

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

Prova 17
20-12-2014

Masc., 400m Livres

Absoluto
Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Recordes Nacionais 25m Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	29-03-2014
Recordes Nacionais 25m Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Recordes Nacionais 25m Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Recordes Nacionais 25m Jun17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recordes Nacionais 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

TAC-JUN97M Jun18: 4:09.24 / TAC-JUN98M Jun17: 4:12.86 / TAC-SEN94+VM Sen21+: 4:00.82 / TAC-SEN95M Sen20: 4:04.43 / TAC-SEN96M Sen19: 4:06.84

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Absoluto						
1.	Pedro Miguel Pinotes	89	Sporting	3:49.54	+0,67	790
	50m: 26.68 26.68	150m: 1:24.50 29.21	250m: 2:23.61 29.17	350m: 3:21.71 29.04		
	100m: 55.29 28.61	200m: 1:54.44 29.94	300m: 2:52.67 29.06	400m: 3:49.54 27.83		
2.	Rafael Lourenco Gil	96	Naval Amorense	3:50.39	+0,74	781
	50m: 27.28 27.28	150m: 1:25.50 29.16	250m: 2:24.51 29.46	350m: 3:22.36 28.78		
	100m: 56.34 29.06	200m: 1:55.05 29.55	300m: 2:53.58 29.07	400m: 3:50.39 28.03		
3.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	3:52.34	+0,70	762
	50m: 27.53 27.53	150m: 1:25.81 29.57	250m: 2:25.15 29.48	350m: 3:24.29 29.39		
	100m: 56.24 28.71	200m: 1:55.67 29.86	300m: 2:54.90 29.75	400m: 3:52.34 28.05		
4.	Joao Pedro Gil	97	Naval Amorense	3:53.11	+0,68	754
	50m: 27.26 27.26	150m: 1:26.09 29.47	250m: 2:25.00 29.29	350m: 3:24.52 29.99		
	100m: 56.62 29.36	200m: 1:55.71 29.62	300m: 2:54.53 29.53	400m: 3:53.11 28.59		
5.	Mario Andre Bonanca	90	Sporting	3:54.82	+0,78	738
	50m: 26.96 26.96	150m: 1:24.63 29.08	250m: 2:24.00 29.50	350m: 3:24.75 30.50		
	100m: 55.55 28.59	200m: 1:54.50 29.87	300m: 2:54.25 30.25	400m: 3:54.82 30.07		
6.	Guilherme Pereira Dias	97	Sporting	3:54.97	+0,74	737
	50m: 27.30 27.30	150m: 1:26.70 29.81	250m: 2:26.14 29.70	350m: 3:25.61 29.61		
	100m: 56.89 29.59	200m: 1:56.44 29.74	300m: 2:56.00 29.86	400m: 3:54.97 29.36		
7.	Ricardo Manuel Machado	93	Braga	3:56.65	+0,77	721
	50m: 27.38 27.38	150m: 1:26.06 29.57	250m: 2:26.15 29.86	350m: 3:26.71 30.17		
	100m: 56.49 29.11	200m: 1:56.29 30.23	300m: 2:56.54 30.39	400m: 3:56.65 29.94		
8.	Joao Alexandre Vital	98	Colegio Monte Maior	3:57.19	+0,68	716
	50m: 27.07 27.07	150m: 1:26.83 30.09	250m: 2:26.81 29.59	350m: 3:27.73 30.45		
	100m: 56.74 29.67	200m: 1:57.22 30.39	300m: 2:57.28 30.47	400m: 3:57.19 29.46		
9.	Tiago Silva Oliveira	94	Leixoes	3:57.97	+0,72	709
	50m: 28.13 28.13	150m: 1:27.72 29.92	250m: 2:27.98 30.06	350m: 3:28.15 30.18		
	100m: 57.80 29.67	200m: 1:57.92 30.20	300m: 2:57.97 29.99	400m: 3:57.97 29.82		
10.	Fernando Eurico Costa	85	Leixoes	3:58.11	+0,76	708
	50m: 27.38 27.38	150m: 1:27.14 30.12	250m: 2:27.26 29.76	350m: 3:27.92 30.68		
	100m: 57.02 29.64	200m: 1:57.50 30.36	300m: 2:57.24 29.98	400m: 3:58.11 30.19		
11.	Joao Duarte Santos	95	Benfica	3:58.45	+0,72	705
	50m: 27.62 27.62	150m: 1:28.19 30.52	250m: 2:28.44 29.77	350m: 3:28.89 30.35		
	100m: 57.67 30.05	200m: 1:58.67 30.48	300m: 2:58.54 30.10	400m: 3:58.45 29.56		

