

Campeonatos Regionais de Verão - Aquainstinct
Reguengos de Monsaraz, 3 - 5/7/2026

Prova 15

Masc., 400m Livres

13 anos e mais velhos

04/07/2026 - 10:45

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

TAC Infantil B 13 50m: 6:19.20 - 25m: 6:12.00 / TAC Infantil A 14 50m: 5:49.40 - 25m: 5:52.20 / TAC Juvenil B 15 50m: 5:36.01 -

25m: 5:28.81 / TAC Juvenil A 16 50m: 5:25.39 - 25m: 5:18.19 / TAC Juniores 17 - 18 50m: 5:19.39 - 25m: 5:12.19 /

TAC Seniores 19 + 50m: 5:15.39 - 25m: 5:08.19

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo	Aqua	100m	200m	300m	400m
Infantis - AN Alentejo									
1.	Diogo Leote PEDROSA	14	Zona Azul	4:59.79	394	1:09.02	1:15.99	1:17.69	1:17.09
	50m:		150m:	250m:		350m:			
	100m: 1:09.02		200m: 2:25.01	300m: 3:42.70		400m: 4:59.79			
2.	Nelson Manuel FLORINDO	14	Aminata	5:12.67	348	1:13.58	1:21.99	1:20.49	1:16.61
	50m:		150m:	250m:		350m:			
	100m: 1:13.58		200m: 2:35.57	300m: 3:56.06		400m: 5:12.67			
3.	Vicente Ataíde RAMOS	14	Litoral Alentejano	5:32.20	290	1:19.94	1:24.96	1:25.97	1:21.33
	50m:		150m:	250m:		350m:			
	100m: 1:19.94		200m: 2:44.90	300m: 4:10.87		400m: 5:32.20			
4.	Miguel Maria ALVES	13	Aminata	5:38.54	274	1:21.74	1:26.36	1:26.45	1:23.99
	50m:		150m:	250m:		350m:			
	100m: 1:21.74		200m: 2:48.10	300m: 4:14.55		400m: 5:38.54			
5.	Lourenço Costa FORTES	13	Aljustrelense	5:44.99	259	1:18.26	1:28.45	1:28.39	1:29.89
	50m:		150m:	250m:		350m:			
	100m: 1:18.26		200m: 2:46.71	300m: 4:15.10		400m: 5:44.99			
6.	Miguel Pereira RIBEIRO	13	GSC Grândola Sports Club	6:02.43	223	1:26.73	1:34.33	1:33.83	1:27.54
	50m:		150m:	250m:		350m:			
	100m: 1:26.73		200m: 3:01.06	300m: 4:34.89		400m: 6:02.43			
7.	Diogo Salvador SANTOS	13	GSC Grândola Sports Club	6:18.58	196	1:26.90	1:36.84	1:38.16	1:36.68
	50m:		150m:	250m:		350m:			
	100m: 1:26.90		200m: 3:03.74	300m: 4:41.90		400m: 6:18.58			

Infantis - AN Interior Centro

1.	Gonçalo Maria COSTA	14	Elvense	5:25.13	309	1:16.52	1:22.47	1:25.12	1:21.02
	50m:		150m:	250m:		350m:			
	100m: 1:16.52		200m: 2:38.99	300m: 4:04.11		400m: 5:25.13			
2.	Tomas Martins AZEVEDO	14	AN Albicastrense	5:34.55	284	1:17.91	1:26.21	1:27.02	1:23.41
	50m:		150m:	250m:		350m:			
	100m: 1:17.91		200m: 2:44.12	300m: 4:11.14		400m: 5:34.55			
3.	Pedro Antonio MARCELINO	13	CCDSerta	5:37.71	276	1:18.54	1:26.51	1:26.89	1:25.77
	50m:		150m:	250m:		350m:			
	100m: 1:18.54		200m: 2:45.05	300m: 4:11.94		400m: 5:37.71			

Juvenis - AN Alentejo

1.	Bernardo Jose LOUCAO	15	Litoral Alentejano	4:44.96	459	1:08.68	1:12.38	1:13.61	1:10.29
	50m:		150m:	250m:		350m:			
	100m: 1:08.68		200m: 2:21.06	300m: 3:34.67		400m: 4:44.96			
2.	Tiago Romaneiro JANEIRINHO	16	Aminata	4:46.91	450	1:08.95	1:12.66	1:13.39	1:11.91
	50m:		150m:	250m:		350m:			
	100m: 1:08.95		200m: 2:21.61	300m: 3:35.00		400m: 4:46.91			
3.	Edgar Van RAMOS	16	Aminata	4:54.82	415	1:09.21	1:16.41	1:16.50	1:12.70
	50m:		150m:	250m:		350m:			
	100m: 1:09.21		200m: 2:25.62	300m: 3:42.12		400m: 4:54.82			
4.	Gustavo Cardoso SANTOS	15	Ndco	4:54.96	414	1:08.75	1:14.89	1:16.78	1:14.54
	50m:		150m:	250m:		350m:			
	100m: 1:08.75		200m: 2:23.64	300m: 3:40.42		400m: 4:54.96			

