

Prova 16	Masc., 400m Livres				Absoluto
02/05/2021 - 10:10					Resultados
Rec Nac 25m Absoluto	3:42.91	NASCIMENTO, Miguel Duarte	SLB	Porto	09/12/2017
Rec Nac 25m Sen	3:42.91	NASCIMENTO, Miguel Duarte	SLB	Porto	09/12/2017
Rec Nac 25m Jun A	3:50.52	NIZ, Adriano Miguel	CFV	Fafe	26/06/2004
Rec Nac 25m Jun B	3:56.54	COSTA, Rui Filipe	VSC	Feigueiras	24/11/2007
Rec Nac 25m Juv A	3:58.82	RIBEIRO, Diogo Matos	CUC	Mealhada	07/12/2019
Rec Nac 25m Juv B	4:02.41	RIBEIRO, Diogo Matos	CUC	Lous�	23/06/2019
Rec Nac 25m Inf A	4:12.35	RUIVO, Andre Vilas	DNMG	Campo Maior	29/03/2014
Rec Nac 25m Inf B	4:21.95	OLIVEIRA, Pedro Fontoura	CFB	Santar�m	04/04/2003
Recordes Reg ANCNP 25m Absoluto	3:49.02	CARVALHO, Diogo Filipe	CGA	S. Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Sen	3:49.02	CARVALHO, Diogo Filipe	CGA	ST� Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Jun A	3:55.88	RIBEIRO, Gustavo Carvalhais	CGA	Gafanha de Nazar�	25/04/2021
Recordes Reg ANCNP 25m Jun B	3:56.61	RIBEIRO, Gustavo Carvalhais	CGA	Leiria	14/12/2019
Recordes Reg ANCNP 25m Juv A	4:01.35	CARVALHO, Diogo Filipe	ANCNP	Anadia	28/02/2004
Recordes Reg ANCNP 25m Juv B	4:05.91	CARVALHO, Diogo Filipe	CGA	Braga	01/03/2003
Recordes Reg ANCNP 25m Inf A	4:19.33	JORGE, Duarte Miguel	CGA	Abrantes	21/02/2015
Recordes Reg ANCNP 25m Inf B	4:30.17	TOM�, David Emanuel	HCM	Espinho	14/05/2016
Rec Nac Adaptada S21	6:03.58	ALMEIDA, Andre Reis	SCP	Gafanha de Nazar�	25/04/2021
Rec Nac Adaptada S14	5:22.28	RIBEIRO, Pedro Miguel	CPN	Mealhada	19/02/2017

Pontos: FINA 2020

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	pts	FINA	Obs	
S14										
1.	DUARTE, Samuel Lima	M	207426	04	Feira Viva	5:33.31	258	258		
	50m: 37.10				150m: 1:59.86	41.92	250m: 3:26.25	43.66	350m: 4:52.42	42.39
	100m: 1:17.94				200m: 2:42.59	42.73	300m: 4:10.03	43.78	400m: 5:33.31	40.89

