

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

Event 30	Men, 200m Breaststroke					Open
06-08-2011 - 9:50						Results Prelim
Rec Nac Open	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12-08-2008	
Rec Nac Inf B	2:39.83	Luis Manuel Fernandes	GDNVNF	Famalicao	20-07-2008	
Rec Nac Inf A	2:32.84	tempo limite				
Rec Nac Juv B	2:24.15	Andre Miguel Silva	PDEM	Loulé	10-06-2006	
Rec Nac Juv A	2:23.94	Andre Miguel Silva	PDEM	Coimbra	25-03-2007	
Rec Nac Jun	2:15.99	Andre Miguel Silva	PDEM	Faro	20-07-2009	
Rec Nac Sen	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12-08-2008	

TAC SEN/JUN2 Masc 18 +: 2:33.00 / TAC JUN1 Masc 17: 2:35.00 / TAC JUV A Masc Juv A: 2:44.00 / TAC JUV B Masc Juv B: 2:48.00

Rank	YB		Time	50m	100m	150m	200m
Open							
1.	85	Co Sheffield	<b>2:16.04</b> A	30.06	33.83	35.81	36.34
2.	91	Vlaamse Zwemfederatie	<b>2:17.12</b> A	31.29	34.51	35.76	35.56
3.	88	Galitos	<b>2:19.14</b> A	31.44	34.91	36.01	36.78
4.	89	Naval Setubalense	<b>2:23.01</b> A	32.34	35.76	36.76	38.15
5.	93	Gespacos	<b>2:25.36</b> A	33.04	37.00	37.44	37.88
6.	91	Porto/Dolce Vita	<b>2:25.45</b> A	33.44	36.93	38.08	37.00
7.	88	Amadora	<b>2:25.58</b> A	32.77	36.74	37.85	38.22
8.	92	Co Sheffield	<b>2:25.72</b> A	32.47	36.25	38.15	38.85
9.	87	Gesloures	<b>2:26.24</b> A	33.00	37.94	37.67	37.63
10.	92	Sporting	<b>2:26.94</b> A	32.70	37.58	38.16	38.50
11.	90	Gespacos	<b>2:27.60</b> A	33.80	37.36	38.88	37.56
12.	92	Sporting	<b>2:28.00</b> R	33.56	38.18	38.98	37.28
13.	94	Swim Wales	<b>2:28.17</b> B	32.57	37.17	38.69	39.74
14.	95	Famalicao	<b>2:28.74</b> R	33.60	37.64	38.68	38.82
15.	94	Naval de Ponta Delgada	<b>2:28.79</b> B	33.46	37.45	38.62	39.26
16.	96	Nautico/Matobra	<b>2:29.15</b> B	33.69	38.15	38.85	38.46
17.	89	Nautico/Matobra	<b>2:29.33</b> R	32.11	38.30	39.88	39.04
18.	91	Porto/Dolce Vita	<b>2:29.86</b> R	33.88	37.97	38.65	39.36
19.	95	Uniao Piedense	<b>2:29.98</b>	33.30	37.95	38.92	39.81
20.	93	Porto/Dolce Vita	<b>2:30.84</b>	33.76	38.62	38.46	40.00
21.	94	Feirense	<b>2:31.12</b>	34.42	39.06	39.12	38.52
22.	90	Nacional	<b>2:31.18</b>	31.91	37.63	39.96	41.68
23.	86	Naval Setubalense	<b>2:31.48</b>	33.55	38.67	38.14	41.12
24.	94	Colegio Monte Maior	<b>2:31.53</b>	34.45	39.27	39.80	38.01
25.	84	Braga	<b>2:31.99</b>	34.00	38.33	39.29	40.37
26.	94	Vitoria de Guimaraes	<b>2:32.17</b>	33.99	38.74	40.18	39.26
27.	95	Natacao de Olhao	<b>2:32.41</b>	34.70	39.38	40.06	38.27
28.	90	Individual Santarem	<b>2:32.59</b>	33.90	39.64	39.65	39.40
29.	94	Nautico/Matobra	<b>2:33.76</b>	34.85	39.29	40.03	39.59
30.	96	Colegio Vasco da Gama	<b>2:34.18</b>	34.87	39.63	40.18	39.50
31.	96	Vilacondense	<b>2:35.06</b>	35.09	39.22	39.79	40.96
32.	96	Sporting	<b>2:36.09</b>	35.09	39.15	40.51	41.34
33.	95	Porto/Dolce Vita	<b>2:36.42</b>	35.47	39.67	40.92	40.36
34.	95	Academico Viseu	<b>2:36.54</b>	34.66	40.07	40.68	41.13
35.	95	Feirense	<b>2:36.93</b>	34.72	39.57	41.59	41.05
36.	95	Foca	<b>2:37.69</b>	33.88	39.71	41.28	42.82
37.	95	Alges	<b>2:38.19</b>	35.34	38.92	41.39	42.54
38.	96	Natacao da Maia	<b>2:38.70</b>	36.07	40.65	42.16	39.82
39.	95	Gespacos	<b>2:38.86</b>	36.67	40.15	41.09	40.95
40.	95	Viana Natacao	<b>2:39.20</b>	36.00	40.14	41.64	41.42

