

Prova 15  
02-04-2015 - 9:00

Masc., 400m Estilos  
SOMAGUE

Absolutos  
Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	FPN	Utrecht (NED)	16-07-2013
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014
Rec Nac Jun17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005
Rec Nac Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-08-2013

TAC JUN17 Masc Jun17: 4:55.43 / TAC JUN18 Masc Jun18: 4:51.21 / TAC JUV16 Masc Juv A: 5:03.87 / TAC JUV15 Masc Juv B: 5:09.49 / TAC SEN19Masc Sen19: 4:48.39 / TAC SEN20Masc Sen20: 4:48.39 / TAC SEN21+V Masc Sen21+: 4:48.39

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Pedro Miguel Pinotes	89		Sporting	+0,71	<b>4:28.82</b>	746 A
	50m: 28.65 28.65	150m: 1:37.37	35.97	250m: 2:50.47	38.47	350m: 3:59.55	31.22
	100m: 1:01.40 32.75	200m: 2:12.00	34.63	300m: 3:28.33	37.86	400m: 4:28.82	29.27
2.	Tomas Miguel Veloso	96		Nautico /Urgicentro-Sanfil	+0,66	<b>4:36.15</b>	688 A
	50m: 28.90 28.90	150m: 1:38.06	36.17	250m: 2:53.19	39.56	350m: 4:04.59	33.05
	100m: 1:01.89 32.99	200m: 2:13.63	35.57	300m: 3:31.54	38.35	400m: 4:36.15	31.56
3.	Nuno Goncalo Quintanilha	87		Colegio Vasco da Gama	+0,75	<b>4:36.49</b>	685 A
	50m: 27.21 27.21	150m: 1:36.53	37.78	250m: 2:50.60	37.91	350m: 4:03.05	34.69
	100m: 58.75 31.54	200m: 2:12.69	36.16	300m: 3:28.36	37.76	400m: 4:36.49	33.44
4.	Nuno Rafael Alves	90		Aquatico Pacense	+0,77	<b>4:38.61</b>	670 A
	50m: 29.22 29.22	150m: 1:39.51	36.84	250m: 2:53.97	37.92	350m: 4:06.14	32.75
	100m: 1:02.67 33.45	200m: 2:16.05	36.54	300m: 3:33.39	39.42	400m: 4:38.61	32.47
5.	Pedro Barros Mendes	94		Academica de Coimbra	+0,71	<b>4:38.90</b>	668 A
	50m: 30.05 30.05	150m: 1:39.81	36.12	250m: 2:55.07	40.70	350m: 4:08.46	33.02
	100m: 1:03.69 33.64	200m: 2:14.37	34.56	300m: 3:35.44	40.37	400m: 4:38.90	30.44
6.	Andre Bras Goncalves	88		Belenenses	+0,69	<b>4:40.17</b>	659 A
	50m: 28.65 28.65	150m: 1:38.51	36.69	250m: 2:55.31	40.61	350m: 4:08.28	32.88
	100m: 1:01.82 33.17	200m: 2:14.70	36.19	300m: 3:35.40	40.09	400m: 4:40.17	31.89
7.	Paulo Andre Silva	96		Vilacondense	+0,66	<b>4:41.97</b>	646 A
	50m: 29.01 29.01	150m: 1:38.49	36.50	250m: 2:56.97	41.71	350m: 4:10.40	32.55
	100m: 1:01.99 32.98	200m: 2:15.26	36.77	300m: 3:37.85	40.88	400m: 4:41.97	31.57
8.	Antonio Rafael Bessa	94		Aquatico Pacense	+0,78	<b>4:42.66</b>	641 A
	50m: 29.63 29.63	150m: 1:39.80	36.99	250m: 2:56.32	40.58	350m: 4:10.77	33.21
	100m: 1:02.81 33.18	200m: 2:15.74	35.94	300m: 3:37.56	41.24	400m: 4:42.66	31.89
9.	Ruben Filipe Nunes	94		Aquatico Pacense	+0,82	<b>4:43.10</b>	638 A
	50m: 29.54 29.54	150m: 1:39.61	36.45	250m: 2:56.01	40.00	350m: 4:10.09	33.69
	100m: 1:03.16 33.62	200m: 2:16.01	36.40	300m: 3:36.40	40.39	400m: 4:43.10	33.01
10.	Andre Magalhaes Moura	98		Academico Viseu	+0,69	<b>4:43.35</b>	637 A
	50m: 29.97 29.97	150m: 1:42.02	37.92	250m: 2:58.73	38.83	350m: 4:11.85	32.73
	100m: 1:04.10 34.13	200m: 2:19.90	37.88	300m: 3:39.12	40.39	400m: 4:43.35	31.50
11.	Jose Ricardo Sousa	97		Lousada SXXI	+0,82	<b>4:47.14</b>	612 B
	50m: 28.84 28.84	150m: 1:41.52	38.52	250m: 3:01.11	42.29	350m: 4:16.01	33.61
	100m: 1:03.00 34.16	200m: 2:18.82	37.30	300m: 3:42.40	41.29	400m: 4:47.14	31.13
12.	Bruno Miguel Ramos	97		Belenenses	+0,63	<b>4:47.21</b>	611 B
	50m: 28.39 28.39	150m: 1:37.39	36.25	250m: 2:54.86	41.65	350m: 4:12.12	35.21
	100m: 1:01.14 32.75	200m: 2:13.21	35.82	300m: 3:36.91	42.05	400m: 4:47.21	35.09

