

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

Event 36 Men, 400m Freestyle Open
06-08-2011 - 12:10 Results Prelim

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

Points: FINA 2011

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts	
Open								
1.	Thomas Sunter	92	Co Sheffield	3:57.87	+0,84	791	A	
	50m: 27.65	27.65	150m: 1:27.66	30.15	250m: 2:27.57	30.05	350m: 3:28.33	30.63
	100m: 57.51	29.86	200m: 1:57.52	29.86	300m: 2:57.70	30.13	400m: 3:57.87	29.54
2.	Daniel Cocking	90	Co Sheffield	4:01.31	+0,73	758	A	
	50m: 28.20	28.20	150m: 1:29.84	31.21	250m: 2:32.07	31.05	350m: 3:32.51	30.12
	100m: 58.63	30.43	200m: 2:01.02	31.18	300m: 3:02.39	30.32	400m: 4:01.31	28.80
3.	Oliver Tennant	93	Swim Wales	4:01.53	+0,75	756	A	
	50m: 28.43	28.43	150m: 1:29.84	31.03	250m: 2:32.52	31.17	350m: 3:33.48	30.56
	100m: 58.81	30.38	200m: 2:01.35	31.51	300m: 3:02.92	30.40	400m: 4:01.53	28.05
4.	Gustavo Manuel Santa	93	Sporting	4:03.43	+0,84	738	A	
	50m: 28.12	28.12	150m: 1:28.30	30.59	250m: 2:29.18	30.25	350m: 3:32.61	32.08
	100m: 57.71	29.59	200m: 1:58.93	30.63	300m: 3:00.53	31.35	400m: 4:03.43	30.82
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:04.33	+0,71	730	A	
	50m: 28.71	28.71	150m: 1:30.68	31.26	250m: 2:33.36	31.24	350m: 3:34.62	30.24
	100m: 59.42	30.71	200m: 2:02.12	31.44	300m: 3:04.38	31.02	400m: 4:04.33	29.71
6.	Fabio Manuel Pereira	86	Vilacondense	4:04.35	+0,80	730	A	
	50m: 28.15	28.15	150m: 1:30.11	31.45	250m: 2:32.70	31.26	350m: 3:34.55	30.68
	100m: 58.66	30.51	200m: 2:01.44	31.33	300m: 3:03.87	31.17	400m: 4:04.35	29.80
7.	Jorge Manuel Maia	89	Famalicao	4:04.67	+0,81	727	A	
	50m: 28.17	28.17	150m: 1:29.77	31.49	250m: 2:32.62	31.42	350m: 3:35.18	31.20
	100m: 58.28	30.11	200m: 2:01.20	31.43	300m: 3:03.98	31.36	400m: 4:04.67	29.49
8.	Ricardo Ferreira Cotovio	91	Sporting	4:05.32	+0,72	721	A	
	50m: 27.93	27.93	150m: 1:29.26	30.75	250m: 2:32.06	31.21	350m: 3:34.78	30.94
	100m: 58.51	30.58	200m: 2:00.85	31.59	300m: 3:03.84	31.78	400m: 4:05.32	30.54
9.	Cesar Fernando Faria	90	BA/Mr.Pizza	4:06.39	+0,79	712	A	
	50m: 27.79	27.79	150m: 1:28.53	30.97	250m: 2:30.53	31.32	350m: 3:34.86	32.50
	100m: 57.56	29.77	200m: 1:59.21	30.68	300m: 3:02.36	31.83	400m: 4:06.39	31.53
10.	Miguel Monteiro Diogo	93	Alcobaca	4:06.46	+0,73	711	A	
	50m: 28.26	28.26	150m: 1:30.59	31.50	250m: 2:33.17	31.48	350m: 3:35.64	31.19
	100m: 59.09	30.83	200m: 2:01.69	31.10	300m: 3:04.45	31.28	400m: 4:06.46	30.82
11.	Israel Peressin Murat	86	Porto/Dolce Vita	4:07.13	+0,81	706	A	
	50m: 28.14	28.14	150m: 1:30.26	31.38	250m: 2:32.59	31.00	350m: 3:35.82	31.52
	100m: 58.88	30.74	200m: 2:01.59	31.33	300m: 3:04.30	31.71	400m: 4:07.13	31.31
12.	Mario Andre Bonanca	90	Sporting	4:07.15	+0,86	705	R	
	50m: 28.42	28.42	150m: 1:29.32	30.44	250m: 2:31.99	31.39	350m: 3:36.20	32.03
	100m: 58.88	30.46	200m: 2:00.60	31.28	300m: 3:04.17	32.18	400m: 4:07.15	30.95

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
13.	Vasco Miguel Gaspar	90	Uniao Piedense	4:07.75	+0,80	700	R
	50m: 28.63 28.63	150m: 1:31.11 31.22	250m: 2:34.11 31.36	350m: 3:36.87 31.39			
	100m: 59.89 31.26	200m: 2:02.75 31.64	300m: 3:05.48 31.37	400m: 4:07.75 30.88			
14.	Carlos Esteves Almeida	88	Amadora	4:07.91	+0,81	699	B
	50m: 28.47 28.47	150m: 1:30.67 31.64	250m: 2:32.75 30.92	350m: 3:36.00 31.85			
	100m: 59.03 30.56	200m: 2:01.83 31.16	300m: 3:04.15 31.40	400m: 4:07.91 31.91			
15.	Diogo Andre Gaspar	90	Uniao Piedense	4:08.08	+0,87	698	B
	50m: 28.27 28.27	150m: 1:30.94 31.35	250m: 2:33.90 31.12	350m: 3:37.20 31.62			
	100m: 59.59 31.32	200m: 2:02.78 31.84	300m: 3:05.58 31.68	400m: 4:08.08 30.88			
16.	Nuno Vieira Malheiro	93	Braga	4:08.73	+0,86	692	B
	50m: 28.58 28.58	150m: 1:31.49 31.73	250m: 2:34.69 31.37	350m: 3:38.12 31.57			
	100m: 59.76 31.18	200m: 2:03.32 31.83	300m: 3:06.55 31.86	400m: 4:08.73 30.61			
17.	Ricardo Manuel Machado	93	Braga	4:09.06	+0,86	689	R
	50m: 28.05 28.05	150m: 1:28.35 30.97	250m: 2:32.49 31.83	350m: 3:36.98 32.46			
	100m: 57.38 29.33	200m: 2:00.66 32.31	300m: 3:04.52 32.03	400m: 4:09.06 32.08			
18.	Andre Filipe Farinha	96	Benfica	4:09.11	+0,84	689	R
	50m: 28.80 28.80	150m: 1:32.39 32.34	250m: 2:35.83 31.32	350m: 3:38.52 31.12			
	100m: 1:00.05 31.25	200m: 2:04.51 32.12	300m: 3:07.40 31.57	400m: 4:09.11 30.59			
19.	Matthew Jayne	95	Swim Wales	4:10.14	+0,69	680	
	50m: 28.20 28.20	150m: 1:30.86 31.35	250m: 2:34.53 31.73	350m: 3:39.14 32.13			
	100m: 59.51 31.31	200m: 2:02.80 31.94	300m: 3:07.01 32.48	400m: 4:10.14 31.00			
20.	Miguel Silva Oliveira	91	Nautico/Matobra	4:10.34	+0,83	679	
	50m: 27.87 27.87	150m: 1:30.16 31.81	250m: 2:33.77 31.15	350m: 3:38.30 32.06			
	100m: 58.35 30.48	200m: 2:02.62 32.46	300m: 3:06.24 32.47	400m: 4:10.34 32.04			
21.	Hugo Alberto Ribeiro	88	Gespacos	4:10.68	+1,30	676	
	50m: 28.05 28.05	150m: 1:29.03 30.93	250m: 2:32.33 31.98	350m: 3:38.49 33.26			
	100m: 58.10 30.05	200m: 2:00.35 31.32	300m: 3:05.23 32.90	400m: 4:10.68 32.19			
22.	Tiago Silva Oliveira	94	Leixoes	4:11.05	+0,78	673	
	50m: 28.43 28.43	150m: 1:30.15 31.25	250m: 2:34.25 32.25	350m: 3:39.56 32.66			
	100m: 58.90 30.47	200m: 2:02.00 31.85	300m: 3:06.90 32.65	400m: 4:11.05 31.49			
23.	Andre Rafael Marinho	93	Uniao Piedense	4:11.67	+0,86	668	
	50m: 28.77 28.77	150m: 1:32.00 32.21	250m: 2:36.09 31.99	350m: 3:40.27 32.31			
	100m: 59.79 31.02	200m: 2:04.10 32.10	300m: 3:07.96 31.87	400m: 4:11.67 31.40			
24.	Andre Filipe Lopes	92	Academica de Coimbra	4:13.11	+0,68	657	
	<i>FTL</i>						
	50m: 28.61 28.61	150m: 1:31.57 31.49	250m: 2:35.61 31.79	350m: 3:40.75 32.49			
	100m: 1:00.08 31.47	200m: 2:03.82 32.25	300m: 3:08.26 32.65	400m: 4:13.11 32.36			
25.	Joao Duarte Santos	95	Natacao de Olhao	4:13.15	+0,86	656	
	50m: 28.67 28.67	150m: 1:32.13 31.97	250m: 2:37.51 32.60	350m: 3:42.58 32.39			
	100m: 1:00.16 31.49	200m: 2:04.91 32.78	300m: 3:10.19 32.68	400m: 4:13.15 30.57			
26.	Tiago Ferreira Azevedo	95	Naval Amorense	4:13.20	+0,75	656	
	50m: 28.37 28.37	150m: 1:32.65 32.55	250m: 2:38.13 32.58	350m: 3:41.55 31.80			
	100m: 1:00.10 31.73	200m: 2:05.55 32.90	300m: 3:09.75 31.62	400m: 4:13.20 31.65			

