

Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024

Prova 2 Open
04/04/2024 - 10:00 Resultados Elimin

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

CEJun_Masc 15 - 18: 4:01.28 / CEPL : 3:49.22 / JO : 3:46.78 / TAC_Masc Juv B 50m: 4:39.07 - 25m: 4:28.59 /
Masc Juv A 50m: 4:32.67 - 25m: 4:22.43; Jun 17 50m: 4:24.99 - 25m: 4:15.03; Jun 18 50m: 4:23.71 - 25m: 4:13.80;
Sen 1º 50m: 4:17.31 - 25m: 4:07.64; Sen + 50m: 4:16.03 - 25m: 4:06.41

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	FERREIRA, Tomas Pascoal	09	POR	Ba-Leiria	4:15.94	+0,66	635
	50m: 29.16 29.16	150m: 1:33.47	32.74	250m: 2:40.46	33.48	350m: 3:46.12	32.24
	100m: 1:00.73 31.57	200m: 2:06.98	33.51	300m: 3:13.88	33.42	400m: 4:15.94	29.82
2.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:16.27	+0,79	633
	50m: 28.92 28.92	150m: 1:33.45	33.08	250m: 2:40.25	33.50	350m: 3:45.70	32.04
	100m: 1:00.37 31.45	200m: 2:06.75	33.30	300m: 3:13.66	33.41	400m: 4:16.27	30.57
3.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:22.25	+0,67	590
	50m: 29.22 29.22	150m: 1:34.25	33.22	250m: 2:41.90	34.13	350m: 3:50.14	33.81
	100m: 1:01.03 31.81	200m: 2:07.77	33.52	300m: 3:16.33	34.43	400m: 4:22.25	32.11
4.	PINTO, Martim Chambel	09	POR	Colegio Int Monte Maior	4:22.57	+0,81	588
	50m: 29.67 29.67	150m: 1:36.65	33.71	250m: 2:43.71	32.96	350m: 3:50.48	33.35
	100m: 1:02.94 33.27	200m: 2:10.75	34.10	300m: 3:17.13	33.42	400m: 4:22.57	32.09
5.	MARTINS, Martim Guerreiro	09	POR	Sporting	4:23.67	+0,75	581
	50m: 29.70 29.70	150m: 1:35.78	32.66	250m: 2:44.30	33.94	350m: 3:51.60	33.47
	100m: 1:03.12 33.42	200m: 2:10.36	34.58	300m: 3:18.13	33.83	400m: 4:23.67	32.07
6.	SILVA, Francisco Carvalho	09	POR	Naval Praia da Vitoria	4:30.67	+0,79	537
	50m: 30.39 30.39	150m: 1:37.86	34.25	250m: 2:47.12	34.86	350m: 3:56.29	34.37
	100m: 1:03.61 33.22	200m: 2:12.26	34.40	300m: 3:21.92	34.80	400m: 4:30.67	34.38
7.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:31.28	+0,89	533
	50m: 29.19 29.19	150m: 1:34.93	33.45	250m: 2:44.98	34.94	350m: 3:55.74	35.58
	100m: 1:01.48 32.29	200m: 2:10.04	35.11	300m: 3:20.16	35.18	400m: 4:31.28	35.54
8.	SAMPAIO, Rafael Rui	09	POR	Famalicao	4:32.38	+0,78	527
	50m: 29.24 29.24	150m: 1:37.75	34.45	250m: 2:48.27	35.19	350m: 3:58.77	34.76
	100m: 1:03.30 34.06	200m: 2:13.08	35.33	300m: 3:24.01	35.74	400m: 4:32.38	33.61
9.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	4:33.59	+0,77	520
	50m: 30.02 30.02	150m: 1:38.02	34.87	250m: 2:48.22	35.31	350m: 3:59.55	35.57
	100m: 1:03.15 33.13	200m: 2:12.91	34.89	300m: 3:23.98	35.76	400m: 4:33.59	34.04
10.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	4:34.61	+0,66	514
	50m: 30.07 30.07	150m: 1:38.58	34.63	250m: 2:48.99	35.22	350m: 3:59.84	35.43
	100m: 1:03.95 33.88	200m: 2:13.77	35.19	300m: 3:24.41	35.42	400m: 4:34.61	34.77
11.	RIZZON, Guilherme Oliveira	09	POR	Sporting	4:36.70	+0,74	503
	50m: 29.52 29.52	150m: 1:38.19	34.83	250m: 2:49.72	35.65	350m: 4:01.85	35.87
	100m: 1:03.36 33.84	200m: 2:14.07	35.88	300m: 3:25.98	36.26	400m: 4:36.70	34.85

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Prova 2, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	MARTINS, Vasco Alexandre	09	POR	Colegio Int Monte Maior	4:37.58	+0,68	498
	50m: 30.67 30.67	150m: 1:40.36	35.51	250m: 2:52.13	35.81	350m: 4:03.57	35.50
	100m: 1:04.85 34.18	200m: 2:16.32	35.96	300m: 3:28.07	35.94	400m: 4:37.58	34.01
13.	SILVA, Joao Bernardo	09	POR	Desportivo Nacional	4:37.64	+0,70	498
	50m: 30.62 30.62	150m: 1:39.75	35.20	250m: 2:51.64	36.03	350m: 4:03.09	35.42
	100m: 1:04.55 33.93	200m: 2:15.61	35.86	300m: 3:27.67	36.03	400m: 4:37.64	34.55
14.	BENTO, Afonso Maria	09	POR	AN Alcabastrense	4:38.75	+0,77	492
	50m: 30.45 30.45	150m: 1:39.64	35.19	250m: 2:51.87	35.94	350m: 4:04.14	35.85
	100m: 1:04.45 34.00	200m: 2:15.93	36.29	300m: 3:28.29	36.42	400m: 4:38.75	34.61
15.	CHELE, Stefan Iordan FTL	09	POR	Rio Maior	4:40.12	+0,70	484
	50m: 30.23 30.23	150m: 1:40.68	36.12	250m: 2:54.13	36.62	350m: 4:05.75	35.69
	100m: 1:04.56 34.33	200m: 2:17.51	36.83	300m: 3:30.06	35.93	400m: 4:40.12	34.37
16.	SHUBIN, Alexandre FTL	09	POR	Desportivo de Campinho	4:40.14	+0,78	484
	50m: 30.56 30.56	150m: 1:39.82	35.47	250m: 2:52.10	36.44	350m: 4:05.39	36.58
	100m: 1:04.35 33.79	200m: 2:15.66	35.84	300m: 3:28.81	36.71	400m: 4:40.14	34.75
17.	VALENTE, Xavier Jesus FTL	09	POR	Colegio Vasco da Gama	4:41.37	+0,81	478
	50m: 29.66 29.66	150m: 1:37.79	34.60	250m: 2:49.72	35.87	350m: 4:04.08	37.28
	100m: 1:03.19 33.53	200m: 2:13.85	36.06	300m: 3:26.80	37.08	400m: 4:41.37	37.29
18.	NETO, Goncalo Malha FTL	09	POR	Galitos / Bresimar	4:42.77	+0,75	471
	50m: 30.54 30.54	150m: 1:39.88	35.71	250m: 2:52.77	36.61	350m: 4:07.05	37.22
	100m: 1:04.17 33.63	200m: 2:16.16	36.28	300m: 3:29.83	37.06	400m: 4:42.77	35.72
19.	PEREIRA, Tomas Rafael FTL	09	POR	Nautico Academico	4:43.18	+0,74	469
	50m: 29.63 29.63	150m: 1:39.55	36.19	250m: 2:53.68	37.38	350m: 4:07.65	36.86
	100m: 1:03.36 33.73	200m: 2:16.30	36.75	300m: 3:30.79	37.11	400m: 4:43.18	35.53

