

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 4

Masc., 400m Estilos

Open

26-02-2010 - 18:30

Resultados

(TA) JUV A Masc Juv A: 5:58.80 / (TA) JUV B Masc Juv B: 6:09.72 / (TA) JUN Masc Jun: 5:45.00 / (TA) SEN Masc Sen: 5:36.95

Pontos:

Lugar	Ano	Tempo final	Pts
Juv B			
1. Joao Andre NEVES	95 Académica de Coimbra	4:59.76	
50m: 31.13 31.13	150m: 1:49.17 41.68	250m: 3:09.91 40.44	350m: 4:26.73 34.86
100m: 1:07.49 36.36	200m: 2:29.47 40.30	300m: 3:51.87 41.96	400m: 4:59.76 33.03
2. Afonso Lopes dos SANTOS	95 Bombeiros das Caldas Rainha	5:02.90	
50m: 30.33 30.33	150m: 1:45.56 40.91	250m: 3:08.11 43.68	350m: 4:27.94 35.97
100m: 1:04.65 34.32	200m: 2:24.43 38.87	300m: 3:51.97 43.86	400m: 5:02.90 34.96
3. Nuno Miguel FELICIANO	95 Alcobaça	5:22.69	
50m: 33.73 33.73	150m: 1:55.91 42.21	250m: 3:20.28 43.32	350m: 4:44.20 39.73
100m: 1:13.70 39.97	200m: 2:36.96 41.05	300m: 4:04.47 44.19	400m: 5:22.69 38.49
4. Henrique Jose MARQUEZ	95 Galitos	5:24.72	
50m: 32.29 32.29	150m: 1:56.84 44.57	250m: 3:24.90 45.53	350m: 4:50.00 38.96
100m: 1:12.27 39.98	200m: 2:39.37 42.53	300m: 4:11.04 46.14	400m: 5:24.72 34.72
5. Cristovao Dinis MONTEIRO	95 Bombeiros das Caldas Rainha	5:25.21	
50m: 33.37 33.37	150m: 1:54.40 44.66	250m: 3:25.43 48.36	350m: 4:49.84 35.82
100m: 1:09.74 36.37	200m: 2:37.07 42.67	300m: 4:14.02 48.59	400m: 5:25.21 35.37
6. Rafael Ferreira MARTINS	95 Náutico da Marinha Grande	5:28.90	
50m: 35.13 35.13	150m: 1:59.49 42.44	250m: 3:29.16 47.90	350m: 4:54.24 36.22
100m: 1:17.05 41.92	200m: 2:41.26 41.77	300m: 4:18.02 48.86	400m: 5:28.90 34.66
7. Francisco Pais BAPTISTA	95 Náutico/Matobra	5:38.74	
50m: 32.74 32.74	150m: 1:56.91 45.16	250m: 3:30.25 49.80	350m: 5:01.75 40.06
100m: 1:11.75 39.01	200m: 2:40.45 43.54	300m: 4:21.69 51.44	400m: 5:38.74 36.99
8. Manuel Luis SOUSA	95 Náutico/Matobra	5:52.57	
50m: 36.22 36.22	150m: 2:07.04 47.50	250m: 3:46.50 52.79	350m: 5:15.60 38.25
100m: 1:19.54 43.32	200m: 2:53.71 46.67	300m: 4:37.35 50.85	400m: 5:52.57 36.97
9. Diogo Andre JORGE	95 Náutico/Matobra	5:55.60	
50m: 38.53 38.53	150m: 2:11.69 45.54	250m: 3:44.48 48.23	350m: 5:15.96 40.19
100m: 1:26.15 47.62	200m: 2:56.25 44.56	300m: 4:35.77 51.29	400m: 5:55.60 39.64
DSQ Henrique Miguel GONCALVES	95 Núcleo de Pombal	6:04.24	
<i>toque alternado de mãos na parede, na viragem dos 100 m</i>			
50m: 36.12 36.12	150m: 2:07.45 46.97	250m: 3:45.00 48.85	350m: 5:20.06 43.95
100m: 1:20.48 44.36	200m: 2:56.15 48.70	300m: 4:36.11 51.11	400m: 6:04.24 44.18
Juv A			
1. Joao Manuel BORGES	94 Ginásio Figueirense	4:58.70	
50m: 30.94 30.94	150m: 1:44.84 37.45	250m: 3:06.44 45.46	350m: 4:25.51 34.38
100m: 1:07.39 36.45	200m: 2:20.98 36.14	300m: 3:51.13 44.69	400m: 4:58.70 33.19
2. Joao Pedro VEIGA	94 Náutico/Matobra	5:00.96	
50m: 32.40 32.40	150m: 1:50.76 40.55	250m: 3:11.28 41.60	350m: 4:28.68 34.82
100m: 1:10.21 37.81	200m: 2:29.68 38.92	300m: 3:53.86 42.58	400m: 5:00.96 32.28
3. Marcelo Santos SALDANHA	94 Bombeiros das Caldas Rainha	5:09.29	
50m: 30.49 30.49	150m: 1:45.21 39.51	250m: 3:11.09 47.21	350m: 4:34.47 36.11
100m: 1:05.70 35.21	200m: 2:23.88 38.67	300m: 3:58.36 47.27	400m: 5:09.29 34.82
4. Alcides Costa SOUSA	94 Feirense	5:18.21	
50m: 29.88 29.88	150m: 1:50.20 44.45	250m: 3:16.74 44.33	350m: 4:40.75 38.59
100m: 1:05.75 35.87	200m: 2:32.41 42.21	300m: 4:02.16 45.42	400m: 5:18.21 37.46
5. Antero Simao MARTINS	94 Náutico da Marinha Grande	5:18.73	
50m: 31.61 31.61	150m: 1:43.59 35.20	250m: 3:17.46 48.19	350m: 4:43.46 37.40
100m: 1:08.39 36.78	200m: 2:29.27 45.68	300m: 4:06.06 48.60	400m: 5:18.73 35.27

