

Prova 1 Masc., 400m Livres Absoluto  
22/06/2019 - 9:30 Resultados

|                                       |         |                             |     |                      |            |
|---------------------------------------|---------|-----------------------------|-----|----------------------|------------|
| Recordes Nacionais 50m Absoluto       | 3:51.89 | NASCIMENTO, Miguel Duarte   | POR | Glasgow (GBR)        | 03/08/2018 |
| Recordes Nacionais 50m Sen            | 3:51.89 | NASCIMENTO, Miguel Duarte   | POR | Glasgow (GBR)        | 03/08/2018 |
| Recordes Nacionais 50m Jun A          | 3:53.79 | LOPES, Jose Paulo           | SCB | Oeiras               | 28/07/2018 |
| Recordes Nacionais 50m Jun B          | 3:57.15 | SANTA, Gustavo Manuel       | POR | Helsinquia (FIN)     | 14/07/2010 |
| Recordes Nacionais 50m Juv A          | 3:59.38 | SANTA, Gustavo Manuel       | POR | Tampere (FIN)        | 21/07/2009 |
| Recordes Nacionais 50m Juv B          | 4:06.22 | COSTA, Rui Filipe           | VSC | Coimbra              | 29/07/2006 |
| Recordes Nacionais 50m Inf A          | 4:15.99 | OLIVEIRA, Pedro Fontoura    | CFB | Badajoz (ESP)        | 11/07/2004 |
| Recordes Nacionais 50m Inf B          | 4:28.42 | OLIVEIRA, Pedro Fontoura    | CFB | Restelo              | 26/07/2003 |
| Recordes Regionais ANCNP 50m Absoluto | 3:57.47 | CARVALHO, Diogo Filipe      | CGA | Rio de Janeiro (BRA) | 22/04/2011 |
| Recordes Regionais ANCNP 50m Sen      | 3:57.47 | CARVALHO, Diogo Filipe      | CGA | Rio de Janeiro (BRA) | 22/04/2011 |
| Recordes Regionais ANCNP 50m Jun A    | 4:13.80 | JORGE, Duarte Miguel        | CGA | Coimbra              | 16/03/2019 |
| Recordes Regionais ANCNP 50m Jun B    | 4:05.72 | LEBRE, Diogo Ramos          | SCA | Oeiras               | 28/07/2018 |
| Recordes Regionais ANCNP 50m Juv A    | 4:06.07 | CARVALHO, Diogo Filipe      | CGA | Jamor                | 30/07/2004 |
| Recordes Regionais ANCNP 50m Juv B    | 4:13.74 | JORGE, Duarte Miguel        | CGA | Oeiras               | 23/07/2016 |
| Recordes Regionais ANCNP 50m Inf A    | 4:22.92 | FERNANDES, Eduardo Gomes    | HCM | Famalicão            | 15/07/2016 |
| Recordes Regionais ANCNP 50m Inf B    | 4:32.67 | JORGE, Duarte Miguel        | CGA | Loule                | 19/07/2014 |
| Recordes do Torneio AEJ               | 4:22.96 | AMARAL, Francisco Rodriguez | POR | São João da Madeira  | 23/06/2018 |

