

**Prova 31**  
**25.11.2018 - 10:41**
**Masc., 400m Estilos**
**Absolutos**  
**Resultados**

Rec Regional Abs	4:09.19	Joao Alexandre Vital	SCP	Copenhagen (DEN)	2017
Rec Regional Sen	4:09.19	Joao Alexandre Vital	SCP	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 1	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

TAC Juv B: 5:33.64; Juv A: 5:27.57; Jun 1: 5:15.58; Jun 2: 5:11.06; Sen: 5:05.06

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	4:45.10	<b>4:47.43</b>	550
	50m: 28.91 28.91	150m: 1:38.00 35.61	250m: 2:56.14 42.40	350m: 4:13.85 33.38		
	100m: 1:02.39 33.48	200m: 2:13.74 35.74	300m: 3:40.47 44.33	400m: 4:47.43 33.58		
2.	Bernardo Victorino Almeida	04	Sporting	4:53.91	<b>4:47.88</b>	547
	50m: 29.57 29.57	150m: 1:41.10 37.10	250m: 3:00.08 42.78	350m: 4:16.13 33.65		
	100m: 1:04.00 34.43	200m: 2:17.30 36.20	300m: 3:42.48 42.40	400m: 4:47.88 31.75		
3.	Joao Lourenco Rebelo	04	Alges	4:53.74	<b>4:49.81</b>	536
	50m: 30.73 30.73	150m: 1:46.92 40.35	250m: 3:03.94 38.91	350m: 4:17.68 34.18		
	100m: 1:06.57 35.84	200m: 2:25.03 38.11	300m: 3:43.50 39.56	400m: 4:49.81 32.13		
4.	Afonso Figueiredo Frasquilho	04	Sporting	5:08.56	<b>4:57.79</b>	494
	50m: 31.49 31.49	150m: 1:45.80 37.73	250m: 3:06.51 43.16	350m: 4:25.01 33.55		
	100m: 1:08.07 36.58	200m: 2:23.35 37.55	300m: 3:51.46 44.95	400m: 4:57.79 32.78		
5.	Andre Azevedo Baraona	04	C N Montijo	5:07.66	<b>5:00.33</b>	482
	50m: 30.73 30.73	150m: 1:42.92 35.64	250m: 3:04.49 45.54	350m: 4:26.28 34.80		
	100m: 1:07.28 36.55	200m: 2:18.95 36.03	300m: 3:51.48 46.99	400m: 5:00.33 34.05		
6.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	5:02.30	<b>5:02.43</b>	472
	50m: 33.07 33.07	150m: 1:49.49 38.53	250m: 3:11.02 43.15	350m: 4:29.28 34.39		
	100m: 1:10.96 37.89	200m: 2:27.87 38.38	300m: 3:54.89 43.87	400m: 5:02.43 33.15		
7.	Afonso Cipriano Pinto	04	Sporting	5:14.18	<b>5:02.91</b>	469
	50m: 31.87 31.87	150m: 1:47.67 38.48	250m: 3:10.50 44.17	350m: 4:29.79 34.34		
	100m: 1:09.19 37.32	200m: 2:26.33 38.66	300m: 3:55.45 44.95	400m: 5:02.91 33.12		
8.	Miguel Costa Simoes	04	Desportivo Cova da Piedade	5:12.17	<b>5:05.25</b>	459
	50m: 32.09 32.09	150m: 1:49.24 39.56	250m: 3:12.99 45.09	350m: 4:32.34 34.28		
	100m: 1:09.68 37.59	200m: 2:27.90 38.66	300m: 3:58.06 45.07	400m: 5:05.25 32.91		
9.	Nuno Fontes Mil-homens	04	Sporting	5:08.82	<b>5:10.24</b>	437
	50m: 30.92 30.92	150m: 1:46.18 39.04	250m: 3:11.57 47.53	350m: 4:35.20 35.83		
	100m: 1:07.14 36.22	200m: 2:24.04 37.86	300m: 3:59.37 47.80	400m: 5:10.24 35.04		
10.	Tiago Fanha Lopes	04	C N Montijo	5:11.83	<b>5:10.60</b>	435
	50m: 33.35 33.35	150m: 1:50.34 36.95	250m: 3:11.01 42.09	350m: 4:35.23 36.90		
	100m: 1:13.39 40.04	200m: 2:28.92 38.58	300m: 3:58.33 47.32	400m: 5:10.60 35.37		
11.	Felipe Menegassi Maia	04	Alges	5:12.01	<b>5:11.44</b>	432
	50m: 31.67 31.67	150m: 1:47.65 38.68	250m: 3:13.94 47.90	350m: 4:37.26 34.85		
	100m: 1:08.97 37.30	200m: 2:26.04 38.39	300m: 4:02.41 48.47	400m: 5:11.44 34.18		
12.	Joao Afonso Santos	04	Sporting	5:15.81	<b>5:11.52</b>	432
	50m: 32.24 32.24	150m: 1:49.96 39.99	250m: 3:14.91 45.26	350m: 4:37.11 36.50		
	100m: 1:09.97 37.73	200m: 2:29.65 39.69	300m: 4:00.61 45.70	400m: 5:11.52 34.41		
13.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	5:25.24	<b>5:14.42</b>	420
	50m: 30.76 30.76	150m: 1:47.96 38.19	250m: 3:15.51 49.04	350m: 4:40.25 36.61		
	100m: 1:09.77 39.01	200m: 2:26.47 38.51	300m: 4:03.64 48.13	400m: 5:14.42 34.17		
14.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	5:15.04	<b>5:15.30</b>	416
	50m: 32.81 32.81	150m: 1:49.34 38.51	250m: 3:14.91 47.49	350m: 4:39.14 37.30		
	100m: 1:10.83 38.02	200m: 2:27.42 38.08	300m: 4:01.84 46.93	400m: 5:15.30 36.16		
15.	Alexandre Duarte Morais	04	Palmela Desporto	5:26.99	<b>5:16.91</b>	410
	50m: 32.27 32.27	150m: 1:54.11 42.73	250m: 3:21.11 46.44	350m: 4:44.42 36.18		
	100m: 1:11.38 39.11	200m: 2:34.67 40.56	300m: 4:08.24 47.13	400m: 5:16.91 32.49		