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27.	Filipe Vieira Malheiro <i>FTL</i>	90	Braga	4:14.84	+0,78	643	
	50m: 28.00 28.00	150m: 1:32.28 32.28	250m: 2:36.37 31.85	350m: 3:41.88 33.11			
	100m: 1:00.00 32.00	200m: 2:04.52 32.24	300m: 3:08.77 32.40	400m: 4:14.84 32.96			
28.	Joao Carlos Santos	96	Naval Amorense	4:16.83	+0,96	629	
	50m: 29.85 29.85	150m: 1:34.56 32.80	250m: 2:39.01 31.19	350m: 3:44.41 32.63			
	100m: 1:01.76 31.91	200m: 2:07.82 33.26	300m: 3:11.78 32.77	400m: 4:16.83 32.42			
29.	Cesar Filipe Magalhaes	95	Foca	4:19.51	+0,88	609	
	50m: 28.54 28.54	150m: 1:33.10 32.38	250m: 2:39.51 33.18	350m: 3:46.41 33.48			
	100m: 1:00.72 32.18	200m: 2:06.33 33.23	300m: 3:12.93 33.42	400m: 4:19.51 33.10			
30.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:19.87	+0,69	607	
	50m: 29.72 29.72	150m: 1:35.26 33.08	250m: 2:43.14 33.94	350m: 3:49.03 32.35			
	100m: 1:02.18 32.46	200m: 2:09.20 33.94	300m: 3:16.68 33.54	400m: 4:19.87 30.84			
31.	Miguel Prata Santos	96	Viana Natacao	4:19.88	+0,81	607	
	50m: 29.07 29.07	150m: 1:34.53 33.56	250m: 2:42.28 33.68	350m: 3:49.77 33.89			
	100m: 1:00.97 31.90	200m: 2:08.60 34.07	300m: 3:15.88 33.60	400m: 4:19.88 30.11			
32.	Rafael Lourenco Gil	96	Monteges	4:20.41	+0,79	603	
	50m: 29.83 29.83	150m: 1:35.65 33.45	250m: 2:42.90 33.66	350m: 3:49.85 33.36			
	100m: 1:02.20 32.37	200m: 2:09.24 33.59	300m: 3:16.49 33.59	400m: 4:20.41 30.56			
33.	Joao Andre Neves	95	Academica de Coimbra	4:21.53	+0,73	595	
	50m: 28.18 28.18	150m: 1:32.37 32.42	250m: 2:39.20 33.21	350m: 3:47.74 34.12			
	100m: 59.95 31.77	200m: 2:05.99 33.62	300m: 3:13.62 34.42	400m: 4:21.53 33.79			
34.	Tiago Joao Meira	96	Viana Natacao	4:22.77	+0,88	587	
	50m: 30.01 30.01	150m: 1:37.71 34.36	250m: 2:45.14 33.57	350m: 3:51.95 33.28			
	100m: 1:03.35 33.34	200m: 2:11.57 33.86	300m: 3:18.67 33.53	400m: 4:22.77 30.82			
35.	Rafael Filipe Nunes	96	Naval Amorense	4:22.90	+0,76	586	
	50m: 29.83 29.83	150m: 1:37.32 34.45	250m: 2:45.19 33.79	350m: 3:52.16 33.19			
	100m: 1:02.87 33.04	200m: 2:11.40 34.08	300m: 3:18.97 33.78	400m: 4:22.90 30.74			
36.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:23.46	+0,78	582	
	50m: 28.95 28.95	150m: 1:36.02 33.83	250m: 2:45.28 34.63	350m: 3:51.66 33.44			
	100m: 1:02.19 33.24	200m: 2:10.65 34.63	300m: 3:18.22 32.94	400m: 4:23.46 31.80			
37.	Daniel Ricardo Viegas <i>FTL</i>	83	Amadora	4:23.99	+1,04	579	
	50m: 29.53 29.53	150m: 1:34.98 33.25	250m: 2:42.39 33.57	350m: 3:49.96 33.32			
	100m: 1:01.73 32.20	200m: 2:08.82 33.84	300m: 3:16.64 34.25	400m: 4:23.99 34.03			
38.	Guilherme Dias Nunes	96	Natacao de Olhao	4:24.00	+0,71	579	
	50m: 29.65 29.65	150m: 1:36.16 33.93	250m: 2:43.75 33.78	350m: 3:51.75 33.85			
	100m: 1:02.23 32.58	200m: 2:09.97 33.81	300m: 3:17.90 34.15	400m: 4:24.00 32.25			
39.	Bruno Miguel Silva	96	Porto/Dolce Vita	4:24.12	+0,80	578	
	50m: 29.51 29.51	150m: 1:36.34 34.05	250m: 2:44.75 33.80	350m: 3:52.86 34.02			
	100m: 1:02.29 32.78	200m: 2:10.95 34.61	300m: 3:18.84 34.09	400m: 4:24.12 31.26			
40.	Miguel Duarte Moreira	96	Belenenses	4:24.31	+0,74	577	
	50m: 29.37 29.37	150m: 1:36.84 34.00	250m: 2:44.48 33.61	350m: 3:52.38 33.48			
	100m: 1:02.84 33.47	200m: 2:10.87 34.03	300m: 3:18.90 34.42	400m: 4:24.31 31.93			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
41.	Pedro Ribeiro Santos	96	Academico Viseu	4:25.34	+0,81	570	
	50m: 29.57 29.57	150m: 1:36.46 33.84	250m: 2:44.94 34.19	350m: 3:53.15 33.98			
	100m: 1:02.62 33.05	200m: 2:10.75 34.29	300m: 3:19.17 34.23	400m: 4:25.34 32.19			
42.	Joao Miguel Costa	95	Vilacondense	4:25.70	+0,79	568	
	50m: 28.90 28.90	150m: 1:34.31 33.01	250m: 2:43.21 34.82	350m: 3:52.44 34.72			
	100m: 1:01.30 32.40	200m: 2:08.39 34.08	300m: 3:17.72 34.51	400m: 4:25.70 33.26			
43.	Pedro Veiguinha Martins	96	Braga	4:26.68	+0,84	561	
	50m: 30.35 30.35	150m: 1:37.99 34.22	250m: 2:45.45 33.91	350m: 3:54.15 34.66			
	100m: 1:03.77 33.42	200m: 2:11.54 33.55	300m: 3:19.49 34.04	400m: 4:26.68 32.53			
44.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:26.76	+0,82	561	
	50m: 29.40 29.40	150m: 1:37.00 34.88	250m: 2:46.09 34.40	350m: 3:55.37 34.99			
	100m: 1:02.12 32.72	200m: 2:11.69 34.69	300m: 3:20.38 34.29	400m: 4:26.76 31.39			
45.	Diogo Sequeira Aparicio	95	Porto/Dolce Vita	4:27.25	+0,93	558	
	50m: 29.70 29.70	150m: 1:35.13 33.02	250m: 2:43.61 34.53	350m: 3:53.52 34.73			
	100m: 1:02.11 32.41	200m: 2:09.08 33.95	300m: 3:18.79 35.18	400m: 4:27.25 33.73			
46.	Duarte Nuno Vieira	95	Nacional	4:27.31	+0,72	558	
	50m: 30.04 30.04	150m: 1:38.72 34.59	250m: 2:46.96 33.84	350m: 3:54.91 33.76			
	100m: 1:04.13 34.09	200m: 2:13.12 34.40	300m: 3:21.15 34.19	400m: 4:27.31 32.40			
47.	Joao Duarte Marafona	95	Vilacondense	4:27.69	+0,94	555	
	50m: 30.23 30.23	150m: 1:37.26 33.68	250m: 2:46.31 34.24	350m: 3:55.27 34.16			
	100m: 1:03.58 33.35	200m: 2:12.07 34.81	300m: 3:21.11 34.80	400m: 4:27.69 32.42			
48.	Andre Filipe Fernandes	95	Amadora	4:28.20	+0,84	552	
	50m: 30.81 30.81	150m: 1:38.03 34.00	250m: 2:45.67 34.22	350m: 3:54.83 34.78			
	100m: 1:04.03 33.22	200m: 2:11.45 33.42	300m: 3:20.05 34.38	400m: 4:28.20 33.37			
49.	Joao Miguel Teixeira	95	Academico Viseu	4:28.58	+0,93	550	
	50m: 30.72 30.72	150m: 1:38.59 34.18	250m: 2:48.38 34.89	350m: 3:57.11 33.55			
	100m: 1:04.41 33.69	200m: 2:13.49 34.90	300m: 3:23.56 35.18	400m: 4:28.58 31.47			
50.	Gil Vilela Correia	95	Sporting	4:28.70	+0,81	549	
	50m: 30.21 30.21	150m: 1:37.85 34.31	250m: 2:46.71 34.20	350m: 3:55.39 34.50			
	100m: 1:03.54 33.33	200m: 2:12.51 34.66	300m: 3:20.89 34.18	400m: 4:28.70 33.31			
51.	Diogo Dias Pinheiro	96	Sporting	4:28.77	+0,74	548	
	50m: 30.37 30.37	150m: 1:38.62 34.29	250m: 2:47.15 33.69	350m: 3:55.17 33.55			
	100m: 1:04.33 33.96	200m: 2:13.46 34.84	300m: 3:21.62 34.47	400m: 4:28.77 33.60			
52.	Joao Marcelo Gomes	95	Porto/Dolce Vita	4:28.99	+0,97	547	
	50m: 30.10 30.10	150m: 1:38.09 34.68	250m: 2:46.97 34.17	350m: 3:56.35 34.70			
	100m: 1:03.41 33.31	200m: 2:12.80 34.71	300m: 3:21.65 34.68	400m: 4:28.99 32.64			
53.	Duarte Cai-Agua Martins	95	Bombeiros dos Estoris	4:29.03	+0,81	547	
	<i>FTL</i>						
	50m: 28.74 28.74	150m: 1:35.49 34.14	250m: 2:45.40 35.06	350m: 3:55.26 34.78			
	100m: 1:01.35 32.61	200m: 2:10.34 34.85	300m: 3:20.48 35.08	400m: 4:29.03 33.77			
54.	Daniel Rento Laureano	95	Leixoes	4:29.28	+1,03	545	
	<i>FTL</i>						
	50m: 31.62 31.62	150m: 1:39.41 34.18	250m: 2:48.34 34.04	350m: 3:57.33 34.49			
	100m: 1:05.23 33.61	200m: 2:14.30 34.89	300m: 3:22.84 34.50	400m: 4:29.28 31.95			

