



Torneios Zonais de Infantis - Zona Sul
Lagos , 24 - 26/3/2023

Prova 19

Masc., 400m Livres

Infantis A
Resultados

26/03/2023 - 9:00

Rec. Nac. 25m Absoluto	3:42.57	LOPES, Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. 25m Inf. A	4:12.35	RUIVO, Andre Vilas	DNMG	Campo Maior	29/03/2014

TAC_INF A_MASC 50m: 5:24.81 - 25m: 5:21.28

Pontos: Rudolph Table 2022

Lugar	Ano	Tempo final	Pts
1. FERREIRA, Tomas Pascoal	09 Ba-Leiria	4:29.58	12,6
50m: 30.97 30.97 150m: 1:39.00 34.01 250m: 2:49.03 34.90 350m: 3:58.59 34.90			
100m: 1:04.99 34.02 200m: 2:14.13 35.13 300m: 3:23.69 34.66 400m: 4:29.58 30.99			
2. REIS, Diogo Damasceno	09 Sporting	4:31.14	12,2
50m: 30.98 30.98 150m: 1:39.02 34.22 250m: 2:48.88 34.64 350m: 3:58.71 34.90			
100m: 1:04.80 33.82 200m: 2:14.24 35.22 300m: 3:23.81 34.93 400m: 4:31.14 32.43			
3. VALENTE, Xavier Jesus	09 Colegio Vasco da Gama	4:36.22	10,8
50m: 30.08 30.08 150m: 1:38.90 34.89 250m: 2:50.58 36.03 350m: 4:01.80 35.41			
100m: 1:04.01 33.93 200m: 2:14.55 35.65 300m: 3:26.39 35.81 400m: 4:36.22 34.42			
4. MEJIAS, Jesus Alberto	09 Vikings	4:39.60	9,9
50m: 31.09 31.09 150m: 1:42.16 35.56 250m: 2:54.02 36.15 350m: 4:07.14 36.65			
100m: 1:06.60 35.51 200m: 2:17.87 35.71 300m: 3:30.49 36.47 400m: 4:39.60 32.46			
5. PINTO, Martim Chambel	09 Colegio Monte Maior	4:42.43	9,2
50m: 30.81 30.81 150m: 1:41.44 35.87 250m: 2:54.25 36.15 350m: 4:07.62 36.41			
100m: 1:05.57 34.76 200m: 2:18.10 36.66 300m: 3:31.21 36.96 400m: 4:42.43 34.81			
6. MARRAZES, Guilherme Meireles	09 Nautico Marinha Grande	4:43.18	9,0
50m: 31.50 31.50 150m: 1:42.23 36.20 250m: 2:55.72 37.19 350m: 4:09.25 36.34			
100m: 1:06.03 34.53 200m: 2:18.53 36.30 300m: 3:32.91 37.19 400m: 4:43.18 33.93			
7. JOAQUIM, Henrique Martins	09 Ba-Leiria	4:43.62	8,8
50m: 32.53 32.53 150m: 1:43.82 36.15 250m: 2:57.05 36.53 350m: 4:10.01 36.21			
100m: 1:07.67 35.14 200m: 2:20.52 36.70 300m: 3:33.80 36.75 400m: 4:43.62 33.61			
8. PASICHNYUK, Dimas	09 Rio Maior	4:46.54	8,1
50m: 31.21 31.21 150m: 1:44.19 36.94 250m: 2:58.51 36.93 350m: 4:12.36 36.56			
100m: 1:07.25 36.04 200m: 2:21.58 37.39 300m: 3:35.80 37.29 400m: 4:46.54 34.18			
9. GODINHO, Hugo Pacheco	09 Sporting	4:46.63	8,0
50m: 32.09 32.09 150m: 1:44.28 36.99 250m: 2:58.69 37.02 350m: 4:12.66 36.51			
100m: 1:07.29 35.20 200m: 2:21.67 37.39 300m: 3:36.15 37.46 400m: 4:46.63 33.97			
10. MARTINS, Martim Guerreiro	09 Sporting	4:47.20	7,9
50m: 33.11 33.11 150m: 1:45.58 36.58 250m: 2:59.53 37.15 350m: 4:12.67 36.47			
100m: 1:09.00 35.89 200m: 2:22.38 36.80 300m: 3:36.20 36.67 400m: 4:47.20 34.53			
11. MADEIRA, Xavier Rosa	09 Laranjeiro	4:47.23	7,9
50m: 31.50 31.50 150m: 1:41.30 35.68 250m: 2:55.47 37.10 350m: 4:11.15 38.11			
100m: 1:05.62 34.12 200m: 2:18.37 37.07 300m: 3:33.04 37.57 400m: 4:47.23 36.08			
12. PARREIRA, Santiago Agostinho	09 Pimpoes/Cimai	4:48.21	7,6
50m: 33.11 33.11 150m: 1:46.36 36.35 250m: 3:00.85 36.50 350m: 4:14.42 37.19			
100m: 1:10.01 36.90 200m: 2:24.35 37.99 300m: 3:37.23 36.38 400m: 4:48.21 33.79			
13. BENTO, Afonso Maria	09 Albicastrense	4:48.93	7,4
50m: 31.65 31.65 150m: 1:44.40 36.99 250m: 2:59.31 37.39 350m: 4:13.90 37.23			
100m: 1:07.41 35.76 200m: 2:21.92 37.52 300m: 3:36.67 37.36 400m: 4:48.93 35.03			
14. NUNES, Joao Tomas	09 Natacao de Olhao	4:49.01	7,4
50m: 32.59 32.59 150m: 1:47.99 38.31 250m: 3:03.81 37.94 350m: 4:17.11 36.16			
100m: 1:09.68 37.09 200m: 2:25.87 37.88 300m: 3:40.95 37.14 400m: 4:49.01 31.90			
15. SILVA, Francisco Carvalho	09 Naval Praia da Vitoria	4:49.62	7,2
50m: 32.04 32.04 150m: 1:42.76 35.89 250m: 2:57.18 37.48 350m: 4:13.18 38.19			
100m: 1:06.87 34.83 200m: 2:19.70 36.94 300m: 3:34.99 37.81 400m: 4:49.62 36.44			



