

Prova 20 Masc., 400m Livres Absoluto  
13-11-2016 - 16:05 Resultados Final

Rec Nacionais - 25m Absoluto	3:45.58	Fabio Manuel PEREIRA	POR	Istambul (TUR)	10-12-2009
Rec Nacionais - 25m Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04-04-2003
Rec Nacionais - 25m Inf A	4:12.35	Andre Vilas RUIVO	DNMG	Campo Maior	29-03-2014
Rec Nacionais - 25m Juv B	4:03.22	Joao Pedro GIL	ANAM	Algés	08-07-2012
Rec Nacionais - 25m Juv A	3:59.31	Joao Carlos SANTOS	ANAM	Algés	08-07-2012
Rec Nacionais - 25m Jun17	3:56.54	Rui Filipe COSTA	VSC	Feigueiras	24-11-2007
Rec Nacionais - 25m Jun18	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26-06-2004
Rec Nacionais - 25m Sen	3:45.58	Fabio Manuel PEREIRA	POR	Istambul (TUR)	10-12-2009

TAC : 4:30.00

Pontos: FINA 2016

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	FINA	Pts
Final A								
1.	Igor Araujo MOGNE	96			Sporting	<b>3:51.42</b>	771	20,00
	50m: 26.88 26.88	150m: 1:25.34	29.27	250m: 2:24.11	29.28	350m: 3:23.11	29.62	
	100m: 56.07 29.19	200m: 1:54.83	29.49	300m: 2:53.49	29.38	400m: 3:51.42	28.31	
2.	Joao Alexandre VITAL	98			Sporting	<b>3:51.90</b>	766	16,00
	50m: 27.14 27.14	150m: 1:25.59	29.17	250m: 2:24.67	29.35	350m: 3:23.18	29.12	
	100m: 56.42 29.28	200m: 1:55.32	29.73	300m: 2:54.06	29.39	400m: 3:51.90	28.72	
3.	Miguel Duarte NASCIMENTO	95			Benfica	<b>3:52.26</b>	763	15,00
	50m: 27.02 27.02	150m: 1:25.63	29.59	250m: 2:25.28	29.85	350m: 3:24.86	29.44	
	100m: 56.04 29.02	200m: 1:55.43	29.80	300m: 2:55.42	30.14	400m: 3:52.26	27.40	
4.	Guilherme Filipe PINA	98			Sporting	<b>3:56.78</b>	720	14,00
	50m: 27.37 27.37	150m: 1:26.45	29.74	250m: 2:26.52	30.03	350m: 3:27.28	30.35	
	100m: 56.71 29.34	200m: 1:56.49	30.04	300m: 2:56.93	30.41	400m: 3:56.78	29.50	
5.	Gabriel Jose LOPES	97			Louzan Natacao	<b>3:57.43</b>	714	13,00
	50m: 27.71 27.71	150m: 1:27.29	29.94	250m: 2:27.60	29.55	350m: 3:25.42	27.62	
	100m: 57.35 29.64	200m: 1:58.05	30.76	300m: 2:57.80	30.20	400m: 3:57.43	32.01	
6.	Eusebio ALCANTARILLA ROMEI99				Federacion Andaluza	<b>3:58.56</b>	704	12,00
	50m: 28.04 28.04	150m: 1:28.22	30.29	250m: 2:29.03	30.35	350m: 3:29.40	30.05	
	100m: 57.93 29.89	200m: 1:58.68	30.46	300m: 2:59.35	30.32	400m: 3:58.56	29.16	
7.	Rafael Lourenco GIL	96			Benfica	<b>4:00.57</b>	686	11,00
	50m: 27.97 27.97	150m: 1:28.03	30.51	250m: 2:29.45	30.70	350m: 3:30.74	30.60	
	100m: 57.52 29.55	200m: 1:58.75	30.72	300m: 3:00.14	30.69	400m: 4:00.57	29.83	
8.	Antonio CONTRERAS GONZALE96				Mairena	<b>4:02.99</b>	666	10,00
	50m: 27.70 27.70	150m: 1:28.77	30.70	250m: 2:30.03	30.69	350m: 3:32.29	31.22	
	100m: 58.07 30.37	200m: 1:59.34	30.57	300m: 3:01.07	31.04	400m: 4:02.99	30.70	
Final B								
9.	Tomas Miguel VELOSO	96			Nautico de Coimbra	<b>3:57.85</b>	710	9,00
	50m: 27.57 27.57	150m: 1:27.97	30.38	250m: 2:28.16	29.93	350m: 3:28.27	30.09	
	100m: 57.59 30.02	200m: 1:58.23	30.26	300m: 2:58.18	30.02	400m: 3:57.85	29.58	
10.	Pablo BENITEZ DOMINGUEZ	00			Federacion Andaluza	<b>4:00.71</b>	685	8,00
	50m: 27.79 27.79	150m: 1:28.74	30.69	250m: 2:30.31	30.76	350m: 3:31.37	30.17	
	100m: 58.05 30.26	200m: 1:59.55	30.81	300m: 3:01.20	30.89	400m: 4:00.71	29.34	
11.	Afonso Ribeiro BATE	98			Alges	<b>4:00.92</b>	683	7,00
	50m: 27.76 27.76	150m: 1:28.78	30.66	250m: 2:30.81	30.69	350m: 3:32.49	30.44	
	100m: 58.12 30.36	200m: 2:00.12	31.34	300m: 3:02.05	31.24	400m: 4:00.92	28.43	
12.	Guilherme Pereira DIAS	97			Sporting	<b>4:01.81</b>	676	6,00
	50m: 27.72 27.72	150m: 1:28.64	30.83	250m: 2:30.36	30.90	350m: 3:32.14	30.75	
	100m: 57.81 30.09	200m: 1:59.46	30.82	300m: 3:01.39	31.03	400m: 4:01.81	29.67	

Prova 20, Masc., 400m Livres, Final, Absoluto

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	FINA	Pts
13.	Mario Andre BONANCA	90				Sporting	<b>4:02.46</b>	670	5,00
	50m: 27.66 27.66	150m: 1:28.24	30.54	250m: 2:29.95	31.05	350m: 3:32.27	31.03		
	100m: 57.70 30.04	200m: 1:58.90	30.66	300m: 3:01.24	31.29	400m: 4:02.46	30.19		
14.	Roberto Donald GOMES	00				Alges	<b>4:02.54</b>	670	4,00
	50m: 27.61 27.61	150m: 1:28.17	30.69	250m: 2:30.16	31.15	350m: 3:32.60	31.03		
	100m: 57.48 29.87	200m: 1:59.01	30.84	300m: 3:01.57	31.41	400m: 4:02.54	29.94		
15.	Miguel BAUTISTA BORRAS	94				Mairena	<b>4:05.83</b>	643	3,00
	50m: 28.15 28.15	150m: 1:30.36	31.44	250m: 2:32.95	30.93	350m: 3:35.87	31.35		
	100m: 58.92 30.77	200m: 2:02.02	31.66	300m: 3:04.52	31.57	400m: 4:05.83	29.96		
16.	Andre Vilas RUIVO	00				Sporting	<b>4:06.29</b>	640	2,00
	50m: 28.16 28.16	150m: 1:30.00	31.15	250m: 2:33.06	31.36	350m: 3:35.89	31.39		
	100m: 58.85 30.69	200m: 2:01.70	31.70	300m: 3:04.50	31.44	400m: 4:06.29	30.40		