

Prova 2	Masc., 400m Livres				Absoluto
20.06.2019 - 9:18	Absolutos (NP)				Resultados Elimin
Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:16.71	Francisco Alves Souza	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:16.65	Martim Miranda Machado	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.68	Yann Forjaz Fock	POR	Loures	14.05.2017
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Tiago Rodrigues Pinto	05	Sporting	4:40.94	4:44.72	414
	50m: 32.05 32.05			150m: 250m:	350m: 400m:	
	100m: 1:07.59 35.54		2:20.59	300m: 3:33.11	4:44.72	
2.	Gonçalo Duarte Carvalho	05	Benfica	4:49.53	4:46.65	405
	50m: 33.09 33.09			150m: 250m:	350m: 400m:	
	100m: 1:08.71 35.62		2:21.46	300m: 3:33.96	4:46.65	
3.	Francisco Lourenco Vasconcelos	05	Gesloures	4:51.60	4:47.90	400
	50m: 32.44 32.44			150m: 250m:	350m: 400m:	
	100m: 1:08.29 35.85		2:21.29	300m: 3:34.74	4:47.90	
4.	Afonso Silvestre Almeida	06	Amadora	4:51.65	4:58.71	358
	50m: 33.56 33.56			150m: 250m:	350m: 400m:	
	100m: 1:10.34 36.78		2:26.25	300m: 3:41.90	4:58.71	
5.	Rodrigo Martins Bras	05	Belenenses	4:51.81	4:58.88	358
	50m: 32.13 32.13			150m: 250m:	350m: 400m:	
	100m: 1:08.98 36.85		2:25.25	300m: 3:42.35	4:58.88	
6.	Simao Lopes Oliveira	05	Naval Setubalense	5:02.00	4:59.31	356
	50m: 34.53 34.53			150m: 250m:	350m: 400m:	
	100m: 1:12.90 38.37		2:31.34	300m: 3:45.75	4:59.31	
7.	Pedro Crispim Jorge	06	União Piedense	5:01.55	5:02.61	345
	50m: 34.29 34.29			150m: 250m:	350m: 400m:	
	100m: 1:12.91 38.62		2:30.41	300m: 3:47.96	5:02.61	
8.	Tiago Almeida Correia	06	C N Montijo	5:02.23	5:05.48	335
	50m: 34.16 34.16			150m: 250m:	350m: 400m:	
	100m: 1:12.63 38.47		2:31.29	300m: 3:49.45	5:05.48	
9.	Tiago Romao Lourenco	05	Palmela Desporto	5:09.18	5:11.64	315
	50m: 35.10 35.10			150m: 250m:	350m: 400m:	
	100m: 1:15.11 40.01		2:34.51	300m: 3:54.94	5:11.64	
10.	Mateus Correa Walker	05	Bombeiros dos Estoris	5:11.54	5:27.40	272
	50m: 35.45 35.45			150m: 250m:	350m: 400m:	
	100m: 1:16.99 41.54		2:42.54	300m: 4:06.60	5:27.40	
11.	Tiago Fernandes Loucao	06	Laranjeiro	5:48.74	5:35.72	252
	50m: 36.20 36.20			150m: 250m:	350m: 400m:	
	100m: 1:17.48 41.28		2:42.99	300m: 4:09.52	5:35.72	
Juvenis						
1.	Bernardo Victorino Almeida	04	Sporting	4:12.05	4:08.04	626
	<i>Recorde da Taça</i>					
	50m: 29.00 29.00			150m: 1:32.69 32.36	250m: 2:34.82 30.66	350m: 3:37.57 31.59
	100m: 1:00.33 31.33		200m: 2:04.16 31.47	300m: 3:05.98 31.16	400m: 4:08.04 30.47	
2.	Antonio Santos Pereira	03	Bombeiros dos Estoris	4:25.82	4:17.17	562
	50m: 28.49 28.49			150m: 1:33.71 32.72	250m: 2:40.03 32.81	350m: 3:45.90 32.64
	100m: 1:00.99 32.50		200m: 2:07.22 33.51	300m: 3:13.26 33.23	400m: 4:17.17 31.27	
3.	Rodrigo Reis Dias	03	Belenenses	4:14.03	4:24.01	519
	50m: 30.99 30.99			150m: 1:36.52 32.88	250m: 2:43.57 33.50	350m: 3:50.88 33.35
	100m: 1:03.64 32.65		200m: 2:10.07 33.55	300m: 3:17.53 33.96	400m: 4:24.01 33.13	
4.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	4:25.52	4:28.34	494
	50m: 30.29 30.29			150m: 1:37.65 33.87	250m: 2:45.48 34.05	350m: 3:54.59 34.86
	100m: 1:03.78 33.49		200m: 2:11.43 33.78	300m: 3:19.73 34.25	400m: 4:28.34 33.75	
5.	Francisco Amaro Santos	04	Gesloures	4:28.90	4:33.07	469
	50m: 31.08 31.08			150m: 1:39.26 34.21	250m: 2:48.82 34.87	350m: 3:58.76 34.85
	100m: 1:05.05 33.97		200m: 2:13.95 34.69	300m: 3:23.91 35.09	400m: 4:33.07 34.31	

