

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 14 Masc., 400m Livres Senior  
05/05/2024 - 11:20 Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Simao Mortagua, TEIXEIRA		05	Pimpoes/Cimai				5:17.32	299
	50m:	34.94 34.94	150m:	1:52.70	39.21	250m:	3:14.56 41.38	350m:	4:37.86 41.89
	100m:	1:13.49 38.55	200m:	2:33.18	40.48	300m:	3:55.97 41.41	400m:	5:17.32 39.46

Prova 14 Masc., 400m Livres Junior  
05/05/2024 - 11:20 Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Luca Valentino, TONA		06	Pimpoes/Cimai				4:30.59	482
	50m:	30.09 30.09	150m:	1:37.87	34.20	250m:	2:46.60 34.06	350m:	3:56.60 35.32
	100m:	1:03.67 33.58	200m:	2:12.54	34.67	300m:	3:21.28 34.68	400m:	4:30.59 33.99
2.	Edgar Francisco, SIMOES		06	Vieirense				5:05.95	333
	50m:	31.06 31.06	150m:	1:45.34	38.36	250m:	3:04.75 40.08	350m:	4:26.15 40.93
	100m:	1:06.98 35.92	200m:	2:24.67	39.33	300m:	3:45.22 40.47	400m:	5:05.95 39.80
3.	Rafael, SANTOS		06	Uniao Juncalense				5:12.92	312
	50m:	34.14 34.14	150m:	1:53.58	40.63	250m:	3:14.56 40.77	350m:	4:35.57 39.86
	100m:	1:12.95 38.81	200m:	2:33.79	40.21	300m:	3:55.71 41.15	400m:	5:12.92 37.35
4.	Gabriel Lourenco, CUSTODIO		06	Naval da Nazaré				5:25.80	276
	50m:	37.00 37.00	150m:	2:02.68	42.93	250m:	3:27.06 41.72	350m:	4:47.66 39.19
	100m:	1:19.75 42.75	200m:	2:45.34	42.66	300m:	4:08.47 41.41	400m:	5:25.80 38.14
5.	Andre Filipe, FERNANDES		07	Alcobaca				5:31.85	261
	50m:	36.62 36.62	150m:	2:01.34	43.65	250m:	3:28.76 43.33	350m:	4:53.40 41.93
	100m:	1:17.69 41.07	200m:	2:45.43	44.09	300m:	4:11.47 42.71	400m:	5:31.85 38.45

Prova 14 Masc., 400m Livres Juvenil A  
05/05/2024 - 11:20 Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Tiago Santos, POMBO		08	Alcobaca				4:27.05	502
	50m:	30.18 30.18	150m:	1:38.12	34.15	250m:	2:46.67 34.17	350m:	3:54.93 34.08
	100m:	1:03.97 33.79	200m:	2:12.50	34.38	300m:	3:20.85 34.18	400m:	4:27.05 32.12
	Mikhael, ONUTSKYY		08	Pimpoes/Cimai				4:27.05	502
	50m:	30.02 30.02	150m:	1:37.72	34.21	250m:	2:45.75 34.18	350m:	3:54.01 34.20
	100m:	1:03.51 33.49	200m:	2:11.57	33.85	300m:	3:19.81 34.06	400m:	4:27.05 33.04
3.	Santiago Boica, SOUSA		08	Vieirense				4:31.28	478
	50m:	30.44 30.44	150m:	1:40.68	35.71	250m:	2:50.81 34.50	350m:	3:59.15 33.70
	100m:	1:04.97 34.53	200m:	2:16.31	35.63	300m:	3:25.45 34.64	400m:	4:31.28 32.13
4.	Antonio Quiterio, ANASTACIO		08	Benedita				4:39.92	435
	50m:	30.56 30.56	150m:	1:40.63	35.37	250m:	2:52.61 36.05	350m:	4:05.30 36.03
	100m:	1:05.26 34.70	200m:	2:16.56	35.93	300m:	3:29.27 36.66	400m:	4:39.92 34.62
5.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				4:42.38	424
	50m:	31.69 31.69	150m:	1:43.82	36.54	250m:	2:57.04 36.32	350m:	4:09.20 35.52
	100m:	1:07.28 35.59	200m:	2:20.72	36.90	300m:	3:33.68 36.64	400m:	4:42.38 33.18
6.	Daniel Gomes, SANTOS		08	Nautico Marinha Grande				4:45.26	411
	50m:	31.41 31.41	150m:	1:42.85	36.22	250m:	2:57.01 37.38	350m:	4:11.14 36.69
	100m:	1:06.63 35.22	200m:	2:19.63	36.78	300m:	3:34.45 37.44	400m:	4:45.26 34.12
7.	Diogo Coelho, JORDAO		08	Uniao Juncalense				5:04.24	339
	50m:	33.37 33.37	150m:	1:50.51	38.92	250m:	3:08.99 39.24	350m:	4:27.87 39.40
	100m:	1:11.59 38.22	200m:	2:29.75	39.24	300m:	3:48.47 39.48	400m:	5:04.24 36.37

