

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



Prova 23 Masc., 400m Estilos Juvenis B
01/08/2021 - 9:00 Resultados

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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Duarte Jose	06	Individual ANC	4:56.61	+0,73	555	
	50m: 30.18 30.18	150m: 1:47.72 41.06	250m: 3:05.98 38.23	350m: 4:22.98 36.25			
	100m: 1:06.66 36.48	200m: 2:27.75 40.03	300m: 3:46.73 40.75	400m: 4:56.61 33.63			
2.	ZHUKOV Mark	06	Braga	4:59.91	+0,72	537	
	50m: 30.93 30.93	150m: 1:46.97 39.16	250m: 3:07.91 43.30	350m: 4:25.78 34.76			
	100m: 1:07.81 36.88	200m: 2:24.61 37.64	300m: 3:51.02 43.11	400m: 4:59.91 34.13			
3.	FARIA Eduardo Nuno	06	Braga	5:02.28	+0,91	524	
	50m: 31.78 31.78	150m: 1:49.76 40.99	250m: 3:11.62 43.56	350m: 4:30.57 34.42			
	100m: 1:08.77 36.99	200m: 2:28.06 38.30	300m: 3:56.15 44.53	400m: 5:02.28 31.71			
4.	SANTOS Rui Miguel	06	Famalicao	5:02.67	+0,83	522	
	50m: 30.47 30.47	150m: 1:47.14 40.97	250m: 3:11.39 44.10	350m: 4:30.98 35.00			
	100m: 1:06.17 35.70	200m: 2:27.29 40.15	300m: 3:55.98 44.59	400m: 5:02.67 31.69			
5.	CASTRO Vasco Monteiro	06	Porto	5:07.11	+0,85	500	
	50m: 31.54 31.54	150m: 1:48.48 38.25	250m: 3:11.54 45.64	350m: 4:32.35 34.61			
	100m: 1:10.23 38.69	200m: 2:25.90 37.42	300m: 3:57.74 46.20	400m: 5:07.11 34.76			
6.	SILVA Pedro Marques	06	Ba-Leiria	5:10.39	+0,85	484	
	50m: 32.42 32.42	150m: 1:54.59 42.44	250m: 3:18.29 43.03	350m: 4:37.13 35.19			
	100m: 1:12.15 39.73	200m: 2:35.26 40.67	300m: 4:01.94 43.65	400m: 5:10.39 33.26			
7.	JEVIC Milan Santos	06	Braga	5:10.63	+0,77	483	
	50m: 31.31 31.31	150m: 1:50.69 42.04	250m: 3:14.45 42.18	350m: 4:35.20 35.97			
	100m: 1:08.65 37.34	200m: 2:32.27 41.58	300m: 3:59.23 44.78	400m: 5:10.63 35.43			
8.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	5:12.43	+0,64	475	
	50m: 31.79 31.79	150m: 1:50.95 41.62	250m: 3:13.27 40.14	350m: 4:34.04 39.12			
	100m: 1:09.33 37.54	200m: 2:33.13 42.18	300m: 3:54.92 41.65	400m: 5:12.43 38.39			
9.	TOSTE Martim Candido	06	Naval Praia da Vitoria	5:12.61	+0,68	474	
	50m: 31.97 31.97	150m: 1:49.72 40.46	250m: 3:14.99 45.23	350m: 4:38.15 36.11			
	100m: 1:09.26 37.29	200m: 2:29.76 40.04	300m: 4:02.04 47.05	400m: 5:12.61 34.46			
10.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	5:16.65	+0,77	456	
	50m: 31.90 31.90	150m: 1:49.69 42.13	250m: 3:17.68 47.04	350m: 4:41.21 35.46			
	100m: 1:07.56 35.66	200m: 2:30.64 40.95	300m: 4:05.75 48.07	400m: 5:16.65 35.44			
11.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:17.46	+0,92	453	
	50m: 32.34 32.34	150m: 1:52.02 41.82	250m: 3:19.45 47.30	350m: 4:43.04 35.97			
	100m: 1:10.20 37.86	200m: 2:32.15 40.13	300m: 4:07.07 47.62	400m: 5:17.46 34.42			
12.	PINTO Mark Ronald	06	Naval de Faro	5:22.34	+0,77	432	
	50m: 31.48 31.48	150m: 1:51.90 43.53	250m: 3:21.52 46.89	350m: 4:45.20 38.28			
	100m: 1:08.37 36.89	200m: 2:34.63 42.73	300m: 4:06.92 45.40	400m: 5:22.34 37.14			
13.	JORGE Pedro Crispim	06	Uniao Piedense	5:23.22	+0,73	429	
	50m: 34.36 34.36	150m: 1:56.28 41.37	250m: 3:23.63 47.44	350m: 4:48.32 36.95			
	100m: 1:14.91 40.55	200m: 2:36.19 39.91	300m: 4:11.37 47.74	400m: 5:23.22 34.90			
14.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:23.34	+0,87	428	
	50m: 34.01 34.01	150m: 1:54.46 42.22	250m: 3:22.99 48.44	350m: 4:49.06 37.84			
	100m: 1:12.24 38.23	200m: 2:34.55 40.09	300m: 4:11.22 48.23	400m: 5:23.34 34.28			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 23, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	BONNIZ Pedro Goncalves	06	Gesloures				
DNS	FAFTINE Kaio Araujo	06	Sporting				

