

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 15  
13/07/2024 - 17:00

Masc., 400m Livres

Absolutos  
Resultados

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

JUV\_B\_Masc Juv B 50m: 4:39.07 - 25m: 4:28.59 / JUV\_A\_Masc Juv A 50m: 4:32.67 - 25m: 4:22.43 / JUN\_17\_Masc Jun 17 50m: 4:24.99 - 25m: 4:15.03 / JUN\_18\_Masc Jun 18 50m: 4:23.71 - 25m: 4:13.80 / SEN\_1º ANO\_Masc Sen 1º 50m: 4:17.31 - 25m: 4:07.64 / SEN\_Masc Sen + 50m: 4:16.03 - 25m: 4:06.41

Pontos: FINA 2024

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA	
<b>Juvenis</b>								
1.	FERREIRA, Tomas Pascoal	09	POR	Ba-Leiria	<b>4:19.29</b>	+0,57	611	
	50m: 29.08 29.08	150m: 1:33.64 32.41	250m: 2:39.76 33.28	350m: 3:47.00 33.91	100m: 1:01.23 32.15	200m: 2:06.48 32.84	300m: 3:13.09 33.33	400m: 4:19.29 32.29
2.	KOT, Paulo	09	POR	Nautico Marinha Grande	<b>4:19.63</b>	+0,68	609	
	50m: 29.42 29.42	150m: 1:35.08 33.39	250m: 2:41.98 33.41	350m: 3:48.32 32.96	100m: 1:01.69 32.27	200m: 2:08.57 33.49	300m: 3:15.36 33.38	400m: 4:19.63 31.31
3.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	<b>4:20.06</b>	+0,85	605	
	50m: 29.55 29.55	150m: 1:34.75 33.08	250m: 2:41.32 33.40	350m: 3:48.34 33.38	100m: 1:01.67 32.12	200m: 2:07.92 33.17	300m: 3:14.96 33.64	400m: 4:20.06 31.72
4.	LIMA, Eduardo Miguel	08	POR	Foca Quinta Da Lixa - Cnf	<b>4:20.13</b>	+0,81	605	
	50m: 29.33 29.33	150m: 1:35.63 33.73	250m: 2:42.36 33.07	350m: 3:48.34 32.90	100m: 1:01.90 32.57	200m: 2:09.29 33.66	300m: 3:15.44 33.08	400m: 4:20.13 31.79
5.	SOUSA, Guilherme Simoes	08	POR	Cnac	<b>4:23.25</b>	+0,73	584	
	50m: 29.72 29.72	150m: 1:35.95 33.91	250m: 2:44.34 34.50	350m: 3:52.22 33.67	100m: 1:02.04 32.32	200m: 2:09.84 33.89	300m: 3:18.55 34.21	400m: 4:23.25 31.03
6.	SOARES, Goncalo Augusto	08	POR	Porto	<b>4:24.47</b>	+0,75	576	
	50m: 29.56 29.56	150m: 1:34.23 32.74	250m: 2:41.76 33.98	350m: 3:50.10 34.14	100m: 1:01.49 31.93	200m: 2:07.78 33.55	300m: 3:15.96 34.20	400m: 4:24.47 34.37
7.	PINTO, Martim Chambel	09	POR	Adrcimm	<b>4:25.01</b>	+0,88	572	
	50m: 30.45 30.45	150m: 1:37.56 33.44	250m: 2:44.49 33.06	350m: 3:51.74 34.07	100m: 1:04.12 33.67	200m: 2:11.43 33.87	300m: 3:17.67 33.18	400m: 4:25.01 33.27
8.	GARCIA, Afonso Gago	08	POR	Benfica	<b>4:25.58</b>	+0,71	568	
	50m: 30.44 30.44	150m: 1:37.11 33.58	250m: 2:44.87 33.69	350m: 3:52.48 33.48	100m: 1:03.53 33.09	200m: 2:11.18 34.07	300m: 3:19.00 34.13	400m: 4:25.58 33.10
9.	GASPAR, Joao Nuno	09	POR	Condeixa Aqua Clube	<b>4:26.18</b>	+0,75	565	
	50m: 29.79 29.79	150m: 1:36.73 34.38	250m: 2:46.62 34.87	350m: 3:55.31 34.06	100m: 1:02.35 32.56	200m: 2:11.75 35.02	300m: 3:21.25 34.63	400m: 4:26.18 30.87
10.	MARTINS, Martim Guerreiro	09	POR	Sporting	<b>4:26.26</b>	+0,72	564	
	50m: 29.35 29.35	150m: 1:36.22 34.07	250m: 2:45.01 34.27	350m: 3:54.11 34.12	100m: 1:02.15 32.80	200m: 2:10.74 34.52	300m: 3:19.99 34.98	400m: 4:26.26 32.15
11.	MONIZ, Rafael Lin	09	POR	Cns	<b>4:26.45</b>	+0,79	563	
	50m: 29.53 29.53	150m: 1:36.34 34.19	250m: 2:45.59 34.33	350m: 3:54.46 33.57	100m: 1:02.15 32.62	200m: 2:11.26 34.92	300m: 3:20.89 35.30	400m: 4:26.45 31.99

