

Event 4  
6.2.16 - 9:24

Men, 400m Freestyle

Absolutos/All  
Results Prelim

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

Points: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts	
1.	DIAS Guilherme Pereira	97	Sporting	<b>4:01.12</b>	+0.59	760	A
	50m: 28.36 28.36	150m: 1:30.28 31.11	250m: 2:31.77 30.55	350m: 3:31.71 29.98			
	100m: 59.17 30.81	200m: 2:01.22 30.94	300m: 3:01.73 29.96	400m: 4:01.12 29.41			
2.	VITAL Joao Alexandre	98	Sporting	<b>4:08.21</b>	+0.76	696	A
	50m: 28.66 28.66	150m: 1:31.44 31.71	250m: 2:34.52 31.77	350m: 3:36.29 30.33			
	100m: 59.73 31.07	200m: 2:02.75 31.31	300m: 3:05.96 31.44	400m: 4:08.21 31.92			
3.	SCHIFFMANN Nathan	00	Fed. Francaise - IRSO	<b>4:08.90</b>	+0.60	691	A
	50m: 28.67 28.67	150m: 1:32.04 31.96	250m: 2:35.51 31.52	350m: 3:38.74 31.71			
	100m: 1:00.08 31.41	200m: 2:03.99 31.95	300m: 3:07.03 31.52	400m: 4:08.90 30.16			
4.	MOGNE Igor Araujo	96	Sporting	<b>4:10.04</b>	+0.67	681	A
	50m: 28.55 28.55	150m: 1:31.01 31.39	250m: 2:34.16 31.26	350m: 3:38.45 32.47			
	100m: 59.62 31.07	200m: 2:02.90 31.89	300m: 3:05.98 31.82	400m: 4:10.04 31.59			
5.	BONANCA Mario Andre	90	Sporting	<b>4:10.07</b>	+0.77	681	A
	50m: 29.05 29.05	150m: 1:30.64 31.13	250m: 2:34.27 31.96	350m: 3:37.80 31.75			
	100m: 59.51 30.46	200m: 2:02.31 31.67	300m: 3:06.05 31.78	400m: 4:10.07 32.27			
6.	FARINHA Andre Filipe	96	Benfica	<b>4:10.85</b>	+0.72	675	A
	50m: 28.41 28.41	150m: 1:31.14 32.07	250m: 2:35.57 32.46	350m: 3:39.38 32.13			
	100m: 59.07 30.66	200m: 2:03.11 31.97	300m: 3:07.25 31.68	400m: 4:10.85 31.47			
7.	CARVALHO Jose Paula	98	Uniao Piedense	<b>4:11.62</b>	+0.75	669	A
	50m: 28.03 28.03	150m: 1:31.28 31.52	250m: 2:35.58 31.65	350m: 3:40.18 31.74			
	100m: 59.76 31.73	200m: 2:03.93 32.65	300m: 3:08.44 32.86	400m: 4:11.62 31.44			
8.	PINOTES Pedro Miguel	89	Sporting	<b>4:11.73</b>	+0.75	668	A
	50m: 28.59 28.59	150m: 1:31.65 31.81	250m: 2:36.76 32.66	350m: 3:41.44 32.21			
	100m: 59.84 31.25	200m: 2:04.10 32.45	300m: 3:09.23 32.47	400m: 4:11.73 30.29			
9.	COUTINHO Alexandre Valdagua	97	Cantanhedense	<b>4:12.01</b>	+0.67	665	A
	50m: 28.68 28.68	150m: 1:31.68 31.67	250m: 2:35.54 31.92	350m: 3:40.51 32.61			
	100m: 1:00.01 31.33	200m: 2:03.62 31.94	300m: 3:07.90 32.36	400m: 4:12.01 31.50			
10.	MARQUES Diogo Manuel	98	Cantanhedense	<b>4:12.10</b>	+0.76	665	A
	50m: 29.28 29.28	150m: 1:32.52 31.82	250m: 2:36.66 31.85	350m: 3:40.92 32.08			
	100m: 1:00.70 31.42	200m: 2:04.81 32.29	300m: 3:08.84 32.18	400m: 4:12.10 31.18			
11.	YEBBA Wissam-Amazigh	00	Fed. Francaise - IRSO	<b>4:12.95</b>	+0.71	658	B
	50m: 29.08 29.08	150m: 1:32.83 32.18	250m: 2:37.13 31.96	350m: 3:41.88 32.39			
	100m: 1:00.65 31.57	200m: 2:05.17 32.34	300m: 3:09.49 32.36	400m: 4:12.95 31.07			
12.	LOPES Jose Paulo	00	Selecao Portugal	<b>4:13.06</b>	+0.70	657	B
	50m: 28.60 28.60	150m: 1:32.08 32.16	250m: 2:36.56 32.43	350m: 3:41.90 32.86			
	100m: 59.92 31.32	200m: 2:04.13 32.05	300m: 3:09.04 32.48	400m: 4:13.06 31.16			
13.	REIS Leonardo Peralta	96	Benedita	<b>4:13.93</b>	+0.76	650	B
	50m: 28.97 28.97	150m: 1:32.95 32.50	250m: 2:37.15 31.65	350m: 3:41.98 32.31			
	100m: 1:00.45 31.48	200m: 2:05.50 32.55	300m: 3:09.67 32.52	400m: 4:13.93 31.95			
14.	COSTA Tiago Cunha	99	Sporting	<b>4:13.99</b>	+0.71	650	B
	50m: 29.45 29.45	150m: 1:33.09 31.93	250m: 2:37.41 32.08	350m: 3:42.63 32.64			
	100m: 1:01.16 31.71	200m: 2:05.33 32.24	300m: 3:09.99 32.58	400m: 4:13.99 31.36			
15.	DANTAS Diogo Leal	00	Sporting	<b>4:14.19</b>	+0.56	648	B
	50m: 28.57 28.57	150m: 1:31.89 31.75	250m: 2:36.52 32.48	350m: 3:42.00 32.71			
	100m: 1:00.14 31.57	200m: 2:04.04 32.15	300m: 3:09.29 32.77	400m: 4:14.19 32.19			
16.	OLIVEIRA Tomas Gomes	99	Nautico Marinha Grande	<b>4:15.87</b>	+0.84	636	B
	50m: 28.81 28.81	150m: 1:32.13 32.29	250m: 2:37.73 32.97	350m: 3:43.39 33.09			
	100m: 59.84 31.03	200m: 2:04.76 32.63	300m: 3:10.30 32.57	400m: 4:15.87 32.48			