Prova 23 Masc., 400m Estilos Juvenis A
01/08/2021 - 9:00 Resultados

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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Afonso Carvalho	05	Famalicao	4:44.27	+0,67	631	
	50m: 30.00 30.00	150m: 1:42.99 38.44	250m: 2:59.46 39.09	350m: 4:12.53 33.32			
	100m: 1:04.55 34.55	200m: 2:20.37 37.38	300m: 3:39.21 39.75	400m: 4:44.27 31.74			
2.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:49.16	+0,77	599	
	50m: 30.18 30.18	150m: 1:42.35 37.66	250m: 3:02.07 43.57	350m: 4:18.04 32.42			
	100m: 1:04.69 34.51	200m: 2:18.50 36.15	300m: 3:45.62 43.55	400m: 4:49.16 31.12			
3.	GOUVEIA Luis Galvao	05	Desportivo Nacional	4:50.39	+0,73	592	
	50m: 28.70 28.70	150m: 1:41.28 38.71	250m: 3:01.35 42.12	350m: 4:18.46 34.53			
	100m: 1:02.57 33.87	200m: 2:19.23 37.95	300m: 3:43.93 42.58	400m: 4:50.39 31.93			
4.	PERLOIRO Salvador Goya	05	Benfica	4:50.81	+0,69	589	
	50m: 29.13 29.13	150m: 1:41.24 38.68	250m: 3:02.82 43.56	350m: 4:19.19 32.75			
	100m: 1:02.56 33.43	200m: 2:19.26 38.02	300m: 3:46.44 43.62	400m: 4:50.81 31.62			
5.	MORGADO Vasco Alves	05	Alges	4:57.08	+0,64	552	
	50m: 30.61 30.61	150m: 1:46.06 40.29	250m: 3:07.80 41.92	350m: 4:24.94 35.14			
	100m: 1:05.77 35.16	200m: 2:25.88 39.82	300m: 3:49.80 42.00	400m: 4:57.08 32.14			
6.	PEREIRA Manuel Angelo	05	Sporting	4:57.17	+0,88	552	
	50m: 31.01 31.01	150m: 1:47.13 40.55	250m: 3:08.27 41.54	350m: 4:25.10 34.34			
	100m: 1:06.58 35.57	200m: 2:26.73 39.60	300m: 3:50.76 42.49	400m: 4:57.17 32.07			
7.	PINTO Tiago Rodrigues	05	Sporting	4:57.27	+0,83	551	
	50m: 29.88 29.88	150m: 1:45.38 40.00	250m: 3:06.95 42.20	350m: 4:24.85 34.13			
	100m: 1:05.38 35.50	200m: 2:24.75 39.37	300m: 3:50.72 43.77	400m: 4:57.27 32.42			
8.	SOUSA Joao Maria	05	Braga	4:57.85	+0,78	548	
	50m: 30.99 30.99	150m: 1:43.53 36.90	250m: 3:06.32 44.71	350m: 4:25.11 33.17			
	100m: 1:06.63 35.64	200m: 2:21.61 38.08	300m: 3:51.94 45.62	400m: 4:57.85 32.74			
9.	OLIVEIRA Simao Lopes	05	Naval Setubalense	5:01.90	+0,76	526	
	50m: 31.73 31.73	150m: 1:49.59 41.04	250m: 3:11.13 40.90	350m: 4:27.65 34.99			
	100m: 1:08.55 36.82	200m: 2:30.23 40.64	300m: 3:52.66 41.53	400m: 5:01.90 34.25			
10.	REMELHE Joao Anibal	05	Braga	5:02.60	+0,91	523	
	50m: 30.28 30.28	150m: 1:45.80 39.36	250m: 3:08.60 44.38	350m: 4:29.96 35.03			
	100m: 1:06.44 36.16	200m: 2:24.22 38.42	300m: 3:54.93 46.33	400m: 5:02.60 32.64			
11.	ROCHA Goncalo Queiroga	05	Braga	5:05.93	+0,80	506	
	50m: 32.81 32.81	150m: 1:50.59 39.55	250m: 3:12.53 43.12	350m: 4:32.11 35.51			
	100m: 1:11.04 38.23	200m: 2:29.41 38.82	300m: 3:56.60 44.07	400m: 5:05.93 33.82			
12.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	5:08.26	+0,76	494	
	50m: 31.28 31.28	150m: 1:49.12 40.83	250m: 3:12.91 44.79	350m: 4:33.99 35.57			
	100m: 1:08.29 37.01	200m: 2:28.12 39.00	300m: 3:58.42 45.51	400m: 5:08.26 34.27			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 23, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	5:08.57	+0,83	493	
	50m: 31.09 31.09	150m: 1:48.45 41.48	250m: 3:11.58	43.58	350m: 4:33.74	36.97	
	100m: 1:06.97 35.88	200m: 2:28.00 39.55	300m: 3:56.77	45.19	400m: 5:08.57	34.83	
14.	CEPELEAGA Marin	05	Portinado	5:10.44	+0,80	484	
	50m: 30.49 30.49	150m: 1:45.88 38.83	250m: 3:10.36	46.34	350m: 4:33.59	36.28	
	100m: 1:07.05 36.56	200m: 2:24.02 38.14	300m: 3:57.31	46.95	400m: 5:10.44	36.85	
15.	GUTUTUI Francisc	05	Alges	5:11.88	+0,89	477	
	50m: 32.34 32.34	150m: 1:52.23 43.21	250m: 3:16.57	42.81	350m: 4:36.68	36.57	
	100m: 1:09.02 36.68	200m: 2:33.76 41.53	300m: 4:00.11	43.54	400m: 5:11.88	35.20	
16.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	5:13.23	+0,74	471	
	50m: 31.92 31.92	150m: 1:50.80 42.27	250m: 3:17.39	45.70	350m: 4:38.45	35.23	
	100m: 1:08.53 36.61	200m: 2:31.69 40.89	300m: 4:03.22	45.83	400m: 5:13.23	34.78	
17.	GONCALVES Jose Luis	05	Fafe	5:16.77	+0,79	456	
	50m: 29.60 29.60	150m: 1:47.72 42.88	250m: 3:14.14	44.79	350m: 4:39.72	38.50	
	100m: 1:04.84 35.24	200m: 2:29.35 41.63	300m: 4:01.22	47.08	400m: 5:16.77	37.05	
18.	FRANCISCO Tomas Jose	05	Miranda do Corvo	5:16.83	+0,83	455	
	50m: 31.70 31.70	150m: 1:53.90 43.44	250m: 3:18.24	43.52	350m: 4:39.86	37.92	
	100m: 1:10.46 38.76	200m: 2:34.72 40.82	300m: 4:01.94	43.70	400m: 5:16.83	36.97	

Prova 23 Masc., 400m Estilos Juvenis [A e B] Resultados

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Afonso Carvalho	05	Famalicao	4:44.27	+0,67	631	
	50m: 30.00 30.00	150m: 1:42.99 38.44	250m: 2:59.46	39.09	350m: 4:12.53	33.32	
	100m: 1:04.55 34.55	200m: 2:20.37 37.38	300m: 3:39.21	39.75	400m: 4:44.27	31.74	
2.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:49.16	+0,77	599	
	50m: 30.18 30.18	150m: 1:42.35 37.66	250m: 3:02.07	43.57	350m: 4:18.04	32.42	
	100m: 1:04.69 34.51	200m: 2:18.50 36.15	300m: 3:45.62	43.55	400m: 4:49.16	31.12	
3.	GOUVEIA Luis Galvao	05	Desportivo Nacional	4:50.39	+0,73	592	
	50m: 28.70 28.70	150m: 1:41.28 38.71	250m: 3:01.35	42.12	350m: 4:18.46	34.53	
	100m: 1:02.57 33.87	200m: 2:19.23 37.95	300m: 3:43.93	42.58	400m: 4:50.39	31.93	
4.	PERLOIRO Salvador Goya	05	Benfica	4:50.81	+0,69	589	
	50m: 29.13 29.13	150m: 1:41.24 38.68	250m: 3:02.82	43.56	350m: 4:19.19	32.75	
	100m: 1:02.56 33.43	200m: 2:19.26 38.02	300m: 3:46.44	43.62	400m: 4:50.81	31.62	
5.	FERNANDES Duarte Jose	06	Individual ANC	4:56.61	+0,73	555	
	50m: 30.18 30.18	150m: 1:47.72 41.06	250m: 3:05.98	38.23	350m: 4:22.98	36.25	
	100m: 1:06.66 36.48	200m: 2:27.75 40.03	300m: 3:46.73	40.75	400m: 4:56.61	33.63	
6.	MORGADO Vasco Alves	05	Alges	4:57.08	+0,64	552	
	50m: 30.61 30.61	150m: 1:46.06 40.29	250m: 3:07.80	41.92	350m: 4:24.94	35.14	
	100m: 1:05.77 35.16	200m: 2:25.88 39.82	300m: 3:49.80	42.00	400m: 4:57.08	32.14	

