

Prova 15	Masc., 400m Livres					Open
29/07/2023						Resultados
Recordes Nacionais 50m Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021	
Recordes Nacionais 50m Sen	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021	
Recordes Nacionais 50m Jun18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	28/07/2018	
Recordes Nacionais 50m Jun17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010	
Recordes Nacionais 50m Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009	
Recordes Nacionais 50m Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29/07/2006	
Recordes Nacionais 50m Inf A	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004	
Recordes Nacionais 50m Inf B	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26/07/2003	

DOHA2024 : 3:48.15

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenis B</b>								
1.	SOARES, Guilherme Costa	08		Vilacondense	<b>4:17.78</b>	+0,74	622	
	50m: 30.31 30.31	150m: 1:35.97	33.27	250m: 2:41.01	32.58	350m: 3:46.86	32.94	
	100m: 1:02.70 32.39	200m: 2:08.43	32.46	300m: 3:13.92	32.91	400m: 4:17.78	30.92	
2.	MEDEIROS, Miguel Fragoso	08		Porto	<b>4:18.31</b>	+0,62	618	
	50m: 29.42 29.42	150m: 1:34.22	32.47	250m: 2:40.13	32.89	350m: 3:47.13	33.45	
	100m: 1:01.75 32.33	200m: 2:07.24	33.02	300m: 3:13.68	33.55	400m: 4:18.31	31.18	
3.	CANELAS, Tiago Andre	08		Fluvial Portuense	<b>4:22.68</b>	+0,67	588	
	50m: 30.20 30.20	150m: 1:35.98	33.35	250m: 2:42.80	33.51	350m: 3:50.04	33.67	
	100m: 1:02.63 32.43	200m: 2:09.29	33.31	300m: 3:16.37	33.57	400m: 4:22.68	32.64	
4.	SOARES, Goncalo Augusto	08		Porto	<b>4:25.99</b>	+0,68	566	
	50m: 29.58 29.58	150m: 1:35.08	33.02	250m: 2:43.14	33.86	350m: 3:52.30	34.28	
	100m: 1:02.06 32.48	200m: 2:09.28	34.20	300m: 3:18.02	34.88	400m: 4:25.99	33.69	
5.	FERNANDES, Ricardo Figueiredo	08		Colegio Monte Maior	<b>4:26.35</b>	+0,95	564	
	50m: 30.54 30.54	150m: 1:37.99	34.42	250m: 2:46.77	34.64	350m: 3:54.56	33.40	
	100m: 1:03.57 33.03	200m: 2:12.13	34.14	300m: 3:21.16	34.39	400m: 4:26.35	31.79	
6.	OLIVEIRA, Paulo Jorge	08		Estarreja/PROZINCO	<b>4:27.69</b>	+0,72	555	
	50m: 29.59 29.59	150m: 1:36.01	33.79	250m: 2:44.02	34.31	350m: 3:53.86	35.10	
	100m: 1:02.22 32.63	200m: 2:09.71	33.70	300m: 3:18.76	34.74	400m: 4:27.69	33.83	
7.	GARCIA, Afonso Gago	08		Benfica	<b>4:28.42</b>	+0,65	551	
	50m: 30.90 30.90	150m: 1:38.02	33.95	250m: 2:46.55	34.37	350m: 3:55.44	34.55	
	100m: 1:04.07 33.17	200m: 2:12.18	34.16	300m: 3:20.89	34.34	400m: 4:28.42	32.98	
8.	RODRIGUES, Pedro Caiada	08		Benfica	<b>4:29.56</b>	+0,78	544	
	50m: 30.07 30.07	150m: 1:37.72	34.67	250m: 2:47.67	35.05	350m: 3:58.23	35.34	
	100m: 1:03.05 32.98	200m: 2:12.62	34.90	300m: 3:22.89	35.22	400m: 4:29.56	31.33	
9.	RODRIGUES, Rafael Pereira	08		Condeixa Clube	<b>4:29.73</b>	+0,81	543	
	50m: 31.00 31.00	150m: 1:38.16	34.22	250m: 2:46.86	34.46	350m: 3:55.70	34.19	
	100m: 1:03.94 32.94	200m: 2:12.40	34.24	300m: 3:21.51	34.65	400m: 4:29.73	34.03	

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

**Prova 15, Masc., 400m Livres, Juvenis B**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	LIMA, Eduardo Miguel	08		Foca Quinta da Lixa CNF	<b>4:31.50</b>	+0,80	532	
	50m: 29.59 29.59	150m: 1:37.19	34.29	250m: 2:46.75	34.08	350m: 3:57.58	35.14	
	100m: 1:02.90 33.31	200m: 2:12.67	35.48	300m: 3:22.44	35.69	400m: 4:31.50	33.92	
11.	SOUSA, Santiago Boica	08		Vieirense	<b>4:31.60</b>	+0,89	531	
	50m: 30.66 30.66	150m: 1:39.53	35.59	250m: 2:49.03	34.85	350m: 3:59.21	35.14	
	100m: 1:03.94 33.28	200m: 2:14.18	34.65	300m: 3:24.07	35.04	400m: 4:31.60	32.39	
12.	MONTEIRO, Joao Pedro	08		BUZIOS-Coruche	<b>4:31.73</b>	+0,79	531	
	50m: 30.13 30.13	150m: 1:38.54	35.08	250m: 2:48.80	35.62	350m: 3:58.76	34.78	
	100m: 1:03.46 33.33	200m: 2:13.18	34.64	300m: 3:23.98	35.18	400m: 4:31.73	32.97	
13.	CASTRO, Marco Antonio	08		Naval do Funchal	<b>4:32.87</b>	+0,73	524	
	50m: 31.06 31.06	150m: 1:40.40	34.32	250m: 2:51.04	34.88	350m: 4:00.29	33.95	
	100m: 1:06.08 35.02	200m: 2:16.16	35.76	300m: 3:26.34	35.30	400m: 4:32.87	32.58	
14.	FARDILHA, Antonio Cruz	08		Galitos / Bresimar	<b>4:33.08</b>	+0,72	523	
	50m: 30.04 30.04	150m: 1:38.88	35.01	250m: 2:49.26	34.96	350m: 4:00.25	35.36	
	100m: 1:03.87 33.83	200m: 2:14.30	35.42	300m: 3:24.89	35.63	400m: 4:33.08	32.83	
15.	SILVA, Guilherme Martins	08		Academico Viseu	<b>4:34.96</b>	+0,77	512	
	50m: 30.67 30.67	150m: 1:39.39	34.33	250m: 2:50.01	34.66	350m: 4:00.95	35.05	
	100m: 1:05.06 34.39	200m: 2:15.35	35.96	300m: 3:25.90	35.89	400m: 4:34.96	34.01	
16.	GONCALVES, Luis Pedro	08		Braga	<b>4:35.07</b>	+0,83	512	
	50m: 31.10 31.10	150m: 1:40.43	34.57	250m: 2:50.96	35.52	350m: 4:01.66	34.80	
	100m: 1:05.86 34.76	200m: 2:15.44	35.01	300m: 3:26.86	35.90	400m: 4:35.07	33.41	
17.	ANJOS, Nuno Miguel	08		Galitos / Bresimar	<b>4:36.06</b>	+0,71	506	
	50m: 29.27 29.27	150m: 1:37.74	34.75	250m: 2:49.00	35.49	350m: 4:00.48	35.63	
	100m: 1:02.99 33.72	200m: 2:13.51	35.77	300m: 3:24.85	35.85	400m: 4:36.06	35.58	
18.	LOPES, Gustavo Miguel	08		Porto	<b>4:36.16</b>	+0,65	506	
	50m: 31.62 31.62	150m: 1:40.56	34.97	250m: 2:51.12	35.24	350m: 4:02.23	35.41	
	100m: 1:05.59 33.97	200m: 2:15.88	35.32	300m: 3:26.82	35.70	400m: 4:36.16	33.93	
19.	SOUSA, Guilherme Simoes	08		Nautico Academico	<b>4:36.37</b>	+0,62	504	
	50m: 31.11 31.11	150m: 1:40.85	35.56	250m: 2:51.24	35.08	350m: 4:02.08	35.48	
	100m: 1:05.29 34.18	200m: 2:16.16	35.31	300m: 3:26.60	35.36	400m: 4:36.37	34.29	
20.	TOME, Tome Nunes	08		Nautico de Leiria	<b>4:36.77</b>	+0,78	502	
	50m: 30.57 30.57	150m: 1:40.56	35.73	250m: 2:52.32	36.17	350m: 4:02.83	34.27	
	100m: 1:04.83 34.26	200m: 2:16.15	35.59	300m: 3:28.56	36.24	400m: 4:36.77	33.94	
21.	COSTA, Afonso Goncalves	08		Porto	<b>4:37.27</b>	+0,67	500	
	50m: 31.00 31.00	150m: 1:39.88	34.88	250m: 2:50.77	35.49	350m: 4:02.18	35.81	
	100m: 1:05.00 34.00	200m: 2:15.28	35.40	300m: 3:26.37	35.60	400m: 4:37.27	35.09	

