

Prova 21  
 24.11.2018 - 16:52

## Masc., 400m Livres

 Absolutos  
 Resultados

Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	3:51.92	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Jun 2	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Jun 1	3:56.54	Rui Filipe Costa	VSC	Feigueiras	2007
Rec Nacional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Nacional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012

TAC Juv B: 4:51.39; Juv A: 4:46.09; Jun 1: 4:35.62; Jun 2: 4:31.67; Sen: 4:26.43

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Antonio Lombardi Carvalho	04	Belenenses	4:41.26	<b>4:21.84</b>	532
	50m: 29.54 29.54	150m: 1:35.25 33.26	250m: 2:42.11 33.67	350m: 3:49.75 33.82		
	100m: 1:01.99 32.45	200m: 2:08.44 33.19	300m: 3:15.93 33.82	400m: 4:21.84 32.09		
2.	Joao Afonso Santos	04	Sporting	4:38.49	<b>4:29.00</b>	491
	50m: 30.29 30.29	150m: 1:37.24 34.01	250m: 2:46.55 34.74	350m: 3:55.91 34.33		
	100m: 1:03.23 32.94	200m: 2:11.81 34.57	300m: 3:21.58 35.03	400m: 4:29.00 33.09		
3.	Yann Chetelat Fock	04	Avançado EULx	4:39.13	<b>4:39.99</b>	435
	50m: 31.00 31.00	150m: 1:40.50 35.25	250m: 2:52.43 36.20	350m: 4:04.98 36.40		
	100m: 1:05.25 34.25	200m: 2:16.23 35.73	300m: 3:28.58 36.15	400m: 4:39.99 35.01		
4.	Pedro Forjaz Cirurgiao	04	Alges	4:47.91	<b>4:41.25</b>	429
	50m: 31.03 31.03	150m: 1:41.93 35.90	250m: 2:53.96 35.83	350m: 4:06.31 35.51		
	100m: 1:06.03 35.00	200m: 2:18.13 36.20	300m: 3:30.80 36.84	400m: 4:41.25 34.94		
5.	Duarte Cadima Goncalves	04	C N Montijo	4:40.18	<b>4:42.32</b>	424
	50m: 30.73 30.73	150m: 1:41.27 35.95	250m: 2:54.00 36.49	350m: 4:07.97 36.66		
	100m: 1:05.32 34.59	200m: 2:17.51 36.24	300m: 3:31.31 37.31	400m: 4:42.32 34.35		
6.	David Jorge Sequeira	04	Colégio Vasco da Gama	4:51.39	<b>4:45.15</b>	412
	50m: 32.17 32.17	150m: 1:44.57 36.95	250m: 2:58.14 36.83	350m: 4:11.64 37.02		
	100m: 1:07.62 35.45	200m: 2:21.31 36.74	300m: 3:34.62 36.48	400m: 4:45.15 33.51		
7.	Duarte Brito Justino	04	Colegio Int Monte Maior	4:50.55	<b>4:45.86</b>	409
	50m: 31.93 31.93	150m: 1:44.41 36.64	250m: 2:57.12 36.79	350m: 4:09.72 35.56		
	100m: 1:07.77 35.84	200m: 2:20.33 35.92	300m: 3:34.16 37.04	400m: 4:45.86 36.14		
8.	Francisco Sousa Uva	04	Alges	4:47.39	<b>4:46.05</b>	408
	50m: 31.54 31.54	150m: 1:43.06 36.36	250m: 2:56.90 36.62	350m: 4:10.78 37.15		
	100m: 1:06.70 35.16	200m: 2:20.28 37.22	300m: 3:33.63 36.73	400m: 4:46.05 35.27		
9.	Victor Bethlem Tigre	04	Sporting	4:51.39	<b>4:48.51</b>	398
	50m: 31.89 31.89	150m: 1:44.83 36.96	250m: 3:00.09 37.60	350m: 4:13.52 36.30		
	100m: 1:07.87 35.98	200m: 2:22.49 37.66	300m: 3:37.22 37.13	400m: 4:48.51 34.99		
10.	Miguel Filipe Anjo	04	Desportivo Cova da Piedade	4:51.39	<b>4:49.61</b>	393
	50m: 32.18 32.18	150m: 1:45.00 36.75	250m: 2:59.93 36.88	350m: 4:13.32 36.48		
	100m: 1:08.25 36.07	200m: 2:23.05 38.05	300m: 3:36.84 36.91	400m: 4:49.61 36.29		
11.	Afonso Romao Francisco	04	Desportivo Cova da Piedade	4:51.39	<b>4:49.80</b>	392
	50m: 32.70 32.70	150m: 1:45.56 36.78	250m: 2:59.57 37.18	350m: 4:14.08 37.09		
	100m: 1:08.78 36.08	200m: 2:22.39 36.83	300m: 3:36.99 37.42	400m: 4:49.80 35.72		
12.	Afonso Leonel Barreto	04	CPCD Póvoa Sta Iria	4:51.39	<b>4:51.32</b>	386
	50m: 32.89 32.89	150m: 1:46.67 36.89	250m: 3:00.78 36.79	350m: 4:15.14 37.09		
	100m: 1:09.78 36.89	200m: 2:23.99 37.32	300m: 3:38.05 37.27	400m: 4:51.32 36.18		
13.	Tomas Martins Mira <i>Fora Tempo Acesso</i>	04	Naval Setubalense	4:49.68	<b>4:51.94</b>	384
	50m: 31.86 31.86	150m: 1:45.36 37.58	250m: 3:01.11 37.91	350m: 4:16.25 37.20		
	100m: 1:07.78 35.92	200m: 2:23.20 37.84	300m: 3:39.05 37.94	400m: 4:51.94 35.69		
14.	Goncalo Gomes Augusto <i>Fora Tempo Acesso</i>	04	Laranjeiro	4:50.25	<b>4:53.06</b>	379
	50m: 32.62 32.62	150m: 1:46.19 37.38	250m: 3:02.66 38.87	350m: 4:17.63 36.25		
	100m: 1:08.81 36.19	200m: 2:23.79 37.60	300m: 3:41.38 38.72	400m: 4:53.06 35.43		

