

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

Event 5 Men, 100m Breaststroke Open
29-07-2010 - 11:05 Results Prelim

Rec Nac Open	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23-07-2001
Rec Nac Inf B	1:11.95	Andre Goncalo Santos	LSC	Porto	24-07-2010
Rec Nac Inf A	1:10.35	Luis Manuel Fernandes	GDNVNF	S. João da Madeira	25-07-2009
Rec Nac Juv B	1:06.98	Andre Miguel Silva	PDEM	Rio Maior	30-06-2006
Rec Nac Juv A	1:06.28	Andre Miguel Silva	PDEM	Loulé	09-06-2007
Rec Nac Jun	1:02.87	Andre Miguel Silva	PDEM	Faro	18-07-2009
Rec Nac Sen	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23-07-2001

TAC SEN/JUN2 Masc 18 +: 1:09.50 / TAC JUN1 Masc 17: 1:10.50 / TAC JUV A Masc Juv A: 1:14.50 / TAC JUV B Masc Juv B: 1:16.50

Points: FINA 2010

Rank	YB		Time	Pts		50m	100m
Open							
1.	Bram Dekker	89	Eiffel	1:04.04	765 A	29.98	34.06
2.	Nuno Goncalo Quintanilha	87	Louletano/Loule Concelho	1:04.83	737 A	30.78	34.05
3.	Luis Nobre Neto	90	Natacao da Maia	1:05.43	717 A	30.82	34.61
4.	Abdulrahman Al Bader	89	Kuwait	1:05.51	715 A	30.64	34.87
5.	Henrique Pereira Neiva	84	Vilacondense	1:05.71	708 A	31.01	34.70
6.	Carlos Esteves Almeida	88	Amadora	1:05.82	704 A	30.86	34.96
7.	Pedro Miguel Agostinho	92	Sporting	1:06.31	689 A	31.29	35.02
8.	Andre Miguel Silva	91	Palmela	1:06.46	684 A	30.79	35.67
9.	Luis Manuel Fernandes	95	Famalicao	1:07.09	665 B	31.41	35.68
10.	Nuno Rafael Alves	90	Gespacos	1:07.26	660 B	32.14	35.12
11.	Ricardo Jose Varela	89	Naval Setubalense	1:07.33	658 B	31.00	36.33
12.	Mario Martins Costa	92	Alges	1:07.55	652 B	31.93	35.62
13.	Diogo Filipe Matos	92	Sporting	1:07.93	641 B	32.01	35.92
14.	Sergio Baptista Silva	91	Porto/Dolce Vita	1:08.01	639 B	31.90	36.11
15.	Miguel Aragao Santos	91	Vilacondense	1:08.11	636 B	32.12	35.99
	Diogo Parrilha da Silva	93	Alcobaca	1:08.11	636 B	31.57	36.54
17.	Joao Claudio Sousa	93	Gespacos	1:08.29	631 R	31.97	36.32
18.	Ricardo Ribeiro Silva	92	Vilacondense	1:08.37	629 R	31.74	36.63
19.	Tiago Samuel Silva	93	Porto/Dolce Vita	1:08.70	619	31.91	36.79
20.	Pedro Miguel Varela	86	Naval Setubalense	1:08.74	618	32.11	36.63
21.	Andre Bras Goncalves	88	Amadora	1:08.84	616	31.95	36.89
22.	Joao Pedro Braga	94	Naval de Ponta Delgada	1:08.86	615	32.28	36.58
23.	Nuno Durao Pascoal	92	Galitos	1:09.27	604	32.29	36.98
24.	Francisco Santos Costa	93	Portinado	1:09.31	603	32.15	37.16
25.	Helder Alexandre Godinho	86	Bairro dos Anjos	1:09.38	601	31.79	37.59
26.	Ricardo Amorim Rego	84	Braga	1:09.44	600	32.84	36.60
27.	Joao Albano Viola	89	Nautico/Matobra	1:09.77	591	31.21	38.56
	<i>FTL</i>						
28.	Diogo Miguel Silva	95	Uniao Piedense	1:09.84	590	33.00	36.84
29.	Tiago Geraldés Machado	93	Pimpoes/Cimai	1:09.91	588	32.04	37.87
30.	Francisco Mourato Vidinha	93	Benfica	1:09.98	586	32.63	37.35
31.	Andre Pascoal Sargento	87	Lisnave	1:10.01	585	32.19	37.82
	<i>FTL</i>						
32.	Manuel Matos Sequeira	87	GesLoures	1:10.06	584	32.67	37.39
	<i>FTL</i>						
33.	Joao Pedro Neto	95	Naval Setubalense	1:10.20	581	33.72	36.48
34.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	1:10.22	580	32.56	37.66
	<i>FTL</i>						
35.	Goncalo Pereira Sa	95	Feirense	1:10.29	578	33.27	37.02
36.	Pedro Miguel Silva	94	Colegio Monte Maior	1:10.53	572	33.64	36.89

