

Prova 2 Open
28/03/2026 - 9:50 Resultados Elimin
Masc., 400m Livres

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 16	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m 15	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

Pontos: AQUA 2026

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juniores							
1.	MEDEIROS, Miguel Fragoso	08	POR	Vitória Sport Clube	4:01.18	+0,75	758
	50m: 27.67 27.67	150m: 1:27.09	30.06	250m: 2:27.92	30.50	350m: 3:30.88	31.73
	100m: 57.03 29.36	200m: 1:57.42	30.33	300m: 2:59.15	31.23	400m: 4:01.18	30.30
2.	PEREIRA, Rui Silva	08	POR	ADRCCI Monte Maior	4:02.82	+0,86	743
	50m: 28.07 28.07	150m: 1:28.79	30.89	250m: 2:30.37	31.21	350m: 3:32.50	31.42
	100m: 57.90 29.83	200m: 1:59.16	30.37	300m: 3:01.08	30.71	400m: 4:02.82	30.32
3.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:09.30		686
	50m: 28.00 28.00	150m: 1:29.63	31.03	250m: 2:33.60	31.85	350m: 3:39.06	32.63
	100m: 58.60 30.60	200m: 2:01.75	32.12	300m: 3:06.43	32.83	400m: 4:09.30	30.24
4.	CANELAS, Tiago Andre	08	POR	Porto	4:13.15	+0,70	655
	50m: 29.17 29.17	150m: 1:32.10	31.72	250m: 2:36.36	32.21	350m: 3:41.43	32.27
	100m: 1:00.38 31.21	200m: 2:04.15	32.05	300m: 3:09.16	32.80	400m: 4:13.15	31.72
5.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:13.26	+0,68	655
	50m: 28.18 28.18	150m: 1:30.19	31.49	250m: 2:35.42	32.74	350m: 3:40.87	32.55
	100m: 58.70 30.52	200m: 2:02.68	32.49	300m: 3:08.32	32.90	400m: 4:13.26	32.39
6.	LIMA, Eduardo Miguel	08	POR	FOCA Quinta Da Lixa - Cnf	4:16.01		634
	50m: 28.36 28.36	150m: 1:31.53	31.72	250m: 2:36.78	32.29	350m: 3:43.05	32.95
	100m: 59.81 31.45	200m: 2:04.49	32.96	300m: 3:10.10	33.32	400m: 4:16.01	32.96
7.	REIS, Diogo Damasceno	09	POR	Sporting	4:16.60		629
	50m: 27.91 27.91	150m: 1:31.77	32.04	250m: 2:38.36	32.81	350m: 3:44.68	32.69
	100m: 59.73 31.82	200m: 2:05.55	33.78	300m: 3:11.99	33.63	400m: 4:16.60	31.92
8.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:18.05	+0,69	619
	50m: 28.74 28.74	150m: 1:33.07	33.14	250m: 2:39.41	32.75	350m: 3:46.04	33.24
	100m: 59.93 31.19	200m: 2:06.66	33.59	300m: 3:12.80	33.39	400m: 4:18.05	32.01
9.	MONIZ, Rafael Lin	09	POR	Palmela Desporto	4:18.65	+0,74	615
	50m: 27.93 27.93	150m: 1:30.36	31.85	250m: 2:36.69	33.43	350m: 3:45.03	34.48
	100m: 58.51 30.58	200m: 2:03.26	32.90	300m: 3:10.55	33.86	400m: 4:18.65	33.62
10.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:19.65	+0,68	607
	50m: 29.10 29.10	150m: 1:33.11	32.53	250m: 2:39.48	33.43	350m: 3:47.00	33.74
	100m: 1:00.58 31.48	200m: 2:06.05	32.94	300m: 3:13.26	33.78	400m: 4:19.65	32.65
11.	ANDRADE, Salvador Freitas	09	POR	Naval Do Funchal	4:20.62	+0,79	601
	50m: 29.36 29.36	150m: 1:35.07	33.59	250m: 2:42.02	33.49	350m: 3:48.93	33.73
	100m: 1:01.48 32.12	200m: 2:08.53	33.46	300m: 3:15.20	33.18	400m: 4:20.62	31.69
12.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:21.03	+0,83	598
	50m: 28.54 28.54	150m: 1:32.64	32.23	250m: 2:38.43	32.72	350m: 3:46.85	34.18
	100m: 1:00.41 31.87	200m: 2:05.71	33.07	300m: 3:12.67	34.24	400m: 4:21.03	34.18

