

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36 Boys, 400m Freestyle Juvenis  
03-08-2019 - 12:15 Results Prelim

Rec Nac Open	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
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

TAC Juv A 50m: 4:27.75 - 25m: 4:20.30; Juv B 50m: 4:31.87 - 25m: 4:27.10

Points: FINA 2019

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:12.78</b>	+0,66	659	
	50m: 29.27 29.27	150m: 1:35.06 33.11	250m: 2:39.19 32.43	350m: 3:42.84 31.71			
	100m: 1:01.95 32.68	200m: 2:06.76 31.70	300m: 3:11.13 31.94	400m: 4:12.78 29.94			
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:13.55</b>	+0,72	653	
	50m: 28.55 28.55	150m: 1:32.83 32.42	250m: 2:37.73 32.27	350m: 3:42.71 32.18			
	100m: 1:00.41 31.86	200m: 2:05.46 32.63	300m: 3:10.53 32.80	400m: 4:13.55 30.84			
3.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:14.98</b>	+0,68	642	
	50m: 28.76 28.76	150m: 1:32.91 32.27	250m: 2:38.14 32.20	350m: 3:43.40 32.65			
	100m: 1:00.64 31.88	200m: 2:05.94 33.03	300m: 3:10.75 32.61	400m: 4:14.98 31.58			
4.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	<b>4:17.26</b>	+0,70	625	
	50m: 29.48 29.48	150m: 1:34.34 32.66	250m: 2:39.49 32.53	350m: 3:44.99 32.74			
	100m: 1:01.68 32.20	200m: 2:06.96 32.62	300m: 3:12.25 32.76	400m: 4:17.26 32.27			
5.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	<b>4:18.96</b>	+0,68	613	
	50m: 30.00 30.00	150m: 1:35.74 32.84	250m: 2:40.98 32.29	350m: 3:46.49 32.57			
	100m: 1:02.90 32.90	200m: 2:08.69 32.95	300m: 3:13.92 32.94	400m: 4:18.96 32.47			
6.	LOPES Luis Afonso	03	Viver Santarem	<b>4:20.00</b>	+0,66	606	
	50m: 30.00 30.00	150m: 1:35.94 33.13	250m: 2:42.47 33.10	350m: 3:48.27 32.63			
	100m: 1:02.81 32.81	200m: 2:09.37 33.43	300m: 3:15.64 33.17	400m: 4:20.00 31.73			
7.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>4:21.10</b>	+0,70	598	
	50m: 29.75 29.75	150m: 1:33.06 33.87	250m: 2:38.21 30.59	350m: 3:48.38 33.74			
	100m: 59.19 29.44	200m: 2:07.62 34.56	300m: 3:14.64 36.43	400m: 4:21.10 32.72			
8.	CARVALHO Fernando Costa	03	Foca	<b>4:22.29</b>	+0,70	590	
	50m: 29.55 29.55	150m: 1:35.95 33.28	250m: 2:43.00 33.13	350m: 3:49.94 33.11			
	100m: 1:02.67 33.12	200m: 2:09.87 33.92	300m: 3:16.83 33.83	400m: 4:22.29 32.35			
9.	COSTA Hugo Alexandre	03	Natacao de Valongo	<b>4:22.64</b>	+0,72	588	
	50m: 29.74 29.74	150m: 1:36.56 33.50	250m: 2:43.96 33.61	350m: 3:50.71 32.75			
	100m: 1:03.06 33.32	200m: 2:10.35 33.79	300m: 3:17.96 34.00	400m: 4:22.64 31.93			
10.	DUARTE Pedro Esteves	03	Cova da Piedade	<b>4:23.26</b>	+0,67	584	
	50m: 29.42 29.42	150m: 1:36.51 33.93	250m: 2:44.21 33.31	350m: 3:51.42 33.35			
	100m: 1:02.58 33.16	200m: 2:10.90 34.39	300m: 3:18.07 33.86	400m: 4:23.26 31.84			
11.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>4:23.87</b>	+0,65	580	
	50m: 29.71 29.71	150m: 1:36.45 33.65	250m: 2:44.16 33.46	350m: 3:51.93 33.38			
	100m: 1:02.80 33.09	200m: 2:10.70 34.25	300m: 3:18.55 34.39	400m: 4:23.87 31.94			
12.	NUNES Diogo Severino	04	Natacao de Valongo	<b>4:24.12</b>	+0,78	578	
	50m: 30.11 30.11	150m: 1:37.13 33.70	250m: 2:44.36 33.75	350m: 3:52.21 33.55			
	100m: 1:03.43 33.32	200m: 2:10.61 33.48	300m: 3:18.66 34.30	400m: 4:24.12 31.91			
13.	CANADAS Joao Vasco	03	Rio Maior	<b>4:24.14</b>	+0,70	578	
	50m: 29.70 29.70	150m: 1:35.60 33.05	250m: 2:43.13 33.94	350m: 3:51.71 34.14			
	100m: 1:02.55 32.85	200m: 2:09.19 33.59	300m: 3:17.57 34.44	400m: 4:24.14 32.43			



