

Prova 23 Masc., 400m Estilos Open  
30/03/2026 - 9:41 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 16	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Recordes Nacionais 50m 15	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

Pontos: AQUA 2026

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
<b>Juniores</b>							
1.	SOARES, Guilherme Costa	08	POR	Vilacondense	<b>4:42.99</b>	+0,80	629
	50m: 29.15 29.15	150m: 1:38.68	36.48	250m: 2:56.51	42.55	350m: 4:11.03	32.63
	100m: 1:02.20 33.05	200m: 2:13.96	35.28	300m: 3:38.40	41.89	400m: 4:42.99	31.96
2.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	<b>4:44.74</b>		617
	50m: 29.71 29.71	150m: 1:40.53	36.77	250m: 2:58.09	41.51	350m: 4:13.34	32.66
	100m: 1:03.76 34.05	200m: 2:16.58	36.05	300m: 3:40.68	42.59	400m: 4:44.74	31.40
3.	PEIXOTO, Tomas Pinto	08	POR	Porto	<b>4:47.59</b>	+0,76	599
	50m: 30.28 30.28	150m: 1:41.39	37.07	250m: 2:59.76	42.50	350m: 4:15.54	32.50
	100m: 1:04.32 34.04	200m: 2:17.26	35.87	300m: 3:43.04	43.28	400m: 4:47.59	32.05
4.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	<b>4:52.05</b>	+0,68	572
	50m: 29.24 29.24	150m: 1:40.96	37.20	250m: 3:01.24	42.80	350m: 4:18.56	34.30
	100m: 1:03.76 34.52	200m: 2:18.44	37.48	300m: 3:44.26	43.02	400m: 4:52.05	33.49
5.	NOVAIS, Guilherme Pereira	09	POR	FOCA Quinta Da Lixa - Cnf	<b>4:53.31</b>	+0,69	565
	50m: 30.34 30.34	150m: 1:42.22	38.18	250m: 3:03.86	44.11	350m: 4:21.27	33.41
	100m: 1:04.04 33.70	200m: 2:19.75	37.53	300m: 3:47.86	44.00	400m: 4:53.31	32.04
6.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	<b>4:57.94</b>		539
	50m: 30.96 30.96	150m: 1:45.03	38.45	250m: 3:07.80	44.70	350m: 4:25.51	33.23
	100m: 1:06.58 35.62	200m: 2:23.10	38.07	300m: 3:52.28	44.48	400m: 4:57.94	32.43
7.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	<b>4:58.63</b>	+0,68	535
	50m: 30.38 30.38	150m: 1:43.81	38.82	250m: 3:04.96	43.12	350m: 4:24.03	36.01
	100m: 1:04.99 34.61	200m: 2:21.84	38.03	300m: 3:48.02	43.06	400m: 4:58.63	34.60
8.	KOT, Paulo	09	POR	Nautico Marinha Grande	<b>4:58.99</b>	+0,67	533
	50m: 29.95 29.95	150m: 1:44.26	39.09	250m: 3:08.20	45.82	350m: 4:26.34	32.35
	100m: 1:05.17 35.22	200m: 2:22.38	38.12	300m: 3:53.99	45.79	400m: 4:58.99	32.65
9.	GOMES, Santiago Marques	09	POR	Ba Leiria / Sk Coffee	<b>4:59.82</b>	+0,66	529
	50m: 30.49 30.49	150m: 1:45.58	39.18	250m: 3:08.61	44.04	350m: 4:26.77	33.66
	100m: 1:06.40 35.91	200m: 2:24.57	38.99	300m: 3:53.11	44.50	400m: 4:59.82	33.05
10.	MIRANDA, Francisco Guilherme	08	POR	Naval Do Funchal	<b>5:00.58</b>	+0,65	525
	50m: 30.35 30.35	150m: 1:45.42	39.61	250m: 3:07.09	43.35	350m: 4:26.57	35.38
	100m: 1:05.81 35.46	200m: 2:23.74	38.32	300m: 3:51.19	44.10	400m: 5:00.58	34.01
11.	VALENTE, Xavier Jesus	09	POR	Os Belenenses	<b>5:00.69</b>		524
	50m: 30.19 30.19	150m: 1:46.16	40.00	250m: 3:08.51	42.28	350m: 4:26.30	33.96
	100m: 1:06.16 35.97	200m: 2:26.23	40.07	300m: 3:52.34	43.83	400m: 5:00.69	34.39
12.	AGUIAR, Manuel Leite	09	POR	Sanjoanense/FEPSA	<b>5:01.22</b>	+0,74	521
	50m: 30.56 30.56	150m: 1:45.31	39.07	250m: 3:08.55	43.87	350m: 4:28.13	33.94
	100m: 1:06.24 35.68	200m: 2:24.68	39.37	300m: 3:54.19	45.64	400m: 5:01.22	33.09