Juvenis A

1.	PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	4:06.01	+0,80	715 B
	50m: 28.21 28.21	150m: 1:30.10	31.62	250m: 2:32.41	31.50	350m: 3:35.10	31.46
	100m: 58.48 30.27	200m: 2:00.91	30.81	300m: 3:03.64	31.23	400m: 4:06.01	30.91
2.	MEDEIROS, Miguel Fragoso	08	POR	Porto	4:07.61	+0,71	702 B
	50m: 28.84 28.84	150m: 1:30.54	30.85	250m: 2:33.13	31.31	350m: 3:36.69	31.75
	100m: 59.69 30.85	200m: 2:01.82	31.28	300m: 3:04.94	31.81	400m: 4:07.61	30.92
3.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	4:18.06	+0,78	620
	50m: 29.11 29.11	150m: 1:33.41	32.71	250m: 2:39.59	33.40	350m: 3:45.92	33.37
	100m: 1:00.70 31.59	200m: 2:06.19	32.78	300m: 3:12.55	32.96	400m: 4:18.06	32.14
4.	SOARES, Goncalo Augusto	08	POR	Porto	4:20.97	+0,74	599
	50m: 29.58 29.58	150m: 1:34.66	32.67	250m: 2:41.36	32.98	350m: 3:48.43	33.24
	100m: 1:01.99 32.41	200m: 2:08.38	33.72	300m: 3:15.19	33.83	400m: 4:20.97	32.54

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Prova 2, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
5.	LIMA, Eduardo Miguel	08	POR	Foca Quinta Da Lixa - Cnf	4:22.58	+0,78	588
	50m: 29.30 29.30	150m: 1:35.08	33.63	250m: 2:42.31	33.26	350m: 3:50.03	34.09
	100m: 1:01.45 32.15	200m: 2:09.05	33.97	300m: 3:15.94	33.63	400m: 4:22.58	32.55
6.	SOUSA, Guilherme Simoes	08	POR	Nautico Academico	4:24.15	+0,67	578
	50m: 29.98 29.98	150m: 1:35.74	33.09	250m: 2:43.76	33.92	350m: 3:51.83	33.62
	100m: 1:02.65 32.67	200m: 2:09.84	34.10	300m: 3:18.21	34.45	400m: 4:24.15	32.32
7.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:25.58	+0,75	568
	50m: 29.96 29.96	150m: 1:35.82	33.35	250m: 2:43.77	34.04	350m: 3:52.13	34.01
	100m: 1:02.47 32.51	200m: 2:09.73	33.91	300m: 3:18.12	34.35	400m: 4:25.58	33.45
8.	FARDILHA, Antonio Cruz	08	POR	Galitos / Bresimar	4:27.64	+0,64	555
	50m: 29.46 29.46	150m: 1:37.21	34.58	250m: 2:46.58	34.52	350m: 3:56.12	34.55
	100m: 1:02.63 33.17	200m: 2:12.06	34.85	300m: 3:21.57	34.99	400m: 4:27.64	31.52
9.	LIMA, Rodrigo Silva	08	POR	Porto	4:27.94	+0,72	554
	50m: 30.87 30.87	150m: 1:37.35	33.69	250m: 2:45.44	34.16	350m: 3:54.54	34.52
	100m: 1:03.66 32.79	200m: 2:11.28	33.93	300m: 3:20.02	34.58	400m: 4:27.94	33.40
10.	PEREIRA, Santiago Carvalho	08	POR	Famalicao	4:27.99	+0,80	553
	50m: 29.99 29.99	150m: 1:36.76	33.74	250m: 2:45.94	34.77	350m: 3:55.23	34.08
	100m: 1:03.02 33.03	200m: 2:11.17	34.41	300m: 3:21.15	35.21	400m: 4:27.99	32.76
11.	ANJOS, Nuno Miguel	08	POR	Galitos / Bresimar	4:29.10	+0,66	546
	50m: 29.07 29.07	150m: 1:36.85	34.90	250m: 2:46.46	34.64	350m: 3:55.99	34.71
	100m: 1:01.95 32.88	200m: 2:11.82	34.97	300m: 3:21.28	34.82	400m: 4:29.10	33.11
	TOME, Tome Nunes	08	POR	CNLeiria	4:29.10	+0,72	546
	50m: 29.19 29.19	150m: 1:35.55	33.64	250m: 2:45.70	35.07	350m: 3:55.28	33.62
	100m: 1:01.91 32.72	200m: 2:10.63	35.08	300m: 3:21.66	35.96	400m: 4:29.10	33.82
13.	LOPES, Gustavo Miguel	08	POR	Porto	4:29.16	+0,69	546
	50m: 30.16 30.16	150m: 1:38.50	34.64	250m: 2:47.76	34.77	350m: 3:56.66	34.36
	100m: 1:03.86 33.70	200m: 2:12.99	34.49	300m: 3:22.30	34.54	400m: 4:29.16	32.50
14.	SOUSA, Santiago Boica	08	POR	Vieirense	4:29.70	+0,86	543
	50m: 30.25 30.25	150m: 1:38.45	34.93	250m: 2:47.77	34.87	350m: 3:57.08	34.08
	100m: 1:03.52 33.27	200m: 2:12.90	34.45	300m: 3:23.00	35.23	400m: 4:29.70	32.62
15.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	4:29.92	+0,74	541
	50m: 29.47 29.47	150m: 1:37.24	34.72	250m: 2:47.19	35.14	350m: 3:56.57	34.29
	100m: 1:02.52 33.05	200m: 2:12.05	34.81	300m: 3:22.28	35.09	400m: 4:29.92	33.35
16.	PEREIRA, Salvador Correia	08	POR	Condeixa Aqua Clube	4:30.24	+0,57	540
	50m: 29.29 29.29	150m: 1:37.23	34.48	250m: 2:47.03	35.09	350m: 3:57.35	35.03
	100m: 1:02.75 33.46	200m: 2:11.94	34.71	300m: 3:22.32	35.29	400m: 4:30.24	32.89
17.	OLIVEIRA, Paulo Jorge	08	POR	Estarreja/PROZINCO	4:30.58	+0,73	538
	50m: 29.82 29.82	150m: 1:35.78	33.62	250m: 2:44.57	34.61	350m: 3:55.36	35.67
	100m: 1:02.16 32.34	200m: 2:09.96	34.18	300m: 3:19.69	35.12	400m: 4:30.58	35.22
18.	CASTRO, Marco Antonio	08	POR	Naval do Funchal	4:30.87	+0,72	536
	50m: 29.71 29.71	150m: 1:38.37	34.20	250m: 2:48.95	35.07	350m: 3:59.27	34.49
	100m: 1:04.17 34.46	200m: 2:13.88	35.51	300m: 3:24.78	35.83	400m: 4:30.87	31.60
19.	ORNELAS, Afonso Mendonca	08	POR	Geslours	4:32.11	+0,57	528
	50m: 29.18 29.18	150m: 1:36.72	33.10	250m: 2:47.31	34.93	350m: 3:57.53	33.88
	100m: 1:03.62 34.44	200m: 2:12.38	35.66	300m: 3:23.65	36.34	400m: 4:32.11	34.58

