

Prova 2	Masc., 400m Livres				Open
03/04/2025 - 9:39					Resultados Elimin
Recordes Nacionais 50m Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Sen	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Jun 18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	28/07/2018
Recordes Nacionais 50m Jun 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
Recordes Nacionais 50m Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29/07/2006
Recordes Nacionais 50m 14	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
Recordes Nacionais 50m 13	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26/07/2003
RN Adaptada 50m S5	7:07.80	NASCIMENTO, Luis Carlos	FCP	Funchal	01/03/2025
RN Adaptada 50m S6	5:15.72	VIDEIRA, Daniel Carlos	POR	Funchal	19/05/2021
RN Adaptada 50m S7	5:08.47	SOARES, Ricardo Aderneira	GESL	Vila Franca de Xira	29/06/2024
RN Adaptada 50m S8	4:34.61	CANCELA, Diogo Luis	POR	Funchal	21/04/2024
RN Adaptada 50m S9	4:21.94	GRACHAT, David Realista	POR	Londres (GBR)	04/09/2012
RN Adaptada 50m S10	4:22.53	CORDEIRO, Tomas Coelho	INDANC	Coimbra	17/12/2023
RN Adaptada 50m S11	4:36.36	MENESES, Marco Ribeiro	POR	Paris (FRA)	30/08/2024
RN Adaptada 50m S12	6:50.72	CRUZ, Joao Tanica	PDEM	Porto	21/01/2024
RN Adaptada 50m S13	4:31.26	ENCARNACAO, Vitor Hugo	POR	Eindhoven (NED)	10/08/2014
RN Adaptada 50m S14	4:46.12	DUARTE, Samuel Lima	FVCD	Coimbra	15/12/2024
RN Adaptada 50m S15	4:28.84	CRUZ, Miguel Duarte	CFB	Oeiras	20/12/2020
RN Adaptada 50m S16	5:18.51	JORGE, Andre Camara	CEOL	Rio Maior	25/01/2020
RN Adaptada 50m S17	5:09.78	CARVALHO, Joaquim Eduardo	CNF	Funchal	22/03/2025
RN Adaptada 50m S21	5:38.24	PEREIRA, Vicente Barros	POR	Padova (ITA)	08/09/2023

Pontos: AQUA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	MIMOSO, Renato Ferreira	10	POR	Benfica	4:18.54	+0,75	616
	50m: 28.49 28.49	150m: 1:31.42	31.90	250m: 2:37.29	33.20	350m: 3:45.04	34.13
	100m: 59.52 31.03	200m: 2:04.09	32.67	300m: 3:10.91	33.62	400m: 4:18.54	33.50
2.	PACHECO, David Filipe	10	POR	BUZIOS - Coruche	4:23.82	+0,76	580
	50m: 29.63 29.63	150m: 1:35.37	33.50	250m: 2:43.48	34.25	350m: 3:51.56	34.08
	100m: 1:01.87 32.24	200m: 2:09.23	33.86	300m: 3:17.48	34.00	400m: 4:23.82	32.26
3.	RIBEIRO, Dinis Aresta	10	POR	Sporting	4:25.20	+0,83	571
	50m: 30.56 30.56	150m: 1:37.36	33.60	250m: 2:45.64	34.17	350m: 3:52.97	33.38
	100m: 1:03.76 33.20	200m: 2:11.47	34.11	300m: 3:19.59	33.95	400m: 4:25.20	32.23
4.	SOUSA, Tomas Alexandre	10	POR	Academico Viseu Futebol Clube	4:27.46	+0,79	557
	50m: 30.10 30.10	150m: 1:37.21	34.29	250m: 2:46.78	34.87	350m: 3:55.91	34.41
	100m: 1:02.92 32.82	200m: 2:11.91	34.70	300m: 3:21.50	34.72	400m: 4:27.46	31.55
5.	SANTOS, Andre Ferreira	10	POR	Academico Viseu Futebol Clube	4:28.34	+0,78	551
	50m: 30.20 30.20	150m: 1:36.57	33.71	250m: 2:45.06	34.47	350m: 3:54.30	34.66
	100m: 1:02.86 32.66	200m: 2:10.59	34.02	300m: 3:19.64	34.58	400m: 4:28.34	34.04
6.	REBELO, Guilherme Costa	10	POR	Pimpoes/Cimai	4:30.53	+0,76	538
	50m: 30.69 30.69	150m: 1:37.81	33.45	250m: 2:45.68	33.57	350m: 3:55.78	35.23
	100m: 1:04.36 33.67	200m: 2:12.11	34.30	300m: 3:20.55	34.87	400m: 4:30.53	34.75
7.	DIAS, Rodrigo Ferrao	10	POR	Sporting	4:33.50	+0,74	520
	50m: 30.65 30.65	150m: 1:38.92	34.33	250m: 2:48.34	34.94	350m: 3:58.56	35.01
	100m: 1:04.59 33.94	200m: 2:13.40	34.48	300m: 3:23.55	35.21	400m: 4:33.50	34.94
8.	RAPOSO, Mateus Medeiros	10	POR	Clube Desportivo Nacional	4:33.87	+0,78	518
	50m: 29.23 29.23	150m: 1:37.78	35.45	250m: 2:48.75	35.51	350m: 4:00.16	35.69
	100m: 1:02.33 33.10	200m: 2:13.24	35.46	300m: 3:24.47	35.72	400m: 4:33.87	33.71

