

Prova 34 Masc., 400m Livres Juvenis A  
07-04-2019 - 11:55 Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / PreJun\_Masc Juv: 4:08.52 / CEJun\_Masc 15 - 18: 4:01.28 / CMJ\_Masc 15 - 18: 3:56.53 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	<b>4:10.48</b>	+0,78	678	
	50m: 28.55 28.55	150m: 1:31.65 32.02	250m: 2:35.89 32.42	350m: 3:40.72 32.52			
	100m: 59.63 31.08	200m: 2:03.47 31.82	300m: 3:08.20 32.31	400m: 4:10.48 29.76			
2.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:15.02</b>	+0,73	642	
	50m: 29.36 29.36	150m: 1:34.28 32.47	250m: 2:38.68 32.43	350m: 3:44.23 32.60			
	100m: 1:01.81 32.45	200m: 2:06.25 31.97	300m: 3:11.63 32.95	400m: 4:15.02 30.79			
3.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	<b>4:15.10</b>	+0,71	642	
	50m: 29.88 29.88	150m: 1:34.01 32.19	250m: 2:38.87 32.74	350m: 3:43.91 32.66			
	100m: 1:01.82 31.94	200m: 2:06.13 32.12	300m: 3:11.25 32.38	400m: 4:15.10 31.19			
4.	LOPES Luis Afonso	03	Viver Santarem	<b>4:19.61</b>	+0,72	609	
	50m: 30.13 30.13	150m: 1:35.58 33.22	250m: 2:41.74 32.52	350m: 3:48.03 33.06			
	100m: 1:02.36 32.23	200m: 2:09.22 33.64	300m: 3:14.97 33.23	400m: 4:19.61 31.58			
5.	DIAS Rodrigo Reis	03	Belenenses	<b>4:19.96</b>	+0,69	606	
	50m: 29.92 29.92	150m: 1:36.33 33.01	250m: 2:41.90 31.72	350m: 3:47.86 32.63			
	100m: 1:03.32 33.40	200m: 2:10.18 33.85	300m: 3:15.23 33.33	400m: 4:19.96 32.10			
6.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:20.27</b>	+0,71	604	
	50m: 29.51 29.51	150m: 1:35.66 32.93	250m: 2:42.59 32.94	350m: 3:49.29 33.11			
	100m: 1:02.73 33.22	200m: 2:09.65 33.99	300m: 3:16.18 33.59	400m: 4:20.27 30.98			
7.	CARVALHO Fernando Costa	03	Foca	<b>4:20.54</b>	+0,69	602	
	50m: 29.30 29.30	150m: 1:34.72 33.12	250m: 2:41.73 33.84	350m: 3:48.18 33.05			
	100m: 1:01.60 32.30	200m: 2:07.89 33.17	300m: 3:15.13 33.40	400m: 4:20.54 32.36			
8.	DIAS Ruben Fonseca	03	Natacao de Valongo	<b>4:26.04</b>	+0,73	566	
	50m: 29.47 29.47	150m: 1:35.31 33.57	250m: 2:44.05 34.31	350m: 3:52.52 34.39			
	100m: 1:01.74 32.27	200m: 2:09.74 34.43	300m: 3:18.13 34.08	400m: 4:26.04 33.52			
9.	DUARTE Pedro Esteves	03	Cova da Piedade	<b>4:27.20</b>	+0,72	558	
	50m: 30.12 30.12	150m: 1:38.18 34.79	250m: 2:47.40 35.02	350m: 3:55.66 34.38			
	100m: 1:03.39 33.27	200m: 2:12.38 34.20	300m: 3:21.28 33.88	400m: 4:27.20 31.54			
10.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>4:27.92</b>	+0,73	554	
	50m: 29.20 29.20	150m: 1:36.56 33.95	250m: 2:44.65 34.09	350m: 3:53.81 34.64			
	100m: 1:02.61 33.41	200m: 2:10.56 34.00	300m: 3:19.17 34.52	400m: 4:27.92 34.11			
11.	CANADAS Joao Vasco	03	Rio Maior	<b>4:29.67</b>	+0,74	543	
	50m: 30.57 30.57	150m: 1:37.95 33.84	250m: 2:47.45 34.83	350m: 3:56.25 33.92			
	100m: 1:04.11 33.54	200m: 2:12.62 34.67	300m: 3:22.33 34.88	400m: 4:29.67 33.42			
12.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>4:29.78</b>	+0,68	542	
	50m: 29.65 29.65	150m: 1:35.82 33.93	250m: 2:45.20 34.91	350m: 3:56.56 36.02			
	100m: 1:01.89 32.24	200m: 2:10.29 34.47	300m: 3:20.54 35.34	400m: 4:29.78 33.22			

Prova 34, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	COUTINHO Guilherme Pereira	03	Viver Santarem	<b>4:30.09</b>	+0,69	540	
	50m: 30.01 30.01 150m: 1:38.32 33.91 250m: 2:47.50 34.14 350m: 3:57.42 34.56						
	100m: 1:04.41 34.40 200m: 2:13.36 35.04 300m: 3:22.86 35.36 400m: 4:30.09 32.67						
14.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>4:30.37</b>	+0,76	539	
	50m: 29.51 29.51 150m: 1:36.22 33.31 250m: 2:43.96 33.10 350m: 3:54.52 34.58						
	100m: 1:02.91 33.40 200m: 2:10.86 34.64 300m: 3:19.94 35.98 400m: 4:30.37 35.85						
15.	GOMES Goncalo Camara	03	Naval do Funchal	<b>4:32.09</b>	+0,62	529	
	50m: 29.20 29.20 150m: 1:35.75 33.81 250m: 2:45.88 35.08 350m: 3:57.31 35.66						
	100m: 1:01.94 32.74 200m: 2:10.80 35.05 300m: 3:21.65 35.77 400m: 4:32.09 34.78						
16.	MARTYN David	03	Benedita	<b>4:34.06</b>	+0,66	517	
	50m: 29.61 29.61 150m: 1:36.86 34.11 250m: 2:47.55 35.57 350m: 3:59.10 35.83						
	100m: 1:02.75 33.14 200m: 2:11.98 35.12 300m: 3:23.27 35.72 400m: 4:34.06 34.96						
17.	COSTA Afonso Filipe	03	Naval da Nazare	<b>4:35.79</b>	+0,73	508	
	50m: 31.27 31.27 150m: 1:39.93 34.11 250m: 2:48.83 34.24 350m: 4:00.30 35.83						
	100m: 1:05.82 34.55 200m: 2:14.59 34.66 300m: 3:24.47 35.64 400m: 4:35.79 35.49						