Campeonatos Nacional Absolutos Piscina Curta
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Prova 17, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts
12.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:59.18	+0,67				698
	50m: 27.36 27.36	150m: 1:26.26	30.09	250m: 2:27.46	30.37	350m: 3:29.18			31.17
	100m: 56.17 28.81	200m: 1:57.09	30.83	300m: 2:58.01	30.55	400m: 3:59.18			30.00
13.	Joao Carlos Santos	96	Naval Amorense	3:59.90	+0,71				692
	50m: 28.21 28.21	150m: 1:28.71	30.36	250m: 2:29.68	30.10	350m: 3:30.36			30.27
	100m: 58.35 30.14	200m: 1:59.58	30.87	300m: 3:00.09	30.41	400m: 3:59.90			29.54
14.	Filipe Carmo Ramos	97	Vilacondense	4:01.27	+0,78				680
	50m: 27.00 27.00	150m: 1:26.95	30.23	250m: 2:28.22	30.40	350m: 3:30.70			31.30
	100m: 56.72 29.72	200m: 1:57.82	30.87	300m: 2:59.40	31.18	400m: 4:01.27			30.57
15.	Ruben Jose Morim	97	Vilacondense	4:01.76	+0,77				676
	50m: 27.74 27.74	150m: 1:28.93	31.16	250m: 2:31.24	31.05	350m: 3:32.68			30.35
	100m: 57.77 30.03	200m: 2:00.19	31.26	300m: 3:02.33	31.09	400m: 4:01.76			29.08
16.	Joao Pedro Belo	97	Sporting	4:01.80	+0,69				676
	50m: 28.11 28.11	150m: 1:28.95	30.50	250m: 2:30.89	30.82	350m: 3:32.00			30.46
	100m: 58.45 30.34	200m: 2:00.07	31.12	300m: 3:01.54	30.65	400m: 4:01.80			29.80
17.	Guilherme Filipe Pina	98	Benedita	4:02.22	+0,77				672
	50m: 28.10 28.10	150m: 1:28.66	30.60	250m: 2:30.10	30.49	350m: 3:32.02			31.12
	100m: 58.06 29.96	200m: 1:59.61	30.95	300m: 3:00.90	30.80	400m: 4:02.22			30.20
18.	Jose Paula Carvalho	98	Uniao Piedense	4:03.32	+0,79				663
	50m: 28.03 28.03	150m: 1:28.77	30.61	250m: 2:29.92	30.25	350m: 3:32.58			31.48
	100m: 58.16 30.13	200m: 1:59.67	30.90	300m: 3:01.10	31.18	400m: 4:03.32			30.74
19.	Goncalo Miguel Nogueira	98	Porto	4:03.52	+0,69				662
	50m: 27.30 27.30	150m: 1:27.90	30.42	250m: 2:29.48	31.03	350m: 3:32.02			31.23
	100m: 57.48 30.18	200m: 1:58.45	30.55	300m: 3:00.79	31.31	400m: 4:03.52			31.50
20.	Joao Andre Neves	95	Academica de Coimbra	4:04.80	+0,78				651
	<i>FTL</i>								
	50m: 28.17 28.17	150m: 1:29.54	30.84	250m: 2:31.61	30.86	350m: 3:33.85			31.38
	100m: 58.70 30.53	200m: 2:00.75	31.21	300m: 3:02.47	30.86	400m: 4:04.80			30.95
21.	Pedro Maria Bessa	95	Vilacondense	4:05.87	+0,77				643
	<i>FTL</i>								
	50m: 27.53 27.53	150m: 1:27.48	30.24	250m: 2:29.13	31.04	350m: 3:33.76			32.92
	100m: 57.24 29.71	200m: 1:58.09	30.61	300m: 3:00.84	31.71	400m: 4:05.87			32.11
22.	Bruno Miguel Ramos	97	Belenenses	4:07.17	+0,70				633
	50m: 27.90 27.90	150m: 1:29.09	31.20	250m: 2:31.56	30.88	350m: 3:35.14			31.78
	100m: 57.89 29.99	200m: 2:00.68	31.59	300m: 3:03.36	31.80	400m: 4:07.17			32.03
23.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:07.34	+0,76				631
	50m: 27.73 27.73	150m: 1:28.46	30.59	250m: 2:31.77	31.55	350m: 3:35.81			31.75
	100m: 57.87 30.14	200m: 2:00.22	31.76	300m: 3:04.06	32.29	400m: 4:07.34			31.53
24.	Eduardo Salgado Ramos	97	Porto	4:07.69	+0,70				629
	50m: 27.44 27.44	150m: 1:29.39	31.59	250m: 2:32.73	31.33	350m: 3:36.12			32.11
	100m: 57.80 30.36	200m: 2:01.40	32.01	300m: 3:04.01	31.28	400m: 4:07.69			31.57
25.	Fabio Alcantara Aires	97	Naval Amorense	4:08.35	+0,74				624
	50m: 28.36 28.36	150m: 1:31.48	31.90	250m: 2:34.51	30.78	350m: 3:37.75			31.82
	100m: 59.58 31.22	200m: 2:03.73	32.25	300m: 3:05.93	31.42	400m: 4:08.35			30.60
26.	Joao Costa Ferreira	98	Famalicao	4:08.40	+0,91				623
	50m: 28.14 28.14	150m: 1:30.46	31.59	250m: 2:34.16	31.68	350m: 3:38.01			31.85
	100m: 58.87 30.73	200m: 2:02.48	32.02	300m: 3:06.16	32.00	400m: 4:08.40			30.39