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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
14.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>4:24.21</b>	+0,68	577	
	50m: 29.64 29.64	150m: 1:35.55 33.14	250m: 2:43.20 33.40	350m: 3:51.89 34.06			
	100m: 1:02.41 32.77	200m: 2:09.80 34.25	300m: 3:17.83 34.63	400m: 4:24.21 32.32			
15.	SANTOS Gabriel Moreira	04	Famalicao	<b>4:24.36</b>	+0,72	576	
	50m: 29.27 29.27	150m: 1:35.60 33.30	250m: 2:42.90 33.62	350m: 3:50.84 33.71			
	100m: 1:02.30 33.03	200m: 2:09.28 33.68	300m: 3:17.13 34.23	400m: 4:24.36 33.52			
16.	PEREIRA Alexandre Alves	03	Braga	<b>4:24.49</b>	+0,78	576	
	50m: 28.10 28.10	150m: 1:33.99 33.74	250m: 2:43.61 34.49	350m: 3:52.81 34.49			
	100m: 1:00.25 32.15	200m: 2:09.12 35.13	300m: 3:18.32 34.71	400m: 4:24.49 31.68			
17.	DIAS Ruben Fonseca	03	Natacao de Valongo	<b>4:24.69</b>	+0,71	574	
	50m: 29.47 29.47	150m: 1:36.07 33.93	250m: 2:43.73 33.63	350m: 3:51.61 33.66			
	100m: 1:02.14 32.67	200m: 2:10.10 34.03	300m: 3:17.95 34.22	400m: 4:24.69 33.08			
18.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	<b>4:25.71</b>	+0,72	568	
	50m: 29.32 29.32	150m: 1:35.82 33.63	250m: 2:44.05 34.01	350m: 3:53.12 34.56			
	100m: 1:02.19 32.87	200m: 2:10.04 34.22	300m: 3:18.56 34.51	400m: 4:25.71 32.59			
19.	BORGES David Costa	04	Fluvial Portuense	<b>4:25.85</b>	+0,65	567	
	50m: 28.38 28.38	150m: 1:34.88 33.83	250m: 2:42.97 33.72	350m: 3:51.95 34.39			
	100m: 1:01.05 32.67	200m: 2:09.25 34.37	300m: 3:17.56 34.59	400m: 4:25.85 33.90			
20.	GOMES Goncalo Camara	03	Naval do Funchal	<b>4:26.68</b>	+0,61	561	
	50m: 30.00 30.00	150m: 1:36.63 33.01	250m: 2:44.60 33.78	350m: 3:53.14 33.82			
	100m: 1:03.62 33.62	200m: 2:10.82 34.19	300m: 3:19.32 34.72	400m: 4:26.68 33.54			
21.	CARVALHO Martim Henriques	04	Rio Maior	<b>4:26.69</b>	+0,67	561	
	50m: 31.18 31.18	150m: 1:39.15 33.51	250m: 2:46.22 33.73	350m: 3:54.30 33.66			
	100m: 1:05.64 34.46	200m: 2:12.49 33.34	300m: 3:20.64 34.42	400m: 4:26.69 32.39			
22.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	<b>4:26.71</b>	+0,71	561	
	50m: 30.08 30.08	150m: 1:38.65 34.39	250m: 2:46.56 33.88	350m: 3:54.22 33.50			
	100m: 1:04.26 34.18	200m: 2:12.68 34.03	300m: 3:20.72 34.16	400m: 4:26.71 32.49			
23.	BARBOSA Pedro Xavier	04	Desportiva Viana	<b>4:27.21</b>	+0,69	558	
	50m: 29.87 29.87	150m: 1:36.84 33.62	250m: 2:44.98 34.14	350m: 3:54.14 34.56			
	100m: 1:03.22 33.35	200m: 2:10.84 34.00	300m: 3:19.58 34.60	400m: 4:27.21 33.07			
24.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	<b>4:27.27</b>	+0,66	558	
	50m: 29.98 29.98	150m: 1:37.79 33.98	250m: 2:46.30 34.00	350m: 3:55.22 34.36			
	100m: 1:03.81 33.83	200m: 2:12.30 34.51	300m: 3:20.86 34.56	400m: 4:27.27 32.05			
25.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>4:27.46</b>	+0,62	557	
	50m: 30.81 30.81	150m: 1:38.71 34.09	250m: 2:47.44 34.04	350m: 3:55.53 33.59			
	100m: 1:04.62 33.81	200m: 2:13.40 34.69	300m: 3:21.94 34.50	400m: 4:27.46 31.93			
26.	ANTUNES Joao Afonso	04	Galitos / Bresimar	<b>4:27.84</b>	+0,62	554	
	50m: 28.65 28.65	150m: 1:34.91 33.60	250m: 2:44.66 34.88	350m: 3:54.49 34.52			
	100m: 1:01.31 32.66	200m: 2:09.78 34.87	300m: 3:19.97 35.31	400m: 4:27.84 33.35			
27.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>4:28.03</b>	+0,70	553	
	50m: 30.22 30.22	150m: 1:36.76 33.43	250m: 2:44.05 33.78	350m: 3:53.64 34.99			
	100m: 1:03.33 33.11	200m: 2:10.27 33.51	300m: 3:18.65 34.60	400m: 4:28.03 34.39			
28.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	<b>4:28.20</b>	+0,69	552	
	50m: 29.75 29.75	150m: 1:37.46 34.31	250m: 2:46.86 34.46	350m: 3:55.73 33.98			
	100m: 1:03.15 33.40	200m: 2:12.40 34.94	300m: 3:21.75 34.89	400m: 4:28.20 32.47			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
29.	CARVALHO Goncalo Renato	04	Porto	<b>4:28.42</b>	+0,71	551	
	50m: 30.44 30.44 150m: 1:38.23 33.95 250m: 2:46.62 34.39 350m: 3:55.63 34.33						
	100m: 1:04.28 33.84 200m: 2:12.23 34.00 300m: 3:21.30 34.68 400m: 4:28.42 32.79						
30.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	<b>4:28.73</b>	+0,76	549	
	50m: 30.07 30.07 150m: 1:37.70 33.97 250m: 2:46.61 34.23 350m: 3:55.77 34.50						
	100m: 1:03.73 33.66 200m: 2:12.38 34.68 300m: 3:21.27 34.66 400m: 4:28.73 32.96						
31.	COUTINHO Guilherme Pereira	03	Viver Santarem	<b>4:28.96</b>	+0,59	547	
	50m: 29.93 29.93 150m: 1:37.76 34.22 250m: 2:46.01 33.74 350m: 3:55.86 35.12						
	100m: 1:03.54 33.61 200m: 2:12.27 34.51 300m: 3:20.74 34.73 400m: 4:28.96 33.10						
32.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>4:29.03</b>	+0,72	547	
	50m: 29.48 29.48 150m: 1:36.36 33.79 250m: 2:44.80 33.85 350m: 3:54.37 34.94						
	100m: 1:02.57 33.09 200m: 2:10.95 34.59 300m: 3:19.43 34.63 400m: 4:29.03 34.66						
33.	COSTA Afonso Filipe	03	Naval da Nazare	<b>4:29.10</b>	+0,70	546	
	50m: 29.84 29.84 150m: 1:37.01 33.71 250m: 2:45.13 33.57 350m: 3:54.53 34.95						
	100m: 1:03.30 33.46 200m: 2:11.56 34.55 300m: 3:19.58 34.45 400m: 4:29.10 34.57						
34.	CARVALHO Antonio Lombardi	04	Belenenses	<b>4:29.29</b>	+0,77	545	
	50m: 29.81 29.81 150m: 1:37.30 34.22 250m: 2:46.07 34.44 350m: 3:54.73 34.43						
	100m: 1:03.08 33.27 200m: 2:11.63 34.33 300m: 3:20.30 34.23 400m: 4:29.29 34.56						
35.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	<b>4:29.62</b>	+0,61	543	
	50m: 28.62 28.62 150m: 1:34.70 33.59 250m: 2:43.47 34.49 350m: 3:53.74 35.39						
	100m: 1:01.11 32.49 200m: 2:08.98 34.28 300m: 3:18.35 34.88 400m: 4:29.62 35.88						
36.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	<b>4:30.09</b>	+0,69	540	
	50m: 29.67 29.67 150m: 1:37.14 34.62 250m: 2:47.38 35.29 350m: 3:56.70 34.52						
	100m: 1:02.52 32.85 200m: 2:12.09 34.95 300m: 3:22.18 34.80 400m: 4:30.09 33.39						
37.	DIAS Rodrigo Reis	03	Belenenses	<b>4:30.29</b>	+0,62	539	
	50m: 30.50 30.50 150m: 1:38.07 33.48 250m: 2:45.21 32.87 350m: 3:55.37 35.39						
	100m: 1:04.59 34.09 200m: 2:12.34 34.27 300m: 3:19.98 34.77 400m: 4:30.29 34.92						
38.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	<b>4:30.40</b>	+0,83	539	
	50m: 30.16 30.16 150m: 1:37.37 34.04 250m: 2:47.01 34.85 350m: 3:56.61 34.75						
	100m: 1:03.33 33.17 200m: 2:12.16 34.79 300m: 3:21.86 34.85 400m: 4:30.40 33.79						
39.	FOCK Yann Chetelat	04	Avancado EUL	<b>4:31.55</b>	+0,60	532	
	50m: 29.82 29.82 150m: 1:38.25 34.53 250m: 2:48.10 34.91 350m: 3:58.05 34.51						
	100m: 1:03.72 33.90 200m: 2:13.19 34.94 300m: 3:23.54 35.44 400m: 4:31.55 33.50						
40.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	<b>4:32.13</b>	+0,72	528	
	50m: 30.34 30.34 150m: 1:38.46 33.91 250m: 2:48.51 34.66 350m: 3:58.81 34.43						
	100m: 1:04.55 34.21 200m: 2:13.85 35.39 300m: 3:24.38 35.87 400m: 4:32.13 33.32						
41.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	<b>4:35.72</b>	+0,81	508	
	50m: 30.60 30.60 150m: 1:39.93 34.73 250m: 2:50.68 35.19 350m: 4:01.63 35.09						
	100m: 1:05.20 34.60 200m: 2:15.49 35.56 300m: 3:26.54 35.86 400m: 4:35.72 34.09						
42.	MATOS Gil Amaral	04	Academia Acores	<b>4:35.94</b>	+0,64	507	
	50m: 31.07 31.07 150m: 1:40.96 34.99 250m: 2:52.03 35.28 350m: 4:02.62 34.89						
	100m: 1:05.97 34.90 200m: 2:16.75 35.79 300m: 3:27.73 35.70 400m: 4:35.94 33.32						
43.	SANTOS Francisco Amaro	04	Gesloures	<b>4:37.06</b>	+0,83	501	
	50m: 30.32 30.32 150m: 1:39.06 34.82 250m: 2:50.22 35.47 350m: 4:02.44 35.83						
	100m: 1:04.24 33.92 200m: 2:14.75 35.69 300m: 3:26.61 36.39 400m: 4:37.06 34.62						



