

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 14 Masc., 400m Livres 14 anos e mais velhos
22/03/2025 - 9:36 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	Helsinkia (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 JUVB-MASC Juv B: 5:06.98 / TA JUVA-MASC Juv A: 4:59.94 / TA JUN-MASC Jun: 4:51.49 / TA SEN-MASC Sen: 4:43.04

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

Juv B

1. Rafael Pires, PARENTE	10	Academico de Viseu	4:30.10	540
50m: 30.82 30.82	150m: 1:38.28 34.34	250m: 2:47.67 35.01	350m: 3:57.73 34.77	
100m: 1:03.94 33.12	200m: 2:12.66 34.38	300m: 3:22.96 35.29	400m: 4:30.10 32.37	
2. Guilherme Costa, REBELO	10	Pimpoes/Cimai	4:31.29	533
50m: 31.16 31.16	150m: 1:39.64 33.73	250m: 2:48.06 33.35	350m: 3:57.05 34.11	
100m: 1:05.91 34.75	200m: 2:14.71 35.07	300m: 3:22.94 34.88	400m: 4:31.29 34.24	
3. Antonio Antunes, JORGE	10	Alcobaca	4:31.52	532
50m: 29.69 29.69	150m: 1:38.42 34.67	250m: 2:48.88 34.81	350m: 3:59.21 34.68	
100m: 1:03.75 34.06	200m: 2:14.07 35.65	300m: 3:24.53 35.65	400m: 4:31.52 32.31	
4. Tomas Alexandre, SOUSA	10	Academico de Viseu	4:31.70	531
50m: 30.83 30.83	150m: 1:40.52 35.55	250m: 2:50.90 35.27	350m: 4:00.69 34.78	
100m: 1:04.97 34.14	200m: 2:15.63 35.11	300m: 3:25.91 35.01	400m: 4:31.70 31.01	
5. Andre Ferreira, SANTOS	10	Academico de Viseu	4:32.82	524
50m: 30.84 30.84	150m: 1:39.19 34.56	250m: 2:48.87 34.64	350m: 3:58.83 35.04	
100m: 1:04.63 33.79	200m: 2:14.23 35.04	300m: 3:23.79 34.92	400m: 4:32.82 33.99	
6. Rodrigo Miguel, MATIAS	10	Nautico Academico	4:37.78	497
50m: 31.81 31.81	150m: 1:42.10 35.51	250m: 2:52.21 34.63	350m: 4:02.77 35.45	
100m: 1:06.59 34.78	200m: 2:17.58 35.48	300m: 3:27.32 35.11	400m: 4:37.78 35.01	
7. Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	4:39.26	489
50m: 30.19 30.19	150m: 1:40.10 35.33	250m: 2:53.15 36.66	350m: 4:05.32 36.04	
100m: 1:04.77 34.58	200m: 2:16.49 36.39	300m: 3:29.28 36.13	400m: 4:39.26 33.94	
8. Afonso Ferreira, REIS	10	Nautico Marinha Grande	4:43.74	466
50m: 31.24 31.24	150m: 1:42.57 36.04	250m: 2:55.07 35.49	350m: 4:08.20 35.74	
100m: 1:06.53 35.29	200m: 2:19.58 37.01	300m: 3:32.46 37.39	400m: 4:43.74 35.54	
9. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	4:43.95	465
50m: 31.51 31.51	150m: 1:42.59 36.21	250m: 2:55.92 36.82	350m: 4:09.56 36.75	
100m: 1:06.38 34.87	200m: 2:19.10 36.51	300m: 3:32.81 36.89	400m: 4:43.95 34.39	
10. Afonso Vizinho, CABRAL	10	Natação de Vagos	4:53.51	421
50m: 32.10 32.10	150m: 1:47.58 38.48	250m: 3:04.72 38.11	350m: 4:19.18 37.19	
100m: 1:09.10 37.00	200m: 2:26.61 39.03	300m: 3:41.99 37.27	400m: 4:53.51 34.33	
11. Rodrigo Guedes, FERREIRA FTL	10	Feirense	5:07.79	365
50m: 32.29 32.29	150m: 1:49.03 40.13	250m: 3:09.76 40.48	350m: 4:29.30 39.51	
100m: 1:08.90 36.61	200m: 2:29.28 40.25	300m: 3:49.79 40.03	400m: 5:07.79 38.49	

Juv A

1. Paulo, KOT	09	Nautico Marinha Grande	4:18.27	618
50m: 28.76 28.76	150m: 1:32.90 32.78	250m: 2:39.30 33.46	350m: 3:46.25 33.58	
100m: 1:00.12 31.36	200m: 2:05.84 32.94	300m: 3:12.67 33.37	400m: 4:18.27 32.02	
2. Tomas Pascoal, FERREIRA	09	Bairro dos Anjos	4:22.79	587
50m: 29.95 29.95	150m: 1:34.74 32.86	250m: 2:42.55 34.10	350m: 3:51.15 34.09	
100m: 1:01.88 31.93	200m: 2:08.45 33.71	300m: 3:17.06 34.51	400m: 4:22.79 31.64	

