

Prova 4  
6.2.16 - 9:24

Masc., 400m Livres

Absolutos/All  
Resultados Elimin

Rec Mundial / World Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Europeu / European Record	3:40.07	BIEDERMANN Paul	GER	Rome (ITA)	2009
Rec Meeting / Meeting Record	3:56.04	HABER Ido	ISR	Jamor	2013
Rec Nacional / Port.Nat Record	3:52.29	MAIA Jorge Manuel	FPN	Málaga (ESP)	2009

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:25.00; Inf&Juv: 4:44.00

Pontos: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	DIAS Guilherme Pereira 50m: 28.36 28.36 100m: 59.17 30.81	97	Sporting 150m: 1:30.28 31.11 200m: 2:01.22 30.94	250m: 2:31.77 30.55 300m: 3:01.73 29.96	<b>4:01.12</b> 350m: 3:31.71 400m: 4:01.12	760 A 29.98 29.41
2.	VITAL Joao Alexandre 50m: 28.66 28.66 100m: 59.73 31.07	98	Sporting 150m: 1:31.44 31.71 200m: 2:02.75 31.31	250m: 2:34.52 31.77 300m: 3:05.96 31.44	<b>4:08.21</b> 350m: 3:36.29 400m: 4:08.21	696 A 30.33 31.92
3.	SCHIFFMANN Nathan 50m: 28.67 28.67 100m: 1:00.08 31.41	00	Fed. Française - IRSO 150m: 1:32.04 31.96 200m: 2:03.99 31.95	250m: 2:35.51 31.52 300m: 3:07.03 31.52	<b>4:08.90</b> 350m: 3:38.74 400m: 4:08.90	691 A 31.71 30.16
4.	MOGNE Igor Araujo 50m: 28.55 28.55 100m: 59.62 31.07	96	Sporting 150m: 1:31.01 31.39 200m: 2:02.90 31.89	250m: 2:34.16 31.26 300m: 3:05.98 31.82	<b>4:10.04</b> 350m: 3:38.45 400m: 4:10.04	681 A 32.47 31.59
5.	BONANCA Mario Andre 50m: 29.05 29.05 100m: 59.51 30.46	90	Sporting 150m: 1:30.64 31.13 200m: 2:02.31 31.67	250m: 2:34.27 31.96 300m: 3:06.05 31.78	<b>4:10.07</b> 350m: 3:37.80 400m: 4:10.07	681 A 31.75 32.27
6.	FARINHA Andre Filipe 50m: 28.41 28.41 100m: 59.07 30.66	96	Benfica 150m: 1:31.14 32.07 200m: 2:03.11 31.97	250m: 2:35.57 32.46 300m: 3:07.25 31.68	<b>4:10.85</b> 350m: 3:39.38 400m: 4:10.85	675 A 32.13 31.47
7.	CARVALHO Jose Paula 50m: 28.03 28.03 100m: 59.76 31.73	98	União Piedense 150m: 1:31.28 31.52 200m: 2:03.93 32.65	250m: 2:35.58 31.65 300m: 3:08.44 32.86	<b>4:11.62</b> 350m: 3:40.18 400m: 4:11.62	669 A 31.74 31.44
8.	PINOTES Pedro Miguel 50m: 28.59 28.59 100m: 59.84 31.25	89	Sporting 150m: 1:31.65 31.81 200m: 2:04.10 32.45	250m: 2:36.76 32.66 300m: 3:09.23 32.47	<b>4:11.73</b> 350m: 3:41.44 400m: 4:11.73	668 A 32.21 30.29
