

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 36 Masc., 400m Livres Open
31-07-2010 - 11:50 Resultados Elimin

Rec Nac Open	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003
Rec Nac Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC SEN/JUN2 Masc 18 +: 4:12.00 / TAC JUN1 Masc 17: 4:15.50 / TAC JUV A Masc Juv A: 4:29.00 / TAC JUV B Masc Juv B: 4:37.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Gustavo Manuel Santa	93	Litoral Alentejano	4:04.69	+0.75	727	A
	50m: 28.52 28.52	150m: 1:31.99 32.30	250m: 2:33.39 29.42	350m: 3:35.09 30.97			
	100m: 59.69 31.17	200m: 2:03.97 31.98	300m: 3:04.12 30.73	400m: 4:04.69 29.60			
2.	Cesar Fernando Faria	90	Bairro dos Anjos	4:04.79	+0.66	726	A
	50m: 28.16 28.16	150m: 1:31.17 32.01	250m: 2:34.26 31.39	350m: 3:35.51 30.70			
	100m: 59.16 31.00	200m: 2:02.87 31.70	300m: 3:04.81 30.55	400m: 4:04.79 29.28			
3.	Jorge Manuel Maia	89	Famalicao	4:04.85	+0.72	726	A
	50m: 28.14 28.14	150m: 1:31.20 32.19	250m: 2:34.97 31.81	350m: 3:36.18 30.09			
	100m: 59.01 30.87	200m: 2:03.16 31.96	300m: 3:06.09 31.12	400m: 4:04.85 28.67			
4.	Fabio Manuel Pereira	86	Vilacondense	4:05.74	+0.75	718	A
	50m: 28.85 28.85	150m: 1:32.15 32.10	250m: 2:34.91 31.21	350m: 3:37.11 31.20			
	100m: 1:00.05 31.20	200m: 2:03.70 31.55	300m: 3:05.91 31.00	400m: 4:05.74 28.63			
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:06.19	+0.70	714	A
	50m: 28.75 28.75	150m: 1:31.82 31.80	250m: 2:34.33 31.50	350m: 3:36.75 30.73			
	100m: 1:00.02 31.27	200m: 2:02.83 31.01	300m: 3:06.02 31.69	400m: 4:06.19 29.44			
6.	Paulo Fragueiro Franco	82	Nacional	4:06.39	+0.73	712	A
	50m: 28.37 28.37	150m: 1:30.43 31.06	250m: 2:32.95 31.15	350m: 3:35.90 31.36			
	100m: 59.37 31.00	200m: 2:01.80 31.37	300m: 3:04.54 31.59	400m: 4:06.39 30.49			
7.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.42	+0.79	712	A
	50m: 28.81 28.81	150m: 1:31.18 31.35	250m: 2:34.31 31.59	350m: 3:36.56 31.02			
	100m: 59.83 31.02	200m: 2:02.72 31.54	300m: 3:05.54 31.23	400m: 4:06.42 29.86			
8.	Miguel Monteiro Diogo	93	Alcobaca	4:07.01	+0.67	707	A
	50m: 28.42 28.42	150m: 1:31.39 31.59	250m: 2:34.30 31.22	350m: 3:36.67 31.12			
	100m: 59.80 31.38	200m: 2:03.08 31.69	300m: 3:05.55 31.25	400m: 4:07.01 30.34			
9.	Pedro Fontoura Oliveira	90	Belenenses	4:07.76	+0.82	700	B
	50m: 28.22 28.22	150m: 1:30.60 31.37	250m: 2:34.88 32.04	350m: 3:38.19 31.09			
	100m: 59.23 31.01	200m: 2:02.84 32.24	300m: 3:07.10 32.22	400m: 4:07.76 29.57			
10.	Mario Andre Bonanca	90	Sporting	4:07.77	+0.82	700	B
	50m: 28.95 28.95	150m: 1:31.40 31.12	250m: 2:34.48 31.52	350m: 3:37.42 31.43			
	100m: 1:00.28 31.33	200m: 2:02.96 31.56	300m: 3:05.99 31.51	400m: 4:07.77 30.35			
11.	Duarte Rafael Mourao	84	Amadora	4:08.71	+0.86	692	B
	50m: 28.77 28.77	150m: 1:32.42 32.08	250m: 2:35.52 30.92	350m: 3:37.76 31.21			
	100m: 1:00.34 31.57	200m: 2:04.60 32.18	300m: 3:06.55 31.03	400m: 4:08.71 30.95			
12.	Tiago Silva Oliveira	94	Leixoes	4:09.16	+0.78	689	B
	50m: 28.50 28.50	150m: 1:31.80 32.03	250m: 2:35.55 31.45	350m: 3:38.57 31.41			
	100m: 59.77 31.27	200m: 2:04.10 32.30	300m: 3:07.16 31.61	400m: 4:09.16 30.59			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Andre Filipe Lopes	92	Academica de Coimbra	4:09.55	+0.68	685 B	
	50m: 28.41 28.41	150m: 1:31.81 31.53	250m: 2:34.88 31.08	350m: 3:38.47 31.71			
	100m: 1:00.28 31.87	200m: 2:03.80 31.99	300m: 3:06.76 31.88	400m: 4:09.55 31.08			
14.	Bernardo Almeida Moreira	89	Louletano/Loule Concelho	4:09.63	+0.77	685 B	
	50m: 29.20 29.20	150m: 1:32.76 32.18	250m: 2:35.60 31.41	350m: 3:38.57 31.68			
	100m: 1:00.58 31.38	200m: 2:04.19 31.43	300m: 3:06.89 31.29	400m: 4:09.63 31.06			
15.	Diogo Andre Gaspar	90	Uniao Piedense	4:09.67	+0.74	684 B	
	50m: 28.27 28.27	150m: 1:32.22 31.92	250m: 2:35.85 31.52	350m: 3:39.31 31.17			
	100m: 1:00.30 32.03	200m: 2:04.33 32.11	300m: 3:08.14 32.29	400m: 4:09.67 30.36			
16.	Pedro Diogo Oliveira	88	Rio Maior	4:09.79	+0.72	683 B	
	50m: 30.19 30.19	150m: 1:32.62 31.36	250m: 2:35.52 31.29	350m: 3:38.88 31.68			
	100m: 1:01.26 31.07	200m: 2:04.23 31.61	300m: 3:07.20 31.68	400m: 4:09.79 30.91			
17.	Abdullah Al Bader	91	Kuwait	4:10.46	+0.74	678 R	
	50m: 28.45 28.45	150m: 1:31.42 31.10	250m: 2:35.07 31.20	350m: 3:40.21 32.34			
	100m: 1:00.32 31.87	200m: 2:03.87 32.45	300m: 3:07.87 32.80	400m: 4:10.46 30.25			
18.	Luis Emanuel Vaz	91	Famalicao	4:10.82	+0.93	675 R	
	50m: 28.81 28.81	150m: 1:31.02 31.69	250m: 2:34.66 31.82	350m: 3:38.64 32.37			
	100m: 59.33 30.52	200m: 2:02.84 31.82	300m: 3:06.27 31.61	400m: 4:10.82 32.18			
19.	Saud Tayyar	95	Kuwait	4:10.84	+0.75	675	
	50m: 28.43 28.43	150m: 1:32.09 31.75	250m: 2:36.19 31.55	350m: 3:41.50 32.54			
	100m: 1:00.34 31.91	200m: 2:04.64 32.55	300m: 3:08.96 32.77	400m: 4:10.84 29.34			
20.	Daniel Ricardo Viegas	83	Amadora	4:11.11	+0.73	673	
	50m: 28.90 28.90	150m: 1:32.42 32.21	250m: 2:36.72 32.19	350m: 3:40.53 31.93			
	100m: 1:00.21 31.31	200m: 2:04.53 32.11	300m: 3:08.60 31.88	400m: 4:11.11 30.58			
21.	Ricardo Manuel Machado	93	Braga	4:11.28	+0.88	671	
	50m: 28.82 28.82	150m: 1:32.22 31.97	250m: 2:35.61 31.31	350m: 3:39.98 31.96			
	100m: 1:00.25 31.43	200m: 2:04.30 32.08	300m: 3:08.02 32.41	400m: 4:11.28 31.30			
22.	Samuel Patricio Queiros	91	Porto/Dolce Vita	4:11.31	+0.70	671	
	50m: 28.54 28.54	150m: 1:32.55 32.00	250m: 2:36.06 31.11	350m: 3:39.80 31.71			
	100m: 1:00.55 32.01	200m: 2:04.95 32.40	300m: 3:08.09 32.03	400m: 4:11.31 31.51			
23.	Filipe Vieira Malheiro	90	Braga	4:11.37	+0.75	671	
	50m: 28.39 28.39	150m: 1:32.65 31.86	250m: 2:36.16 31.60	350m: 3:40.10 31.92			
	100m: 1:00.79 32.40	200m: 2:04.56 31.91	300m: 3:08.18 32.02	400m: 4:11.37 31.27			
24.	Nuno Vieira Malheiro	93	Braga	4:11.85	+0.86	667	
	50m: 29.15 29.15	150m: 1:33.57 32.28	250m: 2:37.77 31.87	350m: 3:41.61 31.72			
	100m: 1:01.29 32.14	200m: 2:05.90 32.33	300m: 3:09.89 32.12	400m: 4:11.85 30.24			
25.	Diogo Banza Pinto	87	Alges	4:12.23	+0.80	664	
	<i>FTL</i>						
	50m: 28.54 28.54	150m: 1:32.04 32.08	250m: 2:36.25 31.86	350m: 3:40.94 32.28			
	100m: 59.96 31.42	200m: 2:04.39 32.35	300m: 3:08.66 32.41	400m: 4:12.23 31.29			
26.	Paulo Bruno Janeiro	94	Litoral Alentejano	4:12.35	+0.78	663	
	50m: 28.74 28.74	150m: 1:32.68 32.39	250m: 2:36.47 31.66	350m: 3:41.01 32.10			
	100m: 1:00.29 31.55	200m: 2:04.81 32.13	300m: 3:08.91 32.44	400m: 4:12.35 31.34			
27.	Tomas Correia Silva	95	Porto/Dolce Vita	4:13.12	+0.71	657	
	50m: 27.90 27.90	150m: 1:31.29 31.93	250m: 2:36.68 32.45	350m: 3:41.11 31.89			
	100m: 59.36 31.46	200m: 2:04.23 32.94	300m: 3:09.22 32.54	400m: 4:13.12 32.01			

