

Prova 36 Masc., 400m Livres Absolutos
03-04-2015 - 11:25 SOMAGUE Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Rec Nac Jun17	3:57.15	Gustavo Manuel Santa	FPN	Helsinquia (FIN)	14-07-2010
Rec Nac Jun18	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12-07-2002
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC JUN17 Masc Jun17: 4:18.01 / TAC JUN18 Masc Jun18: 4:14.33 / TAC JUV16 Masc Juv A: 4:25.38 / TAC JUV15 Masc Juv B: 4:30.30 / TAC SEN19Masc Sen19: 4:11.87 / TAC SEN20Masc Sen20: 4:11.87 / TAC SEN21+V Masc Sen21+: 4:11.87

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Luis Emanuel Vaz	91		Famalicao	+0,74	3:59.73	773 A
	50m: 27.50 27.50	150m: 1:27.85 30.54	250m: 2:28.32 30.16	350m: 3:29.30 30.21			
	100m: 57.31 29.81	200m: 1:58.16 30.31	300m: 2:59.09 30.77	400m: 3:59.73 30.43			
2.	Rafael Lourenco Gil	96		Naval Amorense	+0,70	4:01.09	760 A
	50m: 27.74 27.74	150m: 1:28.86 30.93	250m: 2:30.44 30.53	350m: 3:31.24 30.50			
	100m: 57.93 30.19	200m: 1:59.91 31.05	300m: 3:00.74 30.30	400m: 4:01.09 29.85			
3.	Mario Alexandre Pereira	92		Nautico /Urgicentro-Sanfil	+0,67	4:01.40	757 A
	50m: 27.68 27.68	150m: 1:29.36 30.87	250m: 2:31.31 30.45	350m: 3:32.53 30.25			
	100m: 58.49 30.81	200m: 2:00.86 31.50	300m: 3:02.28 30.97	400m: 4:01.40 28.87			
4.	Guilherme Pereira Dias	97		Sporting	+0,71	4:02.76	744 A
	50m: 27.81 27.81	150m: 1:29.08 31.22	250m: 2:31.16 31.21	350m: 3:32.84 30.77			
	100m: 57.86 30.05	200m: 1:59.95 30.87	300m: 3:02.07 30.91	400m: 4:02.76 29.92			
5.	Mario Andre Bonanca	90		Sporting	+0,76	4:03.27	740 A
	50m: 28.04 28.04	150m: 1:29.01 31.04	250m: 2:31.00 30.93	350m: 3:33.62 31.26			
	100m: 57.97 29.93	200m: 2:00.07 31.06	300m: 3:02.36 31.36	400m: 4:03.27 29.65			
6.	Joao Pedro Gil	97		Naval Amorense	+0,63	4:04.81	726 A
	50m: 27.78 27.78	150m: 1:28.76 30.93	250m: 2:31.25 31.13	350m: 3:34.23 31.36			
	100m: 57.83 30.05	200m: 2:00.12 31.36	300m: 3:02.87 31.62	400m: 4:04.81 30.58			
7.	Pedro Miguel Pinotes	89		Sporting	+0,72	4:06.23	713 A
	50m: 28.25 28.25	150m: 1:30.54 31.48	250m: 2:32.89 31.07	350m: 3:35.32 31.29			
	100m: 59.06 30.81	200m: 2:01.82 31.28	300m: 3:04.03 31.14	400m: 4:06.23 30.91			
8.	Artiom Viatcheslavovitch Poliz93v			Estrelas S. Joao de Brito	+0,63	4:07.08	706 A
	50m: 27.96 27.96	150m: 1:30.59 31.01	250m: 2:33.72 31.12	350m: 3:37.37 31.35			
	100m: 59.58 31.62	200m: 2:02.60 32.01	300m: 3:06.02 32.30	400m: 4:07.08 29.71			
9.	Guilherme Filipe Pina	98		Benedita	+0,68	4:07.22	705 A
	50m: 28.81 28.81	150m: 1:31.56 31.43	250m: 2:34.36 31.14	350m: 3:37.03 31.10			
	100m: 1:00.13 31.32	200m: 2:03.22 31.66	300m: 3:05.93 31.57	400m: 4:07.22 30.19			
10.	Andre Filipe Farinha	96		Benfica	+0,65	4:07.38	704 A
	50m: 28.61 28.61	150m: 1:32.06 31.90	250m: 2:36.16 31.85	350m: 3:37.98 30.89			
	100m: 1:00.16 31.55	200m: 2:04.31 32.25	300m: 3:07.09 30.93	400m: 4:07.38 29.40			
11.	Tiago Silva Oliveira	94		Leixoes	+0,66	4:07.84	700 B
	50m: 27.96 27.96	150m: 1:30.05 31.36	250m: 2:33.29 31.50	350m: 3:37.43 32.21			
	100m: 58.69 30.73	200m: 2:01.79 31.74	300m: 3:05.22 31.93	400m: 4:07.84 30.41			
12.	Vasco Miguel Gaspar	90		Uniao Piedense	+0,73	4:07.90	699 B
	50m: 28.53 28.53	150m: 1:31.71 31.61	250m: 2:34.65 31.13	350m: 3:37.42 31.44			
	100m: 1:00.10 31.57	200m: 2:03.52 31.81	300m: 3:05.98 31.33	400m: 4:07.90 30.48			