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 4, Masc., 400m Estilos, Juv A

Lugar			Ano					Tempo final	Pts		
6.	Joao Carlos PAULA		94	Galitos				5:19.16			
	50m:	31.66 31.66	150m:	1:50.82	41.91	250m:	3:17.37	46.72	350m:	4:42.93	36.18
	100m:	1:08.91 37.25	200m:	2:30.65	39.83	300m:	4:06.75	49.38	400m:	5:19.16	36.23
7.	Ruben Paiva CARVALHO		94	Académica de Coimbra				5:26.17			
	50m:	37.42 37.42	150m:	2:04.25	44.01	250m:	3:29.32	43.10	350m:	4:51.14	36.94
	100m:	1:20.24 42.82	200m:	2:46.22	41.97	300m:	4:14.20	44.88	400m:	5:26.17	35.03
8.	Andre Filipe MONTEIRO		94	Galitos				5:27.92			
	50m:	32.13 32.13	150m:	1:54.48	45.32	250m:	3:24.03	47.12	350m:	4:50.62	39.28
	100m:	1:09.16 37.03	200m:	2:36.91	42.43	300m:	4:11.34	47.31	400m:	5:27.92	37.30
9.	Diogo Manuel DOMINGUES		94	Bairro dos Anjos				5:28.68			
	50m:	35.78 35.78	150m:	2:02.58	45.88	250m:	3:31.23	44.06	350m:	4:53.03	38.15
	100m:	1:16.70 40.92	200m:	2:47.17	44.59	300m:	4:14.88	43.65	400m:	5:28.68	35.65
10.	Joao Petinga de ALMEIDA		94	Naval da Nazaré				5:37.08			
	50m:	34.84 34.84	150m:	1:59.98	44.87	250m:	3:31.21	49.03	350m:	4:59.77	38.99
	100m:	1:15.11 40.27	200m:	2:42.18	42.20	300m:	4:20.78	49.57	400m:	5:37.08	37.31
11.	Joao Manuel SANTOS		94	Campinho				5:40.50			
	50m:		150m:			250m:			350m:	5:05.00	37.27
	100m:	1:18.05	200m:	2:47.75		300m:	4:27.73		400m:	5:40.50	35.50

