

47º Torneio de S. João
Évora, 28/6/2026

Prova 1 Masc., 400m Livres 13 anos e mais velhos
28/06/2026 - 10:00 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	IndANALEN Ferreira 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 Olímpico - COP	24/06/2006

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo	Aqua	Pontos	100m	200m	300m	400m
1.	T. JANEIRINHO	16	Aminata	4:50.07	436	12,00	1:05.79	1:14.59	1:15.39	1:14.30
	50m:		150m:	250m:			350m:			
	100m: 1:05.79		200m: 2:20.38	300m: 3:35.77			400m: 4:50.07			
2.	Roman SOKOLOV	13	Benfica	4:57.61	403	10,00	1:10.34	1:15.64	1:17.75	1:13.88
	50m:		150m:	250m:			350m:			
	100m: 1:10.34		200m: 2:25.98	300m: 3:43.73			400m: 4:57.61			
3.	Tiago Martins BARROSO	17	Aminata	4:59.37	396	9,00	1:04.46	1:15.88	1:19.19	1:19.84
	50m:		150m:	250m:			350m:			
	100m: 1:04.46		200m: 2:20.34	300m: 3:39.53			400m: 4:59.37			
4.	Luis Carlos VAZ	16	Litoral Alentejano	5:08.84	361	8,00	1:13.03	1:20.67	1:19.46	1:15.68
	50m:		150m:	250m:			350m:			
	100m: 1:13.03		200m: 2:33.70	300m: 3:53.16			400m: 5:08.84			
5.	Pedro Nabais MARTINS	13	Benfica	5:19.75	325	7,00	1:16.14	1:21.46	1:21.70	1:20.45
	50m:		150m:	250m:			350m:			
	100m: 1:16.14		200m: 2:37.60	300m: 3:59.30			400m: 5:19.75			
6.	Gabriel Carrasco COELHO	14	Estremoz	5:57.23	233	6,00	1:18.92	1:34.45	1:35.30	1:28.56
	50m:		150m:	250m:			350m:			
	100m: 1:18.92		200m: 2:53.37	300m: 4:28.67			400m: 5:57.23			
7.	Joao Dinis GUERREIRO	17	Cnbe	6:05.38	218	5,00	1:23.93	1:34.44	1:35.10	1:31.91
	50m:		150m:	250m:			350m:			
	100m: 1:23.93		200m: 2:58.37	300m: 4:33.47			400m: 6:05.38			
8.	Tomas Usta MELO	13	Eléctrico	6:18.45	196	4,00	1:27.63	1:38.57	1:39.59	1:32.66
	50m:		150m:	250m:			350m:			
	100m: 1:27.63		200m: 3:06.20	300m: 4:45.79			400m: 6:18.45			
9.	Luenji Aladino JASSE	13	Litoral Alentejano	6:20.25	193	3,00	1:26.96	1:39.17	1:40.61	1:33.51
	50m:		150m:	250m:			350m:			
	100m: 1:26.96		200m: 3:06.13	300m: 4:46.74			400m: 6:20.25			
10.	Manuel Maria PEREIRA	13	Eléctrico	6:38.06	168	2,00	1:32.35	1:40.85	1:45.77	1:39.09
	50m:		150m:	250m:			350m:			
	100m: 1:32.35		200m: 3:13.20	300m: 4:58.97			400m: 6:38.06			
EXH	Tiago Delfim PEREIRA	19	Aminata	4:54.34	417	-	1:08.57	1:15.28	1:15.66	1:14.83
	50m:		150m:	250m:			350m:			
	100m: 1:08.57		200m: 2:23.85	300m: 3:39.51			400m: 4:54.34			
EXH	Joao Maria NABAIS	15	Aminata	5:07.27	366	-	1:09.75	1:18.00	1:20.94	1:18.58
	50m:		150m:	250m:			350m:			
	100m: 1:09.75		200m: 2:27.75	300m: 3:48.69			400m: 5:07.27			
EXH	Nelson Manuel FLORINDO	14	Aminata	5:14.65	341	-	1:14.34	1:22.34	1:21.16	1:16.81
	50m:		150m:	250m:			350m:			
	100m: 1:14.34		200m: 2:36.68	300m: 3:57.84			400m: 5:14.65			
EXH	Miguel Maria ALVES	13	Aminata	5:50.15	247	-	1:25.29	1:29.85	1:30.38	1:24.63
	50m:		150m:	250m:			350m:			
	100m: 1:25.29		200m: 2:55.14	300m: 4:25.52			400m: 5:50.15			