

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 15 Masc., 400m Estilos Absoluto
05-08-2011 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Inf B	4:59.28	Tomas Miguel Freitas	CDN	Restelo	25-07-2003
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC SEN/JUN2 Masc 18 +: 4:53.00 / TAC JUN1 Masc 17: 4:56.50 / TAC JUV A Masc Juv A: 5:09.00 / TAC JUV B Masc Juv B: 5:18.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Open

1.	Egon Van Der Straeten	91	Vlaamse Zwemfederatie	4:38.14	+0,74	673	A
	50m: 28.12 28.12	150m: 1:35.53 35.67	250m: 2:51.45 40.65	350m: 4:05.88 34.60			
	100m: 59.86 31.74	200m: 2:10.80 35.27	300m: 3:31.28 39.83	400m: 4:38.14 32.26			
	Nuno Rafael Alves	90	Gespacos	4:38.14	+0,91	673	A
	50m: 28.79 28.79	150m: 1:38.85 37.12	250m: 2:53.75 38.99	350m: 4:06.06 33.46			
	100m: 1:01.73 32.94	200m: 2:14.76 35.91	300m: 3:32.60 38.85	400m: 4:38.14 32.08			
3.	Andre Bras Goncalves	88	Amadora	4:39.08	+0,76	667	A
	50m: 28.24 28.24	150m: 1:38.75 36.97	250m: 2:54.34 39.23	350m: 4:06.60 33.14			
	100m: 1:01.78 33.54	200m: 2:15.11 36.36	300m: 3:33.46 39.12	400m: 4:39.08 32.48			
4.	Alexis Manacas Santos	92	Sporting	4:40.92	+0,75	653	A
	50m: 29.73 29.73	150m: 1:39.58 36.31	250m: 2:54.36 39.83	350m: 4:08.26 34.21			
	100m: 1:03.27 33.54	200m: 2:14.53 34.95	300m: 3:34.05 39.69	400m: 4:40.92 32.66			
5.	Paulo Andre Dias	92	Gespacos	4:42.08	+0,86	645	A
	50m: 29.63 29.63	150m: 1:41.09 38.38	250m: 2:57.76 39.67	350m: 4:10.75 32.93			
	100m: 1:02.71 33.08	200m: 2:18.09 37.00	300m: 3:37.82 40.06	400m: 4:42.08 31.33			
6.	Miguel Machado Lopes	92	Sporting	4:43.17	+0,72	638	A
	50m: 29.65 29.65	150m: 1:40.85 37.01	250m: 2:57.72 40.07	350m: 4:11.15 33.27			
	100m: 1:03.84 34.19	200m: 2:17.65 36.80	300m: 3:37.88 40.16	400m: 4:43.17 32.02			
7.	Ruben Filipe Nunes	94	Gespacos	4:44.01	+0,82	632	A
	50m: 29.36 29.36	150m: 1:40.69 37.67	250m: 2:58.03 41.07	350m: 4:11.89 32.92			
	100m: 1:03.02 33.66	200m: 2:16.96 36.27	300m: 3:38.97 40.94	400m: 4:44.01 32.12			
8.	Miguel Silva Oliveira	91	Nautico/Matobra	4:44.29	+0,82	631	A
	50m: 28.69 28.69	150m: 1:38.39 37.24	250m: 2:56.49 41.44	350m: 4:11.38 33.69			
	100m: 1:01.15 32.46	200m: 2:15.05 36.66	300m: 3:37.69 41.20	400m: 4:44.29 32.91			
9.	Joao Claudio Sousa	93	Gespacos	4:45.86	+0,81	620	A
	50m: 29.96 29.96	150m: 1:42.84 38.49	250m: 2:59.87 39.51	350m: 4:13.38 33.48			
	100m: 1:04.35 34.39	200m: 2:20.36 37.52	300m: 3:39.90 40.03	400m: 4:45.86 32.48			
10.	Andre Duarte Vaz	93	Ginasio Figueirense	4:46.95	+0,86	613	R
	50m: 30.06 30.06	150m: 1:40.49 36.30	250m: 2:58.63 42.28	350m: 4:14.80 33.99			
	100m: 1:04.19 34.13	200m: 2:16.35 35.86	300m: 3:40.81 42.18	400m: 4:46.95 32.15			
11.	Tomas Miguel Veloso	96	Nautico/Matobra	4:48.44	+0,86	604	R
	50m: 31.10 31.10	150m: 1:43.92 37.85	250m: 3:00.87 39.43	350m: 4:16.20 33.47			
	100m: 1:06.07 34.97	200m: 2:21.44 37.52	300m: 3:42.73 41.86	400m: 4:48.44 32.24			
12.	Ricardo Amorim Rego	84	Braga	4:49.56	+0,82	597	B
	50m: 30.09 30.09	150m: 1:42.89 37.05	250m: 3:00.97 40.61	350m: 4:15.74 34.40			
	100m: 1:05.84 35.75	200m: 2:20.36 37.47	300m: 3:41.34 40.37	400m: 4:49.56 33.82			