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28.	Luis Miguel Nogueira	93	Porto/Dolce Vita	4:13.53	+0.78	654	
	50m: 29.23 29.23	150m: 1:32.16 32.11	250m: 2:36.56 32.39	350m: 3:42.02 33.12			
	100m: 1:00.05 30.82	200m: 2:04.17 32.01	300m: 3:08.90 32.34	400m: 4:13.53 31.51			
29.	Andre Rafael Marinho	93	Uniao Piedense	4:14.64	+0.98	645	
	50m: 27.79 27.79	150m: 1:30.81 32.14	250m: 2:35.87 32.82	350m: 3:42.58 33.42			
	100m: 58.67 30.88	200m: 2:03.05 32.24	300m: 3:09.16 33.29	400m: 4:14.64 32.06			
30.	Ahmed Shatti	94	Kuwait	4:15.89	+0.71	636	
	50m: 28.97 28.97	150m: 1:33.72 32.60	250m: 2:38.85 32.67	350m: 3:44.84 32.93			
	100m: 1:01.12 32.15	200m: 2:06.18 32.46	300m: 3:11.91 33.06	400m: 4:15.89 31.05			
31.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	4:16.90	+0.85	628	
	50m: 29.21 29.21	150m: 1:33.88 32.46	250m: 2:38.74 32.30	350m: 3:44.71 32.94			
	100m: 1:01.42 32.21	200m: 2:06.44 32.56	300m: 3:11.77 33.03	400m: 4:16.90 32.19			
32.	Pedro Afonso Gaspar	94	Sporting	4:17.42	+0.73	624	
	50m: 28.07 28.07	150m: 1:31.51 32.02	250m: 2:37.26 32.88	350m: 3:44.43 33.35			
	100m: 59.49 31.42	200m: 2:04.38 32.87	300m: 3:11.08 33.82	400m: 4:17.42 32.99			
33.	Joao Duarte Santos	95	Natacao de Olhao	4:18.43	+0.77	617	
	50m: 27.78 27.78	150m: 1:30.89 31.99	250m: 2:36.72 32.62	350m: 3:43.90 34.13			
	100m: 58.90 31.12	200m: 2:04.10 33.21	300m: 3:09.77 33.05	400m: 4:18.43 34.53			
34.	Rui Miguel Lopes	94	Natacao de Olhao	4:19.65	+1.03	608	
	50m: 29.73 29.73	150m: 1:34.73 33.12	250m: 2:41.32 33.33	350m: 3:47.64 33.22			
	100m: 1:01.61 31.88	200m: 2:07.99 33.26	300m: 3:14.42 33.10	400m: 4:19.65 32.01			
35.	Luis Miguel Silva FTL	89	Braga	4:19.68	+0.91	608	
	50m: 29.54 29.54	150m: 1:34.15 32.13	250m: 2:38.97 31.81	350m: 3:46.29 33.73			
	100m: 1:02.02 32.48	200m: 2:07.16 33.01	300m: 3:12.56 33.59	400m: 4:19.68 33.39			
36.	Francisco Miguel Cirurgiao FTL	93	Alges	4:20.04	+0.72	606	
	50m: 28.77 28.77	150m: 1:33.93 33.29	250m: 2:40.01 32.76	350m: 3:48.48 34.07			
	100m: 1:00.64 31.87	200m: 2:07.25 33.32	300m: 3:14.41 34.40	400m: 4:20.04 31.56			
37.	Tiago Ferreira Azevedo	95	Naval Amorense	4:20.38	+0.67	603	
	50m: 29.77 29.77	150m: 1:35.31 32.74	250m: 2:42.24 33.20	350m: 3:48.00 32.62			
	100m: 1:02.57 32.80	200m: 2:09.04 33.73	300m: 3:15.38 33.14	400m: 4:20.38 32.38			
38.	Joao Nuno Pires	94	Nautico/Matobra	4:20.92	+0.75	600	
	50m: 29.14 29.14	150m: 1:32.80 32.09	250m: 2:39.05 33.08	350m: 3:47.29 33.67			
	100m: 1:00.71 31.57	200m: 2:05.97 33.17	300m: 3:13.62 34.57	400m: 4:20.92 33.63			
39.	Andre Canelas Kaldeich	94	Fluvial Portuense	4:22.23	+0.94	591	
	50m: 29.54 29.54	150m: 1:35.98 33.20	250m: 2:42.98 32.91	350m: 3:50.40 32.38			
	100m: 1:02.78 33.24	200m: 2:10.07 34.09	300m: 3:18.02 35.04	400m: 4:22.23 31.83			
40.	Miguel Alexandre Lemos	94	Porto/Dolce Vita	4:22.63	+0.71	588	
	50m: 29.53 29.53	150m: 1:35.72 33.21	250m: 2:42.05 32.78	350m: 3:50.07 34.35			
	100m: 1:02.51 32.98	200m: 2:09.27 33.55	300m: 3:15.72 33.67	400m: 4:22.63 32.56			
41.	Andre Eduardo Infante	94	Sporting	4:23.15	+0.80	584	
	50m: 29.99 29.99	150m: 1:37.00 33.87	250m: 2:44.67 33.50	350m: 3:51.31 32.77			
	100m: 1:03.13 33.14	200m: 2:11.17 34.17	300m: 3:18.54 33.87	400m: 4:23.15 31.84			
42.	David Rodrigues Luis	95	Colegio Vasco da Gama	4:23.24	+0.72	584	
	50m: 29.65 29.65	150m: 1:36.41 33.16	250m: 2:43.53 32.89	350m: 3:50.45 32.99			
	100m: 1:03.25 33.60	200m: 2:10.64 34.23	300m: 3:17.46 33.93	400m: 4:23.24 32.79			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Abbas Qali <i>FTL</i>	92	Kuwait	4:24.54	+0.67	575	
	50m: 29.27 29.27	150m: 1:35.32 33.39	250m: 2:41.76 32.94	350m: 3:50.69 34.73			
	100m: 1:01.93 32.66	200m: 2:08.82 33.50	300m: 3:15.96 34.20	400m: 4:24.54 33.85			
44.	Edgar Miguel Lopes	94	Louletano/Loule Concelho	4:24.92	+0.65	573	
	50m: 30.16 30.16	150m: 1:36.14 33.12	250m: 2:43.93 34.10	350m: 3:52.63 34.26			
	100m: 1:03.02 32.86	200m: 2:09.83 33.69	300m: 3:18.37 34.44	400m: 4:24.92 32.29			
45.	Ivo Andre Lopes	94	Scalabisport	4:24.96	+0.80	572	
	50m: 31.22 31.22	150m: 1:38.42 33.64	250m: 2:46.94 34.55	350m: 3:55.62 34.36			
	100m: 1:04.78 33.56	200m: 2:12.39 33.97	300m: 3:21.26 34.32	400m: 4:24.96 29.34			
46.	Pedro Gomes Antunes	94	Braga	4:25.31	+0.85	570	
	50m: 29.51 29.51	150m: 1:35.90 33.44	250m: 2:43.70 34.06	350m: 3:52.95 34.66			
	100m: 1:02.46 32.95	200m: 2:09.64 33.74	300m: 3:18.29 34.59	400m: 4:25.31 32.36			
47.	Gil Vilela Correia	95	Sporting	4:26.09	+0.72	565	
	50m: 29.54 29.54	150m: 1:36.72 34.22	250m: 2:44.80 34.18	350m: 3:53.54 34.24			
	100m: 1:02.50 32.96	200m: 2:10.62 33.90	300m: 3:19.30 34.50	400m: 4:26.09 32.55			
48.	Joao Andre Neves	95	Academica de Coimbra	4:26.42	+0.60	563	
	50m: 29.58 29.58	150m: 1:35.91 33.41	250m: 2:43.27 33.43	350m: 3:52.21 34.16			
	100m: 1:02.50 32.92	200m: 2:09.84 33.93	300m: 3:18.05 34.78	400m: 4:26.42 34.21			
49.	Cesar Filipe Magalhaes	95	Foca	4:26.63	+0.80	562	
	50m: 29.72 29.72	150m: 1:36.95 33.77	250m: 2:44.68 33.95	350m: 3:53.04 33.85			
	100m: 1:03.18 33.46	200m: 2:10.73 33.78	300m: 3:19.19 34.51	400m: 4:26.63 33.59			
50.	Joao Barbosa Moreira	94	Nautico/Matobra	4:26.97	+0.91	560	
	50m: 29.96 29.96	150m: 1:37.34 33.92	250m: 2:46.40 34.78	350m: 3:55.09 34.10			
	100m: 1:03.42 33.46	200m: 2:11.62 34.28	300m: 3:20.99 34.59	400m: 4:26.97 31.88			
51.	Manuel Silva Barros	94	Braga	4:27.41	+0.62	557	
	50m: 29.54 29.54	150m: 1:36.62 33.97	250m: 2:44.87 33.92	350m: 3:53.32 34.07			
	100m: 1:02.65 33.11	200m: 2:10.95 34.33	300m: 3:19.25 34.38	400m: 4:27.41 34.09			
