Prova 36 | Masc., 400m Livres | Open
20.7.09 - 12:00 | Resultados Elimin

Recorde Nacional Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
Recorde Nacional Sénior	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
Recorde Nacional Junior	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12.7.02
Recorde Nacional Juvenis A	4:02.13	Jorge Manuel Maia	GDNVNF	Lisboa	29.5.05
Recorde Nacional Juvenis B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29.7.06

TAC JUN/SEN Masc 17 +: 4:12.00 / TAC JUV A Masc Juv A: 4:29.00 / TAC JUV B Masc Juv B: 4:37.00

Pontos: FINA 2008

Lugar		Ano		Tempo final	Pts	

Open

1. Damien Cattin Vidal — 88 — Vikings de Rouen — **3:59.25** — 806 — A

50m:	27.87	27.87	150m:	1:26.85	29.57	250m:	2:27.73	30.26	350m:	3:29.05	30.51
100m:	57.28	29.41	200m:	1:57.47	30.62	300m:	2:58.54	30.81	400m:	3:59.25	30.20

2. Rui Filipe Costa — 91 — Vitória de Guimarães — **4:05.01** — 751 — A

50m:	28.41	28.41	150m:	1:29.70	30.59	250m:	2:31.65	30.79	350m:	3:34.13	30.71
100m:	59.11	30.70	200m:	2:00.86	31.16	300m:	3:03.42	31.77	400m:	4:05.01	30.88

3. Pedro Fontoura Oliveira — 90 — Os Belenenses — **4:05.58** — 746 — A

50m:	27.75	27.75	150m:	1:29.41	31.04	250m:	2:32.44	31.54	350m:	3:34.80	30.89
100m:	58.37	30.62	200m:	2:00.90	31.49	300m:	3:03.91	31.47	400m:	4:05.58	30.78

4. Paulo Fragueiro Franco — 82 — Nacional — **4:06.21** — 740 — A

50m:	28.20	28.20	150m:	1:30.12	31.13	250m:	2:32.33	30.59	350m:	3:35.05	31.40
100m:	58.99	30.79	200m:	2:01.74	31.62	300m:	3:03.65	31.32	400m:	4:06.21	31.16

5. Luis Emanuel Vaz — 91 — Famalicão — **4:07.77** — 726 — A

50m:	28.41	28.41	150m:	1:31.29	31.68	250m:	2:34.43	31.09	350m:	3:37.04	31.32
100m:	59.61	31.20	200m:	2:03.34	32.05	300m:	3:05.72	31.29	400m:	4:07.77	30.73

6. Cesar Fernando Faria — 90 — Bairro dos Anjos — **4:07.86** — 725 — A

50m:	28.45	28.45	150m:	1:31.23	31.31	250m:	2:34.04	30.65	350m:	3:36.56	31.22
100m:	59.92	31.47	200m:	2:03.39	32.16	300m:	3:05.34	31.30	400m:	4:07.86	31.30

7. Jose Joao Goncalves — 91 — Leixões — **4:07.87** — 725 — A

50m:	28.40	28.40	150m:	1:30.35	31.50	250m:	2:33.89	31.83	350m:	3:37.16	31.66
100m:	58.85	30.45	200m:	2:02.06	31.71	300m:	3:05.50	31.61	400m:	4:07.87	30.71

8. Hugo Alberto Ribeiro — 88 — Vilacondense — **4:08.65** — 718 — A

50m:	28.82	28.82	150m:	1:30.99	31.11	250m:	2:34.35	31.03	350m:	3:37.08	31.16
100m:	59.88	31.06	200m:	2:03.32	32.33	300m:	3:05.92	31.57	400m:	4:08.65	31.57

9. Filipe Vieira Malheiro — 90 — Braga — **4:09.30** — 713 — A

50m:	28.12	28.12	150m:	1:30.87	31.39	250m:	2:33.97	31.13	350m:	3:38.09	31.67
100m:	59.48	31.36	200m:	2:02.84	31.97	300m:	3:06.42	32.45	400m:	4:09.30	31.21

10. Igor Guterres Carvalho — 88 — Vilacondense — **4:09.64** — 710 — B

50m:	28.70	28.70	150m:	1:30.36	30.99	250m:	2:33.92	31.79	350m:	3:38.82	32.01
100m:	59.37	30.67	200m:	2:02.13	31.77	300m:	3:06.81	32.89	400m:	4:09.64	30.82

11. Diogo Andre Gaspar — 90 — Uniao Piedense — **4:10.18** — 705 — B

50m:	28.86	28.86	150m:	1:31.60	31.25	250m:	2:35.25	31.61	350m:	3:39.12	32.08
100m:	1:00.35	31.49	200m:	2:03.64	32.04	300m:	3:07.04	31.79	400m:	4:10.18	31.06

12. Bernardo Almeida Moreira — 89 — Louletano/Habipro — **4:10.71** — 701 — B

50m:	28.67	28.67	150m:	1:32.25	31.99	250m:	2:36.08	31.68	350m:	3:39.45	31.62
100m:	1:00.26	31.59	200m:	2:04.40	32.15	300m:	3:07.83	31.75	400m:	4:10.71	31.26

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

Lugar		Ano		Tempo final	Pts	
13.	Andre Filipe Lopes *FTL*	92	Académica de Coimbra	**4:12.08**	689	B
14.	Ricardo Manuel Machado *MAC*	93	Braga	**4:12.33**	687	B
15.	Oscar Ramos Melim *FTL*	86	Nacional	**4:12.43**	686	B
16.	Jorge Miguel Mendes *FTL*	90	Náutico/Matobra	**4:12.86**	683	B
17.	Francisco Miguel Cirurgiao *MAC*	93	Algés	**4:12.91**	683	B
18.	Vasco Miguel Gaspar *FTL*	90	Uniao Piedense	**4:13.06**	681	R
19.	Pedro Afonso Gaspar *MAC*	94	Sporting	**4:14.28**	672	R
20.	Joao Pedro Almeida *FTL*	92	Porto/Império Bonança	**4:14.78**	668	
21.	Andre Rafael Marinho	93	Uniao Piedense	**4:15.93**	659	
22.	Rafael Dias Martins	93	Maia/Real Seguros	**4:16.67**	653	
23.	Rui Filipe Maia	93	Vilacondense	**4:17.70**	645	
24.	Tiago Silva Oliveira *MAC*	94	Leixões	**4:17.99**	643	

13.	50m:	28.72	28.72	150m:	1:31.88	31.43	250m:	2:35.47	31.31	350m:	3:40.42	32.26
	100m:	1:00.45	31.73	200m:	2:04.16	32.28	300m:	3:08.16	32.69	400m:	4:12.08	31.66
14.	50m:	28.61	28.61	150m:	1:31.01	31.62	250m:	2:35.63	32.25	350m:	3:40.69	32.26
	100m:	59.39	30.78	200m:	2:03.38	32.37	300m:	3:08.43	32.80	400m:	4:12.33	31.64
15.	50m:	29.10	29.10	150m:	1:32.86	32.02	250m:	2:37.03	31.74	350m:	3:41.47	32.20
	100m:	1:00.84	31.74	200m:	2:05.29	32.43	300m:	3:09.27	32.24	400m:	4:12.43	30.96
16.	50m:	28.74	28.74	150m:	1:31.79	31.38	250m:	2:35.45	31.65	350m:	3:40.48	32.63
	100m:	1:00.41	31.67	200m:	2:03.80	32.01	300m:	3:07.85	32.40	400m:	4:12.86	32.38
17.	50m:	28.73	28.73	150m:	1:32.73	32.27	250m:	2:37.01	31.98	350m:	3:42.33	32.57
	100m:	1:00.46	31.73	200m:	2:05.03	32.30	300m:	3:09.76	32.75	400m:	4:12.91	30.58
18.	50m:	28.53	28.53	150m:	1:31.81	31.94	250m:	2:35.91	31.95	350m:	3:40.92	32.65
	100m:	59.87	31.34	200m:	2:03.96	32.15	300m:	3:08.27	32.36	400m:	4:13.06	32.14
19.	50m:	28.67	28.67	150m:	1:32.64	32.26	250m:	2:37.32	32.21	350m:	3:42.69	32.48
	100m:	1:00.38	31.71	200m:	2:05.11	32.47	300m:	3:10.21	32.89	400m:	4:14.28	31.59
20.	50m:	28.45	28.45	150m:	1:32.10	31.86	250m:	2:36.54	32.13	350m:	3:42.66	32.84
	100m:	1:00.24	31.79	200m:	2:04.41	32.31	300m:	3:09.82	33.28	400m:	4:14.78	32.12
21.	50m:	28.91	28.91	150m:	1:32.98	32.26	250m:	2:37.94	32.45	350m:	3:43.59	32.92
	100m:	1:00.72	31.81	200m:	2:05.49	32.51	300m:	3:10.67	32.73	400m:	4:15.93	32.34
22.	50m:	29.27	29.27	150m:	1:33.63	32.34	250m:	2:39.13	32.81	350m:	3:44.55	32.50
	100m:	1:01.29	32.02	200m:	2:06.32	32.69	300m:	3:12.05	32.92	400m:	4:16.67	32.12
23.	50m:	29.17	29.17	150m:	1:33.72	32.40	250m:	2:39.03	32.48	350m:	3:45.12	33.03
	100m:	1:01.32	32.15	200m:	2:06.55	32.83	300m:	3:12.09	33.06	400m:	4:17.70	32.58
24.	50m:	28.81	28.81	150m:	1:33.58	33.25	250m:	2:40.60	33.46	350m:	3:47.05	32.84
	100m:	1:00.33	31.52	200m:	2:07.14	33.56	300m:	3:14.21	33.61	400m:	4:17.99	30.94

