

Prova 36
23-07-2016 - 12:50

Masc., 400m Livres

Open
Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	POR	Málaga (ESP)	05-04-2009
Rec Nac Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26-07-2003
Rec Nac Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11-07-2004
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	Helsinki (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

TAC_B-SENM Sen: 4:10.70 / TAC_B-JUNM Jun: 4:23.28 / TAC_B-JUVAM Juv A: 4:35.05 / TAC_B-JUVBM Juv B: 4:39.01

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Marcus Kroeyer Svendsen	97	Denmark	3:59.20	+0,68	778	
	50m: 26.94 26.94	150m: 1:26.66 29.95	250m: 2:27.10 30.60	350m: 3:28.75	31.15		
	100m: 56.71 29.77	200m: 1:56.50 29.84	300m: 2:57.60 30.50	400m: 3:59.20	30.45		
2.	Joao Alexandre Vital	98	Sporting	4:02.27	+0,66	749	
	50m: 27.06 27.06	150m: 1:28.28 31.37	250m: 2:30.46 31.58	350m: 3:32.56	31.04		
	100m: 56.91 29.85	200m: 1:58.88 30.60	300m: 3:01.52 31.06	400m: 4:02.27	29.71		
3.	Thomas Liess	95	Geneve Natation 1885	4:02.34	+0,68	748	
	50m: 27.05 27.05	150m: 1:27.41 30.41	250m: 2:29.59 31.06	350m: 3:31.94	31.15		
	100m: 57.00 29.95	200m: 1:58.53 31.12	300m: 3:00.79 31.20	400m: 4:02.34	30.40		
4.	Guilherme Filipe Pina	98	Benedita	4:03.82	+0,72	735	
	50m: 28.23 28.23	150m: 1:29.47 30.90	250m: 2:30.98 30.89	350m: 3:33.45	31.22		
	100m: 58.57 30.34	200m: 2:00.09 30.62	300m: 3:02.23 31.25	400m: 4:03.82	30.37		
5.	Mario Andre Bonanca	90	Sporting	4:04.23	+0,78	731	
	50m: 28.09 28.09	150m: 1:28.95 30.63	250m: 2:30.84 31.13	350m: 3:33.76	31.51		
	100m: 58.32 30.23	200m: 1:59.71 30.76	300m: 3:02.25 31.41	400m: 4:04.23	30.47		
6.	Igor Araujo Mogne	96	Sporting	4:04.66	+0,72	727	
	50m: 27.19 27.19	150m: 1:27.97 30.72	250m: 2:30.31 31.14	350m: 3:33.30	31.53		
	100m: 57.25 30.06	200m: 1:59.17 31.20	300m: 3:01.77 31.46	400m: 4:04.66	31.36		
7.	Joao Pedro Gil	97	Individual ANL	4:05.58	+0,59	719	
	50m: 27.90 27.90	150m: 1:30.13 31.72	250m: 2:34.18 31.74	350m: 3:36.57	30.64		
	100m: 58.41 30.51	200m: 2:02.44 32.31	300m: 3:05.93 31.75	400m: 4:05.58	29.01		
8.	Guilherme Pereira Dias	97	Sporting	4:05.87	+0,80	717	
	50m: 28.01 28.01	150m: 1:29.30 31.11	250m: 2:32.32 31.66	350m: 3:35.88	31.90		
	100m: 58.19 30.18	200m: 2:00.66 31.36	300m: 3:03.98 31.66	400m: 4:05.87	29.99		
9.	Tiago Cunha Costa	99	Sporting	4:05.90	+0,71	716	
	50m: 28.14 28.14	150m: 1:30.32 32.18	250m: 2:33.09 31.85	350m: 3:35.69	31.16		
	100m: 58.14 30.00	200m: 2:01.24 30.92	300m: 3:04.53 31.44	400m: 4:05.90	30.21		
10.	Andre Filipe Farinha	96	Benfica	4:06.32	+0,65	713	
	50m: 28.22 28.22	150m: 1:30.40 31.30	250m: 2:33.55 31.61	350m: 3:35.98	31.29		
	100m: 59.10 30.88	200m: 2:01.94 31.54	300m: 3:04.69 31.14	400m: 4:06.32	30.34		
11.	Roberto Donald Gomes	00	Alges	4:07.28	+0,74	704	
	50m: 27.85 27.85	150m: 1:29.23 31.17	250m: 2:32.70 31.79	350m: 3:36.37	31.76		
	100m: 58.06 30.21	200m: 2:00.91 31.68	300m: 3:04.61 31.91	400m: 4:07.28	30.91		
12.	Antonio Fernando Pinto	99	Lousada SXXI	4:07.33	+0,71	704	
	50m: 27.93 27.93	150m: 1:30.07 31.58	250m: 2:33.14 31.67	350m: 3:36.53	31.76		
	100m: 58.49 30.56	200m: 2:01.47 31.40	300m: 3:04.77 31.63	400m: 4:07.33	30.80		

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Jose Pedro Fernandes	99	Braga	4:09.79	+0,70	683	
	50m: 28.68 28.68	150m: 1:31.67 31.57	250m: 2:34.80 31.70	350m: 3:38.72 31.97			
	100m: 1:00.10 31.42	200m: 2:03.10 31.43	300m: 3:06.75 31.95	400m: 4:09.79 31.07			
	Joao Carlos Santos	96	Uniao Piedense	4:09.79	+0,66	683	
	50m: 29.16 29.16	150m: 1:31.76 31.49	250m: 2:34.26 30.82	350m: 3:38.13 32.15			
	100m: 1:00.27 31.11	200m: 2:03.44 31.68	300m: 3:05.98 31.72	400m: 4:09.79 31.66			
15.	Pedro Galvao Gouveia	99	Desportivo Nacional	4:10.42	+0,69	678	
	50m: 28.53 28.53	150m: 1:31.62 31.87	250m: 2:35.50 32.04	350m: 3:39.97 32.15			
	100m: 59.75 31.22	200m: 2:03.46 31.84	300m: 3:07.82 32.32	400m: 4:10.42 30.45			
16.	Jose Paula Carvalho	98	Uniao Piedense	4:10.78	+0,74	675	
	50m: 28.58 28.58	150m: 1:31.64 31.83	250m: 2:35.75 31.61	350m: 3:40.11 31.56			
	100m: 59.81 31.23	200m: 2:04.14 32.50	300m: 3:08.55 32.80	400m: 4:10.78 30.67			
17.	Tiago Filipe Campos	99	Scalabiswim	4:11.01	+0,88	673	
	50m: 28.84 28.84	150m: 1:32.24 32.01	250m: 2:36.29 31.66	350m: 3:40.28 31.68			
	100m: 1:00.23 31.39	200m: 2:04.63 32.39	300m: 3:08.60 32.31	400m: 4:11.01 30.73			
18.	Jose Paulo Lopes	00	Braga	4:11.06	+0,69	673	
	50m: 28.97 28.97	150m: 1:31.98 31.24	250m: 2:35.44 31.62	350m: 3:39.68 32.04			
	100m: 1:00.74 31.77	200m: 2:03.82 31.84	300m: 3:07.64 32.20	400m: 4:11.06 31.38			
19.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:12.50	+0,70	662	
	50m: 28.84 28.84	150m: 1:32.90 32.29	250m: 2:37.46 32.25	350m: 3:42.53 32.72			
	100m: 1:00.61 31.77	200m: 2:05.21 32.31	300m: 3:09.81 32.35	400m: 4:12.50 29.97			
20.	Joao Daniel Machado	99	Uniao Piedense	4:12.80	+0,70	659	
	50m: 28.77 28.77	150m: 1:33.14 32.62	250m: 2:37.85 32.50	350m: 3:42.18 32.27			
	100m: 1:00.52 31.75	200m: 2:05.35 32.21	300m: 3:09.91 32.06	400m: 4:12.80 30.62			
21.	Sergio Filipe Travanca	00	Fluvial Portuense	4:12.83	+0,69	659	
	50m: 29.39 29.39	150m: 1:33.66 32.20	250m: 2:38.37 32.42	350m: 3:42.45 31.97			
	100m: 1:01.46 32.07	200m: 2:05.95 32.29	300m: 3:10.48 32.11	400m: 4:12.83 30.38			
22.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	4:14.16	+0,78	649	
	50m: 28.94 28.94	150m: 1:31.99 31.64	250m: 2:36.89 32.28	350m: 3:42.21 32.61			
	100m: 1:00.35 31.41	200m: 2:04.61 32.62	300m: 3:09.60 32.71	400m: 4:14.16 31.95			
23.	Tiago Miguel Vilhena	01	Natacao de Faro	4:14.34	+0,71	647	
	50m: 29.05 29.05	150m: 1:32.76 32.32	250m: 2:37.30 32.57	350m: 3:42.37 32.59			
	100m: 1:00.44 31.39	200m: 2:04.73 31.97	300m: 3:09.78 32.48	400m: 4:14.34 31.97			
24.	Pedro Miguel Pinotes	89	Sporting	4:14.45	+0,75	646	
	50m: 28.68 28.68	150m: 1:32.34 32.29	250m: 2:37.83 32.86	350m: 3:43.64 32.64			
	100m: 1:00.05 31.37	200m: 2:04.97 32.63	300m: 3:11.00 33.17	400m: 4:14.45 30.81			
25.	Afonso Calais Queiroga	98	Uniao Piedense	4:14.58	+0,63	645	
	50m: 28.97 28.97	150m: 1:33.94 32.66	250m: 2:38.55 31.64	350m: 3:42.70 32.52			
	100m: 1:01.28 32.31	200m: 2:06.91 32.97	300m: 3:10.18 31.63	400m: 4:14.58 31.88			
26.	Tiago Silva Oliveira	94	Fluvial Portuense	4:14.91	+0,75	643	
	50m: 28.58 28.58	150m: 1:32.11 32.47	250m: 2:37.98 32.87	350m: 3:43.90 32.85			
	100m: 59.64 31.06	200m: 2:05.11 33.00	300m: 3:11.05 33.07	400m: 4:14.91 31.01			
27.	Duarte Miguel Jorge	01	Galitos / Bresimar	4:14.93	+0,78	643	
	50m: 29.52 29.52	150m: 1:33.13 32.18	250m: 2:37.92 32.42	350m: 3:43.35 32.56			
	100m: 1:00.95 31.43	200m: 2:05.50 32.37	300m: 3:10.79 32.87	400m: 4:14.93 31.58			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Pedro Goncalves Neto	98	Porto	4:16.13	+0,72	634	
	50m: 28.22 28.22	150m: 1:33.24 32.86	250m: 2:39.00 32.22	350m: 3:45.05 32.53			
	100m: 1:00.38 32.16	200m: 2:06.78 33.54	300m: 3:12.52 33.52	400m: 4:16.13 31.08			
29.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:16.18	+0,61	633	
	50m: 28.57 28.57	150m: 1:31.66 31.90	250m: 2:36.70 32.71	350m: 3:43.41 33.69			
	100m: 59.76 31.19	200m: 2:03.99 32.33	300m: 3:09.72 33.02	400m: 4:16.18 32.77			
30.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:16.46	+0,74	631	
	50m: 28.79 28.79	150m: 1:32.05 32.20	250m: 2:37.50 33.01	350m: 3:43.76 33.11			
	100m: 59.85 31.06	200m: 2:04.49 32.44	300m: 3:10.65 33.15	400m: 4:16.46 32.70			
31.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	4:16.52	+0,77	631	
	50m: 28.91 28.91	150m: 1:33.96 32.92	250m: 2:39.47 32.32	350m: 3:44.23 32.02			
	100m: 1:01.04 32.13	200m: 2:07.15 33.19	300m: 3:12.21 32.74	400m: 4:16.52 32.29			
32.	Andre Vilas Ruivo	00	Ba/Bomcar	4:16.59	+0,75	630	
	50m: 28.32 28.32	150m: 1:32.39 32.29	250m: 2:37.95 33.05	350m: 3:44.11 32.83			
	100m: 1:00.10 31.78	200m: 2:04.90 32.51	300m: 3:11.28 33.33	400m: 4:16.59 32.48			
33.	Ruben Jose Morim	97	Vilacondense	4:16.84	+0,72	629	
	50m: 28.26 28.26	150m: 1:31.68 32.49	250m: 2:37.82 33.26	350m: 3:44.53 33.59			
	100m: 59.19 30.93	200m: 2:04.56 32.88	300m: 3:10.94 33.12	400m: 4:16.84 32.31			
34.	Tiago Carlos Santos	98	Uniao Piedense	4:17.00	+0,73	627	
	50m: 28.36 28.36	150m: 1:32.70 32.43	250m: 2:39.08 32.97	350m: 3:46.02 33.10			
	100m: 1:00.27 31.91	200m: 2:06.11 33.41	300m: 3:12.92 33.84	400m: 4:17.00 30.98			
35.	Joao Santos Mendes	98	Leixoes	4:17.92	+0,65	621	
	50m: 29.63 29.63	150m: 1:34.97 32.94	250m: 2:40.65 32.75	350m: 3:46.00 32.50			
	100m: 1:02.03 32.40	200m: 2:07.90 32.93	300m: 3:13.50 32.85	400m: 4:17.92 31.92			
36.	Filipe Miguel Santo	00	Sporting	4:18.10	+0,74	619	
	50m: 29.57 29.57	150m: 1:34.25 32.67	250m: 2:40.15 33.03	350m: 3:46.01 32.75			
	100m: 1:01.58 32.01	200m: 2:07.12 32.87	300m: 3:13.26 33.11	400m: 4:18.10 32.09			
37.	Diogo Leal Dantas	00	Sporting	4:18.86	+0,61	614	
	50m: 29.07 29.07	150m: 1:33.32 32.45	250m: 2:39.58 33.39	350m: 3:46.63 33.47			
	100m: 1:00.87 31.80	200m: 2:06.19 32.87	300m: 3:13.16 33.58	400m: 4:18.86 32.23			
38.	Bernardo Graca Rodrigues	99	Alges	4:19.23	+0,69	611	
	50m: 28.94 28.94	150m: 1:33.45 32.66	250m: 2:39.57 33.21	350m: 3:46.64 33.67			
	100m: 1:00.79 31.85	200m: 2:06.36 32.91	300m: 3:12.97 33.40	400m: 4:19.23 32.59			
39.	Miguel Ribeiro Bate	99	Alges	4:19.45	+0,70	610	
	50m: 28.57 28.57	150m: 1:32.81 32.70	250m: 2:39.24 33.07	350m: 3:46.74 33.73			
	100m: 1:00.11 31.54	200m: 2:06.17 33.36	300m: 3:13.01 33.77	400m: 4:19.45 32.71			
40.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:19.71	+0,70	608	
	50m: 30.10 30.10	150m: 1:35.61 32.79	250m: 2:42.01 33.15	350m: 3:48.06 32.43			
	100m: 1:02.82 32.72	200m: 2:08.86 33.25	300m: 3:15.63 33.62	400m: 4:19.71 31.65			
41.	Bernardo Garcia Perloiro	00	Sporting	4:19.86	+0,65	607	
	50m: 29.47 29.47	150m: 1:34.54 32.91	250m: 2:40.43 33.01	350m: 3:46.99 33.23			
	100m: 1:01.63 32.16	200m: 2:07.42 32.88	300m: 3:13.76 33.33	400m: 4:19.86 32.87			
42.	Pedro Barata Neves	00	Laranjeiro	4:20.07	+0,69	605	
	50m: 30.29 30.29	150m: 1:36.19 33.04	250m: 2:42.40 32.96	350m: 3:48.71 32.84			
	100m: 1:03.15 32.86	200m: 2:09.44 33.25	300m: 3:15.87 33.47	400m: 4:20.07 31.36			

