Prova 13 — 400m Livres — 13 - 14 anos
25/10/2026 - 9:30 — Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
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 Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m Inf B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recordes Regionais Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Inf A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Inf A	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Recordes Regionais Inf B	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05/04/2008

Pontos: AQUA 2025

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Aqua

Infantis B, Masc.

resultados provisórios

1.	Daniel, CHISTOL	14	219101	Louletano / Loule Aqui e Agora	**5:18.49**	295														
	50m:	35.16	35.16	150m:	1:55.37	41.23	250m:	3:18.99	41.84	350m:	4:40.55	40.67								
	100m:	1:14.14	38.98	200m:	2:37.15	41.78	300m:	3:59.88	40.89	400m:	5:18.49	37.94								
2.	Rafael Brito, SANTOS	14	218252	Louletano / Loule Aqui e Agora	**5:27.30**	272														
	50m:	37.69	37.69	150m:	2:02.44	42.45	250m:	3:26.02	41.06	350m:	4:49.67	41.64								
	100m:	1:19.99	42.30	200m:	2:44.96	42.52	300m:	4:08.03	42.01	400m:	5:27.30	37.63								
3.	Goncalo Palma, RAFAEL	14	223516	Louletano / Loule Aqui e Agora	**5:37.53**	248														
	50m:	36.86	36.86	150m:	2:04.53	44.49	250m:	3:31.24	43.42	350m:	4:55.94	41.41								
	100m:	1:20.04	43.18	200m:	2:47.82	43.29	300m:	4:14.53	43.29	400m:	5:37.53	41.59								
4.	Miguel Ramos, CARNEIRO	14	218891	FC Ferreiras/AlgarExperience	**5:39.25**	244														
	50m:	39.15	39.15	150m:	2:04.77	42.85	250m:	3:31.25	43.02	350m:	4:57.93	43.14								
	100m:	1:21.92	42.77	200m:	2:48.23	43.46	300m:	4:14.79	43.54	400m:	5:39.25	41.32								
5.	Artur, RUSNAK	14	225765	Lagoa Academico Clube	**5:46.40**	230														
	50m:	39.79	39.79	150m:	2:10.00	45.06	250m:	3:40.94	45.77	350m:	5:09.42	44.01								
	100m:	1:24.94	45.15	200m:	2:55.17	45.17	300m:	4:25.41	44.47	400m:	5:46.40	36.98								
6.	Lourenco Martins, DIAS	14	225253	FC Ferreiras/AlgarExperience	**5:53.71**	216														
	50m:	38.39	38.39	150m:	2:09.62	46.33	250m:	3:40.51	46.29	350m:	5:11.67	45.55								
	100m:	1:23.29	44.90	200m:	2:54.22	44.60	300m:	4:26.12	45.61	400m:	5:53.71	42.04								
7.	Diogo Silva, ARAUJO	14	221989	Lagoa Academico Clube	**5:59.06**	206														
	50m:	41.14	41.14	150m:	2:13.64	46.51	250m:	3:47.06	46.53	350m:	5:17.91	44.63								
	100m:	1:27.13	45.99	200m:	3:00.53	46.89	300m:	4:33.28	46.22	400m:	5:59.06	41.15								
8.	Artur, BABYNYUK	14	221363	Lagoa Academico Clube	**6:04.32**	197														
	50m:	42.34	42.34	150m:	2:15.29	46.10	250m:	3:48.33	46.24	350m:	5:21.45	45.84								
	100m:	1:29.19	46.85	200m:	3:02.09	46.80	300m:	4:35.61	47.28	400m:	6:04.32	42.87								
9.	Leano Jose, GONCALVES	14	224192	Aquatico Silves	**6:09.49**	189														
	50m:	40.33	40.33	150m:	2:14.59	47.63	250m:	3:51.79	49.15	350m:	5:28.56	47.85								
	100m:	1:26.96	46.63	200m:	3:02.64	48.05	300m:	4:40.71	48.92	400m:	6:09.49	40.93								
10.	Leonardo Sousa, PATOLEIA	14	218208	Natacao Olhao	**6:12.52**	184														
	50m:	41.21	41.21	150m:	2:14.56	47.55	250m:	3:49.98	47.29	350m:	5:26.55	48.12								
	100m:	1:27.01	45.80	200m:	3:02.69	48.13	300m:	4:38.43	48.45	400m:	6:12.52	45.97								
11.	Filipe Costa, MARTINS	14	221230	Lagoa Academico Clube	**6:16.03**	179														
	50m:	43.12	43.12	150m:	2:18.37	47.22	250m:	3:54.09	47.74	350m:	5:28.83	46.78								
	100m:	1:31.15	48.03	200m:	3:06.35	47.98	300m:	4:42.05	47.96	400m:	6:16.03	47.20								
12.	Fabian Lopez, MINANA	14	218202	Náutico do Guadiana	**6:19.59**	174														
	50m:	42.53	42.53	150m:	2:19.31	49.08	250m:	3:56.55	48.34	350m:	5:33.81	47.97								
	100m:	1:30.23	47.70	200m:	3:08.21	48.90	300m:	4:45.84	49.29	400m:	6:19.59	45.78								
13.	Valentino Gastao, SILVA	14	223523	Louletano / Loule Aqui e Agora	**6:26.25**	165														
	50m:	42.20	42.20	150m:	2:20.45	50.18	250m:	4:01.04	50.15	350m:	5:40.58	49.55								
	100m:	1:30.27	48.07	200m:	3:10.89	50.44	300m:	4:51.03	49.99	400m:	6:26.25	45.67								
14.	Henrique Alexandre, AZEVEDO	14	220788	Aquatico Silves	**6:56.63**	132														
	50m:	45.82	45.82	150m:	2:34.14	55.16	250m:	4:26.67	56.85	350m:	6:10.66	52.21								
	100m:	1:38.98	53.16	200m:	3:29.82	55.68	300m:	5:18.45	51.78	400m:	6:56.63	45.97								