**Prova 21, Masc., 400m Livres, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
15.	Guilherme Pinto Restolho <i>Fora Tempo Acesso</i>	04	CPCD Póvoa Sta Iria	4:45.48	<b>4:57.15</b>	364
	50m: 32.21 32.21	150m: 1:45.65 37.23	250m: 3:02.28 38.87	350m: 4:20.06 38.86		
	100m: 1:08.42 36.21	200m: 2:23.41 37.76	300m: 3:41.20 38.92	400m: 4:57.15 37.09		
16.	Jaeden Michael Nunes <i>Fora Tempo Acesso</i>	04	Belenenses	4:51.39	<b>4:58.95</b>	357
	50m: 32.79 32.79	150m: 1:46.16 37.78	250m: 3:02.96 38.39	350m: 4:21.09 38.59		
	100m: 1:08.38 35.59	200m: 2:24.57 38.41	300m: 3:42.50 39.54	400m: 4:58.95 37.86		

**Juvenis A**

1.	Tomas Nogueira Gomes	03	União Piedense	4:25.45	<b>4:18.08</b>	556
	50m: 29.81 29.81	150m: 1:35.11 32.83	250m: 2:40.83 32.66	350m: 3:46.63 32.89		
	100m: 1:02.28 32.47	200m: 2:08.17 33.06	300m: 3:13.74 32.91	400m: 4:18.08 31.45		
2.	Pedro Esteves Duarte	03	Desportivo Cova da Piedade	4:32.11	<b>4:25.40</b>	511
	50m: 29.18 29.18	150m: 1:35.26 33.60	250m: 2:43.31 34.22	350m: 3:52.28 34.44		
	100m: 1:01.66 32.48	200m: 2:09.09 33.83	300m: 3:17.84 34.53	400m: 4:25.40 33.12		
3.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	4:42.00	<b>4:31.59</b>	477
	50m: 30.68 30.68	150m: 1:40.33 35.48	250m: 2:50.26 35.05	350m: 3:59.41 34.37		
	100m: 1:04.85 34.17	200m: 2:15.21 34.88	300m: 3:25.04 34.78	400m: 4:31.59 32.18		
4.	Joao Matos Fidalgo	03	Benfica	4:45.05	<b>4:31.62</b>	477
	50m: 30.59 30.59	150m: 1:39.26 34.88	250m: 2:50.34 35.46	350m: 3:59.36 34.27		
	100m: 1:04.38 33.79	200m: 2:14.88 35.62	300m: 3:25.09 34.75	400m: 4:31.62 32.26		
5.	Luis Carlos Correia	03	Naval Amorense	4:46.09	<b>4:33.81</b>	465
	50m: 30.00 30.00	150m: 1:36.48 34.11	250m: 2:47.54 35.87	350m: 3:58.67 35.76		
	100m: 1:02.37 32.37	200m: 2:11.67 35.19	300m: 3:22.91 35.37	400m: 4:33.81 35.14		
6.	Diogo Miguel Duraes	03	C N Montijo	4:37.18	<b>4:35.02</b>	459
	50m: 30.62 30.62	150m: 1:40.09 35.27	250m: 2:50.74 35.44	350m: 4:01.55 35.30		
	100m: 1:04.82 34.20	200m: 2:15.30 35.21	300m: 3:26.25 35.51	400m: 4:35.02 33.47		
7.	Daniel Alexandre Ascenso	03	Geslours	4:39.06	<b>4:41.56</b>	428
	50m: 31.15 31.15	150m: 1:40.56 35.30	250m: 2:52.09 35.89	350m: 4:05.41 36.67		
	100m: 1:05.26 34.11	200m: 2:16.20 35.64	300m: 3:28.74 36.65	400m: 4:41.56 36.15		
8.	Luis Maia Pegado	03	Sporting	4:46.09	<b>4:42.34</b>	424
	50m: 31.92 31.92	150m: 1:42.13 35.59	250m: 2:50.74 35.44	350m: 4:06.12 35.71		
	100m: 1:06.54 34.62	200m: 2:18.19 36.06	300m: 3:30.41 35.44	400m: 4:42.34 36.22		
9.	Goncalo Feliciano Santos	03	Sporting	4:46.09	<b>4:42.93</b>	422
	50m: 31.19 31.19	150m: 1:41.77 35.64	250m: 2:54.15 36.43	350m: 4:07.62 36.61		
	100m: 1:06.13 34.94	200m: 2:17.72 35.95	300m: 3:31.01 36.86	400m: 4:42.93 35.31		
10.	Jose Miguel Oliveira <i>Fora Tempo Acesso</i>	03	Naval Setubalense	4:46.09	<b>4:49.00</b>	396
	50m: 31.34 31.34	150m: 1:43.28 36.64	250m: 2:57.21 36.96	350m: 4:12.44 37.90		
	100m: 1:06.64 35.30	200m: 2:20.25 36.97	300m: 3:34.54 37.33	400m: 4:49.00 36.56		