Prova 34 Masc., 400m Livres Juvenis B  
07-04-2019 - 11:55 Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / PreJun\_Masc Juv: 4:08.52 / CEJun\_Masc 15 - 18: 4:01.28 / CMJ\_Masc 15 - 18: 3:56.53 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:14.71</b>	+0,74	644	
	50m: 28.98 28.98 150m: 1:33.76 32.84 250m: 2:39.32 32.84 350m: 3:44.00 31.97						
	100m: 1:00.92 31.94 200m: 2:06.48 32.72 300m: 3:12.03 32.71 400m: 4:14.71 30.71						
2.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:18.44</b>	+0,74	617	
	50m: 29.25 29.25 150m: 1:34.73 33.08 250m: 2:41.29 33.41 350m: 3:47.48 33.20						
	100m: 1:01.65 32.40 200m: 2:07.88 33.15 300m: 3:14.28 32.99 400m: 4:18.44 30.96						
3.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	<b>4:20.35</b>	+0,71	603	
	50m: 29.28 29.28 150m: 1:34.80 33.31 250m: 2:40.83 32.74 350m: 3:48.16 33.46						
	100m: 1:01.49 32.21 200m: 2:08.09 33.29 300m: 3:14.70 33.87 400m: 4:20.35 32.19						
4.	NUNES Diogo Severino	04	Natacao de Valongo	<b>4:22.51</b>	+0,79	589	
	50m: 29.35 29.35 150m: 1:34.26 32.76 250m: 2:41.15 33.45 350m: 3:49.22 34.12						
	100m: 1:01.50 32.15 200m: 2:07.70 33.44 300m: 3:15.10 33.95 400m: 4:22.51 33.29						
5.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>4:22.84</b>	+0,75	586	
	50m: 30.35 30.35 150m: 1:36.78 33.51 250m: 2:43.29 33.21 350m: 3:49.97 33.09						
	100m: 1:03.27 32.92 200m: 2:10.08 33.30 300m: 3:16.88 33.59 400m: 4:22.84 32.87						
6.	CARVALHO Antonio Lombardi	04	Belenenses	<b>4:24.19</b>	+0,78	578	
	50m: 29.94 29.94 150m: 1:36.86 34.02 250m: 2:44.91 34.16 350m: 3:52.14 33.49						
	100m: 1:02.84 32.90 200m: 2:10.75 33.89 300m: 3:18.65 33.74 400m: 4:24.19 32.05						

Prova 34, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	<b>4:26.28</b>	+0,72	564	
	50m: 28.80 28.80	150m: 1:34.74 33.65	250m: 2:43.93 34.41	350m: 3:53.92 34.54	400m: 4:26.28 32.36		
	100m: 1:01.09 32.29	200m: 2:09.52 34.78	300m: 3:19.38 35.45				
8.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>4:26.53</b>	+0,74	562	
	50m: 28.79 28.79	150m: 1:34.68 33.93	250m: 2:42.86 33.60	350m: 3:51.38 34.47	400m: 4:26.53 35.15		
	100m: 1:00.75 31.96	200m: 2:09.26 34.58	300m: 3:16.91 34.05				
9.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	<b>4:26.72</b>	+0,75	561	
	50m: 29.70 29.70	150m: 1:36.49 33.94	250m: 2:44.73 33.87	350m: 3:53.23 34.16	400m: 4:26.72 33.49		
	100m: 1:02.55 32.85	200m: 2:10.86 34.37	300m: 3:19.07 34.34				
10.	SANTOS Gabriel Moreira	04	Famalicao	<b>4:27.40</b>	+0,70	557	
	50m: 28.87 28.87	150m: 1:36.33 34.29	250m: 2:45.39 34.29	350m: 3:53.02 34.00	400m: 4:27.40 34.38		
	100m: 1:02.04 33.17	200m: 2:11.10 34.77	300m: 3:19.02 33.63				
11.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>4:29.17</b>	+0,70	546	
	50m: 30.51 30.51	150m: 1:37.82 33.97	250m: 2:47.47 34.61	350m: 3:56.58 34.23	400m: 4:29.17 32.59		
	100m: 1:03.85 33.34	200m: 2:12.86 35.04	300m: 3:22.35 34.88				
12.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	<b>4:29.28</b>	+0,77	545	
	50m: 30.27 30.27	150m: 1:36.47 33.80	250m: 2:46.28 35.06	350m: 3:56.52 34.96	400m: 4:29.28 32.76		
	100m: 1:02.67 32.40	200m: 2:11.22 34.75	300m: 3:21.56 35.28				
13.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	<b>4:29.45</b>	+0,79	544	
	50m: 29.51 29.51	150m: 1:36.76 34.05	250m: 2:45.79 34.76	350m: 3:55.42 34.72	400m: 4:29.45 34.03		
	100m: 1:02.71 33.20	200m: 2:11.03 34.27	300m: 3:20.70 34.91				
14.	BORGES David Costa	04	Fluvial Portuense	<b>4:32.10</b>	+0,69	529	
	50m: 30.07 30.07	150m: 1:39.05 35.17	250m: 2:49.19 35.13	350m: 3:58.31 33.83	400m: 4:32.10 33.79		
	100m: 1:03.88 33.81	200m: 2:14.06 35.01	300m: 3:24.48 35.29				
15.	SILVA Gustavo Carvalho	04	Academia dos Acores	<b>4:33.30</b>	+0,80	522	
	50m: 29.87 29.87	150m: 1:37.49 34.08	250m: 2:47.46 34.99	350m: 3:58.50 35.56	400m: 4:33.30 34.80		
	100m: 1:03.41 33.54	200m: 2:12.47 34.98	300m: 3:22.94 35.48				
16.	RODEIA Jose Miguel	04	Natacao de Faro	<b>4:33.69</b>	+0,66	519	
	50m: 30.23 30.23	150m: 1:37.94 34.16	250m: 2:48.36 35.08	350m: 3:58.52 35.12	400m: 4:33.69 35.17		
	100m: 1:03.78 33.55	200m: 2:13.28 35.34	300m: 3:23.40 35.04				
17.	MOREIRA Joao Pedro	04	Fluvial Portuense	<b>4:33.80</b>	+0,83	519	
	50m: 30.38 30.38	150m: 1:38.88 35.13	250m: 2:48.97 35.37	350m: 4:00.01 35.23	400m: 4:33.80 33.79		
	100m: 1:03.75 33.37	200m: 2:13.60 34.72	300m: 3:24.78 35.81				
18.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	<b>4:33.98</b>	+0,73	518	
	50m: 31.32 31.32	150m: 1:39.09 34.52	250m: 2:49.48 35.57	350m: 4:00.28 35.23	400m: 4:33.98 33.70		
	100m: 1:04.57 33.25	200m: 2:13.91 34.82	300m: 3:25.05 35.57				
19.	MOITA Goncalo Brites	04	Uniao Coimbra	<b>4:34.28</b>	+0,65	516	
	50m: 30.02 30.02	150m: 1:38.98 34.99	250m: 2:49.25 34.90	350m: 4:00.32 35.52	400m: 4:34.28 33.96		
	100m: 1:03.99 33.97	200m: 2:14.35 35.37	300m: 3:24.80 35.55				
20.	BARBOSA Pedro Xavier	04	Desportiva Viana	<b>4:36.22</b>	+0,76	505	
	50m: 30.76 30.76	150m: 1:39.81 35.49	250m: 2:50.67 35.72	350m: 4:02.65 35.91	400m: 4:36.22 33.57		
	100m: 1:04.32 33.56	200m: 2:14.95 35.14	300m: 3:26.74 36.07				
21.	ANTUNES Joao Afonso	04	Galitos / Bresimar	<b>4:39.40</b>	+0,67	488	
	50m: 30.65 30.65	150m: 1:37.76 34.24	250m: 2:48.65 36.14	350m: 4:02.77 36.88	400m: 4:39.40 36.63		
	100m: 1:03.52 32.87	200m: 2:12.51 34.75	300m: 3:25.89 37.24				

