

Prova 21
18.11.2023 - 16:11

Masc., 400m Livres

Absolutos
Resultados

Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	3:51.92	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:01.42	Rui Silva Pereira	ADRCIMM	Tomar	2023
Rec Nacional Abs	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 2	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Jun 1	3:56.54	Rui Filipe Costa	VSC	Felgueiras	2007
Rec Nacional Juv A	3:58.82	Diogo Matos Ribeiro	CUC	Mealhada	2019
Rec Nacional Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	2023

TAC Juv B: 4:43.83; Juv A: 4:35.56; Jun 1: 4:30.16; Jun 2: 4:27.48; Sen 1: 4:25.10; Sen +: 4:22.45

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Diogo Damasceno Reis	09	Sporting	4:24.66	4:18.59	552
	50m: 28.60 28.60	150m: 1:33.91 33.22	250m: 2:41.34 33.55	350m: 3:47.46 32.75		
	100m: 1:00.69 32.09	200m: 2:07.79 33.88	300m: 3:14.71 33.37	400m: 4:18.59 31.13		
2.	Paulo Junio Fernandes	09	Algés	4:49.99	4:25.89	508
	50m: 29.09 29.09	150m: 1:36.30 34.09	250m: 2:44.69 34.03	350m: 3:52.80 33.57		
	100m: 1:02.21 33.12	200m: 2:10.66 34.36	300m: 3:19.23 34.54	400m: 4:25.89 33.09		
3.	Rafael Lin Moniz	09	Naval Setubalense	4:44.49	4:27.41	500
	50m: 29.86 29.86	150m: 1:36.65 34.06	250m: 2:45.17 34.04	350m: 3:54.08 34.37		
	100m: 1:02.59 32.73	200m: 2:11.13 34.48	300m: 3:19.71 34.54	400m: 4:27.41 33.33		
4.	Guilherme Oliveira Rizzon	09	Sporting	5:01.00	4:32.82	470
	50m: 30.28 30.28	150m: 1:37.56 34.17	250m: 2:47.07 34.89	350m: 3:58.18 35.52		
	100m: 1:03.39 33.11	200m: 2:12.18 34.62	300m: 3:22.66 35.59	400m: 4:32.82 34.64		
5.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:35.58	4:33.70	466
	50m: 30.76 30.76	150m: 1:40.11 35.06	250m: 2:50.45 34.97	350m: 4:00.06 33.88		
	100m: 1:05.05 34.29	200m: 2:15.48 35.37	300m: 3:26.18 35.73	400m: 4:33.70 33.64		
6.	Bernardo Afonso Guedelha	09	Benfica	4:52.01	4:34.63	461
	50m: 30.17 30.17	150m: 1:39.42 34.85	250m: 2:50.92 35.74	350m: 4:00.90 34.57		
	100m: 1:04.57 34.40	200m: 2:15.18 35.76	300m: 3:26.33 35.41	400m: 4:34.63 33.73		
7.	Francisco Nunes Roque	09	Benfica	4:49.63	4:37.33	448
	50m: 30.54 30.54	150m: 1:38.81 34.69	250m: 2:50.35 35.74	350m: 4:02.10 35.89		
	100m: 1:04.12 33.58	200m: 2:14.61 35.80	300m: 3:26.21 35.86	400m: 4:37.33 35.23		
8.	Pedro Guedes Caldas	09	Benfica	4:54.85	4:41.31	429
	50m: 31.00 31.00	150m: 1:41.07 35.47	250m: 2:53.35 36.20	350m: 4:06.23 36.15		
	100m: 1:05.60 34.60	200m: 2:17.15 36.08	300m: 3:30.08 36.73	400m: 4:41.31 35.08		
9.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	4:53.18	4:41.66	427
	50m: 30.66 30.66	150m: 1:39.82 34.94	250m: 2:52.20 36.52	350m: 4:05.23 36.76		
	100m: 1:04.88 34.22	200m: 2:15.68 35.86	300m: 3:28.47 36.27	400m: 4:41.66 36.43		
10.	Duarte Afonso Leite <i>Fora Tempo Acesso</i>	09	Laranjeiro	4:59.28	4:49.02	396
	50m: 30.95 30.95	150m: 1:43.27 37.08	250m: 2:58.14 37.91	350m: 4:12.62 37.46		
	100m: 1:06.19 35.24	200m: 2:20.23 36.96	300m: 3:35.16 37.02	400m: 4:49.02 36.40		

