

Prova 11	Masc., 400m Estilos					Open
28/07/2023 - 19:40						Resultados
Recordes Nacionais 50m Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016	
Recordes Nacionais 50m Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016	
Recordes Nacionais 50m Jun18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018	
Recordes Nacionais 50m Jun17	4:25.23	VITAL, Joao Alexandre	POR	Singapore (SGP)	29/08/2015	
Recordes Nacionais 50m Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014	
Recordes Nacionais 50m Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013	
Recordes Nacionais 50m Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	Póvoa Varzim	23/07/2004	
Recordes Nacionais 50m Inf B	4:54.87	RUIVO, Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013	

DOHA2024 : 4:17.48

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SOARES, Guilherme Costa	08		Vilacondense	4:48.85	+0,78	601	
	50m: 30.68 30.68	150m: 1:43.00	36.86	250m: 3:01.03	42.18	350m: 4:16.90	33.49	
	100m: 1:06.14 35.46	200m: 2:18.85	35.85	300m: 3:43.41	42.38	400m: 4:48.85	31.95	
2.	BISPO, Miguel Almeida	08		Natacao da Maia	4:57.46	+0,92	550	
	50m: 30.73 30.73	150m: 1:45.05	37.98	250m: 3:07.92	45.10	350m: 4:24.08	32.96	
	100m: 1:07.07 36.34	200m: 2:22.82	37.77	300m: 3:51.12	43.20	400m: 4:57.46	33.38	
3.	PEIXOTO, Tomas Pinto	08		Porto	4:59.10	+0,76	541	
	50m: 31.32 31.32	150m: 1:44.51	36.51	250m: 3:06.61	46.58	350m: 4:25.13	33.11	
	100m: 1:08.00 36.68	200m: 2:20.03	35.52	300m: 3:52.02	45.41	400m: 4:59.10	33.97	
4.	MIRANDA, Francisco Guilherme	08		Naval do Funchal	5:00.50	+0,71	534	
	50m: 31.79 31.79	150m: 1:45.73	38.62	250m: 3:08.44	43.92	350m: 4:26.89	34.87	
	100m: 1:07.11 35.32	200m: 2:24.52	38.79	300m: 3:52.02	43.58	400m: 5:00.50	33.61	
5.	RODRIGUES, Rafael Pereira	08		Condeixa Clube	5:00.93	+0,77	532	
	50m: 32.02 32.02	150m: 1:46.93	39.09	250m: 3:08.08	43.98	350m: 4:27.12	33.94	
	100m: 1:07.84 35.82	200m: 2:24.10	37.17	300m: 3:53.18	45.10	400m: 5:00.93	33.81	
6.	VITORIA, Joao Miguel	08		Academico Viseu	5:09.12	+0,77	490	
	50m: 32.40 32.40	150m: 1:49.63	39.05	250m: 3:13.08	45.66	350m: 4:34.03	34.75	
	100m: 1:10.58 38.18	200m: 2:27.42	37.79	300m: 3:59.28	46.20	400m: 5:09.12	35.09	
7.	PEIXOTO, Diogo Teixeira	08		Foca Quinta da Lixa CNF	5:12.97	+0,97	472	
	50m: 31.97 31.97	150m: 1:51.72	41.29	250m: 3:15.96	44.27	350m: 4:37.01	35.87	
	100m: 1:10.43 38.46	200m: 2:31.69	39.97	300m: 4:01.14	45.18	400m: 5:12.97	35.96	
8.	BATISTA, Miguel Duarte	08		Academico Viseu	5:14.49	+0,80	466	
	50m: 32.85 32.85	150m: 1:51.52	39.21	250m: 3:15.06	45.69	350m: 4:38.72	37.78	
	100m: 1:12.31 39.46	200m: 2:29.37	37.85	300m: 4:00.94	45.88	400m: 5:14.49	35.77	
9.	CABRITA, Martim Santos	08		Louletano / Loule Concelho	5:14.93	+0,72	464	
	50m: 32.23 32.23	150m: 1:50.07	41.29	250m: 3:15.80	44.60	350m: 4:39.14	36.33	
	100m: 1:08.78 36.55	200m: 2:31.20	41.13	300m: 4:02.81	47.01	400m: 5:14.93	35.79	

Prova 11, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	ORNELAS, Afonso Mendonca	08		Gesloures	5:15.52	+0,78	461	
	50m: 31.39 31.39	150m: 1:52.29	42.82	250m: 3:18.93	44.79	350m: 4:42.46	36.30	
	100m: 1:09.47 38.08	200m: 2:34.14	41.85	300m: 4:06.16	47.23	400m: 5:15.52	33.06	
11.	COSTA, Afonso Goncalves	08		Porto	5:15.75	+0,75	460	
	50m: 32.29 32.29	150m: 1:51.42	42.09	250m: 3:19.56	47.77	350m: 4:42.07	34.42	
	100m: 1:09.33 37.04	200m: 2:31.79	40.37	300m: 4:07.65	48.09	400m: 5:15.75	33.68	
12.	SANTOS, Francisco Bentes	08		Aquatico Pacense	5:16.10	+0,79	459	
	50m: 31.27 31.27	150m: 1:49.56	42.66	250m: 3:18.04	47.95	350m: 4:41.78	35.61	
	100m: 1:06.90 35.63	200m: 2:30.09	40.53	300m: 4:06.17	48.13	400m: 5:16.10	34.32	
13.	BARROS, Jose Pedro	08		Fafe	5:18.66	+0,67	448	
	50m: 31.03 31.03	150m: 1:50.15	41.74	250m: 3:16.74	45.29	350m: 4:41.44	37.80	
	100m: 1:08.41 37.38	200m: 2:31.45	41.30	300m: 4:03.64	46.90	400m: 5:18.66	37.22	
14.	OLIVEIRA, Paulo Jorge	08		Estarreja/PROZINCO	5:20.10	+0,57	442	
	50m: 33.31 33.31	150m: 1:53.44	41.45	250m: 3:20.26	47.08	350m: 4:44.60	36.37	
	100m: 1:11.99 38.68	200m: 2:33.18	39.74	300m: 4:08.23	47.97	400m: 5:20.10	35.50	

