.10				
7.	Tomas Carvalhinho, RIBEIRO				131799	05	Natacao da Maia			4:20.48	541
	<i>FTL</i>										
	50m: 28.45 28.45	150m: 1:33.20	33.18	250m: 2:39.96	33.08	350m: 3:47.51	34.00				
	100m: 1:00.02 31.57	200m: 2:06.88	33.68	300m: 3:13.51	33.55	400m: 4:20.48	32.97				
8.	Tiago Fonseca, CARVALHO				127099	03	Clube Naval Povoense			4:21.24	536
	<i>FTL</i>										
	50m: 28.57 28.57	150m: 1:33.62	33.01	250m: 2:40.01	33.12	350m: 3:47.83	34.18				
	100m: 1:00.61 32.04	200m: 2:06.89	33.27	300m: 3:13.65	33.64	400m: 4:21.24	33.41				
9.	Joao Pedro, TORRES				127551	05	Porto			4:21.54	534
	<i>FTL</i>										
	50m: 29.46 29.46	150m: 1:33.41	32.42	250m: 2:40.03	33.36	350m: 3:48.21	34.10				
	100m: 1:00.99 31.53	200m: 2:06.67	33.26	300m: 3:14.11	34.08	400m: 4:21.54	33.33				
10.	Tomas Castro, SOUSA				123239	04	Vit�ria Sport Clube			4:29.69	487
	<i>FTL</i>										
	50m: 31.07 31.07	150m: 1:39.55	34.40	250m: 2:47.91	33.83	350m: 3:56.01	34.37				
	100m: 1:05.15 34.08	200m: 2:14.08	34.53	300m: 3:21.64	33.73	400m: 4:29.69	33.68				
11.	Samson Silva, COSTA				120847	02	Colegio Efanor			4:52.38	382
	<i>FTL</i>										
	50m: 30.22 30.22	150m: 1:39.76	35.06	250m: 2:55.43	38.58	350m: 4:14.04	39.65				
	100m: 1:04.70 34.48	200m: 2:16.85	37.09	300m: 3:34.39	38.96	400m: 4:52.38	38.34				
WDR	Gabriel Moreira, SANTOS				127679	04	Famalic�o				

Absolutos

1.	Francisco Rodriguez, AMARAL				122608	02	Porto			3:59.14	699
	50m: 28.18 28.18	150m: 1:28.48	30.30	250m: 2:28.86	30.13	350m: 3:29.67	30.61				
	100m: 58.18 30.00	200m: 1:58.73	30.25	300m: 2:59.06	30.20	400m: 3:59.14	29.47				
2.	Goncalo Carlos, AZEVEDO				209939	07	Natacao da Maia			3:59.35	697
	50m: 27.02 27.02	150m: 1:27.37	30.45	250m: 2:28.13	30.44	350m: 3:29.38	30.84				
	100m: 56.92 29.90	200m: 1:57.69	30.32	300m: 2:58.54	30.41	400m: 3:59.35	29.97				
3.	Tomas Amor, SARREIRA				132117	05	Porto			4:02.75	668
	50m: 27.79 27.79	150m: 1:28.68	30.68	250m: 2:29.89	30.55	350m: 3:31.85	31.15				
	100m: 58.00 30.21	200m: 1:59.34	30.66	300m: 3:00.70	30.81	400m: 4:02.75	30.90				
4.	Bruno Silva, LOUREIRO				129872	06	Porto			4:04.97	650
	50m: 28.32 28.32	150m: 1:29.31	30.71	250m: 2:31.23	30.83	350m: 3:34.15	31.62				
	100m: 58.60 30.28	200m: 2:00.40	31.09	300m: 3:02.53	31.30	400m: 4:04.97	30.82				

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19/11/2023 23:25 - P gina 2

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Prova 22, Masc., 400m Livres, Absolutos