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Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Tomas Miguel Freitas	90	Nacional	4:50.91	+0,85	588	B
	50m: 29.64 29.64	150m: 1:43.12 39.19	250m: 3:02.27 40.99	350m: 4:18.31 33.41			
	100m: 1:03.93 34.29	200m: 2:21.28 38.16	300m: 3:44.90 42.63	400m: 4:50.91 32.60			
14.	Diogo Miguel Silva	95	Uniao Piedense	4:51.52	+0,79	585	B
	50m: 29.22 29.22	150m: 1:42.08 38.14	250m: 3:01.15 40.89	350m: 4:17.63 34.44			
	100m: 1:03.94 34.72	200m: 2:20.26 38.18	300m: 3:43.19 42.04	400m: 4:51.52 33.89			
15.	Jose Luis Gabriel	96	Academico Viseu	4:51.98	+0,86	582	B
	50m: 29.63 29.63	150m: 1:42.36 38.12	250m: 3:02.52 43.05	350m: 4:20.05 33.16			
	100m: 1:04.24 34.61	200m: 2:19.47 37.11	300m: 3:46.89 44.37	400m: 4:51.98 31.93			
16.	Mauro Filipe Viegas	95	Natacao de Olhao	4:52.15	+0,72	581	B
	50m: 30.61 30.61	150m: 1:46.31 39.95	250m: 3:05.84 40.10	350m: 4:19.97 33.28			
	100m: 1:06.36 35.75	200m: 2:25.74 39.43	300m: 3:46.69 40.85	400m: 4:52.15 32.18			
17.	Joao Pedro Veiga	94	Nautico/Matobra	4:52.52	+0,87	579	R
	50m: 30.07 30.07	150m: 1:43.80 39.19	250m: 3:02.95 40.89	350m: 4:19.92 34.76			
	100m: 1:04.61 34.54	200m: 2:22.06 38.26	300m: 3:45.16 42.21	400m: 4:52.52 32.60			
18.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:52.93	+0,80	576	R
	50m: 29.73 29.73	150m: 1:43.64 39.01	250m: 3:03.59 41.84	350m: 4:20.78 34.93			
	100m: 1:04.63 34.90	200m: 2:21.75 38.11	300m: 3:45.85 42.26	400m: 4:52.93 32.15			
19.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:53.03	+0,83	576	
	50m: 31.21 31.21	150m: 1:46.27 37.75	250m: 3:02.85 39.88	350m: 4:18.96 35.04			
	100m: 1:08.52 37.31	200m: 2:22.97 36.70	300m: 3:43.92 41.07	400m: 4:53.03 34.07			
20.	Fabio Alexandre Freitas	94	Uniao Piedense	4:53.67	+0,91	572	
	50m: 30.88 30.88	150m: 1:43.11 37.10	250m: 3:03.75 44.01	350m: 4:21.35 34.30			
	100m: 1:06.01 35.13	200m: 2:19.74 36.63	300m: 3:47.05 43.30	400m: 4:53.67 32.32			
21.	Mario Rui Cruz	94	Amadora	4:53.88	+0,76	571	
	50m: 30.18 30.18	150m: 1:42.83 37.04	250m: 3:03.66 44.04	350m: 4:21.36 33.29			
	100m: 1:05.79 35.61	200m: 2:19.62 36.79	300m: 3:48.07 44.41	400m: 4:53.88 32.52			
22.	Joao Andre Neves	95	Academica de Coimbra	4:54.62	+0,77	566	
	50m: 29.90 29.90	150m: 1:44.57 38.97	250m: 3:03.35 40.57	350m: 4:21.31 35.03			
	100m: 1:05.60 35.70	200m: 2:22.78 38.21	300m: 3:46.28 42.93	400m: 4:54.62 33.31			
23.	Pedro Barros Mendes	94	Academica de Coimbra	4:55.90	+0,79	559	
	50m: 30.73 30.73	150m: 1:43.17 37.20	250m: 3:01.79 41.39	350m: 4:20.97 35.37			
	100m: 1:05.97 35.24	200m: 2:20.40 37.23	300m: 3:45.60 43.81	400m: 4:55.90 34.93			
24.	Rafael Filipe Torres	95	Sporting	4:57.28	+0,76	551	
	50m: 29.60 29.60	150m: 1:43.77 40.05	250m: 3:05.18 41.56	350m: 4:22.87 34.88			
	100m: 1:03.72 34.12	200m: 2:23.62 39.85	300m: 3:47.99 42.81	400m: 4:57.28 34.41			
25.	Pedro Veiguiha Martins	96	Braga	4:58.06	+0,78	547	
	50m: 32.73 32.73	150m: 1:50.66 41.00	250m: 3:10.43 42.10	350m: 4:26.42 33.06			
	100m: 1:09.66 36.93	200m: 2:28.33 37.67	300m: 3:53.36 42.93	400m: 4:58.06 31.64			
26.	Diogo Manuel Rodrigues FTL	94	Vitoria de Guimaraes	4:58.79	+0,94	543	
	50m: 30.13 30.13	150m: 1:45.26 39.84	250m: 3:04.89 40.94	350m: 4:23.86 36.32			
	100m: 1:05.42 35.29	200m: 2:23.95 38.69	300m: 3:47.54 42.65	400m: 4:58.79 34.93			
27.	Andre Machado Vale	95	Viana Natacao	5:00.22	+0,92	535	
	50m: 31.03 31.03	150m: 1:46.29 40.35	250m: 3:07.91 42.49	350m: 4:26.50 36.07			
	100m: 1:05.94 34.91	200m: 2:25.42 39.13	300m: 3:50.43 42.52	400m: 5:00.22 33.72			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Paulo Andre Silva	96	Vilacondense	5:00.54	+0,76	534	
	50m: 30.64 30.64	150m: 1:45.99 40.29	250m: 3:07.34 41.96	350m: 4:25.98	400m: 5:00.54	35.26	
	100m: 1:05.70 35.06	200m: 2:25.38 39.39	300m: 3:50.72 43.38			34.56	
29.	Andre Antunes Carvalho	96	Colegio Monte Maior	5:03.36	+0,87	519	
	50m: 30.95 30.95	150m: 1:46.91 40.58	250m: 3:11.08 44.55	350m: 4:29.90	400m: 5:03.36	34.34	
	100m: 1:06.33 35.38	200m: 2:26.53 39.62	300m: 3:55.56 44.48			33.46	
30.	Henrique Jose Marquez	95	Galitos	5:03.80	+0,80	517	
	50m: 31.15 31.15	150m: 1:47.89 39.90	250m: 3:09.12 41.94	350m: 4:28.99	400m: 5:03.80	36.46	
	100m: 1:07.99 36.84	200m: 2:27.18 39.29	300m: 3:52.53 43.41			34.81	
31.	Afonso Mateus Ribeiro	95	Belenenses	5:04.90	+0,67	511	
	50m: 30.23 30.23	150m: 1:46.61 40.93	250m: 3:11.83 44.82	350m: 4:31.38	400m: 5:04.90	34.94	
	100m: 1:05.68 35.45	200m: 2:27.01 40.40	300m: 3:56.44 44.61			33.52	
32.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	5:05.90	+0,71	506	
	50m: 30.90 30.90	150m: 1:48.10 39.72	250m: 3:12.53 43.45	350m: 4:32.44	400m: 5:05.90	35.73	
	100m: 1:08.38 37.48	200m: 2:29.08 40.98	300m: 3:56.71 44.18			33.46	
33.	Nuno Miguel Feliciano	95	Alcobaca	5:07.08	+0,70	500	
	50m: 32.18 32.18	150m: 1:50.85 41.01	250m: 3:12.83 42.38	350m: 4:31.85	400m: 5:07.08	36.18	
	100m: 1:09.84 37.66	200m: 2:30.45 39.60	300m: 3:55.67 42.84			35.23	
34.	Artur Jose Reis	96	Porto/Dolce Vita	5:07.13	+0,80	500	
	50m: 30.29 30.29	150m: 1:48.47 43.35	250m: 3:10.20 42.70	350m: 4:31.80	400m: 5:07.13	37.49	
	100m: 1:05.12 34.83	200m: 2:27.50 39.03	300m: 3:54.31 44.11			35.33	
35.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	5:07.67	+0,83	497	
	50m: 31.07 31.07	150m: 1:47.09 40.05	250m: 3:11.02 43.69	350m: 4:32.87	400m: 5:07.67	36.80	
	100m: 1:07.04 35.97	200m: 2:27.33 40.24	300m: 3:56.07 45.05			34.80	
36.	Joao Diogo Neves	95	Colegio Vasco da Gama	5:07.90	+0,88	496	
	50m: 32.81 32.81	150m: 1:48.93 37.95	250m: 3:11.78 44.68	350m: 4:32.72	400m: 5:07.90	34.97	
	100m: 1:10.98 38.17	200m: 2:27.10 38.17	300m: 3:57.75 45.97			35.18	
37.	Tomas Risso Fernandes	96	Colegio Vasco da Gama	5:08.62	+0,82	493	
	50m: 33.16 33.16	150m: 1:48.87 38.06	250m: 3:12.90 45.80	350m: 4:34.93	400m: 5:08.62	36.64	
	100m: 1:10.81 37.65	200m: 2:27.10 38.23	300m: 3:58.29 45.39			33.69	
38.	Guilherme Dias Nunes	96	Natacao de Olhao	5:08.91	+0,70	491	
	50m: 31.67 31.67	150m: 1:49.65 41.68	250m: 3:15.85 46.02	350m: 4:36.70	400m: 5:08.91	34.21	
	100m: 1:07.97 36.30	200m: 2:29.83 40.18	300m: 4:02.49 46.64			32.21	
39.	Joao Filipe Costa	96	Sporting	5:09.52	+0,72	488	
	50m: 30.49 30.49	150m: 1:47.35 40.30	250m: 3:09.59 42.72	350m: 4:33.93	400m: 5:09.52	38.06	
	100m: 1:07.05 36.56	200m: 2:26.87 39.52	300m: 3:55.87 46.28			35.59	
40.	Leonardo Peralta Reis	96	Benedita	5:09.53	+0,93	488	
	50m: 32.72 32.72	150m: 1:52.65 40.67	250m: 3:16.32 43.99	350m: 4:36.67	400m: 5:09.53	35.29	
	100m: 1:11.98 39.26	200m: 2:32.33 39.68	300m: 4:01.38 45.06			32.86	
41.	Miguel Angelo Cruz	96	Gespacos	5:09.69	+0,94	488	
	50m: 32.34 32.34	150m: 1:51.82 43.24	250m: 3:16.01 42.88	350m: 4:35.39	400m: 5:09.69	35.84	
	100m: 1:08.58 36.24	200m: 2:33.13 41.31	300m: 3:59.55 43.54			34.30	
42.	Tomas Antonio Azevedo	96	Aminata	5:10.76	+0,72	483	
	50m: 33.37 33.37	150m: 1:50.15 38.30	250m: 3:13.92 46.42	350m: 4:36.97	400m: 5:10.76	36.32	
	100m: 1:11.85 38.48	200m: 2:27.50 37.35	300m: 4:00.65 46.73			33.79	