Jun

1.	Andre Filipe LOPES		92	Académica de Coimbra				4:50.31			
	50m:	29.76 29.76	150m:	1:42.17	38.15	250m:	3:02.95	43.39	350m:	4:19.50	32.19
	100m:	1:04.02 34.26	200m:	2:19.56	37.39	300m:	3:47.31	44.36	400m:	4:50.31	30.81
2.	Miguel Machado LOPES		92	Benedita				4:50.54			
	50m:	30.42 30.42	150m:	1:43.23	38.06	250m:	3:01.90	40.97	350m:	4:18.27	33.28
	100m:	1:05.17 34.75	200m:	2:20.93	37.70	300m:	3:44.99	43.09	400m:	4:50.54	32.27
3.	Diogo Parrilha da SILVA		93	Alcobaça				4:53.97			
	50m:	29.11 29.11	150m:	1:42.97	39.78	250m:	3:03.19	42.10	350m:	4:19.73	34.53
	100m:	1:03.19 34.08	200m:	2:21.09	38.12	300m:	3:45.20	42.01	400m:	4:53.97	34.24
4.	Joao Paulo RIBEIRO		92	Bairro dos Anjos				5:00.67			
	50m:	29.50 29.50	150m:	1:45.08	41.22	250m:	3:07.88	44.09	350m:	4:27.22	35.66
	100m:	1:03.86 34.36	200m:	2:23.79	38.71	300m:	3:51.56	43.68	400m:	5:00.67	33.45
5.	Diogo Maia e SILVA		93	Pimpões/Cimai				5:00.78			
	50m:	32.33 32.33	150m:	1:47.35	38.96	250m:	3:08.58	43.61	350m:	4:27.57	34.83
	100m:	1:08.39 36.06	200m:	2:24.97	37.62	300m:	3:52.74	44.16	400m:	5:00.78	33.21
6.	Andre Duarte VAZ		93	Ginásio Figueirense				5:02.68			
	50m:	30.64 30.64	150m:	1:43.70	37.33	250m:	3:05.17	43.68	350m:	4:26.22	36.13
	100m:	1:06.37 35.73	200m:	2:21.49	37.79	300m:	3:50.09	44.92	400m:	5:02.68	36.46
7.	Nuno Durao PASCOAL		92	Galitos				5:07.99			
	50m:	31.68 31.68	150m:	1:48.01	40.53	250m:	3:12.23	45.01	350m:	4:31.95	34.66
	100m:	1:07.48 35.80	200m:	2:27.22	39.21	300m:	3:57.29	45.06	400m:	5:07.99	36.04
8.	Tiago Lopes RIBEIRO		93	Benedita				5:18.42			
	50m:	31.65 31.65	150m:	1:52.15	42.78	250m:	3:19.20	45.70	350m:	4:43.31	37.23
	100m:	1:09.37 37.72	200m:	2:33.50	41.35	300m:	4:06.08	46.88	400m:	5:18.42	35.11
9.	Henrique Jose MARQUES		93	Benedita				5:24.63			
	50m:	33.19 33.19	150m:	1:56.55	42.97	250m:	3:22.14	44.28	350m:	4:48.53	39.64
	100m:	1:13.58 40.39	200m:	2:37.86	41.31	300m:	4:08.89	46.75	400m:	5:24.63	36.10

