

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

Prova 36 Masc., 400m Livres Open
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	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 Masc Sen: 4:10.50 / TAC JUN2 Masc 18: 4:10.00 / TAC JUN1 Masc 17: 4:15.00 / TAC JUV A Masc Juv A: 4:27.00 /
TAC JUV B Masc Juv B: 4:36.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Gustavo Manuel Santa	93	Sporting	4:03.06	+0,70	742	
	50m: 27.49 27.49	150m: 1:28.25 30.91	250m: 2:30.46 31.17	350m: 3:32.93 31.06			
	100m: 57.34 29.85	200m: 1:59.29 31.04	300m: 3:01.87 31.41	400m: 4:03.06 30.13			
2.	Sebastien Vigroux	93	Languedoc Roussillon	4:03.64	+0,72	736	
	50m: 27.94 27.94	150m: 1:29.60 31.12	250m: 2:32.07 31.19	350m: 3:34.35 30.93			
	100m: 58.48 30.54	200m: 2:00.88 31.28	300m: 3:03.42 31.35	400m: 4:03.64 29.29			
3.	Romain Mrowinski	94	Languedoc Roussillon	4:04.56	+0,65	728	
	50m: 28.15 28.15	150m: 1:29.96 31.09	250m: 2:32.03 31.00	350m: 3:33.99 30.93			
	100m: 58.87 30.72	200m: 2:01.03 31.07	300m: 3:03.06 31.03	400m: 4:04.56 30.57			
4.	Domenico Acerenza	95	CN Lucano Savigi - PZ	4:04.64	+0,80	727	
	50m: 28.70 28.70	150m: 1:30.85 31.48	250m: 2:32.73 29.91	350m: 3:34.72 31.15			
	100m: 59.37 30.67	200m: 2:02.82 31.97	300m: 3:03.57 30.84	400m: 4:04.64 29.92			
5.	Luis Emanuel Vaz	91	Famalicão	4:04.87	+0,77	725	
	50m: 28.32 28.32	150m: 1:30.61 31.28	250m: 2:33.06 31.08	350m: 3:35.46 30.79			
	100m: 59.33 31.01	200m: 2:01.98 31.37	300m: 3:04.67 31.61	400m: 4:04.87 29.41			
6.	Hugo Alberto Ribeiro	88	Gespacos	4:04.97	+0,98	725	
	50m: 28.35 28.35	150m: 1:30.05 31.02	250m: 2:32.62 30.91	350m: 3:34.64 30.73			
	100m: 59.03 30.68	200m: 2:01.71 31.66	300m: 3:03.91 31.29	400m: 4:04.97 30.33			
7.	Andre Filipe Farinha	96	Benfica	4:05.05	+0,69	724	
	50m: 28.79 28.79	150m: 1:31.66 31.93	250m: 2:33.97 30.85	350m: 3:35.13 29.96			
	100m: 59.73 30.94	200m: 2:03.12 31.46	300m: 3:05.17 31.20	400m: 4:05.05 29.92			
8.	Ricardo Manuel Machado	93	Braga	4:06.77	+0,75	709	
	50m: 28.95 28.95	150m: 1:31.53 31.57	250m: 2:34.21 31.08	350m: 3:36.20 30.21			
	100m: 59.96 31.01	200m: 2:03.13 31.60	300m: 3:05.99 31.78	400m: 4:06.77 30.57			
9.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.89	+0,82	708	
	50m: 28.03 28.03	150m: 1:30.55 31.36	250m: 2:33.32 31.43	350m: 3:36.27 31.48			
	100m: 59.19 31.16	200m: 2:01.89 31.34	300m: 3:04.79 31.47	400m: 4:06.89 30.62			
10.	Lorenzo Tarocchi	95	Team N.Tos Empoli	4:07.11	+0,71	706	
	50m: 29.04 29.04	150m: 1:31.33 31.02	250m: 2:33.72 31.08	350m: 3:36.88 31.51			
	100m: 1:00.31 31.27	200m: 2:02.64 31.31	300m: 3:05.37 31.65	400m: 4:07.11 30.23			
11.	Ricardo Ferreira Cotovio	91	Sporting	4:07.59	+0,65	702	
	50m: 27.91 27.91	150m: 1:30.94 31.76	250m: 2:33.84 30.92	350m: 3:36.88 31.44			
	100m: 59.18 31.27	200m: 2:02.92 31.98	300m: 3:05.44 31.60	400m: 4:07.59 30.71			
12.	Christophe Bellino	94	Languedoc Roussillon	4:07.97	+0,67	699	
	50m: 28.68 28.68	150m: 1:32.35 32.08	250m: 2:35.49 31.20	350m: 3:37.97 31.13			
	100m: 1:00.27 31.59	200m: 2:04.29 31.94	300m: 3:06.84 31.35	400m: 4:07.97 30.00			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joao Carlos Santos	96	Naval Amorense	4:08.87	+0,65	691	
	50m: 28.91 28.91	150m: 1:32.54 32.11	250m: 2:34.94 30.84	350m: 3:38.31 31.48			
	100m: 1:00.43 31.52	200m: 2:04.10 31.56	300m: 3:06.83 31.89	400m: 4:08.87 30.56			
14.	Tiago Silva Oliveira	94	Leixoes	4:09.01	+0,72	690	
	50m: 28.35 28.35	150m: 1:31.02 31.97	250m: 2:34.85 31.71	350m: 3:38.31 31.52			
	100m: 59.05 30.70	200m: 2:03.14 32.12	300m: 3:06.79 31.94	400m: 4:09.01 30.70			
15.	Mario Andre Bonanca	90	Sporting	4:09.20	+0,81	688	
	50m: 28.68 28.68	150m: 1:30.60 31.25	250m: 2:33.84 31.74	350m: 3:37.99 31.95			
	100m: 59.35 30.67	200m: 2:02.10 31.50	300m: 3:06.04 32.20	400m: 4:09.20 31.21			
16.	Joao Duarte Santos	95	Natacao de Olhao	4:10.48	+0,78	678	
	50m: 28.52 28.52	150m: 1:31.77 32.05	250m: 2:35.77 31.84	350m: 3:39.61 32.00			
	100m: 59.72 31.20	200m: 2:03.93 32.16	300m: 3:07.61 31.84	400m: 4:10.48 30.87			
17.	Miguel Monteiro Diogo	93	Nautico de Coimbra	4:11.51	+0,79	669	
	<i>FTL</i>						
	50m: 28.63 28.63	150m: 1:31.77 32.06	250m: 2:35.81 31.96	350m: 3:40.02 32.09			
	100m: 59.71 31.08	200m: 2:03.85 32.08	300m: 3:07.93 32.12	400m: 4:11.51 31.49			
18.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:12.41	+0,72	662	
	<i>FTL</i>						
	50m: 28.66 28.66	150m: 1:32.18 32.05	250m: 2:36.47 32.01	350m: 3:41.16 32.09			
	100m: 1:00.13 31.47	200m: 2:04.46 32.28	300m: 3:09.07 32.60	400m: 4:12.41 31.25			
19.	Rafael Lourenco Gil	96	Naval Amorense	4:12.61	+0,72	661	
	50m: 29.21 29.21	150m: 1:32.36 31.95	250m: 2:37.30 32.52	350m: 3:42.32 32.29			
	100m: 1:00.41 31.20	200m: 2:04.78 32.42	300m: 3:10.03 32.73	400m: 4:12.61 30.29			
20.	Nuno Vieira Malheiro	93	Braga	4:13.21	+0,82	656	
	<i>FTL</i>						
	50m: 29.19 29.19	150m: 1:32.73 32.16	250m: 2:37.19 32.03	350m: 3:42.24 32.13			
	100m: 1:00.57 31.38	200m: 2:05.16 32.43	300m: 3:10.11 32.92	400m: 4:13.21 30.97			
21.	Tiago Joao Meira	96	Viana Natacao	4:13.36	+0,79	655	
	50m: 28.84 28.84	150m: 1:32.85 32.46	250m: 2:37.05 32.19	350m: 3:41.99 32.40			
	100m: 1:00.39 31.55	200m: 2:04.86 32.01	300m: 3:09.59 32.54	400m: 4:13.36 31.37			
22.	Joao Pedro Gil	97	Naval Amorense	4:13.40	+0,68	655	
	50m: 29.06 29.06	150m: 1:33.10 32.09	250m: 2:38.44 32.75	350m: 3:43.51 32.01			
	100m: 1:01.01 31.95	200m: 2:05.69 32.59	300m: 3:11.50 33.06	400m: 4:13.40 29.89			
23.	Miguel Prata Santos	96	Viana Natacao	4:16.26	+0,78	633	
	50m: 29.11 29.11	150m: 1:33.63 32.56	250m: 2:39.16 32.58	350m: 3:44.72 32.00			
	100m: 1:01.07 31.96	200m: 2:06.58 32.95	300m: 3:12.72 33.56	400m: 4:16.26 31.54			
24.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:16.90	+0,68	628	
	50m: 28.93 28.93	150m: 1:32.92 32.46	250m: 2:38.66 32.62	350m: 3:44.32 32.82			
	100m: 1:00.46 31.53	200m: 2:06.04 33.12	300m: 3:11.50 32.84	400m: 4:16.90 32.58			
25.	Joao Andre Neves	95	Academica de Coimbra	4:17.22	+0,71	626	
	<i>FTL</i>						
	50m: 28.78 28.78	150m: 1:32.10 31.59	250m: 2:37.93 32.58	350m: 3:44.76 33.61			
	100m: 1:00.51 31.73	200m: 2:05.35 33.25	300m: 3:11.15 33.22	400m: 4:17.22 32.46			
26.	Carlos Flores Clara	97	Geslours	4:17.64	+0,83	623	
	50m: 30.18 30.18	150m: 1:35.73 33.15	250m: 2:41.19 32.52	350m: 3:46.38 32.28			
	100m: 1:02.58 32.40	200m: 2:08.67 32.94	300m: 3:14.10 32.91	400m: 4:17.64 31.26			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Rafael Filipe Nunes	96	Naval Amorense	4:17.66	+0,70	623	
	50m: 29.33 29.33	150m: 1:34.66 32.80	250m: 2:40.24 32.40	350m: 3:46.63 32.87			
	100m: 1:01.86 32.53	200m: 2:07.84 33.18	300m: 3:13.76 33.52	400m: 4:17.66 31.03			
