Prova 1 — 400m Livres — 13 anos e mais velhos
18/10/2026 - 10:00 — Resultados

Recordes Regionais Piscina Curta Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Recordes Regionais Piscina Curta 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Recordes Regionais Piscina Curta 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Recordes Regionais Piscina Curta 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Recordes Regionais Piscina Curta 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEN	Sines	13/05/2006
Recordes Regionais Piscina Curta Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 18 +	4:45.63	Sofia Oliveira SILVA	CNLA	Sines	25/04/2024
Recordes Regionais Piscina Curta 17	4:43.90	Sofia Cristina GRILO	Ind ANALEN	Ponte de Sôr	15/03/2014
Recordes Regionais Piscina Curta 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Recordes Regionais Piscina Curta 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Recordes Regionais Piscina Curta 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo final	Aqua Pontos

13 anos e mais velhos, Femin.

1. Teresa Ribeiro ROCHA — 16 — Aminata — **5:35.59** — 322

50m:	36.19	36.19	150m:	1:59.54	42.20	250m:	3:26.51	44.17	350m:	4:53.97	43.75
100m:	1:17.34	41.15	200m:	2:42.34	42.80	300m:	4:10.22	43.71	400m:	5:35.59	41.62

2. Catia Mendes FIDALGO — 15 — GSC Grândola Sports Club — **5:38.94** — 313

50m:	38.48	38.48	150m:	2:03.66	43.35	250m:	3:31.69	43.96	350m:	4:58.16	42.75
100m:	1:20.31	41.83	200m:	2:47.73	44.07	300m:	4:15.41	43.72	400m:	5:38.94	40.78

3. Rita Isabel OLIVEIRA — 17 — Estremoz — **5:40.57** — 309

50m:	38.47	38.47	150m:	2:02.75	42.50	250m:	3:29.53	43.78	350m:	4:57.22	43.79
100m:	1:20.25	41.78	200m:	2:45.75	43.00	300m:	4:13.43	43.90	400m:	5:40.57	43.35

4. Leonor Neves MARINHEIRO — 17 — Zona Azul — **5:42.75** — 303

50m:	36.58	36.58	150m:	2:02.62	44.15	250m:	3:30.65	44.53	350m:	4:59.55	44.25
100m:	1:18.47	41.89	200m:	2:46.12	43.50	300m:	4:15.30	44.65	400m:	5:42.75	43.20

5. Sofia MEDEIRO HORTA — 15 — Zona Azul — **5:54.39** — 274

50m:	36.89	36.89	150m:	2:03.96	43.93	250m:	3:33.14	44.83	350m:	5:08.46	47.72
100m:	1:20.03	43.14	200m:	2:48.31	44.35	300m:	4:20.74	47.60	400m:	5:54.39	45.93

6. Matilde Maria RODRIGUES — 18 — Cnbe — **5:57.05** — 268

50m:	38.59	38.59	150m:	2:06.13	44.43	250m:	3:37.70	46.14	350m:	5:10.66	46.03
100m:	1:21.70	43.11	200m:	2:51.56	45.43	300m:	4:24.63	46.93	400m:	5:57.05	46.39

13 anos e mais velhos, Masc.

1. Tiago Romaneiro JANEIRINHO — 17 — Aminata — **4:32.66** — 471

50m:	30.59	30.59	150m:	1:37.63	33.87	250m:	2:46.59	34.90	350m:	3:57.31	35.29
100m:	1:03.76	33.17	200m:	2:11.69	34.06	300m:	3:22.02	35.43	400m:	4:32.66	35.35

2. Pedro Caeiro MARQUES — 18 — Aminata — **4:34.26** — 463

50m:	30.16	30.16	150m:	1:37.66	34.25	250m:	2:47.87	35.46	350m:	3:59.26	35.42
100m:	1:03.41	33.25	200m:	2:12.41	34.75	300m:	3:23.84	35.97	400m:	4:34.26	35.00

3. Diogo Leote PEDROSA — 15 — Zona Azul — **4:46.49** — 406

50m:	30.20	30.20	150m:	1:39.99	35.68	250m:	2:53.35	37.00	350m:	4:09.10	38.04
100m:	1:04.31	34.11	200m:	2:16.35	36.36	300m:	3:31.06	37.71	400m:	4:46.49	37.39

4. Edgar Van RAMOS — 17 — Aminata — **4:47.50** — 402

50m:	33.00	33.00	150m:	1:45.35	36.57	250m:	2:59.85	37.43	350m:	4:13.75	36.79
100m:	1:08.78	35.78	200m:	2:22.42	37.07	300m:	3:36.96	37.11	400m:	4:47.50	33.75

5. Nelson Manuel FLORINDO — 15 — Aminata — **4:58.25** — 360

50m:	32.65	32.65	150m:	1:46.18	37.25	250m:	3:02.53	38.63	350m:	4:20.90	39.04
100m:	1:08.93	36.28	200m:	2:23.90	37.72	300m:	3:41.86	39.33	400m:	4:58.25	37.35

6. Joao Dinis GUERREIRO — 18 — Cnbe — **5:33.66** — 257

50m:	36.63	36.63	150m:	1:59.19	41.81	250m:	3:26.09	43.86	350m:	4:52.81	43.15
100m:	1:17.38	40.75	200m:	2:42.23	43.04	300m:	4:09.66	43.57	400m:	5:33.66	40.85

Prova 1, Masc., 400m Livres, 13 anos e mais velhos

Lugar	Nome	Idade	Clube	Tempo final	Aqua Pontos
7.	Gustavo Antonio BERNARDES	14	Aminata	**5:37.72**	248

50m:	40.00	40.00	150m:	2:07.15	44.18	250m:	3:33.90	43.85	350m:	4:59.12	41.50
100m:	1:22.97	42.97	200m:	2:50.05	42.90	300m:	4:17.62	43.72	400m:	5:37.72	38.60