

IX Meeting Internacional da Póvoa de Varzim  
Póvoa de Varzim, 3, 4-2-2018  
www.annp.pt

Prova 26	Masc., 400m Livres				Absolutos	
04/02/2018 - 10:15	Clínica Medica da Foz				Resultados Elimin	
Recordes Nacionais 50m Absoluto	3:52.29	MAIA, Jorge Manuel	POR	Málaga (ESP)	05/04/2009	
Recordes Nacionais 50m Inf B	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26/07/2003	
Recordes Nacionais 50m Inf A	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004	
Recordes Nacionais 50m Juv B	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29/07/2006	
Recordes Nacionais 50m Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009	
Recordes Nacionais 50m 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinkia (FIN)	14/07/2010	
Recordes Nacionais 50m 18	3:58.26	CARNEIRO, Ivo Emanuel	POR	Linz (AUT)	12/07/2002	
Recordes Nacionais 50m Sen	3:52.29	MAIA, Jorge Manuel	POR	Málaga (ESP)	05/04/2009	
Recorde Meeting	3:55.57	, START		Póvoa de Varzim		

TLP JUN\_SEN MASC 17 +: 4:32.79 / TLP INF\_JUV MASC 13 - 16: 4:47.18

Pontos: FINA 2017

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
<b>Absolutos</b>									
1.	LUSTRES, Manuel Davila	M	537983096		Centro Gallego T. Deportiva	<b>4:08.05</b>	698	-	A
	50m: 28.69 28.69		150m: 1:29.86 30.60		250m: 2:32.54 31.50	350m: 3:36.47 31.92			
	100m: 59.26 30.57		200m: 2:01.04 31.18		300m: 3:04.55 32.01	400m: 4:08.05 31.58			
2.	LISS, Thomas	M	19937 95		Turrita Nuoto	<b>4:11.55</b>	669	-	A
	50m: 29.04 29.04		150m: 1:32.33 31.72		250m: 2:36.04 31.93	350m: 3:40.38 32.04			
	100m: 1:00.61 31.57		200m: 2:04.11 31.78		300m: 3:08.34 32.30	400m: 4:11.55 31.17			
3.	BUDINO, Gaspar Andrade	M	460976798		Centro Gallego T. Deportiva	<b>4:11.74</b>	668	-	A
	50m: 29.73 29.73		150m: 1:32.32 31.36		250m: 2:36.03 31.78	350m: 3:40.51 32.10			
	100m: 1:00.96 31.23		200m: 2:04.25 31.93		300m: 3:08.41 32.38	400m: 4:11.74 31.23			
4.	LOPES, Jose Paulo	M	117924 00		Braga	<b>4:13.43</b>	654	-	A
	50m: 28.64 28.64		150m: 1:31.93 31.82		250m: 2:36.17 32.32	350m: 3:41.39 32.66			
	100m: 1:00.11 31.47		200m: 2:03.85 31.92		300m: 3:08.73 32.56	400m: 4:13.43 32.04			
5.	MORIM, Ruben Jose	M	107935 97		Vilacondense	<b>4:17.07</b>	627	-	A
	50m: 29.18 29.18		150m: 1:33.10 32.34		250m: 2:37.96 32.33	350m: 3:44.43 33.20			
	100m: 1:00.76 31.58		200m: 2:05.63 32.53		300m: 3:11.23 33.27	400m: 4:17.07 32.64			
6.	SOARES, Tiago Silva	M	108287 99		Porto	<b>4:17.17</b>	626	-	A
	50m: 28.08 28.08		150m: 1:33.31 32.93		250m: 2:38.89 32.28	350m: 3:45.06 33.10			
	100m: 1:00.38 32.30		200m: 2:06.61 33.30		300m: 3:11.96 33.07	400m: 4:17.17 32.11			
7.	FERNANDES, Jose Pedro	M	111611 99		Braga	<b>4:19.52</b>	609	-	A