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 14, Masc., 400m Livres, Juv A

Lugar			Ano					Tempo final	Pts		
3.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande				4:23.69	581		
	50m:	30.05 30.05	150m:	1:36.91	33.67	250m:	2:45.20	33.88	350m:	3:52.88	33.70
	100m:	1:03.24 33.19	200m:	2:11.32	34.41	300m:	3:19.18	33.98	400m:	4:23.69	30.81
4.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				4:23.90	579		
	50m:	30.32 30.32	150m:	1:38.17	34.18	250m:	2:46.97	34.45	350m:	3:53.92	31.90
	100m:	1:03.99 33.67	200m:	2:12.52	34.35	300m:	3:22.02	35.05	400m:	4:23.90	29.98
5.	Manuel Leite, AGUIAR		09	Sanjoanense/FEPSA				4:36.67	503		
	50m:	30.96 30.96	150m:	1:40.58	34.95	250m:	2:50.30	34.63	350m:	4:01.14	35.52
	100m:	1:05.63 34.67	200m:	2:15.67	35.09	300m:	3:25.62	35.32	400m:	4:36.67	35.53
6.	Joao Nuno, GASPAS		09	Condeixa Clube				4:37.09	500		
	50m:	30.09 30.09	150m:	1:38.72	34.80	250m:	2:51.15	35.98	350m:	4:03.64	35.78
	100m:	1:03.92 33.83	200m:	2:15.17	36.45	300m:	3:27.86	36.71	400m:	4:37.09	33.45
7.	Dinis Valente, ROCHA		09	Estarreja				4:38.65	492		
	50m:	30.24 30.24	150m:	1:39.13	35.17	250m:	2:50.80	36.17	350m:	4:03.86	36.42
	100m:	1:03.96 33.72	200m:	2:14.63	35.50	300m:	3:27.44	36.64	400m:	4:38.65	34.79
8.	Martim Alexandre, MESQUITA		09	Nautico Marinha Grande				4:41.72	476		
	50m:	31.59 31.59	150m:	1:43.66	36.40	250m:	2:56.97	36.36	350m:	4:08.85	35.00
	100m:	1:07.26 35.67	200m:	2:20.61	36.95	300m:	3:33.85	36.88	400m:	4:41.72	32.87
9.	David Ferrador, PEREIRA		09	Nautico de Leiria - VOID				4:43.44	468		
	50m:	29.88 29.88	150m:	1:38.56	35.23	250m:	2:52.54	37.53	350m:	4:07.91	37.39
	100m:	1:03.33 33.45	200m:	2:15.01	36.45	300m:	3:30.52	37.98	400m:	4:43.44	35.53
10.	Santiago Jose, PACHECO		09	Alcobaca				4:44.38	463		
	50m:	29.81 29.81	150m:	1:41.14	37.13	250m:	2:55.81	37.94	350m:	4:09.96	37.27
	100m:	1:04.01 34.20	200m:	2:17.87	36.73	300m:	3:32.69	36.88	400m:	4:44.38	34.42
11.	Rodrigo Cruz, COSTA		09	Sanjoanense/FEPSA				4:44.94	460		
	50m:	31.21 31.21	150m:	1:42.41	36.37	250m:	2:55.69	36.43	350m:	4:09.69	36.66
	100m:	1:06.04 34.83	200m:	2:19.26	36.85	300m:	3:33.03	37.34	400m:	4:44.94	35.25
12.	Alexandre, SHUBIN		09	Campinho				4:51.70	429		
	50m:	30.01 30.01	150m:	1:41.40	36.60	250m:	2:56.92	37.87	350m:	4:14.20	38.51
	100m:	1:04.80 34.79	200m:	2:19.05	37.65	300m:	3:35.69	38.77	400m:	4:51.70	37.50
13.	Luis Azevedo, PINTO		09	Estarreja				4:54.14	418		
	50m:	31.42 31.42	150m:	1:43.13	36.45	250m:	2:59.04	38.30	350m:	4:17.01	39.10
	100m:	1:06.68 35.26	200m:	2:20.74	37.61	300m:	3:37.91	38.87	400m:	4:54.14	37.13
14.	Miguel Tome, MATEUS		09	Natação de Vagos				4:55.06	414		
	50m:	32.31 32.31	150m:	1:46.71	37.01	250m:	3:01.55	37.04	350m:	4:17.24	37.75
	100m:	1:09.70 37.39	200m:	2:24.51	37.80	300m:	3:39.49	37.94	400m:	4:55.06	37.82

