

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 15
5.12.09 - 9:30

Masc., 400m Livres

Absolutos
Resultados

Recorde Nacional Absoluto	3:46.90	Adriano Miguel Niz	FPN	Trieste (ITA)	8.12.05
Recorde Nacional Sénior	3:46.90	Adriano Miguel Niz	FPN	Trieste (ITA)	8.12.05
Recorde Nacional Junior	3:50.52	Adriano Miguel Niz	CFV	Fafe	26.6.04

TAC - Masc Sen: 4:11.20; Jun2: 4:11.20; Jun1: 4:16.22

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
Absolutos			
1. Fabio Manuel Pereira	86 Vilacondense	3:47.94	852
50m: 26.10 26.10	150m: 1:23.45 29.01	250m: 2:21.18 28.76	350m: 3:19.69 29.62
100m: 54.44 28.34	200m: 1:52.42 28.97	300m: 2:50.07 28.89	400m: 3:47.94 28.25
2. Jorge Manuel Maia	89 Famalicão	3:50.30	826
50m: 26.16 26.16	150m: 1:23.01 28.61	250m: 2:21.50 29.36	350m: 3:21.07 29.98
100m: 54.40 28.24	200m: 1:52.14 29.13	300m: 2:51.09 29.59	400m: 3:50.30 29.23
3. Gustavo Manuel Santa	93 Litoral Alentejano	3:51.74	811
50m: 26.91 26.91	150m: 1:23.87 28.75	250m: 2:23.02 29.21	350m: 3:22.88 29.83
100m: 55.12 28.21	200m: 1:53.81 29.94	300m: 2:53.05 30.03	400m: 3:51.74 28.86
4. Pedro Fontoura Oliveira	90 Belenenses	3:52.17	807
50m: 26.77 26.77	150m: 1:25.15 29.43	250m: 2:24.98 30.00	350m: 3:25.02 29.71
100m: 55.72 28.95	200m: 1:54.98 29.83	300m: 2:55.31 30.33	400m: 3:52.17 27.15
5. Rui Filipe Costa	91 Vitória de Guimarães	3:52.74	801
50m: 26.70 26.70	150m: 1:25.14 29.47	250m: 2:24.84 29.84	350m: 3:24.16 29.07
100m: 55.67 28.97	200m: 1:55.00 29.86	300m: 2:55.09 30.25	400m: 3:52.74 28.58
6. Luis Marques Pinto	87 Nacional	3:53.19	796
50m: 27.36 27.36	150m: 1:27.57 30.22	250m: 2:27.44 29.54	350m: 3:25.88 28.30
100m: 57.35 29.99	200m: 1:57.90 30.33	300m: 2:57.58 30.14	400m: 3:53.19 27.31
7. Paulo Fragueiro Franco	82 Nacional	3:53.99	788
50m: 26.81 26.81	150m: 1:24.56 29.22	250m: 2:24.29 29.79	350m: 3:24.62 30.04
100m: 55.34 28.53	200m: 1:54.50 29.94	300m: 2:54.58 30.29	400m: 3:53.99 29.37
8. Diogo Andre Gaspar	90 Uniao Piedense	3:54.26	785
50m: 26.34 26.34	150m: 1:25.54 29.57	250m: 2:25.53 30.11	350m: 3:25.82 30.00
100m: 55.97 29.63	200m: 1:55.42 29.88	300m: 2:55.82 30.29	400m: 3:54.26 28.44
9. Jorge Miguel Mendes	90 Náutico/Matobra	3:55.20	776
50m: 27.45 27.45	150m: 1:25.88 29.37	250m: 2:25.97 30.17	350m: 3:26.06 30.03
100m: 56.51 29.06	200m: 1:55.80 29.92	300m: 2:56.03 30.06	400m: 3:55.20 29.14
10. Vasco Miguel Gaspar	90 Uniao Piedense	3:57.91	750
50m: 27.33 27.33	150m: 1:27.05 30.10	250m: 2:27.07 29.84	350m: 3:28.10 30.65
100m: 56.95 29.62	200m: 1:57.23 30.18	300m: 2:57.45 30.38	400m: 3:57.91 29.81
11. Arseniy Lavrentyev	83 Algés	3:58.02	748
50m: 27.34 27.34	150m: 1:27.68 30.20	250m: 2:27.76 29.93	350m: 3:28.13 30.36
100m: 57.48 30.14	200m: 1:57.83 30.15	300m: 2:57.77 30.01	400m: 3:58.02 29.89
12. Jose Joao Bica	87 Louletano/Loulé Concelho	3:58.30	746
50m: 27.56 27.56	150m: 1:28.64 30.60	250m: 2:29.10 29.76	350m: 3:29.06 29.89
100m: 58.04 30.48	200m: 1:59.34 30.70	300m: 2:59.17 30.07	400m: 3:58.30 29.24
13. Miguel Silva Oliveira	91 Náutico/Matobra	3:58.63	743
50m: 27.71 27.71	150m: 1:26.73 29.93	250m: 2:28.11 30.78	350m: 3:29.84 31.05
100m: 56.80 29.09	200m: 1:57.33 30.60	300m: 2:58.79 30.68	400m: 3:58.63 28.79

