

Prova 16 Masc., 400m Estilos Juvenis A
05-04-2019 - 11:05 Resultados Elimin

Rec Nac Absoluto 4:15.84 SANTOS Alexis Manacas POR Rio de Janeiro (BRA) 06-08-2016
Rec Nac Juv A 4:32.66 VITAL Joao Alexandre ADRCIMM Coimbra 01-06-2014

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares <i>Minimos Pré-Jun</i>	03	Benfica	4:38.22	+0,71	673	
	50m: 28.41 28.41 150m: 1:38.09 37.30 250m: 2:52.92 38.27 350m: 4:06.12 33.49						
	100m: 1:00.79 32.38 200m: 2:14.65 36.56 300m: 3:32.63 39.71 400m: 4:38.22 32.10						
2.	VAKULYUK Paulo <i>Minimos Pré-Jun</i>	03	Torres Novas	4:41.53	+0,71	649	
	50m: 28.68 28.68 150m: 1:35.57 35.24 250m: 2:53.25 42.85 350m: 4:10.43 33.77						
	100m: 1:00.33 31.65 200m: 2:10.40 34.83 300m: 3:36.66 43.41 400m: 4:41.53 31.10						
3.	DIAS Rodrigo Reis	03	Belenenses	4:52.03	+0,73	582	
	50m: 30.57 30.57 150m: 1:44.33 37.35 250m: 3:05.24 44.05 350m: 4:21.48 32.12						
	100m: 1:06.98 36.41 200m: 2:21.19 36.86 300m: 3:49.36 44.12 400m: 4:52.03 30.55						
4.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:55.06	+0,77	564	
	50m: 29.96 29.96 150m: 1:42.87 39.25 250m: 3:03.22 42.55 350m: 4:21.37 35.13						
	100m: 1:03.62 33.66 200m: 2:20.67 37.80 300m: 3:46.24 43.02 400m: 4:55.06 33.69						
5.	MACHADO Martim Miranda	03	Uniao Coimbra	4:56.80	+0,77	554	
	50m: 29.81 29.81 150m: 1:44.04 39.43 250m: 3:07.33 45.53 350m: 4:25.38 33.77						
	100m: 1:04.61 34.80 200m: 2:21.80 37.76 300m: 3:51.61 44.28 400m: 4:56.80 31.42						
6.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:59.78	+0,74	538	
	50m: 29.54 29.54 150m: 1:42.65 39.00 250m: 3:04.83 44.04 350m: 4:25.25 35.62						
	100m: 1:03.65 34.11 200m: 2:20.79 38.14 300m: 3:49.63 44.80 400m: 4:59.78 34.53						
7.	FERREIRA Joao Carlos	03	Porto	5:00.03	+0,69	536	
	50m: 30.33 30.33 150m: 1:44.72 39.06 250m: 3:06.87 44.03 350m: 4:26.11 35.52						
	100m: 1:05.66 35.33 200m: 2:22.84 38.12 300m: 3:50.59 43.72 400m: 5:00.03 33.92						
8.	JORGE Tiago Miguel	03	Rio Maior	5:03.07	+0,64	520	
	50m: 30.37 30.37 150m: 1:47.95 42.38 250m: 3:11.05 42.89 350m: 4:30.57 35.34						
	100m: 1:05.57 35.20 200m: 2:28.16 40.21 300m: 3:55.23 44.18 400m: 5:03.07 32.50						
9.	MARQUES Andre Costa	03	Famalicao	5:06.08	+0,70	505	
	50m: 31.34 31.34 150m: 1:46.74 38.09 250m: 3:11.81 46.76 350m: 4:32.68 34.67						
	100m: 1:08.65 37.31 200m: 2:25.05 38.31 300m: 3:58.01 46.20 400m: 5:06.08 33.40						
10.	SANTOS Roberto Pinho	03	Estamos Juntos	5:07.77	+1,00	497	
	50m: 30.71 30.71 150m: 1:48.37 40.85 250m: 3:10.99 42.73 350m: 4:32.19 36.39						
	100m: 1:07.52 36.81 200m: 2:28.26 39.89 300m: 3:55.80 44.81 400m: 5:07.77 35.58						
11.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	5:09.23	+0,77	490	
	50m: 30.49 30.49 150m: 1:45.65 39.93 250m: 3:12.89 46.64 350m: 4:34.98 35.43						
	100m: 1:05.72 35.23 200m: 2:26.25 40.60 300m: 3:59.55 46.66 400m: 5:09.23 34.25						
12.	FELICIO Tomas Miguel	03	Rio Maior	5:10.29	+0,79	485	
	50m: 31.72 31.72 150m: 1:51.82 42.36 250m: 3:14.78 43.09 350m: 4:35.42 35.98						
	100m: 1:09.46 37.74 200m: 2:31.69 39.87 300m: 3:59.44 44.66 400m: 5:10.29 34.87						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	LEAL Dinis Barros	03	Aquatico Pacense	5:13.28	+0,79	471	
	50m: 30.87 30.87	150m: 1:50.48 43.38	250m: 3:16.05 44.94	350m: 4:38.56 36.96			
	100m: 1:07.10 36.23	200m: 2:31.11 40.63	300m: 4:01.60 45.55	400m: 5:13.28 34.72			
14.	DIAS Ruben Fonseca	03	Natacao de Valongo	5:13.53	+0,73	470	
	50m: 29.83 29.83	150m: 1:44.76 39.88	250m: 3:13.04 48.08	350m: 4:38.04 36.45			
	100m: 1:04.88 35.05	200m: 2:24.96 40.20	300m: 4:01.59 48.55	400m: 5:13.53 35.49			
DSQ	SOUSA Diogo Nunes	03	Vitoria Guimaraes				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultaneamente na viragem aos 300 metros						
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense				
DNS	CORREIA Pedro Henriques	03	Benfica				

Prova 16 Masc., 400m Estilos Juvenis B
05-04-2019 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / JO Absoluto: 4:15.84					
Pontos: FINA 2019					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMÕES Bernardo Jorge	04	Colegio Vasco da Gama	4:47.13	+0,74	612	
	50m: 29.68 29.68	150m: 1:40.89 36.57	250m: 2:58.69 40.64	350m: 4:14.64 33.41			
	100m: 1:04.32 34.64	200m: 2:18.05 37.16	300m: 3:41.23 42.54	400m: 4:47.13 32.49			
2.	RIBEIRO Diogo Matos	04	Uniao Coimbra	4:48.79	+0,76	601	