Pontos: FINA 2018

| Lugar                        | Ano           | Tempo final               | pFINA         | 100m    | 200m    | 300m    | 400m            |
|------------------------------|---------------|---------------------------|---------------|---------|---------|---------|-----------------|
| <b>Absoluto</b>              |               |                           |               |         |         |         |                 |
| 1. AMARAL, F.                | 02            | Campinho                  | 4:19.77       | 39,0608 | 1:01.03 | 1:05.22 | 1:06.30 1:07.22 |
| <i>Recorde do torneio</i>    |               |                           |               |         |         |         |                 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:01.03                | 200m: 2:06.25 | 300m: 3:12.55             | 400m: 4:19.77 |         |         |         |                 |
| 2. SOUSA, Nuno Alexandre     | 02            | Clube de Vouzela          | 4:25.51       | 37,0569 | 1:01.00 | 1:06.91 | 1:09.31 1:08.33 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:01.00                | 200m: 2:07.91 | 300m: 3:17.22             | 400m: 4:25.55 |         |         |         |                 |
| 3. SILVA, Henrique Gomes     | 02            | Estamos Juntos            | 4:27.80       | 36,0554 | 1:01.66 | 1:07.66 | 1:08.82 1:09.66 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:01.66                | 200m: 2:09.32 | 300m: 3:18.14             | 400m: 4:27.80 |         |         |         |                 |
| 4. ACIOLI, Victor Hugo       | 02            | Clube Desportivo Feirense | 4:32.36       | 35,0527 | 1:02.82 | 1:09.72 | 1:10.41 1:09.41 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:02.82                | 200m: 2:12.54 | 300m: 3:22.95             | 400m: 4:32.36 |         |         |         |                 |
| 5. DIAS, Simão Pedro         | 02            | Natacao Guarda            | 4:37.16       | 34,0500 | 1:03.09 | 1:10.30 | 1:12.68 1:11.09 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:03.09                | 200m: 2:13.39 | 300m: 3:26.07             | 400m: 4:37.16 |         |         |         |                 |
| 6. AFONSO, Francisco Lopes   | 03            | Ginasio Vila Real         | 4:38.22       | 33,0494 | 1:03.70 | 1:10.63 | 1:12.22 1:11.67 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:03.70                | 200m: 2:14.33 | 300m: 3:26.55             | 400m: 4:38.22 |         |         |         |                 |
| 7. MARTINS, Marcos Dias      | 02            | Clube Colegio de Lamas    | 4:41.05       | 32,0480 | 1:06.00 | 1:12.10 | 1:12.70 1:10.25 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:06.00                | 200m: 2:18.10 | 300m: 3:30.80             | 400m: 4:41.05 |         |         |         |                 |
| 8. SANTOS, Guilherme Claudio | 02            | Estamos Juntos            | 4:42.76       | 31,0471 | 1:04.12 | 1:12.47 | 1:13.18 1:12.99 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:04.12                | 200m: 2:16.59 | 300m: 3:29.77             | 400m: 4:42.76 |         |         |         |                 |
| 9. MATOS, Diogo Ribas        | 02            | Algés e Águeda XXI        | 4:43.51       | 30,0467 | 1:06.68 | 1:12.97 | 1:12.17 1:11.69 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:06.68                | 200m: 2:19.65 | 300m: 3:31.82             | 400m: 4:43.51 |         |         |         |                 |
| 10. MENDES, Diogo Alexandre  | 05            | Clube Natacao de Vagos    | 4:48.94       | 29,0441 | 1:07.26 | 1:13.06 | 1:15.24 1:13.38 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:07.26                | 200m: 2:20.32 | 300m: 3:35.56             | 400m: 4:48.94 |         |         |         |                 |
| 11. SA, Rafael Domingues     | 03            | Clube Natacao de Vagos    | 4:49.77       | 28,0438 | 1:06.38 | 1:14.22 | 1:14.77 1:14.40 |
| 50m:                         | 150m:         | 250m:                     | 350m:         |         |         |         |                 |
| 100m: 1:06.38                | 200m: 2:20.60 | 300m: 3:35.37             | 400m: 4:49.77 |         |         |         |                 |