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

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Rafael Filipe Nunes	96		Naval Amorense	+0,44	<b>4:47.72</b>	608 B
	50m: 30.31 30.31	150m: 1:41.97	37.26	250m: 3:01.52	41.92	350m: 4:17.35	32.97
	100m: 1:04.71 34.40	200m: 2:19.60	37.63	300m: 3:44.38	42.86	400m: 4:47.72	30.37
14.	Tiago Silva Oliveira	94		Leixoes	+0,67	<b>4:47.79</b>	608 B
	50m: 30.43 30.43	150m: 1:44.06	38.36	250m: 3:04.57	43.20	350m: 4:18.23	30.37
	100m: 1:05.70 35.27	200m: 2:21.37	37.31	300m: 3:47.86	43.29	400m: 4:47.79	29.56
15.	Hugo Pon	98		Alges	+0,60	<b>4:48.37</b>	604 B
	50m: 29.74 29.74	150m: 1:42.16	38.02	250m: 3:00.50	41.06	350m: 4:16.35	34.59
	100m: 1:04.14 34.40	200m: 2:19.44	37.28	300m: 3:41.76	41.26	400m: 4:48.37	32.02
16.	Jorge Jesus Silva	00		Braga	+0,88	<b>4:48.73</b>	602 B
	50m: 30.00 30.00	150m: 1:43.20	38.60	250m: 3:00.71	39.30	350m: 4:15.99	33.35
	100m: 1:04.60 34.60	200m: 2:21.41	38.21	300m: 3:42.64	41.93	400m: 4:48.73	32.74
17.	Jose Pedro Sampaio	98		Foca	+0,79	<b>4:49.35</b>	598 B
	50m: 30.29 30.29	150m: 1:41.78	36.53	250m: 3:00.55	42.89	350m: 4:17.19	33.37
	100m: 1:05.25 34.96	200m: 2:17.66	35.88	300m: 3:43.82	43.27	400m: 4:49.35	32.16
18.	Antonio Fernando Pinto	99		Lousada SXXI	+0,79	<b>4:49.43</b>	597 B
	50m: 29.94 29.94	150m: 1:44.75	39.17	250m: 3:03.34	39.85	350m: 4:16.33	32.83
	100m: 1:05.58 35.64	200m: 2:23.49	38.74	300m: 3:43.50	40.16	400m: 4:49.43	33.10
19.	Andre Resende Pinheiro	97		Porto	+0,71	<b>4:49.63</b>	596 B
	50m: 30.51 30.51	150m: 1:43.37	37.06	250m: 3:03.65	43.24	350m: 4:19.25	32.26
	100m: 1:06.31 35.80	200m: 2:20.41	37.04	300m: 3:46.99	43.34	400m: 4:49.63	30.38
20.	Joao Carlos Santos FTL	96		Naval Amorense	+0,71	<b>4:52.16</b>	581 B
	50m: 30.85 30.85	150m: 1:44.19	38.13	250m: 3:02.23	40.97	350m: 4:19.66	33.54
	100m: 1:06.06 35.21	200m: 2:21.26	37.07	300m: 3:46.12	43.89	400m: 4:52.16	32.50
21.	Andre Vilas Ruivo	00		Ba/Bomcar	+0,72	<b>4:52.27</b>	580 R
	50m: 30.34 30.34	150m: 1:42.10	37.24	250m: 3:01.94	43.56	350m: 4:19.07	34.44
	100m: 1:04.86 34.52	200m: 2:18.38	36.28	300m: 3:44.63	42.69	400m: 4:52.27	33.20
22.	Antonio Manuel Mendes	99		Sporting	+0,72	<b>4:52.46</b>	579 R
	50m: 29.94 29.94	150m: 1:46.42	41.84	250m: 3:08.09	39.72	350m: 4:21.05	33.39
	100m: 1:04.58 34.64	200m: 2:28.37	41.95	300m: 3:47.66	39.57	400m: 4:52.46	31.41
23.	Alexandre Magno Carvalho	98		Fluvial Portuense	+0,74	<b>4:52.49</b>	579
	50m: 30.44 30.44	150m: 1:44.85	39.50	250m: 3:05.09	42.35	350m: 4:21.36	32.75
	100m: 1:05.35 34.91	200m: 2:22.74	37.89	300m: 3:48.61	43.52	400m: 4:52.49	31.13
24.	Tiago Cunha Costa	99		Sporting	+0,78	<b>4:52.51</b>	579
	50m: 29.86 29.86	150m: 1:43.12	38.32	250m: 3:04.24	43.83	350m: 4:21.73	34.66
	100m: 1:04.80 34.94	200m: 2:20.41	37.29	300m: 3:47.07	42.83	400m: 4:52.51	30.78
25.	Afonso Calais Queiroga	98		Uniao Piedense	+0,72	<b>4:52.73</b>	577
	50m: 29.93 29.93	150m: 1:43.61	39.24	250m: 3:03.47	42.05	350m: 4:20.97	34.54
	100m: 1:04.37 34.44	200m: 2:21.42	37.81	300m: 3:46.43	42.96	400m: 4:52.73	31.76
26.	Joao Pedro Gomes	99		Miranda do Corvo	+0,67	<b>4:53.65</b>	572
	50m: 31.01 31.01	150m: 1:44.43	36.70	250m: 3:03.73	42.48	350m: 4:20.80	33.28
	100m: 1:07.73 36.72	200m: 2:21.25	36.82	300m: 3:47.52	43.79	400m: 4:53.65	32.85
27.	Jose Paulo Lopes	00		Braga	+0,68	<b>4:54.43</b>	568
	50m: 30.08 30.08	150m: 1:42.65	37.14	250m: 3:03.06	43.43	350m: 4:21.24	34.65
	100m: 1:05.51 35.43	200m: 2:19.63	36.98	300m: 3:46.59	43.53	400m: 4:54.43	33.19

