

3º Trofeu de Natacao de Lagoa
Lagoa, 28- - 29-10-2017

Prova 11
28-10-2017 - 15:30

Masc., 400m Livres

14 anos e mais velhos
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
Infantis A			
1. Ruben Filipe, FRANCISCO	04	Portinado	5:07.97 327
50m: 35.41 35.41	150m: 1:53.27	38.92	250m: 3:12.56 39.63
100m: 1:14.35 38.94	200m: 2:32.93	39.66	300m: 3:51.68 39.12
350m: 4:30.78 39.10	400m: 5:07.97	37.19	
2. Miguel Salomao, TRISTAO	04	Portinado	5:09.42 322
50m: 33.97 33.97	150m: 1:52.27	39.82	250m: 3:11.75 39.52
100m: 1:12.45 38.48	200m: 2:32.23	39.96	300m: 3:51.85 40.10
350m: 4:30.97 39.12	400m: 5:09.42	38.45	
3. Vasco André, SANTOS	04	Natacao de Lagos	5:17.59 298
50m: 38.01 38.01	150m: 1:59.29	40.98	250m: 3:19.69 40.20
100m: 1:18.31 40.30	200m: 2:39.49	40.20	300m: 4:00.28 40.59
350m: 4:40.67 40.39	400m: 5:17.59	36.92	
4. Vladislav, GROSHEV	04	FC Ferreiras	5:17.82 297
50m: 36.77 36.77	150m: 1:59.02	41.50	250m: 3:19.65 39.94
100m: 1:17.52 40.75	200m: 2:39.71	40.69	300m: 4:00.27 40.62
350m: 4:41.11 40.84	400m: 5:17.82	36.71	
5. Afonso Marreiros, GLORIA	04	Lagoa ac	5:18.23 296
50m: 36.20 36.20	150m: 1:58.53	41.59	250m: 3:19.70 40.24
100m: 1:16.94 40.74	200m: 2:39.46	40.93	300m: 4:00.66 40.96
350m: 4:40.69 40.03	400m: 5:18.23	37.54	
6. Goncalo Romao, GUERREIRO	04	Louletano / Loule Concelho	5:34.01 256
50m: 39.90 39.90	150m: 2:04.14	42.43	250m: 3:28.63 42.44
100m: 1:21.71 41.81	200m: 2:46.19	42.05	300m: 4:11.46 42.83
350m: 4:53.53 42.07	400m: 5:34.01	40.48	
7. Afonso Miguel, SILVA	04	Natação de Faro	5:40.10 243
50m: 37.72 37.72	150m: 2:02.45	42.93	250m: 3:29.40 44.04
100m: 1:19.52 41.80	200m: 2:45.36	42.91	300m: 4:13.00 43.60
350m: 4:57.50 44.50	400m: 5:40.10	42.60	
8. Goncalo Schneider, DIOGO	04	Natação de Faro	5:41.72 239
50m: 39.29 39.29	150m: 2:04.82	43.07	250m: 3:30.68 43.49
100m: 1:21.75 42.46	200m: 2:47.19	42.37	300m: 4:14.25 43.57
350m: 4:58.77 44.52	400m: 5:41.72	42.95	
Juvenis B			
1. Martinus Almeida, BOOM	03	Natação de Faro	4:51.20 387
50m: 32.14 32.14	150m: 1:44.99	37.03	250m: 3:00.73 37.94
100m: 1:07.96 35.82	200m: 2:22.79	37.80	300m: 3:38.38 37.65
350m: 4:15.86 37.48	400m: 4:51.20	35.34	
2. Jose Joao, ANTUNES	03	FC Ferreiras	5:32.50 260
50m: 37.52 37.52	150m: 2:00.90	41.74	250m: 3:24.69 42.24
100m: 1:19.16 41.64	200m: 2:42.45	41.55	300m: 4:07.51 42.82
350m: 4:50.10 42.59	400m: 5:32.50	42.40	
Juvenis A			
1. Diogo Martins, SANTOS	02	Portinado	4:38.55 442
50m: 31.24 31.24	150m: 1:40.78	35.37	250m: 2:52.51 35.80
100m: 1:05.41 34.17	200m: 2:16.71	35.93	300m: 3:28.46 35.95
350m: 4:03.52 35.06	400m: 4:38.55	35.03	
2. Diogo Sousa, GOMES	02	Portinado	4:46.80 405
50m: 31.28 31.28	150m: 1:43.90	36.86	250m: 2:57.05 36.31
100m: 1:07.04 35.76	200m: 2:20.74	36.84	300m: 3:34.43 37.38
350m: 4:11.74 37.31	400m: 4:46.80	35.06	
3. Florian, REDMANN	02	SG Essen	4:50.00 392
50m: 31.21 31.21	150m: 1:43.16	36.92	250m: 2:58.36 37.57
100m: 1:06.24 35.03	200m: 2:20.79	37.63	300m: 3:35.87 37.51
350m: 4:13.30 37.43	400m: 4:50.00	36.70	
4. Joao Fernandes, FARINHA	02	Lagoa ac	4:58.81 358
50m: 33.25 33.25	150m: 1:47.94	37.71	250m: 3:04.84 38.89
100m: 1:10.23 36.98	200m: 2:25.95	38.01	300m: 3:44.11 39.27
350m: 4:22.51 38.40	400m: 4:58.81	36.30	
5. Marc, WEISS	02	SG Essen	4:58.82 358
50m: 31.29 31.29	150m: 1:44.13	37.39	250m: 3:02.08 39.24
100m: 1:06.74 35.45	200m: 2:22.84	38.71	300m: 3:41.88 39.80
350m: 4:21.84 39.96	400m: 4:58.82	36.98	

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Absoluto

1.	Rodrigo Martins, GOMES	98	Louletano / Loule Concelho	4:16.96	563
	50m: 29.77 29.77	150m: 1:34.54	32.56 250m: 2:40.42 32.79	350m: 3:46.07	32.36
	100m: 1:01.98 32.21	200m: 2:07.63	33.09 300m: 3:13.71 33.29	400m: 4:16.96	30.89
2.	Tiago Miguel, VILHENA	01	Natação de Faro	4:17.37	560
	50m: 30.05 30.05	150m: 1:35.13	32.69 250m: 2:41.29 33.06	350m: 3:46.75	32.41
	100m: 1:02.44 32.39	200m: 2:08.23	33.10 300m: 3:14.34 33.05	400m: 4:17.37	30.62
3.	Andre Serro, JOAQUIM	00	Portinado	4:17.55	559
	50m: 29.84 29.84	150m: 1:35.07	32.98 250m: 2:41.44 32.99	350m: 3:47.90	32.87
	100m: 1:02.09 32.25	200m: 2:08.45	33.38 300m: 3:15.03 33.59	400m: 4:17.55	29.65
4.	Niklas, SERGES	98	SG Essen	4:37.42	447
	50m: 31.31 31.31	150m: 1:42.79	36.92 250m: 2:56.25 36.21	350m: 4:06.61	33.90
	100m: 1:05.87 34.56	200m: 2:20.04	37.25 300m: 3:32.71 36.46	400m: 4:37.42	30.81
5.	Pedro Francisco, COSTA	01	Portinado	4:43.47	419
	50m: 32.34 32.34	150m: 1:46.04	37.51 250m: 2:59.32 37.48	350m: 4:10.69	36.26
	100m: 1:08.53 36.19	200m: 2:21.84	35.80 300m: 3:34.43 35.11	400m: 4:43.47	32.78