

Prova de Abertura de Categorias  
Benedita, 10 - 11/10/2026

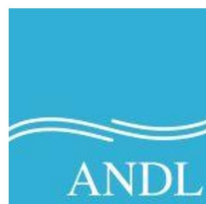
| Prova 6                      | Masc., 400m Livres |                          |         |                 | ABSOLUTOS  |
|------------------------------|--------------------|--------------------------|---------|-----------------|------------|
| 10/10/2026 - 17:37           |                    |                          |         |                 | Resultados |
| Recorde Distrital SEN        | 3:50.00            | César, FARIA             | ADBA    |                 | 10/12/2009 |
| Recorde Distrital 18         | 3:52.28            | Guilherme, PINA          | BSCN    |                 | 12/12/2015 |
| Recorde Distrital 17         | 3:57.62            | Miguel, DIOGO            | CNAL    |                 | 12/12/2009 |
| Recorde Distrital JUV A      | 4:05.38            | Tomás, OLIVEIRA          | DNMG    |                 | 13/12/2014 |
| Recorde Distrital JUV B      | 4:05.75            | Tomás, OLIVEIRA          | DNMG    |                 | 25/05/2014 |
| Recorde Distrital INF A      | 4:12.35            | André, RUIVO             | DNMG    |                 | 29/03/2014 |
| Recorde Distrital INF B      | 4:26.50            | André, RUIVO             | DNMG    |                 | 02/03/2013 |
| Recorde Distrital ABS        | 3:50.00            | César, FARIA             | ADBA    |                 | 10/12/2009 |
| Recordes Nacionais 25m Open  | 3:42.57            | Jose Paulo, LOPES        | POR     | Abu Dhabi (UAE) | 16/12/2021 |
| Recordes Nacionais 25m SEN   | 3:42.57            | Jose Paulo, LOPES        | POR     | Abu Dhabi (UAE) | 16/12/2021 |
| Recordes Nacionais 25m 18    | 3:50.52            | Adriano Miguel, NIZ      | CFV     | Fafe            | 26/06/2004 |
| Recordes Nacionais 25m 17    | 3:52.60            | Rui Silva, PEREIRA       | ADRCIMM | Tomar           | 14/12/2024 |
| Recordes Nacionais 25m JUV A | 3:58.45            | Rui Silva, PEREIRA       | ADRCIMM | Sines           | 17/12/2023 |
| Recordes Nacionais 25m JUV B | 4:01.42            | Rui Silva, PEREIRA       | POR     | Tomar           | 15/01/2023 |
| Recordes Nacionais 25m INF A | 4:12.35            | Andre Vilas, RUIVO       | DNMG    | Campo Maior     | 29/03/2014 |
| Recordes Nacionais 25m INF B | 4:21.95            | Pedro Fontoura, OLIVEIRA | CFB     | Santarém        | 04/04/2003 |

