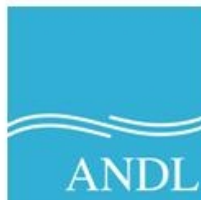


Taça ANDL "João da Silva Abreu" - CDClubes 2026
Leiria, 27 - 28/6/2026

Prova 14		Masc., 400m Estilos			ABSOLUTOS
27/06/2026 - 15:46					Resultados
Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac SEN	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Rec Nac JUV A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac JUV B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Rec Nac INF A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Rec Nac INF B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013
Rec Dist SEN	4:25.60	Leonardo, CRUZ	CNAL		15/12/2025
Rec Dist 18	4:30.20	Diogo, SILVA	CNAL		10/12/2010
Rec Dist 17	4:29.76	Leonardo, CRUZ	CNAL		03/12/2023
Rec Dist JUV A	4:34.60	Leonardo, CRUZ	CNAL		14/01/2023
Rec Dist JUV B	4:37.10	André, RUIVO	ADBA		12/12/2014
Rec Dist INF A	4:43.08	André, RUIVO	DNMG		16/03/2014
Rec Dist INF B	4:49.65	André, RUIVO	DNMG		15/03/2013
Rec Dist ABS	4:25.60	Leonardo, CRUZ	CNAL		15/12/2025

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Mikhael, ONUTSKYY	08	Pimpoes/Cimai			4:31.06	650
50m: 28.48 28.48	150m: 1:35.04 34.08	250m: 2:50.53 40.27	350m: 4:01.03 31.33			
100m: 1:00.96 32.48	200m: 2:10.26 35.22	300m: 3:29.70 39.17	400m: 4:31.06 30.03			
2. David Ferreira, RELVAS	03	Nautico Marinha Grande			4:32.78	637
50m: 27.96 27.96	150m: 1:35.21 35.58	250m: 2:50.88 40.44	350m: 4:02.13 30.64			
100m: 59.63 31.67	200m: 2:10.44 35.23	300m: 3:31.49 40.61	400m: 4:32.78 30.65			
3. Antonio Antunes, JORGE	10	Alcobaca			4:50.02	530
50m: 30.13 30.13	150m: 1:43.50 39.58	250m: 3:02.79 45.94	350m: 4:17.44 34.08			
100m: 1:03.92 33.79	200m: 2:16.85 33.35	300m: 3:43.36 40.57	400m: 4:50.02 32.58			
4. Santiago Marques, GOMES	09	Ba Leiria / Sk Coffee			4:50.28	529
50m: 29.69 29.69	150m: 1:43.69 38.16	250m: 3:02.55 41.80	350m: 4:19.04 34.36			
100m: 1:05.53 35.84	200m: 2:20.75 37.06	300m: 3:44.68 42.13	400m: 4:50.28 31.24			
5. Martim Cruz, MOURA	11	CNLeiria - VOID			5:01.03	474
50m: 31.50 31.50	150m: 1:48.38 39.31	250m: 3:09.06 42.29	350m: 4:27.03 34.69			
100m: 1:09.07 37.57	200m: 2:26.77 38.39	300m: 3:52.34 43.28	400m: 5:01.03 34.00			
6. Rodrigo Nicolau, RITA	11	Vieirense			5:33.62	348
50m: 32.58 32.58	150m: 1:57.48 43.62	250m: 3:30.65 50.12	350m: 4:57.47 37.30			
100m: 1:13.86 41.28	200m: 2:40.53 43.05	300m: 4:20.17 49.52	400m: 5:33.62 36.15			
7. Eduardo Manuel, FERREIRA	12	Nucleo de Pombal			5:41.21	325
50m: 35.70 35.70	150m: 2:01.80 44.11	250m: 3:34.25 50.16	350m: 5:04.14 39.10			
100m: 1:17.69 41.99	200m: 2:44.09 42.29	300m: 4:25.04 50.79	400m: 5:41.21 37.07			
8. Sebastian, PACHECO	12	Naval de Peniche			5:44.29	317
50m: 36.61 36.61	150m: 2:05.29 41.77	250m: 3:39.84 53.36	350m: 5:09.75 36.79			
100m: 1:23.52 46.91	200m: 2:46.48 41.19	300m: 4:32.96 53.12	400m: 5:44.29 34.54			



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Prova 14, Masc., 400m Estilos, ABSOLUTOS

Lugar			Ano					Tempo final	Pts
9.	Alexandre Afonso, SANTOS		09	Uniao Juncalense				5:54.96	289
	50m:	34.22	34.22	150m:	2:03.45	44.73	250m:	3:37.60	50.64
	100m:	1:18.72	44.50	200m:	2:46.96	43.51	300m:	4:29.30	51.70
							350m:	5:13.23	43.93
							400m:	5:54.96	41.73
10.	Eduardo Martim, CARMO		11	Óbidos				6:14.07	247
	50m:	36.56	36.56	150m:	2:08.48	46.66	250m:	3:52.70	57.78
	100m:	1:21.82	45.26	200m:	2:54.92	46.44	300m:	4:50.10	57.40
							350m:	5:32.31	42.21
							400m:	6:14.07	41.76
EXH	Guilherme Rodrigues, CABRAL		10	Pimpoes/Cimai				4:59.31	482
	50m:	31.61	31.61	150m:	1:48.24	39.87	250m:	3:08.16	40.70
	100m:	1:08.37	36.76	200m:	2:27.46	39.22	300m:	3:50.52	42.36
							350m:	4:25.37	34.85
							400m:	4:59.31	33.94
EXH	Francisco Antonio, SIMOES		10	Ba Leiria / Sk Coffee				5:16.34	408
	50m:	34.34	34.34	150m:	1:57.18	42.36	250m:	3:20.14	41.88
	100m:	1:14.82	40.48	200m:	2:38.26	41.08	300m:	4:03.65	43.51
							350m:	4:41.50	37.85
							400m:	5:16.34	34.84