Prova 15 — Masc., 400m Livres — Absolutos
14/11/2026 - 17:10 — Resultados

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 Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Recordes Nacionais 25m Jun 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
Recordes Regionais 25m Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais 25m Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais 25m Jun 18	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais 25m Jun 17	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais 25m Juv A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais 25m Juv B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais 25m Inf A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais 25m Inf B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: AQUA 2025

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA	Pts
1.	Gustavo Carvalhais, RIBEIRO	24	121864	Benfica	**3:57.84**	710	-
	50m: 26.72 26.72 150m: 1:25.05 29.54 250m: 2:25.90 30.41 350m: 3:27.36 30.67						
	100m: 55.51 28.79 200m: 1:55.49 30.44 300m: 2:56.69 30.79 400m: 3:57.84 30.48						
2.	Carlos, ORTIZ MARTINEZ	23	228860	Louletano / Loule Aqui e Agora	**4:04.65**	652	-
	50m: 28.16 28.16 150m: 1:30.09 31.15 250m: 2:32.27 31.05 350m: 3:34.64 31.09						
	100m: 58.94 30.78 200m: 2:01.22 31.13 300m: 3:03.55 31.28 400m: 4:04.65 30.01						
3.	Axel Guedes, ASMAR	20	207810	Sporting	**4:05.11**	649	-
	50m: 28.19 28.19 150m: 1:29.87 31.03 250m: 2:32.23 31.09 350m: 3:34.94 31.53						
	100m: 58.84 30.65 200m: 2:01.14 31.27 300m: 3:03.41 31.18 400m: 4:05.11 30.17						
4.	Santiago Agostinho, PARREIRA	18	209481	S.I.R. Os Pimpoes	**4:05.40**	647	-
	50m: 28.48 28.48 150m: 1:30.90 31.43 250m: 2:34.09 31.26 350m: 3:36.14 30.09						
	100m: 59.47 30.99 200m: 2:02.83 31.93 300m: 3:06.05 31.96 400m: 4:05.40 29.26						
5.	Ignacio, NAVARRO SASTRE	21	0000010	Club Natación Mairena	**4:07.71**	629	-
	50m: 28.12 28.12 150m: 1:30.96 31.67 250m: 2:34.07 31.62 350m: 3:37.24 31.25						
	100m: 59.29 31.17 200m: 2:02.45 31.49 300m: 3:05.99 31.92 400m: 4:07.71 30.47						
6.	Diogo Damasceno, REIS	18	151317	Sporting	**4:09.34**	616	-
	50m: 28.30 28.30 150m: 1:30.62 31.26 250m: 2:33.92 31.66 350m: 3:38.03 32.20						
	100m: 59.36 31.06 200m: 2:02.26 31.64 300m: 3:05.83 31.91 400m: 4:09.34 31.31						
7.	Roberto, CALDERON MONTENEGRO	25	80168413G	Club Navial	**4:10.52**	608	-
	50m: 27.29 27.29 150m: 1:30.65 32.36 250m: 2:35.26 32.06 350m: 3:38.61 31.31						
	100m: 58.29 31.00 200m: 2:03.20 32.55 300m: 3:07.30 32.04 400m: 4:10.52 31.91						
8.	Francisco Guilherme, MIRANDA	19	206796	Naval Do Funchal	**4:11.32**	602	-
	50m: 28.30 28.30 150m: 1:30.98 31.67 250m: 2:35.44 32.19 350m: 3:40.30 32.36						
	100m: 59.31 31.01 200m: 2:03.25 32.27 300m: 3:07.94 32.50 400m: 4:11.32 31.02						
9.	Carlos Liñán del Rosario,	21	000009	Club Nautico Sevilla	**4:11.85**	598	-
	50m: 29.42 29.42 150m: 1:32.52 31.77 250m: 2:36.18 31.84 350m: 3:40.42 31.99						
	100m: 1:00.75 31.33 200m: 2:04.34 31.82 300m: 3:08.43 32.25 400m: 4:11.85 31.43						
10.	Carlos Díaz Romero,	26	000001	Club Nautico Sevilla	**4:14.57**	579	-
	50m: 28.77 28.77 150m: 1:32.40 32.06 250m: 2:36.85 32.20 350m: 3:42.55 32.94						
	100m: 1:00.34 31.57 200m: 2:04.65 32.25 300m: 3:09.61 32.76 400m: 4:14.57 32.02						
11.	Darío, CABALLERO CASTEJON	18	1149782	Circulo Mercantil	**4:15.07**	576	-
	50m: 28.85 28.85 150m: 1:32.83 32.29 250m: 2:37.89 32.46 350m: 3:43.59 33.05						
	100m: 1:00.54 31.69 200m: 2:05.43 32.60 300m: 3:10.54 32.65 400m: 4:15.07 31.48						
12.	Rafael, CARRILLO OTERO	15	12808976T	Club Navial	**4:15.37**	574	-
	50m: 28.49 28.49 150m: 1:32.28 32.45 250m: 2:37.70 32.76 350m: 3:43.01 32.10						
	100m: 59.83 31.34 200m: 2:04.94 32.66 300m: 3:10.91 33.21 400m: 4:15.37 32.36						
13.	Rafael, SEIJO RIVERA	16	49834040D	Club Navial	**4:17.76**	558	-
	50m: 28.87 28.87 150m: 1:33.17 32.63 250m: 2:39.44 33.10 350m: 3:46.13 33.19						
	100m: 1:00.54 31.67 200m: 2:06.34 33.17 300m: 3:12.94 33.50 400m: 4:17.76 31.63						
14.	Uriel, FARUSTE CAMACHO	17	1174675	Club Natacion Huelva	**4:20.53**	540	-
	50m: 29.27 29.27 150m: 1:33.38 32.57 250m: 2:39.23 32.58 350m: 3:46.90 33.88						
	100m: 1:00.81 31.54 200m: 2:06.65 33.27 300m: 3:13.02 33.79 400m: 4:20.53 33.63						
15.	Rafael Alexandre, SILVA	18	000010	C. N. Alcalá	**4:20.61**	540	-
	50m: 28.51 28.51 150m: 1:32.45 32.40 250m: 2:38.61 33.30 350m: 3:46.66 34.23						
	100m: 1:00.05 31.54 200m: 2:05.31 32.86 300m: 3:12.43 33.82 400m: 4:20.61 33.95						
16.	Agustín Gordillo Llanos,	20	000012	Club Nautico Sevilla	**4:21.72**	533	-
	50m: 29.06 29.06 150m: 1:33.39 32.40 250m: 2:40.13 33.94 350m: 3:48.83 34.43						
	100m: 1:00.99 31.93 200m: 2:06.19 32.80 300m: 3:14.40 34.27 400m: 4:21.72 32.89						