

Prova 11
11-03-2016 - 17:35

Masc., 400m Estilos

Absolutos
Resultados

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-09-2013
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	POR	Utrecht (NED)	16-07-2013
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014
Rec Nac Jun17	4:25.23	Joao Alexandre Vital	POR	Singapore (SIN)	29-08-2015
Rec Nac Jun18	4:25.52	Joao Alexandre Vital	POR	Antwerpen (BEL)	24-01-2016
Rec Nac Sen	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	Sporting	4:23.85	+0,66	789	
	<i>Recorde Nacional, Junior 18</i>						
	50m: 27.95 27.95	150m: 1:32.91 33.64	250m: 2:43.34 37.77	350m: 3:52.47 31.26			
	100m: 59.27 31.32	200m: 2:05.57 32.66	300m: 3:21.21 37.87	400m: 4:23.85 31.38			
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:26.51	+0,66	765	
	50m: 28.45 28.45	150m: 1:35.91 35.48	250m: 2:46.91 36.37	350m: 3:55.32 32.08			
	100m: 1:00.43 31.98	200m: 2:10.54 34.63	300m: 3:23.24 36.33	400m: 4:26.51 31.19			
3.	Pedro Miguel Pinotes	89	Sporting	4:33.12	+0,69	711	
	50m: 28.68 28.68	150m: 1:37.38 37.13	250m: 2:50.85 37.90	350m: 4:02.20 32.70			
	100m: 1:00.25 31.57	200m: 2:12.95 35.57	300m: 3:29.50 38.65	400m: 4:33.12 30.92			
4.	Andre Bras Goncalves	88	Belenenses	4:37.38	+0,64	679	
	50m: 28.31 28.31	150m: 1:37.61 36.71	250m: 2:53.26 40.11	350m: 4:05.82 33.03			
	100m: 1:00.90 32.59	200m: 2:13.15 35.54	300m: 3:32.79 39.53	400m: 4:37.38 31.56			
5.	Jorge Jesus Silva	00	Braga	4:39.46	+0,80	664	
	50m: 29.83 29.83	150m: 1:41.90 38.11	250m: 2:57.24 37.87	350m: 4:09.65 32.55			
	100m: 1:03.79 33.96	200m: 2:19.37 37.47	300m: 3:37.10 39.86	400m: 4:39.46 29.81			
6.	Andre Magalhaes Moura	98	Academico Viseu	4:39.75	+0,66	662	
	50m: 29.00 29.00	150m: 1:40.42 37.89	250m: 2:56.05 38.38	350m: 4:07.86 32.34			
	100m: 1:02.53 33.53	200m: 2:17.67 37.25	300m: 3:35.52 39.47	400m: 4:39.75 31.89			
7.	Nuno Rafael Alves	90	Vilacondense	4:43.11	+0,78	638	
	50m: 29.44 29.44	150m: 1:38.63 37.20	250m: 2:54.11 38.90	350m: 4:07.54 34.70			
	100m: 1:01.43 31.99	200m: 2:15.21 36.58	300m: 3:32.84 38.73	400m: 4:43.11 35.57			
8.	Jose Pedro Sampaio	98	Foca	4:43.91	+0,79	633	
	50m: 30.31 30.31	150m: 1:41.12 36.83	250m: 2:57.52 39.67	350m: 4:11.16 32.72			
	100m: 1:04.29 33.98	200m: 2:17.85 36.73	300m: 3:38.44 40.92	400m: 4:43.91 32.75			
9.	Joao Mota Correia	97	Benfica	4:43.95	+0,70	633	
	50m: 27.86 27.86	150m: 1:38.19 37.01	250m: 2:56.54 41.55	350m: 4:11.24 33.30			
	100m: 1:01.18 33.32	200m: 2:14.99 36.80	300m: 3:37.94 41.40	400m: 4:43.95 32.71			
10.	Jose Paulo Lopes	00	Braga	4:44.67	+0,71	628	
	50m: 28.94 28.94	150m: 1:38.30 35.80	250m: 2:56.63 42.86	350m: 4:12.87 33.18			
	100m: 1:02.50 33.56	200m: 2:13.77 35.47	300m: 3:39.69 43.06	400m: 4:44.67 31.80			
11.	Tiago Miguel Vilhena	01	Natacao de Faro	4:45.31	+0,67	624	
	50m: 29.38 29.38	150m: 1:42.06 37.34	250m: 2:59.45 41.09	350m: 4:14.26 33.67			
	100m: 1:04.72 35.34	200m: 2:18.36 36.30	300m: 3:40.59 41.14	400m: 4:45.31 31.05			
12.	Joao Daniel Machado	99	Uniao Piedense	4:45.38	+0,68	623	
	50m: 29.12 29.12	150m: 1:40.04 36.48	250m: 2:57.52 41.70	350m: 4:12.77 33.40			
	100m: 1:03.56 34.44	200m: 2:15.82 35.78	300m: 3:39.37 41.85	400m: 4:45.38 32.61			
13.	Bernardo Garcia Perloiro	00	Sporting	4:46.70	+0,59	615	
	50m: 30.09 30.09	150m: 1:41.62 36.27	250m: 2:58.63 41.32	350m: 4:13.70 33.68			
	100m: 1:05.35 35.26	200m: 2:17.31 35.69	300m: 3:40.02 41.39	400m: 4:46.70 33.00			

