

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 2 Masc., 400m Livres 15 anos e mais velhos
09/07/2026 - 9:30 Resultados Elimin

Rec Nac Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac SEN/OPEN	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun A	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nac Jun B	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14/07/2010
Rec Nac Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006

TA JUN-MASC Jun A/B: 4:51.49 / TA JUVA-MASC Juv A: 4:59.94 / TA JUVB-MASC Juv B: 5:06.98 / TA SEN-MASC SEN/OPEN: 4:43.04

Pontos: AQUA 2025

Lugar	Ano										Tempo final	Pts
Juvenis A/B												
1.	Andre Ferreira, SANTOS				10	Academico de Viseu				4:23.41	583	Q
	50m:	29.51	29.51	150m:	1:34.85	32.87	250m:	2:42.14	33.82	350m:	3:49.62	33.77
	100m:	1:01.98	32.47	200m:	2:08.32	33.47	300m:	3:15.85	33.71	400m:	4:23.41	33.79
2.	Hugo Ferreira, SILVA				11	Academica de Coimbra				4:27.22	558	Q
	50m:	30.52	30.52	150m:	1:37.38	33.82	250m:	2:45.66	34.27	350m:	3:53.76	34.05
	100m:	1:03.56	33.04	200m:	2:11.39	34.01	300m:	3:19.71	34.05	400m:	4:27.22	33.46
3.	Rodrigo Cardoso, TOMAS				10	Alcobaca				4:28.09	553	Q
	50m:	30.30	30.30	150m:	1:38.22	34.25	250m:	2:46.96	34.38	350m:	3:56.17	34.72
	100m:	1:03.97	33.67	200m:	2:12.58	34.36	300m:	3:21.45	34.49	400m:	4:28.09	31.92
4.	Tiago Joao, OLAS				10	Academico de Viseu				4:28.81	548	Q
	50m:	30.59	30.59	150m:	1:37.30	33.94	250m:	2:46.83	35.24	350m:	3:56.09	34.63
	100m:	1:03.36	32.77	200m:	2:11.59	34.29	300m:	3:21.46	34.63	400m:	4:28.81	32.72
5.	Santiago Vagos, VALENTE				11	Galitos / Bresimar				4:29.35	545	Q
	50m:	29.80	29.80	150m:	1:36.45	34.05	250m:	2:45.58	34.50	350m:	3:55.51	34.79
	100m:	1:02.40	32.60	200m:	2:11.08	34.63	300m:	3:20.72	35.14	400m:	4:29.35	33.84
6.	Dinis Goncalves, ARAUJO				10	Nautico Academico				4:29.94	541	Q
	50m:	30.13	30.13	150m:	1:36.59	33.88	250m:	2:46.08	35.12	350m:	3:56.48	35.48
	100m:	1:02.71	32.58	200m:	2:10.96	34.37	300m:	3:21.00	34.92	400m:	4:29.94	33.46
7.	Rafael Costa, BASTOS				10	Sanjoanense/FEPSA				4:30.15	540	Q
	50m:	29.31	29.31	150m:	1:37.29	34.14	250m:	2:46.82	35.00	350m:	3:57.09	34.95
	100m:	1:03.15	33.84	200m:	2:11.82	34.53	300m:	3:22.14	35.32	400m:	4:30.15	33.06
8.	Andre Filipe, COSTA				10	CASPAE				4:33.01	523	Q
	50m:	29.91	29.91	150m:	1:36.72	34.01	250m:	2:46.86	35.53	350m:	3:58.37	35.80
	100m:	1:02.71	32.80	200m:	2:11.33	34.61	300m:	3:22.57	35.71	400m:	4:33.01	34.64
9.	Afonso Ferreira, REIS				10	Nautico Marinha Grande				4:33.59	520	Q
	50m:	29.53	29.53	150m:	1:37.85	34.82	250m:	2:49.21	35.75	350m:	4:00.61	36.14
	100m:	1:03.03	33.50	200m:	2:13.46	35.61	300m:	3:24.47	35.26	400m:	4:33.59	32.98
10.	Rodrigo Miguel, MATIAS				10	Nautico Academico				4:34.46	515	Q
	50m:	30.35	30.35	150m:	1:38.81	34.20	250m:	2:48.18	34.48	350m:	3:59.01	35.14
	100m:	1:04.61	34.26	200m:	2:13.70	34.89	300m:	3:23.87	35.69	400m:	4:34.46	35.45
11.	Bernardo Bento, DINIS				11	Condeixa Clube				4:38.19	495	R
	50m:	32.13	32.13	150m:	1:40.99	35.22	250m:	2:52.53	36.47	350m:	4:04.07	36.25
	100m:	1:05.77	33.64	200m:	2:16.06	35.07	300m:	3:27.82	35.29	400m:	4:38.19	34.12
12.	Tomas Figueiredo, BRANCO				10	Galitos / Bresimar				4:38.32	494	R
	50m:	30.79	30.79	150m:	1:40.54	35.40	250m:	2:51.61	35.45	350m:	4:03.77	36.09
	100m:	1:05.14	34.35	200m:	2:16.16	35.62	300m:	3:27.68	36.07	400m:	4:38.32	34.55
13.	Martim Duarte, ROQUE				11	CNLeiria - VOID				4:38.96	490	
	50m:	30.34	30.34	150m:	1:39.53	35.29	250m:	2:50.69	35.35	350m:	4:03.27	35.82
	100m:	1:04.24	33.90	200m:	2:15.34	35.81	300m:	3:27.45	36.76	400m:	4:38.96	35.69
14.	Daniel Nunes, FREITAS				11	Columbofila Cantanhedense				4:39.68	487	
	50m:	31.11	31.11	150m:	1:42.00	36.17	250m:	2:54.11	36.33	350m:	4:06.55	36.28
	100m:	1:05.83	34.72	200m:	2:17.78	35.78	300m:	3:30.27	36.16	400m:	4:39.68	33.13