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Prova 15, Masc., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
14. Ricardo Ferreira Cotovio	91 Sporting	3:58.65	743
50m: 26.44 26.44	150m: 1:27.73 31.19	250m: 2:29.32 30.59	350m: 3:29.71 29.86
100m: 56.54 30.10	200m: 1:58.73 31.00	300m: 2:59.85 30.53	400m: 3:58.65 28.94
15. Luis Emanuel Vaz	91 Famalicão	3:59.98	730
50m: 26.38 26.38	150m: 1:24.48 29.48	250m: 2:25.59 30.93	350m: 3:28.77 31.68
100m: 55.00 28.62	200m: 1:54.66 30.18	300m: 2:57.09 31.50	400m: 3:59.98 31.21
16. Daniel Ricardo Viegas	83 Amadora	4:00.13	729
50m: 27.24 27.24	150m: 1:27.69 30.64	250m: 2:29.38 30.61	350m: 3:30.65 30.62
100m: 57.05 29.81	200m: 1:58.77 31.08	300m: 3:00.03 30.65	400m: 4:00.13 29.48
17. Samuel Patricio Queiros	91 Porto/Dolce Vita	4:00.34	727
50m: 27.94 27.94	150m: 1:29.31 30.89	250m: 2:30.44 29.90	350m: 3:30.67 30.11
100m: 58.42 30.48	200m: 2:00.54 31.23	300m: 3:00.56 30.12	400m: 4:00.34 29.67
18. Miguel Monteiro Diogo	93 Alcobaca	4:00.71	724
50m: 27.36 27.36	150m: 1:27.71 30.62	250m: 2:29.20 30.91	350m: 3:30.83 30.63
100m: 57.09 29.73	200m: 1:58.29 30.58	300m: 3:00.20 31.00	400m: 4:00.71 29.88
19. Filipe Vieira Malheiro	90 Braga	4:01.30	718
50m: 27.39 27.39	150m: 1:27.70 30.23	250m: 2:29.20 30.69	350m: 3:30.67 31.02
100m: 57.47 30.08	200m: 1:58.51 30.81	300m: 2:59.65 30.45	400m: 4:01.30 30.63
20. Ricardo Manuel Machado	93 Braga	4:02.00	712
50m: 27.71 27.71	150m: 1:28.92 31.04	250m: 2:30.55 30.76	350m: 3:32.08 30.38
100m: 57.88 30.17	200m: 1:59.79 30.87	300m: 3:01.70 31.15	400m: 4:02.00 29.92
21. Mario Andre Bonanca	90 Sporting	4:03.72	697
50m: 27.20 27.20	150m: 1:27.88 30.88	250m: 2:29.76 31.01	350m: 3:32.81 31.52
100m: 57.00 29.80	200m: 1:58.75 30.87	300m: 3:01.29 31.53	400m: 4:03.72 30.91
22. Andre Filipe Lopes	92 Académica de Coimbra	4:04.50	691
50m: 27.74 27.74	150m: 1:27.24 29.99	250m: 2:28.67 30.87	350m: 3:32.25 31.84
100m: 57.25 29.51	200m: 1:57.80 30.56	300m: 3:00.41 31.74	400m: 4:04.50 32.25
23. Bernardo Almeida Moreira	89 Louletano/Loulé Concelho	4:04.70	689
50m: 27.83 27.83	150m: 1:28.95 30.80	250m: 2:31.02 30.61	350m: 3:33.86 31.55
100m: 58.15 30.32	200m: 2:00.41 31.46	300m: 3:02.31 31.29	400m: 4:04.70 30.84
24. Ricardo Sousa Filipe	88 Louletano/Loulé Concelho	4:05.61	681
50m: 27.54 27.54	150m: 1:28.41 30.82	250m: 2:30.22 30.88	350m: 3:34.09 31.95
100m: 57.59 30.05	200m: 1:59.34 30.93	300m: 3:02.14 31.92	400m: 4:05.61 31.52
25. Luis Miguel Silva	89 Braga	4:05.63	681
50m: 28.10 28.10	150m: 1:29.15 30.61	250m: 2:31.44 30.73	350m: 3:34.78 31.73
100m: 58.54 30.44	200m: 2:00.71 31.56	300m: 3:03.05 31.61	400m: 4:05.63 30.85
26. Francisco Miguel Cirurgiao	93 Algés	4:05.83	679
50m: 27.65 27.65	150m: 1:28.87 31.00	250m: 2:31.12 31.09	350m: 3:34.76 31.91
100m: 57.87 30.22	200m: 2:00.03 31.16	300m: 3:02.85 31.73	400m: 4:05.83 31.07
27. Joao Pedro Almeida	92 Porto/Dolce Vita	4:07.04	669
50m: 27.37 27.37	150m: 1:28.00 30.85	250m: 2:31.01 31.39	350m: 3:35.48 32.42
100m: 57.15 29.78	200m: 1:59.62 31.62	300m: 3:03.06 32.05	400m: 4:07.04 31.56
28. Andre Rafael Marinho	93 Uniao Piedense	4:07.37	667
50m: 27.52 27.52	150m: 1:29.24 31.33	250m: 2:32.82 31.83	350m: 3:36.77 31.89
100m: 57.91 30.39	200m: 2:00.99 31.75	300m: 3:04.88 32.06	400m: 4:07.37 30.60