Jun

1.	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:12.54	661		
	50m:	28.70 28.70	150m:	1:31.60	31.72	250m:	2:35.20	32.07	350m:	3:41.03	32.92
	100m:	59.88 31.18	200m:	2:03.13	31.53	300m:	3:08.11	32.91	400m:	4:12.54	31.51
2.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				4:21.52	595		
	50m:	29.49 29.49	150m:	1:34.15	32.78	250m:	2:41.32	34.13	350m:	3:49.28	34.37
	100m:	1:01.37 31.88	200m:	2:07.19	33.04	300m:	3:14.91	33.59	400m:	4:21.52	32.24
3.	Leonardo Jose, CRUZ		07	Alcobaca				4:24.06	578		
	50m:	30.08 30.08	150m:	1:35.84	33.16	250m:	2:42.68	33.18	350m:	3:50.24	34.07
	100m:	1:02.68 32.60	200m:	2:09.50	33.66	300m:	3:16.17	33.49	400m:	4:24.06	33.82
4.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				4:26.66	562		
	50m:	29.83 29.83	150m:	1:37.14	34.33	250m:	2:45.91	34.03	350m:	3:54.91	34.50
	100m:	1:02.81 32.98	200m:	2:11.88	34.74	300m:	3:20.41	34.50	400m:	4:26.66	31.75
5.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				4:27.72	555		
	50m:	29.18 29.18	150m:	1:35.49	34.21	250m:	2:45.24	34.91	350m:	3:55.06	34.32
	100m:	1:01.28 32.10	200m:	2:10.33	34.84	300m:	3:20.74	35.50	400m:	4:27.72	32.66

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 14, Masc., 400m Livres, Jun

Lugar	Nome		Ano	Clube		Tempo final				Pts	
6.	Guilherme Simoes, SOUSA		08	Nautico Academico		4:27.78				555	
	50m:	29.83 29.83	150m:	1:37.44	34.57	250m:	2:46.75	34.74	350m:	3:55.53	34.15
	100m:	1:02.87 33.04	200m:	2:12.01	34.57	300m:	3:21.38	34.63	400m:	4:27.78	32.25
7.	Guilherme Martins, SILVA		08	Academico de Viseu		4:29.02				547	
	50m:	30.67 30.67	150m:	1:37.74	34.00	250m:	2:46.41	33.80	350m:	3:55.67	34.39
	100m:	1:03.74 33.07	200m:	2:12.61	34.87	300m:	3:21.28	34.87	400m:	4:29.02	33.35
8.	Paulo Jorge, OLIVEIRA		08	Estarreja		4:31.15				534	
	50m:	30.19 30.19	150m:	1:37.92	34.42	250m:	2:46.77	34.56	350m:	3:56.23	35.03
	100m:	1:03.50 33.31	200m:	2:12.21	34.29	300m:	3:21.20	34.43	400m:	4:31.15	34.92
9.	Tiago Santos, POMBO		08	Alcobaca		4:31.85				530	
	50m:	30.30 30.30	150m:	1:39.40	34.58	250m:	2:49.34	34.80	350m:	3:59.48	34.75
	100m:	1:04.82 34.52	200m:	2:14.54	35.14	300m:	3:24.73	35.39	400m:	4:31.85	32.37
10.	Joaquim Antonio, CUNHA		08	Nautico Academico		4:32.93				524	
	50m:	30.51 30.51	150m:	1:38.57	34.69	250m:	2:48.21	34.75	350m:	3:58.65	35.32
	100m:	1:03.88 33.37	200m:	2:13.46	34.89	300m:	3:23.33	35.12	400m:	4:32.93	34.28
11.	Santiago Boica, SOUSA		08	Vieirense		4:34.48				515	
	50m:	30.25 30.25	150m:	1:38.99	35.03	250m:	2:49.55	35.18	350m:	4:01.00	35.25
	100m:	1:03.96 33.71	200m:	2:14.37	35.38	300m:	3:25.75	36.20	400m:	4:34.48	33.48
12.	Samuel Dinis, MAIA		08	Miranda do Corvo		4:35.15				511	
	50m:	30.74 30.74	150m:	1:39.38	34.70	250m:	2:49.46	34.94	350m:	4:00.36	35.33
	100m:	1:04.68 33.94	200m:	2:14.52	35.14	300m:	3:25.03	35.57	400m:	4:35.15	34.79
13.	Miguel Duarte, BATISTA		08	Academico de Viseu		4:36.93				501	
	50m:	32.16 32.16	150m:	1:42.04	35.18	250m:	2:52.62	35.39	350m:	4:02.29	35.03
	100m:	1:06.86 34.70	200m:	2:17.23	35.19	300m:	3:27.26	34.64	400m:	4:36.93	34.64
14.	Daniel, KAMOLOV		07	Algés e Águeda XXI		4:45.56				457	
	50m:	31.14 31.14	150m:	1:42.29	36.18	250m:	2:55.77	36.97	350m:	4:09.84	37.09
	100m:	1:06.11 34.97	200m:	2:18.80	36.51	300m:	3:32.75	36.98	400m:	4:45.56	35.72
15.	Bernardo Reis, FERREIRA		08	Galitos / Bresimar		4:45.57				457	
	50m:	31.11 31.11	150m:	1:41.21	35.47	250m:	2:55.25	37.74	350m:	4:08.96	36.66
	100m:	1:05.74 34.63	200m:	2:17.51	36.30	300m:	3:32.30	37.05	400m:	4:45.57	36.61
16.	Daniel Gomes, SANTOS		08	Nautico Marinha Grande		4:47.40				448	
	50m:	31.70 31.70	150m:	1:43.98	36.76	250m:	2:58.67	37.61	350m:	4:12.42	36.66
	100m:	1:07.22 35.52	200m:	2:21.06	37.08	300m:	3:35.76	37.09	400m:	4:47.40	34.98