**Prova 31, Masc., 400m Estilos, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Yann Chetelat Fock	04	Avançado EULx	5:18.91	<b>5:18.92</b>	402
	50m: 34.24 34.24	150m: 1:56.43 41.31	250m: 3:21.76 45.60	350m: 4:45.23 37.83		
	100m: 1:15.12 40.88	200m: 2:36.16 39.73	300m: 4:07.40 45.64	400m: 5:18.92 33.69		
17.	Guilherme Machado Santos	04	União Piedense	5:19.35	<b>5:19.48</b>	400
	50m: 32.68 32.68	150m: 1:53.00 40.76	250m: 3:17.81 45.27	350m: 4:43.10 39.09		
	100m: 1:12.24 39.56	200m: 2:32.54 39.54	300m: 4:04.01 46.20	400m: 5:19.48 36.38		
18.	Goncalo Gomes Augusto	04	Laranjeiro	5:29.29	<b>5:19.65</b>	399
	50m: 34.57 34.57	150m: 1:56.59 40.34	250m: 3:21.56 45.40	350m: 4:44.59 36.89		
	100m: 1:16.25 41.68	200m: 2:36.16 39.57	300m: 4:07.70 46.14	400m: 5:19.65 35.06		
19.	Tomas Pratas Neto	04	Palmela Desporto	5:33.64	<b>5:26.74</b>	374
	50m: 35.23 35.23	150m: 1:59.56 42.52	250m: 3:26.69 45.32	350m: 4:51.09 37.50		
	100m: 1:17.04 41.81	200m: 2:41.37 41.81	300m: 4:13.59 46.90	400m: 5:26.74 35.65		
20.	Miguel Filipe Anjo	04	Desportivo Cova da Piedade	5:33.64	<b>5:27.47</b>	371
	50m: 35.75 35.75	150m: 2:00.63 42.45	250m: 3:28.94 47.65	350m: 4:52.22 37.66		
	100m: 1:18.18 42.43	200m: 2:41.29 40.66	300m: 4:14.56 45.62	400m: 5:27.47 35.25		
21.	Jaeden Michael Nunes	04	Belenenses	5:33.64	<b>5:27.72</b>	371
	50m: 33.33 33.33	150m: 1:57.82 42.79	250m: 3:25.52 45.87	350m: 4:51.57 38.75		
	100m: 1:15.03 41.70	200m: 2:39.65 41.83	300m: 4:12.82 47.30	400m: 5:27.72 36.15		
22.	Duarte Brito Justino	04	Colegio Int Monte Maior	5:33.64	<b>5:34.54</b>	348
	<i>Fora Tempo Acesso</i>					
	50m: 34.07 34.07	150m: 1:58.31 42.70	250m: 3:28.57 48.28	350m: 4:57.61 39.08		
	100m: 1:15.61 41.54	200m: 2:40.29 41.98	300m: 4:18.53 49.96	400m: 5:34.54 36.93		
23.	Afonso Romao Francisco	04	Desportivo Cova da Piedade	5:33.64	<b>5:41.80</b>	327
	<i>Fora Tempo Acesso</i>					
	50m: 34.24 34.24	150m: 1:56.74 41.84	250m: 3:30.27 52.07	350m: 5:04.20 40.51		
	100m: 1:14.90 40.66	200m: 2:38.20 41.46	300m: 4:23.69 53.42	400m: 5:41.80 37.60		
DSQ	Antonio Lombardi Carvalho	04	Belenenses	5:08.44		
	<i>E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 275 metros (SW 7.6)</i>					
DSQ	Joao Silva Angelino	04	Palmela Desporto	5:33.64		
	<i>E-M2 - Efectuou batimento alternado de pernas/pés após a partida. (SW 8.3)</i>					
DSQ	Tomas Santos Luis	04	Sporting	5:25.92		
	<i>E-M31 - No percurso de mariposa, tocou com uma só mão na parede testa, na viragem aos 25 metros (SW 8.4)</i>					
DSQ	Victor Bethlem Tigre	04	Sporting	5:33.64		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	Goncalo Filipe Carrapito	04	União Piedense	5:23.62		
	<i>E-M30 - No percurso de mariposa, efect. toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 8.4)</i>					
DSQ	Tomas Sa Vieira	04	Alges	5:20.14		
	<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>					

**Juvenis A**

1.	Joao Soares Carneiro	03	Benfica	4:38.06	<b>4:33.47</b>	638
	50m: 28.17 28.17	150m: 1:37.35 37.38	250m: 2:51.65 38.41	350m: 4:02.79 32.46		
	100m: 59.97 31.80	200m: 2:13.24 35.89	300m: 3:30.33 38.68	400m: 4:33.47 30.68		
2.	Tomas Nogueira Gomes	03	União Piedense	4:54.76	<b>4:48.70</b>	542
	50m: 30.47 30.47	150m: 1:40.48 35.34	250m: 2:59.57 43.87	350m: 4:16.53 33.21		
	100m: 1:05.14 34.67	200m: 2:15.70 35.22	300m: 3:43.32 43.75	400m: 4:48.70 32.17		
3.	Rodrigo Reis Dias	03	Belenenses	4:57.08	<b>4:49.77</b>	536
	50m: 30.91 30.91	150m: 1:43.97 36.64	250m: 3:02.91 42.76	350m: 4:18.36 32.51		
	100m: 1:07.33 36.42	200m: 2:20.15 36.18	300m: 3:45.85 42.94	400m: 4:49.77 31.41		
4.	Ricardo Samuel Pereira	03	Benfica	4:54.31	<b>4:49.91</b>	536
	50m: 30.98 30.98	150m: 1:45.30 38.29	250m: 3:02.72 39.64	350m: 4:18.05 35.12		
	100m: 1:07.01 36.03	200m: 2:23.08 37.78	300m: 3:42.93 40.21	400m: 4:49.91 31.86		
5.	Guilherme Matias Cristino	03	União Piedense	5:07.83	<b>4:58.61</b>	490
	50m: 32.99 32.99	150m: 1:50.18 39.32	250m: 3:08.62 40.20	350m: 4:25.48 35.81		
	100m: 1:10.86 37.87	200m: 2:28.42 38.24	300m: 3:49.67 41.05	400m: 4:58.61 33.13		

