

Prova 15  
24-07-2015 - 9:00

Masc., 400m Estilos  
SOMAGUE

Open  
Resultados Elimin

Rec Nac Open	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Inf B	4:54.87	Andre Vilas Ruivo	DNMG	S. João da Madeira	12-07-2013
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
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	4:27.84	Joao Alexandre Vital	POR	Baku (AZE)	27-06-2015
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-JuvBM Juv B: 5:09.49 / TAC-JuvAM Juv A: 5:03.87 / TAC-Jun17M Jun17: 4:55.43 / TAC-Jun18M Jun18: 4:51.21 / TAC-SenM Sen: 4:48.39

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Thomas Paine	94	Co Manch Aq	<b>4:30.85</b>	+0,65	729	
	50m: 27.34 27.34	150m: 1:33.15 34.53	250m: 2:46.21 38.56	350m: 3:59.10 33.36			
	100m: 58.62 31.28	200m: 2:07.65 34.50	300m: 3:25.74 39.53	400m: 4:30.85 31.75			
2.	Luca Pfyffer	96	Limm	<b>4:34.26</b>	+0,74	702	
	50m: 28.41 28.41	150m: 1:39.71 38.13	250m: 2:53.30 37.21	350m: 4:03.17 32.62			
	100m: 1:01.58 33.17	200m: 2:16.09 36.38	300m: 3:30.55 37.25	400m: 4:34.26 31.09			
3.	Bruno Miguel Ramos	97	Belenenses	<b>4:35.44</b>	+0,74	693	
	50m: 28.58 28.58	150m: 1:37.05 35.65	250m: 2:51.45 39.22	350m: 4:03.94 32.94			
	100m: 1:01.40 32.82	200m: 2:12.23 35.18	300m: 3:31.00 39.55	400m: 4:35.44 31.50			
4.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	<b>4:36.63</b>	+0,69	684	
	50m: 29.37 29.37	150m: 1:38.38 35.27	250m: 2:52.59 39.88	350m: 4:05.30 33.22			
	100m: 1:03.11 33.74	200m: 2:12.71 34.33	300m: 3:32.08 39.49	400m: 4:36.63 31.33			
5.	Jose Ricardo Sousa	97	Lousada SXXI	<b>4:37.38</b>	+0,80	679	
	50m: 27.48 27.48	150m: 1:36.35 35.72	250m: 2:53.46 40.49	350m: 4:06.02 31.97			
	100m: 1:00.63 33.15	200m: 2:12.97 36.62	300m: 3:34.05 40.59	400m: 4:37.38 31.36			
6.	Taki Mrabet	89	Estrelas S.Joao de Brito	<b>4:38.70</b>	+0,73	669	
	50m: 28.65 28.65	150m: 1:38.77 36.55	250m: 2:53.27 39.40	350m: 4:06.27 33.72			
	100m: 1:02.22 33.57	200m: 2:13.87 35.10	300m: 3:32.55 39.28	400m: 4:38.70 32.43			
7.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:38.94</b>	+0,78	668	
	50m: 29.90 29.90	150m: 1:40.47 36.12	250m: 2:55.84 40.14	350m: 4:08.45 32.70			
	100m: 1:04.35 34.45	200m: 2:15.70 35.23	300m: 3:35.75 39.91	400m: 4:38.94 30.49			
8.	Andre Bras Goncalves	88	Belenenses	<b>4:40.55</b>	+0,69	656	
	50m: 28.31 28.31	150m: 1:38.08 36.50	250m: 2:53.70 40.15	350m: 4:08.04 33.71			
	100m: 1:01.58 33.27	200m: 2:13.55 35.47	300m: 3:34.33 40.63	400m: 4:40.55 32.51			
9.	Antonio Rafael Bessa	94	Aquatico Pacense	<b>4:41.81</b>	+0,81	647	
	50m: 29.57 29.57	150m: 1:39.76 37.43	250m: 2:56.54 40.62	350m: 4:10.16 33.39			
	100m: 1:02.33 32.76	200m: 2:15.92 36.16	300m: 3:36.77 40.23	400m: 4:41.81 31.65			
10.	Ashley Hogg	98	Co Manch Aq	<b>4:42.63</b>	+0,70	642	
	50m: 28.50 28.50	150m: 1:39.19 37.51	250m: 2:56.41 40.62	350m: 4:11.21 33.52			
	100m: 1:01.68 33.18	200m: 2:15.79 36.60	300m: 3:37.69 41.28	400m: 4:42.63 31.42			
11.	Nuno Rafael Alves	90	Aquatico Pacense	<b>4:44.29</b>	+0,78	631	
	50m: 30.13 30.13	150m: 1:43.99 39.37	250m: 3:00.33 38.63	350m: 4:12.70 33.12			
	100m: 1:04.62 34.49	200m: 2:21.70 37.71	300m: 3:39.58 39.25	400m: 4:44.29 31.59			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Tiago Silva Oliveira	94	Leixoes	<b>4:45.66</b>	+0,70	621	
	50m: 30.69 30.69	150m: 1:42.39 36.70	250m: 3:02.04 42.78	350m: 4:15.59 30.81			
	100m: 1:05.69 35.00	200m: 2:19.26 36.87	300m: 3:44.78 42.74	400m: 4:45.66 30.07			
13.	Hugo Pon	98	Alges	<b>4:46.84</b>	+0,69	614	
	50m: 29.14 29.14	150m: 1:41.94 39.01	250m: 2:58.66 40.10	350m: 4:14.18 35.04			
	100m: 1:02.93 33.79	200m: 2:18.56 36.62	300m: 3:39.14 40.48	400m: 4:46.84 32.66			
14.	Jose Pedro Sampaio	98	Foca	<b>4:46.91</b>	+0,78	613	
	50m: 29.31 29.31	150m: 1:40.54 36.96	250m: 2:58.86 40.85	350m: 4:15.06 32.89			
	100m: 1:03.58 34.27	200m: 2:18.01 37.47	300m: 3:42.17 43.31	400m: 4:46.91 31.85			
15.	Jorge Jesus Silva	00	Braga	<b>4:47.22</b>	+0,81	611	
	50m: 30.18 30.18	150m: 1:43.57 37.99	250m: 3:00.93 39.01	350m: 4:13.88 32.26			
	100m: 1:05.58 35.40	200m: 2:21.92 38.35	300m: 3:41.62 40.69	400m: 4:47.22 33.34			
