

**Prova 22
15.11.2025 - 16:23**
Masc., 400m Livres
**Absolutos
Resultados**

Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Abs	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Jun 17	3:52.60	Rui Silva Pereira	ADRCIMM	Tomar	2024
Rec Nacional Juv A	3:58.45	Rui Silva Pereira	ADRCIMM	Sines	2023
Rec Nacional Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	2023

Mínimo Participação Juv B: 4:55.45; Juv A: 4:44.08; Jun 17: 4:35.81; Jun 18: 4:30.40; 19: 4:25.10; 20 +: 4:22.45

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Bernardo Goncalves Paulo	11	União Piedense	4:26.57	4:11.41	601
	50m: 28.15 28.15	150m: 1:31.40 32.08	250m: 2:35.66 32.23	350m: 3:40.82 32.58		
	100m: 59.32 31.17	200m: 2:03.43 32.03	300m: 3:08.24 32.58	400m: 4:11.41 30.59		
2.	Simao Pascoal Fernandes	11	Colegio Int Monte Maior	4:37.47	4:27.26	500
	50m: 30.37 30.37	150m: 1:37.49 33.54	250m: 2:45.45 34.04	350m: 3:53.80 34.01		
	100m: 1:03.95 33.58	200m: 2:11.41 33.92	300m: 3:19.79 34.34	400m: 4:27.26 33.46		
3.	Tiago Filipe Pato	11	Alges	4:57.31	4:30.47	483
	50m: 29.40 29.40	150m: 1:36.90 34.40	250m: 2:47.81 35.99	350m: 3:57.86 34.96		
	100m: 1:02.50 33.10	200m: 2:11.82 34.92	300m: 3:22.90 35.09	400m: 4:30.47 32.61		
4.	Joao Marcelino Rodrigues	11	Sporting	4:44.17	4:34.21	463
	50m: 31.42 31.42	150m: 1:40.79 34.86	250m: 2:50.39 34.26	350m: 4:00.51 34.86		
	100m: 1:05.93 34.51	200m: 2:16.13 35.34	300m: 3:25.65 35.26	400m: 4:34.21 33.70		
5.	Duarte Ribeiro Lima	11	Gesloures	4:54.09	4:42.84	422
	50m: 30.80 30.80	150m: 1:40.16 35.47	250m: 2:54.03 37.41	350m: 4:07.47 36.42		
	100m: 1:04.69 33.89	200m: 2:16.62 36.46	300m: 3:31.05 37.02	400m: 4:42.84 35.37		
6.	Dinis Andrade Cabral	11	Palmela Desporto	4:52.14	4:42.97	422
	50m: 31.00 31.00	150m: 1:40.07 34.92	250m: 2:53.15 36.86	350m: 4:07.05 36.72		
	100m: 1:05.15 34.15	200m: 2:16.29 36.22	300m: 3:30.33 37.18	400m: 4:42.97 35.92		
7.	Tome Pargana Mendes	11	União Piedense	4:50.19	4:45.39	411
	50m: 32.18 32.18	150m: 1:44.32 36.63	250m: 2:57.24 36.39	350m: 4:10.34 36.31		
	100m: 1:07.69 35.51	200m: 2:20.85 36.53	300m: 3:34.03 36.79	400m: 4:45.39 35.05		
8.	Francisco Lalanda Correia	11	Fisica Torres Vedras	4:47.56	4:46.49	406
	50m: 31.54 31.54	150m: 1:40.97 35.04	250m: 2:54.83 37.38	350m: 4:09.54 37.45		
	100m: 1:05.93 34.39	200m: 2:17.45 36.48	300m: 3:32.09 37.26	400m: 4:46.49 36.95		
9.	David Pacheco Castanheira	11	Benfica	5:01.30	4:49.04	395
	50m: 32.55 32.55	150m: 1:46.18 37.09	250m: 3:00.11 37.13	350m: 4:13.71 36.93		
	100m: 1:09.09 36.54	200m: 2:22.98 36.80	300m: 3:36.78 36.67	400m: 4:49.04 35.33		
10.	Henrique Jose Chainho <i>Fora Tempo Acesso</i>	11	Palmela Desporto	5:04.99	4:59.13	357
	50m: 33.76 33.76	150m: 1:50.41 38.82	250m: 3:07.07 38.10	350m: 4:22.92 37.40		
	100m: 1:11.59 37.83	200m: 2:28.97 38.56	300m: 3:45.52 38.45	400m: 4:59.13 36.21		
11.	Vicente Guerreiro Velez <i>Fora Tempo Acesso</i>	11	Fisica Torres Vedras	5:00.13	5:01.52	348
	50m: 33.77 33.77	150m: 1:49.53 37.74	250m: 3:07.43 38.96	350m: 4:24.38 38.81		
	100m: 1:11.79 38.02	200m: 2:28.47 38.94	300m: 3:45.57 38.14	400m: 5:01.52 37.14		

