

Prova 22 Masc., 400m Estilos Open
06/04/2024 - 9:00 Resultados Elimin

Rec Nac Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013

CEJun_Masc 15 - 18: 4:33.58 / CEPL : 4:17.55 / JO : 4:12.50 / TAC_Masc Juv B 50m: 5:15.96 - 25m: 5:05.79 /
Masc Juv A 50m: 5:08.71 - 25m: 4:58.78; Jun 17 50m: 5:00.02 - 25m: 4:50.36; Jun 18 50m: 4:58.57 - 25m: 4:48.96;
Sen 1º 50m: 4:51.32 - 25m: 4:41.94; Sen + 50m: 4:49.87 - 25m: 4:40.54

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	REIS, Diogo Damasceno	09	POR	Sporting	4:53.40	+0,66	564 R
	50m: 30.26 30.26	150m: 1:45.88	39.35	250m: 3:04.43	39.79	350m: 4:19.92	34.24
	100m: 1:06.53 36.27	200m: 2:24.64	38.76	300m: 3:45.68	41.25	400m: 4:53.40	33.48
2.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:55.93	+0,64	550
	50m: 30.23 30.23	150m: 1:43.06	37.03	250m: 3:04.64	44.61	350m: 4:23.65	34.96
	100m: 1:06.03 35.80	200m: 2:20.03	36.97	300m: 3:48.69	44.05	400m: 4:55.93	32.28
3.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	5:00.68	+0,61	524
	50m: 30.09 30.09	150m: 1:45.04	39.37	250m: 3:09.75	44.99	350m: 4:28.04	34.18
	100m: 1:05.67 35.58	200m: 2:24.76	39.72	300m: 3:53.86	44.11	400m: 5:00.68	32.64
4.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	5:03.10	+0,82	512
	50m: 30.86 30.86	150m: 1:45.38	39.81	250m: 3:10.81	45.92	350m: 4:30.64	32.83
	100m: 1:05.57 34.71	200m: 2:24.89	39.51	300m: 3:57.81	47.00	400m: 5:03.10	32.46
5.	FERNANDES, Paulo Junio	09	POR	Alges	5:03.92	+0,64	507
	50m: 30.33 30.33	150m: 1:46.86	39.94	250m: 3:10.57	44.81	350m: 4:30.09	34.26
	100m: 1:06.92 36.59	200m: 2:25.76	38.90	300m: 3:55.83	45.26	400m: 5:03.92	33.83
6.	NOVAIS, Guilherme Pereira	09	POR	Assoc. Desportiva Fafe	5:06.67	+0,77	494
	50m: 30.76 30.76	150m: 1:47.35	41.17	250m: 3:11.60	44.22	350m: 4:31.95	35.74
	100m: 1:06.18 35.42	200m: 2:27.38	40.03	300m: 3:56.21	44.61	400m: 5:06.67	34.72
7.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	5:08.00	+0,75	488
	50m: 31.36 31.36	150m: 1:47.29	39.58	250m: 3:13.03	46.48	350m: 4:34.39	34.82
	100m: 1:07.71 36.35	200m: 2:26.55	39.26	300m: 3:59.57	46.54	400m: 5:08.00	33.61
8.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	5:14.50	+0,76	458
	50m: 32.32 32.32	150m: 1:50.94	40.60	250m: 3:16.09	43.62	350m: 4:39.92	36.17
	100m: 1:10.34 38.02	200m: 2:32.47	41.53	300m: 4:03.75	47.66	400m: 5:14.50	34.58
9.	JESUS, Ricardo Jorge	09	POR	Leixoes Sport Clube	5:16.42	+0,72	450
	50m: 32.03 32.03	150m: 1:52.20	42.66	250m: 3:17.34	44.27	350m: 4:40.42	37.28
	100m: 1:09.54 37.51	200m: 2:33.07	40.87	300m: 4:03.14	45.80	400m: 5:16.42	36.00
DSQ	TEIXEIRA, Filipe Assuncao	09	POR	Foca Quinta Da Lixa - Cnf		+0,78	
	722 - Tocou com uma mão na parede na viragem aos 300 metros - SW 7.6						

