

Prova 10  
29/11/2025 - 11:30

Masc., 400m Livres

3ª Divisão MASC  
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 Jun18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun17	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	Tempo Final	TReac	Pts	
1.	Filipe Santos, CARDOSO	04	130500	Gafanha da Encarnacao	<b>4:05.90</b>	+0,69	33,00	
	50m: 28.09 28.09	150m: 1:30.27 31.58	250m: 2:33.50 31.52	350m: 3:35.52 31.11	100m: 58.69 30.60	200m: 2:01.98 31.71	300m: 3:04.41 30.91	400m: 4:05.90 30.38
2.	Miguel Lourenco, VELHINHO	07	207677	Lagoa Academico Clube	<b>4:06.42</b>	+0,72	31,00	
	50m: 27.51 27.51	150m: 1:28.19 30.64	250m: 2:30.63 31.35	350m: 3:35.17 32.15	100m: 57.55 30.04	200m: 1:59.28 31.09	300m: 3:03.02 32.39	400m: 4:06.42 31.25
3.	Hugo Alberto, RIBEIRO	88	23114	Gualdim Pais	<b>4:12.43</b>	+0,97	30,00	
	50m: 28.70 28.70	150m: 1:32.02 32.01	250m: 2:36.47 32.19	350m: 3:41.21 32.13	100m: 1:00.01 31.31	200m: 2:04.28 32.26	300m: 3:09.08 32.61	400m: 4:12.43 31.22
4.	Antonio Antunes, JORGE	10	206495	Alcobaca	<b>4:14.56</b>	+0,66	29,00	
	50m: 28.03 28.03	150m: 1:32.60 32.48	250m: 2:38.97 33.09	350m: 3:43.94 32.39	100m: 1:00.12 32.09	200m: 2:05.88 33.28	300m: 3:11.55 32.58	400m: 4:14.56 30.62
5.	Alexandre Ramos, GONCALVES	05	128601	Clube Desportivo Feirense	<b>4:14.58</b>		28,00	
	50m: 28.54 28.54	150m: 1:31.09 31.60	250m: 2:35.70 32.46	350m: 3:41.83 33.37	100m: 59.49 30.95	200m: 2:03.24 32.15	300m: 3:08.46 32.76	400m: 4:14.58 32.75
6.	Pedro Saad, OLIVEIRA	08	141892	Viver Santarem	<b>4:14.64</b>	+0,81	27,00	
	50m: 28.75 28.75	150m: 1:32.69 32.47	250m: 2:37.65 32.74	350m: 3:43.24 33.00	100m: 1:00.22 31.47	200m: 2:04.91 32.22	300m: 3:10.24 32.59	400m: 4:14.64 31.40
7.	Jose Pedro, OLIVEIRA	09	210144	Tubaroes de Gaia	<b>4:14.75</b>	+0,68	26,00	
	50m: 29.05 29.05	150m: 1:33.86 32.47	250m: 2:38.31 32.20	350m: 3:43.93 32.66	100m: 1:01.39 32.34	200m: 2:06.11 32.25	300m: 3:11.27 32.96	400m: 4:14.75 30.82
8.	Guilherme Romeira, PINTO	07	200844	Sporting de Espinho	<b>4:15.80</b>	+0,72	25,00	
	50m: 27.66 27.66	150m: 1:30.40 32.09	250m: 2:35.95 33.19	350m: 3:43.10 33.93	100m: 58.31 30.65	200m: 2:02.76 32.36	300m: 3:09.17 33.22	400m: 4:15.80 32.70
9.	Jose Luis, GONCALVES	05	131849	Natação Clube de Fafe	<b>4:16.26</b>	+0,69	24,00	
	50m: 28.34 28.34	150m: 1:31.66 32.22	250m: 2:37.57 33.27	350m: 3:44.31 33.49	100m: 59.44 31.10	200m: 2:04.30 32.64	300m: 3:10.82 33.25	400m: 4:16.26 31.95
10.	David Filipe, PACHECO	10	205810	BUZIOS - Coruche	<b>4:16.46</b>	+0,76	23,00	
	50m: 28.57 28.57	150m: 1:32.26 32.33	250m: 2:37.82 32.90	350m: 3:44.05 32.96	100m: 59.93 31.36	200m: 2:04.92 32.66	300m: 3:11.09 33.27	400m: 4:16.46 32.41
11.	Andriy, FEDOROV	08	205060	FC Ferreiras/AlgarExperience	<b>4:18.32</b>	+0,61	22,00	
	50m: 29.00 29.00	150m: 1:33.72 32.72	250m: 2:39.16 32.95	350m: 3:45.90 33.34	100m: 1:01.00 32.00	200m: 2:06.21 32.49	300m: 3:12.56 33.40	400m: 4:18.32 32.42
12.	Rodrigo Canedo, SANTOS	08	153185	Bombeiros de Ponta Delgada	<b>4:19.88</b>	+0,68	21,00	
	50m: 28.97 28.97	150m: 1:33.31 32.43	250m: 2:38.72 32.74	350m: 3:46.10 33.98	100m: 1:00.88 31.91	200m: 2:05.98 32.67	300m: 3:12.12 33.40	400m: 4:19.88 33.78
13.	Guilherme Clara, SANTOS	02	127325	Aej	<b>4:20.07</b>	+0,72	20,00	
	50m: 28.66 28.66	150m: 1:33.25 33.07	250m: 2:39.38 33.09	350m: 3:46.95 33.96	100m: 1:00.18 31.52	200m: 2:06.29 33.04	300m: 3:12.99 33.61	400m: 4:20.07 33.12
14.	Daniel, FISTICANU	11	208945	RIA Aqua Tavira	<b>4:20.16</b>	+0,92	19,00	
	50m: 29.96 29.96	150m: 1:35.61 32.55	250m: 2:41.61 32.88	350m: 3:47.82 32.84	100m: 1:03.06 33.10	200m: 2:08.73 33.12	300m: 3:14.98 33.37	400m: 4:20.16 32.34
15.	Santiago Marques, GOMES	09	210806	Ba Leiria / Sk Coffee 1	<b>4:20.19</b>	+0,68	18,00	
	50m: 27.85 27.85	150m: 1:32.89 33.40	250m: 2:40.78 33.95	350m: 3:48.46 33.53	100m: 59.49 31.64	200m: 2:06.83 33.94	300m: 3:14.93 34.15	400m: 4:20.19 31.73