16.	Tomas Machado Vale	97	Viana Natacao	<b>4:47.38</b>	+0,76	610	
	50m: 29.36 29.36	150m: 1:40.14 36.21	250m: 2:58.86 42.84	350m: 4:15.10 33.39			
	100m: 1:03.93 34.57	200m: 2:16.02 35.88	300m: 3:41.71 42.85	400m: 4:47.38 32.28			
17.	Andre Magalhaes Moura	98	Academico Viseu	<b>4:47.72</b>	+0,69	608	
	50m: 30.19 30.19	150m: 1:43.47 38.21	250m: 3:01.47 39.65	350m: 4:15.60 33.53			
	100m: 1:05.26 35.07	200m: 2:21.82 38.35	300m: 3:42.07 40.60	400m: 4:47.72 32.12			
18.	Rafael Filipe Nunes	96	Naval Amorense	<b>4:48.10</b>	+0,65	606	
	50m: 29.77 29.77	150m: 1:42.33 38.16	250m: 3:02.70 42.22	350m: 4:17.39 32.30			
	100m: 1:04.17 34.40	200m: 2:20.48 38.15	300m: 3:45.09 42.39	400m: 4:48.10 30.71			
19.	Mark Walsh	97	Munster Squad	<b>4:48.17</b>	+0,63	605	
	50m: 28.97 28.97	150m: 1:40.74 37.60	250m: 2:59.85 42.28	350m: 4:15.75 32.86			
	100m: 1:03.14 34.17	200m: 2:17.57 36.83	300m: 3:42.89 43.04	400m: 4:48.17 32.42			
20.	Andre Vilas Ruivo	00	Ba/Bomcar	<b>4:49.63</b>	+0,74	596	
	50m: 29.88 29.88	150m: 1:42.44 38.55	250m: 3:01.06 41.42	350m: 4:16.72 33.69			
	100m: 1:03.89 34.01	200m: 2:19.64 37.20	300m: 3:43.03 41.97	400m: 4:49.63 32.91			
21.	Diogo Miguel Costa	98	Porto	<b>4:50.87</b>	+0,73	589	
	50m: 28.92 28.92	150m: 1:42.73 39.24	250m: 3:01.24 41.05	350m: 4:17.69 35.89			
	100m: 1:03.49 34.57	200m: 2:20.19 37.46	300m: 3:41.80 40.56	400m: 4:50.87 33.18			
22.	Antonio Fernando Pinto	99	Lousada SXXI	<b>4:51.12</b>	+0,82	587	
	50m: 30.07 30.07	150m: 1:44.45 39.85	250m: 3:04.71 41.05	350m: 4:19.15 33.56			
	100m: 1:04.60 34.53	200m: 2:23.66 39.21	300m: 3:45.59 40.88	400m: 4:51.12 31.97			
23.	Diogo Leal Dantas	00	Sporting	<b>4:52.06</b>	+0,67	581	
	50m: 30.00 30.00	150m: 1:43.62 38.06	250m: 3:02.84 41.81	350m: 4:19.25 33.98			
	100m: 1:05.56 35.56	200m: 2:21.03 37.41	300m: 3:45.27 42.43	400m: 4:52.06 32.81			
24.	Jose Paulo Lopes	00	Braga	<b>4:52.18</b>	+0,71	581	
	50m: 30.32 30.32	150m: 1:41.30 35.70	250m: 3:00.97 43.88	350m: 4:19.42 34.52			
	100m: 1:05.60 35.28	200m: 2:17.09 35.79	300m: 3:44.90 43.93	400m: 4:52.18 32.76			
25.	Diogo Filipe Teodoro	99	Natacao da Maia	<b>4:52.62</b>	+0,70	578	
	50m: 30.62 30.62	150m: 1:44.54 39.64	250m: 3:05.22 43.19	350m: 4:20.18 34.21			
	100m: 1:04.90 34.28	200m: 2:22.03 37.49	300m: 3:45.97 40.75	400m: 4:52.62 32.44			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Joao Pedro Gomes	99	Miranda do Corvo	<b>4:53.45</b>	+0,69	573	
	50m: 29.88 29.88	150m: 1:43.06 36.97	250m: 3:02.65 42.21	350m: 4:19.18 33.33			
	100m: 1:06.09 36.21	200m: 2:20.44 37.38	300m: 3:45.85 43.20	400m: 4:53.45 34.27			
27.	Andre Resende Pinheiro	97	Porto	<b>4:54.02</b>	+0,72	570	
	<i>FTL</i>						
	50m: 29.60 29.60	150m: 1:45.10 40.29	250m: 3:06.98 43.62	350m: 4:22.65 32.85			
	100m: 1:04.81 35.21	200m: 2:23.36 38.26	300m: 3:49.80 42.82	400m: 4:54.02 31.37			
28.	Luis Carlos Almeida	98	Aquatico Pacense	<b>4:54.40</b>	+0,85	568	
	50m: 30.15 30.15	150m: 1:45.21 40.45	250m: 3:06.75 42.05	350m: 4:23.02 33.16			
	100m: 1:04.76 34.61	200m: 2:24.70 39.49	300m: 3:49.86 43.11	400m: 4:54.40 31.38			
29.	Afonso Meneses Sequeira	99	Naval do Funchal	<b>4:54.92</b>	+0,74	565	
	50m: 29.40 29.40	150m: 1:41.63 37.58	250m: 3:02.28 41.95	350m: 4:20.67 34.68			
	100m: 1:04.05 34.65	200m: 2:20.33 38.70	300m: 3:45.99 43.71	400m: 4:54.92 34.25			
30.	Francisco Xavier Tomas	00	Alcobaca	<b>4:55.98</b>	+0,74	559	
	50m: 32.07 32.07	150m: 1:46.81 37.56	250m: 3:05.99 42.77	350m: 4:22.70 34.76			
	100m: 1:09.25 37.18	200m: 2:23.22 36.41	300m: 3:47.94 41.95	400m: 4:55.98 33.28			
31.	Daniel Silva Bessa	99	Aquatico Pacense	<b>4:56.30</b>	+0,79	557	
	50m: 30.95 30.95	150m: 1:44.13 38.93	250m: 3:04.55 41.88	350m: 4:22.68 35.51			
	100m: 1:05.20 34.25	200m: 2:22.67 38.54	300m: 3:47.17 42.62	400m: 4:56.30 33.62			
32.	Sergio Filipe Travanca	00	Fluvial Portuense	<b>4:58.69</b>	+0,72	544	
	50m: 31.47 31.47	150m: 1:47.75 40.82	250m: 3:09.84 43.07	350m: 4:26.29 33.74			
	100m: 1:06.93 35.46	200m: 2:26.77 39.02	300m: 3:52.55 42.71	400m: 4:58.69 32.40			
33.	Ricardo Alexandre Faia	00	Benfica	<b>5:00.36</b>	+0,76	535	
	50m: 31.22 31.22	150m: 1:45.92 38.81	250m: 3:07.37 43.20	350m: 4:25.84 35.26			