**Juniores**

1.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	4:06.62	<b>4:09.44</b>	616
	50m: 29.28 29.28	150m: 1:31.59 31.48	250m: 2:35.47 31.79	350m: 3:38.64 31.38		
	100m: 1:00.11 30.83	200m: 2:03.68 32.09	300m: 3:07.26 31.79	400m: 4:09.44 30.80		
2.	Pedro Miguel Pinto	02	Sporting	4:16.70	<b>4:12.42</b>	594
	50m: 29.27 29.27	150m: 1:33.52 32.17	250m: 2:37.50 31.77	350m: 3:41.29 31.93		
	100m: 1:01.35 32.08	200m: 2:05.73 32.21	300m: 3:09.36 31.86	400m: 4:12.42 31.13		
3.	Tomas Penha Monteiro	02	Alges	4:13.55	<b>4:13.86</b>	584
	50m: 27.81 27.81	150m: 1:30.53 31.80	250m: 2:35.03 32.31	350m: 3:41.01 33.28		
	100m: 58.73 30.92	200m: 2:02.72 32.19	300m: 3:07.73 32.70	400m: 4:13.86 32.85		
4.	Bernardo Geada Brito	02	União Piedense	4:17.76	<b>4:15.29</b>	574
	50m: 29.27 29.27	150m: 1:33.92 32.55	250m: 2:39.39 32.58	350m: 3:44.04 32.26		
	100m: 1:01.37 32.10	200m: 2:06.81 32.89	300m: 3:11.78 32.39	400m: 4:15.29 31.25		
5.	Francisco Alves Souza	02	Geslours	4:14.48	<b>4:16.81</b>	564
	50m: 29.35 29.35	150m: 1:33.56 32.40	250m: 2:38.91 32.58	350m: 3:44.96 32.99		
	100m: 1:01.16 31.81	200m: 2:06.33 32.77	300m: 3:11.97 33.06	400m: 4:16.81 31.85		

**Prova 21, Masc., 400m Livres, Juniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Goncalo Morais Gordo 50m: 29.36 29.36 100m: 1:00.91 31.55	02	Colegio Int Monte Maior	4:21.05	<b>4:17.04</b>	563
		150m: 1:33.41 32.50	250m: 2:38.38 32.50	350m: 3:44.37 32.70		32.70
		200m: 2:05.88 32.47	300m: 3:11.67 33.29	400m: 4:17.04 32.67		32.67
7.	Pedro Machado Vieira 50m: 28.72 28.72 100m: 1:00.21 31.49	02	Alges	4:35.62	<b>4:18.08</b>	556
		150m: 1:32.73 32.52	250m: 2:39.31 33.28	350m: 3:47.24 34.01		34.01
		200m: 2:06.03 33.30	300m: 3:13.23 33.92	400m: 4:18.08 30.84		30.84
8.	Ricardo Martins Bras 50m: 28.34 28.34 100m: 1:00.00 31.66	01	Belenenses	4:27.28	<b>4:18.36</b>	554
		150m: 1:33.04 33.04	250m: 2:39.26 33.09	350m: 3:45.73 33.46		33.46
		200m: 2:06.17 33.13	300m: 3:12.27 33.01	400m: 4:18.36 32.63		32.63
9.	Miguel Monteiro Dinis 50m: 28.86 28.86 100m: 1:00.51 31.65	01	Alges	4:21.65	<b>4:21.65</b>	533
		150m: 1:32.92 32.41	250m: 2:39.66 33.26	350m: 3:47.92 34.42		34.42
		200m: 2:06.40 33.48	300m: 3:13.50 33.84	400m: 4:21.65 33.73		33.73
10.	Rodrigo Almeida Cabrito 50m: 28.58 28.58 100m: 1:00.72 32.14	01	Belenenses	4:16.67	<b>4:22.26</b>	530
		150m: 1:33.91 33.19	250m: 2:40.89 33.59	350m: 3:49.19 33.99		33.99
		200m: 2:07.30 33.39	300m: 3:15.20 34.31	400m: 4:22.26 33.07		33.07
11.	Diogo Santos Costa 50m: 29.38 29.38 100m: 1:01.38 32.00	02	Colegio Int Monte Maior	4:15.26	<b>4:23.77</b>	521
		150m: 1:32.74 31.36	250m: 2:36.60 32.24	350m: 3:47.32 36.14		36.14
		200m: 2:04.36 31.62	300m: 3:11.18 34.58	400m: 4:23.77 36.45		36.45
12.	Joao Nogueira Mendes 50m: 30.28 30.28 100m: 1:03.55 33.27	02	Laranjeiro	4:23.98	<b>4:24.21</b>	518
		150m: 1:37.21 33.66	250m: 2:45.37 34.03	350m: 3:52.70 33.18		33.18
		200m: 2:11.34 34.13	300m: 3:19.52 34.15	400m: 4:24.21 31.51		31.51
13.	Simao Castro Barreto 50m: 30.03 30.03 100m: 1:03.89 33.86	02	Avançado EULx	4:35.60	<b>4:35.10</b>	459
		150m: 1:38.87 34.98	250m: 2:50.14 35.49	350m: 4:01.76 35.72		35.72
		200m: 2:14.65 35.78	300m: 3:26.04 35.90	400m: 4:35.10 33.34		33.34
14.	Tomas Silvestre Almeida <i>Fora Tempo Acesso</i> 50m: 30.61 30.61 100m: 1:04.70 34.09	01	Natação de Lisboa	4:31.67	<b>4:38.70</b>	441
		150m: 1:39.97 35.27	250m: 2:51.43 35.79	350m: 4:03.15 35.84		35.84
		200m: 2:15.64 35.67	300m: 3:27.31 35.88	400m: 4:38.70 35.55		35.55