Juvenis A

1.	CRUZ, Leonardo Jose	07		Alcobaca	4:43.99	+0,64	633	
	50m: 29.87 29.87	150m: 1:40.19	36.06	250m: 2:55.59	37.79	350m: 4:10.18	34.03	
	100m: 1:04.13 34.26	200m: 2:17.80	37.61	300m: 3:36.15	40.56	400m: 4:43.99	33.81	
2.	REIS, Leonardo Conceicao	07		Sporting	4:52.18	+0,73	581	
	50m: 28.47 28.47	150m: 1:39.93	38.46	250m: 3:01.19	42.85	350m: 4:18.84	34.12	
	100m: 1:01.47 33.00	200m: 2:18.34	38.41	300m: 3:44.72	43.53	400m: 4:52.18	33.34	
3.	RODRIGUES, Gil Afonso	07		Fluvial Portuense	4:52.89	+0,64	577	
	50m: 29.72 29.72	150m: 1:42.51	39.11	250m: 3:03.22	42.01	350m: 4:20.02	34.53	
	100m: 1:03.40 33.68	200m: 2:21.21	38.70	300m: 3:45.49	42.27	400m: 4:52.89	32.87	
4.	TEIXEIRA, Renato Gouveia	07		Foca Quinta da Lixa CNF	4:53.99	+0,72	570	
	50m: 30.50 30.50	150m: 1:43.06	38.04	250m: 3:03.02	42.42	350m: 4:19.98	33.65	
	100m: 1:05.02 34.52	200m: 2:20.60	37.54	300m: 3:46.33	43.31	400m: 4:53.99	34.01	
5.	SIMOES, Francisco Marques	07		Nautico de Leiria	4:54.95	+0,67	565	
	50m: 29.93 29.93	150m: 1:44.25	38.24	250m: 3:03.75	42.32	350m: 4:22.26	36.07	
	100m: 1:06.01 36.08	200m: 2:21.43	37.18	300m: 3:46.19	42.44	400m: 4:54.95	32.69	
6.	LARANJO, Filipe Manso	07		Desportiva de Viana	4:55.21	+0,73	563	
	50m: 30.61 30.61	150m: 1:45.51	38.70	250m: 3:06.73	44.31	350m: 4:24.98	32.85	
	100m: 1:06.81 36.20	200m: 2:22.42	36.91	300m: 3:52.13	45.40	400m: 4:55.21	30.23	
7.	RODRIGUES, Joao Alves	07		Famalicao	4:59.08	+0,69	541	
	50m: 29.45 29.45	150m: 1:45.66	40.65	250m: 3:05.68	40.80	350m: 4:23.73	35.73	
	100m: 1:05.01 35.56	200m: 2:24.88	39.22	300m: 3:48.00	42.32	400m: 4:59.08	35.35	

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 11, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	ALMEIDA, Joao Francisco	07		Naval do Funchal	4:59.12	+0,64	541	
	50m: 29.68 29.68	150m: 1:44.28	39.69	250m: 3:07.75	43.81	350m: 4:25.26	32.88	
	100m: 1:04.59 34.91	200m: 2:23.94	39.66	300m: 3:52.38	44.63	400m: 4:59.12	33.86	
9.	DORES, Tomas Rocha	07		Colegio Efanor	5:00.64	+0,75	533	
	50m: 29.70 29.70	150m: 1:44.48	39.07	250m: 3:07.69	43.91	350m: 4:26.49	34.39	
	100m: 1:05.41 35.71	200m: 2:23.78	39.30	300m: 3:52.10	44.41	400m: 5:00.64	34.15	
10.	GOMES, Miguel Braga	07		Sporting	5:07.64	+0,76	497	
	50m: 31.44 31.44	150m: 1:48.30	40.96	250m: 3:12.06	44.65	350m: 4:32.41	35.98	
	100m: 1:07.34 35.90	200m: 2:27.41	39.11	300m: 3:56.43	44.37	400m: 5:07.64	35.23	
11.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	5:10.99	+0,79	482	
	50m: 30.21 30.21	150m: 1:48.93	42.37	250m: 3:15.18	45.40	350m: 4:36.52	34.83	
	100m: 1:06.56 36.35	200m: 2:29.78	40.85	300m: 4:01.69	46.51	400m: 5:10.99	34.47	

DSQ ROQUE, Joao Dinis 07 Sporting

9.4 - O(A) nadador(a) não executou após a viragem dos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4