Prova 34, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	GOMES Guilherme Sousa	04	Aquatico Silves	<b>4:41.98</b>	+0,79	475	
	50m: 29.44 29.44	150m: 1:39.35 35.54	250m: 2:52.18 36.58	350m: 4:06.22 36.83			
	100m: 1:03.81 34.37	200m: 2:15.60 36.25	300m: 3:29.39 37.21	400m: 4:41.98 35.76			

Prova 34 Masc., 400m Livres Juniores  
07-04-2019 - 11:55 Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / CEJun\_Masc 15 - 18: 4:01.28 / CMJ\_Masc 15 - 18: 3:56.53 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Miguel	01	Porto	<b>4:04.24</b>	+0,67	731	
	50m: 28.31 28.31	150m: 1:29.65 30.81	250m: 2:31.78 31.27	350m: 3:35.03 31.73			
	100m: 58.84 30.53	200m: 2:00.51 30.86	300m: 3:03.30 31.52	400m: 4:04.24 29.21			
2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>4:04.77</b>	+0,64	726	
	50m: 28.24 28.24	150m: 1:29.49 30.75	250m: 2:31.81 31.18	350m: 3:34.76 31.48			
	100m: 58.74 30.50	200m: 2:00.63 31.14	300m: 3:03.28 31.47	400m: 4:04.77 30.01			
3.	LOPES Tomas Teixeira	02	Foca	<b>4:05.38</b>	+0,70	721	
	50m: 27.85 27.85	150m: 1:29.93 31.59	250m: 2:32.90 31.70	350m: 3:35.36 31.06			
	100m: 58.34 30.49	200m: 2:01.20 31.27	300m: 3:04.30 31.40	400m: 4:05.38 30.02			
4.	CRISTINO David Matias	01	Uniao Piedense	<b>4:08.50</b>	+0,74	694	
	50m: 28.58 28.58	150m: 1:31.28 31.76	250m: 2:35.15 31.88	350m: 3:38.05 30.96			
	100m: 59.52 30.94	200m: 2:03.27 31.99	300m: 3:07.09 31.94	400m: 4:08.50 30.45			
5.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:09.20</b>	+0,72	688	
	50m: 27.99 27.99	150m: 1:29.66 30.80	250m: 2:32.97 31.53	350m: 3:37.39 32.05			
	100m: 58.86 30.87	200m: 2:01.44 31.78	300m: 3:05.34 32.37	400m: 4:09.20 31.81			
6.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:11.35</b>	+0,67	671	
	50m: 28.92 28.92	150m: 1:31.90 31.83	250m: 2:36.12 32.10	350m: 3:40.16 31.91			
	100m: 1:00.07 31.15	200m: 2:04.02 32.12	300m: 3:08.25 32.13	400m: 4:11.35 31.19			
7.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:11.55</b>	+0,78	669	
	50m: 28.98 28.98	150m: 1:31.18 30.86	250m: 2:34.92 31.61	350m: 3:39.87 32.12			
	100m: 1:00.32 31.34	200m: 2:03.31 32.13	300m: 3:07.75 32.83	400m: 4:11.55 31.68			
8.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:12.12</b>	+0,79	665	
	50m: 29.61 29.61	150m: 1:32.71 31.55	250m: 2:36.60 31.73	350m: 3:40.90 32.04			
	100m: 1:01.16 31.55	200m: 2:04.87 32.16	300m: 3:08.86 32.26	400m: 4:12.12 31.22			
9.	CARVALHO Daniel Luis	02	Braga	<b>4:14.68</b>	+0,83	645	
	50m: 28.77 28.77	150m: 1:32.70 32.10	250m: 2:37.86 32.59	350m: 3:43.15 32.33			
	100m: 1:00.60 31.83	200m: 2:05.27 32.57	300m: 3:10.82 32.96	400m: 4:14.68 31.53			
10.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:15.53</b>	+0,77	638	
	50m: 29.17 29.17	150m: 1:33.87 32.58	250m: 2:39.45 32.52	350m: 3:44.15 31.88			
	100m: 1:01.29 32.12	200m: 2:06.93 33.06	300m: 3:12.27 32.82	400m: 4:15.53 31.38			

Prova 34, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:15.69</b>	+0,63	637	
	50m: 28.87 28.87	150m: 1:32.45 32.38	250m: 2:38.65 33.24	350m: 3:44.34 32.77	400m: 4:15.69 31.35		
	100m: 1:00.07 31.20	200m: 2:05.41 32.96	300m: 3:11.57 32.92				
12.	LEBRE Diogo Ramos	01	Benfica	<b>4:16.40</b>	+0,76	632	
	50m: 29.35 29.35	150m: 1:33.40 32.09	250m: 2:38.74 32.22	350m: 3:43.53 32.14	400m: 4:16.40 32.87		
	100m: 1:01.31 31.96	200m: 2:06.52 33.12	300m: 3:11.39 32.65				
13.	PEREIRA Joao Peixoto	01	Braga	<b>4:18.34</b>	+0,77	618	
	50m: 29.06 29.06	150m: 1:33.25 32.45	250m: 2:38.67 32.53	350m: 3:44.64 32.97	400m: 4:18.34 33.70		
	100m: 1:00.80 31.74	200m: 2:06.14 32.89	300m: 3:11.67 33.00				
14.	MONTEIRO Tomas Penha	02	Alges	<b>4:18.77</b>	+0,66	615	
	50m: 29.18 29.18	150m: 1:33.91 32.55	250m: 2:38.86 32.72	350m: 3:45.57 33.78	400m: 4:18.77 33.20		
	100m: 1:01.36 32.18	200m: 2:06.14 32.23	300m: 3:11.79 32.93				
15.	SILVA Henrique Gomes	02	Estamos Juntos	<b>4:21.74</b>	+0,66	594	
	50m: 28.93 28.93	150m: 1:34.24 32.49	250m: 2:40.48 32.78	350m: 3:48.21 33.60	400m: 4:21.74 33.53		
	100m: 1:01.75 32.82	200m: 2:07.70 33.46	300m: 3:14.61 34.13				
16.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	<b>4:30.07</b>	+0,71	541	
	50m: 29.88 29.88	150m: 1:37.00 33.74	250m: 2:46.48 34.79	350m: 3:56.43 35.10	400m: 4:30.07 33.64		
	100m: 1:03.26 33.38	200m: 2:11.69 34.69	300m: 3:21.33 34.85				
DNS	MACHADO Tiago Andrade	02	Sporting de Aveiro				

