

Prova 15 Masc., 400m Estilos Open
22-07-2016 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013
Rec Nac Inf B	4:54.87	Andre Vilas Ruivo	DNMG	S. Joao da Madeira	12-07-2013
Rec Nac Inf A	4:46.20	Tomas Miguel Freitas	CDN	Póvoa Varzim	23-07-2004
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	4:23.85	Joao Alexandre Vital	SCP	Oeiras	11-03-2016
Rec Nac Sen	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013

TAC_B-SENM Sen: 4:47.93 / TAC_B-JUNM Jun: 4:59.27 / TAC_B-JUVAM Juv A: 5:08.97 / TAC_B-JUVBM Juv B: 5:14.07

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	Sporting	4:32.88	+0,66	713	
	50m: 27.78 27.78	150m: 1:33.69 34.44	250m: 2:46.72 38.85	350m: 3:59.67 33.70			
	100m: 59.25 31.47	200m: 2:07.87 34.18	300m: 3:25.97 39.25	400m: 4:32.88 33.21			
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:38.21	+0,68	673	
	50m: 29.55 29.55	150m: 1:38.91 35.63	250m: 2:54.22 39.46	350m: 4:07.00 34.04			
	100m: 1:03.28 33.73	200m: 2:14.76 35.85	300m: 3:32.96 38.74	400m: 4:38.21 31.21			
	Joao Pedro Gil	97	Individual ANL	4:38.21	+0,67	673	
	50m: 29.46 29.46	150m: 1:40.27 36.75	250m: 2:55.25 39.75	350m: 4:07.36 32.31			
	100m: 1:03.52 34.06	200m: 2:15.50 35.23	300m: 3:35.05 39.80	400m: 4:38.21 30.85			
4.	Antonio Fernando Pinto	99	Lousada SXXI	4:38.29	+0,76	672	
	50m: 29.16 29.16	150m: 1:41.17 38.50	250m: 2:57.05 38.40	350m: 4:08.55 31.86			
	100m: 1:02.67 33.51	200m: 2:18.65 37.48	300m: 3:36.69 39.64	400m: 4:38.29 29.74			
5.	Nuno Rafael Alves	90	Individual ANNP	4:40.01	+0,76	660	
	50m: 29.07 29.07	150m: 1:39.33 37.83	250m: 2:55.53 38.48	350m: 4:07.34 33.25			
	100m: 1:01.50 32.43	200m: 2:17.05 37.72	300m: 3:34.09 38.56	400m: 4:40.01 32.67			
6.	Jose Paula Carvalho	98	Uniao Piedense	4:40.20	+0,70	659	
	50m: 28.02 28.02	150m: 1:38.10 38.27	250m: 2:54.15 40.89	350m: 4:08.65 33.64			
	100m: 59.83 31.81	200m: 2:13.26 35.16	300m: 3:35.01 40.86	400m: 4:40.20 31.55			
7.	Andre Magalhaes Moura	98	Academico Viseu	4:40.62	+0,65	656	
	50m: 29.26 29.26	150m: 1:40.79 37.94	250m: 2:56.43 38.65	350m: 4:08.68 32.65			
	100m: 1:02.85 33.59	200m: 2:17.78 36.99	300m: 3:36.03 39.60	400m: 4:40.62 31.94			
8.	Bruno Miguel Ramos	97	Belenenses	4:40.64	+0,69	655	
	50m: 29.77 29.77	150m: 1:40.23 36.32	250m: 2:56.98 40.12	350m: 4:09.32 32.29			
	100m: 1:03.91 34.14	200m: 2:16.86 36.63	300m: 3:37.03 40.05	400m: 4:40.64 31.32			
9.	Andre Bras Goncalves	88	Belenenses	4:41.24	+0,68	651	
	50m: 28.55 28.55	150m: 1:39.08 37.17	250m: 2:55.91 40.44	350m: 4:08.71 33.50			
	100m: 1:01.91 33.36	200m: 2:15.47 36.39	300m: 3:35.21 39.30	400m: 4:41.24 32.53			
10.	Jose Pedro Sampaio	98	Foca	4:41.62	+0,80	649	
	50m: 29.65 29.65	150m: 1:40.46 36.93	250m: 2:56.19 39.97	350m: 4:10.44 33.47			
	100m: 1:03.53 33.88	200m: 2:16.22 35.76	300m: 3:36.97 40.78	400m: 4:41.62 31.18			
11.	Jose Paulo Lopes	00	Braga	4:43.05	+0,70	639	
	50m: 29.55 29.55	150m: 1:38.85 35.40	250m: 2:56.93 41.65	350m: 4:12.02 33.32			
	100m: 1:03.45 33.90	200m: 2:15.28 36.43	300m: 3:38.70 41.77	400m: 4:43.05 31.03			
12.	Jorge Jesus Silva	00	Braga	4:43.09	+0,77	639	
	50m: 30.08 30.08	150m: 1:43.10 38.88	250m: 2:59.72 38.49	350m: 4:12.78 33.00			
	100m: 1:04.22 34.14	200m: 2:21.23 38.13	300m: 3:39.78 40.06	400m: 4:43.09 30.31			