Prova 2, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
20.	MORGADO, David Jesus <i>FTL</i>	08	POR	Sporting	4:33.04	+0,72	523
	50m: 29.59 29.59	150m: 1:36.60	34.28	250m: 2:46.56	35.19	350m: 3:57.74	35.71
	100m: 1:02.32 32.73	200m: 2:11.37	34.77	300m: 3:22.03	35.47	400m: 4:33.04	35.30
21.	BISPO, Miguel Almeida <i>FTL</i>	08	POR	Natacao da Maia	4:33.05	+0,77	523
	50m: 28.28 28.28	150m: 1:37.02	34.97	250m: 2:46.88	34.05	350m: 3:58.35	35.74
	100m: 1:02.05 33.77	200m: 2:12.83	35.81	300m: 3:22.61	35.73	400m: 4:33.05	34.70
22.	SILVA, Guilherme Martins <i>FTL</i>	08	POR	Academico Viseu	4:33.62	+0,75	520
	50m: 29.92 29.92	150m: 1:37.69	34.33	250m: 2:47.55	34.86	350m: 3:58.92	35.23
	100m: 1:03.36 33.44	200m: 2:12.69	35.00	300m: 3:23.69	36.14	400m: 4:33.62	34.70

Juniores

1.	TIGRE, Pedro Bethlem	06	POR	Sporting	4:07.26	+0,67	705 B
	50m: 28.50 28.50	150m: 1:31.65	31.90	250m: 2:35.02	31.44	350m: 3:37.14	30.66
	100m: 59.75 31.25	200m: 2:03.58	31.93	300m: 3:06.48	31.46	400m: 4:07.26	30.12
2.	LARANJO, Filipe Manso	07	POR	Escola Desportiva de Viana	4:07.40	+0,68	703 B
	50m: 27.64 27.64	150m: 1:29.22	31.39	250m: 2:33.80	32.43	350m: 3:37.41	31.58
	100m: 57.83 30.19	200m: 2:01.37	32.15	300m: 3:05.83	32.03	400m: 4:07.40	29.99
3.	ROQUE, Tomas Nunes	06	POR	Benfica	4:13.16	+0,83	656 B
	50m: 28.54 28.54	150m: 1:31.97	32.18	250m: 2:37.15	32.82	350m: 3:42.43	33.13
	100m: 59.79 31.25	200m: 2:04.33	32.36	300m: 3:09.30	32.15	400m: 4:13.16	30.73
4.	ASMAR, Axel Guedes	07	POR	Sporting	4:13.27	+0,65	656 R
	50m: 28.21 28.21	150m: 1:31.66	32.11	250m: 2:36.68	32.44	350m: 3:41.97	32.58
	100m: 59.55 31.34	200m: 2:04.24	32.58	300m: 3:09.39	32.71	400m: 4:13.27	31.30
5.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	4:14.19	+0,64	648 R
	50m: 28.26 28.26	150m: 1:32.05	32.40	250m: 2:37.51	32.76	350m: 3:43.34	32.71
	100m: 59.65 31.39	200m: 2:04.75	32.70	300m: 3:10.63	33.12	400m: 4:14.19	30.85
6.	LOUREIRO, Bruno Silva	06	POR	Porto	4:14.57	+0,67	646
	50m: 28.13 28.13	150m: 1:31.96	32.46	250m: 2:37.28	32.60	350m: 3:43.17	33.04
	100m: 59.50 31.37	200m: 2:04.68	32.72	300m: 3:10.13	32.85	400m: 4:14.57	31.40
7.	GOMES, Joao Almeida	06	POR	Nacional de Natacao	4:15.26	+0,66	640
	50m: 28.54 28.54	150m: 1:31.92	32.18	250m: 2:37.05	32.78	350m: 3:42.95	32.81
	100m: 59.74 31.20	200m: 2:04.27	32.35	300m: 3:10.14	33.09	400m: 4:15.26	32.31
8.	CASTRO, Vasco Monteiro	06	POR	Porto	4:16.52	+0,73	631
	50m: 29.19 29.19	150m: 1:32.33	32.13	250m: 2:37.56	32.72	350m: 3:43.63	33.26
	100m: 1:00.20 31.01	200m: 2:04.84	32.51	300m: 3:10.37	32.81	400m: 4:16.52	32.89
9.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:16.73	+0,66	629
	50m: 28.56 28.56	150m: 1:32.60	32.40	250m: 2:38.02	32.55	350m: 3:44.50	33.16
	100m: 1:00.20 31.64	200m: 2:05.47	32.87	300m: 3:11.34	33.32	400m: 4:16.73	32.23
10.	COSTA, Andre Leitao	07	POR	Assoc. Desportiva Fafe	4:20.59	+0,70	602
	50m: 29.44 29.44	150m: 1:36.05	33.52	250m: 2:43.52	33.70	350m: 3:49.77	33.01
	100m: 1:02.53 33.09	200m: 2:09.82	33.77	300m: 3:16.76	33.24	400m: 4:20.59	30.82

**Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024**
Prova 2, Masc., 400m Livres, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
11.	RITA, Francisco Xavier	07	POR	Vieirense	4:20.65	+0,68	601
	50m: 29.38 29.38	150m: 1:35.62	33.28	250m: 2:42.91	33.23	350m: 3:49.35	32.93
	100m: 1:02.34 32.96	200m: 2:09.68	34.06	300m: 3:16.42	33.51	400m: 4:20.65	31.30
12.	MARQUES, Joao Ferreira	06	POR	Academica de Coimbra	4:20.78	+0,71	600
	50m: 29.27 29.27	150m: 1:34.35	32.95	250m: 2:39.94	32.53	350m: 3:47.26	33.83
	100m: 1:01.40 32.13	200m: 2:07.41	33.06	300m: 3:13.43	33.49	400m: 4:20.78	33.52
13.	LEMONS, Gil Santos	06	POR	Pimpoes/Cimai	4:21.72	+0,68	594
	50m: 29.06 29.06	150m: 1:33.33	32.72	250m: 2:39.59	33.49	350m: 3:46.99	34.14
	100m: 1:00.61 31.55	200m: 2:06.10	32.77	300m: 3:12.85	33.26	400m: 4:21.72	34.73
14.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:22.61	+0,66	588
	50m: 28.65 28.65	150m: 1:33.31	32.46	250m: 2:40.09	33.44	350m: 3:48.80	34.28
	100m: 1:00.85 32.20	200m: 2:06.65	33.34	300m: 3:14.52	34.43	400m: 4:22.61	33.81
15.	NOGUEIRA, Afonso Miguel FTL	07	POR	Braga	4:26.50	+0,85	563
	50m: 29.90 29.90	150m: 1:36.61	33.98	250m: 2:44.88	34.33	350m: 3:53.38	34.17
	100m: 1:02.63 32.73	200m: 2:10.55	33.94	300m: 3:19.21	34.33	400m: 4:26.50	33.12
16.	VELHINHO, Miguel Lourenco FTL	07	POR	Lagoa Academico Clube	4:29.75	+0,75	542
	50m: 28.77 28.77	150m: 1:36.00	34.01	250m: 2:45.62	34.84	350m: 3:56.32	35.22
	100m: 1:01.99 33.22	200m: 2:10.78	34.78	300m: 3:21.10	35.48	400m: 4:29.75	33.43
17.	JORGE, Pedro Crispim FTL	06	POR	Uniao Piedense	4:30.53	+0,75	538
	50m: 29.53 29.53	150m: 1:36.92	34.37	250m: 2:46.66	34.95	350m: 3:57.23	35.15
	100m: 1:02.55 33.02	200m: 2:11.71	34.79	300m: 3:22.08	35.42	400m: 4:30.53	33.30

OPEN

1.	GARACH BENITO, Carlos	04	ESP	Spain	3:57.70	+0,62	793 A
	50m: 27.28 27.28	150m: 1:25.80	29.70	250m: 2:26.17	30.45	350m: 3:28.01	31.15
	100m: 56.10 28.82	200m: 1:55.72	29.92	300m: 2:56.86	30.69	400m: 3:57.70	29.69
2.	LOPES, Jose Paulo	00	POR	Braga	3:59.10	+0,67	779 A
	50m: 27.34 27.34	150m: 1:26.78	29.96	250m: 2:27.24	29.98	350m: 3:28.52	30.86
	100m: 56.82 29.48	200m: 1:57.26	30.48	300m: 2:57.66	30.42	400m: 3:59.10	30.58
3.	AMARAL, Francisco Rodriguez	02	POR	Porto	4:00.90	+0,76	762 A
	50m: 27.67 27.67	150m: 1:27.63	30.22	250m: 2:28.39	30.37	350m: 3:29.90	30.64
	100m: 57.41 29.74	200m: 1:58.02	30.39	300m: 2:59.26	30.87	400m: 4:00.90	31.00
4.	ORTIZ MARTINEZ, Carlos	04	ESP	Spain	4:01.72	+0,70	754 A
	50m: 27.64 27.64	150m: 1:27.59	30.22	250m: 2:28.48	30.67	350m: 3:31.55	31.88
	100m: 57.37 29.73	200m: 1:57.81	30.22	300m: 2:59.67	31.19	400m: 4:01.72	30.17
5.	RIBEIRO, Gustavo Carvalhais	03	POR	Alges	4:01.83	+0,75	753 A
	50m: 27.20 27.20	150m: 1:27.15	30.31	250m: 2:28.54	30.91	350m: 3:31.13	31.21
	100m: 56.84 29.64	200m: 1:57.63	30.48	300m: 2:59.92	31.38	400m: 4:01.83	30.70
6.	ELACHARAFI, Ilias EIFallaki	06	ESP	Louletano / Loule Concelho	4:01.85	+0,76	753 A
	50m: 28.11 28.11	150m: 1:29.69	31.22	250m: 2:31.32	31.02	350m: 3:33.50	31.24
	100m: 58.47 30.36	200m: 2:00.30	30.61	300m: 3:02.26	30.94	400m: 4:01.85	28.35