28.	Pedro Veiguinha Martins	96	Braga	4:17.67	+0,73	623	
	50m: 29.18 29.18	150m: 1:33.97 33.16	250m: 2:40.31 33.52	350m: 3:46.59 32.96			
	100m: 1:00.81 31.63	200m: 2:06.79 32.82	300m: 3:13.63 33.32	400m: 4:17.67 31.08			
29.	Dario Mangieri	96	CN Lucano Savigi - PZ	4:18.05	+0,85	620	
	50m: 29.99 29.99	150m: 1:35.28 32.92	250m: 2:41.06 32.42	350m: 3:46.96 32.78			
	100m: 1:02.36 32.37	200m: 2:08.64 33.36	300m: 3:14.18 33.12	400m: 4:18.05 31.09			
30.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:18.65	+0,58	615	
	50m: 28.87 28.87	150m: 1:35.41 33.80	250m: 2:41.67 32.60	350m: 3:47.31 32.72			
	100m: 1:01.61 32.74	200m: 2:09.07 33.66	300m: 3:14.59 32.92	400m: 4:18.65 31.34			
31.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	4:19.04	+0,85	613	
	50m: 29.69 29.69	150m: 1:34.02 32.66	250m: 2:39.83 33.11	350m: 3:46.58 33.44			
	100m: 1:01.36 31.67	200m: 2:06.72 32.70	300m: 3:13.14 33.31	400m: 4:19.04 32.46			
32.	Leonardo Marchetta FTL	95	Pol Lib Invicta - Potenza	4:19.08	+0,79	612	
	50m: 29.21 29.21	150m: 1:32.77 32.16	250m: 2:38.60 33.14	350m: 3:45.86 33.67			
	100m: 1:00.61 31.40	200m: 2:05.46 32.69	300m: 3:12.19 33.59	400m: 4:19.08 33.22			
33.	Vitor Joao Pereira	97	Leixoes	4:19.84		607	
	50m: 29.92 29.92	150m: 1:35.07 33.07	250m: 2:41.92 33.25	350m: 3:47.82 32.68			
	100m: 1:02.00 32.08	200m: 2:08.67 33.60	300m: 3:15.14 33.22	400m: 4:19.84 32.02			
34.	David Soares Caratao	96	Sporting	4:19.98	+0,67	606	
	50m: 29.02 29.02	150m: 1:34.26 32.99	250m: 2:40.75 33.12	350m: 3:48.07 33.28			
	100m: 1:01.27 32.25	200m: 2:07.63 33.37	300m: 3:14.79 34.04	400m: 4:19.98 31.91			
35.	Guilherme Dias Nunes	96	Natacao de Olhao	4:20.93	+0,54	599	
	50m: 29.04 29.04	150m: 1:34.39 33.06	250m: 2:41.34 33.43	350m: 3:48.29 33.46			
	100m: 1:01.33 32.29	200m: 2:07.91 33.52	300m: 3:14.83 33.49	400m: 4:20.93 32.64			
36.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	4:21.02	+0,77	599	
	50m: 29.03 29.03	150m: 1:33.89 33.12	250m: 2:41.24 33.27	350m: 3:48.47 33.21			
	100m: 1:00.77 31.74	200m: 2:07.97 34.08	300m: 3:15.26 34.02	400m: 4:21.02 32.55			
37.	Francisco Xavier Goncalves	97	Nautico de Coimbra	4:21.08	+0,73	598	
	50m: 29.93 29.93	150m: 1:36.43 33.34	250m: 2:43.32 33.61	350m: 3:48.95 32.87			
	100m: 1:03.09 33.16	200m: 2:09.71 33.28	300m: 3:16.08 32.76	400m: 4:21.08 32.13			
38.	Joao Miguel Ascencao	97	Porto	4:22.02	+0,79	592	
	50m: 28.93 28.93	150m: 1:36.02 33.80	250m: 2:43.84 34.02	350m: 3:50.50 33.00			
	100m: 1:02.22 33.29	200m: 2:09.82 33.80	300m: 3:17.50 33.66	400m: 4:22.02 31.52			
39.	Ricardo Eduardo Afonso	97	Braga	4:22.07	+0,74	592	
	50m: 29.99 29.99	150m: 1:36.36 33.54	250m: 2:44.08 33.78	350m: 3:50.97 33.26			
	100m: 1:02.82 32.83	200m: 2:10.30 33.94	300m: 3:17.71 33.63	400m: 4:22.07 31.10			
40.	Eduardo Salgado Ramos	97	Porto	4:22.17	+0,80	591	
	50m: 29.12 29.12	150m: 1:36.55 34.28	250m: 2:44.41 33.39	350m: 3:50.65 32.71			
	100m: 1:02.27 33.15	200m: 2:11.02 34.47	300m: 3:17.94 33.53	400m: 4:22.17 31.52			
41.	David Nunes Sousa	96	Famalicao	4:22.61	+0,71	588	
	50m: 29.68 29.68	150m: 1:36.61 33.95	250m: 2:43.90 33.16	350m: 3:52.14 33.94			
	100m: 1:02.66 32.98	200m: 2:10.74 34.13	300m: 3:18.20 34.30	400m: 4:22.61 30.47			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	Jorge Miguel Nunes	97	Porto	4:24.29	+0,83	577	
	50m: 30.10 30.10	150m: 1:37.11 33.96	250m: 2:44.73 33.72	350m: 3:52.31 33.96			
	100m: 1:03.15 33.05	200m: 2:11.01 33.90	300m: 3:18.35 33.62	400m: 4:24.29 31.98			
43.	Joao Luis Travanca	97	Porto	4:24.61	+0,81	575	
	50m: 30.07 30.07	150m: 1:36.69 33.55	250m: 2:44.30 33.82	350m: 3:52.59 33.95			
	100m: 1:03.14 33.07	200m: 2:10.48 33.79	300m: 3:18.64 34.34	400m: 4:24.61 32.02			
44.	Alexandre Valdagua Coutinhc97	97	SCC/Oryzon Energias	4:25.52	+0,77	569	
	50m: 29.95 29.95	150m: 1:37.08 34.06	250m: 2:44.71 33.67	350m: 3:53.20 34.26			
	100m: 1:03.02 33.07	200m: 2:11.04 33.96	300m: 3:18.94 34.23	400m: 4:25.52 32.32			
45.	Diogo Henrique Gomes	96	Porto	4:25.78	+0,70	567	
	50m: 29.14 29.14	150m: 1:34.92 33.36	250m: 2:41.30 32.89	350m: 3:51.07 34.98			
	100m: 1:01.56 32.42	200m: 2:08.41 33.49	300m: 3:16.09 34.79	400m: 4:25.78 34.71			
46.	Tiago Ribeiro Costa	97	Famalicao	4:26.06	+0,74	565	
	50m: 30.59 30.59	150m: 1:37.99 33.86	250m: 2:45.55 33.41	350m: 3:53.60 33.76			
	100m: 1:04.13 33.54	200m: 2:12.14 34.15	300m: 3:19.84 34.29	400m: 4:26.06 32.46			
47.	Bruno Miguel Silva	96	Porto	4:26.19	+0,88	565	
	50m: 29.86 29.86	150m: 1:37.11 34.16	250m: 2:45.69 34.06	350m: 3:53.81 34.06			
	100m: 1:02.95 33.09	200m: 2:11.63 34.52	300m: 3:19.75 34.06	400m: 4:26.19 32.38			
48.	Diogo Miguel Nelas	97	Braga	4:26.25	+0,80	564	
	50m: 29.67 29.67	150m: 1:36.13 33.64	250m: 2:44.47 34.14	350m: 3:53.48 34.24			
	100m: 1:02.49 32.82	200m: 2:10.33 34.20	300m: 3:19.24 34.77	400m: 4:26.25 32.77			
49.	David Emanuel Martins	97	Braga	4:26.93	+0,87	560	
	50m: 30.73 30.73	150m: 1:38.35 34.28	250m: 2:47.21 34.53	350m: 3:55.47 33.90			
	100m: 1:04.07 33.34	200m: 2:12.68 34.33	300m: 3:21.57 34.36	400m: 4:26.93 31.46			
50.	Bruno Miguel Rainho	96	Geslours	4:26.97	+1,02	560	
	50m: 30.29 30.29	150m: 1:36.48 33.30	250m: 2:45.39 34.31	350m: 3:53.48 33.84			
	100m: 1:03.18 32.89	200m: 2:11.08 34.60	300m: 3:19.64 34.25	400m: 4:26.97 33.49			
51.	Rodrigo Carlos Albuquerque	97	Braga	4:27.87	+0,82	554	
	50m: 30.69 30.69	150m: 1:38.54 34.81	250m: 2:48.15 35.67	350m: 3:55.56 33.19			
	100m: 1:03.73 33.04	200m: 2:12.48 33.94	300m: 3:22.37 34.22	400m: 4:27.87 32.31			
52.	Narciso Daniel Correia	97	Braga	4:27.94	+0,78	554	
	50m: 30.18 30.18	150m: 1:38.54 34.36	250m: 2:46.45 33.77	350m: 3:55.30 34.36			
	100m: 1:04.18 34.00	200m: 2:12.68 34.14	300m: 3:20.94 34.49	400m: 4:27.94 32.64			
53.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	4:28.33		551	
	FTL						
	50m: 29.03 29.03	150m: 1:34.69 33.35	250m: 2:43.66 34.88	350m: 3:53.71 34.46			
	100m: 1:01.34 32.31	200m: 2:08.78 34.09	300m: 3:19.25 35.59	400m: 4:28.33 34.62			
54.	Daniel Filipe Cazeiro	97	Naval Amorense	4:28.41	+0,66	551	
	50m: 29.58 29.58	150m: 1:36.51 33.93	250m: 2:45.01 34.40	350m: 3:55.18 35.23			
	100m: 1:02.58 33.00	200m: 2:10.61 34.10	300m: 3:19.95 34.94	400m: 4:28.41 33.23			
55.	Joao Miguel Cardoso	97	Geslours	4:28.93	+0,91	547	
	50m: 30.58 30.58	150m: 1:39.12 34.61	250m: 2:48.58 34.81	350m: 3:57.10 34.04			
	100m: 1:04.51 33.93	200m: 2:13.77 34.65	300m: 3:23.06 34.48	400m: 4:28.93 31.83			
56.	Joao Miguel Ferreira	97	Foca	4:29.07	+0,81	547	
	50m: 29.46 29.46	150m: 1:36.65 34.11	250m: 2:45.58 34.20	350m: 3:55.04 34.51			
	100m: 1:02.54 33.08	200m: 2:11.38 34.73	300m: 3:20.53 34.95	400m: 4:29.07 34.03			

