

Prova 8
5.12.15 - 10:15

Masc., 400m Livres

Juvenis
Resultados

Rec Nacional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Nacional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Nacional Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	2009

Mínimos de Participação Juv B: 4:38.55; Juv A: 4:33.44

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Tiago Miguel Vilhena	01	Natação de Faro	4:09.85	613
	50m: 29.20 29.20	150m: 1:31.84 31.44	250m: 2:34.68 31.08	350m: 3:38.24 31.95	
	100m: 1:00.40 31.20	200m: 2:03.60 31.76	300m: 3:06.29 31.61	400m: 4:09.85 31.61	
2.	David Matias Cristino	01	Naval Amorense	4:16.92	563
	50m: 28.57 28.57	150m: 1:32.70 32.60	250m: 2:37.57 32.09	350m: 3:44.19 32.95	
	100m: 1:00.10 31.53	200m: 2:05.48 32.78	300m: 3:11.24 33.67	400m: 4:16.92 32.73	
3.	Gonçalo Carvalho Ferrao	01	Nautica do Seixal	4:21.59	534
	50m: 28.69 28.69	150m: 1:33.47 33.08	250m: 2:41.16 33.80	350m: 3:49.09 33.69	
	100m: 1:00.39 31.70	200m: 2:07.36 33.89	300m: 3:15.40 34.24	400m: 4:21.59 32.50	
4.	Ricardo Luis Leal	01	CLAC-Entroncamento	4:22.02	531
	50m: 28.46 28.46	150m: 1:32.73 32.81	250m: 2:42.38 35.47	350m: 3:50.04 32.68	
	100m: 59.92 31.46	200m: 2:06.91 34.18	300m: 3:17.36 34.98	400m: 4:22.02 31.98	
5.	Diogo Santos Cardoso	01	Colégio Monte Maior	4:22.38	529
	50m: 30.76 30.76	150m: 1:37.17 33.41	250m: 2:44.18 33.38	350m: 3:50.25 32.88	
	100m: 1:03.76 33.00	200m: 2:10.80 33.63	300m: 3:17.37 33.19	400m: 4:22.38 32.13	
6.	Diogo Alexandre Araujo	01	Estrelas S. Joao Brito	4:25.00	513
	50m: 30.13 30.13	150m: 1:36.60 33.47	250m: 2:44.82 33.61	350m: 3:52.27 34.00	
	100m: 1:03.13 33.00	200m: 2:11.21 34.61	300m: 3:18.27 33.45	400m: 4:25.00 32.73	
7.	Jose Maria Pereira	01	Sporting	4:27.25	500
	50m: 30.04 30.04	150m: 1:36.63 33.70	250m: 2:45.22 34.32	350m: 3:54.14 34.33	
	100m: 1:02.93 32.89	200m: 2:10.90 34.27	300m: 3:19.81 34.59	400m: 4:27.25 33.11	
8.	Diogo Franco Martins	01	Assoc.20km-Almeirim	4:27.53	499
	50m: 29.89 29.89	150m: 1:35.61 33.37	250m: 2:44.20 34.35	350m: 3:53.46 34.85	
	100m: 1:02.24 32.35	200m: 2:09.85 34.24	300m: 3:18.61 34.41	400m: 4:27.53 34.07	
9.	Rodrigo Ponte Jorge	01	Naval Amorense	4:27.58	499
	50m: 30.14 30.14	150m: 1:36.64 33.50	250m: 2:45.37 34.29	350m: 3:54.31 33.94	
	100m: 1:03.14 33.00	200m: 2:11.08 34.44	300m: 3:20.37 35.00	400m: 4:27.58 33.27	