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Event 5, Men, 100m Breaststroke, Prelim, Open

Rank	YB	Time	Pts	50m	100m	
37.	Diego Felipe Santos <i>FTL</i>	87 Nacional	1:10.55	572	33.33	37.22
38.	Alcides Costa Sousa	94 Feirense	1:10.58	571	33.28	37.30
39.	Vitor Diogo Moura <i>FTL</i>	90 Nacional	1:10.60	571	32.23	38.37
40.	Andre Temtem Figueira <i>FTL</i>	91 Naval do Funchal	1:10.62	570	33.19	37.43
41.	Hugo Miguel Silva	94 Braga	1:10.76	567	33.66	37.10
42.	Pedro Barros Mendes	94 Academica de Coimbra	1:10.80	566	33.92	36.88
43.	Jose Manuel Dias	94 Uniao Piedense	1:10.87	564	32.25	38.62
44.	Diogo Manuel Rodrigues	94 Vitoria de Guimaraes	1:11.12	558	34.17	36.95
45.	Joao Andre Neves	95 Academica de Coimbra	1:11.14	558	33.81	37.33
46.	Antonio Ribeiro Mendes <i>FTL</i>	93 Colegio Vasco da Gama	1:11.25	555	33.95	37.30
47.	Mauro Filipe Viegas	95 Natacao de Olhao	1:11.35	553	34.02	37.33
48.	Pedro Afonso Centeno	95 Colegio Vasco da Gama	1:11.41	552		
49.	Ricardo Filipe Ferreira	95 Pimpoes/Cimai	1:11.46	550	33.76	37.70
50.	Joao Pedro Veiga	94 Nautico/Matobra	1:11.80	543		
51.	Rui Pedro Horta	94 Lisnave	1:11.90	540	34.32	37.58
52.	Ruben Paiva Carvalho	94 Academica de Coimbra	1:12.04	537	33.43	38.61
53.	Pedro Miguel Ribeiro	95 Associacao de Gouveia	1:12.11	536	32.84	39.27
54.	Fabio Miguel Samouco	95 Torres Novas	1:12.23	533	33.76	38.47
55.	Joao Tiago Neves	94 Amadora	1:12.32	531		
56.	Miguel Angelo Cruz	95 GesLoures	1:12.34	531		
57.	Joao Filipe Oliveira <i>FTL</i>	92 Braga	1:12.46	528	33.58	38.88
58.	Pedro Alexandre Bento	95 Alges	1:12.48	527	34.10	38.38
59.	Duarte Barros Pires <i>FTL</i>	92 Desportiva Limiana	1:12.69	523	34.10	38.59
60.	Edgar Miguel Lopes	94 Louletano/Loule Concelho	1:12.85	519	34.01	38.84
61.	Nuno Miguel Feliciano	95 Alcobaca	1:13.30	510	33.90	39.40
62.	Mauro Gaspar Ferreira	95 Desporto de Barcelos	1:13.70	502		
63.	Renato Mendes Pinheiro	94 Desportiva de Viana	1:13.73	501	34.28	39.45
64.	Henrique Jose Marquez	95 Galitos	1:14.04	495	35.01	39.03
65.	Tiago Sobral Coelho	95 Ginasio de Santo Tirso	1:14.11	493	34.76	39.35
66.	Antonio Jorge Rocha	94 Penafiel	1:14.26	490	34.05	40.21
67.	Frederico Renato Sousa	95 Gespacos	1:14.29	490	35.36	38.93
68.	Miguel Bras Sergio	95 Bombeiros dos Estoris	1:14.57	484		
	Manuel Henrique Alves	95 Desportiva de Viana	1:14.57	484	35.32	39.25
70.	Joao Rodrigues Luis	95 Naval do Funchal	1:15.35	469	34.91	40.44
71.	Goncalo Miguel Laureano <i>FTL</i>	94 Uniao Samorense	1:15.39	469		
72.	Andre Machado Vale	95 Viana Natacao	1:15.60	465	35.74	39.86
73.	Miguel Rego Borges	95 Bombeiros Ponta Delgada	1:16.09	456	35.52	40.57
74.	Luis Pedro Ribeiro <i>FTL</i>	94 Desportiva de Viana	1:16.12	455		
75.	Hugo Ricardo Gambutas <i>FTL</i>	95 Estremoz	1:18.61	413	35.90	42.71
76.	Rafael Filipe Torres <i>FTL</i>	95 Sporting	1:18.66	413	36.19	42.47
DSQ	Ahmed Al Bader	93 Kuwait				
	<i>528 - Batimento de pernada golfinho durante percurso-SW7.5b</i>					