Pontos: AQUA 2026

| Lugar      | Ano                      |         |       |       |                       |       |       | Tempo final | Pts   |
|------------|--------------------------|---------|-------|-------|-----------------------|-------|-------|-------------|-------|
| Infantil B |                          |         |       |       |                       |       |       |             |       |
| 1.         | Tomas Santos, MATIAS     |         |       | 14    | Alcobaca              |       |       | 5:51.39     | 220   |
|            | 50m:                     | 38.71   | 38.71 | 150m: | 2:10.99               | 41.82 | 250m: | 3:42.39     | 45.15 |
|            | 100m:                    | 1:29.17 | 50.46 | 200m: | 2:56.96               | 45.97 | 300m: | 4:25.81     | 40.43 |
|            |                          |         |       |       |                       |       | 400m: | 5:51.39     |       |
| 2.         | Matheus Silva, SANTOS    |         |       | 14    | Pimpões               |       |       | 5:55.18     | 213   |
|            | 50m:                     | 38.08   | 38.08 | 150m: | 2:07.65               | 45.05 | 250m: | 3:39.09     | 45.76 |
|            | 100m:                    | 1:22.60 | 44.52 | 200m: | 2:53.50               | 45.85 | 300m: | 4:25.64     | 43.78 |
|            |                          |         |       |       |                       |       | 400m: | 5:55.18     |       |
| 3.         | Afonso Daniel, BRITO     |         |       | 14    | Pimpões               |       |       | 6:08.95     | 190   |
|            | 50m:                     | 41.41   | 41.41 | 150m: | 2:13.53               | 46.08 | 250m: | 3:44.12     | 46.82 |
|            | 100m:                    | 1:27.45 | 46.04 | 200m: | 3:01.45               | 47.92 | 300m: | 4:36.84     | 45.29 |
|            |                          |         |       |       |                       |       | 400m: | 6:08.95     |       |
| 4.         | Tymofii Chikov, PORADYUK |         |       | 14    | Alcobaca              |       |       | 6:12.75     | 184   |
|            | 50m:                     | 40.29   | 40.29 | 150m: | 2:14.54               | 47.07 | 250m: | 3:50.87     | 46.33 |
|            | 100m:                    | 1:27.47 | 47.18 | 200m: | 3:03.25               | 48.71 | 300m: | 4:40.00     | 46.42 |
|            |                          |         |       |       |                       |       | 400m: | 6:12.75     |       |
| 5.         | Simao, VIEIRA            |         |       | 14    | Alcobaca              |       |       | 6:33.80     | 156   |
|            | 50m:                     | 42.59   | 42.59 | 150m: | 2:24.03               | 50.58 | 250m: | 4:06.31     | 50.58 |
|            | 100m:                    | 1:33.45 | 50.86 | 200m: | 3:15.48               | 51.45 | 300m: | 4:57.48     | 45.74 |
|            |                          |         |       |       |                       |       | 400m: | 6:33.80     |       |
| 6.         | Martim Raminhos, SILVA   |         |       | 14    | Pimpões               |       |       | 6:34.50     | 155   |
|            | 50m:                     | 43.97   | 43.97 | 150m: | 2:26.90               | 51.50 | 250m: | 4:10.36     | 48.83 |
|            | 100m:                    | 1:35.40 | 51.43 | 200m: | 3:18.75               | 51.85 | 300m: | 5:01.28     | 44.39 |
|            |                          |         |       |       |                       |       | 400m: | 6:34.50     |       |
| 7.         | Bruno Miguel, POMBO      |         |       | 14    | Alcobaca              |       |       | 7:08.43     | 121   |
|            | 50m:                     | 48.50   | 48.50 | 150m: | 2:38.15               | 55.44 | 250m: | 4:28.18     | 55.86 |
|            | 100m:                    | 1:42.71 | 54.21 | 200m: | 3:32.34               | 54.19 | 300m: | 5:22.64     | 49.93 |
|            |                          |         |       |       |                       |       | 400m: | 7:08.43     |       |
| 8.         | Abdullo, TUYCHIEV        |         |       | 14    | Ba Leiria / Sk Coffee |       |       | 7:15.91     | 115   |
|            | 50m:                     | 45.88   | 45.88 | 150m: | 2:40.63               | 57.50 | 250m: | 4:32.45     | 57.57 |
|            | 100m:                    | 1:43.13 | 57.25 | 200m: | 3:34.88               | 54.25 | 300m: | 5:26.63     | 54.18 |
|            |                          |         |       |       |                       |       | 400m: | 7:15.91     | 45.96 |

**Infantil A**

|    |                       |         |       |       |         |                  |       |         |       |
|----|-----------------------|---------|-------|-------|---------|------------------|-------|---------|-------|
| 1. | Martim Mota, PATRICIO |         |       |       | 13      | Vieirense        |       |         |       |
|    | 50m:                  | 33.93   | 33.93 | 150m: | 1:51.33 | 38.81            | 250m: | 3:10.56 | 39.52 |
|    | 100m:                 | 1:12.52 | 38.59 | 200m: | 2:31.04 | 39.71            | 300m: | 3:48.68 | 38.12 |
|    |                       |         |       |       |         |                  | 400m: | 5:01.04 | 33.51 |
| 2. | Vladyslav, DVIRNYY    |         |       |       | 13      | Nucleo de Pombal |       |         |       |
|    | 50m:                  | 33.49   | 33.49 | 150m: | 1:51.17 | 39.43            | 250m: | 3:09.52 | 38.67 |
|    | 100m:                 | 1:11.74 | 38.25 | 200m: | 2:30.85 | 39.68            | 300m: | 3:49.10 | 39.58 |
|    |                       |         |       |       |         |                  | 400m: | 5:01.08 | 34.13 |



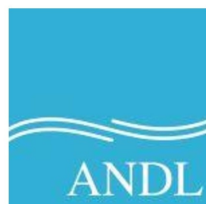
Prova de Abertura de Categorias  
Benedita, 10 - 11/10/2026

