

Póvoa de Varzim, 06 - 07.02.2010  
www.annp.pt/povoameeting10/

Prova 27	Masc., 400m Livres				Absolutos
07-02-2010 - 10:30	Halcon Viagens				Resultados Elimin
Recorde Nacional Absoluto	3:52.29	MAIA, Jorge Manuel	FPN	Málaga (ESP)	05-04-2009
Recorde Nacional Sénior	3:52.29	MAIA, Jorge Manuel	FPN	Málaga (ESP)	05-04-2009
Recorde Nacional Junior	3:58.26	CARNEIRO, Ivo Emanuel	FPN	Linz (AUT)	12-07-2002
Recorde Nacional Juvenis A	3:59.38	SANTA, Gustavo Manuel	FPN	Tampere (FIN)	21-07-2009
Recorde Nacional Juvenis B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29-07-2006
Recorde Nacional Infantis A	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Recorde Nacional Infantis B	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26-07-2003
Recorde Meeting	3:55.57	, START		Póvoa de Varzim	

TLP INF\_JUV MASC 13 - 16: 4:42.50 / TLP JUN\_SEN MASC 17 +: 4:23.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	MIRANDA, Marcos Rivera	M	83		CN Santa Olaya	<b>4:07.21</b>	705	A
	50m: 29.37 29.37		150m: 1:32.15 31.62	250m: 2:35.48 31.63	350m: 3:36.23 30.42			
	100m: 1:00.53 31.16		200m: 2:03.85 31.70	300m: 3:05.81 30.33	400m: 4:07.21 30.98			
2.	BARBIERE, James	M	090789	86	MBB BARRAT 1	<b>4:08.87</b>	691	A
	50m: 28.68 28.68		150m: 1:32.83 32.31	250m: 2:38.04 32.66	350m: 3:39.77 29.71			
	100m: 1:00.52 31.84		200m: 2:05.38 32.55	300m: 3:10.06 32.02	400m: 4:08.87 29.10			
3.	COSTA, Rui Filipe	M	24004	91	Vitória Sport Clube	<b>4:09.57</b>	685	A
	50m: 28.61 28.61		150m: 1:32.11 32.22	250m: 2:36.67 32.42	350m: 3:39.77 30.84			
	100m: 59.89 31.28		200m: 2:04.25 32.14	300m: 3:08.93 32.26	400m: 4:09.57 29.80			
4.	PEREIRA, Fabio Manuel	M	23049	86	Vilacondense	<b>4:10.70</b>	676	A
	50m: 29.56 29.56		150m: 1:32.96 31.88	250m: 2:36.71 31.84	350m: 3:40.14 31.76			
	100m: 1:01.08 31.52		200m: 2:04.87 31.91	300m: 3:08.38 31.67	400m: 4:10.70 30.56			
5.	NIZ, Adriano Miguel	M	23013	86	Benfica	<b>4:10.88</b>	674	A
	50m: 28.83 28.83		150m: 1:32.11 31.61	250m: 2:36.10 31.97	350m: 3:39.97 31.59			
	100m: 1:00.50 31.67		200m: 2:04.13 32.02	300m: 3:08.38 32.28	400m: 4:10.88 30.91			
6.	MONTANARI, MATTEO	M	LOM001839	89	Nuoto Mgm Sport	<b>4:11.56</b>	669	A
	50m: 30.10 30.10		150m: 1:33.45 31.76	400m: 4:11.56 2:06.25				
	100m: 1:01.69 31.59		200m: 2:05.31 31.86					
7.	MACHADO, Ricardo Manuel	M	13278	93	Braga	<b>4:12.02</b>	665	A
	50m: 28.82 28.82		150m: 1:32.54 31.72	400m: 4:12.02 2:06.91				
	100m: 1:00.82 32.00		200m: 2:05.11 32.57					
8.	BERETTA, Matteo	M	93		G.S. Vigili del Fuoco Modena	<b>4:12.10</b>	665	A
	50m: 30.04 30.04		150m: 1:33.91 32.04	250m: 2:37.67 31.84	350m: 3:40.80 31.85			
