Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Event 36 | Men, 400m Freestyle | Open
20.7.09 - 17:50 | Results Final

| | | | | | |
|---|---|---|---|---|---|
| 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

Points: FINA 2008

| Rank | | YB | | Time | Pts |
|---|---|---|---|---|---|
| **Open** | | | | | |
| **Final A** | | | | | |
| 1. | Damien Cattin Vidal | 88 | Vikings de Rouen | **3:55.53** | 845 |
| | 50m: 27.34 27.34 150m: 1:26.09 29.48 250m: 2:25.91 29.69 350m: 3:26.00 29.94 | | | | |
| | 100m: 56.61 29.27 200m: 1:56.22 30.13 300m: 2:56.06 30.15 400m: 3:55.53 29.53 | | | | |
| 2. | Cesar Fernando Faria *MAC* | 90 | Bairro dos Anjos | **3:57.72** | 822 |
| | 50m: 27.33 27.33 150m: 1:26.62 29.93 250m: 2:27.02 29.89 350m: 3:27.88 30.26 | | | | |
| | 100m: 56.69 29.36 200m: 1:57.13 30.51 300m: 2:57.62 30.60 400m: 3:57.72 29.84 | | | | |
| 3. | Paulo Fragueiro Franco *MAC* | 82 | Nacional | **3:58.51** | 814 |
| | 50m: 27.31 27.31 150m: 1:27.26 30.19 250m: 2:28.00 30.06 350m: 3:29.08 30.34 | | | | |
| | 100m: 57.07 29.76 200m: 1:57.94 30.68 300m: 2:58.74 30.74 400m: 3:58.51 29.43 | | | | |
| 4. | Luis Emanuel Vaz | 91 | Famalicão | **4:02.00** | 779 |
| | 50m: 27.44 27.44 150m: 1:26.89 30.06 250m: 2:28.18 30.69 350m: 3:30.99 31.66 | | | | |
| | 100m: 56.83 29.39 200m: 1:57.49 30.60 300m: 2:59.33 31.15 400m: 4:02.00 31.01 | | | | |
| 5. | Pedro Fontoura Oliveira | 90 | Os Belenenses | **4:02.74** | 772 |
| | 50m: 27.84 27.84 150m: 1:28.87 30.83 250m: 2:31.26 31.17 350m: 3:33.50 30.83 | | | | |
| | 100m: 58.04 30.20 200m: 2:00.09 31.22 300m: 3:02.67 31.41 400m: 4:02.74 29.24 | | | | |
| 6. | Jose Joao Goncalves | 91 | Leixões | **4:05.40** | 747 |
| | 50m: 27.96 27.96 150m: 1:29.71 31.38 250m: 2:32.22 31.33 350m: 3:35.63 31.51 | | | | |
| | 100m: 58.33 30.37 200m: 2:00.89 31.18 300m: 3:04.12 31.90 400m: 4:05.40 29.77 | | | | |
| 7. | Rui Filipe Costa | 91 | Vitória de Guimarães | **4:06.02** | 742 |
| | 50m: 27.93 27.93 150m: 1:28.42 30.71 250m: 2:31.24 31.46 350m: 3:34.99 31.66 | | | | |
| | 100m: 57.71 29.78 200m: 1:59.78 31.36 300m: 3:03.33 32.09 400m: 4:06.02 31.03 | | | | |
| 8. | Hugo Alberto Ribeiro | 88 | Vilacondense | **4:09.70** | 709 |
| | 50m: 27.74 27.74 150m: 1:28.65 30.86 250m: 2:32.19 31.53 350m: 3:37.31 32.60 | | | | |
| | 100m: 57.79 30.05 200m: 2:00.66 32.01 300m: 3:04.71 32.52 400m: 4:09.70 32.39 | | | | |
| **Final B** | | | | | |
| 9. | Oscar Ramos Melim | 86 | Nacional | **4:04.07** | 759 |
| | 50m: 28.59 28.59 150m: 1:31.04 31.23 250m: 2:33.34 30.33 350m: 3:34.62 29.85 | | | | |
| | 100m: 59.81 31.22 200m: 2:03.01 31.97 300m: 3:04.77 31.43 400m: 4:04.07 29.45 | | | | |
| 10. | Igor Guterres Carvalho | 88 | Vilacondense | **4:06.38** | 738 |
| | 50m: 28.67 28.67 150m: 1:31.28 31.62 250m: 2:34.93 31.74 350m: 3:37.26 30.84 | | | | |
| | 100m: 59.66 30.99 200m: 2:03.19 31.91 300m: 3:06.42 31.49 400m: 4:06.38 29.12 | | | | |
| 11. | Filipe Vieira Malheiro | 90 | Braga | **4:07.15** | 731 |
| | 50m: 28.22 28.22 150m: 1:30.77 31.58 250m: 2:33.73 30.98 350m: 3:36.85 31.28 | | | | |
| | 100m: 59.19 30.97 200m: 2:02.75 31.98 300m: 3:05.57 31.84 400m: 4:07.15 30.30 | | | | |

