

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 41 Masc., 400m Livres 14 anos e mais velhos
23/06/2024 - 16:40 Resultados

Rec Nacionais Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nacionais Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nacionais Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nacionais Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14/07/2010
Rec Nacionais Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nacionais Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Rec Nacionais Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004

TA ABS-MASC Open: 4:48.19 / TA SEN-MASC Sen: 4:48.19 / TA JUN-MASC Jun: 4:56.79 / TA JUVA-MASC Juv A: 5:05.39 /
TA JUVB-MASC Juv B: 5:12.56

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos	4:23.26	584
50m: 30.07 30.07	150m: 1:37.85 34.25	250m: 2:46.46 34.16	350m: 3:53.72 33.65
100m: 1:03.60 33.53	200m: 2:12.30 34.45	300m: 3:20.07 33.61	400m: 4:23.26 29.54
2. Joao Nuno, GASPAS	09 Condeixa Clube	4:30.38	539
50m: 30.18 30.18	150m: 1:37.68 33.81	250m: 2:47.42 34.94	350m: 3:57.92 35.34
100m: 1:03.87 33.69	200m: 2:12.48 34.80	300m: 3:22.58 35.16	400m: 4:30.38 32.46
3. Tiago Joaquim, SILVA	09 Galitos / Bresimar	4:31.76	531
50m: 30.81 30.81	150m: 1:40.14 34.68	250m: 2:50.62 34.82	350m: 3:59.54 33.87
100m: 1:05.46 34.65	200m: 2:15.80 35.66	300m: 3:25.67 35.05	400m: 4:31.76 32.22
4. Alexandre, SHUBIN	09 Campinho	4:37.27	500
50m: 30.62 30.62	150m: 1:39.83 35.19	250m: 2:51.30 35.92	350m: 4:03.09 36.28
100m: 1:04.64 34.02	200m: 2:15.38 35.55	300m: 3:26.81 35.51	400m: 4:37.27 34.18
5. Santiago Jose, PACHECO	09 Alcobaca	4:39.60	487
50m: 30.57 30.57	150m: 1:41.11 36.27	250m: 2:53.26 35.99	350m: 4:05.26 36.03
100m: 1:04.84 34.27	200m: 2:17.27 36.16	300m: 3:29.23 35.97	400m: 4:39.60 34.34
6. David Ferrador, PEREIRA	09 Nucleo de Pombal	4:39.83	486
50m: 31.25 31.25	150m: 1:41.72 36.40	250m: 2:54.17 36.32	350m: 4:07.35 36.57
100m: 1:05.32 34.07	200m: 2:17.85 36.13	300m: 3:30.78 36.61	400m: 4:39.83 32.48
7. Goncalo Malha, NETO	09 Galitos / Bresimar	4:44.12	464
50m: 31.07 31.07	150m: 1:42.13 36.20	250m: 2:54.97 35.92	350m: 4:08.46 36.21
100m: 1:05.93 34.86	200m: 2:19.05 36.92	300m: 3:32.25 37.28	400m: 4:44.12 35.66
8. Miguel Tome, MATEUS	09 Natacao de Vagos	4:54.86	415
<i>FTL</i>			
50m: 32.27 32.27	150m: 1:45.75 37.74	250m: 3:01.68 37.88	350m: 4:18.12 38.64
100m: 1:08.01 35.74	200m: 2:23.80 38.05	300m: 3:39.48 37.80	400m: 4:54.86 36.74
9. Francisco Antunes, SOUSA	09 Columbofila Cantanhedense	5:00.01	394
<i>FTL</i>			
50m: 32.63 32.63	150m: 1:49.19 39.06	250m: 3:07.39 38.70	350m: 4:24.00 37.90
100m: 1:10.13 37.50	200m: 2:28.69 39.50	300m: 3:46.10 38.71	400m: 5:00.01 36.01
10. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	5:01.68	388
<i>FTL</i>			
50m: 32.78 32.78	150m: 1:47.92 37.91	250m: 3:05.19 38.20	350m: 4:23.68 38.89
100m: 1:10.01 37.23	200m: 2:26.99 39.07	300m: 3:44.79 39.60	400m: 5:01.68 38.00
11. Afonso Matos, CORREIA	09 Nucleo de Pombal	5:06.93	368
<i>FTL</i>			
50m: 34.54 34.54	150m: 1:53.99 40.21	250m: 3:11.99 37.20	350m: 4:29.83 38.18
100m: 1:13.78 39.24	200m: 2:34.79 40.80	300m: 3:51.65 39.66	400m: 5:06.93 37.10

