

Prova 4
18.2.17 - 9:26

Masc., 400m Livres

Absolutos/All
Resultados Elimin

Rec Mundial / World Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Europeu / European Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Meeting / Meeting Record	3:56.04	HABER Ido	ISR	Jamor	2013
Rec Nacional / Port.Nat Record	3:52.29	MAIA Jorge Manuel	FPN	Málaga (ESP)	2009

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:25.00; Inf&Juv: 4:44.00 / World Champ Min A :: 3:48.15 / World Champ Min B :: 3:56.14

Pontos: FINA 2017

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	PAPP Mark 50m: 28.17 28.17 100m: 57.98 29.81	94	BVSC-Zugló 150m: 1:28.58 30.60 200m: 1:59.09 30.51	250m: 2:29.67 30.58 300m: 3:00.20 30.53	3:59.10 350m: 3:30.48 400m: 3:59.10	779 A 30.28 28.62
2.	RODRIGUEZ MESA Marcos 50m: 27.83 27.83 100m: 57.70 29.87	97	Federación Andaluza 150m: 1:28.23 30.53 200m: 1:58.75 30.52	250m: 2:29.39 30.64 300m: 3:00.18 30.79	3:59.53 350m: 3:30.45 400m: 3:59.53	775 A 30.27 29.08
3.	BERNEK Peter 50m: 27.11 27.11 100m: 56.44 29.33	92	BVSC-Zugló 150m: 1:26.76 30.32 200m: 1:57.33 30.57	250m: 2:27.87 30.54 300m: 2:58.56 30.69	3:59.64 350m: 3:29.71 400m: 3:59.64	774 A 31.15 29.93
4.	DURAN CORTINES Juan Salvador 50m: 28.24 28.24 100m: 58.49 30.25	96	Real Canoe 150m: 1:28.78 30.29 200m: 1:59.41 30.63	250m: 2:29.75 30.34 300m: 3:00.44 30.69	3:59.81 350m: 3:30.60 400m: 3:59.81	772 A 30.16 29.21
5.	SANCHEZ GUTIERREZ-CABELLO G. 50m: 27.48 27.48 100m: 57.27 29.79	96	Real Canoe 150m: 1:28.16 30.89 200m: 1:59.00 30.84	250m: 2:30.01 31.01 300m: 3:00.94 30.93	3:59.87 350m: 3:31.19 400m: 3:59.87	772 A 30.25 28.68
6.	LOKTEV Denis 50m: 27.53 27.53 100m: 57.48 29.95	00	Israeli Federation 150m: 1:27.97 30.49 200m: 1:58.55 30.58	250m: 2:28.92 30.37 300m: 2:59.63 30.71	4:00.00 350m: 3:30.61 400m: 4:00.00	770 A 30.98 29.39
7.	DRIGAN Zoltan 50m: 28.26 28.26 100m: 59.11 30.85	98	BVSC-Zugló 150m: 1:30.13 31.02 200m: 2:01.25 31.12	250m: 2:31.96 30.71 300m: 3:03.44 31.48	4:03.97 350m: 3:34.46 400m: 4:03.97	733 A 31.02 29.51
8.	CARVALHO Jose Paula 50m: 27.85 27.85 100m: 58.36 30.51	98	União Piedense 150m: 1:29.78 31.42 200m: 2:01.58 31.80	250m: 2:32.26 30.68 300m: 3:03.75 31.49	4:04.02 350m: 3:34.69 400m: 4:04.02	733 A 30.94 29.33
9.	MOGNE Igor Araujo 50m: 28.35 28.35 100m: 58.65 30.30	96	Sporting 150m: 1:29.37 30.72 200m: 1:59.95 30.58	250m: 2:31.01 31.06 300m: 3:02.20 31.19	4:04.14 350m: 3:33.79 400m: 4:04.14	732 A 31.59 30.35
