



Associa  o de Nata  o do Algarve
Torneio de Abertura
Juvenis, Juniores, Seniores e Adaptada
Silves, 10 - 11/10/2026



Prova 14 Masc., 400m Estilos Open
11/10/2026 - 9:30 Resultados

Recordes Nacionais 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recordes Nacionais 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recordes Regionais Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Jun 17	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recordes Regionais Juv A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015

Pontos: AQUA 2025

Lugar Nome Licen  a Clube Tempo Final AQUA WPS

Juvenis B

1. Francisco Miguel, MARTELO	216259	Louletano / Loule Aqui e Agc	5:43.22	320
50m: 36.24 36.24	150m: 2:03.29 44.67	250m: 3:38.50 51.23	350m: 5:06.12	37.24
100m: 1:18.62 42.38	200m: 2:47.27 43.98	300m: 4:28.88 50.38	400m: 5:43.22	37.10

Juvenis A

1. Pedro Afonso, LOPES	216877	Portinado	4:53.36	512
50m: 30.75 30.75	150m: 1:44.58 37.29	250m: 3:04.69 41.58	350m: 4:20.69	34.52
100m: 1:07.29 36.54	200m: 2:23.11 38.53	300m: 3:46.17 41.48	400m: 4:53.36	32.67
2. Francisco Martins, CARDOSO	219367	Lagoa Academico Clube	6:37.14	206
50m: 40.80 40.80	150m: 2:27.72 54.34	250m: 4:13.50 53.76	350m: 5:54.06	47.16
100m: 1:33.38 52.58	200m: 3:19.74 52.02	300m: 5:06.90 53.40	400m: 6:37.14	43.08

Junior

1. Mark, KHALADZY	213816	Lagoa Academico Clube	4:58.24	488
50m: 30.94 30.94	150m: 1:47.26 40.06	250m: 3:07.64 41.45	350m: 4:23.93	35.34
100m: 1:07.20 36.26	200m: 2:26.19 38.93	300m: 3:48.59 40.95	400m: 4:58.24	34.31
2. Goncalo Alexandre, RETRE	212248	Louletano / Loule Aqui e Agc	5:01.49	472
50m: 32.31 32.31	150m: 1:48.51 38.89	250m: 3:10.20 43.80	350m: 4:29.14	34.34
100m: 1:09.62 37.31	200m: 2:26.40 37.89	300m: 3:54.80 44.60	400m: 5:01.49	32.35

Seniores

1. Iago Valentim, FALEIRO	207627	Lagoa Academico Clube	5:01.47	472
50m: 30.42 30.42	150m: 1:45.18 39.19	250m: 3:06.89 42.95	350m: 4:27.39	36.55
100m: 1:05.99 35.57	200m: 2:23.94 38.76	300m: 3:50.84 43.95	400m: 5:01.47	34.08