

Prova 4
10.2.18 - 9:09

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	3:53.88	BERNEK Peter	HUN	Lisboa	2017
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

Pontos: FINA 2018

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	PRAVIA DE LA GUERRA Inigo	98	Real Canoe N.C.	4:03.59	+0.63	737 A
	50m: 28.68 28.68	150m: 1:30.33 30.66	250m: 2:31.82	30.79	350m: 3:34.12	30.96
	100m: 59.67 30.99	200m: 2:01.03 30.70	300m: 3:03.16	31.34	400m: 4:03.59	29.47
2.	DURAN CORTINES Juan Salvador	96	Real Canoe N.C.	4:03.96	+0.59	734 A
	50m: 28.31 28.31	150m: 1:30.26 31.30	250m: 2:32.30	31.17	350m: 3:34.66	31.17
	100m: 58.96 30.65	200m: 2:01.13 30.87	300m: 3:03.49	31.19	400m: 4:03.96	29.30
3.	MOGNE Igor Araujo	96	Sporting	4:04.30	+0.83	730 A
	50m: 28.72 28.72	150m: 1:30.02 30.69	250m: 2:31.58	30.87	350m: 3:33.95	31.04
	100m: 59.33 30.61	200m: 2:00.71 30.69	300m: 3:02.91	31.33	400m: 4:04.30	30.35
4.	GIL Rafael Lourenco	96	Individual ANL	4:04.98	+0.75	724 A
	50m: 28.93 28.93	150m: 1:30.85 31.19	250m: 2:33.29	31.13	350m: 3:35.52	31.07
	100m: 59.66 30.73	200m: 2:02.16 31.31	300m: 3:04.45	31.16	400m: 4:04.98	29.46
5.	OLAZABAL Juan Toloza	94	Sporting	4:05.02	+0.73	724 A
	50m: 28.90 28.90	150m: 1:30.62 31.09	250m: 2:32.71	31.03	350m: 3:34.93	30.91
	100m: 59.53 30.63	200m: 2:01.68 31.06	300m: 3:04.02	31.31	400m: 4:05.02	30.09
6.	NASCIMENTO Miguel Duarte	95	Benfica	4:05.39	+0.67	721 A
	50m: 28.48 28.48	150m: 1:29.89 31.13	250m: 2:31.24	30.16	350m: 3:34.11	31.94
	100m: 58.76 30.28	200m: 2:01.08 31.19	300m: 3:02.17	30.93	400m: 4:05.39	31.28
7.	PINA Guilherme Filipe	98	Sporting	4:06.47	+0.78	711 A
	50m: 29.05 29.05	150m: 1:31.14 31.22	250m: 2:33.71	31.42	350m: 3:36.07	31.34
	100m: 59.92 30.87	200m: 2:02.29 31.15	300m: 3:04.73	31.02	400m: 4:06.47	30.40
8.	VELOSO Tomas Miguel	96	Nautico Académico	4:06.61	+0.70	710 A
	50m: 28.80 28.80	150m: 1:31.06 31.19	250m: 2:33.16	30.90	350m: 3:36.01	31.80
	100m: 59.87 31.07	200m: 2:02.26 31.20	300m: 3:04.21	31.05	400m: 4:06.61	30.60
9.	SANTOS Pedro Miguel	01	Futebol Clube do Porto	4:07.84	+0.61	700 A
	50m: 28.88 28.88	150m: 1:31.53 31.27	250m: 2:34.32	31.07	350m: 3:38.21	31.86
	100m: 1:00.26 31.38	200m: 2:03.25 31.72	300m: 3:06.35	32.03	400m: 4:07.84	29.63
10.	GOMES Roberto Donald	00	Alges	4:07.89	+0.64	699 A
	50m: 28.72 28.72	150m: 1:30.78 31.33	250m: 2:33.69	31.34	350m: 3:37.46	32.05
	100m: 59.45 30.73	200m: 2:02.35 31.57	300m: 3:05.41	31.72	400m: 4:07.89	30.43
11.	RODRIGUEZ FERNANDEZ Arturo	00	Federación Castilla Y Leon	4:09.98	+0.53	682 B
	50m: 28.33 28.33	150m: 1:30.72 31.66	250m: 2:34.54	32.12	350m: 3:38.63	32.04
