

Campeonatos Regionais de Inverno
Albufeira, 14- - 15-3-2015

Prova 11
14-03-2015 - 15:00

Masc., 400m Livres

Absolutos
Resultados

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Miguel Duarte Pereira	00	Natação de Olhão	4:19.36 548
50m: 29.44 29.44	150m: 1:35.00 32.94	250m: 2:41.67 33.53	350m: 3:47.48 32.74
100m: 1:02.06 32.62	200m: 2:08.14 33.14	300m: 3:14.74 33.07	400m: 4:19.36 31.88
2. Goncalo Duarte Santos	00	Natação de Faro	4:32.42 472
50m: 30.54 30.54	150m: 1:38.07 34.28	250m: 2:46.96 34.56	350m: 3:57.52 35.19
100m: 1:03.79 33.25	200m: 2:12.40 34.33	300m: 3:22.33 35.37	400m: 4:32.42 34.90
3. Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	4:34.70 461
50m: 30.89 30.89	150m: 1:38.81 34.60	250m: 2:49.13 35.30	350m: 3:59.94 35.17
100m: 1:04.21 33.32	200m: 2:13.83 35.02	300m: 3:24.77 35.64	400m: 4:34.70 34.76
4. Tiago Lucas Goncalves	00	Tavira Natação	4:50.34 390
50m: 32.07 32.07	150m: 1:43.36 36.37	250m: 2:58.17 37.30	350m: 4:13.66 37.68
100m: 1:06.99 34.92	200m: 2:20.87 37.51	300m: 3:35.98 37.81	400m: 4:50.34 36.68
5. Ricardo Jorge Carmo	00	Natação de Faro	5:00.82 351
50m: 31.96 31.96	150m: 1:45.29 38.25	250m: 3:04.11 39.24	350m: 4:23.27 40.17
100m: 1:07.04 35.08	200m: 2:24.87 39.58	300m: 3:43.10 38.99	400m: 5:00.82 37.55

Absoluto

1. Nathan Keith Theodoris	95	Louletano / Loule Concelho	4:00.91 683
50m: 28.39 28.39	150m: 1:28.08 30.14	250m: 2:29.64 30.67	350m: 3:31.19 30.53
100m: 57.94 29.55	200m: 1:58.97 30.89	300m: 3:00.66 31.02	400m: 4:00.91 29.72
2. Rodrigo Martins Gomes	98	FC Ferreiras	4:13.22 588
50m: 28.32 28.32	150m: 1:30.11 31.38	250m: 2:35.04 32.63	350m: 3:40.77 32.95
100m: 58.73 30.41	200m: 2:02.41 32.30	300m: 3:07.82 32.78	400m: 4:13.22 32.45
3. Joao Eduardo Ilha	98	Natação de Olhão	4:27.66 498
50m: 29.82 29.82	150m: 1:36.66 33.78	250m: 2:45.64 34.29	350m: 3:54.66 34.50
100m: 1:02.88 33.06	200m: 2:11.35 34.69	300m: 3:20.16 34.52	400m: 4:27.66 33.00
4. Bernardo Gameiro Agapito	98	FC Ferreiras	4:28.08 496
50m: 29.50 29.50	150m: 1:30.11 31.38	250m: 2:35.04 32.63	350m: 3:40.77 32.95
100m: 1:02.22 32.72	200m: 2:10.47 32.30	300m: 3:07.82 32.78	400m: 4:13.22 32.45
Tiago Martins Boleta	98	Louletano / Loule Concelho	4:28.08 496
50m: 29.71 29.71	150m: 1:33.86 32.61	250m: 2:41.34 33.55	350m: 3:53.15 36.21
100m: 1:01.25 31.54	200m: 2:07.79 33.93	300m: 3:16.94 35.60	400m: 4:28.08 34.93
6. Tiago Jorge José	98	Colegio Bernardette Romeira	4:43.14 421
50m: 30.80 30.80	150m: 1:42.12 36.34	250m: 2:55.92 36.64	350m: 4:09.65 36.79
100m: 1:05.78 34.98	200m: 2:19.28 37.16	300m: 3:32.86 36.94	400m: 4:43.14 33.49
7. Hugo Alexandre Amaral	87	Portinado	4:44.50 415
50m: 30.29 30.29	150m: 1:42.12 36.34	250m: 2:55.92 36.64	350m: 4:09.65 36.79
100m: 1:04.96 34.67	200m: 2:16.84 37.16	300m: 3:32.86 36.94	400m: 4:43.14 33.49
8. Guilherme Borlido Farias	98	Natação de Faro	4:48.71 397
50m: 30.49 30.49	150m: 1:40.71 35.87	250m: 2:55.21 37.99	350m: 4:11.66 38.37
100m: 1:04.84 34.35	200m: 2:17.22 36.51	300m: 3:33.29 38.08	400m: 4:48.71 37.05
9. Gonçalo Santos Ferramacho	98	Nautico do Guadiana	5:03.60 341
50m: 31.97 31.97	150m: 1:48.27 39.69	250m: 3:08.00 40.39	350m: 4:26.61 38.98
100m: 1:08.58 36.61	200m: 2:27.61 39.34	300m: 3:47.63 39.63	400m: 5:03.60 36.99
10. Paulo Alexandre Sousa	72	FC Ferreiras	5:14.96 306
50m: 34.02 34.02	150m: 1:49.49 38.80	250m: 3:10.56 40.99	350m: 4:33.97 42.01
100m: 1:10.69 36.67	200m: 2:29.57 40.08	300m: 3:51.96 41.40	400m: 5:14.96 40.99

