

Prova 4 Masc., 400m Livres Open
09/03/2024 - 10:10 Resultados

Rec Nac Univ 4:01.30 Jose Paulo LOPES AAUMINHOPorto 18/06/2023

Pontos: FINA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	FINA	Pts
1.	Gabriel FERRAO	05	Nova de Lisboa	4:12.44	+0,62	662	
	50m: 29.10 29.10	150m: 1:33.08	32.23	250m: 2:38.54	32.66	350m: 3:41.62	30.24
	100m: 1:00.85 31.75	200m: 2:05.88	32.80	300m: 3:11.38	32.84	400m: 4:12.44	30.82
2.	Filipe CARDOSO	04	AAU Aveiro	4:14.95	+0,65	643	
	50m: 29.60 29.60	150m: 1:33.59	32.25	250m: 2:38.99	32.66	350m: 3:43.81	31.97
	100m: 1:01.34 31.74	200m: 2:06.33	32.74	300m: 3:11.84	32.85	400m: 4:14.95	31.14
3.	Lucas BASTOS	00	Academica de Coimbra	4:15.88	+0,70	636	
	50m: 28.86 28.86	150m: 1:33.66	32.75	250m: 2:38.77	32.19	350m: 3:43.59	32.70
	100m: 1:00.91 32.05	200m: 2:06.58	32.92	300m: 3:10.89	32.12	400m: 4:15.88	32.29
4.	Tiago PROENCA	04	AEI Superior Tecnico	4:25.67	+0,67	568	
	50m: 30.02 30.02	150m: 1:35.71	33.09	250m: 2:43.18	33.91	350m: 3:51.85	34.34
	100m: 1:02.62 32.60	200m: 2:09.27	33.56	300m: 3:17.51	34.33	400m: 4:25.67	33.82
5.	Bernardo ROCHA	03	U Porto	4:31.67	+0,71	531	
	50m: 29.57 29.57	150m: 1:36.76	34.06	250m: 2:46.95	35.08	350m: 3:57.87	34.83
	100m: 1:02.70 33.13	200m: 2:11.87	35.11	300m: 3:23.04	36.09	400m: 4:31.67	33.80
6.	Diogo RIBEIRO	02	P. Porto	4:32.21	+0,77	528	
	50m: 30.12 30.12	150m: 1:37.57	34.32	250m: 2:47.38	35.09	350m: 3:57.98	35.31
	100m: 1:03.25 33.13	200m: 2:12.29	34.72	300m: 3:22.67	35.29	400m: 4:32.21	34.23
7.	Manuel DIAS	05	AAU Beira Interior	5:00.77	+0,69	391	
	50m: 32.82 32.82	150m: 1:46.18	37.33	250m: 3:03.12	38.72	350m: 4:21.50	39.45
	100m: 1:08.85 36.03	200m: 2:24.40	38.22	300m: 3:42.05	38.93	400m: 5:00.77	39.27
8.	Diogo CARVALHINHO	04	IP Santarem	5:13.25	+0,66	346	
	50m: 32.53 32.53	150m: 1:49.18	39.25	250m: 3:11.05	41.82	350m: 4:33.75	40.70
	100m: 1:09.93 37.40	200m: 2:29.23	40.05	300m: 3:53.05	42.00	400m: 5:13.25	39.50
9.	Rafael ALEMAO	04	IP Santarem	5:37.58	+0,78	277	
	50m: 33.69 33.69	150m: 1:51.78	40.00	250m: 3:21.22	45.44	350m: 4:53.62	45.86
	100m: 1:11.78 38.09	200m: 2:35.78	44.00	300m: 4:07.76	46.54	400m: 5:37.58	43.96