

Prova 23
25/07/2026 - 17:59

Masc., 400m Estilos

Absolutos
Resultados

RN 50m Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
RN 50m Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
RN 50m Jun 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018
RN 50m Jun 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore (SGP)	29/08/2015
RN 50m Juv A	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
RN 50m Juv B	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013

Pontos: AQUA 2026

Lugar Nome Ano Nac Clube TFinal TReac AQUA

Juvenis

1. MIMOSO, Renato Ferreira	10	POR	Benfica	4:36.57	+0,62	674	
50m: 28.39 28.39	150m: 1:37.32 35.63	250m: 2:53.25 39.47	350m: 4:05.12 31.56	100m: 1:01.69 33.30	200m: 2:13.78 36.46	300m: 3:33.56 40.31	400m: 4:36.57 31.45
2. MONTEIRO, Afonso Carvalho	10	POR	Famalicão	4:47.95	+0,54	597	
50m: 29.35 29.35	150m: 1:42.75 38.33	250m: 3:01.87 41.44	350m: 4:16.06 33.11	100m: 1:04.42 35.07	200m: 2:20.43 37.68	300m: 3:42.95 41.08	400m: 4:47.95 31.89
3. SOUSA, Diogo Rodrigues	10	POR	Sport Alges e Dafundo	4:51.69	+0,70	574	
50m: 29.94 29.94	150m: 1:43.04 38.45	250m: 3:04.07 42.53	350m: 4:20.52 32.47	100m: 1:04.59 34.65	200m: 2:21.54 38.50	300m: 3:48.05 43.98	400m: 4:51.69 31.17
4. RIBEIRO, Dinis Aresta	10	POR	Sporting	4:52.70	+0,71	568	
50m: 30.18 30.18	150m: 1:43.85 38.40	250m: 3:04.47 43.04	350m: 4:21.32 33.26	100m: 1:05.45 35.27	200m: 2:21.43 37.58	300m: 3:48.06 43.59	400m: 4:52.70 31.38
5. PACHECO, David Filipe	10	POR	BUZIOS - Coruche	4:53.62	+0,71	563	
50m: 28.95 28.95	150m: 1:42.25 39.21	250m: 3:05.28 44.40	350m: 4:22.20 33.60	100m: 1:03.04 34.09	200m: 2:20.88 38.63	300m: 3:48.60 43.32	400m: 4:53.62 31.42
6. JORGE, Antonio Antunes	10	POR	Alcobaca	4:53.84	+0,50	562	
50m: 29.66 29.66	150m: 1:44.94 40.55	250m: 3:06.31 40.18	350m: 4:22.14 34.71	100m: 1:04.39 34.73	200m: 2:26.13 41.19	300m: 3:47.43 41.12	400m: 4:53.84 31.70
7. GOMES, Miguel Tomas	10	POR	Cnac	4:56.58		546	
50m: 29.89 29.89	150m: 1:43.93 39.89	250m: 3:05.37 43.91	350m: 4:23.57 34.57	100m: 1:04.04 34.15	200m: 2:21.46 37.53	300m: 3:49.00 43.63	400m: 4:56.58 33.01
8. ROXO, Joao Baixinho	10	POR	União Piedense	4:56.92	+0,71	544	
50m: 30.29 30.29	150m: 1:41.75 35.70	250m: 3:03.79 46.00	350m: 4:24.73 34.32	100m: 1:06.05 35.76	200m: 2:17.79 36.04	300m: 3:50.41 46.62	400m: 4:56.92 32.19
9. ALPOIM, Diogo Corte-Real	11	POR	Viana Natacao	4:57.41	+0,63	542	
50m: 29.76 29.76	150m: 1:45.63 40.57	250m: 3:10.33 44.90	350m: 4:26.30 31.17	100m: 1:05.06 35.30	200m: 2:25.43 39.80	300m: 3:55.13 44.80	400m: 4:57.41 31.11
10. DIAS, Rodrigo Ferrao	10	POR	Sporting	4:58.26	+0,70	537	
50m: 29.77 29.77	150m: 1:45.01 40.70	250m: 3:07.65 43.29	350m: 4:25.93 33.97	100m: 1:04.31 34.54	200m: 2:24.36 39.35	300m: 3:51.96 44.31	400m: 4:58.26 32.33
11. CARDOSO, Goncalo Paiva	11	POR	Fluvial Portuense	4:59.62	+0,63	530	
50m: 30.33 30.33	150m: 1:44.80 39.66	250m: 3:08.82 44.61	350m: 4:26.42 33.50	100m: 1:05.14 34.81	200m: 2:24.21 39.41	300m: 3:52.92 44.10	400m: 4:59.62 33.20
12. MENDES, Duarte Moura	11	POR	Torres Novas	5:00.77	+0,61	524	
50m: 30.51 30.51	150m: 1:45.61 38.98	250m: 3:06.94 42.42	350m: 4:26.47 35.56	100m: 1:06.63 36.12	200m: 2:24.52 38.91	300m: 3:50.91 43.97	400m: 5:00.77 34.30