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 15, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
12.	SOUSA, Santiago Boica	08	POR	Vieirense	<b>4:26.54</b>	+0,90	562
	50m: 29.29 29.29	150m: 1:36.32	34.30	250m: 2:45.80	34.58	350m: 3:54.75	33.97
	100m: 1:02.02 32.73	200m: 2:11.22	34.90	300m: 3:20.78	34.98	400m: 4:26.54	31.79
13.	PEREIRA, Salvador Correia	08	POR	Condeixa Aqua Clube	<b>4:26.86</b>	+0,59	560
	50m: 30.50 30.50	150m: 1:37.07	33.16	250m: 2:45.38	34.09	350m: 3:54.10	34.28
	100m: 1:03.91 33.41	200m: 2:11.29	34.22	300m: 3:19.82	34.44	400m: 4:26.86	32.76
14.	CABRITA, Martim Santos	08	POR	Louletano / Loule Concelho	<b>4:27.17</b>	+0,74	558
	50m: 29.75 29.75	150m: 1:36.73	34.16	250m: 2:46.00	34.41	350m: 3:54.86	34.25
	100m: 1:02.57 32.82	200m: 2:11.59	34.86	300m: 3:20.61	34.61	400m: 4:27.17	32.31
15.	RIZZON, Guilherme Oliveira	09	POR	Sporting	<b>4:27.25</b>	+0,68	558
	50m: 29.57 29.57	150m: 1:36.63	33.77	250m: 2:44.64	33.47	350m: 3:54.24	34.48
	100m: 1:02.86 33.29	200m: 2:11.17	34.54	300m: 3:19.76	35.12	400m: 4:27.25	33.01
16.	SAMPAIO, Rafael Rui	09	POR	Famalicao	<b>4:27.45</b>	+0,75	557
	50m: 28.76 28.76	150m: 1:36.01	34.56	250m: 2:45.39	34.57	350m: 3:54.74	34.53
	100m: 1:01.45 32.69	200m: 2:10.82	34.81	300m: 3:20.21	34.82	400m: 4:27.45	32.71
17.	REIS, Tomas Augusto	09	POR	Clube Futebol Os Belenenses	<b>4:27.60</b>	+0,76	556
	50m: 28.55 28.55	150m: 1:34.36	33.96	250m: 2:45.16	35.49	350m: 3:54.63	34.60
	100m: 1:00.40 31.85	200m: 2:09.67	35.31	300m: 3:20.03	34.87	400m: 4:27.60	32.97
18.	SILVA, Guilherme Martins	08	POR	Academico Viseu Futebol Clube	<b>4:27.61</b>	+0,88	556
	50m: 30.70 30.70	150m: 1:36.97	33.74	250m: 2:45.15	33.69	350m: 3:54.21	34.09
	100m: 1:03.23 32.53	200m: 2:11.46	34.49	300m: 3:20.12	34.97	400m: 4:27.61	33.40
	FARDILHA, Antonio Cruz	08	POR	Galitos / Bresimar	<b>4:27.61</b>	+0,73	556
	50m: 28.40 28.40	150m: 1:36.12	34.68	250m: 2:46.18	34.94	350m: 3:55.36	33.92
	100m: 1:01.44 33.04	200m: 2:11.24	35.12	300m: 3:21.44	35.26	400m: 4:27.61	32.25
20.	POMBO, Tiago Santos	08	POR	Alcobaca	<b>4:27.65</b>	+0,73	555
	50m: 29.43 29.43	150m: 1:37.14	34.49	250m: 2:46.97	34.93	350m: 3:55.36	33.49
	100m: 1:02.65 33.22	200m: 2:12.04	34.90	300m: 3:21.87	34.90	400m: 4:27.65	32.29
21.	LIMA, Rodrigo Silva	08	POR	Porto	<b>4:27.80</b>	+0,75	554
	50m: 30.21 30.21	150m: 1:36.27	33.59	250m: 2:44.89	34.73	350m: 3:54.43	35.00
	100m: 1:02.68 32.47	200m: 2:10.16	33.89	300m: 3:19.43	34.54	400m: 4:27.80	33.37
22.	DOMINGOS, Henrique Barros	08	POR	Sporting	<b>4:28.86</b>	+0,87	548
	50m: 29.77 29.77	150m: 1:37.58	34.33	250m: 2:45.90	33.78	350m: 3:55.60	34.28
	100m: 1:03.25 33.48	200m: 2:12.12	34.54	300m: 3:21.32	35.42	400m: 4:28.86	33.26
23.	CASTRO, Marco Antonio	08	POR	Cnf	<b>4:28.94</b>	+0,77	547
	50m: 29.85 29.85	150m: 1:36.91	34.21	250m: 2:46.37	34.70	350m: 3:55.87	34.86
	100m: 1:02.70 32.85	200m: 2:11.67	34.76	300m: 3:21.01	34.64	400m: 4:28.94	33.07
24.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	<b>4:29.59</b>	+0,87	543
	50m: 30.26 30.26	150m: 1:37.84	34.47	250m: 2:47.44	34.54	350m: 3:56.16	33.94
	100m: 1:03.37 33.11	200m: 2:12.90	35.06	300m: 3:22.22	34.78	400m: 4:29.59	33.43
25.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	<b>4:29.66</b>	+0,75	543
	50m: 29.70 29.70	150m: 1:37.34	34.74	250m: 2:46.88	34.77	350m: 3:56.01	34.43
	100m: 1:02.60 32.90	200m: 2:12.11	34.77	300m: 3:21.58	34.70	400m: 4:29.66	33.65