## Event 36, Men, 400m Freestyle, Final, Open

| Rank | | YB | | Time | Pts |
|---|---|---|---|---|---|
| 12. | Bernardo Almeida Moreira | 89 | Louletano/Habipro | **4:09.51** | 711 |
| | 50m: 28.38 28.38 150m: 1:31.53 31.62 250m: 2:35.11 31.36 350m: 3:38.73 31.68 | | | | |
| | 100m: 59.91 31.53 200m: 2:03.75 32.22 300m: 3:07.05 31.94 400m: 4:09.51 30.78 | | | | |
| 13. | Diogo Andre Gaspar | 90 | Uniao Piedense | **4:09.89** | 708 |
| | 50m: 28.67 28.67 150m: 1:32.11 31.82 250m: 2:35.75 31.85 350m: 3:39.58 31.33 | | | | |
| | 100m: 1:00.29 31.62 200m: 2:03.90 31.79 300m: 3:08.25 32.50 400m: 4:09.89 30.31 | | | | |
| 14. | Ricardo Manuel Machado<br>*MAC* | 93 | Braga | **4:09.90** | 708 |
| | 50m: 28.79 28.79 150m: 1:32.32 32.04 250m: 2:35.92 31.78 350m: 3:39.45 31.45 | | | | |
| | 100m: 1:00.28 31.49 200m: 2:04.14 31.82 300m: 3:08.00 32.08 400m: 4:09.90 30.45 | | | | |
| 15. | Andre Filipe Lopes | 92 | Académica de Coimbra | **4:10.99** | 698 |
| | 50m: 28.78 28.78 150m: 1:31.55 31.44 250m: 2:35.57 31.68 350m: 3:40.57 32.40 | | | | |
| | 100m: 1:00.11 31.33 200m: 2:03.89 32.34 300m: 3:08.17 32.60 400m: 4:10.99 30.42 | | | | |
| 16. | Jorge Miguel Mendes<br>*FTL* | 90 | Náutico/Matobra | **4:21.29** | 619 |
| | 50m: 29.14 29.14 150m: 1:32.73 32.41 250m: 2:38.88 33.46 350m: 3:47.34 34.14 | | | | |
| | 100m: 1:00.32 31.18 200m: 2:05.42 32.69 300m: 3:13.20 34.32 400m: 4:21.29 33.95 | | | | |

### Absoluto

#### Final A

| | | | | | |
|---|---|---|---|---|---|
| 1. | Cesar Fernando Faria<br>*MAC* | 90 | Bairro dos Anjos | **3:57.72** | 822 |
| | 50m: 27.33 27.33 150m: 1:26.62 29.93 250m: 2:27.02 29.89 350m: 3:27.88 30.26 | | | | |
| | 100m: 56.69 29.36 200m: 1:57.13 30.51 300m: 2:57.62 30.60 400m: 3:57.72 29.84 | | | | |
| 2. | Paulo Fragueiro Franco<br>*MAC* | 82 | Nacional | **3:58.51** | 814 |
| | 50m: 27.31 27.31 150m: 1:27.26 30.19 250m: 2:28.00 30.06 350m: 3:29.08 30.34 | | | | |
| | 100m: 57.07 29.76 200m: 1:57.94 30.68 300m: 2:58.74 30.74 400m: 3:58.51 29.43 | | | | |
| 3. | Luis Emanuel Vaz | 91 | Famalicão | **4:02.00** | 779 |
| | 50m: 27.44 27.44 150m: 1:26.89 30.06 250m: 2:28.18 30.69 350m: 3:30.99 31.66 | | | | |
| | 100m: 56.83 29.39 200m: 1:57.49 30.60 300m: 2:59.33 31.15 400m: 4:02.00 31.01 | | | | |
| 4. | Pedro Fontoura Oliveira | 90 | Os Belenenses | **4:02.74** | 772 |
| | 50m: 27.84 27.84 150m: 1:28.87 30.83 250m: 2:31.26 31.17 350m: 3:33.50 30.83 | | | | |
| | 100m: 58.04 30.20 200m: 2:00.09 31.22 300m: 3:02.67 31.41 400m: 4:02.74 29.24 | | | | |
| 5. | Jose Joao Goncalves | 91 | Leixões | **4:05.40** | 747 |
| | 50m: 27.96 27.96 150m: 1:29.71 31.38 250m: 2:32.22 31.33 350m: 3:35.63 31.51 | | | | |
| | 100m: 58.33 30.37 200m: 2:00.89 31.18 300m: 3:04.12 31.90 400m: 4:05.40 29.77 | | | | |
| 6. | Rui Filipe Costa | 91 | Vitória de Guimarães | **4:06.02** | 742 |
| | 50m: 27.93 27.93 150m: 1:28.42 30.71 250m: 2:31.24 31.46 350m: 3:34.99 31.66 | | | | |
| | 100m: 57.71 29.78 200m: 1:59.78 31.36 300m: 3:03.33 32.09 400m: 4:06.02 31.03 | | | | |
| 7. | Hugo Alberto Ribeiro | 88 | Vilacondense | **4:09.70** | 709 |
| | 50m: 27.74 27.74 150m: 1:28.65 30.86 250m: 2:32.19 31.53 350m: 3:37.31 32.60 | | | | |
| | 100m: 57.79 30.05 200m: 2:00.66 32.01 300m: 3:04.71 32.52 400m: 4:09.70 32.39 | | | | |