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Coimbra, 26. - 28.2.2010

Prova 4, Masc., 400m Estilos

Sen

1.	Miguel Silva OLIVEIRA	91	Náutico/Matobra	4:43.97
	50m: 29.42 29.42	150m: 1:40.41	37.56 250m: 2:58.36	41.06 350m: 4:11.32 32.01
	100m: 1:02.85 33.43	200m: 2:17.30	36.89 300m: 3:39.31	40.95 400m: 4:43.97 32.65
2.	Hugo Miguel NUNES	90	Náutico/Matobra	4:55.80
	50m: 31.91 31.91	150m: 1:49.08	40.53 250m: 3:08.61	40.90 350m: 4:22.60 33.35
	100m: 1:08.55 36.64	200m: 2:27.71	38.63 300m: 3:49.25	40.64 400m: 4:55.80 33.20
3.	Rui Miguel FONSECA	88	Náutico/Matobra	4:57.95
	50m: 28.63 28.63	150m: 1:40.86	38.50 250m: 3:04.37	45.11 350m: 4:22.49 32.21
	100m: 1:02.36 33.73	200m: 2:19.26	38.40 300m: 3:50.28	45.91 400m: 4:57.95 35.46
4.	Goncalo Nuno COSTA	90	Académica de Coimbra	4:59.02
	50m: 30.77 30.77	150m: 1:46.19	40.73 250m: 3:07.64	41.81 350m: 4:24.71 34.05
	100m: 1:05.46 34.69	200m: 2:25.83	39.64 300m: 3:50.66	43.02 400m: 4:59.02 34.31
5.	Joao Bernardo ABRANTES	90	Náutico/Matobra	4:59.96
	50m: 31.16 31.16	150m: 1:46.59	39.50 250m: 3:09.74	43.58 350m: 4:27.21 33.63
	100m: 1:07.09 35.93	200m: 2:26.16	39.57 300m: 3:53.58	43.84 400m: 4:59.96 32.75
6.	Pedro Fragoso LOPES	90	Columbófila Cantanhedense	5:00.41
	50m: 29.74 29.74	150m: 1:44.46	39.63 250m: 3:06.58	43.52 350m: 4:27.16 35.35
	100m: 1:04.83 35.09	200m: 2:23.06	38.60 300m: 3:51.81	45.23 400m: 5:00.41 33.25
7.	Daniel Alexandre RODRIGUES	91	Náutico/Matobra	5:12.58
	50m: 31.26 31.26	150m: 1:48.71	40.95 250m: 3:14.10	44.99 350m: 4:37.40 35.75
	100m: 1:07.76 36.50	200m: 2:29.11	40.40 300m: 4:01.65	47.55 400m: 5:12.58 35.18

Open

1.	Miguel Silva OLIVEIRA	91	Náutico/Matobra	4:43.97
	50m: 29.42 29.42	150m: 1:40.41	37.56 250m: 2:58.36	41.06 350m: 4:11.32 32.01
	100m: 1:02.85 33.43	200m: 2:17.30	36.89 300m: 3:39.31	40.95 400m: 4:43.97 32.65
1.	Andre Filipe LOPES	92	Académica de Coimbra	4:50.31
	50m: 29.76 29.76	150m: 1:42.17	38.15 250m: 3:02.95	43.39 350m: 4:19.50 32.19
	100m: 1:04.02 34.26	200m: 2:19.56	37.39 300m: 3:47.31	44.36 400m: 4:50.31 30.81
2.	Miguel Machado LOPES	92	Benedita	4:50.54
	50m: 30.42 30.42	150m: 1:43.23	38.06 250m: 3:01.90	40.97 350m: 4:18.27 33.28
	100m: 1:05.17 34.75	200m: 2:20.93	37.70 300m: 3:44.99	43.09 400m: 4:50.54 32.27
3.	Diogo Parrilha da SILVA	93	Alcobaça	4:53.97
	50m: 29.11 29.11	150m: 1:42.97	39.78 250m: 3:03.19	42.10 350m: 4:19.73 34.53
	100m: 1:03.19 34.08	200m: 2:21.09	38.12 300m: 3:45.20	42.01 400m: 4:53.97 34.24
2.	Hugo Miguel NUNES	90	Náutico/Matobra	4:55.80
	50m: 31.91 31.91	150m: 1:49.08	40.53 250m: 3:08.61	40.90 350m: 4:22.60 33.35
	100m: 1:08.55 36.64	200m: 2:27.71	38.63 300m: 3:49.25	40.64 400m: 4:55.80 33.20
3.	Rui Miguel FONSECA	88	Náutico/Matobra	4:57.95
	50m: 28.63 28.63	150m: 1:40.86	38.50 250m: 3:04.37	45.11 350m: 4:22.49 32.21
	100m: 1:02.36 33.73	200m: 2:19.26	38.40 300m: 3:50.28	45.91 400m: 4:57.95 35.46
1.	Joao Manuel BORGES	94	Ginásio Figueirense	4:58.70
	50m: 30.94 30.94	150m: 1:44.84	37.45 250m: 3:06.44	45.46 350m: 4:25.51 34.38
	100m: 1:07.39 36.45	200m: 2:20.98	36.14 300m: 3:51.13	44.69 400m: 4:58.70 33.19
4.	Goncalo Nuno COSTA	90	Académica de Coimbra	4:59.02
	50m: 30.77 30.77	150m: 1:46.19	40.73 250m: 3:07.64	41.81 350m: 4:24.71 34.05
	100m: 1:05.46 34.69	200m: 2:25.83	39.64 300m: 3:50.66	43.02 400m: 4:59.02 34.31
1.	Joao Andre NEVES	95	Académica de Coimbra	4:59.76
	50m: 31.13 31.13	150m: 1:49.17	41.68 250m: 3:09.91	40.44 350m: 4:26.73 34.86
	100m: 1:07.49 36.36	200m: 2:29.47	40.30 300m: 3:51.87	41.96 400m: 4:59.76 33.03
5.	Joao Bernardo ABRANTES	90	Náutico/Matobra	4:59.96
	50m: 31.16 31.16	150m: 1:46.59	39.50 250m: 3:09.74	43.58 350m: 4:27.21 33.63
	100m: 1:07.09 35.93	200m: 2:26.16	39.57 300m: 3:53.58	43.84 400m: 4:59.96 32.75