Juniores

1.	FOMIN, Yury	06		Louletano / Loule Concelho	4:34.17	+0,72	703	
	50m: 29.04 29.04	150m: 1:38.13	36.40	250m: 2:52.41	39.80	350m: 4:03.42	31.35	
	100m: 1:01.73 32.69	200m: 2:12.61	34.48	300m: 3:32.07	39.66	400m: 4:34.17	30.75	
2.	GOUVEIA, Luis Galvao	05		Desportivo Nacional	4:36.02	+0,67	689	
	50m: 27.90 27.90	150m: 1:36.89	36.95	250m: 2:53.13	40.46	350m: 4:05.84	32.22	
	100m: 59.94 32.04	200m: 2:12.67	35.78	300m: 3:33.62	40.49	400m: 4:36.02	30.18	
3.	SILVA, Afonso Carvalho	05		Famalicao	4:36.53	+0,67	685	
	50m: 29.13 29.13	150m: 1:39.34	36.42	250m: 2:53.79	39.13	350m: 4:05.50	32.19	
	100m: 1:02.92 33.79	200m: 2:14.66	35.32	300m: 3:33.31	39.52	400m: 4:36.53	31.03	
4.	MORGADO, Vasco Alves	05		Alges	4:43.65	+0,60	635	
	50m: 28.56 28.56	150m: 1:39.52	38.27	250m: 2:59.45	41.48	350m: 4:13.43	31.70	
	100m: 1:01.25 32.69	200m: 2:17.97	38.45	300m: 3:41.73	42.28	400m: 4:43.65	30.22	
5.	FAFTINE, Kaio Araujo	06		Sporting	4:44.28	+0,61	631	
	50m: 28.75 28.75	150m: 1:39.01	36.53	250m: 2:56.72	40.78	350m: 4:12.18	33.37	
	100m: 1:02.48 33.73	200m: 2:15.94	36.93	300m: 3:38.81	42.09	400m: 4:44.28	32.10	
6.	ZHUKOV, Mark	06		Braga	4:45.92	+0,69	620	
	50m: 29.85 29.85	150m: 1:41.63	37.65	250m: 2:58.43	39.53	350m: 4:13.09	34.25	
	100m: 1:03.98 34.13	200m: 2:18.90	37.27	300m: 3:38.84	40.41	400m: 4:45.92	32.83	
7.	CARVALHO, Goncalo Duarte	05		Benfica	4:46.16	+0,63	618	
	50m: 29.19 29.19	150m: 1:41.81	39.23	250m: 2:59.77	40.37	350m: 4:14.57	34.17	
	100m: 1:02.58 33.39	200m: 2:19.40	37.59	300m: 3:40.40	40.63	400m: 4:46.16	31.59	

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PEREIRA, Manuel Angelo	05		Sporting	4:52.63	+0,69	578	
	50m: 30.63 30.63	150m: 1:43.91	39.07	250m: 3:03.81	41.87	350m: 4:20.98	33.89	
	100m: 1:04.84 34.21	200m: 2:21.94	38.03	300m: 3:47.09	43.28	400m: 4:52.63	31.65	
9.	ALVES, Andre Correia	06		Uniao Piedense	4:52.96	+0,66	576	
	50m: 29.31 29.31	150m: 1:42.06	37.80	250m: 3:01.23	41.50	350m: 4:18.81	34.32	
	100m: 1:04.26 34.95	200m: 2:19.73	37.67	300m: 3:44.49	43.26	400m: 4:52.96	34.15	
10.	OLIVEIRA, Tomas Ferreira	06		Natacao da Maia	4:54.14	+0,70	569	
	50m: 30.68 30.68	150m: 1:47.60	39.81	250m: 3:06.32	40.68	350m: 4:21.49	33.90	
	100m: 1:07.79 37.11	200m: 2:25.64	38.04	300m: 3:47.59	41.27	400m: 4:54.14	32.65	
11.	MONTFORT, Nicolas Filip	05		Alges	4:55.14	+0,65	563	
	50m: 28.77 28.77	150m: 1:42.64	39.68	250m: 3:05.40	44.16	350m: 4:22.63	33.29	
	100m: 1:02.96 34.19	200m: 2:21.24	38.60	300m: 3:49.34	43.94	400m: 4:55.14	32.51	
12.	FERNANDES, Duarte Jose	06		Louzan Natacao/EFAPEL	4:55.41	+0,67	562	
	50m: 29.29 29.29	150m: 1:45.34	40.87	250m: 3:04.24	39.57	350m: 4:20.82	34.65	
	100m: 1:04.47 35.18	200m: 2:24.67	39.33	300m: 3:46.17	41.93	400m: 4:55.41	34.59	
13.	GONCALVES, Jose Luis	05		Fafe	4:57.37	+0,72	551	
	50m: 28.98 28.98	150m: 1:44.16	40.78	250m: 3:05.63	42.04	350m: 4:24.36	35.58	
	100m: 1:03.38 34.40	200m: 2:23.59	39.43	300m: 3:48.78	43.15	400m: 4:57.37	33.01	
14.	PAIVA, Ruben Ferreira	05		Sanjoanense/FEPSA	4:58.72	+0,83	543	
	50m: 31.50 31.50	150m: 1:48.65	41.30	250m: 3:09.90	41.60	350m: 4:25.33	33.98	
	100m: 1:07.35 35.85	200m: 2:28.30	39.65	300m: 3:51.35	41.45	400m: 4:58.72	33.39	
15.	TEMUDO, Jose Maria	06		Rio Maior	4:59.35	+0,60	540	
	50m: 28.69 28.69	150m: 1:44.51	40.73	250m: 3:07.14	42.08	350m: 4:26.21	34.12	
	100m: 1:03.78 35.09	200m: 2:25.06	40.55	300m: 3:52.09	44.95	400m: 4:59.35	33.14	
16.	GOMES, Joao Almeida	06		Nacional de Natacao	5:01.03	+0,67	531	
	50m: 29.91 29.91	150m: 1:46.52	41.15	250m: 3:11.09	43.74	350m: 4:29.34	33.54	
	100m: 1:05.37 35.46	200m: 2:27.35	40.83	300m: 3:55.80	44.71	400m: 5:01.03	31.69	
17.	MONTEIRO, Jose Alves	05		Belenenses	5:01.26	+0,75	530	
	50m: 29.70 29.70	150m: 1:45.71	39.95	250m: 3:07.30	42.39	350m: 4:26.13	36.65	
	100m: 1:05.76 36.06	200m: 2:24.91	39.20	300m: 3:49.48	42.18	400m: 5:01.26	35.13	
18.	CORREIA, Tiago Almeida	06		Natacao do Montijo	5:03.79	+0,69	517	
	50m: 30.79 30.79	150m: 1:48.91	40.53	250m: 3:11.66	44.05	350m: 4:31.43	35.19	
	100m: 1:08.38 37.59	200m: 2:27.61	38.70	300m: 3:56.24	44.58	400m: 5:03.79	32.36	
19.	BARROS, Joao Carlos	06		Fluval Portuense	5:06.13	+0,75	505	
	50m: 29.56 29.56	150m: 1:46.15	41.48	250m: 3:11.16	44.93	350m: 4:32.28	36.18	
	100m: 1:04.67 35.11	200m: 2:26.23	40.08	300m: 3:56.10	44.94	400m: 5:06.13	33.85	