**Prova 31, Masc., 400m Estilos, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Luis Cabral Junior	03	Belenenses	5:07.36	5:01.16	478
	50m: 31.59 31.59	150m: 1:51.08 40.92	250m: 3:12.98 41.04	350m: 4:28.51 34.13	400m: 5:01.16 32.65	
	100m: 1:10.16 38.57	200m: 2:31.94 40.86	300m: 3:54.38 41.40	400m: 5:01.16 32.65		
7.	Pedro Henriques Correia	03	Benfica	5:03.76	5:01.41	476
	50m: 31.42 31.42	150m: 1:46.80 39.03	250m: 3:07.76 43.49	350m: 4:26.92 34.89	400m: 5:01.41 34.49	
	100m: 1:07.77 36.35	200m: 2:24.27 37.47	300m: 3:52.03 44.27	400m: 5:01.41 34.49		
8.	Joao Luis Matos	03	Colégio Vasco da Gama	5:07.49	5:04.63	462
	50m: 33.65 33.65	150m: 1:50.28 39.99	250m: 3:11.33 42.08	350m: 4:30.06 35.31	400m: 5:04.63 34.57	
	100m: 1:10.29 36.64	200m: 2:29.25 38.97	300m: 3:54.75 43.42	400m: 5:04.63 34.57		
9.	Diogo Miguel Duraes	03	C N Montijo	5:22.83	5:06.93	451
	50m: 32.48 32.48	150m: 1:49.67 38.44	250m: 3:11.23 43.68	350m: 4:32.81 36.42	400m: 5:06.93 34.12	
	100m: 1:11.23 38.75	200m: 2:27.55 37.88	300m: 3:56.39 45.16	400m: 5:06.93 34.12		
10.	Joao Maria Colaco	03	Sporting	5:05.55	5:09.13	442
	50m: 30.67 30.67	150m: 1:49.15 41.09	250m: 3:13.34 43.94	350m: 4:34.35 36.33	400m: 5:09.13 34.78	
	100m: 1:08.06 37.39	200m: 2:29.40 40.25	300m: 3:58.02 44.68	400m: 5:09.13 34.78		
11.	Joao Miguel Cascalheira	03	Naval Setubalense	5:23.82	5:13.19	425
	50m: 31.36 31.36	150m: 1:49.30 41.28	250m: 3:14.85 46.04	350m: 4:38.97 36.42	400m: 5:13.19 34.22	
	100m: 1:08.02 36.66	200m: 2:28.81 39.51	300m: 4:02.55 47.70	400m: 5:13.19 34.22		
12.	Afonso Esteves Tome	03	Colegio Int Monte Maior	5:24.83	5:14.15	421
	50m: 32.58 32.58	150m: 1:51.32 40.80	250m: 3:17.27 46.15	350m: 4:40.64 36.35	400m: 5:14.15 33.51	
	100m: 1:10.52 37.94	200m: 2:31.12 39.80	300m: 4:04.29 47.02	400m: 5:14.15 33.51		
13.	Alexandre Coelho Vieira	03	Sporting	5:20.67	5:15.48	415
	50m: 32.20 32.20	150m: 1:53.61 41.93	250m: 3:19.49 45.01	350m: 4:41.75 35.06	400m: 5:15.48 33.73	
	100m: 1:11.68 39.48	200m: 2:34.48 40.87	300m: 4:06.69 47.20	400m: 5:15.48 33.73		
14.	Pedro Esteves Duarte	03	Desportivo Cova da Piedade	5:26.34	5:15.64	415
	50m: 32.77 32.77	150m: 1:52.50 40.41	250m: 3:18.72 47.02	350m: 4:42.22 34.93	400m: 5:15.64 33.42	
	100m: 1:12.09 39.32	200m: 2:31.70 39.20	300m: 4:07.29 48.57	400m: 5:15.64 33.42		
15.	Nicolae Iachimovschi	03	Belenenses	5:19.50	5:17.42	408
	50m: 33.41 33.41	150m: 1:53.23 38.68	250m: 3:15.99 44.58	350m: 4:40.60 37.73	400m: 5:17.42 36.82	
	100m: 1:14.55 41.14	200m: 2:31.41 38.18	300m: 4:02.87 46.88	400m: 5:17.42 36.82		
16.	Andre Santos Costa	03	Amadora	5:25.47	5:20.65	396
	50m: 32.89 32.89	150m: 1:55.64 42.56	250m: 3:22.36 44.67	350m: 4:44.34 37.05	400m: 5:20.65 36.31	
	100m: 1:13.08 40.19	200m: 2:37.69 42.05	300m: 4:07.29 44.93	400m: 5:20.65 36.31		
17.	Dinis Viola Caroco	03	Sporting	5:27.19	5:26.08	376
	50m: 33.14 33.14	150m: 1:57.19 43.04	250m: 3:25.03 47.93	350m: 4:51.22 37.43	400m: 5:26.08 34.86	
	100m: 1:14.15 41.01	200m: 2:37.10 39.91	300m: 4:13.79 48.76	400m: 5:26.08 34.86		
18.	Fabio Miguel Farinha <i>Fora Tempo Acesso</i>	03	Benfica	5:27.57	5:31.16	359
	50m: 32.72 32.72	150m: 1:56.62 44.83	250m: 3:26.29 47.45	350m: 4:54.16 39.95	400m: 5:31.16 37.00	
	100m: 1:11.79 39.07	200m: 2:38.84 42.22	300m: 4:14.21 47.92	400m: 5:31.16 37.00		
19.	Pedro Pires Gomes <i>Fora Tempo Acesso</i>	03	Belenenses	5:27.57	5:32.43	355
	50m: 33.57 33.57	150m: 1:55.58 41.47	250m: 3:26.28 50.17	350m: 4:54.98 38.63	400m: 5:32.43 37.45	
	100m: 1:14.11 40.54	200m: 2:36.11 40.53	300m: 4:16.35 50.07	400m: 5:32.43 37.45		
DSQ	Joao Matos Fidalgo	03	Benfica	5:14.29		
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de bruços (SW 7.6)</i>					
DSQ	Ricardo Novikov	03	Alges	5:02.15		
	<i>E-C10 - No percurso de costas, perdeu a posição dorsal aos 180 metros. (SW 6.2)</i>					

