

Campeonatos Nacional Absolutos Piscina Curta
Porto, 19 a 21-12-2014

Prova 11 Masc., 400m Estilos Absolutos
19-12-2014 Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Inf B	4:49.65	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	15-03-2013
Recordes Nacionais 25m Inf A	4:40.32	Tomas Miguel Freitas	CDN	Funchal	09-07-2004
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	21-03-2003
Recordes Nacionais 25m Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	13-12-2013
Recordes Nacionais 25m Jun17	4:22.18	Adriano Miguel Niz	CFV	Alges	16-05-2003
Recordes Nacionais 25m Jun18	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009

TAC-JUN97M Jun18: 4:45.38 / TAC-JUN98M Jun17: 4:49.52 / TAC-SEN94+VM Sen21+: 4:35.73 / TAC-SEN95M Sen20: 4:39.87 / TAC-SEN96M Sen19: 4:42.63

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Absoluto						
1.	Diogo Filipe Carvalho	88	Galitos	4:16.00	+0,72	778
	50m: 26.57 26.57	150m: 1:29.52 32.46	250m: 2:37.77 36.33	350m: 3:45.55 32.08		
	100m: 57.06 30.49	200m: 2:01.44 31.92	300m: 3:13.47 35.70	400m: 4:16.00 30.45		
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:17.49	+0,70	765
	50m: 27.87 27.87	150m: 1:33.34 33.56	250m: 2:41.78 35.16	350m: 3:48.16 30.41		
	100m: 59.78 31.91	200m: 2:06.62 33.28	300m: 3:17.75 35.97	400m: 4:17.49 29.33		
3.	Joao Alexandre Vital	98	Colegio Monte Maior	4:21.93	+0,68	726
	<i>Recorde Nacional, Jun17</i>					
	50m: 27.89 27.89	150m: 1:31.45 32.16	250m: 2:41.38 37.77	350m: 3:51.38 31.58		
	100m: 59.29 31.40	200m: 2:03.61 32.16	300m: 3:19.80 38.42	400m: 4:21.93 30.55		
4.	Pedro Barros Mendes	94	Academica de Coimbra	4:27.81	+0,72	679
	50m: 28.62 28.62	150m: 1:35.71 34.32	250m: 2:48.10 38.60	350m: 3:57.99 31.58		
	100m: 1:01.39 32.77	200m: 2:09.50 33.79	300m: 3:26.41 38.31	400m: 4:27.81 29.82		
5.	Ruben Filipe Nunes	94	Aquatico Pacense	4:27.85	+0,80	679
	50m: 28.58 28.58	150m: 1:37.02 35.01	250m: 2:49.28 38.08	350m: 3:57.53 30.76		
	100m: 1:02.01 33.43	200m: 2:11.20 34.18	300m: 3:26.77 37.49	400m: 4:27.85 30.32		
6.	Nuno Rafael Alves	90	Aquatico Pacense	4:29.31	+0,76	668
	50m: 29.31 29.31	150m: 1:36.21 34.81	250m: 2:47.86 36.99	350m: 3:57.43 31.95		
	100m: 1:01.40 32.09	200m: 2:10.87 34.66	300m: 3:25.48 37.62	400m: 4:29.31 31.88		
7.	Diogo Miguel Silva	95	Uniao Piedense	4:29.64	+0,76	666
	50m: 27.79 27.79	150m: 1:36.64 36.63	250m: 2:49.70 37.38	350m: 3:59.70 32.86		
	100m: 1:00.01 32.22	200m: 2:12.32 35.68	300m: 3:26.84 37.14	400m: 4:29.64 29.94		
8.	Andre Bras Goncalves	88	Belenenses	4:32.09	+0,66	648
	50m: 28.17 28.17	150m: 1:36.77 35.17	250m: 2:49.97 38.57	350m: 4:01.32 32.42		
	100m: 1:01.60 33.43	200m: 2:11.40 34.63	300m: 3:28.90 38.93	400m: 4:32.09 30.77		
9.	Tomas Machado Vale	97	Viana Natacao	4:32.16	+0,78	647
	50m: 28.72 28.72	150m: 1:34.75 33.25	250m: 2:48.53 40.14	350m: 4:00.82 31.68		
	100m: 1:01.50 32.78	200m: 2:08.39 33.64	300m: 3:29.14 40.61	400m: 4:32.16 31.34		
10.	Miguel Monteiro Cruchinho	97	Sporting	4:32.78	+0,72	643
	50m: 29.56 29.56	150m: 1:39.79 36.57	250m: 2:52.91 36.68	350m: 4:02.20 31.77		
	100m: 1:03.22 33.66	200m: 2:16.23 36.44	300m: 3:30.43 37.52	400m: 4:32.78 30.58		
11.	Rafael Filipe Nunes	96	Naval Amorense	4:33.72	+0,66	636
	50m: 29.74 29.74	150m: 1:39.15 35.78	250m: 2:53.60 39.13	350m: 4:04.03 31.33		
	100m: 1:03.37 33.63	200m: 2:14.47 35.32	300m: 3:32.70 39.10	400m: 4:33.72 29.69		

