

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

Prova 15 Masc., 400m Estilos Open  
27-07-2012 - 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 Masc Sen: 4:50.00 / TAC JUN2 Masc 18: 4:50.00 / TAC JUN1 Masc 17: 4:56.00 / TAC JUV A Masc Juv A: 5:08.00 /  
TAC JUV B Masc Juv B: 5:17.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Arnaud Rondan	88	Languedoc Roussillon	<b>4:29.04</b>	+0,69	744	
	50m: 28.10 28.10	150m: 1:37.36 36.37	250m: 2:49.09 37.06	350m: 3:57.81 31.65			
	100m: 1:00.99 32.89	200m: 2:12.03 34.67	300m: 3:26.16 37.07	400m: 4:29.04 31.23			
2.	Lorenzo Tarocchi	95	Team N.Tos Empoli	<b>4:31.81</b>	+0,73	721	
	50m: 29.39 29.39	150m: 1:37.35 34.43	250m: 2:49.20 38.76	350m: 4:01.25 33.13			
	100m: 1:02.92 33.53	200m: 2:10.44 33.09	300m: 3:28.12 38.92	400m: 4:31.81 30.56			
3.	Simon Frank	90	Sweden	<b>4:33.62</b>	+0,72	707	
	50m: 27.37 27.37	150m: 1:34.04 35.42	250m: 2:47.14 38.63	350m: 4:01.14 33.93			
	100m: 58.62 31.25	200m: 2:08.51 34.47	300m: 3:27.21 40.07	400m: 4:33.62 32.48			
4.	Yannick Chatelain	94	Languedoc Roussillon	<b>4:34.87</b>	+0,76	698	
	50m: 28.89 28.89	150m: 1:39.09 37.57	250m: 2:54.01 38.69	350m: 4:05.01 31.99			
	100m: 1:01.52 32.63	200m: 2:15.32 36.23	300m: 3:33.02 39.01	400m: 4:34.87 29.86			
5.	Nuno Rafael Alves	90	Gespacos	<b>4:37.90</b>	+0,85	675	
	50m: 29.86 29.86	150m: 1:42.21 38.39	250m: 2:56.88 37.94	350m: 4:07.60 32.04			
	100m: 1:03.82 33.96	200m: 2:18.94 36.73	300m: 3:35.56 38.68	400m: 4:37.90 30.30			
6.	Ruben Filipe Nunes	94	Gespacos	<b>4:38.48</b>	+0,84	671	
	50m: 29.27 29.27	150m: 1:39.96 37.53	250m: 2:56.69 40.43	350m: 4:08.09 32.12			
	100m: 1:02.43 33.16	200m: 2:16.26 36.30	300m: 3:35.97 39.28	400m: 4:38.48 30.39			
7.	Andre Bras Goncalves	88	Amadora	<b>4:39.84</b>	+0,71	661	
	50m: 28.44 28.44	150m: 1:39.77 37.35	250m: 2:55.22 39.18	350m: 4:08.02 33.20			
	100m: 1:02.42 33.98	200m: 2:16.04 36.27	300m: 3:34.82 39.60	400m: 4:39.84 31.82			
8.	Paulo Andre Dias	92	Gespacos	<b>4:41.08</b>	+0,83	652	
	50m: 29.14 29.14	150m: 1:39.78 37.58	250m: 2:56.41 39.60	350m: 4:09.78 32.46			
	100m: 1:02.20 33.06	200m: 2:16.81 37.03	300m: 3:37.32 40.91	400m: 4:41.08 31.30			
9.	Pedro Andre Santos	94	Alges	<b>4:41.61</b>	+0,73	649	
	50m: 29.03 29.03	150m: 1:40.93 37.94	250m: 2:57.58 38.73	350m: 4:10.43 33.15			
	100m: 1:02.99 33.96	200m: 2:18.85 37.92	300m: 3:37.28 39.70	400m: 4:41.61 31.18			
10.	Rui Filipe Vilar	91	Porto	<b>4:42.26</b>	+0,74	644	
	50m: 29.47 29.47	150m: 1:40.43 37.48	250m: 2:57.72 40.18	350m: 4:10.90 32.58			
	100m: 1:02.95 33.48	200m: 2:17.54 37.11	300m: 3:38.32 40.60	400m: 4:42.26 31.36			
11.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:42.54</b>	+0,75	642	
	50m: 30.68 30.68	150m: 1:40.75 35.83	250m: 2:56.30 40.38	350m: 4:11.27 34.46			
	100m: 1:04.92 34.24	200m: 2:15.92 35.17	300m: 3:36.81 40.51	400m: 4:42.54 31.27			
12.	Miguel Monteiro Diogo	93	Nautico de Coimbra	<b>4:43.07</b>	+0,74	639	
	50m: 27.96 27.96	150m: 1:38.74 37.78	250m: 2:56.99 41.18	350m: 4:11.90 32.45			
	100m: 1:00.96 33.00	200m: 2:15.81 37.07	300m: 3:39.45 42.46	400m: 4:43.07 31.17			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Jose Luis Gabriel	96	Academico Viseu	<b>4:43.57</b>	+0,77	635	
	50m: 29.70 29.70	150m: 1:40.63 36.68	250m: 2:58.09 41.16	350m: 4:12.67 32.47			
	100m: 1:03.95 34.25	200m: 2:16.93 36.30	300m: 3:40.20 42.11	400m: 4:43.57 30.90			
14.	Andre Duarte Vaz	93	Nautico de Coimbra	<b>4:43.86</b>	+0,91	633	
	50m: 29.22 29.22	150m: 1:38.98 35.70	250m: 2:55.87 41.20	350m: 4:11.01 33.81			
	100m: 1:03.28 34.06	200m: 2:14.67 35.69	300m: 3:37.20 41.33	400m: 4:43.86 32.85			
15.	Alexandre Adobati	90	Sélection Haute Marne	<b>4:45.94</b>	+0,82	620	
	50m: 29.52 29.52	150m: 1:41.68 37.71	250m: 2:57.76 38.88	350m: 4:12.61 33.98			
	100m: 1:03.97 34.45	200m: 2:18.88 37.20	300m: 3:38.63 40.87	400m: 4:45.94 33.33			
16.	Joao Andre Neves	95	Academica de Coimbra	<b>4:46.26</b>	+0,70	618	
	50m: 30.13 30.13	150m: 1:44.13 38.62	250m: 3:01.15 38.95	350m: 4:14.40 33.03			
	100m: 1:05.51 35.38	200m: 2:22.20 38.07	300m: 3:41.37 40.22	400m: 4:46.26 31.86			
17.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:47.10</b>	+0,70	612	
	50m: 28.94 28.94	150m: 1:41.05 38.42	250m: 2:58.32 39.63	350m: 4:13.38 34.82			
	100m: 1:02.63 33.69	200m: 2:18.69 37.64	300m: 3:38.56 40.24	400m: 4:47.10 33.72			
18.	Tomas Miguel Freitas	90	Desportivo Nacional	<b>4:47.90</b>	+0,81	607	
	50m: 29.69 29.69	150m: 1:44.55 40.29	250m: 3:03.48 39.84	350m: 4:16.61 31.78			
	100m: 1:04.26 34.57	200m: 2:23.64 39.09	300m: 3:44.83 41.35	400m: 4:47.90 31.29			
19.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:48.49</b>	+0,79	603	
	50m: 28.75 28.75	150m: 1:40.09 37.95	250m: 2:58.39 40.81	350m: 4:14.95 34.72			
	100m: 1:02.14 33.39	200m: 2:17.58 37.49	300m: 3:40.23 41.84	400m: 4:48.49 33.54			
20.	Rafael Filipe Nunes	96	Naval Amorense	<b>4:49.93</b>	+0,82	594	
	50m: 29.84 29.84	150m: 1:41.02 36.70	250m: 2:59.72 41.35	350m: 4:17.16 33.95			
	100m: 1:04.32 34.48	200m: 2:18.37 37.35	300m: 3:43.21 43.49	400m: 4:49.93 32.77			
21.	Gabriel Jose Lopes	97	Lousanense	<b>4:50.07</b>	+0,76	594	
	50m: 30.23 30.23	150m: 1:41.10 36.35	250m: 3:00.54 41.19	350m: 4:16.44 33.60			
	100m: 1:04.75 34.52	200m: 2:19.35 38.25	300m: 3:42.84 42.30	400m: 4:50.07 33.63			
22.	Pedro Ribeiro Santos	96	Academico Viseu	<b>4:50.35</b>	+0,75	592	
	50m: 29.83 29.83	150m: 1:42.35 38.09	250m: 3:01.70 41.76	350m: 4:17.71 33.33			
	100m: 1:04.26 34.43	200m: 2:19.94 37.59	300m: 3:44.38 42.68	400m: 4:50.35 32.64			
23.	Joao Pedro Gil	97	Naval Amorense	<b>4:50.67</b>	+0,92	590	
	50m: 30.48 30.48	150m: 1:45.15 38.34	250m: 3:03.96 41.48	350m: 4:19.96 33.47			
	100m: 1:06.81 36.33	200m: 2:22.48 37.33	300m: 3:46.49 42.53	400m: 4:50.67 30.71			
24.	Simon Baumann FTL	90	Ile de France	<b>4:50.82</b>	+0,71	589	
	50m: 29.77 29.77	150m: 1:42.22 38.90	250m: 2:59.24 38.29	350m: 4:16.60 36.50			
	100m: 1:03.32 33.55	200m: 2:20.95 38.73	300m: 3:40.10 40.86	400m: 4:50.82 34.22			
25.	Joao Miguel Ferreira	97	Foca	<b>4:51.58</b>	+0,78	584	
	50m: 30.94 30.94	150m: 1:44.00 38.95	250m: 3:04.87 42.59	350m: 4:19.85 32.94			
	100m: 1:05.05 34.11	200m: 2:22.28 38.28	300m: 3:46.91 42.04	400m: 4:51.58 31.73			
26.	Jorge Miguel Carmo FTL	90	Colegio Vasco da Gama	<b>4:51.75</b>	+0,69	583	
	50m: 29.38 29.38	150m: 1:41.81 38.69	250m: 3:01.66 42.43	350m: 4:18.74 34.44			
	100m: 1:03.12 33.74	200m: 2:19.23 37.42	300m: 3:44.30 42.64	400m: 4:51.75 33.01			

