

Prova 16
31-03-2017 - 11:05

Masc., 400m Estilos

Absolutos
Resultados Elimin

Rec Nac Absoluto	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
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	4:22.25	Joao Alexandre Vital	SCP	Oeiras	22-07-2016
Rec Nac Sen	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016

CMPL 22 +: 4:17.90 / CMJ_Masc 15 - 18: 4:28.20 / CEJ_Masc 15 - 18: 4:33.58 / FOJE_Masc Juv: 4:41.79 / TAC Sen 50m: 4:46.09 - 25m: 4:40.01; Jun 50m: 4:57.59 - 25m: 4:46.58; Juv A 50m: 5:06.60 - 25m: 4:58.92; Juv B 50m: 5:13.99 - 25m: 5:03.31

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Gabriel Jose Lopes	97			Louzan Natacao	4:30.63	731
	50m: 27.61 27.61	150m: 1:36.10 36.13	250m: 2:49.15 37.67	350m: 3:59.22 31.82			
	100m: 59.97 32.36	200m: 2:11.48 35.38	300m: 3:27.40 38.25	400m: 4:30.63 31.41			
2.	Jose Paula Carvalho	98			Uniao Piedense	4:32.29	718
	50m: 27.72 27.72	150m: 1:35.91 36.14	250m: 2:50.08 39.66	350m: 4:02.21 31.82			
	100m: 59.77 32.05	200m: 2:10.42 34.51	300m: 3:30.39 40.31	400m: 4:32.29 30.08			
3.	Joao Pedro Gil	97			Uniao Piedense	4:33.43	709
	50m: 28.55 28.55	150m: 1:37.60 36.10	250m: 2:52.14 39.26	350m: 4:03.34 31.54			
	100m: 1:01.50 32.95	200m: 2:12.88 35.28	300m: 3:31.80 39.66	400m: 4:33.43 30.09			
4.	Joao Daniel Machado	99			Uniao Piedense	4:33.46	708
	<i>Minimo CEJ</i>						
	50m: 27.95 27.95	150m: 1:36.70 36.21	250m: 2:52.16 40.56	350m: 4:03.00 31.99			
	100m: 1:00.49 32.54	200m: 2:11.60 34.90	300m: 3:31.01 38.85	400m: 4:33.46 30.46			
5.	Jose Paulo Lopes	00			Braga	4:33.69	707
	50m: 28.48 28.48	150m: 1:36.50 34.90	250m: 2:49.96 39.35	350m: 4:02.88 32.45			
	100m: 1:01.60 33.12	200m: 2:10.61 34.11	300m: 3:30.43 40.47	400m: 4:33.69 30.81			
6.	Tomas Miguel Veloso	96			Nautico /Urgicentro-Sanfil	4:37.15	681
	50m: 29.40 29.40	150m: 1:39.31 36.55	250m: 2:54.31 38.42	350m: 4:05.66 33.01			
	100m: 1:02.76 33.36	200m: 2:15.89 36.58	300m: 3:32.65 38.34	400m: 4:37.15 31.49			
7.	Pedro Miguel Pinotes	89			Sporting	4:38.47	671
	50m: 28.08 28.08	150m: 1:37.51 37.10	250m: 2:53.79 39.49	350m: 4:06.96 33.94			
	100m: 1:00.41 32.33	200m: 2:14.30 36.79	300m: 3:33.02 39.23	400m: 4:38.47 31.51			
8.	Bruno Miguel Ramos	97			Belenenses	4:39.31	665
	50m: 28.32 28.32	150m: 1:37.35 35.55	250m: 2:52.72 40.13	350m: 4:06.51 33.37			
	100m: 1:01.80 33.48	200m: 2:12.59 35.24	300m: 3:33.14 40.42	400m: 4:39.31 32.80			
9.	Tiago Miguel Vilhena	01			Natacao de Faro	4:39.46	664
	<i>Minimo FOJE</i>						
	50m: 29.82 29.82	150m: 1:40.77 35.00	250m: 2:54.94 39.56	350m: 4:07.88 32.54			
	100m: 1:05.77 35.95	200m: 2:15.38 34.61	300m: 3:35.34 40.40	400m: 4:39.46 31.58			
10.	Jose Pedro Sampaio	98			Fluvial Portuense	4:42.02	646
	50m: 28.43 28.43	150m: 1:37.60 35.84	250m: 2:56.29 41.98	350m: 4:10.47 32.65			
	100m: 1:01.76 33.33	200m: 2:14.31 36.71	300m: 3:37.82 41.53	400m: 4:42.02 31.55			
11.	Jorge Jesus Silva	00			Braga	4:42.12	645
	50m: 28.68 28.68	150m: 1:38.36 37.32	250m: 2:54.56 39.36	350m: 4:09.19 33.91			
	100m: 1:01.04 32.36	200m: 2:15.20 36.84	300m: 3:35.28 40.72	400m: 4:42.12 32.93			
12.	Andre Vilas Ruivo	00			Sporting	4:42.41	643
	50m: 28.55 28.55	150m: 1:37.14 35.91	250m: 2:53.98 41.05	350m: 4:09.41 32.85			
	100m: 1:01.23 32.68	200m: 2:12.93 35.79	300m: 3:36.56 42.58	400m: 4:42.41 33.00			

