

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36

Masc., 400m Livres

Open

29/07/2022 - 12:00

Resultados Elimin

|                  |         |                         |     |                  |            |
|------------------|---------|-------------------------|-----|------------------|------------|
| 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 |
| Rec Nac Juv A    | 3:59.38 | SANTA Gustavo Manuel    | POR | Tampere (FIN)    | 21/07/2009 |
| Rec Nac Juv B    | 4:06.22 | COSTA Rui Filipe        | VSC | Coimbra          | 29/07/2006 |
| Rec Nac Inf A    | 4:15.99 | OLIVEIRA Pedro Fontoura | CFB | Badajoz (ESP)    | 11/07/2004 |
| Rec Nac Inf B    | 4:28.42 | OLIVEIRA Pedro Fontoura | CFB | Restelo          | 26/07/2003 |

TAC 20 + 50m: 4:09.67 - 25m: 4:02.70; 19 50m: 4:10.91 - 25m: 4:03.91; Jun18 50m: 4:17.48 - 25m: 4:09.26; Jun17 50m: 4:18.77 - 25m: 4:10.51; Juv A 50m: 4:31.12 - 25m: 4:21.64; Juv B 50m: 4:37.67 - 25m: 4:27.96

Pontos: FINA 2022

| Lugar | Nome                       | Ano                 | Clube                 | Tempo Final         | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 1.    | LOPES Tomas Teixeira       | 02                  | Vitoria Guimaraes     | <b>4:04.54</b>      | +0,66 | 728      |     |
|       | 50m: 27.34 27.34           | 150m: 1:28.89 31.28 | 250m: 2:31.62 31.23   | 350m: 3:35.02 31.55 |       |          |     |
|       | 100m: 57.61 30.27          | 200m: 2:00.39 31.50 | 300m: 3:03.47 31.85   | 400m: 4:04.54 29.52 |       |          |     |
| 2.    | CARDOSO Diogo Santos       | 01                  | Sporting              | <b>4:04.85</b>      | +0,79 | 726      |     |
|       | 50m: 28.43 28.43           | 150m: 1:29.33 30.69 | 250m: 2:31.78 30.75   | 350m: 3:34.62 31.48 |       |          |     |
|       | 100m: 58.64 30.21          | 200m: 2:01.03 31.70 | 300m: 3:03.14 31.36   | 400m: 4:04.85 30.23 |       |          |     |
| 3.    | BELIG Xavier               | 97                  | C.N. Barcelona        | <b>4:04.95</b>      | +0,71 | 725      |     |
|       | 50m: 27.86 27.86           | 150m: 1:29.31 31.06 | 250m: 2:31.96 31.38   | 350m: 3:34.37 30.92 |       |          |     |
|       | 100m: 58.25 30.39          | 200m: 2:00.58 31.27 | 300m: 3:03.45 31.49   | 400m: 4:04.95 30.58 |       |          |     |
| 4.    | ALMEIDA Bernardo Victorino | 04                  | Sporting              | <b>4:05.09</b>      | +0,89 | 723      |     |
|       | 50m: 27.35 27.35           | 150m: 1:28.68 31.06 | 250m: 2:31.38 31.38   | 350m: 3:34.30 30.94 |       |          |     |
|       | 100m: 57.62 30.27          | 200m: 2:00.00 31.32 | 300m: 3:03.36 31.98   | 400m: 4:05.09 30.79 |       |          |     |
| 5.    | MARQUES Gustavo Pires      | 04                  | Uniao Coimbra         | <b>4:05.56</b>      | +0,82 | 719      |     |
|       | 50m: 27.35 27.35           | 150m: 1:27.90 30.54 | 250m: 2:30.78 31.31   | 350m: 3:35.02 31.47 |       |          |     |
|       | 100m: 57.36 30.01          | 200m: 1:59.47 31.57 | 300m: 3:03.55 32.77   | 400m: 4:05.56 30.54 |       |          |     |
| 6.    | SANTOS Pedro Miguel        | 01                  | Porto                 | <b>4:05.65</b>      | +0,65 | 719      |     |
|       | 50m: 28.31 28.31           | 150m: 1:28.97 30.70 | 250m: 2:31.22 31.03   | 350m: 3:35.01 32.17 |       |          |     |
|       | 100m: 58.27 29.96          | 200m: 2:00.19 31.22 | 300m: 3:02.84 31.62   | 400m: 4:05.65 30.64 |       |          |     |
| 7.    | COSTA Afonso Filipe        | 03                  | Louzan Natacao/EFAPEL | <b>4:06.08</b>      | +0,69 | 715      |     |
|       | 50m: 28.03 28.03           | 150m: 1:29.55 30.97 | 250m: 2:31.77 31.02   | 350m: 3:34.86 31.79 |       |          |     |
|       | 100m: 58.58 30.55          | 200m: 2:00.75 31.20 | 300m: 3:03.07 31.30   | 400m: 4:06.08 31.22 |       |          |     |
| 8.    | BASTOS Lucas Pereira       | 00                  | Nautico Academico     | <b>4:06.63</b>      | +0,71 | 710      |     |
|       | 50m: 28.11 28.11           | 150m: 1:30.16 31.50 | 250m: 2:32.49 31.02   | 350m: 3:35.66 31.80 |       |          |     |
|       | 100m: 58.66 30.55          | 200m: 2:01.47 31.31 | 300m: 3:03.86 31.37   | 400m: 4:06.63 30.97 |       |          |     |
| 9.    | AMARAL Francisco Rodriguez | 02                  | Porto                 | <b>4:07.00</b>      | +0,74 | 707      |     |
|       | 50m: 27.93 27.93           | 150m: 1:29.11 31.05 | 250m: 2:31.85 31.25   | 350m: 3:35.44 31.63 |       |          |     |
|       | 100m: 58.06 30.13          | 200m: 2:00.60 31.49 | 300m: 3:03.81 31.96   | 400m: 4:07.00 31.56 |       |          |     |
| 10.   | RIBEIRO Gustavo Carvalhais | 03                  | Sporting              | <b>4:07.11</b>      | +0,76 | 706      |     |
|       | 50m: 27.50 27.50           | 150m: 1:27.69 30.51 | 250m: 2:31.03 31.80   | 350m: 3:35.61 32.20 |       |          |     |
|       | 100m: 57.18 29.68          | 200m: 1:59.23 31.54 | 300m: 3:03.41 32.38   | 400m: 4:07.11 31.50 |       |          |     |