Prova 6, Masc., 400m Livres, Infantil A

| Lugar                                                                           | Ano                       | Tempo final | Pts |
|---------------------------------------------------------------------------------|---------------------------|-------------|-----|
| 3. Miguel, CAINAC                                                               | 13 Benedita               | 5:07.81     | 327 |
| 50m: 34.24 34.24 150m: 1:53.46 39.89 250m: 3:13.40 40.00 350m: 4:30.57 37.93    |                           |             |     |
| 100m: 1:13.57 39.33 200m: 2:33.40 39.94 300m: 3:52.64 39.24 400m: 5:07.81 37.24 |                           |             |     |
| 4. Ricardo Pereira, LOPES                                                       | 13 Nautico Marinha Grande | 5:12.22     | 314 |
| 50m: 35.21 35.21 150m: 1:54.23 39.90 250m: 3:14.32 40.49 350m: 4:34.46 40.18    |                           |             |     |
| 100m: 1:14.33 39.12 200m: 2:33.83 39.60 300m: 3:54.28 39.96 400m: 5:12.22 37.76 |                           |             |     |
| 5. Timur, MOLDERF                                                               | 13 Nautico Marinha Grande | 5:19.51     | 293 |
| 50m: 35.42 35.42 150m: 1:54.80 40.25 250m: 3:18.49 42.19 350m: 4:41.66 41.66    |                           |             |     |
| 100m: 1:14.55 39.13 200m: 2:36.30 41.50 300m: 4:00.00 41.51 400m: 5:19.51 37.85 |                           |             |     |
| 6. Estevao Esperanco, MOTA                                                      | 13 Ba Leiria / Sk Coffee  | 5:30.93     | 263 |
| 50m: 34.46 34.46 150m: 1:55.93 41.50 250m: 3:21.55 42.84 350m: 4:48.10 42.72    |                           |             |     |
| 100m: 1:14.43 39.97 200m: 2:38.71 42.78 300m: 4:05.38 43.83 400m: 5:30.93 42.83 |                           |             |     |
| 7. Duarte Antonio, CRUZ                                                         | 13 Benedita               | 5:39.10     | 245 |
| 50m: 36.77 36.77 150m: 2:01.03 43.04 250m: 3:28.57 44.05 350m: 4:57.25 44.73    |                           |             |     |
| 100m: 1:17.99 41.22 200m: 2:44.52 43.49 300m: 4:12.52 43.95 400m: 5:39.10 41.85 |                           |             |     |
| 8. David Jorge, MACHADO                                                         | 13 Vieiraense             | 5:44.09     | 234 |
| 50m: 39.21 39.21 150m: 2:05.16 43.92 250m: 3:36.24 44.03 350m: 5:03.24 43.20    |                           |             |     |
| 100m: 1:21.24 42.03 200m: 2:52.21 47.05 300m: 4:20.04 43.80 400m: 5:44.09 40.85 |                           |             |     |
| 9. Gabriel Silva, RIBEIRO                                                       | 13 Alcobaca               | 5:48.89     | 225 |
| 50m: 37.46 37.46 150m: 2:04.77 44.57 250m: 3:36.00 45.44 350m: 5:05.94 44.83    |                           |             |     |
| 100m: 1:20.20 42.74 200m: 2:50.56 45.79 300m: 4:21.11 45.11 400m: 5:48.89 42.95 |                           |             |     |
| 10. Tiago Jeronimo, ROLINHO                                                     | 13 Pimpões                | 6:26.19     | 166 |
| 50m: 43.48 43.48 150m: 2:20.91 48.82 250m: 4:01.16 50.18 350m: 5:39.16 49.00    |                           |             |     |
| 100m: 1:32.09 48.61 200m: 3:10.98 50.07 300m: 4:50.16 49.00 400m: 6:26.19 47.03 |                           |             |     |
| 11. Gustavo Andre, BATISTA                                                      | 13 Ba Leiria / Sk Coffee  | 6:45.23     | 143 |
| 50m: 43.43 43.43 150m: 2:23.61 51.44 250m: 4:08.95 53.15 350m: 5:54.29 52.28    |                           |             |     |
| 100m: 1:32.17 48.74 200m: 3:15.80 52.19 300m: 5:02.01 53.06 400m: 6:45.23 50.94 |                           |             |     |