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Event 5, Men, 100m Breaststroke, Prelim, Open

Rank	YB	Time	Pts	50m	100m
DSQ	Gil Goncalves Pinto	88	Porto/Dolce Vita		
	<i>528 - Batimento de perna de golfinho durante percurso-SW7.5b</i>				

Juvenis B

1.	Luis Manuel Fernandes	95	Famalicao	1:07.09	665	B	31.41	35.68
2.	Diogo Miguel Silva	95	Uniao Piedense	1:09.84	590		33.00	36.84
3.	Joao Pedro Neto	95	Naval Setubalense	1:10.20	581		33.72	36.48
4.	Goncalo Pereira Sa	95	Feirense	1:10.29	578		33.27	37.02
5.	Joao Andre Neves	95	Academica de Coimbra	1:11.14	558		33.81	37.33
6.	Mauro Filipe Viegas	95	Natacao de Olhao	1:11.35	553		34.02	37.33
7.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	1:11.41	552			
8.	Ricardo Filipe Ferreira	95	Pimpoes/Cimai	1:11.46	550		33.76	37.70
9.	Pedro Miguel Ribeiro	95	Associacao de Gouveia	1:12.11	536		32.84	39.27
10.	Fabio Miguel Samouco	95	Torres Novas	1:12.23	533		33.76	38.47
11.	Miguel Angelo Cruz	95	GesLoures	1:12.34	531			
12.	Pedro Alexandre Bento	95	Alges	1:12.48	527		34.10	38.38
13.	Nuno Miguel Feliciano	95	Alcobaca	1:13.30	510		33.90	39.40
14.	Mauro Gaspar Ferreira	95	Desporto de Barcelos	1:13.70	502			
15.	Henrique Jose Marquez	95	Galitos	1:14.04	495		35.01	39.03
16.	Tiago Sobral Coelho	95	Ginasio de Santo Tirso	1:14.11	493		34.76	39.35
17.	Frederico Renato Sousa	95	Gespacos	1:14.29	490		35.36	38.93
18.	Manuel Henrique Alves	95	Desportiva de Viana	1:14.57	484		35.32	39.25
	Miguel Bras Sergio	95	Bombeiros dos Estoris	1:14.57	484			
20.	Joao Rodrigues Luis	95	Naval do Funchal	1:15.35	469		34.91	40.44
21.	Andre Machado Vale	95	Viana Natacao	1:15.60	465		35.74	39.86
22.	Miguel Rego Borges	95	Bombeiros Ponta Delgada	1:16.09	456		35.52	40.57
23.	Hugo Ricardo Gambutas	95	Estremoz	1:18.61	413		35.90	42.71
	<i>FTL</i>							
24.	Rafael Filipe Torres	95	Sporting	1:18.66	413		36.19	42.47
	<i>FTL</i>							

Juvenis A

1.	Joao Pedro Braga	94	Naval de Ponta Delgada	1:08.86	615		32.28	36.58
2.	Pedro Miguel Silva	94	Colegio Monte Maior	1:10.53	572		33.64	36.89
3.	Alcides Costa Sousa	94	Feirense	1:10.58	571		33.28	37.30
4.	Hugo Miguel Silva	94	Braga	1:10.76	567		33.66	37.10
5.	Pedro Barros Mendes	94	Academica de Coimbra	1:10.80	566		33.92	36.88
6.	Jose Manuel Dias	94	Uniao Piedense	1:10.87	564		32.25	38.62
7.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	1:11.12	558		34.17	36.95
8.	Joao Pedro Veiga	94	Nautico/Matobra	1:11.80	543			
9.	Rui Pedro Horta	94	Lisnave	1:11.90	540		34.32	37.58
10.	Ruben Paiva Carvalho	94	Academica de Coimbra	1:12.04	537		33.43	38.61
11.	Joao Tiago Neves	94	Amadora	1:12.32	531			
12.	Edgar Miguel Lopes	94	Louletano/Loule Concelho	1:12.85	519		34.01	38.84
13.	Renato Mendes Pinheiro	94	Desportiva de Viana	1:13.73	501		34.28	39.45
14.	Antonio Jorge Rocha	94	Penafiel	1:14.26	490		34.05	40.21
15.	Goncalo Miguel Laureano	94	Uniao Samorense	1:15.39	469			
	<i>FTL</i>							
16.	Luis Pedro Ribeiro	94	Desportiva de Viana	1:16.12	455			
	<i>FTL</i>							

