

XXXIII Torneio Cidade de Estremoz  
Estremoz, 16/5/2026

Prova 15  
16/05/2026 - 15:30

Masc., 400m Livres

13 anos e mais velhos  
Resultados

Recordes Regionais Piscina Curta Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Recordes Regionais Piscina Curta 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Recordes Regionais Piscina Curta 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Recordes Regionais Piscina Curta 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Recordes Regionais Piscina Curta 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEP	Sines	13/05/2006

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo final	Pontos
<b>Infantis</b>					
1.	Tomas Nunes NOGUEIRA	14	Grupo Desportivo Mora	<b>5:22.74</b>	
	50m: 35.28 35.28	150m: 1:58.36	42.17	250m: 3:21.52	42.05
	100m: 1:16.19 40.91	200m: 2:39.47	41.11	300m: 4:02.79	41.27
				350m: 4:43.46	40.67
				400m: 5:22.74	39.28
2.	Tomas Martins AZEVEDO	14	AN Albicastrense	<b>5:24.25</b>	
	50m: 36.10 36.10	150m: 2:02.55	44.10	250m: 3:24.46	41.07
	100m: 1:18.45 42.35	200m: 2:43.39	40.84	300m: 4:05.07	40.61
				350m: 4:46.64	41.57
				400m: 5:24.25	37.61
3.	Duarte Belchior MUNHAO	14	Elvense	<b>5:30.35</b>	
	50m: 36.77 36.77	150m:		250m:	
	100m: 1:18.52 41.75	200m: 2:45.20		300m: 4:09.20	
				350m:	
				400m: 5:30.35	
4.	Miguel Maria ALVES	13	Aminata	<b>5:37.46</b>	
	50m: 39.79 39.79	150m: 2:06.87	43.97	250m: 3:32.96	42.57
	100m: 1:22.90 43.11	200m: 2:50.39	43.52	300m: 4:15.58	42.62
				350m: 4:58.03	42.45
				400m: 5:37.46	39.43
5.	Dinis Miguel FERNANDES	13	Cnbe	<b>5:56.69</b>	
	50m: 39.19 39.19	150m: 2:11.69	47.03	250m: 3:44.84	46.93
	100m: 1:24.66 45.47	200m: 2:57.91	46.22	300m: 4:31.44	46.60
				350m: 5:16.48	45.04
				400m: 5:56.69	40.21
6.	Miguel Pereira RIBEIRO	13	GSC Grândola Sports Club	<b>5:56.91</b>	
	50m: 48.84 48.84	150m: 2:13.87	46.68	250m: 3:44.91	45.60
	100m: 1:27.19 38.35	200m: 2:59.31	45.44	300m: 4:30.69	45.78
				350m: 5:16.41	45.72
				400m: 5:56.91	40.50
7.	Gabriel Carrasco COELHO	14	Estremoz	<b>6:03.85</b>	
	50m: 37.60 37.60	150m:		250m:	
	100m: 1:23.45 45.85	200m: 2:57.52		300m: 4:32.06	
				350m:	
				400m: 6:03.85	

**Absolutos (Juv/Jun/Sen)**

1.	Afonso Maria BENTO	17	AN Albicastrense	<b>4:38.65</b>	
	50m: 31.17 31.17	150m: 1:40.24	34.73	250m: 2:50.86	35.41
	100m: 1:05.51 34.34	200m: 2:15.45	35.21	300m: 3:27.28	36.42
				350m: 4:03.18	35.90
				400m: 4:38.65	35.47
2.	Bernardo Jose LOUCAO	15	Litoral Alentejano	<b>4:40.96</b>	
	50m: 32.84 32.84	150m: 1:44.49	36.07	250m: 2:56.40	35.76
	100m: 1:08.42 35.58	200m: 2:20.64	36.15	300m: 3:32.20	35.80
				350m: 4:07.84	35.64
				400m: 4:40.96	33.12
3.	Tiago Alexandre SARAMAGO	17	Estremoz	<b>5:01.60</b>	
	50m: 32.83 32.83	150m: 1:47.89	38.78	250m: 3:04.45	37.98
	100m: 1:09.11 36.28	200m: 2:26.47	38.58	300m: 3:43.64	39.19
				350m: 4:22.95	39.31
				400m: 5:01.60	38.65
4.	Joao Martim PICARRA	16	Elvense	<b>5:08.49</b>	
	50m: 33.78 33.78	150m: 1:49.86	38.90	250m: 3:08.84	39.53
	100m: 1:10.96 37.18	200m: 2:29.31	39.45	300m: 3:48.87	40.03
				350m: 4:29.58	40.71
				400m: 5:08.49	38.91
5.	Joao Pedro PORTO	17	GSC Grândola Sports Club	<b>5:19.63</b>	
	50m: 35.91 35.91	150m: 1:56.22	40.58	250m: 3:18.34	41.36
	100m: 1:15.64 39.73	200m: 2:36.98	40.76	300m: 3:59.58	41.24
				350m: 4:40.57	40.99
				400m: 5:19.63	39.06
6.	Joao Dinis GUERREIRO	17	Cnbe	<b>5:40.04</b>	
	50m: 36.99 36.99	150m: 2:03.01	43.93	250m: 3:31.71	44.09
	100m: 1:19.08 42.09	200m: 2:47.62	44.61	300m: 4:16.23	44.52
				350m: 4:59.35	43.12
				400m: 5:40.04	40.69

XXXIII Torneio Cidade de Estremoz  
Estremoz, 16/5/2026

---

Prova 15, Masc., 400m Livres

EXH	Guilherme Serrano FROIS		18	Estremoz				<b>5:42.57</b>				
	50m:	37.44	37.44	150m:	2:03.81	43.64	250m:	3:33.28	43.86	350m:	5:03.11	44.88
	100m:	1:20.17	42.73	200m:	2:49.42	45.61	300m:	4:18.23	44.95	400m:	5:42.57	39.46