	50m: 29.47 29.47	150m: 1:41.23 36.49	250m: 2:59.83 41.57	350m: 4:16.40 32.56			
	100m: 1:04.74 35.27	200m: 2:18.26 37.03	300m: 3:43.84 44.01	400m: 4:48.79 32.39			
3.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	4:53.04	+0,71	576	
	50m: 31.14 31.14	150m: 1:46.13 38.72	250m: 3:05.22 41.46	350m: 4:20.93 33.69			
	100m: 1:07.41 36.27	200m: 2:23.76 37.63	300m: 3:47.24 42.02	400m: 4:53.04 32.11			
4.	CARVALHO Antonio Lombardi	04	Belenenses	4:59.40	+0,87	540	
	50m: 31.67 31.67	150m: 1:47.24 39.33	250m: 3:08.97 43.02	350m: 4:26.92 34.23			
	100m: 1:07.91 36.24	200m: 2:25.95 38.71	300m: 3:52.69 43.72	400m: 4:59.40 32.48			
5.	ALMEIDA Bernardo Victorino	04	Sporting	5:01.68	+0,76	528	
	50m: 30.04 30.04	150m: 1:45.07 39.85	250m: 3:07.70 44.61	350m: 4:28.27 34.63			
	100m: 1:05.22 35.18	200m: 2:23.09 38.02	300m: 3:53.64 45.94	400m: 5:01.68 33.41			
6.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	5:02.57	+0,75	523	
	50m: 29.62 29.62	150m: 1:46.21 39.89	250m: 3:09.04 44.05	350m: 4:29.46 35.01			
	100m: 1:06.32 36.70	200m: 2:24.99 38.78	300m: 3:54.45 45.41	400m: 5:02.57 33.11			
7.	BORGES David Costa	04	Fluvial Portuense	5:04.56	+0,67	513	
	50m: 30.46 30.46	150m: 1:49.98 42.34	250m: 3:15.85 42.98	350m: 4:32.95 33.59			
	100m: 1:07.64 37.18	200m: 2:32.87 42.89	300m: 3:59.36 43.51	400m: 5:04.56 31.61			
8.	CRUZ David Miguel	04	Braga	5:04.63	+0,70	512	
	50m: 30.56 30.56	150m: 1:49.58 42.01	250m: 3:12.47 43.28	350m: 4:31.04 35.01			
	100m: 1:07.57 37.01	200m: 2:29.19 39.61	300m: 3:56.03 43.56	400m: 5:04.63 33.59			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SIMÕES Miguel Costa	04	Cova da Piedade	5:05.05	+0,74	510	
	50m: 31.22 31.22	150m: 1:49.40 40.13	250m: 3:13.76 44.89	350m: 4:32.45 33.69	400m: 5:05.05 32.60		
	100m: 1:09.27 38.05	200m: 2:28.87 39.47	300m: 3:58.76 45.00				
10.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	5:07.09	+0,76	500	
	50m: 31.21 31.21	150m: 1:50.60 43.83	250m: 3:14.88 42.84	350m: 4:33.95 35.25	400m: 5:07.09 33.14		
	100m: 1:06.77 35.56	200m: 2:32.04 41.44	300m: 3:58.70 43.82				
11.	APSENIECE Kevins Alexandre	04	Porto	5:07.69	+0,86	497	
	50m: 32.46 32.46	150m: 1:49.33 40.29	250m: 3:12.57 44.73	350m: 4:33.13 35.04	400m: 5:07.69 34.56		
	100m: 1:09.04 36.58	200m: 2:27.84 38.51	300m: 3:58.09 45.52				
12.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	5:09.48	+0,72	489	
	50m: 32.67 32.67	150m: 1:51.54 41.58	250m: 3:17.04 44.87	350m: 4:36.25 34.76	400m: 5:09.48 33.23		
	100m: 1:09.96 37.29	200m: 2:32.17 40.63	300m: 4:01.49 44.45				
13.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	5:10.61	+0,80	483	
	50m: 31.17 31.17	150m: 1:47.87 39.41	250m: 3:12.25 46.64	350m: 4:35.48 36.36	400m: 5:10.61 35.13		
	100m: 1:08.46 37.29	200m: 2:25.61 37.74	300m: 3:59.12 46.87				
14.	BARBOSA Pedro Xavier	04	Desportiva Viana	5:12.03	+0,71	477	
	50m: 31.79 31.79	150m: 1:48.16 41.23	250m: 3:15.15 47.27	350m: 4:37.94 35.95	400m: 5:12.03 34.09		
	100m: 1:06.93 35.14	200m: 2:27.88 39.72	300m: 4:01.99 46.84				
15.	OLIVEIRA Joao Campelo	04	Famalicao	5:13.06	+0,73	472	
	50m: 32.08 32.08	150m: 1:50.23 41.65	250m: 3:15.77 44.45	350m: 4:37.41 36.83	400m: 5:13.06 35.65		
	100m: 1:08.58 36.50	200m: 2:31.32 41.09	300m: 4:00.58 44.81				
16.	TEIXEIRA Cesar Rego	04	Famalicao	5:13.44	+0,75	470	
	50m: 31.73 31.73	150m: 1:48.94 40.33	250m: 3:15.87 47.00	350m: 4:38.75 36.10	400m: 5:13.44 34.69		
	100m: 1:08.61 36.88	200m: 2:28.87 39.93	300m: 4:02.65 46.78				
17.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	5:14.01	+0,86	468	
	50m: 32.84 32.84	150m: 1:54.61 42.56	250m: 3:17.99 41.18	350m: 4:38.33 36.72	400m: 5:14.01 35.68		
	100m: 1:12.05 39.21	200m: 2:36.81 42.20	300m: 4:01.61 43.62				
18.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	5:14.09	+0,82	467	
	50m: 33.18 33.18	150m: 1:55.02 40.77	250m: 3:20.14 45.05	350m: 4:40.63 34.79	400m: 5:14.09 33.46		
	100m: 1:14.25 41.07	200m: 2:35.09 40.07	300m: 4:05.84 45.70				
19.	CARVALHO Martim Henriques	04	Rio Maior	5:15.51	+0,76	461	
	50m: 31.80 31.80	150m: 1:46.96 40.01	250m: 3:16.92 50.69	350m: 4:40.60 34.67	400m: 5:15.51 34.91		
	100m: 1:06.95 35.15	200m: 2:26.23 39.27	300m: 4:05.93 49.01				
20.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	5:16.50	+0,74	457	
	50m: 31.38 31.38	150m: 1:50.88 41.12	250m: 3:20.41 50.05	350m: 4:43.97 34.40	400m: 5:16.50 32.53		