Splash Meet Manager, 11.73733

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Open

| Lugar | Nome                                                                            | Ano | Clube                     | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------------------------------------------------------------------|-----|---------------------------|----------------|-------|----------|-----|
| 11.   | SANTOS Francisco Rogerio                                                        | 98  | Sporting                  | <b>4:08.35</b> | +0,67 | 695      |     |
|       | 50m: 27.18 27.18 150m: 1:28.99 31.36 250m: 2:32.42 31.56 350m: 3:36.55 32.34    |     |                           |                |       |          |     |
|       | 100m: 57.63 30.45 200m: 2:00.86 31.87 300m: 3:04.21 31.79 400m: 4:08.35 31.80   |     |                           |                |       |          |     |
| 12.   | YEGRES COTTIN Andres                                                            | 02  | C.N. Barcelona            | <b>4:09.83</b> | +0,67 | 683      |     |
|       | 50m: 28.97 28.97 150m: 1:32.56 32.24 250m: 2:36.21 31.89 350m: 3:39.14 31.44    |     |                           |                |       |          |     |
|       | 100m: 1:00.32 31.35 200m: 2:04.32 31.76 300m: 3:07.70 31.49 400m: 4:09.83 30.69 |     |                           |                |       |          |     |
| 13.   | SPIESS Alexandre Martinenko                                                     | 98  | Sporting                  | <b>4:12.71</b> | +0,73 | 660      |     |
|       | 50m: 28.82 28.82 150m: 1:31.57 31.59 250m: 2:35.80 31.93 350m: 3:40.69 32.25    |     |                           |                |       |          |     |
|       | 100m: 59.98 31.16 200m: 2:03.87 32.30 300m: 3:08.44 32.64 400m: 4:12.71 32.02   |     |                           |                |       |          |     |
| 14.   | SILVA Afonso Carvalho                                                           | 05  | Famalicao                 | <b>4:13.63</b> | +0,69 | 653      |     |
|       | 50m: 28.36 28.36 150m: 1:32.57 32.41 250m: 2:37.68 32.54 350m: 3:42.05 32.00    |     |                           |                |       |          |     |
|       | 100m: 1:00.16 31.80 200m: 2:05.14 32.57 300m: 3:10.05 32.37 400m: 4:13.63 31.58 |     |                           |                |       |          |     |
| 15.   | SARREIRA Tomas Amor                                                             | 05  | Nautico Marinha Grande    | <b>4:13.98</b> | +0,71 | 650      |     |
|       | 50m: 28.48 28.48 150m: 1:33.08 32.94 250m: 2:38.23 32.41 350m: 3:42.63 32.10    |     |                           |                |       |          |     |
|       | 100m: 1:00.14 31.66 200m: 2:05.82 32.74 300m: 3:10.53 32.30 400m: 4:13.98 31.35 |     |                           |                |       |          |     |
| 16.   | CARVALHO Goncalo Renato                                                         | 04  | Porto                     | <b>4:14.29</b> | +0,64 | 648      |     |
|       | 50m: 29.77 29.77 150m: 1:33.67 31.89 250m: 2:37.44 31.74 350m: 3:42.34 32.47    |     |                           |                |       |          |     |
|       | 100m: 1:01.78 32.01 200m: 2:05.70 32.03 300m: 3:09.87 32.43 400m: 4:14.29 31.95 |     |                           |                |       |          |     |
| 17.   | CARDOSO Guilherme Maia                                                          | 05  | Columbofila Cantanhedense | <b>4:15.06</b> | +0,73 | 642      |     |
|       | 50m: 29.23 29.23 150m: 1:33.29 32.50 250m: 2:38.75 32.88 350m: 3:43.83 32.48    |     |                           |                |       |          |     |
|       | 100m: 1:00.79 31.56 200m: 2:05.87 32.58 300m: 3:11.35 32.60 400m: 4:15.06 31.23 |     |                           |                |       |          |     |
| 18.   | SOUSA Joao Maria                                                                | 05  | Braga                     | <b>4:15.11</b> | +0,81 | 641      |     |
|       | 50m: 28.60 28.60 150m: 1:32.35 32.28 250m: 2:37.30 32.74 350m: 3:43.28 33.15    |     |                           |                |       |          |     |
|       | 100m: 1:00.07 31.47 200m: 2:04.56 32.21 300m: 3:10.13 32.83 400m: 4:15.11 31.83 |     |                           |                |       |          |     |
| 19.   | MORGADO Vasco Alves                                                             | 05  | Alges                     | <b>4:15.33</b> | +0,67 | 640      |     |
|       | 50m: 29.45 29.45 150m: 1:34.34 32.88 250m: 2:40.22 32.83 350m: 3:44.49 31.62    |     |                           |                |       |          |     |
|       | 100m: 1:01.46 32.01 200m: 2:07.39 33.05 300m: 3:12.87 32.65 400m: 4:15.33 30.84 |     |                           |                |       |          |     |
| 20.   | CARDOSO Filipe Santos                                                           | 04  | Gafanha da Encarnacao     | <b>4:16.10</b> | +0,66 | 634      |     |
|       | 50m: 29.41 29.41 150m: 1:34.03 32.58 250m: 2:39.95 33.09 350m: 3:45.09 32.24    |     |                           |                |       |          |     |
|       | 100m: 1:01.45 32.04 200m: 2:06.86 32.83 300m: 3:12.85 32.90 400m: 4:16.10 31.01 |     |                           |                |       |          |     |
| 21.   | LEITE Afonso Martim                                                             | 05  | Foca Quinta Da Lixa - Cnf | <b>4:16.83</b> | +0,90 | 629      |     |
|       | 50m: 29.29 29.29 150m: 1:34.17 32.52 250m: 2:39.01 32.28 350m: 3:44.83 33.12    |     |                           |                |       |          |     |
|       | 100m: 1:01.65 32.36 200m: 2:06.73 32.56 300m: 3:11.71 32.70 400m: 4:16.83 32.00 |     |                           |                |       |          |     |
| 22.   | OLIVEIRA Diogo Alexandre                                                        | 05  | Naval do Funchal          | <b>4:17.03</b> | +0,70 | 627      |     |
|       | 50m: 28.31 28.31 150m: 1:32.88 32.64 250m: 2:38.66 32.94 350m: 3:45.44 33.48    |     |                           |                |       |          |     |
|       | 100m: 1:00.24 31.93 200m: 2:05.72 32.84 300m: 3:11.96 33.30 400m: 4:17.03 31.59 |     |                           |                |       |          |     |
| 23.   | SIMÕES Miguel Costa                                                             | 04  | Uniao Piedense            | <b>4:17.37</b> | +0,73 | 625      |     |
|       | 50m: 29.01 29.01 150m: 1:33.52 32.40 250m: 2:39.48 32.95 350m: 3:45.21 32.86    |     |                           |                |       |          |     |
|       | 100m: 1:01.12 32.11 200m: 2:06.53 33.01 300m: 3:12.35 32.87 400m: 4:17.37 32.16 |     |                           |                |       |          |     |

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Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Open

