

Prova 13
12-03-2016

Masc., 400m Livres

Absolutos
Resultados

| | | | | | |
|------------------|---------|----------------------|-----|------------------|------------|
| Rec Nac Absoluto | 3:52.29 | Jorge Manuel Maia | POR | Málaga (ESP) | 05-04-2009 |
| Rec Nac Juv B | 4:06.22 | Rui Filipe Costa | VSC | Coimbra | 29-07-2006 |
| Rec Nac Juv A | 3:59.38 | Gustavo Manuel Santa | POR | Tampere (FIN) | 21-07-2009 |
| Rec Nac Jun17 | 3:57.15 | Gustavo Manuel Santa | POR | Helsinquia (FIN) | 14-07-2010 |
| Rec Nac Jun18 | 3:58.26 | Ivo Emanuel Carneiro | POR | Linz (AUT) | 12-07-2002 |
| Rec Nac Sen | 3:52.29 | Jorge Manuel Maia | POR | Málaga (ESP) | 05-04-2009 |

Pontos: FINA 2016

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-----------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 1. | Rafael Lourenco Gil | 96 | Uniao Piedense | 3:57.75 | +0,71 | 793 | |
| | 50m: 27.44 27.44 | 150m: 1:27.07 30.25 | 250m: 2:28.38 30.55 | 350m: 3:29.43 30.37 | | | |
| | 100m: 56.82 29.38 | 200m: 1:57.83 30.76 | 300m: 2:59.06 30.68 | 400m: 3:57.75 28.32 | | | |
| 2. | Guilherme Pereira Dias | 97 | Sporting | 3:58.75 | +0,74 | 783 | |
| | 50m: 27.60 27.60 | 150m: 1:27.87 30.21 | 250m: 2:28.50 30.32 | 350m: 3:28.63 30.10 | | | |
| | 100m: 57.66 30.06 | 200m: 1:58.18 30.31 | 300m: 2:58.53 30.03 | 400m: 3:58.75 30.12 | | | |
| 3. | Alexandre Valdagua Coutinho | 97 | Columbofila Cantanhedense | 3:58.92 | +0,64 | 781 | |
| | 50m: 27.26 27.26 | 150m: 1:27.34 30.23 | 250m: 2:28.09 30.26 | 350m: 3:29.51 30.53 | | | |
| | 100m: 57.11 29.85 | 200m: 1:57.83 30.49 | 300m: 2:58.98 30.89 | 400m: 3:58.92 29.41 | | | |
| 4. | Igor Araujo Mogne | 96 | Sporting | 3:59.50 | +0,71 | 775 | |
| | 50m: 27.98 27.98 | 150m: 1:28.53 30.52 | 250m: 2:29.29 30.37 | 350m: 3:30.18 30.23 | | | |
| | 100m: 58.01 30.03 | 200m: 1:58.92 30.39 | 300m: 2:59.95 30.66 | 400m: 3:59.50 29.32 | | | |
| 5. | Joao Alexandre Vital | 98 | Sporting | 3:59.64 | +0,63 | 774 | |
| | 50m: 27.13 27.13 | 150m: 1:27.04 30.23 | 250m: 2:27.77 30.21 | 350m: 3:29.09 30.43 | | | |
| | 100m: 56.81 29.68 | 200m: 1:57.56 30.52 | 300m: 2:58.66 30.89 | 400m: 3:59.64 30.55 | | | |
| 6. | Guilherme Filipe Pina | 98 | Benedita | 4:00.61 | +0,70 | 765 | |
| | 50m: 28.12 28.12 | 150m: 1:28.14 30.15 | 250m: 2:28.90 30.51 | 350m: 3:30.19 30.59 | | | |
| | 100m: 57.99 29.87 | 200m: 1:58.39 30.25 | 300m: 2:59.60 30.70 | 400m: 4:00.61 30.42 | | | |
| 7. | Andre Filipe Farinha | 96 | Benfica | 4:02.06 | +0,57 | 751 | |
| | 50m: 27.73 27.73 | 150m: 1:28.26 30.43 | 250m: 2:30.26 30.98 | 350m: 3:31.54 30.62 | | | |
| | 100m: 57.83 30.10 | 200m: 1:59.28 31.02 | 300m: 3:00.92 30.66 | 400m: 4:02.06 30.52 | | | |
| 8. | Mario Andre Bonanca | 90 | Sporting | 4:02.20 | +0,74 | 750 | |
| | 50m: 28.05 28.05 | 150m: 1:27.48 29.90 | 250m: 2:28.65 30.69 | 350m: 3:31.35 31.47 | | | |
| | 100m: 57.58 29.53 | 200m: 1:57.96 30.48 | 300m: 2:59.88 31.23 | 400m: 4:02.20 30.85 | | | |
| 9. | Jose Paula Carvalho | 98 | Uniao Piedense | 4:02.89 | +0,69 | 743 | |
| | 50m: 28.30 28.30 | 150m: 1:30.30 31.56 | 250m: 2:32.26 30.63 | 350m: 3:33.49 30.91 | | | |
| | 100m: 58.74 30.44 | 200m: 2:01.63 31.33 | 300m: 3:02.58 30.32 | 400m: 4:02.89 29.40 | | | |
| 10. | Antonio Fernando Pinto | 99 | Lousada SXXI | 4:03.00 | +0,78 | 742 | |
| | 50m: 27.09 27.09 | 150m: 1:27.99 30.76 | 250m: 2:30.47 31.33 | 350m: 3:33.27 31.46 | | | |
| | 100m: 57.23 30.14 | 200m: 1:59.14 31.15 | 300m: 3:01.81 31.34 | 400m: 4:03.00 29.73 | | | |
| 11. | Francisco Xavier Goncalves | 97 | Nautico /Urgicentro-Sanfil | 4:06.59 | +0,70 | 710 | |
| | 50m: 28.54 28.54 | 150m: 1:30.69 31.25 | 250m: 2:32.92 30.86 | 350m: 3:35.67 31.46 | | | |
| | 100m: 59.44 30.90 | 200m: 2:02.06 31.37 | 300m: 3:04.21 31.29 | 400m: 4:06.59 30.92 | | | |
| 12. | Vasco Miguel Gaspar | 90 | Uniao Piedense | 4:07.58 | +0,72 | 702 | |
| | 50m: 27.81 27.81 | 150m: 1:29.62 31.10 | 250m: 2:32.18 31.18 | 350m: 3:35.73 31.83 | | | |
| | 100m: 58.52 30.71 | 200m: 2:01.00 31.38 | 300m: 3:03.90 31.72 | 400m: 4:07.58 31.85 | | | |
| 13. | Joao Carlos Santos | 96 | Uniao Piedense | 4:09.32 | +0,69 | 687 | |
| | 50m: 28.69 28.69 | 150m: 1:31.35 31.68 | 250m: 2:34.71 31.34 | 350m: 3:37.91 31.60 | | | |
| | 100m: 59.67 30.98 | 200m: 2:03.37 32.02 | 300m: 3:06.31 31.60 | 400m: 4:09.32 31.41 | | | |

Prova 13, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 14. | Jose Paulo Lopes | 00 | Braga | 4:10.35 | +0,69 | 679 | |
| | 50m: 28.72 28.72 | 150m: 1:31.50 31.58 | 250m: 2:35.23 32.15 | 350m: 3:39.40 32.02 | | | |
| | 100m: 59.92 31.20 | 200m: 2:03.08 31.58 | 300m: 3:07.38 32.15 | 400m: 4:10.35 30.95 | | | |
| 15. | Tiago Silva Oliveira | 94 | Fluval Portuense | 4:11.05 | +0,73 | 673 | |
| | 50m: 27.94 27.94 | 150m: 1:30.14 31.38 | 250m: 2:34.09 31.90 | 350m: 3:38.95 32.38 | | | |
| | 100m: 58.76 30.82 | 200m: 2:02.19 32.05 | 300m: 3:06.57 32.48 | 400m: 4:11.05 32.10 | | | |
| 16. | Tiago Filipe Campos | 99 | Scalabiswim | 4:11.08 | +0,82 | 673 | |
| | 50m: 28.89 28.89 | 150m: 1:33.11 32.54 | 250m: 2:37.86 31.92 | 350m: 3:41.41 30.95 | | | |
| | 100m: 1:00.57 31.68 | 200m: 2:05.94 32.83 | 300m: 3:10.46 32.60 | 400m: 4:11.08 29.67 | | | |
| 17. | Diogo Manuel Marques | 98 | Columbofila Cantanhedense | 4:11.24 | +0,70 | 672 | |
| | 50m: 28.54 28.54 | 150m: 1:31.95 31.91 | 250m: 2:36.59 32.50 | 350m: 3:40.97 32.18 | | | |
| | 100m: 1:00.04 31.50 | 200m: 2:04.09 32.14 | 300m: 3:08.79 32.20 | 400m: 4:11.24 30.27 | | | |
| 18. | Goncalo Miguel Nogueira | 98 | Porto | 4:12.14 | +0,68 | 664 | |
| | 50m: 27.86 27.86 | 150m: 1:30.57 31.88 | 250m: 2:35.02 32.33 | 350m: 3:40.56 32.78 | | | |
| | 100m: 58.69 30.83 | 200m: 2:02.69 32.12 | 300m: 3:07.78 32.76 | 400m: 4:12.14 31.58 | | | |
| 19. | Ruben Jose Morim | 97 | Vilacondense | 4:12.32 | +0,72 | 663 | |
| | 50m: 28.20 28.20 | 150m: 1:30.93 31.88 | 250m: 2:35.94 32.81 | 350m: 3:40.86 32.27 | | | |
| | 100m: 59.05 30.85 | 200m: 2:03.13 32.20 | 300m: 3:08.59 32.65 | 400m: 4:12.32 31.46 | | | |
| 20. | Pedro Maria Bessa | 95 | Nautico /Urgicentro-Sanfil | 4:12.39 | +0,69 | 662 | |
| | 50m: 28.80 28.80 | 150m: 1:31.33 31.35 | 250m: 2:35.59 31.94 | 350m: 3:40.62 32.21 | | | |
| | 100m: 59.98 31.18 | 200m: 2:03.65 32.32 | 300m: 3:08.41 32.82 | 400m: 4:12.39 31.77 | | | |
| 21. | Diogo Barbosa Nunes | 00 | Fluval Portuense | 4:14.22 | +0,71 | 648 | |
| | 50m: 28.95 28.95 | 150m: 1:32.51 31.82 | 250m: 2:37.50 32.73 | 350m: 3:42.66 32.50 | | | |
| | 100m: 1:00.69 31.74 | 200m: 2:04.77 32.26 | 300m: 3:10.16 32.66 | 400m: 4:14.22 31.56 | | | |
| 22. | Jose Pedro Fernandes | 99 | Braga | 4:14.42 | +0,74 | 647 | |
| | 50m: 28.78 28.78 | 150m: 1:32.79 32.31 | 250m: 2:37.77 32.42 | 350m: 3:42.70 32.54 | | | |
| | 100m: 1:00.48 31.70 | 200m: 2:05.35 32.56 | 300m: 3:10.16 32.39 | 400m: 4:14.42 31.72 | | | |
| 23. | Tiago Cunha Costa | 99 | Sporting | 4:15.04 | +0,64 | 642 | |
| | 50m: 28.94 28.94 | 150m: 1:32.12 31.97 | 250m: 2:36.83 32.34 | 350m: 3:43.25 33.77 | | | |
| | 100m: 1:00.15 31.21 | 200m: 2:04.49 32.37 | 300m: 3:09.48 32.65 | 400m: 4:15.04 31.79 | | | |
| 24. | Tiago Miguel Vilhena | 01 | Natacao de Faro | 4:15.20 | +0,72 | 641 | |
| | 50m: 28.92 28.92 | 150m: 1:33.04 32.28 | 250m: 2:37.83 32.22 | 350m: 3:43.59 33.13 | | | |
| | 100m: 1:00.76 31.84 | 200m: 2:05.61 32.57 | 300m: 3:10.46 32.63 | 400m: 4:15.20 31.61 | | | |
| 25. | Tomas Gomes Oliveira | 99 | Nautico Marinha Grande | 4:15.35 | +0,75 | 640 | |
| | 50m: 28.63 28.63 | 150m: 1:32.23 32.26 | 250m: 2:37.68 32.76 | 350m: 3:43.61 32.94 | | | |
| | 100m: 59.97 31.34 | 200m: 2:04.92 32.69 | 300m: 3:10.67 32.99 | 400m: 4:15.35 31.74 | | | |
| 26. | Pedro Goncalves Neto | 98 | Porto | 4:15.93 | +0,79 | 635 | |
| | 50m: 28.30 28.30 | 150m: 1:31.65 31.80 | 250m: 2:36.52 31.70 | 350m: 3:43.33 32.93 | | | |
| | 100m: 59.85 31.55 | 200m: 2:04.82 33.17 | 300m: 3:10.40 33.88 | 400m: 4:15.93 32.60 | | | |
| 27. | Miguel Ribeiro Bate | 99 | Alges | 4:16.38 | +0,73 | 632 | |
| | 50m: 28.04 28.04 | 150m: 1:31.90 32.27 | 250m: 2:37.33 32.69 | 350m: 3:43.92 33.32 | | | |
| | 100m: 59.63 31.59 | 200m: 2:04.64 32.74 | 300m: 3:10.60 33.27 | 400m: 4:16.38 32.46 | | | |
| 28. | Sergio Filipe Travanca | 00 | Fluval Portuense | 4:17.07 | +0,78 | 627 | |
| | 50m: 29.25 29.25 | 150m: 1:33.79 32.46 | 250m: 2:39.94 32.95 | 350m: 3:45.62 32.10 | | | |
| | 100m: 1:01.33 32.08 | 200m: 2:06.99 33.20 | 300m: 3:13.52 33.58 | 400m: 4:17.07 31.45 | | | |