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Lugar	Ano	Tempo final	Pts
29. Hugo Alberto Ribeiro	88 Vilacondense	4:07.76	664
50m: 27.46 27.46	150m: 1:28.09 30.72	250m: 2:30.49 31.37	350m: 3:35.54 32.49
100m: 57.37 29.91	200m: 1:59.12 31.03	300m: 3:03.05 32.56	400m: 4:07.76 32.22
30. Miguel Ferreira Sardinha	89 Colégio Vasco da Gama	4:09.42	650
50m: 29.27 29.27	150m: 1:31.89 31.66	250m: 2:34.12 31.04	350m: 3:37.72 32.34
100m: 1:00.23 30.96	200m: 2:03.08 31.19	300m: 3:05.38 31.26	400m: 4:09.42 31.70
31. Filipe Miguel Campos	90 Algés	4:09.43	650
50m: 29.11 29.11	150m: 1:31.28 31.30	250m: 2:34.73 31.91	350m: 3:38.79 32.14
100m: 59.98 30.87	200m: 2:02.82 31.54	300m: 3:06.65 31.92	400m: 4:09.43 30.64
32. Andre Filipe Alves	92 Vitória de Guimarães	4:09.56	649
50m: 28.50 28.50	150m: 1:29.94 30.80	250m: 2:33.26 31.30	350m: 3:37.71 32.10
100m: 59.14 30.64	200m: 2:01.96 32.02	300m: 3:05.61 32.35	400m: 4:09.56 31.85
33. Nuno Vieira Malheiro	93 Braga	4:09.59	649
50m: 28.97 28.97	150m: 1:31.29 31.37	250m: 2:34.66 31.46	350m: 3:38.81 32.12
100m: 59.92 30.95	200m: 2:03.20 31.91	300m: 3:06.69 32.03	400m: 4:09.59 30.78
34. Luis Miguel Nogueira	93 Porto/Dolce Vita	4:09.62	649
50m: 28.08 28.08	150m: 1:29.79 31.29	250m: 2:34.50 32.53	350m: 3:39.43 32.25
100m: 58.50 30.42	200m: 2:01.97 32.18	300m: 3:07.18 32.68	400m: 4:09.62 30.19
35. Rafael Dias Martins	93 Porto/Dolce Vita	4:09.63	649
50m: 28.54 28.54	150m: 1:30.27 31.30	250m: 2:33.63 31.57	350m: 3:37.82 32.10
100m: 58.97 30.43	200m: 2:02.06 31.79	300m: 3:05.72 32.09	400m: 4:09.63 31.81
36. Joao Paulo Ribeiro	92 Bairro dos Anjos	4:10.65	641
50m: 28.30 28.30	150m: 1:30.02 31.18	250m: 2:35.28 32.39	350m: 3:40.21 32.27
100m: 58.84 30.54	200m: 2:02.89 32.87	300m: 3:07.94 32.66	400m: 4:10.65 30.44
37. Carlos Filipe Serra	92 Braga	4:11.23	637
<i>FTL</i>			
50m: 28.08 28.08	150m: 1:30.58 31.55	250m: 2:34.65 32.03	350m: 3:40.29 32.61
100m: 59.03 30.95	200m: 2:02.62 32.04	300m: 3:07.68 33.03	400m: 4:11.23 30.94
38. Guilherme Pereira Gil	93 Naval Amorense	4:12.07	630
50m: 28.39 28.39	150m: 1:30.14 31.31	250m: 2:34.31 32.23	350m: 3:39.85 32.87
100m: 58.83 30.44	200m: 2:02.08 31.94	300m: 3:06.98 32.67	400m: 4:12.07 32.22
39. Pedro Miguel Maganinho	92 Braga	4:12.87	624
<i>FTL</i>			
50m: 27.91 27.91	150m: 1:29.12 30.91	250m: 2:32.76 32.25	350m: 3:38.85 33.11
100m: 58.21 30.30	200m: 2:00.51 31.39	300m: 3:05.74 32.98	400m: 4:12.87 34.02
40. Joao Pedro Queijo	93 Natação da Maia	4:16.08	601
50m: 28.98 28.98	150m: 1:32.48 32.24	250m: 2:37.64 32.80	350m: 3:43.99 33.19
100m: 1:00.24 31.26	200m: 2:04.84 32.36	300m: 3:10.80 33.16	400m: 4:16.08 32.09
41. Francisco Maldonado Freitas	91 Pimpões/Cimai	4:18.75	583
<i>FTL</i>			
50m: 29.59 29.59	150m: 1:34.19 32.63	250m: 2:39.74 32.86	350m: 3:46.54 33.06
100m: 1:01.56 31.97	200m: 2:06.88 32.69	300m: 3:13.48 33.74	400m: 4:18.75 32.21
DSQ Oscar Ramos Melim	86 Nacional	3:56.53	
<i>Falsa Partida</i>			
50m: 27.85 27.85	150m: 1:27.72 30.02	250m: 2:27.66 29.12	350m: 3:26.92 29.53
100m: 57.70 29.85	200m: 1:58.54 30.82	300m: 2:57.39 29.73	400m: 3:56.53 29.61