**Juniores**

1.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	4:36.17	4:37.10	613
	50m: 30.77 30.77	150m: 1:41.88 37.15	250m: 2:57.20 39.49	350m: 4:07.57 31.33	400m: 4:37.10 29.53	
	100m: 1:04.73 33.96	200m: 2:17.71 35.83	300m: 3:36.24 39.04	400m: 4:37.10 29.53		
2.	Rodrigo Almeida Cabrito	01	Belenenses	4:50.02	4:43.15	575
	50m: 30.47 30.47	150m: 1:44.61 37.57	250m: 2:59.24 38.24	350m: 4:11.48 34.07	400m: 4:43.15 31.67	
	100m: 1:07.04 36.57	200m: 2:21.00 36.39	300m: 3:37.41 38.17	400m: 4:43.15 31.67		
3.	Tomas Penha Monteiro	02	Alges	4:49.21	4:43.32	574
	50m: 30.76 30.76	150m: 1:42.42 36.93	250m: 2:59.97 41.13	350m: 4:12.94 31.52	400m: 4:43.32 30.38	
	100m: 1:05.49 34.73	200m: 2:18.84 36.42	300m: 3:41.42 41.45	400m: 4:43.32 30.38		

**Prova 31, Masc., 400m Estilos, Juniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Martim Rebelo Malfeito	02	Sporting	4:51.73	<b>4:44.57</b>	566
	50m: 29.87 29.87	150m: 1:44.17 39.55	250m: 3:01.90 38.84	350m: 4:13.79 32.26		
	100m: 1:04.62 34.75	200m: 2:23.06 38.89	300m: 3:41.53 39.63	400m: 4:44.57 30.78		
5.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	4:47.90	<b>4:53.36</b>	517
	50m: 31.03 31.03	150m: 1:44.37 37.75	250m: 3:02.96 41.84	350m: 4:20.78 35.04		
	100m: 1:06.62 35.59	200m: 2:21.12 36.75	300m: 3:45.74 42.78	400m: 4:53.36 32.58		
6.	Afonso Amaro Santos	02	Geslours	4:52.13	<b>4:55.26</b>	507
	50m: 32.32 32.32	150m: 1:48.21 38.64	250m: 3:05.81 39.35	350m: 4:21.70 35.53		
	100m: 1:09.57 37.25	200m: 2:26.46 38.25	300m: 3:46.17 40.36	400m: 4:55.26 33.56		
DSQ	Alexandre Miguel Branco	01	Alges	4:52.13		
	<i>E-B35 - No percurso de bruços, efect. múltiplas pernadas de golfinho após a viragem aos 225 metros (SW 7.1)</i>					

**Seniores**

1.	Rafael Lourenco Gil	96	Sporting	5:05.06	<b>4:30.93</b>	656
	50m: 29.06 29.06	150m: 1:36.45 35.17	250m: 2:50.66 38.52	350m: 4:01.53 31.48		
	100m: 1:01.28 32.22	200m: 2:12.14 35.69	300m: 3:30.05 39.39	400m: 4:30.93 29.40		
2.	Antonio Manuel Mendes	99	Sporting	5:05.06	<b>4:38.10</b>	607
	50m: 29.71 29.71	150m: 1:41.49 39.32	250m: 2:57.27 37.68	350m: 4:07.00 32.37		
	100m: 1:02.17 32.46	200m: 2:19.59 38.10	300m: 3:34.63 37.36	400m: 4:38.10 31.10		
3.	Rafael Filipe Nunes	96	Benfica	4:33.20	<b>4:40.02</b>	594
	50m: 29.79 29.79	150m: 1:40.45 36.91	250m: 2:56.58 40.07	350m: 4:09.98 32.70		
	100m: 1:03.54 33.75	200m: 2:16.51 36.06	300m: 3:37.28 40.70	400m: 4:40.02 30.04		
4.	Afonso Mateus Ribeiro	95	Belenses	5:05.06	<b>4:45.39</b>	561
	50m: 29.33 29.33	150m: 1:39.96 36.96	250m: 2:58.77 40.61	350m: 4:16.39 33.32		
	100m: 1:03.00 33.67	200m: 2:18.16 38.20	300m: 3:39.80 41.03	400m: 4:45.39 32.27		
5.	Pedro Barata Neves	00	Laranjeiro	4:49.65	<b>4:50.65</b>	531
	50m: 30.14 30.14	150m: 1:42.48 38.14	250m: 3:03.47 43.00	350m: 4:19.49 32.35		
	100m: 1:04.34 34.20	200m: 2:20.47 37.99	300m: 3:47.14 43.67	400m: 4:50.65 31.16		
6.	Joao Manuel Vargas	00	Alges	4:50.67	<b>4:51.43</b>	527
	50m: 29.33 30.75	150m: 1:43.82 37.41	250m: 3:00.92 40.41	350m: 4:16.39 34.60		
	100m: 1:06.41 35.66	200m: 2:20.51 36.69	300m: 3:41.79 40.87	400m: 4:51.43 35.04		
7.	Frederico Sousa Soares	96	Bombeiros dos Estoris	5:05.06	<b>4:54.20</b>	512
	50m: 29.88 29.88	150m: 1:43.00 38.49	250m: 3:02.42 41.86	350m: 4:20.60 34.94		
	100m: 1:04.51 34.63	200m: 2:20.56 37.56	300m: 3:45.66 43.24	400m: 4:54.20 33.60		
8.	Miguel Duarte Cruz	99	Belenses	5:01.92	<b>5:06.99</b>	451
	<i>Fora Tempo Acesso</i>					
	50m: 31.39 31.39	150m: 1:48.71 40.93	250m: 3:12.83 44.59	350m: 4:32.94 35.64		
	100m: 1:07.78 36.39	200m: 2:28.24 39.53	300m: 3:57.30 44.47	400m: 5:06.99 34.05		
DSQ	Pedro Miguel Silva	94	Colegio Int Monte Maior	4:41.09		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	Hugo Pon	98	Alges	5:05.06		
	<i>E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 225 metros (SW 7.6)</i>					