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Prova 15, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
26.	SANTOS, Rodrigo Canedo	08	POR	Bombeiros de Ponta Delgada	<b>4:30.09</b>	+0,71	540
	50m: 29.91 29.91	150m: 1:37.09	33.94	250m: 2:45.99	34.55	350m: 3:55.74	35.04
	100m: 1:03.15 33.24	200m: 2:11.44	34.35	300m: 3:20.70	34.71	400m: 4:30.09	34.35
27.	MORGADO, David Jesus	08	POR	Sporting	<b>4:30.57</b>	+0,74	538
	50m: 29.55 29.55	150m: 1:36.88	33.99	250m: 2:46.62	34.87	350m: 3:56.66	34.14
	100m: 1:02.89 33.34	200m: 2:11.75	34.87	300m: 3:22.52	35.90	400m: 4:30.57	33.91
28.	PEREIRA, Santiago Carvalho	08	POR	Famalicao	<b>4:30.72</b>	+0,73	537
	50m: 28.92 28.92	150m: 1:36.51	34.65	250m: 2:47.30	35.47	350m: 3:57.88	35.21
	100m: 1:01.86 32.94	200m: 2:11.83	35.32	300m: 3:22.67	35.37	400m: 4:30.72	32.84
29.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	<b>4:30.98</b>	+0,79	535
	50m: 29.33 29.33	150m: 1:36.21	33.93	250m: 2:46.36	35.27	350m: 3:57.39	35.38
	100m: 1:02.28 32.95	200m: 2:11.09	34.88	300m: 3:22.01	35.65	400m: 4:30.98	33.59
30.	OLIVEIRA, Paulo Jorge	08	POR	Estarreja/PROZINCO	<b>4:31.63</b>	+0,69	531
	50m: 30.07 30.07	150m: 1:36.61	33.88	250m: 2:45.30	34.49	350m: 3:56.23	35.64
	100m: 1:02.73 32.66	200m: 2:10.81	34.20	300m: 3:20.59	35.29	400m: 4:31.63	35.40
31.	COSTA, Afonso Goncalves	08	POR	Porto	<b>4:31.66</b>	+0,71	531
	50m: 30.41 30.41	150m: 1:38.59	34.51	250m: 2:47.92	34.69	350m: 3:57.16	34.47
	100m: 1:04.08 33.67	200m: 2:13.23	34.64	300m: 3:22.69	34.77	400m: 4:31.66	34.50
32.	JESUS, Vasco Franca	08	POR	Cnf	<b>4:32.03</b>	+0,69	529
	50m: 30.34 30.34	150m: 1:38.07	34.85	250m: 2:47.97	35.43	350m: 3:58.57	35.60
	100m: 1:03.22 32.88	200m: 2:12.54	34.47	300m: 3:22.97	35.00	400m: 4:32.03	33.46
33.	DIAS, Pedro Malhao	08	POR	Escola Desportiva de Viana	<b>4:32.32</b>	+0,76	527
	50m: 30.07 30.07	150m: 1:37.20	34.04	250m: 2:47.24	34.89	350m: 3:57.81	35.10
	100m: 1:03.16 33.09	200m: 2:12.35	35.15	300m: 3:22.71	35.47	400m: 4:32.32	34.51
34.	BARROS, Raul Ventura	09	POR	Braga	<b>4:33.40</b>	+0,87	521
	50m: 30.73 30.73	150m: 1:39.22	34.54	250m: 2:49.51	35.01	350m: 3:59.63	34.38
	100m: 1:04.68 33.95	200m: 2:14.50	35.28	300m: 3:25.25	35.74	400m: 4:33.40	33.77
35.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Concelho	<b>4:33.94</b>	+0,76	518
	50m: 30.20 30.20	150m: 1:38.22	34.55	250m: 2:48.89	35.38	350m: 3:59.65	35.12
	100m: 1:03.67 33.47	200m: 2:13.51	35.29	300m: 3:24.53	35.64	400m: 4:33.94	34.29
36.	SHUBIN, Alexandre	09	POR	Cdca	<b>4:34.75</b>	+0,66	513
	50m: 29.76 29.76	150m: 1:37.28	34.38	250m: 2:48.81	36.00	350m: 3:59.97	35.20
	100m: 1:02.90 33.14	200m: 2:12.81	35.53	300m: 3:24.77	35.96	400m: 4:34.75	34.78
37.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	<b>4:35.02</b>	+0,73	512
	50m: 30.60 30.60	150m: 1:38.89	34.77	250m: 2:49.37	35.65	350m: 4:00.33	35.61
	100m: 1:04.12 33.52	200m: 2:13.72	34.83	300m: 3:24.72	35.35	400m: 4:35.02	34.69
38.	NETO, Goncalo Malha	09	POR	Galitos / Bresimar	<b>4:36.22</b>	+0,72	505
	50m: 30.76 30.76	150m: 1:39.52	35.45	250m: 2:50.60	35.64	350m: 4:02.04	35.85
	100m: 1:04.07 33.31	200m: 2:14.96	35.44	300m: 3:26.19	35.59	400m: 4:36.22	34.18
39.	SANTOS, Alexandre Lima	09	POR	Fluvial Portuense	<b>4:37.40</b>	+0,91	499
	50m: 30.52 30.52	150m: 1:39.18	34.84	250m: 2:50.22	35.21	350m: 4:02.10	35.57
	100m: 1:04.34 33.82	200m: 2:15.01	35.83	300m: 3:26.53	36.31	400m: 4:37.40	35.30