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
5.	Filipe Silva, RIBEIRO	132090	05	Leixoes Sport Clube	4:05.96	642
	50m: 27.28 27.28 150m: 1:29.08 31.47 250m: 2:31.73 30.95 350m: 3:34.72 31.59					
	100m: 57.61 30.33 200m: 2:00.78 31.70 300m: 3:03.13 31.40 400m: 4:05.96 31.24					
6.	Vasco Monteiro, CASTRO	202720	06	Porto	4:08.20	625
	50m: 28.29 28.29 150m: 1:28.96 30.98 250m: 2:32.21 31.78 350m: 3:36.21 32.27					
	100m: 57.98 29.69 200m: 2:00.43 31.47 300m: 3:03.94 31.73 400m: 4:08.20 31.99					
7.	Goncalo Renato, CARVALHO	127586	04	Porto	4:10.90	605
	50m: 28.99 28.99 150m: 1:31.09 31.14 250m: 2:34.43 31.95 350m: 3:39.09 32.63					
	100m: 59.95 30.96 200m: 2:02.48 31.39 300m: 3:06.46 32.03 400m: 4:10.90 31.81					
8.	Diogo Barbosa, NUNES	110529	00	Colegio Efanor	4:11.31	602
	50m: 28.65 28.65 150m: 1:31.11 31.60 250m: 2:34.64 31.80 350m: 3:39.74 32.65					
	100m: 59.51 30.86 200m: 2:02.84 31.73 300m: 3:07.09 32.45 400m: 4:11.31 31.57					
9.	Afonso Martim, LEITE	127335	05	Foca Quinta Da Lixa - Crf	4:12.56	593
	50m: 28.96 28.96 150m: 1:31.53 31.34 250m: 2:35.60 32.36 350m: 3:40.46 32.42					
	100m: 1:00.19 31.23 200m: 2:03.24 31.71 300m: 3:08.04 32.44 400m: 4:12.56 32.10					
10.	Gil Afonso, RODRIGUES	148683	07	Fluvial Portuense	4:14.92	577
	50m: 27.87 27.87 150m: 1:30.42 31.76 250m: 2:35.82 32.99 350m: 3:42.63 33.33					
	100m: 58.66 30.79 200m: 2:02.83 32.41 300m: 3:09.30 33.48 400m: 4:14.92 32.29					
11.	Guilherme Mahua, SOARES	200790	07	Porto	4:16.45	566
	50m: 28.76 28.76 150m: 1:33.17 32.66 250m: 2:38.53 32.69 350m: 3:44.12 32.81					
	100m: 1:00.51 31.75 200m: 2:05.84 32.67 300m: 3:11.31 32.78 400m: 4:16.45 32.33					
12.	Tomas Rocha, DORES	200766	07	Colegio Efanor	4:17.31	561
	50m: 28.23 28.23 150m: 1:31.78 32.29 250m: 2:37.50 32.83 350m: 3:44.31 33.61					
	100m: 59.49 31.26 200m: 2:04.67 32.89 300m: 3:10.70 33.20 400m: 4:17.31 33.00					
13.	Rui Miguel, SANTOS	204083	06	Famaliç�o	4:17.70	558
	50m: 27.68 27.68 150m: 1:31.19 32.62 250m: 2:38.50 33.51 350m: 3:45.69 33.46					
	100m: 58.57 30.89 200m: 2:04.99 33.80 300m: 3:12.23 33.73 400m: 4:17.70 32.01					
14.	Andre Leitao, COSTA	201806	07	Assoc. Desportiva de Fafe	4:18.26	555
	50m: 28.86 28.86 150m: 1:33.79 32.86 250m: 2:39.94 32.91 350m: 3:46.35 33.38					
	100m: 1:00.93 32.07 200m: 2:07.03 33.24 300m: 3:12.97 33.03 400m: 4:18.26 31.91					
15.	Artur Guterres, CARVALHO	202266	06	Vilacondense	4:18.49	553
	50m: 28.72 28.72 150m: 1:32.03 31.87 250m: 2:37.79 32.99 350m: 3:45.32 34.08					
	100m: 1:00.16 31.44 200m: 2:04.80 32.77 300m: 3:11.24 33.45 400m: 4:18.49 33.17					
16.	Paulo Tiago, VALES	201752	07	Porto	4:19.18	549
	50m: 29.14 29.14 150m: 1:33.55 32.42 250m: 2:38.62 32.83 350m: 3:45.84 33.94					
	100m: 1:01.13 31.99 200m: 2:05.79 32.24 300m: 3:11.90 33.28 400m: 4:19.18 33.34					
17.	Tomas Carvalhinho, RIBEIRO <i>FTL</i>	131799	05	Natacao da Maia	4:20.48	541
	50m: 28.45 28.45 150m: 1:33.20 33.18 250m: 2:39.96 33.08 350m: 3:47.51 34.00					
	100m: 1:00.02 31.57 200m: 2:06.88 33.68 300m: 3:13.51 33.55 400m: 4:20.48 32.97					
18.	Tiago Fonseca, CARVALHO <i>FTL</i>	127099	03	Clube Naval Povoense	4:21.24	536
	50m: 28.57 28.57 150m: 1:33.62 33.01 250m: 2:40.01 33.12 350m: 3:47.83 34.18					
	100m: 1:00.61 32.04 200m: 2:06.89 33.27 300m: 3:13.65 33.64 400m: 4:21.24 33.41					
19.	Joao Pedro, TORRES <i>FTL</i>	127551	05	Porto	4:21.54	534
	50m: 29.46 29.46 150m: 1:33.41 32.42 250m: 2:40.03 33.36 350m: 3:48.21 34.10					
	100m: 1:00.99 31.53 200m: 2:06.67 33.26 300m: 3:14.11 34.08 400m: 4:21.54 33.33					
20.	Rodrigo Santos, CONCEICAO	204488	06	Clube Naval Povoense	4:23.20	524
	50m: 29.27 29.27 150m: 1:34.48 32.79 250m: 2:42.28 34.22 350m: 3:50.51 34.24					
	100m: 1:01.69 32.42 200m: 2:08.06 33.58 300m: 3:16.27 33.99 400m: 4:23.20 32.69					
21.	Joao Alves, RODRIGUES	201808	07	Famaliç�o	4:23.22	524
	50m: 28.53 28.53 150m: 1:34.47 33.54 250m: 2:42.05 33.49 350m: 3:49.59 34.08					
	100m: 1:00.93 32.40 200m: 2:08.56 34.09 300m: 3:15.51 33.46 400m: 4:23.22 33.63					
22.	Tomas Castro, SOUSA <i>FTL</i>	123239	04	Vit�ria Sport Clube	4:29.69	487
	50m: 31.07 31.07 150m: 1:39.55 34.40 250m: 2:47.91 33.83 350m: 3:56.01 34.37					
	100m: 1:05.15 34.08 200m: 2:14.08 34.53 300m: 3:21.64 33.73 400m: 4:29.69 33.68					

