

Prova 2 Absolutos
23/07/2026 - 18:16 Resultados

RN 50m Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RN 50m Sen	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RN 50m Jun 18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	28/07/2018
RN 50m Jun 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010
RN 50m Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
RN 50m Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29/07/2006

Pontos: AQUA 2026

Lugar Nome Ano Nac Clube TFinal TReac AQUA

Juvenis

1. MIMOSO, Renato Ferreira	10	POR	Benfica	4:09.67	+0,67	683
50m: 27.94 27.94	150m: 1:29.37 30.72	250m: 2:32.60 31.19	350m: 3:37.72 32.23			
100m: 58.65 30.71	200m: 2:01.41 32.04	300m: 3:05.49 32.89	400m: 4:09.67 31.95			
2. ALPOIM, Diogo Corte-Real	11	POR	Viana Natacao	4:14.12	+0,66	648
50m: 28.33 28.33	150m: 1:32.44 32.11	250m: 2:37.82 32.87	350m: 3:43.15 32.47			
100m: 1:00.33 32.00	200m: 2:04.95 32.51	300m: 3:10.68 32.86	400m: 4:14.12 30.97			
3. MONTEIRO, Afonso Carvalho	10	POR	Famalicão	4:15.10	+0,71	641
50m: 29.01 29.01	150m: 1:32.58 32.32	250m: 2:37.84 32.50	350m: 3:43.62 32.81			
100m: 1:00.26 31.25	200m: 2:05.34 32.76	300m: 3:10.81 32.97	400m: 4:15.10 31.48			
4. SILVA, Hugo Ferreira	11	POR	Aac	4:15.51	+0,69	637
50m: 28.99 28.99	150m: 1:32.82 32.48	250m: 2:38.79 33.01	350m: 3:44.46 32.60			
100m: 1:00.34 31.35	200m: 2:05.78 32.96	300m: 3:11.86 33.07	400m: 4:15.51 31.05			
5. SANTOS, Andre Ferreira	10	POR	Academico Viseu Futebol Clube	4:16.85	+0,68	628
50m: 29.11 29.11	150m: 1:33.64 32.67	250m: 2:39.45 32.47	350m: 3:45.12 32.30			
100m: 1:00.97 31.86	200m: 2:06.98 33.34	300m: 3:12.82 33.37	400m: 4:16.85 31.73			
6. PAULO, Bernardo Goncalves	11	POR	União Piedense	4:20.20	+0,71	604
50m: 29.16 29.16	150m: 1:33.84 32.65	250m: 2:40.38 33.43	350m: 3:47.30 33.41			
100m: 1:01.19 32.03	200m: 2:06.95 33.11	300m: 3:13.89 33.51	400m: 4:20.20 32.90			
7. PEREIRA, Guilherme Valente	10	POR	ADRCCI Monte Maior	4:21.05	+0,79	598
50m: 30.43 30.43	150m: 1:36.38 33.05	250m: 2:42.38 33.05	350m: 3:48.56 32.89			
100m: 1:03.33 32.90	200m: 2:09.33 32.95	300m: 3:15.67 33.29	400m: 4:21.05 32.49			
8. SOUSA, Diogo Rodrigues	10	POR	Sport Alges e Dafundo	4:21.54	+0,77	594
50m: 29.47 29.47	150m: 1:35.95 33.86	250m: 2:43.03 33.03	350m: 3:50.54 33.41			
100m: 1:02.09 32.62	200m: 2:10.00 34.05	300m: 3:17.13 34.10	400m: 4:21.54 31.00			
9. DIAS, Rodrigo Ferrao	10	POR	Sporting	4:21.61	+0,74	594
50m: 29.66 29.66	150m: 1:36.09 33.61	250m: 2:43.74 33.56	350m: 3:50.19 32.54			
100m: 1:02.48 32.82	200m: 2:10.18 34.09	300m: 3:17.65 33.91	400m: 4:21.61 31.42			
10. RIBEIRO, Dinis Aresta	10	POR	Sporting	4:22.17	+0,70	590
50m: 29.45 29.45	150m: 1:35.39 33.32	250m: 2:42.57 33.60	350m: 3:49.56 33.27			
100m: 1:02.07 32.62	200m: 2:08.97 33.58	300m: 3:16.29 33.72	400m: 4:22.17 32.61			
11. VALENTE, Santiago Vagos	11	POR	Galitos / Bresimar	4:25.14	+0,75	570
50m: 30.05 30.05	150m: 1:36.01 33.41	250m: 2:44.35 33.79	350m: 3:52.48 33.75			
100m: 1:02.60 32.55	200m: 2:10.56 34.55	300m: 3:18.73 34.38	400m: 4:25.14 32.66			
12. PENSO, Tiago Daniel	11	POR	Gcwr	4:26.35	+0,67	563
50m: 28.72 28.72	150m: 1:35.91 34.26	250m: 2:45.02 34.95	350m: 3:53.89 34.25			
100m: 1:01.65 32.93	200m: 2:10.07 34.16	300m: 3:19.64 34.62	400m: 4:26.35 32.46			