| Lugar | Nome                                                                            | Ano | Clube                      | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------------------------------------------------------------------|-----|----------------------------|----------------|-------|----------|-----|
| 24.   | NUNES Diogo Severino                                                            | 04  | Natacao de Valongo         | <b>4:17.77</b> | +0,76 | 622      |     |
|       | 50m: 29.60 29.60 150m: 1:34.07 32.30 250m: 2:39.64 32.84 350m: 3:46.39 33.34    |     |                            |                |       |          |     |
|       | 100m: 1:01.77 32.17 200m: 2:06.80 32.73 300m: 3:13.05 33.41 400m: 4:17.77 31.38 |     |                            |                |       |          |     |
| 25.   | GONCALVES Alexandre Ramos                                                       | 05  | Colegio Efanor             | <b>4:18.23</b> | +0,71 | 618      |     |
|       | 50m: 29.24 29.24 150m: 1:34.24 33.03 250m: 2:39.72 32.86 350m: 3:46.42 33.52    |     |                            |                |       |          |     |
|       | 100m: 1:01.21 31.97 200m: 2:06.86 32.62 300m: 3:12.90 33.18 400m: 4:18.23 31.81 |     |                            |                |       |          |     |
| 26.   | ANSELMO Raul Sousa                                                              | 05  | Bombeiros de Ponta Delgada | <b>4:18.43</b> | +0,91 | 617      |     |
|       | 50m: 29.12 29.12 150m: 1:33.84 33.34 250m: 2:40.12 33.23 350m: 3:46.94 33.61    |     |                            |                |       |          |     |
|       | 100m: 1:00.50 31.38 200m: 2:06.89 33.05 300m: 3:13.33 33.21 400m: 4:18.43 31.49 |     |                            |                |       |          |     |
| 27.   | DIAZ ROMERO Carlos                                                              | 01  | Nautico Sevilla            | <b>4:18.87</b> | +0,73 | 614      |     |
|       | 50m: 28.65 28.65 150m: 1:32.24 32.35 250m: 2:38.38 33.33 350m: 3:45.34 33.77    |     |                            |                |       |          |     |
|       | 100m: 59.89 31.24 200m: 2:05.05 32.81 300m: 3:11.57 33.19 400m: 4:18.87 33.53   |     |                            |                |       |          |     |
| 28.   | BAPTISTA Guilherme Fernandes                                                    | 06  | Benfica                    | <b>4:19.10</b> | +0,76 | 612      |     |
|       | 50m: 29.25 29.25 150m: 1:34.54 32.89 250m: 2:41.21 33.27 350m: 3:47.54 32.87    |     |                            |                |       |          |     |
|       | 100m: 1:01.65 32.40 200m: 2:07.94 33.40 300m: 3:14.67 33.46 400m: 4:19.10 31.56 |     |                            |                |       |          |     |
| 29.   | FRAZAO Francisco Couto                                                          | 06  | Uniao Coimbra              | <b>4:19.16</b> | +0,86 | 612      |     |
|       | 50m: 29.90 29.90 150m: 1:34.99 32.39 250m: 2:41.10 32.92 350m: 3:47.73 33.11    |     |                            |                |       |          |     |
|       | 100m: 1:02.60 32.70 200m: 2:08.18 33.19 300m: 3:14.62 33.52 400m: 4:19.16 31.43 |     |                            |                |       |          |     |
| 30.   | MORARI Alexandre                                                                | 07  | Rio Maior                  | <b>4:19.51</b> | +0,71 | 609      |     |
|       | 50m: 29.31 29.31 150m: 1:34.27 32.65 250m: 2:40.65 33.13 350m: 3:47.50 33.28    |     |                            |                |       |          |     |
|       | 100m: 1:01.62 32.31 200m: 2:07.52 33.25 300m: 3:14.22 33.57 400m: 4:19.51 32.01 |     |                            |                |       |          |     |
| 31.   | RODRIGUES Gil Afonso                                                            | 07  | Fluvial Portuense          | <b>4:22.10</b> | +0,75 | 591      |     |
|       | 50m: 28.93 28.93 150m: 1:34.04 32.98 250m: 2:40.69 33.58 350m: 3:49.19 34.37    |     |                            |                |       |          |     |
|       | 100m: 1:01.06 32.13 200m: 2:07.11 33.07 300m: 3:14.82 34.13 400m: 4:22.10 32.91 |     |                            |                |       |          |     |
| 32.   | LOUREIRO Bruno Silva                                                            | 06  | Porto                      | <b>4:22.22</b> | +0,86 | 591      |     |
|       | 50m: 30.41 30.41 150m: 1:35.67 32.64 250m: 2:41.91 33.18 350m: 3:49.38 34.04    |     |                            |                |       |          |     |
|       | 100m: 1:03.03 32.62 200m: 2:08.73 33.06 300m: 3:15.34 33.43 400m: 4:22.22 32.84 |     |                            |                |       |          |     |
| 33.   | TIGRE Pedro Bethlem                                                             | 06  | Sporting                   | <b>4:22.49</b> | +0,69 | 589      |     |
|       | 50m: 28.88 28.88 150m: 1:34.05 32.88 250m: 2:41.77 33.92 350m: 3:49.76 33.79    |     |                            |                |       |          |     |
|       | 100m: 1:01.17 32.29 200m: 2:07.85 33.80 300m: 3:15.97 34.20 400m: 4:22.49 32.73 |     |                            |                |       |          |     |
| 34.   | JEVIC Milan Santos                                                              | 06  | Braga                      | <b>4:23.13</b> | +0,80 | 585      |     |
|       | 50m: 29.78 29.78 150m: 1:35.76 33.16 250m: 2:42.75 33.62 350m: 3:51.32 33.96    |     |                            |                |       |          |     |
|       | 100m: 1:02.60 32.82 200m: 2:09.13 33.37 300m: 3:17.36 34.61 400m: 4:23.13 31.81 |     |                            |                |       |          |     |
| 35.   | PEREIRA Manuel Angelo                                                           | 05  | Sporting                   | <b>4:23.60</b> | +0,71 | 581      |     |
|       | 50m: 29.86 29.86 150m: 1:36.04 33.40 250m: 2:43.44 33.67 350m: 3:51.32 33.57    |     |                            |                |       |          |     |
|       | 100m: 1:02.64 32.78 200m: 2:09.77 33.73 300m: 3:17.75 34.31 400m: 4:23.60 32.28 |     |                            |                |       |          |     |
| 36.   | GOMES Rafael Rodrigues                                                          | 06  | Natacao do Tejo            | <b>4:23.77</b> | +0,84 | 580      |     |
|       | 50m: 29.62 29.62 150m: 1:35.75 33.60 250m: 2:43.84 33.91 350m: 3:51.33 33.49    |     |                            |                |       |          |     |
|       | 100m: 1:02.15 32.53 200m: 2:09.93 34.18 300m: 3:17.84 34.00 400m: 4:23.77 32.44 |     |                            |                |       |          |     |

Splash Meet Manager, 11.73733

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29/07/2022 12:36 - Página 3

ORGANIZAÇÃO



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|-------|-------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 37.   | ALVES Andre Correia     | 06                  | Uniao Piedense            | <b>4:23.86</b>      | +0,78 | 580      |     |
|       | 50m: 29.47 29.47        | 150m: 1:35.96 33.82 | 250m: 2:43.29 33.43       | 350m: 3:51.19 34.05 |       |          |     |
|       | 100m: 1:02.14 32.67     | 200m: 2:09.86 33.90 | 300m: 3:17.14 33.85       | 400m: 4:23.86 32.67 |       |          |     |
| 38.   | LARANJO Filipe Manso    | 07                  | Desportiva de Viana       | <b>4:23.92</b>      | +0,81 | 579      |     |
|       | 50m: 30.66 30.66        | 150m: 1:38.35 34.44 | 250m: 2:46.41 33.66       | 350m: 3:52.84 32.68 |       |          |     |
|       | 100m: 1:03.91 33.25     | 200m: 2:12.75 34.40 | 300m: 3:20.16 33.75       | 400m: 4:23.92 31.08 |       |          |     |
| 39.   | ASMAR Axel Guedes       | 07                  | Sporting                  | <b>4:24.38</b>      | +0,69 | 576      |     |
|       | 50m: 29.81 29.81        | 150m: 1:35.69 33.38 | 250m: 2:43.54 34.27       | 350m: 3:51.57 34.02 |       |          |     |
|       | 100m: 1:02.31 32.50     | 200m: 2:09.27 33.58 | 300m: 3:17.55 34.01       | 400m: 4:24.38 32.81 |       |          |     |
| 40.   | COSTA Antonio Miguel    | 07                  | Fafe                      | <b>4:24.70</b>      | +0,72 | 574      |     |
|       | 50m: 30.53 30.53        | 150m: 1:37.90 33.74 | 250m: 2:45.59 33.18       | 350m: 3:53.51 33.64 |       |          |     |
|       | 100m: 1:04.16 33.63     | 200m: 2:12.41 34.51 | 300m: 3:19.87 34.28       | 400m: 4:24.70 31.19 |       |          |     |
| 41.   | ZHUKOV Mark             | 06                  | Braga                     | <b>4:24.73</b>      | +0,79 | 574      |     |
|       | 50m: 29.73 29.73        | 150m: 1:35.91 33.52 | 250m: 2:43.98 34.24       | 350m: 3:52.07 34.03 |       |          |     |
|       | 100m: 1:02.39 32.66     | 200m: 2:09.74 33.83 | 300m: 3:18.04 34.06       | 400m: 4:24.73 32.66 |       |          |     |
| 42.   | SILVA Martim Alexandre  | 07                  | Columbofila Cantanhedense | <b>4:24.95</b>      | +0,81 | 573      |     |
|       | 50m: 30.00 30.00        | 150m: 1:37.02 33.93 | 250m: 2:44.66 33.48       | 350m: 3:52.46 33.67 |       |          |     |
|       | 100m: 1:03.09 33.09     | 200m: 2:11.18 34.16 | 300m: 3:18.79 34.13       | 400m: 4:24.95 32.49 |       |          |     |
| 43.   | GOMES Joao Almeida      | 06                  | Nacional de Natacao       | <b>4:25.22</b>      | +0,68 | 571      |     |
|       | 50m: 30.09 30.09        | 150m: 1:35.66 32.82 | 250m: 2:43.00 33.89       | 350m: 3:51.75 34.60 |       |          |     |
|       | 100m: 1:02.84 32.75     | 200m: 2:09.11 33.45 | 300m: 3:17.15 34.15       | 400m: 4:25.22 33.47 |       |          |     |
| 44.   | BRANDAO Afonso Aires    | 06                  | Desportiva de Viana       | <b>4:25.46</b>      | +0,72 | 569      |     |
|       | 50m: 30.01 30.01        | 150m: 1:37.71 34.09 | 250m: 2:45.52 33.63       | 350m: 3:52.50 33.23 |       |          |     |
|       | 100m: 1:03.62 33.61     | 200m: 2:11.89 34.18 | 300m: 3:19.27 33.75       | 400m: 4:25.46 32.96 |       |          |     |
| 45.   | ROQUE Afonso Dinis      | 07                  | Ba-Leiria                 | <b>4:27.10</b>      | +0,80 | 559      |     |
|       | 50m: 29.99 29.99        | 150m: 1:36.32 33.92 | 250m: 2:45.00 34.33       | 350m: 3:53.95 34.20 |       |          |     |
|       | 100m: 1:02.40 32.41     | 200m: 2:10.67 34.35 | 300m: 3:19.75 34.75       | 400m: 4:27.10 33.15 |       |          |     |
| 46.   | SIMÕES Manuel Costa     | 06                  | Uniao Piedense            | <b>4:28.03</b>      | +0,71 | 553      |     |
|       | 50m: 29.32 29.32        | 150m: 1:36.20 33.54 | 250m: 2:45.03 33.44       | 350m: 3:54.27 34.68 |       |          |     |
|       | 100m: 1:02.66 33.34     | 200m: 2:11.59 35.39 | 300m: 3:19.59 34.56       | 400m: 4:28.03 33.76 |       |          |     |
| 47.   | CARVALHO Artur Guterres | 06                  | Vilacondense              | <b>4:28.04</b>      | +0,76 | 553      |     |
|       | 50m: 29.76 29.76        | 150m: 1:36.48 33.47 | 250m: 2:45.27 34.42       | 350m: 3:54.52 34.72 |       |          |     |
|       | 100m: 1:03.01 33.25     | 200m: 2:10.85 34.37 | 300m: 3:19.80 34.53       | 400m: 4:28.04 33.52 |       |          |     |
| 48.   | GOUVEIA Bruno Cesar     | 07                  | Sporting                  | <b>4:28.19</b>      | +0,67 | 552      |     |
|       | 50m: 30.11 30.11        | 150m: 1:37.42 34.04 | 250m: 2:44.89 33.53       | 350m: 3:54.23 34.54 |       |          |     |
|       | 100m: 1:03.38 33.27     | 200m: 2:11.36 33.94 | 300m: 3:19.69 34.80       | 400m: 4:28.19 33.96 |       |          |     |
| 49.   | MARQUES Duarte Cachulo  | 07                  | Condeixa Clube            | <b>4:28.33</b>      | +0,71 | 551      |     |
|       | 50m: 29.76 29.76        | 150m: 1:36.35 33.75 | 250m: 2:44.98 34.76       | 350m: 3:54.77 34.94 |       |          |     |
|       | 100m: 1:02.60 32.84     | 200m: 2:10.22 33.87 | 300m: 3:19.83 34.85       | 400m: 4:28.33 33.56 |       |          |     |