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55.	Diogo Henrique Gomes	96	Porto/Dolce Vita	4:29.58	+0,74	544	
	50m: 30.67 30.67	150m: 1:38.43 33.96	250m: 2:46.79 33.72	350m: 3:56.76 34.49			
	100m: 1:04.47 33.80	200m: 2:13.07 34.64	300m: 3:22.27 35.48	400m: 4:29.58 32.82			
56.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	4:29.94	+0,91	541	
	<i>FTL</i>						
	50m: 30.46 30.46	150m: 1:39.10 34.59	250m: 2:48.97 35.20	350m: 3:58.53 34.79			
	100m: 1:04.51 34.05	200m: 2:13.77 34.67	300m: 3:23.74 34.77	400m: 4:29.94 31.41			
57.	Artur Manuel Ferreira	95	Porto/Dolce Vita	4:29.99	+0,89	541	
	<i>FTL</i>						
	50m: 29.87 29.87	150m: 1:36.46 33.80	250m: 2:45.98 34.75	350m: 3:55.55 34.33			
	100m: 1:02.66 32.79	200m: 2:11.23 34.77	300m: 3:21.22 35.24	400m: 4:29.99 34.44			
58.	Francisco Xavier Rodrigues	95	Academica de Coimbra	4:30.41	+0,76	539	
	<i>FTL</i>						
	50m: 29.95 29.95	150m: 1:38.82 35.03	250m: 2:48.56 34.54	350m: 3:58.05 34.85			
	100m: 1:03.79 33.84	200m: 2:14.02 35.20	300m: 3:23.20 34.64	400m: 4:30.41 32.36			
59.	Leonardo Peralta Reis	96	Benedita	4:31.09	+0,89	534	
	50m: 29.75 29.75	150m: 1:36.80 33.90	250m: 2:46.08 34.83	350m: 3:57.36 35.67			
	100m: 1:02.90 33.15	200m: 2:11.25 34.45	300m: 3:21.69 35.61	400m: 4:31.09 33.73			
60.	Jose Carlos Teixeira	96	Foca	4:31.77	+0,79	530	
	50m: 30.53 30.53	150m: 1:38.62 34.60	250m: 2:48.35 35.05	350m: 3:58.61 35.13			
	100m: 1:04.02 33.49	200m: 2:13.30 34.68	300m: 3:23.48 35.13	400m: 4:31.77 33.16			
61.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	4:31.99	+0,93	529	
	<i>FTL</i>						
	50m: 30.25 30.25	150m: 1:37.39 33.93	250m: 2:46.57 34.47	350m: 3:57.49 35.34			
	100m: 1:03.46 33.21	200m: 2:12.10 34.71	300m: 3:22.15 35.58	400m: 4:31.99 34.50			
62.	Lourenco Moniz Silva	95	Naval do Funchal	4:32.09	+0,73	529	
	<i>FTL</i>						
	50m: 29.99 29.99	150m: 1:37.98 35.05	250m: 2:48.51 35.08	350m: 3:58.66 34.75			
	100m: 1:02.93 32.94	200m: 2:13.43 35.45	300m: 3:23.91 35.40	400m: 4:32.09 33.43			
63.	Joao Pedro Neves	96	Aminata	4:32.21	+1,00	528	
	50m: 30.49 30.49	150m: 1:38.87 34.35	250m: 2:47.93 34.26	350m: 3:57.98 34.87			
	100m: 1:04.52 34.03	200m: 2:13.67 34.80	300m: 3:23.11 35.18	400m: 4:32.21 34.23			
64.	Ricardo Miguel Alves	96	Viana Natacao	4:32.46	+0,92	526	
	50m: 30.59 30.59	150m: 1:38.86 34.78	250m: 2:48.83 35.09	350m: 3:59.40 35.12			
	100m: 1:04.08 33.49	200m: 2:13.74 34.88	300m: 3:24.28 35.45	400m: 4:32.46 33.06			
65.	David Rodrigues Luis	95	Colegio Vasco da Gama	4:32.56	+0,73	526	
	<i>FTL</i>						
	50m: 29.91 29.91	150m: 1:37.12 33.99	250m: 2:46.18 34.45	350m: 3:57.00 35.23			
	100m: 1:03.13 33.22	200m: 2:11.73 34.61	300m: 3:21.77 35.59	400m: 4:32.56 35.56			
66.	Mauro Filipe Maia	96	Fluvial Portuense	4:33.90	+0,86	518	
	50m: 30.86 30.86	150m: 1:38.81 34.54	250m: 2:47.67 34.55	350m: 3:58.34 35.88			
	100m: 1:04.27 33.41	200m: 2:13.12 34.31	300m: 3:22.46 34.79	400m: 4:33.90 35.56			
67.	Joao Nuno Abreu	95	Vitoria de Guimaraes	4:34.77	+0,83	513	
	<i>FTL</i>						
	50m: 29.53 29.53	150m: 1:37.34 33.96	250m: 2:46.95 34.58	350m: 3:58.98 36.24			
	100m: 1:03.38 33.85	200m: 2:12.37 35.03	300m: 3:22.74 35.79	400m: 4:34.77 35.79			

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

Event 36, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
68.	David Nunes Sousa	96	Famalicao	4:34.98	+0,84	512	
	50m: 29.94 29.94	150m: 1:40.83 35.92	250m: 2:51.85 35.69	350m: 4:02.68		35.61	
	100m: 1:04.91 34.97	200m: 2:16.16 35.33	300m: 3:27.07 35.22	400m: 4:34.98		32.30	
69.	Tomas Antonio Azevedo	96	Aminata	4:35.74	+0,72	508	
	50m: 30.58 30.58	150m: 1:39.49 34.98	250m: 2:50.30 35.49	350m: 4:01.88		35.78	
	100m: 1:04.51 33.93	200m: 2:14.81 35.32	300m: 3:26.10 35.80	400m: 4:35.74		33.86	
70.	Miguel Angelo Cruz	96	Gespacos	4:36.67	+0,84	503	
	50m: 31.19 31.19	150m: 1:39.95 34.94	250m: 2:50.51 35.31	350m: 4:01.91		35.68	
	100m: 1:05.01 33.82	200m: 2:15.20 35.25	300m: 3:26.23 35.72	400m: 4:36.67		34.76	
71.	Joao Miguel Lopes	96	Electrico	4:37.40	+0,83	499	
	<i>FTL</i>						
	50m: 31.69 31.69	150m: 1:40.40 34.67	250m: 2:50.53 35.20	350m: 4:02.30		35.99	
	100m: 1:05.73 34.04	200m: 2:15.33 34.93	300m: 3:26.31 35.78	400m: 4:37.40		35.10	
72.	Edgar Ramos Varela	95	Uniao Piedense	4:38.87	+0,81	491	
	<i>FTL</i>						
	50m: 29.70 29.70	150m: 1:37.96 35.38	250m: 2:50.45 36.64	350m: 4:03.53		35.86	
	100m: 1:02.58 32.88	200m: 2:13.81 35.85	300m: 3:27.67 37.22	400m: 4:38.87		35.34	
73.	Ricardo Santos Agueda	96	Natacao de Valongo	4:46.39	+0,91	453	
	<i>FTL</i>						
	50m: 31.04 31.04	150m: 1:42.03 36.01	250m: 2:55.03 36.53	350m: 4:09.91		37.31	
	100m: 1:06.02 34.98	200m: 2:18.50 36.47	300m: 3:32.60 37.57	400m: 4:46.39		36.48	
74.	Joao Goncalo Abreu	96	Nacional	4:48.06	+0,82	445	
	<i>FTL</i>						
	50m: 31.71 31.71	150m: 1:43.07 36.22	250m: 2:58.07 38.18	350m: 4:12.17		37.04	
	100m: 1:06.85 35.14	200m: 2:19.89 36.82	300m: 3:35.13 37.06	400m: 4:48.06		35.89	

Juvenis B

1.	Andre Filipe Farinha	96	Benfica	4:09.11	+0,84	689	R
	50m: 28.80 28.80	150m: 1:32.39 32.34	250m: 2:35.83 31.32	350m: 3:38.52		31.12	
	100m: 1:00.05 31.25	200m: 2:04.51 32.12	300m: 3:07.40 31.57	400m: 4:09.11		30.59	
2.	Joao Carlos Santos	96	Naval Amorense	4:16.83	+0,96	629	
	50m: 29.85 29.85	150m: 1:34.56 32.80	250m: 2:39.01 31.19	350m: 3:44.41		32.63	
	100m: 1:01.76 31.91	200m: 2:07.82 33.26	300m: 3:11.78 32.77	400m: 4:16.83		32.42	
3.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:19.87	+0,69	607	
	50m: 29.72 29.72	150m: 1:35.26 33.08	250m: 2:43.14 33.94	350m: 3:49.03		32.35	
	100m: 1:02.18 32.46	200m: 2:09.20 33.94	300m: 3:16.68 33.54	400m: 4:19.87		30.84	
4.	Miguel Prata Santos	96	Viana Natacao	4:19.88	+0,81	607	
	50m: 29.07 29.07	150m: 1:34.53 33.56	250m: 2:42.28 33.68	350m: 3:49.77		33.89	
	100m: 1:00.97 31.90	200m: 2:08.60 34.07	300m: 3:15.88 33.60	400m: 4:19.88		30.11	
5.	Rafael Lourenco Gil	96	Monteges	4:20.41	+0,79	603	
	50m: 29.83 29.83	150m: 1:35.65 33.45	250m: 2:42.90 33.66	350m: 3:49.85		33.36	
	100m: 1:02.20 32.37	200m: 2:09.24 33.59	300m: 3:16.49 33.59	400m: 4:20.41		30.56	
6.	Tiago Joao Meira	96	Viana Natacao	4:22.77	+0,88	587	
	50m: 30.01 30.01	150m: 1:37.71 34.36	250m: 2:45.14 33.57	350m: 3:51.95		33.28	
	100m: 1:03.35 33.34	200m: 2:11.57 33.86	300m: 3:18.67 33.53	400m: 4:22.77		30.82	