Prova 2, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
13.	SILVA, Joao Nascimento	11	POR	Porto	4:26.71	+0,68	560
	50m: 30.11 30.11	150m: 1:37.02	33.90	250m: 2:44.71	34.19	350m: 3:53.28	34.20
	100m: 1:03.12 33.01	200m: 2:10.52	33.50	300m: 3:19.08	34.37	400m: 4:26.71	33.43
14.	DIOGO, Vicente Abrantes	11	POR	Columbofila Cantanhedense	4:26.90	+0,68	559
	50m: 29.41 29.41	150m: 1:36.43	34.06	250m: 2:45.15	34.28	350m: 3:54.12	34.36
	100m: 1:02.37 32.96	200m: 2:10.87	34.44	300m: 3:19.76	34.61	400m: 4:26.90	32.78
15.	PATO, Tiago Filipe	11	POR	Sport Alges e Dafundo	4:27.15	+0,74	558
	50m: 29.15 29.15	150m: 1:36.53	34.43	250m: 2:46.18	34.97	350m: 3:54.56	33.91
	100m: 1:02.10 32.95	200m: 2:11.21	34.68	300m: 3:20.65	34.47	400m: 4:27.15	32.59
16.	ARAUJO, Dinis Goncalves	10	POR	Cnac	4:28.11	+0,69	552
	50m: 28.96 28.96	150m: 1:33.39	32.68	250m: 2:41.59	34.59	350m: 3:52.87	36.02
	100m: 1:00.71 31.75	200m: 2:07.00	33.61	300m: 3:16.85	35.26	400m: 4:28.11	35.24
17.	PEREIRA, Rodrigo Cerquido	11	POR	Colegio Efanor	4:28.30	+0,69	551
	50m: 28.73 28.73	150m: 1:33.35	33.13	250m: 2:42.96	35.03	350m: 3:53.90	35.57
	100m: 1:00.22 31.49	200m: 2:07.93	34.58	300m: 3:18.33	35.37	400m: 4:28.30	34.40
18.	OLAS, Tiago Joao	10	POR	Academico Viseu Futebol Clube	4:28.52	+0,80	549
	50m: 30.68 30.68	150m: 1:38.05	33.99	250m: 2:46.10	34.16	350m: 3:55.25	34.35
	100m: 1:04.06 33.38	200m: 2:11.94	33.89	300m: 3:20.90	34.80	400m: 4:28.52	33.27
19.	ROQUE, Martim Duarte	11	POR	CNLeiria - VOID	4:29.75	+0,69	542
	50m: 30.20 30.20	150m: 1:37.85	34.21	250m: 2:47.37	34.75	350m: 3:57.17	34.74
	100m: 1:03.64 33.44	200m: 2:12.62	34.77	300m: 3:22.43	35.06	400m: 4:29.75	32.58
20.	REIS, Tomas Domingues	10	POR	Fluvial Portuense	4:30.34	+0,70	538
	50m: 30.11 30.11	150m: 1:37.52	34.00	250m: 2:47.14	34.72	350m: 3:56.79	34.70
	100m: 1:03.52 33.41	200m: 2:12.42	34.90	300m: 3:22.09	34.95	400m: 4:30.34	33.55
21.	RAMOS, Aron Coelho	11	POR	Vilacondense	4:30.43		538
	50m: 30.34 30.34	150m: 1:39.44	35.48	250m: 2:47.90	33.92	350m: 3:56.95	34.89
	100m: 1:03.96 33.62	200m: 2:13.98	34.54	300m: 3:22.06	34.16	400m: 4:30.43	33.48
22.	VEDKAL, Arseniy	10	POR	Braga	4:31.16		533
	50m: 29.53 29.53	150m: 1:36.82	34.30	250m: 2:46.69	35.08	350m: 3:57.40	35.52
	100m: 1:02.52 32.99	200m: 2:11.61	34.79	300m: 3:21.88	35.19	400m: 4:31.16	33.76
23.	LULAK, Tiago Malhador	10	POR	Louletano / Loule Aqui e Agora	4:31.56		531
	50m: 28.66 28.66	150m: 1:35.41	34.23	250m: 2:45.41	35.34	350m: 3:57.37	36.64
	100m: 1:01.18 32.52	200m: 2:10.07	34.66	300m: 3:20.73	35.32	400m: 4:31.56	34.19
24.	TOMAS, Rodrigo Cardoso	10	POR	Alcobaca	4:31.69	+0,68	530
	50m: 29.08 29.08	150m: 1:35.92	33.92	250m: 2:45.67	34.84	350m: 3:56.43	35.39
	100m: 1:02.00 32.92	200m: 2:10.83	34.91	300m: 3:21.04	35.37	400m: 4:31.69	35.26
25.	DINIS, Bernardo Bento	11	POR	Condeixa Aqua Clube	4:31.91	+0,75	529
	50m: 30.58 30.58	150m: 1:37.84	33.97	250m: 2:47.41	34.93	350m: 3:57.94	35.24
	100m: 1:03.87 33.29	200m: 2:12.48	34.64	300m: 3:22.70	35.29	400m: 4:31.91	33.97
26.	SALGUEIRO, Tiago Filipe	10	POR	Viana Natacao	4:33.64	+0,73	519
	50m: 30.82 30.82	150m: 1:39.30	34.91	250m: 2:49.21	34.93	350m: 3:59.44	35.31
	100m: 1:04.39 33.57	200m: 2:14.28	34.98	300m: 3:24.13	34.92	400m: 4:33.64	34.20