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27.	Eduardo Salgado Ramos	97	Porto	<b>4:53.93</b>	+0,70	570	
	50m: 31.08 31.08	150m: 1:44.62 37.95	250m: 3:04.19 41.57	350m: 4:21.20 34.41			
	100m: 1:06.67 35.59	200m: 2:22.62 38.00	300m: 3:46.79 42.60	400m: 4:53.93 32.73			
28.	Renato Filipe Nascimento <i>FTL</i>	94	Louletano/Loule Concelho	<b>4:54.90</b>	+0,95	565	
	50m: 30.31 30.31	150m: 1:43.35 38.00	250m: 3:04.18 43.53	350m: 4:21.65 34.62			
	100m: 1:05.35 35.04	200m: 2:20.65 37.30	300m: 3:47.03 42.85	400m: 4:54.90 33.25			
29.	Pedro Veiguinha Martins	96	Braga	<b>4:55.01</b>	+0,62	564	
	50m: 31.55 31.55	150m: 1:48.41 40.36	250m: 3:07.86 41.08	350m: 4:22.95 32.85			
	100m: 1:08.05 36.50	200m: 2:26.78 38.37	300m: 3:50.10 42.24	400m: 4:55.01 32.06			
30.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>4:55.42</b>	+0,68	562	
	50m: 29.73 29.73	150m: 1:45.08 40.73	250m: 3:05.23 40.96	350m: 4:20.91 34.42			
	100m: 1:04.35 34.62	200m: 2:24.27 39.19	300m: 3:46.49 41.26	400m: 4:55.42 34.51			
31.	Paulo Andre Silva	96	Vilacondense	<b>4:56.12</b>	+0,72	558	
	50m: 30.76 30.76	150m: 1:45.14 38.53	250m: 3:07.30 43.27	350m: 4:24.77 33.84			
	100m: 1:06.61 35.85	200m: 2:24.03 38.89	300m: 3:50.93 43.63	400m: 4:56.12 31.35			
32.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	<b>4:56.19</b>	+0,84	557	
	50m: 30.51 30.51	150m: 1:44.19 38.57	250m: 3:04.71 42.82	350m: 4:23.19 34.12			
	100m: 1:05.62 35.11	200m: 2:21.89 37.70	300m: 3:49.07 44.36	400m: 4:56.19 33.00			
33.	Andre Machado Vale <i>FTL</i>	95	Viana Natacao	<b>4:57.74</b>	+0,91	549	
	50m: 30.65 30.65	150m: 1:45.57 40.27	250m: 3:06.29 41.93	350m: 4:24.02 35.31			
	100m: 1:05.30 34.65	200m: 2:24.36 38.79	300m: 3:48.71 42.42	400m: 4:57.74 33.72			
34.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>4:57.94</b>	+0,66	548	
	50m: 31.65 31.65	150m: 1:47.46 40.03	250m: 3:09.20 42.08	350m: 4:26.47 34.87			
	100m: 1:07.43 35.78	200m: 2:27.12 39.66	300m: 3:51.60 42.40	400m: 4:57.94 31.47			
35.	Vitor Joao Pereira	97	Leixoes	<b>4:57.99</b>	+0,90	547	
	50m: 30.46 30.46	150m: 1:47.24 40.44	250m: 3:08.09 42.73	350m: 4:26.10 34.47			
	100m: 1:06.80 36.34	200m: 2:25.36 38.12	300m: 3:51.63 43.54	400m: 4:57.99 31.89			
36.	Luis Carlos Oliveira	97	Natacao da Maia	<b>4:58.75</b>	+0,75	543	
	50m: 30.35 30.35	150m: 1:44.77 38.04	250m: 3:04.95 42.62	350m: 4:24.60 35.60			
	100m: 1:06.73 36.38	200m: 2:22.33 37.56	300m: 3:49.00 44.05	400m: 4:58.75 34.15			
37.	Joao Miguel Costa <i>FTL</i>	95	Vilacondense	<b>4:59.10</b>	+0,65	541	
	50m: 29.30 29.30	150m: 1:44.69 41.19	250m: 3:09.75 45.49	350m: 4:28.58 34.05			
	100m: 1:03.50 34.20	200m: 2:24.26 39.57	300m: 3:54.53 44.78	400m: 4:59.10 30.52			
38.	Artur Jose Reis	96	Porto	<b>4:59.39</b>	+0,73	540	
	50m: 29.55 29.55	150m: 1:45.43 41.68	250m: 3:07.56 42.69	350m: 4:26.81 35.42			
	100m: 1:03.75 34.20	200m: 2:24.87 39.44	300m: 3:51.39 43.83	400m: 4:59.39 32.58			
39.	Guilherme Miguel Teixeira	97	Benfica	<b>4:59.59</b>	+0,73	539	
	50m: 29.64 29.64	150m: 1:45.03 39.33	250m: 3:05.95 42.07	350m: 4:25.82 36.05			
	100m: 1:05.70 36.06	200m: 2:23.88 38.85	300m: 3:49.77 43.82	400m: 4:59.59 33.77			
40.	Joao Miguel Lopes	96	Electrico	<b>4:59.89</b>	+0,66	537	
	50m: 31.16 31.16	150m: 1:47.31 40.30	250m: 3:08.07 41.42	350m: 4:26.12 34.99			
	100m: 1:07.01 35.85	200m: 2:26.65 39.34	300m: 3:51.13 43.06	400m: 4:59.89 33.77			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	Frederico Sousa Soares	96	Bombeiros dos Estoris	<b>5:00.59</b>	+0,77	533	
	50m: 29.31 29.31	150m: 1:45.55 40.48	250m: 3:09.08 43.85	350m: 4:27.85 32.43			
	100m: 1:05.07 35.76	200m: 2:25.23 39.68	300m: 3:55.42 46.34	400m: 5:00.59 32.74			
42.	Diogo Miguel Nelas	97	Braga	<b>5:01.03</b>	+0,78	531	
	50m: 30.88 30.88	150m: 1:46.88 40.75	250m: 3:09.24 43.42	350m: 4:29.15 34.51			
	100m: 1:06.13 35.25	200m: 2:25.82 38.94	300m: 3:54.64 45.40	400m: 5:01.03 31.88			
43.	Joao Pedro Neves	96	Aminata	<b>5:01.40</b>	+0,97	529	
	50m: 30.23 30.23	150m: 1:43.76 38.81	250m: 3:07.51 45.92	350m: 4:27.79 34.58			
	100m: 1:04.95 34.72	200m: 2:21.59 37.83	300m: 3:53.21 45.70	400m: 5:01.40 33.61			
44.	Gil Silva Santos	96	Gespacos	<b>5:01.54</b>	+0,93	528	
	50m: 30.70 30.70	150m: 1:47.30 41.07	250m: 3:09.77 43.38	350m: 4:28.13 34.96			
	100m: 1:06.23 35.53	200m: 2:26.39 39.09	300m: 3:53.17 43.40	400m: 5:01.54 33.41			
45.	Andre Antunes Carvalho	96	Colegio Monte Maior	<b>5:01.80</b>	+0,74	527	
	50m: 29.28 29.28	150m: 1:45.17 40.66	250m: 3:09.15 44.01	350m: 4:28.30 34.43			
	100m: 1:04.51 35.23	200m: 2:25.14 39.97	300m: 3:53.87 44.72	400m: 5:01.80 33.50			
46.	Joao Pedro Santos	95	Estarreja	<b>5:02.25</b>	+0,73	525	
	<i>FTL</i>						
	50m: 30.47 30.47	150m: 1:45.26 39.71	250m: 3:06.90 42.78	350m: 4:27.09 35.27			
	100m: 1:05.55 35.08	200m: 2:24.12 38.86	300m: 3:51.82 44.92	400m: 5:02.25 35.16			
47.	Vincenzo D'egidio	96	CN Lucano Savigi - PZ	<b>5:02.27</b>	+0,82	524	
	50m: 33.70 33.70	150m: 1:52.05 40.04	250m: 3:10.64 39.53	350m: 4:27.47 36.58			
	100m: 1:12.01 38.31	200m: 2:31.11 39.06	300m: 3:50.89 40.25	400m: 5:02.27 34.80			
48.	Jose Pedro Bugalho	96	Alcobaca	<b>5:02.46</b>		523	
	50m: 30.16 30.16	150m: 1:47.42 42.55	250m: 3:11.29 43.05	350m: 4:29.46 34.76			
	100m: 1:04.87 34.71	200m: 2:28.24 40.82	300m: 3:54.70 43.41	400m: 5:02.46 33.00			
49.	Nuno Leal Horta	97	Louletano/Loule Concelho	<b>5:02.71</b>	+0,81	522	
	50m: 31.18 31.18	150m: 1:45.98 38.98	250m: 3:07.90 43.96	350m: 4:27.33 34.37			
	100m: 1:07.00 35.82	200m: 2:23.94 37.96	300m: 3:52.96 45.06	400m: 5:02.71 35.38			
50.	Leonardo Peralta Reis	96	Benedita	<b>5:03.17</b>		520	
	50m: 31.84 31.84	150m: 1:49.08 38.27	250m: 3:12.78 44.87	350m: 4:31.35 34.54			
	100m: 1:10.81 38.97	200m: 2:27.91 38.83	300m: 3:56.81 44.03	400m: 5:03.17 31.82			
51.	Miguel Monteiro Cruchinho	97	Sporting	<b>5:03.33</b>	+0,73	519	
	50m: 30.53 30.53	150m: 1:46.94 39.91	250m: 3:09.01 41.75	350m: 4:28.23 37.08			
	100m: 1:07.03 36.50	200m: 2:27.26 40.32	300m: 3:51.15 42.14	400m: 5:03.33 35.10			
52.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	<b>5:03.92</b>	+0,80	516	
	50m: 30.25 30.25	150m: 1:45.25 40.08	250m: 3:09.50 47.16	350m: 4:31.56 33.44			
	100m: 1:05.17 34.92	200m: 2:22.34 37.09	300m: 3:58.12 48.62	400m: 5:03.92 32.36			
53.	Jose Ricardo Sousa	97	Lousada SXXI	<b>5:04.89</b>	+0,78	511	
	50m: 31.15 31.15	150m: 1:48.66 40.31	250m: 3:12.79 45.41	350m: 4:31.85 35.78			
	100m: 1:08.35 37.20	200m: 2:27.38 38.72	300m: 3:56.07 43.28	400m: 5:04.89 33.04			
54.	Jorge Miguel Nunes	97	Porto	<b>5:05.69</b>	+0,77	507	
	50m: 31.43 31.43	150m: 1:47.57 40.42	250m: 3:12.24 46.92	350m: 4:33.27 34.45			
	100m: 1:07.15 35.72	200m: 2:25.32 37.75	300m: 3:58.82 46.58	400m: 5:05.69 32.42			
55.	Miguel Rocha Costa	97	Gesloures	<b>5:05.93</b>	+0,83	506	
	50m: 32.50 32.50	150m: 1:50.39 40.28	250m: 3:10.99 42.21	350m: 4:31.00 35.87			
	100m: 1:10.11 37.61	200m: 2:28.78 38.39	300m: 3:55.13 44.14	400m: 5:05.93 34.93			