Juvenis A

1.	Joao Baixinho Roxo	10	União Piedense	4:24.90	4:20.83	538
	50m: 28.15 28.15	150m: 1:32.26 32.64	250m: 2:40.04 34.67	350m: 3:47.64 33.45		
	100m: 59.62 31.47	200m: 2:05.37 33.11	300m: 3:14.19 34.15	400m: 4:20.83 33.19		
2.	Rodrigo Ferrao Dias	10	Sporting	4:21.65	4:23.77	521
	50m: 29.24 29.24	150m: 1:35.13 33.16	250m: 2:42.83 34.02	350m: 3:51.01 33.75		
	100m: 1:01.97 32.73	200m: 2:08.81 33.68	300m: 3:17.26 34.43	400m: 4:23.77 32.76		
3.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	4:21.66	4:27.46	499
	50m: 30.00 30.00	150m: 1:35.59 33.20	250m: 2:44.47 34.18	350m: 3:53.37 34.77		
	100m: 1:02.39 32.39	200m: 2:10.29 34.70	300m: 3:18.60 34.13	400m: 4:27.46 34.09		

 Resultados online: anlisboa.pt/live

Prova 22, Masc., 400m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Martim Marino Brilha	10	Os Belenenses	4:28.79	4:30.89	481
	50m: 30.69 30.69	150m: 1:37.13 33.09	250m: 2:46.18 34.53	350m: 3:56.61 35.43		
	100m: 1:04.04 33.35	200m: 2:11.65 34.52	300m: 3:21.18 35.00	400m: 4:30.89 34.28		
5.	Francisco Reis Pinto	10	Alges	4:44.08	4:34.43	462
	50m: 30.86 30.86	150m: 1:39.76 35.10	250m: 2:51.43 36.10	350m: 4:02.02 35.04		
	100m: 1:04.66 33.80	200m: 2:15.33 35.57	300m: 3:26.98 35.55	400m: 4:34.43 32.41		
6.	Guilherme Costa Alves	10	Sporting	4:37.17	4:38.65	441
	50m: 31.02 31.02	150m: 1:41.02 35.25	250m: 2:52.52 35.86	350m: 4:04.17 35.69		
	100m: 1:05.77 34.75	200m: 2:16.66 35.64	300m: 3:28.48 35.96	400m: 4:38.65 34.48		
7.	Andre Santos Fernandes <i>Fora Tempo Acesso</i>	10	Salesianos	4:44.08	4:50.60	389
	50m: 31.29 31.29	150m: 1:43.53 36.58	250m: 2:58.27 37.68	350m: 4:14.35 38.05		
	100m: 1:06.95 35.66	200m: 2:20.59 37.06	300m: 3:36.30 38.03	400m: 4:50.60 36.25		