Prova 22, Masc., 400m Estilos, Elimin

Juvenis A

1. MEDEIROS, Miguel Fragoso	08	POR	Porto	4:45.11	+0,72	615	B
50m: 31.44 31.44	150m: 1:44.04	37.28	250m: 3:02.64	41.91	350m: 4:15.77	31.55	
100m: 1:06.76 35.32	200m: 2:20.73	36.69	300m: 3:44.22	41.58	400m: 4:45.11	29.34	
2. SOARES, Guilherme Costa	08	POR	Vilacondense	4:45.37	+0,76	613	B
50m: 30.13 30.13	150m: 1:42.06	36.89	250m: 3:00.81	42.77	350m: 4:15.01	32.27	
100m: 1:05.17 35.04	200m: 2:18.04	35.98	300m: 3:42.74	41.93	400m: 4:45.37	30.36	
3. RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:54.96	+0,58	555	
50m: 31.22 31.22	150m: 1:44.28	37.37	250m: 3:04.72	43.75	350m: 4:21.46	32.87	
100m: 1:06.91 35.69	200m: 2:20.97	36.69	300m: 3:48.59	43.87	400m: 4:54.96	33.50	
4. PEIXOTO, Tomas Pinto	08	POR	Porto	4:56.99	+0,70	544	
50m: 30.61 30.61	150m: 1:42.54	36.07	250m: 3:02.47	43.86	350m: 4:22.97	35.18	
100m: 1:06.47 35.86	200m: 2:18.61	36.07	300m: 3:47.79	45.32	400m: 4:56.99	34.02	
5. MIRANDA, Francisco Guilherm	08	POR	Naval do Funchal	5:00.08	+0,66	527	
50m: 30.66 30.66	150m: 1:45.63	38.63	250m: 3:07.56	43.26	350m: 4:26.18	34.61	
100m: 1:07.00 36.34	200m: 2:24.30	38.67	300m: 3:51.57	44.01	400m: 5:00.08	33.90	
6. BISPO, Miguel Almeida	08	POR	Natacao da Maia	5:01.66	+0,94	519	
50m: 30.83 30.83	150m: 1:44.88	38.53	250m: 3:06.82	43.91	350m: 4:26.61	35.48	
100m: 1:06.35 35.52	200m: 2:22.91	38.03	300m: 3:51.13	44.31	400m: 5:01.66	35.05	
7. VITORIA, Joao Miguel	08	POR	Academico Viseu	5:06.42	+0,76	495	
50m: 32.33 32.33	150m: 1:49.09	39.74	250m: 3:12.07	45.46	350m: 4:33.10	34.69	
100m: 1:09.35 37.02	200m: 2:26.61	37.52	300m: 3:58.41	46.34	400m: 5:06.42	33.32	
8. BATISTA, Miguel Duarte	08	POR	Academico Viseu	5:06.67	+0,83	494	
50m: 31.56 31.56	150m: 1:47.13	36.80	250m: 3:09.31	45.55	350m: 4:31.41	36.23	
100m: 1:10.33 38.77	200m: 2:23.76	36.63	300m: 3:55.18	45.87	400m: 5:06.67	35.26	

Juniores

1. ZHUKOV, Mark	06	POR	Braga	4:43.91	+0,67	623	B
50m: 29.14 29.14	150m: 1:39.28	36.76	250m: 2:55.90	40.93	350m: 4:10.39	33.43	
100m: 1:02.52 33.38	200m: 2:14.97	35.69	300m: 3:36.96	41.06	400m: 4:43.91	33.52	
2. CRUZ, Leonardo Jose	07	POR	Alcobaca	4:45.61	+0,67	612	B
50m: 29.91 29.91	150m: 1:41.07	36.25	250m: 2:57.96	40.30	350m: 4:12.90	33.50	
100m: 1:04.82 34.91	200m: 2:17.66	36.59	300m: 3:39.40	41.44	400m: 4:45.61	32.71	
3. REIS, Leonardo Conceicao	07	POR	Sporting	4:46.79	+0,69	604	B
50m: 30.02 30.02	150m: 1:40.93	36.95	250m: 2:58.98	41.60	350m: 4:15.41	34.22	
100m: 1:03.98 33.96	200m: 2:17.38	36.45	300m: 3:41.19	42.21	400m: 4:46.79	31.38	
4. ALVES, Andre Correia	06	POR	Benfica	4:47.41	+0,68	600	B
50m: 29.69 29.69	150m: 1:40.85	37.05	250m: 2:59.93	42.93	350m: 4:15.82	33.26	
100m: 1:03.80 34.11	200m: 2:17.00	36.15	300m: 3:42.56	42.63	400m: 4:47.41	31.59	
5. SIMOES, Francisco Marques	07	POR	CNLeiria	4:52.04	+0,66	572	B
50m: 29.20 29.20	150m: 1:41.25	37.13	250m: 3:00.21	42.69	350m: 4:19.00	35.18	
100m: 1:04.12 34.92	200m: 2:17.52	36.27	300m: 3:43.82	43.61	400m: 4:52.04	33.04	
6. TEIXEIRA, Renato Gouveia	07	POR	Foca Quinta Da Lixa - Cnf	4:52.60	+0,74	569	R
50m: 30.39 30.39	150m: 1:43.00	38.03	250m: 3:03.30	42.52	350m: 4:19.62	34.03	
100m: 1:04.97 34.58	200m: 2:20.78	37.78	300m: 3:45.59	42.29	400m: 4:52.60	32.98	

