

I Open "Luís Lopes da Conceição"  
Coimbra, 13.12.2009

Prova 1  
13.12.09 - 10:30

Masc., 400m Livres

20 - 94 anos  
Resultados

Pontos: FINA 2009

Lugar			Idade					Tempo final	Pts
<b>25 - 29 anos</b>									
1.	Ivan Mauricio COURAS		28	Leixões				<b>4:51.19</b>	409
	50m:	33.53 33.53	150m:	1:46.30	36.56	250m:	3:01.72 38.05	350m:	4:16.75 37.26
	100m:	1:09.74 36.21	200m:	2:23.67	37.37	300m:	3:39.49 37.77	400m:	4:51.19 34.44
2.	Pedro Miguel OLIVEIRA		28	Galitos				<b>5:23.76</b>	297
	50m:	35.53 35.53	150m:	1:55.48	40.41	250m:	3:18.40 41.76	350m:	4:42.28 41.60
	100m:	1:15.07 39.54	200m:	2:36.64	41.16	300m:	4:00.68 42.28	400m:	5:23.76 41.48
3.	Tiago Goncalo RIBEIRO		29	Pimpões/Cimai				<b>5:54.35</b>	227
	50m:	38.78 38.78	150m:	2:04.43	43.69	250m:	3:36.33 45.92	350m:	5:09.26 46.64
	100m:	1:20.74 41.96	200m:	2:50.41	45.98	300m:	4:22.62 46.29	400m:	5:54.35 45.09
<b>30 - 34 anos</b>									
1.	Nuno Miguel GUERRA		32	Leixões				<b>5:16.05</b>	320
	50m:	34.00 34.00	150m:	1:52.96	40.99	250m:	3:16.16 41.55	350m:	4:38.79 41.39
	100m:	1:11.97 37.97	200m:	2:34.61	41.65	300m:	3:57.40 41.24	400m:	5:16.05 37.26
2.	Alexandre Marques PEREIRA		33	Belenenses				<b>5:16.23</b>	319
	50m:	35.06 35.06	150m:	1:54.37	40.05	250m:	3:16.75 40.99	350m:	4:38.52 41.04
	100m:	1:14.32 39.26	200m:	2:35.76	41.39	300m:	3:57.48 40.73	400m:	5:16.23 37.71
3.	Manuel Fialho SILVA		32	Belenenses				<b>5:16.64</b>	318
	50m:	34.66 34.66	150m:	1:53.07	40.07	250m:	3:14.35 40.53	350m:	4:37.47 42.50
	100m:	1:13.00 38.34	200m:	2:33.82	40.75	300m:	3:54.97 40.62	400m:	5:16.64 39.17
4.	Rui Manuel PINTO		30	Leixões				<b>5:18.84</b>	311
	50m:	34.22 34.22	150m:	1:52.51	40.20	250m:	3:16.34 42.11	350m:	4:40.62 42.55
	100m:	1:12.31 38.09	200m:	2:34.23	41.72	300m:	3:58.07 41.73	400m:	5:18.84 38.22
5.	Telmo Miguel VELOSO		34	Leixões				<b>6:58.85</b>	137
	50m:	44.42 44.42	150m:	2:28.29	53.14	250m:	4:17.59 55.01	350m:	6:07.60 54.64
	100m:	1:35.15 50.73	200m:	3:22.58	54.29	300m:	5:12.96 55.37	400m:	6:58.85 51.25
<b>35 - 39 anos</b>									
1.	Rui Filipe NASCIMENTO		35	Associação de Gouveia				<b>5:15.96</b>	320
	50m:	34.20 34.20	150m:	1:51.88	39.52	250m:	3:12.37 40.42	350m:	4:34.83 41.77
	100m:	1:12.36 38.16	200m:	2:31.95	40.07	300m:	3:53.06 40.69	400m:	5:15.96 41.13
2.	Jose Manuel BRANDAO		39	Escola Desportiva de Viana				<b>6:07.29</b>	204
	50m:	39.55 39.55	150m:	2:08.88	45.74	250m:	3:43.74 48.65	350m:	5:20.26 48.54
	100m:	1:23.14 43.59	200m:	2:55.09	46.21	300m:	4:31.72 47.98	400m:	6:07.29 47.03
<b>40 - 44 anos</b>									
1.	Pedro Alexandre FERNANDO		42	Académica de Coimbra				<b>5:05.30</b>	355
	50m:	33.19 33.19	150m:	1:49.53	39.13	250m:	3:08.61 39.79	350m:	4:28.24 39.68
	100m:	1:10.40 37.21	200m:	2:28.82	39.29	300m:	3:48.56 39.95	400m:	5:05.30 37.06
<b>45 - 49 anos</b>									
1.	Jaime Carlos BENTO		48	Algés				<b>4:54.83</b>	394
	50m:	33.47 33.47	150m:	1:45.60	36.55	250m:	3:01.84 38.70	350m:	4:17.82 38.09
	100m:	1:09.05 35.58	200m:	2:23.14	37.54	300m:	3:39.73 37.89	400m:	4:54.83 37.01
2.	Armando Joao COSTA		46	Pimpões/Cimai				<b>5:34.84</b>	269
	50m:	36.33 36.33	150m:	2:00.85	42.85	250m:	3:28.96 44.02	350m:	4:55.50 42.94
	100m:	1:18.00 41.67	200m:	2:44.94	44.09	300m:	4:12.56 43.60	400m:	5:34.84 39.34

