Prova 18 — Masc., 400m Livres — Open
04/07/2026 - 17:00 — Resultados

Recordes Nacionais 50m Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Recordes Nacionais 50m Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14/07/2010
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26/07/2003
Recordes Regionais (PL) Open	3:57.11	Miguel Martins, PIRES	LDC	Jamor	30/07/2004
Recordes Regionais (PL) Sen	3:57.11	Miguel Martins, PIRES	LDC	Jamor	30/07/2004
Recordes Regionais (PL) Jun 18	4:05.41	João Duarte, SANTOS	CNOL	Famalicão	20/07/2013
Recordes Regionais (PL) Jun 17	4:04.65	Joao Duarte, SANTOS	CNOL	Oeiras	28/07/2012
Recordes Regionais (PL) Juv A	4:10.88	Joao Duarte, SANTOS	CNOL	Paphos (CYP)	25/06/2011
Recordes Regionais (PL) Juv B	4:09.85	Tiago Miguel, VILHENA	CNFA	Oeiras	23/07/2016
Recordes Regionais (PL) Inf A	4:20.30	Tiago Miguel, VILHENA	CNFA	Oeiras	18/07/2015
Recordes Regionais (PL) Inf B	4:33.46	Tiago Miguel, VILHENA	CNFA	Loule	19/07/2014

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts	
Juvenis B							
1.	Isaac Salavessa, HORTA	214384	Cng	**4:44.07**	464	12,00	-
	100m: 1:06.20 1:06.20 200m: 2:18.14 1:11.94 300m: 3:31.12 1:12.98 400m: 4:44.07 1:12.95						
2.	Daniel Filipe, O	218175	Cng	**4:50.05**	436	10,00	-
	100m: 1:09.15 1:09.15 200m: 2:25.01 1:15.86 300m: 3:40.76 1:15.75 400m: 4:50.05 1:09.29						
3.	Francisco Pinto, ESTEVES	225569	FC Ferreiras/AlgarExperience	**5:39.78**	271	9,00	-
	100m: 1:15.48 1:15.48 200m: 2:42.66 1:27.18 300m: 4:12.36 1:29.70 400m: 5:39.78 1:27.42						
4.	Francisco Martins, CARDOSO	219367	Lagoa Academico Clube	**6:07.68**	214	8,00	-
	100m: 1:22.25 1:22.25 200m: 2:56.10 1:33.85 300m: 4:33.22 1:37.12 400m: 6:07.68 1:34.46						
Juvenis A							
1.	Tiago Malhador, LULAK	212575	Louletano / Loule Aqui e Agora	**4:27.60**	556	12,00	-
	100m: 1:02.27 1:02.27 200m: 2:09.82 1:07.55 300m: 3:19.02 1:09.20 400m: 4:27.60 1:08.58						
2.	Goncalo Alexandre, RETRE	212248	Louletano / Loule Aqui e Agora	**4:32.01**	529	10,00	-
	100m: 1:03.16 1:03.16 200m: 2:12.90 1:09.74 300m: 3:23.78 1:10.88 400m: 4:32.01 1:08.23						
3.	Nazar, SKILKYY	211857	FC Ferreiras/AlgarExperience	**4:36.51**	504	9,00	-
	100m: 1:02.41 1:02.41 200m: 2:12.41 1:10.00 300m: 3:25.01 1:12.60 400m: 4:36.51 1:11.50						
4.	Rodrigo Ferreira, PLACIDO	213280	Louletano / Loule Aqui e Agora	**4:38.97**	490	8,00	-
	100m: 1:06.10 1:06.10 200m: 2:16.81 1:10.71 300m: 3:28.22 1:11.41 400m: 4:38.97 1:10.75						
DNS	Jose Pedro, MINHALMA	210690	Cng			-	-
Junior							
1.	Diogo Filipe, CARDOSO	210399	Natacao Olhao	**4:31.69**	531	12,00	-
	100m: 1:03.82 1:03.82 200m: 2:14.34 1:10.52 300m: 3:24.22 1:09.88 400m: 4:31.69 1:07.47						
2.	Joao Terceiro, LOPES	209300	Portinado	**4:34.70**	514	10,00	-
	100m: 1:04.33 1:04.33 200m: 2:14.47 1:10.14 300m: 3:26.15 1:11.68 400m: 4:34.70 1:08.55						
Seniores							
1.	Miguel Salomao, TRISTAO	129885	Portinado	**4:24.44**	576	12,00	-
	100m: 1:01.90 1:01.90 200m: 2:09.69 1:07.79 300m: 3:17.23 1:07.54 400m: 4:24.44 1:07.21						
2.	David Luis, SEABRA	146577	Cng	**4:37.16**	500	10,00	-
	100m: 1:06.49 1:06.49 200m: 2:17.92 1:11.43 300m: 3:30.02 1:12.10 400m: 4:37.16 1:07.14						
3.	Tomas Alves, COSTA	120573	Aquatico Silves	**4:50.00**	437	9,00	-
	100m: 1:07.27 1:07.27 200m: 2:21.06 1:13.79 300m: 3:36.46 1:15.40 400m: 4:50.00 1:13.54						