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
9.	PARENTE, Rafael Pires	10	POR	Academico Viseu Futebol Clube	4:34.77	+0,80	513
	50m: 30.70 30.70	150m: 1:38.82	34.76	250m: 2:49.53	35.43	350m: 4:00.44	35.31
	100m: 1:04.06 33.36	200m: 2:14.10	35.28	300m: 3:25.13	35.60	400m: 4:34.77	34.33
10.	TOMAS, Rodrigo Cardoso	10	POR	Alcobaca	4:37.06	+0,64	501
	50m: 30.59 30.59	150m: 1:39.71	35.06	250m: 2:51.26	36.26	350m: 4:02.54	35.32
	100m: 1:04.65 34.06	200m: 2:15.00	35.29	300m: 3:27.22	35.96	400m: 4:37.06	34.52
11.	PEREIRA, Guilherme Valente	10	POR	Adrcimm	4:39.30	+0,56	489
	50m: 30.86 30.86	150m: 1:39.38	34.77	250m: 2:51.12	36.42	350m: 4:03.49	36.67
	100m: 1:04.61 33.75	200m: 2:14.70	35.32	300m: 3:26.82	35.70	400m: 4:39.30	35.81
12.	BRILHA, Martim Marino	10	POR	Os Belenenses	4:40.28	+0,79	484
	50m: 30.61 30.61	150m: 1:40.39	35.00	250m: 2:51.72	35.22	350m: 4:04.61	36.60
	100m: 1:05.39 34.78	200m: 2:16.50	36.11	300m: 3:28.01	36.29	400m: 4:40.28	35.67
13.	MARQUES, Rodrigo Almeida	10	POR	Braga	4:41.26	+0,85	479
	50m: 31.70 31.70	150m: 1:42.70	36.21	250m: 2:55.30	36.61	350m: 4:07.13	35.85
	100m: 1:06.49 34.79	200m: 2:18.69	35.99	300m: 3:31.28	35.98	400m: 4:41.26	34.13
14.	MATIAS, Rodrigo Miguel	10	POR	Cnac	4:44.35	+0,73	463
	50m: 31.44 31.44	150m: 1:42.11	35.48	250m: 2:54.75	35.92	350m: 4:08.11	36.54
	100m: 1:06.63 35.19	200m: 2:18.83	36.72	300m: 3:31.57	36.82	400m: 4:44.35	36.24

Juvenis A

1.	DEUS, Bernardo Silva	09	POR	Fluvial Portuense	4:13.53	+0,70	654
	50m: 28.03 28.03	150m: 1:31.27	31.80	250m: 2:35.89	32.27	350m: 3:40.96	32.44
	100m: 59.47 31.44	200m: 2:03.62	32.35	300m: 3:08.52	32.63	400m: 4:13.53	32.57
2.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:13.90	+0,73	651
	50m: 28.28 28.28	150m: 1:31.24	31.78	250m: 2:36.33	32.47	350m: 3:42.03	32.76
	100m: 59.46 31.18	200m: 2:03.86	32.62	300m: 3:09.27	32.94	400m: 4:13.90	31.87
3.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	4:20.42	+0,70	603
	50m: 29.04 29.04	150m: 1:33.74	32.86	250m: 2:40.12	33.45	350m: 3:47.69	33.73
	100m: 1:00.88 31.84	200m: 2:06.67	32.93	300m: 3:13.96	33.84	400m: 4:20.42	32.73
4.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	4:20.62	+0,63	602
	50m: 29.64 29.64	150m: 1:35.83	33.53	250m: 2:43.02	33.26	350m: 3:49.47	32.60
	100m: 1:02.30 32.66	200m: 2:09.76	33.93	300m: 3:16.87	33.85	400m: 4:20.62	31.15
5.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:21.38	+0,67	596
	50m: 28.84 28.84	150m: 1:33.61	32.61	250m: 2:40.74	33.57	350m: 3:48.71	34.07
	100m: 1:01.00 32.16	200m: 2:07.17	33.56	300m: 3:14.64	33.90	400m: 4:21.38	32.67
6.	SAMPAIO, Rafael Rui	09	POR	Famalicão	4:23.10	+0,76	585
	50m: 28.57 28.57	150m: 1:34.31	33.33	250m: 2:42.38	34.44	350m: 3:51.28	34.64
	100m: 1:00.98 32.41	200m: 2:07.94	33.63	300m: 3:16.64	34.26	400m: 4:23.10	31.82
7.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:23.31	+0,74	583
	50m: 29.29 29.29	150m: 1:34.39	33.51	250m: 2:42.16	33.77	350m: 3:51.22	34.29
	100m: 1:00.88 31.59	200m: 2:08.39	34.00	300m: 3:16.93	34.77	400m: 4:23.31	32.09
8.	NOVAIS, Guilherme Pereira	09	POR	Foca Quinta Da Lixa - Cnf	4:24.36	+0,65	576
	50m: 29.76 29.76	150m: 1:35.76	33.46	250m: 2:43.67	34.17	350m: 3:52.26	34.18
	100m: 1:02.30 32.54	200m: 2:09.50	33.74	300m: 3:18.08	34.41	400m: 4:24.36	32.10

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
9.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Aqui e Agora	4:28.84	+0,75	548
	50m: 30.15 30.15	150m: 1:37.67	34.06	250m: 2:46.54	34.33	350m: 3:55.50	34.39
	100m: 1:03.61 33.46	200m: 2:12.21	34.54	300m: 3:21.11	34.57	400m: 4:28.84	33.34
10.	OLIVEIRA, Jose Pedro	09	POR	Tubaroes de Gaia	4:29.53	+0,67	544
	50m: 30.31 30.31	150m: 1:37.68	34.01	250m: 2:46.99	34.76	350m: 3:56.04	34.44
	100m: 1:03.67 33.36	200m: 2:12.23	34.55	300m: 3:21.60	34.61	400m: 4:29.53	33.49
11.	MARTINS, Vasco Alexandre	09	POR	Adrcimm	4:30.17	+0,63	540
	50m: 30.14 30.14	150m: 1:37.40	34.03	250m: 2:46.34	34.44	350m: 3:56.72	34.97
	100m: 1:03.37 33.23	200m: 2:11.90	34.50	300m: 3:21.75	35.41	400m: 4:30.17	33.45
12.	RIZZON, Guilherme Oliveira	09	POR	Sporting	4:30.26	+0,75	539
	50m: 29.35 29.35	150m: 1:37.13	34.41	250m: 2:46.18	34.07	350m: 3:57.02	35.29
	100m: 1:02.72 33.37	200m: 2:12.11	34.98	300m: 3:21.73	35.55	400m: 4:30.26	33.24

