

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

Prova 39

Masc., 400m Estilos

13 anos e mais velhos

05/07/2026 - 16:25

Resultados

Recordes Regionais PL Open	4:51.53	Joao Pedro NEVES	AMINATA	Coimbra	15/03/2014
Recordes Regionais PL 19 +	5:13.23	Joao Pedro NEVES	AMINATA	Aljustrel	26/06/2021
Recordes Regionais PL 18	4:54.31	Joao Pedro NEVES	AMINATA	Oeiras	25/07/2014
Recordes Regionais PL 17	4:51.53	Joao Pedro NEVES	AMINATA	Coimbra	29/03/2013
Recordes Regionais PL 16	4:57.42	Joao Pedro NEVES	AMINATA	Povoa de Varzim	23/03/2012
Recordes Regionais PL 15	5:10.76	Tomas Antonio AZEVEDO	AMINATA	Povoa de Varzim	05/08/2011
Recordes Regionais PL 14	5:12.93	Andre Alves BASCH	AMINATA	Reguengos de Monsaraz	09/07/2011
Recordes Regionais PL 13	5:21.89	Tiago Pastor ESCADA	AMINATA	Rio Maior	20/07/2012

TAC Infantil B 13 50m: 7:10.00 - 25m: 7:00.00 / TAC Infantil A 14 50m: 6:52.00 - 25m: 6:42.00 / TAC Juvenil B 15 50m: 6:24.02 -

25m: 6:14.02 / TAC Juvenil A 16 50m: 6:14.86 - 25m: 6:04.86 / TAC Juniores 17 - 18 50m: 6:01.86 - 25m: 6:01.86 /

TAC Seniores 19 + 50m: 6:08.86 - 25m: 5:58.86

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo	Aqua	100m	200m	300m	400m
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Juvenis - AN Alentejo

1. Edgar Van RAMOS	16	Aminata	5:31.78	390	1:19.97	1:23.65	1:33.62	1:14.54
50m:	150m:	250m:	350m:					
100m: 1:19.97	200m: 2:43.62	300m: 4:17.24	400m: 5:31.78					
2. Luis Carlos VAZ	16	Litoral Alentejano	5:44.13	349	1:27.63	1:27.49	1:35.36	1:13.65
50m:	150m:	250m:	350m:					
100m: 1:27.63	200m: 2:55.12	300m: 4:30.48	400m: 5:44.13					
3. Joao Maria NABAIS	15	Aminata	5:47.51	339	1:26.24	1:28.39	1:37.61	1:15.27
50m:	150m:	250m:	350m:					
100m: 1:26.24	200m: 2:54.63	300m: 4:32.24	400m: 5:47.51					
4. Diogo Miguel CARAVELINHA	16	Aminata	5:49.93	332	1:21.62	1:29.94	1:41.26	1:17.11
50m:	150m:	250m:	350m:					
100m: 1:21.62	200m: 2:51.56	300m: 4:32.82	400m: 5:49.93					

Juvenis - AN Interior Centro

1. David Martinho VICENTE	15	Portalegre	5:41.45	358	1:20.65	1:30.18	1:32.56	1:18.06
50m:	150m:	250m:	350m:					
100m: 1:20.65	200m: 2:50.83	300m: 4:23.39	400m: 5:41.45					
2. Rodrigo Joao ABREU	16	Natacao Guarda	6:01.26	302	1:25.20	1:29.85	1:47.21	1:19.00
50m:	150m:	250m:	350m:					
100m: 1:25.20	200m: 2:55.05	300m: 4:42.26	400m: 6:01.26					
3. Joao Martim PICARRA	16	Elvense	6:07.96	286	1:23.36	1:34.03	1:47.33	1:23.24
50m:	150m:	250m:	350m:					
100m: 1:23.36	200m: 2:57.39	300m: 4:44.72	400m: 6:07.96					
4. Afonso Ferreira FILIPE	16	CCDSerta	6:13.41	273	1:29.12	1:39.31	1:46.31	1:18.67
50m:	150m:	250m:	350m:					
100m: 1:29.12	200m: 3:08.43	300m: 4:54.74	400m: 6:13.41					

Juniores/Seniores - AN Alentejo

1. Samuel Andre MARIANO	24	Litoral Alentejano	5:16.72	448	1:08.13	1:26.11	1:33.51	1:08.97
50m:	150m:	250m:	350m:					
100m: 1:08.13	200m: 2:34.24	300m: 4:07.75	400m: 5:16.72					
2. Pedro Caeiro MARQUES	17	Aminata	5:22.92	423	1:13.60	1:24.65	1:36.00	1:08.67
50m:	150m:	250m:	350m:					
100m: 1:13.60	200m: 2:38.25	300m: 4:14.25	400m: 5:22.92					
3. Tiago Martins BARROSO	17	Aminata	5:33.65	383	1:06.87	1:22.29	1:46.54	1:17.95
50m:	150m:	250m:	350m:					
100m: 1:06.87	200m: 2:29.16	300m: 4:15.70	400m: 5:33.65					
4. Joao Pedro PORTO	17	GSC Grândola Sports Club	6:40.74	221	1:36.38	1:52.68	1:44.74	1:26.94
50m:	150m:	250m:	350m:					
100m: 1:36.38	200m: 3:29.06	300m: 5:13.80	400m: 6:40.74					

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Juniores/Seniores - AN Interior Centro

1. Joao Maria SANGUINHO	17 Elvense	5:47.72	339	1:25.20	1:29.18	1:36.16	1:17.18
50m:	150m:	250m:		350m:			
100m: 1:25.20	200m: 2:54.38	300m: 4:30.54		400m: 5:47.72			