O Secret rio do Juri

O Juiz  rbitro

Prova 22, Masc., 400m Livres, Absolutos

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
23.	David Luis, ANTUNES <i>FTL</i>	201934	07	Fluvial Portuense	4:40.53	433
	50m: 30.20 30.20 150m: 1:40.00 35.76 250m: 2:52.95 36.52 350m: 4:05.76 36.34 100m: 1:04.24 34.04 200m: 2:16.43 36.43 300m: 3:29.42 36.47 400m: 4:40.53 34.77					
24.	Samson Silva, COSTA <i>FTL</i>	120847	02	Colegio Efanor	4:52.38	382
	50m: 30.22 30.22 150m: 1:39.76 35.06 250m: 2:55.43 38.58 350m: 4:14.04 39.65 100m: 1:04.70 34.48 200m: 2:16.85 37.09 300m: 3:34.39 38.96 400m: 4:52.38 38.34					
25.	Afonso Moreira, BRAGA <i>FTL</i>	219474	07	Associaçao Tubaroes de Gaia	5:07.77	327
	50m: 32.84 32.84 150m: 1:47.11 38.15 250m: 3:07.14 40.45 350m: 4:28.74 40.81 100m: 1:08.96 36.12 200m: 2:26.69 39.58 300m: 3:47.93 40.79 400m: 5:07.77 39.03					
WDR	Gabriel Moreira, SANTOS	127679	04	Famaliç�o		
EXH	Goncalo Andre, FERREIRA	151733	07	Ginasio Vila Real	4:27.92	497
	50m: 28.93 28.93 150m: 1:35.13 33.76 250m: 2:44.67 34.95 350m: 3:53.90 34.59 100m: 1:01.37 32.44 200m: 2:09.72 34.59 300m: 3:19.31 34.64 400m: 4:27.92 34.02					

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Splash Meet Manager, 11.78086

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19/11/2023 23:25 - P gina 4

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