10.	Edgar Filipe Santos	01	Naval Amorense	4:27.74	498
	50m: 30.96 30.96	150m: 1:38.64 34.30	250m: 2:46.62 33.71	350m: 3:54.79 33.46	
	100m: 1:04.34 33.38	200m: 2:12.91 34.27	300m: 3:21.33 34.71	400m: 4:27.74 32.95	
11.	Joao Jose Calado	01	Nautico Abrantes	4:27.82	497
	50m: 29.70 29.70	150m: 1:35.55 33.62	250m: 2:43.94 34.23	350m: 3:53.65 35.02	
	100m: 1:01.93 32.23	200m: 2:09.71 34.16	300m: 3:18.63 34.69	400m: 4:27.82 34.17	
12.	Joao Pedro Chagas	01	Tavira NataçãO	4:29.42	488
	50m: 30.27 30.27	150m: 1:38.45 34.16	250m: 2:46.98 34.36	350m: 3:56.19 34.68	
	100m: 1:04.29 34.02	200m: 2:12.62 34.17	300m: 3:21.51 34.53	400m: 4:29.42 33.23	
13.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	4:31.91	475
	50m: 30.67 30.67	150m: 1:38.43 34.02	250m: 2:47.09 34.19	350m: 3:57.08 35.24	
	100m: 1:04.41 33.74	200m: 2:12.90 34.47	300m: 3:21.84 34.75	400m: 4:31.91 34.83	
	Guilherme Ventura Carvalho	01	Geslourses	4:31.91	475
	50m: 29.92 29.92	150m: 1:36.89 34.03	250m: 2:46.80 35.04	350m: 3:57.30 35.52	
	100m: 1:02.86 32.94	200m: 2:11.76 34.87	300m: 3:21.78 34.98	400m: 4:31.91 34.61	
15.	Miguel Angelo Caetano	01	Naval da Nazaré	4:33.20	468
	50m: 30.85 30.85	150m: 1:39.06 34.81	250m: 2:48.98 34.54	350m: 3:59.11 35.03	
	100m: 1:04.25 33.40	200m: 2:14.44 35.38	300m: 3:24.08 35.10	400m: 4:33.20 34.09	
16.	Tiago Manuel Santos	01	Benedita Sport Clube	4:36.88	450
	50m: 30.82 30.82	150m: 1:40.07 35.01	250m: 2:50.68 35.27	350m: 4:02.32 35.94	
	100m: 1:05.06 34.24	200m: 2:15.41 35.34	300m: 3:26.38 35.70	400m: 4:36.88 34.56	
17.	Tomas Miguel Valente	01	Natação de Olhão	4:37.46	447
	50m: 29.98 29.98	150m: 1:37.43 34.11	250m: 2:48.12 35.54	350m: 4:01.40 36.86	
	100m: 1:03.32 33.34	200m: 2:12.58 35.15	300m: 3:24.54 36.42	400m: 4:37.46 36.06	
18.	Alexandre Pires Spagnol	01	Louletano / Loule Concelho	4:38.24	443
	50m: 31.08 31.08	150m: 1:40.73 35.26	250m: 2:52.28 35.91	350m: 4:04.15 35.97	
	100m: 1:05.47 34.39	200m: 2:16.37 35.64	300m: 3:28.18 35.90	400m: 4:38.24 34.09	

Prova 8, Masc., 400m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Joao Antonio Simoes <i>FTL (Fora do Tempo Limite)</i>	01	Torres Novas	4:39.22	439
	50m: 31.62 31.62	150m: 1:41.28 35.20	250m: 2:52.24 35.94	350m: 4:02.79 35.40	
	100m: 1:06.08 34.46	200m: 2:16.30 35.02	300m: 3:27.39 35.15	400m: 4:39.22 36.43	
