

Prova 4
03.05.2025 - 17:36

Masc., 400m Estilos

Juvenis
Resultados

Rec Regional Juv A	4:25.04	João Alexandre Vital	POR	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	POR	Alapraia	2013
Rec Regional Absoluto	4:06.93	Joao Alexandre Vital	POR	Hangzhou (CHN)	2018
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	POR	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	POR	Braga	2003
Rec Nacional Absoluto	4:05.87	Gabriel Jose Lopes	POR	Leiria	2022

Mínimo Participação Juv B: 5:41.23; Juv A: 5:31.29

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Diogo Rodrigues Sousa	10	Alges	4:47.65	543
	50m: 30.31 30.31	150m: 1:42.37 38.02	250m: 3:01.33 41.67	350m: 4:15.86 32.88	
	100m: 1:04.35 34.04	200m: 2:19.66 37.29	300m: 3:42.98 41.65	400m: 4:47.65 31.79	
2.	Joao Baixinho Roxo	10	União Piedense	4:48.71	537
	50m: 30.04 30.04	150m: 1:40.59 35.74	250m: 2:59.16 43.74	350m: 4:16.98 33.42	
	100m: 1:04.85 34.81	200m: 2:15.42 34.83	300m: 3:43.56 44.40	400m: 4:48.71 31.73	
3.	Dinis Aresta Ribeiro	10	Sporting	4:51.18	524
	50m: 30.79 30.79	150m: 1:43.79 37.36	250m: 3:03.12 42.67	350m: 4:19.15 33.36	
	100m: 1:06.43 35.64	200m: 2:20.45 36.66	300m: 3:45.79 42.67	400m: 4:51.18 32.03	
4.	Antonio Carimbo Godinho	10	Fisica Torres Vedras	4:56.91	494
	50m: 29.56 29.56	150m: 1:40.46 37.46	250m: 3:04.62 47.68	350m: 4:25.52 33.73	
	100m: 1:03.00 33.44	200m: 2:16.94 36.48	300m: 3:51.79 47.17	400m: 4:56.91 31.39	
5.	Tiago Neres Santo	10	Alges	4:58.10	488
	50m: 30.38 30.38	150m: 1:45.13 39.56	250m: 3:08.47 44.80	350m: 4:26.60 33.60	
	100m: 1:05.57 35.19	200m: 2:23.67 38.54	300m: 3:53.00 44.53	400m: 4:58.10 31.50	
6.	Rodrigo Ferrao Dias	10	Sporting	4:58.16	488
	50m: 30.88 30.88	150m: 1:47.92 41.29	250m: 3:10.23 42.49	350m: 4:25.81 32.93	
	100m: 1:06.63 35.75	200m: 2:27.74 39.82	300m: 3:52.88 42.65	400m: 4:58.16 32.35	
7.	Martim Frederico Marques	10	CPCD Povia de Santa Iria	5:00.12	478
	50m: 30.37 30.37	150m: 1:46.50 40.40	250m: 3:07.95 42.22	350m: 4:26.15 34.82	
	100m: 1:06.10 35.73	200m: 2:25.73 39.23	300m: 3:51.33 43.38	400m: 5:00.12 33.97	
8.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	5:03.00	465
	50m: 31.90 31.90	150m: 1:47.39 38.95	250m: 3:09.61 43.41	350m: 4:28.51 34.91	
	100m: 1:08.44 36.54	200m: 2:26.20 38.81	300m: 3:53.60 43.99	400m: 5:03.00 34.49	
9.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	5:03.28	464
	50m: 30.43 30.43	150m: 1:45.02 38.65	250m: 3:09.88 47.20	350m: 4:31.07 33.77	
	100m: 1:06.37 35.94	200m: 2:22.68 37.66	300m: 3:57.30 47.42	400m: 5:03.28 32.21	
10.	Tomas O'Grady Freire	10	Sporting	5:05.91	452
	50m: 31.98 31.98	150m: 1:48.71 39.16	250m: 3:11.60 42.88	350m: 4:31.53 35.31	
	100m: 1:09.55 37.57	200m: 2:28.72 40.01	300m: 3:56.22 44.62	400m: 5:05.91 34.38	
11.	Andre Huang	10	Geslours	5:09.40	437
	50m: 30.21 30.21	150m: 1:46.99 40.31	250m: 3:09.85 44.00	350m: 4:31.60 36.21	
	100m: 1:06.68 36.47	200m: 2:25.85 38.86	300m: 3:55.39 45.54	400m: 5:09.40 37.80	
12.	Afonso Velada Pereira	10	Sporting	5:12.78	423
	50m: 33.68 33.68	150m: 1:52.40 40.47	250m: 3:17.83 44.95	350m: 4:39.21 35.89	
	100m: 1:11.93 38.25	200m: 2:32.88 40.48	300m: 4:03.32 45.49	400m: 5:12.78 33.57	
13.	Rafael Carreiras Marques	10	Geslours	5:13.65	419
	50m: 32.58 32.58	150m: 1:52.57 39.57	250m: 3:15.60 44.38	350m: 4:38.16 37.14	
	100m: 1:13.00 40.42	200m: 2:31.22 38.65	300m: 4:01.02 45.42	400m: 5:13.65 35.49	
14.	Diogo Alves Castro	10	Alges	5:18.02	402
	50m: 31.70 31.70	150m: 1:50.10 41.66	250m: 3:17.34 46.16	350m: 4:41.67 37.93	
	100m: 1:08.44 36.74	200m: 2:31.18 41.08	300m: 4:03.74 46.40	400m: 5:18.02 36.35	
15.	Henrique Matos Sebroza	10	Geslours	5:18.42	401
	50m: 31.24 31.24	150m: 1:50.46 41.55	250m: 3:18.63 48.34	350m: 4:42.43 36.14	
	100m: 1:08.91 37.67	200m: 2:30.29 39.83	300m: 4:06.29 47.66	400m: 5:18.42 35.99	
16.	Afonso Manuel Gomes	10	Sporting	5:21.50	389
	50m: 33.32 33.32	150m: 1:55.43 40.76	250m: 3:23.22 48.39	350m: 4:47.53 36.61	
	100m: 1:14.67 41.35	200m: 2:34.83 39.40	300m: 4:10.92 47.70	400m: 5:21.50 33.97	
17.	Guilherme Costa Alves	10	Sporting	5:22.85	384
	50m: 34.12 34.12	150m: 1:55.62 41.25	250m: 3:23.15 47.97	350m: 4:48.04 36.94	
	100m: 1:14.37 40.25	200m: 2:35.18 39.56	300m: 4:11.10 47.95	400m: 5:22.85 34.81	

