

Prova 20 Masc., 400m Estilos 15 - 18 anos
05-04-2014 - 16:40 Resultados

Recordes Nacionais 50m Absoluto	4:16.30	Alexis Manacas Santos	FPN	Barcelona (ESP)	04-09-2013
Recordes Nacionais 50m Juv B	4:37.06	Joao Alexandre Vital	FPN	Utrecht (NED)	16-07-2013
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe Carvalho	CGA	Lisboa	29-07-2004
Recordes Nacionais 50m Jun17	4:30.51	Carlos Esteves Almeida	CNA	Oeiras	18-03-2005
Recordes Nacionais 50m Jun18	4:26.40	Alexis Manacas Santos	SCP	Coimbra	30-07-2010

TAC-JUN17M Jun17: 4:58.59 / TAC-JUN18M Jun18: 4:54.28 / TAC-JUVAM Juv A: 5:07.20 / TAC-JUVBM Juv B: 5:12.94

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:55.59	+0,90	561
	50m: 31.29 31.29	150m: 1:46.44 40.06	250m: 3:07.84 43.19	350m: 4:24.11 33.58		
	100m: 1:06.38 35.09	200m: 2:24.65 38.21	300m: 3:50.53 42.69	400m: 4:55.59 31.48		
2.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:56.32	+0,87	557
	50m: 30.74 30.74	150m: 1:46.04 39.38	250m: 3:07.91 44.17	350m: 4:25.93 33.80		
	100m: 1:06.66 35.92	200m: 2:23.74 37.70	300m: 3:52.13 44.22	400m: 4:56.32 30.39		
3.	Diogo Filipe Teodoro	99	Natacao da Maia	4:57.13	+0,72	552
	50m: 30.62 30.62	150m: 1:47.33 41.03	250m: 3:07.85 41.21	350m: 4:23.94 34.78		
	100m: 1:06.30 35.68	200m: 2:26.64 39.31	300m: 3:49.16 41.31	400m: 4:57.13 33.19		
4.	Mateus Ribeiro Carvalho	99	Famalicao	5:00.92	+0,75	532
	50m: 30.00 30.00	150m: 1:46.37 40.63	250m: 3:09.82 44.21	350m: 4:29.96 34.44		
	100m: 1:05.74 35.74	200m: 2:25.61 39.24	300m: 3:55.52 45.70	400m: 5:00.92 30.96		
5.	Afonso Meneses Sequeira	99	Naval do Funchal	5:02.43	+0,87	524
	50m: 31.24 31.24	150m: 1:46.05 39.46	250m: 3:07.03 42.68	350m: 4:28.23 36.88		
	100m: 1:06.59 35.35	200m: 2:24.35 38.30	300m: 3:51.35 44.32	400m: 5:02.43 34.20		
6.	Tiago Filipe Campos	99	Viver Santarem	5:03.14	+0,85	520
	50m: 31.17 31.17	150m: 1:47.65 40.34	250m: 3:11.51 44.70	350m: 4:31.12 33.54		
	100m: 1:07.31 36.14	200m: 2:26.81 39.16	300m: 3:57.58 46.07	400m: 5:03.14 32.02		
7.	Eduardo Cardoso Lopes	99	Louletano/Loule Concelho	5:04.49	+0,80	513
	50m: 31.93 31.93	150m: 1:48.56 38.65	250m: 3:10.65 45.03	350m: 4:31.44 34.80		
	100m: 1:09.91 37.98	200m: 2:25.62 37.06	300m: 3:56.64 45.99	400m: 5:04.49 33.05		
8.	Rui Jorge Matias	99	Vilacondense	5:05.69	+0,89	507
	50m: 30.61 30.61	150m: 1:47.51 41.00	250m: 3:12.42 44.26	350m: 4:32.83 35.20		
	100m: 1:06.51 35.90	200m: 2:28.16 40.65	300m: 3:57.63 45.21	400m: 5:05.69 32.86		
9.	Francisco Cortez Viterbo	99	Alges	5:06.67	+0,76	502
	50m: 32.16 32.16	150m: 1:48.05 38.12	250m: 3:11.10 44.81	350m: 4:31.69 34.78		
	100m: 1:09.93 37.77	200m: 2:26.29 38.24	300m: 3:56.91 45.81	400m: 5:06.67 34.98		
10.	Henrique Lourenco Ferreira	99	Colegio Vasco da Gama	5:07.45	+0,63	498
	50m: 31.13 31.13	150m: 1:49.51 41.57	250m: 3:14.64 45.48	350m: 4:34.42 34.84		
	100m: 1:07.94 36.81	200m: 2:29.16 39.65	300m: 3:59.58 44.94	400m: 5:07.45 33.03		
11.	Tiago Cunha Costa	99	Sporting	5:07.57	+0,75	498
	50m: 31.10 31.10	150m: 1:47.37 40.21	250m: 3:12.93 45.71	350m: 4:34.13 36.14		
	100m: 1:07.16 36.06	200m: 2:27.22 39.85	300m: 3:57.99 45.06	400m: 5:07.57 33.44		
12.	Tiago Silva Soares	99	Porto	5:08.99	+0,95	491
	50m: 32.71 32.71	150m: 1:52.77 40.46	250m: 3:14.62 42.32	350m: 4:34.47 36.08		
	100m: 1:12.31 39.60	200m: 2:32.30 39.53	300m: 3:58.39 43.77	400m: 5:08.99 34.52		