52.	Andre Alexandre Vicente	94	Individual Leiria	4:27.55	+0.73	556	
	50m: 29.35 29.35	150m: 1:34.62 33.22	250m: 2:42.05 33.78	350m: 3:52.55 35.81			
	100m: 1:01.40 32.05	200m: 2:08.27 33.65	300m: 3:16.74 34.69	400m: 4:27.55 35.00			
53.	Edgar Ramos Varela	95	Uniao Piedense	4:28.84	+0.85	548	
	50m: 29.36 29.36	150m: 1:36.35 34.22	250m: 2:46.28 35.33	350m: 3:55.75 34.28			
	100m: 1:02.13 32.77	200m: 2:10.95 34.60	300m: 3:21.47 35.19	400m: 4:28.84 33.09			
54.	Joao Nuno Abreu	95	Vitoria de Guimaraes	4:28.92	+0.83	548	
	50m: 30.22 30.22	150m: 1:38.29 34.32	250m: 2:46.70 33.88	350m: 3:55.32 34.44			
	100m: 1:03.97 33.75	200m: 2:12.82 34.53	300m: 3:20.88 34.18	400m: 4:28.92 33.60			
55.	Diogo Antonio Lopes	95	Torres Novas	4:29.09	+0.82	547	
	50m: 30.20 30.20	150m: 1:37.62 34.35	250m: 2:47.85 35.45	350m: 3:57.64 34.66			
	100m: 1:03.27 33.07	200m: 2:12.40 34.78	300m: 3:22.98 35.13	400m: 4:29.09 31.45			
56.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	4:29.43	+0.79	544	
	50m: 31.21 31.21	150m: 1:40.39 34.99	250m: 2:49.55 34.37	350m: 3:58.92 34.50			
	100m: 1:05.40 34.19	200m: 2:15.18 34.79	300m: 3:24.42 34.87	400m: 4:29.43 30.51			
57.	Oscar Ramos Melim <i>FTL</i>	86	Nacional	4:29.76	+0.87	542	
	50m: 28.71 28.71	150m: 1:34.74 34.24	250m: 2:45.28 35.18	350m: 3:55.57 35.33			
	100m: 1:00.50 31.79	200m: 2:10.10 35.36	300m: 3:20.24 34.96	400m: 4:29.76 34.19			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	Duarte Nuno Vieira	95	Nacional	4:30.47	+0.66	538	
	50m: 30.31 30.31	150m: 1:39.18 34.62	250m: 2:49.00 34.77	350m: 3:57.85 34.35	400m: 4:30.47 32.62		
	100m: 1:04.56 34.25	200m: 2:14.23 35.05	300m: 3:23.50 34.50				
59.	Alexandre Santos Gomes	93	Naval do Funchal	4:30.49	+0.80	538	
	FTL						
	50m: 28.83 28.83	150m: 1:32.90 32.66	250m: 2:42.85 35.80	350m: 3:55.74 36.84	400m: 4:30.49 34.75		
	100m: 1:00.24 31.41	200m: 2:07.05 34.15	300m: 3:18.90 36.05				
60.	Miguel Angelo Ferraria	94	Porto/Dolce Vita	4:30.71	+0.71	537	
	FTL						
	50m: 29.42 29.42	150m: 1:37.24 34.51	250m: 2:46.91 34.43	350m: 3:57.06 35.06	400m: 4:30.71 33.65		
	100m: 1:02.73 33.31	200m: 2:12.48 35.24	300m: 3:22.00 35.09				
61.	Francisco Taborda Mangas	94	Porto/Dolce Vita	4:30.92	+1.03	535	
	FTL						
	50m: 31.00 31.00	150m: 1:39.17 34.33	250m: 2:48.65 34.72	350m: 3:59.04 35.17	400m: 4:30.92 31.88		
	100m: 1:04.84 33.84	200m: 2:13.93 34.76	300m: 3:23.87 35.22				
62.	Joao Bernardo Saragoca	95	Scalabisport	4:31.81	+0.97	530	
	50m: 30.92 30.92	150m: 1:39.72 34.65	250m: 2:49.57 34.81	350m: 3:59.96 34.96	400m: 4:31.81 31.85		
	100m: 1:05.07 34.15	200m: 2:14.76 35.04	300m: 3:25.00 35.43				
63.	Francisco Xavier Rodrigues	95	Academica de Coimbra	4:32.01	+0.63	529	
	50m: 29.46 29.46	150m: 1:37.75 34.97	250m: 2:48.71 35.45	350m: 3:58.65 34.66	400m: 4:32.01 33.36		
	100m: 1:02.78 33.32	200m: 2:13.26 35.51	300m: 3:23.99 35.28				
64.	Carlos Miguel Araujo	94	Famalicao	4:32.43	+0.74	527	
	FTL						
	50m: 29.39 29.39	150m: 1:36.84 33.98	250m: 2:46.32 34.67	350m: 3:57.56 35.25	400m: 4:32.43 34.87		
	100m: 1:02.86 33.47	200m: 2:11.65 34.81	300m: 3:22.31 35.99				
65.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	4:33.73	+0.85	519	
	50m: 29.91 29.91	150m: 1:39.27 34.36	250m: 2:49.85 34.68	350m: 4:00.13 34.35	400m: 4:33.73 33.60		
	100m: 1:04.91 35.00	200m: 2:15.17 35.90	300m: 3:25.78 35.93				
66.	Orlando Filipe Morim	95	Vilacondense	4:35.57	+0.87	509	
	50m: 29.99 29.99	150m: 1:39.30 35.10	250m: 2:50.50 35.19	350m: 4:02.12 35.09	400m: 4:35.57 33.45		
	100m: 1:04.20 34.21	200m: 2:15.31 36.01	300m: 3:27.03 36.53				
67.	Afonso Mateus Ribeiro	95	Belenenses	4:35.61	+0.66	509	
	50m: 30.35 30.35	150m: 1:39.40 35.35	250m: 2:50.44 35.88	350m: 4:01.94 35.56	400m: 4:35.61 33.67		
	100m: 1:04.05 33.70	200m: 2:14.56 35.16	300m: 3:26.38 35.94				
68.	Bernardo Manuel Valente	95	Porto/Dolce Vita	4:36.37	+0.75	504	
	50m: 30.54 30.54	150m: 1:41.41 35.71	250m: 2:51.94 34.75	350m: 4:02.96 35.49	400m: 4:36.37 33.41		
	100m: 1:05.70 35.16	200m: 2:17.19 35.78	300m: 3:27.47 35.53				
69.	Tiago Miguel Alves	95	Columbofila/Cantanhedense	4:36.51	+0.73	504	
	50m: 29.69 29.69	150m: 1:38.87 34.59	250m: 2:50.13 35.38	350m: 4:01.78 35.48	400m: 4:36.51 34.73		
	100m: 1:04.28 34.59	200m: 2:14.75 35.88	300m: 3:26.30 36.17				
70.	Andre Filipe Fernandes	95	Amadora	4:36.72	+0.85	502	
	50m: 31.48 31.48	150m: 1:42.10 35.61	250m: 2:52.49 34.83	350m: 4:02.32 34.42	400m: 4:36.72 34.40		
	100m: 1:06.49 35.01	200m: 2:17.66 35.56	300m: 3:27.90 35.41				
71.	Manuel Henrique Alves	95	Desportiva de Viana	4:37.56	+0.67	498	
	FTL						
	50m: 30.42 30.42	150m: 1:40.28 35.50	250m: 2:52.09 36.00	350m: 4:03.85 35.58	400m: 4:37.56 33.71		
	100m: 1:04.78 34.36	200m: 2:16.09 35.81	300m: 3:28.27 36.18				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
72.	Luis de Oliveira <i>FTL</i>	95	Academica de Coimbra	4:39.15	+0.74	489	
	50m: 30.38 30.38	150m: 1:39.96 35.16	250m: 2:51.29 35.78	350m: 4:04.14 36.68			
	100m: 1:04.80 34.42	200m: 2:15.51 35.55	300m: 3:27.46 36.17	400m: 4:39.15 35.01			
73.	Mohammad Shams Azad <i>FTL</i>	95	Naval de Ponta Delgada	4:41.09	+0.68	479	
	50m: 29.94 29.94	150m: 1:40.40 35.97	250m: 2:52.61 36.24	350m: 4:06.03 36.91			
	100m: 1:04.43 34.49	200m: 2:16.37 35.97	300m: 3:29.12 36.51	400m: 4:41.09 35.06			
74.	Joao Pedro Santos <i>FTL</i>	95	Estarreja	4:47.62	+0.67	447	
	50m: 29.84 29.84	150m: 1:42.58 37.21	250m: 2:56.51 36.87	350m: 4:11.44 37.60			
	100m: 1:05.37 35.53	200m: 2:19.64 37.06	300m: 3:33.84 37.33	400m: 4:47.62 36.18			