20.	Ricardo Martins Bras <i>FTL (Fora do Tempo Limite)</i>	01	Belenenses	4:40.45	433
	50m: 31.17 31.17	150m: 1:39.15 34.76	250m: 2:50.99 36.21	350m: 4:04.94 37.03	
	100m: 1:04.39 33.22	200m: 2:14.78 35.63	300m: 3:27.91 36.92	400m: 4:40.45 35.51	
21.	Joao Rodrigo Goncalves <i>FTL (Fora do Tempo Limite)</i>	01	Desportivo Nacional	4:42.14	425
	50m: 31.06 31.06	150m: 1:41.54 36.01	250m: 2:53.85 36.09	350m: 4:06.40 35.71	
	100m: 1:05.53 34.47	200m: 2:17.76 36.22	300m: 3:30.69 36.84	400m: 4:42.14 35.74	
DSQ	Henrique Martins Ferro <i>G1 - Efectuou falsa partida (SW 4.4)</i>	01	Naval do Funchal		

Juvenis A

1.	Andre Vilas Ruivo	00	Bairro dos Anjos/Bomcar	4:10.17	610
	50m: 28.39 28.39	150m: 1:30.92 31.66	250m: 2:34.95 32.00	350m: 3:38.27 31.67	
	100m: 59.26 30.87	200m: 2:02.95 32.03	300m: 3:06.60 31.65	400m: 4:10.17 31.90	
2.	Diogo Leal Dantas	00	Sporting	4:10.66	607
	50m: 28.25 28.25	150m: 1:31.07 31.63	250m: 2:35.02 32.02	350m: 3:39.26 32.04	
	100m: 59.44 31.19	200m: 2:03.00 31.93	300m: 3:07.22 32.20	400m: 4:10.66 31.40	
3.	Sebastiao Mendes Gomes	00	Pimpões/Cimai	4:11.25	602
	50m: 28.66 28.66	150m: 1:32.28 31.88	250m: 2:36.48 32.33	350m: 3:40.72 31.62	
	100m: 1:00.40 31.74	200m: 2:04.15 31.87	300m: 3:09.10 32.62	400m: 4:11.25 30.53	
4.	Bernardo Goya Perloiro	00	Sporting	4:11.37	602
	50m: 28.89 28.89	150m: 1:32.06 31.70	250m: 2:35.46 31.46	350m: 3:39.89 32.23	
	100m: 1:00.36 31.47	200m: 2:04.00 31.94	300m: 3:07.66 32.20	400m: 4:11.37 31.48	
5.	Joao Vitor Fernandes	00	Sao Roque	4:15.19	575
	50m: 28.14 28.14	150m: 1:31.21 32.21	250m: 2:36.31 32.64	350m: 3:42.96 33.58	
	100m: 59.00 30.86	200m: 2:03.67 32.46	300m: 3:09.38 33.07	400m: 4:15.19 32.23	
6.	Filipe Miguel Santo	00	Sporting	4:19.31	548
	50m: 29.08 29.08	150m: 1:32.52 32.29	250m: 2:38.18 32.80	350m: 3:44.80 33.46	
	100m: 1:00.23 31.15	200m: 2:05.38 32.86	300m: 3:11.34 33.16	400m: 4:19.31 34.51	
7.	Goncalo Duarte Santos	00	Natação de Faro	4:20.99	537
	50m: 30.11 30.11	150m: 1:35.74 33.04	250m: 2:42.48 33.17	350m: 3:49.24 33.34	
	100m: 1:02.70 32.59	200m: 2:09.31 33.57	300m: 3:15.90 33.42	400m: 4:20.99 31.75	
8.	Daniel Nogueira Catalão	00	União Piedense	4:21.89	532
	50m: 29.82 29.82	150m: 1:34.10 32.68	250m: 2:39.67 32.68	350m: 3:47.34 34.15	
	100m: 1:01.42 31.60	200m: 2:06.99 32.89	300m: 3:13.19 33.52	400m: 4:21.89 34.55	
9.	Francisco Silva Pinheiro	00	Algés	4:22.70	527