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

Lugar		Ano		Tempo final	Pts
25.	Nuno Vieira Malheiro	93	Braga	**4:19.96**	629
	50m: 30.00 30.00 150m: 1:35.28 32.32 250m: 2:41.52 32.79 350m: 3:48.17 32.82				
	100m: 1:02.96 32.96 200m: 2:08.73 33.45 300m: 3:15.35 33.83 400m: 4:19.96 31.79				
26.	Guilherme Pereira Gil	93	Uniao Piedense	**4:20.48**	625
	50m: 29.47 29.47 150m: 1:34.95 33.05 250m: 2:41.84 33.22 350m: 3:48.70 33.28				
	100m: 1:01.90 32.43 200m: 2:08.62 33.67 300m: 3:15.42 33.58 400m: 4:20.48 31.78				
27.	Luis Miguel Nogueira	93	Porto/Império Bonança	**4:20.89**	622
	50m: 29.12 29.12 150m: 1:33.47 32.38 250m: 2:40.35 33.47 350m: 3:48.77 33.79				
	100m: 1:01.09 31.97 200m: 2:06.88 33.41 300m: 3:14.98 34.63 400m: 4:20.89 32.12				
28.	Joao Pedro Queijo	93	Maia/Real Seguros	**4:21.00**	621
	50m: 29.34 29.34 150m: 1:34.51 32.87 250m: 2:41.56 33.44 350m: 3:48.39 32.64				
	100m: 1:01.64 32.30 200m: 2:08.12 33.61 300m: 3:15.75 34.19 400m: 4:21.00 32.61				
29.	Ruben Filipe Nunes	94	Gespaços	**4:22.79**	608
	MAC				
	50m: 29.46 29.46 150m: 1:34.58 32.37 250m: 2:41.28 33.34 350m: 3:49.18 34.00				
	100m: 1:02.21 32.75 200m: 2:07.94 33.36 300m: 3:15.18 33.90 400m: 4:22.79 33.61				
30.	Luis Miguel Silva	89	Braga	**4:23.34**	605
	FTL				
	50m: 29.51 29.51 150m: 1:34.02 32.63 250m: 2:39.90 32.41 350m: 3:49.05 34.96				
	100m: 1:01.39 31.88 200m: 2:07.49 33.47 300m: 3:14.09 34.19 400m: 4:23.34 34.29				
31.	Edgar Oliveira Ribeiro	93	Braga	**4:23.62**	603
	50m: 29.95 29.95 150m: 1:37.73 34.38 250m: 2:45.54 33.81 350m: 3:52.70 33.06				
	100m: 1:03.35 33.40 200m: 2:11.73 34.00 300m: 3:19.64 34.10 400m: 4:23.62 30.92				
32.	Nuno Filipe Magalhaes	94	Porto/Império Bonança	**4:25.24**	592
	50m: 29.78 29.78 150m: 1:35.53 33.27 250m: 2:43.55 34.25 350m: 3:52.22 34.37				
	100m: 1:02.26 32.48 200m: 2:09.30 33.77 300m: 3:17.85 34.30 400m: 4:25.24 33.02				
33.	Pedro Nuno Ribeiro	93	Porto/Império Bonança	**4:25.41**	591
	50m: 29.53 29.53 150m: 1:35.10 33.50 250m: 2:44.24 34.59 350m: 3:53.94 34.74				
	100m: 1:01.60 32.07 200m: 2:09.65 34.55 300m: 3:19.20 34.96 400m: 4:25.41 31.47				
34.	Diogo Cunha Girao	94	Columbófila Cantanhedense	**4:25.59**	589
	50m: 30.83 30.83 150m: 1:37.44 33.62 250m: 2:44.63 33.50 350m: 3:53.63 34.74				
	100m: 1:03.82 32.99 200m: 2:11.13 33.69 300m: 3:18.89 34.26 400m: 4:25.59 31.96				
35.	Joao Luis Rodrigues	93	Braga	**4:25.92**	587
	50m: 29.30 29.30 150m: 1:36.75 33.82 250m: 2:45.50 33.88 350m: 3:54.34 33.92				
	100m: 1:02.93 33.63 200m: 2:11.62 34.87 300m: 3:20.42 34.92 400m: 4:25.92 31.58				
36.	Nuno Ricardo Bastos	93	Fluvial Portuense	**4:26.05**	586
	50m: 30.15 30.15 150m: 1:36.94 33.50 250m: 2:44.63 33.59 350m: 3:52.83 33.92				
	100m: 1:03.44 33.29 200m: 2:11.04 34.10 300m: 3:18.91 34.28 400m: 4:26.05 33.22				
37.	Ricardo Mestre Teixeira	93	Sporting	**4:26.60**	583
	50m: 29.24 29.24 150m: 1:35.49 33.55 250m: 2:44.13 33.88 350m: 3:53.26 34.24				
	100m: 1:01.94 32.70 200m: 2:10.25 34.76 300m: 3:19.02 34.89 400m: 4:26.60 33.34				
38.	Andre Eduardo Infante	94	Sporting	**4:26.75**	582
	50m: 29.48 29.48 150m: 1:37.82 34.57 250m: 2:46.44 34.02 350m: 3:55.28 34.52				
	100m: 1:03.25 33.77 200m: 2:12.42 34.60 300m: 3:20.76 34.32 400m: 4:26.75 31.47				
39.	Edgar Miguel Lopes	94	Louletano/Habipro	**4:26.81**	581
	50m: 29.87 29.87 150m: 1:36.62 33.85 250m: 2:44.65 34.25 350m: 3:53.93 34.99				
	100m: 1:02.77 32.90 200m: 2:10.40 33.78 300m: 3:18.94 34.29 400m: 4:26.81 32.88				

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

Lugar		Ano		Tempo final	Pts
40.	Andre Canelas Kaldeich	94	Fluvial Portuense	**4:26.86**	581
	50m: 29.48 29.48 150m: 1:37.62 34.36 250m: 2:46.56 34.15 350m: 3:55.52 34.55				
	100m: 1:03.26 33.78 200m: 2:12.41 34.79 300m: 3:20.97 34.41 400m: 4:26.86 31.34				
41.	Alvaro Miguel Oliveira	93	Porto/Império Bonança	**4:26.88**	581
	50m: 29.49 29.49 150m: 1:35.97 33.42 250m: 2:45.06 34.25 350m: 3:54.44 34.24				
	100m: 1:02.55 33.06 200m: 2:10.81 34.84 300m: 3:20.20 35.14 400m: 4:26.88 32.44				
42.	Manuel Silva Barros	94	Braga	**4:26.99**	580
	50m: 29.44 29.44 150m: 1:35.30 33.41 250m: 2:44.24 34.76 350m: 3:53.20 34.18				
	100m: 1:01.89 32.45 200m: 2:09.48 34.18 300m: 3:19.02 34.78 400m: 4:26.99 33.79				
43.	Claudio Miguel Pinheiro	93	Maia/Real Seguros	**4:27.16**	579
	50m: 29.77 29.77 150m: 1:36.56 33.87 250m: 2:45.17 33.89 350m: 3:54.12 34.10				
	100m: 1:02.69 32.92 200m: 2:11.28 34.72 300m: 3:20.02 34.85 400m: 4:27.16 33.04				
44.	Diogo Maia e Silva	93	Pimpões/Cimai	**4:27.71**	576
	50m: 30.09 30.09 150m: 1:36.67 33.64 250m: 2:44.77 34.02 350m: 3:53.56 34.24				
	100m: 1:03.03 32.94 200m: 2:10.75 34.08 300m: 3:19.32 34.55 400m: 4:27.71 34.15				
45.	Bernardo Correia Silva	93	Fluvial Portuense	**4:27.81**	575
	50m: 29.22 29.22 150m: 1:35.20 33.09 250m: 2:44.12 33.84 350m: 3:54.27 34.47				
	100m: 1:02.11 32.89 200m: 2:10.28 35.08 300m: 3:19.80 35.68 400m: 4:27.81 33.54				
46.	Andre Manuel Garcia	94	Vilacondense	**4:27.99**	574
	50m: 30.48 30.48 150m: 1:38.50 34.07 250m: 2:47.01 34.09 350m: 3:56.27 34.10				
	100m: 1:04.43 33.95 200m: 2:12.92 34.42 300m: 3:22.17 35.16 400m: 4:27.99 31.72				
47.	Andre Alexandre Vicente	94	Naval da Nazaré	**4:28.26**	572
	50m: 31.16 31.16 150m: 1:40.48 34.65 250m: 2:49.45 34.21 350m: 3:56.81 32.92				
	100m: 1:05.83 34.67 200m: 2:15.24 34.76 300m: 3:23.89 34.44 400m: 4:28.26 31.45				
48.	Andre Duarte Vaz *FTL*	93	Ginásio Figueirense	**4:29.19**	566
	50m: 29.58 29.58 150m: 1:36.48 33.84 250m: 2:45.75 34.53 350m: 3:55.65 34.75				
	100m: 1:02.64 33.06 200m: 2:11.22 34.74 300m: 3:20.90 35.15 400m: 4:29.19 33.54				
49.	Joao Pedro Veiga	94	Náutico/Matobra	**4:30.39**	559
	50m: 30.59 30.59 150m: 1:38.87 34.17 250m: 2:48.45 34.46 350m: 3:57.85 34.28				
	100m: 1:04.70 34.11 200m: 2:13.99 35.12 300m: 3:23.57 35.12 400m: 4:30.39 32.54				
50.	Miguel Angelo Ferraria	94	Porto/Império Bonança	**4:30.92**	555
	50m: 29.97 29.97 150m: 1:38.32 34.81 250m: 2:48.43 35.02 350m: 3:57.88 33.83				
	100m: 1:03.51 33.54 200m: 2:13.41 35.09 300m: 3:24.05 35.62 400m: 4:30.92 33.04				
51.	Miguel Alexandre Lemos	94	Porto/Império Bonança	**4:31.32**	553
	50m: 30.40 30.40 150m: 1:38.15 33.79 250m: 2:48.10 34.76 350m: 3:59.01 35.15				
	100m: 1:04.36 33.96 200m: 2:13.34 35.19 300m: 3:23.86 35.76 400m: 4:31.32 32.31				
52.	Mario Rui Cunha *FTL*	93	Famalicão	**4:31.39**	552
	50m: 30.49 30.49 150m: 1:37.22 33.45 250m: 2:46.23 34.61 350m: 3:56.22 35.24				
	100m: 1:03.77 33.28 200m: 2:11.62 34.40 300m: 3:20.98 34.75 400m: 4:31.39 35.17				
53.	Joao Nuno Pires	94	Náutico/Matobra	**4:31.40**	552
	50m: 30.46 30.46 150m: 1:37.86 33.66 250m: 2:47.06 34.46 350m: 3:57.08 34.84				
	100m: 1:04.20 33.74 200m: 2:12.60 34.74 300m: 3:22.24 35.18 400m: 4:31.40 34.32				
54.	Pedro Diogo Taveira	94	Galitos	**4:32.17**	548
	50m: 30.18 30.18 150m: 1:39.26 35.02 250m: 2:48.99 35.14 350m: 3:59.34 34.62				
	100m: 1:04.24 34.06 200m: 2:13.85 34.59 300m: 3:24.72 35.73 400m: 4:32.17 32.83				