Prova 11, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Diogo Leal Dantas	00	Sporting	4:48.30	+0,60	605	
	50m: 28.96 28.96	150m: 1:40.09 37.71	250m: 2:58.49	41.28	350m: 4:14.66 34.24		
	100m: 1:02.38 33.42	200m: 2:17.21 37.12	300m: 3:40.42	41.93	400m: 4:48.30 33.64		
15.	Andre Vilas Ruivo	00	Ba/Bomcar	4:48.81	+0,70	601	
	50m: 29.01 29.01	150m: 1:40.83 37.36	250m: 3:00.17	41.15	350m: 4:15.65 32.63		
	100m: 1:03.47 34.46	200m: 2:19.02 38.19	300m: 3:43.02	42.85	400m: 4:48.81 33.16		
16.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:49.13	+0,69	599	
	50m: 29.67 29.67	150m: 1:42.09 37.91	250m: 3:01.03	41.18	350m: 4:16.93 33.87		
	100m: 1:04.18 34.51	200m: 2:19.85 37.76	300m: 3:43.06	42.03	400m: 4:49.13 32.20		
17.	Joao Carlos Santos	96	Uniao Piedense	4:51.06	+0,68	587	
	50m: 30.55 30.55	150m: 1:44.68 38.76	250m: 3:05.06	42.84	350m: 4:20.62 32.96		
	100m: 1:05.92 35.37	200m: 2:22.22 37.54	300m: 3:47.66	42.60	400m: 4:51.06 30.44		
18.	Sergio Filipe Travanca	00	Fluval Portuense	4:52.38	+0,74	580	
	50m: 30.86 30.86	150m: 1:44.66 38.70	250m: 3:04.24	41.24	350m: 4:20.59 32.57		
	100m: 1:05.96 35.10	200m: 2:23.00 38.34	300m: 3:48.02	43.78	400m: 4:52.38 31.79		
19.	Alexandre Magno Carvalho	98	Fluval Portuense	4:52.42	+0,72	579	
	50m: 29.95 29.95	150m: 1:45.69 40.38	250m: 3:04.84	41.07	350m: 4:20.26 32.95		
	100m: 1:05.31 35.36	200m: 2:23.77 38.08	300m: 3:47.31	42.47	400m: 4:52.42 32.16		
20.	Diogo Coelho Jose	01	Columbofila Cantanhedense	4:52.69	+0,76	578	
	50m: 30.87 30.87	150m: 1:44.20 39.09	250m: 3:05.55	44.15	350m: 4:21.02 33.87		
	100m: 1:05.11 34.24	200m: 2:21.40 37.20	300m: 3:47.15	41.60	400m: 4:52.69 31.67		
21.	Filipe Miguel Santo	00	Sporting	4:53.24	+0,76	574	
