

**Prova 31**  
**24.11.2019 - 10:23**
**Masc., 400m Estilos**
**Absolutos**  
**Resultados**

Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003

TAC Juv B: 5:33.64; Juv A: 5:27.57; Jun 1: 5:15.58; Jun 2: 5:11.06; Sen: 5:05.06

Pontos: FINA 2019

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Miguel Correia Anacleto	05	Sporting	5:08.37	<b>4:58.51</b>	491
	50m: 31.10 31.10	150m: 1:47.26 39.81	250m: 3:07.94 42.34	350m: 4:24.25 34.46		
	100m: 1:07.45 36.35	200m: 2:25.60 38.34	300m: 3:49.79 41.85	400m: 4:58.51 34.26		
2.	Andre Henriques Marques	05	Benfica	4:58.48	<b>4:59.23</b>	487
	50m: 31.10 31.10	150m: 1:46.80 38.83	250m: 3:06.46 42.12	350m: 4:25.27 34.45		
	100m: 1:07.97 36.87	200m: 2:24.34 37.54	300m: 3:50.82 44.36	400m: 4:59.23 33.96		
3.	Tiago Rodrigues Pinto	05	Sporting	5:05.50	<b>4:59.92</b>	484
	50m: 30.97 30.97	150m: 1:47.16 39.39	250m: 3:10.25 44.43	350m: 4:27.62 33.01		
	100m: 1:07.77 36.80	200m: 2:25.82 38.66	300m: 3:54.61 44.36	400m: 4:59.92 32.30		
4.	Filipe Simoes Freitas	05	Sporting	5:06.39	<b>5:02.37</b>	472
	50m: 32.26 32.26	150m: 1:49.34 39.41	250m: 3:09.97 41.76	350m: 4:27.98 35.87		
	100m: 1:09.93 37.67	200m: 2:28.21 38.87	300m: 3:52.11 42.14	400m: 5:02.37 34.39		
5.	Gonçalo Duarte Carvalho	05	Benfica	5:06.81	<b>5:04.88</b>	460
	50m: 31.67 31.67	150m: 1:49.05 39.86	250m: 3:10.28 41.71	350m: 4:30.11 36.59		
	100m: 1:09.19 37.52	200m: 2:28.57 39.52	300m: 3:53.52 43.24	400m: 5:04.88 34.77		
6.	Pedro Mahua Alvarez	05	Sporting	5:18.55	<b>5:05.91</b>	456
	50m: 33.30 33.30	150m: 1:51.76 39.62	250m: 3:13.39 43.63	350m: 4:33.02 35.21		
	100m: 1:12.14 38.84	200m: 2:29.76 38.00	300m: 3:57.81 44.42	400m: 5:05.91 32.89		
7.	Simao Lopes Oliveira	05	Naval Setubalense	5:14.30	<b>5:06.23</b>	454
	50m: 32.91 32.91	150m: 1:51.68 41.21	250m: 3:12.30 40.08	350m: 4:31.55 36.67		
	100m: 1:10.47 37.56	200m: 2:32.22 40.54	300m: 3:54.88 42.58	400m: 5:06.23 34.68		
8.	Gabriel Carvalho Ferrao	05	Cova Da Piedade	5:15.35	<b>5:06.87</b>	451
	50m: 31.75 31.75	150m: 1:49.41 39.88	250m: 3:11.12 44.62	350m: 4:34.94 35.35		
	100m: 1:09.53 37.78	200m: 2:26.50 37.09	300m: 3:59.59 48.47	400m: 5:06.87 31.93		
9.	Manuel Angelo Pereira	05	Sporting	5:13.77	<b>5:08.19</b>	446
	50m: 31.75 31.75	150m: 1:47.92 39.91	250m: 3:11.97 45.17	350m: 4:33.65 36.47		
	100m: 1:08.01 36.26	200m: 2:26.80 38.88	300m: 3:57.18 45.21	400m: 5:08.19 34.54		
10.	Miguel Cordeiro Almeida	05	Algés	5:33.64	<b>5:11.02</b>	434
	50m: 33.93 33.93	150m: 1:50.21 39.08	250m: 3:13.48 45.52	350m: 4:35.97 36.39		
	100m: 1:11.13 37.20	200m: 2:27.96 37.75	300m: 3:59.58 46.10	400m: 5:11.02 35.05		
11.	Rodrigo Ferreira Mimoso	05	Benfica	5:29.83	<b>5:15.03</b>	417
	50m: 33.32 33.32	150m: 1:54.18 42.33	250m: 3:19.86 43.57	350m: 4:39.07 36.16		
	100m: 1:11.85 38.53	200m: 2:36.29 42.11	300m: 4:02.91 43.05	400m: 5:15.03 35.96		
12.	Jose Manuel Sa	05	Sporting	5:29.89	<b>5:15.51</b>	415
	50m: 32.43 32.43	150m: 1:49.92 39.55	250m: 3:14.43 46.76	350m: 4:39.62 37.23		
	100m: 1:10.37 37.94	200m: 2:27.67 37.75	300m: 4:02.39 47.96	400m: 5:15.51 35.89		
13.	Francisco Lourenco Vasconcelos	05	Gesloures	5:27.43	<b>5:15.55</b>	415
	50m: 30.75 30.75	150m: 1:48.48 39.51	250m: 3:13.55 46.51	350m: 4:39.39 38.60		
	100m: 1:08.97 38.22	200m: 2:27.04 38.56	300m: 4:00.79 47.24	400m: 5:15.55 36.16		
14.	Vasco Alves Morgado	05	Algés	5:27.53	<b>5:19.90</b>	398
	50m: 34.19 34.19	150m: 1:55.63 42.23	250m: 3:23.48 46.42	350m: 4:46.02 36.24		
	100m: 1:13.40 39.21	200m: 2:37.06 41.43	300m: 4:09.78 46.30	400m: 5:19.90 33.88		
15.	Rodrigo Martins Bras	05	Belenenses	5:33.64	<b>5:33.07</b>	353
	50m: 33.56 33.56	150m: 1:56.49 42.82	250m: 3:27.81 49.42	350m: 4:55.27 39.05		
	100m: 1:13.67 40.11	200m: 2:38.39 41.90	300m: 4:16.22 48.41	400m: 5:33.07 37.80		