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Antonio Rafael Bessa	94	Aquatico Pacense	4:44.58	+0,66	629	
	50m: 29.09 29.09	150m: 1:39.23 37.16	250m: 2:57.44 41.40	350m: 4:11.70 32.88			
	100m: 1:02.07 32.98	200m: 2:16.04 36.81	300m: 3:38.82 41.38	400m: 4:44.58 32.88			
14.	Tiago Miguel Vilhena	01	Natacao de Faro	4:44.72	+0,71	628	
	50m: 30.46 30.46	150m: 1:42.41 36.68	250m: 2:59.24 40.85	350m: 4:12.94 32.19			
	100m: 1:05.73 35.27	200m: 2:18.39 35.98	300m: 3:40.75 41.51	400m: 4:44.72 31.78			
15.	Joao Daniel Machado	99	Uniao Piedense	4:44.99	+0,69	626	
	50m: 29.21 29.21	150m: 1:40.60 36.96	250m: 2:57.89 41.23	350m: 4:12.92 33.19			
	100m: 1:03.64 34.43	200m: 2:16.66 36.06	300m: 3:39.73 41.84	400m: 4:44.99 32.07			
16.	Tiago Moises Dinis	98	Nautico /Urgicentro-Sanfil	4:46.92	+0,68	613	
	50m: 29.58 29.58	150m: 1:42.41 38.16	250m: 3:00.47 40.17	350m: 4:14.60 33.93			
	100m: 1:04.25 34.67	200m: 2:20.30 37.89	300m: 3:40.67 40.20	400m: 4:46.92 32.32			
17.	Bernardo Garcia Perloiro	00	Sporting	4:48.32	+0,66	604	
	50m: 29.51 29.51	150m: 1:41.26 35.92	250m: 2:59.97 41.32	350m: 4:15.42 32.77			
	100m: 1:05.34 35.83	200m: 2:18.65 37.39	300m: 3:42.65 42.68	400m: 4:48.32 32.90			
18.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:48.65	+0,68	602	
	50m: 29.61 29.61	150m: 1:42.21 37.89	250m: 3:00.54 40.24	350m: 4:15.81 33.52			
	100m: 1:04.32 34.71	200m: 2:20.30 38.09	300m: 3:42.29 41.75	400m: 4:48.65 32.84			
19.	Antonio Manuel Mendes	99	Sporting	4:48.76	+0,70	602	
	50m: 29.28 29.28	150m: 1:43.24 41.37	250m: 3:01.89 39.01	350m: 4:15.74 34.53			
	100m: 1:01.87 32.59	200m: 2:22.88 39.64	300m: 3:41.21 39.32	400m: 4:48.76 33.02			
20.	Tiago Silva Oliveira	94	Fluvial Portuense	4:51.63	+0,74	584	
	50m: 30.75 30.75	150m: 1:44.35 38.03	250m: 3:04.59 43.42	350m: 4:20.65 32.42			
	100m: 1:06.32 35.57	200m: 2:21.17 36.82	300m: 3:48.23 43.64	400m: 4:51.63 30.98			
21.	Joao Carlos Santos	96	Uniao Piedense	4:52.80	+0,72	577	
	50m: 30.87 30.87	150m: 1:44.46 38.25	250m: 3:04.91 42.69	350m: 4:21.17 32.74			
	100m: 1:06.21 35.34	200m: 2:22.22 37.76	300m: 3:48.43 43.52	400m: 4:52.80 31.63			
22.	Sergio Martinez Gutierrez	98	C.N. Leon	4:53.03	+0,65	576	
	50m: 30.70 30.70	150m: 1:46.55 40.13	250m: 3:05.59 38.55	350m: 4:20.22 35.71			
	100m: 1:06.42 35.72	200m: 2:27.04 40.49	300m: 3:44.51 38.92	400m: 4:53.03 32.81			
23.	Tiago Douwens Paula	99	Sporting	4:53.53	+0,76	573	
	50m: 30.79 30.79	150m: 1:44.33 38.09	250m: 3:05.26 43.24	350m: 4:21.72 33.54			
	100m: 1:06.24 35.45	200m: 2:22.02 37.69	300m: 3:48.18 42.92	400m: 4:53.53 31.81			
24.	Afonso Guilherme Jesus	00	Sporting	4:54.17	+0,67	569	
	50m: 30.62 30.62	150m: 1:46.24 39.87	250m: 3:05.97 41.37	350m: 4:22.89 34.45			
	100m: 1:06.37 35.75	200m: 2:24.60 38.36	300m: 3:48.44 42.47	400m: 4:54.17 31.28			
25.	Luis Filipe Soares	98	Porto	4:54.73	+0,70	566	
	50m: 30.13 30.13	150m: 1:44.63 38.61	250m: 3:04.28 41.34	350m: 4:22.27 35.56			
	100m: 1:06.02 35.89	200m: 2:22.94 38.31	300m: 3:46.71 42.43	400m: 4:54.73 32.46			
26.	Bernardo Sousa Pereira	01	Pimpoes/Cimai	4:54.79	+0,79	565	
	50m: 31.87 31.87	150m: 1:46.40 39.25	250m: 3:05.65 39.96	350m: 4:21.98 34.95			
	100m: 1:07.15 35.28	200m: 2:25.69 39.29	300m: 3:47.03 41.38	400m: 4:54.79 32.81			
27.	Daniel Nogueira Catalao	00	Uniao Piedense	4:54.84	+0,67	565	
	50m: 30.78 30.78	150m: 1:45.13 38.71	250m: 3:03.77 40.01	350m: 4:20.95 34.70			
	100m: 1:06.42 35.64	200m: 2:23.76 38.63	300m: 3:46.25 42.48	400m: 4:54.84 33.89			

