

Prova 15 Masc., 400m Estilos Open  
19-07-2013 - 9:00 Resultados Elimin

|                  |         |                       |      |                    |            |
|------------------|---------|-----------------------|------|--------------------|------------|
| Rec Nac Absoluto | 4:18.08 | Diogo Filipe Carvalho | FPN  | Roma (ITA)         | 02-08-2009 |
| Rec Nac Inf B    | 4:54.87 | Andre Vilas Ruivo     | DNMG | S. João da Madeira | 12-07-2013 |
| Rec Nac Inf A    | 4:46.20 | Tomas Miguel Freitas  | CDN  | Póvoa Varzim       | 23-07-2004 |
| Rec Nac Juv B    | 4:37.06 | Joao Alexandre Vital  | FPN  | Utrecht (NED)      | 16-07-2013 |
| 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 Jun2 Masc 18: 4:50.00 / TAC Jun1 Masc Jun 1: 4:56.00 / TAC JUV A Masc Juv A: 5:08.00 / TAC JUV B Masc Juv B: 5:17.00 / TAC SEN Masc Sen: 4:50.00

Pontos: FINA 2013

| Lugar | Nome                     | Ano                 | Clube                 | Tempo Final    | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|-----------------------|----------------|-------|----------|-----|
| 1.    | Nuno Goncalo Quintanilha | 87                  | Colegio Vasco da Gama | <b>4:37.48</b> | +0,76 | 678      |     |
|       | 50m: 27.54 27.54         | 150m: 1:37.45 36.97 | 250m: 2:53.64 38.54   | 350m: 4:04.48  | 32.84 |          |     |
|       | 100m: 1:00.48 32.94      | 200m: 2:15.10 37.65 | 300m: 3:31.64 38.00   | 400m: 4:37.48  | 33.00 |          |     |
| 2.    | Earl Radtschenko         | 96                  | Great Britain         | <b>4:38.27</b> | +0,80 | 672      |     |
|       | 50m: 27.38 27.38         | 150m: 1:36.44 37.68 | 250m: 2:52.50 39.69   | 350m: 4:05.62  | 33.14 |          |     |
|       | 100m: 58.76 31.38        | 200m: 2:12.81 36.37 | 300m: 3:32.48 39.98   | 400m: 4:38.27  | 32.65 |          |     |
| 3.    | Mario Cortes Nunez       | 86                  | C.N.Mairena Aljarafe  | <b>4:38.58</b> | +0,71 | 670      |     |
|       | 50m: 28.74 28.74         | 150m: 1:38.95 37.37 | 250m: 2:52.80 37.08   | 350m: 4:05.45  | 34.94 |          |     |
|       | 100m: 1:01.58 32.84      | 200m: 2:15.72 36.77 | 300m: 3:30.51 37.71   | 400m: 4:38.58  | 33.13 |          |     |
| 4.    | Alvaro Lopez Conde       | 92                  | C.N.Mairena Aljarafe  | <b>4:39.51</b> | +0,70 | 663      |     |
|       | 50m: 29.08 29.08         | 150m: 1:40.04 36.21 | 250m: 2:55.71 40.41   | 350m: 4:09.10  | 33.45 |          |     |
|       | 100m: 1:03.83 34.75      | 200m: 2:15.30 35.26 | 300m: 3:35.65 39.94   | 400m: 4:39.51  | 30.41 |          |     |
| 5.    | Nuno Rafael Alves        | 90                  | Gespacos              | <b>4:40.26</b> | +0,77 | 658      |     |
|       | 50m: 28.87 28.87         | 150m: 1:39.61 36.89 | 250m: 2:54.04 38.24   | 350m: 4:08.73  | 35.29 |          |     |
|       | 100m: 1:02.72 33.85      | 200m: 2:15.80 36.19 | 300m: 3:33.44 39.40   | 400m: 4:40.26  | 31.53 |          |     |
| 6.    | Andre Bras Goncalves     | 88                  | Amadora               | <b>4:40.65</b> | +0,53 | 655      |     |
|       | 50m: 28.52 28.52         | 150m: 1:40.13 37.32 | 250m: 2:56.40 39.42   | 350m: 4:09.20  | 33.12 |          |     |
|       | 100m: 1:02.81 34.29      | 200m: 2:16.98 36.85 | 300m: 3:36.08 39.68   | 400m: 4:40.65  | 31.45 |          |     |
| 7.    | Pedro Barros Mendes      | 94                  | Academica de Coimbra  | <b>4:40.94</b> | +0,77 | 653      |     |
|       | 50m: 29.59 29.59         | 150m: 1:40.56 36.55 | 250m: 2:57.29 40.84   | 350m: 4:11.03  | 33.11 |          |     |
|       | 100m: 1:04.01 34.42      | 200m: 2:16.45 35.89 | 300m: 3:37.92 40.63   | 400m: 4:40.94  | 29.91 |          |     |
| 8.    | Pedro Andre Santos       | 94                  | Alges                 | <b>4:44.25</b> | +0,74 | 631      |     |
|       | 50m: 29.03 29.03         | 150m: 1:40.77 37.75 | 250m: 2:57.16 39.46   | 350m: 4:11.38  | 34.26 |          |     |
|       | 100m: 1:03.02 33.99      | 200m: 2:17.70 36.93 | 300m: 3:37.12 39.96   | 400m: 4:44.25  | 32.87 |          |     |
| 9.    | Ruben Filipe Nunes       | 94                  | Gespacos              | <b>4:46.62</b> | +0,83 | 615      |     |
|       | 50m: 29.33 29.33         | 150m: 1:40.08 37.60 | 250m: 2:58.77 41.26   | 350m: 4:13.34  | 33.55 |          |     |
|       | 100m: 1:02.48 33.15      | 200m: 2:17.51 37.43 | 300m: 3:39.79 41.02   | 400m: 4:46.62  | 33.28 |          |     |
| 10.   | Joao Andre Neves         | 95                  | Academica de Coimbra  | <b>4:46.83</b> | +0,74 | 614      |     |
|       | 50m: 29.46 29.46         | 150m: 1:42.81 38.38 | 250m: 3:01.17 40.40   | 350m: 4:15.00  | 32.94 |          |     |
|       | 100m: 1:04.43 34.97      | 200m: 2:20.77 37.96 | 300m: 3:42.06 40.89   | 400m: 4:46.83  | 31.83 |          |     |
| 11.   | Afonso Lopes dos Santos  | 95                  | Alcobaca              | <b>4:47.52</b> | +0,72 | 609      |     |
|       | 50m: 29.77 29.77         | 150m: 1:41.98 37.91 | 250m: 2:59.99 40.81   | 350m: 4:14.77  | 33.16 |          |     |
|       | 100m: 1:04.07 34.30      | 200m: 2:19.18 37.20 | 300m: 3:41.61 41.62   | 400m: 4:47.52  | 32.75 |          |     |
| 12.   | Antonio Rafael Bessa     | 94                  | Gespacos              | <b>4:47.53</b> | +0,77 | 609      |     |
|       | 50m: 29.41 29.41         | 150m: 1:40.04 37.40 | 250m: 2:59.01 42.02   | 350m: 4:14.13  | 33.36 |          |     |
|       | 100m: 1:02.64 33.23      | 200m: 2:16.99 36.95 | 300m: 3:40.77 41.76   | 400m: 4:47.53  | 33.40 |          |     |

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

| Lugar | Nome                                 | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 13.   | Rodrigo Silverio Carmo               | 96                  | Colegio Vasco da Gama     | <b>4:48.19</b>      | +0,70 | 605      |     |
|       | 50m: 29.74 29.74                     | 150m: 1:42.92 37.82 | 250m: 3:00.41 39.89       | 350m: 4:15.22 33.71 |       |          |     |
|       | 100m: 1:05.10 35.36                  | 200m: 2:20.52 37.60 | 300m: 3:41.51 41.10       | 400m: 4:48.19 32.97 |       |          |     |
| 14.   | Hugo Pon                             | 98                  | Alges                     | <b>4:49.12</b>      | +0,76 | 599      |     |
|       | 50m: 30.25 30.25                     | 150m: 1:44.24 38.24 | 250m: 3:02.23 39.73       | 350m: 4:16.96 34.01 |       |          |     |
|       | 100m: 1:06.00 35.75                  | 200m: 2:22.50 38.26 | 300m: 3:42.95 40.72       | 400m: 4:49.12 32.16 |       |          |     |
| 15.   | Tiago Barros Ferreira                | 94                  | Alges                     | <b>4:50.00</b>      | +0,87 | 594      |     |
|       | 50m: 30.41 30.41                     | 150m: 1:43.57 38.28 | 250m: 3:00.28 40.08       | 350m: 4:16.41 34.98 |       |          |     |
|       | 100m: 1:05.29 34.88                  | 200m: 2:20.20 36.63 | 300m: 3:41.43 41.15       | 400m: 4:50.00 33.59 |       |          |     |
| 16.   | Joao Miguel Ferreira                 | 97                  | Foca                      | <b>4:51.15</b>      | +0,75 | 587      |     |
|       | 50m: 29.94 29.94                     | 150m: 1:43.43 39.06 | 250m: 3:03.05 41.59       | 350m: 4:19.07 33.71 |       |          |     |
|       | 100m: 1:04.37 34.43                  | 200m: 2:21.46 38.03 | 300m: 3:45.36 42.31       | 400m: 4:51.15 32.08 |       |          |     |
| 17.   | Rafael Filipe Nunes                  | 96                  | Naval Amorense            | <b>4:51.34</b>      | +0,72 | 586      |     |
|       | 50m: 30.41 30.41                     | 150m: 1:42.66 37.64 | 250m: 3:01.82 41.68       | 350m: 4:18.61 33.58 |       |          |     |
|       | 100m: 1:05.02 34.61                  | 200m: 2:20.14 37.48 | 300m: 3:45.03 43.21       | 400m: 4:51.34 32.73 |       |          |     |
| 18.   | Miguel Bras Sergio<br><i>FTL</i>     | 95                  | Estoris                   | <b>4:51.37</b>      | +0,82 | 586      |     |
|       | 50m: 28.50 28.50                     | 150m: 1:41.27 39.01 | 250m: 3:00.11 41.03       | 350m: 4:17.62 35.00 |       |          |     |
|       | 100m: 1:02.26 33.76                  | 200m: 2:19.08 37.81 | 300m: 3:42.62 42.51       | 400m: 4:51.37 33.75 |       |          |     |
| 19.   | Eduardo Filipe Carvalheiro           | 97                  | Columbofila Cantanhedense | <b>4:51.69</b>      | +0,86 | 584      |     |
|       | 50m: 30.59 30.59                     | 150m: 1:44.85 39.85 | 250m: 3:03.23 41.05       | 350m: 4:19.80 33.71 |       |          |     |
|       | 100m: 1:05.00 34.41                  | 200m: 2:22.18 37.33 | 300m: 3:46.09 42.86       | 400m: 4:51.69 31.89 |       |          |     |
| 20.   | Eduardo Salgado Ramos                | 97                  | Porto                     | <b>4:51.77</b>      | +0,77 | 583      |     |
|       | 50m: 29.79 29.79                     | 150m: 1:44.37 38.77 | 250m: 3:03.74 41.01       | 350m: 4:19.05 33.88 |       |          |     |
|       | 100m: 1:05.60 35.81                  | 200m: 2:22.73 38.36 | 300m: 3:45.17 41.43       | 400m: 4:51.77 32.72 |       |          |     |
| 21.   | Ricardo Amorim Rego<br><i>FTL</i>    | 84                  | Braga                     | <b>4:52.78</b>      | +0,81 | 577      |     |
|       | 50m: 29.92 29.92                     | 150m: 1:43.68 37.81 | 250m: 3:01.93 40.25       | 350m: 4:18.31 34.85 |       |          |     |
|       | 100m: 1:05.87 35.95                  | 200m: 2:21.68 38.00 | 300m: 3:43.46 41.53       | 400m: 4:52.78 34.47 |       |          |     |
| 22.   | Pedro Ribeiro Santos                 | 96                  | Academico Viseu           | <b>4:52.93</b>      | +0,72 | 576      |     |
|       | 50m: 29.81 29.81                     | 150m: 1:43.94 38.91 | 250m: 3:02.62 41.01       | 350m: 4:19.40 34.56 |       |          |     |
|       | 100m: 1:05.03 35.22                  | 200m: 2:21.61 37.67 | 300m: 3:44.84 42.22       | 400m: 4:52.93 33.53 |       |          |     |
| 23.   | Pedro Veiguinha Martins              | 96                  | Braga                     | <b>4:54.39</b>      | +0,81 | 568      |     |
|       | 50m: 31.20 31.20                     | 150m: 1:48.16 41.13 | 250m: 3:08.33 40.76       | 350m: 4:22.53 32.90 |       |          |     |
|       | 100m: 1:07.03 35.83                  | 200m: 2:27.57 39.41 | 300m: 3:49.63 41.30       | 400m: 4:54.39 31.86 |       |          |     |
| 24.   | Guilherme Miguel Teixeira            | 97                  | Benfica                   | <b>4:54.41</b>      | +0,85 | 568      |     |
|       | 50m: 29.73 29.73                     | 150m: 1:43.78 39.06 | 250m: 3:03.89 42.98       | 350m: 4:22.91 35.07 |       |          |     |
|       | 100m: 1:04.72 34.99                  | 200m: 2:20.91 37.13 | 300m: 3:47.84 43.95       | 400m: 4:54.41 31.50 |       |          |     |
| 25.   | Mario Rui Cruz<br><i>FTL</i>         | 94                  | Amadora                   | <b>4:54.53</b>      | +0,71 | 567      |     |
|       | 50m: 29.59 29.59                     | 150m: 1:40.73 37.08 | 250m: 3:00.55 43.64       | 350m: 4:20.15 34.25 |       |          |     |
|       | 100m: 1:03.65 34.06                  | 200m: 2:16.91 36.18 | 300m: 3:45.90 45.35       | 400m: 4:54.53 34.38 |       |          |     |
| 26.   | Miguel Bautista Borrás<br><i>FTL</i> | 94                  | C.N.Mairena Aljarafe      | <b>4:55.11</b>      | +0,84 | 564      |     |
|       | 50m: 29.89 29.89                     | 150m: 1:46.13 41.47 | 250m: 3:06.93 40.74       | 350m: 4:22.84 33.09 |       |          |     |
|       | 100m: 1:04.66 34.77                  | 200m: 2:26.19 40.06 | 300m: 3:49.75 42.82       | 400m: 4:55.11 32.27 |       |          |     |