**Seniores**

1.	Rafael Lourenco Gil 50m: 26.94 26.94 100m: 55.99 29.05	96	Sporting	3:53.75	<b>3:52.82</b>	757
		150m: 1:25.47 29.48	250m: 2:25.05 29.79	350m: 3:25.21 30.26		30.26
		200m: 1:55.26 29.79	300m: 2:54.95 29.90	400m: 3:52.82 27.61		27.61
2.	Pedro Andre Santos 50m: 27.51 27.51 100m: 58.09 30.58	94	Alges	4:26.43	<b>4:00.50</b>	687
		150m: 1:29.06 30.97	250m: 2:30.77 30.61	350m: 3:41.33 30.04		30.04
		200m: 2:00.16 31.10	300m: 3:01.29 30.52	400m: 4:00.50 29.17		29.17
3.	Artiom Viatcheslavovitch Poliakov 50m: 26.26 26.26 100m: 55.34 29.08	93	Oriental de Lisboa	4:12.29	<b>4:05.39</b>	647
		150m: 1:25.65 30.31	250m: 2:27.82 31.43	350m: 3:33.00 33.00		33.00
		200m: 1:56.39 30.74	300m: 3:00.00 32.18	400m: 4:05.39 32.39		32.39
4.	Pedro Miguel Silva 50m: 28.09 28.09 100m: 58.58 30.49	94	Colegio Int Monte Maior	4:11.51	<b>4:06.69</b>	636
		150m: 1:29.98 31.40	250m: 2:32.53 30.79	350m: 3:35.56 31.47		31.47
		200m: 2:01.74 31.76	300m: 3:04.09 31.56	400m: 4:06.69 31.13		31.13
5.	Joao Mota Correia 50m: 27.35 27.35 100m: 57.40 30.05	97	Benfica	4:15.18	<b>4:09.11</b>	618
		150m: 1:28.61 31.21	250m: 2:31.52 31.56	350m: 3:36.63 32.83		32.83
		200m: 1:59.96 31.35	300m: 3:03.80 32.28	400m: 4:09.11 32.48		32.48
6.	Joao Esteves Padrela 50m: 28.61 28.61 100m: 1:00.39 31.78	99	Belenenses	4:26.43	<b>4:10.27</b>	609
		150m: 1:32.54 32.15	250m: 2:36.70 32.09	350m: 3:40.30 31.48		31.48
		200m: 2:04.61 32.07	300m: 3:08.82 32.12	400m: 4:10.27 29.97		29.97
7.	Rodrigo Antonio Rosa 50m: 28.75 28.75 100m: 1:00.13 31.38	96	Benfica	4:26.43	<b>4:10.90</b>	605
		150m: 1:31.85 31.72	250m: 2:36.15 32.09	350m: 3:44.51 31.98		31.98
		200m: 2:04.06 32.21	300m: 3:08.53 32.38	400m: 4:10.90 30.39		30.39
8.	Joao Andre Rodrigues 50m: 29.49 29.49 100m: 1:01.47 31.98	99	Geslours	4:15.14	<b>4:14.88</b>	577
		150m: 1:33.91 32.44	250m: 2:39.06 32.45	350m: 3:44.16 32.14		32.14
		200m: 2:06.61 32.70	300m: 3:12.02 32.96	400m: 4:14.88 30.72		30.72
9.	Pedro Barata Neves 50m: 28.29 28.29 100m: 59.10 30.81	00	Laranjeiro	4:07.13	<b>4:17.32</b>	561
		150m: 1:30.84 31.74	250m: 2:36.56 33.08	350m: 3:44.09 33.89		33.89
		200m: 2:03.48 32.64	300m: 3:10.20 33.64	400m: 4:17.32 33.23		33.23
10.	Sebastiao Limbert Piedade 50m: 29.01 29.01 100m: 1:00.96 31.95	00	Alges	4:14.54	<b>4:17.98</b>	556
		150m: 1:33.44 32.48	250m: 2:39.45 33.08	350m: 3:45.47 33.03		33.03
		200m: 2:06.37 32.93	300m: 3:12.44 32.99	400m: 4:17.98 32.51		32.51

**Prova 21, Masc., 400m Livres, Seniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Joao Miguel Cardoso	97	Gesloures	4:12.00	<b>4:19.82</b>	545
	50m: 29.68 29.68	150m: 1:34.51 32.87	250m: 2:41.57 33.62	350m: 3:48.34 33.22		
	100m: 1:01.64 31.96	200m: 2:07.95 33.44	300m: 3:15.12 33.55	400m: 4:19.82 31.48		
12.	Tiago Rafael Martins	97	Avançado EULx	4:22.41	<b>4:20.85</b>	538
	50m: 29.10 29.10	150m: 1:33.90 32.61	250m: 2:40.03 33.18	350m: 3:47.66 33.55		
	100m: 1:01.29 32.19	200m: 2:06.85 32.95	300m: 3:14.11 34.08	400m: 4:20.85 33.19		
13.	Carlos Afonso Almeida	98	Alges	4:14.20	<b>4:24.39</b>	517
	50m: 28.24 28.24	150m: 1:31.45 32.16	250m: 2:38.62 34.05	350m: 3:48.97 35.52		
	100m: 59.29 31.05	200m: 2:04.57 33.12	300m: 3:13.45 34.83	400m: 4:24.39 35.42		
14.	Miguel Henriques Marques	00	Benfica	4:26.43	<b>4:24.83</b>	514
	50m: 28.04 28.04	150m: 1:32.85 33.38	250m: 2:40.11 33.60	350m: 3:51.12 35.72		
	100m: 59.47 31.43	200m: 2:06.51 33.66	300m: 3:15.40 35.29	400m: 4:24.83 33.71		
15.	Carlos Miguel Pinto	97	Natação de Lisboa	4:25.05	<b>4:25.27</b>	512
	50m: 29.02 29.02	150m: 1:34.74 33.29	250m: 2:42.56 34.21	350m: 3:51.29 34.47		
	100m: 1:01.45 32.43	200m: 2:08.35 33.61	300m: 3:16.82 34.26	400m: 4:25.27 33.98		
16.	Filipe Nunes Magalhaes	98	Natação de Lisboa	4:26.43	<b>4:26.36</b>	505
	50m: 28.80 28.80	150m: 1:33.33 32.72	250m: 2:41.88 34.49	350m: 3:53.27 35.97		
	100m: 1:00.61 31.81	200m: 2:07.39 34.06	300m: 3:17.30 35.42	400m: 4:26.36 33.09		
17.	Luis Maria Rosa	91	Natação de Lisboa	4:26.43	<b>4:31.10</b>	479
	<i>Fora Tempo Acesso</i>					
	50m: 28.83 28.83	150m: 1:34.79 33.65	250m: 2:44.68 35.33	350m: 3:55.89 36.01		
	100m: 1:01.14 32.31	200m: 2:09.35 34.56	300m: 3:19.88 35.20	400m: 4:31.10 35.21		
DNF	Joao Costa Fonseca	00	Natação de Lisboa	4:26.43		
	<i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 200 metros. (SW 10.2)</i>					
	50m: 29.67 29.67	150m: 1:36.83 34.06	250m: 2:44.68 35.33	350m: 3:55.89 36.01		
	100m: 1:02.77 33.10	200m: 2:10.88 34.05	300m: 3:19.88 35.20	400m: 4:31.10 35.21		