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts FINA	Pts
28.	Sebastiao Limbert Piedade	00	Alges	4:54.92				+0,79	565	
	50m: 30.46 30.46	150m: 1:45.19 39.38	250m: 3:05.54 41.10	350m: 4:21.56 34.49						
	100m: 1:05.81 35.35	200m: 2:24.44 39.25	300m: 3:47.07 41.53	400m: 4:54.92 33.36						
29.	Bernardo Graca Rodrigues	99	Alges	4:55.00				+0,75	564	
	50m: 29.99 29.99	150m: 1:45.41 39.55	250m: 3:05.40 41.94	350m: 4:22.12 33.43						
	100m: 1:05.86 35.87	200m: 2:23.46 38.05	300m: 3:48.69 43.29	400m: 4:55.00 32.88						
30.	Miguel Goncalves Frade	00	Torres Novas	4:55.20				+0,80	563	
	50m: 31.50 31.50	150m: 1:45.81 37.66	250m: 3:04.22 40.43	350m: 4:20.79 35.12						
	100m: 1:08.15 36.65	200m: 2:23.79 37.98	300m: 3:45.67 41.45	400m: 4:55.20 34.41						
31.	David Matias Cristino	01	Individual ANL	4:57.00				+0,71	553	
	50m: 31.44 31.44	150m: 1:45.87 38.61	250m: 3:06.41 42.66	350m: 4:24.07 34.18						
	100m: 1:07.26 35.82	200m: 2:23.75 37.88	300m: 3:49.89 43.48	400m: 4:57.00 32.93						
32.	Sergio Filipe Travanca	00	Fluvial Portuense	4:57.44				+0,74	550	
	50m: 29.79 29.79	150m: 1:43.79 39.00	250m: 3:05.88 42.00	350m: 4:24.04 34.23						
	100m: 1:04.79 35.00	200m: 2:23.88 40.09	300m: 3:49.81 43.93	400m: 4:57.44 33.40						
33.	Francisco Xavier Tomas	00	Alcobaca	4:57.74				+0,77	549	
	50m: 31.07 31.07	150m: 1:45.54 37.15	250m: 3:05.76 42.54	350m: 4:23.98 34.45						
	100m: 1:08.39 37.32	200m: 2:23.22 37.68	300m: 3:49.53 43.77	400m: 4:57.74 33.76						
34.	Filipe Miguel Santo	00	Sporting	4:57.88				+0,85	548	
	50m: 30.95 30.95	150m: 1:46.41 38.66	250m: 3:07.75 42.65	350m: 4:25.43 33.30						
	100m: 1:07.75 36.80	200m: 2:25.10 38.69	300m: 3:52.13 44.38	400m: 4:57.88 32.45						
35.	Joao Santos Mendes	98	Leixoes	4:58.29				+0,63	546	
	50m: 30.70 30.70	150m: 1:45.38 37.55	250m: 3:06.92 44.65	350m: 4:26.12 33.71						
	100m: 1:07.83 37.13	200m: 2:22.27 36.89	300m: 3:52.41 45.49	400m: 4:58.29 32.17						
36.	Simao Correia Ricardo	00	Naval Setubalense	4:58.36				+0,86	545	
	50m: 31.66 31.66	150m: 1:47.01 40.35	250m: 3:06.38 40.20	350m: 4:24.07 36.37						
	100m: 1:06.66 35.00	200m: 2:26.18 39.17	300m: 3:47.70 41.32	400m: 4:58.36 34.29						
37.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:59.10				+0,75	541	
	50m: 31.52 31.52	150m: 1:48.30 41.26	250m: 3:09.92 43.13	350m: 4:26.72 33.69						
	100m: 1:07.04 35.52	200m: 2:26.79 38.49	300m: 3:53.03 43.11	400m: 4:59.10 32.38						
38.	Diogo Moreno Bastos	00	Fluvial Portuense	5:01.28				+0,76	530	
	50m: 31.89 31.89	150m: 1:49.82 40.13	250m: 3:12.02 43.09	350m: 4:29.32 33.30						
	100m: 1:09.69 37.80	200m: 2:28.93 39.11	300m: 3:56.02 44.00	400m: 5:01.28 31.96						
39.	David Dias Lima	00	Vilacondense	5:03.54				+0,78	518	
	50m: 30.06 30.06	150m: 1:46.02 40.37	250m: 3:09.60 45.16	350m: 4:30.43 35.11						
	100m: 1:05.65 35.59	200m: 2:24.44 38.42	300m: 3:55.32 45.72	400m: 5:03.54 33.11						
40.	Joao Jose Calado	01	Nautico Abrantes	5:04.33				+0,66	514	
	50m: 29.82 29.82	150m: 1:42.32 37.55	250m: 3:06.84 46.70	350m: 4:29.50 35.79						
	100m: 1:04.77 34.95	200m: 2:20.14 37.82	300m: 3:53.71 46.87	400m: 5:04.33 34.83						
41.	Edgar Casimiro Ribeiro	01	Alcobaca	5:05.06				+0,79	510	
	50m: 30.44 30.44	150m: 1:44.77 39.28	250m: 3:09.11 45.14	350m: 4:30.95 35.05						
	100m: 1:05.49 35.05	200m: 2:23.97 39.20	300m: 3:55.90 46.79	400m: 5:05.06 34.11						
42.	Pedro Henriques Marques	00	Uniao Piedense	5:07.22				+0,82	499	
	50m: 30.51 30.51	150m: 1:46.15 39.69	250m: 3:10.71 46.69	350m: 4:31.77 33.50						
	100m: 1:06.46 35.95	200m: 2:24.02 37.87	300m: 3:58.27 47.56	400m: 5:07.22 35.45						

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Tiago Andre Santos	00	Ba/Bomcar	5:07.33	+0,69	499	
	50m: 29.48 29.48	150m: 1:43.82 41.02	250m: 3:08.85 44.82	350m: 4:32.53 36.71			
	100m: 1:02.80 33.32	200m: 2:24.03 40.21	300m: 3:55.82 46.97	400m: 5:07.33 34.80			
44.	Sergio Eduardo Dias	00	Aquatico Pacense	5:11.34	+0,85	480	
	50m: 31.56 31.56	150m: 1:49.50 41.38	250m: 3:15.58 46.18	350m: 4:38.09 35.82			
	100m: 1:08.12 36.56	200m: 2:29.40 39.90	300m: 4:02.27 46.69	400m: 5:11.34 33.25			
45.	Bruno Miguel Maia	01	Individual ANNP	5:11.53	+0,64	479	
	50m: 31.02 31.02	150m: 1:51.25 41.74	250m: 3:15.57 44.26	350m: 4:36.55 36.76			
	100m: 1:09.51 38.49	200m: 2:31.31 40.06	300m: 3:59.79 44.22	400m: 5:11.53 34.98			
46.	Joao Pedro Costa	01	Vilacondense	5:11.92	+0,70	477	
	50m: 31.60 31.60	150m: 1:51.19 42.38	250m: 3:16.38 43.24	350m: 4:37.35 36.00			
	100m: 1:08.81 37.21	200m: 2:33.14 41.95	300m: 4:01.35 44.97	400m: 5:11.92 34.57			
DSQ	Jose Maria Pereira	01	Sporting				
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5						
DNS	Diogo Vicente Silva	98	Nautico Marinha Grande				

Prova 15 Masc., 400m Estilos Juvenis
22-07-2016 - 9:00 Resultados Elimin

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

TAC_B-JUVAM Juv A: 5:08.97 / TAC_B-JUVBM Juv B: 5:14.07

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Paulo Lopes	00	Braga	4:43.05	+0,70	639	
	50m: 29.55 29.55	150m: 1:38.85 35.40	250m: 2:56.93 41.65	350m: 4:12.02 33.32			
	100m: 1:03.45 33.90	200m: 2:15.28 36.43	300m: 3:38.70 41.77	400m: 4:43.05 31.03			
2.	Jorge Jesus Silva	00	Braga	4:43.09	+0,77	639	
	50m: 30.08 30.08	150m: 1:43.10 38.88	250m: 2:59.72 38.49	350m: 4:12.78 33.00			
	100m: 1:04.22 34.14	200m: 2:21.23 38.13	300m: 3:39.78 40.06	400m: 4:43.09 30.31			
3.	Tiago Miguel Vilhena	01	Natacao de Faro	4:44.72	+0,71	628	
	50m: 30.46 30.46	150m: 1:42.41 36.68	250m: 2:59.24 40.85	350m: 4:12.94 32.19			
	100m: 1:05.73 35.27	200m: 2:18.39 35.98	300m: 3:40.75 41.51	400m: 4:44.72 31.78			
4.	Bernardo Garcia Perloiro	00	Sporting	4:48.32	+0,66	604	
	50m: 29.51 29.51	150m: 1:41.26 35.92	250m: 2:59.97 41.32	350m: 4:15.42 32.77			
	100m: 1:05.34 35.83	200m: 2:18.65 37.39	300m: 3:42.65 42.68	400m: 4:48.32 32.90			
5.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:48.65	+0,68	602	
	50m: 29.61 29.61	150m: 1:42.21 37.89	250m: 3:00.54 40.24	350m: 4:15.81 33.52			
	100m: 1:04.32 34.71	200m: 2:20.30 38.09	300m: 3:42.29 41.75	400m: 4:48.65 32.84			
6.	Afonso Guilherme Jesus	00	Sporting	4:54.17	+0,67	569	
	50m: 30.62 30.62	150m: 1:46.24 39.87	250m: 3:05.97 41.37	350m: 4:22.89 34.45			
	100m: 1:06.37 35.75	200m: 2:24.60 38.36	300m: 3:48.44 42.47	400m: 4:54.17 31.28			
7.	Bernardo Sousa Pereira	01	Pimpoes/Cimai	4:54.79	+0,79	565	
	50m: 31.87 31.87	150m: 1:46.40 39.25	250m: 3:05.65 39.96	350m: 4:21.98 34.95			
	100m: 1:07.15 35.28	200m: 2:25.69 39.29	300m: 3:47.03 41.38	400m: 4:54.79 32.81			

Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts FINA	Pts
8.	Daniel Nogueira Catalao	00	Uniao Piedense	4:54.84		+0,67	565	
	50m: 30.78 30.78	150m: 1:45.13 38.71	250m: 3:03.77 40.01	350m: 4:20.95	34.70			
	100m: 1:06.42 35.64	200m: 2:23.76 38.63	300m: 3:46.25 42.48	400m: 4:54.84	33.89			
9.	Sebastiao Limbert Piedade	00	Alges	4:54.92		+0,79	565	
	50m: 30.46 30.46	150m: 1:45.19 39.38	250m: 3:05.54 41.10	350m: 4:21.56	34.49			
	100m: 1:05.81 35.35	200m: 2:24.44 39.25	300m: 3:47.07 41.53	400m: 4:54.92	33.36			
10.	Miguel Goncalves Frade	00	Torres Novas	4:55.20		+0,80	563	
	50m: 31.50 31.50	150m: 1:45.81 37.66	250m: 3:04.22 40.43	350m: 4:20.79	35.12			
	100m: 1:08.15 36.65	200m: 2:23.79 37.98	300m: 3:45.67 41.45	400m: 4:55.20	34.41			
11.	David Matias Cristino	01	Individual ANL	4:57.00		+0,71	553	
	50m: 31.44 31.44	150m: 1:45.87 38.61	250m: 3:06.41 42.66	350m: 4:24.07	34.18			
	100m: 1:07.26 35.82	200m: 2:23.75 37.88	300m: 3:49.89 43.48	400m: 4:57.00	32.93			
12.	Sergio Filipe Travanca	00	Fluvial Portuense	4:57.44		+0,74	550	
	50m: 29.79 29.79	150m: 1:43.79 39.00	250m: 3:05.88 42.00	350m: 4:24.04	34.23			
	100m: 1:04.79 35.00	200m: 2:23.88 40.09	300m: 3:49.81 43.93	400m: 4:57.44	33.40			
13.	Francisco Xavier Tomas	00	Alcobaca	4:57.74		+0,77	549	
	50m: 31.07 31.07	150m: 1:45.54 37.15	250m: 3:05.76 42.54	350m: 4:23.98	34.45			
	100m: 1:08.39 37.32	200m: 2:23.22 37.68	300m: 3:49.53 43.77	400m: 4:57.74	33.76			
14.	Filipe Miguel Santo	00	Sporting	4:57.88		+0,85	548	
	50m: 30.95 30.95	150m: 1:46.41 38.66	250m: 3:07.75 42.65	350m: 4:25.43	33.30			
	100m: 1:07.75 36.80	200m: 2:25.10 38.69	300m: 3:52.13 44.38	400m: 4:57.88	32.45			
15.	Simao Correia Ricardo	00	Naval Setubalense	4:58.36		+0,86	545	
	50m: 31.66 31.66	150m: 1:47.01 40.35	250m: 3:06.38 40.20	350m: 4:24.07	36.37			
	100m: 1:06.66 35.00	200m: 2:26.18 39.17	300m: 3:47.70 41.32	400m: 4:58.36	34.29			
16.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:59.10		+0,75	541	
	50m: 31.52 31.52	150m: 1:48.30 41.26	250m: 3:09.92 43.13	350m: 4:26.72	33.69			
	100m: 1:07.04 35.52	200m: 2:26.79 38.49	300m: 3:53.03 43.11	400m: 4:59.10	32.38			
17.	Diogo Moreno Bastos	00	Fluvial Portuense	5:01.28		+0,76	530	
	50m: 31.89 31.89	150m: 1:49.82 40.13	250m: 3:12.02 43.09	350m: 4:29.32	33.30			
	100m: 1:09.69 37.80	200m: 2:28.93 39.11	300m: 3:56.02 44.00	400m: 5:01.28	31.96			
18.	David Dias Lima	00	Vilacondense	5:03.54		+0,78	518	
	50m: 30.06 30.06	150m: 1:46.02 40.37	250m: 3:09.60 45.16	350m: 4:30.43	35.11			
	100m: 1:05.65 35.59	200m: 2:24.44 38.42	300m: 3:55.32 45.72	400m: 5:03.54	33.11			
19.	Joao Jose Calado	01	Nautico Abrantes	5:04.33		+0,66	514	
	50m: 29.82 29.82	150m: 1:42.32 37.55	250m: 3:06.84 46.70	350m: 4:29.50	35.79			
	100m: 1:04.77 34.95	200m: 2:20.14 37.82	300m: 3:53.71 46.87	400m: 5:04.33	34.83			
20.	Edgar Casimiro Ribeiro	01	Alcobaca	5:05.06		+0,79	510	
	50m: 30.44 30.44	150m: 1:44.77 39.28	250m: 3:09.11 45.14	350m: 4:30.95	35.05			
	100m: 1:05.49 35.05	200m: 2:23.97 39.20	300m: 3:55.90 46.79	400m: 5:05.06	34.11			
21.	Pedro Henriques Marques	00	Uniao Piedense	5:07.22		+0,82	499	
	50m: 30.51 30.51	150m: 1:46.15 39.69	250m: 3:10.71 46.69	350m: 4:31.77	33.50			
	100m: 1:06.46 35.95	200m: 2:24.02 37.87	300m: 3:58.27 47.56	400m: 5:07.22	35.45			
22.	Tiago Andre Santos	00	Ba/Bomcar	5:07.33		+0,69	499	
	50m: 29.48 29.48	150m: 1:43.82 41.02	250m: 3:08.85 44.82	350m: 4:32.53	36.71			
	100m: 1:02.80 33.32	200m: 2:24.03 40.21	300m: 3:55.82 46.97	400m: 5:07.33	34.80			

Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Sergio Eduardo Dias	00	Aquatico Pacense	5:11.34	+0,85	480	
	50m: 31.56 31.56	150m: 1:49.50 41.38	250m: 3:15.58 46.18	350m: 4:38.09 35.82			
	100m: 1:08.12 36.56	200m: 2:29.40 39.90	300m: 4:02.27 46.69	400m: 5:11.34 33.25			
24.	Bruno Miguel Maia	01	Individual ANNP	5:11.53	+0,64	479	
	50m: 31.02 31.02	150m: 1:51.25 41.74	250m: 3:15.57 44.26	350m: 4:36.55 36.76			
	100m: 1:09.51 38.49	200m: 2:31.31 40.06	300m: 3:59.79 44.22	400m: 5:11.53 34.98			
25.	Joao Pedro Costa	01	Vilacondense	5:11.92	+0,70	477	
	50m: 31.60 31.60	150m: 1:51.19 42.38	250m: 3:16.38 43.24	350m: 4:37.35 36.00			
	100m: 1:08.81 37.21	200m: 2:33.14 41.95	300m: 4:01.35 44.97	400m: 5:11.92 34.57			
DSQ	Jose Maria Pereira	01	Sporting				
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5						

Prova 15
22-07-2016 - 9:00

Masc., 400m Estilos

Absolutos
Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013
Rec Nac Jun17	4:25.23	Joao Alexandre Vital	POR	Singapore (SIN)	29-08-2015
Rec Nac Jun18	4:23.85	Joao Alexandre Vital	SCP	Oeiras	11-03-2016
Rec Nac Sen	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013

TAC_B-SENM Sen: 4:47.93 / TAC_B-JUNM Jun: 4:59.27

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	Sporting	4:32.88	+0,66	713	
	50m: 27.78 27.78	150m: 1:33.69 34.44	250m: 2:46.72 38.85	350m: 3:59.67 33.70			
	100m: 59.25 31.47	200m: 2:07.87 34.18	300m: 3:25.97 39.25	400m: 4:32.88 33.21			
2.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:38.21	+0,68	673	
	50m: 29.55 29.55	150m: 1:38.91 35.63	250m: 2:54.22 39.46	350m: 4:07.00 34.04			
	100m: 1:03.28 33.73	200m: 2:14.76 35.85	300m: 3:32.96 38.74	400m: 4:38.21 31.21			
	Joao Pedro Gil	97	Individual ANL	4:38.21	+0,67	673	
	50m: 29.46 29.46	150m: 1:40.27 36.75	250m: 2:55.25 39.75	350m: 4:07.36 32.31			
	100m: 1:03.52 34.06	200m: 2:15.50 35.23	300m: 3:35.05 39.80	400m: 4:38.21 30.85			
4.	Antonio Fernando Pinto	99	Lousada SXXI	4:38.29	+0,76	672	
	50m: 29.16 29.16	150m: 1:41.17 38.50	250m: 2:57.05 38.40	350m: 4:08.55 31.86			
	100m: 1:02.67 33.51	200m: 2:18.65 37.48	300m: 3:36.69 39.64	400m: 4:38.29 29.74			
5.	Nuno Rafael Alves	90	Individual ANNP	4:40.01	+0,76	660	
	50m: 29.07 29.07	150m: 1:39.33 37.83	250m: 2:55.53 38.48	350m: 4:07.34 33.25			
	100m: 1:01.50 32.43	200m: 2:17.05 37.72	300m: 3:34.09 38.56	400m: 4:40.01 32.67			
6.	Jose Paula Carvalho	98	Uniao Piedense	4:40.20	+0,70	659	
	50m: 28.02 28.02	150m: 1:38.10 38.27	250m: 2:54.15 40.89	350m: 4:08.65 33.64			
	100m: 59.83 31.81	200m: 2:13.26 35.16	300m: 3:35.01 40.86	400m: 4:40.20 31.55			
7.	Andre Magalhaes Moura	98	Academico Viseu	4:40.62	+0,65	656	
	50m: 29.26 29.26	150m: 1:40.79 37.94	250m: 2:56.43 38.65	350m: 4:08.68 32.65			
	100m: 1:02.85 33.59	200m: 2:17.78 36.99	300m: 3:36.03 39.60	400m: 4:40.62 31.94			
8.	Bruno Miguel Ramos	97	Belenenses	4:40.64	+0,69	655	
	50m: 29.77 29.77	150m: 1:40.23 36.32	250m: 2:56.98 40.12	350m: 4:09.32 32.29			
	100m: 1:03.91 34.14	200m: 2:16.86 36.63	300m: 3:37.03 40.05	400m: 4:40.64 31.32			

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts FINA	Pts
9.	Andre Bras Goncalves	88	Belenenses	4:41.24				+0,68	651	
	50m: 28.55 28.55	150m: 1:39.08 37.17	250m: 2:55.91 40.44	350m: 4:08.71 33.50	400m: 4:41.24 32.53					
	100m: 1:01.91 33.36	200m: 2:15.47 36.39	300m: 3:35.21 39.30							
10.	Jose Pedro Sampaio	98	Foca	4:41.62				+0,80	649	
	50m: 29.65 29.65	150m: 1:40.46 36.93	250m: 2:56.19 39.97	350m: 4:10.44 33.47	400m: 4:41.62 31.18					
	100m: 1:03.53 33.88	200m: 2:16.22 35.76	300m: 3:36.97 40.78							
11.	Antonio Rafael Bessa	94	Aquatico Pacense	4:44.58				+0,66	629	
	50m: 29.09 29.09	150m: 1:39.23 37.16	250m: 2:57.44 41.40	350m: 4:11.70 32.88	400m: 4:44.58 32.88					
	100m: 1:02.07 32.98	200m: 2:16.04 36.81	300m: 3:38.82 41.38							
12.	Joao Daniel Machado	99	Uniao Piedense	4:44.99				+0,69	626	
	50m: 29.21 29.21	150m: 1:40.60 36.96	250m: 2:57.89 41.23	350m: 4:12.92 33.19	400m: 4:44.99 32.07					
	100m: 1:03.64 34.43	200m: 2:16.66 36.06	300m: 3:39.73 41.84							
13.	Tiago Moises Dinis	98	Nautico /Urgicentro-Sanfil	4:46.92				+0,68	613	
	50m: 29.58 29.58	150m: 1:42.41 38.16	250m: 3:00.47 40.17	350m: 4:14.60 33.93	400m: 4:46.92 32.32					
	100m: 1:04.25 34.67	200m: 2:20.30 37.89	300m: 3:40.67 40.20							
14.	Antonio Manuel Mendes	99	Sporting	4:48.76				+0,70	602	
	50m: 29.28 29.28	150m: 1:43.24 41.37	250m: 3:01.89 39.01	350m: 4:15.74 34.53	400m: 4:48.76 33.02					
	100m: 1:01.87 32.59	200m: 2:22.88 39.64	300m: 3:41.21 39.32							
15.	Tiago Silva Oliveira	94	Fluvial Portuense	4:51.63				+0,74	584	
	50m: 30.75 30.75	150m: 1:44.35 38.03	250m: 3:04.59 43.42	350m: 4:20.65 32.42	400m: 4:51.63 30.98					
	100m: 1:06.32 35.57	200m: 2:21.17 36.82	300m: 3:48.23 43.64							
16.	Joao Carlos Santos	96	Uniao Piedense	4:52.80				+0,72	577	
	50m: 30.87 30.87	150m: 1:44.46 38.25	250m: 3:04.91 42.69	350m: 4:21.17 32.74	400m: 4:52.80 31.63					
	100m: 1:06.21 35.34	200m: 2:22.22 37.76	300m: 3:48.43 43.52							
17.	Tiago Douwens Paula	99	Sporting	4:53.53				+0,76	573	
	50m: 30.79 30.79	150m: 1:44.33 38.09	250m: 3:05.26 43.24	350m: 4:21.72 33.54	400m: 4:53.53 31.81					
	100m: 1:06.24 35.45	200m: 2:22.02 37.69	300m: 3:48.18 42.92							
18.	Luis Filipe Soares	98	Porto	4:54.73				+0,70	566	
	50m: 30.13 30.13	150m: 1:44.63 38.61	250m: 3:04.28 41.34	350m: 4:22.27 35.56	400m: 4:54.73 32.46					
	100m: 1:06.02 35.89	200m: 2:22.94 38.31	300m: 3:46.71 42.43							
19.	Bernardo Graca Rodrigues	99	Alges	4:55.00				+0,75	564	
	50m: 29.99 29.99	150m: 1:45.41 39.55	250m: 3:05.40 41.94	350m: 4:22.12 33.43	400m: 4:55.00 32.88					
	100m: 1:05.86 35.87	200m: 2:23.46 38.05	300m: 3:48.69 43.29							
20.	Joao Santos Mendes	98	Leixoes	4:58.29				+0,63	546	
	50m: 30.70 30.70	150m: 1:45.38 37.55	250m: 3:06.92 44.65	350m: 4:26.12 33.71	400m: 4:58.29 32.17					
	100m: 1:07.83 37.13	200m: 2:22.27 36.89	300m: 3:52.41 45.49							
DNS	Diogo Vicente Silva	98	Nautico Marinha Grande							

