

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

Event 30 Men, 200m Breaststroke Open Results Prelim
31-07-2010 - 9:45

| | | | | | |
|---------------|---------|------------------------|--------|---------------|------------|
| Rec Nac Open | 2:13.34 | Carlos Esteves Almeida | FPN | Beijing (CHN) | 12-08-2008 |
| Rec Nac Inf B | 2:39.83 | Luis Manuel Fernandes | GDNVNF | Famalicao | 20-07-2008 |
| Rec Nac Inf A | 2:32.84 | tempo limite | | | |
| Rec Nac Juv B | 2:24.15 | Andre Miguel Silva | PDEM | Loulé | 10-06-2006 |
| Rec Nac Juv A | 2:23.94 | Andre Miguel Silva | PDEM | Coimbra | 25-03-2007 |
| Rec Nac Jun | 2:15.99 | Andre Miguel Silva | PDEM | Faro | 20-07-2009 |
| Rec Nac Sen | 2:13.34 | Carlos Esteves Almeida | FPN | Beijing (CHN) | 12-08-2008 |

TAC SEN/JUN2 Masc 18 +: 2:33.00 / TAC JUN1 Masc 17: 2:35.00 / TAC JUV A Masc Juv A: 2:44.00 / TAC JUV B Masc Juv B: 2:48.00

| Rank | YB | | Time | | 50m | 100m | 150m | 200m |
|------|----|---------------------------|----------------|---|-------|-------|-------|-------|
| Open | | | | | | | | |
| 1. | 89 | Eiffel | 2:21.59 | A | 31.40 | 36.57 | 37.46 | 36.16 |
| 2. | 89 | Kuwait | 2:23.13 | A | 31.74 | 36.14 | 37.48 | 37.77 |
| 3. | 84 | Vilacondense | 2:24.39 | A | 32.58 | 37.00 | 37.75 | 37.06 |
| 4. | 91 | Palmela | 2:25.89 | A | 32.95 | 37.80 | 37.45 | 37.69 |
| 5. | 89 | Sporting | 2:26.24 | A | 33.35 | 37.30 | 38.17 | 37.42 |
| 6. | 95 | Famalicao | 2:26.41 | A | 34.03 | 36.87 | 37.58 | 37.93 |
| 7. | 91 | Porto/Dolce Vita | 2:26.51 | A | 33.00 | 37.16 | 37.33 | 39.02 |
| 8. | 89 | Porto/Dolce Vita | 2:27.65 | A | 33.26 | 37.33 | 38.49 | 38.57 |
| 9. | 90 | Gespacos | 2:27.71 | B | 33.52 | 37.54 | 38.32 | 38.33 |
| 10. | 94 | Naval de Ponta Delgada | 2:28.05 | B | 33.48 | 37.44 | 38.77 | 38.36 |
| 11. | 90 | Natacao da Maia | 2:28.08 | B | 32.80 | 37.74 | 38.53 | 39.01 |
| 12. | 91 | Nautico/Matobra | 2:28.36 | B | 33.39 | 37.13 | 38.60 | 39.24 |
| 13. | 91 | Vilacondense | 2:28.57 | B | 33.41 | 37.49 | 38.72 | 38.95 |
| 14. | 86 | Naval Setubalense | 2:28.94 | B | 33.42 | 38.09 | 37.77 | 39.66 |
| 15. | 93 | Kuwait | 2:28.96 | B | 33.96 | 38.34 | 38.12 | 38.54 |
| 16. | 90 | Vilacondense | 2:29.34 | B | 33.02 | 38.08 | 38.09 | 40.15 |
| 17. | 88 | Amadora | 2:29.37 | R | 33.28 | 38.01 | 38.81 | 39.27 |
| 18. | 93 | Gespacos | 2:29.66 | R | 34.06 | 37.88 | 38.75 | 38.97 |
| 19. | 84 | Braga | 2:29.74 | | 33.65 | 37.50 | 38.94 | 39.65 |
| 20. | 87 | GesLoures | 2:29.84 | | 34.36 | 38.41 | 39.53 | 37.54 |
| 21. | 93 | Porto/Dolce Vita | 2:30.42 | | 34.31 | 38.43 | 38.57 | 39.11 |
| 22. | 92 | Columbifila/Cantanhedense | 2:30.68 | | 32.94 | 38.01 | 39.18 | 40.55 |
| 23. | 92 | Sporting | 2:30.84 | | 32.48 | 37.84 | 40.01 | 40.51 |
| 24. | 94 | Vitoria de Guimaraes | 2:32.24 | | 35.26 | 39.03 | 39.39 | 38.56 |
| 25. | 95 | Academica de Coimbra | 2:32.87 | | 34.24 | 38.00 | 39.60 | 41.03 |
| 26. | 90 | Nautico/Matobra | 2:32.92 | | 34.55 | 38.89 | 39.58 | 39.90 |
| 27. | 91 | Porto/Dolce Vita | 2:33.11 | | 33.73 | 37.97 | 39.54 | 41.87 |
| | | <i>FTL</i> | | | | | | |
| 28. | 95 | Uniao Piedense | 2:33.75 | | 34.50 | 39.21 | 40.18 | 39.86 |
| 29. | 92 | Alges | 2:34.10 | | 34.47 | 40.01 | 41.23 | 38.39 |
| | | <i>FTL</i> | | | | | | |
| 30. | 94 | Braga | 2:34.26 | | 35.54 | 38.91 | 39.64 | 40.17 |
| 31. | 87 | Nacional | 2:34.96 | | 35.24 | 39.91 | 38.99 | 40.82 |
| | | <i>FTL</i> | | | | | | |
| 32. | 95 | Alcobaca | 2:35.14 | | 34.85 | 39.21 | 40.65 | 40.43 |
| 33. | 86 | Bairro dos Anjos | 2:35.21 | | 33.70 | 38.85 | 40.51 | 42.15 |
| | | <i>FTL</i> | | | | | | |
| 34. | 89 | Nautico/Matobra | 2:35.47 | | 32.58 | 38.78 | 41.34 | 42.77 |
| | | <i>FTL</i> | | | | | | |
| 35. | 92 | Desportiva Limiana | 2:35.70 | | 35.01 | 38.87 | 40.67 | 41.15 |
| | | <i>FTL</i> | | | | | | |

