

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19
14/06/2026 - 10:05

Masc., 200m Livres

Infantil
Resultados

MASC Inf B: 2:53.50; Inf A: 2:47.50

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Tomas Pereira Ferreira	12	Portugal	2:10.03	482	
	100m: 1:03.44 200m: 2:10.03					
2.	Tiago Carvalho Pinto	12	Portugal	2:10.23	480	
	50m: 29.77 100m: 1:02.45 150m: 1:36.84 200m: 2:10.23					
3.	Guilherme Pereira Sousa	12	Portugal	2:12.03	461	
	50m: 29.06 100m: 1:03.16 150m: 1:38.49 200m: 2:12.03					
4.	Joao Daniel Santos	12	Portugal	2:13.57	445	
	50m: 30.43 100m: 1:04.12 150m: 1:40.05 200m: 2:13.57					
5.	Pedro Pontes Prior	12	Laranjeiro	2:14.25	438	
	50m: 30.35 100m: 1:04.36 150m: 1:39.70 200m: 2:14.25					
6.	Tomas Macedo Eusebio	12	Portugal	2:16.67	415	
	50m: 30.89 100m: 1:06.26 150m: 1:43.02 200m: 2:16.67					
7.	Romeu Ferreira Mimoso	13	Portugal	2:20.03	386	
	50m: 31.29 100m: 1:06.81 150m: 1:43.26 200m: 2:20.03					
8.	Joao Pedro Veiga	13	Portugal	2:20.44	383	
	50m: 31.99 100m: 1:08.06 150m: 1:46.17 200m: 2:20.44					
9.	Lourenco Fonseca Duarte	13	Portugal	2:20.63	381	
	50m: 32.35 100m: 1:08.01 150m: 1:44.93 200m: 2:20.63					
10.	Sebastian Pacheco	12	Naval de Peniche	2:21.36	375	
	50m: 31.86 100m: 1:08.26 150m: 1:46.07 200m: 2:21.36					
11.	Martim Piedade Santos	12	Obidos Criativa, EEM	2:23.84	356	
	50m: 31.24 100m: 1:07.18 150m: 1:44.95 200m: 2:23.84					
12.	Francisco Grave Reis	12	Rio Maior	2:23.88	356	
	50m: 31.96 100m: 1:08.27 150m: 1:46.04 200m: 2:23.88					
13.	Eduardo Tsukagoshi Castela	13	Portugal	2:24.80	349	
	50m: 33.17 100m: 1:10.84 150m: 1:49.09 200m: 2:24.80					
14.	Manuel Mota Rodrigues	13	Portugal	2:25.28	346	
	50m: 32.52 100m: 1:10.07 150m: 1:49.03 200m: 2:25.28					
15.	Matias Rafael Pacheco	12	BUZIOS - Coruche	2:25.30	345	
	50m: 33.33 100m: 1:10.94 150m: 1:48.68 200m: 2:25.30					
16.	David Budu	12	Palmela Desporto	2:26.21	339	
	50m: 33.24 100m: 1:11.27 150m: 1:50.38 200m: 2:26.21					
17.	Duarte Oliveira Diniz	12	Os Belenenses	2:26.40	338	
	50m: 33.14 100m: 1:10.10 150m: 1:48.92 200m: 2:26.40					
18.	Miguel Cainac	13	Benedita Sport Club Natação	2:27.31	331	
	100m: 1:09.48 200m: 2:27.31					
19.	Afonso Miguel Ramos	12	Fisica Torres Vedras	2:29.25	319	
	50m: 31.73 100m: 1:08.66 150m: 1:48.96 200m: 2:29.25					
20.	Goncalo Pato Mateus	13	Uniao Samorense	2:29.41	318	
	50m: 33.75 100m: 1:11.73 150m: 1:51.57 200m: 2:29.41					
21.	Santiago Raposo Fernandes	12	20Km de Almeirim	2:29.62	316	
	50m: 32.01 100m: 1:10.08 200m: 2:29.62					
22.	Rodrigo Miranda Rosa	12	Uniao Samorense	2:30.61	310	
	50m: 33.74 100m: 1:12.52 150m: 1:52.80 200m: 2:30.61					