Prova 2, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
27.	FERNANDES, Gustavo Rolim	11	POR	Colegio Efanor	4:34.17	+0,72	516
	50m: 30.56 30.56	150m: 1:37.70	34.51	250m: 2:47.92	35.72	350m: 3:59.73	36.21
	100m: 1:03.19 32.63	200m: 2:12.20	34.50	300m: 3:23.52	35.60	400m: 4:34.17	34.44
28.	CARNEIRO, Tiago Alexandre	11	POR	Porto	4:34.49	+0,64	514
	50m: 30.44 30.44	150m: 1:37.78	34.18	250m: 2:48.52	35.70	350m: 3:59.73	35.00
	100m: 1:03.60 33.16	200m: 2:12.82	35.04	300m: 3:24.73	36.21	400m: 4:34.49	34.76
29.	COELHO, Francisco Pimentel	11	POR	Benfica	4:34.70	+0,76	513
	50m: 29.94 29.94	150m: 1:37.90	34.80	250m: 2:48.59	35.64	350m: 4:00.09	35.38
	100m: 1:03.10 33.16	200m: 2:12.95	35.05	300m: 3:24.71	36.12	400m: 4:34.70	34.61
30.	FREITAS, Daniel Nunes	11	POR	Columbofila Cantanhedense	4:35.80	+0,89	507
	50m: 31.00 31.00	150m: 1:39.84	34.84	250m: 2:51.18	35.67	350m: 4:02.33	35.49
	100m: 1:05.00 34.00	200m: 2:15.51	35.67	300m: 3:26.84	35.66	400m: 4:35.80	33.47
31.	COSTA, Joao Guilherme	11	POR	Porto	4:35.90		506
	50m: 30.48 30.48	150m: 1:39.71	35.45	250m: 2:50.34	35.21	350m: 4:01.71	35.87
	100m: 1:04.26 33.78	200m: 2:15.13	35.42	300m: 3:25.84	35.50	400m: 4:35.90	34.19
32.	FERNANDES, Simao Pascoal	11	POR	ADRCCI Monte Maior	4:36.18		505
	50m: 29.71 29.71	150m: 1:37.11	34.51	250m: 2:47.65	35.35	350m: 4:00.08	36.56
	100m: 1:02.60 32.89	200m: 2:12.30	35.19	300m: 3:23.52	35.87	400m: 4:36.18	36.10
33.	SILVA, Alexandre Antonio	11	POR	Naval Do Funchal	4:40.56	+0,69	481
	50m: 29.96 29.96	150m: 1:40.12	35.97	250m: 2:52.61	36.30	350m: 4:05.60	36.28
	100m: 1:04.15 34.19	200m: 2:16.31	36.19	300m: 3:29.32	36.71	400m: 4:40.56	34.96
34.	RODRIGUES, Joao Marcelino	11	POR	Sporting	4:41.30	+0,81	478
	50m: 31.57 31.57	150m: 1:42.17	35.74	250m: 2:53.33	35.67	350m: 4:06.31	36.38
	100m: 1:06.43 34.86	200m: 2:17.66	35.49	300m: 3:29.93	36.60	400m: 4:41.30	34.99
35.	PINHO, Pedro Nuno	11	POR	Porto	4:41.35	+0,74	477
	50m: 31.47 31.47	150m: 1:41.53	35.75	250m: 2:53.75	36.38	350m: 4:06.34	36.42
	100m: 1:05.78 34.31	200m: 2:17.37	35.84	300m: 3:29.92	36.17	400m: 4:41.35	35.01
36.	MENDES, Tome Pargana	11	POR	União Piedense	4:42.17	+0,64	473
	50m: 30.97 30.97	150m: 1:42.16	36.29	250m: 2:54.21	36.42	350m: 4:06.80	36.15
	100m: 1:05.87 34.90	200m: 2:17.79	35.63	300m: 3:30.65	36.44	400m: 4:42.17	35.37

