

Event 23 Men, 400m Freestyle Open
01/04/2023 - 9:00 Results Prelim

Rec Nac Open	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	Helsinki (FIN)	14/07/2010
RN S11	4:43.74	Marco Ribeiro MENESES	POR	Sheffield (GBR)	18/03/2023

JO Open: 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

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	
1.	Francisco Rodriguez AMARAL	02		Porto	4:00.99	+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	4:05.46	+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	4:05.90	+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	4:07.24	+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	4:08.67	+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	4:09.05	+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	4:09.36	+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	4:10.23	+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	4:11.11	+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	4:12.08	+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	4:14.73	+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	4:14.91	+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	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS							
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS			

Event 23, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	
13.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	4:15.47	+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	4:16.29	+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	4:16.95	+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	4:17.46	+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	4:18.27	+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	4:18.34	+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	4:18.87	+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	4:18.95	+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	4:19.13	+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	4:19.50	+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	4:19.78	+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	4:21.01	+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	4:21.90	+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	4:22.39	+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	4:23.89	+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	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Event 23, Men, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
28.	Federico MESTRONI	99		Benfica	4:24.13	+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	4:27.24	+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	4:32.64	+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			

Event 23

01/04/2023 - 9:00

Boys, 400m Freestyle

Juvenis
Results Prelim

Rec Nac Open	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 Open: 3:46.78 / CEJun_Masc 15 - 18: 4:01.28 / TAC 50m: 4:36.51 - 25m: 4:26.12

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
1.	Francisco Goya PERLOIRO	07		Benfica	4:16.60	+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	4:16.99	+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	4:21.39	+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	4:22.20	+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	4:22.21	+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	4:22.68	+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	4:22.81	+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	4:23.55	+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

Event 23, Boys, 400m Freestyle, Prelim, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	
9.	Afonso Dinis ROQUE	07		Nautico de Leiria	4:24.09	+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	4:24.58	+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	4:26.41	+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	4:27.21	+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	4:28.18	+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	4:28.55	+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	4:29.99	+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	4:30.05	+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	4:30.23	+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	4:30.47	+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	4:31.31	+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	4:32.32	+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	4:32.73	+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	4:32.88	+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	4:33.17	+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	

Event 23, Boys, 400m Freestyle, Prelim, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
24.	Marco Dimitar OLIVEIRA	07		Nautico Academico	4:34.04	+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	4:34.19	+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	4:34.44	+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	4:34.53	+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	4:34.96	+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	4:35.11	+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	4:35.68	+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	4:37.40	+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	4:39.53	+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	4:40.65	+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	4:41.21	+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	4:41.87	+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	4:42.13	+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 Fragoso MEDEIROS	08		Porto			

Event 23, Men, 400m Freestyle, Prelim

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
EXH	Marco Ribeiro MENESES	01	S11 T	O Crasto	4:47.20	+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

ORGANIZAÇÃO 		PARCEIROS INSTITUCIONAIS LOCAIS 			
PATROCINADOR PRINCIPAL 	PATROCINADOR OFICIAL 	PARCEIROS INSTITUCIONAIS 		PARCEIROS 	