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

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
6.	Guilherme Machado Santos	04	União Piedense	4:48.40	4:35.52	457
	50m: 31.14 31.14	150m: 1:41.02 34.90	250m: 2:51.13 35.06	350m: 4:01.42 35.25		
	100m: 1:06.12 34.98	200m: 2:16.07 35.05	300m: 3:26.17 35.04	400m: 4:35.52 34.10		
7.	Diogo Miguel Duraes	03	C N Montijo	4:35.02	4:37.05	449
	50m: 30.69 30.69	150m: 1:40.48 35.80	250m: 2:51.67 35.38	350m: 4:02.87 35.55		
	100m: 1:04.68 33.99	200m: 2:16.29 35.81	300m: 3:27.32 35.65	400m: 4:37.05 34.18		
8.	Tomas Martins Mira	04	Naval Setubalense	4:43.42	4:41.56	428
	50m: 29.94 29.94	150m: 1:41.54 36.61	250m: 2:54.09 36.22	350m: 4:05.99 36.19		
	100m: 1:04.93 34.99	200m: 2:17.87 36.33	300m: 3:29.80 35.71	400m: 4:41.56 35.57		

Juniores & Seniores

1.	Diogo Santos Cardoso	01	Colégio Int Monte Maior	4:03.35	4:12.44	594
	50m: 28.98 28.98	150m: 1:32.70 32.12	250m: 2:36.61 31.79	350m: 3:40.75 31.92		
	100m: 1:00.58 31.60	200m: 2:04.82 32.12	300m: 3:08.83 32.22	400m: 4:12.44 31.69		
2.	Francisco Alves Souza	02	Gesloures	4:14.31	4:17.58	559
	50m: 29.44 29.44	150m: 1:34.08 32.77	250m: 2:39.15 32.06	350m: 3:44.81 32.84		
	100m: 1:01.31 31.87	200m: 2:07.09 33.01	300m: 3:11.97 32.82	400m: 4:17.58 32.77		
3.	Carlos Filipe Lopes	01	União Piedense	4:40.00	4:19.22	548
	50m: 29.78 29.78	150m: 1:36.54 33.53	250m: 2:42.65 32.24	350m: 3:47.35 32.03		
	100m: 1:03.01 33.23	200m: 2:10.41 33.87	300m: 3:15.32 32.67	400m: 4:19.22 31.87		
4.	Afonso Mateus Ribeiro	95	Belenenses	4:19.66	4:20.85	538
	50m: 29.33 29.33	150m: 1:33.48 33.01	250m: 2:40.13 33.24	350m: 3:46.95 33.41		
	100m: 1:00.47 31.14	200m: 2:06.89 33.41	300m: 3:13.54 33.41	400m: 4:20.85 33.90		
5.	Joao Nogueira Mendes	02	Laranjeiro	4:20.28	4:22.87	526
	50m: 30.06 30.06	150m: 1:36.42 33.35	250m: 2:43.62 33.40	350m: 3:50.84 33.49		
	100m: 1:03.07 33.01	200m: 2:10.22 33.80	300m: 3:17.35 33.73	400m: 4:22.87 32.03		
6.	Antonio Maria Ferreira	00	Palmela Desporto	4:39.74	4:35.19	458
	50m: 30.42 30.42	150m: 1:39.36 35.17	250m: 2:51.59 36.01	350m: 4:01.44 35.07		
	100m: 1:04.19 33.77	200m: 2:15.58 36.22	300m: 3:26.37 34.78	400m: 4:35.19 33.75		
DSQ	Bruno Rey Barros	01	Sporting	4:04.19		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>					