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Diogo Ramos Lebre	01	Sporting de Aveiro	4:20.52	+0,78	602	
	50m: 30.28 30.28	150m: 1:36.25 32.97	250m: 2:42.16 33.18	350m: 3:48.36 33.08			33.08
	100m: 1:03.28 33.00	200m: 2:08.98 32.73	300m: 3:15.28 33.12	400m: 4:20.52 32.16			32.16
44.	Rui Miguel Pires	01	Nautico Marinha Grande	4:20.90	+0,71	600	
	50m: 28.77 28.77	150m: 1:35.07 33.30	250m: 2:42.35 34.01	350m: 3:49.51 33.27			33.27
	100m: 1:01.77 33.00	200m: 2:08.34 33.27	300m: 3:16.24 33.89	400m: 4:20.90 31.39			31.39
45.	David Matias Cristino	01	Individual ANL	4:21.20	+0,79	598	
	50m: 29.64 29.64	150m: 1:36.04 33.73	250m: 2:43.23 33.00	350m: 3:50.04 33.30			33.30
	100m: 1:02.31 32.67	200m: 2:10.23 34.19	300m: 3:16.74 33.51	400m: 4:21.20 31.16			31.16
46.	Pedro Miguel Santos	01	Porto	4:21.84	+0,84	593	
	50m: 29.92 29.92	150m: 1:35.98 33.29	250m: 2:42.68 33.39	350m: 3:49.92 33.43			33.43
	100m: 1:02.69 32.77	200m: 2:09.29 33.31	300m: 3:16.49 33.81	400m: 4:21.84 31.92			31.92
47.	Jose Pedro Freitas	00	Famalicao	4:21.96	+0,67	592	
	50m: 29.75 29.75	150m: 1:35.86 33.12	250m: 2:42.44 33.33	350m: 3:49.63 33.19			33.19
	100m: 1:02.74 32.99	200m: 2:09.11 33.25	300m: 3:16.44 34.00	400m: 4:21.96 32.33			32.33
48.	Tiago Andre Carvalho	99	Academica de Coimbra	4:22.16	+0,85	591	
	50m: 29.70 29.70	150m: 1:35.94 33.28	250m: 2:42.65 32.77	350m: 3:49.73 33.17			33.17
	100m: 1:02.66 32.96	200m: 2:09.88 33.94	300m: 3:16.56 33.91	400m: 4:22.16 32.43			32.43
49.	Joao Pedro Gomes	99	Miranda do Corvo	4:22.51	+0,70	589	
	50m: 29.58 29.58	150m: 1:36.48 33.72	250m: 2:44.50 33.72	350m: 3:51.38 32.93			32.93
	100m: 1:02.76 33.18	200m: 2:10.78 34.30	300m: 3:18.45 33.95	400m: 4:22.51 31.13			31.13
50.	Joao Peixoto Pereira	01	Braga	4:22.72	+0,85	587	
	50m: 29.84 29.84	150m: 1:34.42 33.11	250m: 2:42.52 34.25	350m: 3:50.25 34.05			34.05
	100m: 1:01.31 31.47	200m: 2:08.27 33.85	300m: 3:16.20 33.68	400m: 4:22.72 32.47			32.47
51.	Daniel Nogueira Catalao	00	Uniao Piedense	4:22.78	+0,65	587	
	50m: 30.17 30.17	150m: 1:36.76 33.59	250m: 2:43.51 33.33	350m: 3:50.16 33.25			33.25
	100m: 1:03.17 33.00	200m: 2:10.18 33.42	300m: 3:16.91 33.40	400m: 4:22.78 32.62			32.62
52.	Diogo Moreno Bastos	00	Fluvial Portuense	4:23.53	+0,80	582	
	50m: 29.62 29.62	150m: 1:35.96 33.36	250m: 2:43.85 33.87	350m: 3:51.57 33.37			33.37
	100m: 1:02.60 32.98	200m: 2:09.98 34.02	300m: 3:18.20 34.35	400m: 4:23.53 31.96			31.96
53.	Nuno Correia Sousa	00	Fluvial Portuense	4:23.58	+0,83	582	
	50m: 29.48 29.48	150m: 1:36.19 33.88	250m: 2:43.50 33.62	350m: 3:50.98 33.62			33.62
	100m: 1:02.31 32.83	200m: 2:09.88 33.69	300m: 3:17.36 33.86	400m: 4:23.58 32.60			32.60
54.	Paulo Filipe Silva	98	Natacao da Maia	4:23.90	+0,78	579	
	50m: 28.81 28.81	150m: 1:35.64 33.54	250m: 2:42.52 32.56	350m: 3:50.61 33.78			33.78
	100m: 1:02.10 33.29	200m: 2:09.96 34.32	300m: 3:16.83 34.31	400m: 4:23.90 33.29			33.29
55.	Diogo Rosado Leca	98	Colegio Monte Maior	4:24.57	+0,72	575	
	50m: 29.66 29.66	150m: 1:36.27 33.70	250m: 2:43.96 33.97	350m: 3:52.29 33.94			33.94
	100m: 1:02.57 32.91	200m: 2:09.99 33.72	300m: 3:18.35 34.39	400m: 4:24.57 32.28			32.28
56.	Francisco Silva Pinheiro	00	Alges	4:24.72	+0,85	574	
	50m: 29.26 29.26	150m: 1:35.19 33.37	250m: 2:42.80 33.85	350m: 3:50.87 33.88			33.88
	100m: 1:01.82 32.56	200m: 2:08.95 33.76	300m: 3:16.99 34.19	400m: 4:24.72 33.85			33.85
57.	Goncalo Duarte Santos	00	Natacao de Faro	4:24.83	+0,72	573	
	50m: 29.26 29.26	150m: 1:34.96 33.32	250m: 2:42.74 34.06	350m: 3:51.22 34.25			34.25
	100m: 1:01.64 32.38	200m: 2:08.68 33.72	300m: 3:16.97 34.23	400m: 4:24.83 33.61			33.61

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	Sergio Estebanez Herrera	00	C.N. Palencia	4:24.89	+0,61	573	
	50m: 29.05 29.05	150m: 1:34.63 32.95	250m: 2:42.39 33.91	350m: 3:51.05 34.56			
	100m: 1:01.68 32.63	200m: 2:08.48 33.85	300m: 3:16.49 34.10	400m: 4:24.89 33.84			
59.	Joao Leite Saraiva	01	Famalicao	4:25.05	+0,84	572	
	50m: 30.25 30.25	150m: 1:37.35 33.52	250m: 2:45.33 34.02	350m: 3:52.63 33.95			
	100m: 1:03.83 33.58	200m: 2:11.31 33.96	300m: 3:18.68 33.35	400m: 4:25.05 32.42			
60.	Nuno Filipe Rainho	01	Galitos / Bresimar	4:25.98	+0,65	566	
	50m: 29.95 29.95	150m: 1:36.99 33.92	250m: 2:44.67 33.73	350m: 3:53.57 34.68			
	100m: 1:03.07 33.12	200m: 2:10.94 33.95	300m: 3:18.89 34.22	400m: 4:25.98 32.41			
61.	Pedro Alexandre Correia	00	Pimpoes/Cimai	4:26.22	+0,76	564	
	50m: 29.83 29.83	150m: 1:37.08 34.30	250m: 2:44.67 33.92	350m: 3:53.71 34.44			
	100m: 1:02.78 32.95	200m: 2:10.75 33.67	300m: 3:19.27 34.60	400m: 4:26.22 32.51			
62.	Bernardo Marques Goncalves	00	Galitos / Bresimar	4:26.29	+0,71	564	
	50m: 30.28 30.28	150m: 1:36.46 33.30	250m: 2:44.51 34.14	350m: 3:53.13 34.57			
	100m: 1:03.16 32.88	200m: 2:10.37 33.91	300m: 3:18.56 34.05	400m: 4:26.29 33.16			
63.	Jose Maria Pereira	01	Sporting	4:26.53	+0,69	562	
	50m: 30.46 30.46	150m: 1:37.49 34.04	250m: 2:46.18 34.34	350m: 3:53.87 33.55			
	100m: 1:03.45 32.99	200m: 2:11.84 34.35	300m: 3:20.32 34.14	400m: 4:26.53 32.66			
64.	Pedro Guilherme Ferreira	00	Miranda do Corvo	4:27.27	+0,62	558	
	50m: 31.12 31.12	150m: 1:38.06 33.48	250m: 2:44.80 33.45	350m: 3:52.95 34.29			
	100m: 1:04.58 33.46	200m: 2:11.35 33.29	300m: 3:18.66 33.86	400m: 4:27.27 34.32			
65.	Romeu Ribeiro Fernandes	01	Fafe	4:27.63	+0,73	556	
	50m: 30.30 30.30	150m: 1:39.24 34.95	250m: 2:48.22 34.55	350m: 3:57.41 34.56			
	100m: 1:04.29 33.99	200m: 2:13.67 34.43	300m: 3:22.85 34.63	400m: 4:27.63 30.22			
66.	David Joao Tinoco	01	Columbofila Cantanhedense	4:27.81	+0,59	554	
	50m: 30.71 30.71	150m: 1:38.41 34.06	250m: 2:46.79 34.45	350m: 3:55.21 34.24			
	100m: 1:04.35 33.64	200m: 2:12.34 33.93	300m: 3:20.97 34.18	400m: 4:27.81 32.60			
67.	Tiago Andre Santos	00	Ba/Bomcar	4:28.05	+0,70	553	
	50m: 29.86 29.86	150m: 1:36.66 34.12	250m: 2:45.34 34.30	350m: 3:54.45 35.06			
	100m: 1:02.54 32.68	200m: 2:11.04 34.38	300m: 3:19.39 34.05	400m: 4:28.05 33.60			
68.	Diogo Rodrigues Freitas	98	Uniao Piedense	4:28.23	+0,74	552	
	50m: 29.67 29.67	150m: 1:35.63 33.59	250m: 2:43.18 33.75	350m: 3:53.40 35.39			
	100m: 1:02.04 32.37	200m: 2:09.43 33.80	300m: 3:18.01 34.83	400m: 4:28.23 34.83			
69.	Tomas Pimentel Borges	00	Porto	4:28.96	+0,74	547	
	50m: 29.62 29.62	150m: 1:38.25 34.43	250m: 2:46.97 33.74	350m: 3:54.50 33.02			
	100m: 1:03.82 34.20	200m: 2:13.23 34.98	300m: 3:21.48 34.51	400m: 4:28.96 34.46			
70.	Francisco Nunes Libreiro	00	Uniao Piedense	4:29.20	+0,78	546	
	50m: 30.04 30.04	150m: 1:37.92 34.37	250m: 2:47.46 34.62	350m: 3:56.62 34.11			
	100m: 1:03.55 33.51	200m: 2:12.84 34.92	300m: 3:22.51 35.05	400m: 4:29.20 32.58			
71.	Tiago Andre Jorge	00	Ba/Bomcar	4:29.84	+0,69	542	
	50m: 29.39 29.39	150m: 1:37.10 34.23	250m: 2:46.53 34.72	350m: 3:56.79 35.06			
	100m: 1:02.87 33.48	200m: 2:11.81 34.71	300m: 3:21.73 35.20	400m: 4:29.84 33.05			
72.	David Dias Lima	00	Vilacondense	4:29.90	+0,70	542	
	50m: 30.66 30.66	150m: 1:38.37 34.13	250m: 2:48.22 34.92	350m: 3:57.43 34.59			
	100m: 1:04.24 33.58	200m: 2:13.30 34.93	300m: 3:22.84 34.62	400m: 4:29.90 32.47			