Juvenis A

1.	Afonso Gago Garcia	08	Benfica	4:22.88	4:17.62	559
	50m: 29.09 29.09	150m: 1:34.13 32.86	250m: 2:40.50 33.16	350m: 3:46.22 32.80		
	100m: 1:01.27 32.18	200m: 2:07.34 33.21	300m: 3:13.42 32.92	400m: 4:17.62 31.40		
2.	Vasco Frischknecht Oliveira	08	Benfica	4:41.46	4:32.81	470
	50m: 30.18 30.18	150m: 1:37.60 34.26	250m: 2:47.82 35.48	350m: 3:59.05 35.21		
	100m: 1:03.34 33.16	200m: 2:12.34 34.74	300m: 3:23.84 36.02	400m: 4:32.81 33.76		
3.	Rafael Ataíde Duarte	08	Benfica	4:32.91	4:33.51	467
	50m: 29.72 29.72	150m: 1:38.58 35.23	250m: 2:49.72 35.65	350m: 4:00.64 35.77		
	100m: 1:03.35 33.63	200m: 2:14.07 35.49	300m: 3:24.87 35.15	400m: 4:33.51 32.87		

Prova 21, Masc., 400m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Jose Pedro Salvadinho	08	Nacional de Nataçã	4:37.11	4:34.15	464
	50m: 30.37 30.37	150m: 1:38.26 34.60	250m: 2:47.79 34.82	350m: 3:58.87 35.88		
	100m: 1:03.66 33.29	200m: 2:12.97 34.71	300m: 3:22.99 35.20	400m: 4:34.15 35.28		