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
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Event 30, Men, 200m Breaststroke, Prelim, Open

| Rank | YB | | Time | 50m | 100m | 150m | 200m |
|------|----|--|----------------|-------|-------|-------|-------|
| 36. | 94 | Louletano/Loule Concelho | 2:35.71 | 34.74 | 39.13 | 40.55 | 41.29 |
| 37. | 94 | Nautico/Matobra | 2:35.85 | 34.91 | 39.67 | 40.32 | 40.95 |
| 38. | 94 | Feirense | 2:35.99 | 35.79 | 40.61 | 39.72 | 39.87 |
| 39. | 92 | Vilacondense | 2:36.07 | 33.80 | 39.79 | 40.82 | 41.66 |
| | | <i>FTL</i> | | | | | |
| 40. | 94 | Colegio Monte Maior | 2:36.44 | 36.36 | 40.09 | 40.88 | 39.11 |
| 41. | 95 | Natacao de Olhao | 2:36.56 | 35.15 | 40.88 | 40.69 | 39.84 |
| 42. | 91 | Naval do Funchal | 2:36.77 | 34.72 | 41.11 | 40.21 | 40.73 |
| | | <i>FTL</i> | | | | | |
| 43. | 95 | Alges | 2:37.78 | 35.61 | 39.58 | 41.00 | 41.59 |
| 44. | 94 | Lisnave | 2:38.12 | 36.19 | 40.33 | 41.59 | 40.01 |
| 45. | 94 | Academica de Coimbra | 2:38.56 | 35.87 | 40.11 | 41.66 | 40.92 |
| 46. | 95 | Colegio Vasco da Gama | 2:39.16 | 35.11 | 39.86 | 41.09 | 43.10 |
| 47. | 94 | Gespacos | 2:40.06 | 36.01 | 40.44 | 41.47 | 42.14 |
| 48. | 95 | Pimpoes/Cimai | 2:40.09 | 35.55 | 42.36 | 41.68 | 40.50 |
| 49. | 94 | Belenenses | 2:40.45 | 37.04 | 41.63 | 39.71 | 42.07 |
| 50. | 94 | Bairro dos Anjos | 2:41.14 | 36.29 | 40.25 | 42.05 | 42.55 |
| 51. | 90 | Nacional | 2:41.15 | 32.89 | 39.89 | 43.05 | 45.32 |
| | | <i>FTL</i> | | | | | |
| 52. | 95 | GesLoures | 2:41.20 | 36.12 | 41.15 | 41.77 | 42.16 |
| 53. | 92 | Braga | 2:41.28 | 35.46 | 41.34 | 43.01 | 41.47 |
| | | <i>FTL</i> | | | | | |
| 54. | 95 | Gespacos | 2:41.96 | 37.20 | 41.19 | 41.48 | 42.09 |
| 55. | 95 | Viana Natacao | 2:42.28 | 36.27 | 41.46 | 42.56 | 41.99 |
| 56. | 92 | Braga | 2:43.14 | 36.32 | 40.23 | 42.70 | 43.89 |
| | | <i>FTL</i> | | | | | |
| 57. | 95 | Feirense | 2:43.39 | 35.34 | 41.38 | 43.52 | 43.15 |
| 58. | 95 | Amadora | 2:43.54 | 36.31 | 40.51 | 43.03 | 43.69 |
| 59. | 93 | Aminata | 2:43.58 | 35.63 | 39.66 | 42.97 | 45.32 |
| | | <i>FTL</i> | | | | | |
| 60. | 94 | Academica de Coimbra | 2:43.88 | 36.65 | 41.36 | 42.27 | 43.60 |
| 61. | 95 | Associacao de Gouveia | 2:44.15 | 36.58 | 41.77 | 43.41 | 42.39 |
| 62. | 95 | Ginasio de Santo Tirso | 2:44.78 | 36.61 | 41.06 | 43.34 | 43.77 |
| 63. | 95 | Desportiva de Viana | 2:45.11 | 37.54 | 43.00 | 43.08 | 41.49 |
| 64. | 95 | Desporto de Barcelos | 2:45.20 | 37.12 | 41.72 | 43.50 | 42.86 |
| 65. | 95 | Nacional | 2:46.79 | 37.57 | 42.38 | 44.52 | 42.32 |
| 66. | 94 | Rio Maior | 2:46.90 | 38.44 | 41.35 | 43.30 | 43.81 |
| | | <i>FTL</i> | | | | | |
| 67. | 95 | Fafe | 2:47.35 | 37.54 | 42.30 | 43.63 | 43.88 |
| 68. | 95 | Foca | 2:47.40 | 37.28 | 42.55 | 43.70 | 43.87 |
| 69. | 95 | Bombeiros Ponta Delgada | 2:48.00 | 37.55 | 42.19 | 44.41 | 43.85 |
| 70. | 94 | Beja | 2:53.25 | 38.12 | 43.33 | 46.02 | 45.78 |
| | | <i>FTL</i> | | | | | |
| 71. | 95 | Estremoz | 3:07.73 | 40.69 | 48.54 | 50.13 | 48.37 |
| | | <i>FTL</i> | | | | | |
| DSQ | 92 | Sporting | | | | | |
| | | <i>310 - Duas pernadas golfinho após viragem aos 100 m</i> | | | | | |

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
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Event 30, Men, 200m Breaststroke, Prelim