Juniores

1.	Rui Silva Pereira	08	Colegio Int Monte Maior	3:52.60	3:58.64	703
	50m: 26.79 26.79	150m: 1:27.34 30.76	250m: 2:28.26 30.37	350m: 3:29.24 30.54		
	100m: 56.58 29.79	200m: 1:57.89 30.55	300m: 2:58.70 30.44	400m: 3:58.64 29.40		
2.	Rafael Lin Moniz	09	Palmela Desporto	4:11.36	4:07.77	628
	50m: 27.20 27.20	150m: 1:27.52 30.76	250m: 2:30.93 31.90	350m: 3:36.37 32.82		
	100m: 56.76 29.56	200m: 1:59.03 31.51	300m: 3:03.55 32.62	400m: 4:07.77 31.40		
3.	Vasco Frischknecht Oliveira	08	Benfica	4:11.81	4:08.37	624
	50m: 27.88 27.88	150m: 1:29.87 31.76	250m: 2:34.92 32.55	350m: 3:38.48 31.50		
	100m: 58.11 30.23	200m: 2:02.37 32.50	300m: 3:06.98 32.06	400m: 4:08.37 29.89		
4.	Tomas Augusto Reis	09	Os Belenenses	4:09.59	4:09.99	612
	50m: 28.20 28.20	150m: 1:30.79 32.15	250m: 2:35.30 32.37	350m: 3:39.63 31.87		
	100m: 58.64 30.44	200m: 2:02.93 32.14	300m: 3:07.76 32.46	400m: 4:09.99 30.36		
5.	Rafael Ataide Duarte	08	Benfica	4:19.54	4:17.25	561
	50m: 28.54 28.54	150m: 1:31.69 31.96	250m: 2:37.45 33.09	350m: 3:44.22 33.55		
	100m: 59.73 31.19	200m: 2:04.36 32.67	300m: 3:10.67 33.22	400m: 4:17.25 33.03		
6.	Xavier Rosa Madeira	09	Laranjeiro	4:25.74	4:21.02	537
	50m: 29.10 29.10	150m: 1:34.67 32.91	250m: 2:41.38 33.18	350m: 3:47.59 32.70		
	100m: 1:01.76 32.66	200m: 2:08.20 33.53	300m: 3:14.89 33.51	400m: 4:21.02 33.43		
7.	Afonso Santos Carremeu	09	Naval Setubalense	4:22.76	4:21.80	532
	50m: 29.29 29.29	150m: 1:34.64 32.89	250m: 2:41.71 33.38	350m: 3:49.24 33.67		
	100m: 1:01.75 32.46	200m: 2:08.33 33.69	300m: 3:15.57 33.86	400m: 4:21.80 32.56		
8.	Afonso Mendonca Ornelas	08	Geslours	4:17.64	4:26.10	507
	50m: 28.91 28.91	150m: 1:34.30 33.05	250m: 2:42.62 34.36	350m: 3:51.94 33.86		
	100m: 1:01.25 32.34	200m: 2:08.26 33.96	300m: 3:18.08 35.46	400m: 4:26.10 34.16		
9.	Joao Pedro Monteiro	08	Individual ANL	4:19.66	4:26.68	504
	50m: 28.76 28.76	150m: 1:34.23 33.29	250m: 2:42.87 34.40	350m: 3:52.59 34.63		
	100m: 1:00.94 32.18	200m: 2:08.47 34.24	300m: 3:17.96 35.09	400m: 4:26.68 34.09		
10.	Miguel Filipe Medronheira <i>Fora Tempo Acesso</i>	09	Palmela Desporto	4:39.63	4:37.65	446
	50m: 31.43 31.43	150m: 1:40.58 34.64	250m: 2:51.30 35.70	350m: 4:02.49 35.78		
	100m: 1:05.94 34.51	200m: 2:15.60 35.02	300m: 3:26.71 35.41	400m: 4:37.65 35.16		