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 14, Masc., 400m Livres, Juvenil A

Lugar			Ano					Tempo final	Pts		
8.	Diogo Barata, ALVES		08	Nautico Marinha Grande				5:04.75	337		
	50m:	32.86 32.86	150m:	1:48.82	38.49	250m:	3:08.10	40.08	350m:	4:26.99	39.72
	100m:	1:10.33 37.47	200m:	2:28.02	39.20	300m:	3:47.27	39.17	400m:	5:04.75	37.76
9.	Afonso Nunes, MARCELINO		08	Nucleo de Pombal				5:43.46	236		
	50m:	36.62 36.62	150m:	2:03.24	44.57	250m:	3:32.65	44.14	350m:	5:01.67	43.55
	100m:	1:18.67 42.05	200m:	2:48.51	45.27	300m:	4:18.12	45.47	400m:	5:43.46	41.79
10.	Tiago Daniel, POVOA		08	Uniao Juncalense				5:47.29	228		
	50m:	37.31 37.31	150m:	2:07.47	45.49	250m:	3:38.13	44.57	350m:	5:06.54	44.01
	100m:	1:21.98 44.67	200m:	2:53.56	46.09	300m:	4:22.53	44.40	400m:	5:47.29	40.75

Prova 14

05/05/2024 - 11:20

Masc., 400m Livres

Juvenil B

Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts		
1.	Paulo, KOT		09	Nautico Marinha Grande				4:12.80	591		
	50m:	29.57 29.57	150m:	1:33.56	32.37	250m:	2:38.21	32.03	350m:	3:43.62	32.90
	100m:	1:01.19 31.62	200m:	2:06.18	32.62	300m:	3:10.72	32.51	400m:	4:12.80	29.18
2.	Henrique Martins, JOAQUIM		09	CNLeiria				4:23.78	520		
	50m:	30.24 30.24	150m:	1:38.35	34.30	250m:	2:44.97	32.99	350m:	3:52.51	34.03
	100m:	1:04.05 33.81	200m:	2:11.98	33.63	300m:	3:18.48	33.51	400m:	4:23.78	31.27
3.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				4:24.36	517		
	50m:	30.54 30.54	150m:	1:37.84	33.41	250m:	2:44.65	33.47	350m:	3:53.24	34.80
	100m:	1:04.43 33.89	200m:	2:11.18	33.34	300m:	3:18.44	33.79	400m:	4:24.36	31.12
4.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande				4:26.45	505		
	50m:	30.46 30.46	150m:	1:38.10	34.06	250m:	2:46.66	34.24	350m:	3:54.57	33.55
	100m:	1:04.04 33.58	200m:	2:12.42	34.32	300m:	3:21.02	34.36	400m:	4:26.45	31.88
5.	David Ferrador, PEREIRA		09	Nucleo de Pombal				4:40.86	431		
	50m:	29.86 29.86	150m:	1:40.19	36.17	250m:	2:53.20	36.65	350m:	4:06.32	36.75
	100m:	1:04.02 34.16	200m:	2:16.55	36.36	300m:	3:29.57	36.37	400m:	4:40.86	34.54
6.	Martim Alexandre, MESQUITA		09	Nautico Marinha Grande				4:41.41	429		
	50m:	31.99 31.99	150m:	1:42.06	35.64	250m:	2:54.81	36.54	350m:	4:06.78	35.76
	100m:	1:06.42 34.43	200m:	2:18.27	36.21	300m:	3:31.02	36.21	400m:	4:41.41	34.63
7.	Xinyang, CHENG		09	Nautico Marinha Grande				4:50.24	391		
	50m:	32.00 32.00	150m:	1:44.24	36.82	250m:	2:58.31	37.05	350m:	4:13.70	37.62
	100m:	1:07.42 35.42	200m:	2:21.26	37.02	300m:	3:36.08	37.77	400m:	4:50.24	36.54
8.	Francisco Lourenco, CUSTODIO		09	Naval da Nazaré				4:51.33	386		
	50m:	32.46 32.46	150m:	1:47.39	38.38	250m:	3:03.51	37.91	350m:	4:17.48	36.32
	100m:	1:09.01 36.55	200m:	2:25.60	38.21	300m:	3:41.16	37.65	400m:	4:51.33	33.85
9.	Santiago Jose, PACHECO		09	Alcobaca				4:51.52	385		
