

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15 Masc., 400m Estilos Open  
30-07-2010 - 9:00 Resultados Elimin

Rec Nac Open	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Inf B	4:59.28	Tomas Miguel Freitas	CDN	Restelo	25-07-2003
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2008

TAC SEN/JUN2 Masc 18 +: 4:53.00 / TAC JUN1 Masc 17: 4:56.50 / TAC JUV A Masc Juv A: 5:09.00 / TAC JUV B Masc Juv B: 5:18.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Open</b>							
1.	Pedro Miguel Pinotes	89	Sporting	<b>4:36.59</b>	+0.71	685	A
	50m: 29.06 29.06	150m: 1:36.93 35.16	250m: 2:49.78 38.73	350m: 4:03.22 34.67			
	100m: 1:01.77 32.71	200m: 2:11.05 34.12	300m: 3:28.55 38.77	400m: 4:36.59 33.37			
2.	Nuno Rafael Alves	90	Gespacos	<b>4:40.02</b>	+0.99	660	A
	50m: 29.29 29.29	150m: 1:40.37 37.45	250m: 2:55.10 38.69	350m: 4:07.48 33.25			
	100m: 1:02.92 33.63	200m: 2:16.41 36.04	300m: 3:34.23 39.13	400m: 4:40.02 32.54			
3.	Andre Bras Goncalves	88	Amadora	<b>4:40.15</b>	+0.77	659	A
	50m: 28.73 28.73	150m: 1:40.12 37.11	250m: 2:55.69 39.05	350m: 4:08.20 32.42			
	100m: 1:03.01 34.28	200m: 2:16.64 36.52	300m: 3:35.78 40.09	400m: 4:40.15 31.95			
4.	Duarte Rafael Mourao	84	Amadora	<b>4:41.74</b>	+0.75	648	A
	50m: 29.52 29.52	150m: 1:41.48 38.38	250m: 2:59.11 40.91	350m: 4:11.82 32.85			
	100m: 1:03.10 33.58	200m: 2:18.20 36.72	300m: 3:38.97 39.86	400m: 4:41.74 29.92			
5.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>4:41.92</b>	+0.70	647	A
	50m: 29.88 29.88	150m: 1:41.89 36.78	250m: 2:58.16 39.83	350m: 4:11.48 32.47			
	100m: 1:05.11 35.23	200m: 2:18.33 36.44	300m: 3:39.01 40.85	400m: 4:41.92 30.44			
6.	Alexis Manacas Santos	92	Sporting	<b>4:43.47</b>	+0.78	636	A
	50m: 29.68 29.68	150m: 1:39.43 35.74	250m: 2:54.73 41.28	350m: 4:09.62 35.81			
	100m: 1:03.69 34.01	200m: 2:13.45 34.02	300m: 3:33.81 39.08	400m: 4:43.47 33.85			
7.	Joao Claudio Sousa	93	Gespacos	<b>4:43.69</b>	+0.82	635	A
	50m: 29.91 29.91	150m: 1:41.71 37.55	250m: 2:58.01 39.77	350m: 4:11.99 33.35			
	100m: 1:04.16 34.25	200m: 2:18.24 36.53	300m: 3:38.64 40.63	400m: 4:43.69 31.70			
8.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	<b>4:44.08</b>	+0.64	632	A
	50m: 29.31 29.31	150m: 1:39.02 36.35	250m: 2:56.05 40.74	350m: 4:12.34 34.78			
	100m: 1:02.67 33.36	200m: 2:15.31 36.29	300m: 3:37.56 41.51	400m: 4:44.08 31.74			
9.	Paulo Andre Dias	92	Gespacos	<b>4:44.09</b>	+0.81	632	B
	50m: 30.01 30.01	150m: 1:41.85 38.62	250m: 2:59.94 41.39	350m: 4:13.60 32.89			
	100m: 1:03.23 33.22	200m: 2:18.55 36.70	300m: 3:40.71 40.77	400m: 4:44.09 30.49			
10.	Ricardo Amorim Rego	84	Braga	<b>4:44.81</b>	+0.84	627	B
	50m: 29.74 29.74	150m: 1:41.92 37.29	250m: 2:58.84 39.81	350m: 4:12.23 33.45			
	100m: 1:04.63 34.89	200m: 2:19.03 37.11	300m: 3:38.78 39.94	400m: 4:44.81 32.58			
11.	Miguel Silva Oliveira	91	Nautico/Matobra	<b>4:44.95</b>	+0.73	626	B
	50m: 28.79 28.79	150m: 1:41.37 38.68	250m: 2:59.29 40.87	350m: 4:12.93 32.99			
	100m: 1:02.69 33.90	200m: 2:18.42 37.05	300m: 3:39.94 40.65	400m: 4:44.95 32.02			
12.	Ruben Filipe Nunes	94	Gespacos	<b>4:45.27</b>	+0.80	624	B
	50m: 29.62 29.62	150m: 1:40.91 37.55	250m: 2:59.08 41.53	350m: 4:13.75 33.94			
	100m: 1:03.36 33.74	200m: 2:17.55 36.64	300m: 3:39.81 40.73	400m: 4:45.27 31.52			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Miguel Monteiro Diogo	93	Alcobaca	<b>4:45.35</b>	+0.69	623 B	
	50m: 29.05 29.05	150m: 1:41.33 38.11	250m: 3:00.04 41.58	350m: 4:14.89 32.19			
	100m: 1:03.22 34.17	200m: 2:18.46 37.13	300m: 3:42.70 42.66	400m: 4:45.35 30.46			
14.	Pedro Andre Santos	94	Alges	<b>4:46.23</b>	+0.72	618 B	
	50m: 29.22 29.22	150m: 1:41.61 37.57	250m: 2:59.16 40.73	350m: 4:14.16 33.84			
	100m: 1:04.04 34.82	200m: 2:18.43 36.82	300m: 3:40.32 41.16	400m: 4:46.23 32.07			
15.	Afonso Lopes dos Santos	95	Bombeiros V. Caldas Rainha	<b>4:46.49</b>	+0.72	616 B	
	50m: 31.37 31.37	150m: 1:44.89 38.45	250m: 3:02.41 40.45	350m: 4:15.30 33.22			
	100m: 1:06.44 35.07	200m: 2:21.96 37.07	300m: 3:42.08 39.67	400m: 4:46.49 31.19			
16.	Diogo Parrilha da Silva	93	Alcobaca	<b>4:46.84</b>	+0.76	614 B	
	50m: 27.50 27.50	150m: 1:39.42 39.36	250m: 2:57.43 39.65	350m: 4:14.08 34.77			
	100m: 1:00.06 32.56	200m: 2:17.78 38.36	300m: 3:39.31 41.88	400m: 4:46.84 32.76			
17.	Miguel Machado Lopes	92	Benedita	<b>4:48.58</b>	+0.68	603 R	
	50m: 29.56 29.56	150m: 1:41.58 37.85	250m: 3:00.35 41.59	350m: 4:16.40 33.57			
	100m: 1:03.73 34.17	200m: 2:18.76 37.18	300m: 3:42.83 42.48	400m: 4:48.58 32.18			
18.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	<b>4:48.78</b>	+0.74	602 R	
	50m: 29.67 29.67	150m: 1:41.85 37.25	250m: 3:00.55 40.95	350m: 4:15.85 33.49			
	100m: 1:04.60 34.93	200m: 2:19.60 37.75	300m: 3:42.36 41.81	400m: 4:48.78 32.93			
19.	Jorge Miguel Carmo	90	Louletano/Loule Concelho	<b>4:49.59</b>	+0.77	596	
	50m: 29.83 29.83	150m: 1:40.95 37.75	250m: 3:00.78 43.02	350m: 4:17.29 33.73			
	100m: 1:03.20 33.37	200m: 2:17.76 36.81	300m: 3:43.56 42.78	400m: 4:49.59 32.30			
20.	Tomas Miguel Freitas	90	Nacional	<b>4:49.62</b>	+0.86	596	
	50m: 29.47 29.47	150m: 1:42.63 39.17	250m: 3:01.92 41.37	350m: 4:17.51 33.10			
	100m: 1:03.46 33.99	200m: 2:20.55 37.92	300m: 3:44.41 42.49	400m: 4:49.62 32.11			
21.	Joao Pedro Braga	94	Naval de Ponta Delgada	<b>4:49.96</b>	+0.82	594	
	50m: 31.37 31.37	150m: 1:47.01 38.26	250m: 3:03.27 39.13	350m: 4:16.57 33.98			
	100m: 1:08.75 37.38	200m: 2:24.14 37.13	300m: 3:42.59 39.32	400m: 4:49.96 33.39			
22.	Rui Filipe Vilar	91	Porto/Dolce Vita	<b>4:50.49</b>	+0.78	591	
	50m: 29.03 29.03	150m: 1:40.10 38.06	250m: 2:59.84 42.25	350m: 4:17.39 35.40			
	100m: 1:02.04 33.01	200m: 2:17.59 37.49	300m: 3:41.99 42.15	400m: 4:50.49 33.10			
23.	Diogo Maia e Silva	93	Pimpoes/Cimai	<b>4:51.37</b>	+0.71	586	
	50m: 30.02 30.02	150m: 1:42.71 37.70	250m: 3:01.46 42.06	350m: 4:18.51 33.26			
	100m: 1:05.01 34.99	200m: 2:19.40 36.69	300m: 3:45.25 43.79	400m: 4:51.37 32.86			
24.	Bernardo Correia Silva	93	Porto/Dolce Vita	<b>4:51.57</b>	+0.85	584	
	50m: 29.94 29.94	150m: 1:42.89 38.58	250m: 3:02.88 41.83	350m: 4:19.73 34.41			
	100m: 1:04.31 34.37	200m: 2:21.05 38.16	300m: 3:45.32 42.44	400m: 4:51.57 31.84			
25.	Hugo Miguel Nunes	90	Nautico/Matobra	<b>4:51.58</b>	+0.96	584	
	50m: 30.73 30.73	150m: 1:46.51 39.91	250m: 3:06.13 41.22	350m: 4:19.88 33.50			
	100m: 1:06.60 35.87	200m: 2:24.91 38.40	300m: 3:46.38 40.25	400m: 4:51.58 31.70			
26.	Andre Duarte Vaz	93	Ginasio Figueirense	<b>4:53.42</b>	+0.78	573	
	50m: 29.98 29.98	150m: 1:41.82 36.79	250m: 3:01.19 42.59	350m: 4:19.37 34.55			
	100m: 1:05.03 35.05	200m: 2:18.60 36.78	300m: 3:44.82 43.63	400m: 4:53.42 34.05			
27.	Marcelo Goncalo Pereira FTL	90	Vilacondense	<b>4:54.44</b>	+0.78	567	
	50m: 29.23 29.23	150m: 1:43.19 39.34	250m: 3:03.50 41.73	350m: 4:20.39 34.20			
	100m: 1:03.85 34.62	200m: 2:21.77 38.58	300m: 3:46.19 42.69	400m: 4:54.44 34.05			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	<b>4:55.72</b>	+0.82	560	
	50m: 30.29 30.29	150m: 1:43.57 37.08	250m: 3:03.45 43.40	350m: 4:21.75 35.02			
	100m: 1:06.49 36.20	200m: 2:20.05 36.48	300m: 3:46.73 43.28	400m: 4:55.72 33.97			
29.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:55.87</b>	+0.86	559	
	50m: 30.67 30.67	150m: 1:46.37 40.34	250m: 3:06.51 40.86	350m: 4:22.25 35.27			
	100m: 1:06.03 35.36	200m: 2:25.65 39.28	300m: 3:46.98 40.47	400m: 4:55.87 33.62			
30.	Duarte Barros Pires	92	Desportiva Limiana	<b>4:56.87</b>	+0.80	554	
	<i>FTL</i>						
	50m: 30.62 30.62	150m: 1:44.84 38.47	250m: 3:05.09 42.31	350m: 4:23.47 34.32			
	100m: 1:06.37 35.75	200m: 2:22.78 37.94	300m: 3:49.15 44.06	400m: 4:56.87 33.40			
31.	Pedro Gomes Antunes	94	Braga	<b>4:56.92</b>	+0.84	553	
	50m: 30.06 30.06	150m: 1:43.89 38.32	250m: 3:05.68 43.32	350m: 4:24.15 33.19			
	100m: 1:05.57 35.51	200m: 2:22.36 38.47	300m: 3:50.96 45.28	400m: 4:56.92 32.77			
32.	Renato Mendes Pinheiro	94	Desportiva de Viana	<b>4:56.94</b>	+0.78	553	
	50m: 29.18 29.18	150m: 1:41.40 38.23	250m: 3:02.40 44.08	350m: 4:21.68 34.80			
	100m: 1:03.17 33.99	200m: 2:18.32 36.92	300m: 3:46.88 44.48	400m: 4:56.94 35.26			
33.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:57.03</b>	+0.75	553	
	50m: 31.00 31.00	150m: 1:45.28 38.37	250m: 3:05.55 43.20	350m: 4:24.09 35.49			
	100m: 1:06.91 35.91	200m: 2:22.35 37.07	300m: 3:48.60 43.05	400m: 4:57.03 32.94			
34.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:57.27</b>	+0.76	551	
	50m: 29.68 29.68	150m: 1:44.66 39.10	250m: 3:05.38 42.38	350m: 4:23.80 34.75			
	100m: 1:05.56 35.88	200m: 2:23.00 38.34	300m: 3:49.05 43.67	400m: 4:57.27 33.47			
35.	Mario Rui Cruz	94	Amadora	<b>4:57.55</b>	+0.72	550	
	50m: 31.71 31.71	150m: 1:44.88 36.85	250m: 3:05.40 43.00	350m: 4:23.58 34.44			
	100m: 1:08.03 36.32	200m: 2:22.40 37.52	300m: 3:49.14 43.74	400m: 4:57.55 33.97			