Seniores

1.	Joao Almeida Gomes	06	Nacional de Nataçao	4:07.69	4:10.21	610
	50m: 27.85 27.85	150m: 1:30.34 31.57	250m: 2:34.24 31.88	350m: 3:38.72 32.18		
	100m: 58.77 30.92	200m: 2:02.36 32.02	300m: 3:06.54 32.30	400m: 4:10.21 31.49		
2.	Rodrigo Onofre Matos	06	Os Belenenses	4:12.16	4:10.69	606
	50m: 28.41 28.41	150m: 1:31.27 31.65	250m: 2:34.76 31.72	350m: 3:39.15 32.21		
	100m: 59.62 31.21	200m: 2:03.04 31.77	300m: 3:06.94 32.18	400m: 4:10.69 31.54		
3.	Rafael Rodrigues Jacinto	02	Os Belenenses	4:21.55	4:14.72	578
	50m: 28.41 28.41	150m: 1:32.39 32.18	250m: 2:36.73 32.25	350m: 3:41.75 32.73		
	100m: 1:00.21 31.80	200m: 2:04.48 32.09	300m: 3:09.02 32.29	400m: 4:14.72 32.97		
4.	Joao Miguel Cardoso	97	Geslours	4:18.63	4:16.34	567
	50m: 29.18 29.18	150m: 1:32.86 32.24	250m: 2:38.09 32.74	350m: 3:44.29 33.08		
	100m: 1:00.62 31.44	200m: 2:05.35 32.49	300m: 3:11.21 33.12	400m: 4:16.34 32.05		

 Resultados online: anlisboa.pt/live

Prova 22, Masc., 400m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	David Alexandre Fernandes	06	Nacional de Nataçã	4:15.95	4:19.86	544
	50m: 29.00 29.00	150m: 1:33.08 32.41	250m: 2:39.81 33.58	350m: 3:47.10 33.60		
	100m: 1:00.67 31.67	200m: 2:06.23 33.15	300m: 3:13.50 33.69	400m: 4:19.86 32.76		
6.	David Matias Cristino	01	União Piedense	4:22.45	4:20.72	539
	50m: 28.42 28.42	150m: 1:32.76 32.45	250m: 2:38.39 32.39	350m: 3:46.24 34.03		
	100m: 1:00.31 31.89	200m: 2:06.00 33.24	300m: 3:12.21 33.82	400m: 4:20.72 34.48		
7.	Jose Paula Carvalho <i>Fora Tempo Acesso</i>	98	União Piedense	4:22.45	4:35.51	457
	50m: 29.66 29.66	150m: 1:38.06 35.19	250m: 2:49.29 35.68	350m: 4:00.36 35.40		
	100m: 1:02.87 33.21	200m: 2:13.61 35.55	300m: 3:24.96 35.67	400m: 4:35.51 35.15		