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 41, Masc., 400m Livres

Juv A

1.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar	4:25.65	568
	50m: 29.32 29.32	150m: 1:36.54	33.84 250m: 2:45.62	34.11	350m: 3:53.95 33.44
	100m: 1:02.70 33.38	200m: 2:11.51	34.97 300m: 3:20.51	34.89	400m: 4:25.65 31.70
2.	Guilherme Martins, SILVA	08	Académico de Viseu	4:27.72	555
	50m: 30.05 30.05	150m: 1:37.95	34.31 250m: 2:45.76	33.26	350m: 3:54.00 33.64
	100m: 1:03.64 33.59	200m: 2:12.50	34.55 300m: 3:20.36	34.60	400m: 4:27.72 33.72
3.	Paulo Jorge, OLIVEIRA	08	Estarreja	4:28.42	551
	50m: 29.92 29.92	150m: 1:36.84	33.80 250m: 2:44.88	34.00	350m: 3:54.13 34.80
	100m: 1:03.04 33.12	200m: 2:10.88	34.04 300m: 3:19.33	34.45	400m: 4:28.42 34.29
4.	Guilherme Simoes, SOUSA	08	Nautico Academico	4:29.45	544
	50m: 29.61 29.61	150m: 1:37.46	34.37 250m: 2:47.23	34.50	350m: 3:56.39 33.97
	100m: 1:03.09 33.48	200m: 2:12.73	35.27 300m: 3:22.42	35.19	400m: 4:29.45 33.06
5.	Santiago Boica, SOUSA	08	Vieirense	4:29.77	542
	50m: 29.48 29.48	150m: 1:37.64	34.69 250m: 2:48.29	35.41	350m: 3:57.61 35.26
	100m: 1:02.95 33.47	200m: 2:12.88	35.24 300m: 3:22.35	34.06	400m: 4:29.77 32.16
6.	Bernardo Reis, FERREIRA	08	Galitos / Bresimar	4:34.86	513
	50m: 30.81 30.81	150m: 1:39.52	34.78 250m: 2:49.96	35.18	350m: 4:01.10 35.21
	100m: 1:04.74 33.93	200m: 2:14.78	35.26 300m: 3:25.89	35.93	400m: 4:34.86 33.76
7.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	4:35.95	507
	50m: 30.41 30.41	150m: 1:39.97	35.25 250m: 2:50.71	35.21	350m: 4:01.65 35.29
	100m: 1:04.72 34.31	200m: 2:15.50	35.53 300m: 3:26.36	35.65	400m: 4:35.95 34.30
8.	Samuel Dinis, MAIA	08	Miranda do Corvo	4:36.84	502
	50m: 30.56 30.56	150m: 1:39.90	35.60 250m: 2:51.18	35.98	350m: 4:02.87 36.08
	100m: 1:04.30 33.74	200m: 2:15.20	35.30 300m: 3:26.79	35.61	400m: 4:36.84 33.97
9.	Antonio Quiterio, ANASTACIO	08	Benedita	4:48.26	444
	<i>FTL</i>				
	50m: 32.16 32.16	150m: 1:44.78	36.54 250m: 2:58.49	36.58	350m: 4:12.17 36.49
	100m: 1:08.24 36.08	200m: 2:21.91	37.13 300m: 3:35.68	37.19	400m: 4:48.26 36.09
10.	Vicente Ferreira, OLIVEIRA	08	Estamos Juntos	5:05.46	373
	<i>FTL</i>				
	50m: 32.23 32.23	150m: 1:48.29	38.22 250m: 3:07.76	39.59	350m: 4:27.22 39.02
	100m: 1:10.07 37.84	200m: 2:28.17	39.88 300m: 3:48.20	40.44	400m: 5:05.46 38.24
11.	Francisco Quintino, VALENTE	08	UD Oliveirense	5:13.36	346
	<i>FTL</i>				
	50m: 32.95 32.95	150m: 1:52.25	40.66 250m: 3:13.19	40.14	350m: 4:34.97 40.86
	100m: 1:11.59 38.64	200m: 2:33.05	40.80 300m: 3:54.11	40.92	400m: 5:13.36 38.39