	100m: 1:07.11 35.89	200m: 2:24.17 38.25	300m: 3:50.58 43.21	400m: 5:00.36 34.52			
34.	Miguel Goncalves Frade	00	Torres Novas	<b>5:00.56</b>	+0,93	533	
	50m: 32.49 32.49	150m: 1:49.04 38.65	250m: 3:09.09 43.18	350m: 4:26.56 34.68			
	100m: 1:10.39 37.90	200m: 2:25.91 36.87	300m: 3:51.88 42.79	400m: 5:00.56 34.00			
35.	Tiago Douwens Paula	99	Sporting	<b>5:00.95</b>	+0,76	531	
	50m: 31.85 31.85	150m: 1:47.41 38.74	250m: 3:09.00 43.68	350m: 4:27.94 35.04			
	100m: 1:08.67 36.82	200m: 2:25.32 37.91	300m: 3:52.90 43.90	400m: 5:00.95 33.01			
36.	Bernardo Graca Rodrigues	99	Alges	<b>5:01.25</b>	+0,71	530	
	50m: 30.74 30.74	150m: 1:47.34 39.19	250m: 3:09.04 42.63	350m: 4:27.33 33.76			
	100m: 1:08.15 37.41	200m: 2:26.41 39.07	300m: 3:53.57 44.53	400m: 5:01.25 33.92			
37.	Porfirio Braga Nunes	00	Vilacondense	<b>5:01.36</b>	+0,80	529	
	50m: 30.49 30.49	150m: 1:46.59 39.74	250m: 3:10.34 44.77	350m: 4:30.23 34.98			
	100m: 1:06.85 36.36	200m: 2:25.57 38.98	300m: 3:55.25 44.91	400m: 5:01.36 31.13			
38.	Tiago Andre Carvalho	99	Academica de Coimbra	<b>5:02.09</b>	+0,70	525	
	50m: 30.55 30.55	150m: 1:47.10 39.60	250m: 3:09.24 43.43	350m: 4:29.51 34.85			
	100m: 1:07.50 36.95	200m: 2:25.81 38.71	300m: 3:54.66 45.42	400m: 5:02.09 32.58			
	Eduardo Cardoso Lopes	99	Louletano / Loule Concelho	<b>5:02.09</b>	+0,81	525	
	50m: 30.94 30.94	150m: 1:46.95 39.20	250m: 3:09.98 45.03	350m: 4:29.89 33.65			
	100m: 1:07.75 36.81	200m: 2:24.95 38.00	300m: 3:56.24 46.26	400m: 5:02.09 32.20			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	Tiago Andre Santos	00	Ba/Bomcar	<b>5:02.35</b>	+0,78	524	
	50m: 29.77 29.77	150m: 1:44.55 41.11	250m: 3:07.60 44.40	350m: 4:28.00 35.30	400m: 5:02.35 34.35		
	100m: 1:03.44 33.67	200m: 2:23.20 38.65	300m: 3:52.70 45.10				
41.	Diogo Vicente Custoias	00	Benedita	<b>5:03.94</b>	+0,73	516	
	50m: 30.90 30.90	150m: 1:44.12 37.19	250m: 3:08.05 46.66	350m: 4:28.92 34.44	400m: 5:03.94 35.02		
	100m: 1:06.93 36.03	200m: 2:21.39 37.27	300m: 3:54.48 46.43				
42.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	<b>5:05.28</b>	+0,62	509	
	<i>FTL</i>						
	50m: 31.23 31.23	150m: 1:47.59 40.07	250m: 3:12.37 44.96	350m: 4:31.36 34.85	400m: 5:05.28 33.92		
	100m: 1:07.52 36.29	200m: 2:27.41 39.82	300m: 3:56.51 44.14				
43.	David Dias Lima	00	Vilacondense	<b>5:06.29</b>	+0,82	504	
	50m: 31.06 31.06	150m: 1:48.28 40.44	250m: 3:12.68 44.19	350m: 4:32.66 33.65	400m: 5:06.29 33.63		
	100m: 1:07.84 36.78	200m: 2:28.49 40.21	300m: 3:59.01 46.33				
44.	Pedro Ferraz Esteves	99	Belenenses	<b>5:07.22</b>	+0,64	499	
	<i>FTL</i>						
	50m: 30.93 30.93	150m: 1:47.93 40.48	250m: 3:10.86 44.42	350m: 4:32.92 36.07	400m: 5:07.22 34.30		
	100m: 1:07.45 36.52	200m: 2:26.44 38.51	300m: 3:56.85 45.99				
45.	Andre Alexandre Santos	99	Sporting	<b>5:10.07</b>	+0,92	486	
	<i>FTL</i>						
	50m: 30.78 30.78	150m: 1:46.78 40.16	250m: 3:10.89 45.92	350m: 4:34.90 37.25	400m: 5:10.07 35.17		
	100m: 1:06.62 35.84	200m: 2:24.97 38.19	300m: 3:57.65 46.76				
46.	Sebastiao Limbert Piedade	00	Alges	<b>5:10.16</b>	+0,74	485	
	<i>FTL</i>						
	50m: 31.31 31.31	150m: 1:48.85 40.67	250m: 3:13.01 42.84	350m: 4:34.04 36.24	400m: 5:10.16 36.12		
	100m: 1:08.18 36.87	200m: 2:30.17 41.32	300m: 3:57.80 44.79				
47.	Joao Tiago Rainho	00	Galitos	<b>5:10.73</b>	+0,91	483	
	<i>FTL</i>						
	50m: 31.37 31.37	150m: 1:50.29 43.12	250m: 3:13.59 42.22	350m: 4:34.54 37.54	400m: 5:10.73 36.19		
	100m: 1:07.17 35.80	200m: 2:31.37 41.08	300m: 3:57.00 43.41				
48.	Daniel Nogueira Catalao	00	Naval Amorense	<b>5:13.15</b>	+0,60	472	
	<i>FTL</i>						
	50m: 31.37 31.37	150m: 1:49.43 41.73	250m: 3:14.69 44.58	350m: 4:37.83 36.89	400m: 5:13.15 35.32		
	100m: 1:07.70 36.33	200m: 2:30.11 40.68	300m: 4:00.94 46.25				
49.	Bernardo Francesco Barreto	00	Galitos	<b>5:14.79</b>	+0,70	464	
	<i>FTL</i>						
	50m: 31.05 31.05	150m: 1:48.57 41.19	250m: 3:15.16 47.10	350m: 4:39.29 36.07	400m: 5:14.79 35.50		
	100m: 1:07.38 36.33	200m: 2:28.06 39.49	300m: 4:03.22 48.06				
DNS	Diogo Filipe Carvalho	88	Galitos				
DNS	Ruben Filipe Nunes	94	Aquatico Pacense				