Prova 20, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Rui Miguel Cachopo	99	Colegio Monte Maior	5:09.48	+0,83	489
	50m: 33.06 33.06	150m: 1:52.61 40.07	250m: 3:18.14 45.86	350m: 4:37.45 32.87		
	100m: 1:12.54 39.48	200m: 2:32.28 39.67	300m: 4:04.58 46.44	400m: 5:09.48 32.03		
14.	Pedro Ferraz Esteves	99	Amadora	5:10.30	+0,68	485
	50m: 31.79 31.79	150m: 1:51.66 41.73	250m: 3:15.34 43.87	350m: 4:35.33 35.51		
	100m: 1:09.93 38.14	200m: 2:31.47 39.81	300m: 3:59.82 44.48	400m: 5:10.30 34.97		
15.	Antonio Fernando Pinto FTL	99	Lousada SXXI	5:13.02	+0,83	472
	50m: 30.92 30.92	150m: 1:51.66 44.32	250m: 3:17.04 44.34	350m: 4:38.44 37.14		
	100m: 1:07.34 36.42	200m: 2:32.70 41.04	300m: 4:01.30 44.26	400m: 5:13.02 34.58		
16.	Nuno Filipe Costa FTL	99	Gespacos	5:16.49	+0,83	457
	50m: 31.57 31.57	150m: 1:50.13 42.34	250m: 3:18.22 47.51	350m: 4:42.15 36.20		
	100m: 1:07.79 36.22	200m: 2:30.71 40.58	300m: 4:05.95 47.73	400m: 5:16.49 34.34		