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

| Lugar | Nome                           | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 27.   | Andre Magalhaes Moura          | 98                  | Academico Viseu     | <b>4:55.63</b>      | +0,87 | 561      |     |
|       | 50m: 30.87 30.87               | 150m: 1:46.66 39.69 | 250m: 3:06.44 41.00 | 350m: 4:23.25 34.63 |       |          |     |
|       | 100m: 1:06.97 36.10            | 200m: 2:25.44 38.78 | 300m: 3:48.62 42.18 | 400m: 4:55.63 32.38 |       |          |     |
| 28.   | Jose Ricardo Sousa             | 97                  | Lousada SXXI        | <b>4:55.92</b>      | +0,87 | 559      |     |
|       | 50m: 29.26 29.26               | 150m: 1:43.83 39.91 | 250m: 3:04.98 42.18 | 350m: 4:21.65 34.95 |       |          |     |
|       | 100m: 1:03.92 34.66            | 200m: 2:22.80 38.97 | 300m: 3:46.70 41.72 | 400m: 4:55.92 34.27 |       |          |     |
| 29.   | Luis Carlos Oliveira           | 97                  | Porto               | <b>4:56.28</b>      | +0,74 | 557      |     |
|       | 50m: 29.38 29.38               | 150m: 1:42.35 37.73 | 250m: 3:03.64 43.25 | 350m: 4:22.35 34.31 |       |          |     |
|       | 100m: 1:04.62 35.24            | 200m: 2:20.39 38.04 | 300m: 3:48.04 44.40 | 400m: 4:56.28 33.93 |       |          |     |
| 30.   | Andre Resende Pinheiro         | 97                  | Porto               | <b>4:57.17</b>      | +0,83 | 552      |     |
|       | 50m: 31.22 31.22               | 150m: 1:45.81 38.62 | 250m: 3:06.42 42.30 | 350m: 4:24.52 33.40 |       |          |     |
|       | 100m: 1:07.19 35.97            | 200m: 2:24.12 38.31 | 300m: 3:51.12 44.70 | 400m: 4:57.17 32.65 |       |          |     |
| 31.   | Luis Filipe Ribeiro            | 98                  | Braga               | <b>4:57.25</b>      | +0,89 | 552      |     |
|       | 50m: 30.79 30.79               | 150m: 1:45.27 39.13 | 250m: 3:07.01 43.04 | 350m: 4:25.26 34.00 |       |          |     |
|       | 100m: 1:06.14 35.35            | 200m: 2:23.97 38.70 | 300m: 3:51.26 44.25 | 400m: 4:57.25 31.99 |       |          |     |
| 32.   | Vitor Joao Pereira             | 97                  | Leixoes             | <b>4:57.41</b>      | +0,87 | 551      |     |
|       | 50m: 30.20 30.20               | 150m: 1:44.89 38.77 | 250m: 3:06.98 43.79 | 350m: 4:25.15 34.27 |       |          |     |
|       | 100m: 1:06.12 35.92            | 200m: 2:23.19 38.30 | 300m: 3:50.88 43.90 | 400m: 4:57.41 32.26 |       |          |     |
| 33.   | David Emanuel Martins          | 97                  | Braga               | <b>4:57.52</b>      |       | 550      |     |
|       | 50m: 31.01 31.01               | 150m: 1:45.27 38.63 | 250m: 3:08.51 46.23 | 350m: 4:26.48 32.64 |       |          |     |
|       | 100m: 1:06.64 35.63            | 200m: 2:22.28 37.01 | 300m: 3:53.84 45.33 | 400m: 4:57.52 31.04 |       |          |     |
| 34.   | Vasco Gradim Amorim            | 98                  | Porto               | <b>4:57.72</b>      | +0,76 | 549      |     |
|       | 50m: 31.19 31.19               | 150m: 1:43.43 37.30 | 250m: 3:05.54 44.12 | 350m: 4:24.46 34.51 |       |          |     |
|       | 100m: 1:06.13 34.94            | 200m: 2:21.42 37.99 | 300m: 3:49.95 44.41 | 400m: 4:57.72 33.26 |       |          |     |
| 35.   | Joao Pedro Neves               | 96                  | Aminata             | <b>4:59.38</b>      | +0,83 | 540      |     |
|       | <i>FTL</i><br>50m: 29.91 29.91 | 150m: 1:44.46 39.85 | 250m: 3:06.10 43.31 | 350m: 4:25.76 35.29 |       |          |     |
|       | 100m: 1:04.61 34.70            | 200m: 2:22.79 38.33 | 300m: 3:50.47 44.37 | 400m: 4:59.38 33.62 |       |          |     |
| 36.   | Andre Filipe Teodoro           | 95                  | Naval Setubalense   | <b>4:59.44</b>      | +0,84 | 539      |     |
|       | <i>FTL</i><br>50m: 29.85 29.85 | 150m: 1:45.04 39.39 | 250m: 3:08.43 43.49 | 350m: 4:27.15 34.39 |       |          |     |
|       | 100m: 1:05.65 35.80            | 200m: 2:24.94 39.90 | 300m: 3:52.76 44.33 | 400m: 4:59.44 32.29 |       |          |     |
| 37.   | Jose Paula Carvalho            | 98                  | Uniao Piedense      | <b>4:59.66</b>      | +0,83 | 538      |     |
|       | 50m: 29.98 29.98               | 150m: 1:43.50 39.73 | 250m: 3:03.72 42.70 | 350m: 4:25.20 36.31 |       |          |     |
|       | 100m: 1:03.77 33.79            | 200m: 2:21.02 37.52 | 300m: 3:48.89 45.17 | 400m: 4:59.66 34.46 |       |          |     |
| 38.   | Paulo Andre Silva              | 96                  | Vilacondense        | <b>5:02.81</b>      | +0,70 | 522      |     |
|       | <i>FTL</i><br>50m: 30.43 30.43 | 150m: 1:45.04 38.96 | 250m: 3:08.66 45.63 | 350m: 4:29.20 34.86 |       |          |     |
|       | 100m: 1:06.08 35.65            | 200m: 2:23.03 37.99 | 300m: 3:54.34 45.68 | 400m: 5:02.81 33.61 |       |          |     |
| 39.   | Diogo Miguel Costa             | 98                  | Porto               | <b>5:03.39</b>      | +0,73 | 519      |     |
|       | 50m: 29.47 29.47               | 150m: 1:46.81 41.07 | 250m: 3:08.26 41.87 | 350m: 4:28.21 36.04 |       |          |     |
|       | 100m: 1:05.74 36.27            | 200m: 2:26.39 39.58 | 300m: 3:52.17 43.91 | 400m: 5:03.39 35.18 |       |          |     |
| 40.   | Tiago Martim Alves             | 97                  | Desportiva de Viana | <b>5:03.46</b>      |       | 518      |     |
|       | 50m: 30.24 30.24               | 150m: 1:46.51 40.57 | 250m: 3:10.19 43.14 | 350m: 4:29.13 34.87 |       |          |     |
|       | 100m: 1:05.94 35.70            | 200m: 2:27.05 40.54 | 300m: 3:54.26 44.07 | 400m: 5:03.46 34.33 |       |          |     |

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| Lugar | Nome                      | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 41.   | Jose Pedro Sampaio        | 98                  | Foca                      | <b>5:03.88</b>      | +0,85 | 516      |     |
|       | 50m: 30.25 30.25          | 150m: 1:44.53 38.67 | 250m: 3:08.45 45.37       | 350m: 4:29.05 34.50 |       |          |     |
|       | 100m: 1:05.86 35.61       | 200m: 2:23.08 38.55 | 300m: 3:54.55 46.10       | 400m: 5:03.88 34.83 |       |          |     |
| 42.   | Viktor Kot                | 98                  | Nautico da Marinha Grande | <b>5:03.95</b>      | +0,78 | 516      |     |
|       | 50m: 31.34 31.34          | 150m: 1:47.14 39.86 | 250m: 3:10.44 44.61       | 350m: 4:30.77 34.79 |       |          |     |
|       | 100m: 1:07.28 35.94       | 200m: 2:25.83 38.69 | 300m: 3:55.98 45.54       | 400m: 5:03.95 33.18 |       |          |     |
| 43.   | Nuno Valerio Silva        | 97                  | Nautico da Marinha Grande | <b>5:05.88</b>      | +0,84 | 506      |     |
|       | 50m: 30.64 30.64          | 150m: 1:48.74 42.30 | 250m: 3:13.51 43.62       | 350m: 4:33.67 35.43 |       |          |     |
|       | 100m: 1:06.44 35.80       | 200m: 2:29.89 41.15 | 300m: 3:58.24 44.73       | 400m: 5:05.88 32.21 |       |          |     |
| 44.   | Afonso Miguel Lamy        | 97                  | Amadora                   | <b>5:06.16</b>      | +0,81 | 505      |     |
|       | 50m: 31.24 31.24          | 150m: 1:50.89 42.39 | 250m: 3:16.14 45.60       | 350m: 4:34.86 34.30 |       |          |     |
|       | 100m: 1:08.50 37.26       | 200m: 2:30.54 39.65 | 300m: 4:00.56 44.42       | 400m: 5:06.16 31.30 |       |          |     |
| 45.   | Afonso Ribeiro Bate       | 98                  | Alges                     | <b>5:06.49</b>      | +0,62 | 503      |     |
|       | 50m: 31.08 31.08          | 150m: 1:50.21 42.34 | 250m: 3:12.19 39.73       | 350m: 4:31.29 35.86 |       |          |     |
|       | 100m: 1:07.87 36.79       | 200m: 2:32.46 42.25 | 300m: 3:55.43 43.24       | 400m: 5:06.49 35.20 |       |          |     |
| 46.   | Miguel Rocha Costa        | 97                  | Geslours                  | <b>5:06.68</b>      | +0,83 | 502      |     |
|       | 50m: 32.57 32.57          | 150m: 1:51.48 40.93 | 250m: 3:13.25 42.37       | 350m: 4:32.64 35.83 |       |          |     |
|       | 100m: 1:10.55 37.98       | 200m: 2:30.88 39.40 | 300m: 3:56.81 43.56       | 400m: 5:06.68 34.04 |       |          |     |
| 47.   | Joao Andre Gomes          | 97                  | Alcobaca                  | <b>5:07.76</b>      | +0,84 | 497      |     |
|       | 50m: 30.79 30.79          | 150m: 1:47.44 41.06 | 250m: 3:10.93 45.05       | 350m: 4:32.42 36.35 |       |          |     |
|       | 100m: 1:06.38 35.59       | 200m: 2:25.88 38.44 | 300m: 3:56.07 45.14       | 400m: 5:07.76 35.34 |       |          |     |
| 48.   | Marco Andre Fernandes     | 97                  | Gespacos                  | <b>5:08.86</b>      | +0,92 | 492      |     |
|       | <i>FTL</i>                |                     |                           |                     |       |          |     |
|       | 50m: 32.03 32.03          | 150m: 1:48.97 40.74 | 250m: 3:14.09 46.30       | 350m: 4:35.06 35.74 |       |          |     |
|       | 100m: 1:08.23 36.20       | 200m: 2:27.79 38.82 | 300m: 3:59.32 45.23       | 400m: 5:08.86 33.80 |       |          |     |
| 49.   | Pedro Nuno Vieira         | 98                  | Natacao de Valongo        | <b>5:08.93</b>      | +0,85 | 491      |     |
|       | 50m: 31.45 31.45          | 150m: 1:47.47 40.38 | 250m: 3:12.23 43.95       | 350m: 4:34.17 36.31 |       |          |     |
|       | 100m: 1:07.09 35.64       | 200m: 2:28.28 40.81 | 300m: 3:57.86 45.63       | 400m: 5:08.93 34.76 |       |          |     |
| 50.   | Antonio Fernandes Carrico | 98                  | Pimpoes/Cimai             | <b>5:08.95</b>      | +0,92 | 491      |     |
|       | 50m: 31.68 31.68          | 150m: 1:51.71 40.97 | 250m: 3:15.05 42.38       | 350m: 4:34.23 36.05 |       |          |     |
|       | 100m: 1:10.74 39.06       | 200m: 2:32.67 40.96 | 300m: 3:58.18 43.13       | 400m: 5:08.95 34.72 |       |          |     |
| 51.   | Luis Carlos Almeida       | 98                  | Gespacos                  | <b>5:09.60</b>      | +0,90 | 488      |     |
|       | 50m: 32.29 32.29          | 150m: 1:52.28 42.12 | 250m: 3:17.82 44.81       | 350m: 4:36.54 34.83 |       |          |     |
|       | 100m: 1:10.16 37.87       | 200m: 2:33.01 40.73 | 300m: 4:01.71 43.89       | 400m: 5:09.60 33.06 |       |          |     |
| 52.   | Filipe Fonte Cunha        | 98                  | Academico Viseu           | <b>5:09.68</b>      | +0,96 | 488      |     |
|       | 50m: 30.69 30.69          | 150m: 1:48.05 42.87 | 250m: 3:14.70 44.41       | 350m: 4:35.82 36.45 |       |          |     |
|       | 100m: 1:05.18 34.49       | 200m: 2:30.29 42.24 | 300m: 3:59.37 44.67       | 400m: 5:09.68 33.86 |       |          |     |
| 53.   | Alexandre Miguel Laureano | 97                  | Alcobaca                  | <b>5:10.00</b>      | +0,75 | 486      |     |
|       | <i>FTL</i>                |                     |                           |                     |       |          |     |
|       | 50m: 33.10 33.10          | 150m: 1:52.55 39.91 | 250m: 3:17.68 45.66       | 350m: 4:37.61 33.15 |       |          |     |
|       | 100m: 1:12.64 39.54       | 200m: 2:32.02 39.47 | 300m: 4:04.46 46.78       | 400m: 5:10.00 32.39 |       |          |     |
| 54.   | Pedro Trindade Silva      | 98                  | Amadora                   | <b>5:10.62</b>      | +0,79 | 483      |     |
|       | 50m: 33.04 33.04          | 150m: 1:51.12 41.33 | 250m: 3:16.15 45.83       | 350m: 4:38.21 35.96 |       |          |     |
|       | 100m: 1:09.79 36.75       | 200m: 2:30.32 39.20 | 300m: 4:02.25 46.10       | 400m: 5:10.62 32.41 |       |          |     |