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	FERNANDES, Miguel Alves	05	Viana Natacao				
<i>8.13 - O(A) nadador(a), na viragem dos 50 metros, tocou na parede com toque não simultâneo - SW 8.4</i>							

Seniores

1.	LOPES, Jose Paulo	00	Braga	4:23.80	+0,65	789
	50m: 27.66 27.66	150m: 1:33.43 34.32	250m: 2:44.96 37.66	350m: 3:54.36 30.76		
	100m: 59.11 31.45	200m: 2:07.30 33.87	300m: 3:23.60 38.64	400m: 4:23.80 29.44		
2.	CONDE, Alvaro Lopez	92	Nautico Sevilla	4:25.63	+0,71	773
	50m: 28.50 28.50	150m: 1:36.66 35.77	250m: 2:47.99 36.85	350m: 3:56.27 30.85		
	100m: 1:00.89 32.39	200m: 2:11.14 34.48	300m: 3:25.42 37.43	400m: 4:25.63 29.36		
3.	BASTOS, Lucas Pereira	00	Nautico Academico	4:31.47	+0,67	724
	50m: 27.92 27.92	150m: 1:34.62 34.57	250m: 2:47.99 38.91	350m: 3:59.83 32.26		
	100m: 1:00.05 32.13	200m: 2:09.08 34.46	300m: 3:27.57 39.58	400m: 4:31.47 31.64		
4.	RAMOS, Bruno Miguel	97	Belenenses	4:34.10	+0,68	704
	50m: 28.73 28.73	150m: 1:38.32 37.11	250m: 2:52.62 38.66	350m: 4:04.66 32.18		
	100m: 1:01.21 32.48	200m: 2:13.96 35.64	300m: 3:32.48 39.86	400m: 4:34.10 29.44		
5.	CATALAO, Daniel Nogueira	00	Sporting	4:34.29	+0,62	702
	50m: 28.42 28.42	150m: 1:38.75 37.38	250m: 2:52.61 37.37	350m: 4:01.56 32.31		
	100m: 1:01.37 32.95	200m: 2:15.24 36.49	300m: 3:29.25 36.64	400m: 4:34.29 32.73		
6.	CARDOSO, Diogo Santos	01	Sporting	4:36.69	+0,78	684
	50m: 29.57 29.57	150m: 1:40.99 38.64	250m: 2:57.28 38.81	350m: 4:07.14 30.62		
	100m: 1:02.35 32.78	200m: 2:18.47 37.48	300m: 3:36.52 39.24	400m: 4:36.69 29.55		
7.	CORDEIRO, Tiago Roberto	00	Benfica	4:41.95	+0,62	646
	50m: 27.47 27.47	150m: 1:36.38 37.21	250m: 2:53.00 40.08	350m: 4:08.20 34.00		
	100m: 59.17 31.70	200m: 2:12.92 36.54	300m: 3:34.20 41.20	400m: 4:41.95 33.75		
8.	RODRIGUES, Rodrigo Reis	04	Sao Roque	4:53.22	+0,62	575
	50m: 29.70 29.70	150m: 1:41.31 38.03	250m: 3:01.82 41.60	350m: 4:19.37 34.30		
	100m: 1:03.28 33.58	200m: 2:20.22 38.91	300m: 3:45.07 43.25	400m: 4:53.22 33.85		
9.	RELVAS, David Ferreira	03	Nautico Marinha Grande	4:56.22	+0,76	557
	50m: 27.71 27.71	150m: 1:38.38 38.05	250m: 2:59.81 42.67	350m: 4:20.28 35.56		
	100m: 1:00.33 32.62	200m: 2:17.14 38.76	300m: 3:44.72 44.91	400m: 4:56.22 35.94		
10.	TORRE, Francisco Parra De La	00	Nautico Sevilla	4:57.57	+0,72	550
	50m: 29.17 29.17	150m: 1:42.57 38.43	250m: 3:04.21 43.28	350m: 4:23.33 34.98		
	100m: 1:04.14 34.97	200m: 2:20.93 38.36	300m: 3:48.35 44.14	400m: 4:57.57 34.24		
11.	DIOGO, Dinis Miranda	04	Nautico Academico	4:58.11	+0,65	547
	50m: 29.39 29.39	150m: 1:44.06 39.67	250m: 3:05.40 42.30	350m: 4:23.04 34.30		
	100m: 1:04.39 35.00	200m: 2:23.10 39.04	300m: 3:48.74 43.34	400m: 4:58.11 35.07		

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CARDOSO, Filipe Santos	04		Gafanha da Encarnacao	5:03.93	+0,63	516	
	50m: 30.52 30.52	150m: 1:45.23	38.47	250m: 3:08.71	46.07	350m: 4:30.72	34.89	
	100m: 1:06.76 36.24	200m: 2:22.64	37.41	300m: 3:55.83	47.12	400m: 5:03.93	33.21	