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



Prova 23, Masc., 400m Estilos, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	PEREIRA Manuel Angelo	05	Sporting	4:57.17	+0,88	552	
	50m: 31.01 31.01	150m: 1:47.13 40.55	250m: 3:08.27 41.54	350m: 4:25.10 34.34			
	100m: 1:06.58 35.57	200m: 2:26.73 39.60	300m: 3:50.76 42.49	400m: 4:57.17 32.07			
8.	PINTO Tiago Rodrigues	05	Sporting	4:57.27	+0,83	551	
	50m: 29.88 29.88	150m: 1:45.38 40.00	250m: 3:06.95 42.20	350m: 4:24.85 34.13			
	100m: 1:05.38 35.50	200m: 2:24.75 39.37	300m: 3:50.72 43.77	400m: 4:57.27 32.42			
9.	SOUSA Joao Maria	05	Braga	4:57.85	+0,78	548	
	50m: 30.99 30.99	150m: 1:43.53 36.90	250m: 3:06.32 44.71	350m: 4:25.11 33.17			
	100m: 1:06.63 35.64	200m: 2:21.61 38.08	300m: 3:51.94 45.62	400m: 4:57.85 32.74			
10.	ZHUKOV Mark	06	Braga	4:59.91	+0,72	537	
	50m: 30.93 30.93	150m: 1:46.97 39.16	250m: 3:07.91 43.30	350m: 4:25.78 34.76			
	100m: 1:07.81 36.88	200m: 2:24.61 37.64	300m: 3:51.02 43.11	400m: 4:59.91 34.13			
11.	OLIVEIRA Simao Lopes	05	Naval Setubalense	5:01.90	+0,76	526	
	50m: 31.73 31.73	150m: 1:49.59 41.04	250m: 3:11.13 40.90	350m: 4:27.65 34.99			
	100m: 1:08.55 36.82	200m: 2:30.23 40.64	300m: 3:52.66 41.53	400m: 5:01.90 34.25			
12.	FARIA Eduardo Nuno	06	Braga	5:02.28	+0,91	524	
	50m: 31.78 31.78	150m: 1:49.76 40.99	250m: 3:11.62 43.56	350m: 4:30.57 34.42			
	100m: 1:08.77 36.99	200m: 2:28.06 38.30	300m: 3:56.15 44.53	400m: 5:02.28 31.71			
13.	REMELHE Joao Anibal	05	Braga	5:02.60	+0,91	523	
	50m: 30.28 30.28	150m: 1:45.80 39.36	250m: 3:08.60 44.38	350m: 4:29.96 35.03			
	100m: 1:06.44 36.16	200m: 2:24.22 38.42	300m: 3:54.93 46.33	400m: 5:02.60 32.64			
14.	SANTOS Rui Miguel	06	Famalicao	5:02.67	+0,83	522	
	50m: 30.47 30.47	150m: 1:47.14 40.97	250m: 3:11.39 44.10	350m: 4:30.98 35.00			
	100m: 1:06.17 35.70	200m: 2:27.29 40.15	300m: 3:55.98 44.59	400m: 5:02.67 31.69			
15.	ROCHA Goncalo Queiroga	05	Braga	5:05.93	+0,80	506	
	50m: 32.81 32.81	150m: 1:50.59 39.55	250m: 3:12.53 43.12	350m: 4:32.11 35.51			
	100m: 1:11.04 38.23	200m: 2:29.41 38.82	300m: 3:56.60 44.07	400m: 5:05.93 33.82			
16.	CASTRO Vasco Monteiro	06	Porto	5:07.11	+0,85	500	
	50m: 31.54 31.54	150m: 1:48.48 38.25	250m: 3:11.54 45.64	350m: 4:32.35 34.61			
	100m: 1:10.23 38.69	200m: 2:25.90 37.42	300m: 3:57.74 46.20	400m: 5:07.11 34.76			
17.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	5:08.26	+0,76	494	
	50m: 31.28 31.28	150m: 1:49.12 40.83	250m: 3:12.91 44.79	350m: 4:33.99 35.57			
	100m: 1:08.29 37.01	200m: 2:28.12 39.00	300m: 3:58.42 45.51	400m: 5:08.26 34.27			
18.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	5:08.57	+0,83	493	
	50m: 31.09 31.09	150m: 1:48.45 41.48	250m: 3:11.58 43.58	350m: 4:33.74 36.97			
	100m: 1:06.97 35.88	200m: 2:28.00 39.55	300m: 3:56.77 45.19	400m: 5:08.57 34.83			
19.	SILVA Pedro Marques	06	Ba-Leiria	5:10.39	+0,85	484	
	50m: 32.42 32.42	150m: 1:54.59 42.44	250m: 3:18.29 43.03	350m: 4:37.13 35.19			
	100m: 1:12.15 39.73	200m: 2:35.26 40.67	300m: 4:01.94 43.65	400m: 5:10.39 33.26			
20.	CEPELEAGA Marin	05	Portinado	5:10.44	+0,80	484	
	50m: 30.49 30.49	150m: 1:45.88 38.83	250m: 3:10.36 46.34	350m: 4:33.59 36.28			
	100m: 1:07.05 36.56	200m: 2:24.02 38.14	300m: 3:57.31 46.95	400m: 5:10.44 36.85			
21.	JEVIC Milan Santos	06	Braga	5:10.63	+0,77	483	
	50m: 31.31 31.31	150m: 1:50.69 42.04	250m: 3:14.45 42.18	350m: 4:35.20 35.97			
	100m: 1:08.65 37.34	200m: 2:32.27 41.58	300m: 3:59.23 44.78	400m: 5:10.63 35.43			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 23, Masc., 400m Estilos, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	GUTUTUI Francisc	05	Alges	5:11.88	+0,89	477	
	50m: 32.34 32.34	150m: 1:52.23	43.21	250m: 3:16.57	42.81	350m: 4:36.68	36.57
	100m: 1:09.02 36.68	200m: 2:33.76	41.53	300m: 4:00.11	43.54	400m: 5:11.88	35.20
23.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	5:12.43	+0,64	475	
	50m: 31.79 31.79	150m: 1:50.95	41.62	250m: 3:13.27	40.14	350m: 4:34.04	39.12
	100m: 1:09.33 37.54	200m: 2:33.13	42.18	300m: 3:54.92	41.65	400m: 5:12.43	38.39
24.	TOSTE Martim Candido	06	Naval Praia da Vitoria	5:12.61	+0,68	474	
	50m: 31.97 31.97	150m: 1:49.72	40.46	250m: 3:14.99	45.23	350m: 4:38.15	36.11
	100m: 1:09.26 37.29	200m: 2:29.76	40.04	300m: 4:02.04	47.05	400m: 5:12.61	34.46
25.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	5:13.23	+0,74	471	
	50m: 31.92 31.92	150m: 1:50.80	42.27	250m: 3:17.39	45.70	350m: 4:38.45	35.23
	100m: 1:08.53 36.61	200m: 2:31.69	40.89	300m: 4:03.22	45.83	400m: 5:13.23	34.78
26.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	5:16.65	+0,77	456	
	50m: 31.90 31.90	150m: 1:49.69	42.13	250m: 3:17.68	47.04	350m: 4:41.21	35.46
	100m: 1:07.56 35.66	200m: 2:30.64	40.95	300m: 4:05.75	48.07	400m: 5:16.65	35.44
27.	GONCALVES Jose Luis	05	Fafe	5:16.77	+0,79	456	
	50m: 29.60 29.60	150m: 1:47.72	42.88	250m: 3:14.14	44.79	350m: 4:39.72	38.50
	100m: 1:04.84 35.24	200m: 2:29.35	41.63	300m: 4:01.22	47.08	400m: 5:16.77	37.05
28.	FRANCISCO Tomas Jose	05	Miranda do Corvo	5:16.83	+0,83	455	
	50m: 31.70 31.70	150m: 1:53.90	43.44	250m: 3:18.24	43.52	350m: 4:39.86	37.92
	100m: 1:10.46 38.76	200m: 2:34.72	40.82	300m: 4:01.94	43.70	400m: 5:16.83	36.97
29.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:17.46	+0,92	453	
	50m: 32.34 32.34	150m: 1:52.02	41.82	250m: 3:19.45	47.30	350m: 4:43.04	35.97
	100m: 1:10.20 37.86	200m: 2:32.15	40.13	300m: 4:07.07	47.62	400m: 5:17.46	34.42
30.	PINTO Mark Ronald	06	Naval de Faro	5:22.34	+0,77	432	
	50m: 31.48 31.48	150m: 1:51.90	43.53	250m: 3:21.52	46.89	350m: 4:45.20	38.28
	100m: 1:08.37 36.89	200m: 2:34.63	42.73	300m: 4:06.92	45.40	400m: 5:22.34	37.14
31.	JORGE Pedro Crispim	06	Uniao Piedense	5:23.22	+0,73	429	
	50m: 34.36 34.36	150m: 1:56.28	41.37	250m: 3:23.63	47.44	350m: 4:48.32	36.95
	100m: 1:14.91 40.55	200m: 2:36.19	39.91	300m: 4:11.37	47.74	400m: 5:23.22	34.90
32.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:23.34	+0,87	428	
	50m: 34.01 34.01	150m: 1:54.46	42.22	250m: 3:22.99	48.44	350m: 4:49.06	37.84
	100m: 1:12.24 38.23	200m: 2:34.55	40.09	300m: 4:11.22	48.23	400m: 5:23.34	34.28
DNS	BONNIZ Pedro Goncalves	06	Gesloures				
DNS	FAFTINE Kaio Araujo	06	Sporting				