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

| Lugar | Nome   | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--|---------------------|---------------------------|---------------------|-------|----------|-----|
| 55.   | Pedro Miguel Lino  | 98                  | Gespacos                  | <b>5:10.93</b>      | +0,96 | 482      |     |
|       | 50m: 32.20 32.20   | 150m: 1:50.10 41.03 | 250m: 3:15.77 44.96       | 350m: 4:36.56 35.65 |       |          |     |
|       | 100m: 1:09.07 36.87  | 200m: 2:30.81 40.71 | 300m: 4:00.91 45.14       | 400m: 5:10.93 34.37 |       |          |     |
| 56.   | Tiago Rafael Martins   | 97                  | Gesloures                 | <b>5:11.05</b>      | +0,88 | 481      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 33.42 33.42   | 150m: 1:55.15 42.00 | 250m: 3:17.45 42.15       | 350m: 4:37.14 36.25 |       |          |     |
|       | 100m: 1:13.15 39.73  | 200m: 2:35.30 40.15 | 300m: 4:00.89 43.44       | 400m: 5:11.05 33.91 |       |          |     |
| 57.   | Goncalo Filipe Patatas   | 98                  | Sporting                  | <b>5:11.74</b>      | +0,73 | 478      |     |
|       | 50m: 30.10 30.10   | 150m: 1:47.40 41.82 | 250m: 3:14.08 46.36       | 350m: 4:36.45 35.53 |       |          |     |
|       | 100m: 1:05.58 35.48  | 200m: 2:27.72 40.32 | 300m: 4:00.92 46.84       | 400m: 5:11.74 35.29 |       |          |     |
| 58.   | Diogo Vicente Silva  | 98                  | Nautico da Marinha Grande | <b>5:12.57</b>      | +0,88 | 474      |     |
|       | 50m: 32.05 32.05   | 150m: 1:48.61 39.29 | 250m: 3:12.24 44.83       | 350m: 4:35.82 37.65 |       |          |     |
|       | 100m: 1:09.32 37.27  | 200m: 2:27.41 38.80 | 300m: 3:58.17 45.93       | 400m: 5:12.57 36.75 |       |          |     |
| 59.   | Paulo Filipe Silva   | 98                  | Natacao da Maia           | <b>5:12.87</b>      | +0,55 | 473      |     |
|       | 50m: 31.37 31.37   | 150m: 1:47.17 39.06 | 250m: 3:13.35 46.69       | 350m: 4:38.00 37.07 |       |          |     |
|       | 100m: 1:08.11 36.74  | 200m: 2:26.66 39.49 | 300m: 4:00.93 47.58       | 400m: 5:12.87 34.87 |       |          |     |
| 60.   | Rodrigo Manuel Monteiro  | 98                  | Sporting de Espinho       | <b>5:14.68</b>      | +0,86 | 465      |     |
|       | 50m: 32.12 32.12   | 150m: 1:51.41 41.19 | 250m: 3:17.03 46.10       | 350m: 4:40.35 36.69 |       |          |     |
|       | 100m: 1:10.22 38.10  | 200m: 2:30.93 39.52 | 300m: 4:03.66 46.63       | 400m: 5:14.68 34.33 |       |          |     |
| 61.   | Rafael Ladeiro Santos  | 98                  | Gesloures                 | <b>5:18.43</b>      | +0,91 | 449      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 31.88 31.88   | 150m: 1:55.14 44.01 | 250m: 3:20.37 43.78       | 350m: 4:42.94 36.62 |       |          |     |
|       | 100m: 1:11.13 39.25  | 200m: 2:36.59 41.45 | 300m: 4:06.32 45.95       | 400m: 5:18.43 35.49 |       |          |     |
| 62.   | Joao Nuno Costa  | 98                  | Gespacos                  | <b>5:25.05</b>      | +0,96 | 422      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 34.04 34.04   | 150m: 1:57.23 41.86 | 250m: 3:24.94 46.10       | 350m: 4:49.21 38.00 |       |          |     |
|       | 100m: 1:15.37 41.33  | 200m: 2:38.84 41.61 | 300m: 4:11.21 46.27       | 400m: 5:25.05 35.84 |       |          |     |
| 63.   | Alexandre Magno Carvalho   | 98                  | Fluvial Portuense         | <b>5:29.02</b>      | +0,80 | 407      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 32.94 32.94   | 150m: 1:58.17 43.42 | 250m: 3:27.53 47.50       | 350m: 4:52.52 37.11 |       |          |     |
|       | 100m: 1:14.75 41.81  | 200m: 2:40.03 41.86 | 300m: 4:15.41 47.88       | 400m: 5:29.02 36.50 |       |          |     |
| DSQ   | Vincenzo D'egidio  | 96                  | CN Lucano Savigi - PZ     |                     |       |          |     |
|       | <i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>                     |                     |                           |                     |       |          |     |
| DSQ   | Jose Diogo Fonseca   | 98                  | Nautico da Marinha Grande |                     |       |          |     |
|       | <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 300 m - SW 7.6</i> |                     |                           |                     |       |          |     |
| DSQ   | Cesar Barroqueiro Magalhaes  | 98                  | Colegio Monte Maior       |                     |       |          |     |
|       | <i>608 - Não chegou na posição dorsal - SW 6.5</i>   |                     |                           |                     |       |          |     |
| DSQ   | Miguel Angelo Martins  | 98                  | Aminata                   |                     |       |          |     |
|       | <i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i>                      |                     |                           |                     |       |          |     |
| DSQ   | Tomas Miguel Freitas   | 90                  | Desportivo Nacional       |                     |       |          |     |
|       | <i>703 - Pernada de golfinho após a braçada submarina - SW 7.1</i>                         |                     |                           |                     |       |          |     |
| DSQ   | Tiago Bernardo Marques   | 97                  | Uniao Piedense            |                     |       |          |     |
|       | <i>814 - Tocou com uma mão na parede na viragem aos 100 m - SW 8.4</i>                     |                     |                           |                     |       |          |     |
| DSQ   | Bruno Miguel Ramos   | 97                  | Amadora                   |                     |       |          |     |
|       | <i>722 - Tocou com uma mão na parede na viragem aos 250 m - SW 7.6</i>                     |                     |                           |                     |       |          |     |
| DNS   | Javier Gonzalez Vazquez  | 93                  | C.D. S.E.K. Castillo      |                     |       |          |     |

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 Masc., 400m Estilos Juvenis B  
19-07-2013 - 9:00 Resultados Elimin

|                  |         |                       |     |               |            |
|------------------|---------|-----------------------|-----|---------------|------------|
| Rec Nac Absoluto | 4:18.08 | Diogo Filipe Carvalho | FPN | Roma (ITA)    | 02-08-2009 |
| Rec Nac Juv B    | 4:37.06 | Joao Alexandre Vital  | FPN | Utrecht (NED) | 16-07-2013 |