Juvenil B

|                                                                                 |                           |         |     |
|---------------------------------------------------------------------------------|---------------------------|---------|-----|
| 1. Vasco Silvestre, ROCHA                                                       | 12 Nautico Marinha Grande | 4:34.03 | 464 |
| 50m: 30.56 30.56 150m: 1:39.18 34.90 250m: 2:49.53 35.49 350m: 4:00.28 35.44    |                           |         |     |
| 100m: 1:04.28 33.72 200m: 2:14.04 34.86 300m: 3:24.84 35.31 400m: 4:34.03 33.75 |                           |         |     |
| 2. Joao Daniel, SANTOS                                                          | 12 Alcobaca               | 4:40.31 | 434 |
| 50m: 28.41 28.41 150m: 1:39.94 36.99 250m: 2:53.03 36.54 350m: 4:06.06 36.28    |                           |         |     |
| 100m: 1:02.95 34.54 200m: 2:16.49 36.55 300m: 3:29.78 36.75 400m: 4:40.31 34.25 |                           |         |     |
| 3. Sebastian, PACHECO                                                           | 12 Naval de Peniche       | 4:52.79 | 380 |
| 50m: 32.11 32.11 150m: 1:45.34 37.31 250m: 3:01.73 38.39 350m: 4:19.06 38.72    |                           |         |     |
| 100m: 1:08.03 35.92 200m: 2:23.34 38.00 300m: 3:40.34 38.61 400m: 4:52.79 33.73 |                           |         |     |
| 4. Tomas Barata, ALVES                                                          | 12 Nautico Marinha Grande | 4:55.28 | 371 |
| 50m: 32.93 32.93 150m: 1:46.50 37.22 250m: 3:02.53 38.07 350m: 4:18.46 37.68    |                           |         |     |
| 100m: 1:09.28 36.35 200m: 2:24.46 37.96 300m: 3:40.78 38.25 400m: 4:55.28 36.82 |                           |         |     |
| 5. Goncalo Nunes, MORAIS                                                        | 12 Ba Leiria / Sk Coffee  | 4:58.44 | 359 |
| 50m: 33.79 33.79 150m: 1:48.97 38.33 250m: 3:05.65 38.47 350m: 4:22.37 37.91    |                           |         |     |
| 100m: 1:10.64 36.85 200m: 2:27.18 38.21 300m: 3:44.46 38.81 400m: 4:58.44 36.07 |                           |         |     |
| 6. Eduardo Manuel, FERREIRA                                                     | 12 Nucleo de Pombal       | 5:01.39 | 349 |
| 50m: 34.28 34.28 150m: 1:50.28 38.10 250m: 3:07.53 39.00 350m: 4:26.28 39.00    |                           |         |     |
| 100m: 1:12.18 37.90 200m: 2:28.53 38.25 300m: 3:47.28 39.75 400m: 5:01.39 35.11 |                           |         |     |



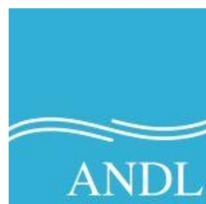
Prova de Abertura de Categorias  
Benedita, 10 - 11/10/2026

Prova 6, Masc., 400m Livres, Juvenil B

| Lugar                                                                           | Ano                       | Tempo final | Pts |
|---------------------------------------------------------------------------------|---------------------------|-------------|-----|
| 7. Tomas Vieira, FIGUEIREDO                                                     | 12 Alcobaca               | 5:03.22     | 342 |
| 50m: 35.75 35.75 150m: 1:47.97 37.78 250m: 3:05.83 39.25 350m: 4:25.22 39.67    |                           |             |     |
| 100m: 1:10.19 34.44 200m: 2:26.58 38.61 300m: 3:45.55 39.72 400m: 5:03.22 38.00 |                           |             |     |
| 8. Joao Pedro, BELO                                                             | 12 Nautico Marinha Grande | 5:13.02     | 311 |
| 50m: 34.94 34.94 150m: 1:54.37 40.53 250m: 3:14.87 40.53 350m: 4:34.19 39.50    |                           |             |     |
| 100m: 1:13.84 38.90 200m: 2:34.34 39.97 300m: 3:54.69 39.82 400m: 5:13.02 38.83 |                           |             |     |
| 9. Duarte Costa, MADEIRA                                                        | 12 Alcobaca               | 5:15.25     | 305 |
| 50m: 33.82 33.82 150m: 1:52.65 39.93 250m: 3:14.65 41.18 350m: 4:36.86 40.96    |                           |             |     |
| 100m: 1:12.72 38.90 200m: 2:33.47 40.82 300m: 3:55.90 41.25 400m: 5:15.25 38.39 |                           |             |     |
| 10. Gabriel Sousa, GOMES                                                        | 12 Óbidos Criativa        | 5:15.99     | 303 |
| 50m: 36.75 36.75 150m: 1:57.19 40.57 250m: 3:17.48 40.62 350m: 4:38.04 39.76    |                           |             |     |
| 100m: 1:16.62 39.87 200m: 2:36.86 39.67 300m: 3:58.28 40.80 400m: 5:15.99 37.95 |                           |             |     |
| 11. Joao Maria, TEMPERO                                                         | 12 Pimpões                | 5:23.34     | 282 |
| 50m: 36.71 36.71 150m: 1:59.14 41.57 250m: 3:23.09 41.50 350m: 4:44.42 40.11    |                           |             |     |
| 100m: 1:17.57 40.86 200m: 2:41.59 42.45 300m: 4:04.31 41.22 400m: 5:23.34 38.92 |                           |             |     |
| 12. Ruben Jose, FERREIRA                                                        | 12 CNLeiria - VOID        | 5:25.57     | 277 |
| 50m: 37.07 37.07 150m: 1:55.71 38.79 250m: 3:21.14 41.50 350m: 4:46.74 42.67    |                           |             |     |
| 100m: 1:16.92 39.85 200m: 2:39.64 43.93 300m: 4:04.07 42.93 400m: 5:25.57 38.83 |                           |             |     |
| 13. Miguel Sales, ERVILHA                                                       | 12 CNLeiria - VOID        | 5:29.61     | 267 |
| 50m: 36.47 36.47 150m: 2:00.36 42.25 250m: 3:25.03 42.17 350m: 4:50.61 40.96    |                           |             |     |
| 100m: 1:18.11 41.64 200m: 2:42.86 42.50 300m: 4:09.65 44.62 400m: 5:29.61 39.00 |                           |             |     |