Prova 13, 400m Livres

Infantis A, Masc.

resultados provisórios

1.	Duarte Ferreira, PLACIDO	13	213279	Louletano / Loule Aqui e Agora	**4:38.18**	444
	50m: 31.64 31.64	150m: 1:41.14 35.12	250m: 2:52.10 35.66	350m: 4:03.61 35.72		
	100m: 1:06.02 34.38	200m: 2:16.44 35.30	300m: 3:27.89 35.79	400m: 4:38.18 34.57		
2.	Gustavo Maria, ALVES	13	220986	Lagoa Academico Clube	**4:58.64**	359
	50m: 33.41 33.41	150m: 1:48.87 38.16	250m: 3:06.60 38.64	350m: 4:22.99 38.16		
	100m: 1:10.71 37.30	200m: 2:27.96 39.09	300m: 3:44.83 38.23	400m: 4:58.64 35.65		
3.	Gustavo Costa, CABRITA	13	223559	Lagoa Academico Clube	**4:58.89**	358
	50m: 33.56 33.56	150m: 1:49.56 38.50	250m: 3:07.31 38.92	350m: 4:23.62 37.74		
	100m: 1:11.06 37.50	200m: 2:28.39 38.83	300m: 3:45.88 38.57	400m: 4:58.89 35.27		
4.	Denis Gabriel, MARIS	13	219370	Lagoa Academico Clube	**5:14.18**	308
	50m: 34.80 34.80	150m: 1:53.45 39.85	250m: 3:14.85 40.40	350m: 4:36.82 41.00		
	100m: 1:13.60 38.80	200m: 2:34.45 41.00	300m: 3:55.82 40.97	400m: 5:14.18 37.36		
5.	Joao Pedro, MINHALMA	13	220991	Náutico do Guadiana	**5:24.42**	280
	50m: 35.24 35.24	150m: 1:55.47 41.23	250m: 3:18.71 41.80	350m: 4:41.26 40.69		
	100m: 1:14.24 39.00	200m: 2:36.91 41.44	300m: 4:00.57 41.86	400m: 5:24.42 43.16		
6.	Gabriel Duarte, CABRITA	13	216612	FC Ferreiras/AlgarExperience	**5:32.00**	261
	50m: 35.76 35.76	150m: 1:59.22 42.96	250m: 3:25.84 43.26	350m: 4:52.08 42.61		
	100m: 1:16.26 40.50	200m: 2:42.58 43.36	300m: 4:09.47 43.63	400m: 5:32.00 39.92		
7.	Sebastiao Vieira, GUERREIRO	13	224338	Lagoa Academico Clube	**5:46.71**	229
	50m: 37.41 37.41	150m: 2:05.93 45.45	250m: 3:37.46 45.59	350m: 5:06.94 44.00		
	100m: 1:20.48 43.07	200m: 2:51.87 45.94	300m: 4:22.94 45.48	400m: 5:46.71 39.77		
8.	Diogo Correia, ROLA	13	221512	Aquatico Silves	**6:19.80**	174
	50m: 40.44 40.44	150m: 2:14.71 48.26	250m: 3:53.89 50.03	350m: 5:32.87 48.29		
	100m: 1:26.45 46.01	200m: 3:03.86 49.15	300m: 4:44.58 50.69	400m: 6:19.80 46.93		
9.	Lucas Gabriel, ARAUJO	13	228845	FC Ferreiras/AlgarExperience	**7:02.93**	126
	50m: 44.53 44.53	150m: 2:31.04 54.36	250m: 4:21.45 55.25	350m: 6:10.46 53.95		
	100m: 1:36.68 52.15	200m: 3:26.20 55.16	300m: 5:16.51 55.06	400m: 7:02.93 52.47		
DSQ	Tomas Manuel, GUERREIRO	13	221969	Aquatico Silves		
	4.2 - Falsa Partida – SW 4.4					
DSQ	Tomas Cabrita, EVANGELISTA	13	221132	Náutico do Guadiana		
	10.1 - O(A) nadador(a) não completou o percurso - SW 10.2					
DNS	Igor, VEDMEDENKO	13	226030	Louletano / Loule Aqui e Agora		

