

Prova 15

Masc., 400m Estilos

Open

28/07/2022 - 9:00

Resultados Elimin

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

TAC 20 + 50m: 4:44.98 - 25m: 4:37.73; 19 50m: 4:46.41 - 25m: 4:39.12; Jun18 50m: 4:55.13 - 25m: 4:45.22; Jun17 50m: 4:56.61 - 25m: 4:46.65; Juv A 50m: 5:11.44 - 25m: 4:56.65; Juv B 50m: 5:20.25 - 25m: 5:04.63

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BASTOS Lucas Pereira	00	Nautico Academico	4:37.84	+0,70	675	
	50m: 28.75 28.75	150m: 1:35.87 34.80	250m: 2:50.97	40.29	350m: 4:05.15	33.59	
	100m: 1:01.07 32.32	200m: 2:10.68 34.81	300m: 3:31.56	40.59	400m: 4:37.84	32.69	
2.	CONDE Alvaro Lopez	92	Nautico Sevilla	4:38.14	+0,71	673	
	50m: 28.44 28.44	150m: 1:38.93 37.08	250m: 2:53.16	37.76	350m: 4:05.06	33.24	
	100m: 1:01.85 33.41	200m: 2:15.40 36.47	300m: 3:31.82	38.66	400m: 4:38.14	33.08	
3.	SILVA Afonso Carvalho	05	Famalicao	4:39.60	+0,68	663	
	50m: 29.61 29.61	150m: 1:40.31 36.92	250m: 2:55.48	39.59	350m: 4:08.72	33.09	
	100m: 1:03.39 33.78	200m: 2:15.89 35.58	300m: 3:35.63	40.15	400m: 4:39.60	30.88	
4.	PINOTES Pedro Miguel	89	Sporting	4:40.87	+0,74	654	
	50m: 28.92 28.92	150m: 1:38.68 36.67	250m: 2:55.60	40.23	350m: 4:08.78	33.32	
	100m: 1:02.01 33.09	200m: 2:15.37 36.69	300m: 3:35.46	39.86	400m: 4:40.87	32.09	
5.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:40.97	+0,64	653	
	50m: 30.00 30.00	150m: 1:39.47 35.46	250m: 2:55.59	40.21	350m: 4:09.00	32.62	
	100m: 1:04.01 34.01	200m: 2:15.38 35.91	300m: 3:36.38	40.79	400m: 4:40.97	31.97	
6.	GOUVEIA Luis Galvao	05	Desportivo Nacional	4:41.28	+0,67	651	
	50m: 28.78 28.78	150m: 1:39.64 37.90	250m: 2:56.34	40.41	350m: 4:10.33	33.54	
	100m: 1:01.74 32.96	200m: 2:15.93 36.29	300m: 3:36.79	40.45	400m: 4:41.28	30.95	
7.	SILVA Tomas Antonio	01	Porto	4:41.51	+0,72	649	
	50m: 28.92 28.92	150m: 1:39.25 36.57	250m: 2:55.35	39.41	350m: 4:08.87	34.63	
	100m: 1:02.68 33.76	200m: 2:15.94 36.69	300m: 3:34.24	38.89	400m: 4:41.51	32.64	
8.	CARDOSO Diogo Santos	01	Sporting	4:42.58	+0,79	642	
	50m: 29.94 29.94	150m: 1:42.48 39.24	250m: 3:00.37	40.80	350m: 4:12.82	31.81	
	100m: 1:03.24 33.30	200m: 2:19.57 37.09	300m: 3:41.01	40.64	400m: 4:42.58	29.76	
9.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:44.95	+0,82	626	
	50m: 28.41 28.41	150m: 1:39.40 37.39	250m: 2:58.07	42.28	350m: 4:13.53	32.36	
	100m: 1:02.01 33.60	200m: 2:15.79 36.39	300m: 3:41.17	43.10	400m: 4:44.95	31.42	
10.	ZHUKOV Mark	06	Braga	4:48.56	+0,74	603	
	50m: 29.42 29.42	150m: 1:41.76 38.20	250m: 3:00.05	41.45	350m: 4:15.21	33.90	
	100m: 1:03.56 34.14	200m: 2:18.60 36.84	300m: 3:41.31	41.26	400m: 4:48.56	33.35	