Jun

1.	Tomas Veiga, PEREIRA	06	Nautico Academico	4:20.79	600
	50m: 29.66 29.66	150m: 1:35.34	33.09 250m: 2:41.58	33.09	350m: 3:48.48 33.39
	100m: 1:02.25 32.59	200m: 2:08.49	33.15 300m: 3:15.09	33.51	400m: 4:20.79 32.31
2.	Afonso Dinis, ROQUE	07	Nautico Leiria	4:23.09	585
	50m: 30.69 30.69	150m: 1:38.44	34.07 250m: 2:46.73	33.96	350m: 3:53.90 33.27
	100m: 1:04.37 33.68	200m: 2:12.77	34.33 300m: 3:20.63	33.90	400m: 4:23.09 29.19
3.	Duarte Cachulo, MARQUES	07	Condeixa Clube	4:23.28	584
	50m: 28.85 28.85	150m: 1:33.96	33.06 250m: 2:41.20	33.91	350m: 3:50.37 34.77
	100m: 1:00.90 32.05	200m: 2:07.29	33.33 300m: 3:15.60	34.40	400m: 4:23.28 32.91
4.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	4:25.00	572
	50m: 29.68 29.68	150m: 1:36.61	33.77 250m: 2:43.39	33.45	350m: 3:51.57 34.15
	100m: 1:02.84 33.16	200m: 2:09.94	33.33 300m: 3:17.42	34.03	400m: 4:25.00 33.43
5.	Francisco Xavier, RITA	07	Vieirense	4:30.00	541
	50m: 30.53 30.53	150m: 1:38.93	34.85 250m: 2:48.10	34.63	350m: 3:57.19 34.29
	100m: 1:04.08 33.55	200m: 2:13.47	34.54 300m: 3:22.90	34.80	400m: 4:30.00 32.81

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 41, Masc., 400m Livres, Jun

Lugar			Ano					Tempo final	Pts		
6.	Joao Ferreira, MARQUES		06	Academica de Coimbra				4:39.78	486		
	50m:	30.62 30.62	150m:	1:39.56	35.15	250m:	2:51.52	36.23	350m:	4:04.52	36.47
	100m:	1:04.41 33.79	200m:	2:15.29	35.73	300m:	3:28.05	36.53	400m:	4:39.78	35.26
7.	Daniel, KAMOLOV		07	Algés e Águeda XXI				4:45.25	459		
	50m:	29.83 29.83	150m:	1:38.84	35.10	250m:	2:50.90	35.91	350m:	4:06.62	38.45
	100m:	1:03.74 33.91	200m:	2:14.99	36.15	300m:	3:28.17	37.27	400m:	4:45.25	38.63
8.	Rodrigo Pinto, OLIVEIRA		07	Sao Joao Ver				4:46.32	454		
	50m:	29.49 29.49	150m:	1:40.34	36.26	250m:	2:54.32	37.27	350m:	4:10.64	37.61
	100m:	1:04.08 34.59	200m:	2:17.05	36.71	300m:	3:33.03	38.71	400m:	4:46.32	35.68

