

Prova 15

Masc., 400m Livres

Infantis
Resultados

26/04/2025 - 11:30

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 14	4:39.76	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) 13	4:54.34	RIBEIRO, Lucas Pinto	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2024

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	ROSA, Duarte Ferreira	209831	11	Fnc	5:32.57	259
	50m: 37.22 37.22	200m: 2:44.66 1:26.29		400m: 5:32.57 1:21.48		
	100m: 1:18.37 41.15	300m: 4:11.09 1:26.43				
2.	BEATO GUEDES, Martim	219121	12	Emnv/Fcv	5:38.27	247
	50m: 37.85 37.85	200m: 2:47.31 1:21.60		400m: 5:38.27 1:22.40		
	100m: 1:25.71 47.86	300m: 4:15.87 1:28.56				
3.	ALVES HORTA, Guilherme	222427	11	Fnc	6:04.56	197
	50m: 41.35 41.35	200m: 3:01.85 1:34.29		400m: 6:04.56 1:30.69		
	100m: 1:27.56 46.21	300m: 4:33.87 1:32.02				
4.	SEQUEIRA SOBRAL, David	222996	12	Durius/AC Pesqueira	7:06.28	123
	50m: 45.46 45.46	200m: 3:26.87 1:48.69		400m: 7:06.28 1:46.50		
	100m: 1:38.18 52.72	300m: 5:19.78 1:52.91				

Prova 15

Masc., 400m Livres

Juvenis
Resultados

26/04/2025 - 11:30

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 16	4:22.51	FERREIRA, João Carlos	GCVR	Braga	18/03/2000
Recorde Regional (25m) 15	4:29.64	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	07/07/2018

Pontos: AQUA 2024

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	ROCHA, Joao Miguel	205562	09	Peso da Regua	4:43.37	420
	50m: 31.23 31.23	200m: 2:17.27 1:11.87		400m: 4:43.37 1:12.64		
	100m: 1:05.40 34.17	300m: 3:30.73 1:13.46				
2.	FRANCISCO ALVAREZ, Lucas		09	CN Casa de Asturias	4:51.31	386
	50m: 32.46 32.46	200m: 2:21.49 1:13.68		400m: 4:51.31 1:14.89		
	100m: 1:07.81 35.35	300m: 3:36.42 1:14.93				
3.	RIBEIRO, Ruben Rafael	214746	09	Lousada Séc.XXI	5:15.38	304
	50m: 34.59 34.59	200m: 2:37.15 1:22.70		400m: 5:15.38 1:18.66		
	100m: 1:14.45 39.86	300m: 3:56.72 1:19.57				
4.	LOPES, Rui Pedro	216387	10	Durius/AC Pesqueira	6:22.96	170
	50m: 43.45 43.45	200m: 3:07.38 1:38.00		400m: 6:22.96 1:34.43		
	100m: 1:29.38 45.93	300m: 4:48.53 1:41.15				
5.	PUIAC, Robert Daniel	217398	09	Durius/AC Pesqueira	6:25.33	167
	50m: 43.53 43.53	200m: 3:12.93 1:41.32		400m: 6:25.33 1:36.55		
	100m: 1:31.61 48.08	300m: 4:48.78 1:35.85				
6.	CALCARAO, Joao Guilherme	225116	09	Durius/AC Pesqueira	7:07.82	122
	50m: 44.42 44.42	200m: 3:21.47 1:49.37		400m: 7:07.82 1:52.10		
	100m: 1:32.10 47.68	300m: 5:15.72 1:54.25				
DNS	PEREIRA, Pedro Moura	207926	09	Lousada Séc.XXI		

Prova 15

Masc., 400m Livres

Juniores e Seniores
Resultados

26/04/2025 - 11:30

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 19 +	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	LOPES, Daniel Filipe	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	LOPES, Daniel Filipe	CNIN	Mealhada	15/12/2012

Pontos: AQUA 2024

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	GONZALEZ BRIZ, Marcos		08	CN Casa de Asturias	5:12.21	314
	50m: 33.02 33.02	200m: 2:32.62 1:21.24		400m: 5:12.21 1:16.59		
	100m: 1:11.38 38.36	300m: 3:55.62 1:23.00				
2.	CARVALHO, Duarte Filipe	216386	07	Durius/AC Pesqueira	5:29.09	268
	50m: 33.98 33.98	200m: 2:34.98 1:22.62		400m: 5:29.09 1:27.21		
	100m: 1:12.36 38.38	300m: 4:01.88 1:26.90				
3.	PAIGA, Joao Tiago	216379	08	Durius/AC Pesqueira	5:51.50	220
	50m: 37.43 37.43	200m: 2:54.43 1:32.78		400m: 5:51.50 1:25.78		
	100m: 1:21.65 44.22	300m: 4:25.72 1:31.29				
DNS	MARQUES, Joao Leonardo	216384	08	Durius/AC Pesqueira		