	50m: 29.86 29.86		150m: 1:35.19 32.76		250m: 2:40.86 32.70	350m: 3:46.94 33.25			
	100m: 1:02.43 32.57		200m: 2:08.16 32.97		300m: 3:13.69 32.83	400m: 4:19.52 32.58			
8.	NUNES, Diogo Barbosa	M	110529 00		Fluvial Portuense	<b>4:19.91</b>	607	-	A
	50m: 29.38 29.38		150m: 1:33.80 32.72		250m: 2:40.07 32.94	350m: 3:46.94 33.37			
	100m: 1:01.08 31.70		200m: 2:07.13 33.33		300m: 3:13.57 33.50	400m: 4:19.91 32.97			
9.	SANLES, Manuel Tomes	M	537982799		Centro Gallego T. Deportiva	<b>4:22.77</b>	587	-	B
	50m: 29.38 29.38		150m: 1:34.58 32.67		250m: 2:41.26 33.37	350m: 3:49.14 34.06			
	100m: 1:01.91 32.53		200m: 2:07.89 33.31		300m: 3:15.08 33.82	400m: 4:22.77 33.63			
10.	FROTA, Paulo Andre	M	124128 02		CASPAAE	<b>4:23.11</b>	585	-	B
	50m: 30.57 30.57		150m: 1:36.65 33.28		250m: 2:43.72 33.56	350m: 3:51.74 33.89			
	100m: 1:03.37 32.80		200m: 2:10.16 33.51		300m: 3:17.85 34.13	400m: 4:23.11 31.37			
11.	TRAVANCA, Sergio Filipe	M	117385 00		Fluvial Portuense	<b>4:23.22</b>	584	-	B
	50m: 29.60 29.60		150m: 1:35.12 33.24		250m: 2:42.63 33.61	350m: 3:49.94 33.30			
	100m: 1:01.88 32.28		200m: 2:09.02 33.90		300m: 3:16.64 34.01	400m: 4:23.22 33.28			
12.	MARTINS, Pedro Veiguiha	M	107233 96		Braga	<b>4:24.31</b>	577	-	B
	50m: 29.67 29.67		150m: 1:35.90 33.73		250m: 2:44.32 34.35	350m: 3:52.08 33.21			
	100m: 1:02.17 32.50		200m: 2:09.97 34.07		300m: 3:18.87 34.55	400m: 4:24.31 32.23			
13.	AMORIM, Ivan Emanuel	M	124774 02		Fluvial Portuense	<b>4:24.46</b>	576	-	B
	50m: 29.82 29.82		150m: 1:35.27 33.51		250m: 2:43.94 34.16	350m: 3:53.05 34.32			
	100m: 1:01.76 31.94		200m: 2:09.78 34.51		300m: 3:18.73 34.79	400m: 4:24.46 31.41			
14.	SILVA, Paulo Filipe	M	117012 98		Natacao da Maia	<b>4:25.27</b>	570	-	B
	50m: 30.32 30.32		150m: 1:37.39 33.72		250m: 2:43.49 32.38	350m: 3:51.18 33.79			
	100m: 1:03.67 33.35		200m: 2:11.11 33.72		300m: 3:17.39 33.90	400m: 4:25.27 34.09			
15.	BASTOS, Diogo Moreno	M	108285 00		Fluvial Portuense	<b>4:25.53</b>	569	-	B
	50m: 30.44 30.44		150m: 1:37.27 33.60		250m: 2:45.13 33.94	350m: 3:53.70 34.05			
	100m: 1:03.67 33.23		200m: 2:11.19 33.92		300m: 3:19.65 34.52	400m: 4:25.53 31.83			
16.	RIVA, Elia	M	30242 01		Federazione Ticinese di Nuoto	<b>4:26.51</b>	563	-	B
	50m: 30.00 30.00		150m: 1:36.56 33.41		250m: 2:43.78 33.33	350m: 3:53.18 34.85			
	100m: 1:03.15 33.15		200m: 2:10.45 33.89		300m: 3:18.33 34.55	400m: 4:26.51 33.33			
17.	TRAVASSOS, Rodrigo Alexandre	M	126187 02		CASPAAE	<b>4:26.93</b>	560	-	R
	50m: 30.43 30.43		150m: 1:38.66 33.97		250m: 2:47.17 33.87	350m: 3:54.72 33.37			
	100m: 1:04.69 34.26		200m: 2:13.30 34.64		300m: 3:21.35 34.18	400m: 4:26.93 32.21			

