Prova 1 | Masc., 400m Estilos | 15 anos e mais velhos
07/11/2026 - 15:45 | 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 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
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 25m Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais 25m Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais 25m Jun 18	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recordes Regionais 25m Jun 17	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recordes Regionais 25m Juv A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais 25m Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015
S14 - 25m	5:23.39	Samuel Lima, DUARTE	FVCD	Estarreja	12/04/2026
Recorde Regional Adaptada 25m	6:32.36	Levi Daniel Nascimento,			01/01/1800

Pontos: AQUA 2026

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts

Juvenis B

1. Francisco Miguel, SILVA — 12 — 214537 — Portinado — **5:13.28** — 421 — -

50m:	31.44	31.44	150m:	1:48.90	40.05	250m:	3:12.66	44.63	350m:	4:35.86	36.90
100m:	1:08.85	37.41	200m:	2:28.03	39.13	300m:	3:58.96	46.30	400m:	5:13.28	37.42

2. Tiago Joaquim, FERNANDES — 12 — 216059 — RIA Aqua Tavira — **5:14.48** — 416 — -

50m:	31.88	31.88	150m:	1:48.98	39.36	250m:	3:14.17	46.51	350m:	4:39.45	37.07
100m:	1:09.62	37.74	200m:	2:27.66	38.68	300m:	4:02.38	48.21	400m:	5:14.48	35.03

3. David, HUMENYUK — 12 — 221137 — Portinado — **5:16.93** — 406 — -

50m:	33.04	33.04	150m:	1:53.14	41.13	250m:	3:17.46	44.50	350m:	4:40.78	37.94
100m:	1:12.01	38.97	200m:	2:32.96	39.82	300m:	4:02.84	45.38	400m:	5:16.93	36.15

4. Tomas Soares, TAVARES — 12 — 217546 — Portinado — **5:18.24** — 401 — -

50m:	32.77	32.77	150m:	1:53.57	42.14	250m:	3:18.57	43.81	350m:	4:41.93	39.13
100m:	1:11.43	38.66	200m:	2:34.76	41.19	300m:	4:02.80	44.23	400m:	5:18.24	36.31

5. David Cocia, GHERAS — 12 — 219515 — RIA Aqua Tavira — **5:44.47** — 316 — -

50m:	37.46	37.46	150m:	2:06.91	44.88	250m:	3:40.95	51.23	350m:	5:08.54	36.96
100m:	1:22.03	44.57	200m:	2:49.72	42.81	300m:	4:31.58	50.63	400m:	5:44.47	35.93

6. Antonio Matos, VENTURA — 12 — 219057 — RIA Aqua Tavira — **5:49.10** — 304 — -

50m:	37.57	37.57	150m:	2:07.52	45.54	250m:	3:41.33	48.75	350m:	5:10.94	40.62
100m:	1:21.98	44.41	200m:	2:52.58	45.06	300m:	4:30.32	48.99	400m:	5:49.10	38.16

7. Raul Filipe, CARMO — 12 — 217229 — Natação de Lagos — **6:06.78** — 262 — -

50m:	42.10	42.10	150m:	2:21.46	47.29	250m:	3:55.59	48.94	350m:	5:27.92	41.48
100m:	1:34.17	52.07	200m:	3:06.65	45.19	300m:	4:46.44	50.85	400m:	6:06.78	38.86

8. Francisco Pinto, BARROCA — 12 — 219371 — Portinado — **6:11.19** — 253 — -

50m:	38.84	38.84	150m:	2:16.65	48.91	250m:	3:54.04	52.14	350m:	5:29.85	43.68
100m:	1:27.74	48.90	200m:	3:01.90	45.25	300m:	4:46.17	52.13	400m:	6:11.19	41.34

9. Afonso Sena, CHEN — 12 — 226084 — Aquatico Silves — **6:16.12** — 243 — -

50m:	40.63	40.63	150m:	2:19.11	49.64	250m:	4:01.17	55.67	350m:	5:39.06	40.47
100m:	1:29.47	48.84	200m:	3:05.50	46.39	300m:	4:58.59	57.42	400m:	6:16.12	37.06

