

Prova 16 Masc., 400m Estilos Absolutos  
17/11/2023 - 15:35 Resultados

Recordes Nacionais 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recordes Nacionais 25m Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recordes Territoriais 25m Open	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09/12/2005
Recordes Territoriais 25m Sen	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09/12/2005
Recordes Territoriais 25m Jun 18	4:20.95	Adriano Miguel, NIZ	FPN	Dublin (IRL)	03/12/2003
Recordes Territoriais 25m Jun 17	4:22.18	Adriano Miguel, NIZ	CFV	Alges	16/05/2003

TLP Juniores Masculinos Jun: 5:12.14 / TLP Seniores Masculinos Sen: 4:56.04

Pontos: FINA 2022

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
1.	Francisco Araujo, SILVA	132331	06	Famalic�o	<b>4:37.45</b>	606
	50m: 29.91 29.91	150m: 1:39.43 34.87	250m: 2:54.60 40.33	350m: 4:06.65 32.23		
	100m: 1:04.56 34.65	200m: 2:14.27 34.84	300m: 3:34.42 39.82	400m: 4:37.45 30.80		
2.	Vasco Monteiro, CASTRO	202720	06	Porto	<b>4:41.27</b>	581
	50m: 30.76 30.76	150m: 1:42.03 35.98	250m: 2:56.95 40.92	350m: 4:10.37 32.74		
	100m: 1:06.05 35.29	200m: 2:16.03 34.00	300m: 3:37.63 40.68	400m: 4:41.27 30.90		
3.	Bruno Silva, LOUREIRO	129872	06	Porto	<b>4:44.23</b>	563
	50m: 30.57 30.57	150m: 1:42.18 36.76	250m: 3:00.02 42.36	350m: 4:13.88 31.51		
	100m: 1:05.42 34.85	200m: 2:17.66 35.48	300m: 3:42.37 42.35	400m: 4:44.23 30.35		
4.	Leonardo Freitas, FERNANDES	209567	06	Famalic�o	<b>4:44.58</b>	561
	50m: 30.36 30.36	150m: 1:45.05 39.35	250m: 2:59.37 35.98	350m: 4:11.60 34.57		
	100m: 1:05.70 35.34	200m: 2:23.39 38.34	300m: 3:37.03 37.66	400m: 4:44.58 32.98		
5.	Rui Miguel, SANTOS	204083	06	Famalic�o	<b>4:45.13</b>	558
	50m: 29.33 29.33	150m: 1:40.79 37.03	250m: 2:58.90 40.91	350m: 4:13.99 32.99		
	100m: 1:03.76 34.43	200m: 2:17.99 37.20	300m: 3:41.00 42.10	400m: 4:45.13 31.14		
6.	Renato Gouveia, TEIXEIRA	204599	07	Foca Quinta Da Lixa - Cnf	<b>4:45.29</b>	557
	50m: 29.56 29.56	150m: 1:40.62 37.36	250m: 2:59.39 41.58	350m: 4:14.06 33.01		
	100m: 1:03.26 33.70	200m: 2:17.81 37.19	300m: 3:41.05 41.66	400m: 4:45.29 31.23		
7.	Tomas Ferreira, OLIVEIRA	151457	06	Natacao da Maia	<b>4:46.26</b>	551
	50m: 31.31 31.31	150m: 1:45.69 37.85	250m: 3:01.17 39.56	350m: 4:15.05 33.19		
	100m: 1:07.84 36.53	200m: 2:21.61 35.92	300m: 3:41.86 40.69	400m: 4:46.26 31.21		
8.	Gil Afonso, RODRIGUES	148683	07	Fluvial Portuense	<b>4:47.38</b>	545
	50m: 29.54 29.54	150m: 1:40.93 36.79	250m: 2:58.43 41.19	350m: 4:14.86 33.94		
	100m: 1:04.14 34.60	200m: 2:17.24 36.31	300m: 3:40.92 42.49	400m: 4:47.38 32.52		
9.	Rodrigo Filipe, CORREIA	210429	07	Porto	<b>4:48.27</b>	540
	50m: 29.58 29.58	150m: 1:40.19 36.18	250m: 3:00.37 44.96	350m: 4:17.25 32.43		
	100m: 1:04.01 34.43	200m: 2:15.41 35.22	300m: 3:44.82 44.45	400m: 4:48.27 31.02		
10.	Francisco Campos, LOURENCO	132136	06	Natacao de Valongo	<b>4:48.40</b>	539
	50m: 29.07 29.07	150m: 1:41.41 38.33	250m: 3:00.32 41.78	350m: 4:15.33 33.20		
	100m: 1:03.08 34.01	200m: 2:18.54 37.13	300m: 3:42.13 41.81	400m: 4:48.40 33.07		
11.	Joao Alves, RODRIGUES	201808	07	Famalic�o	<b>4:50.26</b>	529
	50m: 29.93 29.93	150m: 1:44.76 39.90	250m: 3:01.98 38.68	350m: 4:17.23 34.86		
	100m: 1:04.86 34.93	200m: 2:23.30 38.54	300m: 3:42.37 40.39	400m: 4:50.26 33.03		
12.	Pedro Miguel, PINTO	148621	07	Assoc. Desportiva de Fafe	<b>4:52.67</b>	516
	50m: 30.82 30.82	150m: 1:43.90 38.00	250m: 3:03.72 42.48	350m: 4:20.39 33.45		
	100m: 1:05.90 35.08	200m: 2:21.24 37.34	300m: 3:46.94 43.22	400m: 4:52.67 32.28		
13.	Duarte Maria, CARREIRA	205865	07	Porto	<b>4:55.04</b>	504
	50m: 31.34 31.34	150m: 1:49.36 40.70	250m: 3:07.72 39.51	350m: 4:21.44 33.76		
	100m: 1:08.66 37.32	200m: 2:28.21 38.85	300m: 3:47.68 39.96	400m: 4:55.04 33.60		
14.	Rafael Dinis, PACHECO	204593	07	Aquatico Pacense	<b>4:55.85</b>	499
	50m: 30.84 30.84	150m: 1:44.33 38.16	250m: 3:05.53 43.35	350m: 4:22.04 33.77		
	100m: 1:06.17 35.33	200m: 2:22.18 37.85	300m: 3:48.27 42.74	400m: 4:55.85 33.81		
15.	Guilherme Ramos, SILVA	205033	06	Vilacondense	<b>4:59.88</b>	480
	50m: 29.51 29.51	150m: 1:45.73 40.50	250m: 3:06.01 41.15	350m: 4:24.56 35.20		
	100m: 1:05.23 35.72	200m: 2:24.86 39.13	300m: 3:49.36 43.35	400m: 4:59.88 35.32		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.78086