**Absolutos**

1.	Rafael Lourenco Gil	96	Sporting	5:05.06	<b>4:30.93</b>	656
	<i>Campeão Regional</i>					
	50m: 29.06 29.06	150m: 1:36.45 35.17	250m: 2:50.66 38.52	350m: 4:01.53 31.48		
	100m: 1:01.28 32.22	200m: 2:12.14 35.69	300m: 3:30.05 39.39	400m: 4:30.93 29.40		
2.	Joao Soares Carneiro	03	Benfica	4:38.06	<b>4:33.47</b>	638
	50m: 28.17 28.17	150m: 1:37.35 37.38	250m: 2:51.65 38.41	350m: 4:02.79 32.46		
	100m: 59.97 31.80	200m: 2:13.24 35.89	300m: 3:30.33 38.68	400m: 4:33.47 30.68		
3.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	4:36.17	<b>4:37.10</b>	613
	50m: 30.77 30.77	150m: 1:41.88 37.15	250m: 2:57.20 39.49	350m: 4:07.57 31.33		
	100m: 1:04.73 33.96	200m: 2:17.71 35.83	300m: 3:36.24 39.04	400m: 4:37.10 29.53		
4.	Antonio Manuel Mendes	99	Sporting	5:05.06	<b>4:38.10</b>	607
	50m: 29.71 29.71	150m: 1:41.49 39.32	250m: 2:57.27 37.68	350m: 4:07.00 32.37		
	100m: 1:02.17 32.46	200m: 2:19.59 38.10	300m: 3:34.63 37.36	400m: 4:38.10 31.10		

