



XII MEETING CIDADE DE COIMBRA  
XXXI Torneio Internacional da Queima das Fitas  
COIMBRA, 24.5.- 25.5.2019



Prova 33

Masc., 400m Livres

Absoluto

25-05-2019 - 11:15

Resultados Elimin

Recorde Nacional Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Recorde Nacional Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Recorde Nacional Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Recorde Nacional Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14-07-2010
Recorde Nacional Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Recorde Nacional Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
Recorde Nacional Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Recorde Nacional Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003
Recorde Meeting	3:57.46	LOPES Jose Paulo	POR	Coimbra	20-05-2018

TAC : 4:20.37

Pontos: FINA 2019

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
1.	NASCIMENTO Miguel Duarte	95		Benfica	<b>3:58.92</b>	+0,66	781	A -
	50m: 26.82 26.82	150m: 1:25.41	29.73	250m: 2:26.32	30.69	350m: 3:28.69	31.12	
	100m: 55.68 28.86	200m: 1:55.63	30.22	300m: 2:57.57	31.25	400m: 3:58.92	30.23	
2.	CORDERO JIMENA Pablo	00		Andalucia	<b>4:04.31</b>	+0,75	730	A -
	50m: 27.60 27.60	150m: 1:27.76	30.33	250m: 2:30.42	31.48	350m: 3:33.92	31.47	
	100m: 57.43 29.83	200m: 1:58.94	31.18	300m: 3:02.45	32.03	400m: 4:04.31	30.39	
3.	MOGNE Igor Araujo	96		Sporting	<b>4:06.49</b>	+0,77	711	A -
	50m: 27.85 27.85	150m: 1:29.46	30.90	250m: 2:32.68	31.54	350m: 3:35.38	31.39	
	100m: 58.56 30.71	200m: 2:01.14	31.68	300m: 3:03.99	31.31	400m: 4:06.49	31.11	
4.	CHACON MATEOS FRANCISCO Javier	99		C.N. Alcala	<b>4:09.32</b>	+0,75	687	A -
	50m: 29.39 29.39	150m: 1:33.76	32.10	250m: 2:37.87	31.75	350m: 3:39.82	30.54	
	100m: 1:01.66 32.27	200m: 2:06.12	32.36	300m: 3:09.28	31.41	400m: 4:09.32	29.50	
5.	LOPES Tomas Teixeira	02		Foca	<b>4:09.75</b>	+0,70	684	A -
	50m: 28.65 28.65	150m: 1:32.09	32.01	250m: 2:36.35	31.78	350m: 3:39.35	30.92	
	100m: 1:00.08 31.43	200m: 2:04.57	32.48	300m: 3:08.43	32.08	400m: 4:09.75	30.40	
6.	VELOSO Tomas Miguel	96		Nautico Academico	<b>4:09.93</b>	+0,65	682	A -
	50m: 29.07 29.07	150m: 1:33.24	32.21	250m: 2:37.78	32.02	350m: 3:40.49	31.96	
	100m: 1:01.03 31.96	200m: 2:05.76	32.52	300m: 3:08.53	30.75	400m: 4:09.93	29.44	
7.	COSTA Tiago Cunha	99		Sporting	<b>4:11.25</b>	+0,70	671	A -
	50m: 28.51 28.51	150m: 1:31.11	31.75	250m: 2:34.71	31.72	350m: 3:39.36	32.57	
	100m: 59.36 30.85	200m: 2:02.99	31.88	300m: 3:06.79	32.08	400m: 4:11.25	31.89	
8.	PINA Guilherme Filipe	98		Sporting	<b>4:13.19</b>	+0,77	656	A -
	50m: 29.71 29.71	150m: 1:34.07	32.28	250m: 2:38.34	31.79	350m: 3:42.15	32.07	
	100m: 1:01.79 32.08	200m: 2:06.55	32.48	300m: 3:10.08	31.74	400m: 4:13.19	31.04	
9.	BASTOS Lucas Pereira	00		Nautico Academico	<b>4:13.35</b>	+0,70	655	A -
	50m: 29.43 29.43	150m: 1:33.84	32.65	250m: 2:38.29	31.90	350m: 3:42.44	32.15	
	100m: 1:01.19 31.76	200m: 2:06.39	32.55	300m: 3:10.29	32.00	400m: 4:13.35	30.91	
10.	JORGE Duarte Miguel	01		Galitos / Bresimar	<b>4:15.70</b>	+0,76	637	A -
	50m: 29.35 29.35	150m: 1:33.78	32.93	250m: 2:39.72	33.04	350m: 3:44.51	31.72	
	100m: 1:00.85 31.50	200m: 2:06.68	32.90	300m: 3:12.79	33.07	400m: 4:15.70	31.19	
11.	BARROS Bruno Rey	01		Sporting	<b>4:17.76</b>	+0,69	622	B -
	50m: 29.55 29.55	150m: 1:36.24	33.43	250m: 2:41.89	32.83	350m: 3:46.67	31.81	
	100m: 1:02.81 33.26	200m: 2:09.06	32.82	300m: 3:14.86	32.97	400m: 4:17.76	31.09	
12.	NUNES Francisco Costa	02		Salvaterra de Magos	<b>4:19.97</b>	+0,76	606	B -
	50m: 29.04 29.04	150m: 1:32.58	32.19	250m: 2:38.56	32.80	350m: 3:45.86	33.65	
	100m: 1:00.39 31.35	200m: 2:05.76	33.18	300m: 3:12.21	33.65	400m: 4:19.97	34.11	