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Jose Pedro Bugalho	96	Alcobaca	5:11.81	+0,74	478	
	50m: 31.25 31.25	150m: 1:50.45 42.10	250m: 3:16.16 44.92	350m: 4:37.99	400m: 5:11.81	35.89	
	100m: 1:08.35 37.10	200m: 2:31.24 40.79	300m: 4:02.10 45.94			33.82	
44.	Rui Ferreira Poeira	95	Terceira Auto Clube	5:12.03	+0,71	477	
	<i>FTL</i>						
	50m: 31.11 31.11	150m: 1:47.40 39.62	250m: 3:11.76 44.52	350m: 4:36.34	400m: 5:12.03	37.63	
	100m: 1:07.78 36.67	200m: 2:27.24 39.84	300m: 3:58.71 46.95			35.69	
45.	Diogo Silva Marzia	96	Electrico	5:12.07	+0,84	477	
	50m: 32.40 32.40	150m: 1:49.82 41.35	250m: 3:16.39 46.92	350m: 4:38.49	400m: 5:12.07	35.82	
	100m: 1:08.47 36.07	200m: 2:29.47 39.65	300m: 4:02.67 46.28			33.58	
46.	Joao Miguel Lopes	96	Electrico	5:12.59	+0,84	474	
	50m: 33.42 33.42	150m: 1:52.24 41.32	250m: 3:16.89 45.06	350m: 4:38.58	400m: 5:12.59	36.12	
	100m: 1:10.92 37.50	200m: 2:31.83 39.59	300m: 4:02.46 45.57			34.01	
47.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	5:12.96	+0,84	472	
	50m: 31.42 31.42	150m: 1:48.04 39.93	250m: 3:14.99 47.72	350m: 4:38.48	400m: 5:12.96	34.63	
	100m: 1:08.11 36.69	200m: 2:27.27 39.23	300m: 4:03.85 48.86			34.48	
48.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	5:13.05	+0,83	472	
	<i>FTL</i>						
	50m: 30.99 30.99	150m: 1:48.34 39.32	250m: 3:12.85 44.24	350m: 4:37.13	400m: 5:13.05	38.61	
	100m: 1:09.02 38.03	200m: 2:28.61 40.27	300m: 3:58.52 45.67			35.92	
49.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	5:13.57	+0,72	470	
	50m: 32.76 32.76	150m: 1:50.31 40.72	250m: 3:15.57 44.97	350m: 4:38.63	400m: 5:13.57	37.22	
	100m: 1:09.59 36.83	200m: 2:30.60 40.29	300m: 4:01.41 45.84			34.94	
50.	Gil Silva Santos	96	Gespacos	5:13.83	+0,88	469	
	50m: 30.49 30.49	150m: 1:50.22 42.82	250m: 3:15.60 44.24	350m: 4:38.21	400m: 5:13.83	37.28	
	100m: 1:07.40 36.91	200m: 2:31.36 41.14	300m: 4:00.93 45.33			35.62	
51.	Rui Miguel Cruz	96	Natacao da Maia	5:14.35	+0,84	466	
	50m: 32.25 32.25	150m: 1:51.42 41.36	250m: 3:16.97 44.98	350m: 4:39.97	400m: 5:14.35	36.57	
	100m: 1:10.06 37.81	200m: 2:31.99 40.57	300m: 4:03.40 46.43			34.38	
52.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	5:15.38	+0,82	462	
	50m: 32.68 32.68	150m: 1:52.69 41.02	250m: 3:16.69 44.48	350m: 4:39.41	400m: 5:15.38	37.38	
	100m: 1:11.67 38.99	200m: 2:32.21 39.52	300m: 4:02.03 45.34			35.97	
53.	Vitor Samuel Rocha	96	Gespacos	5:15.48	+0,87	461	
	50m: 33.04 33.04	150m: 1:49.90 40.14	250m: 3:18.07 48.84	350m: 4:41.89	400m: 5:15.48	37.38	
	100m: 1:09.76 36.72	200m: 2:29.23 39.33	300m: 4:04.51 46.44			33.59	
54.	Pedro Alexandre Bento	95	Alges	5:16.45	+0,93	457	
	<i>FTL</i>						
	50m: 30.48 30.48	150m: 1:49.19 42.30	250m: 3:13.83 44.52	350m: 4:38.78	400m: 5:16.45	39.71	
	100m: 1:06.89 36.41	200m: 2:29.31 40.12	300m: 3:59.07 45.24			37.67	
55.	Bruno Alexandre Sousa	96	Gespacos	5:25.11	+0,86	421	
	<i>FTL</i>						
	50m: 34.70 34.70	150m: 1:59.74 43.63	250m: 3:26.57 44.94	350m: 4:48.39	400m: 5:25.11	37.92	
	100m: 1:16.11 41.41	200m: 2:41.63 41.89	300m: 4:10.47 43.90			36.72	

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Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Thomas Haffield	88	Swim Wales		+0,76		
	<i>726 - Movimento alternado de pernas durante o percurso subaquático - SW 7.4</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Rui Filipe Vilar	91	Porto/Dolce Vita		+0,77		
	<i>702 - Pernada de golfinho antes da braçada submarina - SW 7.1</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Daniel Ricardo Viegas	83	Amadora		+0,81		
	<i>721 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Rafael Filipe Nunes	96	Naval Amorense		+0,74		
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Juvenis B

1.	Tomas Miguel Veloso	96	Nautico/Matobra	4:48.44	+0,86	604	R
	50m: 31.10 31.10	150m: 1:43.92 37.85	250m: 3:00.87 39.43	350m: 4:16.20 33.47			
	100m: 1:06.07 34.97	200m: 2:21.44 37.52	300m: 3:42.73 41.86	400m: 4:48.44 32.24			
2.	Jose Luis Gabriel	96	Academico Viseu	4:51.98	+0,86	582	B
	50m: 29.63 29.63	150m: 1:42.36 38.12	250m: 3:02.52 43.05	350m: 4:20.05 33.16			
	100m: 1:04.24 34.61	200m: 2:19.47 37.11	300m: 3:46.89 44.37	400m: 4:51.98 31.93			
3.	Pedro Veiguiha Martins	96	Braga	4:58.06	+0,78	547	
	50m: 32.73 32.73	150m: 1:50.66 41.00	250m: 3:10.43 42.10	350m: 4:26.42 33.06			
	100m: 1:09.66 36.93	200m: 2:28.33 37.67	300m: 3:53.36 42.93	400m: 4:58.06 31.64			
4.	Paulo Andre Silva	96	Vilacondense	5:00.54	+0,76	534	
	50m: 30.64 30.64	150m: 1:45.99 40.29	250m: 3:07.34 41.96	350m: 4:25.98 35.26			
	100m: 1:05.70 35.06	200m: 2:25.38 39.39	300m: 3:50.72 43.38	400m: 5:00.54 34.56			
5.	Andre Antunes Carvalho	96	Colegio Monte Maior	5:03.36	+0,87	519	
	50m: 30.95 30.95	150m: 1:46.91 40.58	250m: 3:11.08 44.55	350m: 4:29.90 34.34			
	100m: 1:06.33 35.38	200m: 2:26.53 39.62	300m: 3:55.56 44.48	400m: 5:03.36 33.46			
6.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	5:05.90	+0,71	506	
	50m: 30.90 30.90	150m: 1:48.10 39.72	250m: 3:12.53 43.45	350m: 4:32.44 35.73			
	100m: 1:08.38 37.48	200m: 2:29.08 40.98	300m: 3:56.71 44.18	400m: 5:05.90 33.46			
7.	Artur Jose Reis	96	Porto/Dolce Vita	5:07.13	+0,80	500	
	50m: 30.29 30.29	150m: 1:48.47 43.35	250m: 3:10.20 42.70	350m: 4:31.80 37.49			
	100m: 1:05.12 34.83	200m: 2:27.50 39.03	300m: 3:54.31 44.11	400m: 5:07.13 35.33			
8.	Tomas Risso Fernandes	96	Colegio Vasco da Gama	5:08.62	+0,82	493	
	50m: 33.16 33.16	150m: 1:48.87 38.06	250m: 3:12.90 45.80	350m: 4:34.93 36.64			
	100m: 1:10.81 37.65	200m: 2:27.10 38.23	300m: 3:58.29 45.39	400m: 5:08.62 33.69			
9.	Guilherme Dias Nunes	96	Natacao de Olhao	5:08.91	+0,70	491	
	50m: 31.67 31.67	150m: 1:49.65 41.68	250m: 3:15.85 46.02	350m: 4:36.70 34.21			
	100m: 1:07.97 36.30	200m: 2:29.83 40.18	300m: 4:02.49 46.64	400m: 5:08.91 32.21			

