Prova 32 — Masc., 400m Livres — Absolutos
14-07-2019 - 11:05 — TURBO — Resultados

RN Absoluto	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
RN Sen	3:51.89	Miguel Duarte, NASCIMENTO	POR	Glasgow (GBR)	03-08-2018
RN 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28-07-2018
RN 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14-07-2010
RN Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21-07-2009
RN Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
Recorde Regional 50m Absoluto	3:52.29	Jorge Manuel, MAIA	GDNVNF	Malaga (ESP)	14-06-2008
Recorde Regional 50m Sen	3:52.29	Jorge Manuel, MAIA	GDNVNF	Malaga (ESP)	14-06-2008
Recorde Regional 50m 18	3:58.61	Luis Miguel, MONTEIRO	FCP	Loule	03-08-2001
Recorde Regional 50m 17	3:59.53	Tomas Teixeira, LOPES	FOCA	Coimbra	24-05-2019
Recorde Regional 50m Juv A	4:02.13	Jorge Manuel, MAIA	GDNVNF	EULisboa	29-05-2005
Recorde Regional 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006

Masculinos Juniores Jun: 4:32.47 / Masculinos Seniores Sen: 4:35.97 / Masculinos Juvenil B Juv B: 5:05.85 / Masculinos Juvenil A Juv A: 5:01.22