	100m: 1:01.87 31.83		200m: 2:05.83 31.92	300m: 3:08.95 31.28	400m: 4:12.10 31.30			
9.	NEGRELLI, Alessio	M	93		G.S. Vigili del Fuoco Modena	<b>4:12.95</b>	658	B
	50m: 30.18 30.18		150m: 1:35.18 32.07	300m: 3:10.54 1:02.94				
	100m: 1:03.11 32.93		200m: 2:07.60 32.42	400m: 4:12.95 1:02.41				
10.	BONILAUDI, Augusto	M	93		G.S. Vigili del Fuoco Modena	<b>4:13.70</b>	652	B
	50m: 29.77 29.77		150m: 1:33.45 31.70	300m: 3:10.36 1:04.62				
	100m: 1:01.75 31.98		200m: 2:05.74 32.29	400m: 4:13.70 1:03.34				
11.	DIOGO, Miguel Monteiro	M	10164	93	Alcobaça	<b>4:14.05</b>	650	B
	50m: 29.20 29.20		150m: 1:33.13 32.48	250m: 2:37.92 32.42	350m: 3:42.66 32.27			
	100m: 1:00.65 31.45		200m: 2:05.50 32.37	300m: 3:10.39 32.47	400m: 4:14.05 31.39			
12.	LOPES, Andre Filipe	M	11180	92	Académica de Coimbra	<b>4:14.39</b>	647	B
	50m: 28.92 28.92		150m: 1:32.09 31.65	250m: 2:36.74 32.21	350m: 3:42.50 32.91			
	100m: 1:00.44 31.52		200m: 2:04.53 32.44	300m: 3:09.59 32.85	400m: 4:14.39 31.89			
13.	MENDES, Jorge Miguel	M	11995	90	Náutico/Matobra	<b>4:15.01</b>	642	B
	50m: 29.38 29.38		150m: 1:33.45 32.49	250m: 2:38.40 32.17	350m: 3:43.57 32.36			
	100m: 1:00.96 31.58		200m: 2:06.23 32.78	300m: 3:11.21 32.81	400m: 4:15.01 31.44			
14.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	<b>4:15.97</b>	635	B
	50m: 29.41 29.41		150m: 1:34.19 32.64	250m: 2:40.03 32.96	350m: 3:45.75 32.44			
	100m: 1:01.55 32.14		200m: 2:07.07 32.88	300m: 3:13.31 33.28	400m: 4:15.97 30.22			
15.	JANEIRO, Paulo Bruno	M	11305	94	Litoral Alentejano	<b>4:16.10</b>	634	B
	50m: 29.29 29.29		150m: 1:34.00 32.60	250m: 2:40.09 33.10	350m: 3:46.34 32.83			
	100m: 1:01.40 32.11		200m: 2:06.99 32.99	300m: 3:13.51 33.42	400m: 4:16.10 29.76			
16.	QUEIROS, Samuel Patricio	M	15701	91	Porto/Dolce Vita	<b>4:16.81</b>	629	B
	50m: 29.86 29.86		150m: 1:35.19 32.77	250m: 2:39.84 31.69	350m: 3:44.88 32.34			
	100m: 1:02.42 32.56		200m: 2:08.15 32.96	300m: 3:12.54 32.70	400m: 4:16.81 31.93			
17.	FARIA, Cesar Fernando	M	10704	90	Ba Leiria	<b>4:18.49</b>	617	R
	50m: 29.75 29.75		150m: 1:34.51 32.38	250m: 2:39.32 32.36	350m: 3:45.46 33.36			
	100m: 1:02.13 32.38		200m: 2:06.96 32.45	300m: 3:12.10 32.78	400m: 4:18.49 33.03			
18.	CIRURGIAO, Francisco Miguel	M	11120	93	Algés	<b>4:18.75</b>	615	R
	50m: 29.16 29.16		150m: 1:34.77 33.22	250m: 2:41.94 33.73	350m: 3:47.08 32.14			
	100m: 1:01.55 32.39		200m: 2:08.21 33.44	300m: 3:14.94 33.00	400m: 4:18.75 31.67			
19.	FERRETTI, Mattia	M	93		G.S. Vigili del Fuoco Modena	<b>4:19.63</b>	609	