**Absolutos**

1.	Rafael Lourenco Gil	96	Sporting	3:53.75	<b>3:52.82</b>	757
	<i>Campeão Regional</i>					
	50m: 26.94 26.94	150m: 1:25.47 29.48	250m: 2:25.05 29.79	350m: 3:25.21 30.26		
	100m: 55.99 29.05	200m: 1:55.26 29.79	300m: 2:54.95 29.90	400m: 3:52.82 27.61		
2.	Pedro Andre Santos	94	Alges	4:26.43	<b>4:00.50</b>	687
	50m: 27.51 27.51	150m: 1:29.06 30.97	250m: 2:30.77 30.61	350m: 3:31.33 30.04		
	100m: 58.09 30.58	200m: 2:00.16 31.10	300m: 3:01.29 30.52	400m: 4:00.50 29.17		
3.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	4:12.29	<b>4:05.39</b>	647
	50m: 26.26 26.26	150m: 1:25.65 30.31	250m: 2:27.82 31.43	350m: 3:33.00 33.00		
	100m: 55.34 29.08	200m: 1:56.39 30.74	300m: 3:00.00 32.18	400m: 4:05.39 32.39		
4.	Pedro Miguel Silva	94	Colegio Int Monte Maior	4:11.51	<b>4:06.69</b>	636
	50m: 28.09 28.09	150m: 1:29.98 31.40	250m: 2:32.53 30.79	350m: 3:35.56 31.47		
	100m: 58.58 30.49	200m: 2:01.74 31.76	300m: 3:04.09 31.56	400m: 4:06.69 31.13		
5.	Joao Mota Correia	97	Benfica	4:15.18	<b>4:09.11</b>	618
	50m: 27.35 27.35	150m: 1:28.61 31.21	250m: 2:31.52 31.56	350m: 3:36.63 32.83		
	100m: 57.40 30.05	200m: 1:59.96 31.35	300m: 3:03.80 32.28	400m: 4:09.11 32.48		
6.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	4:06.62	<b>4:09.44</b>	616
	50m: 29.28 29.28	150m: 1:31.59 31.48	250m: 2:35.47 31.79	350m: 3:38.64 31.38		
	100m: 1:00.11 30.83	200m: 2:03.68 32.09	300m: 3:07.26 31.79	400m: 4:09.44 30.80		
7.	Joao Esteves Padrela	99	Belenenses	4:26.43	<b>4:10.27</b>	609
	50m: 28.61 28.61	150m: 1:32.54 32.15	250m: 2:36.70 32.09	350m: 3:40.30 31.48		
	100m: 1:00.39 31.78	200m: 2:04.61 32.07	300m: 3:08.82 32.12	400m: 4:10.27 29.97		
8.	Rodrigo Antonio Rosa	96	Benfica	4:26.43	<b>4:10.90</b>	605
	50m: 28.75 28.75	150m: 1:31.85 31.72	250m: 2:36.15 32.09	350m: 3:40.51 31.98		
	100m: 1:00.13 31.38	200m: 2:04.06 32.21	300m: 3:08.53 32.38	400m: 4:10.90 30.39		
9.	Pedro Miguel Pinto	02	Sporting	4:16.70	<b>4:12.42</b>	594
	50m: 29.27 29.27	150m: 1:33.52 32.17	250m: 2:37.50 31.77	350m: 3:41.29 31.93		
	100m: 1:01.35 32.08	200m: 2:05.73 32.21	300m: 3:09.36 31.86	400m: 4:12.42 31.13		
10.	Tomas Penha Monteiro	02	Alges	4:13.55	<b>4:13.86</b>	584
	50m: 27.81 27.81	150m: 1:30.53 31.80	250m: 2:35.03 32.31	350m: 3:41.01 33.28		
	100m: 58.73 30.92	200m: 2:02.72 32.19	300m: 3:07.73 32.70	400m: 4:13.86 32.85		