	50m: 31.44 31.44	150m: 1:44.89 37.65	250m: 3:04.80	42.19	350m: 4:20.28 33.80		
	100m: 1:07.24 35.80	200m: 2:22.61 37.72	300m: 3:46.48	41.68	400m: 4:53.24 32.96		
22.	Filipe Ferreira Luz	98	Geslours	4:53.33	+0,83	574	
	50m: 31.87 31.87	150m: 1:45.13 37.81	250m: 3:03.98	42.82	350m: 4:21.04 33.19		
	100m: 1:07.32 35.45	200m: 2:21.16 36.03	300m: 3:47.85	43.87	400m: 4:53.33 32.29		
23.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:55.58	+0,73	561	
	50m: 30.92 30.92	150m: 1:47.36 41.22	250m: 3:07.67	41.82	350m: 4:24.18 33.91		
	100m: 1:06.14 35.22	200m: 2:25.85 38.49	300m: 3:50.27	42.60	400m: 4:55.58 31.40		
24.	Duarte Miguel Jorge	01	Galitos / Bresimar	4:55.65	+0,77	561	
	50m: 31.38 31.38	150m: 1:44.78 38.14	250m: 3:05.90	44.07	350m: 4:22.54 33.67		
	100m: 1:06.64 35.26	200m: 2:21.83 37.05	300m: 3:48.87	42.97	400m: 4:55.65 33.11		
25.	Bernardo Graca Rodrigues	99	Alges	4:56.41	+0,74	556	
	50m: 30.17 30.17	150m: 1:46.19 39.76	250m: 3:06.80	42.69	350m: 4:23.27 33.44		
	100m: 1:06.43 36.26	200m: 2:24.11 37.92	300m: 3:49.83	43.03	400m: 4:56.41 33.14		
26.	Jose Tomas Simeao	00	Laranjeiro	4:56.50	+0,85	556	
	50m: 29.13 29.13	150m: 1:42.41 37.71	250m: 3:03.16	43.69	350m: 4:22.78 34.59		
	100m: 1:04.70 35.57	200m: 2:19.47 37.06	300m: 3:48.19	45.03	400m: 4:56.50 33.72		
27.	Rafael Filipe Nunes	96	Naval Amorense	4:56.70	+0,62	555	
	50m: 29.76 29.76	150m: 1:44.23 39.97	250m: 3:06.22	42.45	350m: 4:23.68 34.07		
	100m: 1:04.26 34.50	200m: 2:23.77 39.54	300m: 3:49.61	43.39	400m: 4:56.70 33.02		
28.	Luis Filipe Soares	98	Porto	4:56.92	+0,71	553	
	50m: 30.77 30.77	150m: 1:46.18 38.48	250m: 3:06.15	41.94	350m: 4:23.85 34.53		
	100m: 1:07.70 36.93	200m: 2:24.21 38.03	300m: 3:49.32	43.17	400m: 4:56.92 33.07		

