

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

Prova 23
11/07/2026 - 16:40

Masc., 400m Estilos

15 anos e mais velhos
Resultados Final

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
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Juvenis A/B

1. Miguel Tomas, GOMES	10	Nautico Academico	4:55.81	550
50m: 30.47 30.47	150m: 1:43.00 38.08	250m: 3:06.25 46.23	350m: 4:23.74 33.82	
100m: 1:04.92 34.45	200m: 2:20.02 37.02	300m: 3:49.92 43.67	400m: 4:55.81 32.07	
2. Pedro Pereira, OLIVEIRA	11	Nautico Marinha Grande	4:57.96	539
50m: 30.93 30.93	150m: 1:44.17 37.70	250m: 3:04.86 44.37	350m: 4:24.44 34.71	
100m: 1:06.47 35.54	200m: 2:20.49 36.32	300m: 3:49.73 44.87	400m: 4:57.96 33.52	
3. Rafael Pires, PARENTE	10	Academico de Viseu	5:02.34	515
50m: 30.74 30.74	150m: 1:44.26 38.64	250m: 3:07.70 45.41	350m: 4:28.54 35.28	
100m: 1:05.62 34.88	200m: 2:22.29 38.03	300m: 3:53.26 45.56	400m: 5:02.34 33.80	
4. Afonso Ferreira, REIS	10	Nautico Marinha Grande	5:05.57	499
50m: 32.24 32.24	150m: 1:50.40 40.22	250m: 3:12.67 43.13	350m: 4:31.78 35.47	
100m: 1:10.18 37.94	200m: 2:29.54 39.14	300m: 3:56.31 43.64	400m: 5:05.57 33.79	
5. Joao Piteira, GAIOLAS	10	Nautico Marinha Grande	5:06.77	493
50m: 31.77 31.77	150m: 1:48.54 40.19	250m: 3:13.08 44.78	350m: 4:33.04 34.24	
100m: 1:08.35 36.58	200m: 2:28.30 39.76	300m: 3:58.80 45.72	400m: 5:06.77 33.73	
6. Vicente Abrantes, DIOGO	11	Columbofila Cantanhedense	5:06.85	493
50m: 32.78 32.78	150m: 1:52.59 41.01	250m: 3:16.33 45.18	350m: 4:34.35 33.85	
100m: 1:11.58 38.80	200m: 2:31.15 38.56	300m: 4:00.50 44.17	400m: 5:06.85 32.50	
7. Lucas Costa, JESUS	10	Nautico Marinha Grande	5:08.76	484
50m: 31.82 31.82	150m: 1:49.50 40.12	250m: 3:12.74 45.91	350m: 4:34.43 35.45	
100m: 1:09.38 37.56	200m: 2:26.83 37.33	300m: 3:58.98 46.24	400m: 5:08.76 34.33	
8. Afonso Jose, MIRANDA	11	Louzan Natacao/EFAPEL	5:10.42	476
50m: 32.50 32.50	150m: 1:51.87 42.57	250m: 3:15.71 42.22	350m: 4:36.15 36.56	
100m: 1:09.30 36.80	200m: 2:33.49 41.62	300m: 3:59.59 43.88	400m: 5:10.42 34.27	
9. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	5:18.57	441
50m: 31.54 31.54	150m: 1:48.42 40.46	250m: 3:16.58 49.68	350m: 4:42.87 37.59	
100m: 1:07.96 36.42	200m: 2:26.90 38.48	300m: 4:05.28 48.70	400m: 5:18.57 35.70	

Juniores A/B

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:42.63	631
50m: 30.55 30.55	150m: 1:41.09 36.51	250m: 2:58.27 41.59	350m: 4:11.49 31.59	
100m: 1:04.58 34.03	200m: 2:16.68 35.59	300m: 3:39.90 41.63	400m: 4:42.63 31.14	
2. Mikhael, ONUTSKYY	08	Pimpoes/Cimai	4:46.23	608
50m: 29.02 29.02	150m: 1:40.57 37.33	250m: 2:58.61 41.56	350m: 4:13.63 33.31	
100m: 1:03.24 34.22	200m: 2:17.05 36.48	300m: 3:40.32 41.71	400m: 4:46.23 32.60	
3. Paulo, KOT	09	Nautico Marinha Grande	4:55.35	553
50m: 30.62 30.62	150m: 1:43.19 38.03	250m: 3:05.64 45.72	350m: 4:23.60 33.01	
100m: 1:05.16 34.54	200m: 2:19.92 36.73	300m: 3:50.59 44.95	400m: 4:55.35 31.75	
4. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	4:59.63	530
50m: 29.17 29.17	150m: 1:41.24 39.68	250m: 3:06.39 46.14	350m: 4:25.16 32.70	
100m: 1:01.56 32.39	200m: 2:20.25 39.01	300m: 3:52.46 46.07	400m: 4:59.63 34.47	
5. Samuel Dinis, MAIA	08	Miranda do Corvo	5:03.77	508
50m: 30.91 30.91	150m: 1:47.58 40.26	250m: 3:09.44 42.98	350m: 4:28.63 36.16	
100m: 1:07.32 36.41	200m: 2:26.46 38.88	300m: 3:52.47 43.03	400m: 5:03.77 35.14	