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
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Event 30, Men, 200m Breaststroke, Prelim, Open

Rank		YB		Time	50m	100m	150m	200m
41.	Joao Valentim Compoete	95	Amadora	<b>2:40.03</b>	35.07	40.60	41.30	43.06
42.	Miguel Angelo Cruz	95	Sporting	<b>2:40.12</b>	34.79	40.41	41.76	43.16
43.	Carlos Cunha Costa	95	Fafe	<b>2:40.67</b>	35.35	40.94	42.23	42.15
44.	Pedro Barros Mendes	94	Academica de Coimbra	<b>2:40.76</b>	35.70	40.09	42.66	42.31
	FTL							
45.	Rafael Lourenco Gil	96	Monteges	<b>2:41.67</b>	37.47	41.42	42.30	40.48
46.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>2:42.22</b>	36.14	40.64	42.12	43.32
47.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	<b>2:42.95</b>	36.38	41.07	42.68	42.82
48.	Diogo Emanuel Faria	96	Naval do Funchal	<b>2:43.05</b>	35.93	43.44	42.00	41.68
49.	Artur Jose Reis	96	Porto/Dolce Vita	<b>2:43.56</b>	37.74	41.42	42.34	42.06
50.	Jose Luis Gabriel	96	Academico Viseu	<b>2:43.79</b>	36.03	41.15	43.24	43.37
51.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>2:44.07</b>	36.55	41.09	42.85	43.58
52.	Manuel Henrique Alves	95	Desportiva de Viana	<b>2:44.38</b>	37.14	41.89	42.72	42.63
	FTL							
53.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>2:44.45</b>	37.76	42.18	42.73	41.78
	FTL							
54.	V. Nachychko	96	Maritimo	<b>2:44.47</b>	37.56	41.80	43.89	41.22
55.	Mauro Gaspar Ferreira	95	Desporto de Barcelos	<b>2:45.07</b>	37.27	43.21	43.39	41.20
	FTL							
56.	Bruno Alexandre Sousa	96	Gespacos	<b>2:45.76</b>	38.88	42.13	42.84	41.91
57.	Joao Paulo Capitao	96	Feirense	<b>2:46.13</b>	38.26	42.58	42.71	42.58
58.	Leonardo Peralta Reis	96	Benedita	<b>2:46.51</b>	37.48	42.13	43.91	42.99
59.	Tiago Sequeira Sousa	96	BA/Mr.Pizza	<b>2:46.99</b>	37.88	42.44	43.96	42.71
60.	Miguel Angelo Cruz	96	Gespacos	<b>2:47.09</b>	37.84	41.99	43.55	43.71
61.	Andre da Costa Coelho	96	Nucleo Sportinguista	<b>2:47.78</b>	37.29	43.30	44.78	42.41
62.	Gil Silva Santos	96	Gespacos	<b>2:47.83</b>	38.65	42.67	43.87	42.64
63.	Andre Figueiredo Almeida	96	Beja	<b>2:48.38</b>	38.93	43.34	44.04	42.07
	FTL							
64.	Carlos Diogo Morais	96	Natacao de Chaves	<b>2:49.00</b>	36.96	42.81	44.92	44.31
	FTL							
65.	Bruno Campos Neto	96	Gespacos	<b>2:49.91</b>	38.74	43.52	44.14	43.51
	FTL							
66.	Jose Pedro Bugalho	96	Alcobaca	<b>2:53.08</b>	39.56	43.96	45.39	44.17
	FTL							
DSQ	Nuno Miguel Feliciano	95	Alcobaca					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							
DSQ	Hugo Miguel Silva	94	Braga					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							
DSQ	Thomas Haffield	88	Swim Wales					
	<i>719 - Toque alternado na viragem aos 150 m - SW 7.6</i>							
DSQ	Paulo Andre Dias	92	Gespacos					
	<i>728 - Movimento vertical pé esqº após cada pernada - SW 7.4</i>							
DSQ	Diogo Magalhaes Moura	95	Academico Viseu					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							