**Prova 21, Masc., 400m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Joao Andre Rodrigues	99	Gesloures	4:15.14	<b>4:14.88</b>	577
	50m: 29.49 29.49	150m: 1:33.91 32.44	250m: 2:39.06 32.45	350m: 3:44.16 32.14		32.14
	100m: 1:01.47 31.98	200m: 2:06.61 32.70	300m: 3:12.02 32.96	400m: 4:14.88 30.72		30.72
12.	Bernardo Geada Brito	02	União Piedense	4:17.76	<b>4:15.29</b>	574
	50m: 29.27 29.27	150m: 1:33.92 32.55	250m: 2:39.39 32.58	350m: 3:44.04 32.26		32.26
	100m: 1:01.37 32.10	200m: 2:06.81 32.89	300m: 3:11.78 32.39	400m: 4:15.29 31.25		31.25
13.	Francisco Alves Souza	02	Gesloures	4:14.48	<b>4:16.81</b>	564
	50m: 29.35 29.35	150m: 1:33.56 32.40	250m: 2:38.91 32.58	350m: 3:44.96 32.99		32.99
	100m: 1:01.16 31.81	200m: 2:06.33 32.77	300m: 3:11.97 33.06	400m: 4:16.81 31.85		31.85
14.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	4:21.05	<b>4:17.04</b>	563
	50m: 29.36 29.36	150m: 1:33.41 32.50	250m: 2:38.38 32.50	350m: 3:44.37 32.70		32.70
	100m: 1:00.91 31.55	200m: 2:05.88 32.47	300m: 3:11.67 33.29	400m: 4:17.04 32.67		32.67
15.	Pedro Barata Neves	00	Laranjeiro	4:07.13	<b>4:17.32</b>	561
	50m: 28.29 28.29	150m: 1:30.84 31.74	250m: 2:36.56 33.08	350m: 3:44.09 33.89		33.89
	100m: 59.10 30.81	200m: 2:03.48 32.64	300m: 3:10.20 33.64	400m: 4:17.32 33.23		33.23
16.	Sebastiao Limbert Piedade	00	Alges	4:14.54	<b>4:17.98</b>	556
	50m: 29.01 29.01	150m: 1:33.44 32.48	250m: 2:39.45 33.08	350m: 3:45.47 33.03		33.03
	100m: 1:00.96 31.95	200m: 2:06.37 32.93	300m: 3:12.44 32.99	400m: 4:17.98 32.51		32.51
17.	Tomas Nogueira Gomes	03	União Piedense	4:25.45	<b>4:18.08</b>	556
	50m: 29.81 29.81	150m: 1:35.11 32.83	250m: 2:40.83 32.66	350m: 3:46.63 32.89		32.89
	100m: 1:02.28 32.47	200m: 2:08.17 33.06	300m: 3:13.74 32.91	400m: 4:18.08 31.45		31.45
	Pedro Machado Vieira	02	Alges	4:35.62	<b>4:18.08</b>	556
	50m: 28.72 28.72	150m: 1:32.73 32.52	250m: 2:39.31 33.28	350m: 3:47.24 34.01		34.01
	100m: 1:00.21 31.49	200m: 2:06.03 33.30	300m: 3:13.23 33.92	400m: 4:18.08 30.84		30.84
19.	Ricardo Martins Bras	01	Belenenses	4:27.28	<b>4:18.36</b>	554
	50m: 28.34 28.34	150m: 1:33.04 33.04	250m: 2:39.26 33.09	350m: 3:45.73 33.46		33.46
	100m: 1:00.00 31.66	200m: 2:06.17 33.13	300m: 3:12.27 33.01	400m: 4:18.36 32.63		32.63
20.	Joao Miguel Cardoso	97	Gesloures	4:12.00	<b>4:19.82</b>	545
	50m: 29.68 29.68	150m: 1:34.51 32.87	250m: 2:41.57 33.62	350m: 3:48.34 33.22		33.22
	100m: 1:01.64 31.96	200m: 2:07.95 33.44	300m: 3:15.12 33.55	400m: 4:19.82 31.48		31.48
21.	Tiago Rafael Martins	97	Avançado EULX	4:22.41	<b>4:20.85</b>	538
	50m: 29.10 29.10	150m: 1:33.90 32.61	250m: 2:40.03 33.18	350m: 3:47.66 33.55		33.55
	100m: 1:01.29 32.19	200m: 2:06.85 32.95	300m: 3:14.11 34.08	400m: 4:20.85 33.19		33.19
22.	Miguel Monteiro Dinis	01	Alges	4:21.65	<b>4:21.65</b>	533
	50m: 28.86 28.86	150m: 1:32.92 32.41	250m: 2:39.66 33.26	350m: 3:47.92 34.42		34.42
	100m: 1:00.51 31.65	200m: 2:06.40 33.48	300m: 3:13.50 33.84	400m: 4:21.65 33.73		33.73
23.	Antonio Lombardi Carvalho	04	Belenenses	4:41.26	<b>4:21.84</b>	532
	50m: 29.54 29.54	150m: 1:35.25 33.26	250m: 2:42.11 33.67	350m: 3:49.75 33.82		33.82
	100m: 1:01.99 32.45	200m: 2:08.44 33.19	300m: 3:15.93 33.82	400m: 4:21.84 32.09		32.09
24.	Rodrigo Almeida Cabrito	01	Belenenses	4:16.67	<b>4:22.26</b>	530
	50m: 28.58 28.58	150m: 1:33.91 33.19	250m: 2:40.89 33.59	350m: 3:49.19 33.99		33.99
	100m: 1:00.72 32.14	200m: 2:07.30 33.39	300m: 3:15.20 34.31	400m: 4:22.26 33.07		33.07
25.	Diogo Santos Costa	02	Colegio Int Monte Maior	4:15.26	<b>4:23.77</b>	521
	50m: 29.38 29.38	150m: 1:32.74 31.36	250m: 2:36.60 32.24	350m: 3:47.32 36.14		36.14
	100m: 1:01.38 32.00	200m: 2:04.36 31.62	300m: 3:11.18 34.58	400m: 4:23.77 36.45		36.45
26.	Joao Nogueira Mendes	02	Laranjeiro	4:23.98	<b>4:24.21</b>	518
	50m: 30.28 30.28	150m: 1:37.21 33.66	250m: 2:45.37 34.03	350m: 3:52.70 33.18		33.18
	100m: 1:03.55 33.27	200m: 2:11.34 34.13	300m: 3:19.52 34.15	400m: 4:24.21 31.51		31.51
27.	Carlos Afonso Almeida	98	Alges	4:14.20	<b>4:24.39</b>	517
	50m: 28.24 28.24	150m: 1:31.45 32.16	250m: 2:38.62 34.05	350m: 3:48.97 35.52		35.52
	100m: 59.29 31.05	200m: 2:04.57 33.12	300m: 3:13.45 34.83	400m: 4:24.39 35.42		35.42
28.	Miguel Henriques Marques	00	Benfica	4:26.43	<b>4:24.83</b>	514
	50m: 28.04 28.04	150m: 1:32.85 33.38	250m: 2:40.11 33.60	350m: 3:51.12 35.72		35.72
	100m: 59.47 31.43	200m: 2:06.51 33.66	300m: 3:15.40 35.29	400m: 4:24.83 33.71		33.71
29.	Carlos Miguel Pinto	97	Natação de Lisboa	4:25.05	<b>4:25.27</b>	512
	50m: 29.02 29.02	150m: 1:34.74 33.29	250m: 2:42.56 34.21	350m: 3:51.29 34.47		34.47
	100m: 1:01.45 32.43	200m: 2:08.35 33.61	300m: 3:16.82 34.26	400m: 4:25.27 33.98		33.98
30.	Pedro Esteves Duarte	03	Desportivo Cova da Piedade	4:32.11	<b>4:25.40</b>	511
	50m: 29.18 29.18	150m: 1:35.26 33.60	250m: 2:43.31 34.22	350m: 3:52.28 34.44		34.44
	100m: 1:01.66 32.48	200m: 2:09.09 33.83	300m: 3:17.84 34.53	400m: 4:25.40 33.12		33.12
31.	Filipe Nunes Magalhaes	98	Natação de Lisboa	4:26.43	<b>4:26.36</b>	505
	50m: 28.80 28.80	150m: 1:33.33 32.72	250m: 2:41.88 34.49	350m: 3:53.27 35.97		35.97
	100m: 1:00.61 31.81	200m: 2:07.39 34.06	300m: 3:17.30 35.42	400m: 4:26.36 33.09		33.09