	50m:	31.55 31.55	150m:	1:44.80	36.91	250m:	3:00.61	37.67	350m:	4:15.31	37.51
	100m:	1:07.89 36.34	200m:	2:22.94	38.14	300m:	3:37.80	37.19	400m:	4:51.52	36.21
10.	Pedro Fonseca, OLIVEIRA		09	Nautico Marinha Grande				4:55.21	371		
	50m:	31.97 31.97	150m:	1:44.56	36.72	250m:	3:00.20	37.98	350m:	4:17.69	38.94
	100m:	1:07.84 35.87	200m:	2:22.22	37.66	300m:	3:38.75	38.55	400m:	4:55.21	37.52
11.	Hugo Miguel, SANTOS		09	Pimpoes/Cimai				4:56.24	367		
	50m:	32.59 32.59	150m:	1:46.76	37.52	250m:	3:02.26	37.84	350m:	4:18.34	38.06
	100m:	1:09.24 36.65	200m:	2:24.42	37.66	300m:	3:40.28	38.02	400m:	4:56.24	37.90
12.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				4:58.13	360		
	50m:	32.79 32.79	150m:	1:45.80	37.29	250m:	3:02.26	38.43	350m:	4:20.03	39.13
	100m:	1:08.51 35.72	200m:	2:23.83	38.03	300m:	3:40.90	38.64	400m:	4:58.13	38.10
13.	Afonso Matos, CORREIA		09	Nucleo de Pombal				4:59.65	355		
	50m:	33.27 33.27	150m:	1:50.50	39.04	250m:	3:08.58	38.88	350m:	4:24.07	38.20
	100m:	1:11.46 38.19	200m:	2:29.70	39.20	300m:	3:45.87	37.29	400m:	4:59.65	35.58

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 14, Masc., 400m Livres, Juvenil B

Lugar			Ano					Tempo final	Pts
14.	Rodrigo Oliveira, SANTOS		09	Alcobaca				5:03.87	340
	50m:	33.07 33.07	150m:	1:51.32	39.56	250m:	3:09.96 39.11	350m:	4:26.38 37.60
	100m:	1:11.76 38.69	200m:	2:30.85	39.53	300m:	3:48.78 38.82	400m:	5:03.87 37.49
15.	Maksym, TYSHCHUK		09	Nautico Marinha Grande				5:05.65	334
	50m:	35.87 35.87	150m:	1:56.25	40.50	250m:	3:13.56 36.01	350m:	4:30.34 38.87
	100m:	1:15.75 39.88	200m:	2:37.55	41.30	300m:	3:51.47 37.91	400m:	5:05.65 35.31
16.	Pedro Blanc, CAPINHA		09	Óbidos				5:05.72	334
	50m:	34.33 34.33	150m:	1:50.82	38.75	250m:	3:09.68 39.38	350m:	4:26.19 37.33
	100m:	1:12.07 37.74	200m:	2:30.30	39.48	300m:	3:48.86 39.18	400m:	5:05.72 39.53
17.	Isaac Arruda, SARAIVA		09	Vieirense				5:09.35	322
	50m:	34.50 34.50	150m:	1:53.15	39.81	250m:	3:13.97 40.44	350m:	4:34.23 40.42
	100m:	1:13.34 38.84	200m:	2:33.53	40.38	300m:	3:53.81 39.84	400m:	5:09.35 35.12
18.	Andre Guilherme, CORDEIRO		09	Naval de Peniche				5:11.06	317
	50m:	35.48 35.48	150m:	1:52.64	38.98	250m:	3:12.38 40.11	350m:	4:33.38 40.34
	100m:	1:13.66 38.18	200m:	2:32.27	39.63	300m:	3:53.04 40.66	400m:	5:11.06 37.68
19.	Vladyslav, BABUSHKIN		09	Nautico Marinha Grande				5:12.80	312
	50m:	35.48 35.48	150m:	1:54.88	40.11	250m:	3:15.07 40.03	350m:	4:34.43 39.97
	100m:	1:14.77 39.29	200m:	2:35.04	40.16	300m:	3:54.46 39.39	400m:	5:12.80 38.37
20.	Alexandre Afonso, SANTOS		09	Uniao Juncalense				5:58.88	206
	50m:	39.88 39.88	150m:	2:12.11	46.53	250m:	3:44.63 45.53	350m:	5:15.35 44.80
	100m:	1:25.58 45.70	200m:	2:59.10	46.99	300m:	4:30.55 45.92	400m:	5:58.88 43.53