Prova 23, Masc., 400m Estilos, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
13.	CARROMEU, Afonso Santos	09	POR	Naval Setubalense	<b>5:04.99</b>	+0,64	502
	50m: 31.14 31.14	150m: 1:47.15	40.54	250m: 3:11.34	45.35	350m: 4:31.99	35.72
	100m: 1:06.61 35.47	200m: 2:25.99	38.84	300m: 3:56.27	44.93	400m: 5:04.99	33.00
14.	COSTA, Rodrigo Cruz	09	POR	Sanjoanense/FEPSA	<b>5:05.08</b>	+0,78	502
	50m: 31.15 31.15	150m: 1:47.86	41.30	250m: 3:11.50	44.42	350m: 4:31.40	36.30
	100m: 1:06.56 35.41	200m: 2:27.08	39.22	300m: 3:55.10	43.60	400m: 5:05.08	33.68

Seniores Sub21

1.	CRUZ, Leonardo Jose	07	POR	Alcobaca	<b>4:43.27</b>	+0,51	627
	50m: 28.92 28.92	150m: 1:38.95	36.09	250m: 2:55.97	41.45	350m: 4:10.56	33.56
	100m: 1:02.86 33.94	200m: 2:14.52	35.57	300m: 3:37.00	41.03	400m: 4:43.27	32.71
2.	SARREIRA, Tomas Amor	05	POR	Porto	<b>4:44.40</b>	+0,76	619
	50m: 29.71 29.71	150m: 1:40.02	37.09	250m: 2:57.98	42.04	350m: 4:13.56	32.90
	100m: 1:02.93 33.22	200m: 2:15.94	35.92	300m: 3:40.66	42.68	400m: 4:44.40	30.84
3.	ALVES, Andre Correia	06	POR	Benfica	<b>4:46.93</b>	+0,72	603
	50m: 29.71 29.71	150m: 1:41.82	37.03	250m: 3:00.39	42.10	350m: 4:15.07	32.56
	100m: 1:04.79 35.08	200m: 2:18.29	36.47	300m: 3:42.51	42.12	400m: 4:46.93	31.86
4.	SOUSA, Joao Maria	05	POR	Braga	<b>4:51.60</b>		575
	50m: 29.76 29.76	150m: 1:41.90	37.89	250m: 3:02.89	42.69	350m: 4:19.03	33.56
	100m: 1:04.01 34.25	200m: 2:20.20	38.30	300m: 3:45.47	42.58	400m: 4:51.60	32.57
5.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	<b>4:55.90</b>	+0,66	550
	50m: 29.28 29.28	150m: 1:42.26	39.07	250m: 3:01.97	41.60	350m: 4:20.97	36.33
	100m: 1:03.19 33.91	200m: 2:20.37	38.11	300m: 3:44.64	42.67	400m: 4:55.90	34.93
6.	DORES, Tomas Rocha	07	POR	Colegio Efanor	<b>5:06.54</b>	+0,63	495
	50m: 30.02 30.02	150m: 1:45.36	40.15	250m: 3:11.23	46.75	350m: 4:31.54	34.86
	100m: 1:05.21 35.19	200m: 2:24.48	39.12	300m: 3:56.68	45.45	400m: 5:06.54	35.00