**Prova 15, Masc., 400m Livres, Juvenis B**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	PEREIRA, Salvador Correia	08		Condeixa Clube	<b>4:37.32</b>	+0,72	499	
	50m: 31.66 31.66	150m: 1:41.67	34.79	250m: 2:52.96	35.31	350m: 4:02.85	34.46	
	100m: 1:06.88 35.22	200m: 2:17.65	35.98	300m: 3:28.39	35.43	400m: 4:37.32	34.47	
23.	VITORIA, Joao Miguel	08		Academico Viseu	<b>4:38.26</b>	+0,80	494	
	50m: 29.80 29.80	150m: 1:39.14	35.52	250m: 2:51.21	35.15	350m: 4:03.41	35.75	
	100m: 1:03.62 33.82	200m: 2:16.06	36.92	300m: 3:27.66	36.45	400m: 4:38.26	34.85	
24.	DUARTE, Rafael Ataide	08		Nacional de Natacao	<b>4:42.02</b>	+0,60	475	
	50m: 30.32 30.32	150m: 1:39.97	35.89	250m: 2:53.84	37.40	350m: 4:07.14	36.26	
	100m: 1:04.08 33.76	200m: 2:16.44	36.47	300m: 3:30.88	37.04	400m: 4:42.02	34.88	
25.	ORNELAS, Afonso Mendonca	08		Geslours	<b>4:43.01</b>	+0,68	470	
	50m: 29.10 29.10	150m: 1:39.57	36.30	250m: 2:53.97	36.18	350m: 4:08.19	35.97	
	100m: 1:03.27 34.17	200m: 2:17.79	38.22	300m: 3:32.22	38.25	400m: 4:43.01	34.82	
DSQ	LIMA, Rodrigo Silva	08		Porto				
	<i>4.2 - Falsa Partida – SW 4.4</i>							

**Juvenis A**

1.	LARANJO, Filipe Manso	07		Desportiva de Viana	<b>4:11.52</b>	+0,78	669	
	50m: 28.48 28.48	150m: 1:32.43	31.95	250m: 2:36.35	31.57	350m: 3:40.00	31.78	
	100m: 1:00.48 32.00	200m: 2:04.78	32.35	300m: 3:08.22	31.87	400m: 4:11.52	31.52	
2.	MORARI, Alexandre	07		Rio Maior	<b>4:14.01</b>	+0,69	650	
	50m: 28.90 28.90	150m: 1:31.80	31.72	250m: 2:35.96	32.09	350m: 3:43.33	33.72	
	100m: 1:00.08 31.18	200m: 2:03.87	32.07	300m: 3:09.61	33.65	400m: 4:14.01	30.68	
3.	CRUZ, Leonardo Jose	07		Alcobaca	<b>4:14.62</b>	+0,63	645	
	50m: 29.93 29.93	150m: 1:34.25	32.34	250m: 2:39.76	32.63	350m: 3:44.69	32.03	
	100m: 1:01.91 31.98	200m: 2:07.13	32.88	300m: 3:12.66	32.90	400m: 4:14.62	29.93	
4.	ASMAR, Axel Guedes	07		Sporting	<b>4:19.33</b>	+0,67	611	
	50m: 28.34 28.34	150m: 1:32.56	32.40	250m: 2:38.72	33.05	350m: 3:46.54	33.86	
	100m: 1:00.16 31.82	200m: 2:05.67	33.11	300m: 3:12.68	33.96	400m: 4:19.33	32.79	
5.	MARQUES, Duarte Cachulo	07		Condeixa Clube	<b>4:19.51</b>	+0,68	609	
	50m: 29.07 29.07	150m: 1:33.15	32.47	250m: 2:39.86	33.60	350m: 3:47.22	33.81	
	100m: 1:00.68 31.61	200m: 2:06.26	33.11	300m: 3:13.41	33.55	400m: 4:19.51	32.29	
6.	BORGES, Rodrigo Costa	07		Fluvial Portuense	<b>4:20.87</b>	+0,60	600	
	50m: 28.75 28.75	150m: 1:33.92	33.20	250m: 2:40.90	33.40	350m: 3:48.29	33.48	
	100m: 1:00.72 31.97	200m: 2:07.50	33.58	300m: 3:14.81	33.91	400m: 4:20.87	32.58	
7.	FERREIRA, Miguel Guedes	07		Porto	<b>4:22.98</b>	+0,88	586	
	50m: 29.69 29.69	150m: 1:35.47	33.38	250m: 2:42.64	33.88	350m: 3:50.22	33.69	
	100m: 1:02.09 32.40	200m: 2:08.76	33.29	300m: 3:16.53	33.89	400m: 4:22.98	32.76	