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 24-07-2015 - 9:00	Masc., 400m Estilos SOMAGUE				Juvenis Resultados Elimin
Rec Nac Open	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

TAC-JuvBM Juv B: 5:09.49 / TAC-JuvAM Juv A: 5:03.87

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jorge Jesus Silva	00	Braga	<b>4:47.22</b>	+0,81	611	
	50m: 30.18 30.18		150m: 1:43.57 37.99	250m: 3:00.93 39.01	350m: 4:13.88	32.26	
	100m: 1:05.58 35.40		200m: 2:21.92 38.35	300m: 3:41.62 40.69	400m: 4:47.22	33.34	
2.	Andre Vilas Ruivo	00	Ba/Bomcar	<b>4:49.63</b>	+0,74	596	
	50m: 29.88 29.88		150m: 1:42.44 38.55	250m: 3:01.06 41.42	350m: 4:16.72	33.69	
	100m: 1:03.89 34.01		200m: 2:19.64 37.20	300m: 3:43.03 41.97	400m: 4:49.63	32.91	
3.	Antonio Fernando Pinto	99	Lousada SXXI	<b>4:51.12</b>	+0,82	587	
	50m: 30.07 30.07		150m: 1:44.45 39.85	250m: 3:04.71 41.05	350m: 4:19.15	33.56	
	100m: 1:04.60 34.53		200m: 2:23.66 39.21	300m: 3:45.59 40.88	400m: 4:51.12	31.97	
4.	Diogo Leal Dantas	00	Sporting	<b>4:52.06</b>	+0,67	581	
	50m: 30.00 30.00		150m: 1:43.62 38.06	250m: 3:02.84 41.81	350m: 4:19.25	33.98	
	100m: 1:05.56 35.56		200m: 2:21.03 37.41	300m: 3:45.27 42.43	400m: 4:52.06	32.81	
5.	Jose Paulo Lopes	00	Braga	<b>4:52.18</b>	+0,71	581	
	50m: 30.32 30.32		150m: 1:41.30 35.70	250m: 3:00.97 43.88	350m: 4:19.42	34.52	
	100m: 1:05.60 35.28		200m: 2:17.09 35.79	300m: 3:44.90 43.93	400m: 4:52.18	32.76	
6.	Diogo Filipe Teodoro	99	Natacao da Maia	<b>4:52.62</b>	+0,70	578	
	50m: 30.62 30.62		150m: 1:44.54 39.64	250m: 3:05.22 43.19	350m: 4:20.18	34.21	
	100m: 1:04.90 34.28		200m: 2:22.03 37.49	300m: 3:45.97 40.75	400m: 4:52.62	32.44	
7.	Joao Pedro Gomes	99	Miranda do Corvo	<b>4:53.45</b>	+0,69	573	
	50m: 29.88 29.88		150m: 1:43.06 36.97	250m: 3:02.65 42.21	350m: 4:19.18	33.33	
	100m: 1:06.09 36.21		200m: 2:20.44 37.38	300m: 3:45.85 43.20	400m: 4:53.45	34.27	
8.	Afonso Meneses Sequeira	99	Naval do Funchal	<b>4:54.92</b>	+0,74	565	
	50m: 29.40 29.40		150m: 1:41.63 37.58	250m: 3:02.28 41.95	350m: 4:20.67	34.68	
	100m: 1:04.05 34.65		200m: 2:20.33 38.70	300m: 3:45.99 43.71	400m: 4:54.92	34.25	
9.	Francisco Xavier Tomas	00	Alcobaca	<b>4:55.98</b>	+0,74	559	
	50m: 32.07 32.07		150m: 1:46.81 37.56	250m: 3:05.99 42.77	350m: 4:22.70	34.76	
	100m: 1:09.25 37.18		200m: 2:23.22 36.41	300m: 3:47.94 41.95	400m: 4:55.98	33.28	
10.	Daniel Silva Bessa	99	Aquatico Pacense	<b>4:56.30</b>	+0,79	557	
	50m: 30.95 30.95		150m: 1:44.13 38.93	250m: 3:04.55 41.88	350m: 4:22.68	35.51	
	100m: 1:05.20 34.25		200m: 2:22.67 38.54	300m: 3:47.17 42.62	400m: 4:56.30	33.62	
11.	Sergio Filipe Travanca	00	Fluvial Portuense	<b>4:58.69</b>	+0,72	544	
	50m: 31.47 31.47		150m: 1:47.75 40.82	250m: 3:09.84 43.07	350m: 4:26.29	33.74	
	100m: 1:06.93 35.46		200m: 2:26.77 39.02	300m: 3:52.55 42.71	400m: 4:58.69	32.40	
12.	Ricardo Alexandre Faia	00	Benfica	<b>5:00.36</b>	+0,76	535	
	50m: 31.22 31.22		150m: 1:45.92 38.81	250m: 3:07.37 43.20	350m: 4:25.84	35.26	
	100m: 1:07.11 35.89		200m: 2:24.17 38.25	300m: 3:50.58 43.21	400m: 5:00.36	34.52	



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Miguel Goncalves Frade	00	Torres Novas	<b>5:00.56</b>	+0,93	533	
	50m: 32.49 32.49	150m: 1:49.04 38.65	250m: 3:09.09 43.18	350m: 4:26.56 34.68			
	100m: 1:10.39 37.90	200m: 2:25.91 36.87	300m: 3:51.88 42.79	400m: 5:00.56 34.00			
14.	Tiago Douwens Paula	99	Sporting	<b>5:00.95</b>	+0,76	531	
	50m: 31.85 31.85	150m: 1:47.41 38.74	250m: 3:09.00 43.68	350m: 4:27.33 35.04			
	100m: 1:08.67 36.82	200m: 2:25.32 37.91	300m: 3:52.90 43.90	400m: 5:00.95 33.01			
15.	Bernardo Graca Rodrigues	99	Alges	<b>5:01.25</b>	+0,71	530	
	50m: 30.74 30.74	150m: 1:47.34 39.19	250m: 3:09.04 42.63	350m: 4:27.33 33.76			
	100m: 1:08.15 37.41	200m: 2:26.41 39.07	300m: 3:53.57 44.53	400m: 5:01.25 33.92			
16.	Porfirio Braga Nunes	00	Vilacondense	<b>5:01.36</b>	+0,80	529	
	50m: 30.49 30.49	150m: 1:46.59 39.74	250m: 3:10.34 44.77	350m: 4:30.23 34.98			
	100m: 1:06.85 36.36	200m: 2:25.57 38.98	300m: 3:55.25 44.91	400m: 5:01.36 31.13			
17.	Tiago Andre Carvalho	99	Academica de Coimbra	<b>5:02.09</b>	+0,70	525	
	50m: 30.55 30.55	150m: 1:47.10 39.60	250m: 3:09.24 43.43	350m: 4:29.51 34.85			
	100m: 1:07.50 36.95	200m: 2:25.81 38.71	300m: 3:54.66 45.42	400m: 5:02.09 32.58			
	Eduardo Cardoso Lopes	99	Louletano / Loule Concelho	<b>5:02.09</b>	+0,81	525	
	50m: 30.94 30.94	150m: 1:46.95 39.20	250m: 3:09.98 45.03	350m: 4:29.89 33.65			
	100m: 1:07.75 36.81	200m: 2:24.95 38.00	300m: 3:56.24 46.26	400m: 5:02.09 32.20			
19.	Tiago Andre Santos	00	Ba/Bomcar	<b>5:02.35</b>	+0,78	524	
	50m: 29.77 29.77	150m: 1:44.55 41.11	250m: 3:07.60 44.40	350m: 4:28.00 35.30			
	100m: 1:03.44 33.67	200m: 2:23.20 38.65	300m: 3:52.70 45.10	400m: 5:02.35 34.35			
20.	Diogo Vicente Custoias	00	Benedita	<b>5:03.94</b>	+0,73	516	
	50m: 30.90 30.90	150m: 1:44.12 37.19	250m: 3:08.05 46.66	350m: 4:28.92 34.44			
	100m: 1:06.93 36.03	200m: 2:21.39 37.27	300m: 3:54.48 46.43	400m: 5:03.94 35.02			
21.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	<b>5:05.28</b>	+0,62	509	
	<i>FTL</i>						
	50m: 31.23 31.23	150m: 1:47.59 40.07	250m: 3:12.37 44.96	350m: 4:31.36 34.85			
	100m: 1:07.52 36.29	200m: 2:27.41 39.82	300m: 3:56.51 44.14	400m: 5:05.28 33.92			
22.	David Dias Lima	00	Vilacondense	<b>5:06.29</b>	+0,82	504	
	50m: 31.06 31.06	150m: 1:48.28 40.44	250m: 3:12.68 44.19	350m: 4:32.66 33.65			
	100m: 1:07.84 36.78	200m: 2:28.49 40.21	300m: 3:59.01 46.33	400m: 5:06.29 33.63			
23.	Pedro Ferraz Esteves	99	Belenenses	<b>5:07.22</b>	+0,64	499	
	<i>FTL</i>						
	50m: 30.93 30.93	150m: 1:47.93 40.48	250m: 3:10.86 44.42	350m: 4:32.92 36.07			
	100m: 1:07.45 36.52	200m: 2:26.44 38.51	300m: 3:56.85 45.99	400m: 5:07.22 34.30			
24.	Andre Alexandre Santos	99	Sporting	<b>5:10.07</b>	+0,92	486	
	<i>FTL</i>						
	50m: 30.78 30.78	150m: 1:46.78 40.16	250m: 3:10.89 45.92	350m: 4:34.90 37.25			
	100m: 1:06.62 35.84	200m: 2:24.97 38.19	300m: 3:57.65 46.76	400m: 5:10.07 35.17			
25.	Sebastiao Limbert Piedade	00	Alges	<b>5:10.16</b>	+0,74	485	
	<i>FTL</i>						
	50m: 31.31 31.31	150m: 1:48.85 40.67	250m: 3:13.01 42.84	350m: 4:34.04 36.24			
	100m: 1:08.18 36.87	200m: 2:30.17 41.32	300m: 3:57.80 44.79	400m: 5:10.16 36.12			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Joao Tiago Rainho <i>FTL</i>	00	Galitos	<b>5:10.73</b>	+0,91	483	
	50m: 31.37 31.37	150m: 1:50.29	43.12	250m: 3:13.59	42.22	350m: 4:34.54	37.54
	100m: 1:07.17 35.80	200m: 2:31.37	41.08	300m: 3:57.00	43.41	400m: 5:10.73	36.19
27.	Daniel Nogueira Catalao <i>FTL</i>	00	Naval Amorense	<b>5:13.15</b>	+0,60	472	
	50m: 31.37 31.37	150m: 1:49.43	41.73	250m: 3:14.69	44.58	350m: 4:37.83	36.89
	100m: 1:07.70 36.33	200m: 2:30.11	40.68	300m: 4:00.94	46.25	400m: 5:13.15	35.32
28.	Bernardo Francesco Barreto <i>FTL</i>	00	Galitos	<b>5:14.79</b>	+0,70	464	
	50m: 31.05 31.05	150m: 1:48.57	41.19	250m: 3:15.16	47.10	350m: 4:39.29	36.07
	100m: 1:07.38 36.33	200m: 2:28.06	39.49	300m: 4:03.22	48.06	400m: 5:14.79	35.50

