Prova 2 | Masc., 400m Livres | OPEN
07/11/2026 - 16:00 | LEIRIEURO | Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m 19 +	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 16	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Recordes Nacionais 25m 15	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Recordes Nacionais 25m 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Recordes Nacionais 25m 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Tempo a Obter INF 13 - 14: 5:22.88 / Tempo a Obter JUV 15 - 16: 4:56.69 / Tempo a Obter JUN/ SEN 17 +: 4:17.00

Pontos: AQUA 2026

Lugar		Ano		Tempo final	Pts

OPEN

1. Gustavo Carvalhais, RIBEIRO 03 Benfica 3:57.35 715

50m:	27.22	27.22	150m: 1:26.44	29.76	250m: 2:26.68	30.03	350m: 3:27.27	30.43
100m:	56.68	29.46	200m: 1:56.65	30.21	300m: 2:56.84	30.16	400m: 3:57.35	30.08

2. Renato Ferreira, MIMOSO 10 Benfica 3:59.40 696

50m:	27.44	27.44	150m: 1:26.76	30.14	250m: 2:28.04	30.78	350m: 3:29.78	30.83
100m:	56.62	29.18	200m: 1:57.26	30.50	300m: 2:58.95	30.91	400m: 3:59.40	29.62

3. Joao Ferreira, MARQUES 06 Académica de Coimbra 4:04.26 656

50m:	27.98	27.98	150m: 1:28.93	30.87	250m: 2:31.54	31.23	350m: 3:34.07	31.25
100m:	58.06	30.08	200m: 2:00.31	31.38	300m: 3:02.82	31.28	400m: 4:04.26	30.19

4. Vasco Frischknecht, OLIVEIRA 08 Benfica 4:06.04 641

50m:	27.33	27.33	150m: 1:28.35	31.25	250m: 2:32.15	31.87	350m: 3:35.41	31.54
100m:	57.10	29.77	200m: 2:00.28	31.93	300m: 3:03.87	31.72	400m: 4:06.04	30.63

5. Rafael Lin, MONIZ 09 Palmela Desporto 4:08.28 624

50m:	27.05	27.05	150m: 1:27.79	30.73	250m: 2:30.46	31.02	350m: 3:27.28	27.24
100m:	57.06	30.01	200m: 1:59.44	31.65	300m: 3:00.04	29.58	400m: 4:08.28	41.00

6. Tomas Augusto, REIS 09 Os Belenenses 4:10.05 611

50m:	28.58	28.58	150m: 1:30.47	31.35	250m: 2:33.53	31.19	350m: 3:38.06	32.60
100m:	59.12	30.54	200m: 2:02.34	31.87	300m: 3:05.46	31.93	400m: 4:10.05	31.99

7. Tomas Pereira, FERREIRA 12 Galitos / Bresimar 4:16.89 564

50m:	29.56	29.56	150m: 1:33.64	32.39	250m: 2:38.73	32.60	350m: 3:44.80	33.28
100m:	1:01.25	31.69	200m: 2:06.13	32.49	300m: 3:11.52	32.79	400m: 4:16.89	32.09

8. Guilherme Simoes, SOUSA 08 Académica de Coimbra 4:17.26 561

50m:	29.04	29.04	150m: 1:33.65	32.67	250m: 2:39.58	32.83	350m: 3:45.41	32.81
100m:	1:00.98	31.94	200m: 2:06.75	33.10	300m: 3:12.60	33.02	400m: 4:17.26	31.85

PARTNERS:
SPONSORS:
CNL FRIENDS:

Prova 2, Masc., 400m Livres, OPEN

Lugar		Ano		Tempo final	Pts
9.	Dinis Goncalves, ARAUJO	10	Náutico de Coimbra	4:22.43	529
	50m: 29.07 (29.07) 150m: 1:33.24 (32.78) 250m: 2:40.02 (33.39) 350m: 3:48.37 (34.39)				
	100m: 1:00.46 (31.39) 200m: 2:06.63 (33.39) 300m: 3:13.98 (33.96) 400m: 4:22.43 (34.06)				
10.	Vasco Alves, MORGADO	05	Sport Alges e Dafundo	4:29.60	487
	50m: 29.53 (29.53) 150m: 1:36.57 (34.18) 250m: 2:45.94 (34.42) 350m: 3:55.72 (34.86)				
	100m: 1:02.39 (32.86) 200m: 2:11.52 (34.95) 300m: 3:20.86 (34.92) 400m: 4:29.60 (33.88)				
11.	Dinis Andrade, CABRAL	11	Palmela Desporto	4:32.19	474
	50m: 29.77 (29.77) 150m: 1:36.47 (33.95) 250m: 2:46.49 (35.32) 350m: 3:57.45 (35.45)				
	100m: 1:02.52 (32.75) 200m: 2:11.17 (34.70) 300m: 3:22.00 (35.51) 400m: 4:32.19 (34.74)				
12.	Francisco Pimentel, COELHO	11	Benfica	4:37.81	445
	50m: 30.24 (30.24) 150m: 1:39.52 (35.51) 250m: 2:50.39 (35.35) 350m: 4:02.58 (36.26)				
	100m: 1:04.01 (33.77) 200m: 2:15.04 (35.52) 300m: 3:26.32 (35.93) 400m: 4:37.81 (35.23)				
13.	Alejandro, NIETO-GUERRERO MORA	10	C.N. Don Benito Acuarun	5:00.44	352
	50m: 32.57 (32.57) 150m: 1:47.70 (38.46) 250m: 3:04.66 (38.59) 350m: 4:21.68 (38.26)				
	100m: 1:09.24 (36.67) 200m: 2:26.07 (38.37) 300m: 3:43.42 (38.76) 400m: 5:00.44 (38.76)				
14.	Estevao Amado, SANTOS	12	Miranda do Corvo	5:25.90	276
	50m: 33.83 (33.83) 150m: 1:56.42 (41.97) 250m: 3:19.40 (40.65) 350m: 4:43.89 (41.91)				
	100m: 1:14.45 (40.62) 200m: 2:38.75 (42.33) 300m: 4:01.98 (42.58) 400m: 5:25.90 (42.01)				

13 - 16 anos

1.	Tomas Pereira, FERREIRA	12	Galitos / Bresimar	4:16.89	564
	50m: 29.56 (29.56) 150m: 1:33.64 (32.39) 250m: 2:38.73 (32.60) 350m: 3:44.80 (33.28)				
	100m: 1:01.25 (31.69) 200m: 2:06.13 (32.49) 300m: 3:11.52 (32.79) 400m: 4:16.89 (32.09)				
2.	Dinis Andrade, CABRAL	11	Palmela Desporto	4:32.19	474
	50m: 29.77 (29.77) 150m: 1:36.47 (33.95) 250m: 2:46.49 (35.32) 350m: 3:57.45 (35.45)				
	100m: 1:02.52 (32.75) 200m: 2:11.17 (34.70) 300m: 3:22.00 (35.51) 400m: 4:32.19 (34.74)				
3.	Francisco Pimentel, COELHO	11	Benfica	4:37.81	445
	50m: 30.24 (30.24) 150m: 1:39.52 (35.51) 250m: 2:50.39 (35.35) 350m: 4:02.58 (36.26)				
	100m: 1:04.01 (33.77) 200m: 2:15.04 (35.52) 300m: 3:26.32 (35.93) 400m: 4:37.81 (35.23)				
4.	Estevao Amado, SANTOS	12	Miranda do Corvo	5:25.90	276
	50m: 33.83 (33.83) 150m: 1:56.42 (41.97) 250m: 3:19.40 (40.65) 350m: 4:43.89 (41.91)				
	100m: 1:14.45 (40.62) 200m: 2:38.75 (42.33) 300m: 4:01.98 (42.58) 400m: 5:25.90 (42.01)				

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