Absolutos

1.	BASTOS, Lucas Pereira	00	POR	Cnac	<b>4:41.80</b>		637
	50m: 28.64 28.64	150m: 1:36.38	35.66	250m: 2:53.51	41.68	350m: 4:08.84	33.78
	100m: 1:00.72 32.08	200m: 2:11.83	35.45	300m: 3:35.06	41.55	400m: 4:41.80	32.96
2.	SOARES, Guilherme Costa	08	POR	Vilacondense	<b>4:42.99</b>	+0,80	629
	50m: 29.15 29.15	150m: 1:38.68	36.48	250m: 2:56.51	42.55	350m: 4:11.03	32.63
	100m: 1:02.20 33.05	200m: 2:13.96	35.28	300m: 3:38.40	41.89	400m: 4:42.99	31.96
3.	CRUZ, Leonardo Jose	07	POR	Alcobaca	<b>4:43.27</b>	+0,51	627
	50m: 28.92 28.92	150m: 1:38.95	36.09	250m: 2:55.97	41.45	350m: 4:10.56	33.56
	100m: 1:02.86 33.94	200m: 2:14.52	35.57	300m: 3:37.00	41.03	400m: 4:43.27	32.71
4.	SARREIRA, Tomas Amor	05	POR	Porto	<b>4:44.40</b>	+0,76	619
	50m: 29.71 29.71	150m: 1:40.02	37.09	250m: 2:57.98	42.04	350m: 4:13.56	32.90
	100m: 1:02.93 33.22	200m: 2:15.94	35.92	300m: 3:40.66	42.68	400m: 4:44.40	30.84
5.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	<b>4:44.74</b>		617
	50m: 29.71 29.71	150m: 1:40.53	36.77	250m: 2:58.09	41.51	350m: 4:13.34	32.66
	100m: 1:03.76 34.05	200m: 2:16.58	36.05	300m: 3:40.68	42.59	400m: 4:44.74	31.40
6.	CARDOSO, Diogo Santos	01	POR	Sporting	<b>4:45.35</b>	+0,52	613
	50m: 30.92 30.92	150m: 1:44.97	39.75	250m: 3:03.74	40.76	350m: 4:15.22	32.09
	100m: 1:05.22 34.30	200m: 2:22.98	38.01	300m: 3:43.13	39.39	400m: 4:45.35	30.13

