

Prova 43 Juv nis  
27/11/2022 - 15:22 Resultados  
Masc., 400m Livres

Recorde Nacional 25m Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recorde Nacional 25m Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019
Recorde Nacional 25m Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lous�	23/06/2019
Recorde Regional 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10/12/2009
Recorde Regional 25m Juv A	3:59.35	Rui Filipe, COSTA	VSC	Caldas da Rainha	01/12/2006
Recorde Regional 25m Juv B	4:06.60	Luis Miguel, MONTEIRO	FCP	Lousada	28/02/1998

TLP Juv nis A Masculinos Juv A: 4:53.95 / TLP Juv nis B Masculinos Juv B: 4:59.44

Pontos: FINA 2021

Lugar	Nome	T. Reaç�o	Sexo	Licena	Ano	Clube	Tempo Final	FINA
<b>Juv�nis B</b>								
1.	Miguel Fragoso, MEDEIROS	+0,78	M	200778	08	Porto	<b>4:18.55</b>	553
	50m: 29.62 29.62	150m: 1:34.25 32.69	250m: 2:40.36 32.98	350m: 3:46.92 33.21				
	100m: 1:01.56 31.94	200m: 2:07.38 33.13	300m: 3:13.71 33.35	400m: 4:18.55 31.63				
2.	Guilherme Costa, SOARES	+1,01	M	201093	08	Vilacondense	<b>4:23.42</b>	523
	50m: 30.42 30.42	150m: 1:36.69 33.62	250m: 2:43.01 33.43	350m: 3:50.05 33.51				
	100m: 1:03.07 32.65	200m: 2:09.58 32.89	300m: 3:16.54 33.53	400m: 4:23.42 33.37				
3.	Tomas Pinto, PEIXOTO	+0,77	M	203354	08	Porto	<b>4:24.22</b>	518
	50m: 30.17 30.17	150m: 1:35.75 32.61	250m: 2:42.51 33.35	350m: 3:50.58 33.90				
	100m: 1:03.14 32.97	200m: 2:09.16 33.41	300m: 3:16.68 34.17	400m: 4:24.22 33.64				
4.	Tiago Andre, CANELAS	+0,78	M	200358	08	Fluvial Portuense	<b>4:30.03</b>	485
	50m: 31.07 31.07	150m: 1:39.48 34.62	250m: 2:49.04 34.82	350m: 3:58.18 33.94				
	100m: 1:04.86 33.79	200m: 2:14.22 34.74	300m: 3:24.24 35.20	400m: 4:30.03 31.85				
5.	Goncalo Augusto, SOARES	+0,97	M	206424	08	Porto	<b>4:30.06</b>	485
	50m: 31.43 31.43	150m: 1:39.67 34.56	250m: 2:49.30 35.02	350m: 3:58.55 34.54				
	100m: 1:05.11 33.68	200m: 2:14.28 34.61	300m: 3:24.01 34.71	400m: 4:30.06 31.51				
6.	Eduardo Miguel, LIMA	+0,83	M	201133	08	Foca Quinta Da Lixa - Cnf	<b>4:36.15</b>	454
	50m: 29.90 29.90	150m: 1:37.84 33.79	250m: 2:48.70 35.82	350m: 4:00.65 35.93				
	100m: 1:04.05 34.15	200m: 2:12.88 35.04	300m: 3:24.72 36.02	400m: 4:36.15 35.50				