**Prova 21, Masc., 400m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
32.	Joao Afonso Santos	04	Sporting	4:38.49	<b>4:29.00</b>	491
	50m: 30.29 30.29	150m: 1:37.24 34.01	250m: 2:46.55 34.74	350m: 3:55.91 34.33		
	100m: 1:03.23 32.94	200m: 2:11.81 34.57	300m: 3:21.58 35.03	400m: 4:29.00 33.09		
33.	Luis Maria Rosa	91	Natação de Lisboa	4:26.43	<b>4:31.10</b>	479
	<i>Fora Tempo Acesso</i>					
	50m: 28.83 28.83	150m: 1:34.79 33.65	250m: 2:44.68 35.33	350m: 3:55.89 36.01		
	100m: 1:01.14 32.31	200m: 2:09.35 34.56	300m: 3:19.88 35.20	400m: 4:31.10 35.21		
34.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	4:42.00	<b>4:31.59</b>	477
	50m: 30.68 30.68	150m: 1:40.33 35.48	250m: 2:50.26 35.05	350m: 3:59.41 34.37		
	100m: 1:04.85 34.17	200m: 2:15.21 34.88	300m: 3:25.04 34.78	400m: 4:31.59 32.18		
35.	Joao Matos Fidalgo	03	Benfica	4:45.05	<b>4:31.62</b>	477
	50m: 30.59 30.59	150m: 1:39.26 34.88	250m: 2:50.34 35.46	350m: 3:59.36 34.27		
	100m: 1:04.38 33.79	200m: 2:14.88 35.62	300m: 3:25.09 34.75	400m: 4:31.62 32.26		
36.	Luis Carlos Correia	03	Naval Amorense	4:46.09	<b>4:33.81</b>	465
	50m: 30.00 30.00	150m: 1:36.48 34.11	250m: 2:47.54 35.87	350m: 3:58.67 35.76		
	100m: 1:02.37 32.37	200m: 2:11.67 35.19	300m: 3:22.91 35.37	400m: 4:33.81 35.14		
37.	Diogo Miguel Duraes	03	C N Montijo	4:37.18	<b>4:35.02</b>	459
	50m: 30.62 30.62	150m: 1:40.09 35.27	250m: 2:50.74 35.44	350m: 4:01.55 35.30		
	100m: 1:04.82 34.20	200m: 2:15.30 35.21	300m: 3:26.25 35.51	400m: 4:35.02 33.47		
38.	Simao Castro Barreto	02	Avançado EULx	4:35.60	<b>4:35.10</b>	459
	50m: 30.03 30.03	150m: 1:38.87 34.98	250m: 2:50.14 35.49	350m: 4:01.76 35.72		
	100m: 1:03.89 33.86	200m: 2:14.65 35.78	300m: 3:26.04 35.90	400m: 4:35.10 33.34		
39.	Tomas Silvestre Almeida	01	Natação de Lisboa	4:31.67	<b>4:38.70</b>	441
	<i>Fora Tempo Acesso</i>					
	50m: 30.61 30.61	150m: 1:39.97 35.27	250m: 2:51.43 35.79	350m: 4:03.15 35.84		
	100m: 1:04.70 34.09	200m: 2:15.64 35.67	300m: 3:27.31 35.88	400m: 4:38.70 35.55		
40.	Yann Chetelat Fock	04	Avançado EULx	4:39.13	<b>4:39.99</b>	435
	50m: 31.00 31.00	150m: 1:40.50 35.25	250m: 2:52.43 36.20	350m: 4:04.98 36.40		
	100m: 1:05.25 34.25	200m: 2:16.23 35.73	300m: 3:28.58 36.15	400m: 4:39.99 35.01		
41.	Pedro Forjaz Cirurgiao	04	Alges	4:47.91	<b>4:41.25</b>	429
	50m: 31.03 31.03	150m: 1:41.93 35.90	250m: 2:53.96 35.83	350m: 4:06.31 35.51		
	100m: 1:06.03 35.00	200m: 2:18.13 36.20	300m: 3:30.80 36.84	400m: 4:41.25 34.94		
42.	Daniel Alexandre Ascenso	03	Geslours	4:39.06	<b>4:41.56</b>	428
	50m: 31.15 31.15	150m: 1:40.56 35.30	250m: 2:52.09 35.89	350m: 4:05.41 36.67		
	100m: 1:05.26 34.11	200m: 2:16.20 35.64	300m: 3:28.74 36.65	400m: 4:41.56 36.15		
43.	Duarte Cadima Goncalves	04	C N Montijo	4:40.18	<b>4:42.32</b>	424
	50m: 30.73 30.73	150m: 1:41.27 35.95	250m: 2:54.00 36.49	350m: 4:07.97 36.66		
	100m: 1:05.32 34.59	200m: 2:17.51 36.24	300m: 3:31.31 37.31	400m: 4:42.32 34.35		
44.	Luis Maia Pegado	03	Sporting	4:46.09	<b>4:42.34</b>	424
	50m: 31.92 31.92	150m: 1:42.13 35.59	250m: 2:54.00 36.49	350m: 4:06.12 35.71		
	100m: 1:06.54 34.62	200m: 2:18.19 36.06	300m: 3:30.41 36.86	400m: 4:42.34 36.22		
45.	Goncalo Feliciano Santos	03	Sporting	4:46.09	<b>4:42.93</b>	422
	50m: 31.19 31.19	150m: 1:41.77 35.64	250m: 2:54.15 36.43	350m: 4:07.62 36.61		
	100m: 1:06.13 34.94	200m: 2:17.72 35.95	300m: 3:31.01 36.86	400m: 4:42.93 35.31		
46.	David Jorge Sequeira	04	Colégio Vasco da Gama	4:51.39	<b>4:45.15</b>	412
	50m: 32.17 32.17	150m: 1:44.57 36.95	250m: 2:58.14 36.83	350m: 4:11.64 37.02		
	100m: 1:07.62 35.45	200m: 2:21.31 36.74	300m: 3:34.62 36.48	400m: 4:45.15 33.51		
47.	Duarte Brito Justino	04	Colegio Int Monte Maior	4:50.55	<b>4:45.86</b>	409
	50m: 31.93 31.93	150m: 1:44.41 36.64	250m: 2:57.12 36.79	350m: 4:09.72 35.56		
	100m: 1:07.77 35.84	200m: 2:20.33 35.92	300m: 3:34.16 37.04	400m: 4:45.86 36.14		
48.	Francisco Sousa Uva	04	Alges	4:47.39	<b>4:46.05</b>	408
	50m: 31.54 31.54	150m: 1:43.06 36.36	250m: 2:56.90 36.62	350m: 4:10.78 37.15		
	100m: 1:06.70 35.16	200m: 2:20.28 37.22	300m: 3:33.63 36.73	400m: 4:46.05 35.27		
49.	Victor Bethlem Tigre	04	Sporting	4:51.39	<b>4:48.51</b>	398
	50m: 31.89 31.89	150m: 1:44.83 36.96	250m: 3:00.09 37.60	350m: 4:13.52 36.30		
	100m: 1:07.87 35.98	200m: 2:22.49 37.66	300m: 3:37.22 37.13	400m: 4:48.51 34.99		
50.	Jose Miguel Oliveira	03	Naval Setubalense	4:46.09	<b>4:49.00</b>	396
	<i>Fora Tempo Acesso</i>					
	50m: 31.34 31.34	150m: 1:43.28 36.64	250m: 2:57.21 36.96	350m: 4:12.44 37.90		
	100m: 1:06.64 35.30	200m: 2:20.25 36.97	300m: 3:34.54 37.33	400m: 4:49.00 36.56		

