

Prova 4
18.05.2024 - 18:01

Masc., 400m Estilos

Juvenis
Resultados

Rec Regional Juv A	4:25.04	João Alexandre Vital	POR	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	POR	Alapraia	2013
Rec Regional Absoluto	4:06.93	Joao Alexandre Vital	POR	Hangzhou (CHN)	2018
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	POR	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	POR	Braga	2003
Rec Nacional Absoluto	4:05.87	Gabriel Jose Lopes	POR	Leiria	2022

Mínimo Participação Juv B: 5:41.23; Juv A: 5:31.29

Pontos: FINA 2023

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Diogo Damasceno Reis	09	Sporting	4:42.17	576
	50m: 29.64 30.54	150m: 1:42.42 37.22	250m: 2:56.37 36.92	350m: 4:09.33 33.33	
	100m: 1:05.20 34.66	200m: 2:19.45 37.03	300m: 3:36.00 39.63	400m: 4:42.17 32.84	
2.	Paulo Junio Fernandes	09	Alges	4:50.71	526
	50m: 31.63 29.64	150m: 1:43.59 38.71	250m: 3:03.23 41.82	350m: 4:18.99 32.78	
	100m: 1:04.88 35.24	200m: 2:21.41 37.82	300m: 3:46.21 42.98	400m: 4:50.71 31.72	
3.	Rafael Lin Moniz	09	Naval Setubalense	4:53.28	513
	50m: 31.03 31.03	150m: 1:44.34 38.05	250m: 3:05.52 43.72	350m: 4:22.41 32.94	
	100m: 1:06.29 35.26	200m: 2:21.80 37.46	300m: 3:49.47 43.95	400m: 4:53.28 30.87	
4.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:56.15	498
	50m: 31.63 31.63	150m: 1:44.73 36.00	250m: 3:05.83 47.07	350m: 4:24.65 32.71	
	100m: 1:08.73 37.10	200m: 2:18.76 34.03	300m: 3:51.94 46.11	400m: 4:56.15 31.50	
5.	Daniel Ducatti Pires	09	Naval Setubalense	4:59.06	484
	50m: 29.38 29.38	150m: 1:42.92 38.69	250m: 3:05.34 45.55	350m: 4:25.94 34.56	
	100m: 1:04.23 34.85	200m: 2:19.79 36.87	300m: 3:51.38 46.04	400m: 4:59.06 33.12	
6.	Francisco Nunes Roque	09	Benfica	4:59.78	480
	50m: 31.59 31.59	150m: 1:47.98 40.18	250m: 3:08.45 40.83	350m: 4:25.38 34.33	
	100m: 1:07.80 36.21	200m: 2:27.62 39.64	300m: 3:51.05 42.60	400m: 4:59.78 34.40	
7.	Daniel Alexandre Lourenço	09	Sporting	5:01.30	473
	50m: 29.81 29.81	150m: 1:43.45 39.60	250m: 3:05.06 43.75	350m: 4:26.79 36.74	
	100m: 1:03.85 34.04	200m: 2:21.31 37.86	300m: 3:50.05 44.99	400m: 5:01.30 34.51	
8.	Guilherme Oliveira Rizzon	09	Sporting	5:05.53	453
	50m: 33.44 33.44	150m: 1:51.75 39.98	250m: 3:14.72 43.49	350m: 4:32.16 33.80	
	100m: 1:11.77 38.33	200m: 2:31.23 39.48	300m: 3:58.36 43.64	400m: 5:05.53 33.37	
9.	Tiago Trindade Manuel	09	Palmela Desporto	5:07.37	445
	50m: 31.17 31.17	150m: 1:47.05 39.13	250m: 3:09.48 44.62	350m: 4:32.36 36.90	
	100m: 1:07.92 36.75	200m: 2:24.86 37.81	300m: 3:55.46 45.98	400m: 5:07.37 35.01	
10.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:09.10	438
	50m: 33.26 33.26	150m: 1:50.13 39.26	250m: 3:15.26 46.41	350m: 4:36.27 34.50	
	100m: 1:10.87 37.61	200m: 2:28.85 38.72	300m: 4:01.77 46.51	400m: 5:09.10 32.83	
11.	Miguel Loucao Caxaria	09	Palmela Desporto	5:09.16	438
	50m: 32.80 32.80	150m: 1:50.65 39.68	250m: 3:12.46 43.78	350m: 4:33.72 37.05	
	100m: 1:10.97 38.17	200m: 2:28.68 38.03	300m: 3:56.67 44.21	400m: 5:09.16 35.44	
12.	Bernardo Afonso Guedelha	09	Benfica	5:09.43	436
	50m: 31.08 31.08	150m: 1:47.35 40.30	250m: 3:13.63 47.15	350m: 4:35.90 35.46	
	100m: 1:07.05 35.97	200m: 2:26.48 39.13	300m: 4:00.44 46.81	400m: 5:09.43 33.53	
13.	Miguel Ratinho Rocha	09	Naval Setubalense	5:09.47	436
	50m: 30.80 30.80	150m: 1:48.62 41.59	250m: 3:12.71 44.23	350m: 4:35.52 37.68	
	100m: 1:07.03 36.23	200m: 2:28.48 39.86	300m: 3:57.84 45.13	400m: 5:09.47 33.95	
14.	Hugo Pacheco Godinho	09	Sporting	5:12.13	425
	50m: 33.71 33.71	150m: 1:53.34 40.55	250m: 3:19.39 47.50	350m: 4:39.32 34.09	
	100m: 1:12.79 39.08	200m: 2:31.89 38.55	300m: 4:05.23 45.84	400m: 5:12.13 32.81	
15.	Martim Guerreiro Martins	09	Sporting	5:13.65	419
	50m: 33.97 33.97	150m: 1:55.65 42.76	250m: 3:19.32 43.31	350m: 4:40.28 35.36	
	100m: 1:12.89 38.92	200m: 2:36.01 40.36	300m: 4:04.92 45.60	400m: 5:13.65 33.37	
16.	David Emanuel Tome	09	Gesloures	5:14.53	416
	50m: 34.28 34.28	150m: 1:55.99 41.10	250m: 3:20.97 45.21	350m: 4:40.87 34.78	
	100m: 1:14.89 40.61	200m: 2:35.76 39.77	300m: 4:06.09 45.12	400m: 5:14.53 33.66	
17.	Miguel Bera Fonseca	09	Benfica	5:14.91	414
	50m: 31.77 31.77	150m: 1:51.68 42.71	250m: 3:18.22 44.93	350m: 4:39.54 36.26	
	100m: 1:08.97 37.20	200m: 2:33.29 41.61	300m: 4:03.28 45.06	400m: 5:14.91 35.37	