7.	Miguel Almeida, BISPO	+0,67	M	203715	08	Natacao da Maia	<b>4:39.99</b>	435
	50m: 32.01 32.01	150m: 1:43.84 36.29	250m: 2:54.92 34.55	350m: 4:06.30 35.96				
	100m: 1:07.55 35.54	200m: 2:20.37 36.53	300m: 3:30.34 35.42	400m: 4:39.99 35.69				
8.	Santiago Carvalho, PEREIRA	+0,85	M	206129	08	Famalio	<b>4:41.00</b>	430
	50m: 31.32 31.32	150m: 1:42.31 35.90	250m: 2:54.56 36.25	350m: 4:06.60 35.71				
	100m: 1:06.41 35.09	200m: 2:18.31 36.00	300m: 3:30.89 36.33	400m: 4:41.00 34.40				
9.	Diogo Teixeira, PEIXOTO	+0,93	M	206053	08	Foca Quinta Da Lixa - Cnf	<b>4:43.37</b>	420
	50m: 32.05 32.05	150m: 1:42.65 36.16	250m: 2:55.52 36.42	350m: 4:08.04 35.86				
	100m: 1:06.49 34.44	200m: 2:19.10 36.45	300m: 3:32.18 36.66	400m: 4:43.37 35.33				
10.	Gabriel Dinis, FERREIRA	+0,90	M	206055	08	Foca Quinta Da Lixa - Cnf	<b>4:48.57</b>	397
	50m: 32.92 32.92	150m: 1:45.58 36.24	250m: 2:59.10 36.69	350m: 4:12.98 37.03				
	100m: 1:09.34 36.42	200m: 2:22.41 36.83	300m: 3:35.95 36.85	400m: 4:48.57 35.59				
11.	Guilherme Simao, BESSA	+0,94	M	208436	08	Vilacondense	<b>4:50.40</b>	390
	50m: 32.87 32.87	150m: 1:45.36 36.62	250m: 3:00.02 37.49	350m: 4:14.38 37.06				
	100m: 1:08.74 35.87	200m: 2:22.53 37.17	300m: 3:37.32 37.30	400m: 4:50.40 36.02				
12.	Rodrigo Silva, LIMA	+0,86	M	206003	08	Porto	<b>4:55.37</b>	371
	50m: 33.71 33.71	150m: 1:47.73 37.63	250m: 3:03.94 38.20	350m: 4:18.69 36.98				
	100m: 1:10.10 36.39	200m: 2:25.74 38.01	300m: 3:41.71 37.77	400m: 4:55.37 36.68				
13.	Eduardo Ribeiro, MORENITO	+0,78	M	139894	08	Colegio Efanor	<b>4:55.69</b>	369
	50m: 32.30 32.30	150m: 1:45.45 37.50	250m: 3:01.56 38.43	350m: 4:18.68 38.76				
	100m: 1:07.95 35.65	200m: 2:23.13 37.68	300m: 3:39.92 38.36	400m: 4:55.69 37.01				
14.	Hugo Sa, MACEDO	+0,88	M	200787	08	Porto	<b>4:56.60</b>	366
	50m: 33.41 33.41	150m: 1:47.47 37.90	250m: 3:02.65 37.54	350m: 4:18.84 38.30				
	100m: 1:09.57 36.16	200m: 2:25.11 37.64	300m: 3:40.54 37.89	400m: 4:56.60 37.76				
15.	Antonio Pedro, MOREIRA FTL	+0,88	M	203429	08	Colegio Efanor	<b>5:01.78</b>	347
	50m: 33.28 33.28	150m: 1:48.29 38.02	250m: 3:05.13 38.49	350m: 4:23.15 38.74				
	100m: 1:10.27 36.99	200m: 2:26.64 38.35	300m: 3:44.41 39.28	400m: 5:01.78 38.63				

