

Prova 22 Masc., 400m Estilos Open
05/04/2025 - 9:00 Resultados Elimin

Recordes Nacionais 50m Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Jun 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Recordes Nacionais 50m Jun 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Recordes Nacionais 50m Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Recordes Nacionais 50m Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013
Recordes Nacionais 50m 14	4:46.20	FREITAS, Tomas Miguel	CDN	Póvoa Varzim	23/07/2004
Recordes Nacionais 50m 13	4:54.87	RUIVO, Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013
RN Adaptada 50m SM8	5:21.82	CANCELA, Diogo Luis	ALN	Coimbra	28/05/2023
RN Adaptada 50m SM9	59:00.00	,			01/01/1800
RN Adaptada 50m SM10	59:00.00	,			01/01/1800
RN Adaptada 50m SM11	59:00.00	,			01/01/1800
RN Adaptada 50m SM14	5:58.45	DUARTE, Samuel Lima	FVCD	Porto	15/04/2023
RN Adaptada 50m SM15	4:58.86	CRUZ, Miguel Duarte	CFB	Coimbra	27/03/2021
RN Adaptada 50m SM17	5:52.32	CARVALHO, Joaquim Eduardo	CNF	Funchal	22/03/2025
RN Adaptada 50m SM21	6:38.07	ALMEIDA, Andre Reis	POR	Vichy (FRA)	07/06/2023

Pontos: AQUA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	MONTEIRO, Afonso Carvalho	10	POR	Famalicão	4:51.79	+0,72	574 B
	50m: 29.84 29.84	150m: 1:43.82	38.91	250m: 3:02.94	40.86	350m: 4:18.90	33.83
	100m: 1:04.91 35.07	200m: 2:22.08	38.26	300m: 3:45.07	42.13	400m: 4:51.79	32.89
2.	JORGE, Antonio Antunes	10	POR	Alcobaca	4:54.69	+0,68	557 B
	50m: 30.22 30.22	150m: 1:44.66	40.55	250m: 3:04.72	40.66	350m: 4:21.51	35.30
	100m: 1:04.11 33.89	200m: 2:24.06	39.40	300m: 3:46.21	41.49	400m: 4:54.69	33.18
3.	SOUSA, Diogo Rodrigues	10	POR	Alges	5:01.70	+0,78	519
	50m: 31.46 31.46	150m: 1:47.04	39.68	250m: 3:09.60	43.49	350m: 4:28.56	34.35
	100m: 1:07.36 35.90	200m: 2:26.11	39.07	300m: 3:54.21	44.61	400m: 5:01.70	33.14
4.	SOUSA, Tomas Alexandre	10	POR	Academico Viseu Futebol Clube	5:03.31	+0,80	511
	50m: 31.84 31.84	150m: 1:50.62	43.05	250m: 3:13.19	42.37	350m: 4:31.01	35.98
	100m: 1:07.57 35.73	200m: 2:30.82	40.20	300m: 3:55.03	41.84	400m: 5:03.31	32.30
5.	RIBEIRO, Dinis Aresta	10	POR	Sporting	5:04.43	+0,74	505
	50m: 31.99 31.99	150m: 1:49.66	40.74	250m: 3:11.95	43.10	350m: 4:31.27	35.12
	100m: 1:08.92 36.93	200m: 2:28.85	39.19	300m: 3:56.15	44.20	400m: 5:04.43	33.16
6.	DIAS, Rodrigo Ferrao	10	POR	Sporting	5:14.95	+0,76	456
	50m: 32.14 32.14	150m: 1:53.03	43.47	250m: 3:19.76	45.02	350m: 4:39.88	33.91
	100m: 1:09.56 37.42	200m: 2:34.74	41.71	300m: 4:05.97	46.21	400m: 5:14.95	35.07
7.	VALENTE, Tomas Santos	10	POR	Leixoes Sport Clube	5:20.62	+0,87	432
	50m: 32.51 32.51	150m: 1:54.73	44.20	250m: 3:20.88	44.52	350m: 4:43.91	38.54
	100m: 1:10.53 38.02	200m: 2:36.36	41.63	300m: 4:05.37	44.49	400m: 5:20.62	36.71