Juniores

1.	MEDEIROS, Miguel Fragoso	08	POR	Vitória Sport Clube	4:00.62	+0,74	763
	50m: 27.96 27.96	150m: 1:28.02	30.22	250m: 2:28.75	30.58	350m: 3:30.39	30.71
	100m: 57.80 29.84	200m: 1:58.17	30.15	300m: 2:59.68	30.93	400m: 4:00.62	30.23
2.	REIS, Diogo Damasceno	09	POR	Sporting	4:10.43	+0,69	677
	50m: 27.42 27.42	150m: 1:29.68	31.31	250m: 2:33.62	31.96	350m: 3:38.73	32.40
	100m: 58.37 30.95	200m: 2:01.66	31.98	300m: 3:06.33	32.71	400m: 4:10.43	31.70
3.	CANELAS, Tiago Andre	08	POR	Porto	4:11.43		669
	50m: 28.88 28.88	150m: 1:31.66	31.64	250m: 2:35.98	32.05	350m: 3:40.56	32.20
	100m: 1:00.02 31.14	200m: 2:03.93	32.27	300m: 3:08.36	32.38	400m: 4:11.43	30.87
4.	LIMA, Eduardo Miguel	08	POR	FOCA Quinta Da Lixa - Cnf	4:13.62	+0,71	652
	50m: 28.38 28.38	150m: 1:32.06	32.43	250m: 2:36.95	32.17	350m: 3:42.27	32.47
	100m: 59.63 31.25	200m: 2:04.78	32.72	300m: 3:09.80	32.85	400m: 4:13.62	31.35

