

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15
31/07/2021 - 16:00

Masc., 400m Livres

Juvenis B
Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BAPTISTA Guilherme Fernandes	06	Benfica	4:22.37	+0,80	590	
	50m: 29.73 29.73	150m: 1:36.26 33.55	250m: 2:43.30 33.27	350m: 3:50.66 33.67			
	100m: 1:02.71 32.98	200m: 2:10.03 33.77	300m: 3:16.99 33.69	400m: 4:22.37 31.71			
2.	BINYAS Eduardo	06	Rio Maior	4:24.49	+0,80	576	
	50m: 29.74 29.74	150m: 1:35.88 33.38	250m: 2:43.17 33.73	350m: 3:51.85 34.13			
	100m: 1:02.50 32.76	200m: 2:09.44 33.56	300m: 3:17.72 34.55	400m: 4:24.49 32.64			
3.	LOUREIRO Bruno Silva	06	Porto	4:25.73	+0,81	568	
	50m: 29.94 29.94	150m: 1:36.14 33.45	250m: 2:43.92 34.00	350m: 3:52.77 34.59			
	100m: 1:02.69 32.75	200m: 2:09.92 33.78	300m: 3:18.18 34.26	400m: 4:25.73 32.96			
4.	FARIA Eduardo Nuno	06	Braga	4:26.12	+0,82	565	
	50m: 29.93 29.93	150m: 1:36.74 34.15	250m: 2:45.13 34.12	350m: 3:52.86 33.47			
	100m: 1:02.59 32.66	200m: 2:11.01 34.27	300m: 3:19.39 34.26	400m: 4:26.12 33.26			
5.	SANTOS Rui Miguel	06	Famalicao	4:27.41	+0,83	557	
	50m: 29.66 29.66	150m: 1:37.70 34.54	250m: 2:47.18 34.73	350m: 3:56.26 34.14			
	100m: 1:03.16 33.50	200m: 2:12.45 34.75	300m: 3:22.12 34.94	400m: 4:27.41 31.15			
6.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:28.03	+0,79	553	
	50m: 30.17 30.17	150m: 1:38.56 34.52	250m: 2:47.13 33.15	350m: 3:55.30 34.17			
	100m: 1:04.04 33.87	200m: 2:13.98 35.42	300m: 3:21.13 34.00	400m: 4:28.03 32.73			
7.	ALVES Andre Correia	06	Uniao Piedense	4:28.40	+0,73	551	
	50m: 30.11 30.11	150m: 1:37.20 34.25	250m: 2:45.64 33.74	350m: 3:55.19 34.74			
	100m: 1:02.95 32.84	200m: 2:11.90 34.70	300m: 3:20.45 34.81	400m: 4:28.40 33.21			
8.	FERRAZ Luis Afonso	06	Naval do Funchal	4:28.85	+0,76	548	
	50m: 30.28 30.28	150m: 1:38.80 34.94	250m: 2:48.64 35.68	350m: 3:57.56 34.29			
	100m: 1:03.86 33.58	200m: 2:12.96 34.16	300m: 3:23.27 34.63	400m: 4:28.85 31.29			
9.	ZHUKOV Mark	06	Braga	4:31.13	+0,75	534	
	50m: 29.64 29.64	150m: 1:36.95 33.94	250m: 2:45.90 34.22	350m: 3:55.94 34.80			
	100m: 1:03.01 33.37	200m: 2:11.68 34.73	300m: 3:21.14 35.24	400m: 4:31.13 35.19			
10.	ROQUE Tomas Nunes	06	Benfica	4:32.22	+0,72	528	
	50m: 30.65 30.65	150m: 1:39.64 35.07	250m: 2:49.60 34.88	350m: 3:57.94 34.09			
	100m: 1:04.57 33.92	200m: 2:14.72 35.08	300m: 3:23.85 34.25	400m: 4:32.22 34.28			
11.	SIMOES Manuel Costa	06	Individual ANL	4:33.07	+0,71	523	
	50m: 29.46 29.46	150m: 1:36.32 34.20	250m: 2:46.90 35.42	350m: 3:58.12 35.66			
	100m: 1:02.12 32.66	200m: 2:11.48 35.16	300m: 3:22.46 35.56	400m: 4:33.07 34.95			
12.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	4:33.13	+0,70	523	
	50m: 29.91 29.91	150m: 1:38.60 34.64	250m: 2:49.26 35.06	350m: 3:59.79 35.16			
	100m: 1:03.96 34.05	200m: 2:14.20 35.60	300m: 3:24.63 35.37	400m: 4:33.13 33.34			
13.	SILVA Pedro Marques	06	Ba-Leiria	4:33.84	+0,78	519	
	50m: 30.12 30.12	150m: 1:39.83 35.26	250m: 2:49.85 35.37	350m: 4:00.16 35.01			
	100m: 1:04.57 34.45	200m: 2:14.48 34.65	300m: 3:25.15 35.30	400m: 4:33.84 33.68			
14.	FERREIRA Joao Rafael	06	Fundacao Beatriz Santos	4:34.05	+0,79	517	
	50m: 30.88 30.88	150m: 1:39.44 35.12	250m: 2:49.04 34.91	350m: 3:59.67 35.22			
	100m: 1:04.32 33.44	200m: 2:14.13 34.69	300m: 3:24.45 35.41	400m: 4:34.05 34.38			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	DURAO Miguel Costa	06	Braga	4:34.13	+0,81	517	
	50m: 30.19 30.19	150m: 1:39.08 34.37	250m: 2:49.79 34.94	350m: 4:00.33 34.91			
	100m: 1:04.71 34.52	200m: 2:14.85 35.77	300m: 3:25.42 35.63	400m: 4:34.13 33.80			
16.	FAFTINE Kaio Araujo	06	Sporting	4:36.78		502	
	50m: 30.26 30.26	150m: 1:39.94 35.51	250m: 2:51.37 35.86	350m: 4:02.96 35.03			
	100m: 1:04.43 34.17	200m: 2:15.51 35.57	300m: 3:27.93 36.56	400m: 4:36.78 33.82			
17.	CORREIA Tiago Almeida	06	Natacao do Montijo	4:37.19	+0,82	500	
	50m: 30.22 30.22	150m: 1:38.81 35.10	250m: 2:50.84 36.20	350m: 4:03.32 36.03			
	100m: 1:03.71 33.49	200m: 2:14.64 35.83	300m: 3:27.29 36.45	400m: 4:37.19 33.87			
18.	FIGUEIREDO Joao Pinto	06	O Crasto	4:38.93	+0,58	491	
	50m: 30.54 30.54	150m: 1:40.61 35.95	250m: 2:52.26 35.92	350m: 4:04.27 35.79			
	100m: 1:04.66 34.12	200m: 2:16.34 35.73	300m: 3:28.48 36.22	400m: 4:38.93 34.66			
19.	MARQUES Jose Miguel	06	Condeixa Clube	4:39.09	+0,79	490	
	50m: 30.80 30.80	150m: 1:41.47 36.70	250m: 2:53.44 35.89	350m: 4:05.19 35.99			
	100m: 1:04.77 33.97	200m: 2:17.55 36.08	300m: 3:29.20 35.76	400m: 4:39.09 33.90			
DNS	DENISOV Micael Dmitrievich	06	Ba-Leiria				
DNS	MAGALHAES Goncalo Sa	06	Leixoes				