## Prova 15, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	RITA, Francisco Xavier	07		Vieirense	<b>4:24.41</b>	+0,71	576	
	50m: 29.50 29.50	150m: 1:35.32	33.34	250m: 2:43.70	33.86	350m: 3:52.03	33.87	
	100m: 1:01.98 32.48	200m: 2:09.84	34.52	300m: 3:18.16	34.46	400m: 4:24.41	32.38	
9.	SILVA, Martim Alexandre	07		Columbofila Cantanhedense	<b>4:26.25</b>	+0,81	564	
	50m: 29.16 29.16	150m: 1:34.83	33.14	250m: 2:43.15	33.97	350m: 3:52.56	34.54	
	100m: 1:01.69 32.53	200m: 2:09.18	34.35	300m: 3:18.02	34.87	400m: 4:26.25	33.69	
10.	OLIVEIRA, Marco Dimitar	07		Nautico Academico	<b>4:26.65</b>	+0,70	562	
	50m: 29.94 29.94	150m: 1:36.53	33.87	250m: 2:45.24	34.32	350m: 3:53.59	34.11	
	100m: 1:02.66 32.72	200m: 2:10.92	34.39	300m: 3:19.48	34.24	400m: 4:26.65	33.06	
11.	GOMES, Miguel Braga	07		Sporting	<b>4:26.82</b>	+0,71	561	
	50m: 29.93 29.93	150m: 1:36.85	34.12	250m: 2:44.87	34.22	350m: 3:54.38	34.83	
	100m: 1:02.73 32.80	200m: 2:10.65	33.80	300m: 3:19.55	34.68	400m: 4:26.82	32.44	
12.	NOGUEIRA, Afonso Miguel	07		Braga	<b>4:27.56</b>	+0,74	556	
	50m: 29.95 29.95	150m: 1:37.61	34.52	250m: 2:46.75	34.87	350m: 3:55.81	34.60	
	100m: 1:03.09 33.14	200m: 2:11.88	34.27	300m: 3:21.21	34.46	400m: 4:27.56	31.75	
13.	COSTA, Guilherme Corte	07		Desportivo Nacional	<b>4:27.62</b>	+0,75	556	
	50m: 30.28 30.28	150m: 1:37.33	34.32	250m: 2:46.55	34.39	350m: 3:55.94	34.59	
	100m: 1:03.01 32.73	200m: 2:12.16	34.83	300m: 3:21.35	34.80	400m: 4:27.62	31.68	
14.	COSTA, Andre Leitao	07		Fafe	<b>4:27.69</b>	+0,68	555	
	50m: 29.68 29.68	150m: 1:37.31	34.89	250m: 2:47.00	35.40	350m: 3:56.04	33.87	
	100m: 1:02.42 32.74	200m: 2:11.60	34.29	300m: 3:22.17	35.17	400m: 4:27.69	31.65	
15.	JESUS, David Duarte	07		Nautico Academico	<b>4:32.66</b>	+0,70	525	
	50m: 30.21 30.21	150m: 1:37.78	34.10	250m: 2:47.61	35.01	350m: 3:58.14	35.58	
	100m: 1:03.68 33.47	200m: 2:12.60	34.82	300m: 3:22.56	34.95	400m: 4:32.66	34.52	
16.	SANTOS, Tomas Alexandre	07		BUZIOS-Coruche	<b>4:33.66</b>	+0,77	520	
	50m: 29.76 29.76	150m: 1:37.79	35.10	250m: 2:48.43	35.23	350m: 3:59.21	35.41	
	100m: 1:02.69 32.93	200m: 2:13.20	35.41	300m: 3:23.80	35.37	400m: 4:33.66	34.45	
17.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	<b>4:42.27</b>	+0,83	473	
	50m: 29.26 29.26	150m: 1:36.41	34.77	250m: 2:50.64	37.63	350m: 4:06.48	37.72	
	100m: 1:01.64 32.38	200m: 2:13.01	36.60	300m: 3:28.76	38.12	400m: 4:42.27	35.79	

**Prova 15, Masc., 400m Livres**
**Juniores**

1.	FOMIN, Yury	06	Louletano / Loule Concelho	<b>4:05.14</b>	+0,70	723
	50m: 28.31 28.31	150m: 1:30.61 31.52	250m: 2:33.86 31.47	350m: 3:35.24 30.45		
	100m: 59.09 30.78	200m: 2:02.39 31.78	300m: 3:04.79 30.93	400m: 4:05.14 29.90		
2.	SARREIRA, Tomas Amor	05	Nautico Marinha Grande	<b>4:06.48</b>	+0,71	711
	50m: 28.18 28.18	150m: 1:30.61 31.62	250m: 2:33.69 31.54	350m: 3:35.91 30.92		
	100m: 58.99 30.81	200m: 2:02.15 31.54	300m: 3:04.99 31.30	400m: 4:06.48 30.57		
3.	LEITE, Afonso Martim	05	Foca Quinta da Lixa CNF	<b>4:09.18</b>	+0,72	688
	50m: 28.59 28.59	150m: 1:31.25 31.91	250m: 2:34.28 31.41	350m: 3:37.50 31.93		
	100m: 59.34 30.75	200m: 2:02.87 31.62	300m: 3:05.57 31.29	400m: 4:09.18 31.68		
4.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	<b>4:11.65</b>	+0,65	668
	50m: 27.96 27.96	150m: 1:30.59 31.72	250m: 2:35.38 32.54	350m: 3:40.34 32.37		
	100m: 58.87 30.91	200m: 2:02.84 32.25	300m: 3:07.97 32.59	400m: 4:11.65 31.31		
5.	FRAZAO, Francisco Couto	06	Individual ANC	<b>4:13.04</b>	+0,71	657
	50m: 29.15 29.15	150m: 1:33.33 32.13	250m: 2:38.04 31.62	350m: 3:42.35 31.74		
	100m: 1:01.20 32.05	200m: 2:06.42 33.09	300m: 3:10.61 32.57	400m: 4:13.04 30.69		
6.	CARDOSO, Guilherme Maia	05	Columbofila Cantanhedense	<b>4:13.05</b>	+0,73	657
	50m: 29.49 29.49	150m: 1:32.64 31.84	250m: 2:37.64 32.37	350m: 3:42.41 31.97		
	100m: 1:00.80 31.31	200m: 2:05.27 32.63	300m: 3:10.44 32.80	400m: 4:13.05 30.64		
7.	LOUREIRO, Bruno Silva	06	Porto	<b>4:14.14</b>	+0,72	649
	50m: 28.92 28.92	150m: 1:31.81 32.06	250m: 2:36.56 32.14	350m: 3:42.03 32.72		
	100m: 59.75 30.83	200m: 2:04.42 32.61	300m: 3:09.31 32.75	400m: 4:14.14 32.11		
8.	MONTFORT, Nicolas Filip	05	Alges	<b>4:14.68</b>	+0,62	645
	50m: 28.09 28.09	150m: 1:30.00 31.12	250m: 2:36.51 32.81	350m: 3:42.56 33.28		
	100m: 58.88 30.79	200m: 2:03.70 33.70	300m: 3:09.28 32.77	400m: 4:14.68 32.12		
9.	GONCALVES, Alexandre Ramos	05	Sao Joao Ver	<b>4:14.94</b>	+0,69	643
	50m: 29.29 29.29	150m: 1:32.73 31.87	250m: 2:37.31 32.47	350m: 3:42.81 32.77		
	100m: 1:00.86 31.57	200m: 2:04.84 32.11	300m: 3:10.04 32.73	400m: 4:14.94 32.13		
10.	SOUSA, Joao Maria	05	Braga	<b>4:16.46</b>	+0,70	631
	50m: 29.09 29.09	150m: 1:33.73 32.81	250m: 2:39.37 32.76	350m: 3:44.85 32.77		
	100m: 1:00.92 31.83	200m: 2:06.61 32.88	300m: 3:12.08 32.71	400m: 4:16.46 31.61		
11.	ROQUE, Tomas Nunes	06	Benfica	<b>4:16.94</b>	+0,77	628
	50m: 28.75 28.75	150m: 1:33.77 33.14	250m: 2:41.08 33.79	350m: 3:45.56 32.16		
	100m: 1:00.63 31.88	200m: 2:07.29 33.52	300m: 3:13.40 32.32	400m: 4:16.94 31.38		
12.	PEREIRA, Manuel Angelo	05	Sporting	<b>4:18.20</b>	+0,73	619
	50m: 29.82 29.82	150m: 1:34.20 32.60	250m: 2:40.57 33.35	350m: 3:46.92 32.74		
	100m: 1:01.60 31.78	200m: 2:07.22 33.02	300m: 3:14.18 33.61	400m: 4:18.20 31.28		