	100m: 59.06 30.73	200m: 2:02.42 31.70	300m: 3:06.59	32.05	400m: 4:09.98	31.35
12.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	4:11.49	+0.76	670 B
	50m: 28.94 28.94	150m: 1:32.01 31.76	250m: 2:35.72	31.77	350m: 3:40.33	32.28
	100m: 1:00.25 31.31	200m: 2:03.95 31.94	300m: 3:08.05	32.33	400m: 4:11.49	31.16
13.	LABAJO MENA Alvaro	01	Federación Castilla Y Leon	4:11.94	+0.72	666 B
	50m: 28.06 28.06	150m: 1:31.36 32.10	250m: 2:36.21	32.45	350m: 3:40.88	31.97
	100m: 59.26 31.20	200m: 2:03.76 32.40	300m: 3:08.91	32.70	400m: 4:11.94	31.06
14.	CARVALHO Jose Paula	98	União Piedense	4:12.27	+0.59	663 B
	50m: 28.42 28.42	150m: 1:32.01 31.95	250m: 2:35.12	31.22	350m: 3:40.37	32.49
	100m: 1:00.06 31.64	200m: 2:03.90 31.89	300m: 3:07.88	32.76	400m: 4:12.27	31.90
15.	BASTOS Lucas Pereira	00	Nautico Académico	4:12.54	+0.68	661 B
	50m: 28.02 28.02	150m: 1:31.07 32.07	250m: 2:35.47	31.92	350m: 3:41.03	32.59
	100m: 59.00 30.98	200m: 2:03.55 32.48	300m: 3:08.44	32.97	400m: 4:12.54	31.51
16.	BATE Miguel Ribeiro	99	Alges	4:12.87	+0.65	659 B
	50m: 28.90 28.90	150m: 1:32.59 31.87	250m: 2:37.09	32.24	350m: 3:41.75	31.98
	100m: 1:00.72 31.82	200m: 2:04.85 32.26	300m: 3:09.77	32.68	400m: 4:12.87	31.12
17.	SANTOS Joao Duarte	95	Natação de Olhão	4:13.37	+0.74	655 B
	50m: 28.64 28.64	150m: 1:32.17 32.13	250m: 2:37.22	32.41	350m: 3:42.20	32.28
	100m: 1:00.04 31.40	200m: 2:04.81 32.64	300m: 3:09.92	32.70	400m: 4:13.37	31.17

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	MORIM Ruben Jose 50m: 29.32 29.32 100m: 1:01.72 32.40	97	Vilacondense 150m: 1:33.87 32.15 200m: 2:06.09 32.22	250m: 2:37.97 31.88 300m: 3:10.29 32.32	4:13.53 350m: 3:41.94 400m: 4:13.53	654 B 31.65 31.59
19.	BATE Afonso Ribeiro 50m: 29.20 29.20 100m: 1:01.17 31.97	98	Alges 150m: 1:33.99 32.82 200m: 2:06.77 32.78	250m: 2:39.18 32.41 300m: 3:11.66 32.48	4:13.72 350m: 3:43.78 400m: 4:13.72	652 B 32.12 29.94
	JORGE Duarte Miguel 50m: 28.92 28.92 100m: 1:00.72 31.80	01	Galitos / Bresimar 150m: 1:32.38 31.66 200m: 2:05.17 32.79	250m: 2:37.09 31.92 300m: 3:10.17 33.08	4:13.72 350m: 3:42.42 400m: 4:13.72	652 B 32.25 31.30
21.	RUIVO Andre Vilas 50m: 28.43 28.43 100m: 1:00.08 31.65	00	Sporting 150m: 1:32.15 32.07 200m: 2:04.78 32.63	250m: 2:37.28 32.50 300m: 3:10.06 32.78	4:15.22 350m: 3:42.64 400m: 4:15.22	641 32.58 32.58
22.	CARDOSO Diogo Santos 50m: 30.42 30.42 100m: 1:02.83 32.41	01	Colégio Monte Maior 150m: 1:35.42 32.59 200m: 2:08.36 32.94	250m: 2:40.88 32.52 300m: 3:12.76 31.88	4:15.38 350m: 3:44.74 400m: 4:15.38	639 31.98 30.64
23.	REIS Leonardo Peralta 50m: 28.76 28.76 100m: 59.62 30.86	96	Sporting 150m: 1:31.63 32.01 200m: 2:04.10 32.47	250m: 2:36.76 32.66 300m: 3:09.69 32.93	4:15.92 350m: 3:43.02 400m: 4:15.92	635 33.33 32.90