Juvenis B

1.	Tomas Correia Silva	95	Porto/Dolce Vita	4:13.12	+0.71	657	
	50m: 27.90 27.90	150m: 1:31.29 31.93	250m: 2:36.68 32.45	350m: 3:41.11 31.89			
	100m: 59.36 31.46	200m: 2:04.23 32.94	300m: 3:09.22 32.54	400m: 4:13.12 32.01			
2.	Joao Duarte Santos	95	Natacao de Olhao	4:18.43	+0.77	617	
	50m: 27.78 27.78	150m: 1:30.89 31.99	250m: 2:36.72 32.62	350m: 3:43.90 34.13			
	100m: 58.90 31.12	200m: 2:04.10 33.21	300m: 3:09.77 33.05	400m: 4:18.43 34.53			
3.	Tiago Ferreira Azevedo	95	Naval Amorense	4:20.38	+0.67	603	
	50m: 29.77 29.77	150m: 1:35.31 32.74	250m: 2:42.24 33.20	350m: 3:48.00 32.62			
	100m: 1:02.57 32.80	200m: 2:09.04 33.73	300m: 3:15.38 33.14	400m: 4:20.38 32.38			
4.	David Rodrigues Luis	95	Colegio Vasco da Gama	4:23.24	+0.72	584	
	50m: 29.65 29.65	150m: 1:36.41 33.16	250m: 2:43.53 32.89	350m: 3:50.45 32.99			
	100m: 1:03.25 33.60	200m: 2:10.64 34.23	300m: 3:17.46 33.93	400m: 4:23.24 32.79			
5.	Gil Vilela Correia	95	Sporting	4:26.09	+0.72	565	
	50m: 29.54 29.54	150m: 1:36.72 34.22	250m: 2:44.80 34.18	350m: 3:53.54 34.24			
	100m: 1:02.50 32.96	200m: 2:10.62 33.90	300m: 3:19.30 34.50	400m: 4:26.09 32.55			
6.	Joao Andre Neves	95	Academica de Coimbra	4:26.42	+0.60	563	
	50m: 29.58 29.58	150m: 1:35.91 33.41	250m: 2:43.27 33.43	350m: 3:52.21 34.16			
	100m: 1:02.50 32.92	200m: 2:09.84 33.93	300m: 3:18.05 34.78	400m: 4:26.42 34.21			
7.	Cesar Filipe Magalhaes	95	Foca	4:26.63	+0.80	562	
	50m: 29.72 29.72	150m: 1:36.95 33.77	250m: 2:44.68 33.95	350m: 3:53.04 33.85			
	100m: 1:03.18 33.46	200m: 2:10.73 33.78	300m: 3:19.19 34.51	400m: 4:26.63 33.59			
8.	Edgar Ramos Varela	95	Uniao Piedense	4:28.84	+0.85	548	
	50m: 29.36 29.36	150m: 1:36.35 34.22	250m: 2:46.28 35.33	350m: 3:55.75 34.28			
	100m: 1:02.13 32.77	200m: 2:10.95 34.60	300m: 3:21.47 35.19	400m: 4:28.84 33.09			
9.	Joao Nuno Abreu	95	Vitoria de Guimaraes	4:28.92	+0.83	548	
	50m: 30.22 30.22	150m: 1:38.29 34.32	250m: 2:46.70 33.88	350m: 3:55.32 34.44			
	100m: 1:03.97 33.75	200m: 2:12.82 34.53	300m: 3:20.88 34.18	400m: 4:28.92 33.60			
10.	Diogo Antonio Lopes	95	Torres Novas	4:29.09	+0.82	547	
	50m: 30.20 30.20	150m: 1:37.62 34.35	250m: 2:47.85 35.45	350m: 3:57.64 34.66			
	100m: 1:03.27 33.07	200m: 2:12.40 34.78	300m: 3:22.98 35.13	400m: 4:29.09 31.45			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	4:29.43	+0.79	544	
	50m: 31.21 31.21	150m: 1:40.39 34.99	250m: 2:49.55 34.37	350m: 3:58.92 34.50			
	100m: 1:05.40 34.19	200m: 2:15.18 34.79	300m: 3:24.42 34.87	400m: 4:29.43 30.51			
12.	Duarte Nuno Vieira	95	Nacional	4:30.47	+0.66	538	
	50m: 30.31 30.31	150m: 1:39.18 34.62	250m: 2:49.00 34.77	350m: 3:57.85 34.35			
	100m: 1:04.56 34.25	200m: 2:14.23 35.05	300m: 3:23.50 34.50	400m: 4:30.47 32.62			
13.	Joao Bernardo Saragoca	95	Scalabisport	4:31.81	+0.97	530	
	50m: 30.92 30.92	150m: 1:39.72 34.65	250m: 2:49.57 34.81	350m: 3:59.96 34.96			
	100m: 1:05.07 34.15	200m: 2:14.76 35.04	300m: 3:25.00 35.43	400m: 4:31.81 31.85			
14.	Francisco Xavier Rodrigues	95	Academica de Coimbra	4:32.01	+0.63	529	
	50m: 29.46 29.46	150m: 1:37.75 34.97	250m: 2:48.71 35.45	350m: 3:58.65 34.66			
	100m: 1:02.78 33.32	200m: 2:13.26 35.51	300m: 3:23.99 35.28	400m: 4:32.01 33.36			
15.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	4:33.73	+0.85	519	
	50m: 29.91 29.91	150m: 1:39.27 34.36	250m: 2:49.85 34.68	350m: 4:00.13 34.35			
	100m: 1:04.91 35.00	200m: 2:15.17 35.90	300m: 3:25.78 35.93	400m: 4:33.73 33.60			
16.	Orlando Filipe Morim	95	Vilacondense	4:35.57	+0.87	509	
	50m: 29.99 29.99	150m: 1:39.30 35.10	250m: 2:50.50 35.19	350m: 4:02.12 35.09			
	100m: 1:04.20 34.21	200m: 2:15.31 36.01	300m: 3:27.03 36.53	400m: 4:35.57 33.45			
17.	Afonso Mateus Ribeiro	95	Belenenses	4:35.61	+0.66	509	
	50m: 30.35 30.35	150m: 1:39.40 35.35	250m: 2:50.44 35.88	350m: 4:01.94 35.56			
	100m: 1:04.05 33.70	200m: 2:14.56 35.16	300m: 3:26.38 35.94	400m: 4:35.61 33.67			
18.	Bernardo Manuel Valente	95	Porto/Dolce Vita	4:36.37	+0.75	504	
	50m: 30.54 30.54	150m: 1:41.41 35.71	250m: 2:51.94 34.75	350m: 4:02.96 35.49			
	100m: 1:05.70 35.16	200m: 2:17.19 35.78	300m: 3:27.47 35.53	400m: 4:36.37 33.41			
19.	Tiago Miguel Alves	95	Columbofila/Cantanhedense	4:36.51	+0.73	504	
	50m: 29.69 29.69	150m: 1:38.87 34.59	250m: 2:50.13 35.38	350m: 4:01.78 35.48			
	100m: 1:04.28 34.59	200m: 2:14.75 35.88	300m: 3:26.30 36.17	400m: 4:36.51 34.73			
20.	Andre Filipe Fernandes	95	Amadora	4:36.72	+0.85	502	
	50m: 31.48 31.48	150m: 1:42.10 35.61	250m: 2:52.49 34.83	350m: 4:02.32 34.42			
	100m: 1:06.49 35.01	200m: 2:17.66 35.56	300m: 3:27.90 35.41	400m: 4:36.72 34.40			
21.	Manuel Henrique Alves	95	Desportiva de Viana	4:37.56	+0.67	498	
	<i>FTL</i>						
	50m: 30.42 30.42	150m: 1:40.28 35.50	250m: 2:52.09 36.00	350m: 4:03.85 35.58			
	100m: 1:04.78 34.36	200m: 2:16.09 35.81	300m: 3:28.27 36.18	400m: 4:37.56 33.71			
22.	Luis de Oliveira	95	Academica de Coimbra	4:39.15	+0.74	489	
	<i>FTL</i>						
	50m: 30.38 30.38	150m: 1:39.96 35.16	250m: 2:51.29 35.78	350m: 4:04.14 36.68			
	100m: 1:04.80 34.42	200m: 2:15.51 35.55	300m: 3:27.46 36.17	400m: 4:39.15 35.01			
23.	Mohammad Shams Azad	95	Naval de Ponta Delgada	4:41.09	+0.68	479	
	<i>FTL</i>						
	50m: 29.94 29.94	150m: 1:40.40 35.97	250m: 2:52.61 36.24	350m: 4:06.03 36.91			
	100m: 1:04.43 34.49	200m: 2:16.37 35.97	300m: 3:29.12 36.51	400m: 4:41.09 35.06			
24.	Joao Pedro Santos	95	Estarreja	4:47.62	+0.67	447	
	<i>FTL</i>						
	50m: 29.84 29.84	150m: 1:42.58 37.21	250m: 2:56.51 36.87	350m: 4:11.44 37.60			
	100m: 1:05.37 35.53	200m: 2:19.64 37.06	300m: 3:33.84 37.33	400m: 4:47.62 36.18			

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Juvenis A

1.	Tiago Silva Oliveira	94	Leixoes	4:09.16	+0.78	689	B	
	50m: 28.50	28.50	150m: 1:31.80	32.03	250m: 2:35.55	31.45	350m: 3:38.57	31.41
	100m: 59.77	31.27	200m: 2:04.10	32.30	300m: 3:07.16	31.61	400m: 4:09.16	30.59
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	4:12.35	+0.78	663		
	50m: 28.74	28.74	150m: 1:32.68	32.39	250m: 2:36.47	31.66	350m: 3:41.01	32.10
	100m: 1:00.29	31.55	200m: 2:04.81	32.13	300m: 3:08.91	32.44	400m: 4:12.35	31.34
3.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	4:16.90	+0.85	628		
	50m: 29.21	29.21	150m: 1:33.88	32.46	250m: 2:38.74	32.30	350m: 3:44.71	32.94
	100m: 1:01.42	32.21	200m: 2:06.44	32.56	300m: 3:11.77	33.03	400m: 4:16.90	32.19
4.	Pedro Afonso Gaspar	94	Sporting	4:17.42	+0.73	624		
	50m: 28.07	28.07	150m: 1:31.51	32.02	250m: 2:37.26	32.88	350m: 3:44.43	33.35
	100m: 59.49	31.42	200m: 2:04.38	32.87	300m: 3:11.08	33.82	400m: 4:17.42	32.99
5.	Rui Miguel Lopes	94	Natacao de Olhao	4:19.65	+1.03	608		
	50m: 29.73	29.73	150m: 1:34.73	33.12	250m: 2:41.32	33.33	350m: 3:47.64	33.22
	100m: 1:01.61	31.88	200m: 2:07.99	33.26	300m: 3:14.42	33.10	400m: 4:19.65	32.01
6.	Joao Nuno Pires	94	Nautico/Matobra	4:20.92	+0.75	600		
	50m: 29.14	29.14	150m: 1:32.80	32.09	250m: 2:39.05	33.08	350m: 3:47.29	33.67
	100m: 1:00.71	31.57	200m: 2:05.97	33.17	300m: 3:13.62	34.57	400m: 4:20.92	33.63
7.	Andre Canelas Kaldeich	94	Fluvial Portuense	4:22.23	+0.94	591		
	50m: 29.54	29.54	150m: 1:35.98	33.20	250m: 2:42.98	32.91	350m: 3:50.40	32.38
	100m: 1:02.78	33.24	200m: 2:10.07	34.09	300m: 3:18.02	35.04	400m: 4:22.23	31.83
8.	Miguel Alexandre Lemos	94	Porto/Dolce Vita	4:22.63	+0.71	588		
	50m: 29.53	29.53	150m: 1:35.72	33.21	250m: 2:42.05	32.78	350m: 3:50.07	34.35
	100m: 1:02.51	32.98	200m: 2:09.27	33.55	300m: 3:15.72	33.67	400m: 4:22.63	32.56
9.	Andre Eduardo Infante	94	Sporting	4:23.15	+0.80	584		
	50m: 29.99	29.99	150m: 1:37.00	33.87	250m: 2:44.67	33.50	350m: 3:51.31	32.77
	100m: 1:03.13	33.14	200m: 2:11.17	34.17	300m: 3:18.54	33.87	400m: 4:23.15	31.84
10.	Edgar Miguel Lopes	94	Louletano/Loule Concelho	4:24.92	+0.65	573		
	50m: 30.16	30.16	150m: 1:36.14	33.12	250m: 2:43.93	34.10	350m: 3:52.63	34.26
	100m: 1:03.02	32.86	200m: 2:09.83	33.69	300m: 3:18.37	34.44	400m: 4:24.92	32.29
11.	Ivo Andre Lopes	94	Scalabisport	4:24.96	+0.80	572		
	50m: 31.22	31.22	150m: 1:38.42	33.64	250m: 2:46.94	34.55	350m: 3:55.62	34.36
	100m: 1:04.78	33.56	200m: 2:12.39	33.97	300m: 3:21.26	34.32	400m: 4:24.96	29.34
12.	Pedro Gomes Antunes	94	Braga	4:25.31	+0.85	570		
	50m: 29.51	29.51	150m: 1:35.90	33.44	250m: 2:43.70	34.06	350m: 3:52.95	34.66
	100m: 1:02.46	32.95	200m: 2:09.64	33.74	300m: 3:18.29	34.59	400m: 4:25.31	32.36
13.	Joao Barbosa Moreira	94	Nautico/Matobra	4:26.97	+0.91	560		
	50m: 29.96	29.96	150m: 1:37.34	33.92	250m: 2:46.40	34.78	350m: 3:55.09	34.10
	100m: 1:03.42	33.46	200m: 2:11.62	34.28	300m: 3:20.99	34.59	400m: 4:26.97	31.88
14.	Manuel Silva Barros	94	Braga	4:27.41	+0.62	557		
	50m: 29.54	29.54	150m: 1:36.62	33.97	250m: 2:44.87	33.92	350m: 3:53.32	34.07
	100m: 1:02.65	33.11	200m: 2:10.95	34.33	300m: 3:19.25	34.38	400m: 4:27.41	34.09
15.	Andre Alexandre Vicente	94	Individual Leiria	4:27.55	+0.73	556		
	50m: 29.35	29.35	150m: 1:34.62	33.22	250m: 2:42.05	33.78	350m: 3:52.55	35.81
	100m: 1:01.40	32.05	200m: 2:08.27	33.65	300m: 3:16.74	34.69	400m: 4:27.55	35.00