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 15, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
40.	VICENTE, Miguel Chagas	09	POR	Bombeiros de Ponta Delgada	<b>4:38.17</b>	+0,59	495
	50m: 30.68 30.68	150m: 1:39.79	35.20	250m: 2:51.60	36.08	350m: 4:03.63	35.95
	100m: 1:04.59 33.91	200m: 2:15.52	35.73	300m: 3:27.68	36.08	400m: 4:38.17	34.54
41.	SILVA, Tiago Joaquim	09	POR	Galitos / Bresimar	<b>4:38.64</b>	+0,76	492
	50m: 29.76 29.76	150m: 1:38.45	34.69	250m: 2:50.19	36.01	350m: 4:03.09	36.49
	100m: 1:03.76 34.00	200m: 2:14.18	35.73	300m: 3:26.60	36.41	400m: 4:38.64	35.55
42.	FREIXEIRO, Francisco Guilherm	08	POR	Rio Maior	<b>4:39.15</b>	+0,69	489
	<i>FTL</i>						
	50m: 30.67 30.67	150m: 1:39.32	35.10	250m: 2:51.30	36.16	350m: 4:04.57	36.54
	100m: 1:04.22 33.55	200m: 2:15.14	35.82	300m: 3:28.03	36.73	400m: 4:39.15	34.58
43.	BENTO, Afonso Maria	09	POR	AN Alcabastrense	<b>4:39.24</b>	+0,68	489
	<i>FTL</i>						
	50m: 29.69 29.69	150m: 1:37.67	34.97	250m: 2:49.45	36.24	350m: 4:03.23	36.90
	100m: 1:02.70 33.01	200m: 2:13.21	35.54	300m: 3:26.33	36.88	400m: 4:39.24	36.01
44.	SILVA, Joao Bernardo	09	POR	Clube Desportivo Nacional	<b>4:39.39</b>	+0,78	488
	<i>FTL</i>						
	50m: 30.57 30.57	150m: 1:39.88	35.21	250m: 2:51.91	35.70	350m: 4:04.30	35.96
	100m: 1:04.67 34.10	200m: 2:16.21	36.33	300m: 3:28.34	36.43	400m: 4:39.39	35.09
45.	BRAZ, Alexandre Frederico	08	POR	Sporting	<b>4:39.56</b>	+0,97	487
	<i>FTL</i>						
	50m: 30.86 30.86	150m: 1:40.67	35.86	250m: 2:52.36	35.70	350m: 4:04.85	36.58
	100m: 1:04.81 33.95	200m: 2:16.66	35.99	300m: 3:28.27	35.91	400m: 4:39.56	34.71
46.	ORNELAS, Afonso Mendonca	08	POR	Geslours	<b>4:43.55</b>	+0,78	467
	<i>FTL</i>						
	50m: 30.12 30.12	150m: 1:38.44	35.00	250m: 2:50.59	36.35	350m: 4:07.03	38.42
	100m: 1:03.44 33.32	200m: 2:14.24	35.80	300m: 3:28.61	38.02	400m: 4:43.55	36.52
47.	MARTINS, Vasco Alexandre	09	POR	Adrcimm	<b>4:47.76</b>	+0,77	447
	<i>FTL</i>						
	50m: 32.03 32.03	150m: 1:42.24	35.84	250m: 2:55.47	37.23	350m: 4:10.69	37.95
	100m: 1:06.40 34.37	200m: 2:18.24	36.00	300m: 3:32.74	37.27	400m: 4:47.76	37.07
48.	PESTANA, Pedro Correia	09	POR	Clube Desportivo Nacional	<b>4:48.89</b>	+0,73	442
	<i>FTL</i>						
	50m: 30.78 30.78	150m: 1:41.08	36.22	250m: 2:55.93	38.09	350m: 4:12.04	38.21
	100m: 1:04.86 34.08	200m: 2:17.84	36.76	300m: 3:33.83	37.90	400m: 4:48.89	36.85