Prova 13, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|-----------------------------|----------------|---------------|----------|-----|
| 29. | Joao Peixoto Pereira | 01 | Braga | 4:17.22 | +0,95 | 626 | |
| | 50m: 29.44 29.44 | 150m: 1:33.44 32.28 | 250m: 2:38.53 | 32.37 | 350m: 3:44.67 | 33.52 | |
| | 100m: 1:01.16 31.72 | 200m: 2:06.16 32.72 | 300m: 3:11.15 | 32.62 | 400m: 4:17.22 | 32.55 | |
| 30. | Diogo Leal Dantas | 00 | Sporting | 4:17.36 | +0,61 | 625 | |
| | 50m: 28.41 28.41 | 150m: 1:32.83 32.70 | 250m: 2:38.65 | 32.95 | 350m: 3:45.20 | 33.32 | |
| | 100m: 1:00.13 31.72 | 200m: 2:05.70 32.87 | 300m: 3:11.88 | 33.23 | 400m: 4:17.36 | 32.16 | |
| 31. | Diogo Coelho Jose | 01 | Columbofila Cantanhedense | 4:17.41 | +0,69 | 624 | |
| | 50m: 29.79 29.79 | 150m: 1:34.23 32.41 | 250m: 2:40.00 | 32.87 | 350m: 3:46.28 | 32.94 | |
| | 100m: 1:01.82 32.03 | 200m: 2:07.13 32.90 | 300m: 3:13.34 | 33.34 | 400m: 4:17.41 | 31.13 | |
| 32. | Sebastiao Mendes Gomes | 00 | Pimpoes/Cimai | 4:17.75 | +0,78 | 622 | |
| | 50m: 28.51 28.51 | 150m: 1:33.71 33.39 | 250m: 2:40.07 | 32.95 | 350m: 3:46.65 | 33.10 | |
| | 100m: 1:00.32 31.81 | 200m: 2:07.12 33.41 | 300m: 3:13.55 | 33.48 | 400m: 4:17.75 | 31.10 | |
| 33. | Tiago Carlos Santos | 98 | Uniao Piedense | 4:18.03 | +0,74 | 620 | |
| | 50m: 28.54 28.54 | 150m: 1:32.31 32.18 | 250m: 2:38.00 | 32.98 | 350m: 3:45.33 | 33.64 | |
| | 100m: 1:00.13 31.59 | 200m: 2:05.02 32.71 | 300m: 3:11.69 | 33.69 | 400m: 4:18.03 | 32.70 | |
| 34. | Duarte Miguel Jorge | 01 | Galitos / Bresimar | 4:18.12 | +0,79 | 619 | |
| | 50m: 29.80 29.80 | 150m: 1:34.10 32.11 | 250m: 2:39.95 | 33.04 | 350m: 3:45.92 | 32.65 | |
| | 100m: 1:01.99 32.19 | 200m: 2:06.91 32.81 | 300m: 3:13.27 | 33.32 | 400m: 4:18.12 | 32.20 | |
| 35. | Diogo Nogueira Rebelo | 98 | Colegio Monte Maior | 4:18.34 | +0,72 | 618 | |
| | 50m: 29.90 29.90 | 150m: 1:35.30 32.83 | 250m: 2:41.45 | 33.28 | 350m: 3:47.50 | 32.96 | |
| | 100m: 1:02.47 32.57 | 200m: 2:08.17 32.87 | 300m: 3:14.54 | 33.09 | 400m: 4:18.34 | 30.84 | |
| 36. | Alexandre Magno Carvalho | 98 | Fluval Portuense | 4:19.72 | +0,72 | 608 | |
| | 50m: 28.68 28.68 | 150m: 1:33.25 32.68 | 250m: 2:39.86 | 33.20 | 350m: 3:47.26 | 33.31 | |
| | 100m: 1:00.57 31.89 | 200m: 2:06.66 33.41 | 300m: 3:13.95 | 34.09 | 400m: 4:19.72 | 32.46 | |
| 37. | Diogo Rosado Leca | 98 | Colegio Monte Maior | 4:20.57 | +0,74 | 602 | |
| | 50m: 29.11 29.11 | 150m: 1:34.32 33.19 | 250m: 2:41.51 | 33.61 | 350m: 3:49.00 | 33.75 | |
| | 100m: 1:01.13 32.02 | 200m: 2:07.90 33.58 | 300m: 3:15.25 | 33.74 | 400m: 4:20.57 | 31.57 | |
| 38. | Bernardo Garcia Perloiro | 00 | Sporting | 4:21.37 | +0,66 | 596 | |
| | 50m: 29.60 29.60 | 150m: 1:34.79 32.51 | 250m: 2:41.20 | 32.63 | 350m: 3:48.16 | 33.11 | |
| | 100m: 1:02.28 32.68 | 200m: 2:08.57 33.78 | 300m: 3:15.05 | 33.85 | 400m: 4:21.37 | 33.21 | |
| 39. | Jose Henriques Luz | 99 | Nucleo Sportinguista Golega | 4:21.49 | +0,79 | 596 | |
| | 50m: 28.60 28.60 | 150m: 1:32.57 32.64 | 250m: 2:40.19 | 33.86 | 350m: 3:48.57 | 33.94 | |
| | 100m: 59.93 31.33 | 200m: 2:06.33 33.76 | 300m: 3:14.63 | 34.44 | 400m: 4:21.49 | 32.92 | |
| 40. | Paulo Filipe Silva | 98 | Natacao da Maia | 4:21.53 | +0,82 | 595 | |
| | 50m: 29.48 29.48 | 150m: 1:34.96 32.59 | 250m: 2:41.30 | 33.28 | 350m: 3:48.72 | 33.56 | |
| | 100m: 1:02.37 32.89 | 200m: 2:08.02 33.06 | 300m: 3:15.16 | 33.86 | 400m: 4:21.53 | 32.81 | |
| 41. | Diogo Rodrigues Freitas | 98 | Uniao Piedense | 4:21.85 | +0,76 | 593 | |
| | 50m: 29.46 29.46 | 150m: 1:34.25 32.62 | 250m: 2:39.90 | 32.42 | 350m: 3:47.91 | 34.07 | |
| | 100m: 1:01.63 32.17 | 200m: 2:07.48 33.23 | 300m: 3:13.84 | 33.94 | 400m: 4:21.85 | 33.94 | |
| 42. | Nuno Correia Sousa | 00 | Fluval Portuense | 4:22.00 | +0,76 | 592 | |
| | 50m: 29.15 29.15 | 150m: 1:35.53 33.64 | 250m: 2:43.05 | 33.39 | 350m: 3:49.39 | 32.45 | |
| | 100m: 1:01.89 32.74 | 200m: 2:09.66 34.13 | 300m: 3:16.94 | 33.89 | 400m: 4:22.00 | 32.61 | |
| 43. | David Matias Cristiano | 01 | Naval Amorense | 4:22.12 | +0,74 | 591 | |
| | 50m: 28.55 28.55 | 150m: 1:34.14 33.59 | 250m: 2:41.54 | 34.04 | 350m: 3:49.72 | 33.56 | |
| | 100m: 1:00.55 32.00 | 200m: 2:07.50 33.36 | 300m: 3:16.16 | 34.62 | 400m: 4:22.12 | 32.40 | |