Absoluto

1.	Bernardo Victorino Almeida	04	Sporting	4:12.05	4:08.04	626
	<i>Recorde da Taça</i>					
	50m: 29.00 29.00	150m: 1:32.69 32.36	250m: 2:34.82 30.66	350m: 3:37.57 31.59		
	100m: 1:00.33 31.33	200m: 2:04.16 31.47	300m: 3:05.98 31.16	400m: 4:08.04 30.47		
2.	Diogo Santos Cardoso	01	Colégio Int Monte Maior	4:03.35	4:12.44	594
	50m: 28.98 28.98	150m: 1:32.70 32.12	250m: 2:36.61 31.79	350m: 3:40.75 31.92		
	100m: 1:00.58 31.60	200m: 2:04.82 32.12	300m: 3:08.83 32.22	400m: 4:12.44 31.69		
3.	Antonio Santos Pereira	03	Bombeiros dos Estoris	4:25.82	4:17.17	562
	50m: 28.49 28.49	150m: 1:33.71 32.72	250m: 2:40.03 32.81	350m: 3:45.90 32.64		
	100m: 1:00.99 32.50	200m: 2:07.22 33.51	300m: 3:13.26 33.23	400m: 4:17.17 31.27		
4.	Francisco Alves Souza	02	Gesloures	4:14.31	4:17.58	559
	50m: 29.44 29.44	150m: 1:34.08 32.77	250m: 2:39.15 32.06	350m: 3:44.81 32.84		
	100m: 1:01.31 31.87	200m: 2:07.09 33.01	300m: 3:11.97 32.82	400m: 4:17.58 32.77		
5.	Carlos Filipe Lopes	01	União Piedense	4:40.00	4:19.22	548
	50m: 29.78 29.78	150m: 1:36.54 33.53	250m: 2:42.65 32.24	350m: 3:47.35 32.03		
	100m: 1:03.01 33.23	200m: 2:10.41 33.87	300m: 3:15.32 32.67	400m: 4:19.22 31.87		
6.	Afonso Mateus Ribeiro	95	Belenenses	4:19.66	4:20.85	538
	50m: 29.33 29.33	150m: 1:33.48 33.01	250m: 2:40.13 33.24	350m: 3:46.95 33.41		
	100m: 1:00.47 31.14	200m: 2:06.89 33.41	300m: 3:13.54 33.41	400m: 4:20.85 33.90		
7.	Joao Nogueira Mendes	02	Laranjeiro	4:20.28	4:22.87	526
	50m: 30.06 30.06	150m: 1:36.42 33.35	250m: 2:43.62 33.40	350m: 3:50.84 33.49		
	100m: 1:03.07 33.01	200m: 2:10.22 33.80	300m: 3:17.35 33.73	400m: 4:22.87 32.03		
8.	Rodrigo Reis Dias	03	Belenenses	4:14.03	4:24.01	519
	50m: 30.99 30.99	150m: 1:36.52 32.88	250m: 2:43.57 33.50	350m: 3:50.88 33.35		
	100m: 1:03.64 32.65	200m: 2:10.07 33.55	300m: 3:17.53 33.96	400m: 4:24.01 33.13		
9.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	4:25.52	4:28.34	494
	50m: 30.29 30.29	150m: 1:37.65 33.87	250m: 2:45.48 34.05	350m: 3:54.59 34.86		
	100m: 1:03.78 33.49	200m: 2:11.43 33.78	300m: 3:19.73 34.25	400m: 4:28.34 33.75		

