

Prova 4
16/05/2026 - 14:21

Masc., 400m Livres

Open
Resultados

Rec Nac Universitarios PL 4:01.30 Jose Paulo, LOPES AAUMINHOPorto 18/06/2023

Pontos: AQUA 2026

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	FINA	Pts
1.	Gustavo, RIBEIRO	03		AE do IST	4:05.29	+0,56	721	
	50m: 28.18 28.18	150m: 1:31.18	31.73	250m: 2:33.42	30.84	350m: 3:34.06	30.08	
	100m: 59.45 31.27	200m: 2:02.58	31.40	300m: 3:03.98	30.56	400m: 4:05.29	31.23	
2.	Yury, FOMIN	06		AE do ISCTE	4:07.17	+0,73	704	
	50m: 28.38 28.38	150m: 1:30.77	31.61	250m: 2:33.61	31.56	350m: 3:35.99	31.44	
	100m: 59.16 30.78	200m: 2:02.05	31.28	300m: 3:04.55	30.94	400m: 4:07.17	31.18	
3.	Bernardo, SIMOES	04		NOVA	4:09.30	+0,73	686	
	50m: 28.34 28.34	150m: 1:31.80	31.79	250m: 2:35.98	31.82	350m: 3:38.54	31.41	
	100m: 1:00.01 31.67	200m: 2:04.16	32.36	300m: 3:07.13	31.15	400m: 4:09.30	30.76	
4.	Axel, ASMAR	07		AE do IST	4:15.17	+0,61	640	
	50m: 30.07 30.07	150m: 1:35.23	32.44	250m: 2:40.09	31.85	350m: 3:44.29	31.85	
	100m: 1:02.79 32.72	200m: 2:08.24	33.01	300m: 3:12.44	32.35	400m: 4:15.17	30.88	
5.	Jose, MARQUES	06		AAC	4:15.33	+0,71	639	
	50m: 28.69 28.69	150m: 1:32.59	32.38	250m: 2:37.26	32.20	350m: 3:42.95	32.74	
	100m: 1:00.21 31.52	200m: 2:05.06	32.47	300m: 3:10.21	32.95	400m: 4:15.33	32.38	
6.	Andre, COSTA	07		AA da UMINHO	4:19.87	+0,76	606	
	50m: 29.82 29.82	150m: 1:34.46	32.81	250m: 2:39.97	32.71	350m: 3:47.30	34.25	
	100m: 1:01.65 31.83	200m: 2:07.26	32.80	300m: 3:13.05	33.08	400m: 4:19.87	32.57	
7.	Tomas, RIBEIRO	05		Universidade do Porto	4:32.12	+0,75	528	
	50m: 30.34 30.34	150m: 1:37.41	33.78	250m: 2:46.89	35.08	350m: 3:57.56	35.27	
	100m: 1:03.63 33.29	200m: 2:11.81	34.40	300m: 3:22.29	35.40	400m: 4:32.12	34.56	