

Prova 10
10/10/2026 - 11:45

Masc., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2026

Lugar	Nome			Idade	Licença	Clube				Tempo Final		AQUA
1.	Joao Afonso, Santos			18	225703	Electrico				5:14.80		306
	50m:	35.50	35.50	150m:	1:55.94	40.77	250m:	3:18.84	41.31	350m:	4:41.48	40.80
	100m:	1:15.17	39.67	200m:	2:37.53	41.59	300m:	4:00.68	41.84	400m:	5:14.80	33.32
2.	Pedro Antonio, Marcelino			14	217753	CCDSerta				5:31.28		263
	50m:	35.83	35.83	150m:	1:59.21	42.86	250m:	3:25.27	42.94	350m:	4:51.65	43.03
	100m:	1:16.35	40.52	200m:	2:42.33	43.12	300m:	4:08.62	43.35	400m:	5:31.28	39.63
3.	Francisco Maria, Cardoso			14	225656	AN Albicastrense				5:34.31		255
	50m:	36.84	36.84	150m:	1:59.95	42.34	250m:	3:25.88	43.12	350m:	4:52.99	43.38
	100m:	1:17.61	40.77	200m:	2:42.76	42.81	300m:	4:09.61	43.73	400m:	5:34.31	41.32
4.	Simao Teixeira, Fernandes			15	218025	Natacao do Fundao / YesEnergy				5:47.44		227
	50m:	38.57	38.57	150m:	2:07.34	45.20	250m:	3:38.06	45.10	350m:	5:09.38	45.64
	100m:	1:22.14	43.57	200m:	2:52.96	45.62	300m:	4:23.74	45.68	400m:	5:47.44	38.06
5.	Miguel Bernardo, Martinho			13	218023	Natacao do Fundao / YesEnergy				5:49.69		223
	50m:	39.58	39.58	150m:	2:09.59	44.85	250m:	3:39.31	45.49	350m:	5:09.33	44.57
	100m:	1:24.74	45.16	200m:	2:53.82	44.23	300m:	4:24.76	45.45	400m:	5:49.69	40.36
6.	Tomas David, Marcal			13	221205	CCDSerta				5:57.50		209
	50m:	40.47	40.47	150m:	2:11.09	45.80	250m:	3:42.86	45.99	350m:	5:14.60	45.48
	100m:	1:25.29	44.82	200m:	2:56.87	45.78	300m:	4:29.12	46.26	400m:	5:57.50	42.90
7.	Goncalo Manuel, Silva			13	221207	CCDSerta				6:33.64		156
	50m:	44.62	44.62	150m:	2:24.76	50.45	250m:	4:05.56	50.51	350m:	5:46.13	50.70
	100m:	1:34.31	49.69	200m:	3:15.05	50.29	300m:	4:55.43	49.87	400m:	6:33.64	47.51
8.	Rodrigo Reis, Lopes			13	218821	Natacao do Fundao / YesEnergy				6:35.26		154
	50m:	41.33	41.33	150m:	2:21.66	51.18	250m:	4:06.05	53.02	350m:	5:48.63	51.57
	100m:	1:30.48	49.15	200m:	3:13.03	51.37	300m:	4:57.06	51.01	400m:	6:35.26	46.63
9.	Santiago Ribeiro, Ramos			13	221263	Natacao do Fundao / YesEnergy				7:54.16		89
	50m:	46.16	46.16	150m:	2:44.81	1:01.46	250m:	4:50.55	1:02.57	350m:	6:55.17	1:01.33
	100m:	1:43.35	57.19	200m:	3:47.98	1:03.17	300m:	5:53.84	1:03.29	400m:	7:54.16	58.99