Juniiores

1.	Tomas Maia Januario	06	Benfica	4:07.14	4:02.40	671
	50m: 27.72 27.72	150m: 1:28.06 30.40	250m: 2:29.62 30.78	350m: 3:32.33 31.33		
	100m: 57.66 29.94	200m: 1:58.84 30.78	300m: 3:01.00 31.38	400m: 4:02.40 30.07		
2.	Pedro Bethlem Tigre	06	Sporting	4:04.29	4:06.72	636
	50m: 27.72 27.72	150m: 1:29.11 30.92	250m: 2:32.06 31.54	350m: 3:35.96 31.78		
	100m: 58.19 30.47	200m: 2:00.52 31.41	300m: 3:04.18 32.12	400m: 4:06.72 30.76		
3.	Joao Almeida Gomes	06	Nacional de Nataçã	4:15.54	4:10.65	607
	50m: 28.15 28.15	150m: 1:31.07 31.80	250m: 2:34.46 31.79	350m: 3:39.05 32.42		
	100m: 59.27 31.12	200m: 2:02.67 31.60	300m: 3:06.63 32.17	400m: 4:10.65 31.60		
4.	Antonio Coelho Vieira	06	Sporting	4:28.78	4:13.74	585
	50m: 28.21 28.21	150m: 1:30.96 31.74	250m: 2:35.53 32.36	350m: 3:40.98 32.95		
	100m: 59.22 31.01	200m: 2:03.17 32.21	300m: 3:08.03 32.50	400m: 4:13.74 32.76		
5.	Leonardo Conceicao Reis	07	Sporting	4:19.92	4:15.13	575
	50m: 28.77 28.77	150m: 1:33.56 32.68	250m: 2:39.35 32.57	350m: 3:43.55 32.01		
	100m: 1:00.88 32.11	200m: 2:06.78 33.22	300m: 3:11.54 32.19	400m: 4:15.13 31.58		
6.	Rafael Miguel Mimoso	07	Benfica	4:15.14	4:15.72	571
	50m: 28.91 28.91	150m: 1:32.44 32.26	250m: 2:37.46 32.49	350m: 3:42.97 32.28		
	100m: 1:00.18 31.27	200m: 2:04.97 32.53	300m: 3:10.69 33.23	400m: 4:15.72 32.75		
7.	Tomas Nunes Roque	06	Benfica	4:10.54	4:15.78	571
	50m: 28.27 28.27	150m: 1:32.21 32.38	250m: 2:37.84 32.49	350m: 3:44.69 33.83		
	100m: 59.83 31.56	200m: 2:05.35 33.14	300m: 3:10.86 33.02	400m: 4:15.78 31.09		
8.	Andre Correia Alves	06	Benfica	4:21.09	4:16.66	565
	50m: 28.57 28.57	150m: 1:33.73 32.92	250m: 2:39.38 32.36	350m: 3:44.49 32.71		
	100m: 1:00.81 32.24	200m: 2:07.02 33.29	300m: 3:11.78 32.40	400m: 4:16.66 32.17		
9.	Ricardo Freitas Neto	06	Sporting	4:21.31	4:18.79	551
	50m: 29.15 29.15	150m: 1:34.13 32.90	250m: 2:40.27 33.05	350m: 3:46.69 33.09		
	100m: 1:01.23 32.08	200m: 2:07.22 33.09	300m: 3:13.60 33.33	400m: 4:18.79 32.10		
10.	Miguel Braga Gomes	07	Sporting	4:18.59	4:18.86	551
	50m: 28.68 28.68	150m: 1:32.39 32.53	250m: 2:38.60 33.01	350m: 3:45.59 33.59		
	100m: 59.86 31.18	200m: 2:05.59 33.20	300m: 3:12.00 33.40	400m: 4:18.86 33.27		
11.	Pedro Crispim Jorge	06	Uniao Piedense	4:13.83	4:18.92	550
	50m: 28.43 28.43	150m: 1:32.21 32.26	250m: 2:38.48 33.07	350m: 3:46.15 33.95		
	100m: 59.95 31.52	200m: 2:05.41 33.20	300m: 3:12.20 33.72	400m: 4:18.92 32.77		
12.	Tiago Ventura Chao	06	Naval Setubalense	4:22.92	4:20.28	542
	50m: 29.03 29.03	150m: 1:34.21 32.97	250m: 2:40.71 33.01	350m: 3:47.28 33.19		
	100m: 1:01.24 32.21	200m: 2:07.70 33.49	300m: 3:14.09 33.38	400m: 4:20.28 33.00		
13.	Arthur Santos Silva	06	Belenenses	4:23.82	4:21.20	536
	50m: 29.04 29.04	150m: 1:34.29 32.99	250m: 2:41.60 33.90	350m: 3:48.89 33.32		
	100m: 1:01.30 32.26	200m: 2:07.70 33.41	300m: 3:15.57 33.97	400m: 4:21.20 32.31		
14.	David Alexandre Fernandes	06	Nacional de Nataçã	4:25.93	4:22.40	529
	50m: 28.97 28.97	150m: 1:35.58 34.12	250m: 2:42.91 33.35	350m: 3:49.56 33.24		
	100m: 1:01.46 32.49	200m: 2:09.56 33.98	300m: 3:16.32 33.41	400m: 4:22.40 32.84		
15.	Rodrigo Onofre Matos	06	Belenenses	4:24.20	4:22.43	529
	50m: 29.57 29.57	150m: 1:35.83 33.89	250m: 2:43.76 33.83	350m: 3:50.30 32.83		
	100m: 1:01.94 32.37	200m: 2:09.93 34.10	300m: 3:17.47 33.71	400m: 4:22.43 32.13		

Seniores

1.	Bernardo Jorge Simoes	04	Belenenses	4:01.18	4:01.33	680
	50m: 27.13 27.13	150m: 1:27.83 30.91	250m: 2:30.06 31.05	350m: 3:31.36 30.31		
	100m: 56.92 29.79	200m: 1:59.01 31.18	300m: 3:01.05 30.99	400m: 4:01.33 29.97		
2.	Gabriel Carvalho Ferrao	05	Benfica	4:08.04	4:01.95	675
	50m: 27.43 27.43	150m: 1:29.41 31.37	250m: 2:31.35 31.00	350m: 3:32.85 30.57		
	100m: 58.04 30.61	200m: 2:00.35 30.94	300m: 3:02.28 30.93	400m: 4:01.95 29.10		
3.	Nicolas Filip Montfort	05	Algés	3:59.51	4:04.48	654
	50m: 27.03 27.03	150m: 1:27.72 30.74	250m: 2:30.30 31.25	350m: 3:33.06 31.38		
	100m: 56.98 29.95	200m: 1:59.05 31.33	300m: 3:01.68 31.38	400m: 4:04.48 31.42		