36.	Joao Pedro Veiga	94	Nautico/Matobra	<b>4:58.35</b>	+0.78	545	
	50m: 30.78 30.78	150m: 1:46.99 39.81	250m: 3:08.16 42.14	350m: 4:24.89 34.07			
	100m: 1:07.18 36.40	200m: 2:26.02 39.03	300m: 3:50.82 42.66	400m: 4:58.35 33.46			
37.	Andre Eduardo Infante	94	Sporting	<b>5:00.02</b>	+0.78	536	
	50m: 30.54 30.54	150m: 1:45.84 39.76	250m: 3:08.76 44.74	350m: 4:27.82 34.04			
	100m: 1:06.08 35.54	200m: 2:24.02 38.18	300m: 3:53.78 45.02	400m: 5:00.02 32.20			
38.	Joao Andre Neves	95	Academica de Coimbra	<b>5:00.24</b>	+0.78	535	
	50m: 31.25 31.25	150m: 1:48.76 40.86	250m: 3:08.65 40.31	350m: 4:25.85 35.67			
	100m: 1:07.90 36.65	200m: 2:28.34 39.58	300m: 3:50.18 41.53	400m: 5:00.24 34.39			
39.	Andre Augusto Santos	95	Belenenses	<b>5:00.71</b>	+0.73	533	
	50m: 30.78 30.78	150m: 1:46.15 39.60	250m: 3:08.79 43.94	350m: 4:26.57 33.65			
	100m: 1:06.55 35.77	200m: 2:24.85 38.70	300m: 3:52.92 44.13	400m: 5:00.71 34.14			
40.	Fabio Alexandre Freitas	94	Uniao Piedense	<b>5:00.77</b>	+0.85	532	
	50m: 31.41 31.41	150m: 1:45.01 37.21	250m: 3:05.61 44.45	350m: 4:26.24 35.91			
	100m: 1:07.80 36.39	200m: 2:21.16 36.15	300m: 3:50.33 44.72	400m: 5:00.77 34.53			
41.	Alexandre Santos Gomes	93	Naval do Funchal	<b>5:00.78</b>	+0.81	532	
	<i>FTL</i>						
	50m: 30.28 30.28	150m: 1:45.05 39.56	250m: 3:07.27 43.51	350m: 4:26.67 35.23			
	100m: 1:05.49 35.21	200m: 2:23.76 38.71	300m: 3:51.44 44.17	400m: 5:00.78 34.11			
42.	Rafael Filipe Torres	95	Sporting	<b>5:01.32</b>	+0.85	529	
	50m: 30.93 30.93	150m: 1:46.84 40.10	250m: 3:08.71 42.62	350m: 4:27.66 35.44			
	100m: 1:06.74 35.81	200m: 2:26.09 39.25	300m: 3:52.22 43.51	400m: 5:01.32 33.66			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	<b>5:01.49</b>	+0.88	529	
	50m: 31.71 31.71	150m: 1:49.02 40.94	250m: 3:09.25 41.58	350m: 4:27.48 36.64			
	100m: 1:08.08 36.37	200m: 2:27.67 38.65	300m: 3:50.84 41.59	400m: 5:01.49 34.01			
44.	Diogo Fontes Moreira	93	Estamos Juntos	<b>5:02.04</b>	+0.92	526	
	<i>FTL</i>						
	50m: 30.73 30.73	150m: 1:45.97 38.06	250m: 3:07.09 43.08	350m: 4:27.74 35.40			
	100m: 1:07.91 37.18	200m: 2:24.01 38.04	300m: 3:52.34 45.25	400m: 5:02.04 34.30			
45.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>5:02.61</b>	+0.80	523	
	50m: 30.99 30.99	150m: 1:50.20 43.25	250m: 3:11.92 40.89	350m: 4:28.71 35.12			
	100m: 1:06.95 35.96	200m: 2:31.03 40.83	300m: 3:53.59 41.67	400m: 5:02.61 33.90			
46.	Jose Manuel Dias	94	Uniao Piedense	<b>5:02.81</b>	+0.78	522	
	50m: 30.73 30.73	150m: 1:46.51 39.82	250m: 3:10.05 44.40	350m: 4:29.39 35.45			
	100m: 1:06.69 35.96	200m: 2:25.65 39.14	300m: 3:53.94 43.89	400m: 5:02.81 33.42			
47.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	<b>5:03.22</b>	+0.78	520	
	<i>FTL</i>						
	50m: 29.84 29.84	150m: 1:44.19 39.06	250m: 3:06.47 43.06	350m: 4:27.35 36.40			
	100m: 1:05.13 35.29	200m: 2:23.41 39.22	300m: 3:50.95 44.48	400m: 5:03.22 35.87			
48.	Antero Simao Martins	94	Nautico da Marinha Grande	<b>5:03.88</b>	+0.73	516	
	50m: 30.82 30.82	150m: 1:46.30 39.62	250m: 3:09.34 44.25	350m: 4:30.41 34.60			
	100m: 1:06.68 35.86	200m: 2:25.09 38.79	300m: 3:55.81 46.47	400m: 5:03.88 33.47			
49.	Luis Manuel Fernandes	95	Famalicao	<b>5:04.54</b>	+0.74	513	
	50m: 30.30 30.30	150m: 1:47.88 41.49	250m: 3:08.10 38.93	350m: 4:28.05 37.85			
	100m: 1:06.39 36.09	200m: 2:29.17 41.29	300m: 3:50.20 42.10	400m: 5:04.54 36.49			
50.	Pedro Miguel Silva	94	Colegio Monte Maior	<b>5:04.77</b>	+0.82	512	
	50m: 31.93 31.93	150m: 1:51.01 40.61	250m: 3:12.18 40.66	350m: 4:30.32 36.25			
	100m: 1:10.40 38.47	200m: 2:31.52 40.51	300m: 3:54.07 41.89	400m: 5:04.77 34.45			
51.	Joao Nuno Pedro	95	Sporting	<b>5:05.42</b>	+0.75	508	
	50m: 32.05 32.05	150m: 1:48.51 38.09	250m: 3:10.88 43.47	350m: 4:30.52 35.93			
	100m: 1:10.42 38.37	200m: 2:27.41 38.90	300m: 3:54.59 43.71	400m: 5:05.42 34.90			
52.	Cesar Filipe Magalhaes	95	Foca	<b>5:06.78</b>	+0.85	502	
	50m: 31.34 31.34	150m: 1:46.30 38.58	250m: 3:11.02 46.99	350m: 4:32.93 34.66			
	100m: 1:07.72 36.38	200m: 2:24.03 37.73	300m: 3:58.27 47.25	400m: 5:06.78 33.85			
53.	Luis Pedro Ribeiro	94	Desportiva de Viana	<b>5:08.00</b>	+0.82	496	
	50m: 30.97 30.97	150m: 1:47.79 40.55	250m: 3:12.43 45.10	350m: 4:33.08 35.68			
	100m: 1:07.24 36.27	200m: 2:27.33 39.54	300m: 3:57.40 44.97	400m: 5:08.00 34.92			
54.	Joao Manuel Borges	94	Ginasio Figueirense	<b>5:08.40</b>	+0.86	494	
	50m: 31.65 31.65	150m: 1:47.67 39.01	250m: 3:12.04 46.76	350m: 4:34.00 35.57			
	100m: 1:08.66 37.01	200m: 2:25.28 37.61	300m: 3:58.43 46.39	400m: 5:08.40 34.40			
55.	Hugo Miguel Silva	94	Braga	<b>5:08.50</b>	+0.77	493	
	50m: 31.46 31.46	150m: 1:47.10 40.28	250m: 3:10.18 42.68	350m: 4:31.61 37.61			
	100m: 1:06.82 35.36	200m: 2:27.50 40.40	300m: 3:54.00 43.82	400m: 5:08.50 36.89			
56.	Rui Pedro Faria	94	Famalicao	<b>5:08.71</b>	+0.71	492	
	50m: 31.85 31.85	150m: 1:50.01 41.38	250m: 3:12.64 42.55	350m: 4:33.60 36.33			
	100m: 1:08.63 36.78	200m: 2:30.09 40.08	300m: 3:57.27 44.63	400m: 5:08.71 35.11			
57.	Lourenco Silva Damas	95	GesLoures	<b>5:08.98</b>	+0.84	491	
	50m: 33.49 33.49	150m: 1:52.17 40.51	250m: 3:15.22 44.66	350m: 4:36.14 36.21			
	100m: 1:11.66 38.17	200m: 2:30.56 38.39	300m: 3:59.93 44.71	400m: 5:08.98 32.84			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	Ricardo Miguel Antunes <i>FTL</i>	94	GesLoures	<b>5:09.29</b>	+0.78	490	
	50m: 31.42 31.42	150m: 1:48.54 40.56	250m: 3:14.22 46.40	350m: 4:35.08 35.21			
	100m: 1:07.98 36.56	200m: 2:27.82 39.28	300m: 3:59.87 45.65	400m: 5:09.29 34.21			
59.	Nuno Miguel Feliciano	95	Alcobaca	<b>5:10.45</b>	+0.63	484	
	50m: 32.07 32.07	150m: 1:51.00 39.56	250m: 3:12.29 40.59	350m: 4:33.52 37.35			
	100m: 1:11.44 39.37	200m: 2:31.70 40.70	300m: 3:56.17 43.88	400m: 5:10.45 36.93			
60.	Frederico Renato Sousa	95	Gespacos	<b>5:11.14</b>	+0.80	481	
	50m: 31.60 31.60	150m: 1:50.19 42.28	250m: 3:15.94 44.43	350m: 4:36.87 37.39			
	100m: 1:07.91 36.31	200m: 2:31.51 41.32	300m: 3:59.48 43.54	400m: 5:11.14 34.27			
61.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>5:11.46</b>	+0.59	479	
	50m: 31.11 31.11	150m: 1:47.88 39.67	250m: 3:11.81 42.84	350m: 4:34.09 37.61			
	100m: 1:08.21 37.10	200m: 2:28.97 41.09	300m: 3:56.48 44.67	400m: 5:11.46 37.37			
62.	Manuel Henrique Alves	95	Desportiva de Viana	<b>5:11.80</b>	+0.72	478	
	50m: 32.97 32.97	150m: 1:54.99 42.15	250m: 3:18.70 43.15	350m: 4:38.36 35.83			
	100m: 1:12.84 39.87	200m: 2:35.55 40.56	300m: 4:02.53 43.83	400m: 5:11.80 33.44			
63.	Pedro Miguel Ribeiro	95	Associacao de Gouveia	<b>5:13.21</b>	+0.82	471	
	50m: 31.63 31.63	150m: 1:51.89 42.77	250m: 3:15.73 42.60	350m: 4:37.76 37.68			
	100m: 1:09.12 37.49	200m: 2:33.13 41.24	300m: 4:00.08 44.35	400m: 5:13.21 35.45			
64.	Henrique Jose Marquez	95	Galitos	<b>5:14.76</b>	+0.77	464	
	50m: 31.02 31.02	150m: 1:47.98 41.64	250m: 3:14.72 46.25	350m: 4:39.00 38.34			
	100m: 1:06.34 35.32	200m: 2:28.47 40.49	300m: 4:00.66 45.94	400m: 5:14.76 35.76			
65.	Pedro Alexandre Bento	95	Alges	<b>5:16.68</b>	+0.83	456	
	50m: 31.32 31.32	150m: 1:51.84 42.35	250m: 3:16.79 44.43	350m: 4:39.62 38.49			
	100m: 1:09.49 38.17	200m: 2:32.36 40.52	300m: 4:01.13 44.34	400m: 5:16.68 37.06			
66.	Afonso Mateus Ribeiro	95	Belenenses	<b>5:17.72</b>	+0.80	452	
	50m: 31.53 31.53	150m: 1:51.67 43.32	250m: 3:20.80 46.32	350m: 4:43.23 36.21			
	100m: 1:08.35 36.82	200m: 2:34.48 42.81	300m: 4:07.02 46.22	400m: 5:17.72 34.49			
67.	Joao Carlos Paula <i>FTL</i>	94	Galitos	<b>5:17.93</b>	+0.84	451	
	50m: 32.14 32.14	150m: 1:49.58 40.16	250m: 3:17.37 47.67	350m: 4:42.57 37.38			
	100m: 1:09.42 37.28	200m: 2:29.70 40.12	300m: 4:05.19 47.82	400m: 5:17.93 35.36			
68.	Miguel Angelo Cruz <i>FTL</i>	95	GesLoures	<b>5:20.46</b>	+0.75	440	
	50m: 33.11 33.11	150m: 1:54.31 42.90	250m: 3:20.54 43.81	350m: 4:42.73 37.94			
	100m: 1:11.41 38.30	200m: 2:36.73 42.42	300m: 4:04.79 44.25	400m: 5:20.46 37.73			
69.	Joao Duarte Marafona <i>FTL</i>	95	Vilacondense	<b>5:21.24</b>	+0.87	437	
	50m: 32.95 32.95	150m: 1:56.64 44.05	250m: 3:25.67 47.04	350m: 4:47.72 35.52			
	100m: 1:12.59 39.64	200m: 2:38.63 41.99	300m: 4:12.20 46.53	400m: 5:21.24 33.52			
70.	Hugo Ricardo Gambutas <i>FTL</i>	95	Estremoz	<b>5:43.65</b>	+0.89	357	
	50m: 34.00 34.00	150m: 2:01.15 44.56	250m: 3:35.82 49.39	350m: 5:05.18 39.63			
	100m: 1:16.59 42.59	200m: 2:46.43 45.28	300m: 4:25.55 49.73	400m: 5:43.65 38.47			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Andre Rafael Marinho	93	Uniao Piedense		+0.84		
	<i>530 - Batimento alternado de pernas após viragem aos 200 m</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Andre Machado Vale	95	Viana Natacao		+1.14		
	<i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 100 m</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Juvenis B