Prova 15 Masc., 400m Livres Juvenis A
31/07/2021 - 16:00 Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:12.37	+0,72	663	
	50m: 29.01 29.01	150m: 1:33.04 32.40	250m: 2:37.36 32.34	350m: 3:41.49 31.99			
	100m: 1:00.64 31.63	200m: 2:05.02 31.98	300m: 3:09.50 32.14	400m: 4:12.37 30.88			
2.	SILVA Afonso Carvalho	05	Famalicao	4:14.99	+0,67	642	
	50m: 29.59 29.59	150m: 1:34.89 32.72	250m: 2:40.38 32.51	350m: 3:44.81 31.67			
	100m: 1:02.17 32.58	200m: 2:07.87 32.98	300m: 3:13.14 32.76	400m: 4:14.99 30.18			
3.	PERLOIRO Salvador Goya	05	Benfica	4:15.83	+0,67	636	
	50m: 29.26 29.26	150m: 1:35.27 33.23	250m: 2:41.17 32.68	350m: 3:45.65 31.93			
	100m: 1:02.04 32.78	200m: 2:08.49 33.22	300m: 3:13.72 32.55	400m: 4:15.83 30.18			
4.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:16.56	+0,66	631	
	50m: 28.70 28.70	150m: 1:33.28 32.28	250m: 2:38.53 32.38	350m: 3:43.96 32.35			
	100m: 1:01.00 32.30	200m: 2:06.15 32.87	300m: 3:11.61 33.08	400m: 4:16.56 32.60			
5.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:17.24	+0,74	626	
	50m: 29.80 29.80	150m: 1:35.34 32.94	250m: 2:41.53 32.87	350m: 3:46.33 31.89			
	100m: 1:02.40 32.60	200m: 2:08.66 33.32	300m: 3:14.44 32.91	400m: 4:17.24 30.91			
6.	NETO Vasco Goncalves	05	Porto	4:18.20	+0,76	619	
	50m: 30.05 30.05	150m: 1:36.20 33.23	250m: 2:41.69 32.84	350m: 3:47.38 32.87			
	100m: 1:02.97 32.92	200m: 2:08.85 32.65	300m: 3:14.51 32.82	400m: 4:18.20 30.82			
7.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:18.25	+0,78	618	
	50m: 29.30 29.30	150m: 1:34.70 33.30	250m: 2:41.32 33.52	350m: 3:47.23 32.69			
	100m: 1:01.40 32.10	200m: 2:07.80 33.10	300m: 3:14.54 33.22	400m: 4:18.25 31.02			

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Prova 15, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SOUSA Joao Maria	05	Braga	4:18.25	+0,77	618	
	50m: 29.67 29.67	150m: 1:35.28 33.10	250m: 2:41.37 32.78	350m: 3:46.46 32.16			
	100m: 1:02.18 32.51	200m: 2:08.59 33.31	300m: 3:14.30 32.93	400m: 4:18.25 31.79			
9.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	4:19.68	+0,72	608	
	50m: 29.97 29.97	150m: 1:35.55 33.35	250m: 2:40.69 32.91	350m: 3:47.77 33.29			
	100m: 1:02.20 32.23	200m: 2:07.78 32.23	300m: 3:14.48 33.79	400m: 4:19.68 31.91			
10.	PEREIRA Manuel Angelo	05	Sporting	4:20.41	+0,73	603	
	50m: 30.60 30.60	150m: 1:37.30 33.73	250m: 2:43.74 32.68	350m: 3:49.16 32.36			
	100m: 1:03.57 32.97	200m: 2:11.06 33.76	300m: 3:16.80 33.06	400m: 4:20.41 31.25			
11.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	4:22.34	+0,81	590	
	50m: 28.89 28.89	150m: 1:34.05 32.98	250m: 2:42.02 34.30	350m: 3:49.72 34.12			
	100m: 1:01.07 32.18	200m: 2:07.72 33.67	300m: 3:15.60 33.58	400m: 4:22.34 32.62			
12.	BARBOSA Diogo Sousa	05	Benfica	4:24.51	+0,78	575	
	50m: 29.40 29.40	150m: 1:36.82 33.59	250m: 2:43.88 32.23	350m: 3:52.13 33.76			
	100m: 1:03.23 33.83	200m: 2:11.65 34.83	300m: 3:18.37 34.49	400m: 4:24.51 32.38			
13.	AMADO Pedro Maria	05	Alges	4:25.58	+0,81	568	
	50m: 29.40 29.40	150m: 1:35.89 33.80	250m: 2:43.99 34.02	350m: 3:52.29 34.32			
	100m: 1:02.09 32.69	200m: 2:09.97 34.08	300m: 3:17.97 33.98	400m: 4:25.58 33.29			
14.	PINTO Tiago Rodrigues	05	Sporting	4:29.58	+0,80	544	
	50m: 29.77 29.77	150m: 1:36.68 33.92	250m: 2:45.38 34.53	350m: 3:54.94 35.07			
	100m: 1:02.76 32.99	200m: 2:10.85 34.17	300m: 3:19.87 34.49	400m: 4:29.58 34.64			
15.	TORRES Joao Pedro	05	Porto	4:36.99	+0,83	501	
	50m: 29.77 29.77	150m: 1:36.72 34.13	250m: 2:48.15 36.41	350m: 4:01.96 36.93			
	100m: 1:02.59 32.82	200m: 2:11.74 35.02	300m: 3:25.03 36.88	400m: 4:36.99 35.03			
16.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	4:38.03		495	
	50m: 30.03 30.03	150m: 1:39.15 35.08	250m: 2:50.68 36.06	350m: 4:02.75 36.18			
	100m: 1:04.07 34.04	200m: 2:14.62 35.47	300m: 3:26.57 35.89	400m: 4:38.03 35.28			
DNS	RIBEIRO Filipe Silva	05	Leixoes				

Prova 15 Masc., 400m Livres Juvenis [A e B]
31/07/2021 - 16:00 Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:12.37	+0,72	663	
	50m: 29.01 29.01	150m: 1:33.04 32.40	250m: 2:37.36 32.34	350m: 3:41.49 31.99			
	100m: 1:00.64 31.63	200m: 2:05.02 31.98	300m: 3:09.50 32.14	400m: 4:12.37 30.88			
2.	SILVA Afonso Carvalho	05	Famalicao	4:14.99	+0,67	642	
	50m: 29.59 29.59	150m: 1:34.89 32.72	250m: 2:40.38 32.51	350m: 3:44.81 31.67			
	100m: 1:02.17 32.58	200m: 2:07.87 32.98	300m: 3:13.14 32.76	400m: 4:14.99 30.18			
3.	PERLOIRO Salvador Goya	05	Benfica	4:15.83	+0,67	636	
	50m: 29.26 29.26	150m: 1:35.27 33.23	250m: 2:41.17 32.68	350m: 3:45.65 31.93			
	100m: 1:02.04 32.78	200m: 2:08.49 33.22	300m: 3:13.72 32.55	400m: 4:15.83 30.18			

