



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 2

27/06/2026 - 10:50

Masc., 400m Livres

Infantis

Resultados

Recordes Regionais (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recordes Regionais (25m) Inf A	4:39.76	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	01/07/2017
Recordes Regionais (25m) Inf B	4:54.34	Lucas Pinto Ribeiro	GCVR	Peso da Régua	12/03/2023

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	José Miguel Coelho	214606	13	Peso da Regua	5:00.84	-
	50m: 33.18 33.18	150m: 2:24.06		250m: 3:41.75	350m: 5:00.84	
	100m: 1:08.73 35.55	200m: 2:24.06		300m: 3:41.75	400m: 5:00.84	
2.	Bruno Miguel Morais	217387	13	Gcvr	5:01.53	-
	50m: 33.81 33.81	150m: 2:27.67		250m: 3:45.09	350m: 5:01.53	
	100m: 1:11.46 37.65	200m: 2:27.67		300m: 3:45.09	400m: 5:01.53	
3.	Martim Beato Guedes	219121	14	FC Vinhais	5:15.81	1,00
	50m: 31.99 31.99	150m: 2:34.31		250m: 3:58.02	350m: 5:15.81	
	100m: 1:11.24 39.25	200m: 2:34.31		300m: 3:58.02	400m: 5:15.81	
4.	Goncalo Goncalves Ferreira	222975	14	Fnc	5:42.41	-
	50m: 37.48 37.48	150m: 2:48.59		250m: 4:18.88	350m: 5:42.41	
	100m: 1:19.84 42.36	200m: 2:48.59		300m: 4:18.88	400m: 5:42.41	
5.	Gabriel Artilheiro Fraga	222499	13	Gcvr	5:43.56	-
	50m: 37.45 37.45	150m: 2:49.87		250m: 4:18.35	350m: 5:43.56	
	100m: 1:20.70 43.25	200m: 2:49.87		300m: 4:18.35	400m: 5:43.56	
6.	David Sequeira Sobral	222996	14	Durius Ac Pesqueira	5:54.28	-
	50m: 38.16 38.16	150m: 2:52.06		250m: 4:24.41	350m: 5:54.28	
	100m: 1:20.63 42.47	200m: 2:52.06		300m: 4:24.41	400m: 5:54.28	
7.	Rodrigo Leal Neto	226138	13	Peso da Regua	6:01.44	-
	50m: 38.69 38.69	150m: 2:55.62		250m: 4:30.62	350m: 6:01.44	
	100m: 1:23.37 44.68	200m: 2:55.62		300m: 4:30.62	400m: 6:01.44	

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Juvenis

Resultados

Recordes Regionais (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recordes Regionais (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recordes Regionais (25m) Juv B	4:21.50	Filipe Miguel Pires	FCV	Mirandela	07/03/2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Tiago Daniel Penso	212425	15	Gcvr	4:25.02	-
	50m: 28.73 28.73	150m: 2:07.66		250m: 3:15.76	350m: 4:25.02	
	100m: 1:01.06 32.33	200m: 2:07.66		300m: 3:15.76	400m: 4:25.02	
2.	Martim Barros Pereira	216554	15	Escola Natacao Braganca	4:32.28	4,00
	50m: 28.92 28.92	150m: 2:10.84		250m: 3:23.09	350m: 4:32.28	
	100m: 1:01.31 32.39	200m: 2:10.84		300m: 3:23.09	400m: 4:32.28	
3.	Nuno Pinto Oliveira	219466	16	Gcvr	4:43.38	-
	50m: 30.78 30.78	150m: 2:17.23		250m: 3:30.28	350m: 4:43.38	
	100m: 1:05.53 34.75	200m: 2:17.23		300m: 3:30.28	400m: 4:43.38	
4.	Duarte Ferreira Rosa	209831	15	Fnc	4:46.60	3,00
	50m: 31.35 31.35	150m: 2:19.81		250m: 3:33.85	350m: 4:46.60	
	100m: 1:06.56 35.21	200m: 2:19.81		300m: 3:33.85	400m: 4:46.60	
5.	Miguel Braz Alves	225334	15	Gcvr	4:46.81	-
	50m: 30.78 30.78	150m: 2:17.93		250m: 3:32.53	350m: 4:46.81	
	100m: 1:05.39 34.61	200m: 2:17.93		300m: 3:32.53	400m: 4:46.81	
6.	Afonso Alexandre Paiga	216385	16	Durius Ac Pesqueira	5:03.87	2,00
	50m: 31.02 31.02	150m: 2:24.69		250m: 3:45.09	350m: 5:03.87	
	100m: 1:06.66 35.64	200m: 2:24.69		300m: 3:45.09	400m: 5:03.87	



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Masc., 400m Livres

Juniores e Seniores

Resultados

Recordes Regionais (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recordes Regionais (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recordes Regionais (25m) 18	4:21.63	Daniel Filipe Lopes	CNIN	Coruche	16/11/2013
Recordes Regionais (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Tiago Manuel Fernandes <i>Recorde Regional</i>	205831	18	Gcvr	4:16.35	7,00
	50m: 28.38 28.38 100m: 59.74 31.36			150m: 2:05.52 200m: 3:09.85	350m: 4:16.35 400m: 4:16.35	
2.	João Miguel Rocha	205562	17	Peso da Regua	4:30.88	5,00
	50m: 29.48 29.48 100m: 1:02.38 32.90			150m: 2:10.45 200m: 3:20.88	350m: 4:30.88 400m: 4:30.88	
3.	Gonçalo Monteiro Fonseca	208560	21	Peso da Regua	4:54.94	-
	50m: 30.00 30.00 100m: 1:04.72 34.72			150m: 2:18.00 200m: 3:36.87	350m: 4:54.94 400m: 4:54.94	
4.	Robert Daniel Puiaç	217398	17	Durius Ac Pesqueira	5:22.59	-
	50m: 33.81 33.81 100m: 1:14.45 40.64			150m: 2:37.24 200m: 4:00.84	350m: 5:22.59 400m: 5:22.59	
5.	Tiago Miguel Costa	220502	17	Durius Ac Pesqueira	6:02.75	-
	50m: 37.78 37.78 100m: 1:21.25 43.47			150m: 2:53.53 200m: 4:27.31	350m: 6:02.75 400m: 6:02.75	