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Afonso Santos, CARROMEU 50m: 28.93 28.93 100m: 1:00.87 31.94	09	210969	Naval Setubalense	33.93 34.02	<b>4:22.33</b> +0,65 350m: 3:49.61 400m: 4:22.33	17,00 33.84 32.72
17.	Francisco Xavier, RITA 50m: 29.19 29.19 100m: 1:00.45 31.26	07	205310	Vieirense	33.25 33.94	<b>4:22.94</b> +0,73 350m: 3:48.79 400m: 4:22.94	16,00 34.47 34.15
18.	Marcio Fernandes, GOMES 50m: 29.07 29.07 100m: 1:00.98 31.91	04	200286	Fafe	34.09 34.93	<b>4:24.82</b> +0,73 350m: 3:51.95 400m: 4:24.82	15,00 34.82 32.87
19.	Francisco Soares, BRITO 50m: 28.71 28.71 100m: 1:01.40 32.69	08	205892	Bombeiros dos Estoris	34.14 34.24	<b>4:25.07</b> +0,74 350m: 3:51.75 400m: 4:25.07	14,00 34.40 33.32
20.	Joao Filipe, PRAZERES 50m: 28.73 28.73 100m: 1:00.74 32.01	08	208984	Naval Praia da Vitoria	33.80 35.58	<b>4:26.40</b> +0,70 350m: 3:52.13 400m: 4:26.40	13,00 35.36 34.27
21.	Tomas Rodrigues, OLIVEIRA 50m: 29.36 29.36 100m: 1:02.70 33.34	10	215331	Fisica Torres Vedras	34.81 34.79	<b>4:28.65</b> +0,69 350m: 3:55.34 400m: 4:28.65	12,00 34.51 33.31
22.	Tiago Frazao, BARRA 50m: 29.60 29.60 100m: 1:02.72 33.12	10	214568	Rio Maior	35.07 35.14	<b>4:30.03</b> +0,63 350m: 3:56.86 400m: 4:30.03	11,00 34.96 33.17
23.	Tiago Filipe, SALGUEIRO 50m: 30.23 30.23 100m: 1:03.58 33.35	10	213599	Viana Natacao	34.76 34.76	<b>4:30.25</b> +0,90 350m: 3:56.75 400m: 4:30.25	10,00 34.59 33.50
24.	Alexandre, SHUBIN 50m: 29.19 29.19 100m: 1:02.37 33.18	09	207643	Cdca	34.94 35.36	<b>4:30.39</b> +0,73 350m: 3:56.82 400m: 4:30.39	9,00 35.11 33.57
25.	Samuel Andre, MARIANO 50m: 29.63 29.63 100m: 1:02.67 33.04	02	132931	Litoral Alentejano	35.05 35.31	<b>4:30.45</b> +0,84 350m: 3:56.91 400m: 4:30.45	8,00 35.33 33.54
26.	Miguel Angelo, PASSOS 50m: 29.33 29.33 100m: 1:01.27 31.94	96	105874	Escola Desportiva de Viana	35.42 36.17	<b>4:31.66</b> +0,88 350m: 3:57.22 400m: 4:31.66	7,00 36.56 34.44
27.	Vicente Abrantes, DIOGO 50m: 29.50 29.50 100m: 1:03.20 33.70	11	214495	Columbofila Cantanhedense	35.80 35.44	<b>4:34.54</b> +0,68 350m: 4:00.25 400m: 4:34.54	6,00 35.74 34.29
28.	Pedro Caeiro, MARQUES 50m: 30.87 30.87 100m: 1:04.64 33.77	09	212615	Aminata	35.82 35.69	<b>4:36.87</b> +0,85 350m: 4:02.44 400m: 4:36.87	5,00 35.92 34.43
29.	Daniel Filipe, PAIVA 50m: 30.56 30.56 100m: 1:04.14 33.58	98	110265	Miranda do Corvo	36.11 36.80	<b>4:39.74</b> +0,71 350m: 4:04.30 400m: 4:39.74	4,00 36.90 35.44
30.	Gabriel Neto, FERREIRA 50m: 29.93 29.93 100m: 1:03.18 33.25	08	203901	O Crasto	36.49 37.11	<b>4:41.12</b> +0,79 350m: 4:04.97 400m: 4:41.12	3,00 37.23 36.15
31.	Diogo Miguel, CARVALHO 50m: 32.25 32.25 100m: 1:08.43 36.18	10	214675	Penafiel	39.22 40.23	<b>5:03.91</b> +0,80 350m: 4:24.95 400m: 5:03.91	2,00 40.35 38.96
32.	Nuno Pinto, OLIVEIRA 50m: 32.61 32.61 100m: 1:11.06 38.45	10	219466	Gcvr	42.83 42.81	<b>5:25.43</b> +0,81 350m: 4:44.54 400m: 5:25.43	1,00 42.84 40.89