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	Marco Andre Fernandes	97	Gespacos	<b>5:05.96</b>	+0,82	506	
	50m: 30.93 30.93	150m: 1:46.76 40.39	250m: 3:12.22 47.58	350m: 4:33.28 35.25			
	100m: 1:06.37 35.44	200m: 2:24.64 37.88	300m: 3:58.03 45.81	400m: 5:05.96 32.68			
57.	Joao Miguel Cardoso	97	Gesloures	<b>5:06.12</b>	+0,82	505	
	50m: 33.29 33.29	150m: 1:53.03 40.10	250m: 3:17.02 44.26	350m: 4:35.05 34.68			
	100m: 1:12.93 39.64	200m: 2:32.76 39.73	300m: 4:00.37 43.35	400m: 5:06.12 31.07			
58.	Rodrigo Carlos Albuquerque	97	Braga	<b>5:06.30</b>	+0,72	504	
	50m: 31.13 31.13	150m: 1:45.56 37.94	250m: 3:08.83 45.13	350m: 4:31.39 35.45			
	100m: 1:07.62 36.49	200m: 2:23.70 38.14	300m: 3:55.94 47.11	400m: 5:06.30 34.91			
59.	Joao Andre Gomes	97	Alcobaca	<b>5:06.47</b>	+0,77	503	
	50m: 31.61 31.61	150m: 1:48.40 40.96	250m: 3:12.33 43.80	350m: 4:32.35 36.26			
	100m: 1:07.44 35.83	200m: 2:28.53 40.13	300m: 3:56.09 43.76	400m: 5:06.47 34.12			
60.	Bruno Miguel Rainho	96	Gesloures	<b>5:07.27</b>	+0,92	499	
	50m: 31.82 31.82	150m: 1:50.30 40.04	250m: 3:11.24 41.92	350m: 4:32.52 35.67			
	100m: 1:10.26 38.44	200m: 2:29.32 39.02	300m: 3:56.85 45.61	400m: 5:07.27 34.75			
61.	David Emanuel Martins	97	Braga	<b>5:07.72</b>	+0,99	497	
	50m: 32.69 32.69	150m: 1:50.38 39.61	250m: 3:15.22 46.54	350m: 4:35.72 33.81			
	100m: 1:10.77 38.08	200m: 2:28.68 38.30	300m: 4:01.91 46.69	400m: 5:07.72 32.00			
62.	Tiago Martim Alves	97	Desportiva de Viana	<b>5:08.44</b>	+0,79	494	
	50m: 31.65 31.65	150m: 1:47.97 40.09	250m: 3:12.72 44.88	350m: 4:32.85 36.94			
	100m: 1:07.88 36.23	200m: 2:27.84 39.87	300m: 3:55.91 43.19	400m: 5:08.44 35.59			
63.	Alexandre Miguel Laureano	97	Alcobaca	<b>5:09.48</b>	+0,70	489	
	50m: 32.25 32.25	150m: 1:51.01 39.59	250m: 3:16.58 45.65	350m: 4:35.96 33.38			
	100m: 1:11.42 39.17	200m: 2:30.93 39.92	300m: 4:02.58 46.00	400m: 5:09.48 33.52			
64.	Jose Miguel Santos	97	Nautico de Coimbra	<b>5:10.07</b>	+0,66	486	
	50m: 32.82 32.82	150m: 1:51.39 40.10	250m: 3:14.90 43.77	350m: 4:35.33 37.24			
	100m: 1:11.29 38.47	200m: 2:31.13 39.74	300m: 3:58.09 43.19	400m: 5:10.07 34.74			
65.	Tiago Rafael Martins	97	Gesloures	<b>5:10.65</b>		483	
	50m: 32.99 32.99	150m: 1:53.16 41.81	250m: 3:15.55 43.06	350m: 4:36.73 36.16			
	100m: 1:11.35 38.36	200m: 2:32.49 39.33	300m: 4:00.57 45.02	400m: 5:10.65 33.92			
66.	Pedro Miguel Rodrigues	97	Alcobaca	<b>5:11.06</b>	+0,84	481	
	50m: 32.09 32.09	150m: 1:49.43 41.41	250m: 3:14.16 45.43	350m: 4:36.35 36.11			
	100m: 1:08.02 35.93	200m: 2:28.73 39.30	300m: 4:00.24 46.08	400m: 5:11.06 34.71			
67.	Andre Resende Pinheiro	97	Porto	<b>5:11.91</b>	+0,87	477	
	50m: 32.52 32.52	150m: 1:50.81 40.10	250m: 3:14.40 44.04	350m: 4:37.73 37.01			
	100m: 1:10.71 38.19	200m: 2:30.36 39.55	300m: 4:00.72 46.32	400m: 5:11.91 34.18			
68.	Carlos Braganca Castro	97	Naval de Ponta Delgada	<b>5:12.98</b>	+0,66	472	
	50m: 32.00 32.00	150m: 1:50.40 40.52	250m: 3:15.32 44.02	350m: 4:37.73 36.01			
	100m: 1:09.88 37.88	200m: 2:31.30 40.90	300m: 4:01.72 46.40	400m: 5:12.98 35.25			
69.	Pedro Alexandre Oliveira	96	Nautico da Marinha Grande	<b>5:13.26</b>	+0,84	471	
	<i>FTL</i>						
	50m: 30.66 30.66	150m: 1:46.65 40.03	250m: 3:10.54 44.04	350m: 4:34.87 38.43			
	100m: 1:06.62 35.96	200m: 2:26.50 39.85	300m: 3:56.44 45.90	400m: 5:13.26 38.39			
70.	Paulo Filipe Miranda	97	Fafe	<b>5:13.40</b>	+0,78	470	
	50m: 31.24 31.24	150m: 1:49.36 40.39	250m: 3:13.49 45.55	350m: 4:37.71 36.67			
	100m: 1:08.97 37.73	200m: 2:27.94 38.58	300m: 4:01.04 47.55	400m: 5:13.40 35.69			

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Oeiras, 26.7. - 29.7.2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
71.	Luis Pedro Silva	97	Nautico de Coimbra	<b>5:14.11</b>	+0,84	467	
	50m: 32.75 32.75	150m: 1:52.03 41.17	250m: 3:16.53 44.07	350m: 4:38.47 37.76			
	100m: 1:10.86 38.11	200m: 2:32.46 40.43	300m: 4:00.71 44.18	400m: 5:14.11 35.64			
72.	Bruno Miguel Ramos	97	Amadora	<b>5:14.65</b>		465	
	50m: 31.66 31.66	150m: 1:48.53 38.96	250m: 3:15.67 48.25	350m: 4:39.45 36.28			
	100m: 1:09.57 37.91	200m: 2:27.42 38.89	300m: 4:03.17 47.50	400m: 5:14.65 35.20			
73.	Jose Eduardo Felicio	97	Rio Maior	<b>5:15.24</b>	+0,77	462	
	50m: 32.60 32.60	150m: 1:51.76 40.05	250m: 3:18.12 46.11	350m: 4:40.26 35.59			
	100m: 1:11.71 39.11	200m: 2:32.01 40.25	300m: 4:04.67 46.55	400m: 5:15.24 34.98			
74.	Afonso Miguel Lamy	97	Amadora	<b>5:16.02</b>	+0,76	459	
	50m: 33.18 33.18	150m: 1:55.67 43.62	250m: 3:21.93 46.27	350m: 4:42.21 35.25			
	100m: 1:12.05 38.87	200m: 2:35.66 39.99	300m: 4:06.96 45.03	400m: 5:16.02 33.81			
75.	Joao Luis Travanca	97	Porto	<b>5:16.48</b>	+0,91	457	
	50m: 32.10 32.10	150m: 1:52.23 43.05	250m: 3:18.82 46.83	350m: 4:42.44 36.50			
	100m: 1:09.18 37.08	200m: 2:31.99 39.76	300m: 4:05.94 47.12	400m: 5:16.48 34.04			
76.	Francisco Gouveia Sousa FTL	96	Naval do Funchal	<b>5:21.44</b>	+0,73	436	
	50m: 30.98 30.98	150m: 1:50.41 42.50	250m: 3:18.00 45.94	350m: 4:44.53 38.06			
	100m: 1:07.91 36.93	200m: 2:32.06 41.65	300m: 4:06.47 48.47	400m: 5:21.44 36.91			
DSQ	Tomas Risso Fernandes	96	Colegio Vasco da Gama				
	<i>730 - pernada mariposa durante percurso - SW 7.5,</i>						
DSQ	Mario Rui Cruz	94	Amadora				
	<i>Iniciou percurso costas posição ventral - SW 6.2</i>						

Prova 15 Masc., 400m Estilos Juvenis A  
27-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004

TAC JUV A Masc : 5:08.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Luis Gabriel	96	Academico Viseu	<b>4:43.57</b>	+0,77	635	
	50m: 29.70 29.70	150m: 1:40.63 36.68	250m: 2:58.09 41.16	350m: 4:12.67 32.47			
	100m: 1:03.95 34.25	200m: 2:16.93 36.30	300m: 3:40.20 42.11	400m: 4:43.57 30.90			
2.	Rafael Filipe Nunes	96	Naval Amorense	<b>4:49.93</b>	+0,82	594	
	50m: 29.84 29.84	150m: 1:41.02 36.70	250m: 2:59.72 41.35	350m: 4:17.16 33.95			
	100m: 1:04.32 34.48	200m: 2:18.37 37.35	300m: 3:43.21 43.49	400m: 4:49.93 32.77			
3.	Pedro Ribeiro Santos	96	Academico Viseu	<b>4:50.35</b>	+0,75	592	
	50m: 29.83 29.83	150m: 1:42.35 38.09	250m: 3:01.70 41.76	350m: 4:17.71 33.33			
	100m: 1:04.26 34.43	200m: 2:19.94 37.59	300m: 3:44.38 42.68	400m: 4:50.35 32.64			
4.	Pedro Veiguiha Martins	96	Braga	<b>4:55.01</b>	+0,62	564	
	50m: 31.55 31.55	150m: 1:48.41 40.36	250m: 3:07.86 41.08	350m: 4:22.95 32.85			
	100m: 1:08.05 36.50	200m: 2:26.78 38.37	300m: 3:50.10 42.24	400m: 4:55.01 32.06			

