

Prova 31

16.11.2025 - 9:00

Masc., 400m Estilos

Absolutos

Resultados

Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Nacional Abs	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Sen	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Jun 18	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 17	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

Mínimo Participação Juv B: 5:33.36; Juv A: 5:20.54; Jun 17: 5:11.20; Jun 18: 5:05.10; 19: 4:59.12; 20 +: 4:56.13

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Bernardo Goncalves Paulo	11	União Piedense	5:04.80	4:54.88	504
	50m: 30.88 30.88	150m: 1:45.54 38.02	250m: 3:06.29 43.97	350m: 4:24.55 32.14		
	100m: 1:07.52 36.64	200m: 2:22.32 36.78	300m: 3:52.41 46.12	400m: 4:54.88 30.33		
2.	David Pacheco Castanheira	11	Benfica	5:26.33	5:10.78	431
	50m: 33.33 33.33	150m: 1:52.63 39.73	250m: 3:15.17 42.58	350m: 4:35.51 36.64		
	100m: 1:12.90 39.57	200m: 2:32.59 39.96	300m: 3:58.87 43.70	400m: 5:10.78 35.27		
3.	Matias Malheiro Mata	11	Sporting	5:27.64	5:13.88	418
	50m: 34.24 34.24	150m: 1:53.34 39.87	250m: 3:17.61 44.68	350m: 4:40.13 37.16		
	100m: 1:13.47 39.23	200m: 2:32.93 39.59	300m: 4:02.97 45.36	400m: 5:13.88 33.75		
4.	Joao Marcelino Rodrigues	11	Sporting	5:33.14	5:14.19	417
	50m: 35.56 35.56	150m: 1:57.66 40.58	250m: 3:21.40 45.13	350m: 4:40.60 34.93		
	100m: 1:17.08 41.52	200m: 2:36.27 38.61	300m: 4:05.67 44.27	400m: 5:14.19 33.59		
5.	Duarte Ribeiro Lima	11	Geslours	5:15.78	5:14.54	416
	50m: 34.20 34.20	150m: 1:54.57 40.46	250m: 3:18.32 44.34	350m: 4:40.26 36.82		
	100m: 1:14.11 39.91	200m: 2:33.98 39.41	300m: 4:03.44 45.12	400m: 5:14.54 34.28		
6.	Mingxi Guan	11	Alges	5:25.85	5:21.75	388
	50m: 33.93 33.93	150m: 1:56.86 43.31	250m: 3:21.95 43.61	350m: 4:45.56 38.32		
	100m: 1:13.55 39.62	200m: 2:38.34 41.48	300m: 4:07.24 45.29	400m: 5:21.75 36.19		
7.	Tomas Ferreira Batista	11	CPCD - Póvoa Sta Iria	5:38.46	5:21.89	388
	50m: 33.96 33.96	150m: 1:55.37 43.27	250m: 3:23.08 45.37	350m: 4:46.12 36.64		
	100m: 1:12.10 38.14	200m: 2:37.71 42.34	300m: 4:09.48 46.40	400m: 5:21.89 35.77		
8.	Dinis Andrade Cabral	11	Palmela Desporto	5:42.12	5:23.12	383
	50m: 34.21 34.21	150m: 1:58.55 42.31	250m: 3:25.37 45.46	350m: 4:48.30 36.06		
	100m: 1:16.24 42.03	200m: 2:39.91 41.36	300m: 4:12.24 46.87	400m: 5:23.12 34.82		
9.	Tome Pargana Mendes	11	União Piedense	5:33.36	5:32.52	352
	50m: 34.67 34.67	150m: 1:59.03 41.75	250m: 3:29.93 51.20	350m: 4:57.01 36.99		
	100m: 1:17.28 42.61	200m: 2:38.73 39.70	300m: 4:20.02 50.09	400m: 5:32.52 35.51		
10.	Francisco Alves Conceicao	11	Palmela Desporto	5:58.39	5:34.96	344
	<i>Fora Tempo Acesso</i>					
	50m: 33.20 33.20	150m: 1:59.01 45.49	250m: 3:31.62 49.10	350m: 4:59.30 38.09		
	100m: 1:13.52 40.32	200m: 2:42.52 43.51	300m: 4:21.21 49.59	400m: 5:34.96 35.66		
11.	Henrique Jose Chainho	11	Palmela Desporto	6:01.16	5:49.24	303
	<i>Fora Tempo Acesso</i>					
	50m: 35.54 35.54	150m: 2:02.44 43.62	250m: 3:39.77 54.77	350m: 5:13.36 38.01		
	100m: 1:18.82 43.28	200m: 2:45.00 42.56	300m: 4:35.35 55.58	400m: 5:49.24 35.88		
12.	Guilherme Silva Matos	11	Palmela Desporto	5:33.36	6:09.41	256
	<i>Fora Tempo Acesso</i>					
	50m: 39.38 39.38	150m: 2:16.81 45.31	250m: 3:52.01 51.72	350m: 5:27.73 44.10		
	100m: 1:31.50 52.12	200m: 3:00.29 43.48	300m: 4:43.63 51.62	400m: 6:09.41 41.68		
DSQ	Simao Pascoal Fernandes	11	Colegio Int Monte Maior	5:15.17		
	<i>E-M16 - Toque não simultâneo das mãos na parede testa na chegada do percurso de mariposa (sr 8.4)</i>					
DSQ	Gustavo Pinto Mota	11	Palmela Desporto	5:33.36		
	<i>E-M11 - Efetuou batimento alternado de pernas/pés após a viragem aos 50 metros (sr 8.3)</i>					

