

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

Prova 23 Masc., 400m Estilos 15 anos e mais velhos
11/07/2026 - 9:40 Resultados Elimin

Rec Nac Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac SEN/OPEN	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun A	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun B	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013

TA JUN-MASC Jun A/B: 5:30.02 / TA JUVA-MASC Juv A: 5:39.58 / TA JUVB-MASC Juv B: 5:47.56 / TA SEN-MASC SEN/OPEN: 5:20.45

Pontos: AQUA 2025

Lugar	Ano										Tempo final	Pts	
Juvenis A/B													
1.	Pedro Pereira, OLIVEIRA				11	Nautico Marinha Grande					5:02.94	512	Q
	50m:	30.78	30.78	150m:	1:45.94	38.56	250m:	3:08.46	45.02	350m:	4:30.06	35.79	
	100m:	1:07.38	36.60	200m:	2:23.44	37.50	300m:	3:54.27	45.81	400m:	5:02.94	32.88	
2.	Miguel Tomas, GOMES				10	Nautico Academico					5:06.18	496	Q
	50m:	30.82	30.82	150m:	1:47.62	41.10	250m:	3:11.05	45.16	350m:	4:31.52	36.01	
	100m:	1:06.52	35.70	200m:	2:25.89	38.27	300m:	3:55.51	44.46	400m:	5:06.18	34.66	
3.	Vicente Abrantes, DIOGO				11	Columbofila Cantanhedense					5:07.63	489	Q
	50m:	33.01	33.01	150m:	1:53.74	40.91	250m:	3:17.75	44.49	350m:	4:35.53	33.51	
	100m:	1:12.83	39.82	200m:	2:33.26	39.52	300m:	4:02.02	44.27	400m:	5:07.63	32.10	
4.	Joao Piteira, GAIOLAS				10	Nautico Marinha Grande					5:08.44	485	Q
	50m:	31.27	31.27	150m:	1:47.91	39.95	250m:	3:13.88	46.38	350m:	4:34.74	34.69	
	100m:	1:07.96	36.69	200m:	2:27.50	39.59	300m:	4:00.05	46.17	400m:	5:08.44	33.70	
5.	Rafael Pires, PARENTE				10	Academico de Viseu					5:08.52	485	Q
	50m:	30.85	30.85	150m:	1:44.86	39.63	250m:	3:09.68	45.61	350m:	4:33.08	37.38	
	100m:	1:05.23	34.38	200m:	2:24.07	39.21	300m:	3:55.70	46.02	400m:	5:08.52	35.44	
6.	Lucas Costa, JESUS				10	Nautico Marinha Grande					5:11.06	473	Q
	50m:	32.01	32.01	150m:	1:49.68	39.94	250m:	3:15.31	45.81	350m:	4:36.92	34.62	
	100m:	1:09.74	37.73	200m:	2:29.50	39.82	300m:	4:02.30	46.99	400m:	5:11.06	34.14	
7.	Afonso Ferreira, REIS				10	Nautico Marinha Grande					5:15.74	453	Q
	50m:	32.57	32.57	150m:	1:52.46	40.78	250m:	3:18.21	45.48	350m:	4:40.55	35.25	
	100m:	1:11.68	39.11	200m:	2:32.73	40.27	300m:	4:05.30	47.09	400m:	5:15.74	35.19	
8.	Afonso Jose, MIRANDA				11	Louzan Natacao/EFAPEL					5:16.63	449	Q
	50m:	32.75	32.75	150m:	1:52.28	42.91	250m:	3:18.88	44.64	350m:	4:42.14	37.59	
	100m:	1:09.37	36.62	200m:	2:34.24	41.96	300m:	4:04.55	45.67	400m:	5:16.63	34.49	
9.	Francisco Lourenco, PEDROSA				10	Nautico Marinha Grande					5:19.17	438	Q
	50m:	31.35	31.35	150m:	1:50.86	41.74	250m:	3:19.35	48.44	350m:	4:43.69	36.62	
	100m:	1:09.12	37.77	200m:	2:30.91	40.05	300m:	4:07.07	47.72	400m:	5:19.17	35.48	
10.	Martim Cruz, MOURA				11	CNLeiria - VOID					5:21.87	427	Q
	50m:	31.61	31.61	150m:	1:52.31	42.49	250m:	3:21.20	46.39	350m:	4:45.58	36.85	
	100m:	1:09.82	38.21	200m:	2:34.81	42.50	300m:	4:08.73	47.53	400m:	5:21.87	36.29	
11.	Vasco Sousa, LEMOS				11	Pimpoes/Cimai					5:24.70	416	R
	50m:	31.73	31.73	150m:	1:50.93	40.76	250m:	3:19.54	48.44	350m:	4:47.63	37.99	
	100m:	1:10.17	38.44	200m:	2:31.10	40.17	300m:	4:09.64	50.10	400m:	5:24.70	37.07	
12.	Tomas Manuel, PALMEIRO				10	Nautico Marinha Grande					5:26.29	410	R
	50m:	32.92	32.92	150m:	1:53.53	41.08	250m:	3:22.89	48.59	350m:			
	100m:	1:12.45	39.53	200m:	2:34.30	40.77	300m:	4:02.03	39.14	400m:	5:26.29		
13.	Francisco Marques, PEREIRA				11	Columbofila Cantanhedense					5:29.93	397	
	50m:	35.01	35.01	150m:	1:57.53	42.68	250m:	3:27.30	48.22	350m:	4:54.02	38.28	
	100m:	1:14.85	39.84	200m:	2:39.08	41.55	300m:	4:15.74	48.44	400m:	5:29.93	35.91	
14.	Andre Goncalo, MENDES				10	Natacao de Vagos					5:49.05	335	
	FTL												
	50m:	32.93	32.93	150m:	1:56.59	44.98	250m:	3:34.58	54.35	350m:	5:09.91	40.87	
	100m:	1:11.61	38.68	200m:	2:40.23	43.64	300m:	4:29.04	54.46	400m:	5:49.05	39.14	