Splash Meet Manager, 11.73733

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ORGANIZAÇÃO



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PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Open

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 50.   | CHAO Tiago Ventura     | 06                  | Naval Setubalense   | <b>4:28.37</b>      | +0,65 | 551      |     |
|       | 50m: 30.02 30.02       | 150m: 1:37.57 34.33 | 250m: 2:46.05 34.37 | 350m: 3:55.34 34.82 |       |          |     |
|       | 100m: 1:03.24 33.22    | 200m: 2:11.68 34.11 | 300m: 3:20.52 34.47 | 400m: 4:28.37 33.03 |       |          |     |
| 51.   | FERREIRA Miguel Guedes | 07                  | Porto               | <b>4:28.75</b>      | +0,84 | 549      |     |
|       | 50m: 30.56 30.56       | 150m: 1:37.89 34.12 | 250m: 2:47.27 34.64 | 350m: 3:56.03 34.31 |       |          |     |
|       | 100m: 1:03.77 33.21    | 200m: 2:12.63 34.74 | 300m: 3:21.72 34.45 | 400m: 4:28.75 32.72 |       |          |     |
| 52.   | RITA Francisco Xavier  | 07                  | Vieirense           | <b>4:29.12</b>      | +0,67 | 546      |     |
|       | 50m: 29.89 29.89       | 150m: 1:37.59 34.55 | 250m: 2:47.81 35.33 | 350m: 3:57.00 34.12 |       |          |     |
|       | 100m: 1:03.04 33.15    | 200m: 2:12.48 34.89 | 300m: 3:22.88 35.07 | 400m: 4:29.12 32.12 |       |          |     |
| 53.   | MARQUES Jose Miguel    | 06                  | Condeixa Clube      | <b>4:29.89</b>      | +0,75 | 542      |     |
|       | 50m: 29.93 29.93       | 150m: 1:36.74 33.77 | 250m: 2:45.44 34.29 | 350m: 3:55.51 35.05 |       |          |     |
|       | 100m: 1:02.97 33.04    | 200m: 2:11.15 34.41 | 300m: 3:20.46 35.02 | 400m: 4:29.89 34.38 |       |          |     |
| 54.   | BORGES Rodrigo Costa   | 07                  | Fluvial Portuense   | <b>4:29.95</b>      | +0,66 | 541      |     |
|       | 50m: 29.73 29.73       | 150m: 1:37.98 34.48 | 250m: 2:47.45 34.35 | 350m: 3:56.40 34.43 |       |          |     |
|       | 100m: 1:03.50 33.77    | 200m: 2:13.10 35.12 | 300m: 3:21.97 34.52 | 400m: 4:29.95 33.55 |       |          |     |
| 55.   | CRUZ Leonardo Jose     | 07                  | Alcobaca            | <b>4:30.18</b>      | +0,65 | 540      |     |
|       | 50m: 30.57 30.57       | 150m: 1:39.20 34.47 | 250m: 2:48.17 34.23 | 350m: 3:56.29 34.27 |       |          |     |
|       | 100m: 1:04.73 34.16    | 200m: 2:13.94 34.74 | 300m: 3:22.02 33.85 | 400m: 4:30.18 33.89 |       |          |     |
| 56.   | FARIA Eduardo Nuno     | 06                  | Braga               | <b>4:30.29</b>      | +0,77 | 539      |     |
|       | 50m: 30.29 30.29       | 150m: 1:37.39 33.96 | 250m: 2:46.59 34.62 | 350m: 3:56.27 34.93 |       |          |     |
|       | 100m: 1:03.43 33.14    | 200m: 2:11.97 34.58 | 300m: 3:21.34 34.75 | 400m: 4:30.29 34.02 |       |          |     |
| 57.   | CARAPINHA Joao Pedro   | 07                  | Uniao Piedense      | <b>4:31.31</b>      | +0,93 | 533      |     |
|       | 50m: 31.21 31.21       | 150m: 1:39.68 34.56 | 250m: 2:48.46 33.52 | 350m: 3:57.67 34.33 |       |          |     |
|       | 100m: 1:05.12 33.91    | 200m: 2:14.94 35.26 | 300m: 3:23.34 34.88 | 400m: 4:31.31 33.64 |       |          |     |
| 58.   | CORREIA Tiago Almeida  | 06                  | Natacao do Montijo  | <b>4:33.11</b>      | +0,87 | 523      |     |
|       | 50m: 29.78 29.78       | 150m: 1:37.37 34.74 | 250m: 2:47.88 35.36 | 350m: 3:59.34 35.62 |       |          |     |
|       | 100m: 1:02.63 32.85    | 200m: 2:12.52 35.15 | 300m: 3:23.72 35.84 | 400m: 4:33.11 33.77 |       |          |     |
|       | TEMUDO Jose Maria      | 06                  | Rio Maior           | <b>4:33.11</b>      | +0,71 | 523      |     |
|       | 50m: 31.12 31.12       | 150m: 1:39.62 34.74 | 250m: 2:49.99 35.17 | 350m: 3:59.68 34.66 |       |          |     |
|       | 100m: 1:04.88 33.76    | 200m: 2:14.82 35.20 | 300m: 3:25.02 35.03 | 400m: 4:33.11 33.43 |       |          |     |
| 60.   | SOARES Guilherme Mahua | 07                  | Porto               | <b>4:33.40</b>      |       | 521      |     |
|       | 50m: 30.61 30.61       | 150m: 1:38.39 34.11 | 250m: 2:48.25 35.09 | 350m: 3:59.47 35.71 |       |          |     |
|       | 100m: 1:04.28 33.67    | 200m: 2:13.16 34.77 | 300m: 3:23.76 35.51 | 400m: 4:33.40 33.93 |       |          |     |
| 61.   | CURJOS Cristian        | 07                  | Ba-Leiria           | <b>4:34.08</b>      | +0,69 | 517      |     |
|       | 50m: 30.03 30.03       | 150m: 1:39.37 35.06 | 250m: 2:50.69 35.80 | 350m: 4:01.46 35.23 |       |          |     |
|       | 100m: 1:04.31 34.28    | 200m: 2:14.89 35.52 | 300m: 3:26.23 35.54 | 400m: 4:34.08 32.62 |       |          |     |
| 62.   | MESQUITA Tomas Afonso  | 07                  | Benfica             | <b>4:34.85</b>      | +0,79 | 513      |     |
|       | 50m: 31.05 31.05       | 150m: 1:38.88 33.93 | 250m: 2:48.33 35.06 | 350m: 3:59.53 35.71 |       |          |     |
|       | 100m: 1:04.95 33.90    | 200m: 2:13.27 34.39 | 300m: 3:23.82 35.49 | 400m: 4:34.85 35.32 |       |          |     |