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Prova 17, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
27.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:09.85	+0,77	613
	50m: 28.03 28.03	150m: 1:30.42 31.59	250m: 2:34.91 32.05	350m: 3:39.26 32.27		
	100m: 58.83 30.80	200m: 2:02.86 32.44	300m: 3:06.99 32.08	400m: 4:09.85 30.59		
28.	Vitor Joao Pereira	97	Leixoes	4:09.86	+0,86	612
	<i>FTL</i>					
	50m: 28.18 28.18	150m: 1:29.28 31.22	250m: 2:32.61 31.89	350m: 3:37.58 32.36		
	100m: 58.06 29.88	200m: 2:00.72 31.44	300m: 3:05.22 32.61	400m: 4:09.86 32.28		
29.	Afonso Calais Queiroga	98	Uniao Piedense	4:10.61	+0,73	607
	50m: 27.65 27.65	150m: 1:30.17 31.77	250m: 2:35.02 32.01	350m: 3:39.58 32.45		
	100m: 58.40 30.75	200m: 2:03.01 32.84	300m: 3:07.13 32.11	400m: 4:10.61 31.03		
30.	Miguel Angelo Silvestre	97	Alcobaca	4:13.62	+0,74	586
	<i>FTL</i>					
	50m: 28.17 28.17	150m: 1:30.56 31.61	250m: 2:35.27 32.44	350m: 3:41.00 33.00		
	100m: 58.95 30.78	200m: 2:02.83 32.27	300m: 3:08.00 32.73	400m: 4:13.62 32.62		
31.	Tiago Carlos Santos	98	Naval Amorense	4:13.70	+0,74	585
	<i>FTL</i>					
	50m: 27.75 27.75	150m: 1:29.16 31.21	250m: 2:34.70 33.27	350m: 3:40.67 33.02		
	100m: 57.95 30.20	200m: 2:01.43 32.27	300m: 3:07.65 32.95	400m: 4:13.70 33.03		
DNS	Rafael Ladeiro Santos	98	Geslours			