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Andrey Ponomarov	10	CPCD Povia de Santa Iria	5:27.59	368
	50m: 32.15 32.15	150m: 1:52.67 42.41	250m: 3:22.77 48.54	350m: 4:50.70 38.04	
	100m: 1:10.26 38.11	200m: 2:34.23 41.56	300m: 4:12.66 49.89	400m: 5:27.59 36.89	
DSQ	Salvador Miranda Grandela	10	Alges		
	<i>E-B18 - Tocou com uma só mão na parede testa na viragem aos 250 metros (sr 7.6)</i>				
DNS	Renato Ferreira Mimoso	10	Benfica		

Juvenis A

1.	Diogo Damasceno Reis	09	Sporting	4:37.00	609
	50m: 29.24 29.24	150m: 1:42.14 38.44	250m: 2:56.71 37.33	350m: 4:06.73 31.54	
	100m: 1:03.70 34.46	200m: 2:19.38 37.24	300m: 3:35.19 38.48	400m: 4:37.00 30.27	
2.	Diogo Didario Alfano	09	Fisica Torres Vedras	4:43.72	566
	50m: 29.67 29.67	150m: 1:39.54 35.26	250m: 2:57.94 43.51	350m: 4:13.12 32.27	
	100m: 1:04.28 34.61	200m: 2:14.43 34.89	300m: 3:40.85 42.91	400m: 4:43.72 30.60	
3.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:44.03	565
	50m: 30.10 30.10	150m: 1:39.05 34.10	250m: 2:56.54 44.75	350m: 4:13.56 32.01	
	100m: 1:04.95 34.85	200m: 2:11.79 32.74	300m: 3:41.55 45.01	400m: 4:44.03 30.47	
4.	Rafael Lin Moniz	09	Naval Setubalense	4:45.05	558
	50m: 28.84 28.84	150m: 1:39.76 37.42	250m: 3:00.34 43.42	350m: 4:14.90 31.58	
	100m: 1:02.34 33.50	200m: 2:16.92 37.16	300m: 3:43.32 42.98	400m: 4:45.05 30.15	
5.	Paulo Junio Fernandes	09	Alges	4:46.17	552
	50m: 28.86 28.86	150m: 1:42.76 38.66	250m: 3:00.98 40.96	350m: 4:15.46 32.96	
	100m: 1:04.10 35.24	200m: 2:20.02 37.26	300m: 3:42.50 41.52	400m: 4:46.17 30.71	
6.	Miguel Ratinho Rocha	09	Naval Setubalense	4:55.08	503
	50m: 29.87 29.87	150m: 1:43.50 39.40	250m: 3:03.94 42.21	350m: 4:21.73 35.78	
	100m: 1:04.10 34.23	200m: 2:21.73 38.23	300m: 3:45.95 42.01	400m: 4:55.08 33.35	
7.	Pedro Guedes Caldas	09	Benfica	4:57.06	493
	50m: 30.56 30.56	150m: 1:41.92 36.88	250m: 3:02.97 45.10	350m: 4:23.57 34.75	
	100m: 1:05.04 34.48	200m: 2:17.87 35.95	300m: 3:48.82 45.85	400m: 4:57.06 33.49	
8.	Afonso Santos Carromeu	09	Naval Setubalense	4:58.21	488
	50m: 31.26 31.26	150m: 1:46.03 38.77	250m: 3:07.49 43.37	350m: 4:26.00 34.56	
	100m: 1:07.26 36.00	200m: 2:24.12 38.09	300m: 3:51.44 43.95	400m: 4:58.21 32.21	