O Juiz Árbitro

O Secretariado do Júri

Splash Meet Manager, 11.51721

Registered to Associação de Natação do Norte de Portugal

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Prova 26, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
18.	AFONSO, Ricardo Eduardo 50m: 29.64 29.64 100m: 1:02.71 33.07	M	105414	97	Braga 34.01 250m: 2:45.74 34.39 34.63 300m: 3:20.89 35.15	<b>4:28.50</b>	550	34.55 33.06	- R
19.	PEREIRA, Joao Peixoto 50m: 31.20 31.20 100m: 1:05.89 34.69	M	121310	01	Braga 35.09 250m: 2:48.00 32.72 34.30 300m: 3:21.10 33.10	<b>4:30.28</b>	539	33.42 35.76	-
20.	SOUSA, Diogo Nunes 50m: 30.40 30.40 100m: 1:04.48 34.08	M	127667	03	Vitória Sport Clube 35.04 250m: 2:49.11 34.48 35.11 300m: 3:23.31 34.20	<b>4:30.51</b>	538	34.08 33.12	-
21.	CARVALHO, Daniel Luis 50m: 30.46 30.46 100m: 1:03.70 33.24	M	124253	02	Braga 34.25 250m: 2:48.11 35.05 34.82 300m: 3:23.16 35.05	<b>4:30.55</b>	538	34.46 32.93	-
22.	HENDRICKX, Dieter 50m: 30.27 30.27 100m: 1:03.61 33.34	M	25668	01	Federazione Ticinese di Nuoto 34.38 250m: 2:46.73 34.62 34.25 300m: 3:21.68 34.95	<b>4:30.70</b>	537	35.08 33.94	-
23.	FREIRE, Tiago Mendonca 50m: 30.82 30.82 100m: 1:04.61 33.79	M	116898	01	Leixoes 34.48 250m: 2:48.05 34.29 34.67 300m: 3:22.65 34.60	<b>4:30.86</b>	536	34.18 34.03	-
24.	TOCCHETTI, Ajnur Elvezio 50m: 30.85 29.85 100m: 1:02.63 32.78	M	30593	02	Federazione Ticinese di Nuoto 34.32 250m: 2:47.52 35.40 35.17 300m: 3:22.97 35.45	<b>4:30.88</b>	536	35.09 32.82	-
25.	LIMA, David Dias 50m: 30.05 30.05 100m: 1:03.15 33.10	M	118183	00	Vilacondense 34.38 250m: 2:47.68 35.50 34.65 300m: 3:23.01 35.33	<b>4:32.66</b>	525	35.23 34.42	-
26.	LOBO, Guilherme Diogo 50m: 30.78 30.78 100m: 1:05.12 34.34	M	122395	02	Porto 34.91 250m: 2:51.08 35.50 35.55 300m: 3:27.36 36.28	<b>4:36.90</b>	502	35.90 33.64	-
27.	RODRIGUES, Tiago Moura 50m: 30.30 30.30 100m: 1:04.36 34.06	M	131137	03	Luso-Internacional do Porto 35.25 250m: 2:49.94 35.16 35.17 300m: 3:25.27 35.33	<b>4:37.52</b>	498	36.78 35.47	-
28.	SANTOS, Andre Cardoso 50m: 30.54 30.54 100m: 1:05.48 34.94	M	207053	03	Academico Viseu 34.33 250m: 2:51.40 35.58 36.01 300m: 3:27.83 36.43	<b>4:39.01</b>	490	35.80 35.38	-
29.	MORIM, Pedro Soares 50m: 31.12 31.12 100m: 1:06.59 35.47	M	131612	02	Clube Naval Povoense 36.30 250m: 2:55.22 36.24 36.09 300m: 3:31.57 36.35	<b>4:39.37</b>	488	35.43 32.37	-
30.	SANTOS, Antonio Miguel 50m: 31.87 31.87 100m: 1:06.95 35.08	M	124713	03	Vilacondense 36.09 250m: 2:55.46 36.16 36.26 300m: 3:31.58 36.12	<b>4:39.76</b>	486	35.48 32.70	-
31.	SALGADO, Goncalo Sampaio 50m: 31.03 31.03 100m: 1:05.46 34.43	M	121720	02	Famalicão 35.60 250m: 2:53.48 36.39 36.03 300m: 3:29.85 36.37	<b>4:40.49</b>	482	35.52 35.12	-
32.	SILVA, Bernardo Costa 50m: 31.33 31.33 100m: 1:07.45 36.12	M	205747	02	Braga 36.99 250m: 2:57.56 36.26 36.86 300m: 3:34.15 36.59	<b>4:41.79</b>	476	35.14 32.50	-
33.	FERREIRA, Goncalo Seixas FL	M	131636	03	Academico Viseu 36.39 250m: 2:58.76 36.78 37.30 300m: 3:36.18 37.42	<b>4:49.00</b>	441	36.85 35.97	-
34.	SILVA, Ruben Filipe FL	M	124865	03	Foca 36.95 250m: 2:59.52 37.06 36.90 300m: 3:36.68 37.16	<b>4:49.01</b>	441	36.51 35.82	-
35.	MARTINS, Samuel Dias FL	M	122190	02	Colegio SMLamas 37.23 250m: 2:58.68 36.63 37.52 300m: 3:36.54 37.86	<b>4:51.96</b>	428	38.39 37.03	-
36.	COSTA, Joao Peres FL	M	130322	04	Naval Praia da Vitoria 37.42 250m: 3:05.22 38.54 38.45 300m: 3:44.58 39.36	<b>4:59.58</b>	396	38.06 36.94	-
WDR	CREMONA, Gianluca	M	27541	01	Federazione Ticinese di Nuoto				-
WDR	FERNANDEZ, Lucas Costa	M		98	Natacion Pontearreas				-
WDR	FERREIRA, Nuno Filipe	M	119654	00	Foca				-
WDR	MOREIRA, Ricardo Jorge	M	122012	01	Natacao de Valongo				-
WDR	BORGES, David Costa	M	127198	04	Fluvial Portuense				-

