

Prova 4  
19-11-2016 - 9:50

Masc., 400m Estilos

15 anos e mais velhos  
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Tomas Galvao, LOURENCO	02	Natacao de Olhao	<b>5:17.20</b> 409
50m: 32.52 32.52 150m: 250m: 350m:			
100m: 1:10.69 38.17 200m: 4:06.66 300m: 400m: 5:17.20			
2. Leandro Dinis, FONSECA	02	Portinado	<b>5:48.84</b> 307
50m: 35.76 35.76 150m: 250m: 350m:			
100m: 1:22.48 46.72 200m: 2:52.67 300m: 4:29.98 400m: 5:48.84			
3. Alexandre Joao, JURCA	02	Tavira Natacao	<b>6:02.10</b> 275
50m: 39.10 39.10 150m: 250m: 350m:			
100m: 1:27.66 48.56 200m: 3:03.04 300m: 4:39.13 400m: 6:02.10			
4. Miguel Pessanha, ROSA	02	Nautico do Guadiana	<b>6:02.61</b> 273
50m: 38.29 38.29 150m: 250m: 350m:			
100m: 1:25.62 47.33 200m: 2:57.34 300m: 4:43.23 400m: 6:02.61			
5. Nuno Pascoa, RIBEIRO	02	Tavira Natacao	<b>6:16.07</b> 245
50m: 41.73 41.73 150m: 250m: 350m:			
100m: 1:30.28 48.55 200m: 3:01.26 300m: 4:49.91 400m: 6:16.07			

**Juvenis A**

1. Tiago Miguel, VILHENA	01	Natção de Faro	<b>4:48.31</b> 544
50m: 31.14 31.14 150m: 250m: 350m:			
100m: 1:07.23 36.09 200m: 2:18.85 300m: 3:43.36 400m: 4:48.31			
2. Alexandre Pires, SPAGNOL	01	Louletano / Loule Concelho	<b>5:15.95</b> 414
50m: 32.92 32.92 150m: 250m: 350m:			
100m: 1:11.86 38.94 200m: 2:30.81 300m: 4:04.57 400m: 5:15.95			

**Absolutos**

1. Claudio Alexandre, RODRIGUES	00	Louletano / Loule Concelho	<b>4:48.51</b> 543
50m: 29.80 29.80 150m: 250m: 350m:			
100m: 1:03.98 34.18 200m: 2:16.64 300m: 3:43.76 400m: 4:48.51			
2. Andre Serro, JOAQUIM	00	Portinado	<b>5:00.74</b> 480
50m: 30.47 30.47 150m: 250m: 350m:			
100m: 1:07.33 36.86 200m: 2:25.36 300m: 3:50.56 400m: 5:00.74			
3. Goncalo Gualberto, BARBARA	00	Portinado	<b>5:02.60</b> 471
50m: 31.10 31.10 150m: 250m: 350m:			
100m: 1:07.98 36.88 200m: 2:28.91 300m: 3:51.87 400m: 5:02.60			
4. Goncalo Duarte, SANTOS	00	Natção de Faro	<b>5:05.51</b> 458
50m: 30.32 30.32 150m: 250m: 350m:			
100m: 1:05.57 35.25 200m: 2:24.19 300m: 3:08.74 400m: 5:05.51			
5. Bernardo Gameiro, AGAPITO	98	FC Ferreiras	<b>5:07.74</b> 448
50m: 31.47 31.47 150m: 250m: 350m:			
100m: 1:08.15 36.68 200m: 2:25.43 300m: 3:56.19 400m: 5:07.74			
6. Renato Filipe, NASCIMENTO	94	Beja	<b>5:16.36</b> 412
50m: 31.44 31.44 150m: 250m: 350m:			
100m: 1:08.53 37.09 200m: 2:28.32 300m: 3:14.15 400m: 5:16.36			
7. Bruno Coriel, FERNANDES	99	Tavira Natacao	<b>5:17.33</b> 408
50m: 34.06 34.06 150m: 250m: 350m:			
100m: 1:14.11 40.05 200m: 2:41.69 300m: 4:04.49 400m: 5:17.33			
8. Cesar Goncalves, OLIVEIRA	00	FC Ferreiras	<b>5:39.59</b> 333
50m: 34.81 34.81 150m: 250m: 350m:			
100m: 1:16.36 41.55 200m: 2:41.62 300m: 4:18.87 400m: 5:39.59			