9.	COUTINHO Alexandre Valdagua 50m: 28.68 28.68 100m: 1:00.01 31.33	97	Cantanhedense 150m: 1:31.68 31.67 200m: 2:03.62 31.94	250m: 2:35.54 31.92 300m: 3:07.90 32.36	<b>4:12.01</b> 350m: 3:40.51 400m: 4:12.01	665 A 32.61 31.50
10.	MARQUES Diogo Manuel 50m: 29.28 29.28 100m: 1:00.70 31.42	98	Cantanhedense 150m: 1:32.52 31.82 200m: 2:04.81 32.29	250m: 2:36.66 31.85 300m: 3:08.84 32.18	<b>4:12.10</b> 350m: 3:40.92 400m: 4:12.10	665 A 32.08 31.18
11.	YEBBA Wissam-Amazigh 50m: 29.08 29.08 100m: 1:00.65 31.57	00	Fed. Française - IRSO 150m: 1:32.83 32.18 200m: 2:05.17 32.34	250m: 2:37.13 31.96 300m: 3:09.49 32.36	<b>4:12.95</b> 350m: 3:41.88 400m: 4:12.95	658 B 32.39 31.07
12.	LOPES Jose Paulo 50m: 28.60 28.60 100m: 59.92 31.32	00	Seleção Portugal 150m: 1:32.08 32.16 200m: 2:04.13 32.05	250m: 2:36.56 32.43 300m: 3:09.04 32.48	<b>4:13.06</b> 350m: 3:41.90 400m: 4:13.06	657 B 32.86 31.16
13.	REIS Leonardo Peralta 50m: 28.97 28.97 100m: 1:00.45 31.48	96	Benedita 150m: 1:32.95 32.50 200m: 2:05.50 32.55	250m: 2:37.15 31.65 300m: 3:09.67 32.52	<b>4:13.93</b> 350m: 3:41.98 400m: 4:13.93	650 B 32.31 31.95
14.	COSTA Tiago Cunha 50m: 29.45 29.45 100m: 1:01.16 31.71	99	Sporting 150m: 1:33.09 31.93 200m: 2:05.33 32.24	250m: 2:37.41 32.08 300m: 3:09.99 32.58	<b>4:13.99</b> 350m: 3:42.63 400m: 4:13.99	650 B 32.64 31.36
15.	DANTAS Diogo Leal 50m: 28.57 28.57 100m: 1:00.14 31.57	00	Sporting 150m: 1:31.89 31.75 200m: 2:04.04 32.15	250m: 2:36.52 32.48 300m: 3:09.29 32.77	<b>4:14.19</b> 350m: 3:42.00 400m: 4:14.19	648 B 32.71 32.19
16.	OLIVEIRA Tomas Gomes 50m: 28.81 28.81 100m: 59.84 31.03	99	Nautico Marinha Grande 150m: 1:32.13 32.29 200m: 2:04.76 32.63	250m: 2:37.73 32.97 300m: 3:10.30 32.57	<b>4:15.87</b> 350m: 3:43.39 400m: 4:15.87	636 B 33.09 32.48

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
17.	PLAZA Swann 50m: 29.00 29.00 100m: 1:01.23 32.23	01	Fed. Française - IRSO	150m: 1:33.68 32.45 250m: 2:38.60 32.80 200m: 2:06.00 32.32 300m: 3:11.44 32.84	350m: 3:44.53 400m: 4:16.54	631 B 33.09 32.01
18.	GRADY Eoghan 50m: 28.83 28.83 100m: 1:00.37 31.54	96	Connacht Performance Centre	150m: 1:33.10 32.73 250m: 2:38.61 32.77 200m: 2:05.84 32.74 300m: 3:11.60 32.99	350m: 3:44.47 400m: 4:16.94	628 B 32.87 32.47
19.	NUNES Diogo Barbosa 50m: 28.85 28.85 100m: 1:00.32 31.47	00	Seleção Portugal	150m: 1:32.62 32.30 250m: 2:38.67 33.33 200m: 2:05.34 32.72 300m: 3:12.46 33.79	350m: 3:46.52 400m: 4:19.13	+0.76 612 B 34.06 32.61