Prova 22, Masc., 400m Estilos, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
7.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:54.16	+0,64	560
	50m: 29.24 29.24	150m: 1:41.52	38.10	250m: 3:00.13	41.62	350m: 4:18.77	35.54
	100m: 1:03.42 34.18	200m: 2:18.51	36.99	300m: 3:43.23	43.10	400m: 4:54.16	35.39
8.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:56.51	+0,62	547
	50m: 29.64 29.64	150m: 1:43.19	38.21	250m: 3:05.39	44.02	350m: 4:23.54	32.83
	100m: 1:04.98 35.34	200m: 2:21.37	38.18	300m: 3:50.71	45.32	400m: 4:56.51	32.97
9.	BARROS, Joao Carlos	06	POR	Fluvial Portuense	4:58.35	+0,71	536
	50m: 29.58 29.58	150m: 1:43.94	39.36	250m: 3:06.49	43.25	350m: 4:25.76	34.07
	100m: 1:04.58 35.00	200m: 2:23.24	39.30	300m: 3:51.69	45.20	400m: 4:58.35	32.59
10.	OLIVEIRA, Tomas Ferreira FTL	06	POR	Natacao da Maia	4:58.70	+0,67	535
	50m: 29.68 29.68	150m: 1:45.54	38.63	250m: 3:06.12	42.60	350m: 4:24.97	35.08
	100m: 1:06.91 37.23	200m: 2:23.52	37.98	300m: 3:49.89	43.77	400m: 4:58.70	33.73
11.	DZYAKANAU, Alexandre FTL	07	POR	Louzan Natacao/EFAPEL	5:00.07	+0,72	527
	50m: 30.70 30.70	150m: 1:44.94	38.47	250m: 3:07.41	43.88	350m: 4:26.45	34.20
	100m: 1:06.47 35.77	200m: 2:23.53	38.59	300m: 3:52.25	44.84	400m: 5:00.07	33.62
12.	PRICE, Thomas Branco FTL	07	POR	Viver Santarem	5:07.25	+0,72	491
	50m: 31.65 31.65	150m: 1:49.45	40.25	250m: 3:13.61	44.53	350m: 4:32.98	33.98
	100m: 1:09.20 37.55	200m: 2:29.08	39.63	300m: 3:59.00	45.39	400m: 5:07.25	34.27
DSQ	ALMEIDA, Joao Francisco	07	POR	Naval do Funchal		+0,63	
	609 - Não terminou percurso de costas na posição dorsal - SW 6.5						