Juvenis A							
1.	NOVAIS, Guilherme Pereira	09	POR	Foca Quinta Da Lixa - Cnf	4:52.13	+0,65	572 B
	50m: 29.63 29.63	150m: 1:41.74	38.57	250m: 3:02.81	43.76	350m: 4:20.15	33.61
	100m: 1:03.17 33.54	200m: 2:19.05	37.31	300m: 3:46.54	43.73	400m: 4:52.13	31.98
2.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:54.10	+0,67	560 B
	50m: 30.06 30.06	150m: 1:42.46	38.39	250m: 3:04.88	43.98	350m: 4:22.34	31.68
	100m: 1:04.07 34.01	200m: 2:20.90	38.44	300m: 3:50.66	45.78	400m: 4:54.10	31.76

Prova 22, Masc., 400m Estilos, Elimin, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
3.	REIS, Diogo Damasceno	09	POR	Sporting	4:54.56	+0,72	557 B
	50m: 29.60 29.60	150m: 1:45.67	39.95	250m: 3:04.31	39.93	350m: 4:20.88	35.04
	100m: 1:05.72 36.12	200m: 2:24.38	38.71	300m: 3:45.84	41.53	400m: 4:54.56	33.68
4.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	4:57.08	+0,64	543 R
	50m: 29.92 29.92	150m: 1:42.56	39.04	250m: 3:06.43	44.66	350m: 4:24.98	33.33
	100m: 1:03.52 33.60	200m: 2:21.77	39.21	300m: 3:51.65	45.22	400m: 4:57.08	32.10
5.	KOT, Paulo	09	POR	Nautico Marinha Grande	5:04.94	+0,69	502
	50m: 30.61 30.61	150m: 1:45.20	39.04	250m: 3:10.10	46.77	350m: 4:31.04	34.62
	100m: 1:06.16 35.55	200m: 2:23.33	38.13	300m: 3:56.42	46.32	400m: 5:04.94	33.90
6.	SILVA, Francisco Carvalho	09	POR	Naval Praia da Vitoria	5:06.98	+0,71	492
	50m: 32.18 32.18	150m: 1:50.78	40.53	250m: 3:14.20	43.04	350m: 4:32.32	34.04
	100m: 1:10.25 38.07	200m: 2:31.16	40.38	300m: 3:58.28	44.08	400m: 5:06.98	34.66
7.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	5:07.23	+0,83	491
	50m: 32.38 32.38	150m: 1:48.23	39.66	250m: 3:13.06	45.74	350m: 4:33.89	35.35
	100m: 1:08.57 36.19	200m: 2:27.32	39.09	300m: 3:58.54	45.48	400m: 5:07.23	33.34
8.	GOMES, Santiago Marques	09	POR	Ba-Leiria	5:07.38	+0,79	491
	50m: 32.38 32.38	150m: 1:51.46	40.60	250m: 3:14.14	43.47	350m: 4:33.28	35.07
	100m: 1:10.86 38.48	200m: 2:30.67	39.21	300m: 3:58.21	44.07	400m: 5:07.38	34.10
9.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Aqui e Agora	5:12.58	+0,74	466
	50m: 32.09 32.09	150m: 1:48.30	39.69	250m: 3:16.87	47.62	350m: 4:38.45	33.30
	100m: 1:08.61 36.52	200m: 2:29.25	40.95	300m: 4:05.15	48.28	400m: 5:12.58	34.13
10.	VICENTE, Miguel Chagas	09	POR	Bombeiros de Ponta Delgada	5:13.15	+0,72	464
	50m: 32.07 32.07	150m: 1:47.83	38.23	250m: 3:13.01	46.87	350m: 4:37.66	36.67
	100m: 1:09.60 37.53	200m: 2:26.14	38.31	300m: 4:00.99	47.98	400m: 5:13.15	35.49

Juniores

1.	SOARES, Guilherme Costa	08	POR	Vilacondense	4:39.81	+0,75	650 A
	50m: 29.22 29.22	150m: 1:40.67	37.13	250m: 2:57.42	41.45	350m: 4:09.91	32.19
	100m: 1:03.54 34.32	200m: 2:15.97	35.30	300m: 3:37.72	40.30	400m: 4:39.81	29.90
2.	REIS, Leonardo Conceicao	07	POR	Alges	4:47.49	+0,64	600 A