	100m: 1:09.76 38.38	200m: 2:30.36 39.48	300m: 4:09.57 49.16				
21.	SANTOS Joao Afonso	04	Sporting	5:16.95	+0,90	455	
	50m: 31.51 31.51	150m: 1:50.91 42.66	250m: 3:20.02 47.73	350m: 4:43.00 35.76	400m: 5:16.95 33.95		
	100m: 1:08.25 36.74	200m: 2:32.29 41.38	300m: 4:07.24 47.22				
22.	PEREIRA Jose Goncalo	04	Fafe	5:17.69	+0,77	452	
	50m: 31.79 31.79	150m: 1:53.12 42.75	250m: 3:18.84 43.51	350m: 4:41.43 37.54	400m: 5:17.69 36.26		
	100m: 1:10.37 38.58	200m: 2:35.33 42.21	300m: 4:03.89 45.05				
23.	SILVA Frederico Ferreira	04	Famalicao	5:18.56	+0,86	448	
	50m: 31.52 31.52	150m: 1:50.23 40.68	250m: 3:18.53 49.80	350m: 4:44.01 35.68	400m: 5:18.56 34.55		
	100m: 1:09.55 38.03	200m: 2:28.73 38.50	300m: 4:08.33 49.80				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	PINTO Afonso Cipriano	04	Sporting	5:23.35	+0,69	428	
	50m: 31.66 31.66	150m: 1:51.82 41.35	250m: 3:20.73 47.59	350m: 4:46.74 35.99			
	100m: 1:10.47 38.81	200m: 2:33.14 41.32	300m: 4:10.75 50.02	400m: 5:23.35 36.61			
25.	CORREIA Francisco Alves	04	Litoral Alentejano	5:34.27	+0,74	388	
	50m: 30.60 30.60	150m: 1:51.62 44.51	250m: 3:23.76 48.36	350m: 4:53.96 41.54			
	100m: 1:07.11 36.51	200m: 2:35.40 43.78	300m: 4:12.42 48.66	400m: 5:34.27 40.31			

Prova 16 Masc., 400m Estilos Juniores
05-04-2019 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015

CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CRISTINO David Matias	01	Uniao Piedense	4:37.56	+0,72	678	
	50m: 28.73 28.73	150m: 1:37.41 35.68	250m: 2:53.59 40.93	350m: 4:06.50 31.07			
	100m: 1:01.73 33.00	200m: 2:12.66 35.25	300m: 3:35.43 41.84	400m: 4:37.56 31.06			
2.	SILVA Tomas Antonio	01	Naval do Funchal	4:41.61	+0,62	649	
	50m: 29.64 29.64	150m: 1:39.72 35.69	250m: 2:55.81 39.69	350m: 4:09.03 34.11			
	100m: 1:04.03 34.39	200m: 2:16.12 36.40	300m: 3:34.92 39.11	400m: 4:41.61 32.58			
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:41.95	+0,74	646	
	50m: 30.34 30.34	150m: 1:42.05 37.19	250m: 2:59.72 41.17	350m: 4:11.42 30.95			
	100m: 1:04.86 34.52	200m: 2:18.55 36.50	300m: 3:40.47 40.75	400m: 4:41.95 30.53			
4.	FERNANDES Eduardo Gomes	02	Sporting	4:46.40	+0,73	617	
	50m: 29.38 29.38	150m: 1:40.22 36.41	250m: 2:57.31 41.67	350m: 4:13.83 33.85			
	100m: 1:03.81 34.43	200m: 2:15.64 35.42	300m: 3:39.98 42.67	400m: 4:46.40 32.57			
5.	BRAS Ricardo Martins	01	Belenenses	4:51.13	+0,70	587	
	50m: 29.94 29.94	150m: 1:43.75 37.83	250m: 3:02.90 41.29	350m: 4:19.17 33.09			
	100m: 1:05.92 35.98	200m: 2:21.61 37.86	300m: 3:46.08 43.18	400m: 4:51.13 31.96			
6.	SILVA Henrique Gomes	02	Estamos Juntos	4:51.25	+0,68	586	
	50m: 29.12 29.12	150m: 1:42.47 38.44	250m: 3:01.71 42.15	350m: 4:19.11 33.46			
	100m: 1:04.03 34.91	200m: 2:19.56 37.09	300m: 3:45.65 43.94	400m: 4:51.25 32.14			
7.	MONTEIRO Tomas Penha	02	Alges	4:52.03	+0,68	582	
	50m: 29.97 29.97	150m: 1:42.80 38.41	250m: 3:03.47 43.06	350m: 4:19.94 32.42			
	100m: 1:04.39 34.42	200m: 2:20.41 37.61	300m: 3:47.52 44.05	400m: 4:52.03 32.09			
8.	PEREIRA Joao Peixoto	01	Braga	4:54.13	+0,73	569	
	50m: 29.39 29.39	150m: 1:42.48 39.43	250m: 3:05.77 44.53	350m: 4:23.01 33.01			
	100m: 1:03.05 33.66	200m: 2:21.24 38.76	300m: 3:50.00 44.23	400m: 4:54.13 31.12			
9.	GORDO Goncalo Moraes	02	Colegio Monte Maior	4:54.25	+0,79	569	
	50m: 29.66 29.66	150m: 1:43.14 38.69	250m: 3:02.99 42.80	350m: 4:22.07 35.20			
	100m: 1:04.45 34.79	200m: 2:20.19 37.05	300m: 3:46.87 43.88	400m: 4:54.25 32.18			
10.	AGUIAR Gabriel Silva	01	Porto	4:55.44	+0,65	562	
	50m: 28.80 28.80	150m: 1:41.60 39.35	250m: 3:03.10 42.23	350m: 4:21.98 34.32			
	100m: 1:02.25 33.45	200m: 2:20.87 39.27	300m: 3:47.66 44.56	400m: 4:55.44 33.46			

Splash Meet Manager, 11.58908

Registered to Federacao Portuguesa de Natacao

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PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	PINTO Pedro Miguel	02	Sporting	4:55.63	+0,84	561	
	50m: 29.98 29.98	150m: 1:44.37 39.10	250m: 3:06.28 41.61	350m: 4:22.88 34.02			
	100m: 1:05.27 35.29	200m: 2:24.67 40.30	300m: 3:48.86 42.58	400m: 4:55.63 32.75			
12.	MALFEITO Martim Rebelo	02	Sporting	4:56.22	+0,72	557	
	50m: 31.17 31.17	150m: 1:47.54 41.37	250m: 3:08.13 40.65	350m: 4:23.04 34.20			
	100m: 1:06.17 35.00	200m: 2:27.48 39.94	300m: 3:48.84 40.71	400m: 4:56.22 33.18			
DSQ	RODRIGUES Pedro Simoes	01	Uniao Coimbra				
SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso							

Prova 16 Masc., 400m Estilos Seniores
05-04-2019 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016

CMPL : 4:17.90 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre	98	Sporting	4:27.95	+0,70	753	
	50m: 27.85 27.85	150m: 1:33.62 34.44	250m: 2:45.06 38.43	350m: 3:56.14 32.66			
	100m: 59.18 31.33	200m: 2:06.63 33.01	300m: 3:23.48 38.42	400m: 4:27.95 31.81			
2.	LOPES Jose Paulo	00	Braga	4:28.14	+0,65	752	
	50m: 27.92 27.92	150m: 1:34.56 34.70	250m: 2:46.93 38.87	350m: 3:57.68 32.43			
	100m: 59.86 31.94	200m: 2:08.06 33.50	300m: 3:25.25 38.32	400m: 4:28.14 30.46			
3.	RAMOS Bruno Miguel	97	Belenenses	4:31.84		721	
	50m: 27.81 27.81	150m: 1:35.86 35.73	250m: 2:49.37 38.71	350m: 4:00.81 32.47			
	100m: 1:00.13 32.32	200m: 2:10.66 34.80	300m: 3:28.34 38.97	400m: 4:31.84 31.03			
4.	CARVALHO Jose Paula	98	Benfica	4:32.00	+0,71	720	
	50m: 28.62 28.62	150m: 1:35.53 34.67	250m: 2:48.47 38.05	350m: 4:00.12 32.96			
	100m: 1:00.86 32.24	200m: 2:10.42 34.89	300m: 3:27.16 38.69	400m: 4:32.00 31.88			
5.	BASTOS Lucas Pereira	00	Nautico Academico	4:33.39	+0,74	709	
	50m: 28.56 28.56	150m: 1:37.19 36.35	250m: 2:50.77 37.77	350m: 4:01.54 31.87			
	100m: 1:00.84 32.28	200m: 2:13.00 35.81	300m: 3:29.67 38.90	400m: 4:33.39 31.85			
6.	PINOTES Pedro Miguel	89	Sporting	4:37.18	+0,75	680	
	50m: 29.37 29.37	150m: 1:37.95 35.73	250m: 2:52.32 39.11	350m: 4:05.77 34.17			
	100m: 1:02.22 32.85	200m: 2:13.21 35.26	300m: 3:31.60 39.28	400m: 4:37.18 31.41			
7.	BATE Miguel Ribeiro	99	Alges	4:38.87	+0,68	668	
	50m: 27.76 27.76	150m: 1:36.30 35.25	250m: 2:52.49 41.06	350m: 4:07.84 33.71			
	100m: 1:01.05 33.29	200m: 2:11.43 35.13	300m: 3:34.13 41.64	400m: 4:38.87 31.03			
8.	DANTAS Diogo Leal	00	Sporting	4:40.15	+0,63	659	
	50m: 28.03 28.03	150m: 1:36.73 35.80	250m: 2:52.47 39.52	350m: 4:07.51 34.47			
	100m: 1:00.93 32.90	200m: 2:12.95 36.22	300m: 3:33.04 40.57	400m: 4:40.15 32.64			
9.	PINTO Antonio Fernando	99	Benfica	4:40.58	+0,77	656	
	50m: 28.48 28.48	150m: 1:39.63 38.21	250m: 2:55.81 38.32	350m: 4:08.16 32.46			
	100m: 1:01.42 32.94	200m: 2:17.49 37.86	300m: 3:35.70 39.89	400m: 4:40.58 32.42			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CATALAO Daniel Nogueira	00	Benfica	4:40.88	+0,63	654	
	50m: 28.42 28.42	150m: 1:37.68 36.37	250m: 2:54.09 39.36	350m: 4:08.56 33.43			
	100m: 1:01.31 32.89	200m: 2:14.73 37.05	300m: 3:35.13 41.04	400m: 4:40.88 32.32			
11.	BESSA Antonio Rafael	94	Aquatico Pacense	4:42.77	+0,71	641	
	50m: 29.44 29.44	150m: 1:39.35 37.06	250m: 2:56.29 40.48	350m: 4:09.61 32.68			
	100m: 1:02.29 32.85	200m: 2:15.81 36.46	300m: 3:36.93 40.64	400m: 4:42.77 33.16			
12.	GASPAR Miguel Caridade	99	Academica de Coimbra	4:46.51	+0,73	616	
	50m: 30.52 30.52	150m: 1:44.57 38.43	250m: 2:59.97 38.22	350m: 4:13.33 34.62			
	100m: 1:06.14 35.62	200m: 2:21.75 37.18	300m: 3:38.71 38.74	400m: 4:46.51 33.18			
13.	SAMPAIO Jose Pedro	98	Fluvial Portuense	4:49.05	+0,70	600	
	50m: 28.43 28.43	150m: 1:38.54 36.51	250m: 2:58.18 42.73	350m: 4:15.22 33.61			
	100m: 1:02.03 33.60	200m: 2:15.45 36.91	300m: 3:41.61 43.43	400m: 4:49.05 33.83			
14.	LUZ Filipe Ferreira	98	Geslours	4:49.43	+0,77	597	
	50m: 30.00 30.00	150m: 1:42.26 37.47	250m: 3:01.24 42.61	350m: 4:17.60 32.98			
	100m: 1:04.79 34.79	200m: 2:18.63 36.37	300m: 3:44.62 43.38	400m: 4:49.43 31.83			
15.	SILVA Paulo Filipe	98	Natacao da Maia	4:50.72	+0,94	590	
	50m: 30.77 30.77	150m: 1:42.90 38.53	250m: 3:02.85 42.28	350m: 4:18.53 32.73			
	100m: 1:04.37 33.60	200m: 2:20.57 37.67	300m: 3:45.80 42.95	400m: 4:50.72 32.19			
16.	JOAQUIM Andre Serro	00	Portinado	4:52.91	+0,80	576	
	50m: 29.87 29.87	150m: 1:42.95 38.06	250m: 3:03.36 42.42	350m: 4:20.79 34.19			
	100m: 1:04.89 35.02	200m: 2:20.94 37.99	300m: 3:46.60 43.24	400m: 4:52.91 32.12			
17.	NUNES Rafael Filipe	96	Benfica	4:54.21	+0,63	569	
	50m: 29.54 29.54	150m: 1:42.20 38.85	250m: 3:03.38 43.02	350m: 4:21.31 34.70			
	100m: 1:03.35 33.81	200m: 2:20.36 38.16	300m: 3:46.61 43.23	400m: 4:54.21 32.90			
18.	DINIS Tiago Moises	98	Nautico Academico	4:57.42	+0,76	551	
	50m: 29.45 29.45	150m: 1:43.53 39.06	250m: 3:05.77 43.69	350m: 4:23.47 35.29			
	100m: 1:04.47 35.02	200m: 2:22.08 38.55	300m: 3:48.18 42.41	400m: 4:57.42 33.95			
DSQ	CORDEIRO Tiago Roberto	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 250 m						