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

Event 36, Boys, 400m Freestyle, Prelim, Juvenis B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
7.	Rafael Filipe Nunes	96	Naval Amorense	4:22.90	+0,76	586	
	50m: 29.83 29.83	150m: 1:37.32 34.45	250m: 2:45.19 33.79	350m: 3:52.16 33.19			
	100m: 1:02.87 33.04	200m: 2:11.40 34.08	300m: 3:18.97 33.78	400m: 4:22.90 30.74			
8.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:23.46	+0,78	582	
	50m: 28.95 28.95	150m: 1:36.02 33.83	250m: 2:45.28 34.63	350m: 3:51.66 33.44			
	100m: 1:02.19 33.24	200m: 2:10.65 34.63	300m: 3:18.22 32.94	400m: 4:23.46 31.80			
9.	Guilherme Dias Nunes	96	Natacao de Olhao	4:24.00	+0,71	579	
	50m: 29.65 29.65	150m: 1:36.16 33.93	250m: 2:43.75 33.78	350m: 3:51.75 33.85			
	100m: 1:02.23 32.58	200m: 2:09.97 33.81	300m: 3:17.90 34.15	400m: 4:24.00 32.25			
10.	Bruno Miguel Silva	96	Porto/Dolce Vita	4:24.12	+0,80	578	
	50m: 29.51 29.51	150m: 1:36.34 34.05	250m: 2:44.75 33.80	350m: 3:52.86 34.02			
	100m: 1:02.29 32.78	200m: 2:10.95 34.61	300m: 3:18.84 34.09	400m: 4:24.12 31.26			
11.	Miguel Duarte Moreira	96	Belenenses	4:24.31	+0,74	577	
	50m: 29.37 29.37	150m: 1:36.84 34.00	250m: 2:44.48 33.61	350m: 3:52.38 33.48			
	100m: 1:02.84 33.47	200m: 2:10.87 34.03	300m: 3:18.90 34.42	400m: 4:24.31 31.93			
12.	Pedro Ribeiro Santos	96	Academico Viseu	4:25.34	+0,81	570	
	50m: 29.57 29.57	150m: 1:36.46 33.84	250m: 2:44.94 34.19	350m: 3:53.15 33.98			
	100m: 1:02.62 33.05	200m: 2:10.75 34.29	300m: 3:19.17 34.23	400m: 4:25.34 32.19			
13.	Pedro Veigunha Martins	96	Braga	4:26.68	+0,84	561	
	50m: 30.35 30.35	150m: 1:37.99 34.22	250m: 2:45.45 33.91	350m: 3:54.15 34.66			
	100m: 1:03.77 33.42	200m: 2:11.54 33.55	300m: 3:19.49 34.04	400m: 4:26.68 32.53			
14.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:26.76	+0,82	561	
	50m: 29.40 29.40	150m: 1:37.00 34.88	250m: 2:46.09 34.40	350m: 3:55.37 34.99			
	100m: 1:02.12 32.72	200m: 2:11.69 34.69	300m: 3:20.38 34.29	400m: 4:26.76 31.39			
15.	Diogo Dias Pinheiro	96	Sporting	4:28.77	+0,74	548	
	50m: 30.37 30.37	150m: 1:38.62 34.29	250m: 2:47.15 33.69	350m: 3:55.17 33.55			
	100m: 1:04.33 33.96	200m: 2:13.46 34.84	300m: 3:21.62 34.47	400m: 4:28.77 33.60			
16.	Diogo Henrique Gomes	96	Porto/Dolce Vita	4:29.58	+0,74	544	
	50m: 30.67 30.67	150m: 1:38.43 33.96	250m: 2:46.79 33.72	350m: 3:56.76 34.49			
	100m: 1:04.47 33.80	200m: 2:13.07 34.64	300m: 3:22.27 35.48	400m: 4:29.58 32.82			
17.	Leonardo Peralta Reis	96	Benedita	4:31.09	+0,89	534	
	50m: 29.75 29.75	150m: 1:36.80 33.90	250m: 2:46.08 34.83	350m: 3:57.36 35.67			
	100m: 1:02.90 33.15	200m: 2:11.25 34.45	300m: 3:21.69 35.61	400m: 4:31.09 33.73			
18.	Jose Carlos Teixeira	96	Foca	4:31.77	+0,79	530	
	50m: 30.53 30.53	150m: 1:38.62 34.60	250m: 2:48.35 35.05	350m: 3:58.61 35.13			
	100m: 1:04.02 33.49	200m: 2:13.30 34.68	300m: 3:23.48 35.13	400m: 4:31.77 33.16			
19.	Joao Pedro Neves	96	Aminata	4:32.21	+1,00	528	
	50m: 30.49 30.49	150m: 1:38.87 34.35	250m: 2:47.93 34.26	350m: 3:57.98 34.87			
	100m: 1:04.52 34.03	200m: 2:13.67 34.80	300m: 3:23.11 35.18	400m: 4:32.21 34.23			
20.	Ricardo Miguel Alves	96	Viana Natacao	4:32.46	+0,92	526	
	50m: 30.59 30.59	150m: 1:38.86 34.78	250m: 2:48.83 35.09	350m: 3:59.40 35.12			
	100m: 1:04.08 33.49	200m: 2:13.74 34.88	300m: 3:24.28 35.45	400m: 4:32.46 33.06			
21.	Mauro Filipe Maia	96	Fluvial Portuense	4:33.90	+0,86	518	
	50m: 30.86 30.86	150m: 1:38.81 34.54	250m: 2:47.67 34.55	350m: 3:58.34 35.88			
	100m: 1:04.27 33.41	200m: 2:13.12 34.31	300m: 3:22.46 34.79	400m: 4:33.90 35.56			

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

Event 36, Boys, 400m Freestyle, Prelim, Juvenis B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
22.	David Nunes Sousa	96	Famalicao	4:34.98	+0,84	512	
	50m: 29.94 29.94	150m: 1:40.83 35.92	250m: 2:51.85 35.69	350m: 4:02.68		35.61	
	100m: 1:04.91 34.97	200m: 2:16.16 35.33	300m: 3:27.07 35.22	400m: 4:34.98		32.30	
23.	Tomas Antonio Azevedo	96	Aminata	4:35.74	+0,72	508	
	50m: 30.58 30.58	150m: 1:39.49 34.98	250m: 2:50.30 35.49	350m: 4:01.88		35.78	
	100m: 1:04.51 33.93	200m: 2:14.81 35.32	300m: 3:26.10 35.80	400m: 4:35.74		33.86	
24.	Miguel Angelo Cruz	96	Gespacos	4:36.67	+0,84	503	
	50m: 31.19 31.19	150m: 1:39.95 34.94	250m: 2:50.51 35.31	350m: 4:01.91		35.68	
	100m: 1:05.01 33.82	200m: 2:15.20 35.25	300m: 3:26.23 35.72	400m: 4:36.67		34.76	
25.	Joao Miguel Lopes	96	Electrico	4:37.40	+0,83	499	
	<i>FTL</i>						
	50m: 31.69 31.69	150m: 1:40.40 34.67	250m: 2:50.53 35.20	350m: 4:02.30		35.99	
	100m: 1:05.73 34.04	200m: 2:15.33 34.93	300m: 3:26.31 35.78	400m: 4:37.40		35.10	
26.	Ricardo Santos Agueda	96	Natacao de Valongo	4:46.39	+0,91	453	
	<i>FTL</i>						
	50m: 31.04 31.04	150m: 1:42.03 36.01	250m: 2:55.03 36.53	350m: 4:09.91		37.31	
	100m: 1:06.02 34.98	200m: 2:18.50 36.47	300m: 3:32.60 37.57	400m: 4:46.39		36.48	
27.	Joao Goncalo Abreu	96	Nacional	4:48.06	+0,82	445	
	<i>FTL</i>						
	50m: 31.71 31.71	150m: 1:43.07 36.22	250m: 2:58.07 38.18	350m: 4:12.17		37.04	
	100m: 1:06.85 35.14	200m: 2:19.89 36.82	300m: 3:35.13 37.06	400m: 4:48.06		35.89	

Juvenis A

1.	Joao Duarte Santos	95	Natacao de Olhao	4:13.15	+0,86	656	
	50m: 28.67 28.67	150m: 1:32.13 31.97	250m: 2:37.51 32.60	350m: 3:42.58		32.39	
	100m: 1:00.16 31.49	200m: 2:04.91 32.78	300m: 3:10.19 32.68	400m: 4:13.15		30.57	
2.	Tiago Ferreira Azevedo	95	Naval Amorense	4:13.20	+0,75	656	
	50m: 28.37 28.37	150m: 1:32.65 32.55	250m: 2:38.13 32.58	350m: 3:41.55		31.80	
	100m: 1:00.10 31.73	200m: 2:05.55 32.90	300m: 3:09.75 31.62	400m: 4:13.20		31.65	
3.	Cesar Filipe Magalhaes	95	Foca	4:19.51	+0,88	609	
	50m: 28.54 28.54	150m: 1:33.10 32.38	250m: 2:39.51 33.18	350m: 3:46.41		33.48	
	100m: 1:00.72 32.18	200m: 2:06.33 33.23	300m: 3:12.93 33.42	400m: 4:19.51		33.10	
4.	Joao Andre Neves	95	Academica de Coimbra	4:21.53	+0,73	595	
	50m: 28.18 28.18	150m: 1:32.37 32.42	250m: 2:39.20 33.21	350m: 3:47.74		34.12	
	100m: 59.95 31.77	200m: 2:05.99 33.62	300m: 3:13.62 34.42	400m: 4:21.53		33.79	
5.	Joao Miguel Costa	95	Vilacondense	4:25.70	+0,79	568	
	50m: 28.90 28.90	150m: 1:34.31 33.01	250m: 2:43.21 34.82	350m: 3:52.44		34.72	
	100m: 1:01.30 32.40	200m: 2:08.39 34.08	300m: 3:17.72 34.51	400m: 4:25.70		33.26	
6.	Diogo Sequeira Aparicio	95	Porto/Dolce Vita	4:27.25	+0,93	558	
	50m: 29.70 29.70	150m: 1:35.13 33.02	250m: 2:43.61 34.53	350m: 3:53.52		34.73	
	100m: 1:02.11 32.41	200m: 2:09.08 33.95	300m: 3:18.79 35.18	400m: 4:27.25		33.73	
7.	Duarte Nuno Vieira	95	Nacional	4:27.31	+0,72	558	
	50m: 30.04 30.04	150m: 1:38.72 34.59	250m: 2:46.96 33.84	350m: 3:54.91		33.76	
	100m: 1:04.13 34.09	200m: 2:13.12 34.40	300m: 3:21.15 34.19	400m: 4:27.31		32.40	