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
13.	FERREIRA, Andre Bernardes	09	POR	Fluvial Portuense	4:24.00	+0,66	578
	50m: 28.65 28.65	150m: 1:34.81	33.57	250m: 2:42.62	33.84	350m: 3:51.16	34.34
	100m: 1:01.24 32.59	200m: 2:08.78	33.97	300m: 3:16.82	34.20	400m: 4:24.00	32.84
14.	SAMPAIO, Rafael Rui	09	POR	Famalicão	4:24.74	+0,72	573
	50m: 28.42 28.42	150m: 1:32.92	32.77	250m: 2:41.15	34.10	350m: 3:51.28	35.06
	100m: 1:00.15 31.73	200m: 2:07.05	34.13	300m: 3:16.22	35.07	400m: 4:24.74	33.46

Seniores Sub21

1.	LARANJO, Filipe Manso	07	POR	Braga	4:02.35	+0,61	747
	50m: 27.41 27.41	150m: 1:27.39	30.60	250m: 2:29.44	31.20	350m: 3:31.82	31.41
	100m: 56.79 29.38	200m: 1:58.24	30.85	300m: 3:00.41	30.97	400m: 4:02.35	30.53
2.	BORGES, Rodrigo Costa	07	POR	Porto	4:02.59	+0,64	745
	50m: 27.55 27.55	150m: 1:28.15	30.61	250m: 2:30.62	31.25	350m: 3:32.97	31.00
	100m: 57.54 29.99	200m: 1:59.37	31.22	300m: 3:01.97	31.35	400m: 4:02.59	29.62
3.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:03.20	+0,64	739
	50m: 27.45 27.45	150m: 1:27.68	30.36	250m: 2:29.65	31.21	350m: 3:32.61	31.62
	100m: 57.32 29.87	200m: 1:58.44	30.76	300m: 3:00.99	31.34	400m: 4:03.20	30.59
4.	SARREIRA, Tomas Amor	05	POR	Porto	4:08.99	+0,72	689
	50m: 28.87 28.87	150m: 1:31.18	31.37	250m: 2:34.26	31.66	350m: 3:38.24	32.19
	100m: 59.81 30.94	200m: 2:02.60	31.42	300m: 3:06.05	31.79	400m: 4:08.99	30.75
5.	ASMAR, Axel Guedes	07	POR	Sporting	4:09.03		689
	50m: 28.99 28.99	150m: 1:31.50	31.46	250m: 2:34.68	31.52	350m: 3:38.43	31.73
	100m: 1:00.04 31.05	200m: 2:03.16	31.66	300m: 3:06.70	32.02	400m: 4:09.03	30.60
6.	COSTA, Andre Leitao	07	POR	Braga	4:09.34	+0,74	686
	50m: 28.61 28.61	150m: 1:30.81	31.13	250m: 2:33.64	31.41	350m: 3:38.90	32.73
	100m: 59.68 31.07	200m: 2:02.23	31.42	300m: 3:06.17	32.53	400m: 4:09.34	30.44
7.	LOUREIRO, Bruno Silva	06	POR	Porto	4:10.50	+0,73	677
	50m: 28.39 28.39	150m: 1:30.71	31.50	250m: 2:35.25	32.28	350m: 3:40.04	32.26
	100m: 59.21 30.82	200m: 2:02.97	32.26	300m: 3:07.78	32.53	400m: 4:10.50	30.46