Torneios Zonais de Infantis - Zona Sul
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Prova 19, Masc., 400m Livres, Infantis A

Lugar					Ano					Tempo final	Pts	
16.	KOT, Paulo				09	Nautico Marinha Grande				4:49.65	7,2	
	50m:	32.04	32.04	150m:	1:44.36	36.59	250m:	2:58.91	37.11	350m:	4:14.30	37.57
	100m:	1:07.77	35.73	200m:	2:21.80	37.44	300m:	3:36.73	37.82	400m:	4:49.65	35.35
17.	FERREIRA, Gabriel Santiago				09	Uniao Juncalense				4:50.65	7,0	
	50m:	33.17	33.17	150m:	1:46.17	36.85	250m:	2:59.87	36.66	350m:	4:14.74	37.23
	100m:	1:09.32	36.15	200m:	2:23.21	37.04	300m:	3:37.51	37.64	400m:	4:50.65	35.91
18.	ANDRADE, Salvador Freitas				09	Naval do Funchal				4:51.13	6,8	
	50m:	33.22	33.22	150m:	1:46.80	36.94	250m:	3:01.22	37.22	350m:	4:16.61	37.55
	100m:	1:09.86	36.64	200m:	2:24.00	37.20	300m:	3:39.06	37.84	400m:	4:51.13	34.52
19.	DIAS, Tiago Loureiro				09	Alcobaca				4:51.57	6,7	
	50m:	31.73	31.73	150m:	1:44.32	36.87	250m:	2:58.55	37.07	350m:	4:15.65	38.83
	100m:	1:07.45	35.72	200m:	2:21.48	37.16	300m:	3:36.82	38.27	400m:	4:51.57	35.92
20.	FERNANDES, Paulo Junio				09	Alges				4:51.61	6,7	
	50m:	31.65	31.65	150m:	1:45.41	37.26	250m:	3:00.51	37.73	350m:	4:15.67	37.12
	100m:	1:08.15	36.50	200m:	2:22.78	37.37	300m:	3:38.55	38.04	400m:	4:51.61	35.94
21.	SILVA, Joao Bernardo				09	Desportivo Nacional				4:52.56	6,5	
	50m:	32.35	32.35	150m:	1:46.40	37.10	250m:	3:00.65	36.83	350m:	4:16.34	37.51
	100m:	1:09.30	36.95	200m:	2:23.82	37.42	300m:	3:38.83	38.18	400m:	4:52.56	36.22
22.	GONCALVES, Pedro Martim				09	Juventude Atlantico				4:54.12	6,0	
	50m:	31.99	31.99	150m:	1:47.35	38.31	250m:	3:03.50	37.97	350m:	4:19.41	37.65
	100m:	1:09.04	37.05	200m:	2:25.53	38.18	300m:	3:41.76	38.26	400m:	4:54.12	34.71
23.	LOURENCO, Daniel Alexandre				09	Sporting				4:54.38	6,0	
	50m:	33.10	33.10	150m:	1:45.84	36.72	250m:	3:01.26	38.12	350m:	4:17.89	38.48
	100m:	1:09.12	36.02	200m:	2:23.14	37.30	300m:	3:39.41	38.15	400m:	4:54.38	36.49