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

Event 36, Boys, 400m Freestyle, Prelim, Juvenis A

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
8.	Joao Duarte Marafona	95	Vilacondense	4:27.69	+0,94	555	
	50m: 30.23 30.23	150m: 1:37.26 33.68	250m: 2:46.31 34.24	350m: 3:55.27 34.16	400m: 4:27.69 32.42		
	100m: 1:03.58 33.35	200m: 2:12.07 34.81	300m: 3:21.11 34.80				
9.	Andre Filipe Fernandes	95	Amadora	4:28.20	+0,84	552	
	50m: 30.81 30.81	150m: 1:38.03 34.00	250m: 2:45.67 34.22	350m: 3:54.83 34.78	400m: 4:28.20 33.37		
	100m: 1:04.03 33.22	200m: 2:11.45 33.42	300m: 3:20.05 34.38				
10.	Joao Miguel Teixeira	95	Academico Viseu	4:28.58	+0,93	550	
	50m: 30.72 30.72	150m: 1:38.59 34.18	250m: 2:48.38 34.89	350m: 3:57.11 33.55	400m: 4:28.58 31.47		
	100m: 1:04.41 33.69	200m: 2:13.49 34.90	300m: 3:23.56 35.18				
11.	Gil Vilela Correia	95	Sporting	4:28.70	+0,81	549	
	50m: 30.21 30.21	150m: 1:37.85 34.31	250m: 2:46.71 34.20	350m: 3:55.39 34.50	400m: 4:28.70 33.31		
	100m: 1:03.54 33.33	200m: 2:12.51 34.66	300m: 3:20.89 34.18				
12.	Joao Marcelo Gomes	95	Porto/Dolce Vita	4:28.99	+0,97	547	
	50m: 30.10 30.10	150m: 1:38.09 34.68	250m: 2:46.97 34.17	350m: 3:56.35 34.70	400m: 4:28.99 32.64		
	100m: 1:03.41 33.31	200m: 2:12.80 34.71	300m: 3:21.65 34.68				
13.	Duarte Cai-Agua Martins	95	Bombeiros dos Estoris	4:29.03	+0,81	547	
	<i>FTL</i>						
	50m: 28.74 28.74	150m: 1:35.49 34.14	250m: 2:45.40 35.06	350m: 3:55.26 34.78	400m: 4:29.03 33.77		
	100m: 1:01.35 32.61	200m: 2:10.34 34.85	300m: 3:20.48 35.08				
14.	Daniel Rento Laureano	95	Leixoes	4:29.28	+1,03	545	
	<i>FTL</i>						
	50m: 31.62 31.62	150m: 1:39.41 34.18	250m: 2:48.34 34.04	350m: 3:57.33 34.49	400m: 4:29.28 31.95		
	100m: 1:05.23 33.61	200m: 2:14.30 34.89	300m: 3:22.84 34.50				
15.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	4:29.94	+0,91	541	
	<i>FTL</i>						
	50m: 30.46 30.46	150m: 1:39.10 34.59	250m: 2:48.97 35.20	350m: 3:58.53 34.79	400m: 4:29.94 31.41		
	100m: 1:04.51 34.05	200m: 2:13.77 34.67	300m: 3:23.74 34.77				
16.	Artur Manuel Ferreira	95	Porto/Dolce Vita	4:29.99	+0,89	541	
	<i>FTL</i>						
	50m: 29.87 29.87	150m: 1:36.46 33.80	250m: 2:45.98 34.75	350m: 3:55.55 34.33	400m: 4:29.99 34.44		
	100m: 1:02.66 32.79	200m: 2:11.23 34.77	300m: 3:21.22 35.24				
17.	Francisco Xavier Rodrigues	95	Academica de Coimbra	4:30.41	+0,76	539	
	<i>FTL</i>						
	50m: 29.95 29.95	150m: 1:38.82 35.03	250m: 2:48.56 34.54	350m: 3:58.05 34.85	400m: 4:30.41 32.36		
	100m: 1:03.79 33.84	200m: 2:14.02 35.20	300m: 3:23.20 34.64				
18.	Bernardo Aguiar Branco	95	Porto/Dolce Vita	4:31.99	+0,93	529	
	<i>FTL</i>						
	50m: 30.25 30.25	150m: 1:37.39 33.93	250m: 2:46.57 34.47	350m: 3:57.49 35.34	400m: 4:31.99 34.50		
	100m: 1:03.46 33.21	200m: 2:12.10 34.71	300m: 3:22.15 35.58				
19.	Lourenco Moniz Silva	95	Naval do Funchal	4:32.09	+0,73	529	
	<i>FTL</i>						
	50m: 29.99 29.99	150m: 1:37.98 35.05	250m: 2:48.51 35.08	350m: 3:58.66 34.75	400m: 4:32.09 33.43		
	100m: 1:02.93 32.94	200m: 2:13.43 35.45	300m: 3:23.91 35.40				

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

Event 36, Boys, 400m Freestyle, Prelim, Juvenis A

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
20.	David Rodrigues Luis	95	Colegio Vasco da Gama	4:32.56	+0,73	526	
	<i>FTL</i>						
	50m: 29.91 29.91	150m: 1:37.12 33.99	250m: 2:46.18 34.45	350m: 3:57.00 35.23			
	100m: 1:03.13 33.22	200m: 2:11.73 34.61	300m: 3:21.77 35.59	400m: 4:32.56 35.56			
21.	Joao Nuno Abreu	95	Vitoria de Guimaraes	4:34.77	+0,83	513	
	<i>FTL</i>						
	50m: 29.53 29.53	150m: 1:37.34 33.96	250m: 2:46.95 34.58	350m: 3:58.98 36.24			
	100m: 1:03.38 33.85	200m: 2:12.37 35.03	300m: 3:22.74 35.79	400m: 4:34.77 35.79			
22.	Edgar Ramos Varela	95	Uniao Piedense	4:38.87	+0,81	491	
	<i>FTL</i>						
	50m: 29.70 29.70	150m: 1:37.96 35.38	250m: 2:50.45 36.64	350m: 4:03.53 35.86			
	100m: 1:02.58 32.88	200m: 2:13.81 35.85	300m: 3:27.67 37.22	400m: 4:38.87 35.34			

Absolutos

1.	Gustavo Manuel Santa	93	Sporting	4:03.43	+0,84	738	A
	50m: 28.12 28.12	150m: 1:28.30 30.59	250m: 2:29.18 30.25	350m: 3:32.61 32.08			
	100m: 57.71 29.59	200m: 1:58.93 30.63	300m: 3:00.53 31.35	400m: 4:03.43 30.82			
2.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:04.33	+0,71	730	A
	50m: 28.71 28.71	150m: 1:30.68 31.26	250m: 2:33.36 31.24	350m: 3:34.62 30.24			
	100m: 59.42 30.71	200m: 2:02.12 31.44	300m: 3:04.38 31.02	400m: 4:04.33 29.71			
3.	Fabio Manuel Pereira	86	Vilacondense	4:04.35	+0,80	730	A
	50m: 28.15 28.15	150m: 1:30.11 31.45	250m: 2:32.70 31.26	350m: 3:34.55 30.68			
	100m: 58.66 30.51	200m: 2:01.44 31.33	300m: 3:03.87 31.17	400m: 4:04.35 29.80			
4.	Jorge Manuel Maia	89	Famalicao	4:04.67	+0,81	727	A
	50m: 28.17 28.17	150m: 1:29.77 31.49	250m: 2:32.62 31.42	350m: 3:35.18 31.20			
	100m: 58.28 30.11	200m: 2:01.20 31.43	300m: 3:03.98 31.36	400m: 4:04.67 29.49			
5.	Ricardo Ferreira Cotovio	91	Sporting	4:05.32	+0,72	721	A
	50m: 27.93 27.93	150m: 1:29.26 30.75	250m: 2:32.06 31.21	350m: 3:34.78 30.94			
	100m: 58.51 30.58	200m: 2:00.85 31.59	300m: 3:03.84 31.78	400m: 4:05.32 30.54			
6.	Cesar Fernando Faria	90	BA/Mr.Pizza	4:06.39	+0,79	712	A
	50m: 27.79 27.79	150m: 1:28.53 30.97	250m: 2:30.53 31.32	350m: 3:34.86 32.50			
	100m: 57.56 29.77	200m: 1:59.21 30.68	300m: 3:02.36 31.83	400m: 4:06.39 31.53			
7.	Miguel Monteiro Diogo	93	Alcobaca	4:06.46	+0,73	711	A
	50m: 28.26 28.26	150m: 1:30.59 31.50	250m: 2:33.17 31.48	350m: 3:35.64 31.19			
	100m: 59.09 30.83	200m: 2:01.69 31.10	300m: 3:04.45 31.28	400m: 4:06.46 30.82			
8.	Israel Peressin Murat	86	Porto/Dolce Vita	4:07.13	+0,81	706	A
	50m: 28.14 28.14	150m: 1:30.26 31.38	250m: 2:32.59 31.00	350m: 3:35.82 31.52			
	100m: 58.88 30.74	200m: 2:01.59 31.33	300m: 3:04.30 31.71	400m: 4:07.13 31.31			
9.	Mario Andre Bonanca	90	Sporting	4:07.15	+0,86	705	R
	50m: 28.42 28.42	150m: 1:29.32 30.44	250m: 2:31.99 31.39	350m: 3:36.20 32.03			
	100m: 58.88 30.46	200m: 2:00.60 31.28	300m: 3:04.17 32.18	400m: 4:07.15 30.95			
10.	Vasco Miguel Gaspar	90	Uniao Piedense	4:07.75	+0,80	700	R
	50m: 28.63 28.63	150m: 1:31.11 31.22	250m: 2:34.11 31.36	350m: 3:36.87 31.39			
	100m: 59.89 31.26	200m: 2:02.75 31.64	300m: 3:05.48 31.37	400m: 4:07.75 30.88			