Prova 23, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
7.	ALVES, Andre Correia	06	POR	Benfica	<b>4:46.93</b>	+0,72	603
	50m: 29.71 29.71	150m: 1:41.82	37.03	250m: 3:00.39	42.10	350m: 4:15.07	32.56
	100m: 1:04.79 35.08	200m: 2:18.29	36.47	300m: 3:42.51	42.12	400m: 4:46.93	31.86
8.	PEIXOTO, Tomas Pinto	08	POR	Porto	<b>4:47.59</b>	+0,76	599
	50m: 30.28 30.28	150m: 1:41.39	37.07	250m: 2:59.76	42.50	350m: 4:15.54	32.50
	100m: 1:04.32 34.04	200m: 2:17.26	35.87	300m: 3:43.04	43.28	400m: 4:47.59	32.05
9.	SOUSA, Joao Maria	05	POR	Braga	<b>4:51.60</b>		575
	50m: 29.76 29.76	150m: 1:41.90	37.89	250m: 3:02.89	42.69	350m: 4:19.03	33.56
	100m: 1:04.01 34.25	200m: 2:20.20	38.30	300m: 3:45.47	42.58	400m: 4:51.60	32.57
10.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	<b>4:52.05</b>	+0,68	572
	50m: 29.24 29.24	150m: 1:40.96	37.20	250m: 3:01.24	42.80	350m: 4:18.56	34.30
	100m: 1:03.76 34.52	200m: 2:18.44	37.48	300m: 3:44.26	43.02	400m: 4:52.05	33.49
11.	NOVAIS, Guilherme Pereira	09	POR	FOCA Quinta Da Lixa - Cnf	<b>4:53.31</b>	+0,69	565
	50m: 30.34 30.34	150m: 1:42.22	38.18	250m: 3:03.86	44.11	350m: 4:21.27	33.41
	100m: 1:04.04 33.70	200m: 2:19.75	37.53	300m: 3:47.86	44.00	400m: 4:53.31	32.04
12.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	<b>4:55.90</b>	+0,66	550
	50m: 29.28 29.28	150m: 1:42.26	39.07	250m: 3:01.97	41.60	350m: 4:20.97	36.33
	100m: 1:03.19 33.91	200m: 2:20.37	38.11	300m: 3:44.64	42.67	400m: 4:55.90	34.93
13.	JORGE, Antonio Antunes	10	POR	Alcobaca	<b>4:57.85</b>	+0,60	539
	50m: 30.80 30.80	150m: 1:46.75	40.12	250m: 3:07.91	40.67	350m: 4:25.25	34.89
	100m: 1:06.63 35.83	200m: 2:27.24	40.49	300m: 3:50.36	42.45	400m: 4:57.85	32.60
14.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	<b>4:57.94</b>		539
