Prova 7 | Masc., 400m Livres | Inf A e B
25/10/2026 - 9:30 | Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2026

Lugar		Idade		Tempo final	Pts

Inf B

1.	Miguel Nabais, NEVES	13	Academica de Coimbra	**5:19.28**	293

50m:	35.56	35.56	150m:	1:56.86	41.49	250m:	3:21.60	42.57	350m:	4:42.93	40.70
100m:	1:15.37	39.81	200m:	2:39.03	42.17	300m:	4:02.23	40.63	400m:	5:19.28	36.35

2.	Gustavo Alexandre, LOPES	13	Academica de Coimbra	**6:00.32**	204

50m:	40.64	40.64	150m:	2:10.29	44.70	250m:	3:42.40	46.85	350m:	5:14.88	45.69
100m:	1:25.59	44.95	200m:	2:55.55	45.26	300m:	4:29.19	46.79	400m:	6:00.32	45.44

3.	Gustavo Manuel, PEIXOTO	13	Columbofila Cantanhedense	**6:06.86**	193

50m:	41.17	41.17	150m:	2:13.79	46.59	250m:	3:47.64	46.71	350m:	5:21.62	46.90
100m:	1:27.20	46.03	200m:	3:00.93	47.14	300m:	4:34.72	47.08	400m:	6:06.86	45.24

4.	Miguel Vinhas, RIBEIRO	13	Condeixa Clube	**6:29.91**	161

50m:	45.47	45.47	150m:	2:24.10	48.80	250m:	4:03.47	49.68	350m:	5:45.01	51.20
100m:	1:35.30	49.83	200m:	3:13.79	49.69	300m:	4:53.81	50.34	400m:	6:29.91	44.90

5.	Francisco Martins, FERREIRA	13	Louzan Natacao/EFAPEL	**6:38.59**	150

50m:	45.09	45.09	150m:	2:27.19	50.80	250m:	4:10.60	52.73	350m:	5:52.69	50.28
100m:	1:36.39	51.30	200m:	3:17.87	50.68	300m:	5:02.41	51.81	400m:	6:38.59	45.90

6.	Duarte Gomes, CASTRO	13	Columbofila Cantanhedense	**6:39.18**	150

50m:	45.80	45.80	150m:	2:26.03	50.39	250m:	4:07.24	50.87	350m:	5:49.91	51.47
100m:	1:35.64	49.84	200m:	3:16.37	50.34	300m:	4:58.44	51.20	400m:	6:39.18	49.27

DNS	Diogo Cunha, LEAL	13	Academica de Coimbra

Inf A

1.	Joao Filipe, SANTOS	14	Louzan Natacao/EFAPEL	**4:36.31**	453

50m:	31.70	31.70	150m:	1:41.23	34.82	250m:	2:51.22	34.99	350m:	4:01.95	34.99
100m:	1:06.41	34.71	200m:	2:16.23	35.00	300m:	3:26.96	35.74	400m:	4:36.31	34.36

2.	Martim Simoes, RODRIGUES	14	Louzan Natacao/EFAPEL	**4:44.78**	414

50m:	31.69	31.69	150m:	1:42.99	35.98	250m:	2:55.27	36.23	350m:	4:08.54	36.64
100m:	1:07.01	35.32	200m:	2:19.04	36.05	300m:	3:31.90	36.63	400m:	4:44.78	36.24

3.	Goncalo Cardoso, LIMA	14	Columbofila Cantanhedense	**4:59.33**	356

50m:	32.62	32.62	150m:	1:47.09	37.77	250m:	3:04.73	39.02	350m:	4:22.36	38.66
100m:	1:09.32	36.70	200m:	2:25.71	38.62	300m:	3:43.70	38.97	400m:	4:59.33	36.97

4.	Afonso Duarte, FONSECA	14	Columbofila Cantanhedense	**4:59.66**	355

50m:	34.25	34.25	150m:	1:49.43	38.36	250m:	3:06.23	38.11	350m:	4:22.70	38.48
100m:	1:11.07	36.82	200m:	2:28.12	38.69	300m:	3:44.22	37.99	400m:	4:59.66	36.96

5.	Andre Nuno, SILVA	14	Academica de Coimbra	**5:25.52**	277

50m:	36.49	36.49	150m:	1:57.07	41.46	250m:	3:22.09	42.22	350m:	4:44.93	41.12
100m:	1:15.61	39.12	200m:	2:39.87	42.80	300m:	4:03.81	41.72	400m:	5:25.52	40.59

6.	Tome Francisco, JESUS	14	Miranda do Corvo	**5:29.79**	266

50m:	37.49	37.49	150m:	2:02.54	42.97	250m:	3:26.64	41.49	350m:	4:50.33	41.92
100m:	1:19.57	42.08	200m:	2:45.15	42.61	300m:	4:08.41	41.77	400m:	5:29.79	39.46

7.	Xavier Bagagem, CARVALHO	14	Miranda do Corvo	**5:42.95**	237

50m:	38.83	38.83	150m:	2:05.47	44.15	250m:	3:34.68	44.98	350m:	5:02.64	43.80
100m:	1:21.32	42.49	200m:	2:49.70	44.23	300m:	4:18.84	44.16	400m:	5:42.95	40.31

8.	Tiago Amado, LUCIO	14	Condeixa Clube	**6:16.06**	179

50m:	41.39	41.39	150m:	2:17.10	48.45	250m:	3:53.72	47.65	350m:	5:30.89	47.67
100m:	1:28.65	47.26	200m:	3:06.07	48.97	300m:	4:43.22	49.50	400m:	6:16.06	45.17