Prova 21, Masc., 400m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Vasco Alves Morgado	05	Algés	4:07.13	4:06.27	640
	50m: 27.59 27.59	150m: 1:28.41 31.06	250m: 2:31.27 31.51	350m: 3:34.64 31.82		
	100m: 57.35 29.76	200m: 1:59.76 31.35	300m: 3:02.82 31.55	400m: 4:06.27 31.63		
5.	Henrique Gomes Silva	02	Benfica	4:10.44	4:09.79	613
	50m: 27.90 27.90	150m: 1:30.00 31.60	250m: 2:33.03 31.77	350m: 3:38.53 32.72		
	100m: 58.40 30.50	200m: 2:01.26 31.26	300m: 3:05.81 32.78	400m: 4:09.79 31.26		
6.	Rafael Rodrigues Jacinto	02	Belenenses	4:20.29	4:12.58	593
	50m: 27.86 27.86	150m: 1:29.89 31.19	250m: 2:33.07 31.46	350m: 3:38.81 33.27		
	100m: 58.70 30.84	200m: 2:01.61 31.72	300m: 3:05.54 32.47	400m: 4:12.58 33.77		
7.	Tiago Barroso Proenca	04	Sporting	4:13.03	4:15.91	570
	50m: 29.03 29.03	150m: 1:32.22 31.95	250m: 2:37.19 32.62	350m: 3:43.33 33.04		
	100m: 1:00.27 31.24	200m: 2:04.57 32.35	300m: 3:10.29 33.10	400m: 4:15.91 32.58		
8.	Tiago Miguel Trombinhas	04	Belenenses	4:22.80	4:21.67	533
	50m: 29.37 29.37	150m: 1:34.95 33.12	250m: 2:41.37 33.27	350m: 3:48.71 33.86		
	100m: 1:01.83 32.46	200m: 2:08.10 33.15	300m: 3:14.85 33.48	400m: 4:21.67 32.96		
9.	Afonso Mateus Ribeiro <i>Fora Tempo Acesso</i>	95	Belenenses	4:20.21	4:29.80	486
	50m: 29.78 29.78	150m: 1:34.70 32.95	250m: 2:43.18 34.47	350m: 3:54.15 35.83		
	100m: 1:01.75 31.97	200m: 2:08.71 34.01	300m: 3:18.32 35.14	400m: 4:29.80 35.65		