24.	DINIS Tiago Moises 50m: 29.03 29.03 100m: 1:01.00 31.97	98	Nautico Académico 150m: 1:32.86 31.86 200m: 2:05.50 32.64	250m: 2:38.23 32.73 300m: 3:11.56 33.33	4:16.75 350m: 3:44.88 400m: 4:16.75	629 33.32 31.87
25.	SANCHEZ MONTES Ivan 50m: 29.99 29.99 100m: 1:02.89 32.90	01	Real Canoe N.C. 150m: 1:36.14 33.25 200m: 2:08.87 32.73	250m: 2:41.88 33.01 300m: 3:14.62 32.74	4:17.89 350m: 3:46.54 400m: 4:17.89	621 31.92 31.35
26.	SANTOS Tiago Carlos 50m: 29.33 29.33 100m: 1:01.09 31.76	98	Benfica 150m: 1:34.03 32.94 200m: 2:06.92 32.89	250m: 2:39.78 32.86 300m: 3:12.80 33.02	4:17.92 350m: 3:46.01 400m: 4:17.92	621 33.21 31.91
27.	DIZ Joao Carvalho 50m: 29.89 29.89 100m: 1:02.05 32.16	01	Columbofila Cantanhedense 150m: 1:34.41 32.36 200m: 2:07.51 33.10	250m: 2:40.39 32.88 300m: 3:13.28 32.89	4:17.99 350m: 3:46.27 400m: 4:17.99	620 32.99 31.72
28.	FERNANDES Eduardo Gomes 50m: 29.91 29.91 100m: 1:02.95 33.04	02	Seleção de Portugal 150m: 1:36.24 33.29 200m: 2:09.75 33.51	250m: 2:42.64 32.89 300m: 3:15.71 33.07	4:18.04 350m: 3:47.80 400m: 4:18.04	620 32.09 30.24
29.	VILHENA Tiago Miguel 50m: 30.00 30.00 100m: 1:02.97 32.97	01	Natação de Faro 150m: 1:35.79 32.82 200m: 2:08.76 32.97	250m: 2:39.67 30.91 300m: 3:12.72 33.05	4:18.12 350m: 3:46.60 400m: 4:18.12	619 33.88 31.52
30.	AMORIM Ivan Emanuel 50m: 30.13 30.13 100m: 1:03.10 32.97	02	Seleção de Portugal 150m: 1:36.37 33.27 200m: 2:10.06 33.69	250m: 2:43.20 33.14 300m: 3:16.92 33.72	4:18.13 350m: 3:48.83 400m: 4:18.13	619 31.91 29.30
31.	MACHADO Tiago Andrade 50m: 29.64 29.64 100m: 1:02.51 32.87	02	Seleção de Portugal 150m: 1:34.95 32.44 200m: 2:08.18 33.23	250m: 2:41.23 33.05 300m: 3:14.97 33.74	4:18.63 350m: 3:47.10 400m: 4:18.63	616 32.13 31.53
32.	SIMOES Bernardo Jorge 50m: 29.32 29.32 100m: 1:01.72 32.40	02	Seleção de Portugal 150m: 1:35.41 33.69 200m: 2:09.56 34.15	250m: 2:42.42 32.86 300m: 3:15.40 32.98	4:19.21 350m: 3:48.06 400m: 4:19.21	611 32.66 31.15
33.	GONCALVES Francisco Xavier 50m: 29.74 29.74 100m: 1:02.39 32.65	97	Nautico Académico 150m: 1:35.47 33.08 200m: 2:08.29 32.82	250m: 2:41.10 32.81 300m: 3:13.92 32.82	4:19.24 350m: 3:47.28 400m: 4:19.24	611 33.36 31.96
34.	GOMES Sebastiao Mendes 50m: 30.33 30.33 100m: 1:03.39 33.06	00	Pimpoes/Cimai 150m: 1:35.31 31.92 200m: 2:07.75 32.44	250m: 2:40.87 33.12 300m: 3:13.98 33.11	4:19.49 350m: 3:47.58 400m: 4:19.49	609 33.60 31.91
35.	LEBRE Diogo Ramos 50m: 30.44 30.44 100m: 1:03.30 32.86	01	Sporting Aveiro 150m: 1:35.60 32.30 200m: 2:08.51 32.91	250m: 2:40.89 32.38 300m: 3:14.03 33.14	4:20.91 350m: 3:47.34 400m: 4:20.91	600 33.31 33.57
