

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

Prova 2
09/07/2026 - 17:05

Masc., 400m Livres

15 anos e mais velhos

Resultados Final

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: AOUA 2025

Lugar	Ano								Tempo final	Pts		
Juvenis A/B												
1.	Hugo Ferreira, SILVA			11	Academica de Coimbra				4:14.32	647		
	50m:	29.51	29.51	150m:	1:33.08	31.96	250m:	2:38.24	32.55	350m:	3:43.23	32.40
	100m:	1:01.12	31.61	200m:	2:05.69	32.61	300m:	3:10.83	32.59	400m:	4:14.32	31.09
2.	Andre Ferreira, SANTOS			10	Academico de Viseu				4:19.46	610		
	50m:	29.51	29.51	150m:	1:33.89	32.50	250m:	2:39.21	32.60	350m:	3:46.18	33.28
	100m:	1:01.39	31.88	200m:	2:06.61	32.72	300m:	3:12.90	33.69	400m:	4:19.46	33.28
3.	Rodrigo Cardoso, TOMAS			10	Alcobaca				4:25.22	571		
	50m:	30.14	30.14	150m:	1:37.45	34.20	250m:	2:46.46	34.48	350m:	3:54.32	33.46
	100m:	1:03.25	33.11	200m:	2:11.98	34.53	300m:	3:20.86	34.40	400m:	4:25.22	30.90
4.	Rafael Costa, BASTOS			10	Sanjoanense/FEPSA				4:26.00	566		
	50m:	28.39	28.39	150m:	1:34.58	33.61	250m:	2:42.90	34.36	350m:	3:52.44	34.82
	100m:	1:00.97	32.58	200m:	2:08.54	33.96	300m:	3:17.62	34.72	400m:	4:26.00	33.56
5.	Dinis Goncalves, ARAUJO			10	Nautico Academico				4:27.19	558		
	50m:	29.59	29.59	150m:	1:35.19	33.05	250m:	2:43.86	34.48	350m:	3:53.91	34.53
	100m:	1:02.14	32.55	200m:	2:09.38	34.19	300m:	3:19.38	35.52	400m:	4:27.19	33.28
6.	Tiago Joao, OLAS			10	Academico de Viseu				4:27.36	557		
	50m:	30.26	30.26	150m:	1:37.71	34.07	250m:	2:47.12	34.59	350m:	3:55.24	33.77
	100m:	1:03.64	33.38	200m:	2:12.53	34.82	300m:	3:21.47	34.35	400m:	4:27.36	32.12
7.	Santiago Vagos, VALENTE			11	Galitos / Bresimar				4:29.81	542		
	50m:	29.62	29.62	150m:	1:37.40	34.59	250m:	2:47.30	34.81	350m:	3:56.72	35.15
	100m:	1:02.81	33.19	200m:	2:12.49	35.09	300m:	3:21.57	34.27	400m:	4:29.81	33.09
8.	Afonso Ferreira, REIS			10	Nautico Marinha Grande				4:33.33	521		
	50m:	30.56	30.56	150m:	1:38.88	35.16	250m:	2:48.94	35.26	350m:	3:58.82	35.54
	100m:	1:03.72	33.16	200m:	2:13.68	34.80	300m:	3:23.28	34.34	400m:	4:33.33	34.51
9.	Andre Filipe, COSTA			10	CASPAE				4:34.93	512		
	50m:	29.44	29.44	150m:	1:36.20	33.83	250m:	2:47.15	35.73	350m:	3:59.80	36.55
	100m:	1:02.37	32.93	200m:	2:11.42	35.22	300m:	3:23.25	36.10	400m:	4:34.93	35.13
10.	Rodrigo Miguel, MATIAS			10	Nautico Academico				4:43.27	468		
	50m:	30.15	30.15	150m:	1:39.25	35.19	250m:	2:52.34	36.21	350m:	4:06.63	36.52
	100m:	1:04.06	33.91	200m:	2:16.13	36.88	300m:	3:30.11	37.77	400m:	4:43.27	36.64

Juniores A/B

1.	Joao Nuno, GASPAR				09	Condeixa Clube					4:13.88	651
	50m:	28.32	28.32	150m:	1:32.20	32.23	250m:	2:36.97	32.28	350m:	3:42.79	32.87
	100m:	59.97	31.65	200m:	2:04.69	32.49	300m:	3:09.92	32.95	400m:	4:13.88	31.09
2.	Paulo, KOT				09	Nautico Marinha Grande					4:17.95	620
	50m:	30.06	30.06	150m:	1:36.03	33.31	250m:	2:41.16	32.26	350m:	3:46.45	32.44
	100m:	1:02.72	32.66	200m:	2:08.90	32.87	300m:	3:14.01	32.85	400m:	4:17.95	31.50
3.	Guilherme Simoes, SOUSA				08	Academica de Coimbra					4:21.29	597
	50m:	30.33	30.33	150m:	1:36.36	33.23	250m:	2:42.90	33.15	350m:	3:49.52	33.11
	100m:	1:03.13	32.80	200m:	2:09.75	33.39	300m:	3:16.41	33.51	400m:	4:21.29	31.77
4.	Goncalo Malha, NETO				09	Galitos / Bresimar					4:27.61	556
	50m:	29.96	29.96	150m:	1:36.40	33.19	250m:	2:44.28	33.41	350m:	3:53.79	34.57
	100m:	1:03.21	33.25	200m:	2:10.87	34.47	300m:	3:19.22	34.94	400m:	4:27.61	33.82