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Alexandre Valdagua Coutinhc97			Columbofila Cantanhedense	+0,65	4:07.95	699 B
	50m: 27.73 27.73	150m: 1:29.95	31.78	250m: 2:33.96	32.01	350m: 3:37.64	31.58
	100m: 58.17 30.44	200m: 2:01.95	32.00	300m: 3:06.06	32.10	400m: 4:07.95	30.31
14.	Jose Paula Carvalho	98		Uniao Piedense	+0,69	4:08.02	698 B
	50m: 28.44 28.44	150m: 1:31.00	31.38	250m: 2:34.38	31.30	350m: 3:37.66	31.28
	100m: 59.62 31.18	200m: 2:03.08	32.08	300m: 3:06.38	32.00	400m: 4:08.02	30.36
15.	Ruben Jose Morim	97		Vilacondense	+0,76	4:08.84	691 B
	50m: 28.39 28.39	150m: 1:31.61	31.95	250m: 2:35.94	32.17	350m: 3:39.01	31.05
	100m: 59.66 31.27	200m: 2:03.77	32.16	300m: 3:07.96	32.02	400m: 4:08.84	29.83
16.	Pedro Maria Bessa	95		Vilacondense	+0,74	4:10.01	682 B
	50m: 28.60 28.60	150m: 1:32.18	32.17	250m: 2:35.53	31.41	350m: 3:39.66	32.18
	100m: 1:00.01 31.41	200m: 2:04.12	31.94	300m: 3:07.48	31.95	400m: 4:10.01	30.35
17.	Joao Duarte Santos	95		Benfica	+0,66	4:10.23	680 B
	50m: 28.39 28.39	150m: 1:31.64	31.93	250m: 2:35.93	32.27	350m: 3:40.31	32.00
	100m: 59.71 31.32	200m: 2:03.66	32.02	300m: 3:08.31	32.38	400m: 4:10.23	29.92
18.	Joao Carlos Santos	96		Naval Amorense	+0,68	4:10.64	676 B
	50m: 29.14 29.14	150m: 1:32.54	31.85	250m: 2:36.06	30.90	350m: 3:39.78	31.98
	100m: 1:00.69 31.55	200m: 2:05.16	32.62	300m: 3:07.80	31.74	400m: 4:10.64	30.86
19.	Goncalo Miguel Nogueira	98		Porto	+0,63	4:10.87	675 B
	50m: 28.31 28.31	150m: 1:31.71	31.86	250m: 2:35.66	31.56	350m: 3:40.16	32.28
	100m: 59.85 31.54	200m: 2:04.10	32.39	300m: 3:07.88	32.22	400m: 4:10.87	30.71
20.	Ricardo Manuel Machado FTL	93		Braga	+0,75	4:12.03	665 B
	50m: 28.82 28.82	150m: 1:31.93	31.64	250m: 2:35.72	32.05	350m: 3:40.06	32.08
	100m: 1:00.29 31.47	200m: 2:03.67	31.74	300m: 3:07.98	32.26	400m: 4:12.03	31.97
21.	Diogo Leal Dantas	00		Sporting	+0,65	4:14.18	649 R
	50m: 28.48 28.48	150m: 1:31.62	32.00	250m: 2:36.66	32.72	350m: 3:42.05	32.55
	100m: 59.62 31.14	200m: 2:03.94	32.32	300m: 3:09.50	32.84	400m: 4:14.18	32.13
22.	Diogo Manuel Marques	98		Columbofila Cantanhedense	+0,70	4:14.23	648 R
	50m: 28.61 28.61	150m: 1:31.48	32.05	250m: 2:37.20	32.74	350m: 3:42.74	32.57
	100m: 59.43 30.82	200m: 2:04.46	32.98	300m: 3:10.17	32.97	400m: 4:14.23	31.49
23.	Joao Andre Neves FTL	95		Academica de Coimbra	+0,74	4:15.11	641
	50m: 29.18 29.18	150m: 1:33.23	32.21	250m: 2:37.41	31.86	350m: 3:43.02	33.04
	100m: 1:01.02 31.84	200m: 2:05.55	32.32	300m: 3:09.98	32.57	400m: 4:15.11	32.09
24.	Jose Henriques Luz	99		Nucleo Sportinguista Golega	+0,69	4:15.73	637
	50m: 29.15 29.15	150m: 1:33.62	32.84	250m: 2:39.95	33.34	350m: 3:45.30	33.03
	100m: 1:00.78 31.63	200m: 2:06.61	32.99	300m: 3:12.27	32.32	400m: 4:15.73	30.43
25.	Eduardo Salgado Ramos FTL	97		Porto	+0,64	4:16.06	634
	50m: 28.58 28.58	150m: 1:34.43	32.94	250m: 2:39.47	32.31	350m: 3:45.61	33.45
	100m: 1:01.49 32.91	200m: 2:07.16	32.73	300m: 3:12.16	32.69	400m: 4:16.06	30.45
26.	Rui Jorge Matias	99		Vilacondense	+0,81	4:16.46	631
	50m: 29.15 29.15	150m: 1:32.62	32.14	250m: 2:38.98	33.21	350m: 3:45.17	32.92
	100m: 1:00.48 31.33	200m: 2:05.77	33.15	300m: 3:12.25	33.27	400m: 4:16.46	31.29