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
73.	Tiago Manuel Santos	01	Benedita	4:29.95	+0,67	541	
	50m: 30.66 30.66	150m: 1:38.27 34.16	250m: 2:46.91 34.62	350m: 3:57.01 35.47			35.47
	100m: 1:04.11 33.45	200m: 2:12.29 34.02	300m: 3:21.54 34.63	400m: 4:29.95 32.94			32.94
74.	Tiago Miguel Novais	00	Desportiva de Viana	4:30.38	+0,78	539	
	50m: 30.16 30.16	150m: 1:38.66 34.81	250m: 2:47.72 34.47	350m: 3:56.93 34.74			34.74
	100m: 1:03.85 33.69	200m: 2:13.25 34.59	300m: 3:22.19 34.47	400m: 4:30.38 33.45			33.45
75.	Diogo Monteiro Sousa	00	Naval Setubalense	4:30.72	+0,89	537	
	50m: 30.96 30.96	150m: 1:38.29 34.32	250m: 2:46.99 34.66	350m: 3:57.16 34.57			34.57
	100m: 1:03.97 33.01	200m: 2:12.33 34.04	300m: 3:22.59 35.60	400m: 4:30.72 33.56			33.56
76.	Joao Diogo Soares	00	Fluvial Portuense	4:30.73	+0,75	537	
	50m: 29.93 29.93	150m: 1:37.22 34.02	250m: 2:45.87 34.66	350m: 3:56.25 35.22			35.22
	100m: 1:03.20 33.27	200m: 2:11.21 33.99	300m: 3:21.03 35.16	400m: 4:30.73 34.48			34.48
77.	Edgar Filipe Santos	01	Individual ANL	4:31.63	+0,66	531	
	50m: 30.21 30.21	150m: 1:37.63 34.38	250m: 2:47.73 35.57	350m: 3:58.21 35.21			35.21
	100m: 1:03.25 33.04	200m: 2:12.16 34.53	300m: 3:23.00 35.27	400m: 4:31.63 33.42			33.42
78.	Diogo Alexandre Araujo	01	Estrelas S.Joao de Brito	4:31.73	+0,75	531	
	50m: 30.15 30.15	150m: 1:39.03 35.20	250m: 2:50.83 36.29	350m: 4:02.17 34.81			34.81
	100m: 1:03.83 33.68	200m: 2:14.54 35.51	300m: 3:27.36 36.53	400m: 4:31.73 29.56			29.56
79.	Ricardo Alexandre Faia	00	Benfica	4:32.21	+0,71	528	
	50m: 29.43 29.43	150m: 1:36.88 33.91	250m: 2:45.31 33.93	350m: 3:58.11 37.25			37.25
	100m: 1:02.97 33.54	200m: 2:11.38 34.50	300m: 3:20.86 35.55	400m: 4:32.21 34.10			34.10
80.	Rodrigo Ponte Jorge	01	Individual ANL	4:32.37	+0,69	527	
	50m: 30.71 30.71	150m: 1:40.36 35.11	250m: 2:51.01 35.25	350m: 3:59.31 32.84			32.84
	100m: 1:05.25 34.54	200m: 2:15.76 35.40	300m: 3:26.47 35.46	400m: 4:32.37 33.06			33.06
81.	Alexandre Miguel Branco	01	Alges	4:32.48	+0,81	526	
	50m: 29.92 29.92	150m: 1:36.02 33.73	250m: 2:46.38 35.61	350m: 3:58.26 35.91			35.91
	100m: 1:02.29 32.37	200m: 2:10.77 34.75	300m: 3:22.35 35.97	400m: 4:32.48 34.22			34.22
82.	Miguel Duarte Pereira	00	Natacao Olhao	4:32.67	+0,65	525	
	50m: 30.74 30.74	150m: 1:38.64 34.55	250m: 2:48.62 35.33	350m: 3:59.43 35.14			35.14
	100m: 1:04.09 33.35	200m: 2:13.29 34.65	300m: 3:24.29 35.67	400m: 4:32.67 33.24			33.24
83.	Sergio Eduardo Dias	00	Aquatico Pacense	4:33.01	+0,93	523	
	50m: 30.45 30.45	150m: 1:38.95 34.97	250m: 2:49.11 34.76	350m: 3:59.33 35.33			35.33
	100m: 1:03.98 33.53	200m: 2:14.35 35.40	300m: 3:24.00 34.89	400m: 4:33.01 33.68			33.68
84.	Tomas Quintas Neves	00	Desportiva de Viana	4:33.12	+0,78	523	
	50m: 30.25 30.25	150m: 1:37.12 34.25	250m: 2:46.53 34.89	350m: 3:57.83 35.66			35.66
	100m: 1:02.87 32.62	200m: 2:11.64 34.52	300m: 3:22.17 35.64	400m: 4:33.12 35.29			35.29
85.	Rui Jorge Lopes	00	CLAC-Entroncamento	4:33.30	+0,79	522	
	50m: 30.97 30.97	150m: 1:39.65 34.76	250m: 2:49.87 34.98	350m: 4:00.77 35.40			35.40
	100m: 1:04.89 33.92	200m: 2:14.89 35.24	300m: 3:25.37 35.50	400m: 4:33.30 32.53			32.53
86.	Sebastian Ovesen	94	Denmark	4:33.67	+0,70	519	
	50m: 26.29 26.29	150m: 1:23.23 28.85	250m: 2:41.66 49.26	350m: 3:57.69 36.35			36.35
	100m: 54.38 28.09	200m: 1:52.40 29.17	300m: 3:21.34 39.68	400m: 4:33.67 35.98			35.98
87.	Guilherme Ventura Carvalho	01	Gesloures	4:34.14	+0,74	517	
	50m: 30.80 30.80	150m: 1:39.28 34.88	250m: 2:49.06 34.85	350m: 4:00.19 35.67			35.67
	100m: 1:04.40 33.60	200m: 2:14.21 34.93	300m: 3:24.52 35.46	400m: 4:34.14 33.95			33.95

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
88.	Tomas Miguel Valente	01	Natacao Olhao	4:34.34	+0,63	516	
	50m: 30.62 30.62	150m: 1:38.73 34.39	250m: 2:48.14 35.04	350m: 3:59.56 36.01			36.01
	100m: 1:04.34 33.72	200m: 2:13.10 34.37	300m: 3:23.55 35.41	400m: 4:34.34 34.78			34.78
89.	Bruno Miguel Pinto	00	Porto	4:34.68	+0,75	514	
	50m: 30.53 30.53	150m: 1:39.26 35.17	250m: 2:49.53 34.97	350m: 4:00.16 35.33			35.33
	100m: 1:04.09 33.56	200m: 2:14.56 35.30	300m: 3:24.83 35.30	400m: 4:34.68 34.52			34.52
90.	Afonso Varelas Silva	01	Nautico Marinha Grande	4:34.83	+0,73	513	
	50m: 30.11 30.11	150m: 1:39.43 35.42	250m: 2:50.40 35.81	350m: 4:00.08 34.19			34.19
	100m: 1:04.01 33.90	200m: 2:14.59 35.16	300m: 3:25.89 35.49	400m: 4:34.83 34.75			34.75
91.	Filipe Asseiceira Ramos	00	Torres Novas	4:35.83	+0,70	507	
	50m: 30.37 30.37	150m: 1:39.41 35.25	250m: 2:50.38 35.45	350m: 4:02.11 35.68			35.68
	100m: 1:04.16 33.79	200m: 2:14.93 35.52	300m: 3:26.43 36.05	400m: 4:35.83 33.72			33.72
92.	Joao Mano Costa	01	Braga	4:36.42	+0,76	504	
	50m: 31.03 31.03	150m: 1:40.18 35.01	250m: 2:50.83 35.11	350m: 4:02.28 35.59			35.59
	100m: 1:05.17 34.14	200m: 2:15.72 35.54	300m: 3:26.69 35.86	400m: 4:36.42 34.14			34.14
93.	Joao Sa Melo	01	Famalicao	4:37.27	+0,67	500	
	50m: 30.36 30.36	150m: 1:38.59 34.91	250m: 2:49.52 35.74	350m: 4:02.05 36.43			36.43
	100m: 1:03.68 33.32	200m: 2:13.78 35.19	300m: 3:25.62 36.10	400m: 4:37.27 35.22			35.22
94.	Ricardo Jorge Moreira	01	Natacao de Valongo	4:37.94	+0,67	496	
	50m: 31.04 31.04	150m: 1:40.49 35.17	250m: 2:51.40 35.99	350m: 4:03.02 35.95			35.95
	100m: 1:05.32 34.28	200m: 2:15.41 34.92	300m: 3:27.07 35.67	400m: 4:37.94 34.92			34.92
95.	Rodrigo Melo Pinto	01	Colegio Vasco da Gama	4:38.40	+0,75	493	
	50m: 31.43 31.43	150m: 1:40.66 35.12	250m: 2:52.00 36.01	350m: 4:03.54 35.68			35.68
	100m: 1:05.54 34.11	200m: 2:15.99 35.33	300m: 3:27.86 35.86	400m: 4:38.40 34.86			34.86
96.	Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	4:38.97	+0,74	490	
	50m: 31.34 31.34	150m: 1:41.31 34.95	250m: 2:53.03 35.60	350m: 4:04.51 34.66			34.66
	100m: 1:06.36 35.02	200m: 2:17.43 36.12	300m: 3:29.85 36.82	400m: 4:38.97 34.46			34.46
97.	Ricardo Luis Leal	01	CLAC-Entroncamento	4:39.75	+0,75	486	
	50m: 30.71 30.71	150m: 1:39.24 34.75	250m: 2:51.01 36.18	350m: 4:04.16 36.93			36.93
	100m: 1:04.49 33.78	200m: 2:14.83 35.59	300m: 3:27.23 36.22	400m: 4:39.75 35.59			35.59
98.	Henrique Martins Ferro	01	Naval do Funchal	4:40.73	+0,68	481	
	50m: 30.26 30.26	150m: 1:39.34 34.76	250m: 2:50.71 35.63	350m: 4:04.32 36.77			36.77
	100m: 1:04.58 34.32	200m: 2:15.08 35.74	300m: 3:27.55 36.84	400m: 4:40.73 36.41			36.41
DNS	Joao Miguel Marques	01	20Km de Almeirim				

Prova 36, Masc., 400m Livres, Elimin

Prova 36 Masc., 400m Livres Juvenis
23-07-2016 - 12:50 Resultados Elimin

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

TAC_B-JUVAM Juv A: 4:35.05 / TAC_B-JUVBM Juv B: 4:39.01

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Roberto Donald Gomes	00	Alges	4:07.28	+0,74	704	
	50m: 27.85 27.85	150m: 1:29.23 31.17	250m: 2:32.70 31.79	350m: 3:36.37 31.76	400m: 4:07.28 30.91		
	100m: 58.06 30.21	200m: 2:00.91 31.68	300m: 3:04.61 31.91				
2.	Jose Paulo Lopes	00	Braga	4:11.06	+0,69	673	
	50m: 28.97 28.97	150m: 1:31.98 31.24	250m: 2:35.44 31.62	350m: 3:39.68 32.04	400m: 4:11.06 31.38		
	100m: 1:00.74 31.77	200m: 2:03.82 31.84	300m: 3:07.64 32.20				
3.	Sergio Filipe Travanca	00	Fluvial Portuense	4:12.83	+0,69	659	
	50m: 29.39 29.39	150m: 1:33.66 32.20	250m: 2:38.37 32.42	350m: 3:42.45 31.97	400m: 4:12.83 30.38		
	100m: 1:01.46 32.07	200m: 2:05.95 32.29	300m: 3:10.48 32.11				
4.	Tiago Miguel Vilhena	01	Natacao de Faro	4:14.34	+0,71	647	
	50m: 29.05 29.05	150m: 1:32.76 32.32	250m: 2:37.30 32.57	350m: 3:42.37 32.59	400m: 4:14.34 31.97		
	100m: 1:00.44 31.39	200m: 2:04.73 31.97	300m: 3:09.78 32.48				
5.	Duarte Miguel Jorge	01	Galitos / Bresimar	4:14.93	+0,78	643	
	50m: 29.52 29.52	150m: 1:33.13 32.18	250m: 2:37.92 32.42	350m: 3:43.35 32.56	400m: 4:14.93 31.58		
	100m: 1:00.95 31.43	200m: 2:05.50 32.37	300m: 3:10.79 32.87				
6.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:16.18	+0,61	633	
	50m: 28.57 28.57	150m: 1:31.66 31.90	250m: 2:36.70 32.71	350m: 3:43.41 33.69	400m: 4:16.18 32.77		
	100m: 59.76 31.19	200m: 2:03.99 32.33	300m: 3:09.72 33.02				
7.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	4:16.52	+0,77	631	
	50m: 28.91 28.91	150m: 1:33.96 32.92	250m: 2:39.47 32.32	350m: 3:44.23 32.02	400m: 4:16.52 32.29		
	100m: 1:01.04 32.13	200m: 2:07.15 33.19	300m: 3:12.21 32.74				
8.	Andre Vilas Ruivo	00	Ba/Bomcar	4:16.59	+0,75	630	
	50m: 28.32 28.32	150m: 1:32.39 32.29	250m: 2:37.95 33.05	350m: 3:44.11 32.83	400m: 4:16.59 32.48		
	100m: 1:00.10 31.78	200m: 2:04.90 32.51	300m: 3:11.28 33.33				
9.	Filipe Miguel Santo	00	Sporting	4:18.10	+0,74	619	
	50m: 29.57 29.57	150m: 1:34.25 32.67	250m: 2:40.15 33.03	350m: 3:46.01 32.75	400m: 4:18.10 32.09		
	100m: 1:01.58 32.01	200m: 2:07.12 32.87	300m: 3:13.26 33.11				
10.	Diogo Leal Dantas	00	Sporting	4:18.86	+0,61	614	
	50m: 29.07 29.07	150m: 1:33.32 32.45	250m: 2:39.58 33.39	350m: 3:46.63 33.47	400m: 4:18.86 32.23		
	100m: 1:00.87 31.80	200m: 2:06.19 32.87	300m: 3:13.16 33.58				
11.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:19.71	+0,70	608	
	50m: 30.10 30.10	150m: 1:35.61 32.79	250m: 2:42.01 33.15	350m: 3:48.06 32.43	400m: 4:19.71 31.65		
	100m: 1:02.82 32.72	200m: 2:08.86 33.25	300m: 3:15.63 33.62				
12.	Bernardo Garcia Perloiro	00	Sporting	4:19.86	+0,65	607	
	50m: 29.47 29.47	150m: 1:34.54 32.91	250m: 2:40.43 33.01	350m: 3:46.99 33.23	400m: 4:19.86 32.87		
	100m: 1:01.63 32.16	200m: 2:07.42 32.88	300m: 3:13.76 33.33				
13.	Pedro Barata Neves	00	Laranjeiro	4:20.07	+0,69	605	
	50m: 30.29 30.29	150m: 1:36.19 33.04	250m: 2:42.40 32.96	350m: 3:48.71 32.84	400m: 4:20.07 31.36		
	100m: 1:03.15 32.86	200m: 2:09.44 33.25	300m: 3:15.87 33.47				