Juvenis B

| | | | | | | | | | |
|-----|-------------------------|----|-------------------------|----------------|---|-------|-------|-------|-------|
| 1. | Luis Manuel Fernandes | 95 | Famalicao | 2:26.41 | A | 34.03 | 36.87 | 37.58 | 37.93 |
| 2. | Joao Andre Neves | 95 | Academica de Coimbra | 2:32.87 | | 34.24 | 38.00 | 39.60 | 41.03 |
| 3. | Diogo Miguel Silva | 95 | Uniao Piedense | 2:33.75 | | 34.50 | 39.21 | 40.18 | 39.86 |
| 4. | Nuno Miguel Feliciano | 95 | Alcobaca | 2:35.14 | | 34.85 | 39.21 | 40.65 | 40.43 |
| 5. | Mauro Filipe Viegas | 95 | Natacao de Olhao | 2:36.56 | | 35.15 | 40.88 | 40.69 | 39.84 |
| 6. | Pedro Alexandre Bento | 95 | Alges | 2:37.78 | | 35.61 | 39.58 | 41.00 | 41.59 |
| 7. | Pedro Afonso Centeno | 95 | Colegio Vasco da Gama | 2:39.16 | | 35.11 | 39.86 | 41.09 | 43.10 |
| 8. | Ricardo Filipe Ferreira | 95 | Pimpoes/Cimai | 2:40.09 | | 35.55 | 42.36 | 41.68 | 40.50 |
| 9. | Miguel Angelo Cruz | 95 | GesLoures | 2:41.20 | | 36.12 | 41.15 | 41.77 | 42.16 |
| 10. | Frederico Renato Sousa | 95 | Gespacos | 2:41.96 | | 37.20 | 41.19 | 41.48 | 42.09 |
| 11. | Andre Machado Vale | 95 | Viana Natacao | 2:42.28 | | 36.27 | 41.46 | 42.56 | 41.99 |
| 12. | Goncalo Pereira Sa | 95 | Feirense | 2:43.39 | | 35.34 | 41.38 | 43.52 | 43.15 |
| 13. | Joao Valentim Compoete | 95 | Amadora | 2:43.54 | | 36.31 | 40.51 | 43.03 | 43.69 |
| 14. | Pedro Miguel Ribeiro | 95 | Associacao de Gouveia | 2:44.15 | | 36.58 | 41.77 | 43.41 | 42.39 |
| 15. | Tiago Sobral Coelho | 95 | Ginasio de Santo Tirso | 2:44.78 | | 36.61 | 41.06 | 43.34 | 43.77 |
| 16. | Manuel Henrique Alves | 95 | Desportiva de Viana | 2:45.11 | | 37.54 | 43.00 | 43.08 | 41.49 |
| 17. | Mauro Gaspar Ferreira | 95 | Desporto de Barcelos | 2:45.20 | | 37.12 | 41.72 | 43.50 | 42.86 |
| 18. | Andre Goncalo Gomes | 95 | Nacional | 2:46.79 | | 37.57 | 42.38 | 44.52 | 42.32 |
| 19. | Carlos Cunha Costa | 95 | Fafe | 2:47.35 | | 37.54 | 42.30 | 43.63 | 43.88 |
| 20. | Luis Miguel Lopes | 95 | Foca | 2:47.40 | | 37.28 | 42.55 | 43.70 | 43.87 |