Prova 34  
07-04-2019 - 11:55

Masc., 400m Livres

Seniores  
Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / CMPL : 3:48.15 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>3:59.89</b>	+0,68	772	
	50m: 27.58 27.58	150m: 1:27.90 30.42	250m: 2:28.29 29.87	350m: 3:29.23 30.67	400m: 3:59.89 30.66		
	100m: 57.48 29.90	200m: 1:58.42 30.52	300m: 2:58.56 30.27				
2.	PINA Guilherme Filipe	98	Sporting	<b>4:00.27</b>	+0,69	768	
	50m: 28.00 28.00	150m: 1:27.99 30.32	250m: 2:28.88 30.62	350m: 3:29.91 30.69	400m: 4:00.27 30.36		
	100m: 57.67 29.67	200m: 1:58.26 30.27	300m: 2:59.22 30.34				
3.	MOGNE Igor Araujo	96	Sporting	<b>4:03.61</b>	+0,72	737	
	50m: 27.77 27.77	150m: 1:28.84 30.88	250m: 2:30.87 31.19	350m: 3:33.09 31.17	400m: 4:03.61 30.52		
	100m: 57.96 30.19	200m: 1:59.68 30.84	300m: 3:01.92 31.05				
4.	COSTA Tiago Cunha	99	Sporting	<b>4:04.12</b>	+0,68	732	
	50m: 27.50 27.50	150m: 1:27.89 30.50	250m: 2:29.42 30.88	350m: 3:32.63 31.78	400m: 4:04.12 31.49		
	100m: 57.39 29.89	200m: 1:58.54 30.65	300m: 3:00.85 31.43				
5.	GIL Rafael Lourenco	96	Sporting	<b>4:04.56</b>	+0,72	728	
	50m: 28.00 28.00	150m: 1:29.24 31.15	250m: 2:30.81 31.01	350m: 3:33.21 31.22	400m: 4:04.56 31.35		
	100m: 58.09 30.09	200m: 1:59.80 30.56	300m: 3:01.99 31.18				

Prova 34, Masc., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SANTO Filipe Miguel	00	Benfica	<b>4:06.15</b>	+0,78	714	
	50m: 27.89 27.89	150m: 1:28.77 30.85	250m: 2:31.65 31.43	350m: 3:36.46 32.41	400m: 4:06.15 29.69		
	100m: 57.92 30.03	200m: 2:00.22 31.45	300m: 3:04.05 32.40				
7.	CARVALHO Jose Paula	98	Benfica	<b>4:07.45</b>	+0,68	703	
	50m: 28.28 28.28	150m: 1:29.27 30.77	250m: 2:31.95 31.48	350m: 3:36.65 32.31	400m: 4:07.45 30.80		
	100m: 58.50 30.22	200m: 2:00.47 31.20	300m: 3:04.34 32.39				
8.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:07.81</b>	+0,69	700	
	50m: 27.88 27.88	150m: 1:29.88 31.24	250m: 2:33.01 31.10	350m: 3:36.01 31.48	400m: 4:07.81 31.80		
	100m: 58.64 30.76	200m: 2:01.91 32.03	300m: 3:04.53 31.52				
9.	CAMPOS Tiago Filipe	99	Rio Maior	<b>4:08.71</b>	+0,77	692	
	50m: 27.73 27.73	150m: 1:29.95 31.49	250m: 2:33.11 31.54	350m: 3:37.43 31.99	400m: 4:08.71 31.28		
	100m: 58.46 30.73	200m: 2:01.57 31.62	300m: 3:05.44 32.33				
10.	NUNES Diogo Barbosa	00	Porto	<b>4:09.08</b>	+0,74	689	
	50m: 28.32 28.32	150m: 1:29.98 31.24	250m: 2:32.68 31.21	350m: 3:36.94 32.24	400m: 4:09.08 32.14		
	100m: 58.74 30.42	200m: 2:01.47 31.49	300m: 3:04.70 32.02				
11.	RAMOS Bruno Miguel	97	Belenenses	<b>4:09.14</b>	+0,71	689	
	50m: 28.19 28.19	150m: 1:28.88 30.85	250m: 2:32.32 32.07	350m: 3:37.60 32.57	400m: 4:09.14 31.54		
	100m: 58.03 29.84	200m: 2:00.25 31.37	300m: 3:05.03 32.71				
12.	TRAVANCA Sergio Filipe	00	Leixoes	<b>4:10.39</b>	+0,64	678	
	50m: 27.83 27.83	150m: 1:30.12 31.56	250m: 2:33.52 31.45	350m: 3:38.17 32.24	400m: 4:10.39 32.22		
	100m: 58.56 30.73	200m: 2:02.07 31.95	300m: 3:05.93 32.41				
13.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:10.46</b>	+0,76	678	
	50m: 28.51 28.51	150m: 1:30.69 31.22	250m: 2:34.48 31.89	350m: 3:38.57 31.06	400m: 4:10.46 31.89		
	100m: 59.47 30.96	200m: 2:02.59 31.90	300m: 3:07.51 33.03				
14.	DANTAS Diogo Leal	00	Sporting	<b>4:11.47</b>	+0,62	670	
	50m: 27.59 27.59	150m: 1:29.17 31.10	250m: 2:33.41 32.33	350m: 3:39.33 33.29	400m: 4:11.47 32.14		
	100m: 58.07 30.48	200m: 2:01.08 31.91	300m: 3:06.04 32.63				
15.	MORIM Ruben Jose	97	Vilacondense	<b>4:15.17</b>	+0,79	641	
	50m: 28.66 28.66	150m: 1:31.72 31.71	250m: 2:36.46 32.25	350m: 3:42.44 33.16	400m: 4:15.17 32.73		
	100m: 1:00.01 31.35	200m: 2:04.21 32.49	300m: 3:09.28 32.82				
16.	GONCALVES Francisco Xavier	97	Nautico Academico	<b>4:27.85</b>	+0,74	554	
	50m: 28.22 28.22	150m: 1:33.15 32.83	250m: 2:41.20 33.81	350m: 3:51.95 35.18	400m: 4:27.85 35.90		
	100m: 1:00.32 32.10	200m: 2:07.39 34.24	300m: 3:16.77 35.57				