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Rafael Filipe Nunes 50m: 29.79 29.79 100m: 1:03.54 33.75	96	Benfica 150m: 1:40.45 36.91 200m: 2:16.51 36.06	250m: 2:56.58 300m: 3:37.28	4:33.20 40.07 350m: 4:09.98 40.70 400m: 4:40.02	594 32.70 30.04
6.	Rodrigo Almeida Cabrito 50m: 30.47 30.47 100m: 1:07.04 36.57	01	Belenenses 150m: 1:44.61 37.57 200m: 2:21.00 36.39	250m: 2:59.24 300m: 3:37.41	4:50.02 38.24 350m: 4:11.48 38.17 400m: 4:43.15	575 34.07 31.67
7.	Tomas Penha Monteiro 50m: 30.76 30.76 100m: 1:05.49 34.73	02	Alges 150m: 1:42.42 36.93 200m: 2:18.84 36.42	250m: 2:59.97 300m: 3:41.42	4:49.21 41.13 350m: 4:12.94 41.45 400m: 4:43.32	574 31.52 30.38
8.	Martim Rebelo Malfeito 50m: 29.87 29.87 100m: 1:04.62 34.75	02	Sporting 150m: 1:44.17 39.55 200m: 2:23.06 38.89	250m: 3:01.90 300m: 3:41.53	4:51.73 38.84 350m: 4:13.79 39.63 400m: 4:44.57	566 32.26 30.78
9.	Afonso Mateus Ribeiro 50m: 29.33 29.33 100m: 1:03.00 33.67	95	Belenenses 150m: 1:39.96 36.96 200m: 2:18.16 38.20	250m: 2:58.77 300m: 3:39.80	5:05.06 40.61 350m: 4:13.12 41.03 400m: 4:45.39	561 33.32 32.27
10.	Bernardo Jorge Simoes 50m: 28.91 28.91 100m: 1:02.39 33.48	04	Colégio Vasco da Gama 150m: 1:38.00 35.61 200m: 2:13.74 35.74	250m: 2:56.14 300m: 3:40.47	4:45.10 42.40 350m: 4:13.85 44.33 400m: 4:47.43	550 33.38 33.58
11.	Bernardo Victorino Almeida 50m: 29.57 29.57 100m: 1:04.00 34.43	04	Sporting 150m: 1:41.10 37.10 200m: 2:17.30 36.20	250m: 3:00.08 300m: 3:42.48	4:53.91 42.78 350m: 4:16.13 42.40 400m: 4:47.88	547 33.65 31.75
12.	Tomas Nogueira Gomes 50m: 30.47 30.47 100m: 1:05.14 34.67	03	União Piedense 150m: 1:40.48 35.34 200m: 2:15.70 35.22	250m: 2:59.57 300m: 3:43.32	4:54.76 43.87 350m: 4:16.53 43.75 400m: 4:48.70	542 33.21 32.17
13.	Rodrigo Reis Dias 50m: 30.91 30.91 100m: 1:07.33 36.42	03	Belenenses 150m: 1:43.97 36.64 200m: 2:20.15 36.18	250m: 3:02.91 300m: 3:45.85	4:57.08 42.76 350m: 4:18.36 42.94 400m: 4:49.77	536 32.51 31.41
14.	Joao Lourenco Rebelo 50m: 30.73 30.73 100m: 1:06.57 35.84	04	Alges 150m: 1:46.92 40.35 200m: 2:25.03 38.11	250m: 3:03.94 300m: 3:43.50	4:53.74 38.91 350m: 4:17.68 39.56 400m: 4:49.81	536 34.18 32.13
15.	Ricardo Samuel Pereira 50m: 30.98 30.98 100m: 1:07.01 36.03	03	Benfica 150m: 1:45.30 38.29 200m: 2:23.08 37.78	250m: 3:02.72 300m: 3:42.93	4:54.31 39.64 350m: 4:18.05 40.21 400m: 4:49.91	536 35.12 31.86
16.	Pedro Barata Neves 50m: 30.14 30.14 100m: 1:04.34 34.20	00	Laranjeiro 150m: 1:42.48 38.14 200m: 2:20.47 37.99	250m: 3:03.47 300m: 3:47.14	4:49.65 43.00 350m: 4:19.49 43.67 400m: 4:50.65	531 32.35 31.16
17.	Joao Manuel Vargas 50m: 30.75 30.75 100m: 1:06.41 35.66	00	Alges 150m: 1:43.82 37.41 200m: 2:20.51 36.69	250m: 3:00.92 300m: 3:41.79	4:50.67 40.41 350m: 4:16.39 40.87 400m: 4:51.43	527 34.60 35.04
18.	Goncalo Morais Gordo 50m: 31.03 31.03 100m: 1:06.62 35.59	02	Colegio Int Monte Maior 150m: 1:44.37 37.75 200m: 2:21.12 36.75	250m: 3:02.96 300m: 3:45.74	4:47.90 41.84 350m: 4:20.78 42.78 400m: 4:53.36	517 35.04 32.58
19.	Frederico Sousa Soares 50m: 29.88 29.88 100m: 1:04.51 34.63	96	Bombeiros dos Estoris 150m: 1:43.00 38.49 200m: 2:20.56 37.56	250m: 3:02.42 300m: 3:45.66	5:05.06 41.86 350m: 4:20.60 43.24 400m: 4:54.20	512 34.94 33.60
20.	Afonso Amaro Santos 50m: 32.32 32.32 100m: 1:09.57 37.25	02	Geslours 150m: 1:48.21 38.64 200m: 2:26.46 38.25	250m: 3:05.81 300m: 3:46.17	4:52.13 39.35 350m: 4:21.70 40.36 400m: 4:55.26	507 35.53 33.56
21.	Afonso Figueiredo Frasquilho 50m: 31.49 31.49 100m: 1:08.07 36.58	04	Sporting 150m: 1:45.80 37.73 200m: 2:23.35 37.55	250m: 3:06.51 300m: 3:51.46	5:08.56 43.16 350m: 4:25.01 44.95 400m: 4:57.79	494 33.55 32.78
22.	Guilherme Matias Cristino 50m: 32.99 32.99 100m: 1:10.86 37.87	03	União Piedense 150m: 1:50.18 39.32 200m: 2:28.42 38.24	250m: 3:08.62 300m: 3:49.67	5:07.83 40.20 350m: 4:25.48 41.05 400m: 4:58.61	490 35.81 33.13
23.	Andre Azevedo Baraona 50m: 30.73 30.73 100m: 1:07.28 36.55	04	C N Montijo 150m: 1:42.92 35.64 200m: 2:18.95 36.03	250m: 3:04.49 300m: 3:51.48	5:07.66 45.54 350m: 4:26.28 46.99 400m: 5:00.33	482 34.80 34.05
24.	Luis Cabral Junior 50m: 31.59 31.59 100m: 1:10.16 38.57	03	Belenenses 150m: 1:51.08 40.92 200m: 2:31.94 40.86	250m: 3:12.98 300m: 3:54.38	5:07.36 41.04 350m: 4:28.51 41.40 400m: 5:01.16	478 34.13 32.65
25.	Pedro Henriques Correia 50m: 31.42 31.42 100m: 1:07.77 36.35	03	Benfica 150m: 1:46.80 39.03 200m: 2:24.27 37.47	250m: 3:07.76 300m: 3:52.03	5:03.76 43.49 350m: 4:26.92 44.27 400m: 5:01.41	476 34.89 34.49