Prova 13, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 44. | Daniel Filipe Paiva | 98 | Miranda do Corvo | 4:22.87 | +0,81 | 586 | |
| | 50m: 30.13 30.13 | 150m: 1:34.97 32.58 | 250m: 2:41.40 33.49 | 350m: 3:49.32 34.12 | | | |
| | 100m: 1:02.39 32.26 | 200m: 2:07.91 32.94 | 300m: 3:15.20 33.80 | 400m: 4:22.87 33.55 | | | |
| 45. | Bernardo Graca Rodrigues | 99 | Alges | 4:22.91 | +0,72 | 586 | |
| | 50m: 28.55 28.55 | 150m: 1:34.02 33.23 | 250m: 2:41.39 33.58 | 350m: 3:49.46 34.17 | | | |
| | 100m: 1:00.79 32.24 | 200m: 2:07.81 33.79 | 300m: 3:15.29 33.90 | 400m: 4:22.91 33.45 | | | |
| 46. | Tiago Silva Soares | 99 | Porto | 4:22.97 | +0,82 | 586 | |
| | 50m: 27.48 27.48 | 150m: 1:32.81 33.76 | 250m: 2:42.31 34.90 | 350m: 3:50.70 33.97 | | | |
| | 100m: 59.05 31.57 | 200m: 2:07.41 34.60 | 300m: 3:16.73 34.42 | 400m: 4:22.97 32.27 | | | |
| 47. | Francisco Rodrigues Antas | 98 | Desportiva de Viana | 4:23.29 | +0,80 | 583 | |
| | 50m: 29.15 29.15 | 150m: 1:34.85 33.46 | 250m: 2:42.14 33.79 | 350m: 3:49.85 33.61 | | | |
| | 100m: 1:01.39 32.24 | 200m: 2:08.35 33.50 | 300m: 3:16.24 34.10 | 400m: 4:23.29 33.44 | | | |
| 48. | Pedro Guilherme Ferreira | 00 | Miranda do Corvo | 4:23.30 | +0,68 | 583 | |
| | 50m: 30.96 30.96 | 150m: 1:38.52 33.86 | 250m: 2:44.99 33.14 | 350m: 3:51.25 33.02 | | | |
| | 100m: 1:04.66 33.70 | 200m: 2:11.85 33.33 | 300m: 3:18.23 33.24 | 400m: 4:23.30 32.05 | | | |
| 49. | Goncalo Duarte Santos | 00 | Natacao de Faro | 4:23.92 | +0,78 | 579 | |
| | 50m: 30.35 30.35 | 150m: 1:36.79 33.37 | 250m: 2:44.57 34.12 | 350m: 3:52.18 33.51 | | | |
| | 100m: 1:03.42 33.07 | 200m: 2:10.45 33.66 | 300m: 3:18.67 34.10 | 400m: 4:23.92 31.74 | | | |
| 50. | Joao Diogo Soares | 00 | Fluivial Portuense | 4:23.99 | +0,78 | 579 | |
| | 50m: 29.80 29.80 | 150m: 1:35.15 33.15 | 250m: 2:42.21 33.80 | 350m: 3:50.78 34.41 | | | |
| | 100m: 1:02.00 32.20 | 200m: 2:08.41 33.26 | 300m: 3:16.37 34.16 | 400m: 4:23.99 33.21 | | | |
| 51. | Pedro Miguel Santos | 01 | Porto | 4:24.86 | +0,70 | 573 | |
| | 50m: 30.02 30.02 | 150m: 1:35.99 33.60 | 250m: 2:44.28 34.05 | 350m: 3:52.34 34.02 | | | |
| | 100m: 1:02.39 32.37 | 200m: 2:10.23 34.24 | 300m: 3:18.32 34.04 | 400m: 4:24.86 32.52 | | | |
| 52. | Francisco Silva Pinheiro | 00 | Alges | 4:25.35 | +0,81 | 570 | |
| | 50m: 29.90 29.90 | 150m: 1:36.34 33.60 | 250m: 2:44.24 33.98 | 350m: 3:52.49 34.15 | | | |
| | 100m: 1:02.74 32.84 | 200m: 2:10.26 33.92 | 300m: 3:18.34 34.10 | 400m: 4:25.35 32.86 | | | |
| 53. | Diogo Moreno Bastos | 00 | Fluivial Portuense | 4:25.48 | +0,77 | 569 | |
| | 50m: 30.17 30.17 | 150m: 1:36.27 33.45 | 250m: 2:45.08 34.59 | 350m: 3:53.61 33.98 | | | |
| | 100m: 1:02.82 32.65 | 200m: 2:10.49 34.22 | 300m: 3:19.63 34.55 | 400m: 4:25.48 31.87 | | | |
| 54. | Diogo Ramos Lebre | 01 | Sporting Clube de Aveiro | 4:25.92 | +0,78 | 566 | |
| | 50m: 29.89 29.89 | 150m: 1:36.28 33.50 | 250m: 2:44.07 33.93 | 350m: 3:52.66 34.15 | | | |
| | 100m: 1:02.78 32.89 | 200m: 2:10.14 33.86 | 300m: 3:18.51 34.44 | 400m: 4:25.92 33.26 | | | |
| 55. | Nuno Filipe Rainho | 01 | Galitos / Bresimar | 4:26.10 | +0,66 | 565 | |
| | 50m: 29.85 29.85 | 150m: 1:35.99 33.55 | 250m: 2:44.37 34.20 | 350m: 3:53.33 34.29 | | | |
| | 100m: 1:02.44 32.59 | 200m: 2:10.17 34.18 | 300m: 3:19.04 34.67 | 400m: 4:26.10 32.77 | | | |
| 56. | Diogo Santos Cardoso | 01 | Colegio Monte Maior | 4:26.31 | +0,71 | 564 | |
| | 50m: 29.91 29.91 | 150m: 1:36.85 34.28 | 250m: 2:45.35 34.23 | 350m: 3:53.39 33.60 | | | |
| | 100m: 1:02.57 32.66 | 200m: 2:11.12 34.27 | 300m: 3:19.79 34.44 | 400m: 4:26.31 32.92 | | | |
| 57. | Filipe Miguel Santo | 00 | Sporting | 4:26.54 | +0,82 | 562 | |
| | 50m: 29.57 29.57 | 150m: 1:35.21 33.16 | 250m: 2:43.24 33.75 | 350m: 3:52.40 34.46 | | | |
| | 100m: 1:02.05 32.48 | 200m: 2:09.49 34.28 | 300m: 3:17.94 34.70 | 400m: 4:26.54 34.14 | | | |
| 58. | Joao Carvalho Diz | 01 | Nautico /Urgicentro-Sanfil | 4:27.33 | +0,81 | 557 | |
| | 50m: 30.70 30.70 | 150m: 1:38.06 34.19 | 250m: 2:46.37 34.08 | 350m: 3:55.21 34.06 | | | |
| | 100m: 1:03.87 33.17 | 200m: 2:12.29 34.23 | 300m: 3:21.15 34.78 | 400m: 4:27.33 32.12 | | | |

Prova 13, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|--------------------------|---------------------|-------|----------|-----|
| 59. | Rui Miguel Pires | 01 | Nautico Marinha Grande | 4:27.83 | +0,70 | 554 | |
| | 50m: 30.04 30.04 | 150m: 1:37.84 34.66 | 250m: 2:46.12 34.26 | 350m: 3:54.54 34.39 | | | |
| | 100m: 1:03.18 33.14 | 200m: 2:11.86 34.02 | 300m: 3:20.15 34.03 | 400m: 4:27.83 33.29 | | | |
| 60. | Rui Jorge Matias | 99 | Vilacondense | 4:28.14 | +0,83 | 552 | |
| | 50m: 29.70 29.70 | 150m: 1:35.55 33.22 | 250m: 2:44.02 34.23 | 350m: 3:54.25 35.12 | | | |
| | 100m: 1:02.33 32.63 | 200m: 2:09.79 34.24 | 300m: 3:19.13 35.11 | 400m: 4:28.14 33.89 | | | |
| 61. | Pedro Barata Neves | 00 | Laranjeiro | 4:28.18 | +0,74 | 552 | |
| | 50m: 30.85 30.85 | 150m: 1:38.23 33.80 | 250m: 2:46.26 33.81 | 350m: 3:54.95 34.49 | | | |
| | 100m: 1:04.43 33.58 | 200m: 2:12.45 34.22 | 300m: 3:20.46 34.20 | 400m: 4:28.18 33.23 | | | |
| 62. | Jose Maria Pereira | 01 | Sporting | 4:28.61 | +0,71 | 549 | |
| | 50m: 30.90 30.90 | 150m: 1:38.37 34.05 | 250m: 2:47.13 34.46 | 350m: 3:55.64 33.97 | | | |
| | 100m: 1:04.32 33.42 | 200m: 2:12.67 34.30 | 300m: 3:21.67 34.54 | 400m: 4:28.61 32.97 | | | |
| 63. | David Dias Lima | 00 | Vilacondense | 4:28.63 | +0,83 | 549 | |
| | 50m: 30.05 30.05 | 150m: 1:36.31 32.89 | 250m: 2:44.40 33.70 | 350m: 3:53.57 34.45 | | | |
| | 100m: 1:03.42 33.37 | 200m: 2:10.70 34.39 | 300m: 3:19.12 34.72 | 400m: 4:28.63 35.06 | | | |
| 64. | Bernardo Marques Goncalves | 00 | Galitos / Bresimar | 4:28.69 | +0,76 | 549 | |
| | 50m: 30.49 30.49 | 150m: 1:37.68 34.13 | 250m: 2:46.65 34.71 | 350m: 3:55.86 34.67 | | | |
| | 100m: 1:03.55 33.06 | 200m: 2:11.94 34.26 | 300m: 3:21.19 34.54 | 400m: 4:28.69 32.83 | | | |
| 65. | Rui Jorge Lopes | 00 | CLAC-Entroncamento | 4:29.07 | +0,84 | 547 | |
| | 50m: 30.53 30.53 | 150m: 1:38.26 34.27 | 250m: 2:47.29 34.50 | 350m: 3:56.44 34.13 | | | |
| | 100m: 1:03.99 33.46 | 200m: 2:12.79 34.53 | 300m: 3:22.31 35.02 | 400m: 4:29.07 32.63 | | | |
| 66. | Pedro Alexandre Correia | 00 | Pimpoes/Cimai | 4:30.38 | +0,76 | 539 | |
| | 50m: 30.03 30.03 | 150m: 1:37.57 34.24 | 250m: 2:47.12 34.77 | 350m: 3:57.15 34.74 | | | |
| | 100m: 1:03.33 33.30 | 200m: 2:12.35 34.78 | 300m: 3:22.41 35.29 | 400m: 4:30.38 33.23 | | | |
| 67. | Joao Jose Calado | 01 | Nautico Abrantes | 4:30.80 | +0,70 | 536 | |
| | 50m: 28.98 28.98 | 150m: 1:35.11 33.23 | 250m: 2:44.32 34.51 | 350m: 3:55.78 35.29 | | | |
| | 100m: 1:01.88 32.90 | 200m: 2:09.81 34.70 | 300m: 3:20.49 36.17 | 400m: 4:30.80 35.02 | | | |
| 68. | Edgar Filipe Santos | 01 | Naval Amorense | 4:30.83 | +0,71 | 536 | |
| | 50m: 30.80 30.80 | 150m: 1:38.86 34.67 | 250m: 2:48.26 34.90 | 350m: 3:57.82 34.44 | | | |
| | 100m: 1:04.19 33.39 | 200m: 2:13.36 34.50 | 300m: 3:23.38 35.12 | 400m: 4:30.83 33.01 | | | |
| 69. | Joao Vitor Fernandes | 00 | Sao Roque | 4:30.86 | +0,67 | 536 | |
| | 50m: 29.02 29.02 | 150m: 1:35.36 33.79 | 250m: 2:44.95 35.47 | 350m: 3:56.77 35.95 | | | |
| | 100m: 1:01.57 32.55 | 200m: 2:09.48 34.12 | 300m: 3:20.82 35.87 | 400m: 4:30.86 34.09 | | | |
| 70. | Tomas Quintas Neves | 00 | Desportiva de Viana | 4:30.88 | +0,86 | 536 | |
| | 50m: 30.37 30.37 | 150m: 1:38.99 34.80 | 250m: 2:48.66 34.38 | 350m: 3:57.10 33.79 | | | |
| | 100m: 1:04.19 33.82 | 200m: 2:14.28 35.29 | 300m: 3:23.31 34.65 | 400m: 4:30.88 33.78 | | | |
| 71. | Ricardo Luis Leal | 01 | CLAC-Entroncamento | 4:30.99 | +0,69 | 535 | |
| | 50m: 30.73 30.73 | 150m: 1:38.96 34.79 | 250m: 2:50.03 35.85 | 350m: 3:58.68 34.41 | | | |
| | 100m: 1:04.17 33.44 | 200m: 2:14.18 35.22 | 300m: 3:24.27 34.24 | 400m: 4:30.99 32.31 | | | |
| | Miguel Duarte Pereira | 00 | Natacao Olhao | 4:30.99 | +0,82 | 535 | |
| | 50m: 30.70 30.70 | 150m: 1:38.15 34.11 | 250m: 2:47.69 34.56 | 350m: 3:57.85 34.73 | | | |
| | 100m: 1:04.04 33.34 | 200m: 2:13.13 34.98 | 300m: 3:23.12 35.43 | 400m: 4:30.99 33.14 | | | |
| 73. | Diogo Alexandre Araujo | 01 | Estrelas S.Joao de Brito | 4:31.05 | +0,70 | 535 | |
| | 50m: 30.79 30.79 | 150m: 1:39.97 35.19 | 250m: 2:50.07 35.17 | 350m: 3:59.50 34.80 | | | |
| | 100m: 1:04.78 33.99 | 200m: 2:14.90 34.93 | 300m: 3:24.70 34.63 | 400m: 4:31.05 31.55 | | | |