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

Lugar		Ano		Tempo final	Pts
55.	Ivo Andre Lopes	94	20Km de Almeirim	**4:33.50**	540
	50m: 29.86 29.86 150m: 1:37.21 34.44 250m: 2:48.32 35.54 350m: 3:59.80 35.40				
	100m: 1:02.77 32.91 200m: 2:12.78 35.57 300m: 3:24.40 36.08 400m: 4:33.50 33.70				
56.	Joao Pedro Vieira	94	Naval do Funchal	**4:33.91**	537
	50m: 30.38 30.38 150m: 1:38.24 34.38 250m: 2:48.46 34.90 350m: 3:59.89 35.40				
	100m: 1:03.86 33.48 200m: 2:13.56 35.32 300m: 3:24.49 36.03 400m: 4:33.91 34.02				
57.	Luis Miguel Fonseca	94	Porto/Império Bonança	**4:34.67**	533
	50m: 29.93 29.93 150m: 1:38.53 34.85 250m: 2:48.84 34.63 350m: 4:00.18 35.14				
	100m: 1:03.68 33.75 200m: 2:14.21 35.68 300m: 3:25.04 36.20 400m: 4:34.67 34.49				
58.	Venancio Guilherme Ferreira *FTL*	93	Desportiva de Viana	**4:35.06**	531
	50m: 30.29 30.29 150m: 1:38.43 34.41 250m: 2:49.45 35.79 350m: 4:00.76 34.90				
	100m: 1:04.02 33.73 200m: 2:13.66 35.23 300m: 3:25.86 36.41 400m: 4:35.06 34.30				
59.	Bernardo Machado Costa	94	Porto/Império Bonança	**4:35.34**	529
	50m: 29.88 29.88 150m: 1:38.62 34.98 250m: 2:49.84 35.60 350m: 4:01.68 35.53				
	100m: 1:03.64 33.76 200m: 2:14.24 35.62 300m: 3:26.15 36.31 400m: 4:35.34 33.66				
60.	Tiago Vitorino Mendes	94	Desportiva Limiana	**4:35.89**	526
	50m: 29.93 29.93 150m: 1:38.11 34.25 250m: 2:49.22 35.58 350m: 4:00.98 35.54				
	100m: 1:03.86 33.93 200m: 2:13.64 35.53 300m: 3:25.44 36.22 400m: 4:35.89 34.91				
61.	Antero Simao Martins	94	Náutico da Marinha Grande	**4:35.90**	526
	50m: 29.87 29.87 150m: 1:39.09 34.63 250m: 2:49.90 35.08 350m: 4:01.12 35.46				
	100m: 1:04.46 34.59 200m: 2:14.82 35.73 300m: 3:25.66 35.76 400m: 4:35.90 34.78				
62.	Pedro Gomes Antunes	94	Braga	**4:36.31**	523
	50m: 30.33 30.33 150m: 1:38.46 34.17 250m: 2:49.55 35.54 350m: 4:01.52 35.98				
	100m: 1:04.29 33.96 200m: 2:14.01 35.55 300m: 3:25.54 35.99 400m: 4:36.31 34.79				
63.	Alexandre Santos Gomes *FTL*	93	Naval do Funchal	**4:36.75**	521
	50m: 29.75 29.75 150m: 1:37.15 34.14 250m: 2:47.90 35.76 350m: 4:01.10 36.12				
	100m: 1:03.01 33.26 200m: 2:12.14 34.99 300m: 3:24.98 37.08 400m: 4:36.75 35.65				
64.	Pedro Miguel Silva	94	Colégio Monte Maior	**4:36.83**	520
	50m: 30.14 30.14 150m: 1:39.21 35.22 250m: 2:50.95 35.13 350m: 4:02.68 35.67				
	100m: 1:03.99 33.85 200m: 2:15.82 36.61 300m: 3:27.01 36.06 400m: 4:36.83 34.15				
65.	Nuno Miguel Brites	94	Eléctrico Clube	**4:36.98**	520
	50m: 29.79 29.79 150m: 1:38.97 35.23 250m: 2:50.61 35.64 350m: 4:02.40 35.22				
	100m: 1:03.74 33.95 200m: 2:14.97 36.00 300m: 3:27.18 36.57 400m: 4:36.98 34.58				
66.	Miguel Polidoro Alexandre *FTL*	94	Bairro dos Anjos	**4:37.86**	515
	50m: 31.58 31.58 150m: 1:41.74 34.99 250m: 2:52.89 35.36 350m: 4:04.37 35.38				
	100m: 1:06.75 35.17 200m: 2:17.53 35.79 300m: 3:28.99 36.10 400m: 4:37.86 33.49				
67.	Ricardo Jorge Rodrigues *FTL*	94	Braga	**4:38.71**	510
	50m: 30.56 30.56 150m: 1:40.46 35.30 250m: 2:51.99 35.69 350m: 4:04.36 35.79				
	100m: 1:05.16 34.60 200m: 2:16.30 35.84 300m: 3:28.57 36.58 400m: 4:38.71 34.35				
68.	Joao Carlos Paula *FTL*	94	Galitos	**4:38.89**	509
	50m: 30.93 30.93 150m: 1:40.49 35.07 250m: 2:52.32 35.84 350m: 4:04.14 35.94				
	100m: 1:05.42 34.49 200m: 2:16.48 35.99 300m: 3:28.20 35.88 400m: 4:38.89 34.75				

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

Lugar		Ano		Tempo final	Pts	
69.	Joao Pedro Braga *FTL*	94	Naval de Ponta Delgada	**4:40.90**	498	

50m:	30.23	30.23	150m:	1:40.28	35.74	250m:	2:52.39	36.04	350m:	4:05.43	36.44
100m:	1:04.54	34.31	200m:	2:16.35	36.07	300m:	3:28.99	36.60	400m:	4:40.90	35.47

70.	Marcelo Jose Pinto *FTL*		94	Foca			**4:41.35**	496				
50m:	30.43	30.43	150m:	1:40.35	35.63	250m:	2:52.78	35.84	350m:	4:06.38	36.72	
100m:	1:04.72	34.29	200m:	2:16.94	36.59	300m:	3:29.66	36.88	400m:	4:41.35	34.97	
71.	Fernando Santos Moreira *FTL*		94	Fluvial Portuense			**4:41.67**	494				
50m:	30.75	30.75	150m:	1:40.06	35.23	250m:	2:52.22	36.04	350m:	4:05.92	36.83	
100m:	1:04.83	34.08	200m:	2:16.18	36.12	300m:	3:29.09	36.87	400m:	4:41.67	35.75	
72.	David Xavier Cunha *FTL*		94	Vitória de Guimarães			**4:54.56**	432				
50m:	31.62	31.62	150m:	1:44.52	37.23	250m:	3:01.03	38.01	350m:	4:18.11	38.78	
100m:	1:07.29	35.67	200m:	2:23.02	38.50	300m:	3:39.33	38.30	400m:	4:54.56	36.45	