Sen

1.	Gustavo Pires, MARQUES		04	Condeixa Clube		4:07.63				701	
	50m:	28.41 28.41	150m:	1:30.14	31.34	250m:	2:32.82	31.60	350m:	3:36.90	32.30
	100m:	58.80 30.39	200m:	2:01.22	31.08	300m:	3:04.60	31.78	400m:	4:07.63	30.73
2.	Lucas Pereira, BASTOS		00	Nautico Academico		4:12.29				663	
	50m:	28.79 28.79	150m:	1:32.54	32.49	250m:	2:35.99	31.85	350m:	3:40.63	32.33
	100m:	1:00.05 31.26	200m:	2:04.14	31.60	300m:	3:08.30	32.31	400m:	4:12.29	31.66
3.	Jose Miguel, MARQUES		06	Condeixa Clube		4:17.80				622	
	50m:	29.78 29.78	150m:	1:33.40	32.16	250m:	2:39.00	32.77	350m:	3:45.26	33.09
	100m:	1:01.24 31.46	200m:	2:06.23	32.83	300m:	3:12.17	33.17	400m:	4:17.80	32.54
4.	Joao Ferreira, MARQUES		06	Académica de Coimbra		4:19.30				611	
	50m:	29.57 29.57	150m:	1:34.70	32.96	250m:	2:41.36	33.16	350m:	3:47.68	33.06
	100m:	1:01.74 32.17	200m:	2:08.20	33.50	300m:	3:14.62	33.26	400m:	4:19.30	31.62
5.	Alexandre Ramos, GONCALVES		05	Sao Joao de Ver		4:21.82				593	
	50m:	29.24 29.24	150m:	1:34.07	32.90	250m:	2:40.55	33.19	350m:	3:48.58	34.27
	100m:	1:01.17 31.93	200m:	2:07.36	33.29	300m:	3:14.31	33.76	400m:	4:21.82	33.24
6.	Filipe Santos, CARDOSO		04	Gafanha da Encarnação		4:22.90				586	
	50m:	29.17 29.17	150m:	1:34.90	33.34	250m:	2:43.03	33.74	350m:	3:50.90	33.44
	100m:	1:01.56 32.39	200m:	2:09.29	34.39	300m:	3:17.46	34.43	400m:	4:22.90	32.00

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 14, Masc., 400m Livres, Sen

Lugar			Ano					Tempo final	Pts
7.	David Ferreira, RELVAS		03	Nautico Marinha Grande				4:25.68	568
	50m: 29.29	29.29	150m: 1:35.62	33.11	250m: 2:43.87	33.84	350m: 3:52.08	33.31	
	100m: 1:02.51	33.22	200m: 2:10.03	34.41	300m: 3:18.77	34.90	400m: 4:25.68	33.60	
8.	Afonso Martim, GOUVEIA		05	Académica de Coimbra				4:27.98	553
	50m: 30.99	30.99	150m: 1:38.74	34.57	250m: 2:47.68	34.43	350m: 3:55.55	33.70	
	100m: 1:04.17	33.18	200m: 2:13.25	34.51	300m: 3:21.85	34.17	400m: 4:27.98	32.43	
9.	Miguel Freitas, OVIEDO		02	Académica de Coimbra				4:28.80	548
	50m: 29.93	29.93	150m: 1:36.85	33.98	250m: 2:45.38	34.42	350m: 3:53.20	33.41	
	100m: 1:02.87	32.94	200m: 2:10.96	34.11	300m: 3:19.79	34.41	400m: 4:28.80	35.60	
10.	Antonio Pedro, MARTINS		05	Condeixa Clube				4:31.75	531
	50m: 30.93	30.93	150m: 1:39.13	34.31	250m: 2:48.74	34.72	350m: 3:58.18	34.58	
	100m: 1:04.82	33.89	200m: 2:14.02	34.89	300m: 3:23.60	34.86	400m: 4:31.75	33.57	
11.	Tomas Veiga, PEREIRA		06	Nautico Academico				4:32.34	527
	50m: 30.19	30.19	150m: 1:37.36	34.02	250m: 2:47.09	35.03	350m: 3:57.56	35.14	
	100m: 1:03.34	33.15	200m: 2:12.06	34.70	300m: 3:22.42	35.33	400m: 4:32.34	34.78	