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Tiago Rafael Ferreira 50m: 32.59 32.59 100m: 1:10.13 37.54	09	Sporting	5:18.92	399
		150m: 1:52.41 42.28	250m: 3:18.26 44.72	350m: 4:43.26 38.66	
		200m: 2:33.54 41.13	300m: 4:04.60 46.34	400m: 5:18.92 35.66	
19.	Angelo Carvalho Interlandi 50m: 33.96 33.96 100m: 1:12.46 38.50	09	Alges	5:20.84	391
		150m: 1:53.77 41.31	250m: 3:21.07 47.89	350m: 4:44.71 36.31	
		200m: 2:33.18 39.41	300m: 4:08.40 47.33	400m: 5:20.84 36.13	
20.	Miguel Filipe Medronheira 50m: 33.96 33.96 100m: 1:12.74 38.78	09	Palmela Desporto	5:22.28	386
		150m: 1:55.23 42.49	250m: 3:22.18 46.58	350m: 4:46.77 37.06	
		200m: 2:35.60 40.37	300m: 4:09.71 47.53	400m: 5:22.28 35.51	
21.	Afonso Santos Carromeu 50m: 35.42 35.42 100m: 1:16.54 41.12	09	Naval Setubalense	5:29.04	363
		150m: 1:59.40 42.86	250m: 3:28.35 47.34	350m: 4:54.16 38.20	
		200m: 2:41.01 41.61	300m: 4:15.96 47.61	400m: 5:29.04 34.88	
22.	Martim Abalada Vilaca 50m: 33.50 33.50 100m: 1:13.26 39.76	09	AONDA - Azeitão	5:33.05	350
		150m: 1:57.55 44.29	250m: 3:29.85 49.55	350m: 4:57.60 37.57	
		200m: 2:40.30 42.75	300m: 4:20.03 50.18	400m: 5:33.05 35.45	
23.	Pedro Miguel Silva 50m: 32.51 32.51 100m: 1:11.56 39.05	09	Naval Setubalense	5:36.17	340
		150m: 1:56.80 45.24	250m: 3:29.28 49.16	350m: 4:57.11 38.18	
		200m: 2:40.12 43.32	300m: 4:18.93 49.65	400m: 5:36.17 39.06	
24.	Rodrigo Arga Paiva 50m: 34.59 34.59 100m: 1:17.62 43.03	09	Geslours	5:40.38	328
		150m: 1:59.86 42.24	250m: 3:31.28 49.71	350m: 5:01.28 39.29	
		200m: 2:41.57 41.71	300m: 4:21.99 50.71	400m: 5:40.38 39.10	
DSQ	Afonso Cunha Amaral <i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>	09	Alges		
DSQ	Santiago Castanheira Martins <i>O nadador iniciou o percurso de costas à saída da parede testa na posição ventral.</i>	09	CPCD - Póvoa Sta Iria		
DSQ	Francisco Gabriel Freitas <i>E-M13 - No percurso de mariposa, efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>	09	Geslours		
DNS	Vasco Alexandre Martins	09	Colegio Int Monte Maior		
DNS	André Raposo Pinheiro	09	AONDA - Azeitão		