Resultados online: anlisboa.pt/live

Prova 31, Masc., 400m Estilos

Juvenis A

1.	Renato Ferreira Mimoso	10	Benfica	4:43.90	4:33.93	629
	50m: 29.22 29.22	150m: 1:38.15 35.97	250m: 2:53.05 38.97	350m: 4:04.91 31.32		
	100m: 1:02.18 32.96	200m: 2:14.08 35.93	300m: 3:33.59 40.54	400m: 4:33.93 29.02		
2.	Dinis Aresta Ribeiro	10	Sporting	4:51.18	4:49.97	530
	50m: 31.18 31.18	150m: 1:45.36 38.40	250m: 3:04.45 41.92	350m: 4:18.46 31.97		
	100m: 1:06.96 35.78	200m: 2:22.53 37.17	300m: 3:46.49 42.04	400m: 4:49.97 31.51		
3.	Joao Baixinho Roxo	10	União Piedense	4:48.71	4:52.08	519
	50m: 30.35 30.35	150m: 1:43.66 36.96	250m: 3:04.93 44.48	350m: 4:22.26 32.99		
	100m: 1:06.70 36.35	200m: 2:20.45 36.79	300m: 3:49.27 44.34	400m: 4:52.08 29.82		
4.	Diogo Rodrigues Sousa	10	Alges	4:47.65	4:52.17	519
	50m: 30.93 30.93	150m: 1:45.77 38.95	250m: 3:06.30 42.34	350m: 4:21.79 32.81		
	100m: 1:06.82 35.89	200m: 2:23.96 38.19	300m: 3:48.98 42.68	400m: 4:52.17 30.38		
5.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	5:01.86	4:59.17	483
	50m: 32.49 32.49	150m: 1:48.35 38.68	250m: 3:09.23 43.15	350m: 4:25.55 33.95		
	100m: 1:09.67 37.18	200m: 2:26.08 37.73	300m: 3:51.60 42.37	400m: 4:59.17 33.62		
6.	Rodrigo Ferrao Dias	10	Sporting	4:58.16	4:59.24	483
	50m: 30.42 30.42	150m: 1:45.91 40.58	250m: 3:08.49 42.89	350m: 4:26.11 33.98		
	100m: 1:05.33 34.91	200m: 2:25.60 39.69	300m: 3:52.13 43.64	400m: 4:59.24 33.13		
7.	Henrique Matos Sebroza	10	Geslours	5:18.42	5:03.15	464
	50m: 31.98 31.98	150m: 1:50.17 39.95	250m: 3:12.59 44.23	350m: 4:30.02 33.60		
	100m: 1:10.22 38.24	200m: 2:28.36 38.19	300m: 3:56.42 43.83	400m: 5:03.15 33.13		
8.	Andre Huang	10	Geslours	5:07.19	5:03.28	464
	50m: 30.33 30.33	150m: 1:47.23 40.06	250m: 3:09.57 43.54	350m: 4:28.95 35.24		
	100m: 1:07.17 36.84	200m: 2:26.03 38.80	300m: 3:53.71 44.14	400m: 5:03.28 34.33		
9.	Martim Frederico Marques	10	Sporting	5:00.12	5:05.83	452
	50m: 30.52 30.52	150m: 1:46.46 40.67	250m: 3:10.38 43.94	350m: 4:30.56 35.59		
	100m: 1:05.79 35.27	200m: 2:26.44 39.98	300m: 3:54.97 44.59	400m: 5:05.83 35.27		
10.	Tomas O'Grady Freire	10	Sporting	5:05.91	5:08.79	439
	50m: 31.91 31.91	150m: 1:48.06 39.12	250m: 3:12.16 43.55	350m: 4:33.81 36.89		
	100m: 1:08.94 37.03	200m: 2:28.61 40.55	300m: 3:56.92 44.76	400m: 5:08.79 34.98		
11.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	5:03.28	5:09.94	434
	50m: 30.78 30.78	150m: 1:46.41 40.16	250m: 3:13.65 48.30	350m: 4:37.87 35.21		
	100m: 1:06.25 35.47	200m: 2:25.35 38.94	300m: 4:02.66 49.01	400m: 5:09.94 32.07		
12.	Simao Cruz Trindade	10	Naval Setubalense	5:20.54	5:28.98	363
	50m: 32.55 32.55	150m: 1:55.02 43.26	250m: 3:24.11 46.43	350m: 4:51.40 38.80		
	100m: 1:11.76 39.21	200m: 2:37.68 42.66	300m: 4:12.60 48.49	400m: 5:28.98 37.58		
DSQ	Salvador Miranda Grandela	10	Alges	5:20.54		
	E-M14 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (sr 8.4)					
DSQ	Antonio Carimbo Godinho	10	Fisica Torres Vedras	4:56.91		
	E-B21 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (sr 7.6 / 9.4)					
DSQ	Rafael Carreiras Marques	10	Geslours	5:13.65		
	E-B21 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (sr 7.6 / 9.4)					