Absolutos

1.	Rui Silva Pereira <i>Campeão Regional</i>	08	Colegio Int Monte Maior	3:52.60	3:58.64	703
	50m: 26.79 26.79	150m: 1:27.34 30.76	250m: 2:28.26 30.37	350m: 3:29.24 30.54		
	100m: 56.58 29.79	200m: 1:57.89 30.55	300m: 2:58.70 30.44	400m: 3:58.64 29.40		
2.	Rafael Lin Moniz	09	Palmela Desporto	4:11.36	4:07.77	628
	50m: 27.20 27.20	150m: 1:27.52 30.76	250m: 2:30.93 31.90	350m: 3:36.37 32.82		
	100m: 56.76 29.56	200m: 1:59.03 31.51	300m: 3:03.55 32.62	400m: 4:07.77 31.40		
3.	Vasco Frischknecht Oliveira	08	Benfica	4:11.81	4:08.37	624
	50m: 27.88 27.88	150m: 1:29.87 31.76	250m: 2:34.92 32.55	350m: 3:38.48 31.50		
	100m: 58.11 30.23	200m: 2:02.37 32.50	300m: 3:06.98 32.06	400m: 4:08.37 29.89		
4.	Tomas Augusto Reis	09	Os Belenenses	4:09.59	4:09.99	612
	50m: 28.20 28.20	150m: 1:30.79 32.15	250m: 2:35.30 32.37	350m: 3:39.63 31.87		
	100m: 58.64 30.44	200m: 2:02.93 32.14	300m: 3:07.76 32.46	400m: 4:09.99 30.36		
5.	Joao Almeida Gomes	06	Nacional de Nataçã	4:07.69	4:10.21	610
	50m: 27.85 27.85	150m: 1:30.34 31.57	250m: 2:34.24 31.88	350m: 3:38.72 32.18		
	100m: 58.77 30.92	200m: 2:02.36 32.02	300m: 3:06.54 32.30	400m: 4:10.21 31.49		
6.	Rodrigo Onofre Matos	06	Os Belenenses	4:12.16	4:10.69	606
	50m: 28.41 28.41	150m: 1:31.27 31.65	250m: 2:34.76 31.72	350m: 3:39.15 32.21		
	100m: 59.62 31.21	200m: 2:03.04 31.77	300m: 3:06.94 32.18	400m: 4:10.69 31.54		
7.	Bernardo Goncalves Paulo	11	União Piedense	4:26.57	4:11.41	601
	50m: 28.15 28.15	150m: 1:31.40 32.08	250m: 2:35.66 32.23	350m: 3:40.82 32.58		
	100m: 59.32 31.17	200m: 2:03.43 32.03	300m: 3:08.24 32.58	400m: 4:11.41 30.59		
8.	Rafael Rodrigues Jacinto	02	Os Belenenses	4:21.55	4:14.72	578
	50m: 28.41 28.41	150m: 1:32.39 32.18	250m: 2:36.73 32.25	350m: 3:41.75 32.73		
	100m: 1:00.21 31.80	200m: 2:04.48 32.09	300m: 3:09.02 32.29	400m: 4:14.72 32.97		
9.	Joao Miguel Cardoso	97	Geslours	4:18.63	4:16.34	567
	50m: 29.18 29.18	150m: 1:32.86 32.24	250m: 2:38.09 32.74	350m: 3:44.29 33.08		
	100m: 1:00.62 31.44	200m: 2:05.35 32.49	300m: 3:11.21 33.12	400m: 4:16.34 32.05		
10.	Rafael Ataide Duarte	08	Benfica	4:19.54	4:17.25	561
	50m: 28.54 28.54	150m: 1:31.69 31.96	250m: 2:37.45 33.09	350m: 3:44.22 33.55		
	100m: 59.73 31.19	200m: 2:04.36 32.67	300m: 3:10.67 33.22	400m: 4:17.25 33.03		
11.	David Alexandre Fernandes	06	Nacional de Nataçã	4:15.95	4:19.86	544
	50m: 29.00 29.00	150m: 1:33.08 32.41	250m: 2:39.81 33.58	350m: 3:47.10 33.60		
	100m: 1:00.67 31.67	200m: 2:06.23 33.15	300m: 3:13.50 33.69	400m: 4:19.86 32.76		
12.	David Matias Cristino	01	União Piedense	4:22.45	4:20.72	539
	50m: 28.42 28.42	150m: 1:32.76 32.45	250m: 2:38.39 32.39	350m: 3:46.24 34.03		
	100m: 1:00.31 31.89	200m: 2:06.00 33.24	300m: 3:12.21 33.82	400m: 4:20.72 34.48		
13.	Joao Baixinho Roxo	10	União Piedense	4:24.90	4:20.83	538
	50m: 28.15 28.15	150m: 1:32.26 32.64	250m: 2:40.04 34.67	350m: 3:47.64 33.45		
	100m: 59.62 31.47	200m: 2:05.37 33.11	300m: 3:14.19 34.15	400m: 4:20.83 33.19		
14.	Xavier Rosa Madeira	09	Laranjeiro	4:25.74	4:21.02	537
	50m: 29.10 29.10	150m: 1:34.67 32.91	250m: 2:41.38 33.18	350m: 3:47.59 32.70		
	100m: 1:01.76 32.66	200m: 2:08.20 33.53	300m: 3:14.89 33.51	400m: 4:21.02 33.43		
15.	Afonso Santos Carromeu	09	Naval Setubalense	4:22.76	4:21.80	532
	50m: 29.29 29.29	150m: 1:34.64 32.89	250m: 2:41.71 33.38	350m: 3:49.24 33.67		
	100m: 1:01.75 32.46	200m: 2:08.33 33.69	300m: 3:15.57 33.86	400m: 4:21.80 32.56		
16.	Rodrigo Ferrao Dias	10	Sporting	4:21.65	4:23.77	521
	50m: 29.24 29.24	150m: 1:35.13 33.16	250m: 2:42.83 34.02	350m: 3:51.01 33.75		
	100m: 1:01.97 32.73	200m: 2:08.81 33.68	300m: 3:17.26 34.43	400m: 4:23.77 32.76		