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19, Masc., 200m Livres, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
23.	Joao Leitao Duarte 50m: 34.10 100m: 1:12.96	12	ADRCC Monte Maior 150m: 1:53.41 200m: 2:31.67	2:31.67	304	
24.	Gustavo Henriques Lourenco 50m: 34.84 100m: 1:15.68	12	CPCD Póvoa de Santa Iria 150m: 1:57.83 200m: 2:33.00	2:33.00	296	
25.	Bernardo Margarido Miranda 50m: 34.98 100m: 1:14.83	12	Nautico Abrantes 150m: 1:55.35 200m: 2:33.56	2:33.56	293	
26.	Lourenco Maria Rebelo 50m: 36.02 100m: 1:15.90	13	ADRCC Monte Maior 150m: 1:56.18 200m: 2:34.09	2:34.09	290	
27.	Rodrigo Manuel Alegria 50m: 34.08 100m: 1:13.18	13	Torres Novas 150m: 1:55.02 200m: 2:34.88	2:34.88	285	
28.	Sergio Ricardo Alves 100m: 1:15.97 200m: 2:35.46	12	CCDSerta	2:35.46	282	
29.	Hugo Santos Carapeto 50m: 35.66 100m: 1:16.43	13	Nautico Abrantes 150m: 1:58.56 200m: 2:37.46	2:37.46	271	
30.	Tomas Miguel Madeira 50m: 35.96 100m: 1:16.78	13	20Km de Almeirim 150m: 1:59.82 200m: 2:37.77	2:37.77	270	
31.	Maksym Kravchuk 50m: 35.42 100m: 1:16.30	13	Fisica Torres Vedras 150m: 1:57.38 200m: 2:37.84	2:37.84	269	
32.	Henrique Maria Oliveira 100m: 1:16.74 200m: 2:38.11	13	ADRCC Monte Maior	2:38.11	268	
33.	Rafael Ferreira Santos 50m: 36.05 100m: 1:16.49	13	Fisica Torres Vedras 150m: 1:58.41 200m: 2:38.75	2:38.75	265	
34.	Afonso Ferreira Cruz 50m: 37.27 100m: 1:19.11	12	CLAC-Entroncamento 150m: 2:01.71 200m: 2:38.83	2:38.83	264	
35.	Duarte Tomas Prudencio 100m: 1:17.97 200m: 2:39.08	13	Fisica Torres Vedras	2:39.08	263	
36.	Gabriel Sousa Gomes 50m: 37.95 100m: 1:18.78	12	Obidos Criativa, EEM 150m: 2:00.32 200m: 2:39.22	2:39.22	262	
37.	Manuel Tiago Amador 50m: 36.89 100m: 1:18.30	13	ADRCC Monte Maior 150m: 2:00.92 200m: 2:40.53	2:40.53	256	
38.	Francisco Nunes Silva 50m: 37.28 100m: 1:19.03	13	ADRCC Monte Maior 150m: 2:00.78 200m: 2:41.51	2:41.51	251	
39.	Joao Maria Tempero 50m: 36.50 100m: 1:17.98	12	Pimpoes/Cimai 150m: 2:00.80 200m: 2:41.83	2:41.83	250	
40.	Francisco Maria Cardoso 50m: 34.48 100m: 1:16.45	13	AN Alcabastrense 150m: 1:59.28 200m: 2:41.86	2:41.86	250	
41.	Lourenco Filipe Costa 50m: 35.89 100m: 1:18.19	12	20Km de Almeirim 150m: 2:00.18 200m: 2:42.12	2:42.12	249	
42.	Afonso Guerreiro Santos 50m: 34.73 100m: 1:16.45	12	ADRCC Monte Maior 150m: 2:00.82 200m: 2:42.73	2:42.73	246	
43.	Vicente Casanova Rebelo 50m: 35.82 100m: 1:18.65	13	Os Belenenses 150m: 2:02.17 200m: 2:43.81	2:43.81	241	
44.	Rafael Jose Isidoro 50m: 37.01 100m: 1:18.41	13	Rio Maior 150m: 2:02.43 200m: 2:44.98	2:44.98	236	
45.	Tome Francisco Jesus 50m: 37.56 100m: 1:21.85	13	Miranda do Corvo 150m: 2:05.96 200m: 2:45.32	2:45.32	234	
46.	Daniel Dias Miranda 50m: 36.70 100m: 1:19.79	13	Fisica Torres Vedras 150m: 2:02.82 200m: 2:45.49	2:45.49	234	