Juvenis B

1.	MARTINS, Henrique Ferreira	M	203907	06	Alg�s e �gueda XXI	4:35.57	456	456		
	50m: 29.94				150m: 1:37.55	34.75	250m: 2:47.89	35.25	350m: 3:59.56	35.79
	100m: 1:02.80				200m: 2:12.64	35.09	300m: 3:23.77	35.88	400m: 4:35.57	36.01
2.	TAVARES, Daniel Batista	M	202604	06	Bombeiros Mealhada/ CA	4:37.88	445	445		
	50m: 28.52				150m: 1:34.63	33.69	250m: 2:45.66	36.04	350m: 4:02.01	39.17
	100m: 1:00.94				200m: 2:09.62	34.99	300m: 3:22.84	37.18	400m: 4:37.88	35.87
3.	FIGUEIREDO, Joao Pinto	M	201574	06	O Crasto	4:38.12	444	444		
	50m: 30.32				150m: 1:39.53	35.07	250m: 2:51.41	36.08	350m: 4:03.59	35.83
	100m: 1:04.46				200m: 2:15.33	35.80	300m: 3:27.76	36.35	400m: 4:38.12	34.53
4.	RODRIGUES, Joao Carvalho	M	129939	06	Galitos / Bresimar	4:38.26	443	443		
	50m: 30.44				150m: 1:39.32	34.95	250m: 2:50.25	35.27	350m: 4:02.43	36.41
	100m: 1:04.37				200m: 2:14.98	35.66	300m: 3:26.02	35.77	400m: 4:38.26	35.83
5.	LUCAS, Joao Guilherme	M	133528	06	Columbofila Cantanhedense	4:43.63	419	419		
	50m: 30.97				150m: 1:39.63	34.83	250m: 2:52.67	36.92	350m: 4:07.12	37.14
	100m: 1:04.80				200m: 2:15.75	36.12	300m: 3:29.98	37.31	400m: 4:43.63	36.51
6.	ALMEIDA, Afonso Miguel	M	202440	06	Galitos / Bresimar	4:47.83	400	400		
	50m: 32.76				150m: 1:44.36	36.16	250m: 2:58.09	36.85	350m: 4:12.30	36.91
	100m: 1:08.20				200m: 2:21.24	36.88	300m: 3:35.39	37.30	400m: 4:47.83	35.53
7.	JESUS, Luis Duarte	M	131566	06	Galitos / Bresimar	4:54.54	374	374		
	50m: 31.30				150m: 1:42.89	36.18	250m: 2:58.46	37.61	350m: 4:16.86	39.49
	100m: 1:06.71				200m: 2:20.85	37.96	300m: 3:37.37	38.91	400m: 4:54.54	37.68
8.	CARVALHO, Rui Macedo	M	210878	06	Gafanha da Encarna�o	5:04.81	337	337		
	50m: 34.02				150m: 1:49.58	38.21	250m: 3:08.13	39.34	350m: 4:27.37	39.06
	100m: 1:11.37				200m: 2:28.79	39.21	300m: 3:48.31	40.18	400m: 5:04.81	37.44

Juvenis A

1.	SILVA, Diogo Miguel	M	133049	05	Galitos / Bresimar	4:12.37	594	594		
	50m: 28.12				150m: 1:31.06	31.98	250m: 2:35.76	32.52	350m: 3:41.05	32.50
	100m: 59.08				200m: 2:03.24	32.18	300m: 3:08.55	32.79	400m: 4:12.37	31.32
2.	RIBEIRO, Vasco Almeida	M	131214	05	Clube Colegio de Lamas	4:25.27	512	512		
	50m: 29.43				150m: 1:35.85	33.44	250m: 2:44.53	34.40	350m: 3:52.49	33.88
	100m: 1:02.41				200m: 2:10.13	34.28	300m: 3:18.61	34.08	400m: 4:25.27	32.78
3.	SILVA, Tomas Caineta	M	132173	05	Clube Desportivo Estarreja	4:33.27	468	468		
	50m: 30.00				150m: 1:37.34	33.88	250m: 2:46.15	34.86	350m: 3:57.80	36.12
	100m: 1:03.46				200m: 2:11.29	33.95	300m: 3:21.68	35.53	400m: 4:33.27	35.47

Prova 16, Masc., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	pts	FINA	Obs
4.	DIAS, Pedro Anselmo	M	200309 05	Academico Viseu Futebol Clube	4:33.94	465	465	
	50m: 29.70 29.70		150m: 1:37.39 34.67	250m: 2:48.08 35.32	350m: 3:59.25 35.56			
	100m: 1:02.72 33.02		200m: 2:12.76 35.37	300m: 3:23.69 35.61	400m: 4:33.94 34.69			
5.	FERREIRA, Abel Renato	M	131149 05	Algés e Águeda XXI	4:35.71	456	456	
	50m: 29.93 29.93		150m: 1:38.28 34.67	250m: 2:48.87 35.35	350m: 4:00.60 35.83			
	100m: 1:03.61 33.68		200m: 2:13.52 35.24	300m: 3:24.77 35.90	400m: 4:35.71 35.11			
6.	FARDILHA, Joao Cruz	M	130499 05	Galitos / Bresimar	4:42.51	424	424	
	50m: 30.19 30.19		150m: 1:39.91 35.59	250m: 2:52.94 36.49	350m: 4:06.37 36.98			
	100m: 1:04.32 34.13		200m: 2:16.45 36.54	300m: 3:29.39 36.45	400m: 4:42.51 36.14			