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Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
28.	Diogo Filipe Teodoro	99		Natacao da Maia	+0,67	<b>4:54.60</b>	567
	50m: 29.96 29.96	150m: 1:44.68	40.23	250m: 3:04.02	40.57	350m: 4:20.92	35.04
	100m: 1:04.45 34.49	200m: 2:23.45	38.77	300m: 3:45.88	41.86	400m: 4:54.60	33.68
29.	Antonio Fernandes Carrico	98		Pimpoes/Cimai	+0,76	<b>4:57.09</b>	552
	<i>FTL</i>						
	50m: 30.76 30.76	150m: 1:48.18	40.32	250m: 3:08.92	41.36	350m: 4:24.85	33.49
	100m: 1:07.86 37.10	200m: 2:27.56	39.38	300m: 3:51.36	42.44	400m: 4:57.09	32.24
30.	Luis Carlos Almeida	98		Aquatico Pacense	+0,93	<b>4:58.22</b>	546
	<i>FTL</i>						
	50m: 30.26 30.26	150m: 1:45.66	39.69	250m: 3:08.72	42.75	350m: 4:25.68	32.80
	100m: 1:05.97 35.71	200m: 2:25.97	40.31	300m: 3:52.88	44.16	400m: 4:58.22	32.54
31.	Tiago Martim Alves	97		Desportiva de Viana	+0,78	<b>4:58.72</b>	543
	<i>FTL</i>						
	50m: 31.04 31.04	150m: 1:45.36	38.15	250m: 3:05.72	41.68	350m: 4:24.06	34.69
	100m: 1:07.21 36.17	200m: 2:24.04	38.68	300m: 3:49.37	43.65	400m: 4:58.72	34.66
32.	Vitor Joao Pereira	97		Leixoes	+0,87	<b>4:59.98</b>	537
	<i>FTL</i>						
	50m: 30.68 30.68	150m: 1:46.22	40.04	250m: 3:07.24	43.27	350m: 4:26.40	35.69
	100m: 1:06.18 35.50	200m: 2:23.97	37.75	300m: 3:50.71	43.47	400m: 4:59.98	33.58
33.	Mateus Ribeiro Carvalho	99		Famalicao	+0,64	<b>5:00.08</b>	536
	50m: 29.28 29.28	150m: 1:44.26	40.07	250m: 3:07.01	44.78	350m: 4:26.72	34.24
	100m: 1:04.19 34.91	200m: 2:22.23	37.97	300m: 3:52.48	45.47	400m: 5:00.08	33.36
34.	Tiago Silva Soares	99		Porto	+0,78	<b>5:01.47</b>	529
	50m: 30.52 30.52	150m: 1:47.04	39.45	250m: 3:09.11	43.99	350m: 4:28.02	34.64
	100m: 1:07.59 37.07	200m: 2:25.12	38.08	300m: 3:53.38	44.27	400m: 5:01.47	33.45
35.	Miguel Goncalves Frade	00		Torres Novas	+0,83	<b>5:01.52</b>	528
	50m: 32.24 32.24	150m: 1:48.71	39.57	250m: 3:09.68	42.34	350m: 4:28.07	35.15
	100m: 1:09.14 36.90	200m: 2:27.34	38.63	300m: 3:52.92	43.24	400m: 5:01.52	33.45
36.	Rafael Ladeiro Santos	98		Geslours	+0,73	<b>5:01.74</b>	527
	<i>FTL</i>						
	50m: 30.47 30.47	150m: 1:48.04	40.92	250m: 3:10.48	43.04	350m: 4:28.80	34.06
	100m: 1:07.12 36.65	200m: 2:27.44	39.40	300m: 3:54.74	44.26	400m: 5:01.74	32.94
37.	Pedro Ferraz Esteves	99		Belenenses	+0,67	<b>5:02.78</b>	522
	50m: 31.28 31.28	150m: 1:47.66	40.18	250m: 3:09.76	43.88	350m: 4:30.30	35.51
	100m: 1:07.48 36.20	200m: 2:25.88	38.22	300m: 3:54.79	45.03	400m: 5:02.78	32.48
38.	Daniel Silva Bessa	99		Aquatico Pacense	+0,77	<b>5:02.95</b>	521
	50m: 31.36 31.36	150m: 1:46.08	39.87	250m: 3:08.26	43.21	350m: 4:28.12	36.68
	100m: 1:06.21 34.85	200m: 2:25.05	38.97	300m: 3:51.44	43.18	400m: 5:02.95	34.83
39.	Francisco Xavier Tomas	00		Alcobaca	+0,73	<b>5:03.34</b>	519
	50m: 31.61 31.61	150m: 1:47.72	39.19	250m: 3:09.84	43.57	350m: 4:28.98	35.12
	100m: 1:08.53 36.92	200m: 2:26.27	38.55	300m: 3:53.86	44.02	400m: 5:03.34	34.36
40.	Tiago Douwens Paula	99		Sporting	+0,76	<b>5:03.75</b>	517
	50m: 31.92 31.92	150m: 1:49.43	39.69	250m: 3:10.83	42.31	350m: 4:29.83	34.74
	100m: 1:09.74 37.82	200m: 2:28.52	39.09	300m: 3:55.09	44.26	400m: 5:03.75	33.92

