



4º Benedita Swim Master
Benedita, 29/11/2026





Prova 20 | Masc., 400m Livres | 25 anos e mais velhos

29/11/2026 - 15:57 | Lista inscritos

Rec. Nac A	4:00.23	Adriano Miguel, NIZ	GDNVNF	Funchal	17/01/2015
Rec. Nac B	4:01.96	Pedro Miguel, PINOTES	SCP	Albufeira	10/12/2022
Rec. Nac C	4:06.32	Pedro Miguel, SILVA	CFV	Ponte de Sor	29/01/2011
Rec. Nac D	4:10.09	Eduardo Ferreira, SEVIERI	FCP	Torres Novas	24/01/2025
Rec. Nac F	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
Rec. Nac G	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
Rec. Nac H	4:40.55	Jose Carlos, FREITAS	CNLA	Sines	04/03/2023
Rec. Nac I	5:17.22	Jaime Carlos, BENTO	SAD	Sines	14/03/2026
Rec. Nac J	5:54.44	Vitor Manuel, MAVIOSO	SAD	Torres Novas	23/01/2026
Rec. Nac K	6:23.33	Stephen Thomas, DYSON	SAD	Albufeira	10/12/2022

Lugar	Nome	Ano	Grupo	Lic. FPN	Clube	Tempo	Cód.	Piscina
1	Filipe Gouveia, GONCALVES	87	GR C	215265	Lisboa PoolSharks	4:37.05		25m
2	Luis Daniel, PACHECO	76	GR F	14613	Alcobaca	4:50.27		25m
3	Fabio Andre, POLICARPO	90	GR C	219878	CPCD - Póvoa de Santa Iria	4:50.73		25m
4	Jaime Gonzalez, OTAOLA	87	GR C	225234	Lisboa PoolSharks	5:01.97		25m
5	Tiago Miguel, NEVES	85	GR D	228237	Palmela Desporto	5:13.21		25m
6	Hugo Miguel, SILVA	77	GR E	206966	BUZIOS - Coruche	5:15.61		25m
7	Jaime Carlos, BENTO	61	GR I	118614	Sport Algés e Dafundo	5:17.22		25m
8	Carlos Jorge, OLIVEIRA	64	GR H	11360	Masters de Almada	5:22.58		25m
9	Tiago Filipe, VALENTIM	86	GR D	14827	Amigos da Natacao-AC	5:34.12		25m
10	Rui Alexandre, SANTOS	76	GR F	26110	Nadadores dos Estoris	5:43.35		25m
11	Tiago Alexandre, FREIRE	93	GR B	220965	Lisboa PoolSharks	5:44.28		50m
12	Henrique Luis, SEABRA	61	GR I	125467	Fluvial Portuense	5:45.00		
13	Vitor Manuel, MAVIOSO	56	GR J	100689	Sport Algés e Dafundo	5:54.44		25m
14	Rui Miguel, HENRIQUES	69	GR G	219334	Nadadores dos Estoris	6:00.00		
15	Nuno Telmo, GONCALVES	77	GR E	153534	Sporting	6:03.55		25m
16	Paulo Fernando, OLIVEIRA	67	GR G	220911	Nautico Marinha Grande	6:23.12		25m
17	Fernando Jorge, LUZ	70	GR G	226922	Masters de Almada	6:32.78		25m
18	Luis Fernando, INACIO	68	GR G	213449	CPCD - Póvoa de Santa Iria	6:45.00		25m
19	Nuno Carlos, ALBUQUERQUE	64	GR H	210412	Braga	6:45.67		25m
20	Jorge Alexandre, ANASTACIO	73	GR F	217759	Benedita	6:45.72		25m
21	Luis Filipe, ALMEIDA	66	GR H	201324	Lisboa PoolSharks	7:09.46		25m
22	Joao Castro, TEIXEIRA	61	GR I	130468	Amigos da Natacao-AC	7:10.31		
23	Pedro Jose, RIVERA	58	GR I	223034	Nadadores dos Estoris	7:47.50		
24	Amilcar Filipe, PIRES	84	GR D	212773	CNLeiria - VOID	8:18.64		25m
25	Willian Cruz, RODRIGUES	78	GR E	227998	Swim4Fun	8:25.37		50m
26	Carlos Manuel, LOPES	66	GR H	202483	Sport Algés e Dafundo	8:25.89		25m
27	Francisco Manuel, PEREIRA	48	GR K	224613	Natacao do Fundao/YesEnergy	9:01.18		50m
28	Joao Augusto, LEITE	62	GR H	215968	Braga	NT		
29	Antonio Alves, MARCAL	55	GR J	227028	S.I.R. Os Pimpoes	NT		
30	Luis Miguel, REVES	73	GR F	225735	Swim4Fun	NT		
31	Pedro Rozina , DAMIGO	89	GR C	229955	Swim4Fun	NT		
32	Ricardo Augusto, SILVERIO	80	GR E	228460	Swim4Fun	NT		
33	Bruno Pinto, DOMINGUES	00	GR A	119682	Vieirense	NT		
34	Ricardo Jorge, LETRA	85	GR D	212130	Vieirense	NT		
35	Rui Alexandre, RITA	79	GR E	214955	Vieirense	NT		
36	Joao Pedro, PEREIRA	89	GR C	219254	Benedita	NT		
	Rafael, MADUREIRA	83	GR D		Swim4Fun	NT	RJC	