10.	VELOSO Tomas Miguel 50m: 28.57 28.57 100m: 59.15 30.58	96	Nautico /Urgicentro-Sanfil 150m: 1:30.14 30.99 200m: 2:01.49 31.35	250m: 2:32.26 30.77 300m: 3:03.48 31.22	4:05.33 350m: 3:34.77 400m: 4:05.33	721 A 31.29 30.56
11.	GIL João Pedro 50m: 28.19 28.19 100m: 58.60 30.41	97	União Piedense 150m: 1:29.65 31.05 200m: 2:00.97 31.32	250m: 2:32.38 31.41 300m: 3:03.93 31.55	4:06.69 350m: 3:35.73 400m: 4:06.69	709 B 31.80 30.96
12.	PRAVIA DE LA GUERRA Inigo 50m: 28.27 28.27 100m: 59.20 30.93	98	Real Canoe 150m: 1:30.42 31.22 200m: 2:02.28 31.86	250m: 2:33.46 31.18 300m: 3:05.00 31.54	4:07.02 350m: 3:36.09 400m: 4:07.02	707 B 31.09 30.93
13.	CONTRERAS GONZALEZ Antonio 50m: 28.97 28.97 100m: 1:00.36 31.39	96	Federación Andaluza 150m: 1:32.32 31.96 200m: 2:04.09 31.77	250m: 2:35.64 31.55 300m: 3:06.82 31.18	4:07.34 350m: 3:38.11 400m: 4:07.34	704 B 31.29 29.23
14.	GOMES Roberto Donald 50m: 29.14 29.14 100m: 59.93 30.79	00	Alges 150m: 1:31.43 31.50 200m: 2:03.57 32.14	250m: 2:35.21 31.64 300m: 3:07.06 31.85	4:08.03 350m: 3:38.37 400m: 4:08.03	698 B 31.31 29.66
15.	ROSALES RODRIGUEZ Ricardo 50m: 28.56 28.56 100m: 59.06 30.50	97	Federación Andaluza 150m: 1:30.26 31.20 200m: 2:02.01 31.75	250m: 2:33.59 31.58 300m: 3:05.86 32.27	4:08.14 350m: 3:37.76 400m: 4:08.14	697 B 31.90 30.38
16.	BATE Afonso Ribeiro 50m: 28.25 28.25 100m: 59.09 30.84	98	Alges 150m: 1:30.86 31.77 200m: 2:02.57 31.71	250m: 2:34.21 31.64 300m: 3:06.16 31.95	4:08.51 350m: 3:37.91 400m: 4:08.51	694 B 31.75 30.60

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
17.	MACHADO Joao Daniel 50m: 28.14 28.14 100m: 59.03 30.89	99	União Piedense 150m: 1:30.36 31.33 200m: 2:02.22 31.86	250m: 2:33.87 300m: 3:06.20	31.65 350m: 3:38.02 32.33 400m: 4:09.65	684 B 31.82 31.63
18.	SANTO Filipe Miguel 50m: 29.53 29.53 100m: 1:00.74 31.21	00	Benfica 150m: 1:32.37 31.63 200m: 2:04.21 31.84	250m: 2:35.40 300m: 3:06.97	31.19 350m: 3:38.83 31.57 400m: 4:10.31	679 B 31.86 31.48
19.	KARMI Itay 50m: 27.55 27.55 100m: 58.55 31.00	99	Israeli Federation 150m: 1:31.00 32.45 200m: 2:04.06 33.06	250m: 2:36.95 300m: 3:10.30	32.89 350m: 3:41.84 33.35 400m: 4:10.54	677 B 31.54 28.70