Juniores

1.	LARANJO, Filipe Manso	07	POR	Braga	4:02.25	+0,80	749 A
	50m: 27.93 27.93	150m: 1:28.61	30.58	250m: 2:30.99	31.10	350m: 3:32.27	30.42
	100m: 58.03 30.10	200m: 1:59.89	31.28	300m: 3:01.85	30.86	400m: 4:02.25	29.98
2.	MEDEIROS, Miguel Fragoso	08	POR	Porto	4:02.27	+0,72	749 A
	50m: 28.16 28.16	150m: 1:29.04	30.07	250m: 2:29.97	30.59	350m: 3:31.92	30.98
	100m: 58.97 30.81	200m: 1:59.38	30.34	300m: 3:00.94	30.97	400m: 4:02.27	30.35
3.	PEREIRA, Rui Silva	08	POR	Adrcimm	4:06.48	+0,84	711 A
	50m: 28.21 28.21	150m: 1:29.54	30.90	250m: 2:31.84	31.56	350m: 3:35.47	31.90
	100m: 58.64 30.43	200m: 2:00.28	30.74	300m: 3:03.57	31.73	400m: 4:06.48	31.01
4.	COSTA, Antonio Miguel	07	POR	Fafe	4:06.88	+0,72	708 B
	50m: 28.42 28.42	150m: 1:30.51	31.24	250m: 2:33.22	31.22	350m: 3:36.90	31.99
	100m: 59.27 30.85	200m: 2:02.00	31.49	300m: 3:04.91	31.69	400m: 4:06.88	29.98
5.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	4:09.04	+0,73	690 B
	50m: 27.81 27.81	150m: 1:29.90	31.65	250m: 2:33.65	31.97	350m: 3:37.97	32.48
	100m: 58.25 30.44	200m: 2:01.68	31.78	300m: 3:05.49	31.84	400m: 4:09.04	31.07
6.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:09.96	+0,75	682 B
	50m: 28.75 28.75	150m: 1:31.76	31.90	250m: 2:35.07	31.29	350m: 3:38.51	31.63
	100m: 59.86 31.11	200m: 2:03.78	32.02	300m: 3:06.88	31.81	400m: 4:09.96	31.45
7.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:10.64	+0,66	676 B
	50m: 28.00 28.00	150m: 1:29.76	31.04	250m: 2:33.41	32.20	350m: 3:38.69	32.71
	100m: 58.72 30.72	200m: 2:01.21	31.45	300m: 3:05.98	32.57	400m: 4:10.64	31.95
8.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	4:11.76	+0,71	667 B
	50m: 28.51 28.51	150m: 1:31.38	32.13	250m: 2:36.00	32.54	350m: 3:40.97	32.23
	100m: 59.25 30.74	200m: 2:03.46	32.08	300m: 3:08.74	32.74	400m: 4:11.76	30.79
9.	ASMAR, Axel Guedes	07	POR	Sporting	4:12.21	+0,64	664 R
	50m: 29.16 29.16	150m: 1:32.94	32.32	250m: 2:37.16	32.10	350m: 3:41.26	32.16
	100m: 1:00.62 31.46	200m: 2:05.06	32.12	300m: 3:09.10	31.94	400m: 4:12.21	30.95
10.	SOARES, Guilherme Costa	08	POR	Vilacondense	4:12.89	+0,71	659 R
	50m: 28.47 28.47	150m: 1:32.02	31.89	250m: 2:36.55	31.99	350m: 3:41.20	31.67
	100m: 1:00.13 31.66	200m: 2:04.56	32.54	300m: 3:09.53	32.98	400m: 4:12.89	31.69