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Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
41.	Diogo Vicente Silva <i>FTL</i>	98		Nautico da Marinha Grande	+0,77	<b>5:04.23</b>	514
	50m: 30.23 30.23	150m: 1:43.54	37.89	250m: 3:05.32	43.49	350m: 4:27.94	37.52
	100m: 1:05.65 35.42	200m: 2:21.83	38.29	300m: 3:50.42	45.10	400m: 5:04.23	36.29
42.	Eduardo Cardoso Lopes <i>FTL</i>	99		Louletano/Loule Concelho	+0,78	<b>5:04.38</b>	514
	50m: 30.84 30.84	150m: 1:47.24	39.23	250m: 3:09.85	43.94	350m: 4:30.62	34.40
	100m: 1:08.01 37.17	200m: 2:25.91	38.67	300m: 3:56.22	46.37	400m: 5:04.38	33.76
43.	Sergio Filipe Travanca <i>FTL</i>	00		Fluvial Portuense	+0,68	<b>5:05.27</b>	509
	50m: 31.72 31.72	150m: 1:48.82	41.58	250m: 3:13.86	44.90	350m: 4:31.88	34.64
	100m: 1:07.24 35.52	200m: 2:28.96	40.14	300m: 3:57.24	43.38	400m: 5:05.27	33.39
44.	Henrique Lourenco Ferreira <i>FTL</i>	99		Colegio Vasco da Gama	+0,67	<b>5:07.04</b>	500
	50m: 31.31 31.31	150m: 1:49.69	41.73	250m: 3:14.60	44.03	350m: 4:34.27	34.65
	100m: 1:07.96 36.65	200m: 2:30.57	40.88	300m: 3:59.62	45.02	400m: 5:07.04	32.77
45.	Rui Jorge Lopes <i>FTL</i>	00		CLAC-Entroncamento	+0,85	<b>5:07.33</b>	499
	50m: 31.47 31.47	150m: 1:48.94	40.19	250m: 3:13.03	44.58	350m: 4:34.23	34.61
	100m: 1:08.75 37.28	200m: 2:28.45	39.51	300m: 3:59.62	46.59	400m: 5:07.33	33.10
46.	David Dias Lima <i>FTL</i>	00		Vilacondense	+0,86	<b>5:07.37</b>	499
	50m: 31.72 31.72	150m: 1:49.71	40.41	250m: 3:14.90	45.91	350m: 4:35.27	33.86
	100m: 1:09.30 37.58	200m: 2:28.99	39.28	300m: 4:01.41	46.51	400m: 5:07.37	32.10
47.	Porfirio Braga Nunes <i>FTL</i>	00		Vilacondense	+0,74	<b>5:08.95</b>	491
	50m: 30.69 30.69	150m: 1:46.16	39.37	250m: 3:11.00	46.66	350m: 4:36.14	35.70
	100m: 1:06.79 36.10	200m: 2:24.34	38.18	300m: 4:00.44	49.44	400m: 5:08.95	32.81
48.	Bernardo Graca Rodrigues <i>FTL</i>	99		Alges	+0,71	<b>5:09.66</b>	488
	50m: 31.35 31.35	150m: 1:51.31	41.75	250m: 3:15.34	44.04	350m: 4:35.00	35.06
	100m: 1:09.56 38.21	200m: 2:31.30	39.99	300m: 3:59.94	44.60	400m: 5:09.66	34.66
49.	Ricardo Alexandre Faia <i>FTL</i>	00		Benfica	+0,74	<b>5:10.88</b>	482
	50m: 30.42 30.42	150m: 1:46.25	39.67	250m: 3:12.19	46.58	350m: 4:34.58	36.49
	100m: 1:06.58 36.16	200m: 2:25.61	39.36	300m: 3:58.09	45.90	400m: 5:10.88	36.30
50.	Diogo Vicente Custoias <i>FTL</i>	00		Benedita	+0,71	<b>5:11.01</b>	481
	50m: 32.35 32.35	150m: 1:49.46	40.02	250m: 3:14.66	46.55	350m: 4:35.78	35.51
	100m: 1:09.44 37.09	200m: 2:28.11	38.65	300m: 4:00.27	45.61	400m: 5:11.01	35.23
51.	Andre Alexandre Santos <i>FTL</i>	99		Sporting		<b>5:11.12</b>	481
	50m: 31.25 31.25	150m: 1:48.13	40.53	250m: 3:13.54	46.21	350m: 4:36.60	36.13
	100m: 1:07.60 36.35	200m: 2:27.33	39.20	300m: 4:00.47	46.93	400m: 5:11.12	34.52
52.	Rui Alexandre Ramos <i>FTL</i>	00		Porto	+0,83	<b>5:12.36</b>	475
	50m: 31.74 31.74	150m: 1:49.76	41.31	250m: 3:14.31	45.54	350m: 4:38.14	37.48
	100m: 1:08.45 36.71	200m: 2:28.77	39.01	300m: 4:00.66	46.35	400m: 5:12.36	34.22

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

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
53.	Sebastiao Limbert Piedade	00		Alges	+0,80	<b>5:12.64</b>	474
	<i>FTL</i>						
	50m: 32.67 32.67	150m: 1:52.22	40.61	250m: 3:16.06	42.08	350m: 4:37.14	35.99
	100m: 1:11.61 38.94	200m: 2:33.98	41.76	300m: 4:01.15	45.09	400m: 5:12.64	35.50
54.	Daniel Nogueira Catalao	00		Naval Amorense	+0,56	<b>5:16.97</b>	455
	<i>FTL</i>						
	50m: 30.72 30.72	150m: 1:48.60	41.20	250m: 3:14.71	45.31	350m: 4:39.72	36.77
	100m: 1:07.40 36.68	200m: 2:29.40	40.80	300m: 4:02.95	48.24	400m: 5:16.97	37.25
55.	Joao Tiago Rainho	00		Galitos		<b>5:18.39</b>	449
	<i>FTL</i>						
	50m: 32.67 32.67	150m: 1:54.10	43.51	250m: 3:19.78	43.34	350m: 4:41.86	37.28
	100m: 1:10.59 37.92	200m: 2:36.44	42.34	300m: 4:04.58	44.80	400m: 5:18.39	36.53
56.	Bernardo Francesco Barreto	00		Galitos	+0,79	<b>5:20.69</b>	439
	<i>FTL</i>						
	50m: 31.60 31.60	150m: 1:50.63	41.10	250m: 3:17.92	46.70	350m: 4:43.60	37.09
	100m: 1:09.53 37.93	200m: 2:31.22	40.59	300m: 4:06.51	48.59	400m: 5:20.69	37.09
DSQ	Miguel Angelo Santos	00		Famalicao			
	<i>615 - Não efectuou movimento continuo e imediato na viragem aos 150 - SW 6.4</i>						
DNS	Afonso Meneses Sequeira	99		Naval do Funchal			
DNS	Diogo Miguel Silva	95		Uniao Piedense			

Prova 15 Masc., 400m Estilos Seniores  
02-04-2015 - 9:00 SOMAGUE Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Sen	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-08-2013