Prova 43, Masc., 400m Livres, Juvenis B

Lugar	Nome	T. Reaç�o	Sexo	Licena	Ano	Clube	Tempo Final	FINA
16.	Afonso Castro, ALVES <i>FTL</i>	+0,77	M	211414	08	Aquatico Pacense	<b>5:04.77</b>	337
	50m: 33.41 33.41	150m: 1:47.97 38.16	250m: 3:06.17 39.23	350m: 4:25.98 40.10				
	100m: 1:09.81 36.40	200m: 2:26.94 38.97	300m: 3:45.88 39.71	400m: 5:04.77 38.79				
17.	Tomas Neves, PROSPERO <i>FTL</i>	+0,83	M	209338	08	Propaganda da Nataç�o	<b>5:07.44</b>	329
	50m: 33.63 33.63	150m: 1:49.77 38.90	250m: 3:09.31 39.33	350m: 4:29.65 40.35				
	100m: 1:10.87 37.24	200m: 2:29.98 40.21	300m: 3:49.30 39.99	400m: 5:07.44 37.79				
WDR	Dinis Castro, COSTA		M	203092	08	Foca Quinta Da Lixa - Cnf		

Juvenis A

1.	Goncalo Carlos, AZEVEDO	+0,84	M	209939	07	Natacao da Maia	<b>4:12.61</b>	593
	50m: 28.12 28.12	150m: 1:32.27 32.32	250m: 2:37.19 32.32	350m: 3:42.29 32.49				
	100m: 59.95 31.83	200m: 2:04.87 32.60	300m: 3:09.80 32.61	400m: 4:12.61 30.32				
2.	Antonio Miguel, COSTA	+0,76	M	202259	07	Assoc. Desportiva de Fafe	<b>4:17.72</b>	558
	50m: 29.35 29.35	150m: 1:33.76 32.59	250m: 2:39.29 32.82	350m: 3:45.72 33.17				
	100m: 1:01.17 31.82	200m: 2:06.47 32.71	300m: 3:12.55 33.26	400m: 4:17.72 32.00				
3.	Guilherme Mahua, SOARES	+0,89	M	200790	07	Porto	<b>4:22.98</b>	525
	50m: 29.90 29.90	150m: 1:36.30 32.71	250m: 2:42.80 33.27	350m: 3:50.21 33.65				
	100m: 1:03.59 33.69	200m: 2:09.53 33.23	300m: 3:16.56 33.76	400m: 4:22.98 32.77				
4.	Miguel Guedes, FERREIRA	+0,81	M	205181	07	Porto	<b>4:28.02</b>	496
	50m: 30.43 30.43	150m: 1:37.77 34.02	250m: 2:46.22 34.25	350m: 3:54.75 34.32				
	100m: 1:03.75 33.32	200m: 2:11.97 34.20	300m: 3:20.43 34.21	400m: 4:28.02 33.27				
5.	Pedro Miguel, PINTO	+0,82	M	148621	07	Assoc. Desportiva de Fafe	<b>4:29.22</b>	490
	50m: 30.20 30.20	150m: 1:37.58 33.94	250m: 2:46.72 34.56	350m: 3:55.92 34.58				
	100m: 1:03.64 33.44	200m: 2:12.16 34.58	300m: 3:21.34 34.62	400m: 4:29.22 33.30				
6.	Andre Leitao, COSTA	+0,86	M	201806	07	Assoc. Desportiva de Fafe	<b>4:31.46</b>	477
	50m: 30.79 30.79	150m: 1:39.36 34.54	250m: 2:49.04 34.96	350m: 3:58.60 34.49				
	100m: 1:04.82 34.03	200m: 2:14.08 34.72	300m: 3:24.11 35.07	400m: 4:31.46 32.86				
7.	David Luis, ANTUNES	+0,73	M	201934	07	Fluvial Portuense	<b>4:34.58</b>	461
	50m: 30.71 30.71	150m: 1:40.27 35.43	250m: 2:51.61 35.82	350m: 4:02.30 34.98				
	100m: 1:04.84 34.13	200m: 2:15.79 35.52	300m: 3:27.32 35.71	400m: 4:34.58 32.28				
8.	Joao Alves, RODRIGUES	+0,88	M	201808	07	Famaliç�o	<b>4:34.75</b>	461
	50m: 29.99 29.99	150m: 1:38.30 34.97	250m: 2:48.68 35.13	350m: 3:59.64 35.40				
	100m: 1:03.33 33.34	200m: 2:13.55 35.25	300m: 3:24.24 35.56	400m: 4:34.75 35.11				
9.	Rodrigo Manuel, MONTEIRO	+0,77	M	132895	07	Porto	<b>4:36.37</b>	452
	50m: 30.73 30.73	150m: 1:39.71 35.20	250m: 2:51.02 35.58	350m: 4:02.10 35.75				
	100m: 1:04.51 33.78	200m: 2:15.44 35.73	300m: 3:26.35 35.33	400m: 4:36.37 34.27				
10.	Joao Lourenco, HERDEIRO	+0,78	M	207204	07	CLIP Teams	<b>4:38.18</b>	444
	50m: 31.04 31.04	150m: 1:40.13 35.26	250m: 2:51.52 35.89	350m: 4:03.47 35.92				
	100m: 1:04.87 33.83	200m: 2:15.63 35.50	300m: 3:27.55 36.03	400m: 4:38.18 34.71				
11.	Duarte Correia, GARCIA	+0,85	M	202823	07	Leixoes Sport Clube	<b>4:45.60</b>	410
	50m: 30.86 30.86	150m: 1:43.01 36.67	250m: 2:56.38 36.48	350m: 4:08.97 36.15				
	100m: 1:06.34 35.48	200m: 2:19.90 36.89	300m: 3:32.82 36.44	400m: 4:45.60 36.63				
12.	Alex, LUKYANCHYKOV <i>FTL</i>	+0,88	M	209361	07	Propaganda da Nataç�o	<b>5:09.79</b>	321
	50m: 33.53 33.53	150m: 1:50.66 39.39	250m: 3:11.21 40.86	350m: 4:31.11 39.42				
	100m: 1:11.27 37.74	200m: 2:30.35 39.69	300m: 3:51.69 40.48	400m: 5:09.79 38.68				
DSQ	Yuri Toth, AITA <i>4.2 - Falsa Partida – SW 4.4</i>		M	213454	07	Porto		
WDR	Tomas Machado, MIRANDA		M	200780	07	Porto		
WDR	Afonso Abreu, FREITAS		M	201645	07	Assoc. Desportiva de Fafe		