Pontos: FINA 2019

Absolutos

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	PTS	Obs
1.	Jose Pedro, SAMPAIO 100m: 1:02.04 1:02.04 200m: 2:07.55 1:05.51 300m: 3:12.30 1:04.75 400m: 4:16.02 1:03.72	M	108295 98	Fluvial Portuense	**4:16.02**	635	39,00	
2.	Nuno Rafael, ALVES 100m: 1:01.25 1:01.25 200m: 2:06.56 1:05.31 300m: 3:13.90 1:07.34 400m: 4:20.80 1:06.90	M	25140 90	Aquatico Pacense	**4:20.80**	600	37,00	
3.	Rui Pedro, FARIA 100m: 1:01.43 1:01.43 200m: 2:06.65 1:05.22 300m: 3:13.84 1:07.19 400m: 4:20.97 1:07.13	M	15592 94	Famalicão	**4:20.97**	599	36,00	
4.	Fernando Costa, CARVALHO 100m: 1:03.00 1:03.00 200m: 2:10.35 1:07.35 300m: 3:17.82 1:07.47 400m: 4:25.01 1:07.19	M	129065 03	Foca	**4:25.01**	572	35,00	
5.	Tiago Novais, MAGALHAES 100m: 1:03.94 1:03.94 200m: 2:12.83 1:08.89 300m: 3:20.89 1:08.06 400m: 4:26.05 1:05.16	M	205628 01	Fluvial Portuense	**4:26.05**	565	34,00	
	Gabriel Moreira, SANTOS 100m: 1:02.96 1:02.96 200m: 2:09.36 1:06.40 300m: 3:17.77 1:08.41 400m: 4:26.05 1:08.28	M	127679 04	Famalicão	**4:26.05**	565	34,00	
7.	Goncalo Sampaio, SALGADO 100m: 1:02.64 1:02.64 200m: 2:10.57 1:07.93 300m: 3:19.41 1:08.84 400m: 4:26.93 1:07.52	M	121720 02	Famalicão	**4:26.93**	560	-	
8.	Hugo Alexandre, COSTA 100m: 1:03.77 1:03.77 200m: 2:12.11 1:08.34 300m: 3:20.70 1:08.59 400m: 4:27.08 1:06.38	M	127917 03	Natacao de Valongo	**4:27.08**	559	31,00	
9.	Ruben Fonseca, DIAS 100m: 1:03.17 1:03.17 200m: 2:11.78 1:08.61 300m: 3:20.37 1:08.59 400m: 4:27.16 1:06.79	M	125780 03	Natacao de Valongo	**4:27.16**	558	30,00	
10.	Rodrigo Reis, SILVA 100m: 1:04.82 1:04.82 200m: 2:14.16 1:09.34 300m: 3:23.26 1:09.10 400m: 4:28.40 1:05.14	M	117297 98	Clube Colegio de Lamas	**4:28.40**	551	29,00	
11.	Goncalo Renato, CARVALHO 100m: 1:04.62 1:04.62 200m: 2:12.99 1:08.37 300m: 3:21.81 1:08.82 400m: 4:28.53 1:06.72	M	127586 04	Porto	**4:28.53**	550	28,00	
12.	Francisco Emanuel, MORIM 100m: 1:04.29 1:04.29 200m: 2:13.61 1:09.32 300m: 3:23.22 1:09.61 400m: 4:28.90 1:05.68	M	118054 02	Vilacondense	**4:28.90**	548	27,00	
13.	Ricardo Jorge, MOREIRA 100m: 1:03.41 1:03.41 200m: 2:12.18 1:08.77 300m: 3:22.64 1:10.46 400m: 4:29.39 1:06.75	M	122012 01	Natacao de Valongo	**4:29.39**	545	-	
14.	Rodrigo Jorge, NETO 100m: 1:03.95 1:03.95 200m: 2:12.88 1:08.93 300m: 3:22.36 1:09.48 400m: 4:29.85 1:07.49	M	204423 03	Aquatico Pacense	**4:29.85**	542	25,00	
15.	David Costa, BORGES 100m: 1:03.66 1:03.66 200m: 2:12.66 1:09.00 300m: 3:22.41 1:09.75 400m: 4:31.78 1:09.37	M	127198 04	Fluvial Portuense	**4:31.78**	530	-	
16.	Luis Manuel, RIBEIRO *FTL* 100m: 1:03.78 1:03.78 200m: 2:13.10 1:09.32 300m: 3:23.37 1:10.27 400m: 4:32.59 1:09.22	M	120816 02	Porto	**4:32.59**	526	23,00	
17.	Joao Luis, SA 100m: 1:04.75 1:04.75 200m: 2:14.04 1:09.29 300m: 3:23.90 1:09.86 400m: 4:32.94 1:09.04	M	124728 03	Fluvial Portuense	**4:32.94**	524	-	
18.	Rui Pedro, MADUREIRA 100m: 1:03.83 1:03.83 200m: 2:13.35 1:09.52 300m: 3:23.34 1:09.99 400m: 4:33.69 1:10.35	M	204932 04	Vitória Sport Clube	**4:33.69**	519	21,00	
19.	Diogo Nunes, SOUSA 100m: 1:04.07 1:04.07 200m: 2:14.65 1:10.58 300m: 3:25.56 1:10.91 400m: 4:34.92 1:09.36	M	127667 03	Vitória Sport Clube	**4:34.92**	512	20,00	
20.	Goncalo Maria, MARANTES 100m: 1:04.99 1:04.99 200m: 2:14.97 1:09.98 300m: 3:25.96 1:10.99 400m: 4:35.10 1:09.14	M	121980 03	Porto	**4:35.10**	511	-	