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
7.	MENDEZ PUGA, Mario	03	ESP	Spain	4:01.95	+0,68	752 A
	50m: 28.30 28.30	150m: 1:29.67	30.89	250m: 2:31.40	31.06	350m: 3:33.54	31.32
	100m: 58.78 30.48	200m: 2:00.34	30.67	300m: 3:02.22	30.82	400m: 4:01.95	28.41
8.	BASTOS, Lucas Pereira	00	POR	Nautico Academico	4:03.42	+0,74	738 A
	50m: 27.54 27.54	150m: 1:28.51	30.82	250m: 2:30.11	30.51	350m: 3:32.61	31.34
	100m: 57.69 30.15	200m: 1:59.60	31.09	300m: 3:01.27	31.16	400m: 4:03.42	30.81
9.	COSTA, Afonso Filipe	03	POR	Louzan Natacao/EFAPEL	4:04.92	+0,65	725 A
	50m: 27.85 27.85	150m: 1:28.56	30.82	250m: 2:30.68	31.41	350m: 3:33.91	31.72
	100m: 57.74 29.89	200m: 1:59.27	30.71	300m: 3:02.19	31.51	400m: 4:04.92	31.01
10.	FERRAO, Gabriel Carvalho	05	POR	Benfica	4:04.93	+0,79	725 A
	50m: 28.12 28.12	150m: 1:31.04	31.68	250m: 2:33.93	31.23	350m: 3:35.99	30.98
	100m: 59.36 31.24	200m: 2:02.70	31.66	300m: 3:05.01	31.08	400m: 4:04.93	28.94
11.	PUEBLA MARTINEZ, Alejandro	02	ESP	Spain	4:05.74	+0,67	718 B
	50m: 28.16 28.16	150m: 1:29.35	30.98	250m: 2:31.68	31.20	350m: 3:35.17	31.62
	100m: 58.37 30.21	200m: 2:00.48	31.13	300m: 3:03.55	31.87	400m: 4:05.74	30.57
12.	PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	4:06.01	+0,80	715 B
	50m: 28.21 28.21	150m: 1:30.10	31.62	250m: 2:32.41	31.50	350m: 3:35.10	31.46
	100m: 58.48 30.27	200m: 2:00.91	30.81	300m: 3:03.64	31.23	400m: 4:06.01	30.91
13.	SARREIRA, Tomas Amor	05	POR	Porto	4:06.51	+0,72	711 B
	50m: 27.76 27.76	150m: 1:29.78	31.33	250m: 2:32.21	31.44	350m: 3:35.37	31.67
	100m: 58.45 30.69	200m: 2:00.77	30.99	300m: 3:03.70	31.49	400m: 4:06.51	31.14
14.	CARDOSO, Diogo Santos	01	POR	Sporting	4:06.63	+0,77	710 B
	50m: 29.16 29.16	150m: 1:31.42	31.30	250m: 2:34.16	31.52	350m: 3:36.55	31.10
	100m: 1:00.12 30.96	200m: 2:02.64	31.22	300m: 3:05.45	31.29	400m: 4:06.63	30.08
15.	SIMOES, Bernardo Jorge	04	POR	Colegio Vasco da Gama	4:06.84	+0,74	708 B
	50m: 27.81 27.81	150m: 1:30.30	31.79	250m: 2:33.71	31.82	350m: 3:36.78	31.62
	100m: 58.51 30.70	200m: 2:01.89	31.59	300m: 3:05.16	31.45	400m: 4:06.84	30.06
16.	TIGRE, Pedro Bethlem	06	POR	Sporting	4:07.26	+0,67	705 B
	50m: 28.50 28.50	150m: 1:31.65	31.90	250m: 2:35.02	31.44	350m: 3:37.14	30.66
	100m: 59.75 31.25	200m: 2:03.58	31.93	300m: 3:06.48	31.46	400m: 4:07.26	30.12
17.	LARANJO, Filipe Manso	07	POR	Escola Desportiva de Viana	4:07.40	+0,68	703 B
	50m: 27.64 27.64	150m: 1:29.22	31.39	250m: 2:33.80	32.43	350m: 3:37.41	31.58
	100m: 57.83 30.19	200m: 2:01.37	32.15	300m: 3:05.83	32.03	400m: 4:07.40	29.99
18.	MEDEIROS, Miguel Fragoso	08	POR	Porto	4:07.61	+0,71	702 B
	50m: 28.84 28.84	150m: 1:30.54	30.85	250m: 2:33.13	31.31	350m: 3:36.69	31.75
	100m: 59.69 30.85	200m: 2:01.82	31.28	300m: 3:04.94	31.81	400m: 4:07.61	30.92
19.	OLIVEIRA, Diogo Alexandre	05	POR	Braga	4:11.36	+0,66	671 B
	50m: 27.78 27.78	150m: 1:30.66	31.91	250m: 2:35.23	32.28	350m: 3:40.43	32.57
	100m: 58.75 30.97	200m: 2:02.95	32.29	300m: 3:07.86	32.63	400m: 4:11.36	30.93
20.	ROQUE, Tomas Nunes	06	POR	Benfica	4:13.16	+0,83	656 B
	50m: 28.54 28.54	150m: 1:31.97	32.18	250m: 2:37.15	32.82	350m: 3:42.43	33.13
	100m: 59.79 31.25	200m: 2:04.33	32.36	300m: 3:09.30	32.15	400m: 4:13.16	30.73
21.	ASMAR, Axel Guedes	07	POR	Sporting	4:13.27	+0,65	656 R
	50m: 28.21 28.21	150m: 1:31.66	32.11	250m: 2:36.68	32.44	350m: 3:41.97	32.58
	100m: 59.55 31.34	200m: 2:04.24	32.58	300m: 3:09.39	32.71	400m: 4:13.27	31.30

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
22.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	4:14.19	+0,64	648 R
	50m: 28.26 28.26	150m: 1:32.05	32.40	250m: 2:37.51	32.76	350m: 3:43.34	32.71
	100m: 59.65 31.39	200m: 2:04.75	32.70	300m: 3:10.63	33.12	400m: 4:14.19	30.85
23.	LOUREIRO, Bruno Silva	06	POR	Porto	4:14.57	+0,67	646
	50m: 28.13 28.13	150m: 1:31.96	32.46	250m: 2:37.28	32.60	350m: 3:43.17	33.04
	100m: 59.50 31.37	200m: 2:04.68	32.72	300m: 3:10.13	32.85	400m: 4:14.57	31.40
24.	CARVALHO, Goncalo Renato	04	POR	Porto	4:15.21	+0,69	641
	50m: 28.98 28.98	150m: 1:32.29	31.74	250m: 2:37.30	32.52	350m: 3:43.19	33.15
	100m: 1:00.55 31.57	200m: 2:04.78	32.49	300m: 3:10.04	32.74	400m: 4:15.21	32.02
25.	GOMES, Joao Almeida	06	POR	Nacional de Natacao	4:15.26	+0,66	640
	50m: 28.54 28.54	150m: 1:31.92	32.18	250m: 2:37.05	32.78	350m: 3:42.95	32.81
	100m: 59.74 31.20	200m: 2:04.27	32.35	300m: 3:10.14	33.09	400m: 4:15.26	32.31
26.	SOUSA, Joao Maria	05	POR	Braga	4:15.75	+0,76	637
	50m: 29.36 29.36	150m: 1:33.79	32.50	250m: 2:38.53	32.14	350m: 3:43.75	32.79
	100m: 1:01.29 31.93	200m: 2:06.39	32.60	300m: 3:10.96	32.43	400m: 4:15.75	32.00
27.	FERREIRA, Tomas Pascoal	09	POR	Ba-Leiria	4:15.94	+0,66	635
	50m: 29.16 29.16	150m: 1:33.47	32.74	250m: 2:40.46	33.48	350m: 3:46.12	32.24
	100m: 1:00.73 31.57	200m: 2:06.98	33.51	300m: 3:13.88	33.42	400m: 4:15.94	29.82
28.	GONCALVES, Alexandre Ramc05	POR		Sporting Clube Sao Joao Ver	4:16.06	+0,70	634
	50m: 29.14 29.14	150m: 1:32.97	32.01	250m: 2:37.77	32.08	350m: 3:43.76	33.25
	100m: 1:00.96 31.82	200m: 2:05.69	32.72	300m: 3:10.51	32.74	400m: 4:16.06	32.30
29.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:16.27	+0,79	633
	50m: 28.92 28.92	150m: 1:33.45	33.08	250m: 2:40.25	33.50	350m: 3:45.70	32.04
	100m: 1:00.37 31.45	200m: 2:06.75	33.30	300m: 3:13.66	33.41	400m: 4:16.27	30.57
30.	CASTRO, Vasco Monteiro	06	POR	Porto	4:16.52	+0,73	631
	50m: 29.19 29.19	150m: 1:32.33	32.13	250m: 2:37.56	32.72	350m: 3:43.63	33.26
	100m: 1:00.20 31.01	200m: 2:04.84	32.51	300m: 3:10.37	32.81	400m: 4:16.52	32.89
31.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:16.73	+0,66	629
	50m: 28.56 28.56	150m: 1:32.60	32.40	250m: 2:38.02	32.55	350m: 3:44.50	33.16
	100m: 1:00.20 31.64	200m: 2:05.47	32.87	300m: 3:11.34	33.32	400m: 4:16.73	32.23
32.	MONTFORT, Nicolas Filip	05	CZE	Alges	4:17.42	+0,64	624
	<i>FTL</i>						
	50m: 28.43 28.43	150m: 1:32.53	32.52	250m: 2:38.75	33.06	350m: 3:45.67	33.30
	100m: 1:00.01 31.58	200m: 2:05.69	33.16	300m: 3:12.37	33.62	400m: 4:17.42	31.75
33.	CARDOSO, Filipe Santos	04	POR	Gafanha da Encarnacao	4:17.89	+0,65	621
	<i>FTL</i>						
	50m: 29.14 29.14	150m: 1:33.62	32.44	250m: 2:39.53	32.90	350m: 3:45.99	33.15
	100m: 1:01.18 32.04	200m: 2:06.63	33.01	300m: 3:12.84	33.31	400m: 4:17.89	31.90
34.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	4:18.06	+0,78	620
	50m: 29.11 29.11	150m: 1:33.41	32.71	250m: 2:39.59	33.40	350m: 3:45.92	33.37
	100m: 1:00.70 31.59	200m: 2:06.19	32.78	300m: 3:12.55	32.96	400m: 4:18.06	32.14
35.	COSTA, Andre Leitao	07	POR	Assoc. Desportiva Fafe	4:20.59	+0,70	602
	50m: 29.44 29.44	150m: 1:36.05	33.52	250m: 2:43.52	33.70	350m: 3:49.77	33.01
	100m: 1:02.53 33.09	200m: 2:09.82	33.77	300m: 3:16.76	33.24	400m: 4:20.59	30.82