Sen

1.	Afonso Filipe, COSTA		03	Louzan Natação				4:12.64	660		
	50m:	28.77 28.77	150m:	1:33.15	32.69	250m:	2:37.89	32.35	350m:	3:42.43	32.03
	100m:	1:00.46 31.69	200m:	2:05.54	32.39	300m:	3:10.40	32.51	400m:	4:12.64	30.21
2.	Lucas Pereira, BASTOS		00	Nautico Academico				4:12.75	660		
	50m:	28.99 28.99	150m:	1:33.83	32.79	250m:	2:37.42	31.77	350m:	3:41.24	31.84
	100m:	1:01.04 32.05	200m:	2:05.65	31.82	300m:	3:09.40	31.98	400m:	4:12.75	31.51
3.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				4:20.74	601		
	50m:	29.51 29.51	150m:	1:34.51	32.60	250m:	2:40.49	32.72	350m:	3:47.72	33.75
	100m:	1:01.91 32.40	200m:	2:07.77	33.26	300m:	3:13.97	33.48	400m:	4:20.74	33.02
4.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				4:23.48	582		
	50m:	30.43 30.43	150m:	1:37.01	33.70	250m:	2:43.62	33.04	350m:	3:50.67	33.76
	100m:	1:03.31 32.88	200m:	2:10.58	33.57	300m:	3:16.91	33.29	400m:	4:23.48	32.81
5.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:30.20	540		
	50m:	30.01 30.01	150m:	1:37.12	34.31	250m:	2:46.47	34.83	350m:	3:57.10	35.61
	100m:	1:02.81 32.80	200m:	2:11.64	34.52	300m:	3:21.49	35.02	400m:	4:30.20	33.10
6.	Antonio Pedro, MARTINS		05	União de Coimbra				4:44.85	461		
	50m:	31.68 31.68	150m:	1:42.67	36.12	250m:	2:56.12	37.01	350m:	4:09.98	36.56
	100m:	1:06.55 34.87	200m:	2:19.11	36.44	300m:	3:33.42	37.30	400m:	4:44.85	34.87

Juv B/Abs

1.	Afonso Filipe, COSTA		03	Louzan Natação				4:12.64	660		
	50m:	28.77 28.77	150m:	1:33.15	32.69	250m:	2:37.89	32.35	350m:	3:42.43	32.03
	100m:	1:00.46 31.69	200m:	2:05.54	32.39	300m:	3:10.40	32.51	400m:	4:12.64	30.21
2.	Lucas Pereira, BASTOS		00	Nautico Academico				4:12.75	660		
	50m:	28.99 28.99	150m:	1:33.83	32.79	250m:	2:37.42	31.77	350m:	3:41.24	31.84
	100m:	1:01.04 32.05	200m:	2:05.65	31.82	300m:	3:09.40	31.98	400m:	4:12.75	31.51
3.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				4:20.74	601		
	50m:	29.51 29.51	150m:	1:34.51	32.60	250m:	2:40.49	32.72	350m:	3:47.72	33.75
	100m:	1:01.91 32.40	200m:	2:07.77	33.26	300m:	3:13.97	33.48	400m:	4:20.74	33.02
4.	Tomas Veiga, PEREIRA		06	Nautico Academico				4:20.79	600		
	50m:	29.66 29.66	150m:	1:35.34	33.09	250m:	2:41.58	33.09	350m:	3:48.48	33.39
	100m:	1:02.25 32.59	200m:	2:08.49	33.15	300m:	3:15.09	33.51	400m:	4:20.79	32.31
5.	Afonso Dinis, ROQUE		07	Nautico Leiria				4:23.09	585		
	50m:	30.69 30.69	150m:	1:38.44	34.07	250m:	2:46.73	33.96	350m:	3:53.90	33.27
	100m:	1:04.37 33.68	200m:	2:12.77	34.33	300m:	3:20.63	33.90	400m:	4:23.09	29.19
6.	Tomas Pascoal, FERREIRA		09	Bairro dos Anjos				4:23.26	584		
	50m:	30.07 30.07	150m:	1:37.85	34.25	250m:	2:46.46	34.16	350m:	3:53.72	33.65
	100m:	1:03.60 33.53	200m:	2:12.30	34.45	300m:	3:20.07	33.61	400m:	4:23.26	29.54
7.	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:23.28	584		
	50m:	28.85 28.85	150m:	1:33.96	33.06	250m:	2:41.20	33.91	350m:	3:50.37	34.77
	100m:	1:00.90 32.05	200m:	2:07.29	33.33	300m:	3:15.60	34.40	400m:	4:23.28	32.91