Prova 15, Masc., 400m Livres

Prova 15
26/04/2025 - 11:30

Masc., 400m Livres

Absolutos
Resultados

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 19 +	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	LOPES, Daniel Filipe	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	LOPES, Daniel Filipe	CNIN	Mealhada	15/12/2012
Recorde Regional (25m) 16	4:22.51	FERREIRA, João Carlos	GCVR	Braga	18/03/2000
Recorde Regional (25m) 15	4:29.64	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	07/07/2018
Recorde Regional (25m) 14	4:39.76	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) 13	4:54.34	RIBEIRO, Lucas Pinto	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2024

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	ROCHA, Joao Miguel	205562	09	Peso da Regua	4:43.37	420
	50m: 31.23 31.23	200m: 2:17.27 1:11.87		400m: 4:43.37 1:12.64		
	100m: 1:05.40 34.17	300m: 3:30.73 1:13.46				
2.	FRANCISCO ALVAREZ, Lucas		09	CN Casa de Asturias	4:51.31	386
	50m: 32.46 32.46	200m: 2:21.49 1:13.68		400m: 4:51.31 1:14.89		
	100m: 1:07.81 35.35	300m: 3:36.42 1:14.93				
3.	GONZALEZ BRIZ, Marcos		08	CN Casa de Asturias	5:12.21	314
	50m: 33.02 33.02	200m: 2:32.62 1:21.24		400m: 5:12.21 1:16.59		
	100m: 1:11.38 38.36	300m: 3:55.62 1:23.00				
4.	RIBEIRO, Ruben Rafael	214746	09	Lousada Séc.XXI	5:15.38	304
	50m: 34.59 34.59	200m: 2:37.15 1:22.70		400m: 5:15.38 1:18.66		
	100m: 1:14.45 39.86	300m: 3:56.72 1:19.57				
5.	CARVALHO, Duarte Filipe	216386	07	Durius/AC Pesqueira	5:29.09	268
	50m: 33.98 33.98	200m: 2:34.98 1:22.62		400m: 5:29.09 1:27.21		
	100m: 1:12.36 38.38	300m: 4:01.88 1:26.90				
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	50m: 37.22 37.22	200m: 2:44.66 1:26.29		400m: 5:32.57 1:21.48		
	100m: 1:18.37 41.15	300m: 4:11.09 1:26.43				
7.	BEATO GUEDES, Martim	219121	12	Emnv/Fcv	5:38.27	247
	50m: 37.85 37.85	200m: 2:47.31 1:21.60		400m: 5:38.27 1:22.40		
	100m: 1:25.71 47.86	300m: 4:15.87 1:28.56				
8.	PAIGA, Joao Tiago	216379	08	Durius/AC Pesqueira	5:51.50	220
	50m: 37.43 37.43	200m: 2:54.43 1:32.78		400m: 5:51.50 1:25.78		
	100m: 1:21.65 44.22	300m: 4:25.72 1:31.29				
9.	ALVES HORTA, Guilherme	222427	11	Fnc	6:04.56	197
	50m: 41.35 41.35	200m: 3:01.85 1:34.29		400m: 6:04.56 1:30.69		
	100m: 1:27.56 46.21	300m: 4:33.87 1:32.02				
10.	LOPES, Rui Pedro	216387	10	Durius/AC Pesqueira	6:22.96	170
	50m: 43.45 43.45	200m: 3:07.38 1:38.00		400m: 6:22.96 1:34.43		
	100m: 1:29.38 45.93	300m: 4:48.53 1:41.15				
11.	PUIAC, Robert Daniel	217398	09	Durius/AC Pesqueira	6:25.33	167
	50m: 43.53 43.53	200m: 3:12.93 1:41.32		400m: 6:25.33 1:36.55		
	100m: 1:31.61 48.08	300m: 4:48.78 1:35.85				
12.	SEQUEIRA SOBRAL, David	222996	12	Durius/AC Pesqueira	7:06.28	123
	50m: 45.46 45.46	200m: 3:26.87 1:48.69		400m: 7:06.28 1:46.50		
	100m: 1:38.18 52.72	300m: 5:19.78 1:52.91				
13.	CALCARAO, Joao Guilherme	225116	09	Durius/AC Pesqueira	7:07.82	122
	50m: 44.42 44.42	200m: 3:21.47 1:49.37		400m: 7:07.82 1:52.10		
	100m: 1:32.10 47.68	300m: 5:15.72 1:54.25				
DNS	PEREIRA, Pedro Moura	207926	09	Lousada Séc.XXI		
DNS	MARQUES, Joao Leonardo	216384	08	Durius/AC Pesqueira		