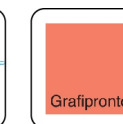
O Juiz Árbitro

O Secretariado do Júri

Splash Meet Manager, 11.51721

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IX Meeting Internacional da Povia de Varzim  
Povia de Varzim, 3, 4-2-2018  
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Prova 26, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
WDR	SAMPAIO, Jose Pedro	M	108295	98	Fluvial Portuense				-
WDR	ALVES, Manuel Landeiro	M	122314	02	Naval Praia da Vitoria				-

17 anos e mais velhos

1.	LUSTRES, Manuel Davila	M	537983096		Centro Gallego T. Deportiva	<b>4:08.05</b>	698		- A
	50m: 28.69 28.69		150m: 1:29.86		30.60 250m: 2:32.54	31.50 350m: 3:36.47		31.92	
	100m: 59.26 30.57		200m: 2:01.04		31.18 300m: 3:04.55	32.01 400m: 4:08.05		31.58	
2.	LISS, Thomas	M	19937 95		Turrita Nuoto	<b>4:11.55</b>	669		- A
	50m: 29.04 29.04		150m: 1:32.33		31.72 250m: 2:36.04	31.93 350m: 3:40.38		32.04	
	100m: 1:00.61 31.57		200m: 2:04.11		31.78 300m: 3:08.34	32.30 400m: 4:11.55		31.17	
3.	BUDINO, Gaspar Andrade	M	460976798		Centro Gallego T. Deportiva	<b>4:11.74</b>	668		- A
	50m: 29.73 29.73		150m: 1:32.32		31.36 250m: 2:36.03	31.78 350m: 3:40.51		32.10	
	100m: 1:00.96 31.23		200m: 2:04.25		31.93 300m: 3:08.41	32.38 400m: 4:11.74		31.23	
4.	LOPES, Jose Paulo	M	117924 00		Braga	<b>4:13.43</b>	654		- A
	50m: 28.64 28.64		150m: 1:31.93		32.34 250m: 2:36.17	32.32 350m: 3:41.39		32.66	
	100m: 1:00.11 31.47		200m: 2:03.85		31.92 300m: 3:08.73	32.56 400m: 4:13.43		32.04	
5.	MORIM, Ruben Jose	M	107935 97		Vilacondense	<b>4:17.07</b>	627		- A
	50m: 29.18 29.18		150m: 1:33.10		32.34 250m: 2:37.96	32.33 350m: 3:44.43		33.20	
	100m: 1:00.76 31.58		200m: 2:05.63		32.53 300m: 3:11.23	33.27 400m: 4:17.07		32.64	
6.	SOARES, Tiago Silva	M	108287 99		Porto	<b>4:17.17</b>	626		- A
	50m: 28.08 28.08		150m: 1:33.31		32.93 250m: 2:38.89	32.28 350m: 3:45.06		33.10	
	100m: 1:00.38 32.30		200m: 2:06.61		33.30 300m: 3:11.96	33.07 400m: 4:17.17		32.11	
7.	FERNANDES, Jose Pedro	M	111611 99		Braga	<b>4:19.52</b>	609		- A
	50m: 29.86 29.86		150m: 1:35.19		32.76 250m: 2:40.86	32.70 350m: 3:46.94		33.25	
	100m: 1:02.43 32.57		200m: 2:08.16		32.97 300m: 3:13.69	32.83 400m: 4:19.52		32.58	
8.	NUNES, Diogo Barbosa	M	110529 00		Fluvial Portuense	<b>4:19.91</b>	607		- A
	50m: 29.38 29.38		150m: 1:33.80		32.72 250m: 2:40.07	32.94 350m: 3:46.94		33.37	
	100m: 1:01.08 31.70		200m: 2:07.13		33.33 300m: 3:13.57	33.50 400m: 4:19.91		32.97	
9.	SANLES, Manuel Tomes	M	537982799		Centro Gallego T. Deportiva	<b>4:22.77</b>	587		- B
	50m: 29.38 29.38		150m: 1:34.58		32.67 250m: 2:41.26	33.37 350m: 3:49.14		34.06	
	100m: 1:01.91 32.53		200m: 2:07.89		33.31 300m: 3:15.08	33.82 400m: 4:22.77		33.63	