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Miguel Angelo Ferraria <i>FTL</i>	94	Porto/Dolce Vita	4:30.71	+0.71	537	
	50m: 29.42 29.42	150m: 1:37.24 34.51	250m: 2:46.91 34.43	350m: 3:57.06 35.06			
	100m: 1:02.73 33.31	200m: 2:12.48 35.24	300m: 3:22.00 35.09	400m: 4:30.71 33.65			
17.	Francisco Taborda Mangas <i>FTL</i>	94	Porto/Dolce Vita	4:30.92	+1.03	535	
	50m: 31.00 31.00	150m: 1:39.17 34.33	250m: 2:48.65 34.72	350m: 3:59.04 35.17			
	100m: 1:04.84 33.84	200m: 2:13.93 34.76	300m: 3:23.87 35.22	400m: 4:30.92 31.88			
18.	Carlos Miguel Araujo <i>FTL</i>	94	Famalicao	4:32.43	+0.74	527	
	50m: 29.39 29.39	150m: 1:36.84 33.98	250m: 2:46.32 34.67	350m: 3:57.56 35.25			
	100m: 1:02.86 33.47	200m: 2:11.65 34.81	300m: 3:22.31 35.99	400m: 4:32.43 34.87			

Absolutos

1.	Gustavo Manuel Santa	93	Litoral Alentejano	4:04.69	+0.75	727	A
	50m: 28.52 28.52	150m: 1:31.99 32.30	250m: 2:33.39 29.42	350m: 3:35.09 30.97			
	100m: 59.69 31.17	200m: 2:03.97 31.98	300m: 3:04.12 30.73	400m: 4:04.69 29.60			
2.	Cesar Fernando Faria	90	Bairro dos Anjos	4:04.79	+0.66	726	A
	50m: 28.16 28.16	150m: 1:31.17 32.01	250m: 2:34.26 31.39	350m: 3:35.51 30.70			
	100m: 59.16 31.00	200m: 2:02.87 31.70	300m: 3:04.81 30.55	400m: 4:04.79 29.28			
3.	Jorge Manuel Maia	89	Famalicao	4:04.85	+0.72	726	A
	50m: 28.14 28.14	150m: 1:31.20 32.19	250m: 2:34.97 31.81	350m: 3:36.18 30.09			
	100m: 59.01 30.87	200m: 2:03.16 31.96	300m: 3:06.09 31.12	400m: 4:04.85 28.67			
4.	Fabio Manuel Pereira	86	Vilacondense	4:05.74	+0.75	718	A
	50m: 28.85 28.85	150m: 1:32.15 32.10	250m: 2:34.91 31.21	350m: 3:37.11 31.20			
	100m: 1:00.05 31.20	200m: 2:03.70 31.55	300m: 3:05.91 31.00	400m: 4:05.74 28.63			
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:06.19	+0.70	714	A
	50m: 28.75 28.75	150m: 1:31.82 31.80	250m: 2:34.33 31.50	350m: 3:36.75 30.73			
	100m: 1:00.02 31.27	200m: 2:02.83 31.01	300m: 3:06.02 31.69	400m: 4:06.19 29.44			
6.	Paulo Fragueiro Franco	82	Nacional	4:06.39	+0.73	712	A
	50m: 28.37 28.37	150m: 1:30.43 31.06	250m: 2:32.95 31.15	350m: 3:35.90 31.36			
	100m: 59.37 31.00	200m: 2:01.80 31.37	300m: 3:04.54 31.59	400m: 4:06.39 30.49			
7.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.42	+0.79	712	A
	50m: 28.81 28.81	150m: 1:31.18 31.35	250m: 2:34.31 31.59	350m: 3:36.56 31.02			
	100m: 59.83 31.02	200m: 2:02.72 31.54	300m: 3:05.54 31.23	400m: 4:06.42 29.86			
8.	Miguel Monteiro Diogo	93	Alcobaca	4:07.01	+0.67	707	A
	50m: 28.42 28.42	150m: 1:31.39 31.59	250m: 2:34.30 31.22	350m: 3:36.67 31.12			
	100m: 59.80 31.38	200m: 2:03.08 31.69	300m: 3:05.55 31.25	400m: 4:07.01 30.34			
9.	Pedro Fontoura Oliveira	90	Belenenses	4:07.76	+0.82	700	B
	50m: 28.22 28.22	150m: 1:30.60 31.37	250m: 2:34.88 32.04	350m: 3:38.19 31.09			
	100m: 59.23 31.01	200m: 2:02.84 32.24	300m: 3:07.10 32.22	400m: 4:07.76 29.57			
10.	Mario Andre Bonanca	90	Sporting	4:07.77	+0.82	700	B
	50m: 28.95 28.95	150m: 1:31.40 31.12	250m: 2:34.48 31.52	350m: 3:37.42 31.43			
	100m: 1:00.28 31.33	200m: 2:02.96 31.56	300m: 3:05.99 31.51	400m: 4:07.77 30.35			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Duarte Rafael Mourao	84	Amadora	4:08.71	+0.86	692 B	
	50m: 28.77 28.77	150m: 1:32.42 32.08	250m: 2:35.52 30.92	350m: 3:37.76 31.21			
	100m: 1:00.34 31.57	200m: 2:04.60 32.18	300m: 3:06.55 31.03	400m: 4:08.71 30.95			
12.	Tiago Silva Oliveira	94	Leixoes	4:09.16	+0.78	689 B	
	50m: 28.50 28.50	150m: 1:31.80 32.03	250m: 2:35.55 31.45	350m: 3:38.57 31.41			
	100m: 59.77 31.27	200m: 2:04.10 32.30	300m: 3:07.16 31.61	400m: 4:09.16 30.59			
13.	Andre Filipe Lopes	92	Academica de Coimbra	4:09.55	+0.68	685 B	
	50m: 28.41 28.41	150m: 1:31.81 31.53	250m: 2:34.88 31.08	350m: 3:38.47 31.71			
	100m: 1:00.28 31.87	200m: 2:03.80 31.99	300m: 3:06.76 31.88	400m: 4:09.55 31.08			
14.	Bernardo Almeida Moreira	89	Louletano/Loule Concelho	4:09.63	+0.77	685 B	
	50m: 29.20 29.20	150m: 1:32.76 32.18	250m: 2:35.60 31.41	350m: 3:38.57 31.68			
	100m: 1:00.58 31.38	200m: 2:04.19 31.43	300m: 3:06.89 31.29	400m: 4:09.63 31.06			
15.	Diogo Andre Gaspar	90	Uniao Piedense	4:09.67	+0.74	684 B	
	50m: 28.27 28.27	150m: 1:32.22 31.92	250m: 2:35.85 31.52	350m: 3:39.31 31.17			
	100m: 1:00.30 32.03	200m: 2:04.33 32.11	300m: 3:08.14 32.29	400m: 4:09.67 30.36			
16.	Pedro Diogo Oliveira	88	Rio Maior	4:09.79	+0.72	683 B	
	50m: 30.19 30.19	150m: 1:32.62 31.36	250m: 2:35.52 31.29	350m: 3:38.88 31.68			
	100m: 1:01.26 31.07	200m: 2:04.23 31.61	300m: 3:07.20 31.68	400m: 4:09.79 30.91			
17.	Luis Emanuel Vaz	91	Famalicao	4:10.82	+0.93	675 R	
	50m: 28.81 28.81	150m: 1:31.02 31.69	250m: 2:34.66 31.82	350m: 3:38.64 32.37			
	100m: 59.33 30.52	200m: 2:02.84 31.82	300m: 3:06.27 31.61	400m: 4:10.82 32.18			
18.	Daniel Ricardo Viegas	83	Amadora	4:11.11	+0.73	673	
	50m: 28.90 28.90	150m: 1:32.42 32.21	250m: 2:36.72 32.19	350m: 3:40.53 31.93			
	100m: 1:00.21 31.31	200m: 2:04.53 32.11	300m: 3:08.60 31.88	400m: 4:11.11 30.58			
19.	Ricardo Manuel Machado	93	Braga	4:11.28	+0.88	671	
	50m: 28.82 28.82	150m: 1:32.22 31.97	250m: 2:35.61 31.31	350m: 3:39.98 31.96			
	100m: 1:00.25 31.43	200m: 2:04.30 32.08	300m: 3:08.02 32.41	400m: 4:11.28 31.30			
20.	Samuel Patricio Queiros	91	Porto/Dolce Vita	4:11.31	+0.70	671	
	50m: 28.54 28.54	150m: 1:32.55 32.00	250m: 2:36.06 31.11	350m: 3:39.80 31.71			
	100m: 1:00.55 32.01	200m: 2:04.95 32.40	300m: 3:08.09 32.03	400m: 4:11.31 31.51			
21.	Filipe Vieira Malheiro	90	Braga	4:11.37	+0.75	671	
	50m: 28.39 28.39	150m: 1:32.65 31.86	250m: 2:36.16 31.60	350m: 3:40.10 31.92			
	100m: 1:00.79 32.40	200m: 2:04.56 31.91	300m: 3:08.18 32.02	400m: 4:11.37 31.27			
22.	Nuno Vieira Malheiro	93	Braga	4:11.85	+0.86	667	
	50m: 29.15 29.15	150m: 1:33.57 32.28	250m: 2:37.77 31.87	350m: 3:41.61 31.72			