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



Prova 23, Masc., 400m Estilos

Prova 23 Masc., 400m Estilos Juniores Resultados
01/08/2021 - 9:00

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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares	03	Benfica	4:37.42	+0,66	679	
	50m: 28.69 28.69	150m: 1:39.46 37.86	250m: 2:53.85	37.48	350m: 4:05.57	33.36	
	100m: 1:01.60 32.91	200m: 2:16.37 36.91	300m: 3:32.21	38.36	400m: 4:37.42	31.85	
2.	MARQUES Gustavo Pires	04	Individual ANC	4:41.61	+0,68	649	
	50m: 27.85 27.85	150m: 1:36.18 35.53	250m: 2:54.18	42.41	350m: 4:09.77	32.47	
	100m: 1:00.65 32.80	200m: 2:11.77 35.59	300m: 3:37.30	43.12	400m: 4:41.61	31.84	
3.	LOPES Luis Afonso	03	Viver Santarem	4:42.24	+0,68	644	
	50m: 29.28 29.28	150m: 1:41.93 38.87	250m: 2:57.61	39.35	350m: 4:11.62	32.86	
	100m: 1:03.06 33.78	200m: 2:18.26 36.33	300m: 3:38.76	41.15	400m: 4:42.24	30.62	
4.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:43.02	+0,71	639	
	50m: 29.17 29.17	150m: 1:39.82 37.55	250m: 2:57.11	40.40	350m: 4:11.21	32.73	
	100m: 1:02.27 33.10	200m: 2:16.71 36.89	300m: 3:38.48	41.37	400m: 4:43.02	31.81	
5.	SILVA Nuno Marques	04	Ba-Leiria	4:44.77	+0,72	627	
	50m: 29.62 29.62	150m: 1:41.76 35.97	250m: 2:58.27	39.93	350m: 4:12.16	33.15	
	100m: 1:05.79 36.17	200m: 2:18.34 36.58	300m: 3:39.01	40.74	400m: 4:44.77	32.61	
6.	RIBEIRO Gustavo Carvalhais	03	Galitos/ Bresimar	4:46.15	+0,80	618	
	50m: 29.53 29.53	150m: 1:40.25 37.58	250m: 2:58.65	41.36	350m: 4:13.99	34.27	
	100m: 1:02.67 33.14	200m: 2:17.29 37.04	300m: 3:39.72	41.07	400m: 4:46.15	32.16	
7.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	4:47.51	+0,69	610	
	50m: 30.15 30.15	150m: 1:43.88 38.21	250m: 3:01.71	40.68	350m: 4:15.98	33.59	
	100m: 1:05.67 35.52	200m: 2:21.03 37.15	300m: 3:42.39	40.68	400m: 4:47.51	31.53	
8.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:53.20	+0,62	575	
	50m: 30.19 30.19	150m: 1:43.51 38.96	250m: 3:05.18	43.22	350m: 4:21.02	32.01	
	100m: 1:04.55 34.36	200m: 2:21.96 38.45	300m: 3:49.01	43.83	400m: 4:53.20	32.18	
9.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:54.72	+0,67	566	
	50m: 29.97 29.97	150m: 1:42.00 36.80	250m: 3:03.66	45.76	350m: 4:22.65	33.53	
	100m: 1:05.20 35.23	200m: 2:17.90 35.90	300m: 3:49.12	45.46	400m: 4:54.72	32.07	
10.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:55.18	+0,85	563	
	50m: 29.24 29.24	150m: 1:42.29 39.09	250m: 3:04.58	43.27	350m: 4:21.58	33.78	
	100m: 1:03.20 33.96	200m: 2:21.31 39.02	300m: 3:47.80	43.22	400m: 4:55.18	33.60	
11.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:56.91	+0,78	553	
	50m: 29.12 29.12	150m: 1:41.56 38.60	250m: 3:01.84	42.82	350m: 4:21.52	36.04	
	100m: 1:02.96 33.84	200m: 2:19.02 37.46	300m: 3:45.48	43.64	400m: 4:56.91	35.39	
12.	CRUZ David Miguel	04	Braga	4:59.27	+0,87	540	
	50m: 30.41 30.41	150m: 1:47.01 41.10	250m: 3:10.20	43.41	350m: 4:25.63	33.45	
	100m: 1:05.91 35.50	200m: 2:26.79 39.78	300m: 3:52.18	41.98	400m: 4:59.27	33.64	
13.	TSYKAL Daniel	04	Alcobaca	5:01.21	+0,71	530	
	50m: 30.92 30.92	150m: 1:47.84 40.40	250m: 3:08.32	41.78	350m: 4:27.62	36.61	
	100m: 1:07.44 36.52	200m: 2:26.54 38.70	300m: 3:51.01	42.69	400m: 5:01.21	33.59	

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



Prova 23, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FARDILHA Manuel Cruz	03	Galitos/ Bresimar	5:02.45	+0,81	524	
	50m: 29.72 29.72	150m: 1:45.08 40.86	250m: 3:10.36 45.77	350m: 4:29.33 35.09			
	100m: 1:04.22 34.50	200m: 2:24.59 39.51	300m: 3:54.24 43.88	400m: 5:02.45 33.12			
15.	FRASQUILHO Afonso Figueiredo	04	Sporting	5:03.47	+0,86	518	
	50m: 29.99 29.99	150m: 1:46.17 40.77	250m: 3:06.80 40.55	350m: 4:26.31 36.19			
	100m: 1:05.40 35.41	200m: 2:26.25 40.08	300m: 3:50.12 43.32	400m: 5:03.47 37.16			
DNS	COSTA Joao Peres	04	Naval Praia da Vitoria				
DNS	BORGES David Costa	04	Fluvial Portuense				