	50m: 29.74 29.74	150m: 1:36.20 33.67	250m: 2:43.92 33.83	350m: 3:50.96 33.37	
	100m: 1:02.53 32.79	200m: 2:10.09 33.89	300m: 3:17.59 33.67	400m: 4:22.70 31.74	
10.	Miguel Duarte Pereira	00	Natação de Olhão	4:23.78	520
	50m: 29.33 29.33	150m: 1:33.85 32.93	250m: 2:41.25 33.90	350m: 3:49.93 34.34	
	100m: 1:00.92 31.59	200m: 2:07.35 33.50	300m: 3:15.59 34.34	400m: 4:23.78 33.85	
11.	Afonso Guilherme Jesus	00	Sporting	4:24.81	514
	50m: 29.95 29.95	150m: 1:35.27 33.14	250m: 2:40.70 32.88	350m: 3:44.16 31.13	
	100m: 1:02.13 32.18	200m: 2:07.82 32.55	300m: 3:13.03 32.33	400m: 4:24.81 40.65	
12.	Jose Carlos Burecas	00	BUZIOS - Coruche	4:27.21	501
	50m: 30.78 30.78	150m: 1:36.61 33.17	250m: 2:44.36 34.28	350m: 3:53.66 34.73	
	100m: 1:03.44 32.66	200m: 2:10.08 33.47	300m: 3:18.93 34.57	400m: 4:27.21 33.55	
13.	Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	4:28.71	492
	50m: 30.04 30.04	150m: 1:36.37 33.97	250m: 2:45.74 35.05	350m: 3:56.24 35.26	
	100m: 1:02.40 32.36	200m: 2:10.69 34.32	300m: 3:20.98 35.24	400m: 4:28.71 32.47	
14.	Miguel Serrao Santos	00	Salvaterra de Magos	4:29.90	486
	50m: 30.35 30.35	150m: 1:37.88 34.02	250m: 2:46.95 34.61	350m: 3:56.77 35.08	
	100m: 1:03.86 33.51	200m: 2:12.34 34.46	300m: 3:21.69 34.74	400m: 4:29.90 33.13	
15.	Filipe Asseiceira Ramos	00	Torres Novas	4:30.77	481
	50m: 30.68 30.68	150m: 1:38.78 34.50	250m: 2:48.46 34.66	350m: 3:57.69 34.60	
	100m: 1:04.28 33.60	200m: 2:13.80 35.02	300m: 3:23.09 34.63	400m: 4:30.77 33.08	

Prova 8, Masc., 400m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
16.	Pedro Alexandre Correia	00	Pimpões/Cimai	4:31.23	479
	50m: 30.06 30.06	150m: 1:36.99 33.63	250m: 2:46.19 34.87	350m: 3:56.56 35.20	
	100m: 1:03.36 33.30	200m: 2:11.32 34.33	300m: 3:21.36 35.17	400m: 4:31.23 34.67	
17.	Manuel Sardinha Duarte	00	Bairro dos Anjos/Bomcar	4:33.84	465
	<i>FTL (Fora do Tempo Limite)</i>	150m: 1:39.29 34.52	250m: 2:49.23 34.84	350m: 3:59.27 35.04	
	50m: 31.07 31.07	200m: 2:14.39 35.10	300m: 3:24.23 35.00	400m: 4:33.84 34.57	
	100m: 1:04.77 33.70				
18.	Francisco Nunes Libreiro	00	União Piedense	4:34.64	461
	<i>FTL (Fora do Tempo Limite)</i>	150m: 1:38.05 34.22	250m: 2:48.76 35.51	350m: 3:59.85 35.62	
	50m: 30.24 30.24	200m: 2:13.25 35.20	300m: 3:24.23 35.47	400m: 4:34.64 34.79	
	100m: 1:03.83 33.59				
19.	Bernardo Antunes Augusto	00	Naval Setubalense	4:37.46	447