	50m: 30.96 30.96	150m: 1:45.03	38.45	250m: 3:07.80	44.70	350m: 4:25.51	33.23
	100m: 1:06.58 35.62	200m: 2:23.10	38.07	300m: 3:52.28	44.48	400m: 4:57.94	32.43
15.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	<b>4:58.63</b>	+0,68	535
	50m: 30.38 30.38	150m: 1:43.81	38.82	250m: 3:04.96	43.12	350m: 4:24.03	36.01
	100m: 1:04.99 34.61	200m: 2:21.84	38.03	300m: 3:48.02	43.06	400m: 4:58.63	34.60
16.	KOT, Paulo	09	POR	Nautico Marinha Grande	<b>4:58.99</b>	+0,67	533
	50m: 29.95 29.95	150m: 1:44.26	39.09	250m: 3:08.20	45.82	350m: 4:26.34	32.35
	100m: 1:05.17 35.22	200m: 2:22.38	38.12	300m: 3:53.99	45.79	400m: 4:58.99	32.65
17.	GOMES, Santiago Marques	09	POR	Ba Leiria / Sk Coffee	<b>4:59.82</b>	+0,66	529
	50m: 30.49 30.49	150m: 1:45.58	39.18	250m: 3:08.61	44.04	350m: 4:26.77	33.66
	100m: 1:06.40 35.91	200m: 2:24.57	38.99	300m: 3:53.11	44.50	400m: 4:59.82	33.05
18.	MIRANDA, Francisco Guilherme	08	POR	Naval Do Funchal	<b>5:00.58</b>	+0,65	525
	50m: 30.35 30.35	150m: 1:45.42	39.61	250m: 3:07.09	43.35	350m: 4:26.57	35.38
	100m: 1:05.81 35.46	200m: 2:23.74	38.32	300m: 3:51.19	44.10	400m: 5:00.58	34.01
19.	VALENTE, Xavier Jesus	09	POR	Os Belenenses	<b>5:00.69</b>		524
	50m: 30.19 30.19	150m: 1:46.16	40.00	250m: 3:08.51	42.28	350m: 4:26.30	33.96
	100m: 1:06.16 35.97	200m: 2:26.23	40.07	300m: 3:52.34	43.83	400m: 5:00.69	34.39
20.	AGUIAR, Manuel Leite	09	POR	Sanjoanense/FEPSA	<b>5:01.22</b>	+0,74	521
	50m: 30.56 30.56	150m: 1:45.31	39.07	250m: 3:08.55	43.87	350m: 4:28.13	33.94
	100m: 1:06.24 35.68	200m: 2:24.68	39.37	300m: 3:54.19	45.64	400m: 5:01.22	33.09
21.	CARROMEU, Afonso Santos	09	POR	Naval Setubalense	<b>5:04.99</b>	+0,64	502
	50m: 31.14 31.14	150m: 1:47.15	40.54	250m: 3:11.34	45.35	350m: 4:31.99	35.72
	100m: 1:06.61 35.47	200m: 2:25.99	38.84	300m: 3:56.27	44.93	400m: 5:04.99	33.00