Prova 43, Masc., 400m Livres

Juvenis

1.	Goncalo Carlos, AZEVEDO	+0,84 M	209939	07	Natacao da Maia	<b>4:12.61</b>	593
	50m: 28.12 28.12 100m: 59.95 31.83		150m: 1:32.27 32.32 200m: 2:04.87 32.60		250m: 2:37.19 32.32 300m: 3:09.80 32.61	350m: 3:42.29 32.49 400m: 4:12.61 30.32	
2.	Antonio Miguel, COSTA	+0,76 M	202259	07	Assoc. Desportiva de Fafe	<b>4:17.72</b>	558
	50m: 29.35 29.35 100m: 1:01.17 31.82		150m: 1:33.76 32.59 200m: 2:06.47 32.71		250m: 2:39.29 32.82 300m: 3:12.55 33.26	350m: 3:45.72 33.17 400m: 4:17.72 32.00	
3.	Miguel Fragoso, MEDEIROS	+0,78 M	200778	08	Porto	<b>4:18.55</b>	553
	50m: 29.62 29.62 100m: 1:01.56 31.94		150m: 1:34.25 32.69 200m: 2:07.38 33.13		250m: 2:40.36 32.98 300m: 3:13.71 33.35	350m: 3:46.92 33.21 400m: 4:18.55 31.63	
4.	Guilherme Mahua, SOARES	+0,89 M	200790	07	Porto	<b>4:22.98</b>	525
	50m: 29.90 29.90 100m: 1:03.59 33.69		150m: 1:36.30 32.71 200m: 2:09.53 33.23		250m: 2:42.80 33.27 300m: 3:16.56 33.76	350m: 3:50.21 33.65 400m: 4:22.98 32.77	
5.	Guilherme Costa, SOARES	+1,01 M	201093	08	Vilacondense	<b>4:23.42</b>	523
	50m: 30.42 30.42 100m: 1:03.07 32.65		150m: 1:36.69 33.62 200m: 2:09.58 32.89		250m: 2:43.01 33.43 300m: 3:16.54 33.53	350m: 3:50.05 33.51 400m: 4:23.42 33.37	
6.	Tomas Pinto, PEIXOTO	+0,77 M	203354	08	Porto	<b>4:24.22</b>	518
	50m: 30.17 30.17 100m: 1:03.14 32.97		150m: 1:35.75 32.61 200m: 2:09.16 33.41		250m: 2:42.51 33.35 300m: 3:16.68 34.17	350m: 3:50.58 33.90 400m: 4:24.22 33.64	
7.	Miguel Guedes, FERREIRA	+0,81 M	205181	07	Porto	<b>4:28.02</b>	496
	50m: 30.43 30.43 100m: 1:03.75 33.32		150m: 1:37.77 34.02 200m: 2:11.97 34.20		250m: 2:46.22 34.25 300m: 3:20.43 34.21	350m: 3:54.75 34.32 400m: 4:28.02 33.27	
8.	Pedro Miguel, PINTO	+0,82 M	148621	07	Assoc. Desportiva de Fafe	<b>4:29.22</b>	490
	50m: 30.20 30.20 100m: 1:03.64 33.44		150m: 1:37.58 33.94 200m: 2:12.16 34.58		250m: 2:46.72 34.56 300m: 3:21.34 34.62	350m: 3:55.92 34.58 400m: 4:29.22 33.30	
9.	Tiago Andre, CANELAS	+0,78 M	200358	08	Fluvial Portuense	<b>4:30.03</b>	485
	50m: 31.07 31.07 100m: 1:04.86 33.79		150m: 1:39.48 34.62 200m: 2:14.22 34.74		250m: 2:49.04 34.82 300m: 3:24.24 35.20	350m: 3:58.18 33.94 400m: 4:30.03 31.85	
10.	Goncalo Augusto, SOARES	+0,97 M	206424	08	Porto	<b>4:30.06</b>	485
	50m: 31.43 31.43 100m: 1:05.11 33.68		150m: 1:39.67 34.56 200m: 2:14.28 34.61		250m: 2:49.30 35.02 300m: 3:24.01 34.71	350m: 3:58.55 34.54 400m: 4:30.06 31.51	