DSQ SIMOES, Bernardo Jorge 04 Belenenses
 7.18 - O(A) nadador(a) executou pernada vertical durante o percurso – SW 7.5

Open

1.	LOPES, Jose Paulo	00		Braga	4:23.80	+0,65	789	
	50m: 27.66 27.66	150m: 1:33.43	34.32	250m: 2:44.96	37.66	350m: 3:54.36	30.76	
	100m: 59.11 31.45	200m: 2:07.30	33.87	300m: 3:23.60	38.64	400m: 4:23.80	29.44	
2.	CONDE, Alvaro Lopez	92		Nautico Sevilla	4:25.63	+0,71	773	
	50m: 28.50 28.50	150m: 1:36.66	35.77	250m: 2:47.99	36.85	350m: 3:56.27	30.85	
	100m: 1:00.89 32.39	200m: 2:11.14	34.48	300m: 3:25.42	37.43	400m: 4:25.63	29.36	
3.	BASTOS, Lucas Pereira	00		Nautico Academico	4:31.47	+0,67	724	
	50m: 27.92 27.92	150m: 1:34.62	34.57	250m: 2:47.99	38.91	350m: 3:59.83	32.26	
	100m: 1:00.05 32.13	200m: 2:09.08	34.46	300m: 3:27.57	39.58	400m: 4:31.47	31.64	
4.	RAMOS, Bruno Miguel	97		Belenenses	4:34.10	+0,68	704	
	50m: 28.73 28.73	150m: 1:38.32	37.11	250m: 2:52.62	38.66	350m: 4:04.66	32.18	
	100m: 1:01.21 32.48	200m: 2:13.96	35.64	300m: 3:32.48	39.86	400m: 4:34.10	29.44	
5.	FOMIN, Yury	06		Louletano / Loule Concelho	4:34.17	+0,72	703	
	50m: 29.04 29.04	150m: 1:38.13	36.40	250m: 2:52.41	39.80	350m: 4:03.42	31.35	
	100m: 1:01.73 32.69	200m: 2:12.61	34.48	300m: 3:32.07	39.66	400m: 4:34.17	30.75	
6.	CATALAO, Daniel Nogueira	00		Sporting	4:34.29	+0,62	702	
	50m: 28.42 28.42	150m: 1:38.75	37.38	250m: 2:52.61	37.37	350m: 4:01.56	32.31	
	100m: 1:01.37 32.95	200m: 2:15.24	36.49	300m: 3:29.25	36.64	400m: 4:34.29	32.73	
7.	GOUVEIA, Luis Galvao	05		Desportivo Nacional	4:36.02	+0,67	689	
	50m: 27.90 27.90	150m: 1:36.89	36.95	250m: 2:53.13	40.46	350m: 4:05.84	32.22	
	100m: 59.94 32.04	200m: 2:12.67	35.78	300m: 3:33.62	40.49	400m: 4:36.02	30.18	
8.	SILVA, Afonso Carvalho	05		Famalicao	4:36.53	+0,67	685	
	50m: 29.13 29.13	150m: 1:39.34	36.42	250m: 2:53.79	39.13	350m: 4:05.50	32.19	
	100m: 1:02.92 33.79	200m: 2:14.66	35.32	300m: 3:33.31	39.52	400m: 4:36.53	31.03	
9.	CARDOSO, Diogo Santos	01		Sporting	4:36.69	+0,78	684	
	50m: 29.57 29.57	150m: 1:40.99	38.64	250m: 2:57.28	38.81	350m: 4:07.14	30.62	
	100m: 1:02.35 32.78	200m: 2:18.47	37.48	300m: 3:36.52	39.24	400m: 4:36.69	29.55	
10.	CORDEIRO, Tiago Roberto	00		Benfica	4:41.95	+0,62	646	
	50m: 27.47 27.47	150m: 1:36.38	37.21	250m: 2:53.00	40.08	350m: 4:08.20	34.00	
	100m: 59.17 31.70	200m: 2:12.92	36.54	300m: 3:34.20	41.20	400m: 4:41.95	33.75	