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

Event 36, Men, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
11.	Carlos Esteves Almeida	88	Amadora	4:07.91	+0,81	699	B
	50m: 28.47 28.47	150m: 1:30.67 31.64	250m: 2:32.75 30.92	350m: 3:36.00 31.85			
	100m: 59.03 30.56	200m: 2:01.83 31.16	300m: 3:04.15 31.40	400m: 4:07.91 31.91			
12.	Diogo Andre Gaspar	90	Uniao Piedense	4:08.08	+0,87	698	B
	50m: 28.27 28.27	150m: 1:30.94 31.35	250m: 2:33.90 31.12	350m: 3:37.20 31.62			
	100m: 59.59 31.32	200m: 2:02.78 31.84	300m: 3:05.58 31.68	400m: 4:08.08 30.88			
13.	Nuno Vieira Malheiro	93	Braga	4:08.73	+0,86	692	B
	50m: 28.58 28.58	150m: 1:31.49 31.73	250m: 2:34.69 31.37	350m: 3:38.12 31.57			
	100m: 59.76 31.18	200m: 2:03.32 31.83	300m: 3:06.55 31.86	400m: 4:08.73 30.61			
14.	Ricardo Manuel Machado	93	Braga	4:09.06	+0,86	689	R
	50m: 28.05 28.05	150m: 1:28.35 30.97	250m: 2:32.49 31.83	350m: 3:36.98 32.46			
	100m: 57.38 29.33	200m: 2:00.66 32.31	300m: 3:04.52 32.03	400m: 4:09.06 32.08			
15.	Andre Filipe Farinha	96	Benfica	4:09.11	+0,84	689	R
	50m: 28.80 28.80	150m: 1:32.39 32.34	250m: 2:35.83 31.32	350m: 3:38.52 31.12			
	100m: 1:00.05 31.25	200m: 2:04.51 32.12	300m: 3:07.40 31.57	400m: 4:09.11 30.59			
16.	Miguel Silva Oliveira	91	Nautico/Matobra	4:10.34	+0,83	679	
	50m: 27.87 27.87	150m: 1:30.16 31.81	250m: 2:33.77 31.15	350m: 3:38.30 32.06			
	100m: 58.35 30.48	200m: 2:02.62 32.46	300m: 3:06.24 32.47	400m: 4:10.34 32.04			
17.	Hugo Alberto Ribeiro	88	Gespacos	4:10.68	+1,30	676	
	50m: 28.05 28.05	150m: 1:29.03 30.93	250m: 2:32.33 31.98	350m: 3:38.49 33.26			
	100m: 58.10 30.05	200m: 2:00.35 31.32	300m: 3:05.23 32.90	400m: 4:10.68 32.19			
18.	Tiago Silva Oliveira	94	Leixoes	4:11.05	+0,78	673	
	50m: 28.43 28.43	150m: 1:30.15 31.25	250m: 2:34.25 32.25	350m: 3:39.56 32.66			
	100m: 58.90 30.47	200m: 2:02.00 31.85	300m: 3:06.90 32.65	400m: 4:11.05 31.49			
19.	Andre Rafael Marinho	93	Uniao Piedense	4:11.67	+0,86	668	
	50m: 28.77 28.77	150m: 1:32.00 32.21	250m: 2:36.09 31.99	350m: 3:40.27 32.31			
	100m: 59.79 31.02	200m: 2:04.10 32.10	300m: 3:07.96 31.87	400m: 4:11.67 31.40			
20.	Andre Filipe Lopes	92	Academica de Coimbra	4:13.11	+0,68	657	
	<i>FTL</i>						
	50m: 28.61 28.61	150m: 1:31.57 31.49	250m: 2:35.61 31.79	350m: 3:40.75 32.49			
	100m: 1:00.08 31.47	200m: 2:03.82 32.25	300m: 3:08.26 32.65	400m: 4:13.11 32.36			
21.	Joao Duarte Santos	95	Natacao de Olhao	4:13.15	+0,86	656	
	50m: 28.67 28.67	150m: 1:32.13 31.97	250m: 2:37.51 32.60	350m: 3:42.58 32.39			
	100m: 1:00.16 31.49	200m: 2:04.91 32.78	300m: 3:10.19 32.68	400m: 4:13.15 30.57			
22.	Tiago Ferreira Azevedo	95	Naval Amorense	4:13.20	+0,75	656	
	50m: 28.37 28.37	150m: 1:32.65 32.55	250m: 2:38.13 32.58	350m: 3:41.55 31.80			
	100m: 1:00.10 31.73	200m: 2:05.55 32.90	300m: 3:09.75 31.62	400m: 4:13.20 31.65			
23.	Filipe Vieira Malheiro	90	Braga	4:14.84	+0,78	643	
	<i>FTL</i>						
	50m: 28.00 28.00	150m: 1:32.28 32.28	250m: 2:36.37 31.85	350m: 3:41.88 33.11			
	100m: 1:00.00 32.00	200m: 2:04.52 32.24	300m: 3:08.77 32.40	400m: 4:14.84 32.96			
24.	Joao Carlos Santos	96	Naval Amorense	4:16.83	+0,96	629	
	50m: 29.85 29.85	150m: 1:34.56 32.80	250m: 2:39.01 31.19	350m: 3:44.41 32.63			
	100m: 1:01.76 31.91	200m: 2:07.82 33.26	300m: 3:11.78 32.77	400m: 4:16.83 32.42			

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

Event 36, Men, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
25.	Cesar Filipe Magalhaes	95	Foca	4:19.51	+0,88	609	
	50m: 28.54 28.54	150m: 1:33.10 32.38	250m: 2:39.51 33.18	350m: 3:46.41 33.48			
	100m: 1:00.72 32.18	200m: 2:06.33 33.23	300m: 3:12.93 33.42	400m: 4:19.51 33.10			
26.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:19.87	+0,69	607	
	50m: 29.72 29.72	150m: 1:35.26 33.08	250m: 2:43.14 33.94	350m: 3:49.03 32.35			
	100m: 1:02.18 32.46	200m: 2:09.20 33.94	300m: 3:16.68 33.54	400m: 4:19.87 30.84			
27.	Miguel Prata Santos	96	Viana Natacao	4:19.88	+0,81	607	
	50m: 29.07 29.07	150m: 1:34.53 33.56	250m: 2:42.28 33.68	350m: 3:49.77 33.89			
	100m: 1:00.97 31.90	200m: 2:08.60 34.07	300m: 3:15.88 33.60	400m: 4:19.88 30.11			
28.	Rafael Lourenco Gil	96	Monteges	4:20.41	+0,79	603	
	50m: 29.83 29.83	150m: 1:35.65 33.45	250m: 2:42.90 33.66	350m: 3:49.85 33.36			
	100m: 1:02.20 32.37	200m: 2:09.24 33.59	300m: 3:16.49 33.59	400m: 4:20.41 30.56			
29.	Joao Andre Neves	95	Academica de Coimbra	4:21.53	+0,73	595	
	50m: 28.18 28.18	150m: 1:32.37 32.42	250m: 2:39.20 33.21	350m: 3:47.74 34.12			
	100m: 59.95 31.77	200m: 2:05.99 33.62	300m: 3:13.62 34.42	400m: 4:21.53 33.79			
30.	Tiago Joao Meira	96	Viana Natacao	4:22.77	+0,88	587	
	50m: 30.01 30.01	150m: 1:37.71 34.36	250m: 2:45.14 33.57	350m: 3:51.95 33.28			
	100m: 1:03.35 33.34	200m: 2:11.57 33.86	300m: 3:18.67 33.53	400m: 4:22.77 30.82			
31.	Rafael Filipe Nunes	96	Naval Amorense	4:22.90	+0,76	586	
	50m: 29.83 29.83	150m: 1:37.32 34.45	250m: 2:45.19 33.79	350m: 3:52.16 33.19			
	100m: 1:02.87 33.04	200m: 2:11.40 34.08	300m: 3:18.97 33.78	400m: 4:22.90 30.74			
32.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:23.46	+0,78	582	
	50m: 28.95 28.95	150m: 1:36.02 33.83	250m: 2:45.28 34.63	350m: 3:51.66 33.44			
	100m: 1:02.19 33.24	200m: 2:10.65 34.63	300m: 3:18.22 32.94	400m: 4:23.46 31.80			
33.	Daniel Ricardo Viegas <i>FTL</i>	83	Amadora	4:23.99	+1,04	579	
	50m: 29.53 29.53	150m: 1:34.98 33.25	250m: 2:42.39 33.57	350m: 3:49.96 33.32			
	100m: 1:01.73 32.20	200m: 2:08.82 33.84	300m: 3:16.64 34.25	400m: 4:23.99 34.03			
34.	Guilherme Dias Nunes	96	Natacao de Olhao	4:24.00	+0,71	579	
	50m: 29.65 29.65	150m: 1:36.16 33.93	250m: 2:43.75 33.78	350m: 3:51.75 33.85			
	100m: 1:02.23 32.58	200m: 2:09.97 33.81	300m: 3:17.90 34.15	400m: 4:24.00 32.25			
35.	Bruno Miguel Silva	96	Porto/Dolce Vita	4:24.12	+0,80	578	
	50m: 29.51 29.51	150m: 1:36.34 34.05	250m: 2:44.75 33.80	350m: 3:52.86 34.02			
	100m: 1:02.29 32.78	200m: 2:10.95 34.61	300m: 3:18.84 34.09	400m: 4:24.12 31.26			
36.	Miguel Duarte Moreira	96	Belenenses	4:24.31	+0,74	577	
	50m: 29.37 29.37	150m: 1:36.84 34.00	250m: 2:44.48 33.61	350m: 3:52.38 33.48			
	100m: 1:02.84 33.47	200m: 2:10.87 34.03	300m: 3:18.90 34.42	400m: 4:24.31 31.93			
37.	Pedro Ribeiro Santos	96	Academico Viseu	4:25.34	+0,81	570	
	50m: 29.57 29.57	150m: 1:36.46 33.84	250m: 2:44.94 34.19	350m: 3:53.15 33.98			
	100m: 1:02.62 33.05	200m: 2:10.75 34.29	300m: 3:19.17 34.23	400m: 4:25.34 32.19			
38.	Joao Miguel Costa	95	Vilacondense	4:25.70	+0,79	568	
	50m: 28.90 28.90	150m: 1:34.31 33.01	250m: 2:43.21 34.82	350m: 3:52.44 34.72			
	100m: 1:01.30 32.40	200m: 2:08.39 34.08	300m: 3:17.72 34.51	400m: 4:25.70 33.26			
39.	Pedro Veiguiha Martins	96	Braga	4:26.68	+0,84	561	
	50m: 30.35 30.35	150m: 1:37.99 34.22	250m: 2:45.45 33.91	350m: 3:54.15 34.66			
	100m: 1:03.77 33.42	200m: 2:11.54 33.55	300m: 3:19.49 34.04	400m: 4:26.68 32.53			