20.	GOMES Sebastiao Mendes 50m: 29.48 29.48 100m: 1:01.89 32.41	00	Seleção Portugal	150m: 1:35.28 33.39 250m: 2:42.19 33.66 200m: 2:08.53 33.25 300m: 3:15.39 33.20	350m: 3:48.34 400m: 4:20.25	+0.89 604 B 32.95 31.91
21.	KOT Viktor 50m: 29.28 29.28 100m: 1:00.93 31.65	98	Nautico Marinha Grande	150m: 1:34.25 33.32 250m: 2:40.34 33.56 200m: 2:06.78 32.53 300m: 3:13.64 33.30	350m: 3:47.27 400m: 4:20.26	+0.75 604 33.63 32.99
22.	FREITAS Diogo Rodrigues 50m: 29.41 29.41 100m: 1:01.58 32.17	98	União Piedense	150m: 1:34.30 32.72 250m: 2:40.35 32.90 200m: 2:07.45 33.15 300m: 3:13.72 33.37	350m: 3:47.62 400m: 4:20.53	+0.77 602 33.90 32.91
23.	CAMPOS Tiago Filipe 50m: 28.95 28.95 100m: 1:01.06 32.11	99	Scalabiswim	150m: 1:33.52 32.46 250m: 2:41.26 33.98 200m: 2:07.28 33.76 300m: 3:16.00 34.74	350m: 3:49.37 400m: 4:21.14	+0.89 598 33.37 31.77
24.	SANTOS Tiago Carlos 50m: 29.25 29.25 100m: 1:00.75 31.50	98	União Piedense	150m: 1:33.41 32.66 250m: 2:40.19 33.18 200m: 2:07.01 33.60 300m: 3:14.13 33.94	350m: 3:47.82 400m: 4:21.29	+0.99 597 33.69 33.47
25.	QUINTAS Francisco Robalo 50m: 28.81 28.81 100m: 1:00.70 31.89	95	Belenenses	150m: 1:33.67 32.97 250m: 2:40.76 33.59 200m: 2:07.17 33.50 300m: 3:14.72 33.96	350m: 3:48.71 400m: 4:21.38	+0.55 596 33.99 32.67
26.	MACHADO Joao Daniel 50m: 29.60 29.60 100m: 1:02.77 33.17	99	União Piedense	150m: 1:36.14 33.37 250m: 2:42.64 32.98 200m: 2:09.66 33.52 300m: 3:15.86 33.22	350m: 3:48.90 400m: 4:21.40	+0.70 596 33.04 32.50
27.	BATE Miguel Ribeiro 50m: 28.96 28.96 100m: 1:01.24 32.28	99	Alges	150m: 1:34.30 33.06 250m: 2:41.61 33.55 200m: 2:08.06 33.76 300m: 3:15.70 34.09	350m: 3:48.86 400m: 4:21.59	595 33.16 32.73
28.	CARMO Goncalo Cardoso 50m: 29.33 29.33 100m: 1:01.31 31.98	96	Alges	150m: 1:34.32 33.01 250m: 2:41.27 33.74 200m: 2:07.53 33.21 300m: 3:15.04 33.77	350m: 3:49.43 400m: 4:22.19	+0.50 591 34.39 32.76
29.	FREITAS Jose Pedro 50m: 28.66 28.66 100m: 1:01.04 32.38	00	Seleção Portugal	150m: 1:34.67 33.63 250m: 2:42.73 34.18 200m: 2:08.55 33.88 300m: 3:16.84 34.11	350m: 3:50.76 400m: 4:22.93	+0.78 586 33.92 32.17
30.	VILHENA Tiago Miguel 50m: 29.52 29.52 100m: 1:01.62 32.10	01	Natação de Faro	150m: 1:34.36 32.74 250m: 2:41.06 33.64 200m: 2:07.42 33.06 300m: 3:15.13 34.07	350m: 3:49.35 400m: 4:23.27	+0.75 584 34.22 33.92