24.	CALDAS, Pedro Guedes				09	Benfica				4:54.85	5,8	
	50m:	32.05	32.05	150m:	1:45.27	37.26	250m:	3:01.59	38.12	350m:	4:17.79	38.28
	100m:	1:08.01	35.96	200m:	2:23.47	38.20	300m:	3:39.51	37.92	400m:	4:54.85	37.06
25.	CARDOSO, Diogo Filipe				09	Natacao de Olhao				4:56.14	5,5	
	50m:	33.15	33.15	150m:	1:48.10	38.17	250m:	3:04.48	38.24	350m:	4:19.98	37.40
	100m:	1:09.93	36.78	200m:	2:26.24	38.14	300m:	3:42.58	38.10	400m:	4:56.14	36.16
26.	CHELE, Stefan Iordan				09	Rio Maior				4:56.34	5,4	
	50m:	31.97	31.97	150m:	1:45.32	37.06	250m:	3:01.56	38.48	350m:	4:18.53	38.09
	100m:	1:08.26	36.29	200m:	2:23.08	37.76	300m:	3:40.44	38.88	400m:	4:56.34	37.81
27.	ROQUE, Francisco Nunes				09	Benfica				4:56.76	5,3	
	50m:	32.90	32.90	150m:	1:47.17	37.70	250m:	3:03.25	37.82	350m:	4:20.00	38.16
	100m:	1:09.47	36.57	200m:	2:25.43	38.26	300m:	3:41.84	38.59	400m:	4:56.76	36.76
28.	NARIGUETA, Rodrigo Duarte				09	Palmela Desporto				4:57.26	5,2	
	50m:	33.53	33.53	150m:	1:48.01	37.99	250m:	3:04.15	38.26	350m:	4:21.38	38.13
	100m:	1:10.02	36.49	200m:	2:25.89	37.88	300m:	3:43.25	39.10	400m:	4:57.26	35.88
29.	CHENG, Xinyang				09	Nautico Marinha Grande				4:57.30	5,2	
	50m:	32.73	32.73	150m:	1:46.60	37.12	250m:	3:02.76	38.17	350m:	4:19.56	38.31
	100m:	1:09.48	36.75	200m:	2:24.59	37.99	300m:	3:41.25	38.49	400m:	4:57.30	37.74
30.	GOMES, Santiago Marques				09	Ba-Leiria				4:57.43	5,1	
	50m:	33.94	33.94	150m:	1:50.64	38.52	250m:	3:07.72	38.79	350m:	4:22.30	37.03
	100m:	1:12.12	38.18	200m:	2:28.93	38.29	300m:	3:45.27	37.55	400m:	4:57.43	35.13
31.	GUEDELHA, Bernardo Afonso				09	Benfica				4:58.04	5,0	
	50m:	32.38	32.38	150m:	1:45.07	37.05	250m:	3:02.87	39.48	350m:	4:22.57	39.35
	100m:	1:08.02	35.64	200m:	2:23.39	38.32	300m:	3:43.22	40.35	400m:	4:58.04	35.47
32.	MESQUITA, Martim Alexandre				09	Nautico Marinha Grande				4:58.56	4,8	
	50m:	33.14	33.14	150m:	1:49.31	39.36	250m:	3:08.12	39.04	350m:	4:22.23	36.48
	100m:	1:09.95	36.81	200m:	2:29.08	39.77	300m:	3:45.75	37.63	400m:	4:58.56	36.33