Infantis B, Femin.

resultados provisórios

1.	Lara Marina, SANTOS	14	216662	Natacao Olhao	**5:16.64**	384
	50m: 34.33 34.33	150m: 1:53.32 40.09	250m: 3:15.81 40.98	350m: 4:38.62 41.24		
	100m: 1:13.23 38.90	200m: 2:34.83 41.51	300m: 3:57.38 41.57	400m: 5:16.64 38.02		
2.	Lily Valentina, NIEDERHOFER	14	221796	Individual ANALG	**5:17.82**	380
	50m: 35.52 35.52	150m: 1:56.74 40.75	250m: 3:18.86 41.30	350m: 4:40.67 40.61		
	100m: 1:15.99 40.47	200m: 2:37.56 40.82	300m: 4:00.06 41.20	400m: 5:17.82 37.15		
3.	Katerina Stoyanova, ZELENGOROVA	14	217223	Natação de Lagos	**5:29.01**	342
	50m: 34.53 34.53	150m: 1:58.93 43.49	250m: 3:24.53 43.45	350m: 4:49.86 41.78		
	100m: 1:15.44 40.91	200m: 2:41.08 42.15	300m: 4:08.08 43.55	400m: 5:29.01 39.15		
4.	Alex Maria, OETTL	14	219511	Natação de Lagos	**5:59.01**	263
	50m: 38.01 38.01	150m: 2:08.03 46.11	250m: 3:41.21 46.85	350m: 5:14.65 46.70		
	100m: 1:21.92 43.91	200m: 2:54.36 46.33	300m: 4:27.95 46.74	400m: 5:59.01 44.36		
5.	Alicia, TOFEI	14	219938	Louletano / Loule Aqui e Agora	**6:02.21**	256
	50m: 39.19 39.19	150m: 2:09.27 46.52	250m: 3:44.32 47.61	350m: 5:19.35 47.23		
	100m: 1:22.75 43.56	200m: 2:56.71 47.44	300m: 4:32.12 47.80	400m: 6:02.21 42.86		
6.	Amadea, LUCA	14	220040	Aquatico Silves	**6:11.07**	238
	50m: 39.77 39.77	150m: 2:13.09 47.56	250m: 3:50.77 48.85	350m: 5:28.19 48.57		
	100m: 1:25.53 45.76	200m: 3:01.92 48.83	300m: 4:39.62 48.85	400m: 6:11.07 42.88		
7.	Maria Martins, PEREIRA	14	146485	Náutico do Guadiana	**6:11.16**	238
	50m: 40.18 40.18	150m: 2:13.00 47.09	250m: 3:49.68 48.92	350m: 5:27.23 47.38		
	100m: 1:25.91 45.73	200m: 3:00.76 47.76	300m: 4:39.85 50.17	400m: 6:11.16 43.93		
8.	Vitoria, AZEVEDO CRAVINHO	14	220039	Aquatico Silves	**6:24.03**	215
	50m: 42.35 42.35	150m: 2:21.00 50.24	250m: 4:00.21 50.01	350m: 5:39.57 49.75		
	100m: 1:30.76 48.41	200m: 3:10.20 49.20	300m: 4:49.82 49.61	400m: 6:24.03 44.46		
9.	Carolina Chumbinho, AGOSTINHO	14	228673	Louletano / Loule Aqui e Agora	**6:59.78**	165
	50m: 45.18 45.18	150m: 2:29.73 53.49	250m: 4:19.25 54.39	350m: 6:08.99 55.03		
	100m: 1:36.24 51.06	200m: 3:24.86 55.13	300m: 5:13.96 54.71	400m: 6:59.78 50.79		

