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

14/11/2026 - 17:05 — Startlist

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

Pista	Nome	Sexo	Licença	Cat	Idade	Clube	Tempo Incs.	Tempo
Heat 1 of 2, 17:05								
3	Miguel Braz Alves	M	225334	Juv A	16	Gcvr	NT	___:___.___
4	R. Sousa, Rodrigo Araujo	M	214607	Juv B	15	Peso da Regua	6:48.66	___:___.___
5	Martim Beato Guedes	M	219121	Juv B	15	Futebol Clube Vinhais	6:37.22	___:___.___
6	Pedro Martins Valente	M	222429	Juv A	16	Fnc	6:43.16	___:___.___
7	David Sequeira Sobral	M	222996	Juv B	15	Durius Ac Pesqueira	NT	___:___.___
8	Goncalo Goncalves Ferreira	M	222975	Juv B	15	Fnc	NT	___:___.___
Heat 2 of 2, 17:10								
3	Filipe Miguel Pires	M	218010	Juv A	16	Futebol Clube Vinhais	5:45.45	___:___.___
4	Nuno Pinto Oliveira	M	219466	Jun	17	Gcvr	5:22.09	___:___.___
5	Jose Pedro Rocha	M	201748	Sen	23	Peso da Regua	4:58.99	___:___.___
6	Martim Martim Barros Pereira	M	216554	Juv A	16	Enb	4:59.12	___:___.___
7	Duarte Ferreira Rosa	M	209831	Juv A	16	Fnc	5:34.02	___:___.___
8	Guilherme Alves Horta	M	222427	Juv A	16	Fnc	6:20.46	___:___.___