10.	TRAVANCA, Sergio Filipe	M	117385 00		Fluvial Portuense	<b>4:23.22</b>	584		- B
	50m: 29.60 29.60		150m: 1:35.12		33.24 250m: 2:42.63	33.61 350m: 3:49.94		33.30	
	100m: 1:01.88 32.28		200m: 2:09.02		33.90 300m: 3:16.64	34.01 400m: 4:23.22		33.28	
11.	MARTINS, Pedro Veiguinha	M	107233 96		Braga	<b>4:24.31</b>	577		- B
	50m: 29.67 29.67		150m: 1:35.90		33.73 250m: 2:44.32	34.35 350m: 3:52.08		33.21	
	100m: 1:02.17 32.50		200m: 2:09.97		34.07 300m: 3:18.87	34.55 400m: 4:24.31		32.23	
12.	SILVA, Paulo Filipe	M	117012 98		Natacao da Maia	<b>4:25.27</b>	570		- B
	50m: 30.32 30.32		150m: 1:37.39		33.72 250m: 2:43.49	32.38 350m: 3:51.18		33.79	
	100m: 1:03.67 33.35		200m: 2:11.11		33.72 300m: 3:17.39	33.90 400m: 4:25.27		34.09	
13.	BASTOS, Diogo Moreno	M	108285 00		Fluvial Portuense	<b>4:25.53</b>	569		- B
	50m: 30.44 30.44		150m: 1:37.27		33.60 250m: 2:45.13	33.94 350m: 3:53.70		34.05	
	100m: 1:03.67 33.23		200m: 2:11.19		33.92 300m: 3:19.65	34.52 400m: 4:25.53		31.83	
14.	RIVA, Elia	M	30242 01		Federazione Ticinese di Nuoto	<b>4:26.51</b>	563		- B
	50m: 30.00 30.00		150m: 1:36.56		33.41 250m: 2:43.78	33.33 350m: 3:53.18		34.85	
	100m: 1:03.15 33.15		200m: 2:10.45		33.89 300m: 3:18.33	34.55 400m: 4:26.51		33.33	
15.	AFONSO, Ricardo Eduardo	M	105414 97		Braga	<b>4:28.50</b>	550		- R
	50m: 29.64 29.64		150m: 1:36.72		34.01 250m: 2:45.74	34.39 350m: 3:55.44		34.55	
	100m: 1:02.71 33.07		200m: 2:11.35		34.63 300m: 3:20.89	35.15 400m: 4:28.50		33.06	
16.	PEREIRA, Joao Peixoto	M	121310 01		Braga	<b>4:30.28</b>	539		-
	50m: 31.20 31.20		150m: 1:40.98		35.09 250m: 2:48.00	32.72 350m: 3:54.52		33.42	
	100m: 1:05.89 34.69		200m: 2:15.28		34.30 300m: 3:21.10	33.10 400m: 4:30.28		35.76	
17.	HENDRICKX, Dieter	M	25668 01		Federazione Ticinese di Nuoto	<b>4:30.70</b>	537		-
	50m: 30.27 30.27		150m: 1:37.86		34.25 250m: 2:46.73	34.62 350m: 3:56.76		35.08	
	100m: 1:03.61 33.34		200m: 2:12.11		34.25 300m: 3:21.68	34.95 400m: 4:30.70		33.94	
18.	FREIRE, Tiago Mendonca	M	116898 01		Leixoes	<b>4:30.86</b>	536		-
	50m: 30.82 30.82		150m: 1:39.09		34.48 250m: 2:48.05	34.29 350m: 3:56.83		34.18	
	100m: 1:04.61 33.79		200m: 2:13.76		34.67 300m: 3:22.65	34.60 400m: 4:30.86		34.03	
19.	LIMA, David Dias	M	118183 00		Vilacondense	<b>4:32.66</b>	525		-
	50m: 30.05 30.05		150m: 1:37.53		34.38 250m: 2:47.68	35.50 350m: 3:58.24		35.23	
	100m: 1:03.15 33.10		200m: 2:12.18		34.65 300m: 3:23.01	35.33 400m: 4:32.66		34.42	
WDR	CREMONA, Gianluca	M	27541 01		Federazione Ticinese di Nuoto				-
WDR	FERNANDEZ, Lucas Costa	M		98	Natacion Pontearreas				-
WDR	FERREIRA, Nuno Filipe	M	119654 00		Foca				-
WDR	MOREIRA, Ricardo Jorge	M	122012 01		Natacao de Valongo				-
WDR	SAMPAIO, Jose Pedro	M	108295 98		Fluvial Portuense				-