9.	Tiago Trindade Manuel	09	Palmela Desporto	5:00.76	475
	50m: 29.97 29.97	150m: 1:43.19 37.81	250m: 3:04.52 44.86	350m: 4:26.24 35.72	
	100m: 1:05.38 35.41	200m: 2:19.66 36.47	300m: 3:50.52 46.00	400m: 5:00.76 34.52	
10.	Rui Melo Pereira	09	Benfica	5:02.06	469
	50m: 29.83 29.83	150m: 1:44.69 38.28	250m: 3:06.44 44.74	350m: 4:27.43 35.83	
	100m: 1:06.41 36.58	200m: 2:21.70 37.01	300m: 3:51.60 45.16	400m: 5:02.06 34.63	
11.	Xavier Rosa Madeira	09	Laranjeiro	5:05.76	452
	50m: 30.46 30.46	150m: 1:48.00 41.35	250m: 3:12.28 43.72	350m: 4:32.51 34.62	
	100m: 1:06.65 36.19	200m: 2:28.56 40.56	300m: 3:57.89 45.61	400m: 5:05.76 33.25	
12.	Francisco Gabriel Freitas	09	Geslours	5:07.94	443
	50m: 30.22 30.22	150m: 1:47.81 41.13	250m: 3:12.09 42.96	350m: 4:32.79 36.50	
	100m: 1:06.68 36.46	200m: 2:29.13 41.32	300m: 3:56.29 44.20	400m: 5:07.94 35.15	
13.	Tiago Rafael Ferreira	09	Sporting	5:09.15	438
	50m: 30.27 30.27	150m: 1:47.63 42.17	250m: 3:11.91 43.56	350m: 4:33.92 36.88	
	100m: 1:05.46 35.19	200m: 2:28.35 40.72	300m: 3:57.04 45.13	400m: 5:09.15 35.23	
14.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	5:09.58	436
	50m: 31.04 31.04	150m: 1:48.23 40.85	250m: 3:11.96 43.76	350m: 4:34.31 36.05	
	100m: 1:07.38 36.34	200m: 2:28.20 39.97	300m: 3:58.26 46.30	400m: 5:09.58 35.27	
15.	Bernardo Afonso Guedelha	09	Benfica	5:09.75	435
	50m: 30.90 30.90	150m: 1:45.47 38.74	250m: 3:13.49 47.65	350m: 4:36.35 35.58	
	100m: 1:06.73 35.83	200m: 2:25.84 40.37	300m: 4:00.77 47.28	400m: 5:09.75 33.40	
16.	Andre Raposo Pinheiro	09	Sporting	5:10.01	434
	50m: 29.81 29.81	150m: 1:47.21 41.43	250m: 3:10.49 42.86	350m: 4:33.82 37.73	
	100m: 1:05.78 35.97	200m: 2:27.63 40.42	300m: 3:56.09 45.60	400m: 5:10.01 36.19	
17.	Diogo Soares Marques	09	Alges	5:11.17	429
	50m: 32.78 32.78	150m: 1:51.64 40.33	250m: 3:14.46 43.85	350m: 4:35.73 36.64	
	100m: 1:11.31 38.53	200m: 2:30.61 38.97	300m: 3:59.09 44.63	400m: 5:11.17 35.44	
18.	Lourenco Marques Sebastiao	09	Laranjeiro	5:16.17	409
	50m: 32.15 32.15	150m: 1:50.14 38.52	250m: 3:14.07 46.41	350m: 4:39.31 38.34	
	100m: 1:11.62 39.47	200m: 2:27.66 37.52	300m: 4:00.97 46.90	400m: 5:16.17 36.86	