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 4, Masc., 400m Estilos, Open

Lugar			Ano					Tempo final	Pts		
6.	Pedro Fragoso LOPES		90	Columbófila Cantanhedense				5:00.41			
	50m:	29.74 29.74	150m:	1:44.46	39.63	250m:	3:06.58	43.52	350m:	4:27.16	35.35
	100m:	1:04.83 35.09	200m:	2:23.06	38.60	300m:	3:51.81	45.23	400m:	5:00.41	33.25
4.	Joao Paulo RIBEIRO		92	Bairro dos Anjos				5:00.67			
	50m:	29.50 29.50	150m:	1:45.08	41.22	250m:	3:07.88	44.09	350m:	4:27.22	35.66
	100m:	1:03.86 34.36	200m:	2:23.79	38.71	300m:	3:51.56	43.68	400m:	5:00.67	33.45
5.	Diogo Maia e SILVA		93	Pimpões/Cimai				5:00.78			
	50m:	32.33 32.33	150m:	1:47.35	38.96	250m:	3:08.58	43.61	350m:	4:27.57	34.83
	100m:	1:08.39 36.06	200m:	2:24.97	37.62	300m:	3:52.74	44.16	400m:	5:00.78	33.21
2.	Joao Pedro VEIGA		94	Náutico/Matobra				5:00.96			
	50m:	32.40 32.40	150m:	1:50.76	40.55	250m:	3:11.28	41.60	350m:	4:28.68	34.82
	100m:	1:10.21 37.81	200m:	2:29.68	38.92	300m:	3:53.86	42.58	400m:	5:00.96	32.28
6.	Andre Duarte VAZ		93	Ginásio Figueirense				5:02.68			
	50m:	30.64 30.64	150m:	1:43.70	37.33	250m:	3:05.17	43.68	350m:	4:26.22	36.13
	100m:	1:06.37 35.73	200m:	2:21.49	37.79	300m:	3:50.09	44.92	400m:	5:02.68	36.46
2.	Afonso Lopes dos SANTOS		95	Bombeiros das Caldas Rainha				5:02.90			
	50m:	30.33 30.33	150m:	1:45.56	40.91	250m:	3:08.11	43.68	350m:	4:27.94	35.97
	100m:	1:04.65 34.32	200m:	2:24.43	38.87	300m:	3:51.97	43.86	400m:	5:02.90	34.96
7.	Nuno Durao PASCOAL		92	Galitos				5:07.99			
	50m:	31.68 31.68	150m:	1:48.01	40.53	250m:	3:12.23	45.01	350m:	4:31.95	34.66
	100m:	1:07.48 35.80	200m:	2:27.22	39.21	300m:	3:57.29	45.06	400m:	5:07.99	36.04
3.	Marcelo Santos SALDANHA		94	Bombeiros das Caldas Rainha				5:09.29			
	50m:	30.49 30.49	150m:	1:45.21	39.51	250m:	3:11.09	47.21	350m:	4:34.47	36.11
	100m:	1:05.70 35.21	200m:	2:23.88	38.67	300m:	3:58.36	47.27	400m:	5:09.29	34.82
7.	Daniel Alexandre RODRIGUES		91	Náutico/Matobra				5:12.58			
	50m:	31.26 31.26	150m:	1:48.71	40.95	250m:	3:14.10	44.99	350m:	4:37.40	35.75