Juvenis A

1.	Afonso Mendonca Ornelas 50m: 30.83 30.83 100m: 1:06.38 35.55	08	Geslours	4:57.45	491
		150m: 1:46.29 39.91	250m: 3:07.24 43.47	350m: 4:26.15 34.83	
		200m: 2:23.77 37.48	300m: 3:51.32 44.08	400m: 4:57.45 31.30	
2.	Henrique Barros Domingos 50m: 30.58 30.58 100m: 1:06.83 36.25	08	Sporting	4:59.37	482
		150m: 1:46.25 39.42	250m: 3:09.19 44.79	350m: 4:28.00 33.66	
		200m: 2:24.40 38.15	300m: 3:54.34 45.15	400m: 4:59.37 31.37	
3.	Pedro Caiada Rodrigues 50m: 31.23 31.23 100m: 1:07.11 35.88	08	Benfica	5:00.49	477
		150m: 1:45.91 38.80	250m: 3:08.65 44.68	350m: 4:27.23 33.22	
		200m: 2:23.97 38.06	300m: 3:54.01 45.36	400m: 5:00.49 33.26	
4.	Francisco Rodrigues Vilar 50m: 31.15 31.15 100m: 1:06.73 35.58	08	Sporting	5:00.58	476
		150m: 1:45.88 39.15	250m: 3:06.25 42.72	350m: 4:26.00 35.96	
		200m: 2:23.53 37.65	300m: 3:50.04 43.79	400m: 5:00.58 34.58	
5.	Rafael Ataide Duarte 50m: 32.64 32.64 100m: 1:11.88 39.24	08	Benfica	5:00.85	475
		150m: 1:53.64 41.76	250m: 3:12.41 39.79	350m: 4:27.85 34.51	
		200m: 2:32.62 38.98	300m: 3:53.34 40.93	400m: 5:00.85 33.00	
6.	Vasco Frischknecht Oliveira 50m: 31.71 31.71 100m: 1:08.73 37.02	08	Benfica	5:06.13	451
		150m: 1:49.30 40.57	250m: 3:14.49 45.26	350m: 4:33.26 34.55	
		200m: 2:29.23 39.93	300m: 3:58.71 44.22	400m: 5:06.13 32.87	
7.	Pedro Antonio Pinto 50m: 30.63 30.63 100m: 1:06.69 36.06	08	Palmela Desporto	5:07.38	445
		150m: 1:47.80 41.11	250m: 3:12.03 44.17	350m: 4:33.15 36.37	
		200m: 2:27.86 40.06	300m: 3:56.78 44.75	400m: 5:07.38 34.23	
8.	Joao Jacomo Neto 50m: 31.59 31.59 100m: 1:08.25 36.66	08	Alges	5:15.52	412
		150m: 1:51.32 43.07	250m: 3:16.60 42.19	350m: 4:40.08 37.25	
		200m: 2:34.41 43.09	300m: 4:02.83 46.23	400m: 5:15.52 35.44	
9.	Alexandre Frederico Braz 50m: 32.01 32.01 100m: 1:11.16 39.15	08	Sporting	5:22.90	384
		150m: 1:54.72 43.56	250m: 3:25.24 48.13	350m: 4:49.36 34.50	
		200m: 2:37.11 42.39	300m: 4:14.86 49.62	400m: 5:22.90 33.54	