Prova 18, Masc., 400m Livres

DNS	Sebastiao Vieira, GUERREIRO					224338	Lagoa Academico Clube											-	-
EXH	Tiago Frazao, BARRA					214568	Rio Maior						**4:35.87**			507		-	-
	100m:	1:04.62	1:04.62	200m:	2:15.10	1:10.48	300m:	3:26.37	1:11.27	400m:	4:35.87	1:09.50							
EXH	Daniel Filipe, JORGE					210798	Rio Maior						**4:42.19**			474		-	-
	100m:	1:06.21	1:06.21	200m:	2:17.76	1:11.55	300m:	3:31.06	1:13.30	400m:	4:42.19	1:11.13							
EXH	Pedro Morgado, COSTA					216915	Rio Maior						**4:42.30**			473		-	-
	100m:	1:05.16	1:05.16	200m:	2:17.51	1:12.35	300m:	3:30.73	1:13.22	400m:	4:42.30	1:11.57							
EXH	Gabriel Antunes, RAMOS					220234	Rio Maior						**4:43.67**			466		-	-
	100m:	1:07.05	1:07.05	200m:	2:20.04	1:12.99	300m:	3:33.80	1:13.76	400m:	4:43.67	1:09.87							
EXH	Duarte Ferreira, PLACIDO					213279	Louletano / Loule Aqui e Agora						**4:46.43**			453		-	-
	100m:	1:08.75	1:08.75	200m:	2:22.07	1:13.32	300m:	3:35.39	1:13.32	400m:	4:46.43	1:11.04							
EXH	Martim Miguel, SANTOS					216945	Rio Maior						**4:52.95**			423		-	-
	100m:	1:11.28	1:11.28	200m:	2:25.94	1:14.66	300m:	3:40.78	1:14.84	400m:	4:52.95	1:12.17							
EXH	Luis Miguel, REIS					213109	Rio Maior						**4:57.61**			404		-	-
	100m:	1:10.41	1:10.41	200m:	2:27.27	1:16.86	300m:	3:44.10	1:16.83	400m:	4:57.61	1:13.51							
EXH	Francisco Miguel, MARTELO					216259	Louletano / Loule Aqui e Agora						**5:05.13**			375		-	-
	100m:	1:11.00	1:11.00	200m:	2:29.06	1:18.06	300m:	3:48.62	1:19.56	400m:	5:05.13	1:16.51							
EXH	Jose Tiago, MENDES					216343	Natacao Olhao						**5:06.91**			368		-	-
	100m:	1:12.32	1:12.32	200m:	2:30.54	1:18.22	300m:	3:49.81	1:19.27	400m:	5:06.91	1:17.10							
EXH	Denis Gabriel, MARIS					219370	Lagoa Academico Clube						**5:30.51**			295		-	-
	100m:	1:17.91	1:17.91	200m:	2:43.75	1:25.84	300m:	4:09.30	1:25.55	400m:	5:30.51	1:21.21							
EXH	Gabriel Duarte, CABRITA					216612	FC Ferreiras/AlgarExperience						**5:39.33**			272		-	-
	100m:	1:18.57	1:18.57	200m:	2:46.67	1:28.10	300m:	4:15.69	1:29.02	400m:	5:39.33	1:23.64							