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 41, Masc., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
8.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				4:23.48	582		
	50m:	30.43 30.43	150m:	1:37.01	33.70	250m:	2:43.62	33.04	350m:	3:50.67	33.76
	100m:	1:03.31 32.88	200m:	2:10.58	33.57	300m:	3:16.91	33.29	400m:	4:23.48	32.81
9.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				4:25.00	572		
	50m:	29.68 29.68	150m:	1:36.61	33.77	250m:	2:43.39	33.45	350m:	3:51.57	34.15
	100m:	1:02.84 33.16	200m:	2:09.94	33.33	300m:	3:17.42	34.03	400m:	4:25.00	33.43
10.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				4:25.65	568		
	50m:	29.32 29.32	150m:	1:36.54	33.84	250m:	2:45.62	34.11	350m:	3:53.95	33.44
	100m:	1:02.70 33.38	200m:	2:11.51	34.97	300m:	3:20.51	34.89	400m:	4:25.65	31.70
11.	Guilherme Martins, SILVA		08	Académico de Viseu				4:27.72	555		
	50m:	30.05 30.05	150m:	1:37.95	34.31	250m:	2:45.76	33.26	350m:	3:54.00	33.64
	100m:	1:03.64 33.59	200m:	2:12.50	34.55	300m:	3:20.36	34.60	400m:	4:27.72	33.72
12.	Paulo Jorge, OLIVEIRA		08	Estarreja				4:28.42	551		
	50m:	29.92 29.92	150m:	1:36.84	33.80	250m:	2:44.88	34.00	350m:	3:54.13	34.80
	100m:	1:03.04 33.12	200m:	2:10.88	34.04	300m:	3:19.33	34.45	400m:	4:28.42	34.29
13.	Guilherme Simoes, SOUSA		08	Nautico Academico				4:29.45	544		
	50m:	29.61 29.61	150m:	1:37.46	34.37	250m:	2:47.23	34.50	350m:	3:56.39	33.97
	100m:	1:03.09 33.48	200m:	2:12.73	35.27	300m:	3:22.42	35.19	400m:	4:29.45	33.06
14.	Santiago Boica, SOUSA		08	Vieirense				4:29.77	542		
	50m:	29.48 29.48	150m:	1:37.64	34.69	250m:	2:48.29	35.41	350m:	3:57.61	35.26
	100m:	1:02.95 33.47	200m:	2:12.88	35.24	300m:	3:22.35	34.06	400m:	4:29.77	32.16
15.	Francisco Xavier, RITA		07	Vieirense				4:30.00	541		
	50m:	30.53 30.53	150m:	1:38.93	34.85	250m:	2:48.10	34.63	350m:	3:57.19	34.29
	100m:	1:04.08 33.55	200m:	2:13.47	34.54	300m:	3:22.90	34.80	400m:	4:30.00	32.81
16.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:30.20	540		
	50m:	30.01 30.01	150m:	1:37.12	34.31	250m:	2:46.47	34.83	350m:	3:57.10	35.61