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

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

Lugar	Ano				Tempo final				Pts
5. Tiago Santos, POMBO	08				Alcobaca				4:28.60 550
50m: 30.73 30.73	150m: 1:39.21	34.62	250m: 2:48.63	35.04	350m: 3:56.59	33.96			
100m: 1:04.59 33.86	200m: 2:13.59	34.38	300m: 3:22.63	34.00	400m: 4:28.60	32.01			
6. Samuel Dinis, MAIA	08				Miranda do Corvo				4:30.27 539
50m: 29.19 29.19	150m: 1:36.06	33.66	250m: 2:45.43	34.74	350m: 3:56.28	35.55			
100m: 1:02.40 33.21	200m: 2:10.69	34.63	300m: 3:20.73	35.30	400m: 4:30.27	33.99			
7. Pedro Miguel, LEITAO	08				CASPAE				4:30.45 538
50m: 29.87 29.87	150m: 1:37.13	34.05	250m: 2:46.34	34.76	350m: 3:56.45	34.95			
100m: 1:03.08 33.21	200m: 2:11.58	34.45	300m: 3:21.50	35.16	400m: 4:30.45	34.00			
8. Jose Claudio, REIS	08				UD Oliveirense/FERSILVA				4:46.23 454
50m: 30.61 30.61	150m: 1:41.36	36.41	250m: 2:56.66	37.95	350m: 4:10.46	37.04			
100m: 1:04.95 34.34	200m: 2:18.71	37.35	300m: 3:33.42	36.76	400m: 4:46.23	35.77			
9. Alexandre, SHUBIN	09				Campinho				4:47.76 447
50m: 31.07 31.07	150m: 1:42.48	36.23	250m: 2:56.32	36.77	350m: 4:11.53	37.09			
100m: 1:06.25 35.18	200m: 2:19.55	37.07	300m: 3:34.44	38.12	400m: 4:47.76	36.23			

SEN/OPEN

1. Joao Ferreira, MARQUES	06				Academica de Coimbra				4:12.61 661
50m: 28.16 28.16	150m: 1:30.39	31.76	250m: 2:34.78	32.34	350m: 3:40.41	32.91			
100m: 58.63 30.47	200m: 2:02.44	32.05	300m: 3:07.50	32.72	400m: 4:12.61	32.20			
2. Alexandre Ramos, GONCALVES	05				Feirense				4:17.52 624
50m: 28.80 28.80	150m: 1:31.60	31.93	250m: 2:36.70	32.60	350m: 3:43.78	33.67			
100m: 59.67 30.87	200m: 2:04.10	32.50	300m: 3:10.11	33.41	400m: 4:17.52	33.74			
3. Antonio Pedro, MARTINS	05				Condeixa Clube				4:43.03 470
50m: 31.20 31.20	150m: 1:42.74	36.62	250m: 2:55.73	36.96	350m: 4:08.13	35.77			
100m: 1:06.12 34.92	200m: 2:18.77	36.03	300m: 3:32.36	36.63	400m: 4:43.03	34.90			
4. Vladyslav, BABUSHKIN					Nautico Marinha Grande				4:56.69 408
FTL									
50m: 30.26 30.26	150m: 1:43.57	37.80	250m: 3:01.39	39.20	350m: 4:19.42	38.89			
100m: 1:05.77 35.51	200m: 2:22.19	38.62	300m: 3:40.53	39.14	400m: 4:56.69	37.27			
EXH Martim Duarte, ROQUE	11				CNLeiria - VOID				4:28.95 547
50m: 30.38 30.38	150m: 1:38.13	34.05	250m: 2:46.61	34.23	350m: 3:55.66	34.62			
100m: 1:04.08 33.70	200m: 2:12.38	34.25	300m: 3:21.04	34.43	400m: 4:28.95	33.29			
EXH Bernardo Bento, DINIS	11				Condeixa Clube				4:29.73 543
50m: 30.85 30.85	150m: 1:38.46	34.38	250m: 2:47.04	34.57	350m: 3:56.27	34.95			
100m: 1:04.08 33.23	200m: 2:12.47	34.01	300m: 3:21.32	34.28	400m: 4:29.73	33.46			
EXH Tomas Figueiredo, BRANCO	10				Galitos / Bresimar				4:36.10 506
50m: 30.87 30.87	150m: 1:39.68	34.39	250m: 2:50.46	35.22	350m: 4:01.67	35.15			
100m: 1:05.29 34.42	200m: 2:15.24	35.56	300m: 3:26.52	36.06	400m: 4:36.10	34.43			
EXH Guilherme Rodrigues, CABRAL	10				Pimpoes/Cimai				4:38.78 491
50m: 30.05 30.05	150m: 1:38.96	34.85	250m: 2:50.89	35.71	350m: 4:03.25	35.54			
100m: 1:04.11 34.06	200m: 2:15.18	36.22	300m: 3:27.71	36.82	400m: 4:38.78	35.53			
EXH Afonso Jose, MIRANDA	11				Louzan Natacao/EFAPEL				4:38.86 491
50m: 32.78 32.78	150m: 1:43.14	35.19	250m: 2:54.02	35.37	350m: 4:04.66	35.38			
100m: 1:07.95 35.17	200m: 2:18.65	35.51	300m: 3:29.28	35.26	400m: 4:38.86	34.20			
EXH Daniel Nunes, FREITAS	11				Columbofila Cantanhedense				4:42.93 470
50m: 31.39 31.39	150m: 1:41.07	35.14	250m: 2:53.98	36.59	350m: 4:08.05	37.24			
100m: 1:05.93 34.54	200m: 2:17.39	36.32	300m: 3:30.81	36.83	400m: 4:42.93	34.88			