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Prova 15, Masc., 400m Livres

Seniores

1. Fabio Manuel Pereira	86 Vilacondense	3:47.94	852
50m: 26.10 26.10	150m: 1:23.45 29.01	250m: 2:21.18 28.76	350m: 3:19.69 29.62
100m: 54.44 28.34	200m: 1:52.42 28.97	300m: 2:50.07 28.89	400m: 3:47.94 28.25
2. Jorge Manuel Maia	89 Famalicão	3:50.30	826
50m: 26.16 26.16	150m: 1:23.01 28.61	250m: 2:21.50 29.36	350m: 3:21.07 29.98
100m: 54.40 28.24	200m: 1:52.14 29.13	300m: 2:51.09 29.59	400m: 3:50.30 29.23
3. Pedro Fontoura Oliveira	90 Belenenses	3:52.17	807
50m: 26.77 26.77	150m: 1:25.15 29.43	250m: 2:24.98 30.00	350m: 3:25.02 29.71
100m: 55.72 28.95	200m: 1:54.98 29.83	300m: 2:55.31 30.33	400m: 3:52.17 27.15
4. Rui Filipe Costa	91 Vitória de Guimarães	3:52.74	801
50m: 26.70 26.70	150m: 1:25.14 29.47	250m: 2:24.84 29.84	350m: 3:24.16 29.07
100m: 55.67 28.97	200m: 1:55.00 29.86	300m: 2:55.09 30.25	400m: 3:52.74 28.58
5. Luis Marques Pinto	87 Nacional	3:53.19	796
50m: 27.36 27.36	150m: 1:27.57 30.22	250m: 2:27.44 29.54	350m: 3:25.88 28.30
100m: 57.35 29.99	200m: 1:57.90 30.33	300m: 2:57.58 30.14	400m: 3:53.19 27.31
6. Paulo Fragueiro Franco	82 Nacional	3:53.99	788
50m: 26.81 26.81	150m: 1:24.56 29.22	250m: 2:24.29 29.79	350m: 3:24.62 30.04
100m: 55.34 28.53	200m: 1:54.50 29.94	300m: 2:54.58 30.29	400m: 3:53.99 29.37
7. Diogo Andre Gaspar	90 Uniao Piedense	3:54.26	785
50m: 26.34 26.34	150m: 1:25.54 29.57	250m: 2:25.53 30.11	350m: 3:25.82 30.00
100m: 55.97 29.63	200m: 1:55.42 29.88	300m: 2:55.82 30.29	400m: 3:54.26 28.44
8. Jorge Miguel Mendes	90 Náutico/Matobra	3:55.20	776