OPEN

1.	FOMIN, Yury	06	RUS	Louletano / Loule Concelho	4:36.26	+0,72	676 A
	50m: 28.62 28.62	150m: 1:37.37	36.12	250m: 2:52.91	40.44	350m: 4:06.39	32.71
	100m: 1:01.25 32.63	200m: 2:12.47	35.10	300m: 3:33.68	40.77	400m: 4:36.26	29.87
2.	LOPES, Jose Paulo	00	POR	Braga	4:36.68	+0,70	673 A
	50m: 28.18 28.18	150m: 1:36.82	35.97	250m: 2:52.38	40.55	350m: 4:04.89	32.86
	100m: 1:00.85 32.67	200m: 2:11.83	35.01	300m: 3:32.03	39.65	400m: 4:36.68	31.79
3.	AZEVEDO, Gabriel Arteiro	00	BRA	Naval do Funchal	4:36.85	+0,71	672 A
	50m: 28.65 28.65	150m: 1:37.58	36.54	250m: 2:53.27	40.57	350m: 4:05.61	31.78
	100m: 1:01.04 32.39	200m: 2:12.70	35.12	300m: 3:33.83	40.56	400m: 4:36.85	31.24
4.	LOPES, Gabriel Jose	97	POR	Louzan Natacao/EFAPEL	4:37.60	+0,62	666 A
	50m: 28.04 28.04	150m: 1:37.90	36.68	250m: 2:52.82	38.55	350m: 4:05.26	33.26
	100m: 1:01.22 33.18	200m: 2:14.27	36.37	300m: 3:32.00	39.18	400m: 4:37.60	32.34
5.	BASTOS, Lucas Pereira	00	POR	Nautico Academico	4:37.64	+0,76	666 A
	50m: 28.76 28.76	150m: 1:37.20	35.57	250m: 2:52.93	39.89	350m: 4:06.08	33.03
	100m: 1:01.63 32.87	200m: 2:13.04	35.84	300m: 3:33.05	40.12	400m: 4:37.64	31.56
6.	CARDOSO, Diogo Santos	01	POR	Sporting	4:38.01	+0,79	663 A
	50m: 29.72 29.72	150m: 1:41.30	38.23	250m: 2:57.69	39.40	350m: 4:08.44	31.44
	100m: 1:03.07 33.35	200m: 2:18.29	36.99	300m: 3:37.00	39.31	400m: 4:38.01	29.57