	50m: 30.22 30.22		150m: 1:35.72 32.73	250m: 2:41.62 32.78	350m: 3:47.69 32.53			
	100m: 1:02.99 32.77		200m: 2:08.84 33.12	300m: 3:15.16 33.54	400m: 4:19.63 31.94			

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Prova 27, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
20.	OLIVEIRA, Pedro Fontoura	M	14688	90	Clube Futebol Os Belenenses	<b>4:19.70</b>	608	
	50m: 29.16 29.16		150m: 1:34.31		32.95 250m: 2:40.75	33.24 350m: 3:47.62		32.97
	100m: 1:01.36 32.20		200m: 2:07.51		33.20 300m: 3:14.65	33.90 400m: 4:19.70		32.08
21.	GIL, Guilherme Pereira	M	107558	93	Amorense	<b>4:20.47</b>	603	
	50m: 29.55 29.55		150m: 1:34.60		33.14 250m: 2:41.93	33.87 350m: 3:48.83		33.04
	100m: 1:01.46 31.91		200m: 2:08.06		33.46 300m: 3:15.79	33.86 400m: 4:20.47		31.64
22.	LOPES, Tiago Rafael	M	11179	92	Académica de Coimbra	<b>4:21.17</b>	598	
	50m: 29.12 29.12		150m: 1:34.73		33.00 250m: 2:41.27	33.36 350m: 3:48.27		33.66
	100m: 1:01.73 32.61		200m: 2:07.91		33.18 300m: 3:14.61	33.34 400m: 4:21.17		32.90
23.	LOPES, Miguel Machado	M	11467	92	Benedita Sport Club Natação	<b>4:21.31</b>	597	
	50m: 29.13 29.13		150m: 1:34.24		33.56 250m: 2:41.08	33.32 350m: 3:48.22		33.50
	100m: 1:01.68 32.55		200m: 2:07.76		33.52 300m: 3:14.72	33.64 400m: 4:21.31		33.09
24.	RIO, Marcos Garcia del	M		90	CN Santa Olaya	<b>4:21.89</b>	593	
	50m: 29.32 29.32		150m: 1:34.16		33.06 250m: 2:41.49	1:06.73 350m: 3:48.27		33.66
	100m: 1:01.10 31.78		200m: 2:07.76		33.60 300m: 3:14.49	1:07.40 400m: 4:21.89		32.90
25.	MALHEIRO, Filipe Vieira	M	13117	90	Braga	<b>4:21.90</b>	593	
	50m: 29.64 29.64		150m: 1:34.42		32.77 250m: 2:41.07	33.18 350m: 3:48.73		33.91
	100m: 1:01.65 32.01		200m: 2:07.89		33.47 300m: 3:14.82	33.75 400m: 4:21.90		33.17
26.	NOGUEIRA, Luis Miguel	M	15959	93	Porto/Dolce Vita	<b>4:22.46</b>	589	
	50m: 29.92 29.92		150m: 1:35.43		33.34 250m: 2:42.90	33.84 350m: 3:50.57		33.51
	100m: 1:02.09 32.17		200m: 2:09.06		33.63 300m: 3:17.06	34.16 400m: 4:22.46		31.89
27.	ALVES, Andre Filipe	M	24261	92	Vitória Sport Clube	<b>4:22.59</b>	588	
	50m: 29.78 29.78		150m: 1:34.85		32.54 250m: 2:41.57	33.28 350m: 3:49.32		33.89
	100m: 1:02.31 32.53		200m: 2:08.29		33.44 300m: 3:15.43	33.86 400m: 4:22.59		33.27
28.	SILVA, Luis Miguel	M	12376	89	Braga	<b>4:22.81</b>	587	
	50m: 29.19 29.19		150m: 1:34.00		32.32 250m: 2:39.43	32.34 350m: 3:48.69		34.56
	100m: 1:01.68 32.49		200m: 2:07.09		33.09 300m: 3:14.13	34.70 400m: 4:22.81		34.12
29.	RODRIGUEZ, Marcos Garcia FTL	M		91	CN Santa Olaya	<b>4:23.24</b>	584	
	50m: 29.87 29.87		150m: 1:35.95		33.63 250m: 2:43.52	34.01 350m: 3:51.60		34.04