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
10.	Joao Filipe Prazeres	08	Gesloures	5:23.49	382
	50m: 34.09 34.09	150m: 1:57.41 42.26	250m: 3:23.46 45.40	350m: 4:48.26 38.15	
	100m: 1:15.15 41.06	200m: 2:38.06 40.65	300m: 4:10.11 46.65	400m: 5:23.49 35.23	
11.	Francisco Manuel Bexiga	08	Individual ANL	5:24.84	377
	50m: 34.43 34.43	150m: 1:57.14 43.13	250m: 3:25.94 48.37	350m: 4:50.64 37.04	
	100m: 1:14.01 39.58	200m: 2:37.57 40.43	300m: 4:13.60 47.66	400m: 5:24.84 34.20	
12.	Rodrigo Capitaô Chora	08	Naval Setubalense	5:29.35	362
	50m: 33.64 33.64	150m: 1:57.20 41.88	250m: 3:24.83 47.18	350m: 4:51.37 38.77	
	100m: 1:15.32 41.68	200m: 2:37.65 40.45	300m: 4:12.60 47.77	400m: 5:29.35 37.98	
DSQ	David Jesus Morgado	08	Sporting		
	<i>O atleta iniciou o percurso de costas na saída da parede testa na posição ventral.</i>				
DSQ	Pedro Saad Oliveira	08	Sporting		
	<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 250 metros (SW 7.6)</i>				