Prova 13, 400m Livres

Infantis A, Femin.

resultados provisórios

1.	Emma Neves, ALMEIDA			13	217222		Natação de Lagos				**5:01.38**		445	
	50m:	32.98	32.98	150m:	1:49.22	38.67	250m:	3:07.97	39.67	350m:	4:25.23	38.38		
	100m:	1:10.55	37.57	200m:	2:28.30	39.08	300m:	3:46.85	38.88	400m:	5:01.38	36.15		
2.	Beatriz Matos, ROSA			13	219369		Lagoa Academico Clube				**5:02.51**		440	
	50m:	33.09	33.09	150m:	1:49.11	38.46	250m:	3:07.55	39.30	350m:	4:26.31	39.44		
	100m:	1:10.65	37.56	200m:	2:28.25	39.14	300m:	3:46.87	39.32	400m:	5:02.51	36.20		
3.	Luiza Marchette, MAIA			13	221244		Louletano / Loule Aqui e Agora				**5:05.79**		426	
	50m:	33.85	33.85	150m:	1:49.29	38.36	250m:	3:07.96	39.57	350m:	4:26.87	39.49		
	100m:	1:10.93	37.08	200m:	2:28.39	39.10	300m:	3:47.38	39.42	400m:	5:05.79	38.92		
4.	Barbara Barros, SILVA			13	216871		Louletano / Loule Aqui e Agora				**5:14.41**		392	
	50m:	35.59	35.59	150m:	1:53.78	39.67	250m:	3:14.55	40.21	350m:	4:34.75	39.79		
	100m:	1:14.11	38.52	200m:	2:34.34	40.56	300m:	3:54.96	40.41	400m:	5:14.41	39.66		
5.	Mila Rose, MARRIER			13	228809		Lagoa Academico Clube				**5:23.00**		362	
	50m:	34.32	34.32	150m:	1:55.06	41.33	250m:	3:18.02	41.09	350m:	4:41.88	41.73		
	100m:	1:13.73	39.41	200m:	2:36.93	41.87	300m:	4:00.15	42.13	400m:	5:23.00	41.12		
6.	Josie, BERRY			13	226010		Louletano / Loule Aqui e Agora				**5:30.39**		338	
	50m:	38.13	38.13	150m:	2:00.72	41.31	250m:	3:25.74	43.06	350m:	4:51.07	42.68		
	100m:	1:19.41	41.28	200m:	2:42.68	41.96	300m:	4:08.39	42.65	400m:	5:30.39	39.32		
7.	Mariana Sousa, FERNANDES			13	218745		Natacao Olhao				**5:31.98**		333	
	50m:	36.66	36.66	150m:	1:59.95	42.87	250m:	3:26.78	43.57	350m:	4:53.84	43.32		
	100m:	1:17.08	40.42	200m:	2:43.21	43.26	300m:	4:10.52	43.74	400m:	5:31.98	38.14		
8.	Laura Ferreira, PANAO			13	221063		Portinado				**5:38.45**		314	
	50m:	36.92	36.92	150m:	2:01.55	43.24	250m:	3:27.63	42.96	350m:	4:55.00	43.43		
	100m:	1:18.31	41.39	200m:	2:44.67	43.12	300m:	4:11.57	43.94	400m:	5:38.45	43.45		
9.	Maria Beatriz, PARENTE			13	217427		Portinado				**5:39.38**		312	
	50m:	34.89	34.89	150m:	1:59.08	43.50	250m:	3:28.16	44.65	350m:	4:55.81	43.35		
	100m:	1:15.58	40.69	200m:	2:43.51	44.43	300m:	4:12.46	44.30	400m:	5:39.38	43.57		
10.	Leonor Branco, PIRES			13	219372		Lagoa Academico Clube				**5:39.76**		311	
	50m:	37.82	37.82	150m:	2:05.29	44.37	250m:	3:33.09	44.01	350m:	4:59.42	42.69		
