

Prova 34 Masc., 400m Livres Juvenis A  
25-03-2018 - 12:20 Resultados Elimin

RN Absoluto	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Eduardo Gomes	02	Hoquei Mealhada/ CA	<b>4:12.59</b>	+0,71	661	
	50m: 28.58 28.58	150m: 1:32.79	32.51	250m: 2:37.33	31.96	350m: 3:41.49	31.77
	100m: 1:00.28 31.70	200m: 2:05.37	32.58	300m: 3:09.72	32.39	400m: 4:12.59	31.10
2.	AMORIM Ivan Emanuel	02	Fluvial Portuense	<b>4:17.09</b>	+0,72	627	
	50m: 28.93 28.93	150m: 1:34.32	33.08	250m: 2:40.85	33.11	350m: 3:46.52	31.90
	100m: 1:01.24 32.31	200m: 2:07.74	33.42	300m: 3:14.62	33.77	400m: 4:17.09	30.57
3.	SIMOES Bernardo Jorge	02	Torres Novas	<b>4:18.33</b>	+0,59	618	
	50m: 29.36 29.36	150m: 1:36.10	33.75	250m: 2:43.61	33.10	350m: 3:49.26	31.58
	100m: 1:02.35 32.99	200m: 2:10.51	34.41	300m: 3:17.68	34.07	400m: 4:18.33	29.07
4.	TRAVASSOS Rodrigo Alexandre	02	CASP AE	<b>4:18.48</b>	+0,73	617	
	50m: 29.39 29.39	150m: 1:35.22	33.16	250m: 2:41.64	32.92	350m: 3:47.09	32.46
	100m: 1:02.06 32.67	200m: 2:08.72	33.50	300m: 3:14.63	32.99	400m: 4:18.48	31.39
5.	DOMINGOS Ruy Manuel	02	Sporting	<b>4:19.31</b>	+0,74	611	
	50m: 28.96 28.96	150m: 1:33.72	32.78	250m: 2:40.73	33.64	350m: 3:47.58	33.18
	100m: 1:00.94 31.98	200m: 2:07.09	33.37	300m: 3:14.40	33.67	400m: 4:19.31	31.73
6.	FROTA Paulo Andre	02	CASP AE	<b>4:19.54</b>	+0,63	609	
	50m: 29.99 29.99	150m: 1:35.13	32.83	250m: 2:41.51	32.95	350m: 3:48.88	33.96
	100m: 1:02.30 32.31	200m: 2:08.56	33.43	300m: 3:14.92	33.41	400m: 4:19.54	30.66
7.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:21.50</b>	+0,64	596	
	50m: 30.01 30.01	150m: 1:35.94	33.21	250m: 2:42.63	32.81	350m: 3:49.46	33.34
	100m: 1:02.73 32.72	200m: 2:09.82	33.88	300m: 3:16.12	33.49	400m: 4:21.50	32.04
8.	MONTEIRO Tomas Penha	02	Alges	<b>4:22.08</b>	+0,64	592	
	50m: 29.44 29.44	150m: 1:36.02	33.49	250m: 2:43.66	33.41	350m: 3:50.51	32.68
	100m: 1:02.53 33.09	200m: 2:10.25	34.23	300m: 3:17.83	34.17	400m: 4:22.08	31.57
9.	MALFEITO Martim Rebelo	02	Sporting	<b>4:22.40</b>	+0,71	589	
	50m: 30.14 30.14	150m: 1:35.44	32.71	250m: 2:42.40	33.11	350m: 3:49.37	33.52
	100m: 1:02.73 32.59	200m: 2:09.29	33.85	300m: 3:15.85	33.45	400m: 4:22.40	33.03
10.	VIEGAS Hugo Miguel	02	Natacao Olhao	<b>4:22.49</b>	+0,64	589	
	50m: 29.29 29.29	150m: 1:35.02	33.46	250m: 2:42.93	33.67	350m: 3:50.58	33.51
	100m: 1:01.56 32.27	200m: 2:09.26	34.24	300m: 3:17.07	34.14	400m: 4:22.49	31.91
11.	GOMES Vicente Oliveira	02	Sporting	<b>4:22.53</b>	+0,75	589	
	50m: 30.25 30.25	150m: 1:37.34	33.64	250m: 2:44.58	32.77	350m: 3:50.25	32.62
	100m: 1:03.70 33.45	200m: 2:11.81	34.47	300m: 3:17.63	33.05	400m: 4:22.53	32.28
12.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:23.10</b>	+0,70	585	
	50m: 29.62 29.62	150m: 1:35.07	33.16	250m: 2:42.33	33.93	350m: 3:49.98	33.92
	100m: 1:01.91 32.29	200m: 2:08.40	33.33	300m: 3:16.06	33.73	400m: 4:23.10	33.12
13.	BRITO Bernardo Geada	02	Uniao Piedense	<b>4:24.05</b>	+0,63	578	
	50m: 29.56 29.56	150m: 1:35.82	33.55	250m: 2:43.97	34.19	350m: 3:52.09	33.82
	100m: 1:02.27 32.71	200m: 2:09.78	33.96	300m: 3:18.27	34.30	400m: 4:24.05	31.96
14.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:24.12</b>	+0,80	578	
	50m: 29.96 29.96	150m: 1:35.37	32.84	250m: 2:41.86	33.26	350m: 3:49.92	34.49
	100m: 1:02.53 32.57	200m: 2:08.60	33.23	300m: 3:15.43	33.57	400m: 4:24.12	34.20