10. Diogo, VALPRADINHOS DUARTE — 12 — 224190 — Aquatico Silves — **6:17.37** — 240 — -

50m:	42.39	42.39	150m:	2:25.10	49.13	250m:	4:06.82	54.23	350m:	5:38.30	39.08
100m:	1:35.97	53.58	200m:	3:12.59	47.49	300m:	4:59.22	52.40	400m:	6:17.37	39.07

11. Tomas Goncalves, GUERREIRO — 12 — 146494 — Náutico do Guadiana — **6:24.06** — 228 — -

50m:	42.44	42.44	150m:	2:25.18	50.07	250m:	4:08.08	56.29	350m:	5:45.07	40.60
100m:	1:35.11	52.67	200m:	3:11.79	46.61	300m:	5:04.47	56.39	400m:	6:24.06	38.99

12. Joao Pedro, LIMA — 12 — 218203 — Náutico do Guadiana — **6:47.39** — 191 — -

50m:	46.62	46.62	150m:	2:32.06	50.50	250m:	4:20.22	59.22	350m:	6:04.99	44.25
100m:	1:41.56	54.94	200m:	3:21.00	48.94	300m:	5:20.74	1:00.52	400m:	6:47.39	42.40

DSQ — Rodrigo Filipe, NOBRE — 12 — 217428 — Portinado — -

9.4 - O(A) nadador(a) não executou a viragem dos 50 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, Não tocou com mãos em simultânio,mariposa

DNS — Francisco Miguel, MARTELO — 12 — 216259 — Louletano / Loule Aqui e Agora — -

Prova 1, Masc., 400m Estilos

Juvenis A

1.	Pedro Afonso, LOPES			11	216877	Portinado		**4:51.15**		524	-		
	50m:	30.43	30.43	150m:	1:42.84	36.79	250m:	3:01.29	41.36	350m:	4:17.28	33.96	
	100m:	1:06.05	35.62	200m:	2:19.93	37.09	300m:	3:43.32	42.03	400m:	4:51.15	33.87	
2.	Daniel, FISTICANU			11	208945	RIA Aqua Tavira		**4:54.81**		505	-		
	50m:	30.40	30.40	150m:	1:45.19	39.13	250m:	3:05.68	41.69	350m:	4:23.11	33.34	
	100m:	1:06.06	35.66	200m:	2:23.99	38.80	300m:	3:49.77	44.09	400m:	4:54.81	31.70	
3.	Joao Agueda, MESTRE			11	145088	RIA Aqua Tavira		**5:06.66**		448	-		
	50m:	31.49	31.49	150m:	1:47.37	38.82	250m:	3:09.61	44.45	350m:	4:31.41	36.81	
	100m:	1:08.55	37.06	200m:	2:25.16	37.79	300m:	3:54.60	44.99	400m:	5:06.66	35.25	
4.	Evan Michel, STARCHENKO			11	227001	RIA Aqua Tavira		**5:07.71**		444	-		
	50m:	31.02	31.02	150m:	1:53.14	42.16	250m:	3:14.03	41.91	350m:	4:35.38	38.12	
	100m:	1:10.98	39.96	200m:	2:32.12	38.98	300m:	3:57.26	43.23	400m:	5:07.71	32.33	
5.	Diogo Kwan, DUARTE			11	217544	Portinado		**5:22.79**		384	-		
	50m:	34.34	34.34	150m:	1:56.97	42.01	250m:	3:22.48	45.75	350m:	4:46.34	37.82	
	100m:	1:14.96	40.62	200m:	2:36.73	39.76	300m:	4:08.52	46.04	400m:	5:22.79	36.45	
6.	Daniel Filipe, O			11	218175	Náutico do Guadiana		**5:24.85**		377	-		
	50m:	33.97	33.97	150m:	2:00.60	43.88	250m:	3:29.77	46.37	350m:	4:52.36	34.79	
	100m:	1:16.72	42.75	200m:	2:43.40	42.80	300m:	4:17.57	47.80	400m:	5:24.85	32.49	
7.	Artur, BAHNARU			11	214582	Portinado		**5:35.03**		344	-		
	50m:	34.43	34.43	150m:	2:00.45	44.01	250m:	3:28.82	45.97	350m:	4:56.14	41.01	
	100m:	1:16.44	42.01	200m:	2:42.85	42.40	300m:	4:15.13	46.31	400m:	5:35.03	38.89	
8.	Miguel Angelo, HURTADO			11	214585	Portinado		**5:43.84**		318	-		
	50m:	33.50	33.50	150m:	2:03.69	46.88	250m:	3:35.00	47.04	350m:	5:05.08	41.75	
	100m:	1:16.81	43.31	200m:	2:47.96	44.27	300m:	4:23.33	48.33	400m:	5:43.84	38.76	
9.	Francisco Martins, CARDOSO			11	219367	Lagoa Academico Clube		**6:37.79**		205	-		
	50m:	41.73	41.73	150m:	2:27.12	52.74	250m:	4:12.86	54.99	350m:	5:54.03	45.67	
	100m:	1:34.38	52.65	200m:	3:17.87	50.75	300m:	5:08.36	55.50	400m:	6:37.79	43.76	
DSQ	Isaac Salavessa, HORTA			11	214384	Náutico do Guadiana					-		