Juniores

1.	Rui Silva Pereira	08	Colegio Int Monte Maior	4:29.75	4:35.31	620
	50m: 28.74 28.74	150m: 1:38.37 35.85	250m: 2:53.57 40.01	350m: 4:04.97 30.99		
	100m: 1:02.52 33.78	200m: 2:13.56 35.19	300m: 3:33.98 40.41	400m: 4:35.31 30.34		
2.	Rafael Lin Moniz	09	Palmela Desporto	4:45.05	4:45.10	558
	50m: 29.41 29.41	150m: 1:41.04 37.81	250m: 3:00.06 41.72	350m: 4:14.27 31.90		
	100m: 1:03.23 33.82	200m: 2:18.34 37.30	300m: 3:42.37 42.31	400m: 4:45.10 30.83		
3.	Xavier Jesus Valente	09	Os Belenenses	4:48.46	4:48.67	538
	50m: 29.07 29.07	150m: 1:39.00 36.13	250m: 2:57.42 42.01	350m: 4:15.09 34.37		
	100m: 1:02.87 33.80	200m: 2:15.41 36.41	300m: 3:40.72 43.30	400m: 4:48.67 33.58		
4.	Miguel Ratinho Rocha	09	Naval Setubalense	4:55.08	4:56.13	498
	50m: 29.81 29.81	150m: 1:42.52 37.98	250m: 3:03.28 43.01	350m: 4:23.03 36.21		
	100m: 1:04.54 34.73	200m: 2:20.27 37.75	300m: 3:46.82 43.54	400m: 4:56.13 33.10		