Prova 22, Masc., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
7.	GOUVEIA, Luis Galvao	05	POR	Desportivo Nacional	4:38.69	+0,68	658 A
	50m: 28.39 28.39	150m: 1:39.02	37.09	250m: 2:55.18	38.94	350m: 4:08.69	32.51
	100m: 1:01.93 33.54	200m: 2:16.24	37.22	300m: 3:36.18	41.00	400m: 4:38.69	30.00
8.	CATALAO, Daniel Nogueira	00	POR	Sporting	4:39.46	+0,60	653 A
	50m: 28.31 28.31	150m: 1:38.88	37.35	250m: 2:54.88	38.88	350m: 4:07.74	32.98
	100m: 1:01.53 33.22	200m: 2:16.00	37.12	300m: 3:34.76	39.88	400m: 4:39.46	31.72
9.	SARREIRA, Tomas Amor	05	POR	Porto	4:43.43	+0,69	626 A
	50m: 28.54 28.54	150m: 1:38.77	36.94	250m: 2:55.65	41.79	350m: 4:11.86	32.93
	100m: 1:01.83 33.29	200m: 2:13.86	35.09	300m: 3:38.93	43.28	400m: 4:43.43	31.57
10.	CORDEIRO, Tiago Roberto	00	POR	Os Belenenses	4:43.79	+0,62	623 A
	50m: 28.44 28.44	150m: 1:39.56	38.15	250m: 2:57.32	40.96	350m: 4:11.11	33.66
	100m: 1:01.41 32.97	200m: 2:16.36	36.80	300m: 3:37.45	40.13	400m: 4:43.79	32.68
11.	ZHUKOV, Mark	06	POR	Braga	4:43.91	+0,67	623 B
	50m: 29.14 29.14	150m: 1:39.28	36.76	250m: 2:55.90	40.93	350m: 4:10.39	33.43
	100m: 1:02.52 33.38	200m: 2:14.97	35.69	300m: 3:36.96	41.06	400m: 4:43.91	33.52
12.	MEDEIROS, Miguel Fragoso	08	POR	Porto	4:45.11	+0,72	615 B
	50m: 31.44 31.44	150m: 1:44.04	37.28	250m: 3:02.64	41.91	350m: 4:15.77	31.55
	100m: 1:06.76 35.32	200m: 2:20.73	36.69	300m: 3:44.22	41.58	400m: 4:45.11	29.34
13.	SOARES, Guilherme Costa	08	POR	Vilacondense	4:45.37	+0,76	613 B
	50m: 30.13 30.13	150m: 1:42.06	36.89	250m: 3:00.81	42.77	350m: 4:15.01	32.27
	100m: 1:05.17 35.04	200m: 2:18.04	35.98	300m: 3:42.74	41.93	400m: 4:45.37	30.36
14.	CRUZ, Leonardo Jose	07	POR	Alcobaca	4:45.61	+0,67	612 B
	50m: 29.91 29.91	150m: 1:41.07	36.25	250m: 2:57.96	40.30	350m: 4:12.90	33.50
	100m: 1:04.82 34.91	200m: 2:17.66	36.59	300m: 3:39.40	41.44	400m: 4:45.61	32.71
	CARVALHO, Goncalo Duarte	05	POR	Benfica	4:45.61	+0,66	612 B
	50m: 29.79 29.79	150m: 1:42.08	37.91	250m: 2:58.87	39.45	350m: 4:13.57	33.74
	100m: 1:04.17 34.38	200m: 2:19.42	37.34	300m: 3:39.83	40.96	400m: 4:45.61	32.04
16.	REIS, Leonardo Conceicao	07	POR	Sporting	4:46.79	+0,69	604 B
	50m: 30.02 30.02	150m: 1:40.93	36.95	250m: 2:58.98	41.60	350m: 4:15.41	34.22
	100m: 1:03.98 33.96	200m: 2:17.38	36.45	300m: 3:41.19	42.21	400m: 4:46.79	31.38
17.	SILVA, Henrique Gomes	02	POR	Benfica	4:47.00	+0,63	603 B
	50m: 28.55 28.55	150m: 1:39.51	37.75	250m: 2:58.97	42.22	350m: 4:14.88	34.14
	100m: 1:01.76 33.21	200m: 2:16.75	37.24	300m: 3:40.74	41.77	400m: 4:47.00	32.12
18.	ALVES, Andre Correia	06	POR	Benfica	4:47.41	+0,68	600 B
	50m: 29.69 29.69	150m: 1:40.85	37.05	250m: 2:59.93	42.93	350m: 4:15.82	33.26
	100m: 1:03.80 34.11	200m: 2:17.00	36.15	300m: 3:42.56	42.63	400m: 4:47.41	31.59
19.	RELVAS, David Ferreira FTL	03	POR	Nautico Marinha Grande	4:50.30	+0,78	582 B
	50m: 28.91 28.91	150m: 1:40.52	38.81	250m: 3:01.55	43.00	350m: 4:18.32	34.61
	100m: 1:01.71 32.80	200m: 2:18.55	38.03	300m: 3:43.71	42.16	400m: 4:50.30	31.98
20.	SIMOES, Francisco Marques	07	POR	CNLeiria	4:52.04	+0,66	572 B
	50m: 29.20 29.20	150m: 1:41.25	37.13	250m: 3:00.21	42.69	350m: 4:19.00	35.18
	100m: 1:04.12 34.92	200m: 2:17.52	36.27	300m: 3:43.82	43.61	400m: 4:52.04	33.04
21.	TEIXEIRA, Renato Gouveia	07	POR	Foca Quinta Da Lixa - Cnf	4:52.60	+0,74	569 R
	50m: 30.39 30.39	150m: 1:43.00	38.03	250m: 3:03.30	42.52	350m: 4:19.62	34.03
	100m: 1:04.97 34.58	200m: 2:20.78	37.78	300m: 3:45.59	42.29	400m: 4:52.60	32.98