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Event 5, Men, 100m Breaststroke, Prelim

Absolutos

1.	Nuno Goncalo Quintanilha	87	Louletano/Loule Concelho	1:04.83	737	A	30.78	34.05
2.	Luis Nobre Neto	90	Natacao da Maia	1:05.43	717	A	30.82	34.61
3.	Henrique Pereira Neiva	84	Vilacondense	1:05.71	708	A	31.01	34.70
4.	Carlos Esteves Almeida	88	Amadora	1:05.82	704	A	30.86	34.96
5.	Pedro Miguel Agostinho	92	Sporting	1:06.31	689	A	31.29	35.02
6.	Andre Miguel Silva	91	Palmela	1:06.46	684	A	30.79	35.67
7.	Luis Manuel Fernandes	95	Famalicao	1:07.09	665	B	31.41	35.68
8.	Nuno Rafael Alves	90	Gespacos	1:07.26	660	B	32.14	35.12
9.	Ricardo Jose Varela	89	Naval Setubalense	1:07.33	658	B	31.00	36.33
10.	Mario Martins Costa	92	Alges	1:07.55	652	B	31.93	35.62
11.	Diogo Filipe Matos	92	Sporting	1:07.93	641	B	32.01	35.92
12.	Sergio Baptista Silva	91	Porto/Dolce Vita	1:08.01	639	B	31.90	36.11
13.	Miguel Aragao Santos	91	Vilacondense	1:08.11	636	B	32.12	35.99
	Diogo Parrilha da Silva	93	Alcobaca	1:08.11	636	B	31.57	36.54
15.	Joao Claudio Sousa	93	Gespacos	1:08.29	631	R	31.97	36.32
16.	Ricardo Ribeiro Silva	92	Vilacondense	1:08.37	629	R	31.74	36.63
17.	Tiago Samuel Silva	93	Porto/Dolce Vita	1:08.70	619		31.91	36.79
18.	Pedro Miguel Varela	86	Naval Setubalense	1:08.74	618		32.11	36.63
19.	Andre Bras Goncalves	88	Amadora	1:08.84	616		31.95	36.89
20.	Joao Pedro Braga	94	Naval de Ponta Delgada	1:08.86	615		32.28	36.58
21.	Nuno Durao Pascoal	92	Galitos	1:09.27	604		32.29	36.98
22.	Francisco Santos Costa	93	Portinado	1:09.31	603		32.15	37.16
23.	Helder Alexandre Godinho	86	Bairro dos Anjos	1:09.38	601		31.79	37.59
24.	Ricardo Amorim Rego	84	Braga	1:09.44	600		32.84	36.60
25.	Joao Albano Viola	89	Nautico/Matobra	1:09.77	591		31.21	38.56
	<i>FTL</i>							
26.	Diogo Miguel Silva	95	Uniao Piedense	1:09.84	590		33.00	36.84
27.	Tiago Geraldês Machado	93	Pimpoes/Cimai	1:09.91	588		32.04	37.87
28.	Francisco Mourato Vidinha	93	Benfica	1:09.98	586		32.63	37.35
29.	Andre Pascoal Sargento	87	Lisnave	1:10.01	585		32.19	37.82
	<i>FTL</i>							
30.	Manuel Matos Sequeira	87	GesLoures	1:10.06	584		32.67	37.39
	<i>FTL</i>							
31.	Joao Pedro Neto	95	Naval Setubalense	1:10.20	581		33.72	36.48
32.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	1:10.22	580		32.56	37.66
	<i>FTL</i>							
33.	Goncalo Pereira Sa	95	Feirense	1:10.29	578		33.27	37.02
34.	Pedro Miguel Silva	94	Colegio Monte Maior	1:10.53	572		33.64	36.89
35.	Diego Felipe Santos	87	Nacional	1:10.55	572		33.33	37.22
	<i>FTL</i>							
36.	Alcides Costa Sousa	94	Feirense	1:10.58	571		33.28	37.30
37.	Vitor Diogo Moura	90	Nacional	1:10.60	571		32.23	38.37
	<i>FTL</i>							
38.	Andre Temtem Figueira	91	Naval do Funchal	1:10.62	570		33.19	37.43
	<i>FTL</i>							
39.	Hugo Miguel Silva	94	Braga	1:10.76	567		33.66	37.10
40.	Pedro Barros Mendes	94	Academica de Coimbra	1:10.80	566		33.92	36.88
41.	Jose Manuel Dias	94	Uniao Piedense	1:10.87	564		32.25	38.62
42.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	1:11.12	558		34.17	36.95
43.	Joao Andre Neves	95	Academica de Coimbra	1:11.14	558		33.81	37.33
44.	Antonio Ribeiro Mendes	93	Colegio Vasco da Gama	1:11.25	555		33.95	37.30
	<i>FTL</i>							

