

Prova 23  
01/04/2023 - 9:00

Masc., 400m Livres

Open  
Resultados Elimin

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	Jose Paulo LOPES	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	Gustavo Manuel SANTA	POR	Helsinquia (FIN)	14/07/2010
RN S11	4:43.74	Marco Ribeiro MENESES	POR	Sheffield (GBR)	18/03/2023

JO Absoluto: 3:46.78 / CMPL Sen: 3:48.15 / CESub23 19 - 23: 2:54.72 / CEJun\_Masc 15 - 18: 4:01.28 / TAC Sen 50m: 4:16.03 - 25m: 4:06.41; Jun 50m: 4:23.71 - 25m: 4:13.80

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Rodriguez AMARAL	02	Porto	<b>4:00.99</b>	+0,66	761	A
	50m: 27.48 27.48	150m: 1:27.61	30.22	250m: 2:28.81	30.64	350m: 3:30.70	31.03
	100m: 57.39 29.91	200m: 1:58.17	30.56	300m: 2:59.67	30.86	400m: 4:00.99	30.29
2.	Jose Paulo LOPES	00	Braga	<b>4:05.46</b>	+0,68	720	A
	50m: 27.60 27.60	150m: 1:28.10	30.44	250m: 2:30.62	31.58	350m: 3:34.17	31.96
	100m: 57.66 30.06	200m: 1:59.04	30.94	300m: 3:02.21	31.59	400m: 4:05.46	31.29
3.	Bernardo Victorino ALMEIDA	04	Sporting	<b>4:05.90</b>	+0,68	716	A
	50m: 27.24 27.24	150m: 1:28.91	31.18	250m: 2:31.88	31.47	350m: 3:35.58	31.77
	100m: 57.73 30.49	200m: 2:00.41	31.50	300m: 3:03.81	31.93	400m: 4:05.90	30.32
4.	Gustavo Pires MARQUES	04	Uniao Coimbra	<b>4:07.24</b>	+0,72	705	A
	50m: 27.57 27.57	150m: 1:28.97	30.91	250m: 2:31.98	31.46	350m: 3:35.62	31.48
	100m: 58.06 30.49	200m: 2:00.52	31.55	300m: 3:04.14	32.16	400m: 4:07.24	31.62
5.	Salvador Goya PERLOIRO	05	Benfica	<b>4:08.67</b>	+0,71	693	A
	50m: 28.17 28.17	150m: 1:30.18	31.17	250m: 2:33.20	31.37	350m: 3:36.82	32.01
	100m: 59.01 30.84	200m: 2:01.83	31.65	300m: 3:04.81	31.61	400m: 4:08.67	31.85
6.	Bernardo Jorge SIMOES	04	Belenenses	<b>4:09.05</b>	+0,70	689	A
	50m: 28.18 28.18	150m: 1:31.57	32.34	250m: 2:35.63	32.16	350m: 3:38.37	31.03
	100m: 59.23 31.05	200m: 2:03.47	31.90	300m: 3:07.34	31.71	400m: 4:09.05	30.68
7.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>4:09.36</b>	+0,64	687	A
	50m: 27.39 27.39	150m: 1:28.77	31.18	250m: 2:31.58	31.56	350m: 3:36.72	33.12
	100m: 57.59 30.20	200m: 2:00.02	31.25	300m: 3:03.60	32.02	400m: 4:09.36	32.64
8.	Yury FOMIN	06	Louletano / Loule Concelho	<b>4:10.23</b>	+0,65	680	A
	50m: 28.09 28.09	150m: 1:30.42	31.67	250m: 2:34.53	32.31	350m: 3:38.67	31.92
	100m: 58.75 30.66	200m: 2:02.22	31.80	300m: 3:06.75	32.22	400m: 4:10.23	31.56
9.	Lucas Pereira BASTOS	00	Nautico Academico	<b>4:11.11</b>	+0,71	673	A
	50m: 27.85 27.85	150m: 1:29.66	31.27	250m: 2:33.38	31.96	350m: 3:38.79	33.03
	100m: 58.39 30.54	200m: 2:01.42	31.76	300m: 3:05.76	32.38	400m: 4:11.11	32.32
10.	Henrique Silva MASCARENHAS	01	Fluvial Portuense	<b>4:12.08</b>	+0,65	665	A
	50m: 27.78 27.78	150m: 1:30.35	31.40	250m: 2:34.60	31.88	350m: 3:40.23	32.71
	100m: 58.95 31.17	200m: 2:02.72	32.37	300m: 3:07.52	32.92	400m: 4:12.08	31.85
11.	Afonso Martim LEITE	05	Foca Quinta da Lixa CNF	<b>4:14.73</b>	+0,69	644	B
	50m: 28.57 28.57	150m: 1:32.04	32.17	250m: 2:36.91	32.81	350m: 3:43.11	33.11
	100m: 59.87 31.30	200m: 2:04.10	32.06	300m: 3:10.00	33.09	400m: 4:14.73	31.62
12.	Nicolas Filip MONTFORT	05	Alges	<b>4:14.91</b>	+0,62	643	B
	50m: 27.92 27.92	150m: 1:31.47	32.72	250m: 2:37.19	32.90	350m: 3:43.01	32.88
	100m: 58.75 30.83	200m: 2:04.29	32.82	300m: 3:10.13	32.94	400m: 4:14.91	31.90

