

Prova 10  
08/11/2025 - 10:25

Masc., 400m Livres

Absolutos  
Resultados

|                |         |                          |         |                 |            |
|----------------|---------|--------------------------|---------|-----------------|------------|
| Rec Nac Open   | 3:42.57 | Jose Paulo, LOPES        | POR     | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac SEN    | 3:42.57 | Jose Paulo, LOPES        | POR     | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac JUN 18 | 3:50.52 | Adriano Miguel, NIZ      | CFV     | Fafe            | 26/06/2004 |
| Rec Nac JUN 17 | 3:52.60 | Rui Silva, PEREIRA       | ADRCIMM | Tomar           | 14/12/2024 |
| Rec Nac JUV A  | 3:58.45 | Rui Silva, PEREIRA       | ADRCIMM | Sines           | 17/12/2023 |
| Rec Nac JUV B  | 4:01.42 | Rui Silva, PEREIRA       | POR     | Tomar           | 15/01/2023 |
| Rec Nac INF A  | 4:12.35 | Andre Vilas, RUIVO       | DNMG    | Campo Maior     | 29/03/2014 |
| Rec Nac INF B  | 4:21.95 | Pedro Fontoura, OLIVEIRA | CFB     | Santarém        | 04/04/2003 |

| Lugar | Nome                        | Ano           | Licença | Clube                        | TReac | Tempo Final    | Pontos |
|-------|-----------------------------|---------------|---------|------------------------------|-------|----------------|--------|
| 1.    | Jose Luis, GONCALVES        | 05            | 131849  | Natação Clube de Fafe        | +0,68 | <b>4:14.70</b> | 23,00  |
|       | 50m: 28.31 28.31            | 150m: 1:31.69 | 32.13   | 250m: 2:37.38                | 33.02 | 350m: 3:43.61  | 33.35  |
|       | 100m: 59.56 31.25           | 200m: 2:04.36 | 32.67   | 300m: 3:10.26                | 32.88 | 400m: 4:14.70  | 31.09  |
| 2.    | Pedro Saad, OLIVEIRA        | 08            | 141892  | Viver Santarem               | +0,78 | <b>4:15.63</b> | 21,00  |
|       | 50m: 29.15 29.15            | 150m: 1:32.89 | 32.05   | 250m: 2:37.70                | 32.61 | 350m: 3:43.76  | 33.08  |
|       | 100m: 1:00.84 31.69         | 200m: 2:05.09 | 32.20   | 300m: 3:10.68                | 32.98 | 400m: 4:15.63  | 31.87  |
| 3.    | Alexandre Ramos, GONCALVES  | 05            | 128601  | Clube Desportivo Feirense    | +0,71 | <b>4:15.86</b> | 20,00  |
|       | 50m: 29.07 29.07            | 150m: 1:32.28 | 32.03   | 250m: 2:37.35                | 32.58 | 350m: 3:43.95  | 33.31  |
|       | 100m: 1:00.25 31.18         | 200m: 2:04.77 | 32.49   | 300m: 3:10.64                | 33.29 | 400m: 4:15.86  | 31.91  |
| 4.    | Martim Ribeiro, MENESES     | 06            | 200854  | O Crasto                     | +0,67 | <b>4:19.40</b> | 19,00  |
|       | 50m: 28.90 28.90            | 150m: 1:33.55 | 32.71   | 250m: 2:39.00                | 32.86 | 350m: 3:46.35  | 33.68  |
|       | 100m: 1:00.84 31.94         | 200m: 2:06.14 | 32.59   | 300m: 3:12.67                | 33.67 | 400m: 4:19.40  | 33.05  |
| 5.    | Andriy, FEDOROV             | 08            | 205060  | FC Ferreiras/AlgarExperience | +0,67 | <b>4:24.04</b> | 18,00  |
|       | 50m: 29.17 29.17            | 150m: 1:33.34 | 32.48   | 250m: 2:40.04                | 33.78 | 350m: 3:49.70  | 35.02  |
|       | 100m: 1:00.86 31.69         | 200m: 2:06.26 | 32.92   | 300m: 3:14.68                | 34.64 | 400m: 4:24.04  | 34.34  |