WDR Joao Magalhaes Nunes 99 Amadora

Juvenis A

1.	Joao Alexandre Vital <i>Minimos COMEN 2014</i>	98	Colegio Monte Maior	4:34.45	+0,73	701
	50m: 28.60 28.60	150m: 1:35.42 34.29	250m: 2:48.00 39.70	350m: 4:01.89 33.43		
	100m: 1:01.13 32.53	200m: 2:08.30 32.88	300m: 3:28.46 40.46	400m: 4:34.45 32.56		
2.	Hugo Pon	98	Alges	4:44.05	+0,75	632
	50m: 29.87 29.87	150m: 1:41.44 37.05	250m: 2:57.75 39.51	350m: 4:12.10 34.13		
	100m: 1:04.39 34.52	200m: 2:18.24 36.80	300m: 3:37.97 40.22	400m: 4:44.05 31.95		
3.	Andre Magalhaes Moura	98	Academico Viseu	4:44.99	+0,76	626
	50m: 29.49 29.49	150m: 1:42.02 38.36	250m: 2:58.42 39.02	350m: 4:12.08 33.65		
	100m: 1:03.66 34.17	200m: 2:19.40 37.38	300m: 3:38.43 40.01	400m: 4:44.99 32.91		
4.	Jose Paula Carvalho	98	Uniao Piedense	4:48.83	+0,78	601
	50m: 29.41 29.41	150m: 1:40.25 36.97	250m: 2:58.92 42.50	350m: 4:17.32 34.34		
	100m: 1:03.28 33.87	200m: 2:16.42 36.17	300m: 3:42.98 44.06	400m: 4:48.83 31.51		
5.	Vasco Gradim Amorim	98	Porto	4:49.18	+0,70	599
	50m: 30.02 30.02	150m: 1:41.86 37.59	250m: 3:01.06 41.90	350m: 4:17.49 33.31		
	100m: 1:04.27 34.25	200m: 2:19.16 37.30	300m: 3:44.18 43.12	400m: 4:49.18 31.69		
6.	Afonso Calais Queiroga	98	Uniao Piedense	4:57.00	+0,67	553
	50m: 29.78 29.78	150m: 1:44.23 39.32	250m: 3:05.45 42.64	350m: 4:24.39 34.44		
	100m: 1:04.91 35.13	200m: 2:22.81 38.58	300m: 3:49.95 44.50	400m: 4:57.00 32.61		
7.	Rafael Ladeiro Santos	98	Geslours	4:57.96	+0,79	548
	50m: 31.23 31.23	150m: 1:49.52 41.09	250m: 3:10.14 41.77	350m: 4:26.38 33.25		
	100m: 1:08.43 37.20	200m: 2:28.37 38.85	300m: 3:53.13 42.99	400m: 4:57.96 31.58		
8.	Guilherme Filipe Pina	98	Benedita	4:59.55	+0,73	539
	50m: 30.78 30.78	150m: 1:46.61 39.97	250m: 3:10.57 44.97	350m: 4:27.76 32.93		
	100m: 1:06.64 35.86	200m: 2:25.60 38.99	300m: 3:54.83 44.26	400m: 4:59.55 31.79		
9.	Diogo Vicente Silva	98	Nautico Marinha Grande	4:59.86	+0,85	537
	50m: 31.64 31.64	150m: 1:45.62 37.59	250m: 3:04.74 42.35	350m: 4:24.68 36.32		
	100m: 1:08.03 36.39	200m: 2:22.39 36.77	300m: 3:48.36 43.62	400m: 4:59.86 35.18		