Prova 34, Masc., 400m Livres, Elimin

Prova 34 Masc., 400m Livres Absolutos  
07-04-2019 - 11:55 Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / PreJun\_Masc Juv: 4:08.52 / CEJun\_Masc 15 - 18: 4:01.28 / CMJ\_Masc 15 - 18: 3:56.53 / CMPL Sen: 3:48.15 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>3:59.89</b>	+0,68	772	
	50m: 27.58 27.58	150m: 1:27.90 30.42	250m: 2:28.29 29.87	350m: 3:29.23 30.67			
	100m: 57.48 29.90	200m: 1:58.42 30.52	300m: 2:58.56 30.27	400m: 3:59.89 30.66			
2.	PINA Guilherme Filipe	98	Sporting	<b>4:00.27</b>	+0,69	768	
	50m: 28.00 28.00	150m: 1:27.99 30.32	250m: 2:28.88 30.62	350m: 3:29.91 30.69			
	100m: 57.67 29.67	200m: 1:58.26 30.27	300m: 2:59.22 30.34	400m: 4:00.27 30.36			
3.	MOGNE Igor Araujo	96	Sporting	<b>4:03.61</b>	+0,72	737	
	50m: 27.77 27.77	150m: 1:28.84 30.88	250m: 2:30.87 31.19	350m: 3:33.09 31.17			
	100m: 57.96 30.19	200m: 1:59.68 30.84	300m: 3:01.92 31.05	400m: 4:03.61 30.52			
4.	COSTA Tiago Cunha	99	Sporting	<b>4:04.12</b>	+0,68	732	
	50m: 27.50 27.50	150m: 1:27.89 30.50	250m: 2:29.42 30.88	350m: 3:32.63 31.78			
	100m: 57.39 29.89	200m: 1:58.54 30.65	300m: 3:00.85 31.43	400m: 4:04.12 31.49			
5.	SANTOS Pedro Miguel	01	Porto	<b>4:04.24</b>	+0,67	731	
	50m: 28.31 28.31	150m: 1:29.65 30.81	250m: 2:31.78 31.27	350m: 3:35.03 31.73			
	100m: 58.84 30.53	200m: 2:00.51 30.86	300m: 3:03.30 31.52	400m: 4:04.24 29.21			
6.	GIL Rafael Lourenco	96	Sporting	<b>4:04.56</b>	+0,72	728	
	50m: 28.00 28.00	150m: 1:29.24 31.15	250m: 2:30.81 31.01	350m: 3:33.21 31.22			
	100m: 58.09 30.09	200m: 1:59.80 30.56	300m: 3:01.99 31.18	400m: 4:04.56 31.35			
7.	JOSE Diogo Coelho	01	Columbifila Cantanhedense	<b>4:04.77</b>	+0,64	726	
	50m: 28.24 28.24	150m: 1:29.49 30.75	250m: 2:31.81 31.18	350m: 3:34.76 31.48			
	100m: 58.74 30.50	200m: 2:00.63 31.14	300m: 3:03.28 31.47	400m: 4:04.77 30.01			
8.	LOPES Tomas Teixeira	02	Foca	<b>4:05.38</b>	+0,70	721	
	50m: 27.85 27.85	150m: 1:29.93 31.59	250m: 2:32.90 31.70	350m: 3:35.36 31.06			
	100m: 58.34 30.49	200m: 2:01.20 31.27	300m: 3:04.30 31.40	400m: 4:05.38 30.02			
9.	SANTO Filipe Miguel	00	Benfica	<b>4:06.15</b>	+0,78	714	
	50m: 27.89 27.89	150m: 1:28.77 30.85	250m: 2:31.65 31.43	350m: 3:36.46 32.41			
	100m: 57.92 30.03	200m: 2:00.22 31.45	300m: 3:04.05 32.40	400m: 4:06.15 29.69			
10.	CARVALHO Jose Paula	98	Benfica	<b>4:07.45</b>	+0,68	703	
	50m: 28.28 28.28	150m: 1:29.27 30.77	250m: 2:31.95 31.48	350m: 3:36.65 32.31			
	100m: 58.50 30.22	200m: 2:00.47 31.20	300m: 3:04.34 32.39	400m: 4:07.45 30.80			
11.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:07.81</b>	+0,69	700	
	50m: 27.88 27.88	150m: 1:29.88 31.24	250m: 2:33.01 31.10	350m: 3:36.01 31.48			
	100m: 58.64 30.76	200m: 2:01.91 32.03	300m: 3:04.53 31.52	400m: 4:07.81 31.80			