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
22.	REIS, Diogo Damasceno	09	POR	Sporting	4:53.40	+0,66	564 R
	50m: 30.26 30.26	150m: 1:45.88	39.35	250m: 3:04.43	39.79	350m: 4:19.92	34.24
	100m: 1:06.53 36.27	200m: 2:24.64	38.76	300m: 3:45.68	41.25	400m: 4:53.40	33.48
23.	TRISTAO, Miguel Salomao FTL	04	POR	Portinado	4:53.72	+0,77	562
	50m: 30.15 30.15	150m: 1:41.88	36.95	250m: 3:02.49	43.43	350m: 4:19.96	34.31
	100m: 1:04.93 34.78	200m: 2:19.06	37.18	300m: 3:45.65	43.16	400m: 4:53.72	33.76
24.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:54.16	+0,64	560
	50m: 29.24 29.24	150m: 1:41.52	38.10	250m: 3:00.13	41.62	350m: 4:18.77	35.54
	100m: 1:03.42 34.18	200m: 2:18.51	36.99	300m: 3:43.23	43.10	400m: 4:54.16	35.39
25.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:54.96	+0,58	555
	50m: 31.22 31.22	150m: 1:44.28	37.37	250m: 3:04.72	43.75	350m: 4:21.46	32.87
	100m: 1:06.91 35.69	200m: 2:20.97	36.69	300m: 3:48.59	43.87	400m: 4:54.96	33.50
26.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:55.93	+0,64	550
	50m: 30.23 30.23	150m: 1:43.06	37.03	250m: 3:04.64	44.61	350m: 4:23.65	34.96
	100m: 1:06.03 35.80	200m: 2:20.03	36.97	300m: 3:48.69	44.05	400m: 4:55.93	32.28
27.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:56.51	+0,62	547
	50m: 29.64 29.64	150m: 1:43.19	38.21	250m: 3:05.39	44.02	350m: 4:23.54	32.83
	100m: 1:04.98 35.34	200m: 2:21.37	38.18	300m: 3:50.71	45.32	400m: 4:56.51	32.97
28.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:56.99	+0,70	544
	50m: 30.61 30.61	150m: 1:42.54	36.07	250m: 3:02.47	43.86	350m: 4:22.97	35.18
	100m: 1:06.47 35.86	200m: 2:18.61	36.07	300m: 3:47.79	45.32	400m: 4:56.99	34.02
29.	CARDOSO, Filipe Santos FTL	04	POR	Gafanha da Encarnacao	4:57.10	+0,67	543
	50m: 30.56 30.56	150m: 1:44.62	37.91	250m: 3:06.86	45.28	350m: 4:25.74	33.46
	100m: 1:06.71 36.15	200m: 2:21.58	36.96	300m: 3:52.28	45.42	400m: 4:57.10	31.36
30.	BARROS, Joao Carlos	06	POR	Fluvial Portuense	4:58.35	+0,71	536
	50m: 29.58 29.58	150m: 1:43.94	39.36	250m: 3:06.49	43.25	350m: 4:25.76	34.07
	100m: 1:04.58 35.00	200m: 2:23.24	39.30	300m: 3:51.69	45.20	400m: 4:58.35	32.59
31.	OLIVEIRA, Tomas Ferreira FTL	06	POR	Natacao da Maia	4:58.70	+0,67	535
	50m: 29.68 29.68	150m: 1:45.54	38.63	250m: 3:06.12	42.60	350m: 4:24.97	35.08
	100m: 1:06.91 37.23	200m: 2:23.52	37.98	300m: 3:49.89	43.77	400m: 4:58.70	33.73
32.	DZYAKANAU, Alexandre FTL	07	POR	Louzan Natacao/EFAPEL	5:00.07	+0,72	527
	50m: 30.70 30.70	150m: 1:44.94	38.47	250m: 3:07.41	43.88	350m: 4:26.45	34.20
	100m: 1:06.47 35.77	200m: 2:23.53	38.59	300m: 3:52.25	44.84	400m: 5:00.07	33.62
33.	MIRANDA, Francisco Guilherme	08	POR	Naval do Funchal	5:00.08	+0,66	527
	50m: 30.66 30.66	150m: 1:45.63	38.63	250m: 3:07.56	43.26	350m: 4:26.18	34.61
	100m: 1:07.00 36.34	200m: 2:24.30	38.67	300m: 3:51.57	44.01	400m: 5:00.08	33.90
34.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	5:00.68	+0,61	524
	50m: 30.09 30.09	150m: 1:45.04	39.37	250m: 3:09.75	44.99	350m: 4:28.04	34.18
	100m: 1:05.67 35.58	200m: 2:24.76	39.72	300m: 3:53.86	44.11	400m: 5:00.68	32.64

