Prova 16 — Masc., 400m Livres — Infantis
18/10/2026 - 11:10 — Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Inf A	4:39.76	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) Inf B	4:54.34	Lucas Pinto Ribeiro	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Bruno Miguel Morais	217387	14	Gcvr	**5:07.06**	330
	50m: 33.84 33.84 — 150m: — 250m: — 350m:					
	100m: 1:11.84 38.00 — 200m: 2:30.19 — 300m: 3:48.66 — 400m: 5:07.06					
2.	Santiago Fernandes Silva	228452	14	Gcvr	**5:32.66**	259
	50m: 37.13 37.13 — 200m: 2:45.09 1:26.86 — 400m: 5:32.66 1:21.63					
	100m: 1:18.23 41.10 — 300m: 4:11.03 1:25.94					
3.	Gabriel Artilheiro Fraga	222499	14	Gcvr	**5:35.03**	254
	50m: 36.13 36.13 — 200m: 2:44.67 1:26.61 — 400m: 5:35.03 1:23.65					
	100m: 1:18.06 41.93 — 300m: 4:11.38 1:26.71					
4.	Miguel Ferreira Eira	217391	14	Gcvr	**5:40.47**	242
	50m: 37.79 37.79 — 200m: 2:48.37 1:27.43 — 400m: 5:40.47 1:24.97					
	100m: 1:20.94 43.15 — 300m: 4:15.50 1:27.13					
5.	Vicente Magalhaes Nobrega	226137	14	Peso da Regua	**5:42.21**	238
	50m: 37.46 37.46 — 200m: 2:49.89 1:30.30 — 400m: 5:42.21 1:24.14					
	100m: 1:19.59 42.13 — 300m: 4:18.07 1:28.18					
6.	Martim Costa Goncalves	221627	14	Gcvr	**5:42.31**	238
	50m: 38.31 38.31 — 200m: 2:51.81 1:29.24 — 400m: 5:42.31 1:22.82					
	100m: 1:22.57 44.26 — 300m: 4:19.49 1:27.68					
7.	Rodrigo Sousa Xavier	217392	13	Gcvr	**6:00.40**	204
	50m: 39.50 39.50 — 200m: 2:58.03 1:33.44 — 400m: 6:00.40 1:28.78					
	100m: 1:24.59 45.09 — 300m: 4:31.62 1:33.59					
8.	Ricardo Carlos Mesquita	226233	13	Durius Ac Pesqueira	**7:14.44**	116
	50m: 47.97 47.97 — 200m: 3:36.19 1:52.47 — 400m: 7:14.44 1:45.75					
	100m: 1:43.72 55.75 — 300m: 5:28.69 1:52.50					

Prova 16 — Masc., 400m Livres — Juvenis
18/10/2026 - 11:10 — Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recorde Regional (25m) Juv B	4:21.50	Filipe Miguel Pires	FCV	Mirandela	07/03/2026

Pontos: AQUA 2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Miguel Braz Alves	225334	16	Gcvr	**4:50.53**	389
	50m: 31.20 31.20 — 200m: 2:20.13 1:13.60 — 400m: 4:50.53 1:15.37					
	100m: 1:06.53 35.33 — 300m: 3:35.16 1:15.03					
2.	Goncalo Goncalves Ferreira	222975	15	Fnc	**5:20.72**	289
	50m: 35.79 35.79 — 150m: — 250m: — 350m:					
	100m: 1:15.55 39.76 — 200m: 2:37.19 — 300m: 3:59.72 — 400m: 5:20.72					
3.	David Sequeira Sobral	222996	15	Durius Ac Pesqueira	**5:49.02**	224
	50m: 36.66 36.66 — 200m: 2:49.66 1:30.50 — 400m: 5:49.02 1:28.18					
	100m: 1:19.16 42.50 — 300m: 4:20.84 1:31.18					

Prova 16, Masc., 400m Livres

Prova 16 — Masc., 400m Livres — Absolutos
18/10/2026 - 11:10 — Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:16.35	Tiago Manuel Fernandes	GCVR	Vinhais	27/06/2026
Recorde Regional (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012

Pontos: AQUA 2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Nuno Pinto Oliveira	219466	17	Gcvr	**4:47.50**	402
	50m: 31.61 31.61 — 200m: 2:19.47 1:13.15 — 400m: 4:47.50 1:14.93					
	100m: 1:06.32 34.71 — 300m: 3:32.57 1:13.10					
2.	Robert Daniel Puiac	217398	18	Durius Ac Pesqueira	**5:35.68**	252
	50m: 35.81 35.81 — 150m: — 250m: — 350m:					
	100m: 1:16.75 40.94 — 200m: 2:42.37 — 300m: 4:10.09 — 400m: 5:35.68					