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
26.	Tiago Miguel Trombinhas 50m: 33.07 33.07 100m: 1:10.96 37.89	04	Colegio Int Monte Maior 150m: 1:49.49 38.53 200m: 2:27.87 38.38	250m: 3:11.02 300m: 3:54.89	5:02.30 43.15 350m: 4:29.28 43.87 400m: 5:02.43	472 34.39 33.15
27.	Afonso Cipriano Pinto 50m: 31.87 31.87 100m: 1:09.19 37.32	04	Sporting 150m: 1:47.67 38.48 200m: 2:26.33 38.66	250m: 3:10.50 300m: 3:55.45	5:14.18 44.17 350m: 4:29.79 44.95 400m: 5:02.91	469 34.34 33.12
28.	Joao Luis Matos 50m: 33.65 33.65 100m: 1:10.29 36.64	03	Colégio Vasco da Gama 150m: 1:50.28 39.99 200m: 2:29.25 38.97	250m: 3:11.33 300m: 3:54.75	5:07.49 42.08 350m: 4:30.06 43.42 400m: 5:04.63	462 35.31 34.57
29.	Miguel Costa Simoes 50m: 32.09 32.09 100m: 1:09.68 37.59	04	Desportivo Cova da Piedade 150m: 1:49.24 39.56 200m: 2:27.90 38.66	250m: 3:12.99 300m: 3:58.06	5:12.17 45.09 350m: 4:32.34 45.07 400m: 5:05.25	459 34.28 32.91
30.	Diogo Miguel Duraes 50m: 32.48 32.48 100m: 1:11.23 38.75	03	C N Montijo 150m: 1:49.67 38.44 200m: 2:27.55 37.88	250m: 3:11.23 300m: 3:56.39	5:22.83 43.68 350m: 4:32.81 45.16 400m: 5:06.93	451 36.42 34.12
31.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i> 50m: 31.39 31.39 100m: 1:07.78 36.39	99	Belenenses 150m: 1:48.71 40.93 200m: 2:28.24 39.53	250m: 3:12.83 300m: 3:57.30	5:01.92 44.59 350m: 4:32.94 44.47 400m: 5:06.99	451 35.64 34.05
32.	Joao Maria Colaco 50m: 30.67 30.67 100m: 1:08.06 37.39	03	Sporting 150m: 1:49.15 41.09 200m: 2:29.40 40.25	250m: 3:13.34 300m: 3:58.02	5:05.55 43.94 350m: 4:34.35 44.68 400m: 5:09.13	442 36.33 34.78
33.	Nuno Fontes Mil-homens 50m: 30.92 30.92 100m: 1:07.14 36.22	04	Sporting 150m: 1:46.18 39.04 200m: 2:24.04 37.86	250m: 3:11.57 300m: 3:59.37	5:08.82 47.53 350m: 4:35.20 47.80 400m: 5:10.24	437 35.83 35.04
34.	Tiago Fanha Lopes 50m: 33.35 33.35 100m: 1:13.39 40.04	04	C N Montijo 150m: 1:50.34 36.95 200m: 2:28.92 38.58	250m: 3:11.01 300m: 3:58.33	5:11.83 42.09 350m: 4:35.23 47.32 400m: 5:10.60	435 36.90 35.37
35.	Felipe Menegassi Maia 50m: 31.67 31.67 100m: 1:08.97 37.30	04	Alges 150m: 1:47.65 38.68 200m: 2:26.04 38.39	250m: 3:13.94 300m: 4:02.41	5:12.01 47.90 350m: 4:37.26 48.47 400m: 5:11.44	432 34.85 34.18
36.	Joao Afonso Santos 50m: 32.24 32.24 100m: 1:09.97 37.73	04	Sporting 150m: 1:49.96 39.99 200m: 2:29.65 39.69	250m: 3:14.91 300m: 4:00.61	5:15.81 45.26 350m: 4:37.11 45.70 400m: 5:11.52	432 36.50 34.41
37.	Joao Miguel Cascalheira 50m: 31.36 31.36 100m: 1:08.02 36.66	03	Naval Setubalense 150m: 1:49.30 41.28 200m: 2:28.81 39.51	250m: 3:14.85 300m: 4:02.55	5:23.82 46.04 350m: 4:38.97 47.70 400m: 5:13.19	425 36.42 34.22
38.	Afonso Esteves Tome 50m: 32.58 32.58 100m: 1:10.52 37.94	03	Colegio Int Monte Maior 150m: 1:51.32 40.80 200m: 2:31.12 39.80	250m: 3:17.27 300m: 4:04.29	5:24.83 46.15 350m: 4:40.64 47.02 400m: 5:14.15	421 36.35 33.51
39.	Francisco Ribeiro Vieira 50m: 30.76 30.76 100m: 1:09.77 39.01	04	Fisica Torres Vedras 150m: 1:47.96 38.19 200m: 2:26.47 38.51	250m: 3:15.51 300m: 4:03.64	5:25.24 49.04 350m: 4:40.25 48.13 400m: 5:14.42	420 36.61 34.17
40.	Tiago Morgado Nogueira 50m: 32.81 32.81 100m: 1:10.83 38.02	04	Colegio Int Monte Maior 150m: 1:49.34 38.51 200m: 2:27.42 38.08	250m: 3:14.91 300m: 4:01.84	5:15.04 47.49 350m: 4:39.14 46.93 400m: 5:15.30	416 37.30 36.16
41.	Alexandre Coelho Vieira 50m: 32.20 32.20 100m: 1:11.68 39.48	03	Sporting 150m: 1:53.61 41.93 200m: 2:34.48 40.87	250m: 3:19.49 300m: 4:06.69	5:20.67 45.01 350m: 4:41.75 47.20 400m: 5:15.48	415 35.06 33.73
42.	Pedro Esteves Duarte 50m: 32.77 32.77 100m: 1:12.09 39.32	03	Desportivo Cova da Piedade 150m: 1:52.50 40.41 200m: 2:31.70 39.20	250m: 3:18.72 300m: 4:07.29	5:26.34 47.02 350m: 4:42.22 48.57 400m: 5:15.64	415 34.93 33.42
43.	Alexandre Duarte Morais 50m: 32.27 32.27 100m: 1:11.38 39.11	04	Palmela Desporto 150m: 1:54.11 42.73 200m: 2:34.67 40.56	250m: 3:21.11 300m: 4:08.24	5:26.99 46.44 350m: 4:44.42 47.13 400m: 5:16.91	410 36.18 32.49
44.	Nicolae Iachimovschi 50m: 33.41 33.41 100m: 1:14.55 41.14	03	Belenenses 150m: 1:53.23 38.68 200m: 2:31.41 38.18	250m: 3:15.99 300m: 4:02.87	5:19.50 44.58 350m: 4:40.60 46.88 400m: 5:17.42	408 37.73 36.82
45.	Yann Chetelat Fock 50m: 34.24 34.24 100m: 1:15.12 40.88	04	Avançado EULx 150m: 1:56.43 41.31 200m: 2:36.16 39.73	250m: 3:21.76 300m: 4:07.40	5:18.91 45.60 350m: 4:45.23 45.64 400m: 5:18.92	402 37.83 33.69