	50m: 28.91 28.91	150m: 1:39.79	37.05	250m: 2:57.71	40.82	350m: 4:14.97	35.16
	100m: 1:02.74 33.83	200m: 2:16.89	37.10	300m: 3:39.81	42.10	400m: 4:47.49	32.52
3.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:47.65	+0,75	599 A
	50m: 30.55 30.55	150m: 1:41.79	37.22	250m: 3:00.65	43.09	350m: 4:16.05	32.75
	100m: 1:04.57 34.02	200m: 2:17.56	35.77	300m: 3:43.30	42.65	400m: 4:47.65	31.60
4.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:49.10	+0,73	590 A
	50m: 30.06 30.06	150m: 1:40.55	35.72	250m: 2:59.75	43.44	350m: 4:16.63	32.93
	100m: 1:04.83 34.77	200m: 2:16.31	35.76	300m: 3:43.70	43.95	400m: 4:49.10	32.47
5.	CRUZ, Leonardo Jose	07	POR	Alcobaca	4:50.03	+0,69	584 B
	50m: 30.25 30.25	150m: 1:42.98	37.76	250m: 2:59.54	40.14	350m: 4:15.85	34.24
	100m: 1:05.22 34.97	200m: 2:19.40	36.42	300m: 3:41.61	42.07	400m: 4:50.03	34.18
6.	SIMOES, Francisco Marques	07	POR	CNLeiria - VOID	4:52.13	+0,75	572 B
	50m: 29.11 29.11	150m: 1:42.26	38.33	250m: 3:01.98	43.12	350m: 4:19.22	34.93
	100m: 1:03.93 34.82	200m: 2:18.86	36.60	300m: 3:44.29	42.31	400m: 4:52.13	32.91

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
7.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	4:53.31	+0,72	565 B
	50m: 29.28 29.28	150m: 1:41.48	37.93	250m: 3:04.04	45.09	350m: 4:21.07	33.13
	100m: 1:03.55 34.27	200m: 2:18.95	37.47	300m: 3:47.94	43.90	400m: 4:53.31	32.24
8.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:53.64	+0,65	563 B
	50m: 28.68 28.68	150m: 1:41.09	38.83	250m: 3:00.52	40.96	350m: 4:18.32	35.43
	100m: 1:02.26 33.58	200m: 2:19.56	38.47	300m: 3:42.89	42.37	400m: 4:53.64	35.32
9.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:56.70	+0,70	545 R
	50m: 29.96 29.96	150m: 1:42.79	38.32	250m: 3:05.11	44.61	350m: 4:24.27	34.11
	100m: 1:04.47 34.51	200m: 2:20.50	37.71	300m: 3:50.16	45.05	400m: 4:56.70	32.43
10.	OLIVEIRA, Pedro Saad	08	POR	Sporting	4:57.25	+0,82	542
	50m: 29.84 29.84	150m: 1:44.08	38.55	250m: 3:06.17	44.40	350m: 4:24.84	34.73
	100m: 1:05.53 35.69	200m: 2:21.77	37.69	300m: 3:50.11	43.94	400m: 4:57.25	32.41
11.	SARAGOCA, Eduardo Sousa	07	POR	Viana Natacao	4:57.70	+0,85	540
	50m: 31.09 31.09	150m: 1:46.82	39.64	250m: 3:07.85	42.49	350m: 4:24.81	34.55
	100m: 1:07.18 36.09	200m: 2:25.36	38.54	300m: 3:50.26	42.41	400m: 4:57.70	32.89
12.	MIRANDA, Francisco Guilherme	08	POR	Naval Do Funchal	4:59.84	+0,67	529
	50m: 30.80 30.80	150m: 1:44.83	39.39	250m: 3:07.50	44.36	350m: 4:26.41	35.37
	100m: 1:05.44 34.64	200m: 2:23.14	38.31	300m: 3:51.04	43.54	400m: 4:59.84	33.43
13.	PRICE, Thomas Branco	07	POR	Sporting	5:02.72	+0,78	514
	50m: 30.10 30.10	150m: 1:45.31	40.04	250m: 3:09.12	45.50	350m: 4:28.30	35.03
	100m: 1:05.27 35.17	200m: 2:23.62	38.31	300m: 3:53.27	44.15	400m: 5:02.72	34.42