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	David Emanuel Tome	09	Geslours	5:16.42	408
	50m: 30.74 30.74	150m: 1:48.02 39.81	250m: 3:15.59 48.24	350m: 4:41.38 36.65	
	100m: 1:08.21 37.47	200m: 2:27.35 39.33	300m: 4:04.73 49.14	400m: 5:16.42 35.04	
20.	Duarte Afonso Leite	09	Laranjeiro	5:21.87	388
	50m: 35.27 35.27	150m: 2:00.03 43.29	250m: 3:24.48 43.55	350m: 4:46.93 37.53	
	100m: 1:16.74 41.47	200m: 2:40.93 40.90	300m: 4:09.40 44.92	400m: 5:21.87 34.94	
21.	Santiago Castanheira Martins	09	CPCD Povia de Santa Iria	5:27.53	368
	50m: 32.99 32.99	150m: 1:54.23 42.13	250m: 3:24.77 50.17	350m: 4:52.23 38.35	
	100m: 1:12.10 39.11	200m: 2:34.60 40.37	300m: 4:13.88 49.11	400m: 5:27.53 35.30	

Juvenis

1.	Diogo Damasceno Reis	09	Sporting	4:37.00	609
	50m: 29.24 29.24	150m: 1:42.14 38.44	250m: 2:56.71 37.33	350m: 4:06.73 31.54	
	100m: 1:03.70 34.46	200m: 2:19.38 37.24	300m: 3:35.19 38.48	400m: 4:37.00 30.27	
2.	Diogo Didario Alfano	09	Fisica Torres Vedras	4:43.72	566
	50m: 29.67 29.67	150m: 1:39.54 35.26	250m: 2:57.94 43.51	350m: 4:13.12 32.27	
	100m: 1:04.28 34.61	200m: 2:14.43 34.89	300m: 3:40.85 42.91	400m: 4:43.72 30.60	
3.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:44.03	565
	50m: 30.10 30.10	150m: 1:39.05 34.10	250m: 2:56.54 44.75	350m: 4:13.56 32.01	
	100m: 1:04.95 34.85	200m: 2:11.79 32.74	300m: 3:41.55 45.01	400m: 4:44.03 30.47	
4.	Rafael Lin Moniz	09	Naval Setubalense	4:45.05	558
	50m: 28.84 28.84	150m: 1:39.76 37.42	250m: 3:00.34 43.42	350m: 4:14.90 31.58	
	100m: 1:02.34 33.50	200m: 2:16.92 37.16	300m: 3:43.32 42.98	400m: 4:45.05 30.15	
5.	Paulo Junio Fernandes	09	Alges	4:46.17	552
	50m: 28.86 28.86	150m: 1:42.76 38.66	250m: 3:00.98 40.96	350m: 4:15.46 32.96	
	100m: 1:04.10 35.24	200m: 2:20.02 37.26	300m: 3:42.50 41.52	400m: 4:46.17 30.71	
6.	Diogo Rodrigues Sousa	10	Alges	4:47.65	543
	50m: 30.31 30.31	150m: 1:42.37 38.02	250m: 3:01.33 41.67	350m: 4:15.86 32.88	
	100m: 1:04.35 34.04	200m: 2:19.66 37.29	300m: 3:42.98 41.65	400m: 4:47.65 31.79	
7.	Joao Baixinho Roxo	10	União Piedense	4:48.71	537
	50m: 30.04 30.04	150m: 1:40.59 35.74	250m: 2:59.16 43.74	350m: 4:16.98 33.42	
	100m: 1:04.85 34.81	200m: 2:15.42 34.83	300m: 3:43.56 44.40	400m: 4:48.71 31.73	