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
46.	Guilherme Machado Santos 50m: 32.68 32.68 100m: 1:12.24 39.56	04	União Piedense	5:19.35	<b>5:19.48</b>	400
		150m: 1:53.00 40.76	250m: 3:17.81 45.27	350m: 4:43.10 39.09	400m: 5:19.48 36.38	
		200m: 2:32.54 39.54	300m: 4:04.01 46.20			
47.	Goncalo Gomes Augusto 50m: 34.57 34.57 100m: 1:16.25 41.68	04	Laranjeiro	5:29.29	<b>5:19.65</b>	399
		150m: 1:56.59 40.34	250m: 3:21.56 45.40	350m: 4:44.59 36.89	400m: 5:19.65 35.06	
		200m: 2:36.16 39.57	300m: 4:07.70 46.14			
48.	Andre Santos Costa 50m: 32.89 32.89 100m: 1:13.08 40.19	03	Amadora	5:25.47	<b>5:20.65</b>	396
		150m: 1:55.64 42.56	250m: 3:22.36 44.67	350m: 4:44.34 37.05	400m: 5:20.65 36.31	
		200m: 2:37.69 42.05	300m: 4:07.29 44.93			
49.	Dinis Viola Caroco 50m: 33.14 33.14 100m: 1:14.15 41.01	03	Sporting	5:27.19	<b>5:26.08</b>	376
		150m: 1:57.19 43.04	250m: 3:25.03 47.93	350m: 4:51.22 37.43	400m: 5:26.08 34.86	
		200m: 2:37.10 39.91	300m: 4:13.79 48.76			
50.	Tomas Pratas Neto 50m: 35.23 35.23 100m: 1:17.04 41.81	04	Palmela Desporto	5:33.64	<b>5:26.74</b>	374
		150m: 1:59.56 42.52	250m: 3:26.69 45.32	350m: 4:51.09 37.50	400m: 5:26.74 35.65	
		200m: 2:41.37 41.81	300m: 4:13.59 46.90			
51.	Miguel Filipe Anjo 50m: 35.75 35.75 100m: 1:18.18 42.43	04	Desportivo Cova da Piedade	5:33.64	<b>5:27.47</b>	371
		150m: 2:00.63 42.45	250m: 3:28.94 47.65	350m: 4:52.22 37.66	400m: 5:27.47 35.25	
		200m: 2:41.29 40.66	300m: 4:14.56 45.62			
52.	Jaeden Michael Nunes 50m: 33.33 33.33 100m: 1:15.03 41.70	04	Belenenses	5:33.64	<b>5:27.72</b>	371
		150m: 1:57.82 42.79	250m: 3:25.52 45.87	350m: 4:51.57 38.75	400m: 5:27.72 36.15	
		200m: 2:39.65 41.83	300m: 4:12.82 47.30			
53.	Fabio Miguel Farinha <i>Fora Tempo Acesso</i> 50m: 32.72 32.72 100m: 1:11.79 39.07	03	Benfica	5:27.57	<b>5:31.16</b>	359
		150m: 1:56.62 44.83	250m: 3:26.29 47.45	350m: 4:54.16 39.95	400m: 5:31.16 37.00	
		200m: 2:38.84 42.22	300m: 4:14.21 47.92			
54.	Pedro Pires Gomes <i>Fora Tempo Acesso</i> 50m: 33.57 33.57 100m: 1:14.11 40.54	03	Belenenses	5:27.57	<b>5:32.43</b>	355
		150m: 1:55.58 41.47	250m: 3:26.28 50.17	350m: 4:54.98 38.63	400m: 5:32.43 37.45	
		200m: 2:36.11 40.53	300m: 4:16.35 50.07			
55.	Duarte Brito Justino <i>Fora Tempo Acesso</i> 50m: 34.07 34.07 100m: 1:15.61 41.54	04	Colegio Int Monte Maior	5:33.64	<b>5:34.54</b>	348
		150m: 1:58.31 42.70	250m: 3:28.57 48.28	350m: 4:57.61 39.08	400m: 5:34.54 36.93	
		200m: 2:40.29 41.98	300m: 4:18.53 49.96			
56.	Afonso Romao Francisco <i>Fora Tempo Acesso</i> 50m: 34.24 34.24 100m: 1:14.90 40.66	04	Desportivo Cova da Piedade	5:33.64	<b>5:41.80</b>	327
		150m: 1:56.74 41.84	250m: 3:30.27 52.07	350m: 5:04.20 40.51	400m: 5:41.80 37.60	
		200m: 2:38.20 41.46	300m: 4:23.69 53.42			
DSQ	Pedro Miguel Silva <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>	94	Colegio Int Monte Maior	4:41.09		
DSQ	Joao Matos Fidalgo <i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de braços (SW 7.6)</i>	03	Benfica	5:14.29		
DSQ	Antonio Lombardi Carvalho <i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 275 metros (SW 7.6)</i>	04	Belenenses	5:08.44		
DSQ	Joao Silva Angelino <i>E-M2 - Efectuou batimento alternado de pernas/pés após a partida. (SW 8.3)</i>	04	Palmela Desporto	5:33.64		
DSQ	Tomas Santos Luis <i>E-M31 - No percurso de mariposa, tocou com uma só mão na parede testa, na viragem aos 25 metros (SW 8.4)</i>	04	Sporting	5:25.92		
DSQ	Victor Bethlem Tigre <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>	04	Sporting	5:33.64		
DSQ	Goncalo Filipe Carrapito <i>E-M30 - No percurso de mariposa, efect. toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 8.4)</i>	04	União Piedense	5:23.62		

**Prova 31, Masc., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
DSQ	Alexandre Miguel Branco <i>E-B35 - No percurso de braos, efect. m�ltiplas pernadas de golfinho ap�s a viragem aos 225 metros (SW 7.1)</i>	01	Alges	4:52.13		
DSQ	Ricardo Novikov <i>E-C10 - No percurso de costas, perdeu a posio dorsal aos 180 metros. (SW 6.2)</i>	03	Alges	5:02.15		
DSQ	Hugo Pon <i>E-B30 - No percurso de braos, efect. toque n�o simult�neo das m�os na parede testa na viragem aos 225 metros (SW 7.6)</i>	98	Alges	5:05.06		
DSQ	Tomas Sa Vieira <i>E-B50 - Toque n�o simult�neo das m�os na parede testa na chegada do percurso de braos (SW 7.6)</i>	04	Alges	5:20.14		