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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
44.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	<b>4:37.75</b>	+0,70	497	
	50m: 30.27 30.27 150m: 1:40.93 36.08 250m: 2:53.24 35.79 350m: 4:03.90 33.25						
	100m: 1:04.85 34.58 200m: 2:17.45 36.52 300m: 3:30.65 37.41 400m: 4:37.75 33.85						
45.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	<b>4:44.06</b>	+0,66	464	
	50m: 31.00 31.00 150m: 1:41.62 35.66 250m: 2:53.82 36.58 350m: 4:08.00 37.19						
	100m: 1:05.96 34.96 200m: 2:17.24 35.62 300m: 3:30.81 36.99 400m: 4:44.06 36.06						
46.	RIBEIRO Nuno Miguel	04	Desportiva Viana	<b>4:45.52</b>	+0,73	457	
	50m: 30.58 30.58 150m: 1:42.32 36.52 250m: 2:54.08 34.75 350m: 4:07.80 37.22						
	100m: 1:05.80 35.22 200m: 2:19.33 37.01 300m: 3:30.58 36.50 400m: 4:45.52 37.72						
DNS	RODEIA Jose Miguel	04	Natacao de Faro				
DNS	SANTOS Rui Mamede	04	Uniao Coimbra				

Event 36

Men, 400m Freestyle

Open

03-08-2019 - 12:15

Results Prelim

Rec Nac Open	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	Helsinki (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
Rec Nac Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003

TAC Sen 50m: 4:10.88 - 25m: 4:03.96; Jun 50m: 4:17.70 - 25m: 4:09.77; Juv A 50m: 4:27.75 - 25m: 4:20.30; Juv B 50m: 4:31.87 - 25m: 4:27.10

Points: FINA 2019

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>4:03.59</b>	+0,61	737	
	50m: 27.66 27.66 150m: 1:29.70 31.21 250m: 2:30.64 29.59 350m: 3:32.48 31.42						
	100m: 58.49 30.83 200m: 2:01.05 31.35 300m: 3:01.06 30.42 400m: 4:03.59 31.11						
2.	LOPES Jose Paulo	00	Braga	<b>4:04.97</b>	+0,63	725	
	50m: 27.65 27.65 150m: 1:28.87 31.04 250m: 2:30.44 30.48 350m: 3:33.39 31.67						
	100m: 57.83 30.18 200m: 1:59.96 31.09 300m: 3:01.72 31.28 400m: 4:04.97 31.58						
3.	VITAL Joao Alexandre	98	Sporting	<b>4:05.20</b>	+0,62	722	
	50m: 28.29 28.29 150m: 1:29.76 30.74 250m: 2:31.44 30.94 350m: 3:34.88 31.87						
	100m: 59.02 30.73 200m: 2:00.50 30.74 300m: 3:03.01 31.57 400m: 4:05.20 30.32						
4.	PINA Guilherme Filipe	98	Sporting	<b>4:05.67</b>	+0,71	718	
	50m: 28.40 28.40 150m: 1:29.96 30.93 250m: 2:31.94 30.95 350m: 3:34.63 31.56						
	100m: 59.03 30.63 200m: 2:00.99 31.03 300m: 3:03.07 31.13 400m: 4:05.67 31.04						
5.	SANTOS Pedro Miguel	01	Porto	<b>4:05.74</b>	+0,64	718	
	50m: 28.42 28.42 150m: 1:30.31 31.27 250m: 2:32.88 31.02 350m: 3:35.62 31.17						
	100m: 59.04 30.62 200m: 2:01.86 31.55 300m: 3:04.45 31.57 400m: 4:05.74 30.12						
6.	GIL Rafael Lourenco	96	Sporting	<b>4:06.25</b>	+0,70	713	
	50m: 27.67 27.67 150m: 1:28.95 30.85 250m: 2:30.92 30.67 350m: 3:33.85 31.80						
	100m: 58.10 30.43 200m: 2:00.25 31.30 300m: 3:02.05 31.13 400m: 4:06.25 32.40						
7.	LOPES Tomas Teixeira	02	Foca	<b>4:08.12</b>	+0,69	697	
	50m: 28.41 28.41 150m: 1:30.73 30.71 250m: 2:33.11 30.85 350m: 3:36.76 31.65						
	100m: 1:00.02 31.61 200m: 2:02.26 31.53 300m: 3:05.11 32.00 400m: 4:08.12 31.36						