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

Prova 23, Masc., 400m Estilos, Final, Juniores A/B

Lugar				Ano					Tempo final	Pts
6.	Rodrigo Cruz, COSTA			09	Sanjoanense/FEPSA				5:06.06	497
	50m:	30.24	30.24	150m:	1:46.70	41.49	250m:	3:11.32	43.68	350m: 4:31.81 35.70
	100m:	1:05.21	34.97	200m:	2:27.64	40.94	300m:	3:56.11	44.79	400m: 5:06.06 34.25
7.	Manuel Leite, AGUIAR			09	Sanjoanense/FEPSA				5:06.33	496
	50m:	30.75	30.75	150m:	1:46.09	39.87	250m:	3:11.06	46.09	350m: 4:32.40 35.01
	100m:	1:06.22	35.47	200m:	2:24.97	38.88	300m:	3:57.39	46.33	400m: 5:06.33 33.93
8.	Santiago Marques, GOMES			09	Ba Leiria / Sk Coffee				5:08.91	483
	50m:	31.16	31.16	150m:	1:49.71	41.46	250m:	3:13.57	45.02	350m: 4:34.13 35.39
	100m:	1:08.25	37.09	200m:	2:28.55	38.84	300m:	3:58.74	45.17	400m: 5:08.91 34.78
9.	Rodrigo Santos, COUTINHO			08	Pimpoes/Cimai				5:09.60	480
	50m:	29.76	29.76	150m:	1:45.88	40.87	250m:	3:12.52	47.08	350m: 4:34.62 36.15
	100m:	1:05.01	35.25	200m:	2:25.44	39.56	300m:	3:58.47	45.95	400m: 5:09.60 34.98

SEN/OPEN

1.	Lucas Pereira, BASTOS			00	Nautico Academico				4:46.13	608
	50m:	28.21	28.21	150m:	1:37.31	36.64	250m:	2:56.31	42.80	350m: 4:13.12 33.38
	100m:	1:00.67	32.46	200m:	2:13.51	36.20	300m:	3:39.74	43.43	400m: 4:46.13 33.01
2.	Luca Valentino, TONA			06	Pimpoes/Cimai				4:59.25	532
	50m:	29.53	29.53	150m:	1:44.04	41.23	250m:	3:08.10	43.73	350m: 4:27.69 39.34
	100m:	1:02.81	33.28	200m:	2:24.37	40.33	300m:	3:48.35	40.25	400m: 4:59.25 31.56
3.	Vidar Albert, JUNG				Nautico Marinha Grande				4:59.47	530
	50m:	30.38	30.38	150m:	1:45.40	40.58	250m:	3:09.86	45.82	350m: 4:28.30 33.85
	100m:	1:04.82	34.44	200m:	2:24.04	38.64	300m:	3:54.45	44.59	400m: 4:59.47 31.17
4.	Tiago Maia, PEREIRA			04	Galitos / Bresimar				5:00.53	525
	50m:	29.37	29.37	150m:	1:43.88	39.85	250m:	3:05.17	42.31	350m: 4:24.51 36.06
	100m:	1:04.03	34.66	200m:	2:22.86	38.98	300m:	3:48.45	43.28	400m: 5:00.53 36.02
5.	Pedro Souza, SILVA				Pimpoes/Cimai				5:14.04	460
	50m:	30.72	30.72	150m:	1:48.18	42.04	250m:	3:16.34	46.82	350m: 4:39.48 35.99
	100m:	1:06.14	35.42	200m:	2:29.52	41.34	300m:	4:03.49	47.15	400m: 5:14.04 34.56

DSQ Miguel Chagas, VICENTE Bombeiros de Ponta Delgada
7.6 - O atleta, ao finalizar o percurso de bruços, tocou com as mãos alternadamente na parede.

EXH	Tomas Manuel, PALMEIRO			10	Nautico Marinha Grande				5:13.27	463
	50m:	32.00	32.00	150m:	1:49.23	39.41	250m:	3:15.67	46.60	350m: 4:39.37 35.85
	100m:	1:09.82	37.82	200m:	2:29.07	39.84	300m:	4:03.52	47.85	400m: 5:13.27 33.90
EXH	Vasco Sousa, LEMOS			11	Pimpoes/Cimai				5:16.88	448
	50m:	31.83	31.83	150m:	1:48.55	39.46	250m:	3:15.91	48.05	350m: 4:41.56 36.38
	100m:	1:09.09	37.26	200m:	2:27.86	39.31	300m:	4:05.18	49.27	400m: 5:16.88 35.32
EXH	Francisco Marques, PEREIRA			11	Columbofila Cantanhedense				5:29.48	398
	50m:	35.46	35.46	150m:	1:58.32	43.96	250m:	3:28.19	47.64	350m: 4:54.68 38.18
	100m:	1:14.36	38.90	200m:	2:40.55	42.23	300m:	4:16.50	48.31	400m: 5:29.48 34.80