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Diogo Ramos Lebre	01	Sporting de Aveiro	4:20.52	+0,78	602	
	50m: 30.28 30.28	150m: 1:36.25 32.97	250m: 2:42.16 33.18	350m: 3:48.36 33.08			33.08
	100m: 1:03.28 33.00	200m: 2:08.98 32.73	300m: 3:15.28 33.12	400m: 4:20.52 32.16			32.16
15.	Rui Miguel Pires	01	Nautico Marinha Grande	4:20.90	+0,71	600	
	50m: 28.77 28.77	150m: 1:35.07 33.30	250m: 2:42.35 34.01	350m: 3:49.51 33.27			33.27
	100m: 1:01.77 33.00	200m: 2:08.34 33.27	300m: 3:16.24 33.89	400m: 4:20.90 31.39			31.39
16.	David Matias Cristino	01	Individual ANL	4:21.20	+0,79	598	
	50m: 29.64 29.64	150m: 1:36.04 33.73	250m: 2:43.23 33.00	350m: 3:50.04 33.30			33.30
	100m: 1:02.31 32.67	200m: 2:10.23 34.19	300m: 3:16.74 33.51	400m: 4:21.20 31.16			31.16
17.	Pedro Miguel Santos	01	Porto	4:21.84	+0,84	593	
	50m: 29.92 29.92	150m: 1:35.98 33.29	250m: 2:42.68 33.39	350m: 3:49.92 33.43			33.43
	100m: 1:02.69 32.77	200m: 2:09.29 33.31	300m: 3:16.49 33.81	400m: 4:21.84 31.92			31.92
18.	Jose Pedro Freitas	00	Famalicao	4:21.96	+0,67	592	
	50m: 29.75 29.75	150m: 1:35.86 33.12	250m: 2:42.44 33.33	350m: 3:49.63 33.19			33.19
	100m: 1:02.74 32.99	200m: 2:09.11 33.25	300m: 3:16.44 34.00	400m: 4:21.96 32.33			32.33
19.	Joao Peixoto Pereira	01	Braga	4:22.72	+0,85	587	
	50m: 29.84 29.84	150m: 1:34.42 33.11	250m: 2:42.52 34.25	350m: 3:50.25 34.05			34.05
	100m: 1:01.31 31.47	200m: 2:08.27 33.85	300m: 3:16.20 33.68	400m: 4:22.72 32.47			32.47
20.	Daniel Nogueira Catalao	00	Uniao Piedense	4:22.78	+0,65	587	
	50m: 30.17 30.17	150m: 1:36.76 33.59	250m: 2:43.51 33.33	350m: 3:50.16 33.25			33.25
	100m: 1:03.17 33.00	200m: 2:10.18 33.42	300m: 3:16.91 33.40	400m: 4:22.78 32.62			32.62
21.	Diogo Moreno Bastos	00	Fluvial Portuense	4:23.53	+0,80	582	
	50m: 29.62 29.62	150m: 1:35.96 33.36	250m: 2:43.85 33.87	350m: 3:51.57 33.37			33.37
	100m: 1:02.60 32.98	200m: 2:09.98 34.02	300m: 3:18.20 34.35	400m: 4:23.53 31.96			31.96
22.	Nuno Correia Sousa	00	Fluvial Portuense	4:23.58	+0,83	582	
	50m: 29.48 29.48	150m: 1:36.19 33.88	250m: 2:43.50 33.62	350m: 3:50.98 33.62			33.62
	100m: 1:02.31 32.83	200m: 2:09.88 33.69	300m: 3:17.36 33.86	400m: 4:23.58 32.60			32.60
23.	Francisco Silva Pinheiro	00	Alges	4:24.72	+0,85	574	
	50m: 29.26 29.26	150m: 1:35.19 33.37	250m: 2:42.80 33.85	350m: 3:50.87 33.88			33.88
	100m: 1:01.82 32.56	200m: 2:08.95 33.76	300m: 3:16.99 34.19	400m: 4:24.72 33.85			33.85
24.	Goncalo Duarte Santos	00	Natacao de Faro	4:24.83	+0,72	573	
	50m: 29.26 29.26	150m: 1:34.96 33.32	250m: 2:42.74 34.06	350m: 3:51.22 34.25			34.25
	100m: 1:01.64 32.38	200m: 2:08.68 33.72	300m: 3:16.97 34.23	400m: 4:24.83 33.61			33.61
25.	Joao Leite Saraiva	01	Famalicao	4:25.05	+0,84	572	
	50m: 30.25 30.25	150m: 1:37.35 33.52	250m: 2:45.33 34.02	350m: 3:52.63 33.95			33.95
	100m: 1:03.83 33.58	200m: 2:11.31 33.96	300m: 3:18.68 33.35	400m: 4:25.05 32.42			32.42
26.	Nuno Filipe Rainho	01	Galitos / Bresimar	4:25.98	+0,65	566	
	50m: 29.95 29.95	150m: 1:36.99 33.92	250m: 2:44.67 33.73	350m: 3:53.57 34.68			34.68
	100m: 1:03.07 33.12	200m: 2:10.94 33.95	300m: 3:18.89 34.22	400m: 4:25.98 32.41			32.41
27.	Pedro Alexandre Correia	00	Pimpoes/Cimai	4:26.22	+0,76	564	
	50m: 29.83 29.83	150m: 1:37.08 34.30	250m: 2:44.67 33.92	350m: 3:53.71 34.44			34.44
	100m: 1:02.78 32.95	200m: 2:10.75 33.67	300m: 3:19.27 34.60	400m: 4:26.22 32.51			32.51
28.	Bernardo Marques Goncalves	00	Galitos / Bresimar	4:26.29	+0,71	564	
	50m: 30.28 30.28	150m: 1:36.46 33.30	250m: 2:44.51 34.14	350m: 3:53.13 34.57			34.57
	100m: 1:03.16 32.88	200m: 2:10.37 33.91	300m: 3:18.56 34.05	400m: 4:26.29 33.16			33.16

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Jose Maria Pereira	01	Sporting	4:26.53	+0,69	562	
	50m: 30.46 30.46	150m: 1:37.49 34.04	250m: 2:46.18 34.34	350m: 3:53.87 33.55			
	100m: 1:03.45 32.99	200m: 2:11.84 34.35	300m: 3:20.32 34.14	400m: 4:26.53 32.66			
30.	Pedro Guilherme Ferreira	00	Miranda do Corvo	4:27.27	+0,62	558	
	50m: 31.12 31.12	150m: 1:38.06 33.48	250m: 2:44.80 33.45	350m: 3:52.95 34.29			
	100m: 1:04.58 33.46	200m: 2:11.35 33.29	300m: 3:18.66 33.86	400m: 4:27.27 34.32			
31.	Romeu Ribeiro Fernandes	01	Fafe	4:27.63	+0,73	556	
	50m: 30.30 30.30	150m: 1:39.24 34.95	250m: 2:48.22 34.55	350m: 3:57.41 34.56			
	100m: 1:04.29 33.99	200m: 2:13.67 34.43	300m: 3:22.85 34.63	400m: 4:27.63 30.22			
32.	David Joao Tinoco	01	Columbofila Cantanhedense	4:27.81	+0,59	554	
	50m: 30.71 30.71	150m: 1:38.41 34.06	250m: 2:46.79 34.45	350m: 3:55.21 34.24			
	100m: 1:04.35 33.64	200m: 2:12.34 33.93	300m: 3:20.97 34.18	400m: 4:27.81 32.60			
33.	Tiago Andre Santos	00	Ba/Bomcar	4:28.05	+0,70	553	
	50m: 29.86 29.86	150m: 1:36.66 34.12	250m: 2:45.34 34.30	350m: 3:54.45 35.06			
	100m: 1:02.54 32.68	200m: 2:11.04 34.38	300m: 3:19.39 34.05	400m: 4:28.05 33.60			
34.	Tomas Pimentel Borges	00	Porto	4:28.96	+0,74	547	
	50m: 29.62 29.62	150m: 1:38.25 34.43	250m: 2:46.97 33.74	350m: 3:54.50 33.02			
	100m: 1:03.82 34.20	200m: 2:13.23 34.98	300m: 3:21.48 34.51	400m: 4:28.96 34.46			
35.	Francisco Nunes Libreiro	00	Uniao Piedense	4:29.20	+0,78	546	
	50m: 30.04 30.04	150m: 1:37.92 34.37	250m: 2:47.46 34.62	350m: 3:56.62 34.11			
	100m: 1:03.55 33.51	200m: 2:12.84 34.92	300m: 3:22.51 35.05	400m: 4:29.20 32.58			
36.	Tiago Andre Jorge	00	Ba/Bomcar	4:29.84	+0,69	542	
	50m: 29.39 29.39	150m: 1:37.10 34.23	250m: 2:46.53 34.72	350m: 3:56.79 35.06			
	100m: 1:02.87 33.48	200m: 2:11.81 34.71	300m: 3:21.73 35.20	400m: 4:29.84 33.05			
37.	David Dias Lima	00	Vilacondense	4:29.90	+0,70	542	
	50m: 30.66 30.66	150m: 1:38.37 34.13	250m: 2:48.22 34.92	350m: 3:57.43 34.59			
	100m: 1:04.24 33.58	200m: 2:13.30 34.93	300m: 3:22.84 34.62	400m: 4:29.90 32.47			
38.	Tiago Manuel Santos	01	Benedita	4:29.95	+0,67	541	
	50m: 30.66 30.66	150m: 1:38.27 34.16	250m: 2:46.91 34.62	350m: 3:57.01 35.47			
	100m: 1:04.11 33.45	200m: 2:12.29 34.02	300m: 3:21.54 34.63	400m: 4:29.95 32.94			
39.	Tiago Miguel Novais	00	Desportiva de Viana	4:30.38	+0,78	539	
	50m: 30.16 30.16	150m: 1:38.66 34.81	250m: 2:47.72 34.47	350m: 3:56.93 34.74			
	100m: 1:03.85 33.69	200m: 2:13.25 34.59	300m: 3:22.19 34.47	400m: 4:30.38 33.45			
40.	Diogo Monteiro Sousa	00	Naval Setubalense	4:30.72	+0,89	537	
	50m: 30.96 30.96	150m: 1:38.29 34.32	250m: 2:46.99 34.66	350m: 3:57.16 34.57			
	100m: 1:03.97 33.01	200m: 2:12.33 34.04	300m: 3:22.59 35.60	400m: 4:30.72 33.56			
41.	Joao Diogo Soares	00	Fluvial Portuense	4:30.73	+0,75	537	
	50m: 29.93 29.93	150m: 1:37.22 34.02	250m: 2:45.87 34.66	350m: 3:56.25 35.22			
	100m: 1:03.20 33.27	200m: 2:11.21 33.99	300m: 3:21.03 35.16	400m: 4:30.73 34.48			
42.	Edgar Filipe Santos	01	Individual ANL	4:31.63	+0,66	531	
	50m: 30.21 30.21	150m: 1:37.63 34.38	250m: 2:47.73 35.57	350m: 3:58.21 35.21			
	100m: 1:03.25 33.04	200m: 2:12.16 34.53	300m: 3:23.00 35.27	400m: 4:31.63 33.42			
43.	Diogo Alexandre Araujo	01	Estrelas S.Joao de Brito	4:31.73	+0,75	531	
	50m: 30.15 30.15	150m: 1:39.03 35.20	250m: 2:50.83 36.29	350m: 4:02.17 34.81			
	100m: 1:03.83 33.68	200m: 2:14.54 35.51	300m: 3:27.36 36.53	400m: 4:31.73 29.56			