Prova 23, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
22.	COSTA, Rodrigo Cruz	09	POR	Sanjoanense/FEPSA	<b>5:05.08</b>	+0,78	502
	50m: 31.15 31.15	150m: 1:47.86	41.30	250m: 3:11.50	44.42	350m: 4:31.40	36.30
	100m: 1:06.56 35.41	200m: 2:27.08	39.22	300m: 3:55.10	43.60	400m: 5:05.08	33.68
23.	DORES, Tomas Rocha	07	POR	Colegio Efanor	<b>5:06.54</b>	+0,63	495
	50m: 30.02 30.02	150m: 1:45.36	40.15	250m: 3:11.23	46.75	350m: 4:31.54	34.86
	100m: 1:05.21 35.19	200m: 2:24.48	39.12	300m: 3:56.68	45.45	400m: 5:06.54	35.00

OPEN

1.	FOMIN, Yury	06	RUS	Sport Alges e Dafundo	<b>4:41.23</b>	+0,59	641
	50m: 28.68 28.68	150m: 1:38.98	37.45	250m: 2:55.62	40.72	350m: 4:10.05	33.84
	100m: 1:01.53 32.85	200m: 2:14.90	35.92	300m: 3:36.21	40.59	400m: 4:41.23	31.18
2.	BASTOS, Lucas Pereira	00	POR	Cnac	<b>4:41.80</b>		637
	50m: 28.64 28.64	150m: 1:36.38	35.66	250m: 2:53.51	41.68	350m: 4:08.84	33.78
	100m: 1:00.72 32.08	200m: 2:11.83	35.45	300m: 3:35.06	41.55	400m: 4:41.80	32.96
3.	SOARES, Guilherme Costa	08	POR	Vilacondense	<b>4:42.99</b>	+0,80	629
	50m: 29.15 29.15	150m: 1:38.68	36.48	250m: 2:56.51	42.55	350m: 4:11.03	32.63
	100m: 1:02.20 33.05	200m: 2:13.96	35.28	300m: 3:38.40	41.89	400m: 4:42.99	31.96
4.	CRUZ, Leonardo Jose	07	POR	Alcobaca	<b>4:43.27</b>	+0,51	627
	50m: 28.92 28.92	150m: 1:38.95	36.09	250m: 2:55.97	41.45	350m: 4:10.56	33.56
	100m: 1:02.86 33.94	200m: 2:14.52	35.57	300m: 3:37.00	41.03	400m: 4:43.27	32.71
5.	SARREIRA, Tomas Amor	05	POR	Porto	<b>4:44.40</b>	+0,76	619
	50m: 29.71 29.71	150m: 1:40.02	37.09	250m: 2:57.98	42.04	350m: 4:13.56	32.90
	100m: 1:02.93 33.22	200m: 2:15.94	35.92	300m: 3:40.66	42.68	400m: 4:44.40	30.84
6.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	<b>4:44.74</b>		617
	50m: 29.71 29.71	150m: 1:40.53	36.77	250m: 2:58.09	41.51	350m: 4:13.34	32.66
	100m: 1:03.76 34.05	200m: 2:16.58	36.05	300m: 3:40.68	42.59	400m: 4:44.74	31.40
7.	CARDOSO, Diogo Santos	01	POR	Sporting	<b>4:45.35</b>	+0,52	613
	50m: 30.92 30.92	150m: 1:44.97	39.75	250m: 3:03.74	40.76	350m: 4:15.22	32.09
	100m: 1:05.22 34.30	200m: 2:22.98	38.01	300m: 3:43.13	39.39	400m: 4:45.35	30.13
8.	ALVES, Andre Correia	06	POR	Benfica	<b>4:46.93</b>	+0,72	603
	50m: 29.71 29.71	150m: 1:41.82	37.03	250m: 3:00.39	42.10	350m: 4:15.07	32.56
	100m: 1:04.79 35.08	200m: 2:18.29	36.47	300m: 3:42.51	42.12	400m: 4:46.93	31.86
9.	PEIXOTO, Tomas Pinto	08	POR	Porto	<b>4:47.59</b>	+0,76	599
	50m: 30.28 30.28	150m: 1:41.39	37.07	250m: 2:59.76	42.50	350m: 4:15.54	32.50
	100m: 1:04.32 34.04	200m: 2:17.26	35.87	300m: 3:43.04	43.28	400m: 4:47.59	32.05
10.	SOUSA, Joao Maria	05	POR	Braga	<b>4:51.60</b>		575
	50m: 29.76 29.76	150m: 1:41.90	37.89	250m: 3:02.89	42.69	350m: 4:19.03	33.56
	100m: 1:04.01 34.25	200m: 2:20.20	38.30	300m: 3:45.47	42.58	400m: 4:51.60	32.57
11.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	<b>4:52.05</b>	+0,68	572
	50m: 29.24 29.24	150m: 1:40.96	37.20	250m: 3:01.24	42.80	350m: 4:18.56	34.30
	100m: 1:03.76 34.52	200m: 2:18.44	37.48	300m: 3:44.26	43.02	400m: 4:52.05	33.49
12.	NOVAIS, Guilherme Pereira	09	POR	FOCA Quinta Da Lixa - Cnf	<b>4:53.31</b>	+0,69	565
	50m: 30.34 30.34	150m: 1:42.22	38.18	250m: 3:03.86	44.11	350m: 4:21.27	33.41
	100m: 1:04.04 33.70	200m: 2:19.75	37.53	300m: 3:47.86	44.00	400m: 4:53.31	32.04