Prova 2

27/06/2026 - 10:50

Masc., 400m Livres

Absoluto

Resultados

Recordes Regionais (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recordes Regionais (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recordes Regionais (25m) 18	4:21.63	Daniel Filipe Lopes	CNIN	Coruche	16/11/2013
Recordes Regionais (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012
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Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Tiago Manuel Fernandes <i>Recorde Regional</i>	205831	18	Gcvr	4:16.35	7,00
	50m: 28.38 28.38 100m: 59.74 31.36			150m: 2:05.52 200m: 3:09.85	350m: 4:16.35 400m: 4:16.35	
2.	Tiago Daniel Penso	212425	15	Gcvr	4:25.02	-
	50m: 28.73 28.73 100m: 1:01.06 32.33			150m: 2:07.66 200m: 3:15.76	350m: 4:25.02 400m: 4:25.02	
3.	João Miguel Rocha	205562	17	Peso da Regua	4:30.88	5,00
	50m: 29.48 29.48 100m: 1:02.38 32.90			150m: 2:10.45 200m: 3:20.88	350m: 4:30.88 400m: 4:30.88	
4.	Martim Barros Pereira	216554	15	Escola Natacao Braganca	4:32.28	4,00
	50m: 28.92 28.92 100m: 1:01.31 32.39			150m: 2:10.84 200m: 3:23.09	350m: 4:32.28 400m: 4:32.28	
5.	Nuno Pinto Oliveira	219466	16	Gcvr	4:43.38	-
	50m: 30.78 30.78 100m: 1:05.53 34.75			150m: 2:17.23 200m: 3:30.28	350m: 4:43.38 400m: 4:43.38	
6.	Duarte Ferreira Rosa	209831	15	Fnc	4:46.60	3,00
	50m: 31.35 31.35 100m: 1:06.56 35.21			150m: 2:19.81 200m: 3:33.85	350m: 4:46.60 400m: 4:46.60	
7.	Miguel Braz Alves	225334	15	Gcvr	4:46.81	-
	50m: 30.78 30.78 100m: 1:05.39 34.61			150m: 2:17.93 200m: 3:32.53	350m: 4:46.81 400m: 4:46.81	
8.	Gonçalo Monteiro Fonseca	208560	21	Peso da Regua	4:54.94	-
	50m: 30.00 30.00 100m: 1:04.72 34.72			150m: 2:18.00 200m: 3:36.87	350m: 4:54.94 400m: 4:54.94	
9.	José Miguel Coelho	214606	13	Peso da Regua	5:00.84	-
	50m: 33.18 33.18 100m: 1:08.73 35.55			150m: 2:24.06 200m: 3:41.75	350m: 5:00.84 400m: 5:00.84	



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Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
10.	Bruno Miguel Morais	217387	13	Gcvr	5:01.53	-
	50m: 33.81 33.81	150m: 250m: 350m:			400m: 5:01.53	
	100m: 1:11.46 37.65	200m: 2:27.67		3:45.09		
11.	Afonso Alexandre Paiga	216385	16	Durius Ac Pesqueira	5:03.87	2,00
	50m: 31.02 31.02	150m: 250m: 350m:			400m: 5:03.87	
	100m: 1:06.66 35.64	200m: 2:24.69		3:45.09		
12.	Martim Beato Guedes	219121	14	FC Vinhais	5:15.81	1,00
	50m: 31.99 31.99	150m: 250m: 350m:			400m: 5:15.81	
	100m: 1:11.24 39.25	200m: 2:34.31		3:58.02		
13.	Robert Daniel Puiaç	217398	17	Durius Ac Pesqueira	5:22.59	-
	50m: 33.81 33.81	150m: 250m: 350m:			400m: 5:22.59	
	100m: 1:14.45 40.64	200m: 2:37.24		4:00.84		
14.	Gonçalo Gonçalves Ferreira	222975	14	Fnc	5:42.41	-
	50m: 37.48 37.48	150m: 250m: 350m:			400m: 5:42.41	
	100m: 1:19.84 42.36	200m: 2:48.59		4:18.88		
15.	Gabriel Artilheiro Fraga	222499	13	Gcvr	5:43.56	-
	50m: 37.45 37.45	150m: 250m: 350m:			400m: 5:43.56	
	100m: 1:20.70 43.25	200m: 2:49.87		4:18.35		
16.	David Sequeira Sobral	222996	14	Durius Ac Pesqueira	5:54.28	-
	50m: 38.16 38.16	150m: 250m: 350m:			400m: 5:54.28	
	100m: 1:20.63 42.47	200m: 2:52.06		4:24.41		
17.	Rodrigo Leal Neto	226138	13	Peso da Regua	6:01.44	-
	50m: 38.69 38.69	150m: 250m: 350m:			400m: 6:01.44	
	100m: 1:23.37 44.68	200m: 2:55.62		4:30.62		
18.	Tiago Miguel Costa	220502	17	Durius Ac Pesqueira	6:02.75	-
	50m: 37.78 37.78	150m: 250m: 350m:			400m: 6:02.75	
	100m: 1:21.25 43.47	200m: 2:53.53		4:27.31		