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Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
27.	Fabio Alcantara Aires	97		Naval Amorense	+0,72	4:16.90	628
	<i>FTL</i>						
	50m: 28.28 28.28	150m: 1:33.12	33.28	250m: 2:38.80	32.75	350m: 3:45.24	33.46
	100m: 59.84 31.56	200m: 2:06.05	32.93	300m: 3:11.78	32.98	400m: 4:16.90	31.66
28.	Joao Costa Ferreira	98		Famalicao	+0,85	4:17.18	626
	50m: 29.59 29.59	150m: 1:35.28	33.46	250m: 2:41.60	33.10	350m: 3:46.83	31.87
	100m: 1:01.82 32.23	200m: 2:08.50	33.22	300m: 3:14.96	33.36	400m: 4:17.18	30.35
29.	Bruno Miguel Ramos	97		Belenenses	+0,61	4:17.33	625
	<i>FTL</i>						
	50m: 28.36 28.36	150m: 1:31.81	32.02	250m: 2:37.10	32.41	350m: 3:43.67	32.91
	100m: 59.79 31.43	200m: 2:04.69	32.88	300m: 3:10.76	33.66	400m: 4:17.33	33.66
30.	Diogo Barbosa Nunes	00		Fluvial Portuense	+0,76	4:17.92	621
	50m: 28.97 28.97	150m: 1:32.90	32.31	250m: 2:38.39	33.16	350m: 3:45.85	34.11
	100m: 1:00.59 31.62	200m: 2:05.23	32.33	300m: 3:11.74	33.35	400m: 4:17.92	32.07
31.	Joao Magalhaes Nunes	99		Belenenses	+0,76	4:18.12	619
	50m: 29.95 29.95	150m: 1:35.22	33.06	250m: 2:41.20	32.83	350m: 3:46.61	32.42
	100m: 1:02.16 32.21	200m: 2:08.37	33.15	300m: 3:14.19	32.99	400m: 4:18.12	31.51
32.	Joao Vitor Fernandes	00		Sao Roque	+0,62	4:18.43	617
	50m: 28.55 28.55	150m: 1:33.28	32.68	250m: 2:41.09	33.66	350m: 3:47.85	32.94
	100m: 1:00.60 32.05	200m: 2:07.43	34.15	300m: 3:14.91	33.82	400m: 4:18.43	30.58
33.	Bruno Jose Silva	98		Braga	+0,92	4:18.92	614
	<i>FTL</i>						
	50m: 30.07 30.07	150m: 1:35.99	33.34	250m: 2:41.00	31.73	350m: 3:47.14	33.54
	100m: 1:02.65 32.58	200m: 2:09.27	33.28	300m: 3:13.60	32.60	400m: 4:18.92	31.78
34.	Goncalo Cardoso Carmo	96		Alges	+0,59	4:18.94	613
	<i>FTL</i>						
	50m: 28.71 28.71	150m: 1:32.55	32.50	250m: 2:38.22	33.11	350m: 3:46.08	34.42
	100m: 1:00.05 31.34	200m: 2:05.11	32.56	300m: 3:11.66	33.44	400m: 4:18.94	32.86
35.	Rafael Ladeiro Santos	98		Geslours	+0,80	4:19.32	611
	<i>FTL</i>						
	50m: 28.92 28.92	150m: 1:33.78	32.99	250m: 2:40.20	33.46	350m: 3:46.81	33.45
	100m: 1:00.79 31.87	200m: 2:06.74	32.96	300m: 3:13.36	33.16	400m: 4:19.32	32.51
36.	Tomas Gomes Oliveira	99		Nautico da Marinha Grande	+0,78	4:19.66	608
	50m: 29.25 29.25	150m: 1:34.64	33.20	250m: 2:40.83	33.62	350m: 3:47.07	33.30
	100m: 1:01.44 32.19	200m: 2:07.21	32.57	300m: 3:13.77	32.94	400m: 4:19.66	32.59
37.	Afonso Calais Queiroga	98		Uniao Piedense	+0,68	4:19.82	607
	<i>FTL</i>						
	50m: 29.35 29.35	150m: 1:33.65	32.24	250m: 2:39.57	32.98	350m: 3:46.71	33.88
	100m: 1:01.41 32.06	200m: 2:06.59	32.94	300m: 3:12.83	33.26	400m: 4:19.82	33.11
38.	Alexandre Magno Carvalho	98		Fluvial Portuense	+0,73	4:19.92	606
	<i>FTL</i>						
	50m: 28.64 28.64	150m: 1:33.33	32.59	250m: 2:39.96	33.17	350m: 3:46.93	33.20
	100m: 1:00.74 32.10	200m: 2:06.79	33.46	300m: 3:13.73	33.77	400m: 4:19.92	32.99
39.	Jose Pedro Fernandes	99		Braga	+0,79	4:20.45	603
	50m: 28.98 28.98	150m: 1:33.35	32.47	250m: 2:39.78	33.50	350m: 3:47.70	33.81
	100m: 1:00.88 31.90	200m: 2:06.28	32.93	300m: 3:13.89	34.11	400m: 4:20.45	32.75

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Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
40.	Jose Paulo Lopes	00		Braga	+0,68	4:20.61	602
	50m: 29.34 29.34	150m: 1:34.41	33.30	250m: 2:41.19	33.60	350m: 3:48.51	33.35
	100m: 1:01.11 31.77	200m: 2:07.59	33.18	300m: 3:15.16	33.97	400m: 4:20.61	32.10
41.	Tiago Carlos Santos	98		Naval Amorense	+0,75	4:21.10	598
	<i>FTL</i>						
	50m: 29.58 29.58	150m: 1:33.06	32.17	250m: 2:39.12	33.40	350m: 3:47.57	34.45
	100m: 1:00.89 31.31	200m: 2:05.72	32.66	300m: 3:13.12	34.00	400m: 4:21.10	33.53
42.	Dany Pedro Caille	00		Braga	+0,78	4:21.96	592
	50m: 29.35 29.35	150m: 1:34.84	33.01	250m: 2:41.93	33.51	350m: 3:49.45	33.50
	100m: 1:01.83 32.48	200m: 2:08.42	33.58	300m: 3:15.95	34.02	400m: 4:21.96	32.51
43.	Vitor Joao Pereira	97		Leixoes	+0,84	4:22.02	592
	<i>FTL</i>						
	50m: 29.61 29.61	150m: 1:35.37	33.84	250m: 2:42.02	33.79	350m: 3:49.30	33.89
	100m: 1:01.53 31.92	200m: 2:08.23	32.86	300m: 3:15.41	33.39	400m: 4:22.02	32.72
44.	Rafael Gomes Simoes	00		Desportos Barcelos	+0,81	4:24.27	577
	50m: 28.97 28.97	150m: 1:35.80	33.78	250m: 2:44.62	34.45	350m: 3:52.49	33.94
	100m: 1:02.02 33.05	200m: 2:10.17	34.37	300m: 3:18.55	33.93	400m: 4:24.27	31.78
45.	Andre Vilas Ruivo	00		Ba/Bomcar	+0,67	4:24.32	577
	50m: 29.33 29.33	150m: 1:34.84	33.16	250m: 2:42.63	34.11	350m: 3:50.57	34.07
	100m: 1:01.68 32.35	200m: 2:08.52	33.68	300m: 3:16.50	33.87	400m: 4:24.32	33.75
46.	Pedro Galvao Gouveia	99		Desportivo Nacional	+0,70	4:24.47	576
	50m: 29.17 29.17	150m: 1:35.56	33.66	250m: 2:43.87	34.27	350m: 3:52.85	34.20
	100m: 1:01.90 32.73	200m: 2:09.60	34.04	300m: 3:18.65	34.78	400m: 4:24.47	31.62
47.	Jose Pedro Freitas	00		Famalicao	+0,67	4:25.11	572
	50m: 29.12 29.12	150m: 1:34.67	33.01	250m: 2:42.96	34.45	350m: 3:51.49	34.18
	100m: 1:01.66 32.54	200m: 2:08.51	33.84	300m: 3:17.31	34.35	400m: 4:25.11	33.62
48.	Eduardo Cardoso Lopes	99		Louletano/Loule Concelho	+0,82	4:25.31	570
	50m: 29.03 29.03	150m: 1:34.12	32.90	250m: 2:42.57	34.53	350m: 3:51.86	34.70
	100m: 1:01.22 32.19	200m: 2:08.04	33.92	300m: 3:17.16	34.59	400m: 4:25.31	33.45
49.	Tiago Silva Soares	99		Porto	+0,76	4:25.42	570
	<i>FTL</i>						
	50m: 29.28 29.28	150m: 1:36.16	34.23	250m: 2:44.32	33.75	350m: 3:52.70	34.03
	100m: 1:01.93 32.65	200m: 2:10.57	34.41	300m: 3:18.67	34.35	400m: 4:25.42	32.72
50.	Nuno Rafael Silva	99		Colegio Monte Maior	+0,82	4:26.12	565
	<i>FTL</i>						
	50m: 29.61 29.61	150m: 1:35.90	33.71	250m: 2:44.15	34.21	350m: 3:53.78	34.85
	100m: 1:02.19 32.58	200m: 2:09.94	34.04	300m: 3:18.93	34.78	400m: 4:26.12	32.34
51.	Duarte Filipe Rodrigues	99		Alges	+0,72	4:26.95	560
	<i>FTL</i>						
	50m: 29.67 29.67	150m: 1:36.23	33.69	250m: 2:44.97	34.30	350m: 3:53.37	33.93
	100m: 1:02.54 32.87	200m: 2:10.67	34.44	300m: 3:19.44	34.47	400m: 4:26.95	33.58
52.	David Dias Lima	00		Vilacondense	+0,74	4:27.99	553
	50m: 29.56 29.56	150m: 1:37.02	34.08	250m: 2:45.33	33.84	350m: 3:53.83	34.11
	100m: 1:02.94 33.38	200m: 2:11.49	34.47	300m: 3:19.72	34.39	400m: 4:27.99	34.16