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Porto, 19 a 21-12-2014

Prova 11, Masc., 400m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Paulo Andre Silva	96	Vilacondense	4:33.79	+0,70	636
	50m: 28.02 28.02	150m: 1:35.20 34.94	250m: 2:49.88 39.58	350m: 4:02.37 31.87		
	100m: 1:00.26 32.24	200m: 2:10.30 35.10	300m: 3:30.50 40.62	400m: 4:33.79 31.42		
13.	Andre Magalhaes Moura	98	Academico Viseu	4:34.79	+0,74	629
	50m: 29.22 29.22	150m: 1:39.83 37.12	250m: 2:53.11 37.28	350m: 4:03.67 32.23		
	100m: 1:02.71 33.49	200m: 2:15.83 36.00	300m: 3:31.44 38.33	400m: 4:34.79 31.12		
14.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:35.04	+0,76	627
	50m: 29.35 29.35	150m: 1:39.13 35.19	250m: 2:50.32 37.39	350m: 4:02.35 33.60		
	100m: 1:03.94 34.59	200m: 2:12.93 33.80	300m: 3:28.75 38.43	400m: 4:35.04 32.69		
15.	Joao Mota Correia	97	Alcobaca	4:36.23	+0,76	619
	50m: 28.40 28.40	150m: 1:35.85 34.75	250m: 2:51.26 39.67	350m: 4:03.52 31.93		
	100m: 1:01.10 32.70	200m: 2:11.59 35.74	300m: 3:31.59 40.33	400m: 4:36.23 32.71		
16.	Ruben Jose Morim	97	Vilacondense	4:38.06	+0,74	607
	50m: 29.61 29.61	150m: 1:39.59 36.56	250m: 2:56.89 41.52	350m: 4:09.41 30.82		
	100m: 1:03.03 33.42	200m: 2:15.37 35.78	300m: 3:38.59 41.70	400m: 4:38.06 28.65		
17.	Jose Pedro Sampaio	98	Foca	4:38.26	+0,83	606
	50m: 29.72 29.72	150m: 1:38.86 35.36	250m: 2:54.49 40.75	350m: 4:07.56 32.50		
	100m: 1:03.50 33.78	200m: 2:13.74 34.88	300m: 3:35.06 40.57	400m: 4:38.26 30.70		
18.	Tiago Martim Alves	97	Desportiva de Viana	4:39.53	+0,82	597
	50m: 29.90 29.90	150m: 1:40.79 36.41	250m: 2:55.20 37.55	350m: 4:07.33 32.93		
	100m: 1:04.38 34.48	200m: 2:17.65 36.86	300m: 3:34.40 39.20	400m: 4:39.53 32.20		
19.	Vitor Joao Pereira	97	Leixoes	4:40.74	+0,90	590
	50m: 30.49 30.49	150m: 1:42.50 37.22	250m: 2:58.56 39.93	350m: 4:10.51 32.29		
	100m: 1:05.28 34.79	200m: 2:18.63 36.13	300m: 3:38.22 39.66	400m: 4:40.74 30.23		
20.	Andre Resende Pinheiro	97	Porto	4:41.28	+0,68	586
	50m: 29.82 29.82	150m: 1:40.58 36.53	250m: 2:56.65 40.61	350m: 4:10.35 32.35		
	100m: 1:04.05 34.23	200m: 2:16.04 35.46	300m: 3:38.00 41.35	400m: 4:41.28 30.93		
21.	Luis Carlos Almeida	98	Aquatico Pacense	4:44.40	+0,89	567
	50m: 29.56 29.56	150m: 1:40.17 36.67	250m: 2:57.96 40.87	350m: 4:12.52 33.16		
	100m: 1:03.50 33.94	200m: 2:17.09 36.92	300m: 3:39.36 41.40	400m: 4:44.40 31.88		
22.	Jose Ricardo Sousa	97	Lousada SXXI	4:45.13	+0,84	563
	50m: 29.04 29.04	150m: 1:40.53 37.02	250m: 2:58.02 40.59	350m: 4:12.82 33.68		
	100m: 1:03.51 34.47	200m: 2:17.43 36.90	300m: 3:39.14 41.12	400m: 4:45.13 32.31		
23.	Diogo Vicente Silva	98	Nautico da Marinha Grande	4:45.22	+0,77	562
	50m: 29.23 29.23	150m: 1:39.51 36.20	250m: 2:56.17 40.34	350m: 4:11.96 34.36		
	100m: 1:03.31 34.08	200m: 2:15.83 36.32	300m: 3:37.60 41.43	400m: 4:45.22 33.26		
24.	Diogo Miguel Costa	98	Porto	4:45.80	+0,68	559
	50m: 28.80 28.80	150m: 1:40.92 37.84	250m: 2:56.73 38.96	350m: 4:12.46 34.60		
	100m: 1:03.08 34.28	200m: 2:17.77 36.85	300m: 3:37.86 41.13	400m: 4:45.80 33.34		
25.	Rafael Ladeiro Santos	98	Geslours	4:47.16	+0,79	551
	50m: 30.13 30.13	150m: 1:43.76 38.58	250m: 3:00.98 40.59	350m: 4:15.68 33.21		
	100m: 1:05.18 35.05	200m: 2:20.39 36.63	300m: 3:42.47 41.49	400m: 4:47.16 31.48		
26.	Afonso Calais Queiroga	98	Uniao Piedense	4:48.31	+0,71	544
	50m: 29.95 29.95	150m: 1:42.56 37.17	250m: 2:59.44 40.44	350m: 4:14.60 34.42		
	100m: 1:05.39 35.44	200m: 2:19.00 36.44	300m: 3:40.18 40.74	400m: 4:48.31 33.71		