36.	JESUS Afonso Guilherme 50m: 29.12 29.12 100m: 1:02.05 32.93	00	Sporting 150m: 1:35.62 33.57 200m: 2:09.30 33.68	250m: 2:42.85 33.55 300m: 3:16.99 34.14	4:21.30 350m: 3:50.72 400m: 4:21.30	597 33.73 30.58
37.	SIMEAO Jose Tomas 50m: 28.49 28.49 100m: 1:00.02 31.53	00	Laranjeiro 150m: 1:32.25 32.23 200m: 2:05.56 33.31	250m: 2:39.20 33.64 300m: 3:13.56 34.36	4:21.31 350m: 3:47.84 400m: 4:21.31	597 34.28 33.47

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
38.	NUNES Rafael Filipe	96	Benfica	4:22.14	+0.59	591
	50m: 29.95 29.95 150m: 1:35.97 33.80 250m: 2:43.80 33.73 350m: 3:50.39 32.77			300m: 3:17.62 33.82 400m: 4:22.14 31.75		
39.	CRISTINO David Matias	01	União Piedense	4:22.26	+0.70	590
	50m: 28.95 28.95 150m: 1:35.34 33.52 250m: 2:42.24 33.28 350m: 3:49.42 33.84			300m: 3:15.58 33.34 400m: 4:22.26 32.84		
40.	JOAQUIM Andre Serro	00	Portinado	4:22.96	+0.66	586
	50m: 29.35 29.35 150m: 1:35.83 33.57 250m: 2:44.22 34.44 350m: 3:52.05 33.64			300m: 3:18.41 34.19 400m: 4:22.96 30.91		
41.	REBELO Diogo Nogueira	98	Colégio Monte Maior	4:22.97	+0.68	586
	50m: 30.38 30.38 150m: 1:36.94 33.78 250m: 2:44.43 34.16 350m: 3:51.32 33.61			300m: 3:17.71 33.28 400m: 4:22.97 31.65		
42.	BITTINI Luis Carrara	01	Real Canoe N.C.	4:23.96		579
	50m: 29.27 29.27 150m: 1:35.55 33.63 250m: 2:43.39 34.09 350m: 3:51.54 34.31			300m: 3:17.23 33.84 400m: 4:23.96 32.42		
43.	JACINTO Rafael Rodrigues	02	Seleção de Portugal	4:24.06	+0.82	578
	50m: 29.65 29.65 150m: 1:35.59 32.77 250m: 2:41.54 33.01 350m: 3:49.54 34.09			300m: 3:15.45 33.91 400m: 4:24.06 34.52		
44.	DOMINGOS Ruy Manuel	02	Seleção de Portugal	4:24.20	+0.77	577
	50m: 29.35 29.35 150m: 1:35.65 33.73 250m: 2:43.57 34.18 350m: 3:51.84 34.31			300m: 3:17.53 33.96 400m: 4:24.20 32.36		
45.	FROTA Paulo Andre	02	Seleção de Portugal	4:24.25	+0.57	577
	50m: 29.81 29.81 150m: 1:34.42 32.55 250m: 2:42.03 33.90 350m: 3:50.91 34.84			300m: 3:16.07 34.04 400m: 4:24.25 33.34		
46.	GONZALEZ DIAZ Ignacio	01	Real Canoe N.C.	4:24.56	+0.85	575
	50m: 30.24 30.24 150m: 1:35.53 33.53 250m: 2:43.05 34.13 350m: 3:51.94 34.41			300m: 3:17.53 34.48 400m: 4:24.56 32.62		
47.	NEVES Pedro Barata	00	Laranjeiro	4:24.72	+0.72	574
	50m: 30.25 30.25 150m: 1:35.14 33.48 250m: 2:42.95 34.68 350m: 3:51.58 34.46			300m: 3:17.12 34.17 400m: 4:24.72 33.14		
48.	NUNES Francisco Costa	02	Seleção de Portugal	4:24.74	+0.70	574
	50m: 29.48 29.48 150m: 1:35.77 33.52 250m: 2:43.21 33.36 350m: 3:51.94 33.84			300m: 3:17.94 34.73 400m: 4:24.74 32.96		
49.	FERNANDES Leandro Rosa (Fora Tempo Acesso / Out of Admission Time)	99	CPCD - Póvoa Sta Iria	4:25.15	+0.77	571