1.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>4:41.92</b>	+0.70	647	A
	50m: 29.88 29.88	150m: 1:41.89 36.78	250m: 2:58.16 39.83	350m: 4:11.48 32.47			
	100m: 1:05.11 35.23	200m: 2:18.33 36.44	300m: 3:39.01 40.85	400m: 4:41.92 30.44			
2.	Afonso Lopes dos Santos	95	Bombeiros V. Caldas Rainha	<b>4:46.49</b>	+0.72	616	B
	50m: 31.37 31.37	150m: 1:44.89 38.45	250m: 3:02.41 40.45	350m: 4:15.30 33.22			
	100m: 1:06.44 35.07	200m: 2:21.96 37.07	300m: 3:42.08 39.67	400m: 4:46.49 31.19			
3.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:55.87</b>	+0.86	559	
	50m: 30.67 30.67	150m: 1:46.37 40.34	250m: 3:06.51 40.86	350m: 4:22.25 35.27			
	100m: 1:06.03 35.36	200m: 2:25.65 39.28	300m: 3:46.98 40.47	400m: 4:55.87 33.62			
4.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:57.27</b>	+0.76	551	
	50m: 29.68 29.68	150m: 1:44.66 39.10	250m: 3:05.38 42.38	350m: 4:23.80 34.75			
	100m: 1:05.56 35.88	200m: 2:23.00 38.34	300m: 3:49.05 43.67	400m: 4:57.27 33.47			
5.	Joao Andre Neves	95	Academica de Coimbra	<b>5:00.24</b>	+0.78	535	
	50m: 31.25 31.25	150m: 1:48.76 40.86	250m: 3:08.65 40.31	350m: 4:25.85 35.67			
	100m: 1:07.90 36.65	200m: 2:28.34 39.58	300m: 3:50.18 41.53	400m: 5:00.24 34.39			
6.	Andre Augusto Santos	95	Belenenses	<b>5:00.71</b>	+0.73	533	
	50m: 30.78 30.78	150m: 1:46.15 39.60	250m: 3:08.79 43.94	350m: 4:26.57 33.65			
	100m: 1:06.55 35.77	200m: 2:24.85 38.70	300m: 3:52.92 44.13	400m: 5:00.71 34.14			
7.	Rafael Filipe Torres	95	Sporting	<b>5:01.32</b>	+0.85	529	
	50m: 30.93 30.93	150m: 1:46.84 40.10	250m: 3:08.71 42.62	350m: 4:27.66 35.44			
	100m: 1:06.74 35.81	200m: 2:26.09 39.25	300m: 3:52.22 43.51	400m: 5:01.32 33.66			
8.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>5:02.61</b>	+0.80	523	
	50m: 30.99 30.99	150m: 1:50.20 43.25	250m: 3:11.92 40.89	350m: 4:28.71 35.12			
	100m: 1:06.95 35.96	200m: 2:31.03 40.83	300m: 3:53.59 41.67	400m: 5:02.61 33.90			
9.	Luis Manuel Fernandes	95	Famalicao	<b>5:04.54</b>	+0.74	513	
	50m: 30.30 30.30	150m: 1:47.88 41.49	250m: 3:08.10 38.93	350m: 4:28.05 37.85			
	100m: 1:06.39 36.09	200m: 2:29.17 41.29	300m: 3:50.20 42.10	400m: 5:04.54 36.49			
10.	Joao Nuno Pedro	95	Sporting	<b>5:05.42</b>	+0.75	508	
	50m: 32.05 32.05	150m: 1:48.51 38.09	250m: 3:10.88 43.47	350m: 4:30.52 35.93			
	100m: 1:10.42 38.37	200m: 2:27.41 38.90	300m: 3:54.59 43.71	400m: 5:05.42 34.90			
11.	Cesar Filipe Magalhaes	95	Foca	<b>5:06.78</b>	+0.85	502	
	50m: 31.34 31.34	150m: 1:46.30 38.58	250m: 3:11.02 46.99	350m: 4:32.93 34.66			
	100m: 1:07.72 36.38	200m: 2:24.03 37.73	300m: 3:58.27 47.25	400m: 5:06.78 33.85			
12.	Lourenco Silva Damas	95	GesLoures	<b>5:08.98</b>	+0.84	491	
	50m: 33.49 33.49	150m: 1:52.17 40.51	250m: 3:15.22 44.66	350m: 4:36.14 36.21			
	100m: 1:11.66 38.17	200m: 2:30.56 38.39	300m: 3:59.93 44.71	400m: 5:08.98 32.84			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Nuno Miguel Feliciano	95	Alcobaca	<b>5:10.45</b>	+0.63	484	
	50m: 32.07 32.07	150m: 1:51.00 39.56	250m: 3:12.29 40.59	350m: 4:33.52 37.35			
	100m: 1:11.44 39.37	200m: 2:31.70 40.70	300m: 3:56.17 43.88	400m: 5:10.45 36.93			
14.	Frederico Renato Sousa	95	Gespacos	<b>5:11.14</b>	+0.80	481	
	50m: 31.60 31.60	150m: 1:50.19 42.28	250m: 3:15.94 44.43	350m: 4:36.87 37.39			
	100m: 1:07.91 36.31	200m: 2:31.51 41.32	300m: 3:59.48 43.54	400m: 5:11.14 34.27			
15.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>5:11.46</b>	+0.59	479	
	50m: 31.11 31.11	150m: 1:47.88 39.67	250m: 3:11.81 42.84	350m: 4:34.09 37.61			
	100m: 1:08.21 37.10	200m: 2:28.97 41.09	300m: 3:56.48 44.67	400m: 5:11.46 37.37			
16.	Manuel Henrique Alves	95	Desportiva de Viana	<b>5:11.80</b>	+0.72	478	
	50m: 32.97 32.97	150m: 1:54.99 42.15	250m: 3:18.70 43.15	350m: 4:38.36 35.83			
	100m: 1:12.84 39.87	200m: 2:35.55 40.56	300m: 4:02.53 43.83	400m: 5:11.80 33.44			
17.	Pedro Miguel Ribeiro	95	Associacao de Gouveia	<b>5:13.21</b>	+0.82	471	
	50m: 31.63 31.63	150m: 1:51.89 42.77	250m: 3:15.73 42.60	350m: 4:37.76 37.68			
	100m: 1:09.12 37.49	200m: 2:33.13 41.24	300m: 4:00.08 44.35	400m: 5:13.21 35.45			
18.	Henrique Jose Marquez	95	Galitos	<b>5:14.76</b>	+0.77	464	
	50m: 31.02 31.02	150m: 1:47.98 41.64	250m: 3:14.72 46.25	350m: 4:39.00 38.34			
	100m: 1:06.34 35.32	200m: 2:28.47 40.49	300m: 4:00.66 45.94	400m: 5:14.76 35.76			
19.	Pedro Alexandre Bento	95	Alges	<b>5:16.68</b>	+0.83	456	
	50m: 31.32 31.32	150m: 1:51.84 42.35	250m: 3:16.79 44.43	350m: 4:39.62 38.49			
	100m: 1:09.49 38.17	200m: 2:32.36 40.52	300m: 4:01.13 44.34	400m: 5:16.68 37.06			
20.	Afonso Mateus Ribeiro	95	Belenenses	<b>5:17.72</b>	+0.80	452	
	50m: 31.53 31.53	150m: 1:51.67 43.32	250m: 3:20.80 46.32	350m: 4:43.23 36.21			
	100m: 1:08.35 36.82	200m: 2:34.48 42.81	300m: 4:07.02 46.22	400m: 5:17.72 34.49			
21.	Miguel Angelo Cruz	95	GesLoures	<b>5:20.46</b>	+0.75	440	
	<i>FTL</i>						
	50m: 33.11 33.11	150m: 1:54.31 42.90	250m: 3:20.54 43.81	350m: 4:42.73 37.94			
	100m: 1:11.41 38.30	200m: 2:36.73 42.42	300m: 4:04.79 44.25	400m: 5:20.46 37.73			
22.	Joao Duarte Marafona	95	Vilacondense	<b>5:21.24</b>	+0.87	437	
	<i>FTL</i>						
	50m: 32.95 32.95	150m: 1:56.64 44.05	250m: 3:25.67 47.04	350m: 4:47.72 35.52			
	100m: 1:12.59 39.64	200m: 2:38.63 41.99	300m: 4:12.20 46.53	400m: 5:21.24 33.52			
23.	Hugo Ricardo Gambutas	95	Estremoz	<b>5:43.65</b>	+0.89	357	
	<i>FTL</i>						
	50m: 34.00 34.00	150m: 2:01.15 44.56	250m: 3:35.82 49.39	350m: 5:05.18 39.63			
	100m: 1:16.59 42.59	200m: 2:46.43 45.28	300m: 4:25.55 49.73	400m: 5:43.65 38.47			
DSQ	Andre Machado Vale	95	Viana Natacao		+1.14		
	<i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 100 m</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin

Juvenis A

1.	Ruben Filipe Nunes	94	Gespacos	<b>4:45.27</b>	+0.80	624	B	
	50m: 29.62	29.62	150m: 1:40.91	37.55	250m: 2:59.08	41.53	350m: 4:13.75	33.94
	100m: 1:03.36	33.74	200m: 2:17.55	36.64	300m: 3:39.81	40.73	400m: 4:45.27	31.52
2.	Pedro Andre Santos	94	Alges	<b>4:46.23</b>	+0.72	618	B	
	50m: 29.22	29.22	150m: 1:41.61	37.57	250m: 2:59.16	40.73	350m: 4:14.16	33.84
	100m: 1:04.04	34.82	200m: 2:18.43	36.82	300m: 3:40.32	41.16	400m: 4:46.23	32.07
3.	Joao Pedro Braga	94	Naval de Ponta Delgada	<b>4:49.96</b>	+0.82	594		
	50m: 31.37	31.37	150m: 1:47.01	38.26	250m: 3:03.27	39.13	350m: 4:16.57	33.98
	100m: 1:08.75	37.38	200m: 2:24.14	37.13	300m: 3:42.59	39.32	400m: 4:49.96	33.39
4.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	<b>4:55.72</b>	+0.82	560		
	50m: 30.29	30.29	150m: 1:43.57	37.08	250m: 3:03.45	43.40	350m: 4:21.75	35.02
	100m: 1:06.49	36.20	200m: 2:20.05	36.48	300m: 3:46.73	43.28	400m: 4:55.72	33.97
5.	Pedro Gomes Antunes	94	Braga	<b>4:56.92</b>	+0.84	553		
	50m: 30.06	30.06	150m: 1:43.89	38.32	250m: 3:05.68	43.32	350m: 4:24.15	33.19
	100m: 1:05.57	35.51	200m: 2:22.36	38.47	300m: 3:50.96	45.28	400m: 4:56.92	32.77
6.	Renato Mendes Pinheiro	94	Desportiva de Viana	<b>4:56.94</b>	+0.78	553		
	50m: 29.18	29.18	150m: 1:41.40	38.23	250m: 3:02.40	44.08	350m: 4:21.68	34.80
	100m: 1:03.17	33.99	200m: 2:18.32	36.92	300m: 3:46.88	44.48	400m: 4:56.94	35.26
7.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:57.03</b>	+0.75	553		
	50m: 31.00	31.00	150m: 1:45.28	38.37	250m: 3:05.55	43.20	350m: 4:24.09	35.49
	100m: 1:06.91	35.91	200m: 2:22.35	37.07	300m: 3:48.60	43.05	400m: 4:57.03	32.94
8.	Mario Rui Cruz	94	Amadora	<b>4:57.55</b>	+0.72	550		
	50m: 31.71	31.71	150m: 1:44.88	36.85	250m: 3:05.40	43.00	350m: 4:23.58	34.44
	100m: 1:08.03	36.32	200m: 2:22.40	37.52	300m: 3:49.14	43.74	400m: 4:57.55	33.97
9.	Joao Pedro Veiga	94	Nautico/Matobra	<b>4:58.35</b>	+0.78	545		
	50m: 30.78	30.78	150m: 1:46.99	39.81	250m: 3:08.16	42.14	350m: 4:24.89	34.07
	100m: 1:07.18	36.40	200m: 2:26.02	39.03	300m: 3:50.82	42.66	400m: 4:58.35	33.46
10.	Andre Eduardo Infante	94	Sporting	<b>5:00.02</b>	+0.78	536		
	50m: 30.54	30.54	150m: 1:45.84	39.76	250m: 3:08.76	44.74	350m: 4:27.82	34.04
	100m: 1:06.08	35.54	200m: 2:24.02	38.18	300m: 3:53.78	45.02	400m: 5:00.02	32.20
11.	Fabio Alexandre Freitas	94	Uniao Piedense	<b>5:00.77</b>	+0.85	532		
	50m: 31.41	31.41	150m: 1:45.01	37.21	250m: 3:05.61	44.45	350m: 4:26.24	35.91
	100m: 1:07.80	36.39	200m: 2:21.16	36.15	300m: 3:50.33	44.72	400m: 5:00.77	34.53
12.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	<b>5:01.49</b>	+0.88	529		
	50m: 31.71	31.71	150m: 1:49.02	40.94	250m: 3:09.25	41.58	350m: 4:27.48	36.64
	100m: 1:08.08	36.37	200m: 2:27.67	38.65	300m: 3:50.84	41.59	400m: 5:01.49	34.01
13.	Jose Manuel Dias	94	Uniao Piedense	<b>5:02.81</b>	+0.78	522		
	50m: 30.73	30.73	150m: 1:46.51	39.82	250m: 3:10.05	44.40	350m: 4:29.39	35.45
	100m: 1:06.69	35.96	200m: 2:25.65	39.14	300m: 3:53.94	43.89	400m: 5:02.81	33.42
14.	Antero Simao Martins	94	Nautico da Marinha Grande	<b>5:03.88</b>	+0.73	516		
	50m: 30.82	30.82	150m: 1:46.30	39.62	250m: 3:09.34	44.25	350m: 4:30.41	34.60
	100m: 1:06.68	35.86	200m: 2:25.09	38.79	300m: 3:55.81	46.47	400m: 5:03.88	33.47
15.	Pedro Miguel Silva	94	Colegio Monte Maior	<b>5:04.77</b>	+0.82	512		
	50m: 31.93	31.93	150m: 1:51.01	40.61	250m: 3:12.18	40.66	350m: 4:30.32	36.25
	100m: 1:10.40	38.47	200m: 2:31.52	40.51	300m: 3:54.07	41.89	400m: 5:04.77	34.45