Prova 34, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	LOURENCO Tomas Galvao	02	Natacao Olhao	<b>4:24.89</b>	+0,74	573	
	50m: 29.72 29.72	150m: 1:35.88 33.69	250m: 2:44.12 34.17	350m: 3:53.10 33.86	400m: 4:24.89 31.79		
	100m: 1:02.19 32.47	200m: 2:09.95 34.07	300m: 3:19.24 35.12				
16.	SOUZA Francisco Alves	02	Gesloures	<b>4:26.22</b>	+0,80	564	
	50m: 29.57 29.57	150m: 1:36.79 33.72	250m: 2:45.01 33.52	350m: 3:53.37 34.05	400m: 4:26.22 32.85		
	100m: 1:03.07 33.50	200m: 2:11.49 34.70	300m: 3:19.32 34.31				
17.	ROCHA Eduardo Chicralla	02	Sporting	<b>4:26.31</b>	+0,74	564	
	50m: 29.88 29.88	150m: 1:36.86 33.47	250m: 2:45.29 34.39	350m: 3:53.32 33.88	400m: 4:26.31 32.99		
	100m: 1:03.39 33.51	200m: 2:10.90 34.04	300m: 3:19.44 34.15				
18.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>4:27.59</b>	+0,68	556	
	50m: 28.91 28.91	150m: 1:37.06 34.61	250m: 2:46.42 34.79	350m: 3:55.26 34.79	400m: 4:27.59 32.33		
	100m: 1:02.45 33.54	200m: 2:11.63 34.57	300m: 3:20.47 34.05				
19.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	<b>4:28.37</b>	+0,67	551	
	50m: 28.74 28.74	150m: 1:35.19 34.11	250m: 2:44.81 34.24	350m: 3:54.31 33.92	400m: 4:28.37 34.06		
	100m: 1:01.08 32.34	200m: 2:10.57 35.38	300m: 3:20.39 35.58				
20.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:31.08</b>	+0,72	535	
	50m: 29.08 29.08	150m: 1:34.65 33.17	250m: 2:43.63 34.67	350m: 3:55.00 35.44	400m: 4:31.08 36.08		
	100m: 1:01.48 32.40	200m: 2:08.96 34.31	300m: 3:19.56 35.93				
21.	COSTA Marco Antonio	02	Natacao Guarda	<b>4:34.70</b>	+0,77	514	
	50m: 29.44 29.44	150m: 1:36.95 34.16	250m: 2:48.01 35.34	350m: 3:59.11 34.00	400m: 4:34.70 35.59		
	100m: 1:02.79 33.35	200m: 2:12.67 35.72	300m: 3:25.11 37.10				

Prova 34 Masc., 400m Livres Juvenis B  
25-03-2018 - 12:20 Resultados Elimin

RN Absoluto	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:21.04</b>	+0,70	599	
	50m: 29.55 29.55	150m: 1:35.10 33.25	250m: 2:42.21 33.62	350m: 3:49.39 33.68	400m: 4:21.04 31.65		
	100m: 1:01.85 32.30	200m: 2:08.59 33.49	300m: 3:15.71 33.50				
2.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>4:23.61</b>	+0,77	581	
	50m: 28.89 28.89	150m: 1:34.86 33.13	250m: 2:42.84 33.80	350m: 3:51.01 33.75	400m: 4:23.61 32.60		
	100m: 1:01.73 32.84	200m: 2:09.04 34.18	300m: 3:17.26 34.42				
3.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	<b>4:28.13</b>	+0,77	552	
	50m: 30.48 30.48	150m: 1:37.63 34.06	250m: 2:46.03 34.33	350m: 3:55.50 34.77	400m: 4:28.13 32.63		
	100m: 1:03.57 33.09	200m: 2:11.70 34.07	300m: 3:20.73 34.70				
4.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>4:28.65</b>	+0,71	549	
	50m: 29.85 29.85	150m: 1:36.54 33.67	250m: 2:44.89 34.31	350m: 3:54.08 33.99	400m: 4:28.65 34.57		
	100m: 1:02.87 33.02	200m: 2:10.58 34.04	300m: 3:20.09 35.20				
5.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	<b>4:30.69</b>	+0,66	537	
	50m: 29.48 29.48	150m: 1:36.55 33.85	250m: 2:46.49 34.94	350m: 3:56.76 35.07	400m: 4:30.69 33.93		
	100m: 1:02.70 33.22	200m: 2:11.55 35.00	300m: 3:21.69 35.20				
6.	COSTA Afonso Filipe	03	Naval da Nazare	<b>4:31.40</b>	+0,67	533	
	50m: 30.30 30.30	150m: 1:38.67 34.62	250m: 2:48.58 34.81	350m: 3:59.69 35.28	400m: 4:31.40 31.71		
	100m: 1:04.05 33.75	200m: 2:13.77 35.10	300m: 3:24.41 35.83				

Prova 34, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SOUSA Guilherme Mendes	03	Nautico Marinha Grande	<b>4:31.52</b>	+0,71	532	
	50m: 28.90 28.90 150m: 1:36.11 34.84 250m: 2:46.00 35.46 350m: 3:56.82 35.11						
	100m: 1:01.27 32.37 200m: 2:10.54 34.43 300m: 3:21.71 35.71 400m: 4:31.52 34.70						
8.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>4:32.48</b>	+0,71	526	
	50m: 30.48 30.48 150m: 1:38.85 34.57 250m: 2:49.02 35.03 350m: 3:59.85 35.24						
	100m: 1:04.28 33.80 200m: 2:13.99 35.14 300m: 3:24.61 35.59 400m: 4:32.48 32.63						
9.	GOMES Goncalo Andre	03	Condeixa Clube	<b>4:32.87</b>	+0,70	524	
	50m: 29.39 29.39 150m: 1:36.36 33.79 250m: 2:46.32 35.22 350m: 3:58.21 35.81						
	100m: 1:02.57 33.18 200m: 2:11.10 34.74 300m: 3:22.40 36.08 400m: 4:32.87 34.66						
10.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	<b>4:33.80</b>	+0,78	519	
	50m: 29.62 29.62 150m: 1:38.66 35.48 250m: 2:50.14 35.72 350m: 4:00.69 34.13						
	100m: 1:03.18 33.56 200m: 2:14.42 35.76 300m: 3:26.56 36.42 400m: 4:33.80 33.11						
11.	MARQUES Andre Costa	03	Famalicao	<b>4:36.56</b>	+0,69	503	
	50m: 30.90 30.90 150m: 1:39.11 34.01 250m: 2:49.13 35.27 350m: 4:01.27 35.85						
	100m: 1:05.10 34.20 200m: 2:13.86 34.75 300m: 3:25.42 36.29 400m: 4:36.56 35.29						
12.	PEREIRA Ricardo Samuel	03	Benfica	<b>5:01.93</b>	+0,78	387	
	50m: 32.93 32.93 150m: 1:47.88 38.27 250m: 3:04.54 38.22 350m: 4:22.99 38.86						
	100m: 1:09.61 36.68 200m: 2:26.32 38.44 300m: 3:44.13 39.59 400m: 5:01.93 38.94						

Prova 34  
25-03-2018 - 12:20

Masc., 400m Livres

Juniores  
Resultados Elimin

RN Absoluto	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009
RN Jun18	3:57.18	LOPES Jose Paulo	SCB	Coimbra	17-03-2018
RN Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinqia (FIN)	14-07-2010