Juniores

1.	LARANJO, Filipe Manso	07	POR	Escola Desportiva de Viana	<b>4:05.52</b>	+0,78	720
	50m: 28.62 28.62	150m: 1:31.08	31.59	250m: 2:34.25	31.55	350m: 3:35.72	30.67
	100m: 59.49 30.87	200m: 2:02.70	31.62	300m: 3:05.05	30.80	400m: 4:05.52	29.80
2.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	<b>4:07.03</b>	+0,65	707
	50m: 28.56 28.56	150m: 1:31.23	31.88	250m: 2:34.71	31.62	350m: 3:37.60	31.60
	100m: 59.35 30.79	200m: 2:03.09	31.86	300m: 3:06.00	31.29	400m: 4:07.03	29.43

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 15, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
3.	COSTA, Antonio Miguel	07	POR	Desportiva de Fafe	<b>4:07.24</b>	+0,74	705
	50m: 28.56 28.56	150m: 1:31.02	31.60	250m: 2:34.74	31.94	350m: 3:38.29	31.67
	100m: 59.42 30.86	200m: 2:02.80	31.78	300m: 3:06.62	31.88	400m: 4:07.24	28.95
4.	TIGRE, Pedro Bethlem	06	POR	Sporting	<b>4:09.23</b>	+0,62	688
	50m: 28.13 28.13	150m: 1:31.01	31.99	250m: 2:35.13	31.89	350m: 3:38.54	31.43
	100m: 59.02 30.89	200m: 2:03.24	32.23	300m: 3:07.11	31.98	400m: 4:09.23	30.69
5.	CASTRO, Vasco Monteiro	06	POR	Porto	<b>4:11.72</b>	+0,92	668
	50m: 28.99 28.99	150m: 1:31.84	31.78	250m: 2:35.82	31.89	350m: 3:40.38	32.24
	100m: 1:00.06 31.07	200m: 2:03.93	32.09	300m: 3:08.14	32.32	400m: 4:11.72	31.34
6.	ASMAR, Axel Guedes	07	POR	Sporting	<b>4:12.99</b>	+0,65	658
	50m: 28.78 28.78	150m: 1:31.62	31.60	250m: 2:36.07	31.97	350m: 3:41.06	32.51
	100m: 1:00.02 31.24	200m: 2:04.10	32.48	300m: 3:08.55	32.48	400m: 4:12.99	31.93
7.	GOMES, Joao Almeida	06	POR	Clube Nacional de Natacao	<b>4:14.90</b>	+0,66	643
	50m: 28.73 28.73	150m: 1:31.84	31.64	250m: 2:36.60	32.20	350m: 3:42.06	32.76
	100m: 1:00.20 31.47	200m: 2:04.40	32.56	300m: 3:09.30	32.70	400m: 4:14.90	32.84
8.	MARQUES, Jose Miguel	06	POR	Condeixa Aqua Clube	<b>4:14.98</b>	+0,80	642
	50m: 29.26 29.26	150m: 1:33.81	32.78	250m: 2:38.56	31.89	350m: 3:43.58	32.42