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Prova 11, Masc., 400m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
27.	Luis Filipe Ribeiro <i>FTL</i>	98	Braga	4:54.54	+0,82	511
	50m: 30.32 30.32	150m: 1:44.58 39.20	250m: 3:04.55 42.17	350m: 4:21.47 34.41		
	100m: 1:05.38 35.06	200m: 2:22.38 37.80	300m: 3:47.06 42.51	400m: 4:54.54 33.07		
DSQ	Bruno Miguel Ramos	97	Belenenses			
	<i>810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3</i>					

Senior 94+V

1.	Diogo Filipe Carvalho	88	Galitos	4:16.00	+0,72	778
	50m: 26.57 26.57	150m: 1:29.52 32.46	250m: 2:37.77 36.33	350m: 3:45.55 32.08		
	100m: 57.06 30.49	200m: 2:01.44 31.92	300m: 3:13.47 35.70	400m: 4:16.00 30.45		
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:17.49	+0,70	765
	50m: 27.87 27.87	150m: 1:33.34 33.56	250m: 2:41.78 35.16	350m: 3:48.16 30.41		
	100m: 59.78 31.91	200m: 2:06.62 33.28	300m: 3:17.75 35.97	400m: 4:17.49 29.33		
3.	Pedro Barros Mendes	94	Academica de Coimbra	4:27.81	+0,72	679
	50m: 28.62 28.62	150m: 1:35.71 34.32	250m: 2:48.10 38.60	350m: 3:57.99 31.58		
	100m: 1:01.39 32.77	200m: 2:09.50 33.79	300m: 3:26.41 38.31	400m: 4:27.81 29.82		
4.	Ruben Filipe Nunes	94	Aquatico Pacense	4:27.85	+0,80	679
	50m: 28.58 28.58	150m: 1:37.02 35.01	250m: 2:49.28 38.08	350m: 3:57.53 30.76		
	100m: 1:02.01 33.43	200m: 2:11.20 34.18	300m: 3:26.77 37.49	400m: 4:27.85 30.32		
5.	Nuno Rafael Alves	90	Aquatico Pacense	4:29.31	+0,76	668
	50m: 29.31 29.31	150m: 1:36.21 34.81	250m: 2:47.86 36.99	350m: 3:57.43 31.95		
	100m: 1:01.40 32.09	200m: 2:10.87 34.66	300m: 3:25.48 37.62	400m: 4:29.31 31.88		
6.	Diogo Miguel Silva	95	Uniao Piedense	4:29.64	+0,76	666
	50m: 27.79 27.79	150m: 1:36.64 36.63	250m: 2:49.70 37.38	350m: 3:59.70 32.86		
	100m: 1:00.01 32.22	200m: 2:12.32 35.68	300m: 3:26.84 37.14	400m: 4:29.64 29.94		
7.	Andre Bras Goncalves	88	Belenenses	4:32.09	+0,66	648
	50m: 28.17 28.17	150m: 1:36.77 35.17	250m: 2:49.97 38.57	350m: 4:01.32 32.42		
	100m: 1:01.60 33.43	200m: 2:11.40 34.63	300m: 3:28.90 38.93	400m: 4:32.09 30.77		
8.	Rafael Filipe Nunes	96	Naval Amorense	4:33.72	+0,66	636
	50m: 29.74 29.74	150m: 1:39.15 35.78	250m: 2:53.60 39.13	350m: 4:04.03 31.33		
	100m: 1:03.37 33.63	200m: 2:14.47 35.32	300m: 3:32.70 39.10	400m: 4:33.72 29.69		
9.	Paulo Andre Silva	96	Vilacondense	4:33.79	+0,70	636
	50m: 28.02 28.02	150m: 1:35.20 34.94	250m: 2:49.88 39.58	350m: 4:02.37 31.87		
	100m: 1:00.26 32.24	200m: 2:10.30 35.10	300m: 3:30.50 40.62	400m: 4:33.79 31.42		
10.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:35.04	+0,76	627
	50m: 29.35 29.35	150m: 1:39.13 35.19	250m: 2:50.32 37.39	350m: 4:02.35 33.60		
	100m: 1:03.94 34.59	200m: 2:12.93 33.80	300m: 3:28.75 38.43	400m: 4:35.04 32.69		

Senior 95

1.	Diogo Filipe Carvalho	88	Galitos	4:16.00	+0,72	778
	50m: 26.57 26.57	150m: 1:29.52 32.46	250m: 2:37.77 36.33	350m: 3:45.55 32.08		
	100m: 57.06 30.49	200m: 2:01.44 31.92	300m: 3:13.47 35.70	400m: 4:16.00 30.45		
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:17.49	+0,70	765
	50m: 27.87 27.87	150m: 1:33.34 33.56	250m: 2:41.78 35.16	350m: 3:48.16 30.41		
	100m: 59.78 31.91	200m: 2:06.62 33.28	300m: 3:17.75 35.97	400m: 4:17.49 29.33		