| 21. | Miguel Rego Borges | 95 | Bombeiros Ponta Delgada | 2:48.00 | | 37.55 | 42.19 | 44.41 | 43.85 |
| 22. | Hugo Ricardo Gambutas | 95 | Estremoz | 3:07.73 | | 40.69 | 48.54 | 50.13 | 48.37 |

FTL

Juvenis A

| | | | | | | | | | |
|-----|------------------------|----|--------------------------|----------------|---|-------|-------|-------|-------|
| 1. | Joao Pedro Braga | 94 | Naval de Ponta Delgada | 2:28.05 | B | 33.48 | 37.44 | 38.77 | 38.36 |
| 2. | Diogo Manuel Rodrigues | 94 | Vitoria de Guimaraes | 2:32.24 | | 35.26 | 39.03 | 39.39 | 38.56 |
| 3. | Hugo Miguel Silva | 94 | Braga | 2:34.26 | | 35.54 | 38.91 | 39.64 | 40.17 |
| 4. | Edgar Miguel Lopes | 94 | Louletano/Loule Concelho | 2:35.71 | | 34.74 | 39.13 | 40.55 | 41.29 |
| 5. | Joao Pedro Veiga | 94 | Nautico/Matobra | 2:35.85 | | 34.91 | 39.67 | 40.32 | 40.95 |
| 6. | Alcides Costa Sousa | 94 | Feirense | 2:35.99 | | 35.79 | 40.61 | 39.72 | 39.87 |
| 7. | Pedro Miguel Silva | 94 | Colegio Monte Maior | 2:36.44 | | 36.36 | 40.09 | 40.88 | 39.11 |
| 8. | Rui Pedro Horta | 94 | Lisnave | 2:38.12 | | 36.19 | 40.33 | 41.59 | 40.01 |
| 9. | Pedro Barros Mendes | 94 | Academica de Coimbra | 2:38.56 | | 35.87 | 40.11 | 41.66 | 40.92 |
| 10. | Ruben Filipe Nunes | 94 | Gespacos | 2:40.06 | | 36.01 | 40.44 | 41.47 | 42.14 |
| 11. | Antonio Sampaio Rebolo | 94 | Belenenses | 2:40.45 | | 37.04 | 41.63 | 39.71 | 42.07 |
| 12. | Diogo Manuel Domingues | 94 | Bairro dos Anjos | 2:41.14 | | 36.29 | 40.25 | 42.05 | 42.55 |
| 13. | Ruben Paiva Carvalho | 94 | Academica de Coimbra | 2:43.88 | | 36.65 | 41.36 | 42.27 | 43.60 |
| 14. | Duarte Rosa Cameirao | 94 | Rio Maior | 2:46.90 | | 38.44 | 41.35 | 43.30 | 43.81 |

FTL

| | | | | | | | | | |
|-----|------------------|----|------|----------------|--|-------|-------|-------|-------|
| 15. | Jose Luis Morais | 94 | Beja | 2:53.25 | | 38.12 | 43.33 | 46.02 | 45.78 |
|-----|------------------|----|------|----------------|--|-------|-------|-------|-------|