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Luis Pedro Ribeiro	94	Desportiva de Viana	<b>5:08.00</b>	+0.82	496	
	50m: 30.97 30.97	150m: 1:47.79 40.55	250m: 3:12.43 45.10	350m: 4:33.08 35.68			
	100m: 1:07.24 36.27	200m: 2:27.33 39.54	300m: 3:57.40 44.97	400m: 5:08.00 34.92			
17.	Joao Manuel Borges	94	Ginasio Figueirense	<b>5:08.40</b>	+0.86	494	
	50m: 31.65 31.65	150m: 1:47.67 39.01	250m: 3:12.04 46.76	350m: 4:34.00 35.57			
	100m: 1:08.66 37.01	200m: 2:25.28 37.61	300m: 3:58.43 46.39	400m: 5:08.40 34.40			
18.	Hugo Miguel Silva	94	Braga	<b>5:08.50</b>	+0.77	493	
	50m: 31.46 31.46	150m: 1:47.10 40.28	250m: 3:10.18 42.68	350m: 4:31.61 37.61			
	100m: 1:06.82 35.36	200m: 2:27.50 40.40	300m: 3:54.00 43.82	400m: 5:08.50 36.89			
19.	Rui Pedro Faria	94	Famalicao	<b>5:08.71</b>	+0.71	492	
	50m: 31.85 31.85	150m: 1:50.01 41.38	250m: 3:12.64 42.55	350m: 4:33.60 36.33			
	100m: 1:08.63 36.78	200m: 2:30.09 40.08	300m: 3:57.27 44.63	400m: 5:08.71 35.11			
20.	Ricardo Miguel Antunes <i>FTL</i>	94	GesLoures	<b>5:09.29</b>	+0.78	490	
	50m: 31.42 31.42	150m: 1:48.54 40.56	250m: 3:14.22 46.40	350m: 4:35.08 35.21			
	100m: 1:07.98 36.56	200m: 2:27.82 39.28	300m: 3:59.87 45.65	400m: 5:09.29 34.21			
21.	Joao Carlos Paula <i>FTL</i>	94	Galitos	<b>5:17.93</b>	+0.84	451	
	50m: 32.14 32.14	150m: 1:49.58 40.16	250m: 3:17.37 47.67	350m: 4:42.57 37.38			
	100m: 1:09.42 37.28	200m: 2:29.70 40.12	300m: 4:05.19 47.82	400m: 5:17.93 35.36			