Absolutos

1.	MEDEIROS, Miguel Fragoso	08	POR	Vitória Sport Clube	4:01.18	+0,75	758
	50m: 27.67 27.67	150m: 1:27.09	30.06	250m: 2:27.92	30.50	350m: 3:30.88	31.73
	100m: 57.03 29.36	200m: 1:57.42	30.33	300m: 2:59.15	31.23	400m: 4:01.18	30.30
2.	RIBEIRO, Gustavo Carvalhais	03	POR	Benfica	4:02.22	+0,74	748
	50m: 27.82 27.82	150m: 1:27.66	30.17	250m: 2:29.27	30.87	350m: 3:31.55	31.22
	100m: 57.49 29.67	200m: 1:58.40	30.74	300m: 3:00.33	31.06	400m: 4:02.22	30.67
3.	LARANJO, Filipe Manso	07	POR	Braga	4:02.35	+0,61	747
	50m: 27.41 27.41	150m: 1:27.39	30.60	250m: 2:29.44	31.20	350m: 3:31.82	31.41
	100m: 56.79 29.38	200m: 1:58.24	30.85	300m: 3:00.41	30.97	400m: 4:02.35	30.53
4.	BORGES, Rodrigo Costa	07	POR	Porto	4:02.59	+0,64	745
	50m: 27.55 27.55	150m: 1:28.15	30.61	250m: 2:30.62	31.25	350m: 3:32.97	31.00
	100m: 57.54 29.99	200m: 1:59.37	31.22	300m: 3:01.97	31.35	400m: 4:02.59	29.62
5.	PEREIRA, Rui Silva	08	POR	ADRCCI Monte Maior	4:02.82	+0,86	743
	50m: 28.07 28.07	150m: 1:28.79	30.89	250m: 2:30.37	31.21	350m: 3:32.50	31.42
	100m: 57.90 29.83	200m: 1:59.16	30.37	300m: 3:01.08	30.71	400m: 4:02.82	30.32

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
6.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:03.20	+0,64	739
	50m: 27.45 27.45	150m: 1:27.68	30.36	250m: 2:29.65	31.21	350m: 3:32.61	31.62
	100m: 57.32 29.87	200m: 1:58.44	30.76	300m: 3:00.99	31.34	400m: 4:03.20	30.59
7.	MIMOSO, Renato Ferreira	10	POR	Benfica	4:04.62	+0,74	727
	50m: 27.68 27.68	150m: 1:28.72	30.88	250m: 2:30.94	30.89	350m: 3:33.45	31.34
	100m: 57.84 30.16	200m: 2:00.05	31.33	300m: 3:02.11	31.17	400m: 4:04.62	31.17
8.	SARREIRA, Tomas Amor	05	POR	Porto	4:08.99	+0,72	689
	50m: 28.87 28.87	150m: 1:31.18	31.37	250m: 2:34.26	31.66	350m: 3:38.24	32.19
	100m: 59.81 30.94	200m: 2:02.60	31.42	300m: 3:06.05	31.79	400m: 4:08.99	30.75
9.	ASMAR, Axel Guedes	07	POR	Sporting	4:09.03		689
	50m: 28.99 28.99	150m: 1:31.50	31.46	250m: 2:34.68	31.52	350m: 3:38.43	31.73
	100m: 1:00.04 31.05	200m: 2:03.16	31.66	300m: 3:06.70	32.02	400m: 4:09.03	30.60
10.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:09.30		686
	50m: 28.00 28.00	150m: 1:29.63	31.03	250m: 2:33.60	31.85	350m: 3:39.06	32.63
	100m: 58.60 30.60	200m: 2:01.75	32.12	300m: 3:06.43	32.83	400m: 4:09.30	30.24