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

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	Tiago Rafael Martins	97	Geslours	4:29.71		543	
	50m: 31.13 31.13	150m: 1:39.79 34.78	250m: 2:48.63 33.92	350m: 3:57.08 33.89			
	100m: 1:05.01 33.88	200m: 2:14.71 34.92	300m: 3:23.19 34.56	400m: 4:29.71 32.63			
	Nuno Valerio Silva	97	Nautico da Marinha Grande	4:29.71	+0,83	543	
	50m: 29.72 29.72	150m: 1:37.82 34.61	250m: 2:47.79 35.08	350m: 3:58.31 35.30			
	100m: 1:03.21 33.49	200m: 2:12.71 34.89	300m: 3:23.01 35.22	400m: 4:29.71 31.40			
59.	Joao Afonso Picao	97	Leixoes	4:30.44	+0,89	538	
	50m: 30.44 30.44	150m: 1:37.59 33.84	250m: 2:46.98 34.83	350m: 3:56.83 34.95			
	100m: 1:03.75 33.31	200m: 2:12.15 34.56	300m: 3:21.88 34.90	400m: 4:30.44 33.61			
60.	Bruno Daniel Rodrigues	97	Braga	4:30.94	+0,80	535	
	50m: 30.67 30.67	150m: 1:40.70 35.40	250m: 2:50.79 34.95	350m: 3:58.72 32.95			
	100m: 1:05.30 34.63	200m: 2:15.84 35.14	300m: 3:25.77 34.98	400m: 4:30.94 32.22			
61.	Guilherme Pereira Dias	97	Uniao Piedense	4:30.98		535	
	50m: 30.89 30.89	150m: 1:39.39 34.92	250m: 2:48.57 34.26	350m: 3:57.72 34.73			
	100m: 1:04.47 33.58	200m: 2:14.31 34.92	300m: 3:22.99 34.42	400m: 4:30.98 33.26			
62.	Pedro Manuel Silva	97	Ginasio de Santo Tirso	4:33.40	+0,72	521	
	50m: 30.79 30.79	150m: 1:39.92 34.62	250m: 2:50.64 35.62	350m: 4:01.22 35.21			
	100m: 1:05.30 34.51	200m: 2:15.02 35.10	300m: 3:26.01 35.37	400m: 4:33.40 32.18			
63.	Ruben Jose Morim	97	Vilacondense	4:33.47	+0,78	521	
	50m: 30.74 30.74	150m: 1:40.07 34.93	250m: 2:50.40 35.41	350m: 4:00.46 34.75			
	100m: 1:05.14 34.40	200m: 2:14.99 34.92	300m: 3:25.71 35.31	400m: 4:33.47 33.01			
64.	Artur Miguel Marques	97	Leixoes	4:33.80	+0,82	519	
	50m: 30.98 30.98	150m: 1:40.71 35.00	250m: 2:50.96 35.05	350m: 4:01.57 34.74			
	100m: 1:05.71 34.73	200m: 2:15.91 35.20	300m: 3:26.83 35.87	400m: 4:33.80 32.23			
65.	Paulo Filipe Miranda	97	Fafe	4:38.50	+0,78	493	
	FTL						
	50m: 30.79 30.79	150m: 1:40.12 35.21	250m: 2:51.11 35.39	350m: 4:03.00 36.16			
	100m: 1:04.91 34.12	200m: 2:15.72 35.60	300m: 3:26.84 35.73	400m: 4:38.50 35.50			

Prova 36 Masc., 400m Livres Juvenis A
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv A	3:59.38	Gustavo Manuel Santa	FPN	Tampere (FIN)	21-07-2009

TAC JUV A Masc : 4:27.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Andre Filipe Farinha	96	Benfica	4:05.05	+0,69	724	
	50m: 28.79 28.79	150m: 1:31.66 31.93	250m: 2:33.97 30.85	350m: 3:35.13 29.96			
	100m: 59.73 30.94	200m: 2:03.12 31.46	300m: 3:05.17 31.20	400m: 4:05.05 29.92			
2.	Joao Carlos Santos	96	Naval Amorense	4:08.87	+0,65	691	
	50m: 28.91 28.91	150m: 1:32.54 32.11	250m: 2:34.94 30.84	350m: 3:38.31 31.48			
	100m: 1:00.43 31.52	200m: 2:04.10 31.56	300m: 3:06.83 31.89	400m: 4:08.87 30.56			
3.	Rafael Lourenco Gil	96	Naval Amorense	4:12.61	+0,72	661	
	50m: 29.21 29.21	150m: 1:32.36 31.95	250m: 2:37.30 32.52	350m: 3:42.32 32.29			
	100m: 1:00.41 31.20	200m: 2:04.78 32.42	300m: 3:10.03 32.73	400m: 4:12.61 30.29			