Prova 15  
24-07-2015 - 9:00

Masc., 400m Estilos  
SOMAGUE

Absolutos  
Resultados Elimin

Rec Nac Open	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Jun17	4:27.84	Joao Alexandre Vital	POR	Baku (AZE)	27-06-2015
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-Jun17M Jun17: 4:55.43 / TAC-Jun18M Jun18: 4:51.21 / TAC-SenM Sen: 4:48.39

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Bruno Miguel Ramos	97	Belenenses	<b>4:35.44</b>	+0,74	693	
	50m: 28.58 28.58	150m: 1:37.05	35.65	250m: 2:51.45	39.22	350m: 4:03.94	32.94
	100m: 1:01.40 32.82	200m: 2:12.23	35.18	300m: 3:31.00	39.55	400m: 4:35.44	31.50
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	<b>4:36.63</b>	+0,69	684	
	50m: 29.37 29.37	150m: 1:38.38	35.27	250m: 2:52.59	39.88	350m: 4:05.30	33.22
	100m: 1:03.11 33.74	200m: 2:12.71	34.33	300m: 3:32.08	39.49	400m: 4:36.63	31.33
3.	Jose Ricardo Sousa	97	Lousada SXXI	<b>4:37.38</b>	+0,80	679	
	50m: 27.48 27.48	150m: 1:36.35	35.72	250m: 2:53.46	40.49	350m: 4:06.02	31.97
	100m: 1:00.63 33.15	200m: 2:12.97	36.62	300m: 3:34.05	40.59	400m: 4:37.38	31.36
4.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:38.94</b>	+0,78	668	
	50m: 29.90 29.90	150m: 1:40.47	36.12	250m: 2:55.84	40.14	350m: 4:08.45	32.70
	100m: 1:04.35 34.45	200m: 2:15.70	35.23	300m: 3:35.75	39.91	400m: 4:38.94	30.49
5.	Andre Bras Goncalves	88	Belenenses	<b>4:40.55</b>	+0,69	656	
	50m: 28.31 28.31	150m: 1:38.08	36.50	250m: 2:53.70	40.15	350m: 4:08.04	33.71
	100m: 1:01.58 33.27	200m: 2:13.55	35.47	300m: 3:34.33	40.63	400m: 4:40.55	32.51
6.	Antonio Rafael Bessa	94	Aquatico Pacense	<b>4:41.81</b>	+0,81	647	
	50m: 29.57 29.57	150m: 1:39.76	37.43	250m: 2:56.54	40.62	350m: 4:10.16	33.39
	100m: 1:02.33 32.76	200m: 2:15.92	36.16	300m: 3:36.77	40.23	400m: 4:41.81	31.65
7.	Nuno Rafael Alves	90	Aquatico Pacense	<b>4:44.29</b>	+0,78	631	
	50m: 30.13 30.13	150m: 1:43.99	39.37	250m: 3:00.33	38.63	350m: 4:12.70	33.12
	100m: 1:04.62 34.49	200m: 2:21.70	37.71	300m: 3:39.58	39.25	400m: 4:44.29	31.59