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
36.	RITA, Francisco Xavier	07	POR	Vieirense	4:20.65	+0,68	601
	50m: 29.38 29.38	150m: 1:35.62	33.28	250m: 2:42.91	33.23	350m: 3:49.35	32.93
	100m: 1:02.34 32.96	200m: 2:09.68	34.06	300m: 3:16.42	33.51	400m: 4:20.65	31.30
37.	MARQUES, Joao Ferreira	06	POR	Academica de Coimbra	4:20.78	+0,71	600
	50m: 29.27 29.27	150m: 1:34.35	32.95	250m: 2:39.94	32.53	350m: 3:47.26	33.83
	100m: 1:01.40 32.13	200m: 2:07.41	33.06	300m: 3:13.43	33.49	400m: 4:20.78	33.52
38.	SOARES, Goncalo Augusto	08	POR	Porto	4:20.97	+0,74	599
	50m: 29.58 29.58	150m: 1:34.66	32.67	250m: 2:41.36	32.98	350m: 3:48.43	33.24
	100m: 1:01.99 32.41	200m: 2:08.38	33.72	300m: 3:15.19	33.83	400m: 4:20.97	32.54
39.	LEMONS, Gil Santos	06	POR	Pimpoes/Cimai	4:21.72	+0,68	594
	50m: 29.06 29.06	150m: 1:33.33	32.72	250m: 2:39.59	33.49	350m: 3:46.99	34.14
	100m: 1:00.61 31.55	200m: 2:06.10	32.77	300m: 3:12.85	33.26	400m: 4:21.72	34.73
40.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:22.25	+0,67	590
	50m: 29.22 29.22	150m: 1:34.25	33.22	250m: 2:41.90	34.13	350m: 3:50.14	33.81
	100m: 1:01.03 31.81	200m: 2:07.77	33.52	300m: 3:16.33	34.43	400m: 4:22.25	32.11
41.	PINTO, Martim Chambel	09	POR	Colegio Int Monte Maior	4:22.57	+0,81	588
	50m: 29.67 29.67	150m: 1:36.65	33.71	250m: 2:43.71	32.96	350m: 3:50.48	33.35
	100m: 1:02.94 33.27	200m: 2:10.75	34.10	300m: 3:17.13	33.42	400m: 4:22.57	32.09
42.	LIMA, Eduardo Miguel	08	POR	Foca Quinta Da Lixa - Cnf	4:22.58	+0,78	588
	50m: 29.30 29.30	150m: 1:35.08	33.63	250m: 2:42.31	33.26	350m: 3:50.03	34.09
	100m: 1:01.45 32.15	200m: 2:09.05	33.97	300m: 3:15.94	33.63	400m: 4:22.58	32.55
43.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:22.61	+0,66	588
	50m: 28.65 28.65	150m: 1:33.31	32.46	250m: 2:40.09	33.44	350m: 3:48.80	34.28
	100m: 1:00.85 32.20	200m: 2:06.65	33.34	300m: 3:14.52	34.43	400m: 4:22.61	33.81
44.	MARTINS, Martim Guerreiro	09	POR	Sporting	4:23.67	+0,75	581
	50m: 29.70 29.70	150m: 1:35.78	32.66	250m: 2:44.30	33.94	350m: 3:51.60	33.47
	100m: 1:03.12 33.42	200m: 2:10.36	34.58	300m: 3:18.13	33.83	400m: 4:23.67	32.07
45.	SOUSA, Guilherme Simoes	08	POR	Nautico Academico	4:24.15	+0,67	578
	50m: 29.98 29.98	150m: 1:35.74	33.09	250m: 2:43.76	33.92	350m: 3:51.83	33.62
	100m: 1:02.65 32.67	200m: 2:09.84	34.10	300m: 3:18.21	34.45	400m: 4:24.15	32.32
46.	LEITE, Afonso Martim	05	POR	Foca Quinta Da Lixa - Cnf	4:25.14	+0,73	571
	<i>FTL</i>						
	50m: 28.62 28.62	150m: 1:31.80	32.16	250m: 2:39.13	34.29	350m: 3:50.03	35.82
	100m: 59.64 31.02	200m: 2:04.84	33.04	300m: 3:14.21	35.08	400m: 4:25.14	35.11
47.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:25.58	+0,75	568
	50m: 29.96 29.96	150m: 1:35.82	33.35	250m: 2:43.77	34.04	350m: 3:52.13	34.01
	100m: 1:02.47 32.51	200m: 2:09.73	33.91	300m: 3:18.12	34.35	400m: 4:25.58	33.45
48.	NOGUEIRA, Afonso Miguel	07	POR	Braga	4:26.50	+0,85	563
	<i>FTL</i>						
	50m: 29.90 29.90	150m: 1:36.61	33.98	250m: 2:44.88	34.33	350m: 3:53.38	34.17
	100m: 1:02.63 32.73	200m: 2:10.55	33.94	300m: 3:19.21	34.33	400m: 4:26.50	33.12
49.	FARDILHA, Antonio Cruz	08	POR	Galitos / Bresimar	4:27.64	+0,64	555
	50m: 29.46 29.46	150m: 1:37.21	34.58	250m: 2:46.58	34.52	350m: 3:56.12	34.55
	100m: 1:02.63 33.17	200m: 2:12.06	34.85	300m: 3:21.57	34.99	400m: 4:27.64	31.52