Juv B/Abs

1.	Gustavo Pires, MARQUES		04	Condeixa Clube				4:07.63	701
	50m: 28.41	28.41	150m: 1:30.14	31.34	250m: 2:32.82	31.60	350m: 3:36.90	32.30	
	100m: 58.80	30.39	200m: 2:01.22	31.08	300m: 3:04.60	31.78	400m: 4:07.63	30.73	
2.	Lucas Pereira, BASTOS		00	Nautico Academico				4:12.29	663
	50m: 28.79	28.79	150m: 1:32.54	32.49	250m: 2:35.99	31.85	350m: 3:40.63	32.33	
	100m: 1:00.05	31.26	200m: 2:04.14	31.60	300m: 3:08.30	32.31	400m: 4:12.29	31.66	
3.	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:12.54	661
	50m: 28.70	28.70	150m: 1:31.60	31.72	250m: 2:35.20	32.07	350m: 3:41.03	32.92	
	100m: 59.88	31.18	200m: 2:03.13	31.53	300m: 3:08.11	32.91	400m: 4:12.54	31.51	
4.	Jose Miguel, MARQUES		06	Condeixa Clube				4:17.80	622
	50m: 29.78	29.78	150m: 1:33.40	32.16	250m: 2:39.00	32.77	350m: 3:45.26	33.09	
	100m: 1:01.24	31.46	200m: 2:06.23	32.83	300m: 3:12.17	33.17	400m: 4:17.80	32.54	
5.	Paulo, KOT		09	Nautico Marinha Grande				4:18.27	618
	50m: 28.76	28.76	150m: 1:32.90	32.78	250m: 2:39.30	33.46	350m: 3:46.25	33.58	
	100m: 1:00.12	31.36	200m: 2:05.84	32.94	300m: 3:12.67	33.37	400m: 4:18.27	32.02	
6.	Joao Ferreira, MARQUES		06	Académica de Coimbra				4:19.30	611
	50m: 29.57	29.57	150m: 1:34.70	32.96	250m: 2:41.36	33.16	350m: 3:47.68	33.06	
	100m: 1:01.74	32.17	200m: 2:08.20	33.50	300m: 3:14.62	33.26	400m: 4:19.30	31.62	
7.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				4:21.52	595
	50m: 29.49	29.49	150m: 1:34.15	32.78	250m: 2:41.32	34.13	350m: 3:49.28	34.37	
	100m: 1:01.37	31.88	200m: 2:07.19	33.04	300m: 3:14.91	33.59	400m: 4:21.52	32.24	
8.	Alexandre Ramos, GONCALVES		05	Sao Joao de Ver				4:21.82	593
	50m: 29.24	29.24	150m: 1:34.07	32.90	250m: 2:40.55	33.19	350m: 3:48.58	34.27	
	100m: 1:01.17	31.93	200m: 2:07.36	33.29	300m: 3:14.31	33.76	400m: 4:21.82	33.24	
9.	Tomas Pascoal, FERREIRA		09	Bairro dos Anjos				4:22.79	587
	50m: 29.95	29.95	150m: 1:34.74	32.86	250m: 2:42.55	34.10	350m: 3:51.15	34.09	
	100m: 1:01.88	31.93	200m: 2:08.45	33.71	300m: 3:17.06	34.51	400m: 4:22.79	31.64	
10.	Filipe Santos, CARDOSO		04	Gafanha da Encarnação				4:22.90	586
	50m: 29.17	29.17	150m: 1:34.90	33.34	250m: 2:43.03	33.74	350m: 3:50.90	33.44	
	100m: 1:01.56	32.39	200m: 2:09.29	34.39	300m: 3:17.46	34.43	400m: 4:22.90	32.00	
11.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande				4:23.69	581
	50m: 30.05	30.05	150m: 1:36.91	33.67	250m: 2:45.20	33.88	350m: 3:52.88	33.70	
	100m: 1:03.24	33.19	200m: 2:11.32	34.41	300m: 3:19.18	33.98	400m: 4:23.69	30.81	
12.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				4:23.90	579
	50m: 30.32	30.32	150m: 1:38.17	34.18	250m: 2:46.97	34.45	350m: 3:53.92	31.90	
	100m: 1:03.99	33.67	200m: 2:12.52	34.35	300m: 3:22.02	35.05	400m: 4:23.90	29.98	