Prova 20, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Jose Pedro Sampaio	98	Foca	5:00.18	+0,95	536
	50m: 31.09 31.09	150m: 1:45.72 38.66	250m: 3:09.59 45.43	350m: 4:28.63 33.98		
	100m: 1:07.06 35.97	200m: 2:24.16 38.44	300m: 3:54.65 45.06	400m: 5:00.18 31.55		
11.	Filipe Miguel Silveira	98	Amadora	5:00.55	+0,82	534
	50m: 31.33 31.33	150m: 1:47.07 38.52	250m: 3:08.20 44.53	350m: 4:27.98 34.92		
	100m: 1:08.55 37.22	200m: 2:23.67 36.60	300m: 3:53.06 44.86	400m: 5:00.55 32.57		
12.	Antonio Fernandes Carrico	98	Pimpoes/Cimai	5:00.64	+0,84	533
	50m: 31.18 31.18	150m: 1:49.61 40.43	250m: 3:11.99 42.48	350m: 4:29.03 34.15		
	100m: 1:09.18 38.00	200m: 2:29.51 39.90	300m: 3:54.88 42.89	400m: 5:00.64 31.61		
13.	Paulo Filipe Silva	98	Natacao da Maia	5:01.33	+0,81	529
	50m: 29.79 29.79	150m: 1:45.90 39.97	250m: 3:08.73 45.14	350m: 4:27.28 33.83		
	100m: 1:05.93 36.14	200m: 2:23.59 37.69	300m: 3:53.45 44.72	400m: 5:01.33 34.05		
14.	Viktor Kot	98	Nautico Marinha Grande	5:01.47	+0,82	529
	50m: 30.43 30.43	150m: 1:46.07 39.52	250m: 3:10.42 45.78	350m: 4:29.27 33.54		
	100m: 1:06.55 36.12	200m: 2:24.64 38.57	300m: 3:55.73 45.31	400m: 5:01.47 32.20		
15.	Luis Carlos Almeida	98	Gespacos	5:01.88	+0,91	527
	50m: 29.97 29.97	150m: 1:46.27 41.19	250m: 3:08.47 41.99	350m: 4:27.60 35.16		
	100m: 1:05.08 35.11	200m: 2:26.48 40.21	300m: 3:52.44 43.97	400m: 5:01.88 34.28		
16.	Luis Filipe Ribeiro	98	Braga	5:02.01	+0,79	526
	50m: 29.53 29.53	150m: 1:45.26 40.87	250m: 3:08.02 43.00	350m: 4:26.86 34.95		
	100m: 1:04.39 34.86	200m: 2:25.02 39.76	300m: 3:51.91 43.89	400m: 5:02.01 35.15		
17.	Pedro Nuno Vieira	98	Natacao de Valongo	5:02.85	+0,79	521
	50m: 30.81 30.81	150m: 1:46.65 40.32	250m: 3:10.31 43.92	350m: 4:29.53 34.53		
	100m: 1:06.33 35.52	200m: 2:26.39 39.74	300m: 3:55.00 44.69	400m: 5:02.85 33.32		
18.	Goncalo Filipe Patatas	98	Sporting	5:03.37	+0,73	519
	50m: 30.50 30.50	150m: 1:47.48 41.20	250m: 3:12.05 44.01	350m: 4:31.45 35.03		
	100m: 1:06.28 35.78	200m: 2:28.04 40.56	300m: 3:56.42 44.37	400m: 5:03.37 31.92		
19.	Pedro Trindade Silva	98	Amadora	5:03.59	+0,86	518
	50m: 31.19 31.19	150m: 1:47.59 40.55	250m: 3:10.68 44.47	350m: 4:29.61 34.93		
	100m: 1:07.04 35.85	200m: 2:26.21 38.62	300m: 3:54.68 44.00	400m: 5:03.59 33.98		
20.	Pedro Miguel Lino	98	Gespacos	5:04.79	+0,89	512
	50m: 32.01 32.01	150m: 1:48.63 40.76	250m: 3:13.28 44.52	350m: 4:32.29 34.60		
	100m: 1:07.87 35.86	200m: 2:28.76 40.13	300m: 3:57.69 44.41	400m: 5:04.79 32.50		
21.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	5:04.99	+0,74	511
	50m: 30.13 30.13	150m: 1:44.29 39.18	250m: 3:09.46 47.29	350m: 4:32.23 34.20		
	100m: 1:05.11 34.98	200m: 2:22.17 37.88	300m: 3:58.03 48.57	400m: 5:04.99 32.76		
22.	Joao Luis Maximo	98	O Crasto	5:05.75	+0,74	507
	50m: 30.38 30.38	150m: 1:46.64 40.00	250m: 3:11.97 45.04	350m: 4:31.61 33.39		
	100m: 1:06.64 36.26	200m: 2:26.93 40.29	300m: 3:58.22 46.25	400m: 5:05.75 34.14		
23.	Eduardo Manuel Goncalves	98	Nucleo Sportinguista Terceira	5:06.97	+0,56	501
	50m: 30.01 30.01	150m: 1:45.86 40.61	250m: 3:11.74 47.01	350m: 4:35.63 35.94		
	100m: 1:05.25 35.24	200m: 2:24.73 38.87	300m: 3:59.69 47.95	400m: 5:06.97 31.34		
24.	Filipe Ferreira Luz	98	Geslours	5:08.24	+0,90	495
	FTL					
	50m: 33.73 33.73	150m: 1:51.28 38.05	250m: 3:14.10 45.53	350m: 4:35.20 34.86		
	100m: 1:13.23 39.50	200m: 2:28.57 37.29	300m: 4:00.34 46.24	400m: 5:08.24 33.04		

Prova 20, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
25.	Rodrigo Manuel Monteiro <i>FTL</i>	98	Sporting de Espinho	5:09.15	+0,75	490
	50m: 30.85 30.85	150m: 1:47.86 39.92	250m: 3:12.44 45.26	350m: 4:34.33 35.56		
	100m: 1:07.94 37.09	200m: 2:27.18 39.32	300m: 3:58.77 46.33	400m: 5:09.15 34.82		
26.	Dario Fausto Matias <i>FTL</i>	98	Torres Novas	5:10.60	+0,71	483
	50m: 32.46 32.46	150m: 1:52.18 42.06	250m: 3:18.37 46.64	350m: 4:38.32 33.91		
	100m: 1:10.12 37.66	200m: 2:31.73 39.55	300m: 4:04.41 46.04	400m: 5:10.60 32.28		
27.	Pedro Miguel Vieira <i>FTL</i>	98	Galitos	5:11.19	+0,85	481
	50m: 31.54 31.54	150m: 1:51.90 41.16	250m: 3:15.35 43.66	350m: 4:36.53 36.31		
	100m: 1:10.74 39.20	200m: 2:31.69 39.79	300m: 4:00.22 44.87	400m: 5:11.19 34.66		
28.	David Miguel Neves <i>FTL</i>	98	Benfica	5:11.32	+0,92	480
	50m: 30.93 30.93	150m: 1:51.96 44.41	250m: 3:19.59 44.52	350m: 4:37.67 34.06		
	100m: 1:07.55 36.62	200m: 2:35.07 43.11	300m: 4:03.61 44.02	400m: 5:11.32 33.65		
29.	Joao Manuel Leitao <i>FTL</i>	98	Nautico /Urgicentro-Sanfil	5:15.12	+0,78	463
	50m: 31.71 31.71	150m: 1:52.61 43.19	250m: 3:17.01 43.22	350m: 4:39.28 36.54		
	100m: 1:09.42 37.71	200m: 2:33.79 41.18	300m: 4:02.74 45.73	400m: 5:15.12 35.84		
WDR	Miguel Cerdeira Freitas	98	Estoris			