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Event 30, Men, 200m Breaststroke, Prelim

Juvenis B

1.	Tomas Miguel Veloso	96	Nautico/Matobra	<b>2:29.15</b>	B	33.69	38.15	38.85	38.46
2.	Rodrigo Silverio Carmo	96	Colegio Vasco da Gama	<b>2:34.18</b>		34.87	39.63	40.18	39.50
3.	Paulo Andre Silva	96	Vilacondense	<b>2:35.06</b>		35.09	39.22	39.79	40.96
4.	Joao Filipe Costa	96	Sporting	<b>2:36.09</b>		35.09	39.15	40.51	41.34
5.	L. Figueiredo	96	Natacao da Maia	<b>2:38.70</b>		36.07	40.65	42.16	39.82
6.	Rafael Lourenco Gil	96	Monteges	<b>2:41.67</b>		37.47	41.42	42.30	40.48
7.	Diogo Emanuel Faria	96	Naval do Funchal	<b>2:43.05</b>		35.93	43.44	42.00	41.68
8.	Artur Jose Reis	96	Porto/Dolce Vita	<b>2:43.56</b>		37.74	41.42	42.34	42.06
9.	Jose Luis Gabriel	96	Academico Viseu	<b>2:43.79</b>		36.03	41.15	43.24	43.37
10.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>2:44.07</b>		36.55	41.09	42.85	43.58
11.	Bruno Alexandre Sousa	96	Gespacos	<b>2:45.76</b>		38.88	42.13	42.84	41.91
12.	Joao Paulo Capitao	96	Feirense	<b>2:46.13</b>		38.26	42.58	42.71	42.58
13.	Leonardo Peralta Reis	96	Benedita	<b>2:46.51</b>		37.48	42.13	43.91	42.99
14.	Tiago Sequeira Sousa	96	BA/Mr.Pizza	<b>2:46.99</b>		37.88	42.44	43.96	42.71
15.	Miguel Angelo Cruz	96	Gespacos	<b>2:47.09</b>		37.84	41.99	43.55	43.71
16.	Andre da Costa Coelho	96	Nucleo Sportinguista	<b>2:47.78</b>		37.29	43.30	44.78	42.41
17.	Gil Silva Santos	96	Gespacos	<b>2:47.83</b>		38.65	42.67	43.87	42.64
18.	Andre Figueiredo Almeida	96	Beja	<b>2:48.38</b>		38.93	43.34	44.04	42.07
	<i>FTL</i>								
19.	Carlos Diogo Morais	96	Natacao de Chaves	<b>2:49.00</b>		36.96	42.81	44.92	44.31
	<i>FTL</i>								
20.	Bruno Campos Neto	96	Gespacos	<b>2:49.91</b>		38.74	43.52	44.14	43.51
	<i>FTL</i>								
21.	Jose Pedro Bugalho	96	Alcobaca	<b>2:53.08</b>		39.56	43.96	45.39	44.17
	<i>FTL</i>								

Juvenis A

1.	Luis Manuel Fernandes	95	Famalicao	<b>2:28.74</b>	R	33.60	37.64	38.68	38.82
2.	Diogo Miguel Silva	95	Uniao Piedense	<b>2:29.98</b>		33.30	37.95	38.92	39.81
3.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>2:32.41</b>		34.70	39.38	40.06	38.27
4.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>2:36.42</b>		35.47	39.67	40.92	40.36
5.	Pedro Miguel Ribeiro	95	Academico Viseu	<b>2:36.54</b>		34.66	40.07	40.68	41.13
6.	Goncalo Pereira Sa	95	Feirense	<b>2:36.93</b>		34.72	39.57	41.59	41.05
7.	Luis Miguel Lopes	95	Foca	<b>2:37.69</b>		33.88	39.71	41.28	42.82
8.	Pedro Alexandre Bento	95	Alges	<b>2:38.19</b>		35.34	38.92	41.39	42.54
9.	Frederico Renato Sousa	95	Gespacos	<b>2:38.86</b>		36.67	40.15	41.09	40.95
10.	Andre Machado Vale	95	Viana Natacao	<b>2:39.20</b>		36.00	40.14	41.64	41.42
11.	Joao Valentim Compoete	95	Amadora	<b>2:40.03</b>		35.07	40.60	41.30	43.06
12.	Miguel Angelo Cruz	95	Sporting	<b>2:40.12</b>		34.79	40.41	41.76	43.16
13.	Carlos Cunha Costa	95	Fafe	<b>2:40.67</b>		35.35	40.94	42.23	42.15
14.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>2:42.22</b>		36.14	40.64	42.12	43.32
15.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	<b>2:42.95</b>		36.38	41.07	42.68	42.82
16.	Manuel Henrique Alves	95	Desportiva de Viana	<b>2:44.38</b>		37.14	41.89	42.72	42.63
	<i>FTL</i>								
17.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>2:44.45</b>		37.76	42.18	42.73	41.78
	<i>FTL</i>								
18.	Mauro Gaspar Ferreira	95	Desporto de Barcelos	<b>2:45.07</b>		37.27	43.21	43.39	41.20
	<i>FTL</i>								
DSQ	Nuno Miguel Feliciano	95	Alcobaca						
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>								