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Lugar			Ano					Tempo final	Pts
13.	Leonardo Jose, CRUZ	07	Alcobaca					4:24.06	578
	50m: 30.08 30.08	150m: 1:35.84	33.16	250m: 2:42.68	33.18	350m: 3:50.24	34.07		
	100m: 1:02.68 32.60	200m: 2:09.50	33.66	300m: 3:16.17	33.49	400m: 4:24.06	33.82		
14.	David Ferreira, RELVAS	03	Nautico Marinha Grande					4:25.68	568
	50m: 29.29 29.29	150m: 1:35.62	33.11	250m: 2:43.87	33.84	350m: 3:52.08	33.31		
	100m: 1:02.51 33.22	200m: 2:10.03	34.41	300m: 3:18.77	34.90	400m: 4:25.68	33.60		
15.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar					4:26.66	562
	50m: 29.83 29.83	150m: 1:37.14	34.33	250m: 2:45.91	34.03	350m: 3:54.91	34.50		
	100m: 1:02.81 32.98	200m: 2:11.88	34.74	300m: 3:20.41	34.50	400m: 4:26.66	31.75		
16.	Marco Dimitar, OLIVEIRA	07	Nautico Academico					4:27.72	555
	50m: 29.18 29.18	150m: 1:35.49	34.21	250m: 2:45.24	34.91	350m: 3:55.06	34.32		
	100m: 1:01.28 32.10	200m: 2:10.33	34.84	300m: 3:20.74	35.50	400m: 4:27.72	32.66		
17.	Guilherme Simoes, SOUSA	08	Nautico Academico					4:27.78	555
	50m: 29.83 29.83	150m: 1:37.44	34.57	250m: 2:46.75	34.74	350m: 3:55.53	34.15		
	100m: 1:02.87 33.04	200m: 2:12.01	34.57	300m: 3:21.38	34.63	400m: 4:27.78	32.25		
18.	Afonso Martim, GOUVEIA	05	Académica de Coimbra					4:27.98	553
	50m: 30.99 30.99	150m: 1:38.74	34.57	250m: 2:47.68	34.43	350m: 3:55.55	33.70		
	100m: 1:04.17 33.18	200m: 2:13.25	34.51	300m: 3:21.85	34.17	400m: 4:27.98	32.43		
19.	Miguel Freitas, OVIEDO	02	Académica de Coimbra					4:28.80	548
	50m: 29.93 29.93	150m: 1:36.85	33.98	250m: 2:45.38	34.42	350m: 3:53.20	33.41		
	100m: 1:02.87 32.94	200m: 2:10.96	34.11	300m: 3:19.79	34.41	400m: 4:28.80	35.60		
20.	Guilherme Martins, SILVA	08	Academico de Viseu					4:29.02	547
	50m: 30.67 30.67	150m: 1:37.74	34.00	250m: 2:46.41	33.80	350m: 3:55.67	34.39		
	100m: 1:03.74 33.07	200m: 2:12.61	34.87	300m: 3:21.28	34.87	400m: 4:29.02	33.35		
21.	Rafael Pires, PARENTE	10	Academico de Viseu					4:30.10	540
	50m: 30.82 30.82	150m: 1:38.28	34.34	250m: 2:47.67	35.01	350m: 3:57.73	34.77		
	100m: 1:03.94 33.12	200m: 2:12.66	34.38	300m: 3:22.96	35.29	400m: 4:30.10	32.37		
22.	Paulo Jorge, OLIVEIRA	08	Estarreja					4:31.15	534
	50m: 30.19 30.19	150m: 1:37.92	34.42	250m: 2:46.77	34.56	350m: 3:56.23	35.03		
	100m: 1:03.50 33.31	200m: 2:12.21	34.29	300m: 3:21.20	34.43	400m: 4:31.15	34.92		
23.	Guilherme Costa, REBELO	10	Pimpoes/Cimai					4:31.29	533
	50m: 31.16 31.16	150m: 1:39.64	33.73	250m: 2:48.06	33.35	350m: 3:57.05	34.11		
	100m: 1:05.91 34.75	200m: 2:14.71	35.07	300m: 3:22.94	34.88	400m: 4:31.29	34.24		
24.	Antonio Antunes, JORGE	10	Alcobaca					4:31.52	532
	50m: 29.69 29.69	150m: 1:38.42	34.67	250m: 2:48.88	34.81	350m: 3:59.21	34.68		
	100m: 1:03.75 34.06	200m: 2:14.07	35.65	300m: 3:24.53	35.65	400m: 4:31.52	32.31		
25.	Tomas Alexandre, SOUSA	10	Academico de Viseu					4:31.70	531
	50m: 30.83 30.83	150m: 1:40.52	35.55	250m: 2:50.90	35.27	350m: 4:00.69	34.78		
	100m: 1:04.97 34.14	200m: 2:15.63	35.11	300m: 3:25.91	35.01	400m: 4:31.70	31.01		
26.	Antonio Pedro, MARTINS	05	Condeixa Clube					4:31.75	531
	50m: 30.93 30.93	150m: 1:39.13	34.31	250m: 2:48.74	34.72	350m: 3:58.18	34.58		
	100m: 1:04.82 33.89	200m: 2:14.02	34.89	300m: 3:23.60	34.86	400m: 4:31.75	33.57		
27.	Tiago Santos, POMBO	08	Alcobaca					4:31.85	530
	50m: 30.30 30.30	150m: 1:39.40	34.58	250m: 2:49.34	34.80	350m: 3:59.48	34.75		
	100m: 1:04.82 34.52	200m: 2:14.54	35.14	300m: 3:24.73	35.39	400m: 4:31.85	32.37		
28.	Tomas Veiga, PEREIRA	06	Nautico Academico					4:32.34	527
	50m: 30.19 30.19	150m: 1:37.36	34.02	250m: 2:47.09	35.03	350m: 3:57.56	35.14		
	100m: 1:03.34 33.15	200m: 2:12.06	34.70	300m: 3:22.42	35.33	400m: 4:32.34	34.78		
29.	Andre Ferreira, SANTOS	10	Academico de Viseu					4:32.82	524
	50m: 30.84 30.84	150m: 1:39.19	34.56	250m: 2:48.87	34.64	350m: 3:58.83	35.04		
	100m: 1:04.63 33.79	200m: 2:14.23	35.04	300m: 3:23.79	34.92	400m: 4:32.82	33.99		
30.	Joaquim Antonio, CUNHA	08	Nautico Academico					4:32.93	524
	50m: 30.51 30.51	150m: 1:38.57	34.69	250m: 2:48.21	34.75	350m: 3:58.65	35.32		
	100m: 1:03.88 33.37	200m: 2:13.46	34.89	300m: 3:23.33	35.12	400m: 4:32.93	34.28		