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>4:01.95</b>	+0,67	752	
	50m: 27.56 27.56 150m: 1:28.64 30.56 250m: 2:30.10 30.42 350m: 3:31.52 30.62						
	100m: 58.08 30.52 200m: 1:59.68 31.04 300m: 3:00.90 30.80 400m: 4:01.95 30.43						
2.	CAILLE Dany Pedro	00	Braga	<b>4:06.82</b>	+0,70	708	
	50m: 28.56 28.56 150m: 1:31.21 31.51 250m: 2:34.13 31.39 350m: 3:36.33 31.05						
	100m: 59.70 31.14 200m: 2:02.74 31.53 300m: 3:05.28 31.15 400m: 4:06.82 30.49						
3.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>4:07.83</b>	+0,64	700	
	50m: 28.22 28.22 150m: 1:29.48 30.66 250m: 2:32.04 31.25 350m: 3:36.12 31.92						
	100m: 58.82 30.60 200m: 2:00.79 31.31 300m: 3:04.20 32.16 400m: 4:07.83 31.71						
4.	LEBRE Diogo Ramos	01	Sporting de Aveiro	<b>4:08.33</b>	+0,76	695	
	50m: 28.80 28.80 150m: 1:31.23 31.22 250m: 2:34.76 31.80 350m: 3:38.25 31.35						
	100m: 1:00.01 31.21 200m: 2:02.96 31.73 300m: 3:06.90 32.14 400m: 4:08.33 30.08						
5.	SANTO Filipe Miguel	00	Benfica	<b>4:08.71</b>	+0,73	692	
	50m: 31.69 31.69 150m: 1:33.14 31.25 250m: 2:35.04 30.11 350m: 3:37.72 31.61						
	100m: 1:01.89 30.20 200m: 2:04.93 31.79 300m: 3:06.11 31.07 400m: 4:08.71 30.99						
6.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:09.54</b>	+0,71	685	
	50m: 28.04 28.04 150m: 1:29.89 30.89 250m: 2:33.52 31.33 350m: 3:37.88 32.07						
	100m: 59.00 30.96 200m: 2:02.19 32.30 300m: 3:05.81 32.29 400m: 4:09.54 31.66						

Prova 34, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	DANTAS Diogo Leal	00	Sporting	<b>4:11.10</b>	+0,61	673	
	50m: 28.22 28.22	150m: 1:30.86 31.47	250m: 2:34.53 31.78	350m: 3:40.05 32.78	400m: 4:11.10 31.05		
	100m: 59.39 31.17	200m: 2:02.75 31.89	300m: 3:07.27 32.74				
8.	TRAVANCA Sergio Filipe	00	Fluvial Portuense	<b>4:11.53</b>	+0,75	669	
	50m: 28.89 28.89	150m: 1:32.70 31.95	250m: 2:36.63 31.60	350m: 3:40.40 31.98	400m: 4:11.53 31.13		
	100m: 1:00.75 31.86	200m: 2:05.03 32.33	300m: 3:08.42 31.79				
9.	GOMES Roberto Donald	00	Alges	<b>4:11.58</b>	+0,71	669	
	50m: 28.08 28.08	150m: 1:29.46 31.29	250m: 2:33.46 32.44	350m: 3:39.39 33.45	400m: 4:11.58 32.19		
	100m: 58.17 30.09	200m: 2:01.02 31.56	300m: 3:05.94 32.48				
10.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:11.66</b>	+0,72	668	
	50m: 29.52 29.52	150m: 1:32.97 31.68	250m: 2:36.59 31.67	350m: 3:41.03 31.92	400m: 4:11.66 30.63		
	100m: 1:01.29 31.77	200m: 2:04.92 31.95	300m: 3:09.11 32.52				
11.	SANTOS Pedro Miguel	01	Porto	<b>4:12.36</b>	+0,67	663	
	50m: 27.75 27.75	150m: 1:29.00 30.69	250m: 2:31.79 31.33	350m: 3:38.83 33.40	400m: 4:12.36 33.53		
	100m: 58.31 30.56	200m: 2:00.46 31.46	300m: 3:05.43 33.64				
12.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:12.39</b>	+0,67	662	
	50m: 27.54 27.54	150m: 1:29.85 31.45	250m: 2:34.69 32.14	350m: 3:40.34 32.79	400m: 4:12.39 32.05		
	100m: 58.40 30.86	200m: 2:02.55 32.70	300m: 3:07.55 32.86				
13.	RUIVO Andre Vilas	00	Sporting	<b>4:12.47</b>	+0,70	662	
	50m: 28.69 28.69	150m: 1:31.95 31.63	250m: 2:35.28 31.56	350m: 3:40.32 32.65	400m: 4:12.47 32.15		
	100m: 1:00.32 31.63	200m: 2:03.72 31.77	300m: 3:07.67 32.39				
14.	NUNES Diogo Barbosa	00	Fluvial Portuense	<b>4:12.73</b>	+0,71	660	
	50m: 28.43 28.43	150m: 1:31.23 31.73	250m: 2:35.33 32.04	350m: 3:40.44 32.57	400m: 4:12.73 32.29		
	100m: 59.50 31.07	200m: 2:03.29 32.06	300m: 3:07.87 32.54				
15.	NEVES Pedro Barata	00	Laranjeiro	<b>4:13.24</b>	+0,71	656	
	50m: 28.96 28.96	150m: 1:32.29 32.28	250m: 2:36.88 32.27	350m: 3:41.98 32.44	400m: 4:13.24 31.26		
	100m: 1:00.01 31.05	200m: 2:04.61 32.32	300m: 3:09.54 32.66				
16.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:16.48</b>	+0,77	631	
	50m: 28.85 28.85	150m: 1:31.96 31.62	250m: 2:35.23 31.00	350m: 3:42.68 33.92	400m: 4:16.48 33.80		
	100m: 1:00.34 31.49	200m: 2:04.23 32.27	300m: 3:08.76 33.53				
17.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>4:17.00</b>	+0,70	627	
	50m: 28.51 28.51	150m: 1:32.31 32.49	250m: 2:38.76 33.22	350m: 3:45.97 33.59	400m: 4:17.00 31.03		
	100m: 59.82 31.31	200m: 2:05.54 33.23	300m: 3:12.38 33.62				
18.	PIRES Rui Miguel	01	Nautico Marinha Grande	<b>4:18.14</b>	+0,69	619	
	50m: 28.85 28.85	150m: 1:33.22 32.60	250m: 2:39.30 33.18	350m: 3:46.17 33.34	400m: 4:18.14 31.97		
	100m: 1:00.62 31.77	200m: 2:06.12 32.90	300m: 3:12.83 33.53				
19.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>4:20.43</b>	+0,71	603	
	50m: 28.20 28.20	150m: 1:33.39 32.86	250m: 2:39.30 32.76	350m: 3:47.74 34.19	400m: 4:20.43 32.69		
	100m: 1:00.53 32.33	200m: 2:06.54 33.15	300m: 3:13.55 34.25				
20.	TOMAS Francisco Xavier	00	Alcobaca	<b>4:21.26</b>	+0,78	597	
	50m: 28.38 28.38	150m: 1:33.05 32.70	250m: 2:39.96 33.38	350m: 3:48.55 34.11	400m: 4:21.26 32.71		
	100m: 1:00.35 31.97	200m: 2:06.58 33.53	300m: 3:14.44 34.48				
21.	CRISTINO David Matias	01	Uniao Piedense	<b>4:21.71</b>	+0,72	594	
	50m: 28.99 28.99	150m: 1:34.10 32.96	250m: 2:41.52 33.37	350m: 3:48.75 33.52	400m: 4:21.71 32.96		
	100m: 1:01.14 32.15	200m: 2:08.15 34.05	300m: 3:15.23 33.71				