TAC SEN19Masc Sen19: 4:48.39 / TAC SEN20Masc Sen20: 4:48.39 / TAC SEN21+V Masc Sen21+: 4:48.39

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Pedro Miguel Pinotes	89		Sporting	+0,71	<b>4:28.82</b>	746 A
	50m: 28.65 28.65	150m: 1:37.37	35.97	250m: 2:50.47	38.47	350m: 3:59.55	31.22
	100m: 1:01.40 32.75	200m: 2:12.00	34.63	300m: 3:28.33	37.86	400m: 4:28.82	29.27
2.	Tomas Miguel Veloso	96		Nautico /Urgicentro-Sanfil	+0,66	<b>4:36.15</b>	688 A
	50m: 28.90 28.90	150m: 1:38.06	36.17	250m: 2:53.19	39.56	350m: 4:04.59	33.05
	100m: 1:01.89 32.99	200m: 2:13.63	35.57	300m: 3:31.54	38.35	400m: 4:36.15	31.56
3.	Nuno Goncalo Quintanilha	87		Colegio Vasco da Gama	+0,75	<b>4:36.49</b>	685 A
	50m: 27.21 27.21	150m: 1:36.53	37.78	250m: 2:50.60	37.91	350m: 4:03.05	34.69
	100m: 58.75 31.54	200m: 2:12.69	36.16	300m: 3:28.36	37.76	400m: 4:36.49	33.44
4.	Nuno Rafael Alves	90		Aquatico Pacense	+0,77	<b>4:38.61</b>	670 A
	50m: 29.22 29.22	150m: 1:39.51	36.84	250m: 2:53.97	37.92	350m: 4:06.14	32.75
	100m: 1:02.67 33.45	200m: 2:16.05	36.54	300m: 3:33.39	39.42	400m: 4:38.61	32.47
5.	Pedro Barros Mendes	94		Academica de Coimbra	+0,71	<b>4:38.90</b>	668 A
	50m: 30.05 30.05	150m: 1:39.81	36.12	250m: 2:55.07	40.70	350m: 4:08.46	33.02
	100m: 1:03.69 33.64	200m: 2:14.37	34.56	300m: 3:35.44	40.37	400m: 4:38.90	30.44
6.	Andre Bras Goncalves	88		Belenenses	+0,69	<b>4:40.17</b>	659 A
	50m: 28.65 28.65	150m: 1:38.51	36.69	250m: 2:55.31	40.61	350m: 4:08.28	32.88
	100m: 1:01.82 33.17	200m: 2:14.70	36.19	300m: 3:35.40	40.09	400m: 4:40.17	31.89

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

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
7.	Paulo Andre Silva	96		Vilacondense	+0,66	<b>4:41.97</b>	646 A
	50m: 29.01 29.01	150m: 1:38.49	36.50	250m: 2:56.97	41.71	350m: 4:10.40	32.55
	100m: 1:01.99 32.98	200m: 2:15.26	36.77	300m: 3:37.85	40.88	400m: 4:41.97	31.57
8.	Antonio Rafael Bessa	94		Aquatico Pacense	+0,78	<b>4:42.66</b>	641 A
	50m: 29.63 29.63	150m: 1:39.80	36.99	250m: 2:56.32	40.58	350m: 4:10.77	33.21
	100m: 1:02.81 33.18	200m: 2:15.74	35.94	300m: 3:37.56	41.24	400m: 4:42.66	31.89
9.	Ruben Filipe Nunes	94		Aquatico Pacense	+0,82	<b>4:43.10</b>	638 A
	50m: 29.54 29.54	150m: 1:39.61	36.45	250m: 2:56.01	40.00	350m: 4:10.09	33.69
	100m: 1:03.16 33.62	200m: 2:16.01	36.40	300m: 3:36.40	40.39	400m: 4:43.10	33.01
10.	Rafael Filipe Nunes	96		Naval Amorense	+0,44	<b>4:47.72</b>	608 B
	50m: 30.31 30.31	150m: 1:41.97	37.26	250m: 3:01.52	41.92	350m: 4:17.35	32.97
	100m: 1:04.71 34.40	200m: 2:19.60	37.63	300m: 3:44.38	42.86	400m: 4:47.72	30.37
11.	Tiago Silva Oliveira	94		Leixoes	+0,67	<b>4:47.79</b>	608 B
	50m: 30.43 30.43	150m: 1:44.06	38.36	250m: 3:04.57	43.20	350m: 4:18.23	30.37
	100m: 1:05.70 35.27	200m: 2:21.37	37.31	300m: 3:47.86	43.29	400m: 4:47.79	29.56
12.	Joao Carlos Santos FTL	96		Naval Amorense	+0,71	<b>4:52.16</b>	581 B
	50m: 30.85 30.85	150m: 1:44.19	38.13	250m: 3:02.23	40.97	350m: 4:19.66	33.54
	100m: 1:06.06 35.21	200m: 2:21.26	37.07	300m: 3:46.12	43.89	400m: 4:52.16	32.50
DNS	Diogo Miguel Silva	95		Uniao Piedense			

Prova 15

Masc., 400m Estilos

Juniores

02-04-2015 - 9:00

SOMAGUE

Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Jun17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005
Rec Nac Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010