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19/11/2023 23:25 - P gina 1

ORGANIZAÇÃO



PARCEIRO INSTITUCIONAL



FORNECEDOR OFICIAL



Prova 16, Masc., 400m Estilos, Juniores

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
16.	Andre Leitao, COSTA	201806	07	Assoc. Desportiva de Fafe	<b>5:04.29</b>	459
	50m: 30.89 30.89 150m: 1:48.70 41.42 250m: 3:11.74 43.66 350m: 4:31.09 34.41					
	100m: 1:07.28 36.39 200m: 2:28.08 39.38 300m: 3:56.68 44.94 400m: 5:04.29 33.20					
17.	Afonso Moreira, BRAGA	219474	07	Associacao Tubaroes de Gaia	<b>5:35.99</b>	341
	<i>FTL</i>					
	50m: 34.80 34.80 150m: 1:59.97 44.07 250m: 3:30.11 47.60 350m: 4:57.91 39.62					
	100m: 1:15.90 41.10 200m: 2:42.51 42.54 300m: 4:18.29 48.18 400m: 5:35.99 38.08					
DSQ	Guilherme Mahua, SOARES	200790	07	Porto		
	<i>8.11 - O(A) nadador(a) efetuou movimento n�o simult�neo de pernas durante todo o percurso - SW 8.3, percurso de mariposa</i>					
DSQ	Paulo Tiago, VALES	201752	07	Porto		
	<i>7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 275 metros - SW 7.6</i>					