Prova 2, Masc., 400m Livres, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
11.	COSTA, Andre Leitao	07	POR	Foca Quinta Da Lixa - Cnf	4:14.27	+0,75	648
	50m: 28.05 28.05	150m: 1:31.30	31.97	250m: 2:36.29	32.70	350m: 3:42.33	32.78
	100m: 59.33 31.28	200m: 2:03.59	32.29	300m: 3:09.55	33.26	400m: 4:14.27	31.94
12.	GARCIA, Afonso Gago	08	POR	Benfica	4:16.90	+0,64	628
	50m: 28.87 28.87	150m: 1:33.54	32.52	250m: 2:39.80	32.76	350m: 3:45.51	32.44
	100m: 1:01.02 32.15	200m: 2:07.04	33.50	300m: 3:13.07	33.27	400m: 4:16.90	31.39
13.	LIMA, Eduardo Miguel	08	POR	Foca Quinta Da Lixa - Cnf	4:17.24	+0,73	626
	50m: 28.21 28.21	150m: 1:33.11	32.83	250m: 2:38.94	32.17	350m: 3:44.65	32.44
	100m: 1:00.28 32.07	200m: 2:06.77	33.66	300m: 3:12.21	33.27	400m: 4:17.24	32.59
14.	COSTA, Guilherme Corte	07	POR	Clube Desportivo Nacional	4:18.01	+0,74	620
	50m: 29.41 29.41	150m: 1:32.82	32.12	250m: 2:38.85	33.32	350m: 3:45.44	33.23
	100m: 1:00.70 31.29	200m: 2:05.53	32.71	300m: 3:12.21	33.36	400m: 4:18.01	32.57
15.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:19.95	+0,72	606
	50m: 28.02 28.02	150m: 1:33.59	33.09	250m: 2:40.28	33.05	350m: 3:47.88	33.44
	100m: 1:00.50 32.48	200m: 2:07.23	33.64	300m: 3:14.44	34.16	400m: 4:19.95	32.07
16.	RITA, Francisco Xavier	07	POR	Vieirense	4:20.15	+0,74	605
	50m: 29.40 29.40	150m: 1:34.52	32.74	250m: 2:41.48	33.42	350m: 3:48.16	32.72
	100m: 1:01.78 32.38	200m: 2:08.06	33.54	300m: 3:15.44	33.96	400m: 4:20.15	31.99
17.	MIRANDA, Francisco Guilherm	08	POR	Naval Do Funchal	4:21.05	+0,64	599
	50m: 29.47 29.47	150m: 1:34.70	33.04	250m: 2:41.49	33.54	350m: 3:49.03	33.63
	100m: 1:01.66 32.19	200m: 2:07.95	33.25	300m: 3:15.40	33.91	400m: 4:21.05	32.02
18.	JESUS, Vasco Franca	08	POR	Naval Do Funchal	4:21.35	+0,64	597
	50m: 29.42 29.42	150m: 1:35.21	33.41	250m: 2:42.37	33.80	350m: 3:50.46	34.21
	100m: 1:01.80 32.38	200m: 2:08.57	33.36	300m: 3:16.25	33.88	400m: 4:21.35	30.89
19.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:21.59	+0,72	595
	50m: 29.73 29.73	150m: 1:34.72	32.58	250m: 2:41.22	33.38	350m: 3:48.86	33.91
	100m: 1:02.14 32.41	200m: 2:07.84	33.12	300m: 3:14.95	33.73	400m: 4:21.59	32.73
20.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:21.83	+0,72	593
	50m: 29.08 29.08	150m: 1:32.50	31.98	250m: 2:39.34	33.89	350m: 3:48.62	34.70
	100m: 1:00.52 31.44	200m: 2:05.45	32.95	300m: 3:13.92	34.58	400m: 4:21.83	33.21
21.	CARVALHO, Luis Filipe	07	POR	Clube Naval Povoense	4:23.18	+0,71	584
	50m: 29.69 29.69	150m: 1:35.14	32.91	250m: 2:42.10	33.56	350m: 3:50.33	33.85
	100m: 1:02.23 32.54	200m: 2:08.54	33.40	300m: 3:16.48	34.38	400m: 4:23.18	32.85
22.	SOARES, Goncalo Augusto	08	POR	Porto	4:23.42	+0,86	583
	50m: 29.24 29.24	150m: 1:34.10	32.70	250m: 2:41.81	34.16	350m: 3:50.24	34.46
	100m: 1:01.40 32.16	200m: 2:07.65	33.55	300m: 3:15.78	33.97	400m: 4:23.42	33.18
23.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:23.59	+0,77	581
	50m: 28.90 28.90	150m: 1:34.19	33.37	250m: 2:41.17	33.43	350m: 3:49.38	34.09
	100m: 1:00.82 31.92	200m: 2:07.74	33.55	300m: 3:15.29	34.12	400m: 4:23.59	34.21
24.	VELHINHO, Miguel Lourenco	07	POR	Lagoa Academico Clube	4:23.92	+0,71	579
	50m: 29.16 29.16	150m: 1:34.44	32.93	250m: 2:41.75	33.30	350m: 3:50.41	34.15
	100m: 1:01.51 32.35	200m: 2:08.45	34.01	300m: 3:16.26	34.51	400m: 4:23.92	33.51
25.	SOUSA, Guilherme Simoes	08	POR	Cnac	4:24.50	+0,68	575
	50m: 29.60 29.60	150m: 1:35.93	33.90	250m: 2:43.91	34.20	350m: 3:52.11	34.14
	100m: 1:02.03 32.43	200m: 2:09.71	33.78	300m: 3:17.97	34.06	400m: 4:24.50	32.39

Prova 2, Masc., 400m Livres, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
26.	CASTRO, Marco Antonio	08	POR	Naval Do Funchal	4:25.18	+0,75	571
	50m: 29.43 29.43	150m: 1:35.82	33.66	250m: 2:44.23	34.53	350m: 3:53.07	34.56
	100m: 1:02.16 32.73	200m: 2:09.70	33.88	300m: 3:18.51	34.28	400m: 4:25.18	32.11

OPEN

1.	ALMEIDA, Brandonn Pierry	97	BRA	Naval Do Funchal	4:00.32	+0,68	767 A
	50m: 28.03 28.03	150m: 1:27.86	30.01	250m: 2:28.48	30.56	350m: 3:29.96	30.83
	100m: 57.85 29.82	200m: 1:57.92	30.06	300m: 2:59.13	30.65	400m: 4:00.32	30.36
2.	LARANJO, Filipe Manso	07	POR	Braga	4:02.25	+0,80	749 A
	50m: 27.93 27.93	150m: 1:28.61	30.58	250m: 2:30.99	31.10	350m: 3:32.27	30.42
	100m: 58.03 30.10	200m: 1:59.89	31.28	300m: 3:01.85	30.86	400m: 4:02.25	29.98
3.	MEDEIROS, Miguel Fragoso	08	POR	Porto	4:02.27	+0,72	749 A
	50m: 28.16 28.16	150m: 1:29.04	30.07	250m: 2:29.97	30.59	350m: 3:31.92	30.98
	100m: 58.97 30.81	200m: 1:59.38	30.34	300m: 3:00.94	30.97	400m: 4:02.27	30.35
4.	AMARAL, Francisco Rodriguez	02	POR	Porto	4:02.35	+0,74	748 A
	50m: 27.58 27.58	150m: 1:27.87	30.55	250m: 2:29.33	30.91	350m: 3:32.33	31.98
	100m: 57.32 29.74	200m: 1:58.42	30.55	300m: 3:00.35	31.02	400m: 4:02.35	30.02
5.	TIGRE, Pedro Bethlem	06	POR	Sporting	4:03.01	+0,65	742 A
	50m: 27.51 27.51	150m: 1:28.72	30.96	250m: 2:30.91	30.90	350m: 3:32.92	30.88
	100m: 57.76 30.25	200m: 2:00.01	31.29	300m: 3:02.04	31.13	400m: 4:03.01	30.09
6.	FERRAO, Gabriel Carvalho	05	POR	Benfica	4:03.92	+0,62	734 A
	50m: 27.64 27.64	150m: 1:29.57	31.37	250m: 2:31.68	30.61	350m: 3:32.97	30.63
	100m: 58.20 30.56	200m: 2:01.07	31.50	300m: 3:02.34	30.66	400m: 4:03.92	30.95
7.	FOMIN, Yury	06	RUS	Benfica	4:05.41	+0,77	721 A
	50m: 27.51 27.51	150m: 1:28.59	30.72	250m: 2:30.85	31.44	350m: 3:34.17	31.82
	100m: 57.87 30.36	200m: 1:59.41	30.82	300m: 3:02.35	31.50	400m: 4:05.41	31.24
8.	SIMOES, Bernardo Jorge	04	POR	Os Belenenses	4:06.19	+0,74	714 A
	50m: 28.12 28.12	150m: 1:29.96	31.14	250m: 2:32.11	31.11	350m: 3:34.58	31.34
	100m: 58.82 30.70	200m: 2:01.00	31.04	300m: 3:03.24	31.13	400m: 4:06.19	31.61
9.	PEREIRA, Rui Silva	08	POR	Adrcimm	4:06.48	+0,84	711 A
	50m: 28.21 28.21	150m: 1:29.54	30.90	250m: 2:31.84	31.56	350m: 3:35.47	31.90
	100m: 58.64 30.43	200m: 2:00.28	30.74	300m: 3:03.57	31.73	400m: 4:06.48	31.01
10.	CAMPOS, Tiago Filipe	99	POR	Porto	4:06.70	+0,84	709 A
	50m: 28.01 28.01	150m: 1:30.50	31.59	250m: 2:34.05	31.81	350m: 3:36.73	30.94
	100m: 58.91 30.90	200m: 2:02.24	31.74	300m: 3:05.79	31.74	400m: 4:06.70	29.97
11.	COSTA, Antonio Miguel	07	POR	Fafe	4:06.88	+0,72	708 B
	50m: 28.42 28.42	150m: 1:30.51	31.24	250m: 2:33.22	31.22	350m: 3:36.90	31.99
	100m: 59.27 30.85	200m: 2:02.00	31.49	300m: 3:04.91	31.69	400m: 4:06.88	29.98
12.	BASTOS, Lucas Pereira	00	POR	Cnac	4:06.90	+0,71	708 B
	50m: 27.68 27.68	150m: 1:29.53	31.25	250m: 2:32.03	31.21	350m: 3:35.49	31.65
	100m: 58.28 30.60	200m: 2:00.82	31.29	300m: 3:03.84	31.81	400m: 4:06.90	31.41
13.	MARQUES, Gustavo Pires	04	POR	Condeixa Aqua Clube	4:07.73	+0,70	701 B
	50m: 27.07 27.07	150m: 1:27.38	30.63	250m: 2:30.64	31.52	350m: 3:35.31	32.37
	100m: 56.75 29.68	200m: 1:59.12	31.74	300m: 3:02.94	32.30	400m: 4:07.73	32.42