20.	BENITEZ DOMINGUEZ Pablo 50m: 28.87 28.87 100m: 1:00.67 31.80	00	Federación Andaluza 150m: 1:32.39 31.72 200m: 2:04.63 32.24	250m: 2:36.78 300m: 3:08.61	32.15 350m: 3:40.46 31.83 400m: 4:10.90	674 B 31.85 30.44
21.	DIAS Guilherme Pereira 50m: 29.10 29.10 100m: 1:00.16 31.06	97	Sporting 150m: 1:31.62 31.46 200m: 2:03.35 31.73	250m: 2:35.33 300m: 3:07.46	31.98 350m: 3:39.49 32.13 400m: 4:11.01	673 32.03 31.52
22.	BATE Miguel Ribeiro 50m: 28.32 28.32 100m: 59.49 31.17	99	Alges 150m: 1:31.31 31.82 200m: 2:03.66 32.35	250m: 2:35.68 300m: 3:08.36	32.02 350m: 3:40.33 32.68 400m: 4:11.10	673 31.97 30.77
23.	GIL Rafael Lourenco 50m: 28.80 28.80 100m: 59.74 30.94	96	Benfica 150m: 1:31.35 31.61 200m: 2:03.36 32.01	250m: 2:35.46 300m: 3:07.61	32.10 350m: 3:40.21 32.15 400m: 4:12.18	664 32.60 31.97
24.	COSTA Tiago Cunha 50m: 28.37 28.37 100m: 58.78 30.41	99	Sporting 150m: 1:30.25 31.47 200m: 2:01.97 31.72	250m: 2:33.92 300m: 3:06.55	31.95 350m: 3:40.65 32.63 400m: 4:12.21	664 34.10 31.56
25.	BASTOS Lucas Pereira 50m: 28.83 28.83 100m: 1:00.77 31.94	00	Nautico /Urgicentro-Sanfil 150m: 1:33.24 32.47 200m: 2:05.61 32.37	250m: 2:37.23 300m: 3:09.41	31.62 350m: 3:41.59 32.18 400m: 4:12.51	661 32.18 30.92
26.	FARINHA Andre Filipe 50m: 28.33 28.33 100m: 59.73 31.40	96	Benfica 150m: 1:31.54 31.81 200m: 2:04.38 32.84	250m: 2:36.50 300m: 3:08.95	32.12 350m: 3:41.37 32.45 400m: 4:13.04	657 32.42 31.67
27.	VILHENA Tiago Miguel 50m: 28.93 28.93 100m: 1:00.72 31.79	01	Natação de Faro 150m: 1:33.14 32.42 200m: 2:05.87 32.73	250m: 2:37.84 300m: 3:09.93	31.97 350m: 3:42.19 32.09 400m: 4:13.78	652 32.26 31.59
28.	REIS Leonardo Peralta 50m: 28.71 28.71 100m: 1:00.55 31.84	96	Sporting 150m: 1:32.59 32.04 200m: 2:05.12 32.53	250m: 2:37.20 300m: 3:09.85	32.08 350m: 3:42.43 32.65 400m: 4:13.89	651 32.58 31.46
29.	RUIVO Andre Vilas 50m: 28.57 28.57 100m: 59.99 31.42	00	Sporting 150m: 1:31.94 31.95 200m: 2:04.48 32.54	250m: 2:37.08 300m: 3:09.59	32.60 350m: 3:41.83 32.51 400m: 4:14.07	649 32.24 32.24
30.	MARQUES Diogo Manuel 50m: 28.95 28.95 100m: 1:00.86 31.91	98	Columbofila Cantanhedense 150m: 1:33.49 32.63 200m: 2:06.53 33.04	250m: 2:38.92 300m: 3:11.66	32.39 350m: 3:44.41 32.74 400m: 4:16.21	633 32.75 31.80
31.	JORGE Duarte Miguel 50m: 29.08 29.08 100m: 1:00.71 31.63	01	Seleção Portugal 150m: 1:32.90 32.19 200m: 2:05.66 32.76	250m: 2:38.21 300m: 3:10.97	32.55 350m: 3:43.16 32.76 400m: 4:16.28	633 32.19 33.12