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Prova 15, Masc., 400m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:16.56	+0,66	631	
	50m: 28.70 28.70	150m: 1:33.28 32.28	250m: 2:38.53 32.38	350m: 3:43.96 32.35			
	100m: 1:01.00 32.30	200m: 2:06.15 32.87	300m: 3:11.61 33.08	400m: 4:16.56 32.60			
5.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:17.24	+0,74	626	
	50m: 29.80 29.80	150m: 1:35.34 32.94	250m: 2:41.53 32.87	350m: 3:46.33 31.89			
	100m: 1:02.40 32.60	200m: 2:08.66 33.32	300m: 3:14.44 32.91	400m: 4:17.24 30.91			
6.	NETO Vasco Goncalves	05	Porto	4:18.20	+0,76	619	
	50m: 30.05 30.05	150m: 1:36.20 33.23	250m: 2:41.69 32.84	350m: 3:47.38 32.87			
	100m: 1:02.97 32.92	200m: 2:08.85 32.65	300m: 3:14.51 32.82	400m: 4:18.20 30.82			
7.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:18.25	+0,78	618	
	50m: 29.30 29.30	150m: 1:34.70 33.30	250m: 2:41.32 33.52	350m: 3:47.23 32.69			
	100m: 1:01.40 32.10	200m: 2:07.80 33.10	300m: 3:14.54 33.22	400m: 4:18.25 31.02			
	SOUSA Joao Maria	05	Braga	4:18.25	+0,77	618	
	50m: 29.67 29.67	150m: 1:35.28 33.10	250m: 2:41.37 32.78	350m: 3:46.46 32.16			
	100m: 1:02.18 32.51	200m: 2:08.59 33.31	300m: 3:14.30 32.93	400m: 4:18.25 31.79			
9.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	4:19.68	+0,72	608	
	50m: 29.97 29.97	150m: 1:35.55 33.35	250m: 2:40.69 32.91	350m: 3:47.77 33.29			
	100m: 1:02.20 32.23	200m: 2:07.78 32.23	300m: 3:14.48 33.79	400m: 4:19.68 31.91			
10.	PEREIRA Manuel Angelo	05	Sporting	4:20.41	+0,73	603	
	50m: 30.60 30.60	150m: 1:37.30 33.73	250m: 2:43.74 32.68	350m: 3:49.16 32.36			
	100m: 1:03.57 32.97	200m: 2:11.06 33.76	300m: 3:16.80 33.06	400m: 4:20.41 31.25			
11.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	4:22.34	+0,81	590	
	50m: 28.89 28.89	150m: 1:34.05 32.98	250m: 2:42.02 34.30	350m: 3:49.72 34.12			
	100m: 1:01.07 32.18	200m: 2:07.72 33.67	300m: 3:15.60 33.58	400m: 4:22.34 32.62			
12.	BAPTISTA Guilherme Fernandes	06	Benfica	4:22.37	+0,80	590	
	50m: 29.73 29.73	150m: 1:36.26 33.55	250m: 2:43.30 33.27	350m: 3:50.66 33.67			
	100m: 1:02.71 32.98	200m: 2:10.03 33.77	300m: 3:16.99 33.69	400m: 4:22.37 31.71			
13.	BINYAS Eduardo	06	Rio Maior	4:24.49	+0,80	576	
	50m: 29.74 29.74	150m: 1:35.88 33.38	250m: 2:43.17 33.73	350m: 3:51.85 34.13			
	100m: 1:02.50 32.76	200m: 2:09.44 33.56	300m: 3:17.72 34.55	400m: 4:24.49 32.64			
14.	BARBOSA Diogo Sousa	05	Benfica	4:24.51	+0,78	575	
	50m: 29.40 29.40	150m: 1:36.82 33.59	250m: 2:43.88 32.23	350m: 3:52.13 33.76			
	100m: 1:03.23 33.83	200m: 2:11.65 34.83	300m: 3:18.37 34.49	400m: 4:24.51 32.38			
15.	AMADO Pedro Maria	05	Alges	4:25.58	+0,81	568	
	50m: 29.40 29.40	150m: 1:35.89 33.80	250m: 2:43.99 34.02	350m: 3:52.29 34.32			
	100m: 1:02.09 32.69	200m: 2:09.97 34.08	300m: 3:17.97 33.98	400m: 4:25.58 33.29			
16.	LOUREIRO Bruno Silva	06	Porto	4:25.73	+0,81	568	
	50m: 29.94 29.94	150m: 1:36.14 33.45	250m: 2:43.92 34.00	350m: 3:52.77 34.59			
	100m: 1:02.69 32.75	200m: 2:09.92 33.78	300m: 3:18.18 34.26	400m: 4:25.73 32.96			
17.	FARIA Eduardo Nuno	06	Braga	4:26.12	+0,82	565	
	50m: 29.93 29.93	150m: 1:36.74 34.15	250m: 2:45.13 34.12	350m: 3:52.86 33.47			
	100m: 1:02.59 32.66	200m: 2:11.01 34.27	300m: 3:19.39 34.26	400m: 4:26.12 33.26			
18.	SANTOS Rui Miguel	06	Famalicao	4:27.41	+0,83	557	
	50m: 29.66 29.66	150m: 1:37.70 34.54	250m: 2:47.18 34.73	350m: 3:56.26 34.14			
	100m: 1:03.16 33.50	200m: 2:12.45 34.75	300m: 3:22.12 34.94	400m: 4:27.41 31.15			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:28.03	+0,79	553	
	50m: 30.17 30.17	150m: 1:38.56 34.52	250m: 2:47.13 33.15	350m: 3:55.30 34.17			
	100m: 1:04.04 33.87	200m: 2:13.98 35.42	300m: 3:21.13 34.00	400m: 4:28.03 32.73			
20.	ALVES Andre Correia	06	Uniao Piedense	4:28.40	+0,73	551	
	50m: 30.11 30.11	150m: 1:37.20 34.25	250m: 2:45.64 33.74	350m: 3:55.19 34.74			
	100m: 1:02.95 32.84	200m: 2:11.90 34.70	300m: 3:20.45 34.81	400m: 4:28.40 33.21			
21.	FERRAZ Luis Afonso	06	Naval do Funchal	4:28.85	+0,76	548	
	50m: 30.28 30.28	150m: 1:38.80 34.94	250m: 2:48.64 35.68	350m: 3:57.56 34.29			
	100m: 1:03.86 33.58	200m: 2:12.96 34.16	300m: 3:23.27 34.63	400m: 4:28.85 31.29			
22.	PINTO Tiago Rodrigues	05	Sporting	4:29.58	+0,80	544	
	50m: 29.77 29.77	150m: 1:36.68 33.92	250m: 2:45.38 34.53	350m: 3:54.94 35.07			
	100m: 1:02.76 32.99	200m: 2:10.85 34.17	300m: 3:19.87 34.49	400m: 4:29.58 34.64			
23.	ZHUKOV Mark	06	Braga	4:31.13	+0,75	534	
	50m: 29.64 29.64	150m: 1:36.95 33.94	250m: 2:45.90 34.22	350m: 3:55.94 34.80			
	100m: 1:03.01 33.37	200m: 2:11.68 34.73	300m: 3:21.14 35.24	400m: 4:31.13 35.19			
24.	ROQUE Tomas Nunes	06	Benfica	4:32.22	+0,72	528	
	50m: 30.65 30.65	150m: 1:39.64 35.07	250m: 2:49.60 34.88	350m: 3:57.94 34.09			
	100m: 1:04.57 33.92	200m: 2:14.72 35.08	300m: 3:23.85 34.25	400m: 4:32.22 34.28			
25.	SIMOES Manuel Costa	06	Individual ANL	4:33.07	+0,71	523	
	50m: 29.46 29.46	150m: 1:36.32 34.20	250m: 2:46.90 35.42	350m: 3:58.12 35.66			
	100m: 1:02.12 32.66	200m: 2:11.48 35.16	300m: 3:22.46 35.56	400m: 4:33.07 34.95			
26.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	4:33.13	+0,70	523	
	50m: 29.91 29.91	150m: 1:38.60 34.64	250m: 2:49.26 35.06	350m: 3:59.79 35.16			
	100m: 1:03.96 34.05	200m: 2:14.20 35.60	300m: 3:24.63 35.37	400m: 4:33.13 33.34			
27.	SILVA Pedro Marques	06	Ba-Leiria	4:33.84	+0,78	519	
	50m: 30.12 30.12	150m: 1:39.83 35.26	250m: 2:49.85 35.37	350m: 4:00.16 35.01			
	100m: 1:04.57 34.45	200m: 2:14.48 34.65	300m: 3:25.15 35.30	400m: 4:33.84 33.68			
28.	FERREIRA Joao Rafael	06	Fundacao Beatriz Santos	4:34.05	+0,79	517	
	50m: 30.88 30.88	150m: 1:39.44 35.12	250m: 2:49.04 34.91	350m: 3:59.67 35.22			
	100m: 1:04.32 33.44	200m: 2:14.13 34.69	300m: 3:24.45 35.41	400m: 4:34.05 34.38			
29.	DURAO Miguel Costa	06	Braga	4:34.13	+0,81	517	
	50m: 30.19 30.19	150m: 1:39.08 34.37	250m: 2:49.79 34.94	350m: 4:00.33 34.91			
	100m: 1:04.71 34.52	200m: 2:14.85 35.77	300m: 3:25.42 35.63	400m: 4:34.13 33.80			
30.	FAFTINE Kaio Araujo	06	Sporting	4:36.78		502	
	50m: 30.26 30.26	150m: 1:39.94 35.51	250m: 2:51.37 35.86	350m: 4:02.96 35.03			
	100m: 1:04.43 34.17	200m: 2:15.51 35.57	300m: 3:27.93 36.56	400m: 4:36.78 33.82			
31.	TORRES Joao Pedro	05	Porto	4:36.99	+0,83	501	
	50m: 29.77 29.77	150m: 1:36.72 34.13	250m: 2:48.15 36.41	350m: 4:01.96 36.93			
	100m: 1:02.59 32.82	200m: 2:11.74 35.02	300m: 3:25.03 36.88	400m: 4:36.99 35.03			
32.	CORREIA Tiago Almeida	06	Natacao do Montijo	4:37.19	+0,82	500	
	50m: 30.22 30.22	150m: 1:38.81 35.10	250m: 2:50.84 36.20	350m: 4:03.32 36.03			
	100m: 1:03.71 33.49	200m: 2:14.64 35.83	300m: 3:27.29 36.45	400m: 4:37.19 33.87			
33.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	4:38.03		495	
	50m: 30.03 30.03	150m: 1:39.15 35.08	250m: 2:50.68 36.06	350m: 4:02.75 36.18			
	100m: 1:04.07 34.04	200m: 2:14.62 35.47	300m: 3:26.57 35.89	400m: 4:38.03 35.28			