DSQ	ALVES Nuno Rafael	90	Aquatico Pacense				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DNS	VELOSO Tomas Miguel	96	Nautico Academico				

Prova 16, Masc., 400m Estilos, Elimin

Prova 16 Masc., 400m Estilos Absolutos
05-04-2019 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / CMPL Sen: 4:17.90 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre	98	Sporting	4:27.95	+0,70	753	
	50m: 27.85 27.85	150m: 1:33.62 34.44	250m: 2:45.06 38.43	350m: 3:56.14 32.66			
	100m: 59.18 31.33	200m: 2:06.63 33.01	300m: 3:23.48 38.42	400m: 4:27.95 31.81			
2.	LOPES Jose Paulo	00	Braga	4:28.14	+0,65	752	
	50m: 27.92 27.92	150m: 1:34.56 34.70	250m: 2:46.93 38.87	350m: 3:57.68 32.43			
	100m: 59.86 31.94	200m: 2:08.06 33.50	300m: 3:25.25 38.32	400m: 4:28.14 30.46			
3.	RAMOS Bruno Miguel	97	Belenenses	4:31.84		721	
	50m: 27.81 27.81	150m: 1:35.86 35.73	250m: 2:49.37 38.71	350m: 4:00.81 32.47			
	100m: 1:00.13 32.32	200m: 2:10.66 34.80	300m: 3:28.34 38.97	400m: 4:31.84 31.03			
4.	CARVALHO Jose Paula	98	Benfica	4:32.00	+0,71	720	
	50m: 28.62 28.62	150m: 1:35.53 34.67	250m: 2:48.47 38.05	350m: 4:00.12 32.96			
	100m: 1:00.86 32.24	200m: 2:10.42 34.89	300m: 3:27.16 38.69	400m: 4:32.00 31.88			
5.	BASTOS Lucas Pereira	00	Nautico Academico	4:33.39	+0,74	709	
	50m: 28.56 28.56	150m: 1:37.19 36.35	250m: 2:50.77 37.77	350m: 4:01.54 31.87			
	100m: 1:00.84 32.28	200m: 2:13.00 35.81	300m: 3:29.67 38.90	400m: 4:33.39 31.85			
6.	PINOTES Pedro Miguel	89	Sporting	4:37.18	+0,75	680	
	50m: 29.37 29.37	150m: 1:37.95 35.73	250m: 2:52.32 39.11	350m: 4:05.77 34.17			
	100m: 1:02.22 32.85	200m: 2:13.21 35.26	300m: 3:31.60 39.28	400m: 4:37.18 31.41			
7.	CRISTINO David Matias	01	Uniao Piedense	4:37.56	+0,72	678	
	50m: 28.73 28.73	150m: 1:37.41 35.68	250m: 2:53.59 40.93	350m: 4:06.50 31.07			
	100m: 1:01.73 33.00	200m: 2:12.66 35.25	300m: 3:35.43 41.84	400m: 4:37.56 31.06			
8.	CARNEIRO Joao Soares	03	Benfica	4:38.22	+0,71	673	
	<i>Minimos Pré-Jun</i>						
	50m: 28.41 28.41	150m: 1:38.09 37.30	250m: 2:52.92 38.27	350m: 4:06.12 33.49			
	100m: 1:00.79 32.38	200m: 2:14.65 36.56	300m: 3:32.63 39.71	400m: 4:38.22 32.10			
9.	BATE Miguel Ribeiro	99	Alges	4:38.87	+0,68	668	
	50m: 27.76 27.76	150m: 1:36.30 35.25	250m: 2:52.49 41.06	350m: 4:07.84 33.71			
	100m: 1:01.05 33.29	200m: 2:11.43 35.13	300m: 3:34.13 41.64	400m: 4:38.87 31.03			
10.	DANTAS Diogo Leal	00	Sporting	4:40.15	+0,63	659	
	50m: 28.03 28.03	150m: 1:36.73 35.80	250m: 2:52.47 39.52	350m: 4:07.51 34.47			
	100m: 1:00.93 32.90	200m: 2:12.95 36.22	300m: 3:33.04 40.57	400m: 4:40.15 32.64			
11.	PINTO Antonio Fernando	99	Benfica	4:40.58	+0,77	656	
	50m: 28.48 28.48	150m: 1:39.63 38.21	250m: 2:55.81 38.32	350m: 4:08.16 32.46			
	100m: 1:01.42 32.94	200m: 2:17.49 37.86	300m: 3:35.70 39.89	400m: 4:40.58 32.42			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CATALAO Daniel Nogueira	00	Benfica	4:40.88	+0,63	654	
	50m: 28.42 28.42	150m: 1:37.68 36.37	250m: 2:54.09 39.36	350m: 4:08.56 33.43			
	100m: 1:01.31 32.89	200m: 2:14.73 37.05	300m: 3:35.13 41.04	400m: 4:40.88 32.32			
13.	VAKULYUK Paulo	03	Torres Novas	4:41.53	+0,71	649	
	<i>Minimos Pré-Jun</i>						
	50m: 28.68 28.68	150m: 1:35.57 35.24	250m: 2:53.25 42.85	350m: 4:10.43 33.77			
	100m: 1:00.33 31.65	200m: 2:10.40 34.83	300m: 3:36.66 43.41	400m: 4:41.53 31.10			
14.	SILVA Tomas Antonio	01	Naval do Funchal	4:41.61	+0,62	649	
	50m: 29.64 29.64	150m: 1:39.72 35.69	250m: 2:55.81 39.69	350m: 4:09.03 34.11			
	100m: 1:04.03 34.39	200m: 2:16.12 36.40	300m: 3:34.92 39.11	400m: 4:41.61 32.58			
15.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:41.95	+0,74	646	
	50m: 30.34 30.34	150m: 1:42.05 37.19	250m: 2:59.72 41.17	350m: 4:11.42 30.95			
	100m: 1:04.86 34.52	200m: 2:18.55 36.50	300m: 3:40.47 40.75	400m: 4:41.95 30.53			
16.	BESSA Antonio Rafael	94	Aquatico Pacense	4:42.77	+0,71	641	
	50m: 29.44 29.44	150m: 1:39.35 37.06	250m: 2:56.29 40.48	350m: 4:09.61 32.68			
	100m: 1:02.29 32.85	200m: 2:15.81 36.46	300m: 3:36.93 40.64	400m: 4:42.77 33.16			
17.	FERNANDES Eduardo Gomes	02	Sporting	4:46.40	+0,73	617	
	50m: 29.38 29.38	150m: 1:40.22 36.41	250m: 2:57.31 41.67	350m: 4:13.83 33.85			
	100m: 1:03.81 34.43	200m: 2:15.64 35.42	300m: 3:39.98 42.67	400m: 4:46.40 32.57			
18.	GASPAR Miguel Caridade	99	Academica de Coimbra	4:46.51	+0,73	616	