Prova 11, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Miguel Goncalves Frade	00	Torres Novas	4:57.51	+0,74	550	
	50m: 31.40 31.40	150m: 1:46.85 39.31	250m: 3:07.50	41.78	350m: 4:23.32	34.64	
	100m: 1:07.54 36.14	200m: 2:25.72 38.87	300m: 3:48.68	41.18	400m: 4:57.51	34.19	
30.	Pedro Miguel Santos	01	Porto	4:58.19	+0,68	546	
	50m: 30.29 30.29	150m: 1:43.15 37.65	250m: 3:04.61	43.82	350m: 4:24.78	35.19	
	100m: 1:05.50 35.21	200m: 2:20.79 37.64	300m: 3:49.59	44.98	400m: 4:58.19	33.41	
31.	Francisco Xavier Tomas	00	Alcobaca	4:58.94	+0,74	542	
	50m: 32.73 32.73	150m: 1:47.21 37.49	250m: 3:06.32	43.24	350m: 4:24.95	34.97	
	100m: 1:09.72 36.99	200m: 2:23.08 35.87	300m: 3:49.98	43.66	400m: 4:58.94	33.99	
32.	David Dias Lima	00	Vilacondense	5:00.25	+0,76	535	
	50m: 29.96 29.96	150m: 1:46.39 40.17	250m: 3:07.73	42.68	350m: 4:26.82	33.44	
	100m: 1:06.22 36.26	200m: 2:25.05 38.66	300m: 3:53.38	45.65	400m: 5:00.25	33.43	
33.	Afonso Guilherme Jesus	00	Sporting	5:00.33	+0,69	535	
	50m: 31.44 31.44	150m: 1:48.88 40.03	250m: 3:09.74	41.17	350m: 4:27.60	34.63	
	100m: 1:08.85 37.41	200m: 2:28.57 39.69	300m: 3:52.97	43.23	400m: 5:00.33	32.73	
34.	Ricardo Alexandre Faia	00	Benfica	5:01.17	+0,73	530	
	50m: 30.74 30.74	150m: 1:45.72 40.13	250m: 3:09.80	42.66	350m: 4:26.15	34.10	
	100m: 1:05.59 34.85	200m: 2:27.14 41.42	300m: 3:52.05	42.25	400m: 5:01.17	35.02	
35.	Diogo Vicente Silva	98	Nautico Marinha Grande	5:01.46	+0,73	529	
	50m: 30.76 30.76	150m: 1:43.68 38.13	250m: 3:05.60	43.56	350m: 4:25.94	36.17	
	100m: 1:05.55 34.79	200m: 2:22.04 38.36	300m: 3:49.77	44.17	400m: 5:01.46	35.52	
36.	David Matias Cristino	01	Naval Amorense	5:02.83	+0,73	522	
	50m: 30.29 30.29	150m: 1:45.29 39.01	250m: 3:08.88	44.92	350m: 4:28.93	34.89	
	100m: 1:06.28 35.99	200m: 2:23.96 38.67	300m: 3:54.04	45.16	400m: 5:02.83	33.90	
37.	Joao Santos Mendes	98	Leixoes	5:03.30	+0,70	519	
	50m: 30.47 30.47	150m: 1:45.84 40.03	250m: 3:08.02	43.87	350m: 4:28.60	34.90	
	100m: 1:05.81 35.34	200m: 2:24.15 38.31	300m: 3:53.70	45.68	400m: 5:03.30	34.70	
38.	Daniel Nogueira Catalao	00	Uniao Piedense	5:03.58	+0,85	518	
	50m: 30.96 30.96	150m: 1:48.82 40.93	250m: 3:10.48	42.16	350m: 4:28.54	34.23	
	100m: 1:07.89 36.93	200m: 2:28.32 39.50	300m: 3:54.31	43.83	400m: 5:03.58	35.04	
39.	Bernardo Sousa Pereira	01	Pimpoes/Cimai	5:05.08	+0,82	510	
	50m: 31.79 31.79	150m: 1:49.47 40.80	250m: 3:12.52	42.21	350m: 4:31.15	36.06	
	100m: 1:08.67 36.88	200m: 2:30.31 40.84	300m: 3:55.09	42.57	400m: 5:05.08	33.93	
40.	Joao Carvalho Diz	01	Nautico /Urgicentro-Sanfil	5:05.11	+0,76	510	
	50m: 30.06 30.06	150m: 1:45.53 40.71	250m: 3:10.19	45.74	350m: 4:31.60	35.15	
	100m: 1:04.82 34.76	200m: 2:24.45 38.92	300m: 3:56.45	46.26	400m: 5:05.11	33.51	
41.	Tiago Douwens Paula	99	Sporting	5:05.26	+0,78	509	
	50m: 32.66 32.66	150m: 1:48.66 38.49	250m: 3:10.18	43.19	350m: 4:30.45	35.66	
	100m: 1:10.17 37.51	200m: 2:26.99 38.33	300m: 3:54.79	44.61	400m: 5:05.26	34.81	
42.	Goncalo Silva Marques	01	Nautico /Urgicentro-Sanfil	5:09.26	+0,58	490	
	50m: 30.84 30.84	150m: 1:49.78 41.32	250m: 3:13.27	43.56	350m: 4:33.99	36.71	
	100m: 1:08.46 37.62	200m: 2:29.71 39.93	300m: 3:57.28	44.01	400m: 5:09.26	35.27	