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

Prova 36, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Tiago Joao Meira	96	Viana Natacao	4:13.36	+0,79	655	
	50m: 28.84 28.84	150m: 1:32.85 32.46	250m: 2:37.05 32.19	350m: 3:41.99 32.40	400m: 4:13.36 31.37		
	100m: 1:00.39 31.55	200m: 2:04.86 32.01	300m: 3:09.59 32.54				
5.	Miguel Prata Santos	96	Viana Natacao	4:16.26	+0,78	633	
	50m: 29.11 29.11	150m: 1:33.63 32.56	250m: 2:39.16 32.58	350m: 3:44.72 32.00	400m: 4:16.26 31.54		
	100m: 1:01.07 31.96	200m: 2:06.58 32.95	300m: 3:12.72 33.56				
6.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:16.90	+0,68	628	
	50m: 28.93 28.93	150m: 1:32.92 32.46	250m: 2:38.66 32.62	350m: 3:44.32 32.82	400m: 4:16.90 32.58		
	100m: 1:00.46 31.53	200m: 2:06.04 33.12	300m: 3:11.50 32.84				
7.	Rafael Filipe Nunes	96	Naval Amorense	4:17.66	+0,70	623	
	50m: 29.33 29.33	150m: 1:34.66 32.80	250m: 2:40.24 32.40	350m: 3:46.63 32.87	400m: 4:17.66 31.03		
	100m: 1:01.86 32.53	200m: 2:07.84 33.18	300m: 3:13.76 33.52				
8.	Pedro Veiguinha Martins	96	Braga	4:17.67	+0,73	623	
	50m: 29.18 29.18	150m: 1:33.97 33.16	250m: 2:40.31 33.52	350m: 3:46.59 32.96	400m: 4:17.67 31.08		
	100m: 1:00.81 31.63	200m: 2:06.79 32.82	300m: 3:13.63 33.32				
9.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:18.65	+0,58	615	
	50m: 28.87 28.87	150m: 1:35.41 33.80	250m: 2:41.67 32.60	350m: 3:47.31 32.72	400m: 4:18.65 31.34		
	100m: 1:01.61 32.74	200m: 2:09.07 33.66	300m: 3:14.59 32.92				
10.	David Soares Caratao	96	Sporting	4:19.98	+0,67	606	
	50m: 29.02 29.02	150m: 1:34.26 32.99	250m: 2:40.75 33.12	350m: 3:48.07 33.28	400m: 4:19.98 31.91		
	100m: 1:01.27 32.25	200m: 2:07.63 33.37	300m: 3:14.79 34.04				
11.	Guilherme Dias Nunes	96	Natacao de Olhao	4:20.93	+0,54	599	
	50m: 29.04 29.04	150m: 1:34.39 33.06	250m: 2:41.34 33.43	350m: 3:48.29 33.46	400m: 4:20.93 32.64		
	100m: 1:01.33 32.29	200m: 2:07.91 33.52	300m: 3:14.83 33.49				
12.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	4:21.02	+0,77	599	
	50m: 29.03 29.03	150m: 1:33.89 33.12	250m: 2:41.24 33.27	350m: 3:48.47 33.21	400m: 4:21.02 32.55		
	100m: 1:00.77 31.74	200m: 2:07.97 34.08	300m: 3:15.26 34.02				
13.	David Nunes Sousa	96	Famalicao	4:22.61	+0,71	588	
	50m: 29.68 29.68	150m: 1:36.61 33.95	250m: 2:43.90 33.16	350m: 3:52.14 33.94	400m: 4:22.61 30.47		
	100m: 1:02.66 32.98	200m: 2:10.74 34.13	300m: 3:18.20 34.30				
14.	Diogo Henrique Gomes	96	Porto	4:25.78	+0,70	567	
	50m: 29.14 29.14	150m: 1:34.92 33.36	250m: 2:41.30 32.89	350m: 3:51.07 34.98	400m: 4:25.78 34.71		
	100m: 1:01.56 32.42	200m: 2:08.41 33.49	300m: 3:16.09 34.79				
15.	Bruno Miguel Silva	96	Porto	4:26.19	+0,88	565	
	50m: 29.86 29.86	150m: 1:37.11 34.16	250m: 2:45.69 34.06	350m: 3:53.81 34.06	400m: 4:26.19 32.38		
	100m: 1:02.95 33.09	200m: 2:11.63 34.52	300m: 3:19.75 34.06				
16.	Bruno Miguel Rainho	96	Geslours	4:26.97	+1,02	560	
	50m: 30.29 30.29	150m: 1:36.48 33.30	250m: 2:45.39 34.31	350m: 3:53.48 33.84	400m: 4:26.97 33.49		
	100m: 1:03.18 32.89	200m: 2:11.08 34.60	300m: 3:19.64 34.25				
17.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	4:28.33		551	
	FTL						
	50m: 29.03 29.03	150m: 1:34.69 33.35	250m: 2:43.66 34.88	350m: 3:53.71 34.46	400m: 4:28.33 34.62		
	100m: 1:01.34 32.31	200m: 2:08.78 34.09	300m: 3:19.25 35.59				

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

Prova 36, Masc., 400m Livres, Elimin

Prova 36 Masc., 400m Livres Juvenis B
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29-07-2006

TAC JUV B Masc : 4:36.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Gil	97	Naval Amorense	4:13.40	+0,68	655	
	50m: 29.06 29.06	150m: 1:33.10 32.09	250m: 2:38.44 32.75	350m: 3:43.51 32.01			
	100m: 1:01.01 31.95	200m: 2:05.69 32.59	300m: 3:11.50 33.06	400m: 4:13.40 29.89			
2.	Carlos Flores Clara	97	Geslours	4:17.64	+0,83	623	
	50m: 30.18 30.18	150m: 1:35.73 33.15	250m: 2:41.19 32.52	350m: 3:46.38 32.28			
	100m: 1:02.58 32.40	200m: 2:08.67 32.94	300m: 3:14.10 32.91	400m: 4:17.64 31.26			
3.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	4:19.04	+0,85	613	
	50m: 29.69 29.69	150m: 1:34.02 32.66	250m: 2:39.83 33.11	350m: 3:46.58 33.44			
	100m: 1:01.36 31.67	200m: 2:06.72 32.70	300m: 3:13.14 33.31	400m: 4:19.04 32.46			
4.	Vitor Joao Pereira	97	Leixoes	4:19.84		607	
	50m: 29.92 29.92	150m: 1:35.07 33.07	250m: 2:41.92 33.25	350m: 3:47.82 32.68			
	100m: 1:02.00 32.08	200m: 2:08.67 33.60	300m: 3:15.14 33.22	400m: 4:19.84 32.02			
5.	Francisco Xavier Goncalves	97	Nautico de Coimbra	4:21.08	+0,73	598	
	50m: 29.93 29.93	150m: 1:36.43 33.34	250m: 2:43.32 33.61	350m: 3:48.95 32.87			
	100m: 1:03.09 33.16	200m: 2:09.71 33.28	300m: 3:16.08 32.76	400m: 4:21.08 32.13			
6.	Joao Miguel Ascencao	97	Porto	4:22.02	+0,79	592	
	50m: 28.93 28.93	150m: 1:36.02 33.80	250m: 2:43.84 34.02	350m: 3:50.50 33.00			
	100m: 1:02.22 33.29	200m: 2:09.82 33.80	300m: 3:17.50 33.66	400m: 4:22.02 31.52			
7.	Ricardo Eduardo Afonso	97	Braga	4:22.07	+0,74	592	
	50m: 29.99 29.99	150m: 1:36.36 33.54	250m: 2:44.08 33.78	350m: 3:50.97 33.26			
	100m: 1:02.82 32.83	200m: 2:10.30 33.94	300m: 3:17.71 33.63	400m: 4:22.07 31.10			
8.	Eduardo Salgado Ramos	97	Porto	4:22.17	+0,80	591	
	50m: 29.12 29.12	150m: 1:36.55 34.28	250m: 2:44.41 33.39	350m: 3:50.65 32.71			
	100m: 1:02.27 33.15	200m: 2:11.02 34.47	300m: 3:17.94 33.53	400m: 4:22.17 31.52			
9.	Jorge Miguel Nunes	97	Porto	4:24.29	+0,83	577	
	50m: 30.10 30.10	150m: 1:37.11 33.96	250m: 2:44.73 33.72	350m: 3:52.31 33.96			
	100m: 1:03.15 33.05	200m: 2:11.01 33.90	300m: 3:18.35 33.62	400m: 4:24.29 31.98			
10.	Joao Luis Travanca	97	Porto	4:24.61	+0,81	575	
	50m: 30.07 30.07	150m: 1:36.69 33.55	250m: 2:44.30 33.82	350m: 3:52.59 33.95			
	100m: 1:03.14 33.07	200m: 2:10.48 33.79	300m: 3:18.64 34.34	400m: 4:24.61 32.02			
11.	Alexandre Valdagua Coutinhc97	97	SCC/Oryzon Energias	4:25.52	+0,77	569	
	50m: 29.95 29.95	150m: 1:37.08 34.06	250m: 2:44.71 33.67	350m: 3:53.20 34.26			
	100m: 1:03.02 33.07	200m: 2:11.04 33.96	300m: 3:18.94 34.23	400m: 4:25.52 32.32			
12.	Tiago Ribeiro Costa	97	Famalicao	4:26.06	+0,74	565	
	50m: 30.59 30.59	150m: 1:37.99 33.86	250m: 2:45.55 33.41	350m: 3:53.60 33.76			
	100m: 1:04.13 33.54	200m: 2:12.14 34.15	300m: 3:19.84 34.29	400m: 4:26.06 32.46			
13.	Diogo Miguel Nelas	97	Braga	4:26.25	+0,80	564	
	50m: 29.67 29.67	150m: 1:36.13 33.64	250m: 2:44.47 34.14	350m: 3:53.48 34.24			
	100m: 1:02.49 32.82	200m: 2:10.33 34.20	300m: 3:19.24 34.77	400m: 4:26.25 32.77			