Prova 34, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	PEREIRA Joao Peixoto	01	Braga	<b>4:29.88</b>	+0,79	542	
	50m: 28.64 28.64	150m: 1:33.34 32.90	250m: 2:43.19 35.38	350m: 3:54.76 35.44			
	100m: 1:00.44 31.80	200m: 2:07.81 34.47	300m: 3:19.32 36.13	400m: 4:29.88 35.12			
DNS	CASTRO Joao Cruz	00	Sao Roque				
DNS	CORDEIRO Tiago Roberto	00	Benfica				

Prova 34 Masc., 400m Livres Seniores  
25-03-2018 - 12:20 Resultados Elimin

RN Absoluto	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009
RN Sen	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GIL Rafael Lourenco	96	Individual ANL	<b>4:03.88</b>	+0,69	734	
	50m: 28.49 28.49	150m: 1:29.72 30.87	250m: 2:32.27 31.26	350m: 3:33.96 30.98			
	100m: 58.85 30.36	200m: 2:01.01 31.29	300m: 3:02.98 30.71	400m: 4:03.88 29.92			
2.	MOGNE Igor Araujo	96	Sporting	<b>4:04.03</b>	+0,79	733	
	50m: 27.77 27.77	150m: 1:29.13 30.78	250m: 2:31.12 30.91	350m: 3:32.97 30.67			
	100m: 58.35 30.58	200m: 2:00.21 31.08	300m: 3:02.30 31.18	400m: 4:04.03 31.06			
3.	CARVALHO Jose Paula	98	Uniao Piedense	<b>4:04.21</b>	+0,65	731	
	50m: 28.71 28.71	150m: 1:31.39 31.54	250m: 2:33.09 30.00	350m: 3:35.02 31.66			
	100m: 59.85 31.14	200m: 2:03.09 31.70	300m: 3:03.36 30.27	400m: 4:04.21 29.19			
4.	PINA Guilherme Filipe	98	Sporting	<b>4:04.22</b>	+0,69	731	
	50m: 28.60 28.60	150m: 1:29.41 30.76	250m: 2:31.04 30.86	350m: 3:32.99 31.11			
	100m: 58.65 30.05	200m: 2:00.18 30.77	300m: 3:01.88 30.84	400m: 4:04.22 31.23			
5.	COSTA Tiago Cunha	99	Sporting	<b>4:05.91</b>	+0,67	716	
	50m: 27.07 27.07	150m: 1:27.45 30.57	250m: 2:29.76 31.35	350m: 3:33.72 32.22			
	100m: 56.88 29.81	200m: 1:58.41 30.96	300m: 3:01.50 31.74	400m: 4:05.91 32.19			
6.	BATE Afonso Ribeiro	98	Alges	<b>4:07.83</b>	+0,65	700	
	50m: 27.86 27.86	150m: 1:30.05 31.13	250m: 2:33.25 31.68	350m: 3:37.01 31.66			
	100m: 58.92 31.06	200m: 2:01.57 31.52	300m: 3:05.35 32.10	400m: 4:07.83 30.82			
7.	BATE Miguel Ribeiro	99	Alges	<b>4:10.03</b>	+0,70	681	
	50m: 28.53 28.53	150m: 1:31.34 31.67	250m: 2:35.08 31.60	350m: 3:39.25 31.57			
	100m: 59.67 31.14	200m: 2:03.48 32.14	300m: 3:07.68 32.60	400m: 4:10.03 30.78			
8.	GONCALVES Francisco Xavier	97	Nautico Academico	<b>4:11.77</b>	+0,70	667	
	50m: 28.46 28.46	150m: 1:31.78 31.63	250m: 2:35.74 31.96	350m: 3:40.32 32.40			
	100m: 1:00.15 31.69	200m: 2:03.78 32.00	300m: 3:07.92 32.18	400m: 4:11.77 31.45			
9.	PINTO Antonio Fernando	99	Estrelas S. Joao de Brito	<b>4:12.83</b>	+0,70	659	
	50m: 27.82 27.82	150m: 1:30.35 31.44	250m: 2:34.57 31.86	350m: 3:39.51 32.20			
	100m: 58.91 31.09	200m: 2:02.71 32.36	300m: 3:07.31 32.74	400m: 4:12.83 33.32			
10.	FERNANDES Jose Pedro	99	Braga	<b>4:12.87</b>	+0,73	659	
	50m: 28.86 28.86	150m: 1:32.24 31.44	250m: 2:36.13 31.70	350m: 3:40.84 32.29			
	100m: 1:00.80 31.94	200m: 2:04.43 32.19	300m: 3:08.55 32.42	400m: 4:12.87 32.03			
11.	MORIM Ruben Jose	97	Vilacondense	<b>4:15.70</b>	+0,69	637	
	50m: 27.97 27.97	150m: 1:30.91 31.48	250m: 2:35.24 32.27	350m: 3:41.74 32.96			
	100m: 59.43 31.46	200m: 2:02.97 32.06	300m: 3:08.78 33.54	400m: 4:15.70 33.96			