TAC JUV B Masc : 5:17.00

Pontos: FINA 2013

| Lugar | Nome                      | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | Hugo Pon                  | 98                  | Alges                     | <b>4:49.12</b>      | +0,76 | 599      |     |
|       | 50m: 30.25 30.25          | 150m: 1:44.24 38.24 | 250m: 3:02.23 39.73       | 350m: 4:16.96 34.01 |       |          |     |
|       | 100m: 1:06.00 35.75       | 200m: 2:22.50 38.26 | 300m: 3:42.95 40.72       | 400m: 4:49.12 32.16 |       |          |     |
| 2.    | Andre Magalhaes Moura     | 98                  | Academico Viseu           | <b>4:55.63</b>      | +0,87 | 561      |     |
|       | 50m: 30.87 30.87          | 150m: 1:46.66 39.69 | 250m: 3:06.44 41.00       | 350m: 4:23.25 34.63 |       |          |     |
|       | 100m: 1:06.97 36.10       | 200m: 2:25.44 38.78 | 300m: 3:48.62 42.18       | 400m: 4:55.63 32.38 |       |          |     |
| 3.    | Luis Filipe Ribeiro       | 98                  | Braga                     | <b>4:57.25</b>      | +0,89 | 552      |     |
|       | 50m: 30.79 30.79          | 150m: 1:45.27 39.13 | 250m: 3:07.01 43.04       | 350m: 4:25.26 34.00 |       |          |     |
|       | 100m: 1:06.14 35.35       | 200m: 2:23.97 38.70 | 300m: 3:51.26 44.25       | 400m: 4:57.25 31.99 |       |          |     |
| 4.    | Vasco Gradim Amorim       | 98                  | Porto                     | <b>4:57.72</b>      | +0,76 | 549      |     |
|       | 50m: 31.19 31.19          | 150m: 1:43.43 37.30 | 250m: 3:05.54 44.12       | 350m: 4:24.46 34.51 |       |          |     |
|       | 100m: 1:06.13 34.94       | 200m: 2:21.42 37.99 | 300m: 3:49.95 44.41       | 400m: 4:57.72 33.26 |       |          |     |
| 5.    | Jose Paula Carvalho       | 98                  | Uniao Piedense            | <b>4:59.66</b>      | +0,83 | 538      |     |
|       | 50m: 29.98 29.98          | 150m: 1:43.50 39.73 | 250m: 3:03.72 42.70       | 350m: 4:25.20 36.31 |       |          |     |
|       | 100m: 1:03.77 33.79       | 200m: 2:21.02 37.52 | 300m: 3:48.89 45.17       | 400m: 4:59.66 34.46 |       |          |     |
| 6.    | Diogo Miguel Costa        | 98                  | Porto                     | <b>5:03.39</b>      | +0,73 | 519      |     |
|       | 50m: 29.47 29.47          | 150m: 1:46.81 41.07 | 250m: 3:08.26 41.87       | 350m: 4:28.21 36.04 |       |          |     |
|       | 100m: 1:05.74 36.27       | 200m: 2:26.39 39.58 | 300m: 3:52.17 43.91       | 400m: 5:03.39 35.18 |       |          |     |
| 7.    | Jose Pedro Sampaio        | 98                  | Foca                      | <b>5:03.88</b>      | +0,85 | 516      |     |
|       | 50m: 30.25 30.25          | 150m: 1:44.53 38.67 | 250m: 3:08.45 45.37       | 350m: 4:29.05 34.50 |       |          |     |
|       | 100m: 1:05.86 35.61       | 200m: 2:23.08 38.55 | 300m: 3:54.55 46.10       | 400m: 5:03.88 34.83 |       |          |     |
| 8.    | Viktor Kot                | 98                  | Nautico da Marinha Grande | <b>5:03.95</b>      | +0,78 | 516      |     |
|       | 50m: 31.34 31.34          | 150m: 1:47.14 39.86 | 250m: 3:10.44 44.61       | 350m: 4:30.77 34.79 |       |          |     |
|       | 100m: 1:07.28 35.94       | 200m: 2:25.83 38.69 | 300m: 3:55.98 45.54       | 400m: 5:03.95 33.18 |       |          |     |
| 9.    | Afonso Ribeiro Bate       | 98                  | Alges                     | <b>5:06.49</b>      | +0,62 | 503      |     |
|       | 50m: 31.08 31.08          | 150m: 1:50.21 42.34 | 250m: 3:12.19 39.73       | 350m: 4:31.29 35.86 |       |          |     |
|       | 100m: 1:07.87 36.79       | 200m: 2:32.46 42.25 | 300m: 3:55.43 43.24       | 400m: 5:06.49 35.20 |       |          |     |
| 10.   | Pedro Nuno Vieira         | 98                  | Natacao de Valongo        | <b>5:08.93</b>      | +0,85 | 491      |     |
|       | 50m: 31.45 31.45          | 150m: 1:47.47 40.38 | 250m: 3:12.23 43.95       | 350m: 4:34.17 36.31 |       |          |     |
|       | 100m: 1:07.09 35.64       | 200m: 2:28.28 40.81 | 300m: 3:57.86 45.63       | 400m: 5:08.93 34.76 |       |          |     |
| 11.   | Antonio Fernandes Carrico | 98                  | Pimpoes/Cimai             | <b>5:08.95</b>      | +0,92 | 491      |     |
|       | 50m: 31.68 31.68          | 150m: 1:51.71 40.97 | 250m: 3:15.05 42.38       | 350m: 4:34.23 36.05 |       |          |     |
|       | 100m: 1:10.74 39.06       | 200m: 2:32.67 40.96 | 300m: 3:58.18 43.13       | 400m: 5:08.95 34.72 |       |          |     |
| 12.   | Luis Carlos Almeida       | 98                  | Gespacos                  | <b>5:09.60</b>      | +0,90 | 488      |     |
|       | 50m: 32.29 32.29          | 150m: 1:52.28 42.12 | 250m: 3:17.82 44.81       | 350m: 4:36.54 34.83 |       |          |     |
|       | 100m: 1:10.16 37.87       | 200m: 2:33.01 40.73 | 300m: 4:01.71 43.89       | 400m: 5:09.60 33.06 |       |          |     |
| 13.   | Filipe Fonte Cunha        | 98                  | Academico Viseu           | <b>5:09.68</b>      | +0,96 | 488      |     |
|       | 50m: 30.69 30.69          | 150m: 1:48.05 42.87 | 250m: 3:14.70 44.41       | 350m: 4:35.82 36.45 |       |          |     |
|       | 100m: 1:05.18 34.49       | 200m: 2:30.29 42.24 | 300m: 3:59.37 44.67       | 400m: 5:09.68 33.86 |       |          |     |

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

| Lugar | Nome   | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--|---------------------|---------------------------|---------------------|-------|----------|-----|
| 14.   | Pedro Trindade Silva   | 98                  | Amadora                   | <b>5:10.62</b>      | +0,79 | 483      |     |
|       | 50m: 33.04 33.04   | 150m: 1:51.12 41.33 | 250m: 3:16.15 45.83       | 350m: 4:38.21 35.96 |       |          |     |
|       | 100m: 1:09.79 36.75  | 200m: 2:30.32 39.20 | 300m: 4:02.25 46.10       | 400m: 5:10.62 32.41 |       |          |     |
| 15.   | Pedro Miguel Lino  | 98                  | Gespacos                  | <b>5:10.93</b>      | +0,96 | 482      |     |
|       | 50m: 32.20 32.20   | 150m: 1:50.10 41.03 | 250m: 3:15.77 44.96       | 350m: 4:36.56 35.65 |       |          |     |
|       | 100m: 1:09.07 36.87  | 200m: 2:30.81 40.71 | 300m: 4:00.91 45.14       | 400m: 5:10.93 34.37 |       |          |     |
| 16.   | Goncalo Filipe Patatas   | 98                  | Sporting                  | <b>5:11.74</b>      | +0,73 | 478      |     |
|       | 50m: 30.10 30.10   | 150m: 1:47.40 41.82 | 250m: 3:14.08 46.36       | 350m: 4:36.45 35.53 |       |          |     |
|       | 100m: 1:05.58 35.48  | 200m: 2:27.72 40.32 | 300m: 4:00.92 46.84       | 400m: 5:11.74 35.29 |       |          |     |
| 17.   | Diogo Vicente Silva  | 98                  | Nautico da Marinha Grande | <b>5:12.57</b>      | +0,88 | 474      |     |
|       | 50m: 32.05 32.05   | 150m: 1:48.61 39.29 | 250m: 3:12.24 44.83       | 350m: 4:35.82 37.65 |       |          |     |
|       | 100m: 1:09.32 37.27  | 200m: 2:27.41 38.80 | 300m: 3:58.17 45.93       | 400m: 5:12.57 36.75 |       |          |     |
| 18.   | Paulo Filipe Silva   | 98                  | Natacao da Maia           | <b>5:12.87</b>      | +0,55 | 473      |     |
|       | 50m: 31.37 31.37   | 150m: 1:47.17 39.06 | 250m: 3:13.35 46.69       | 350m: 4:38.00 37.07 |       |          |     |
|       | 100m: 1:08.11 36.74  | 200m: 2:26.66 39.49 | 300m: 4:00.93 47.58       | 400m: 5:12.87 34.87 |       |          |     |
| 19.   | Rodrigo Manuel Monteiro  | 98                  | Sporting de Espinho       | <b>5:14.68</b>      | +0,86 | 465      |     |
|       | 50m: 32.12 32.12   | 150m: 1:51.41 41.19 | 250m: 3:17.03 46.10       | 350m: 4:40.35 36.69 |       |          |     |
|       | 100m: 1:10.22 38.10  | 200m: 2:30.93 39.52 | 300m: 4:03.66 46.63       | 400m: 5:14.68 34.33 |       |          |     |
| 20.   | Rafael Ladeiro Santos  | 98                  | Gesloures                 | <b>5:18.43</b>      | +0,91 | 449      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 31.88 31.88   | 150m: 1:55.14 44.01 | 250m: 3:20.37 43.78       | 350m: 4:42.94 36.62 |       |          |     |
|       | 100m: 1:11.13 39.25  | 200m: 2:36.59 41.45 | 300m: 4:06.32 45.95       | 400m: 5:18.43 35.49 |       |          |     |
| 21.   | Joao Nuno Costa  | 98                  | Gespacos                  | <b>5:25.05</b>      | +0,96 | 422      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 34.04 34.04   | 150m: 1:57.23 41.86 | 250m: 3:24.94 46.10       | 350m: 4:49.21 38.00 |       |          |     |
|       | 100m: 1:15.37 41.33  | 200m: 2:38.84 41.61 | 300m: 4:11.21 46.27       | 400m: 5:25.05 35.84 |       |          |     |
| 22.   | Alexandre Magno Carvalho   | 98                  | Fluvial Portuense         | <b>5:29.02</b>      | +0,80 | 407      |     |
|       | <i>FTL</i>   |                     |                           |                     |       |          |     |
|       | 50m: 32.94 32.94   | 150m: 1:58.17 43.42 | 250m: 3:27.53 47.50       | 350m: 4:52.52 37.11 |       |          |     |
|       | 100m: 1:14.75 41.81  | 200m: 2:40.03 41.86 | 300m: 4:15.41 47.88       | 400m: 5:29.02 36.50 |       |          |     |
| DSQ   | Jose Diogo Fonseca   | 98                  | Nautico da Marinha Grande |                     |       |          |     |
|       | <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 300 m - SW 7.6</i> |                     |                           |                     |       |          |     |
| DSQ   | Cesar Barroqueiro Magalhaes  | 98                  | Colegio Monte Maior       |                     |       |          |     |
|       | <i>608 - Não chegou na posição dorsal - SW 6.5</i>   |                     |                           |                     |       |          |     |
| DSQ   | Miguel Angelo Martins  | 98                  | Aminata                   |                     |       |          |     |
|       | <i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i>                      |                     |                           |                     |       |          |     |

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 Masc., 400m Estilos Juvenis A  
19-07-2013 - 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 2013