32.	CAMPOS Tiago Filipe 50m: 28.44 28.44 100m: 59.70 31.26	99	Rio Maior 150m: 1:31.36 31.66 200m: 2:03.58 32.22	250m: 2:36.03 300m: 3:09.51	32.45 350m: 3:43.53 33.48 400m: 4:16.73	629 34.02 33.20
33.	COUTINHO Alexandre Valdagua 50m: 28.52 28.52 100m: 59.70 31.18	97	Columbofila Cantanhedense 150m: 1:32.26 32.56 200m: 2:05.04 32.78	250m: 2:38.55 300m: 3:11.80	33.51 350m: 3:44.92 33.25 400m: 4:17.32	625 33.12 32.40
34.	MENDES Antonio Manuel 50m: 30.30 30.30 100m: 1:02.01 31.71	99	Sporting 150m: 1:34.41 32.40 200m: 2:06.59 32.18	250m: 2:39.25 300m: 3:12.33	32.66 350m: 3:45.21 33.08 400m: 4:17.60	623 32.88 32.39
35.	PINOTES Pedro Miguel 50m: 28.76 28.76 100m: 1:00.80 32.04	89	Sporting 150m: 1:33.69 32.89 200m: 2:06.10 32.41	250m: 2:39.08 300m: 3:12.42	32.98 350m: 3:46.22 33.34 400m: 4:18.98	613 33.80 32.76

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
36.	REGALADO SANTIAGO Angel 50m: 28.51 28.51 100m: 1:00.45 31.94	99	Real Canoe 150m: 1:33.05 32.60 200m: 2:06.37 33.32	250m: 2:39.81 33.44 300m: 3:13.27 33.46	4:19.18 350m: 3:46.75 400m: 4:19.18	612 33.48 32.43
37.	DANTAS Diogo Leal 50m: 28.57 28.57 100m: 1:00.58 32.01	00	Sporting 150m: 1:33.31 32.73 200m: 2:06.32 33.01	250m: 2:39.45 33.13 300m: 3:12.83 33.38	4:19.29 350m: 3:46.65 400m: 4:19.29	611 33.82 32.64
38.	AIRES Rafael Alcantara 50m: 28.61 28.61 100m: 1:00.27 31.66	01	Seleção Portugal 150m: 1:32.47 32.20 200m: 2:05.79 33.32	250m: 2:39.25 33.46 300m: 3:13.18 33.93	4:19.51 350m: 3:46.71 400m: 4:19.51	609 33.53 32.80
39.	SANTOS Tiago Carlos 50m: 28.99 28.99 100m: 1:00.93 31.94	98	União Piedense 150m: 1:34.02 33.09 200m: 2:06.78 32.76	250m: 2:40.00 33.22 300m: 3:13.71 33.71	4:20.63 350m: 3:47.72 400m: 4:20.63	602 34.01 32.91
40.	CALVO VALLEJO Alvaro 50m: 29.82 29.82 100m: 1:01.89 32.07	00	Real Canoe 150m: 1:35.33 33.44 200m: 2:08.92 33.59	250m: 2:42.60 33.68 300m: 3:15.80 33.20	4:21.06 350m: 3:49.04 400m: 4:21.06	599 33.24 32.02
41.	BESSA Pedro Maria 50m: 29.13 29.13 100m: 1:00.65 31.52	95	Nautico /Urgicentro-Sanfil 150m: 1:33.34 32.69 200m: 2:06.32 32.98	250m: 2:39.47 33.15 300m: 3:13.14 33.67	4:21.86 350m: 3:47.80 400m: 4:21.86	593 34.66 34.06
42.	NEVES Pedro Barata 50m: 30.30 30.30 100m: 1:02.91 32.61	00	Laranjeiro 150m: 1:36.73 33.82 200m: 2:10.30 33.57	250m: 2:43.90 33.60 300m: 3:17.54 33.64	4:22.24 350m: 3:50.62 400m: 4:22.24	590 33.08 31.62