Prova 13, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 74. | Tiago Miguel Novais | 00 | Desportiva de Viana | 4:31.66 | +0,77 | 531 | |
| | 50m: 30.26 30.26 | 150m: 1:38.86 34.96 | 250m: 2:49.12 34.88 | 350m: 3:58.57 34.46 | | | |
| | 100m: 1:03.90 33.64 | 200m: 2:14.24 35.38 | 300m: 3:24.11 34.99 | 400m: 4:31.66 33.09 | | | |
| 75. | Joao Leite Saraiva | 01 | Famalicao | 4:31.74 | +0,90 | 531 | |
| | 50m: 29.09 29.09 | 150m: 1:35.25 33.75 | 250m: 2:46.02 35.30 | 350m: 3:57.25 35.44 | | | |
| | 100m: 1:01.50 32.41 | 200m: 2:10.72 35.47 | 300m: 3:21.81 35.79 | 400m: 4:31.74 34.49 | | | |
| 76. | Guilherme Ventura Carvalho | 01 | Geslours | 4:33.96 | +0,69 | 518 | |
| | 50m: 30.61 30.61 | 150m: 1:38.87 34.40 | 250m: 2:48.24 34.75 | 350m: 3:59.06 35.34 | | | |
| | 100m: 1:04.47 33.86 | 200m: 2:13.49 34.62 | 300m: 3:23.72 35.48 | 400m: 4:33.96 34.90 | | | |
| 77. | Bruno Miguel Pinto | 00 | Porto | 4:34.27 | +0,79 | 516 | |
| | 50m: 30.18 30.18 | 150m: 1:38.59 34.53 | 250m: 2:49.10 34.51 | 350m: 3:59.75 35.24 | | | |
| | 100m: 1:04.06 33.88 | 200m: 2:14.59 36.00 | 300m: 3:24.51 35.41 | 400m: 4:34.27 34.52 | | | |
| 78. | David Joao Tinoco | 01 | Columbofila Cantanhedense | 4:34.44 | +0,62 | 515 | |
| | 50m: 31.36 31.36 | 150m: 1:40.20 34.78 | 250m: 2:49.71 35.02 | 350m: 3:59.70 34.94 | | | |
| | 100m: 1:05.42 34.06 | 200m: 2:14.69 34.49 | 300m: 3:24.76 35.05 | 400m: 4:34.44 34.74 | | | |
| 79. | Diogo Monteiro Sousa | 00 | Naval Setubalense | 4:34.80 | +0,85 | 513 | |
| | 50m: 30.28 30.28 | 150m: 1:38.18 34.29 | 250m: 2:48.23 35.22 | 350m: 4:00.03 36.09 | | | |
| | 100m: 1:03.89 33.61 | 200m: 2:13.01 34.83 | 300m: 3:23.94 35.71 | 400m: 4:34.80 34.77 | | | |
| 80. | Joao Afonso Carvalho | 00 | Desportiva de Viana | 4:35.10 | +0,80 | 511 | |
| | 50m: 29.95 29.95 | 150m: 1:38.29 34.79 | 250m: 2:47.64 34.11 | 350m: 3:59.40 36.03 | | | |
| | 100m: 1:03.50 33.55 | 200m: 2:13.53 35.24 | 300m: 3:23.37 35.73 | 400m: 4:35.10 35.70 | | | |
| 81. | Joao Mano Costa | 01 | Braga | 4:35.23 | +0,87 | 511 | |
| | 50m: 30.86 30.86 | 150m: 1:40.44 34.91 | 250m: 2:51.12 34.80 | 350m: 4:02.00 34.71 | | | |
| | 100m: 1:05.53 34.67 | 200m: 2:16.32 35.88 | 300m: 3:27.29 36.17 | 400m: 4:35.23 33.23 | | | |
| 82. | Tiago Andre Jorge | 00 | Ba/Bomcar | 4:35.41 | +0,75 | 510 | |
| | 50m: 29.72 29.72 | 150m: 1:38.24 35.05 | 250m: 2:49.15 35.49 | 350m: 4:00.78 35.82 | | | |
| | 100m: 1:03.19 33.47 | 200m: 2:13.66 35.42 | 300m: 3:24.96 35.81 | 400m: 4:35.41 34.63 | | | |
| 83. | Ricardo Jorge Moreira | 01 | Valongo | 4:35.55 | +0,73 | 509 | |
| | 50m: 30.67 30.67 | 150m: 1:39.32 34.52 | 250m: 2:50.01 35.64 | 350m: 4:01.20 35.50 | | | |
| | 100m: 1:04.80 34.13 | 200m: 2:14.37 35.05 | 300m: 3:25.70 35.69 | 400m: 4:35.55 34.35 | | | |
| 84. | Diogo Franco Martins | 01 | Assoc.20km-Almeirim | 4:35.66 | +0,82 | 508 | |
| | 50m: 30.22 30.22 | 150m: 1:38.74 35.15 | 250m: 2:49.89 35.62 | 350m: 4:01.42 35.74 | | | |
| | 100m: 1:03.59 33.37 | 200m: 2:14.27 35.53 | 300m: 3:25.68 35.79 | 400m: 4:35.66 34.24 | | | |
| 85. | Francisco Nunes Libreiro | 00 | Uniao Piedense | 4:35.68 | +0,80 | 508 | |
| | 50m: 29.57 29.57 | 150m: 1:37.74 34.50 | 250m: 2:49.07 35.47 | 350m: 4:00.88 35.84 | | | |
| | 100m: 1:03.24 33.67 | 200m: 2:13.60 35.86 | 300m: 3:25.04 35.97 | 400m: 4:35.68 34.80 | | | |
| 86. | Daniel Jose Duarte | 00 | Leixoes | 4:36.19 | +0,68 | 505 | |
| | 50m: 29.05 29.05 | 150m: 1:37.19 34.66 | 250m: 2:47.56 35.32 | 350m: 4:00.93 36.95 | | | |
| | 100m: 1:02.53 33.48 | 200m: 2:12.24 35.05 | 300m: 3:23.98 36.42 | 400m: 4:36.19 35.26 | | | |
| 87. | Andre Castro Branco | 00 | Desportiva de Viana | 4:37.54 | +0,88 | 498 | |
| | 50m: 29.93 29.93 | 150m: 1:38.35 34.47 | 250m: 2:49.75 35.24 | 350m: 4:01.90 35.62 | | | |
| | 100m: 1:03.88 33.95 | 200m: 2:14.51 36.16 | 300m: 3:26.28 36.53 | 400m: 4:37.54 35.64 | | | |
| 88. | Rodrigo Ponte Jorge | 01 | Naval Amorense | 4:37.88 | +0,75 | 496 | |
| | 50m: 31.27 31.27 | 150m: 1:40.51 34.76 | 250m: 2:50.52 34.80 | 350m: 4:02.09 34.70 | | | |
| | 100m: 1:05.75 34.48 | 200m: 2:15.72 35.21 | 300m: 3:27.39 36.87 | 400m: 4:37.88 35.79 | | | |

Prova 13, Masc., 400m Livres, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------------|----------------|---------------|----------|-----|
| 89. | Rodrigo Melo Pinto | 01 | Colegio Vasco da Gama | 4:38.85 | +0,77 | 491 | |
| | 50m: 31.08 31.08 | 150m: 1:39.93 34.92 | 250m: 2:51.04 | 35.75 | 350m: 4:03.55 | 36.57 | |
| | 100m: 1:05.01 33.93 | 200m: 2:15.29 35.36 | 300m: 3:26.98 | 35.94 | 400m: 4:38.85 | 35.30 | |
| 90. | Alexandre Teixeira Marcos | 00 | Louletano / Loule Concelho | 4:43.05 | +0,75 | 469 | |
| | 50m: 30.98 30.98 | 150m: 1:40.21 35.53 | 250m: 2:53.07 | 37.19 | 350m: 4:06.88 | 36.67 | |
| | 100m: 1:04.68 33.70 | 200m: 2:15.88 35.67 | 300m: 3:30.21 | 37.14 | 400m: 4:43.05 | 36.17 | |

Prova 13
12-03-2016
Masc., 400m Livres
Juniores
Resultados

| | | | | | |
|------------------|---------|----------------------|-----|----------------|------------|
| Rec Nac Absoluto | 3:52.29 | Jorge Manuel Maia | POR | Málaga (ESP) | 05-04-2009 |
| Rec Nac Jun17 | 3:57.15 | Gustavo Manuel Santa | POR | Helsinki (FIN) | 14-07-2010 |
| Rec Nac Jun18 | 3:58.26 | Ivo Emanuel Carneiro | POR | Linz (AUT) | 12-07-2002 |