	<i>FTL (Fora do Tempo Limite)</i>	150m: 1:39.94 34.42	250m: 2:50.05 35.34	350m: 4:02.33 36.19	
	50m: 31.66 31.66	200m: 2:14.71 34.77	300m: 3:26.14 36.09	400m: 4:37.46 35.13	
	100m: 1:05.52 33.86				

Juvenis

1.	Tiago Miguel Vilhena	01	Natação de Faro	4:09.85	613
	50m: 29.20 29.20	150m: 1:31.84 31.44	250m: 2:34.68 31.08	350m: 3:38.24 31.95	
	100m: 1:00.40 31.20	200m: 2:03.60 31.76	300m: 3:06.29 31.61	400m: 4:09.85 31.61	
2.	Andre Vilas Ruivo	00	Bairro dos Anjos/Bomcar	4:10.17	610
	50m: 28.39 28.39	150m: 1:30.92 31.66	250m: 2:34.95 32.00	350m: 3:38.27 31.67	
	100m: 59.26 30.87	200m: 2:02.95 32.03	300m: 3:06.60 31.65	400m: 4:10.17 31.90	
3.	Diogo Leal Dantas	00	Sporting	4:10.66	607
	50m: 28.25 28.25	150m: 1:31.07 31.63	250m: 2:35.02 32.02	350m: 3:39.26 32.04	
	100m: 59.44 31.19	200m: 2:03.00 31.93	300m: 3:07.22 32.20	400m: 4:10.66 31.40	
4.	Sebastiao Mendes Gomes	00	Pimpões/Cimai	4:11.25	602
	50m: 28.66 28.66	150m: 1:32.28 31.88	250m: 2:36.48 32.33	350m: 3:40.72 31.62	
	100m: 1:00.40 31.74	200m: 2:04.15 31.87	300m: 3:09.10 32.62	400m: 4:11.25 30.53	
5.	Bernardo Goya Perloiro	00	Sporting	4:11.37	602
	50m: 28.89 28.89	150m: 1:32.06 31.70	250m: 2:35.46 31.46	350m: 3:39.89 32.23	
	100m: 1:00.36 31.47	200m: 2:04.00 31.94	300m: 3:07.66 32.20	400m: 4:11.37 31.48	
6.	Joao Vitor Fernandes	00	Sao Roque	4:15.19	575
	50m: 28.14 28.14	150m: 1:31.21 32.21	250m: 2:36.31 32.64	350m: 3:42.96 33.58	
	100m: 59.00 30.86	200m: 2:03.67 32.46	300m: 3:09.38 33.07	400m: 4:15.19 32.23	
7.	David Matias Cristino	01	Naval Amorense	4:16.92	563
	50m: 28.57 28.57	150m: 1:32.70 32.60	250m: 2:37.57 32.09	350m: 3:44.19 32.95	
	100m: 1:00.10 31.53	200m: 2:05.48 32.78	300m: 3:11.24 33.67	400m: 4:16.92 32.73	
8.	Filipe Miguel Santo	00	Sporting	4:19.31	548
	50m: 29.08 29.08	150m: 1:32.52 32.29	250m: 2:38.18 32.80	350m: 3:44.80 33.46	
	100m: 1:00.23 31.15	200m: 2:05.38 32.86	300m: 3:11.34 33.16	400m: 4:19.31 34.51	
9.	Goncalo Duarte Santos	00	Natação de Faro	4:20.99	537
	50m: 30.11 30.11	150m: 1:35.74 33.04	250m: 2:42.48 33.17	350m: 3:49.24 33.34	
	100m: 1:02.70 32.59	200m: 2:09.31 33.57	300m: 3:15.90 33.42	400m: 4:20.99 31.75	
10.	Gonçalo Carvalho Ferrao	01	Nautica do Seixal	4:21.59	534
	50m: 28.69 28.69	150m: 1:33.47 33.08	250m: 2:41.16 33.80	350m: 3:49.09 33.69	