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| Lugar | Ano                        |                            | Tempo final    | pFINA    | 100m          | 200m    | 300m    | 400m    |
|-------|----------------------------|----------------------------|----------------|----------|---------------|---------|---------|---------|
| 12.   | NEAGU, Tiberius Sebast04   | Ac.Viseu                   | <b>4:49.7</b>  | 27,0438  | 1:06.63       | 1:14.53 | 1:15.24 | 1:13.38 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:06.63              | 200m: 2:21.16              | 300m: 3:36.40  |          | 400m: 4:49.78 |         |         |         |
| 13.   | VIEIRA, Eduardo Gabriel 05 | Bombeiros Mealhada/ CA     | <b>4:52.2</b>  | 26,0426  | 1:03.86       | 1:14.29 | 1:17.24 | 1:16.89 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:03.86              | 200m: 2:18.15              | 300m: 3:35.39  |          | 400m: 4:52.28 |         |         |         |
| 14.   | MOUTELA, Dinis Amorim05    | Clube Desportivo Estarreja | <b>4:54.1</b>  | 25,0418  | 1:06.81       | 1:15.74 | 1:17.64 | 1:13.95 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:06.81              | 200m: 2:22.55              | 300m: 3:40.19  |          | 400m: 4:54.14 |         |         |         |
| 15.   | RELVA, Tiago Alexandre 96  | O Crasto                   | <b>4:54.7</b>  | 24,0416  | 1:08.17       | 1:16.69 | 1:17.28 | 1:12.62 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:08.17              | 200m: 2:24.86              | 300m: 3:42.14  |          | 400m: 4:54.76 |         |         |         |
| 16.   | SILVA, Guilherme Gome:05   | Estamos Juntos             | <b>4:57.45</b> | 404      | 1:09.31       | 1:16.43 | 1:17.66 | 1:14.05 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:09.31              | 200m: 2:25.74              | 300m: 3:43.40  |          | 400m: 4:57.45 |         |         |         |
| 17.   | LUZ, Bernardo Silva 04     | Ginasio Vila Real          | <b>5:00.5</b>  | 23,0392  | 1:11.34       | 1:17.06 | 1:17.96 | 1:14.18 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:11.34              | 200m: 2:28.40              | 300m: 3:46.36  |          | 400m: 5:00.54 |         |         |         |
| 18.   | GOMES, Rodrigo Guede:02    | Clube Desportivo Feirense  | <b>5:02.9</b>  | 22,0383  | 1:06.62       | 1:19.08 | 1:19.12 | 1:18.10 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:06.62              | 200m: 2:25.70              | 300m: 3:44.82  |          | 400m: 5:02.92 |         |         |         |
| 19.   | PIRES, Andre Branco 05     | Ac.Viseu                   | <b>5:04.6</b>  | 21,0377  | 1:12.66       | 1:19.04 | 1:18.41 | 1:14.51 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:12.66              | 200m: 2:31.70              | 300m: 3:50.11  |          | 400m: 5:04.62 |         |         |         |
| 20.   | DIAS, Pedro Anselmo 05     | Ac.Viseu                   | <b>5:05.00</b> | 375      | 1:10.96       | 1:19.18 | 1:19.09 | 1:15.77 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:10.96              | 200m: 2:30.14              | 300m: 3:49.23  |          | 400m: 5:05.00 |         |         |         |
| 21.   | FONTES, Guilherme Sol04    | Clube Colegio de Lamas     | <b>5:05.8</b>  | 120,0372 | 1:07.19       | 1:17.41 | 1:21.21 | 1:20.00 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:07.19              | 200m: 2:24.60              | 300m: 3:45.81  |          | 400m: 5:05.81 |         |         |         |
| 22.   | TAVARES, Daniel Batista06  | Algés e Águeda XXI         | <b>5:06.8</b>  | 119,0369 | 1:12.09       | 1:19.96 | 1:18.82 | 1:15.94 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:12.09              | 200m: 2:32.05              | 300m: 3:50.87  |          | 400m: 5:06.81 |         |         |         |
| 23.   | OLIVEIRA, Gustavo Reis 04  | Clube Colegio de Lamas     | <b>5:08.30</b> | 363      | 1:10.11       | 1:19.69 | 1:21.93 | 1:16.57 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:10.11              | 200m: 2:29.80              | 300m: 3:51.73  |          | 400m: 5:08.30 |         |         |         |
| 24.   | SILVA, Tomas Caineta 05    | Clube Desportivo Estarreja | <b>5:10.6</b>  | 18,0355  | 1:12.99       | 1:20.21 | 1:20.12 | 1:17.32 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:12.99              | 200m: 2:33.20              | 300m: 3:53.32  |          | 400m: 5:10.64 |         |         |         |
| 25.   | SILVA, Guilherme Tomas03   | Campinho                   | <b>5:13.8</b>  | 17,0344  | 1:09.61       | 1:18.31 | 1:22.88 | 1:23.08 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:09.61              | 200m: 2:27.92              | 300m: 3:50.80  |          | 400m: 5:13.88 |         |         |         |
| 26.   | FERREIRA, Abel Renato 05   | Algés e Águeda XXI         | <b>5:14.50</b> | 342      | 1:12.58       | 1:21.07 | 1:22.15 | 1:18.70 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:12.58              | 200m: 2:33.65              | 300m: 3:55.80  |          | 400m: 5:14.50 |         |         |         |
| 27.   | FIGUEIREDO, Joao Pintc06   | O Crasto                   | <b>5:14.5</b>  | 16,0342  | 1:12.79       | 1:21.52 | 1:21.51 | 1:18.77 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:12.79              | 200m: 2:34.31              | 300m: 3:55.82  |          | 400m: 5:14.59 |         |         |         |
| 28.   | CALHANDRO, G. 06           | Natacao da Maia            | <b>5:16.3</b>  | 15,0336  | 1:14.53       | 1:20.88 | 1:21.55 | 1:19.38 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:14.53              | 200m: 2:35.41              | 300m: 3:56.96  |          | 400m: 5:16.34 |         |         |         |
| 29.   | OLIVEIRA, Tomas Ferrei06   | Natacao da Maia            | <b>5:16.7</b>  | 14,0335  | 1:15.42       | 1:22.04 | 1:22.11 | 1:17.22 |
|       | 50m:                       | 150m:                      | 250m:          |          | 350m:         |         |         |         |
|       | 100m: 1:15.42              | 200m: 2:37.46              | 300m: 3:59.57  |          | 400m: 5:16.79 |         |         |         |