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Lugar			Ano					Tempo final	Pts
31.	Santiago Boica, SOUSA		08	Vieirense				4:34.48	515
	50m:	30.25 30.25	150m:	1:38.99	35.03	250m:	2:49.55 35.18	350m:	4:01.00 35.25
	100m:	1:03.96 33.71	200m:	2:14.37	35.38	300m:	3:25.75 36.20	400m:	4:34.48 33.48
32.	Samuel Dinis, MAIA		08	Miranda do Corvo				4:35.15	511
	50m:	30.74 30.74	150m:	1:39.38	34.70	250m:	2:49.46 34.94	350m:	4:00.36 35.33
	100m:	1:04.68 33.94	200m:	2:14.52	35.14	300m:	3:25.03 35.57	400m:	4:35.15 34.79
33.	Manuel Leite, AGUIAR		09	Sanjoanense/FEPSA				4:36.67	503
	50m:	30.96 30.96	150m:	1:40.58	34.95	250m:	2:50.30 34.63	350m:	4:01.14 35.52
	100m:	1:05.63 34.67	200m:	2:15.67	35.09	300m:	3:25.62 35.32	400m:	4:36.67 35.53
34.	Miguel Duarte, BATISTA		08	Academico de Viseu				4:36.93	501
	50m:	32.16 32.16	150m:	1:42.04	35.18	250m:	2:52.62 35.39	350m:	4:02.29 35.03
	100m:	1:06.86 34.70	200m:	2:17.23	35.19	300m:	3:27.26 34.64	400m:	4:36.93 34.64
35.	Joao Nuno, GASPAS		09	Condeixa Clube				4:37.09	500
	50m:	30.09 30.09	150m:	1:38.72	34.80	250m:	2:51.15 35.98	350m:	4:03.64 35.78
	100m:	1:03.92 33.83	200m:	2:15.17	36.45	300m:	3:27.86 36.71	400m:	4:37.09 33.45
36.	Rodrigo Miguel, MATIAS		10	Nautico Academico				4:37.78	497
	50m:	31.81 31.81	150m:	1:42.10	35.51	250m:	2:52.21 34.63	350m:	4:02.77 35.45
	100m:	1:06.59 34.78	200m:	2:17.58	35.48	300m:	3:27.32 35.11	400m:	4:37.78 35.01
37.	Dinis Valente, ROCHA		09	Estarreja				4:38.65	492
	50m:	30.24 30.24	150m:	1:39.13	35.17	250m:	2:50.80 36.17	350m:	4:03.86 36.42
	100m:	1:03.96 33.72	200m:	2:14.63	35.50	300m:	3:27.44 36.64	400m:	4:38.65 34.79
38.	Tomas Manuel, PALMEIRO		10	Nautico Marinha Grande				4:39.26	489
	50m:	30.19 30.19	150m:	1:40.10	35.33	250m:	2:53.15 36.66	350m:	4:05.32 36.04
	100m:	1:04.77 34.58	200m:	2:16.49	36.39	300m:	3:29.28 36.13	400m:	4:39.26 33.94
39.	Martim Alexandre, MESQUITA		09	Nautico Marinha Grande				4:41.72	476
	50m:	31.59 31.59	150m:	1:43.66	36.40	250m:	2:56.97 36.36	350m:	4:08.85 35.00
	100m:	1:07.26 35.67	200m:	2:20.61	36.95	300m:	3:33.85 36.88	400m:	4:41.72 32.87
40.	David Ferrador, PEREIRA		09	Nautico de Leiria - VOID				4:43.44	468
	50m:	29.88 29.88	150m:	1:38.56	35.23	250m:	2:52.54 37.53	350m:	4:07.91 37.39
	100m:	1:03.33 33.45	200m:	2:15.01	36.45	300m:	3:30.52 37.98	400m:	4:43.44 35.53
41.	Afonso Ferreira, REIS		10	Nautico Marinha Grande				4:43.74	466
	50m:	31.24 31.24	150m:	1:42.57	36.04	250m:	2:55.07 35.49	350m:	4:08.20 35.74
	100m:	1:06.53 35.29	200m:	2:19.58	37.01	300m:	3:32.46 37.39	400m:	4:43.74 35.54
42.	Francisco Lourenco, PEDROSA		10	Nautico Marinha Grande				4:43.95	465
	50m:	31.51 31.51	150m:	1:42.59	36.21	250m:	2:55.92 36.82	350m:	4:09.56 36.75
	100m:	1:06.38 34.87	200m:	2:19.10	36.51	300m:	3:32.81 36.89	400m:	4:43.95 34.39
43.	Santiago Jose, PACHECO		09	Alcobaca				4:44.38	463
	50m:	29.81 29.81	150m:	1:41.14	37.13	250m:	2:55.81 37.94	350m:	4:09.96 37.27
	100m:	1:04.01 34.20	200m:	2:17.87	36.73	300m:	3:32.69 36.88	400m:	4:44.38 34.42
44.	Rodrigo Cruz, COSTA		09	Sanjoanense/FEPSA				4:44.94	460
	50m:	31.21 31.21	150m:	1:42.41	36.37	250m:	2:55.69 36.43	350m:	4:09.69 36.66
	100m:	1:06.04 34.83	200m:	2:19.26	36.85	300m:	3:33.03 37.34	400m:	4:44.94 35.25
45.	Daniel, KAMOLOV		07	Algés e Águeda XXI				4:45.56	457
	50m:	31.14 31.14	150m:	1:42.29	36.18	250m:	2:55.77 36.97	350m:	4:09.84 37.09
	100m:	1:06.11 34.97	200m:	2:18.80	36.51	300m:	3:32.75 36.98	400m:	4:45.56 35.72
46.	Bernardo Reis, FERREIRA		08	Galitos / Bresimar				4:45.57	457
	50m:	31.11 31.11	150m:	1:41.21	35.47	250m:	2:55.25 37.74	350m:	4:08.96 36.66
	100m:	1:05.74 34.63	200m:	2:17.51	36.30	300m:	3:32.30 37.05	400m:	4:45.57 36.61
47.	Daniel Gomes, SANTOS		08	Nautico Marinha Grande				4:47.40	448
	50m:	31.70 31.70	150m:	1:43.98	36.76	250m:	2:58.67 37.61	350m:	4:12.42 36.66
	100m:	1:07.22 35.52	200m:	2:21.06	37.08	300m:	3:35.76 37.09	400m:	4:47.40 34.98
48.	Alexandre, SHUBIN		09	Campinho				4:51.70	429
	50m:	30.01 30.01	150m:	1:41.40	36.60	250m:	2:56.92 37.87	350m:	4:14.20 38.51
	100m:	1:04.80 34.79	200m:	2:19.05	37.65	300m:	3:35.69 38.77	400m:	4:51.70 37.50