Prova 11, Masc., 400m Estilos

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11-03-2016 - 17:35					Resultados
Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-09-2013
Rec Nac Jun17	4:25.23	Joao Alexandre Vital	POR	Singapore (SIN)	29-08-2015
Rec Nac Jun18	4:25.52	Joao Alexandre Vital	POR	Antwerpen (BEL)	24-01-2016

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital <i>Recorde Nacional, Junior 18</i>	98	Sporting	4:23.85	+0,66	789	
	50m: 27.95 27.95	150m: 1:32.91	33.64	250m: 2:43.34	37.77	350m: 3:52.47	31.26
	100m: 59.27 31.32	200m: 2:05.57	32.66	300m: 3:21.21	37.87	400m: 4:23.85	31.38
2.	Andre Magalhaes Moura	98	Academico Viseu	4:39.75	+0,66	662	
	50m: 29.00 29.00	150m: 1:40.42	37.89	250m: 2:56.05	38.38	350m: 4:07.86	32.34
	100m: 1:02.53 33.53	200m: 2:17.67	37.25	300m: 3:35.52	39.47	400m: 4:39.75	31.89
3.	Jose Pedro Sampaio	98	Foca	4:43.91	+0,79	633	
	50m: 30.31 30.31	150m: 1:41.12	36.83	250m: 2:57.52	39.67	350m: 4:11.16	32.72
	100m: 1:04.29 33.98	200m: 2:17.85	36.73	300m: 3:38.44	40.92	400m: 4:43.91	32.75
4.	Joao Daniel Machado	99	Uniao Piedense	4:45.38	+0,68	623	
	50m: 29.12 29.12	150m: 1:40.04	36.48	250m: 2:57.52	41.70	350m: 4:12.77	33.40
	100m: 1:03.56 34.44	200m: 2:15.82	35.78	300m: 3:39.37	41.85	400m: 4:45.38	32.61
5.	Alexandre Magno Carvalho	98	Fluval Portuense	4:52.42	+0,72	579	
	50m: 29.95 29.95	150m: 1:45.69	40.38	250m: 3:04.84	41.07	350m: 4:20.26	32.95
	100m: 1:05.31 35.36	200m: 2:23.77	38.08	300m: 3:47.31	42.47	400m: 4:52.42	32.16
6.	Filipe Ferreira Luz	98	Geslours	4:53.33	+0,83	574	
	50m: 31.87 31.87	150m: 1:45.13	37.81	250m: 3:03.98	42.82	350m: 4:21.04	33.19
	100m: 1:07.32 35.45	200m: 2:21.16	36.03	300m: 3:47.85	43.87	400m: 4:53.33	32.29
7.	Bernardo Graca Rodrigues	99	Alges	4:56.41	+0,74	556	
	50m: 30.17 30.17	150m: 1:46.19	39.76	250m: 3:06.80	42.69	350m: 4:23.27	33.44
	100m: 1:06.43 36.26	200m: 2:24.11	37.92	300m: 3:49.83	43.03	400m: 4:56.41	33.14
8.	Luis Filipe Soares	98	Porto	4:56.92	+0,71	553	
	50m: 30.77 30.77	150m: 1:46.18	38.48	250m: 3:06.15	41.94	350m: 4:23.85	34.53
	100m: 1:07.70 36.93	200m: 2:24.21	38.03	300m: 3:49.32	43.17	400m: 4:56.92	33.07
9.	Diogo Vicente Silva	98	Nautico Marinha Grande	5:01.46	+0,73	529	
	50m: 30.76 30.76	150m: 1:43.68	38.13	250m: 3:05.60	43.56	350m: 4:25.94	36.17
	100m: 1:05.55 34.79	200m: 2:22.04	38.36	300m: 3:49.77	44.17	400m: 5:01.46	35.52
10.	Joao Santos Mendes	98	Leixoes	5:03.30	+0,70	519	
	50m: 30.47 30.47	150m: 1:45.84	40.03	250m: 3:08.02	43.87	350m: 4:28.60	34.90
	100m: 1:05.81 35.34	200m: 2:24.15	38.31	300m: 3:53.70	45.68	400m: 5:03.30	34.70
11.	Tiago Douwens Paula	99	Sporting	5:05.26	+0,78	509	
	50m: 32.66 32.66	150m: 1:48.66	38.49	250m: 3:10.18	43.19	350m: 4:30.45	35.66
	100m: 1:10.17 37.51	200m: 2:26.99	38.33	300m: 3:54.79	44.61	400m: 5:05.26	34.81

Prova 11, Masc., 400m Estilos

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11-03-2016 - 17:35 Resultados