11.	COSTA, Andre Leitao	07	POR	Braga	4:09.34	+0,74	686
	50m: 28.61 28.61	150m: 1:30.81	31.13	250m: 2:33.64	31.41	350m: 3:38.90	32.73
	100m: 59.68 31.07	200m: 2:02.23	31.42	300m: 3:06.17	32.53	400m: 4:09.34	30.44
12.	LOUREIRO, Bruno Silva	06	POR	Porto	4:10.50	+0,73	677
	50m: 28.39 28.39	150m: 1:30.71	31.50	250m: 2:35.25	32.28	350m: 3:40.04	32.26
	100m: 59.21 30.82	200m: 2:02.97	32.26	300m: 3:07.78	32.53	400m: 4:10.50	30.46
13.	CANELAS, Tiago Andre	08	POR	Porto	4:13.15	+0,70	655
	50m: 29.17 29.17	150m: 1:32.10	31.72	250m: 2:36.36	32.21	350m: 3:41.43	32.27
	100m: 1:00.38 31.21	200m: 2:04.15	32.05	300m: 3:09.16	32.80	400m: 4:13.15	31.72
14.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:13.26	+0,68	655
	50m: 28.18 28.18	150m: 1:30.19	31.49	250m: 2:35.42	32.74	350m: 3:40.87	32.55
	100m: 58.70 30.52	200m: 2:02.68	32.49	300m: 3:08.32	32.90	400m: 4:13.26	32.39
15.	LIMA, Eduardo Miguel	08	POR	FOCA Quinta Da Lixa - Cnf	4:16.01		634
	50m: 28.36 28.36	150m: 1:31.53	31.72	250m: 2:36.78	32.29	350m: 3:43.05	32.95
	100m: 59.81 31.45	200m: 2:04.49	32.96	300m: 3:10.10	33.32	400m: 4:16.01	32.96
16.	REIS, Diogo Damasceno	09	POR	Sporting	4:16.60		629
	50m: 27.91 27.91	150m: 1:31.77	32.04	250m: 2:38.36	32.81	350m: 3:44.68	32.69
	100m: 59.73 31.82	200m: 2:05.55	33.78	300m: 3:11.99	33.63	400m: 4:16.60	31.92
17.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:18.05	+0,69	619
	50m: 28.74 28.74	150m: 1:33.07	33.14	250m: 2:39.41	32.75	350m: 3:46.04	33.24
	100m: 59.93 31.19	200m: 2:06.66	33.59	300m: 3:12.80	33.39	400m: 4:18.05	32.01
18.	MONIZ, Rafael Lin	09	POR	Palmela Desporto	4:18.65	+0,74	615
	50m: 27.93 27.93	150m: 1:30.36	31.85	250m: 2:36.69	33.43	350m: 3:45.03	34.48
	100m: 58.51 30.58	200m: 2:03.26	32.90	300m: 3:10.55	33.86	400m: 4:18.65	33.62
19.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:19.65	+0,68	607
	50m: 29.10 29.10	150m: 1:33.11	32.53	250m: 2:39.48	33.43	350m: 3:47.00	33.74
	100m: 1:00.58 31.48	200m: 2:06.05	32.94	300m: 3:13.26	33.78	400m: 4:19.65	32.65
20.	ANDRADE, Salvador Freitas	09	POR	Naval Do Funchal	4:20.62	+0,79	601
	50m: 29.36 29.36	150m: 1:35.07	33.59	250m: 2:42.02	33.49	350m: 3:48.93	33.73
	100m: 1:01.48 32.12	200m: 2:08.53	33.46	300m: 3:15.20	33.18	400m: 4:20.62	31.69