Absolutos

1.	Pedro Miguel Pinotes	89	Sporting	<b>4:36.59</b>	+0.71	685 A	
	50m: 29.06 29.06	150m: 1:36.93 35.16	250m: 2:49.78 38.73	350m: 4:03.22 34.67			
	100m: 1:01.77 32.71	200m: 2:11.05 34.12	300m: 3:28.55 38.77	400m: 4:36.59 33.37			
2.	Nuno Rafael Alves	90	Gespacos	<b>4:40.02</b>	+0.99	660 A	
	50m: 29.29 29.29	150m: 1:40.37 37.45	250m: 2:55.10 38.69	350m: 4:07.48 33.25			
	100m: 1:02.92 33.63	200m: 2:16.41 36.04	300m: 3:34.23 39.13	400m: 4:40.02 32.54			
3.	Andre Bras Goncalves	88	Amadora	<b>4:40.15</b>	+0.77	659 A	
	50m: 28.73 28.73	150m: 1:40.12 37.11	250m: 2:55.69 39.05	350m: 4:08.20 32.42			
	100m: 1:03.01 34.28	200m: 2:16.64 36.52	300m: 3:35.78 40.09	400m: 4:40.15 31.95			
4.	Duarte Rafael Mourao	84	Amadora	<b>4:41.74</b>	+0.75	648 A	
	50m: 29.52 29.52	150m: 1:41.48 38.38	250m: 2:59.11 40.91	350m: 4:11.82 32.85			
	100m: 1:03.10 33.58	200m: 2:18.20 36.72	300m: 3:38.97 39.86	400m: 4:41.74 29.92			
5.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>4:41.92</b>	+0.70	647 A	
	50m: 29.88 29.88	150m: 1:41.89 36.78	250m: 2:58.16 39.83	350m: 4:11.48 32.47			
	100m: 1:05.11 35.23	200m: 2:18.33 36.44	300m: 3:39.01 40.85	400m: 4:41.92 30.44			
6.	Alexis Manacas Santos	92	Sporting	<b>4:43.47</b>	+0.78	636 A	
	50m: 29.68 29.68	150m: 1:39.43 35.74	250m: 2:54.73 41.28	350m: 4:09.62 35.81			
	100m: 1:03.69 34.01	200m: 2:13.45 34.02	300m: 3:33.81 39.08	400m: 4:43.47 33.85			
7.	Joao Claudio Sousa	93	Gespacos	<b>4:43.69</b>	+0.82	635 A	
	50m: 29.91 29.91	150m: 1:41.71 37.55	250m: 2:58.01 39.77	350m: 4:11.99 33.35			
	100m: 1:04.16 34.25	200m: 2:18.24 36.53	300m: 3:38.64 40.63	400m: 4:43.69 31.70			
8.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	<b>4:44.08</b>	+0.64	632 A	
	50m: 29.31 29.31	150m: 1:39.02 36.35	250m: 2:56.05 40.74	350m: 4:12.34 34.78			
	100m: 1:02.67 33.36	200m: 2:15.31 36.29	300m: 3:37.56 41.51	400m: 4:44.08 31.74			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Paulo Andre Dias	92	Gespacos	<b>4:44.09</b>	+0.81	632 B	
	50m: 30.01 30.01	150m: 1:41.85 38.62	250m: 2:59.94 41.39	350m: 4:13.60 32.89			
	100m: 1:03.23 33.22	200m: 2:18.55 36.70	300m: 3:40.71 40.77	400m: 4:44.09 30.49			
10.	Ricardo Amorim Rego	84	Braga	<b>4:44.81</b>	+0.84	627 B	
	50m: 29.74 29.74	150m: 1:41.92 37.29	250m: 2:58.84 39.81	350m: 4:12.23 33.45			
	100m: 1:04.63 34.89	200m: 2:19.03 37.11	300m: 3:38.78 39.94	400m: 4:44.81 32.58			
11.	Miguel Silva Oliveira	91	Nautico/Matobra	<b>4:44.95</b>	+0.73	626 B	
	50m: 28.79 28.79	150m: 1:41.37 38.68	250m: 2:59.29 40.87	350m: 4:12.93 32.99			
	100m: 1:02.69 33.90	200m: 2:18.42 37.05	300m: 3:39.94 40.65	400m: 4:44.95 32.02			
12.	Ruben Filipe Nunes	94	Gespacos	<b>4:45.27</b>	+0.80	624 B	
	50m: 29.62 29.62	150m: 1:40.91 37.55	250m: 2:59.08 41.53	350m: 4:13.75 33.94			
	100m: 1:03.36 33.74	200m: 2:17.55 36.64	300m: 3:39.81 40.73	400m: 4:45.27 31.52			
13.	Miguel Monteiro Diogo	93	Alcobaca	<b>4:45.35</b>	+0.69	623 B	
	50m: 29.05 29.05	150m: 1:41.33 38.11	250m: 3:00.04 41.58	350m: 4:14.89 32.19			
	100m: 1:03.22 34.17	200m: 2:18.46 37.13	300m: 3:42.70 42.66	400m: 4:45.35 30.46			
14.	Pedro Andre Santos	94	Alges	<b>4:46.23</b>	+0.72	618 B	
	50m: 29.22 29.22	150m: 1:41.61 37.57	250m: 2:59.16 40.73	350m: 4:14.16 33.84			
	100m: 1:04.04 34.82	200m: 2:18.43 36.82	300m: 3:40.32 41.16	400m: 4:46.23 32.07			
15.	Afonso Lopes dos Santos	95	Bombeiros V. Caldas Rainha	<b>4:46.49</b>	+0.72	616 B	
	50m: 31.37 31.37	150m: 1:44.89 38.45	250m: 3:02.41 40.45	350m: 4:15.30 33.22			
	100m: 1:06.44 35.07	200m: 2:21.96 37.07	300m: 3:42.08 39.67	400m: 4:46.49 31.19			
16.	Diogo Parrilha da Silva	93	Alcobaca	<b>4:46.84</b>	+0.76	614 B	
	50m: 27.50 27.50	150m: 1:39.42 39.36	250m: 2:57.43 39.65	350m: 4:14.08 34.77			
	100m: 1:00.06 32.56	200m: 2:17.78 38.36	300m: 3:39.31 41.88	400m: 4:46.84 32.76			
17.	Miguel Machado Lopes	92	Benedita	<b>4:48.58</b>	+0.68	603 R	
	50m: 29.56 29.56	150m: 1:41.58 37.85	250m: 3:00.35 41.59	350m: 4:16.40 33.57			
	100m: 1:03.73 34.17	200m: 2:18.76 37.18	300m: 3:42.83 42.48	400m: 4:48.58 32.18			
18.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	<b>4:48.78</b>	+0.74	602 R	
	50m: 29.67 29.67	150m: 1:41.85 37.25	250m: 3:00.55 40.95	350m: 4:15.85 33.49			
	100m: 1:04.60 34.93	200m: 2:19.60 37.75	300m: 3:42.36 41.81	400m: 4:48.78 32.93			
19.	Jorge Miguel Carmo	90	Louletano/Loule Concelho	<b>4:49.59</b>	+0.77	596	
	50m: 29.83 29.83	150m: 1:40.95 37.75	250m: 3:00.78 43.02	350m: 4:17.29 33.73			
	100m: 1:03.20 33.37	200m: 2:17.76 36.81	300m: 3:43.56 42.78	400m: 4:49.59 32.30			
20.	Tomas Miguel Freitas	90	Nacional	<b>4:49.62</b>	+0.86	596	
	50m: 29.47 29.47	150m: 1:42.63 39.17	250m: 3:01.92 41.37	350m: 4:17.51 33.10			
	100m: 1:03.46 33.99	200m: 2:20.55 37.92	300m: 3:44.41 42.49	400m: 4:49.62 32.11			
21.	Joao Pedro Braga	94	Naval de Ponta Delgada	<b>4:49.96</b>	+0.82	594	
	50m: 31.37 31.37	150m: 1:47.01 38.26	250m: 3:03.27 39.13	350m: 4:16.57 33.98			
	100m: 1:08.75 37.38	200m: 2:24.14 37.13	300m: 3:42.59 39.32	400m: 4:49.96 33.39			
22.	Rui Filipe Vilar	91	Porto/Dolce Vita	<b>4:50.49</b>	+0.78	591	
	50m: 29.03 29.03	150m: 1:40.10 38.06	250m: 2:59.84 42.25	350m: 4:17.39 35.40			
	100m: 1:02.04 33.01	200m: 2:17.59 37.49	300m: 3:41.99 42.15	400m: 4:50.49 33.10			
23.	Diogo Maia e Silva	93	Pimpoes/Cimai	<b>4:51.37</b>	+0.71	586	
	50m: 30.02 30.02	150m: 1:42.71 37.70	250m: 3:01.46 42.06	350m: 4:18.51 33.26			
	100m: 1:05.01 34.99	200m: 2:19.40 36.69	300m: 3:45.25 43.79	400m: 4:51.37 32.86			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	Bernardo Correia Silva	93	Porto/Dolce Vita	<b>4:51.57</b>	+0.85	584	
	50m: 29.94 29.94	150m: 1:42.89 38.58	250m: 3:02.88 41.83	350m: 4:19.73 34.41			
	100m: 1:04.31 34.37	200m: 2:21.05 38.16	300m: 3:45.32 42.44	400m: 4:51.57 31.84			
25.	Hugo Miguel Nunes	90	Nautico/Matobra	<b>4:51.58</b>	+0.96	584	
	50m: 30.73 30.73	150m: 1:46.51 39.91	250m: 3:06.13 41.22	350m: 4:19.88 33.50			
	100m: 1:06.60 35.87	200m: 2:24.91 38.40	300m: 3:46.38 40.25	400m: 4:51.58 31.70			
26.	Andre Duarte Vaz	93	Ginasio Figueirense	<b>4:53.42</b>	+0.78	573	
	50m: 29.98 29.98	150m: 1:41.82 36.79	250m: 3:01.19 42.59	350m: 4:19.37 34.55			
	100m: 1:05.03 35.05	200m: 2:18.60 36.78	300m: 3:44.82 43.63	400m: 4:53.42 34.05			
27.	Marcelo Goncalo Pereira	90	Vilacondense	<b>4:54.44</b>	+0.78	567	
	<i>FTL</i>						
	50m: 29.23 29.23	150m: 1:43.19 39.34	250m: 3:03.50 41.73	350m: 4:20.39 34.20			
	100m: 1:03.85 34.62	200m: 2:21.77 38.58	300m: 3:46.19 42.69	400m: 4:54.44 34.05			
28.	Renato Filipe Nascimento	94	Louletano/Loule Concelho	<b>4:55.72</b>	+0.82	560	
	50m: 30.29 30.29	150m: 1:43.57 37.08	250m: 3:03.45 43.40	350m: 4:21.75 35.02			
	100m: 1:06.49 36.20	200m: 2:20.05 36.48	300m: 3:46.73 43.28	400m: 4:55.72 33.97			
29.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:55.87</b>	+0.86	559	
	50m: 30.67 30.67	150m: 1:46.37 40.34	250m: 3:06.51 40.86	350m: 4:22.25 35.27			
	100m: 1:06.03 35.36	200m: 2:25.65 39.28	300m: 3:46.98 40.47	400m: 4:55.87 33.62			
30.	Duarte Barros Pires	92	Desportiva Limiana	<b>4:56.87</b>	+0.80	554	
	<i>FTL</i>						
	50m: 30.62 30.62	150m: 1:44.84 38.47	250m: 3:05.09 42.31	350m: 4:23.47 34.32			
	100m: 1:06.37 35.75	200m: 2:22.78 37.94	300m: 3:49.15 44.06	400m: 4:56.87 33.40			
31.	Pedro Gomes Antunes	94	Braga	<b>4:56.92</b>	+0.84	553	
	50m: 30.06 30.06	150m: 1:43.89 38.32	250m: 3:05.68 43.32	350m: 4:24.15 33.19			
	100m: 1:05.57 35.51	200m: 2:22.36 38.47	300m: 3:50.96 45.28	400m: 4:56.92 32.77			
32.	Renato Mendes Pinheiro	94	Desportiva de Viana	<b>4:56.94</b>	+0.78	553	
	50m: 29.18 29.18	150m: 1:41.40 38.23	250m: 3:02.40 44.08	350m: 4:21.68 34.80			
	100m: 1:03.17 33.99	200m: 2:18.32 36.92	300m: 3:46.88 44.48	400m: 4:56.94 35.26			
33.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:57.03</b>	+0.75	553	
	50m: 31.00 31.00	150m: 1:45.28 38.37	250m: 3:05.55 43.20	350m: 4:24.09 35.49			
	100m: 1:06.91 35.91	200m: 2:22.35 37.07	300m: 3:48.60 43.05	400m: 4:57.03 32.94			
34.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:57.27</b>	+0.76	551	
	50m: 29.68 29.68	150m: 1:44.66 39.10	250m: 3:05.38 42.38	350m: 4:23.80 34.75			
	100m: 1:05.56 35.88	200m: 2:23.00 38.34	300m: 3:49.05 43.67	400m: 4:57.27 33.47			
35.	Mario Rui Cruz	94	Amadora	<b>4:57.55</b>	+0.72	550	
	50m: 31.71 31.71	150m: 1:44.88 36.85	250m: 3:05.40 43.00	350m: 4:23.58 34.44			
	100m: 1:08.03 36.32	200m: 2:22.40 37.52	300m: 3:49.14 43.74	400m: 4:57.55 33.97			
36.	Joao Pedro Veiga	94	Nautico/Matobra	<b>4:58.35</b>	+0.78	545	
	50m: 30.78 30.78	150m: 1:46.99 39.81	250m: 3:08.16 42.14	350m: 4:24.89 34.07			
	100m: 1:07.18 36.40	200m: 2:26.02 39.03	300m: 3:50.82 42.66	400m: 4:58.35 33.46			
37.	Andre Eduardo Infante	94	Sporting	<b>5:00.02</b>	+0.78	536	
	50m: 30.54 30.54	150m: 1:45.84 39.76	250m: 3:08.76 44.74	350m: 4:27.82 34.04			
	100m: 1:06.08 35.54	200m: 2:24.02 38.18	300m: 3:53.78 45.02	400m: 5:00.02 32.20			
38.	Joao Andre Neves	95	Academica de Coimbra	<b>5:00.24</b>	+0.78	535	
	50m: 31.25 31.25	150m: 1:48.76 40.86	250m: 3:08.65 40.31	350m: 4:25.85 35.67			
	100m: 1:07.90 36.65	200m: 2:28.34 39.58	300m: 3:50.18 41.53	400m: 5:00.24 34.39			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	Andre Augusto Santos	95	Belenenses	<b>5:00.71</b>	+0.73	533	
	50m: 30.78 30.78	150m: 1:46.15 39.60	250m: 3:08.79 43.94	350m: 4:26.57 33.65	400m: 5:00.71 34.14		
	100m: 1:06.55 35.77	200m: 2:24.85 38.70	300m: 3:52.92 44.13				
40.	Fabio Alexandre Freitas	94	Uniao Piedense	<b>5:00.77</b>	+0.85	532	
	50m: 31.41 31.41	150m: 1:45.01 37.21	250m: 3:05.61 44.45	350m: 4:26.24 35.91	400m: 5:00.77 34.53		
	100m: 1:07.80 36.39	200m: 2:21.16 36.15	300m: 3:50.33 44.72				
41.	Alexandre Santos Gomes	93	Naval do Funchal	<b>5:00.78</b>	+0.81	532	
	<i>FTL</i>						
	50m: 30.28 30.28	150m: 1:45.05 39.56	250m: 3:07.27 43.51	350m: 4:26.67 35.23	400m: 5:00.78 34.11		
	100m: 1:05.49 35.21	200m: 2:23.76 38.71	300m: 3:51.44 44.17				
42.	Rafael Filipe Torres	95	Sporting	<b>5:01.32</b>	+0.85	529	
	50m: 30.93 30.93	150m: 1:46.84 40.10	250m: 3:08.71 42.62	350m: 4:27.66 35.44	400m: 5:01.32 33.66		
	100m: 1:06.74 35.81	200m: 2:26.09 39.25	300m: 3:52.22 43.51				
43.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	<b>5:01.49</b>	+0.88	529	
	50m: 31.71 31.71	150m: 1:49.02 40.94	250m: 3:09.25 41.58	350m: 4:27.48 36.64	400m: 5:01.49 34.01		
	100m: 1:08.08 36.37	200m: 2:27.67 38.65	300m: 3:50.84 41.59				
44.	Diogo Fontes Moreira	93	Estamos Juntos	<b>5:02.04</b>	+0.92	526	
	<i>FTL</i>						
	50m: 30.73 30.73	150m: 1:45.97 38.06	250m: 3:07.09 43.08	350m: 4:27.74 35.40	400m: 5:02.04 34.30		
	100m: 1:07.91 37.18	200m: 2:24.01 38.04	300m: 3:52.34 45.25				
45.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>5:02.61</b>	+0.80	523	
	50m: 30.99 30.99	150m: 1:50.20 43.25	250m: 3:11.92 40.89	350m: 4:28.71 35.12	400m: 5:02.61 33.90		
	100m: 1:06.95 35.96	200m: 2:31.03 40.83	300m: 3:53.59 41.67				
46.	Jose Manuel Dias	94	Uniao Piedense	<b>5:02.81</b>	+0.78	522	
	50m: 30.73 30.73	150m: 1:46.51 39.82	250m: 3:10.05 44.40	350m: 4:29.39 35.45	400m: 5:02.81 33.42		
	100m: 1:06.69 35.96	200m: 2:25.65 39.14	300m: 3:53.94 43.89				
47.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	<b>5:03.22</b>	+0.78	520	
	<i>FTL</i>						
	50m: 29.84 29.84	150m: 1:44.19 39.06	250m: 3:06.47 43.06	350m: 4:27.35 36.40	400m: 5:03.22 35.87		
	100m: 1:05.13 35.29	200m: 2:23.41 39.22	300m: 3:50.95 44.48				
48.	Antero Simao Martins	94	Nautico da Marinha Grande	<b>5:03.88</b>	+0.73	516	
	50m: 30.82 30.82	150m: 1:46.30 39.62	250m: 3:09.34 44.25	350m: 4:30.41 34.60	400m: 5:03.88 33.47		
	100m: 1:06.68 35.86	200m: 2:25.09 38.79	300m: 3:55.81 46.47				
49.	Luis Manuel Fernandes	95	Famalicao	<b>5:04.54</b>	+0.74	513	
	50m: 30.30 30.30	150m: 1:47.88 41.49	250m: 3:08.10 38.93	350m: 4:28.05 37.85	400m: 5:04.54 36.49		
	100m: 1:06.39 36.09	200m: 2:29.17 41.29	300m: 3:50.20 42.10				
50.	Pedro Miguel Silva	94	Colegio Monte Maior	<b>5:04.77</b>	+0.82	512	
	50m: 31.93 31.93	150m: 1:51.01 40.61	250m: 3:12.18 40.66	350m: 4:30.32 36.25	400m: 5:04.77 34.45		
	100m: 1:10.40 38.47	200m: 2:31.52 40.51	300m: 3:54.07 41.89				
51.	Joao Nuno Pedro	95	Sporting	<b>5:05.42</b>	+0.75	508	
	50m: 32.05 32.05	150m: 1:48.51 38.09	250m: 3:10.88 43.47	350m: 4:30.52 35.93	400m: 5:05.42 34.90		
	100m: 1:10.42 38.37	200m: 2:27.41 38.90	300m: 3:54.59 43.71				
52.	Cesar Filipe Magalhaes	95	Foca	<b>5:06.78</b>	+0.85	502	
	50m: 31.34 31.34	150m: 1:46.30 38.58	250m: 3:11.02 46.99	350m: 4:32.93 34.66	400m: 5:06.78 33.85		
	100m: 1:07.72 36.38	200m: 2:24.03 37.73	300m: 3:58.27 47.25				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	Luis Pedro Ribeiro	94	Desportiva de Viana	<b>5:08.00</b>	+0.82	496	
	50m: 30.97 30.97	150m: 1:47.79 40.55	250m: 3:12.43 45.10	350m: 4:33.08 35.68			
	100m: 1:07.24 36.27	200m: 2:27.33 39.54	300m: 3:57.40 44.97	400m: 5:08.00 34.92			
54.	Joao Manuel Borges	94	Ginasio Figueirense	<b>5:08.40</b>	+0.86	494	
	50m: 31.65 31.65	150m: 1:47.67 39.01	250m: 3:12.04 46.76	350m: 4:34.00 35.57			
	100m: 1:08.66 37.01	200m: 2:25.28 37.61	300m: 3:58.43 46.39	400m: 5:08.40 34.40			
55.	Hugo Miguel Silva	94	Braga	<b>5:08.50</b>	+0.77	493	
	50m: 31.46 31.46	150m: 1:47.10 40.28	250m: 3:10.18 42.68	350m: 4:31.61 37.61			
	100m: 1:06.82 35.36	200m: 2:27.50 40.40	300m: 3:54.00 43.82	400m: 5:08.50 36.89			
56.	Rui Pedro Faria	94	Famalicao	<b>5:08.71</b>	+0.71	492	
	50m: 31.85 31.85	150m: 1:50.01 41.38	250m: 3:12.64 42.55	350m: 4:33.60 36.33			
	100m: 1:08.63 36.78	200m: 2:30.09 40.08	300m: 3:57.27 44.63	400m: 5:08.71 35.11			
57.	Lourenco Silva Damas	95	GesLoures	<b>5:08.98</b>	+0.84	491	
	50m: 33.49 33.49	150m: 1:52.17 40.51	250m: 3:15.22 44.66	350m: 4:36.14 36.21			
	100m: 1:11.66 38.17	200m: 2:30.56 38.39	300m: 3:59.93 44.71	400m: 5:08.98 32.84			
58.	Ricardo Miguel Antunes <i>FTL</i>	94	GesLoures	<b>5:09.29</b>	+0.78	490	
	50m: 31.42 31.42	150m: 1:48.54 40.56	250m: 3:14.22 46.40	350m: 4:35.08 35.21			
	100m: 1:07.98 36.56	200m: 2:27.82 39.28	300m: 3:59.87 45.65	400m: 5:09.29 34.21			
59.	Nuno Miguel Feliciano	95	Alcobaca	<b>5:10.45</b>	+0.63	484	
	50m: 32.07 32.07	150m: 1:51.00 39.56	250m: 3:12.29 40.59	350m: 4:33.52 37.35			
	100m: 1:11.44 39.37	200m: 2:31.70 40.70	300m: 3:56.17 43.88	400m: 5:10.45 36.93			
60.	Frederico Renato Sousa	95	Gespacos	<b>5:11.14</b>	+0.80	481	
	50m: 31.60 31.60	150m: 1:50.19 42.28	250m: 3:15.94 44.43	350m: 4:36.87 37.39			
	100m: 1:07.91 36.31	200m: 2:31.51 41.32	300m: 3:59.48 43.54	400m: 5:11.14 34.27			
61.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>5:11.46</b>	+0.59	479	
	50m: 31.11 31.11	150m: 1:47.88 39.67	250m: 3:11.81 42.84	350m: 4:34.09 37.61			
	100m: 1:08.21 37.10	200m: 2:28.97 41.09	300m: 3:56.48 44.67	400m: 5:11.46 37.37			
62.	Manuel Henrique Alves	95	Desportiva de Viana	<b>5:11.80</b>	+0.72	478	
	50m: 32.97 32.97	150m: 1:54.99 42.15	250m: 3:18.70 43.15	350m: 4:38.36 35.83			
	100m: 1:12.84 39.87	200m: 2:35.55 40.56	300m: 4:02.53 43.83	400m: 5:11.80 33.44			
63.	Pedro Miguel Ribeiro	95	Associacao de Gouveia	<b>5:13.21</b>	+0.82	471	
	50m: 31.63 31.63	150m: 1:51.89 42.77	250m: 3:15.73 42.60	350m: 4:37.76 37.68			
	100m: 1:09.12 37.49	200m: 2:33.13 41.24	300m: 4:00.08 44.35	400m: 5:13.21 35.45			
64.	Henrique Jose Marquez	95	Galitos	<b>5:14.76</b>	+0.77	464	
	50m: 31.02 31.02	150m: 1:47.98 41.64	250m: 3:14.72 46.25	350m: 4:39.00 38.34			
	100m: 1:06.34 35.32	200m: 2:28.47 40.49	300m: 4:00.66 45.94	400m: 5:14.76 35.76			
65.	Pedro Alexandre Bento	95	Alges	<b>5:16.68</b>	+0.83	456	
	50m: 31.32 31.32	150m: 1:51.84 42.35	250m: 3:16.79 44.43	350m: 4:39.62 38.49			
	100m: 1:09.49 38.17	200m: 2:32.36 40.52	300m: 4:01.13 44.34	400m: 5:16.68 37.06			
66.	Afonso Mateus Ribeiro	95	Belenenses	<b>5:17.72</b>	+0.80	452	
	50m: 31.53 31.53	150m: 1:51.67 43.32	250m: 3:20.80 46.32	350m: 4:43.23 36.21			
	100m: 1:08.35 36.82	200m: 2:34.48 42.81	300m: 4:07.02 46.22	400m: 5:17.72 34.49			
67.	Joao Carlos Paula <i>FTL</i>	94	Galitos	<b>5:17.93</b>	+0.84	451	
	50m: 32.14 32.14	150m: 1:49.58 40.16	250m: 3:17.37 47.67	350m: 4:42.57 37.38			
	100m: 1:09.42 37.28	200m: 2:29.70 40.12	300m: 4:05.19 47.82	400m: 5:17.93 35.36			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
68.	Miguel Angelo Cruz <i>FTL</i>	95	GesLoures	<b>5:20.46</b>	+0.75	440	
	50m: 33.11 33.11	150m: 1:54.31 42.90	250m: 3:20.54 43.81	350m: 4:42.73 37.94			
	100m: 1:11.41 38.30	200m: 2:36.73 42.42	300m: 4:04.79 44.25	400m: 5:20.46 37.73			
69.	Joao Duarte Marafona <i>FTL</i>	95	Vilacondense	<b>5:21.24</b>	+0.87	437	
	50m: 32.95 32.95	150m: 1:56.64 44.05	250m: 3:25.67 47.04	350m: 4:47.72 35.52			
	100m: 1:12.59 39.64	200m: 2:38.63 41.99	300m: 4:12.20 46.53	400m: 5:21.24 33.52			
70.	Hugo Ricardo Gambutas <i>FTL</i>	95	Estremoz	<b>5:43.65</b>	+0.89	357	
	50m: 34.00 34.00	150m: 2:01.15 44.56	250m: 3:35.82 49.39	350m: 5:05.18 39.63			
	100m: 1:16.59 42.59	200m: 2:46.43 45.28	300m: 4:25.55 49.73	400m: 5:43.65 38.47			
DSQ	Andre Rafael Marinho <i>530 - Batimento alternado de pernas após viragem aos 200 m</i>	93	Uniao Piedense		+0.84		
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Andre Machado Vale <i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 100 m</i>	95	Viana Natacao		+1.14		
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Seniores