Juvenil A

|                                                                                 |                           |         |     |
|---------------------------------------------------------------------------------|---------------------------|---------|-----|
| 1. Vidar Albert, JUNG                                                           | 11 Nautico Marinha Grande | 4:14.87 | 577 |
| 50m: 28.38 28.38 150m: 1:33.09 32.90 250m: 2:39.24 33.01 350m: 3:44.41 31.60    |                           |         |     |
| 100m: 1:00.19 31.81 200m: 2:06.23 33.14 300m: 3:12.81 33.57 400m: 4:14.87 30.46 |                           |         |     |
| 2. Pedro Pereira, OLIVEIRA                                                      | 11 Nautico Marinha Grande | 4:23.66 | 521 |
| 50m: 29.05 29.05 150m: 1:34.66 33.40 250m: 2:43.37 34.64 350m: 3:51.16 33.86    |                           |         |     |
| 100m: 1:01.26 32.21 200m: 2:08.73 34.07 300m: 3:17.30 33.93 400m: 4:23.66 32.50 |                           |         |     |
| 3. Martim Duarte, ROQUE                                                         | 11 CNLeiria - VOID        | 4:23.93 | 520 |
| 50m: 29.28 29.28 150m: 1:35.40 33.54 250m: 2:42.78 33.28 350m: 3:50.57 33.60    |                           |         |     |
| 100m: 1:01.86 32.58 200m: 2:09.50 34.10 300m: 3:16.97 34.19 400m: 4:23.93 33.36 |                           |         |     |
| 4. Martim Cruz, MOURA                                                           | 11 CNLeiria - VOID        | 4:43.56 | 419 |
| 50m: 31.92 31.92 150m: 1:42.95 35.57 250m: 2:55.10 35.75 350m: 4:08.20 36.82    |                           |         |     |
| 100m: 1:07.38 35.46 200m: 2:19.35 36.40 300m: 3:31.38 36.28 400m: 4:43.56 35.36 |                           |         |     |
| 5. Tomas Alves, ROCHA                                                           | 11 Pimpões                | 5:06.90 | 330 |
| 50m: 34.28 34.28 150m: 1:52.97 39.29 250m: 3:11.18 38.46 350m: 4:29.75 39.53    |                           |         |     |
| 100m: 1:13.68 39.40 200m: 2:32.72 39.75 300m: 3:50.22 39.04 400m: 5:06.90 37.15 |                           |         |     |
| 6. Miguel Nunes, DIAS                                                           | 11 CNLeiria - VOID        | 5:08.65 | 325 |
| 50m: 34.22 34.22 150m: 1:52.40 40.18 250m: 3:12.25 39.92 350m: 4:32.42 40.63    |                           |         |     |
| 100m: 1:12.22 38.00 200m: 2:32.33 39.93 300m: 3:51.79 39.54 400m: 5:08.65 36.23 |                           |         |     |
| 7. Diego Rodrigues, MENDES                                                      | 11 Ba Leiria / Sk Coffee  | 5:09.56 | 322 |
| 50m: 35.25 35.25 150m: 1:53.86 39.75 250m: 3:13.28 37.00 350m: 4:32.64 39.83    |                           |         |     |
| 100m: 1:14.11 38.86 200m: 2:36.28 42.42 300m: 3:52.81 39.53 400m: 5:09.56 36.92 |                           |         |     |
| 8. Simao Pedro, MARQUES                                                         | 11 Uniao Juncalense       | 5:15.31 | 305 |
| 50m: 33.96 33.96 150m: 1:53.07 39.83 250m: 3:13.81 40.74 350m: 4:35.14 40.07    |                           |         |     |
| 100m: 1:13.24 39.28 200m: 2:33.07 40.00 300m: 3:55.07 41.26 400m: 5:15.31 40.17 |                           |         |     |