**Prova 31, Masc., 400m Estilos, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Alfredo Cabrita Soudo <i>Fora Tempo Acesso</i>	05	Belenenses	5:33.64	<b>5:43.24</b>	322
	50m: 35.15 35.15	150m: 2:02.01 45.04	250m: 3:37.41 51.29	350m: 5:04.78 37.66		
	100m: 1:16.97 41.82	200m: 2:46.12 44.11	300m: 4:27.12 49.71	400m: 5:43.24 38.46		
DSQ	Pedro Maria Amado <i>E-M13 - No percurso de mariposa, efetuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>	05	Algés	5:08.90		
DSQ	Afonso Lucio Costa <i>E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 275 metros (SW 7.6)</i>	05	Sporting	5:16.78		

**Juvenis A**

1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	4:35.96	<b>4:32.06</b>	648
	50m: 29.19 29.19	150m: 1:38.35 36.48	250m: 2:51.70 38.69	350m: 4:02.72 31.18		
	100m: 1:02.87 33.68	200m: 2:13.01 34.66	300m: 3:31.54 39.84	400m: 4:32.06 29.34		
2.	Bernardo Victorino Almeida	04	Sporting	4:47.88	<b>4:41.40</b>	586
	50m: 28.31 28.31	150m: 1:39.36 37.57	250m: 2:55.72 40.54	350m: 4:10.77 32.30		
	100m: 1:01.79 33.48	200m: 2:15.18 35.82	300m: 3:38.47 42.75	400m: 4:41.40 30.63		
3.	Joao Lourenco Rebelo	04	Algés	4:47.59	<b>4:45.85</b>	559
	50m: 30.07 30.07	150m: 1:43.40 38.41	250m: 3:00.38 38.78	350m: 4:13.60 33.41		
	100m: 1:04.99 34.92	200m: 2:21.60 38.20	300m: 3:40.19 39.81	400m: 4:45.85 32.25		
4.	Antonio Lombardi Carvalho	04	Sporting	4:53.41	<b>4:54.01</b>	513
	50m: 30.12 30.12	150m: 1:42.32 37.74	250m: 3:00.94 42.07	350m: 4:20.32 35.42		
	100m: 1:04.58 34.46	200m: 2:18.87 36.55	300m: 3:44.90 43.96	400m: 4:54.01 33.69		
5.	Andre Azevedo Baraona	04	C N Montijo	4:50.71	<b>4:54.39</b>	511
	50m: 30.68 30.68	150m: 1:42.79 36.13	250m: 3:01.97 44.07	350m: 4:20.34 33.58		
	100m: 1:06.66 35.98	200m: 2:17.90 35.11	300m: 3:46.76 44.79	400m: 4:54.39 34.05		
6.	Miguel Costa Simoes	04	Cova Da Piedade	4:58.94	<b>4:55.43</b>	506
	50m: 31.40 31.40	150m: 1:46.93 38.56	250m: 3:07.68 43.22	350m: 4:23.55 32.87		
	100m: 1:08.37 36.97	200m: 2:24.46 37.53	300m: 3:50.68 43.00	400m: 4:55.43 31.88		
7.	Afonso Figueiredo Frasquilho	04	Sporting	4:54.45	<b>4:56.22</b>	502
	50m: 30.42 30.42	150m: 1:41.81 35.56	250m: 3:03.59 44.33	350m: 4:24.65 34.15		
	100m: 1:06.25 35.83	200m: 2:19.26 37.45	300m: 3:50.50 46.91	400m: 4:56.22 31.57		
8.	Afonso Cipriano Pinto	04	Sporting	5:00.31	<b>4:57.35</b>	496
	50m: 30.85 30.85	150m: 1:45.25 38.68	250m: 3:06.20 42.64	350m: 4:23.57 33.38		
	100m: 1:06.57 35.72	200m: 2:23.56 38.31	300m: 3:50.19 43.99	400m: 4:57.35 33.78		
9.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	5:14.42	<b>4:58.38</b>	491
	50m: 29.61 29.61	150m: 1:44.10 38.55	250m: 3:05.29 43.77	350m: 4:25.08 35.13		
	100m: 1:05.55 35.94	200m: 2:21.52 37.42	300m: 3:49.95 44.66	400m: 4:58.38 33.30		
10.	Tiago Fanha Lopes	04	C N Montijo	4:58.17	<b>5:00.19</b>	482
	50m: 32.11 32.11	150m: 1:48.28 37.42	250m: 3:08.44 43.09	350m: 4:26.14 34.59		
	100m: 1:10.86 38.75	200m: 2:25.35 37.07	300m: 3:51.55 43.11	400m: 5:00.19 34.05		
11.	Duarte Cadima Goncalves	04	C N Montijo	5:04.34	<b>5:01.40</b>	477
	50m: 31.95 31.95	150m: 1:50.34 39.13	250m: 3:12.09 42.23	350m: 4:27.88 33.46		
	100m: 1:11.21 39.26	200m: 2:29.86 39.52	300m: 3:54.42 42.33	400m: 5:01.40 33.52		
12.	Yann Chetelat Fock	04	Avançado EULx	5:18.92	<b>5:05.28</b>	459
	50m: 32.45 32.45	150m: 1:50.94 39.51	250m: 3:13.24 43.74	350m: 4:33.25 35.42		
	100m: 1:11.43 38.98	200m: 2:29.50 38.56	300m: 3:57.83 44.59	400m: 5:05.28 32.03		
13.	Joao Afonso Santos	04	Sporting	5:01.09	<b>5:09.26</b>	441
	50m: 32.71 32.71	150m: 1:48.99 39.74	250m: 3:12.43 43.56	350m: 4:33.97 35.93		
	100m: 1:09.25 36.54	200m: 2:28.87 39.88	300m: 3:58.04 45.61	400m: 5:09.26 35.29		
14.	Francisco Sousa Uva	04	Algés	5:27.57	<b>5:10.59</b>	435
	50m: 31.59 31.59	150m: 1:47.63 39.10	250m: 3:12.81 46.89	350m: 4:35.35 35.19		
	100m: 1:08.53 36.94	200m: 2:25.92 38.29	300m: 4:00.16 47.35	400m: 5:10.59 35.24		
15.	Tomas Martins Mira	04	Naval Setubalense	5:27.57	<b>5:13.03</b>	425
	50m: 31.75 31.75	150m: 1:53.08 43.10	250m: 3:20.15 45.61	350m: 4:40.66 34.29		
	100m: 1:09.98 38.23	200m: 2:34.54 41.46	300m: 4:06.37 46.22	400m: 5:13.03 32.37		
16.	Miguel Filipe Anjo	04	Cova Da Piedade	5:17.19	<b>5:14.73</b>	418
	50m: 33.13 33.13	150m: 1:53.11 40.50	250m: 3:17.38 44.63	350m: 4:40.48 37.04		
	100m: 1:12.61 39.48	200m: 2:32.75 39.64	300m: 4:03.44 46.06	400m: 5:14.73 34.25		