	50m: 28.45 28.45 150m: 1:34.09 33.61 250m: 2:42.62 34.22 350m: 3:51.61 34.45			300m: 3:17.16 34.54 400m: 4:25.15 33.54		
50.	MENDES Francisco Miguel (Fora Tempo Acesso / Out of Admission Time)	01	Nautico Académico	4:25.89	+0.72	566
	50m: 29.42 29.42 150m: 1:36.02 33.40 250m: 2:43.43 33.80 350m: 3:52.59 34.55			300m: 3:18.04 34.61 400m: 4:25.89 33.30		
51.	MACHADO Martim Miranda	03	Uniao Coimbra	4:25.98		566
	50m: 30.95 30.95 150m: 1:39.10 34.27 250m: 2:47.55 34.12 350m: 3:54.77 33.17			300m: 3:21.60 34.05 400m: 4:25.98 31.21		
52.	SALDIDA Goncalo Faria (Fora Tempo Acesso / Out of Admission Time)	99	Natacao do Tejo	4:26.35	+0.85	564
	50m: 30.39 30.39 150m: 1:38.51 34.27 250m: 2:46.27 33.43 350m: 3:53.70 33.71			300m: 3:19.99 33.72 400m: 4:26.35 32.65		
53.	PEREIRA Joao Neto	02	Fundação Beatriz Santos	4:26.36	+0.54	563
	50m: 29.45 29.45 150m: 1:38.04 35.00 250m: 2:46.47 33.89 350m: 3:54.81 34.11			300m: 3:20.70 34.23 400m: 4:26.36 31.55		
54.	SANTOS Goncalo Duarte (Fora Tempo Acesso / Out of Admission Time)	00	Natação de Faro	4:26.49	+0.83	563
	50m: 30.45 30.45 150m: 1:37.21 33.37 250m: 2:45.97 33.64 350m: 3:54.27 33.70			300m: 3:20.57 34.60 400m: 4:26.49 32.22		
55.	RODRIGUES Pedro Reis	02	Desportivo Sao Roque	4:26.64		562
	50m: 29.75 29.75 150m: 1:35.94 33.83 250m: 2:44.47 34.30 350m: 3:53.20 34.18			300m: 3:19.02 34.55 400m: 4:26.64 33.44		

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
56.	RODRIGUES Joao Andre (Fora Tempo Acesso / Out of Admission Time)	99	Gesloures	4:26.79	+0.70	561
	50m: 30.16 30.16 150m: 1:37.30 34.12 250m: 2:45.62 34.23 350m: 3:54.31 34.53 100m: 1:03.18 33.02 200m: 2:11.39 34.09 300m: 3:19.78 34.16 400m: 4:26.79 32.48					
57.	MALFEITO Martim Rebelo	02	Sporting	4:26.91	+0.75	560
	50m: 29.52 29.52 150m: 1:36.54 33.39 250m: 2:44.57 33.42 350m: 3:53.26 34.04 100m: 1:03.15 33.63 200m: 2:11.15 34.61 300m: 3:19.22 34.65 400m: 4:26.91 33.65					
58.	VIEGAS Hugo Miguel	02	Seleção de Portugal	4:27.10	+0.75	559
	50m: 29.99 29.99 150m: 1:37.83 34.60 250m: 2:46.63 34.36 350m: 3:54.95 34.08 100m: 1:03.23 33.24 200m: 2:12.27 34.44 300m: 3:20.87 34.24 400m: 4:27.10 32.15					
59.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	4:27.70		555
	50m: 31.12 31.12 150m: 1:39.18 34.45 250m: 2:47.60 34.45 350m: 3:55.21 33.95 100m: 1:04.73 33.61 200m: 2:13.15 33.97 300m: 3:21.26 33.66 400m: 4:27.70 32.49					
	GARCIA Pedro Picoto	02	Bombeiros Estoris	4:27.70		555
	50m: 29.93 29.93 150m: 1:36.08 33.57 250m: 2:44.05 34.38 350m: 3:54.08 35.41 100m: 1:02.51 32.58 200m: 2:09.67 33.59 300m: 3:18.67 34.62 400m: 4:27.70 33.62					