11.	Andre Leitao, COSTA	+0,86 M	201806	07	Assoc. Desportiva de Fafe	<b>4:31.46</b>	477
	50m: 30.79 30.79 100m: 1:04.82 34.03		150m: 1:39.36 34.54 200m: 2:14.08 34.72		250m: 2:49.04 34.96 300m: 3:24.11 35.07	350m: 3:58.60 34.49 400m: 4:31.46 32.86	
12.	David Luis, ANTUNES	+0,73 M	201934	07	Fluvial Portuense	<b>4:34.58</b>	461
	50m: 30.71 30.71 100m: 1:04.84 34.13		150m: 1:40.27 35.43 200m: 2:15.79 35.52		250m: 2:51.61 35.82 300m: 3:27.32 35.71	350m: 4:02.30 34.98 400m: 4:34.58 32.28	
13.	Joao Alves, RODRIGUES	+0,88 M	201808	07	Famaliç�o	<b>4:34.75</b>	461
	50m: 29.99 29.99 100m: 1:03.33 33.34		150m: 1:38.30 34.97 200m: 2:13.55 35.25		250m: 2:48.68 35.13 300m: 3:24.24 35.56	350m: 3:59.64 35.40 400m: 4:34.75 35.11	
14.	Eduardo Miguel, LIMA	+0,83 M	201133	08	Foca Quinta Da Lixa - Cnf	<b>4:36.15</b>	454
	50m: 29.90 29.90 100m: 1:04.05 34.15		150m: 1:37.84 33.79 200m: 2:12.88 35.04		250m: 2:48.70 35.82 300m: 3:24.72 36.02	350m: 4:00.65 35.93 400m: 4:36.15 35.50	
15.	Rodrigo Manuel, MONTEIRO	+0,77 M	132895	07	Porto	<b>4:36.37</b>	452
	50m: 30.73 30.73 100m: 1:04.51 33.78		150m: 1:39.71 35.20 200m: 2:15.44 35.73		250m: 2:51.02 35.58 300m: 3:26.35 35.33	350m: 4:02.10 35.75 400m: 4:36.37 34.27	
16.	Joao Lourenco, HERDEIRO	+0,78 M	207204	07	CLIP Teams	<b>4:38.18</b>	444
	50m: 31.04 31.04 100m: 1:04.87 33.83		150m: 1:40.13 35.26 200m: 2:15.63 35.50		250m: 2:51.52 35.89 300m: 3:27.55 36.03	350m: 4:03.47 35.92 400m: 4:38.18 34.71	
17.	Miguel Almeida, BISPO	+0,67 M	203715	08	Natacao da Maia	<b>4:39.99</b>	435
	50m: 32.01 32.01 100m: 1:07.55 35.54		150m: 1:43.84 36.29 200m: 2:20.37 36.53		250m: 2:54.92 34.55 300m: 3:30.34 35.42	350m: 4:06.30 35.96 400m: 4:39.99 33.69	
18.	Santiago Carvalho, PEREIRA	+0,85 M	206129	08	Famaliç�o	<b>4:41.00</b>	430
	50m: 31.32 31.32 100m: 1:06.41 35.09		150m: 1:42.31 35.90 200m: 2:18.31 36.00		250m: 2:54.56 36.25 300m: 3:30.89 36.33	350m: 4:06.60 35.71 400m: 4:41.00 34.40	
19.	Diogo Teixeira, PEIXOTO	+0,93 M	206053	08	Foca Quinta Da Lixa - Cnf	<b>4:43.37</b>	420
	50m: 32.05 32.05 100m: 1:06.49 34.44		150m: 1:42.65 36.16 200m: 2:19.10 36.45		250m: 2:55.52 36.42 300m: 3:32.18 36.66	350m: 4:08.04 35.86 400m: 4:43.37 35.33	
20.	Duarte Correia, GARCIA	+0,85 M	202823	07	Leixoes Sport Clube	<b>4:45.60</b>	410
	50m: 30.86 30.86 100m: 1:06.34 35.48		150m: 1:43.01 36.67 200m: 2:19.90 36.89		250m: 2:56.38 36.48 300m: 3:32.82 36.44	350m: 4:08.97 36.15 400m: 4:45.60 36.63	