	100m: 1:02.32 32.45		200m: 2:09.51		33.56 300m: 3:17.56	34.04 400m: 4:23.24		31.64
30.	PEREIRA, Marcelo Goncalo FTL	M	22440	90	Vilacondense	<b>4:23.43</b>	583	
	50m: 29.30 29.30		150m: 1:34.86		33.17 250m: 2:42.89	34.18 350m: 3:51.63		33.71
	100m: 1:01.69 32.39		200m: 2:08.71		33.85 300m: 3:17.92	35.03 400m: 4:23.43		31.80
31.	ALVAREZ, Adrian Vallina FTL	M		93	CN Santa Olaya	<b>4:24.17</b>	578	
	50m: 29.30 29.30		150m: 1:36.32		34.02 250m: 2:44.29	33.50 350m: 3:51.42		33.49
	100m: 1:02.30 33.00		200m: 2:10.79		34.47 300m: 3:17.93	33.64 400m: 4:24.17		32.75
32.	DALL'AGLIO, Mattia FTL	M		93	G.S. Vigili del Fuoco Modena	<b>4:24.31</b>	577	
	50m: 30.74 30.74		150m: 1:37.77		33.68 250m: 2:45.03	32.68 350m: 3:52.03		33.07
	100m: 1:04.09 33.35		200m: 2:12.35		34.58 300m: 3:18.96	33.93 400m: 4:24.31		32.28
33.	GASPAR, Pedro Afonso	M	25390	94	Sporting Clube de Portugal	<b>4:24.38</b>	576	
	50m: 29.77 29.77		150m: 1:35.99		33.46 250m: 2:43.34	33.66 350m: 3:51.30		33.97
	100m: 1:02.53 32.76		200m: 2:09.68		33.69 300m: 3:17.33	33.99 400m: 4:24.38		33.08
34.	MAGANINHO, Pedro Miguel FTL	M	13177	92	Braga	<b>4:25.79</b>	567	
	50m: 30.00 30.00		150m: 1:35.89		32.74 250m: 2:43.95	33.79 350m: 3:52.49		34.13
	100m: 1:03.15 33.15		200m: 2:10.16		34.27 300m: 3:18.36	34.41 400m: 4:25.79		33.30
35.	MALHEIRO, Nuno Vieira FTL	M	13279	93	Braga	<b>4:25.80</b>	567	
	50m: 29.84 29.84		150m: 1:35.54		33.55 250m: 2:43.80	34.38 350m: 3:52.77		34.18
	100m: 1:01.99 32.15		200m: 2:09.42		33.88 300m: 3:18.59	34.79 400m: 4:25.80		33.03
36.	PIRES, Joao Nuno	M	10866	94	Náutico/Matobra	<b>4:27.00</b>	559	
	50m: 30.38 30.38		150m: 1:37.04		33.80 250m: 2:45.48	34.44 350m: 3:53.68		34.30
	100m: 1:03.24 32.86		200m: 2:11.04		34.00 300m: 3:19.38	33.90 400m: 4:27.00		33.32
37.	ALMEIDA, Joao Pedro FTL	M	24029	92	Porto/Dolce Vita	<b>4:27.23</b>	558	
	50m: 29.29 29.29		150m: 1:34.92		33.57 300m: 3:19.14	1:09.86 350m: 3:54.41		34.96
	100m: 1:01.35 32.06		200m: 2:09.28		34.36 400m: 4:27.23	1:08.09 400m: 4:27.23		34.18
38.	MAGALHAES, Nuno Filipe	M	102016	94	Porto/Dolce Vita	<b>4:27.72</b>	555	
	50m: 29.64 29.64		150m: 1:36.29		33.78 250m: 2:44.88	34.14 350m: 3:54.07		34.57
	100m: 1:02.51 32.87		200m: 2:10.74		34.45 300m: 3:19.50	34.62 400m: 4:27.72		33.65
39.	QUEIJO, Joao Pedro FTL	M	24221	93	CNMaia	<b>4:28.59</b>	550	
	50m: 29.82 29.82		150m: 1:36.06		33.74 250m: 2:44.54	34.62 350m: 3:54.41		34.96
	100m: 1:02.32 32.50		200m: 2:09.92		33.86 300m: 3:19.45	34.91 400m: 4:28.59		34.18

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Prova 27, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