61.	PEREIRA Jose Maria (Fora Tempo Acesso / Out of Admission Time)	01	Sporting	4:27.94	+0.79	554
	50m: 30.06 30.06 150m: 1:36.74 33.68 250m: 2:45.25 34.46 350m: 3:54.18 34.32 100m: 1:03.06 33.00 200m: 2:10.79 34.05 300m: 3:19.86 34.61 400m: 4:27.94 33.76					
62.	SIMOES Bernardo Jorge	04	Colégio Vasco da Gama	4:30.23		540
	50m: 30.29 30.29 150m: 1:38.11 34.91 250m: 2:47.90 35.35 350m: 3:57.10 34.98 100m: 1:03.20 32.91 200m: 2:12.55 34.44 300m: 3:22.12 34.22 400m: 4:30.23 33.13					
63.	SILVA Ricardo Lopes	03	Seleção de Portugal	4:30.76	+0.88	536
	50m: 29.78 29.78 150m: 1:36.62 34.40 250m: 2:46.18 35.01 350m: 3:56.46 35.40 100m: 1:02.22 32.44 200m: 2:11.17 34.55 300m: 3:21.06 34.88 400m: 4:30.76 34.30					
64.	CASTELEIRO Diogo Alexandre (Fora Tempo Acesso / Out of Admission Time)	01	Sporting	4:31.76		531
	50m: 30.56 30.56 150m: 1:39.28 34.87 250m: 2:48.66 34.75 350m: 3:57.81 34.74 100m: 1:04.41 33.85 200m: 2:13.91 34.63 300m: 3:23.07 34.41 400m: 4:31.76 33.95					
65.	RIBEIRO Luis Manuel	02	Futebol Clube do Porto	4:32.17		528
	50m: 30.59 30.59 150m: 1:39.89 34.97 250m: 2:50.03 35.15 350m: 4:00.14 35.10 100m: 1:04.92 34.33 200m: 2:14.88 34.99 300m: 3:25.04 35.01 400m: 4:32.17 32.03					
66.	DIAS Simao Pedro	02	Natacao Guarda	4:32.52	+0.47	526
	50m: 30.21 30.21 150m: 1:36.68 33.85 250m: 2:47.39 35.74 350m: 3:58.58 36.01 100m: 1:02.83 32.62 200m: 2:11.65 34.97 300m: 3:22.57 35.18 400m: 4:32.52 33.94					
67.	INVERNO Bernardo Safara	02	Sporting	4:33.27	+0.77	522
	50m: 30.53 30.53 150m: 1:38.93 34.78 250m: 2:49.57 35.75 350m: 3:59.85 35.47 100m: 1:04.15 33.62 200m: 2:13.82 34.89 300m: 3:24.38 34.81 400m: 4:33.27 33.42					
68.	SOUZA Francisco Alves	02	Gesloures	4:33.95	+0.83	518
	50m: 29.81 29.81 150m: 1:38.12 35.02 250m: 2:48.16 35.19 350m: 3:58.95 35.65 100m: 1:03.10 33.29 200m: 2:12.97 34.85 300m: 3:23.30 35.14 400m: 4:33.95 35.00					
69.	DEUS Andre Portugal	02	Naval do Funchal	4:35.08	+0.66	512
	50m: 30.31 30.31 150m: 1:38.17 34.92 250m: 2:48.05 35.19 350m: 4:00.00 36.22 100m: 1:03.25 32.94 200m: 2:12.86 34.69 300m: 3:23.78 35.73 400m: 4:35.08 35.08					
70.	ARES SUAREZ Jorge (Fora Tempo Acesso / Out of Admission Time)	01	Real Canoe N.C.	4:35.82	+0.95	507
	50m: 31.39 31.39 150m: 1:39.59 35.01 250m: 2:50.83 36.13 350m: 4:01.51 35.22 100m: 1:04.58 33.19 200m: 2:14.70 35.11 300m: 3:26.29 35.46 400m: 4:35.82 34.31					
71.	LOURENCO Tomas Galvao	02	Natação de Olhão	4:37.29	+0.82	499
	50m: 31.27 31.27 150m: 1:41.08 35.37 250m: 2:52.23 35.47 350m: 4:03.49 35.34 100m: 1:05.71 34.44 200m: 2:16.76 35.68 300m: 3:28.15 35.92 400m: 4:37.29 33.80					