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Coimbra, 9 - 12/7/2026

Prova 2, Masc., 400m Livres, Elimin, Juvenis A/B

Lugar					Ano					Tempo final	Pts
15.	Afonso Jose, MIRANDA				11	Louzan Natacao/EFAPEL				4:40.26	484
	50m:	30.76	30.76	150m:	1:41.19	35.86	250m:	2:54.01	36.27	350m:	4:06.00 35.32
	100m:	1:05.33	34.57	200m:	2:17.74	36.55	300m:	3:30.68	36.67	400m:	4:40.26 34.26
16.	Guilherme Rodrigues, CABRAL				10	Pimpoes/Cimai				4:42.35	473
	50m:	31.51	31.51	150m:	1:41.55	35.77	250m:	2:53.18	35.63	350m:	4:06.97 37.14
	100m:	1:05.78	34.27	200m:	2:17.55	36.00	300m:	3:29.83	36.65	400m:	4:42.35 35.38
17.	Duarte Santos, MATEUS				11	Condeixa Clube				4:42.84	471
	50m:	31.97	31.97	150m:	1:43.51	36.08	250m:	2:55.52	35.77	350m:	4:07.45 35.80
	100m:	1:07.43	35.46	200m:	2:19.75	36.24	300m:	3:31.65	36.13	400m:	4:42.84 35.39
18.	Leonardo Fonseca, FERRAZ				11	Academica de Coimbra				4:45.50	457
	50m:	32.86	32.86	150m:	1:44.32	36.28	250m:	2:57.32	36.92	350m:	4:10.63 37.00
	100m:	1:08.04	35.18	200m:	2:20.40	36.08	300m:	3:33.63	36.31	400m:	4:45.50 34.87
19.	Francisco Antonio, SIMOES				10	Ba Leiria / Sk Coffee				4:47.26	449
	50m:	32.03	32.03	150m:	1:44.58	36.55	250m:	2:57.17	36.40	350m:	4:12.04 38.07
	100m:	1:08.03	36.00	200m:	2:20.77	36.19	300m:	3:33.97	36.80	400m:	4:47.26 35.22
20.	Joao Saraiva, PAIXAO				10	Galitos / Bresimar				4:47.88	446
	50m:	32.08	32.08	150m:	1:44.00	36.77	250m:	2:58.34	37.10	350m:	4:13.04 37.27
	100m:	1:07.23	35.15	200m:	2:21.24	37.24	300m:	3:35.77	37.43	400m:	4:47.88 34.84
21.	Pedro Filipe, ALMEIDA				11	Columbofila Cantanhedense				4:50.64	434
	50m:	32.85	32.85	150m:	1:44.34	36.28	250m:	2:58.21	37.23	350m:	4:13.78 37.63
	100m:	1:08.06	35.21	200m:	2:20.98	36.64	300m:	3:36.15	37.94	400m:	4:50.64 36.86
22.	Joao Paulo, FERREIRA				11	Estamos Juntos				4:56.04	410
	50m:	31.22	31.22	150m:	1:43.30	36.84	250m:	2:58.33	37.25	350m:	4:17.82 39.83
	100m:	1:06.46	35.24	200m:	2:21.08	37.78	300m:	3:37.99	39.66	400m:	4:56.04 38.22