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IX Meeting Internacional da Povia de Varzim  
Povia de Varzim, 3, 4-2-2018  
www.annp.pt

Prova 26, Masc., 400m Livres, Elimin

13 - 16 anos

1.	FROTA, Paulo Andre	M	124128 02	CASPAE	4:23.11	585	-	B
	50m: 30.57 30.57		150m: 1:36.65 33.28	250m: 2:43.72 33.56	350m: 3:51.74 33.89			
	100m: 1:03.37 32.80		200m: 2:10.16 33.51	300m: 3:17.85 34.13	400m: 4:23.11 31.37			
2.	AMORIM, Ivan Emanuel	M	124774 02	Fluvial Portuense	4:24.46	576	-	B
	50m: 29.82 29.82		150m: 1:35.27 33.51	250m: 2:43.94 34.16	350m: 3:53.05 34.32			
	100m: 1:04.69 31.94		200m: 2:09.78 34.51	300m: 3:18.73 34.79	400m: 4:24.46 31.41			
3.	TRAVASSOS, Rodrigo Alexandre	M	126187 02	CASPAE	4:26.93	560	-	R
	50m: 30.43 30.43		150m: 1:38.66 33.97	250m: 2:47.17 33.87	350m: 3:54.72 33.37			
	100m: 1:04.69 34.26		200m: 2:13.30 34.64	300m: 3:21.35 34.18	400m: 4:26.93 32.21			
4.	SOUSA, Diogo Nunes	M	127667 03	Vit�ria Sport Clube	4:30.51	538	-	
	50m: 30.40 30.40		150m: 1:39.52 35.04	250m: 2:49.11 34.48	350m: 3:57.39 34.08			
	100m: 1:04.48 34.08		200m: 2:14.63 35.11	300m: 3:23.31 34.20	400m: 4:30.51 33.12			
5.	CARVALHO, Daniel Luis	M	124253 02	Braga	4:30.55	538	-	
	50m: 30.46 30.46		150m: 1:38.24 34.54	250m: 2:48.11 35.05	350m: 3:57.62 34.46			
	100m: 1:03.70 33.24		200m: 2:13.06 34.82	300m: 3:23.16 35.05	400m: 4:30.55 32.93			
6.	TOCCHETTI, Ajnur Elvezio	M	30593 02	Federazione Ticinese di Nuoto	4:30.88	536	-	
	50m: 29.85 29.85		150m: 1:36.95 34.32	250m: 2:47.52 35.40	350m: 3:58.06 35.09			
	100m: 1:02.63 32.78		200m: 2:12.12 35.17	300m: 3:22.97 35.45	400m: 4:30.88 32.82			
7.	LOBO, Guilherme Diogo	M	122395 02	Porto	4:36.90	502	-	
	50m: 30.78 30.78		150m: 1:40.03 34.91	250m: 2:51.08 35.50	350m: 4:03.26 35.90			
	100m: 1:05.12 34.34		200m: 2:15.58 35.55	300m: 3:27.36 36.28	400m: 4:36.90 33.64			
8.	RODRIGUES, Tiago Moura	M	131137 03	Luso-Internacional do Porto	4:37.52	498	-	
	50m: 30.30 30.30		150m: 1:39.61 35.25	250m: 2:49.94 35.16	350m: 4:02.05 36.78			
	100m: 1:04.36 34.06		200m: 2:14.78 35.17	300m: 3:25.27 35.33	400m: 4:37.52 35.47			
9.	SANTOS, Andre Cardoso	M	207053 03	Academico Viseu	4:39.01	490	-	
	50m: 30.54 30.54		150m: 1:39.81 34.33	250m: 2:51.40 35.58	350m: 4:03.63 35.80			