Prova 2, Masc., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
14.	OLIVEIRA, Diogo Alexandre	05	POR	Braga	4:08.38	+0,71	695 B
	50m: 27.42 27.42	150m: 1:29.44	31.43	250m: 2:33.16	32.01	350m: 3:37.40	32.03
	100m: 58.01 30.59	200m: 2:01.15	31.71	300m: 3:05.37	32.21	400m: 4:08.38	30.98
15.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	4:09.04	+0,73	690 B
	50m: 27.81 27.81	150m: 1:29.90	31.65	250m: 2:33.65	31.97	350m: 3:37.97	32.48
	100m: 58.25 30.44	200m: 2:01.68	31.78	300m: 3:05.49	31.84	400m: 4:09.04	31.07
16.	CARDOSO, Diogo Santos	01	POR	Sporting	4:09.73	+0,86	684 B
	50m: 29.91 29.91	150m: 1:33.67	31.86	250m: 2:37.13	31.90	350m: 3:39.83	31.22
	100m: 1:01.81 31.90	200m: 2:05.23	31.56	300m: 3:08.61	31.48	400m: 4:09.73	29.90
17.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:09.96	+0,75	682 B
	50m: 28.75 28.75	150m: 1:31.76	31.90	250m: 2:35.07	31.29	350m: 3:38.51	31.63
	100m: 59.86 31.11	200m: 2:03.78	32.02	300m: 3:06.88	31.81	400m: 4:09.96	31.45
18.	SARREIRA, Tomas Amor	05	POR	Porto	4:10.19	+0,81	680 B
	50m: 28.80 28.80	150m: 1:31.82	31.83	250m: 2:35.46	32.04	350m: 3:39.31	32.21
	100m: 59.99 31.19	200m: 2:03.42	31.60	300m: 3:07.10	31.64	400m: 4:10.19	30.88
19.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:10.64	+0,66	676 B
	50m: 28.00 28.00	150m: 1:29.76	31.04	250m: 2:33.41	32.20	350m: 3:38.69	32.71
	100m: 58.72 30.72	200m: 2:01.21	31.45	300m: 3:05.98	32.57	400m: 4:10.64	31.95
20.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	4:11.76	+0,71	667 B
	50m: 28.51 28.51	150m: 1:31.38	32.13	250m: 2:36.00	32.54	350m: 3:40.97	32.23
	100m: 59.25 30.74	200m: 2:03.46	32.08	300m: 3:08.74	32.74	400m: 4:11.76	30.79
21.	ASMAR, Axel Guedes	07	POR	Sporting	4:12.21	+0,64	664 R
	50m: 29.16 29.16	150m: 1:32.94	32.32	250m: 2:37.16	32.10	350m: 3:41.26	32.16
	100m: 1:00.62 31.46	200m: 2:05.06	32.12	300m: 3:09.10	31.94	400m: 4:12.21	30.95
22.	SOARES, Guilherme Costa	08	POR	Vilacondense	4:12.89	+0,71	659 R
	50m: 28.47 28.47	150m: 1:32.02	31.89	250m: 2:36.55	31.99	350m: 3:41.20	31.67
	100m: 1:00.13 31.66	200m: 2:04.56	32.54	300m: 3:09.53	32.98	400m: 4:12.89	31.69
23.	LOUREIRO, Bruno Silva	06	POR	Porto	4:13.16	+0,77	656
	50m: 28.57 28.57	150m: 1:32.08	32.01	250m: 2:36.93	32.17	350m: 3:42.17	32.23
	100m: 1:00.07 31.50	200m: 2:04.76	32.68	300m: 3:09.94	33.01	400m: 4:13.16	30.99
24.	DEUS, Bernardo Silva	09	POR	Fluvial Portuense	4:13.53	+0,70	654
	50m: 28.03 28.03	150m: 1:31.27	31.80	250m: 2:35.89	32.27	350m: 3:40.96	32.44
	100m: 59.47 31.44	200m: 2:03.62	32.35	300m: 3:08.52	32.63	400m: 4:13.53	32.57
25.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:13.90	+0,73	651
	50m: 28.28 28.28	150m: 1:31.24	31.78	250m: 2:36.33	32.47	350m: 3:42.03	32.76
	100m: 59.46 31.18	200m: 2:03.86	32.62	300m: 3:09.27	32.94	400m: 4:13.90	31.87
26.	CARVALHO, Goncalo Renato	04	POR	Porto	4:13.98	+0,74	650
	50m: 29.07 29.07	150m: 1:32.61	31.83	250m: 2:37.12	32.11	350m: 3:42.26	32.38
	100m: 1:00.78 31.71	200m: 2:05.01	32.40	300m: 3:09.88	32.76	400m: 4:13.98	31.72
27.	COSTA, Andre Leitao	07	POR	Foca Quinta Da Lixa - Cnf	4:14.27	+0,75	648
	50m: 28.05 28.05	150m: 1:31.30	31.97	250m: 2:36.29	32.70	350m: 3:42.33	32.78
	100m: 59.33 31.28	200m: 2:03.59	32.29	300m: 3:09.55	33.26	400m: 4:14.27	31.94
28.	GOMES, Joao Almeida	06	POR	Nacional de Nataçao	4:16.75	+0,78	629
	50m: 29.23 29.23	150m: 1:32.82	32.19	250m: 2:37.78	32.81	350m: 3:43.97	33.42
	100m: 1:00.63 31.40	200m: 2:04.97	32.15	300m: 3:10.55	32.77	400m: 4:16.75	32.78