Prova 34, Masc., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	NASCIMENTO Miguel Duarte	95	Benfica				

Prova 34  
25-03-2018 - 12:20 Masc., 400m Livres Absolutos Resultados Elimin

RN Absoluto	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009
RN Sen	3:52.29	MAIA Jorge Manuel	POR	Málaga (ESP)	05-04-2009
RN Jun18	3:57.18	LOPES Jose Paulo	SCB	Coimbra	17-03-2018
RN Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14-07-2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>4:01.95</b>	+0,67	752	
	50m: 27.56 27.56	150m: 1:28.64 30.56	250m: 2:30.10 30.42	350m: 3:31.52 30.62			
	100m: 58.08 30.52	200m: 1:59.68 31.04	300m: 3:00.90 30.80	400m: 4:01.95 30.43			
2.	GIL Rafael Lourenco	96	Individual ANL	<b>4:03.88</b>	+0,69	734	
	50m: 28.49 28.49	150m: 1:29.72 30.87	250m: 2:32.27 31.26	350m: 3:33.96 30.98			
	100m: 58.85 30.36	200m: 2:01.01 31.29	300m: 3:02.98 30.71	400m: 4:03.88 29.92			
3.	MOGNE Igor Araujo	96	Sporting	<b>4:04.03</b>	+0,79	733	
	50m: 27.77 27.77	150m: 1:29.13 30.78	250m: 2:31.12 30.91	350m: 3:32.97 30.67			
	100m: 58.35 30.58	200m: 2:00.21 31.08	300m: 3:02.30 31.18	400m: 4:04.03 31.06			
4.	CARVALHO Jose Paula	98	Uniao Piedense	<b>4:04.21</b>	+0,65	731	
	50m: 28.71 28.71	150m: 1:31.39 31.54	250m: 2:33.09 30.00	350m: 3:35.02 31.66			
	100m: 59.85 31.14	200m: 2:03.09 31.70	300m: 3:03.36 30.27	400m: 4:04.21 29.19			
5.	PINA Guilherme Filipe	98	Sporting	<b>4:04.22</b>	+0,69	731	
	50m: 28.60 28.60	150m: 1:29.41 30.76	250m: 2:31.04 30.86	350m: 3:32.99 31.11			
	100m: 58.65 30.05	200m: 2:00.18 30.77	300m: 3:01.88 30.84	400m: 4:04.22 31.23			
6.	COSTA Tiago Cunha	99	Sporting	<b>4:05.91</b>	+0,67	716	
	50m: 27.07 27.07	150m: 1:27.45 30.57	250m: 2:29.76 31.35	350m: 3:33.72 32.22			
	100m: 56.88 29.81	200m: 1:58.41 30.96	300m: 3:01.50 31.74	400m: 4:05.91 32.19			
7.	CAILLE Dany Pedro	00	Braga	<b>4:06.82</b>	+0,70	708	
	50m: 28.56 28.56	150m: 1:31.21 31.51	250m: 2:34.13 31.39	350m: 3:36.33 31.05			
	100m: 59.70 31.14	200m: 2:02.74 31.53	300m: 3:05.28 31.15	400m: 4:06.82 30.49			
8.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>4:07.83</b>	+0,64	700	
	50m: 28.22 28.22	150m: 1:29.48 30.66	250m: 2:32.04 31.25	350m: 3:36.12 31.92			
	100m: 58.82 30.60	200m: 2:00.79 31.31	300m: 3:04.20 32.16	400m: 4:07.83 31.71			
	BATE Afonso Ribeiro	98	Alges	<b>4:07.83</b>	+0,65	700	
	50m: 27.86 27.86	150m: 1:30.05 31.13	250m: 2:33.25 31.68	350m: 3:37.01 31.66			
	100m: 58.92 31.06	200m: 2:01.57 31.52	300m: 3:05.35 32.10	400m: 4:07.83 30.82			
10.	LEBRE Diogo Ramos	01	Sporting de Aveiro	<b>4:08.33</b>	+0,76	695	
	50m: 28.80 28.80	150m: 1:31.23 31.22	250m: 2:34.76 31.80	350m: 3:38.25 31.35			
	100m: 1:00.01 31.21	200m: 2:02.96 31.73	300m: 3:06.90 32.14	400m: 4:08.33 30.08			
11.	SANTO Filipe Miguel	00	Benfica	<b>4:08.71</b>	+0,73	692	
	50m: 31.69 31.69	150m: 1:33.14 31.25	250m: 2:35.04 30.11	350m: 3:37.72 31.61			
	100m: 1:01.89 30.20	200m: 2:04.93 31.79	300m: 3:06.11 31.07	400m: 4:08.71 30.99			

