

**Event 19** **Absolutos**  
**31/03/2023 - 17:44** **Startlist Finals**  
**Men, 400m Medley**

Rec Nac Open	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	Jose Paulo LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	Joao Alexandre VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	Joao Alexandre VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	Joao Alexandre VITAL	POR	Utrecht (NED)	16/07/2013

JO Open: 4:12.50 / CMPL Sen: 4:17.48 / CESub23 19 - 23: 4:21.34 / CEJun\_Masc 15 - 18: 4:33.58 / TAC Sen 50m: 4:49.87 - 25m: 4:40.54; Jun 50m: 4:58.57 - 25m: 4:48.96; Juv 50m: 5:13.06 - 25m: 5:02.98

Pista	Nome	YB	Clube	Tp inscrição	
<b>Final A, Open, 17:44</b>					
0	Luis Galvao GOUVEIA	05	Desportivo Nacional	4:46.64	_:._.:
1	Vasco Alves MORGADO	05	Alges	4:42.62	_:._.:
2	Diogo Santos CARDOSO	01	Sporting	4:40.93	_:._.:
3	Afonso Carvalho SILVA	05	Famalicao	4:37.94	_:._.:
4	Jose Paulo LOPES	00	Braga	4:34.80	_:._.:
5	Lucas Pereira BASTOS	00	Nautico Academico	4:37.44	_:._.:
6	Yury FOMIN	06	Louletano / Loule Concelho	4:40.27	_:._.:
7	Porfirio Braga NUNES	00	Porto	4:41.20	_:._.:
8	Tiago Roberto CORDEIRO	00	Benfica	4:45.14	_:._.:
9	Bernardo Jorge SIMOES	04	Belenenses	4:47.17	_:._.:

<b>Final B, Open, 17:50</b>					
0	Rodrigo Reis RODRIGUES	04	Sao Roque	4:54.61	_:._.:
1	David Ferreira RELVAS	03	Nautico Marinha Grande	4:54.35	_:._.:
2	Miguel Salomao TRISTAO	04	Academica de Coimbra	4:53.33	_:._.:
3	Nicolas Filip MONTFORT	05	Alges	4:49.19	_:._.:
4	Mark ZHUKOV	06	Braga	4:47.20	_:._.:
5	Kaio Araujo FAFTINE	06	Sporting	4:47.28	_:._.:
6	Goncalo Duarte CARVALHO	05	Benfica	4:53.21	_:._.:
7	Ruben Ferreira PAIVA	05	Sanjoanense/FEPSA	4:54.24	_:._.:
8	Dinis Miranda DIOGO	04	Nautico Academico	4:54.57	_:._.:
9	Miguel Alves FERNANDES	05	Viana Natacao	4:57.52	_:._.:

<b>Reserves, Open</b>					
	Joao Guilherme ARAUJO	03	Natacao da Maia	4:58.35	_:._.:
	Tiago Almeida CORREIA	06	Natacao do Montijo	4:59.68	_:._.:

Event 19, Men, 400m Medley, Final

Final, Juvenis, 17:56

0	Mikhael ONUTSKYY	08	Pimpoes/Cimai	5:05.62	___:___:___
1	Joao Dinis ROQUE	07	Sporting	5:02.15	___:___:___
2	Francisco Marques SIMOES	07	Nautico de Leiria	5:00.39	___:___:___
3	Guilherme Costa SOARES	08	Vilacondense	4:59.54	___:___:___
4	Renato Gouveia TEIXEIRA	07	Foca Quinta da Lixa CNF	4:48.82	___:___:___
5	Leonardo Conceicao REIS	07	Sporting	4:58.69	___:___:___
6	Filipe Manso LARANJO	07	Desportiva de Viana	5:00.25	___:___:___
7	Joao Francisco ALMEIDA	07	Naval do Funchal	5:01.29	___:___:___
8	Tomas Pinto PEIXOTO	08	Porto	5:03.54	___:___:___
9	Rafael Pacheco GODINHO	07	Sporting	5:06.88	___:___:___

Reserves, Juvenis

	Tomas Rocha DORES	07	Colegio Efanor	5:07.55	___:___:___
	Gil Afonso RODRIGUES	07	Fluvial Portuense	5:07.93	___:___:___