Prova 1, Masc., 400m Livres, Absoluto

| Lugar                       | Ano |                        | Tempo final    | pFINA   | 100m          | 200m    | 300m    | 400m    |
|-----------------------------|-----|------------------------|----------------|---------|---------------|---------|---------|---------|
| 30. MARTINS, H.             | 06  | Alg s e  gueda XXI     | <b>5:20.15</b> | 324     | 1:14.73       | 1:21.94 | 1:22.41 | 1:21.07 |
| 50m:                        |     | 150m:                  | 250m:          |         | 350m:         |         |         |         |
| 100m: 1:14.73               |     | 200m: 2:36.67          | 300m: 3:59.08  |         | 400m: 5:20.15 |         |         |         |
| 31. JORGE, Jose Pedro       | 05  | Clube Natacao de Vagos | <b>5:22.01</b> | 319     | 1:14.98       | 1:22.88 | 1:23.95 | 1:20.20 |
| 50m:                        |     | 150m:                  | 250m:          |         | 350m:         |         |         |         |
| 100m: 1:14.98               |     | 200m: 2:37.86          | 300m: 4:01.81  |         | 400m: 5:22.01 |         |         |         |
| 32. TEIXEIRA, Gabriel Cunha | 06  | Alg s e  gueda XXI     | <b>5:24.82</b> | 310     | 1:15.00       | 1:22.85 | 1:24.53 | 1:22.44 |
| 50m:                        |     | 150m:                  | 250m:          |         | 350m:         |         |         |         |
| 100m: 1:15.00               |     | 200m: 2:37.85          | 300m: 4:02.38  |         | 400m: 5:24.82 |         |         |         |
| 33. SILVA, Nuno Gabriel     | 05  | Campinho               | <b>5:41.66</b> | 267     | 1:15.21       | 1:27.70 | 1:30.21 | 1:28.54 |
| 50m:                        |     | 150m:                  | 250m:          |         | 350m:         |         |         |         |
| 100m: 1:15.21               |     | 200m: 2:42.91          | 300m: 4:13.12  |         | 400m: 5:41.66 |         |         |         |
| 34. FERREIRA, Andre Pedro   | 06  | Nucleo de Pombal       | <b>5:49.01</b> | 13,0250 | 1:20.62       | 1:28.76 | 1:30.67 | 1:28.95 |
| 50m:                        |     | 150m:                  | 250m:          |         | 350m:         |         |         |         |
| 100m: 1:20.62               |     | 200m: 2:49.38          | 300m: 4:20.05  |         | 400m: 5:49.00 |         |         |         |
| 35. FERREIRA, C.            | 06  | Nucleo de Pombal       | <b>5:50.22</b> | 12,0248 | 1:22.41       | 1:30.16 | 1:30.69 | 1:26.96 |
| 50m:                        |     | 150m:                  | 250m:          |         | 350m:         |         |         |         |
| 100m: 1:22.41               |     | 200m: 2:52.57          | 300m: 4:23.26  |         | 400m: 5:50.22 |         |         |         |
| DNS RIBEIRO, Vasco Almeida  | 05  | Clube Colegio de Lamas | -              |         |               |         |         |         |