	50m: 30.52 30.52	150m: 1:44.57 38.43	250m: 2:59.97 38.22	350m: 4:13.33 34.62			
	100m: 1:06.14 35.62	200m: 2:21.75 37.18	300m: 3:38.71 38.74	400m: 4:46.51 33.18			
19.	SIMÕES Bernardo Jorge	04	Colegio Vasco da Gama	4:47.13	+0,74	612	
	50m: 29.68 29.68	150m: 1:40.89 36.57	250m: 2:58.69 40.64	350m: 4:14.64 33.41			
	100m: 1:04.32 34.64	200m: 2:18.05 37.16	300m: 3:41.23 42.54	400m: 4:47.13 32.49			
20.	RIBEIRO Diogo Matos	04	Uniao Coimbra	4:48.79	+0,76	601	
	50m: 29.47 29.47	150m: 1:41.23 36.49	250m: 2:59.83 41.57	350m: 4:16.40 32.56			
	100m: 1:04.74 35.27	200m: 2:18.26 37.03	300m: 3:43.84 44.01	400m: 4:48.79 32.39			
21.	SAMPAIO Jose Pedro	98	Fluvial Portuense	4:49.05	+0,70	600	
	50m: 28.43 28.43	150m: 1:38.54 36.51	250m: 2:58.18 42.73	350m: 4:15.22 33.61			
	100m: 1:02.03 33.60	200m: 2:15.45 36.91	300m: 3:41.61 43.43	400m: 4:49.05 33.83			
22.	LUZ Filipe Ferreira	98	Geslours	4:49.43	+0,77	597	
	50m: 30.00 30.00	150m: 1:42.26 37.47	250m: 3:01.24 42.61	350m: 4:17.60 32.98			
	100m: 1:04.79 34.79	200m: 2:18.63 36.37	300m: 3:44.62 43.38	400m: 4:49.43 31.83			
23.	SILVA Paulo Filipe	98	Natacao da Maia	4:50.72	+0,94	590	
	50m: 30.77 30.77	150m: 1:42.90 38.53	250m: 3:02.85 42.28	350m: 4:18.53 32.73			
	100m: 1:04.37 33.60	200m: 2:20.57 37.67	300m: 3:45.80 42.95	400m: 4:50.72 32.19			
24.	BRAS Ricardo Martins	01	Belenenses	4:51.13	+0,70	587	
	50m: 29.94 29.94	150m: 1:43.75 37.83	250m: 3:02.90 41.29	350m: 4:19.17 33.09			
	100m: 1:05.92 35.98	200m: 2:21.61 37.86	300m: 3:46.08 43.18	400m: 4:51.13 31.96			
25.	SILVA Henrique Gomes	02	Estamos Juntos	4:51.25	+0,68	586	
	50m: 29.12 29.12	150m: 1:42.47 38.44	250m: 3:01.71 42.15	350m: 4:19.11 33.46			
	100m: 1:04.03 34.91	200m: 2:19.56 37.09	300m: 3:45.65 43.94	400m: 4:51.25 32.14			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	MONTEIRO Tomas Penha	02	Alges	4:52.03	+0,68	582	
	50m: 29.97 29.97	150m: 1:42.80 38.41	250m: 3:03.47 43.06	350m: 4:19.94 32.42			
	100m: 1:04.39 34.42	200m: 2:20.41 37.61	300m: 3:47.52 44.05	400m: 4:52.03 32.09			
	DIAS Rodrigo Reis	03	Belenenses	4:52.03	+0,73	582	
	50m: 30.57 30.57	150m: 1:44.33 37.35	250m: 3:05.24 44.05	350m: 4:21.48 32.12			
	100m: 1:06.98 36.41	200m: 2:21.19 36.86	300m: 3:49.36 44.12	400m: 4:52.03 30.55			
28.	JOAQUIM Andre Serro	00	Portinado	4:52.91	+0,80	576	
	50m: 29.87 29.87	150m: 1:42.95 38.06	250m: 3:03.36 42.42	350m: 4:20.79 34.19			
	100m: 1:04.89 35.02	200m: 2:20.94 37.99	300m: 3:46.60 43.24	400m: 4:52.91 32.12			
29.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	4:53.04	+0,71	576	
	50m: 31.14 31.14	150m: 1:46.13 38.72	250m: 3:05.22 41.46	350m: 4:20.93 33.69			
	100m: 1:07.41 36.27	200m: 2:23.76 37.63	300m: 3:47.24 42.02	400m: 4:53.04 32.11			
30.	PEREIRA Joao Peixoto	01	Braga	4:54.13	+0,73	569	
	50m: 29.39 29.39	150m: 1:42.48 39.43	250m: 3:05.77 44.53	350m: 4:23.01 33.01			
	100m: 1:03.05 33.66	200m: 2:21.24 38.76	300m: 3:50.00 44.23	400m: 4:54.13 31.12			
31.	NUNES Rafael Filipe	96	Benfica	4:54.21	+0,63	569	
	50m: 29.54 29.54	150m: 1:42.20 38.85	250m: 3:03.38 43.02	350m: 4:21.31 34.70			
	100m: 1:03.35 33.81	200m: 2:20.36 38.16	300m: 3:46.61 43.23	400m: 4:54.21 32.90			
32.	GORDO Goncalo Morais	02	Colegio Monte Maior	4:54.25	+0,79	569	
	50m: 29.66 29.66	150m: 1:43.14 38.69	250m: 3:02.99 42.80	350m: 4:22.07 35.20			
	100m: 1:04.45 34.79	200m: 2:20.19 37.05	300m: 3:46.87 43.88	400m: 4:54.25 32.18			
33.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:55.06	+0,77	564	
	50m: 29.96 29.96	150m: 1:42.87 39.25	250m: 3:03.22 42.55	350m: 4:21.37 35.13			
	100m: 1:03.62 33.66	200m: 2:20.67 37.80	300m: 3:46.24 43.02	400m: 4:55.06 33.69			
34.	AGUIAR Gabriel Silva	01	Porto	4:55.44	+0,65	562	
	50m: 28.80 28.80	150m: 1:41.60 39.35	250m: 3:03.10 42.23	350m: 4:21.98 34.32			
	100m: 1:02.25 33.45	200m: 2:20.87 39.27	300m: 3:47.66 44.56	400m: 4:55.44 33.46			
35.	PINTO Pedro Miguel	02	Sporting	4:55.63	+0,84	561	
	50m: 29.98 29.98	150m: 1:44.37 39.10	250m: 3:06.28 41.61	350m: 4:22.88 34.02			
	100m: 1:05.27 35.29	200m: 2:24.67 40.30	300m: 3:48.86 42.58	400m: 4:55.63 32.75			
36.	MALFEITO Martim Rebelo	02	Sporting	4:56.22	+0,72	557	
	50m: 31.17 31.17	150m: 1:47.54 41.37	250m: 3:08.13 40.65	350m: 4:23.04 34.20			
	100m: 1:06.17 35.00	200m: 2:27.48 39.94	300m: 3:48.84 40.71	400m: 4:56.22 33.18			
37.	MACHADO Martim Miranda	03	Uniao Coimbra	4:56.80	+0,77	554	