Prova 2, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
5.	GASPAR, Joao Nuno	09	POR	Condeixa Aqua Clube	4:14.68	+0,72	644
	50m: 28.01 28.01	150m: 1:31.15	32.01	250m: 2:37.00	33.06	350m: 3:43.98	33.60
	100m: 59.14 31.13	200m: 2:03.94	32.79	300m: 3:10.38	33.38	400m: 4:14.68	30.70
6.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:16.07		633
	50m: 28.85 28.85	150m: 1:32.07	32.03	250m: 2:36.81	32.20	350m: 3:42.97	33.11
	100m: 1:00.04 31.19	200m: 2:04.61	32.54	300m: 3:09.86	33.05	400m: 4:16.07	33.10
7.	MONIZ, Rafael Lin	09	POR	Palmela Desporto	4:16.70	+0,71	629
	50m: 28.88 28.88	150m: 1:32.59	32.18	250m: 2:38.17	32.86	350m: 3:44.72	33.44
	100m: 1:00.41 31.53	200m: 2:05.31	32.72	300m: 3:11.28	33.11	400m: 4:16.70	31.98
8.	FERREIRA, Andre Bernardes	09	POR	Fluvial Portuense	4:17.08	+0,65	626
	50m: 28.63 28.63	150m: 1:32.74	32.15	250m: 2:38.18	32.39	350m: 3:44.83	33.40
	100m: 1:00.59 31.96	200m: 2:05.79	33.05	300m: 3:11.43	33.25	400m: 4:17.08	32.25
9.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:19.39	+0,69	609
	50m: 28.64 28.64	150m: 1:32.40	32.44	250m: 2:38.98	33.46	350m: 3:46.29	33.25
	100m: 59.96 31.32	200m: 2:05.52	33.12	300m: 3:13.04	34.06	400m: 4:19.39	33.10
10.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:20.10	+0,85	604
	50m: 28.81 28.81	150m: 1:34.04	33.09	250m: 2:41.03	33.55	350m: 3:47.52	33.50
	100m: 1:00.95 32.14	200m: 2:07.48	33.44	300m: 3:14.02	32.99	400m: 4:20.10	32.58
11.	OLIVEIRA, Jose Pedro	09	POR	Tubaroes de Gaia	4:20.15		604
	50m: 29.68 29.68	150m: 1:34.57	32.56	250m: 2:40.92	33.19	350m: 3:48.15	33.59
	100m: 1:02.01 32.33	200m: 2:07.73	33.16	300m: 3:14.56	33.64	400m: 4:20.15	32.00
12.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:20.16		604
	50m: 28.56 28.56	150m: 1:33.19	32.82	250m: 2:39.13	32.57	350m: 3:46.17	34.14
	100m: 1:00.37 31.81	200m: 2:06.56	33.37	300m: 3:12.03	32.90	400m: 4:20.16	33.99
13.	SAMPAIO, Rafael Rui	09	POR	Famalicão	4:27.06	+0,79	558
	50m: 29.41 29.41	150m: 1:36.04	34.11	250m: 2:45.23	34.93	350m: 3:54.42	34.88
	100m: 1:01.93 32.52	200m: 2:10.30	34.26	300m: 3:19.54	34.31	400m: 4:27.06	32.64

Seniores

1.	BORGES, Rodrigo Costa	07	POR	Porto	3:58.88	+0,63	780
	50m: 27.78 27.78	150m: 1:27.85	30.30	250m: 2:29.01	30.66	350m: 3:29.84	30.09
	100m: 57.55 29.77	200m: 1:58.35	30.50	300m: 2:59.75	30.74	400m: 3:58.88	29.04
2.	RIBEIRO, Gustavo Carvalhais	03	POR	Benfica	4:00.71	+0,75	763
	50m: 27.79 27.79	150m: 1:27.28	29.93	250m: 2:28.94	31.07	350m: 3:31.21	30.89
	100m: 57.35 29.56	200m: 1:57.87	30.59	300m: 3:00.32	31.38	400m: 4:00.71	29.50
3.	LARANJO, Filipe Manso	07	POR	Braga	4:01.30		757
	50m: 27.70 27.70	150m: 1:27.59	30.23	250m: 2:29.10	30.90	350m: 3:30.94	30.92
	100m: 57.36 29.66	200m: 1:58.20	30.61	300m: 3:00.02	30.92	400m: 4:01.30	30.36
4.	SIMÕES, Bernardo Jorge	04	POR	Os Belenenses	4:03.49	+0,71	737
	50m: 28.07 28.07	150m: 1:29.18	30.92	250m: 2:31.15	30.91	350m: 3:32.84	30.48
	100m: 58.26 30.19	200m: 2:00.24	31.06	300m: 3:02.36	31.21	400m: 4:03.49	30.65
5.	FREITAS, Afonso Bjork	07	POR	Nacional de Natação	4:05.93	+0,73	715
	50m: 27.91 27.91	150m: 1:28.77	30.48	250m: 2:31.15	31.32	350m: 3:34.20	31.96
	100m: 58.29 30.38	200m: 1:59.83	31.06	300m: 3:02.24	31.09	400m: 4:05.93	31.73