Seniores

1.	Joao Nogueira, COSTA	124315	01	Vit�ria Sport Clube	<b>4:31.61</b>	646
	50m: 26.94 26.94 150m: 1:35.92 35.82 250m: 2:53.49 41.12 350m: 4:03.77 28.94					
	100m: 1:00.10 33.16 200m: 2:12.37 36.45 300m: 3:34.83 41.34 400m: 4:31.61 27.84					
2.	Tomas Amor, SARREIRA	132117	05	Porto	<b>4:32.20</b>	641
	50m: 28.60 28.60 150m: 1:36.53 34.86 250m: 2:50.46 39.69 350m: 4:02.15 31.66					
	100m: 1:01.67 33.07 200m: 2:10.77 34.24 300m: 3:30.49 40.03 400m: 4:32.20 30.05					
3.	Ricardo Filipe, ROCHA	121787	02	Aquatico Pacense	<b>4:32.30</b>	641
	50m: 28.56 28.56 150m: 1:35.86 34.65 250m: 2:49.25 40.04 350m: 4:01.47 32.67					
	100m: 1:01.21 32.65 200m: 2:09.21 33.35 300m: 3:28.80 39.55 400m: 4:32.30 30.83					
4.	Francisco Rodriguez, AMARAL	122608	02	Porto	<b>4:40.71</b>	585
	50m: 29.53 29.53 150m: 1:39.66 36.76 250m: 2:57.86 42.69 350m: 4:11.16 30.60					
	100m: 1:02.90 33.37 200m: 2:15.17 35.51 300m: 3:40.56 42.70 400m: 4:40.71 29.55					
5.	Jose Luis, GONCALVES	131849	05	Assoc. Desportiva de Fafe	<b>4:45.47</b>	556
	50m: 29.35 29.35 150m: 1:41.71 38.37 250m: 2:59.51 39.77 350m: 4:13.97 33.67					
	100m: 1:03.34 33.99 200m: 2:19.74 38.03 300m: 3:40.30 40.79 400m: 4:45.47 31.50					
6.	Joao Simons, CUNHA	124582	02	Leixoes Sport Clube	<b>4:50.61</b>	527
	50m: 30.35 30.35 150m: 1:45.98 39.52 250m: 3:04.29 40.02 350m: 4:18.98 33.76					
	100m: 1:06.46 36.11 200m: 2:24.27 38.29 300m: 3:45.22 40.93 400m: 4:50.61 31.63					
7.	Joao Guilherme, ARAUJO	130366	03	Natacao da Maia	<b>4:52.20</b>	518
	50m: 29.23 29.23 150m: 1:40.96 37.96 250m: 3:00.00 41.98 350m: 4:17.57 34.86					
	100m: 1:03.00 33.77 200m: 2:18.02 37.06 300m: 3:42.71 42.71 400m: 4:52.20 34.63					
8.	Renato Teixeira, LOPES	132099	04	Natacao da Maia	<b>5:07.38</b>	445
	<i>FTL</i>					
	50m: 31.40 31.40 150m: 1:50.79 42.36 250m: 3:14.23 42.13 350m: 4:32.57 35.91					
	100m: 1:08.43 37.03 200m: 2:32.10 41.31 300m: 3:56.66 42.43 400m: 5:07.38 34.81					
9.	Daniel, FILIPE COSTA	124631	04	Associacao Tubaroes de Gaia	<b>5:31.30</b>	356
	<i>FTL</i>					
	50m: 32.99 32.99 150m: 1:52.60 42.06 250m: 3:21.97 49.16 350m: 4:53.44 40.84					
	100m: 1:10.54 37.55 200m: 2:32.81 40.21 300m: 4:12.60 50.63 400m: 5:31.30 37.86					
DNS	Gabriel Moreira, SANTOS	127679	04	Famaliç�o		