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Prova 15, Masc., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Joao Filipe Costa	96	Sporting	5:09.52	+0,72	488	
	50m: 30.49 30.49	150m: 1:47.35 40.30	250m: 3:09.59 42.72	350m: 4:33.93	38.06		
	100m: 1:07.05 36.56	200m: 2:26.87 39.52	300m: 3:55.87 46.28	400m: 5:09.52	35.59		
11.	Leonardo Peralta Reis	96	Benedita	5:09.53	+0,93	488	
	50m: 32.72 32.72	150m: 1:52.65 40.67	250m: 3:16.32 43.99	350m: 4:36.67	35.29		
	100m: 1:11.98 39.26	200m: 2:32.33 39.68	300m: 4:01.38 45.06	400m: 5:09.53	32.86		
12.	Miguel Angelo Cruz	96	Gespacos	5:09.69	+0,94	488	
	50m: 32.34 32.34	150m: 1:51.82 43.24	250m: 3:16.01 42.88	350m: 4:35.39	35.84		
	100m: 1:08.58 36.24	200m: 2:33.13 41.31	300m: 3:59.55 43.54	400m: 5:09.69	34.30		
13.	Tomas Antonio Azevedo	96	Aminata	5:10.76	+0,72	483	
	50m: 33.37 33.37	150m: 1:50.15 38.30	250m: 3:13.92 46.42	350m: 4:36.97	36.32		
	100m: 1:11.85 38.48	200m: 2:27.50 37.35	300m: 4:00.65 46.73	400m: 5:10.76	33.79		
14.	Jose Pedro Bugalho	96	Alcobaca	5:11.81	+0,74	478	
	50m: 31.25 31.25	150m: 1:50.45 42.10	250m: 3:16.16 44.92	350m: 4:37.99	35.89		
	100m: 1:08.35 37.10	200m: 2:31.24 40.79	300m: 4:02.10 45.94	400m: 5:11.81	33.82		
15.	Diogo Silva Marzia	96	Electrico	5:12.07	+0,84	477	
	50m: 32.40 32.40	150m: 1:49.82 41.35	250m: 3:16.39 46.92	350m: 4:38.49	35.82		
	100m: 1:08.47 36.07	200m: 2:29.47 39.65	300m: 4:02.67 46.28	400m: 5:12.07	33.58		
16.	Joao Miguel Lopes	96	Electrico	5:12.59	+0,84	474	
	50m: 33.42 33.42	150m: 1:52.24 41.32	250m: 3:16.89 45.06	350m: 4:38.58	36.12		
	100m: 1:10.92 37.50	200m: 2:31.83 39.59	300m: 4:02.46 45.57	400m: 5:12.59	34.01		
17.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	5:12.96	+0,84	472	
	50m: 31.42 31.42	150m: 1:48.04 39.93	250m: 3:14.99 47.72	350m: 4:38.48	34.63		
	100m: 1:08.11 36.69	200m: 2:27.27 39.23	300m: 4:03.85 48.86	400m: 5:12.96	34.48		
18.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	5:13.57	+0,72	470	
	50m: 32.76 32.76	150m: 1:50.31 40.72	250m: 3:15.57 44.97	350m: 4:38.63	37.22		
	100m: 1:09.59 36.83	200m: 2:30.60 40.29	300m: 4:01.41 45.84	400m: 5:13.57	34.94		
19.	Gil Silva Santos	96	Gespacos	5:13.83	+0,88	469	
	50m: 30.49 30.49	150m: 1:50.22 42.82	250m: 3:15.60 44.24	350m: 4:38.21	37.28		
	100m: 1:07.40 36.91	200m: 2:31.36 41.14	300m: 4:00.93 45.33	400m: 5:13.83	35.62		
20.	Rui Miguel Cruz	96	Natacao da Maia	5:14.35	+0,84	466	
	50m: 32.25 32.25	150m: 1:51.42 41.36	250m: 3:16.97 44.98	350m: 4:39.97	36.57		
	100m: 1:10.06 37.81	200m: 2:31.99 40.57	300m: 4:03.40 46.43	400m: 5:14.35	34.38		
21.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	5:15.38	+0,82	462	
	50m: 32.68 32.68	150m: 1:52.69 41.02	250m: 3:16.69 44.48	350m: 4:39.41	37.38		
	100m: 1:11.67 38.99	200m: 2:32.21 39.52	300m: 4:02.03 45.34	400m: 5:15.38	35.97		
22.	Vitor Samuel Rocha	96	Gespacos	5:15.48	+0,87	461	
	50m: 33.04 33.04	150m: 1:49.90 40.14	250m: 3:18.07 48.84	350m: 4:41.89	37.38		
	100m: 1:09.76 36.72	200m: 2:29.23 39.33	300m: 4:04.51 46.44	400m: 5:15.48	33.59		
23.	Bruno Alexandre Sousa	96	Gespacos	5:25.11	+0,86	421	
	<i>FTL</i>						
	50m: 34.70 34.70	150m: 1:59.74 43.63	250m: 3:26.57 44.94	350m: 4:48.39	37.92		
	100m: 1:16.11 41.41	200m: 2:41.63 41.89	300m: 4:10.47 43.90	400m: 5:25.11	36.72		

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Prova 15, Masc., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Rafael Filipe Nunes	96	Naval Amorense		+0,74		
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Juvenis A

