

Prova 11  
19-11-2016 - 15:30

Masc., 400m Livres

15 anos e mais velhos  
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Duarte Nunes, SEQUEIRA	02	Natacao de Lagos	<b>4:35.39</b> 457
50m: 30.79 30.79 150m: 250m: 350m:			
100m: 1:05.82 35.03 200m: 2:17.02 300m: 400m:			4:35.39
2. Tomas Galvao, LOURENCO	02	Natacao de Olhao	<b>4:35.74</b> 456
50m: 31.33 31.33 150m: 250m: 350m:			
100m: 1:06.10 34.77 200m: 2:17.48 300m: 400m:			4:35.74
3. Andre Taborda, GUERREIRO	02	Natção de Faro	<b>6:10.14</b> 188
50m: 39.66 39.66 150m: 250m: 350m:			
100m: 1:24.74 45.08 200m: 2:57.43 300m: 400m:			6:10.14

**Juvenis A**

1. Tomas Miguel, VALENTE	01	Natacao de Olhao	<b>4:29.91</b> 486
50m: 30.68 30.68 150m: 250m: 350m:			
100m: 1:04.29 33.61 200m: 2:12.51 300m: 400m:			4:29.91
2. Joao Pedro, CHAGAS	01	Tavira Natacao	<b>4:34.49</b> 462
50m: 31.20 31.20 150m: 250m: 350m:			
100m: 1:04.99 33.79 200m: 2:14.21 300m: 400m:			4:34.49
3. Filipe Pires, SOARES	01	Colegio Bernardette Romeira	<b>5:03.21</b> 343
50m: 33.20 33.20 150m: 250m: 350m:			
100m: 1:10.51 37.31 200m: 2:27.03 300m: 400m:			5:03.21
4. Carlos Veloso, GOIS	01	Beja	<b>5:05.73</b> 334
50m: 33.12 33.12 150m: 250m: 350m:			
100m: 1:09.28 36.16 200m: 2:26.20 300m: 400m:			5:05.73

**Absolutos**

1. Rodrigo Martins, GOMES	98	Louletano / Loule Concelho	<b>4:18.09</b> 556
50m: 29.22 29.22 150m: 250m: 350m:			
100m: 1:01.22 32.00 200m: 2:07.11 300m: 400m:			4:18.09
2. Tomas Alves, COSTA	00	Armacenenses	<b>4:19.80</b> 545
50m: 29.18 29.18 150m: 250m: 350m:			
100m: 1:01.05 31.87 200m: 2:07.66 300m: 3:14.12 400m:			4:19.80
3. Andre Serro, JOAQUIM	00	Portinado	<b>4:24.14</b> 518
50m: 29.30 29.30 150m: 250m: 350m:			
100m: 1:00.98 31.68 200m: 2:08.64 300m: 400m:			4:24.14
4. Miguel Duarte, PEREIRA	00	Natacao de Olhao	<b>4:25.02</b> 513
50m: 30.67 30.67 150m: 250m: 350m:			
100m: 1:03.63 32.96 200m: 2:10.91 300m: 400m:			4:25.02
5. Bernardo Gameiro, AGAPITO	98	FC Ferreiras	<b>4:27.05</b> 502
50m: 29.67 29.67 150m: 250m: 350m:			
100m: 1:02.04 32.37 200m: 2:09.13 300m: 3:17.50 400m:			4:27.05
6. Joao Eduardo, ILHA	98	Natacao de Olhao	<b>4:30.09</b> 485
50m: 29.88 29.88 150m: 250m: 350m:			
100m: 1:02.85 32.97 200m: 2:10.98 300m: 400m:			4:30.09
7. Antonio Manuel, LAMPREIA	98	Nautico do Guadiana	<b>5:32.53</b> 260
50m: 34.81 34.81 150m: 250m: 350m:			
100m: 1:14.48 39.67 200m: 2:40.63 300m: 400m:			5:32.53