	100m: 1:05.48 34.94		200m: 2:15.82 36.01	300m: 3:27.83 36.43	400m: 4:39.01 35.38			
10.	MORIM, Pedro Soares	M	131612 02	Clube Naval Povoense	4:39.37	488	-	
	50m: 31.12 31.12		150m: 1:42.89 36.30	250m: 2:55.22 36.24	350m: 4:07.00 35.43			
	100m: 1:06.59 35.47		200m: 2:18.98 36.09	300m: 3:31.57 36.35	400m: 4:39.37 32.37			
11.	SANTOS, Antonio Miguel	M	124713 03	Vilacondense	4:39.76	486	-	
	50m: 31.87 31.87		150m: 1:43.04 36.09	250m: 2:55.46 36.16	350m: 4:07.06 35.48			
	100m: 1:06.95 35.08		200m: 2:19.30 36.26	300m: 3:31.58 36.12	400m: 4:39.76 32.70			
12.	SALGADO, Goncalo Sampaio	M	121720 02	Famalica�o	4:40.49	482	-	
	50m: 31.03 31.03		150m: 1:41.06 35.60	250m: 2:53.48 36.39	350m: 4:05.37 35.52			
	100m: 1:05.46 34.43		200m: 2:17.09 36.03	300m: 3:29.85 36.37	400m: 4:40.49 35.12			
13.	SILVA, Bernardo Costa	M	205747 02	Braga	4:41.79	476	-	
	50m: 31.33 31.33		150m: 1:44.44 36.99	250m: 2:57.56 36.26	350m: 4:09.29 35.14			
	100m: 1:07.45 36.12		200m: 2:21.30 36.86	300m: 3:34.15 36.59	400m: 4:41.79 32.50			
14.	FERREIRA, Goncalo Seixas FL	M	131636 03	Academico Viseu	4:49.00	441	-	
	50m: 32.42 32.42		150m: 1:44.68 36.39	250m: 2:58.76 36.78	350m: 4:13.03 36.85			
	100m: 1:08.29 35.87		200m: 2:21.98 37.30	300m: 3:36.18 37.42	400m: 4:49.00 35.97			
15.	SILVA, Ruben Filipe FL	M	124865 03	Foca	4:49.01	441	-	
	50m: 32.70 32.70		150m: 1:45.56 36.95	250m: 2:59.52 37.06	350m: 4:13.19 36.51			
	100m: 1:08.61 35.91		200m: 2:22.46 36.90	300m: 3:36.68 37.16	400m: 4:49.01 35.82			
16.	MARTINS, Samuel Dias FL	M	122190 02	Colegio SMLamas	4:51.96	428	-	
	50m: 31.37 31.37		150m: 1:44.53 37.23	250m: 2:58.68 36.63	350m: 4:14.93 38.39			
	100m: 1:07.30 35.93		200m: 2:22.05 37.52	300m: 3:36.54 37.86	400m: 4:51.96 37.03			
17.	COSTA, Joao Peres FL	M	130322 04	Naval Praia da Vit�ria	4:59.58	396	-	
	50m: 33.66 33.66		150m: 1:48.23 37.42	250m: 3:05.22 38.54	350m: 4:22.64 38.06			
	100m: 1:10.81 37.15		200m: 2:26.68 38.45	300m: 3:44.58 39.36	400m: 4:59.58 36.94			
WDR	BORGES, David Costa	M	127198 04	Fluvial Portuense			-	
WDR	ALVES, Manuel Landeiro	M	122314 02	Naval Praia da Vit�ria			-	

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