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Porto, 19 a 21-12-2014

Prova 11, Masc., 400m Estilos, Senior 95

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Pedro Barros Mendes	94	Academica de Coimbra	4:27.81	+0,72	679
	50m: 28.62 28.62	150m: 1:35.71 34.32	250m: 2:48.10 38.60	350m: 3:57.99 31.58		
	100m: 1:01.39 32.77	200m: 2:09.50 33.79	300m: 3:26.41 38.31	400m: 4:27.81 29.82		
4.	Ruben Filipe Nunes	94	Aquatico Pacense	4:27.85	+0,80	679
	50m: 28.58 28.58	150m: 1:37.02 35.01	250m: 2:49.28 38.08	350m: 3:57.53 30.76		
	100m: 1:02.01 33.43	200m: 2:11.20 34.18	300m: 3:26.77 37.49	400m: 4:27.85 30.32		
5.	Nuno Rafael Alves	90	Aquatico Pacense	4:29.31	+0,76	668
	50m: 29.31 29.31	150m: 1:36.21 34.81	250m: 2:47.86 36.99	350m: 3:57.43 31.95		
	100m: 1:01.40 32.09	200m: 2:10.87 34.66	300m: 3:25.48 37.62	400m: 4:29.31 31.88		
6.	Diogo Miguel Silva	95	Uniao Piedense	4:29.64	+0,76	666
	50m: 27.79 27.79	150m: 1:36.64 36.63	250m: 2:49.70 37.38	350m: 3:59.70 32.86		
	100m: 1:00.01 32.22	200m: 2:12.32 35.68	300m: 3:26.84 37.14	400m: 4:29.64 29.94		
7.	Andre Bras Goncalves	88	Belenenses	4:32.09	+0,66	648
	50m: 28.17 28.17	150m: 1:36.77 35.17	250m: 2:49.97 38.57	350m: 4:01.32 32.42		
	100m: 1:01.60 33.43	200m: 2:11.40 34.63	300m: 3:28.90 38.93	400m: 4:32.09 30.77		
8.	Rafael Filipe Nunes	96	Naval Amorense	4:33.72	+0,66	636
	50m: 29.74 29.74	150m: 1:39.15 35.78	250m: 2:53.60 39.13	350m: 4:04.03 31.33		
	100m: 1:03.37 33.63	200m: 2:14.47 35.32	300m: 3:32.70 39.10	400m: 4:33.72 29.69		
9.	Paulo Andre Silva	96	Vilacondense	4:33.79	+0,70	636
	50m: 28.02 28.02	150m: 1:35.20 34.94	250m: 2:49.88 39.58	350m: 4:02.37 31.87		
	100m: 1:00.26 32.24	200m: 2:10.30 35.10	300m: 3:30.50 40.62	400m: 4:33.79 31.42		
10.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:35.04	+0,76	627