Prova 15, Masc., 400m Estilos, Elimin

Prova 15	Masc., 400m Estilos				Juvenis B
22-07-2016 - 9:00					Resultados Elimin
Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	POR	Utrecht (NED)	16-07-2013
TAC_B-JUVBM : 5:14.07					

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts FINA	Pts
1.	Tiago Miguel Vilhena	01	Natacao de Faro	4:44.72				+0,71	628	
	50m: 30.46 30.46	150m: 1:42.41 36.68	250m: 2:59.24 40.85	350m: 4:12.94 32.19	400m: 4:44.72 31.78					
	100m: 1:05.73 35.27	200m: 2:18.39 35.98	300m: 3:40.75 41.51							
2.	Bernardo Sousa Pereira	01	Pimpoes/Cimai	4:54.79				+0,79	565	
	50m: 31.87 31.87	150m: 1:46.40 39.25	250m: 3:05.65 39.96	350m: 4:21.98 34.95	400m: 4:54.79 32.81					
	100m: 1:07.15 35.28	200m: 2:25.69 39.29	300m: 3:47.03 41.38							
3.	David Matias Cristino	01	Individual ANL	4:57.00				+0,71	553	
	50m: 31.44 31.44	150m: 1:45.87 38.61	250m: 3:06.41 42.66	350m: 4:24.07 34.18	400m: 4:57.00 32.93					
	100m: 1:07.26 35.82	200m: 2:23.75 37.88	300m: 3:49.89 43.48							
4.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:59.10				+0,75	541	
	50m: 31.52 31.52	150m: 1:48.30 41.26	250m: 3:09.92 43.13	350m: 4:26.72 33.69	400m: 4:59.10 32.38					
	100m: 1:07.04 35.52	200m: 2:26.79 38.49	300m: 3:53.03 43.11							
5.	Joao Jose Calado	01	Nautico Abrantes	5:04.33				+0,66	514	
	50m: 29.82 29.82	150m: 1:42.32 37.55	250m: 3:06.84 46.70	350m: 4:29.50 35.79	400m: 5:04.33 34.83					
	100m: 1:04.77 34.95	200m: 2:20.14 37.82	300m: 3:53.71 46.87							
6.	Edgar Casimiro Ribeiro	01	Alcobaca	5:05.06				+0,79	510	
	50m: 30.44 30.44	150m: 1:44.77 39.28	250m: 3:09.11 45.14	350m: 4:30.95 35.05	400m: 5:05.06 34.11					
	100m: 1:05.49 35.05	200m: 2:23.97 39.20	300m: 3:55.90 46.79							
7.	Bruno Miguel Maia	01	Individual ANNP	5:11.53				+0,64	479	
	50m: 31.02 31.02	150m: 1:51.25 41.74	250m: 3:15.57 44.26	350m: 4:36.55 36.76	400m: 5:11.53 34.98					
	100m: 1:09.51 38.49	200m: 2:31.31 40.06	300m: 3:59.79 44.22							
8.	Joao Pedro Costa	01	Vilacondense	5:11.92				+0,70	477	
	50m: 31.60 31.60	150m: 1:51.19 42.38	250m: 3:16.38 43.24	350m: 4:37.35 36.00	400m: 5:11.92 34.57					
	100m: 1:08.81 37.21	200m: 2:33.14 41.95	300m: 4:01.35 44.97							
DSQ	Jose Maria Pereira	01	Sporting							
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5									