Prova 16, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
13.	Antonio Rafael Bessa	94			Aquatico Pacense	4:42.84	640
	50m: 29.14 29.14	150m: 1:38.96	36.82	250m: 2:57.18	41.71	350m: 4:09.96	32.42
	100m: 1:02.14 33.00	200m: 2:15.47	36.51	300m: 3:37.54	40.36	400m: 4:42.84	32.88
14.	Diogo Coelho Jose	01			Columbofila Cantanhedense	4:42.92	640
	50m: 29.52 29.52	150m: 1:39.14	35.81	250m: 2:56.27	42.02	350m: 4:12.03	32.91
	100m: 1:03.33 33.81	200m: 2:14.25	35.11	300m: 3:39.12	42.85	400m: 4:42.92	30.89
15.	Lucas Pereira Bastos	00			Nautico /Urgicentro-Sanfil	4:43.12	638
	50m: 29.31 29.31	150m: 1:39.99	37.09	250m: 2:57.73	41.14	350m: 4:12.24	32.30
	100m: 1:02.90 33.59	200m: 2:16.59	36.60	300m: 3:39.94	42.21	400m: 4:43.12	30.88
16.	Nuno Rafael Alves	90			Aquatico Pacense	4:43.39	637
	50m: 28.94 28.94	150m: 1:39.81	37.42	250m: 2:56.72	39.22	350m: 4:09.88	33.95
	100m: 1:02.39 33.45	200m: 2:17.50	37.69	300m: 3:35.93	39.21	400m: 4:43.39	33.51
17.	Rafael Filipe Nunes	96			Benfica	4:47.08	612
	50m: 29.71 29.71	150m: 1:41.32	37.51	250m: 2:59.97	41.66	350m: 4:14.11	32.99
	100m: 1:03.81 34.10	200m: 2:18.31	36.99	300m: 3:41.12	41.15	400m: 4:47.08	32.97
18.	Filipe Miguel Santo	00			Benfica	4:47.68	608
	50m: 29.94 29.94	150m: 1:42.96	36.93	250m: 2:51.58	41.44	350m: 4:16.03	31.14
	100m: 1:06.03 36.09	200m: 2:20.14	37.18	300m: 3:44.89	43.31	400m: 4:47.68	31.65
19.	Bernardo Garcia Perloiro	00			Sporting	4:47.75	608
	50m: 29.87 29.87	150m: 1:41.26	35.59	250m: 2:57.83	40.67	350m: 4:14.05	33.83
	100m: 1:05.67 35.80	200m: 2:17.16	35.90	300m: 3:40.22	42.39	400m: 4:47.75	33.70
20.	David Matias Cristino	01			Uniao Piedense	4:48.63	602
	50m: 30.03 30.03	150m: 1:43.12	37.69	250m: 3:02.55	42.53	350m: 4:17.75	31.80
	100m: 1:05.43 35.40	200m: 2:20.02	36.90	300m: 3:45.95	43.40	400m: 4:48.63	30.88
21.	Diogo Santos Cardoso	01			Colegio Monte Maior	4:49.09	600
	50m: 30.52 30.52	150m: 1:45.33	40.23	250m: 3:03.93	40.29	350m: 4:17.76	33.14
	100m: 1:05.10 34.58	200m: 2:23.64	38.31	300m: 3:44.62	40.69	400m: 4:49.09	31.33
22.	Sergio Filipe Travanca	00			Fluvial Portuense	4:49.27	598
	50m: 29.44 29.44	150m: 1:42.01	38.66	250m: 3:02.98	42.22	350m: 4:17.23	32.48
	100m: 1:03.35 33.91	200m: 2:20.76	38.75	300m: 3:44.75	41.77	400m: 4:49.27	32.04
23.	Sebastiao Mendes Gomes	00			Pimpoes/Cimai	4:49.97	594
	50m: 29.61 29.61	150m: 1:44.39	39.22	250m: 3:03.51	40.56	350m: 4:18.52	32.29
	100m: 1:05.17 35.56	200m: 2:22.95	38.56	300m: 3:46.23	42.72	400m: 4:49.97	31.45
24.	Daniel Nogueira Catalao	00			Uniao Piedense	4:50.89	589
	50m: 30.13 30.13	150m: 1:42.23	37.78	250m: 3:00.60	42.00	350m: 4:17.00	33.81
	100m: 1:04.45 34.32	200m: 2:18.60	36.37	300m: 3:43.19	42.59	400m: 4:50.89	33.89
25.	Diogo Leal Dantas	00			Sporting	4:51.66	584
	50m: 29.13 29.13	150m: 1:40.96	37.58	250m: 3:00.04	40.98	350m: 4:17.74	34.28
	100m: 1:03.38 34.25	200m: 2:19.06	38.10	300m: 3:43.46	43.42	400m: 4:51.66	33.92
26.	Miguel Caridade Gaspar	99			Academica de Coimbra	4:51.76	583
	50m: 31.99 31.99	150m: 1:48.61	39.36	250m: 3:05.76	38.52	350m: 4:19.48	34.49
	100m: 1:09.25 37.26	200m: 2:27.24	38.63	300m: 3:44.99	39.23	400m: 4:51.76	32.28
27.	Francisco Xavier Tomas	00			Alcobaca	4:51.99	582
	50m: 30.25 30.25	150m: 1:43.46	37.67	250m: 3:01.92	41.75	350m: 4:18.37	34.03
	100m: 1:05.79 35.54	200m: 2:20.17	36.71	300m: 3:44.34	42.42	400m: 4:51.99	33.62