Absolutos

1.	Bernardo Jorge Simoes <i>Campeão Regional</i>	04	Belenenses	4:01.18	4:01.33	680
	50m: 27.13 27.13	150m: 1:27.83 30.91	250m: 2:30.06 31.05	350m: 3:31.36 30.31		
	100m: 56.92 29.79	200m: 1:59.01 31.18	300m: 3:01.05 30.99	400m: 4:01.33 29.97		
2.	Gabriel Carvalho Ferrao	05	Benfica	4:08.04	4:01.95	675
	50m: 27.43 27.43	150m: 1:29.41 31.37	250m: 2:31.35 31.00	350m: 3:32.85 30.57		
	100m: 58.04 30.61	200m: 2:00.35 30.94	300m: 3:02.28 30.93	400m: 4:01.95 29.10		
3.	Tomas Maia Januario	06	Benfica	4:07.14	4:02.40	671
	50m: 27.72 27.72	150m: 1:28.06 30.40	250m: 2:29.62 30.78	350m: 3:32.33 31.33		
	100m: 57.66 29.94	200m: 1:58.84 30.78	300m: 3:01.00 31.38	400m: 4:02.40 30.07		
4.	Nicolas Filip Montfort	05	Algés	3:59.51	4:04.48	654
	50m: 27.03 27.03	150m: 1:27.72 30.74	250m: 2:30.30 31.25	350m: 3:33.06 31.38		
	100m: 56.98 29.95	200m: 1:59.05 31.33	300m: 3:01.68 31.38	400m: 4:04.48 31.42		
5.	Vasco Alves Morgado	05	Algés	4:07.13	4:06.27	640
	50m: 27.59 27.59	150m: 1:28.41 31.06	250m: 2:31.27 31.51	350m: 3:34.64 31.82		
	100m: 57.35 29.76	200m: 1:59.76 31.35	300m: 3:02.82 31.55	400m: 4:06.27 31.63		
6.	Pedro Bethlem Tigre	06	Sporting	4:04.29	4:06.72	636
	50m: 27.72 27.72	150m: 1:29.11 30.92	250m: 2:32.06 31.54	350m: 3:35.96 31.78		
	100m: 58.19 30.47	200m: 2:00.52 31.41	300m: 3:04.18 32.12	400m: 4:06.72 30.76		
7.	Henrique Gomes Silva	02	Benfica	4:10.44	4:09.79	613
	50m: 27.90 27.90	150m: 1:30.00 31.60	250m: 2:33.03 31.77	350m: 3:38.53 32.72		
	100m: 58.40 30.50	200m: 2:01.26 31.26	300m: 3:05.81 32.78	400m: 4:09.79 31.26		
8.	Joao Almeida Gomes	06	Nacional de Natação	4:15.54	4:10.65	607
	50m: 28.15 28.15	150m: 1:31.07 31.80	250m: 2:34.46 31.79	350m: 3:39.05 32.42		
	100m: 59.27 31.12	200m: 2:02.67 31.60	300m: 3:06.63 32.17	400m: 4:10.65 31.60		
9.	Rafael Rodrigues Jacinto	02	Belenenses	4:20.29	4:12.58	593
	50m: 27.86 27.86	150m: 1:29.89 31.19	250m: 2:33.07 31.46	350m: 3:38.81 33.27		
	100m: 58.70 30.84	200m: 2:01.61 31.72	300m: 3:05.54 32.47	400m: 4:12.58 33.77		
10.	Antonio Coelho Vieira	06	Sporting	4:28.78	4:13.74	585
	50m: 28.21 28.21	150m: 1:30.96 31.74	250m: 2:35.53 32.36	350m: 3:40.98 32.95		
	100m: 59.22 31.01	200m: 2:03.17 32.21	300m: 3:08.03 32.50	400m: 4:13.74 32.76		
11.	Leonardo Conceicao Reis	07	Sporting	4:19.92	4:15.13	575
	50m: 28.77 28.77	150m: 1:33.56 32.68	250m: 2:39.35 32.57	350m: 3:43.55 32.01		
	100m: 1:00.88 32.11	200m: 2:06.78 33.22	300m: 3:11.54 32.19	400m: 4:15.13 31.58		
12.	Rafael Miguel Mimoso	07	Benfica	4:15.14	4:15.72	571
	50m: 28.91 28.91	150m: 1:32.44 32.26	250m: 2:37.46 32.49	350m: 3:42.97 32.28		
	100m: 1:00.18 31.27	200m: 2:04.97 32.53	300m: 3:10.69 33.23	400m: 4:15.72 32.75		
13.	Tomas Nunes Roque	06	Benfica	4:10.54	4:15.78	571
	50m: 28.27 28.27	150m: 1:32.21 32.38	250m: 2:37.84 32.49	350m: 3:44.69 33.83		
	100m: 59.83 31.56	200m: 2:05.35 33.14	300m: 3:10.86 33.02	400m: 4:15.78 31.09		