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Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
53.	Nelson Pereira Malheiros <i>FTL</i>	99		Litoral Alentejano	+0,70	4:28.09	553
	50m: 29.64 29.64	150m: 1:35.92	33.67	250m: 2:44.42	34.67	350m: 3:54.04	34.85
	100m: 1:02.25 32.61	200m: 2:09.75	33.83	300m: 3:19.19	34.77	400m: 4:28.09	34.05
54.	Bernardo Leitao Graca <i>FTL</i>	93		Sporting	+0,68	4:28.61	549
	50m: 29.52 29.52	150m: 1:35.33	32.96	250m: 2:43.46	33.41	350m: 3:53.23	35.12
	100m: 1:02.37 32.85	200m: 2:10.05	34.72	300m: 3:18.11	34.65	400m: 4:28.61	35.38
55.	David Realista Grachat <i>FTL</i>	87	S9	Gesloures	+0,81	4:28.65	549
	50m: 30.81 30.81	150m: 1:38.41	34.22	250m: 2:47.30	34.37	350m: 3:55.88	34.31
	100m: 1:04.19 33.38	200m: 2:12.93	34.52	300m: 3:21.57	34.27	400m: 4:28.65	32.77
56.	Rui Jorge Lopes	00		CLAC-Entroncamento	+0,79	4:29.19	546
	50m: 29.79 29.79	150m: 1:37.39	34.41	250m: 2:46.84	34.86	350m: 3:56.20	33.62
	100m: 1:02.98 33.19	200m: 2:11.98	34.59	300m: 3:22.58	35.74	400m: 4:29.19	32.99
57.	Andre Martins Palhinha <i>FTL</i>	99		Galitos	+0,65	4:32.04	529
	50m: 29.57 29.57	150m: 1:36.37	33.94	250m: 2:46.04	35.17	350m: 3:57.35	35.57
	100m: 1:02.43 32.86	200m: 2:10.87	34.50	300m: 3:21.78	35.74	400m: 4:32.04	34.69
58.	Miguel Duarte Pereira <i>FTL</i>	00		Natacao Olhao	+0,83	4:32.48	526
	50m: 30.00 30.00	150m: 1:38.50	34.52	250m: 2:49.08	35.10	350m: 3:59.26	34.61
	100m: 1:03.98 33.98	200m: 2:13.98	35.48	300m: 3:24.65	35.57	400m: 4:32.48	33.22
59.	Afonso Guilherme Jesus <i>FTL</i>	00		Sporting	+0,70	4:33.74	519
	50m: 29.82 29.82	150m: 1:37.52	34.65	250m: 2:47.85	35.55	350m: 3:59.31	35.73
	100m: 1:02.87 33.05	200m: 2:12.30	34.78	300m: 3:23.58	35.73	400m: 4:33.74	34.43
60.	Gino Santos Caetano <i>FTL</i>	94	S10	Sporting de Aveiro	+0,88	4:34.06	517
	50m: 31.19 31.19	150m: 1:37.67	33.07	250m: 2:46.87	35.01	350m: 3:58.58	35.82
	100m: 1:04.60 33.41	200m: 2:11.86	34.19	300m: 3:22.76	35.89	400m: 4:34.06	35.48
61.	Daniel Jose Duarte <i>FTL</i>	00		Leixoes	+0,69	4:34.11	517
	50m: 29.56 29.56	150m: 1:37.87	34.55	250m: 2:47.95	34.73	350m: 3:59.15	35.50
	100m: 1:03.32 33.76	200m: 2:13.22	35.35	300m: 3:23.65	35.70	400m: 4:34.11	34.96
62.	Alessandro Antunes Paolinell99 <i>FTL</i>			Naval do Funchal	+0,65	4:35.07	512
	50m: 29.25 29.25	150m: 1:36.73	34.56	250m: 2:47.62	35.31	350m: 4:00.36	36.10
	100m: 1:02.17 32.92	200m: 2:12.31	35.58	300m: 3:24.26	36.64	400m: 4:35.07	34.71
63.	Tomas Pimentel Borges <i>FTL</i>	00		Porto	+0,67	4:38.01	496
	50m: 29.45 29.45	150m: 1:38.01	34.61	250m: 2:49.13	35.38	350m: 4:01.88	36.02
	100m: 1:03.40 33.95	200m: 2:13.75	35.74	300m: 3:25.86	36.73	400m: 4:38.01	36.13
DNS	Emanuel Luis Goncalves	89	S10	Desportivo Nacional			

Prova 36, Masc., 400m Livres, Elimin

Prova 36
03-04-2015 - 11:25

Masc., 400m Livres
SOMAGUE

Seniores
Resultados Elimin

Rec Nac Absoluto 3:52.29 Jorge Manuel Maia FPN Málaga (ESP) 05-04-2009
Rec Nac Sen 3:52.29 Jorge Manuel Maia FPN Málaga (ESP) 05-04-2009