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Paulo Andre Silva	96	Vilacondense	<b>4:56.12</b>	+0,72	558	
	50m: 30.76 30.76	150m: 1:45.14 38.53	250m: 3:07.30 43.27	350m: 4:24.77 33.84			
	100m: 1:06.61 35.85	200m: 2:24.03 38.89	300m: 3:50.93 43.63	400m: 4:56.12 31.35			
6.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>4:57.94</b>	+0,66	548	
	50m: 31.65 31.65	150m: 1:47.46 40.03	250m: 3:09.20 42.08	350m: 4:26.47 34.87			
	100m: 1:07.43 35.78	200m: 2:27.12 39.66	300m: 3:51.60 42.40	400m: 4:57.94 31.47			
7.	Artur Jose Reis	96	Porto	<b>4:59.39</b>	+0,73	540	
	50m: 29.55 29.55	150m: 1:45.43 41.68	250m: 3:07.56 42.69	350m: 4:26.81 35.42			
	100m: 1:03.75 34.20	200m: 2:24.87 39.44	300m: 3:51.39 43.83	400m: 4:59.39 32.58			
8.	Joao Miguel Lopes	96	Electrico	<b>4:59.89</b>	+0,66	537	
	50m: 31.16 31.16	150m: 1:47.31 40.30	250m: 3:08.07 41.42	350m: 4:26.12 34.99			
	100m: 1:07.01 35.85	200m: 2:26.65 39.34	300m: 3:51.13 43.06	400m: 4:59.89 33.77			
9.	Frederico Sousa Soares	96	Bombeiros dos Estoris	<b>5:00.59</b>	+0,77	533	
	50m: 29.31 29.31	150m: 1:45.55 40.48	250m: 3:09.08 43.85	350m: 4:27.85 32.43			
	100m: 1:05.07 35.76	200m: 2:25.23 39.68	300m: 3:55.42 46.34	400m: 5:00.59 32.74			
10.	Joao Pedro Neves	96	Aminata	<b>5:01.40</b>	+0,97	529	
	50m: 30.23 30.23	150m: 1:43.76 38.81	250m: 3:07.51 45.92	350m: 4:27.79 34.58			
	100m: 1:04.95 34.72	200m: 2:21.59 37.83	300m: 3:53.21 45.70	400m: 5:01.40 33.61			
11.	Gil Silva Santos	96	Gespacos	<b>5:01.54</b>	+0,93	528	
	50m: 30.70 30.70	150m: 1:47.30 41.07	250m: 3:09.77 43.38	350m: 4:28.13 34.96			
	100m: 1:06.23 35.53	200m: 2:26.39 39.09	300m: 3:53.17 43.40	400m: 5:01.54 33.41			
12.	Andre Antunes Carvalho	96	Colegio Monte Maior	<b>5:01.80</b>	+0,74	527	
	50m: 29.28 29.28	150m: 1:45.17 40.66	250m: 3:09.15 44.01	350m: 4:28.30 34.43			
	100m: 1:04.51 35.23	200m: 2:25.14 39.97	300m: 3:53.87 44.72	400m: 5:01.80 33.50			
13.	Jose Pedro Bugalho	96	Alcobaca	<b>5:02.46</b>		523	
	50m: 30.16 30.16	150m: 1:47.42 42.55	250m: 3:11.29 43.05	350m: 4:29.46 34.76			
	100m: 1:04.87 34.71	200m: 2:28.24 40.82	300m: 3:54.70 43.41	400m: 5:02.46 33.00			
14.	Leonardo Peralta Reis	96	Benedita	<b>5:03.17</b>		520	
	50m: 31.84 31.84	150m: 1:49.08 38.27	250m: 3:12.78 44.87	350m: 4:31.35 34.54			
	100m: 1:10.81 38.97	200m: 2:27.91 38.83	300m: 3:56.81 44.03	400m: 5:03.17 31.82			
15.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	<b>5:03.92</b>	+0,80	516	
	50m: 30.25 30.25	150m: 1:45.25 40.08	250m: 3:09.50 47.16	350m: 4:31.56 33.44			
	100m: 1:05.17 34.92	200m: 2:22.34 37.09	300m: 3:58.12 48.62	400m: 5:03.92 32.36			
16.	Bruno Miguel Rainho	96	Gesloures	<b>5:07.27</b>	+0,92	499	
	50m: 31.82 31.82	150m: 1:50.30 40.04	250m: 3:11.24 41.92	350m: 4:32.52 35.67			
	100m: 1:10.26 38.44	200m: 2:29.32 39.02	300m: 3:56.85 45.61	400m: 5:07.27 34.75			
17.	Pedro Alexandre Oliveira FTL	96	Nautico da Marinha Grande	<b>5:13.26</b>	+0,84	471	
	50m: 30.66 30.66	150m: 1:46.65 40.03	250m: 3:10.54 44.04	350m: 4:34.87 38.43			
	100m: 1:06.62 35.96	200m: 2:26.50 39.85	300m: 3:56.44 45.90	400m: 5:13.26 38.39			
18.	Francisco Gouveia Sousa FTL	96	Naval do Funchal	<b>5:21.44</b>	+0,73	436	
	50m: 30.98 30.98	150m: 1:50.41 42.50	250m: 3:18.00 45.94	350m: 4:44.53 38.06			
	100m: 1:07.91 36.93	200m: 2:32.06 41.65	300m: 4:06.47 48.47	400m: 5:21.44 36.91			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Tomas Risso Fernandes	96	Colegio Vasco da Gama				
	<i>730 - pernada mariposa durante percurso - SW 7.5,</i>						

Prova 15 Masc., 400m Estilos Juvenis B  
27-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Juv B	4:40.16	Diogo Filipe Carvalho	CGA	Lisboa	17-05-2003