Senior 94+V

1.	Pedro Miguel Pinotes	89	Sporting	3:49.54	+0,67	790
	50m: 26.68 26.68	150m: 1:24.50 29.21	250m: 2:23.61 29.17	350m: 3:21.71 29.04		
	100m: 55.29 28.61	200m: 1:54.44 29.94	300m: 2:52.67 29.06	400m: 3:49.54 27.83		
2.	Mario Alexandre Pereira	92	Nautico /Urgicentro-Sanfil	3:52.34	+0,70	762
	50m: 27.53 27.53	150m: 1:25.81 29.57	250m: 2:25.15 29.48	350m: 3:24.29 29.39		
	100m: 56.24 28.71	200m: 1:55.67 29.86	300m: 2:54.90 29.75	400m: 3:52.34 28.05		
3.	Mario Andre Bonanca	90	Sporting	3:54.82	+0,78	738
	50m: 26.96 26.96	150m: 1:24.63 29.08	250m: 2:24.00 29.50	350m: 3:24.75 30.50		
	100m: 55.55 28.59	200m: 1:54.50 29.87	300m: 2:54.25 30.25	400m: 3:54.82 30.07		
4.	Ricardo Manuel Machado	93	Braga	3:56.65	+0,77	721
	50m: 27.38 27.38	150m: 1:26.06 29.57	250m: 2:26.15 29.86	350m: 3:26.71 30.17		
	100m: 56.49 29.11	200m: 1:56.29 30.23	300m: 2:56.54 30.39	400m: 3:56.65 29.94		
5.	Tiago Silva Oliveira	94	Leixoes	3:57.97	+0,72	709
	50m: 28.13 28.13	150m: 1:27.72 29.92	250m: 2:27.98 30.06	350m: 3:28.15 30.18		
	100m: 57.80 29.67	200m: 1:57.92 30.20	300m: 2:57.97 29.99	400m: 3:57.97 29.82		
6.	Fernando Eurico Costa	85	Leixoes	3:58.11	+0,76	708
	50m: 27.38 27.38	150m: 1:27.14 30.12	250m: 2:27.26 29.76	350m: 3:27.92 30.68		
	100m: 57.02 29.64	200m: 1:57.50 30.36	300m: 2:57.24 29.98	400m: 3:58.11 30.19		

Senior 95

1.	Joao Duarte Santos	95	Benfica	3:58.45	+0,72	705
	50m: 27.62 27.62	150m: 1:28.19 30.52	250m: 2:28.44 29.77	350m: 3:28.89 30.35		
	100m: 57.67 30.05	200m: 1:58.67 30.48	300m: 2:58.54 30.10	400m: 3:58.45 29.56		

Campeonatos Nacional Absolutos Piscina Curta
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Prova 17, Masc., 400m Livres, Senior 95

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
2.	Joao Andre Neves	95	Academica de Coimbra	4:04.80	+0,78	651
	<i>FTL</i>					
	50m: 28.17 28.17	150m: 1:29.54 30.84	250m: 2:31.61 30.86	350m: 3:33.85 31.38		
	100m: 58.70 30.53	200m: 2:00.75 31.21	300m: 3:02.47 30.86	400m: 4:04.80 30.95		
3.	Pedro Maria Bessa	95	Vilacondense	4:05.87	+0,77	643
	<i>FTL</i>					
	50m: 27.53 27.53	150m: 1:27.48 30.24	250m: 2:29.13 31.04	350m: 3:33.76 32.92		
	100m: 57.24 29.71	200m: 1:58.09 30.61	300m: 3:00.84 31.71	400m: 4:05.87 32.11		

Senior 96

1.	Rafael Lourenco Gil	96	Naval Amorense	3:50.39	+0,74	781
	50m: 27.28 27.28	150m: 1:25.50 29.16	250m: 2:24.51 29.46	350m: 3:22.36 28.78		
	100m: 56.34 29.06	200m: 1:55.05 29.55	300m: 2:53.58 29.07	400m: 3:50.39 28.03		
2.	Joao Carlos Santos	96	Naval Amorense	3:59.90	+0,71	692
	50m: 28.21 28.21	150m: 1:28.71 30.36	250m: 2:29.68 30.10	350m: 3:30.36 30.27		
	100m: 58.35 30.14	200m: 1:59.58 30.87	300m: 3:00.09 30.41	400m: 3:59.90 29.54		