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Tiago Silva Oliveira	94	Leixoes	<b>4:45.66</b>	+0,70	621	
	50m: 30.69 30.69	150m: 1:42.39 36.70	250m: 3:02.04 42.78	350m: 4:15.59 30.81			
	100m: 1:05.69 35.00	200m: 2:19.26 36.87	300m: 3:44.78 42.74	400m: 4:45.66 30.07			
9.	Hugo Pon	98	Alges	<b>4:46.84</b>	+0,69	614	
	50m: 29.14 29.14	150m: 1:41.94 39.01	250m: 2:58.66 40.10	350m: 4:14.18 35.04			
	100m: 1:02.93 33.79	200m: 2:18.56 36.62	300m: 3:39.14 40.48	400m: 4:46.84 32.66			
10.	Jose Pedro Sampaio	98	Foca	<b>4:46.91</b>	+0,78	613	
	50m: 29.31 29.31	150m: 1:40.54 36.96	250m: 2:58.86 40.85	350m: 4:15.06 32.89			
	100m: 1:03.58 34.27	200m: 2:18.01 37.47	300m: 3:42.17 43.31	400m: 4:46.91 31.85			
11.	Tomas Machado Vale	97	Viana Natacao	<b>4:47.38</b>	+0,76	610	
	50m: 29.36 29.36	150m: 1:40.14 36.21	250m: 2:58.86 42.84	350m: 4:15.10 33.39			
	100m: 1:03.93 34.57	200m: 2:16.02 35.88	300m: 3:41.71 42.85	400m: 4:47.38 32.28			
12.	Andre Magalhaes Moura	98	Academico Viseu	<b>4:47.72</b>	+0,69	608	
	50m: 30.19 30.19	150m: 1:43.47 38.21	250m: 3:01.47 39.65	350m: 4:15.60 33.53			
	100m: 1:05.26 35.07	200m: 2:21.82 38.35	300m: 3:42.07 40.60	400m: 4:47.72 32.12			
13.	Rafael Filipe Nunes	96	Naval Amorense	<b>4:48.10</b>	+0,65	606	
	50m: 29.77 29.77	150m: 1:42.33 38.16	250m: 3:02.70 42.22	350m: 4:17.39 32.30			
	100m: 1:04.17 34.40	200m: 2:20.48 38.15	300m: 3:45.09 42.39	400m: 4:48.10 30.71			
14.	Diogo Miguel Costa	98	Porto	<b>4:50.87</b>	+0,73	589	
	50m: 28.92 28.92	150m: 1:42.73 39.24	250m: 3:01.24 41.05	350m: 4:17.69 35.89			
	100m: 1:03.49 34.57	200m: 2:20.19 37.46	300m: 3:41.80 40.56	400m: 4:50.87 33.18			
15.	Andre Resende Pinheiro	97	Porto	<b>4:54.02</b>	+0,72	570	
	<i>FTL</i>						
	50m: 29.60 29.60	150m: 1:45.10 40.29	250m: 3:06.98 43.62	350m: 4:22.65 32.85			
	100m: 1:04.81 35.21	200m: 2:23.36 38.26	300m: 3:49.80 42.82	400m: 4:54.02 31.37			
16.	Luis Carlos Almeida	98	Aquatico Pacense	<b>4:54.40</b>	+0,85	568	
	50m: 30.15 30.15	150m: 1:45.21 40.45	250m: 3:06.75 42.05	350m: 4:23.02 33.16			
	100m: 1:04.76 34.61	200m: 2:24.70 39.49	300m: 3:49.86 43.11	400m: 4:54.40 31.38			
DNS	Diogo Filipe Carvalho	88	Galitos				
DNS	Ruben Filipe Nunes	94	Aquatico Pacense				



Prova 15, Masc., 400m Estilos, Elimin

Prova 15 24-07-2015 - 9:00	Masc., 400m Estilos SOMAGUE				Seniores Resultados Elimin
Rec Nac Open	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-SenM : 4:48.39

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	<b>4:36.63</b>	+0,69	684	
	50m: 29.37 29.37	150m: 1:38.38 35.27	250m: 2:52.59 39.88	350m: 4:05.30 33.22			
	100m: 1:03.11 33.74	200m: 2:12.71 34.33	300m: 3:32.08 39.49	400m: 4:36.63 31.33			
2.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:38.94</b>	+0,78	668	
	50m: 29.90 29.90	150m: 1:40.47 36.12	250m: 2:55.84 40.14	350m: 4:08.45 32.70			
	100m: 1:04.35 34.45	200m: 2:15.70 35.23	300m: 3:35.75 39.91	400m: 4:38.94 30.49			
3.	Andre Bras Goncalves	88	Belenenses	<b>4:40.55</b>	+0,69	656	
	50m: 28.31 28.31	150m: 1:38.08 36.50	250m: 2:53.70 40.15	350m: 4:08.04 33.71			
	100m: 1:01.58 33.27	200m: 2:13.55 35.47	300m: 3:34.33 40.63	400m: 4:40.55 32.51			
4.	Antonio Rafael Bessa	94	Aquatico Pacense	<b>4:41.81</b>	+0,81	647	
	50m: 29.57 29.57	150m: 1:39.76 37.43	250m: 2:56.54 40.62	350m: 4:10.16 33.39			
	100m: 1:02.33 32.76	200m: 2:15.92 36.16	300m: 3:36.77 40.23	400m: 4:41.81 31.65			
5.	Nuno Rafael Alves	90	Aquatico Pacense	<b>4:44.29</b>	+0,78	631	
	50m: 30.13 30.13	150m: 1:43.99 39.37	250m: 3:00.33 38.63	350m: 4:12.70 33.12			
	100m: 1:04.62 34.49	200m: 2:21.70 37.71	300m: 3:39.58 39.25	400m: 4:44.29 31.59			
6.	Tiago Silva Oliveira	94	Leixoes	<b>4:45.66</b>	+0,70	621	
	50m: 30.69 30.69	150m: 1:42.39 36.70	250m: 3:02.04 42.78	350m: 4:15.59 30.81			
	100m: 1:05.69 35.00	200m: 2:19.26 36.87	300m: 3:44.78 42.74	400m: 4:45.66 30.07			
7.	Rafael Filipe Nunes	96	Naval Amorense	<b>4:48.10</b>	+0,65	606	
	50m: 29.77 29.77	150m: 1:42.33 38.16	250m: 3:02.70 42.22	350m: 4:17.39 32.30			
	100m: 1:04.17 34.40	200m: 2:20.48 38.15	300m: 3:45.09 42.39	400m: 4:48.10 30.71			
DNS	Diogo Filipe Carvalho	88	Galitos				
DNS	Ruben Filipe Nunes	94	Aquatico Pacense				

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 24-07-2015 - 9:00	Masc., 400m Estilos SOMAGUE				Junior 18 Resultados Elimin
Rec Nac Open	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
TAC-Jun18M : 4:51.21					
Pontos: FINA 2015					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Bruno Miguel Ramos	97	Belenenses	<b>4:35.44</b>	+0,74	693	
	50m: 28.58 28.58	150m: 1:37.05 35.65	250m: 2:51.45 39.22	350m: 4:03.94 32.94			
	100m: 1:01.40 32.82	200m: 2:12.23 35.18	300m: 3:31.00 39.55	400m: 4:35.44 31.50			
2.	Jose Ricardo Sousa	97	Lousada SXXI	<b>4:37.38</b>	+0,80	679	
	50m: 27.48 27.48	150m: 1:36.35 35.72	250m: 2:53.46 40.49	350m: 4:06.02 31.97			
	100m: 1:00.63 33.15	200m: 2:12.97 36.62	300m: 3:34.05 40.59	400m: 4:37.38 31.36			
3.	Tomas Machado Vale	97	Viana Natacao	<b>4:47.38</b>	+0,76	610	
	50m: 29.36 29.36	150m: 1:40.14 36.21	250m: 2:58.86 42.84	350m: 4:15.10 33.39			
	100m: 1:03.93 34.57	200m: 2:16.02 35.88	300m: 3:41.71 42.85	400m: 4:47.38 32.28			
4.	Andre Resende Pinheiro FTL	97	Porto	<b>4:54.02</b>	+0,72	570	
	50m: 29.60 29.60	150m: 1:45.10 40.29	250m: 3:06.98 43.62	350m: 4:22.65 32.85			
	100m: 1:04.81 35.21	200m: 2:23.36 38.26	300m: 3:49.80 42.82	400m: 4:54.02 31.37			