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	NEAGU Tiberius Sebastian	04	Academico Viseu	4:49.69	+0,63	596	
	50m: 30.51 30.51	150m: 1:43.85 39.09	250m: 3:03.11 40.79	350m: 4:17.15 32.58			
	100m: 1:04.76 34.25	200m: 2:22.32 38.47	300m: 3:44.57 41.46	400m: 4:49.69 32.54			
12.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:50.94	+0,67	588	
	50m: 29.21 29.21	150m: 1:41.96 39.07	250m: 3:03.16 42.53	350m: 4:18.51 33.16			
	100m: 1:02.89 33.68	200m: 2:20.63 38.67	300m: 3:45.35 42.19	400m: 4:50.94 32.43			
13.	DIOGO Dinis Miranda	04	Nautico Academico	4:51.11	+0,71	587	
	50m: 29.89 29.89	150m: 1:43.34 38.90	250m: 3:03.23 42.30	350m: 4:19.27 33.54			
	100m: 1:04.44 34.55	200m: 2:20.93 37.59	300m: 3:45.73 42.50	400m: 4:51.11 31.84			
14.	PINTO Guilherme Lobo	04	Foca Quinta Da Lixa - Cnf	4:51.84	+0,69	583	
	50m: 30.11 30.11	150m: 1:42.54 38.34	250m: 3:03.72 44.08	350m: 4:19.36 31.78			
	100m: 1:04.20 34.09	200m: 2:19.64 37.10	300m: 3:47.58 43.86	400m: 4:51.84 32.48			
15.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:52.57	+0,75	578	
	50m: 29.58 29.58	150m: 1:41.90 38.11	250m: 3:01.30 42.00	350m: 4:18.43 34.96			
	100m: 1:03.79 34.21	200m: 2:19.30 37.40	300m: 3:43.47 42.17	400m: 4:52.57 34.14			
16.	REIS Leonardo Conceicao	07	Sporting	4:52.80	+0,66	577	
	50m: 30.03 30.03	150m: 1:42.21 37.62	250m: 3:02.96 42.77	350m: 4:19.84 34.07			
	100m: 1:04.59 34.56	200m: 2:20.19 37.98	300m: 3:45.77 42.81	400m: 4:52.80 32.96			
17.	CARVALHO Goncalo Duarte	05	Benfica	4:52.97	+0,75	576	
	50m: 30.34 30.34	150m: 1:45.88 39.31	250m: 3:04.67 40.28	350m: 4:20.60 34.79			
	100m: 1:06.57 36.23	200m: 2:24.39 38.51	300m: 3:45.81 41.14	400m: 4:52.97 32.37			
18.	ALVES Andre Correia	06	Uniao Piedense	4:53.11	+0,77	575	
	50m: 30.06 30.06	150m: 1:43.39 38.01	250m: 3:03.67 43.04	350m: 4:21.00 33.67			
	100m: 1:05.38 35.32	200m: 2:20.63 37.24	300m: 3:47.33 43.66	400m: 4:53.11 32.11			
19.	MORGADO Vasco Alves	05	Alges	4:53.12	+0,64	575	
	50m: 29.08 29.08	150m: 1:40.97 38.59	250m: 3:01.98 42.73	350m: 4:19.56 34.37			
	100m: 1:02.38 33.30	200m: 2:19.25 38.28	300m: 3:45.19 43.21	400m: 4:53.12 33.56			
20.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:55.22	+0,76	563	
	50m: 28.25 28.25	150m: 1:39.45 39.08	250m: 2:59.55 42.28	350m: 4:19.15 36.36			
	100m: 1:00.37 32.12	200m: 2:17.27 37.82	300m: 3:42.79 43.24	400m: 4:55.22 36.07			
21.	FAFTINE Kaio Araujo	06	Sporting	4:55.81	+0,62	560	
	50m: 30.64 30.64	150m: 1:44.52 37.88	250m: 3:05.46 43.19	350m: 4:23.49 33.89			
	100m: 1:06.64 36.00	200m: 2:22.27 37.75	300m: 3:49.60 44.14	400m: 4:55.81 32.32			
22.	CRUZ Leonardo Jose	07	Alcobaca	4:56.20	+0,67	557	
	50m: 30.46 30.46	150m: 1:45.31 39.08	250m: 3:04.75 40.98	350m: 4:22.46 35.74			
	100m: 1:06.23 35.77	200m: 2:23.77 38.46	300m: 3:46.72 41.97	400m: 4:56.20 33.74			
23.	PEREIRA Manuel Angelo	05	Sporting	4:56.89	+0,73	554	
	50m: 30.30 30.30	150m: 1:44.87 39.87	250m: 3:06.41 43.10	350m: 4:23.99 33.70			
	100m: 1:05.00 34.70	200m: 2:23.31 38.44	300m: 3:50.29 43.88	400m: 4:56.89 32.90			

