

Event 36 Men, 400m Freestyle Open
29/07/2022 - 12:00 Results Prelim

Rec Nac Open	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

Points: FINA 2022

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:04.54	+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	4:04.85	+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	4:04.95	+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	4:05.09	+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	4:05.56	+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	4:05.65	+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	4:06.08	+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	4:06.63	+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	4:07.00	+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	4:07.11	+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	

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
11.	SANTOS Francisco Rogerio	98	Sporting	4:08.35	+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	4:09.83	+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	4:12.71	+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	4:13.63	+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	4:13.98	+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	4:14.29	+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	4:15.06	+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	4:15.11	+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	4:15.33	+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	4:16.10	+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	4:16.83	+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	4:17.03	+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.	SIMOES Miguel Costa	04	Uniao Piedense	4:17.37	+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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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
24.	NUNES Diogo Severino	04	Natacao de Valongo	4:17.77	+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	4:18.23	+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	4:18.43	+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	4:18.87	+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	4:19.10	+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	4:19.16	+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	4:19.51	+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	4:22.10	+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	4:22.22	+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	4:22.49	+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	4:23.13	+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	4:23.60	+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	4:23.77	+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			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
37.	ALVES Andre Correia	06	Uniao Piedense	4:23.86	+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	4:23.92	+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	4:24.38	+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	4:24.70	+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	4:24.73	+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	4:24.95	+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	4:25.22	+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	4:25.46	+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	4:27.10	+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.	SIMOES Manuel Costa	06	Uniao Piedense	4:28.03	+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	4:28.04	+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	4:28.19	+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	4:28.33	+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			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
50.	CHAO Tiago Ventura	06	Naval Setubalense	4:28.37	+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	4:28.75	+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	4:29.12	+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	4:29.89	+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	4:29.95	+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	4:30.18	+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	4:30.29	+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	4:31.31	+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	4:33.11	+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	4:33.11	+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	4:33.40		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	4:34.08	+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	4:34.85	+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			

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

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
63.	ALMEIDA Joao Francisco	07	Naval do Funchal	4:38.29	+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	4:55.43	+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			

Event 36

Boys, 400m Freestyle

Juvenis
Results Prelim

29/07/2022 - 12:00

Rec Nac Open	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

Points: FINA 2022

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	BAPTISTA Guilherme Fernandes	06	Benfica	4:19.10	+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	4:19.16	+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	4:19.51	+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	4:22.10	+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	4:22.22	+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	4:23.13	+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	4:23.77	+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	4:23.86	+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			

Event 36, Boys, 400m Freestyle, Prelim, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
9.	LARANJO Filipe Manso	07	Desportiva de Viana	4:23.92	+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	4:24.38	+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	4:24.70	+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	4:24.73	+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	4:24.95	+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	4:25.22	+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	4:25.46	+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	4:27.10	+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.	SIMOES Manuel Costa	06	Uniao Piedense	4:28.03	+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	4:28.04	+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	4:28.33	+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	4:28.37	+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	4:28.75	+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

Event 36, Boys, 400m Freestyle, Prelim, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
22.	RITA Francisco Xavier	07	Vieirense	4:29.12	+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	4:29.89	+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	4:29.95	+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	4:30.18	+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	4:30.29	+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	4:31.31	+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	4:33.11	+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	4:33.11	+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	4:33.40		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	4:34.08	+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	4:34.85	+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	4:38.29	+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	4:55.43	+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			

Event 36, Men, 400m Freestyle, Prelim

Event 36 Men, 400m Freestyle Absolutos
29/07/2022 - 12:00 Results Prelim

Rec Nac Open	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	Helsinqia (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

Points: FINA 2022

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	4:04.54	+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	4:04.85	+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	4:05.09	+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	4:05.56	+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	4:05.65	+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	4:06.08	+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	4:06.63	+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	4:07.00	+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	4:07.11	+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	4:08.35	+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	4:13.63	+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	

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



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

Rank	Nome	YB	Clube	Tempo Final				RT	Pts FINA	Pts
12.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:13.98				+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	4:14.29				+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	4:15.06				+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	4:15.11				+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	4:15.33				+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	4:16.10				+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	4:16.83				+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	4:17.03				+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.	SIMOES Miguel Costa	04	Uniao Piedense	4:17.37				+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	4:17.77				+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	4:18.23				+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	4:18.43				+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	4:23.60				+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			