

Prova 17 Masc., 400m Estilos Absoluto
07-11-2015 Resultados

Rec Nacionais - 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Rec Nacionais - 25m Inf B	4:49.65	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	15-03-2013
Rec Nacionais - 25m Inf A	4:40.32	Tomas Miguel Freitas	CDN	Funchal	09-07-2004
Rec Nacionais - 25m Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	21-03-2003
Rec Nacionais - 25m Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	13-12-2013
Rec Nacionais - 25m Jun17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	19-12-2014
Rec Nacionais - 25m Jun18	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12-12-2003
Rec Nacionais - 25m Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009

TAC : 4:38.00

Pontos: FINA 2015

Lugar	Ano				Tempo final	FINA Pts	Pts
1. Pedro Miguel Pinotes	89 Sporting				4:27.08	685	20,00
50m: 27.96 27.96	150m: 1:34.72 34.62	250m: 2:45.13 36.80	350m: 3:56.66 34.02				
100m: 1:00.10 32.14	200m: 2:08.33 33.61	300m: 3:22.64 37.51	400m: 4:27.08 30.42				
2. Bruno Miguel Ramos	97 Belenenses				4:27.71	680	16,00
50m: 28.38 28.38	150m: 1:35.71 34.69	250m: 2:49.11 39.19	350m: 3:58.65 31.27				
100m: 1:01.02 32.64	200m: 2:09.92 34.21	300m: 3:27.38 38.27	400m: 4:27.71 29.06				
3. Hugo Pon	98 Alges				4:32.54	645	15,00
50m: 28.61 28.61	150m: 1:38.22 36.72	250m: 2:51.80 37.95	350m: 4:02.44 31.92				
100m: 1:01.50 32.89	200m: 2:13.85 35.63	300m: 3:30.52 38.72	400m: 4:32.54 30.10				
4. Miguel Monteiro Cruchinho	97 Sporting				4:45.85	559	14,00
<i>FTL</i>							
50m: 29.25 29.25	150m: 1:41.19 38.19	250m: 2:58.26 39.34	350m: 4:12.29 34.34				
100m: 1:03.00 33.75	200m: 2:18.92 37.73	300m: 3:37.95 39.69	400m: 4:45.85 33.56				