TAC SEN19Masc Sen19: 4:11.87 / TAC SEN20Masc Sen20: 4:11.87 / TAC SEN21+V Masc Sen21+: 4:11.87

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Luis Emanuel Vaz	91		Famalicao	+0,74	3:59.73	773 A
	50m: 27.50 27.50	150m: 1:27.85	30.54	250m: 2:28.32	30.16	350m: 3:29.30	30.21
	100m: 57.31 29.81	200m: 1:58.16	30.31	300m: 2:59.09	30.77	400m: 3:59.73	30.43
2.	Rafael Lourenco Gil	96		Naval Amorense	+0,70	4:01.09	760 A
	50m: 27.74 27.74	150m: 1:28.86	30.93	250m: 2:30.44	30.53	350m: 3:31.24	30.50
	100m: 57.93 30.19	200m: 1:59.91	31.05	300m: 3:00.74	30.30	400m: 4:01.09	29.85
3.	Mario Alexandre Pereira	92		Nautico /Urgicentro-Sanfil	+0,67	4:01.40	757 A
	50m: 27.68 27.68	150m: 1:29.36	30.87	250m: 2:31.31	30.45	350m: 3:32.53	30.25
	100m: 58.49 30.81	200m: 2:00.86	31.50	300m: 3:02.28	30.97	400m: 4:01.40	28.87
4.	Mario Andre Bonanca	90		Sporting	+0,76	4:03.27	740 A
	50m: 28.04 28.04	150m: 1:29.01	31.04	250m: 2:31.00	30.93	350m: 3:33.62	31.26
	100m: 57.97 29.93	200m: 2:00.07	31.06	300m: 3:02.36	31.36	400m: 4:03.27	29.65
5.	Pedro Miguel Pinotes	89		Sporting	+0,72	4:06.23	713 A
	50m: 28.25 28.25	150m: 1:30.54	31.48	250m: 2:32.89	31.07	350m: 3:35.32	31.29
	100m: 59.06 30.81	200m: 2:01.82	31.28	300m: 3:04.03	31.14	400m: 4:06.23	30.91
6.	Artiom Viatcheslavovitch Poliz93v			Estrelas S. Joao de Brito	+0,63	4:07.08	706 A
	50m: 27.96 27.96	150m: 1:30.59	31.01	250m: 2:33.72	31.12	350m: 3:37.37	31.35
	100m: 59.58 31.62	200m: 2:02.60	32.01	300m: 3:06.02	32.30	400m: 4:07.08	29.71
7.	Andre Filipe Farinha	96		Benfica	+0,65	4:07.38	704 A
	50m: 28.61 28.61	150m: 1:32.06	31.90	250m: 2:36.16	31.85	350m: 3:37.98	30.89
	100m: 1:00.16 31.55	200m: 2:04.31	32.25	300m: 3:07.09	30.93	400m: 4:07.38	29.40
8.	Tiago Silva Oliveira	94		Leixoes	+0,66	4:07.84	700 B
	50m: 27.96 27.96	150m: 1:30.05	31.36	250m: 2:33.29	31.50	350m: 3:37.43	32.21
	100m: 58.69 30.73	200m: 2:01.79	31.74	300m: 3:05.22	31.93	400m: 4:07.84	30.41
9.	Vasco Miguel Gaspar	90		Uniao Piedense	+0,73	4:07.90	699 B
	50m: 28.53 28.53	150m: 1:31.71	31.61	250m: 2:34.65	31.13	350m: 3:37.42	31.44
	100m: 1:00.10 31.57	200m: 2:03.52	31.81	300m: 3:05.98	31.33	400m: 4:07.90	30.48
10.	Pedro Maria Bessa	95		Vilacondense	+0,74	4:10.01	682 B
	50m: 28.60 28.60	150m: 1:32.18	32.17	250m: 2:35.53	31.41	350m: 3:39.66	32.18
	100m: 1:00.01 31.41	200m: 2:04.12	31.94	300m: 3:07.48	31.95	400m: 4:10.01	30.35
11.	Joao Duarte Santos	95		Benfica	+0,66	4:10.23	680 B
	50m: 28.39 28.39	150m: 1:31.64	31.93	250m: 2:35.93	32.27	350m: 3:40.31	32.00
	100m: 59.71 31.32	200m: 2:03.66	32.02	300m: 3:08.31	32.38	400m: 4:10.23	29.92
12.	Joao Carlos Santos	96		Naval Amorense	+0,68	4:10.64	676 B
	50m: 29.14 29.14	150m: 1:32.54	31.85	250m: 2:36.06	30.90	350m: 3:39.78	31.98
	100m: 1:00.69 31.55	200m: 2:05.16	32.62	300m: 3:07.80	31.74	400m: 4:10.64	30.86
13.	Ricardo Manuel Machado	93		Braga	+0,75	4:12.03	665 B
	50m: 28.82 28.82	150m: 1:31.93	31.64	250m: 2:35.72	32.05	350m: 3:40.06	32.08
	100m: 1:00.29 31.47	200m: 2:03.67	31.74	300m: 3:07.98	32.26	400m: 4:12.03	31.97

Prova 36, Masc., 400m Livres, Elimin, Seniores

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
14.	Joao Andre Neves <i>FTL</i>	95		Academica de Coimbra	+0,74	4:15.11	641
	50m: 29.18 29.18	150m: 1:33.23	32.21	250m: 2:37.41	31.86	350m: 3:43.02	33.04
	100m: 1:01.02 31.84	200m: 2:05.55	32.32	300m: 3:09.98	32.57	400m: 4:15.11	32.09
15.	Goncalo Cardoso Carmo <i>FTL</i>	96		Alges	+0,59	4:18.94	613
	50m: 28.71 28.71	150m: 1:32.55	32.50	250m: 2:38.22	33.11	350m: 3:46.08	34.42
	100m: 1:00.05 31.34	200m: 2:05.11	32.56	300m: 3:11.66	33.44	400m: 4:18.94	32.86
16.	Bernardo Leitao Graca <i>FTL</i>	93		Sporting	+0,68	4:28.61	549
	50m: 29.52 29.52	150m: 1:35.33	32.96	250m: 2:43.46	33.41	350m: 3:53.23	35.12
	100m: 1:02.37 32.85	200m: 2:10.05	34.72	300m: 3:18.11	34.65	400m: 4:28.61	35.38
17.	David Realista Grachat <i>FTL</i>	87	S9	Geslours	+0,81	4:28.65	549
	50m: 30.81 30.81	150m: 1:38.41	34.22	250m: 2:47.30	34.37	350m: 3:55.88	34.31
	100m: 1:04.19 33.38	200m: 2:12.93	34.52	300m: 3:21.57	34.27	400m: 4:28.65	32.77
18.	Gino Santos Caetano <i>FTL</i>	94	S10	Sporting de Aveiro	+0,88	4:34.06	517
	50m: 31.19 31.19	150m: 1:37.67	33.07	250m: 2:46.87	35.01	350m: 3:58.58	35.82
	100m: 1:04.60 33.41	200m: 2:11.86	34.19	300m: 3:22.76	35.89	400m: 4:34.06	35.48
DNS	Emanuel Luis Goncalves	89	S10	Desportivo Nacional			