Splash Meet Manager, 11.60446

Registered to Federacao Portuguesa de Natacao

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Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
8.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:08.31</b>	+0,70	696	
	50m: 28.23 28.23	150m: 1:30.92 31.68	250m: 2:34.69 31.44	350m: 3:37.56 31.47			
	100m: 59.24 31.01	200m: 2:03.25 32.33	300m: 3:06.09 31.40	400m: 4:08.31 30.75			
9.	BATE Afonso Ribeiro	98	Alges	<b>4:09.16</b>	+0,67	689	
	50m: 28.19 28.19	150m: 1:32.32 32.31	250m: 2:36.97 31.88	350m: 3:40.25 31.38			
	100m: 1:00.01 31.82	200m: 2:05.09 32.77	300m: 3:08.87 31.90	400m: 4:09.16 28.91			
10.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:09.41</b>	+0,75	686	
	50m: 28.50 28.50	150m: 1:31.03 31.64	250m: 2:35.43 32.19	350m: 3:38.32 30.98			
	100m: 59.39 30.89	200m: 2:03.24 32.21	300m: 3:07.34 31.91	400m: 4:09.41 31.09			
11.	CRISTINO David Matias	01	Uniao Piedense	<b>4:09.92</b>	+0,77	682	
	50m: 28.60 28.60	150m: 1:32.75 32.25	250m: 2:36.50 31.69	350m: 3:40.10 31.65			
	100m: 1:00.50 31.90	200m: 2:04.81 32.06	300m: 3:08.45 31.95	400m: 4:09.92 29.82			
12.	COSTA Tiago Cunha	99	Sporting	<b>4:10.51</b>	+0,68	677	
	50m: 28.13 28.13	150m: 1:30.60 31.69	250m: 2:34.57 31.98	350m: 3:39.34 32.38			
	100m: 58.91 30.78	200m: 2:02.59 31.99	300m: 3:06.96 32.39	400m: 4:10.51 31.17			
13.	NUNES Diogo Barbosa	00	Porto	<b>4:10.58</b>	+0,72	677	
	50m: 28.71 28.71	150m: 1:31.01 31.06	250m: 2:33.97 31.37	350m: 3:38.45 32.29			
	100m: 59.95 31.24	200m: 2:02.60 31.59	300m: 3:06.16 32.19	400m: 4:10.58 32.13			
14.	LIESS Thomas	95	Turrita Nuoto	<b>4:11.17</b>	+0,68	672	
	50m: 27.45 27.45	150m: 1:29.04 30.90	250m: 2:32.60 32.10	350m: 3:39.26 33.50			
	100m: 58.14 30.69	200m: 2:00.50 31.46	300m: 3:05.76 33.16	400m: 4:11.17 31.91			
15.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:12.16</b>	+0,61	664	
	50m: 28.40 28.40	150m: 1:30.96 31.67	250m: 2:35.54 32.48	350m: 3:40.42 32.35			
	100m: 59.29 30.89	200m: 2:03.06 32.10	300m: 3:08.07 32.53	400m: 4:12.16 31.74			
16.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:12.78</b>	+0,66	659	
	50m: 29.27 29.27	150m: 1:35.06 33.11	250m: 2:39.19 32.43	350m: 3:42.84 31.71			
	100m: 1:01.95 32.68	200m: 2:06.76 31.70	300m: 3:11.13 31.94	400m: 4:12.78 29.94			
17.	TRAVANCA Sergio Filipe	00	Leixoes	<b>4:12.88</b>	+0,67	659	
	50m: 28.47 28.47	150m: 1:31.54 31.69	250m: 2:35.10 31.56	350m: 3:40.29 32.77			
	100m: 59.85 31.38	200m: 2:03.54 32.00	300m: 3:07.52 32.42	400m: 4:12.88 32.59			
18.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:13.55</b>	+0,72	653	
	50m: 28.55 28.55	150m: 1:32.83 32.42	250m: 2:37.73 32.27	350m: 3:42.71 32.18			
	100m: 1:00.41 31.86	200m: 2:05.46 32.63	300m: 3:10.53 32.80	400m: 4:13.55 30.84			
19.	CARVALHO Daniel Luis	02	Braga	<b>4:13.63</b>	+0,77	653	
	50m: 28.91 28.91	150m: 1:32.85 32.34	250m: 2:37.75 32.52	350m: 3:42.50 32.21			
	100m: 1:00.51 31.60	200m: 2:05.23 32.38	300m: 3:10.29 32.54	400m: 4:13.63 31.13			
20.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:14.98</b>	+0,68	642	
	50m: 28.76 28.76	150m: 1:32.91 32.27	250m: 2:38.14 32.20	350m: 3:43.40 32.65			
	100m: 1:00.64 31.88	200m: 2:05.94 33.03	300m: 3:10.75 32.61	400m: 4:14.98 31.58			
21.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:15.23</b>	+0,70	641	
	50m: 28.51 28.51	150m: 1:31.54 31.81	250m: 2:36.62 32.42	350m: 3:42.33 32.81			
	100m: 59.73 31.22	200m: 2:04.20 32.66	300m: 3:09.52 32.90	400m: 4:15.23 32.90			
22.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:16.89</b>	+0,69	628	
	50m: 28.64 28.64	150m: 1:32.06 31.96	250m: 2:37.05 32.28	350m: 3:43.21 32.69			
	100m: 1:00.10 31.46	200m: 2:04.77 32.71	300m: 3:10.52 33.47	400m: 4:16.89 33.68			