14.	SILVA, Guilherme Martins	08	POR	Academico Viseu Futebol Clube	5:02.98	+0,78	512
	50m: 30.65 30.65	150m: 1:44.90	39.17	250m: 3:07.43	42.95	350m: 4:27.26	34.79
	100m: 1:05.73 35.08	200m: 2:24.48	39.58	300m: 3:52.47	45.04	400m: 5:02.98	35.72
15.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	5:04.74	+0,70	503
	50m: 31.73 31.73	150m: 1:47.76	40.01	250m: 3:10.55	44.38	350m: 4:30.91	35.92
	100m: 1:07.75 36.02	200m: 2:26.17	38.41	300m: 3:54.99	44.44	400m: 5:04.74	33.83
16.	VILAR, Francisco Rodrigues	08	POR	Sporting	5:05.15	+0,78	501
	50m: 29.44 29.44	150m: 1:44.95	39.87	250m: 3:08.90	44.49	350m: 4:28.89	34.85
	100m: 1:05.08 35.64	200m: 2:24.41	39.46	300m: 3:54.04	45.14	400m: 5:05.15	36.26
17.	BATISTA, Miguel Duarte	08	POR	Academico Viseu Futebol Clube	5:12.48	+0,93	467
	50m: 31.37 31.37	150m: 1:45.34	35.74	250m: 3:11.13	47.92	350m: 4:36.63	36.84
	100m: 1:09.60 38.23	200m: 2:23.21	37.87	300m: 3:59.79	48.66	400m: 5:12.48	35.85

OPEN

1.	FOMIN, Yury	06	RUS	Benfica	4:38.70	+0,75	658 A
	50m: 28.42 28.42	150m: 1:37.85	36.60	250m: 2:53.32	40.62	350m: 4:06.52	32.90
	100m: 1:01.25 32.83	200m: 2:12.70	34.85	300m: 3:33.62	40.30	400m: 4:38.70	32.18
2.	ALMEIDA, Brandonn Pierry	97	BRA	Naval Do Funchal	4:38.81	+0,71	657 A
	50m: 29.43 29.43	150m: 1:38.59	35.96	250m: 2:51.46	38.38	350m: 4:06.56	36.84
	100m: 1:02.63 33.20	200m: 2:13.08	34.49	300m: 3:29.72	38.26	400m: 4:38.81	32.25
3.	BASTOS, Lucas Pereira	00	POR	Cnac	4:39.26	+0,76	654 A
	50m: 28.93 28.93	150m: 1:37.86	36.04	250m: 2:54.16	41.24	350m: 4:08.40	33.21
	100m: 1:01.82 32.89	200m: 2:12.92	35.06	300m: 3:35.19	41.03	400m: 4:39.26	30.86

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
4.	SOARES, Guilherme Costa	08	POR	Vilacondense	4:39.81	+0,75	650 A
	50m: 29.22 29.22	150m: 1:40.67	37.13	250m: 2:57.42	41.45	350m: 4:09.91	32.19
	100m: 1:03.54 34.32	200m: 2:15.97	35.30	300m: 3:37.72	40.30	400m: 4:39.81	29.90
5.	CAMPOS, Tiago Filipe	99	POR	Porto	4:40.89	+0,87	643 A
	50m: 29.26 29.26	150m: 1:38.42	35.89	250m: 2:55.99	42.59	350m: 4:10.16	31.71
	100m: 1:02.53 33.27	200m: 2:13.40	34.98	300m: 3:38.45	42.46	400m: 4:40.89	30.73
6.	SARREIRA, Tomas Amor	05	POR	Porto	4:41.74	+0,84	637 A
	50m: 29.53 29.53	150m: 1:40.18	37.00	250m: 2:56.82	41.18	350m: 4:11.12	32.70
	100m: 1:03.18 33.65	200m: 2:15.64	35.46	300m: 3:38.42	41.60	400m: 4:41.74	30.62
7.	CARDOSO, Diogo Santos	01	POR	Sporting	4:43.89	+0,73	623 A
	50m: 30.80 30.80	150m: 1:44.24	39.56	250m: 3:01.94	39.59	350m: 4:13.52	31.76
	100m: 1:04.68 33.88	200m: 2:22.35	38.11	300m: 3:41.76	39.82	400m: 4:43.89	30.37
8.	REIS, Leonardo Conceicao	07	POR	Alges	4:47.49	+0,64	600 A
	50m: 28.91 28.91	150m: 1:39.79	37.05	250m: 2:57.71	40.82	350m: 4:14.97	35.16