Prova 23, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Filipe Santos CARDOSO	04	Gafanha da Encarnacao	<b>4:15.47</b>	+0,63	639	B
	50m: 28.74 28.74	150m: 1:32.68	32.41 250m: 2:38.50	32.78	350m: 3:44.21	32.44	
	100m: 1:00.27 31.53	200m: 2:05.72	33.04 300m: 3:11.77	33.27	400m: 4:15.47	31.26	
14.	Tomas Maia JANUARIO	06	Benfica	<b>4:16.29</b>	+0,77	633	B
	50m: 28.43 28.43	150m: 1:31.86	32.12 250m: 2:37.80	33.18	350m: 3:44.10	33.26	
	100m: 59.74 31.31	200m: 2:04.62	32.76 300m: 3:10.84	33.04	400m: 4:16.29	32.19	
15.	Diogo Alexandre OLIVEIRA	05	Naval do Funchal	<b>4:16.95</b>	+0,66	628	B
	50m: 28.10 28.10	150m: 1:31.17	31.72 250m: 2:36.91	33.02	350m: 3:44.13	33.56	
	100m: 59.45 31.35	200m: 2:03.89	32.72 300m: 3:10.57	33.66	400m: 4:16.95	32.82	
16.	Bruno Silva LOUREIRO	06	Porto	<b>4:17.46</b>	+0,66	624	B
	50m: 29.48 29.48	150m: 1:34.54	32.55 250m: 2:40.13	32.26	350m: 3:45.54	32.75	
	100m: 1:01.99 32.51	200m: 2:07.87	33.33 300m: 3:12.79	32.66	400m: 4:17.46	31.92	
17.	Francisco Couto FRAZAO	06	Uniao Coimbra	<b>4:18.27</b>	+0,69	618	B
	50m: 29.04 29.04	150m: 1:33.40	32.60 250m: 2:39.34	32.76	350m: 3:46.22	33.32	
	100m: 1:00.80 31.76	200m: 2:06.58	33.18 300m: 3:12.90	33.56	400m: 4:18.27	32.05	
18.	Alexandre Ramos GONCALVES	05	Sao Joao Ver	<b>4:18.34</b>	+0,72	618	B
	50m: 28.85 28.85	150m: 1:33.54	32.77 250m: 2:39.67	32.77	350m: 3:46.37	33.50	
	100m: 1:00.77 31.92	200m: 2:06.90	33.36 300m: 3:12.87	33.20	400m: 4:18.34	31.97	
19.	Joao Pedro TORRES	05	Porto	<b>4:18.87</b>	+0,76	614	B
	50m: 29.74 29.74	150m: 1:34.51	32.54 250m: 2:40.52	32.50	350m: 3:45.94	32.46	
	100m: 1:01.97 32.23	200m: 2:08.02	33.51 300m: 3:13.48	32.96	400m: 4:18.87	32.93	
20.	Goncalo Renato CARVALHO	04	Porto	<b>4:18.95</b>	+0,67	613	B
	50m: 29.57 29.57	150m: 1:33.34	32.09 250m: 2:38.74	32.79	350m: 3:45.53	33.39	
	100m: 1:01.25 31.68	200m: 2:05.95	32.61 300m: 3:12.14	33.40	400m: 4:18.95	33.42	
21.	Joao Maria SOUSA	05	Braga	<b>4:19.13</b>	+0,75	612	R
	50m: 29.11 29.11	150m: 1:33.44	32.46 250m: 2:39.73	33.38	350m: 3:46.77	33.55	
	100m: 1:00.98 31.87	200m: 2:06.35	32.91 300m: 3:13.22	33.49	400m: 4:19.13	32.36	
22.	Guilherme Maia CARDOSO	05	Columbofila Cantanhedense	<b>4:19.50</b>	+0,65	609	R
	50m: 29.20 29.20	150m: 1:34.24	32.54 250m: 2:40.65	32.93	350m: 3:47.41	33.08	
	100m: 1:01.70 32.50	200m: 2:07.72	33.48 300m: 3:14.33	33.68	400m: 4:19.50	32.09	
23.	Tomas Nunes ROQUE	06	Benfica	<b>4:19.78</b>	+0,66	607	
	50m: 28.87 28.87	150m: 1:33.04	32.31 250m: 2:39.42	33.16	350m: 3:46.98	33.72	
	100m: 1:00.73 31.86	200m: 2:06.26	33.22 300m: 3:13.26	33.84	400m: 4:19.78	32.80	
24.	Guilherme Fernandes BAPTISTA	06	Benfica	<b>4:21.01</b>	+0,64	599	
	50m: 28.88 28.88	150m: 1:34.05	32.77 250m: 2:40.53	33.01	350m: 3:48.17	33.84	
	100m: 1:01.28 32.40	200m: 2:07.52	33.47 300m: 3:14.33	33.80	400m: 4:21.01	32.84	
25.	Miguel Costa SIMOES	04	Uniao Piedense	<b>4:21.90</b>	+0,73	593	
	50m: 28.53 28.53	150m: 1:33.37	32.35 250m: 2:40.00	33.32	350m: 3:48.17	33.76	
	100m: 1:01.02 32.49	200m: 2:06.68	33.31 300m: 3:14.41	34.41	400m: 4:21.90	33.73	
26.	Eduardo Nuno FARIA	06	Braga	<b>4:22.39</b>	+0,72	589	
	50m: 28.01 28.01	150m: 1:32.20	32.52 250m: 2:39.86	33.55	350m: 3:48.81	33.92	
	100m: 59.68 31.67	200m: 2:06.31	34.11 300m: 3:14.89	35.03	400m: 4:22.39	33.58	
27.	Jose Maria TEMUDO	06	Rio Maior	<b>4:23.89</b>	+0,60	579	
	50m: 28.85 28.85	150m: 1:33.20	32.64 250m: 2:41.63	34.12	350m: 3:50.99	34.39	
	100m: 1:00.56 31.71	200m: 2:07.51	34.31 300m: 3:16.60	34.97	400m: 4:23.89	32.90	