Pontos: FINA 2016

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|---------------------------|----------------|---------------|----------|-----|
| 1. | Joao Alexandre Vital | 98 | Sporting | 3:59.64 | +0,63 | 774 | |
| | 50m: 27.13 27.13 | 150m: 1:27.04 30.23 | 250m: 2:27.77 | 30.21 | 350m: 3:29.09 | 30.43 | |
| | 100m: 56.81 29.68 | 200m: 1:57.56 30.52 | 300m: 2:58.66 | 30.89 | 400m: 3:59.64 | 30.55 | |
| 2. | Guilherme Filipe Pina | 98 | Benedita | 4:00.61 | +0,70 | 765 | |
| | 50m: 28.12 28.12 | 150m: 1:28.14 30.15 | 250m: 2:28.90 | 30.51 | 350m: 3:30.19 | 30.59 | |
| | 100m: 57.99 29.87 | 200m: 1:58.39 30.25 | 300m: 2:59.60 | 30.70 | 400m: 4:00.61 | 30.42 | |
| 3. | Jose Paula Carvalho | 98 | Uniao Piedense | 4:02.89 | +0,69 | 743 | |
| | 50m: 28.30 28.30 | 150m: 1:30.30 31.56 | 250m: 2:32.26 | 30.63 | 350m: 3:33.49 | 30.91 | |
| | 100m: 58.74 30.44 | 200m: 2:01.63 31.33 | 300m: 3:02.58 | 30.32 | 400m: 4:02.89 | 29.40 | |
| 4. | Antonio Fernando Pinto | 99 | Lousada SXXI | 4:03.00 | +0,78 | 742 | |
| | 50m: 27.09 27.09 | 150m: 1:27.99 30.76 | 250m: 2:30.47 | 31.33 | 350m: 3:33.27 | 31.46 | |
| | 100m: 57.23 30.14 | 200m: 1:59.14 31.15 | 300m: 3:01.81 | 31.34 | 400m: 4:03.00 | 29.73 | |
| 5. | Tiago Filipe Campos | 99 | Scalabiswim | 4:11.08 | +0,82 | 673 | |
| | 50m: 28.89 28.89 | 150m: 1:33.11 32.54 | 250m: 2:37.86 | 31.92 | 350m: 3:41.41 | 30.95 | |
| | 100m: 1:00.57 31.68 | 200m: 2:05.94 32.83 | 300m: 3:10.46 | 32.60 | 400m: 4:11.08 | 29.67 | |
| 6. | Diogo Manuel Marques | 98 | Columbofila Cantanhedense | 4:11.24 | +0,70 | 672 | |
| | 50m: 28.54 28.54 | 150m: 1:31.95 31.91 | 250m: 2:36.59 | 32.50 | 350m: 3:40.97 | 32.18 | |
| | 100m: 1:00.04 31.50 | 200m: 2:04.09 32.14 | 300m: 3:08.79 | 32.20 | 400m: 4:11.24 | 30.27 | |
| 7. | Goncalo Miguel Nogueira | 98 | Porto | 4:12.14 | +0,68 | 664 | |
| | 50m: 27.86 27.86 | 150m: 1:30.57 31.88 | 250m: 2:35.02 | 32.33 | 350m: 3:40.56 | 32.78 | |
| | 100m: 58.69 30.83 | 200m: 2:02.69 32.12 | 300m: 3:07.78 | 32.76 | 400m: 4:12.14 | 31.58 | |
| 8. | Jose Pedro Fernandes | 99 | Braga | 4:14.42 | +0,74 | 647 | |
| | 50m: 28.78 28.78 | 150m: 1:32.79 32.31 | 250m: 2:37.77 | 32.42 | 350m: 3:42.70 | 32.54 | |
| | 100m: 1:00.48 31.70 | 200m: 2:05.35 32.56 | 300m: 3:10.16 | 32.39 | 400m: 4:14.42 | 31.72 | |
| 9. | Tiago Cunha Costa | 99 | Sporting | 4:15.04 | +0,64 | 642 | |
| | 50m: 28.94 28.94 | 150m: 1:32.12 31.97 | 250m: 2:36.83 | 32.34 | 350m: 3:43.25 | 33.77 | |
| | 100m: 1:00.15 31.21 | 200m: 2:04.49 32.37 | 300m: 3:09.48 | 32.65 | 400m: 4:15.04 | 31.79 | |
| 10. | Tomas Gomes Oliveira | 99 | Nautico Marinha Grande | 4:15.35 | +0,75 | 640 | |
| | 50m: 28.63 28.63 | 150m: 1:32.23 32.26 | 250m: 2:37.68 | 32.76 | 350m: 3:43.61 | 32.94 | |
| | 100m: 59.97 31.34 | 200m: 2:04.92 32.69 | 300m: 3:10.67 | 32.99 | 400m: 4:15.35 | 31.74 | |
| 11. | Pedro Goncalves Neto | 98 | Porto | 4:15.93 | +0,79 | 635 | |
| | 50m: 28.30 28.30 | 150m: 1:31.65 31.80 | 250m: 2:36.52 | 31.70 | 350m: 3:43.33 | 32.93 | |
| | 100m: 59.85 31.55 | 200m: 2:04.82 33.17 | 300m: 3:10.40 | 33.88 | 400m: 4:15.93 | 32.60 | |

Prova 13, Masc., 400m Livres, Juniores

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|-----------------------------|---------------------|-------|----------|-----|
| 12. | Miguel Ribeiro Bate | 99 | Alges | 4:16.38 | +0,73 | 632 | |
| | 50m: 28.04 28.04 | 150m: 1:31.90 32.27 | 250m: 2:37.33 32.69 | 350m: 3:43.92 33.32 | | | |
| | 100m: 59.63 31.59 | 200m: 2:04.64 32.74 | 300m: 3:10.60 33.27 | 400m: 4:16.38 32.46 | | | |
| 13. | Tiago Carlos Santos | 98 | Uniao Piedense | 4:18.03 | +0,74 | 620 | |
| | 50m: 28.54 28.54 | 150m: 1:32.31 32.18 | 250m: 2:38.00 32.98 | 350m: 3:45.33 33.64 | | | |
| | 100m: 1:00.13 31.59 | 200m: 2:05.02 32.71 | 300m: 3:11.69 33.69 | 400m: 4:18.03 32.70 | | | |
| 14. | Diogo Nogueira Rebelo | 98 | Colegio Monte Maior | 4:18.34 | +0,72 | 618 | |
| | 50m: 29.90 29.90 | 150m: 1:35.30 32.83 | 250m: 2:41.45 33.28 | 350m: 3:47.50 32.96 | | | |
| | 100m: 1:02.47 32.57 | 200m: 2:08.17 32.87 | 300m: 3:14.54 33.09 | 400m: 4:18.34 30.84 | | | |
| 15. | Alexandre Magno Carvalho | 98 | Fluivial Portuense | 4:19.72 | +0,72 | 608 | |
| | 50m: 28.68 28.68 | 150m: 1:33.25 32.68 | 250m: 2:39.86 33.20 | 350m: 3:47.26 33.31 | | | |
| | 100m: 1:00.57 31.89 | 200m: 2:06.66 33.41 | 300m: 3:13.95 34.09 | 400m: 4:19.72 32.46 | | | |
| 16. | Diogo Rosado Leca | 98 | Colegio Monte Maior | 4:20.57 | +0,74 | 602 | |
| | 50m: 29.11 29.11 | 150m: 1:34.32 33.19 | 250m: 2:41.51 33.61 | 350m: 3:49.00 33.75 | | | |
| | 100m: 1:01.13 32.02 | 200m: 2:07.90 33.58 | 300m: 3:15.25 33.74 | 400m: 4:20.57 31.57 | | | |
| 17. | Jose Henriques Luz | 99 | Nucleo Sportinguista Golega | 4:21.49 | +0,79 | 596 | |
| | 50m: 28.60 28.60 | 150m: 1:32.57 32.64 | 250m: 2:40.19 33.86 | 350m: 3:48.57 33.94 | | | |
| | 100m: 59.93 31.33 | 200m: 2:06.33 33.76 | 300m: 3:14.63 34.44 | 400m: 4:21.49 32.92 | | | |
| 18. | Paulo Filipe Silva | 98 | Natacao da Maia | 4:21.53 | +0,82 | 595 | |
| | 50m: 29.48 29.48 | 150m: 1:34.96 32.59 | 250m: 2:41.30 33.28 | 350m: 3:48.72 33.56 | | | |
| | 100m: 1:02.37 32.89 | 200m: 2:08.02 33.06 | 300m: 3:15.16 33.86 | 400m: 4:21.53 32.81 | | | |
| 19. | Diogo Rodrigues Freitas | 98 | Uniao Piedense | 4:21.85 | +0,76 | 593 | |
| | 50m: 29.46 29.46 | 150m: 1:34.25 32.62 | 250m: 2:39.90 32.42 | 350m: 3:47.91 34.07 | | | |
| | 100m: 1:01.63 32.17 | 200m: 2:07.48 33.23 | 300m: 3:13.84 33.94 | 400m: 4:21.85 33.94 | | | |
| 20. | Daniel Filipe Paiva | 98 | Miranda do Corvo | 4:22.87 | +0,81 | 586 | |
| | 50m: 30.13 30.13 | 150m: 1:34.97 32.58 | 250m: 2:41.40 33.49 | 350m: 3:49.32 34.12 | | | |
| | 100m: 1:02.39 32.26 | 200m: 2:07.91 32.94 | 300m: 3:15.20 33.80 | 400m: 4:22.87 33.55 | | | |
| 21. | Bernardo Graca Rodrigues | 99 | Alges | 4:22.91 | +0,72 | 586 | |
| | 50m: 28.55 28.55 | 150m: 1:34.02 33.23 | 250m: 2:41.39 33.58 | 350m: 3:49.46 34.17 | | | |
| | 100m: 1:00.79 32.24 | 200m: 2:07.81 33.79 | 300m: 3:15.29 33.90 | 400m: 4:22.91 33.45 | | | |
| 22. | Tiago Silva Soares | 99 | Porto | 4:22.97 | +0,82 | 586 | |
| | 50m: 27.48 27.48 | 150m: 1:32.81 33.76 | 250m: 2:42.31 34.90 | 350m: 3:50.70 33.97 | | | |
| | 100m: 59.05 31.57 | 200m: 2:07.41 34.60 | 300m: 3:16.73 34.42 | 400m: 4:22.97 32.27 | | | |
| 23. | Francisco Rodrigues Antas | 98 | Desportiva de Viana | 4:23.29 | +0,80 | 583 | |
| | 50m: 29.15 29.15 | 150m: 1:34.85 33.46 | 250m: 2:42.14 33.79 | 350m: 3:49.85 33.61 | | | |
| | 100m: 1:01.39 32.24 | 200m: 2:08.35 33.50 | 300m: 3:16.24 34.10 | 400m: 4:23.29 33.44 | | | |
| 24. | Rui Jorge Matias | 99 | Vilacondense | 4:28.14 | +0,83 | 552 | |
| | 50m: 29.70 29.70 | 150m: 1:35.55 33.22 | 250m: 2:44.02 34.23 | 350m: 3:54.25 35.12 | | | |
| | 100m: 1:02.33 32.63 | 200m: 2:09.79 34.24 | 300m: 3:19.13 35.11 | 400m: 4:28.14 33.89 | | | |