Juniores A/B

1.	Guilherme Meireles, MARRAZES				09	Nautico Marinha Grande				4:18.38	617 Q
	50m:	30.09	30.09	150m:	1:37.50	33.65	250m:	2:44.28	33.19	350m:	3:48.71 31.68
	100m:	1:03.85	33.76	200m:	2:11.09	33.59	300m:	3:17.03	32.75	400m:	4:18.38 29.67
2.	Paulo, KOT				09	Nautico Marinha Grande				4:19.02	613 Q
	50m:	30.22	30.22	150m:	1:36.91	33.24	250m:	2:43.18	33.33	350m:	3:49.41 33.14
	100m:	1:03.67	33.45	200m:	2:09.85	32.94	300m:	3:16.27	33.09	400m:	4:19.02 29.61
3.	Joao Nuno, GASPAS				09	Condeixa Clube				4:22.84	586 Q
	50m:	29.07	29.07	150m:	1:34.04	32.93	250m:	2:41.73	33.91	350m:	3:49.80 33.97
	100m:	1:01.11	32.04	200m:	2:07.82	33.78	300m:	3:15.83	34.10	400m:	4:22.84 33.04
4.	Guilherme Simoes, SOUSA				08	Academica de Coimbra				4:23.08	585 Q
	50m:	30.10	30.10	150m:	1:36.52	33.57	250m:	2:44.38	33.74	350m:	3:50.87 32.61
	100m:	1:02.95	32.85	200m:	2:10.64	34.12	300m:	3:18.26	33.88	400m:	4:23.08 32.21
5.	Goncalo Malha, NETO				09	Galitos / Bresimar				4:29.99	541 Q
	50m:	30.07	30.07	150m:	1:36.61	33.30	250m:	2:45.38	34.38	350m:	3:56.05 34.72
	100m:	1:03.31	33.24	200m:	2:11.00	34.39	300m:	3:21.33	35.95	400m:	4:29.99 33.94
6.	Tiago Santos, POMBO				08	Alcobaca				4:31.46	532 Q
	50m:	29.85	29.85	150m:	1:37.83	34.79	250m:	2:48.27	35.17	350m:	3:58.26 34.66
	100m:	1:03.04	33.19	200m:	2:13.10	35.27	300m:	3:23.60	35.33	400m:	4:31.46 33.20
7.	Samuel Dinis, MAIA				08	Miranda do Corvo				4:34.40	515 Q
	50m:	29.63	29.63	150m:	1:36.89	34.13	250m:	2:47.28	35.54	350m:	3:59.44 36.34
	100m:	1:02.76	33.13	200m:	2:11.74	34.85	300m:	3:23.10	35.82	400m:	4:34.40 34.96
8.	Pedro Miguel, LEITAO				08	CASPAE				4:34.95	512 Q
	50m:	30.41	30.41	150m:	1:38.11	34.27	250m:	2:48.32	35.21	350m:	3:59.40 35.38
	100m:	1:03.84	33.43	200m:	2:13.11	35.00	300m:	3:24.02	35.70	400m:	4:34.95 35.55
9.	Santiago Boica, SOUSA				08	Vieirense				4:42.88	470 Q
	50m:	30.40	30.40	150m:	1:40.16	35.35	250m:	2:53.17	36.69	350m:	4:07.36 37.07
	100m:	1:04.81	34.41	200m:	2:16.48	36.32	300m:	3:30.29	37.12	400m:	4:42.88 35.52

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Prova 2, Masc., 400m Livres, Elimin, Juniores A/B

Lugar				Ano				Tempo final	Pts
10.	Jose Claudio, REIS			08	UD Oliveirense/FERSILVA			4:47.33	449 Q
	50m:	30.43	30.43	150m:	1:42.57	37.33	250m:	2:57.02	36.37
	100m:	1:05.24	34.81	200m:	2:20.65	38.08	300m:	3:33.98	36.96
							350m:	4:11.04	37.06
							400m:	4:47.33	36.29
11.	Alexandre, SHUBIN			09	Campinho			4:48.80	442 R
	50m:	29.62	29.62	150m:	1:39.69	36.00	250m:	2:54.63	37.57
	100m:	1:03.69	34.07	200m:	2:17.06	37.37	300m:	3:33.11	38.48
							350m:	4:11.35	38.24
							400m:	4:48.80	37.45
12.	Mateus Tavares, BASTOS			08	Campinho			4:53.33	422 R
	FTL								
	50m:	32.05	32.05	150m:	1:45.29	37.76	250m:	3:01.94	38.58
	100m:	1:07.53	35.48	200m:	2:23.36	38.07	300m:	3:40.37	38.43
							350m:	4:17.67	37.30
							400m:	4:53.33	35.66
13.	Luis Azevedo, PINTO			09	Estarreja			4:53.77	420
	FTL								
	50m:	30.68	30.68	150m:	1:42.90	36.95	250m:	2:58.72	38.22
	100m:	1:05.95	35.27	200m:	2:20.50	37.60	300m:	3:37.30	38.58
							350m:	4:15.70	38.40
							400m:	4:53.77	38.07