



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



Prova 25
27/06/2026 - 18:10

Masc., 400m Livres

Cadetes B
Resultados

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Francisco Sequeira Monteiro	223232	10	Peso da Regua	6:01.81	-
	50m: 41.67 41.67	150m:		250m:	350m:	
	100m: 1:29.17 47.50	200m: 3:02.31		300m: 4:34.07	400m: 6:01.81	
2.	Lourenço Bernardo Ferreira	223234	11	Peso da Regua	6:49.49	-
	50m: 45.89 45.89	150m:		250m:	350m:	
	100m: 1:38.31 52.42	200m: 3:26.28		300m: 5:14.07	400m: 6:49.49	
3.	Pedro Jose Dias	226920	11	FC Vinhais	6:55.58	-
	50m: 40.81 40.81	150m:		250m:	350m:	
	100m: 1:32.03 51.22	200m: 3:19.36		300m: 5:10.78	400m: 6:55.58	
4.	Tomás Santos Sol	223237	10	Peso da Regua	6:55.78	-
	50m: 46.81 46.81	150m:		250m:	350m:	
	100m: 1:40.81 54.00	200m: 3:28.84		300m: 5:16.77	400m: 6:55.78	
5.	Isac Fernandes Bonfim		10	Escola Natacao Braganca	7:29.72	-
	50m: 47.79 47.79	150m:		250m:	350m:	
	100m: 1:45.33 57.54	200m: 3:42.90		300m: 5:38.62	400m: 7:29.72	
6.	Tomas Carvalho Sousa	222099	11	Gcvr	7:58.03	-
	50m: 53.81 53.81	150m:		250m:	350m:	
	100m: 1:52.65 58.84	200m: 3:55.59		300m: 6:01.15	400m: 7:58.03	
7.	Francisco Filipe Oliveira	223394	11	Gcvr	8:17.65	-
	50m: 55.18 55.18	150m:		250m:	350m:	
	100m: 1:59.06 1:03.88	200m: 4:09.81		300m: 6:21.46	400m: 8:17.65	
DNS	Angelo Miguel Diz	226914	11	FC Vinhais		-