Splash Meet Manager, 11.73733

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ORGANIZAÇÃO



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PARCEIROS



MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Open

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 63.   | ALMEIDA Joao Francisco | 07                  | Naval do Funchal    | <b>4:38.29</b>      | +0,69 | 494      |     |
|       | 50m: 30.01 30.01       | 150m: 1:38.70 35.28 | 250m: 2:51.14 36.18 | 350m: 4:03.32 35.81 |       |          |     |
|       | 100m: 1:03.42 33.41    | 200m: 2:14.96 36.26 | 300m: 3:27.51 36.37 | 400m: 4:38.29 34.97 |       |          |     |
| 64.   | LAVAJO Martim Nuno     | 07                  | Academico Viseu     | <b>4:55.43</b>      | +0,80 | 413      |     |
|       | 50m: 30.90 30.90       | 150m: 1:44.10 37.56 | 250m: 3:00.66 39.06 | 350m: 4:18.85 38.73 |       |          |     |
|       | 100m: 1:06.54 35.64    | 200m: 2:21.60 37.50 | 300m: 3:40.12 39.46 | 400m: 4:55.43 36.58 |       |          |     |

Prova 36 Masc., 400m Livres Juvenis  
29/07/2022 - 12:00 Resultados Elimin

|                  |         |                      |     |                 |            |
|------------------|---------|----------------------|-----|-----------------|------------|
| 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 |

TAC Juv A 50m: 4:31.12 - 25m: 4:21.64; Juv B 50m: 4:37.67 - 25m: 4:27.96

Pontos: FINA 2022

| Lugar | Nome                         | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 1.    | BAPTISTA Guilherme Fernandes | 06                  | Benfica             | <b>4:19.10</b>      | +0,76 | 612      |     |
|       | 50m: 29.25 29.25             | 150m: 1:34.54 32.89 | 250m: 2:41.21 33.27 | 350m: 3:47.54 32.87 |       |          |     |
|       | 100m: 1:01.65 32.40          | 200m: 2:07.94 33.40 | 300m: 3:14.67 33.46 | 400m: 4:19.10 31.56 |       |          |     |
| 2.    | FRAZAO Francisco Couto       | 06                  | Uniao Coimbra       | <b>4:19.16</b>      | +0,86 | 612      |     |
|       | 50m: 29.90 29.90             | 150m: 1:34.99 32.39 | 250m: 2:41.10 32.92 | 350m: 3:47.73 33.11 |       |          |     |
|       | 100m: 1:02.60 32.70          | 200m: 2:08.18 33.19 | 300m: 3:14.62 33.52 | 400m: 4:19.16 31.43 |       |          |     |
| 3.    | MORARI Alexandre             | 07                  | Rio Maior           | <b>4:19.51</b>      | +0,71 | 609      |     |
|       | 50m: 29.31 29.31             | 150m: 1:34.27 32.65 | 250m: 2:40.65 33.13 | 350m: 3:47.50 33.28 |       |          |     |
|       | 100m: 1:01.62 32.31          | 200m: 2:07.52 33.25 | 300m: 3:14.22 33.57 | 400m: 4:19.51 32.01 |       |          |     |
| 4.    | RODRIGUES Gil Afonso         | 07                  | Fluvial Portuense   | <b>4:22.10</b>      | +0,75 | 591      |     |
|       | 50m: 28.93 28.93             | 150m: 1:34.04 32.98 | 250m: 2:40.69 33.58 | 350m: 3:49.19 34.37 |       |          |     |
|       | 100m: 1:01.06 32.13          | 200m: 2:07.11 33.07 | 300m: 3:14.82 34.13 | 400m: 4:22.10 32.91 |       |          |     |
| 5.    | LOUREIRO Bruno Silva         | 06                  | Porto               | <b>4:22.22</b>      | +0,86 | 591      |     |
|       | 50m: 30.41 30.41             | 150m: 1:35.67 32.64 | 250m: 2:41.91 33.18 | 350m: 3:49.38 34.04 |       |          |     |
|       | 100m: 1:03.03 32.62          | 200m: 2:08.73 33.06 | 300m: 3:15.34 33.43 | 400m: 4:22.22 32.84 |       |          |     |
| 6.    | JEVIC Milan Santos           | 06                  | Braga               | <b>4:23.13</b>      | +0,80 | 585      |     |
|       | 50m: 29.78 29.78             | 150m: 1:35.76 33.16 | 250m: 2:42.75 33.62 | 350m: 3:51.32 33.96 |       |          |     |
|       | 100m: 1:02.60 32.82          | 200m: 2:09.13 33.37 | 300m: 3:17.36 34.61 | 400m: 4:23.13 31.81 |       |          |     |
| 7.    | GOMES Rafael Rodrigues       | 06                  | Natacao do Tejo     | <b>4:23.77</b>      | +0,84 | 580      |     |
|       | 50m: 29.62 29.62             | 150m: 1:35.75 33.60 | 250m: 2:43.84 33.91 | 350m: 3:51.33 33.49 |       |          |     |
|       | 100m: 1:02.15 32.53          | 200m: 2:09.93 34.18 | 300m: 3:17.84 34.00 | 400m: 4:23.77 32.44 |       |          |     |
| 8.    | ALVES Andre Correia          | 06                  | Uniao Piedense      | <b>4:23.86</b>      | +0,78 | 580      |     |
|       | 50m: 29.47 29.47             | 150m: 1:35.96 33.82 | 250m: 2:43.29 33.43 | 350m: 3:51.19 34.05 |       |          |     |
|       | 100m: 1:02.14 32.67          | 200m: 2:09.86 33.90 | 300m: 3:17.14 33.85 | 400m: 4:23.86 32.67 |       |          |     |

