

Event 23 Men, 400m Freestyle Absolutos  
01/04/2023 - 9:00 Startlist 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	Helsinquia (FIN)	14/07/2010
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 / 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; Juv 50m: 4:36.51 - 25m: 4:26.12

Pista	Nome	Classe	C excep	YB	NFed	Clube	Tp inscrição
<b>Heat 1 of 7, 9:00</b>							
0	Eugenio MELNYK			07	206440	Rio Maior	4:36.07 50m ____:____.____
1	Luis Pedro GONCALVES			08	146966	Braga	4:26.00 25m ____:____.____
2	Tiago Miguel COSTA			07	203150	Portinado	4:25.83 25m ____:____.____
3	Paulo Jorge OLIVEIRA			08	205716	Estarreja/PROZINCO	4:25.32 25m ____:____.____
4	Andre Leitao COSTA			07	201806	Fafe	4:34.32 50m ____:____.____
5	Eduardo Miguel LIMA			08	201133	Foca Quinta da Lixa CNF	4:34.98 50m ____:____.____
6	Miguel Lourenco VELHINHO			07	207677	Lagoa AC	4:25.82 25m ____:____.____
7	Paulo Tiago VALES			07	201752	Porto	4:35.65 50m ____:____.____
8	Eduardo Sousa SARAGOCA			07	200623	Viana Natacao	4:26.05 25m ____:____.____
EXH 9	Marco Ribeiro MENESES	S11	T	01	204993	O Crasto	4:44.29 50m ____:____.____

<b>Heat 2 of 7, 9:05</b>							
0	Guilherme Simoes SOUSA			08	202988	Nautico Academico	4:33.90 50m ____:____.____
1	Marco Dimitar OLIVEIRA			07	209588	Nautico Academico	4:33.46 50m ____:____.____
2	Luis Filipe CARVALHO			07	132279	Naval Povoense	4:32.83 50m ____:____.____
3	R. FERNANDES			08	205881	Colegio Monte Maior	4:31.80 50m ____:____.____
4	Guilherme Corte COSTA			07	132693	Desportivo Nacional	4:21.53 25m ____:____.____
5	Joao Pedro CARAPINHA			07	205576	Uniao Piedense	4:31.31 50m ____:____.____
6	Daniel Casaca CARVALHO			07	205098	Colegio Vasco da Gama	4:32.18 50m ____:____.____
7	Afonso Miguel NOGUEIRA			07	200633	Braga	4:23.38 25m ____:____.____
8	Goncalo Andre FERREIRA			07	151733	Ginasio de Vila Real	4:23.96 25m ____:____.____
9	Goncalo Augusto SOARES			08	206424	Porto	4:34.18 50m ____:____.____

<b>Heat 3 of 7, 9:10</b>							
0	Tomas Pinto PEIXOTO			08	203354	Porto	4:21.16 25m ____:____.____
1	Miguel Braga GOMES			07	207816	Sporting	4:29.68 50m ____:____.____
2	Duarte Cachulo MARQUES			07	205589	Condeixa Clube	4:28.33 50m ____:____.____
3	Guilherme Costa SOARES			08	201093	Vilacondense	4:16.94 25m ____:____.____
4	Martim Alexandre SILVA			07	132742	Columbifila Cantanhedense	4:24.95 50m ____:____.____
5	Miguel Guedes FERREIRA			07	205181	Porto	4:25.43 50m ____:____.____
DNS6	Miguel Fragozo MEDEIROS			08	200778	Porto	4:18.55 25m ____:____.____
7	Francisco Xavier RITA			07	205310	Vieirense	4:29.12 50m ____:____.____
8	Guilherme Mahua SOARES			07	200790	Porto	4:20.83 25m ____:____.____
9	Tiago Andre CANELAS			08	200358	Fluvial Portuense	4:31.20 50m ____:____.____