Absolutos

1.	Joao Nogueira, COSTA	124315	01	Vit�ria Sport Clube	<b>4:31.61</b>	646
	50m: 26.94 26.94 150m: 1:35.92 35.82 250m: 2:53.49 41.12 350m: 4:03.77 28.94					
	100m: 1:00.10 33.16 200m: 2:12.37 36.45 300m: 3:34.83 41.34 400m: 4:31.61 27.84					
2.	Tomas Amor, SARREIRA	132117	05	Porto	<b>4:32.20</b>	641
	50m: 28.60 28.60 150m: 1:36.53 34.86 250m: 2:50.46 39.69 350m: 4:02.15 31.66					
	100m: 1:01.67 33.07 200m: 2:10.77 34.24 300m: 3:30.49 40.03 400m: 4:32.20 30.05					

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O Juiz  rbitro

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19/11/2023 23:25 - P gina 2

[ORGANIZAÇÃO



ASSOCIAÇÃO DE NATACÃO  
DO NORTE DE PORTUGAL



Felgueiras  
C MARA MUNICIPAL

[PARCEIRO INSTITUCIONAL



FPN

[FORNECEDOR OFICIAL



TURBO

Prova 16, Masc., 400m Estilos, Absolutos

Lugar	Nome	Licena	Ano	Clube	Tempo Final	FINA
3.	Ricardo Filipe, ROCHA	121787	02	Aquatico Pacense	<b>4:32.30</b>	641
	50m: 28.56 28.56 150m: 1:35.86 34.65 250m: 2:49.25 40.04 350m: 4:01.47 32.67					
	100m: 1:01.21 32.65 200m: 2:09.21 33.35 300m: 3:28.80 39.55 400m: 4:32.30 30.83					
4.	Francisco Araujo, SILVA	132331	06	Famalio	<b>4:37.45</b>	606
	50m: 29.91 29.91 150m: 1:39.43 34.87 250m: 2:54.60 40.33 350m: 4:06.65 32.23					
	100m: 1:04.56 34.65 200m: 2:14.27 34.84 300m: 3:34.42 39.82 400m: 4:37.45 30.80					
5.	Francisco Rodriguez, AMARAL	122608	02	Porto	<b>4:40.71</b>	585
	50m: 29.53 29.53 150m: 1:39.66 36.76 250m: 2:57.86 42.69 350m: 4:11.16 30.60					
	100m: 1:02.90 33.37 200m: 2:15.17 35.51 300m: 3:40.56 42.70 400m: 4:40.71 29.55					
6.	Vasco Monteiro, CASTRO	202720	06	Porto	<b>4:41.27</b>	581
	50m: 30.76 30.76 150m: 1:42.03 35.98 250m: 2:56.95 40.92 350m: 4:10.37 32.74					
	100m: 1:06.05 35.29 200m: 2:16.03 34.00 300m: 3:37.63 40.68 400m: 4:41.27 30.90					
7.	Bruno Silva, LOUREIRO	129872	06	Porto	<b>4:44.23</b>	563
	50m: 30.57 30.57 150m: 1:42.18 36.76 250m: 3:00.02 42.36 350m: 4:13.88 31.51					
	100m: 1:05.42 34.85 200m: 2:17.66 35.48 300m: 3:42.37 42.35 400m: 4:44.23 30.35					
8.	Leonardo Freitas, FERNANDES	209567	06	Famalio	<b>4:44.58</b>	561
	50m: 30.36 30.36 150m: 1:45.05 39.35 250m: 2:59.37 35.98 350m: 4:11.60 34.57					
	100m: 1:05.70 35.34 200m: 2:23.39 38.34 300m: 3:37.03 37.66 400m: 4:44.58 32.98					
9.	Rui Miguel, SANTOS	204083	06	Famalio	<b>4:45.13</b>	558
	50m: 29.33 29.33 150m: 1:40.79 37.03 250m: 2:58.90 40.91 350m: 4:13.99 32.99					
	100m: 1:03.76 34.43 200m: 2:17.99 37.20 300m: 3:41.00 42.10 400m: 4:45.13 31.14					
10.	Renato Gouveia, TEIXEIRA	204599	07	Foca Quinta Da Lixa - Cnf	<b>4:45.29</b>	557
	50m: 29.56 29.56 150m: 1:40.62 37.36 250m: 2:59.39 41.58 350m: 4:14.06 33.01					
	100m: 1:03.26 33.70 200m: 2:17.81 37.19 300m: 3:41.05 41.66 400m: 4:45.29 31.23					
11.	Jose Luis, GONCALVES	131849	05	Assoc. Desportiva de Fafe	<b>4:45.47</b>	556