Prova 22, Masc., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
35.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	5:01.66	+0,94	519
	50m: 30.83 30.83	150m: 1:44.88	38.53	250m: 3:06.82	43.91	350m: 4:26.61	35.48
	100m: 1:06.35 35.52	200m: 2:22.91	38.03	300m: 3:51.13	44.31	400m: 5:01.66	35.05
36.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	5:03.10	+0,82	512
	50m: 30.86 30.86	150m: 1:45.38	39.81	250m: 3:10.81	45.92	350m: 4:30.64	32.83
	100m: 1:05.57 34.71	200m: 2:24.89	39.51	300m: 3:57.81	47.00	400m: 5:03.10	32.46
37.	FERNANDES, Paulo Junio	09	POR	Alges	5:03.92	+0,64	507
	50m: 30.33 30.33	150m: 1:46.86	39.94	250m: 3:10.57	44.81	350m: 4:30.09	34.26
	100m: 1:06.92 36.59	200m: 2:25.76	38.90	300m: 3:55.83	45.26	400m: 5:03.92	33.83
38.	VITORIA, Joao Miguel	08	POR	Academico Viseu	5:06.42	+0,76	495
	50m: 32.33 32.33	150m: 1:49.09	39.74	250m: 3:12.07	45.46	350m: 4:33.10	34.69
	100m: 1:09.35 37.02	200m: 2:26.61	37.52	300m: 3:58.41	46.34	400m: 5:06.42	33.32
39.	BATISTA, Miguel Duarte	08	POR	Academico Viseu	5:06.67	+0,83	494
	50m: 31.56 31.56	150m: 1:47.13	36.80	250m: 3:09.31	45.55	350m: 4:31.41	36.23
	100m: 1:10.33 38.77	200m: 2:23.76	36.63	300m: 3:55.18	45.87	400m: 5:06.67	35.26
	NOVAIS, Guilherme Pereira	09	POR	Assoc. Desportiva Fafe	5:06.67	+0,77	494
	50m: 30.76 30.76	150m: 1:47.35	41.17	250m: 3:11.60	44.22	350m: 4:31.95	35.74
	100m: 1:06.18 35.42	200m: 2:27.38	40.03	300m: 3:56.21	44.61	400m: 5:06.67	34.72
41.	PRICE, Thomas Branco	07	POR	Viver Santarem	5:07.25	+0,72	491
	<i>FTL</i>						
	50m: 31.65 31.65	150m: 1:49.45	40.25	250m: 3:13.61	44.53	350m: 4:32.98	33.98
	100m: 1:09.20 37.55	200m: 2:29.08	39.63	300m: 3:59.00	45.39	400m: 5:07.25	34.27
42.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	5:08.00	+0,75	488
	50m: 31.36 31.36	150m: 1:47.29	39.58	250m: 3:13.03	46.48	350m: 4:34.39	34.82
	100m: 1:07.71 36.35	200m: 2:26.55	39.26	300m: 3:59.57	46.54	400m: 5:08.00	33.61
43.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	5:14.50	+0,76	458
	50m: 32.32 32.32	150m: 1:50.94	40.60	250m: 3:16.09	43.62	350m: 4:39.92	36.17
	100m: 1:10.34 38.02	200m: 2:32.47	41.53	300m: 4:03.75	47.66	400m: 5:14.50	34.58
44.	JESUS, Ricardo Jorge	09	POR	Leixoes Sport Clube	5:16.42	+0,72	450
	<i>FTL</i>						
	50m: 32.03 32.03	150m: 1:52.20	42.66	250m: 3:17.34	44.27	350m: 4:40.42	37.28
	100m: 1:09.54 37.51	200m: 2:33.07	40.87	300m: 4:03.14	45.80	400m: 5:16.42	36.00
DSQ	ALMEIDA, Joao Francisco	07	POR	Naval do Funchal		+0,63	
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>						
DSQ	TEIXEIRA, Filipe Assuncao	09	POR	Foca Quinta Da Lixa - Cnf		+0,78	
	<i>722 - Tocou com uma mão na parede na viragem aos 300 metros - SW 7.6</i>						
EXH	CRUZ, Miguel Duarte	99	POR	Os Belenenses	5:07.78	+0,62	489
	<i>FTL</i>						
	50m: 31.47 31.47	150m: 1:49.96	41.29	250m: 3:14.52	44.90	350m: 4:34.78	35.83
	100m: 1:08.67 37.20	200m: 2:29.62	39.66	300m: 3:58.95	44.43	400m: 5:07.78	33.00