Absoluto

1.	Rui Filipe Costa		91	Vitória de Guimarães			**4:05.01**	751	A			
50m:	28.41	28.41	150m:	1:29.70	30.59	250m:	2:31.65	30.79	350m:	3:34.13	30.71	
100m:	59.11	30.70	200m:	2:00.86	31.16	300m:	3:03.42	31.77	400m:	4:05.01	30.88	
2.	Pedro Fontoura Oliveira		90	Os Belenenses			**4:05.58**	746	A			
50m:	27.75	27.75	150m:	1:29.41	31.04	250m:	2:32.44	31.54	350m:	3:34.80	30.89	
100m:	58.37	30.62	200m:	2:00.90	31.49	300m:	3:03.91	31.47	400m:	4:05.58	30.78	
3.	Paulo Fragueiro Franco		82	Nacional			**4:06.21**	740	A			
50m:	28.20	28.20	150m:	1:30.12	31.13	250m:	2:32.33	30.59	350m:	3:35.05	31.40	
100m:	58.99	30.79	200m:	2:01.74	31.62	300m:	3:03.65	31.32	400m:	4:06.21	31.16	
4.	Luis Emanuel Vaz		91	Famalicão			**4:07.77**	726	A			
50m:	28.41	28.41	150m:	1:31.29	31.68	250m:	2:34.43	31.09	350m:	3:37.04	31.32	
100m:	59.61	31.20	200m:	2:03.34	32.05	300m:	3:05.72	31.29	400m:	4:07.77	30.73	
5.	Cesar Fernando Faria		90	Bairro dos Anjos			**4:07.86**	725	A			
50m:	28.45	28.45	150m:	1:31.23	31.31	250m:	2:34.04	30.65	350m:	3:36.56	31.22	
100m:	59.92	31.47	200m:	2:03.39	32.16	300m:	3:05.34	31.30	400m:	4:07.86	31.30	
6.	Jose Joao Goncalves		91	Leixões			**4:07.87**	725	A			
50m:	28.40	28.40	150m:	1:30.35	31.50	250m:	2:33.89	31.83	350m:	3:37.16	31.66	
100m:	58.85	30.45	200m:	2:02.06	31.71	300m:	3:05.50	31.61	400m:	4:07.87	30.71	
7.	Hugo Alberto Ribeiro		88	Vilacondense			**4:08.65**	718	A			
50m:	28.82	28.82	150m:	1:30.99	31.11	250m:	2:34.35	31.03	350m:	3:37.08	31.16	
100m:	59.88	31.06	200m:	2:03.32	32.33	300m:	3:05.92	31.57	400m:	4:08.65	31.57	
8.	Filipe Vieira Malheiro		90	Braga			**4:09.30**	713	A			
50m:	28.12	28.12	150m:	1:30.87	31.39	250m:	2:33.97	31.13	350m:	3:38.09	31.67	
100m:	59.48	31.36	200m:	2:02.84	31.97	300m:	3:06.42	32.45	400m:	4:09.30	31.21	
9.	Igor Guterres Carvalho		88	Vilacondense			**4:09.64**	710	B			
50m:	28.70	28.70	150m:	1:30.36	30.99	250m:	2:33.92	31.79	350m:	3:38.82	32.01	
100m:	59.37	30.67	200m:	2:02.13	31.77	300m:	3:06.81	32.89	400m:	4:09.64	30.82	

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

Lugar		Ano		Tempo final	Pts	
10.	Diogo Andre Gaspar	90	Uniao Piedense	**4:10.18**	705	B
	50m: 28.86 28.86 150m: 1:31.60 31.25 250m: 2:35.25 31.61 350m: 3:39.12 32.08					
	100m: 1:00.35 31.49 200m: 2:03.64 32.04 300m: 3:07.04 31.79 400m: 4:10.18 31.06					
11.	Bernardo Almeida Moreira	89	Louletano/Habipro	**4:10.71**	701	B
	50m: 28.67 28.67 150m: 1:32.25 31.99 250m: 2:36.08 31.68 350m: 3:39.45 31.62					
	100m: 1:00.26 31.59 200m: 2:04.40 32.15 300m: 3:07.83 31.75 400m: 4:10.71 31.26					
12.	Andre Filipe Lopes *FTL*	92	Académica de Coimbra	**4:12.08**	689	B
	50m: 28.72 28.72 150m: 1:31.88 31.43 250m: 2:35.47 31.31 350m: 3:40.42 32.26					
	100m: 1:00.45 31.73 200m: 2:04.16 32.28 300m: 3:08.16 32.69 400m: 4:12.08 31.66					
13.	Ricardo Manuel Machado *MAC*	93	Braga	**4:12.33**	687	B
	50m: 28.61 28.61 150m: 1:31.01 31.62 250m: 2:35.63 32.25 350m: 3:40.69 32.26					
	100m: 59.39 30.78 200m: 2:03.38 32.37 300m: 3:08.43 32.80 400m: 4:12.33 31.64					
14.	Oscar Ramos Melim *FTL*	86	Nacional	**4:12.43**	686	B
	50m: 29.10 29.10 150m: 1:32.86 32.02 250m: 2:37.03 31.74 350m: 3:41.47 32.20					
	100m: 1:00.84 31.74 200m: 2:05.29 32.43 300m: 3:09.27 32.24 400m: 4:12.43 30.96					
15.	Jorge Miguel Mendes *FTL*	90	Náutico/Matobra	**4:12.86**	683	B
	50m: 28.74 28.74 150m: 1:31.79 31.38 250m: 2:35.45 31.65 350m: 3:40.48 32.63					
	100m: 1:00.41 31.67 200m: 2:03.80 32.01 300m: 3:07.85 32.40 400m: 4:12.86 32.38					
16.	Francisco Miguel Cirurgiao *MAC*	93	Algés	**4:12.91**	683	B
	50m: 28.73 28.73 150m: 1:32.73 32.27 250m: 2:37.01 31.98 350m: 3:42.33 32.57					
	100m: 1:00.46 31.73 200m: 2:05.03 32.30 300m: 3:09.76 32.75 400m: 4:12.91 30.58					
17.	Vasco Miguel Gaspar *FTL*	90	Uniao Piedense	**4:13.06**	681	R
	50m: 28.53 28.53 150m: 1:31.81 31.94 250m: 2:35.91 31.95 350m: 3:40.92 32.65					
	100m: 59.87 31.34 200m: 2:03.96 32.15 300m: 3:08.27 32.36 400m: 4:13.06 32.14					
18.	Pedro Afonso Gaspar *MAC*	94	Sporting	**4:14.28**	672	R
	50m: 28.67 28.67 150m: 1:32.64 32.26 250m: 2:37.32 32.21 350m: 3:42.69 32.48					
	100m: 1:00.38 31.71 200m: 2:05.11 32.47 300m: 3:10.21 32.89 400m: 4:14.28 31.59					
19.	Joao Pedro Almeida *FTL*	92	Porto/Império Bonança	**4:14.78**	668	
	50m: 28.45 28.45 150m: 1:32.10 31.86 250m: 2:36.54 32.13 350m: 3:42.66 32.84					
	100m: 1:00.24 31.79 200m: 2:04.41 32.31 300m: 3:09.82 33.28 400m: 4:14.78 32.12					
20.	Andre Rafael Marinho	93	Uniao Piedense	**4:15.93**	659	
	50m: 28.91 28.91 150m: 1:32.98 32.26 250m: 2:37.94 32.45 350m: 3:43.59 32.92					
	100m: 1:00.72 31.81 200m: 2:05.49 32.51 300m: 3:10.67 32.73 400m: 4:15.93 32.34					
21.	Rafael Dias Martins	93	Maia/Real Seguros	**4:16.67**	653	
	50m: 29.27 29.27 150m: 1:33.63 32.34 250m: 2:39.13 32.81 350m: 3:44.55 32.50					
	100m: 1:01.29 32.02 200m: 2:06.32 32.69 300m: 3:12.05 32.92 400m: 4:16.67 32.12					
22.	Rui Filipe Maia	93	Vilacondense	**4:17.70**	645	
	50m: 29.17 29.17 150m: 1:33.72 32.40 250m: 2:39.03 32.48 350m: 3:45.12 33.03					
	100m: 1:01.32 32.15 200m: 2:06.55 32.83 300m: 3:12.09 33.06 400m: 4:17.70 32.58					