	50m: 29.35 29.35 150m: 1:41.71 38.37 250m: 2:59.51 39.77 350m: 4:13.97 33.67					
	100m: 1:03.34 33.99 200m: 2:19.74 38.03 300m: 3:40.30 40.79 400m: 4:45.47 31.50					
12.	Tomas Ferreira, OLIVEIRA	151457	06	Natacao da Maia	<b>4:46.26</b>	551
	50m: 31.31 31.31 150m: 1:45.69 37.85 250m: 3:01.17 39.56 350m: 4:15.05 33.19					
	100m: 1:07.84 36.53 200m: 2:21.61 35.92 300m: 3:41.86 40.69 400m: 4:46.26 31.21					
13.	Gil Afonso, RODRIGUES	148683	07	Fluvial Portuense	<b>4:47.38</b>	545
	50m: 29.54 29.54 150m: 1:40.93 36.79 250m: 2:58.43 41.19 350m: 4:14.86 33.94					
	100m: 1:04.14 34.60 200m: 2:17.24 36.31 300m: 3:40.92 42.49 400m: 4:47.38 32.52					
14.	Rodrigo Filipe, CORREIA	210429	07	Porto	<b>4:48.27</b>	540
	50m: 29.58 29.58 150m: 1:40.19 36.18 250m: 3:00.37 44.96 350m: 4:17.25 32.43					
	100m: 1:04.01 34.43 200m: 2:15.41 35.22 300m: 3:44.82 44.45 400m: 4:48.27 31.02					
15.	Francisco Campos, LOURENCO	132136	06	Natacao de Valongo	<b>4:48.40</b>	539
	50m: 29.07 29.07 150m: 1:41.41 38.33 250m: 3:00.32 41.78 350m: 4:15.33 33.20					
	100m: 1:03.08 34.01 200m: 2:18.54 37.13 300m: 3:42.13 41.81 400m: 4:48.40 33.07					
16.	Joao Alves, RODRIGUES	201808	07	Famalio	<b>4:50.26</b>	529
	50m: 29.93 29.93 150m: 1:44.76 39.90 250m: 3:01.98 38.68 350m: 4:17.23 34.86					
	100m: 1:04.86 34.93 200m: 2:23.30 38.54 300m: 3:42.37 40.39 400m: 4:50.26 33.03					
17.	Joao Simons, CUNHA	124582	02	Leixoes Sport Clube	<b>4:50.61</b>	527
	50m: 30.35 30.35 150m: 1:45.98 39.52 250m: 3:04.29 40.02 350m: 4:18.98 33.76					
	100m: 1:06.46 36.11 200m: 2:24.27 38.29 300m: 3:45.22 40.93 400m: 4:50.61 31.63					
18.	Joao Guilherme, ARAUJO	130366	03	Natacao da Maia	<b>4:52.20</b>	518
	50m: 29.23 29.23 150m: 1:40.96 37.96 250m: 3:00.00 41.98 350m: 4:17.57 34.86					
	100m: 1:03.00 33.77 200m: 2:18.02 37.06 300m: 3:42.71 42.71 400m: 4:52.20 34.63					
19.	Pedro Miguel, PINTO	148621	07	Assoc. Desportiva de Fafe	<b>4:52.67</b>	516
	50m: 30.82 30.82 150m: 1:43.90 38.00 250m: 3:03.72 42.48 350m: 4:20.39 33.45					
	100m: 1:05.90 35.08 200m: 2:21.24 37.34 300m: 3:46.94 43.22 400m: 4:52.67 32.28					
20.	Duarte Maria, CARREIRA	205865	07	Porto	<b>4:55.04</b>	504
	50m: 31.34 31.34 150m: 1:49.36 40.70 250m: 3:07.72 39.51 350m: 4:21.44 33.76					
	100m: 1:08.66 37.32 200m: 2:28.21 38.85 300m: 3:47.68 39.96 400m: 4:55.04 33.60					
21.	Rafael Dinis, PACHECO	204593	07	Aquatico Pacense	<b>4:55.85</b>	499
	50m: 30.84 30.84 150m: 1:44.33 38.16 250m: 3:05.53 43.35 350m: 4:22.04 33.77					
	100m: 1:06.17 35.33 200m: 2:22.18 37.85 300m: 3:48.27 42.74 400m: 4:55.85 33.81					
22.	Guilherme Ramos, SILVA	205033	06	Vilacondense	<b>4:59.88</b>	480
	50m: 29.51 29.51 150m: 1:45.73 40.50 250m: 3:06.01 41.15 350m: 4:24.56 35.20					
	100m: 1:05.23 35.72 200m: 2:24.86 39.13 300m: 3:49.36 43.35 400m: 4:59.88 35.32					