Prova 16, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
28.	Rui Miguel Pires	01			Nautico Marinha Grande	4:52.55	579
	50m: 29.69 29.69	150m: 1:42.28	37.86	250m: 3:03.90	44.20	350m: 4:21.65	33.50
	100m: 1:04.42 34.73	200m: 2:19.70	37.42	300m: 3:48.15	44.25	400m: 4:52.55	30.90
29.	Joao Pedro Gomes	99			Miranda do Corvo	4:54.22	569
	50m: 30.66 30.66	150m: 1:44.01	37.83	250m: 3:03.95	41.60	350m: 4:20.45	33.96
	100m: 1:06.18 35.52	200m: 2:22.35	38.34	300m: 3:46.49	42.54	400m: 4:54.22	33.77
30.	Afonso Guilherme Jesus	00			Sporting	4:54.89	565
	50m: 30.17 30.17	150m: 1:43.54	38.74	250m: 3:04.29	41.87	350m: 4:21.35	34.59
	100m: 1:04.80 34.63	200m: 2:22.42	38.88	300m: 3:46.76	42.47	400m: 4:54.89	33.54
31.	Vicente Oliveira Gomes	02			Sporting	4:55.21	563
	50m: 29.74 29.74	150m: 1:44.18	39.00	250m: 3:05.70	43.55	350m: 4:23.11	33.52
	100m: 1:05.18 35.44	200m: 2:22.15	37.97	300m: 3:49.59	43.89	400m: 4:55.21	32.10
32.	Joao Nogueira Costa	01			Vitoria Guimaraes	4:55.41	562
	50m: 30.09 30.09	150m: 1:42.79	37.08	250m: 3:04.53	44.85	350m: 4:23.22	34.49
	100m: 1:05.71 35.62	200m: 2:19.68	36.89	300m: 3:48.73	44.20	400m: 4:55.41	32.19
33.	Miguel Goncalves Frade	00			Torres Novas	4:55.84	559
	50m: 31.01 31.01	150m: 1:45.83	38.12	250m: 3:04.78	40.78	350m: 4:21.68	34.68
	100m: 1:07.71 36.70	200m: 2:24.00	38.17	300m: 3:47.00	42.22	400m: 4:55.84	34.16
34.	Tiago Andre Carvalho	99			Academica de Coimbra	4:56.68	555
	50m: 30.65 30.65	150m: 1:45.32	39.13	250m: 3:05.81	42.83	350m: 4:23.56	33.94
	100m: 1:06.19 35.54	200m: 2:22.98	37.66	300m: 3:49.62	43.81	400m: 4:56.68	33.12
35.	Ivan Emanuel Amorim	02			Fluval Portuense	4:59.15	541
	50m: 31.11 31.11	150m: 1:48.75	41.15	250m: 3:10.65	42.12	350m: 4:28.29	34.43
	100m: 1:07.60 36.49	200m: 2:28.53	39.78	300m: 3:53.86	43.21	400m: 4:59.15	30.86
36.	Edgar Casimiro Ribeiro	01			Alcobaca	4:59.25	541
	50m: 30.54 30.54	150m: 1:45.45	39.54	250m: 3:06.52	43.48	350m: 4:26.08	34.53
	100m: 1:05.91 35.37	200m: 2:23.04	37.59	300m: 3:51.55	45.03	400m: 4:59.25	33.17
37.	Ruy Manuel Domingos	02			Sporting	5:00.73	533
	50m: 29.83 29.83	150m: 1:43.46	39.10	250m: 3:07.67	45.47	350m: 4:27.71	35.37
	100m: 1:04.36 34.53	200m: 2:22.20	38.74	300m: 3:52.34	44.67	400m: 5:00.73	33.02
38.	Joao Jose Calado	01			Torres Novas	5:02.56	523
	50m: 30.09 30.09	150m: 1:41.82	37.96	250m: 3:05.15	44.97	350m: 4:27.52	36.23
	100m: 1:03.86 33.77	200m: 2:20.18	38.36	300m: 3:51.29	46.14	400m: 5:02.56	35.04
39.	Marco Antonio Costa	02			Natacao Guarda	5:03.54	518
	50m: 29.26 29.26	150m: 1:45.84	41.16	250m: 3:09.20	43.08	350m: 4:28.24	33.92
	100m: 1:04.68 35.42	200m: 2:26.12	40.28	300m: 3:54.32	45.12	400m: 5:03.54	35.30
40.	Romeu Ribeiro Fernandes	01			Fafe	5:04.10	515
	50m: 30.61 30.61	150m: 1:47.13	40.22	250m: 3:11.67	45.71	350m: 4:32.32	34.38
	100m: 1:06.91 36.30	200m: 2:25.96	38.83	300m: 3:57.94	46.27	400m: 5:04.10	31.78
41.	Martim Neiva Almeida	01			Porto	5:04.75	512
	50m: 29.93 29.93	150m: 1:46.44	40.90	250m: 3:10.24	44.03	350m: 4:30.43	34.85
	100m: 1:05.54 35.61	200m: 2:26.21	39.77	300m: 3:55.58	45.34	400m: 5:04.75	34.32
42.	Pedro Miguel Pinto	02			Fisica Torres Vedras	5:05.10	510
	50m: 30.83 30.83	150m: 1:47.13	40.60	250m: 3:10.15	43.47	350m: 4:30.88	37.01
	100m: 1:06.53 35.70	200m: 2:26.68	39.55	300m: 3:53.87	43.72	400m: 5:05.10	34.22