| Lugar | Nome                       | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | Joao Miguel Ferreira       | 97                  | Foca                      | <b>4:51.15</b>      | +0,75 | 587      |     |
|       | 50m: 29.94 29.94           | 150m: 1:43.43 39.06 | 250m: 3:03.05 41.59       | 350m: 4:19.07 33.71 |       |          |     |
|       | 100m: 1:04.37 34.43        | 200m: 2:21.46 38.03 | 300m: 3:45.36 42.31       | 400m: 4:51.15 32.08 |       |          |     |
| 2.    | Eduardo Filipe Carvalheiro | 97                  | Columbofila Cantanhedense | <b>4:51.69</b>      | +0,86 | 584      |     |
|       | 50m: 30.59 30.59           | 150m: 1:44.85 39.85 | 250m: 3:03.23 41.05       | 350m: 4:19.80 33.71 |       |          |     |
|       | 100m: 1:05.00 34.41        | 200m: 2:22.18 37.33 | 300m: 3:46.09 42.86       | 400m: 4:51.69 31.89 |       |          |     |
| 3.    | Eduardo Salgado Ramos      | 97                  | Porto                     | <b>4:51.77</b>      | +0,77 | 583      |     |
|       | 50m: 29.79 29.79           | 150m: 1:44.37 38.77 | 250m: 3:03.74 41.01       | 350m: 4:19.05 33.88 |       |          |     |
|       | 100m: 1:05.60 35.81        | 200m: 2:22.73 38.36 | 300m: 3:45.17 41.43       | 400m: 4:51.77 32.72 |       |          |     |
| 4.    | Guilherme Miguel Teixeira  | 97                  | Benfica                   | <b>4:54.41</b>      | +0,85 | 568      |     |
|       | 50m: 29.73 29.73           | 150m: 1:43.78 39.06 | 250m: 3:03.89 42.98       | 350m: 4:22.91 35.07 |       |          |     |
|       | 100m: 1:04.72 34.99        | 200m: 2:20.91 37.13 | 300m: 3:47.84 43.95       | 400m: 4:54.41 31.50 |       |          |     |
| 5.    | Jose Ricardo Sousa         | 97                  | Lousada SXXI              | <b>4:55.92</b>      | +0,87 | 559      |     |
|       | 50m: 29.26 29.26           | 150m: 1:43.83 39.91 | 250m: 3:04.98 42.18       | 350m: 4:21.65 34.95 |       |          |     |
|       | 100m: 1:03.92 34.66        | 200m: 2:22.80 38.97 | 300m: 3:46.70 41.72       | 400m: 4:55.92 34.27 |       |          |     |
| 6.    | Luis Carlos Oliveira       | 97                  | Porto                     | <b>4:56.28</b>      | +0,74 | 557      |     |
|       | 50m: 29.38 29.38           | 150m: 1:42.35 37.73 | 250m: 3:03.64 43.25       | 350m: 4:22.35 34.31 |       |          |     |
|       | 100m: 1:04.62 35.24        | 200m: 2:20.39 38.04 | 300m: 3:48.04 44.40       | 400m: 4:56.28 33.93 |       |          |     |
| 7.    | Andre Resende Pinheiro     | 97                  | Porto                     | <b>4:57.17</b>      | +0,83 | 552      |     |
|       | 50m: 31.22 31.22           | 150m: 1:45.81 38.62 | 250m: 3:06.42 42.30       | 350m: 4:24.52 33.40 |       |          |     |
|       | 100m: 1:07.19 35.97        | 200m: 2:24.12 38.31 | 300m: 3:51.12 44.70       | 400m: 4:57.17 32.65 |       |          |     |
| 8.    | Vitor Joao Pereira         | 97                  | Leixoes                   | <b>4:57.41</b>      | +0,87 | 551      |     |
|       | 50m: 30.20 30.20           | 150m: 1:44.89 38.77 | 250m: 3:06.98 43.79       | 350m: 4:25.15 34.27 |       |          |     |
|       | 100m: 1:06.12 35.92        | 200m: 2:23.19 38.30 | 300m: 3:50.88 43.90       | 400m: 4:57.41 32.26 |       |          |     |
| 9.    | David Emanuel Martins      | 97                  | Braga                     | <b>4:57.52</b>      |       | 550      |     |
|       | 50m: 31.01 31.01           | 150m: 1:45.27 38.63 | 250m: 3:08.51 46.23       | 350m: 4:26.48 32.64 |       |          |     |
|       | 100m: 1:06.64 35.63        | 200m: 2:22.28 37.01 | 300m: 3:53.84 45.33       | 400m: 4:57.52 31.04 |       |          |     |
| 10.   | Tiago Martim Alves         | 97                  | Desportiva de Viana       | <b>5:03.46</b>      |       | 518      |     |
|       | 50m: 30.24 30.24           | 150m: 1:46.51 40.57 | 250m: 3:10.19 43.14       | 350m: 4:29.13 34.87 |       |          |     |
|       | 100m: 1:05.94 35.70        | 200m: 2:27.05 40.54 | 300m: 3:54.26 44.07       | 400m: 5:03.46 34.33 |       |          |     |
| 11.   | Nuno Valerio Silva         | 97                  | Nautico da Marinha Grande | <b>5:05.88</b>      | +0,84 | 506      |     |
|       | 50m: 30.64 30.64           | 150m: 1:48.74 42.30 | 250m: 3:13.51 43.62       | 350m: 4:33.67 35.43 |       |          |     |
|       | 100m: 1:06.44 35.80        | 200m: 2:29.89 41.15 | 300m: 3:58.24 44.73       | 400m: 5:05.88 32.21 |       |          |     |
| 12.   | Afonso Miguel Lamy         | 97                  | Amadora                   | <b>5:06.16</b>      | +0,81 | 505      |     |
|       | 50m: 31.24 31.24           | 150m: 1:50.89 42.39 | 250m: 3:16.14 45.60       | 350m: 4:34.86 34.30 |       |          |     |
|       | 100m: 1:08.50 37.26        | 200m: 2:30.54 39.65 | 300m: 4:00.56 44.42       | 400m: 5:06.16 31.30 |       |          |     |
| 13.   | Miguel Rocha Costa         | 97                  | Gesloures                 | <b>5:06.68</b>      | +0,83 | 502      |     |
|       | 50m: 32.57 32.57           | 150m: 1:51.48 40.93 | 250m: 3:13.25 42.37       | 350m: 4:32.64 35.83 |       |          |     |
|       | 100m: 1:10.55 37.98        | 200m: 2:30.88 39.40 | 300m: 3:56.81 43.56       | 400m: 5:06.68 34.04 |       |          |     |



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

| Lugar | Nome   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--|---------------------|---------------------|---------------------|-------|----------|-----|
| 14.   | Joao Andre Gomes   | 97                  | Alcobaca            | <b>5:07.76</b>      | +0,84 | 497      |     |
|       | 50m: 30.79 30.79   | 150m: 1:47.44 41.06 | 250m: 3:10.93 45.05 | 350m: 4:32.42 36.35 |       |          |     |
|       | 100m: 1:06.38 35.59  | 200m: 2:25.88 38.44 | 300m: 3:56.07 45.14 | 400m: 5:07.76 35.34 |       |          |     |
| 15.   | Marco Andre Fernandes  | 97                  | Gespacos            | <b>5:08.86</b>      | +0,92 | 492      |     |
|       | <i>FTL</i>   |                     |                     |                     |       |          |     |
|       | 50m: 32.03 32.03   | 150m: 1:48.97 40.74 | 250m: 3:14.09 46.30 | 350m: 4:35.06 35.74 |       |          |     |
|       | 100m: 1:08.23 36.20  | 200m: 2:27.79 38.82 | 300m: 3:59.32 45.23 | 400m: 5:08.86 33.80 |       |          |     |
| 16.   | Alexandre Miguel Laureano  | 97                  | Alcobaca            | <b>5:10.00</b>      | +0,75 | 486      |     |
|       | <i>FTL</i>   |                     |                     |                     |       |          |     |
|       | 50m: 33.10 33.10   | 150m: 1:52.55 39.91 | 250m: 3:17.68 45.66 | 350m: 4:37.61 33.15 |       |          |     |
|       | 100m: 1:12.64 39.54  | 200m: 2:32.02 39.47 | 300m: 4:04.46 46.78 | 400m: 5:10.00 32.39 |       |          |     |
| 17.   | Tiago Rafael Martins   | 97                  | Gesloures           | <b>5:11.05</b>      | +0,88 | 481      |     |
|       | <i>FTL</i>   |                     |                     |                     |       |          |     |
|       | 50m: 33.42 33.42   | 150m: 1:55.15 42.00 | 250m: 3:17.45 42.15 | 350m: 4:37.14 36.25 |       |          |     |
|       | 100m: 1:13.15 39.73  | 200m: 2:35.30 40.15 | 300m: 4:00.89 43.44 | 400m: 5:11.05 33.91 |       |          |     |
| DSQ   | Tiago Bernardo Marques   | 97                  | Uniao Piedense      |                     |       |          |     |
|       | <i>814 - Tocou com uma mão na parede na viragem aos 100 m - SW 8.4</i> |                     |                     |                     |       |          |     |
| DSQ   | Bruno Miguel Ramos   | 97                  | Amadora             |                     |       |          |     |
|       | <i>722 - Tocou com uma mão na parede na viragem aos 250 m - SW 7.6</i> |                     |                     |                     |       |          |     |

Prova 15 Masc., 400m Estilos Absolutos  
19-07-2013 - 9:00 Resultados Elimin

|                  |         |                       |     |               |            |
|------------------|---------|-----------------------|-----|---------------|------------|
| Rec Nac Absoluto | 4:18.08 | Diogo Filipe Carvalho | FPN | Roma (ITA)    | 02-08-2009 |
| Rec Nac Juv B    | 4:37.06 | Joao Alexandre Vital  | FPN | Utrecht (NED) | 16-07-2013 |
| 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 Jun2 Masc 18: 4:50.00 / TAC Jun1 Masc Jun 1: 4:56.00 / TAC JUV A Masc Juv A: 5:08.00 / TAC JUV B Masc Juv B: 5:17.00 / TAC SEN Masc Sen: 4:50.00

Pontos: FINA 2013

| Lugar | Nome                     | Ano                 | Clube                 | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 1.    | Nuno Goncalo Quintanilha | 87                  | Colegio Vasco da Gama | <b>4:37.48</b>      | +0,76 | 678      |     |
|       | 50m: 27.54 27.54         | 150m: 1:37.45 36.97 | 250m: 2:53.64 38.54   | 350m: 4:04.48 32.84 |       |          |     |
|       | 100m: 1:00.48 32.94      | 200m: 2:15.10 37.65 | 300m: 3:31.64 38.00   | 400m: 4:37.48 33.00 |       |          |     |
| 2.    | Nuno Rafael Alves        | 90                  | Gespacos              | <b>4:40.26</b>      | +0,77 | 658      |     |
|       | 50m: 28.87 28.87         | 150m: 1:39.61 36.89 | 250m: 2:54.04 38.24   | 350m: 4:08.73 35.29 |       |          |     |
|       | 100m: 1:02.72 33.85      | 200m: 2:15.80 36.19 | 300m: 3:33.44 39.40   | 400m: 4:40.26 31.53 |       |          |     |
| 3.    | Andre Bras Goncalves     | 88                  | Amadora               | <b>4:40.65</b>      | +0,53 | 655      |     |
|       | 50m: 28.52 28.52         | 150m: 1:40.13 37.32 | 250m: 2:56.40 39.42   | 350m: 4:09.20 33.12 |       |          |     |
|       | 100m: 1:02.81 34.29      | 200m: 2:16.98 36.85 | 300m: 3:36.08 39.68   | 400m: 4:40.65 31.45 |       |          |     |
| 4.    | Pedro Barros Mendes      | 94                  | Academica de Coimbra  | <b>4:40.94</b>      | +0,77 | 653      |     |
|       | 50m: 29.59 29.59         | 150m: 1:40.56 36.55 | 250m: 2:57.29 40.84   | 350m: 4:11.03 33.11 |       |          |     |
|       | 100m: 1:04.01 34.42      | 200m: 2:16.45 35.89 | 300m: 3:37.92 40.63   | 400m: 4:40.94 29.91 |       |          |     |
| 5.    | Pedro Andre Santos       | 94                  | Alges                 | <b>4:44.25</b>      | +0,74 | 631      |     |
|       | 50m: 29.03 29.03         | 150m: 1:40.77 37.75 | 250m: 2:57.16 39.46   | 350m: 4:11.38 34.26 |       |          |     |
|       | 100m: 1:03.02 33.99      | 200m: 2:17.70 36.93 | 300m: 3:37.12 39.96   | 400m: 4:44.25 32.87 |       |          |     |