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19, Masc., 200m Livres, Infantil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
47.	Martim Silva Bernardo	12	Viver Santarem	2:45.74	233	
	50m: 36.78 100m: 1:19.53 150m: 2:04.08 200m: 2:45.74					
48.	Kaluana Pinheiro Benzecry	12	Natacao do Fundao / YesEnergy	2:45.85	232	
	50m: 37.52 100m: 1:21.20 150m: 2:06.47 200m: 2:45.85					
49.	Gabriel Mocanu	12	Uniao Samorense	2:46.47	230	
	50m: 36.46 100m: 1:20.83 150m: 2:04.83 200m: 2:46.47					
50.	Sandro Jose Tomas	12	BUZIOS - Coruche	2:46.86	228	
	50m: 36.98 100m: 1:18.87 150m: 2:02.99 200m: 2:46.86					
51.	Andre Gregorio Fonseca	13	ADRCC Monte Maior	2:47.02	227	
	50m: 38.78 100m: 1:22.79 150m: 1:50.05 200m: 2:47.02					
52.	Duarte Antonio Cruz	13	Benedita Sport Club Natação	2:48.41	222	
	50m: 37.31 100m: 1:19.46 150m: 2:04.40 200m: 2:48.41					
53.	Bruno Estanqueiro Lopes	13	Torres Novas	2:48.52	221	
	100m: 1:21.42 200m: 2:48.52					
54.	Daniel Teixeira Martins	13	Naval de Peniche	2:48.85	220	
	50m: 38.53 100m: 1:22.43 150m: 2:06.71 200m: 2:48.85					
55.	Salvador Martim Quiterio	13	Clube Nautico de Salvaterra de	2:50.99	212	
	50m: 40.05 100m: 1:25.91 150m: 2:10.61 200m: 2:50.99					
56.	Xavier Bagagem Carvalho	13	Miranda do Corvo	2:51.02	212	
	50m: 40.72 100m: 1:25.68 150m: 2:09.79 200m: 2:51.02					
57.	João Maria Valle	13	Clube de Natação e Triatlo de Lis	2:51.38	210	
	50m: 38.72 100m: 1:21.99 200m: 2:51.38					
58.	Afonso Duarte Silveira	13	AN Alcabastrense	2:53.42	203	
	50m: 39.90 100m: 1:24.28 150m: 2:10.22 200m: 2:53.42					
59.	Eduardo Agostinho Duque <i>FTL</i>	13	20Km de Almeirim	2:54.37	200	
	50m: 38.26 100m: 1:23.08 150m: 2:10.32 200m: 2:54.37					
60.	Afonso Gil Campos <i>FTL</i>	13	CLAC-Entroncamento	2:57.68	189	
	50m: 42.61 100m: 1:28.40 150m: 2:15.42 200m: 2:57.68					
61.	Joao Francisco Monteiro <i>FTL</i>	12	BUZIOS - Coruche	2:59.11	184	
	100m: 1:26.00 200m: 2:59.11					
62.	Antonio Beirao Valente <i>FTL</i>	12	AN Alcabastrense	2:59.17	184	
	100m: 1:25.27 200m: 2:59.17					
63.	Leonardo Del Sasso Cebrian <i>FTL</i>	13	20Km de Almeirim	3:05.42	166	
	50m: 40.66 100m: 1:28.27 150m: 2:18.31 200m: 3:05.42					
WDR	Andre Tavares Pinho	13	ADRCC Monte Maior			
WDR	Afonso Monteiro Gomes	13	Naval de Peniche			
WDR	Santiago Tacao Ribeiro	13	Rio Maior			
WDR	Andre Jose Silva	13	Torres Novas			