Splash Meet Manager, 11.73733

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ORGANIZAÇÃO



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PARCEIROS



MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Juvenis

| Lugar | Nome                    | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 9.    | LARANJO Filipe Manso    | 07                  | Desportiva de Viana       | <b>4:23.92</b>      | +0,81 | 579      |     |
|       | 50m: 30.66 30.66        | 150m: 1:38.35 34.44 | 250m: 2:46.41 33.66       | 350m: 3:52.84 32.68 |       |          |     |
|       | 100m: 1:03.91 33.25     | 200m: 2:12.75 34.40 | 300m: 3:20.16 33.75       | 400m: 4:23.92 31.08 |       |          |     |
| 10.   | ASMAR Axel Guedes       | 07                  | Sporting                  | <b>4:24.38</b>      | +0,69 | 576      |     |
|       | 50m: 29.81 29.81        | 150m: 1:35.69 33.38 | 250m: 2:43.54 34.27       | 350m: 3:51.57 34.02 |       |          |     |
|       | 100m: 1:02.31 32.50     | 200m: 2:09.27 33.58 | 300m: 3:17.55 34.01       | 400m: 4:24.38 32.81 |       |          |     |
| 11.   | COSTA Antonio Miguel    | 07                  | Fafe                      | <b>4:24.70</b>      | +0,72 | 574      |     |
|       | 50m: 30.53 30.53        | 150m: 1:37.90 33.74 | 250m: 2:45.59 33.18       | 350m: 3:53.51 33.64 |       |          |     |
|       | 100m: 1:04.16 33.63     | 200m: 2:12.41 34.51 | 300m: 3:19.87 34.28       | 400m: 4:24.70 31.19 |       |          |     |
| 12.   | ZHUKOV Mark             | 06                  | Braga                     | <b>4:24.73</b>      | +0,79 | 574      |     |
|       | 50m: 29.73 29.73        | 150m: 1:35.91 33.52 | 250m: 2:43.98 34.24       | 350m: 3:52.07 34.03 |       |          |     |
|       | 100m: 1:02.39 32.66     | 200m: 2:09.74 33.83 | 300m: 3:18.04 34.06       | 400m: 4:24.73 32.66 |       |          |     |
| 13.   | SILVA Martim Alexandre  | 07                  | Columbofila Cantanhedense | <b>4:24.95</b>      | +0,81 | 573      |     |
|       | 50m: 30.00 30.00        | 150m: 1:37.02 33.93 | 250m: 2:44.66 33.48       | 350m: 3:52.46 33.67 |       |          |     |
|       | 100m: 1:03.09 33.09     | 200m: 2:11.18 34.16 | 300m: 3:18.79 34.13       | 400m: 4:24.95 32.49 |       |          |     |
| 14.   | GOMES Joao Almeida      | 06                  | Nacional de Natacao       | <b>4:25.22</b>      | +0,68 | 571      |     |
|       | 50m: 30.09 30.09        | 150m: 1:35.66 32.82 | 250m: 2:43.00 33.89       | 350m: 3:51.75 34.60 |       |          |     |
|       | 100m: 1:02.84 32.75     | 200m: 2:09.11 33.45 | 300m: 3:17.15 34.15       | 400m: 4:25.22 33.47 |       |          |     |
| 15.   | BRANDAO Afonso Aires    | 06                  | Desportiva de Viana       | <b>4:25.46</b>      | +0,72 | 569      |     |
|       | 50m: 30.01 30.01        | 150m: 1:37.71 34.09 | 250m: 2:45.52 33.63       | 350m: 3:52.50 33.23 |       |          |     |
|       | 100m: 1:03.62 33.61     | 200m: 2:11.89 34.18 | 300m: 3:19.27 33.75       | 400m: 4:25.46 32.96 |       |          |     |
| 16.   | ROQUE Afonso Dinis      | 07                  | Ba-Leiria                 | <b>4:27.10</b>      | +0,80 | 559      |     |
|       | 50m: 29.99 29.99        | 150m: 1:36.32 33.92 | 250m: 2:45.00 34.33       | 350m: 3:53.95 34.20 |       |          |     |
|       | 100m: 1:02.40 32.41     | 200m: 2:10.67 34.35 | 300m: 3:19.75 34.75       | 400m: 4:27.10 33.15 |       |          |     |
| 17.   | SIMÕES Manuel Costa     | 06                  | Uniao Piedense            | <b>4:28.03</b>      | +0,71 | 553      |     |
|       | 50m: 29.32 29.32        | 150m: 1:36.20 33.54 | 250m: 2:45.03 33.44       | 350m: 3:54.27 34.68 |       |          |     |
|       | 100m: 1:02.66 33.34     | 200m: 2:11.59 35.39 | 300m: 3:19.59 34.56       | 400m: 4:28.03 33.76 |       |          |     |
| 18.   | CARVALHO Artur Guterres | 06                  | Vilacondense              | <b>4:28.04</b>      | +0,76 | 553      |     |
|       | 50m: 29.76 29.76        | 150m: 1:36.48 33.47 | 250m: 2:45.27 34.42       | 350m: 3:54.52 34.72 |       |          |     |
|       | 100m: 1:03.01 33.25     | 200m: 2:10.85 34.37 | 300m: 3:19.80 34.53       | 400m: 4:28.04 33.52 |       |          |     |
| 19.   | MARQUES Duarte Cachulo  | 07                  | Condeixa Clube            | <b>4:28.33</b>      | +0,71 | 551      |     |
|       | 50m: 29.76 29.76        | 150m: 1:36.35 33.75 | 250m: 2:44.98 34.76       | 350m: 3:54.77 34.94 |       |          |     |
|       | 100m: 1:02.60 32.84     | 200m: 2:10.22 33.87 | 300m: 3:19.83 34.85       | 400m: 4:28.33 33.56 |       |          |     |
| 20.   | CHAO Tiago Ventura      | 06                  | Naval Setubalense         | <b>4:28.37</b>      | +0,65 | 551      |     |
|       | 50m: 30.02 30.02        | 150m: 1:37.57 34.33 | 250m: 2:46.05 34.37       | 350m: 3:55.34 34.82 |       |          |     |
|       | 100m: 1:03.24 33.22     | 200m: 2:11.68 34.11 | 300m: 3:20.52 34.47       | 400m: 4:28.37 33.03 |       |          |     |
| 21.   | FERREIRA Miguel Guedes  | 07                  | Porto                     | <b>4:28.75</b>      | +0,84 | 549      |     |
|       | 50m: 30.56 30.56        | 150m: 1:37.89 34.12 | 250m: 2:47.27 34.64       | 350m: 3:56.03 34.31 |       |          |     |
|       | 100m: 1:03.77 33.21     | 200m: 2:12.63 34.74 | 300m: 3:21.72 34.45       | 400m: 4:28.75 32.72 |       |          |     |

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PARCEIROS



MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Juvenis

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 22.   | RITA Francisco Xavier  | 07                  | Vieirense           | <b>4:29.12</b>      | +0,67 | 546      |     |
|       | 50m: 29.89 29.89       | 150m: 1:37.59 34.55 | 250m: 2:47.81 35.33 | 350m: 3:57.00 34.12 |       |          |     |
|       | 100m: 1:03.04 33.15    | 200m: 2:12.48 34.89 | 300m: 3:22.88 35.07 | 400m: 4:29.12 32.12 |       |          |     |
| 23.   | MARQUES Jose Miguel    | 06                  | Condeixa Clube      | <b>4:29.89</b>      | +0,75 | 542      |     |
|       | 50m: 29.93 29.93       | 150m: 1:36.74 33.77 | 250m: 2:45.44 34.29 | 350m: 3:55.51 35.05 |       |          |     |
|       | 100m: 1:02.97 33.04    | 200m: 2:11.15 34.41 | 300m: 3:20.46 35.02 | 400m: 4:29.89 34.38 |       |          |     |
| 24.   | BORGES Rodrigo Costa   | 07                  | Fluvial Portuense   | <b>4:29.95</b>      | +0,66 | 541      |     |
|       | 50m: 29.73 29.73       | 150m: 1:37.98 34.48 | 250m: 2:47.45 34.35 | 350m: 3:56.40 34.43 |       |          |     |
|       | 100m: 1:03.50 33.77    | 200m: 2:13.10 35.12 | 300m: 3:21.97 34.52 | 400m: 4:29.95 33.55 |       |          |     |
| 25.   | CRUZ Leonardo Jose     | 07                  | Alcobaca            | <b>4:30.18</b>      | +0,65 | 540      |     |
|       | 50m: 30.57 30.57       | 150m: 1:39.20 34.47 | 250m: 2:48.17 34.23 | 350m: 3:56.29 34.27 |       |          |     |
|       | 100m: 1:04.73 34.16    | 200m: 2:13.94 34.74 | 300m: 3:22.02 33.85 | 400m: 4:30.18 33.89 |       |          |     |
| 26.   | FARIA Eduardo Nuno     | 06                  | Braga               | <b>4:30.29</b>      | +0,77 | 539      |     |
|       | 50m: 30.29 30.29       | 150m: 1:37.39 33.96 | 250m: 2:46.59 34.62 | 350m: 3:56.27 34.93 |       |          |     |
|       | 100m: 1:03.43 33.14    | 200m: 2:11.97 34.58 | 300m: 3:21.34 34.75 | 400m: 4:30.29 34.02 |       |          |     |
| 27.   | CARAPINHA Joao Pedro   | 07                  | Uniao Piedense      | <b>4:31.31</b>      | +0,93 | 533      |     |
|       | 50m: 31.21 31.21       | 150m: 1:39.68 34.56 | 250m: 2:48.46 33.52 | 350m: 3:57.67 34.33 |       |          |     |
|       | 100m: 1:05.12 33.91    | 200m: 2:14.94 35.26 | 300m: 3:23.34 34.88 | 400m: 4:31.31 33.64 |       |          |     |
| 28.   | CORREIA Tiago Almeida  | 06                  | Natacao do Montijo  | <b>4:33.11</b>      | +0,87 | 523      |     |
|       | 50m: 29.78 29.78       | 150m: 1:37.37 34.74 | 250m: 2:47.88 35.36 | 350m: 3:59.34 35.62 |       |          |     |
|       | 100m: 1:02.63 32.85    | 200m: 2:12.52 35.15 | 300m: 3:23.72 35.84 | 400m: 4:33.11 33.77 |       |          |     |
|       | TEMUDO Jose Maria      | 06                  | Rio Maior           | <b>4:33.11</b>      | +0,71 | 523      |     |
|       | 50m: 31.12 31.12       | 150m: 1:39.62 34.74 | 250m: 2:49.99 35.17 | 350m: 3:59.68 34.66 |       |          |     |
|       | 100m: 1:04.88 33.76    | 200m: 2:14.82 35.20 | 300m: 3:25.02 35.03 | 400m: 4:33.11 33.43 |       |          |     |
| 30.   | SOARES Guilherme Mahua | 07                  | Porto               | <b>4:33.40</b>      |       | 521      |     |
|       | 50m: 30.61 30.61       | 150m: 1:38.39 34.11 | 250m: 2:48.25 35.09 | 350m: 3:59.47 35.71 |       |          |     |
|       | 100m: 1:04.28 33.67    | 200m: 2:13.16 34.77 | 300m: 3:23.76 35.51 | 400m: 4:33.40 33.93 |       |          |     |
| 31.   | CURJOS Cristian        | 07                  | Ba-Leiria           | <b>4:34.08</b>      | +0,69 | 517      |     |
|       | 50m: 30.03 30.03       | 150m: 1:39.37 35.06 | 250m: 2:50.69 35.80 | 350m: 4:01.46 35.23 |       |          |     |
|       | 100m: 1:04.31 34.28    | 200m: 2:14.89 35.52 | 300m: 3:26.23 35.54 | 400m: 4:34.08 32.62 |       |          |     |
| 32.   | MESQUITA Tomas Afonso  | 07                  | Benfica             | <b>4:34.85</b>      | +0,79 | 513      |     |
|       | 50m: 31.05 31.05       | 150m: 1:38.88 33.93 | 250m: 2:48.33 35.06 | 350m: 3:59.53 35.71 |       |          |     |
|       | 100m: 1:04.95 33.90    | 200m: 2:13.27 34.39 | 300m: 3:23.82 35.49 | 400m: 4:34.85 35.32 |       |          |     |
| 33.   | ALMEIDA Joao Francisco | 07                  | Naval do Funchal    | <b>4:38.29</b>      | +0,69 | 494      |     |
|       | 50m: 30.01 30.01       | 150m: 1:38.70 35.28 | 250m: 2:51.14 36.18 | 350m: 4:03.32 35.81 |       |          |     |
|       | 100m: 1:03.42 33.41    | 200m: 2:14.96 36.26 | 300m: 3:27.51 36.37 | 400m: 4:38.29 34.97 |       |          |     |
| 34.   | LAVAJO Martim Nuno     | 07                  | Academico Viseu     | <b>4:55.43</b>      | +0,80 | 413      |     |
|       | 50m: 30.90 30.90       | 150m: 1:44.10 37.56 | 250m: 3:00.66 39.06 | 350m: 4:18.85 38.73 |       |          |     |
|       | 100m: 1:06.54 35.64    | 200m: 2:21.60 37.50 | 300m: 3:40.12 39.46 | 400m: 4:55.43 36.58 |       |          |     |