## Prova 23, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
28.	Federico MESTRONI	99	Benfica	<b>4:24.13</b>	+0,75	578	
	50m: 29.01 29.01	150m: 1:34.05	33.12	250m: 2:41.61	33.90	350m: 3:50.62	34.87
	100m: 1:00.93 31.92	200m: 2:07.71	33.66	300m: 3:15.75	34.14	400m: 4:24.13	33.51
29.	Milan Santos JEVIC	06	Braga	<b>4:27.24</b>	+0,75	558	
	50m: 28.38 28.38	150m: 1:34.30	34.08	250m: 2:43.93	34.56	350m: 3:53.46	34.23
	100m: 1:00.22 31.84	200m: 2:09.37	35.07	300m: 3:19.23	35.30	400m: 4:27.24	33.78
30.	Raul Sousa ANSELMO	05	Bombeiros de Ponta Delgada	<b>4:32.64</b>	+0,65	525	
	50m: 29.06 29.06	150m: 1:35.50	33.64	250m: 2:45.03	34.97	350m: 3:56.72	35.47
	100m: 1:01.86 32.80	200m: 2:10.06	34.56	300m: 3:21.25	36.22	400m: 4:32.64	35.92
DNS	Tomas Amor SARREIRA	05	Nautico Marinha Grande				