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Lugar			Ano					Tempo final	Pts		
33.	PEREIRA, David Ferrador		09	Nucleo de Pombal				4:58.62	4,8		
	50m:	32.11 32.11	150m:	1:47.43	38.11	250m:	3:05.74	39.60	350m:	4:22.82	38.22
	100m:	1:09.32 37.21	200m:	2:26.14	38.71	300m:	3:44.60	38.86	400m:	4:58.62	35.80
34.	TOME, David Emanuel		09	Geslours				4:59.33	4,6		
	50m:	32.43 32.43	150m:	1:48.05	38.09	250m:	3:04.46	37.80	350m:	4:21.92	38.08
	100m:	1:09.96 37.53	200m:	2:26.66	38.61	300m:	3:43.84	39.38	400m:	4:59.33	37.41
35.	FONSECA, Miguel Bera		09	Benfica				4:59.54	4,6		
	50m:	33.48 33.48	150m:	1:47.34	38.11	250m:	3:05.26	39.25	350m:	4:23.02	38.76
	100m:	1:09.23 35.75	200m:	2:26.01	38.67	300m:	3:44.26	39.00	400m:	4:59.54	36.52
36.	GARCIA, Dinis Maria		09	Nautico Abrantes				5:00.74	4,3		
	50m:	32.74 32.74	150m:	1:47.51	37.98	250m:	3:04.99	38.96	350m:	4:23.56	39.07
	100m:	1:09.53 36.79	200m:	2:26.03	38.52	300m:	3:44.49	39.50	400m:	5:00.74	37.18
37.	MEDRONHEIRA, Miguel Filipe		09	Palmela Desporto				5:00.82	4,2		
	50m:	34.02 34.02	150m:	1:50.01	37.99	250m:	3:07.12	38.83	350m:	4:23.74	38.08
	100m:	1:12.02 38.00	200m:	2:28.29	38.28	300m:	3:45.66	38.54	400m:	5:00.82	37.08
38.	PINTO, Luis Pedro		09	Beja				5:01.16	4,2		
	50m:	33.47 33.47	150m:	1:48.45	37.96	250m:	3:06.62	39.87	350m:	4:24.07	37.82
	100m:	1:10.49 37.02	200m:	2:26.75	38.30	300m:	3:46.25	39.63	400m:	5:01.16	37.09
39.	ESCOLANO ALVAREZ, Alejandro		09	Louletano / Loule Concelho				5:01.82	4,0		
	50m:	34.80 34.80	150m:	1:50.87	38.15	250m:	3:07.06	37.30	350m:	4:23.87	38.70
	100m:	1:12.72 37.92	200m:	2:29.76	38.89	300m:	3:45.17	38.11	400m:	5:01.82	37.95
40.	MONIZ, Rafael Lin		09	Naval Setubalense				5:01.94	3,9		
	50m:	34.14 34.14	150m:	1:50.13	38.61	250m:	3:06.63	38.10	350m:	4:24.26	39.67
	100m:	1:11.52 37.38	200m:	2:28.53	38.40	300m:	3:44.59	37.96	400m:	5:01.94	37.68
41.	CUSTODIO, Francisco Lourenco		09	Naval da Nazare				5:02.84	3,7		
	50m:	32.40 32.40	150m:	1:48.02	38.37	250m:	3:07.19	39.97	350m:	4:27.84	39.95
	100m:	1:09.65 37.25	200m:	2:27.22	39.20	300m:	3:47.89	40.70	400m:	5:02.84	35.00
42.	ESCOT DELGADO, Daniel		09	Louletano / Loule Concelho				5:02.90	3,7		
	50m:	33.95 33.95	150m:	1:49.63	38.46	250m:	3:06.19	37.90	350m:	4:20.93	37.08
	100m:	1:11.17 37.22	200m:	2:28.29	38.66	300m:	3:43.85	37.66	400m:	5:02.90	41.97
43.	VICENTE, Miguel Chagas		09	Bombeiros de Ponta Delgada				5:03.26	3,6		
	50m:	32.72 32.72	150m:	1:46.17	36.81	250m:	3:04.02	39.44	350m:	4:24.48	40.29
	100m:	1:09.36 36.64	200m:	2:24.58	38.41	300m:	3:44.19	40.17	400m:	5:03.26	38.78
44.	LEITE, Duarte Afonso		09	Laranjeiro				5:04.59	3,2		
	50m:	34.26 34.26	150m:	1:50.01	38.52	250m:	3:07.71	38.95	350m:	4:26.59	39.86
	100m:	1:11.49 37.23	200m:	2:28.76	38.75	300m:	3:46.73	39.02	400m:	5:04.59	38.00
45.	MARTINS, Vasco Alexandre		09	Colegio Monte Maior				5:05.15	3,1		
	50m:	33.96 33.96	150m:	1:49.16	38.36	250m:	3:07.00	39.06	350m:	4:26.17	39.50
	100m:	1:10.80 36.84	200m:	2:27.94	38.78	300m:	3:46.67	39.67	400m:	5:05.15	38.98
46.	REIS, Daniel Rodrigo		09	AONDA-Azeitao				5:05.48	3,0		
	50m:	32.83 32.83	150m:	1:47.81	37.69	250m:	3:06.22	39.19	350m:	4:25.86	39.96
	100m:	1:10.12 37.29	200m:	2:27.03	39.22	300m:	3:45.90	39.68	400m:	5:05.48	39.62
47.	AMARAL, Afonso Cunha		09	Alges				5:05.83	2,9		
	50m:	33.14 33.14	150m:	1:50.20	39.23	250m:	3:08.66	39.43	350m:	4:27.45	38.99
	100m:	1:10.97 37.83	200m:	2:29.23	39.03	300m:	3:48.46	39.80	400m:	5:05.83	38.38
48.	MANUEL, Tiago Trindade		09	Palmela Desporto				5:06.21	2,8		
	50m:	34.21 34.21	150m:	1:51.43	39.14	250m:	3:09.65	39.44	350m:	4:29.00	39.73
	100m:	1:12.29 38.08	200m:	2:30.21	38.78	300m:	3:49.27	39.62	400m:	5:06.21	37.21
49.	PAIVA, Rodrigo Arga		09	Geslours				5:06.89	2,6		
	50m:	32.63 32.63	150m:	1:49.81	39.68	250m:	3:08.95	39.15	350m:	4:28.80	39.69
	100m:	1:10.13 37.50	200m:	2:29.80	39.99	300m:	3:49.11	40.16	400m:	5:06.89	38.09