O Secret rio do Juri

O Juiz  rbitro

Prova 43, Masc., 400m Livres, Juvenis

Lugar	Nome	T. Reaç�o	Sexo	Licena	Ano	Clube	Tempo Final	FINA
21.	Gabriel Dinis, FERREIRA	+0,90	M	206055	08	Foca Quinta Da Lixa - Cnf	<b>4:48.57</b>	397
	50m: 32.92 32.92	150m: 1:45.58 36.24	250m: 2:59.10 36.69	350m: 4:12.98 37.03				
	100m: 1:09.34 36.42	200m: 2:22.41 36.83	300m: 3:35.95 36.85	400m: 4:48.57 35.59				
22.	Guilherme Simao, BESSA	+0,94	M	208436	08	Vilacondense	<b>4:50.40</b>	390
	50m: 32.87 32.87	150m: 1:45.36 36.62	250m: 3:00.02 37.49	350m: 4:14.38 37.06				
	100m: 1:08.74 35.87	200m: 2:22.53 37.17	300m: 3:37.32 37.30	400m: 4:50.40 36.02				
23.	Rodrigo Silva, LIMA	+0,86	M	206003	08	Porto	<b>4:55.37</b>	371
	50m: 33.71 33.71	150m: 1:47.73 37.63	250m: 3:03.94 38.20	350m: 4:18.69 36.98				
	100m: 1:10.10 36.39	200m: 2:25.74 38.01	300m: 3:41.71 37.77	400m: 4:55.37 36.68				
24.	Eduardo Ribeiro, MORENITO	+0,78	M	139894	08	Colegio Efanor	<b>4:55.69</b>	369
	50m: 32.30 32.30	150m: 1:45.45 37.50	250m: 3:01.56 38.43	350m: 4:18.68 38.76				
	100m: 1:07.95 35.65	200m: 2:23.13 37.68	300m: 3:39.92 38.36	400m: 4:55.69 37.01				
25.	Hugo Sa, MACEDO	+0,88	M	200787	08	Porto	<b>4:56.60</b>	366
	50m: 33.41 33.41	150m: 1:47.47 37.90	250m: 3:02.65 37.54	350m: 4:18.84 38.30				
	100m: 1:09.57 36.16	200m: 2:25.11 37.64	300m: 3:40.54 37.89	400m: 4:56.60 37.76				
26.	Antonio Pedro, MOREIRA <i>FTL</i>	+0,88	M	203429	08	Colegio Efanor	<b>5:01.78</b>	347
	50m: 33.28 33.28	150m: 1:48.29 38.02	250m: 3:05.13 38.49	350m: 4:23.15 38.74				
	100m: 1:10.27 36.99	200m: 2:26.64 38.35	300m: 3:44.41 39.28	400m: 5:01.78 38.63				
27.	Afonso Castro, ALVES <i>FTL</i>	+0,77	M	211414	08	Aquatico Pacense	<b>5:04.77</b>	337
	50m: 33.41 33.41	150m: 1:47.97 38.16	250m: 3:06.17 39.23	350m: 4:25.98 40.10				
	100m: 1:09.81 36.40	200m: 2:26.94 38.97	300m: 3:45.88 39.71	400m: 5:04.77 38.79				
28.	Tomas Neves, PROSPERO <i>FTL</i>	+0,83	M	209338	08	Propaganda da Nataç�o	<b>5:07.44</b>	329
	50m: 33.63 33.63	150m: 1:49.77 38.90	250m: 3:09.31 39.33	350m: 4:29.65 40.35				
	100m: 1:10.87 37.24	200m: 2:29.98 40.21	300m: 3:49.30 39.99	400m: 5:07.44 37.79				
29.	Alex, LUKYANCHYKOV <i>FTL</i>	+0,88	M	209361	07	Propaganda da Nataç�o	<b>5:09.79</b>	321
	50m: 33.53 33.53	150m: 1:50.66 39.39	250m: 3:11.21 40.86	350m: 4:31.11 39.42				
	100m: 1:11.27 37.74	200m: 2:30.35 39.69	300m: 3:51.69 40.48	400m: 5:09.79 38.68				
DSQ	Yuri Toth, AITA <i>4.2 - Falsa Partida – SW 4.4</i>		M	213454	07	Porto		
WDR	Tomas Machado, MIRANDA		M	200780	07	Porto		
WDR	Afonso Abreu, FREITAS		M	201645	07	Assoc. Desportiva de Fafe		
WDR	Dinis Castro, COSTA		M	203092	08	Foca Quinta Da Lixa - Cnf		