	100m: 1:00.39 31.70	200m: 2:07.36 33.89	300m: 3:15.40 34.24	400m: 4:21.59 32.50	
11.	Daniel Nogueira Catalão	00	União Piedense	4:21.89	532
	50m: 29.82 29.82	150m: 1:34.10 32.68	250m: 2:39.67 32.68	350m: 3:47.34 34.15	
	100m: 1:01.42 31.60	200m: 2:06.99 32.89	300m: 3:13.19 33.52	400m: 4:21.89 34.55	
12.	Ricardo Luis Leal	01	CLAC-Entroncamento	4:22.02	531
	50m: 28.46 28.46	150m: 1:32.73 32.81	250m: 2:42.38 35.47	350m: 3:50.04 32.68	
	100m: 59.92 31.46	200m: 2:06.91 34.18	300m: 3:17.36 34.98	400m: 4:22.02 31.98	
13.	Diogo Santos Cardoso	01	Colégio Monte Maior	4:22.38	529
	50m: 30.76 30.76	150m: 1:37.17 33.41	250m: 2:44.18 33.38	350m: 3:50.25 32.88	
	100m: 1:03.76 33.00	200m: 2:10.80 33.63	300m: 3:17.37 33.19	400m: 4:22.38 32.13	
14.	Francisco Silva Pinheiro	00	Algés	4:22.70	527
	50m: 29.74 29.74	150m: 1:36.20 33.67	250m: 2:43.92 33.83	350m: 3:50.96 33.37	
	100m: 1:02.53 32.79	200m: 2:10.09 33.89	300m: 3:17.59 33.67	400m: 4:22.70 31.74	
15.	Miguel Duarte Pereira	00	Natação de Olhão	4:23.78	520
	50m: 29.33 29.33	150m: 1:33.85 32.93	250m: 2:41.25 33.90	350m: 3:49.93 34.34	
	100m: 1:00.92 31.59	200m: 2:07.35 33.50	300m: 3:15.59 34.34	400m: 4:23.78 33.85	

Prova 8, Masc., 400m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
16.	Afonso Guilherme Jesus 50m: 29.95 29.95 100m: 1:02.13 32.18	00	Sporting	4:24.81 150m: 1:35.27 33.14 250m: 2:40.70 32.88 200m: 2:07.82 32.55 300m: 3:13.03 32.33 350m: 3:44.16 31.13 400m: 4:24.81 40.65	514
17.	Diogo Alexandre Araujo 50m: 30.13 30.13 100m: 1:03.13 33.00	01	Estrelas S. Joao Brito	4:25.00 150m: 1:36.60 33.47 250m: 2:44.82 33.61 200m: 2:11.21 34.61 300m: 3:18.27 33.45 350m: 3:52.27 34.00 400m: 4:25.00 32.73	513
18.	Jose Carlos Burecas 50m: 30.78 30.78 100m: 1:03.44 32.66	00	BUZIOS - Coruche	4:27.21 150m: 1:36.61 33.17 250m: 2:44.36 34.28 200m: 2:10.08 33.47 300m: 3:18.93 34.57 350m: 3:53.66 34.73 400m: 4:27.21 33.55	501
19.	Jose Maria Pereira 50m: 30.04 30.04 100m: 1:02.93 32.89	01	Sporting	4:27.25 150m: 1:36.63 33.70 250m: 2:45.22 34.32 200m: 2:10.90 34.27 300m: 3:19.81 34.59 350m: 3:54.14 34.33 400m: 4:27.25 33.11	500
20.	Diogo Franco Martins 50m: 29.89 29.89 100m: 1:02.24 32.35	01	Assoc.20km-Almeirim	4:27.53 150m: 1:35.61 33.37 250m: 2:44.20 34.35 200m: 2:09.85 34.24 300m: 3:18.61 34.41 350m: 3:53.46 34.85 400m: 4:27.53 34.07	499