	50m: 29.35 29.35	150m: 1:39.13 35.19	250m: 2:50.32 37.39	350m: 4:02.35 33.60		
	100m: 1:03.94 34.59	200m: 2:12.93 33.80	300m: 3:28.75 38.43	400m: 4:35.04 32.69		

Senior 96

1.	Diogo Filipe Carvalho	88	Galitos	4:16.00	+0,72	778
	50m: 26.57 26.57	150m: 1:29.52 32.46	250m: 2:37.77 36.33	350m: 3:45.55 32.08		
	100m: 57.06 30.49	200m: 2:01.44 31.92	300m: 3:13.47 35.70	400m: 4:16.00 30.45		
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:17.49	+0,70	765
	50m: 27.87 27.87	150m: 1:33.34 33.56	250m: 2:41.78 35.16	350m: 3:48.16 30.41		
	100m: 59.78 31.91	200m: 2:06.62 33.28	300m: 3:17.75 35.97	400m: 4:17.49 29.33		
3.	Pedro Barros Mendes	94	Academica de Coimbra	4:27.81	+0,72	679
	50m: 28.62 28.62	150m: 1:35.71 34.32	250m: 2:48.10 38.60	350m: 3:57.99 31.58		
	100m: 1:01.39 32.77	200m: 2:09.50 33.79	300m: 3:26.41 38.31	400m: 4:27.81 29.82		
4.	Ruben Filipe Nunes	94	Aquatico Pacense	4:27.85	+0,80	679
	50m: 28.58 28.58	150m: 1:37.02 35.01	250m: 2:49.28 38.08	350m: 3:57.53 30.76		
	100m: 1:02.01 33.43	200m: 2:11.20 34.18	300m: 3:26.77 37.49	400m: 4:27.85 30.32		
5.	Nuno Rafael Alves	90	Aquatico Pacense	4:29.31	+0,76	668
	50m: 29.31 29.31	150m: 1:36.21 34.81	250m: 2:47.86 36.99	350m: 3:57.43 31.95		
	100m: 1:01.40 32.09	200m: 2:10.87 34.66	300m: 3:25.48 37.62	400m: 4:29.31 31.88		
6.	Diogo Miguel Silva	95	Uniao Piedense	4:29.64	+0,76	666
	50m: 27.79 27.79	150m: 1:36.64 36.63	250m: 2:49.70 37.38	350m: 3:59.70 32.86		
	100m: 1:00.01 32.22	200m: 2:12.32 35.68	300m: 3:26.84 37.14	400m: 4:29.64 29.94		
7.	Andre Bras Goncalves	88	Belenenses	4:32.09	+0,66	648
	50m: 28.17 28.17	150m: 1:36.77 35.17	250m: 2:49.97 38.57	350m: 4:01.32 32.42		
	100m: 1:01.60 33.43	200m: 2:11.40 34.63	300m: 3:28.90 38.93	400m: 4:32.09 30.77		