	100m:	1:02.81 32.80	200m:	2:11.64	34.52	300m:	3:21.49	35.02	400m:	4:30.20	33.10
17.	Joao Nuno, GASPAS		09	Condeixa Clube				4:30.38	539		
	50m:	30.18 30.18	150m:	1:37.68	33.81	250m:	2:47.42	34.94	350m:	3:57.92	35.34
	100m:	1:03.87 33.69	200m:	2:12.48	34.80	300m:	3:22.58	35.16	400m:	4:30.38	32.46
18.	Tiago Joaquim, SILVA		09	Galitos / Bresimar				4:31.76	531		
	50m:	30.81 30.81	150m:	1:40.14	34.68	250m:	2:50.62	34.82	350m:	3:59.54	33.87
	100m:	1:05.46 34.65	200m:	2:15.80	35.66	300m:	3:25.67	35.05	400m:	4:31.76	32.22
19.	Bernardo Reis, FERREIRA		08	Galitos / Bresimar				4:34.86	513		
	50m:	30.81 30.81	150m:	1:39.52	34.78	250m:	2:49.96	35.18	350m:	4:01.10	35.21
	100m:	1:04.74 33.93	200m:	2:14.78	35.26	300m:	3:25.89	35.93	400m:	4:34.86	33.76
20.	Nuno Miguel, ANJOS		08	Galitos / Bresimar				4:35.95	507		
	50m:	30.41 30.41	150m:	1:39.97	35.25	250m:	2:50.71	35.21	350m:	4:01.65	35.29
	100m:	1:04.72 34.31	200m:	2:15.50	35.53	300m:	3:26.36	35.65	400m:	4:35.95	34.30
21.	Samuel Dinis, MAIA		08	Miranda do Corvo				4:36.84	502		
	50m:	30.56 30.56	150m:	1:39.90	35.60	250m:	2:51.18	35.98	350m:	4:02.87	36.08
	100m:	1:04.30 33.74	200m:	2:15.20	35.30	300m:	3:26.79	35.61	400m:	4:36.84	33.97
22.	Alexandre, SHUBIN		09	Campinho				4:37.27	500		
	50m:	30.62 30.62	150m:	1:39.83	35.19	250m:	2:51.30	35.92	350m:	4:03.09	36.28
	100m:	1:04.64 34.02	200m:	2:15.38	35.55	300m:	3:26.81	35.51	400m:	4:37.27	34.18
23.	Santiago Jose, PACHECO		09	Alcobaca				4:39.60	487		
	50m:	30.57 30.57	150m:	1:41.11	36.27	250m:	2:53.26	35.99	350m:	4:05.26	36.03
	100m:	1:04.84 34.27	200m:	2:17.27	36.16	300m:	3:29.23	35.97	400m:	4:39.60	34.34
24.	Joao Ferreira, MARQUES		06	Academica de Coimbra				4:39.78	486		
	50m:	30.62 30.62	150m:	1:39.56	35.15	250m:	2:51.52	36.23	350m:	4:04.52	36.47
	100m:	1:04.41 33.79	200m:	2:15.29	35.73	300m:	3:28.05	36.53	400m:	4:39.78	35.26
25.	David Ferrador, PEREIRA		09	Nucleo de Pombal				4:39.83	486		
	50m:	31.25 31.25	150m:	1:41.72	36.40	250m:	2:54.17	36.32	350m:	4:07.35	36.57
	100m:	1:05.32 34.07	200m:	2:17.85	36.13	300m:	3:30.78	36.61	400m:	4:39.83	32.48