**Prova 31, Masc., 400m Estilos, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
17.	Rodrigo Neves Fernandes	04	Gesloures	5:13.73	<b>5:16.00</b>	413
	50m: 32.83 32.83	150m: 1:53.79 42.02	250m: 3:18.12 44.13	350m: 4:40.30 37.38		
	100m: 1:11.77 38.94	200m: 2:33.99 40.20	300m: 4:02.92 44.80	400m: 5:16.00 35.70		
18.	Guilherme Machado Santos	04	União Piedense	5:08.32	<b>5:16.06</b>	413
	50m: 32.33 32.33	150m: 1:49.40 39.06	250m: 3:13.43 45.31	350m: 4:39.57 39.05		
	100m: 1:10.34 38.01	200m: 2:28.12 38.72	300m: 4:00.52 47.09	400m: 5:16.06 36.49		
19.	Pedro Forjaz Cirurgiao	04	Algés	5:27.57	<b>5:23.43</b>	386
	50m: 32.92 32.92	150m: 1:54.04 42.88	250m: 3:23.12 47.68	350m: 4:48.39 36.68		
	100m: 1:11.16 38.24	200m: 2:35.44 41.40	300m: 4:11.71 48.59	400m: 5:23.43 35.04		
20.	Alexandre Duarte Morais <i>Fora Tempo Acesso</i>	04	Palmela Desporto	5:16.91	<b>5:28.26</b>	369
	50m: 31.95 31.95	150m: 1:52.34 42.50	250m: 3:22.22 48.57	350m: 4:50.11 38.31		
	100m: 1:09.84 37.89	200m: 2:33.65 41.31	300m: 4:11.80 49.58	400m: 5:28.26 38.15		
DSQ	Tiago Morgado Nogueira <i>G1 - Efetuou falsa partida (SW 4.4)</i>	04	Colegio Int Monte Maior	4:55.95		
DSQ	Felipe Menegassi Maia <i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>	04	Algés	5:11.44		