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Prova 32, Masc., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	PTS	Obs
21.	Frederico Ferreira, SILVA	M	127669 04	Famalicão	**4:35.27**	510	-	
	100m: 1:04.32 1:04.32 200m: 2:15.35 1:11.03 300m: 3:27.07 1:11.72 400m: 4:35.27 1:08.20							
22.	Diogo Pontes, PEREIRA	M	131880 03	Assoc. Desportiva de Fafe	**4:38.17**	495	17,00	
	100m: 1:06.41 1:06.41 200m: 2:17.95 1:11.54 300m: 3:28.94 1:10.99 400m: 4:38.17 1:09.23							
23.	Guilherme Lobo, PINTO	M	126503 04	Foca	**4:39.09**	490	16,00	
	100m: 1:05.81 1:05.81 200m: 2:17.00 1:11.19 300m: 3:28.75 1:11.75 400m: 4:39.09 1:10.34							
24.	Ricardo Ferreira, MENDES	M	129515 03	Clube Colegio de Lamas	**4:39.25**	489	15,00	
	100m: 1:07.67 1:07.67 200m: 2:20.10 1:12.43 300m: 3:32.40 1:12.30 400m: 4:39.25 1:06.85							
25.	Diogo Magalhaes, PEREIRA	M	129730 04	Porto	**4:40.54**	482	-	
	100m: 1:05.65 1:05.65 200m: 2:18.04 1:12.39 300m: 3:30.91 1:12.87 400m: 4:40.54 1:09.63							
26.	Daniel Carlos, CARNEIRO	M	124770 04	Porto	**4:40.59**	482	-	
	100m: 1:08.82 1:08.82 200m: 2:20.63 1:11.81 300m: 3:31.73 1:11.10 400m: 4:40.59 1:08.86							
27.	Sergio Eduardo, DIAS	M	108011 00	Fluvial Portuense	**4:40.62**	482	-	
	FTL							
	100m: 1:07.09 1:07.09 200m: 2:19.32 1:12.23 300m: 3:30.74 1:11.42 400m: 4:40.62 1:09.88							
28.	Tiago Fonseca, CARVALHO	M	127099 03	Clube Naval Povoense	**4:41.54**	477	11,00	
	100m: 1:06.66 1:06.66 200m: 2:18.91 1:12.25 300m: 3:31.36 1:12.45 400m: 4:41.54 1:10.18							
29.	Joao Pedro, BRANCO	M	132221 01	Aquatico Pacense	**4:42.17**	474	-	
	FTL							
	100m: 1:06.81 1:06.81 200m: 2:19.62 1:12.81 300m: 3:32.48 1:12.86 400m: 4:42.17 1:09.69							
30.	Ruben Filipe, SILVA	M	124865 03	Foca	**4:42.22**	474	-	
	100m: 1:07.20 1:07.20 200m: 2:19.31 1:12.11 300m: 3:31.49 1:12.18 400m: 4:42.22 1:10.73							
31.	Alex Baptista, COELHO	M	130334 03	Colegio Luso-Internacional do	**4:43.47**	467	8,00	
	100m: 1:05.22 1:05.22 200m: 2:17.27 1:12.05 300m: 3:30.71 1:13.44 400m: 4:43.47 1:12.76							
32.	Goncalo Moreira, ALVES	M	130939 04	Clube Colegio de Lamas	**4:45.24**	459	-	
	100m: 1:06.76 1:06.76 200m: 2:20.17 1:13.41 300m: 3:34.64 1:14.47 400m: 4:45.24 1:10.60							
33.	Henrique Santa, VALE	M	125785 04	Ginásio Santo Tirso	**4:45.87**	456	6,00	
	100m: 1:08.57 1:08.57 200m: 2:22.85 1:14.28 300m: 3:36.44 1:13.59 400m: 4:45.87 1:09.43							
34.	Vitor Pedro, TATO	M	133174 04	Leixões Sport Clube	**4:46.23**	454	5,00	
	100m: 1:05.87 1:05.87 200m: 2:20.07 1:14.20 300m: 3:35.47 1:15.40 400m: 4:46.23 1:10.76							
35.	Daniel Santos, PEREIRA	M	123915 03	Natacao de Valongo	**4:48.85**	442	-	
	100m: 1:09.57 1:09.57 200m: 2:23.52 1:13.95 300m: 3:37.36 1:13.84 400m: 4:48.85 1:11.49							
36.	Atila Alves, AMBRUS	M	127546 04	Porto	**4:51.12**	431	-	
	100m: 1:07.09 1:07.09 200m: 2:21.60 1:14.51 300m: 3:37.29 1:15.69 400m: 4:51.12 1:13.83							
37.	Pedro Rui, TEIXEIRA	M	125759 03	Aquatico Pacense	**4:54.65**	416	-	
	100m: 1:08.08 1:08.08 200m: 2:22.42 1:14.34 300m: 3:38.73 1:16.31 400m: 4:54.65 1:15.92							
38.	Luis Antonio, GONCALVES	M	200508 04	Ginásio Santo Tirso	**5:10.19**	357	1,00	
	FTL							
	100m: 1:13.64 1:13.64 200m: 2:33.17 1:19.53 300m: 3:52.38 1:19.21 400m: 5:10.19 1:17.81							
WDR	Diogo Severino, NUNES	M	128592 04	Natacao de Valongo			-	
WDR	Joao Carlos, FERREIRA	M	127550 03	Porto			-	
WDR	Diogo Barbosa, NUNES	M	110529 00	Porto			-	
WDR	Bernardo Nunes, VASCONCELOS	M	129429 03	Foca			-	