Prova 21, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	Tiago Barroso Proenca 50m: 29.03 29.03 100m: 1:00.27 31.24	04	Sporting	4:13.03	4:15.91	570
			150m: 1:32.22 31.95 200m: 2:04.57 32.35	250m: 2:37.19 32.62 300m: 3:10.29 33.10	350m: 3:43.33 33.04 400m: 4:15.91 32.58	
15.	Andre Correia Alves 50m: 28.57 28.57 100m: 1:00.81 32.24	06	Benfica	4:21.09	4:16.66	565
			150m: 1:33.73 32.92 200m: 2:07.02 33.29	250m: 2:39.38 32.36 300m: 3:11.78 32.40	350m: 3:44.49 32.71 400m: 4:16.66 32.17	
16.	Afonso Gago Garcia 50m: 29.09 29.09 100m: 1:01.27 32.18	08	Benfica	4:22.88	4:17.62	559
			150m: 1:34.13 32.86 200m: 2:07.34 33.21	250m: 2:40.50 33.16 300m: 3:13.42 32.92	350m: 3:46.22 32.80 400m: 4:17.62 31.40	
17.	Diogo Damasceno Reis 50m: 28.60 28.60 100m: 1:00.69 32.09	09	Sporting	4:24.66	4:18.59	552
			150m: 1:33.91 33.22 200m: 2:07.79 33.88	250m: 2:41.34 33.55 300m: 3:14.71 33.37	350m: 3:47.46 32.75 400m: 4:18.59 31.13	
18.	Ricardo Freitas Neto 50m: 29.15 29.15 100m: 1:01.23 32.08	06	Sporting	4:21.31	4:18.79	551
			150m: 1:34.13 32.90 200m: 2:07.22 33.09	250m: 2:40.27 33.05 300m: 3:13.60 33.33	350m: 3:46.69 33.09 400m: 4:18.79 32.10	
19.	Miguel Braga Gomes 50m: 28.68 28.68 100m: 59.86 31.18	07	Sporting	4:18.59	4:18.86	551
			150m: 1:32.39 32.53 200m: 2:05.59 33.20	250m: 2:38.60 33.01 300m: 3:12.00 33.40	350m: 3:45.59 33.59 400m: 4:18.86 33.27	
20.	Pedro Crispim Jorge 50m: 28.43 28.43 100m: 59.95 31.52	06	Uniao Piedense	4:13.83	4:18.92	550
			150m: 1:32.21 32.26 200m: 2:05.41 33.20	250m: 2:38.48 33.07 300m: 3:12.20 33.72	350m: 3:46.15 33.95 400m: 4:18.92 32.77	
21.	Tiago Ventura Chao 50m: 29.03 29.03 100m: 1:01.24 32.21	06	Naval Setubalense	4:22.92	4:20.28	542
			150m: 1:34.21 32.97 200m: 2:07.70 33.49	250m: 2:40.71 33.01 300m: 3:14.09 33.38	350m: 3:47.28 33.19 400m: 4:20.28 33.00	
22.	Arthur Santos Silva 50m: 29.04 29.04 100m: 1:01.30 32.26	06	Belenenses	4:23.82	4:21.20	536
			150m: 1:34.29 32.99 200m: 2:07.70 33.41	250m: 2:41.60 33.90 300m: 3:15.57 33.97	350m: 3:48.89 33.32 400m: 4:21.20 32.31	
23.	Tiago Miguel Trombinhas 50m: 29.37 29.37 100m: 1:01.83 32.46	04	Belenenses	4:22.80	4:21.67	533
			150m: 1:34.95 33.12 200m: 2:08.10 33.15	250m: 2:41.37 33.27 300m: 3:14.85 33.48	350m: 3:48.71 33.86 400m: 4:21.67 32.96	
24.	David Alexandre Fernandes 50m: 28.97 28.97 100m: 1:01.46 32.49	06	Nacional de Nataçao	4:25.93	4:22.40	529
			150m: 1:35.58 34.12 200m: 2:09.56 33.98	250m: 2:42.91 33.35 300m: 3:16.32 33.41	350m: 3:49.56 33.24 400m: 4:22.40 32.84	
25.	Rodrigo Onofre Matos 50m: 29.57 29.57 100m: 1:01.94 32.37	06	Belenenses	4:24.20	4:22.43	529
			150m: 1:35.83 33.89 200m: 2:09.93 34.10	250m: 2:43.76 33.83 300m: 3:17.47 33.71	350m: 3:50.30 32.83 400m: 4:22.43 32.13	
26.	Paulo Junio Fernandes 50m: 29.09 29.09 100m: 1:02.21 33.12	09	Algés	4:49.99	4:25.89	508
			150m: 1:36.30 34.09 200m: 2:10.66 34.36	250m: 2:44.69 34.03 300m: 3:19.23 34.54	350m: 3:52.80 33.57 400m: 4:25.89 33.09	
27.	Rafael Lin Moniz 50m: 29.86 29.86 100m: 1:02.59 32.73	09	Naval Setubalense	4:44.49	4:27.41	500
			150m: 1:36.65 34.06 200m: 2:11.13 34.48	250m: 2:45.17 34.04 300m: 3:19.71 34.54	350m: 3:54.08 34.37 400m: 4:27.41 33.33	
28.	Afonso Mateus Ribeiro <i>Fora Tempo Acesso</i> 50m: 29.78 29.78 100m: 1:01.75 31.97	95	Belenenses	4:20.21	4:29.80	486
			150m: 1:34.70 32.95 200m: 2:08.71 34.01	250m: 2:43.18 34.47 300m: 3:18.32 35.14	350m: 3:54.15 35.83 400m: 4:29.80 35.65	
29.	Vasco Frischknecht Oliveira 50m: 30.18 30.18 100m: 1:03.34 33.16	08	Benfica	4:41.46	4:32.81	470
			150m: 1:37.60 34.26 200m: 2:12.34 34.74	250m: 2:47.82 35.48 300m: 3:23.84 36.02	350m: 3:59.05 35.21 400m: 4:32.81 33.76	
30.	Guilherme Oliveira Rizzon 50m: 30.28 30.28 100m: 1:03.39 33.11	09	Sporting	5:01.00	4:32.82	470
			150m: 1:37.56 34.17 200m: 2:12.18 34.62	250m: 2:47.07 34.89 300m: 3:22.66 35.59	350m: 3:58.18 35.52 400m: 4:32.82 34.64	
31.	Rafael Ataíde Duarte 50m: 29.72 29.72 100m: 1:03.35 33.63	08	Benfica	4:32.91	4:33.51	467
			150m: 1:38.58 35.23 200m: 2:14.07 35.49	250m: 2:49.72 35.65 300m: 3:24.87 35.15	350m: 4:00.64 35.77 400m: 4:33.51 32.87	
32.	Martim Chambel Pinto 50m: 30.76 30.76 100m: 1:05.05 34.29	09	Colegio Int Monte Maior	4:35.58	4:33.70	466
			150m: 1:40.11 35.06 200m: 2:15.48 35.37	250m: 2:50.45 34.97 300m: 3:26.18 35.73	350m: 4:00.06 33.88 400m: 4:33.70 33.64	
33.	Jose Pedro Salvadinho 50m: 30.37 30.37 100m: 1:03.66 33.29	08	Nacional de Nataçao	4:37.11	4:34.15	464
			150m: 1:38.26 34.60 200m: 2:12.97 34.71	250m: 2:47.79 34.82 300m: 3:22.99 35.20	350m: 3:58.87 35.88 400m: 4:34.15 35.28	