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

Event 36, Men, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
40.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:26.76	+0,82	561	
	50m: 29.40 29.40	150m: 1:37.00 34.88	250m: 2:46.09 34.40	350m: 3:55.37 34.99			
	100m: 1:02.12 32.72	200m: 2:11.69 34.69	300m: 3:20.38 34.29	400m: 4:26.76 31.39			
41.	Diogo Sequeira Aparicio	95	Porto/Dolce Vita	4:27.25	+0,93	558	
	50m: 29.70 29.70	150m: 1:35.13 33.02	250m: 2:43.61 34.53	350m: 3:53.52 34.73			
	100m: 1:02.11 32.41	200m: 2:09.08 33.95	300m: 3:18.79 35.18	400m: 4:27.25 33.73			
42.	Duarte Nuno Vieira	95	Nacional	4:27.31	+0,72	558	
	50m: 30.04 30.04	150m: 1:38.72 34.59	250m: 2:46.96 33.84	350m: 3:54.91 33.76			
	100m: 1:04.13 34.09	200m: 2:13.12 34.40	300m: 3:21.15 34.19	400m: 4:27.31 32.40			
43.	Joao Duarte Marafona	95	Vilacondense	4:27.69	+0,94	555	
	50m: 30.23 30.23	150m: 1:37.26 33.68	250m: 2:46.31 34.24	350m: 3:55.27 34.16			
	100m: 1:03.58 33.35	200m: 2:12.07 34.81	300m: 3:21.11 34.80	400m: 4:27.69 32.42			
44.	Andre Filipe Fernandes	95	Amadora	4:28.20	+0,84	552	
	50m: 30.81 30.81	150m: 1:38.03 34.00	250m: 2:45.67 34.22	350m: 3:54.83 34.78			
	100m: 1:04.03 33.22	200m: 2:11.45 33.42	300m: 3:20.05 34.38	400m: 4:28.20 33.37			
45.	Joao Miguel Teixeira	95	Academico Viseu	4:28.58	+0,93	550	
	50m: 30.72 30.72	150m: 1:38.59 34.18	250m: 2:48.38 34.89	350m: 3:57.11 33.55			
	100m: 1:04.41 33.69	200m: 2:13.49 34.90	300m: 3:23.56 35.18	400m: 4:28.58 31.47			
46.	Gil Vilela Correia	95	Sporting	4:28.70	+0,81	549	
	50m: 30.21 30.21	150m: 1:37.85 34.31	250m: 2:46.71 34.20	350m: 3:55.39 34.50			
	100m: 1:03.54 33.33	200m: 2:12.51 34.66	300m: 3:20.89 34.18	400m: 4:28.70 33.31			
47.	Diogo Dias Pinheiro	96	Sporting	4:28.77	+0,74	548	
	50m: 30.37 30.37	150m: 1:38.62 34.29	250m: 2:47.15 33.69	350m: 3:55.17 33.55			
	100m: 1:04.33 33.96	200m: 2:13.46 34.84	300m: 3:21.62 34.47	400m: 4:28.77 33.60			
48.	Joao Marcelo Gomes	95	Porto/Dolce Vita	4:28.99	+0,97	547	
	50m: 30.10 30.10	150m: 1:38.09 34.68	250m: 2:46.97 34.17	350m: 3:56.35 34.70			
	100m: 1:03.41 33.31	200m: 2:12.80 34.71	300m: 3:21.65 34.68	400m: 4:28.99 32.64			
49.	Duarte Cai-Agua Martins	95	Bombeiros dos Estoris	4:29.03	+0,81	547	
	<i>FTL</i>						
	50m: 28.74 28.74	150m: 1:35.49 34.14	250m: 2:45.40 35.06	350m: 3:55.26 34.78			
	100m: 1:01.35 32.61	200m: 2:10.34 34.85	300m: 3:20.48 35.08	400m: 4:29.03 33.77			
50.	Daniel Rento Laureano	95	Leixoes	4:29.28	+1,03	545	
	<i>FTL</i>						
	50m: 31.62 31.62	150m: 1:39.41 34.18	250m: 2:48.34 34.04	350m: 3:57.33 34.49			
	100m: 1:05.23 33.61	200m: 2:14.30 34.89	300m: 3:22.84 34.50	400m: 4:29.28 31.95			
51.	Diogo Henrique Gomes	96	Porto/Dolce Vita	4:29.58	+0,74	544	
	50m: 30.67 30.67	150m: 1:38.43 33.96	250m: 2:46.79 33.72	350m: 3:56.76 34.49			
	100m: 1:04.47 33.80	200m: 2:13.07 34.64	300m: 3:22.27 35.48	400m: 4:29.58 32.82			
52.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	4:29.94	+0,91	541	
	<i>FTL</i>						
	50m: 30.46 30.46	150m: 1:39.10 34.59	250m: 2:48.97 35.20	350m: 3:58.53 34.79			
	100m: 1:04.51 34.05	200m: 2:13.77 34.67	300m: 3:23.74 34.77	400m: 4:29.94 31.41			
53.	Artur Manuel Ferreira	95	Porto/Dolce Vita	4:29.99	+0,89	541	
	<i>FTL</i>						
	50m: 29.87 29.87	150m: 1:36.46 33.80	250m: 2:45.98 34.75	350m: 3:55.55 34.33			
	100m: 1:02.66 32.79	200m: 2:11.23 34.77	300m: 3:21.22 35.24	400m: 4:29.99 34.44			

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

Event 36, Men, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
54.	Francisco Xavier Rodrigues <i>FTL</i>	95	Academica de Coimbra	4:30.41	+0,76	539	
	50m: 29.95 29.95	150m: 1:38.82 35.03	250m: 2:48.56 34.54	350m: 3:58.05 34.85			
	100m: 1:03.79 33.84	200m: 2:14.02 35.20	300m: 3:23.20 34.64	400m: 4:30.41 32.36			
55.	Leonardo Peralta Reis	96	Benedita	4:31.09	+0,89	534	
	50m: 29.75 29.75	150m: 1:36.80 33.90	250m: 2:46.08 34.83	350m: 3:57.36 35.67			
	100m: 1:02.90 33.15	200m: 2:11.25 34.45	300m: 3:21.69 35.61	400m: 4:31.09 33.73			
56.	Jose Carlos Teixeira	96	Foca	4:31.77	+0,79	530	
	50m: 30.53 30.53	150m: 1:38.62 34.60	250m: 2:48.35 35.05	350m: 3:58.61 35.13			
	100m: 1:04.02 33.49	200m: 2:13.30 34.68	300m: 3:23.48 35.13	400m: 4:31.77 33.16			
57.	Bernardo Aguiar Branco <i>FTL</i>	95	Porto/Dolce Vita	4:31.99	+0,93	529	
	50m: 30.25 30.25	150m: 1:37.39 33.93	250m: 2:46.57 34.47	350m: 3:57.49 35.34			
	100m: 1:03.46 33.21	200m: 2:12.10 34.71	300m: 3:22.15 35.58	400m: 4:31.99 34.50			
58.	Lourenco Moniz Silva <i>FTL</i>	95	Naval do Funchal	4:32.09	+0,73	529	
	50m: 29.99 29.99	150m: 1:37.98 35.05	250m: 2:48.51 35.08	350m: 3:58.66 34.75			
	100m: 1:02.93 32.94	200m: 2:13.43 35.45	300m: 3:23.91 35.40	400m: 4:32.09 33.43			
59.	Joao Pedro Neves	96	Aminata	4:32.21	+1,00	528	
	50m: 30.49 30.49	150m: 1:38.87 34.35	250m: 2:47.93 34.26	350m: 3:57.98 34.87			
	100m: 1:04.52 34.03	200m: 2:13.67 34.80	300m: 3:23.11 35.18	400m: 4:32.21 34.23			
60.	Ricardo Miguel Alves	96	Viana Natacao	4:32.46	+0,92	526	
	50m: 30.59 30.59	150m: 1:38.86 34.78	250m: 2:48.83 35.09	350m: 3:59.40 35.12			
	100m: 1:04.08 33.49	200m: 2:13.74 34.88	300m: 3:24.28 35.45	400m: 4:32.46 33.06			
61.	David Rodrigues Luis <i>FTL</i>	95	Colegio Vasco da Gama	4:32.56	+0,73	526	
	50m: 29.91 29.91	150m: 1:37.12 33.99	250m: 2:46.18 34.45	350m: 3:57.00 35.23			
	100m: 1:03.13 33.22	200m: 2:11.73 34.61	300m: 3:21.77 35.59	400m: 4:32.56 35.56			
62.	Mauro Filipe Maia	96	Fluvial Portuense	4:33.90	+0,86	518	
	50m: 30.86 30.86	150m: 1:38.81 34.54	250m: 2:47.67 34.55	350m: 3:58.34 35.88			
	100m: 1:04.27 33.41	200m: 2:13.12 34.31	300m: 3:22.46 34.79	400m: 4:33.90 35.56			
63.	Joao Nuno Abreu <i>FTL</i>	95	Vitoria de Guimaraes	4:34.77	+0,83	513	
	50m: 29.53 29.53	150m: 1:37.34 33.96	250m: 2:46.95 34.58	350m: 3:58.98 36.24			
	100m: 1:03.38 33.85	200m: 2:12.37 35.03	300m: 3:22.74 35.79	400m: 4:34.77 35.79			
64.	David Nunes Sousa	96	Famalicao	4:34.98	+0,84	512	
	50m: 29.94 29.94	150m: 1:40.83 35.92	250m: 2:51.85 35.69	350m: 4:02.68 35.61			
	100m: 1:04.91 34.97	200m: 2:16.16 35.33	300m: 3:27.07 35.22	400m: 4:34.98 32.30			
65.	Tomas Antonio Azevedo	96	Aminata	4:35.74	+0,72	508	
	50m: 30.58 30.58	150m: 1:39.49 34.98	250m: 2:50.30 35.49	350m: 4:01.88 35.78			
	100m: 1:04.51 33.93	200m: 2:14.81 35.32	300m: 3:26.10 35.80	400m: 4:35.74 33.86			
66.	Miguel Angelo Cruz	96	Gespacos	4:36.67	+0,84	503	
	50m: 31.19 31.19	150m: 1:39.95 34.94	250m: 2:50.51 35.31	350m: 4:01.91 35.68			
	100m: 1:05.01 33.82	200m: 2:15.20 35.25	300m: 3:26.23 35.72	400m: 4:36.67 34.76			