| 6.    | Santiago Marques, PEREIRA   | 10            | 213189  | Columbifila Cantanhedense    | +0,71 | <b>4:27.86</b> | 17,00  |
|       | 50m: 30.12 30.12            | 150m: 1:36.98 | 34.32   | 250m: 2:46.12                | 34.50 | 350m: 3:55.32  | 34.02  |
|       | 100m: 1:02.66 32.54         | 200m: 2:11.62 | 34.64   | 300m: 3:21.30                | 35.18 | 400m: 4:27.86  | 32.54  |
| 7.    | Manuel Leite, AGUIAR        | 09            | 212217  | Sanjoanense/FEPSA            | +0,71 | <b>4:27.88</b> | 16,00  |
|       | 50m: 30.34 30.34            | 150m: 1:38.22 | 33.97   | 250m: 2:47.53                | 34.49 | 350m: 3:55.68  | 34.16  |
|       | 100m: 1:04.25 33.91         | 200m: 2:13.04 | 34.82   | 300m: 3:21.52                | 33.99 | 400m: 4:27.88  | 32.20  |
| 8.    | Ricardo Regufe, FERREIRA    | 80            | 106877  | Clube Naval de Ponta Delgada |       | <b>4:32.55</b> | 15,00  |
| 9.    | Daniel, FISTICANU           | 11            | 208945  | RIA Aqua Tavira              | +0,85 | <b>4:32.04</b> | 14,00  |
|       | 50m: 30.40 30.40            | 150m: 1:38.75 | 34.63   | 250m: 2:49.29                | 35.31 | 350m: 3:59.65  | 34.80  |
|       | 100m: 1:04.12 33.72         | 200m: 2:13.98 | 35.23   | 300m: 3:24.85                | 35.56 | 400m: 4:34.04  | 34.39  |
| 10.   | Alexandre, SHUBIN           | 09            | 207643  | Cdca                         | +0,73 | <b>4:34.28</b> | 13,00  |
|       | 50m: 29.93 29.93            | 150m: 1:37.79 | 34.48   | 250m: 2:48.27                | 35.44 | 350m: 3:59.81  | 35.49  |
|       | 100m: 1:03.31 33.38         | 200m: 2:12.83 | 35.04   | 300m: 3:24.32                | 36.05 | 400m: 4:34.28  | 34.47  |
| 11.   | Goncalo Monteiro, FONSECA   | 05            | 208560  | Peso da Regua                | +0,71 | <b>4:42.17</b> | 12,00  |
|       | 50m: 30.66 30.66            | 150m: 1:38.17 | 34.15   | 250m: 2:50.54                | 36.60 | 350m: 4:05.38  | 37.45  |
|       | 100m: 1:04.02 33.36         | 200m: 2:13.94 | 35.77   | 300m: 3:27.93                | 37.39 | 400m: 4:42.17  | 36.79  |
| 12.   | Pedro Miguel, LEITAO        | 08            | 218678  | Caspae                       | +0,67 | <b>4:44.54</b> | 11,00  |
|       | 50m: 29.82 29.82            | 150m: 1:37.25 | 34.55   | 250m: 2:50.71                | 37.47 | 350m: 4:07.78  | 38.64  |
|       | 100m: 1:02.70 32.88         | 200m: 2:13.24 | 35.99   | 300m: 3:29.14                | 38.43 | 400m: 4:44.54  | 36.76  |
| 13.   | Henrique Justino, FERNANDEZ | 08            | 207496  | Juventude Atlantico Clube    |       | <b>4:44.67</b> | 10,00  |
| 14.   | Andre Guilherme, ANASTACIO  | 10            | 209988  | Nautico Abrantes             | +0,77 | <b>4:48.70</b> | 9,00   |
|       | 50m: 30.71 30.71            | 150m: 1:39.51 | 34.83   | 250m: 2:52.81                | 37.25 | 350m: 4:10.05  | 39.19  |
|       | 100m: 1:04.68 33.97         | 200m: 2:15.56 | 36.05   | 300m: 3:30.86                | 38.05 | 400m: 4:48.70  | 38.65  |
| 15.   | Rodrigo Cunha, MENDES       | 11            | 211997  | Lousada Séc.XXI              | +0,77 | <b>4:49.47</b> | 8,00   |
|       | 50m: 31.91 31.91            | 150m: 1:45.08 | 37.30   | 250m: 2:59.96                | 37.10 | 350m: 4:14.51  | 37.16  |
|       | 100m: 1:07.78 35.87         | 200m: 2:22.86 | 37.78   | 300m: 3:37.35                | 37.39 | 400m: 4:49.47  | 34.96  |