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	Ricardo Alexandre Faia	00	Benfica	4:32.21	+0,71	528	
	50m: 29.43 29.43	150m: 1:36.88 33.91	250m: 2:45.31 33.93	350m: 3:58.11 37.25			
	100m: 1:02.97 33.54	200m: 2:11.38 34.50	300m: 3:20.86 35.55	400m: 4:32.21 34.10			
45.	Rodrigo Ponte Jorge	01	Individual ANL	4:32.37	+0,69	527	
	50m: 30.71 30.71	150m: 1:40.36 35.11	250m: 2:51.01 35.25	350m: 3:59.31 32.84			
	100m: 1:05.25 34.54	200m: 2:15.76 35.40	300m: 3:26.47 35.46	400m: 4:32.37 33.06			
46.	Alexandre Miguel Branco	01	Alges	4:32.48	+0,81	526	
	50m: 29.92 29.92	150m: 1:36.02 33.73	250m: 2:46.38 35.61	350m: 3:58.26 35.91			
	100m: 1:02.29 32.37	200m: 2:10.77 34.75	300m: 3:22.35 35.97	400m: 4:32.48 34.22			
47.	Miguel Duarte Pereira	00	Natacao Olhao	4:32.67	+0,65	525	
	50m: 30.74 30.74	150m: 1:38.64 34.55	250m: 2:48.62 35.33	350m: 3:59.43 35.14			
	100m: 1:04.09 33.35	200m: 2:13.29 34.65	300m: 3:24.29 35.67	400m: 4:32.67 33.24			
48.	Sergio Eduardo Dias	00	Aquatico Pacense	4:33.01	+0,93	523	
	50m: 30.45 30.45	150m: 1:38.95 34.97	250m: 2:49.11 34.76	350m: 3:59.33 35.33			
	100m: 1:03.98 33.53	200m: 2:14.35 35.40	300m: 3:24.00 34.89	400m: 4:33.01 33.68			
49.	Tomas Quintas Neves	00	Desportiva de Viana	4:33.12	+0,78	523	
	50m: 30.25 30.25	150m: 1:37.12 34.25	250m: 2:46.53 34.89	350m: 3:57.83 35.66			
	100m: 1:02.87 32.62	200m: 2:11.64 34.52	300m: 3:22.17 35.64	400m: 4:33.12 35.29			
50.	Rui Jorge Lopes	00	CLAC-Entroncamento	4:33.30	+0,79	522	
	50m: 30.97 30.97	150m: 1:39.65 34.76	250m: 2:49.87 34.98	350m: 4:00.77 35.40			
	100m: 1:04.89 33.92	200m: 2:14.89 35.24	300m: 3:25.37 35.50	400m: 4:33.30 32.53			
51.	Guilherme Ventura Carvalho	01	Geslours	4:34.14	+0,74	517	
	50m: 30.80 30.80	150m: 1:39.28 34.88	250m: 2:49.06 34.85	350m: 4:00.19 35.67			
	100m: 1:04.40 33.60	200m: 2:14.21 34.93	300m: 3:24.52 35.46	400m: 4:34.14 33.95			
52.	Tomas Miguel Valente	01	Natacao Olhao	4:34.34	+0,63	516	
	50m: 30.62 30.62	150m: 1:38.73 34.39	250m: 2:48.14 35.04	350m: 3:59.56 36.01			
	100m: 1:04.34 33.72	200m: 2:13.10 34.37	300m: 3:23.55 35.41	400m: 4:34.34 34.78			
53.	Bruno Miguel Pinto	00	Porto	4:34.68	+0,75	514	
	50m: 30.53 30.53	150m: 1:39.26 35.17	250m: 2:49.53 34.97	350m: 4:00.16 35.33			
	100m: 1:04.09 33.56	200m: 2:14.56 35.30	300m: 3:24.83 35.30	400m: 4:34.68 34.52			
54.	Afonso Varelas Silva	01	Nautico Marinha Grande	4:34.83	+0,73	513	
	50m: 30.11 30.11	150m: 1:39.43 35.42	250m: 2:50.40 35.81	350m: 4:00.08 34.19			
	100m: 1:04.01 33.90	200m: 2:14.59 35.16	300m: 3:25.89 35.49	400m: 4:34.83 34.75			
55.	Filipe Asseiceira Ramos	00	Torres Novas	4:35.83	+0,70	507	
	50m: 30.37 30.37	150m: 1:39.41 35.25	250m: 2:50.38 35.45	350m: 4:02.11 35.68			
	100m: 1:04.16 33.79	200m: 2:14.93 35.52	300m: 3:26.43 36.05	400m: 4:35.83 33.72			
56.	Joao Mano Costa	01	Braga	4:36.42	+0,76	504	
	50m: 31.03 31.03	150m: 1:40.18 35.01	250m: 2:50.83 35.11	350m: 4:02.28 35.59			
	100m: 1:05.17 34.14	200m: 2:15.72 35.54	300m: 3:26.69 35.86	400m: 4:36.42 34.14			
57.	Joao Sa Melo	01	Famalicao	4:37.27	+0,67	500	
	50m: 30.36 30.36	150m: 1:38.59 34.91	250m: 2:49.52 35.74	350m: 4:02.05 36.43			
	100m: 1:03.68 33.32	200m: 2:13.78 35.19	300m: 3:25.62 36.10	400m: 4:37.27 35.22			
58.	Ricardo Jorge Moreira	01	Natacao de Valongo	4:37.94	+0,67	496	
	50m: 31.04 31.04	150m: 1:40.49 35.17	250m: 2:51.40 35.99	350m: 4:03.02 35.95			
	100m: 1:05.32 34.28	200m: 2:15.41 34.92	300m: 3:27.07 35.67	400m: 4:37.94 34.92			

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	Rodrigo Melo Pinto	01	Colegio Vasco da Gama	4:38.40	+0,75	493	
	50m: 31.43 31.43	150m: 1:40.66 35.12	250m: 2:52.00 36.01	350m: 4:03.54 35.68	400m: 4:38.40 34.86		
	100m: 1:05.54 34.11	200m: 2:15.99 35.33	300m: 3:27.86 35.86				
60.	Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	4:38.97	+0,74	490	
	50m: 31.34 31.34	150m: 1:41.31 34.95	250m: 2:53.03 35.60	350m: 4:04.51 34.66	400m: 4:38.97 34.46		
	100m: 1:06.36 35.02	200m: 2:17.43 36.12	300m: 3:29.85 36.82				
61.	Ricardo Luis Leal	01	CLAC-Entroncamento	4:39.75	+0,75	486	
	50m: 30.71 30.71	150m: 1:39.24 34.75	250m: 2:51.01 36.18	350m: 4:04.16 36.93	400m: 4:39.75 35.59		
	100m: 1:04.49 33.78	200m: 2:14.83 35.59	300m: 3:27.23 36.22				
62.	Henrique Martins Ferro	01	Naval do Funchal	4:40.73	+0,68	481	
	50m: 30.26 30.26	150m: 1:39.34 34.76	250m: 2:50.71 35.63	350m: 4:04.32 36.77	400m: 4:40.73 36.41		
	100m: 1:04.58 34.32	200m: 2:15.08 35.74	300m: 3:27.55 36.84				
DNS	Joao Miguel Marques	01	20Km de Almeirim				

Prova 36 Masc., 400m Livres Absolutos
23-07-2016 - 12:50 Resultados Elimin

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	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

TAC_B-SENM Sen: 4:10.70 / TAC_B-JUNM Jun: 4:23.28

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	Sporting	4:02.27	+0,66	749	
	50m: 27.06 27.06	150m: 1:28.28 31.37	250m: 2:30.46 31.58	350m: 3:32.56 31.04	400m: 4:02.27 29.71		
	100m: 56.91 29.85	200m: 1:58.88 30.60	300m: 3:01.52 31.06				
2.	Guilherme Filipe Pina	98	Benedita	4:03.82	+0,72	735	
	50m: 28.23 28.23	150m: 1:29.47 30.90	250m: 2:30.98 30.89	350m: 3:33.45 31.22	400m: 4:03.82 30.37		
	100m: 58.57 30.34	200m: 2:00.09 30.62	300m: 3:02.23 31.25				
3.	Mario Andre Bonanca	90	Sporting	4:04.23	+0,78	731	
	50m: 28.09 28.09	150m: 1:28.95 30.63	250m: 2:30.84 31.13	350m: 3:33.76 31.51	400m: 4:04.23 30.47		
	100m: 58.32 30.23	200m: 1:59.71 30.76	300m: 3:02.25 31.41				
4.	Igor Araujo Mogne	96	Sporting	4:04.66	+0,72	727	
	50m: 27.19 27.19	150m: 1:27.97 30.72	250m: 2:30.31 31.14	350m: 3:33.30 31.53	400m: 4:04.66 31.36		
	100m: 57.25 30.06	200m: 1:59.17 31.20	300m: 3:01.77 31.46				
5.	Joao Pedro Gil	97	Individual ANL	4:05.58	+0,59	719	
	50m: 27.90 27.90	150m: 1:30.13 31.72	250m: 2:34.18 31.74	350m: 3:36.57 30.64	400m: 4:05.58 29.01		
	100m: 58.41 30.51	200m: 2:02.44 32.31	300m: 3:05.93 31.75				
6.	Guilherme Pereira Dias	97	Sporting	4:05.87	+0,80	717	
	50m: 28.01 28.01	150m: 1:29.30 31.11	250m: 2:32.32 31.66	350m: 3:35.88 31.90	400m: 4:05.87 29.99		
	100m: 58.19 30.18	200m: 2:00.66 31.36	300m: 3:03.98 31.66				
7.	Tiago Cunha Costa	99	Sporting	4:05.90	+0,71	716	
	50m: 28.14 28.14	150m: 1:30.32 32.18	250m: 2:33.09 31.85	350m: 3:35.69 31.16	400m: 4:05.90 30.21		
	100m: 58.14 30.00	200m: 2:01.24 30.92	300m: 3:04.53 31.44				
8.	Andre Filipe Farinha	96	Benfica	4:06.32	+0,65	713	
	50m: 28.22 28.22	150m: 1:30.40 31.30	250m: 2:33.55 31.61	350m: 3:35.98 31.29	400m: 4:06.32 30.34		
	100m: 59.10 30.88	200m: 2:01.94 31.54	300m: 3:04.69 31.14				

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Antonio Fernando Pinto	99	Lousada SXXI	4:07.33	+0,71	704	
	50m: 27.93 27.93	150m: 1:30.07 31.58	250m: 2:33.14 31.67	350m: 3:36.53 31.76			31.76
	100m: 58.49 30.56	200m: 2:01.47 31.40	300m: 3:04.77 31.63	400m: 4:07.33 30.80			30.80
10.	Jose Pedro Fernandes	99	Braga	4:09.79	+0,70	683	
	50m: 28.68 28.68	150m: 1:31.67 31.57	250m: 2:34.80 31.70	350m: 3:38.72 31.97			31.97
	100m: 1:00.10 31.42	200m: 2:03.10 31.43	300m: 3:06.75 31.95	400m: 4:09.79 31.07			31.07
	Joao Carlos Santos	96	Uniao Piedense	4:09.79	+0,66	683	
	50m: 29.16 29.16	150m: 1:31.76 31.49	250m: 2:34.26 30.82	350m: 3:38.13 32.15			32.15
	100m: 1:00.27 31.11	200m: 2:03.44 31.68	300m: 3:05.98 31.72	400m: 4:09.79 31.66			31.66
12.	Pedro Galvao Gouveia	99	Desportivo Nacional	4:10.42	+0,69	678	
	50m: 28.53 28.53	150m: 1:31.62 31.87	250m: 2:35.50 32.04	350m: 3:39.97 32.15			32.15
	100m: 59.75 31.22	200m: 2:03.46 31.84	300m: 3:07.82 32.32	400m: 4:10.42 30.45			30.45
13.	Jose Paula Carvalho	98	Uniao Piedense	4:10.78	+0,74	675	
	50m: 28.58 28.58	150m: 1:31.64 31.83	250m: 2:35.75 31.61	350m: 3:40.11 31.56			31.56
	100m: 59.81 31.23	200m: 2:04.14 32.50	300m: 3:08.55 32.80	400m: 4:10.78 30.67			30.67
14.	Tiago Filipe Campos	99	Scalabiswim	4:11.01	+0,88	673	
	50m: 28.84 28.84	150m: 1:32.24 32.01	250m: 2:36.29 31.66	350m: 3:40.28 31.68			31.68
	100m: 1:00.23 31.39	200m: 2:04.63 32.39	300m: 3:08.60 32.31	400m: 4:11.01 30.73			30.73
15.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:12.50	+0,70	662	
	50m: 28.84 28.84	150m: 1:32.90 32.29	250m: 2:37.46 32.25	350m: 3:42.53 32.72			32.72
	100m: 1:00.61 31.77	200m: 2:05.21 32.31	300m: 3:09.81 32.35	400m: 4:12.50 29.97			29.97
16.	Joao Daniel Machado	99	Uniao Piedense	4:12.80	+0,70	659	
	50m: 28.77 28.77	150m: 1:33.14 32.62	250m: 2:37.85 32.50	350m: 3:42.18 32.27			32.27
	100m: 1:00.52 31.75	200m: 2:05.35 32.21	300m: 3:09.91 32.06	400m: 4:12.80 30.62			30.62
17.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	4:14.16	+0,78	649	
	50m: 28.94 28.94	150m: 1:31.99 31.64	250m: 2:36.89 32.28	350m: 3:42.21 32.61			32.61
	100m: 1:00.35 31.41	200m: 2:04.61 32.62	300m: 3:09.60 32.71	400m: 4:14.16 31.95			31.95
18.	Pedro Miguel Pinotes	89	Sporting	4:14.45	+0,75	646	
	50m: 28.68 28.68	150m: 1:32.34 32.29	250m: 2:37.83 32.86	350m: 3:43.64 32.64			32.64
	100m: 1:00.05 31.37	200m: 2:04.97 32.63	300m: 3:11.00 33.17	400m: 4:14.45 30.81			30.81
19.	Afonso Calais Queiroga	98	Uniao Piedense	4:14.58	+0,63	645	
	50m: 28.97 28.97	150m: 1:33.94 32.66	250m: 2:38.55 31.64	350m: 3:42.70 32.52			32.52
	100m: 1:01.28 32.31	200m: 2:06.91 32.97	300m: 3:10.18 31.63	400m: 4:14.58 31.88			31.88
20.	Tiago Silva Oliveira	94	Fluvial Portuense	4:14.91	+0,75	643	
	50m: 28.58 28.58	150m: 1:32.11 32.47	250m: 2:37.98 32.87	350m: 3:43.90 32.85			32.85
	100m: 59.64 31.06	200m: 2:05.11 33.00	300m: 3:11.05 33.07	400m: 4:14.91 31.01			31.01
21.	Pedro Goncalves Neto	98	Porto	4:16.13	+0,72	634	
	50m: 28.22 28.22	150m: 1:33.24 32.86	250m: 2:39.00 32.22	350m: 3:45.05 32.53			32.53
	100m: 1:00.38 32.16	200m: 2:06.78 33.54	300m: 3:12.52 33.52	400m: 4:16.13 31.08			31.08
22.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:16.46	+0,74	631	
	50m: 28.79 28.79	150m: 1:32.05 32.20	250m: 2:37.50 33.01	350m: 3:43.76 33.11			33.11
	100m: 59.85 31.06	200m: 2:04.49 32.44	300m: 3:10.65 33.15	400m: 4:16.46 32.70			32.70
23.	Ruben Jose Morim	97	Vilacondense	4:16.84	+0,72	629	
	50m: 28.26 28.26	150m: 1:31.68 32.49	250m: 2:37.82 33.26	350m: 3:44.53 33.59			33.59
	100m: 59.19 30.93	200m: 2:04.56 32.88	300m: 3:10.94 33.12	400m: 4:16.84 32.31			32.31