1.	Diogo Miguel Silva	95	Uniao Piedense	4:51.52	+0,79	585	B
	50m: 29.22 29.22	150m: 1:42.08 38.14	250m: 3:01.15 40.89	350m: 4:17.63 34.44			
	100m: 1:03.94 34.72	200m: 2:20.26 38.18	300m: 3:43.19 42.04	400m: 4:51.52 33.89			
2.	Mauro Filipe Viegas	95	Natacao de Olhao	4:52.15	+0,72	581	B
	50m: 30.61 30.61	150m: 1:46.31 39.95	250m: 3:05.84 40.10	350m: 4:19.97 33.28			
	100m: 1:06.36 35.75	200m: 2:25.74 39.43	300m: 3:46.69 40.85	400m: 4:52.15 32.18			
3.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:52.93	+0,80	576	R
	50m: 29.73 29.73	150m: 1:43.64 39.01	250m: 3:03.59 41.84	350m: 4:20.78 34.93			
	100m: 1:04.63 34.90	200m: 2:21.75 38.11	300m: 3:45.85 42.26	400m: 4:52.93 32.15			
4.	Joao Andre Neves	95	Academica de Coimbra	4:54.62	+0,77	566	
	50m: 29.90 29.90	150m: 1:44.57 38.97	250m: 3:03.35 40.57	350m: 4:21.31 35.03			
	100m: 1:05.60 35.70	200m: 2:22.78 38.21	300m: 3:46.28 42.93	400m: 4:54.62 33.31			
5.	Rafael Filipe Torres	95	Sporting	4:57.28	+0,76	551	
	50m: 29.60 29.60	150m: 1:43.77 40.05	250m: 3:05.18 41.56	350m: 4:22.87 34.88			
	100m: 1:03.72 34.12	200m: 2:23.62 39.85	300m: 3:47.99 42.81	400m: 4:57.28 34.41			
6.	Andre Machado Vale	95	Viana Natacao	5:00.22	+0,92	535	
	50m: 31.03 31.03	150m: 1:46.29 40.35	250m: 3:07.91 42.49	350m: 4:26.50 36.07			
	100m: 1:05.94 34.91	200m: 2:25.42 39.13	300m: 3:50.43 42.52	400m: 5:00.22 33.72			
7.	Henrique Jose Marquez	95	Galitos	5:03.80	+0,80	517	
	50m: 31.15 31.15	150m: 1:47.89 39.90	250m: 3:09.12 41.94	350m: 4:28.99 36.46			
	100m: 1:07.99 36.84	200m: 2:27.18 39.29	300m: 3:52.53 43.41	400m: 5:03.80 34.81			
8.	Afonso Mateus Ribeiro	95	Belenenses	5:04.90	+0,67	511	
	50m: 30.23 30.23	150m: 1:46.61 40.93	250m: 3:11.83 44.82	350m: 4:31.38 34.94			
	100m: 1:05.68 35.45	200m: 2:27.01 40.40	300m: 3:56.44 44.61	400m: 5:04.90 33.52			
9.	Nuno Miguel Feliciano	95	Alcobaca	5:07.08	+0,70	500	
	50m: 32.18 32.18	150m: 1:50.85 41.01	250m: 3:12.83 42.38	350m: 4:31.85 36.18			
	100m: 1:09.84 37.66	200m: 2:30.45 39.60	300m: 3:55.67 42.84	400m: 5:07.08 35.23			
10.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	5:07.67	+0,83	497	
	50m: 31.07 31.07	150m: 1:47.09 40.05	250m: 3:11.02 43.69	350m: 4:32.87 36.80			
	100m: 1:07.04 35.97	200m: 2:27.33 40.24	300m: 3:56.07 45.05	400m: 5:07.67 34.80			
11.	Joao Diogo Neves	95	Colegio Vasco da Gama	5:07.90	+0,88	496	
	50m: 32.81 32.81	150m: 1:48.93 37.95	250m: 3:11.78 44.68	350m: 4:32.72 34.97			
	100m: 1:10.98 38.17	200m: 2:27.10 38.17	300m: 3:57.75 45.97	400m: 5:07.90 35.18			
12.	Rui Ferreira Poeira	95	Terceira Auto Clube	5:12.03	+0,71	477	
	<i>FTL</i>						
	50m: 31.11 31.11	150m: 1:47.40 39.62	250m: 3:11.76 44.52	350m: 4:36.34 37.63			
	100m: 1:07.78 36.67	200m: 2:27.24 39.84	300m: 3:58.71 46.95	400m: 5:12.03 35.69			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Tiago Sobral Coelho <i>FTL</i>	95	Ginasio Santo Tirso	5:13.05	+0,83	472	
	50m: 30.99 30.99	150m: 1:48.34 39.32	250m: 3:12.85 44.24	350m: 4:37.13 38.61			
	100m: 1:09.02 38.03	200m: 2:28.61 40.27	300m: 3:58.52 45.67	400m: 5:13.05 35.92			
14.	Pedro Alexandre Bento <i>FTL</i>	95	Alges	5:16.45	+0,93	457	
	50m: 30.48 30.48	150m: 1:49.19 42.30	250m: 3:13.83 44.52	350m: 4:38.78 39.71			
	100m: 1:06.89 36.41	200m: 2:29.31 40.12	300m: 3:59.07 45.24	400m: 5:16.45 37.67			

Absolutos

1.	Nuno Rafael Alves	90	Gespacos	4:38.14	+0,91	673 A	
	50m: 28.79 28.79	150m: 1:38.85 37.12	250m: 2:53.75 38.99	350m: 4:06.06 33.46			
	100m: 1:01.73 32.94	200m: 2:14.76 35.91	300m: 3:32.60 38.85	400m: 4:38.14 32.08			
2.	Andre Bras Goncalves	88	Amadora	4:39.08	+0,76	667 A	
	50m: 28.24 28.24	150m: 1:38.75 36.97	250m: 2:54.34 39.23	350m: 4:06.60 33.14			
	100m: 1:01.78 33.54	200m: 2:15.11 36.36	300m: 3:33.46 39.12	400m: 4:39.08 32.48			
3.	Alexis Manacas Santos	92	Sporting	4:40.92	+0,75	653 A	
	50m: 29.73 29.73	150m: 1:39.58 36.31	250m: 2:54.36 39.83	350m: 4:08.26 34.21			
	100m: 1:03.27 33.54	200m: 2:14.53 34.95	300m: 3:34.05 39.69	400m: 4:40.92 32.66			
4.	Paulo Andre Dias	92	Gespacos	4:42.08	+0,86	645 A	
	50m: 29.63 29.63	150m: 1:41.09 38.38	250m: 2:57.76 39.67	350m: 4:10.75 32.93			
	100m: 1:02.71 33.08	200m: 2:18.09 37.00	300m: 3:37.82 40.06	400m: 4:42.08 31.33			
5.	Miguel Machado Lopes	92	Sporting	4:43.17	+0,72	638 A	
	50m: 29.65 29.65	150m: 1:40.85 37.01	250m: 2:57.72 40.07	350m: 4:11.15 33.27			
	100m: 1:03.84 34.19	200m: 2:17.65 36.80	300m: 3:37.88 40.16	400m: 4:43.17 32.02			
6.	Ruben Filipe Nunes	94	Gespacos	4:44.01	+0,82	632 A	
	50m: 29.36 29.36	150m: 1:40.69 37.67	250m: 2:58.03 41.07	350m: 4:11.89 32.92			
	100m: 1:03.02 33.66	200m: 2:16.96 36.27	300m: 3:38.97 40.94	400m: 4:44.01 32.12			
7.	Miguel Silva Oliveira	91	Nautico/Matobra	4:44.29	+0,82	631 A	
	50m: 28.69 28.69	150m: 1:38.39 37.24	250m: 2:56.49 41.44	350m: 4:11.38 33.69			
	100m: 1:01.15 32.46	200m: 2:15.05 36.66	300m: 3:37.69 41.20	400m: 4:44.29 32.91			
8.	Joao Claudio Sousa	93	Gespacos	4:45.86	+0,81	620 A	
	50m: 29.96 29.96	150m: 1:42.84 38.49	250m: 2:59.87 39.51	350m: 4:13.38 33.48			
	100m: 1:04.35 34.39	200m: 2:20.36 37.52	300m: 3:39.90 40.03	400m: 4:45.86 32.48			
9.	Andre Duarte Vaz	93	Ginasio Figueirense	4:46.95	+0,86	613 R	
	50m: 30.06 30.06	150m: 1:40.49 36.30	250m: 2:58.63 42.28	350m: 4:14.80 33.99			
	100m: 1:04.19 34.13	200m: 2:16.35 35.86	300m: 3:40.81 42.18	400m: 4:46.95 32.15			
10.	Tomas Miguel Veloso	96	Nautico/Matobra	4:48.44	+0,86	604 R	
	50m: 31.10 31.10	150m: 1:43.92 37.85	250m: 3:00.87 39.43	350m: 4:16.20 33.47			
	100m: 1:06.07 34.97	200m: 2:21.44 37.52	300m: 3:42.73 41.86	400m: 4:48.44 32.24			
11.	Ricardo Amorim Rego	84	Braga	4:49.56	+0,82	597 B	
	50m: 30.09 30.09	150m: 1:42.89 37.05	250m: 3:00.97 40.61	350m: 4:15.74 34.40			
	100m: 1:05.84 35.75	200m: 2:20.36 37.47	300m: 3:41.34 40.37	400m: 4:49.56 33.82			
12.	Tomas Miguel Freitas	90	Nacional	4:50.91	+0,85	588 B	
	50m: 29.64 29.64	150m: 1:43.12 39.19	250m: 3:02.27 40.99	350m: 4:18.31 33.41			
	100m: 1:03.93 34.29	200m: 2:21.28 38.16	300m: 3:44.90 42.63	400m: 4:50.91 32.60			