FTL

Absolutos

| | | | | | | | | | |
|----|------------------------|----|------------------|----------------|---|-------|-------|-------|-------|
| 1. | Henrique Pereira Neiva | 84 | Vilacondense | 2:24.39 | A | 32.58 | 37.00 | 37.75 | 37.06 |
| 2. | Andre Miguel Silva | 91 | Palmela | 2:25.89 | A | 32.95 | 37.80 | 37.45 | 37.69 |
| 3. | Pedro Miguel Pinotes | 89 | Sporting | 2:26.24 | A | 33.35 | 37.30 | 38.17 | 37.42 |
| 4. | Luis Manuel Fernandes | 95 | Famalicao | 2:26.41 | A | 34.03 | 36.87 | 37.58 | 37.93 |
| 5. | Rui Filipe Vilar | 91 | Porto/Dolce Vita | 2:26.51 | A | 33.00 | 37.16 | 37.33 | 39.02 |
| 6. | Hugo Cascais Rodrigues | 89 | Porto/Dolce Vita | 2:27.65 | A | 33.26 | 37.33 | 38.49 | 38.57 |

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Event 30, Men, 200m Breaststroke, Prelim, Absolutos

| Rank | YB | | Time | 50m | 100m | 150m | 200m | |
|------|--------------------------|----|---------------------------|------------------|-------|-------|-------|-------|
| 7. | Nuno Rafael Alves | 90 | Gespacos | 2:27.71 B | 33.52 | 37.54 | 38.32 | 38.33 |
| 8. | Joao Pedro Braga | 94 | Naval de Ponta Delgada | 2:28.05 B | 33.48 | 37.44 | 38.77 | 38.36 |
| 9. | Luis Nobre Neto | 90 | Natacao da Maia | 2:28.08 B | 32.80 | 37.74 | 38.53 | 39.01 |
| 10. | Miguel Silva Oliveira | 91 | Nautico/Matobra | 2:28.36 B | 33.39 | 37.13 | 38.60 | 39.24 |
| 11. | Miguel Arago Santos | 91 | Vilacondense | 2:28.57 B | 33.41 | 37.49 | 38.72 | 38.95 |
| 12. | Pedro Miguel Varela | 86 | Naval Setubalense | 2:28.94 B | 33.42 | 38.09 | 37.77 | 39.66 |
| 13. | Marcelo Goncalo Pereira | 90 | Vilacondense | 2:29.34 B | 33.02 | 38.08 | 38.09 | 40.15 |
| 14. | Andre Bras Goncalves | 88 | Amadora | 2:29.37 R | 33.28 | 38.01 | 38.81 | 39.27 |
| 15. | Joao Claudio Sousa | 93 | Gespacos | 2:29.66 R | 34.06 | 37.88 | 38.75 | 38.97 |
| 16. | Ricardo Amorim Rego | 84 | Braga | 2:29.74 | 33.65 | 37.50 | 38.94 | 39.65 |
| 17. | Manuel Matos Sequeira | 87 | GesLoures | 2:29.84 | 34.36 | 38.41 | 39.53 | 37.54 |
| 18. | Tiago Samuel Silva | 93 | Porto/Dolce Vita | 2:30.42 | 34.31 | 38.43 | 38.57 | 39.11 |
| 19. | G. Meneses | 92 | Columbofila/Cantanhedense | 2:30.68 | 32.94 | 38.01 | 39.18 | 40.55 |
| 20. | Diogo Filipe Matos | 92 | Sporting | 2:30.84 | 32.48 | 37.84 | 40.01 | 40.51 |
| 21. | Diogo Manuel Rodrigues | 94 | Vitoria de Guimaraes | 2:32.24 | 35.26 | 39.03 | 39.39 | 38.56 |
| 22. | Joao Andre Neves | 95 | Academica de Coimbra | 2:32.87 | 34.24 | 38.00 | 39.60 | 41.03 |
| 23. | Hugo Miguel Nunes | 90 | Nautico/Matobra | 2:32.92 | 34.55 | 38.89 | 39.58 | 39.90 |
| 24. | Sergio Baptista Silva | 91 | Porto/Dolce Vita | 2:33.11 | 33.73 | 37.97 | 39.54 | 41.87 |