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	FIGUEIREDO Joao Pinto	06	O Crasto	4:38.93	+0,58	491	
	50m: 30.54 30.54	150m: 1:40.61 35.95	250m: 2:52.26 35.92	350m: 4:04.27 35.79			
	100m: 1:04.66 34.12	200m: 2:16.34 35.73	300m: 3:28.48 36.22	400m: 4:38.93 34.66			
35.	MARQUES Jose Miguel	06	Condeixa Clube	4:39.09	+0,79	490	
	50m: 30.80 30.80	150m: 1:41.47 36.70	250m: 2:53.44 35.89	350m: 4:05.19 35.99			
	100m: 1:04.77 33.97	200m: 2:17.55 36.08	300m: 3:29.20 35.76	400m: 4:39.09 33.90			
DNS	DENISOV Micael Dmitrievich	06	Ba-Leiria				
DNS	MAGALHAES Goncalo Sa	06	Leixoes				
DNS	RIBEIRO Filipe Silva	05	Leixoes				

Prova 15 Masc., 400m Livres Juniores Resultados
31/07/2021 - 16:00

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Bernardo Victorino	04	Sporting	4:01.41	+0,65	757	
	50m: 27.19 27.19	150m: 1:27.15 30.33	250m: 2:28.53 30.77	350m: 3:30.68 31.08			
	100m: 56.82 29.63	200m: 1:57.76 30.61	300m: 2:59.60 31.07	400m: 4:01.41 30.73			
2.	MARQUES Gustavo Pires	04	Individual ANC	4:03.46	+0,67	738	
	50m: 28.12 28.12	150m: 1:29.42 31.05	250m: 2:31.35 30.96	350m: 3:33.52 31.20			
	100m: 58.37 30.25	200m: 2:00.39 30.97	300m: 3:02.32 30.97	400m: 4:03.46 29.94			
3.	RIBEIRO Gustavo Carvalhais	03	Galitos/ Bresimar	4:06.87	+0,81	708	
	50m: 28.02 28.02	150m: 1:29.08 31.06	250m: 2:32.59 31.90	350m: 3:36.02 31.61			
	100m: 58.02 30.00	200m: 2:00.69 31.61	300m: 3:04.41 31.82	400m: 4:06.87 30.85			
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:08.85	+0,69	691	
	50m: 28.26 28.26	150m: 1:32.67 32.82	250m: 2:36.01 31.32	350m: 3:39.43 31.46			
	100m: 59.85 31.59	200m: 2:04.69 32.02	300m: 3:07.97 31.96	400m: 4:08.85 29.42			
5.	LOPES Luis Afonso	03	Viver Santarem	4:09.19	+0,69	688	
	50m: 28.58 28.58	150m: 1:31.80 32.27	250m: 2:35.96 32.22	350m: 3:39.63 31.30			
	100m: 59.53 30.95	200m: 2:03.74 31.94	300m: 3:08.33 32.37	400m: 4:09.19 29.56			
6.	CARVALHO Martim Henriques	04	Rio Maior	4:15.16	+0,72	641	
	50m: 29.72 29.72	150m: 1:34.01 31.77	250m: 2:38.31 31.93	350m: 3:44.00 32.75			
	100m: 1:02.24 32.52	200m: 2:06.38 32.37	300m: 3:11.25 32.94	400m: 4:15.16 31.16			
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:15.28	+0,68	640	
	50m: 29.09 29.09	150m: 1:33.79 32.78	250m: 2:39.51 32.75	350m: 3:44.62 31.92			
	100m: 1:01.01 31.92	200m: 2:06.76 32.97	300m: 3:12.70 33.19	400m: 4:15.28 30.66			
8.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:16.61	+0,70	630	
	50m: 29.21 29.21	150m: 1:33.69 32.55	250m: 2:38.66 32.41	350m: 3:44.23 32.52			
	100m: 1:01.14 31.93	200m: 2:06.25 32.56	300m: 3:11.71 33.05	400m: 4:16.61 32.38			
9.	NUNES Diogo Severino	04	Natacao de Valongo	4:17.65	+0,75	623	
	50m: 28.43 28.43	150m: 1:33.52 32.57	250m: 2:39.81 32.99	350m: 3:45.98 32.65			
	100m: 1:00.95 32.52	200m: 2:06.82 33.30	300m: 3:13.33 33.52	400m: 4:17.65 31.67			

