

Prova 35

Masc., 400m Estilos

Absoluto

25-05-2019 - 19:10

Resultados

Recorde Nacional Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Recorde Nacional Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Recorde Nacional Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Recorde Nacional Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Recorde Nacional Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Recorde Nacional Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
Recorde Nacional Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
Recorde Nacional Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013
Recorde Meeting	4:20.44	DRYMONAKOS Ioannis	GRE	Coimbra	30-05-2010

TAC : 5:11.85

Pontos: FINA 2019

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
1.	LOPES Gabriel Jose	97		Louzan Natacao/EFAPEL	4:23.99	+0,62	788	16,00
	50m: 28.11 28.11	150m: 1:35.91	34.64	250m: 2:47.10	36.45	350m: 3:54.78	30.66	
	100m: 1:01.27 33.16	200m: 2:10.65	34.74	300m: 3:24.12	37.02	400m: 4:23.99	29.21	
2.	LOPES Jose Paulo	00		Braga	4:25.33	+0,67	776	13,00
	50m: 28.79 28.79	150m: 1:35.71	34.42	250m: 2:47.66	37.64	350m: 3:55.88	30.22	
	100m: 1:01.29 32.50	200m: 2:10.02	34.31	300m: 3:25.66	38.00	400m: 4:25.33	29.45	
3.	NASCIMENTO Miguel Duarte	95		Benfica	4:28.13	+0,69	752	11,00
	50m: 27.19 27.19	150m: 1:35.39	36.04	250m: 2:50.64	40.33	350m: 4:00.76	30.01	
	100m: 59.35 32.16	200m: 2:10.31	34.92	300m: 3:30.75	40.11	400m: 4:28.13	27.37	
4.	CONDE Alvaro Lopez	92		Andalucia	4:28.41	+0,76	749	10,00
	50m: 28.83 28.83	150m: 1:38.57	36.18	250m: 2:49.29	36.07	350m: 3:58.83	31.87	
	100m: 1:02.39 33.56	200m: 2:13.22	34.65	300m: 3:26.96	37.67	400m: 4:28.41	29.58	
5.	ZORZANO JOVER Javier	01		Andalucia	4:34.39	+0,69	701	9,00
	50m: 30.45 30.45	150m: 1:40.40	37.24	250m: 2:55.68	39.26	350m: 4:04.03	31.30	
	100m: 1:03.16 32.71	200m: 2:16.42	36.02	300m: 3:32.73	37.05	400m: 4:34.39	30.36	
6.	SIMOES Rafael Gomes	00		Braga	4:39.00	+0,86	667	8,00
	50m: 29.06 29.06	150m: 1:41.01	37.86	250m: 2:56.30	38.24	350m: 4:07.56	31.83	
	100m: 1:03.15 34.09	200m: 2:18.06	37.05	300m: 3:35.73	39.43	400m: 4:39.00	31.44	
7.	FERNANDES Eduardo Gomes	02		Sporting	4:46.00	+0,74	619	7,00
	50m: 30.58 30.58	150m: 1:43.81	37.90	250m: 3:01.16	40.68	350m: 4:15.09	32.64	
	100m: 1:05.91 35.33	200m: 2:20.48	36.67	300m: 3:42.45	41.29	400m: 4:46.00	30.91	
8.	ALVES Paulo Rodrigues	04		Seleccao da Madeira	4:58.46	+0,77	545	6,00
	50m: 30.88 30.88	150m: 1:47.23	39.40	250m: 3:07.45	42.03	350m: 4:23.95	34.63	
	100m: 1:07.83 36.95	200m: 2:25.42	38.19	300m: 3:49.32	41.87	400m: 4:58.46	34.51	
9.	GASPAR Miguel Caridade	99		Academica de Coimbra	5:01.04	+0,72	531	5,00
	50m: 32.19 32.19	150m: 1:50.66	40.48	250m: 3:09.57	39.69	350m: 4:27.05	36.53	
	100m: 1:10.18 37.99	200m: 2:29.88	39.22	300m: 3:50.52	40.95	400m: 5:01.04	33.99	
10.	PERLOIRO Bernardo Garcia	00		Sporting	5:01.65	+0,68	528	4,00
	50m: 30.81 30.81	150m: 1:47.42	39.85	250m: 3:09.96	42.70	350m: 4:28.02	34.93	
	100m: 1:07.57 36.76	200m: 2:27.26	39.84	300m: 3:53.09	43.13	400m: 5:01.65	33.63	
11.	RODRIGUES Pedro Simoes	01		Uniao Coimbra	5:02.50	+0,79	523	3,00
	50m: 30.95 30.95	150m: 1:49.89	42.01	250m: 3:09.65	38.55	350m: 4:28.14	37.45	
	100m: 1:07.88 36.93	200m: 2:31.10	41.21	300m: 3:50.69	41.04	400m: 5:02.50	34.36	
12.	PAIS Joao Ventura	02		Fundacao Beatriz Santos	5:04.93	+0,70	511	2,00
	50m: 31.13 31.13	150m: 1:48.93	40.90	250m: 3:12.16	43.18	350m: 4:29.96	36.47	
	100m: 1:08.03 36.90	200m: 2:28.98	40.05	300m: 3:53.49	41.33	400m: 5:04.93	34.97	
13.	FARDILHA Manuel Cruz	03		Galitos / Bresimar	5:11.85	+0,72	478	1,00
	50m: 30.69 30.69	150m: 1:47.63	41.61	250m: 3:12.25	45.23	350m: 4:35.40	37.96	
	100m: 1:06.02 35.33	200m: 2:27.02	39.39	300m: 3:57.44	45.19	400m: 5:11.85	36.45	



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



Prova 35, Masc., 400m Estilos, Absoluto

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos	
14.	PEREIRA Jose Goncalo <i>FTL</i>	04		Fafe	5:20.37	+0,72	440	
	50m: 32.02	32.02	150m: 1:53.23	42.54	250m: 3:19.09	44.50	350m: 4:43.49	38.30
	100m: 1:10.69	38.67	200m: 2:34.59	41.36	300m: 4:05.19	46.10	400m: 5:20.37	36.88