 Resultados online: anlisboa.pt/live

Prova 22, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
17.	Afonso Mendonca Ornelas	08	Gesloures	4:17.64	4:26.10	507
	50m: 28.91 28.91	150m: 1:34.30 33.05	250m: 2:42.62 34.36	350m: 3:51.94 33.86		
	100m: 1:01.25 32.34	200m: 2:08.26 33.96	300m: 3:18.08 35.46	400m: 4:26.10 34.16		
18.	Joao Pedro Monteiro	08	Individual ANL	4:19.66	4:26.68	504
	50m: 28.76 28.76	150m: 1:34.23 33.29	250m: 2:42.87 34.40	350m: 3:52.59 34.63		
	100m: 1:00.94 32.18	200m: 2:08.47 34.24	300m: 3:17.96 35.09	400m: 4:26.68 34.09		
19.	Simao Pascoal Fernandes	11	Colegio Int Monte Maior	4:37.47	4:27.26	500
	50m: 30.37 30.37	150m: 1:37.49 33.54	250m: 2:45.45 34.04	350m: 3:53.80 34.01		
	100m: 1:03.95 33.58	200m: 2:11.41 33.92	300m: 3:19.79 34.34	400m: 4:27.26 33.46		
20.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	4:21.66	4:27.46	499
	50m: 30.00 30.00	150m: 1:35.59 33.20	250m: 2:44.47 34.18	350m: 3:53.37 34.77		
	100m: 1:02.39 32.39	200m: 2:10.29 34.70	300m: 3:18.60 34.13	400m: 4:27.46 34.09		
21.	Tiago Filipe Pato	11	Alges	4:57.31	4:30.47	483
	50m: 29.40 29.40	150m: 1:36.90 34.40	250m: 2:47.81 35.99	350m: 3:57.86 34.96		
	100m: 1:02.50 33.10	200m: 2:11.82 34.92	300m: 3:22.90 35.09	400m: 4:30.47 32.61		
22.	Martim Marino Brilha	10	Os Belenenses	4:28.79	4:30.89	481
	50m: 30.69 30.69	150m: 1:37.13 33.09	250m: 2:46.18 34.53	350m: 3:56.61 35.43		
	100m: 1:04.04 33.35	200m: 2:11.65 34.52	300m: 3:21.18 35.00	400m: 4:30.89 34.28		
23.	Joao Marcelino Rodrigues	11	Sporting	4:44.17	4:34.21	463
	50m: 31.42 31.42	150m: 1:40.79 34.86	250m: 2:50.39 34.26	350m: 4:00.51 34.86		
	100m: 1:05.93 34.51	200m: 2:16.13 35.34	300m: 3:25.65 35.26	400m: 4:34.21 33.70		
24.	Francisco Reis Pinto	10	Alges	4:44.08	4:34.43	462
	50m: 30.86 30.86	150m: 1:39.76 35.10	250m: 2:51.43 36.10	350m: 4:02.02 35.04		
	100m: 1:04.66 33.80	200m: 2:15.33 35.57	300m: 3:26.98 35.55	400m: 4:34.43 32.41		
25.	Jose Paula Carvalho <i>Fora Tempo Acesso</i>	98	União Piedense	4:22.45	4:35.51	457
	50m: 29.66 29.66	150m: 1:38.06 35.19	250m: 2:49.29 35.68	350m: 4:00.36 35.40		
	100m: 1:02.87 33.21	200m: 2:13.61 35.55	300m: 3:24.96 35.67	400m: 4:35.51 35.15		
26.	Miguel Filipe Medronheira <i>Fora Tempo Acesso</i>	09	Palmela Desporto	4:39.63	4:37.65	446
	50m: 31.43 31.43	150m: 1:40.58 34.64	250m: 2:51.30 35.70	350m: 4:02.49 35.78		
	100m: 1:05.94 34.51	200m: 2:15.60 35.02	300m: 3:26.71 35.41	400m: 4:37.65 35.16		
27.	Guilherme Costa Alves	10	Sporting	4:37.17	4:38.65	441