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

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
10.	Francisco Amaro Santos	04	Gesloures	4:28.90	4:33.07	469
	50m: 31.08 31.08	150m: 1:39.26 34.21	250m: 2:48.82 34.87	350m: 3:58.76 34.85		
	100m: 1:05.05 33.97	200m: 2:13.95 34.69	300m: 3:23.91 35.09	400m: 4:33.07 34.31		
11.	Antonio Maria Ferreira	00	Palmela Desporto	4:39.74	4:35.19	458
	50m: 30.42 30.42	150m: 1:39.36 35.17	250m: 2:51.59 36.01	350m: 4:01.44 35.07		
	100m: 1:04.19 33.77	200m: 2:15.58 36.22	300m: 3:26.37 34.78	400m: 4:35.19 33.75		
12.	Guilherme Machado Santos	04	União Piedense	4:48.40	4:35.52	457
	50m: 31.14 31.14	150m: 1:41.02 34.90	250m: 2:51.13 35.06	350m: 4:01.42 35.25		
	100m: 1:06.12 34.98	200m: 2:16.07 35.05	300m: 3:26.17 35.04	400m: 4:35.52 34.10		
13.	Diogo Miguel Duraes	03	C N Montijo	4:35.02	4:37.05	449
	50m: 30.69 30.69	150m: 1:40.48 35.80	250m: 2:51.67 35.38	350m: 4:02.87 35.55		
	100m: 1:04.68 33.99	200m: 2:16.29 35.81	300m: 3:27.32 35.65	400m: 4:37.05 34.18		
14.	Tomas Martins Mira	04	Naval Setubalense	4:43.42	4:41.56	428
	50m: 29.94 29.94	150m: 1:41.54 36.61	250m: 2:54.09 36.22	350m: 4:05.99 36.19		
	100m: 1:04.93 34.99	200m: 2:17.87 36.33	300m: 3:29.80 35.71	400m: 4:41.56 35.57		
15.	Tiago Rodrigues Pinto	05	Sporting	4:40.94	4:44.72	414
	50m: 32.05 32.05	150m: 2:20.59 250m: 3:33.11	350m: 4:44.72	400m: 4:44.72		
16.	Gonçalo Duarte Carvalho	05	Benfica	4:49.53	4:46.65	405
	50m: 33.09 33.09	150m: 2:21.46 250m: 3:33.96	350m: 4:46.65	400m: 4:46.65		
17.	Francisco Lourenco Vasconcelos	05	Gesloures	4:51.60	4:47.90	400
	50m: 32.44 32.44	150m: 2:21.29 250m: 3:34.74	350m: 4:47.90	400m: 4:47.90		
18.	Afonso Silvestre Almeida	06	Amadora	4:51.65	4:58.71	358
	50m: 33.56 33.56	150m: 2:26.25 250m: 3:41.90	350m: 4:58.71	400m: 4:58.71		
19.	Rodrigo Martins Bras	05	Belenenses	4:51.81	4:58.88	358
	50m: 32.13 32.13	150m: 2:25.25 250m: 3:42.35	350m: 4:58.88	400m: 4:58.88		
20.	Simao Lopes Oliveira	05	Naval Setubalense	5:02.00	4:59.31	356
	50m: 34.53 34.53	150m: 2:31.34 250m: 3:45.75	350m: 4:59.31	400m: 4:59.31		
21.	Pedro Crispim Jorge	06	União Piedense	5:01.55	5:02.61	345
	50m: 34.29 34.29	150m: 2:30.41 250m: 3:47.96	350m: 5:02.61	400m: 5:02.61		
22.	Tiago Almeida Correia	06	C N Montijo	5:02.23	5:05.48	335
	50m: 34.16 34.16	150m: 2:31.29 250m: 3:49.45	350m: 5:05.48	400m: 5:05.48		
23.	Tiago Romao Lourenco	05	Palmela Desporto	5:09.18	5:11.64	315
	50m: 35.10 35.10	150m: 2:34.51 250m: 3:54.94	350m: 5:11.64	400m: 5:11.64		
24.	Mateus Correa Walker	05	Bombeiros dos Estoris	5:11.54	5:27.40	272
	50m: 35.45 35.45	150m: 2:42.54 250m: 4:06.60	350m: 5:27.40	400m: 5:27.40		
25.	Tiago Fernandes Loucao	06	Laranjeiro	5:48.74	5:35.72	252
	50m: 36.20 36.20	150m: 2:42.99 250m: 4:09.52	350m: 5:35.72	400m: 5:35.72		
DSQ	Bruno Rey Barros	01	Sporting	4:04.19		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>					