Junior 97

1.	Joao Pedro Gil	97	Naval Amorense	3:53.11	+0,68	754
	50m: 27.26 27.26	150m: 1:26.09 29.47	250m: 2:25.00 29.29	350m: 3:24.52 29.99		
	100m: 56.62 29.36	200m: 1:55.71 29.62	300m: 2:54.53 29.53	400m: 3:53.11 28.59		
2.	Guilherme Pereira Dias	97	Sporting	3:54.97	+0,74	737
	50m: 27.30 27.30	150m: 1:26.70 29.81	250m: 2:26.14 29.70	350m: 3:25.61 29.61		
	100m: 56.89 29.59	200m: 1:56.44 29.74	300m: 2:56.00 29.86	400m: 3:54.97 29.36		
3.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	3:59.18	+0,67	698
	50m: 27.36 27.36	150m: 1:26.26 30.09	250m: 2:27.46 30.37	350m: 3:29.18 31.17		
	100m: 56.17 28.81	200m: 1:57.09 30.83	300m: 2:58.01 30.55	400m: 3:59.18 30.00		
4.	Filipe Carmo Ramos	97	Vilacondense	4:01.27	+0,78	680
	50m: 27.00 27.00	150m: 1:26.95 30.23	250m: 2:28.22 30.40	350m: 3:30.70 31.30		
	100m: 56.72 29.72	200m: 1:57.82 30.87	300m: 2:59.40 31.18	400m: 4:01.27 30.57		
5.	Ruben Jose Morim	97	Vilacondense	4:01.76	+0,77	676
	50m: 27.74 27.74	150m: 1:28.93 31.16	250m: 2:31.24 31.05	350m: 3:32.68 30.35		
	100m: 57.77 30.03	200m: 2:00.19 31.26	300m: 3:02.33 31.09	400m: 4:01.76 29.08		
6.	Joao Pedro Belo	97	Sporting	4:01.80	+0,69	676
	50m: 28.11 28.11	150m: 1:28.95 30.50	250m: 2:30.89 30.82	350m: 3:32.00 30.46		
	100m: 58.45 30.34	200m: 2:00.07 31.12	300m: 3:01.54 30.65	400m: 4:01.80 29.80		
7.	Bruno Miguel Ramos	97	Belenenses	4:07.17	+0,70	633
	50m: 27.90 27.90	150m: 1:29.09 31.20	250m: 2:31.56 30.88	350m: 3:35.14 31.78		
	100m: 57.89 29.99	200m: 2:00.68 31.59	300m: 3:03.36 31.80	400m: 4:07.17 32.03		
8.	Eduardo Salgado Ramos	97	Porto	4:07.69	+0,70	629
	50m: 27.44 27.44	150m: 1:29.39 31.59	250m: 2:32.73 31.33	350m: 3:36.12 32.11		
	100m: 57.80 30.36	200m: 2:01.40 32.01	300m: 3:04.01 31.28	400m: 4:07.69 31.57		
9.	Fabio Alcantara Aires	97	Naval Amorense	4:08.35	+0,74	624
	50m: 28.36 28.36	150m: 1:31.48 31.90	250m: 2:34.51 30.78	350m: 3:37.75 31.82		
	100m: 59.58 31.22	200m: 2:03.73 32.25	300m: 3:05.93 31.42	400m: 4:08.35 30.60		

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Prova 17, Masc., 400m Livres, Junior 97

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Vitor Joao Pereira <i>FTL</i>	97	Leixoes	4:09.86	+0,86	612
	50m: 28.18 28.18	150m: 1:29.28 31.22	250m: 2:32.61 31.89	350m: 3:37.58 32.36		
	100m: 58.06 29.88	200m: 2:00.72 31.44	300m: 3:05.22 32.61	400m: 4:09.86 32.28		
11.	Miguel Angelo Silvestre <i>FTL</i>	97	Alcobaca	4:13.62	+0,74	586
	50m: 28.17 28.17	150m: 1:30.56 31.61	250m: 2:35.27 32.44	350m: 3:41.00 33.00		
	100m: 58.95 30.78	200m: 2:02.83 32.27	300m: 3:08.00 32.73	400m: 4:13.62 32.62		