Prova 14  
05/05/2024 - 11:20

Masc., 400m Livres

Infantil A  
Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Rodolfo Junior, ALECRIM		10	CNLeiria				4:29.09	490
	50m:	30.15 30.15	150m:	1:37.96	34.28	250m:	2:45.59 33.18	350m:	3:54.57 34.88
	100m:	1:03.68 33.53	200m:	2:12.41	34.45	300m:	3:19.69 34.10	400m:	4:29.09 34.52
2.	Antonio Antunes, JORGE		10	Alcobaca				4:36.15	454
	50m:	30.95 30.95	150m:	1:39.31	34.41	250m:	2:49.53 35.37	350m:	4:00.95 35.40
	100m:	1:04.90 33.95	200m:	2:14.16	34.85	300m:	3:25.55 36.02	400m:	4:36.15 35.20
3.	Francisco Lourenco, PEDROSA		10	Nautico Marinha Grande				4:50.74	389
	50m:	32.80 32.80	150m:	1:48.38	37.91	250m:	3:03.82 37.64	350m:	4:16.38 35.84
	100m:	1:10.47 37.67	200m:	2:26.18	37.80	300m:	3:40.54 36.72	400m:	4:50.74 34.36
4.	Tomas Manuel, PALMEIRO		10	Nautico Marinha Grande				4:51.43	386
	50m:	31.91 31.91	150m:	1:46.28	37.97	250m:	3:01.85 37.91	350m:	4:16.60 37.22
	100m:	1:08.31 36.40	200m:	2:23.94	37.66	300m:	3:39.38 37.53	400m:	4:51.43 34.83
5.	Rodrigo Cardoso, TOMAS		10	Uniao Juncalense				4:52.26	383
	50m:	32.94 32.94	150m:	1:47.39	37.81	250m:	3:03.33 38.13	350m:	4:17.76 36.67
	100m:	1:09.58 36.64	200m:	2:25.20	37.81	300m:	3:41.09 37.76	400m:	4:52.26 34.50
6.	Lucas Ferreira, GASPAR		10	Vieirense				4:54.69	373
	50m:	32.69 32.69	150m:	1:48.72	38.52	250m:	3:04.78 37.90	350m:	4:18.90 36.60
	100m:	1:10.20 37.51	200m:	2:26.88	38.16	300m:	3:42.30 37.52	400m:	4:54.69 35.79
7.	Afonso Ferreira, REIS		10	Nautico Marinha Grande				4:58.77	358
	50m:	34.07 34.07	150m:	1:49.97	38.36	250m:	3:06.33 37.57	350m:	4:16.79 33.85
	100m:	1:11.61 37.54	200m:	2:28.76	38.79	300m:	3:42.94 36.61	400m:	4:58.77 41.98
8.	Simao Almeida, CARNIDE		10	Vieirense				4:59.63	355
	50m:	34.44 34.44	150m:	1:51.30	39.05	250m:	3:08.29 38.77	350m:	4:23.93 37.20
	100m:	1:12.25 37.81	200m:	2:29.52	38.22	300m:	3:46.73 38.44	400m:	4:59.63 35.70
9.	Lucas Costa, JESUS		10	Nautico Marinha Grande				5:00.54	352
	50m:	33.74 33.74	150m:	1:50.52	38.95	250m:	3:08.66 39.06	350m:	4:24.26 37.43
	100m:	1:11.57 37.83	200m:	2:29.60	39.08	300m:	3:46.83 38.17	400m:	5:00.54 36.28