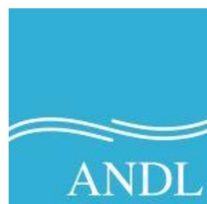
Prova de Abertura de Categorias  
Benedita, 10 - 11/10/2026

Prova 6, Masc., 400m Livres, Juvenil A

| Lugar                                                                           | Ano | Tempo final           | Pts         |
|---------------------------------------------------------------------------------|-----|-----------------------|-------------|
| 9. Eduardo Martim, CARMO                                                        | 11  | Óbidos Criativa       | 5:16.28 302 |
| 50m: 33.83 33.83 150m: 1:50.94 39.89 250m: 3:13.30 41.65 350m: 4:37.56 42.31    |     |                       |             |
| 100m: 1:11.05 37.22 200m: 2:31.65 40.71 300m: 3:55.25 41.95 400m: 5:16.28 38.72 |     |                       |             |
| 10. Duarte Henriques, MONTEIRO                                                  | 11  | CNLeiria - VOID       | 5:23.36 282 |
| 50m: 34.43 34.43 150m: 1:55.03 40.85 250m: 3:16.40 41.43 350m: 4:48.47 49.61    |     |                       |             |
| 100m: 1:14.18 39.75 200m: 2:34.97 39.94 300m: 3:58.86 42.46 400m: 5:23.36 34.89 |     |                       |             |
| 11. Valentim Antonio, PEREIRA                                                   | 11  | CNLeiria - VOID       | 5:26.30 275 |
| 50m: 36.59 36.59 150m: 1:59.05 41.89 250m: 3:23.23 42.27 350m: 4:47.97 42.10    |     |                       |             |
| 100m: 1:17.16 40.57 200m: 2:40.96 41.91 300m: 4:05.87 42.64 400m: 5:26.30 38.33 |     |                       |             |
| 12. Pedro Ferreira, FERNANDES                                                   | 11  | CNLeiria - VOID       | 5:27.12 273 |
| 50m: 35.75 35.75 150m: 1:59.22 42.35 250m: 3:24.50 41.95 350m: 4:48.62 41.25    |     |                       |             |
| 100m: 1:16.87 41.12 200m: 2:42.55 43.33 300m: 4:07.37 42.87 400m: 5:27.12 38.50 |     |                       |             |
| 13. Tiago Alexandre, GOMES                                                      | 11  | CNLeiria - VOID       | 5:29.62 266 |
| 50m: 36.68 36.68 150m: 2:02.23 43.28 250m: 3:26.43 42.11 350m: 4:50.59 41.86    |     |                       |             |
| 100m: 1:18.95 42.27 200m: 2:44.32 42.09 300m: 4:08.73 42.30 400m: 5:29.62 39.03 |     |                       |             |
| 14. Asabdek, TUYCHIEV                                                           | 11  | Ba Leiria / Sk Coffee | 5:42.28 238 |
| 50m: 36.31 36.31 150m: 1:59.20 42.11 250m: 3:25.96 43.90 350m: 4:57.63 46.27    |     |                       |             |
| 100m: 1:17.09 40.78 200m: 2:42.06 42.86 300m: 4:11.36 45.40 400m: 5:42.28 44.65 |     |                       |             |