9.4 - O(A) nadador(a) não executou a viragem dos 275 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, Bruços,só com uma mão

DSQ	Yago Samuel, DIAS			11	219102	Portinado					-		

9.4 - O(A) nadador(a) não executou a viragem dos 50 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, mariposa,toque alternado

DSQ	Pedro Encarnacao, RODRIGUES			11	217545	Portinado					-		

9.4 - O(A) nadador(a) não executou a viragem dos 250 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, bruços,só tocou só com uma mão

Junior

1.	Tiago Malhador, LULAK			10	212575	Louletano / Loule Aqui e Agora		**4:54.22**		508	-		
	50m:	29.93	29.93	150m:	1:42.89	38.29	250m:	3:03.96	43.84	350m:	4:22.01	34.06	
	100m:	1:04.60	34.67	200m:	2:20.12	37.23	300m:	3:47.95	43.99	400m:	4:54.22	32.21	
2.	Rafael Alexandre, SILVA			09	212573	Louletano / Loule Aqui e Agora		**4:56.01**		499	-		
	50m:	30.72	30.72	150m:	1:44.59	38.26	250m:	3:04.71	42.27	350m:	4:22.82	34.25	
	100m:	1:06.33	35.61	200m:	2:22.44	37.85	300m:	3:48.57	43.86	400m:	4:56.01	33.19	
3.	Goncalo Alexandre, RETRE			10	212248	Louletano / Loule Aqui e Agora		**4:59.61**		481	-		
	50m:	31.56	31.56	150m:	1:46.71	38.21	250m:	3:07.72	43.47	350m:	4:26.52	34.28	
	100m:	1:08.50	36.94	200m:	2:24.25	37.54	300m:	3:52.24	44.52	400m:	4:59.61	33.09	
4.	Francisco Alfarra, GUERREIRO			10	145245	RIA Aqua Tavira		**5:29.64**		361	-		
	50m:	32.63	32.63	150m:	1:54.06	43.00	250m:	3:25.59	49.41	350m:	4:52.76	37.11	
	100m:	1:11.06	38.43	200m:	2:36.18	42.12	300m:	4:15.65	50.06	400m:	5:29.64	36.88	
5.	Goncalo Joao, DIAS			09	219055	RIA Aqua Tavira		**5:41.06**		326	-		
	50m:	36.04	36.04	150m:	1:58.37	41.38	250m:	3:26.63	48.39	350m:	4:59.59	42.81	
	100m:	1:16.99	40.95	200m:	2:38.24	39.87	300m:	4:16.78	50.15	400m:	5:41.06	41.47	
DNF	Owen Thomas, LABUTTA			09	220336	RIA Aqua Tavira					-		

10.1 - O(A) nadador(a) não completou o percurso - SW 10.2

Seniores

1.	Dario, ENGELEN			03	126816	RIA Aqua Tavira		**5:07.21**		446	-		
	50m:	31.52	31.52	150m:	1:50.68	42.06	250m:	3:10.59	39.69	350m:	4:30.87	38.68	
	100m:	1:08.62	37.10	200m:	2:30.90	40.22	300m:	3:52.19	41.60	400m:	5:07.21	36.34	

Prova 1, Masc., 400m Estilos

S14 Seniores

DSQ	Diogo Henrique, FERREIRA	09	145244	RIA Aqua Tavira	-

8.10 - Após a viragem dos 75 metros, o(a) nadador(a) executou movimento não simultâneo de pernas durante o percurso subaquático - SW 8.3