Prova 16, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
43.	David Joao Tinoco	01			Columbofila Cantanhedense	5:05.32	509
	50m: 31.50 31.50	150m: 1:48.64	40.98	250m: 3:13.03	44.80	350m: 4:32.22	34.34
	100m: 1:07.66 36.16	200m: 2:28.23	39.59	300m: 3:57.88	44.85	400m: 5:05.32	33.10
44.	Jose Maria Pereira	01			Sporting	5:05.89	506
	50m: 31.09 31.09	150m: 1:46.73	40.00	250m: 3:11.44	45.09	350m: 4:31.98	35.39
	100m: 1:06.73 35.64	200m: 2:26.35	39.62	300m: 3:56.59	45.15	400m: 5:05.89	33.91
45.	Goncalo Silva Marques	01			Nautico /Urgicentro-Sanfil	5:06.35	504
	50m: 31.36 31.36	150m: 1:48.92	40.26	250m: 3:10.56	42.13	350m: 4:32.08	36.80
	100m: 1:08.66 37.30	200m: 2:28.43	39.51	300m: 3:55.28	44.72	400m: 5:06.35	34.27
46.	Paulo Andre Frota	02			Fundacao Beatriz Santos	5:06.74	502
	50m: 31.73 31.73	150m: 1:48.83	39.04	250m: 3:11.29	43.80	350m: 4:32.36	34.66
	100m: 1:09.79 38.06	200m: 2:27.49	38.66	300m: 3:57.70	46.41	400m: 5:06.74	34.38
47.	Bernardo Sousa Pereira	01			Pimpoes/Cimai	5:08.51	493
	50m: 31.56 31.56	150m: 1:48.81	39.43	250m: 3:11.21	43.62	350m: 4:33.10	37.28
	100m: 1:09.38 37.82	200m: 2:27.59	38.78	300m: 3:55.82	44.61	400m: 5:08.51	35.41
48.	Francisco Rodriguez Amaral	02			Campinho	5:08.93	491
	50m: 31.79 31.79	150m: 1:47.12	40.22	250m: 3:14.00	47.25	350m: 4:35.97	34.74
	100m: 1:06.90 35.11	200m: 2:26.75	39.63	300m: 4:01.23	47.23	400m: 5:08.93	32.96
49.	Diogo Filipe Ribeiro	02			Leixoes	5:09.66	488
	50m: 31.12 31.12	150m: 1:50.35	41.38	250m: 3:16.83	46.07	350m: 4:37.89	34.24
	100m: 1:08.97 37.85	200m: 2:30.76	40.41	300m: 4:03.65	46.82	400m: 5:09.66	31.77
50.	Henrique Gomes Silva	02			Estamos Juntos	5:10.41	484
	50m: 30.07 30.07	150m: 1:47.33	41.17	250m: 3:13.05	44.81	350m: 4:36.33	35.04
	100m: 1:06.16 36.09	200m: 2:28.24	40.91	300m: 4:01.29	48.24	400m: 5:10.41	34.08
51.	Tomas Galvao Lourenco	02			Natacao Olhao	5:10.96	482
	50m: 30.74 30.74	150m: 1:49.00	41.49	250m: 3:16.10	46.98	350m: 4:37.83	33.15
	100m: 1:07.51 36.77	200m: 2:29.12	40.12	300m: 4:04.68	48.58	400m: 5:10.96	33.13
52.	Bruno Miguel Maia	01			Propaganda da Natacao	5:15.33	462
	50m: 31.53 31.53	150m: 1:51.81	41.64	250m: 3:17.08	44.38	350m: 4:39.27	36.71
	100m: 1:10.17 38.64	200m: 2:32.70	40.89	300m: 4:02.56	45.48	400m: 5:15.33	36.06
53.	Vitor Pedro Magalhaes	02			Famalicao	5:16.22	458
	50m: 31.81 31.81	150m: 1:54.37	43.48	250m: 3:20.88	43.82	350m: 4:41.14	35.89
	100m: 1:10.89 39.08	200m: 2:37.06	42.69	300m: 4:05.25	44.37	400m: 5:16.22	35.08
54.	Tomas Pedrosa Miguel	02			Condeixa Clube	5:17.37	453
	50m: 32.44 32.44	150m: 1:51.82	39.49	250m: 3:17.36	45.85	350m: 4:41.55	35.69
	100m: 1:12.33 39.89	200m: 2:31.51	39.69	300m: 4:05.86	48.50	400m: 5:17.37	35.82
55.	Daniel Rodrigues Alves	02			Belenenses	5:19.07	446
	50m: 31.23 31.23	150m: 1:48.78	40.65	250m: 3:16.19	47.10	350m: 4:40.55	36.88
	100m: 1:08.13 36.90	200m: 2:29.09	40.31	300m: 4:03.67	47.48	400m: 5:19.07	38.52
DSQ	Sebastiao Limbert Piedade	00			Alges		
	<i>721 - Na chegada não tocou na parede com as mãos separadas e simultaneamente - SW 7.6</i>						
DSQ	Tomas Penha Monteiro	02			Alges		
	<i>728 - Movimento alternado de braços após viragem aos 250 metros - SW 7.2</i>						

Prova 16, Masc., 400m Estilos, Elimin

Prova 16 Masc., 400m Estilos Juniores
31-03-2017 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun17	4:25.23	Joao Alexandre Vital	POR	Singapore (SIN)	29-08-2015
Rec Nac Jun18	4:22.25	Joao Alexandre Vital	SCP	Oeiras	22-07-2016