Prova 10, Masc., 400m Livres, Absolutos

| Lugar | Nome                   | Ano           | Licença | Clube                          | TReac | Tempo Final    | Pontos |
|-------|------------------------|---------------|---------|--------------------------------|-------|----------------|--------|
| 16.   | Danilo, MOVCHAN        | 12            | 214029  | UD Oliveirense/FERSILVA        | +0,80 | <b>4:52.24</b> | 7,00   |
|       | 50m: 32.76 32.76       | 150m: 1:46.62 | 37.48   | 250m: 3:01.74                  | 37.71 | 350m: 4:16.59  | 37.24  |
|       | 100m: 1:09.14 36.38    | 200m: 2:24.03 | 37.41   | 300m: 3:39.35                  | 37.61 | 400m: 4:52.24  | 35.65  |
| 17.   | Joao Pedro, ROSA       | 90            | 11317   | CLAC-Entroncamento             | +0,78 | <b>5:02.85</b> | 6,00   |
|       | 50m: 34.50 34.50       | 150m: 1:52.20 | 39.47   | 250m: 3:09.01                  | 38.26 | 350m: 4:25.78  | 38.64  |
|       | 100m: 1:12.73 38.23    | 200m: 2:30.75 | 38.55   | 300m: 3:47.14                  | 38.13 | 400m: 5:02.85  | 37.07  |
| 18.   | Daniel Pacheco, SOARES | 04            | 123210  | Clube Desportivo Escolar de Ag |       | <b>5:04.44</b> | 5,00   |
| 19.   | Rodrigo Joao, ABREU    | 10            | 217539  | Natacao Guarda                 | +0,74 | <b>5:05.63</b> | 4,00   |
|       | 50m: 33.29 33.29       | 150m: 1:51.08 | 39.51   | 250m: 3:10.36                  | 39.68 | 350m: 4:28.80  | 37.87  |
|       | 100m: 1:11.57 38.28    | 200m: 2:30.68 | 39.60   | 300m: 3:50.93                  | 40.57 | 400m: 5:05.63  | 36.83  |
| 20.   | David Sousa, SPINOLA   | 11            | 213260  | Núcleo Sporting                |       | <b>5:08.40</b> | 3,00   |
| 21.   | Joao Dinis, SANTOS     | 09            | 206754  | AD Machico                     |       | <b>5:12.11</b> | 2,00   |
| 22.   | Lucas Almeida, PINTO   | 12            | 214222  | Sporting Clube de Aveiro       | +0,67 | <b>5:36.09</b> | 1,00   |
|       | 50m: 36.18 36.18       | 150m: 1:59.68 | 42.90   | 250m: 3:27.02                  | 43.87 | 350m: 4:54.35  | 43.53  |
|       | 100m: 1:16.78 40.60    | 200m: 2:43.15 | 43.47   | 300m: 4:10.82                  | 43.80 | 400m: 5:36.09  | 41.74  |