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

Lugar		Ano		Tempo final	Pts
23.	Tiago Silva Oliveira *MAC*	94	Leixões	**4:17.99**	643
	50m: 28.81 28.81 150m: 1:33.58 33.25 250m: 2:40.60 33.46 350m: 3:47.05 32.84 100m: 1:00.33 31.52 200m: 2:07.14 33.56 300m: 3:14.21 33.61 400m: 4:17.99 30.94				
24.	Nuno Vieira Malheiro	93	Braga	**4:19.96**	629
	50m: 30.00 30.00 150m: 1:35.28 32.32 250m: 2:41.52 32.79 350m: 3:48.17 32.82 100m: 1:02.96 32.96 200m: 2:08.73 33.45 300m: 3:15.35 33.83 400m: 4:19.96 31.79				
25.	Guilherme Pereira Gil	93	Uniao Piedense	**4:20.48**	625
	50m: 29.47 29.47 150m: 1:34.95 33.05 250m: 2:41.84 33.22 350m: 3:48.70 33.28 100m: 1:01.90 32.43 200m: 2:08.62 33.67 300m: 3:15.42 33.58 400m: 4:20.48 31.78				
26.	Luis Miguel Nogueira	93	Porto/Império Bonança	**4:20.89**	622
	50m: 29.12 29.12 150m: 1:33.47 32.38 250m: 2:40.35 33.47 350m: 3:48.77 33.79 100m: 1:01.09 31.97 200m: 2:06.88 33.41 300m: 3:14.98 34.63 400m: 4:20.89 32.12				
27.	Joao Pedro Queijo	93	Maia/Real Seguros	**4:21.00**	621
	50m: 29.34 29.34 150m: 1:34.51 32.87 250m: 2:41.56 33.44 350m: 3:48.39 32.64 100m: 1:01.64 32.30 200m: 2:08.12 33.61 300m: 3:15.75 34.19 400m: 4:21.00 32.61				
28.	Ruben Filipe Nunes *MAC*	94	Gespaços	**4:22.79**	608
	50m: 29.46 29.46 150m: 1:34.58 32.37 250m: 2:41.28 33.34 350m: 3:49.18 34.00 100m: 1:02.21 32.75 200m: 2:07.94 33.36 300m: 3:15.18 33.90 400m: 4:22.79 33.61				
29.	Luis Miguel Silva *FTL*	89	Braga	**4:23.34**	605
	50m: 29.51 29.51 150m: 1:34.02 32.63 250m: 2:39.90 32.41 350m: 3:49.05 34.96 100m: 1:01.39 31.88 200m: 2:07.49 33.47 300m: 3:14.09 34.19 400m: 4:23.34 34.29				
30.	Edgar Oliveira Ribeiro	93	Braga	**4:23.62**	603
	50m: 29.95 29.95 150m: 1:37.73 34.38 250m: 2:45.54 33.81 350m: 3:52.70 33.06 100m: 1:03.35 33.40 200m: 2:11.73 34.00 300m: 3:19.64 34.10 400m: 4:23.62 30.92				
31.	Nuno Filipe Magalhaes	94	Porto/Império Bonança	**4:25.24**	592
	50m: 29.78 29.78 150m: 1:35.53 33.27 250m: 2:43.55 34.25 350m: 3:52.22 34.37 100m: 1:02.26 32.48 200m: 2:09.30 33.77 300m: 3:17.85 34.30 400m: 4:25.24 33.02				
32.	Pedro Nuno Ribeiro	93	Porto/Império Bonança	**4:25.41**	591
	50m: 29.53 29.53 150m: 1:35.10 33.50 250m: 2:44.24 34.59 350m: 3:53.94 34.74 100m: 1:01.60 32.07 200m: 2:09.65 34.55 300m: 3:19.20 34.96 400m: 4:25.41 31.47				
33.	Diogo Cunha Girao	94	Columbófila Cantanhedense	**4:25.59**	589
	50m: 30.83 30.83 150m: 1:37.44 33.62 250m: 2:44.63 33.50 350m: 3:53.63 34.74 100m: 1:03.82 32.99 200m: 2:11.13 33.69 300m: 3:18.89 34.26 400m: 4:25.59 31.96				
34.	Joao Luis Rodrigues	93	Braga	**4:25.92**	587
	50m: 29.30 29.30 150m: 1:36.75 33.82 250m: 2:45.50 33.88 350m: 3:54.34 33.92 100m: 1:02.93 33.63 200m: 2:11.62 34.87 300m: 3:20.42 34.92 400m: 4:25.92 31.58				
35.	Nuno Ricardo Bastos	93	Fluvial Portuense	**4:26.05**	586
	50m: 30.15 30.15 150m: 1:36.94 33.50 250m: 2:44.63 33.59 350m: 3:52.83 33.92 100m: 1:03.44 33.29 200m: 2:11.04 34.10 300m: 3:18.91 34.28 400m: 4:26.05 33.22				
36.	Ricardo Mestre Teixeira	93	Sporting	**4:26.60**	583
	50m: 29.24 29.24 150m: 1:35.49 33.55 250m: 2:44.13 33.88 350m: 3:53.26 34.24 100m: 1:01.94 32.70 200m: 2:10.25 34.76 300m: 3:19.02 34.89 400m: 4:26.60 33.34				

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

Lugar		Ano		Tempo final	Pts
37.	Andre Eduardo Infante	94	Sporting	**4:26.75**	582
	50m: 29.48 29.48 150m: 1:37.82 34.57 250m: 2:46.44 34.02 350m: 3:55.28 34.52				
	100m: 1:03.25 33.77 200m: 2:12.42 34.60 300m: 3:20.76 34.32 400m: 4:26.75 31.47				
38.	Edgar Miguel Lopes	94	Louletano/Habipro	**4:26.81**	581
	50m: 29.87 29.87 150m: 1:36.62 33.85 250m: 2:44.65 34.25 350m: 3:53.93 34.99				
	100m: 1:02.77 32.90 200m: 2:10.40 33.78 300m: 3:18.94 34.29 400m: 4:26.81 32.88				
39.	Andre Canelas Kaldeich	94	Fluvial Portuense	**4:26.86**	581
	50m: 29.48 29.48 150m: 1:37.62 34.36 250m: 2:46.56 34.15 350m: 3:55.52 34.55				
	100m: 1:03.26 33.78 200m: 2:12.41 34.79 300m: 3:20.97 34.41 400m: 4:26.86 31.34				
40.	Alvaro Miguel Oliveira	93	Porto/Império Bonança	**4:26.88**	581
	50m: 29.49 29.49 150m: 1:35.97 33.42 250m: 2:45.06 34.25 350m: 3:54.44 34.24				
	100m: 1:02.55 33.06 200m: 2:10.81 34.84 300m: 3:20.20 35.14 400m: 4:26.88 32.44				
41.	Manuel Silva Barros	94	Braga	**4:26.99**	580
	50m: 29.44 29.44 150m: 1:35.30 33.41 250m: 2:44.24 34.76 350m: 3:53.20 34.18				
	100m: 1:01.89 32.45 200m: 2:09.48 34.18 300m: 3:19.02 34.78 400m: 4:26.99 33.79				
42.	Claudio Miguel Pinheiro	93	Maia/Real Seguros	**4:27.16**	579
	50m: 29.77 29.77 150m: 1:36.56 33.87 250m: 2:45.17 33.89 350m: 3:54.12 34.10				
	100m: 1:02.69 32.92 200m: 2:11.28 34.72 300m: 3:20.02 34.85 400m: 4:27.16 33.04				
43.	Diogo Maia e Silva	93	Pimpões/Cimai	**4:27.71**	576
	50m: 30.09 30.09 150m: 1:36.67 33.64 250m: 2:44.77 34.02 350m: 3:53.56 34.24				
	100m: 1:03.03 32.94 200m: 2:10.75 34.08 300m: 3:19.32 34.55 400m: 4:27.71 34.15				
44.	Bernardo Correia Silva	93	Fluvial Portuense	**4:27.81**	575
	50m: 29.22 29.22 150m: 1:35.20 33.09 250m: 2:44.12 33.84 350m: 3:54.27 34.47				
	100m: 1:02.11 32.89 200m: 2:10.28 35.08 300m: 3:19.80 35.68 400m: 4:27.81 33.54				
45.	Andre Manuel Garcia	94	Vilacondense	**4:27.99**	574
	50m: 30.48 30.48 150m: 1:38.50 34.07 250m: 2:47.01 34.09 350m: 3:56.27 34.10				
	100m: 1:04.43 33.95 200m: 2:12.92 34.42 300m: 3:22.17 35.16 400m: 4:27.99 31.72				
46.	Andre Alexandre Vicente	94	Naval da Nazaré	**4:28.26**	572
	50m: 31.16 31.16 150m: 1:40.48 34.65 250m: 2:49.45 34.21 350m: 3:56.81 32.92				
	100m: 1:05.83 34.67 200m: 2:15.24 34.76 300m: 3:23.89 34.44 400m: 4:28.26 31.45				
47.	Andre Duarte Vaz	93	Ginásio Figueirense	**4:29.19**	566
	FTL				
	50m: 29.58 29.58 150m: 1:36.48 33.84 250m: 2:45.75 34.53 350m: 3:55.65 34.75				
	100m: 1:02.64 33.06 200m: 2:11.22 34.74 300m: 3:20.90 35.15 400m: 4:29.19 33.54				
48.	Joao Pedro Veiga	94	Náutico/Matobra	**4:30.39**	559
	50m: 30.59 30.59 150m: 1:38.87 34.17 250m: 2:48.45 34.46 350m: 3:57.85 34.28				
	100m: 1:04.70 34.11 200m: 2:13.99 35.12 300m: 3:23.57 35.12 400m: 4:30.39 32.54				
49.	Miguel Angelo Ferraria	94	Porto/Império Bonança	**4:30.92**	555
	50m: 29.97 29.97 150m: 1:38.32 34.81 250m: 2:48.43 35.02 350m: 3:57.88 33.83				
	100m: 1:03.51 33.54 200m: 2:13.41 35.09 300m: 3:24.05 35.62 400m: 4:30.92 33.04				
50.	Miguel Alexandre Lemos	94	Porto/Império Bonança	**4:31.32**	553
	50m: 30.40 30.40 150m: 1:38.15 33.79 250m: 2:48.10 34.76 350m: 3:59.01 35.15				
	100m: 1:04.36 33.96 200m: 2:13.34 35.19 300m: 3:23.86 35.76 400m: 4:31.32 32.31				
51.	Mario Rui Cunha	93	Famalicão	**4:31.39**	552
	FTL				
	50m: 30.49 30.49 150m: 1:37.22 33.45 250m: 2:46.23 34.61 350m: 3:56.22 35.24				
	100m: 1:03.77 33.28 200m: 2:11.62 34.40 300m: 3:20.98 34.75 400m: 4:31.39 35.17				

