Prova 10 — Masc., 400m Livres — Absolutos
24/10/2026 - 11:16 — Resultados

RN 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN 25m SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN 25m JUN 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
RN 25m JUN 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
RN 25m JUV A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
RN 25m JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
RN 25m INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
RN 25m INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
1.	Bernardo Vieira, BARATA	12	214837	Juventude Atlantico Clube		**4:25.38**	18,00
2.	Rodrigo Cruz, COSTA	09	208168	Associacao Desportiva Sanjoane	+0,78	**4:26.41**	16,00
	50m: 30.22 (30.22) 150m: 1:38.12 (34.63) 250m: 2:46.24 (34.31) 350m: 3:54.29 (33.52)						
	100m: 1:03.49 (33.27) 200m: 2:11.93 (33.81) 300m: 3:20.77 (34.53) 400m: 4:26.41 (32.12)						
3.	Tiago Frazao, BARRA	10	214568	Rio Maior		**4:26.75**	15,00
	50m: 30.53 (30.53) 150m: 1:38.07 (34.26) 250m: 2:47.06 (34.53) 350m: 3:55.06 (33.86)						
	100m: 1:03.81 (33.28) 200m: 2:12.53 (34.46) 300m: 3:21.20 (34.14) 400m: 4:26.75 (31.69)						
4.	Jorge Mare, MEDEIROS	08	208507	Clube Naval de Ponta Delgada		**4:27.40**	14,00
5.	Tiago Romaneiro, JANEIRINHO	10	208921	Aminata		**4:28.49**	13,00
	50m: 30.71 (30.71) 150m: 1:38.21 (34.11) 250m: 2:47.20 (34.54) 350m: 3:57.57 (34.99)						
	100m: 1:04.10 (33.39) 200m: 2:12.66 (34.45) 300m: 3:22.58 (35.38) 400m: 4:28.49 (30.92)						
6.	Pedro Miguel, LEITAO	08	218678	Caspae	+0,64	**4:31.31**	12,00
	50m: 30.22 (30.22) 150m: 1:38.19 (34.52) 250m: 2:47.42 (34.74) 350m: 3:57.05 (35.01)						
	100m: 1:03.67 (33.45) 200m: 2:12.68 (34.49) 300m: 3:22.04 (34.62) 400m: 4:31.31 (34.26)						
7.	Samuel Andre, MARIANO	02	132931	Litoral Alentejano	+0,77	**4:35.09**	11,00
	50m: 30.58 (30.58) 150m: 1:38.55 (34.17) 250m: 2:48.36 (35.09) 350m: 4:00.23 (35.90)						
	100m: 1:04.38 (33.80) 200m: 2:13.27 (34.72) 300m: 3:24.33 (35.97) 400m: 4:35.09 (34.86)						
8.	Santiago Nicolau, CABRAL	10	215565	Clube Desportivo Escolar de Ag		**4:36.32**	10,00
9.	Diogo Silveira, VIEIRA	01	117666	Naval da Horta		**4:40.42**	9,00
10.	Andrey, PONOMAROV	10	217159	CPCD Póvoa de Santa Iria	+0,58	**4:43.00**	8,00
	50m: 31.30 (31.30) 150m: 1:41.79 (35.65) 250m: 2:54.95 (36.53) 350m: 4:08.09 (36.46)						
	100m: 1:06.14 (34.84) 200m: 2:18.42 (36.63) 300m: 3:31.63 (36.68) 400m: 4:43.00 (34.91)						
11.	Daniel Pedro, OLIVEIRA	11	219589	Sporting Clube de Aveiro		**4:44.43**	7,00
	50m: 31.29 (31.29) 150m: 1:42.05 (35.69) 250m: 2:54.98 (36.10) 350m: 4:08.56 (36.85)						
	100m: 1:06.36 (35.07) 200m: 2:18.88 (36.83) 300m: 3:31.71 (36.73) 400m: 4:44.43 (35.87)						
12.	David Sousa, SPINOLA	11	213260	Núcleo Sporting		**4:53.83**	6,00
13.	Pedro Isidoro, ARSENIO	09	208007	Aljustrelense	+0,68	**4:53.96**	5,00
	50m: 30.81 (30.81) 150m: 1:42.32 (36.22) 250m: 2:59.03 (39.10) 350m: 4:15.66 (38.38)						
	100m: 1:06.10 (35.29) 200m: 2:19.93 (37.61) 300m: 3:37.28 (38.25) 400m: 4:53.96 (38.30)						
14.	Afonso Ferreira, FILIPE	10	214552	CCDSerta	+0,72	**4:56.77**	4,00
	50m: 32.59 (32.59) 150m: 1:45.80 (37.27) 250m: 3:02.49 (38.73) 350m: 4:20.26 (38.56)						
	100m: 1:08.53 (35.94) 200m: 2:23.76 (37.96) 300m: 3:41.70 (39.21) 400m: 4:56.77 (36.51)						
15.	Joao Pedro, GIL	98	111460	Eléctrico	+0,52	**5:17.17**	3,00
	50m: 31.91 (31.91) 150m: 1:46.56 (38.34) 250m: 3:08.17 (41.55) 350m: 4:34.13 (43.36)						
	100m: 1:08.22 (36.31) 200m: 2:26.62 (40.06) 300m: 3:50.77 (42.60) 400m: 5:17.17 (43.04)						
16.	Afonso Ferreira, CRUZ	12	211280	CLAC-Entroncamento		**5:22.02**	2,00
	50m: 34.85 (34.85) 150m: 1:54.93 (41.22) 250m: 3:19.80 (42.78) 350m: 4:43.71 (41.78)						
	100m: 1:13.71 (38.86) 200m: 2:37.02 (42.09) 300m: 4:01.93 (42.13) 400m: 5:22.02 (38.31)						
EXH	Diogo Sardinha, BRITO	13	217027	Alpha Infiniti Athlete	+0,53	**5:40.28**	- -
	50m: 39.00 (39.00) 150m: 2:05.27 (43.72) 250m: 3:33.67 (44.14) 350m: 5:00.62 (42.90)						
	100m: 1:21.55 (42.55) 200m: 2:49.53 (44.26) 300m: 4:17.72 (44.05) 400m: 5:40.28 (39.66)						