Prova 13, Masc., 400m Livres

Prova 13
12-03-2016
Masc., 400m Livres
Juvenis A
Resultados

Rec Nac Absoluto 3:52.29 Jorge Manuel Maia POR Málaga (ESP) 05-04-2009
Rec Nac Juv A 3:59.38 Gustavo Manuel Santa POR Tampere (FIN) 21-07-2009

Pontos: FINA 2016

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 1. | Jose Paulo Lopes | 00 | Braga | 4:10.35 | +0,69 | 679 | |
| | 50m: 28.72 28.72 | 150m: 1:31.50 31.58 | 250m: 2:35.23 32.15 | 350m: 3:39.40 32.02 | | | |
| | 100m: 59.92 31.20 | 200m: 2:03.08 31.58 | 300m: 3:07.38 32.15 | 400m: 4:10.35 30.95 | | | |
| 2. | Diogo Barbosa Nunes | 00 | Fluval Portuense | 4:14.22 | +0,71 | 648 | |
| | 50m: 28.95 28.95 | 150m: 1:32.51 31.82 | 250m: 2:37.50 32.73 | 350m: 3:42.66 32.50 | | | |
| | 100m: 1:00.69 31.74 | 200m: 2:04.77 32.26 | 300m: 3:10.16 32.66 | 400m: 4:14.22 31.56 | | | |
| 3. | Sergio Filipe Travanca | 00 | Fluval Portuense | 4:17.07 | +0,78 | 627 | |
| | 50m: 29.25 29.25 | 150m: 1:33.79 32.46 | 250m: 2:39.94 32.95 | 350m: 3:45.62 32.10 | | | |
| | 100m: 1:01.33 32.08 | 200m: 2:06.99 33.20 | 300m: 3:13.52 33.58 | 400m: 4:17.07 31.45 | | | |
| 4. | Diogo Leal Dantas | 00 | Sporting | 4:17.36 | +0,61 | 625 | |
| | 50m: 28.41 28.41 | 150m: 1:32.83 32.70 | 250m: 2:38.65 32.95 | 350m: 3:45.20 33.32 | | | |
| | 100m: 1:00.13 31.72 | 200m: 2:05.70 32.87 | 300m: 3:11.88 33.23 | 400m: 4:17.36 32.16 | | | |
| 5. | Sebastiao Mendes Gomes | 00 | Pimpoes/Cimai | 4:17.75 | +0,78 | 622 | |
| | 50m: 28.51 28.51 | 150m: 1:33.71 33.39 | 250m: 2:40.07 32.95 | 350m: 3:46.65 33.10 | | | |
| | 100m: 1:00.32 31.81 | 200m: 2:07.12 33.41 | 300m: 3:13.55 33.48 | 400m: 4:17.75 31.10 | | | |
| 6. | Bernardo Garcia Perloiro | 00 | Sporting | 4:21.37 | +0,66 | 596 | |
| | 50m: 29.60 29.60 | 150m: 1:34.79 32.51 | 250m: 2:41.20 32.63 | 350m: 3:48.16 33.11 | | | |
| | 100m: 1:02.28 32.68 | 200m: 2:08.57 33.78 | 300m: 3:15.05 33.85 | 400m: 4:21.37 33.21 | | | |
| 7. | Nuno Correia Sousa | 00 | Fluval Portuense | 4:22.00 | +0,76 | 592 | |
| | 50m: 29.15 29.15 | 150m: 1:35.53 33.64 | 250m: 2:43.05 33.39 | 350m: 3:49.39 32.45 | | | |
| | 100m: 1:01.89 32.74 | 200m: 2:09.66 34.13 | 300m: 3:16.94 33.89 | 400m: 4:22.00 32.61 | | | |
| 8. | Pedro Guilherme Ferreira | 00 | Miranda do Corvo | 4:23.30 | +0,68 | 583 | |
| | 50m: 30.96 30.96 | 150m: 1:38.52 33.86 | 250m: 2:44.99 33.14 | 350m: 3:51.25 33.02 | | | |
| | 100m: 1:04.66 33.70 | 200m: 2:11.85 33.33 | 300m: 3:18.23 33.24 | 400m: 4:23.30 32.05 | | | |
| 9. | Goncalo Duarte Santos | 00 | Natacao de Faro | 4:23.92 | +0,78 | 579 | |
| | 50m: 30.35 30.35 | 150m: 1:36.79 33.37 | 250m: 2:44.57 34.12 | 350m: 3:52.18 33.51 | | | |
| | 100m: 1:03.42 33.07 | 200m: 2:10.45 33.66 | 300m: 3:18.67 34.10 | 400m: 4:23.92 31.74 | | | |
| 10. | Joao Diogo Soares | 00 | Fluval Portuense | 4:23.99 | +0,78 | 579 | |
| | 50m: 29.80 29.80 | 150m: 1:35.15 33.15 | 250m: 2:42.21 33.80 | 350m: 3:50.78 34.41 | | | |
| | 100m: 1:02.00 32.20 | 200m: 2:08.41 33.26 | 300m: 3:16.37 34.16 | 400m: 4:23.99 33.21 | | | |
| 11. | Francisco Silva Pinheiro | 00 | Alges | 4:25.35 | +0,81 | 570 | |
| | 50m: 29.90 29.90 | 150m: 1:36.34 33.60 | 250m: 2:44.24 33.98 | 350m: 3:52.49 34.15 | | | |
| | 100m: 1:02.74 32.84 | 200m: 2:10.26 33.92 | 300m: 3:18.34 34.10 | 400m: 4:25.35 32.86 | | | |
| 12. | Diogo Moreno Bastos | 00 | Fluval Portuense | 4:25.48 | +0,77 | 569 | |
| | 50m: 30.17 30.17 | 150m: 1:36.27 33.45 | 250m: 2:45.08 34.59 | 350m: 3:53.61 33.98 | | | |
| | 100m: 1:02.82 32.65 | 200m: 2:10.49 34.22 | 300m: 3:19.63 34.55 | 400m: 4:25.48 31.87 | | | |
| 13. | Filipe Miguel Santo | 00 | Sporting | 4:26.54 | +0,82 | 562 | |
| | 50m: 29.57 29.57 | 150m: 1:35.21 33.16 | 250m: 2:43.24 33.75 | 350m: 3:52.40 34.46 | | | |
| | 100m: 1:02.05 32.48 | 200m: 2:09.49 34.28 | 300m: 3:17.94 34.70 | 400m: 4:26.54 34.14 | | | |
| 14. | Pedro Barata Neves | 00 | Laranjeiro | 4:28.18 | +0,74 | 552 | |
| | 50m: 30.85 30.85 | 150m: 1:38.23 33.80 | 250m: 2:46.26 33.81 | 350m: 3:54.95 34.49 | | | |
| | 100m: 1:04.43 33.58 | 200m: 2:12.45 34.22 | 300m: 3:20.46 34.20 | 400m: 4:28.18 33.23 | | | |

Prova 13, Masc., 400m Livres, Juvenis A

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|-----|---------------------|----------------|-------|---------------|-------|
| 15. | David Dias Lima | 00 | Vilacondense | 4:28.63 | +0,83 | 549 | |
| | 50m: 30.05 30.05 | | 150m: 1:36.31 32.89 | 250m: 2:44.40 | 33.70 | 350m: 3:53.57 | 34.45 |
| | 100m: 1:03.42 33.37 | | 200m: 2:10.70 34.39 | 300m: 3:19.12 | 34.72 | 400m: 4:28.63 | 35.06 |
| 16. | Bernardo Marques Goncalves | 00 | Galitos / Bresimar | 4:28.69 | +0,76 | 549 | |
| | 50m: 30.49 30.49 | | 150m: 1:37.68 34.13 | 250m: 2:46.65 | 34.71 | 350m: 3:55.86 | 34.67 |
| | 100m: 1:03.55 33.06 | | 200m: 2:11.94 34.26 | 300m: 3:21.19 | 34.54 | 400m: 4:28.69 | 32.83 |
| 17. | Rui Jorge Lopes | 00 | CLAC-Entroncamento | 4:29.07 | +0,84 | 547 | |
| | 50m: 30.53 30.53 | | 150m: 1:38.26 34.27 | 250m: 2:47.29 | 34.50 | 350m: 3:56.44 | 34.13 |
| | 100m: 1:03.99 33.46 | | 200m: 2:12.79 34.53 | 300m: 3:22.31 | 35.02 | 400m: 4:29.07 | 32.63 |
| 18. | Pedro Alexandre Correia | 00 | Pimpoes/Cimai | 4:30.38 | +0,76 | 539 | |
| | 50m: 30.03 30.03 | | 150m: 1:37.57 34.24 | 250m: 2:47.12 | 34.77 | 350m: 3:57.15 | 34.74 |
| | 100m: 1:03.33 33.30 | | 200m: 2:12.35 34.78 | 300m: 3:22.41 | 35.29 | 400m: 4:30.38 | 33.23 |
| 19. | Joao Vitor Fernandes | 00 | Sao Roque | 4:30.86 | +0,67 | 536 | |
| | 50m: 29.02 29.02 | | 150m: 1:35.36 33.79 | 250m: 2:44.95 | 35.47 | 350m: 3:56.77 | 35.95 |
| | 100m: 1:01.57 32.55 | | 200m: 2:09.48 34.12 | 300m: 3:20.82 | 35.87 | 400m: 4:30.86 | 34.09 |
| 20. | Tomas Quintas Neves | 00 | Desportiva de Viana | 4:30.88 | +0,86 | 536 | |
| | 50m: 30.37 30.37 | | 150m: 1:38.99 34.80 | 250m: 2:48.66 | 34.38 | 350m: 3:57.10 | 33.79 |
| | 100m: 1:04.19 33.82 | | 200m: 2:14.28 35.29 | 300m: 3:23.31 | 34.65 | 400m: 4:30.88 | 33.78 |
| 21. | Miguel Duarte Pereira | 00 | Natacao Olhao | 4:30.99 | +0,82 | 535 | |
| | 50m: 30.70 30.70 | | 150m: 1:38.15 34.11 | 250m: 2:47.69 | 34.56 | 350m: 3:57.85 | 34.73 |
| | 100m: 1:04.04 33.34 | | 200m: 2:13.13 34.98 | 300m: 3:23.12 | 35.43 | 400m: 4:30.99 | 33.14 |
| 22. | Tiago Miguel Novais | 00 | Desportiva de Viana | 4:31.66 | +0,77 | 531 | |
| | 50m: 30.26 30.26 | | 150m: 1:38.86 34.96 | 250m: 2:49.12 | 34.88 | 350m: 3:58.57 | 34.46 |
| | 100m: 1:03.90 33.64 | | 200m: 2:14.24 35.38 | 300m: 3:24.11 | 34.99 | 400m: 4:31.66 | 33.09 |
| 23. | Bruno Miguel Pinto | 00 | Porto | 4:34.27 | +0,79 | 516 | |
| | 50m: 30.18 30.18 | | 150m: 1:38.59 34.53 | 250m: 2:49.10 | 34.51 | 350m: 3:59.75 | 35.24 |
| | 100m: 1:04.06 33.88 | | 200m: 2:14.59 36.00 | 300m: 3:24.51 | 35.41 | 400m: 4:34.27 | 34.52 |
| 24. | Diogo Monteiro Sousa | 00 | Naval Setubalense | 4:34.80 | +0,85 | 513 | |
| | 50m: 30.28 30.28 | | 150m: 1:38.18 34.29 | 250m: 2:48.23 | 35.22 | 350m: 4:00.03 | 36.09 |
| | 100m: 1:03.89 33.61 | | 200m: 2:13.01 34.83 | 300m: 3:23.94 | 35.71 | 400m: 4:34.80 | 34.77 |
| 25. | Joao Afonso Carvalho | 00 | Desportiva de Viana | 4:35.10 | +0,80 | 511 | |
| | 50m: 29.95 29.95 | | 150m: 1:38.29 34.79 | 250m: 2:47.64 | 34.11 | 350m: 3:59.40 | 36.03 |
| | 100m: 1:03.50 33.55 | | 200m: 2:13.53 35.24 | 300m: 3:23.37 | 35.73 | 400m: 4:35.10 | 35.70 |
| 26. | Tiago Andre Jorge | 00 | Ba/Bomcar | 4:35.41 | +0,75 | 510 | |
| | 50m: 29.72 29.72 | | 150m: 1:38.24 35.05 | 250m: 2:49.15 | 35.49 | 350m: 4:00.78 | 35.82 |
| | 100m: 1:03.19 33.47 | | 200m: 2:13.66 35.42 | 300m: 3:24.96 | 35.81 | 400m: 4:35.41 | 34.63 |
| 27. | Francisco Nunes Libreiro | 00 | Uniao Piedense | 4:35.68 | +0,80 | 508 | |
| | 50m: 29.57 29.57 | | 150m: 1:37.74 34.50 | 250m: 2:49.07 | 35.47 | 350m: 4:00.88 | 35.84 |
| | 100m: 1:03.24 33.67 | | 200m: 2:13.60 35.86 | 300m: 3:25.04 | 35.97 | 400m: 4:35.68 | 34.80 |
| 28. | Daniel Jose Duarte | 00 | Leixoes | 4:36.19 | +0,68 | 505 | |
| | 50m: 29.05 29.05 | | 150m: 1:37.19 34.66 | 250m: 2:47.56 | 35.32 | 350m: 4:00.93 | 36.95 |
| | 100m: 1:02.53 33.48 | | 200m: 2:12.24 35.05 | 300m: 3:23.98 | 36.42 | 400m: 4:36.19 | 35.26 |
| 29. | Andre Castro Branco | 00 | Desportiva de Viana | 4:37.54 | +0,88 | 498 | |
| | 50m: 29.93 29.93 | | 150m: 1:38.35 34.47 | 250m: 2:49.75 | 35.24 | 350m: 4:01.90 | 35.62 |
| | 100m: 1:03.88 33.95 | | 200m: 2:14.51 36.16 | 300m: 3:26.28 | 36.53 | 400m: 4:37.54 | 35.64 |