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Lugar					Ano					Tempo final	Pts	
50.	SURGUCH, Lev				09	Portinado				5:07.29	2,5	
	50m:	33.43	33.43	150m:	1:52.59	40.46	250m:	3:11.70	39.00	350m:	4:31.19	39.78
	100m:	1:12.13	38.70	200m:	2:32.70	40.11	300m:	3:51.41	39.71	400m:	5:07.29	36.10
51.	ROCHA, Miguel Ratinho				09	Naval Setubalense				5:07.76	2,4	
	50m:	34.21	34.21	150m:	1:53.23	40.09	250m:	3:13.81	39.78	350m:	4:32.56	39.06
	100m:	1:13.14	38.93	200m:	2:34.03	40.80	300m:	3:53.50	39.69	400m:	5:07.76	35.20
52.	CAXARIA, Miguel Loucao				09	Natacao do Montijo				5:08.06	2,3	
	50m:	32.07	32.07	150m:	1:47.01	38.04	250m:	3:06.14	39.93	350m:	4:29.00	41.99
	100m:	1:08.97	36.90	200m:	2:26.21	39.20	300m:	3:47.01	40.87	400m:	5:08.06	39.06
53.	COSTA, Tiago Afonso				09	Louletano / Loule Concelho				5:08.11	2,3	
	50m:	34.37	34.37	150m:	1:53.47	40.45	250m:	3:14.16	40.10	350m:	4:32.49	38.86
	100m:	1:13.02	38.65	200m:	2:34.06	40.59	300m:	3:53.63	39.47	400m:	5:08.11	35.62
54.	SOUSA, Joao Pedro				09	Geslours				5:09.31	2,0	
	50m:	32.70	32.70	150m:	1:48.11	38.63	250m:	3:07.89	40.53	350m:	4:30.10	41.18
	100m:	1:09.48	36.78	200m:	2:27.36	39.25	300m:	3:48.92	41.03	400m:	5:09.31	39.21
55.	FREITAS, Francisco Gabriel				09	Geslours				5:09.51	1,9	
	50m:	33.92	33.92	150m:	1:52.38	40.12	250m:	3:12.19	39.94	350m:	4:31.40	39.88
	100m:	1:12.26	38.34	200m:	2:32.25	39.87	300m:	3:51.52	39.33	400m:	5:09.51	38.11
56.	SILVA, Pedro Miguel				09	AONDA-Azeitao				5:09.95	1,8	
	50m:	33.62	33.62	150m:	1:51.15	39.68	250m:	3:13.22	41.27	350m:	4:34.90	40.49
	100m:	1:11.47	37.85	200m:	2:31.95	40.80	300m:	3:54.41	41.19	400m:	5:09.95	35.05
57.	PACHECO, Santiago Jose				09	Alcobaca				5:10.35	1,7	
	50m:	35.28	35.28	150m:	1:53.37	39.50	250m:	3:13.34	39.98	350m:	4:32.25	39.07
	100m:	1:13.87	38.59	200m:	2:33.36	39.99	300m:	3:53.18	39.84	400m:	5:10.35	38.10
	PEREIRA, Rui Melo				09	Benfica				5:10.35	1,7	
	50m:	34.05	34.05	150m:	1:51.47	39.28	250m:	3:12.54	39.93	350m:	4:34.06	40.76
	100m:	1:12.19	38.14	200m:	2:32.61	41.14	300m:	3:53.30	40.76	400m:	5:10.35	36.29
59.	VILACA, Martim Abalada				09	AONDA-Azeitao				5:11.73	1,3	
	50m:	34.51	34.51	150m:	1:54.53	40.87	250m:	3:14.74	40.23	350m:	4:34.67	39.90
	100m:	1:13.66	39.15	200m:	2:34.51	39.98	300m:	3:54.77	40.03	400m:	5:11.73	37.06
60.	SILVA, Gustavo Branco				09	Geslours				5:12.67	1,1	
	50m:	34.35	34.35	150m:	1:52.75	39.52	250m:	3:14.22	40.74	350m:	4:35.41	40.33
	100m:	1:13.23	38.88	200m:	2:33.48	40.73	300m:	3:55.08	40.86	400m:	5:12.67	37.26
61.	BOLOTINHA, Max Faria				09	Louletano / Loule Concelho				5:12.68	1,1	
	50m:	33.77	33.77	150m:	1:52.48	39.64	250m:	3:12.98	40.35	350m:	4:33.88	40.21
	100m:	1:12.84	39.07	200m:	2:32.63	40.15	300m:	3:53.67	40.69	400m:	5:12.68	38.80
62.	PINHEIRO, Andre Raposo				09	AONDA-Azeitao				5:12.75	1,1	
	50m:	34.32	34.32	150m:	1:52.73	39.51	250m:	3:13.68	40.46	350m:	4:34.84	40.13
	100m:	1:13.22	38.90	200m:	2:33.22	40.49	300m:	3:54.71	41.03	400m:	5:12.75	37.91
63.	RIZZON, Guilherme Oliveira				09	Geslours				5:13.55		
	50m:	34.36	34.36	150m:	1:52.92	39.58	250m:	3:13.24	40.01	350m:	4:33.74	40.07
	100m:	1:13.34	38.98	200m:	2:33.23	40.31	300m:	3:53.67	40.43	400m:	5:13.55	39.81
64.	MARQUES, Pedro Caeiro				09	Aminata				5:13.86		
	50m:	34.81	34.81	150m:	1:53.74	39.93	250m:	3:15.06	40.95	350m:	4:36.41	40.46
	100m:	1:13.81	39.00	200m:	2:34.11	40.37	300m:	3:55.95	40.89	400m:	5:13.86	37.45
65.	SILVA, Rafael Alexandre				09	Louletano / Loule Concelho				5:13.87		
	50m:	34.34	34.34	150m:	1:53.30	40.14	250m:	3:15.08	40.86	350m:	4:36.30	40.64
	100m:	1:13.16	38.82	200m:	2:34.22	40.92	300m:	3:55.66	40.58	400m:	5:13.87	37.57
66.	SILVA, Mateus Inacio				09	Portinado				5:13.90		
	50m:	32.24	32.24	150m:	1:51.74	41.04	250m:	3:14.83	40.68	350m:	4:35.83	40.04
	100m:	1:10.70	38.46	200m:	2:34.15	42.41	300m:	3:55.79	40.96	400m:	5:13.90	38.07