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

Prova 36, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	David Emanuel Martins	97	Braga	4:26.93	+0,87	560	
	50m: 30.73 30.73	150m: 1:38.35 34.28	250m: 2:47.21 34.53	350m: 3:55.47 33.90			
	100m: 1:04.07 33.34	200m: 2:12.68 34.33	300m: 3:21.57 34.36	400m: 4:26.93 31.46			
15.	Rodrigo Carlos Albuquerque	97	Braga	4:27.87	+0,82	554	
	50m: 30.69 30.69	150m: 1:38.54 34.81	250m: 2:48.15 35.67	350m: 3:55.56 33.19			
	100m: 1:03.73 33.04	200m: 2:12.48 33.94	300m: 3:22.37 34.22	400m: 4:27.87 32.31			
16.	Narciso Daniel Correia	97	Braga	4:27.94	+0,78	554	
	50m: 30.18 30.18	150m: 1:38.54 34.36	250m: 2:46.45 33.77	350m: 3:55.30 34.36			
	100m: 1:04.18 34.00	200m: 2:12.68 34.14	300m: 3:20.94 34.49	400m: 4:27.94 32.64			
17.	Daniel Filipe Cazeiro	97	Naval Amorense	4:28.41	+0,66	551	
	50m: 29.58 29.58	150m: 1:36.51 33.93	250m: 2:45.01 34.40	350m: 3:55.18 35.23			
	100m: 1:02.58 33.00	200m: 2:10.61 34.10	300m: 3:19.95 34.94	400m: 4:28.41 33.23			
18.	Joao Miguel Cardoso	97	Geslours	4:28.93	+0,91	547	
	50m: 30.58 30.58	150m: 1:39.12 34.61	250m: 2:48.58 34.81	350m: 3:57.10 34.04			
	100m: 1:04.51 33.93	200m: 2:13.77 34.65	300m: 3:23.06 34.48	400m: 4:28.93 31.83			
19.	Joao Miguel Ferreira	97	Foca	4:29.07	+0,81	547	
	50m: 29.46 29.46	150m: 1:36.65 34.11	250m: 2:45.58 34.20	350m: 3:55.04 34.51			
	100m: 1:02.54 33.08	200m: 2:11.38 34.73	300m: 3:20.53 34.95	400m: 4:29.07 34.03			
20.	Tiago Rafael Martins	97	Geslours	4:29.71		543	
	50m: 31.13 31.13	150m: 1:39.79 34.78	250m: 2:48.63 33.92	350m: 3:57.08 33.89			
	100m: 1:05.01 33.88	200m: 2:14.71 34.92	300m: 3:23.19 34.56	400m: 4:29.71 32.63			
	Nuno Valerio Silva	97	Nautico da Marinha Grande	4:29.71	+0,83	543	
	50m: 29.72 29.72	150m: 1:37.82 34.61	250m: 2:47.79 35.08	350m: 3:58.31 35.30			
	100m: 1:03.21 33.49	200m: 2:12.71 34.89	300m: 3:23.01 35.22	400m: 4:29.71 31.40			
22.	Joao Afonso Picao	97	Leixoes	4:30.44	+0,89	538	
	50m: 30.44 30.44	150m: 1:37.59 33.84	250m: 2:46.98 34.83	350m: 3:56.83 34.95			
	100m: 1:03.75 33.31	200m: 2:12.15 34.56	300m: 3:21.88 34.90	400m: 4:30.44 33.61			
23.	Bruno Daniel Rodrigues	97	Braga	4:30.94	+0,80	535	
	50m: 30.67 30.67	150m: 1:40.70 35.40	250m: 2:50.79 34.95	350m: 3:58.72 32.95			
	100m: 1:05.30 34.63	200m: 2:15.84 35.14	300m: 3:25.77 34.98	400m: 4:30.94 32.22			
24.	Guilherme Pereira Dias	97	Uniao Piedense	4:30.98		535	
	50m: 30.89 30.89	150m: 1:39.39 34.92	250m: 2:48.57 34.26	350m: 3:57.72 34.73			
	100m: 1:04.47 33.58	200m: 2:14.31 34.92	300m: 3:22.99 34.42	400m: 4:30.98 33.26			
25.	Pedro Manuel Silva	97	Ginasio de Santo Tirso	4:33.40	+0,72	521	
	50m: 30.79 30.79	150m: 1:39.92 34.62	250m: 2:50.64 35.62	350m: 4:01.22 35.21			
	100m: 1:05.30 34.51	200m: 2:15.02 35.10	300m: 3:26.01 35.37	400m: 4:33.40 32.18			
26.	Ruben Jose Morim	97	Vilacondense	4:33.47	+0,78	521	
	50m: 30.74 30.74	150m: 1:40.07 34.93	250m: 2:50.40 35.41	350m: 4:00.46 34.75			
	100m: 1:05.14 34.40	200m: 2:14.99 34.92	300m: 3:25.71 35.31	400m: 4:33.47 33.01			
27.	Artur Miguel Marques	97	Leixoes	4:33.80	+0,82	519	
	50m: 30.98 30.98	150m: 1:40.71 35.00	250m: 2:50.96 35.05	350m: 4:01.57 34.74			
	100m: 1:05.71 34.73	200m: 2:15.91 35.20	300m: 3:26.83 35.87	400m: 4:33.80 32.23			
28.	Paulo Filipe Miranda	97	Fafe	4:38.50	+0,78	493	
	FTL						
	50m: 30.79 30.79	150m: 1:40.12 35.21	250m: 2:51.11 35.39	350m: 4:03.00 36.16			
	100m: 1:04.91 34.12	200m: 2:15.72 35.60	300m: 3:26.84 35.73	400m: 4:38.50 35.50			