	100m: 1:01.29 32.14	200m: 2:05.90 32.33	300m: 3:09.89 32.12	400m: 4:11.85 30.24			
23.	Diogo Banza Pinto	87	Alges	4:12.23	+0.80	664	
	<i>FTL</i>						
	50m: 28.54 28.54	150m: 1:32.04 32.08	250m: 2:36.25 31.86	350m: 3:40.94 32.28			
	100m: 59.96 31.42	200m: 2:04.39 32.35	300m: 3:08.66 32.41	400m: 4:12.23 31.29			
24.	Paulo Bruno Janeiro	94	Litoral Alentejano	4:12.35	+0.78	663	
	50m: 28.74 28.74	150m: 1:32.68 32.39	250m: 2:36.47 31.66	350m: 3:41.01 32.10			
	100m: 1:00.29 31.55	200m: 2:04.81 32.13	300m: 3:08.91 32.44	400m: 4:12.35 31.34			
25.	Tomas Correia Silva	95	Porto/Dolce Vita	4:13.12	+0.71	657	
	50m: 27.90 27.90	150m: 1:31.29 31.93	250m: 2:36.68 32.45	350m: 3:41.11 31.89			
	100m: 59.36 31.46	200m: 2:04.23 32.94	300m: 3:09.22 32.54	400m: 4:13.12 32.01			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Luis Miguel Nogueira	93	Porto/Dolce Vita	4:13.53	+0.78	654	
	50m: 29.23 29.23	150m: 1:32.16 32.11	250m: 2:36.56 32.39	350m: 3:42.02 33.12			
	100m: 1:00.05 30.82	200m: 2:04.17 32.01	300m: 3:08.90 32.34	400m: 4:13.53 31.51			
27.	Andre Rafael Marinho	93	Uniao Piedense	4:14.64	+0.98	645	
	50m: 27.79 27.79	150m: 1:30.81 32.14	250m: 2:35.87 32.82	350m: 3:42.58 33.42			
	100m: 58.67 30.88	200m: 2:03.05 32.24	300m: 3:09.16 33.29	400m: 4:14.64 32.06			
28.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	4:16.90	+0.85	628	
	50m: 29.21 29.21	150m: 1:33.88 32.46	250m: 2:38.74 32.30	350m: 3:44.71 32.94			
	100m: 1:01.42 32.21	200m: 2:06.44 32.56	300m: 3:11.77 33.03	400m: 4:16.90 32.19			
29.	Pedro Afonso Gaspar	94	Sporting	4:17.42	+0.73	624	
	50m: 28.07 28.07	150m: 1:31.51 32.02	250m: 2:37.26 32.88	350m: 3:44.43 33.35			
	100m: 59.49 31.42	200m: 2:04.38 32.87	300m: 3:11.08 33.82	400m: 4:17.42 32.99			
30.	Joao Duarte Santos	95	Natacao de Olhao	4:18.43	+0.77	617	
	50m: 27.78 27.78	150m: 1:30.89 31.99	250m: 2:36.72 32.62	350m: 3:43.90 34.13			
	100m: 58.90 31.12	200m: 2:04.10 33.21	300m: 3:09.77 33.05	400m: 4:18.43 34.53			
31.	Rui Miguel Lopes	94	Natacao de Olhao	4:19.65	+1.03	608	
	50m: 29.73 29.73	150m: 1:34.73 33.12	250m: 2:41.32 33.33	350m: 3:47.64 33.22			
	100m: 1:01.61 31.88	200m: 2:07.99 33.26	300m: 3:14.42 33.10	400m: 4:19.65 32.01			
32.	Luis Miguel Silva	89	Braga	4:19.68	+0.91	608	
	<i>FTL</i>						
	50m: 29.54 29.54	150m: 1:34.15 32.13	250m: 2:38.97 31.81	350m: 3:46.29 33.73			
	100m: 1:02.02 32.48	200m: 2:07.16 33.01	300m: 3:12.56 33.59	400m: 4:19.68 33.39			
33.	Francisco Miguel Cirurgiao	93	Alges	4:20.04	+0.72	606	
	<i>FTL</i>						
	50m: 28.77 28.77	150m: 1:33.93 33.29	250m: 2:40.01 32.76	350m: 3:48.48 34.07			
	100m: 1:00.64 31.87	200m: 2:07.25 33.32	300m: 3:14.41 34.40	400m: 4:20.04 31.56			
34.	Tiago Ferreira Azevedo	95	Naval Amorense	4:20.38	+0.67	603	
	50m: 29.77 29.77	150m: 1:35.31 32.74	250m: 2:42.24 33.20	350m: 3:48.00 32.62			
	100m: 1:02.57 32.80	200m: 2:09.04 33.73	300m: 3:15.38 33.14	400m: 4:20.38 32.38			
35.	Joao Nuno Pires	94	Nautico/Matobra	4:20.92	+0.75	600	
	50m: 29.14 29.14	150m: 1:32.80 32.09	250m: 2:39.05 33.08	350m: 3:47.29 33.67			
	100m: 1:00.71 31.57	200m: 2:05.97 33.17	300m: 3:13.62 34.57	400m: 4:20.92 33.63			
36.	Andre Canelas Kaldeich	94	Fluvial Portuense	4:22.23	+0.94	591	
	50m: 29.54 29.54	150m: 1:35.98 33.20	250m: 2:42.98 32.91	350m: 3:50.40 32.38			
	100m: 1:02.78 33.24	200m: 2:10.07 34.09	300m: 3:18.02 35.04	400m: 4:22.23 31.83			
37.	Miguel Alexandre Lemos	94	Porto/Dolce Vita	4:22.63	+0.71	588	
	50m: 29.53 29.53	150m: 1:35.72 33.21	250m: 2:42.05 32.78	350m: 3:50.07 34.35			
	100m: 1:02.51 32.98	200m: 2:09.27 33.55	300m: 3:15.72 33.67	400m: 4:22.63 32.56			
38.	Andre Eduardo Infante	94	Sporting	4:23.15	+0.80	584	
	50m: 29.99 29.99	150m: 1:37.00 33.87	250m: 2:44.67 33.50	350m: 3:51.31 32.77			
	100m: 1:03.13 33.14	200m: 2:11.17 34.17	300m: 3:18.54 33.87	400m: 4:23.15 31.84			
39.	David Rodrigues Luis	95	Colegio Vasco da Gama	4:23.24	+0.72	584	
	50m: 29.65 29.65	150m: 1:36.41 33.16	250m: 2:43.53 32.89	350m: 3:50.45 32.99			
	100m: 1:03.25 33.60	200m: 2:10.64 34.23	300m: 3:17.46 33.93	400m: 4:23.24 32.79			
40.	Edgar Miguel Lopes	94	Louletano/Loule Concelho	4:24.92	+0.65	573	
	50m: 30.16 30.16	150m: 1:36.14 33.12	250m: 2:43.93 34.10	350m: 3:52.63 34.26			
	100m: 1:03.02 32.86	200m: 2:09.83 33.69	300m: 3:18.37 34.44	400m: 4:24.92 32.29			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	Ivo Andre Lopes	94	Scalabisport	4:24.96	+0.80	572	
	50m: 31.22 31.22	150m: 1:38.42 33.64	250m: 2:46.94 34.55	350m: 3:55.62 34.36			
	100m: 1:04.78 33.56	200m: 2:12.39 33.97	300m: 3:21.26 34.32	400m: 4:24.96 29.34			
42.	Pedro Gomes Antunes	94	Braga	4:25.31	+0.85	570	
	50m: 29.51 29.51	150m: 1:35.90 33.44	250m: 2:43.70 34.06	350m: 3:52.95 34.66			
	100m: 1:02.46 32.95	200m: 2:09.64 33.74	300m: 3:18.29 34.59	400m: 4:25.31 32.36			
43.	Gil Vilela Correia	95	Sporting	4:26.09	+0.72	565	
	50m: 29.54 29.54	150m: 1:36.72 34.22	250m: 2:44.80 34.18	350m: 3:53.54 34.24			
	100m: 1:02.50 32.96	200m: 2:10.62 33.90	300m: 3:19.30 34.50	400m: 4:26.09 32.55			
44.	Joao Andre Neves	95	Academica de Coimbra	4:26.42	+0.60	563	
	50m: 29.58 29.58	150m: 1:35.91 33.41	250m: 2:43.27 33.43	350m: 3:52.21 34.16			
	100m: 1:02.50 32.92	200m: 2:09.84 33.93	300m: 3:18.05 34.78	400m: 4:26.42 34.21			
45.	Cesar Filipe Magalhaes	95	Foca	4:26.63	+0.80	562	
	50m: 29.72 29.72	150m: 1:36.95 33.77	250m: 2:44.68 33.95	350m: 3:53.04 33.85			
	100m: 1:03.18 33.46	200m: 2:10.73 33.78	300m: 3:19.19 34.51	400m: 4:26.63 33.59			
46.	Joao Barbosa Moreira	94	Nautico/Matobra	4:26.97	+0.91	560	
	50m: 29.96 29.96	150m: 1:37.34 33.92	250m: 2:46.40 34.78	350m: 3:55.09 34.10			
	100m: 1:03.42 33.46	200m: 2:11.62 34.28	300m: 3:20.99 34.59	400m: 4:26.97 31.88			