**Juniores**

1.	Pedro Henriques Correia	03	Benfica	4:49.11	<b>4:58.69</b>	490
	50m: 30.52 30.52	150m: 1:43.91 38.65	250m: 3:04.94 43.20	350m: 4:23.29 34.78		
	100m: 1:05.26 34.74	200m: 2:21.74 37.83	300m: 3:48.51 43.57	400m: 4:58.69 35.40		
2.	Joao Maria Colaco	03	Sporting	4:58.01	<b>5:08.70</b>	443
	50m: 30.93 30.93	150m: 1:47.66 40.47	250m: 3:12.09 44.74	350m: 4:34.30 37.08		
	100m: 1:07.19 36.26	200m: 2:27.35 39.69	300m: 3:57.22 45.13	400m: 5:08.70 34.40		
3.	Pedro Esteves Duarte	03	Cova Da Piedade	5:15.58	<b>5:10.07</b>	438
	50m: 31.69 31.69	150m: 1:48.89 40.27	250m: 3:15.98 47.76	350m: 4:38.03 33.51		
	100m: 1:08.62 36.93	200m: 2:28.22 39.33	300m: 4:04.52 48.54	400m: 5:10.07 32.04		
DSQ	Diogo Miguel Duraes <i>E-M50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de mariposa(SW 8.4)</i>	03	C N Montijo	5:05.03		

**Seniores**

1.	Tiago Cunha Costa	99	Sporting	4:34.95	<b>4:31.82</b>	650
	50m: 28.82 28.82	150m: 1:36.24 35.10	250m: 2:52.29 41.63	350m: 4:02.98 30.42		
	100m: 1:01.14 32.32	200m: 2:10.66 34.42	300m: 3:32.56 40.27	400m: 4:31.82 28.84		
2.	Tiago Roberto Cordeiro	00	Benfica	4:26.54	<b>4:40.86</b>	589
	50m: 28.45 28.45	150m: 1:37.68 36.40	250m: 2:54.64 41.84	350m: 4:08.89 33.30		
	100m: 1:01.28 32.83	200m: 2:12.80 35.12	300m: 3:35.59 40.95	400m: 4:40.86 31.97		
3.	Joao Manuel Vargas	00	Benfica	4:50.73	<b>4:43.87</b>	570
	50m: 30.42 30.42	150m: 1:42.35 37.18	250m: 2:57.83 38.81	350m: 4:11.71 34.02		
	100m: 1:05.17 34.75	200m: 2:19.02 36.67	300m: 3:37.69 39.86	400m: 4:43.87 32.16		
4.	Ricardo Basilio Marreiros	97	Cova Da Piedade	4:45.91	<b>4:45.04</b>	563
	50m: 28.45 28.59	150m: 1:39.15 37.15	250m: 2:57.70 41.02	350m: 4:12.97 33.50		
	100m: 1:02.00 33.41	200m: 2:16.68 37.53	300m: 3:39.47 41.77	400m: 4:45.04 32.07		
5.	Sebastiao Limbert Piedade	00	Algés	4:36.54	<b>4:47.28</b>	550
	50m: 29.95 29.95	150m: 1:41.82 36.76	250m: 2:59.65 41.15	350m: 4:14.48 33.20		
	100m: 1:05.06 35.11	200m: 2:18.50 36.68	300m: 3:41.28 41.63	400m: 4:47.28 32.80		
6.	Pedro Barata Neves	00	Laranjeiro	4:43.66	<b>4:48.21</b>	545
	50m: 30.21 30.21	150m: 1:42.55 38.30	250m: 3:01.63 41.59	350m: 4:17.28 32.62		
	100m: 1:04.25 34.04	200m: 2:20.04 37.49	300m: 3:44.66 43.03	400m: 4:48.21 30.93		
7.	Filipe Ferrao Melo	01	Naval Setubalense	4:45.37	<b>4:49.71</b>	537
	50m: 28.43 28.43	150m: 1:39.04 37.30	250m: 2:57.57 41.00	350m: 4:15.48 35.78		
	100m: 1:01.74 33.31	200m: 2:16.57 37.53	300m: 3:39.70 42.13	400m: 4:49.71 34.23		
8.	Rodrigo Almeida Cabrito	01	Belenenses	4:41.44	<b>4:50.63</b>	532
	50m: 30.34 30.34	150m: 1:44.96 38.05	250m: 3:00.78 38.74	350m: 4:15.82 35.54		
	100m: 1:06.91 36.57	200m: 2:22.04 37.08	300m: 3:40.28 39.50	400m: 4:50.63 34.81		

**Prova 31, Masc., 400m Estilos, Seniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Tiago Correia Neves	97	Belenenses	4:49.95	<b>4:57.24</b>	497
	50m: 31.35 31.35	150m: 1:46.90 39.38	250m: 3:07.79 42.74	350m: 4:24.75 34.41		
	100m: 1:07.52 36.17	200m: 2:25.05 38.15	300m: 3:50.34 42.55	400m: 4:57.24 32.49		
10.	Miguel Duarte Cruz	99	Belenenses	4:58.99	<b>4:59.39</b>	486
	50m: 31.61 31.61	150m: 1:47.77 39.59	250m: 3:10.16 44.00	350m: 4:26.82 33.18		
	100m: 1:08.18 36.57	200m: 2:26.16 38.39	300m: 3:53.69 43.53	400m: 4:59.39 32.57		
DSQ	Ricardo Martins Bras	01	Belenenses	4:45.30		
	<i>E-M35 - No percurso de mariposa, efetuou batimento alternado de pernas/pés após a viragem aos 50 metros. (SW 8.3)</i>					
DSQ	Bruno Rey Barros	01	Sporting	4:45.56		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	David Matias Cristino	01	União Piedense	4:28.61		
	<i>E-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.</i>					