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
23.	MONTEIRO Tomas Penha	02	Alges	<b>4:16.93</b>	+0,63	628	
	50m: 28.96 28.96 150m: 1:32.37 31.80 250m: 2:37.15 32.43 350m: 3:43.26 33.14						
	100m: 1:00.57 31.61 200m: 2:04.72 32.35 300m: 3:10.12 32.97 400m: 4:16.93 33.67						
24.	FERNANDES Eduardo Gomes	02	Sporting	<b>4:17.22</b>	+0,74	626	
	50m: 29.84 29.84 150m: 1:36.03 33.47 250m: 2:41.47 32.06 350m: 3:45.97 31.82						
	100m: 1:02.56 32.72 200m: 2:09.41 33.38 300m: 3:14.15 32.68 400m: 4:17.22 31.25						
25.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	<b>4:17.26</b>	+0,70	625	
	50m: 29.48 29.48 150m: 1:34.34 32.66 250m: 2:39.49 32.53 350m: 3:44.99 32.74						
	100m: 1:01.68 32.20 200m: 2:06.96 32.62 300m: 3:12.25 32.76 400m: 4:17.26 32.27						
26.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	<b>4:18.96</b>	+0,68	613	
	50m: 30.00 30.00 150m: 1:35.74 32.84 250m: 2:40.98 32.29 350m: 3:46.49 32.57						
	100m: 1:02.90 32.90 200m: 2:08.69 32.95 300m: 3:13.92 32.94 400m: 4:18.96 32.47						
27.	LOPES Luis Afonso	03	Viver Santarem	<b>4:20.00</b>	+0,66	606	
	50m: 30.00 30.00 150m: 1:35.94 33.13 250m: 2:42.47 33.10 350m: 3:48.27 32.63						
	100m: 1:02.81 32.81 200m: 2:09.37 33.43 300m: 3:15.64 33.17 400m: 4:20.00 31.73						
28.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>4:21.10</b>	+0,70	598	
	50m: 29.75 29.75 150m: 1:33.06 33.87 250m: 2:38.21 30.59 350m: 3:48.38 33.74						
	100m: 59.19 29.44 200m: 2:07.62 34.56 300m: 3:14.64 36.43 400m: 4:21.10 32.72						
29.	FROTA Paulo Andre	02	Condeixa Clube	<b>4:21.37</b>	+0,65	596	
	50m: 29.82 29.82 150m: 1:34.14 32.43 250m: 2:40.44 32.72 350m: 3:48.44 34.08						
	100m: 1:01.71 31.89 200m: 2:07.72 33.58 300m: 3:14.36 33.92 400m: 4:21.37 32.93						
30.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:22.22</b>	+0,72	591	
	50m: 28.94 28.94 150m: 1:31.94 31.79 250m: 2:38.04 33.32 350m: 3:47.75 35.21						
	100m: 1:00.15 31.21 200m: 2:04.72 32.78 300m: 3:12.54 34.50 400m: 4:22.22 34.47						
31.	CARVALHO Fernando Costa	03	Foca	<b>4:22.29</b>	+0,70	590	
	50m: 29.55 29.55 150m: 1:35.95 33.28 250m: 2:43.00 33.13 350m: 3:49.94 33.11						
	100m: 1:02.67 33.12 200m: 2:09.87 33.92 300m: 3:16.83 33.83 400m: 4:22.29 32.35						
32.	COSTA Hugo Alexandre	03	Natacao de Valongo	<b>4:22.64</b>	+0,72	588	
	50m: 29.74 29.74 150m: 1:36.56 33.50 250m: 2:43.96 33.61 350m: 3:50.71 32.75						
	100m: 1:03.06 33.32 200m: 2:10.35 33.79 300m: 3:17.96 34.00 400m: 4:22.64 31.93						
33.	DUARTE Pedro Esteves	03	Cova da Piedade	<b>4:23.26</b>	+0,67	584	
	50m: 29.42 29.42 150m: 1:36.51 33.93 250m: 2:44.21 33.31 350m: 3:51.42 33.35						
	100m: 1:02.58 33.16 200m: 2:10.90 34.39 300m: 3:18.07 33.86 400m: 4:23.26 31.84						
34.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>4:23.87</b>	+0,65	580	
	50m: 29.71 29.71 150m: 1:36.45 33.65 250m: 2:44.16 33.46 350m: 3:51.93 33.38						
	100m: 1:02.80 33.09 200m: 2:10.70 34.25 300m: 3:18.55 34.39 400m: 4:23.87 31.94						
35.	NUNES Diogo Severino	04	Natacao de Valongo	<b>4:24.12</b>	+0,78	578	
	50m: 30.11 30.11 150m: 1:37.13 33.70 250m: 2:44.36 33.75 350m: 3:52.21 33.55						
	100m: 1:03.43 33.32 200m: 2:10.61 33.48 300m: 3:18.66 34.30 400m: 4:24.12 31.91						
36.	CANADAS Joao Vasco	03	Rio Maior	<b>4:24.14</b>	+0,70	578	
	50m: 29.70 29.70 150m: 1:35.60 33.05 250m: 2:43.13 33.94 350m: 3:51.71 34.14						
	100m: 1:02.55 32.85 200m: 2:09.19 33.59 300m: 3:17.57 34.44 400m: 4:24.14 32.43						
37.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>4:24.21</b>	+0,68	577	
	50m: 29.64 29.64 150m: 1:35.55 33.14 250m: 2:43.20 33.40 350m: 3:51.89 34.06						
	100m: 1:02.41 32.77 200m: 2:09.80 34.25 300m: 3:17.83 34.63 400m: 4:24.21 32.32						