47.	Manuel Silva Barros	94	Braga	4:27.41	+0.62	557	
	50m: 29.54 29.54	150m: 1:36.62 33.97	250m: 2:44.87 33.92	350m: 3:53.32 34.07			
	100m: 1:02.65 33.11	200m: 2:10.95 34.33	300m: 3:19.25 34.38	400m: 4:27.41 34.09			
48.	Andre Alexandre Vicente	94	Individual Leiria	4:27.55	+0.73	556	
	50m: 29.35 29.35	150m: 1:34.62 33.22	250m: 2:42.05 33.78	350m: 3:52.55 35.81			
	100m: 1:01.40 32.05	200m: 2:08.27 33.65	300m: 3:16.74 34.69	400m: 4:27.55 35.00			
49.	Edgar Ramos Varela	95	Uniao Piedense	4:28.84	+0.85	548	
	50m: 29.36 29.36	150m: 1:36.35 34.22	250m: 2:46.28 35.33	350m: 3:55.75 34.28			
	100m: 1:02.13 32.77	200m: 2:10.95 34.60	300m: 3:21.47 35.19	400m: 4:28.84 33.09			
50.	Joao Nuno Abreu	95	Vitoria de Guimaraes	4:28.92	+0.83	548	
	50m: 30.22 30.22	150m: 1:38.29 34.32	250m: 2:46.70 33.88	350m: 3:55.32 34.44			
	100m: 1:03.97 33.75	200m: 2:12.82 34.53	300m: 3:20.88 34.18	400m: 4:28.92 33.60			
51.	Diogo Antonio Lopes	95	Torres Novas	4:29.09	+0.82	547	
	50m: 30.20 30.20	150m: 1:37.62 34.35	250m: 2:47.85 35.45	350m: 3:57.64 34.66			
	100m: 1:03.27 33.07	200m: 2:12.40 34.78	300m: 3:22.98 35.13	400m: 4:29.09 31.45			
52.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	4:29.43	+0.79	544	
	50m: 31.21 31.21	150m: 1:40.39 34.99	250m: 2:49.55 34.37	350m: 3:58.92 34.50			
	100m: 1:05.40 34.19	200m: 2:15.18 34.79	300m: 3:24.42 34.87	400m: 4:29.43 30.51			
53.	Oscar Ramos Melim	86	Nacional	4:29.76	+0.87	542	
	<i>FTL</i>						
	50m: 28.71 28.71	150m: 1:34.74 34.24	250m: 2:45.28 35.18	350m: 3:55.57 35.33			
	100m: 1:00.50 31.79	200m: 2:10.10 35.36	300m: 3:20.24 34.96	400m: 4:29.76 34.19			
54.	Duarte Nuno Vieira	95	Nacional	4:30.47	+0.66	538	
	50m: 30.31 30.31	150m: 1:39.18 34.62	250m: 2:49.00 34.77	350m: 3:57.85 34.35			
	100m: 1:04.56 34.25	200m: 2:14.23 35.05	300m: 3:23.50 34.50	400m: 4:30.47 32.62			
55.	Alexandre Santos Gomes	93	Naval do Funchal	4:30.49	+0.80	538	
	<i>FTL</i>						
	50m: 28.83 28.83	150m: 1:32.90 32.66	250m: 2:42.85 35.80	350m: 3:55.74 36.84			
	100m: 1:00.24 31.41	200m: 2:07.05 34.15	300m: 3:18.90 36.05	400m: 4:30.49 34.75			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	Miguel Angelo Ferraria <i>FTL</i>	94	Porto/Dolce Vita	4:30.71	+0.71	537	
	50m: 29.42 29.42 100m: 1:02.73 33.31		150m: 1:37.24 34.51 200m: 2:12.48 35.24	250m: 2:46.91 34.43 300m: 3:22.00 35.09	350m: 3:57.06 35.06 400m: 4:30.71 33.65		
57.	Francisco Taborda Mangas <i>FTL</i>	94	Porto/Dolce Vita	4:30.92	+1.03	535	
	50m: 31.00 31.00 100m: 1:04.84 33.84		150m: 1:39.17 34.33 200m: 2:13.93 34.76	250m: 2:48.65 34.72 300m: 3:23.87 35.22	350m: 3:59.04 35.17 400m: 4:30.92 31.88		
58.	Joao Bernardo Saragoca	95	Scalabisport	4:31.81	+0.97	530	
	50m: 30.92 30.92 100m: 1:05.07 34.15		150m: 1:39.72 34.65 200m: 2:14.76 35.04	250m: 2:49.57 34.81 300m: 3:25.00 35.43	350m: 3:59.96 34.96 400m: 4:31.81 31.85		
59.	Francisco Xavier Rodrigues	95	Academica de Coimbra	4:32.01	+0.63	529	
	50m: 29.46 29.46 100m: 1:02.78 33.32		150m: 1:37.75 34.97 200m: 2:13.26 35.51	250m: 2:48.71 35.45 300m: 3:23.99 35.28	350m: 3:58.65 34.66 400m: 4:32.01 33.36		
60.	Carlos Miguel Araujo <i>FTL</i>	94	Famalicao	4:32.43	+0.74	527	
	50m: 29.39 29.39 100m: 1:02.86 33.47		150m: 1:36.84 33.98 200m: 2:11.65 34.81	250m: 2:46.32 34.67 300m: 3:22.31 35.99	350m: 3:57.56 35.25 400m: 4:32.43 34.87		
61.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	4:33.73	+0.85	519	
	50m: 29.91 29.91 100m: 1:04.91 35.00		150m: 1:39.27 34.36 200m: 2:15.17 35.90	250m: 2:49.85 34.68 300m: 3:25.78 35.93	350m: 4:00.13 34.35 400m: 4:33.73 33.60		
62.	Orlando Filipe Morim	95	Vilacondense	4:35.57	+0.87	509	
	50m: 29.99 29.99 100m: 1:04.20 34.21		150m: 1:39.30 35.10 200m: 2:15.31 36.01	250m: 2:50.50 35.19 300m: 3:27.03 36.53	350m: 4:02.12 35.09 400m: 4:35.57 33.45		
63.	Afonso Mateus Ribeiro	95	Belenenses	4:35.61	+0.66	509	
	50m: 30.35 30.35 100m: 1:04.05 33.70		150m: 1:39.40 35.35 200m: 2:14.56 35.16	250m: 2:50.44 35.88 300m: 3:26.38 35.94	350m: 4:01.94 35.56 400m: 4:35.61 33.67		
64.	Bernardo Manuel Valente	95	Porto/Dolce Vita	4:36.37	+0.75	504	
	50m: 30.54 30.54 100m: 1:05.70 35.16		150m: 1:41.41 35.71 200m: 2:17.19 35.78	250m: 2:51.94 34.75 300m: 3:27.47 35.53	350m: 4:02.96 35.49 400m: 4:36.37 33.41		
65.	Tiago Miguel Alves	95	Columbofila/Cantanhedense	4:36.51	+0.73	504	
	50m: 29.69 29.69 100m: 1:04.28 34.59		150m: 1:38.87 34.59 200m: 2:14.75 35.88	250m: 2:50.13 35.38 300m: 3:26.30 36.17	350m: 4:01.78 35.48 400m: 4:36.51 34.73		
66.	Andre Filipe Fernandes	95	Amadora	4:36.72	+0.85	502	
	50m: 31.48 31.48 100m: 1:06.49 35.01		150m: 1:42.10 35.61 200m: 2:17.66 35.56	250m: 2:52.49 34.83 300m: 3:27.90 35.41	350m: 4:02.32 34.42 400m: 4:36.72 34.40		
67.	Manuel Henrique Alves <i>FTL</i>	95	Desportiva de Viana	4:37.56	+0.67	498	
	50m: 30.42 30.42 100m: 1:04.78 34.36		150m: 1:40.28 35.50 200m: 2:16.09 35.81	250m: 2:52.09 36.00 300m: 3:28.27 36.18	350m: 4:03.85 35.58 400m: 4:37.56 33.71		
68.	Luis de Oliveira <i>FTL</i>	95	Academica de Coimbra	4:39.15	+0.74	489	
	50m: 30.38 30.38 100m: 1:04.80 34.42		150m: 1:39.96 35.16 200m: 2:15.51 35.55	250m: 2:51.29 35.78 300m: 3:27.46 36.17	350m: 4:04.14 36.68 400m: 4:39.15 35.01		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
69.	Mohammad Shams Azad <i>FTL</i>	95	Naval de Ponta Delgada	4:41.09	+0.68	479	
	50m: 29.94 29.94	150m: 1:40.40 35.97	250m: 2:52.61 36.24	350m: 4:06.03 36.91			
	100m: 1:04.43 34.49	200m: 2:16.37 35.97	300m: 3:29.12 36.51	400m: 4:41.09 35.06			
70.	Joao Pedro Santos <i>FTL</i>	95	Estarreja	4:47.62	+0.67	447	
	50m: 29.84 29.84	150m: 1:42.58 37.21	250m: 2:56.51 36.87	350m: 4:11.44 37.60			
	100m: 1:05.37 35.53	200m: 2:19.64 37.06	300m: 3:33.84 37.33	400m: 4:47.62 36.18			