O Secret rio do Juri

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Splash Meet Manager, 11.78086

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19/11/2023 23:25 - P gina 3

ORGANIZAO



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FORNECEDOR OFICIAL



Prova 16, Masc., 400m Estilos, Absolutos

Lugar	Nome	Licena	Ano	Clube	Tempo Final	FINA
23.	Andre Leitao, COSTA	201806	07	Assoc. Desportiva de Fafe	<b>5:04.29</b>	459
	50m: 30.89 30.89 150m: 1:48.70 41.42 250m: 3:11.74 43.66 350m: 4:31.09 34.41					
	100m: 1:07.28 36.39 200m: 2:28.08 39.38 300m: 3:56.68 44.94 400m: 5:04.29 33.20					
24.	Renato Teixeira, LOPES	132099	04	Natacao da Maia	<b>5:07.38</b>	445
	<i>FTL</i>					
	50m: 31.40 31.40 150m: 1:50.79 42.36 250m: 3:14.23 42.13 350m: 4:32.57 35.91					
	100m: 1:08.43 37.03 200m: 2:32.10 41.31 300m: 3:56.66 42.43 400m: 5:07.38 34.81					
25.	Daniel, FILIPE COSTA	124631	04	Associacao Tubaroes de Gaia	<b>5:31.30</b>	356
	<i>FTL</i>					
	50m: 32.99 32.99 150m: 1:52.60 42.06 250m: 3:21.97 49.16 350m: 4:53.44 40.84					
	100m: 1:10.54 37.55 200m: 2:32.81 40.21 300m: 4:12.60 50.63 400m: 5:31.30 37.86					
26.	Afonso Moreira, BRAGA	219474	07	Associacao Tubaroes de Gaia	<b>5:35.99</b>	341
	<i>FTL</i>					
	50m: 34.80 34.80 150m: 1:59.97 44.07 250m: 3:30.11 47.60 350m: 4:57.91 39.62					
	100m: 1:15.90 41.10 200m: 2:42.51 42.54 300m: 4:18.29 48.18 400m: 5:35.99 38.08					
DSQ	Guilherme Mahua, SOARES	200790	07	Porto		
	<i>8.11 - O(A) nadador(a) efetuou movimento n�o simult�neo de pernas durante todo o percurso - SW 8.3, percurso de mariposa</i>					
DSQ	Paulo Tiago, VALES	201752	07	Porto		
	<i>7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 275 metros - SW 7.6</i>					
DNS	Gabriel Moreira, SANTOS	127679	04	Famali�o		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.78086

Registered to Associa o de Nata o do Norte de Portugal

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