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	CRUZ David Miguel	04	Braga	4:56.95	+0,66	553	
	50m: 29.72 29.72	150m: 1:45.62	40.95	250m: 3:08.35	42.91	350m: 4:23.97	33.58
	100m: 1:04.67 34.95	200m: 2:25.44	39.82	300m: 3:50.39	42.04	400m: 4:56.95	32.98
25.	FERNANDES Miguel Alves	05	Viana Natacao	4:57.94	+0,80	548	
	50m: 30.16 30.16	150m: 1:42.37	36.81	250m: 3:03.13	44.56	350m: 4:23.64	35.55
	100m: 1:05.56 35.40	200m: 2:18.57	36.20	300m: 3:48.09	44.96	400m: 4:57.94	34.30
26.	PINTO Tiago Rodrigues	05	Sporting	4:58.76	+0,73	543	
	50m: 29.60 29.60	150m: 1:43.15	38.44	250m: 3:04.85	43.23	350m: 4:23.40	34.73
	100m: 1:04.71 35.11	200m: 2:21.62	38.47	300m: 3:48.67	43.82	400m: 4:58.76	35.36
27.	RAMOS Gustavo Gomes	06	Porto	4:59.75	+0,71	538	
	50m: 30.36 30.36	150m: 1:44.27	39.61	250m: 3:08.70	45.46	350m: 4:26.83	33.33
	100m: 1:04.66 34.30	200m: 2:23.24	38.97	300m: 3:53.50	44.80	400m: 4:59.75	32.92
28.	SOUSA Joao Maria	05	Braga	5:00.27	+0,87	535	
	50m: 29.84 29.84	150m: 1:42.11	37.31	250m: 3:06.39	46.03	350m: 4:26.49	33.93
	100m: 1:04.80 34.96	200m: 2:20.36	38.25	300m: 3:52.56	46.17	400m: 5:00.27	33.78
29.	TEIXEIRA Renato Gouveia	07	Foca Quinta Da Lixa - Cnf	5:01.67	+0,70	528	
	50m: 30.99 30.99	150m: 1:44.50	38.88	250m: 3:07.44	45.01	350m: 4:28.37	35.53
	100m: 1:05.62 34.63	200m: 2:22.43	37.93	300m: 3:52.84	45.40	400m: 5:01.67	33.30
30.	BARROS Joao Carlos	06	Fluvial Portuense	5:02.85	+0,80	521	
	50m: 30.08 30.08	150m: 1:46.28	40.98	250m: 3:09.09	43.87	350m: 4:29.54	34.66
	100m: 1:05.30 35.22	200m: 2:25.22	38.94	300m: 3:54.88	45.79	400m: 5:02.85	33.31
31.	MESQUITA Tomas Afonso	07	Benfica	5:02.95	+0,79	521	
	50m: 31.72 31.72	150m: 1:46.79	38.72	250m: 3:08.21	44.01	350m: 4:27.94	35.06
	100m: 1:08.07 36.35	200m: 2:24.20	37.41	300m: 3:52.88	44.67	400m: 5:02.95	35.01
32.	ALMEIDA Joao Francisco	07	Naval do Funchal	5:04.82	+0,72	511	
	50m: 30.86 30.86	150m: 1:47.75	40.38	250m: 3:11.95	44.84	350m: 4:31.69	34.66
	100m: 1:07.37 36.51	200m: 2:27.11	39.36	300m: 3:57.03	45.08	400m: 5:04.82	33.13
33.	RODRIGUES Gil Afonso	07	Fluvial Portuense	5:05.27	+0,71	509	
	50m: 30.22 30.22	150m: 1:45.47	40.11	250m: 3:08.74	43.10	350m: 4:30.06	36.78
	100m: 1:05.36 35.14	200m: 2:25.64	40.17	300m: 3:53.28	44.54	400m: 5:05.27	35.21
34.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	5:06.16	+0,72	505	
	50m: 29.74 29.74	150m: 1:46.14	39.38	250m: 3:07.92	42.49	350m: 4:31.21	36.78
	100m: 1:06.76 37.02	200m: 2:25.43	39.29	300m: 3:54.43	46.51	400m: 5:06.16	34.95
35.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:06.24	+0,90	504	
	50m: 30.14 30.14	150m: 1:47.56	41.49	250m: 3:11.39	45.08	350m: 4:32.17	34.68
	100m: 1:06.07 35.93	200m: 2:26.31	38.75	300m: 3:57.49	46.10	400m: 5:06.24	34.07
36.	BONNIZ Pedro Goncalves	06	Gesloures	5:07.23	+0,72	499	
	50m: 30.20 30.20	150m: 1:46.72	40.76	250m: 3:09.24	42.05	350m: 4:29.28	37.61
	100m: 1:05.96 35.76	200m: 2:27.19	40.47	300m: 3:51.67	42.43	400m: 5:07.23	37.95