Prova 21, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
34.	Bernardo Afonso Guedelha	09	Benfica	4:52.01	4:34.63	461
	50m: 30.17 30.17	150m: 1:39.42 34.85	250m: 2:50.92 35.74	350m: 4:00.90 34.57		
	100m: 1:04.57 34.40	200m: 2:15.18 35.76	300m: 3:26.33 35.41	400m: 4:34.63 33.73		
35.	Francisco Nunes Roque	09	Benfica	4:49.63	4:37.33	448
	50m: 30.54 30.54	150m: 1:38.81 34.69	250m: 2:50.35 35.74	350m: 4:02.10 35.89		
	100m: 1:04.12 33.58	200m: 2:14.61 35.80	300m: 3:26.21 35.86	400m: 4:37.33 35.23		
36.	Pedro Guedes Caldas	09	Benfica	4:54.85	4:41.31	429
	50m: 31.00 31.00	150m: 1:41.07 35.47	250m: 2:53.35 36.20	350m: 4:06.23 36.15		
	100m: 1:05.60 34.60	200m: 2:17.15 36.08	300m: 3:30.08 36.73	400m: 4:41.31 35.08		
37.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	4:53.18	4:41.66	427
	50m: 30.66 30.66	150m: 1:39.82 34.94	250m: 2:52.20 36.52	350m: 4:05.23 36.76		
	100m: 1:04.88 34.22	200m: 2:15.68 35.86	300m: 3:28.47 36.27	400m: 4:41.66 36.43		
38.	Duarte Afonso Leite <i>Fora Tempo Acesso</i>	09	Laranjeiro	4:59.28	4:49.02	396
	50m: 30.95 30.95	150m: 1:43.27 37.08	250m: 2:58.14 37.91	350m: 4:12.62 37.46		
	100m: 1:06.19 35.24	200m: 2:20.23 36.96	300m: 3:35.16 37.02	400m: 4:49.02 36.40		
EXH	Duarte Ramos Nunes	07	Galitos / Bresimar	4:08.62	4:14.31	581
	50m: 27.77 27.77	150m: 1:30.47 31.90	250m: 2:35.03 32.22	350m: 3:40.98 33.42		
	100m: 58.57 30.80	200m: 2:02.81 32.34	300m: 3:07.56 32.53	400m: 4:14.31 33.33		