Event 4 — Men, 400m Medley — 15 years and older

14/11/2026 — Entry list

Recorde Regional (25m) Open	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) Sen	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) 18	5:05.04	Jose Pedro Rocha	CMNPR	Vila Real	15/01/2022
Recorde Regional (25m) 17	4:52.76	Tiago Manuel Fernandes	GCVR	Mirandela	08/03/2025
Recorde Regional (25m) Juv A	4:51.57	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	13/07/2019
Recorde Regional (25m) Juv B	4:54.21	Tiago Daniel Penso	GCVR	Mirandela	08/03/2026

Rank	Nome		Idade	Licença	Clube	Tp Incr		Data
1	Jose Pedro Rocha	Sen	23	201748	Peso da Regua	4:58.99		
2	Martim Martim Barros Pereira	Juv A	16	216554	Enb	4:59.12	25m	06/12/2025
3	Nuno Pinto Oliveira	Jun	17	219466	Gcvr	5:22.09	25m	28/06/2026
4	Duarte Ferreira Rosa	Juv A	16	209831	Fnc	5:34.02		
5	Filipe Miguel Pires	Juv A	16	218010	Futebol Clube Vinhais	5:45.45	25m	08/03/2025
6	Guilherme Alves Horta	Juv A	16	222427	Fnc	6:20.46		
7	Martim Beato Guedes	Juv B	15	219121	Futebol Clube Vinhais	6:37.22	25m	10/05/2025
8	Pedro Martins Valente	Juv A	16	222429	Fnc	6:43.16		
9	Rodrigo Araujo Sousa, Rodrigo Araujo	Juv B	15	214607	Peso da Regua	6:48.66	25m	15/11/2025
10	Goncalo Goncalves Ferreira	Juv B	15	222975	Fnc	NT		
11	David Sequeira Sobral	Juv B	15	222996	Durius Ac Pesqueira	NT		
12	Miguel Braz Alves	Juv A	16	225334	Gcvr	NT		