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:09.54</b>	+0,71	685	
	50m: 28.04 28.04	150m: 1:29.89 30.89	250m: 2:33.52 31.33	350m: 3:37.88 32.07	400m: 4:09.54 31.66		
	100m: 59.00 30.96	200m: 2:02.19 32.30	300m: 3:05.81 32.29				
13.	BATE Miguel Ribeiro	99	Alges	<b>4:10.03</b>	+0,70	681	
	50m: 28.53 28.53	150m: 1:31.34 31.67	250m: 2:35.08 31.60	350m: 3:39.25 31.57	400m: 4:10.03 30.78		
	100m: 59.67 31.14	200m: 2:03.48 32.14	300m: 3:07.68 32.60				
14.	DANTAS Diogo Leal	00	Sporting	<b>4:11.10</b>	+0,61	673	
	50m: 28.22 28.22	150m: 1:30.86 31.47	250m: 2:34.53 31.78	350m: 3:40.05 32.78	400m: 4:11.10 31.05		
	100m: 59.39 31.17	200m: 2:02.75 31.89	300m: 3:07.27 32.74				
15.	TRAVANCA Sergio Filipe	00	Fluvial Portuense	<b>4:11.53</b>	+0,75	669	
	50m: 28.89 28.89	150m: 1:32.70 31.95	250m: 2:36.63 31.60	350m: 3:40.40 31.98	400m: 4:11.53 31.13		
	100m: 1:00.75 31.86	200m: 2:05.03 32.33	300m: 3:08.42 31.79				
16.	GOMES Roberto Donald	00	Alges	<b>4:11.58</b>	+0,71	669	
	50m: 28.08 28.08	150m: 1:29.46 31.29	250m: 2:33.46 32.44	350m: 3:39.39 33.45	400m: 4:11.58 32.19		
	100m: 58.17 30.09	200m: 2:01.02 31.56	300m: 3:05.94 32.48				
17.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:11.66</b>	+0,72	668	
	50m: 29.52 29.52	150m: 1:32.97 31.68	250m: 2:36.59 31.67	350m: 3:41.03 31.92	400m: 4:11.66 30.63		
	100m: 1:01.29 31.77	200m: 2:04.92 31.95	300m: 3:09.11 32.52				
18.	GONCALVES Francisco Xavier	97	Nautico Academico	<b>4:11.77</b>	+0,70	667	
	50m: 28.46 28.46	150m: 1:31.78 31.63	250m: 2:35.74 31.96	350m: 3:40.32 32.40	400m: 4:11.77 31.45		
	100m: 1:00.15 31.69	200m: 2:03.78 32.00	300m: 3:07.92 32.18				
19.	SANTOS Pedro Miguel	01	Porto	<b>4:12.36</b>	+0,67	663	
	50m: 27.75 27.75	150m: 1:29.00 30.69	250m: 2:31.79 31.33	350m: 3:38.83 33.40	400m: 4:12.36 33.53		
	100m: 58.31 30.56	200m: 2:00.46 31.46	300m: 3:05.43 33.64				
20.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:12.39</b>	+0,67	662	
	50m: 27.54 27.54	150m: 1:29.85 31.45	250m: 2:34.69 32.14	350m: 3:40.34 32.79	400m: 4:12.39 32.05		
	100m: 58.40 30.86	200m: 2:02.55 32.70	300m: 3:07.55 32.86				
21.	RUIVO Andre Vilas	00	Sporting	<b>4:12.47</b>	+0,70	662	
	50m: 28.69 28.69	150m: 1:31.95 31.63	250m: 2:35.28 31.56	350m: 3:40.32 32.65	400m: 4:12.47 32.15		
	100m: 1:00.32 31.63	200m: 2:03.72 31.77	300m: 3:07.67 32.39				
22.	FERNANDES Eduardo Gomes	02	Hoquei Mealhada/ CA	<b>4:12.59</b>	+0,71	661	
	50m: 28.58 28.58	150m: 1:32.79 32.51	250m: 2:37.33 31.96	350m: 3:41.49 31.77	400m: 4:12.59 31.10		
	100m: 1:00.28 31.70	200m: 2:05.37 32.58	300m: 3:09.72 32.39				
23.	NUNES Diogo Barbosa	00	Fluvial Portuense	<b>4:12.73</b>	+0,71	660	
	50m: 28.43 28.43	150m: 1:31.23 31.73	250m: 2:35.33 32.04	350m: 3:40.44 32.57	400m: 4:12.73 32.29		
	100m: 59.50 31.07	200m: 2:03.29 32.06	300m: 3:07.87 32.54				
24.	PINTO Antonio Fernando	99	Estrelas S. Joao de Brito	<b>4:12.83</b>	+0,70	659	
	50m: 27.82 27.82	150m: 1:30.35 31.44	250m: 2:34.57 31.86	350m: 3:39.51 32.20	400m: 4:12.83 33.32		
	100m: 58.91 31.09	200m: 2:02.71 32.36	300m: 3:07.31 32.74				
25.	FERNANDES Jose Pedro	99	Braga	<b>4:12.87</b>	+0,73	659	
	50m: 28.86 28.86	150m: 1:32.24 31.44	250m: 2:36.13 31.70	350m: 3:40.84 32.29	400m: 4:12.87 32.03		
	100m: 1:00.80 31.94	200m: 2:04.43 32.19	300m: 3:08.55 32.42				
26.	NEVES Pedro Barata	00	Laranjeiro	<b>4:13.24</b>	+0,71	656	
	50m: 28.96 28.96	150m: 1:32.29 32.28	250m: 2:36.88 32.27	350m: 3:41.98 32.44	400m: 4:13.24 31.26		
	100m: 1:00.01 31.05	200m: 2:04.61 32.32	300m: 3:09.54 32.66				