Absolutos

1.	Jose Pedro, SAMPAIO	M	108295 98	Fluvial Portuense	**4:16.02**	635	39,00	
	100m: 1:02.04 1:02.04 200m: 2:07.55 1:05.51 300m: 3:12.30 1:04.75 400m: 4:16.02 1:03.72							
2.	Nuno Rafael, ALVES	M	25140 90	Aquatico Pacense	**4:20.80**	600	37,00	
	100m: 1:01.25 1:01.25 200m: 2:06.56 1:05.31 300m: 3:13.90 1:07.34 400m: 4:20.80 1:06.90							
3.	Rui Pedro, FARIA	M	15592 94	Famalicão	**4:20.97**	599	36,00	
	100m: 1:01.43 1:01.43 200m: 2:06.65 1:05.22 300m: 3:13.84 1:07.19 400m: 4:20.97 1:07.13							
4.	Tiago Novais, MAGALHAES	M	205628 01	Fluvial Portuense	**4:26.05**	565	34,00	
	100m: 1:03.94 1:03.94 200m: 2:12.83 1:08.89 300m: 3:20.89 1:08.06 400m: 4:26.05 1:05.16							
5.	Goncalo Sampaio, SALGADO	M	121720 02	Famalicão	**4:26.93**	560	-	
	100m: 1:02.64 1:02.64 200m: 2:10.57 1:07.93 300m: 3:19.41 1:08.84 400m: 4:26.93 1:07.52							
6.	Rodrigo Reis, SILVA	M	117297 98	Clube Colegio de Lamas	**4:28.40**	551	29,00	
	100m: 1:04.82 1:04.82 200m: 2:14.16 1:09.34 300m: 3:23.26 1:09.10 400m: 4:28.40 1:05.14							
7.	Francisco Emanuel, MORIM	M	118054 02	Vilacondense	**4:28.90**	548	27,00	
	100m: 1:04.29 1:04.29 200m: 2:13.61 1:09.32 300m: 3:23.22 1:09.61 400m: 4:28.90 1:05.68							

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Prova 32, Masc., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	PTS	Obs
8.	Ricardo Jorge, MOREIRA	M	122012 01	Natacao de Valongo	**4:29.39**	545	-	
	100m: 1:03.41 1:03.41 200m: 2:12.18 1:08.77 300m: 3:22.64 1:10.46 400m: 4:29.39 1:06.75							
9.	Luis Manuel, RIBEIRO *FTL*	M	120816 02	Porto	**4:32.59**	526	23,00	
	100m: 1:03.78 1:03.78 200m: 2:13.10 1:09.32 300m: 3:23.37 1:10.27 400m: 4:32.59 1:09.22							
10.	Sergio Eduardo, DIAS *FTL*	M	108011 00	Fluvial Portuense	**4:40.62**	482	-	
	100m: 1:07.09 1:07.09 200m: 2:19.32 1:12.23 300m: 3:30.74 1:11.42 400m: 4:40.62 1:09.88							
11.	Joao Pedro, BRANCO *FTL*	M	132221 01	Aquatico Pacense	**4:42.17**	474	-	
	100m: 1:06.81 1:06.81 200m: 2:19.62 1:12.81 300m: 3:32.48 1:12.86 400m: 4:42.17 1:09.69							
WDR	Diogo Barbosa, NUNES	M	110529 00	Porto			-	