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Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Diogo Miguel Silva	95	Uniao Piedense	4:51.52	+0,79	585	B
	50m: 29.22 29.22	150m: 1:42.08 38.14	250m: 3:01.15 40.89	350m: 4:17.63 34.44			
	100m: 1:03.94 34.72	200m: 2:20.26 38.18	300m: 3:43.19 42.04	400m: 4:51.52 33.89			
14.	Jose Luis Gabriel	96	Academico Viseu	4:51.98	+0,86	582	B
	50m: 29.63 29.63	150m: 1:42.36 38.12	250m: 3:02.52 43.05	350m: 4:20.05 33.16			
	100m: 1:04.24 34.61	200m: 2:19.47 37.11	300m: 3:46.89 44.37	400m: 4:51.98 31.93			
15.	Mauro Filipe Viegas	95	Natacao de Olhao	4:52.15	+0,72	581	B
	50m: 30.61 30.61	150m: 1:46.31 39.95	250m: 3:05.84 40.10	350m: 4:19.97 33.28			
	100m: 1:06.36 35.75	200m: 2:25.74 39.43	300m: 3:46.69 40.85	400m: 4:52.15 32.18			
16.	Joao Pedro Veiga	94	Nautico/Matobra	4:52.52	+0,87	579	R
	50m: 30.07 30.07	150m: 1:43.80 39.19	250m: 3:02.95 40.89	350m: 4:19.92 34.76			
	100m: 1:04.61 34.54	200m: 2:22.06 38.26	300m: 3:45.16 42.21	400m: 4:52.52 32.60			
17.	Miguel Bras Sergio	95	Bombeiros dos Estoris	4:52.93	+0,80	576	R
	50m: 29.73 29.73	150m: 1:43.64 39.01	250m: 3:03.59 41.84	350m: 4:20.78 34.93			
	100m: 1:04.63 34.90	200m: 2:21.75 38.11	300m: 3:45.85 42.26	400m: 4:52.93 32.15			
18.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:53.03	+0,83	576	
	50m: 31.21 31.21	150m: 1:46.27 37.75	250m: 3:02.85 39.88	350m: 4:18.96 35.04			
	100m: 1:08.52 37.31	200m: 2:22.97 36.70	300m: 3:43.92 41.07	400m: 4:53.03 34.07			
19.	Fabio Alexandre Freitas	94	Uniao Piedense	4:53.67	+0,91	572	
	50m: 30.88 30.88	150m: 1:43.11 37.10	250m: 3:03.75 44.01	350m: 4:21.35 34.30			
	100m: 1:06.01 35.13	200m: 2:19.74 36.63	300m: 3:47.05 43.30	400m: 4:53.67 32.32			
20.	Mario Rui Cruz	94	Amadora	4:53.88	+0,76	571	
	50m: 30.18 30.18	150m: 1:42.83 37.04	250m: 3:03.66 44.04	350m: 4:21.36 33.29			
	100m: 1:05.79 35.61	200m: 2:19.62 36.79	300m: 3:48.07 44.41	400m: 4:53.88 32.52			
21.	Joao Andre Neves	95	Academica de Coimbra	4:54.62	+0,77	566	
	50m: 29.90 29.90	150m: 1:44.57 38.97	250m: 3:03.35 40.57	350m: 4:21.31 35.03			
	100m: 1:05.60 35.70	200m: 2:22.78 38.21	300m: 3:46.28 42.93	400m: 4:54.62 33.31			
22.	Pedro Barros Mendes	94	Academica de Coimbra	4:55.90	+0,79	559	
	50m: 30.73 30.73	150m: 1:43.17 37.20	250m: 3:01.79 41.39	350m: 4:20.97 35.37			
	100m: 1:05.97 35.24	200m: 2:20.40 37.23	300m: 3:45.60 43.81	400m: 4:55.90 34.93			
23.	Rafael Filipe Torres	95	Sporting	4:57.28	+0,76	551	
	50m: 29.60 29.60	150m: 1:43.77 40.05	250m: 3:05.18 41.56	350m: 4:22.87 34.88			
	100m: 1:03.72 34.12	200m: 2:23.62 39.85	300m: 3:47.99 42.81	400m: 4:57.28 34.41			
24.	Pedro Veiguiha Martins	96	Braga	4:58.06	+0,78	547	
	50m: 32.73 32.73	150m: 1:50.66 41.00	250m: 3:10.43 42.10	350m: 4:26.42 33.06			
	100m: 1:09.66 36.93	200m: 2:28.33 37.67	300m: 3:53.36 42.93	400m: 4:58.06 31.64			
25.	Diogo Manuel Rodrigues FTL	94	Vitoria de Guimaraes	4:58.79	+0,94	543	
	50m: 30.13 30.13	150m: 1:45.26 39.84	250m: 3:04.89 40.94	350m: 4:23.86 36.32			
	100m: 1:05.42 35.29	200m: 2:23.95 38.69	300m: 3:47.54 42.65	400m: 4:58.79 34.93			
26.	Andre Machado Vale	95	Viana Natacao	5:00.22	+0,92	535	
	50m: 31.03 31.03	150m: 1:46.29 40.35	250m: 3:07.91 42.49	350m: 4:26.50 36.07			
	100m: 1:05.94 34.91	200m: 2:25.42 39.13	300m: 3:50.43 42.52	400m: 5:00.22 33.72			
27.	Paulo Andre Silva	96	Vilacondense	5:00.54	+0,76	534	
	50m: 30.64 30.64	150m: 1:45.99 40.29	250m: 3:07.34 41.96	350m: 4:25.98 35.26			
	100m: 1:05.70 35.06	200m: 2:25.38 39.39	300m: 3:50.72 43.38	400m: 5:00.54 34.56			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Andre Antunes Carvalho	96	Colegio Monte Maior	5:03.36	+0,87	519	
	50m: 30.95 30.95	150m: 1:46.91 40.58	250m: 3:11.08 44.55	350m: 4:29.90	400m: 5:03.36	34.34	
	100m: 1:06.33 35.38	200m: 2:26.53 39.62	300m: 3:55.56 44.48			33.46	
29.	Henrique Jose Marquez	95	Galitos	5:03.80	+0,80	517	
	50m: 31.15 31.15	150m: 1:47.89 39.90	250m: 3:09.12 41.94	350m: 4:28.99	400m: 5:03.80	36.46	
	100m: 1:07.99 36.84	200m: 2:27.18 39.29	300m: 3:52.53 43.41			34.81	
30.	Afonso Mateus Ribeiro	95	Belenenses	5:04.90	+0,67	511	
	50m: 30.23 30.23	150m: 1:46.61 40.93	250m: 3:11.83 44.82	350m: 4:31.38	400m: 5:04.90	34.94	
	100m: 1:05.68 35.45	200m: 2:27.01 40.40	300m: 3:56.44 44.61			33.52	
31.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	5:05.90	+0,71	506	
	50m: 30.90 30.90	150m: 1:48.10 39.72	250m: 3:12.53 43.45	350m: 4:32.44	400m: 5:05.90	35.73	
	100m: 1:08.38 37.48	200m: 2:29.08 40.98	300m: 3:56.71 44.18			33.46	
32.	Nuno Miguel Feliciano	95	Alcobaca	5:07.08	+0,70	500	
	50m: 32.18 32.18	150m: 1:50.85 41.01	250m: 3:12.83 42.38	350m: 4:31.85	400m: 5:07.08	36.18	
	100m: 1:09.84 37.66	200m: 2:30.45 39.60	300m: 3:55.67 42.84			35.23	
33.	Artur Jose Reis	96	Porto/Dolce Vita	5:07.13	+0,80	500	
	50m: 30.29 30.29	150m: 1:48.47 43.35	250m: 3:10.20 42.70	350m: 4:31.80	400m: 5:07.13	37.49	
	100m: 1:05.12 34.83	200m: 2:27.50 39.03	300m: 3:54.31 44.11			35.33	
34.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	5:07.67	+0,83	497	
	50m: 31.07 31.07	150m: 1:47.09 40.05	250m: 3:11.02 43.69	350m: 4:32.87	400m: 5:07.67	36.80	
	100m: 1:07.04 35.97	200m: 2:27.33 40.24	300m: 3:56.07 45.05			34.80	
35.	Joao Diogo Neves	95	Colegio Vasco da Gama	5:07.90	+0,88	496	
	50m: 32.81 32.81	150m: 1:48.93 37.95	250m: 3:11.78 44.68	350m: 4:32.72	400m: 5:07.90	34.97	
	100m: 1:10.98 38.17	200m: 2:27.10 38.17	300m: 3:57.75 45.97			35.18	
36.	Tomas Riso Fernandes	96	Colegio Vasco da Gama	5:08.62	+0,82	493	
	50m: 33.16 33.16	150m: 1:48.87 38.06	250m: 3:12.90 45.80	350m: 4:34.93	400m: 5:08.62	36.64	
	100m: 1:10.81 37.65	200m: 2:27.10 38.23	300m: 3:58.29 45.39			33.69	
37.	Guilherme Dias Nunes	96	Natacao de Olhao	5:08.91	+0,70	491	
	50m: 31.67 31.67	150m: 1:49.65 41.68	250m: 3:15.85 46.02	350m: 4:36.70	400m: 5:08.91	34.21	
	100m: 1:07.97 36.30	200m: 2:29.83 40.18	300m: 4:02.49 46.64			32.21	
38.	Joao Filipe Costa	96	Sporting	5:09.52	+0,72	488	
	50m: 30.49 30.49	150m: 1:47.35 40.30	250m: 3:09.59 42.72	350m: 4:33.93	400m: 5:09.52	38.06	
	100m: 1:07.05 36.56	200m: 2:26.87 39.52	300m: 3:55.87 46.28			35.59	
39.	Leonardo Peralta Reis	96	Benedita	5:09.53	+0,93	488	
	50m: 32.72 32.72	150m: 1:52.65 40.67	250m: 3:16.32 43.99	350m: 4:36.67	400m: 5:09.53	35.29	
	100m: 1:11.98 39.26	200m: 2:32.33 39.68	300m: 4:01.38 45.06			32.86	
40.	Miguel Angelo Cruz	96	Gespacos	5:09.69	+0,94	488	
	50m: 32.34 32.34	150m: 1:51.82 43.24	250m: 3:16.01 42.88	350m: 4:35.39	400m: 5:09.69	35.84	
	100m: 1:08.58 36.24	200m: 2:33.13 41.31	300m: 3:59.55 43.54			34.30	
41.	Tomas Antonio Azevedo	96	Aminata	5:10.76	+0,72	483	
	50m: 33.37 33.37	150m: 1:50.15 38.30	250m: 3:13.92 46.42	350m: 4:36.97	400m: 5:10.76	36.32	
	100m: 1:11.85 38.48	200m: 2:27.50 37.35	300m: 4:00.65 46.73			33.79	
42.	Jose Pedro Bugalho	96	Alcobaca	5:11.81	+0,74	478	
	50m: 31.25 31.25	150m: 1:50.45 42.10	250m: 3:16.16 44.92	350m: 4:37.99	400m: 5:11.81	35.89	
	100m: 1:08.35 37.10	200m: 2:31.24 40.79	300m: 4:02.10 45.94			33.82	