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

Lugar		Ano		Tempo final	Pts
52.	Joao Nuno Pires	94	Náutico/Matobra	**4:31.40**	552
	50m: 30.46 30.46 150m: 1:37.86 33.66 250m: 2:47.06 34.46 350m: 3:57.08 34.84				
	100m: 1:04.20 33.74 200m: 2:12.60 34.74 300m: 3:22.24 35.18 400m: 4:31.40 34.32				
53.	Pedro Diogo Taveira	94	Galitos	**4:32.17**	548
	50m: 30.18 30.18 150m: 1:39.26 35.02 250m: 2:48.99 35.14 350m: 3:59.34 34.62				
	100m: 1:04.24 34.06 200m: 2:13.85 34.59 300m: 3:24.72 35.73 400m: 4:32.17 32.83				
54.	Ivo Andre Lopes	94	20Km de Almeirim	**4:33.50**	540
	50m: 29.86 29.86 150m: 1:37.21 34.44 250m: 2:48.32 35.54 350m: 3:59.80 35.40				
	100m: 1:02.77 32.91 200m: 2:12.78 35.57 300m: 3:24.40 36.08 400m: 4:33.50 33.70				
55.	Joao Pedro Vieira	94	Naval do Funchal	**4:33.91**	537
	50m: 30.38 30.38 150m: 1:38.24 34.38 250m: 2:48.46 34.90 350m: 3:59.89 35.40				
	100m: 1:03.86 33.48 200m: 2:13.56 35.32 300m: 3:24.49 36.03 400m: 4:33.91 34.02				
56.	Luis Miguel Fonseca	94	Porto/Império Bonança	**4:34.67**	533
	50m: 29.93 29.93 150m: 1:38.53 34.85 250m: 2:48.84 34.63 350m: 4:00.18 35.14				
	100m: 1:03.68 33.75 200m: 2:14.21 35.68 300m: 3:25.04 36.20 400m: 4:34.67 34.49				
57.	Venancio Guilherme Ferreira *FTL*	93	Desportiva de Viana	**4:35.06**	531
	50m: 30.29 30.29 150m: 1:38.43 34.41 250m: 2:49.45 35.79 350m: 4:00.76 34.90				
	100m: 1:04.02 33.73 200m: 2:13.66 35.23 300m: 3:25.86 36.41 400m: 4:35.06 34.30				
58.	Bernardo Machado Costa	94	Porto/Império Bonança	**4:35.34**	529
	50m: 29.88 29.88 150m: 1:38.62 34.98 250m: 2:49.84 35.60 350m: 4:01.68 35.53				
	100m: 1:03.64 33.76 200m: 2:14.24 35.62 300m: 3:26.15 36.31 400m: 4:35.34 33.66				
59.	Tiago Vitorino Mendes	94	Desportiva Limiana	**4:35.89**	526
	50m: 29.93 29.93 150m: 1:38.11 34.25 250m: 2:49.22 35.58 350m: 4:00.98 35.54				
	100m: 1:03.86 33.93 200m: 2:13.64 35.53 300m: 3:25.44 36.22 400m: 4:35.89 34.91				
60.	Antero Simao Martins	94	Náutico da Marinha Grande	**4:35.90**	526
	50m: 29.87 29.87 150m: 1:39.09 34.63 250m: 2:49.90 35.08 350m: 4:01.12 35.46				
	100m: 1:04.46 34.59 200m: 2:14.82 35.73 300m: 3:25.66 35.76 400m: 4:35.90 34.78				
61.	Pedro Gomes Antunes	94	Braga	**4:36.31**	523
	50m: 30.33 30.33 150m: 1:38.46 34.17 250m: 2:49.55 35.54 350m: 4:01.52 35.98				
	100m: 1:04.29 33.96 200m: 2:14.01 35.55 300m: 3:25.54 35.99 400m: 4:36.31 34.79				
62.	Alexandre Santos Gomes *FTL*	93	Naval do Funchal	**4:36.75**	521
	50m: 29.75 29.75 150m: 1:37.15 34.14 250m: 2:47.90 35.76 350m: 4:01.10 36.12				
	100m: 1:03.01 33.26 200m: 2:12.14 34.99 300m: 3:24.98 37.08 400m: 4:36.75 35.65				
63.	Pedro Miguel Silva	94	Colégio Monte Maior	**4:36.83**	520
	50m: 30.14 30.14 150m: 1:39.21 35.22 250m: 2:50.95 35.13 350m: 4:02.68 35.67				
	100m: 1:03.99 33.85 200m: 2:15.82 36.61 300m: 3:27.01 36.06 400m: 4:36.83 34.15				
64.	Nuno Miguel Brites	94	Eléctrico Clube	**4:36.98**	520
	50m: 29.79 29.79 150m: 1:38.97 35.23 250m: 2:50.61 35.64 350m: 4:02.40 35.22				
	100m: 1:03.74 33.95 200m: 2:14.97 36.00 300m: 3:27.18 36.57 400m: 4:36.98 34.58				
65.	Miguel Polidoro Alexandre *FTL*	94	Bairro dos Anjos	**4:37.86**	515
	50m: 31.58 31.58 150m: 1:41.74 34.99 250m: 2:52.89 35.36 350m: 4:04.37 35.38				
	100m: 1:06.75 35.17 200m: 2:17.53 35.79 300m: 3:28.99 36.10 400m: 4:37.86 33.49				

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

Lugar		Ano		Tempo final	Pts	
66.	Ricardo Jorge Rodrigues *FTL*	94	Braga	**4:38.71**	510	
	50m: 30.56 30.56 150m: 1:40.46 35.30 250m: 2:51.99 35.69 350m: 4:04.36 35.79 100m: 1:05.16 34.60 200m: 2:16.30 35.84 300m: 3:28.57 36.58 400m: 4:38.71 34.35					
67.	Joao Carlos Paula *FTL*	94	Galitos	**4:38.89**	509	
	50m: 30.93 30.93 150m: 1:40.49 35.07 250m: 2:52.32 35.84 350m: 4:04.14 35.94 100m: 1:05.42 34.49 200m: 2:16.48 35.99 300m: 3:28.20 35.88 400m: 4:38.89 34.75					
68.	Joao Pedro Braga *FTL*	94	Naval de Ponta Delgada	**4:40.90**	498	
	50m: 30.23 30.23 150m: 1:40.28 35.74 250m: 2:52.39 36.04 350m: 4:05.43 36.44 100m: 1:04.54 34.31 200m: 2:16.35 36.07 300m: 3:28.99 36.60 400m: 4:40.90 35.47					
69.	Marcelo Jose Pinto *FTL*	94	Foca	**4:41.35**	496	
	50m: 30.43 30.43 150m: 1:40.35 35.63 250m: 2:52.78 35.84 350m: 4:06.38 36.72 100m: 1:04.72 34.29 200m: 2:16.94 36.59 300m: 3:29.66 36.88 400m: 4:41.35 34.97					
70.	Fernando Santos Moreira *FTL*	94	Fluvial Portuense	**4:41.67**	494	
	50m: 30.75 30.75 150m: 1:40.06 35.23 250m: 2:52.22 36.04 350m: 4:05.92 36.83 100m: 1:04.83 34.08 200m: 2:16.18 36.12 300m: 3:29.09 36.87 400m: 4:41.67 35.75					
71.	David Xavier Cunha *FTL*	94	Vitória de Guimarães	**4:54.56**	432	
	50m: 31.62 31.62 150m: 1:44.52 37.23 250m: 3:01.03 38.01 350m: 4:18.11 38.78 100m: 1:07.29 35.67 200m: 2:23.02 38.50 300m: 3:39.33 38.30 400m: 4:54.56 36.45					

Juvenis A

1.	Ricardo Manuel Machado *MAC*	93	Braga	**4:12.33**	687	B
	50m: 28.61 28.61 150m: 1:31.01 31.62 250m: 2:35.63 32.25 350m: 3:40.69 32.26 100m: 59.39 30.78 200m: 2:03.38 32.37 300m: 3:08.43 32.80 400m: 4:12.33 31.64					
2.	Francisco Miguel Cirurgiao *MAC*	93	Algés	**4:12.91**	683	B
	50m: 28.73 28.73 150m: 1:32.73 32.27 250m: 2:37.01 31.98 350m: 3:42.33 32.57 100m: 1:00.46 31.73 200m: 2:05.03 32.30 300m: 3:09.76 32.75 400m: 4:12.91 30.58					
3.	Andre Rafael Marinho	93	Uniao Piedense	**4:15.93**	659	
	50m: 28.91 28.91 150m: 1:32.98 32.26 250m: 2:37.94 32.45 350m: 3:43.59 32.92 100m: 1:00.72 31.81 200m: 2:05.49 32.51 300m: 3:10.67 32.73 400m: 4:15.93 32.34					
4.	Rafael Dias Martins	93	Maia/Real Seguros	**4:16.67**	653	
	50m: 29.27 29.27 150m: 1:33.63 32.34 250m: 2:39.13 32.81 350m: 3:44.55 32.50 100m: 1:01.29 32.02 200m: 2:06.32 32.69 300m: 3:12.05 32.92 400m: 4:16.67 32.12					
5.	Rui Filipe Maia	93	Vilacondense	**4:17.70**	645	
	50m: 29.17 29.17 150m: 1:33.72 32.40 250m: 2:39.03 32.48 350m: 3:45.12 33.03 100m: 1:01.32 32.15 200m: 2:06.55 32.83 300m: 3:12.09 33.06 400m: 4:17.70 32.58					
6.	Nuno Vieira Malheiro	93	Braga	**4:19.96**	629	
	50m: 30.00 30.00 150m: 1:35.28 32.32 250m: 2:41.52 32.79 350m: 3:48.17 32.82 100m: 1:02.96 32.96 200m: 2:08.73 33.45 300m: 3:15.35 33.83 400m: 4:19.96 31.79					