Juvenis

1.	Diogo Damasceno Reis	09	Sporting	4:42.17	576
	50m: 30.54 30.54	150m: 1:42.42 37.22	250m: 2:56.37 36.92	350m: 4:09.33 33.33	
	100m: 1:05.20 34.66	200m: 2:19.45 37.03	300m: 3:36.00 39.63	400m: 4:42.17 32.84	
2.	Paulo Junio Fernandes	09	Alges	4:50.71	526
	50m: 29.64 29.64	150m: 1:43.59 38.71	250m: 3:03.23 41.82	350m: 4:18.99 32.78	
	100m: 1:04.88 35.24	200m: 2:21.41 37.82	300m: 3:46.21 42.98	400m: 4:50.71 31.72	
3.	Rafael Lin Moniz	09	Naval Setubalense	4:53.28	513
	50m: 31.03 31.03	150m: 1:44.34 38.05	250m: 3:05.52 43.72	350m: 4:22.41 32.94	
	100m: 1:06.29 35.26	200m: 2:21.80 37.46	300m: 3:49.47 43.95	400m: 4:53.28 30.87	
4.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:56.15	498
	50m: 31.63 31.63	150m: 1:44.73 36.00	250m: 3:05.83 47.07	350m: 4:24.65 32.71	
	100m: 1:08.73 37.10	200m: 2:18.76 34.03	300m: 3:51.94 46.11	400m: 4:56.15 31.50	
5.	Afonso Mendonca Ornelas	08	Gesloures	4:57.45	491
	50m: 30.83 30.83	150m: 1:46.29 39.91	250m: 3:07.24 43.47	350m: 4:26.15 34.83	
	100m: 1:06.38 35.55	200m: 2:23.77 37.48	300m: 3:51.32 44.08	400m: 4:57.45 31.30	
6.	Daniel Ducatti Pires	09	Naval Setubalense	4:59.06	484
	50m: 29.38 29.38	150m: 1:42.92 38.69	250m: 3:05.34 45.55	350m: 4:25.94 34.56	
	100m: 1:04.23 34.85	200m: 2:19.79 36.87	300m: 3:51.38 46.04	400m: 4:59.06 33.12	
7.	Henrique Barros Domingos	08	Sporting	4:59.37	482
	50m: 30.58 30.58	150m: 1:46.25 39.42	250m: 3:09.19 44.79	350m: 4:28.00 33.66	
	100m: 1:06.83 36.25	200m: 2:24.40 38.15	300m: 3:54.34 45.15	400m: 4:59.37 31.37	
8.	Francisco Nunes Roque	09	Benfica	4:59.78	480
	50m: 31.59 31.59	150m: 1:47.98 40.18	250m: 3:08.45 40.83	350m: 4:25.38 34.33	
	100m: 1:07.80 36.21	200m: 2:27.62 39.64	300m: 3:51.05 42.60	400m: 4:59.78 34.40	
9.	Pedro Caiada Rodrigues	08	Benfica	5:00.49	477
	50m: 31.23 31.23	150m: 1:45.91 38.80	250m: 3:08.65 44.68	350m: 4:27.23 33.22	
	100m: 1:07.11 35.88	200m: 2:23.97 38.06	300m: 3:54.01 45.36	400m: 5:00.49 33.26	
10.	Francisco Rodrigues Vilar	08	Sporting	5:00.58	476
	50m: 31.15 31.15	150m: 1:45.88 39.15	250m: 3:06.25 42.72	350m: 4:26.00 35.96	
	100m: 1:06.73 35.58	200m: 2:23.53 37.65	300m: 3:50.04 43.79	400m: 5:00.58 34.58	
11.	Rafael Ataide Duarte	08	Benfica	5:00.85	475
	50m: 32.64 32.64	150m: 1:53.64 41.76	250m: 3:12.41 39.79	350m: 4:27.85 34.51	
	100m: 1:11.88 39.24	200m: 2:32.62 38.98	300m: 3:53.34 40.93	400m: 5:00.85 33.00	
12.	Daniel Alexandre Lourenço	09	Sporting	5:01.30	473
	50m: 29.81 29.81	150m: 1:43.45 39.60	250m: 3:05.06 43.75	350m: 4:26.79 36.74	
	100m: 1:03.85 34.04	200m: 2:21.31 37.86	300m: 3:50.05 44.99	400m: 5:01.30 34.51	
13.	Guilherme Oliveira Rizzon	09	Sporting	5:05.53	453
	50m: 33.44 33.44	150m: 1:51.75 39.98	250m: 3:14.72 43.49	350m: 4:32.16 33.80	
	100m: 1:11.77 38.33	200m: 2:31.23 39.48	300m: 3:58.36 43.64	400m: 5:05.53 33.37	
14.	Vasco Frischknecht Oliveira	08	Benfica	5:06.13	451
	50m: 31.71 31.71	150m: 1:49.30 40.57	250m: 3:14.49 45.26	350m: 4:33.26 34.55	
	100m: 1:08.73 37.02	200m: 2:29.23 39.93	300m: 3:58.71 44.22	400m: 5:06.13 32.87	
15.	Tiago Trindade Manuel	09	Palmela Desporto	5:07.37	445
	50m: 31.17 31.17	150m: 1:47.05 39.13	250m: 3:09.48 44.62	350m: 4:32.36 36.90	
	100m: 1:07.92 36.75	200m: 2:24.86 37.81	300m: 3:55.46 45.98	400m: 5:07.37 35.01	