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MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin

Prova 36 Masc., 400m Livres Absolutos  
29/07/2022 - 12:00 Resultados Elimin

|                  |         |                      |     |                 |            |
|------------------|---------|----------------------|-----|-----------------|------------|
| 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 | Helsinkia (FIN) | 14/07/2010 |

TAC 20 + 50m: 4:09.67 - 25m: 4:02.70; 19 50m: 4:10.91 - 25m: 4:03.91; Jun18 50m: 4:17.48 - 25m: 4:09.26; Jun17 50m: 4:18.77 - 25m: 4:10.51

Pontos: FINA 2022

| Lugar | Nome                       | Ano                 | Clube                 | Tempo Final         | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 1.    | LOPES Tomas Teixeira       | 02                  | Vitoria Guimaraes     | <b>4:04.54</b>      | +0,66 | 728      |     |
|       | 50m: 27.34 27.34           | 150m: 1:28.89 31.28 | 250m: 2:31.62 31.23   | 350m: 3:35.02 31.55 |       |          |     |
|       | 100m: 57.61 30.27          | 200m: 2:00.39 31.50 | 300m: 3:03.47 31.85   | 400m: 4:04.54 29.52 |       |          |     |
| 2.    | CARDOSO Diogo Santos       | 01                  | Sporting              | <b>4:04.85</b>      | +0,79 | 726      |     |
|       | 50m: 28.43 28.43           | 150m: 1:29.33 30.69 | 250m: 2:31.78 30.75   | 350m: 3:34.62 31.48 |       |          |     |
|       | 100m: 58.64 30.21          | 200m: 2:01.03 31.70 | 300m: 3:03.14 31.36   | 400m: 4:04.85 30.23 |       |          |     |
| 3.    | ALMEIDA Bernardo Victorino | 04                  | Sporting              | <b>4:05.09</b>      | +0,89 | 723      |     |
|       | 50m: 27.35 27.35           | 150m: 1:28.68 31.06 | 250m: 2:31.38 31.38   | 350m: 3:34.30 30.94 |       |          |     |
|       | 100m: 57.62 30.27          | 200m: 2:00.00 31.32 | 300m: 3:03.36 31.98   | 400m: 4:05.09 30.79 |       |          |     |
| 4.    | MARQUES Gustavo Pires      | 04                  | Uniao Coimbra         | <b>4:05.56</b>      | +0,82 | 719      |     |
|       | 50m: 27.35 27.35           | 150m: 1:27.90 30.54 | 250m: 2:30.78 31.31   | 350m: 3:35.02 31.47 |       |          |     |
|       | 100m: 57.36 30.01          | 200m: 1:59.47 31.57 | 300m: 3:03.55 32.77   | 400m: 4:05.56 30.54 |       |          |     |
| 5.    | SANTOS Pedro Miguel        | 01                  | Porto                 | <b>4:05.65</b>      | +0,65 | 719      |     |
|       | 50m: 28.31 28.31           | 150m: 1:28.97 30.70 | 250m: 2:31.22 31.03   | 350m: 3:35.01 32.17 |       |          |     |
|       | 100m: 58.27 29.96          | 200m: 2:00.19 31.22 | 300m: 3:02.84 31.62   | 400m: 4:05.65 30.64 |       |          |     |
| 6.    | COSTA Afonso Filipe        | 03                  | Louzan Natacao/EFAPEL | <b>4:06.08</b>      | +0,69 | 715      |     |
|       | 50m: 28.03 28.03           | 150m: 1:29.55 30.97 | 250m: 2:31.77 31.02   | 350m: 3:34.86 31.79 |       |          |     |
|       | 100m: 58.58 30.55          | 200m: 2:00.75 31.20 | 300m: 3:03.07 31.30   | 400m: 4:06.08 31.22 |       |          |     |
| 7.    | BASTOS Lucas Pereira       | 00                  | Nautico Academico     | <b>4:06.63</b>      | +0,71 | 710      |     |
|       | 50m: 28.11 28.11           | 150m: 1:30.16 31.50 | 250m: 2:32.49 31.02   | 350m: 3:35.66 31.80 |       |          |     |
|       | 100m: 58.66 30.55          | 200m: 2:01.47 31.31 | 300m: 3:03.86 31.37   | 400m: 4:06.63 30.97 |       |          |     |
| 8.    | AMARAL Francisco Rodriguez | 02                  | Porto                 | <b>4:07.00</b>      | +0,74 | 707      |     |
|       | 50m: 27.93 27.93           | 150m: 1:29.11 31.05 | 250m: 2:31.85 31.25   | 350m: 3:35.44 31.63 |       |          |     |
|       | 100m: 58.06 30.13          | 200m: 2:00.60 31.49 | 300m: 3:03.81 31.96   | 400m: 4:07.00 31.56 |       |          |     |
| 9.    | RIBEIRO Gustavo Carvalhais | 03                  | Sporting              | <b>4:07.11</b>      | +0,76 | 706      |     |
|       | 50m: 27.50 27.50           | 150m: 1:27.69 30.51 | 250m: 2:31.03 31.80   | 350m: 3:35.61 32.20 |       |          |     |
|       | 100m: 57.18 29.68          | 200m: 1:59.23 31.54 | 300m: 3:03.41 32.38   | 400m: 4:07.11 31.50 |       |          |     |
| 10.   | SANTOS Francisco Rogerio   | 98                  | Sporting              | <b>4:08.35</b>      | +0,67 | 695      |     |
|       | 50m: 27.18 27.18           | 150m: 1:28.99 31.36 | 250m: 2:32.42 31.56   | 350m: 3:36.55 32.34 |       |          |     |
|       | 100m: 57.63 30.45          | 200m: 2:00.86 31.87 | 300m: 3:04.21 31.79   | 400m: 4:08.35 31.80 |       |          |     |
| 11.   | SILVA Afonso Carvalho      | 05                  | Famalicao             | <b>4:13.63</b>      | +0,69 | 653      |     |
|       | 50m: 28.36 28.36           | 150m: 1:32.57 32.41 | 250m: 2:37.68 32.54   | 350m: 3:42.05 32.00 |       |          |     |
|       | 100m: 1:00.16 31.80        | 200m: 2:05.14 32.57 | 300m: 3:10.05 32.37   | 400m: 4:13.63 31.58 |       |          |     |