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

Prova 36, Masc., 400m Livres, Elimin

Prova 36 Masc., 400m Livres Absolutos
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
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 Masc Sen: 4:10.50 / TAC JUN2 Masc 18: 4:10.00 / TAC JUN1 Masc 17: 4:15.00 / TAC JUV A Masc Juv A: 4:27.00 /
TAC JUV B Masc Juv B: 4:36.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Gustavo Manuel Santa	93	Sporting	4:03.06	+0,70	742	
	50m: 27.49 27.49	150m: 1:28.25 30.91	250m: 2:30.46 31.17	350m: 3:32.93 31.06			
	100m: 57.34 29.85	200m: 1:59.29 31.04	300m: 3:01.87 31.41	400m: 4:03.06 30.13			
2.	Luis Emanuel Vaz	91	Famalicao	4:04.87	+0,77	725	
	50m: 28.32 28.32	150m: 1:30.61 31.28	250m: 2:33.06 31.08	350m: 3:35.46 30.79			
	100m: 59.33 31.01	200m: 2:01.98 31.37	300m: 3:04.67 31.61	400m: 4:04.87 29.41			
3.	Hugo Alberto Ribeiro	88	Gespacos	4:04.97	+0,98	725	
	50m: 28.35 28.35	150m: 1:30.05 31.02	250m: 2:32.62 30.91	350m: 3:34.64 30.73			
	100m: 59.03 30.68	200m: 2:01.71 31.66	300m: 3:03.91 31.29	400m: 4:04.97 30.33			
4.	Andre Filipe Farinha	96	Benfica	4:05.05	+0,69	724	
	50m: 28.79 28.79	150m: 1:31.66 31.93	250m: 2:33.97 30.85	350m: 3:35.13 29.96			
	100m: 59.73 30.94	200m: 2:03.12 31.46	300m: 3:05.17 31.20	400m: 4:05.05 29.92			
5.	Ricardo Manuel Machado	93	Braga	4:06.77	+0,75	709	
	50m: 28.95 28.95	150m: 1:31.53 31.57	250m: 2:34.21 31.08	350m: 3:36.20 30.21			
	100m: 59.96 31.01	200m: 2:03.13 31.60	300m: 3:05.99 31.78	400m: 4:06.77 30.57			
6.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.89	+0,82	708	
	50m: 28.03 28.03	150m: 1:30.55 31.36	250m: 2:33.32 31.43	350m: 3:36.27 31.48			
	100m: 59.19 31.16	200m: 2:01.89 31.34	300m: 3:04.79 31.47	400m: 4:06.89 30.62			
7.	Ricardo Ferreira Cotovio	91	Sporting	4:07.59	+0,65	702	
	50m: 27.91 27.91	150m: 1:30.94 31.76	250m: 2:33.84 30.92	350m: 3:36.88 31.44			
	100m: 59.18 31.27	200m: 2:02.92 31.98	300m: 3:05.44 31.60	400m: 4:07.59 30.71			
8.	Joao Carlos Santos	96	Naval Amorense	4:08.87	+0,65	691	
	50m: 28.91 28.91	150m: 1:32.54 32.11	250m: 2:34.94 30.84	350m: 3:38.31 31.48			
	100m: 1:00.43 31.52	200m: 2:04.10 31.56	300m: 3:06.83 31.89	400m: 4:08.87 30.56			
9.	Tiago Silva Oliveira	94	Leixoes	4:09.01	+0,72	690	
	50m: 28.35 28.35	150m: 1:31.02 31.97	250m: 2:34.85 31.71	350m: 3:38.31 31.52			
	100m: 59.05 30.70	200m: 2:03.14 32.12	300m: 3:06.79 31.94	400m: 4:09.01 30.70			
10.	Mario Andre Bonanca	90	Sporting	4:09.20	+0,81	688	
	50m: 28.68 28.68	150m: 1:30.60 31.25	250m: 2:33.84 31.74	350m: 3:37.99 31.95			
	100m: 59.35 30.67	200m: 2:02.10 31.50	300m: 3:06.04 32.20	400m: 4:09.20 31.21			
11.	Joao Duarte Santos	95	Natacao de Olhao	4:10.48	+0,78	678	
	50m: 28.52 28.52	150m: 1:31.77 32.05	250m: 2:35.77 31.84	350m: 3:39.61 32.00			
	100m: 59.72 31.20	200m: 2:03.93 32.16	300m: 3:07.61 31.84	400m: 4:10.48 30.87			

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

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts FINA	Pts
12.	Miguel Monteiro Diogo <i>FTL</i>	93	Nautico de Coimbra	4:11.51		+0,79	669	
	50m: 28.63 28.63	150m: 1:31.77 32.06	250m: 2:35.81 31.96	350m: 3:40.02 32.09				
	100m: 59.71 31.08	200m: 2:03.85 32.08	300m: 3:07.93 32.12	400m: 4:11.51 31.49				
13.	Rui Filipe Costa <i>FTL</i>	91	Vitoria de Guimaraes	4:12.41		+0,72	662	
	50m: 28.66 28.66	150m: 1:32.18 32.05	250m: 2:36.47 32.01	350m: 3:41.16 32.09				
	100m: 1:00.13 31.47	200m: 2:04.46 32.28	300m: 3:09.07 32.60	400m: 4:12.41 31.25				
14.	Rafael Lourenco Gil	96	Naval Amorense	4:12.61		+0,72	661	
	50m: 29.21 29.21	150m: 1:32.36 31.95	250m: 2:37.30 32.52	350m: 3:42.32 32.29				
	100m: 1:00.41 31.20	200m: 2:04.78 32.42	300m: 3:10.03 32.73	400m: 4:12.61 30.29				
15.	Nuno Vieira Malheiro <i>FTL</i>	93	Braga	4:13.21		+0,82	656	
	50m: 29.19 29.19	150m: 1:32.73 32.16	250m: 2:37.19 32.03	350m: 3:42.24 32.13				
	100m: 1:00.57 31.38	200m: 2:05.16 32.43	300m: 3:10.11 32.92	400m: 4:13.21 30.97				
16.	Tiago Joao Meira	96	Viana Natacao	4:13.36		+0,79	655	
	50m: 28.84 28.84	150m: 1:32.85 32.46	250m: 2:37.05 32.19	350m: 3:41.99 32.40				
	100m: 1:00.39 31.55	200m: 2:04.86 32.01	300m: 3:09.59 32.54	400m: 4:13.36 31.37				
17.	Joao Pedro Gil	97	Naval Amorense	4:13.40		+0,68	655	
	50m: 29.06 29.06	150m: 1:33.10 32.09	250m: 2:38.44 32.75	350m: 3:43.51 32.01				
	100m: 1:01.01 31.95	200m: 2:05.69 32.59	300m: 3:11.50 33.06	400m: 4:13.40 29.89				
18.	Miguel Prata Santos	96	Viana Natacao	4:16.26		+0,78	633	
	50m: 29.11 29.11	150m: 1:33.63 32.56	250m: 2:39.16 32.58	350m: 3:44.72 32.00				
	100m: 1:01.07 31.96	200m: 2:06.58 32.95	300m: 3:12.72 33.56	400m: 4:16.26 31.54				
19.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	4:16.90		+0,68	628	
	50m: 28.93 28.93	150m: 1:32.92 32.46	250m: 2:38.66 32.62	350m: 3:44.32 32.82				
	100m: 1:00.46 31.53	200m: 2:06.04 33.12	300m: 3:11.50 32.84	400m: 4:16.90 32.58				
20.	Joao Andre Neves <i>FTL</i>	95	Academica de Coimbra	4:17.22		+0,71	626	
	50m: 28.78 28.78	150m: 1:32.10 31.59	250m: 2:37.93 32.58	350m: 3:44.76 33.61				
	100m: 1:00.51 31.73	200m: 2:05.35 33.25	300m: 3:11.15 33.22	400m: 4:17.22 32.46				
21.	Carlos Flores Clara	97	Geslours	4:17.64		+0,83	623	
	50m: 30.18 30.18	150m: 1:35.73 33.15	250m: 2:41.19 32.52	350m: 3:46.38 32.28				
	100m: 1:02.58 32.40	200m: 2:08.67 32.94	300m: 3:14.10 32.91	400m: 4:17.64 31.26				
22.	Rafael Filipe Nunes	96	Naval Amorense	4:17.66		+0,70	623	
	50m: 29.33 29.33	150m: 1:34.66 32.80	250m: 2:40.24 32.40	350m: 3:46.63 32.87				
	100m: 1:01.86 32.53	200m: 2:07.84 33.18	300m: 3:13.76 33.52	400m: 4:17.66 31.03				
23.	Pedro Veiguiha Martins	96	Braga	4:17.67		+0,73	623	
	50m: 29.18 29.18	150m: 1:33.97 33.16	250m: 2:40.31 33.52	350m: 3:46.59 32.96				
	100m: 1:00.81 31.63	200m: 2:06.79 32.82	300m: 3:13.63 33.32	400m: 4:17.67 31.08				
24.	Frederico Sousa Soares	96	Bombeiros dos Estoris	4:18.65		+0,58	615	
	50m: 28.87 28.87	150m: 1:35.41 33.80	250m: 2:41.67 32.60	350m: 3:47.31 32.72				
	100m: 1:01.61 32.74	200m: 2:09.07 33.66	300m: 3:14.59 32.92	400m: 4:18.65 31.34				
25.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	4:19.04		+0,85	613	
	50m: 29.69 29.69	150m: 1:34.02 32.66	250m: 2:39.83 33.11	350m: 3:46.58 33.44				
	100m: 1:01.36 31.67	200m: 2:06.72 32.70	300m: 3:13.14 33.31	400m: 4:19.04 32.46				