43.	CRISTINO David Matias 50m: 28.81 28.81 100m: 1:01.03 32.22	01	União Piedense 150m: 1:34.62 33.59 200m: 2:08.34 33.72	250m: 2:42.28 33.94 300m: 3:16.35 34.07	4:22.50 350m: 3:50.03 400m: 4:22.50	589 33.68 32.47
44.	LEBRE Diogo Ramos 50m: 30.25 30.25 100m: 1:02.95 32.70	01	Seleção Portugal 150m: 1:36.18 33.23 200m: 2:09.54 33.36	250m: 2:42.73 33.19 300m: 3:16.28 33.55	4:22.51 350m: 3:49.75 400m: 4:22.51	589 33.47 32.76
45.	LOPES Rui Jorge 50m: 30.93 30.93 100m: 1:03.44 32.51	00	CLAC-Entroncamento 150m: 1:36.87 33.43 200m: 2:10.77 33.90	250m: 2:44.36 33.59 300m: 3:18.16 33.80	4:22.54 350m: 3:51.46 400m: 4:22.54	588 33.30 31.08
46.	DIZ Joao Carvalho 50m: 30.14 30.14 100m: 1:03.29 33.15	01	Nautico /Urgicentro-Sanfil 150m: 1:36.54 33.25 200m: 2:09.99 33.45	250m: 2:43.18 33.19 300m: 3:16.89 33.71	4:22.85 350m: 3:50.68 400m: 4:22.85	586 33.79 32.17
47.	LUZ Jose Henriques 50m: 30.51 30.51 100m: 1:03.99 33.48	99	Torres Novas 150m: 1:38.13 34.14 200m: 2:12.26 34.13	250m: 2:45.44 33.18 300m: 3:18.65 33.21	4:22.94 350m: 3:51.59 400m: 4:22.94	586 32.94 31.35
48.	CARVALHO Andre Antunes 50m: 30.80 30.80 100m: 1:04.59 33.79	96	Colégio Monte Maior 150m: 1:38.33 33.74 200m: 2:12.09 33.76	250m: 2:44.98 32.89 300m: 3:18.12 33.14	4:23.09 350m: 3:50.89 400m: 4:23.09	585 32.77 32.20
49.	GOMES Sebastiao Mendes 50m: 29.21 29.21 100m: 1:01.62 32.41	00	Pimpoes/Cimai 150m: 1:34.52 32.90 200m: 2:08.02 33.50	250m: 2:41.46 33.44 300m: 3:15.42 33.96	4:23.96 350m: 3:49.77 400m: 4:23.96	579 34.35 34.19
50.	FERNANDES Eduardo Gomes 50m: 29.88 29.88 100m: 1:03.60 33.72	02	Hóquei Mealhada 150m: 1:37.87 34.27 200m: 2:12.53 34.66	250m: 2:47.80 35.27 300m: 3:22.52 34.72	4:25.89 350m: 3:55.38 400m: 4:25.89	566 32.86 30.51
51.	SIMÕES Bernardo Jorge 50m: 30.09 30.09 100m: 1:04.52 34.43	02	Torres Novas 150m: 1:39.36 34.84 200m: 2:14.75 35.39	250m: 2:49.34 34.59 300m: 3:23.21 33.87	4:26.41 350m: 3:56.16 400m: 4:26.41	563 32.95 30.25
52.	SANTOS Edgar Filipe 50m: 30.29 30.29 100m: 1:03.00 32.71	01	União Piedense 150m: 1:36.84 33.84 200m: 2:10.94 34.10	250m: 2:45.89 34.95 300m: 3:20.42 34.53	4:28.13 350m: 3:54.95 400m: 4:28.13	552 34.53 33.18
53.	RIBEIRO Edgar Casimiro 50m: 29.84 29.84 100m: 1:01.95 32.11	01	Alcobaça 150m: 1:35.29 33.34 200m: 2:09.54 34.25	250m: 2:43.80 34.26 300m: 3:18.96 35.16	4:28.22 350m: 3:53.94 400m: 4:28.22	552 34.98 34.28