	50m: 29.81 29.81	150m: 1:44.04 39.43	250m: 3:07.33 45.53	350m: 4:25.38 33.77			
	100m: 1:04.61 34.80	200m: 2:21.80 37.76	300m: 3:51.61 44.28	400m: 4:56.80 31.42			
38.	DINIS Tiago Moises	98	Nautico Academico	4:57.42	+0,76	551	
	50m: 29.45 29.45	150m: 1:43.53 39.06	250m: 3:05.77 43.69	350m: 4:23.47 35.29			
	100m: 1:04.47 35.02	200m: 2:22.08 38.55	300m: 3:48.18 42.41	400m: 4:57.42 33.95			
39.	CARVALHO Antonio Lombardi	04	Belenenses	4:59.40	+0,87	540	
	50m: 31.67 31.67	150m: 1:47.24 39.33	250m: 3:08.97 43.02	350m: 4:26.92 34.23			
	100m: 1:07.91 36.24	200m: 2:25.95 38.71	300m: 3:52.69 43.72	400m: 4:59.40 32.48			
40.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:59.78	+0,74	538	
	50m: 29.54 29.54	150m: 1:42.65 39.00	250m: 3:04.83 44.04	350m: 4:25.25 35.62			
	100m: 1:03.65 34.11	200m: 2:20.79 38.14	300m: 3:49.63 44.80	400m: 4:59.78 34.53			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	FERREIRA Joao Carlos	03	Porto	5:00.03	+0,69	536	
	50m: 30.33 30.33	150m: 1:44.72 39.06	250m: 3:06.87 44.03	350m: 4:26.11 35.52			
	100m: 1:05.66 35.33	200m: 2:22.84 38.12	300m: 3:50.59 43.72	400m: 5:00.03 33.92			
42.	ALMEIDA Bernardo Victorino	04	Sporting	5:01.68	+0,76	528	
	50m: 30.04 30.04	150m: 1:45.07 39.85	250m: 3:07.70 44.61	350m: 4:28.27 34.63			
	100m: 1:05.22 35.18	200m: 2:23.09 38.02	300m: 3:53.64 45.94	400m: 5:01.68 33.41			
43.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	5:02.57	+0,75	523	
	50m: 29.62 29.62	150m: 1:46.21 39.89	250m: 3:09.04 44.05	350m: 4:29.46 35.01			
	100m: 1:06.32 36.70	200m: 2:24.99 38.78	300m: 3:54.45 45.41	400m: 5:02.57 33.11			
44.	JORGE Tiago Miguel	03	Rio Maior	5:03.07	+0,64	520	
	50m: 30.37 30.37	150m: 1:47.95 42.38	250m: 3:11.05 42.89	350m: 4:30.57 35.34			
	100m: 1:05.57 35.20	200m: 2:28.16 40.21	300m: 3:55.23 44.18	400m: 5:03.07 32.50			
45.	BORGES David Costa	04	Fluvial Portuense	5:04.56	+0,67	513	
	50m: 30.46 30.46	150m: 1:49.98 42.34	250m: 3:15.85 42.98	350m: 4:32.95 33.59			
	100m: 1:07.64 37.18	200m: 2:32.87 42.89	300m: 3:59.36 43.51	400m: 5:04.56 31.61			
46.	CRUZ David Miguel	04	Braga	5:04.63	+0,70	512	
	50m: 30.56 30.56	150m: 1:49.58 42.01	250m: 3:12.47 43.28	350m: 4:31.04 35.01			
	100m: 1:07.57 37.01	200m: 2:29.19 39.61	300m: 3:56.03 43.56	400m: 5:04.63 33.59			
47.	SIMÕES Miguel Costa	04	Cova da Piedade	5:05.05	+0,74	510	
	50m: 31.22 31.22	150m: 1:49.40 40.13	250m: 3:13.76 44.89	350m: 4:32.45 33.69			
	100m: 1:09.27 38.05	200m: 2:28.87 39.47	300m: 3:58.76 45.00	400m: 5:05.05 32.60			
48.	MARQUES Andre Costa	03	Famalicao	5:06.08	+0,70	505	
	50m: 31.34 31.34	150m: 1:46.74 38.09	250m: 3:11.81 46.76	350m: 4:32.68 34.67			
	100m: 1:08.65 37.31	200m: 2:25.05 38.31	300m: 3:58.01 46.20	400m: 5:06.08 33.40			
49.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	5:07.09	+0,76	500	
	50m: 31.21 31.21	150m: 1:50.60 43.83	250m: 3:14.88 42.84	350m: 4:33.95 35.25			
	100m: 1:06.77 35.56	200m: 2:32.04 41.44	300m: 3:58.70 43.82	400m: 5:07.09 33.14			
50.	APSENIECE Kevins Alexandre	04	Porto	5:07.69	+0,86	497	
	50m: 32.46 32.46	150m: 1:49.33 40.29	250m: 3:12.57 44.73	350m: 4:33.13 35.04			
	100m: 1:09.04 36.58	200m: 2:27.84 38.51	300m: 3:58.09 45.52	400m: 5:07.69 34.56			
51.	SANTOS Roberto Pinho	03	Estamos Juntos	5:07.77	+1,00	497	
	50m: 30.71 30.71	150m: 1:48.37 40.85	250m: 3:10.99 42.73	350m: 4:32.19 36.39			
	100m: 1:07.52 36.81	200m: 2:28.26 39.89	300m: 3:55.80 44.81	400m: 5:07.77 35.58			
52.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	5:09.23	+0,77	490	
	50m: 30.49 30.49	150m: 1:45.65 39.93	250m: 3:12.89 46.64	350m: 4:34.98 35.43			
	100m: 1:05.72 35.23	200m: 2:26.25 40.60	300m: 3:59.55 46.66	400m: 5:09.23 34.25			
53.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	5:09.48	+0,72	489	
	50m: 32.67 32.67	150m: 1:51.54 41.58	250m: 3:17.04 44.87	350m: 4:36.25 34.76			
	100m: 1:09.96 37.29	200m: 2:32.17 40.63	300m: 4:01.49 44.45	400m: 5:09.48 33.23			
54.	FELICIO Tomas Miguel	03	Rio Maior	5:10.29	+0,79	485	
	50m: 31.72 31.72	150m: 1:51.82 42.36	250m: 3:14.78 43.09	350m: 4:35.42 35.98			
	100m: 1:09.46 37.74	200m: 2:31.69 39.87	300m: 3:59.44 44.66	400m: 5:10.29 34.87			
55.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	5:10.61	+0,80	483	
	50m: 31.17 31.17	150m: 1:47.87 39.41	250m: 3:12.25 46.64	350m: 4:35.48 36.36			