	100m: 1:02.74 33.83	200m: 2:16.89	37.10	300m: 3:39.81	42.10	400m: 4:47.49	32.52
9.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:47.65	+0,75	599 A
	50m: 30.55 30.55	150m: 1:41.79	37.22	250m: 3:00.65	43.09	350m: 4:16.05	32.75
	100m: 1:04.57 34.02	200m: 2:17.56	35.77	300m: 3:43.30	42.65	400m: 4:47.65	31.60
10.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:49.10	+0,73	590 A
	50m: 30.06 30.06	150m: 1:40.55	35.72	250m: 2:59.75	43.44	350m: 4:16.63	32.93
	100m: 1:04.83 34.77	200m: 2:16.31	35.76	300m: 3:43.70	43.95	400m: 4:49.10	32.47
11.	ALVES, Andre Correia	06	POR	Benfica	4:49.97	+0,73	584 B
	50m: 30.30 30.30	150m: 1:42.56	37.14	250m: 3:02.18	42.32	350m: 4:17.91	32.54
	100m: 1:05.42 35.12	200m: 2:19.86	37.30	300m: 3:45.37	43.19	400m: 4:49.97	32.06
12.	CRUZ, Leonardo Jose	07	POR	Alcobaca	4:50.03	+0,69	584 B
	50m: 30.25 30.25	150m: 1:42.98	37.76	250m: 2:59.54	40.14	350m: 4:15.85	34.24
	100m: 1:05.22 34.97	200m: 2:19.40	36.42	300m: 3:41.61	42.07	400m: 4:50.03	34.18
13.	MONTEIRO, Afonso Carvalho	10	POR	Famalicão	4:51.79	+0,72	574 B
	50m: 29.84 29.84	150m: 1:43.82	38.91	250m: 3:02.94	40.86	350m: 4:18.90	33.83
	100m: 1:04.91 35.07	200m: 2:22.08	38.26	300m: 3:45.07	42.13	400m: 4:51.79	32.89
14.	NOVAIS, Guilherme Pereira	09	POR	Foca Quinta Da Lixa - Cnf	4:52.13	+0,65	572 B
	50m: 29.63 29.63	150m: 1:41.74	38.57	250m: 3:02.81	43.76	350m: 4:20.15	33.61
	100m: 1:03.17 33.54	200m: 2:19.05	37.31	300m: 3:46.54	43.73	400m: 4:52.13	31.98
	SIMOES, Francisco Marques	07	POR	CNLeiria - VOID	4:52.13	+0,75	572 B
	50m: 29.11 29.11	150m: 1:42.26	38.33	250m: 3:01.98	43.12	350m: 4:19.22	34.93
	100m: 1:03.93 34.82	200m: 2:18.86	36.60	300m: 3:44.29	42.31	400m: 4:52.13	32.91
16.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	4:53.31	+0,72	565 B
	50m: 29.28 29.28	150m: 1:41.48	37.93	250m: 3:04.04	45.09	350m: 4:21.07	33.13
	100m: 1:03.55 34.27	200m: 2:18.95	37.47	300m: 3:47.94	43.90	400m: 4:53.31	32.24
17.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	4:53.64	+0,65	563 B
	50m: 28.68 28.68	150m: 1:41.09	38.83	250m: 3:00.52	40.96	350m: 4:18.32	35.43
	100m: 1:02.26 33.58	200m: 2:19.56	38.47	300m: 3:42.89	42.37	400m: 4:53.64	35.32
18.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:54.10	+0,67	560 B
	50m: 30.06 30.06	150m: 1:42.46	38.39	250m: 3:04.88	43.98	350m: 4:22.34	31.68
	100m: 1:04.07 34.01	200m: 2:20.90	38.44	300m: 3:50.66	45.78	400m: 4:54.10	31.76

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
19.	REIS, Diogo Damasceno	09	POR	Sporting	4:54.56	+0,72	557 B
	50m: 29.60 29.60	150m: 1:45.67	39.95	250m: 3:04.31	39.93	350m: 4:20.88	35.04
	100m: 1:05.72 36.12	200m: 2:24.38	38.71	300m: 3:45.84	41.53	400m: 4:54.56	33.68
20.	JORGE, Antonio Antunes	10	POR	Alcobaca	4:54.69	+0,68	557 B