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Lugar			Ano					Tempo final	Pts		
49.	Afonso Vizinho, CABRAL		10	Natação de Vagos				4:53.51	421		
	50m:	32.10 32.10	150m:	1:47.58	38.48	250m:	3:04.72	38.11	350m:	4:19.18	37.19
	100m:	1:09.10 37.00	200m:	2:26.61	39.03	300m:	3:41.99	37.27	400m:	4:53.51	34.33
50.	Luis Azevedo, PINTO		09	Estarreja				4:54.14	418		
	50m:	31.42 31.42	150m:	1:43.13	36.45	250m:	2:59.04	38.30	350m:	4:17.01	39.10
	100m:	1:06.68 35.26	200m:	2:20.74	37.61	300m:	3:37.91	38.87	400m:	4:54.14	37.13
51.	Miguel Tome, MATEUS		09	Natação de Vagos				4:55.06	414		
	50m:	32.31 32.31	150m:	1:46.71	37.01	250m:	3:01.55	37.04	350m:	4:17.24	37.75
	100m:	1:09.70 37.39	200m:	2:24.51	37.80	300m:	3:39.49	37.94	400m:	4:55.06	37.82
52.	Rodrigo Guedes, FERREIRA		10	Feirense				5:07.79	365		
	<i>FTL</i>										
	50m:	32.29 32.29	150m:	1:49.03	40.13	250m:	3:09.76	40.48	350m:	4:29.30	39.51
	100m:	1:08.90 36.61	200m:	2:29.28	40.25	300m:	3:49.79	40.03	400m:	5:07.79	38.49
EXH	Pedro Souza, SILVA		10	Pimpoes/Cimai				4:46.57	452		
	50m:	31.40 31.40	150m:	1:42.96	36.06	250m:	2:57.38	37.05	350m:	4:11.51	37.25
	100m:	1:06.90 35.50	200m:	2:20.33	37.37	300m:	3:34.26	36.88	400m:	4:46.57	35.06
EXH	Aramis Coimbra, NIBRA		10	Natação de Vagos				5:22.28	318		
	<i>FTL</i>										
	50m:	34.03 34.03	150m:	1:53.37	41.02	250m:	3:16.33	41.87	350m:	4:42.33	43.10
	100m:	1:12.35 38.32	200m:	2:34.46	41.09	300m:	3:59.23	42.90	400m:	5:22.28	39.95