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
38.	SANTOS Gabriel Moreira	04	Famalicao	<b>4:24.36</b>	+0,72	576	
	50m: 29.27 29.27	150m: 1:35.60 33.30	250m: 2:42.90 33.62	350m: 3:50.84 33.71			
	100m: 1:02.30 33.03	200m: 2:09.28 33.68	300m: 3:17.13 34.23	400m: 4:24.36 33.52			
39.	PEREIRA Alexandre Alves	03	Braga	<b>4:24.49</b>	+0,78	576	
	50m: 28.10 28.10	150m: 1:33.99 33.74	250m: 2:43.61 34.49	350m: 3:52.81 34.49			
	100m: 1:00.25 32.15	200m: 2:09.12 35.13	300m: 3:18.32 34.71	400m: 4:24.49 31.68			
40.	DIAS Ruben Fonseca	03	Natacao de Valongo	<b>4:24.69</b>	+0,71	574	
	50m: 29.47 29.47	150m: 1:36.07 33.93	250m: 2:43.73 33.63	350m: 3:51.61 33.66			
	100m: 1:02.14 32.67	200m: 2:10.10 34.03	300m: 3:17.95 34.22	400m: 4:24.69 33.08			
41.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	<b>4:25.71</b>	+0,72	568	
	50m: 29.32 29.32	150m: 1:35.82 33.63	250m: 2:44.05 34.01	350m: 3:53.12 34.56			
	100m: 1:02.19 32.87	200m: 2:10.04 34.22	300m: 3:18.56 34.51	400m: 4:25.71 32.59			
42.	BORGES David Costa	04	Fluvial Portuense	<b>4:25.85</b>	+0,65	567	
	50m: 28.38 28.38	150m: 1:34.88 33.83	250m: 2:42.97 33.72	350m: 3:51.95 34.39			
	100m: 1:01.05 32.67	200m: 2:09.25 34.37	300m: 3:17.56 34.59	400m: 4:25.85 33.90			
43.	GOMES Goncalo Camara	03	Naval do Funchal	<b>4:26.68</b>	+0,61	561	
	50m: 30.00 30.00	150m: 1:36.63 33.01	250m: 2:44.60 33.78	350m: 3:53.14 33.82			
	100m: 1:03.62 33.62	200m: 2:10.82 34.19	300m: 3:19.32 34.72	400m: 4:26.68 33.54			
44.	CARVALHO Martim Henriques	04	Rio Maior	<b>4:26.69</b>	+0,67	561	
	50m: 31.18 31.18	150m: 1:39.15 33.51	250m: 2:46.22 33.73	350m: 3:54.30 33.66			
	100m: 1:05.64 34.46	200m: 2:12.49 33.34	300m: 3:20.64 34.42	400m: 4:26.69 32.39			
45.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	<b>4:26.71</b>	+0,71	561	
	50m: 30.08 30.08	150m: 1:38.65 34.39	250m: 2:46.56 33.88	350m: 3:54.22 33.50			
	100m: 1:04.26 34.18	200m: 2:12.68 34.03	300m: 3:20.72 34.16	400m: 4:26.71 32.49			
46.	BARBOSA Pedro Xavier	04	Desportiva Viana	<b>4:27.21</b>	+0,69	558	
	50m: 29.87 29.87	150m: 1:36.84 33.62	250m: 2:44.98 34.14	350m: 3:54.14 34.56			
	100m: 1:03.22 33.35	200m: 2:10.84 34.00	300m: 3:19.58 34.60	400m: 4:27.21 33.07			
47.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	<b>4:27.27</b>	+0,66	558	
	50m: 29.98 29.98	150m: 1:37.79 33.98	250m: 2:46.30 34.00	350m: 3:55.22 34.36			
	100m: 1:03.81 33.83	200m: 2:12.30 34.51	300m: 3:20.86 34.56	400m: 4:27.27 32.05			
48.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>4:27.46</b>	+0,62	557	
	50m: 30.81 30.81	150m: 1:38.71 34.09	250m: 2:47.44 34.04	350m: 3:55.53 33.59			
	100m: 1:04.62 33.81	200m: 2:13.40 34.69	300m: 3:21.94 34.50	400m: 4:27.46 31.93			
49.	ANTUNES Joao Afonso	04	Galitos / Bresimar	<b>4:27.84</b>	+0,62	554	
	50m: 28.65 28.65	150m: 1:34.91 33.60	250m: 2:44.66 34.88	350m: 3:54.49 34.52			
	100m: 1:01.31 32.66	200m: 2:09.78 34.87	300m: 3:19.97 35.31	400m: 4:27.84 33.35			
50.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>4:28.03</b>	+0,70	553	
	50m: 30.22 30.22	150m: 1:36.76 33.43	250m: 2:44.05 33.78	350m: 3:53.64 34.99			
	100m: 1:03.33 33.11	200m: 2:10.27 33.51	300m: 3:18.65 34.60	400m: 4:28.03 34.39			
51.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	<b>4:28.20</b>	+0,69	552	
	50m: 29.75 29.75	150m: 1:37.46 34.31	250m: 2:46.86 34.46	350m: 3:55.73 33.98			
	100m: 1:03.15 33.40	200m: 2:12.40 34.94	300m: 3:21.75 34.89	400m: 4:28.20 32.47			
52.	CARVALHO Goncalo Renato	04	Porto	<b>4:28.42</b>	+0,71	551	
	50m: 30.44 30.44	150m: 1:38.23 33.95	250m: 2:46.62 34.39	350m: 3:55.63 34.33			
	100m: 1:04.28 33.84	200m: 2:12.23 34.00	300m: 3:21.30 34.68	400m: 4:28.42 32.79			

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
53.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	<b>4:28.73</b>	+0,76	549	
	50m: 30.07 30.07 150m: 1:37.70 33.97 250m: 2:46.61 34.23 350m: 3:55.77 34.50						
	100m: 1:03.73 33.66 200m: 2:12.38 34.68 300m: 3:21.27 34.66 400m: 4:28.73 32.96						
54.	COUTINHO Guilherme Pereira	03	Viver Santarem	<b>4:28.96</b>	+0,59	547	
	50m: 29.93 29.93 150m: 1:37.76 34.22 250m: 2:46.01 33.74 350m: 3:55.86 35.12						
	100m: 1:03.54 33.61 200m: 2:12.27 34.51 300m: 3:20.74 34.73 400m: 4:28.96 33.10						
55.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>4:29.03</b>	+0,72	547	
	50m: 29.48 29.48 150m: 1:36.36 33.79 250m: 2:44.80 33.85 350m: 3:54.37 34.94						
	100m: 1:02.57 33.09 200m: 2:10.95 34.59 300m: 3:19.43 34.63 400m: 4:29.03 34.66						
56.	COSTA Afonso Filipe	03	Naval da Nazare	<b>4:29.10</b>	+0,70	546	
	50m: 29.84 29.84 150m: 1:37.01 33.71 250m: 2:45.13 33.57 350m: 3:54.53 34.95						
	100m: 1:03.30 33.46 200m: 2:11.56 34.55 300m: 3:19.58 34.45 400m: 4:29.10 34.57						
57.	CARVALHO Antonio Lombardi	04	Belenenses	<b>4:29.29</b>	+0,77	545	
	50m: 29.81 29.81 150m: 1:37.30 34.22 250m: 2:46.07 34.44 350m: 3:54.73 34.43						
	100m: 1:03.08 33.27 200m: 2:11.63 34.33 300m: 3:20.30 34.23 400m: 4:29.29 34.56						
58.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	<b>4:29.62</b>	+0,61	543	
	50m: 28.62 28.62 150m: 1:34.70 33.59 250m: 2:43.47 34.49 350m: 3:53.74 35.39						
	100m: 1:01.11 32.49 200m: 2:08.98 34.28 300m: 3:18.35 34.88 400m: 4:29.62 35.88						
59.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	<b>4:30.09</b>	+0,69	540	
	50m: 29.67 29.67 150m: 1:37.14 34.62 250m: 2:47.38 35.29 350m: 3:56.70 34.52						
	100m: 1:02.52 32.85 200m: 2:12.09 34.95 300m: 3:22.18 34.80 400m: 4:30.09 33.39						
60.	DIAS Rodrigo Reis	03	Belenenses	<b>4:30.29</b>	+0,62	539	
	50m: 30.50 30.50 150m: 1:38.07 33.48 250m: 2:45.21 32.87 350m: 3:55.37 35.39						
	100m: 1:04.59 34.09 200m: 2:12.34 34.27 300m: 3:19.98 34.77 400m: 4:30.29 34.92						
61.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	<b>4:30.40</b>	+0,83	539	
	50m: 30.16 30.16 150m: 1:37.37 34.04 250m: 2:47.01 34.85 350m: 3:56.61 34.75						
	100m: 1:03.33 33.17 200m: 2:12.16 34.79 300m: 3:21.86 34.85 400m: 4:30.40 33.79						
62.	FOCK Yann Chetelat	04	Avancado EUL	<b>4:31.55</b>	+0,60	532	
	50m: 29.82 29.82 150m: 1:38.25 34.53 250m: 2:48.10 34.91 350m: 3:58.05 34.51						
	100m: 1:03.72 33.90 200m: 2:13.19 34.94 300m: 3:23.54 35.44 400m: 4:31.55 33.50						
63.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	<b>4:32.13</b>	+0,72	528	
	50m: 30.34 30.34 150m: 1:38.46 33.91 250m: 2:48.51 34.66 350m: 3:58.81 34.43						
	100m: 1:04.55 34.21 200m: 2:13.85 35.39 300m: 3:24.38 35.87 400m: 4:32.13 33.32						
64.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	<b>4:35.72</b>	+0,81	508	
	50m: 30.60 30.60 150m: 1:39.93 34.73 250m: 2:50.68 35.19 350m: 4:01.63 35.09						
	100m: 1:05.20 34.60 200m: 2:15.49 35.56 300m: 3:26.54 35.86 400m: 4:35.72 34.09						
65.	MATOS Gil Amaral	04	Academia Acores	<b>4:35.94</b>	+0,64	507	
	50m: 31.07 31.07 150m: 1:40.96 34.99 250m: 2:52.03 35.28 350m: 4:02.62 34.89						
	100m: 1:05.97 34.90 200m: 2:16.75 35.79 300m: 3:27.73 35.70 400m: 4:35.94 33.32						
66.	SANTOS Francisco Amaro	04	Geslores	<b>4:37.06</b>	+0,83	501	
	50m: 30.32 30.32 150m: 1:39.06 34.82 250m: 2:50.22 35.47 350m: 4:02.44 35.83						
	100m: 1:04.24 33.92 200m: 2:14.75 35.69 300m: 3:26.61 36.39 400m: 4:37.06 34.62						
67.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	<b>4:37.75</b>	+0,70	497	
	50m: 30.27 30.27 150m: 1:40.93 36.08 250m: 2:53.24 35.79 350m: 4:03.90 33.25						
	100m: 1:04.85 34.58 200m: 2:17.45 36.52 300m: 3:30.65 37.41 400m: 4:37.75 33.85						