Prova 2, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
6.	LOUREIRO, Bruno Silva	06	POR	Porto	4:05.97	+0,66	715
	50m: 27.83 27.83	150m: 1:29.40	31.21	250m: 2:31.96	31.24	350m: 3:35.42	31.91
	100m: 58.19 30.36	200m: 2:00.72	31.32	300m: 3:03.51	31.55	400m: 4:05.97	30.55
7.	ASMAR, Axel Guedes	07	POR	Sporting	4:07.08	+0,62	705
	50m: 27.98 27.98	150m: 1:30.16	31.29	250m: 2:33.45	31.54	350m: 3:36.35	31.40
	100m: 58.87 30.89	200m: 2:01.91	31.75	300m: 3:04.95	31.50	400m: 4:07.08	30.73
8.	SARREIRA, Tomas Amor	05	POR	Porto	4:08.07	+0,77	697
	50m: 28.92 28.92	150m: 1:31.54	31.54	250m: 2:34.55	31.54	350m: 3:37.35	31.21
	100m: 1:00.00 31.08	200m: 2:03.01	31.47	300m: 3:06.14	31.59	400m: 4:08.07	30.72
9.	MORGADO, Vasco Alves	05	POR	Sport Alges e Dafundo	4:08.10		696
	50m: 27.53 27.53	150m: 1:28.24	30.65	250m: 2:30.73	31.50	350m: 3:36.07	32.87
	100m: 57.59 30.06	200m: 1:59.23	30.99	300m: 3:03.20	32.47	400m: 4:08.10	32.03
10.	COSTA, Andre Leitao	07	POR	Braga	4:10.62	+0,70	676
	50m: 28.40 28.40	150m: 1:30.84	31.43	250m: 2:34.63	31.92	350m: 3:38.69	32.07
	100m: 59.41 31.01	200m: 2:02.71	31.87	300m: 3:06.62	31.99	400m: 4:10.62	31.93
11.	MARQUES, Joao Ferreira	06	POR	Aac	4:14.64	+0,68	644
	50m: 28.20 28.20	150m: 1:31.41	32.57	250m: 2:36.67	32.72	350m: 3:42.71	33.16
	100m: 58.84 30.64	200m: 2:03.95	32.54	300m: 3:09.55	32.88	400m: 4:14.64	31.93
12.	SILVA, Afonso Carvalho	05	POR	Famalicão	4:18.59	+0,60	615
	50m: 28.16 28.16	150m: 1:31.80	32.30	250m: 2:37.13	32.99	350m: 3:44.49	33.68
	100m: 59.50 31.34	200m: 2:04.14	32.34	300m: 3:10.81	33.68	400m: 4:18.59	34.10
EXH	PADRE, David Alberto	08	ANG	Rio Maior	4:17.70		621
	50m: 28.59 28.59	150m: 1:33.03	32.76	250m: 2:39.26	33.34	350m: 3:45.73	33.47
	100m: 1:00.27 31.68	200m: 2:05.92	32.89	300m: 3:12.26	33.00	400m: 4:17.70	31.97
EXH	HALIKA, Eithan	09	ISR	Porto	4:20.69		600
	50m: 29.53 29.53	150m: 1:35.87	33.45	250m: 2:43.17	33.71	350m: 3:50.24	33.40
	100m: 1:02.42 32.89	200m: 2:09.46	33.59	300m: 3:16.84	33.67	400m: 4:20.69	30.45
EXH	DESOUSA, Ryan Lukas	11	POR	ACSintra	4:29.96	+0,72	540
	50m: 29.50 29.50	150m: 1:36.64	34.43	250m: 2:46.33	35.28	350m: 3:56.59	35.20
	100m: 1:02.21 32.71	200m: 2:11.05	34.41	300m: 3:21.39	35.06	400m: 4:29.96	33.37
EXH	BELEZAS, Ricardo Andrade	91	POR	Os Belenenses	4:37.19		499
	50m: 30.77 30.77	150m: 1:39.25	34.63	250m: 2:50.43	35.83	350m: 4:02.12	35.72
	100m: 1:04.62 33.85	200m: 2:14.60	35.35	300m: 3:26.40	35.97	400m: 4:37.19	35.07
EXH	HALABI, Yair Verman	11	ISR	Porto	4:38.98	+0,73	490
	50m: 29.36 29.36	150m: 1:37.60	34.71	250m: 2:49.75	36.59	350m: 4:03.56	36.93
	100m: 1:02.89 33.53	200m: 2:13.16	35.56	300m: 3:26.63	36.88	400m: 4:38.98	35.42
EXH	MENESES, Marco Ribeiro	01	POR	O Crasto	4:49.64	+0,76	437
	50m: 32.28 32.28	150m: 1:45.10	36.75	250m: 2:59.15	36.67	350m: 4:14.09	37.28
	100m: 1:08.35 36.07	200m: 2:22.48	37.38	300m: 3:36.81	37.66	400m: 4:49.64	35.55