Event 16 — Men, 400m Freestyle — Absoluto
18/10/2026 - 11:10 — Startlist

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
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
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

Pista	Nome	Sexo	Licença	Cat	Idade	Clube	Tempo Incs.	Tempo
Heat 1 of 3, 11:10								
2	Santiago Fernandes Silva	M	228452	Inf	14	Gcvr	NT	___:___.___
3	Ricardo Carlos Mesquita	M	226233	Inf	13	Durius Ac Pesqueira	8:00.36	___:___.___
4	Miguel Ferreira Eira	M	217391	Inf	14	Gcvr	NT	___:___.___
Heat 2 of 3, 11:15								
1	Martim Costa Goncalves	M	221627	Inf	14	Gcvr	6:05.15	___:___.___
2	Vicente Magalhaes Nobrega	M	226137	Inf	14	Peso da Regua	6:00.09	___:___.___
3	Gabriel Artilheiro Fraga	M	222499	Inf	14	Gcvr	5:43.56	___:___.___
4	David Sequeira Sobral	M	222996	Juv	15	Durius Ac Pesqueira	5:54.28	___:___.___
5	Rodrigo Sousa Xavier	M	217392	Inf	13	Gcvr	6:02.92	___:___.___
Heat 3 of 3, 11:25								
1	Goncalo Goncalves Ferreira	M	222975	Juv	15	Fnc	5:42.41	___:___.___
2	Bruno Miguel Morais	M	217387	Inf	14	Gcvr	5:01.53	___:___.___
3	Nuno Pinto Oliveira	M	219466	Abs	17	Gcvr	4:43.38	___:___.___
4	Miguel Braz Alves	M	225334	Juv	16	Gcvr	4:46.81	___:___.___
5	Robert Daniel Puiac	M	217398	Abs	18	Durius Ac Pesqueira	5:22.59	___:___.___