Prova 23 Masc., 400m Estilos Absolutos
01/08/2021 - 9:00 Resultados

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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	4:21.75	+0,70	808	
	50m: 28.50 28.50	150m: 1:35.87 35.59	250m: 2:46.64 36.19	350m: 3:53.20 30.00			
	100m: 1:00.28 31.78	200m: 2:10.45 34.58	300m: 3:23.20 36.56	400m: 4:21.75 28.55			
2.	RAMOS Bruno Miguel	97	Belenenses	4:31.27	+0,69	726	
	50m: 27.38 27.38	150m: 1:34.62 35.37	250m: 2:50.58 40.16	350m: 4:00.90 31.06			
	100m: 59.25 31.87	200m: 2:10.42 35.80	300m: 3:29.84 39.26	400m: 4:31.27 30.37			
3.	SILVA Tomas Antonio	01	Porto	4:32.93	+0,81	713	
	50m: 28.46 28.46	150m: 1:36.71 35.17	250m: 2:51.97 39.44	350m: 4:02.72 31.54			
	100m: 1:01.54 33.08	200m: 2:12.53 35.82	300m: 3:31.18 39.21	400m: 4:32.93 30.21			
4.	BASTOS Lucas Pereira	00	Nautico Academico	4:35.02	+0,71	696	
	50m: 28.93 28.93	150m: 1:36.62 35.07	250m: 2:51.28 39.20	350m: 4:03.34 32.22			
	100m: 1:01.55 32.62	200m: 2:12.08 35.46	300m: 3:31.12 39.84	400m: 4:35.02 31.68			
5.	SIMOES Rafael Gomes	00	Braga	4:36.79	+0,81	683	
	50m: 28.13 28.13	150m: 1:39.64 38.39	250m: 2:55.08 38.86	350m: 4:06.07 31.60			
	100m: 1:01.25 33.12	200m: 2:16.22 36.58	300m: 3:34.47 39.39	400m: 4:36.79 30.72			
6.	SANTOS Pedro Miguel	01	Porto	4:37.03	+0,77	681	
	50m: 28.30 28.30	150m: 1:37.94 36.25	250m: 2:53.73 40.19	350m: 4:05.95 31.59			
	100m: 1:01.69 33.39	200m: 2:13.54 35.60	300m: 3:34.36 40.63	400m: 4:37.03 31.08			
7.	CARNEIRO Joao Soares	03	Benfica	4:37.42	+0,66	679	
	50m: 28.69 28.69	150m: 1:39.46 37.86	250m: 2:53.85 37.48	350m: 4:05.57 33.36			
	100m: 1:01.60 32.91	200m: 2:16.37 36.91	300m: 3:32.21 38.36	400m: 4:37.42 31.85			
8.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:39.62	+0,80	663	
	50m: 29.37 29.37	150m: 1:41.30 38.97	250m: 2:58.27 40.20	350m: 4:09.75 31.76			
	100m: 1:02.33 32.96	200m: 2:18.07 36.77	300m: 3:37.99 39.72	400m: 4:39.62 29.87			
9.	SAMPAIO Jose Pedro	98	Porto	4:41.02	+0,76	653	
	50m: 28.68 28.68	150m: 1:39.55 36.72	250m: 2:57.39 41.24	350m: 4:10.29 31.71			
	100m: 1:02.83 34.15	200m: 2:16.15 36.60	300m: 3:38.58 41.19	400m: 4:41.02 30.73			

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



Prova 23, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MARQUES Gustavo Pires	04	Individual ANC	4:41.61	+0,68	649	
	50m: 27.85 27.85	150m: 1:36.18 35.53	250m: 2:54.18 42.41	350m: 4:09.77 32.47			
	100m: 1:00.65 32.80	200m: 2:11.77 35.59	300m: 3:37.30 43.12	400m: 4:41.61 31.84			
11.	LOPES Luis Afonso	03	Viver Santarem	4:42.24	+0,68	644	
	50m: 29.28 29.28	150m: 1:41.93 38.87	250m: 2:57.61 39.35	350m: 4:11.62 32.86			
	100m: 1:03.06 33.78	200m: 2:18.26 36.33	300m: 3:38.76 41.15	400m: 4:42.24 30.62			
12.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:43.02	+0,71	639	
	50m: 29.17 29.17	150m: 1:39.82 37.55	250m: 2:57.11 40.40	350m: 4:11.21 32.73			
	100m: 1:02.27 33.10	200m: 2:16.71 36.89	300m: 3:38.48 41.37	400m: 4:43.02 31.81			
13.	SILVA Nuno Marques	04	Ba-Leiria	4:44.77	+0,72	627	
	50m: 29.62 29.62	150m: 1:41.76 35.97	250m: 2:58.27 39.93	350m: 4:12.16 33.15			
	100m: 1:05.79 36.17	200m: 2:18.34 36.58	300m: 3:39.01 40.74	400m: 4:44.77 32.61			
14.	RIBEIRO Gustavo Carvalhais	03	Galitos/ Bresimar	4:46.15	+0,80	618	
	50m: 29.53 29.53	150m: 1:40.25 37.58	250m: 2:58.65 41.36	350m: 4:13.99 34.27			
	100m: 1:02.67 33.14	200m: 2:17.29 37.04	300m: 3:39.72 41.07	400m: 4:46.15 32.16			
15.	CATALAO Daniel Nogueira	00	Benfica	4:46.71	+0,60	615	
	50m: 29.28 29.28	150m: 1:42.39 39.28	250m: 2:59.14 38.26	350m: 4:13.82 34.74			
	100m: 1:03.11 33.83	200m: 2:20.88 38.49	300m: 3:39.08 39.94	400m: 4:46.71 32.89			
16.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	4:47.51	+0,69	610	
	50m: 30.15 30.15	150m: 1:43.88 38.21	250m: 3:01.71 40.68	350m: 4:15.98 33.59			
	100m: 1:05.67 35.52	200m: 2:21.03 37.15	300m: 3:42.39 40.68	400m: 4:47.51 31.53			
17.	ALVES Nuno Rafael	90	Aquatico Pacense	4:49.55	+0,83	597	
	50m: 29.55 29.55	150m: 1:43.44 39.58	250m: 3:01.42 39.25	350m: 4:15.80 34.24			
	100m: 1:03.86 34.31	200m: 2:22.17 38.73	300m: 3:41.56 40.14	400m: 4:49.55 33.75			
18.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:53.20	+0,62	575	
	50m: 30.19 30.19	150m: 1:43.51 38.96	250m: 3:05.18 43.22	350m: 4:21.02 32.01			
	100m: 1:04.55 34.36	200m: 2:21.96 38.45	300m: 3:49.01 43.83	400m: 4:53.20 32.18			
19.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:54.72	+0,67	566	
	50m: 29.97 29.97	150m: 1:42.00 36.80	250m: 3:03.66 45.76	350m: 4:22.65 33.53			
	100m: 1:05.20 35.23	200m: 2:17.90 35.90	300m: 3:49.12 45.46	400m: 4:54.72 32.07			
20.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:55.18	+0,85	563	
	50m: 29.24 29.24	150m: 1:42.29 39.09	250m: 3:04.58 43.27	350m: 4:21.58 33.78			
	100m: 1:03.20 33.96	200m: 2:21.31 39.02	300m: 3:47.80 43.22	400m: 4:55.18 33.60			
21.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:56.91	+0,78	553	
	50m: 29.12 29.12	150m: 1:41.56 38.60	250m: 3:01.84 42.82	350m: 4:21.52 36.04			
	100m: 1:02.96 33.84	200m: 2:19.02 37.46	300m: 3:45.48 43.64	400m: 4:56.91 35.39			
22.	CRUZ David Miguel	04	Braga	4:59.27	+0,87	540	
	50m: 30.41 30.41	150m: 1:47.01 41.10	250m: 3:10.20 43.41	350m: 4:25.63 33.45			
	100m: 1:05.91 35.50	200m: 2:26.79 39.78	300m: 3:52.18 41.98	400m: 4:59.27 33.64			
23.	TSYKAL Daniel	04	Alcobaca	5:01.21	+0,71	530	
	50m: 30.92 30.92	150m: 1:47.84 40.40	250m: 3:08.32 41.78	350m: 4:27.62 36.61			
	100m: 1:07.44 36.52	200m: 2:26.54 38.70	300m: 3:51.01 42.69	400m: 5:01.21 33.59			
24.	FARDILHA Manuel Cruz	03	Galitos/ Bresimar	5:02.45	+0,81	524	
	50m: 29.72 29.72	150m: 1:45.08 40.86	250m: 3:10.36 45.77	350m: 4:29.33 35.09			
	100m: 1:04.22 34.50	200m: 2:24.59 39.51	300m: 3:54.24 43.88	400m: 5:02.45 33.12			