Prova 13, Masc., 400m Livres, Juvenis A

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 30. | Alexandre Teixeira Marcos | 00 | Louletano / Loule Concelho | 4:43.05 | +0,75 | 469 | |
| | 50m: 30.98 30.98 | 150m: 1:40.21 35.53 | 250m: 2:53.07 37.19 | 350m: 4:06.88 36.67 | | | |
| | 100m: 1:04.68 33.70 | 200m: 2:15.88 35.67 | 300m: 3:30.21 37.14 | 400m: 4:43.05 36.17 | | | |

Prova 13 Masc., 400m Livres Juvenis B
12-03-2016 Resultados

| | | | | | |
|------------------|---------|-------------------|-----|--------------|------------|
| Rec Nac Absoluto | 3:52.29 | Jorge Manuel Maia | POR | Málaga (ESP) | 05-04-2009 |
| Rec Nac Juv B | 4:06.22 | Rui Filipe Costa | VSC | Coimbra | 29-07-2006 |

Pontos: FINA 2016

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-----------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 1. | Tiago Miguel Vilhena | 01 | Natacao de Faro | 4:15.20 | +0,72 | 641 | |
| | 50m: 28.92 28.92 | 150m: 1:33.04 32.28 | 250m: 2:37.83 32.22 | 350m: 3:43.59 33.13 | | | |
| | 100m: 1:00.76 31.84 | 200m: 2:05.61 32.57 | 300m: 3:10.46 32.63 | 400m: 4:15.20 31.61 | | | |
| 2. | Joao Peixoto Pereira | 01 | Braga | 4:17.22 | +0,95 | 626 | |
| | 50m: 29.44 29.44 | 150m: 1:33.44 32.28 | 250m: 2:38.53 32.37 | 350m: 3:44.67 33.52 | | | |
| | 100m: 1:01.16 31.72 | 200m: 2:06.16 32.72 | 300m: 3:11.15 32.62 | 400m: 4:17.22 32.55 | | | |
| 3. | Diogo Coelho Jose | 01 | Columbofila Cantanhedense | 4:17.41 | +0,69 | 624 | |
| | 50m: 29.79 29.79 | 150m: 1:34.23 32.41 | 250m: 2:40.00 32.87 | 350m: 3:46.28 32.94 | | | |
| | 100m: 1:01.82 32.03 | 200m: 2:07.13 32.90 | 300m: 3:13.34 33.34 | 400m: 4:17.41 31.13 | | | |
| 4. | Duarte Miguel Jorge | 01 | Galitos / Bresimar | 4:18.12 | +0,79 | 619 | |
| | 50m: 29.80 29.80 | 150m: 1:34.10 32.11 | 250m: 2:39.95 33.04 | 350m: 3:45.92 32.65 | | | |
| | 100m: 1:01.99 32.19 | 200m: 2:06.91 32.81 | 300m: 3:13.27 33.32 | 400m: 4:18.12 32.20 | | | |
| 5. | David Matias Cristino | 01 | Naval Amorense | 4:22.12 | +0,74 | 591 | |
| | 50m: 28.55 28.55 | 150m: 1:34.14 33.59 | 250m: 2:41.54 34.04 | 350m: 3:49.72 33.56 | | | |
| | 100m: 1:00.55 32.00 | 200m: 2:07.50 33.36 | 300m: 3:16.16 34.62 | 400m: 4:22.12 32.40 | | | |
| 6. | Pedro Miguel Santos | 01 | Porto | 4:24.86 | +0,70 | 573 | |
| | 50m: 30.02 30.02 | 150m: 1:35.99 33.60 | 250m: 2:44.28 34.05 | 350m: 3:52.34 34.02 | | | |
| | 100m: 1:02.39 32.37 | 200m: 2:10.23 34.24 | 300m: 3:18.32 34.04 | 400m: 4:24.86 32.52 | | | |
| 7. | Diogo Ramos Lebre | 01 | Sporting Clube de Aveiro | 4:25.92 | +0,78 | 566 | |
| | 50m: 29.89 29.89 | 150m: 1:36.28 33.50 | 250m: 2:44.07 33.93 | 350m: 3:52.66 34.15 | | | |
| | 100m: 1:02.78 32.89 | 200m: 2:10.14 33.86 | 300m: 3:18.51 34.44 | 400m: 4:25.92 33.26 | | | |
| 8. | Nuno Filipe Rainho | 01 | Galitos / Bresimar | 4:26.10 | +0,66 | 565 | |
| | 50m: 29.85 29.85 | 150m: 1:35.99 33.55 | 250m: 2:44.37 34.20 | 350m: 3:53.33 34.29 | | | |
| | 100m: 1:02.44 32.59 | 200m: 2:10.17 34.18 | 300m: 3:19.04 34.67 | 400m: 4:26.10 32.77 | | | |
| 9. | Diogo Santos Cardoso | 01 | Colegio Monte Maior | 4:26.31 | +0,71 | 564 | |
| | 50m: 29.91 29.91 | 150m: 1:36.85 34.28 | 250m: 2:45.35 34.23 | 350m: 3:53.39 33.60 | | | |
| | 100m: 1:02.57 32.66 | 200m: 2:11.12 34.27 | 300m: 3:19.79 34.44 | 400m: 4:26.31 32.92 | | | |
| 10. | Joao Carvalho Diz | 01 | Nautico /Urgicentro-Sanfil | 4:27.33 | +0,81 | 557 | |
| | 50m: 30.70 30.70 | 150m: 1:38.06 34.19 | 250m: 2:46.37 34.08 | 350m: 3:55.21 34.06 | | | |
| | 100m: 1:03.87 33.17 | 200m: 2:12.29 34.23 | 300m: 3:21.15 34.78 | 400m: 4:27.33 32.12 | | | |
| 11. | Rui Miguel Pires | 01 | Nautico Marinha Grande | 4:27.83 | +0,70 | 554 | |
| | 50m: 30.04 30.04 | 150m: 1:37.84 34.66 | 250m: 2:46.12 34.26 | 350m: 3:54.54 34.39 | | | |
| | 100m: 1:03.18 33.14 | 200m: 2:11.86 34.02 | 300m: 3:20.15 34.03 | 400m: 4:27.83 33.29 | | | |
| 12. | Jose Maria Pereira | 01 | Sporting | 4:28.61 | +0,71 | 549 | |
| | 50m: 30.90 30.90 | 150m: 1:38.37 34.05 | 250m: 2:47.13 34.46 | 350m: 3:55.64 33.97 | | | |
| | 100m: 1:04.32 33.42 | 200m: 2:12.67 34.30 | 300m: 3:21.67 34.54 | 400m: 4:28.61 32.97 | | | |