Seniores

1.	Jose Pedro, SAMPAIO	M	108295 98	Fluvial Portuense	**4:16.02**	635	39,00	
	100m: 1:02.04 1:02.04 200m: 2:07.55 1:05.51 300m: 3:12.30 1:04.75 400m: 4:16.02 1:03.72							
2.	Nuno Rafael, ALVES	M	25140 90	Aquatico Pacense	**4:20.80**	600	37,00	
	100m: 1:01.25 1:01.25 200m: 2:06.56 1:05.31 300m: 3:13.90 1:07.34 400m: 4:20.80 1:06.90							
3.	Rui Pedro, FARIA	M	15592 94	Famalicão	**4:20.97**	599	36,00	
	100m: 1:01.43 1:01.43 200m: 2:06.65 1:05.22 300m: 3:13.84 1:07.19 400m: 4:20.97 1:07.13							
4.	Rodrigo Reis, SILVA	M	117297 98	Clube Colegio de Lamas	**4:28.40**	551	29,00	
	100m: 1:04.82 1:04.82 200m: 2:14.16 1:09.34 300m: 3:23.26 1:09.10 400m: 4:28.40 1:05.14							
5.	Sergio Eduardo, DIAS *FTL*	M	108011 00	Fluvial Portuense	**4:40.62**	482	-	
	100m: 1:07.09 1:07.09 200m: 2:19.32 1:12.23 300m: 3:30.74 1:11.42 400m: 4:40.62 1:09.88							
WDR	Diogo Barbosa, NUNES	M	110529 00	Porto			-	

Juniores

1.	Tiago Novais, MAGALHAES	M	205628 01	Fluvial Portuense	**4:26.05**	565	34,00	
	100m: 1:03.94 1:03.94 200m: 2:12.83 1:08.89 300m: 3:20.89 1:08.06 400m: 4:26.05 1:05.16							
2.	Goncalo Sampaio, SALGADO	M	121720 02	Famalicão	**4:26.93**	560	-	
	100m: 1:02.64 1:02.64 200m: 2:10.57 1:07.93 300m: 3:19.41 1:08.84 400m: 4:26.93 1:07.52							
3.	Francisco Emanuel, MORIM	M	118054 02	Vilacondense	**4:28.90**	548	27,00	
	100m: 1:04.29 1:04.29 200m: 2:13.61 1:09.32 300m: 3:23.22 1:09.61 400m: 4:28.90 1:05.68							
4.	Ricardo Jorge, MOREIRA	M	122012 01	Natacao de Valongo	**4:29.39**	545	-	
	100m: 1:03.41 1:03.41 200m: 2:12.18 1:08.77 300m: 3:22.64 1:10.46 400m: 4:29.39 1:06.75							
5.	Luis Manuel, RIBEIRO *FTL*	M	120816 02	Porto	**4:32.59**	526	23,00	
	100m: 1:03.78 1:03.78 200m: 2:13.10 1:09.32 300m: 3:23.37 1:10.27 400m: 4:32.59 1:09.22							
6.	Joao Pedro, BRANCO *FTL*	M	132221 01	Aquatico Pacense	**4:42.17**	474	-	
	100m: 1:06.81 1:06.81 200m: 2:19.62 1:12.81 300m: 3:32.48 1:12.86 400m: 4:42.17 1:09.69							