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MORIM Ruben Jose	97	Vilacondense	<b>4:15.70</b>	+0,69	637	
	50m: 27.97 27.97	150m: 1:30.91 31.48	250m: 2:35.24 32.27	350m: 3:41.74 32.96	400m: 4:15.70 33.96		
	100m: 59.43 31.46	200m: 2:02.97 32.06	300m: 3:08.78 33.54				
28.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:16.48</b>	+0,77	631	
	50m: 28.85 28.85	150m: 1:31.96 31.62	250m: 2:35.23 31.00	350m: 3:42.68 33.92	400m: 4:16.48 33.80		
	100m: 1:00.34 31.49	200m: 2:04.23 32.27	300m: 3:08.76 33.53				
29.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>4:17.00</b>	+0,70	627	
	50m: 28.51 28.51	150m: 1:32.31 32.49	250m: 2:38.76 33.22	350m: 3:45.97 33.59	400m: 4:17.00 31.03		
	100m: 59.82 31.31	200m: 2:05.54 33.23	300m: 3:12.38 33.62				
30.	AMORIM Ivan Emanuel	02	Fluvial Portuense	<b>4:17.09</b>	+0,72	627	
	50m: 28.93 28.93	150m: 1:34.32 33.08	250m: 2:40.85 33.11	350m: 3:46.52 31.90	400m: 4:17.09 30.57		
	100m: 1:01.24 32.31	200m: 2:07.74 33.42	300m: 3:14.62 33.77				
31.	PIRES Rui Miguel	01	Nautico Marinha Grande	<b>4:18.14</b>	+0,69	619	
	50m: 28.85 28.85	150m: 1:33.22 32.60	250m: 2:39.30 33.18	350m: 3:46.17 33.34	400m: 4:18.14 31.97		
	100m: 1:00.62 31.77	200m: 2:06.12 32.90	300m: 3:12.83 33.53				
32.	SIMOES Bernardo Jorge	02	Torres Novas	<b>4:18.33</b>	+0,59	618	
	50m: 29.36 29.36	150m: 1:36.10 33.75	250m: 2:43.61 33.10	350m: 3:49.26 31.58	400m: 4:18.33 29.07		
	100m: 1:02.35 32.99	200m: 2:10.51 34.41	300m: 3:17.68 34.07				
33.	TRAVASSOS Rodrigo Alexandre	02	CASP AE	<b>4:18.48</b>	+0,73	617	
	50m: 29.39 29.39	150m: 1:35.22 33.16	250m: 2:41.64 32.92	350m: 3:47.09 32.46	400m: 4:18.48 31.39		
	100m: 1:02.06 32.67	200m: 2:08.72 33.50	300m: 3:14.63 32.99				
34.	DOMINGOS Ruy Manuel	02	Sporting	<b>4:19.31</b>	+0,74	611	
	50m: 28.96 28.96	150m: 1:33.72 32.78	250m: 2:40.73 33.64	350m: 3:47.58 33.18	400m: 4:19.31 31.73		
	100m: 1:00.94 31.98	200m: 2:07.09 33.37	300m: 3:14.40 33.67				
35.	FROTA Paulo Andre	02	CASP AE	<b>4:19.54</b>	+0,63	609	
	50m: 29.99 29.99	150m: 1:35.13 32.83	250m: 2:41.51 32.95	350m: 3:48.88 33.96	400m: 4:19.54 30.66		
	100m: 1:02.30 32.31	200m: 2:08.56 33.43	300m: 3:14.92 33.41				
36.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>4:20.43</b>	+0,71	603	
	50m: 28.20 28.20	150m: 1:33.39 32.86	250m: 2:39.30 32.76	350m: 3:47.74 34.19	400m: 4:20.43 32.69		
	100m: 1:00.53 32.33	200m: 2:06.54 33.15	300m: 3:13.55 34.25				
37.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:21.04</b>	+0,70	599	
	50m: 29.55 29.55	150m: 1:35.10 33.25	250m: 2:42.21 33.62	350m: 3:49.39 33.68	400m: 4:21.04 31.65		
	100m: 1:01.85 32.30	200m: 2:08.59 33.49	300m: 3:15.71 33.50				
38.	TOMAS Francisco Xavier	00	Alcobaca	<b>4:21.26</b>	+0,78	597	
	50m: 28.38 28.38	150m: 1:33.05 32.70	250m: 2:39.96 33.38	350m: 3:48.55 34.11	400m: 4:21.26 32.71		
	100m: 1:00.35 31.97	200m: 2:06.58 33.53	300m: 3:14.44 34.48				
39.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:21.50</b>	+0,64	596	
	50m: 30.01 30.01	150m: 1:35.94 33.21	250m: 2:42.63 32.81	350m: 3:49.46 33.34	400m: 4:21.50 32.04		
	100m: 1:02.73 32.72	200m: 2:09.82 33.88	300m: 3:16.12 33.49				
40.	CRISTINO David Matias	01	Uniao Piedense	<b>4:21.71</b>	+0,72	594	
	50m: 28.99 28.99	150m: 1:34.10 32.96	250m: 2:41.52 33.37	350m: 3:48.75 33.52	400m: 4:21.71 32.96		
	100m: 1:01.14 32.15	200m: 2:08.15 34.05	300m: 3:15.23 33.71				
41.	MONTEIRO Tomas Penha	02	Alges	<b>4:22.08</b>	+0,64	592	
	50m: 29.44 29.44	150m: 1:36.02 33.49	250m: 2:43.66 33.41	350m: 3:50.51 32.68	400m: 4:22.08 31.57		
	100m: 1:02.53 33.09	200m: 2:10.25 34.23	300m: 3:17.83 34.17				



Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	MALFEITO Martim Rebelo	02	Sporting	<b>4:22.40</b>	+0,71	589	
	50m: 30.14 30.14	150m: 1:35.44 32.71	250m: 2:42.40 33.11	350m: 3:49.37 33.52	400m: 4:22.40 33.03		
	100m: 1:02.73 32.59	200m: 2:09.29 33.85	300m: 3:15.85 33.45				
43.	VIEGAS Hugo Miguel	02	Natacao Olhao	<b>4:22.49</b>	+0,64	589	
	50m: 29.29 29.29	150m: 1:35.02 33.46	250m: 2:42.93 33.67	350m: 3:50.58 33.51	400m: 4:22.49 31.91		
	100m: 1:01.56 32.27	200m: 2:09.26 34.24	300m: 3:17.07 34.14				
44.	GOMES Vicente Oliveira	02	Sporting	<b>4:22.53</b>	+0,75	589	
	50m: 30.25 30.25	150m: 1:37.34 33.64	250m: 2:44.58 32.77	350m: 3:50.25 32.62	400m: 4:22.53 32.28		
	100m: 1:03.70 33.45	200m: 2:11.81 34.47	300m: 3:17.63 33.05				
45.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:23.10</b>	+0,70	585	
	50m: 29.62 29.62	150m: 1:35.07 33.16	250m: 2:42.33 33.93	350m: 3:49.98 33.92	400m: 4:23.10 33.12		
	100m: 1:01.91 32.29	200m: 2:08.40 33.33	300m: 3:16.06 33.73				
46.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>4:23.61</b>	+0,77	581	
	50m: 28.89 28.89	150m: 1:34.86 33.13	250m: 2:42.84 33.80	350m: 3:51.01 33.75	400m: 4:23.61 32.60		
	100m: 1:01.73 32.84	200m: 2:09.04 34.18	300m: 3:17.26 34.42				
47.	BRITO Bernardo Geada	02	Uniao Piedense	<b>4:24.05</b>	+0,63	578	
	50m: 29.56 29.56	150m: 1:35.82 33.55	250m: 2:43.97 34.19	350m: 3:52.09 33.82	400m: 4:24.05 31.96		
	100m: 1:02.27 32.71	200m: 2:09.78 33.96	300m: 3:18.27 34.30				
48.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:24.12</b>	+0,80	578	
	50m: 29.96 29.96	150m: 1:35.37 32.84	250m: 2:41.86 33.26	350m: 3:49.92 34.49	400m: 4:24.12 34.20		
	100m: 1:02.53 32.57	200m: 2:08.60 33.23	300m: 3:15.43 33.57				
49.	LOURENCO Tomas Galvao	02	Natacao Olhao	<b>4:24.89</b>	+0,74	573	
	50m: 29.72 29.72	150m: 1:35.88 33.69	250m: 2:44.12 34.17	350m: 3:53.10 33.86	400m: 4:24.89 31.79		
	100m: 1:02.19 32.47	200m: 2:09.95 34.07	300m: 3:19.24 35.12				
50.	SOUZA Francisco Alves	02	Gesloures	<b>4:26.22</b>	+0,80	564	
	50m: 29.57 29.57	150m: 1:36.79 33.72	250m: 2:45.01 33.52	350m: 3:53.37 34.05	400m: 4:26.22 32.85		
	100m: 1:03.07 33.50	200m: 2:11.49 34.70	300m: 3:19.32 34.31				
51.	ROCHA Eduardo Chicralla	02	Sporting	<b>4:26.31</b>	+0,74	564	
	50m: 29.88 29.88	150m: 1:36.86 33.47	250m: 2:45.29 34.39	350m: 3:53.32 33.88	400m: 4:26.31 32.99		
	100m: 1:03.39 33.51	200m: 2:10.90 34.04	300m: 3:19.44 34.15				
52.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>4:27.59</b>	+0,68	556	
	50m: 28.91 28.91	150m: 1:37.06 34.61	250m: 2:46.42 34.79	350m: 3:55.26 34.79	400m: 4:27.59 32.33		
	100m: 1:02.45 33.54	200m: 2:11.63 34.57	300m: 3:20.47 34.05				
53.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	<b>4:28.13</b>	+0,77	552	
	50m: 30.48 30.48	150m: 1:37.63 34.06	250m: 2:46.03 34.33	350m: 3:55.50 34.77	400m: 4:28.13 32.63		
	100m: 1:03.57 33.09	200m: 2:11.70 34.07	300m: 3:20.73 34.70				
54.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	<b>4:28.37</b>	+0,67	551	
	50m: 28.74 28.74	150m: 1:35.19 34.11	250m: 2:44.81 34.24	350m: 3:54.31 33.92	400m: 4:28.37 34.06		
	100m: 1:01.08 32.34	200m: 2:10.57 35.38	300m: 3:20.39 35.58				
55.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>4:28.65</b>	+0,71	549	
	50m: 29.85 29.85	150m: 1:36.54 33.67	250m: 2:44.89 34.31	350m: 3:54.08 33.99	400m: 4:28.65 34.57		
	100m: 1:02.87 33.02	200m: 2:10.58 34.04	300m: 3:20.09 35.20				
56.	PEREIRA Joao Peixoto	01	Braga	<b>4:29.88</b>	+0,79	542	
	50m: 28.64 28.64	150m: 1:33.34 32.90	250m: 2:43.19 35.38	350m: 3:54.76 35.44	400m: 4:29.88 35.12		
	100m: 1:00.44 31.80	200m: 2:07.81 34.47	300m: 3:19.32 36.13				