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
21.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:21.03	+0,83	598
	50m: 28.54 28.54	150m: 1:32.64	32.23	250m: 2:38.43	32.72	350m: 3:46.85	34.18
	100m: 1:00.41 31.87	200m: 2:05.71	33.07	300m: 3:12.67	34.24	400m: 4:21.03	34.18
22.	FERREIRA, Andre Bernardes	09	POR	Fluvial Portuense	4:24.00	+0,66	578
	50m: 28.65 28.65	150m: 1:34.81	33.57	250m: 2:42.62	33.84	350m: 3:51.16	34.34
	100m: 1:01.24 32.59	200m: 2:08.78	33.97	300m: 3:16.82	34.20	400m: 4:24.00	32.84
23.	SAMPAIO, Rafael Rui	09	POR	Famalicão	4:24.74	+0,72	573
	50m: 28.42 28.42	150m: 1:32.92	32.77	250m: 2:41.15	34.10	350m: 3:51.28	35.06
	100m: 1:00.15 31.73	200m: 2:07.05	34.13	300m: 3:16.22	35.07	400m: 4:24.74	33.46

OPEN

1.	MEDEIROS, Miguel Fragoso	08	POR	Vitória Sport Clube	4:01.18	+0,75	758
	50m: 27.67 27.67	150m: 1:27.09	30.06	250m: 2:27.92	30.50	350m: 3:30.88	31.73
	100m: 57.03 29.36	200m: 1:57.42	30.33	300m: 2:59.15	31.23	400m: 4:01.18	30.30
2.	RIBEIRO, Gustavo Carvalhais	03	POR	Benfica	4:02.22	+0,74	748
	50m: 27.82 27.82	150m: 1:27.66	30.17	250m: 2:29.27	30.87	350m: 3:31.55	31.22
	100m: 57.49 29.67	200m: 1:58.40	30.74	300m: 3:00.33	31.06	400m: 4:02.22	30.67
3.	LARANJO, Filipe Manso	07	POR	Braga	4:02.35	+0,61	747
	50m: 27.41 27.41	150m: 1:27.39	30.60	250m: 2:29.44	31.20	350m: 3:31.82	31.41
	100m: 56.79 29.38	200m: 1:58.24	30.85	300m: 3:00.41	30.97	400m: 4:02.35	30.53
4.	BORGES, Rodrigo Costa	07	POR	Porto	4:02.59	+0,64	745
	50m: 27.55 27.55	150m: 1:28.15	30.61	250m: 2:30.62	31.25	350m: 3:32.97	31.00
	100m: 57.54 29.99	200m: 1:59.37	31.22	300m: 3:01.97	31.35	400m: 4:02.59	29.62
5.	PEREIRA, Rui Silva	08	POR	ADRCCI Monte Maior	4:02.82	+0,86	743
	50m: 28.07 28.07	150m: 1:28.79	30.89	250m: 2:30.37	31.21	350m: 3:32.50	31.42
	100m: 57.90 29.83	200m: 1:59.16	30.37	300m: 3:01.08	30.71	400m: 4:02.82	30.32
6.	FOMIN, Yury	06	RUS	Sport Alges e Dafundo	4:03.11	+0,76	740
	50m: 27.63 27.63	150m: 1:28.77	30.91	250m: 2:30.92	31.09	350m: 3:33.01	30.99
	100m: 57.86 30.23	200m: 1:59.83	31.06	300m: 3:02.02	31.10	400m: 4:03.11	30.10
7.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	4:03.20	+0,64	739
	50m: 27.45 27.45	150m: 1:27.68	30.36	250m: 2:29.65	31.21	350m: 3:32.61	31.62
	100m: 57.32 29.87	200m: 1:58.44	30.76	300m: 3:00.99	31.34	400m: 4:03.20	30.59
8.	MIMOSO, Renato Ferreira	10	POR	Benfica	4:04.62	+0,74	727
	50m: 27.68 27.68	150m: 1:28.72	30.88	250m: 2:30.94	30.89	350m: 3:33.45	31.34
	100m: 57.84 30.16	200m: 2:00.05	31.33	300m: 3:02.11	31.17	400m: 4:04.62	31.17
9.	SARREIRA, Tomas Amor	05	POR	Porto	4:08.99	+0,72	689
	50m: 28.87 28.87	150m: 1:31.18	31.37	250m: 2:34.26	31.66	350m: 3:38.24	32.19
	100m: 59.81 30.94	200m: 2:02.60	31.42	300m: 3:06.05	31.79	400m: 4:08.99	30.75
10.	ASMAR, Axel Guedes	07	POR	Sporting	4:09.03		689
	50m: 28.99 28.99	150m: 1:31.50	31.46	250m: 2:34.68	31.52	350m: 3:38.43	31.73
	100m: 1:00.04 31.05	200m: 2:03.16	31.66	300m: 3:06.70	32.02	400m: 4:09.03	30.60
11.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:09.30		686
	50m: 28.00 28.00	150m: 1:29.63	31.03	250m: 2:33.60	31.85	350m: 3:39.06	32.63
	100m: 58.60 30.60	200m: 2:01.75	32.12	300m: 3:06.43	32.83	400m: 4:09.30	30.24