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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
13.	SILVA Henrique Gomes <i>FTL</i>	02		Estamos Juntos	<b>4:20.38</b>	+0,72	603 B	-
	50m: 29.61 29.61	150m: 1:37.12	34.16	250m: 2:43.38	33.29	350m: 3:48.73	32.79	
	100m: 1:02.96 33.35	200m: 2:10.09	32.97	300m: 3:15.94	32.56	400m: 4:20.38	31.65	
14.	MACHADO Martim Miranda <i>FTL</i>	03		Portugal	<b>4:20.41</b>	+0,70	603 B	-
	50m: 29.84 29.84	150m: 1:35.96	33.07	250m: 2:42.27	33.01	350m: 3:48.80	33.05	
	100m: 1:02.89 33.05	200m: 2:09.26	33.30	300m: 3:15.75	33.48	400m: 4:20.41	31.61	
15.	FROTA Paulo Andre <i>FTL</i>	02		Condeixa Clube	<b>4:22.03</b>	+0,68	592 B	-
	50m: 30.09 30.09	150m: 1:34.97	32.86	250m: 2:41.30	33.06	350m: 3:48.96	34.33	
	100m: 1:02.11 32.02	200m: 2:08.24	33.27	300m: 3:14.63	33.33	400m: 4:22.03	33.07	
16.	QUINTAS Francisco Robalo <i>FTL</i>	95		Belenenses	<b>4:22.12</b>	+0,69	591 B	-
	50m: 28.03 28.03	150m: 1:33.77	33.39	250m: 2:41.32	33.81	350m: 3:49.77	34.08	
	100m: 1:00.38 32.35	200m: 2:07.51	33.74	300m: 3:15.69	34.37	400m: 4:22.12	32.35	
17.	DINIS Tiago Moises <i>FTL</i>	98		Nautico Academico	<b>4:22.22</b>	+0,72	591 B	-
	50m: 29.48 29.48	150m: 1:34.12	32.71	250m: 2:40.43	33.40	350m: 3:48.76	34.46	
	100m: 1:01.41 31.93	200m: 2:07.03	32.91	300m: 3:14.30	33.87	400m: 4:22.22	33.46	
18.	JACINTO Rafael Rodrigues <i>FTL</i>	02		Belenenses	<b>4:22.60</b>	+0,73	588 B	-
	50m: 29.47 29.47	150m: 1:34.32	32.66	250m: 2:40.84	33.74	350m: 3:49.22	34.11	
	100m: 1:01.66 32.19	200m: 2:07.10	32.78	300m: 3:15.11	34.27	400m: 4:22.60	33.38	
19.	VAKULYUK Paulo <i>FTL</i>	03		Portugal	<b>4:23.90</b>	+0,76	579 B	-
	50m: 30.26 30.26	150m: 1:36.27	33.78	250m: 2:44.34	34.16	350m: 3:51.64	33.73	
	100m: 1:02.49 32.23	200m: 2:10.18	33.91	300m: 3:17.91	33.57	400m: 4:23.90	32.26	
20.	RIBEIRO Diogo Matos <i>FTL</i>	04		Portugal	<b>4:24.02</b>	+0,74	579 B	-
	50m: 28.86 28.86	150m: 1:34.30	32.95	250m: 2:41.88	33.40	350m: 3:50.37	34.26	
	100m: 1:01.35 32.49	200m: 2:08.48	34.18	300m: 3:16.11	34.23	400m: 4:24.02	33.65	
21.	DEUS Andre Portugal <i>FTL</i>	02		Seleccao da Madeira	<b>4:24.69</b>	+0,64	574 R	-
	50m: 29.41 29.41	150m: 1:35.11	33.03	250m: 2:42.67	33.58	350m: 3:51.17	33.97	
	100m: 1:02.08 32.67	200m: 2:09.09	33.98	300m: 3:17.20	34.53	400m: 4:24.69	33.52	
22.	PEREIRA Joao Neto <i>FTL</i>	02		Fundacao Beatriz Santos	<b>4:28.54</b>	+0,66	550 R	-
	50m: 29.80 29.80	150m: 1:36.45	33.31	250m: 2:44.66	33.45	350m: 3:54.37	35.38	
	100m: 1:03.14 33.34	200m: 2:11.21	34.76	300m: 3:18.99	34.33	400m: 4:28.54	34.17	
23.	DIAS Jose Diogo <i>FTL</i>	04		Fundacao Beatriz Santos	<b>4:29.52</b>	+0,74	544	-
	50m: 30.71 30.71	150m: 1:37.70	33.44	250m: 2:46.82	34.55	350m: 3:56.36	34.26	
	100m: 1:04.26 33.55	200m: 2:12.27	34.57	300m: 3:22.10	35.28	400m: 4:29.52	33.16	