Infantis B

1.	Afonso Silvestre Almeida	06	Amadora	4:51.65	4:58.71	358
	50m: 33.56 33.56	150m: 2:26.25 250m: 3:41.90	350m: 4:58.71	400m: 4:58.71		
	100m: 1:10.34 36.78	200m: 2:26.25 300m: 3:41.90				
2.	Pedro Crispim Jorge	06	União Piedense	5:01.55	5:02.61	345
	50m: 34.29 34.29	150m: 2:30.41 250m: 3:47.96	350m: 5:02.61	400m: 5:02.61		
	100m: 1:12.91 38.62	200m: 2:30.41 300m: 3:47.96				
3.	Tiago Almeida Correia	06	C N Montijo	5:02.23	5:05.48	335
	50m: 34.16 34.16	150m: 2:31.29 250m: 3:49.45	350m: 5:05.48	400m: 5:05.48		
	100m: 1:12.63 38.47	200m: 2:31.29 300m: 3:49.45				
4.	Tiago Fernandes Loucao	06	Laranjeiro	5:48.74	5:35.72	252
	50m: 36.20 36.20	150m: 2:42.99 250m: 4:09.52	350m: 5:35.72	400m: 5:35.72		
	100m: 1:17.48 41.28	200m: 2:42.99 300m: 4:09.52				

Prova 2, Masc., 400m Livres, Elimin

Infantis A

1.	Tiago Rodrigues Pinto	05	Sporting	4:40.94	4:44.72	414
	50m: 32.05 32.05 100m: 1:07.59 35.54		150m: 2:20.59 200m: 3:33.11	250m: 4:44.72 300m: 4:44.72	350m: 4:44.72 400m: 4:44.72	
2.	Gonçalo Duarte Carvalho	05	Benfica	4:49.53	4:46.65	405
	50m: 33.09 33.09 100m: 1:08.71 35.62		150m: 2:21.46 200m: 3:33.96	250m: 4:46.65 300m: 4:46.65	350m: 4:46.65 400m: 4:46.65	
3.	Francisco Lourenco Vasconcelos	05	Gesloures	4:51.60	4:47.90	400
	50m: 32.44 32.44 100m: 1:08.29 35.85		150m: 2:21.29 200m: 3:34.74	250m: 4:47.90 300m: 4:47.90	350m: 4:47.90 400m: 4:47.90	
4.	Rodrigo Martins Bras	05	Belenenses	4:51.81	4:58.88	358
	50m: 32.13 32.13 100m: 1:08.98 36.85		150m: 2:25.25 200m: 3:42.35	250m: 4:58.88 300m: 4:58.88	350m: 4:58.88 400m: 4:58.88	
5.	Simao Lopes Oliveira	05	Naval Setubalense	5:02.00	4:59.31	356
	50m: 34.53 34.53 100m: 1:12.90 38.37		150m: 2:31.34 200m: 3:45.75	250m: 4:59.31 300m: 4:59.31	350m: 4:59.31 400m: 4:59.31	
6.	Tiago Romao Lourenco	05	Palmela Desporto	5:09.18	5:11.64	315
	50m: 35.10 35.10 100m: 1:15.11 40.01		150m: 2:34.51 200m: 3:54.94	250m: 5:11.64 300m: 5:11.64	350m: 5:11.64 400m: 5:11.64	
7.	Mateus Correa Walker	05	Bombeiros dos Estoris	5:11.54	5:27.40	272
	50m: 35.45 35.45 100m: 1:16.99 41.54		150m: 2:42.54 200m: 4:06.60	250m: 5:27.40 300m: 5:27.40	350m: 5:27.40 400m: 5:27.40	