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Event 5, Men, 100m Breaststroke, Prelim, Absolutos

Rank	YB	Time	Pts	50m	100m
45.	Mauro Filipe Viegas	95 Natacao de Olhao	1:11.35	553	34.02 37.33
46.	Pedro Afonso Centeno	95 Colegio Vasco da Gama	1:11.41	552	
47.	Ricardo Filipe Ferreira	95 Pimpoes/Cimai	1:11.46	550	33.76 37.70
48.	Joao Pedro Veiga	94 Nautico/Matobra	1:11.80	543	
49.	Rui Pedro Horta	94 Lisnave	1:11.90	540	34.32 37.58
50.	Ruben Paiva Carvalho	94 Academica de Coimbra	1:12.04	537	33.43 38.61
51.	Pedro Miguel Ribeiro	95 Associacao de Gouveia	1:12.11	536	32.84 39.27
52.	Fabio Miguel Samouco	95 Torres Novas	1:12.23	533	33.76 38.47
53.	Joao Tiago Neves	94 Amadora	1:12.32	531	
54.	Miguel Angelo Cruz	95 GesLoures	1:12.34	531	
55.	Joao Filipe Oliveira	92 Braga	1:12.46	528	33.58 38.88
	<i>FTL</i>				
56.	Pedro Alexandre Bento	95 Alges	1:12.48	527	34.10 38.38
57.	Duarte Barros Pires	92 Desportiva Limiana	1:12.69	523	34.10 38.59
	<i>FTL</i>				
58.	Edgar Miguel Lopes	94 Louletano/Loule Concelho	1:12.85	519	34.01 38.84
59.	Nuno Miguel Feliciano	95 Alcobaca	1:13.30	510	33.90 39.40
60.	Mauro Gaspar Ferreira	95 Desporto de Barcelos	1:13.70	502	
61.	Renato Mendes Pinheiro	94 Desportiva de Viana	1:13.73	501	34.28 39.45
62.	Henrique Jose Marquez	95 Galitos	1:14.04	495	35.01 39.03
63.	Tiago Sobral Coelho	95 Ginasio de Santo Tirso	1:14.11	493	34.76 39.35
64.	Antonio Jorge Rocha	94 Penafiel	1:14.26	490	34.05 40.21
65.	Frederico Renato Sousa	95 Gespacos	1:14.29	490	35.36 38.93
66.	Manuel Henrique Alves	95 Desportiva de Viana	1:14.57	484	35.32 39.25
	Miguel Bras Sergio	95 Bombeiros dos Estoris	1:14.57	484	
68.	Joao Rodrigues Luis	95 Naval do Funchal	1:15.35	469	34.91 40.44
69.	Goncalo Miguel Laureano	94 Uniao Samorense	1:15.39	469	
	<i>FTL</i>				
70.	Andre Machado Vale	95 Viana Natacao	1:15.60	465	35.74 39.86
71.	Miguel Rego Borges	95 Bombeiros Ponta Delgada	1:16.09	456	35.52 40.57
72.	Luis Pedro Ribeiro	94 Desportiva de Viana	1:16.12	455	
	<i>FTL</i>				
73.	Hugo Ricardo Gambutas	95 Estremoz	1:18.61	413	35.90 42.71
	<i>FTL</i>				
74.	Rafael Filipe Torres	95 Sporting	1:18.66	413	36.19 42.47
	<i>FTL</i>				
DSQ	Gil Goncalves Pinto	88 Porto/Dolce Vita			
	<i>528 - Batimento de pernada golfinho durante percurso-SW7.5b</i>				