Resultados online: anlisboa.pt/live

Prova 31, Masc., 400m Estilos, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Afonso Santos Carromeu	09	Naval Setubalense	4:58.21	4:56.60	496
	50m: 30.71 30.71	150m: 1:45.23 39.80	250m: 3:05.99 43.14	350m: 4:23.83 34.50		
	100m: 1:05.43 34.72	200m: 2:22.85 37.62	300m: 3:49.33 43.34	400m: 4:56.60 32.77		
6.	Bernardo Miguel Oliveira <i>Fora Tempo Acesso</i>	09	Nacional de Nataçao	5:11.20	5:15.78	411
	50m: 33.38 33.38	150m: 1:51.84 39.01	250m: 3:17.47 46.91	350m: 4:40.27 36.62		
	100m: 1:12.83 39.45	200m: 2:30.56 38.72	300m: 4:03.65 46.18	400m: 5:15.78 35.51		
7.	Diogo Soares Marques <i>Fora Tempo Acesso</i>	09	Alges	5:11.17	5:17.98	402
	50m: 32.64 32.64	150m: 1:51.31 40.31	250m: 3:17.51 46.55	350m: 4:41.24 37.73		
	100m: 1:11.00 38.36	200m: 2:30.96 39.65	300m: 4:03.51 46.00	400m: 5:17.98 36.74		
DSQ	Diogo Didario Alfano	09	Fisica Torres Vedras	4:43.72		
<i>E-B19 - Toque não simultâneo das mãos na parede testa na viragem aos 250 metros (sr 7.6)</i>						

Seniores

1.	Joao Almeida Gomes	06	Nacional de Nataçao	4:46.44	4:50.65	527
	50m: 29.72 29.72	150m: 1:43.01 38.71	250m: 3:03.00 42.35	350m: 4:18.85 33.20		
	100m: 1:04.30 34.58	200m: 2:20.65 37.64	300m: 3:45.65 42.65	400m: 4:50.65 31.80		
2.	Tiago Miguel Trombinhas <i>Fora Tempo Acesso</i>	04	Os Belenenses	4:53.63	5:02.07	469
	50m: 30.58 30.58	150m: 1:46.81 40.01	250m: 3:08.32 42.85	350m: 4:27.32 35.50		
	100m: 1:06.80 36.22	200m: 2:25.47 38.66	300m: 3:51.82 43.50	400m: 5:02.07 34.75		

Absolutos

1.	Renato Ferreira Mimoso <i>Campeão Regional</i>	10	Benfica	4:43.90	4:33.93	629
	50m: 29.22 29.22	150m: 1:38.15 35.97	250m: 2:53.05 38.97	350m: 4:04.91 31.32		
	100m: 1:02.18 32.96	200m: 2:14.08 35.93	300m: 3:33.59 40.54	400m: 4:33.93 29.02		
2.	Rui Silva Pereira	08	Colegio Int Monte Maior	4:29.75	4:35.31	620
	50m: 28.74 28.74	150m: 1:38.37 35.85	250m: 2:53.57 40.01	350m: 4:04.97 30.99		
	100m: 1:02.52 33.78	200m: 2:13.56 35.19	300m: 3:33.98 40.41	400m: 4:35.31 30.34		
3.	Rafael Lin Moniz	09	Palmela Desporto	4:45.05	4:45.10	558
	50m: 29.41 29.41	150m: 1:41.04 37.81	250m: 3:00.06 41.72	350m: 4:14.27 31.90		
	100m: 1:03.23 33.82	200m: 2:18.34 37.30	300m: 3:42.37 42.31	400m: 4:45.10 30.83		
4.	Xavier Jesus Valente	09	Os Belenenses	4:48.46	4:48.67	538
	50m: 29.07 29.07	150m: 1:39.00 36.13	250m: 2:57.42 42.01	350m: 4:15.09 34.37		
	100m: 1:02.87 33.80	200m: 2:15.41 36.41	300m: 3:40.72 43.30	400m: 4:48.67 33.58		
5.	Dinis Aresta Ribeiro	10	Sporting	4:51.18	4:49.97	530
	50m: 31.18 31.18	150m: 1:45.36 38.40	250m: 3:04.45 41.92	350m: 4:18.46 31.97		
	100m: 1:06.96 35.78	200m: 2:22.53 37.17	300m: 3:46.49 42.04	400m: 4:49.97 31.51		
6.	Joao Almeida Gomes	06	Nacional de Nataçao	4:46.44	4:50.65	527
	50m: 29.72 29.72	150m: 1:43.01 38.71	250m: 3:03.00 42.35	350m: 4:18.85 33.20		
	100m: 1:04.30 34.58	200m: 2:20.65 37.64	300m: 3:45.65 42.65	400m: 4:50.65 31.80		
7.	Joao Baixinho Roxo	10	União Piedense	4:48.71	4:52.08	519
	50m: 30.35 30.35	150m: 1:43.66 36.96	250m: 3:04.93 44.48	350m: 4:22.26 32.99		
	100m: 1:06.70 36.35	200m: 2:20.45 36.79	300m: 3:49.27 44.34	400m: 4:52.08 29.82		
8.	Diogo Rodrigues Sousa	10	Alges	4:47.65	4:52.17	519
	50m: 30.93 30.93	150m: 1:45.77 38.95	250m: 3:06.30 42.34	350m: 4:21.79 32.81		
	100m: 1:06.82 35.89	200m: 2:23.96 38.19	300m: 3:48.98 42.68	400m: 4:52.17 30.38		
9.	Bernardo Goncalves Paulo	11	União Piedense	5:04.80	4:54.88	504
	50m: 30.88 30.88	150m: 1:45.54 38.02	250m: 3:06.29 43.97	350m: 4:24.55 32.14		
	100m: 1:07.52 36.64	200m: 2:22.32 36.78	300m: 3:52.41 46.12	400m: 4:54.88 30.33		
10.	Miguel Ratinho Rocha	09	Naval Setubalense	4:55.08	4:56.13	498
	50m: 29.81 29.81	150m: 1:42.52 37.98	250m: 3:03.28 43.01	350m: 4:23.03 36.21		
	100m: 1:04.54 34.73	200m: 2:20.27 37.75	300m: 3:46.82 43.54	400m: 4:56.13 33.10		
11.	Afonso Santos Carromeu	09	Naval Setubalense	4:58.21	4:56.60	496
	50m: 30.71 30.71	150m: 1:45.23 39.80	250m: 3:05.99 43.14	350m: 4:23.83 34.50		
	100m: 1:05.43 34.72	200m: 2:22.85 37.62	300m: 3:49.33 43.34	400m: 4:56.60 32.77		