Prova 23, Masc., 400m Estilos, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
13.	LUCIO, Lourenco Perestrelo	11	POR	Naval Do Funchal	5:00.81	+0,66	523
	50m: 30.37 30.37	150m: 1:47.01	40.80	250m: 3:07.96	42.11	350m: 4:28.33	36.10
	100m: 1:06.21 35.84	200m: 2:25.85	38.84	300m: 3:52.23	44.27	400m: 5:00.81	32.48
14.	PINTO, Dinis Vieira	11	POR	Braga	5:01.06	+0,80	522
	50m: 30.66 30.66	150m: 1:46.18	39.51	250m: 3:09.08	44.46	350m: 4:28.09	35.43
	100m: 1:06.67 36.01	200m: 2:24.62	38.44	300m: 3:52.66	43.58	400m: 5:01.06	32.97
15.	OLIVEIRA, Pedro Pereira	11	POR	Nautico Marinha Grande	5:01.12	+0,65	522
	50m: 30.65 30.65	150m: 1:43.99	37.49	250m: 3:04.93	45.30	350m: 4:27.31	35.94
	100m: 1:06.50 35.85	200m: 2:19.63	35.64	300m: 3:51.37	46.44	400m: 5:01.12	33.81
16.	BRANCO, Tomas Figueiredo	10	POR	Galitos / Bresimar	5:01.75	+0,76	519
	50m: 30.08 30.08	150m: 1:47.25	41.18	250m: 3:08.85	41.40	350m: 4:27.58	36.08
	100m: 1:06.07 35.99	200m: 2:27.45	40.20	300m: 3:51.50	42.65	400m: 5:01.75	34.17
17.	PARENTE, Rafael Pires	10	POR	Academico Viseu Futebol Clube	5:01.78	+0,66	518
	50m: 31.03 31.03	150m: 1:46.05	39.57	250m: 3:08.86	44.95	350m: 4:29.07	35.05
	100m: 1:06.48 35.45	200m: 2:23.91	37.86	300m: 3:54.02	45.16	400m: 5:01.78	32.71
18.	PEREIRA, Guilherme Valente	10	POR	ADRCCI Monte Maior	5:04.12	+0,74	506
	50m: 32.05 32.05	150m: 1:47.89	39.77	250m: 3:11.40	44.09	350m: 4:30.85	34.42
	100m: 1:08.12 36.07	200m: 2:27.31	39.42	300m: 3:56.43	45.03	400m: 5:04.12	33.27
19.	MARQUES, Rodrigo Almeida	10	POR	Braga	5:04.47	+0,87	505
	50m: 31.34 31.34	150m: 1:47.65	40.12	250m: 3:10.55	44.46	350m: 4:30.90	34.94
	100m: 1:07.53 36.19	200m: 2:26.09	38.44	300m: 3:55.96	45.41	400m: 5:04.47	33.57
20.	DIOGO, Vicente Abrantes	11	POR	Columbofila Cantanhedense	5:05.95	+0,71	497
	50m: 32.37 32.37	150m: 1:51.77	41.00	250m: 3:16.09	45.10	350m: 4:34.65	33.53
	100m: 1:10.77 38.40	200m: 2:30.99	39.22	300m: 4:01.12	45.03	400m: 5:05.95	31.30
21.	LOPES, Pedro Afonso	11	POR	Portinado	5:06.36	+0,70	495
	50m: 30.83 30.83	150m: 1:47.34	38.40	250m: 3:10.36	43.28	350m: 4:31.40	36.61
	100m: 1:08.94 38.11	200m: 2:27.08	39.74	300m: 3:54.79	44.43	400m: 5:06.36	34.96
22.	REIS, Afonso Ferreira	10	POR	Nautico Marinha Grande	5:07.20	+0,67	491
	50m: 31.39 31.39	150m: 1:49.36	40.10	250m: 3:12.32	43.23	350m: 4:32.21	35.81
	100m: 1:09.26 37.87	200m: 2:29.09	39.73	300m: 3:56.40	44.08	400m: 5:07.20	34.99
23.	CABRAL, Guilherme Rodrigues	10	POR	Pimpoes/Cimai	5:08.01	+0,75	488
	50m: 31.07 31.07	150m: 1:49.21	42.18	250m: 3:12.59	42.26	350m: 4:33.06	36.72
	100m: 1:07.03 35.96	200m: 2:30.33	41.12	300m: 3:56.34	43.75	400m: 5:08.01	34.95
24.	PENSO, Tiago Daniel	11	POR	Gcvr	5:09.41	+0,63	481
	50m: 29.87 29.87	150m: 1:48.04	41.16	250m: 3:13.93	44.75	350m: 4:35.03	36.03
	100m: 1:06.88 37.01	200m: 2:29.18	41.14	300m: 3:59.00	45.07	400m: 5:09.41	34.38
25.	BATISTA, Tomas Ferreira	11	POR	CPCD Póvoa de Santa Iria	5:10.57		476
	50m: 30.86 30.86	150m: 1:46.80	40.39	250m: 3:12.44	45.32	350m: 4:34.78	36.20
	100m: 1:06.41 35.55	200m: 2:27.12	40.32	300m: 3:58.58	46.14	400m: 5:10.57	35.79
26.	SILVA, Phillip Lasdin	11	POR	Benfica	5:11.02	+0,81	473
	50m: 31.01 31.01	150m: 1:49.50	39.83	250m: 3:14.93	48.60	350m: 4:37.18	35.40
	100m: 1:09.67 38.66	200m: 2:26.33	36.83	300m: 4:01.78	46.85	400m: 5:11.02	33.84