1.	Pedro Miguel Pinotes	89	Sporting	<b>4:36.59</b>	+0.71	685	A
	50m: 29.06 29.06	150m: 1:36.93 35.16	250m: 2:49.78 38.73	350m: 4:03.22 34.67			
	100m: 1:01.77 32.71	200m: 2:11.05 34.12	300m: 3:28.55 38.77	400m: 4:36.59 33.37			
2.	Nuno Rafael Alves	90	Gespacos	<b>4:40.02</b>	+0.99	660	A
	50m: 29.29 29.29	150m: 1:40.37 37.45	250m: 2:55.10 38.69	350m: 4:07.48 33.25			
	100m: 1:02.92 33.63	200m: 2:16.41 36.04	300m: 3:34.23 39.13	400m: 4:40.02 32.54			
3.	Andre Bras Goncalves	88	Amadora	<b>4:40.15</b>	+0.77	659	A
	50m: 28.73 28.73	150m: 1:40.12 37.11	250m: 2:55.69 39.05	350m: 4:08.20 32.42			
	100m: 1:03.01 34.28	200m: 2:16.64 36.52	300m: 3:35.78 40.09	400m: 4:40.15 31.95			
4.	Duarte Rafael Mourao	84	Amadora	<b>4:41.74</b>	+0.75	648	A
	50m: 29.52 29.52	150m: 1:41.48 38.38	250m: 2:59.11 40.91	350m: 4:11.82 32.85			
	100m: 1:03.10 33.58	200m: 2:18.20 36.72	300m: 3:38.97 39.86	400m: 4:41.74 29.92			
5.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	<b>4:44.08</b>	+0.64	632	A
	50m: 29.31 29.31	150m: 1:39.02 36.35	250m: 2:56.05 40.74	350m: 4:12.34 34.78			
	100m: 1:02.67 33.36	200m: 2:15.31 36.29	300m: 3:37.56 41.51	400m: 4:44.08 31.74			
6.	Ricardo Amorim Rego	84	Braga	<b>4:44.81</b>	+0.84	627	B
	50m: 29.74 29.74	150m: 1:41.92 37.29	250m: 2:58.84 39.81	350m: 4:12.23 33.45			
	100m: 1:04.63 34.89	200m: 2:19.03 37.11	300m: 3:38.78 39.94	400m: 4:44.81 32.58			
7.	Miguel Silva Oliveira	91	Nautico/Matobra	<b>4:44.95</b>	+0.73	626	B
	50m: 28.79 28.79	150m: 1:41.37 38.68	250m: 2:59.29 40.87	350m: 4:12.93 32.99			
	100m: 1:02.69 33.90	200m: 2:18.42 37.05	300m: 3:39.94 40.65	400m: 4:44.95 32.02			
8.	Jorge Miguel Carmo	90	Louletano/Loule Concelho	<b>4:49.59</b>	+0.77	596	
	50m: 29.83 29.83	150m: 1:40.95 37.75	250m: 3:00.78 43.02	350m: 4:17.29 33.73			
	100m: 1:03.20 33.37	200m: 2:17.76 36.81	300m: 3:43.56 42.78	400m: 4:49.59 32.30			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Tomas Miguel Freitas	90	Nacional	<b>4:49.62</b>	+0.86	596	
	50m: 29.47 29.47	150m: 1:42.63 39.17	250m: 3:01.92 41.37	350m: 4:17.51 33.10			
	100m: 1:03.46 33.99	200m: 2:20.55 37.92	300m: 3:44.41 42.49	400m: 4:49.62 32.11			
10.	Rui Filipe Vilar	91	Porto/Dolce Vita	<b>4:50.49</b>	+0.78	591	
	50m: 29.03 29.03	150m: 1:40.10 38.06	250m: 2:59.84 42.25	350m: 4:17.39 35.40			
	100m: 1:02.04 33.01	200m: 2:17.59 37.49	300m: 3:41.99 42.15	400m: 4:50.49 33.10			
11.	Hugo Miguel Nunes	90	Nautico/Matobra	<b>4:51.58</b>	+0.96	584	
	50m: 30.73 30.73	150m: 1:46.51 39.91	250m: 3:06.13 41.22	350m: 4:19.88 33.50			
	100m: 1:06.60 35.87	200m: 2:24.91 38.40	300m: 3:46.38 40.25	400m: 4:51.58 31.70			
12.	Marcelo Goncalo Pereira	90	Vilacondense	<b>4:54.44</b>	+0.78	567	
	<i>FTL</i>						
	50m: 29.23 29.23	150m: 1:43.19 39.34	250m: 3:03.50 41.73	350m: 4:20.39 34.20			
	100m: 1:03.85 34.62	200m: 2:21.77 38.58	300m: 3:46.19 42.69	400m: 4:54.44 34.05			