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Lugar					Ano					Tempo final	Pts	
67.	DOMINGOS, Goncalo Pereira				09	Uniao Piedense				5:15.27		
	50m:	33.87	33.87	150m:	1:51.58	39.91	250m:	3:12.01	39.56	350m:	4:36.27	41.40
	100m:	1:11.67	37.80	200m:	2:32.45	40.87	300m:	3:54.87	42.86	400m:	5:15.27	39.00
68.	ANFILOQUIO, Tomas Bento				09	Pimpoes/Cimai				5:15.95		
	50m:	35.60	35.60	150m:	1:54.28	39.46	250m:	3:14.85	39.14	350m:	4:36.99	40.78
	100m:	1:14.82	39.22	200m:	2:35.71	41.43	300m:	3:56.21	41.36	400m:	5:15.95	38.96
69.	OLIVEIRA, Tomas Pires				09	Colegio Monte Maior				5:16.10		
	50m:	34.38	34.38	150m:	1:51.75	39.73	250m:	3:12.70	40.67	350m:	4:35.73	41.58
	100m:	1:12.02	37.64	200m:	2:32.03	40.28	300m:	3:54.15	41.45	400m:	5:16.10	40.37
70.	PESTANA, Pedro Correia				09	Desportivo Nacional				5:17.56		
	50m:	32.24	32.24	150m:	1:51.36	41.03	250m:	3:14.31	41.60	350m:	4:38.34	41.88
	100m:	1:10.33	38.09	200m:	2:32.71	41.35	300m:	3:56.46	42.15	400m:	5:17.56	39.22
71.	BACALHAU, Francisco Soares				09	FC Ferreiras/AlgarExperience				5:17.76		
	50m:	36.36	36.36	150m:	1:55.95	40.04	250m:	3:17.96	41.28	350m:	4:38.97	40.24
	100m:	1:15.91	39.55	200m:	2:36.68	40.73	300m:	3:58.73	40.77	400m:	5:17.76	38.79
72.	TERRON METRO, Daniel				09	Louletano / Loule Concelho				5:18.55		
	50m:	37.22	37.22	150m:	1:59.74	41.24	250m:	3:20.45	39.69	350m:	4:40.44	40.07
	100m:	1:18.50	41.28	200m:	2:40.76	41.02	300m:	4:00.37	39.92	400m:	5:18.55	38.11
73.	CARONHO, Bernardo Querido				09	Natacao do Fundao/GIRASSOL				5:18.84		
	50m:	34.49	34.49	150m:	1:53.94	40.05	250m:	3:16.38	41.88	350m:	4:39.43	41.35
	100m:	1:13.89	39.40	200m:	2:34.50	40.56	300m:	3:58.08	41.70	400m:	5:18.84	39.41
74.	MELO, Rodrigo Paiva				09	Bombeiros de Ponta Delgada				5:19.42		
	50m:	35.17	35.17	150m:	1:56.40	41.08	250m:	3:17.85	41.16	350m:	4:41.65	42.05
	100m:	1:15.32	40.15	200m:	2:36.69	40.29	300m:	3:59.60	41.75	400m:	5:19.42	37.77
75.	AMARO, Afonso Miguel				09	Os Belenenses				5:19.90		
	50m:	34.43	34.43	150m:	1:54.50	40.92	250m:	3:16.82	41.33	350m:	4:40.32	41.37
	100m:	1:13.58	39.15	200m:	2:35.49	40.99	300m:	3:58.95	42.13	400m:	5:19.90	39.58
76.	MONTEIRO, Dinis Guerreiro				09	Os Belenenses				5:22.98		
	<i>FTL</i>											
	50m:	35.56	35.56	150m:	1:56.39	41.39	250m:	3:20.05	41.60	350m:	4:44.29	41.62
	100m:	1:15.00	39.44	200m:	2:38.45	42.06	300m:	4:02.67	42.62	400m:	5:22.98	38.69
77.	BARROSO, Tiago Martins				09	Aminata				5:23.53		
	<i>FTL</i>											
	50m:	35.08	35.08	150m:	1:56.37	41.82	250m:	3:21.02	42.25	350m:	4:44.72	41.73
	100m:	1:14.55	39.47	200m:	2:38.77	42.40	300m:	4:02.99	41.97	400m:	5:23.53	38.81
78.	ROMAO, Francisco Antonio				09	Naval de Faro				5:24.04		
	<i>FTL</i>											
	50m:	34.76	34.76	150m:	1:56.85	42.12	250m:	3:21.00	41.95	350m:	4:45.45	41.79
	100m:	1:14.73	39.97	200m:	2:39.05	42.20	300m:	4:03.66	42.66	400m:	5:24.04	38.59
	CAPINHA, Pedro Blanc				09	Obidos Criativa				5:24.04		
	<i>FTL</i>											
	50m:	35.74	35.74	150m:	1:57.79	42.32	250m:	3:19.98	40.52	350m:	4:42.92	41.07
	100m:	1:15.47	39.73	200m:	2:39.46	41.67	300m:	4:01.85	41.87	400m:	5:24.04	41.12
80.	CRESPO, Joao Jesus				09	Desportivo Nacional				5:24.15		
	<i>FTL</i>											
	50m:	37.27	37.27	150m:	2:00.77	42.62	250m:	3:24.74	42.29	350m:	4:46.59	39.60
	100m:	1:18.15	40.88	200m:	2:42.45	41.68	300m:	4:06.99	42.25	400m:	5:24.15	37.56
81.	TYSHCHUK, Maksym				09	Nautico Marinha Grande				5:24.77		
	<i>FTL</i>											
	50m:	34.71	34.71	150m:	1:55.93	41.70	250m:	3:19.83	42.56	350m:	4:43.98	41.44
	100m:	1:14.23	39.52	200m:	2:37.27	41.34	300m:	4:02.54	42.71	400m:	5:24.77	40.79