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 14, Masc., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
10. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	5:04.86	337
50m: 34.65 34.65	150m: 1:51.67 38.74	250m: 3:10.05 39.41	350m: 4:27.13 38.46
100m: 1:12.93 38.28	200m: 2:30.64 38.97	300m: 3:48.67 38.62	400m: 5:04.86 37.73
11. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	5:07.14	330
50m: 35.77 35.77	150m: 1:54.11 38.75	250m: 3:12.58 38.92	350m: 4:30.45 38.31
100m: 1:15.36 39.59	200m: 2:33.66 39.55	300m: 3:52.14 39.56	400m: 5:07.14 36.69
12. Tomas Marques, FRANCISCO	10 CNLeiria	5:24.87	278
50m: 37.05 37.05	150m: 2:00.86 42.27	250m: 3:24.69 42.04	350m: 4:46.13 40.20
100m: 1:18.59 41.54	200m: 2:42.65 41.79	300m: 4:05.93 41.24	400m: 5:24.87 38.74
13. Simao Sousa, JESUS	10 Nautico Marinha Grande	5:26.99	273
50m: 34.99 34.99	150m: 1:56.86 42.17	250m: 3:21.79 42.00	350m: 4:47.15 42.34
100m: 1:14.69 39.70	200m: 2:39.79 42.93	300m: 4:04.81 43.02	400m: 5:26.99 39.84
DSQ Santiago Neves, SILVA <i>Falsa Partida</i>	10 Nucleo de Pombal		
DNS Joao Piteira, GAIOLAS	10 Nautico Marinha Grande		

Prova 14

05/05/2024 - 11:20

Masc., 400m Livres

Infantil B  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Martim Duarte, ROQUE	11 CNLeiria	5:06.74	331
50m: 35.39 35.39	150m: 1:53.69 39.52	250m: 3:11.12 38.68	350m: 4:28.99 39.16
100m: 1:14.17 38.78	200m: 2:32.44 38.75	300m: 3:49.83 38.71	400m: 5:06.74 37.75
2. Pedro Pereira, OLIVEIRA	11 Nautico Marinha Grande	5:08.31	326
50m: 34.58 34.58	150m: 1:52.73 39.60	250m: 3:12.14 38.86	350m: 4:30.73 39.02
100m: 1:13.13 38.55	200m: 2:33.28 40.55	300m: 3:51.71 39.57	400m: 5:08.31 37.58
3. Vidar Albert, JUNG	11 Nautico Marinha Grande	5:09.30	323
50m: 35.30 35.30	150m: 1:53.78 39.75	250m: 3:12.73 39.55	350m: 4:32.14 39.17
100m: 1:14.03 38.73	200m: 2:33.18 39.40	300m: 3:52.97 40.24	400m: 5:09.30 37.16
4. Martim Cruz, MOURA	11 CNLeiria	5:16.56	301
50m: 35.86 35.86	150m: 1:55.36 39.84	250m: 3:16.89 40.84	350m: 4:37.08 39.95
100m: 1:15.52 39.66	200m: 2:36.05 40.69	300m: 3:57.13 40.24	400m: 5:16.56 39.48
5. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	5:35.47	253
50m: 38.22 38.22	150m: 2:05.20 44.46	250m: 3:31.36 43.83	350m: 4:56.69 42.68
100m: 1:20.74 42.52	200m: 2:47.53 42.33	300m: 4:14.01 42.65	400m: 5:35.47 38.78
6. Martin, SHEVCHUK	11 CNLeiria	5:35.89	252
50m: 37.40 37.40	150m: 2:04.05 43.59	250m: 3:30.92 43.38	350m: 4:56.93 42.86
100m: 1:20.46 43.06	200m: 2:47.54 43.49	300m: 4:14.07 43.15	400m: 5:35.89 38.96
7. Francisco Costa, VALENTIM	11 Óbidos	5:54.05	215
50m: 38.80 38.80	150m: 2:09.28 45.85	250m: 3:41.97 46.36	350m: 5:11.56 44.39
100m: 1:23.43 44.63	200m: 2:55.61 46.33	300m: 4:27.17 45.20	400m: 5:54.05 42.49
8. Guilherme Melo, ELIAS	11 Naval da Nazaré	6:01.33	202
50m: 44.57 44.57	150m: 2:18.46 46.62	250m: 3:49.13 45.68	350m: 5:21.37 45.88
100m: 1:31.84 47.27	200m: 3:03.45 44.99	300m: 4:35.49 46.36	400m: 6:01.33 39.96
9. Rodrigo Duarte, CARREIRA	11 Alcobaca	6:07.48	192
50m: 40.67 40.67	150m: 2:15.71 48.03	250m: 3:50.99 47.50	350m: 5:24.55 46.15
100m: 1:27.68 47.01	200m: 3:03.49 47.78	300m: 4:38.40 47.41	400m: 6:07.48 42.93
10. Simao Pedro, MARQUES	11 Uniao Juncalense	6:34.28	156
50m: 45.87 45.87	150m: 2:28.72 51.65	250m: 4:08.87 48.89	350m: 5:48.79 49.50
100m: 1:37.07 51.20	200m: 3:19.98 51.26	300m: 4:59.29 50.42	400m: 6:34.28 45.49
11. Joao Pedro, CRUZ	11 Naval de Peniche	6:43.94	145
50m: 47.64 47.64	150m: 2:31.82 52.16	250m: 4:15.60 51.67	350m: 5:59.81 51.04
100m: 1:39.66 52.02	200m: 3:23.93 52.11	300m: 5:08.77 53.17	400m: 6:43.94 44.13