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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
24.	GOMES Goncalo Camara <i>FTL</i>	03		Naval do Funchal	<b>4:30.82</b>	+0,62	536	-
	50m: 29.32 29.32	150m: 1:36.96	34.31	250m: 2:46.05	34.23	350m: 3:56.44	35.32	
	100m: 1:02.65 33.33	200m: 2:11.82	34.86	300m: 3:21.12	35.07	400m: 4:30.82	34.38	
25.	OLIVEIRA Goncalo Daniel <i>FTL</i>	04		Fundacao Beatriz Santos	<b>4:35.22</b>	+0,74	511	-
	50m: 31.06 31.06	150m: 1:39.89	34.67	250m: 2:50.60	35.29	350m: 4:01.75	35.30	
	100m: 1:05.22 34.16	200m: 2:15.31	35.42	300m: 3:26.45	35.85	400m: 4:35.22	33.47	
26.	LOURENCO Goncalo Pires <i>FTL</i>	03		Fundacao Beatriz Santos	<b>4:35.36</b>	+0,69	510	-
	50m: 30.61 30.61	150m: 1:40.20	35.10	250m: 2:51.62	36.13	350m: 4:02.85	35.70	
	100m: 1:05.10 34.49	200m: 2:15.49	35.29	300m: 3:27.15	35.53	400m: 4:35.36	32.51	
27.	CARVALHO Francisco Miguel <i>FTL</i>	00		Academica de Coimbra	<b>4:36.51</b>	+0,74	504	-
	50m: 30.61 30.61	150m: 1:39.76	34.55	250m: 2:50.26	35.01	350m: 4:01.78	35.18	
	100m: 1:05.21 34.60	200m: 2:15.25	35.49	300m: 3:26.60	36.34	400m: 4:36.51	34.73	
28.	MARQUES Rui Joao <i>FTL</i>	02		Nautico Academico	<b>4:39.45</b>	+0,74	488	-
	50m: 29.67 29.67	150m: 1:37.89	35.01	250m: 2:49.05	35.72	350m: 4:04.00	37.88	
	100m: 1:02.88 33.21	200m: 2:13.33	35.44	300m: 3:26.12	37.07	400m: 4:39.45	35.45	
DNS	CARVALHO Fernando Costa	03		Foca				-
DNS	FARDILHA Manuel Cruz	03		Galitos / Bresimar				-
DNF	LEBRE Diogo Ramos	01		Benfica				-