Rec Nac Absoluto 4:16.30 Alexis Manacas Santos POR Barcelona (ESP) 04-09-2013
Rec Nac Juv A 4:32.66 Joao Alexandre Vital ADRCIMM Coimbra 01-06-2014

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jorge Jesus Silva	00	Braga	4:39.46	+0,80	664	
	50m: 29.83 29.83		150m: 1:41.90 38.11	250m: 2:57.24 37.87		350m: 4:09.65 32.55	
	100m: 1:03.79 33.96		200m: 2:19.37 37.47	300m: 3:37.10 39.86		400m: 4:39.46 29.81	
2.	Jose Paulo Lopes	00	Braga	4:44.67	+0,71	628	
	50m: 28.94 28.94		150m: 1:38.30 35.80	250m: 2:56.63 42.86		350m: 4:12.87 33.18	
	100m: 1:02.50 33.56		200m: 2:13.77 35.47	300m: 3:39.69 43.06		400m: 4:44.67 31.80	
3.	Bernardo Garcia Perloiro	00	Sporting	4:46.70	+0,59	615	
	50m: 30.09 30.09		150m: 1:41.62 36.27	250m: 2:58.63 41.32		350m: 4:13.70 33.68	
	100m: 1:05.35 35.26		200m: 2:17.31 35.69	300m: 3:40.02 41.39		400m: 4:46.70 33.00	
4.	Diogo Leal Dantas	00	Sporting	4:48.30	+0,60	605	
	50m: 28.96 28.96		150m: 1:40.09 37.71	250m: 2:58.49 41.28		350m: 4:14.66 34.24	
	100m: 1:02.38 33.42		200m: 2:17.21 37.12	300m: 3:40.42 41.93		400m: 4:48.30 33.64	
5.	Andre Vilas Ruivo	00	Ba/Bomcar	4:48.81	+0,70	601	
	50m: 29.01 29.01		150m: 1:40.83 37.36	250m: 3:00.17 41.15		350m: 4:15.65 32.63	
	100m: 1:03.47 34.46		200m: 2:19.02 38.19	300m: 3:43.02 42.85		400m: 4:48.81 33.16	
6.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:49.13	+0,69	599	
	50m: 29.67 29.67		150m: 1:42.09 37.91	250m: 3:01.03 41.18		350m: 4:16.93 33.87	
	100m: 1:04.18 34.51		200m: 2:19.85 37.76	300m: 3:43.06 42.03		400m: 4:49.13 32.20	
7.	Sergio Filipe Travanca	00	Fluval Portuense	4:52.38	+0,74	580	
	50m: 30.86 30.86		150m: 1:44.66 38.70	250m: 3:04.24 41.24		350m: 4:20.59 32.57	
	100m: 1:05.96 35.10		200m: 2:23.00 38.34	300m: 3:48.02 43.78		400m: 4:52.38 31.79	
8.	Filipe Miguel Santo	00	Sporting	4:53.24	+0,76	574	
	50m: 31.44 31.44		150m: 1:44.89 37.65	250m: 3:04.80 42.19		350m: 4:20.28 33.80	
	100m: 1:07.24 35.80		200m: 2:22.61 37.72	300m: 3:46.48 41.68		400m: 4:53.24 32.96	
9.	Jose Tomas Simeao	00	Laranjeiro	4:56.50	+0,85	556	
	50m: 29.13 29.13		150m: 1:42.41 37.71	250m: 3:03.16 43.69		350m: 4:22.78 34.59	
	100m: 1:04.70 35.57		200m: 2:19.47 37.06	300m: 3:48.19 45.03		400m: 4:56.50 33.72	
10.	Miguel Goncalves Frade	00	Torres Novas	4:57.51	+0,74	550	
	50m: 31.40 31.40		150m: 1:46.85 39.31	250m: 3:07.50 41.78		350m: 4:23.32 34.64	
	100m: 1:07.54 36.14		200m: 2:25.72 38.87	300m: 3:48.68 41.18		400m: 4:57.51 34.19	
11.	Francisco Xavier Tomas	00	Alcobaca	4:58.94	+0,74	542	
	50m: 32.73 32.73		150m: 1:47.21 37.49	250m: 3:06.32 43.24		350m: 4:24.95 34.97	
	100m: 1:09.72 36.99		200m: 2:23.08 35.87	300m: 3:49.98 43.66		400m: 4:58.94 33.99	
12.	David Dias Lima	00	Vilacondense	5:00.25	+0,76	535	
	50m: 29.96 29.96		150m: 1:46.39 40.17	250m: 3:07.73 42.68		350m: 4:26.82 33.44	
	100m: 1:06.22 36.26		200m: 2:25.05 38.66	300m: 3:53.38 45.65		400m: 5:00.25 33.43	
13.	Afonso Guilherme Jesus	00	Sporting	5:00.33	+0,69	535	
	50m: 31.44 31.44		150m: 1:48.88 40.03	250m: 3:09.74 41.17		350m: 4:27.60 34.63	
	100m: 1:08.85 37.41		200m: 2:28.57 39.69	300m: 3:52.97 43.23		400m: 5:00.33 32.73	
14.	Ricardo Alexandre Faia	00	Benfica	5:01.17	+0,73	530	
	50m: 30.74 30.74		150m: 1:45.72 40.13	250m: 3:09.80 42.66		350m: 4:26.15 34.10	
	100m: 1:05.59 34.85		200m: 2:27.14 41.42	300m: 3:52.05 42.25		400m: 5:01.17 35.02	