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CARVALHO Goncalo Renato	04	Porto	4:18.26	+0,70	618	
	50m: 29.70 29.70 150m: 1:35.28 32.67 250m: 2:40.95 32.64 350m: 3:46.52 32.69						
	100m: 1:02.61 32.91 200m: 2:08.31 33.03 300m: 3:13.83 32.88 400m: 4:18.26 31.74						
DNS	MACHADO Martim Miranda	03	Individual ANC				

Prova 15
31/07/2021 - 16:00 Masc., 400m Livres Absolutos Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	3:56.27	+0,65	808	
	50m: 27.78 27.78 150m: 1:27.79 30.29 250m: 2:27.36 29.57 350m: 3:26.88 30.06						
	100m: 57.50 29.72 200m: 1:57.79 30.00 300m: 2:56.82 29.46 400m: 3:56.27 29.39						
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:00.55	+0,80	765	
	50m: 27.96 27.96 150m: 1:28.80 30.83 250m: 2:30.13 30.54 350m: 3:31.18 30.17						
	100m: 57.97 30.01 200m: 1:59.59 30.79 300m: 3:01.01 30.88 400m: 4:00.55 29.37						
3.	ALMEIDA Bernardo Victorino	04	Sporting	4:01.41	+0,65	757	
	50m: 27.19 27.19 150m: 1:27.15 30.33 250m: 2:28.53 30.77 350m: 3:30.68 31.08						
	100m: 56.82 29.63 200m: 1:57.76 30.61 300m: 2:59.60 31.07 400m: 4:01.41 30.73						
4.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:02.13	+0,77	750	
	50m: 28.19 28.19 150m: 1:29.25 30.72 250m: 2:30.98 30.53 350m: 3:32.27 30.23						
	100m: 58.53 30.34 200m: 2:00.45 31.20 300m: 3:02.04 31.06 400m: 4:02.13 29.86						
5.	SANTOS Pedro Miguel	01	Porto	4:03.40	+0,66	739	
	50m: 27.96 27.96 150m: 1:28.76 30.64 250m: 2:30.40 30.59 350m: 3:32.42 30.79						
	100m: 58.12 30.16 200m: 1:59.81 31.05 300m: 3:01.63 31.23 400m: 4:03.40 30.98						
6.	MARQUES Gustavo Pires	04	Individual ANC	4:03.46	+0,67	738	
	50m: 28.12 28.12 150m: 1:29.42 31.05 250m: 2:31.35 30.96 350m: 3:33.52 31.20						
	100m: 58.37 30.25 200m: 2:00.39 30.97 300m: 3:02.32 30.97 400m: 4:03.46 29.94						
7.	RIBEIRO Gustavo Carvalhais	03	Galitos/ Bresimar	4:06.87	+0,81	708	
	50m: 28.02 28.02 150m: 1:29.08 31.06 250m: 2:32.59 31.90 350m: 3:36.02 31.61						
	100m: 58.02 30.00 200m: 2:00.69 31.61 300m: 3:04.41 31.82 400m: 4:06.87 30.85						
8.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:08.85	+0,69	691	
	50m: 28.26 28.26 150m: 1:32.67 32.82 250m: 2:36.01 31.32 350m: 3:39.43 31.46						
	100m: 59.85 31.59 200m: 2:04.69 32.02 300m: 3:07.97 31.96 400m: 4:08.85 29.42						
9.	LOPES Luis Afonso	03	Viver Santarem	4:09.19	+0,69	688	
	50m: 28.58 28.58 150m: 1:31.80 32.27 250m: 2:35.96 32.22 350m: 3:39.63 31.30						
	100m: 59.53 30.95 200m: 2:03.74 31.94 300m: 3:08.33 32.37 400m: 4:09.19 29.56						
10.	AMARAL Francisco Rodriguez	02	Porto	4:09.25	+0,75	688	
	50m: 28.90 28.90 150m: 1:31.67 31.66 250m: 2:35.66 32.07 350m: 3:38.78 31.58						
	100m: 1:00.01 31.11 200m: 2:03.59 31.92 300m: 3:07.20 31.54 400m: 4:09.25 30.47						
11.	CARVALHO Martim Henriques	04	Rio Maior	4:15.16	+0,72	641	
	50m: 29.72 29.72 150m: 1:34.01 31.77 250m: 2:38.31 31.93 350m: 3:44.00 32.75						
	100m: 1:02.24 32.52 200m: 2:06.38 32.37 300m: 3:11.25 32.94 400m: 4:15.16 31.16						

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:15.28	+0,68	640	
	50m: 29.09 29.09	150m: 1:33.79 32.78	250m: 2:39.51 32.75	350m: 3:44.62 31.92			
	100m: 1:01.01 31.92	200m: 2:06.76 32.97	300m: 3:12.70 33.19	400m: 4:15.28 30.66			
13.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:16.61	+0,70	630	
	50m: 29.21 29.21	150m: 1:33.69 32.55	250m: 2:38.66 32.41	350m: 3:44.23 32.52			
	100m: 1:01.14 31.93	200m: 2:06.25 32.56	300m: 3:11.71 33.05	400m: 4:16.61 32.38			
14.	NUNES Diogo Severino	04	Natacao de Valongo	4:17.65	+0,75	623	
	50m: 28.43 28.43	150m: 1:33.52 32.57	250m: 2:39.81 32.99	350m: 3:45.98 32.65			
	100m: 1:00.95 32.52	200m: 2:06.82 33.30	300m: 3:13.33 33.52	400m: 4:17.65 31.67			
15.	CARVALHO Goncalo Renato	04	Porto	4:18.26	+0,70	618	
	50m: 29.70 29.70	150m: 1:35.28 32.67	250m: 2:40.95 32.64	350m: 3:46.52 32.69			
	100m: 1:02.61 32.91	200m: 2:08.31 33.03	300m: 3:13.83 32.88	400m: 4:18.26 31.74			
DNS	MACHADO Martim Miranda	03	Individual ANC				
DNS	GRACHAT David Realista	87	Geslours				
DNS	DEUS Andre Portugal	02	Naval do Funchal				