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 11, Masc., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	MORGADO, Vasco Alves	05		Alges	4:43.65	+0,60	635	
	50m: 28.56 28.56	150m: 1:39.52	38.27	250m: 2:59.45	41.48	350m: 4:13.43	31.70	
	100m: 1:01.25 32.69	200m: 2:17.97	38.45	300m: 3:41.73	42.28	400m: 4:43.65	30.22	
12.	CRUZ, Leonardo Jose	07		Alcobaca	4:43.99	+0,64	633	
	50m: 29.87 29.87	150m: 1:40.19	36.06	250m: 2:55.59	37.79	350m: 4:10.18	34.03	
	100m: 1:04.13 34.26	200m: 2:17.80	37.61	300m: 3:36.15	40.56	400m: 4:43.99	33.81	
13.	FAFTINE, Kaio Araujo	06		Sporting	4:44.28	+0,61	631	
	50m: 28.75 28.75	150m: 1:39.01	36.53	250m: 2:56.72	40.78	350m: 4:12.18	33.37	
	100m: 1:02.48 33.73	200m: 2:15.94	36.93	300m: 3:38.81	42.09	400m: 4:44.28	32.10	
14.	ZHUKOV, Mark	06		Braga	4:45.92	+0,69	620	
	50m: 29.85 29.85	150m: 1:41.63	37.65	250m: 2:58.43	39.53	350m: 4:13.09	34.25	
	100m: 1:03.98 34.13	200m: 2:18.90	37.27	300m: 3:38.84	40.41	400m: 4:45.92	32.83	
15.	CARVALHO, Goncalo Duarte	05		Benfica	4:46.16	+0,63	618	
	50m: 29.19 29.19	150m: 1:41.81	39.23	250m: 2:59.77	40.37	350m: 4:14.57	34.17	
	100m: 1:02.58 33.39	200m: 2:19.40	37.59	300m: 3:40.40	40.63	400m: 4:46.16	31.59	
16.	SOARES, Guilherme Costa	08		Vilacondense	4:48.85	+0,78	601	
	50m: 30.68 30.68	150m: 1:43.00	36.86	250m: 3:01.03	42.18	350m: 4:16.90	33.49	
	100m: 1:06.14 35.46	200m: 2:18.85	35.85	300m: 3:43.41	42.38	400m: 4:48.85	31.95	
17.	REIS, Leonardo Conceicao	07		Sporting	4:52.18	+0,73	581	
	50m: 28.47 28.47	150m: 1:39.93	38.46	250m: 3:01.19	42.85	350m: 4:18.84	34.12	
	100m: 1:01.47 33.00	200m: 2:18.34	38.41	300m: 3:44.72	43.53	400m: 4:52.18	33.34	
18.	PEREIRA, Manuel Angelo	05		Sporting	4:52.63	+0,69	578	
	50m: 30.63 30.63	150m: 1:43.91	39.07	250m: 3:03.81	41.87	350m: 4:20.98	33.89	
	100m: 1:04.84 34.21	200m: 2:21.94	38.03	300m: 3:47.09	43.28	400m: 4:52.63	31.65	
19.	RODRIGUES, Gil Afonso	07		Fluvial Portuense	4:52.89	+0,64	577	
	50m: 29.72 29.72	150m: 1:42.51	39.11	250m: 3:03.22	42.01	350m: 4:20.02	34.53	
	100m: 1:03.40 33.68	200m: 2:21.21	38.70	300m: 3:45.49	42.27	400m: 4:52.89	32.87	
20.	ALVES, Andre Correia	06		Uniao Piedense	4:52.96	+0,66	576	
	50m: 29.31 29.31	150m: 1:42.06	37.80	250m: 3:01.23	41.50	350m: 4:18.81	34.32	
	100m: 1:04.26 34.95	200m: 2:19.73	37.67	300m: 3:44.49	43.26	400m: 4:52.96	34.15	
21.	RODRIGUES, Rodrigo Reis	04		Sao Roque	4:53.22	+0,62	575	
	50m: 29.70 29.70	150m: 1:41.31	38.03	250m: 3:01.82	41.60	350m: 4:19.37	34.30	
	100m: 1:03.28 33.58	200m: 2:20.22	38.91	300m: 3:45.07	43.25	400m: 4:53.22	33.85	
22.	TEIXEIRA, Renato Gouveia	07		Foca Quinta da Lixa CNF	4:53.99	+0,72	570	
	50m: 30.50 30.50	150m: 1:43.06	38.04	250m: 3:03.02	42.42	350m: 4:19.98	33.65	
	100m: 1:05.02 34.52	200m: 2:20.60	37.54	300m: 3:46.33	43.31	400m: 4:53.99	34.01	

Prova 11, Masc., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	OLIVEIRA, Tomas Ferreira	06		Natacao da Maia	4:54.14	+0,70	569	
	50m: 30.68 30.68	150m: 1:47.60	39.81	250m: 3:06.32	40.68	350m: 4:21.49	33.90	
	100m: 1:07.79 37.11	200m: 2:25.64	38.04	300m: 3:47.59	41.27	400m: 4:54.14	32.65	
24.	SIMOES, Francisco Marques	07		Nautico de Leiria	4:54.95	+0,67	565	
	50m: 29.93 29.93	150m: 1:44.25	38.24	250m: 3:03.75	42.32	350m: 4:22.26	36.07	
	100m: 1:06.01 36.08	200m: 2:21.43	37.18	300m: 3:46.19	42.44	400m: 4:54.95	32.69	
25.	MONTFORT, Nicolas Filip	05		Alges	4:55.14	+0,65	563	
	50m: 28.77 28.77	150m: 1:42.64	39.68	250m: 3:05.40	44.16	350m: 4:22.63	33.29	
	100m: 1:02.96 34.19	200m: 2:21.24	38.60	300m: 3:49.34	43.94	400m: 4:55.14	32.51	
26.	LARANJO, Filipe Manso	07		Desportiva de Viana	4:55.21	+0,73	563	
	50m: 30.61 30.61	150m: 1:45.51	38.70	250m: 3:06.73	44.31	350m: 4:24.98	32.85	
	100m: 1:06.81 36.20	200m: 2:22.42	36.91	300m: 3:52.13	45.40	400m: 4:55.21	30.23	
27.	FERNANDES, Duarte Jose	06		Louzan Natacao/EFAPEL	4:55.41	+0,67	562	
	50m: 29.29 29.29	150m: 1:45.34	40.87	250m: 3:04.24	39.57	350m: 4:20.82	34.65	
	100m: 1:04.47 35.18	200m: 2:24.67	39.33	300m: 3:46.17	41.93	400m: 4:55.41	34.59	
28.	RELVAS, David Ferreira	03		Nautico Marinha Grande	4:56.22	+0,76	557	
	50m: 27.71 27.71	150m: 1:38.38	38.05	250m: 2:59.81	42.67	350m: 4:20.28	35.56	
	100m: 1:00.33 32.62	200m: 2:17.14	38.76	300m: 3:44.72	44.91	400m: 4:56.22	35.94	
29.	GONCALVES, Jose Luis	05		Fafe	4:57.37	+0,72	551	
	50m: 28.98 28.98	150m: 1:44.16	40.78	250m: 3:05.63	42.04	350m: 4:24.36	35.58	
	100m: 1:03.38 34.40	200m: 2:23.59	39.43	300m: 3:48.78	43.15	400m: 4:57.37	33.01	
30.	BISPO, Miguel Almeida	08		Natacao da Maia	4:57.46	+0,92	550	
	50m: 30.73 30.73	150m: 1:45.05	37.98	250m: 3:07.92	45.10	350m: 4:24.08	32.96	
	100m: 1:07.07 36.34	200m: 2:22.82	37.77	300m: 3:51.12	43.20	400m: 4:57.46	33.38	
31.	TORRE, Francisco Parra De La	00		Nautico Sevilla	4:57.57	+0,72	550	
	50m: 29.17 29.17	150m: 1:42.57	38.43	250m: 3:04.21	43.28	350m: 4:23.33	34.98	
	100m: 1:04.14 34.97	200m: 2:20.93	38.36	300m: 3:48.35	44.14	400m: 4:57.57	34.24	
32.	DIOGO, Dinis Miranda	04		Nautico Academico	4:58.11	+0,65	547	
	50m: 29.39 29.39	150m: 1:44.06	39.67	250m: 3:05.40	42.30	350m: 4:23.04	34.30	
	100m: 1:04.39 35.00	200m: 2:23.10	39.04	300m: 3:48.74	43.34	400m: 4:58.11	35.07	
33.	PAIVA, Ruben Ferreira	05		Sanjoanense/FEPSA	4:58.72	+0,83	543	
	50m: 31.50 31.50	150m: 1:48.65	41.30	250m: 3:09.90	41.60	350m: 4:25.33	33.98	
	100m: 1:07.35 35.85	200m: 2:28.30	39.65	300m: 3:51.35	41.45	400m: 4:58.72	33.39	
34.	RODRIGUES, Joao Alves	07		Famalicao	4:59.08	+0,69	541	
	50m: 29.45 29.45	150m: 1:45.66	40.65	250m: 3:05.68	40.80	350m: 4:23.73	35.73	
	100m: 1:05.01 35.56	200m: 2:24.88	39.22	300m: 3:48.00	42.32	400m: 4:59.08	35.35	