Juvenis B

1.	Bernardo Victorino Almeida	04	Sporting	4:12.05	4:08.04	626
	<i>Recorde da Taça</i> 50m: 29.00 29.00 100m: 1:00.33 31.33		150m: 1:32.69 32.36 200m: 2:04.16 31.47	250m: 2:34.82 30.66 300m: 3:05.98 31.16	350m: 3:37.57 31.59 400m: 4:08.04 30.47	
2.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	4:25.52	4:28.34	494
	50m: 30.29 30.29 100m: 1:03.78 33.49		150m: 1:37.65 33.87 200m: 2:11.43 33.78	250m: 2:45.48 34.05 300m: 3:19.73 34.25	350m: 3:54.59 34.86 400m: 4:28.34 33.75	
3.	Francisco Amaro Santos	04	Gesloures	4:28.90	4:33.07	469
	50m: 31.08 31.08 100m: 1:05.05 33.97		150m: 1:39.26 34.21 200m: 2:13.95 34.69	250m: 2:48.82 34.87 300m: 3:23.91 35.09	350m: 3:58.76 34.85 400m: 4:33.07 34.31	
4.	Guilherme Machado Santos	04	União Piedense	4:48.40	4:35.52	457
	50m: 31.14 31.14 100m: 1:06.12 34.98		150m: 1:41.02 34.90 200m: 2:16.07 35.05	250m: 2:51.13 35.06 300m: 3:26.17 35.04	350m: 4:01.42 35.25 400m: 4:35.52 34.10	
5.	Tomas Martins Mira	04	Naval Setubalense	4:43.42	4:41.56	428
	50m: 29.94 29.94 100m: 1:04.93 34.99		150m: 1:41.54 36.61 200m: 2:17.87 36.33	250m: 2:54.09 36.22 300m: 3:29.80 35.71	350m: 4:05.99 36.19 400m: 4:41.56 35.57	

Juvenis A

1.	Antonio Santos Pereira	03	Bombeiros dos Estoris	4:25.82	4:17.17	562
	50m: 28.49 28.49 100m: 1:00.99 32.50		150m: 1:33.71 32.72 200m: 2:07.22 33.51	250m: 2:40.03 32.81 300m: 3:13.26 33.23	350m: 3:45.90 32.64 400m: 4:17.17 31.27	
2.	Rodrigo Reis Dias	03	Belenenses	4:14.03	4:24.01	519
	50m: 30.99 30.99 100m: 1:03.64 32.65		150m: 1:36.52 32.88 200m: 2:10.07 33.55	250m: 2:43.57 33.50 300m: 3:17.53 33.96	350m: 3:50.88 33.35 400m: 4:24.01 33.13	
3.	Diogo Miguel Duraes	03	C N Montijo	4:35.02	4:37.05	449
	50m: 30.69 30.69 100m: 1:04.68 33.99		150m: 1:40.48 35.80 200m: 2:16.29 35.81	250m: 2:51.67 35.38 300m: 3:27.32 35.65	350m: 4:02.87 35.55 400m: 4:37.05 34.18	