Junior

|                                                                                 |    |                        |             |
|---------------------------------------------------------------------------------|----|------------------------|-------------|
| 1. Paulo, KOT                                                                   | 09 | Nautico Marinha Grande | 4:08.39 623 |
| 50m: 28.96 28.96 150m: 1:30.14 31.08 250m: 2:34.28 32.24 350m: 3:38.28 31.42    |    |                        |             |
| 100m: 59.06 30.10 200m: 2:02.04 31.90 300m: 3:06.86 32.58 400m: 4:08.39 30.11   |    |                        |             |
| 2. Guilherme Meireles, MARRAZES                                                 | 09 | Nautico Marinha Grande | 4:14.87 577 |
| 50m: 29.73 29.73 150m: 1:34.55 32.54 250m: 2:40.53 32.85 350m: 3:44.07 31.44    |    |                        |             |
| 100m: 1:02.01 32.28 200m: 2:07.68 33.13 300m: 3:12.63 32.10 400m: 4:14.87 30.80 |    |                        |             |
| 3. Afonso Ferreira, REIS                                                        | 10 | Nautico Marinha Grande | 4:19.53 546 |
| 50m: 28.89 28.89 150m: 1:33.11 32.61 250m: 2:39.14 33.36 350m: 3:46.31 33.50    |    |                        |             |
| 100m: 1:00.50 31.61 200m: 2:05.78 32.67 300m: 3:12.81 33.67 400m: 4:19.53 33.22 |    |                        |             |
| 4. Tomas Pascoal, FERREIRA                                                      | 09 | Ba Leiria / Sk Coffee  | 4:20.06 543 |
| 50m: 29.75 29.75 150m: 1:34.71 32.65 250m: 2:41.18 33.32 350m: 3:46.89 33.18    |    |                        |             |
| 100m: 1:02.06 32.31 200m: 2:07.86 33.15 300m: 3:13.71 32.53 400m: 4:20.06 33.17 |    |                        |             |
| 5. Rodrigo Cardoso, TOMAS                                                       | 10 | Alcobaca               | 4:22.37 529 |
| 50m: 29.01 29.01 150m: 1:34.80 33.09 250m: 2:41.65 34.51 350m: 3:50.18 34.41    |    |                        |             |
| 100m: 1:01.71 32.70 200m: 2:07.14 32.34 300m: 3:15.77 34.12 400m: 4:22.37 32.19 |    |                        |             |
| 6. Antonio Antunes, JORGE                                                       | 10 | Alcobaca               | 4:26.87 503 |
| 50m: 28.85 28.85 150m: 1:35.03 33.33 250m: 2:43.03 34.11 350m: 3:50.17 32.79    |    |                        |             |
| 100m: 1:01.70 32.85 200m: 2:08.92 33.89 300m: 3:17.38 34.35 400m: 4:26.87 36.70 |    |                        |             |
| 7. Santiago Marques, GOMES                                                      | 09 | Ba Leiria / Sk Coffee  | 4:28.41 494 |
| 50m: 28.89 28.89 150m: 1:35.06 33.75 250m: 2:44.19 39.75 350m: 3:54.96 40.23    |    |                        |             |
| 100m: 1:01.31 32.42 200m: 2:04.44 29.38 300m: 3:14.73 30.54 400m: 4:28.41 33.45 |    |                        |             |
| 8. Joao Piteira, GAIOLAS                                                        | 10 | Nautico Marinha Grande | 4:29.37 489 |
| 50m: 29.44 29.44 150m: 1:35.16 33.57 250m: 2:44.44 34.82 350m: 3:55.12 35.57    |    |                        |             |
| 100m: 1:01.59 32.15 200m: 2:09.62 34.46 300m: 3:19.55 35.11 400m: 4:29.37 34.25 |    |                        |             |
| 9. Tomas Manuel, PALMEIRO                                                       | 10 | Nautico Marinha Grande | 4:32.62 471 |
| 50m: 29.50 29.50 150m: 1:36.15 33.85 250m: 2:46.05 35.15 350m: 3:57.44 36.00    |    |                        |             |
| 100m: 1:02.30 32.80 200m: 2:10.90 34.75 300m: 3:21.44 35.39 400m: 4:32.62 35.18 |    |                        |             |