	100m: 1:01.03 31.77	200m: 2:06.67	32.86	300m: 3:11.16	32.60	400m: 4:14.98	31.40
9.	COSTA, Andre Leitao	07	POR	Desportiva de Fafe	<b>4:19.96</b>	+0,72	606
	50m: 28.78 28.78	150m: 1:33.63	32.40	250m: 2:40.50	33.35	350m: 3:47.79	32.85
	100m: 1:01.23 32.45	200m: 2:07.15	33.52	300m: 3:14.94	34.44	400m: 4:19.96	32.17
10.	RITA, Francisco Xavier	07	POR	Vieirense	<b>4:20.45</b>	+0,71	603
	50m: 29.40 29.40	150m: 1:34.81	33.07	250m: 2:41.77	33.39	350m: 3:48.71	33.43
	100m: 1:01.74 32.34	200m: 2:08.38	33.57	300m: 3:15.28	33.51	400m: 4:20.45	31.74
11.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	<b>4:21.52</b>	+0,67	595
	50m: 29.15 29.15	150m: 1:33.62	32.63	250m: 2:40.56	33.95	350m: 3:48.00	33.94
	100m: 1:00.99 31.84	200m: 2:06.61	32.99	300m: 3:14.06	33.50	400m: 4:21.52	33.52
12.	GOMES, Miguel Braga	07	POR	Sporting	<b>4:23.44</b>	+0,71	582
	50m: 29.73 29.73	150m: 1:35.82	33.43	250m: 2:43.41	33.81	350m: 3:50.60	33.54
	100m: 1:02.39 32.66	200m: 2:09.60	33.78	300m: 3:17.06	33.65	400m: 4:23.44	32.84
13.	DORES, Tomas Rocha	07	POR	Colegio Efanor	<b>4:23.67</b>	+0,71	581
	50m: 29.42 29.42	150m: 1:34.76	32.73	250m: 2:41.79	33.53	350m: 3:51.01	34.63
	100m: 1:02.03 32.61	200m: 2:08.26	33.50	300m: 3:16.38	34.59	400m: 4:23.67	32.66
14.	PEREIRA, Tomas Veiga	06	POR	Cnac	<b>4:23.94</b>	+0,81	579
	<i>FTL</i>						
	50m: 29.82 29.82	150m: 1:35.45	33.24	250m: 2:42.70	33.71	350m: 3:51.30	34.43
	100m: 1:02.21 32.39	200m: 2:08.99	33.54	300m: 3:16.87	34.17	400m: 4:23.94	32.64
15.	COSTA, Guilherme Corte	07	POR	Clube Desportivo Nacional	<b>4:24.22</b>	+0,70	577
	50m: 29.22 29.22	150m: 1:35.25	33.93	250m: 2:43.79	34.16	350m: 3:52.37	34.10
	100m: 1:01.32 32.10	200m: 2:09.63	34.38	300m: 3:18.27	34.48	400m: 4:24.22	31.85
16.	GOMES, Rafael Rodrigues	06	POR	Natacao do Tejo	<b>4:24.47</b>	+0,80	576
	<i>FTL</i>						
	50m: 29.73 29.73	150m: 1:34.96	33.29	250m: 2:42.71	33.98	350m: 3:51.33	34.72
	100m: 1:01.67 31.94	200m: 2:08.73	33.77	300m: 3:16.61	33.90	400m: 4:24.47	33.14