31.	QUEIROGA Afonso Calais 50m: 29.46 29.46 100m: 1:01.61 32.15	98	União Piedense	150m: 1:34.70 33.09 250m: 2:42.05 33.65 200m: 2:08.40 33.70 300m: 3:16.28 34.23	350m: 3:50.33 400m: 4:24.16	+0.55 578 34.05 33.83
32.	AIRES Fabio Alcantara 50m: 28.31 28.31 100m: 59.87 31.56	97	Nautica do Seixal	150m: 1:32.57 32.70 250m: 2:40.72 34.58 200m: 2:06.14 33.57 300m: 3:15.65 34.93	350m: 3:50.70 400m: 4:24.29	+0.77 577 35.05 33.59
33.	SANTO Filipe Miguel 50m: 30.30 30.30 100m: 1:02.71 32.41	00	Seleção Portugal	150m: 1:36.26 33.55 250m: 2:43.82 33.90 200m: 2:09.92 33.66 300m: 3:17.85 34.03	350m: 3:51.94 400m: 4:25.12	+0.83 571 34.09 33.18
	FERRAOUN Charef 50m: 29.80 29.80 100m: 1:02.99 33.19	01	Fed. Française - IRSO	150m: 1:37.25 34.26 250m: 2:45.60 34.36 200m: 2:11.24 33.99 300m: 3:19.64 34.04	350m: 3:53.22 400m: 4:25.12	571 33.58 31.90
35.	RODRIGUES Claudio Alexandre 50m: 29.19 29.19 100m: 1:01.47 32.28	00	Seleção Portugal	150m: 1:35.27 33.80 250m: 2:44.37 34.65 200m: 2:09.72 34.45 300m: 3:19.26 34.89	350m: 3:53.31 400m: 4:26.37	+0.82 563 34.05 33.06

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
36.	RODRIGUES Bernardo Graca (Fora Tempo Acesso / Out of Admission Time)	99	Alges	<b>4:26.78</b>	+0.60	561
	50m: 28.98 28.98 150m: 1:35.24 33.67 250m: 2:44.11 34.58 350m: 3:53.39 34.34 100m: 1:01.57 32.59 200m: 2:09.53 34.29 300m: 3:19.05 34.94 400m: 4:26.78 33.39					
37.	MATIAS Dario Fausto (Fora Tempo Acesso / Out of Admission Time)	98	Torres Novas	<b>4:26.84</b>	+0.77	560
	50m: 29.56 29.56 150m: 1:36.72 34.10 250m: 2:46.12 34.63 350m: 3:55.18 34.82 100m: 1:02.62 33.06 200m: 2:11.49 34.77 300m: 3:20.36 34.24 400m: 4:26.84 31.66					
38.	SANTOS Goncalo Duarte	00	Natação de Faro	<b>4:26.89</b>	+0.70	560
	50m: 30.29 30.29 150m: 1:36.59 33.20 250m: 2:44.90 34.10 350m: 3:53.27 34.09 100m: 1:03.39 33.10 200m: 2:10.80 34.21 300m: 3:19.18 34.28 400m: 4:26.89 33.62					
39.	CRISTINO David Matias	01	Naval Amorense	<b>4:27.86</b>	+0.77	554
	50m: 30.04 30.04 150m: 1:36.53 33.89 250m: 2:46.16 34.94 350m: 3:54.89 33.76 100m: 1:02.64 32.60 200m: 2:11.22 34.69 300m: 3:21.13 34.97 400m: 4:27.86 32.97					
40.	SILVA Pedro Trindade (Fora Tempo Acesso / Out of Admission Time)	98	Belenenses	<b>4:28.06</b>	+0.67	553
	50m: 29.79 29.79 150m: 1:37.07 33.78 250m: 2:45.76 34.11 350m: 3:54.50 34.45 100m: 1:03.29 33.50 200m: 2:11.65 34.58 300m: 3:20.05 34.29 400m: 4:28.06 33.56					