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	ROQUE Joao Dinis	07	Sporting	5:07.41	+0,86	499	
	50m: 30.75 30.75	150m: 1:46.96 40.55	250m: 3:09.44 42.38	350m: 4:31.44 38.11			
	100m: 1:06.41 35.66	200m: 2:27.06 40.10	300m: 3:53.33 43.89	400m: 5:07.41 35.97			
38.	SIMOES Francisco Marques	07	Ba-Leiria	5:07.59	+0,78	498	
	50m: 31.99 31.99	150m: 1:51.39 40.72	250m: 3:14.47 44.21	350m: 4:33.24 36.14			
	100m: 1:10.67 38.68	200m: 2:30.26 38.87	300m: 3:57.10 42.63	400m: 5:07.59 34.35			
39.	GOMES Joao Almeida	06	Nacional de Natacao	5:07.84	+0,72	496	
	50m: 30.79 30.79	150m: 1:47.10 40.11	250m: 3:14.54 47.42	350m: 4:35.13 34.09			
	100m: 1:06.99 36.20	200m: 2:27.12 40.02	300m: 4:01.04 46.50	400m: 5:07.84 32.71			
40.	JESUS David Duarte	07	Nautico Academico	5:08.06	+0,80	495	
	50m: 31.38 31.38	150m: 1:49.62 41.07	250m: 3:12.77 43.39	350m: 4:34.73 36.26			
	100m: 1:08.55 37.17	200m: 2:29.38 39.76	300m: 3:58.47 45.70	400m: 5:08.06 33.33			
41.	DORES Tomas Rocha	07	Colegio Efanor	5:08.24	+0,77	495	
	50m: 30.54 30.54	150m: 1:45.95 39.39	250m: 3:11.93 46.62	350m: 4:33.52 35.20			
	100m: 1:06.56 36.02	200m: 2:25.31 39.36	300m: 3:58.32 46.39	400m: 5:08.24 34.72			
42.	MAIA Vicente Dias	07	Alges	5:08.25	+0,75	495	
	50m: 30.08 30.08	150m: 1:46.60 40.26	250m: 3:12.18 45.38	350m: 4:34.62 37.24			
	100m: 1:06.34 36.26	200m: 2:26.80 40.20	300m: 3:57.38 45.20	400m: 5:08.25 33.63			
43.	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA	5:09.07	+0,80	491	
	50m: 31.24 31.24	150m: 1:49.05 41.81	250m: 3:11.48 42.53	350m: 4:32.01 38.22			
	100m: 1:07.24 36.00	200m: 2:28.95 39.90	300m: 3:53.79 42.31	400m: 5:09.07 37.06			
44.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	5:09.11	+0,74	490	
	50m: 31.38 31.38	150m: 1:51.11 42.63	250m: 3:15.12 43.31	350m: 4:36.22 36.31			
	100m: 1:08.48 37.10	200m: 2:31.81 40.70	300m: 3:59.91 44.79	400m: 5:09.11 32.89			
45.	MESQUITA Rodrigo Andrade	06	Sporting	5:10.04	+0,72	486	
	50m: 31.87 31.87	150m: 1:53.40 43.71	250m: 3:17.94 43.58	350m: 4:37.44 36.47			
	100m: 1:09.69 37.82	200m: 2:34.36 40.96	300m: 4:00.97 43.03	400m: 5:10.04 32.60			
46.	GOMES Miguel Braga	07	Sporting	5:11.86	+0,82	478	
	50m: 32.36 32.36	150m: 1:52.11 41.27	250m: 3:17.31 45.51	350m: 4:37.56 34.54			
	100m: 1:10.84 38.48	200m: 2:31.80 39.69	300m: 4:03.02 45.71	400m: 5:11.86 34.30			
	PINTO Mark Ronald	06	Louletano / Loule Concelho	5:11.86	+0,81	478	
	50m: 30.89 30.89	150m: 1:47.83 41.02	250m: 3:13.37 45.22	350m: 4:36.85 36.03			
	100m: 1:06.81 35.92	200m: 2:28.15 40.32	300m: 4:00.82 47.45	400m: 5:11.86 35.01			
48.	BORGES Rodrigo Costa	07	Fluvial Portuense	5:13.08	+0,65	472	
	50m: 30.94 30.94	150m: 1:51.24 41.76	250m: 3:17.17 46.77	350m: 4:39.15 35.74			
	100m: 1:09.48 38.54	200m: 2:30.40 39.16	300m: 4:03.41 46.24	400m: 5:13.08 33.93			
49.	SARAGOCA Eduardo Sousa	07	Viana Natacao	5:14.15	+0,80	467	
	50m: 33.56 33.56	150m: 1:54.32 41.64	250m: 3:19.65 44.81	350m: 4:40.14 35.06			
	100m: 1:12.68 39.12	200m: 2:34.84 40.52	300m: 4:05.08 45.43	400m: 5:14.15 34.01			

Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	MARTELO Francisco Bernardes	07	Porto	5:14.36	+0,66	466	
	50m: 30.31 30.31 150m: 1:46.21 40.82 250m: 3:14.85 47.95 350m: 4:39.05 36.22						
	100m: 1:05.39 35.08 200m: 2:26.90 40.69 300m: 4:02.83 47.98 400m: 5:14.36 35.31						
51.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:14.43	+0,91	466	
	50m: 32.47 32.47 150m: 1:49.31 39.55 250m: 3:15.37 45.33 350m: 4:39.27 37.09						
	100m: 1:09.76 37.29 200m: 2:30.04 40.73 300m: 4:02.18 46.81 400m: 5:14.43 35.16						
52.	PINTO Pedro Miguel	07	Fafe	5:15.08	+0,83	463	
	50m: 31.64 31.64 150m: 1:48.94 40.89 250m: 3:16.74 47.66 350m: 4:40.04 36.28						
	100m: 1:08.05 36.41 200m: 2:29.08 40.14 300m: 4:03.76 47.02 400m: 5:15.08 35.04						
53.	FERREIRA Miguel Guedes	07	Porto	5:15.27	+0,85	462	
	50m: 32.33 32.33 150m: 1:52.25 42.44 250m: 3:21.08 47.73 350m: 4:41.63 34.59						
	100m: 1:09.81 37.48 200m: 2:33.35 41.10 300m: 4:07.04 45.96 400m: 5:15.27 33.64						
54.	GODINHO Rafael Pacheco	07	Sporting	5:19.64	+0,89	443	
	50m: 30.07 30.07 150m: 1:48.67 42.93 250m: 3:16.10 46.28 350m: 4:41.84 39.23						
	100m: 1:05.74 35.67 200m: 2:29.82 41.15 300m: 4:02.61 46.51 400m: 5:19.64 37.80						
55.	MARTINS Pedro Lages	07	Alges e Agueda XXI	5:27.33	+0,74	413	
	50m: 33.48 33.48 150m: 1:52.05 39.78 250m: 3:22.73 50.35 350m: 4:49.70 37.77						
	100m: 1:12.27 38.79 200m: 2:32.38 40.33 300m: 4:11.93 49.20 400m: 5:27.33 37.63						
DSQ	CATALAO Daniel Nogueira	00	Sporting				
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5						