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
68.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	<b>4:44.06</b>	+0,66	464	
	50m: 31.00 31.00	150m: 1:41.62 35.66	250m: 2:53.82 36.58	350m: 4:08.00 37.19			
	100m: 1:05.96 34.96	200m: 2:17.24 35.62	300m: 3:30.81 36.99	400m: 4:44.06 36.06			
69.	RIBEIRO Nuno Miguel	04	Desportiva Viana	<b>4:45.52</b>	+0,73	457	
	50m: 30.58 30.58	150m: 1:42.32 36.52	250m: 2:54.08 34.75	350m: 4:07.80 37.22			
	100m: 1:05.80 35.22	200m: 2:19.33 37.01	300m: 3:30.58 36.50	400m: 4:45.52 37.72			
DSQ	AMARAL Francisco Rodriguez	02	Campinho				
	<i>403 - Falsa partida - SW 4.4</i>						
DNS	RODEIA Jose Miguel	04	Natacao de Faro				
DNS	SANTOS Rui Mamede	04	Uniao Coimbra				

Event 36 Men, 400m Freestyle Absolutos  
03-08-2019 - 12:15 Results Prelim

Rec Nac Open	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	Helsinqia (FIN)	14-07-2010

TAC Sen 50m: 4:10.88 - 25m: 4:03.96; Jun 50m: 4:17.70 - 25m: 4:09.77

Points: FINA 2019

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>4:03.59</b>	+0,61	737	
	50m: 27.66 27.66	150m: 1:29.70 31.21	250m: 2:30.64 29.59	350m: 3:32.48 31.42			
	100m: 58.49 30.83	200m: 2:01.05 31.35	300m: 3:01.06 30.42	400m: 4:03.59 31.11			
2.	LOPES Jose Paulo	00	Braga	<b>4:04.97</b>	+0,63	725	
	50m: 27.65 27.65	150m: 1:28.87 31.04	250m: 2:30.44 30.48	350m: 3:33.39 31.67			
	100m: 57.83 30.18	200m: 1:59.96 31.09	300m: 3:01.72 31.28	400m: 4:04.97 31.58			
3.	VITAL Joao Alexandre	98	Sporting	<b>4:05.20</b>	+0,62	722	
	50m: 28.29 28.29	150m: 1:29.76 30.74	250m: 2:31.44 30.94	350m: 3:34.88 31.87			
	100m: 59.02 30.73	200m: 2:00.50 30.74	300m: 3:03.01 31.57	400m: 4:05.20 30.32			
4.	PINA Guilherme Filipe	98	Sporting	<b>4:05.67</b>	+0,71	718	
	50m: 28.40 28.40	150m: 1:29.96 30.93	250m: 2:31.94 30.95	350m: 3:34.63 31.56			
	100m: 59.03 30.63	200m: 2:00.99 31.03	300m: 3:03.07 31.13	400m: 4:05.67 31.04			
5.	SANTOS Pedro Miguel	01	Porto	<b>4:05.74</b>	+0,64	718	
	50m: 28.42 28.42	150m: 1:30.31 31.27	250m: 2:32.88 31.02	350m: 3:35.62 31.17			
	100m: 59.04 30.62	200m: 2:01.86 31.55	300m: 3:04.45 31.57	400m: 4:05.74 30.12			
6.	GIL Rafael Lourenco	96	Sporting	<b>4:06.25</b>	+0,70	713	
	50m: 27.67 27.67	150m: 1:28.95 30.85	250m: 2:30.92 30.67	350m: 3:33.85 31.80			
	100m: 58.10 30.43	200m: 2:00.25 31.30	300m: 3:02.05 31.13	400m: 4:06.25 32.40			
7.	LOPES Tomas Teixeira	02	Foca	<b>4:08.12</b>	+0,69	697	
	50m: 28.41 28.41	150m: 1:30.73 30.71	250m: 2:33.11 30.85	350m: 3:36.76 31.65			
	100m: 1:00.02 31.61	200m: 2:02.26 31.53	300m: 3:05.11 32.00	400m: 4:08.12 31.36			
8.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:08.31</b>	+0,70	696	
	50m: 28.23 28.23	150m: 1:30.92 31.68	250m: 2:34.69 31.44	350m: 3:37.56 31.47			
	100m: 59.24 31.01	200m: 2:03.25 32.33	300m: 3:06.09 31.40	400m: 4:08.31 30.75			