**Absolutos**

1.	Tiago Cunha Costa	99	Sporting	4:34.95	<b>4:31.82</b>	650
	<i>Campeão Regional</i>					
	50m: 28.82 28.82	150m: 1:36.24 35.10	250m: 2:52.29 41.63	350m: 4:02.98 30.42		
	100m: 1:01.14 32.32	200m: 2:10.66 34.42	300m: 3:32.56 40.27	400m: 4:31.82 28.84		
2.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	4:35.96	<b>4:32.06</b>	648
	50m: 29.19 29.19	150m: 1:38.35 35.48	250m: 2:51.70 38.69	350m: 4:02.72 31.18		
	100m: 1:02.87 33.68	200m: 2:13.01 34.66	300m: 3:31.54 39.84	400m: 4:32.06 29.34		
3.	Tiago Roberto Cordeiro	00	Benfica	4:26.54	<b>4:40.86</b>	589
	50m: 28.45 28.45	150m: 1:37.68 36.40	250m: 2:54.64 41.84	350m: 4:08.89 33.30		
	100m: 1:01.28 32.83	200m: 2:12.80 35.12	300m: 3:35.59 40.95	400m: 4:40.86 31.97		
4.	Bernardo Victorino Almeida	04	Sporting	4:47.88	<b>4:41.40</b>	586
	50m: 28.31 28.31	150m: 1:39.36 37.57	250m: 2:55.72 40.54	350m: 4:10.77 32.30		
	100m: 1:01.79 33.48	200m: 2:15.18 35.82	300m: 3:38.47 42.75	400m: 4:41.40 30.63		
5.	Joao Manuel Vargas	00	Benfica	4:50.73	<b>4:43.87</b>	570
	50m: 30.42 30.42	150m: 1:42.35 37.18	250m: 2:57.83 38.81	350m: 4:11.71 34.02		
	100m: 1:05.17 34.75	200m: 2:19.02 36.67	300m: 3:37.69 39.86	400m: 4:43.87 32.16		
6.	Ricardo Basilio Marreiros	97	Cova Da Piedade	4:45.91	<b>4:45.04</b>	563
	50m: 28.59 28.59	150m: 1:39.15 37.15	250m: 2:57.70 41.02	350m: 4:12.97 33.50		
	100m: 1:02.00 33.41	200m: 2:16.68 37.53	300m: 3:39.47 41.77	400m: 4:45.04 32.07		
7.	Joao Lourenco Rebelo	04	Algés	4:47.59	<b>4:45.85</b>	559
	50m: 30.07 30.07	150m: 1:43.40 38.41	250m: 3:00.38 38.78	350m: 4:13.60 33.41		
	100m: 1:04.99 34.92	200m: 2:21.60 38.20	300m: 3:40.19 39.81	400m: 4:45.85 32.25		
8.	Sebastiao Limbert Piedade	00	Algés	4:36.54	<b>4:47.28</b>	550
	50m: 29.95 29.95	150m: 1:41.82 36.76	250m: 2:59.65 41.15	350m: 4:14.48 33.20		
	100m: 1:05.06 35.11	200m: 2:18.50 36.68	300m: 3:41.28 41.63	400m: 4:47.28 32.80		
9.	Pedro Barata Neves	00	Laranjeiro	4:43.66	<b>4:48.21</b>	545
	50m: 30.21 30.21	150m: 1:42.55 38.30	250m: 3:01.63 41.59	350m: 4:17.28 32.62		
	100m: 1:04.25 34.04	200m: 2:20.04 37.49	300m: 3:44.66 43.03	400m: 4:48.21 30.93		
10.	Filipe Ferrao Melo	01	Naval Setubalense	4:45.37	<b>4:49.71</b>	537
	50m: 28.43 28.43	150m: 1:39.04 37.30	250m: 2:57.57 41.00	350m: 4:15.48 35.78		
	100m: 1:01.74 33.31	200m: 2:16.57 37.53	300m: 3:39.70 42.13	400m: 4:49.71 34.23		
11.	Rodrigo Almeida Cabrito	01	Belenenses	4:41.44	<b>4:50.63</b>	532
	50m: 30.34 30.34	150m: 1:44.96 38.05	250m: 3:00.78 38.74	350m: 4:15.82 35.54		
	100m: 1:06.91 36.57	200m: 2:22.04 37.08	300m: 3:40.28 39.50	400m: 4:50.63 34.81		
12.	Antonio Lombardi Carvalho	04	Sporting	4:53.41	<b>4:54.01</b>	513
	50m: 30.12 30.12	150m: 1:42.32 37.74	250m: 3:00.94 42.07	350m: 4:20.32 35.42		
	100m: 1:04.58 34.46	200m: 2:18.87 36.55	300m: 3:44.90 43.96	400m: 4:54.01 33.69		
13.	Andre Azevedo Baraona	04	C N Montijo	4:50.71	<b>4:54.39</b>	511
	50m: 30.68 30.68	150m: 1:42.79 36.13	250m: 3:01.97 44.07	350m: 4:20.34 33.58		
	100m: 1:06.66 35.98	200m: 2:17.90 35.11	300m: 3:46.76 44.79	400m: 4:54.39 34.05		
14.	Miguel Costa Simoes	04	Cova Da Piedade	4:58.94	<b>4:55.43</b>	506
	50m: 31.40 31.40	150m: 1:46.93 38.56	250m: 3:07.68 43.22	350m: 4:23.55 32.87		
	100m: 1:08.37 36.97	200m: 2:24.46 37.53	300m: 3:50.68 43.00	400m: 4:55.43 31.88		