Event 4, Men, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	PLAZA Swann 50m: 29.00 29.00 100m: 1:01.23 32.23	01	Fed. Francaise - IRSO	150m: 1:33.68 32.45 2:38.60 200m: 2:06.00 32.32 3:11.44	32.60 350m: 3:44.53 32.84 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 2:38.61 200m: 2:05.84 32.74 3:11.60	32.77 350m: 3:44.47 32.99 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	Selecao Portugal	150m: 1:32.62 32.30 2:38.67 200m: 2:05.34 32.72 3:12.46	33.33 350m: 3:46.52 33.79 400m: 4:19.13	612 B 34.06 32.61
20.	GOMES Sebastiao Mendes 50m: 29.48 29.48 100m: 1:01.89 32.41	00	Selecao Portugal	150m: 1:35.28 33.39 2:42.19 200m: 2:08.53 33.25 3:15.39	33.66 350m: 3:48.34 33.20 400m: 4:20.25	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 2:40.34 200m: 2:06.78 32.53 3:13.64	33.56 350m: 3:47.27 33.30 400m: 4:20.26	604 33.63 32.99
22.	FREITAS Diogo Rodrigues 50m: 29.41 29.41 100m: 1:01.58 32.17	98	Uniao Piedense	150m: 1:34.30 32.72 2:40.35 200m: 2:07.45 33.15 3:13.72	32.90 350m: 3:47.62 33.37 400m: 4:20.53	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 2:41.26 200m: 2:07.28 33.76 3:16.00	33.98 350m: 3:49.37 34.74 400m: 4:21.14	598 33.37 31.77
24.	SANTOS Tiago Carlos 50m: 29.25 29.25 100m: 1:00.75 31.50	98	Uniao Piedense	150m: 1:33.41 32.66 2:40.19 200m: 2:07.01 33.60 3:14.13	33.18 350m: 3:47.82 33.94 400m: 4:21.29	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 2:40.76 200m: 2:07.17 33.50 3:14.72	33.59 350m: 3:48.71 33.96 400m: 4:21.38	596 33.99 32.67
26.	MACHADO Joao Daniel 50m: 29.60 29.60 100m: 1:02.77 33.17	99	Uniao Piedense	150m: 1:36.14 33.37 2:42.64 200m: 2:09.66 33.52 3:15.86	32.98 350m: 3:48.90 33.22 400m: 4:21.40	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 2:41.61 200m: 2:08.06 33.76 3:15.70	33.55 350m: 3:48.86 34.09 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 2:41.27 200m: 2:07.53 33.21 3:15.04	33.74 350m: 3:49.43 33.77 400m: 4:22.19	591 34.39 32.76
29.	FREITAS Jose Pedro 50m: 28.66 28.66 100m: 1:01.04 32.38	00	Selecao Portugal	150m: 1:34.67 33.63 2:42.73 200m: 2:08.55 33.88 3:16.84	34.18 350m: 3:50.76 34.11 400m: 4:22.93	586 33.92 32.17
30.	VILHENA Tiago Miguel 50m: 29.52 29.52 100m: 1:01.62 32.10	01	Natacao de Faro	150m: 1:34.36 32.74 2:41.06 200m: 2:07.42 33.06 3:15.13	33.64 350m: 3:49.35 34.07 400m: 4:23.27	584 34.22 33.92
31.	QUEIROGA Afonso Calais 50m: 29.46 29.46 100m: 1:01.61 32.15	98	Uniao Piedense	150m: 1:34.70 33.09 2:42.05 200m: 2:08.40 33.70 3:16.28	33.65 350m: 3:50.33 34.23 400m: 4:24.16	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 2:40.72 200m: 2:06.14 33.57 3:15.65	34.58 350m: 3:50.70 34.93 400m: 4:24.29	577 35.05 33.59
33.	SANTO Filipe Miguel 50m: 30.30 30.30 100m: 1:02.71 32.41	00	Selecao Portugal	150m: 1:36.26 33.55 2:43.82 200m: 2:09.92 33.66 3:17.85	33.90 350m: 3:51.94 34.03 400m: 4:25.12	571 34.09 33.18
	FERRAOUN Charef 50m: 29.80 29.80 100m: 1:02.99 33.19	01	Fed. Francaise - IRSO	150m: 1:37.25 34.26 2:45.60 200m: 2:11.24 33.99 3:19.64	34.36 350m: 3:53.22 34.04 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	Selecao Portugal	150m: 1:35.27 33.80 2:44.37 200m: 2:09.72 34.45 3:19.26	34.65 350m: 3:53.31 34.89 400m: 4:26.37	563 34.05 33.06

Event 4, Men, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	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	Natacao 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	Fundacao 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	Colegio 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	Natacao Olhao	<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	Natacao Olhao	<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.	CATALAO Daniel Nogueira	00	Uniao 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	Selecao 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					

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	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	Colegio 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 Goncalo 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	Colegio 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	Natacao Olhao	<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		