Prova 2 | Masc., 400m Livres | 15 anos e mais velhos
24/10/2026 - 15:55 | Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Jun A	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun B	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Rec Nac Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac NA	4:46.57	Diogo Luis, CANCELA	ALN	Coimbra	22/10/2022

Pontos: AQUA 2026

Lugar		Idade		Tempo final	Pts

Juv B

1. Miguel Simoes, DIAS — 15 — Louzan Natacao/EFAPEL — **4:37.14** — 449

50m:	32.23	32.23	150m:	1:42.48	35.42	250m:	2:52.65	35.16	350m:	4:03.60	35.28
100m:	1:07.06	34.83	200m:	2:17.49	35.01	300m:	3:28.32	35.67	400m:	4:37.14	33.54

2. Lourenco Serra, BARATA — 15 — Louzan Natacao/EFAPEL — **4:51.54** — 385

50m:	32.69	32.69	150m:	1:44.13	36.24	250m:	2:58.80	37.25	350m:	4:14.66	37.94
100m:	1:07.89	35.20	200m:	2:21.55	37.42	300m:	3:36.72	37.92	400m:	4:51.54	36.88

3. Chun-Yu, YANG — 15 — Academica de Coimbra — **4:56.27** — 367

50m:	32.79	32.79	150m:	1:47.29	37.98	250m:	3:04.17	38.79	350m:	4:20.77	38.58
100m:	1:09.31	36.52	200m:	2:25.38	38.09	300m:	3:42.19	38.02	400m:	4:56.27	35.50

4. Diogo Cunha, CORTE-REAL — 15 — Columbofila Cantanhedense — **4:56.44** — 367

50m:	34.61	34.61	150m:	1:48.79	37.46	250m:	3:05.20	38.11	350m:	4:20.86	37.47
100m:	1:11.33	36.72	200m:	2:27.09	38.30	300m:	3:43.39	38.19	400m:	4:56.44	35.58

5. Afonso Simoes, COSTA — 15 — Louzan Natacao/EFAPEL — **5:05.89** — 334

50m:	33.62	33.62	150m:	1:52.04	39.54	250m:	3:10.97	39.18	350m:	4:29.15	38.50
100m:	1:12.50	38.88	200m:	2:31.79	39.75	300m:	3:50.65	39.68	400m:	5:05.89	36.74

6. Martim Neves, CARIDADE — 15 — Condeixa Clube — **5:06.13** — 333

50m:	35.77	35.77	150m:	1:52.87	39.18	250m:	3:10.43	38.71	350m:	4:28.39	38.80
100m:	1:13.69	37.92	200m:	2:31.72	38.85	300m:	3:49.59	39.16	400m:	5:06.13	37.74

7. Bernardo Brito, JACINTO — 15 — Academica de Coimbra — **5:19.98** — 291

50m:	35.61	35.61	150m:	1:56.92	41.22	250m:	3:18.38	41.29	350m:	4:41.21	41.27
100m:	1:15.70	40.09	200m:	2:37.09	40.17	300m:	3:59.94	41.56	400m:	5:19.98	38.77

8. Mario Martins, FERREIRA — 15 — Louzan Natacao/EFAPEL — **5:38.84** — 245

50m:	35.81	35.81	150m:	2:01.18	43.75	250m:	3:29.04	44.16	350m:	4:57.75	44.19
100m:	1:17.43	41.62	200m:	2:44.88	43.70	300m:	4:13.56	44.52	400m:	5:38.84	41.09

Juv A

1. David Pereira, MARQUES — 16 — Columbofila Cantanhedense — **4:30.97** — 480

50m:	31.39	31.39	150m:	1:39.95	34.24	250m:	2:49.51	34.74	350m:	3:58.47	34.37
100m:	1:05.71	34.32	200m:	2:14.77	34.82	300m:	3:24.10	34.59	400m:	4:30.97	32.50

2. Daniel Nunes, FREITAS — 16 — Columbofila Cantanhedense — **4:33.52** — 467

50m:	30.60	30.60	150m:	1:39.21	34.81	250m:	2:48.82	34.71	350m:	3:59.66	35.61
100m:	1:04.40	33.80	200m:	2:14.11	34.90	300m:	3:24.05	35.23	400m:	4:33.52	33.86

3. Afonso Jose, MIRANDA — 16 — Louzan Natacao/EFAPEL — **4:35.47** — 457

50m:	31.83	31.83	150m:	1:40.64	34.84	250m:	2:50.66	35.04	350m:	4:01.92	35.61
100m:	1:05.80	33.97	200m:	2:15.62	34.98	300m:	3:26.31	35.65	400m:	4:35.47	33.55

4. Pedro Filipe, ALMEIDA — 16 — Columbofila Cantanhedense — **4:38.55** — 442

50m:	31.08	31.08	150m:	1:39.41	34.71	250m:	2:49.57	35.23	350m:	4:02.33	36.48
100m:	1:04.70	33.62	200m:	2:14.34	34.93	300m:	3:25.85	36.28	400m:	4:38.55	36.22

5. Martim Oliveira, DIAS — 16 — Náutico Academico — **4:39.18** — 439

50m:	31.72	31.72	150m:	1:42.54	35.53	250m:	2:53.74	35.18	350m:	4:05.05	35.38
100m:	1:07.01	35.29	200m:	2:18.56	36.02	300m:	3:29.67	35.93	400m:	4:39.18	34.13