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

### Heat 4 of 7, 9:15

0	Axel Guedes ASMAR	07	207810 Sporting	4:23.08	50m	_____
1	Antonio Miguel COSTA	07	202259 Fafe	4:22.64	50m	_____
2	Joao Pedro TORRES	05	127551 Porto	4:21.89	50m	_____
3	Duarte Ramos NUNES	07	131915 Galitos / Bresimar	4:19.47	50m	_____
4	Afonso Dinis ROQUE	07	205541 Nautico de Leiria	4:18.94	50m	_____
5	Alexandre MORARI	07	206445 Rio Maior	4:19.16	50m	_____
6	Jose Maria TEMUDO	06	206962 Rio Maior	4:21.69	50m	_____
7	Milan Santos JEVIC	06	132777 Braga	4:21.93	50m	_____
8	Eduardo Nuno FARIA	06	200280 Braga	4:13.46	25m	_____
9	Rodrigo Costa BORGES	07	133190 Fluvial Portuense	4:23.95	50m	_____

### Heat 5 of 7, 9:25

0	Tomas Nunes ROQUE	06	132472 Benfica	4:16.22	50m	_____
1	Alexandre Ramos GONCALVES	05	128601 Sao Joao Ver	4:16.07	50m	_____
2	Federico MESTRONI	99	219323 Benfica	4:06.22	25m	_____
3	Afonso Martim LEITE	05	127335 Foca Quinta da Lixa CNF	4:15.22	50m	_____
4	Francisco Couto FRAZAO	06	131112 Uniao Coimbra	4:15.02	50m	_____
5	Joao Maria SOUSA	05	130462 Braga	4:15.11	50m	_____
6	Raul Sousa ANSELMO	05	130950 Bombeiros de Ponta Delgada	4:06.23	25m	_____
7	G. BAPTISTA	06	153381 Benfica	4:06.62	25m	_____
8	Filipe Manso LARANJO	07	202281 Desportiva de Viana	4:07.04	25m	_____
9	Bruno Silva LOUREIRO	06	129872 Porto	4:17.53	50m	_____

### Heat 6 of 7, 9:30

0	Goncalo Renato CARVALHO	04	127586 Porto	4:14.29	50m	_____
1	Bernardo Jorge SIMOES	04	130250 Belenenses	4:12.88	50m	_____
2	Nicolas Filip MONTFORT	05	217266 Alges	4:01.40	25m	_____
3	Afonso Filipe COSTA	03	126380 Louzan Natacao/EFAPEL	4:06.08	50m	_____
4	Gustavo Pires MARQUES	04	124443 Uniao Coimbra	3:59.76	50m	_____
5	Francisco Rodriguez AMARAL	02	122608 Porto	4:02.79	50m	_____
6	Salvador Goya PERLOIRO	05	200474 Benfica	4:07.21	50m	_____
7	Yury FOMIN	06	208159 Louletano / Loule Concelho	4:10.73	50m	_____
8	Miguel Costa SIMOES	04	132350 Uniao Piedense	4:04.24	25m	_____
9	Diogo Alexandre OLIVEIRA	05	130414 Naval do Funchal	4:05.48	25m	_____

### Heat 7 of 7, 9:35

0	Tomas Maia JANUARIO	06	202694 Benfica	4:13.69	50m	_____
1	Filipe Santos CARDOSO	04	130500 Gafanha da Encarnacao	4:11.26	50m	_____
2	Rui Silva PEREIRA	08	205327 Colegio Monte Maior	4:01.42	25m	_____
3	Lucas Pereira BASTOS	00	117492 Nautico Academico	3:55.85	25m	_____
4	Jose Paulo LOPES	00	117924 Braga	3:42.57	25m	_____
5	Bernardo Victorino ALMEIDA	04	153357 Sporting	3:51.53	25m	_____
DNS6	Tomas Amor SARREIRA	05	132117 Nautico Marinha Grande	3:58.24	25m	_____
7	Francisco Goya PERLOIRO	07	200473 Benfica	4:10.61	50m	_____
8	Henrique Silva MASCARENHAS	01	212154 Fluvial Portuense	4:04.13	25m	_____
9	Guilherme Maia CARDOSO	05	129393 Columbofila Cantanhedense	4:14.56	50m	_____