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Lugar			Ano			Tempo final			Pts			
82.	SANTOS, Hugo Miguel		09	Pimpoes/Cimai		5:24.88						
	<i>FTL</i>											
	50m:	35.50	35.50	150m:	1:56.33	41.48	250m:	3:20.56	42.59	350m:	4:45.18	41.78
	100m:	1:14.85	39.35	200m:	2:37.97	41.64	300m:	4:03.40	42.84	400m:	5:24.88	39.70
83.	OLIVEIRA, Pedro Fonseca		09	Nautico Marinha Grande		5:25.09						
	<i>FTL</i>											
	50m:	34.91	34.91	150m:	1:56.90	41.37	250m:	3:21.29	42.66	350m:	4:45.78	42.06
	100m:	1:15.53	40.62	200m:	2:38.63	41.73	300m:	4:03.72	42.43	400m:	5:25.09	39.31
84.	MARTINS, Santiago Castanheira		09	CPCD-Povoa St Iria		5:26.06						
	<i>FTL</i>											
	50m:	35.73	35.73	150m:	1:58.28	42.04	250m:	3:23.91	42.90	350m:	4:46.52	39.77
	100m:	1:16.24	40.51	200m:	2:41.01	42.73	300m:	4:06.75	42.84	400m:	5:26.06	39.54
85.	OLIVEIRA, Bernardo Miguel		09	Salesianos		5:26.82						
	<i>FTL</i>											
	50m:	35.81	35.81	150m:	1:57.83	41.92	250m:	3:23.59	43.33	350m:	4:47.15	41.04
	100m:	1:15.91	40.10	200m:	2:40.26	42.43	300m:	4:06.11	42.52	400m:	5:26.82	39.67
86.	REGO, Antonio Luis		09	Bombeiros de Ponta Delgada		5:27.29						
	<i>FTL</i>											
	50m:	35.20	35.20	150m:	1:55.63	40.88	250m:	3:20.38	42.72	350m:	4:46.15	42.82
	100m:	1:14.75	39.55	200m:	2:37.66	42.03	300m:	4:03.33	42.95	400m:	5:27.29	41.14
	RODRIGUES, Goncalo Reis		09	Juventude Atlantico		5:27.29						
	<i>FTL</i>											
	50m:	35.86	35.86	150m:	1:56.71	40.67	250m:	3:20.98	41.94	350m:	4:46.49	42.50
	100m:	1:16.04	40.18	200m:	2:39.04	42.33	300m:	4:03.99	43.01	400m:	5:27.29	40.80
88.	SANTOS, Rodrigo Oliveira		09	Alcobaca		5:29.05						
	<i>FTL</i>											
	50m:	37.28	37.28	150m:	2:00.53	42.24	250m:	3:24.91	41.84	350m:	4:48.41	41.50
	100m:	1:18.29	41.01	200m:	2:43.07	42.54	300m:	4:06.91	42.00	400m:	5:29.05	40.64
89.	SANGUINHO, Manuel Maria		09	Elvense		5:29.58						
	<i>FTL</i>											
	50m:	35.27	35.27	150m:	1:57.64	41.47	250m:	3:23.18	42.82	350m:	4:49.21	42.93
	100m:	1:16.17	40.90	200m:	2:40.36	42.72	300m:	4:06.28	43.10	400m:	5:29.58	40.37
90.	GOMES, Joao Abreu		09	Naval do Funchal		5:30.43						
	<i>FTL</i>											
	50m:	34.33	34.33	150m:	1:56.60	41.78	250m:	3:23.18	43.43	350m:	4:48.79	42.84
	100m:	1:14.82	40.49	200m:	2:39.75	43.15	300m:	4:05.95	42.77	400m:	5:30.43	41.64
91.	ALBUQUERQUE, Tomas Martins		09	Obidos Criativa		5:32.15						
	<i>FTL</i>											
	50m:	36.05	36.05	150m:	1:58.11	42.07	250m:	3:25.02	43.63	350m:	4:51.62	42.96
	100m:	1:16.04	39.99	200m:	2:41.39	43.28	300m:	4:08.66	43.64	400m:	5:32.15	40.53
92.	SANGUINHO, Joao Maria		09	Elvense		5:32.54						
	<i>FTL</i>											
	50m:	35.61	35.61	150m:	1:57.62	42.15	250m:	3:24.63	43.88	350m:	4:52.01	43.67
	100m:	1:15.47	39.86	200m:	2:40.75	43.13	300m:	4:08.34	43.71	400m:	5:32.54	40.53
93.	ANTONIO, Joao Pedro		09	Portinado		5:36.58						
	<i>FTL</i>											
	50m:	36.11	36.11	150m:	1:58.66	42.40	250m:	3:26.31	44.16	350m:	4:54.46	44.53
	100m:	1:16.26	40.15	200m:	2:42.15	43.49	300m:	4:09.93	43.62	400m:	5:36.58	42.12