50m: 27.45 27.45	150m: 1:25.88 29.37	250m: 2:25.97 30.17	350m: 3:26.06 30.03
100m: 56.51 29.06	200m: 1:55.80 29.92	300m: 2:56.03 30.06	400m: 3:55.20 29.14
9. Vasco Miguel Gaspar	90 Uniao Piedense	3:57.91	750
50m: 27.33 27.33	150m: 1:27.05 30.10	250m: 2:27.07 29.84	350m: 3:28.10 30.65
100m: 56.95 29.62	200m: 1:57.23 30.18	300m: 2:57.45 30.38	400m: 3:57.91 29.81
10. Arseniy Lavrentyev	83 Algés	3:58.02	748
50m: 27.34 27.34	150m: 1:27.68 30.20	250m: 2:27.76 29.93	350m: 3:28.13 30.36
100m: 57.48 30.14	200m: 1:57.83 30.15	300m: 2:57.77 30.01	400m: 3:58.02 29.89
11. Jose Joao Bica	87 Louletano/Loulé Concelho	3:58.30	746
50m: 27.56 27.56	150m: 1:28.64 30.60	250m: 2:29.10 29.76	350m: 3:29.06 29.89
100m: 58.04 30.48	200m: 1:59.34 30.70	300m: 2:59.17 30.07	400m: 3:58.30 29.24
12. Miguel Silva Oliveira	91 Náutico/Matobra	3:58.63	743
50m: 27.71 27.71	150m: 1:26.73 29.93	250m: 2:28.11 30.78	350m: 3:29.84 31.05
100m: 56.80 29.09	200m: 1:57.33 30.60	300m: 2:58.79 30.68	400m: 3:58.63 28.79
13. Ricardo Ferreira Cotovio	91 Sporting	3:58.65	743
50m: 26.44 26.44	150m: 1:27.73 31.19	250m: 2:29.32 30.59	350m: 3:29.71 29.86
100m: 56.54 30.10	200m: 1:58.73 31.00	300m: 2:59.85 30.53	400m: 3:58.65 28.94
14. Luis Emanuel Vaz	91 Famalicão	3:59.98	730
50m: 26.38 26.38	150m: 1:24.48 29.48	250m: 2:25.59 30.93	350m: 3:28.77 31.68
100m: 55.00 28.62	200m: 1:54.66 30.18	300m: 2:57.09 31.50	400m: 3:59.98 31.21
15. Daniel Ricardo Viegas	83 Amadora	4:00.13	729
50m: 27.24 27.24	150m: 1:27.69 30.64	250m: 2:29.38 30.61	350m: 3:30.65 30.62
100m: 57.05 29.81	200m: 1:58.77 31.08	300m: 3:00.03 30.65	400m: 4:00.13 29.48