#### Final B

| | | | | | |
|---|---|---|---|---|---|
| 9. | Oscar Ramos Melim | 86 | Nacional | **4:04.07** | 759 |
| | 50m: 28.59 28.59 100m: 59.81 31.22 150m: 1:31.04 31.23 200m: 2:03.01 31.97 | | | | |

## Event 36, Men, 400m Freestyle, Final, Absoluto

| Rank | | | | | YB | | | | | | Time | Pts |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 250m: | 2:33.34 | 30.33 | 300m: | 3:04.77 | 31.43 | 350m: | 3:34.62 | 29.85 | 400m: | 4:04.07 | 29.45 |
| 10. | Igor Guterres Carvalho | | | | 88 | Vilacondense | | | | | **4:06.38** | 738 |
| | 50m: | 28.67 | 28.67 | 150m: | 1:31.28 | 31.62 | 250m: | 2:34.93 | 31.74 | 350m: | 3:37.26 | 30.84 |
| | 100m: | 59.66 | 30.99 | 200m: | 2:03.19 | 31.91 | 300m: | 3:06.42 | 31.49 | 400m: | 4:06.38 | 29.12 |
| 11. | Filipe Vieira Malheiro | | | | 90 | Braga | | | | | **4:07.15** | 731 |
| | 50m: | 28.22 | 28.22 | 150m: | 1:30.77 | 31.58 | 250m: | 2:33.73 | 30.98 | 350m: | 3:36.85 | 31.28 |
| | 100m: | 59.19 | 30.97 | 200m: | 2:02.75 | 31.98 | 300m: | 3:05.57 | 31.84 | 400m: | 4:07.15 | 30.30 |
| 12. | Bernardo Almeida Moreira | | | | 89 | Louletano/Habipro | | | | | **4:09.51** | 711 |
| | 50m: | 28.38 | 28.38 | 150m: | 1:31.53 | 31.62 | 250m: | 2:35.11 | 31.36 | 350m: | 3:38.73 | 31.68 |
| | 100m: | 59.91 | 31.53 | 200m: | 2:03.75 | 32.22 | 300m: | 3:07.05 | 31.94 | 400m: | 4:09.51 | 30.78 |
| 13. | Diogo Andre Gaspar | | | | 90 | Uniao Piedense | | | | | **4:09.89** | 708 |
| | 50m: | 28.67 | 28.67 | 150m: | 1:32.11 | 31.82 | 250m: | 2:35.75 | 31.85 | 350m: | 3:39.58 | 31.33 |
| | 100m: | 1:00.29 | 31.62 | 200m: | 2:03.90 | 31.79 | 300m: | 3:08.25 | 32.50 | 400m: | 4:09.89 | 30.31 |
| 14. | Ricardo Manuel Machado | | | | 93 | Braga | | | | | **4:09.90** | 708 |
| | *MAC* | | | | | | | | | | | |
| | 50m: | 28.79 | 28.79 | 150m: | 1:32.32 | 32.04 | 250m: | 2:35.92 | 31.78 | 350m: | 3:39.45 | 31.45 |
| | 100m: | 1:00.28 | 31.49 | 200m: | 2:04.14 | 31.82 | 300m: | 3:08.00 | 32.08 | 400m: | 4:09.90 | 30.45 |
| 15. | Andre Filipe Lopes | | | | 92 | Académica de Coimbra | | | | | **4:10.99** | 698 |
| | 50m: | 28.78 | 28.78 | 150m: | 1:31.55 | 31.44 | 250m: | 2:35.57 | 31.68 | 350m: | 3:40.57 | 32.40 |
| | 100m: | 1:00.11 | 31.33 | 200m: | 2:03.89 | 32.34 | 300m: | 3:08.17 | 32.60 | 400m: | 4:10.99 | 30.42 |
| 16. | Jorge Miguel Mendes | | | | 90 | Náutico/Matobra | | | | | **4:21.29** | 619 |
| | *FTL* | | | | | | | | | | | |
| | 50m: | 29.14 | 29.14 | 150m: | 1:32.73 | 32.41 | 250m: | 2:38.88 | 33.46 | 350m: | 3:47.34 | 34.14 |
| | 100m: | 1:00.32 | 31.18 | 200m: | 2:05.42 | 32.69 | 300m: | 3:13.20 | 34.32 | 400m: | 4:21.29 | 33.95 |