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

| Lugar | Nome                           | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 6.    | Ruben Filipe Nunes             | 94                  | Gespacos                  | <b>4:46.62</b>      | +0,83 | 615      |     |
|       | 50m: 29.33 29.33               | 150m: 1:40.08 37.60 | 250m: 2:58.77 41.26       | 350m: 4:13.34 33.55 |       |          |     |
|       | 100m: 1:02.48 33.15            | 200m: 2:17.51 37.43 | 300m: 3:39.79 41.02       | 400m: 4:46.62 33.28 |       |          |     |
| 7.    | Joao Andre Neves               | 95                  | Academica de Coimbra      | <b>4:46.83</b>      | +0,74 | 614      |     |
|       | 50m: 29.46 29.46               | 150m: 1:42.81 38.38 | 250m: 3:01.17 40.40       | 350m: 4:15.00 32.94 |       |          |     |
|       | 100m: 1:04.43 34.97            | 200m: 2:20.77 37.96 | 300m: 3:42.06 40.89       | 400m: 4:46.83 31.83 |       |          |     |
| 8.    | Afonso Lopes dos Santos        | 95                  | Alcobaca                  | <b>4:47.52</b>      | +0,72 | 609      |     |
|       | 50m: 29.77 29.77               | 150m: 1:41.98 37.91 | 250m: 2:59.99 40.81       | 350m: 4:14.77 33.16 |       |          |     |
|       | 100m: 1:04.07 34.30            | 200m: 2:19.18 37.20 | 300m: 3:41.61 41.62       | 400m: 4:47.52 32.75 |       |          |     |
| 9.    | Antonio Rafael Bessa           | 94                  | Gespacos                  | <b>4:47.53</b>      | +0,77 | 609      |     |
|       | 50m: 29.41 29.41               | 150m: 1:40.04 37.40 | 250m: 2:59.01 42.02       | 350m: 4:14.13 33.36 |       |          |     |
|       | 100m: 1:02.64 33.23            | 200m: 2:16.99 36.95 | 300m: 3:40.77 41.76       | 400m: 4:47.53 33.40 |       |          |     |
| 10.   | Rodrigo Silverio Carmo         | 96                  | Colegio Vasco da Gama     | <b>4:48.19</b>      | +0,70 | 605      |     |
|       | 50m: 29.74 29.74               | 150m: 1:42.92 37.82 | 250m: 3:00.41 39.89       | 350m: 4:15.22 33.71 |       |          |     |
|       | 100m: 1:05.10 35.36            | 200m: 2:20.52 37.60 | 300m: 3:41.51 41.10       | 400m: 4:48.19 32.97 |       |          |     |
| 11.   | Hugo Pon                       | 98                  | Alges                     | <b>4:49.12</b>      | +0,76 | 599      |     |
|       | 50m: 30.25 30.25               | 150m: 1:44.24 38.24 | 250m: 3:02.23 39.73       | 350m: 4:16.96 34.01 |       |          |     |
|       | 100m: 1:06.00 35.75            | 200m: 2:22.50 38.26 | 300m: 3:42.95 40.72       | 400m: 4:49.12 32.16 |       |          |     |
| 12.   | Tiago Barros Ferreira          | 94                  | Alges                     | <b>4:50.00</b>      | +0,87 | 594      |     |
|       | 50m: 30.41 30.41               | 150m: 1:43.57 38.28 | 250m: 3:00.28 40.08       | 350m: 4:16.41 34.98 |       |          |     |
|       | 100m: 1:05.29 34.88            | 200m: 2:20.20 36.63 | 300m: 3:41.43 41.15       | 400m: 4:50.00 33.59 |       |          |     |
| 13.   | Joao Miguel Ferreira           | 97                  | Foca                      | <b>4:51.15</b>      | +0,75 | 587      |     |
|       | 50m: 29.94 29.94               | 150m: 1:43.43 39.06 | 250m: 3:03.05 41.59       | 350m: 4:19.07 33.71 |       |          |     |
|       | 100m: 1:04.37 34.43            | 200m: 2:21.46 38.03 | 300m: 3:45.36 42.31       | 400m: 4:51.15 32.08 |       |          |     |
| 14.   | Rafael Filipe Nunes            | 96                  | Naval Amorense            | <b>4:51.34</b>      | +0,72 | 586      |     |
|       | 50m: 30.41 30.41               | 150m: 1:42.66 37.64 | 250m: 3:01.82 41.68       | 350m: 4:18.61 33.58 |       |          |     |
|       | 100m: 1:05.02 34.61            | 200m: 2:20.14 37.48 | 300m: 3:45.03 43.21       | 400m: 4:51.34 32.73 |       |          |     |
| 15.   | Miguel Bras Sergio             | 95                  | Estoris                   | <b>4:51.37</b>      | +0,82 | 586      |     |
|       | <i>FTL</i><br>50m: 28.50 28.50 | 150m: 1:41.27 39.01 | 250m: 3:00.11 41.03       | 350m: 4:17.62 35.00 |       |          |     |
|       | 100m: 1:02.26 33.76            | 200m: 2:19.08 37.81 | 300m: 3:42.62 42.51       | 400m: 4:51.37 33.75 |       |          |     |
| 16.   | Eduardo Filipe Carvalho        | 97                  | Columbofila Cantanhedense | <b>4:51.69</b>      | +0,86 | 584      |     |
|       | 50m: 30.59 30.59               | 150m: 1:44.85 39.85 | 250m: 3:03.23 41.05       | 350m: 4:19.80 33.71 |       |          |     |
|       | 100m: 1:05.00 34.41            | 200m: 2:22.18 37.33 | 300m: 3:46.09 42.86       | 400m: 4:51.69 31.89 |       |          |     |
| 17.   | Eduardo Salgado Ramos          | 97                  | Porto                     | <b>4:51.77</b>      | +0,77 | 583      |     |
|       | 50m: 29.79 29.79               | 150m: 1:44.37 38.77 | 250m: 3:03.74 41.01       | 350m: 4:19.05 33.88 |       |          |     |
|       | 100m: 1:05.60 35.81            | 200m: 2:22.73 38.36 | 300m: 3:45.17 41.43       | 400m: 4:51.77 32.72 |       |          |     |
| 18.   | Ricardo Amorim Rego            | 84                  | Braga                     | <b>4:52.78</b>      | +0,81 | 577      |     |
|       | <i>FTL</i><br>50m: 29.92 29.92 | 150m: 1:43.68 37.81 | 250m: 3:01.93 40.25       | 350m: 4:18.31 34.85 |       |          |     |
|       | 100m: 1:05.87 35.95            | 200m: 2:21.68 38.00 | 300m: 3:43.46 41.53       | 400m: 4:52.78 34.47 |       |          |     |
| 19.   | Pedro Ribeiro Santos           | 96                  | Academico Viseu           | <b>4:52.93</b>      | +0,72 | 576      |     |
|       | 50m: 29.81 29.81               | 150m: 1:43.94 38.91 | 250m: 3:02.62 41.01       | 350m: 4:19.40 34.56 |       |          |     |
|       | 100m: 1:05.03 35.22            | 200m: 2:21.61 37.67 | 300m: 3:44.84 42.22       | 400m: 4:52.93 33.53 |       |          |     |

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

| Lugar | Nome                      | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 20.   | Pedro Veiguinha Martins   | 96                  | Braga               | <b>4:54.39</b>      | +0,81 | 568      |     |
|       | 50m: 31.20 31.20          | 150m: 1:48.16 41.13 | 250m: 3:08.33 40.76 | 350m: 4:22.53 32.90 |       |          |     |
|       | 100m: 1:07.03 35.83       | 200m: 2:27.57 39.41 | 300m: 3:49.63 41.30 | 400m: 4:54.39 31.86 |       |          |     |
| 21.   | Guilherme Miguel Teixeira | 97                  | Benfica             | <b>4:54.41</b>      | +0,85 | 568      |     |
|       | 50m: 29.73 29.73          | 150m: 1:43.78 39.06 | 250m: 3:03.89 42.98 | 350m: 4:22.91 35.07 |       |          |     |
|       | 100m: 1:04.72 34.99       | 200m: 2:20.91 37.13 | 300m: 3:47.84 43.95 | 400m: 4:54.41 31.50 |       |          |     |
| 22.   | Mario Rui Cruz            | 94                  | Amadora             | <b>4:54.53</b>      | +0,71 | 567      |     |
|       | <i>FTL</i>                |                     |                     |                     |       |          |     |
|       | 50m: 29.59 29.59          | 150m: 1:40.73 37.08 | 250m: 3:00.55 43.64 | 350m: 4:20.15 34.25 |       |          |     |
|       | 100m: 1:03.65 34.06       | 200m: 2:16.91 36.18 | 300m: 3:45.90 45.35 | 400m: 4:54.53 34.38 |       |          |     |
| 23.   | Andre Magalhaes Moura     | 98                  | Academico Viseu     | <b>4:55.63</b>      | +0,87 | 561      |     |
|       | 50m: 30.87 30.87          | 150m: 1:46.66 39.69 | 250m: 3:06.44 41.00 | 350m: 4:23.25 34.63 |       |          |     |
|       | 100m: 1:06.97 36.10       | 200m: 2:25.44 38.78 | 300m: 3:48.62 42.18 | 400m: 4:55.63 32.38 |       |          |     |
| 24.   | Jose Ricardo Sousa        | 97                  | Lousada SXXI        | <b>4:55.92</b>      | +0,87 | 559      |     |
|       | 50m: 29.26 29.26          | 150m: 1:43.83 39.91 | 250m: 3:04.98 42.18 | 350m: 4:21.65 34.95 |       |          |     |
|       | 100m: 1:03.92 34.66       | 200m: 2:22.80 38.97 | 300m: 3:46.70 41.72 | 400m: 4:55.92 34.27 |       |          |     |
| 25.   | Luis Carlos Oliveira      | 97                  | Porto               | <b>4:56.28</b>      | +0,74 | 557      |     |
|       | 50m: 29.38 29.38          | 150m: 1:42.35 37.73 | 250m: 3:03.64 43.25 | 350m: 4:22.35 34.31 |       |          |     |
|       | 100m: 1:04.62 35.24       | 200m: 2:20.39 38.04 | 300m: 3:48.04 44.40 | 400m: 4:56.28 33.93 |       |          |     |
| 26.   | Andre Resende Pinheiro    | 97                  | Porto               | <b>4:57.17</b>      | +0,83 | 552      |     |
|       | 50m: 31.22 31.22          | 150m: 1:45.81 38.62 | 250m: 3:06.42 42.30 | 350m: 4:24.52 33.40 |       |          |     |
|       | 100m: 1:07.19 35.97       | 200m: 2:24.12 38.31 | 300m: 3:51.12 44.70 | 400m: 4:57.17 32.65 |       |          |     |
| 27.   | Luis Filipe Ribeiro       | 98                  | Braga               | <b>4:57.25</b>      | +0,89 | 552      |     |
|       | 50m: 30.79 30.79          | 150m: 1:45.27 39.13 | 250m: 3:07.01 43.04 | 350m: 4:25.26 34.00 |       |          |     |
|       | 100m: 1:06.14 35.35       | 200m: 2:23.97 38.70 | 300m: 3:51.26 44.25 | 400m: 4:57.25 31.99 |       |          |     |
| 28.   | Vitor Joao Pereira        | 97                  | Leixoes             | <b>4:57.41</b>      | +0,87 | 551      |     |
|       | 50m: 30.20 30.20          | 150m: 1:44.89 38.77 | 250m: 3:06.98 43.79 | 350m: 4:25.15 34.27 |       |          |     |
|       | 100m: 1:06.12 35.92       | 200m: 2:23.19 38.30 | 300m: 3:50.88 43.90 | 400m: 4:57.41 32.26 |       |          |     |
| 29.   | David Emanuel Martins     | 97                  | Braga               | <b>4:57.52</b>      |       | 550      |     |
|       | 50m: 31.01 31.01          | 150m: 1:45.27 38.63 | 250m: 3:08.51 46.23 | 350m: 4:26.48 32.64 |       |          |     |
|       | 100m: 1:06.64 35.63       | 200m: 2:22.28 37.01 | 300m: 3:53.84 45.33 | 400m: 4:57.52 31.04 |       |          |     |
| 30.   | Vasco Gradim Amorim       | 98                  | Porto               | <b>4:57.72</b>      | +0,76 | 549      |     |
|       | 50m: 31.19 31.19          | 150m: 1:43.43 37.30 | 250m: 3:05.54 44.12 | 350m: 4:24.46 34.51 |       |          |     |
|       | 100m: 1:06.13 34.94       | 200m: 2:21.42 37.99 | 300m: 3:49.95 44.41 | 400m: 4:57.72 33.26 |       |          |     |
| 31.   | Joao Pedro Neves          | 96                  | Aminata             | <b>4:59.38</b>      | +0,83 | 540      |     |
|       | <i>FTL</i>                |                     |                     |                     |       |          |     |
|       | 50m: 29.91 29.91          | 150m: 1:44.46 39.85 | 250m: 3:06.10 43.31 | 350m: 4:25.76 35.29 |       |          |     |
|       | 100m: 1:04.61 34.70       | 200m: 2:22.79 38.33 | 300m: 3:50.47 44.37 | 400m: 4:59.38 33.62 |       |          |     |
| 32.   | Andre Filipe Teodoro      | 95                  | Naval Setubalense   | <b>4:59.44</b>      | +0,84 | 539      |     |
|       | <i>FTL</i>                |                     |                     |                     |       |          |     |
|       | 50m: 29.85 29.85          | 150m: 1:45.04 39.39 | 250m: 3:08.43 43.49 | 350m: 4:27.15 34.39 |       |          |     |
|       | 100m: 1:05.65 35.80       | 200m: 2:24.94 39.90 | 300m: 3:52.76 44.33 | 400m: 4:59.44 32.29 |       |          |     |
| 33.   | Jose Paula Carvalho       | 98                  | Uniao Piedense      | <b>4:59.66</b>      | +0,83 | 538      |     |
|       | 50m: 29.98 29.98          | 150m: 1:43.50 39.73 | 250m: 3:03.72 42.70 | 350m: 4:25.20 36.31 |       |          |     |
|       | 100m: 1:03.77 33.79       | 200m: 2:21.02 37.52 | 300m: 3:48.89 45.17 | 400m: 4:59.66 34.46 |       |          |     |