40.	CAMPOS, Filipe Miguel <i>FTL</i>	M	16246	90	Algés	<b>4:29.24</b>	546	
	50m: 30.07 30.07				150m: 1:36.09 33.21	250m: 2:44.97 34.74	350m: 3:55.28 35.26	
	100m: 1:02.88 32.81				200m: 2:10.23 34.14	300m: 3:20.02 35.05	400m: 4:29.24 33.96	
41.	BARROS, Manuel Silva	M	12877	94	Braga	<b>4:30.51</b>	538	
	50m: 30.06 30.06				150m: 1:36.69 33.83	250m: 2:46.16 34.78	350m: 3:56.21 35.22	
	100m: 1:02.86 32.80				200m: 2:11.38 34.69	300m: 3:20.99 34.83	400m: 4:30.51 34.30	
42.	LOPES, Rui Miguel	M	106253	94	Clube Natação Olhão	<b>4:30.59</b>	537	
	50m: 30.74 30.74				150m: 1:39.17 34.70	250m: 2:48.75 35.01	350m: 3:58.16 35.01	
	100m: 1:04.47 33.73				200m: 2:13.74 34.57	300m: 3:20.65 34.90	400m: 4:30.59 32.43	
43.	REIS, Sebastiao Jose	M	102497	95	Leixões Sport Clube	<b>4:31.52</b>	532	
	50m: 31.04 31.04				150m: 1:38.43 33.75	250m: 2:47.97 34.78	350m: 3:57.43 34.76	
	100m: 1:04.68 33.64				200m: 2:13.19 34.76	300m: 3:22.67 34.70	400m: 4:31.52 34.09	
44.	NEVES, Joao Andre	M	101408	95	Académica de Coimbra	<b>4:31.62</b>	531	
	50m: 30.52 30.52				150m: 1:38.47 34.41	250m: 2:47.27 34.62	400m: 4:31.62 34.16	
	100m: 1:04.06 33.54				200m: 2:12.65 34.18	350m: 3:57.46 1:10.19		
45.	BORGES, Joao Manuel	M	101215	94	Ginásio Clube Figueirense	<b>4:35.02</b>	512	
	50m: 30.56 30.56				150m: 1:38.96 34.63	250m: 2:49.57 35.23	350m: 4:00.26 35.08	
	100m: 1:04.33 33.77				200m: 2:14.34 35.38	300m: 3:25.18 35.61	400m: 4:35.02 34.76	
46.	ANTUNES, Pedro Gomes	M	13287	94	Braga	<b>4:36.53</b>	504	
	50m: 31.23 31.23				150m: 1:40.51 35.23	250m: 2:52.10 35.75	350m: 4:03.56 35.50	
	100m: 1:05.28 34.05				200m: 2:16.35 35.84	300m: 3:28.06 35.96	400m: 4:36.53 32.97	
47.	SALDANHA, Marcelo Santos	M	101891	94	AHBVCaldas da Rainha	<b>4:36.59</b>	503	
	50m: 31.25 31.25				150m: 1:40.09 35.14	250m: 2:50.50 35.02	350m: 4:01.90 36.08	
	100m: 1:04.95 33.70				200m: 2:15.48 35.39	300m: 3:25.82 35.32	400m: 4:36.59 34.69	
48.	ALEXANDRE, Miguel Polidoro	M	24774	94	Ba Leiria	<b>4:36.85</b>	502	
	50m: 31.99 31.99				150m: 1:42.79 35.64	250m: 2:54.13 35.75	350m: 4:04.60 35.31	
	100m: 1:07.15 35.16				200m: 2:18.38 35.59	300m: 3:29.29 35.16	400m: 4:36.85 32.25	
49.	NETO, Hugo Neves	M	110453	94	ASSSCantanhedense	<b>4:37.08</b>	501	
	50m: 31.48 31.48				150m: 1:41.14 35.34	250m: 2:51.73 35.48	350m: 4:03.51 35.88	
	100m: 1:05.80 34.32				200m: 2:16.25 35.11	300m: 3:27.63 35.90	400m: 4:37.08 33.57	
50.	TEIXEIRA, Tiago Manuel	M	102485	96	Assoc. Desportiva de Fafe	<b>4:37.16</b>	500	
	50m: 30.69 30.69				150m: 1:41.37 35.51	250m: 2:52.66 34.68	350m: 4:03.86 34.79	