CMJ_Masc 15 - 18: 4:28.20 / CEJ_Masc 15 - 18: 4:33.58 / TAC 50m: 4:57.59 - 25m: 4:46.58

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Joao Daniel Machado <i>Minimo CEJ</i>	99			Uniao Piedense	4:33.46	708
	50m: 27.95 27.95	150m: 1:36.70	36.21	250m: 2:52.16	40.56	350m: 4:03.00	31.99
	100m: 1:00.49 32.54	200m: 2:11.60	34.90	300m: 3:31.01	38.85	400m: 4:33.46	30.46
2.	Jose Paulo Lopes	00			Braga	4:33.69	707
	50m: 28.48 28.48	150m: 1:36.50	34.90	250m: 2:49.96	39.35	350m: 4:02.88	32.45
	100m: 1:01.60 33.12	200m: 2:10.61	34.11	300m: 3:30.43	40.47	400m: 4:33.69	30.81
3.	Jorge Jesus Silva	00			Braga	4:42.12	645
	50m: 28.68 28.68	150m: 1:38.36	37.32	250m: 2:54.56	39.36	350m: 4:09.19	33.91
	100m: 1:01.04 32.36	200m: 2:15.20	36.84	300m: 3:35.28	40.72	400m: 4:42.12	32.93
4.	Andre Vilas Ruivo	00			Sporting	4:42.41	643
	50m: 28.55 28.55	150m: 1:37.14	35.91	250m: 2:53.98	41.05	350m: 4:09.41	32.85
	100m: 1:01.23 32.68	200m: 2:12.93	35.79	300m: 3:36.56	42.58	400m: 4:42.41	33.00
5.	Lucas Pereira Bastos	00			Nautico /Urgicentro-Sanfil	4:43.12	638
	50m: 29.31 29.31	150m: 1:39.99	37.09	250m: 2:57.73	41.14	350m: 4:12.24	32.30
	100m: 1:02.90 33.59	200m: 2:16.59	36.60	300m: 3:39.94	42.21	400m: 4:43.12	30.88
6.	Filipe Miguel Santo	00			Benfica	4:47.68	608
	50m: 29.94 29.94	150m: 1:42.96	36.93	250m: 3:01.58	41.44	350m: 4:16.03	31.14
	100m: 1:06.03 36.09	200m: 2:20.14	37.18	300m: 3:44.89	43.31	400m: 4:47.68	31.65
7.	Bernardo Garcia Perloiro	00			Sporting	4:47.75	608
	50m: 29.87 29.87	150m: 1:41.26	35.59	250m: 2:57.83	40.67	350m: 4:14.05	33.83
	100m: 1:05.67 35.80	200m: 2:17.16	35.90	300m: 3:40.22	42.39	400m: 4:47.75	33.70
8.	Sergio Filipe Travanca	00			Fluval Portuense	4:49.27	598
	50m: 29.44 29.44	150m: 1:42.01	38.66	250m: 3:02.98	42.22	350m: 4:17.23	32.48
	100m: 1:03.35 33.91	200m: 2:20.76	38.75	300m: 3:44.75	41.77	400m: 4:49.27	32.04
9.	Sebastiao Mendes Gomes	00			Pimpoes/Cimai	4:49.97	594
	50m: 29.61 29.61	150m: 1:44.39	39.22	250m: 3:03.51	40.56	350m: 4:18.52	32.29
	100m: 1:05.17 35.56	200m: 2:22.95	38.56	300m: 3:46.23	42.72	400m: 4:49.97	31.45
10.	Daniel Nogueira Catalao	00			Uniao Piedense	4:50.89	589
	50m: 30.13 30.13	150m: 1:42.23	37.78	250m: 3:00.60	42.00	350m: 4:17.00	33.81
	100m: 1:04.45 34.32	200m: 2:18.60	36.37	300m: 3:43.19	42.59	400m: 4:50.89	33.89
11.	Diogo Leal Dantas	00			Sporting	4:51.66	584
	50m: 29.13 29.13	150m: 1:40.96	37.58	250m: 3:00.04	40.98	350m: 4:17.74	34.28
	100m: 1:03.38 34.25	200m: 2:19.06	38.10	300m: 3:43.46	43.42	400m: 4:51.66	33.92
12.	Miguel Caridade Gaspar	99			Academica de Coimbra	4:51.76	583
	50m: 31.99 31.99	150m: 1:48.61	39.36	250m: 3:05.76	38.52	350m: 4:19.48	34.49
	100m: 1:09.25 37.26	200m: 2:27.24	38.63	300m: 3:44.99	39.23	400m: 4:51.76	32.28
13.	Francisco Xavier Tomas	00			Alcobaca	4:51.99	582
	50m: 30.25 30.25	150m: 1:43.46	37.67	250m: 3:01.92	41.75	350m: 4:18.37	34.03
	100m: 1:05.79 35.54	200m: 2:20.17	36.71	300m: 3:44.34	42.42	400m: 4:51.99	33.62