Juniores2

1.	Alexis Manacas Santos	92	Sporting	<b>4:43.47</b>	+0.78	636	A
	50m: 29.68 29.68	150m: 1:39.43 35.74	250m: 2:54.73 41.28	350m: 4:09.62 35.81			
	100m: 1:03.69 34.01	200m: 2:13.45 34.02	300m: 3:33.81 39.08	400m: 4:43.47 33.85			
2.	Paulo Andre Dias	92	Gespacos	<b>4:44.09</b>	+0.81	632	B
	50m: 30.01 30.01	150m: 1:41.85 38.62	250m: 2:59.94 41.39	350m: 4:13.60 32.89			
	100m: 1:03.23 33.22	200m: 2:18.55 36.70	300m: 3:40.71 40.77	400m: 4:44.09 30.49			
3.	Miguel Machado Lopes	92	Benedita	<b>4:48.58</b>	+0.68	603	R
	50m: 29.56 29.56	150m: 1:41.58 37.85	250m: 3:00.35 41.59	350m: 4:16.40 33.57			
	100m: 1:03.73 34.17	200m: 2:18.76 37.18	300m: 3:42.83 42.48	400m: 4:48.58 32.18			
4.	Duarte Barros Pires	92	Desportiva Limiana	<b>4:56.87</b>	+0.80	554	
	<i>FTL</i>						
	50m: 30.62 30.62	150m: 1:44.84 38.47	250m: 3:05.09 42.31	350m: 4:23.47 34.32			
	100m: 1:06.37 35.75	200m: 2:22.78 37.94	300m: 3:49.15 44.06	400m: 4:56.87 33.40			

Juniores1

1.	Joao Claudio Sousa	93	Gespacos	<b>4:43.69</b>	+0.82	635	A
	50m: 29.91 29.91	150m: 1:41.71 37.55	250m: 2:58.01 39.77	350m: 4:11.99 33.35			
	100m: 1:04.16 34.25	200m: 2:18.24 36.53	300m: 3:38.64 40.63	400m: 4:43.69 31.70			
2.	Miguel Monteiro Diogo	93	Alcobaca	<b>4:45.35</b>	+0.69	623	B
	50m: 29.05 29.05	150m: 1:41.33 38.11	250m: 3:00.04 41.58	350m: 4:14.89 32.19			
	100m: 1:03.22 34.17	200m: 2:18.46 37.13	300m: 3:42.70 42.66	400m: 4:45.35 30.46			
3.	Diogo Parrilha da Silva	93	Alcobaca	<b>4:46.84</b>	+0.76	614	B
	50m: 27.50 27.50	150m: 1:39.42 39.36	250m: 2:57.43 39.65	350m: 4:14.08 34.77			
	100m: 1:00.06 32.56	200m: 2:17.78 38.36	300m: 3:39.31 41.88	400m: 4:46.84 32.76			
4.	Pedro Ribeiro Mendes	93	Colegio Vasco da Gama	<b>4:48.78</b>	+0.74	602	R
	50m: 29.67 29.67	150m: 1:41.85 37.25	250m: 3:00.55 40.95	350m: 4:15.85 33.49			
	100m: 1:04.60 34.93	200m: 2:19.60 37.75	300m: 3:42.36 41.81	400m: 4:48.78 32.93			
5.	Diogo Maia e Silva	93	Pimpoes/Cimai	<b>4:51.37</b>	+0.71	586	
	50m: 30.02 30.02	150m: 1:42.71 37.70	250m: 3:01.46 42.06	350m: 4:18.51 33.26			
	100m: 1:05.01 34.99	200m: 2:19.40 36.69	300m: 3:45.25 43.79	400m: 4:51.37 32.86			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
Coimbra, 29.7. - 1.8.2010

Prova 15, Masc., 400m Estilos, Elimin, Juniores1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Bernardo Correia Silva	93	Porto/Dolce Vita	<b>4:51.57</b>	+0.85	584	
	50m: 29.94 29.94	150m: 1:42.89 38.58	250m: 3:02.88 41.83	350m: 4:19.73 34.41			
	100m: 1:04.31 34.37	200m: 2:21.05 38.16	300m: 3:45.32 42.44	400m: 4:51.57 31.84			
7.	Andre Duarte Vaz	93	Ginasio Figueirense	<b>4:53.42</b>	+0.78	573	
	50m: 29.98 29.98	150m: 1:41.82 36.79	250m: 3:01.19 42.59	350m: 4:19.37 34.55			
	100m: 1:05.03 35.05	200m: 2:18.60 36.78	300m: 3:44.82 43.63	400m: 4:53.42 34.05			
8.	Alexandre Santos Gomes	93	Naval do Funchal	<b>5:00.78</b>	+0.81	532	
	<i>FTL</i>						
	50m: 30.28 30.28	150m: 1:45.05 39.56	250m: 3:07.27 43.51	350m: 4:26.67 35.23			
	100m: 1:05.49 35.21	200m: 2:23.76 38.71	300m: 3:51.44 44.17	400m: 5:00.78 34.11			
9.	Diogo Fontes Moreira	93	Estamos Juntos	<b>5:02.04</b>	+0.92	526	
	<i>FTL</i>						
	50m: 30.73 30.73	150m: 1:45.97 38.06	250m: 3:07.09 43.08	350m: 4:27.74 35.40			
	100m: 1:07.91 37.18	200m: 2:24.01 38.04	300m: 3:52.34 45.25	400m: 5:02.04 34.30			
10.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	<b>5:03.22</b>	+0.78	520	
	<i>FTL</i>						
	50m: 29.84 29.84	150m: 1:44.19 39.06	250m: 3:06.47 43.06	350m: 4:27.35 36.40			
	100m: 1:05.13 35.29	200m: 2:23.41 39.22	300m: 3:50.95 44.48	400m: 5:03.22 35.87			
DSQ	Andre Rafael Marinho	93	Uniao Piedense		+0.84		
	<i>530 - Batimento alternado de pernas após viragem aos 200 m</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			