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19, Masc., 200m Livres

Prova 19
14/06/2026 - 10:05

Masc., 200m Livres

Juvenil
Resultados

MASC Juv B: 2:38.00; Juv A: 2:31.50

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	2:07.46	512	
	50m: 29.82 100m: 1:02.10 150m: 1:35.18 200m: 2:07.46					
2.	Simao Verissimo Aires	11	Laranjeiro	2:09.26	491	
	50m: 29.80 100m: 1:03.21 150m: 1:37.35 200m: 2:09.26					
3.	Ryan Lukas Desousa	11	ACSintra	2:09.53	488	
	100m: 1:03.51 200m: 2:09.53					
4.	Manuel Maria Moniz	11	20Km de Almeirim	2:10.16	481	
	50m: 29.26 100m: 1:02.20 150m: 1:37.31 200m: 2:10.16					
5.	Tiago Frazao Barra	10	Rio Maior	2:10.39	478	
	50m: 29.82 100m: 1:02.64 150m: 1:36.75 200m: 2:10.39					
6.	Lourenco Vicente Geada	10	Torres Novas	2:11.98	461	
	50m: 30.24 100m: 1:03.84 150m: 1:38.20 200m: 2:11.98					
7.	Jose Miguel Pais	10	Natacao do Fundao / YesEnergy	2:13.16	449	
	50m: 28.66 100m: 1:02.54 150m: 1:38.14 200m: 2:13.16					
8.	Tomas Ferreira Batista	11	CPCD Póvoa de Santa Iria	2:14.75	433	
	100m: 1:04.80 200m: 2:14.75					
9.	Bruno Miguel Figueiredo	11	Fisica Torres Vedras	2:15.46	426	
	50m: 30.82 100m: 1:05.03 150m: 1:40.52 200m: 2:15.46					
10.	Henrique Jose Chainho	11	Palmela Desporto	2:16.04	421	
	50m: 30.51 100m: 1:05.41 150m: 1:41.51 200m: 2:16.04					
11.	Vicente Guerreiro Velez	11	Fisica Torres Vedras	2:16.24	419	
	50m: 30.29 100m: 1:04.73 150m: 1:41.81 200m: 2:16.24					
12.	Francisco Alves Conceicao	11	Palmela Desporto	2:16.33	418	
	50m: 30.22 100m: 1:05.62 150m: 1:41.93 200m: 2:16.33					
13.	Andrey Ponomarov	10	CPCD Póvoa de Santa Iria	2:16.76	414	
	100m: 1:05.13 200m: 2:16.76					
14.	Tomas Rodrigues Morais	11	ADRCC Monte Maior	2:16.87	413	
	50m: 31.67 100m: 1:06.94 150m: 1:42.14 200m: 2:16.87					
15.	Liam Joseph Mcintosh	11	ACSintra	2:17.32	409	
	50m: 31.15 100m: 1:07.13 150m: 1:43.21 200m: 2:17.32					
16.	Francisco Maria Dias	11	Viver Santarem	2:17.39	409	
	50m: 31.66 100m: 1:07.18 150m: 1:43.14 200m: 2:17.39					
17.	Martim Miguel Santos	11	Rio Maior	2:17.74	406	
	50m: 31.34 100m: 1:07.10 150m: 1:42.94 200m: 2:17.74					
18.	Andre Guilherme Anastacio	10	Nautico Abrantes	2:18.46	399	
	50m: 31.33 100m: 1:05.97 150m: 1:42.08 200m: 2:18.46					
19.	Carlos Henrique Dias	11	Fisica Torres Vedras	2:19.34	392	
	50m: 32.12 100m: 1:07.82 150m: 1:44.81 200m: 2:19.34					
20.	Tomas Neto Rodrigues	11	ACSintra	2:19.43	391	
	100m: 1:07.06 200m: 2:19.43					
21.	Francisco Costa Valentim	11	Naval de Peniche	2:19.45	391	
	50m: 30.82 100m: 1:06.29 150m: 1:43.35 200m: 2:19.45					
22.	Luis Eugenio Poutout	11	ADRCC Monte Maior	2:20.10	385	
	50m: 31.98 100m: 1:07.10 150m: 1:43.77 200m: 2:20.10					