Prova 15, Masc., 400m Estilos, Elimin

Prova 15
22-07-2016 - 9:00

Masc., 400m Estilos

Juvenis A
Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014

TAC_B-JUVAM : 5:08.97

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Paulo Lopes	00	Braga	4:43.05	+0,70	639	
	50m: 29.55 29.55	150m: 1:38.85 35.40	250m: 2:56.93 41.65	350m: 4:12.02 33.32			
	100m: 1:03.45 33.90	200m: 2:15.28 36.43	300m: 3:38.70 41.77	400m: 4:43.05 31.03			
2.	Jorge Jesus Silva	00	Braga	4:43.09	+0,77	639	
	50m: 30.08 30.08	150m: 1:43.10 38.88	250m: 2:59.72 38.49	350m: 4:12.78 33.00			
	100m: 1:04.22 34.14	200m: 2:21.23 38.13	300m: 3:39.78 40.06	400m: 4:43.09 30.31			
3.	Bernardo Garcia Perloiro	00	Sporting	4:48.32	+0,66	604	
	50m: 29.51 29.51	150m: 1:41.26 35.92	250m: 2:59.97 41.32	350m: 4:15.42 32.77			
	100m: 1:05.34 35.83	200m: 2:18.65 37.39	300m: 3:42.65 42.68	400m: 4:48.32 32.90			
4.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:48.65	+0,68	602	
	50m: 29.61 29.61	150m: 1:42.21 37.89	250m: 3:00.54 40.24	350m: 4:15.81 33.52			
	100m: 1:04.32 34.71	200m: 2:20.30 38.09	300m: 3:42.29 41.75	400m: 4:48.65 32.84			
5.	Afonso Guilherme Jesus	00	Sporting	4:54.17	+0,67	569	
	50m: 30.62 30.62	150m: 1:46.24 39.87	250m: 3:05.97 41.37	350m: 4:22.89 34.45			
	100m: 1:06.37 35.75	200m: 2:24.60 38.36	300m: 3:48.44 42.47	400m: 4:54.17 31.28			
6.	Daniel Nogueira Catalao	00	Uniao Piedense	4:54.84	+0,67	565	
	50m: 30.78 30.78	150m: 1:45.13 38.71	250m: 3:03.77 40.01	350m: 4:20.95 34.70			
	100m: 1:06.42 35.64	200m: 2:23.76 38.63	300m: 3:46.25 42.48	400m: 4:54.84 33.89			
7.	Sebastiao Limbert Piedade	00	Alges	4:54.92	+0,79	565	
	50m: 30.46 30.46	150m: 1:45.19 39.38	250m: 3:05.54 41.10	350m: 4:21.56 34.49			
	100m: 1:05.81 35.35	200m: 2:24.44 39.25	300m: 3:47.07 41.53	400m: 4:54.92 33.36			
8.	Miguel Goncalves Frade	00	Torres Novas	4:55.20	+0,80	563	
	50m: 31.50 31.50	150m: 1:45.81 37.66	250m: 3:04.22 40.43	350m: 4:20.79 35.12			
	100m: 1:08.15 36.65	200m: 2:23.79 37.98	300m: 3:45.67 41.45	400m: 4:55.20 34.41			
9.	Sergio Filipe Travanca	00	Fluvial Portuense	4:57.44	+0,74	550	
	50m: 29.79 29.79	150m: 1:43.79 39.00	250m: 3:05.88 42.00	350m: 4:24.04 34.23			
	100m: 1:04.79 35.00	200m: 2:23.88 40.09	300m: 3:49.81 43.93	400m: 4:57.44 33.40			
10.	Francisco Xavier Tomas	00	Alcobaca	4:57.74	+0,77	549	
	50m: 31.07 31.07	150m: 1:45.54 37.15	250m: 3:05.76 42.54	350m: 4:23.98 34.45			
	100m: 1:08.39 37.32	200m: 2:23.22 37.68	300m: 3:49.53 43.77	400m: 4:57.74 33.76			
11.	Filipe Miguel Santo	00	Sporting	4:57.88	+0,85	548	
	50m: 30.95 30.95	150m: 1:46.41 38.66	250m: 3:07.75 42.65	350m: 4:25.43 33.30			
	100m: 1:07.75 36.80	200m: 2:25.10 38.69	300m: 3:52.13 44.38	400m: 4:57.88 32.45			
12.	Simao Correia Ricardo	00	Naval Setubalense	4:58.36	+0,86	545	
	50m: 31.66 31.66	150m: 1:47.01 40.35	250m: 3:06.38 40.20	350m: 4:24.07 36.37			
	100m: 1:06.66 35.00	200m: 2:26.18 39.17	300m: 3:47.70 41.32	400m: 4:58.36 34.29			
13.	Diogo Moreno Bastos	00	Fluvial Portuense	5:01.28	+0,76	530	
	50m: 31.89 31.89	150m: 1:49.82 40.13	250m: 3:12.02 43.09	350m: 4:29.32 33.30			
	100m: 1:09.69 37.80	200m: 2:28.93 39.11	300m: 3:56.02 44.00	400m: 5:01.28 31.96			

Prova 15, Masc., 400m Estilos, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	David Dias Lima	00	Vilacondense	5:03.54	+0,78	518	
	50m: 30.06 30.06	150m: 1:46.02 40.37	250m: 3:09.60 45.16	350m: 4:30.43 35.11			
	100m: 1:05.65 35.59	200m: 2:24.44 38.42	300m: 3:55.32 45.72	400m: 5:03.54 33.11			
15.	Pedro Henriques Marques	00	Uniao Piedense	5:07.22	+0,82	499	
	50m: 30.51 30.51	150m: 1:46.15 39.69	250m: 3:10.71 46.69	350m: 4:31.77 33.50			
	100m: 1:06.46 35.95	200m: 2:24.02 37.87	300m: 3:58.27 47.56	400m: 5:07.22 35.45			
16.	Tiago Andre Santos	00	Ba/Bomcar	5:07.33	+0,69	499	
	50m: 29.48 29.48	150m: 1:43.82 41.02	250m: 3:08.85 44.82	350m: 4:32.53 36.71			
	100m: 1:02.80 33.32	200m: 2:24.03 40.21	300m: 3:55.82 46.97	400m: 5:07.33 34.80			
17.	Sergio Eduardo Dias	00	Aquatico Pacense	5:11.34	+0,85	480	
	50m: 31.56 31.56	150m: 1:49.50 41.38	250m: 3:15.58 46.18	350m: 4:38.09 35.82			
	100m: 1:08.12 36.56	200m: 2:29.40 39.90	300m: 4:02.27 46.69	400m: 5:11.34 33.25			

Prova 15 Masc., 400m Estilos Junior 17
22-07-2016 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013
Rec Nac Jun17	4:25.23	Joao Alexandre Vital	POR	Singapore (SIN)	29-08-2015

TAC_B-JUNM Jun: 4:59.27

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Antonio Fernando Pinto	99	Lousada SXXI	4:38.29	+0,76	672	
	50m: 29.16 29.16	150m: 1:41.17 38.50	250m: 2:57.05 38.40	350m: 4:08.55 31.86			
	100m: 1:02.67 33.51	200m: 2:18.65 37.48	300m: 3:36.69 39.64	400m: 4:38.29 29.74			
2.	Joao Daniel Machado	99	Uniao Piedense	4:44.99	+0,69	626	
	50m: 29.21 29.21	150m: 1:40.60 36.96	250m: 2:57.89 41.23	350m: 4:12.92 33.19			
	100m: 1:03.64 34.43	200m: 2:16.66 36.06	300m: 3:39.73 41.84	400m: 4:44.99 32.07			
3.	Antonio Manuel Mendes	99	Sporting	4:48.76	+0,70	602	
	50m: 29.28 29.28	150m: 1:43.24 41.37	250m: 3:01.89 39.01	350m: 4:15.74 34.53			
	100m: 1:01.87 32.59	200m: 2:22.88 39.64	300m: 3:41.21 39.32	400m: 4:48.76 33.02			
4.	Tiago Douwens Paula	99	Sporting	4:53.53	+0,76	573	
	50m: 30.79 30.79	150m: 1:44.33 38.09	250m: 3:05.26 43.24	350m: 4:21.72 33.54			
	100m: 1:06.24 35.45	200m: 2:22.02 37.69	300m: 3:48.18 42.92	400m: 4:53.53 31.81			
5.	Bernardo Graca Rodrigues	99	Alges	4:55.00	+0,75	564	
	50m: 29.99 29.99	150m: 1:45.41 39.55	250m: 3:05.40 41.94	350m: 4:22.12 33.43			
	100m: 1:05.86 35.87	200m: 2:23.46 38.05	300m: 3:48.69 43.29	400m: 4:55.00 32.88			