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Prova 15, Masc., 400m Livres, Seniores

Lugar	Ano	Tempo final	Pts
16. Samuel Patricio Queiros	91 Porto/Dolce Vita	4:00.34	727
50m: 27.94 27.94	150m: 1:29.31 30.89	250m: 2:30.44 29.90	350m: 3:30.67 30.11
100m: 58.42 30.48	200m: 2:00.54 31.23	300m: 3:00.56 30.12	400m: 4:00.34 29.67
17. Filipe Vieira Malheiro	90 Braga	4:01.30	718
50m: 27.39 27.39	150m: 1:27.70 30.23	250m: 2:29.20 30.69	350m: 3:30.67 31.02
100m: 57.47 30.08	200m: 1:58.51 30.81	300m: 2:59.65 30.45	400m: 4:01.30 30.63
18. Mario Andre Bonanca	90 Sporting	4:03.72	697
50m: 27.20 27.20	150m: 1:27.88 30.88	250m: 2:29.76 31.01	350m: 3:32.81 31.52
100m: 57.00 29.80	200m: 1:58.75 30.87	300m: 3:01.29 31.53	400m: 4:03.72 30.91
19. Bernardo Almeida Moreira	89 Louletano/Loulé Concelho	4:04.70	689
50m: 27.83 27.83	150m: 1:28.95 30.80	250m: 2:31.02 30.61	350m: 3:33.86 31.55
100m: 58.15 30.32	200m: 2:00.41 31.46	300m: 3:02.31 31.29	400m: 4:04.70 30.84
20. Ricardo Sousa Filipe	88 Louletano/Loulé Concelho	4:05.61	681
50m: 27.54 27.54	150m: 1:28.41 30.82	250m: 2:30.22 30.88	350m: 3:34.09 31.95
100m: 57.59 30.05	200m: 1:59.34 30.93	300m: 3:02.14 31.92	400m: 4:05.61 31.52
21. Luis Miguel Silva	89 Braga	4:05.63	681
50m: 28.10 28.10	150m: 1:29.15 30.61	250m: 2:31.44 30.73	350m: 3:34.78 31.73
100m: 58.54 30.44	200m: 2:00.71 31.56	300m: 3:03.05 31.61	400m: 4:05.63 30.85
22. Hugo Alberto Ribeiro	88 Vilacondense	4:07.76	664
50m: 27.46 27.46	150m: 1:28.09 30.72	250m: 2:30.49 31.37	350m: 3:35.54 32.49
100m: 57.37 29.91	200m: 1:59.12 31.03	300m: 3:03.05 32.56	400m: 4:07.76 32.22
23. Miguel Ferreira Sardinha	89 Colégio Vasco da Gama	4:09.42	650
50m: 29.27 29.27	150m: 1:31.89 31.66	250m: 2:34.12 31.04	350m: 3:37.72 32.34
100m: 1:00.23 30.96	200m: 2:03.08 31.19	300m: 3:05.38 31.26	400m: 4:09.42 31.70
24. Filipe Miguel Campos	90 Algés	4:09.43	650
50m: 29.11 29.11	150m: 1:31.28 31.30	250m: 2:34.73 31.91	350m: 3:38.79 32.14
100m: 59.98 30.87	200m: 2:02.82 31.54	300m: 3:06.65 31.92	400m: 4:09.43 30.64
25. Francisco Maldonado Freitas	91 Pimpões/Cimai	4:18.75	583
<i>FTL</i>			
50m: 29.59 29.59	150m: 1:34.19 32.63	250m: 2:39.74 32.86	350m: 3:46.54 33.06
100m: 1:01.56 31.97	200m: 2:06.88 32.69	300m: 3:13.48 33.74	400m: 4:18.75 32.21
DSQ Oscar Ramos Melim	86 Nacional	3:56.53	
<i>Falsa Partida</i>			
50m: 27.85 27.85	150m: 1:27.72 30.02	250m: 2:27.66 29.12	350m: 3:26.92 29.53
100m: 57.70 29.85	200m: 1:58.54 30.82	300m: 2:57.39 29.73	400m: 3:56.53 29.61