Juniores

1.	Joao Pedro Gil	97	Naval Amorense	4:39.51	+0,90	663
	50m: 29.51 29.51	150m: 1:41.21 37.34	250m: 2:58.71 40.50	350m: 4:10.83 30.79		
	100m: 1:03.87 34.36	200m: 2:18.21 37.00	300m: 3:40.04 41.33	400m: 4:39.51 28.68		
2.	Bruno Miguel Ramos	97	Amadora	4:40.75	+0,69	655
	50m: 29.15 29.15	150m: 1:40.18 36.34	250m: 2:56.34 40.02	350m: 4:08.67 31.98		
	100m: 1:03.84 34.69	200m: 2:16.32 36.14	300m: 3:36.69 40.35	400m: 4:40.75 32.08		
3.	Paulo Andre Silva	96	Vilacondense	4:41.01	+0,67	653
	50m: 29.14 29.14	150m: 1:40.36 37.50	250m: 2:57.42 40.87	350m: 4:10.04 32.07		
	100m: 1:02.86 33.72	200m: 2:16.55 36.19	300m: 3:37.97 40.55	400m: 4:41.01 30.97		
4.	Eduardo Salgado Ramos	97	Porto	4:42.41	+0,68	643
	50m: 28.58 28.58	150m: 1:41.12 38.20	250m: 2:58.55 41.33	350m: 4:12.39 31.98		
	100m: 1:02.92 34.34	200m: 2:17.22 36.10	300m: 3:40.41 41.86	400m: 4:42.41 30.02		
5.	Rafael Filipe Nunes	96	Naval Amorense	4:49.02	+0,63	600
	50m: 29.53 29.53	150m: 1:41.57 38.20	250m: 3:00.05 40.68	350m: 4:15.91 33.88		
	100m: 1:03.37 33.84	200m: 2:19.37 37.80	300m: 3:42.03 41.98	400m: 4:49.02 33.11		
6.	Andre Resende Pinheiro	97	Porto	4:51.38	+0,71	586
	50m: 30.69 30.69	150m: 1:44.68 37.99	250m: 3:04.72 42.64	350m: 4:20.84 33.19		
	100m: 1:06.69 36.00	200m: 2:22.08 37.40	300m: 3:47.65 42.93	400m: 4:51.38 30.54		
7.	Nuno Oliveira Noritake	96	Estoris	4:51.63	+0,72	584
	50m: 30.22 30.22	150m: 1:43.77 37.79	250m: 3:03.22 41.82	350m: 4:19.14 33.73		
	100m: 1:05.98 35.76	200m: 2:21.40 37.63	300m: 3:45.41 42.19	400m: 4:51.63 32.49		
8.	Pedro Veiguinha Martins	96	Braga	4:51.81	+0,80	583
	50m: 31.51 31.51	150m: 1:47.48 40.00	250m: 3:06.14 40.34	350m: 4:21.32 33.46		
	100m: 1:07.48 35.97	200m: 2:25.80 38.32	300m: 3:47.86 41.72	400m: 4:51.81 30.49		