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



Prova 23, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	FRASQUILHO Afonso Figueiredo	04	Sporting	5:03.47	+0,86	518	
	50m: 29.99 29.99 150m: 1:46.17 40.77 250m: 3:06.80 40.55 350m: 4:26.31 36.19						
	100m: 1:05.40 35.41 200m: 2:26.25 40.08 300m: 3:50.12 43.32 400m: 5:03.47 37.16						
26.	CRUZ Miguel Duarte	99	Belenenses	5:07.14	+0,66	500	
	50m: 31.39 31.39 150m: 1:48.35 40.80 250m: 3:13.39 45.20 350m: 4:33.25 34.64						
	100m: 1:07.55 36.16 200m: 2:28.19 39.84 300m: 3:58.61 45.22 400m: 5:07.14 33.89						
DNS	COSTA Joao Peres	04	Naval Praia da Vitoria				
DNS	BORGES David Costa	04	Fluvial Portuense				

Prova 23 Masc., 400m Estilos Open Resultados
01/08/2021 - 9:00

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013
Rec Nac Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23/07/2004
Rec Nac Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	4:21.75	+0,70	808	
	50m: 28.50 28.50 150m: 1:35.87 35.59 250m: 2:46.64 36.19 350m: 3:53.20 30.00						
	100m: 1:00.28 31.78 200m: 2:10.45 34.58 300m: 3:23.20 36.56 400m: 4:21.75 28.55						
2.	RAMOS Bruno Miguel	97	Belenenses	4:31.27	+0,69	726	
	50m: 27.38 27.38 150m: 1:34.62 35.37 250m: 2:50.58 40.16 350m: 4:00.90 31.06						
	100m: 59.25 31.87 200m: 2:10.42 35.80 300m: 3:29.84 39.26 400m: 4:31.27 30.37						
3.	SILVA Tomas Antonio	01	Porto	4:32.93	+0,81	713	
	50m: 28.46 28.46 150m: 1:36.71 35.17 250m: 2:51.97 39.44 350m: 4:02.72 31.54						
	100m: 1:01.54 33.08 200m: 2:12.53 35.82 300m: 3:31.18 39.21 400m: 4:32.93 30.21						
4.	BASTOS Lucas Pereira	00	Nautico Academico	4:35.02	+0,71	696	
	50m: 28.93 28.93 150m: 1:36.62 35.07 250m: 2:51.28 39.20 350m: 4:03.34 32.22						
	100m: 1:01.55 32.62 200m: 2:12.08 35.46 300m: 3:31.12 39.84 400m: 4:35.02 31.68						
5.	SIMOES Rafael Gomes	00	Braga	4:36.79	+0,81	683	
	50m: 28.13 28.13 150m: 1:39.64 38.39 250m: 2:55.08 38.86 350m: 4:06.07 31.60						
	100m: 1:01.25 33.12 200m: 2:16.22 36.58 300m: 3:34.47 39.39 400m: 4:36.79 30.72						
6.	SANTOS Pedro Miguel	01	Porto	4:37.03	+0,77	681	
	50m: 28.30 28.30 150m: 1:37.94 36.25 250m: 2:53.73 40.19 350m: 4:05.95 31.59						
	100m: 1:01.69 33.39 200m: 2:13.54 35.60 300m: 3:34.36 40.63 400m: 4:37.03 31.08						
7.	CARNEIRO Joao Soares	03	Benfica	4:37.42	+0,66	679	
	50m: 28.69 28.69 150m: 1:39.46 37.86 250m: 2:53.85 37.48 350m: 4:05.57 33.36						
	100m: 1:01.60 32.91 200m: 2:16.37 36.91 300m: 3:32.21 38.36 400m: 4:37.42 31.85						
8.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:39.62	+0,80	663	
	50m: 29.37 29.37 150m: 1:41.30 38.97 250m: 2:58.27 40.20 350m: 4:09.75 31.76						
	100m: 1:02.33 32.96 200m: 2:18.07 36.77 300m: 3:37.99 39.72 400m: 4:39.62 29.87						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SAMPAIO Jose Pedro	98	Porto	4:41.02	+0,76	653	
	50m: 28.68 28.68	150m: 1:39.55 36.72	250m: 2:57.39 41.24	350m: 4:10.29 31.71			
	100m: 1:02.83 34.15	200m: 2:16.15 36.60	300m: 3:38.58 41.19	400m: 4:41.02 30.73			
10.	MARQUES Gustavo Pires	04	Individual ANC	4:41.61	+0,68	649	
	50m: 27.85 27.85	150m: 1:36.18 35.53	250m: 2:54.18 42.41	350m: 4:09.77 32.47			
	100m: 1:00.65 32.80	200m: 2:11.77 35.59	300m: 3:37.30 43.12	400m: 4:41.61 31.84			
11.	LOPES Luis Afonso	03	Viver Santarem	4:42.24	+0,68	644	
	50m: 29.28 29.28	150m: 1:41.93 38.87	250m: 2:57.61 39.35	350m: 4:11.62 32.86			
	100m: 1:03.06 33.78	200m: 2:18.26 36.33	300m: 3:38.76 41.15	400m: 4:42.24 30.62			
12.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:43.02	+0,71	639	
	50m: 29.17 29.17	150m: 1:39.82 37.55	250m: 2:57.11 40.40	350m: 4:11.21 32.73			
	100m: 1:02.27 33.10	200m: 2:16.71 36.89	300m: 3:38.48 41.37	400m: 4:43.02 31.81			
13.	SILVA Afonso Carvalho	05	Famalicao	4:44.27	+0,67	631	
	50m: 30.00 30.00	150m: 1:42.99 38.44	250m: 2:59.46 39.09	350m: 4:12.53 33.32			
	100m: 1:04.55 34.55	200m: 2:20.37 37.38	300m: 3:39.21 39.75	400m: 4:44.27 31.74			
14.	SILVA Nuno Marques	04	Ba-Leiria	4:44.77	+0,72	627	
	50m: 29.62 29.62	150m: 1:41.76 35.97	250m: 2:58.27 39.93	350m: 4:12.16 33.15			
	100m: 1:05.79 36.17	200m: 2:18.34 36.58	300m: 3:39.01 40.74	400m: 4:44.77 32.61			
15.	RIBEIRO Gustavo Carvalhais	03	Galitos/ Bresimar	4:46.15	+0,80	618	
	50m: 29.53 29.53	150m: 1:40.25 37.58	250m: 2:58.65 41.36	350m: 4:13.99 34.27			
	100m: 1:02.67 33.14	200m: 2:17.29 37.04	300m: 3:39.72 41.07	400m: 4:46.15 32.16			
16.	CATALAO Daniel Nogueira	00	Benfica	4:46.71	+0,60	615	
	50m: 29.28 29.28	150m: 1:42.39 39.28	250m: 2:59.14 38.26	350m: 4:13.82 34.74			
	100m: 1:03.11 33.83	200m: 2:20.88 38.49	300m: 3:39.08 39.94	400m: 4:46.71 32.89			
17.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	4:47.51	+0,69	610	
	50m: 30.15 30.15	150m: 1:43.88 38.21	250m: 3:01.71 40.68	350m: 4:15.98 33.59			