Junior 98

1.	Joao Alexandre Vital	98	Colegio Monte Maior	3:57.19	+0,68	716
	50m: 27.07 27.07	150m: 1:26.83 30.09	250m: 2:26.81 29.59	350m: 3:27.73 30.45		
	100m: 56.74 29.67	200m: 1:57.22 30.39	300m: 2:57.28 30.47	400m: 3:57.19 29.46		
2.	Guilherme Filipe Pina	98	Benedita	4:02.22	+0,77	672
	50m: 28.10 28.10	150m: 1:28.66 30.60	250m: 2:30.10 30.49	350m: 3:32.02 31.12		
	100m: 58.06 29.96	200m: 1:59.61 30.95	300m: 3:00.90 30.80	400m: 4:02.22 30.20		
3.	Jose Paula Carvalho	98	Uniao Piedense	4:03.32	+0,79	663
	50m: 28.03 28.03	150m: 1:28.77 30.61	250m: 2:29.92 30.25	350m: 3:32.58 31.48		
	100m: 58.16 30.13	200m: 1:59.67 30.90	300m: 3:01.10 31.18	400m: 4:03.32 30.74		
4.	Goncalo Miguel Nogueira	98	Porto	4:03.52	+0,69	662
	50m: 27.30 27.30	150m: 1:27.90 30.42	250m: 2:29.48 31.03	350m: 3:32.02 31.23		
	100m: 57.48 30.18	200m: 1:58.45 30.55	300m: 3:00.79 31.31	400m: 4:03.52 31.50		
5.	Alexandre Magno Carvalho	98	Fluvial Portuense	4:07.34	+0,76	631
	50m: 27.73 27.73	150m: 1:28.46 30.59	250m: 2:31.77 31.55	350m: 3:35.81 31.75		
	100m: 57.87 30.14	200m: 2:00.22 31.76	300m: 3:04.06 32.29	400m: 4:07.34 31.53		
6.	Joao Costa Ferreira	98	Famalicao	4:08.40	+0,91	623
	50m: 28.14 28.14	150m: 1:30.46 31.59	250m: 2:34.16 31.68	350m: 3:38.01 31.85		
	100m: 58.87 30.73	200m: 2:02.48 32.02	300m: 3:06.16 32.00	400m: 4:08.40 30.39		
7.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:09.85	+0,77	613
	50m: 28.03 28.03	150m: 1:30.42 31.59	250m: 2:34.91 32.05	350m: 3:39.26 32.27		
	100m: 58.83 30.80	200m: 2:02.86 32.44	300m: 3:06.99 32.08	400m: 4:09.85 30.59		
8.	Afonso Calais Queiroga	98	Uniao Piedense	4:10.61	+0,73	607
	50m: 27.65 27.65	150m: 1:30.17 31.77	250m: 2:35.02 32.01	350m: 3:39.58 32.45		
	100m: 58.40 30.75	200m: 2:03.01 32.84	300m: 3:07.13 32.11	400m: 4:10.61 31.03		
9.	Tiago Carlos Santos <i>FTL</i>	98	Naval Amorense	4:13.70	+0,74	585
	50m: 27.75 27.75	150m: 1:29.16 31.21	250m: 2:34.70 33.27	350m: 3:40.67 33.02		
	100m: 57.95 30.20	200m: 2:01.43 32.27	300m: 3:07.65 32.95	400m: 4:13.70 33.03		
DNS	Rafael Ladeiro Santos	98	Geslours			
EXH	Nathan Keith Theodoris	95	Louletano / Loule Concelho	3:53.04	+0,72	755
	50m: 27.38 27.38	150m: 1:25.68 29.21	250m: 2:24.92 29.53	350m: 3:24.29 29.58		
	100m: 56.47 29.09	200m: 1:55.39 29.71	300m: 2:54.71 29.79	400m: 3:53.04 28.75		
EXH	Pedro Vicente Calonio <i>FTL</i>	98	Leixoes	4:16.26	+0,80	568
	50m: 28.06 28.06	150m: 1:30.85 31.91	250m: 2:36.36 32.96	350m: 3:43.19 33.54		
	100m: 58.94 30.88	200m: 2:03.40 32.55	300m: 3:09.65 33.29	400m: 4:16.26 33.07		