## Prova 15, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	GOMES, Joao Almeida	06		Nacional de Natacao	<b>4:20.76</b>	+0,69	601	
	50m: 29.20 29.20	150m: 1:34.23	33.09	250m: 2:40.98	33.61	350m: 3:48.02	33.52	
	100m: 1:01.14 31.94	200m: 2:07.37	33.14	300m: 3:14.50	33.52	400m: 4:20.76	32.74	
14.	AMADO, Pedro Maria	05		Alges	<b>4:20.95</b>	+0,77	599	
	50m: 29.28 29.28	150m: 1:34.57	32.95	250m: 2:41.54	33.50	350m: 3:48.77	33.51	
	100m: 1:01.62 32.34	200m: 2:08.04	33.47	300m: 3:15.26	33.72	400m: 4:20.95	32.18	
15.	MARQUES, Joao Ferreira	06		Academica de Coimbra	<b>4:21.57</b>	+0,70	595	
	50m: 28.50 28.50	150m: 1:33.98	32.99	250m: 2:39.67	32.48	350m: 3:47.17	33.65	
	100m: 1:00.99 32.49	200m: 2:07.19	33.21	300m: 3:13.52	33.85	400m: 4:21.57	34.40	
16.	TORRES, Joao Pedro	05		Porto	<b>4:21.82</b>	+0,77	593	
	50m: 29.19 29.19	150m: 1:33.73	32.35	250m: 2:39.67	32.53	350m: 3:48.31	34.56	
	100m: 1:01.38 32.19	200m: 2:07.14	33.41	300m: 3:13.75	34.08	400m: 4:21.82	33.51	
17.	MARQUES, Jose Miguel	06		Condeixa Clube	<b>4:22.44</b>	+0,69	589	
	50m: 29.37 29.37	150m: 1:34.66	33.27	250m: 2:42.63	33.94	350m: 3:50.61	33.88	
	100m: 1:01.39 32.02	200m: 2:08.69	34.03	300m: 3:16.73	34.10	400m: 4:22.44	31.83	
18.	TEMUDO, Jose Maria	06		Rio Maior	<b>4:22.65</b>	+0,64	588	
	50m: 30.41 30.41	150m: 1:36.81	33.48	250m: 2:44.14	33.63	350m: 3:51.11	33.33	
	100m: 1:03.33 32.92	200m: 2:10.51	33.70	300m: 3:17.78	33.64	400m: 4:22.65	31.54	
19.	JORGE, Pedro Crispim	06		Uniao Piedense	<b>4:22.86</b>	+0,63	586	
	50m: 29.05 29.05	150m: 1:34.30	33.35	250m: 2:42.52	34.13	350m: 3:50.15	34.54	
	100m: 1:00.95 31.90	200m: 2:08.39	34.09	300m: 3:15.61	33.09	400m: 4:22.86	32.71	
20.	JANUARIO, Tomas Maia	06		Benfica	<b>4:25.85</b>	+0,83	567	
	50m: 28.22 28.22	150m: 1:32.08	32.54	250m: 2:40.77	34.64	350m: 3:51.47	35.11	
	100m: 59.54 31.32	200m: 2:06.13	34.05	300m: 3:16.36	35.59	400m: 4:25.85	34.38	
21.	JEVIC, Milan Santos	06		Braga	<b>4:26.08</b>	+0,84	565	
	50m: 28.41 28.41	150m: 1:35.52	34.75	250m: 2:44.12	34.15	350m: 3:52.70	33.51	
	100m: 1:00.77 32.36	200m: 2:09.97	34.45	300m: 3:19.19	35.07	400m: 4:26.08	33.38	
22.	FARIA, Eduardo Nuno	06		Braga	<b>4:29.49</b>	+0,74	544	
	50m: 30.22 30.22	150m: 1:37.50	34.23	250m: 2:46.21	34.40	350m: 3:55.86	35.08	
	100m: 1:03.27 33.05	200m: 2:11.81	34.31	300m: 3:20.78	34.57	400m: 4:29.49	33.63	
23.	GOMES, Rafael Rodrigues	06		Natacao do Tejo	<b>4:31.36</b>	+0,69	533	
	50m: 29.59 29.59	150m: 1:36.00	33.89	250m: 2:44.92	34.35	350m: 3:56.77	36.82	
	100m: 1:02.11 32.52	200m: 2:10.57	34.57	300m: 3:19.95	35.03	400m: 4:31.36	34.59	

## Prova 15, Masc., 400m Livres

## Seniores

1.	AMARAL, Francisco Rodriguez	02	Porto	<b>4:00.98</b>	+0,68	761
	50m: 27.84 27.84	150m: 1:28.86	30.81	250m: 2:30.15	30.81	350m: 3:31.18 30.53
	100m: 58.05 30.21	200m: 1:59.34	30.48	300m: 3:00.65	30.50	400m: 4:00.98 29.80
2.	MARQUES, Gustavo Pires	04	Uniao Coimbra	<b>4:02.15</b>	+0,68	750
	50m: 27.34 27.34	150m: 1:28.76	31.12	250m: 2:30.71	30.90	350m: 3:32.26 30.66
	100m: 57.64 30.30	200m: 1:59.81	31.05	300m: 3:01.60	30.89	400m: 4:02.15 29.89
3.	PARDO PERNAS, Martin	02	Fluival De Lugo	<b>4:03.58</b>	+0,78	737
	50m: 28.20 28.20	150m: 1:30.86	31.52	250m: 2:32.84	30.67	350m: 3:33.79 30.43
	100m: 59.34 31.14	200m: 2:02.17	31.31	300m: 3:03.36	30.52	400m: 4:03.58 29.79
4.	BASTOS, Lucas Pereira	00	Nautico Academico	<b>4:04.35</b>	+0,67	730
	50m: 27.50 27.50	150m: 1:29.50	31.53	250m: 2:31.70	30.99	350m: 3:33.83 31.00
	100m: 57.97 30.47	200m: 2:00.71	31.21	300m: 3:02.83	31.13	400m: 4:04.35 30.52
5.	CARDOSO, Diogo Santos	01	Sporting	<b>4:05.97</b>	+0,77	716
	50m: 28.74 28.74	150m: 1:30.86	31.43	250m: 2:33.36	31.33	350m: 3:35.71 31.14
	100m: 59.43 30.69	200m: 2:02.03	31.17	300m: 3:04.57	31.21	400m: 4:05.97 30.26
6.	COSTA, Afonso Filipe	03	Louzan Natacao/EFAPEL	<b>4:07.14</b>	+0,63	706
	50m: 27.41 27.41	150m: 1:28.62	30.97	250m: 2:30.62	30.71	350m: 3:34.19 31.92
	100m: 57.65 30.24	200m: 1:59.91	31.29	300m: 3:02.27	31.65	400m: 4:07.14 32.95
7.	SIMOES, Bernardo Jorge	04	Belenenses	<b>4:08.31</b>	+0,68	696
	50m: 28.01 28.01	150m: 1:31.13	31.97	250m: 2:34.65	31.57	350m: 3:37.64 31.22
	100m: 59.16 31.15	200m: 2:03.08	31.95	300m: 3:06.42	31.77	400m: 4:08.31 30.67
8.	CARVALHO, Goncalo Renato	04	Porto	<b>4:15.12</b>	+0,71	641
	50m: 28.78 28.78	150m: 1:33.09	32.43	250m: 2:37.77	32.35	350m: 3:43.76 33.16
	100m: 1:00.66 31.88	200m: 2:05.42	32.33	300m: 3:10.60	32.83	400m: 4:15.12 31.36
9.	NUNES, Diogo Severino	04	Natacao de Valongo	<b>4:19.56</b>	+0,75	609
	50m: 28.31 28.31	150m: 1:31.77	32.64	250m: 2:38.19	33.58	350m: 3:45.92 34.03
	100m: 59.13 30.82	200m: 2:04.61	32.84	300m: 3:11.89	33.70	400m: 4:19.56 33.64
10.	CARDOSO, Filipe Santos	04	Gafanha da Encarnacao	<b>4:23.40</b>	+0,61	583
	50m: 29.54 29.54	150m: 1:35.28	33.16	250m: 2:43.44	34.16	350m: 3:51.01 33.06
	100m: 1:02.12 32.58	200m: 2:09.28	34.00	300m: 3:17.95	34.51	400m: 4:23.40 32.39
11.	MUNIZ MEJUTO, Angel	96	Madrid Moscardo	<b>4:28.78</b>	+0,66	548
	50m: 29.08 29.08	150m: 1:35.02	33.00	250m: 2:43.37	33.58	350m: 3:53.76 35.00
	100m: 1:02.02 32.94	200m: 2:09.79	34.77	300m: 3:18.76	35.39	400m: 4:28.78 35.02

