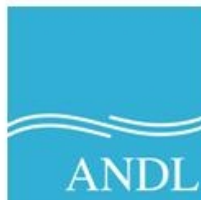


Taça ANDL "João da Silva Abreu" - CDClubes 2026
Leiria, 27 - 28/6/2026

Prova 24	Masc., 400m Livres				ABSOLUTOS
28/06/2026 - 9:21					Resultados
Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Rec Nac JUV A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003
Rec Dist SEN	3:50.00	César, FARIA	ADBA		10/12/2009
Rec Dist 18	3:52.28	Guilherme, PINA	BSCN		12/12/2015
Rec Dist 17	3:57.62	Miguel, DIOGO	CNAL		12/12/2009
Rec Dist JUV A	4:05.38	Tomás, OLIVEIRA	DNMG		13/12/2014
Rec Dist JUV B	4:05.75	Tomás, OLIVEIRA	DNMG		25/05/2014
Rec Dist INF A	4:12.35	André, RUIVO	DNMG		29/03/2014
Rec Dist INF B	4:26.50	André, RUIVO	DNMG		02/03/2013
Rec Dist ABS	3:50.00	César, FARIA	ADBA		10/12/2009

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai			3:59.78	693
50m: 26.98 26.98	150m: 1:28.76	31.38	250m: 2:31.29	31.21	350m: 3:31.40	29.14
100m: 57.38 30.40	200m: 2:00.08	31.32	300m: 3:02.26	30.97	400m: 3:59.78	28.38
2. Paulo, KOT	09	Nautico Marinha Grande			4:10.57	607
50m: 27.43 27.43	150m: 1:29.17	31.42	250m: 2:33.14	31.84	350m: 3:38.45	32.59
100m: 57.75 30.32	200m: 2:01.30	32.13	300m: 3:05.86	32.72	400m: 4:10.57	32.12
3. Rodrigo Cardoso, TOMAS	10	Alcobaca			4:16.97	563
50m: 28.43 28.43	150m: 1:32.05	32.45	250m: 2:38.04	33.16	350m: 3:44.76	33.33
100m: 59.60 31.17	200m: 2:04.88	32.83	300m: 3:11.43	33.39	400m: 4:16.97	32.21
4. Martim Duarte, ROQUE	11	CNLeiria - VOID			4:23.04	525
50m: 29.05 29.05	150m: 1:33.88	33.13	250m: 2:41.97	34.39	350m: 3:50.60	34.07
100m: 1:00.75 31.70	200m: 2:07.58	33.70	300m: 3:16.53	34.56	400m: 4:23.04	32.44
5. Santiago Boica, SOUSA	08	Vieirense			4:23.72	521
50m: 29.17 29.17	150m: 1:35.05	33.53	250m: 2:43.24	33.93	350m: 3:51.25	33.95
100m: 1:01.52 32.35	200m: 2:09.31	34.26	300m: 3:17.30	34.06	400m: 4:23.72	32.47
6. Santiago Marques, GOMES	09	Ba Leiria / Sk Coffee			4:30.07	485
50m: 28.97 28.97	150m: 1:35.04	34.01	250m: 2:44.57	35.09	350m: 3:55.90	35.93
100m: 1:01.03 32.06	200m: 2:09.48	34.44	300m: 3:19.97	35.40	400m: 4:30.07	34.17
7. Afonso Matos, CORREIA	09	Nucleo de Pombal			4:44.06	417
50m: 30.17 30.17	150m: 1:42.17	36.19	250m: 2:55.15	36.34	350m: 4:08.07	35.77
100m: 1:05.98 35.81	200m: 2:18.81	36.64	300m: 3:32.30	37.15	400m: 4:44.06	35.99
8. Sebastian, PACHECO	12	Naval de Peniche			4:48.45	398
50m: 31.87 31.87	150m: 1:44.28	36.39	250m: 2:58.91	37.49	350m: 4:13.56	37.29
100m: 1:07.89 36.02	200m: 2:21.42	37.14	300m: 3:36.27	37.36	400m: 4:48.45	34.89



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Prova 24, Masc., 400m Livres, ABSOLUTOS

Lugar	Ano								Tempo final	Pts
9. Eduardo Martim, CARMO	11 Óbidos								5:20.06	291
50m: 31.13 31.13	150m: 1:48.67	40.65	250m: 3:13.68	42.35	350m: 4:39.86	43.39	400m: 5:20.06	40.20		
100m: 1:08.02 36.89	200m: 2:31.33	42.66	300m: 3:56.47	42.79						
10. Joao Santos, DURAO	10 Uniao Juncalense								5:36.79	250
50m: 36.77 36.77	150m: 2:00.96	43.10	250m: 3:27.38	43.39	350m: 4:48.45	37.86	400m: 5:36.79	48.34		
100m: 1:17.86 41.09	200m: 2:43.99	43.03	300m: 4:10.59	43.21						
EXH Iago Valentim, FALEIRO	06 Lagoa Academico Clube								4:25.75	509
50m: 30.38 30.38	150m: 1:37.44	33.82	250m: 2:45.14	33.72	350m: 3:53.13	33.75	400m: 4:25.75	32.62		
100m: 1:03.62 33.24	200m: 2:11.42	33.98	300m: 3:19.38	34.24						
EXH Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande								4:29.32	489
50m: 29.28 29.28	150m: 1:37.05	34.86	250m: 2:46.86	34.57	350m: 3:56.28	34.86	400m: 4:29.32	33.04		
100m: 1:02.19 32.91	200m: 2:12.29	35.24	300m: 3:21.42	34.56						
EXH Lucas Costa, JESUS	10 Nautico Marinha Grande								4:31.11	479
50m: 28.73 28.73	150m: 1:36.88	34.99	250m: 2:48.59	35.87	350m: 3:58.01	34.31	400m: 4:31.11	33.10		
100m: 1:01.89 33.16	200m: 2:12.72	35.84	300m: 3:23.70	35.11						
EXH Joao Daniel, SANTOS	12 Alcobaca								4:43.16	421
50m: 30.76 30.76	150m: 1:42.70	36.21	250m: 2:55.49	36.32	350m: 4:07.66	36.24	400m: 4:43.16	35.50		
100m: 1:06.49 35.73	200m: 2:19.17	36.47	300m: 3:31.42	35.93						