Prova 36
03-04-2015 - 11:25

Masc., 400m Livres
SOMAGUE

Juniores
Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Jun17	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Rec Nac Jun18	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12-07-2002

TAC JUN17 Masc Jun17: 4:18.01 / TAC JUN18 Masc Jun18: 4:14.33

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Guilherme Pereira Dias	97		Sporting	+0,71	4:02.76	744 A
	50m: 27.81 27.81	150m: 1:29.08	31.22	250m: 2:31.16	31.21	350m: 3:32.84	30.77
	100m: 57.86 30.05	200m: 1:59.95	30.87	300m: 3:02.07	30.91	400m: 4:02.76	29.92
2.	Joao Pedro Gil	97		Naval Amorense	+0,63	4:04.81	726 A
	50m: 27.78 27.78	150m: 1:28.76	30.93	250m: 2:31.25	31.13	350m: 3:34.23	31.36
	100m: 57.83 30.05	200m: 2:00.12	31.36	300m: 3:02.87	31.62	400m: 4:04.81	30.58
3.	Guilherme Filipe Pina	98		Benedita	+0,68	4:07.22	705 A
	50m: 28.81 28.81	150m: 1:31.56	31.43	250m: 2:34.36	31.14	350m: 3:37.03	31.10
	100m: 1:00.13 31.32	200m: 2:03.22	31.66	300m: 3:05.93	31.57	400m: 4:07.22	30.19
4.	Alexandre Valdagua Coutinhc97	97		Columbofila Cantanedense	+0,65	4:07.95	699 B
	50m: 27.73 27.73	150m: 1:29.95	31.78	250m: 2:33.96	32.01	350m: 3:37.64	31.58
	100m: 58.17 30.44	200m: 2:01.95	32.00	300m: 3:06.06	32.10	400m: 4:07.95	30.31
5.	Jose Paula Carvalho	98		Uniao Piedense	+0,69	4:08.02	698 B
	50m: 28.44 28.44	150m: 1:31.00	31.38	250m: 2:34.38	31.30	350m: 3:37.66	31.28
	100m: 59.62 31.18	200m: 2:03.08	32.08	300m: 3:06.38	32.00	400m: 4:08.02	30.36

Prova 36, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts	
6.	Ruben Jose Morim	97		Vilacondense	+0,76	4:08.84	691	B
	50m: 28.39 28.39	150m: 1:31.61	31.95	250m: 2:35.94	32.17	350m: 3:39.01	31.05	
	100m: 59.66 31.27	200m: 2:03.77	32.16	300m: 3:07.96	32.02	400m: 4:08.84	29.83	
7.	Goncalo Miguel Nogueira	98		Porto	+0,63	4:10.87	675	B
	50m: 28.31 28.31	150m: 1:31.71	31.86	250m: 2:35.66	31.56	350m: 3:40.16	32.28	
	100m: 59.85 31.54	200m: 2:04.10	32.39	300m: 3:07.88	32.22	400m: 4:10.87	30.71	
8.	Diogo Manuel Marques	98		Columbofila Cantanhedense	+0,70	4:14.23	648	R
	50m: 28.61 28.61	150m: 1:31.48	32.05	250m: 2:37.20	32.74	350m: 3:42.74	32.57	
	100m: 59.43 30.82	200m: 2:04.46	32.98	300m: 3:10.17	32.97	400m: 4:14.23	31.49	
9.	Eduardo Salgado Ramos	97		Porto	+0,64	4:16.06	634	
	<i>FTL</i>							
	50m: 28.58 28.58	150m: 1:34.43	32.94	250m: 2:39.47	32.31	350m: 3:45.61	33.45	
	100m: 1:01.49 32.91	200m: 2:07.16	32.73	300m: 3:12.16	32.69	400m: 4:16.06	30.45	
10.	Fabio Alcantara Aires	97		Naval Amorense	+0,72	4:16.90	628	
	<i>FTL</i>							
	50m: 28.28 28.28	150m: 1:33.12	33.28	250m: 2:38.80	32.75	350m: 3:45.24	33.46	
	100m: 59.84 31.56	200m: 2:06.05	32.93	300m: 3:11.78	32.98	400m: 4:16.90	31.66	
11.	Joao Costa Ferreira	98		Famalicao	+0,85	4:17.18	626	
	50m: 29.59 29.59	150m: 1:35.28	33.46	250m: 2:41.60	33.10	350m: 3:46.83	31.87	
	100m: 1:01.82 32.23	200m: 2:08.50	33.22	300m: 3:14.96	33.36	400m: 4:17.18	30.35	
12.	Bruno Miguel Ramos	97		Belenenses	+0,61	4:17.33	625	
	<i>FTL</i>							
	50m: 28.36 28.36	150m: 1:31.81	32.02	250m: 2:37.10	32.41	350m: 3:43.67	32.91	
	100m: 59.79 31.43	200m: 2:04.69	32.88	300m: 3:10.76	33.66	400m: 4:17.33	33.66	
13.	Bruno Jose Silva	98		Braga	+0,92	4:18.92	614	
	<i>FTL</i>							
	50m: 30.07 30.07	150m: 1:35.99	33.34	250m: 2:41.00	31.73	350m: 3:47.14	33.54	
	100m: 1:02.65 32.58	200m: 2:09.27	33.28	300m: 3:13.60	32.60	400m: 4:18.92	31.78	
14.	Rafael Ladeiro Santos	98		Geslours	+0,80	4:19.32	611	
	<i>FTL</i>							
	50m: 28.92 28.92	150m: 1:33.78	32.99	250m: 2:40.20	33.46	350m: 3:46.81	33.45	
	100m: 1:00.79 31.87	200m: 2:06.74	32.96	300m: 3:13.36	33.16	400m: 4:19.32	32.51	
15.	Afonso Calais Queiroga	98		Uniao Piedense	+0,68	4:19.82	607	
	<i>FTL</i>							
	50m: 29.35 29.35	150m: 1:33.65	32.24	250m: 2:39.57	32.98	350m: 3:46.71	33.88	
	100m: 1:01.41 32.06	200m: 2:06.59	32.94	300m: 3:12.83	33.26	400m: 4:19.82	33.11	
16.	Alexandre Magno Carvalho	98		Fluvial Portuense	+0,73	4:19.92	606	
	<i>FTL</i>							
	50m: 28.64 28.64	150m: 1:33.33	32.59	250m: 2:39.96	33.17	350m: 3:46.93	33.20	
	100m: 1:00.74 32.10	200m: 2:06.79	33.46	300m: 3:13.73	33.77	400m: 4:19.92	32.99	
17.	Tiago Carlos Santos	98		Naval Amorense	+0,75	4:21.10	598	
	<i>FTL</i>							
	50m: 29.58 29.58	150m: 1:33.06	32.17	250m: 2:39.12	33.40	350m: 3:47.57	34.45	
	100m: 1:00.89 31.31	200m: 2:05.72	32.66	300m: 3:13.12	34.00	400m: 4:21.10	33.53	