| | <i>FTL</i> | | | | | | | |
| 25. | Diogo Miguel Silva | 95 | Uniao Piedense | 2:33.75 | 34.50 | 39.21 | 40.18 | 39.86 |
| 26. | Mario Martins Costa | 92 | Alges | 2:34.10 | 34.47 | 40.01 | 41.23 | 38.39 |
| | <i>FTL</i> | | | | | | | |
| 27. | Hugo Miguel Silva | 94 | Braga | 2:34.26 | 35.54 | 38.91 | 39.64 | 40.17 |
| 28. | Diego Felipe Santos | 87 | Nacional | 2:34.96 | 35.24 | 39.91 | 38.99 | 40.82 |
| | <i>FTL</i> | | | | | | | |
| 29. | Nuno Miguel Feliciano | 95 | Alcobaca | 2:35.14 | 34.85 | 39.21 | 40.65 | 40.43 |
| 30. | Helder Alexandre Godinho | 86 | Bairro dos Anjos | 2:35.21 | 33.70 | 38.85 | 40.51 | 42.15 |
| | <i>FTL</i> | | | | | | | |
| 31. | Joao Albano Viola | 89 | Nautico/Matobra | 2:35.47 | 32.58 | 38.78 | 41.34 | 42.77 |
| | <i>FTL</i> | | | | | | | |
| 32. | Duarte Barros Pires | 92 | Desportiva Limiana | 2:35.70 | 35.01 | 38.87 | 40.67 | 41.15 |
| | <i>FTL</i> | | | | | | | |
| 33. | Edgar Miguel Lopes | 94 | Louletano/Loule Concelho | 2:35.71 | 34.74 | 39.13 | 40.55 | 41.29 |
| 34. | Joao Pedro Veiga | 94 | Nautico/Matobra | 2:35.85 | 34.91 | 39.67 | 40.32 | 40.95 |
| 35. | Alcides Costa Sousa | 94 | Feirense | 2:35.99 | 35.79 | 40.61 | 39.72 | 39.87 |
| 36. | Ricardo Ribeiro Silva | 92 | Vilacondense | 2:36.07 | 33.80 | 39.79 | 40.82 | 41.66 |
| | <i>FTL</i> | | | | | | | |
| 37. | Pedro Miguel Silva | 94 | Colegio Monte Maior | 2:36.44 | 36.36 | 40.09 | 40.88 | 39.11 |
| 38. | Mauro Filipe Viegas | 95 | Natacao de Olhao | 2:36.56 | 35.15 | 40.88 | 40.69 | 39.84 |
| 39. | Andre Temtem Figueira | 91 | Naval do Funchal | 2:36.77 | 34.72 | 41.11 | 40.21 | 40.73 |
| | <i>FTL</i> | | | | | | | |
| 40. | Pedro Alexandre Bento | 95 | Alges | 2:37.78 | 35.61 | 39.58 | 41.00 | 41.59 |
| 41. | Rui Pedro Horta | 94 | Lisnave | 2:38.12 | 36.19 | 40.33 | 41.59 | 40.01 |
| 42. | Pedro Barros Mendes | 94 | Academica de Coimbra | 2:38.56 | 35.87 | 40.11 | 41.66 | 40.92 |
| 43. | Pedro Afonso Centeno | 95 | Colegio Vasco da Gama | 2:39.16 | 35.11 | 39.86 | 41.09 | 43.10 |
| 44. | Ruben Filipe Nunes | 94 | Gespacos | 2:40.06 | 36.01 | 40.44 | 41.47 | 42.14 |
| 45. | Ricardo Filipe Ferreira | 95 | Pimpoes/Cimai | 2:40.09 | 35.55 | 42.36 | 41.68 | 40.50 |
| 46. | Antonio Sampaio Rebolo | 94 | Belenenses | 2:40.45 | 37.04 | 41.63 | 39.71 | 42.07 |
| 47. | Diogo Manuel Domingues | 94 | Bairro dos Anjos | 2:41.14 | 36.29 | 40.25 | 42.05 | 42.55 |
| 48. | Vitor Diogo Moura | 90 | Nacional | 2:41.15 | 32.89 | 39.89 | 43.05 | 45.32 |
| | <i>FTL</i> | | | | | | | |
| 49. | Miguel Angelo Cruz | 95 | GesLoures | 2:41.20 | 36.12 | 41.15 | 41.77 | 42.16 |