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
50.	LIMA, Rodrigo Silva	08	POR	Porto	4:27.94	+0,72	554	
	50m: 30.87 30.87	150m: 1:37.35 33.69	250m: 2:45.44 34.16	350m: 3:54.54 34.52	100m: 1:03.66 32.79	200m: 2:11.28 33.93	300m: 3:20.02 34.58	400m: 4:27.94 33.40
51.	PEREIRA, Santiago Carvalho	08	POR	Famalicao	4:27.99	+0,80	553	
	50m: 29.99 29.99	150m: 1:36.76 33.74	250m: 2:45.94 34.77	350m: 3:55.23 34.08	100m: 1:03.02 33.03	200m: 2:11.17 34.41	300m: 3:21.15 35.21	400m: 4:27.99 32.76
52.	ANJOS, Nuno Miguel	08	POR	Galitos / Bresimar	4:29.10	+0,66	546	
	50m: 29.07 29.07	150m: 1:36.85 34.90	250m: 2:46.46 34.64	350m: 3:55.99 34.71	100m: 1:01.95 32.88	200m: 2:11.82 34.97	300m: 3:21.28 34.82	400m: 4:29.10 33.11
	TOME, Tome Nunes	08	POR	CNLeiria	4:29.10	+0,72	546	
	50m: 29.19 29.19	150m: 1:35.55 33.64	250m: 2:45.70 35.07	350m: 3:55.28 33.62	100m: 1:01.91 32.72	200m: 2:10.63 35.08	300m: 3:21.66 35.96	400m: 4:29.10 33.82
54.	LOPES, Gustavo Miguel	08	POR	Porto	4:29.16	+0,69	546	
	50m: 30.16 30.16	150m: 1:38.50 34.64	250m: 2:47.76 34.77	350m: 3:56.66 34.36	100m: 1:03.86 33.70	200m: 2:12.99 34.49	300m: 3:22.30 34.54	400m: 4:29.16 32.50
55.	SOUSA, Santiago Boica	08	POR	Vieirense	4:29.70	+0,86	543	
	50m: 30.25 30.25	150m: 1:38.45 34.93	250m: 2:47.77 34.87	350m: 3:57.08 34.08	100m: 1:03.52 33.27	200m: 2:12.90 34.45	300m: 3:23.00 35.23	400m: 4:29.70 32.62
56.	VELHINHO, Miguel Lourenco <i>FTL</i>	07	POR	Lagoa Academico Clube	4:29.75	+0,75	542	
	50m: 28.77 28.77	150m: 1:36.00 34.01	250m: 2:45.62 34.84	350m: 3:56.32 35.22	100m: 1:01.99 33.22	200m: 2:10.78 34.78	300m: 3:21.10 35.48	400m: 4:29.75 33.43
57.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	4:29.92	+0,74	541	
	50m: 29.47 29.47	150m: 1:37.24 34.72	250m: 2:47.19 35.14	350m: 3:56.57 34.29	100m: 1:02.52 33.05	200m: 2:12.05 34.81	300m: 3:22.28 35.09	400m: 4:29.92 33.35
58.	PEREIRA, Salvador Correia	08	POR	Condeixa Aqua Clube	4:30.24	+0,57	540	
	50m: 29.29 29.29	150m: 1:37.23 34.48	250m: 2:47.03 35.09	350m: 3:57.35 35.03	100m: 1:02.75 33.46	200m: 2:11.94 34.71	300m: 3:22.32 35.29	400m: 4:30.24 32.89
59.	JORGE, Pedro Crispim <i>FTL</i>	06	POR	Uniao Piedense	4:30.53	+0,75	538	
	50m: 29.53 29.53	150m: 1:36.92 34.37	250m: 2:46.66 34.95	350m: 3:57.23 35.15	100m: 1:02.55 33.02	200m: 2:11.71 34.79	300m: 3:22.08 35.42	400m: 4:30.53 33.30
60.	OLIVEIRA, Paulo Jorge	08	POR	Estarreja/PROZINCO	4:30.58	+0,73	538	
	50m: 29.82 29.82	150m: 1:35.78 33.62	250m: 2:44.57 34.61	350m: 3:55.36 35.67	100m: 1:02.16 32.34	200m: 2:09.96 34.18	300m: 3:19.69 35.12	400m: 4:30.58 35.22
61.	SILVA, Francisco Carvalho	09	POR	Naval Praia da Vitoria	4:30.67	+0,79	537	
	50m: 30.39 30.39	150m: 1:37.86 34.25	250m: 2:47.12 34.86	350m: 3:56.29 34.37	100m: 1:03.61 33.22	200m: 2:12.26 34.40	300m: 3:21.92 34.80	400m: 4:30.67 34.38
62.	CASTRO, Marco Antonio	08	POR	Naval do Funchal	4:30.87	+0,72	536	
	50m: 29.71 29.71	150m: 1:38.37 34.20	250m: 2:48.95 35.07	350m: 3:59.27 34.49	100m: 1:04.17 34.46	200m: 2:13.88 35.51	300m: 3:24.78 35.83	400m: 4:30.87 31.60
63.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:31.28	+0,89	533	
	50m: 29.19 29.19	150m: 1:34.93 33.45	250m: 2:44.98 34.94	350m: 3:55.74 35.58	100m: 1:01.48 32.29	200m: 2:10.04 35.11	300m: 3:20.16 35.18	400m: 4:31.28 35.54