**Prova 21, Masc., 400m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
51.	Miguel Filipe Anjo	04	Desportivo Cova da Piedade	4:51.39	<b>4:49.61</b>	393
	50m: 32.18 32.18	150m: 1:45.00 36.75	250m: 2:59.93 36.88	350m: 4:13.32 36.48		
	100m: 1:08.25 36.07	200m: 2:23.05 38.05	300m: 3:36.84 36.91	400m: 4:49.61 36.29		
52.	Afonso Romao Francisco	04	Desportivo Cova da Piedade	4:51.39	<b>4:49.80</b>	392
	50m: 32.70 32.70	150m: 1:45.56 36.78	250m: 2:59.57 37.18	350m: 4:14.08 37.09		
	100m: 1:08.78 36.08	200m: 2:23.39 36.83	300m: 3:36.99 37.42	400m: 4:49.80 35.72		
53.	Afonso Leonel Barreto	04	CPCD Póvoa Sta Iria	4:51.39	<b>4:51.32</b>	386
	50m: 32.89 32.89	150m: 1:46.67 36.89	250m: 3:00.78 36.79	350m: 4:15.14 37.09		
	100m: 1:09.78 36.89	200m: 2:23.99 37.32	300m: 3:38.05 37.27	400m: 4:51.32 36.18		
54.	Tomas Martins Mira <i>Fora Tempo Acesso</i>	04	Naval Setubalense	4:49.68	<b>4:51.94</b>	384
	50m: 31.86 31.86	150m: 1:45.36 37.58	250m: 3:01.11 37.91	350m: 4:16.25 37.20		
	100m: 1:07.78 35.92	200m: 2:23.20 37.84	300m: 3:39.05 37.94	400m: 4:51.94 35.69		
55.	Goncalo Gomes Augusto <i>Fora Tempo Acesso</i>	04	Laranjeiro	4:50.25	<b>4:53.06</b>	379
	50m: 32.62 32.62	150m: 1:46.19 37.38	250m: 3:02.66 38.87	350m: 4:17.63 36.25		
	100m: 1:08.81 36.19	200m: 2:23.79 37.60	300m: 3:41.38 38.72	400m: 4:53.06 35.43		
56.	Guilherme Pinto Restolho <i>Fora Tempo Acesso</i>	04	CPCD Póvoa Sta Iria	4:45.48	<b>4:57.15</b>	364
	50m: 32.21 32.21	150m: 1:45.65 37.23	250m: 3:02.28 38.87	350m: 4:20.06 38.86		
	100m: 1:08.42 36.21	200m: 2:23.41 37.76	300m: 3:41.20 38.92	400m: 4:57.15 37.09		
57.	Jaeden Michael Nunes <i>Fora Tempo Acesso</i>	04	Belenenses	4:51.39	<b>4:58.95</b>	357
	50m: 32.79 32.79	150m: 1:46.16 37.78	250m: 3:02.96 38.39	350m: 4:21.09 38.59		
	100m: 1:08.38 35.59	200m: 2:24.57 38.41	300m: 3:42.50 39.54	400m: 4:58.95 37.86		
DNF	Joao Costa Fonseca	00	Natação de Lisboa	4:26.43		
	<i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 200 metros. (SW 10.2)</i>					
	50m: 29.67 29.67	150m: 1:36.83 34.06	250m:	350m:		
	100m: 1:02.77 33.10	200m: 2:10.88 34.05	300m:	400m:		