8.	Dinis Aresta Ribeiro	10	Sporting	4:51.18	524
	50m: 30.79 30.79	150m: 1:43.79 37.36	250m: 3:03.12 42.67	350m: 4:19.15 33.36	
	100m: 1:06.43 35.64	200m: 2:20.45 36.66	300m: 3:45.79 42.67	400m: 4:51.18 32.03	
9.	Miguel Ratinho Rocha	09	Naval Setubalense	4:55.08	503
	50m: 29.87 29.87	150m: 1:43.50 39.40	250m: 3:03.94 42.21	350m: 4:21.73 35.78	
	100m: 1:04.10 34.23	200m: 2:21.73 38.23	300m: 3:45.95 42.01	400m: 4:55.08 33.35	
10.	Antonio Carimbo Godinho	10	Fisica Torres Vedras	4:56.91	494
	50m: 29.56 29.56	150m: 1:40.46 37.46	250m: 3:04.62 47.68	350m: 4:25.52 33.73	
	100m: 1:03.00 33.44	200m: 2:16.94 36.48	300m: 3:51.79 47.17	400m: 4:56.91 31.39	
11.	Pedro Guedes Caldas	09	Benfica	4:57.06	493
	50m: 30.56 30.56	150m: 1:41.92 36.88	250m: 3:02.97 45.10	350m: 4:23.57 34.75	
	100m: 1:05.04 34.48	200m: 2:17.87 35.95	300m: 3:48.82 45.85	400m: 4:57.06 33.49	
12.	Tiago Neres Santo	10	Alges	4:58.10	488
	50m: 30.38 30.38	150m: 1:45.13 39.56	250m: 3:08.47 44.80	350m: 4:26.60 33.60	
	100m: 1:05.57 35.19	200m: 2:23.67 38.54	300m: 3:53.00 44.53	400m: 4:58.10 31.50	
13.	Rodrigo Ferrao Dias	10	Sporting	4:58.16	488
	50m: 30.88 30.88	150m: 1:47.92 41.29	250m: 3:10.23 42.49	350m: 4:25.81 32.93	
	100m: 1:06.63 35.75	200m: 2:27.74 39.82	300m: 3:52.88 42.65	400m: 4:58.16 32.35	
14.	Afonso Santos Carromeu	09	Naval Setubalense	4:58.21	488
	50m: 31.26 31.26	150m: 1:46.03 38.77	250m: 3:07.49 43.37	350m: 4:26.00 34.56	
	100m: 1:07.26 36.00	200m: 2:24.12 38.09	300m: 3:51.44 43.95	400m: 4:58.21 32.21	
15.	Martim Frederico Marques	10	CPCD Povia de Santa Iria	5:00.12	478
	50m: 30.37 30.37	150m: 1:46.50 40.40	250m: 3:07.95 42.22	350m: 4:26.15 34.82	
	100m: 1:06.10 35.73	200m: 2:25.73 39.23	300m: 3:51.33 43.38	400m: 5:00.12 33.97	
16.	Tiago Trindade Manuel	09	Palmela Desporto	5:00.76	475
	50m: 29.97 29.97	150m: 1:43.19 37.81	250m: 3:04.52 44.86	350m: 4:26.24 35.72	
	100m: 1:05.38 35.41	200m: 2:19.66 36.47	300m: 3:50.52 46.00	400m: 5:00.76 34.52	
17.	Rui Melo Pereira	09	Benfica	5:02.06	469
	50m: 29.83 29.83	150m: 1:44.69 38.28	250m: 3:06.44 44.74	350m: 4:27.43 35.83	
	100m: 1:06.41 36.58	200m: 2:21.70 37.01	300m: 3:51.60 45.16	400m: 5:02.06 34.63	