TAC JUV B Masc : 5:17.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Gabriel Jose Lopes	97	Lousanense	<b>4:50.07</b>	+0,76	594	
	50m: 30.23 30.23	150m: 1:41.10 36.35	250m: 3:00.54 41.19	350m: 4:16.44 33.60			
	100m: 1:04.75 34.52	200m: 2:19.35 38.25	300m: 3:42.84 42.30	400m: 4:50.07 33.63			
2.	Joao Pedro Gil	97	Naval Amorense	<b>4:50.67</b>	+0,92	590	
	50m: 30.48 30.48	150m: 1:45.15 38.34	250m: 3:03.96 41.48	350m: 4:19.96 33.47			
	100m: 1:06.81 36.33	200m: 2:22.48 37.33	300m: 3:46.49 42.53	400m: 4:50.67 30.71			
3.	Joao Miguel Ferreira	97	Foca	<b>4:51.58</b>	+0,78	584	
	50m: 30.94 30.94	150m: 1:44.00 38.95	250m: 3:04.87 42.59	350m: 4:19.85 32.94			
	100m: 1:05.05 34.11	200m: 2:22.28 38.28	300m: 3:46.91 42.04	400m: 4:51.58 31.73			
4.	Eduardo Salgado Ramos	97	Porto	<b>4:53.93</b>	+0,70	570	
	50m: 31.08 31.08	150m: 1:44.62 37.95	250m: 3:04.19 41.57	350m: 4:21.20 34.41			
	100m: 1:06.67 35.59	200m: 2:22.62 38.00	300m: 3:46.79 42.60	400m: 4:53.93 32.73			
5.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	<b>4:56.19</b>	+0,84	557	
	50m: 30.51 30.51	150m: 1:44.19 38.57	250m: 3:04.71 42.82	350m: 4:23.19 34.12			
	100m: 1:05.62 35.11	200m: 2:21.89 37.70	300m: 3:49.07 44.36	400m: 4:56.19 33.00			
6.	Vitor Joao Pereira	97	Leixoes	<b>4:57.99</b>	+0,90	547	
	50m: 30.46 30.46	150m: 1:47.24 40.44	250m: 3:08.09 42.73	350m: 4:26.10 34.47			
	100m: 1:06.80 36.34	200m: 2:25.36 38.12	300m: 3:51.63 43.54	400m: 4:57.99 31.89			
7.	Luis Carlos Oliveira	97	Natacao da Maia	<b>4:58.75</b>	+0,75	543	
	50m: 30.35 30.35	150m: 1:44.77 38.04	250m: 3:04.95 42.62	350m: 4:24.60 35.60			
	100m: 1:06.73 36.38	200m: 2:22.33 37.56	300m: 3:49.00 44.05	400m: 4:58.75 34.15			
8.	Guilherme Miguel Teixeira	97	Benfica	<b>4:59.59</b>	+0,73	539	
	50m: 29.64 29.64	150m: 1:45.03 39.33	250m: 3:05.95 42.07	350m: 4:25.82 36.05			
	100m: 1:05.70 36.06	200m: 2:23.88 38.85	300m: 3:49.77 43.82	400m: 4:59.59 33.77			
9.	Diogo Miguel Nelas	97	Braga	<b>5:01.03</b>	+0,78	531	
	50m: 30.88 30.88	150m: 1:46.88 40.75	250m: 3:09.24 43.42	350m: 4:29.15 34.51			
	100m: 1:06.13 35.25	200m: 2:25.82 38.94	300m: 3:54.64 45.40	400m: 5:01.03 31.88			
10.	Nuno Leal Horta	97	Louletano/Loule Concelho	<b>5:02.71</b>	+0,81	522	
	50m: 31.18 31.18	150m: 1:45.98 38.98	250m: 3:07.90 43.96	350m: 4:27.33 34.37			
	100m: 1:07.00 35.82	200m: 2:23.94 37.96	300m: 3:52.96 45.06	400m: 5:02.71 35.38			
11.	Miguel Monteiro Cruchinho	97	Sporting	<b>5:03.33</b>	+0,73	519	
	50m: 30.53 30.53	150m: 1:46.94 39.91	250m: 3:09.01 41.75	350m: 4:28.23 37.08			
	100m: 1:07.03 36.50	200m: 2:27.26 40.32	300m: 3:51.15 42.14	400m: 5:03.33 35.10			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Jose Ricardo Sousa	97	Lousada SXXI	<b>5:04.89</b>	+0,78	511	
	50m: 31.15 31.15	150m: 1:48.66 40.31	250m: 3:12.79 45.41	350m: 4:31.85 35.78			
	100m: 1:08.35 37.20	200m: 2:27.38 38.72	300m: 3:56.07 43.28	400m: 5:04.89 33.04			
13.	Jorge Miguel Nunes	97	Porto	<b>5:05.69</b>	+0,77	507	
	50m: 31.43 31.43	150m: 1:47.57 40.42	250m: 3:12.24 46.92	350m: 4:33.27 34.45			
	100m: 1:07.15 35.72	200m: 2:25.32 37.75	300m: 3:58.82 46.58	400m: 5:05.69 32.42			
14.	Miguel Rocha Costa	97	Gesloures	<b>5:05.93</b>	+0,83	506	
	50m: 32.50 32.50	150m: 1:50.39 40.28	250m: 3:10.99 42.21	350m: 4:31.00 35.87			
	100m: 1:10.11 37.61	200m: 2:28.78 38.39	300m: 3:55.13 44.14	400m: 5:05.93 34.93			
15.	Marco Andre Fernandes	97	Gespacos	<b>5:05.96</b>	+0,82	506	
	50m: 30.93 30.93	150m: 1:46.76 40.39	250m: 3:12.22 47.58	350m: 4:33.28 35.25			
	100m: 1:06.37 35.44	200m: 2:24.64 37.88	300m: 3:58.03 45.81	400m: 5:05.96 32.68			
16.	Joao Miguel Cardoso	97	Gesloures	<b>5:06.12</b>	+0,82	505	
	50m: 33.29 33.29	150m: 1:53.03 40.10	250m: 3:17.02 44.26	350m: 4:35.05 34.68			
	100m: 1:12.93 39.64	200m: 2:32.76 39.73	300m: 4:00.37 43.35	400m: 5:06.12 31.07			
17.	Rodrigo Carlos Albuquerque	97	Braga	<b>5:06.30</b>	+0,72	504	
	50m: 31.13 31.13	150m: 1:45.56 37.94	250m: 3:08.83 45.13	350m: 4:31.39 35.45			
	100m: 1:07.62 36.49	200m: 2:23.70 38.14	300m: 3:55.94 47.11	400m: 5:06.30 34.91			
18.	Joao Andre Gomes	97	Alcobaca	<b>5:06.47</b>	+0,77	503	
	50m: 31.61 31.61	150m: 1:48.40 40.96	250m: 3:12.33 43.80	350m: 4:32.35 36.26			
	100m: 1:07.44 35.83	200m: 2:28.53 40.13	300m: 3:56.09 43.76	400m: 5:06.47 34.12			
19.	David Emanuel Martins	97	Braga	<b>5:07.72</b>	+0,99	497	
	50m: 32.69 32.69	150m: 1:50.38 39.61	250m: 3:15.22 46.54	350m: 4:35.72 33.81			
	100m: 1:10.77 38.08	200m: 2:28.68 38.30	300m: 4:01.91 46.69	400m: 5:07.72 32.00			
20.	Tiago Martim Alves	97	Desportiva de Viana	<b>5:08.44</b>	+0,79	494	
	50m: 31.65 31.65	150m: 1:47.97 40.09	250m: 3:12.72 44.88	350m: 4:32.85 36.94			
	100m: 1:07.88 36.23	200m: 2:27.84 39.87	300m: 3:55.91 43.19	400m: 5:08.44 35.59			
21.	Alexandre Miguel Laureano	97	Alcobaca	<b>5:09.48</b>	+0,70	489	
	50m: 32.25 32.25	150m: 1:51.01 39.59	250m: 3:16.58 45.65	350m: 4:35.96 33.38			
	100m: 1:11.42 39.17	200m: 2:30.93 39.92	300m: 4:02.58 46.00	400m: 5:09.48 33.52			
22.	Jose Miguel Santos	97	Nautico de Coimbra	<b>5:10.07</b>	+0,66	486	
	50m: 32.82 32.82	150m: 1:51.39 40.10	250m: 3:14.90 43.77	350m: 4:35.33 37.24			
	100m: 1:11.29 38.47	200m: 2:31.13 39.74	300m: 3:58.09 43.19	400m: 5:10.07 34.74			
23.	Tiago Rafael Martins	97	Gesloures	<b>5:10.65</b>		483	
	50m: 32.99 32.99	150m: 1:53.16 41.81	250m: 3:15.55 43.06	350m: 4:36.73 36.16			
	100m: 1:11.35 38.36	200m: 2:32.49 39.33	300m: 4:00.57 45.02	400m: 5:10.65 33.92			
24.	Pedro Miguel Rodrigues	97	Alcobaca	<b>5:11.06</b>	+0,84	481	
	50m: 32.09 32.09	150m: 1:49.43 41.41	250m: 3:14.16 45.43	350m: 4:36.35 36.11			
	100m: 1:08.02 35.93	200m: 2:28.73 39.30	300m: 4:00.24 46.08	400m: 5:11.06 34.71			
25.	Andre Resende Pinheiro	97	Porto	<b>5:11.91</b>	+0,87	477	
	50m: 32.52 32.52	150m: 1:50.81 40.10	250m: 3:14.40 44.04	350m: 4:37.73 37.01			
	100m: 1:10.71 38.19	200m: 2:30.36 39.55	300m: 4:00.72 46.32	400m: 5:11.91 34.18			
26.	Carlos Braganca Castro	97	Naval de Ponta Delgada	<b>5:12.98</b>	+0,66	472	
	50m: 32.00 32.00	150m: 1:50.40 40.52	250m: 3:15.32 44.02	350m: 4:37.73 36.01			
	100m: 1:09.88 37.88	200m: 2:31.30 40.90	300m: 4:01.72 46.40	400m: 5:12.98 35.25			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Paulo Filipe Miranda	97	Fafe	<b>5:13.40</b>	+0,78	470	
	50m: 31.24 31.24	150m: 1:49.36 40.39	250m: 3:13.49 45.55	350m: 4:37.71 36.67			
	100m: 1:08.97 37.73	200m: 2:27.94 38.58	300m: 4:01.04 47.55	400m: 5:13.40 35.69			
28.	Luis Pedro Silva	97	Nautico de Coimbra	<b>5:14.11</b>	+0,84	467	
	50m: 32.75 32.75	150m: 1:52.03 41.17	250m: 3:16.53 44.07	350m: 4:38.47 37.76			
	100m: 1:10.86 38.11	200m: 2:32.46 40.43	300m: 4:00.71 44.18	400m: 5:14.11 35.64			
29.	Bruno Miguel Ramos	97	Amadora	<b>5:14.65</b>		465	
	50m: 31.66 31.66	150m: 1:48.53 38.96	250m: 3:15.67 48.25	350m: 4:39.45 36.28			
	100m: 1:09.57 37.91	200m: 2:27.42 38.89	300m: 4:03.17 47.50	400m: 5:14.65 35.20			
30.	Jose Eduardo Felicio	97	Rio Maior	<b>5:15.24</b>	+0,77	462	
	50m: 32.60 32.60	150m: 1:51.76 40.05	250m: 3:18.12 46.11	350m: 4:40.26 35.59			
	100m: 1:11.71 39.11	200m: 2:32.01 40.25	300m: 4:04.67 46.55	400m: 5:15.24 34.98			
31.	Afonso Miguel Lamy	97	Amadora	<b>5:16.02</b>	+0,76	459	
	50m: 33.18 33.18	150m: 1:55.67 43.62	250m: 3:21.93 46.27	350m: 4:42.21 35.25			
	100m: 1:12.05 38.87	200m: 2:35.66 39.99	300m: 4:06.96 45.03	400m: 5:16.02 33.81			
32.	Joao Luis Travanca	97	Porto	<b>5:16.48</b>	+0,91	457	
	50m: 32.10 32.10	150m: 1:52.23 43.05	250m: 3:18.82 46.83	350m: 4:42.44 36.50			
	100m: 1:09.18 37.08	200m: 2:31.99 39.76	300m: 4:05.94 47.12	400m: 5:16.48 34.04			