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Lugar			Ano			Tempo final			Pts
94.	SERRA, Isaac Manuel		09	Nautico do Guadiana		5:38.15			
	<i>FTL</i>								
	50m:	37.01 37.01	150m:	2:01.25 42.77	250m:	3:28.43 43.09	350m:	4:56.72 44.00	
	100m:	1:18.48 41.47	200m:	2:45.34 44.09	300m:	4:12.72 44.29	400m:	5:38.15 41.43	
95.	MEDEIROS, Daniel Bettencourt		09	Naval da Horta		5:40.86			
	<i>FTL</i>								
	50m:	38.24 38.24	150m:	2:04.88 43.95	250m:	3:32.74 43.57	350m:	4:59.79 43.42	
	100m:	1:20.93 42.69	200m:	2:49.17 44.29	300m:	4:16.37 43.63	400m:	5:40.86 41.07	
96.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional		5:43.21			
	<i>FTL</i>								
	50m:	37.87 37.87	150m:	2:03.63 43.47	250m:	3:32.37 44.89	350m:	5:00.98 44.72	
	100m:	1:20.16 42.29	200m:	2:47.48 43.85	300m:	4:16.26 43.89	400m:	5:43.21 42.23	
DSQ	FARIA, Afonso Cunha		09	Sao Roque					
	<i>SW 4.4 - Falsa partida</i>								