## Prova 15, Masc., 400m Livres

## Open

1.	AMARAL, Francisco Rodriguez	02	Porto	<b>4:00.98</b>	+0,68	761
	50m: 27.84 27.84	150m: 1:28.86	30.81	250m: 2:30.15	30.81	350m: 3:31.18 30.53
	100m: 58.05 30.21	200m: 1:59.34	30.48	300m: 3:00.65	30.50	400m: 4:00.98 29.80
2.	MARQUES, Gustavo Pires	04	Uniao Coimbra	<b>4:02.15</b>	+0,68	750
	50m: 27.34 27.34	150m: 1:28.76	31.12	250m: 2:30.71	30.90	350m: 3:32.26 30.66
	100m: 57.64 30.30	200m: 1:59.81	31.05	300m: 3:01.60	30.89	400m: 4:02.15 29.89
3.	PARDO PERNAS, Martin	02	Fluival De Lugo	<b>4:03.58</b>	+0,78	737
	50m: 28.20 28.20	150m: 1:30.86	31.52	250m: 2:32.84	30.67	350m: 3:33.79 30.43
	100m: 59.34 31.14	200m: 2:02.17	31.31	300m: 3:03.36	30.52	400m: 4:03.58 29.79
4.	BASTOS, Lucas Pereira	00	Nautico Academico	<b>4:04.35</b>	+0,67	730
	50m: 27.50 27.50	150m: 1:29.50	31.53	250m: 2:31.70	30.99	350m: 3:33.83 31.00
	100m: 57.97 30.47	200m: 2:00.71	31.21	300m: 3:02.83	31.13	400m: 4:04.35 30.52
5.	FOMIN, Yury	06	Louletano / Loule Concelho	<b>4:05.14</b>	+0,70	723
	50m: 28.31 28.31	150m: 1:30.61	31.52	250m: 2:33.86	31.47	350m: 3:35.24 30.45
	100m: 59.09 30.78	200m: 2:02.39	31.78	300m: 3:04.79	30.93	400m: 4:05.14 29.90
6.	CARDOSO, Diogo Santos	01	Sporting	<b>4:05.97</b>	+0,77	716
	50m: 28.74 28.74	150m: 1:30.86	31.43	250m: 2:33.36	31.33	350m: 3:35.71 31.14
	100m: 59.43 30.69	200m: 2:02.03	31.17	300m: 3:04.57	31.21	400m: 4:05.97 30.26
7.	SARREIRA, Tomas Amor	05	Nautico Marinha Grande	<b>4:06.48</b>	+0,71	711
	50m: 28.18 28.18	150m: 1:30.61	31.62	250m: 2:33.69	31.54	350m: 3:35.91 30.92
	100m: 58.99 30.81	200m: 2:02.15	31.54	300m: 3:04.99	31.30	400m: 4:06.48 30.57
8.	COSTA, Afonso Filipe	03	Louzan Natacao/EFAPEL	<b>4:07.14</b>	+0,63	706
	50m: 27.41 27.41	150m: 1:28.62	30.97	250m: 2:30.62	30.71	350m: 3:34.19 31.92
	100m: 57.65 30.24	200m: 1:59.91	31.29	300m: 3:02.27	31.65	400m: 4:07.14 32.95
9.	SIMOES, Bernardo Jorge	04	Belenenses	<b>4:08.31</b>	+0,68	696
	50m: 28.01 28.01	150m: 1:31.13	31.97	250m: 2:34.65	31.57	350m: 3:37.64 31.22
	100m: 59.16 31.15	200m: 2:03.08	31.95	300m: 3:06.42	31.77	400m: 4:08.31 30.67
10.	LEITE, Afonso Martim	05	Foca Quinta da Lixa CNF	<b>4:09.18</b>	+0,72	688
	50m: 28.59 28.59	150m: 1:31.25	31.91	250m: 2:34.28	31.41	350m: 3:37.50 31.93
	100m: 59.34 30.75	200m: 2:02.87	31.62	300m: 3:05.57	31.29	400m: 4:09.18 31.68
11.	LARANJO, Filipe Manso	07	Desportiva de Viana	<b>4:11.52</b>	+0,78	669
	50m: 28.48 28.48	150m: 1:32.43	31.95	250m: 2:36.35	31.57	350m: 3:40.00 31.78
	100m: 1:00.48 32.00	200m: 2:04.78	32.35	300m: 3:08.22	31.87	400m: 4:11.52 31.52
12.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	<b>4:11.65</b>	+0,65	668
	50m: 27.96 27.96	150m: 1:30.59	31.72	250m: 2:35.38	32.54	350m: 3:40.34 32.37
	100m: 58.87 30.91	200m: 2:02.84	32.25	300m: 3:07.97	32.59	400m: 4:11.65 31.31



Campeonato Nacional Juvenis, Juniores e Seniores-Open  
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**Prova 15, Masc., 400m Livres, Open**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	FRAZAO, Francisco Couto	06		Individual ANC	<b>4:13.04</b>	+0,71	657	
	50m: 29.15 29.15	150m: 1:33.33	32.13	250m: 2:38.04	31.62	350m: 3:42.35	31.74	
	100m: 1:01.20 32.05	200m: 2:06.42	33.09	300m: 3:10.61	32.57	400m: 4:13.04	30.69	
14.	CARDOSO, Guilherme Maia	05		Columbofila Cantanhedense	<b>4:13.05</b>	+0,73	657	
	50m: 29.49 29.49	150m: 1:32.64	31.84	250m: 2:37.64	32.37	350m: 3:42.41	31.97	
	100m: 1:00.80 31.31	200m: 2:05.27	32.63	300m: 3:10.44	32.80	400m: 4:13.05	30.64	
15.	MORARI, Alexandre	07		Rio Maior	<b>4:14.01</b>	+0,69	650	
	50m: 28.90 28.90	150m: 1:31.80	31.72	250m: 2:35.96	32.09	350m: 3:43.33	33.72	
	100m: 1:00.08 31.18	200m: 2:03.87	32.07	300m: 3:09.61	33.65	400m: 4:14.01	30.68	
16.	LOUREIRO, Bruno Silva	06		Porto	<b>4:14.14</b>	+0,72	649	
	50m: 28.92 28.92	150m: 1:31.81	32.06	250m: 2:36.56	32.14	350m: 3:42.03	32.72	
	100m: 59.75 30.83	200m: 2:04.42	32.61	300m: 3:09.31	32.75	400m: 4:14.14	32.11	
17.	CRUZ, Leonardo Jose	07		Alcobaca	<b>4:14.62</b>	+0,63	645	
	50m: 29.93 29.93	150m: 1:34.25	32.34	250m: 2:39.76	32.63	350m: 3:44.69	32.03	
	100m: 1:01.91 31.98	200m: 2:07.13	32.88	300m: 3:12.66	32.90	400m: 4:14.62	29.93	
18.	MONTFORT, Nicolas Filip	05		Alges	<b>4:14.68</b>	+0,62	645	
	50m: 28.09 28.09	150m: 1:30.00	31.12	250m: 2:36.51	32.81	350m: 3:42.56	33.28	
	100m: 58.88 30.79	200m: 2:03.70	33.70	300m: 3:09.28	32.77	400m: 4:14.68	32.12	
19.	GONCALVES, Alexandre Ramos	05		Sao Joao Ver	<b>4:14.94</b>	+0,69	643	
	50m: 29.29 29.29	150m: 1:32.73	31.87	250m: 2:37.31	32.47	350m: 3:42.81	32.77	
	100m: 1:00.86 31.57	200m: 2:04.84	32.11	300m: 3:10.04	32.73	400m: 4:14.94	32.13	
20.	CARVALHO, Goncalo Renato	04		Porto	<b>4:15.12</b>	+0,71	641	
	50m: 28.78 28.78	150m: 1:33.09	32.43	250m: 2:37.77	32.35	350m: 3:43.76	33.16	
	100m: 1:00.66 31.88	200m: 2:05.42	32.33	300m: 3:10.60	32.83	400m: 4:15.12	31.36	
21.	SOUSA, Joao Maria	05		Braga	<b>4:16.46</b>	+0,70	631	
	50m: 29.09 29.09	150m: 1:33.73	32.81	250m: 2:39.37	32.76	350m: 3:44.85	32.77	
	100m: 1:00.92 31.83	200m: 2:06.61	32.88	300m: 3:12.08	32.71	400m: 4:16.46	31.61	
22.	ROQUE, Tomas Nunes	06		Benfica	<b>4:16.94</b>	+0,77	628	
	50m: 28.75 28.75	150m: 1:33.77	33.14	250m: 2:41.08	33.79	350m: 3:45.56	32.16	
	100m: 1:00.63 31.88	200m: 2:07.29	33.52	300m: 3:13.40	32.32	400m: 4:16.94	31.38	
23.	SOARES, Guilherme Costa	08		Vilacondense	<b>4:17.78</b>	+0,74	622	
	50m: 30.31 30.31	150m: 1:35.97	33.27	250m: 2:41.01	32.58	350m: 3:46.86	32.94	
	100m: 1:02.70 32.39	200m: 2:08.43	32.46	300m: 3:13.92	32.91	400m: 4:17.78	30.92	
24.	PEREIRA, Manuel Angelo	05		Sporting	<b>4:18.20</b>	+0,73	619	
	50m: 29.82 29.82	150m: 1:34.20	32.60	250m: 2:40.57	33.35	350m: 3:46.92	32.74	
	100m: 1:01.60 31.78	200m: 2:07.22	33.02	300m: 3:14.18	33.61	400m: 4:18.20	31.28	