Prova 15 Masc., 400m Estilos Absolutos  
27-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
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 Masc Sen: 4:50.00 / TAC JUN2 Masc 18: 4:50.00 / TAC JUN1 Masc 17: 4:56.00 / TAC JUV A Masc Juv A: 5:08.00 / TAC JUV B Masc Juv B: 5:17.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Nuno Rafael Alves	90	Gespacos	<b>4:37.90</b>	+0,85	675	
	50m: 29.86 29.86	150m: 1:42.21 38.39	250m: 2:56.88 37.94	350m: 4:07.60 32.04			
	100m: 1:03.82 33.96	200m: 2:18.94 36.73	300m: 3:35.56 38.68	400m: 4:37.90 30.30			
2.	Ruben Filipe Nunes	94	Gespacos	<b>4:38.48</b>	+0,84	671	
	50m: 29.27 29.27	150m: 1:39.96 37.53	250m: 2:56.69 40.43	350m: 4:08.09 32.12			
	100m: 1:02.43 33.16	200m: 2:16.26 36.30	300m: 3:35.97 39.28	400m: 4:38.48 30.39			
3.	Andre Bras Goncalves	88	Amadora	<b>4:39.84</b>	+0,71	661	
	50m: 28.44 28.44	150m: 1:39.77 37.35	250m: 2:55.22 39.18	350m: 4:08.02 33.20			
	100m: 1:02.42 33.98	200m: 2:16.04 36.27	300m: 3:34.82 39.60	400m: 4:39.84 31.82			
4.	Paulo Andre Dias	92	Gespacos	<b>4:41.08</b>	+0,83	652	
	50m: 29.14 29.14	150m: 1:39.78 37.58	250m: 2:56.41 39.60	350m: 4:09.78 32.46			
	100m: 1:02.20 33.06	200m: 2:16.81 37.03	300m: 3:37.32 40.91	400m: 4:41.08 31.30			
5.	Pedro Andre Santos	94	Alges	<b>4:41.61</b>	+0,73	649	
	50m: 29.03 29.03	150m: 1:40.93 37.94	250m: 2:57.58 38.73	350m: 4:10.43 33.15			
	100m: 1:02.99 33.96	200m: 2:18.85 37.92	300m: 3:37.28 39.70	400m: 4:41.61 31.18			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Rui Filipe Vilar	91	Porto	<b>4:42.26</b>	+0,74	644	
	50m: 29.47 29.47	150m: 1:40.43 37.48	250m: 2:57.72 40.18	350m: 4:10.90 32.58			
	100m: 1:02.95 33.48	200m: 2:17.54 37.11	300m: 3:38.32 40.60	400m: 4:42.26 31.36			
7.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:42.54</b>	+0,75	642	
	50m: 30.68 30.68	150m: 1:40.75 35.83	250m: 2:56.30 40.38	350m: 4:11.27 34.46			
	100m: 1:04.92 34.24	200m: 2:15.92 35.17	300m: 3:36.81 40.51	400m: 4:42.54 31.27			
8.	Miguel Monteiro Diogo	93	Nautico de Coimbra	<b>4:43.07</b>	+0,74	639	
	50m: 27.96 27.96	150m: 1:38.74 37.78	250m: 2:56.99 41.18	350m: 4:11.90 32.45			
	100m: 1:00.96 33.00	200m: 2:15.81 37.07	300m: 3:39.45 42.46	400m: 4:43.07 31.17			
9.	Jose Luis Gabriel	96	Academico Viseu	<b>4:43.57</b>	+0,77	635	
	50m: 29.70 29.70	150m: 1:40.63 36.68	250m: 2:58.09 41.16	350m: 4:12.67 32.47			
	100m: 1:03.95 34.25	200m: 2:16.93 36.30	300m: 3:40.20 42.11	400m: 4:43.57 30.90			
10.	Andre Duarte Vaz	93	Nautico de Coimbra	<b>4:43.86</b>	+0,91	633	
	50m: 29.22 29.22	150m: 1:38.98 35.70	250m: 2:55.87 41.20	350m: 4:11.01 33.81			
	100m: 1:03.28 34.06	200m: 2:14.67 35.69	300m: 3:37.20 41.33	400m: 4:43.86 32.85			
11.	Joao Andre Neves	95	Academica de Coimbra	<b>4:46.26</b>	+0,70	618	
	50m: 30.13 30.13	150m: 1:44.13 38.62	250m: 3:01.15 38.95	350m: 4:14.40 33.03			
	100m: 1:05.51 35.38	200m: 2:22.20 38.07	300m: 3:41.37 40.22	400m: 4:46.26 31.86			
12.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:47.10</b>	+0,70	612	
	50m: 28.94 28.94	150m: 1:41.05 38.42	250m: 2:58.32 39.63	350m: 4:13.38 34.82			
	100m: 1:02.63 33.69	200m: 2:18.69 37.64	300m: 3:38.56 40.24	400m: 4:47.10 33.72			
13.	Tomas Miguel Freitas	90	Desportivo Nacional	<b>4:47.90</b>	+0,81	607	
	50m: 29.69 29.69	150m: 1:44.55 40.29	250m: 3:03.48 39.84	350m: 4:16.61 31.78			
	100m: 1:04.26 34.57	200m: 2:23.64 39.09	300m: 3:44.83 41.35	400m: 4:47.90 31.29			
14.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:48.49</b>	+0,79	603	
	50m: 28.75 28.75	150m: 1:40.09 37.95	250m: 2:58.39 40.81	350m: 4:14.95 34.72			
	100m: 1:02.14 33.39	200m: 2:17.58 37.49	300m: 3:40.23 41.84	400m: 4:48.49 33.54			
15.	Rafael Filipe Nunes	96	Naval Amorense	<b>4:49.93</b>	+0,82	594	
	50m: 29.84 29.84	150m: 1:41.02 36.70	250m: 2:59.72 41.35	350m: 4:17.16 33.95			
	100m: 1:04.32 34.48	200m: 2:18.37 37.35	300m: 3:43.21 43.49	400m: 4:49.93 32.77			
16.	Gabriel Jose Lopes	97	Lousanense	<b>4:50.07</b>	+0,76	594	
	50m: 30.23 30.23	150m: 1:41.10 36.35	250m: 3:00.54 41.19	350m: 4:16.44 33.60			
	100m: 1:04.75 34.52	200m: 2:19.35 38.25	300m: 3:42.84 42.30	400m: 4:50.07 33.63			
17.	Pedro Ribeiro Santos	96	Academico Viseu	<b>4:50.35</b>	+0,75	592	
	50m: 29.83 29.83	150m: 1:42.35 38.09	250m: 3:01.70 41.76	350m: 4:17.71 33.33			
	100m: 1:04.26 34.43	200m: 2:19.94 37.59	300m: 3:44.38 42.68	400m: 4:50.35 32.64			
18.	Joao Pedro Gil	97	Naval Amorense	<b>4:50.67</b>	+0,92	590	
	50m: 30.48 30.48	150m: 1:45.15 38.34	250m: 3:03.96 41.48	350m: 4:19.96 33.47			
	100m: 1:06.81 36.33	200m: 2:22.48 37.33	300m: 3:46.49 42.53	400m: 4:50.67 30.71			
19.	Joao Miguel Ferreira	97	Foca	<b>4:51.58</b>	+0,78	584	
	50m: 30.94 30.94	150m: 1:44.00 38.95	250m: 3:04.87 42.59	350m: 4:19.85 32.94			
	100m: 1:05.05 34.11	200m: 2:22.28 38.28	300m: 3:46.91 42.04	400m: 4:51.58 31.73			
20.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	<b>4:51.75</b>	+0,69	583	
	<b>FTL</b>						
	50m: 29.38 29.38	150m: 1:41.81 38.69	250m: 3:01.66 42.43	350m: 4:18.74 34.44			
	100m: 1:03.12 33.74	200m: 2:19.23 37.42	300m: 3:44.30 42.64	400m: 4:51.75 33.01			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Eduardo Salgado Ramos	97	Porto	<b>4:53.93</b>	+0,70	570	
	50m: 31.08 31.08	150m: 1:44.62 37.95	250m: 3:04.19 41.57	350m: 4:21.20 34.41			
	100m: 1:06.67 35.59	200m: 2:22.62 38.00	300m: 3:46.79 42.60	400m: 4:53.93 32.73			
22.	Renato Filipe Nascimento <i>FTL</i>	94	Louletano/Loule Concelho	<b>4:54.90</b>	+0,95	565	
	50m: 30.31 30.31	150m: 1:43.35 38.00	250m: 3:04.18 43.53	350m: 4:21.65 34.62			
	100m: 1:05.35 35.04	200m: 2:20.65 37.30	300m: 3:47.03 42.85	400m: 4:54.90 33.25			
23.	Pedro Veiguinha Martins	96	Braga	<b>4:55.01</b>	+0,62	564	
	50m: 31.55 31.55	150m: 1:48.41 40.36	250m: 3:07.86 41.08	350m: 4:22.95 32.85			
	100m: 1:08.05 36.50	200m: 2:26.78 38.37	300m: 3:50.10 42.24	400m: 4:55.01 32.06			
24.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>4:55.42</b>	+0,68	562	
	50m: 29.73 29.73	150m: 1:45.08 40.73	250m: 3:05.23 40.96	350m: 4:20.91 34.42			
	100m: 1:04.35 34.62	200m: 2:24.27 39.19	300m: 3:46.49 41.26	400m: 4:55.42 34.51			
25.	Paulo Andre Silva	96	Vilacondense	<b>4:56.12</b>	+0,72	558	
	50m: 30.76 30.76	150m: 1:45.14 38.53	250m: 3:07.30 43.27	350m: 4:24.77 33.84			
	100m: 1:06.61 35.85	200m: 2:24.03 38.89	300m: 3:50.93 43.63	400m: 4:56.12 31.35			
26.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	<b>4:56.19</b>	+0,84	557	
	50m: 30.51 30.51	150m: 1:44.19 38.57	250m: 3:04.71 42.82	350m: 4:23.19 34.12			
	100m: 1:05.62 35.11	200m: 2:21.89 37.70	300m: 3:49.07 44.36	400m: 4:56.19 33.00			
27.	Andre Machado Vale <i>FTL</i>	95	Viana Natacao	<b>4:57.74</b>	+0,91	549	
	50m: 30.65 30.65	150m: 1:45.57 40.27	250m: 3:06.29 41.93	350m: 4:24.02 35.31			
	100m: 1:05.30 34.65	200m: 2:24.36 38.79	300m: 3:48.71 42.42	400m: 4:57.74 33.72			
28.	Leonardo Cardoso Figueiredo	96	Natacao da Maia	<b>4:57.94</b>	+0,66	548	
	50m: 31.65 31.65	150m: 1:47.46 40.03	250m: 3:09.20 42.08	350m: 4:26.47 34.87			
	100m: 1:07.43 35.78	200m: 2:27.12 39.66	300m: 3:51.60 42.40	400m: 4:57.94 31.47			
29.	Vitor Joao Pereira	97	Leixoes	<b>4:57.99</b>	+0,90	547	
	50m: 30.46 30.46	150m: 1:47.24 40.44	250m: 3:08.09 42.73	350m: 4:26.10 34.47			
	100m: 1:06.80 36.34	200m: 2:25.36 38.12	300m: 3:51.63 43.54	400m: 4:57.99 31.89			
30.	Luis Carlos Oliveira	97	Natacao da Maia	<b>4:58.75</b>	+0,75	543	
	50m: 30.35 30.35	150m: 1:44.77 38.04	250m: 3:04.95 42.62	350m: 4:24.60 35.60			
	100m: 1:06.73 36.38	200m: 2:22.33 37.56	300m: 3:49.00 44.05	400m: 4:58.75 34.15			
31.	Joao Miguel Costa <i>FTL</i>	95	Vilacondense	<b>4:59.10</b>	+0,65	541	
	50m: 29.30 29.30	150m: 1:44.69 41.19	250m: 3:09.75 45.49	350m: 4:28.58 34.05			
	100m: 1:03.50 34.20	200m: 2:24.26 39.57	300m: 3:54.53 44.78	400m: 4:59.10 30.52			
32.	Artur Jose Reis	96	Porto	<b>4:59.39</b>	+0,73	540	
	50m: 29.55 29.55	150m: 1:45.43 41.68	250m: 3:07.56 42.69	350m: 4:26.81 35.42			
	100m: 1:03.75 34.20	200m: 2:24.87 39.44	300m: 3:51.39 43.83	400m: 4:59.39 32.58			
33.	Guilherme Miguel Teixeira	97	Benfica	<b>4:59.59</b>	+0,73	539	
	50m: 29.64 29.64	150m: 1:45.03 39.33	250m: 3:05.95 42.07	350m: 4:25.82 36.05			
	100m: 1:05.70 36.06	200m: 2:23.88 38.85	300m: 3:49.77 43.82	400m: 4:59.59 33.77			
34.	Joao Miguel Lopes	96	Electrico	<b>4:59.89</b>	+0,66	537	
	50m: 31.16 31.16	150m: 1:47.31 40.30	250m: 3:08.07 41.42	350m: 4:26.12 34.99			
	100m: 1:07.01 35.85	200m: 2:26.65 39.34	300m: 3:51.13 43.06	400m: 4:59.89 33.77			