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 14, Masc., 400m Livres, Infantil B

Lugar			Ano					Tempo final	Pts		
12.	Gabriel Marques, CARREIRA		11	Uniao Juncalense				6:59.19	129		
	50m:	47.80 47.80	150m:	2:35.43	53.66	250m:	4:23.85	53.40	350m:	6:10.67	53.20
	100m:	1:41.77 53.97	200m:	3:30.45	55.02	300m:	5:17.47	53.62	400m:	6:59.19	48.52
13.	Valentim Antonio, PEREIRA		11	CNLeiria				7:20.66	111		
	50m:	50.29 50.29	150m:	2:42.51	56.51	250m:	4:34.98	56.69	350m:	6:28.22	57.04
	100m:	1:46.00 55.71	200m:	3:38.29	55.78	300m:	5:31.18	56.20	400m:	7:20.66	52.44
EXH	Francisco Xavier, RITA		07	Vieirense				4:15.13	575		
	50m:	29.04 29.04	150m:	1:33.43	32.51	250m:	2:39.44	33.01	350m:	3:43.91	31.88
	100m:	1:00.92 31.88	200m:	2:06.43	33.00	300m:	3:12.03	32.59	400m:	4:15.13	31.22
EXH	Rodrigo Nicolau, RITA		11	Vieirense				6:10.59	187		
	50m:	40.42 40.42	150m:	2:15.95	48.12	250m:	3:53.07	49.32	350m:	5:27.85	47.30
	100m:	1:27.83 47.41	200m:	3:03.75	47.80	300m:	4:40.55	47.48	400m:	6:10.59	42.74
EXH	Diego Rodrigues, MENDES		11	Nautico Marinha Grande				6:15.26	180		
	50m:	44.04 44.04	150m:	2:21.38	49.20	250m:	3:57.48	48.39	350m:	5:32.27	47.21
	100m:	1:32.18 48.14	200m:	3:09.09	47.71	300m:	4:45.06	47.58	400m:	6:15.26	42.99
EXH	Bruno Garcia, MILITAO		11	Óbidos				6:23.03	170		
	50m:	41.99 41.99	150m:	2:20.88	50.61	250m:	4:01.14	49.35	350m:	5:38.46	48.32
	100m:	1:30.27 48.28	200m:	3:11.79	50.91	300m:	4:50.14	49.00	400m:	6:23.03	44.57
EXH	Joao Rodrigo, BREDA		11	Nautico Marinha Grande				6:23.54	169		
	50m:	44.23 44.23	150m:	2:22.21	49.31	250m:	4:00.57	49.47	350m:	5:37.99	47.73
	100m:	1:32.90 48.67	200m:	3:11.10	48.89	300m:	4:50.26	49.69	400m:	6:23.54	45.55