Prova 15 Masc., 400m Estilos Juvenis
28/07/2022 - 9:00 Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013
TAC Juv A 50m: 5:11.44 - 25m: 4:56.65; Juv B 50m: 5:20.25 - 25m: 5:04.63					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ZHUKOV Mark	06	Braga	4:48.56	+0,74	603	
	50m: 29.42 29.42 150m: 1:41.76 38.20 250m: 3:00.05 41.45 350m: 4:15.21 33.90						
	100m: 1:03.56 34.14 200m: 2:18.60 36.84 300m: 3:41.31 41.26 400m: 4:48.56 33.35						
2.	REIS Leonardo Conceicao	07	Sporting	4:52.80	+0,66	577	
	50m: 30.03 30.03 150m: 1:42.21 37.62 250m: 3:02.96 42.77 350m: 4:19.84 34.07						
	100m: 1:04.59 34.56 200m: 2:20.19 37.98 300m: 3:45.77 42.81 400m: 4:52.80 32.96						
3.	ALVES Andre Correia	06	Uniao Piedense	4:53.11	+0,77	575	
	50m: 30.06 30.06 150m: 1:43.39 38.01 250m: 3:03.67 43.04 350m: 4:21.00 33.67						
	100m: 1:05.38 35.32 200m: 2:20.63 37.24 300m: 3:47.33 43.66 400m: 4:53.11 32.11						
4.	FAFTINE Kaio Araujo	06	Sporting	4:55.81	+0,62	560	
	50m: 30.64 30.64 150m: 1:44.52 37.88 250m: 3:05.46 43.19 350m: 4:23.49 33.89						
	100m: 1:06.64 36.00 200m: 2:22.27 37.75 300m: 3:49.60 44.14 400m: 4:55.81 32.32						

Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CRUZ Leonardo Jose	07	Alcobaca	4:56.20	+0,67	557	
	50m: 30.46 30.46	150m: 1:45.31 39.08	250m: 3:04.75 40.98	350m: 4:22.46 35.74			
	100m: 1:06.23 35.77	200m: 2:23.77 38.46	300m: 3:46.72 41.97	400m: 4:56.20 33.74			
6.	RAMOS Gustavo Gomes	06	Porto	4:59.75	+0,71	538	
	50m: 30.36 30.36	150m: 1:44.27 39.61	250m: 3:08.70 45.46	350m: 4:26.83 33.33			
	100m: 1:04.66 34.30	200m: 2:23.24 38.97	300m: 3:53.50 44.80	400m: 4:59.75 32.92			
7.	TEIXEIRA Renato Gouveia	07	Foca Quinta Da Lixa - Cnf	5:01.67	+0,70	528	
	50m: 30.99 30.99	150m: 1:44.50 38.88	250m: 3:07.44 45.01	350m: 4:28.37 35.53			
	100m: 1:05.62 34.63	200m: 2:22.43 37.93	300m: 3:52.84 45.40	400m: 5:01.67 33.30			
8.	BARROS Joao Carlos	06	Fluvial Portuense	5:02.85	+0,80	521	
	50m: 30.08 30.08	150m: 1:46.28 40.98	250m: 3:09.09 43.87	350m: 4:29.54 34.66			
	100m: 1:05.30 35.22	200m: 2:25.22 38.94	300m: 3:54.88 45.79	400m: 5:02.85 33.31			
9.	MESQUITA Tomas Afonso	07	Benfica	5:02.95	+0,79	521	
	50m: 31.72 31.72	150m: 1:46.79 38.72	250m: 3:08.21 44.01	350m: 4:27.94 35.06			
	100m: 1:08.07 36.35	200m: 2:24.20 37.41	300m: 3:52.88 44.67	400m: 5:02.95 35.01			
10.	ALMEIDA Joao Francisco	07	Naval do Funchal	5:04.82	+0,72	511	
	50m: 30.86 30.86	150m: 1:47.75 40.38	250m: 3:11.95 44.84	350m: 4:31.69 34.66			
	100m: 1:07.37 36.51	200m: 2:27.11 39.36	300m: 3:57.03 45.08	400m: 5:04.82 33.13			
11.	RODRIGUES Gil Afonso	07	Fluvial Portuense	5:05.27	+0,71	509	
	50m: 30.22 30.22	150m: 1:45.47 40.11	250m: 3:08.74 43.10	350m: 4:30.06 36.78			
	100m: 1:05.36 35.14	200m: 2:25.64 40.17	300m: 3:53.28 44.54	400m: 5:05.27 35.21			
12.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	5:06.16	+0,72	505	
	50m: 29.74 29.74	150m: 1:46.14 39.38	250m: 3:07.92 42.49	350m: 4:31.21 36.78			
	100m: 1:06.76 37.02	200m: 2:25.43 39.29	300m: 3:54.43 46.51	400m: 5:06.16 34.95			
13.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:06.24	+0,90	504	
	50m: 30.14 30.14	150m: 1:47.56 41.49	250m: 3:11.39 45.08	350m: 4:32.17 34.68			
	100m: 1:06.07 35.93	200m: 2:26.31 38.75	300m: 3:57.49 46.10	400m: 5:06.24 34.07			
14.	BONNIZ Pedro Goncalves	06	Geslours	5:07.23	+0,72	499	
	50m: 30.20 30.20	150m: 1:46.72 40.76	250m: 3:09.24 42.05	350m: 4:29.28 37.61			
	100m: 1:05.96 35.76	200m: 2:27.19 40.47	300m: 3:51.67 42.43	400m: 5:07.23 37.95			
15.	ROQUE Joao Dinis	07	Sporting	5:07.41	+0,86	499	
	50m: 30.75 30.75	150m: 1:46.96 40.55	250m: 3:09.44 42.38	350m: 4:31.44 38.11			
	100m: 1:06.41 35.66	200m: 2:27.06 40.10	300m: 3:53.33 43.89	400m: 5:07.41 35.97			
16.	SIMOES Francisco Marques	07	Ba-Leiria	5:07.59	+0,78	498	
	50m: 31.99 31.99	150m: 1:51.39 40.72	250m: 3:14.47 44.21	350m: 4:33.24 36.14			
	100m: 1:10.67 38.68	200m: 2:30.26 38.87	300m: 3:57.10 42.63	400m: 5:07.59 34.35			
17.	GOMES Joao Almeida	06	Nacional de Natacao	5:07.84	+0,72	496	
	50m: 30.79 30.79	150m: 1:47.10 40.11	250m: 3:14.54 47.42	350m: 4:35.13 34.09			
	100m: 1:06.99 36.20	200m: 2:27.12 40.02	300m: 4:01.04 46.50	400m: 5:07.84 32.71			

Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	JESUS David Duarte	07	Nautico Academico	5:08.06	+0,80	495	
	50m: 31.38 31.38	150m: 1:49.62 41.07	250m: 3:12.77 43.39	350m: 4:34.73 36.26			
	100m: 1:08.55 37.17	200m: 2:29.38 39.76	300m: 3:58.47 45.70	400m: 5:08.06 33.33			
19.	DORES Tomas Rocha	07	Colegio Efanor	5:08.24	+0,77	495	
	50m: 30.54 30.54	150m: 1:45.95 39.39	250m: 3:11.93 46.62	350m: 4:33.52 35.20			
	100m: 1:06.56 36.02	200m: 2:25.31 39.36	300m: 3:58.32 46.39	400m: 5:08.24 34.72			
20.	MAIA Vicente Dias	07	Alges	5:08.25	+0,75	495	
	50m: 30.08 30.08	150m: 1:46.60 40.26	250m: 3:12.18 45.38	350m: 4:34.62 37.24			
	100m: 1:06.34 36.26	200m: 2:26.80 40.20	300m: 3:57.38 45.20	400m: 5:08.25 33.63			
21.	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA	5:09.07	+0,80	491	
	50m: 31.24 31.24	150m: 1:49.05 41.81	250m: 3:11.48 42.53	350m: 4:32.01 38.22			
	100m: 1:07.24 36.00	200m: 2:28.95 39.90	300m: 3:53.79 42.31	400m: 5:09.07 37.06			
22.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	5:09.11	+0,74	490	
	50m: 31.38 31.38	150m: 1:51.11 42.63	250m: 3:15.12 43.31	350m: 4:36.22 36.31			
	100m: 1:08.48 37.10	200m: 2:31.81 40.70	300m: 3:59.91 44.79	400m: 5:09.11 32.89			
23.	MESQUITA Rodrigo Andrade	06	Sporting	5:10.04	+0,72	486	
	50m: 31.87 31.87	150m: 1:53.40 43.71	250m: 3:17.94 43.58	350m: 4:37.44 36.47			
	100m: 1:09.69 37.82	200m: 2:34.36 40.96	300m: 4:00.97 43.03	400m: 5:10.04 32.60			
24.	GOMES Miguel Braga	07	Sporting	5:11.86	+0,82	478	
	50m: 32.36 32.36	150m: 1:52.11 41.27	250m: 3:17.31 45.51	350m: 4:37.56 34.54			
	100m: 1:10.84 38.48	200m: 2:31.80 39.69	300m: 4:03.02 45.71	400m: 5:11.86 34.30			
	PINTO Mark Ronald	06	Louletano / Loule Concelho	5:11.86	+0,81	478	
	50m: 30.89 30.89	150m: 1:47.83 41.02	250m: 3:13.37 45.22	350m: 4:36.85 36.03			
	100m: 1:06.81 35.92	200m: 2:28.15 40.32	300m: 4:00.82 47.45	400m: 5:11.86 35.01			
26.	BORGES Rodrigo Costa	07	Fluvial Portuense	5:13.08	+0,65	472	
	50m: 30.94 30.94	150m: 1:51.24 41.76	250m: 3:17.17 46.77	350m: 4:39.15 35.74			
	100m: 1:09.48 38.54	200m: 2:30.40 39.16	300m: 4:03.41 46.24	400m: 5:13.08 33.93			
27.	SARAGOCA Eduardo Sousa	07	Viana Natacao	5:14.15	+0,80	467	
	50m: 33.56 33.56	150m: 1:54.32 41.64	250m: 3:19.65 44.81	350m: 4:40.14 35.06			
	100m: 1:12.68 39.12	200m: 2:34.84 40.52	300m: 4:05.08 45.43	400m: 5:14.15 34.01			
28.	MARTELO Francisco Bernardes	07	Porto	5:14.36	+0,66	466	
	50m: 30.31 30.31	150m: 1:46.21 40.82	250m: 3:14.85 47.95	350m: 4:39.05 36.22			
	100m: 1:05.39 35.08	200m: 2:26.90 40.69	300m: 4:02.83 47.98	400m: 5:14.36 35.31			
29.	SIMOES Filipe Cruz	06	Miranda do Corvo	5:14.43	+0,91	466	
	50m: 32.47 32.47	150m: 1:49.31 39.55	250m: 3:15.37 45.33	350m: 4:39.27 37.09			
	100m: 1:09.76 37.29	200m: 2:30.04 40.73	300m: 4:02.18 46.81	400m: 5:14.43 35.16			
30.	PINTO Pedro Miguel	07	Fafe	5:15.08	+0,83	463	
	50m: 31.64 31.64	150m: 1:48.94 40.89	250m: 3:16.74 47.66	350m: 4:40.04 36.28			
	100m: 1:08.05 36.41	200m: 2:29.08 40.14	300m: 4:03.76 47.02	400m: 5:15.08 35.04			

Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	FERREIRA Miguel Guedes	07	Porto	5:15.27	+0,85	462	
	50m: 32.33 32.33	150m: 1:52.25 42.44	250m: 3:21.08 47.73	350m: 4:41.63 34.59			
	100m: 1:09.81 37.48	200m: 2:33.35 41.10	300m: 4:07.04 45.96	400m: 5:15.27 33.64			
32.	GODINHO Rafael Pacheco	07	Sporting	5:19.64	+0,89	443	
	50m: 30.07 30.07	150m: 1:48.67 42.93	250m: 3:16.10 46.28	350m: 4:41.84 39.23			
	100m: 1:05.74 35.67	200m: 2:29.82 41.15	300m: 4:02.61 46.51	400m: 5:19.64 37.80			
33.	MARTINS Pedro Lages	07	Alges e Agueda XXI	5:27.33	+0,74	413	
	50m: 33.48 33.48	150m: 1:52.05 39.78	250m: 3:22.73 50.35	350m: 4:49.70 37.77			
	100m: 1:12.27 38.79	200m: 2:32.38 40.33	300m: 4:11.93 49.20	400m: 5:27.33 37.63			

Prova 15
28/07/2022 - 9:00

Masc., 400m Estilos

Absolutos
Resultados Elimin

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

TAC 20 + 50m: 4:44.98 - 25m: 4:37.73; 19 50m: 4:46.41 - 25m: 4:39.12; Jun18 50m: 4:55.13 - 25m: 4:45.22; Jun17 50m: 4:56.61 - 25m: 4:46.65

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BASTOS Lucas Pereira	00	Nautico Academico	4:37.84	+0,70	675	
	50m: 28.75 28.75	150m: 1:35.87 34.80	250m: 2:50.97 40.29	350m: 4:05.15 33.59			
	100m: 1:01.07 32.32	200m: 2:10.68 34.81	300m: 3:31.56 40.59	400m: 4:37.84 32.69			
2.	SILVA Afonso Carvalho	05	Famalicao	4:39.60	+0,68	663	
	50m: 29.61 29.61	150m: 1:40.31 36.92	250m: 2:55.48 39.59	350m: 4:08.72 33.09			
	100m: 1:03.39 33.78	200m: 2:15.89 35.58	300m: 3:35.63 40.15	400m: 4:39.60 30.88			
3.	PINOTES Pedro Miguel	89	Sporting	4:40.87	+0,74	654	
	50m: 28.92 28.92	150m: 1:38.68 36.67	250m: 2:55.60 40.23	350m: 4:08.78 33.32			
	100m: 1:02.01 33.09	200m: 2:15.37 36.69	300m: 3:35.46 39.86	400m: 4:40.87 32.09			
4.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:40.97	+0,64	653	
	50m: 30.00 30.00	150m: 1:39.47 35.46	250m: 2:55.59 40.21	350m: 4:09.00 32.62			
	100m: 1:04.01 34.01	200m: 2:15.38 35.91	300m: 3:36.38 40.79	400m: 4:40.97 31.97			
5.	GOUVEIA Luis Galvao	05	Desportivo Nacional	4:41.28	+0,67	651	
	50m: 28.78 28.78	150m: 1:39.64 37.90	250m: 2:56.34 40.41	350m: 4:10.33 33.54			
	100m: 1:01.74 32.96	200m: 2:15.93 36.29	300m: 3:36.79 40.45	400m: 4:41.28 30.95			
6.	SILVA Tomas Antonio	01	Porto	4:41.51	+0,72	649	
	50m: 28.92 28.92	150m: 1:39.25 36.57	250m: 2:55.35 39.41	350m: 4:08.87 34.63			
	100m: 1:02.68 33.76	200m: 2:15.94 36.69	300m: 3:34.24 38.89	400m: 4:41.51 32.64			
7.	CARDOSO Diogo Santos	01	Sporting	4:42.58	+0,79	642	
	50m: 29.94 29.94	150m: 1:42.48 39.24	250m: 3:00.37 40.80	350m: 4:12.82 31.81			
	100m: 1:03.24 33.30	200m: 2:19.57 37.09	300m: 3:41.01 40.64	400m: 4:42.58 29.76			