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 41, Masc., 400m Livres, Juv B/Abs

Lugar				Ano					Tempo final	Pts		
26.	Goncalo Malha, NETO			09	Galitos / Bresimar				4:44.12	464		
	50m:	31.07	31.07	150m:	1:42.13	36.20	250m:	2:54.97	35.92	350m:	4:08.46	36.21
	100m:	1:05.93	34.86	200m:	2:19.05	36.92	300m:	3:32.25	37.28	400m:	4:44.12	35.66
27.	Antonio Pedro, MARTINS			05	União de Coimbra				4:44.85	461		
	50m:	31.68	31.68	150m:	1:42.67	36.12	250m:	2:56.12	37.01	350m:	4:09.98	36.56
	100m:	1:06.55	34.87	200m:	2:19.11	36.44	300m:	3:33.42	37.30	400m:	4:44.85	34.87
28.	Daniel, KAMOLOV			07	Algés e Águeda XXI				4:45.25	459		
	50m:	29.83	29.83	150m:	1:38.84	35.10	250m:	2:50.90	35.91	350m:	4:06.62	38.45
	100m:	1:03.74	33.91	200m:	2:14.99	36.15	300m:	3:28.17	37.27	400m:	4:45.25	38.63
29.	Rodrigo Pinto, OLIVEIRA			07	Sao Joao Ver				4:46.32	454		
	50m:	29.49	29.49	150m:	1:40.34	36.26	250m:	2:54.32	37.27	350m:	4:10.64	37.61
	100m:	1:04.08	34.59	200m:	2:17.05	36.71	300m:	3:33.03	38.71	400m:	4:46.32	35.68
30.	Antonio Quiterio, ANASTACIO			08	Benedita				4:48.26	444		
	<i>FTL</i>											
	50m:	32.16	32.16	150m:	1:44.78	36.54	250m:	2:58.49	36.58	350m:	4:12.17	36.49
	100m:	1:08.24	36.08	200m:	2:21.91	37.13	300m:	3:35.68	37.19	400m:	4:48.26	36.09
31.	Miguel Tome, MATEUS			09	Natação de Vagos				4:54.86	415		
	<i>FTL</i>											
	50m:	32.27	32.27	150m:	1:45.75	37.74	250m:	3:01.68	37.88	350m:	4:18.12	38.64
	100m:	1:08.01	35.74	200m:	2:23.80	38.05	300m:	3:39.48	37.80	400m:	4:54.86	36.74
32.	Francisco Antunes, SOUSA			09	Columbifila Cantanhedense				5:00.01	394		
	<i>FTL</i>											
	50m:	32.63	32.63	150m:	1:49.19	39.06	250m:	3:07.39	38.70	350m:	4:24.00	37.90
	100m:	1:10.13	37.50	200m:	2:28.69	39.50	300m:	3:46.10	38.71	400m:	5:00.01	36.01
33.	Gabriel Santiago, FERREIRA			09	Uniao Juncalense				5:01.68	388		
	<i>FTL</i>											
	50m:	32.78	32.78	150m:	1:47.92	37.91	250m:	3:05.19	38.20	350m:	4:23.68	38.89
	100m:	1:10.01	37.23	200m:	2:26.99	39.07	300m:	3:44.79	39.60	400m:	5:01.68	38.00
34.	Vicente Ferreira, OLIVEIRA			08	Estamos Juntos				5:05.46	373		
	<i>FTL</i>											
	50m:	32.23	32.23	150m:	1:48.29	38.22	250m:	3:07.76	39.59	350m:	4:27.22	39.02
	100m:	1:10.07	37.84	200m:	2:28.17	39.88	300m:	3:48.20	40.44	400m:	5:05.46	38.24
35.	Afonso Matos, CORREIA			09	Nucleo de Pombal				5:06.93	368		
	<i>FTL</i>											
	50m:	34.54	34.54	150m:	1:53.99	40.21	250m:	3:11.99	37.20	350m:	4:29.83	38.18
	100m:	1:13.78	39.24	200m:	2:34.79	40.80	300m:	3:51.65	39.66	400m:	5:06.93	37.10
36.	Francisco Quintino, VALENTE			08	UD Oliveirense				5:13.36	346		
	<i>FTL</i>											
	50m:	32.95	32.95	150m:	1:52.25	40.66	250m:	3:13.19	40.14	350m:	4:34.97	40.86
	100m:	1:11.59	38.64	200m:	2:33.05	40.80	300m:	3:54.11	40.92	400m:	5:13.36	38.39