Prova 11, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Daniel Nogueira Catalao	00	Uniao Piedense	5:03.58	+0,85	518	
	50m: 30.96 30.96	150m: 1:48.82 40.93	250m: 3:10.48 42.16	350m: 4:28.54 34.23			
	100m: 1:07.89 36.93	200m: 2:28.32 39.50	300m: 3:54.31 43.83	400m: 5:03.58 35.04			

Prova 11 Masc., 400m Estilos Juvenis B
11-03-2016 - 17:35 Resultados

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-09-2013
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	POR	Utrecht (NED)	16-07-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Miguel Vilhena	01	Natacao de Faro	4:45.31	+0,67	624	
	50m: 29.38 29.38	150m: 1:42.06 37.34	250m: 2:59.45 41.09	350m: 4:14.26 33.67			
	100m: 1:04.72 35.34	200m: 2:18.36 36.30	300m: 3:40.59 41.14	400m: 4:45.31 31.05			
2.	Diogo Coelho Jose	01	Columbofila Cantanhedense	4:52.69	+0,76	578	
	50m: 30.87 30.87	150m: 1:44.20 39.09	250m: 3:05.55 44.15	350m: 4:21.02 33.87			
	100m: 1:05.11 34.24	200m: 2:21.40 37.20	300m: 3:47.15 41.60	400m: 4:52.69 31.67			
3.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:55.58	+0,73	561	
	50m: 30.92 30.92	150m: 1:47.36 41.22	250m: 3:07.67 41.82	350m: 4:24.18 33.91			
	100m: 1:06.14 35.22	200m: 2:25.85 38.49	300m: 3:50.27 42.60	400m: 4:55.58 31.40			
4.	Duarte Miguel Jorge	01	Galitos / Bresimar	4:55.65	+0,77	561	
	50m: 31.38 31.38	150m: 1:44.78 38.14	250m: 3:05.90 44.07	350m: 4:22.54 33.67			
	100m: 1:06.64 35.26	200m: 2:21.83 37.05	300m: 3:48.87 42.97	400m: 4:55.65 33.11			
5.	Pedro Miguel Santos	01	Porto	4:58.19	+0,68	546	
	50m: 30.29 30.29	150m: 1:43.15 37.65	250m: 3:04.61 43.82	350m: 4:24.78 35.19			
	100m: 1:05.50 35.21	200m: 2:20.79 37.64	300m: 3:49.59 44.98	400m: 4:58.19 33.41			
6.	David Matias Cristino	01	Naval Amorense	5:02.83	+0,73	522	
	50m: 30.29 30.29	150m: 1:45.29 39.01	250m: 3:08.88 44.92	350m: 4:28.93 34.89			
	100m: 1:06.28 35.99	200m: 2:23.96 38.67	300m: 3:54.04 45.16	400m: 5:02.83 33.90			
7.	Bernardo Sousa Pereira	01	Pimpoes/Cimai	5:05.08	+0,82	510	
	50m: 31.79 31.79	150m: 1:49.47 40.80	250m: 3:12.52 42.21	350m: 4:31.15 36.06			
	100m: 1:08.67 36.88	200m: 2:30.31 40.84	300m: 3:55.09 42.57	400m: 5:05.08 33.93			
8.	Joao Carvalho Diz	01	Nautico /Urgicentro-Sanfil	5:05.11	+0,76	510	
	50m: 30.06 30.06	150m: 1:45.53 40.71	250m: 3:10.19 45.74	350m: 4:31.60 35.15			
	100m: 1:04.82 34.76	200m: 2:24.45 38.92	300m: 3:56.45 46.26	400m: 5:05.11 33.51			
9.	Goncalo Silva Marques	01	Nautico /Urgicentro-Sanfil	5:09.26	+0,58	490	
	50m: 30.84 30.84	150m: 1:49.78 41.32	250m: 3:13.27 43.56	350m: 4:33.99 36.71			
	100m: 1:08.46 37.62	200m: 2:29.71 39.93	300m: 3:57.28 44.01	400m: 5:09.26 35.27			