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Event 30, Men, 200m Breaststroke, Prelim, Absolutos

| Rank | YB | Time | 50m | 100m | 150m | 200m | |
|------|--|----------------------------|----------------|-------|-------|-------|-------|
| 50. | Joao Filipe Oliveira FTL | 92 Braga | 2:41.28 | 35.46 | 41.34 | 43.01 | 41.47 |
| 51. | Frederico Renato Sousa | 95 Gespacos | 2:41.96 | 37.20 | 41.19 | 41.48 | 42.09 |
| 52. | Andre Machado Vale | 95 Viana Natacao | 2:42.28 | 36.27 | 41.46 | 42.56 | 41.99 |
| 53. | Pedro Miguel Maganinho FTL | 92 Braga | 2:43.14 | 36.32 | 40.23 | 42.70 | 43.89 |
| 54. | Goncalo Pereira Sa | 95 Feirense | 2:43.39 | 35.34 | 41.38 | 43.52 | 43.15 |
| 55. | Joao Valentim Compoete | 95 Amadora | 2:43.54 | 36.31 | 40.51 | 43.03 | 43.69 |
| 56. | Nuno Cunha Caetano FTL | 93 Aminata | 2:43.58 | 35.63 | 39.66 | 42.97 | 45.32 |
| 57. | Ruben Paiva Carvalho | 94 Academica de Coimbra | 2:43.88 | 36.65 | 41.36 | 42.27 | 43.60 |
| 58. | Pedro Miguel Ribeiro | 95 Associacao de Gouveia | 2:44.15 | 36.58 | 41.77 | 43.41 | 42.39 |
| 59. | Tiago Sobral Coelho | 95 Ginasio de Santo Tirso | 2:44.78 | 36.61 | 41.06 | 43.34 | 43.77 |
| 60. | Manuel Henrique Alves | 95 Desportiva de Viana | 2:45.11 | 37.54 | 43.00 | 43.08 | 41.49 |
| 61. | Mauro Gaspar Ferreira | 95 Desporto de Barcelos | 2:45.20 | 37.12 | 41.72 | 43.50 | 42.86 |
| 62. | Andre Goncalo Gomes | 95 Nacional | 2:46.79 | 37.57 | 42.38 | 44.52 | 42.32 |
| 63. | Duarte Rosa Cameirao FTL | 94 Rio Maior | 2:46.90 | 38.44 | 41.35 | 43.30 | 43.81 |
| 64. | Carlos Cunha Costa | 95 Fafe | 2:47.35 | 37.54 | 42.30 | 43.63 | 43.88 |
| 65. | Luis Miguel Lopes | 95 Foca | 2:47.40 | 37.28 | 42.55 | 43.70 | 43.87 |
| 66. | Miguel Rego Borges | 95 Bombeiros Ponta Delgada | 2:48.00 | 37.55 | 42.19 | 44.41 | 43.85 |
| 67. | Jose Luis Morais FTL | 94 Beja | 2:53.25 | 38.12 | 43.33 | 46.02 | 45.78 |
| 68. | Hugo Ricardo Gambutas FTL | 95 Estremoz | 3:07.73 | 40.69 | 48.54 | 50.13 | 48.37 |
| DSQ | Pedro Miguel Agostinho | 92 Sporting | | | | | |
| | <i>310 - Duas pernadas golfinho após viragem aos 100 m</i> | | | | | | |