Prova 23, Masc., 400m Estilos, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
27.	SEBROSA, Henrique Matos	10	POR	Geslourses	5:11.45	+0,69	472
	50m: 31.21 31.21	150m: 1:49.91	39.97	250m: 3:15.15	45.78	350m: 4:37.04	35.07
	100m: 1:09.94 38.73	200m: 2:29.37	39.46	300m: 4:01.97	46.82	400m: 5:11.45	34.41
28.	PEREIRA, Martim Barros	11	POR	Escola Natacao Braganca	5:12.59	+0,73	466
	50m: 31.09 31.09	150m: 1:50.28	41.84	250m: 3:14.11	44.01	350m: 4:37.59	37.96
	100m: 1:08.44 37.35	200m: 2:30.10	39.82	300m: 3:59.63	45.52	400m: 5:12.59	35.00
29.	GAIOLAS, Joao Piteira	10	POR	Nautico Marinha Grande	5:12.81	+0,65	465
	50m: 31.03 31.03	150m: 1:49.29	40.62	250m: 3:13.77	44.96	350m: 4:37.38	36.68
	100m: 1:08.67 37.64	200m: 2:28.81	39.52	300m: 4:00.70	46.93	400m: 5:12.81	35.43
30.	SILVA, Joao Nascimento	11	POR	Porto	5:12.87	+0,67	465
	50m: 31.68 31.68	150m: 1:50.97	41.94	250m: 3:17.97	46.28	350m: 4:40.07	35.34
	100m: 1:09.03 37.35	200m: 2:31.69	40.72	300m: 4:04.73	46.76	400m: 5:12.87	32.80
31.	JESUS, Lucas Costa	10	POR	Nautico Marinha Grande	5:13.27	+0,61	463
	50m: 32.30 32.30	150m: 1:50.46	39.76	250m: 3:15.61	47.18	350m: 4:38.70	36.33
	100m: 1:10.70 38.40	200m: 2:28.43	37.97	300m: 4:02.37	46.76	400m: 5:13.27	34.57
32.	FERNANDES, Gustavo Rolim	11	POR	Colegio Efanor	5:18.79		440
	50m: 32.26 32.26	150m: 1:51.25	39.31	250m: 3:14.76	44.64	350m: 4:40.67	38.56
	100m: 1:11.94 39.68	200m: 2:30.12	38.87	300m: 4:02.11	47.35	400m: 5:18.79	38.12
33.	FIGUEIREDO, Bruno Miguel	11	POR	Fisica Torres Vedras	5:22.57	+0,70	424
	50m: 32.16 32.16	150m: 1:50.30	40.63	250m: 3:18.98	49.17	350m: 4:46.46	37.62
	100m: 1:09.67 37.51	200m: 2:29.81	39.51	300m: 4:08.84	49.86	400m: 5:22.57	36.11
34.	RODRIGUES, Joao Marcelino	11	POR	Sporting	5:22.99	+0,76	423
	50m: 35.35 35.35	150m: 1:58.99	42.54	250m: 3:25.27	45.60	350m: 4:47.86	36.90
	100m: 1:16.45 41.10	200m: 2:39.67	40.68	300m: 4:10.96	45.69	400m: 5:22.99	35.13