TAC JUN17 Masc Jun17: 4:55.43 / TAC JUN18 Masc Jun18: 4:51.21

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Andre Magalhaes Moura	98		Academico Viseu	+0,69	<b>4:43.35</b>	637 A
	50m: 29.97 29.97	150m: 1:42.02	37.92	250m: 2:58.73	38.83	350m: 4:11.85	32.73
	100m: 1:04.10 34.13	200m: 2:19.90	37.88	300m: 3:39.12	40.39	400m: 4:43.35	31.50
2.	Jose Ricardo Sousa	97		Lousada SXXI	+0,82	<b>4:47.14</b>	612 B
	50m: 28.84 28.84	150m: 1:41.52	38.52	250m: 3:01.11	42.29	350m: 4:16.01	33.61
	100m: 1:03.00 34.16	200m: 2:18.82	37.30	300m: 3:42.40	41.29	400m: 4:47.14	31.13
3.	Bruno Miguel Ramos	97		Belenenses	+0,63	<b>4:47.21</b>	611 B
	50m: 28.39 28.39	150m: 1:37.39	36.25	250m: 2:54.86	41.65	350m: 4:12.12	35.21
	100m: 1:01.14 32.75	200m: 2:13.21	35.82	300m: 3:36.91	42.05	400m: 4:47.21	35.09
4.	Hugo Pon	98		Alges	+0,60	<b>4:48.37</b>	604 B
	50m: 29.74 29.74	150m: 1:42.16	38.02	250m: 3:00.50	41.06	350m: 4:16.35	34.59
	100m: 1:04.14 34.40	200m: 2:19.44	37.28	300m: 3:41.76	41.26	400m: 4:48.37	32.02
5.	Jose Pedro Sampaio	98		Foca	+0,79	<b>4:49.35</b>	598 B
	50m: 30.29 30.29	150m: 1:41.78	36.53	250m: 3:00.55	42.89	350m: 4:17.19	33.37
	100m: 1:05.25 34.96	200m: 2:17.66	35.88	300m: 3:43.82	43.27	400m: 4:49.35	32.16
6.	Andre Resende Pinheiro	97		Porto	+0,71	<b>4:49.63</b>	596 B
	50m: 30.51 30.51	150m: 1:43.37	37.06	250m: 3:03.65	43.24	350m: 4:19.25	32.26
	100m: 1:06.31 35.80	200m: 2:20.41	37.04	300m: 3:46.99	43.34	400m: 4:49.63	30.38

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

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
7.	Alexandre Magno Carvalho	98		Fluvial Portuense	+0,74	<b>4:52.49</b>	579
	50m: 30.44 30.44	150m: 1:44.85	39.50	250m: 3:05.09	42.35	350m: 4:21.36	32.75
	100m: 1:05.35 34.91	200m: 2:22.74	37.89	300m: 3:48.61	43.52	400m: 4:52.49	31.13
8.	Afonso Calais Queiroga	98		Uniao Piedense	+0,72	<b>4:52.73</b>	577
	50m: 29.93 29.93	150m: 1:43.61	39.24	250m: 3:03.47	42.05	350m: 4:20.97	34.54
	100m: 1:04.37 34.44	200m: 2:21.42	37.81	300m: 3:46.43	42.96	400m: 4:52.73	31.76
9.	Antonio Fernandes Carrico	98		Pimpoes/Cimai	+0,76	<b>4:57.09</b>	552
	<i>FTL</i>						
	50m: 30.76 30.76	150m: 1:48.18	40.32	250m: 3:08.92	41.36	350m: 4:24.85	33.49
	100m: 1:07.86 37.10	200m: 2:27.56	39.38	300m: 3:51.36	42.44	400m: 4:57.09	32.24
10.	Luis Carlos Almeida	98		Aquatico Pacense	+0,93	<b>4:58.22</b>	546
	<i>FTL</i>						
	50m: 30.26 30.26	150m: 1:45.66	39.69	250m: 3:08.72	42.75	350m: 4:25.68	32.80
	100m: 1:05.97 35.71	200m: 2:25.97	40.31	300m: 3:52.88	44.16	400m: 4:58.22	32.54
11.	Tiago Martim Alves	97		Desportiva de Viana	+0,78	<b>4:58.72</b>	543
	<i>FTL</i>						
	50m: 31.04 31.04	150m: 1:45.36	38.15	250m: 3:05.72	41.68	350m: 4:24.06	34.69
	100m: 1:07.21 36.17	200m: 2:24.04	38.68	300m: 3:49.37	43.65	400m: 4:58.72	34.66
12.	Vitor Joao Pereira	97		Leixoes	+0,87	<b>4:59.98</b>	537
	<i>FTL</i>						
	50m: 30.68 30.68	150m: 1:46.22	40.04	250m: 3:07.24	43.27	350m: 4:26.40	35.69
	100m: 1:06.18 35.50	200m: 2:23.97	37.75	300m: 3:50.71	43.47	400m: 4:59.98	33.58
13.	Rafael Ladeiro Santos	98		Gesloures	+0,73	<b>5:01.74</b>	527
	<i>FTL</i>						
	50m: 30.47 30.47	150m: 1:48.04	40.92	250m: 3:10.48	43.04	350m: 4:28.80	34.06
	100m: 1:07.12 36.65	200m: 2:27.44	39.40	300m: 3:54.74	44.26	400m: 5:01.74	32.94
14.	Diogo Vicente Silva	98		Nautico da Marinha Grande	+0,77	<b>5:04.23</b>	514
	<i>FTL</i>						
	50m: 30.23 30.23	150m: 1:43.54	37.89	250m: 3:05.32	43.49	350m: 4:27.94	37.52
	100m: 1:05.65 35.42	200m: 2:21.83	38.29	300m: 3:50.42	45.10	400m: 5:04.23	36.29

Prova 15 Masc., 400m Estilos Junenis A  
02-04-2015 - 9:00 SOMAGUE Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014

TAC JUV16 Masc : 5:03.87

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Antonio Fernando Pinto	99		Lousada SXXI	+0,79	<b>4:49.43</b>	597 B
	50m: 29.94 29.94	150m: 1:44.75	39.17	250m: 3:03.34	39.85	350m: 4:16.33	32.83
	100m: 1:05.58 35.64	200m: 2:23.49	38.74	300m: 3:43.50	40.16	400m: 4:49.43	33.10
2.	Antonio Manuel Mendes	99		Sporting	+0,72	<b>4:52.46</b>	579 R
	50m: 29.94 29.94	150m: 1:46.42	41.84	250m: 3:08.09	39.72	350m: 4:21.05	33.39
	100m: 1:04.58 34.64	200m: 2:28.37	41.95	300m: 3:47.66	39.57	400m: 4:52.46	31.41
3.	Tiago Cunha Costa	99		Sporting	+0,78	<b>4:52.51</b>	579
	50m: 29.86 29.86	150m: 1:43.12	38.32	250m: 3:04.24	43.83	350m: 4:21.73	34.66
	100m: 1:04.80 34.94	200m: 2:20.41	37.29	300m: 3:47.07	42.83	400m: 4:52.51	30.78