54.	CALADO Joao Jose 50m: 29.93 29.93 100m: 1:03.51 33.58	01	Torres Novas 150m: 1:38.06 34.55 200m: 2:12.39 34.33	250m: 2:46.67 34.28 300m: 3:21.64 34.97	4:28.29 350m: 3:55.92 400m: 4:28.29	551 34.28 32.37

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
55.	FREITAS Diogo Rodrigues (Fora Tempo Acesso / Out of Admission Time)	98	União Piedense	4:28.45	+0.83	550
	50m: 30.42 30.42 150m: 1:36.90 33.79 250m: 2:44.32 33.36 350m: 3:53.71 35.04 100m: 1:03.11 32.69 200m: 2:10.96 34.06 300m: 3:18.67 34.35 400m: 4:28.45 34.74					
56.	MENDES Francisco Miguel	01	Nautico /Urgicentro-Sanfil	4:28.74	+0.80	549
	50m: 28.78 28.78 150m: 1:35.63 34.30 250m: 2:44.91 34.33 350m: 3:55.48 35.39 100m: 1:01.33 32.55 200m: 2:10.58 34.95 300m: 3:20.09 35.18 400m: 4:28.74 33.26					
57.	COSTA Tomas Alves (Fora Tempo Acesso / Out of Admission Time)	00	Armazenenses	4:29.57	+0.80	544
	50m: 30.30 30.30 150m: 1:38.25 34.46 250m: 2:47.45 34.56 350m: 3:57.35 34.52 100m: 1:03.79 33.49 200m: 2:12.89 34.64 300m: 3:22.83 35.38 400m: 4:29.57 32.22					
58.	PEREIRA Jose Maria	01	Sporting	4:30.97	+0.86	535
	50m: 30.63 30.63 150m: 1:38.27 34.47 250m: 2:47.55 34.85 350m: 3:57.06 34.73 100m: 1:03.80 33.17 200m: 2:12.70 34.43 300m: 3:22.33 34.78 400m: 4:30.97 33.91					
59.	MARTINS Tiago Rafael (Fora Tempo Acesso / Out of Admission Time)	97	Nacional de Nataçao	4:32.38	+0.85	527
	50m: 29.61 29.61 150m: 1:36.40 34.32 250m: 2:46.54 35.01 350m: 3:57.62 35.26 100m: 1:02.08 32.47 200m: 2:11.53 35.13 300m: 3:22.36 35.82 400m: 4:32.38 34.76					
60.	TINOCO David Joao	01	Columbofila Cantanhedense	4:32.73	+0.59	525
	50m: 30.81 30.81 150m: 1:38.27 34.23 250m: 2:48.13 34.70 350m: 3:58.24 35.27 100m: 1:04.04 33.23 200m: 2:13.43 35.16 300m: 3:22.97 34.84 400m: 4:32.73 34.49					
61.	LOBO Guilherme Diogo	02	Porto	4:33.77	+0.74	519
	50m: 31.29 31.29 150m: 1:40.64 35.46 250m: 2:51.04 35.27 350m: 4:01.54 35.05 100m: 1:05.18 33.89 200m: 2:15.77 35.13 300m: 3:26.49 35.45 400m: 4:33.77 32.23					
62.	ALVES Manuel Landeiro	02	Naval Praia da Vitoria	4:34.00	+0.78	518
	50m: 31.48 31.48 150m: 1:41.18 35.40 250m: 2:51.65 35.53 350m: 4:02.00 35.07 100m: 1:05.78 34.30 200m: 2:16.12 34.94 300m: 3:26.93 35.28 400m: 4:34.00 32.00					
63.	CARVALHO Guilherme Ventura	01	Geslours	4:34.17	+0.88	517