Prova 16, Masc., 400m Estilos, Elimin, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
14.	Joao Pedro Gomes	99			Miranda do Corvo	4:54.22	569
	50m: 30.66 30.66	150m: 1:44.01	37.83	250m: 3:03.95	41.60	350m: 4:20.45	33.96
	100m: 1:06.18 35.52	200m: 2:22.35	38.34	300m: 3:46.49	42.54	400m: 4:54.22	33.77
15.	Afonso Guilherme Jesus	00			Sporting	4:54.89	565
	50m: 30.17 30.17	150m: 1:43.54	38.74	250m: 3:04.29	41.87	350m: 4:21.35	34.59
	100m: 1:04.80 34.63	200m: 2:22.42	38.88	300m: 3:46.76	42.47	400m: 4:54.89	33.54
16.	Miguel Goncalves Frade	00			Torres Novas	4:55.84	559
	50m: 31.01 31.01	150m: 1:45.83	38.12	250m: 3:04.78	40.78	350m: 4:21.68	34.68
	100m: 1:07.71 36.70	200m: 2:24.00	38.17	300m: 3:47.00	42.22	400m: 4:55.84	34.16
17.	Tiago Andre Carvalho	99			Academica de Coimbra	4:56.68	555
	50m: 30.65 30.65	150m: 1:45.32	39.13	250m: 3:05.81	42.83	350m: 4:23.56	33.94
	100m: 1:06.19 35.54	200m: 2:22.98	37.66	300m: 3:49.62	43.81	400m: 4:56.68	33.12

DSQ Sebastiao Limbert Piedade 00 Alges
721 - Na chegada não tocou na parede com as mãos separadas e simultaneamente - SW 7.6

Prova 16 Masc., 400m Estilos Juvenis A
31-03-2017 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	01-06-2014
CMJ_Masc 15 - 18: 4:28.20 / CEJ_Masc 15 - 18: 4:33.58 / FOJE_Masc Juv: 4:41.79 / TAC 50m: 5:06.60 - 25m: 4:58.92					

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Tiago Miguel Vilhena <i>Minimo FOJE</i>	01			Natacao de Faro	4:39.46	664
	50m: 29.82 29.82	150m: 1:40.77	35.00	250m: 2:54.94	39.56	350m: 4:07.88	32.54
	100m: 1:05.77 35.95	200m: 2:15.38	34.61	300m: 3:35.34	40.40	400m: 4:39.46	31.58
2.	Diogo Coelho Jose	01			Columbofila Cantanhedense	4:42.92	640
	50m: 29.52 29.52	150m: 1:39.14	35.81	250m: 2:56.27	42.02	350m: 4:12.03	32.91
	100m: 1:03.33 33.81	200m: 2:14.25	35.11	300m: 3:39.12	42.85	400m: 4:42.92	30.89
3.	David Matias Cristino	01			Uniao Piedense	4:48.63	602
	50m: 30.03 30.03	150m: 1:43.12	37.69	250m: 3:02.55	42.53	350m: 4:17.75	31.80
	100m: 1:05.43 35.40	200m: 2:20.02	36.90	300m: 3:45.95	43.40	400m: 4:48.63	30.88
4.	Diogo Santos Cardoso	01			Colegio Monte Maior	4:49.09	600
	50m: 30.52 30.52	150m: 1:45.33	40.23	250m: 3:03.93	40.29	350m: 4:17.76	33.14
	100m: 1:05.10 34.58	200m: 2:23.64	38.31	300m: 3:44.62	40.69	400m: 4:49.09	31.33
5.	Rui Miguel Pires	01			Nautico Marinha Grande	4:52.55	579
	50m: 29.69 29.69	150m: 1:42.28	37.86	250m: 3:03.90	44.20	350m: 4:21.65	33.50
	100m: 1:04.42 34.73	200m: 2:19.70	37.42	300m: 3:48.15	44.25	400m: 4:52.55	30.90
6.	Joao Nogueira Costa	01			Vitoria Guimaraes	4:55.41	562
	50m: 30.09 30.09	150m: 1:42.79	37.08	250m: 3:04.53	44.85	350m: 4:23.22	34.49
	100m: 1:05.71 35.62	200m: 2:19.68	36.89	300m: 3:48.73	44.20	400m: 4:55.41	32.19
7.	Edgar Casimiro Ribeiro	01			Alcobaca	4:59.25	541
	50m: 30.54 30.54	150m: 1:45.45	39.54	250m: 3:06.52	43.48	350m: 4:26.08	34.53
	100m: 1:05.91 35.37	200m: 2:23.04	37.59	300m: 3:51.55	45.03	400m: 4:59.25	33.17