	100m:	1:20.92	43.10	200m:	2:49.08	43.79	300m:	4:16.73	43.64	400m:	5:39.76	40.34		
11.	Sofia Isabel, SOUSA			13	221973		Louletano / Loule Aqui e Agora				**5:40.02**		310	
	50m:	39.64	39.64	150m:	2:04.92	42.72	250m:	3:32.39	43.64	350m:	4:58.99	43.01		
	100m:	1:22.20	42.56	200m:	2:48.75	43.83	300m:	4:15.98	43.59	400m:	5:40.02	41.03		
12.	Leonor Goncalves, MOURINHO			13	220042		Portinado				**5:41.86**		305	
	50m:	37.02	37.02	150m:	2:02.38	43.48	250m:	3:30.09	43.90	350m:	5:00.12	44.79		
	100m:	1:18.90	41.88	200m:	2:46.19	43.81	300m:	4:15.33	45.24	400m:	5:41.86	41.74		
13.	Isla, KEATTS			13	227158		Natação de Lagos				**5:42.78**		303	
	50m:	36.80	36.80	150m:	2:03.12	43.95	250m:	3:31.91	44.34	350m:	5:00.20	43.75		
	100m:	1:19.17	42.37	200m:	2:47.57	44.45	300m:	4:16.45	44.54	400m:	5:42.78	42.58		
14.	Lucinda Maria, GONCALVES			13	224193		Aquatico Silves				**5:44.90**		297	
	50m:	39.10	39.10	150m:	2:10.24	46.75	250m:	3:39.99	43.89	350m:	5:05.49	42.40		
	100m:	1:23.49	44.39	200m:	2:56.10	45.86	300m:	4:23.09	43.10	400m:	5:44.90	39.41		
15.	Janine Ganso, PERDIGAO			13	219363		Lagoa Academico Clube				**5:53.54**		276	
	50m:	38.28	38.28	150m:	2:06.23	44.07	250m:	3:37.55	46.31	350m:	5:09.17	45.77		
	100m:	1:22.16	43.88	200m:	2:51.24	45.01	300m:	4:23.40	45.85	400m:	5:53.54	44.37		
16.	Carolina Isabel, FRIEZA			13	216623		Aquatico Silves				**5:53.79**		275	
	50m:	39.42	39.42	150m:	2:07.87	45.32	250m:	3:39.17	45.46	350m:	5:10.00	45.42		
	100m:	1:22.55	43.13	200m:	2:53.71	45.84	300m:	4:24.58	45.41	400m:	5:53.79	43.79		
17.	Maria Ines, COUTINHO			13	218204		Náutico do Guadiana				**6:04.06**		252	
	50m:	38.29	38.29	150m:	2:08.71	46.56	250m:	3:43.06	47.40	350m:	5:18.10	47.49		
	100m:	1:22.15	43.86	200m:	2:55.66	46.95	300m:	4:30.61	47.55	400m:	6:04.06	45.96		
18.	Olivia Sofia, FURTADO			13	225744		Louletano / Loule Aqui e Agora				**6:07.29**		246	
	50m:	40.89	40.89	150m:	2:13.24	46.69	250m:	3:47.01	47.03	350m:	5:22.25	47.89		
	100m:	1:26.55	45.66	200m:	2:59.98	46.74	300m:	4:34.36	47.35	400m:	6:07.29	45.04		
19.	Inoa Lotta, SCHNIBBE			13	219192		Náutico do Guadiana				**7:00.69**		163	
	50m:	41.60	41.60	150m:	2:28.49	56.18	250m:	4:19.87	55.26	350m:	6:12.30	56.17		
	100m:	1:32.31	50.71	200m:	3:24.61	56.12	300m:	5:16.13	56.26	400m:	7:00.69	48.39		
DNS	Caetana Santos, BARTOLOMEU			13	146490		Náutico do Guadiana							