21.	Rodrigo Ponte Jorge 50m: 30.14 30.14 100m: 1:03.14 33.00	01	Naval Amorense	4:27.58 150m: 1:36.64 33.50 250m: 2:45.37 34.29 200m: 2:11.08 34.44 300m: 3:20.37 35.00 350m: 3:54.31 33.94 400m: 4:27.58 33.27	499
22.	Edgar Filipe Santos 50m: 30.96 30.96 100m: 1:04.34 33.38	01	Naval Amorense	4:27.74 150m: 1:38.64 34.30 250m: 2:46.62 33.71 200m: 2:12.91 34.27 300m: 3:21.33 34.71 350m: 3:54.79 33.46 400m: 4:27.74 32.95	498
23.	Joao Jose Calado 50m: 29.70 29.70 100m: 1:01.93 32.23	01	Nautico Abrantes	4:27.82 150m: 1:35.55 33.62 250m: 2:43.94 34.23 200m: 2:09.71 34.16 300m: 3:18.63 34.69 350m: 3:53.65 35.02 400m: 4:27.82 34.17	497
24.	Alexandre Teixeira Marcos 50m: 30.04 30.04 100m: 1:02.40 32.36	00	Louletano / Loule Concelho	4:28.71 150m: 1:36.37 33.97 250m: 2:45.74 35.05 200m: 2:10.69 34.32 300m: 3:20.98 35.24 350m: 3:56.24 35.26 400m: 4:28.71 32.47	492
25.	Joao Pedro Chagas 50m: 30.27 30.27 100m: 1:04.29 34.02	01	Tavira NataçãO	4:29.42 150m: 1:38.45 34.16 250m: 2:46.98 34.36 200m: 2:12.62 34.17 300m: 3:21.51 34.53 350m: 3:56.19 34.68 400m: 4:29.42 33.23	488
26.	Miguel Serrao Santos 50m: 30.35 30.35 100m: 1:03.86 33.51	00	Salvaterra de Magos	4:29.90 150m: 1:37.88 34.02 250m: 2:46.95 34.61 200m: 2:12.34 34.46 300m: 3:21.69 34.74 350m: 3:56.77 35.08 400m: 4:29.90 33.13	486
27.	Filipe Asseiceira Ramos 50m: 30.68 30.68 100m: 1:04.28 33.60	00	Torres Novas	4:30.77 150m: 1:38.78 34.50 250m: 2:48.46 34.66 200m: 2:13.80 35.02 300m: 3:23.09 34.63 350m: 3:57.69 34.60 400m: 4:30.77 33.08	481
28.	Pedro Alexandre Correia 50m: 30.06 30.06 100m: 1:03.36 33.30	00	Pimpões/Cimai	4:31.23 150m: 1:36.99 33.63 250m: 2:46.19 34.87 200m: 2:11.32 34.33 300m: 3:21.36 35.17 350m: 3:56.56 35.20 400m: 4:31.23 34.67	479
29.	Rodrigo Melo Pinto 50m: 30.67 30.67 100m: 1:04.41 33.74	01	Colégio Vasco da Gama	4:31.91 150m: 1:38.43 34.02 250m: 2:47.09 34.19 200m: 2:12.90 34.47 300m: 3:21.84 34.75 350m: 3:57.08 35.24 400m: 4:31.91 34.83	475
	Guilherme Ventura Carvalho 50m: 29.92 29.92 100m: 1:02.86 32.94	01	Geslours	4:31.91 150m: 1:36.89 34.03 250m: 2:46.80 35.04 200m: 2:11.76 34.87 300m: 3:21.78 34.98 350m: 3:57.30 35.52 400m: 4:31.91 34.61	475
31.	Miguel Angelo Caetano 50m: 30.85 30.85 100m: 1:04.25 33.40	01	Naval da Nazaré	4:33.20 150m: 1:39.06 34.81 250m: 2:48.98 34.54 200m: 2:14.44 35.38 300m: 3:24.08 35.10 350m: 3:59.11 35.03 400m: 4:33.20 34.09	468