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CRISTINO David Matias	01	Uniao Piedense	<b>4:08.50</b>	+0,74	694	
	50m: 28.58 28.58	150m: 1:31.28 31.76	250m: 2:35.15 31.88	350m: 3:38.05 30.96	400m: 4:08.50 30.45		
	100m: 59.52 30.94	200m: 2:03.27 31.99	300m: 3:07.09 31.94				
13.	CAMPOS Tiago Filipe	99	Rio Maior	<b>4:08.71</b>	+0,77	692	
	50m: 27.73 27.73	150m: 1:29.95 31.49	250m: 2:33.11 31.54	350m: 3:37.43 31.99	400m: 4:08.71 31.28		
	100m: 58.46 30.73	200m: 2:01.57 31.62	300m: 3:05.44 32.33				
14.	NUNES Diogo Barbosa	00	Porto	<b>4:09.08</b>	+0,74	689	
	50m: 28.32 28.32	150m: 1:29.98 31.24	250m: 2:32.68 31.21	350m: 3:36.94 32.24	400m: 4:09.08 32.14		
	100m: 58.74 30.42	200m: 2:01.47 31.49	300m: 3:04.70 32.02				
15.	RAMOS Bruno Miguel	97	Belenenses	<b>4:09.14</b>	+0,71	689	
	50m: 28.19 28.19	150m: 1:28.88 30.85	250m: 2:32.32 32.07	350m: 3:37.60 32.57	400m: 4:09.14 31.54		
	100m: 58.03 29.84	200m: 2:00.25 31.37	300m: 3:05.03 32.71				
16.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:09.20</b>	+0,72	688	
	50m: 27.99 27.99	150m: 1:29.66 30.80	250m: 2:32.97 31.53	350m: 3:37.39 32.05	400m: 4:09.20 31.81		
	100m: 58.86 30.87	200m: 2:01.44 31.78	300m: 3:05.34 32.37				
17.	TRAVANCA Sergio Filipe	00	Leixoes	<b>4:10.39</b>	+0,64	678	
	50m: 27.83 27.83	150m: 1:30.12 31.56	250m: 2:33.52 31.45	350m: 3:38.17 32.24	400m: 4:10.39 32.22		
	100m: 58.56 30.73	200m: 2:02.07 31.95	300m: 3:05.93 32.41				
18.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:10.46</b>	+0,76	678	
	50m: 28.51 28.51	150m: 1:30.69 31.22	250m: 2:34.48 31.89	350m: 3:38.57 31.06	400m: 4:10.46 31.89		
	100m: 59.47 30.96	200m: 2:02.59 31.90	300m: 3:07.51 33.03				
19.	VAKULYUK Paulo	03	Torres Novas	<b>4:10.48</b>	+0,78	678	
	50m: 28.55 28.55	150m: 1:31.65 32.02	250m: 2:35.89 32.42	350m: 3:40.72 32.52	400m: 4:10.48 29.76		
	100m: 59.63 31.08	200m: 2:03.47 31.82	300m: 3:08.20 32.31				
20.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:11.35</b>	+0,67	671	
	50m: 28.92 28.92	150m: 1:31.90 31.83	250m: 2:36.12 32.10	350m: 3:40.16 31.91	400m: 4:11.35 31.19		
	100m: 1:00.07 31.15	200m: 2:04.02 32.12	300m: 3:08.25 32.13				
21.	DANTAS Diogo Leal	00	Sporting	<b>4:11.47</b>	+0,62	670	
	50m: 27.59 27.59	150m: 1:29.17 31.10	250m: 2:33.41 32.33	350m: 3:39.33 33.29	400m: 4:11.47 32.14		
	100m: 58.07 30.48	200m: 2:01.08 31.91	300m: 3:06.04 32.63				
22.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:11.55</b>	+0,78	669	
	50m: 28.98 28.98	150m: 1:31.18 30.86	250m: 2:34.92 31.61	350m: 3:39.87 32.12	400m: 4:11.55 31.68		
	100m: 1:00.32 31.34	200m: 2:03.31 32.13	300m: 3:07.75 32.83				
23.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:12.12</b>	+0,79	665	
	50m: 29.61 29.61	150m: 1:32.71 31.55	250m: 2:36.60 31.73	350m: 3:40.90 32.04	400m: 4:12.12 31.22		
	100m: 1:01.16 31.55	200m: 2:04.87 32.16	300m: 3:08.86 32.26				
24.	CARVALHO Daniel Luis	02	Braga	<b>4:14.68</b>	+0,83	645	
	50m: 28.77 28.77	150m: 1:32.70 32.10	250m: 2:37.86 32.59	350m: 3:43.15 32.33	400m: 4:14.68 31.53		
	100m: 1:00.60 31.83	200m: 2:05.27 32.57	300m: 3:10.82 32.96				
25.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:14.71</b>	+0,74	644	
	50m: 28.98 28.98	150m: 1:33.76 32.84	250m: 2:39.32 32.84	350m: 3:44.00 31.97	400m: 4:14.71 30.71		
	100m: 1:00.92 31.94	200m: 2:06.48 32.72	300m: 3:12.03 32.71				
26.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:15.02</b>	+0,73	642	
	50m: 29.36 29.36	150m: 1:34.28 32.47	250m: 2:38.68 32.43	350m: 3:44.23 32.60	400m: 4:15.02 30.79		
	100m: 1:01.81 32.45	200m: 2:06.25 31.97	300m: 3:11.63 32.95				



Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	<b>4:15.10</b>	+0,71	642	
	50m: 29.88 29.88	150m: 1:34.01 32.19	250m: 2:38.87 32.74	350m: 3:43.91 32.66	400m: 4:15.10 31.19		
	100m: 1:01.82 31.94	200m: 2:06.13 32.12	300m: 3:11.25 32.38				
28.	MORIM Ruben Jose	97	Vilacondense	<b>4:15.17</b>	+0,79	641	
	50m: 28.66 28.66	150m: 1:31.72 31.71	250m: 2:36.46 32.25	350m: 3:42.44 33.16	400m: 4:15.17 32.73		
	100m: 1:00.01 31.35	200m: 2:04.21 32.49	300m: 3:09.28 32.82				
29.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:15.53</b>	+0,77	638	
	50m: 29.17 29.17	150m: 1:33.87 32.58	250m: 2:39.45 32.52	350m: 3:44.15 31.88	400m: 4:15.53 31.38		
	100m: 1:01.29 32.12	200m: 2:06.93 33.06	300m: 3:12.27 32.82				
30.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:15.69</b>	+0,63	637	
	50m: 28.87 28.87	150m: 1:32.45 32.38	250m: 2:38.65 33.24	350m: 3:44.34 32.77	400m: 4:15.69 31.35		
	100m: 1:00.07 31.20	200m: 2:05.41 32.96	300m: 3:11.57 32.92				
31.	LEBRE Diogo Ramos	01	Benfica	<b>4:16.40</b>	+0,76	632	
	50m: 29.35 29.35	150m: 1:33.40 32.09	250m: 2:38.74 32.22	350m: 3:43.53 32.14	400m: 4:16.40 32.87		
	100m: 1:01.31 31.96	200m: 2:06.52 33.12	300m: 3:11.39 32.65				
32.	PEREIRA Joao Peixoto	01	Braga	<b>4:18.34</b>	+0,77	618	
	50m: 29.06 29.06	150m: 1:33.25 32.45	250m: 2:38.67 32.53	350m: 3:44.64 32.97	400m: 4:18.34 33.70		
	100m: 1:00.80 31.74	200m: 2:06.14 32.89	300m: 3:11.67 33.00				
33.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:18.44</b>	+0,74	617	
	50m: 29.25 29.25	150m: 1:34.73 33.08	250m: 2:41.29 33.41	350m: 3:47.48 33.20	400m: 4:18.44 30.96		
	100m: 1:01.65 32.40	200m: 2:07.88 33.15	300m: 3:14.28 32.99				
34.	MONTEIRO Tomas Penha	02	Alges	<b>4:18.77</b>	+0,66	615	
	50m: 29.18 29.18	150m: 1:33.91 32.55	250m: 2:38.86 32.72	350m: 3:45.57 33.78	400m: 4:18.77 33.20		
	100m: 1:01.36 32.18	200m: 2:06.14 32.23	300m: 3:11.79 32.93				
35.	LOPES Luis Afonso	03	Viver Santarem	<b>4:19.61</b>	+0,72	609	
	50m: 30.13 30.13	150m: 1:35.58 33.22	250m: 2:41.74 32.52	350m: 3:48.03 33.06	400m: 4:19.61 31.58		
	100m: 1:02.36 32.23	200m: 2:09.22 33.64	300m: 3:14.97 33.23				
36.	DIAS Rodrigo Reis	03	Belenenses	<b>4:19.96</b>	+0,69	606	
	50m: 29.92 29.92	150m: 1:36.33 33.01	250m: 2:41.90 31.72	350m: 3:47.86 32.63	400m: 4:19.96 32.10		
	100m: 1:03.32 33.40	200m: 2:10.18 33.85	300m: 3:15.23 33.33				
37.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:20.27</b>	+0,71	604	
	50m: 29.51 29.51	150m: 1:35.66 32.93	250m: 2:42.59 32.94	350m: 3:49.29 33.11	400m: 4:20.27 30.98		
	100m: 1:02.73 33.22	200m: 2:09.65 33.99	300m: 3:16.18 33.59				
38.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	<b>4:20.35</b>	+0,71	603	
	50m: 29.28 29.28	150m: 1:34.80 33.31	250m: 2:40.83 32.74	350m: 3:48.16 33.46	400m: 4:20.35 32.19		
	100m: 1:01.49 32.21	200m: 2:08.09 33.29	300m: 3:14.70 33.87				
39.	CARVALHO Fernando Costa	03	Foca	<b>4:20.54</b>	+0,69	602	
	50m: 29.30 29.30	150m: 1:34.72 33.12	250m: 2:41.73 33.84	350m: 3:48.18 33.05	400m: 4:20.54 32.36		
	100m: 1:01.60 32.30	200m: 2:07.89 33.17	300m: 3:15.13 33.40				
40.	SILVA Henrique Gomes	02	Estamos Juntos	<b>4:21.74</b>	+0,66	594	
	50m: 28.93 28.93	150m: 1:34.24 32.49	250m: 2:40.48 32.78	350m: 3:48.21 33.60	400m: 4:21.74 33.53		
	100m: 1:01.75 32.82	200m: 2:07.70 33.46	300m: 3:14.61 34.13				
41.	NUNES Diogo Severino	04	Natacao de Valongo	<b>4:22.51</b>	+0,79	589	
	50m: 29.35 29.35	150m: 1:34.26 32.76	250m: 2:41.15 33.45	350m: 3:49.22 34.12	400m: 4:22.51 33.29		
	100m: 1:01.50 32.15	200m: 2:07.70 33.44	300m: 3:15.10 33.95				