Prova 11, Masc., 400m Estilos

Prova 11 Masc., 400m Estilos Seniores
11-03-2016 - 17:35 Resultados

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-09-2013
Rec Nac Sen	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:26.51	+0,66	765	
	50m: 28.45 28.45	150m: 1:35.91 35.48	250m: 2:46.91 36.37	350m: 3:55.32 32.08			
	100m: 1:00.43 31.98	200m: 2:10.54 34.63	300m: 3:23.24 36.33	400m: 4:26.51 31.19			
2.	Pedro Miguel Pinotes	89	Sporting	4:33.12	+0,69	711	
	50m: 28.68 28.68	150m: 1:37.38 37.13	250m: 2:50.85 37.90	350m: 4:02.20 32.70			
	100m: 1:00.25 31.57	200m: 2:12.95 35.57	300m: 3:29.50 38.65	400m: 4:33.12 30.92			
3.	Andre Bras Goncalves	88	Belenenses	4:37.38	+0,64	679	
	50m: 28.31 28.31	150m: 1:37.61 36.71	250m: 2:53.26 40.11	350m: 4:05.82 33.03			
	100m: 1:00.90 32.59	200m: 2:13.15 35.54	300m: 3:32.79 39.53	400m: 4:37.38 31.56			
4.	Nuno Rafael Alves	90	Vilacondense	4:43.11	+0,78	638	
	50m: 29.44 29.44	150m: 1:38.63 37.20	250m: 2:54.11 38.90	350m: 4:07.54 34.70			
	100m: 1:01.43 31.99	200m: 2:15.21 36.58	300m: 3:32.84 38.73	400m: 4:43.11 35.57			
5.	Joao Mota Correia	97	Benfica	4:43.95	+0,70	633	
	50m: 27.86 27.86	150m: 1:38.19 37.01	250m: 2:56.54 41.55	350m: 4:11.24 33.30			
	100m: 1:01.18 33.32	200m: 2:14.99 36.80	300m: 3:37.94 41.40	400m: 4:43.95 32.71			
6.	Joao Carlos Santos	96	Uniao Piedense	4:51.06	+0,68	587	
	50m: 30.55 30.55	150m: 1:44.68 38.76	250m: 3:05.06 42.84	350m: 4:20.62 32.96			
	100m: 1:05.92 35.37	200m: 2:22.22 37.54	300m: 3:47.66 42.60	400m: 4:51.06 30.44			
7.	Rafael Filipe Nunes	96	Naval Amorense	4:56.70	+0,62	555	
	50m: 29.76 29.76	150m: 1:44.23 39.97	250m: 3:06.22 42.45	350m: 4:23.68 34.07			
	100m: 1:04.26 34.50	200m: 2:23.77 39.54	300m: 3:49.61 43.39	400m: 4:56.70 33.02			
EXH	Luis Carrara Bittini	01	Alges	5:14.12	+0,66	467	
	50m: 31.50 31.50	150m: 1:49.60 38.39	250m: 3:15.76 48.09	350m: 4:38.46 35.44			
	100m: 1:11.21 39.71	200m: 2:27.67 38.07	300m: 4:03.02 47.26	400m: 5:14.12 35.66			