41.	RIBEIRO Afonso Mateus (Fora Tempo Acesso / Out of Admission Time)	95	Belenenses	<b>4:28.70</b>		549
	50m: 30.04 30.04 150m: 1:36.87 33.50 250m: 2:45.05 33.79 350m: 3:54.62 34.62 100m: 1:03.37 33.33 200m: 2:11.26 34.39 300m: 3:20.00 34.95 400m: 4:28.70 34.08					
42.	VENTURA Jose Miguel (Fora Tempo Acesso / Out of Admission Time)	97	Fundação Beatriz Santos	<b>4:30.66</b>	+0.69	537
	50m: 30.39 30.39 150m: 1:37.98 34.06 250m: 2:47.10 34.40 350m: 3:56.90 34.83 100m: 1:03.92 33.53 200m: 2:12.70 34.72 300m: 3:22.07 34.97 400m: 4:30.66 33.76					
43.	LOPES Rui Jorge	00	CLAC-Entroncamento	<b>4:30.69</b>	+0.72	537
	50m: 30.54 30.54 150m: 1:39.33 35.01 250m: 2:48.53 34.12 350m: 3:58.05 34.42 100m: 1:04.32 33.78 200m: 2:14.41 35.08 300m: 3:23.63 35.10 400m: 4:30.69 32.64					
44.	FERREIRA Henrique Lourenco (Fora Tempo Acesso / Out of Admission Time)	99	Colégio Vasco da Gama	<b>4:31.20</b>	+0.55	534
	50m: 30.14 30.14 150m: 1:39.55 35.14 250m: 2:49.24 34.56 350m: 3:58.71 34.57 100m: 1:04.41 34.27 200m: 2:14.68 35.13 300m: 3:24.14 34.90 400m: 4:31.20 32.49					
	PEREIRA Miguel Duarte	00	Natação Olhão	<b>4:31.20</b>	+0.78	534
	50m: 30.70 30.70 150m: 1:38.88 34.61 250m: 2:48.63 35.08 350m: 3:58.50 34.42 100m: 1:04.27 33.57 200m: 2:13.55 34.67 300m: 3:24.08 35.45 400m: 4:31.20 32.70					
46.	ILHA Joao Eduardo (Fora Tempo Acesso / Out of Admission Time)	98	Natação Olhão	<b>4:31.58</b>	+0.73	532
	50m: 29.99 29.99 150m: 1:38.82 34.90 250m: 2:49.15 35.07 350m: 3:59.08 34.56 100m: 1:03.92 33.93 200m: 2:14.08 35.26 300m: 3:24.52 35.37 400m: 4:31.58 32.50					
47.	MALHEIROS Nelson Pereira (Fora Tempo Acesso / Out of Admission Time)	99	Litoral Alentejano	<b>4:31.69</b>	+0.58	531
	50m: 29.96 29.96 150m: 1:37.01 33.63 250m: 2:46.35 34.36 350m: 3:56.97 35.54 100m: 1:03.38 33.42 200m: 2:11.99 34.98 300m: 3:21.43 35.08 400m: 4:31.69 34.72					
48.	CATALÃO Daniel Nogueira	00	União Piedense	<b>4:31.78</b>		530
	50m: 30.37 30.37 150m: 1:37.33 33.28 250m: 2:45.52 34.06 350m: 3:56.31 35.45 100m: 1:04.05 33.68 200m: 2:11.46 34.13 300m: 3:20.86 35.34 400m: 4:31.78 35.47					
49.	PIRES Rui Miguel	01	Nautico Marinha Grande	<b>4:32.48</b>	+0.76	526
	50m: 30.75 30.75 150m: 1:39.65 34.82 250m: 2:49.34 34.75 350m: 3:58.51 34.13 100m: 1:04.83 34.08 200m: 2:14.59 34.94 300m: 3:24.38 35.04 400m: 4:32.48 33.97					