	50m: 31.29 31.29 150m: 1:40.03 34.33 250m: 2:49.61 34.76 350m: 3:59.96 35.12 100m: 1:05.70 34.41 200m: 2:14.85 34.82 300m: 3:24.84 35.23 400m: 4:34.17 34.21					
64.	SALDIDA Goncalo Faria (Fora Tempo Acesso / Out of Admission Time)	99	Natacao do Tejo	4:34.28	+0.81	516
	50m: 30.44 30.44 150m: 1:38.30 34.13 250m: 2:47.31 34.75 350m: 3:58.55 35.43 100m: 1:04.17 33.73 200m: 2:12.56 34.26 300m: 3:23.12 35.81 400m: 4:34.28 35.73					
65.	CARDOSO Bernardo Cardetas	02	Columbofila Cantanhedense	4:34.41	+0.63	515
	50m: 31.42 31.42 150m: 1:40.97 34.82 250m: 2:50.47 34.54 350m: 4:00.51 34.54 100m: 1:06.15 34.73 200m: 2:15.93 34.96 300m: 3:25.97 35.50 400m: 4:34.41 33.90					
66.	CASTELEIRO Diogo Alexandre	01	Sporting	4:34.50	+0.64	515
	50m: 30.63 30.63 150m: 1:39.61 35.24 250m: 2:50.86 36.12 350m: 4:01.44 35.48 100m: 1:04.37 33.74 200m: 2:14.74 35.13 300m: 3:25.96 35.10 400m: 4:34.50 33.06					
67.	SIMÕES Joao Antonio	01	Torres Novas	4:37.42	+0.75	499
	50m: 31.70 31.70 150m: 1:41.12 34.91 250m: 2:51.45 35.36 350m: 4:02.96 35.71 100m: 1:06.21 34.51 200m: 2:16.09 34.97 300m: 3:27.25 35.80 400m: 4:37.42 34.46					
68.	LECA Diogo Rosado (Fora Tempo Acesso / Out of Admission Time)	98	Colégio Monte Maior	4:39.96		485
	50m: 31.63 31.63 150m: 1:40.64 35.89 250m: 2:53.25 36.15 350m: 4:05.81 36.54 100m: 1:04.75 33.12 200m: 2:17.10 36.46 300m: 3:29.27 36.02 400m: 4:39.96 34.15					
69.	ARAUJO Diogo Alexandre	01	Estrelas S. Joao de Brito	4:40.91	+0.61	480
	50m: 31.36 31.36 150m: 1:41.29 35.10 250m: 2:52.61 35.78 350m: 4:06.08 36.34 100m: 1:06.19 34.83 200m: 2:16.83 35.54 300m: 3:29.74 37.13 400m: 4:40.91 34.83					
70.	PEDRO Leonardo Rochinha (Fora Tempo Acesso / Out of Admission Time)	98	Bombeiros Estoris	4:40.98	+0.74	480
	50m: 31.10 31.10 150m: 1:40.28 35.23 250m: 2:50.90 35.34 350m: 4:04.29 36.71 100m: 1:05.05 33.95 200m: 2:15.56 35.28 300m: 3:27.58 36.68 400m: 4:40.98 36.69					

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts	
71.	DIAS Simao Pedro	02	Seleccao do Interior Centro	4:42.17	+0.65	474	
	50m: 30.02	150m: 1:39.53	35.66	250m: 2:52.77	36.97	350m: 4:07.61	37.02
	100m: 1:03.87	200m: 2:15.80	36.27	300m: 3:30.59	37.82	400m: 4:42.17	34.56
72.	TOMÉ David Emanuel	03	Hóquei Mealhada	4:42.33	+0.84	473	
	50m: 31.44	150m: 1:41.62	35.61	250m: 2:54.66	36.85	350m: 4:07.98	36.66
	100m: 1:06.01	200m: 2:17.81	36.19	300m: 3:31.32	36.66	400m: 4:42.33	34.35