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Prova 15, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
17.	MARQUES, Joao Ferreira FTL	06	POR	Academica de Coimbra	<b>4:24.55</b>	+0,70	575
	50m: 29.07 29.07	150m: 1:33.20	32.69	250m: 2:39.32	33.74	350m: 3:49.19	35.52
	100m: 1:00.51 31.44	200m: 2:05.58	32.38	300m: 3:13.67	34.35	400m: 4:24.55	35.36
18.	NOGUEIRA, Afonso Miguel FTL	07	POR	Braga	<b>4:28.04</b>	+0,74	553
	50m: 30.24 30.24	150m: 1:38.13	34.03	250m: 2:46.57	34.32	350m: 3:55.50	34.47
	100m: 1:04.10 33.86	200m: 2:12.25	34.12	300m: 3:21.03	34.46	400m: 4:28.04	32.54
19.	VELHINHO, Miguel Lourenco FTL	07	POR	Lagoa Academico Clube	<b>4:29.27</b>	+0,77	545
	50m: 29.01 29.01	150m: 1:35.11	33.51	250m: 2:43.65	34.33	350m: 3:54.39	35.36
	100m: 1:01.60 32.59	200m: 2:09.32	34.21	300m: 3:19.03	35.38	400m: 4:29.27	34.88

Seniores

1.	LOPES, Jose Paulo	00	POR	Braga	<b>3:56.60</b>	+0,68	804
	50m: 26.75 26.75	150m: 1:25.41	29.79	250m: 2:25.60	30.27	350m: 3:26.57	30.64
	100m: 55.62 28.87	200m: 1:55.33	29.92	300m: 2:55.93	30.33	400m: 3:56.60	30.03
2.	FERRAO, Gabriel Carvalho	05	POR	Benfica	<b>4:02.38</b>	+0,65	748
	50m: 27.58 27.58	150m: 1:29.11	31.11	250m: 2:30.99	30.61	350m: 3:32.42	30.66
	100m: 58.00 30.42	200m: 2:00.38	31.27	300m: 3:01.76	30.77	400m: 4:02.38	29.96
	PERLOIRO, Salvador Goya	05	POR	Benfica	<b>4:02.38</b>	+0,69	748
	50m: 27.73 27.73	150m: 1:28.44	30.42	250m: 2:30.45	31.07	350m: 3:32.09	30.56
	100m: 58.02 30.29	200m: 1:59.38	30.94	300m: 3:01.53	31.08	400m: 4:02.38	30.29
4.	CARDOSO, Diogo Santos	01	POR	Sporting	<b>4:04.57</b>	+0,81	728
	50m: 28.66 28.66	150m: 1:30.76	31.08	250m: 2:33.05	31.16	350m: 3:34.94	30.68
	100m: 59.68 31.02	200m: 2:01.89	31.13	300m: 3:04.26	31.21	400m: 4:04.57	29.63
5.	COSTA, Afonso Filipe	03	POR	Louzan Natacao/EFAPEL	<b>4:05.62</b>	+0,63	719
	50m: 27.72 27.72	150m: 1:29.57	31.05	250m: 2:32.21	31.09	350m: 3:34.95	31.35
	100m: 58.52 30.80	200m: 2:01.12	31.55	300m: 3:03.60	31.39	400m: 4:05.62	30.67
6.	SIMOES, Bernardo Jorge	04	POR	Cncvg	<b>4:05.78</b>	+0,75	717
	50m: 27.84 27.84	150m: 1:29.59	31.11	250m: 2:32.22	31.02	350m: 3:34.84	31.22
	100m: 58.48 30.64	200m: 2:01.20	31.61	300m: 3:03.62	31.40	400m: 4:05.78	30.94
7.	BASTOS, Lucas Pereira	00	POR	Cnac	<b>4:05.80</b>	+0,72	717
	50m: 27.58 27.58	150m: 1:28.04	30.44	250m: 2:29.75	31.02	350m: 3:33.13	32.06
	100m: 57.60 30.02	200m: 1:58.73	30.69	300m: 3:01.07	31.32	400m: 4:05.80	32.67
8.	AMARAL, Francisco Rodriguez	02	POR	Porto	<b>4:06.07</b>	+0,70	715
	50m: 27.96 27.96	150m: 1:30.01	31.14	250m: 2:32.93	31.45	350m: 3:35.74	31.11
	100m: 58.87 30.91	200m: 2:01.48	31.47	300m: 3:04.63	31.70	400m: 4:06.07	30.33
9.	OLIVEIRA, Diogo Alexandre	05	POR	Braga	<b>4:12.37</b>	+0,69	663
	50m: 27.69 27.69	150m: 1:30.76	32.09	250m: 2:35.55	32.40	350m: 3:40.35	32.61
	100m: 58.67 30.98	200m: 2:03.15	32.39	300m: 3:07.74	32.19	400m: 4:12.37	32.02