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Prova 4, Masc., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Guilherme Valente Pereira 50m: 31.90 31.90 100m: 1:08.44 36.54	10	Colegio Int Monte Maior	5:03.00 150m: 1:47.39 38.95 250m: 3:09.61 43.41 350m: 4:28.51 34.91 200m: 2:26.20 38.81 300m: 3:53.60 43.99 400m: 5:03.00 34.49	465
19.	Tomas Rodrigues Oliveira 50m: 30.43 30.43 100m: 1:06.37 35.94	10	Fisica Torres Vedras	5:03.28 150m: 1:45.02 38.65 250m: 3:09.88 47.20 350m: 4:31.07 33.77 200m: 2:22.68 37.66 300m: 3:57.30 47.42 400m: 5:03.28 32.21	464
20.	Xavier Rosa Madeira 50m: 30.46 30.46 100m: 1:06.65 36.19	09	Laranjeiro	5:05.76 150m: 1:48.00 41.35 250m: 3:12.28 43.72 350m: 4:32.51 34.62 200m: 2:28.56 40.56 300m: 3:57.89 45.61 400m: 5:05.76 33.25	452
21.	Tomas O'Grady Freire 50m: 31.98 31.98 100m: 1:09.55 37.57	10	Sporting	5:05.91 150m: 1:48.71 39.16 250m: 3:11.60 42.88 350m: 4:31.53 35.31 200m: 2:28.72 40.01 300m: 3:56.22 44.62 400m: 5:05.91 34.38	452
22.	Francisco Gabriel Freitas 50m: 30.22 30.22 100m: 1:06.68 36.46	09	Geslours	5:07.94 150m: 1:47.81 41.13 250m: 3:12.09 42.96 350m: 4:32.79 36.50 200m: 2:29.13 41.32 300m: 3:56.29 44.20 400m: 5:07.94 35.15	443
23.	Tiago Rafael Ferreira 50m: 30.27 30.27 100m: 1:05.46 35.19	09	Sporting	5:09.15 150m: 1:47.63 42.17 250m: 3:11.91 43.56 350m: 4:33.92 36.88 200m: 2:28.35 40.72 300m: 3:57.04 45.13 400m: 5:09.15 35.23	438
24.	Andre Huang 50m: 30.21 30.21 100m: 1:06.68 36.47	10	Geslours	5:09.40 150m: 1:46.99 40.31 250m: 3:09.85 44.00 350m: 4:31.60 36.21 200m: 2:25.85 38.86 300m: 3:55.39 45.54 400m: 5:09.40 37.80	437
25.	Vasco Alexandre Martins 50m: 31.04 31.04 100m: 1:07.38 36.34	09	Colegio Int Monte Maior	5:09.58 150m: 1:48.23 40.85 250m: 3:11.96 43.76 350m: 4:34.31 36.05 200m: 2:28.20 39.97 300m: 3:58.26 46.30 400m: 5:09.58 35.27	436
26.	Bernardo Afonso Guedelha 50m: 30.90 30.90 100m: 1:06.73 35.83	09	Benfica	5:09.75 150m: 1:45.47 38.74 250m: 3:13.49 47.65 350m: 4:36.35 35.58 200m: 2:25.84 40.37 300m: 4:00.77 47.28 400m: 5:09.75 33.40	435
27.	Andre Raposo Pinheiro 50m: 29.81 29.81 100m: 1:05.78 35.97	09	Sporting	5:10.01 150m: 1:47.21 41.43 250m: 3:10.49 42.86 350m: 4:33.82 37.73 200m: 2:27.63 40.42 300m: 3:56.09 45.60 400m: 5:10.01 36.19	434
28.	Diogo Soares Marques 50m: 32.78 32.78 100m: 1:11.31 38.53	09	Alges	5:11.17 150m: 1:51.64 40.33 250m: 3:14.46 43.85 350m: 4:35.73 36.64 200m: 2:30.61 38.97 300m: 3:59.09 44.63 400m: 5:11.17 35.44	429
29.	Afonso Velada Pereira 50m: 33.68 33.68 100m: 1:11.93 38.25	10	Sporting	5:12.78 150m: 1:52.40 40.47 250m: 3:17.83 44.95 350m: 4:39.21 35.89 200m: 2:32.88 40.48 300m: 4:03.32 45.49 400m: 5:12.78 33.57	423