Prova 13, Masc., 400m Livres, Juvenis B

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|---------------------------|----------------|---------------|----------|-----|
| 13. | Joao Jose Calado | 01 | Nautico Abrantes | 4:30.80 | +0,70 | 536 | |
| | 50m: 28.98 28.98 | 150m: 1:35.11 33.23 | 250m: 2:44.32 | 34.51 | 350m: 3:55.78 | 35.29 | |
| | 100m: 1:01.88 32.90 | 200m: 2:09.81 34.70 | 300m: 3:20.49 | 36.17 | 400m: 4:30.80 | 35.02 | |
| 14. | Edgar Filipe Santos | 01 | Naval Amorense | 4:30.83 | +0,71 | 536 | |
| | 50m: 30.80 30.80 | 150m: 1:38.86 34.67 | 250m: 2:48.26 | 34.90 | 350m: 3:57.82 | 34.44 | |
| | 100m: 1:04.19 33.39 | 200m: 2:13.36 34.50 | 300m: 3:23.38 | 35.12 | 400m: 4:30.83 | 33.01 | |
| 15. | Ricardo Luis Leal | 01 | CLAC-Entroncamento | 4:30.99 | +0,69 | 535 | |
| | 50m: 30.73 30.73 | 150m: 1:38.96 34.79 | 250m: 2:50.03 | 35.85 | 350m: 3:58.68 | 34.41 | |
| | 100m: 1:04.17 33.44 | 200m: 2:14.18 35.22 | 300m: 3:24.27 | 34.24 | 400m: 4:30.99 | 32.31 | |
| 16. | Diogo Alexandre Araujo | 01 | Estrelas S.Joao de Brito | 4:31.05 | +0,70 | 535 | |
| | 50m: 30.79 30.79 | 150m: 1:39.97 35.19 | 250m: 2:50.07 | 35.17 | 350m: 3:59.50 | 34.80 | |
| | 100m: 1:04.78 33.99 | 200m: 2:14.90 34.93 | 300m: 3:24.70 | 34.63 | 400m: 4:31.05 | 31.55 | |
| 17. | Joao Leite Saraiva | 01 | Famalicao | 4:31.74 | +0,90 | 531 | |
| | 50m: 29.09 29.09 | 150m: 1:35.25 33.75 | 250m: 2:46.02 | 35.30 | 350m: 3:57.25 | 35.44 | |
| | 100m: 1:01.50 32.41 | 200m: 2:10.72 35.47 | 300m: 3:21.81 | 35.79 | 400m: 4:31.74 | 34.49 | |
| 18. | Guilherme Ventura Carvalho | 01 | Geslours | 4:33.96 | +0,69 | 518 | |
| | 50m: 30.61 30.61 | 150m: 1:38.87 34.40 | 250m: 2:48.24 | 34.75 | 350m: 3:59.06 | 35.34 | |
| | 100m: 1:04.47 33.86 | 200m: 2:13.49 34.62 | 300m: 3:23.72 | 35.48 | 400m: 4:33.96 | 34.90 | |
| 19. | David Joao Tinoco | 01 | Columbofila Cantanhedense | 4:34.44 | +0,62 | 515 | |
| | 50m: 31.36 31.36 | 150m: 1:40.20 34.78 | 250m: 2:49.71 | 35.02 | 350m: 3:59.70 | 34.94 | |
| | 100m: 1:05.42 34.06 | 200m: 2:14.69 34.49 | 300m: 3:24.76 | 35.05 | 400m: 4:34.44 | 34.74 | |
| 20. | Joao Mano Costa | 01 | Braga | 4:35.23 | +0,87 | 511 | |
| | 50m: 30.86 30.86 | 150m: 1:40.44 34.91 | 250m: 2:51.12 | 34.80 | 350m: 4:02.00 | 34.71 | |
| | 100m: 1:05.53 34.67 | 200m: 2:16.32 35.88 | 300m: 3:27.29 | 36.17 | 400m: 4:35.23 | 33.23 | |
| 21. | Ricardo Jorge Moreira | 01 | Valongo | 4:35.55 | +0,73 | 509 | |
| | 50m: 30.67 30.67 | 150m: 1:39.32 34.52 | 250m: 2:50.01 | 35.64 | 350m: 4:01.20 | 35.50 | |
| | 100m: 1:04.80 34.13 | 200m: 2:14.37 35.05 | 300m: 3:25.70 | 35.69 | 400m: 4:35.55 | 34.35 | |
| 22. | Diogo Franco Martins | 01 | Assoc.20km-Almeirim | 4:35.66 | +0,82 | 508 | |
| | 50m: 30.22 30.22 | 150m: 1:38.74 35.15 | 250m: 2:49.89 | 35.62 | 350m: 4:01.42 | 35.74 | |
| | 100m: 1:03.59 33.37 | 200m: 2:14.27 35.53 | 300m: 3:25.68 | 35.79 | 400m: 4:35.66 | 34.24 | |
| 23. | Rodrigo Ponte Jorge | 01 | Naval Amorense | 4:37.88 | +0,75 | 496 | |
| | 50m: 31.27 31.27 | 150m: 1:40.51 34.76 | 250m: 2:50.52 | 34.80 | 350m: 4:02.09 | 34.70 | |
| | 100m: 1:05.75 34.48 | 200m: 2:15.72 35.21 | 300m: 3:27.39 | 36.87 | 400m: 4:37.88 | 35.79 | |
| 24. | Rodrigo Melo Pinto | 01 | Colegio Vasco da Gama | 4:38.85 | +0,77 | 491 | |
| | 50m: 31.08 31.08 | 150m: 1:39.93 34.92 | 250m: 2:51.04 | 35.75 | 350m: 4:03.55 | 36.57 | |
| | 100m: 1:05.01 33.93 | 200m: 2:15.29 35.36 | 300m: 3:26.98 | 35.94 | 400m: 4:38.85 | 35.30 | |

Prova 13, Masc., 400m Livres

Prova 13 Masc., 400m Livres Seniores
12-03-2016 Resultados

| | | | | | |
|------------------|---------|-------------------|-----|--------------|------------|
| Rec Nac Absoluto | 3:52.29 | Jorge Manuel Maia | POR | Málaga (ESP) | 05-04-2009 |
| Rec Nac Sen | 3:52.29 | Jorge Manuel Maia | POR | Málaga (ESP) | 05-04-2009 |

Pontos: FINA 2016

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-----------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 1. | Rafael Lourenco Gil | 96 | Uniao Piedense | 3:57.75 | +0,71 | 793 | |
| | 50m: 27.44 27.44 | 150m: 1:27.07 30.25 | 250m: 2:28.38 30.55 | 350m: 3:29.43 30.37 | | | |
| | 100m: 56.82 29.38 | 200m: 1:57.83 30.76 | 300m: 2:59.06 30.68 | 400m: 3:57.75 28.32 | | | |
| 2. | Guilherme Pereira Dias | 97 | Sporting | 3:58.75 | +0,74 | 783 | |
| | 50m: 27.60 27.60 | 150m: 1:27.87 30.21 | 250m: 2:28.50 30.32 | 350m: 3:28.63 30.10 | | | |
| | 100m: 57.66 30.06 | 200m: 1:58.18 30.31 | 300m: 2:58.53 30.03 | 400m: 3:58.75 30.12 | | | |
| 3. | Alexandre Valdagua Coutinho | 97 | Columbofila Cantanhedense | 3:58.92 | +0,64 | 781 | |
| | 50m: 27.26 27.26 | 150m: 1:27.34 30.23 | 250m: 2:28.09 30.26 | 350m: 3:29.51 30.53 | | | |
| | 100m: 57.11 29.85 | 200m: 1:57.83 30.49 | 300m: 2:58.98 30.89 | 400m: 3:58.92 29.41 | | | |
| 4. | Igor Araujo Mogne | 96 | Sporting | 3:59.50 | +0,71 | 775 | |
| | 50m: 27.98 27.98 | 150m: 1:28.53 30.52 | 250m: 2:29.29 30.37 | 350m: 3:30.18 30.23 | | | |
| | 100m: 58.01 30.03 | 200m: 1:58.92 30.39 | 300m: 2:59.95 30.66 | 400m: 3:59.50 29.32 | | | |
| 5. | Andre Filipe Farinha | 96 | Benfica | 4:02.06 | +0,57 | 751 | |
| | 50m: 27.73 27.73 | 150m: 1:28.26 30.43 | 250m: 2:30.26 30.98 | 350m: 3:31.54 30.62 | | | |
| | 100m: 57.83 30.10 | 200m: 1:59.28 31.02 | 300m: 3:00.92 30.66 | 400m: 4:02.06 30.52 | | | |
| 6. | Mario Andre Bonanca | 90 | Sporting | 4:02.20 | +0,74 | 750 | |
| | 50m: 28.05 28.05 | 150m: 1:27.48 29.90 | 250m: 2:28.65 30.69 | 350m: 3:31.35 31.47 | | | |
| | 100m: 57.58 29.53 | 200m: 1:57.96 30.48 | 300m: 2:59.88 31.23 | 400m: 4:02.20 30.85 | | | |
| 7. | Francisco Xavier Goncalves | 97 | Nautico /Urgicentro-Sanfil | 4:06.59 | +0,70 | 710 | |
| | 50m: 28.54 28.54 | 150m: 1:30.69 31.25 | 250m: 2:32.92 30.86 | 350m: 3:35.67 31.46 | | | |
| | 100m: 59.44 30.90 | 200m: 2:02.06 31.37 | 300m: 3:04.21 31.29 | 400m: 4:06.59 30.92 | | | |
| 8. | Vasco Miguel Gaspar | 90 | Uniao Piedense | 4:07.58 | +0,72 | 702 | |
| | 50m: 27.81 27.81 | 150m: 1:29.62 31.10 | 250m: 2:32.18 31.18 | 350m: 3:35.73 31.83 | | | |
| | 100m: 58.52 30.71 | 200m: 2:01.00 31.38 | 300m: 3:03.90 31.72 | 400m: 4:07.58 31.85 | | | |
| 9. | Joao Carlos Santos | 96 | Uniao Piedense | 4:09.32 | +0,69 | 687 | |
| | 50m: 28.69 28.69 | 150m: 1:31.35 31.68 | 250m: 2:34.71 31.34 | 350m: 3:37.91 31.60 | | | |
| | 100m: 59.67 30.98 | 200m: 2:03.37 32.02 | 300m: 3:06.31 31.60 | 400m: 4:09.32 31.41 | | | |
| 10. | Tiago Silva Oliveira | 94 | Fluval Portuense | 4:11.05 | +0,73 | 673 | |
| | 50m: 27.94 27.94 | 150m: 1:30.14 31.38 | 250m: 2:34.09 31.90 | 350m: 3:38.95 32.38 | | | |
| | 100m: 58.76 30.82 | 200m: 2:02.19 32.05 | 300m: 3:06.57 32.48 | 400m: 4:11.05 32.10 | | | |
| 11. | Ruben Jose Morim | 97 | Vilacondense | 4:12.32 | +0,72 | 663 | |
| | 50m: 28.20 28.20 | 150m: 1:30.93 31.88 | 250m: 2:35.94 32.81 | 350m: 3:40.86 32.27 | | | |
| | 100m: 59.05 30.85 | 200m: 2:03.13 32.20 | 300m: 3:08.59 32.65 | 400m: 4:12.32 31.46 | | | |
| 12. | Pedro Maria Bessa | 95 | Nautico /Urgicentro-Sanfil | 4:12.39 | +0,69 | 662 | |
| | 50m: 28.80 28.80 | 150m: 1:31.33 31.35 | 250m: 2:35.59 31.94 | 350m: 3:40.62 32.21 | | | |
| | 100m: 59.98 31.18 | 200m: 2:03.65 32.32 | 300m: 3:08.41 32.82 | 400m: 4:12.39 31.77 | | | |