	100m: 1:08.46 37.29	200m: 2:25.61 37.74	300m: 3:59.12 46.87	400m: 5:10.61 35.13			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	BARBOSA Pedro Xavier	04	Desportiva Viana	5:12.03	+0,71	477	
	50m: 31.79 31.79	150m: 1:48.16 41.23	250m: 3:15.15 47.27	350m: 4:37.94 35.95	400m: 5:12.03 34.09		
	100m: 1:06.93 35.14	200m: 2:27.88 39.72	300m: 4:01.99 46.84				
57.	OLIVEIRA Joao Campelo	04	Famalicao	5:13.06	+0,73	472	
	50m: 32.08 32.08	150m: 1:50.23 41.65	250m: 3:15.77 44.45	350m: 4:37.41 36.83	400m: 5:13.06 35.65		
	100m: 1:08.58 36.50	200m: 2:31.32 41.09	300m: 4:00.58 44.81				
58.	LEAL Dinis Barros	03	Aquatico Pacense	5:13.28	+0,79	471	
	50m: 30.87 30.87	150m: 1:50.48 43.38	250m: 3:16.05 44.94	350m: 4:38.56 36.96	400m: 5:13.28 34.72		
	100m: 1:07.10 36.23	200m: 2:31.11 40.63	300m: 4:01.60 45.55				
59.	TEIXEIRA Cesar Rego	04	Famalicao	5:13.44	+0,75	470	
	50m: 31.73 31.73	150m: 1:48.94 40.33	250m: 3:15.87 47.00	350m: 4:38.75 36.10	400m: 5:13.44 34.69		
	100m: 1:08.61 36.88	200m: 2:28.87 39.93	300m: 4:02.65 46.78				
60.	DIAS Ruben Fonseca	03	Natacao de Valongo	5:13.53	+0,73	470	
	50m: 29.83 29.83	150m: 1:44.76 39.88	250m: 3:13.04 48.08	350m: 4:38.04 36.45	400m: 5:13.53 35.49		
	100m: 1:04.88 35.05	200m: 2:24.96 40.20	300m: 4:01.59 48.55				
61.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	5:14.01	+0,86	468	
	50m: 32.84 32.84	150m: 1:54.61 42.56	250m: 3:17.99 41.18	350m: 4:38.33 36.72	400m: 5:14.01 35.68		
	100m: 1:12.05 39.21	200m: 2:36.81 42.20	300m: 4:01.61 43.62				
62.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	5:14.09	+0,82	467	
	50m: 33.18 33.18	150m: 1:55.02 40.77	250m: 3:20.14 45.05	350m: 4:40.63 34.79	400m: 5:14.09 33.46		
	100m: 1:14.25 41.07	200m: 2:35.09 40.07	300m: 4:05.84 45.70				
63.	CARVALHO Martim Henriques	04	Rio Maior	5:15.51	+0,76	461	
	50m: 31.80 31.80	150m: 1:46.96 40.01	250m: 3:16.92 50.69	350m: 4:40.60 34.67	400m: 5:15.51 34.91		
	100m: 1:06.95 35.15	200m: 2:26.23 39.27	300m: 4:05.93 49.01				
64.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	5:16.50	+0,74	457	
	50m: 31.38 31.38	150m: 1:50.88 41.12	250m: 3:20.41 50.05	350m: 4:43.97 34.40	400m: 5:16.50 32.53		
	100m: 1:09.76 38.38	200m: 2:30.36 39.48	300m: 4:09.57 49.16				
65.	SANTOS Joao Afonso	04	Sporting	5:16.95	+0,90	455	
	50m: 31.51 31.51	150m: 1:50.91 42.66	250m: 3:20.02 47.73	350m: 4:43.00 35.76	400m: 5:16.95 33.95		
	100m: 1:08.25 36.74	200m: 2:32.29 41.38	300m: 4:07.24 47.22				
66.	PEREIRA Jose Goncalo	04	Fafe	5:17.69	+0,77	452	
	50m: 31.79 31.79	150m: 1:53.12 42.75	250m: 3:18.84 43.51	350m: 4:41.43 37.54	400m: 5:17.69 36.26		
	100m: 1:10.37 38.58	200m: 2:35.33 42.21	300m: 4:03.89 45.05				
67.	SILVA Frederico Ferreira	04	Famalicao	5:18.56	+0,86	448	
	50m: 31.52 31.52	150m: 1:50.23 40.68	250m: 3:18.53 49.80	350m: 4:44.01 35.68	400m: 5:18.56 34.55		
	100m: 1:09.55 38.03	200m: 2:28.73 38.50	300m: 4:08.33 49.80				
68.	PINTO Afonso Cipriano	04	Sporting	5:23.35	+0,69	428	
	50m: 31.66 31.66	150m: 1:51.82 41.35	250m: 3:20.73 47.59	350m: 4:46.74 35.99	400m: 5:23.35 36.61		
	100m: 1:10.47 38.81	200m: 2:33.14 41.32	300m: 4:10.75 50.02				
69.	CORREIA Francisco Alves	04	Litoral Alentejano	5:34.27	+0,74	388	
	50m: 30.60 30.60	150m: 1:51.62 44.51	250m: 3:23.76 48.36	350m: 4:53.96 41.54	400m: 5:34.27 40.31		
	100m: 1:07.11 36.51	200m: 2:35.40 43.78	300m: 4:12.42 48.66				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	CORDEIRO Tiago Roberto	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 250 m						
DSQ	ALVES Nuno Rafael	90	Aquatico Pacense				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DSQ	SOUSA Diogo Nunes	03	Vitoria Guimaraes				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 300 metros						
DSQ	RODRIGUES Pedro Simoes	01	Uniao Coimbra				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DNS	VELOSO Tomas Miguel	96	Nautico Academico				
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense				
DNS	CORREIA Pedro Henriques	03	Benfica				
EXH	NEVES Tiago Correia	97	Belenenses	5:03.87	+0,65	516	
	50m: 30.01 30.01	150m: 1:47.30 41.10	250m: 3:11.12 44.03	350m: 4:29.88 34.97			
	100m: 1:06.20 36.19	200m: 2:27.09 39.79	300m: 3:54.91 43.79	400m: 5:03.87 33.99			
EXH	CRUZ Miguel Duarte	99	Belenenses	5:05.10	+0,70	510	
	50m: 31.56 31.56	150m: 1:50.09 41.09	250m: 3:13.44 43.66	350m: 4:32.03 34.53			
	100m: 1:09.00 37.44	200m: 2:29.78 39.69	300m: 3:57.50 44.06	400m: 5:05.10 33.07			