30.	Rafael Carreiras Marques 50m: 32.58 32.58 100m: 1:13.00 40.42	10	Geslours	5:13.65 150m: 1:52.57 39.57 250m: 3:15.60 44.38 350m: 4:38.16 37.14 200m: 2:31.22 38.65 300m: 4:01.02 45.42 400m: 5:13.65 35.49	419
31.	Lourenco Marques Sebastiao 50m: 32.15 32.15 100m: 1:11.62 39.47	09	Laranjeiro	5:16.17 150m: 1:50.14 38.52 250m: 3:14.07 46.41 350m: 4:39.31 38.34 200m: 2:27.66 37.52 300m: 4:00.97 46.90 400m: 5:16.17 36.86	409
32.	David Emanuel Tome 50m: 30.74 30.74 100m: 1:08.21 37.47	09	Geslours	5:16.42 150m: 1:48.02 39.81 250m: 3:15.59 48.24 350m: 4:41.38 36.65 200m: 2:27.35 39.33 300m: 4:04.73 49.14 400m: 5:16.42 35.04	408
33.	Diogo Alves Castro 50m: 31.70 31.70 100m: 1:08.44 36.74	10	Alges	5:18.02 150m: 1:50.10 41.66 250m: 3:17.34 46.16 350m: 4:41.67 37.93 200m: 2:31.18 41.08 300m: 4:03.74 46.40 400m: 5:18.02 36.35	402
34.	Henrique Matos Sebroza 50m: 31.24 31.24 100m: 1:08.91 37.67	10	Geslours	5:18.42 150m: 1:50.46 41.55 250m: 3:18.63 48.34 350m: 4:42.43 36.14 200m: 2:30.29 39.83 300m: 4:06.29 47.66 400m: 5:18.42 35.99	401
35.	Afonso Manuel Gomes 50m: 33.32 33.32 100m: 1:14.67 41.35	10	Sporting	5:21.50 150m: 1:55.43 40.76 250m: 3:23.22 48.39 350m: 4:47.53 36.61 200m: 2:34.83 39.40 300m: 4:10.92 47.70 400m: 5:21.50 33.97	389
36.	Duarte Afonso Leite 50m: 35.27 35.27 100m: 1:16.74 41.47	09	Laranjeiro	5:21.87 150m: 2:00.03 43.29 250m: 3:24.48 43.55 350m: 4:46.93 37.53 200m: 2:40.93 40.90 300m: 4:09.40 44.92 400m: 5:21.87 34.94	388
37.	Guilherme Costa Alves 50m: 34.12 34.12 100m: 1:14.37 40.25	10	Sporting	5:22.85 150m: 1:55.62 41.25 250m: 3:23.15 47.97 350m: 4:48.04 36.94 200m: 2:35.18 39.56 300m: 4:11.10 47.95 400m: 5:22.85 34.81	384
38.	Santiago Castanheira Martins 50m: 32.99 32.99 100m: 1:12.10 39.11	09	CPCD Povia de Santa Iria	5:27.53 150m: 1:54.23 42.13 250m: 3:24.77 50.17 350m: 4:52.23 38.35 200m: 2:34.60 40.37 300m: 4:13.88 49.11 400m: 5:27.53 35.30	368

Resultados online: anlisboa.info/live

Prova 4, Masc., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
39.	Andrey Ponomarov	10	CPCD Povia de Santa Iria	5:27.59	368
	50m: 32.15 32.15 150m: 1:52.67 42.41 250m: 3:22.77 48.54 350m: 4:50.70 38.04				
	100m: 1:10.26 38.11 200m: 2:34.23 41.56 300m: 4:12.66 49.89 400m: 5:27.59 36.89				
DSQ	Salvador Miranda Grandela	10	Alges		
	<i>E-B18 - Tocou com uma só mão na parede testa na viragem aos 250 metros (sr 7.6)</i>				
DNS	Renato Ferreira Mimoso	10	Benfica		

Resultados online: anlisboa.info/live

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