Prova 2, Masc., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
29.	GARCIA, Afonso Gago	08	POR	Benfica	4:16.90	+0,64	628
	50m: 28.87 28.87	150m: 1:33.54	32.52	250m: 2:39.80	32.76	350m: 3:45.51	32.44
	100m: 1:01.02 32.15	200m: 2:07.04	33.50	300m: 3:13.07	33.27	400m: 4:16.90	31.39
30.	LIMA, Eduardo Miguel	08	POR	Foca Quinta Da Lixa - Cnf	4:17.24	+0,73	626
	50m: 28.21 28.21	150m: 1:33.11	32.83	250m: 2:38.94	32.17	350m: 3:44.65	32.44
	100m: 1:00.28 32.07	200m: 2:06.77	33.66	300m: 3:12.21	33.27	400m: 4:17.24	32.59
31.	ALVES, Andre Correia	06	POR	Benfica	4:17.65	+0,72	623
	50m: 29.21 29.21	150m: 1:32.93	32.39	250m: 2:38.70	33.02	350m: 3:45.54	33.55
	100m: 1:00.54 31.33	200m: 2:05.68	32.75	300m: 3:11.99	33.29	400m: 4:17.65	32.11
32.	COSTA, Guilherme Corte	07	POR	Clube Desportivo Nacional	4:18.01	+0,74	620
	50m: 29.41 29.41	150m: 1:32.82	32.12	250m: 2:38.85	33.32	350m: 3:45.44	33.23
	100m: 1:00.70 31.29	200m: 2:05.53	32.71	300m: 3:12.21	33.36	400m: 4:18.01	32.57
33.	MARQUES, Jose Miguel	06	POR	Condeixa Aqua Clube	4:18.51	+0,80	616
	50m: 29.05 29.05	150m: 1:33.65	32.87	250m: 2:40.41	33.42	350m: 3:47.10	33.19
	100m: 1:00.78 31.73	200m: 2:06.99	33.34	300m: 3:13.91	33.50	400m: 4:18.51	31.41
34.	MIMOSO, Renato Ferreira	10	POR	Benfica	4:18.54	+0,75	616
	50m: 28.49 28.49	150m: 1:31.42	31.90	250m: 2:37.29	33.20	350m: 3:45.04	34.13
	100m: 59.52 31.03	200m: 2:04.09	32.67	300m: 3:10.91	33.62	400m: 4:18.54	33.50
35.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:19.95	+0,72	606
	50m: 28.02 28.02	150m: 1:33.59	33.09	250m: 2:40.28	33.05	350m: 3:47.88	33.44
	100m: 1:00.50 32.48	200m: 2:07.23	33.64	300m: 3:14.44	34.16	400m: 4:19.95	32.07
36.	RITA, Francisco Xavier	07	POR	Vieirense	4:20.15	+0,74	605
	50m: 29.40 29.40	150m: 1:34.52	32.74	250m: 2:41.48	33.42	350m: 3:48.16	32.72
	100m: 1:01.78 32.38	200m: 2:08.06	33.54	300m: 3:15.44	33.96	400m: 4:20.15	31.99
37.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	4:20.42	+0,70	603
	50m: 29.04 29.04	150m: 1:33.74	32.86	250m: 2:40.12	33.45	350m: 3:47.69	33.73
	100m: 1:00.88 31.84	200m: 2:06.67	32.93	300m: 3:13.96	33.84	400m: 4:20.42	32.73
38.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	4:20.62	+0,63	602
	50m: 29.64 29.64	150m: 1:35.83	33.53	250m: 2:43.02	33.26	350m: 3:49.47	32.60
	100m: 1:02.30 32.66	200m: 2:09.76	33.93	300m: 3:16.87	33.85	400m: 4:20.62	31.15
39.	MIRANDA, Francisco Guilherm	08	POR	Naval Do Funchal	4:21.05	+0,64	599
	50m: 29.47 29.47	150m: 1:34.70	33.04	250m: 2:41.49	33.54	350m: 3:49.03	33.63
	100m: 1:01.66 32.19	200m: 2:07.95	33.25	300m: 3:15.40	33.91	400m: 4:21.05	32.02
40.	JESUS, Vasco Franca	08	POR	Naval Do Funchal	4:21.35	+0,64	597
	50m: 29.42 29.42	150m: 1:35.21	33.41	250m: 2:42.37	33.80	350m: 3:50.46	34.21
	100m: 1:01.80 32.38	200m: 2:08.57	33.36	300m: 3:16.25	33.88	400m: 4:21.35	30.89
41.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:21.38	+0,67	596
	50m: 28.84 28.84	150m: 1:33.61	32.61	250m: 2:40.74	33.57	350m: 3:48.71	34.07
	100m: 1:01.00 32.16	200m: 2:07.17	33.56	300m: 3:14.64	33.90	400m: 4:21.38	32.67
42.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:21.59	+0,72	595
	50m: 29.73 29.73	150m: 1:34.72	32.58	250m: 2:41.22	33.38	350m: 3:48.86	33.91
	100m: 1:02.14 32.41	200m: 2:07.84	33.12	300m: 3:14.95	33.73	400m: 4:21.59	32.73
43.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:21.83	+0,72	593
	50m: 29.08 29.08	150m: 1:32.50	31.98	250m: 2:39.34	33.89	350m: 3:48.62	34.70
	100m: 1:00.52 31.44	200m: 2:05.45	32.95	300m: 3:13.92	34.58	400m: 4:21.83	33.21