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

| Lugar | Nome                                | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-------------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 34.   | Paulo Andre Silva<br><i>FTL</i>     | 96                  | Vilacondense              | <b>5:02.81</b>      | +0,70 | 522      |     |
|       | 50m: 30.43 30.43                    | 150m: 1:45.04 38.96 | 250m: 3:08.66 45.63       | 350m: 4:29.20 34.86 |       |          |     |
|       | 100m: 1:06.08 35.65                 | 200m: 2:23.03 37.99 | 300m: 3:54.34 45.68       | 400m: 5:02.81 33.61 |       |          |     |
| 35.   | Diogo Miguel Costa                  | 98                  | Porto                     | <b>5:03.39</b>      | +0,73 | 519      |     |
|       | 50m: 29.47 29.47                    | 150m: 1:46.81 41.07 | 250m: 3:08.26 41.87       | 350m: 4:28.21 36.04 |       |          |     |
|       | 100m: 1:05.74 36.27                 | 200m: 2:26.39 39.58 | 300m: 3:52.17 43.91       | 400m: 5:03.39 35.18 |       |          |     |
| 36.   | Tiago Martim Alves                  | 97                  | Desportiva de Viana       | <b>5:03.46</b>      |       | 518      |     |
|       | 50m: 30.24 30.24                    | 150m: 1:46.51 40.57 | 250m: 3:10.19 43.14       | 350m: 4:29.13 34.87 |       |          |     |
|       | 100m: 1:05.94 35.70                 | 200m: 2:27.05 40.54 | 300m: 3:54.26 44.07       | 400m: 5:03.46 34.33 |       |          |     |
| 37.   | Jose Pedro Sampaio                  | 98                  | Foca                      | <b>5:03.88</b>      | +0,85 | 516      |     |
|       | 50m: 30.25 30.25                    | 150m: 1:44.53 38.67 | 250m: 3:08.45 45.37       | 350m: 4:29.05 34.50 |       |          |     |
|       | 100m: 1:05.86 35.61                 | 200m: 2:23.08 38.55 | 300m: 3:54.55 46.10       | 400m: 5:03.88 34.83 |       |          |     |
| 38.   | Viktor Kot                          | 98                  | Nautico da Marinha Grande | <b>5:03.95</b>      | +0,78 | 516      |     |
|       | 50m: 31.34 31.34                    | 150m: 1:47.14 39.86 | 250m: 3:10.44 44.61       | 350m: 4:30.77 34.79 |       |          |     |
|       | 100m: 1:07.28 35.94                 | 200m: 2:25.83 38.69 | 300m: 3:55.98 45.54       | 400m: 5:03.95 33.18 |       |          |     |
| 39.   | Nuno Valerio Silva                  | 97                  | Nautico da Marinha Grande | <b>5:05.88</b>      | +0,84 | 506      |     |
|       | 50m: 30.64 30.64                    | 150m: 1:48.74 42.30 | 250m: 3:13.51 43.62       | 350m: 4:33.67 35.43 |       |          |     |
|       | 100m: 1:06.44 35.80                 | 200m: 2:29.89 41.15 | 300m: 3:58.24 44.73       | 400m: 5:05.88 32.21 |       |          |     |
| 40.   | Afonso Miguel Lamy                  | 97                  | Amadora                   | <b>5:06.16</b>      | +0,81 | 505      |     |
|       | 50m: 31.24 31.24                    | 150m: 1:50.89 42.39 | 250m: 3:16.14 45.60       | 350m: 4:34.86 34.30 |       |          |     |
|       | 100m: 1:08.50 37.26                 | 200m: 2:30.54 39.65 | 300m: 4:00.56 44.42       | 400m: 5:06.16 31.30 |       |          |     |
| 41.   | Afonso Ribeiro Bate                 | 98                  | Alges                     | <b>5:06.49</b>      | +0,62 | 503      |     |
|       | 50m: 31.08 31.08                    | 150m: 1:50.21 42.34 | 250m: 3:12.19 39.73       | 350m: 4:31.29 35.86 |       |          |     |
|       | 100m: 1:07.87 36.79                 | 200m: 2:32.46 42.25 | 300m: 3:55.43 43.24       | 400m: 5:06.49 35.20 |       |          |     |
| 42.   | Miguel Rocha Costa                  | 97                  | Gesloures                 | <b>5:06.68</b>      | +0,83 | 502      |     |
|       | 50m: 32.57 32.57                    | 150m: 1:51.48 40.93 | 250m: 3:13.25 42.37       | 350m: 4:32.64 35.83 |       |          |     |
|       | 100m: 1:10.55 37.98                 | 200m: 2:30.88 39.40 | 300m: 3:56.81 43.56       | 400m: 5:06.68 34.04 |       |          |     |
| 43.   | Joao Andre Gomes                    | 97                  | Alcobaca                  | <b>5:07.76</b>      | +0,84 | 497      |     |
|       | 50m: 30.79 30.79                    | 150m: 1:47.44 41.06 | 250m: 3:10.93 45.05       | 350m: 4:32.42 36.35 |       |          |     |
|       | 100m: 1:06.38 35.59                 | 200m: 2:25.88 38.44 | 300m: 3:56.07 45.14       | 400m: 5:07.76 35.34 |       |          |     |
| 44.   | Marco Andre Fernandes<br><i>FTL</i> | 97                  | Gespacos                  | <b>5:08.86</b>      | +0,92 | 492      |     |
|       | 50m: 32.03 32.03                    | 150m: 1:48.97 40.74 | 250m: 3:14.09 46.30       | 350m: 4:35.06 35.74 |       |          |     |
|       | 100m: 1:08.23 36.20                 | 200m: 2:27.79 38.82 | 300m: 3:59.32 45.23       | 400m: 5:08.86 33.80 |       |          |     |
| 45.   | Pedro Nuno Vieira                   | 98                  | Natacao de Valongo        | <b>5:08.93</b>      | +0,85 | 491      |     |
|       | 50m: 31.45 31.45                    | 150m: 1:47.47 40.38 | 250m: 3:12.23 43.95       | 350m: 4:34.17 36.31 |       |          |     |
|       | 100m: 1:07.09 35.64                 | 200m: 2:28.28 40.81 | 300m: 3:57.86 45.63       | 400m: 5:08.93 34.76 |       |          |     |
| 46.   | Antonio Fernandes Carrico           | 98                  | Pimpoes/Cimai             | <b>5:08.95</b>      | +0,92 | 491      |     |
|       | 50m: 31.68 31.68                    | 150m: 1:51.71 40.97 | 250m: 3:15.05 42.38       | 350m: 4:34.23 36.05 |       |          |     |
|       | 100m: 1:10.74 39.06                 | 200m: 2:32.67 40.96 | 300m: 3:58.18 43.13       | 400m: 5:08.95 34.72 |       |          |     |
| 47.   | Luis Carlos Almeida                 | 98                  | Gespacos                  | <b>5:09.60</b>      | +0,90 | 488      |     |
|       | 50m: 32.29 32.29                    | 150m: 1:52.28 42.12 | 250m: 3:17.82 44.81       | 350m: 4:36.54 34.83 |       |          |     |
|       | 100m: 1:10.16 37.87                 | 200m: 2:33.01 40.73 | 300m: 4:01.71 43.89       | 400m: 5:09.60 33.06 |       |          |     |

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

| Lugar | Nome   | Ano                 | Clube                     | Tempo Final         | TReac               | Pts FINA | Pts |
|-------|--|---------------------|---------------------------|---------------------|---------------------|----------|-----|
| 48.   | Filipe Fonte Cunha   | 98                  | Academico Viseu           | <b>5:09.68</b>      | +0,96               | 488      |     |
|       | 50m: 30.69 30.69   | 150m: 1:48.05 42.87 | 250m: 3:14.70 44.41       | 350m: 4:35.82 36.45 | 400m: 5:09.68 33.86 |          |     |
|       | 100m: 1:05.18 34.49  | 200m: 2:30.29 42.24 | 300m: 3:59.37 44.67       |                     |                     |          |     |
| 49.   | Alexandre Miguel Laureano  | 97                  | Alcobaca                  | <b>5:10.00</b>      | +0,75               | 486      |     |
|       | <i>FTL</i>   |                     |                           |                     |                     |          |     |
|       | 50m: 33.10 33.10   | 150m: 1:52.55 39.91 | 250m: 3:17.68 45.66       | 350m: 4:37.61 33.15 | 400m: 5:10.00 32.39 |          |     |
|       | 100m: 1:12.64 39.54  | 200m: 2:32.02 39.47 | 300m: 4:04.46 46.78       |                     |                     |          |     |
| 50.   | Pedro Trindade Silva   | 98                  | Amadora                   | <b>5:10.62</b>      | +0,79               | 483      |     |
|       | 50m: 33.04 33.04   | 150m: 1:51.12 41.33 | 250m: 3:16.15 45.83       | 350m: 4:38.21 35.96 | 400m: 5:10.62 32.41 |          |     |
|       | 100m: 1:09.79 36.75  | 200m: 2:30.32 39.20 | 300m: 4:02.25 46.10       |                     |                     |          |     |
| 51.   | Pedro Miguel Lino  | 98                  | Gespacos                  | <b>5:10.93</b>      | +0,96               | 482      |     |
|       | 50m: 32.20 32.20   | 150m: 1:50.10 41.03 | 250m: 3:15.77 44.96       | 350m: 4:36.56 35.65 | 400m: 5:10.93 34.37 |          |     |
|       | 100m: 1:09.07 36.87  | 200m: 2:30.81 40.71 | 300m: 4:00.91 45.14       |                     |                     |          |     |
| 52.   | Tiago Rafael Martins   | 97                  | Gesloures                 | <b>5:11.05</b>      | +0,88               | 481      |     |
|       | <i>FTL</i>   |                     |                           |                     |                     |          |     |
|       | 50m: 33.42 33.42   | 150m: 1:55.15 42.00 | 250m: 3:17.45 42.15       | 350m: 4:37.14 36.25 | 400m: 5:11.05 33.91 |          |     |
|       | 100m: 1:13.15 39.73  | 200m: 2:35.30 40.15 | 300m: 4:00.89 43.44       |                     |                     |          |     |
| 53.   | Goncalo Filipe Patatas   | 98                  | Sporting                  | <b>5:11.74</b>      | +0,73               | 478      |     |
|       | 50m: 30.10 30.10   | 150m: 1:47.40 41.82 | 250m: 3:14.08 46.36       | 350m: 4:36.45 35.53 | 400m: 5:11.74 35.29 |          |     |
|       | 100m: 1:05.58 35.48  | 200m: 2:27.72 40.32 | 300m: 4:00.92 46.84       |                     |                     |          |     |
| 54.   | Diogo Vicente Silva  | 98                  | Nautico da Marinha Grande | <b>5:12.57</b>      | +0,88               | 474      |     |
|       | 50m: 32.05 32.05   | 150m: 1:48.61 39.29 | 250m: 3:12.24 44.83       | 350m: 4:35.82 37.65 | 400m: 5:12.57 36.75 |          |     |
|       | 100m: 1:09.32 37.27  | 200m: 2:27.41 38.80 | 300m: 3:58.17 45.93       |                     |                     |          |     |
| 55.   | Paulo Filipe Silva   | 98                  | Natacao da Maia           | <b>5:12.87</b>      | +0,55               | 473      |     |
|       | 50m: 31.37 31.37   | 150m: 1:47.17 39.06 | 250m: 3:13.35 46.69       | 350m: 4:38.00 37.07 | 400m: 5:12.87 34.87 |          |     |
|       | 100m: 1:08.11 36.74  | 200m: 2:26.66 39.49 | 300m: 4:00.93 47.58       |                     |                     |          |     |
| 56.   | Rodrigo Manuel Monteiro  | 98                  | Sporting de Espinho       | <b>5:14.68</b>      | +0,86               | 465      |     |
|       | 50m: 32.12 32.12   | 150m: 1:51.41 41.19 | 250m: 3:17.03 46.10       | 350m: 4:40.35 36.69 | 400m: 5:14.68 34.33 |          |     |
|       | 100m: 1:10.22 38.10  | 200m: 2:30.93 39.52 | 300m: 4:03.66 46.63       |                     |                     |          |     |
| 57.   | Rafael Ladeiro Santos  | 98                  | Gesloures                 | <b>5:18.43</b>      | +0,91               | 449      |     |
|       | <i>FTL</i>   |                     |                           |                     |                     |          |     |
|       | 50m: 31.88 31.88   | 150m: 1:55.14 44.01 | 250m: 3:20.37 43.78       | 350m: 4:42.94 36.62 | 400m: 5:18.43 35.49 |          |     |
|       | 100m: 1:11.13 39.25  | 200m: 2:36.59 41.45 | 300m: 4:06.32 45.95       |                     |                     |          |     |
| 58.   | Joao Nuno Costa  | 98                  | Gespacos                  | <b>5:25.05</b>      | +0,96               | 422      |     |
|       | <i>FTL</i>   |                     |                           |                     |                     |          |     |
|       | 50m: 34.04 34.04   | 150m: 1:57.23 41.86 | 250m: 3:24.94 46.10       | 350m: 4:49.21 38.00 | 400m: 5:25.05 35.84 |          |     |
|       | 100m: 1:15.37 41.33  | 200m: 2:38.84 41.61 | 300m: 4:11.21 46.27       |                     |                     |          |     |
| 59.   | Alexandre Magno Carvalho   | 98                  | Fluvial Portuense         | <b>5:29.02</b>      | +0,80               | 407      |     |
|       | <i>FTL</i>   |                     |                           |                     |                     |          |     |
|       | 50m: 32.94 32.94   | 150m: 1:58.17 43.42 | 250m: 3:27.53 47.50       | 350m: 4:52.52 37.11 | 400m: 5:29.02 36.50 |          |     |
|       | 100m: 1:14.75 41.81  | 200m: 2:40.03 41.86 | 300m: 4:15.41 47.88       |                     |                     |          |     |
| DSQ   | Jose Diogo Fonseca   | 98                  | Nautico da Marinha Grande |                     |                     |          |     |
|       | <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 300 m - SW 7.6</i> |                     |                           |                     |                     |          |     |
| DSQ   | Cesar Barroqueiro Magalhaes  | 98                  | Colegio Monte Maior       |                     |                     |          |     |
|       | <i>608 - Não chegou na posição dorsal - SW 6.5</i>   |                     |                           |                     |                     |          |     |