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Povoa de Varzim, 4- - 7-8-2011

Event 36, Men, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
67.	Joao Miguel Lopes <i>FTL</i>	96	Electrico	4:37.40	+0,83	499	
	50m: 31.69 31.69	150m: 1:40.40 34.67	250m: 2:50.53 35.20	350m: 4:02.30 35.99			
	100m: 1:05.73 34.04	200m: 2:15.33 34.93	300m: 3:26.31 35.78	400m: 4:37.40 35.10			
68.	Edgar Ramos Varela <i>FTL</i>	95	Uniao Piedense	4:38.87	+0,81	491	
	50m: 29.70 29.70	150m: 1:37.96 35.38	250m: 2:50.45 36.64	350m: 4:03.53 35.86			
	100m: 1:02.58 32.88	200m: 2:13.81 35.85	300m: 3:27.67 37.22	400m: 4:38.87 35.34			
69.	Ricardo Santos Agueda <i>FTL</i>	96	Natacao de Valongo	4:46.39	+0,91	453	
	50m: 31.04 31.04	150m: 1:42.03 36.01	250m: 2:55.03 36.53	350m: 4:09.91 37.31			
	100m: 1:06.02 34.98	200m: 2:18.50 36.47	300m: 3:32.60 37.57	400m: 4:46.39 36.48			
70.	Joao Goncalo Abreu <i>FTL</i>	96	Nacional	4:48.06	+0,82	445	
	50m: 31.71 31.71	150m: 1:43.07 36.22	250m: 2:58.07 38.18	350m: 4:12.17 37.04			
	100m: 1:06.85 35.14	200m: 2:19.89 36.82	300m: 3:35.13 37.06	400m: 4:48.06 35.89			

Jun1

1.	Tiago Silva Oliveira	94	Leixoes	4:11.05	+0,78	673	
	50m: 28.43 28.43	150m: 1:30.15 31.25	250m: 2:34.25 32.25	350m: 3:39.56 32.66			
	100m: 58.90 30.47	200m: 2:02.00 31.85	300m: 3:06.90 32.65	400m: 4:11.05 31.49			

Sen/Jun2

1.	Gustavo Manuel Santa	93	Sporting	4:03.43	+0,84	738	A
	50m: 28.12 28.12	150m: 1:28.30 30.59	250m: 2:29.18 30.25	350m: 3:32.61 32.08			
	100m: 57.71 29.59	200m: 1:58.93 30.63	300m: 3:00.53 31.35	400m: 4:03.43 30.82			
2.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:04.33	+0,71	730	A
	50m: 28.71 28.71	150m: 1:30.68 31.26	250m: 2:33.36 31.24	350m: 3:34.62 30.24			
	100m: 59.42 30.71	200m: 2:02.12 31.44	300m: 3:04.38 31.02	400m: 4:04.33 29.71			
3.	Fabio Manuel Pereira	86	Vilacondense	4:04.35	+0,80	730	A
	50m: 28.15 28.15	150m: 1:30.11 31.45	250m: 2:32.70 31.26	350m: 3:34.55 30.68			
	100m: 58.66 30.51	200m: 2:01.44 31.33	300m: 3:03.87 31.17	400m: 4:04.35 29.80			
4.	Jorge Manuel Maia	89	Famalicao	4:04.67	+0,81	727	A
	50m: 28.17 28.17	150m: 1:29.77 31.49	250m: 2:32.62 31.42	350m: 3:35.18 31.20			
	100m: 58.28 30.11	200m: 2:01.20 31.43	300m: 3:03.98 31.36	400m: 4:04.67 29.49			
5.	Ricardo Ferreira Cotovio	91	Sporting	4:05.32	+0,72	721	A
	50m: 27.93 27.93	150m: 1:29.26 30.75	250m: 2:32.06 31.21	350m: 3:34.78 30.94			
	100m: 58.51 30.58	200m: 2:00.85 31.59	300m: 3:03.84 31.78	400m: 4:05.32 30.54			
6.	Cesar Fernando Faria	90	BA/Mr.Pizza	4:06.39	+0,79	712	A
	50m: 27.79 27.79	150m: 1:28.53 30.97	250m: 2:30.53 31.32	350m: 3:34.86 32.50			
	100m: 57.56 29.77	200m: 1:59.21 30.68	300m: 3:02.36 31.83	400m: 4:06.39 31.53			
7.	Miguel Monteiro Diogo	93	Alcobaca	4:06.46	+0,73	711	A
	50m: 28.26 28.26	150m: 1:30.59 31.50	250m: 2:33.17 31.48	350m: 3:35.64 31.19			
	100m: 59.09 30.83	200m: 2:01.69 31.10	300m: 3:04.45 31.28	400m: 4:06.46 30.82			

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Povoa de Varzim, 4- - 7-8-2011

Event 36, Men, 400m Freestyle, Prelim, Sen/Jun2

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
8.	Israel Peressin Murat	86	Porto/Dolce Vita	4:07.13	+0,81	706	A
	50m: 28.14 28.14	150m: 1:30.26 31.38	250m: 2:32.59 31.00	350m: 3:35.82 31.52			
	100m: 58.88 30.74	200m: 2:01.59 31.33	300m: 3:04.30 31.71	400m: 4:07.13 31.31			
9.	Mario Andre Bonanca	90	Sporting	4:07.15	+0,86	705	R
	50m: 28.42 28.42	150m: 1:29.32 30.44	250m: 2:31.99 31.39	350m: 3:36.20 32.03			
	100m: 58.88 30.46	200m: 2:00.60 31.28	300m: 3:04.17 32.18	400m: 4:07.15 30.95			
10.	Vasco Miguel Gaspar	90	Uniao Piedense	4:07.75	+0,80	700	R
	50m: 28.63 28.63	150m: 1:31.11 31.22	250m: 2:34.11 31.36	350m: 3:36.87 31.39			
	100m: 59.89 31.26	200m: 2:02.75 31.64	300m: 3:05.48 31.37	400m: 4:07.75 30.88			
11.	Carlos Esteves Almeida	88	Amadora	4:07.91	+0,81	699	B
	50m: 28.47 28.47	150m: 1:30.67 31.64	250m: 2:32.75 30.92	350m: 3:36.00 31.85			
	100m: 59.03 30.56	200m: 2:01.83 31.16	300m: 3:04.15 31.40	400m: 4:07.91 31.91			
12.	Diogo Andre Gaspar	90	Uniao Piedense	4:08.08	+0,87	698	B
	50m: 28.27 28.27	150m: 1:30.94 31.35	250m: 2:33.90 31.12	350m: 3:37.20 31.62			
	100m: 59.59 31.32	200m: 2:02.78 31.84	300m: 3:05.58 31.68	400m: 4:08.08 30.88			
13.	Nuno Vieira Malheiro	93	Braga	4:08.73	+0,86	692	B
	50m: 28.58 28.58	150m: 1:31.49 31.73	250m: 2:34.69 31.37	350m: 3:38.12 31.57			
	100m: 59.76 31.18	200m: 2:03.32 31.83	300m: 3:06.55 31.86	400m: 4:08.73 30.61			
14.	Ricardo Manuel Machado	93	Braga	4:09.06	+0,86	689	R
	50m: 28.05 28.05	150m: 1:28.35 30.97	250m: 2:32.49 31.83	350m: 3:36.98 32.46			
	100m: 57.38 29.33	200m: 2:00.66 32.31	300m: 3:04.52 32.03	400m: 4:09.06 32.08			
15.	Miguel Silva Oliveira	91	Nautico/Matobra	4:10.34	+0,83	679	
	50m: 27.87 27.87	150m: 1:30.16 31.81	250m: 2:33.77 31.15	350m: 3:38.30 32.06			
	100m: 58.35 30.48	200m: 2:02.62 32.46	300m: 3:06.24 32.47	400m: 4:10.34 32.04			
16.	Hugo Alberto Ribeiro	88	Gespacos	4:10.68	+1,30	676	
	50m: 28.05 28.05	150m: 1:29.03 30.93	250m: 2:32.33 31.98	350m: 3:38.49 33.26			
	100m: 58.10 30.05	200m: 2:00.35 31.32	300m: 3:05.23 32.90	400m: 4:10.68 32.19			
17.	Andre Rafael Marinho	93	Uniao Piedense	4:11.67	+0,86	668	
	50m: 28.77 28.77	150m: 1:32.00 32.21	250m: 2:36.09 31.99	350m: 3:40.27 32.31			
	100m: 59.79 31.02	200m: 2:04.10 32.10	300m: 3:07.96 31.87	400m: 4:11.67 31.40			
18.	Andre Filipe Lopes	92	Academica de Coimbra	4:13.11	+0,68	657	
	<i>FTL</i>						
	50m: 28.61 28.61	150m: 1:31.57 31.49	250m: 2:35.61 31.79	350m: 3:40.75 32.49			
	100m: 1:00.08 31.47	200m: 2:03.82 32.25	300m: 3:08.26 32.65	400m: 4:13.11 32.36			
19.	Filipe Vieira Malheiro	90	Braga	4:14.84	+0,78	643	
	<i>FTL</i>						
	50m: 28.00 28.00	150m: 1:32.28 32.28	250m: 2:36.37 31.85	350m: 3:41.88 33.11			
	100m: 1:00.00 32.00	200m: 2:04.52 32.24	300m: 3:08.77 32.40	400m: 4:14.84 32.96			
20.	Daniel Ricardo Viegas	83	Amadora	4:23.99	+1,04	579	
	<i>FTL</i>						
	50m: 29.53 29.53	150m: 1:34.98 33.25	250m: 2:42.39 33.57	350m: 3:49.96 33.32			
	100m: 1:01.73 32.20	200m: 2:08.82 33.84	300m: 3:16.64 34.25	400m: 4:23.99 34.03			