Prova 36, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
18.	Vitor Joao Pereira <i>FTL</i>	97		Leixoes	+0,84	4:22.02	592
	50m: 29.61 29.61	150m: 1:35.37	33.84	250m: 2:42.02	33.79	350m: 3:49.30	33.89
	100m: 1:01.53 31.92	200m: 2:08.23	32.86	300m: 3:15.41	33.39	400m: 4:22.02	32.72

Prova 36
03-04-2015 - 11:25

Masc., 400m Livres
SOMAGUE

Juvenis A
Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009

TAC JUV16 Masc : 4:25.38

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Jose Henriques Luz	99		Nucleo Sportinguista Golega	+0,69	4:15.73	637
	50m: 29.15 29.15	150m: 1:33.62	32.84	250m: 2:39.95	33.34	350m: 3:45.30	33.03
	100m: 1:00.78 31.63	200m: 2:06.61	32.99	300m: 3:12.27	32.32	400m: 4:15.73	30.43
2.	Rui Jorge Matias	99		Vilacondense	+0,81	4:16.46	631
	50m: 29.15 29.15	150m: 1:32.62	32.14	250m: 2:38.98	33.21	350m: 3:45.17	32.92
	100m: 1:00.48 31.33	200m: 2:05.77	33.15	300m: 3:12.25	33.27	400m: 4:16.46	31.29
3.	Joao Magalhaes Nunes	99		Belenenses	+0,76	4:18.12	619
	50m: 29.95 29.95	150m: 1:35.22	33.06	250m: 2:41.20	32.83	350m: 3:46.61	32.42
	100m: 1:02.16 32.21	200m: 2:08.37	33.15	300m: 3:14.19	32.99	400m: 4:18.12	31.51
4.	Tomas Gomes Oliveira	99		Nautico da Marinha Grande	+0,78	4:19.66	608
	50m: 29.25 29.25	150m: 1:34.64	33.20	250m: 2:40.83	33.62	350m: 3:47.07	33.30
	100m: 1:01.44 32.19	200m: 2:07.21	32.57	300m: 3:13.77	32.94	400m: 4:19.66	32.59
5.	Jose Pedro Fernandes	99		Braga	+0,79	4:20.45	603
	50m: 28.98 28.98	150m: 1:33.35	32.47	250m: 2:39.78	33.50	350m: 3:47.70	33.81
	100m: 1:00.88 31.90	200m: 2:06.28	32.93	300m: 3:13.89	34.11	400m: 4:20.45	32.75
6.	Pedro Galvao Gouveia	99		Desportivo Nacional	+0,70	4:24.47	576
	50m: 29.17 29.17	150m: 1:35.56	33.66	250m: 2:43.87	34.27	350m: 3:52.85	34.20
	100m: 1:01.90 32.73	200m: 2:09.60	34.04	300m: 3:18.65	34.78	400m: 4:24.47	31.62
7.	Eduardo Cardoso Lopes	99		Louletano/Loule Concelho	+0,82	4:25.31	570
	50m: 29.03 29.03	150m: 1:34.12	32.90	250m: 2:42.57	34.53	350m: 3:51.86	34.70
	100m: 1:01.22 32.19	200m: 2:08.04	33.92	300m: 3:17.16	34.59	400m: 4:25.31	33.45
8.	Tiago Silva Soares <i>FTL</i>	99		Porto	+0,76	4:25.42	570
	50m: 29.28 29.28	150m: 1:36.16	34.23	250m: 2:44.32	33.75	350m: 3:52.70	34.03
	100m: 1:01.93 32.65	200m: 2:10.57	34.41	300m: 3:18.67	34.35	400m: 4:25.42	32.72
9.	Nuno Rafael Silva <i>FTL</i>	99		Colegio Monte Maior	+0,82	4:26.12	565
	50m: 29.61 29.61	150m: 1:35.90	33.71	250m: 2:44.15	34.21	350m: 3:53.78	34.85
	100m: 1:02.19 32.58	200m: 2:09.94	34.04	300m: 3:18.93	34.78	400m: 4:26.12	32.34
10.	Duarte Filipe Rodrigues <i>FTL</i>	99		Alges	+0,72	4:26.95	560
	50m: 29.67 29.67	150m: 1:36.23	33.69	250m: 2:44.97	34.30	350m: 3:53.37	33.93
	100m: 1:02.54 32.87	200m: 2:10.67	34.44	300m: 3:19.44	34.47	400m: 4:26.95	33.58