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

| Lugar | Nome   | Ano | Clube               | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|---------------------|-------------|-------|----------|-----|
| DSQ   | Miguel Angelo Martins  | 98  | Aminata             |             |       |          |     |
|       | <i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i>  |     |                     |             |       |          |     |
| DSQ   | Tomas Miguel Freitas   | 90  | Desportivo Nacional |             |       |          |     |
|       | <i>703 - Pernada de golfinho após a braçada submarina - SW 7.1</i>     |     |                     |             |       |          |     |
| DSQ   | Tiago Bernardo Marques   | 97  | Uniao Piedense      |             |       |          |     |
|       | <i>814 - Tocou com uma mão na parede na viragem aos 100 m - SW 8.4</i> |     |                     |             |       |          |     |
| DSQ   | Bruno Miguel Ramos   | 97  | Amadora             |             |       |          |     |
|       | <i>722 - Tocou com uma mão na parede na viragem aos 250 m - SW 7.6</i> |     |                     |             |       |          |     |

Prova 15  
19-07-2013 - 9:00

Masc., 400m Estilos

Jun 1  
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 2013

| Lugar | Nome                   | Ano                 | Clube                 | Tempo Final    | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|-----------------------|----------------|-------|----------|-----|
| 1.    | Rodrigo Silverio Carmo | 96                  | Colegio Vasco da Gama | <b>4:48.19</b> | +0,70 | 605      |     |
|       | 50m: 29.74 29.74       | 150m: 1:42.92 37.82 | 250m: 3:00.41 39.89   | 350m: 4:15.22  | 33.71 |          |     |
|       | 100m: 1:05.10 35.36    | 200m: 2:20.52 37.60 | 300m: 3:41.51 41.10   | 400m: 4:48.19  | 32.97 |          |     |
| 2.    | Rafael Filipe Nunes    | 96                  | Naval Amorense        | <b>4:51.34</b> | +0,72 | 586      |     |
|       | 50m: 30.41 30.41       | 150m: 1:42.66 37.64 | 250m: 3:01.82 41.68   | 350m: 4:18.61  | 33.58 |          |     |
|       | 100m: 1:05.02 34.61    | 200m: 2:20.14 37.48 | 300m: 3:45.03 43.21   | 400m: 4:51.34  | 32.73 |          |     |
| 3.    | Pedro Ribeiro Santos   | 96                  | Academico Viseu       | <b>4:52.93</b> | +0,72 | 576      |     |
|       | 50m: 29.81 29.81       | 150m: 1:43.94 38.91 | 250m: 3:02.62 41.01   | 350m: 4:19.40  | 34.56 |          |     |
|       | 100m: 1:05.03 35.22    | 200m: 2:21.61 37.67 | 300m: 3:44.84 42.22   | 400m: 4:52.93  | 33.53 |          |     |
| 4.    | Pedro Veiguiha Martins | 96                  | Braga                 | <b>4:54.39</b> | +0,81 | 568      |     |
|       | 50m: 31.20 31.20       | 150m: 1:48.16 41.13 | 250m: 3:08.33 40.76   | 350m: 4:22.53  | 32.90 |          |     |
|       | 100m: 1:07.03 35.83    | 200m: 2:27.57 39.41 | 300m: 3:49.63 41.30   | 400m: 4:54.39  | 31.86 |          |     |
| 5.    | Joao Pedro Neves       | 96                  | Aminata               | <b>4:59.38</b> | +0,83 | 540      |     |
|       | <i>FTL</i>             |                     |                       |                |       |          |     |
|       | 50m: 29.91 29.91       | 150m: 1:44.46 39.85 | 250m: 3:06.10 43.31   | 350m: 4:25.76  | 35.29 |          |     |
|       | 100m: 1:04.61 34.70    | 200m: 2:22.79 38.33 | 300m: 3:50.47 44.37   | 400m: 4:59.38  | 33.62 |          |     |
| 6.    | Paulo Andre Silva      | 96                  | Vilacondense          | <b>5:02.81</b> | +0,70 | 522      |     |
|       | <i>FTL</i>             |                     |                       |                |       |          |     |
|       | 50m: 30.43 30.43       | 150m: 1:45.04 38.96 | 250m: 3:08.66 45.63   | 350m: 4:29.20  | 34.86 |          |     |
|       | 100m: 1:06.08 35.65    | 200m: 2:23.03 37.99 | 300m: 3:54.34 45.68   | 400m: 5:02.81  | 33.61 |          |     |

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 Jun 2  
19-07-2013 - 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 2013

| Lugar | Nome                    | Ano                 | Clube                | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|----------------------|---------------------|-------|----------|-----|
| 1.    | Joao Andre Neves        | 95                  | Academica de Coimbra | <b>4:46.83</b>      | +0,74 | 614      |     |
|       | 50m: 29.46 29.46        | 150m: 1:42.81 38.38 | 250m: 3:01.17 40.40  | 350m: 4:15.00 32.94 |       |          |     |
|       | 100m: 1:04.43 34.97     | 200m: 2:20.77 37.96 | 300m: 3:42.06 40.89  | 400m: 4:46.83 31.83 |       |          |     |
| 2.    | Afonso Lopes dos Santos | 95                  | Alcobaca             | <b>4:47.52</b>      | +0,72 | 609      |     |
|       | 50m: 29.77 29.77        | 150m: 1:41.98 37.91 | 250m: 2:59.99 40.81  | 350m: 4:14.77 33.16 |       |          |     |
|       | 100m: 1:04.07 34.30     | 200m: 2:19.18 37.20 | 300m: 3:41.61 41.62  | 400m: 4:47.52 32.75 |       |          |     |
| 3.    | Miguel Bras Sergio      | 95                  | Estoris              | <b>4:51.37</b>      | +0,82 | 586      |     |
|       | <i>FTL</i>              |                     |                      |                     |       |          |     |
|       | 50m: 28.50 28.50        | 150m: 1:41.27 39.01 | 250m: 3:00.11 41.03  | 350m: 4:17.62 35.00 |       |          |     |
|       | 100m: 1:02.26 33.76     | 200m: 2:19.08 37.81 | 300m: 3:42.62 42.51  | 400m: 4:51.37 33.75 |       |          |     |
| 4.    | Andre Filipe Teodoro    | 95                  | Naval Setubalense    | <b>4:59.44</b>      | +0,84 | 539      |     |
|       | <i>FTL</i>              |                     |                      |                     |       |          |     |
|       | 50m: 29.85 29.85        | 150m: 1:45.04 39.39 | 250m: 3:08.43 43.49  | 350m: 4:27.15 34.39 |       |          |     |
|       | 100m: 1:05.65 35.80     | 200m: 2:24.94 39.90 | 300m: 3:52.76 44.33  | 400m: 4:59.44 32.29 |       |          |     |

Prova 15 Seniores  
19-07-2013 - 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 2013

| Lugar | Nome                     | Ano                 | Clube                 | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 1.    | Nuno Goncalo Quintanilha | 87                  | Colegio Vasco da Gama | <b>4:37.48</b>      | +0,76 | 678      |     |
|       | 50m: 27.54 27.54         | 150m: 1:37.45 36.97 | 250m: 2:53.64 38.54   | 350m: 4:04.48 32.84 |       |          |     |
|       | 100m: 1:00.48 32.94      | 200m: 2:15.10 37.65 | 300m: 3:31.64 38.00   | 400m: 4:37.48 33.00 |       |          |     |
| 2.    | Nuno Rafael Alves        | 90                  | Gespacos              | <b>4:40.26</b>      | +0,77 | 658      |     |
|       | 50m: 28.87 28.87         | 150m: 1:39.61 36.89 | 250m: 2:54.04 38.24   | 350m: 4:08.73 35.29 |       |          |     |
|       | 100m: 1:02.72 33.85      | 200m: 2:15.80 36.19 | 300m: 3:33.44 39.40   | 400m: 4:40.26 31.53 |       |          |     |
| 3.    | Andre Bras Goncalves     | 88                  | Amadora               | <b>4:40.65</b>      | +0,53 | 655      |     |
|       | 50m: 28.52 28.52         | 150m: 1:40.13 37.32 | 250m: 2:56.40 39.42   | 350m: 4:09.20 33.12 |       |          |     |
|       | 100m: 1:02.81 34.29      | 200m: 2:16.98 36.85 | 300m: 3:36.08 39.68   | 400m: 4:40.65 31.45 |       |          |     |
| 4.    | Pedro Barros Mendes      | 94                  | Academica de Coimbra  | <b>4:40.94</b>      | +0,77 | 653      |     |
|       | 50m: 29.59 29.59         | 150m: 1:40.56 36.55 | 250m: 2:57.29 40.84   | 350m: 4:11.03 33.11 |       |          |     |
|       | 100m: 1:04.01 34.42      | 200m: 2:16.45 35.89 | 300m: 3:37.92 40.63   | 400m: 4:40.94 29.91 |       |          |     |
| 5.    | Pedro Andre Santos       | 94                  | Alges                 | <b>4:44.25</b>      | +0,74 | 631      |     |
|       | 50m: 29.03 29.03         | 150m: 1:40.77 37.75 | 250m: 2:57.16 39.46   | 350m: 4:11.38 34.26 |       |          |     |
|       | 100m: 1:03.02 33.99      | 200m: 2:17.70 36.93 | 300m: 3:37.12 39.96   | 400m: 4:44.25 32.87 |       |          |     |
| 6.    | Ruben Filipe Nunes       | 94                  | Gespacos              | <b>4:46.62</b>      | +0,83 | 615      |     |
|       | 50m: 29.33 29.33         | 150m: 1:40.08 37.60 | 250m: 2:58.77 41.26   | 350m: 4:13.34 33.55 |       |          |     |
|       | 100m: 1:02.48 33.15      | 200m: 2:17.51 37.43 | 300m: 3:39.79 41.02   | 400m: 4:46.62 33.28 |       |          |     |

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

| Lugar | Nome   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--|---------------------|---------------------|---------------------|-------|----------|-----|
| 7.    | Antonio Rafael Bessa   | 94                  | Gespacos            | <b>4:47.53</b>      | +0,77 | 609      |     |
|       | 50m: 29.41 29.41   | 150m: 1:40.04 37.40 | 250m: 2:59.01 42.02 | 350m: 4:14.13 33.36 |       |          |     |
|       | 100m: 1:02.64 33.23  | 200m: 2:16.99 36.95 | 300m: 3:40.77 41.76 | 400m: 4:47.53 33.40 |       |          |     |
| 8.    | Tiago Barros Ferreira  | 94                  | Alges               | <b>4:50.00</b>      | +0,87 | 594      |     |
|       | 50m: 30.41 30.41   | 150m: 1:43.57 38.28 | 250m: 3:00.28 40.08 | 350m: 4:16.41 34.98 |       |          |     |
|       | 100m: 1:05.29 34.88  | 200m: 2:20.20 36.63 | 300m: 3:41.43 41.15 | 400m: 4:50.00 33.59 |       |          |     |
| 9.    | Ricardo Amorim Rego  | 84                  | Braga               | <b>4:52.78</b>      | +0,81 | 577      |     |
|       | <i>FTL</i>   |                     |                     |                     |       |          |     |
|       | 50m: 29.92 29.92   | 150m: 1:43.68 37.81 | 250m: 3:01.93 40.25 | 350m: 4:18.31 34.85 |       |          |     |
|       | 100m: 1:05.87 35.95  | 200m: 2:21.68 38.00 | 300m: 3:43.46 41.53 | 400m: 4:52.78 34.47 |       |          |     |
| 10.   | Mario Rui Cruz   | 94                  | Amadora             | <b>4:54.53</b>      | +0,71 | 567      |     |
|       | <i>FTL</i>   |                     |                     |                     |       |          |     |
|       | 50m: 29.59 29.59   | 150m: 1:40.73 37.08 | 250m: 3:00.55 43.64 | 350m: 4:20.15 34.25 |       |          |     |
|       | 100m: 1:03.65 34.06  | 200m: 2:16.91 36.18 | 300m: 3:45.90 45.35 | 400m: 4:54.53 34.38 |       |          |     |
| DSQ   | Tomas Miguel Freitas   | 90                  | Desportivo Nacional |                     |       |          |     |
|       | <i>703 - Pernada de golfinho após a braçada submarina - SW 7.1</i> |                     |                     |                     |       |          |     |