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN  
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Event 30, Boys, 200m Breaststroke, Prelim, Juvenis A

Rank	YB	Time	50m	100m	150m	200m
DSQ	Diogo Magalhaes Moura 95	Academico Viseu				
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>					

Absolutos

1.	Diogo Filipe Carvalho	88	Galitos	<b>2:19.14</b>	A	31.44	34.91	36.01	36.78	
2.	Ricardo Jose Varela	89	Naval Setubalense	<b>2:23.01</b>	A	32.34	35.76	36.76	38.15	
3.	Joao Claudio Sousa	93	Gespacos	<b>2:25.36</b>	A	33.04	37.00	37.44	37.88	
4.	Sergio Baptista Silva	91	Porto/Dolce Vita	<b>2:25.45</b>	A	33.44	36.93	38.08	37.00	
5.	Andre Bras Goncalves	88	Amadora	<b>2:25.58</b>	A	32.77	36.74	37.85	38.22	
6.	Manuel Matos Sequeira	87	Gesloures	<b>2:26.24</b>	A	33.00	37.94	37.67	37.63	
7.	Pedro Miguel Agostinho	92	Sporting	<b>2:26.94</b>	A	32.70	37.58	38.16	38.50	
8.	Nuno Rafael Alves	90	Gespacos	<b>2:27.60</b>	A	33.80	37.36	38.88	37.56	
9.	Diogo Filipe Matos	92	Sporting	<b>2:28.00</b>	R	33.56	38.18	38.98	37.28	
10.	Luis Manuel Fernandes	95	Famalicao	<b>2:28.74</b>	R	33.60	37.64	38.68	38.82	
11.	Joao Pedro Braga	94	Naval de Ponta Delgada	<b>2:28.79</b>	B	33.46	37.45	38.62	39.26	
12.	Tomas Miguel Veloso	96	Nautico/Matobra	<b>2:29.15</b>	B	33.69	38.15	38.85	38.46	
13.	Joao Albano Viola	89	Nautico/Matobra	<b>2:29.33</b>	R	32.11	38.30	39.88	39.04	
14.	Rui Filipe Vilar	91	Porto/Dolce Vita	<b>2:29.86</b>	R	33.88	37.97	38.65	39.36	
15.	Diogo Miguel Silva	95	Uniao Piedense	<b>2:29.98</b>		33.30	37.95	38.92	39.81	
16.	Tiago Samuel Silva	93	Porto/Dolce Vita	<b>2:30.84</b>		33.76	38.62	38.46	40.00	
17.	Alcides Costa Sousa	94	Feirense	<b>2:31.12</b>		34.42	39.06	39.12	38.52	
18.	Vitor Diogo Moura	90	Nacional	<b>2:31.18</b>		31.91	37.63	39.96	41.68	
19.	Pedro Miguel Varela	86	Naval Setubalense	<b>2:31.48</b>		33.55	38.67	38.14	41.12	
20.	Pedro Miguel Silva	94	Colegio Monte Maior	<b>2:31.53</b>		34.45	39.27	39.80	38.01	
21.	Ricardo Amorim Rego	84	Braga	<b>2:31.99</b>		34.00	38.33	39.29	40.37	
22.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	<b>2:32.17</b>		33.99	38.74	40.18	39.26	
23.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>2:32.41</b>		34.70	39.38	40.06	38.27	
24.	Hugo Miguel Nunes	90	Individual Santarem	<b>2:32.59</b>		33.90	39.64	39.65	39.40	
25.	Joao Pedro Veiga	94	Nautico/Matobra	<b>2:33.76</b>		34.85	39.29	40.03	39.59	
26.	Rodrigo Silverio Carmo	96	Colegio Vasco da Gama	<b>2:34.18</b>		34.87	39.63	40.18	39.50	
27.	Paulo Andre Silva	96	Vilacondense	<b>2:35.06</b>		35.09	39.22	39.79	40.96	
28.	Joao Filipe Costa	96	Sporting	<b>2:36.09</b>		35.09	39.15	40.51	41.34	
29.	Tomas Correia Silva	95	Porto/Dolce Vita	<b>2:36.42</b>		35.47	39.67	40.92	40.36	
30.	Pedro Miguel Ribeiro	95	Academico Viseu	<b>2:36.54</b>		34.66	40.07	40.68	41.13	
31.	Goncalo Pereira Sa	95	Feirense	<b>2:36.93</b>		34.72	39.57	41.59	41.05	
32.	Luis Miguel Lopes	95	Foca	<b>2:37.69</b>		33.88	39.71	41.28	42.82	
33.	Pedro Alexandre Bento	95	Alges	<b>2:38.19</b>		35.34	38.92	41.39	42.54	
34.	L. Figueiredo	96	Natacao da Maia	<b>2:38.70</b>		36.07	40.65	42.16	39.82	
35.	Frederico Renato Sousa	95	Gespacos	<b>2:38.86</b>		36.67	40.15	41.09	40.95	
36.	Andre Machado Vale	95	Viana Natacao	<b>2:39.20</b>		36.00	40.14	41.64	41.42	
37.	Joao Valentim Compoete	95	Amadora	<b>2:40.03</b>		35.07	40.60	41.30	43.06	
38.	Miguel Angelo Cruz	95	Sporting	<b>2:40.12</b>		34.79	40.41	41.76	43.16	
39.	Carlos Cunha Costa	95	Fafe	<b>2:40.67</b>		35.35	40.94	42.23	42.15	
40.	Pedro Barros Mendes	94	Academica de Coimbra	<b>2:40.76</b>		35.70	40.09	42.66	42.31	
	<i>FTL</i>									
41.	Rafael Lourenco Gil	96	Monteges	<b>2:41.67</b>		37.47	41.42	42.30	40.48	
42.	Pedro Afonso Centeno	95	Colegio Vasco da Gama	<b>2:42.22</b>		36.14	40.64	42.12	43.32	
43.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	<b>2:42.95</b>		36.38	41.07	42.68	42.82	
44.	Diogo Emanuel Faria	96	Naval do Funchal	<b>2:43.05</b>		35.93	43.44	42.00	41.68	
45.	Artur Jose Reis	96	Porto/Dolce Vita	<b>2:43.56</b>		37.74	41.42	42.34	42.06	
46.	Jose Luis Gabriel	96	Academico Viseu	<b>2:43.79</b>		36.03	41.15	43.24	43.37	