Seniores

1.	Cesar Fernando Faria	90	Bairro dos Anjos	4:04.79	+0.66	726 A	
	50m: 28.16 28.16	150m: 1:31.17 32.01	250m: 2:34.26 31.39	350m: 3:35.51 30.70			
	100m: 59.16 31.00	200m: 2:02.87 31.70	300m: 3:04.81 30.55	400m: 4:04.79 29.28			
2.	Jorge Manuel Maia	89	Famalicao	4:04.85	+0.72	726 A	
	50m: 28.14 28.14	150m: 1:31.20 32.19	250m: 2:34.97 31.81	350m: 3:36.18 30.09			
	100m: 59.01 30.87	200m: 2:03.16 31.96	300m: 3:06.09 31.12	400m: 4:04.85 28.67			
3.	Fabio Manuel Pereira	86	Vilacondense	4:05.74	+0.75	718 A	
	50m: 28.85 28.85	150m: 1:32.15 32.10	250m: 2:34.91 31.21	350m: 3:37.11 31.20			
	100m: 1:00.05 31.20	200m: 2:03.70 31.55	300m: 3:05.91 31.00	400m: 4:05.74 28.63			
4.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:06.19	+0.70	714 A	
	50m: 28.75 28.75	150m: 1:31.82 31.80	250m: 2:34.33 31.50	350m: 3:36.75 30.73			
	100m: 1:00.02 31.27	200m: 2:02.83 31.01	300m: 3:06.02 31.69	400m: 4:06.19 29.44			
5.	Paulo Fragueiro Franco	82	Nacional	4:06.39	+0.73	712 A	
	50m: 28.37 28.37	150m: 1:30.43 31.06	250m: 2:32.95 31.15	350m: 3:35.90 31.36			
	100m: 59.37 31.00	200m: 2:01.80 31.37	300m: 3:04.54 31.59	400m: 4:06.39 30.49			
6.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.42	+0.79	712 A	
	50m: 28.81 28.81	150m: 1:31.18 31.35	250m: 2:34.31 31.59	350m: 3:36.56 31.02			
	100m: 59.83 31.02	200m: 2:02.72 31.54	300m: 3:05.54 31.23	400m: 4:06.42 29.86			
7.	Pedro Fontoura Oliveira	90	Belenenses	4:07.76	+0.82	700 B	
	50m: 28.22 28.22	150m: 1:30.60 31.37	250m: 2:34.88 32.04	350m: 3:38.19 31.09			
	100m: 59.23 31.01	200m: 2:02.84 32.24	300m: 3:07.10 32.22	400m: 4:07.76 29.57			
8.	Mario Andre Bonanca	90	Sporting	4:07.77	+0.82	700 B	
	50m: 28.95 28.95	150m: 1:31.40 31.12	250m: 2:34.48 31.52	350m: 3:37.42 31.43			
	100m: 1:00.28 31.33	200m: 2:02.96 31.56	300m: 3:05.99 31.51	400m: 4:07.77 30.35			
9.	Duarte Rafael Mourao	84	Amadora	4:08.71	+0.86	692 B	
	50m: 28.77 28.77	150m: 1:32.42 32.08	250m: 2:35.52 30.92	350m: 3:37.76 31.21			
	100m: 1:00.34 31.57	200m: 2:04.60 32.18	300m: 3:06.55 31.03	400m: 4:08.71 30.95			
10.	Bernardo Almeida Moreira	89	Louletano/Loule Concelho	4:09.63	+0.77	685 B	
	50m: 29.20 29.20	150m: 1:32.76 32.18	250m: 2:35.60 31.41	350m: 3:38.57 31.68			
	100m: 1:00.58 31.38	200m: 2:04.19 31.43	300m: 3:06.89 31.29	400m: 4:09.63 31.06			
11.	Diogo Andre Gaspar	90	Uniao Piedense	4:09.67	+0.74	684 B	
	50m: 28.27 28.27	150m: 1:32.22 31.92	250m: 2:35.85 31.52	350m: 3:39.31 31.17			
	100m: 1:00.30 32.03	200m: 2:04.33 32.11	300m: 3:08.14 32.29	400m: 4:09.67 30.36			
12.	Pedro Diogo Oliveira	88	Rio Maior	4:09.79	+0.72	683 B	
	50m: 30.19 30.19	150m: 1:32.62 31.36	250m: 2:35.52 31.29	350m: 3:38.88 31.68			
	100m: 1:01.26 31.07	200m: 2:04.23 31.61	300m: 3:07.20 31.68	400m: 4:09.79 30.91			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Luis Emanuel Vaz	91	Famalicao	4:10.82	+0.93	675	R
	50m: 28.81 28.81	150m: 1:31.02 31.69	250m: 2:34.66 31.82	350m: 3:38.64 32.37			
	100m: 59.33 30.52	200m: 2:02.84 31.82	300m: 3:06.27 31.61	400m: 4:10.82 32.18			
14.	Daniel Ricardo Viegas	83	Amadora	4:11.11	+0.73	673	
	50m: 28.90 28.90	150m: 1:32.42 32.21	250m: 2:36.72 32.19	350m: 3:40.53 31.93			
	100m: 1:00.21 31.31	200m: 2:04.53 32.11	300m: 3:08.60 31.88	400m: 4:11.11 30.58			
15.	Samuel Patricio Queiros	91	Porto/Dolce Vita	4:11.31	+0.70	671	
	50m: 28.54 28.54	150m: 1:32.55 32.00	250m: 2:36.06 31.11	350m: 3:39.80 31.71			
	100m: 1:00.55 32.01	200m: 2:04.95 32.40	300m: 3:08.09 32.03	400m: 4:11.31 31.51			
16.	Filipe Vieira Malheiro	90	Braga	4:11.37	+0.75	671	
	50m: 28.39 28.39	150m: 1:32.65 31.86	250m: 2:36.16 31.60	350m: 3:40.10 31.92			
	100m: 1:00.79 32.40	200m: 2:04.56 31.91	300m: 3:08.18 32.02	400m: 4:11.37 31.27			
17.	Diogo Banza Pinto	87	Alges	4:12.23	+0.80	664	
	<i>FTL</i>						
	50m: 28.54 28.54	150m: 1:32.04 32.08	250m: 2:36.25 31.86	350m: 3:40.94 32.28			
	100m: 59.96 31.42	200m: 2:04.39 32.35	300m: 3:08.66 32.41	400m: 4:12.23 31.29			
18.	Luis Miguel Silva	89	Braga	4:19.68	+0.91	608	
	<i>FTL</i>						
	50m: 29.54 29.54	150m: 1:34.15 32.13	250m: 2:38.97 31.81	350m: 3:46.29 33.73			
	100m: 1:02.02 32.48	200m: 2:07.16 33.01	300m: 3:12.56 33.59	400m: 4:19.68 33.39			
19.	Oscar Ramos Melim	86	Nacional	4:29.76	+0.87	542	
	<i>FTL</i>						
	50m: 28.71 28.71	150m: 1:34.74 34.24	250m: 2:45.28 35.18	350m: 3:55.57 35.33			
	100m: 1:00.50 31.79	200m: 2:10.10 35.36	300m: 3:20.24 34.96	400m: 4:29.76 34.19			

Juniores2

1.	Andre Filipe Lopes	92	Academica de Coimbra	4:09.55	+0.68	685	B
	50m: 28.41 28.41	150m: 1:31.81 31.53	250m: 2:34.88 31.08	350m: 3:38.47 31.71			
	100m: 1:00.28 31.87	200m: 2:03.80 31.99	300m: 3:06.76 31.88	400m: 4:09.55 31.08			

Juniores1

1.	Gustavo Manuel Santa	93	Litoral Alentejano	4:04.69	+0.75	727	A
	50m: 28.52 28.52	150m: 1:31.99 32.30	250m: 2:33.39 29.42	350m: 3:35.09 30.97			
	100m: 59.69 31.17	200m: 2:03.97 31.98	300m: 3:04.12 30.73	400m: 4:04.69 29.60			
2.	Miguel Monteiro Diogo	93	Alcobaca	4:07.01	+0.67	707	A
	50m: 28.42 28.42	150m: 1:31.39 31.59	250m: 2:34.30 31.22	350m: 3:36.67 31.12			
	100m: 59.80 31.38	200m: 2:03.08 31.69	300m: 3:05.55 31.25	400m: 4:07.01 30.34			
3.	Ricardo Manuel Machado	93	Braga	4:11.28	+0.88	671	
	50m: 28.82 28.82	150m: 1:32.22 31.97	250m: 2:35.61 31.31	350m: 3:39.98 31.96			
	100m: 1:00.25 31.43	200m: 2:04.30 32.08	300m: 3:08.02 32.41	400m: 4:11.28 31.30			
4.	Nuno Vieira Malheiro	93	Braga	4:11.85	+0.86	667	
	50m: 29.15 29.15	150m: 1:33.57 32.28	250m: 2:37.77 31.87	350m: 3:41.61 31.72			
	100m: 1:01.29 32.14	200m: 2:05.90 32.33	300m: 3:09.89 32.12	400m: 4:11.85 30.24			
5.	Luis Miguel Nogueira	93	Porto/Dolce Vita	4:13.53	+0.78	654	
	50m: 29.23 29.23	150m: 1:32.16 32.11	250m: 2:36.56 32.39	350m: 3:42.02 33.12			
	100m: 1:00.05 30.82	200m: 2:04.17 32.01	300m: 3:08.90 32.34	400m: 4:13.53 31.51			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Andre Rafael Marinho	93	Uniao Piedense	4:14.64	+0.98	645	
	50m: 27.79 27.79	150m: 1:30.81 32.14	250m: 2:35.87 32.82	350m: 3:42.58 33.42			
	100m: 58.67 30.88	200m: 2:03.05 32.24	300m: 3:09.16 33.29	400m: 4:14.64 32.06			
7.	Francisco Miguel Cirurgiao	93	Alges	4:20.04	+0.72	606	
	<i>FTL</i>						
	50m: 28.77 28.77	150m: 1:33.93 33.29	250m: 2:40.01 32.76	350m: 3:48.48 34.07			
	100m: 1:00.64 31.87	200m: 2:07.25 33.32	300m: 3:14.41 34.40	400m: 4:20.04 31.56			
8.	Alexandre Santos Gomes	93	Naval do Funchal	4:30.49	+0.80	538	
	<i>FTL</i>						
	50m: 28.83 28.83	150m: 1:32.90 32.66	250m: 2:42.85 35.80	350m: 3:55.74 36.84			
	100m: 1:00.24 31.41	200m: 2:07.05 34.15	300m: 3:18.90 36.05	400m: 4:30.49 34.75			