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	<b>4:30.69</b>	+0,66	537	
	50m: 29.48 29.48	150m: 1:36.55 33.85	250m: 2:46.49 34.94	350m: 3:56.76 35.07			
	100m: 1:02.70 33.22	200m: 2:11.55 35.00	300m: 3:21.69 35.20	400m: 4:30.69 33.93			
58.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:31.08</b>	+0,72	535	
	50m: 29.08 29.08	150m: 1:34.65 33.17	250m: 2:43.63 34.67	350m: 3:55.00 35.44			
	100m: 1:01.48 32.40	200m: 2:08.96 34.31	300m: 3:19.56 35.93	400m: 4:31.08 36.08			
59.	COSTA Afonso Filipe	03	Naval da Nazare	<b>4:31.40</b>	+0,67	533	
	50m: 30.30 30.30	150m: 1:38.67 34.62	250m: 2:48.58 34.81	350m: 3:59.69 35.28			
	100m: 1:04.05 33.75	200m: 2:13.77 35.10	300m: 3:24.41 35.83	400m: 4:31.40 31.71			
60.	SOUSA Guilherme Mendes	03	Nautico Marinha Grande	<b>4:31.52</b>	+0,71	532	
	50m: 28.90 28.90	150m: 1:36.11 34.84	250m: 2:46.00 35.46	350m: 3:56.82 35.11			
	100m: 1:01.27 32.37	200m: 2:10.54 34.43	300m: 3:21.71 35.71	400m: 4:31.52 34.70			
61.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>4:32.48</b>	+0,71	526	
	50m: 30.48 30.48	150m: 1:38.85 34.57	250m: 2:49.02 35.03	350m: 3:59.85 35.24			
	100m: 1:04.28 33.80	200m: 2:13.99 35.14	300m: 3:24.61 35.59	400m: 4:32.48 32.63			
62.	GOMES Goncalo Andre	03	Condeixa Clube	<b>4:32.87</b>	+0,70	524	
	50m: 29.39 29.39	150m: 1:36.36 33.79	250m: 2:46.32 35.22	350m: 3:58.21 35.81			
	100m: 1:02.57 33.18	200m: 2:11.10 34.74	300m: 3:22.40 36.08	400m: 4:32.87 34.66			
63.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	<b>4:33.80</b>	+0,78	519	
	50m: 29.62 29.62	150m: 1:38.66 35.48	250m: 2:50.14 35.72	350m: 4:00.69 34.13			
	100m: 1:03.18 33.56	200m: 2:14.42 35.76	300m: 3:26.56 36.42	400m: 4:33.80 33.11			
64.	COSTA Marco Antonio	02	Natacao Guarda	<b>4:34.70</b>	+0,77	514	
	50m: 29.44 29.44	150m: 1:36.95 34.16	250m: 2:48.01 35.34	350m: 3:59.11 34.00			
	100m: 1:02.79 33.35	200m: 2:12.67 35.72	300m: 3:25.11 37.10	400m: 4:34.70 35.59			
65.	MARQUES Andre Costa	03	Famalicao	<b>4:36.56</b>	+0,69	503	
	50m: 30.90 30.90	150m: 1:39.11 34.01	250m: 2:49.13 35.27	350m: 4:01.27 35.85			
	100m: 1:05.10 34.20	200m: 2:13.86 34.75	300m: 3:25.42 36.29	400m: 4:36.56 35.29			
66.	PEREIRA Ricardo Samuel	03	Benfica	<b>5:01.93</b>	+0,78	387	
	50m: 32.93 32.93	150m: 1:47.88 38.27	250m: 3:04.54 38.22	350m: 4:22.99 38.86			
	100m: 1:09.61 36.68	200m: 2:26.32 38.44	300m: 3:44.13 39.59	400m: 5:01.93 38.94			
DNS	CASTRO Joao Cruz	00	Sao Roque				
DNS	CORDEIRO Tiago Roberto	00	Benfica				
DNS	NASCIMENTO Miguel Duarte	95	Benfica				