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	Tiago Carlos Santos	98	Uniao Piedense	4:17.00	+0,73	627	
	50m: 28.36 28.36	150m: 1:32.70 32.43	250m: 2:39.08 32.97	350m: 3:46.02 33.10			33.10
	100m: 1:00.27 31.91	200m: 2:06.11 33.41	300m: 3:12.92 33.84	400m: 4:17.00 30.98			30.98
25.	Joao Santos Mendes	98	Leixoes	4:17.92	+0,65	621	
	50m: 29.63 29.63	150m: 1:34.97 32.94	250m: 2:40.65 32.75	350m: 3:46.00 32.50			32.50
	100m: 1:02.03 32.40	200m: 2:07.90 32.93	300m: 3:13.50 32.85	400m: 4:17.92 31.92			31.92
26.	Bernardo Graca Rodrigues	99	Alges	4:19.23	+0,69	611	
	50m: 28.94 28.94	150m: 1:33.45 32.66	250m: 2:39.57 33.21	350m: 3:46.64 33.67			33.67
	100m: 1:00.79 31.85	200m: 2:06.36 32.91	300m: 3:12.97 33.40	400m: 4:19.23 32.59			32.59
27.	Miguel Ribeiro Bate	99	Alges	4:19.45	+0,70	610	
	50m: 28.57 28.57	150m: 1:32.81 32.70	250m: 2:39.24 33.07	350m: 3:46.74 33.73			33.73
	100m: 1:00.11 31.54	200m: 2:06.17 33.36	300m: 3:13.01 33.77	400m: 4:19.45 32.71			32.71
28.	Tiago Andre Carvalho	99	Academica de Coimbra	4:22.16	+0,85	591	
	50m: 29.70 29.70	150m: 1:35.94 33.28	250m: 2:42.65 32.77	350m: 3:49.73 33.17			33.17
	100m: 1:02.66 32.96	200m: 2:09.88 33.94	300m: 3:16.56 33.91	400m: 4:22.16 32.43			32.43
29.	Joao Pedro Gomes	99	Miranda do Corvo	4:22.51	+0,70	589	
	50m: 29.58 29.58	150m: 1:36.48 33.72	250m: 2:44.50 33.72	350m: 3:51.38 32.93			32.93
	100m: 1:02.76 33.18	200m: 2:10.78 34.30	300m: 3:18.45 33.95	400m: 4:22.51 31.13			31.13
30.	Paulo Filipe Silva	98	Natacao da Maia	4:23.90	+0,78	579	
	50m: 28.81 28.81	150m: 1:35.64 33.54	250m: 2:42.52 32.56	350m: 3:50.61 33.78			33.78
	100m: 1:02.10 33.29	200m: 2:09.96 34.32	300m: 3:16.83 34.31	400m: 4:23.90 33.29			33.29
31.	Diogo Rosado Leca	98	Colegio Monte Maior	4:24.57	+0,72	575	
	50m: 29.66 29.66	150m: 1:36.27 33.70	250m: 2:43.96 33.97	350m: 3:52.29 33.94			33.94
	100m: 1:02.57 32.91	200m: 2:09.99 33.72	300m: 3:18.35 34.39	400m: 4:24.57 32.28			32.28
32.	Diogo Rodrigues Freitas	98	Uniao Piedense	4:28.23	+0,74	552	
	50m: 29.67 29.67	150m: 1:35.63 33.59	250m: 2:43.18 33.75	350m: 3:53.40 35.39			35.39
	100m: 1:02.04 32.37	200m: 2:09.43 33.80	300m: 3:18.01 34.83	400m: 4:28.23 34.83			34.83

Prova 36 Masc., 400m Livres Juvenis B
23-07-2016 - 12:50 Resultados Elimin

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

TAC_B-JUVBM : 4:39.01

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Miguel Vilhena	01	Natacao de Faro	4:14.34	+0,71	647	
	50m: 29.05 29.05	150m: 1:32.76 32.32	250m: 2:37.30 32.57	350m: 3:42.37 32.59			32.59
	100m: 1:00.44 31.39	200m: 2:04.73 31.97	300m: 3:09.78 32.48	400m: 4:14.34 31.97			31.97
2.	Duarte Miguel Jorge	01	Galitos / Bresimar	4:14.93	+0,78	643	
	50m: 29.52 29.52	150m: 1:33.13 32.18	250m: 2:37.92 32.42	350m: 3:43.35 32.56			32.56
	100m: 1:00.95 31.43	200m: 2:05.50 32.37	300m: 3:10.79 32.87	400m: 4:14.93 31.58			31.58
3.	Diogo Santos Cardoso	01	Colegio Monte Maior	4:19.71	+0,70	608	
	50m: 30.10 30.10	150m: 1:35.61 32.79	250m: 2:42.01 33.15	350m: 3:48.06 32.43			32.43
	100m: 1:02.82 32.72	200m: 2:08.86 33.25	300m: 3:15.63 33.62	400m: 4:19.71 31.65			31.65
4.	Diogo Ramos Lebre	01	Sporting de Aveiro	4:20.52	+0,78	602	
	50m: 30.28 30.28	150m: 1:36.25 32.97	250m: 2:42.16 33.18	350m: 3:48.36 33.08			33.08
	100m: 1:03.28 33.00	200m: 2:08.98 32.73	300m: 3:15.28 33.12	400m: 4:20.52 32.16			32.16

Prova 36, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Rui Miguel Pires	01	Nautico Marinha Grande	4:20.90	+0,71	600	
	50m: 28.77 28.77		150m: 1:35.07 33.30	250m: 2:42.35 34.01	350m: 3:49.51 33.27		33.27
	100m: 1:01.77 33.00		200m: 2:08.34 33.27	300m: 3:16.24 33.89	400m: 4:20.90 31.39		31.39
6.	David Matias Cristino	01	Individual ANL	4:21.20	+0,79	598	
	50m: 29.64 29.64		150m: 1:36.04 33.73	250m: 2:43.23 33.00	350m: 3:50.04 33.30		33.30
	100m: 1:02.31 32.67		200m: 2:10.23 34.19	300m: 3:16.74 33.51	400m: 4:21.20 31.16		31.16
7.	Pedro Miguel Santos	01	Porto	4:21.84	+0,84	593	
	50m: 29.92 29.92		150m: 1:35.98 33.29	250m: 2:42.68 33.39	350m: 3:49.92 33.43		33.43
	100m: 1:02.69 32.77		200m: 2:09.29 33.31	300m: 3:16.49 33.81	400m: 4:21.84 31.92		31.92
8.	Joao Peixoto Pereira	01	Braga	4:22.72	+0,85	587	
	50m: 29.84 29.84		150m: 1:34.42 33.11	250m: 2:42.52 34.25	350m: 3:50.25 34.05		34.05
	100m: 1:01.31 31.47		200m: 2:08.27 33.85	300m: 3:16.20 33.68	400m: 4:22.72 32.47		32.47
9.	Joao Leite Saraiva	01	Famalicao	4:25.05	+0,84	572	
	50m: 30.25 30.25		150m: 1:37.35 33.52	250m: 2:45.33 34.02	350m: 3:52.63 33.95		33.95
	100m: 1:03.83 33.58		200m: 2:11.31 33.96	300m: 3:18.68 33.35	400m: 4:25.05 32.42		32.42
10.	Nuno Filipe Rainho	01	Galitos / Bresimar	4:25.98	+0,65	566	
	50m: 29.95 29.95		150m: 1:36.99 33.92	250m: 2:44.67 33.73	350m: 3:53.57 34.68		34.68
	100m: 1:03.07 33.12		200m: 2:10.94 33.95	300m: 3:18.89 34.22	400m: 4:25.98 32.41		32.41
11.	Jose Maria Pereira	01	Sporting	4:26.53	+0,69	562	
	50m: 30.46 30.46		150m: 1:37.49 34.04	250m: 2:46.18 34.34	350m: 3:53.87 33.55		33.55
	100m: 1:03.45 32.99		200m: 2:11.84 34.35	300m: 3:20.32 34.14	400m: 4:26.53 32.66		32.66
12.	Romeu Ribeiro Fernandes	01	Fafe	4:27.63	+0,73	556	
	50m: 30.30 30.30		150m: 1:39.24 34.95	250m: 2:48.22 34.55	350m: 3:57.41 34.56		34.56
	100m: 1:04.29 33.99		200m: 2:13.67 34.43	300m: 3:22.85 34.63	400m: 4:27.63 30.22		30.22
13.	David Joao Tinoco	01	Columbofila Cantanhedense	4:27.81	+0,59	554	
	50m: 30.71 30.71		150m: 1:38.41 34.06	250m: 2:46.79 34.45	350m: 3:55.21 34.24		34.24
	100m: 1:04.35 33.64		200m: 2:12.34 33.93	300m: 3:20.97 34.18	400m: 4:27.81 32.60		32.60
14.	Tiago Manuel Santos	01	Benedita	4:29.95	+0,67	541	
	50m: 30.66 30.66		150m: 1:38.27 34.16	250m: 2:46.91 34.62	350m: 3:57.01 35.47		35.47
	100m: 1:04.11 33.45		200m: 2:12.29 34.02	300m: 3:21.54 34.63	400m: 4:29.95 32.94		32.94
15.	Edgar Filipe Santos	01	Individual ANL	4:31.63	+0,66	531	
	50m: 30.21 30.21		150m: 1:37.63 34.38	250m: 2:47.73 35.57	350m: 3:58.21 35.21		35.21
	100m: 1:03.25 33.04		200m: 2:12.16 34.53	300m: 3:23.00 35.27	400m: 4:31.63 33.42		33.42
16.	Diogo Alexandre Araujo	01	Estrelas S.Joao de Brito	4:31.73	+0,75	531	
	50m: 30.15 30.15		150m: 1:39.03 35.20	250m: 2:50.83 36.29	350m: 4:02.17 34.81		34.81
	100m: 1:03.83 33.68		200m: 2:14.54 35.51	300m: 3:27.36 36.53	400m: 4:31.73 29.56		29.56
17.	Rodrigo Ponte Jorge	01	Individual ANL	4:32.37	+0,69	527	
	50m: 30.71 30.71		150m: 1:40.36 35.11	250m: 2:51.01 35.25	350m: 3:59.31 32.84		32.84
	100m: 1:05.25 34.54		200m: 2:15.76 35.40	300m: 3:26.47 35.46	400m: 4:32.37 33.06		33.06
18.	Alexandre Miguel Branco	01	Alges	4:32.48	+0,81	526	
	50m: 29.92 29.92		150m: 1:36.02 33.73	250m: 2:46.38 35.61	350m: 3:58.26 35.91		35.91
	100m: 1:02.29 32.37		200m: 2:10.77 34.75	300m: 3:22.35 35.97	400m: 4:32.48 34.22		34.22
19.	Guilherme Ventura Carvalho	01	Gesloures	4:34.14	+0,74	517	
	50m: 30.80 30.80		150m: 1:39.28 34.88	250m: 2:49.06 34.85	350m: 4:00.19 35.67		35.67
	100m: 1:04.40 33.60		200m: 2:14.21 34.93	300m: 3:24.52 35.46	400m: 4:34.14 33.95		33.95

Prova 36, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Tomas Miguel Valente	01	Natacao Olhao	4:34.34	+0,63	516	
	50m: 30.62 30.62	150m: 1:38.73 34.39	250m: 2:48.14 35.04	350m: 3:59.56 36.01			36.01
	100m: 1:04.34 33.72	200m: 2:13.10 34.37	300m: 3:23.55 35.41	400m: 4:34.34 34.78			34.78
21.	Afonso Varelas Silva	01	Nautico Marinha Grande	4:34.83	+0,73	513	
	50m: 30.11 30.11	150m: 1:39.43 35.42	250m: 2:50.40 35.81	350m: 4:00.08 34.19			34.19
	100m: 1:04.01 33.90	200m: 2:14.59 35.16	300m: 3:25.89 35.49	400m: 4:34.83 34.75			34.75
22.	Joao Mano Costa	01	Braga	4:36.42	+0,76	504	
	50m: 31.03 31.03	150m: 1:40.18 35.01	250m: 2:50.83 35.11	350m: 4:02.28 35.59			35.59
	100m: 1:05.17 34.14	200m: 2:15.72 35.54	300m: 3:26.69 35.86	400m: 4:36.42 34.14			34.14
23.	Joao Sa Melo	01	Famalicao	4:37.27	+0,67	500	
	50m: 30.36 30.36	150m: 1:38.59 34.91	250m: 2:49.52 35.74	350m: 4:02.05 36.43			36.43
	100m: 1:03.68 33.32	200m: 2:13.78 35.19	300m: 3:25.62 36.10	400m: 4:37.27 35.22			35.22
24.	Ricardo Jorge Moreira	01	Natacao de Valongo	4:37.94	+0,67	496	
	50m: 31.04 31.04	150m: 1:40.49 35.17	250m: 2:51.40 35.99	350m: 4:03.02 35.95			35.95
	100m: 1:05.32 34.28	200m: 2:15.41 34.92	300m: 3:27.07 35.67	400m: 4:37.94 34.92			34.92
25.	Rodrigo Melo Pinto	01	Colegio Vasco da Gama	4:38.40	+0,75	493	
	50m: 31.43 31.43	150m: 1:40.66 35.12	250m: 2:52.00 36.01	350m: 4:03.54 35.68			35.68
	100m: 1:05.54 34.11	200m: 2:15.99 35.33	300m: 3:27.86 35.86	400m: 4:38.40 34.86			34.86
26.	Ricardo Luis Leal	01	CLAC-Entroncamento	4:39.75	+0,75	486	
	50m: 30.71 30.71	150m: 1:39.24 34.75	250m: 2:51.01 36.18	350m: 4:04.16 36.93			36.93
	100m: 1:04.49 33.78	200m: 2:14.83 35.59	300m: 3:27.23 36.22	400m: 4:39.75 35.59			35.59
27.	Henrique Martins Ferro	01	Naval do Funchal	4:40.73	+0,68	481	
	50m: 30.26 30.26	150m: 1:39.34 34.76	250m: 2:50.71 35.63	350m: 4:04.32 36.77			36.77
	100m: 1:04.58 34.32	200m: 2:15.08 35.74	300m: 3:27.55 36.84	400m: 4:40.73 36.41			36.41
DNS	Joao Miguel Marques	01	20Km de Almeirim				