Prova 15 Masc., 400m Livres Open Resultados

Rec	Tempo	Nome	Clube	País	Local	Data
Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021	
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021	
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	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	3:56.27	+0,65	808	
	50m: 27.78 27.78	150m: 1:27.79 30.29	250m: 2:27.36 29.57	350m: 3:26.88 30.06			
	100m: 57.50 29.72	200m: 1:57.79 30.00	300m: 2:56.82 29.46	400m: 3:56.27 29.39			
2.	FATH Moritz	97	Neckarsulmer Sport-Union	3:59.74	+0,71	773	
	50m: 27.88 27.88	150m: 1:28.42 30.49	250m: 2:29.24 30.30	350m: 3:30.25 30.44			
	100m: 57.93 30.05	200m: 1:58.94 30.52	300m: 2:59.81 30.57	400m: 3:59.74 29.49			
3.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:00.55	+0,80	765	
	50m: 27.96 27.96	150m: 1:28.80 30.83	250m: 2:30.13 30.54	350m: 3:31.18 30.17			
	100m: 57.97 30.01	200m: 1:59.59 30.79	300m: 3:01.01 30.88	400m: 4:00.55 29.37			
4.	ALMEIDA Bernardo Victorino	04	Sporting	4:01.41	+0,65	757	
	50m: 27.19 27.19	150m: 1:27.15 30.33	250m: 2:28.53 30.77	350m: 3:30.68 31.08			
	100m: 56.82 29.63	200m: 1:57.76 30.61	300m: 2:59.60 31.07	400m: 4:01.41 30.73			
5.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:02.13	+0,77	750	
	50m: 28.19 28.19	150m: 1:29.25 30.72	250m: 2:30.98 30.53	350m: 3:32.27 30.23			
	100m: 58.53 30.34	200m: 2:00.45 31.20	300m: 3:02.04 31.06	400m: 4:02.13 29.86			
6.	SANTOS Pedro Miguel	01	Porto	4:03.40	+0,66	739	
	50m: 27.96 27.96	150m: 1:28.76 30.64	250m: 2:30.40 30.59	350m: 3:32.42 30.79			
	100m: 58.12 30.16	200m: 1:59.81 31.05	300m: 3:01.63 31.23	400m: 4:03.40 30.98			

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MARQUES Gustavo Pires	04	Individual ANC	4:03.46	+0,67	738	
	50m: 28.12 28.12 150m: 1:29.42 31.05 250m: 2:31.35 30.96 350m: 3:33.52 31.20						
	100m: 58.37 30.25 200m: 2:00.39 30.97 300m: 3:02.32 30.97 400m: 4:03.46 29.94						
8.	RIBEIRO Gustavo Carvalhais	03	Galitos/ Bresimar	4:06.87	+0,81	708	
	50m: 28.02 28.02 150m: 1:29.08 31.06 250m: 2:32.59 31.90 350m: 3:36.02 31.61						
	100m: 58.02 30.00 200m: 2:00.69 31.61 300m: 3:04.41 31.82 400m: 4:06.87 30.85						
9.	BARROS Bruno Rey	01	Sporting	4:08.24	+0,68	696	
	50m: 28.56 28.56 150m: 1:30.11 30.99 250m: 2:32.70 31.17 350m: 3:36.49 32.05						
	100m: 59.12 30.56 200m: 2:01.53 31.42 300m: 3:04.44 31.74 400m: 4:08.24 31.75						
10.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:08.85	+0,69	691	
	50m: 28.26 28.26 150m: 1:32.67 32.82 250m: 2:36.01 31.32 350m: 3:39.43 31.46						
	100m: 59.85 31.59 200m: 2:04.69 32.02 300m: 3:07.97 31.96 400m: 4:08.85 29.42						
11.	LOPES Luis Afonso	03	Viver Santarem	4:09.19	+0,69	688	
	50m: 28.58 28.58 150m: 1:31.80 32.27 250m: 2:35.96 32.22 350m: 3:39.63 31.30						
	100m: 59.53 30.95 200m: 2:03.74 31.94 300m: 3:08.33 32.37 400m: 4:09.19 29.56						
12.	AMARAL Francisco Rodriguez	02	Porto	4:09.25	+0,75	688	
	50m: 28.90 28.90 150m: 1:31.67 31.66 250m: 2:35.66 32.07 350m: 3:38.78 31.58						
	100m: 1:00.01 31.11 200m: 2:03.59 31.92 300m: 3:07.20 31.54 400m: 4:09.25 30.47						
13.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:12.37	+0,72	663	
	50m: 29.01 29.01 150m: 1:33.04 32.40 250m: 2:37.36 32.34 350m: 3:41.49 31.99						
	100m: 1:00.64 31.63 200m: 2:05.02 31.98 300m: 3:09.50 32.14 400m: 4:12.37 30.88						
14.	LIESS Thomas	95	Neckarsulmer Sport-Union	4:13.72	+0,82	652	
	50m: 28.46 28.46 150m: 1:31.59 31.93 250m: 2:36.53 32.90 350m: 3:41.84 32.78						
	100m: 59.66 31.20 200m: 2:03.63 32.04 300m: 3:09.06 32.53 400m: 4:13.72 31.88						
15.	SILVA Afonso Carvalho	05	Famalicao	4:14.99	+0,67	642	
	50m: 29.59 29.59 150m: 1:34.89 32.72 250m: 2:40.38 32.51 350m: 3:44.81 31.67						
	100m: 1:02.17 32.58 200m: 2:07.87 32.98 300m: 3:13.14 32.76 400m: 4:14.99 30.18						
16.	CARVALHO Martim Henriques	04	Rio Maior	4:15.16	+0,72	641	
	50m: 29.72 29.72 150m: 1:34.01 31.77 250m: 2:38.31 31.93 350m: 3:44.00 32.75						
	100m: 1:02.24 32.52 200m: 2:06.38 32.37 300m: 3:11.25 32.94 400m: 4:15.16 31.16						
17.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:15.28	+0,68	640	
	50m: 29.09 29.09 150m: 1:33.79 32.78 250m: 2:39.51 32.75 350m: 3:44.62 31.92						
	100m: 1:01.01 31.92 200m: 2:06.76 32.97 300m: 3:12.70 33.19 400m: 4:15.28 30.66						
18.	PERLOIRO Salvador Goya	05	Benfica	4:15.83	+0,67	636	
	50m: 29.26 29.26 150m: 1:35.27 33.23 250m: 2:41.17 32.68 350m: 3:45.65 31.93						
	100m: 1:02.04 32.78 200m: 2:08.49 33.22 300m: 3:13.72 32.55 400m: 4:15.83 30.18						
19.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:16.56	+0,66	631	
	50m: 28.70 28.70 150m: 1:33.28 32.28 250m: 2:38.53 32.38 350m: 3:43.96 32.35						
	100m: 1:01.00 32.30 200m: 2:06.15 32.87 300m: 3:11.61 33.08 400m: 4:16.56 32.60						
20.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:16.61	+0,70	630	
	50m: 29.21 29.21 150m: 1:33.69 32.55 250m: 2:38.66 32.41 350m: 3:44.23 32.52						
	100m: 1:01.14 31.93 200m: 2:06.25 32.56 300m: 3:11.71 33.05 400m: 4:16.61 32.38						
21.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:17.24	+0,74	626	
	50m: 29.80 29.80 150m: 1:35.34 32.94 250m: 2:41.53 32.87 350m: 3:46.33 31.89						
	100m: 1:02.40 32.60 200m: 2:08.66 33.32 300m: 3:14.44 32.91 400m: 4:17.24 30.91						