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

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
4.	Joao Pedro Gomes	99		Miranda do Corvo	+0,67	<b>4:53.65</b>	572
	50m: 31.01 31.01	150m: 1:44.43	36.70	250m: 3:03.73	42.48	350m: 4:20.80	33.28
	100m: 1:07.73 36.72	200m: 2:21.25	36.82	300m: 3:47.52	43.79	400m: 4:53.65	32.85
5.	Diogo Filipe Teodoro	99		Natacao da Maia	+0,67	<b>4:54.60</b>	567
	50m: 29.96 29.96	150m: 1:44.68	40.23	250m: 3:04.02	40.57	350m: 4:20.92	35.04
	100m: 1:04.45 34.49	200m: 2:23.45	38.77	300m: 3:45.88	41.86	400m: 4:54.60	33.68
6.	Mateus Ribeiro Carvalho	99		Famalicao	+0,64	<b>5:00.08</b>	536
	50m: 29.28 29.28	150m: 1:44.26	40.07	250m: 3:07.01	44.78	350m: 4:26.72	34.24
	100m: 1:04.19 34.91	200m: 2:22.23	37.97	300m: 3:52.48	45.47	400m: 5:00.08	33.36
7.	Tiago Silva Soares	99		Porto	+0,78	<b>5:01.47</b>	529
	50m: 30.52 30.52	150m: 1:47.04	39.45	250m: 3:09.11	43.99	350m: 4:28.02	34.64
	100m: 1:07.59 37.07	200m: 2:25.12	38.08	300m: 3:53.38	44.27	400m: 5:01.47	33.45
8.	Pedro Ferraz Esteves	99		Belenenses	+0,67	<b>5:02.78</b>	522
	50m: 31.28 31.28	150m: 1:47.66	40.18	250m: 3:09.76	43.88	350m: 4:30.30	35.51
	100m: 1:07.48 36.20	200m: 2:25.88	38.22	300m: 3:54.79	45.03	400m: 5:02.78	32.48
9.	Daniel Silva Bessa	99		Aquatico Pacense	+0,77	<b>5:02.95</b>	521
	50m: 31.36 31.36	150m: 1:46.08	39.87	250m: 3:08.26	43.21	350m: 4:28.12	36.68
	100m: 1:06.21 34.85	200m: 2:25.05	38.97	300m: 3:51.44	43.18	400m: 5:02.95	34.83
10.	Tiago Douwens Paula	99		Sporting	+0,76	<b>5:03.75</b>	517
	50m: 31.92 31.92	150m: 1:49.43	39.69	250m: 3:10.83	42.31	350m: 4:29.83	34.74
	100m: 1:09.74 37.82	200m: 2:28.52	39.09	300m: 3:55.09	44.26	400m: 5:03.75	33.92
11.	Eduardo Cardoso Lopes	99		Louletano/Loule Concelho	+0,78	<b>5:04.38</b>	514
	<i>FTL</i>						
	50m: 30.84 30.84	150m: 1:47.24	39.23	250m: 3:09.85	43.94	350m: 4:30.62	34.40
	100m: 1:08.01 37.17	200m: 2:25.91	38.67	300m: 3:56.22	46.37	400m: 5:04.38	33.76
12.	Henrique Lourenco Ferreira	99		Colegio Vasco da Gama	+0,67	<b>5:07.04</b>	500
	<i>FTL</i>						
	50m: 31.31 31.31	150m: 1:49.69	41.73	250m: 3:14.60	44.03	350m: 4:34.27	34.65
	100m: 1:07.96 36.65	200m: 2:30.57	40.88	300m: 3:59.62	45.02	400m: 5:07.04	32.77
13.	Bernardo Graca Rodrigues	99		Alges	+0,71	<b>5:09.66</b>	488
	<i>FTL</i>						
	50m: 31.35 31.35	150m: 1:51.31	41.75	250m: 3:15.34	44.04	350m: 4:35.00	35.06
	100m: 1:09.56 38.21	200m: 2:31.30	39.99	300m: 3:59.94	44.60	400m: 5:09.66	34.66
14.	Andre Alexandre Santos	99		Sporting		<b>5:11.12</b>	481
	<i>FTL</i>						
	50m: 31.25 31.25	150m: 1:48.13	40.53	250m: 3:13.54	46.21	350m: 4:36.60	36.13
	100m: 1:07.60 36.35	200m: 2:27.33	39.20	300m: 4:00.47	46.93	400m: 5:11.12	34.52
DNS	Afonso Meneses Sequeira	99		Naval do Funchal			



Prova 15, Masc., 400m Estilos, Elimin

Prova 15	Masc., 400m Estilos				Juvenis B
02-04-2015 - 9:00	SOMAGUE				Resultados Elimin
Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	FPN	Utrecht (NED)	16-07-2013