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Prova 11, Masc., 400m Livres, Absoluto

Lugar			Ano							Tempo final	Pts
DSQ	Hugo Filipe Gordinho		98	Natação de Faro							
	<i>O atleta não iniciou a prova.</i>										
	50m:		150m:		250m:		350m:				
	100m:		200m:		300m:		400m:				
EXH	Tomas Santos Barata		01	Natacao de Lagos				4:35.31		458	
	50m:	31.00 31.00	150m:	1:39.60	34.65 250m:	2:50.56	35.70 350m:	4:01.96	35.76		
	100m:	1:04.95 33.95	200m:	2:14.86	35.26 300m:	3:26.20	35.64 400m:	4:35.31	33.35		
EXH	Joao Pedro Chagas		01	Tavira Natação				4:45.92		409	
	50m:	31.85 31.85	150m:	1:43.77	36.35 250m:	2:57.08	36.68 350m:	4:09.98	36.34		
	100m:	1:07.42 35.57	200m:	2:20.40	36.63 300m:	3:33.64	36.56 400m:	4:45.92	35.94		
EXH	Isaac James Fillingham		01	Louletano / Loule Concelho				4:54.24		375	
	50m:		150m:		250m:	2:59.18	37.97 350m:	4:16.51	38.46		
	100m:		200m:	2:21.21	300m:	3:38.05	38.87 400m:	4:54.24	37.73		
EXH	Duarte Nunes Sequeira		02	Natacao de Lagos				4:59.44		356	
	50m:	33.37 33.37	150m:	1:49.98	38.87 250m:	3:07.44	39.09 350m:	4:23.66	37.65		
	100m:	1:11.11 37.74	200m:	2:28.35	38.37 300m:	3:46.01	38.57 400m:	4:59.44	35.78		
EXH	Diogo Osorio Bonanca		01	Natação de Faro				5:03.43		342	
	50m:		150m:	1:48.04	38.37 250m:	3:05.39	38.45 350m:	4:24.45	40.12		
	100m:	1:09.67	200m:	2:26.94	38.90 300m:	3:44.33	38.94 400m:	5:03.43	38.98		
EXH	Hugo Miguel Viegas		02	Natação de Olhão				5:07.16		329	
	50m:	34.49 34.49	150m:	1:52.16	38.88 250m:	3:11.42	39.79 350m:	4:30.06	39.26		
	100m:	1:13.28 38.79	200m:	2:31.63	39.47 300m:	3:50.80	39.38 400m:	5:07.16	37.10		
EXH	Ricardo Ponte José		02	Colegio Bernardette Romeira				5:30.67		264	
	50m:	37.65 37.65	150m:	2:01.55	42.58 250m:	3:26.39	42.45 350m:	4:51.04	42.74		
	100m:	1:18.97 41.32	200m:	2:43.94	42.39 300m:	4:08.30	41.91 400m:	5:30.67	39.63		