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	NUNES Diogo Severino	04	Natacao de Valongo	4:17.65	+0,75	623	
	50m: 28.43 28.43	150m: 1:33.52 32.57	250m: 2:39.81 32.99	350m: 3:45.98 32.65			
	100m: 1:00.95 32.52	200m: 2:06.82 33.30	300m: 3:13.33 33.52	400m: 4:17.65 31.67			
23.	NETO Vasco Goncalves	05	Porto	4:18.20	+0,76	619	
	50m: 30.05 30.05	150m: 1:36.20 33.23	250m: 2:41.69 32.84	350m: 3:47.38 32.87			
	100m: 1:02.97 32.92	200m: 2:08.85 32.65	300m: 3:14.51 32.82	400m: 4:18.20 30.82			
24.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:18.25	+0,78	618	
	50m: 29.30 29.30	150m: 1:34.70 33.30	250m: 2:41.32 33.52	350m: 3:47.23 32.69			
	100m: 1:01.40 32.10	200m: 2:07.80 33.10	300m: 3:14.54 33.22	400m: 4:18.25 31.02			
	SOUSA Joao Maria	05	Braga	4:18.25	+0,77	618	
	50m: 29.67 29.67	150m: 1:35.28 33.10	250m: 2:41.37 32.78	350m: 3:46.46 32.16			
	100m: 1:02.18 32.51	200m: 2:08.59 33.31	300m: 3:14.30 32.93	400m: 4:18.25 31.79			
26.	CARVALHO Goncalo Renato	04	Porto	4:18.26	+0,70	618	
	50m: 29.70 29.70	150m: 1:35.28 32.67	250m: 2:40.95 32.64	350m: 3:46.52 32.69			
	100m: 1:02.61 32.91	200m: 2:08.31 33.03	300m: 3:13.83 32.88	400m: 4:18.26 31.74			
27.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	4:19.68	+0,72	608	
	50m: 29.97 29.97	150m: 1:35.55 33.35	250m: 2:40.69 32.91	350m: 3:47.77 33.29			
	100m: 1:02.20 32.23	200m: 2:07.78 32.23	300m: 3:14.48 33.79	400m: 4:19.68 31.91			
28.	PEREIRA Manuel Angelo	05	Sporting	4:20.41	+0,73	603	
	50m: 30.60 30.60	150m: 1:37.30 33.73	250m: 2:43.74 32.68	350m: 3:49.16 32.36			
	100m: 1:03.57 32.97	200m: 2:11.06 33.76	300m: 3:16.80 33.06	400m: 4:20.41 31.25			
29.	FOMIN Yury	06	Louletano/Loule Concelho	4:21.51	+0,78	595	
	50m: 29.70 29.70	150m: 1:35.50 33.33	250m: 2:42.04 33.25	350m: 3:49.37 33.81			
	100m: 1:02.17 32.47	200m: 2:08.79 33.29	300m: 3:15.56 33.52	400m: 4:21.51 32.14			
30.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	4:22.34	+0,81	590	
	50m: 28.89 28.89	150m: 1:34.05 32.98	250m: 2:42.02 34.30	350m: 3:49.72 34.12			
	100m: 1:01.07 32.18	200m: 2:07.72 33.67	300m: 3:15.60 33.58	400m: 4:22.34 32.62			
31.	BAPTISTA Guilherme Fernandes	06	Benfica	4:22.37	+0,80	590	
	50m: 29.73 29.73	150m: 1:36.26 33.55	250m: 2:43.30 33.27	350m: 3:50.66 33.67			
	100m: 1:02.71 32.98	200m: 2:10.03 33.77	300m: 3:16.99 33.69	400m: 4:22.37 31.71			
32.	BINYAS Eduardo	06	Rio Maior	4:24.49	+0,80	576	
	50m: 29.74 29.74	150m: 1:35.88 33.38	250m: 2:43.17 33.73	350m: 3:51.85 34.13			
	100m: 1:02.50 32.76	200m: 2:09.44 33.56	300m: 3:17.72 34.55	400m: 4:24.49 32.64			
33.	BARBOSA Diogo Sousa	05	Benfica	4:24.51	+0,78	575	
	50m: 29.40 29.40	150m: 1:36.82 33.59	250m: 2:43.88 32.23	350m: 3:52.13 33.76			
	100m: 1:03.23 33.83	200m: 2:11.65 34.83	300m: 3:18.37 34.49	400m: 4:24.51 32.38			
34.	AMADO Pedro Maria	05	Alges	4:25.58	+0,81	568	
	50m: 29.40 29.40	150m: 1:35.89 33.80	250m: 2:43.99 34.02	350m: 3:52.29 34.32			
	100m: 1:02.09 32.69	200m: 2:09.97 34.08	300m: 3:17.97 33.98	400m: 4:25.58 33.29			
35.	LOUREIRO Bruno Silva	06	Porto	4:25.73	+0,81	568	
	50m: 29.94 29.94	150m: 1:36.14 33.45	250m: 2:43.92 34.00	350m: 3:52.77 34.59			
	100m: 1:02.69 32.75	200m: 2:09.92 33.78	300m: 3:18.18 34.26	400m: 4:25.73 32.96			
36.	FARIA Eduardo Nuno	06	Braga	4:26.12	+0,82	565	
	50m: 29.93 29.93	150m: 1:36.74 34.15	250m: 2:45.13 34.12	350m: 3:52.86 33.47			
	100m: 1:02.59 32.66	200m: 2:11.01 34.27	300m: 3:19.39 34.26	400m: 4:26.12 33.26			