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Prova 1, Masc., 400m Livres, 45 - 49 anos

Lugar			Idade					Tempo final	Pts			
3.	Joao Paulo	COROADO	46	Académica de Coimbra				<b>6:12.87</b>	195			
	50m:	38.98	38.98	150m:	2:09.34	47.04	250m:	3:46.79	49.01	350m:	5:25.82	49.35
	100m:	1:22.30	43.32	200m:	2:57.78	48.44	300m:	4:36.47	49.68	400m:	6:12.87	47.05

50 - 54 anos

1.	Mario Jose	PINTO	52	Académica de Coimbra				<b>5:33.07</b>	273			
	50m:	36.38	36.38	150m:			250m:			350m:	4:49.69	44.41
	100m:	1:16.30	39.92	200m:	2:38.42		300m:	4:05.28		400m:	5:33.07	43.38

55 - 59 anos

1.	Hugo Francisco	FIGUEIREDO	56	Académica de Coimbra				<b>6:14.57</b>	192			
	50m:	39.53	39.53	150m:	2:12.91	47.72	250m:	3:49.47	48.54	350m:	5:26.63	48.48
	100m:	1:25.19	45.66	200m:	3:00.93	48.02	300m:	4:38.15	48.68	400m:	6:14.57	47.94
2.	Jose Antonio	TEIXEIRA	56	Académica de Coimbra				<b>6:29.04</b>	171			
	50m:	42.64	42.64	150m:	2:18.66	49.26	250m:	3:59.66	50.93	350m:	5:40.27	50.81
	100m:	1:29.40	46.76	200m:	3:08.73	50.07	300m:	4:49.46	49.80	400m:	6:29.04	48.77
3.	Jose Carlos	NETO	56	Ginásio Figueirense				<b>7:40.71</b>	103			
	50m:	46.22	46.22	150m:	2:37.32	57.70	250m:	4:38.02	1:01.25	350m:	6:42.70	1:01.96
	100m:	1:39.62	53.40	200m:	3:36.77	59.45	300m:	5:40.74	1:02.72	400m:	7:40.71	58.01

70 - 74 anos

1.	Antonio Alexandre	RODRIGUES	70	Académica de Coimbra				<b>7:29.55</b>	111			
	50m:	47.84	47.84	150m:	2:40.80	57.62	250m:	4:37.62	58.59	350m:	6:34.57	58.51
	100m:	1:43.18	55.34	200m:	3:39.03	58.23	300m:	5:36.06	58.44	400m:	7:29.55	54.98