Prova 20, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Joao Mota Correia	97	Alcobaca	4:51.88	+0,74	583
	50m: 29.27 29.27	150m: 1:41.52 37.41	250m: 3:02.06 43.91	350m: 4:18.51 33.49		
	100m: 1:04.11 34.84	200m: 2:18.15 36.63	300m: 3:45.02 42.96	400m: 4:51.88 33.37		
10.	Joao Miguel Ferreira	97	Foca	4:53.69	+0,77	572
	50m: 29.21 29.21	150m: 1:41.94 39.04	250m: 3:01.69 41.43	350m: 4:19.30 34.98		
	100m: 1:02.90 33.69	200m: 2:20.26 38.32	300m: 3:44.32 42.63	400m: 4:53.69 34.39		
11.	Antonio Miguel Vitorino	96	Viana Natacao	4:53.80	+0,73	571
	50m: 29.73 29.73	150m: 1:42.35 38.39	250m: 3:04.38 44.39	350m: 4:21.57 32.82		
	100m: 1:03.96 34.23	200m: 2:19.99 37.64	300m: 3:48.75 44.37	400m: 4:53.80 32.23		
12.	Joao Pedro Neves	96	Aminata	4:54.54	+0,79	567
	FTL					
	50m: 29.61 29.61	150m: 1:43.40 39.08	250m: 3:02.30 41.62	350m: 4:21.50 35.10		
	100m: 1:04.32 34.71	200m: 2:20.68 37.28	300m: 3:46.40 44.10	400m: 4:54.54 33.04		
13.	Luis Carlos Oliveira	97	Porto	4:54.76	+0,78	566
	50m: 30.51 30.51	150m: 1:45.02 38.91	250m: 3:05.91 43.27	350m: 4:22.80 33.25		
	100m: 1:06.11 35.60	200m: 2:22.64 37.62	300m: 3:49.55 43.64	400m: 4:54.76 31.96		
14.	Jose Ricardo Sousa	97	Lousada SXXI	4:55.23	+0,80	563
	50m: 28.87 28.87	150m: 1:43.78 40.13	250m: 3:04.61 41.90	350m: 4:21.29 34.81		
	100m: 1:03.65 34.78	200m: 2:22.71 38.93	300m: 3:46.48 41.87	400m: 4:55.23 33.94		
15.	Vitor Joao Pereira	97	Leixoes	4:56.07	+0,90	558
	50m: 30.51 30.51	150m: 1:45.95 39.60	250m: 3:07.55 43.74	350m: 4:24.69 33.04		
	100m: 1:06.35 35.84	200m: 2:23.81 37.86	300m: 3:51.65 44.10	400m: 4:56.07 31.38		
16.	David Emanuel Martins	97	Braga	4:56.51	+0,93	556
	50m: 30.83 30.83	150m: 1:44.89 38.73	250m: 3:08.74 45.60	350m: 4:25.55 32.53		
	100m: 1:06.16 35.33	200m: 2:23.14 38.25	300m: 3:53.02 44.28	400m: 4:56.51 30.96		
17.	Joao Miguel Cardoso	97	Geslours	4:57.50	+0,75	550
	50m: 32.36 32.36	150m: 1:50.24 39.98	250m: 3:11.07 42.30	350m: 4:26.17 33.83		
	100m: 1:10.26 37.90	200m: 2:28.77 38.53	300m: 3:52.34 41.27	400m: 4:57.50 31.33		
18.	Joao Luis Travanca	97	Fluvial Portuense	4:57.62	+0,98	549
	50m: 30.77 30.77	150m: 1:45.69 39.52	250m: 3:07.94 44.02	350m: 4:26.04 34.00		
	100m: 1:06.17 35.40	200m: 2:23.92 38.23	300m: 3:52.04 44.10	400m: 4:57.62 31.58		
19.	Nuno Valerio Silva	97	Nautico Marinha Grande	5:02.23	+0,80	525
	FTL					
	50m: 29.74 29.74	150m: 1:45.71 40.76	250m: 3:09.41 43.75	350m: 4:27.67 33.62		
	100m: 1:04.95 35.21	200m: 2:25.66 39.95	300m: 3:54.05 44.64	400m: 5:02.23 34.56		
20.	Ruben Jose Morim	97	Vilacondense	5:02.71	+0,75	522
	FTL					
	50m: 30.07 30.07	150m: 1:45.37 39.46	250m: 3:10.50 45.99	350m: 4:30.39 33.89		
	100m: 1:05.91 35.84	200m: 2:24.51 39.14	300m: 3:56.50 46.00	400m: 5:02.71 32.32		
EXH	Pedro Vicente Calonio	98	Leixoes	5:10.58	+0,76	483
	FTL					
	50m: 31.15 31.15	150m: 1:51.61 41.61	250m: 3:15.34 43.88	350m: 4:35.51 34.95		
	100m: 1:10.00 38.85	200m: 2:31.46 39.85	300m: 4:00.56 45.22	400m: 5:10.58 35.07		