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19, Masc., 200m Livres, Juvenil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
23.	Francisco Manuel Cadete	10	Nautico Abrantes	2:20.14	385	
	50m: 29.23 100m: 1:03.64 150m: 1:41.01 200m: 2:20.14					
24.	Luis Miguel Reis	10	Rio Maior	2:20.46	382	
	100m: 1:07.32 200m: 2:20.46					
25.	Manuel Araujo Pereira	11	Fisica Torres Vedras	2:20.81	380	
	50m: 30.23 100m: 1:04.16 150m: 1:42.08 200m: 2:20.81					
26.	Luca Cristian Irimia	11	CPCD Póvoa de Santa Iria	2:20.87	379	
	50m: 31.07 100m: 1:06.63 150m: 1:44.39 200m: 2:20.87					
27.	Duarte Jose Matos	10	CCDSerta	2:20.91	379	
	50m: 30.37 100m: 1:04.84 150m: 1:43.00 200m: 2:20.91					
28.	Joao Maria Ventura	11	ACSintra	2:25.16	346	
	50m: 33.85 100m: 1:11.17 150m: 1:48.03 200m: 2:25.16					
29.	Gabriel Filipe Matildes	10	ADRCC Monte Maior	2:25.53	344	
	50m: 30.57 100m: 1:06.05 150m: 1:45.07 200m: 2:25.53					
30.	Antonio Francisco Rouxinol	11	BUZIOS - Coruche	2:25.84	342	
	50m: 32.59 100m: 1:09.74 150m: 1:45.43 200m: 2:25.84					
31.	Eduardo Martim Carmo	11	Obidos Criativa, EEM	2:27.68	329	
	50m: 32.80 100m: 1:09.88 150m: 1:48.85 200m: 2:27.68					
32.	Heliodoro Joao Sombreiro	11	BUZIOS - Coruche	2:28.30	325	
	50m: 32.67 100m: 1:10.71 150m: 1:49.77 200m: 2:28.30					
33.	Afonso Ferreira Filipe	10	CCDSerta	2:28.79	322	
	50m: 33.14 100m: 1:11.34 150m: 1:50.57 200m: 2:28.79					
34.	Artur Alexandre Silva	11	20Km de Almeirim	2:28.81	322	
	50m: 34.54 100m: 1:13.65 150m: 1:53.23 200m: 2:28.81					
35.	Dinis Lourenco Pereira	11	Natacao do Fundao / YesEnergy	2:31.76	303	
	50m: 32.47 100m: 1:10.71 150m: 1:51.93 200m: 2:31.76					
36.	Eduardo Domingos Rosa	11	BUZIOS - Coruche	2:32.35	300	
	50m: 34.41 100m: 1:13.58 150m: 1:54.00 200m: 2:32.35					
37.	Lucas Granado Vences <i>FTL</i>	10	AN Albicastrense	2:32.54	298	
	50m: 34.33 100m: 1:11.92 150m: 1:51.71 200m: 2:32.54					
38.	Simao Oliveira Concha	11	CPCD Póvoa de Santa Iria	2:33.90	291	
	50m: 32.71 100m: 1:11.30 150m: 1:51.79 200m: 2:33.90					
39.	Bruno Garcia Militao	11	Obidos Criativa, EEM	2:35.24	283	
	100m: 1:11.39 200m: 2:35.24					
40.	Sebastiao Maria Borlinhas	11	BUZIOS - Coruche	2:36.12	278	
	50m: 35.28 100m: 1:15.49 150m: 1:57.66 200m: 2:36.12					
41.	Gabriel Antonio Marques <i>FTL</i>	11	Nautico Abrantes	2:38.43	266	
	50m: 34.60 100m: 1:15.59 150m: 1:58.49 200m: 2:38.43					
42.	Joao Pedro Cruz <i>FTL</i>	11	Naval de Peniche	2:40.23	257	
	50m: 37.44 100m: 1:18.99 150m: 2:01.33 200m: 2:40.23					
43.	Rodrigo Miguel Alcobia <i>FTL</i>	11	Clube de Nataçãõ Ferreira do	2:40.60	256	
	50m: 36.10 100m: 1:16.26 150m: 1:57.77 200m: 2:40.60					

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19, Masc., 200m Livres, Juvenil

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
44.	Vicente Brazuna Moreira <i>FTL</i>	11	ADRCC Monte Maior	2:41.28	252	
	50m: 34.47 100m: 1:14.45 150m: 1:58.33 200m: 2:41.28					
45.	Salvador Miguel Silva <i>FTL</i>	11	Viver Santarem	2:52.65	206	
	50m: 38.13 100m: 1:22.22 150m: 2:09.28 200m: 2:52.65					
DNS	Duarte Oliveira Pinto	11	Geslours			
WDR	Duarte Maria Anjos	10	CPCD Póvoa de Santa Iria			
WDR	Ricardo Silva Caetano	11	Os Belenenses			
WDR	Daniel Filipe Jorge	10	Rio Maior			