	100m:	1:07.76 36.50	200m:	2:29.11	40.40	300m:	4:01.65	47.55	400m:	5:12.58	35.18
4.	Alcides Costa SOUSA		94	Feirense				5:18.21			
	50m:	29.88 29.88	150m:	1:50.20	44.45	250m:	3:16.74	44.33	350m:	4:40.75	38.59
	100m:	1:05.75 35.87	200m:	2:32.41	42.21	300m:	4:02.16	45.42	400m:	5:18.21	37.46
8.	Tiago Lopes RIBEIRO		93	Benedita				5:18.42			
	50m:	31.65 31.65	150m:	1:52.15	42.78	250m:	3:19.20	45.70	350m:	4:43.31	37.23
	100m:	1:09.37 37.72	200m:	2:33.50	41.35	300m:	4:06.08	46.88	400m:	5:18.42	35.11
5.	Antero Simao MARTINS		94	Náutico da Marinha Grande				5:18.73			
	50m:	31.61 31.61	150m:	1:43.59	35.20	250m:	3:17.46	48.19	350m:	4:43.46	37.40
	100m:	1:08.39 36.78	200m:	2:29.27	45.68	300m:	4:06.06	48.60	400m:	5:18.73	35.27
6.	Joao Carlos PAULA		94	Galitos				5:19.16			
	50m:	31.66 31.66	150m:	1:50.82	41.91	250m:	3:17.37	46.72	350m:	4:42.93	36.18
	100m:	1:08.91 37.25	200m:	2:30.65	39.83	300m:	4:06.75	49.38	400m:	5:19.16	36.23
3.	Nuno Miguel FELICIANO		95	Alcobaça				5:22.69			
	50m:	33.73 33.73	150m:	1:55.91	42.21	250m:	3:20.28	43.32	350m:	4:44.20	39.73
	100m:	1:13.70 39.97	200m:	2:36.96	41.05	300m:	4:04.47	44.19	400m:	5:22.69	38.49
9.	Henrique Jose MARQUES		93	Benedita				5:24.63			
	50m:	33.19 33.19	150m:	1:56.55	42.97	250m:	3:22.14	44.28	350m:	4:48.53	39.64
	100m:	1:13.58 40.39	200m:	2:37.86	41.31	300m:	4:08.89	46.75	400m:	5:24.63	36.10
4.	Henrique Jose MARQUEZ		95	Galitos				5:24.72			
	50m:	32.29 32.29	150m:	1:56.84	44.57	250m:	3:24.90	45.53	350m:	4:50.00	38.96
	100m:	1:12.27 39.98	200m:	2:39.37	42.53	300m:	4:11.04	46.14	400m:	5:24.72	34.72
5.	Cristovao Dinis MONTEIRO		95	Bombeiros das Caldas Rainha				5:25.21			
	50m:	33.37 33.37	150m:	1:54.40	44.66	250m:	3:25.43	48.36	350m:	4:49.84	35.82
	100m:	1:09.74 36.37	200m:	2:37.07	42.67	300m:	4:14.02	48.59	400m:	5:25.21	35.37
7.	Ruben Paiva CARVALHO		94	Académica de Coimbra				5:26.17			
	50m:	37.42 37.42	150m:	2:04.25	44.01	250m:	3:29.32	43.10	350m:	4:51.14	36.94
	100m:	1:20.24 42.82	200m:	2:46.22	41.97	300m:	4:14.20	44.88	400m:	5:26.17	35.03