Juniores1

1. Gustavo Manuel Santa	93 Litoral Alentejano	3:51.74	811
50m: 26.91 26.91	150m: 1:23.87 28.75	250m: 2:23.02 29.21	350m: 3:22.88 29.83
100m: 55.12 28.21	200m: 1:53.81 29.94	300m: 2:53.05 30.03	400m: 3:51.74 28.86
2. Miguel Monteiro Diogo	93 Alcobaca	4:00.71	724
50m: 27.36 27.36	150m: 1:27.71 30.62	250m: 2:29.20 30.91	350m: 3:30.83 30.63
100m: 57.09 29.73	200m: 1:58.29 30.58	300m: 3:00.20 31.00	400m: 4:00.71 29.88
3. Ricardo Manuel Machado	93 Braga	4:02.00	712
50m: 27.71 27.71	150m: 1:28.92 31.04	250m: 2:30.55 30.76	350m: 3:32.08 30.38
100m: 57.88 30.17	200m: 1:59.79 30.87	300m: 3:01.70 31.15	400m: 4:02.00 29.92

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 15, Masc., 400m Livres, Juniores1

Lugar	Ano								Tempo final	Pts
4. Francisco Miguel Cirurgiao	93 Algés								4:05.83	679
50m:	27.65	27.65	150m:	1:28.87	31.00	250m:	2:31.12	31.09	350m:	3:34.76 31.91
100m:	57.87	30.22	200m:	2:00.03	31.16	300m:	3:02.85	31.73	400m:	4:05.83 31.07
5. Andre Rafael Marinho	93 Uniao Piedense								4:07.37	667
50m:	27.52	27.52	150m:	1:29.24	31.33	250m:	2:32.82	31.83	350m:	3:36.77 31.89
100m:	57.91	30.39	200m:	2:00.99	31.75	300m:	3:04.88	32.06	400m:	4:07.37 30.60
6. Nuno Vieira Malheiro	93 Braga								4:09.59	649
50m:	28.97	28.97	150m:	1:31.29	31.37	250m:	2:34.66	31.46	350m:	3:38.81 32.12
100m:	59.92	30.95	200m:	2:03.20	31.91	300m:	3:06.69	32.03	400m:	4:09.59 30.78
7. Luis Miguel Nogueira	93 Porto/Dolce Vita								4:09.62	649
50m:	28.08	28.08	150m:	1:29.79	31.29	250m:	2:34.50	32.53	350m:	3:39.43 32.25
100m:	58.50	30.42	200m:	2:01.97	32.18	300m:	3:07.18	32.68	400m:	4:09.62 30.19
8. Rafael Dias Martins	93 Porto/Dolce Vita								4:09.63	649
50m:	28.54	28.54	150m:	1:30.27	31.30	250m:	2:33.63	31.57	350m:	3:37.82 32.10