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Porto, 19 a 21-12-2014

Prova 11, Masc., 400m Estilos, Senior 96

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Rafael Filipe Nunes	96	Naval Amorense	4:33.72	+0,66	636
	50m: 29.74 29.74	150m: 1:39.15 35.78	250m: 2:53.60 39.13	350m: 4:04.03 31.33		
	100m: 1:03.37 33.63	200m: 2:14.47 35.32	300m: 3:32.70 39.10	400m: 4:33.72 29.69		
9.	Paulo Andre Silva	96	Vilacondense	4:33.79	+0,70	636
	50m: 28.02 28.02	150m: 1:35.20 34.94	250m: 2:49.88 39.58	350m: 4:02.37 31.87		
	100m: 1:00.26 32.24	200m: 2:10.30 35.10	300m: 3:30.50 40.62	400m: 4:33.79 31.42		
10.	Joao Pedro Braga	94	Naval de Ponta Delgada	4:35.04	+0,76	627
	50m: 29.35 29.35	150m: 1:39.13 35.19	250m: 2:50.32 37.39	350m: 4:02.35 33.60		
	100m: 1:03.94 34.59	200m: 2:12.93 33.80	300m: 3:28.75 38.43	400m: 4:35.04 32.69		

Junior 97

1.	Tomas Machado Vale	97	Viana Natacao	4:32.16	+0,78	647
	50m: 28.72 28.72	150m: 1:34.75 33.25	250m: 2:48.53 40.14	350m: 4:00.82 31.68		
	100m: 1:01.50 32.78	200m: 2:08.39 33.64	300m: 3:29.14 40.61	400m: 4:32.16 31.34		
2.	Miguel Monteiro Cruchinho	97	Sporting	4:32.78	+0,72	643
	50m: 29.56 29.56	150m: 1:39.79 36.57	250m: 2:52.91 36.68	350m: 4:02.20 31.77		
	100m: 1:03.22 33.66	200m: 2:16.23 36.44	300m: 3:30.43 37.52	400m: 4:32.78 30.58		
3.	Joao Mota Correia	97	Alcobaca	4:36.23	+0,76	619
	50m: 28.40 28.40	150m: 1:35.85 34.75	250m: 2:51.26 39.67	350m: 4:03.52 31.93		
	100m: 1:01.10 32.70	200m: 2:11.59 35.74	300m: 3:31.59 40.33	400m: 4:36.23 32.71		
4.	Ruben Jose Morim	97	Vilacondense	4:38.06	+0,74	607
	50m: 29.61 29.61	150m: 1:39.59 36.56	250m: 2:56.89 41.52	350m: 4:09.41 30.82		
	100m: 1:03.03 33.42	200m: 2:15.37 35.78	300m: 3:38.59 41.70	400m: 4:38.06 28.65		
5.	Tiago Martim Alves	97	Desportiva de Viana	4:39.53	+0,82	597
	50m: 29.90 29.90	150m: 1:40.79 36.41	250m: 2:55.20 37.55	350m: 4:07.33 32.93		
	100m: 1:04.38 34.48	200m: 2:17.65 36.86	300m: 3:34.40 39.20	400m: 4:39.53 32.20		
6.	Vitor Joao Pereira	97	Leixoes	4:40.74	+0,90	590
	50m: 30.49 30.49	150m: 1:42.50 37.22	250m: 2:58.56 39.93	350m: 4:10.51 32.29		
	100m: 1:05.28 34.79	200m: 2:18.63 36.13	300m: 3:38.22 39.66	400m: 4:40.74 30.23		
7.	Andre Resende Pinheiro	97	Porto	4:41.28	+0,68	586
	50m: 29.82 29.82	150m: 1:40.58 36.53	250m: 2:56.65 40.61	350m: 4:10.35 32.35		
	100m: 1:04.05 34.23	200m: 2:16.04 35.46	300m: 3:38.00 41.35	400m: 4:41.28 30.93		
8.	Jose Ricardo Sousa	97	Lousada SXXI	4:45.13	+0,84	563
	50m: 29.04 29.04	150m: 1:40.53 37.02	250m: 2:58.02 40.59	350m: 4:12.82 33.68		
	100m: 1:03.51 34.47	200m: 2:17.43 36.90	300m: 3:39.14 41.12	400m: 4:45.13 32.31		