Prova 15 24-07-2015 - 9:00	Masc., 400m Estilos SOMAGUE				Junior 17 Resultados Elimin
Rec Nac Open	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Rec Nac Jun17	4:27.84	Joao Alexandre Vital	POR	Baku (AZE)	27-06-2015
TAC-Jun17M : 4:55.43					
Pontos: FINA 2015					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Hugo Pon	98	Alges	<b>4:46.84</b>	+0,69	614	
	50m: 29.14 29.14	150m: 1:41.94 39.01	250m: 2:58.66 40.10	350m: 4:14.18 35.04			
	100m: 1:02.93 33.79	200m: 2:18.56 36.62	300m: 3:39.14 40.48	400m: 4:46.84 32.66			
2.	Jose Pedro Sampaio	98	Foca	<b>4:46.91</b>	+0,78	613	
	50m: 29.31 29.31	150m: 1:40.54 36.96	250m: 2:58.86 40.85	350m: 4:15.06 32.89			
	100m: 1:03.58 34.27	200m: 2:18.01 37.47	300m: 3:42.17 43.31	400m: 4:46.91 31.85			
3.	Andre Magalhaes Moura	98	Academico Viseu	<b>4:47.72</b>	+0,69	608	
	50m: 30.19 30.19	150m: 1:43.47 38.21	250m: 3:01.47 39.65	350m: 4:15.60 33.53			
	100m: 1:05.26 35.07	200m: 2:21.82 38.35	300m: 3:42.07 40.60	400m: 4:47.72 32.12			
4.	Diogo Miguel Costa	98	Porto	<b>4:50.87</b>	+0,73	589	
	50m: 28.92 28.92	150m: 1:42.73 39.24	250m: 3:01.24 41.05	350m: 4:17.69 35.89			
	100m: 1:03.49 34.57	200m: 2:20.19 37.46	300m: 3:41.80 40.56	400m: 4:50.87 33.18			
5.	Luis Carlos Almeida	98	Aquatico Pacense	<b>4:54.40</b>	+0,85	568	
	50m: 30.15 30.15	150m: 1:45.21 40.45	250m: 3:06.75 42.05	350m: 4:23.02 33.16			
	100m: 1:04.76 34.61	200m: 2:24.70 39.49	300m: 3:49.86 43.11	400m: 4:54.40 31.38			

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 24-07-2015 - 9:00	Masc., 400m Estilos SOMAGUE				Juvenis A Resultados Elimin
Rec Nac Open	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-JuvAM : 5:03.87

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Antonio Fernando Pinto	99	Lousada SXXI	<b>4:51.12</b>	+0,82	587	
	50m: 30.07 30.07	150m: 1:44.45 39.85	250m: 3:04.71 41.05	350m: 4:19.15 33.56			
	100m: 1:04.60 34.53	200m: 2:23.66 39.21	300m: 3:45.59 40.88	400m: 4:51.12 31.97			
2.	Diogo Filipe Teodoro	99	Natacao da Maia	<b>4:52.62</b>	+0,70	578	
	50m: 30.62 30.62	150m: 1:44.54 39.64	250m: 3:05.22 43.19	350m: 4:20.18 34.21			
	100m: 1:04.90 34.28	200m: 2:22.03 37.49	300m: 3:45.97 40.75	400m: 4:52.62 32.44			
3.	Joao Pedro Gomes	99	Miranda do Corvo	<b>4:53.45</b>	+0,69	573	
	50m: 29.88 29.88	150m: 1:43.06 36.97	250m: 3:02.65 42.21	350m: 4:19.18 33.33			
	100m: 1:06.09 36.21	200m: 2:20.44 37.38	300m: 3:45.85 43.20	400m: 4:53.45 34.27			
4.	Afonso Meneses Sequeira	99	Naval do Funchal	<b>4:54.92</b>	+0,74	565	
	50m: 29.40 29.40	150m: 1:41.63 37.58	250m: 3:02.28 41.95	350m: 4:20.67 34.68			
	100m: 1:04.05 34.65	200m: 2:20.33 38.70	300m: 3:45.99 43.71	400m: 4:54.92 34.25			
5.	Daniel Silva Bessa	99	Aquatico Pacense	<b>4:56.30</b>	+0,79	557	
	50m: 30.95 30.95	150m: 1:44.13 38.93	250m: 3:04.55 41.88	350m: 4:22.68 35.51			
	100m: 1:05.20 34.25	200m: 2:22.67 38.54	300m: 3:47.17 42.62	400m: 4:56.30 33.62			
6.	Tiago Douwens Paula	99	Sporting	<b>5:00.95</b>	+0,76	531	
	50m: 31.85 31.85	150m: 1:47.41 38.74	250m: 3:09.00 43.68	350m: 4:27.94 35.04			
	100m: 1:08.67 36.82	200m: 2:25.32 37.91	300m: 3:52.90 43.90	400m: 5:00.95 33.01			
7.	Bernardo Graca Rodrigues	99	Alges	<b>5:01.25</b>	+0,71	530	
	50m: 30.74 30.74	150m: 1:47.34 39.19	250m: 3:09.04 42.63	350m: 4:27.33 33.76			
	100m: 1:08.15 37.41	200m: 2:26.41 39.07	300m: 3:53.57 44.53	400m: 5:01.25 33.92			
8.	Tiago Andre Carvalho	99	Academica de Coimbra	<b>5:02.09</b>	+0,70	525	
	50m: 30.55 30.55	150m: 1:47.10 39.60	250m: 3:09.24 43.43	350m: 4:29.51 34.85			
	100m: 1:07.50 36.95	200m: 2:25.81 38.71	300m: 3:54.66 45.42	400m: 5:02.09 32.58			
	Eduardo Cardoso Lopes	99	Louletano / Loule Concelho	<b>5:02.09</b>	+0,81	525	
	50m: 30.94 30.94	150m: 1:46.95 39.20	250m: 3:09.98 45.03	350m: 4:29.89 33.65			
	100m: 1:07.75 36.81	200m: 2:24.95 38.00	300m: 3:56.24 46.26	400m: 5:02.09 32.20			
10.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	<b>5:05.28</b>	+0,62	509	
	<i>FTL</i>						
	50m: 31.23 31.23	150m: 1:47.59 40.07	250m: 3:12.37 44.96	350m: 4:31.36 34.85			
	100m: 1:07.52 36.29	200m: 2:27.41 39.82	300m: 3:56.51 44.14	400m: 5:05.28 33.92			
11.	Pedro Ferraz Esteves	99	Belenenses	<b>5:07.22</b>	+0,64	499	
	<i>FTL</i>						
	50m: 30.93 30.93	150m: 1:47.93 40.48	250m: 3:10.86 44.42	350m: 4:32.92 36.07			
	100m: 1:07.45 36.52	200m: 2:26.44 38.51	300m: 3:56.85 45.99	400m: 5:07.22 34.30			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Andre Alexandre Santos <i>FTL</i>	99	Sporting	<b>5:10.07</b>	+0,92	486	
	50m: 30.78 30.78	150m: 1:46.78 40.16	250m: 3:10.89 45.92	350m: 4:34.90 37.25			
	100m: 1:06.62 35.84	200m: 2:24.97 38.19	300m: 3:57.65 46.76	400m: 5:10.07 35.17			