## Prova 23

## Masc., 400m Livres

## Juvenis

01/04/2023 - 9:00

Resultados Elimin

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	Gustavo Manuel SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe COSTA	VSC	Coimbra	29/07/2006
RN S11	4:43.74	Marco Ribeiro MENESES	POR	Sheffield (GBR)	18/03/2023

JO Absoluto: 3:46.78 / CEJun\_Masc 15 - 18: 4:01.28 / TAC 50m: 4:36.51 - 25m: 4:26.12

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Goya PERLOIRO	07	Benfica	<b>4:16.60</b>	+0,70	630 Q	
	50m: 28.37 28.37	150m: 1:32.33	32.17	250m: 2:37.27	32.28	350m: 3:43.99	33.23
	100m: 1:00.16 31.79	200m: 2:04.99	32.66	300m: 3:10.76	33.49	400m: 4:16.60	32.61
2.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>4:16.99</b>	+0,61	627 Q	
	50m: 28.51 28.51	150m: 1:32.74	32.36	250m: 2:39.23	33.21	350m: 3:46.09	33.13
	100m: 1:00.38 31.87	200m: 2:06.02	33.28	300m: 3:12.96	33.73	400m: 4:16.99	30.90
3.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>4:21.39</b>	+0,84	596 Q	
	50m: 28.87 28.87	150m: 1:34.01	32.79	250m: 2:41.20	33.27	350m: 3:48.58	33.48
	100m: 1:01.22 32.35	200m: 2:07.93	33.92	300m: 3:15.10	33.90	400m: 4:21.39	32.81
4.	Antonio Miguel COSTA	07	Fafe	<b>4:22.20</b>	+0,67	591 Q	
	50m: 30.03 30.03	150m: 1:35.39	32.82	250m: 2:42.19	33.43	350m: 3:50.65	34.41
	100m: 1:02.57 32.54	200m: 2:08.76	33.37	300m: 3:16.24	34.05	400m: 4:22.20	31.55
5.	Alexandre MORARI	07	Rio Maior	<b>4:22.21</b>	+0,68	591 Q	
	50m: 28.12 28.12	150m: 1:31.93	32.50	250m: 2:39.07	33.90	350m: 3:48.09	35.15
	100m: 59.43 31.31	200m: 2:05.17	33.24	300m: 3:12.94	33.87	400m: 4:22.21	34.12
6.	Rui Silva PEREIRA	08	Colegio Monte Maior	<b>4:22.68</b>	+0,85	588 Q	
	50m: 29.84 29.84	150m: 1:35.55	33.32	250m: 2:42.93	33.65	350m: 3:50.02	33.52
	100m: 1:02.23 32.39	200m: 2:09.28	33.73	300m: 3:16.50	33.57	400m: 4:22.68	32.66
7.	Guilherme Costa SOARES	08	Vilacondense	<b>4:22.81</b>	+0,75	587 Q	
	50m: 29.98 29.98	150m: 1:35.96	33.26	250m: 2:42.55	33.25	350m: 3:50.40	33.70
	100m: 1:02.70 32.72	200m: 2:09.30	33.34	300m: 3:16.70	34.15	400m: 4:22.81	32.41
8.	Axel Guedes ASMAR	07	Sporting	<b>4:23.55</b>	+0,62	582 Q	
	50m: 29.56 29.56	150m: 1:35.37	33.15	250m: 2:42.53	33.37	350m: 3:50.71	33.81
	100m: 1:02.22 32.66	200m: 2:09.16	33.79	300m: 3:16.90	34.37	400m: 4:23.55	32.84