	100m: 1:05.67 35.52	200m: 2:21.03 37.15	300m: 3:42.39 40.68	400m: 4:47.51 31.53			
18.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:49.16	+0,77	599	
	50m: 30.18 30.18	150m: 1:42.35 37.66	250m: 3:02.07 43.57	350m: 4:18.04 32.42			
	100m: 1:04.69 34.51	200m: 2:18.50 36.15	300m: 3:45.62 43.55	400m: 4:49.16 31.12			
19.	ALVES Nuno Rafael	90	Aquatico Pacense	4:49.55	+0,83	597	
	50m: 29.55 29.55	150m: 1:43.44 39.58	250m: 3:01.42 39.25	350m: 4:15.80 34.24			
	100m: 1:03.86 34.31	200m: 2:22.17 38.73	300m: 3:41.56 40.14	400m: 4:49.55 33.75			
20.	GOUVEIA Luis Galvao	05	Desportivo Nacional	4:50.39	+0,73	592	
	50m: 28.70 28.70	150m: 1:41.28 38.71	250m: 3:01.35 42.12	350m: 4:18.46 34.53			
	100m: 1:02.57 33.87	200m: 2:19.23 37.95	300m: 3:43.93 42.58	400m: 4:50.39 31.93			
21.	PERLOIRO Salvador Goya	05	Benfica	4:50.81	+0,69	589	
	50m: 29.13 29.13	150m: 1:41.24 38.68	250m: 3:02.82 43.56	350m: 4:19.19 32.75			
	100m: 1:02.56 33.43	200m: 2:19.26 38.02	300m: 3:46.44 43.62	400m: 4:50.81 31.62			
22.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:53.20	+0,62	575	
	50m: 30.19 30.19	150m: 1:43.51 38.96	250m: 3:05.18 43.22	350m: 4:21.02 32.01			
	100m: 1:04.55 34.36	200m: 2:21.96 38.45	300m: 3:49.01 43.83	400m: 4:53.20 32.18			
23.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:54.72	+0,67	566	
	50m: 29.97 29.97	150m: 1:42.00 36.80	250m: 3:03.66 45.76	350m: 4:22.65 33.53			
	100m: 1:05.20 35.23	200m: 2:17.90 35.90	300m: 3:49.12 45.46	400m: 4:54.72 32.07			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	RELVAS David Ferreira	03	Nautico Marinha Grande	4:55.18	+0,85	563	
	50m: 29.24 29.24	150m: 1:42.29 39.09	250m: 3:04.58	43.27	350m: 4:21.58	33.78	
	100m: 1:03.20 33.96	200m: 2:21.31 39.02	300m: 3:47.80	43.22	400m: 4:55.18	33.60	
25.	FERNANDES Duarte Jose	06	Individual ANC	4:56.61	+0,73	555	
	50m: 30.18 30.18	150m: 1:47.72 41.06	250m: 3:05.98	38.23	350m: 4:22.98	36.25	
	100m: 1:06.66 36.48	200m: 2:27.75 40.03	300m: 3:46.73	40.75	400m: 4:56.61	33.63	
26.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:56.91	+0,78	553	
	50m: 29.12 29.12	150m: 1:41.56 38.60	250m: 3:01.84	42.82	350m: 4:21.52	36.04	
	100m: 1:02.96 33.84	200m: 2:19.02 37.46	300m: 3:45.48	43.64	400m: 4:56.91	35.39	
27.	MORGADO Vasco Alves	05	Alges	4:57.08	+0,64	552	
	50m: 30.61 30.61	150m: 1:46.06 40.29	250m: 3:07.80	41.92	350m: 4:24.94	35.14	
	100m: 1:05.77 35.16	200m: 2:25.88 39.82	300m: 3:49.80	42.00	400m: 4:57.08	32.14	
28.	PEREIRA Manuel Angelo	05	Sporting	4:57.17	+0,88	552	
	50m: 31.01 31.01	150m: 1:47.13 40.55	250m: 3:08.27	41.54	350m: 4:25.10	34.34	
	100m: 1:06.58 35.57	200m: 2:26.73 39.60	300m: 3:50.76	42.49	400m: 4:57.17	32.07	
29.	PINTO Tiago Rodrigues	05	Sporting	4:57.27	+0,83	551	
	50m: 29.88 29.88	150m: 1:45.38 40.00	250m: 3:06.95	42.20	350m: 4:24.85	34.13	
	100m: 1:05.38 35.50	200m: 2:24.75 39.37	300m: 3:50.72	43.77	400m: 4:57.27	32.42	
30.	SOUSA Joao Maria	05	Braga	4:57.85	+0,78	548	
	50m: 30.99 30.99	150m: 1:43.53 36.90	250m: 3:06.32	44.71	350m: 4:25.11	33.17	
	100m: 1:06.63 35.64	200m: 2:21.61 38.08	300m: 3:51.94	45.62	400m: 4:57.85	32.74	
31.	CRUZ David Miguel	04	Braga	4:59.27	+0,87	540	
	50m: 30.41 30.41	150m: 1:47.01 41.10	250m: 3:10.20	43.41	350m: 4:25.63	33.45	
	100m: 1:05.91 35.50	200m: 2:26.79 39.78	300m: 3:52.18	41.98	400m: 4:59.27	33.64	
32.	ZHUKOV Mark	06	Braga	4:59.91	+0,72	537	
	50m: 30.93 30.93	150m: 1:46.97 39.16	250m: 3:07.91	43.30	350m: 4:25.78	34.76	
	100m: 1:07.81 36.88	200m: 2:24.61 37.64	300m: 3:51.02	43.11	400m: 4:59.91	34.13	
33.	TSYKAL Daniel	04	Alcobaca	5:01.21	+0,71	530	
	50m: 30.92 30.92	150m: 1:47.84 40.40	250m: 3:08.32	41.78	350m: 4:27.62	36.61	
	100m: 1:07.44 36.52	200m: 2:26.54 38.70	300m: 3:51.01	42.69	400m: 5:01.21	33.59	
34.	OLIVEIRA Simao Lopes	05	Naval Setubalense	5:01.90	+0,76	526	
	50m: 31.73 31.73	150m: 1:49.59 41.04	250m: 3:11.13	40.90	350m: 4:27.65	34.99	
	100m: 1:08.55 36.82	200m: 2:30.23 40.64	300m: 3:52.66	41.53	400m: 5:01.90	34.25	
35.	FARIA Eduardo Nuno	06	Braga	5:02.28	+0,91	524	
	50m: 31.78 31.78	150m: 1:49.76 40.99	250m: 3:11.62	43.56	350m: 4:30.57	34.42	
	100m: 1:08.77 36.99	200m: 2:28.06 38.30	300m: 3:56.15	44.53	400m: 5:02.28	31.71	
36.	FARDILHA Manuel Cruz	03	Galitos/ Bresimar	5:02.45	+0,81	524	
	50m: 29.72 29.72	150m: 1:45.08 40.86	250m: 3:10.36	45.77	350m: 4:29.33	35.09	
	100m: 1:04.22 34.50	200m: 2:24.59 39.51	300m: 3:54.24	43.88	400m: 5:02.45	33.12	
37.	REMELHE Joao Anibal	05	Braga	5:02.60	+0,91	523	
	50m: 30.28 30.28	150m: 1:45.80 39.36	250m: 3:08.60	44.38	350m: 4:29.96	35.03	
	100m: 1:06.44 36.16	200m: 2:24.22 38.42	300m: 3:54.93	46.33	400m: 5:02.60	32.64	
38.	SANTOS Rui Miguel	06	Famalicao	5:02.67	+0,83	522	
	50m: 30.47 30.47	150m: 1:47.14 40.97	250m: 3:11.39	44.10	350m: 4:30.98	35.00	
	100m: 1:06.17 35.70	200m: 2:27.29 40.15	300m: 3:55.98	44.59	400m: 5:02.67	31.69	