Juniores

1.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	4:39.77	+0,70	651
	50m: 29.33 29.33	150m: 1:39.92	36.95	250m: 2:56.61	40.79	350m: 4:09.40	31.49
	100m: 1:02.97 33.64	200m: 2:15.82	35.90	300m: 3:37.91	41.30	400m: 4:39.77	30.37
2.	PEIXOTO, Tomas Pinto	08	POR	Porto	4:42.65	+0,73	631
	50m: 29.54 29.54	150m: 1:40.17	36.60	250m: 2:57.72	41.78	350m: 4:11.35	32.38
	100m: 1:03.57 34.03	200m: 2:15.94	35.77	300m: 3:38.97	41.25	400m: 4:42.65	31.30
3.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	4:49.19	+0,66	589
	50m: 29.94 29.94	150m: 1:40.94	36.85	250m: 3:00.88	43.34	350m: 4:17.36	32.83
	100m: 1:04.09 34.15	200m: 2:17.54	36.60	300m: 3:44.53	43.65	400m: 4:49.19	31.83
4.	SEVERI, Alexander Gama	09	POR	Porto	4:50.92	+0,69	579
	50m: 28.57 28.57	150m: 1:41.17	38.68	250m: 3:02.98	43.78	350m: 4:19.59	32.78
	100m: 1:02.49 33.92	200m: 2:19.20	38.03	300m: 3:46.81	43.83	400m: 4:50.92	31.33
5.	NOVAIS, Guilherme Pereira	09	POR	FOCA Quinta Da Lixa - Cnf	4:54.17	+0,70	560
	50m: 29.81 29.81	150m: 1:42.65	38.28	250m: 3:03.90	43.08	350m: 4:22.13	34.21
	100m: 1:04.37 34.56	200m: 2:20.82	38.17	300m: 3:47.92	44.02	400m: 4:54.17	32.04
6.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	4:54.54	+0,71	558
	50m: 30.21 30.21	150m: 1:44.31	39.32	250m: 3:05.30	42.44	350m: 4:22.57	34.03
	100m: 1:04.99 34.78	200m: 2:22.86	38.55	300m: 3:48.54	43.24	400m: 4:54.54	31.97