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
9.	BATE Afonso Ribeiro	98	Alges	<b>4:09.16</b>	+0,67	689	
	50m: 28.19 28.19	150m: 1:32.32 32.31	250m: 2:36.97 31.88	350m: 3:40.25 31.38			
	100m: 1:00.01 31.82	200m: 2:05.09 32.77	300m: 3:08.87 31.90	400m: 4:09.16 28.91			
10.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>4:09.41</b>	+0,75	686	
	50m: 28.50 28.50	150m: 1:31.03 31.64	250m: 2:35.43 32.19	350m: 3:38.32 30.98			
	100m: 59.39 30.89	200m: 2:03.24 32.21	300m: 3:07.34 31.91	400m: 4:09.41 31.09			
11.	CRISTINO David Matias	01	Uniao Piedense	<b>4:09.92</b>	+0,77	682	
	50m: 28.60 28.60	150m: 1:32.75 32.25	250m: 2:36.50 31.69	350m: 3:40.10 31.65			
	100m: 1:00.50 31.90	200m: 2:04.81 32.06	300m: 3:08.45 31.95	400m: 4:09.92 29.82			
12.	COSTA Tiago Cunha	99	Sporting	<b>4:10.51</b>	+0,68	677	
	50m: 28.13 28.13	150m: 1:30.60 31.69	250m: 2:34.57 31.98	350m: 3:39.34 32.38			
	100m: 58.91 30.78	200m: 2:02.59 31.99	300m: 3:06.96 32.39	400m: 4:10.51 31.17			
13.	NUNES Diogo Barbosa	00	Porto	<b>4:10.58</b>	+0,72	677	
	50m: 28.71 28.71	150m: 1:31.01 31.06	250m: 2:33.97 31.37	350m: 3:38.45 32.29			
	100m: 59.95 31.24	200m: 2:02.60 31.59	300m: 3:06.16 32.19	400m: 4:10.58 32.13			
14.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:12.16</b>	+0,61	664	
	50m: 28.40 28.40	150m: 1:30.96 31.67	250m: 2:35.54 32.48	350m: 3:40.42 32.35			
	100m: 59.29 30.89	200m: 2:03.06 32.10	300m: 3:08.07 32.53	400m: 4:12.16 31.74			
15.	TRAVANCA Sergio Filipe	00	Leixoes	<b>4:12.88</b>	+0,67	659	
	50m: 28.47 28.47	150m: 1:31.54 31.69	250m: 2:35.10 31.56	350m: 3:40.29 32.77			
	100m: 59.85 31.38	200m: 2:03.54 32.00	300m: 3:07.52 32.42	400m: 4:12.88 32.59			
16.	CARVALHO Daniel Luis	02	Braga	<b>4:13.63</b>	+0,77	653	
	50m: 28.91 28.91	150m: 1:32.85 32.34	250m: 2:37.75 32.52	350m: 3:42.50 32.21			
	100m: 1:00.51 31.60	200m: 2:05.23 32.38	300m: 3:10.29 32.54	400m: 4:13.63 31.13			
17.	JACINTO Rafael Rodrigues	02	Belenenses	<b>4:15.23</b>	+0,70	641	
	50m: 28.51 28.51	150m: 1:31.54 31.81	250m: 2:36.62 32.42	350m: 3:42.33 32.81			
	100m: 59.73 31.22	200m: 2:04.20 32.66	300m: 3:09.52 32.90	400m: 4:15.23 32.90			
18.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:16.89</b>	+0,69	628	
	50m: 28.64 28.64	150m: 1:32.06 31.96	250m: 2:37.05 32.28	350m: 3:43.21 32.69			
	100m: 1:00.10 31.46	200m: 2:04.77 32.71	300m: 3:10.52 33.47	400m: 4:16.89 33.68			
19.	MONTEIRO Tomas Pena	02	Alges	<b>4:16.93</b>	+0,63	628	
	50m: 28.96 28.96	150m: 1:32.37 31.80	250m: 2:37.15 32.43	350m: 3:43.26 33.14			
	100m: 1:00.57 31.61	200m: 2:04.72 32.35	300m: 3:10.12 32.97	400m: 4:16.93 33.67			
20.	FERNANDES Eduardo Gomes	02	Sporting	<b>4:17.22</b>	+0,74	626	
	50m: 29.84 29.84	150m: 1:36.03 33.47	250m: 2:41.47 32.06	350m: 3:45.97 31.82			
	100m: 1:02.56 32.72	200m: 2:09.41 33.38	300m: 3:14.15 32.68	400m: 4:17.22 31.25			
21.	FROTA Paulo Andre	02	Condeixa Clube	<b>4:21.37</b>	+0,65	596	
	50m: 29.82 29.82	150m: 1:34.14 32.43	250m: 2:40.44 32.72	350m: 3:48.44 34.08			
	100m: 1:01.71 31.89	200m: 2:07.72 33.58	300m: 3:14.36 33.92	400m: 4:21.37 32.93			
22.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:22.22</b>	+0,72	591	
	50m: 28.94 28.94	150m: 1:31.94 31.79	250m: 2:38.04 33.32	350m: 3:47.75 35.21			
	100m: 1:00.15 31.21	200m: 2:04.72 32.78	300m: 3:12.54 34.50	400m: 4:22.22 34.47			
DSQ	AMARAL Francisco Rodriguez	02	Campinho				
	<i>403 - Falsa partida - SW 4.4</i>						

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019

Event 36, Men, 400m Freestyle, Prelim

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
EXH	CRUZ Miguel Duarte <i>RN Classe S15</i>	99	Belenenses	<b>4:29.40</b>	+0,70	545	
	50m: 30.32 30.32	150m: 1:39.15 34.53	250m: 2:47.60 33.69	350m: 3:56.06 33.71			
	100m: 1:04.62 34.30	200m: 2:13.91 34.76	300m: 3:22.35 34.75	400m: 4:29.40 33.34			
EXH	NEVES Tiago Correia	97	Belenenses	<b>4:30.75</b>	+0,68	537	
	50m: 30.52 30.52	150m: 1:39.40 34.53	250m: 2:48.73 34.35	350m: 3:58.02 34.39			
	100m: 1:04.87 34.35	200m: 2:14.38 34.98	300m: 3:23.63 34.90	400m: 4:30.75 32.73			
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	<b>4:31.94</b>	+0,88	529	
	50m: 31.96 31.96	150m: 1:40.03 34.25	250m: 2:48.35 34.19	350m: 3:57.56 34.66			
	100m: 1:05.78 33.82	200m: 2:14.16 34.13	300m: 3:22.90 34.55	400m: 4:31.94 34.38			
EXH	BELEZAS Ricardo Andrade	91	Sporting	<b>4:37.10</b>	+0,71	500	
	50m: 30.96 30.96	150m: 1:39.50 34.33	250m: 2:50.35 35.56	350m: 4:02.26 35.84			
	100m: 1:05.17 34.21	200m: 2:14.79 35.29	300m: 3:26.42 36.07	400m: 4:37.10 34.84			