Prova 23, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
9.	Afonso Dinis ROQUE	07		Nautico de Leiria	<b>4:24.09</b>	+0,72	578	Q
	50m: 29.16 29.16	150m: 1:34.65	33.36	250m: 2:40.91	33.30	350m: 3:50.62	35.06	
	100m: 1:01.29 32.13	200m: 2:07.61	32.96	300m: 3:15.56	34.65	400m: 4:24.09	33.47	
10.	Miguel Guedes FERREIRA	07		Porto	<b>4:24.58</b>	+0,79	575	Q
	50m: 29.57 29.57	150m: 1:36.54	33.80	250m: 2:43.92	33.64	350m: 3:51.69	33.84	
	100m: 1:02.74 33.17	200m: 2:10.28	33.74	300m: 3:17.85	33.93	400m: 4:24.58	32.89	
11.	Tiago Andre CANELAS	08		Fluvial Portuense	<b>4:26.41</b>	+0,64	563	R
	50m: 30.05 30.05	150m: 1:36.96	33.83	250m: 2:45.21	34.21	350m: 3:53.67	34.19	
	100m: 1:03.13 33.08	200m: 2:11.00	34.04	300m: 3:19.48	34.27	400m: 4:26.41	32.74	
12.	Duarte Cachulo MARQUES	07		Condeixa Clube	<b>4:27.21</b>	+0,65	558	R
	50m: 30.47 30.47	150m: 1:37.79	34.29	250m: 2:46.09	34.00	350m: 3:54.39	34.48	
	100m: 1:03.50 33.03	200m: 2:12.09	34.30	300m: 3:19.91	33.82	400m: 4:27.21	32.82	
13.	Francisco Xavier RITA	07		Vieirense	<b>4:28.18</b>	+0,68	552	
	50m: 29.69 29.69	150m: 1:36.97	34.21	250m: 2:45.53	34.25	350m: 3:54.71	34.44	
	100m: 1:02.76 33.07	200m: 2:11.28	34.31	300m: 3:20.27	34.74	400m: 4:28.18	33.47	
14.	Rodrigo Costa BORGES	07		Fluvial Portuense	<b>4:28.55</b>	+0,66	550	
	50m: 28.68 28.68	150m: 1:36.27	34.24	250m: 2:45.98	34.58	350m: 3:54.92	33.97	
	100m: 1:02.03 33.35	200m: 2:11.40	35.13	300m: 3:20.95	34.97	400m: 4:28.55	33.63	
15.	Tomas Pinto PEIXOTO	08		Porto	<b>4:29.99</b>	+0,71	541	
	50m: 29.99 29.99	150m: 1:35.71	32.93	250m: 2:44.56	34.55	350m: 3:54.81	34.86	
	100m: 1:02.78 32.79	200m: 2:10.01	34.30	300m: 3:19.95	35.39	400m: 4:29.99	35.18	
16.	Eduardo Miguel LIMA	08		Foca Quinta da Lixa CNF	<b>4:30.05</b>	+0,72	541	
	50m: 29.54 29.54	150m: 1:37.23	34.36	250m: 2:46.95	34.56	350m: 3:56.62	34.18	
	100m: 1:02.87 33.33	200m: 2:12.39	35.16	300m: 3:22.44	35.49	400m: 4:30.05	33.43	
17.	Guilherme Mahua SOARES	07		Porto	<b>4:30.23</b>	+0,76	540	
	50m: 30.27 30.27	150m: 1:37.47	33.67	250m: 2:46.18	34.20	350m: 3:56.33	34.98	
	100m: 1:03.80 33.53	200m: 2:11.98	34.51	300m: 3:21.35	35.17	400m: 4:30.23	33.90	
18.	Luis Filipe CARVALHO	07		Naval Povoense	<b>4:30.47</b>	+0,67	538	
	50m: 29.91 29.91	150m: 1:38.04	34.55	250m: 2:47.83	34.21	350m: 3:57.78	34.79	
	100m: 1:03.49 33.58	200m: 2:13.62	35.58	300m: 3:22.99	35.16	400m: 4:30.47	32.69	
19.	Martim Alexandre SILVA	07		Columbofila Cantanhedense	<b>4:31.31</b>	+0,69	533	
	50m: 29.20 29.20	150m: 1:36.48	34.38	250m: 2:45.50	34.66	350m: 3:56.72	35.89	
	100m: 1:02.10 32.90	200m: 2:10.84	34.36	300m: 3:20.83	35.33	400m: 4:31.31	34.59	
20.	Guilherme Corte COSTA	07		Desportivo Nacional	<b>4:32.32</b>	+0,69	527	
	50m: 30.34 30.34	150m: 1:37.98	34.88	250m: 2:48.31	35.21	350m: 3:59.01	34.96	
	100m: 1:03.10 32.76	200m: 2:13.10	35.12	300m: 3:24.05	35.74	400m: 4:32.32	33.31	
21.	Goncalo Augusto SOARES	08		Porto	<b>4:32.73</b>	+0,79	525	
	50m: 30.21 30.21	150m: 1:38.80	34.41	250m: 2:48.11	34.45	350m: 3:58.26	34.60	
	100m: 1:04.39 34.18	200m: 2:13.66	34.86	300m: 3:23.66	35.55	400m: 4:32.73	34.47	
22.	Eugenio MELNYK	07		Rio Maior	<b>4:32.88</b>	+0,77	524	
	50m: 30.18 30.18	150m: 1:37.97	34.10	250m: 2:47.77	35.06	350m: 3:58.30	35.15	
	100m: 1:03.87 33.69	200m: 2:12.71	34.74	300m: 3:23.15	35.38	400m: 4:32.88	34.58	
23.	Andre Leitao COSTA	07		Fafe	<b>4:33.17</b>	+0,70	522	
	50m: 29.58 29.58	150m: 1:37.46	35.29	250m: 2:48.28	35.65	350m: 3:59.52	35.20	
	100m: 1:02.17 32.59	200m: 2:12.63	35.17	300m: 3:24.32	36.04	400m: 4:33.17	33.65	

