Event 40 | Men, 400m Medley | 13 years and older

22/11/2026 - 10:50 | 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
Recorde Regional (25m) Inf A	5:18.50	Tomas Tavares Martins	SCM	Bragança	04/07/2015
Recorde Regional (25m) Inf B	5:42.13	Tomas Tavares Martins	SCM	Santa Marta de penaguião	05/07/2014

Rank	Nome	Cat.	Idade	Licença	Clube	Tp Incr		Data
1	Martim Martim Barros Pereira	Juv.	16	216554	Enb	4:59.12	25m	06/12/2025
2	Nuno Pinto Oliveira	Jun	17	219466	Gcvr	5:22.09	25m	28/06/2026
3	Miguel Braz Alves	Juv.	16	225334	Gcvr	5:40.72	25m	14/11/2026
4	Jose Miguel Coelho, Jose Miguel	Inf.	14	214606	Peso da Regua	5:52.10	25m	15/11/2025
5	Goncalo Goncalves Ferreira	Juv.	15	222975	Fnc	6:19.10		
6	Martim Costa Goncalves	Inf.	14	221627	Gcvr	6:19.50	25m	28/06/2026