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

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	Vitor Joao Pereira	97	Leixoes	4:19.84		607	
	50m: 29.92 29.92	150m: 1:35.07 33.07	250m: 2:41.92 33.25	350m: 3:47.82 32.68			
	100m: 1:02.00 32.08	200m: 2:08.67 33.60	300m: 3:15.14 33.22	400m: 4:19.84 32.02			
27.	David Soares Caratao	96	Sporting	4:19.98	+0,67	606	
	50m: 29.02 29.02	150m: 1:34.26 32.99	250m: 2:40.75 33.12	350m: 3:48.07 33.28			
	100m: 1:01.27 32.25	200m: 2:07.63 33.37	300m: 3:14.79 34.04	400m: 4:19.98 31.91			
28.	Guilherme Dias Nunes	96	Natacao de Olhao	4:20.93	+0,54	599	
	50m: 29.04 29.04	150m: 1:34.39 33.06	250m: 2:41.34 33.43	350m: 3:48.29 33.46			
	100m: 1:01.33 32.29	200m: 2:07.91 33.52	300m: 3:14.83 33.49	400m: 4:20.93 32.64			
29.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	4:21.02	+0,77	599	
	50m: 29.03 29.03	150m: 1:33.89 33.12	250m: 2:41.24 33.27	350m: 3:48.47 33.21			
	100m: 1:00.77 31.74	200m: 2:07.97 34.08	300m: 3:15.26 34.02	400m: 4:21.02 32.55			
30.	Francisco Xavier Goncalves	97	Nautico de Coimbra	4:21.08	+0,73	598	
	50m: 29.93 29.93	150m: 1:36.43 33.34	250m: 2:43.32 33.61	350m: 3:48.95 32.87			
	100m: 1:03.09 33.16	200m: 2:09.71 33.28	300m: 3:16.08 32.76	400m: 4:21.08 32.13			
31.	Joao Miguel Ascencao	97	Porto	4:22.02	+0,79	592	
	50m: 28.93 28.93	150m: 1:36.02 33.80	250m: 2:43.84 34.02	350m: 3:50.50 33.00			
	100m: 1:02.22 33.29	200m: 2:09.82 33.80	300m: 3:17.50 33.66	400m: 4:22.02 31.52			
32.	Ricardo Eduardo Afonso	97	Braga	4:22.07	+0,74	592	
	50m: 29.99 29.99	150m: 1:36.36 33.54	250m: 2:44.08 33.78	350m: 3:50.97 33.26			
	100m: 1:02.82 32.83	200m: 2:10.30 33.94	300m: 3:17.71 33.63	400m: 4:22.07 31.10			
33.	Eduardo Salgado Ramos	97	Porto	4:22.17	+0,80	591	
	50m: 29.12 29.12	150m: 1:36.55 34.28	250m: 2:44.41 33.39	350m: 3:50.65 32.71			
	100m: 1:02.27 33.15	200m: 2:11.02 34.47	300m: 3:17.94 33.53	400m: 4:22.17 31.52			
34.	David Nunes Sousa	96	Famalicao	4:22.61	+0,71	588	
	50m: 29.68 29.68	150m: 1:36.61 33.95	250m: 2:43.90 33.16	350m: 3:52.14 33.94			
	100m: 1:02.66 32.98	200m: 2:10.74 34.13	300m: 3:18.20 34.30	400m: 4:22.61 30.47			
35.	Jorge Miguel Nunes	97	Porto	4:24.29	+0,83	577	
	50m: 30.10 30.10	150m: 1:37.11 33.96	250m: 2:44.73 33.72	350m: 3:52.31 33.96			
	100m: 1:03.15 33.05	200m: 2:11.01 33.90	300m: 3:18.35 33.62	400m: 4:24.29 31.98			
36.	Joao Luis Travanca	97	Porto	4:24.61	+0,81	575	
	50m: 30.07 30.07	150m: 1:36.69 33.55	250m: 2:44.30 33.82	350m: 3:52.59 33.95			
	100m: 1:03.14 33.07	200m: 2:10.48 33.79	300m: 3:18.64 34.34	400m: 4:24.61 32.02			
37.	Alexandre Valdagua Coutinhc97	97	SCC/Oryzon Energias	4:25.52	+0,77	569	
	50m: 29.95 29.95	150m: 1:37.08 34.06	250m: 2:44.71 33.67	350m: 3:53.20 34.26			
	100m: 1:03.02 33.07	200m: 2:11.04 33.96	300m: 3:18.94 34.23	400m: 4:25.52 32.32			
38.	Diogo Henrique Gomes	96	Porto	4:25.78	+0,70	567	
	50m: 29.14 29.14	150m: 1:34.92 33.36	250m: 2:41.30 32.89	350m: 3:51.07 34.98			
	100m: 1:01.56 32.42	200m: 2:08.41 33.49	300m: 3:16.09 34.79	400m: 4:25.78 34.71			
39.	Tiago Ribeiro Costa	97	Famalicao	4:26.06	+0,74	565	
	50m: 30.59 30.59	150m: 1:37.99 33.86	250m: 2:45.55 33.41	350m: 3:53.60 33.76			
	100m: 1:04.13 33.54	200m: 2:12.14 34.15	300m: 3:19.84 34.29	400m: 4:26.06 32.46			
40.	Bruno Miguel Silva	96	Porto	4:26.19	+0,88	565	
	50m: 29.86 29.86	150m: 1:37.11 34.16	250m: 2:45.69 34.06	350m: 3:53.81 34.06			
	100m: 1:02.95 33.09	200m: 2:11.63 34.52	300m: 3:19.75 34.06	400m: 4:26.19 32.38			

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

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	Diogo Miguel Nelas	97	Braga	4:26.25	+0,80	564	
	50m: 29.67 29.67	150m: 1:36.13 33.64	250m: 2:44.47 34.14	350m: 3:53.48 34.24	400m: 4:26.25 32.77		
	100m: 1:02.49 32.82	200m: 2:10.33 34.20	300m: 3:19.24 34.77				
42.	David Emanuel Martins	97	Braga	4:26.93	+0,87	560	
	50m: 30.73 30.73	150m: 1:38.35 34.28	250m: 2:47.21 34.53	350m: 3:55.47 33.90	400m: 4:26.93 31.46		
	100m: 1:04.07 33.34	200m: 2:12.68 34.33	300m: 3:21.57 34.36				
43.	Bruno Miguel Rainho	96	Geslours	4:26.97	+1,02	560	
	50m: 30.29 30.29	150m: 1:36.48 33.30	250m: 2:45.39 34.31	350m: 3:53.48 33.84	400m: 4:26.97 33.49		
	100m: 1:03.18 32.89	200m: 2:11.08 34.60	300m: 3:19.64 34.25				
44.	Rodrigo Carlos Albuquerque	97	Braga	4:27.87	+0,82	554	
	50m: 30.69 30.69	150m: 1:38.54 34.81	250m: 2:48.15 35.67	350m: 3:55.56 33.19	400m: 4:27.87 32.31		
	100m: 1:03.73 33.04	200m: 2:12.48 33.94	300m: 3:22.37 34.22				
45.	Narciso Daniel Correia	97	Braga	4:27.94	+0,78	554	
	50m: 30.18 30.18	150m: 1:38.54 34.36	250m: 2:46.45 33.77	350m: 3:55.30 34.36	400m: 4:27.94 32.64		
	100m: 1:04.18 34.00	200m: 2:12.68 34.14	300m: 3:20.94 34.49				
46.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	4:28.33		551	
	<i>FTL</i>						
	50m: 29.03 29.03	150m: 1:34.69 33.35	250m: 2:43.66 34.88	350m: 3:53.71 34.46	400m: 4:28.33 34.62		
	100m: 1:01.34 32.31	200m: 2:08.78 34.09	300m: 3:19.25 35.59				
47.	Daniel Filipe Cazeiro	97	Naval Amorense	4:28.41	+0,66	551	
	50m: 29.58 29.58	150m: 1:36.51 33.93	250m: 2:45.01 34.40	350m: 3:55.18 35.23	400m: 4:28.41 33.23		
	100m: 1:02.58 33.00	200m: 2:10.61 34.10	300m: 3:19.95 34.94				
48.	Joao Miguel Cardoso	97	Geslours	4:28.93	+0,91	547	
	50m: 30.58 30.58	150m: 1:39.12 34.61	250m: 2:48.58 34.81	350m: 3:57.10 34.04	400m: 4:28.93 31.83		
	100m: 1:04.51 33.93	200m: 2:13.77 34.65	300m: 3:23.06 34.48				
49.	Joao Miguel Ferreira	97	Foca	4:29.07	+0,81	547	
	50m: 29.46 29.46	150m: 1:36.65 34.11	250m: 2:45.58 34.20	350m: 3:55.04 34.51	400m: 4:29.07 34.03		
	100m: 1:02.54 33.08	200m: 2:11.38 34.73	300m: 3:20.53 34.95				
50.	Nuno Valerio Silva	97	Nautico da Marinha Grande	4:29.71	+0,83	543	
	50m: 29.72 29.72	150m: 1:37.82 34.61	250m: 2:47.79 35.08	350m: 3:58.31 35.30	400m: 4:29.71 31.40		
	100m: 1:03.21 33.49	200m: 2:12.71 34.89	300m: 3:23.01 35.22				
	Tiago Rafael Martins	97	Geslours	4:29.71		543	
	50m: 31.13 31.13	150m: 1:39.79 34.78	250m: 2:48.63 33.92	350m: 3:57.08 33.89	400m: 4:29.71 32.63		
	100m: 1:05.01 33.88	200m: 2:14.71 34.92	300m: 3:23.19 34.56				
52.	Joao Afonso Picao	97	Leixoes	4:30.44	+0,89	538	
	50m: 30.44 30.44	150m: 1:37.59 33.84	250m: 2:46.98 34.83	350m: 3:56.83 34.95	400m: 4:30.44 33.61		
	100m: 1:03.75 33.31	200m: 2:12.15 34.56	300m: 3:21.88 34.90				
53.	Bruno Daniel Rodrigues	97	Braga	4:30.94	+0,80	535	
	50m: 30.67 30.67	150m: 1:40.70 35.40	250m: 2:50.79 34.95	350m: 3:58.72 32.95	400m: 4:30.94 32.22		
	100m: 1:05.30 34.63	200m: 2:15.84 35.14	300m: 3:25.77 34.98				
54.	Guilherme Pereira Dias	97	Uniao Piedense	4:30.98		535	
	50m: 30.89 30.89	150m: 1:39.39 34.92	250m: 2:48.57 34.26	350m: 3:57.72 34.73	400m: 4:30.98 33.26		
	100m: 1:04.47 33.58	200m: 2:14.31 34.92	300m: 3:22.99 34.42				
55.	Pedro Manuel Silva	97	Ginasio de Santo Tirso	4:33.40	+0,72	521	
	50m: 30.79 30.79	150m: 1:39.92 34.62	250m: 2:50.64 35.62	350m: 4:01.22 35.21	400m: 4:33.40 32.18		
	100m: 1:05.30 34.51	200m: 2:15.02 35.10	300m: 3:26.01 35.37				