Juniores

1.	Diogo Santos Cardoso	01	Colégio Int Monte Maior	4:03.35	4:12.44	594
	50m: 28.98 28.98 100m: 1:00.58 31.60		150m: 1:32.70 32.12 200m: 2:04.82 32.12	250m: 2:36.61 31.79 300m: 3:08.83 32.22	350m: 3:40.75 31.92 400m: 4:12.44 31.69	
2.	Francisco Alves Souza	02	Gesloures	4:14.31	4:17.58	559
	50m: 29.44 29.44 100m: 1:01.31 31.87		150m: 1:34.08 32.77 200m: 2:07.09 33.01	250m: 2:39.15 32.06 300m: 3:11.97 32.82	350m: 3:44.81 32.84 400m: 4:17.58 32.77	
3.	Carlos Filipe Lopes	01	União Piedense	4:40.00	4:19.22	548
	50m: 29.78 29.78 100m: 1:03.01 33.23		150m: 1:36.54 33.53 200m: 2:10.41 33.87	250m: 2:42.65 32.24 300m: 3:15.32 32.67	350m: 3:47.35 32.03 400m: 4:19.22 31.87	

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

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
4.	Joao Nogueira Mendes	02	Laranjeiro	4:20.28	4:22.87	526
	50m: 30.06 30.06	150m: 1:36.42 33.35	250m: 2:43.62 33.40	350m: 3:50.84 33.49		
	100m: 1:03.07 33.01	200m: 2:10.22 33.80	300m: 3:17.35 33.73	400m: 4:22.87 32.03		
DSQ	Bruno Rey Barros	01	Sporting	4:04.19		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>					

Seniores

1.	Afonso Mateus Ribeiro	95	Belenenses	4:19.66	4:20.85	538
	50m: 29.33 29.33	150m: 1:33.48 33.01	250m: 2:40.13 33.24	350m: 3:46.95 33.41		
	100m: 1:00.47 31.14	200m: 2:06.89 33.41	300m: 3:13.54 33.41	400m: 4:20.85 33.90		
2.	Antonio Maria Ferreira	00	Palmela Desporto	4:39.74	4:35.19	458
	50m: 30.42 30.42	150m: 1:39.36 35.17	250m: 2:51.59 36.01	350m: 4:01.44 35.07		
	100m: 1:04.19 33.77	200m: 2:15.58 36.22	300m: 3:26.37 34.78	400m: 4:35.19 33.75		
EXH	Joao Manuel Vargas	00	Individual ANL	4:13.01	4:12.73	592
	50m: 29.23 29.23	150m: 1:33.73 32.68	250m: 2:37.87 31.87	350m: 3:41.57 31.58		
	100m: 1:01.05 31.82	200m: 2:06.00 32.27	300m: 3:09.99 32.12	400m: 4:12.73 31.16		
EXH	Jose Diogo Fonseca	06	Gesloures	5:00.16	5:01.09	350
	50m: 33.85 33.85	150m: 2:27.04	250m: 3:44.23	350m: 5:01.09		
	100m: 1:10.79 36.94	200m: 2:27.04	300m: 3:44.23	400m: 5:01.09		
EXH	Tomas Maia Januario	06	Gesloures	5:06.16	5:05.28	336
	50m: 34.03 34.03	150m: 2:30.96	250m: 3:49.06	350m: 5:05.28		
	100m: 1:12.50 38.47	200m: 2:30.96	300m: 3:49.06	400m: 5:05.28		
EXH	Pedro Miguel Pimentel	06	Gesloures	5:20.07	5:11.34	316
	50m: 34.65 34.65	150m: 2:34.15	250m: 3:52.79	350m: 5:11.34		
	100m: 1:13.38 38.73	200m: 2:34.15	300m: 3:52.79	400m: 5:11.34		
EXH	Francisco Tente Pinto	06	Gesloures	6:01.64	5:32.56	259
	50m: 35.37 35.37	150m: 2:40.96	250m: 4:06.65	350m: 5:32.56		
	100m: 1:16.03 40.66	200m: 2:40.96	300m: 4:06.65	400m: 5:32.56		