32.	Manuel Sardinha Duarte <i>FTL (Fora do Tempo Limite)</i> 50m: 31.07 31.07 100m: 1:04.77 33.70	00	Bairro dos Anjos/Bomcar	4:33.84 150m: 1:39.29 34.52 250m: 2:49.23 34.84 200m: 2:14.39 35.10 300m: 3:24.23 35.00 350m: 3:59.27 35.04 400m: 4:33.84 34.57	465
33.	Francisco Nunes Libreiro <i>FTL (Fora do Tempo Limite)</i> 50m: 30.24 30.24 100m: 1:03.83 33.59	00	União Piedense	4:34.64 150m: 1:38.05 34.22 250m: 2:48.76 35.51 200m: 2:13.25 35.20 300m: 3:24.23 35.47 350m: 3:59.85 35.62 400m: 4:34.64 34.79	461
34.	Tiago Manuel Santos 50m: 30.82 30.82 100m: 1:05.06 34.24	01	Benedita Sport Clube	4:36.88 150m: 1:40.07 35.01 250m: 2:50.68 35.27 200m: 2:15.41 35.34 300m: 3:26.38 35.70 350m: 4:02.32 35.94 400m: 4:36.88 34.56	450
35.	Tomas Miguel Valente 50m: 29.98 29.98 100m: 1:03.32 33.34	01	NataçãO de Olhão	4:37.46 150m: 1:37.43 34.11 250m: 2:48.12 35.54 200m: 2:12.58 35.15 300m: 3:24.54 36.42 350m: 4:01.40 36.86 400m: 4:37.46 36.06	447

Prova 8, Masc., 400m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
35.	Bernardo Antunes Augusto <i>FTL (Fora do Tempo Limite)</i>	00	Naval Setubalense	4:37.46	447
	50m: 31.66 31.66	150m: 1:39.94 34.42	250m: 2:50.05 35.34	350m: 4:02.33 36.19	
	100m: 1:05.52 33.86	200m: 2:14.71 34.77	300m: 3:26.14 36.09	400m: 4:37.46 35.13	
37.	Alexandre Pires Spagnol	01	Louletano / Loule Concelho	4:38.24	443
	50m: 31.08 31.08	150m: 1:40.73 35.26	250m: 2:52.28 35.91	350m: 4:04.15 35.97	
	100m: 1:05.47 34.39	200m: 2:16.37 35.64	300m: 3:28.18 35.90	400m: 4:38.24 34.09	
38.	Joao Antonio Simoes <i>FTL (Fora do Tempo Limite)</i>	01	Torres Novas	4:39.22	439
	50m: 31.62 31.62	150m: 1:41.28 35.20	250m: 2:52.24 35.94	350m: 4:02.79 35.40	
	100m: 1:06.08 34.46	200m: 2:16.30 35.02	300m: 3:27.39 35.15	400m: 4:39.22 36.43	
39.	Ricardo Martins Bras <i>FTL (Fora do Tempo Limite)</i>	01	Belenenses	4:40.45	433
	50m: 31.17 31.17	150m: 1:39.15 34.76	250m: 2:50.99 36.21	350m: 4:04.94 37.03	
	100m: 1:04.39 33.22	200m: 2:14.78 35.63	300m: 3:27.91 36.92	400m: 4:40.45 35.51	
40.	Joao Rodrigo Goncalves <i>FTL (Fora do Tempo Limite)</i>	01	Desportivo Nacional	4:42.14	425
	50m: 31.06 31.06	150m: 1:41.54 36.01	250m: 2:53.85 36.09	350m: 4:06.40 35.71	
	100m: 1:05.53 34.47	200m: 2:17.76 36.22	300m: 3:30.69 36.84	400m: 4:42.14 35.74	
DSQ	Henrique Martins Ferro <i>G1 - Efectuou falsa partida (SW 4.4)</i>	01	Naval do Funchal		