Prova 16, Masc., 400m Estilos, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
8.	Joao Jose Calado	01			Torres Novas	5:02.56	523
	50m: 30.09 30.09	150m: 1:41.82	37.96	250m: 3:05.15	44.97	350m: 4:27.52	36.23
	100m: 1:03.86 33.77	200m: 2:20.18	38.36	300m: 3:51.29	46.14	400m: 5:02.56	35.04
9.	Romeu Ribeiro Fernandes	01			Fafe	5:04.10	515
	50m: 30.61 30.61	150m: 1:47.13	40.22	250m: 3:11.67	45.71	350m: 4:32.32	34.38
	100m: 1:06.91 36.30	200m: 2:25.96	38.83	300m: 3:57.94	46.27	400m: 5:04.10	31.78
10.	Martim Neiva Almeida	01			Porto	5:04.75	512
	50m: 29.93 29.93	150m: 1:46.44	40.90	250m: 3:10.24	44.03	350m: 4:30.43	34.85
	100m: 1:05.54 35.61	200m: 2:26.21	39.77	300m: 3:55.58	45.34	400m: 5:04.75	34.32
11.	David Joao Tinoco	01			Columbofila Cantanhedense	5:05.32	509
	50m: 31.50 31.50	150m: 1:48.64	40.98	250m: 3:13.03	44.80	350m: 4:32.22	34.34
	100m: 1:07.66 36.16	200m: 2:28.23	39.59	300m: 3:57.88	44.85	400m: 5:05.32	33.10
12.	Jose Maria Pereira	01			Sporting	5:05.89	506
	50m: 31.09 31.09	150m: 1:46.73	40.00	250m: 3:11.44	45.09	350m: 4:31.98	35.39
	100m: 1:06.73 35.64	200m: 2:26.35	39.62	300m: 3:56.59	45.15	400m: 5:05.89	33.91
13.	Goncalo Silva Marques	01			Nautico /Urgicentro-Sanfil	5:06.35	504
	50m: 31.36 31.36	150m: 1:48.92	40.26	250m: 3:10.56	42.13	350m: 4:32.08	36.80
	100m: 1:08.66 37.30	200m: 2:28.43	39.51	300m: 3:55.28	44.72	400m: 5:06.35	34.27
14.	Bernardo Sousa Pereira	01			Pimpoes/Cimai	5:08.51	493
	50m: 31.56 31.56	150m: 1:48.81	39.43	250m: 3:11.21	43.62	350m: 4:33.10	37.28
	100m: 1:09.38 37.82	200m: 2:27.59	38.78	300m: 3:55.82	44.61	400m: 5:08.51	35.41
15.	Bruno Miguel Maia	01			Propaganda da Natacao	5:15.33	462
	50m: 31.53 31.53	150m: 1:51.81	41.64	250m: 3:17.08	44.38	350m: 4:39.27	36.71
	100m: 1:10.17 38.64	200m: 2:32.70	40.89	300m: 4:02.56	45.48	400m: 5:15.33	36.06

Prova 16 Masc., 400m Estilos Juvenis B
31-03-2017 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Juv B	4:37.06	Joao Alexandre Vital	POR	Utrecht (NED)	16-07-2013

CMJ_Masc 15 - 18: 4:28.20 / CEJ_Masc 15 - 18: 4:33.58 / FOJE_Masc Juv: 4:41.79 / TAC 50m: 5:13.99 - 25m: 5:03.31

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Vicente Oliveira Gomes	02			Sporting	4:55.21	563
	50m: 29.74 29.74	150m: 1:44.18	39.00	250m: 3:05.70	43.55	350m: 4:23.11	33.52
	100m: 1:05.18 35.44	200m: 2:22.15	37.97	300m: 3:49.59	43.89	400m: 4:55.21	32.10
2.	Ivan Emanuel Amorim	02			Fluvial Portuense	4:59.15	541
	50m: 31.11 31.11	150m: 1:48.75	41.15	250m: 3:10.65	42.12	350m: 4:28.29	34.43
	100m: 1:07.60 36.49	200m: 2:28.53	39.78	300m: 3:53.86	43.21	400m: 4:59.15	30.86
3.	Ruy Manuel Domingos	02			Sporting	5:00.73	533
	50m: 29.83 29.83	150m: 1:43.46	39.10	250m: 3:07.67	45.47	350m: 4:27.71	35.37
	100m: 1:04.36 34.53	200m: 2:22.20	38.74	300m: 3:52.34	44.67	400m: 5:00.73	33.02
4.	Marco Antonio Costa	02			Natacao Guarda	5:03.54	518
	50m: 29.26 29.26	150m: 1:45.84	41.16	250m: 3:09.20	43.08	350m: 4:28.24	33.92
	100m: 1:04.68 35.42	200m: 2:26.12	40.28	300m: 3:54.32	45.12	400m: 5:03.54	35.30
5.	Pedro Miguel Pinto	02			Fisica Torres Vedras	5:05.10	510
	50m: 30.83 30.83	150m: 1:47.13	40.60	250m: 3:10.15	43.47	350m: 4:30.88	37.01
	100m: 1:06.53 35.70	200m: 2:26.68	39.55	300m: 3:53.87	43.72	400m: 5:05.10	34.22

Prova 16, Masc., 400m Estilos, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
6.	Paulo Andre Frota	02			Fundacao Beatriz Santos	5:06.74	502
	50m: 31.73 31.73	150m: 1:48.83	39.04	250m: 3:11.29	43.80	350m: 4:32.36	34.66
	100m: 1:09.79 38.06	200m: 2:27.49	38.66	300m: 3:57.70	46.41	400m: 5:06.74	34.38
7.	Francisco Rodriguez Amaral	02			Campinho	5:08.93	491
	50m: 31.79 31.79	150m: 1:47.12	40.22	250m: 3:14.00	47.25	350m: 4:35.97	34.74
	100m: 1:06.90 35.11	200m: 2:26.75	39.63	300m: 4:01.23	47.23	400m: 5:08.93	32.96
8.	Diogo Filipe Ribeiro	02			Leixoes	5:09.66	488
	50m: 31.12 31.12	150m: 1:50.35	41.38	250m: 3:16.83	46.07	350m: 4:37.89	34.24
	100m: 1:08.97 37.85	200m: 2:30.76	40.41	300m: 4:03.65	46.82	400m: 5:09.66	31.77
9.	Henrique Gomes Silva	02			Estamos Juntos	5:10.41	484
	50m: 30.07 30.07	150m: 1:47.33	41.17	250m: 3:13.05	44.81	350m: 4:36.33	35.04
	100m: 1:06.16 36.09	200m: 2:28.24	40.91	300m: 4:01.29	48.24	400m: 5:10.41	34.08
10.	Tomas Galvao Lourenco	02			Natacao Olhao	5:10.96	482
	50m: 30.74 30.74	150m: 1:49.00	41.49	250m: 3:16.10	46.98	350m: 4:37.83	33.15
	100m: 1:07.51 36.77	200m: 2:29.12	40.12	300m: 4:04.68	48.58	400m: 5:10.96	33.13
11.	Vitor Pedro Magalhaes	02			Famalicao	5:16.22	458
	50m: 31.81 31.81	150m: 1:54.37	43.48	250m: 3:20.88	43.82	350m: 4:41.14	35.89
	100m: 1:10.89 39.08	200m: 2:37.06	42.69	300m: 4:05.25	44.37	400m: 5:16.22	35.08
12.	Tomas Pedrosa Miguel	02			Condeixa Clube	5:17.37	453
	50m: 32.44 32.44	150m: 1:51.82	39.49	250m: 3:17.36	45.85	350m: 4:41.55	35.69
	100m: 1:12.33 39.89	200m: 2:31.51	39.69	300m: 4:05.86	48.50	400m: 5:17.37	35.82
13.	Daniel Rodrigues Alves	02			Belenenses	5:19.07	446
	50m: 31.23 31.23	150m: 1:48.78	40.65	250m: 3:16.19	47.10	350m: 4:40.55	36.88
	100m: 1:08.13 36.90	200m: 2:29.09	40.31	300m: 4:03.67	47.48	400m: 5:19.07	38.52
DSQ	Tomas Penha Monteiro	02			Alges		
	<i>728 - Movimento alternado de braços após viragem aos 250 metros - SW 7.2</i>						