Seniores

1.	Nuno Goncalo Quintanilha	87 Louletano/Loule Concelho	1:04.83	737 A	30.78 34.05
2.	Luis Nobre Neto	90 Natacao da Maia	1:05.43	717 A	30.82 34.61
3.	Henrique Pereira Neiva	84 Vilacondense	1:05.71	708 A	31.01 34.70
4.	Carlos Esteves Almeida	88 Amadora	1:05.82	704 A	30.86 34.96
5.	Andre Miguel Silva	91 Palmela	1:06.46	684 A	30.79 35.67
6.	Nuno Rafael Alves	90 Gespacos	1:07.26	660 B	32.14 35.12
7.	Ricardo Jose Varela	89 Naval Setubalense	1:07.33	658 B	31.00 36.33
8.	Sergio Baptista Silva	91 Porto/Dolce Vita	1:08.01	639 B	31.90 36.11
9.	Miguel Aragao Santos	91 Vilacondense	1:08.11	636 B	32.12 35.99
10.	Pedro Miguel Varela	86 Naval Setubalense	1:08.74	618	32.11 36.63
11.	Andre Bras Goncalves	88 Amadora	1:08.84	616	31.95 36.89

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Event 5, Men, 100m Breaststroke, Prelim, Seniores

Rank	YB		Time	Pts	50m	100m
12.	Helder Alexandre Godinho	86 Bairro dos Anjos	1:09.38	601	31.79	37.59
13.	Ricardo Amorim Rego	84 Braga	1:09.44	600	32.84	36.60
14.	Joao Albano Viola	89 Nautico/Matobra	1:09.77	591	31.21	38.56
	FTL					
15.	Andre Pascoal Sargento	87 Lisnave	1:10.01	585	32.19	37.82
	FTL					
16.	Manuel Matos Sequeira	87 GesLoures	1:10.06	584	32.67	37.39
	FTL					
17.	Hugo Cascais Rodrigues	89 Porto/Dolce Vita	1:10.22	580	32.56	37.66
	FTL					
18.	Diego Felipe Santos	87 Nacional	1:10.55	572	33.33	37.22
	FTL					
19.	Vitor Diogo Moura	90 Nacional	1:10.60	571	32.23	38.37
	FTL					
20.	Andre Temtem Figueira	91 Naval do Funchal	1:10.62	570	33.19	37.43
	FTL					
DSQ	Gil Goncalves Pinto	88 Porto/Dolce Vita				
	<i>528 - Batimento de pernada golfinho durante percurso-SW7.5b</i>					

Juniores2

1.	Pedro Miguel Agostinho	92 Sporting	1:06.31	689	A	31.29	35.02
2.	Mario Martins Costa	92 Alges	1:07.55	652	B	31.93	35.62
3.	Diogo Filipe Matos	92 Sporting	1:07.93	641	B	32.01	35.92
4.	Ricardo Ribeiro Silva	92 Vilacondense	1:08.37	629	R	31.74	36.63
5.	Nuno Durao Pascoal	92 Galitos	1:09.27	604		32.29	36.98
6.	Joao Filipe Oliveira	92 Braga	1:12.46	528		33.58	38.88
	FTL						
7.	Duarte Barros Pires	92 Desportiva Limiana	1:12.69	523		34.10	38.59
	FTL						

Juniores1

1.	Diogo Parrilha da Silva	93 Alcobaca	1:08.11	636	B	31.57	36.54
2.	Joao Claudio Sousa	93 Gespacos	1:08.29	631	R	31.97	36.32
3.	Tiago Samuel Silva	93 Porto/Dolce Vita	1:08.70	619		31.91	36.79
4.	Francisco Santos Costa	93 Portinado	1:09.31	603		32.15	37.16
5.	Tiago Geraldês Machado	93 Pimpoes/Cimai	1:09.91	588		32.04	37.87
6.	Francisco Mourato Vidinha	93 Benfica	1:09.98	586		32.63	37.35
7.	Antonio Ribeiro Mendes	93 Colegio Vasco da Gama	1:11.25	555		33.95	37.30
	FTL						