Prova 23, Masc., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
13.	HALIKA, Eithan	09	ISR	Porto	<b>4:53.50</b>		564
	50m: 29.79 29.79	150m: 1:42.17	37.10	250m: 3:02.76	44.37	350m: 4:20.84	32.44
	100m: 1:05.07 35.28	200m: 2:18.39	36.22	300m: 3:48.40	45.64	400m: 4:53.50	32.66
14.	RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	<b>4:55.90</b>	+0,66	550
	50m: 29.28 29.28	150m: 1:42.26	39.07	250m: 3:01.97	41.60	350m: 4:20.97	36.33
	100m: 1:03.19 33.91	200m: 2:20.37	38.11	300m: 3:44.64	42.67	400m: 4:55.90	34.93
15.	JORGE, Antonio Antunes	10	POR	Alcobaca	<b>4:57.85</b>	+0,60	539
	50m: 30.80 30.80	150m: 1:46.75	40.12	250m: 3:07.91	40.67	350m: 4:25.25	34.89
	100m: 1:06.63 35.83	200m: 2:27.24	40.49	300m: 3:50.36	42.45	400m: 4:57.85	32.60
16.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	<b>4:57.94</b>		539
	50m: 30.96 30.96	150m: 1:45.03	38.45	250m: 3:07.80	44.70	350m: 4:25.51	33.23
	100m: 1:06.58 35.62	200m: 2:23.10	38.07	300m: 3:52.28	44.48	400m: 4:57.94	32.43
17.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	<b>4:58.63</b>	+0,68	535
	50m: 30.38 30.38	150m: 1:43.81	38.82	250m: 3:04.96	43.12	350m: 4:24.03	36.01
	100m: 1:04.99 34.61	200m: 2:21.84	38.03	300m: 3:48.02	43.06	400m: 4:58.63	34.60
18.	KOT, Paulo	09	POR	Nautico Marinha Grande	<b>4:58.99</b>	+0,67	533
	50m: 29.95 29.95	150m: 1:44.26	39.09	250m: 3:08.20	45.82	350m: 4:26.34	32.35
	100m: 1:05.17 35.22	200m: 2:22.38	38.12	300m: 3:53.99	45.79	400m: 4:58.99	32.65
19.	GOMES, Santiago Marques	09	POR	Ba Leiria / Sk Coffee	<b>4:59.82</b>	+0,66	529
	50m: 30.49 30.49	150m: 1:45.58	39.18	250m: 3:08.61	44.04	350m: 4:26.77	33.66
	100m: 1:06.40 35.91	200m: 2:24.57	38.99	300m: 3:53.11	44.50	400m: 4:59.82	33.05
20.	MIRANDA, Francisco Guilherme	08	POR	Naval Do Funchal	<b>5:00.58</b>	+0,65	525
	50m: 30.35 30.35	150m: 1:45.42	39.61	250m: 3:07.09	43.35	350m: 4:26.57	35.38
	100m: 1:05.81 35.46	200m: 2:23.74	38.32	300m: 3:51.19	44.10	400m: 5:00.58	34.01
21.	VALENTE, Xavier Jesus	09	POR	Os Belenenses	<b>5:00.69</b>		524
	50m: 30.19 30.19	150m: 1:46.16	40.00	250m: 3:08.51	42.28	350m: 4:26.30	33.96
	100m: 1:06.16 35.97	200m: 2:26.23	40.07	300m: 3:52.34	43.83	400m: 5:00.69	34.39
22.	AGUIAR, Manuel Leite	09	POR	Sanjoanense/FEPSA	<b>5:01.22</b>	+0,74	521
	50m: 30.56 30.56	150m: 1:45.31	39.07	250m: 3:08.55	43.87	350m: 4:28.13	33.94
	100m: 1:06.24 35.68	200m: 2:24.68	39.37	300m: 3:54.19	45.64	400m: 5:01.22	33.09
23.	CARROMEU, Afonso Santos	09	POR	Naval Setubalense	<b>5:04.99</b>	+0,64	502
	50m: 31.14 31.14	150m: 1:47.15	40.54	250m: 3:11.34	45.35	350m: 4:31.99	35.72
	100m: 1:06.61 35.47	200m: 2:25.99	38.84	300m: 3:56.27	44.93	400m: 5:04.99	33.00
24.	COSTA, Rodrigo Cruz	09	POR	Sanjoanense/FEPSA	<b>5:05.08</b>	+0,78	502
	50m: 31.15 31.15	150m: 1:47.86	41.30	250m: 3:11.50	44.42	350m: 4:31.40	36.30
	100m: 1:06.56 35.41	200m: 2:27.08	39.22	300m: 3:55.10	43.60	400m: 5:05.08	33.68
25.	DORES, Tomas Rocha	07	POR	Colegio Efanor	<b>5:06.54</b>	+0,63	495
	50m: 30.02 30.02	150m: 1:45.36	40.15	250m: 3:11.23	46.75	350m: 4:31.54	34.86
	100m: 1:05.21 35.19	200m: 2:24.48	39.12	300m: 3:56.68	45.45	400m: 5:06.54	35.00
EXH	MIRANDA, Afonso Vultao	11	POR	Bombeiros de Ponta Delgada	<b>5:19.13</b>		438
	50m: 32.82 32.82	150m: 1:53.84	42.02	250m: 3:17.46	42.18	350m: 4:41.46	38.01
	100m: 1:11.82 39.00	200m: 2:35.28	41.44	300m: 4:03.45	45.99	400m: 5:19.13	37.67