	100m: 1:05.86 35.17				200m: 2:17.98 36.61	300m: 3:29.07 36.41	400m: 4:37.16 33.30	
51.	SERRALHEIRO, Joao Manuel	M	11465	95	Benedita Sport Club Natação	<b>4:38.21</b>	494	
	50m: 31.49 31.49				150m: 1:40.73 35.77	250m: 2:52.01 35.58	400m: 4:38.21 34.16	
	100m: 1:05.98 34.49				200m: 2:16.43 35.70	350m: 4:04.05 1:12.04		
52.	COSTA, Miguel Ferraz	M	24108	94	Vilacondense	<b>4:38.88</b>	491	
	50m: 30.50 30.50				150m: 1:40.57 35.32	250m: 2:52.83 36.21	350m: 4:04.72 35.80	
	100m: 1:04.80 34.30				200m: 2:16.62 36.05	300m: 3:28.92 36.09	400m: 4:38.88 34.16	
53.	ROCHA, Antonio Jorge	M	15322	94	Penafiel	<b>4:39.29</b>	489	
	50m: 30.09 30.09				150m: 1:38.89 35.32	250m: 2:51.38 36.56	350m: 4:04.05 36.17	
	100m: 1:03.57 33.48				200m: 2:14.82 35.93	300m: 3:27.88 36.50	400m: 4:39.29 35.24	
54.	ABREU, Joao Nuno	M	103432	95	Vitória Sport Clube	<b>4:39.40</b>	488	
	50m: 31.72 31.72				150m: 1:41.94 35.52	250m: 2:53.16 35.45	350m: 4:05.12 36.55	
	100m: 1:06.42 34.70				200m: 2:17.71 35.77	300m: 3:28.57 35.41	400m: 4:39.40 34.28	
55.	PINHEIRO, Claudio Miguel <i>FTL</i>	M	103181	93	CNMaia	<b>4:40.12</b>	484	
	50m: 29.81 29.81				150m: 1:38.79 35.41	250m: 2:51.91 37.04	350m: 4:04.04 35.84	
	100m: 1:03.38 33.57				200m: 2:14.87 36.08	300m: 3:28.20 36.29	400m: 4:40.12 36.08	
56.	AZAD, Mohammad Shams <i>FTL</i>	M	109652	95	Clube Naval de Ponta Delgada	<b>4:44.37</b>	463	
	50m: 30.52 30.52				150m: 1:41.71 36.70	250m: 2:54.77 36.67	350m: 4:08.24 36.80	
	100m: 1:05.01 34.49				200m: 2:18.10 36.39	300m: 3:31.44 36.67	400m: 4:44.37 36.13	
57.	SANTOS, Afonso Lopes dos <i>FTL</i>	M	14773	95	AHBVCaldas da Rainha	<b>4:44.41</b>	463	
	50m: 31.50 31.50				150m: 1:43.12 36.28	250m: 2:55.14 35.96	350m: 4:08.70 37.09	
	100m: 1:06.84 35.34				200m: 2:19.18 36.06	300m: 3:31.61 36.47	400m: 4:44.41 35.71	
58.	FONSECA, David Jose <i>FTL</i>	M	25206	94	ASSSCantanhedense	<b>4:47.59</b>	448	
	50m: 31.76 31.76				150m: 1:42.67 35.79	250m: 2:56.73 37.19	350m: 4:11.39 37.55	
	100m: 1:06.88 35.12				200m: 2:19.54 36.87	300m: 3:33.84 37.11	400m: 4:47.59 36.20	
59.	PINTO, Marcelo Jose <i>FTL</i>	M	19400	94	Felgueiras	<b>4:49.65</b>	438	
	50m: 31.92 31.92				150m: 1:43.48 36.63	250m: 2:57.66 37.10	350m: 4:12.73 37.51	
	100m: 1:06.85 34.93				200m: 2:20.56 37.08	300m: 3:35.22 37.56	400m: 4:49.65 36.92	
60.	POLICARPO, Duarte Brites <i>FTL</i>	M	106921	95	Torres Novas	<b>4:54.69</b>	416	
	50m: 32.24 32.24				150m: 1:45.59 37.23	250m: 3:00.74 37.48	350m: 4:17.43 38.51	
	100m: 1:08.36 36.12				200m: 2:23.26 37.67	300m: 3:38.92 38.18	400m: 4:54.69 37.26	
DNS	GASPAR, Diogo Andre	M	25544	90	Uniao Piedense			