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Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 11, Masc., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	PEIXOTO, Tomas Pinto	08		Porto	4:59.10	+0,76	541	
	50m: 31.32 31.32	150m: 1:44.51	36.51	250m: 3:06.61	46.58	350m: 4:25.13	33.11	
	100m: 1:08.00 36.68	200m: 2:20.03	35.52	300m: 3:52.02	45.41	400m: 4:59.10	33.97	
36.	ALMEIDA, Joao Francisco	07		Naval do Funchal	4:59.12	+0,64	541	
	50m: 29.68 29.68	150m: 1:44.28	39.69	250m: 3:07.75	43.81	350m: 4:25.26	32.88	
	100m: 1:04.59 34.91	200m: 2:23.94	39.66	300m: 3:52.38	44.63	400m: 4:59.12	33.86	
37.	TEMUDO, Jose Maria	06		Rio Maior	4:59.35	+0,60	540	
	50m: 28.69 28.69	150m: 1:44.51	40.73	250m: 3:07.14	42.08	350m: 4:26.21	34.12	
	100m: 1:03.78 35.09	200m: 2:25.06	40.55	300m: 3:52.09	44.95	400m: 4:59.35	33.14	
38.	MIRANDA, Francisco Guilherme	08		Naval do Funchal	5:00.50	+0,71	534	
	50m: 31.79 31.79	150m: 1:45.73	38.62	250m: 3:08.44	43.92	350m: 4:26.89	34.87	
	100m: 1:07.11 35.32	200m: 2:24.52	38.79	300m: 3:52.02	43.58	400m: 5:00.50	33.61	
39.	DORES, Tomas Rocha	07		Colegio Efanor	5:00.64	+0,75	533	
	50m: 29.70 29.70	150m: 1:44.48	39.07	250m: 3:07.69	43.91	350m: 4:26.49	34.39	
	100m: 1:05.41 35.71	200m: 2:23.78	39.30	300m: 3:52.10	44.41	400m: 5:00.64	34.15	
40.	RODRIGUES, Rafael Pereira	08		Condeixa Clube	5:00.93	+0,77	532	
	50m: 32.02 32.02	150m: 1:46.93	39.09	250m: 3:08.08	43.98	350m: 4:27.12	33.94	
	100m: 1:07.84 35.82	200m: 2:24.10	37.17	300m: 3:53.18	45.10	400m: 5:00.93	33.81	
41.	GOMES, Joao Almeida	06		Nacional de Natacao	5:01.03	+0,67	531	
	50m: 29.91 29.91	150m: 1:46.52	41.15	250m: 3:11.09	43.74	350m: 4:29.34	33.54	
	100m: 1:05.37 35.46	200m: 2:27.35	40.83	300m: 3:55.80	44.71	400m: 5:01.03	31.69	
42.	MONTEIRO, Jose Alves	05		Belenenses	5:01.26	+0,75	530	
	50m: 29.70 29.70	150m: 1:45.71	39.95	250m: 3:07.30	42.39	350m: 4:26.13	36.65	
	100m: 1:05.76 36.06	200m: 2:24.91	39.20	300m: 3:49.48	42.18	400m: 5:01.26	35.13	
43.	CORREIA, Tiago Almeida	06		Natacao do Montijo	5:03.79	+0,69	517	
	50m: 30.79 30.79	150m: 1:48.91	40.53	250m: 3:11.66	44.05	350m: 4:31.43	35.19	
	100m: 1:08.38 37.59	200m: 2:27.61	38.70	300m: 3:56.24	44.58	400m: 5:03.79	32.36	
44.	CARDOSO, Filipe Santos	04		Gafanha da Encarnacao	5:03.93	+0,63	516	
	50m: 30.52 30.52	150m: 1:45.23	38.47	250m: 3:08.71	46.07	350m: 4:30.72	34.89	
	100m: 1:06.76 36.24	200m: 2:22.64	37.41	300m: 3:55.83	47.12	400m: 5:03.93	33.21	
45.	BARROS, Joao Carlos	06		Fluvial Portuense	5:06.13	+0,75	505	
	50m: 29.56 29.56	150m: 1:46.15	41.48	250m: 3:11.16	44.93	350m: 4:32.28	36.18	
	100m: 1:04.67 35.11	200m: 2:26.23	40.08	300m: 3:56.10	44.94	400m: 5:06.13	33.85	
46.	GOMES, Miguel Braga	07		Sporting	5:07.64	+0,76	497	
	50m: 31.44 31.44	150m: 1:48.30	40.96	250m: 3:12.06	44.65	350m: 4:32.41	35.98	
	100m: 1:07.34 35.90	200m: 2:27.41	39.11	300m: 3:56.43	44.37	400m: 5:07.64	35.23	