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

Lugar		Ano		Tempo final	Pts
7.	Guilherme Pereira Gil	93	Uniao Piedense	**4:20.48**	625
	50m: 29.47 29.47 150m: 1:34.95 33.05 250m: 2:41.84 33.22 350m: 3:48.70 33.28				
	100m: 1:01.90 32.43 200m: 2:08.62 33.67 300m: 3:15.42 33.58 400m: 4:20.48 31.78				
8.	Luis Miguel Nogueira	93	Porto/Império Bonança	**4:20.89**	622
	50m: 29.12 29.12 150m: 1:33.47 32.38 250m: 2:40.35 33.47 350m: 3:48.77 33.79				
	100m: 1:01.09 31.97 200m: 2:06.88 33.41 300m: 3:14.98 34.63 400m: 4:20.89 32.12				
9.	Joao Pedro Queijo	93	Maia/Real Seguros	**4:21.00**	621
	50m: 29.34 29.34 150m: 1:34.51 32.87 250m: 2:41.56 33.44 350m: 3:48.39 32.64				
	100m: 1:01.64 32.30 200m: 2:08.12 33.61 300m: 3:15.75 34.19 400m: 4:21.00 32.61				
10.	Edgar Oliveira Ribeiro	93	Braga	**4:23.62**	603
	50m: 29.95 29.95 150m: 1:37.73 34.38 250m: 2:45.54 33.81 350m: 3:52.70 33.06				
	100m: 1:03.35 33.40 200m: 2:11.73 34.00 300m: 3:19.64 34.10 400m: 4:23.62 30.92				
11.	Pedro Nuno Ribeiro	93	Porto/Império Bonança	**4:25.41**	591
	50m: 29.53 29.53 150m: 1:35.10 33.50 250m: 2:44.24 34.59 350m: 3:53.94 34.74				
	100m: 1:01.60 32.07 200m: 2:09.65 34.55 300m: 3:19.20 34.96 400m: 4:25.41 31.47				
12.	Joao Luis Rodrigues	93	Braga	**4:25.92**	587
	50m: 29.30 29.30 150m: 1:36.75 33.82 250m: 2:45.50 33.88 350m: 3:54.34 33.92				
	100m: 1:02.93 33.63 200m: 2:11.62 34.87 300m: 3:20.42 34.92 400m: 4:25.92 31.58				
13.	Nuno Ricardo Bastos	93	Fluvial Portuense	**4:26.05**	586
	50m: 30.15 30.15 150m: 1:36.94 33.50 250m: 2:44.63 33.59 350m: 3:52.83 33.92				
	100m: 1:03.44 33.29 200m: 2:11.04 34.10 300m: 3:18.91 34.28 400m: 4:26.05 33.22				
14.	Ricardo Mestre Teixeira	93	Sporting	**4:26.60**	583
	50m: 29.24 29.24 150m: 1:35.49 33.55 250m: 2:44.13 33.88 350m: 3:53.26 34.24				
	100m: 1:01.94 32.70 200m: 2:10.25 34.76 300m: 3:19.02 34.89 400m: 4:26.60 33.34				
15.	Alvaro Miguel Oliveira	93	Porto/Império Bonança	**4:26.88**	581
	50m: 29.49 29.49 150m: 1:35.97 33.42 250m: 2:45.06 34.25 350m: 3:54.44 34.24				
	100m: 1:02.55 33.06 200m: 2:10.81 34.84 300m: 3:20.20 35.14 400m: 4:26.88 32.44				
16.	Claudio Miguel Pinheiro	93	Maia/Real Seguros	**4:27.16**	579
	50m: 29.77 29.77 150m: 1:36.56 33.87 250m: 2:45.17 33.89 350m: 3:54.12 34.10				
	100m: 1:02.69 32.92 200m: 2:11.28 34.72 300m: 3:20.02 34.85 400m: 4:27.16 33.04				
17.	Diogo Maia e Silva	93	Pimpões/Cimai	**4:27.71**	576
	50m: 30.09 30.09 150m: 1:36.67 33.64 250m: 2:44.77 34.02 350m: 3:53.56 34.24				
	100m: 1:03.03 32.94 200m: 2:10.75 34.08 300m: 3:19.32 34.55 400m: 4:27.71 34.15				
18.	Bernardo Correia Silva	93	Fluvial Portuense	**4:27.81**	575
	50m: 29.22 29.22 150m: 1:35.20 33.09 250m: 2:44.12 33.84 350m: 3:54.27 34.47				
	100m: 1:02.11 32.89 200m: 2:10.28 35.08 300m: 3:19.80 35.68 400m: 4:27.81 33.54				
19.	Andre Duarte Vaz	93	Ginásio Figueirense	**4:29.19**	566
	FTL				
	50m: 29.58 29.58 150m: 1:36.48 33.84 250m: 2:45.75 34.53 350m: 3:55.65 34.75				
	100m: 1:02.64 33.06 200m: 2:11.22 34.74 300m: 3:20.90 35.15 400m: 4:29.19 33.54				
20.	Mario Rui Cunha	93	Famalicão	**4:31.39**	552
	FTL				
	50m: 30.49 30.49 150m: 1:37.22 33.45 250m: 2:46.23 34.61 350m: 3:56.22 35.24				
	100m: 1:03.77 33.28 200m: 2:11.62 34.40 300m: 3:20.98 34.75 400m: 4:31.39 35.17				

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

Lugar		Ano		Tempo final	Pts	
21.	Venancio Guilherme Ferreira *FTL*	93	Desportiva de Viana	**4:35.06**	531	
	50m: 30.29 30.29 150m: 1:38.43 34.41 250m: 2:49.45 35.79 350m: 4:00.76 34.90 100m: 1:04.02 33.73 200m: 2:13.66 35.23 300m: 3:25.86 36.41 400m: 4:35.06 34.30					
22.	Alexandre Santos Gomes *FTL*	93	Naval do Funchal	**4:36.75**	521	
	50m: 29.75 29.75 150m: 1:37.15 34.14 250m: 2:47.90 35.76 350m: 4:01.10 36.12 100m: 1:03.01 33.26 200m: 2:12.14 34.99 300m: 3:24.98 37.08 400m: 4:36.75 35.65					

Juvenis B

1.	Pedro Afonso Gaspar *MAC*	94	Sporting	**4:14.28**	672	R
	50m: 28.67 28.67 150m: 1:32.64 32.26 250m: 2:37.32 32.21 350m: 3:42.69 32.48 100m: 1:00.38 31.71 200m: 2:05.11 32.47 300m: 3:10.21 32.89 400m: 4:14.28 31.59					
2.	Tiago Silva Oliveira *MAC*	94	Leixões	**4:17.99**	643	
	50m: 28.81 28.81 150m: 1:33.58 33.25 250m: 2:40.60 33.46 350m: 3:47.05 32.84 100m: 1:00.33 31.52 200m: 2:07.14 33.56 300m: 3:14.21 33.61 400m: 4:17.99 30.94					
3.	Ruben Filipe Nunes *MAC*	94	Gespaços	**4:22.79**	608	
	50m: 29.46 29.46 150m: 1:34.58 32.37 250m: 2:41.28 33.34 350m: 3:49.18 34.00 100m: 1:02.21 32.75 200m: 2:07.94 33.36 300m: 3:15.18 33.90 400m: 4:22.79 33.61					
4.	Nuno Filipe Magalhaes	94	Porto/Império Bonança	**4:25.24**	592	
	50m: 29.78 29.78 150m: 1:35.53 33.27 250m: 2:43.55 34.25 350m: 3:52.22 34.37 100m: 1:02.26 32.48 200m: 2:09.30 33.77 300m: 3:17.85 34.30 400m: 4:25.24 33.02					
5.	Diogo Cunha Girao	94	Columbófila Cantanhedense	**4:25.59**	589	
	50m: 30.83 30.83 150m: 1:37.44 33.62 250m: 2:44.63 33.50 350m: 3:53.63 34.74 100m: 1:03.82 32.99 200m: 2:11.13 33.69 300m: 3:18.89 34.26 400m: 4:25.59 31.96					
6.	Andre Eduardo Infante	94	Sporting	**4:26.75**	582	
	50m: 29.48 29.48 150m: 1:37.82 34.57 250m: 2:46.44 34.02 350m: 3:55.28 34.52 100m: 1:03.25 33.77 200m: 2:12.42 34.60 300m: 3:20.76 34.32 400m: 4:26.75 31.47					
7.	Edgar Miguel Lopes	94	Louletano/Habipro	**4:26.81**	581	
	50m: 29.87 29.87 150m: 1:36.62 33.85 250m: 2:44.65 34.25 350m: 3:53.93 34.99 100m: 1:02.77 32.90 200m: 2:10.40 33.78 300m: 3:18.94 34.29 400m: 4:26.81 32.88					
8.	Andre Canelas Kaldeich	94	Fluvial Portuense	**4:26.86**	581	
	50m: 29.48 29.48 150m: 1:37.62 34.36 250m: 2:46.56 34.15 350m: 3:55.52 34.55 100m: 1:03.26 33.78 200m: 2:12.41 34.79 300m: 3:20.97 34.41 400m: 4:26.86 31.34					
9.	Manuel Silva Barros	94	Braga	**4:26.99**	580	
	50m: 29.44 29.44 150m: 1:35.30 33.41 250m: 2:44.24 34.76 350m: 3:53.20 34.18 100m: 1:01.89 32.45 200m: 2:09.48 34.18 300m: 3:19.02 34.78 400m: 4:26.99 33.79					
10.	Andre Manuel Garcia	94	Vilacondense	**4:27.99**	574	
	50m: 30.48 30.48 150m: 1:38.50 34.07 250m: 2:47.01 34.09 350m: 3:56.27 34.10 100m: 1:04.43 33.95 200m: 2:12.92 34.42 300m: 3:22.17 35.16 400m: 4:27.99 31.72					
11.	Andre Alexandre Vicente	94	Naval da Nazaré	**4:28.26**	572	
	50m: 31.16 31.16 150m: 1:40.48 34.65 250m: 2:49.45 34.21 350m: 3:56.81 32.92 100m: 1:05.83 34.67 200m: 2:15.24 34.76 300m: 3:23.89 34.44 400m: 4:28.26 31.45					