Resultados online: anlisboa.pt/live

Prova 31, Masc., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
12.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	5:01.86	4:59.17	483
	50m: 32.49 32.49	150m: 1:48.35 38.68	250m: 3:09.23 43.15	350m: 4:25.55 33.95		
	100m: 1:09.67 37.18	200m: 2:26.08 37.73	300m: 3:51.60 42.37	400m: 4:59.17 33.62		
13.	Rodrigo Ferrao Dias	10	Sporting	4:58.16	4:59.24	483
	50m: 30.42 30.42	150m: 1:45.91 40.58	250m: 3:08.49 42.89	350m: 4:26.11 33.98		
	100m: 1:05.33 34.91	200m: 2:25.60 39.69	300m: 3:52.13 43.64	400m: 4:59.24 33.13		
14.	Tiago Miguel Trombinhas	04	Os Belenenses	4:53.63	5:02.07	469
	50m: 30.58 30.58	150m: 1:46.81 40.01	250m: 3:08.32 42.85	350m: 4:27.32 35.50		
	100m: 1:06.80 36.22	200m: 2:25.47 38.66	300m: 3:51.82 43.50	400m: 5:02.07 34.75		
15.	Henrique Matos Sebroza	10	Geslours	5:18.42	5:03.15	464
	50m: 31.98 31.98	150m: 1:50.17 39.95	250m: 3:12.59 44.23	350m: 4:30.02 33.60		
	100m: 1:10.22 38.24	200m: 2:28.36 38.19	300m: 3:56.42 43.83	400m: 5:03.15 33.13		
16.	Andre Huang	10	Geslours	5:07.19	5:03.28	464
	50m: 30.33 30.33	150m: 1:47.23 40.06	250m: 3:09.57 43.54	350m: 4:28.95 35.24		
	100m: 1:07.17 36.84	200m: 2:26.03 38.80	300m: 3:53.71 44.14	400m: 5:03.28 34.33		
17.	Martim Frederico Marques	10	Sporting	5:00.12	5:05.83	452
	50m: 30.52 30.52	150m: 1:46.46 40.67	250m: 3:10.38 43.94	350m: 4:30.56 35.59		
	100m: 1:05.79 35.27	200m: 2:26.44 39.98	300m: 3:54.97 44.59	400m: 5:05.83 35.27		
18.	Tomas O'Grady Freire	10	Sporting	5:05.91	5:08.79	439
	50m: 31.91 31.91	150m: 1:48.06 39.12	250m: 3:12.16 43.55	350m: 4:33.81 36.89		
	100m: 1:08.94 37.03	200m: 2:28.61 40.55	300m: 3:56.92 44.76	400m: 5:08.79 34.98		
19.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	5:03.28	5:09.94	434
	50m: 30.78 30.78	150m: 1:46.41 40.16	250m: 3:13.65 48.30	350m: 4:37.87 35.21		
	100m: 1:06.25 35.47	200m: 2:25.35 38.94	300m: 4:02.66 49.01	400m: 5:09.94 32.07		
20.	David Pacheco Castanheira	11	Benfica	5:26.33	5:10.78	431
	50m: 33.33 33.33	150m: 1:52.63 39.73	250m: 3:15.17 42.58	350m: 4:35.51 36.64		
	100m: 1:12.90 39.57	200m: 2:32.59 39.96	300m: 3:58.87 43.70	400m: 5:10.78 35.27		
21.	Matias Malheiro Mata	11	Sporting	5:27.64	5:13.88	418