Seniores

| | | | | | | | |
|-----|---------------------------------|----------------------|------------------|-------|-------|-------|-------|
| 1. | Henrique Pereira Neiva | 84 Vilacondense | 2:24.39 A | 32.58 | 37.00 | 37.75 | 37.06 |
| 2. | Andre Miguel Silva | 91 Palmela | 2:25.89 A | 32.95 | 37.80 | 37.45 | 37.69 |
| 3. | Pedro Miguel Pinotes | 89 Sporting | 2:26.24 A | 33.35 | 37.30 | 38.17 | 37.42 |
| 4. | Rui Filipe Vilar | 91 Porto/Dolce Vita | 2:26.51 A | 33.00 | 37.16 | 37.33 | 39.02 |
| 5. | Hugo Cascais Rodrigues | 89 Porto/Dolce Vita | 2:27.65 A | 33.26 | 37.33 | 38.49 | 38.57 |
| 6. | Nuno Rafael Alves | 90 Gespacos | 2:27.71 B | 33.52 | 37.54 | 38.32 | 38.33 |
| 7. | Luis Nobre Neto | 90 Natacao da Maia | 2:28.08 B | 32.80 | 37.74 | 38.53 | 39.01 |
| 8. | Miguel Silva Oliveira | 91 Nautico/Matobra | 2:28.36 B | 33.39 | 37.13 | 38.60 | 39.24 |
| 9. | Miguel Arago Santos | 91 Vilacondense | 2:28.57 B | 33.41 | 37.49 | 38.72 | 38.95 |
| 10. | Pedro Miguel Varela | 86 Naval Setubalense | 2:28.94 B | 33.42 | 38.09 | 37.77 | 39.66 |
| 11. | Marcelo Goncalo Pereira | 90 Vilacondense | 2:29.34 B | 33.02 | 38.08 | 38.09 | 40.15 |
| 12. | Andre Bras Goncalves | 88 Amadora | 2:29.37 R | 33.28 | 38.01 | 38.81 | 39.27 |
| 13. | Ricardo Amorim Rego | 84 Braga | 2:29.74 | 33.65 | 37.50 | 38.94 | 39.65 |
| 14. | Manuel Matos Sequeira | 87 GesLoures | 2:29.84 | 34.36 | 38.41 | 39.53 | 37.54 |
| 15. | Hugo Miguel Nunes | 90 Nautico/Matobra | 2:32.92 | 34.55 | 38.89 | 39.58 | 39.90 |
| 16. | Sergio Baptista Silva FTL | 91 Porto/Dolce Vita | 2:33.11 | 33.73 | 37.97 | 39.54 | 41.87 |
| 17. | Diego Felipe Santos FTL | 87 Nacional | 2:34.96 | 35.24 | 39.91 | 38.99 | 40.82 |
| 18. | Helder Alexandre Godinho FTL | 86 Bairro dos Anjos | 2:35.21 | 33.70 | 38.85 | 40.51 | 42.15 |

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

Event 30, Men, 200m Breaststroke, Prelim, Seniores

| Rank | YB | | Time | 50m | 100m | 150m | 200m | |
|------|-----------------------|----|------------------|----------------|-------|-------|-------|-------|
| 19. | Joao Albano Viola | 89 | Nautico/Matobra | 2:35.47 | 32.58 | 38.78 | 41.34 | 42.77 |
| | FTL | | | | | | | |
| 20. | Andre Temtem Figueira | 91 | Naval do Funchal | 2:36.77 | 34.72 | 41.11 | 40.21 | 40.73 |
| | FTL | | | | | | | |
| 21. | Vitor Diogo Moura | 90 | Nacional | 2:41.15 | 32.89 | 39.89 | 43.05 | 45.32 |
| | FTL | | | | | | | |

Juniores2

| | | | | | | | | |
|-----|---|----|---------------------------|----------------|-------|-------|-------|-------|
| 1. | G. Meneses | 92 | Columbofila/Cantanhedense | 2:30.68 | 32.94 | 38.01 | 39.18 | 40.55 |
| 2. | Diogo Filipe Matos | 92 | Sporting | 2:30.84 | 32.48 | 37.84 | 40.01 | 40.51 |
| 3. | Mario Martins Costa | 92 | Alges | 2:34.10 | 34.47 | 40.01 | 41.23 | 38.39 |
| | FTL | | | | | | | |
| 4. | Duarte Barros Pires | 92 | Desportiva Limiana | 2:35.70 | 35.01 | 38.87 | 40.67 | 41.15 |
| | FTL | | | | | | | |
| 5. | Ricardo Ribeiro Silva | 92 | Vilacondense | 2:36.07 | 33.80 | 39.79 | 40.82 | 41.66 |
| | FTL | | | | | | | |
| 6. | Joao Filipe Oliveira | 92 | Braga | 2:41.28 | 35.46 | 41.34 | 43.01 | 41.47 |
| | FTL | | | | | | | |
| 7. | Pedro Miguel Maganinho | 92 | Braga | 2:43.14 | 36.32 | 40.23 | 42.70 | 43.89 |
| | FTL | | | | | | | |
| DSQ | Pedro Miguel Agostinho | 92 | Sporting | | | | | |
| | 310 - Duas pernadas golfinho após viragem aos 100 m | | | | | | | |

Juniores1

| | | | | | | | | |
|----|--------------------|----|------------------|------------------|-------|-------|-------|-------|
| 1. | Joao Claudio Sousa | 93 | Gespacos | 2:29.66 R | 34.06 | 37.88 | 38.75 | 38.97 |
| 2. | Tiago Samuel Silva | 93 | Porto/Dolce Vita | 2:30.42 | 34.31 | 38.43 | 38.57 | 39.11 |
| 3. | Nuno Cunha Caetano | 93 | Aminata | 2:43.58 | 35.63 | 39.66 | 42.97 | 45.32 |
| | FTL | | | | | | | |