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

Lugar		Ano		Tempo final	Pts
12.	Joao Pedro Veiga	94	Náutico/Matobra	**4:30.39**	559
	50m: 30.59 30.59 150m: 1:38.87 34.17 250m: 2:48.45 34.46 350m: 3:57.85 34.28				
	100m: 1:04.70 34.11 200m: 2:13.99 35.12 300m: 3:23.57 35.12 400m: 4:30.39 32.54				
13.	Miguel Angelo Ferraria	94	Porto/Império Bonança	**4:30.92**	555
	50m: 29.97 29.97 150m: 1:38.32 34.81 250m: 2:48.43 35.02 350m: 3:57.88 33.83				
	100m: 1:03.51 33.54 200m: 2:13.41 35.09 300m: 3:24.05 35.62 400m: 4:30.92 33.04				
14.	Miguel Alexandre Lemos	94	Porto/Império Bonança	**4:31.32**	553
	50m: 30.40 30.40 150m: 1:38.15 33.79 250m: 2:48.10 34.76 350m: 3:59.01 35.15				
	100m: 1:04.36 33.96 200m: 2:13.34 35.19 300m: 3:23.86 35.76 400m: 4:31.32 32.31				
15.	Joao Nuno Pires	94	Náutico/Matobra	**4:31.40**	552
	50m: 30.46 30.46 150m: 1:37.86 33.66 250m: 2:47.06 34.46 350m: 3:57.08 34.84				
	100m: 1:04.20 33.74 200m: 2:12.60 34.74 300m: 3:22.24 35.18 400m: 4:31.40 34.32				
16.	Pedro Diogo Taveira	94	Galitos	**4:32.17**	548
	50m: 30.18 30.18 150m: 1:39.26 35.02 250m: 2:48.99 35.14 350m: 3:59.34 34.62				
	100m: 1:04.24 34.06 200m: 2:13.85 34.59 300m: 3:24.72 35.73 400m: 4:32.17 32.83				
17.	Ivo Andre Lopes	94	20Km de Almeirim	**4:33.50**	540
	50m: 29.86 29.86 150m: 1:37.21 34.44 250m: 2:48.32 35.54 350m: 3:59.80 35.40				
	100m: 1:02.77 32.91 200m: 2:12.78 35.57 300m: 3:24.40 36.08 400m: 4:33.50 33.70				
18.	Joao Pedro Vieira	94	Naval do Funchal	**4:33.91**	537
	50m: 30.38 30.38 150m: 1:38.24 34.38 250m: 2:48.46 34.90 350m: 3:59.89 35.40				
	100m: 1:03.86 33.48 200m: 2:13.56 35.32 300m: 3:24.49 36.03 400m: 4:33.91 34.02				
19.	Luis Miguel Fonseca	94	Porto/Império Bonança	**4:34.67**	533
	50m: 29.93 29.93 150m: 1:38.53 34.85 250m: 2:48.84 34.63 350m: 4:00.18 35.14				
	100m: 1:03.68 33.75 200m: 2:14.21 35.68 300m: 3:25.04 36.20 400m: 4:34.67 34.49				
20.	Bernardo Machado Costa	94	Porto/Império Bonança	**4:35.34**	529
	50m: 29.88 29.88 150m: 1:38.62 34.98 250m: 2:49.84 35.60 350m: 4:01.68 35.53				
	100m: 1:03.64 33.76 200m: 2:14.24 35.62 300m: 3:26.15 36.31 400m: 4:35.34 33.66				
21.	Tiago Vitorino Mendes	94	Desportiva Limiana	**4:35.89**	526
	50m: 29.93 29.93 150m: 1:38.11 34.25 250m: 2:49.22 35.58 350m: 4:00.98 35.54				
	100m: 1:03.86 33.93 200m: 2:13.64 35.53 300m: 3:25.44 36.22 400m: 4:35.89 34.91				
22.	Antero Simao Martins	94	Náutico da Marinha Grande	**4:35.90**	526
	50m: 29.87 29.87 150m: 1:39.09 34.63 250m: 2:49.90 35.08 350m: 4:01.12 35.46				
	100m: 1:04.46 34.59 200m: 2:14.82 35.73 300m: 3:25.66 35.76 400m: 4:35.90 34.78				
23.	Pedro Gomes Antunes	94	Braga	**4:36.31**	523
	50m: 30.33 30.33 150m: 1:38.46 34.17 250m: 2:49.55 35.54 350m: 4:01.52 35.98				
	100m: 1:04.29 33.96 200m: 2:14.01 35.55 300m: 3:25.54 35.99 400m: 4:36.31 34.79				
24.	Pedro Miguel Silva	94	Colégio Monte Maior	**4:36.83**	520
	50m: 30.14 30.14 150m: 1:39.21 35.22 250m: 2:50.95 35.13 350m: 4:02.68 35.67				
	100m: 1:03.99 33.85 200m: 2:15.82 36.61 300m: 3:27.01 36.06 400m: 4:36.83 34.15				
25.	Nuno Miguel Brites	94	Eléctrico Clube	**4:36.98**	520
	50m: 29.79 29.79 150m: 1:38.97 35.23 250m: 2:50.61 35.64 350m: 4:02.40 35.22				
	100m: 1:03.74 33.95 200m: 2:14.97 36.00 300m: 3:27.18 36.57 400m: 4:36.98 34.58				
26.	Miguel Polidoro Alexandre *FTL*	94	Bairro dos Anjos	**4:37.86**	515
	50m: 31.58 31.58 150m: 1:41.74 34.99 250m: 2:52.89 35.36 350m: 4:04.37 35.38				
	100m: 1:06.75 35.17 200m: 2:17.53 35.79 300m: 3:28.99 36.10 400m: 4:37.86 33.49				

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

Lugar		Ano		Tempo final	Pts
27.	Ricardo Jorge Rodrigues *FTL*	94	Braga	**4:38.71**	510
28.	Joao Carlos Paula *FTL*	94	Galitos	**4:38.89**	509
29.	Joao Pedro Braga *FTL*	94	Naval de Ponta Delgada	**4:40.90**	498
30.	Marcelo Jose Pinto *FTL*	94	Foca	**4:41.35**	496
31.	Fernando Santos Moreira *FTL*	94	Fluvial Portuense	**4:41.67**	494
32.	David Xavier Cunha *FTL*	94	Vitória de Guimarães	**4:54.56**	432

27.	50m:	30.56	30.56	150m:	1:40.46	35.30	250m:	2:51.99	35.69	350m:	4:04.36	35.79
	100m:	1:05.16	34.60	200m:	2:16.30	35.84	300m:	3:28.57	36.58	400m:	4:38.71	34.35
28.	50m:	30.93	30.93	150m:	1:40.49	35.07	250m:	2:52.32	35.84	350m:	4:04.14	35.94
	100m:	1:05.42	34.49	200m:	2:16.48	35.99	300m:	3:28.20	35.88	400m:	4:38.89	34.75
29.	50m:	30.23	30.23	150m:	1:40.28	35.74	250m:	2:52.39	36.04	350m:	4:05.43	36.44
	100m:	1:04.54	34.31	200m:	2:16.35	36.07	300m:	3:28.99	36.60	400m:	4:40.90	35.47
30.	50m:	30.43	30.43	150m:	1:40.35	35.63	250m:	2:52.78	35.84	350m:	4:06.38	36.72
	100m:	1:04.72	34.29	200m:	2:16.94	36.59	300m:	3:29.66	36.88	400m:	4:41.35	34.97
31.	50m:	30.75	30.75	150m:	1:40.06	35.23	250m:	2:52.22	36.04	350m:	4:05.92	36.83
	100m:	1:04.83	34.08	200m:	2:16.18	36.12	300m:	3:29.09	36.87	400m:	4:41.67	35.75
32.	50m:	31.62	31.62	150m:	1:44.52	37.23	250m:	3:01.03	38.01	350m:	4:18.11	38.78
	100m:	1:07.29	35.67	200m:	2:23.02	38.50	300m:	3:39.33	38.30	400m:	4:54.56	36.45