Prova 11, Masc., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	VITORIA, Joao Miguel	08		Academico Viseu	5:09.12	+0,77	490	
	50m: 32.40 32.40	150m: 1:49.63 39.05	250m: 3:13.08 45.66	350m: 4:34.03 34.75	100m: 1:10.58 38.18	200m: 2:27.42 37.79	300m: 3:59.28 46.20	400m: 5:09.12 35.09
48.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	5:10.99	+0,79	482	
	50m: 30.21 30.21	150m: 1:48.93 42.37	250m: 3:15.18 45.40	350m: 4:36.52 34.83	100m: 1:06.56 36.35	200m: 2:29.78 40.85	300m: 4:01.69 46.51	400m: 5:10.99 34.47
49.	PEIXOTO, Diogo Teixeira	08		Foca Quinta da Lixa CNF	5:12.97	+0,97	472	
	50m: 31.97 31.97	150m: 1:51.72 41.29	250m: 3:15.96 44.27	350m: 4:37.01 35.87	100m: 1:10.43 38.46	200m: 2:31.69 39.97	300m: 4:01.14 45.18	400m: 5:12.97 35.96
50.	BATISTA, Miguel Duarte	08		Academico Viseu	5:14.49	+0,80	466	
	50m: 32.85 32.85	150m: 1:51.52 39.21	250m: 3:15.06 45.69	350m: 4:38.72 37.78	100m: 1:12.31 39.46	200m: 2:29.37 37.85	300m: 4:00.94 45.88	400m: 5:14.49 35.77
51.	CABRITA, Martim Santos	08		Louletano / Loule Concelho	5:14.93	+0,72	464	
	50m: 32.23 32.23	150m: 1:50.07 41.29	250m: 3:15.80 44.60	350m: 4:39.14 36.33	100m: 1:08.78 36.55	200m: 2:31.20 41.13	300m: 4:02.81 47.01	400m: 5:14.93 35.79
52.	ORNELAS, Afonso Mendonca	08		Geslours	5:15.52	+0,78	461	
	50m: 31.39 31.39	150m: 1:52.29 42.82	250m: 3:18.93 44.79	350m: 4:42.46 36.30	100m: 1:09.47 38.08	200m: 2:34.14 41.85	300m: 4:06.16 47.23	400m: 5:15.52 33.06
53.	COSTA, Afonso Goncalves	08		Porto	5:15.75	+0,75	460	
	50m: 32.29 32.29	150m: 1:51.42 42.09	250m: 3:19.56 47.77	350m: 4:42.07 34.42	100m: 1:09.33 37.04	200m: 2:31.79 40.37	300m: 4:07.65 48.09	400m: 5:15.75 33.68
54.	SANTOS, Francisco Bentes	08		Aquatico Pacense	5:16.10	+0,79	459	
	50m: 31.27 31.27	150m: 1:49.56 42.66	250m: 3:18.04 47.95	350m: 4:41.78 35.61	100m: 1:06.90 35.63	200m: 2:30.09 40.53	300m: 4:06.17 48.13	400m: 5:16.10 34.32
55.	BARROS, Jose Pedro	08		Fafe	5:18.66	+0,67	448	
	50m: 31.03 31.03	150m: 1:50.15 41.74	250m: 3:16.74 45.29	350m: 4:41.44 37.80	100m: 1:08.41 37.38	200m: 2:31.45 41.30	300m: 4:03.64 46.90	400m: 5:18.66 37.22
56.	OLIVEIRA, Paulo Jorge	08		Estarreja/PROZINCO	5:20.10	+0,57	442	
	50m: 33.31 33.31	150m: 1:53.44 41.45	250m: 3:20.26 47.08	350m: 4:44.60 36.37	100m: 1:11.99 38.68	200m: 2:33.18 39.74	300m: 4:08.23 47.97	400m: 5:20.10 35.50
DSQ	SIMOES, Bernardo Jorge	04		Belenenses	<i>7.18 - O(A) nadador(a) executou pernada vertical durante o percurso – SW 7.5</i>			
DSQ	FERNANDES, Miguel Alves	05		Viana Natacao	<i>8.13 - O(A) nadador(a), na viragem dos 50 metros, tocou na parede com toque não simultâneo - SW 8.4</i>			
DSQ	ROQUE, Joao Dinis	07		Sporting	<i>9.4 - O(A) nadador(a) não executou após a viragem dos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4</i>			

Prova 11, Masc., 400m Estilos

EXH	CRUZ, Miguel Duarte	99	SM15 H	Belenenses		5:18.05	+0,64	450
	50m: 31.40 31.40	150m: 1:53.12	42.97	250m: 3:19.37	44.88	350m: 4:42.13	36.58	
	100m: 1:10.15 38.75	200m: 2:34.49	41.37	300m: 4:05.55	46.18	400m: 5:18.05	35.92	