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Prova 15, Masc., 400m Livres, Juvenis - AN Alentejo

Lugar	Nome	Idade	Clube	Tempo	Aqua	100m	200m	300m	400m
5.	Joao Maria NABAIS	15	Aminata	5:06.17	370	1:10.64	1:18.00	1:20.10	1:17.43
	50m:		150m:	250m:		350m:			
	100m:	1:10.64	200m:	300m:	3:48.74	400m:	5:06.17		

Juvenis - AN Interior Centro

1.	David Martinho VICENTE	15	Portalegre	5:04.04	378	1:11.41	1:17.85	1:19.03	1:15.75
	50m:		150m:	250m:		350m:			
	100m:	1:11.41	200m:	300m:	3:48.29	400m:	5:04.04		
2.	Duarte Jose MATOS	16	CCDSerta	5:07.34	366	1:08.83	1:18.93	1:20.58	1:19.00
	50m:		150m:	250m:		350m:			
	100m:	1:08.83	200m:	300m:	3:48.34	400m:	5:07.34		
3.	Afonso Jose ALVES	15	CCDSerta	5:17.05	333	1:13.73	1:21.16	1:23.41	1:18.75
	50m:		150m:	250m:		350m:			
	100m:	1:13.73	200m:	300m:	3:58.30	400m:	5:17.05		
4.	Rodrigo Joao ABREU	16	Natacao Guarda	5:19.06	327	1:14.74	1:22.94	1:23.36	1:18.02
	50m:		150m:	250m:		350m:			
	100m:	1:14.74	200m:	300m:	4:01.04	400m:	5:19.06		
5.	Jose Miguel PAIS	16	Natacao do Fundao / YesEi	5:22.69	316	58.28	1:36.55	1:26.49	1:21.37
	50m:		150m:	250m:		350m:			
	100m:	58.28	200m:	300m:	4:01.32	400m:	5:22.69		

Juniores/Seniores - AN Alentejo

1.	Samuel Andre MARIANO	24	Litoral Alentejano	4:40.53	482	1:06.50	1:11.06	1:11.64	1:11.33
	50m:		150m:	250m:		350m:			
	100m:	1:06.50	200m:	300m:	3:29.20	400m:	4:40.53		
2.	Pedro Caeiro MARQUES	17	Aminata	4:50.39	434	1:08.43	1:14.80	1:14.43	1:12.73
	50m:		150m:	250m:		350m:			
	100m:	1:08.43	200m:	300m:	3:37.66	400m:	4:50.39		
3.	Afonso Silva RODRIGUES	17	Ndco	4:55.33	413	1:06.74	1:15.32	1:17.77	1:15.50
	50m:		150m:	250m:		350m:			
	100m:	1:06.74	200m:	300m:	3:39.83	400m:	4:55.33		
4.	Francisco Reis MAGUAS	20	Ndco	5:09.35	359	1:10.37	1:18.79	1:21.58	1:18.61
	50m:		150m:	250m:		350m:			
	100m:	1:10.37	200m:	300m:	3:50.74	400m:	5:09.35		
5.	Pedro Isidoro ARSENIO	17	Aljustrelense	5:12.30	349	1:09.52	1:19.46	1:22.87	1:20.45
	50m:		150m:	250m:		350m:			
	100m:	1:09.52	200m:	300m:	3:51.85	400m:	5:12.30		

Juniores/Seniores - AN Interior Centro

1.	Tomas Verissimo SILVA	17	Natacao do Fundao / YesEi	4:45.07	459	1:05.58	1:12.72	1:13.82	1:12.95
	50m:		150m:	250m:		350m:			
	100m:	1:05.58	200m:	300m:	3:32.12	400m:	4:45.07		
2.	Romulo Artur SILVA	18	Eléctrico	4:56.03	410	1:06.87	1:15.75	1:18.30	1:15.11
	50m:		150m:	250m:		350m:			
	100m:	1:06.87	200m:	300m:	3:40.92	400m:	4:56.03		
3.	Manuel Maria SANGUINHO	17	Elvense	5:18.07	330	1:11.87	1:20.67	1:23.53	1:22.00
	50m:		150m:	250m:		350m:			
	100m:	1:11.87	200m:	300m:	3:56.07	400m:	5:18.07		