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
15.	Afonso Figueiredo Frasquilho	04	Sporting	4:54.45	<b>4:56.22</b>	502
	50m: 30.42 30.42	150m: 1:41.81 35.56	250m: 3:03.59 44.33	350m: 4:24.65 34.15		
	100m: 1:06.25 35.83	200m: 2:19.26 37.45	300m: 3:50.50 46.91	400m: 4:56.22 31.57		
16.	Tiago Correia Neves	97	Belenenses	4:49.95	<b>4:57.24</b>	497
	50m: 31.35 31.35	150m: 1:46.90 39.38	250m: 3:07.79 42.74	350m: 4:24.75 34.41		
	100m: 1:07.52 36.17	200m: 2:25.05 38.15	300m: 3:50.34 42.55	400m: 4:57.24 32.49		
17.	Afonso Cipriano Pinto	04	Sporting	5:00.31	<b>4:57.35</b>	496
	50m: 30.85 30.85	150m: 1:45.25 38.68	250m: 3:06.20 42.64	350m: 4:23.57 33.38		
	100m: 1:06.57 35.72	200m: 2:23.56 38.31	300m: 3:50.19 43.99	400m: 4:57.35 33.78		
18.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	5:14.42	<b>4:58.38</b>	491
	50m: 29.61 29.61	150m: 1:44.10 38.55	250m: 3:05.29 43.77	350m: 4:25.08 35.13		
	100m: 1:05.55 35.94	200m: 2:21.52 37.42	300m: 3:49.95 44.66	400m: 4:58.38 33.30		
19.	Miguel Correia Anacleto	05	Sporting	5:08.37	<b>4:58.51</b>	491
	50m: 31.10 31.10	150m: 1:47.26 39.81	250m: 3:07.94 42.34	350m: 4:24.25 34.46		
	100m: 1:07.45 36.35	200m: 2:25.60 38.34	300m: 3:49.79 41.85	400m: 4:58.51 34.26		
20.	Pedro Henriques Correia	03	Benfica	4:49.11	<b>4:58.69</b>	490
	50m: 30.52 30.52	150m: 1:43.91 38.65	250m: 3:04.94 43.20	350m: 4:23.29 34.78		
	100m: 1:05.26 34.74	200m: 2:21.74 37.83	300m: 3:48.51 43.57	400m: 4:58.69 35.40		
21.	Andre Henriques Marques	05	Benfica	4:58.48	<b>4:59.23</b>	487
	50m: 31.10 31.10	150m: 1:46.80 38.83	250m: 3:06.46 42.12	350m: 4:25.27 34.45		
	100m: 1:07.97 36.87	200m: 2:24.34 37.54	300m: 3:50.82 44.36	400m: 4:59.23 33.96		
22.	Miguel Duarte Cruz	99	Belenenses	4:58.99	<b>4:59.39</b>	486
	50m: 31.61 31.61	150m: 1:47.77 39.59	250m: 3:10.16 44.00	350m: 4:26.82 33.13		
	100m: 1:08.18 36.57	200m: 2:26.16 38.39	300m: 3:53.69 43.53	400m: 4:59.39 32.57		
23.	Tiago Rodrigues Pinto	05	Sporting	5:05.50	<b>4:59.92</b>	484
	50m: 30.97 30.97	150m: 1:47.16 39.39	250m: 3:10.25 44.43	350m: 4:27.62 33.01		
	100m: 1:07.77 36.80	200m: 2:25.82 38.66	300m: 3:54.61 44.36	400m: 4:59.92 32.30		
24.	Tiago Fanha Lopes	04	C N Montijo	4:58.17	<b>5:00.19</b>	482
	50m: 32.11 32.11	150m: 1:48.28 37.42	250m: 3:08.44 43.09	350m: 4:26.14 34.59		
	100m: 1:10.86 38.75	200m: 2:25.35 37.07	300m: 3:51.55 43.11	400m: 5:00.19 34.05		
25.	Duarte Cadima Goncalves	04	C N Montijo	5:04.34	<b>5:01.40</b>	477