	50m: 34.24 34.24	150m: 1:53.34 39.87	250m: 3:17.61 44.68	350m: 4:40.13 37.16		
	100m: 1:13.47 39.23	200m: 2:32.93 39.59	300m: 4:02.97 45.36	400m: 5:13.88 33.75		
22.	Joao Marcelino Rodrigues	11	Sporting	5:33.14	5:14.19	417
	50m: 35.56 35.56	150m: 1:57.66 40.58	250m: 3:21.40 45.13	350m: 4:40.60 34.93		
	100m: 1:17.08 41.52	200m: 2:36.27 38.61	300m: 4:05.67 44.27	400m: 5:14.19 33.59		
23.	Duarte Ribeiro Lima	11	Geslours	5:15.78	5:14.54	416
	50m: 34.20 34.20	150m: 1:54.57 40.46	250m: 3:18.32 44.34	350m: 4:40.26 36.82		
	100m: 1:14.11 39.91	200m: 2:33.98 39.41	300m: 4:03.44 45.12	400m: 5:14.54 34.28		
24.	Bernardo Miguel Oliveira	09	Nacional de Natação	5:11.20	5:15.78	411
	50m: 33.38 33.38	150m: 1:51.84 39.01	250m: 3:17.47 46.91	350m: 4:40.27 36.62		
	100m: 1:12.83 39.45	200m: 2:30.56 38.72	300m: 4:03.65 46.18	400m: 5:15.78 35.51		
25.	Diogo Soares Marques	09	Alges	5:11.17	5:17.98	402
	50m: 32.64 32.64	150m: 1:51.31 40.31	250m: 3:17.51 46.55	350m: 4:41.24 37.73		
	100m: 1:11.00 38.36	200m: 2:30.96 39.65	300m: 4:03.51 46.00	400m: 5:17.98 36.74		
26.	Mingxi Guan	11	Alges	5:25.85	5:21.75	388
	50m: 33.93 33.93	150m: 1:56.86 43.31	250m: 3:21.95 43.61	350m: 4:45.56 38.32		
	100m: 1:13.55 39.62	200m: 2:38.34 41.48	300m: 4:07.24 45.29	400m: 5:21.75 36.19		
27.	Tomas Ferreira Batista	11	CPCD - Póvoa Sta Iria	5:38.46	5:21.89	388
	50m: 33.96 33.96	150m: 1:55.37 43.27	250m: 3:23.08 45.37	350m: 4:46.12 36.64		
	100m: 1:12.10 38.14	200m: 2:37.71 42.34	300m: 4:09.48 46.40	400m: 5:21.89 35.77		
28.	Dinis Andrade Cabral	11	Palmela Desporto	5:42.12	5:23.12	383
	50m: 34.21 34.21	150m: 1:58.55 42.31	250m: 3:25.37 45.46	350m: 4:48.30 36.06		
	100m: 1:16.24 42.03	200m: 2:39.91 41.36	300m: 4:12.24 46.87	400m: 5:23.12 34.82		
29.	Simao Cruz Trindade	10	Naval Setubalense	5:20.54	5:28.98	363
	50m: 32.55 32.55	150m: 1:55.02 43.26	250m: 3:24.11 46.43	350m: 4:51.40 38.80		
	100m: 1:11.76 39.21	200m: 2:37.68 42.66	300m: 4:12.60 48.49	400m: 5:28.98 37.58		
30.	Tome Pargana Mendes	11	União Piedense	5:33.36	5:32.52	352
	50m: 34.67 34.67	150m: 1:59.03 41.75	250m: 3:29.93 51.20	350m: 4:57.01 36.99		
	100m: 1:17.28 42.61	200m: 2:38.73 39.70	300m: 4:20.02 50.09	400m: 5:32.52 35.51		