Juvenis B

1.	Gabriel Moreira, SANTOS	M	127679 04	Famalicão	**4:26.05**	565	34,00	
	100m: 1:02.96 1:02.96 200m: 2:09.36 1:06.40 300m: 3:17.77 1:08.41 400m: 4:26.05 1:08.28							
2.	Goncalo Renato, CARVALHO	M	127586 04	Porto	**4:28.53**	550	28,00	
	100m: 1:04.62 1:04.62 200m: 2:12.99 1:08.37 300m: 3:21.81 1:08.82 400m: 4:28.53 1:06.72							
3.	David Costa, BORGES	M	127198 04	Fluvial Portuense	**4:31.78**	530	-	
	100m: 1:03.66 1:03.66 200m: 2:12.66 1:09.00 300m: 3:22.41 1:09.75 400m: 4:31.78 1:09.37							
4.	Rui Pedro, MADUREIRA	M	204932 04	Vitória Sport Clube	**4:33.69**	519	21,00	
	100m: 1:03.83 1:03.83 200m: 2:13.35 1:09.52 300m: 3:23.34 1:09.99 400m: 4:33.69 1:10.35							
5.	Frederico Ferreira, SILVA	M	127669 04	Famalicão	**4:35.27**	510	-	
	100m: 1:04.32 1:04.32 200m: 2:15.35 1:11.03 300m: 3:27.07 1:11.72 400m: 4:35.27 1:08.20							

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Prova 32, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	PTS	Obs
6.	Guilherme Lobo, PINTO	M	126503 04	Foca	**4:39.09**	490	16,00	
	100m: 1:05.81 1:05.81	200m: 2:17.00	1:11.19	300m: 3:28.75 1:11.75	400m: 4:39.09 1:10.34			
7.	Diogo Magalhaes, PEREIRA	M	129730 04	Porto	**4:40.54**	482	-	
	100m: 1:05.65 1:05.65	200m: 2:18.04	1:12.39	300m: 3:30.91 1:12.87	400m: 4:40.54 1:09.63			
8.	Daniel Carlos, CARNEIRO	M	124770 04	Porto	**4:40.59**	482	-	
	100m: 1:08.82 1:08.82	200m: 2:20.63	1:11.81	300m: 3:31.73 1:11.10	400m: 4:40.59 1:08.86			
9.	Goncalo Moreira, ALVES	M	130939 04	Clube Colegio de Lamas	**4:45.24**	459	-	
	100m: 1:06.76 1:06.76	200m: 2:20.17	1:13.41	300m: 3:34.64 1:14.47	400m: 4:45.24 1:10.60			
10.	Henrique Santa, VALE	M	125785 04	Ginásio Santo Tirso	**4:45.87**	456	6,00	
	100m: 1:08.57 1:08.57	200m: 2:22.85	1:14.28	300m: 3:36.44 1:13.59	400m: 4:45.87 1:09.43			
11.	Vitor Pedro, TATO	M	133174 04	Leixões Sport Clube	**4:46.23**	454	5,00	
	100m: 1:05.87 1:05.87	200m: 2:20.07	1:14.20	300m: 3:35.47 1:15.40	400m: 4:46.23 1:10.76			
12.	Atila Alves, AMBRUS	M	127546 04	Porto	**4:51.12**	431	-	
	100m: 1:07.09 1:07.09	200m: 2:21.60	1:14.51	300m: 3:37.29 1:15.69	400m: 4:51.12 1:13.83			
13.	Luis Antonio, GONCALVES	M	200508 04	Ginásio Santo Tirso	**5:10.19**	357	1,00	
	FTL							
	100m: 1:13.64 1:13.64	200m: 2:33.17	1:19.53	300m: 3:52.38 1:19.21	400m: 5:10.19 1:17.81			
WDR	Diogo Severino, NUNES	M	128592 04	Natacao de Valongo			-	