Campeonato Regional de Juvenis, Juniores e Seniores
Coimbra, 26. - 28.2.2010

Prova 4, Masc., 400m Estilos, Open

Lugar			Ano					Tempo final	Pts		
8.	Andre Filipe MONTEIRO		94	Galitos				5:27.92			
	50m:	32.13 32.13	150m:	1:54.48	45.32	250m:	3:24.03	47.12	350m:	4:50.62	39.28
	100m:	1:09.16 37.03	200m:	2:36.91	42.43	300m:	4:11.34	47.31	400m:	5:27.92	37.30
9.	Diogo Manuel DOMINGUES		94	Bairro dos Anjos				5:28.68			
	50m:	35.78 35.78	150m:	2:02.58	45.88	250m:	3:31.23	44.06	350m:	4:53.03	38.15
	100m:	1:16.70 40.92	200m:	2:47.17	44.59	300m:	4:14.88	43.65	400m:	5:28.68	35.65
6.	Rafael Ferreira MARTINS		95	Náutico da Marinha Grande				5:28.90			
	50m:	35.13 35.13	150m:	1:59.49	42.44	250m:	3:29.16	47.90	350m:	4:54.24	36.22
	100m:	1:17.05 41.92	200m:	2:41.26	41.77	300m:	4:18.02	48.86	400m:	5:28.90	34.66
10.	Joao Petinga de ALMEIDA		94	Naval da Nazaré				5:37.08			
	50m:	34.84 34.84	150m:	1:59.98	44.87	250m:	3:31.21	49.03	350m:	4:59.77	38.99
	100m:	1:15.11 40.27	200m:	2:42.18	42.20	300m:	4:20.78	49.57	400m:	5:37.08	37.31
7.	Francisco Pais BAPTISTA		95	Náutico/Matobra				5:38.74			
	50m:	32.74 32.74	150m:	1:56.91	45.16	250m:	3:30.25	49.80	350m:	5:01.75	40.06
	100m:	1:11.75 39.01	200m:	2:40.45	43.54	300m:	4:21.69	51.44	400m:	5:38.74	36.99
11.	Joao Manuel SANTOS		94	Campinho				5:40.50			
	50m:		150m:			250m:			350m:	5:05.00	37.27
	100m:	1:18.05	200m:	2:47.75		300m:	4:27.73		400m:	5:40.50	35.50
8.	Manuel Luis SOUSA		95	Náutico/Matobra				5:52.57			
	50m:	36.22 36.22	150m:	2:07.04	47.50	250m:	3:46.50	52.79	350m:	5:15.60	38.25
	100m:	1:19.54 43.32	200m:	2:53.71	46.67	300m:	4:37.35	50.85	400m:	5:52.57	36.97
9.	Diogo Andre JORGE		95	Náutico/Matobra				5:55.60			
	50m:	38.53 38.53	150m:	2:11.69	45.54	250m:	3:44.48	48.23	350m:	5:15.96	40.19
	100m:	1:26.15 47.62	200m:	2:56.25	44.56	300m:	4:35.77	51.29	400m:	5:55.60	39.64
DSQ	Henrique Miguel GONCALVES		95	Núcleo de Pombal				6:04.24			
	<i>toque alternado de mãos na parede, na viragem dos 100 m</i>										
	50m:	36.12 36.12	150m:	2:07.45	46.97	250m:	3:45.00	48.85	350m:	5:20.06	43.95
	100m:	1:20.48 44.36	200m:	2:56.15	48.70	300m:	4:36.11	51.11	400m:	6:04.24	44.18