	50m: 31.95 31.95	150m: 1:50.34 39.13	250m: 3:12.09 42.23	350m: 4:23.29 33.46		
	100m: 1:11.21 39.26	200m: 2:29.86 39.52	300m: 3:54.42 42.33	400m: 5:01.40 33.52		
26.	Filipe Simoes Freitas	05	Sporting	5:06.39	<b>5:02.37</b>	472
	50m: 32.26 32.26	150m: 1:49.34 39.41	250m: 3:09.97 41.76	350m: 4:27.98 35.87		
	100m: 1:09.93 37.67	200m: 2:28.21 38.87	300m: 3:52.11 42.14	400m: 5:02.37 34.39		
27.	Gonçalo Duarte Carvalho	05	Benfica	5:06.81	<b>5:04.88</b>	460
	50m: 31.67 31.67	150m: 1:49.05 39.86	250m: 3:10.28 41.71	350m: 4:30.11 36.59		
	100m: 1:09.19 37.52	200m: 2:28.57 39.52	300m: 3:53.52 43.24	400m: 5:04.88 34.77		
28.	Yann Chetelat Fock	04	Avançado EULx	5:18.92	<b>5:05.28</b>	459
	50m: 32.45 32.45	150m: 1:50.94 39.51	250m: 3:13.24 43.74	350m: 4:33.25 35.42		
	100m: 1:11.43 38.98	200m: 2:29.50 38.56	300m: 3:57.83 44.59	400m: 5:05.28 32.03		
29.	Pedro Mahua Alvarez	05	Sporting	5:18.55	<b>5:05.91</b>	456
	50m: 33.30 33.30	150m: 1:51.76 39.62	250m: 3:13.39 43.63	350m: 4:33.02 35.21		
	100m: 1:12.14 38.84	200m: 2:29.76 38.00	300m: 3:57.81 44.42	400m: 5:05.91 32.89		
30.	Simao Lopes Oliveira	05	Naval Setubalense	5:14.30	<b>5:06.23</b>	454
	50m: 32.91 32.91	150m: 1:51.68 41.21	250m: 3:12.30 40.08	350m: 4:31.55 36.67		
	100m: 1:10.47 37.56	200m: 2:32.22 40.54	300m: 3:54.88 42.58	400m: 5:06.23 34.68		
31.	Gabriel Carvalho Ferrao	05	Cova Da Piedade	5:15.35	<b>5:06.87</b>	451
	50m: 31.75 31.75	150m: 1:49.41 39.88	250m: 3:11.12 44.62	350m: 4:34.94 35.35		
	100m: 1:09.53 37.78	200m: 2:26.50 37.09	300m: 3:59.59 48.47	400m: 5:06.87 31.93		
32.	Manuel Angelo Pereira	05	Sporting	5:13.77	<b>5:08.19</b>	446
	50m: 31.75 31.75	150m: 1:47.92 39.91	250m: 3:11.97 45.17	350m: 4:33.65 36.47		
	100m: 1:08.01 36.26	200m: 2:26.80 38.88	300m: 3:57.18 45.21	400m: 5:08.19 34.54		
33.	Joao Maria Colaco	03	Sporting	4:58.01	<b>5:08.70</b>	443
	50m: 30.93 30.93	150m: 1:47.66 40.47	250m: 3:12.09 44.74	350m: 4:34.30 37.08		
	100m: 1:07.19 36.26	200m: 2:27.35 39.69	300m: 3:57.22 45.13	400m: 5:08.70 34.40		
34.	Joao Afonso Santos	04	Sporting	5:01.09	<b>5:09.26</b>	441
	50m: 32.71 32.71	150m: 1:48.99 39.74	250m: 3:12.43 43.56	350m: 4:33.97 35.93		
	100m: 1:09.25 36.54	200m: 2:28.87 39.88	300m: 3:58.04 45.61	400m: 5:09.26 35.29		
35.	Pedro Esteves Duarte	03	Cova Da Piedade	5:15.58	<b>5:10.07</b>	438
	50m: 31.69 31.69	150m: 1:48.89 40.27	250m: 3:15.98 47.76	350m: 4:38.03 33.51		
	100m: 1:08.62 36.93	200m: 2:28.22 39.33	300m: 4:04.52 48.54	400m: 5:10.07 32.04		