Juvenis A

1.	Fernando Costa, CARVALHO	M	129065 03	Foca	**4:25.01**	572	35,00	
	100m: 1:03.00 1:03.00	200m: 2:10.35	1:07.35	300m: 3:17.82 1:07.47	400m: 4:25.01 1:07.19			
2.	Hugo Alexandre, COSTA	M	127917 03	Natacao de Valongo	**4:27.08**	559	31,00	
	100m: 1:03.77 1:03.77	200m: 2:12.11	1:08.34	300m: 3:20.70 1:08.59	400m: 4:27.08 1:06.38			
3.	Ruben Fonseca, DIAS	M	125780 03	Natacao de Valongo	**4:27.16**	558	30,00	
	100m: 1:03.17 1:03.17	200m: 2:11.78	1:08.61	300m: 3:20.37 1:08.59	400m: 4:27.16 1:06.79			
4.	Rodrigo Jorge, NETO	M	204423 03	Aquatico Pacense	**4:29.85**	542	25,00	
	100m: 1:03.95 1:03.95	200m: 2:12.88	1:08.93	300m: 3:22.36 1:09.48	400m: 4:29.85 1:07.49			
5.	Joao Luis, SA	M	124728 03	Fluvial Portuense	**4:32.94**	524	-	
	100m: 1:04.75 1:04.75	200m: 2:14.04	1:09.29	300m: 3:23.90 1:09.86	400m: 4:32.94 1:09.04			
6.	Diogo Nunes, SOUSA	M	127667 03	Vitória Sport Clube	**4:34.92**	512	20,00	
	100m: 1:04.07 1:04.07	200m: 2:14.65	1:10.58	300m: 3:25.56 1:10.91	400m: 4:34.92 1:09.36			
7.	Goncalo Maria, MARANTES	M	121980 03	Porto	**4:35.10**	511	-	
	100m: 1:04.99 1:04.99	200m: 2:14.97	1:09.98	300m: 3:25.96 1:10.99	400m: 4:35.10 1:09.14			
8.	Diogo Pontes, PEREIRA	M	131880 03	Assoc. Desportiva de Fafe	**4:38.17**	495	17,00	
	100m: 1:06.41 1:06.41	200m: 2:17.95	1:11.54	300m: 3:28.94 1:10.99	400m: 4:38.17 1:09.23			
9.	Ricardo Ferreira, MENDES	M	129515 03	Clube Colegio de Lamas	**4:39.25**	489	15,00	
	100m: 1:07.67 1:07.67	200m: 2:20.10	1:12.43	300m: 3:32.40 1:12.30	400m: 4:39.25 1:06.85			
10.	Tiago Fonseca, CARVALHO	M	127099 03	Clube Naval Povoense	**4:41.54**	477	11,00	
	100m: 1:06.66 1:06.66	200m: 2:18.91	1:12.25	300m: 3:31.36 1:12.45	400m: 4:41.54 1:10.18			
11.	Ruben Filipe, SILVA	M	124865 03	Foca	**4:42.22**	474	-	
	100m: 1:07.20 1:07.20	200m: 2:19.31	1:12.11	300m: 3:31.49 1:12.18	400m: 4:42.22 1:10.73			
12.	Alex Baptista, COELHO	M	130334 03	Colegio Luso-Internacional do	**4:43.47**	467	8,00	
	100m: 1:05.22 1:05.22	200m: 2:17.27	1:12.05	300m: 3:30.71 1:13.44	400m: 4:43.47 1:12.76			
13.	Daniel Santos, PEREIRA	M	123915 03	Natacao de Valongo	**4:48.85**	442	-	
	100m: 1:09.57 1:09.57	200m: 2:23.52	1:13.95	300m: 3:37.36 1:13.84	400m: 4:48.85 1:11.49			
14.	Pedro Rui, TEIXEIRA	M	125759 03	Aquatico Pacense	**4:54.65**	416	-	
	100m: 1:08.08 1:08.08	200m: 2:22.42	1:14.34	300m: 3:38.73 1:16.31	400m: 4:54.65 1:15.92			
WDR	Joao Carlos, FERREIRA	M	127550 03	Porto			-	
WDR	Bernardo Nunes, VASCONCELOS	M	129429 03	Foca			-	

O Secretário do Juri

O Juiz Árbitro

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