

Troféu A.N. Alentejo - Águas do Alentejo
Aljustrel, 6/6/2026

Prova 4

Masc., 400m Livres

13 anos e mais velhos

06/06/2026 - 10:35

Resultados

Recordes Regionais PL Open	4:25.43	Miguel Murteira CARVALHO	AMINATA Loule	10/07/2004
Recordes Regionais PL 19 +	4:25.43	Miguel Murteira CARVALHO	AMINATA Loule	10/07/2004
Recordes Regionais PL 18	4:30.69	Ivo Andre MARGARIDO	IndANALENFerreira do Alentejo	08/07/2006
Recordes Regionais PL 17	4:29.85	Joao Pedro NEVES	AMINATA Badajoz (ESP)	08/06/2013
Recordes Regionais PL 16	4:25.43	Miguel Murteira CARVALHO	AMINATA Loule	10/07/2004
Recordes Regionais PL 15	4:26.56	Nelson Pereira MALHEIROS	CNLA Oeiras	26/07/2014
Recordes Regionais PL 14	4:36.37	Miguel Martins BALTAZAR	AMINATA Vidigueira	07/07/2012
Recordes Regionais PL 13	4:44.72	Gustavo Manuel SANTA	Ind ANALENDia Olimpico - COP	24/06/2006

Pontos: AQUA 2025

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
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Infantis

1. Dinis Costa FARIA	14	Nacional de Natação	5:08.58	362	1:11.58	1:17.49	1:19.26	1:20.25
50m:		150m:	250m:		350m:			
100m: 1:11.58		200m: 2:29.07	300m: 3:48.33		400m: 5:08.58			
2. Diogo Leote PEDROSA	14	Zona Azul	5:09.76	358	1:10.66	1:19.24	1:21.54	1:18.32
50m:		150m:	250m:		350m:			
100m: 1:10.66		200m: 2:29.90	300m: 3:51.44		400m: 5:09.76			
3. Francisco Leite CARREIRO	14	Bombeiros de Ponta Delga	5:15.43	339	1:12.37	1:21.99	1:22.62	1:18.45
50m:		150m:	250m:		350m:			
100m: 1:12.37		200m: 2:34.36	300m: 3:56.98		400m: 5:15.43			
4. S. DOMINGUES	13	Nacional de Natação	5:15.90	338	1:13.79	1:20.51	1:22.57	1:19.03
50m:		150m:	250m:		350m:			
100m: 1:13.79		200m: 2:34.30	300m: 3:56.87		400m: 5:15.90			
5. Joao Luz FONSECA	14	Bombeiros de Ponta Delga	5:16.10	337	1:15.77	1:22.79	1:20.76	1:16.78
50m:		150m:	250m:		350m:			
100m: 1:15.77		200m: 2:38.56	300m: 3:59.32		400m: 5:16.10			
6. Nelson Manuel FLORINDO	14	Aminata	5:18.85	328	1:14.84	1:12.99	1:33.26	1:17.76
50m:		150m:	250m:		350m:			
100m: 1:14.84		200m: 2:27.83	300m: 4:01.09		400m: 5:18.85			
7. Gustavo Maria ALVES	13	Lagoa Academico Clube	5:29.22	298	1:17.34	1:24.47	1:23.79	1:23.62
50m:		150m:	250m:		350m:			
100m: 1:17.34		200m: 2:41.81	300m: 4:05.60		400m: 5:29.22			
8. Miguel Maria ALVES	13	Aminata	5:45.41	258	1:22.47	1:30.36	1:28.50	1:24.08
50m:		150m:	250m:		350m:			
100m: 1:22.47		200m: 2:52.83	300m: 4:21.33		400m: 5:45.41			
9. Francisco Pinto BARROCO	14	Portinado	5:50.91	246	1:21.01	1:30.04	1:31.53	1:28.33
50m:		150m:	250m:		350m:			
100m: 1:21.01		200m: 2:51.05	300m: 4:22.58		400m: 5:50.91			
10. Lourenco Costa FORTES	13	Aljustrelense	5:52.48	243	1:19.52	1:28.21	1:32.55	1:32.20
50m:		150m:	250m:		350m:			
100m: 1:19.52		200m: 2:47.73	300m: 4:20.28		400m: 5:52.48			
11. Denis Gabriel MARIS	13	Lagoa Academico Clube	5:58.72	230	1:26.95	1:32.86	1:33.11	1:25.80
50m:		150m:	250m:		350m:			
100m: 1:26.95		200m: 2:59.81	300m: 4:32.92		400m: 5:58.72			
12. S. GUERREIRO	13	Lagoa Academico Clube	6:01.15	226	1:28.43	1:33.38	1:33.85	1:25.49
50m:		150m:	250m:		350m:			
100m: 1:28.43		200m: 3:01.81	300m: 4:35.66		400m: 6:01.15			
13. Luenji Aladino JASSE	13	Litoral Alentejano	6:31.54	177	1:30.66	1:42.34	1:42.24	1:36.30
50m:		150m:	250m:		350m:			
100m: 1:30.66		200m: 3:13.00	300m: 4:55.24		400m: 6:31.54			