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
36.	Francisco Sousa Uva	04	Algés	5:27.57	5:10.59	435
	50m: 31.59 31.59	150m: 1:47.63 39.10	250m: 3:12.81 46.89	350m: 4:35.35 35.19		
	100m: 1:08.53 36.94	200m: 2:25.92 38.29	300m: 4:00.16 47.35	400m: 5:10.59 35.24		
37.	Miguel Cordeiro Almeida	05	Algés	5:33.64	5:11.02	434
	50m: 33.93 33.93	150m: 1:50.21 39.08	250m: 3:13.48 45.52	350m: 4:35.97 36.39		
	100m: 1:11.13 37.20	200m: 2:27.96 37.75	300m: 3:59.58 46.10	400m: 5:11.02 35.05		
38.	Tomas Martins Mira	04	Naval Setubalense	5:27.57	5:13.03	425
	50m: 31.75 31.75	150m: 1:53.08 43.10	250m: 3:20.15 45.61	350m: 4:40.66 34.29		
	100m: 1:09.98 38.23	200m: 2:34.54 41.46	300m: 4:06.37 46.22	400m: 5:13.03 32.37		
39.	Miguel Filipe Anjo	04	Cova Da Piedade	5:17.19	5:14.73	418
	50m: 33.13 33.13	150m: 1:53.11 40.50	250m: 3:17.38 44.63	350m: 4:40.48 37.04		
	100m: 1:12.61 39.48	200m: 2:32.75 39.64	300m: 4:03.44 46.06	400m: 5:14.73 34.25		
40.	Rodrigo Ferreira Mimoso	05	Benfica	5:29.83	5:15.03	417
	50m: 33.32 33.32	150m: 1:54.18 42.33	250m: 3:19.86 43.57	350m: 4:39.07 36.16		
	100m: 1:11.85 38.53	200m: 2:36.29 42.11	300m: 4:02.91 43.05	400m: 5:15.03 35.96		
41.	Jose Manuel Sa	05	Sporting	5:29.89	5:15.51	415
	50m: 32.43 32.43	150m: 1:49.92 39.55	250m: 3:14.43 46.76	350m: 4:39.62 37.23		
	100m: 1:10.37 37.94	200m: 2:27.67 37.75	300m: 4:02.39 47.96	400m: 5:15.51 35.89		
42.	Francisco Lourenco Vasconcelos	05	Geslours	5:27.43	5:15.55	415
	50m: 30.75 30.75	150m: 1:48.48 39.51	250m: 3:13.55 46.51	350m: 4:39.39 38.60		
	100m: 1:08.97 38.22	200m: 2:27.04 38.56	300m: 4:00.79 47.24	400m: 5:15.55 36.16		
43.	Rodrigo Neves Fernandes	04	Geslours	5:13.73	5:16.00	413
	50m: 32.83 32.83	150m: 1:53.79 42.02	250m: 3:18.12 44.13	350m: 4:40.30 37.38		
	100m: 1:11.77 38.94	200m: 2:33.99 40.20	300m: 4:02.92 44.80	400m: 5:16.00 35.70		
44.	Guilherme Machado Santos	04	União Piedense	5:08.32	5:16.06	413
	50m: 32.33 32.33	150m: 1:49.40 39.06	250m: 3:13.43 45.31	350m: 4:39.57 39.05		
	100m: 1:10.34 38.01	200m: 2:28.12 38.72	300m: 4:00.52 47.09	400m: 5:16.06 36.49		
45.	Vasco Alves Morgado	05	Algés	5:27.53	5:19.90	398
	50m: 34.19 34.19	150m: 1:55.63 42.23	250m: 3:23.48 46.42	350m: 4:46.02 36.24		
	100m: 1:13.40 39.21	200m: 2:37.06 41.43	300m: 4:09.78 46.30	400m: 5:19.90 33.88		
46.	Pedro Forjaz Cirurgiao	04	Algés	5:27.57	5:23.43	386
	50m: 32.92 32.92	150m: 1:54.04 42.88	250m: 3:23.12 47.68	350m: 4:48.39 36.68		
	100m: 1:11.16 38.24	200m: 2:35.44 41.40	300m: 4:11.71 48.59	400m: 5:23.43 35.04		
47.	Alexandre Duarte Morais <i>Fora Tempo Acesso</i>	04	Palmela Desporto	5:16.91	5:28.26	369
	50m: 31.95 31.95	150m: 1:52.34 42.50	250m: 3:22.22 48.57	350m: 4:50.11 38.31		
	100m: 1:09.84 37.89	200m: 2:33.65 41.31	300m: 4:11.80 49.58	400m: 5:28.26 38.15		
48.	Rodrigo Martins Bras	05	Belenenses	5:33.64	5:33.07	353
	50m: 33.56 33.56	150m: 1:56.49 42.82	250m: 3:27.81 49.42	350m: 4:55.27 39.05		
	100m: 1:13.67 40.11	200m: 2:38.39 41.90	300m: 4:16.22 48.41	400m: 5:33.07 37.80		
49.	Alfredo Cabrita Soudo <i>Fora Tempo Acesso</i>	05	Belenenses	5:33.64	5:43.24	322
	50m: 35.15 35.15	150m: 2:02.01 45.04	250m: 3:37.41 51.29	350m: 5:04.78 37.66		
	100m: 1:16.97 41.82	200m: 2:46.12 44.11	300m: 4:27.12 49.71	400m: 5:43.24 38.46		
DSQ	Tiago Morgado Nogueira <i>G1 - Efetuou falsa partida (SW 4.4)</i>	04	Colegio Int Monte Maior	4:55.95		
DSQ	Diogo Miguel Duraes <i>E-M50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de mariposa(SW 8.4)</i>	03	C N Montijo	5:05.03		
DSQ	Ricardo Martins Bras <i>E-M35 - No percurso de mariposa, efetuou batimento alternado de pernas/pés após a viragem aos 50 metros. (SW 8.3)</i>	01	Belenenses	4:45.30		
DSQ	Pedro Maria Amado <i>E-M13 - No percurso de mariposa, efetuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>	05	Algés	5:08.90		
DSQ	Felipe Menegassi Maia <i>E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>	04	Algés	5:11.44		

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
DSQ	Bruno Rey Barros <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>	01	Sporting	4:45.56		
DSQ	Afonso Lucio Costa <i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 275 metros (SW 7.6)</i>	05	Sporting	5:16.78		
DSQ	David Matias Cristino <i>E-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.</i>	01	União Piedense	4:28.61		