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Rui Ferreira Poeira <i>FTL</i>	95	Terceira Auto Clube	5:12.03	+0,71	477	
	50m: 31.11 31.11	150m: 1:47.40 39.62	250m: 3:11.76 44.52	350m: 4:36.34 37.63			
	100m: 1:07.78 36.67	200m: 2:27.24 39.84	300m: 3:58.71 46.95	400m: 5:12.03 35.69			
44.	Diogo Silva Marzia	96	Electrico	5:12.07	+0,84	477	
	50m: 32.40 32.40	150m: 1:49.82 41.35	250m: 3:16.39 46.92	350m: 4:38.49 35.82			
	100m: 1:08.47 36.07	200m: 2:29.47 39.65	300m: 4:02.67 46.28	400m: 5:12.07 33.58			
45.	Joao Miguel Lopes	96	Electrico	5:12.59	+0,84	474	
	50m: 33.42 33.42	150m: 1:52.24 41.32	250m: 3:16.89 45.06	350m: 4:38.58 36.12			
	100m: 1:10.92 37.50	200m: 2:31.83 39.59	300m: 4:02.46 45.57	400m: 5:12.59 34.01			
46.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	5:12.96	+0,84	472	
	50m: 31.42 31.42	150m: 1:48.04 39.93	250m: 3:14.99 47.72	350m: 4:38.48 34.63			
	100m: 1:08.11 36.69	200m: 2:27.27 39.23	300m: 4:03.85 48.86	400m: 5:12.96 34.48			
47.	Tiago Sobral Coelho <i>FTL</i>	95	Ginasio Santo Tirso	5:13.05	+0,83	472	
	50m: 30.99 30.99	150m: 1:48.34 39.32	250m: 3:12.85 44.24	350m: 4:37.13 38.61			
	100m: 1:09.02 38.03	200m: 2:28.61 40.27	300m: 3:58.52 45.67	400m: 5:13.05 35.92			
48.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	5:13.57	+0,72	470	
	50m: 32.76 32.76	150m: 1:50.31 40.72	250m: 3:15.57 44.97	350m: 4:38.63 37.22			
	100m: 1:09.59 36.83	200m: 2:30.60 40.29	300m: 4:01.41 45.84	400m: 5:13.57 34.94			
49.	Gil Silva Santos	96	Gespacos	5:13.83	+0,88	469	
	50m: 30.49 30.49	150m: 1:50.22 42.82	250m: 3:15.60 44.24	350m: 4:38.21 37.28			
	100m: 1:07.40 36.91	200m: 2:31.36 41.14	300m: 4:00.93 45.33	400m: 5:13.83 35.62			
50.	Rui Miguel Cruz	96	Natacao da Maia	5:14.35	+0,84	466	
	50m: 32.25 32.25	150m: 1:51.42 41.36	250m: 3:16.97 44.98	350m: 4:39.97 36.57			
	100m: 1:10.06 37.81	200m: 2:31.99 40.57	300m: 4:03.40 46.43	400m: 5:14.35 34.38			
51.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	5:15.38	+0,82	462	
	50m: 32.68 32.68	150m: 1:52.69 41.02	250m: 3:16.69 44.48	350m: 4:39.41 37.38			
	100m: 1:11.67 38.99	200m: 2:32.21 39.52	300m: 4:02.03 45.34	400m: 5:15.38 35.97			
52.	Vitor Samuel Rocha	96	Gespacos	5:15.48	+0,87	461	
	50m: 33.04 33.04	150m: 1:49.90 40.14	250m: 3:18.07 48.84	350m: 4:41.89 37.38			
	100m: 1:09.76 36.72	200m: 2:29.23 39.33	300m: 4:04.51 46.44	400m: 5:15.48 33.59			
53.	Pedro Alexandre Bento <i>FTL</i>	95	Alges	5:16.45	+0,93	457	
	50m: 30.48 30.48	150m: 1:49.19 42.30	250m: 3:13.83 44.52	350m: 4:38.78 39.71			
	100m: 1:06.89 36.41	200m: 2:29.31 40.12	300m: 3:59.07 45.24	400m: 5:16.45 37.67			
54.	Bruno Alexandre Sousa <i>FTL</i>	96	Gespacos	5:25.11	+0,86	421	
	50m: 34.70 34.70	150m: 1:59.74 43.63	250m: 3:26.57 44.94	350m: 4:48.39 37.92			
	100m: 1:16.11 41.41	200m: 2:41.63 41.89	300m: 4:10.47 43.90	400m: 5:25.11 36.72			
DSQ	Rafael Filipe Nunes <i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>	96	Naval Amorense		+0,74		
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Daniel Ricardo Viegas	83	Amadora		+0,81		
	<i>721 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Rui Filipe Vilar	91	Porto/Dolce Vita		+0,77		
	<i>702 - Pernada de golfinho antes da braçada submarina - SW 7.1</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			