Prova 16 Masc., 400m Estilos Seniores
31-03-2017 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	Alexis Manacas Santos	POR	Rio de Janeiro (BRA)	06-08-2016
CMPL 22 +: 4:17.90 / TAC 50m: 4:46.09 - 25m: 4:40.01					

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Gabriel Jose Lopes	97			Louzan Natacao	4:30.63	731
	50m: 27.61 27.61	150m: 1:36.10	36.13	250m: 2:49.15	37.67	350m: 3:59.22	31.82
	100m: 59.97 32.36	200m: 2:11.48	35.38	300m: 3:27.40	38.25	400m: 4:30.63	31.41
2.	Jose Paula Carvalho	98			Uniao Piedense	4:32.29	718
	50m: 27.72 27.72	150m: 1:35.91	36.14	250m: 2:50.08	39.66	350m: 4:02.21	31.82
	100m: 59.77 32.05	200m: 2:10.42	34.51	300m: 3:30.39	40.31	400m: 4:32.29	30.08
3.	Joao Pedro Gil	97			Uniao Piedense	4:33.43	709
	50m: 28.55 28.55	150m: 1:37.60	36.10	250m: 2:52.14	39.26	350m: 4:03.34	31.54
	100m: 1:01.50 32.95	200m: 2:12.88	35.28	300m: 3:31.80	39.66	400m: 4:33.43	30.09
4.	Tomas Miguel Veloso	96			Nautico /Urgicentro-Sanfil	4:37.15	681
	50m: 29.40 29.40	150m: 1:39.31	36.55	250m: 2:54.31	38.42	350m: 4:05.66	33.01
	100m: 1:02.76 33.36	200m: 2:15.89	36.58	300m: 3:32.65	38.34	400m: 4:37.15	31.49

Prova 16, Masc., 400m Estilos, Elimin, Seniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
5.	Pedro Miguel Pinotes	89			Sporting	4:38.47	671
	50m: 28.08 28.08	150m: 1:37.51	37.10	250m: 2:53.79	39.49	350m: 4:06.96	33.94
	100m: 1:00.41 32.33	200m: 2:14.30	36.79	300m: 3:33.02	39.23	400m: 4:38.47	31.51
6.	Bruno Miguel Ramos	97			Belenenses	4:39.31	665
	50m: 28.32 28.32	150m: 1:37.35	35.55	250m: 2:52.72	40.13	350m: 4:06.51	33.37
	100m: 1:01.80 33.48	200m: 2:12.59	35.24	300m: 3:33.14	40.42	400m: 4:39.31	32.80
7.	Jose Pedro Sampaio	98			Fluival Portuense	4:42.02	646
	50m: 28.43 28.43	150m: 1:37.60	35.84	250m: 2:56.29	41.98	350m: 4:10.47	32.65
	100m: 1:01.76 33.33	200m: 2:14.31	36.71	300m: 3:37.82	41.53	400m: 4:42.02	31.55
8.	Antonio Rafael Bessa	94			Aquatico Pacense	4:42.84	640
	50m: 29.14 29.14	150m: 1:38.96	36.82	250m: 2:57.18	41.71	350m: 4:09.96	32.42
	100m: 1:02.14 33.00	200m: 2:15.47	36.51	300m: 3:37.54	40.36	400m: 4:42.84	32.88
9.	Nuno Rafael Alves	90			Aquatico Pacense	4:43.39	637
	50m: 28.94 28.94	150m: 1:39.81	37.42	250m: 2:56.72	39.22	350m: 4:09.88	33.95
	100m: 1:02.39 33.45	200m: 2:17.50	37.69	300m: 3:35.93	39.21	400m: 4:43.39	33.51
10.	Rafael Filipe Nunes	96			Benfica	4:47.08	612
	50m: 29.71 29.71	150m: 1:41.32	37.51	250m: 2:59.97	41.66	350m: 4:14.11	32.99
	100m: 1:03.81 34.10	200m: 2:18.31	36.99	300m: 3:41.12	41.15	400m: 4:47.08	32.97