Prova 2, Masc., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
44.	SAMPAIO, Rafael Rui	09	POR	Famalicão	4:23.10	+0,76	585
	50m: 28.57 28.57	150m: 1:34.31	33.33	250m: 2:42.38	34.44	350m: 3:51.28	34.64
	100m: 1:00.98 32.41	200m: 2:07.94	33.63	300m: 3:16.64	34.26	400m: 4:23.10	31.82
45.	CARVALHO, Luis Filipe	07	POR	Clube Naval Povoense	4:23.18	+0,71	584
	50m: 29.69 29.69	150m: 1:35.14	32.91	250m: 2:42.10	33.56	350m: 3:50.33	33.85
	100m: 1:02.23 32.54	200m: 2:08.54	33.40	300m: 3:16.48	34.38	400m: 4:23.18	32.85
46.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:23.31	+0,74	583
	50m: 29.29 29.29	150m: 1:34.39	33.51	250m: 2:42.16	33.77	350m: 3:51.22	34.29
	100m: 1:00.88 31.59	200m: 2:08.39	34.00	300m: 3:16.93	34.77	400m: 4:23.31	32.09
47.	SOARES, Goncalo Augusto	08	POR	Porto	4:23.42	+0,86	583
	50m: 29.24 29.24	150m: 1:34.10	32.70	250m: 2:41.81	34.16	350m: 3:50.24	34.46
	100m: 1:01.40 32.16	200m: 2:07.65	33.55	300m: 3:15.78	33.97	400m: 4:23.42	33.18
48.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:23.59	+0,77	581
	50m: 28.90 28.90	150m: 1:34.19	33.37	250m: 2:41.17	33.43	350m: 3:49.38	34.09
	100m: 1:00.82 31.92	200m: 2:07.74	33.55	300m: 3:15.29	34.12	400m: 4:23.59	34.21
49.	PACHECO, David Filipe	10	POR	BUZIOS - Coruche	4:23.82	+0,76	580
	50m: 29.63 29.63	150m: 1:35.37	33.50	250m: 2:43.48	34.25	350m: 3:51.56	34.08
	100m: 1:01.87 32.24	200m: 2:09.23	33.86	300m: 3:17.48	34.00	400m: 4:23.82	32.26
50.	VELHINHO, Miguel Lourenco	07	POR	Lagoa Academico Clube	4:23.92	+0,71	579
	50m: 29.16 29.16	150m: 1:34.44	32.93	250m: 2:41.75	33.30	350m: 3:50.41	34.15
	100m: 1:01.51 32.35	200m: 2:08.45	34.01	300m: 3:16.26	34.51	400m: 4:23.92	33.51
51.	NOVAIS, Guilherme Pereira	09	POR	Foca Quinta Da Lixa - Cnf	4:24.36	+0,65	576
	50m: 29.76 29.76	150m: 1:35.76	33.46	250m: 2:43.67	34.17	350m: 3:52.26	34.18
	100m: 1:02.30 32.54	200m: 2:09.50	33.74	300m: 3:18.08	34.41	400m: 4:24.36	32.10
52.	SOUSA, Guilherme Simoes	08	POR	Cnac	4:24.50	+0,68	575
	50m: 29.60 29.60	150m: 1:35.93	33.90	250m: 2:43.91	34.20	350m: 3:52.11	34.14
	100m: 1:02.03 32.43	200m: 2:09.71	33.78	300m: 3:17.97	34.06	400m: 4:24.50	32.39
53.	CASTRO, Marco Antonio	08	POR	Naval Do Funchal	4:25.18	+0,75	571
	50m: 29.43 29.43	150m: 1:35.82	33.66	250m: 2:44.23	34.53	350m: 3:53.07	34.56
	100m: 1:02.16 32.73	200m: 2:09.70	33.88	300m: 3:18.51	34.28	400m: 4:25.18	32.11
54.	RIBEIRO, Dinis Aresta	10	POR	Sporting	4:25.20	+0,83	571
	50m: 30.56 30.56	150m: 1:37.36	33.60	250m: 2:45.64	34.17	350m: 3:52.97	33.38
	100m: 1:03.76 33.20	200m: 2:11.47	34.11	300m: 3:19.59	33.95	400m: 4:25.20	32.23
55.	SOUSA, Tomas Alexandre	10	POR	Academico Viseu Futebol Clube	4:27.46	+0,79	557
	50m: 30.10 30.10	150m: 1:37.21	34.29	250m: 2:46.78	34.87	350m: 3:55.91	34.41
	100m: 1:02.92 32.82	200m: 2:11.91	34.70	300m: 3:21.50	34.72	400m: 4:27.46	31.55
56.	SANTOS, Andre Ferreira	10	POR	Academico Viseu Futebol Clube	4:28.34	+0,78	551
	50m: 30.20 30.20	150m: 1:36.57	33.71	250m: 2:45.06	34.47	350m: 3:54.30	34.66
	100m: 1:02.86 32.66	200m: 2:10.59	34.02	300m: 3:19.64	34.58	400m: 4:28.34	34.04
57.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Aqui e Agora	4:28.84	+0,75	548
	50m: 30.15 30.15	150m: 1:37.67	34.06	250m: 2:46.54	34.33	350m: 3:55.50	34.39
	100m: 1:03.61 33.46	200m: 2:12.21	34.54	300m: 3:21.11	34.57	400m: 4:28.84	33.34
58.	OLIVEIRA, Jose Pedro	09	POR	Tubaroes de Gaia	4:29.53	+0,67	544
	50m: 30.31 30.31	150m: 1:37.68	34.01	250m: 2:46.99	34.76	350m: 3:56.04	34.44
	100m: 1:03.67 33.36	200m: 2:12.23	34.55	300m: 3:21.60	34.61	400m: 4:29.53	33.49