	50m: 31.02 31.02	150m: 1:41.02 35.25	250m: 2:52.52 35.86	350m: 4:04.17 35.69		
	100m: 1:05.77 34.75	200m: 2:16.66 35.64	300m: 3:28.48 35.96	400m: 4:38.65 34.48		
28.	Duarte Ribeiro Lima	11	Gesloures	4:54.09	4:42.84	422
	50m: 30.80 30.80	150m: 1:40.16 35.47	250m: 2:54.03 37.41	350m: 4:07.47 36.42		
	100m: 1:04.69 33.89	200m: 2:16.62 36.46	300m: 3:31.05 37.02	400m: 4:42.84 35.37		
29.	Dinis Andrade Cabral	11	Palmela Desporto	4:52.14	4:42.97	422
	50m: 31.00 31.00	150m: 1:40.07 34.92	250m: 2:53.15 36.86	350m: 4:07.05 36.72		
	100m: 1:05.15 34.15	200m: 2:16.29 36.22	300m: 3:30.33 37.18	400m: 4:42.97 35.92		
30.	Tome Pargana Mendes	11	União Piedense	4:50.19	4:45.39	411
	50m: 32.18 32.18	150m: 1:44.32 36.63	250m: 2:57.24 36.39	350m: 4:10.34 36.31		
	100m: 1:07.69 35.51	200m: 2:20.85 36.53	300m: 3:34.03 36.79	400m: 4:45.39 35.05		
31.	Francisco Lalanda Correia	11	Fisica Torres Vedras	4:47.56	4:46.49	406
	50m: 31.54 31.54	150m: 1:40.97 35.04	250m: 2:54.83 37.38	350m: 4:09.54 37.45		
	100m: 1:05.93 34.39	200m: 2:17.45 36.48	300m: 3:32.09 37.26	400m: 4:46.49 36.95		
32.	David Pacheco Castanheira	11	Benfica	5:01.30	4:49.04	395
	50m: 32.55 32.55	150m: 1:46.18 37.09	250m: 3:00.11 37.13	350m: 4:13.71 36.93		
	100m: 1:09.09 36.54	200m: 2:22.98 36.80	300m: 3:36.78 36.67	400m: 4:49.04 35.33		
33.	Andre Santos Fernandes <i>Fora Tempo Acesso</i>	10	Salesianos	4:44.08	4:50.60	389
	50m: 31.29 31.29	150m: 1:43.53 36.58	250m: 2:58.27 37.68	350m: 4:14.35 38.05		
	100m: 1:06.95 35.66	200m: 2:20.59 37.06	300m: 3:36.30 38.03	400m: 4:50.60 36.25		
34.	Henrique Jose Chainho <i>Fora Tempo Acesso</i>	11	Palmela Desporto	5:04.99	4:59.13	357
	50m: 33.76 33.76	150m: 1:50.41 38.82	250m: 3:07.07 38.10	350m: 4:22.92 37.40		
	100m: 1:11.59 37.83	200m: 2:28.97 38.56	300m: 3:45.52 38.45	400m: 4:59.13 36.21		

 Resultados online: anlisboa.pt/live

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Prova 22, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
35.	Vicente Guerreiro Velez <i>Fora Tempo Acesso</i>	11	Fisica Torres Vedras	5:00.13	5:01.52	348
	50m: 33.77 33.77	150m: 1:49.53 37.74	250m: 3:07.43 38.96	350m: 4:24.38 38.81		
	100m: 1:11.79 38.02	200m: 2:28.47 38.94	300m: 3:45.57 38.14	400m: 5:01.52 37.14		
EXH	Guilherme Oliveira Rizzon	09	Viver Santarem	4:21.89	4:22.81	526
	50m: 28.68 28.68	150m: 1:35.60 33.88	250m: 2:43.55 33.73	350m: 3:50.25 33.19		
	100m: 1:01.72 33.04	200m: 2:09.82 34.22	300m: 3:17.06 33.51	400m: 4:22.81 32.56		

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