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:44.95	+0,82	626	
	50m: 28.41 28.41	150m: 1:39.40 37.39	250m: 2:58.07 42.28	350m: 4:13.53 32.36			
	100m: 1:02.01 33.60	200m: 2:15.79 36.39	300m: 3:41.17 43.10	400m: 4:44.95 31.42			
9.	NEAGU Tiberius Sebastian	04	Academico Viseu	4:49.69	+0,63	596	
	50m: 30.51 30.51	150m: 1:43.85 39.09	250m: 3:03.11 40.79	350m: 4:17.15 32.58			
	100m: 1:04.76 34.25	200m: 2:22.32 38.47	300m: 3:44.57 41.46	400m: 4:49.69 32.54			
10.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:50.94	+0,67	588	
	50m: 29.21 29.21	150m: 1:41.96 39.07	250m: 3:03.16 42.53	350m: 4:18.51 33.16			
	100m: 1:02.89 33.68	200m: 2:20.63 38.67	300m: 3:45.35 42.19	400m: 4:50.94 32.43			
11.	DIOGO Dinis Miranda	04	Nautico Academico	4:51.11	+0,71	587	
	50m: 29.89 29.89	150m: 1:43.34 38.90	250m: 3:03.23 42.30	350m: 4:19.27 33.54			
	100m: 1:04.44 34.55	200m: 2:20.93 37.59	300m: 3:45.73 42.50	400m: 4:51.11 31.84			
12.	PINTO Guilherme Lobo	04	Foca Quinta Da Lixa - Cnf	4:51.84	+0,69	583	
	50m: 30.11 30.11	150m: 1:42.54 38.34	250m: 3:03.72 44.08	350m: 4:19.36 31.78			
	100m: 1:04.20 34.09	200m: 2:19.64 37.10	300m: 3:47.58 43.86	400m: 4:51.84 32.48			
13.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:52.57	+0,75	578	
	50m: 29.58 29.58	150m: 1:41.90 38.11	250m: 3:01.30 42.00	350m: 4:18.43 34.96			
	100m: 1:03.79 34.21	200m: 2:19.30 37.40	300m: 3:43.47 42.17	400m: 4:52.57 34.14			
14.	CARVALHO Goncalo Duarte	05	Benfica	4:52.97	+0,75	576	
	50m: 30.34 30.34	150m: 1:45.88 39.31	250m: 3:04.67 40.28	350m: 4:20.60 34.79			
	100m: 1:06.57 36.23	200m: 2:24.39 38.51	300m: 3:45.81 41.14	400m: 4:52.97 32.37			
15.	MORGADO Vasco Alves	05	Alges	4:53.12	+0,64	575	
	50m: 29.08 29.08	150m: 1:40.97 38.59	250m: 3:01.98 42.73	350m: 4:19.56 34.37			
	100m: 1:02.38 33.30	200m: 2:19.25 38.28	300m: 3:45.19 43.21	400m: 4:53.12 33.56			
16.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:55.22	+0,76	563	
	50m: 28.25 28.25	150m: 1:39.45 39.08	250m: 2:59.55 42.28	350m: 4:19.15 36.36			
	100m: 1:00.37 32.12	200m: 2:17.27 37.82	300m: 3:42.79 43.24	400m: 4:55.22 36.07			
17.	PEREIRA Manuel Angelo	05	Sporting	4:56.89	+0,73	554	
	50m: 30.30 30.30	150m: 1:44.87 39.87	250m: 3:06.41 43.10	350m: 4:23.99 33.70			
	100m: 1:05.00 34.70	200m: 2:23.31 38.44	300m: 3:50.29 43.88	400m: 4:56.89 32.90			
18.	CRUZ David Miguel	04	Braga	4:56.95	+0,66	553	
	50m: 29.72 29.72	150m: 1:45.62 40.95	250m: 3:08.35 42.91	350m: 4:23.97 33.58			
	100m: 1:04.67 34.95	200m: 2:25.44 39.82	300m: 3:50.39 42.04	400m: 4:56.95 32.98			
19.	FERNANDES Miguel Alves	05	Viana Natacao	4:57.94	+0,80	548	
	50m: 30.16 30.16	150m: 1:42.37 36.81	250m: 3:03.13 44.56	350m: 4:23.64 35.55			
	100m: 1:05.56 35.40	200m: 2:18.57 36.20	300m: 3:48.09 44.96	400m: 4:57.94 34.30			
20.	PINTO Tiago Rodrigues	05	Sporting	4:58.76	+0,73	543	
	50m: 29.60 29.60	150m: 1:43.15 38.44	250m: 3:04.85 43.23	350m: 4:23.40 34.73			
	100m: 1:04.71 35.11	200m: 2:21.62 38.47	300m: 3:48.67 43.82	400m: 4:58.76 35.36			

Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	SOUSA Joao Maria	05	Braga	5:00.27	+0,87	535	
	50m: 29.84 29.84	150m: 1:42.11 37.31	250m: 3:06.39	46.03	350m: 4:26.49	33.93	
	100m: 1:04.80 34.96	200m: 2:20.36 38.25	300m: 3:52.56	46.17	400m: 5:00.27	33.78	
DSQ	CATALAO Daniel Nogueira	00	Sporting				
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5						