	50m: 30.22 30.22	150m: 1:44.66	40.55	250m: 3:04.72	40.66	350m: 4:21.51	35.30
	100m: 1:04.11 33.89	200m: 2:24.06	39.40	300m: 3:46.21	41.49	400m: 4:54.69	33.18
21.	DORES, Tomas Rocha	07	POR	Colegio Efanor	4:56.70	+0,70	545 R
	50m: 29.96 29.96	150m: 1:42.79	38.32	250m: 3:05.11	44.61	350m: 4:24.27	34.11
	100m: 1:04.47 34.51	200m: 2:20.50	37.71	300m: 3:50.16	45.05	400m: 4:56.70	32.43
22.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	4:57.08	+0,64	543 R
	50m: 29.92 29.92	150m: 1:42.56	39.04	250m: 3:06.43	44.66	350m: 4:24.98	33.33
	100m: 1:03.52 33.60	200m: 2:21.77	39.21	300m: 3:51.65	45.22	400m: 4:57.08	32.10
23.	OLIVEIRA, Pedro Saad	08	POR	Sporting	4:57.25	+0,82	542
	50m: 29.84 29.84	150m: 1:44.08	38.55	250m: 3:06.17	44.40	350m: 4:24.84	34.73
	100m: 1:05.53 35.69	200m: 2:21.77	37.69	300m: 3:50.11	43.94	400m: 4:57.25	32.41
24.	SARAGOCA, Eduardo Sousa	07	POR	Viana Natacao	4:57.70	+0,85	540
	50m: 31.09 31.09	150m: 1:46.82	39.64	250m: 3:07.85	42.49	350m: 4:24.81	34.55
	100m: 1:07.18 36.09	200m: 2:25.36	38.54	300m: 3:50.26	42.41	400m: 4:57.70	32.89
25.	RELVAS, David Ferreira	03	POR	Nautico Marinha Grande	4:57.93	+0,84	539
	50m: 29.48 29.48	150m: 1:42.75	38.84	250m: 3:05.22	43.44	350m: 4:24.09	34.36
	100m: 1:03.91 34.43	200m: 2:21.78	39.03	300m: 3:49.73	44.51	400m: 4:57.93	33.84
26.	MIRANDA, Francisco Guilherm	08	POR	Naval Do Funchal	4:59.84	+0,67	529
	50m: 30.80 30.80	150m: 1:44.83	39.39	250m: 3:07.50	44.36	350m: 4:26.41	35.37
	100m: 1:05.44 34.64	200m: 2:23.14	38.31	300m: 3:51.04	43.54	400m: 4:59.84	33.43
27.	SOUSA, Diogo Rodrigues	10	POR	Alges	5:01.70	+0,78	519
	50m: 31.46 31.46	150m: 1:47.04	39.68	250m: 3:09.60	43.49	350m: 4:28.56	34.35
	100m: 1:07.36 35.90	200m: 2:26.11	39.07	300m: 3:54.21	44.61	400m: 5:01.70	33.14
28.	PRICE, Thomas Branco	07	POR	Sporting	5:02.72	+0,78	514
	50m: 30.10 30.10	150m: 1:45.31	40.04	250m: 3:09.12	45.50	350m: 4:28.30	35.03
	100m: 1:05.27 35.17	200m: 2:23.62	38.31	300m: 3:53.27	44.15	400m: 5:02.72	34.42
29.	SILVA, Guilherme Martins	08	POR	Academico Viseu Futebol Clube	5:02.98	+0,78	512
	50m: 30.65 30.65	150m: 1:44.90	39.17	250m: 3:07.43	42.95	350m: 4:27.26	34.79
	100m: 1:05.73 35.08	200m: 2:24.48	39.58	300m: 3:52.47	45.04	400m: 5:02.98	35.72
30.	SOUSA, Tomas Alexandre	10	POR	Academico Viseu Futebol Clube	5:03.31	+0,80	511
	50m: 31.84 31.84	150m: 1:50.62	43.05	250m: 3:13.19	42.37	350m: 4:31.01	35.98
	100m: 1:07.57 35.73	200m: 2:30.82	40.20	300m: 3:55.03	41.84	400m: 5:03.31	32.30
31.	RIBEIRO, Dinis Aresta	10	POR	Sporting	5:04.43	+0,74	505
	50m: 31.99 31.99	150m: 1:49.66	40.74	250m: 3:11.95	43.10	350m: 4:31.27	35.12
	100m: 1:08.92 36.93	200m: 2:28.85	39.19	300m: 3:56.15	44.20	400m: 5:04.43	33.16
32.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	5:04.74	+0,70	503