Prova 19 Masc., 200m Livres Junior Resultados
14/06/2026 - 10:05

MASC : 2:25.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	David Alberto Padre	08	Rio Maior	2:01.47	592	
	50m: 29.22 100m: 1:00.72 150m: 1:31.69 200m: 2:01.47					
2.	Rafael Lin Moniz	09	Palmela Desporto	2:02.32	579	
	50m: 28.50 100m: 59.89 150m: 1:31.81 200m: 2:02.32					
3.	Pedro Morgado Costa	09	Rio Maior	2:07.30	514	
	50m: 28.64 100m: 1:00.62 150m: 1:33.99 200m: 2:07.30					
4.	Francisco Gabriel Freitas	09	Geslours	2:07.47	512	
	50m: 29.31 100m: 1:01.64 150m: 1:34.53 200m: 2:07.47					
5.	Xavier Rosa Madeira	09	Laranjeiro	2:08.56	499	
	50m: 29.11 100m: 1:00.82 150m: 1:34.20 200m: 2:08.56					
6.	Joao Filipe Prazeres	08	Geslours	2:09.80	485	
	50m: 29.54 100m: 1:01.77 150m: 1:35.70 200m: 2:09.80					
7.	Samuel Dinis Maia	08	Miranda do Corvo	2:10.69	475	
	50m: 29.94 100m: 1:03.00 150m: 1:37.08 200m: 2:10.69					
8.	Gabriel Antunes Ramos	09	Rio Maior	2:12.78	453	
	50m: 29.90 100m: 1:03.79 150m: 1:38.75 200m: 2:12.78					
9.	Miguel Silva Lima	09	Nautico Abrantes	2:14.43	436	
	50m: 30.11 100m: 1:03.76 150m: 1:39.00 200m: 2:14.43					
10.	Marco Alessandro Furtado	09	Associacao P N Luanda	2:15.59	425	
	100m: 1:04.37 200m: 2:15.59					
11.	Luis Suissas Rato	09	Clube Nautico de Salvaterra de	2:16.08	421	
	100m: 1:04.39 200m: 2:16.08					
12.	Gabriel Sa Chambel	09	CLAC-Entroncamento	2:23.42	359	
	50m: 31.48 100m: 1:08.28 150m: 1:47.03 200m: 2:23.42					
WDR	Afonso Mendonca Ornelas	08	Geslours			
WDR	Joao Afonso Quaresma	09	Laranjeiro			

Torneio Inter-Regional Especialista 2026
Rio Maior, 13 - 14/6/2026

Prova 19, Masc., 200m Livres

Prova 19
14/06/2026 - 10:05

Masc., 200m Livres

Senior
Resultados

MASC : 2:19.00

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Joao Alexandre Saraiva	95	Natacao do Fundao / YesEnergy	2:13.90	442	
	50m: 29.18 100m: 1:02.02 150m: 1:36.89 200m: 2:13.90					
2.	Tomas Alexandre Santos	07	BUZIOS - Coruche	2:18.11	402	
	50m: 29.67 100m: 1:04.18 150m: 1:40.84 200m: 2:18.11					
3.	Bruno Miguel Amaro	07	INDANL	2:19.68	389	
	<i>RECORDE NACIONAL, FTL</i> 50m: 19.21 100m: 1:05.72 150m: 1:41.98 200m: 2:19.68					
4.	Ricardo Contreiras Jeronimo	97	Natacao do Fundao / YesEnergy	2:20.18	385	
	<i>FTL</i> 50m: 30.83 100m: 1:05.78 150m: 1:42.65 200m: 2:20.18					
5.	Rafael Goncalves Sousa	99	CPCD Póvoa de Santa Iria	2:20.66	381	
	<i>FTL</i> 50m: 31.96 100m: 1:08.98 150m: 1:46.18 200m: 2:20.66					
6.	Tiago Nunes Silva	06	CPCD Póvoa de Santa Iria	2:24.21	353	
	<i>FTL</i> 50m: 30.23 100m: 1:06.23 150m: 1:44.90 200m: 2:24.21					
7.	Lourenco Lopes Silva	07	Palmela Desporto	2:28.14	326	
	<i>FTL</i> 50m: 24.82 100m: 1:08.51 150m: 1:49.71 200m: 2:28.14					
8.	Hugo Miguel Silva	77	BUZIOS - Coruche	2:33.77	291	
	<i>FTL</i> 50m: 33.98 100m: 1:14.22 150m: 1:55.95 200m: 2:33.77					
WDR	Afonso Formigo Pinho	06	Torres Novas			