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
16.	Pedro Antonio Pinto 50m: 30.63 30.63 100m: 1:06.69 36.06	08	Palmela Desporto	5:07.38	445
		150m: 1:47.80 41.11	250m: 3:12.03 44.17	350m: 4:33.15 36.37	
		200m: 2:27.86 40.06	300m: 3:56.78 44.75	400m: 5:07.38 34.23	
17.	Rodrigo Duarte Narigueta 50m: 33.26 33.26 100m: 1:10.87 37.61	09	Palmela Desporto	5:09.10	438
		150m: 1:50.13 39.26	250m: 3:15.26 46.41	350m: 4:36.27 34.50	
		200m: 2:28.85 38.72	300m: 4:01.77 46.51	400m: 5:09.10 32.83	
18.	Miguel Loucao Caxaria 50m: 32.80 32.80 100m: 1:10.97 38.17	09	Palmela Desporto	5:09.16	438
		150m: 1:50.65 39.68	250m: 3:12.46 43.78	350m: 4:33.72 37.05	
		200m: 2:28.68 38.03	300m: 3:56.67 44.21	400m: 5:09.16 35.44	
19.	Bernardo Afonso Guedelha 50m: 31.08 31.08 100m: 1:07.05 35.97	09	Benfica	5:09.43	436
		150m: 1:47.35 40.30	250m: 3:13.63 47.15	350m: 4:35.90 35.46	
		200m: 2:26.48 39.13	300m: 4:00.44 46.81	400m: 5:09.43 33.53	
20.	Miguel Ratinho Rocha 50m: 30.80 30.80 100m: 1:07.03 36.23	09	Naval Setubalense	5:09.47	436
		150m: 1:48.62 41.59	250m: 3:12.71 44.23	350m: 4:35.52 37.68	
		200m: 2:28.48 39.86	300m: 3:57.84 45.13	400m: 5:09.47 33.95	
21.	Hugo Pacheco Godinho 50m: 33.71 33.71 100m: 1:12.79 39.08	09	Sporting	5:12.13	425
		150m: 1:53.34 40.55	250m: 3:19.39 47.50	350m: 4:39.32 34.09	
		200m: 2:31.89 38.55	300m: 4:05.23 45.84	400m: 5:12.13 32.81	
22.	Martim Guerreiro Martins 50m: 33.97 33.97 100m: 1:12.89 38.92	09	Sporting	5:13.65	419
		150m: 1:55.65 42.76	250m: 3:19.32 43.31	350m: 4:40.28 35.36	
		200m: 2:36.01 40.36	300m: 4:04.92 45.60	400m: 5:13.65 33.37	
23.	David Emanuel Tome 50m: 34.28 34.28 100m: 1:14.89 40.61	09	Gesloures	5:14.53	416
		150m: 1:55.99 41.10	250m: 3:20.97 45.21	350m: 4:40.87 34.78	
		200m: 2:35.76 39.77	300m: 4:06.09 45.12	400m: 5:14.53 33.66	
24.	Miguel Bera Fonseca 50m: 31.77 31.77 100m: 1:08.97 37.20	09	Benfica	5:14.91	414
		150m: 1:51.68 42.71	250m: 3:18.22 44.93	350m: 4:39.54 36.26	
		200m: 2:33.29 41.61	300m: 4:03.28 45.06	400m: 5:14.91 35.37	
25.	Joao Jacomo Neto 50m: 31.59 31.59 100m: 1:08.25 36.66	08	Alges	5:15.52	412
		150m: 1:51.32 43.07	250m: 3:16.60 42.19	350m: 4:40.08 37.25	
		200m: 2:34.41 43.09	300m: 4:02.83 46.23	400m: 5:15.52 35.44	
26.	Tiago Rafael Ferreira 50m: 32.59 32.59 100m: 1:10.13 37.54	09	Sporting	5:18.92	399
		150m: 1:52.41 42.28	250m: 3:18.26 44.72	350m: 4:43.26 38.66	
		200m: 2:33.54 41.13	300m: 4:04.60 46.34	400m: 5:18.92 35.66	
27.	Angelo Carvalho Interlandi 50m: 33.96 33.96 100m: 1:12.46 38.50	09	Alges	5:20.84	391
		150m: 1:53.77 41.31	250m: 3:21.07 47.89	350m: 4:44.71 36.31	
		200m: 2:33.18 39.41	300m: 4:08.40 47.33	400m: 5:20.84 36.13	
28.	Miguel Filipe Medronheira 50m: 33.96 33.96 100m: 1:12.74 38.78	09	Palmela Desporto	5:22.28	386