Prova 15, Masc., 400m Estilos, Elimin

Prova 15 Masc., 400m Estilos Junior 18
22-07-2016 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:16.30	Alexis Manacas Santos	POR	Barcelona (ESP)	04-08-2013
Rec Nac Jun18	4:23.85	Joao Alexandre Vital	SCP	Oeiras	11-03-2016

TAC_B-JUNM Jun: 4:59.27

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	Sporting	4:32.88	+0,66	713	
	50m: 27.78 27.78	150m: 1:33.69 34.44	250m: 2:46.72 38.85	350m: 3:59.67 33.70			
	100m: 59.25 31.47	200m: 2:07.87 34.18	300m: 3:25.97 39.25	400m: 4:32.88 33.21			
2.	Jose Paula Carvalho	98	Uniao Piedense	4:40.20	+0,70	659	
	50m: 28.02 28.02	150m: 1:38.10 38.27	250m: 2:54.15 40.89	350m: 4:08.65 33.64			
	100m: 59.83 31.81	200m: 2:13.26 35.16	300m: 3:35.01 40.86	400m: 4:40.20 31.55			
3.	Andre Magalhaes Moura	98	Academico Viseu	4:40.62	+0,65	656	
	50m: 29.26 29.26	150m: 1:40.79 37.94	250m: 2:56.43 38.65	350m: 4:08.68 32.65			
	100m: 1:02.85 33.59	200m: 2:17.78 36.99	300m: 3:36.03 39.60	400m: 4:40.62 31.94			
4.	Jose Pedro Sampaio	98	Foca	4:41.62	+0,80	649	
	50m: 29.65 29.65	150m: 1:40.46 36.93	250m: 2:56.19 39.97	350m: 4:10.44 33.47			
	100m: 1:03.53 33.88	200m: 2:16.22 35.76	300m: 3:36.97 40.78	400m: 4:41.62 31.18			
5.	Tiago Moises Dinis	98	Nautico /Urgicentro-Sanfil	4:46.92	+0,68	613	
	50m: 29.58 29.58	150m: 1:42.41 38.16	250m: 3:00.47 40.17	350m: 4:14.60 33.93			
	100m: 1:04.25 34.67	200m: 2:20.30 37.89	300m: 3:40.67 40.20	400m: 4:46.92 32.32			
6.	Luis Filipe Soares	98	Porto	4:54.73	+0,70	566	
	50m: 30.13 30.13	150m: 1:44.63 38.61	250m: 3:04.28 41.34	350m: 4:22.27 35.56			
	100m: 1:06.02 35.89	200m: 2:22.94 38.31	300m: 3:46.71 42.43	400m: 4:54.73 32.46			
7.	Joao Santos Mendes	98	Leixoes	4:58.29	+0,63	546	
	50m: 30.70 30.70	150m: 1:45.38 37.55	250m: 3:06.92 44.65	350m: 4:26.12 33.71			
	100m: 1:07.83 37.13	200m: 2:22.27 36.89	300m: 3:52.41 45.49	400m: 4:58.29 32.17			
DNS	Diogo Vicente Silva	98	Nautico Marinha Grande				

Prova 15 Masc., 400m Estilos Seniores
22-07-2016 - 9:00 Resultados Elimin

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

TAC_B-SENM : 4:47.93

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tomas Miguel Veloso	96	Nautico /Urgicentro-Sanfil	4:38.21	+0,68	673	
	50m: 29.55 29.55	150m: 1:38.91 35.63	250m: 2:54.22 39.46	350m: 4:07.00 34.04			
	100m: 1:03.28 33.73	200m: 2:14.76 35.85	300m: 3:32.96 38.74	400m: 4:38.21 31.21			
	Joao Pedro Gil	97	Individual ANL	4:38.21	+0,67	673	
	50m: 29.46 29.46	150m: 1:40.27 36.75	250m: 2:55.25 39.75	350m: 4:07.36 32.31			
	100m: 1:03.52 34.06	200m: 2:15.50 35.23	300m: 3:35.05 39.80	400m: 4:38.21 30.85			
3.	Nuno Rafael Alves	90	Individual ANNP	4:40.01	+0,76	660	
	50m: 29.07 29.07	150m: 1:39.33 37.83	250m: 2:55.53 38.48	350m: 4:07.34 33.25			
	100m: 1:01.50 32.43	200m: 2:17.05 37.72	300m: 3:34.09 38.56	400m: 4:40.01 32.67			

Prova 15, Masc., 400m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts FINA	Pts
4.	Bruno Miguel Ramos	97	Belenenses	4:40.64		+0,69	655	
	50m: 29.77 29.77	150m: 1:40.23 36.32	250m: 2:56.98 40.12	350m: 4:09.32 32.29				
	100m: 1:03.91 34.14	200m: 2:16.86 36.63	300m: 3:37.03 40.05	400m: 4:40.64 31.32				
5.	Andre Bras Goncalves	88	Belenenses	4:41.24		+0,68	651	
	50m: 28.55 28.55	150m: 1:39.08 37.17	250m: 2:55.91 40.44	350m: 4:08.71 33.50				
	100m: 1:01.91 33.36	200m: 2:15.47 36.39	300m: 3:35.21 39.30	400m: 4:41.24 32.53				
6.	Antonio Rafael Bessa	94	Aquatico Pacense	4:44.58		+0,66	629	
	50m: 29.09 29.09	150m: 1:39.23 37.16	250m: 2:57.44 41.40	350m: 4:11.70 32.88				
	100m: 1:02.07 32.98	200m: 2:16.04 36.81	300m: 3:38.82 41.38	400m: 4:44.58 32.88				
7.	Tiago Silva Oliveira	94	Fluvial Portuense	4:51.63		+0,74	584	
	50m: 30.75 30.75	150m: 1:44.35 38.03	250m: 3:04.59 43.42	350m: 4:20.65 32.42				
	100m: 1:06.32 35.57	200m: 2:21.17 36.82	300m: 3:48.23 43.64	400m: 4:51.63 30.98				
8.	Joao Carlos Santos	96	Uniao Piedense	4:52.80		+0,72	577	
	50m: 30.87 30.87	150m: 1:44.46 38.25	250m: 3:04.91 42.69	350m: 4:21.17 32.74				
	100m: 1:06.21 35.34	200m: 2:22.22 37.76	300m: 3:48.43 43.52	400m: 4:52.80 31.63				