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## Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	MEDEIROS, Miguel Fragoso	08		Porto	<b>4:18.31</b>	+0,62	618	
	50m: 29.42 29.42	150m: 1:34.22	32.47	250m: 2:40.13	32.89	350m: 3:47.13	33.45	
	100m: 1:01.75 32.33	200m: 2:07.24	33.02	300m: 3:13.68	33.55	400m: 4:18.31	31.18	
26.	ASMAR, Axel Guedes	07		Sporting	<b>4:19.33</b>	+0,67	611	
	50m: 28.34 28.34	150m: 1:32.56	32.40	250m: 2:38.72	33.05	350m: 3:46.54	33.86	
	100m: 1:00.16 31.82	200m: 2:05.67	33.11	300m: 3:12.68	33.96	400m: 4:19.33	32.79	
27.	MARQUES, Duarte Cachulo	07		Condeixa Clube	<b>4:19.51</b>	+0,68	609	
	50m: 29.07 29.07	150m: 1:33.15	32.47	250m: 2:39.86	33.60	350m: 3:47.22	33.81	
	100m: 1:00.68 31.61	200m: 2:06.26	33.11	300m: 3:13.41	33.55	400m: 4:19.51	32.29	
28.	NUNES, Diogo Severino	04		Natacao de Valongo	<b>4:19.56</b>	+0,75	609	
	50m: 28.31 28.31	150m: 1:31.77	32.64	250m: 2:38.19	33.58	350m: 3:45.92	34.03	
	100m: 59.13 30.82	200m: 2:04.61	32.84	300m: 3:11.89	33.70	400m: 4:19.56	33.64	
29.	GOMES, Joao Almeida	06		Nacional de Natacao	<b>4:20.76</b>	+0,69	601	
	50m: 29.20 29.20	150m: 1:34.23	33.09	250m: 2:40.98	33.61	350m: 3:48.02	33.52	
	100m: 1:01.14 31.94	200m: 2:07.37	33.14	300m: 3:14.50	33.52	400m: 4:20.76	32.74	
30.	BORGES, Rodrigo Costa	07		Fluvial Portuense	<b>4:20.87</b>	+0,60	600	
	50m: 28.75 28.75	150m: 1:33.92	33.20	250m: 2:40.90	33.40	350m: 3:48.29	33.48	
	100m: 1:00.72 31.97	200m: 2:07.50	33.58	300m: 3:14.81	33.91	400m: 4:20.87	32.58	
31.	AMADO, Pedro Maria	05		Alges	<b>4:20.95</b>	+0,77	599	
	50m: 29.28 29.28	150m: 1:34.57	32.95	250m: 2:41.54	33.50	350m: 3:48.77	33.51	
	100m: 1:01.62 32.34	200m: 2:08.04	33.47	300m: 3:15.26	33.72	400m: 4:20.95	32.18	
32.	MARQUES, Joao Ferreira	06		Academica de Coimbra	<b>4:21.57</b>	+0,70	595	
	50m: 28.50 28.50	150m: 1:33.98	32.99	250m: 2:39.67	32.48	350m: 3:47.17	33.65	
	100m: 1:00.99 32.49	200m: 2:07.19	33.21	300m: 3:13.52	33.85	400m: 4:21.57	34.40	
33.	TORRES, Joao Pedro	05		Porto	<b>4:21.82</b>	+0,77	593	
	50m: 29.19 29.19	150m: 1:33.73	32.35	250m: 2:39.67	32.53	350m: 3:48.31	34.56	
	100m: 1:01.38 32.19	200m: 2:07.14	33.41	300m: 3:13.75	34.08	400m: 4:21.82	33.51	
34.	MARQUES, Jose Miguel	06		Condeixa Clube	<b>4:22.44</b>	+0,69	589	
	50m: 29.37 29.37	150m: 1:34.66	33.27	250m: 2:42.63	33.94	350m: 3:50.61	33.88	
	100m: 1:01.39 32.02	200m: 2:08.69	34.03	300m: 3:16.73	34.10	400m: 4:22.44	31.83	
35.	TEMUDO, Jose Maria	06		Rio Maior	<b>4:22.65</b>	+0,64	588	
	50m: 30.41 30.41	150m: 1:36.81	33.48	250m: 2:44.14	33.63	350m: 3:51.11	33.33	
	100m: 1:03.33 32.92	200m: 2:10.51	33.70	300m: 3:17.78	33.64	400m: 4:22.65	31.54	
36.	CANELAS, Tiago Andre	08		Fluvial Portuense	<b>4:22.68</b>	+0,67	588	
	50m: 30.20 30.20	150m: 1:35.98	33.35	250m: 2:42.80	33.51	350m: 3:50.04	33.67	
	100m: 1:02.63 32.43	200m: 2:09.29	33.31	300m: 3:16.37	33.57	400m: 4:22.68	32.64	

## Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	JORGE, Pedro Crispim	06		Uniao Piedense	<b>4:22.86</b>	+0,63	586	
	50m: 29.05 29.05	150m: 1:34.30	33.35	250m: 2:42.52	34.13	350m: 3:50.15	34.54	
	100m: 1:00.95 31.90	200m: 2:08.39	34.09	300m: 3:15.61	33.09	400m: 4:22.86	32.71	
38.	FERREIRA, Miguel Guedes	07		Porto	<b>4:22.98</b>	+0,88	586	
	50m: 29.69 29.69	150m: 1:35.47	33.38	250m: 2:42.64	33.88	350m: 3:50.22	33.69	
	100m: 1:02.09 32.40	200m: 2:08.76	33.29	300m: 3:16.53	33.89	400m: 4:22.98	32.76	
39.	CARDOSO, Filipe Santos	04		Gafanha da Encarnacao	<b>4:23.40</b>	+0,61	583	
	50m: 29.54 29.54	150m: 1:35.28	33.16	250m: 2:43.44	34.16	350m: 3:51.01	33.06	
	100m: 1:02.12 32.58	200m: 2:09.28	34.00	300m: 3:17.95	34.51	400m: 4:23.40	32.39	
40.	RITA, Francisco Xavier	07		Vieirense	<b>4:24.41</b>	+0,71	576	
	50m: 29.50 29.50	150m: 1:35.32	33.34	250m: 2:43.70	33.86	350m: 3:52.03	33.87	
	100m: 1:01.98 32.48	200m: 2:09.84	34.52	300m: 3:18.16	34.46	400m: 4:24.41	32.38	
41.	JANUARIO, Tomas Maia	06		Benfica	<b>4:25.85</b>	+0,83	567	
	50m: 28.22 28.22	150m: 1:32.08	32.54	250m: 2:40.77	34.64	350m: 3:51.47	35.11	
	100m: 59.54 31.32	200m: 2:06.13	34.05	300m: 3:16.36	35.59	400m: 4:25.85	34.38	
42.	SOARES, Goncalo Augusto	08		Porto	<b>4:25.99</b>	+0,68	566	
	50m: 29.58 29.58	150m: 1:35.08	33.02	250m: 2:43.14	33.86	350m: 3:52.30	34.28	
	100m: 1:02.06 32.48	200m: 2:09.28	34.20	300m: 3:18.02	34.88	400m: 4:25.99	33.69	
43.	JEVIC, Milan Santos	06		Braga	<b>4:26.08</b>	+0,84	565	
	50m: 28.41 28.41	150m: 1:35.52	34.75	250m: 2:44.12	34.15	350m: 3:52.70	33.51	
	100m: 1:00.77 32.36	200m: 2:09.97	34.45	300m: 3:19.19	35.07	400m: 4:26.08	33.38	
44.	SILVA, Martim Alexandre	07		Columbofila Cantanhedense	<b>4:26.25</b>	+0,81	564	
	50m: 29.16 29.16	150m: 1:34.83	33.14	250m: 2:43.15	33.97	350m: 3:52.56	34.54	
	100m: 1:01.69 32.53	200m: 2:09.18	34.35	300m: 3:18.02	34.87	400m: 4:26.25	33.69	
45.	FERNANDES, Ricardo Figueiredo	08		Colegio Monte Maior	<b>4:26.35</b>	+0,95	564	
	50m: 30.54 30.54	150m: 1:37.99	34.42	250m: 2:46.77	34.64	350m: 3:54.56	33.40	
	100m: 1:03.57 33.03	200m: 2:12.13	34.14	300m: 3:21.16	34.39	400m: 4:26.35	31.79	
46.	OLIVEIRA, Marco Dimitar	07		Nautico Academico	<b>4:26.65</b>	+0,70	562	
	50m: 29.94 29.94	150m: 1:36.53	33.87	250m: 2:45.24	34.32	350m: 3:53.59	34.11	
	100m: 1:02.66 32.72	200m: 2:10.92	34.39	300m: 3:19.48	34.24	400m: 4:26.65	33.06	
47.	GOMES, Miguel Braga	07		Sporting	<b>4:26.82</b>	+0,71	561	
	50m: 29.93 29.93	150m: 1:36.85	34.12	250m: 2:44.87	34.22	350m: 3:54.38	34.83	
	100m: 1:02.73 32.80	200m: 2:10.65	33.80	300m: 3:19.55	34.68	400m: 4:26.82	32.44	
48.	NOGUEIRA, Afonso Miguel	07		Braga	<b>4:27.56</b>	+0,74	556	
	50m: 29.95 29.95	150m: 1:37.61	34.52	250m: 2:46.75	34.87	350m: 3:55.81	34.60	
	100m: 1:03.09 33.14	200m: 2:11.88	34.27	300m: 3:21.21	34.46	400m: 4:27.56	31.75	

## Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	COSTA, Guilherme Corte	07		Desportivo Nacional	<b>4:27.62</b>	+0,75	556	
	50m: 30.28 30.28	150m: 1:37.33	34.32	250m: 2:46.55	34.39	350m: 3:55.94	34.59	
	100m: 1:03.01 32.73	200m: 2:12.16	34.83	300m: 3:21.35	34.80	400m: 4:27.62	31.68	
50.	COSTA, Andre Leitao	07		Fafe	<b>4:27.69</b>	+0,68	555	
	50m: 29.68 29.68	150m: 1:37.31	34.89	250m: 2:47.00	35.40	350m: 3:56.04	33.87	
	100m: 1:02.42 32.74	200m: 2:11.60	34.29	300m: 3:22.17	35.17	400m: 4:27.69	31.65	
	OLIVEIRA, Paulo Jorge	08		Estarreja/PROZINCO	<b>4:27.69</b>	+0,72	555	
	50m: 29.59 29.59	150m: 1:36.01	33.79	250m: 2:44.02	34.31	350m: 3:53.86	35.10	
	100m: 1:02.22 32.63	200m: 2:09.71	33.70	300m: 3:18.76	34.74	400m: 4:27.69	33.83	
52.	GARCIA, Afonso Gago	08		Benfica	<b>4:28.42</b>	+0,65	551	
	50m: 30.90 30.90	150m: 1:38.02	33.95	250m: 2:46.55	34.37	350m: 3:55.44	34.55	
	100m: 1:04.07 33.17	200m: 2:12.18	34.16	300m: 3:20.89	34.34	400m: 4:28.42	32.98	
53.	MUNIZ MEJUTO, Angel	96		Madrid Moscardo	<b>4:28.78</b>	+0,66	548	
	50m: 29.08 29.08	150m: 1:35.02	33.00	250m: 2:43.37	33.58	350m: 3:53.76	35.00	
	100m: 1:02.02 32.94	200m: 2:09.79	34.77	300m: 3:18.76	35.39	400m: 4:28.78	35.02	
54.	FARIA, Eduardo Nuno	06		Braga	<b>4:29.49</b>	+0,74	544	
	50m: 30.22 30.22	150m: 1:37.50	34.23	250m: 2:46.21	34.40	350m: 3:55.86	35.08	
	100m: 1:03.27 33.05	200m: 2:11.81	34.31	300m: 3:20.78	34.57	400m: 4:29.49	33.63	
55.	RODRIGUES, Pedro Caiada	08		Benfica	<b>4:29.56</b>	+0,78	544	
	50m: 30.07 30.07	150m: 1:37.72	34.67	250m: 2:47.67	35.05	350m: 3:58.23	35.34	
	100m: 1:03.05 32.98	200m: 2:12.62	34.90	300m: 3:22.89	35.22	400m: 4:29.56	31.33	
56.	RODRIGUES, Rafael Pereira	08		Condeixa Clube	<b>4:29.73</b>	+0,81	543	
	50m: 31.00 31.00	150m: 1:38.16	34.22	250m: 2:46.86	34.46	350m: 3:55.70	34.19	
	100m: 1:03.94 32.94	200m: 2:12.40	34.24	300m: 3:21.51	34.65	400m: 4:29.73	34.03	
57.	GOMES, Rafael Rodrigues	06		Natacao do Tejo	<b>4:31.36</b>	+0,69	533	
	50m: 29.59 29.59	150m: 1:36.00	33.89	250m: 2:44.92	34.35	350m: 3:56.77	36.82	
	100m: 1:02.11 32.52	200m: 2:10.57	34.57	300m: 3:19.95	35.03	400m: 4:31.36	34.59	
58.	LIMA, Eduardo Miguel	08		Foca Quinta da Lixa CNF	<b>4:31.50</b>	+0,80	532	
	50m: 29.59 29.59	150m: 1:37.19	34.29	250m: 2:46.75	34.08	350m: 3:57.58	35.14	
	100m: 1:02.90 33.31	200m: 2:12.67	35.48	300m: 3:22.44	35.69	400m: 4:31.50	33.92	
59.	SOUSA, Santiago Boica	08		Vieirense	<b>4:31.60</b>	+0,89	531	
	50m: 30.66 30.66	150m: 1:39.53	35.59	250m: 2:49.03	34.85	350m: 3:59.21	35.14	
	100m: 1:03.94 33.28	200m: 2:14.18	34.65	300m: 3:24.07	35.04	400m: 4:31.60	32.39	
60.	MONTEIRO, Joao Pedro	08		BUZIOS-Coruche	<b>4:31.73</b>	+0,79	531	
	50m: 30.13 30.13	150m: 1:38.54	35.08	250m: 2:48.80	35.62	350m: 3:58.76	34.78	
	100m: 1:03.46 33.33	200m: 2:13.18	34.64	300m: 3:23.98	35.18	400m: 4:31.73	32.97	