100m:	58.97	30.43	200m:	2:02.06	31.79	300m:	3:05.72	32.09	400m:	4:09.63 31.81
9. Guilherme Pereira Gil	93 Naval Amorense								4:12.07	630
50m:	28.39	28.39	150m:	1:30.14	31.31	250m:	2:34.31	32.23	350m:	3:39.85 32.87
100m:	58.83	30.44	200m:	2:02.08	31.94	300m:	3:06.98	32.67	400m:	4:12.07 32.22
10. Joao Pedro Queijo	93 Natação da Maia								4:16.08	601
50m:	28.98	28.98	150m:	1:32.48	32.24	250m:	2:37.64	32.80	350m:	3:43.99 33.19
100m:	1:00.24	31.26	200m:	2:04.84	32.36	300m:	3:10.80	33.16	400m:	4:16.08 32.09

Juniores2

1. Andre Filipe Lopes	92 Académica de Coimbra								4:04.50	691
50m:	27.74	27.74	150m:	1:27.24	29.99	250m:	2:28.67	30.87	350m:	3:32.25 31.84
100m:	57.25	29.51	200m:	1:57.80	30.56	300m:	3:00.41	31.74	400m:	4:04.50 32.25
2. Joao Pedro Almeida	92 Porto/Dolce Vita								4:07.04	669
50m:	27.37	27.37	150m:	1:28.00	30.85	250m:	2:31.01	31.39	350m:	3:35.48 32.42
100m:	57.15	29.78	200m:	1:59.62	31.62	300m:	3:03.06	32.05	400m:	4:07.04 31.56
3. Andre Filipe Alves	92 Vitória de Guimarães								4:09.56	649
50m:	28.50	28.50	150m:	1:29.94	30.80	250m:	2:33.26	31.30	350m:	3:37.71 32.10
100m:	59.14	30.64	200m:	2:01.96	32.02	300m:	3:05.61	32.35	400m:	4:09.56 31.85
4. Joao Paulo Ribeiro	92 Bairro dos Anjos								4:10.65	641
50m:	28.30	28.30	150m:	1:30.02	31.18	250m:	2:35.28	32.39	350m:	3:40.21 32.27
100m:	58.84	30.54	200m:	2:02.89	32.87	300m:	3:07.94	32.66	400m:	4:10.65 30.44
5. Carlos Filipe Serra FTL	92 Braga								4:11.23	637
50m:	28.08	28.08	150m:	1:30.58	31.55	250m:	2:34.65	32.03	350m:	3:40.29 32.61
100m:	59.03	30.95	200m:	2:02.62	32.04	300m:	3:07.68	33.03	400m:	4:11.23 30.94
6. Pedro Miguel Maganinho FTL	92 Braga								4:12.87	624
50m:	27.91	27.91	150m:	1:29.12	30.91	250m:	2:32.76	32.25	350m:	3:38.85 33.11
100m:	58.21	30.30	200m:	2:00.51	31.39	300m:	3:05.74	32.98	400m:	4:12.87 34.02