72.	OLIVEIRA Pedro Freitas	02	Naval do Funchal	4:39.16	+0.73	489
	50m: 30.82 30.82 150m: 1:39.70 34.83 250m: 2:51.78 36.18 350m: 4:04.11 36.13 100m: 1:04.87 34.05 200m: 2:15.60 35.90 300m: 3:27.98 36.20 400m: 4:39.16 35.05					

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
73.	RAMOS Filipe Asseiceira (Fora Tempo Acesso / Out of Admission Time)	00	Torres Novas	4:39.18	+0.67	489
	50m: 30.65 30.65 150m: 1:40.09 35.45 250m: 2:52.79 36.14 350m: 4:05.27 36.31 100m: 1:04.64 33.99 200m: 2:16.65 36.56 300m: 3:28.96 36.17 400m: 4:39.18 33.91					
74.	MARTYN David	03	Benedita Sport Club	4:41.99	+0.80	475
	50m: 31.01 31.01 150m: 1:41.04 35.49 250m: 2:54.56 37.33 350m: 4:06.66 35.45 100m: 1:05.55 34.54 200m: 2:17.23 36.19 300m: 3:31.21 36.65 400m: 4:41.99 35.33					
75.	BORGES Rafael Braga	03	Naval Ponta Delgada	4:43.83	+0.90	466
	50m: 31.48 31.48 150m: 1:42.69 36.03 250m: 2:55.35 36.20 350m: 4:08.03 36.36 100m: 1:06.66 35.18 200m: 2:19.15 36.46 300m: 3:31.67 36.32 400m: 4:43.83 35.80					
76.	FERREIRA Ricardo Martins (Fora Tempo Acesso / Out of Admission Time)	03	A Onda - Azeitão	4:44.20	+0.80	464
	50m: 30.47 30.47 150m: 1:41.94 36.83 250m: 2:56.37 36.87 350m: 4:09.86 36.74 100m: 1:05.11 34.64 200m: 2:19.50 37.56 300m: 3:33.12 36.75 400m: 4:44.20 34.34					
77.	SOUSA Andre Martins (Fora Tempo Acesso / Out of Admission Time)	03	C N Montijo	4:44.63	+0.66	462
	50m: 30.60 30.60 150m: 1:42.08 36.46 250m: 2:55.76 37.66 350m: 4:09.38 37.21 100m: 1:05.62 35.02 200m: 2:18.10 36.02 300m: 3:32.17 36.41 400m: 4:44.63 35.25					
78.	SILVA Francisco Madruga (Fora Tempo Acesso / Out of Admission Time)	98	Natação de Lisboa	4:45.89	+0.63	456
	50m: 30.48 30.48 150m: 1:41.21 35.96 250m: 2:55.34 36.95 350m: 4:09.62 37.00 100m: 1:05.25 34.77 200m: 2:18.39 37.18 300m: 3:32.62 37.28 400m: 4:45.89 36.27					
79.	SANTOS Diogo Martins (Fora Tempo Acesso / Out of Admission Time)	02	Portinado	4:46.12		455
	50m: 29.24 29.24 150m: 1:38.73 35.96 250m: 2:53.29 37.71 350m: 4:08.96 37.94 100m: 1:02.77 33.53 200m: 2:15.58 36.85 300m: 3:31.02 37.73 400m: 4:46.12 37.16					
80.	CARVALHO Afonso Maria (Fora Tempo Acesso / Out of Admission Time)	01	Natação de Lisboa	4:48.83	+0.71	442
	50m: 31.16 31.16 150m: 1:41.54 35.89 250m: 2:55.72 37.40 350m: 4:11.32 37.72 100m: 1:05.65 34.49 200m: 2:18.32 36.78 300m: 3:33.60 37.88 400m: 4:48.83 37.51					
81.	CRISTINO Guilherme Matias (Fora Tempo Acesso / Out of Admission Time)	03	União Piedense	4:51.21		431
	50m: 31.58 31.58 150m: 1:44.82 36.81 250m: 2:59.40 36.94 350m: 4:14.68 37.74 100m: 1:08.01 36.43 200m: 2:22.46 37.64 300m: 3:36.94 37.54 400m: 4:51.21 36.53					