50.	FERNANDES Joao Vitor	00	Seleção da Madeira	<b>4:33.29</b>	+0.74	522
	50m: 30.37 30.37 150m: 1:38.81 34.92 250m: 2:50.05 35.77 350m: 4:00.28 35.07 100m: 1:03.89 33.52 200m: 2:14.28 35.47 300m: 3:25.21 35.16 400m: 4:33.29 33.01					
51.	RODRIGUES Duarte Filipe (Fora Tempo Acesso / Out of Admission Time)	99	Alges	<b>4:33.79</b>	+0.80	519
	50m: 30.29 30.29 150m: 1:38.18 34.65 250m: 2:48.22 35.14 350m: 3:58.75 35.35 100m: 1:03.53 33.24 200m: 2:13.08 34.90 300m: 3:23.40 35.18 400m: 4:33.79 35.04					

Prova 4, Masc., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
52.	NUNES Joao Magalhaes (Fora Tempo Acesso / Out of Admission Time)	99	Belenenses	<b>4:33.93</b>	+0.79	518
	50m: 30.03 30.03 150m: 1:36.16 33.57 250m: 2:46.20 35.22 350m: 3:58.41 36.00 100m: 1:02.59 32.56 200m: 2:10.98 34.82 300m: 3:22.41 36.21 400m: 4:33.93 35.52					
53.	GONCALVES Emanuel Luis (Fora Tempo Acesso / Out of Admission Time)	89	Naval do Funchal	<b>4:34.37</b>		516
	50m: 31.66 31.66 150m: 1:40.07 34.38 250m: 2:49.28 34.49 350m: 3:59.44 35.15 100m: 1:05.69 34.03 200m: 2:14.79 34.72 300m: 3:24.29 35.01 400m: 4:34.37 34.93					
54.	SOUSA Diogo Monteiro	00	Naval Setubalense	<b>4:34.81</b>	+0.89	513
	50m: 30.55 30.55 150m: 1:39.51 34.79 250m: 2:49.71 35.07 350m: 4:00.82 35.40 100m: 1:04.72 34.17 200m: 2:14.64 35.13 300m: 3:25.42 35.71 400m: 4:34.81 33.99					
55.	PEREIRA Jose Maria	01	Sporting	<b>4:36.02</b>	+0.66	506
	50m: 30.97 30.97 150m: 1:39.86 35.14 250m: 2:50.53 35.12 350m: 4:01.13 35.28 100m: 1:04.72 33.75 200m: 2:15.41 35.55 300m: 3:25.85 35.32 400m: 4:36.02 34.89					
56.	ARAUJO Diogo Alexandre	01	Estrelas S.Joao de Brito	<b>4:36.62</b>	+0.85	503
	50m: 30.11 30.11 150m: 1:39.77 35.15 250m: 2:50.55 35.28 350m: 4:02.68 36.15 100m: 1:04.62 34.51 200m: 2:15.27 35.50 300m: 3:26.53 35.98 400m: 4:36.62 33.94					
57.	PINTO Rodrigo Melo	01	Colégio Vasco da Gama	<b>4:37.05</b>	+0.77	501
	50m: 31.40 31.40 150m: 1:40.84 35.18 250m: 2:52.06 35.78 350m: 4:03.12 35.64 100m: 1:05.66 34.26 200m: 2:16.28 35.44 300m: 3:27.48 35.42 400m: 4:37.05 33.93					
58.	FERRAO Gonçalo Carvalho	01	Nautica do Seixal	<b>4:37.21</b>	+0.63	500
	50m: 29.89 29.89 150m: 1:37.10 34.33 250m: 2:48.76 36.62 350m: 4:01.38 36.71 100m: 1:02.77 32.88 200m: 2:12.14 35.04 300m: 3:24.67 35.91 400m: 4:37.21 35.83					