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Event 30, Men, 200m Breaststroke, Prelim, Absolutos

Rank	YB		Time	50m	100m	150m	200m	
47.	Nuno Oliveira Noritake	96	Bombeiros dos Estoris	<b>2:44.07</b>	36.55	41.09	42.85	43.58
48.	Manuel Henrique Alves	95	Desportiva de Viana	<b>2:44.38</b>	37.14	41.89	42.72	42.63
	FTL							
49.	Hugo Ricardo Gambutas	95	Estremoz/Estremozcarnes	<b>2:44.45</b>	37.76	42.18	42.73	41.78
	FTL							
50.	Mauro Gaspar Ferreira	95	Desporto de Barcelos	<b>2:45.07</b>	37.27	43.21	43.39	41.20
	FTL							
51.	Bruno Alexandre Sousa	96	Gespacos	<b>2:45.76</b>	38.88	42.13	42.84	41.91
52.	Joao Paulo Capitao	96	Feirense	<b>2:46.13</b>	38.26	42.58	42.71	42.58
53.	Leonardo Peralta Reis	96	Benedita	<b>2:46.51</b>	37.48	42.13	43.91	42.99
54.	Tiago Sequeira Sousa	96	BA/Mr.Pizza	<b>2:46.99</b>	37.88	42.44	43.96	42.71
55.	Miguel Angelo Cruz	96	Gespacos	<b>2:47.09</b>	37.84	41.99	43.55	43.71
56.	Andre da Costa Coelho	96	Nucleo Sportinguista	<b>2:47.78</b>	37.29	43.30	44.78	42.41
57.	Gil Silva Santos	96	Gespacos	<b>2:47.83</b>	38.65	42.67	43.87	42.64
58.	Andre Figueiredo Almeida	96	Beja	<b>2:48.38</b>	38.93	43.34	44.04	42.07
	FTL							
59.	Carlos Diogo Morais	96	Natacao de Chaves	<b>2:49.00</b>	36.96	42.81	44.92	44.31
	FTL							
60.	Bruno Campos Neto	96	Gespacos	<b>2:49.91</b>	38.74	43.52	44.14	43.51
	FTL							
61.	Jose Pedro Bugalho	96	Alcobaca	<b>2:53.08</b>	39.56	43.96	45.39	44.17
	FTL							
DSQ	Diogo Magalhaes Moura	95	Academico Viseu					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							
DSQ	Hugo Miguel Silva	94	Braga					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							
DSQ	Nuno Miguel Feliciano	95	Alcobaca					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							
DSQ	Paulo Andre Dias	92	Gespacos					
	<i>728 - Movimento vertical pé esqº após cada pernada - SW 7.4</i>							