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Prova 15, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
10.	SARREIRA, Tomas Amor	05	POR	Porto	<b>4:14.15</b>	+0,75	649
	50m: 28.49 28.49	150m: 1:32.60	32.43	250m: 2:37.17	32.22	350m: 3:42.52	32.74
	100m: 1:00.17 31.68	200m: 2:04.95	32.35	300m: 3:09.78	32.61	400m: 4:14.15	31.63
11.	CARVALHO, Goncalo Renato	04	POR	Porto	<b>4:15.45</b>	+0,78	639
	50m: 29.23 29.23	150m: 1:33.50	32.64	250m: 2:38.33	32.36	350m: 3:44.02	32.64
	100m: 1:00.86 31.63	200m: 2:05.97	32.47	300m: 3:11.38	33.05	400m: 4:15.45	31.43
12.	SOUSA, Joao Maria	05	POR	Braga	<b>4:16.13</b>	+0,77	634
	50m: 29.09 29.09	150m: 1:32.99	32.22	250m: 2:38.09	32.44	350m: 3:43.98	32.97
	100m: 1:00.77 31.68	200m: 2:05.65	32.66	300m: 3:11.01	32.92	400m: 4:16.13	32.15
13.	LEITE, Afonso Martim FTL	05	POR	Foca Quinta Da Lixa - Cnf	<b>4:17.91</b>	+0,75	621
	50m: 28.35 28.35	150m: 1:32.57	32.72	250m: 2:38.41	32.92	350m: 3:45.36	33.91
	100m: 59.85 31.50	200m: 2:05.49	32.92	300m: 3:11.45	33.04	400m: 4:17.91	32.55
14.	GONCALVES, Alexandre Ramos FTL	05	POR	Sporting Clube Sao Joao Ver	<b>4:25.74</b>	+0,72	567
	50m: 29.18 29.18	150m: 1:33.95	32.86	250m: 2:41.10	33.88	350m: 3:50.88	35.09
	100m: 1:01.09 31.91	200m: 2:07.22	33.27	300m: 3:15.79	34.69	400m: 4:25.74	34.86
15.	SILVA, Afonso Carvalho FTL	05	POR	Famalicao	<b>4:29.08</b>	+0,70	547
	50m: 29.75 29.75	150m: 1:37.07	34.51	250m: 2:45.90	34.43	350m: 3:55.32	34.70
	100m: 1:02.56 32.81	200m: 2:11.47	34.40	300m: 3:20.62	34.72	400m: 4:29.08	33.76
EXH	MONTFORT, Nicolas Filip	05	CZE	Sport Alges e Dafundo	<b>4:13.76</b>	+0,63	652
	50m: 27.81 27.81	150m: 1:30.30	31.85	250m: 2:35.65	32.84	350m: 3:41.61	33.25
	100m: 58.45 30.64	200m: 2:02.81	32.51	300m: 3:08.36	32.71	400m: 4:13.76	32.15