Absolutos

1. Rodrigo Canedo SANTOS	18	Bombeiros de Ponta Delga	4:34.34	516	1:05.72	1:10.24	1:09.29	1:09.09
50m:		150m:	250m:		350m:			
100m: 1:05.72		200m: 2:15.96	300m: 3:25.25		400m: 4:34.34			
2. Miguel Chagas VICENTE	17	Bombeiros de Ponta Delga	4:37.44	499	1:04.47	1:10.71	1:12.18	1:10.08
50m:		150m:	250m:		350m:			
100m: 1:04.47		200m: 2:15.18	300m: 3:27.36		400m: 4:37.44			
3. T. JANEIRINHO	16	Aminata	4:51.72	429	1:09.42	1:15.06	1:15.78	1:11.46
50m:		150m:	250m:		350m:			
100m: 1:09.42		200m: 2:24.48	300m: 3:40.26		400m: 4:51.72			

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Prova 4, Masc., 400m Livres, Absolutos

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
4. Afonso Vultao MIRANDA	15	4:52.16	427	1:08.91	1:15.10	1:15.49	1:12.66
50m:	150m:	250m:	350m:				
100m: 1:08.91	200m: 2:24.01	300m: 3:39.50	400m: 4:52.16				
5. Bernardo Jose LOUCAO	15	4:56.55	408	1:10.81	1:16.41	1:16.98	1:12.35
50m:	150m:	250m:	350m:				
100m: 1:10.81	200m: 2:27.22	300m: 3:44.20	400m: 4:56.55				
6. Luis Maria PIRES	18	4:57.33	405	1:08.04	1:15.90	1:16.44	1:16.95
50m:	150m:	250m:	350m:				
100m: 1:08.04	200m: 2:23.94	300m: 3:40.38	400m: 4:57.33				
7. Gustavo Cardoso SANTO	15	5:03.69	380	1:10.73	1:18.00	1:18.72	1:16.24
50m:	150m:	250m:	350m:				
100m: 1:10.73	200m: 2:28.73	300m: 3:47.45	400m: 5:03.69				
8. Samuel Andre MARIANO	24	5:05.31	374	1:07.46	1:17.22	1:20.36	1:20.27
50m:	150m:	250m:	350m:				
100m: 1:07.46	200m: 2:24.68	300m: 3:45.04	400m: 5:05.31				
9. Pedro Maria PIRES	15	5:09.98	357	1:11.97	1:19.69	1:19.75	1:18.57
50m:	150m:	250m:	350m:				
100m: 1:11.97	200m: 2:31.66	300m: 3:51.41	400m: 5:09.98				
10. Francisco Reis MAGUAS	20	5:11.12	353	1:12.36	1:20.11	1:20.74	1:17.91
50m:	150m:	250m:	350m:				
100m: 1:12.36	200m: 2:32.47	300m: 3:53.21	400m: 5:11.12				
11. F. CARDOSO	15	5:59.33	229	1:25.20	1:33.27	1:33.19	1:27.67
50m:	150m:	250m:	350m:				
100m: 1:25.20	200m: 2:58.47	300m: 4:31.66	400m: 5:59.33				
12. Guilherme Serrano FROIS	18	6:05.85	217	1:22.01	1:32.12	1:35.48	1:36.24
50m:	150m:	250m:	350m:				
100m: 1:22.01	200m: 2:54.13	300m: 4:29.61	400m: 6:05.85				