TAC JUV15 Masc : 5:09.49

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Jorge Jesus Silva	00		Braga	+0,88	<b>4:48.73</b>	602 B
	50m: 30.00 30.00	150m: 1:43.20 38.60	250m: 3:00.71 39.30	350m: 4:15.99 33.35			
	100m: 1:04.60 34.60	200m: 2:21.41 38.21	300m: 3:42.64 41.93	400m: 4:48.73 32.74			
2.	Andre Vilas Ruivo	00		Ba/Bomcar	+0,72	<b>4:52.27</b>	580 R
	50m: 30.34 30.34	150m: 1:42.10 37.24	250m: 3:01.94 43.56	350m: 4:19.07 34.44			
	100m: 1:04.86 34.52	200m: 2:18.38 36.28	300m: 3:44.63 42.69	400m: 4:52.27 33.20			
3.	Jose Paulo Lopes	00		Braga	+0,68	<b>4:54.43</b>	568
	50m: 30.08 30.08	150m: 1:42.65 37.14	250m: 3:03.06 43.43	350m: 4:21.24 34.65			
	100m: 1:05.51 35.43	200m: 2:19.63 36.98	300m: 3:46.59 43.53	400m: 4:54.43 33.19			
4.	Miguel Goncalves Frade	00		Torres Novas	+0,83	<b>5:01.52</b>	528
	50m: 32.24 32.24	150m: 1:48.71 39.57	250m: 3:09.68 42.34	350m: 4:28.07 35.15			
	100m: 1:09.14 36.90	200m: 2:27.34 38.63	300m: 3:52.92 43.24	400m: 5:01.52 33.45			
5.	Francisco Xavier Tomas	00		Alcobaca	+0,73	<b>5:03.34</b>	519
	50m: 31.61 31.61	150m: 1:47.72 39.19	250m: 3:09.84 43.57	350m: 4:28.98 35.12			
	100m: 1:08.53 36.92	200m: 2:26.27 38.55	300m: 3:53.86 44.02	400m: 5:03.34 34.36			
6.	Sergio Filipe Travanca	00		Fluvial Portuense	+0,68	<b>5:05.27</b>	509
	50m: 31.72 31.72	150m: 1:48.82 41.58	250m: 3:13.86 44.90	350m: 4:31.88 34.64			
	100m: 1:07.24 35.52	200m: 2:28.96 40.14	300m: 3:57.24 43.38	400m: 5:05.27 33.39			
7.	Rui Jorge Lopes	00		CLAC-Entroncamento	+0,85	<b>5:07.33</b>	499
	50m: 31.47 31.47	150m: 1:48.94 40.19	250m: 3:13.03 44.58	350m: 4:34.23 34.61			
	100m: 1:08.75 37.28	200m: 2:28.45 39.51	300m: 3:59.62 46.59	400m: 5:07.33 33.10			
8.	David Dias Lima	00		Vilacondense	+0,86	<b>5:07.37</b>	499
	50m: 31.72 31.72	150m: 1:49.71 40.41	250m: 3:14.90 45.91	350m: 4:35.27 33.86			
	100m: 1:09.30 37.58	200m: 2:28.99 39.28	300m: 4:01.41 46.51	400m: 5:07.37 32.10			
9.	Porfirio Braga Nunes	00		Vilacondense	+0,74	<b>5:08.95</b>	491
	50m: 30.69 30.69	150m: 1:46.16 39.37	250m: 3:11.00 46.66	350m: 4:36.14 35.70			
	100m: 1:06.79 36.10	200m: 2:24.34 38.18	300m: 4:00.44 49.44	400m: 5:08.95 32.81			
10.	Ricardo Alexandre Faia	00		Benfica	+0,74	<b>5:10.88</b>	482
	<i>FTL</i>						
	50m: 30.42 30.42	150m: 1:46.25 39.67	250m: 3:12.19 46.58	350m: 4:34.58 36.49			
	100m: 1:06.58 36.16	200m: 2:25.61 39.36	300m: 3:58.09 45.90	400m: 5:10.88 36.30			
11.	Diogo Vicente Custois	00		Benedita	+0,71	<b>5:11.01</b>	481
	<i>FTL</i>						
	50m: 32.35 32.35	150m: 1:49.46 40.02	250m: 3:14.66 46.55	350m: 4:35.78 35.51			
	100m: 1:09.44 37.09	200m: 2:28.11 38.65	300m: 4:00.27 45.61	400m: 5:11.01 35.23			
12.	Rui Alexandre Ramos	00		Porto	+0,83	<b>5:12.36</b>	475
	<i>FTL</i>						
	50m: 31.74 31.74	150m: 1:49.76 41.31	250m: 3:14.31 45.54	350m: 4:38.14 37.48			
	100m: 1:08.45 36.71	200m: 2:28.77 39.01	300m: 4:00.66 46.35	400m: 5:12.36 34.22			

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

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Sebastiao Limbert Piedade	00		Alges	+0,80	<b>5:12.64</b>	474
	<i>FTL</i>						
	50m: 32.67 32.67	150m: 1:52.22	40.61	250m: 3:16.06	42.08	350m: 4:37.14	35.99
	100m: 1:11.61 38.94	200m: 2:33.98	41.76	300m: 4:01.15	45.09	400m: 5:12.64	35.50
14.	Daniel Nogueira Catalao	00		Naval Amorense	+0,56	<b>5:16.97</b>	455
	<i>FTL</i>						
	50m: 30.72 30.72	150m: 1:48.60	41.20	250m: 3:14.71	45.31	350m: 4:39.72	36.77
	100m: 1:07.40 36.68	200m: 2:29.40	40.80	300m: 4:02.95	48.24	400m: 5:16.97	37.25
15.	Joao Tiago Rainho	00		Galitos		<b>5:18.39</b>	449
	<i>FTL</i>						
	50m: 32.67 32.67	150m: 1:54.10	43.51	250m: 3:19.78	43.34	350m: 4:41.86	37.28
	100m: 1:10.59 37.92	200m: 2:36.44	42.34	300m: 4:04.58	44.80	400m: 5:18.39	36.53
16.	Bernardo Francesco Barreto	00		Galitos	+0,79	<b>5:20.69</b>	439
	<i>FTL</i>						
	50m: 31.60 31.60	150m: 1:50.63	41.10	250m: 3:17.92	46.70	350m: 4:43.60	37.09
	100m: 1:09.53 37.93	200m: 2:31.22	40.59	300m: 4:06.51	48.59	400m: 5:20.69	37.09
DSQ	Miguel Angelo Santos	00		Famalicao			
	<i>615 - Não efectuou movimento continuo e imediato na viragem aos 150 - SW 6.4</i>						