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>4:22.84</b>	+0,75	586	
	50m: 30.35 30.35	150m: 1:36.78 33.51	250m: 2:43.29 33.21	350m: 3:49.97 33.09	400m: 4:22.84 32.87		
	100m: 1:03.27 32.92	200m: 2:10.08 33.30	300m: 3:16.88 33.59				
43.	CARVALHO Antonio Lombardi	04	Belenenses	<b>4:24.19</b>	+0,78	578	
	50m: 29.94 29.94	150m: 1:36.86 34.02	250m: 2:44.91 34.16	350m: 3:52.14 33.49	400m: 4:24.19 32.05		
	100m: 1:02.84 32.90	200m: 2:10.75 33.89	300m: 3:18.65 33.74				
44.	DIAS Ruben Fonseca	03	Natacao de Valongo	<b>4:26.04</b>	+0,73	566	
	50m: 29.47 29.47	150m: 1:35.31 33.57	250m: 2:44.05 34.31	350m: 3:52.52 34.39	400m: 4:26.04 33.52		
	100m: 1:01.74 32.27	200m: 2:09.74 34.43	300m: 3:18.13 34.08				
45.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	<b>4:26.28</b>	+0,72	564	
	50m: 28.80 28.80	150m: 1:34.74 33.65	250m: 2:43.93 34.41	350m: 3:53.92 34.54	400m: 4:26.28 32.36		
	100m: 1:01.09 32.29	200m: 2:09.52 34.78	300m: 3:19.38 35.45				
46.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>4:26.53</b>	+0,74	562	
	50m: 28.79 28.79	150m: 1:34.68 33.93	250m: 2:42.86 33.60	350m: 3:51.38 34.47	400m: 4:26.53 35.15		
	100m: 1:00.75 31.96	200m: 2:09.26 34.58	300m: 3:16.91 34.05				
47.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	<b>4:26.72</b>	+0,75	561	
	50m: 29.70 29.70	150m: 1:36.49 33.94	250m: 2:44.73 33.87	350m: 3:53.23 34.16	400m: 4:26.72 33.49		
	100m: 1:02.55 32.85	200m: 2:10.86 34.37	300m: 3:19.07 34.34				
48.	DUARTE Pedro Esteves	03	Cova da Piedade	<b>4:27.20</b>	+0,72	558	
	50m: 30.12 30.12	150m: 1:38.18 34.79	250m: 2:47.40 35.02	350m: 3:55.66 34.38	400m: 4:27.20 31.54		
	100m: 1:03.39 33.27	200m: 2:12.38 34.20	300m: 3:21.28 33.88				
49.	SANTOS Gabriel Moreira	04	Famalicao	<b>4:27.40</b>	+0,70	557	
	50m: 28.87 28.87	150m: 1:36.33 34.29	250m: 2:45.39 34.29	350m: 3:53.02 34.00	400m: 4:27.40 34.38		
	100m: 1:02.04 33.17	200m: 2:11.10 34.77	300m: 3:19.02 33.63				
50.	GONCALVES Francisco Xavier	97	Nautico Academico	<b>4:27.85</b>	+0,74	554	
	50m: 28.22 28.22	150m: 1:33.15 32.83	250m: 2:41.20 33.81	350m: 3:51.95 35.18	400m: 4:27.85 35.90		
	100m: 1:00.32 32.10	200m: 2:07.39 34.24	300m: 3:16.77 35.57				
51.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>4:27.92</b>	+0,73	554	
	50m: 29.20 29.20	150m: 1:36.56 33.95	250m: 2:44.65 34.09	350m: 3:53.81 34.64	400m: 4:27.92 34.11		
	100m: 1:02.61 33.41	200m: 2:10.56 34.00	300m: 3:19.17 34.52				
52.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>4:29.17</b>	+0,70	546	
	50m: 30.51 30.51	150m: 1:37.82 33.97	250m: 2:47.47 34.61	350m: 3:56.58 34.23	400m: 4:29.17 32.59		
	100m: 1:03.85 33.34	200m: 2:12.86 35.04	300m: 3:22.35 34.88				
53.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	<b>4:29.28</b>	+0,77	545	
	50m: 30.27 30.27	150m: 1:36.47 33.80	250m: 2:46.28 35.06	350m: 3:56.52 34.96	400m: 4:29.28 32.76		
	100m: 1:02.67 32.40	200m: 2:11.22 34.75	300m: 3:21.56 35.28				
54.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	<b>4:29.45</b>	+0,79	544	
	50m: 29.51 29.51	150m: 1:36.76 34.05	250m: 2:45.79 34.76	350m: 3:55.42 34.72	400m: 4:29.45 34.03		
	100m: 1:02.71 33.20	200m: 2:11.03 34.27	300m: 3:20.70 34.91				
55.	CANADAS Joao Vasco	03	Rio Maior	<b>4:29.67</b>	+0,74	543	
	50m: 30.57 30.57	150m: 1:37.95 33.84	250m: 2:47.45 34.83	350m: 3:56.25 33.92	400m: 4:29.67 33.42		
	100m: 1:04.11 33.54	200m: 2:12.62 34.67	300m: 3:22.33 34.88				
56.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>4:29.78</b>	+0,68	542	
	50m: 29.65 29.65	150m: 1:35.82 33.93	250m: 2:45.20 34.91	350m: 3:56.56 36.02	400m: 4:29.78 33.22		
	100m: 1:01.89 32.24	200m: 2:10.29 34.47	300m: 3:20.54 35.34				