DSQ Bruno Miguel Ramos 97 Belenenses
810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3

Junior 98

1.	Joao Alexandre Vital	98	Colegio Monte Maior	4:21.93	+0,68	726
	<i>Recorde Nacional, Jun17</i>					
	50m: 27.89 27.89	150m: 1:31.45 32.16	250m: 2:41.38 37.77	350m: 3:51.38 31.58		
	100m: 59.29 31.40	200m: 2:03.61 32.16	300m: 3:19.80 38.42	400m: 4:21.93 30.55		
2.	Andre Magalhaes Moura	98	Academico Viseu	4:34.79	+0,74	629
	50m: 29.22 29.22	150m: 1:39.83 37.12	250m: 2:53.11 37.28	350m: 4:03.67 32.23		
	100m: 1:02.71 33.49	200m: 2:15.83 36.00	300m: 3:31.44 38.33	400m: 4:34.79 31.12		

Campeonatos Nacional Absolutos Piscina Curta
Porto, 19 a 21-12-2014

Prova 11, Masc., 400m Estilos, Junior 98

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts
3.	Jose Pedro Sampaio	98	Foca	4:38.26				+0,83	606
	50m: 29.72 29.72	150m: 1:38.86 35.36	250m: 2:54.49 40.75	350m: 4:07.56 32.50					
	100m: 1:03.50 33.78	200m: 2:13.74 34.88	300m: 3:35.06 40.57	400m: 4:38.26 30.70					
4.	Luis Carlos Almeida	98	Aquatico Pacense	4:44.40				+0,89	567
	50m: 29.56 29.56	150m: 1:40.17 36.67	250m: 2:57.96 40.87	350m: 4:12.52 33.16					
	100m: 1:03.50 33.94	200m: 2:17.09 36.92	300m: 3:39.36 41.40	400m: 4:44.40 31.88					
5.	Diogo Vicente Silva	98	Nautico da Marinha Grande	4:45.22				+0,77	562
	50m: 29.23 29.23	150m: 1:39.51 36.20	250m: 2:56.17 40.34	350m: 4:11.96 34.36					
	100m: 1:03.31 34.08	200m: 2:15.83 36.32	300m: 3:37.60 41.43	400m: 4:45.22 33.26					
6.	Diogo Miguel Costa	98	Porto	4:45.80				+0,68	559
	50m: 28.80 28.80	150m: 1:40.92 37.84	250m: 2:56.73 38.96	350m: 4:12.46 34.60					
	100m: 1:03.08 34.28	200m: 2:17.77 36.85	300m: 3:37.86 41.13	400m: 4:45.80 33.34					
7.	Rafael Ladeiro Santos	98	Geslours	4:47.16				+0,79	551
	50m: 30.13 30.13	150m: 1:43.76 38.58	250m: 3:00.98 40.59	350m: 4:15.68 33.21					
	100m: 1:05.18 35.05	200m: 2:20.39 36.63	300m: 3:42.47 41.49	400m: 4:47.16 31.48					
8.	Afonso Calais Queiroga	98	Uniao Piedense	4:48.31				+0,71	544
	50m: 29.95 29.95	150m: 1:42.56 37.17	250m: 2:59.44 40.44	350m: 4:14.60 34.42					
	100m: 1:05.39 35.44	200m: 2:19.00 36.44	300m: 3:40.18 40.74	400m: 4:48.31 33.71					
9.	Luis Filipe Ribeiro	98	Braga	4:54.54				+0,82	511
	<i>FTL</i>								
	50m: 30.32 30.32	150m: 1:44.58 39.20	250m: 3:04.55 42.17	350m: 4:21.47 34.41					
	100m: 1:05.38 35.06	200m: 2:22.38 37.80	300m: 3:47.06 42.51	400m: 4:54.54 33.07					