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	Frederico Sousa Soares	96	Bombeiros dos Estoris	<b>5:00.59</b>	+0,77	533	
	50m: 29.31 29.31	150m: 1:45.55 40.48	250m: 3:09.08 43.85	350m: 4:27.85 32.43			
	100m: 1:05.07 35.76	200m: 2:25.23 39.68	300m: 3:55.42 46.34	400m: 5:00.59 32.74			
36.	Diogo Miguel Nelas	97	Braga	<b>5:01.03</b>	+0,78	531	
	50m: 30.88 30.88	150m: 1:46.88 40.75	250m: 3:09.24 43.42	350m: 4:29.15 34.51			
	100m: 1:06.13 35.25	200m: 2:25.82 38.94	300m: 3:54.64 45.40	400m: 5:01.03 31.88			
37.	Joao Pedro Neves	96	Aminata	<b>5:01.40</b>	+0,97	529	
	50m: 30.23 30.23	150m: 1:43.76 38.81	250m: 3:07.51 45.92	350m: 4:27.79 34.58			
	100m: 1:04.95 34.72	200m: 2:21.59 37.83	300m: 3:53.21 45.70	400m: 5:01.40 33.61			
38.	Gil Silva Santos	96	Gespacos	<b>5:01.54</b>	+0,93	528	
	50m: 30.70 30.70	150m: 1:47.30 41.07	250m: 3:09.77 43.38	350m: 4:28.13 34.96			
	100m: 1:06.23 35.53	200m: 2:26.39 39.09	300m: 3:53.17 43.40	400m: 5:01.54 33.41			
39.	Andre Antunes Carvalho	96	Colegio Monte Maior	<b>5:01.80</b>	+0,74	527	
	50m: 29.28 29.28	150m: 1:45.17 40.66	250m: 3:09.15 44.01	350m: 4:28.30 34.43			
	100m: 1:04.51 35.23	200m: 2:25.14 39.97	300m: 3:53.87 44.72	400m: 5:01.80 33.50			
40.	Joao Pedro Santos	95	Estarreja	<b>5:02.25</b>	+0,73	525	
	<i>FTL</i>						
	50m: 30.47 30.47	150m: 1:45.26 39.71	250m: 3:06.90 42.78	350m: 4:27.09 35.27			
	100m: 1:05.55 35.08	200m: 2:24.12 38.86	300m: 3:51.82 44.92	400m: 5:02.25 35.16			
41.	Jose Pedro Bugalho	96	Alcobaca	<b>5:02.46</b>		523	
	50m: 30.16 30.16	150m: 1:47.42 42.55	250m: 3:11.29 43.05	350m: 4:29.46 34.76			
	100m: 1:04.87 34.71	200m: 2:28.24 40.82	300m: 3:54.70 43.41	400m: 5:02.46 33.00			
42.	Nuno Leal Horta	97	Louletano/Loule Concelho	<b>5:02.71</b>	+0,81	522	
	50m: 31.18 31.18	150m: 1:45.98 38.98	250m: 3:07.90 43.96	350m: 4:27.33 34.37			
	100m: 1:07.00 35.82	200m: 2:23.94 37.96	300m: 3:52.96 45.06	400m: 5:02.71 35.38			
43.	Leonardo Peralta Reis	96	Benedita	<b>5:03.17</b>		520	
	50m: 31.84 31.84	150m: 1:49.08 38.27	250m: 3:12.78 44.87	350m: 4:31.35 34.54			
	100m: 1:10.81 38.97	200m: 2:27.91 38.83	300m: 3:56.81 44.03	400m: 5:03.17 31.82			
44.	Miguel Monteiro Cruchinho	97	Sporting	<b>5:03.33</b>	+0,73	519	
	50m: 30.53 30.53	150m: 1:46.94 39.91	250m: 3:09.01 41.75	350m: 4:28.23 37.08			
	100m: 1:07.03 36.50	200m: 2:27.26 40.32	300m: 3:51.15 42.14	400m: 5:03.33 35.10			
45.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	<b>5:03.92</b>	+0,80	516	
	50m: 30.25 30.25	150m: 1:45.25 40.08	250m: 3:09.50 47.16	350m: 4:31.56 33.44			
	100m: 1:05.17 34.92	200m: 2:22.34 37.09	300m: 3:58.12 48.62	400m: 5:03.92 32.36			
46.	Jose Ricardo Sousa	97	Lousada SXXI	<b>5:04.89</b>	+0,78	511	
	50m: 31.15 31.15	150m: 1:48.66 40.31	250m: 3:12.79 45.41	350m: 4:31.85 35.78			
	100m: 1:08.35 37.20	200m: 2:27.38 38.72	300m: 3:56.07 43.28	400m: 5:04.89 33.04			
47.	Jorge Miguel Nunes	97	Porto	<b>5:05.69</b>	+0,77	507	
	50m: 31.43 31.43	150m: 1:47.57 40.42	250m: 3:12.24 46.92	350m: 4:33.27 34.45			
	100m: 1:07.15 35.72	200m: 2:25.32 37.75	300m: 3:58.82 46.58	400m: 5:05.69 32.42			
48.	Miguel Rocha Costa	97	Geslours	<b>5:05.93</b>	+0,83	506	
	50m: 32.50 32.50	150m: 1:50.39 40.28	250m: 3:10.99 42.21	350m: 4:31.00 35.87			
	100m: 1:10.11 37.61	200m: 2:28.78 38.39	300m: 3:55.13 44.14	400m: 5:05.93 34.93			
49.	Marco Andre Fernandes	97	Gespacos	<b>5:05.96</b>	+0,82	506	
	50m: 30.93 30.93	150m: 1:46.76 40.39	250m: 3:12.22 47.58	350m: 4:33.28 35.25			
	100m: 1:06.37 35.44	200m: 2:24.64 37.88	300m: 3:58.03 45.81	400m: 5:05.96 32.68			

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	Joao Miguel Cardoso	97	Gesloures	<b>5:06.12</b>	+0,82	505	
	50m: 33.29 33.29	150m: 1:53.03 40.10	250m: 3:17.02 44.26	350m: 4:35.05 34.68			
	100m: 1:12.93 39.64	200m: 2:32.76 39.73	300m: 4:00.37 43.35	400m: 5:06.12 31.07			
51.	Rodrigo Carlos Albuquerque	97	Braga	<b>5:06.30</b>	+0,72	504	
	50m: 31.13 31.13	150m: 1:45.56 37.94	250m: 3:08.83 45.13	350m: 4:31.39 35.45			
	100m: 1:07.62 36.49	200m: 2:23.70 38.14	300m: 3:55.94 47.11	400m: 5:06.30 34.91			
52.	Joao Andre Gomes	97	Alcobaca	<b>5:06.47</b>	+0,77	503	
	50m: 31.61 31.61	150m: 1:48.40 40.96	250m: 3:12.33 43.80	350m: 4:32.35 36.26			
	100m: 1:07.44 35.83	200m: 2:28.53 40.13	300m: 3:56.09 43.76	400m: 5:06.47 34.12			
53.	Bruno Miguel Rainho	96	Gesloures	<b>5:07.27</b>	+0,92	499	
	50m: 31.82 31.82	150m: 1:50.30 40.04	250m: 3:11.24 41.92	350m: 4:32.52 35.67			
	100m: 1:10.26 38.44	200m: 2:29.32 39.02	300m: 3:56.85 45.61	400m: 5:07.27 34.75			
54.	David Emanuel Martins	97	Braga	<b>5:07.72</b>	+0,99	497	
	50m: 32.69 32.69	150m: 1:50.38 39.61	250m: 3:15.22 46.54	350m: 4:35.72 33.81			
	100m: 1:10.77 38.08	200m: 2:28.68 38.30	300m: 4:01.91 46.69	400m: 5:07.72 32.00			
55.	Tiago Martim Alves	97	Desportiva de Viana	<b>5:08.44</b>	+0,79	494	
	50m: 31.65 31.65	150m: 1:47.97 40.09	250m: 3:12.72 44.88	350m: 4:32.85 36.94			
	100m: 1:07.88 36.23	200m: 2:27.84 39.87	300m: 3:55.91 43.19	400m: 5:08.44 35.59			
56.	Alexandre Miguel Laureano	97	Alcobaca	<b>5:09.48</b>	+0,70	489	
	50m: 32.25 32.25	150m: 1:51.01 39.59	250m: 3:16.58 45.65	350m: 4:35.96 33.38			
	100m: 1:11.42 39.17	200m: 2:30.93 39.92	300m: 4:02.58 46.00	400m: 5:09.48 33.52			
57.	Jose Miguel Santos	97	Nautico de Coimbra	<b>5:10.07</b>	+0,66	486	
	50m: 32.82 32.82	150m: 1:51.39 40.10	250m: 3:14.90 43.77	350m: 4:35.33 37.24			
	100m: 1:11.29 38.47	200m: 2:31.13 39.74	300m: 3:58.09 43.19	400m: 5:10.07 34.74			
58.	Tiago Rafael Martins	97	Gesloures	<b>5:10.65</b>		483	
	50m: 32.99 32.99	150m: 1:53.16 41.81	250m: 3:15.55 43.06	350m: 4:36.73 36.16			
	100m: 1:11.35 38.36	200m: 2:32.49 39.33	300m: 4:00.57 45.02	400m: 5:10.65 33.92			
59.	Pedro Miguel Rodrigues	97	Alcobaca	<b>5:11.06</b>	+0,84	481	
	50m: 32.09 32.09	150m: 1:49.43 41.41	250m: 3:14.16 45.43	350m: 4:36.35 36.11			
	100m: 1:08.02 35.93	200m: 2:28.73 39.30	300m: 4:00.24 46.08	400m: 5:11.06 34.71			
60.	Andre Resende Pinheiro	97	Porto	<b>5:11.91</b>	+0,87	477	
	50m: 32.52 32.52	150m: 1:50.81 40.10	250m: 3:14.40 44.04	350m: 4:37.73 37.01			
	100m: 1:10.71 38.19	200m: 2:30.36 39.55	300m: 4:00.72 46.32	400m: 5:11.91 34.18			
61.	Carlos Braganca Castro	97	Naval de Ponta Delgada	<b>5:12.98</b>	+0,66	472	
	50m: 32.00 32.00	150m: 1:50.40 40.52	250m: 3:15.32 44.02	350m: 4:37.73 36.01			
	100m: 1:09.88 37.88	200m: 2:31.30 40.90	300m: 4:01.72 46.40	400m: 5:12.98 35.25			
62.	Pedro Alexandre Oliveira FTL	96	Nautico da Marinha Grande	<b>5:13.26</b>	+0,84	471	
	50m: 30.66 30.66	150m: 1:46.65 40.03	250m: 3:10.54 44.04	350m: 4:34.87 38.43			
	100m: 1:06.62 35.96	200m: 2:26.50 39.85	300m: 3:56.44 45.90	400m: 5:13.26 38.39			
63.	Paulo Filipe Miranda	97	Fafe	<b>5:13.40</b>	+0,78	470	
	50m: 31.24 31.24	150m: 1:49.36 40.39	250m: 3:13.49 45.55	350m: 4:37.71 36.67			
	100m: 1:08.97 37.73	200m: 2:27.94 38.58	300m: 4:01.04 47.55	400m: 5:13.40 35.69			
64.	Luis Pedro Silva	97	Nautico de Coimbra	<b>5:14.11</b>	+0,84	467	
	50m: 32.75 32.75	150m: 1:52.03 41.17	250m: 3:16.53 44.07	350m: 4:38.47 37.76			
	100m: 1:10.86 38.11	200m: 2:32.46 40.43	300m: 4:00.71 44.18	400m: 5:14.11 35.64			