Prova de Abertura de Categorias  
Benedita, 10 - 11/10/2026

Prova 6, Masc., 400m Livres, Junior

| Lugar                                                                           | Ano                       | Tempo final | Pts |
|---------------------------------------------------------------------------------|---------------------------|-------------|-----|
| 10. David Ferrador, PEREIRA                                                     | 09 Nucleo de Pombal       | 4:36.92     | 450 |
| 50m: 30.83 30.83 150m: 1:40.25 35.13 250m: 2:50.62 35.13 350m: 4:02.81 35.97    |                           |             |     |
| 100m: 1:05.12 34.29 200m: 2:15.49 35.24 300m: 3:26.84 36.22 400m: 4:36.92 34.11 |                           |             |     |
| 11. Francisco Lourenco, PEDROSA                                                 | 10 Nautico Marinha Grande | 4:36.95     | 450 |
| 50m: 31.48 31.48 150m: 1:41.45 35.39 250m: 2:52.73 35.60 350m: 4:03.38 35.22    |                           |             |     |
| 100m: 1:06.06 34.58 200m: 2:17.13 35.68 300m: 3:28.16 35.43 400m: 4:36.95 33.57 |                           |             |     |
| 12. Lucas Costa, JESUS                                                          | 10 Nautico Marinha Grande | 4:38.28     | 443 |
| 50m: 30.53 30.53 150m: 1:39.78 35.07 250m: 2:50.53 35.22 350m: 4:02.61 36.36    |                           |             |     |
| 100m: 1:04.71 34.18 200m: 2:15.31 35.53 300m: 3:26.25 35.72 400m: 4:38.28 35.67 |                           |             |     |
| 13. Xinyang, CHENG                                                              | 09 Nautico Marinha Grande | 4:39.32     | 438 |
| 50m: 30.34 30.34 150m: 1:38.38 34.75 250m: 2:49.48 35.82 350m: 4:02.63 36.75    |                           |             |     |
| 100m: 1:03.63 33.29 200m: 2:13.66 35.28 300m: 3:25.88 36.40 400m: 4:39.32 36.69 |                           |             |     |
| 14. Francisco Antonio, SIMOES                                                   | 10 Ba Leiria / Sk Coffee  | 4:39.66     | 437 |
| 50m: 32.59 32.59 150m: 1:43.55 35.86 250m: 2:56.22 36.38 350m: 4:06.59 34.90    |                           |             |     |
| 100m: 1:07.69 35.10 200m: 2:19.84 36.29 300m: 3:31.69 35.47 400m: 4:39.66 33.07 |                           |             |     |
| 15. Martim Alexandre, MESQUITA                                                  | 09 Nautico Marinha Grande | 4:47.56     | 402 |
| 50m: 28.76 28.76 150m: 1:37.18 35.97 250m: 2:48.84 35.91 350m: 4:02.45 37.75    |                           |             |     |
| 100m: 1:01.21 32.45 200m: 2:12.93 35.75 300m: 3:24.70 35.86 400m: 4:47.56 45.11 |                           |             |     |
| 16. Pedro Fonseca, OLIVEIRA                                                     | 09 Nautico Marinha Grande | 4:49.71     | 393 |
| 50m: 31.42 31.42 150m: 1:41.64 35.75 250m: 2:56.14 37.33 350m: 4:12.57 38.33    |                           |             |     |
| 100m: 1:05.89 34.47 200m: 2:18.81 37.17 300m: 3:34.24 38.10 400m: 4:49.71 37.14 |                           |             |     |
| 17. Afonso Matos, CORREIA                                                       | 09 Nucleo de Pombal       | 4:52.49     | 382 |
| 50m: 31.89 31.89 150m: 1:47.71 42.43 250m: 3:02.74 36.67 350m: 4:17.57 37.73    |                           |             |     |
| 100m: 1:05.28 33.39 200m: 2:26.07 38.36 300m: 3:39.84 37.10 400m: 4:52.49 34.92 |                           |             |     |
| 18. Vladyslav, BABUSHKIN                                                        | 09 Nautico Marinha Grande | 4:58.53     | 359 |
| 50m: 31.48 31.48 150m: 1:45.46 37.50 250m: 3:04.98 40.80 350m: 4:20.53 38.97    |                           |             |     |
| 100m: 1:07.96 36.48 200m: 2:24.18 38.72 300m: 3:41.56 36.58 400m: 4:58.53 38.00 |                           |             |     |
| 19. Alexandre Afonso, SANTOS                                                    | 09 Uniao Juncalense       | 5:17.20     | 299 |
| 50m: 34.56 34.56 150m: 1:54.41 40.43 250m: 3:16.63 41.57 350m: 4:40.16 41.46    |                           |             |     |
| 100m: 1:13.98 39.42 200m: 2:35.06 40.65 300m: 3:58.70 42.07 400m: 5:17.20 37.04 |                           |             |     |

Senior

|                                                                                 |                           |         |     |
|---------------------------------------------------------------------------------|---------------------------|---------|-----|
| 1. David Ferreira, RELVAS                                                       | 03 Nautico Marinha Grande | 4:09.31 | 617 |
| 50m: 27.50 27.50 150m: 1:28.71 31.28 250m: 2:31.71 31.65 350m: 3:37.18 32.82    |                           |         |     |
| 100m: 57.43 29.93 200m: 2:00.06 31.35 300m: 3:04.36 32.65 400m: 4:09.31 32.13   |                           |         |     |
| 2. Leonardo Jose, CRUZ                                                          | 07 Alcobaca               | 4:17.92 | 557 |
| 50m: 28.39 28.39 150m: 1:34.45 32.61 250m: 2:40.09 32.78 350m: 3:45.92 32.85    |                           |         |     |
| 100m: 1:01.84 33.45 200m: 2:07.31 32.86 300m: 3:13.07 32.98 400m: 4:17.92 32.00 |                           |         |     |
| 3. Rodrigo Santos, COUTINHO                                                     | 08 Pimpões                | 4:31.51 | 477 |
| 50m: 30.12 30.12 150m: 1:39.44 34.75 250m: 2:48.73 34.71 350m: 3:58.34 34.68    |                           |         |     |
| 100m: 1:04.69 34.57 200m: 2:14.02 34.58 300m: 3:23.66 34.93 400m: 4:31.51 33.17 |                           |         |     |
| 4. Joao Moura, FRANCISCO                                                        | 07 CNLeiria - VOID        | 4:39.53 | 437 |
| 50m: 29.56 29.56 150m: 1:38.81 35.78 250m: 2:50.81 35.85 350m: 4:03.43 36.37    |                           |         |     |
| 100m: 1:03.03 33.47 200m: 2:14.96 36.15 300m: 3:27.06 36.25 400m: 4:39.53 36.10 |                           |         |     |