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	FRASQUILHO Afonso Figueiredo	04	Sporting	5:03.47	+0,86	518	
	50m: 29.99 29.99 150m: 1:46.17 40.77 250m: 3:06.80 40.55 350m: 4:26.31 36.19						
	100m: 1:05.40 35.41 200m: 2:26.25 40.08 300m: 3:50.12 43.32 400m: 5:03.47 37.16						
40.	ROCHA Goncalo Queiroga	05	Braga	5:05.93	+0,80	506	
	50m: 32.81 32.81 150m: 1:50.59 39.55 250m: 3:12.53 43.12 350m: 4:32.11 35.51						
	100m: 1:11.04 38.23 200m: 2:29.41 38.82 300m: 3:56.60 44.07 400m: 5:05.93 33.82						
41.	CASTRO Vasco Monteiro	06	Porto	5:07.11	+0,85	500	
	50m: 31.54 31.54 150m: 1:48.48 38.25 250m: 3:11.54 45.64 350m: 4:32.35 34.61						
	100m: 1:10.23 38.69 200m: 2:25.90 37.42 300m: 3:57.74 46.20 400m: 5:07.11 34.76						
42.	CRUZ Miguel Duarte	99	Belenenses	5:07.14	+0,66	500	
	50m: 31.39 31.39 150m: 1:48.35 40.80 250m: 3:13.39 45.20 350m: 4:33.25 34.64						
	100m: 1:07.55 36.16 200m: 2:28.19 39.84 300m: 3:58.61 45.22 400m: 5:07.14 33.89						
43.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	5:08.26	+0,76	494	
	50m: 31.28 31.28 150m: 1:49.12 40.83 250m: 3:12.91 44.79 350m: 4:33.99 35.57						
	100m: 1:08.29 37.01 200m: 2:28.12 39.00 300m: 3:58.42 45.51 400m: 5:08.26 34.27						
44.	PAIVA Ruben Ferreira	05	Sanjoanense/FEPSA	5:08.57	+0,83	493	
	50m: 31.09 31.09 150m: 1:48.45 41.48 250m: 3:11.58 43.58 350m: 4:33.74 36.97						
	100m: 1:06.97 35.88 200m: 2:28.00 39.55 300m: 3:56.77 45.19 400m: 5:08.57 34.83						
45.	SILVA Pedro Marques	06	Ba-Leiria	5:10.39	+0,85	484	
	50m: 32.42 32.42 150m: 1:54.59 42.44 250m: 3:18.29 43.03 350m: 4:37.13 35.19						
	100m: 1:12.15 39.73 200m: 2:35.26 40.67 300m: 4:01.94 43.65 400m: 5:10.39 33.26						
46.	CEPELEAGA Marin	05	Portinado	5:10.44	+0,80	484	
	50m: 30.49 30.49 150m: 1:45.88 38.83 250m: 3:10.36 46.34 350m: 4:33.59 36.28						
	100m: 1:07.05 36.56 200m: 2:24.02 38.14 300m: 3:57.31 46.95 400m: 5:10.44 36.85						
47.	JEVIC Milan Santos	06	Braga	5:10.63	+0,77	483	
	50m: 31.31 31.31 150m: 1:50.69 42.04 250m: 3:14.45 42.18 350m: 4:35.20 35.97						
	100m: 1:08.65 37.34 200m: 2:32.27 41.58 300m: 3:59.23 44.78 400m: 5:10.63 35.43						
48.	GUTUTUI Francisc	05	Alges	5:11.88	+0,89	477	
	50m: 32.34 32.34 150m: 1:52.23 43.21 250m: 3:16.57 42.81 350m: 4:36.68 36.57						
	100m: 1:09.02 36.68 200m: 2:33.76 41.53 300m: 4:00.11 43.54 400m: 5:11.88 35.20						
49.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	5:12.43	+0,64	475	
	50m: 31.79 31.79 150m: 1:50.95 41.62 250m: 3:13.27 40.14 350m: 4:34.04 39.12						
	100m: 1:09.33 37.54 200m: 2:33.13 42.18 300m: 3:54.92 41.65 400m: 5:12.43 38.39						
50.	TOSTE Martim Candido	06	Naval Praia da Vitoria	5:12.61	+0,68	474	
	50m: 31.97 31.97 150m: 1:49.72 40.46 250m: 3:14.99 45.23 350m: 4:38.15 36.11						
	100m: 1:09.26 37.29 200m: 2:29.76 40.04 300m: 4:02.04 47.05 400m: 5:12.61 34.46						
51.	ALMEIDA Joao Neves	05	Fundacao Beatriz Santos	5:13.23	+0,74	471	
	50m: 31.92 31.92 150m: 1:50.80 42.27 250m: 3:17.39 45.70 350m: 4:38.45 35.23						
	100m: 1:08.53 36.61 200m: 2:31.69 40.89 300m: 4:03.22 45.83 400m: 5:13.23 34.78						
52.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	5:16.65	+0,77	456	
	50m: 31.90 31.90 150m: 1:49.69 42.13 250m: 3:17.68 47.04 350m: 4:41.21 35.46						
	100m: 1:07.56 35.66 200m: 2:30.64 40.95 300m: 4:05.75 48.07 400m: 5:16.65 35.44						
53.	GONCALVES Jose Luis	05	Fafe	5:16.77	+0,79	456	
	50m: 29.60 29.60 150m: 1:47.72 42.88 250m: 3:14.14 44.79 350m: 4:39.72 38.50						
	100m: 1:04.84 35.24 200m: 2:29.35 41.63 300m: 4:01.22 47.08 400m: 5:16.77 37.05						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	FRANCISCO Tomas Jose	05	Miranda do Corvo	5:16.83	+0,83	455	
	50m: 31.70 31.70	150m: 1:53.90	43.44	250m: 3:18.24	43.52	350m: 4:39.86	37.92
	100m: 1:10.46 38.76	200m: 2:34.72	40.82	300m: 4:01.94	43.70	400m: 5:16.83	36.97
55.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:17.46	+0,92	453	
	50m: 32.34 32.34	150m: 1:52.02	41.82	250m: 3:19.45	47.30	350m: 4:43.04	35.97
	100m: 1:10.20 37.86	200m: 2:32.15	40.13	300m: 4:07.07	47.62	400m: 5:17.46	34.42
56.	PINTO Mark Ronald	06	Naval de Faro	5:22.34	+0,77	432	
	50m: 31.48 31.48	150m: 1:51.90	43.53	250m: 3:21.52	46.89	350m: 4:45.20	38.28
	100m: 1:08.37 36.89	200m: 2:34.63	42.73	300m: 4:06.92	45.40	400m: 5:22.34	37.14
57.	JORGE Pedro Crispim	06	Uniao Piedense	5:23.22	+0,73	429	
	50m: 34.36 34.36	150m: 1:56.28	41.37	250m: 3:23.63	47.44	350m: 4:48.32	36.95
	100m: 1:14.91 40.55	200m: 2:36.19	39.91	300m: 4:11.37	47.74	400m: 5:23.22	34.90
58.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:23.34	+0,87	428	
	50m: 34.01 34.01	150m: 1:54.46	42.22	250m: 3:22.99	48.44	350m: 4:49.06	37.84
	100m: 1:12.24 38.23	200m: 2:34.55	40.09	300m: 4:11.22	48.23	400m: 5:23.34	34.28
DNS	COSTA Joao Peres	04	Naval Praia da Vitoria				
DNS	BORGES David Costa	04	Fluvial Portuense				
DNS	BONNIZ Pedro Goncalves	06	Gesloures				
DNS	FOMIN Yury	06	Louletano/Loule Concelho				
DNS	FAFTINE Kaio Araujo	06	Sporting				

Prova 23

Masc., 400m Estilos

Classe S15

01/08/2021 - 9:00

Resultados

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013
Rec Nac Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23/07/2004
Rec Nac Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CRUZ Miguel Duarte	99	Belenenses	5:07.14	+0,66	500	
	50m: 31.39 31.39	150m: 1:48.35	40.80	250m: 3:13.39	45.20	350m: 4:33.25	34.64
	100m: 1:07.55 36.16	200m: 2:28.19	39.84	300m: 3:58.61	45.22	400m: 5:07.14	33.89

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