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	<b>4:30.07</b>	+0,71	541	
	50m: 29.88 29.88 150m: 1:37.00 33.74 250m: 2:46.48 34.79 350m: 3:56.43 35.10						
	100m: 1:03.26 33.38 200m: 2:11.69 34.69 300m: 3:21.33 34.85 400m: 4:30.07 33.64						
58.	COUTINHO Guilherme Pereira	03	Viver Santarem	<b>4:30.09</b>	+0,69	540	
	50m: 30.01 30.01 150m: 1:38.32 33.91 250m: 2:47.50 34.14 350m: 3:57.42 34.56						
	100m: 1:04.41 34.40 200m: 2:13.36 35.04 300m: 3:22.86 35.36 400m: 4:30.09 32.67						
59.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>4:30.37</b>	+0,76	539	
	50m: 29.51 29.51 150m: 1:36.22 33.31 250m: 2:43.96 33.10 350m: 3:54.52 34.58						
	100m: 1:02.91 33.40 200m: 2:10.86 34.64 300m: 3:19.94 35.98 400m: 4:30.37 35.85						
60.	GOMES Goncalo Camara	03	Naval do Funchal	<b>4:32.09</b>	+0,62	529	
	50m: 29.20 29.20 150m: 1:35.75 33.81 250m: 2:45.88 35.08 350m: 3:57.31 35.66						
	100m: 1:01.94 32.74 200m: 2:10.80 35.05 300m: 3:21.65 35.77 400m: 4:32.09 34.78						
61.	BORGES David Costa	04	Fluvial Portuense	<b>4:32.10</b>	+0,69	529	
	50m: 30.07 30.07 150m: 1:39.05 35.17 250m: 2:49.19 35.13 350m: 3:58.31 33.83						
	100m: 1:03.88 33.81 200m: 2:14.06 35.01 300m: 3:24.48 35.29 400m: 4:32.10 33.79						
62.	SILVA Gustavo Carvalho	04	Academia dos Acores	<b>4:33.30</b>	+0,80	522	
	50m: 29.87 29.87 150m: 1:37.49 34.08 250m: 2:47.46 34.99 350m: 3:58.50 35.56						
	100m: 1:03.41 33.54 200m: 2:12.47 34.98 300m: 3:22.94 35.48 400m: 4:33.30 34.80						
63.	RODEIA Jose Miguel	04	Natacao de Faro	<b>4:33.69</b>	+0,66	519	
	50m: 30.23 30.23 150m: 1:37.94 34.16 250m: 2:48.36 35.08 350m: 3:58.52 35.12						
	100m: 1:03.78 33.55 200m: 2:13.28 35.34 300m: 3:23.40 35.04 400m: 4:33.69 35.17						
64.	MOREIRA Joao Pedro	04	Fluvial Portuense	<b>4:33.80</b>	+0,83	519	
	50m: 30.38 30.38 150m: 1:38.88 35.13 250m: 2:48.97 35.37 350m: 4:00.01 35.23						
	100m: 1:03.75 33.37 200m: 2:13.60 34.72 300m: 3:24.78 35.81 400m: 4:33.80 33.79						
65.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	<b>4:33.98</b>	+0,73	518	
	50m: 31.32 31.32 150m: 1:39.09 34.52 250m: 2:49.48 35.57 350m: 4:00.28 35.23						
	100m: 1:04.57 33.25 200m: 2:13.91 34.82 300m: 3:25.05 35.57 400m: 4:33.98 33.70						
66.	MARTYN David	03	Benedita	<b>4:34.06</b>	+0,66	517	
	50m: 29.61 29.61 150m: 1:36.86 34.11 250m: 2:47.55 35.57 350m: 3:59.10 35.83						
	100m: 1:02.75 33.14 200m: 2:11.98 35.12 300m: 3:23.27 35.72 400m: 4:34.06 34.96						
67.	MOITA Goncalo Brites	04	Uniao Coimbra	<b>4:34.28</b>	+0,65	516	
	50m: 30.02 30.02 150m: 1:38.98 34.99 250m: 2:49.25 34.90 350m: 4:00.32 35.52						
	100m: 1:03.99 33.97 200m: 2:14.35 35.37 300m: 3:24.80 35.55 400m: 4:34.28 33.96						
68.	COSTA Afonso Filipe	03	Naval da Nazare	<b>4:35.79</b>	+0,73	508	
	50m: 31.27 31.27 150m: 1:39.93 34.11 250m: 2:48.83 34.24 350m: 4:00.30 35.83						
	100m: 1:05.82 34.55 200m: 2:14.59 34.66 300m: 3:24.47 35.64 400m: 4:35.79 35.49						
69.	BARBOSA Pedro Xavier	04	Desportiva Viana	<b>4:36.22</b>	+0,76	505	
	50m: 30.76 30.76 150m: 1:39.81 35.49 250m: 2:50.67 35.72 350m: 4:02.65 35.91						
	100m: 1:04.32 33.56 200m: 2:14.95 35.14 300m: 3:26.74 36.07 400m: 4:36.22 33.57						
70.	ANTUNES Joao Afonso	04	Galitos / Bresimar	<b>4:39.40</b>	+0,67	488	
	50m: 30.65 30.65 150m: 1:37.76 34.24 250m: 2:48.65 36.14 350m: 4:02.77 36.88						
	100m: 1:03.52 32.87 200m: 2:12.51 34.75 300m: 3:25.89 37.24 400m: 4:39.40 36.63						
71.	GOMES Guilherme Sousa	04	Aquatico Silves	<b>4:41.98</b>	+0,79	475	
	50m: 29.44 29.44 150m: 1:39.35 35.54 250m: 2:52.18 36.58 350m: 4:06.22 36.83						
	100m: 1:03.81 34.37 200m: 2:15.60 36.25 300m: 3:29.39 37.21 400m: 4:41.98 35.76						

Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	MACHADO Tiago Andrade	02	Sporting de Aveiro				
EXH	BELEZAS Ricardo Andrade	91	Sporting	<b>4:34.29</b>	+0,76	516	
	50m: 31.25 31.25	150m: 1:39.12	33.68	250m: 2:48.95	34.50	350m: 3:59.64	34.87
	100m: 1:05.44 34.19	200m: 2:14.45	35.33	300m: 3:24.77	35.82	400m: 4:34.29	34.65
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	<b>4:34.68</b>	+0,89	514	
	<i>Minimos Wordl ParaSwim</i>						
	50m: 31.49 31.49	150m: 1:39.07	34.20	250m: 2:49.03	34.60	350m: 3:59.69	35.25
	100m: 1:04.87 33.38	200m: 2:14.43	35.36	300m: 3:24.44	35.41	400m: 4:34.68	34.99

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