	50m: 31.73 31.73	150m: 1:47.76	40.01	250m: 3:10.55	44.38	350m: 4:30.91	35.92
	100m: 1:07.75 36.02	200m: 2:26.17	38.41	300m: 3:54.99	44.44	400m: 5:04.74	33.83
33.	KOT, Paulo	09	POR	Nautico Marinha Grande	5:04.94	+0,69	502
	50m: 30.61 30.61	150m: 1:45.20	39.04	250m: 3:10.10	46.77	350m: 4:31.04	34.62
	100m: 1:06.16 35.55	200m: 2:23.33	38.13	300m: 3:56.42	46.32	400m: 5:04.94	33.90

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
34.	VILAR, Francisco Rodrigues	08	POR	Sporting	5:05.15	+0,78	501
	50m: 29.44 29.44	150m: 1:44.95	39.87	250m: 3:08.90	44.49	350m: 4:28.89	34.85
	100m: 1:05.08 35.64	200m: 2:24.41	39.46	300m: 3:54.04	45.14	400m: 5:05.15	36.26
35.	SILVA, Francisco Carvalho	09	POR	Naval Praia da Vitoria	5:06.98	+0,71	492
	50m: 32.18 32.18	150m: 1:50.78	40.53	250m: 3:14.20	43.04	350m: 4:32.32	34.04
	100m: 1:10.25 38.07	200m: 2:31.16	40.38	300m: 3:58.28	44.08	400m: 5:06.98	34.66
36.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	5:07.23	+0,83	491
	50m: 32.38 32.38	150m: 1:48.23	39.66	250m: 3:13.06	45.74	350m: 4:33.89	35.35
	100m: 1:08.57 36.19	200m: 2:27.32	39.09	300m: 3:58.54	45.48	400m: 5:07.23	33.34
37.	GOMES, Santiago Marques	09	POR	Ba-Leiria	5:07.38	+0,79	491
	50m: 32.38 32.38	150m: 1:51.46	40.60	250m: 3:14.14	43.47	350m: 4:33.28	35.07
	100m: 1:10.86 38.48	200m: 2:30.67	39.21	300m: 3:58.21	44.07	400m: 5:07.38	34.10
38.	BATISTA, Miguel Duarte	08	POR	Academico Viseu Futebol Clube	5:12.48	+0,93	467
	50m: 31.37 31.37	150m: 1:45.34	35.74	250m: 3:11.13	47.92	350m: 4:36.63	36.84
	100m: 1:09.60 38.23	200m: 2:23.21	37.87	300m: 3:59.79	48.66	400m: 5:12.48	35.85
39.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Aqui e Agora	5:12.58	+0,74	466
	50m: 32.09 32.09	150m: 1:48.30	39.69	250m: 3:16.87	47.62	350m: 4:38.45	33.30
	100m: 1:08.61 36.52	200m: 2:29.25	40.95	300m: 4:05.15	48.28	400m: 5:12.58	34.13
40.	VICENTE, Miguel Chagas	09	POR	Bombeiros de Ponta Delgada	5:13.15	+0,72	464
	50m: 32.07 32.07	150m: 1:47.83	38.23	250m: 3:13.01	46.87	350m: 4:37.66	36.67
	100m: 1:09.60 37.53	200m: 2:26.14	38.31	300m: 4:00.99	47.98	400m: 5:13.15	35.49
41.	DIAS, Rodrigo Ferrao	10	POR	Sporting	5:14.95	+0,76	456
	50m: 32.14 32.14	150m: 1:53.03	43.47	250m: 3:19.76	45.02	350m: 4:39.88	33.91
	100m: 1:09.56 37.42	200m: 2:34.74	41.71	300m: 4:05.97	46.21	400m: 5:14.95	35.07
42.	VALENTE, Tomas Santos	10	POR	Leixoes Sport Clube	5:20.62	+0,87	432
	50m: 32.51 32.51	150m: 1:54.73	44.20	250m: 3:20.88	44.52	350m: 4:43.91	38.54
	100m: 1:10.53 38.02	200m: 2:36.36	41.63	300m: 4:05.37	44.49	400m: 5:20.62	36.71
EXH	CRUZ, Miguel Duarte	99	POR	Os Belenenses	5:03.27	+0,69	511
	50m: 31.29 31.29	150m: 1:48.82	41.16	250m: 3:13.12	44.90	350m: 4:30.32	33.96
	100m: 1:07.66 36.37	200m: 2:28.22	39.40	300m: 3:56.36	43.24	400m: 5:03.27	32.95