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MUNICÍPIO DE OEIRAS



Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN  
Oeiras, 28 a 31 de Julho de 2022



Prova 36, Masc., 400m Livres, Elimin, Absolutos

| Lugar | Nome                                                                            | Ano | Clube                      | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---------------------------------------------------------------------------------|-----|----------------------------|----------------|-------|----------|-----|
| 12.   | SARREIRA Tomas Amor                                                             | 05  | Nautico Marinha Grande     | <b>4:13.98</b> | +0,71 | 650      |     |
|       | 50m: 28.48 28.48 150m: 1:33.08 32.94 250m: 2:38.23 32.41 350m: 3:42.63 32.10    |     |                            |                |       |          |     |
|       | 100m: 1:00.14 31.66 200m: 2:05.82 32.74 300m: 3:10.53 32.30 400m: 4:13.98 31.35 |     |                            |                |       |          |     |
| 13.   | CARVALHO Goncalo Renato                                                         | 04  | Porto                      | <b>4:14.29</b> | +0,64 | 648      |     |
|       | 50m: 29.77 29.77 150m: 1:33.67 31.89 250m: 2:37.44 31.74 350m: 3:42.34 32.47    |     |                            |                |       |          |     |
|       | 100m: 1:01.78 32.01 200m: 2:05.70 32.03 300m: 3:09.87 32.43 400m: 4:14.29 31.95 |     |                            |                |       |          |     |
| 14.   | CARDOSO Guilherme Maia                                                          | 05  | Columbofila Cantanhedense  | <b>4:15.06</b> | +0,73 | 642      |     |
|       | 50m: 29.23 29.23 150m: 1:33.29 32.50 250m: 2:38.75 32.88 350m: 3:43.83 32.48    |     |                            |                |       |          |     |
|       | 100m: 1:00.79 31.56 200m: 2:05.87 32.58 300m: 3:11.35 32.60 400m: 4:15.06 31.23 |     |                            |                |       |          |     |
| 15.   | SOUSA Joao Maria                                                                | 05  | Braga                      | <b>4:15.11</b> | +0,81 | 641      |     |
|       | 50m: 28.60 28.60 150m: 1:32.35 32.28 250m: 2:37.30 32.74 350m: 3:43.28 33.15    |     |                            |                |       |          |     |
|       | 100m: 1:00.07 31.47 200m: 2:04.56 32.21 300m: 3:10.13 32.83 400m: 4:15.11 31.83 |     |                            |                |       |          |     |
| 16.   | MORGADO Vasco Alves                                                             | 05  | Alges                      | <b>4:15.33</b> | +0,67 | 640      |     |
|       | 50m: 29.45 29.45 150m: 1:34.34 32.88 250m: 2:40.22 32.83 350m: 3:44.49 31.62    |     |                            |                |       |          |     |
|       | 100m: 1:01.46 32.01 200m: 2:07.39 33.05 300m: 3:12.87 32.65 400m: 4:15.33 30.84 |     |                            |                |       |          |     |
| 17.   | CARDOSO Filipe Santos                                                           | 04  | Gafanha da Encarnacao      | <b>4:16.10</b> | +0,66 | 634      |     |
|       | 50m: 29.41 29.41 150m: 1:34.03 32.58 250m: 2:39.95 33.09 350m: 3:45.09 32.24    |     |                            |                |       |          |     |
|       | 100m: 1:01.45 32.04 200m: 2:06.86 32.83 300m: 3:12.85 32.90 400m: 4:16.10 31.01 |     |                            |                |       |          |     |
| 18.   | LEITE Afonso Martim                                                             | 05  | Foca Quinta Da Lixa - Cnf  | <b>4:16.83</b> | +0,90 | 629      |     |
|       | 50m: 29.29 29.29 150m: 1:34.17 32.52 250m: 2:39.01 32.28 350m: 3:44.83 33.12    |     |                            |                |       |          |     |
|       | 100m: 1:01.65 32.36 200m: 2:06.73 32.56 300m: 3:11.71 32.70 400m: 4:16.83 32.00 |     |                            |                |       |          |     |
| 19.   | OLIVEIRA Diogo Alexandre                                                        | 05  | Naval do Funchal           | <b>4:17.03</b> | +0,70 | 627      |     |
|       | 50m: 28.31 28.31 150m: 1:32.88 32.64 250m: 2:38.66 32.94 350m: 3:45.44 33.48    |     |                            |                |       |          |     |
|       | 100m: 1:00.24 31.93 200m: 2:05.72 32.84 300m: 3:11.96 33.30 400m: 4:17.03 31.59 |     |                            |                |       |          |     |
| 20.   | SIMÕES Miguel Costa                                                             | 04  | Uniao Piedense             | <b>4:17.37</b> | +0,73 | 625      |     |
|       | 50m: 29.01 29.01 150m: 1:33.52 32.40 250m: 2:39.48 32.95 350m: 3:45.21 32.86    |     |                            |                |       |          |     |
|       | 100m: 1:01.12 32.11 200m: 2:06.53 33.01 300m: 3:12.35 32.87 400m: 4:17.37 32.16 |     |                            |                |       |          |     |
| 21.   | NUNES Diogo Severino                                                            | 04  | Natacao de Valongo         | <b>4:17.77</b> | +0,76 | 622      |     |
|       | 50m: 29.60 29.60 150m: 1:34.07 32.30 250m: 2:39.64 32.84 350m: 3:46.39 33.34    |     |                            |                |       |          |     |
|       | 100m: 1:01.77 32.17 200m: 2:06.80 32.73 300m: 3:13.05 33.41 400m: 4:17.77 31.38 |     |                            |                |       |          |     |
| 22.   | GONCALVES Alexandre Ramos                                                       | 05  | Colegio Efanor             | <b>4:18.23</b> | +0,71 | 618      |     |
|       | 50m: 29.24 29.24 150m: 1:34.24 33.03 250m: 2:39.72 32.86 350m: 3:46.42 33.52    |     |                            |                |       |          |     |
|       | 100m: 1:01.21 31.97 200m: 2:06.86 32.62 300m: 3:12.90 33.18 400m: 4:18.23 31.81 |     |                            |                |       |          |     |
| 23.   | ANSELMO Raul Sousa                                                              | 05  | Bombeiros de Ponta Delgada | <b>4:18.43</b> | +0,91 | 617      |     |
|       | 50m: 29.12 29.12 150m: 1:33.84 33.34 250m: 2:40.12 33.23 350m: 3:46.94 33.61    |     |                            |                |       |          |     |
|       | 100m: 1:00.50 31.38 200m: 2:06.89 33.05 300m: 3:13.33 33.21 400m: 4:18.43 31.49 |     |                            |                |       |          |     |
| 24.   | PEREIRA Manuel Angelo                                                           | 05  | Sporting                   | <b>4:23.60</b> | +0,71 | 581      |     |
|       | 50m: 29.86 29.86 150m: 1:36.04 33.40 250m: 2:43.44 33.67 350m: 3:51.32 33.57    |     |                            |                |       |          |     |
|       | 100m: 1:02.64 32.78 200m: 2:09.77 33.73 300m: 3:17.75 34.31 400m: 4:23.60 32.28 |     |                            |                |       |          |     |

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