Prova 15 Masc., 400m Estilos Juvenis B  
24-07-2015 - 9:00 SOMAGUE Resultados Elimin

Rec Nac Open	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-JuvBM : 5:09.49

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jorge Jesus Silva	00	Braga	<b>4:47.22</b>	+0,81	611	
	50m: 30.18 30.18	150m: 1:43.57 37.99	250m: 3:00.93 39.01	350m: 4:13.88 32.26			
	100m: 1:05.58 35.40	200m: 2:21.92 38.35	300m: 3:41.62 40.69	400m: 4:47.22 33.34			
2.	Andre Vilas Ruivo	00	Ba/Bomcar	<b>4:49.63</b>	+0,74	596	
	50m: 29.88 29.88	150m: 1:42.44 38.55	250m: 3:01.06 41.42	350m: 4:16.72 33.69			
	100m: 1:03.89 34.01	200m: 2:19.64 37.20	300m: 3:43.03 41.97	400m: 4:49.63 32.91			
3.	Diogo Leal Dantas	00	Sporting	<b>4:52.06</b>	+0,67	581	
	50m: 30.00 30.00	150m: 1:43.62 38.06	250m: 3:02.84 41.81	350m: 4:19.25 33.98			
	100m: 1:05.56 35.56	200m: 2:21.03 37.41	300m: 3:45.27 42.43	400m: 4:52.06 32.81			
4.	Jose Paulo Lopes	00	Braga	<b>4:52.18</b>	+0,71	581	
	50m: 30.32 30.32	150m: 1:41.30 35.70	250m: 3:00.97 43.88	350m: 4:19.42 34.52			
	100m: 1:05.60 35.28	200m: 2:17.09 35.79	300m: 3:44.90 43.93	400m: 4:52.18 32.76			
5.	Francisco Xavier Tomas	00	Alcobaca	<b>4:55.98</b>	+0,74	559	
	50m: 32.07 32.07	150m: 1:46.81 37.56	250m: 3:05.99 42.77	350m: 4:22.70 34.76			
	100m: 1:09.25 37.18	200m: 2:23.22 36.41	300m: 3:47.94 41.95	400m: 4:55.98 33.28			
6.	Sergio Filipe Travanca	00	Fluvial Portuense	<b>4:58.69</b>	+0,72	544	
	50m: 31.47 31.47	150m: 1:47.75 40.82	250m: 3:09.84 43.07	350m: 4:26.29 33.74			
	100m: 1:06.93 35.46	200m: 2:26.77 39.02	300m: 3:52.55 42.71	400m: 4:58.69 32.40			
7.	Ricardo Alexandre Faia	00	Benfica	<b>5:00.36</b>	+0,76	535	
	50m: 31.22 31.22	150m: 1:45.92 38.81	250m: 3:07.37 43.20	350m: 4:25.84 35.26			
	100m: 1:07.11 35.89	200m: 2:24.17 38.25	300m: 3:50.58 43.21	400m: 5:00.36 34.52			
8.	Miguel Goncalves Frade	00	Torres Novas	<b>5:00.56</b>	+0,93	533	
	50m: 32.49 32.49	150m: 1:49.04 38.65	250m: 3:09.09 43.18	350m: 4:26.56 34.68			
	100m: 1:10.39 37.90	200m: 2:25.91 36.87	300m: 3:51.88 42.79	400m: 5:00.56 34.00			
9.	Porfirio Braga Nunes	00	Vilacondense	<b>5:01.36</b>	+0,80	529	
	50m: 30.49 30.49	150m: 1:46.59 39.74	250m: 3:10.34 44.77	350m: 4:30.23 34.98			
	100m: 1:06.85 36.36	200m: 2:25.57 38.98	300m: 3:55.25 44.91	400m: 5:01.36 31.13			
10.	Tiago Andre Santos	00	Ba/Bomcar	<b>5:02.35</b>	+0,78	524	
	50m: 29.77 29.77	150m: 1:44.55 41.11	250m: 3:07.60 44.40	350m: 4:28.00 35.30			
	100m: 1:03.44 33.67	200m: 2:23.20 38.65	300m: 3:52.70 45.10	400m: 5:02.35 34.35			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Diogo Vicente Custoiias	00	Benedita	<b>5:03.94</b>	+0,73	516	
	50m: 30.90 30.90	150m: 1:44.12 37.19	250m: 3:08.05 46.66	350m: 4:28.92 34.44	400m: 5:03.94 35.02		
	100m: 1:06.93 36.03	200m: 2:21.39 37.27	300m: 3:54.48 46.43				
12.	David Dias Lima	00	Vilacondense	<b>5:06.29</b>	+0,82	504	
	50m: 31.06 31.06	150m: 1:48.28 40.44	250m: 3:12.68 44.19	350m: 4:32.66 33.65	400m: 5:06.29 33.63		
	100m: 1:07.84 36.78	200m: 2:28.49 40.21	300m: 3:59.01 46.33				
13.	Sebastiao Limbert Piedade	00	Alges	<b>5:10.16</b>	+0,74	485	
	<i>FTL</i>						
	50m: 31.31 31.31	150m: 1:48.85 40.67	250m: 3:13.01 42.84	350m: 4:34.04 36.24	400m: 5:10.16 36.12		
	100m: 1:08.18 36.87	200m: 2:30.17 41.32	300m: 3:57.80 44.79				
14.	Joao Tiago Rainho	00	Galitos	<b>5:10.73</b>	+0,91	483	
	<i>FTL</i>						
	50m: 31.37 31.37	150m: 1:50.29 43.12	250m: 3:13.59 42.22	350m: 4:34.54 37.54	400m: 5:10.73 36.19		
	100m: 1:07.17 35.80	200m: 2:31.37 41.08	300m: 3:57.00 43.41				
15.	Daniel Nogueira Catalao	00	Naval Amorense	<b>5:13.15</b>	+0,60	472	
	<i>FTL</i>						
	50m: 31.37 31.37	150m: 1:49.43 41.73	250m: 3:14.69 44.58	350m: 4:37.83 36.89	400m: 5:13.15 35.32		
	100m: 1:07.70 36.33	200m: 2:30.11 40.68	300m: 4:00.94 46.25				
16.	Bernardo Francesco Barreto	00	Galitos	<b>5:14.79</b>	+0,70	464	
	<i>FTL</i>						
	50m: 31.05 31.05	150m: 1:48.57 41.19	250m: 3:15.16 47.10	350m: 4:39.29 36.07	400m: 5:14.79 35.50		
	100m: 1:07.38 36.33	200m: 2:28.06 39.49	300m: 4:03.22 48.06				