Prova 23, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
24.	Marco Dimitar OLIVEIRA	07		Nautico Academico	<b>4:34.04</b>	+0,72	517
	50m: 29.65 29.65	150m: 1:37.73	34.97	250m: 2:48.76	35.54	350m: 3:59.53	34.98
	100m: 1:02.76 33.11	200m: 2:13.22	35.49	300m: 3:24.55	35.79	400m: 4:34.04	34.51
25.	Miguel Braga GOMES	07		Sporting	<b>4:34.19</b>	+0,67	517
	50m: 29.73 29.73	150m: 1:37.27	34.51	250m: 2:47.48	35.09	350m: 3:58.72	35.42
	100m: 1:02.76 33.03	200m: 2:12.39	35.12	300m: 3:23.30	35.82	400m: 4:34.19	35.47
26.	Afonso Miguel NOGUEIRA	07		Braga	<b>4:34.44</b>	+0,78	515
	50m: 30.52 30.52	150m: 1:40.63	35.57	250m: 2:51.33	35.31	350m: 4:01.55	34.74
	100m: 1:05.06 34.54	200m: 2:16.02	35.39	300m: 3:26.81	35.48	400m: 4:34.44	32.89
27.	Daniel Casaca CARVALHO	07		Colegio Vasco da Gama	<b>4:34.53</b>	+0,78	515
	50m: 30.10 30.10	150m: 1:37.63	34.43	250m: 2:48.29	35.45	350m: 4:00.30	35.94
	100m: 1:03.20 33.10	200m: 2:12.84	35.21	300m: 3:24.36	36.07	400m: 4:34.53	34.23
28.	Paulo Jorge OLIVEIRA	08		Estarreja/PROZINCO	<b>4:34.96</b>	+0,67	512
	50m: 29.83 29.83	150m: 1:36.76	34.11	250m: 2:47.07	35.73	350m: 3:59.74	36.54
	100m: 1:02.65 32.82	200m: 2:11.34	34.58	300m: 3:23.20	36.13	400m: 4:34.96	35.22
29.	Ricardo Figueiredo FERNANDES	08		Colegio Monte Maior	<b>4:35.11</b>	+0,82	511
	50m: 29.69 29.69	150m: 1:38.46	35.12	250m: 2:50.04	35.98	350m: 4:00.51	34.96
	100m: 1:03.34 33.65	200m: 2:14.06	35.60	300m: 3:25.55	35.51	400m: 4:35.11	34.60
30.	Goncalo Andre FERREIRA	07		Ginasio de Vila Real	<b>4:35.68</b>	+0,78	508
	50m: 29.97 29.97	150m: 1:37.85	34.55	250m: 2:48.20	35.07	350m: 4:00.74	35.84
	100m: 1:03.30 33.33	200m: 2:13.13	35.28	300m: 3:24.90	36.70	400m: 4:35.68	34.94
31.	Paulo Tiago VALES	07		Porto	<b>4:37.40</b>	+0,69	499
	50m: 30.07 30.07	150m: 1:38.31	34.81	250m: 2:50.76	36.26	350m: 4:02.42	35.65