Campeonato Nacional de Juvenis  
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Oeiras, 26.7. - 29.7.2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
65.	Bruno Miguel Ramos	97	Amadora	<b>5:14.65</b>		465	
	50m: 31.66 31.66	150m: 1:48.53 38.96	250m: 3:15.67 48.25	350m: 4:39.45 36.28			
	100m: 1:09.57 37.91	200m: 2:27.42 38.89	300m: 4:03.17 47.50	400m: 5:14.65 35.20			
66.	Jose Eduardo Felicio	97	Rio Maior	<b>5:15.24</b>	+0,77	462	
	50m: 32.60 32.60	150m: 1:51.76 40.05	250m: 3:18.12 46.11	350m: 4:40.26 35.59			
	100m: 1:11.71 39.11	200m: 2:32.01 40.25	300m: 4:04.67 46.55	400m: 5:15.24 34.98			
67.	Afonso Miguel Lamy	97	Amadora	<b>5:16.02</b>	+0,76	459	
	50m: 33.18 33.18	150m: 1:55.67 43.62	250m: 3:21.93 46.27	350m: 4:42.21 35.25			
	100m: 1:12.05 38.87	200m: 2:35.66 39.99	300m: 4:06.96 45.03	400m: 5:16.02 33.81			
68.	Joao Luis Travanca	97	Porto	<b>5:16.48</b>	+0,91	457	
	50m: 32.10 32.10	150m: 1:52.23 43.05	250m: 3:18.82 46.83	350m: 4:42.44 36.50			
	100m: 1:09.18 37.08	200m: 2:31.99 39.76	300m: 4:05.94 47.12	400m: 5:16.48 34.04			
69.	Francisco Gouveia Sousa	96	Naval do Funchal	<b>5:21.44</b>	+0,73	436	
	<i>FTL</i>						
	50m: 30.98 30.98	150m: 1:50.41 42.50	250m: 3:18.00 45.94	350m: 4:44.53 38.06			
	100m: 1:07.91 36.93	200m: 2:32.06 41.65	300m: 4:06.47 48.47	400m: 5:21.44 36.91			
DSQ	Tomas Risso Fernandes	96	Colegio Vasco da Gama				
	<i>730 - pernada mariposa durante percurso - SW 7.5,</i>						
DSQ	Mario Rui Cruz	94	Amadora				
	<i>Iniciou percurso costas posição ventral - SW 6.2</i>						

Prova 15 Masc., 400m Estilos Jun 1  
27-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010

TAC JUN1 Masc : 4:56.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Andre Neves	95	Academica de Coimbra	<b>4:46.26</b>	+0,70	618	
	50m: 30.13 30.13	150m: 1:44.13 38.62	250m: 3:01.15 38.95	350m: 4:14.40 33.03			
	100m: 1:05.51 35.38	200m: 2:22.20 38.07	300m: 3:41.37 40.22	400m: 4:46.26 31.86			
2.	Diogo Miguel Silva	95	Uniao Piedense	<b>4:47.10</b>	+0,70	612	
	50m: 28.94 28.94	150m: 1:41.05 38.42	250m: 2:58.32 39.63	350m: 4:13.38 34.82			
	100m: 1:02.63 33.69	200m: 2:18.69 37.64	300m: 3:38.56 40.24	400m: 4:47.10 33.72			
3.	Miguel Bras Sergio	95	Bombeiros dos Estoris	<b>4:48.49</b>	+0,79	603	
	50m: 28.75 28.75	150m: 1:40.09 37.95	250m: 2:58.39 40.81	350m: 4:14.95 34.72			
	100m: 1:02.14 33.39	200m: 2:17.58 37.49	300m: 3:40.23 41.84	400m: 4:48.49 33.54			
4.	Mauro Filipe Viegas	95	Natacao de Olhao	<b>4:55.42</b>	+0,68	562	
	50m: 29.73 29.73	150m: 1:45.08 40.73	250m: 3:05.23 40.96	350m: 4:20.91 34.42			
	100m: 1:04.35 34.62	200m: 2:24.27 39.19	300m: 3:46.49 41.26	400m: 4:55.42 34.51			
5.	Andre Machado Vale	95	Viana Natacao	<b>4:57.74</b>	+0,91	549	
	<i>FTL</i>						
	50m: 30.65 30.65	150m: 1:45.57 40.27	250m: 3:06.29 41.93	350m: 4:24.02 35.31			
	100m: 1:05.30 34.65	200m: 2:24.36 38.79	300m: 3:48.71 42.42	400m: 4:57.74 33.72			

Campeonato Nacional de Juvenis  
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Oeiras, 26.7. - 29.7.2012

Prova 15, Masc., 400m Estilos, Elimin, Jun 1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Joao Miguel Costa <i>FTL</i>	95	Vilacondense	<b>4:59.10</b>	+0,65	541	
	50m: 29.30 29.30	150m: 1:44.69 41.19	250m: 3:09.75 45.49	350m: 4:28.58 34.05			
	100m: 1:03.50 34.20	200m: 2:24.26 39.57	300m: 3:54.53 44.78	400m: 4:59.10 30.52			
7.	Joao Pedro Santos <i>FTL</i>	95	Estarreja	<b>5:02.25</b>	+0,73	525	
	50m: 30.47 30.47	150m: 1:45.26 39.71	250m: 3:06.90 42.78	350m: 4:27.09 35.27			
	100m: 1:05.55 35.08	200m: 2:24.12 38.86	300m: 3:51.82 44.92	400m: 5:02.25 35.16			

Prova 15 Masc., 400m Estilos Jun 2  
27-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Jun	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010

TAC JUN2 Masc : 4:50.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ruben Filipe Nunes	94	Gespacos	<b>4:38.48</b>	+0,84	671	
	50m: 29.27 29.27	150m: 1:39.96 37.53	250m: 2:56.69 40.43	350m: 4:08.09 32.12			
	100m: 1:02.43 33.16	200m: 2:16.26 36.30	300m: 3:35.97 39.28	400m: 4:38.48 30.39			
2.	Pedro Andre Santos	94	Alges	<b>4:41.61</b>	+0,73	649	
	50m: 29.03 29.03	150m: 1:40.93 37.94	250m: 2:57.58 38.73	350m: 4:10.43 33.15			
	100m: 1:02.99 33.96	200m: 2:18.85 37.92	300m: 3:37.28 39.70	400m: 4:41.61 31.18			
3.	Pedro Barros Mendes	94	Academica de Coimbra	<b>4:42.54</b>	+0,75	642	
	50m: 30.68 30.68	150m: 1:40.75 35.83	250m: 2:56.30 40.38	350m: 4:11.27 34.46			
	100m: 1:04.92 34.24	200m: 2:15.92 35.17	300m: 3:36.81 40.51	400m: 4:42.54 31.27			
4.	Renato Filipe Nascimento <i>FTL</i>	94	Louletano/Loule Concelho	<b>4:54.90</b>	+0,95	565	
	50m: 30.31 30.31	150m: 1:43.35 38.00	250m: 3:04.18 43.53	350m: 4:21.65 34.62			
	100m: 1:05.35 35.04	200m: 2:20.65 37.30	300m: 3:47.03 42.85	400m: 4:54.90 33.25			
DSQ	Mario Rui Cruz	94	Amadora				
	<i>Iniciou percurso costas posição ventral - SW 6.2</i>						



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Prova 15, Masc., 400m Estilos, Elimin

Prova 15 Masc., 400m Estilos Seniores  
27-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009
Rec Nac Sen	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	02-08-2009

TAC SEN Masc : 4:50.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Nuno Rafael Alves	90	Gespacos	<b>4:37.90</b>	+0,85	675	
	50m: 29.86 29.86	150m: 1:42.21 38.39	250m: 2:56.88 37.94	350m: 4:07.60 32.04			
	100m: 1:03.82 33.96	200m: 2:18.94 36.73	300m: 3:35.56 38.68	400m: 4:37.90 30.30			
2.	Andre Bras Goncalves	88	Amadora	<b>4:39.84</b>	+0,71	661	
	50m: 28.44 28.44	150m: 1:39.77 37.35	250m: 2:55.22 39.18	350m: 4:08.02 33.20			
	100m: 1:02.42 33.98	200m: 2:16.04 36.27	300m: 3:34.82 39.60	400m: 4:39.84 31.82			
3.	Paulo Andre Dias	92	Gespacos	<b>4:41.08</b>	+0,83	652	
	50m: 29.14 29.14	150m: 1:39.78 37.58	250m: 2:56.41 39.60	350m: 4:09.78 32.46			
	100m: 1:02.20 33.06	200m: 2:16.81 37.03	300m: 3:37.32 40.91	400m: 4:41.08 31.30			
4.	Rui Filipe Vilar	91	Porto	<b>4:42.26</b>	+0,74	644	
	50m: 29.47 29.47	150m: 1:40.43 37.48	250m: 2:57.72 40.18	350m: 4:10.90 32.58			
	100m: 1:02.95 33.48	200m: 2:17.54 37.11	300m: 3:38.32 40.60	400m: 4:42.26 31.36			
5.	Miguel Monteiro Diogo	93	Nautico de Coimbra	<b>4:43.07</b>	+0,74	639	
	50m: 27.96 27.96	150m: 1:38.74 37.78	250m: 2:56.99 41.18	350m: 4:11.90 32.45			
	100m: 1:00.96 33.00	200m: 2:15.81 37.07	300m: 3:39.45 42.46	400m: 4:43.07 31.17			
6.	Andre Duarte Vaz	93	Nautico de Coimbra	<b>4:43.86</b>	+0,91	633	
	50m: 29.22 29.22	150m: 1:38.98 35.70	250m: 2:55.87 41.20	350m: 4:11.01 33.81			
	100m: 1:03.28 34.06	200m: 2:14.67 35.69	300m: 3:37.20 41.33	400m: 4:43.86 32.85			
7.	Tomas Miguel Freitas	90	Desportivo Nacional	<b>4:47.90</b>	+0,81	607	
	50m: 29.69 29.69	150m: 1:44.55 40.29	250m: 3:03.48 39.84	350m: 4:16.61 31.78			
	100m: 1:04.26 34.57	200m: 2:23.64 39.09	300m: 3:44.83 41.35	400m: 4:47.90 31.29			
8.	Jorge Miguel Carmo	90	Colegio Vasco da Gama	<b>4:51.75</b>	+0,69	583	
	<i>FTL</i>						
	50m: 29.38 29.38	150m: 1:41.81 38.69	250m: 3:01.66 42.43	350m: 4:18.74 34.44			
	100m: 1:03.12 33.74	200m: 2:19.23 37.42	300m: 3:44.30 42.64	400m: 4:51.75 33.01			