Prova 36 Masc., 400m Livres Juvenis A
23-07-2016 - 12:50 Resultados Elimin

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

TAC_B-JUVAM : 4:35.05

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Roberto Donald Gomes	00	Alges	4:07.28	+0,74	704	
	50m: 27.85 27.85	150m: 1:29.23 31.17	250m: 2:32.70 31.79	350m: 3:36.37 31.76			31.76
	100m: 58.06 30.21	200m: 2:00.91 31.68	300m: 3:04.61 31.91	400m: 4:07.28 30.91			30.91
2.	Jose Paulo Lopes	00	Braga	4:11.06	+0,69	673	
	50m: 28.97 28.97	150m: 1:31.98 31.24	250m: 2:35.44 31.62	350m: 3:39.68 32.04			32.04
	100m: 1:00.74 31.77	200m: 2:03.82 31.84	300m: 3:07.64 32.20	400m: 4:11.06 31.38			31.38
3.	Sergio Filipe Travanca	00	Fluvial Portuense	4:12.83	+0,69	659	
	50m: 29.39 29.39	150m: 1:33.66 32.20	250m: 2:38.37 32.42	350m: 3:42.45 31.97			31.97
	100m: 1:01.46 32.07	200m: 2:05.95 32.29	300m: 3:10.48 32.11	400m: 4:12.83 30.38			30.38
4.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	4:16.18	+0,61	633	
	50m: 28.57 28.57	150m: 1:31.66 31.90	250m: 2:36.70 32.71	350m: 3:43.41 33.69			33.69
	100m: 59.76 31.19	200m: 2:03.99 32.33	300m: 3:09.72 33.02	400m: 4:16.18 32.77			32.77

Prova 36, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Sebastiao Mendes Gomes	00	Pimpoes/Cimai	4:16.52	+0,77	631	
	50m: 28.91 28.91	150m: 1:33.96 32.92	250m: 2:39.47 32.32	350m: 3:44.23 32.02			32.02
	100m: 1:01.04 32.13	200m: 2:07.15 33.19	300m: 3:12.21 32.74	400m: 4:16.52 32.29			32.29
6.	Andre Vilas Ruivo	00	Ba/Bomcar	4:16.59	+0,75	630	
	50m: 28.32 28.32	150m: 1:32.39 32.29	250m: 2:37.95 33.05	350m: 3:44.11 32.83			32.83
	100m: 1:00.10 31.78	200m: 2:04.90 32.51	300m: 3:11.28 33.33	400m: 4:16.59 32.48			32.48
7.	Filipe Miguel Santo	00	Sporting	4:18.10	+0,74	619	
	50m: 29.57 29.57	150m: 1:34.25 32.67	250m: 2:40.15 33.03	350m: 3:46.01 32.75			32.75
	100m: 1:01.58 32.01	200m: 2:07.12 32.87	300m: 3:13.26 33.11	400m: 4:18.10 32.09			32.09
8.	Diogo Leal Dantas	00	Sporting	4:18.86	+0,61	614	
	50m: 29.07 29.07	150m: 1:33.32 32.45	250m: 2:39.58 33.39	350m: 3:46.63 33.47			33.47
	100m: 1:00.87 31.80	200m: 2:06.19 32.87	300m: 3:13.16 33.58	400m: 4:18.86 32.23			32.23
9.	Bernardo Garcia Perloiro	00	Sporting	4:19.86	+0,65	607	
	50m: 29.47 29.47	150m: 1:34.54 32.91	250m: 2:40.43 33.01	350m: 3:46.99 33.23			33.23
	100m: 1:01.63 32.16	200m: 2:07.42 32.88	300m: 3:13.76 33.33	400m: 4:19.86 32.87			32.87
10.	Pedro Barata Neves	00	Laranjeiro	4:20.07	+0,69	605	
	50m: 30.29 30.29	150m: 1:36.19 33.04	250m: 2:42.40 32.96	350m: 3:48.71 32.84			32.84
	100m: 1:03.15 32.86	200m: 2:09.44 33.25	300m: 3:15.87 33.47	400m: 4:20.07 31.36			31.36
11.	Jose Pedro Freitas	00	Famalicao	4:21.96	+0,67	592	
	50m: 29.75 29.75	150m: 1:35.86 33.12	250m: 2:42.44 33.33	350m: 3:49.63 33.19			33.19
	100m: 1:02.74 32.99	200m: 2:09.11 33.25	300m: 3:16.44 34.00	400m: 4:21.96 32.33			32.33
12.	Daniel Nogueira Catalao	00	Uniao Piedense	4:22.78	+0,65	587	
	50m: 30.17 30.17	150m: 1:36.76 33.59	250m: 2:43.51 33.33	350m: 3:50.16 33.25			33.25
	100m: 1:03.17 33.00	200m: 2:10.18 33.42	300m: 3:16.91 33.40	400m: 4:22.78 32.62			32.62
13.	Diogo Moreno Bastos	00	Fluvial Portuense	4:23.53	+0,80	582	
	50m: 29.62 29.62	150m: 1:35.96 33.36	250m: 2:43.85 33.87	350m: 3:51.57 33.37			33.37
	100m: 1:02.60 32.98	200m: 2:09.98 34.02	300m: 3:18.20 34.35	400m: 4:23.53 31.96			31.96
14.	Nuno Correia Sousa	00	Fluvial Portuense	4:23.58	+0,83	582	
	50m: 29.48 29.48	150m: 1:36.19 33.88	250m: 2:43.50 33.62	350m: 3:50.98 33.62			33.62
	100m: 1:02.31 32.83	200m: 2:09.88 33.69	300m: 3:17.36 33.86	400m: 4:23.58 32.60			32.60
15.	Francisco Silva Pinheiro	00	Alges	4:24.72	+0,85	574	
	50m: 29.26 29.26	150m: 1:35.19 33.37	250m: 2:42.80 33.85	350m: 3:50.87 33.88			33.88
	100m: 1:01.82 32.56	200m: 2:08.95 33.76	300m: 3:16.99 34.19	400m: 4:24.72 33.85			33.85
16.	Goncalo Duarte Santos	00	Natacao de Faro	4:24.83	+0,72	573	
	50m: 29.26 29.26	150m: 1:34.96 33.32	250m: 2:42.74 34.06	350m: 3:51.22 34.25			34.25
	100m: 1:01.64 32.38	200m: 2:08.68 33.72	300m: 3:16.97 34.23	400m: 4:24.83 33.61			33.61
17.	Pedro Alexandre Correia	00	Pimpoes/Cimai	4:26.22	+0,76	564	
	50m: 29.83 29.83	150m: 1:37.08 34.30	250m: 2:44.67 33.92	350m: 3:53.71 34.44			34.44
	100m: 1:02.78 32.95	200m: 2:10.75 33.67	300m: 3:19.27 34.60	400m: 4:26.22 32.51			32.51
18.	Bernardo Marques Goncalves	00	Galitos / Bresimar	4:26.29	+0,71	564	
	50m: 30.28 30.28	150m: 1:36.46 33.30	250m: 2:44.51 34.14	350m: 3:53.13 34.57			34.57
	100m: 1:03.16 32.88	200m: 2:10.37 33.91	300m: 3:18.56 34.05	400m: 4:26.29 33.16			33.16
19.	Pedro Guilherme Ferreira	00	Miranda do Corvo	4:27.27	+0,62	558	
	50m: 31.12 31.12	150m: 1:38.06 33.48	250m: 2:44.80 33.45	350m: 3:52.95 34.29			34.29
	100m: 1:04.58 33.46	200m: 2:11.35 33.29	300m: 3:18.66 33.86	400m: 4:27.27 34.32			34.32

Prova 36, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Tiago Andre Santos	00	Ba/Bomcar	4:28.05	+0,70	553	
	50m: 29.86 29.86	150m: 1:36.66 34.12	250m: 2:45.34 34.30	350m: 3:54.45 35.06			35.06
	100m: 1:02.54 32.68	200m: 2:11.04 34.38	300m: 3:19.39 34.05	400m: 4:28.05 33.60			33.60
21.	Tomas Pimentel Borges	00	Porto	4:28.96	+0,74	547	
	50m: 29.62 29.62	150m: 1:38.25 34.43	250m: 2:46.97 33.74	350m: 3:54.50 33.02			33.02
	100m: 1:03.82 34.20	200m: 2:13.23 34.98	300m: 3:21.48 34.51	400m: 4:28.96 34.46			34.46
22.	Francisco Nunes Libreiro	00	Uniao Piedense	4:29.20	+0,78	546	
	50m: 30.04 30.04	150m: 1:37.92 34.37	250m: 2:47.46 34.62	350m: 3:56.62 34.11			34.11
	100m: 1:03.55 33.51	200m: 2:12.84 34.92	300m: 3:22.51 35.05	400m: 4:29.20 32.58			32.58
23.	Tiago Andre Jorge	00	Ba/Bomcar	4:29.84	+0,69	542	
	50m: 29.39 29.39	150m: 1:37.10 34.23	250m: 2:46.53 34.72	350m: 3:56.79 35.06			35.06
	100m: 1:02.87 33.48	200m: 2:11.81 34.71	300m: 3:21.73 35.20	400m: 4:29.84 33.05			33.05
24.	David Dias Lima	00	Vilacondense	4:29.90	+0,70	542	
	50m: 30.66 30.66	150m: 1:38.37 34.13	250m: 2:48.22 34.92	350m: 3:57.43 34.59			34.59
	100m: 1:04.24 33.58	200m: 2:13.30 34.93	300m: 3:22.84 34.62	400m: 4:29.90 32.47			32.47
25.	Tiago Miguel Novais	00	Desportiva de Viana	4:30.38	+0,78	539	
	50m: 30.16 30.16	150m: 1:38.66 34.81	250m: 2:47.72 34.47	350m: 3:56.93 34.74			34.74
	100m: 1:03.85 33.69	200m: 2:13.25 34.59	300m: 3:22.19 34.47	400m: 4:30.38 33.45			33.45
26.	Diogo Monteiro Sousa	00	Naval Setubalense	4:30.72	+0,89	537	
	50m: 30.96 30.96	150m: 1:38.29 34.32	250m: 2:46.99 34.66	350m: 3:57.16 34.57			34.57
	100m: 1:03.97 33.01	200m: 2:12.33 34.04	300m: 3:22.59 35.60	400m: 4:30.72 33.56			33.56
27.	Joao Diogo Soares	00	Fluvial Portuense	4:30.73	+0,75	537	
	50m: 29.93 29.93	150m: 1:37.22 34.02	250m: 2:45.87 34.66	350m: 3:56.25 35.22			35.22
	100m: 1:03.20 33.27	200m: 2:11.21 33.99	300m: 3:21.03 35.16	400m: 4:30.73 34.48			34.48
28.	Ricardo Alexandre Faia	00	Benfica	4:32.21	+0,71	528	
	50m: 29.43 29.43	150m: 1:36.88 33.91	250m: 2:45.31 33.93	350m: 3:58.11 37.25			37.25
	100m: 1:02.97 33.54	200m: 2:11.38 34.50	300m: 3:20.86 35.55	400m: 4:32.21 34.10			34.10
29.	Miguel Duarte Pereira	00	Natacao Olhao	4:32.67	+0,65	525	
	50m: 30.74 30.74	150m: 1:38.64 34.55	250m: 2:48.62 35.33	350m: 3:59.43 35.14			35.14
	100m: 1:04.09 33.35	200m: 2:13.29 34.65	300m: 3:24.29 35.67	400m: 4:32.67 33.24			33.24
30.	Sergio Eduardo Dias	00	Aquatico Pacense	4:33.01	+0,93	523	
	50m: 30.45 30.45	150m: 1:38.95 34.97	250m: 2:49.11 34.76	350m: 3:59.33 35.33			35.33
	100m: 1:03.98 33.53	200m: 2:14.35 35.40	300m: 3:24.00 34.89	400m: 4:33.01 33.68			33.68
31.	Tomas Quintas Neves	00	Desportiva de Viana	4:33.12	+0,78	523	
	50m: 30.25 30.25	150m: 1:37.12 34.25	250m: 2:46.53 34.89	350m: 3:57.83 35.66			35.66
	100m: 1:02.87 32.62	200m: 2:11.64 34.52	300m: 3:22.17 35.64	400m: 4:33.12 35.29			35.29
32.	Rui Jorge Lopes	00	CLAC-Entroncamento	4:33.30	+0,79	522	
	50m: 30.97 30.97	150m: 1:39.65 34.76	250m: 2:49.87 34.98	350m: 4:00.77 35.40			35.40
	100m: 1:04.89 33.92	200m: 2:14.89 35.24	300m: 3:25.37 35.50	400m: 4:33.30 32.53			32.53
33.	Bruno Miguel Pinto	00	Porto	4:34.68	+0,75	514	
	50m: 30.53 30.53	150m: 1:39.26 35.17	250m: 2:49.53 34.97	350m: 4:00.16 35.33			35.33
	100m: 1:04.09 33.56	200m: 2:14.56 35.30	300m: 3:24.83 35.30	400m: 4:34.68 34.52			34.52
34.	Filipe Asseiceira Ramos	00	Torres Novas	4:35.83	+0,70	507	
	50m: 30.37 30.37	150m: 1:39.41 35.25	250m: 2:50.38 35.45	350m: 4:02.11 35.68			35.68
	100m: 1:04.16 33.79	200m: 2:14.93 35.52	300m: 3:26.43 36.05	400m: 4:35.83 33.72			33.72