Jun1

1.	Joao Pedro Braga	94	Naval de Ponta Delgada	<b>2:28.79</b> B	33.46	37.45	38.62	39.26
2.	Alcides Costa Sousa	94	Feirense	<b>2:31.12</b>	34.42	39.06	39.12	38.52
3.	Pedro Miguel Silva	94	Colegio Monte Maior	<b>2:31.53</b>	34.45	39.27	39.80	38.01
4.	Diogo Manuel Rodrigues	94	Vitoria de Guimaraes	<b>2:32.17</b>	33.99	38.74	40.18	39.26
5.	Joao Pedro Veiga	94	Nautico/Matobra	<b>2:33.76</b>	34.85	39.29	40.03	39.59
6.	Pedro Barros Mendes	94	Academica de Coimbra	<b>2:40.76</b>	35.70	40.09	42.66	42.31
	FTL							
DSQ	Hugo Miguel Silva	94	Braga					
	<i>727 - Movimentos verticais de pernas após cada ciclo - SW 7.4</i>							

Sen/Jun2

1.	Diogo Filipe Carvalho	88	Galitos	<b>2:19.14</b> A	31.44	34.91	36.01	36.78
2.	Ricardo Jose Varela	89	Naval Setubalense	<b>2:23.01</b> A	32.34	35.76	36.76	38.15
3.	Joao Claudio Sousa	93	Gespacos	<b>2:25.36</b> A	33.04	37.00	37.44	37.88
4.	Sergio Baptista Silva	91	Porto/Dolce Vita	<b>2:25.45</b> A	33.44	36.93	38.08	37.00
5.	Andre Bras Goncalves	88	Amadora	<b>2:25.58</b> A	32.77	36.74	37.85	38.22
6.	Manuel Matos Sequeira	87	Gesloures	<b>2:26.24</b> A	33.00	37.94	37.67	37.63
7.	Pedro Miguel Agostinho	92	Sporting	<b>2:26.94</b> A	32.70	37.58	38.16	38.50

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Event 30, Men, 200m Breaststroke, Prelim, Sen/Jun2

Rank		YB		Time	50m	100m	150m	200m
8.	Nuno Rafael Alves	90	Gespacos	<b>2:27.60</b> A	33.80	37.36	38.88	37.56
9.	Diogo Filipe Matos	92	Sporting	<b>2:28.00</b> R	33.56	38.18	38.98	37.28
10.	Joao Albano Viola	89	Nautico/Matobra	<b>2:29.33</b> R	32.11	38.30	39.88	39.04
11.	Rui Filipe Vilar	91	Porto/Dolce Vita	<b>2:29.86</b> R	33.88	37.97	38.65	39.36
12.	Tiago Samuel Silva	93	Porto/Dolce Vita	<b>2:30.84</b>	33.76	38.62	38.46	40.00
13.	Vitor Diogo Moura	90	Nacional	<b>2:31.18</b>	31.91	37.63	39.96	41.68
14.	Pedro Miguel Varela	86	Naval Setubalense	<b>2:31.48</b>	33.55	38.67	38.14	41.12
15.	Ricardo Amorim Rego	84	Braga	<b>2:31.99</b>	34.00	38.33	39.29	40.37
16.	Hugo Miguel Nunes	90	Individual Santarem	<b>2:32.59</b>	33.90	39.64	39.65	39.40
DSQ	Paulo Andre Dias	92	Gespacos					

*728 - Movimento vertical pé esqº após cada pernada - SW 7.4*