Prova 23, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
7.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:56.52	+0,69	546
	50m: 30.14 30.14	150m: 1:43.51	38.44	250m: 3:06.52	45.75	350m: 4:24.31	32.72
	100m: 1:05.07 34.93	200m: 2:20.77	37.26	300m: 3:51.59	45.07	400m: 4:56.52	32.21
8.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	4:57.82	+0,57	539
	50m: 29.84 29.84	150m: 1:43.64	39.07	250m: 3:04.02	42.10	350m: 4:23.24	36.11
	100m: 1:04.57 34.73	200m: 2:21.92	38.28	300m: 3:47.13	43.11	400m: 4:57.82	34.58
9.	MIRANDA, Francisco Guilherme	08	POR	Naval Do Funchal	4:59.54	+0,97	530
	50m: 29.79 29.79	150m: 1:42.90	38.87	250m: 3:04.74	43.98	350m: 4:25.02	35.78
	100m: 1:04.03 34.24	200m: 2:20.76	37.86	300m: 3:49.24	44.50	400m: 4:59.54	34.52
10.	CARROMEU, Afonso Santos	09	POR	Naval Setubalense	5:01.25	+0,64	521
	50m: 30.29 30.29	150m: 1:45.29	40.03	250m: 3:08.22	44.48	350m: 4:28.16	34.86
	100m: 1:05.26 34.97	200m: 2:23.74	38.45	300m: 3:53.30	45.08	400m: 5:01.25	33.09
11.	AGUIAR, Manuel Leite	09	POR	Sanjoanense/FEPSA	5:03.19	+0,58	511
	50m: 30.20 30.20	150m: 1:46.01	39.88	250m: 3:09.58	44.06	350m: 4:29.02	34.67
	100m: 1:06.13 35.93	200m: 2:25.52	39.51	300m: 3:54.35	44.77	400m: 5:03.19	34.17
12.	VALENTE, Xavier Jesus	09	POR	Os Belenenses	5:04.08	+0,76	507
	50m: 29.74 29.74	150m: 1:46.00	41.22	250m: 3:09.29	42.41	350m: 4:28.74	35.56
	100m: 1:04.78 35.04	200m: 2:26.88	40.88	300m: 3:53.18	43.89	400m: 5:04.08	35.34
13.	COSTA, Rodrigo Cruz	09	POR	Sanjoanense/FEPSA	5:06.82	+0,85	493
	50m: 30.41 30.41	150m: 1:48.08	42.39	250m: 3:11.21	43.01	350m: 4:32.17	36.05
	100m: 1:05.69 35.28	200m: 2:28.20	40.12	300m: 3:56.12	44.91	400m: 5:06.82	34.65
14.	GOMES, Santiago Marques	09	POR	Ba Leiria / Sk Coffee	5:09.14	+0,81	482
	50m: 30.08 30.08	150m: 1:48.41	41.43	250m: 3:13.17	44.82	350m: 4:33.80	36.09
	100m: 1:06.98 36.90	200m: 2:28.35	39.94	300m: 3:57.71	44.54	400m: 5:09.14	35.34