Prova 2, Masc., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
59.	MARTINS, Vasco Alexandre	09	POR	Adrcimm	4:30.17	+0,63	540
	50m: 30.14 30.14	150m: 1:37.40	34.03	250m: 2:46.34	34.44	350m: 3:56.72	34.97
	100m: 1:03.37 33.23	200m: 2:11.90	34.50	300m: 3:21.75	35.41	400m: 4:30.17	33.45
60.	RIZZON, Guilherme Oliveira	09	POR	Sporting	4:30.26	+0,75	539
	50m: 29.35 29.35	150m: 1:37.13	34.41	250m: 2:46.18	34.07	350m: 3:57.02	35.29
	100m: 1:02.72 33.37	200m: 2:12.11	34.98	300m: 3:21.73	35.55	400m: 4:30.26	33.24
61.	REBELO, Guilherme Costa	10	POR	Pimpoes/Cimai	4:30.53	+0,76	538
	50m: 30.69 30.69	150m: 1:37.81	33.45	250m: 2:45.68	33.57	350m: 3:55.78	35.23
	100m: 1:04.36 33.67	200m: 2:12.11	34.30	300m: 3:20.55	34.87	400m: 4:30.53	34.75
62.	DIAS, Rodrigo Ferrao	10	POR	Sporting	4:33.50	+0,74	520
	50m: 30.65 30.65	150m: 1:38.92	34.33	250m: 2:48.34	34.94	350m: 3:58.56	35.01
	100m: 1:04.59 33.94	200m: 2:13.40	34.48	300m: 3:23.55	35.21	400m: 4:33.50	34.94
63.	RAPOSO, Mateus Medeiros	10	POR	Clube Desportivo Nacional	4:33.87	+0,78	518
	50m: 29.23 29.23	150m: 1:37.78	35.45	250m: 2:48.75	35.51	350m: 4:00.16	35.69
	100m: 1:02.33 33.10	200m: 2:13.24	35.46	300m: 3:24.47	35.72	400m: 4:33.87	33.71
64.	PARENTE, Rafael Pires	10	POR	Academico Viseu Futebol Clube	4:34.77	+0,80	513
	50m: 30.70 30.70	150m: 1:38.82	34.76	250m: 2:49.53	35.43	350m: 4:00.44	35.31
	100m: 1:04.06 33.36	200m: 2:14.10	35.28	300m: 3:25.13	35.60	400m: 4:34.77	34.33
65.	TOMAS, Rodrigo Cardoso	10	POR	Alcobaca	4:37.06	+0,64	501
	50m: 30.59 30.59	150m: 1:39.71	35.06	250m: 2:51.26	36.26	350m: 4:02.54	35.32
	100m: 1:04.65 34.06	200m: 2:15.00	35.29	300m: 3:27.22	35.96	400m: 4:37.06	34.52
66.	PEREIRA, Guilherme Valente	10	POR	Adrcimm	4:39.30	+0,56	489
	50m: 30.86 30.86	150m: 1:39.38	34.77	250m: 2:51.12	36.42	350m: 4:03.49	36.67
	100m: 1:04.61 33.75	200m: 2:14.70	35.32	300m: 3:26.82	35.70	400m: 4:39.30	35.81
67.	BRILHA, Martim Marino	10	POR	Os Belenenses	4:40.28	+0,79	484
	50m: 30.61 30.61	150m: 1:40.39	35.00	250m: 2:51.72	35.22	350m: 4:04.61	36.60
	100m: 1:05.39 34.78	200m: 2:16.50	36.11	300m: 3:28.01	36.29	400m: 4:40.28	35.67
68.	MARQUES, Rodrigo Almeida	10	POR	Braga	4:41.26	+0,85	479
	50m: 31.70 31.70	150m: 1:42.70	36.21	250m: 2:55.30	36.61	350m: 4:07.13	35.85
	100m: 1:06.49 34.79	200m: 2:18.69	35.99	300m: 3:31.28	35.98	400m: 4:41.26	34.13
69.	MATIAS, Rodrigo Miguel	10	POR	Cnac	4:44.35	+0,73	463
	50m: 31.44 31.44	150m: 1:42.11	35.48	250m: 2:54.75	35.92	350m: 4:08.11	36.54
	100m: 1:06.63 35.19	200m: 2:18.83	36.72	300m: 3:31.57	36.82	400m: 4:44.35	36.24
EXH	BELEZAS, Ricardo Andrade	91	POR	Os Belenenses	4:35.02	+0,78	512
	50m: 31.14 31.14	150m: 1:39.66	34.82	250m: 2:50.23	35.51	350m: 4:00.49	34.96
	100m: 1:04.84 33.70	200m: 2:14.72	35.06	300m: 3:25.53	35.30	400m: 4:35.02	34.53
EXH	FIDALGO, Joao Matos	03	POR	Gesloures	4:42.29	+0,73	473
	50m: 31.10 31.10	150m: 1:42.11	36.06	250m: 2:55.33	36.72	350m: 4:08.52	36.52
	100m: 1:06.05 34.95	200m: 2:18.61	36.50	300m: 3:32.00	36.67	400m: 4:42.29	33.77
EXH	SOARES, Ricardo Aderneira	99	POR	Gesloures	5:17.43	+0,83	333
	50m: 35.76 35.76	150m: 1:54.62	39.97	250m: 3:15.56	40.76	350m: 4:37.43	41.21
	100m: 1:14.65 38.89	200m: 2:34.80	40.18	300m: 3:56.22	40.66	400m: 5:17.43	40.00