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

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	Ruben Jose Morim	97	Vilacondense	4:33.47	+0,78	521	
	50m: 30.74 30.74	150m: 1:40.07 34.93	250m: 2:50.40 35.41	350m: 4:00.46 34.75			
	100m: 1:05.14 34.40	200m: 2:14.99 34.92	300m: 3:25.71 35.31	400m: 4:33.47 33.01			
57.	Artur Miguel Marques	97	Leixoes	4:33.80	+0,82	519	
	50m: 30.98 30.98	150m: 1:40.71 35.00	250m: 2:50.96 35.05	350m: 4:01.57 34.74			
	100m: 1:05.71 34.73	200m: 2:15.91 35.20	300m: 3:26.83 35.87	400m: 4:33.80 32.23			
58.	Paulo Filipe Miranda	97	Fafe	4:38.50	+0,78	493	
	<i>FTL</i>						
	50m: 30.79 30.79	150m: 1:40.12 35.21	250m: 2:51.11 35.39	350m: 4:03.00 36.16			
	100m: 1:04.91 34.12	200m: 2:15.72 35.60	300m: 3:26.84 35.73	400m: 4:38.50 35.50			

Prova 36 Masc., 400m Livres Jun 1
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010

TAC JUN1 Masc : 4:15.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Duarte Santos	95	Natacao de Olhao	4:10.48	+0,78	678	
	50m: 28.52 28.52	150m: 1:31.77 32.05	250m: 2:35.77 31.84	350m: 3:39.61 32.00			
	100m: 59.72 31.20	200m: 2:03.93 32.16	300m: 3:07.61 31.84	400m: 4:10.48 30.87			
2.	Joao Andre Neves	95	Academica de Coimbra	4:17.22	+0,71	626	
	<i>FTL</i>						
	50m: 28.78 28.78	150m: 1:32.10 31.59	250m: 2:37.93 32.58	350m: 3:44.76 33.61			
	100m: 1:00.51 31.73	200m: 2:05.35 33.25	300m: 3:11.15 33.22	400m: 4:17.22 32.46			

Prova 36 Masc., 400m Livres Jun 2
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Jun	3:57.15	Gustavo Manuel Santa	FPN	Helsinki (FIN)	14-07-2010

TAC JUN2 Masc : 4:10.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Silva Oliveira	94	Leixoes	4:09.01	+0,72	690	
	50m: 28.35 28.35	150m: 1:31.02 31.97	250m: 2:34.85 31.71	350m: 3:38.31 31.52			
	100m: 59.05 30.70	200m: 2:03.14 32.12	300m: 3:06.79 31.94	400m: 4:09.01 30.70			

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

Prova 36, Masc., 400m Livres, Elimin

Prova 36 Masc., 400m Livres Seniores
28-07-2012 - 11:15 Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009
Rec Nac Sen	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	05-04-2009

TAC SEN Masc : 4:10.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Gustavo Manuel Santa	93	Sporting	4:03.06	+0,70	742	
	50m: 27.49 27.49	150m: 1:28.25 30.91	250m: 2:30.46 31.17	350m: 3:32.93 31.06			
	100m: 57.34 29.85	200m: 1:59.29 31.04	300m: 3:01.87 31.41	400m: 4:03.06 30.13			
2.	Luis Emanuel Vaz	91	Famalicao	4:04.87	+0,77	725	
	50m: 28.32 28.32	150m: 1:30.61 31.28	250m: 2:33.06 31.08	350m: 3:35.46 30.79			
	100m: 59.33 31.01	200m: 2:01.98 31.37	300m: 3:04.67 31.61	400m: 4:04.87 29.41			
3.	Hugo Alberto Ribeiro	88	Gespacos	4:04.97	+0,98	725	
	50m: 28.35 28.35	150m: 1:30.05 31.02	250m: 2:32.62 30.91	350m: 3:34.64 30.73			
	100m: 59.03 30.68	200m: 2:01.71 31.66	300m: 3:03.91 31.29	400m: 4:04.97 30.33			
4.	Ricardo Manuel Machado	93	Braga	4:06.77	+0,75	709	
	50m: 28.95 28.95	150m: 1:31.53 31.57	250m: 2:34.21 31.08	350m: 3:36.20 30.21			
	100m: 59.96 31.01	200m: 2:03.13 31.60	300m: 3:05.99 31.78	400m: 4:06.77 30.57			
5.	Vasco Miguel Gaspar	90	Uniao Piedense	4:06.89	+0,82	708	
	50m: 28.03 28.03	150m: 1:30.55 31.36	250m: 2:33.32 31.43	350m: 3:36.27 31.48			
	100m: 59.19 31.16	200m: 2:01.89 31.34	300m: 3:04.79 31.47	400m: 4:06.89 30.62			
6.	Ricardo Ferreira Cotovio	91	Sporting	4:07.59	+0,65	702	
	50m: 27.91 27.91	150m: 1:30.94 31.76	250m: 2:33.84 30.92	350m: 3:36.88 31.44			
	100m: 59.18 31.27	200m: 2:02.92 31.98	300m: 3:05.44 31.60	400m: 4:07.59 30.71			
7.	Mario Andre Bonanca	90	Sporting	4:09.20	+0,81	688	
	50m: 28.68 28.68	150m: 1:30.60 31.25	250m: 2:33.84 31.74	350m: 3:37.99 31.95			
	100m: 59.35 30.67	200m: 2:02.10 31.50	300m: 3:06.04 32.20	400m: 4:09.20 31.21			
8.	Miguel Monteiro Diogo	93	Nautico de Coimbra	4:11.51	+0,79	669	
	<i>FTL</i>						
	50m: 28.63 28.63	150m: 1:31.77 32.06	250m: 2:35.81 31.96	350m: 3:40.02 32.09			
	100m: 59.71 31.08	200m: 2:03.85 32.08	300m: 3:07.93 32.12	400m: 4:11.51 31.49			
9.	Rui Filipe Costa	91	Vitoria de Guimaraes	4:12.41	+0,72	662	
	<i>FTL</i>						
	50m: 28.66 28.66	150m: 1:32.18 32.05	250m: 2:36.47 32.01	350m: 3:41.16 32.09			
	100m: 1:00.13 31.47	200m: 2:04.46 32.28	300m: 3:09.07 32.60	400m: 4:12.41 31.25			
10.	Nuno Vieira Malheiro	93	Braga	4:13.21	+0,82	656	
	<i>FTL</i>						
	50m: 29.19 29.19	150m: 1:32.73 32.16	250m: 2:37.19 32.03	350m: 3:42.24 32.13			
	100m: 1:00.57 31.38	200m: 2:05.16 32.43	300m: 3:10.11 32.92	400m: 4:13.21 30.97			