		150m: 1:55.23 42.49	250m: 3:22.18 46.58	350m: 4:46.77 37.06	
		200m: 2:35.60 40.37	300m: 4:09.71 47.53	400m: 5:22.28 35.51	
29.	Alexandre Frederico Braz 50m: 32.01 32.01 100m: 1:11.16 39.15	08	Sporting	5:22.90	384
		150m: 1:54.72 43.56	250m: 3:25.24 48.13	350m: 4:49.36 34.50	
		200m: 2:37.11 42.39	300m: 4:14.86 49.62	400m: 5:22.90 33.54	
30.	Joao Filipe Prazeres 50m: 34.09 34.09 100m: 1:15.15 41.06	08	Gesloures	5:23.49	382
		150m: 1:57.41 42.26	250m: 3:23.46 45.40	350m: 4:48.26 38.15	
		200m: 2:38.06 40.65	300m: 4:10.11 46.65	400m: 5:23.49 35.23	
31.	Francisco Manuel Bexiga 50m: 34.43 34.43 100m: 1:14.01 39.58	08	Individual ANL	5:24.84	377
		150m: 1:57.14 43.13	250m: 3:25.94 48.37	350m: 4:50.64 37.04	
		200m: 2:37.57 40.43	300m: 4:13.60 47.66	400m: 5:24.84 34.20	
32.	Afonso Santos Carromeu 50m: 35.42 35.42 100m: 1:16.54 41.12	09	Naval Setubalense	5:29.04	363
		150m: 1:59.40 42.86	250m: 3:28.35 47.34	350m: 4:54.16 38.20	
		200m: 2:41.01 41.61	300m: 4:15.96 47.61	400m: 5:29.04 34.88	
33.	Rodrigo Capita Chora 50m: 33.64 33.64 100m: 1:15.32 41.68	08	Naval Setubalense	5:29.35	362
		150m: 1:57.20 41.88	250m: 3:24.83 47.18	350m: 4:51.37 38.77	
		200m: 2:37.65 40.45	300m: 4:12.60 47.77	400m: 5:29.35 37.98	
34.	Martim Abalada Vilaca 50m: 33.50 33.50 100m: 1:13.26 39.76	09	AONDA - Azeitão	5:33.05	350
		150m: 1:57.55 44.29	250m: 3:29.85 49.55	350m: 4:57.60 37.57	
		200m: 2:40.30 42.75	300m: 4:20.03 50.18	400m: 5:33.05 35.45	
35.	Pedro Miguel Silva 50m: 32.51 32.51 100m: 1:11.56 39.05	09	Naval Setubalense	5:36.17	340
		150m: 1:56.80 45.24	250m: 3:29.28 49.16	350m: 4:57.11 38.18	
		200m: 2:40.12 43.32	300m: 4:18.93 49.65	400m: 5:36.17 39.06	
36.	Rodrigo Arga Paiva 50m: 34.59 34.59 100m: 1:17.62 43.03	09	Gesloures	5:40.38	328
		150m: 1:59.86 42.24	250m: 3:31.28 49.71	350m: 5:01.28 39.29	
		200m: 2:41.57 41.71	300m: 4:21.99 50.71	400m: 5:40.38 39.10	

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
DSQ	Afonso Cunha Amaral <i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>	09	Alges		
DSQ	Santiago Castanheira Martins <i>O nadador iniciou o percurso de costas à saída da parede testa na posição ventral.</i>	09	CPCD - Póvoa Sta Iria		
DSQ	Francisco Gabriel Freitas <i>E-M13 - No percurso de mariposa, efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>	09	Gesloures		
DSQ	David Jesus Morgado <i>O atleta iniciou o percurso de costas na saída da parede testa na posição ventral.</i>	08	Sporting		
DSQ	Pedro Saad Oliveira <i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 250 metros (SW 7.6)</i>	08	Sporting		
DNS	Vasco Alexandre Martins	09	Colegio Int Monte Maior		
DNS	André Raposo Pinheiro	09	AONDA - Azeitão		

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