Prova 36, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	4:38.97	+0,74	490	
	50m: 31.34 31.34	150m: 1:41.31 34.95	250m: 2:53.03 35.60	350m: 4:04.51 34.66			
	100m: 1:06.36 35.02	200m: 2:17.43 36.12	300m: 3:29.85 36.82	400m: 4:38.97 34.46			

Prova 36 Masc., 400m Livres Junior 17
23-07-2016 - 12:50 Resultados Elimin

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	Helsinquia (FIN)	14-07-2010

TAC_B-JUNM Jun: 4:23.28

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tiago Cunha Costa	99	Sporting	4:05.90	+0,71	716	
	50m: 28.14 28.14	150m: 1:30.32 32.18	250m: 2:33.09 31.85	350m: 3:35.69 31.16			
	100m: 58.14 30.00	200m: 2:01.24 30.92	300m: 3:04.53 31.44	400m: 4:05.90 30.21			
2.	Antonio Fernando Pinto	99	Lousada SXXI	4:07.33	+0,71	704	
	50m: 27.93 27.93	150m: 1:30.07 31.58	250m: 2:33.14 31.67	350m: 3:36.53 31.76			
	100m: 58.49 30.56	200m: 2:01.47 31.40	300m: 3:04.77 31.63	400m: 4:07.33 30.80			
3.	Jose Pedro Fernandes	99	Braga	4:09.79	+0,70	683	
	50m: 28.68 28.68	150m: 1:31.67 31.57	250m: 2:34.80 31.70	350m: 3:38.72 31.97			
	100m: 1:00.10 31.42	200m: 2:03.10 31.43	300m: 3:06.75 31.95	400m: 4:09.79 31.07			
4.	Pedro Galvao Gouveia	99	Desportivo Nacional	4:10.42	+0,69	678	
	50m: 28.53 28.53	150m: 1:31.62 31.87	250m: 2:35.50 32.04	350m: 3:39.97 32.15			
	100m: 59.75 31.22	200m: 2:03.46 31.84	300m: 3:07.82 32.32	400m: 4:10.42 30.45			
5.	Tiago Filipe Campos	99	Scalabiswim	4:11.01	+0,88	673	
	50m: 28.84 28.84	150m: 1:32.24 32.01	250m: 2:36.29 31.66	350m: 3:40.28 31.68			
	100m: 1:00.23 31.39	200m: 2:04.63 32.39	300m: 3:08.60 32.31	400m: 4:11.01 30.73			
6.	Joao Daniel Machado	99	Uniao Piedense	4:12.80	+0,70	659	
	50m: 28.77 28.77	150m: 1:33.14 32.62	250m: 2:37.85 32.50	350m: 3:42.18 32.27			
	100m: 1:00.52 31.75	200m: 2:05.35 32.21	300m: 3:09.91 32.06	400m: 4:12.80 30.62			
7.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	4:16.46	+0,74	631	
	50m: 28.79 28.79	150m: 1:32.05 32.20	250m: 2:37.50 33.01	350m: 3:43.76 33.11			
	100m: 59.85 31.06	200m: 2:04.49 32.44	300m: 3:10.65 33.15	400m: 4:16.46 32.70			
8.	Bernardo Graca Rodrigues	99	Alges	4:19.23	+0,69	611	
	50m: 28.94 28.94	150m: 1:33.45 32.66	250m: 2:39.57 33.21	350m: 3:46.64 33.67			
	100m: 1:00.79 31.85	200m: 2:06.36 32.91	300m: 3:12.97 33.40	400m: 4:19.23 32.59			
9.	Miguel Ribeiro Bate	99	Alges	4:19.45	+0,70	610	
	50m: 28.57 28.57	150m: 1:32.81 32.70	250m: 2:39.24 33.07	350m: 3:46.74 33.73			
	100m: 1:00.11 31.54	200m: 2:06.17 33.36	300m: 3:13.01 33.77	400m: 4:19.45 32.71			
10.	Tiago Andre Carvalho	99	Academica de Coimbra	4:22.16	+0,85	591	
	50m: 29.70 29.70	150m: 1:35.94 33.28	250m: 2:42.65 32.77	350m: 3:49.73 33.17			
	100m: 1:02.66 32.96	200m: 2:09.88 33.94	300m: 3:16.56 33.91	400m: 4:22.16 32.43			
11.	Joao Pedro Gomes	99	Miranda do Corvo	4:22.51	+0,70	589	
	50m: 29.58 29.58	150m: 1:36.48 33.72	250m: 2:44.50 33.72	350m: 3:51.38 32.93			
	100m: 1:02.76 33.18	200m: 2:10.78 34.30	300m: 3:18.45 33.95	400m: 4:22.51 31.13			

Prova 36, Masc., 400m Livres, Elimin

Prova 36
23-07-2016 - 12:50

Masc., 400m Livres

Junior 18
Resultados Elimin

Rec Nac Absoluto	3:52.29	Jorge Manuel Maia	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	3:58.26	Ivo Emanuel Carneiro	POR	Linz (AUT)	12-07-2002

TAC_B-JUNM Jun: 4:23.28

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Alexandre Vital	98	Sporting	4:02.27	+0,66	749	
	50m: 27.06 27.06	150m: 1:28.28 31.37	250m: 2:30.46 31.58	350m: 3:32.56 31.04			
	100m: 56.91 29.85	200m: 1:58.88 30.60	300m: 3:01.52 31.06	400m: 4:02.27 29.71			
2.	Guilherme Filipe Pina	98	Benedita	4:03.82	+0,72	735	
	50m: 28.23 28.23	150m: 1:29.47 30.90	250m: 2:30.98 30.89	350m: 3:33.45 31.22			
	100m: 58.57 30.34	200m: 2:00.09 30.62	300m: 3:02.23 31.25	400m: 4:03.82 30.37			
3.	Jose Paula Carvalho	98	Uniao Piedense	4:10.78	+0,74	675	
	50m: 28.58 28.58	150m: 1:31.64 31.83	250m: 2:35.75 31.61	350m: 3:40.11 31.56			
	100m: 59.81 31.23	200m: 2:04.14 32.50	300m: 3:08.55 32.80	400m: 4:10.78 30.67			
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	4:12.50	+0,70	662	
	50m: 28.84 28.84	150m: 1:32.90 32.29	250m: 2:37.46 32.25	350m: 3:42.53 32.72			
	100m: 1:00.61 31.77	200m: 2:05.21 32.31	300m: 3:09.81 32.35	400m: 4:12.50 29.97			
5.	Afonso Calais Queiroga	98	Uniao Piedense	4:14.58	+0,63	645	
	50m: 28.97 28.97	150m: 1:33.94 32.66	250m: 2:38.55 31.64	350m: 3:42.70 32.52			
	100m: 1:01.28 32.31	200m: 2:06.91 32.97	300m: 3:10.18 31.63	400m: 4:14.58 31.88			
6.	Pedro Goncalves Neto	98	Porto	4:16.13	+0,72	634	
	50m: 28.22 28.22	150m: 1:33.24 32.86	250m: 2:39.00 32.22	350m: 3:45.05 32.53			
	100m: 1:00.38 32.16	200m: 2:06.78 33.54	300m: 3:12.52 33.52	400m: 4:16.13 31.08			
7.	Tiago Carlos Santos	98	Uniao Piedense	4:17.00	+0,73	627	
	50m: 28.36 28.36	150m: 1:32.70 32.43	250m: 2:39.08 32.97	350m: 3:46.02 33.10			
	100m: 1:00.27 31.91	200m: 2:06.11 33.41	300m: 3:12.92 33.84	400m: 4:17.00 30.98			
8.	Joao Santos Mendes	98	Leixoes	4:17.92	+0,65	621	
	50m: 29.63 29.63	150m: 1:34.97 32.94	250m: 2:40.65 32.75	350m: 3:46.00 32.50			
	100m: 1:02.03 32.40	200m: 2:07.90 32.93	300m: 3:13.50 32.85	400m: 4:17.92 31.92			
9.	Paulo Filipe Silva	98	Natacao da Maia	4:23.90	+0,78	579	
	50m: 28.81 28.81	150m: 1:35.64 33.54	250m: 2:42.52 32.56	350m: 3:50.61 33.78			
	100m: 1:02.10 33.29	200m: 2:09.96 34.32	300m: 3:16.83 34.31	400m: 4:23.90 33.29			
10.	Diogo Rosado Leca	98	Colegio Monte Maior	4:24.57	+0,72	575	
	50m: 29.66 29.66	150m: 1:36.27 33.70	250m: 2:43.96 33.97	350m: 3:52.29 33.94			
	100m: 1:02.57 32.91	200m: 2:09.99 33.72	300m: 3:18.35 34.39	400m: 4:24.57 32.28			
11.	Diogo Rodrigues Freitas	98	Uniao Piedense	4:28.23	+0,74	552	
	50m: 29.67 29.67	150m: 1:35.63 33.59	250m: 2:43.18 33.75	350m: 3:53.40 35.39			
	100m: 1:02.04 32.37	200m: 2:09.43 33.80	300m: 3:18.01 34.83	400m: 4:28.23 34.83			

Prova 36, Masc., 400m Livres, Elimin

Prova 36	Masc., 400m Livres				Seniores
23-07-2016 - 12:50					Resultados Elimin
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
TAC_B-SENM : 4:10.70					
Pontos: FINA 2016					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mario Andre Bonanca	90	Sporting	4:04.23	+0,78	731	
	50m: 28.09 28.09	150m: 1:28.95 30.63	250m: 2:30.84 31.13	350m: 3:33.76 31.51			
	100m: 58.32 30.23	200m: 1:59.71 30.76	300m: 3:02.25 31.41	400m: 4:04.23 30.47			
2.	Igor Araujo Mogne	96	Sporting	4:04.66	+0,72	727	
	50m: 27.19 27.19	150m: 1:27.97 30.72	250m: 2:30.31 31.14	350m: 3:33.30 31.53			
	100m: 57.25 30.06	200m: 1:59.17 31.20	300m: 3:01.77 31.46	400m: 4:04.66 31.36			
3.	Joao Pedro Gil	97	Individual ANL	4:05.58	+0,59	719	
	50m: 27.90 27.90	150m: 1:30.13 31.72	250m: 2:34.18 31.74	350m: 3:36.57 30.64			
	100m: 58.41 30.51	200m: 2:02.44 32.31	300m: 3:05.93 31.75	400m: 4:05.58 29.01			
4.	Guilherme Pereira Dias	97	Sporting	4:05.87	+0,80	717	
	50m: 28.01 28.01	150m: 1:29.30 31.11	250m: 2:32.32 31.66	350m: 3:35.88 31.90			
	100m: 58.19 30.18	200m: 2:00.66 31.36	300m: 3:03.98 31.66	400m: 4:05.87 29.99			
5.	Andre Filipe Farinha	96	Benfica	4:06.32	+0,65	713	
	50m: 28.22 28.22	150m: 1:30.40 31.30	250m: 2:33.55 31.61	350m: 3:35.98 31.29			
	100m: 59.10 30.88	200m: 2:01.94 31.54	300m: 3:04.69 31.14	400m: 4:06.32 30.34			
6.	Joao Carlos Santos	96	Uniao Piedense	4:09.79	+0,66	683	
	50m: 29.16 29.16	150m: 1:31.76 31.49	250m: 2:34.26 30.82	350m: 3:38.13 32.15			
	100m: 1:00.27 31.11	200m: 2:03.44 31.68	300m: 3:05.98 31.72	400m: 4:09.79 31.66			
7.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	4:14.16	+0,78	649	
	50m: 28.94 28.94	150m: 1:31.99 31.64	250m: 2:36.89 32.28	350m: 3:42.21 32.61			
	100m: 1:00.35 31.41	200m: 2:04.61 32.62	300m: 3:09.60 32.71	400m: 4:14.16 31.95			
8.	Pedro Miguel Pinotes	89	Sporting	4:14.45	+0,75	646	
	50m: 28.68 28.68	150m: 1:32.34 32.29	250m: 2:37.83 32.86	350m: 3:43.64 32.64			
	100m: 1:00.05 31.37	200m: 2:04.97 32.63	300m: 3:11.00 33.17	400m: 4:14.45 30.81			
9.	Tiago Silva Oliveira	94	Fluvial Portuense	4:14.91	+0,75	643	
	50m: 28.58 28.58	150m: 1:32.11 32.47	250m: 2:37.98 32.87	350m: 3:43.90 32.85			
	100m: 59.64 31.06	200m: 2:05.11 33.00	300m: 3:11.05 33.07	400m: 4:14.91 31.01			
10.	Ruben Jose Morim	97	Vilacondense	4:16.84	+0,72	629	
	50m: 28.26 28.26	150m: 1:31.68 32.49	250m: 2:37.82 33.26	350m: 3:44.53 33.59			
	100m: 59.19 30.93	200m: 2:04.56 32.88	300m: 3:10.94 33.12	400m: 4:16.84 32.31			
EXH	David Realista Grachat	87	Gesloures	4:35.16	+0,82	511	
	50m: 30.31 30.31	150m: 1:38.01 34.42	250m: 2:48.23 34.91	350m: 3:59.74 35.66			
	100m: 1:03.59 33.28	200m: 2:13.32 35.31	300m: 3:24.08 35.85	400m: 4:35.16 35.42			