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	COSTA, Andre Leitao	07	POR	Braga	4:09.34	+0,74	686
	50m: 28.61 28.61	150m: 1:30.81	31.13	250m: 2:33.64	31.41	350m: 3:38.90	32.73
	100m: 59.68 31.07	200m: 2:02.23	31.42	300m: 3:06.17	32.53	400m: 4:09.34	30.44
13.	LOUREIRO, Bruno Silva	06	POR	Porto	4:10.50	+0,73	677
	50m: 28.39 28.39	150m: 1:30.71	31.50	250m: 2:35.25	32.28	350m: 3:40.04	32.26
	100m: 59.21 30.82	200m: 2:02.97	32.26	300m: 3:07.78	32.53	400m: 4:10.50	30.46
14.	CANELAS, Tiago Andre	08	POR	Porto	4:13.15	+0,70	655
	50m: 29.17 29.17	150m: 1:32.10	31.72	250m: 2:36.36	32.21	350m: 3:41.43	32.27
	100m: 1:00.38 31.21	200m: 2:04.15	32.05	300m: 3:09.16	32.80	400m: 4:13.15	31.72
15.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:13.26	+0,68	655
	50m: 28.18 28.18	150m: 1:30.19	31.49	250m: 2:35.42	32.74	350m: 3:40.87	32.55
	100m: 58.70 30.52	200m: 2:02.68	32.49	300m: 3:08.32	32.90	400m: 4:13.26	32.39
16.	LIMA, Eduardo Miguel	08	POR	FOCA Quinta Da Lixa - Cnf	4:16.01		634
	50m: 28.36 28.36	150m: 1:31.53	31.72	250m: 2:36.78	32.29	350m: 3:43.05	32.95
	100m: 59.81 31.45	200m: 2:04.49	32.96	300m: 3:10.10	33.32	400m: 4:16.01	32.96
17.	REIS, Diogo Damasceno	09	POR	Sporting	4:16.60		629
	50m: 27.91 27.91	150m: 1:31.77	32.04	250m: 2:38.36	32.81	350m: 3:44.68	32.69
	100m: 59.73 31.82	200m: 2:05.55	33.78	300m: 3:11.99	33.63	400m: 4:16.60	31.92
18.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:18.05	+0,69	619
	50m: 28.74 28.74	150m: 1:33.07	33.14	250m: 2:39.41	32.75	350m: 3:46.04	33.24
	100m: 59.93 31.19	200m: 2:06.66	33.59	300m: 3:12.80	33.39	400m: 4:18.05	32.01
19.	MONIZ, Rafael Lin	09	POR	Palmela Desporto	4:18.65	+0,74	615
	50m: 27.93 27.93	150m: 1:30.36	31.85	250m: 2:36.69	33.43	350m: 3:45.03	34.48
	100m: 58.51 30.58	200m: 2:03.26	32.90	300m: 3:10.55	33.86	400m: 4:18.65	33.62
20.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:19.65	+0,68	607
	50m: 29.10 29.10	150m: 1:33.11	32.53	250m: 2:39.48	33.43	350m: 3:47.00	33.74
	100m: 1:00.58 31.48	200m: 2:06.05	32.94	300m: 3:13.26	33.78	400m: 4:19.65	32.65
21.	ANDRADE, Salvador Freitas	09	POR	Naval Do Funchal	4:20.62	+0,79	601
	50m: 29.36 29.36	150m: 1:35.07	33.59	250m: 2:42.02	33.49	350m: 3:48.93	33.73
	100m: 1:01.48 32.12	200m: 2:08.53	33.46	300m: 3:15.20	33.18	400m: 4:20.62	31.69
22.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:21.03	+0,83	598
	50m: 28.54 28.54	150m: 1:32.64	32.23	250m: 2:38.43	32.72	350m: 3:46.85	34.18
	100m: 1:00.41 31.87	200m: 2:05.71	33.07	300m: 3:12.67	34.24	400m: 4:21.03	34.18
23.	FERREIRA, Andre Bernardes	09	POR	Fluvial Portuense	4:24.00	+0,66	578
	50m: 28.65 28.65	150m: 1:34.81	33.57	250m: 2:42.62	33.84	350m: 3:51.16	34.34
	100m: 1:01.24 32.59	200m: 2:08.78	33.97	300m: 3:16.82	34.20	400m: 4:24.00	32.84
24.	SAMPAIO, Rafael Rui	09	POR	Famalicão	4:24.74	+0,72	573
	50m: 28.42 28.42	150m: 1:32.92	32.77	250m: 2:41.15	34.10	350m: 3:51.28	35.06
	100m: 1:00.15 31.73	200m: 2:07.05	34.13	300m: 3:16.22	35.07	400m: 4:24.74	33.46
EXH	BELEZAS, Ricardo Andrade	91	POR	Os Belenenses	4:36.33	+0,74	504
	50m: 30.72 30.72	150m: 1:38.78	34.88	250m: 2:49.45	35.52	350m: 4:00.92	35.92
	100m: 1:03.90 33.18	200m: 2:13.93	35.15	300m: 3:25.00	35.55	400m: 4:36.33	35.41