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
64.	ORNELAS, Afonso Mendonca	08	POR	Gesloures	4:32.11	+0,57	528
	50m: 29.18 29.18	150m: 1:36.72	33.10	250m: 2:47.31	34.93	350m: 3:57.53	33.88
	100m: 1:03.62 34.44	200m: 2:12.38	35.66	300m: 3:23.65	36.34	400m: 4:32.11	34.58
65.	SAMPAIO, Rafael Rui	09	POR	Famalicao	4:32.38	+0,78	527
	50m: 29.24 29.24	150m: 1:37.75	34.45	250m: 2:48.27	35.19	350m: 3:58.77	34.76
	100m: 1:03.30 34.06	200m: 2:13.08	35.33	300m: 3:24.01	35.74	400m: 4:32.38	33.61
66.	MORGADO, David Jesus FTL	08	POR	Sporting	4:33.04	+0,72	523
	50m: 29.59 29.59	150m: 1:36.60	34.28	250m: 2:46.56	35.19	350m: 3:57.74	35.71
	100m: 1:02.32 32.73	200m: 2:11.37	34.77	300m: 3:22.03	35.47	400m: 4:33.04	35.30
67.	BISPO, Miguel Almeida FTL	08	POR	Natacao da Maia	4:33.05	+0,77	523
	50m: 28.28 28.28	150m: 1:37.02	34.97	250m: 2:46.88	34.05	350m: 3:58.35	35.74
	100m: 1:02.05 33.77	200m: 2:12.83	35.81	300m: 3:22.61	35.73	400m: 4:33.05	34.70
68.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	4:33.59	+0,77	520
	50m: 30.02 30.02	150m: 1:38.02	34.87	250m: 2:48.22	35.31	350m: 3:59.55	35.57
	100m: 1:03.15 33.13	200m: 2:12.91	34.89	300m: 3:23.98	35.76	400m: 4:33.59	34.04
69.	SILVA, Guilherme Martins FTL	08	POR	Academico Viseu	4:33.62	+0,75	520
	50m: 29.92 29.92	150m: 1:37.69	34.33	250m: 2:47.55	34.86	350m: 3:58.92	35.23
	100m: 1:03.36 33.44	200m: 2:12.69	35.00	300m: 3:23.69	36.14	400m: 4:33.62	34.70
70.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	4:34.61	+0,66	514
	50m: 30.07 30.07	150m: 1:38.58	34.63	250m: 2:48.99	35.22	350m: 3:59.84	35.43
	100m: 1:03.95 33.88	200m: 2:13.77	35.19	300m: 3:24.41	35.42	400m: 4:34.61	34.77
71.	RIZZON, Guilherme Oliveira	09	POR	Sporting	4:36.70	+0,74	503
	50m: 29.52 29.52	150m: 1:38.19	34.83	250m: 2:49.72	35.65	350m: 4:01.85	35.87
	100m: 1:03.36 33.84	200m: 2:14.07	35.88	300m: 3:25.98	36.26	400m: 4:36.70	34.85
72.	MARTINS, Vasco Alexandre	09	POR	Colegio Int Monte Maior	4:37.58	+0,68	498
	50m: 30.67 30.67	150m: 1:40.36	35.51	250m: 2:52.13	35.81	350m: 4:03.57	35.50
	100m: 1:04.85 34.18	200m: 2:16.32	35.96	300m: 3:28.07	35.94	400m: 4:37.58	34.01
73.	SILVA, Joao Bernardo	09	POR	Desportivo Nacional	4:37.64	+0,70	498
	50m: 30.62 30.62	150m: 1:39.75	35.20	250m: 2:51.64	36.03	350m: 4:03.09	35.42
	100m: 1:04.55 33.93	200m: 2:15.61	35.86	300m: 3:27.67	36.03	400m: 4:37.64	34.55
74.	BENTO, Afonso Maria	09	POR	AN Alcabastrense	4:38.75	+0,77	492
	50m: 30.45 30.45	150m: 1:39.64	35.19	250m: 2:51.87	35.94	350m: 4:04.14	35.85
	100m: 1:04.45 34.00	200m: 2:15.93	36.29	300m: 3:28.29	36.42	400m: 4:38.75	34.61
75.	CHELE, Stefan Iordan FTL	09	POR	Rio Maior	4:40.12	+0,70	484
	50m: 30.23 30.23	150m: 1:40.68	36.12	250m: 2:54.13	36.62	350m: 4:05.75	35.69
	100m: 1:04.56 34.33	200m: 2:17.51	36.83	300m: 3:30.06	35.93	400m: 4:40.12	34.37
76.	SHUBIN, Alexandre FTL	09	POR	Desportivo de Campinho	4:40.14	+0,78	484
	50m: 30.56 30.56	150m: 1:39.82	35.47	250m: 2:52.10	36.44	350m: 4:05.39	36.58
	100m: 1:04.35 33.79	200m: 2:15.66	35.84	300m: 3:28.81	36.71	400m: 4:40.14	34.75

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
77.	VALENTE, Xavier Jesus <i>FTL</i>	09	POR	Colegio Vasco da Gama	4:41.37	+0,81	478
	50m: 29.66 29.66	150m: 1:37.79	34.60	250m: 2:49.72	35.87	350m: 4:04.08	37.28
	100m: 1:03.19 33.53	200m: 2:13.85	36.06	300m: 3:26.80	37.08	400m: 4:41.37	37.29
78.	NETO, Goncalo Malha <i>FTL</i>	09	POR	Galitos / Bresimar	4:42.77	+0,75	471
	50m: 30.54 30.54	150m: 1:39.88	35.71	250m: 2:52.77	36.61	350m: 4:07.05	37.22
	100m: 1:04.17 33.63	200m: 2:16.16	36.28	300m: 3:29.83	37.06	400m: 4:42.77	35.72
79.	PEREIRA, Tomas Rafael <i>FTL</i>	09	POR	Nautico Academico	4:43.18	+0,74	469
	50m: 29.63 29.63	150m: 1:39.55	36.19	250m: 2:53.68	37.38	350m: 4:07.65	36.86
	100m: 1:03.36 33.73	200m: 2:16.30	36.75	300m: 3:30.79	37.11	400m: 4:43.18	35.53
EXH	CORDEIRO, Tomas Coelho <i>Rec Nacional Adaptada, FTL</i>	04	POR	Individual ANC	4:22.05	+0,78	592
	50m: 29.46 29.46	150m: 1:34.11	32.62	250m: 2:40.80	33.25	350m: 3:48.99	33.94
	100m: 1:01.49 32.03	200m: 2:07.55	33.44	300m: 3:15.05	34.25	400m: 4:22.05	33.06
EXH	CANCELA, Diogo Luis <i>FTL</i>	02	POR	Louzan Natacao/EFAPEL	4:40.84	+0,68	481
	50m: 30.82 30.82	150m: 1:40.76	35.64	250m: 2:53.12	36.30	350m: 4:05.61	36.09
	100m: 1:05.12 34.30	200m: 2:16.82	36.06	300m: 3:29.52	36.40	400m: 4:40.84	35.23