Event 4 — Men, 400m Freestyle — 13 years and older

21/11/2026 - 10:05 — Entry list

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:16.35	Tiago Manuel Fernandes	GCVR	Vinhais	27/06/2026
Recorde Regional (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012
Recorde Regional (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recorde Regional (25m) Juv B	4:21.50	Filipe Miguel Pires	FCV	Mirandela	07/03/2026
Recorde Regional (25m) Inf A	4:39.76	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) Inf B	4:54.34	Lucas Pinto Ribeiro	GCVR	Peso da Régua	12/03/2023

Rank	Nome	Cat.	Idade	Licença	Clube	Tp Incr		Data
1	Duarte Ferreira Rosa	Juv.	16	209831	Fnc	4:46.60		
2	Jose Miguel Coelho, Jose Miguel	Inf.	14	214606	Peso da Regua	4:56.77	25m	25/04/2026
3	Afonso Alexandre Paiga	Jun	17	216385	Durius Ac Pesqueira	5:03.87	25m	27/06/2026
4	Martim Beato Guedes	Juv.	15	219121	Futebol Clube Vinhais	5:15.81	25m	27/06/2026
5	Goncalo Goncalves Ferreira	Juv.	15	222975	Fnc	5:20.72		
6	Robert Daniel Puiac	Jun	18	217398	Durius Ac Pesqueira	5:22.59	25m	27/06/2026
7	Santiago Fernandes Silva	Inf.	14	228452	Gcvr	5:32.66		
8	Gabriel Artilheiro Fraga	Inf.	14	222499	Gcvr	5:35.03	25m	18/10/2026
9	Miguel Ferreira Eira	Inf.	14	217391	Gcvr	5:40.47	25m	18/10/2026
10	Martim Costa Goncalves	Inf.	14	221627	Gcvr	5:42.31	25m	18/10/2026
11	David Sequeira Sobral	Juv.	15	222996	Durius Ac Pesqueira	5:49.02	25m	18/10/2026
12	Rodrigo Sousa Xavier	Inf.	13	217392	Gcvr	6:00.40	25m	18/10/2026
13	Rodrigo Leal Neto	Inf.	14	226138	Peso da Regua	6:01.44		
14	Rui Pedro Lopes	Jun	17	216387	Durius Ac Pesqueira	6:01.54	25m	23/11/2024
15	Ricardo Carlos Mesquita	Inf.	13	226233	Durius Ac Pesqueira	7:14.44	25m	18/10/2026
16	M. Miguel Vicente Rodrigues	Inf.	14	225726	Enb	8:45.81	25m	06/07/2025