59.	AGAPITO Bernardo Gameiro (Fora Tempo Acesso / Out of Admission Time)	98	Futebol Clube Ferreiras	<b>4:37.73</b>	+0.84	497
	50m: 30.27 30.27 150m: 1:39.03 35.24 250m: 2:49.88 35.51 350m: 4:02.23 36.50 100m: 1:03.79 33.52 200m: 2:14.37 35.34 300m: 3:25.73 35.85 400m: 4:37.73 35.50					
60.	CARVALHO Guilherme Ventura	01	Geslours	<b>4:38.30</b>	+0.69	494
	50m: 30.81 30.81 150m: 1:39.69 34.82 250m: 2:51.06 35.50 350m: 4:03.17 36.20 100m: 1:04.87 34.06 200m: 2:15.56 35.87 300m: 3:26.97 35.91 400m: 4:38.30 35.13					
61.	LOPES Luis Carlos (Fora Tempo Acesso / Out of Admission Time)	96	Colégio Vasco da Gama	<b>4:40.78</b>	+0.66	481
	50m: 30.26 30.26 150m: 1:38.13 34.65 250m: 2:50.63 36.53 350m: 4:04.87 37.30 100m: 1:03.48 33.22 200m: 2:14.10 35.97 300m: 3:27.57 36.94 400m: 4:40.78 35.91					
62.	RAMOS Filipe Asseiceira	00	Torres Novas	<b>4:41.44</b>	+0.66	478
	50m: 31.27 31.27 150m: 1:42.64 36.58 250m: 2:55.82 36.89 350m: 4:07.88 35.79 100m: 1:06.06 34.79 200m: 2:18.93 36.29 300m: 3:32.09 36.27 400m: 4:41.44 33.56					
63.	CARVALHO Filipe Albernaz	00	Bombeiros Ponta Delgada	<b>4:42.33</b>	+0.60	473
	50m: 31.44 31.44 150m: 1:42.63 35.42 250m: 2:55.13 36.16 350m: 4:07.30 36.08 100m: 1:07.21 35.77 200m: 2:18.97 36.34 300m: 3:31.22 36.09 400m: 4:42.33 35.03					
64.	VALENTE Tomas Miguel	01	Natação Olhão	<b>4:42.36</b>	+0.80	473
	50m: 31.54 31.54 150m: 1:42.49 35.59 250m: 2:54.41 35.85 350m: 4:07.32 35.96 100m: 1:06.90 35.36 200m: 2:18.56 36.07 300m: 3:31.36 36.95 400m: 4:42.36 35.04					
65.	SANTOS Edgar Filipe	01	Naval Amorense	<b>4:42.60</b>	+0.75	472
	50m: 31.63 31.63 150m: 1:42.41 35.84 250m: 2:54.65 36.03 350m: 4:07.51 36.10 100m: 1:06.57 34.94 200m: 2:18.62 36.21 300m: 3:31.41 36.76 400m: 4:42.60 35.09					
66.	FARINHA Luis Pedro (Fora Tempo Acesso / Out of Admission Time)	00	Seleccao do Interior Centro	<b>4:50.99</b>	+0.88	432
	50m: 32.32 32.32 150m: 1:44.73 36.65 250m: 2:59.88 37.79 350m: 4:15.87 37.65 100m: 1:08.08 35.76 200m: 2:22.09 37.36 300m: 3:38.22 38.34 400m: 4:50.99 35.12					
67.	HENRIQUES Miguel Mourato (Fora Tempo Acesso / Out of Admission Time)	00	Campomaiorense	<b>5:33.66</b>		286
	50m: 37.01 37.01 150m: 2:01.49 43.38 250m: 3:28.22 44.25 350m: 4:54.08 43.38 100m: 1:18.11 41.10 200m: 2:43.97 42.48 300m: 4:10.70 42.48 400m: 5:33.66 39.58					