

Prova 20
22-04-2017 - 17:50

Masc., 400m Livres

Absolutos
Resultados

Pontos: FINA 2016

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Rodrigo Martins, GOMES	98			Louletano / Loule Concelho	4:14.01	583
	50m: 28.49 28.49	150m: 1:32.91 32.75	250m: 2:37.47 32.18	350m: 3:42.30 32.67			
	100m: 1:00.16 31.67	200m: 2:05.29 32.38	300m: 3:09.63 32.16	400m: 4:14.01 31.71			
2.	Andre Serro, JOAQUIM	00			Portinado	4:20.11	543
	50m: 29.40 29.40	150m: 1:34.82 33.14	250m: 2:41.81 33.48	350m: 3:48.72 33.68			
	100m: 1:01.68 32.28	200m: 2:08.33 33.51	300m: 3:15.04 33.23	400m: 4:20.11 31.39			
3.	Tomas Alves, COSTA	00			Armacenenses	4:21.61	534
	50m: 29.58 29.58	150m: 1:34.15 32.72	250m: 2:41.03 33.78	350m: 3:48.83 34.02			
	100m: 1:01.43 31.85	200m: 2:07.25 33.10	300m: 3:14.81 33.78	400m: 4:21.61 32.78			
4.	Bernardo Gameiro, AGAPITO98				FC Ferreiras	4:30.01	485
	50m: 29.42 29.42	150m: 1:35.58 33.58	250m: 2:44.77 34.91	350m: 3:54.44 34.93			
	100m: 1:02.00 32.58	200m: 2:09.86 34.28	300m: 3:19.51 34.74	400m: 4:30.01 35.57			
5.	Diogo Miguel, VALADARES	01			Tavira Natacao	4:47.19	403
	50m: 30.00 30.00	150m: 1:36.00 32.00	250m: 2:54.06 37.20	350m: 4:10.20 38.45			
	100m: 1:39.85 39.85	200m: 2:16.86 36.86	300m: 3:31.75 37.69	400m: 4:47.19 36.99			
6.	Ricardo Lourenço, BORGES	02			Colegio Bernardette Romeira	5:13.15	311
	50m: 33.17 33.17	150m: 1:52.32 40.76	250m: 3:15.21 41.95	350m: 4:38.11 41.42			
	100m: 1:11.56 38.39	200m: 2:33.26 40.94	300m: 3:56.69 41.48	400m: 5:13.15 35.04			
7.	Hugo Filipe, GORDINHO	98			Natação de Faro	5:13.38	310 LT
	50m: 33.70 33.70	150m: 1:51.02 39.79	250m: 3:12.90 41.00	350m: 4:34.06 40.45			
	100m: 1:11.23 37.53	200m: 2:31.90 40.88	300m: 3:53.61 40.71	400m: 5:13.38 39.32			
8.	João Tiago , RAPOSO	01			Naval de Faro	6:02.00	201
	50m: 35.00 35.00	150m: 2:01.90 44.26	250m: 3:36.51 47.73	350m: 5:16.08 49.39			
	100m: 1:17.64 42.64	200m: 2:48.78 46.88	300m: 4:26.69 50.18	400m: 6:02.00 45.92			