Jun1

1.	Ruben Filipe Nunes	94	Gespacos	4:44.01	+0,82	632	A
	50m: 29.36 29.36	150m: 1:40.69 37.67	250m: 2:58.03 41.07	350m: 4:11.89 32.92			
	100m: 1:03.02 33.66	200m: 2:16.96 36.27	300m: 3:38.97 40.94	400m: 4:44.01 32.12			
2.	Joao Pedro Veiga	94	Nautico/Matobra	4:52.52	+0,87	579	R
	50m: 30.07 30.07	150m: 1:43.80 39.19	250m: 3:02.95 40.89	350m: 4:19.92 34.76			
	100m: 1:04.61 34.54	200m: 2:22.06 38.26	300m: 3:45.16 42.21	400m: 4:52.52 32.60			
3.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:53.03	+0,83	576	
	50m: 31.21 31.21	150m: 1:46.27 37.75	250m: 3:02.85 39.88	350m: 4:18.96 35.04			
	100m: 1:08.52 37.31	200m: 2:22.97 36.70	300m: 3:43.92 41.07	400m: 4:53.03 34.07			
4.	Fabio Alexandre Freitas	94	Uniao Piedense	4:53.67	+0,91	572	
	50m: 30.88 30.88	150m: 1:43.11 37.10	250m: 3:03.75 44.01	350m: 4:21.35 34.30			
	100m: 1:06.01 35.13	200m: 2:19.74 36.63	300m: 3:47.05 43.30	400m: 4:53.67 32.32			
5.	Mario Rui Cruz	94	Amadora	4:53.88	+0,76	571	
	50m: 30.18 30.18	150m: 1:42.83 37.04	250m: 3:03.66 44.04	350m: 4:21.36 33.29			
	100m: 1:05.79 35.61	200m: 2:19.62 36.79	300m: 3:48.07 44.41	400m: 4:53.88 32.52			
6.	Pedro Barros Mendes	94	Academica de Coimbra	4:55.90	+0,79	559	
	50m: 30.73 30.73	150m: 1:43.17 37.20	250m: 3:01.79 41.39	350m: 4:20.97 35.37			
	100m: 1:05.97 35.24	200m: 2:20.40 37.23	300m: 3:45.60 43.81	400m: 4:55.90 34.93			
7.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	4:58.79	+0,94	543	
	<i>FTL</i>						
	50m: 30.13 30.13	150m: 1:45.26 39.84	250m: 3:04.89 40.94	350m: 4:23.86 36.32			
	100m: 1:05.42 35.29	200m: 2:23.95 38.69	300m: 3:47.54 42.65	400m: 4:58.79 34.93			

Sen/Jun2

1.	Nuno Rafael Alves	90	Gespacos	4:38.14	+0,91	673	A
	50m: 28.79 28.79	150m: 1:38.85 37.12	250m: 2:53.75 38.99	350m: 4:06.06 33.46			
	100m: 1:01.73 32.94	200m: 2:14.76 35.91	300m: 3:32.60 38.85	400m: 4:38.14 32.08			
2.	Andre Bras Goncalves	88	Amadora	4:39.08	+0,76	667	A
	50m: 28.24 28.24	150m: 1:38.75 36.97	250m: 2:54.34 39.23	350m: 4:06.60 33.14			
	100m: 1:01.78 33.54	200m: 2:15.11 36.36	300m: 3:33.46 39.12	400m: 4:39.08 32.48			
3.	Alexis Manacas Santos	92	Sporting	4:40.92	+0,75	653	A
	50m: 29.73 29.73	150m: 1:39.58 36.31	250m: 2:54.36 39.83	350m: 4:08.26 34.21			
	100m: 1:03.27 33.54	200m: 2:14.53 34.95	300m: 3:34.05 39.69	400m: 4:40.92 32.66			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Paulo Andre Dias	92	Gespacos	4:42.08	+0,86	645	A
	50m: 29.63 29.63	150m: 1:41.09 38.38	250m: 2:57.76 39.67	350m: 4:10.75 32.93			
	100m: 1:02.71 33.08	200m: 2:18.09 37.00	300m: 3:37.82 40.06	400m: 4:42.08 31.33			
5.	Miguel Machado Lopes	92	Sporting	4:43.17	+0,72	638	A
	50m: 29.65 29.65	150m: 1:40.85 37.01	250m: 2:57.72 40.07	350m: 4:11.15 33.27			
	100m: 1:03.84 34.19	200m: 2:17.65 36.80	300m: 3:37.88 40.16	400m: 4:43.17 32.02			
6.	Miguel Silva Oliveira	91	Nautico/Matobra	4:44.29	+0,82	631	A
	50m: 28.69 28.69	150m: 1:38.39 37.24	250m: 2:56.49 41.44	350m: 4:11.38 33.69			
	100m: 1:01.15 32.46	200m: 2:15.05 36.66	300m: 3:37.69 41.20	400m: 4:44.29 32.91			
7.	Joao Claudio Sousa	93	Gespacos	4:45.86	+0,81	620	A
	50m: 29.96 29.96	150m: 1:42.84 38.49	250m: 2:59.87 39.51	350m: 4:13.38 33.48			
	100m: 1:04.35 34.39	200m: 2:20.36 37.52	300m: 3:39.90 40.03	400m: 4:45.86 32.48			
8.	Andre Duarte Vaz	93	Ginasio Figueirense	4:46.95	+0,86	613	R
	50m: 30.06 30.06	150m: 1:40.49 36.30	250m: 2:58.63 42.28	350m: 4:14.80 33.99			
	100m: 1:04.19 34.13	200m: 2:16.35 35.86	300m: 3:40.81 42.18	400m: 4:46.95 32.15			
9.	Ricardo Amorim Rego	84	Braga	4:49.56	+0,82	597	B
	50m: 30.09 30.09	150m: 1:42.89 37.05	250m: 3:00.97 40.61	350m: 4:15.74 34.40			
	100m: 1:05.84 35.75	200m: 2:20.36 37.47	300m: 3:41.34 40.37	400m: 4:49.56 33.82			
10.	Tomas Miguel Freitas	90	Nacional	4:50.91	+0,85	588	B
	50m: 29.64 29.64	150m: 1:43.12 39.19	250m: 3:02.27 40.99	350m: 4:18.31 33.41			
	100m: 1:03.93 34.29	200m: 2:21.28 38.16	300m: 3:44.90 42.63	400m: 4:50.91 32.60			
DSQ	Daniel Ricardo Viegas	83	Amadora		+0,81		
	<i>721 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			
DSQ	Rui Filipe Vilar	91	Porto/Dolce Vita		+0,77		
	<i>702 - Pernada de golfinho antes da braçada submarina - SW 7.1</i>						
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:			