	100m: 1:03.50 33.43	200m: 2:14.50	36.19	300m: 3:26.77	36.01	400m: 4:37.40	34.98
32.	Joao Pedro CARAPINHA	07		Uniao Piedense	<b>4:39.53</b>	+0,73	487
	50m: 30.97 30.97	150m: 1:39.16	34.51	250m: 2:49.73	35.14	350m: 4:03.06	36.94
	100m: 1:04.65 33.68	200m: 2:14.59	35.43	300m: 3:26.12	36.39	400m: 4:39.53	36.47
33.	Miguel Lourenco VELHINHO	07		Lagoa AC	<b>4:40.65</b>	+0,66	482
	50m: 30.05 30.05	150m: 1:39.39	35.44	250m: 2:52.11	36.06	350m: 4:05.72	36.39
	100m: 1:03.95 33.90	200m: 2:16.05	36.66	300m: 3:29.33	37.22	400m: 4:40.65	34.93
34.	Guilherme Simoes SOUSA	08		Nautico Academico	<b>4:41.21</b>	+0,79	479
	50m: 30.56 30.56	150m: 1:39.15	34.84	250m: 2:51.71	36.07	350m: 4:05.60	36.61
	100m: 1:04.31 33.75	200m: 2:15.64	36.49	300m: 3:28.99	37.28	400m: 4:41.21	35.61
35.	Tiago Miguel COSTA	07		Portinado	<b>4:41.87</b>	+0,72	475
	50m: 29.88 29.88	150m: 1:38.99	35.70	250m: 2:51.92	36.81	350m: 4:06.16	37.10
	100m: 1:03.29 33.41	200m: 2:15.11	36.12	300m: 3:29.06	37.14	400m: 4:41.87	35.71
36.	Eduardo Sousa SARAGOCA	07		Viana Natacao	<b>4:42.13</b>	+0,75	474
	50m: 30.36 30.36	150m: 1:38.94	35.32	250m: 2:52.35	37.03	350m: 4:06.42	37.08
	100m: 1:03.62 33.26	200m: 2:15.32	36.38	300m: 3:29.34	36.99	400m: 4:42.13	35.71
DSQ	Luis Pedro GONCALVES	08		Braga		+0,71	
	4.2 - Falsa Partida – SW 4.4						
DNS	Miguel Fragoço MEDEIROS	08		Porto			

Prova 23, Masc., 400m Livres, Elimin

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
EXH	Marco Ribeiro MENESES	01	S11 T	O Crasto	<b>4:47.20</b>	+0,77	449
	50m: 32.01 32.01	150m: 1:46.05	36.77	250m: 2:59.22	35.89	350m: 4:12.26	36.31
	100m: 1:09.28 37.27	200m: 2:23.33	37.28	300m: 3:35.95	36.73	400m: 4:47.20	34.94

<b>ORGANIZAÇÃO</b> 		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b> 					
<b>PATROCINADOR PRINCIPAL</b> 		<b>PATROCINADOR OFICIAL</b> 		<b>PARCEIROS INSTITUCIONAIS</b> 		<b>PARCEIROS</b> 	