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

## Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
61.	JESUS, David Duarte	07		Nautico Academico	<b>4:32.66</b>	+0,70	525	
	50m: 30.21 30.21	150m: 1:37.78	34.10	250m: 2:47.61	35.01	350m: 3:58.14	35.58	
	100m: 1:03.68 33.47	200m: 2:12.60	34.82	300m: 3:22.56	34.95	400m: 4:32.66	34.52	
62.	CASTRO, Marco Antonio	08		Naval do Funchal	<b>4:32.87</b>	+0,73	524	
	50m: 31.06 31.06	150m: 1:40.40	34.32	250m: 2:51.04	34.88	350m: 4:00.29	33.95	
	100m: 1:06.08 35.02	200m: 2:16.16	35.76	300m: 3:26.34	35.30	400m: 4:32.87	32.58	
63.	FARDILHA, Antonio Cruz	08		Galitos / Bresimar	<b>4:33.08</b>	+0,72	523	
	50m: 30.04 30.04	150m: 1:38.88	35.01	250m: 2:49.26	34.96	350m: 4:00.25	35.36	
	100m: 1:03.87 33.83	200m: 2:14.30	35.42	300m: 3:24.89	35.63	400m: 4:33.08	32.83	
64.	SANTOS, Tomas Alexandre	07		BUZIOS-Coruche	<b>4:33.66</b>	+0,77	520	
	50m: 29.76 29.76	150m: 1:37.79	35.10	250m: 2:48.43	35.23	350m: 3:59.21	35.41	
	100m: 1:02.69 32.93	200m: 2:13.20	35.41	300m: 3:23.80	35.37	400m: 4:33.66	34.45	
65.	SILVA, Guilherme Martins	08		Academico Viseu	<b>4:34.96</b>	+0,77	512	
	50m: 30.67 30.67	150m: 1:39.39	34.33	250m: 2:50.01	34.66	350m: 4:00.95	35.05	
	100m: 1:05.06 34.39	200m: 2:15.35	35.96	300m: 3:25.90	35.89	400m: 4:34.96	34.01	
66.	GONCALVES, Luis Pedro	08		Braga	<b>4:35.07</b>	+0,83	512	
	50m: 31.10 31.10	150m: 1:40.43	34.57	250m: 2:50.96	35.52	350m: 4:01.66	34.80	
	100m: 1:05.86 34.76	200m: 2:15.44	35.01	300m: 3:26.86	35.90	400m: 4:35.07	33.41	
67.	ANJOS, Nuno Miguel	08		Galitos / Bresimar	<b>4:36.06</b>	+0,71	506	
	50m: 29.27 29.27	150m: 1:37.74	34.75	250m: 2:49.00	35.49	350m: 4:00.48	35.63	
	100m: 1:02.99 33.72	200m: 2:13.51	35.77	300m: 3:24.85	35.85	400m: 4:36.06	35.58	
68.	LOPES, Gustavo Miguel	08		Porto	<b>4:36.16</b>	+0,65	506	
	50m: 31.62 31.62	150m: 1:40.56	34.97	250m: 2:51.12	35.24	350m: 4:02.23	35.41	
	100m: 1:05.59 33.97	200m: 2:15.88	35.32	300m: 3:26.82	35.70	400m: 4:36.16	33.93	
69.	SOUSA, Guilherme Simoes	08		Nautico Academico	<b>4:36.37</b>	+0,62	504	
	50m: 31.11 31.11	150m: 1:40.85	35.56	250m: 2:51.24	35.08	350m: 4:02.08	35.48	
	100m: 1:05.29 34.18	200m: 2:16.16	35.31	300m: 3:26.60	35.36	400m: 4:36.37	34.29	
70.	TOME, Tome Nunes	08		Nautico de Leiria	<b>4:36.77</b>	+0,78	502	
	50m: 30.57 30.57	150m: 1:40.56	35.73	250m: 2:52.32	36.17	350m: 4:02.83	34.27	
	100m: 1:04.83 34.26	200m: 2:16.15	35.59	300m: 3:28.56	36.24	400m: 4:36.77	33.94	
71.	COSTA, Afonso Goncalves	08		Porto	<b>4:37.27</b>	+0,67	500	
	50m: 31.00 31.00	150m: 1:39.88	34.88	250m: 2:50.77	35.49	350m: 4:02.18	35.81	
	100m: 1:05.00 34.00	200m: 2:15.28	35.40	300m: 3:26.37	35.60	400m: 4:37.27	35.09	
72.	PEREIRA, Salvador Correia	08		Condeixa Clube	<b>4:37.32</b>	+0,72	499	
	50m: 31.66 31.66	150m: 1:41.67	34.79	250m: 2:52.96	35.31	350m: 4:02.85	34.46	
	100m: 1:06.88 35.22	200m: 2:17.65	35.98	300m: 3:28.39	35.43	400m: 4:37.32	34.47	

## Prova 15, Masc., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
73.	VITORIA, Joao Miguel	08		Academico Viseu	<b>4:38.26</b>	+0,80	494	
	50m: 29.80 29.80	150m: 1:39.14	35.52	250m: 2:51.21	35.15	350m: 4:03.41	35.75	
	100m: 1:03.62 33.82	200m: 2:16.06	36.92	300m: 3:27.66	36.45	400m: 4:38.26	34.85	
74.	DUARTE, Rafael Ataide	08		Nacional de Natacao	<b>4:42.02</b>	+0,60	475	
	50m: 30.32 30.32	150m: 1:39.97	35.89	250m: 2:53.84	37.40	350m: 4:07.14	36.26	
	100m: 1:04.08 33.76	200m: 2:16.44	36.47	300m: 3:30.88	37.04	400m: 4:42.02	34.88	
75.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	<b>4:42.27</b>	+0,83	473	
	50m: 29.26 29.26	150m: 1:36.41	34.77	250m: 2:50.64	37.63	350m: 4:06.48	37.72	
	100m: 1:01.64 32.38	200m: 2:13.01	36.60	300m: 3:28.76	38.12	400m: 4:42.27	35.79	
76.	ORNELAS, Afonso Mendonca	08		Gesloures	<b>4:43.01</b>	+0,68	470	
	50m: 29.10 29.10	150m: 1:39.57	36.30	250m: 2:53.97	36.18	350m: 4:08.19	35.97	
	100m: 1:03.27 34.17	200m: 2:17.79	38.22	300m: 3:32.22	38.25	400m: 4:43.01	34.82	
DSQ	LIMA, Rodrigo Silva	08		Porto				
	<i>4.2 - Falsa Partida – SW 4.4</i>							
EXH	CRUZ, Miguel Duarte	99	S15 H	Belenenses	<b>4:47.68</b>	+0,73	447	
	50m: 31.36 31.36	150m: 1:42.96	36.11	250m: 2:56.86	36.83	350m: 4:11.13	37.09	
	100m: 1:06.85 35.49	200m: 2:20.03	37.07	300m: 3:34.04	37.18	400m: 4:47.68	36.55	