Seniores

1.	LARANJO, Filipe Manso	07	POR	Braga	4:29.87	+0,73	725
	50m: 28.05 28.05	150m: 1:35.29	35.27	250m: 2:49.30	39.58	350m: 3:59.75	31.16
	100m: 1:00.02 31.97	200m: 2:09.72	34.43	300m: 3:28.59	39.29	400m: 4:29.87	30.12
2.	BASTOS, Lucas Pereira	00	POR	Cnac	4:34.44	+0,67	689
	50m: 28.07 28.07	150m: 1:34.80	34.96	250m: 2:48.87	39.51	350m: 4:01.75	32.00
	100m: 59.84 31.77	200m: 2:09.36	34.56	300m: 3:29.75	40.88	400m: 4:34.44	32.69
3.	MORGADO, Vasco Alves	05	POR	Sport Alges e Dafundo	4:39.31	+0,64	654
	50m: 27.62 27.62	150m: 1:38.56	39.20	250m: 2:57.26	39.92	350m: 4:09.03	31.50
	100m: 59.36 31.74	200m: 2:17.34	38.78	300m: 3:37.53	40.27	400m: 4:39.31	30.28
4.	SARREIRA, Tomas Amor	05	POR	Porto	4:42.65	+0,70	631
	50m: 28.97 28.97	150m: 1:38.93	36.73	250m: 2:55.79	41.22	350m: 4:11.40	32.98
	100m: 1:02.20 33.23	200m: 2:14.57	35.64	300m: 3:38.42	42.63	400m: 4:42.65	31.25
5.	ALVES, Andre Correia	06	POR	Benfica	4:43.21	+0,71	627
	50m: 29.51 29.51	150m: 1:41.18	37.21	250m: 2:58.13	40.60	350m: 4:12.00	32.99
	100m: 1:03.97 34.46	200m: 2:17.53	36.35	300m: 3:39.01	40.88	400m: 4:43.21	31.21
6.	COSTA, Antonio Miguel	07	POR	Porto	4:44.51	+0,64	619
	50m: 28.35 28.35	150m: 1:39.28	37.78	250m: 2:58.83	42.62	350m: 4:14.34	32.30
	100m: 1:01.50 33.15	200m: 2:16.21	36.93	300m: 3:42.04	43.21	400m: 4:44.51	30.17

Prova 23, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
7.	SOUZA, Joao Maria	05	POR	Braga	4:50.12	+0,77	583
	50m: 29.93 29.93	150m: 1:42.77	37.85	250m: 3:02.06	41.50	350m: 4:17.17	33.68
	100m: 1:04.92 34.99	200m: 2:20.56	37.79	300m: 3:43.49	41.43	400m: 4:50.12	32.95
8.	SILVA, Afonso Carvalho	05	POR	Famalicão	4:55.44	+0,64	553
	50m: 28.98 28.98	150m: 1:42.85	39.67	250m: 3:04.13	41.87	350m: 4:20.39	35.17
	100m: 1:03.18 34.20	200m: 2:22.26	39.41	300m: 3:45.22	41.09	400m: 4:55.44	35.05
EXH	HALIKA, Eithan	09	ISR	Porto	4:49.97	+0,70	584
	50m: 29.47 29.47	150m: 1:40.08	36.85	250m: 3:01.44	45.15	350m: 4:18.22	32.52
	100m: 1:03.23 33.76	200m: 2:16.29	36.21	300m: 3:45.70	44.26	400m: 4:49.97	31.75
EXH	CRUZ, Miguel Duarte	99	POR	Os Belenenses	5:05.74	+0,65	498
	50m: 31.07 31.07	150m: 1:49.53	41.84	250m: 3:13.90	44.90	350m: 4:32.98	34.69
	100m: 1:07.69 36.62	200m: 2:29.00	39.47	300m: 3:58.29	44.39	400m: 5:05.74	32.76
EXH	DESOUSA, Ryan Lukas	11	POR	ACSintra	5:11.78	+0,75	470
	50m: 30.41 30.41	150m: 1:47.60	40.30	250m: 3:14.37	46.64	350m: 4:37.82	35.40
	100m: 1:07.30 36.89	200m: 2:27.73	40.13	300m: 4:02.42	48.05	400m: 5:11.78	33.96
EXH	HALABI, Yair Verman	11	ISR	Porto	5:12.91	+0,71	465
	50m: 30.63 30.63	150m: 1:49.19	41.89	250m: 3:16.05	45.97	350m: 4:39.15	35.92
	100m: 1:07.30 36.67	200m: 2:30.08	40.89	300m: 4:03.23	47.18	400m: 5:12.91	33.76