Resultados online: anlisboa.pt/live

Prova 31, Masc., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
31.	Francisco Alves Conceicao <i>Fora Tempo Acesso</i>	11	Palmela Desporto	5:58.39	5:34.96	344
	50m: 33.20 33.20 150m: 1:59.01 45.49 250m: 3:31.62 49.10 350m: 4:59.30 38.09 100m: 1:13.52 40.32 200m: 2:42.52 43.51 300m: 4:21.21 49.59 400m: 5:34.96 35.66					
32.	Henrique Jose Chainho <i>Fora Tempo Acesso</i>	11	Palmela Desporto	6:01.16	5:49.24	303
	50m: 35.54 35.54 150m: 2:02.44 43.62 250m: 3:39.77 54.77 350m: 5:13.36 38.01 100m: 1:18.82 43.28 200m: 2:45.00 42.56 300m: 4:35.35 55.58 400m: 5:49.24 35.88					
33.	Guilherme Silva Matos <i>Fora Tempo Acesso</i>	11	Palmela Desporto	5:33.36	6:09.41	256
	50m: 39.38 39.38 150m: 2:16.81 45.31 250m: 3:52.01 51.72 350m: 5:27.73 44.10 100m: 1:31.50 52.12 200m: 3:00.29 43.48 300m: 4:43.63 51.62 400m: 6:09.41 41.68					
DSQ	Salvador Miranda Grandela <i>E-M14 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (sr 8.4)</i>	10	Alges	5:20.54		
DSQ	Simao Pascoal Fernandes <i>E-M16 - Toque não simultâneo das mãos na parede testa na chegada do percurso de mariposa (sr 8.4)</i>	11	Colegio Int Monte Maior	5:15.17		
DSQ	Diogo Didario Alfano <i>E-B19 - Toque não simultâneo das mãos na parede testa na viragem aos 250 metros (sr 7.6)</i>	09	Fisica Torres Vedras	4:43.72		
DSQ	Antonio Carimbo Godinho <i>E-B21 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (sr 7.6 / 9.4)</i>	10	Fisica Torres Vedras	4:56.91		
DSQ	Rafael Carreiras Marques <i>E-B21 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (sr 7.6 / 9.4)</i>	10	Geslours	5:13.65		
DSQ	Gustavo Pinto Mota <i>E-M11 - Efetuou batimento alternado de pernas/pés após a viragem aos 50 metros (sr 8.3)</i>	11	Palmela Desporto	5:33.36		
EXH	Pedro Saad Oliveira	08	Viver Santarem	4:49.23	4:44.84	560
	50m: 30.78 30.78 150m: 1:42.49 36.04 250m: 2:58.76 40.84 350m: 4:13.04 33.52 100m: 1:06.45 35.67 200m: 2:17.92 35.43 300m: 3:39.52 40.76 400m: 4:44.84 31.80					
EXH	Francisco Rodrigues Vilar	08	Viver Santarem	4:53.92	4:54.09	508
	50m: 30.02 30.02 150m: 1:43.98 38.03 250m: 3:04.08 42.60 350m: 4:20.41 33.69 100m: 1:05.95 35.93 200m: 2:21.48 37.50 300m: 3:46.72 42.64 400m: 4:54.09 33.68					

Resultados online: anlisboa.pt/live