Prova 36, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
11.	Nelson Pereira Malheiros <i>FTL</i>	99		Litoral Alentejano	+0,70	4:28.09	553
	50m: 29.64 29.64	150m: 1:35.92	33.67	250m: 2:44.42	34.67	350m: 3:54.04	34.85
	100m: 1:02.25 32.61	200m: 2:09.75	33.83	300m: 3:19.19	34.77	400m: 4:28.09	34.05
12.	Andre Martins Palhinha <i>FTL</i>	99		Galitos	+0,65	4:32.04	529
	50m: 29.57 29.57	150m: 1:36.37	33.94	250m: 2:46.04	35.17	350m: 3:57.35	35.57
	100m: 1:02.43 32.86	200m: 2:10.87	34.50	300m: 3:21.78	35.74	400m: 4:32.04	34.69
13.	Alessandro Antunes Paolinell99 <i>FTL</i>			Naval do Funchal	+0,65	4:35.07	512
	50m: 29.25 29.25	150m: 1:36.73	34.56	250m: 2:47.62	35.31	350m: 4:00.36	36.10
	100m: 1:02.17 32.92	200m: 2:12.31	35.58	300m: 3:24.26	36.64	400m: 4:35.07	34.71

Prova 36 Masc., 400m Livres Juvenis B
03-04-2015 - 11:25 SOMAGUE Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006

TAC JUV15 Masc : 4:30.30

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Diogo Leal Dantas	00		Sporting	+0,65	4:14.18	649 R
	50m: 28.48 28.48	150m: 1:31.62	32.00	250m: 2:36.66	32.72	350m: 3:42.05	32.55
	100m: 59.62 31.14	200m: 2:03.94	32.32	300m: 3:09.50	32.84	400m: 4:14.18	32.13
2.	Diogo Barbosa Nunes	00		Fluvial Portuense	+0,76	4:17.92	621
	50m: 28.97 28.97	150m: 1:32.90	32.31	250m: 2:38.39	33.16	350m: 3:45.85	34.11
	100m: 1:00.59 31.62	200m: 2:05.23	32.33	300m: 3:11.74	33.35	400m: 4:17.92	32.07
3.	Joao Vitor Fernandes	00		Sao Roque	+0,62	4:18.43	617
	50m: 28.55 28.55	150m: 1:33.28	32.68	250m: 2:41.09	33.66	350m: 3:47.85	32.94
	100m: 1:00.60 32.05	200m: 2:07.43	34.15	300m: 3:14.91	33.82	400m: 4:18.43	30.58
4.	Jose Paulo Lopes	00		Braga	+0,68	4:20.61	602
	50m: 29.34 29.34	150m: 1:34.41	33.30	250m: 2:41.19	33.60	350m: 3:48.51	33.35
	100m: 1:01.11 31.77	200m: 2:07.59	33.18	300m: 3:15.16	33.97	400m: 4:20.61	32.10
5.	Dany Pedro Caille	00		Braga	+0,78	4:21.96	592
	50m: 29.35 29.35	150m: 1:34.84	33.01	250m: 2:41.93	33.51	350m: 3:49.45	33.50
	100m: 1:01.83 32.48	200m: 2:08.42	33.58	300m: 3:15.95	34.02	400m: 4:21.96	32.51
6.	Rafael Gomes Simoes	00		Desportos Barcelos	+0,81	4:24.27	577
	50m: 28.97 28.97	150m: 1:35.80	33.78	250m: 2:44.62	34.45	350m: 3:52.49	33.94
	100m: 1:02.02 33.05	200m: 2:10.17	34.37	300m: 3:18.55	33.93	400m: 4:24.27	31.78
7.	Andre Vilas Ruivo	00		Ba/Bomcar	+0,67	4:24.32	577
	50m: 29.33 29.33	150m: 1:34.84	33.16	250m: 2:42.63	34.11	350m: 3:50.57	34.07
	100m: 1:01.68 32.35	200m: 2:08.52	33.68	300m: 3:16.50	33.87	400m: 4:24.32	33.75
8.	Jose Pedro Freitas	00		Famalicao	+0,67	4:25.11	572
	50m: 29.12 29.12	150m: 1:34.67	33.01	250m: 2:42.96	34.45	350m: 3:51.49	34.18
	100m: 1:01.66 32.54	200m: 2:08.51	33.84	300m: 3:17.31	34.35	400m: 4:25.11	33.62
9.	David Dias Lima	00		Vilacondense	+0,74	4:27.99	553
	50m: 29.56 29.56	150m: 1:37.02	34.08	250m: 2:45.33	33.84	350m: 3:53.83	34.11
	100m: 1:02.94 33.38	200m: 2:11.49	34.47	300m: 3:19.72	34.39	400m: 4:27.99	34.16

Prova 36, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts	
10.	Rui Jorge Lopes	00		CLAC-Entroncamento	+0,79	4:29.19	546	
	50m: 29.79 29.79	150m: 1:37.39	34.41	250m: 2:46.84	34.86	350m: 3:56.20	33.62	
	100m: 1:02.98 33.19	200m: 2:11.98	34.59	300m: 3:22.58	35.74	400m: 4:29.19	32.99	
11.	Miguel Duarte Pereira	00		Natacao Olhao	+0,83	4:32.48	526	
	<i>FTL</i>	50m: 30.00 30.00	150m: 1:38.50	34.52	250m: 2:49.08	35.10	350m: 3:59.26	34.61
	100m: 1:03.98 33.98	200m: 2:13.98	35.48	300m: 3:24.65	35.57	400m: 4:32.48	33.22	
12.	Afonso Guilherme Jesus	00		Sporting	+0,70	4:33.74	519	
	<i>FTL</i>	50m: 29.82 29.82	150m: 1:37.52	34.65	250m: 2:47.85	35.55	350m: 3:59.31	35.73
	100m: 1:02.87 33.05	200m: 2:12.30	34.78	300m: 3:23.58	35.73	400m: 4:33.74	34.43	
13.	Daniel Jose Duarte	00		Leixoes	+0,69	4:34.11	517	
	<i>FTL</i>	50m: 29.56 29.56	150m: 1:37.87	34.55	250m: 2:47.95	34.73	350m: 3:59.15	35.50
	100m: 1:03.32 33.76	200m: 2:13.22	35.35	300m: 3:23.65	35.70	400m: 4:34.11	34.96	
14.	Tomas Pimentel Borges	00		Porto	+0,67	4:38.01	496	
	<i>FTL</i>	50m: 29.45 29.45	150m: 1:38.01	34.61	250m: 2:49.13	35.38	350m: 4:01.88	36.02
	100m: 1:03.40 33.95	200m: 2:13.75	35.74	300m: 3:25.86	36.73	400m: 4:38.01	36.13	