6. Leonardo Fonseca, FERRAZ — 16 — Academica de Coimbra — **4:40.87** — 431

50m:	32.71	32.71	150m:	1:43.12	35.78	250m:	2:55.13	36.19	350m:	4:06.76	35.64
100m:	1:07.34	34.63	200m:	2:18.94	35.82	300m:	3:31.12	35.99	400m:	4:40.87	34.11

Prova 2, Masc., 400m Livres, Juv A

Lugar		Idade		Tempo final	Pts
7.	Francisco Marques, PEREIRA	16	Academica de Coimbra	**4:51.66**	385
	50m: 33.98 33.98 150m: 1:47.33 36.45 250m: 3:00.83 36.53 350m: 4:15.84 37.62				
	100m: 1:10.88 36.90 200m: 2:24.30 36.97 300m: 3:38.22 37.39 400m: 4:51.66 35.82				

Jun A/B

1.	Miguel Tomas, GOMES	17	Náutico Academico	**4:20.38**	541
	50m: 30.97 30.97 150m: 1:35.82 32.15 250m: 2:41.51 33.09 350m: 3:49.91 33.97				
	100m: 1:03.67 32.70 200m: 2:08.42 32.60 300m: 3:15.94 34.43 400m: 4:20.38 30.47				
2.	Santiago Marques, PEREIRA	17	Academica de Coimbra	**4:40.46**	433
	50m: 31.27 31.27 150m: 1:40.26 34.98 250m: 2:51.59 36.46 350m: 4:05.70 37.32				
	100m: 1:05.28 34.01 200m: 2:15.13 34.87 300m: 3:28.38 36.79 400m: 4:40.46 34.76				

Sen

1.	Gabriel Jose, LOPES	30	Louzan Natacao/EFAPEL	**4:02.31**	672
	50m: 27.39 27.39 150m: 1:28.69 30.72 250m: 2:29.95 30.44 350m: 3:31.86 31.07				
	100m: 57.97 30.58 200m: 1:59.51 30.82 300m: 3:00.79 30.84 400m: 4:02.31 30.45				
2.	Ricardo Matias, SANTOS	22	Louzan Natacao/EFAPEL	**4:03.23**	664
	50m: 27.84 27.84 150m: 1:30.54 31.42 250m: 2:32.95 31.10 350m: 3:35.14 30.86				
	100m: 59.12 31.28 200m: 2:01.85 31.31 300m: 3:04.28 31.33 400m: 4:03.23 28.09				
3.	Miguel Freitas, OVIEDO	25	Academica de Coimbra	**4:03.42**	662
	50m: 27.83 27.83 150m: 1:29.83 31.20 250m: 2:32.07 31.16 350m: 3:34.10 30.98				
	100m: 58.63 30.80 200m: 2:00.91 31.08 300m: 3:03.12 31.05 400m: 4:03.42 29.32				
4.	Joao Ferreira, MARQUES	21	Academica de Coimbra	**4:06.16**	641
	50m: 27.99 27.99 150m: 1:29.45 31.18 250m: 2:32.15 31.24 350m: 3:35.52 31.55				
	100m: 58.27 30.28 200m: 2:00.91 31.46 300m: 3:03.97 31.82 400m: 4:06.16 30.64				
5.	Guilherme Simoes, SOUSA	19	Academica de Coimbra	**4:19.58**	546
	50m: 29.71 29.71 150m: 1:34.92 33.18 250m: 2:41.06 32.90 350m: 3:47.51 33.10				
	100m: 1:01.74 32.03 200m: 2:08.16 33.24 300m: 3:14.41 33.35 400m: 4:19.58 32.07				
6.	Francisco Fernandes, PEREIRA	19	Academica de Coimbra	**4:19.77**	545
	50m: 29.82 29.82 150m: 1:34.70 32.88 250m: 2:41.15 33.31 350m: 3:47.89 33.28				
	100m: 1:01.82 32.00 200m: 2:07.84 33.14 300m: 3:14.61 33.46 400m: 4:19.77 31.88				
7.	Samuel Dinis, MAIA	19	Academica de Coimbra	**4:21.74**	533
	50m: 29.65 29.65 150m: 1:34.69 32.73 250m: 2:41.58 33.53 350m: 3:49.29 33.69				
	100m: 1:01.96 32.31 200m: 2:08.05 33.36 300m: 3:15.60 34.02 400m: 4:21.74 32.45				
8.	Afonso Martim, GOUVEIA	22	Academica de Coimbra	**4:24.73**	515
	50m: 29.83 29.83 150m: 1:36.47 33.65 250m: 2:44.06 33.82 350m: 3:51.77 33.76				
	100m: 1:02.82 32.99 200m: 2:10.24 33.77 300m: 3:18.01 33.95 400m: 4:24.73 32.96				
9.	Diogo Luis, CANCELA	25	Louzan Natacao/EFAPEL	**4:55.03**	372
	50m: 31.81 31.81 150m: 1:43.81 36.44 250m: 3:01.49 37.01 350m: 4:18.43 36.58				
	100m: 1:07.37 35.56 200m: 2:24.48 40.67 300m: 3:41.85 40.36 400m: 4:55.03 36.60				