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	SANTOS Rui Miguel	06	Famalicao	4:27.41	+0,83	557	
	50m: 29.66 29.66	150m: 1:37.70 34.54	250m: 2:47.18 34.73	350m: 3:56.26 34.14			
	100m: 1:03.16 33.50	200m: 2:12.45 34.75	300m: 3:22.12 34.94	400m: 4:27.41 31.15			
38.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:28.03	+0,79	553	
	50m: 30.17 30.17	150m: 1:38.56 34.52	250m: 2:47.13 33.15	350m: 3:55.30 34.17			
	100m: 1:04.04 33.87	200m: 2:13.98 35.42	300m: 3:21.13 34.00	400m: 4:28.03 32.73			
39.	TIGRE Pedro Bethlem	06	Sporting	4:28.22	+0,71	552	
	50m: 30.39 30.39	150m: 1:37.07 34.16	250m: 2:46.37 34.76	350m: 3:55.08 33.68			
	100m: 1:02.91 32.52	200m: 2:11.61 34.54	300m: 3:21.40 35.03	400m: 4:28.22 33.14			
40.	ALVES Andre Correia	06	Uniao Piedense	4:28.40	+0,73	551	
	50m: 30.11 30.11	150m: 1:37.20 34.25	250m: 2:45.64 33.74	350m: 3:55.19 34.74			
	100m: 1:02.95 32.84	200m: 2:11.90 34.70	300m: 3:20.45 34.81	400m: 4:28.40 33.21			
41.	FERRAZ Luis Afonso	06	Naval do Funchal	4:28.85	+0,76	548	
	50m: 30.28 30.28	150m: 1:38.80 34.94	250m: 2:48.64 35.68	350m: 3:57.56 34.29			
	100m: 1:03.86 33.58	200m: 2:12.96 34.16	300m: 3:23.27 34.63	400m: 4:28.85 31.29			
42.	PINTO Tiago Rodrigues	05	Sporting	4:29.58	+0,80	544	
	50m: 29.77 29.77	150m: 1:36.68 33.92	250m: 2:45.38 34.53	350m: 3:54.94 35.07			
	100m: 1:02.76 32.99	200m: 2:10.85 34.17	300m: 3:19.87 34.49	400m: 4:29.58 34.64			
43.	ZHUKOV Mark	06	Braga	4:31.13	+0,75	534	
	50m: 29.64 29.64	150m: 1:36.95 33.94	250m: 2:45.90 34.22	350m: 3:55.94 34.80			
	100m: 1:03.01 33.37	200m: 2:11.68 34.73	300m: 3:21.14 35.24	400m: 4:31.13 35.19			
44.	ROQUE Tomas Nunes	06	Benfica	4:32.22	+0,72	528	
	50m: 30.65 30.65	150m: 1:39.64 35.07	250m: 2:49.60 34.88	350m: 3:57.94 34.09			
	100m: 1:04.57 33.92	200m: 2:14.72 35.08	300m: 3:23.85 34.25	400m: 4:32.22 34.28			
45.	SIMOES Manuel Costa	06	Individual ANL	4:33.07	+0,71	523	
	50m: 29.46 29.46	150m: 1:36.32 34.20	250m: 2:46.90 35.42	350m: 3:58.12 35.66			
	100m: 1:02.12 32.66	200m: 2:11.48 35.16	300m: 3:22.46 35.56	400m: 4:33.07 34.95			
46.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	4:33.13	+0,70	523	
	50m: 29.91 29.91	150m: 1:38.60 34.64	250m: 2:49.26 35.06	350m: 3:59.79 35.16			
	100m: 1:03.96 34.05	200m: 2:14.20 35.60	300m: 3:24.63 35.37	400m: 4:33.13 33.34			
47.	SILVA Pedro Marques	06	Ba-Leiria	4:33.84	+0,78	519	
	50m: 30.12 30.12	150m: 1:39.83 35.26	250m: 2:49.85 35.37	350m: 4:00.16 35.01			
	100m: 1:04.57 34.45	200m: 2:14.48 34.65	300m: 3:25.15 35.30	400m: 4:33.84 33.68			
48.	FERREIRA Joao Rafael	06	Fundacao Beatriz Santos	4:34.05	+0,79	517	
	50m: 30.88 30.88	150m: 1:39.44 35.12	250m: 2:49.04 34.91	350m: 3:59.67 35.22			
	100m: 1:04.32 33.44	200m: 2:14.13 34.69	300m: 3:24.45 35.41	400m: 4:34.05 34.38			
49.	DURAO Miguel Costa	06	Braga	4:34.13	+0,81	517	
	50m: 30.19 30.19	150m: 1:39.08 34.37	250m: 2:49.79 34.94	350m: 4:00.33 34.91			
	100m: 1:04.71 34.52	200m: 2:14.85 35.77	300m: 3:25.42 35.63	400m: 4:34.13 33.80			
50.	FAFTINE Kaio Araujo	06	Sporting	4:36.78		502	
	50m: 30.26 30.26	150m: 1:39.94 35.51	250m: 2:51.37 35.86	350m: 4:02.96 35.03			
	100m: 1:04.43 34.17	200m: 2:15.51 35.57	300m: 3:27.93 36.56	400m: 4:36.78 33.82			
51.	TORRES Joao Pedro	05	Porto	4:36.99	+0,83	501	
	50m: 29.77 29.77	150m: 1:36.72 34.13	250m: 2:48.15 36.41	350m: 4:01.96 36.93			
	100m: 1:02.59 32.82	200m: 2:11.74 35.02	300m: 3:25.03 36.88	400m: 4:36.99 35.03			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	CORREIA Tiago Almeida	06	Natacao do Montijo	4:37.19	+0,82	500	
	50m: 30.22 30.22	150m: 1:38.81 35.10	250m: 2:50.84 36.20	350m: 4:03.32 36.03			
	100m: 1:03.71 33.49	200m: 2:14.64 35.83	300m: 3:27.29 36.45	400m: 4:37.19 33.87			
53.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	4:38.03		495	
	50m: 30.03 30.03	150m: 1:39.15 35.08	250m: 2:50.68 36.06	350m: 4:02.75 36.18			
	100m: 1:04.07 34.04	200m: 2:14.62 35.47	300m: 3:26.57 35.89	400m: 4:38.03 35.28			
54.	FIGUEIREDO Joao Pinto	06	O Crasto	4:38.93	+0,58	491	
	50m: 30.54 30.54	150m: 1:40.61 35.95	250m: 2:52.26 35.92	350m: 4:04.27 35.79			
	100m: 1:04.66 34.12	200m: 2:16.34 35.73	300m: 3:28.48 36.22	400m: 4:38.93 34.66			
55.	MARQUES Jose Miguel	06	Condeixa Clube	4:39.09	+0,79	490	
	50m: 30.80 30.80	150m: 1:41.47 36.70	250m: 2:53.44 35.89	350m: 4:05.19 35.99			
	100m: 1:04.77 33.97	200m: 2:17.55 36.08	300m: 3:29.20 35.76	400m: 4:39.09 33.90			
DNS	DENISOV Micael Dmitrievich	06	Ba-Leiria				
DNS	MACHADO Martim Miranda	03	Individual ANC				
DNS	GRACHAT David Realista	87	Gesloures				
DNS	DEUS Andre Portugal	02	Naval do Funchal				
DNS	MAGALHAES Goncalo Sa	06	Leixoes				
DNS	RIBEIRO Filipe Silva	05	Leixoes				
DNS	MASCARENHAS Henrique Silva	01	Angola				

Prova 15

Masc., 400m Livres

Classe S9

31/07/2021 - 16:00

Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	GRACHAT David Realista	87	Gesloures				

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