

Prova 2  
30/11/2025 - 9:50

Masc., 400m Livres

2ª 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.	Duarte Cachulo, MARQUES	07	205589	Condeixa Aqua Clube	<b>3:55.20</b>	+0,62	25,00
	50m: 25.96 25.96	150m: 1:24.24 29.43	250m: 2:24.17	29.84	350m: 3:25.29	30.75	
	100m: 54.81 28.85	200m: 1:54.33 30.09	300m: 2:54.54	30.37	400m: 3:55.20	29.91	
2.	Paulo, KOT	09	144468	Nautico Marinha Grande	<b>4:04.36</b>	+0,68	23,00
	50m: 27.78 27.78	150m: 1:28.91 30.99	250m: 2:30.84	30.91	350m: 3:33.62	31.33	
	100m: 57.92 30.14	200m: 1:59.93 31.02	300m: 3:02.29	31.45	400m: 4:04.36	30.74	
3.	Santiago Agostinho, PARREIRA	09	209481	Pimpoes/Cimai	<b>4:04.70</b>	+0,75	22,00
	50m: 27.64 27.64	150m: 1:29.53 31.51	250m: 2:32.51	31.43	350m: 3:35.00	30.82	
	100m: 58.02 30.38	200m: 2:01.08 31.55	300m: 3:04.18	31.67	400m: 4:04.70	29.70	
4.	Rafael Lin, MONIZ	09	210337	Palmela Desporto	<b>4:05.71</b>	+0,73	21,00
	50m: 27.63 27.63	150m: 1:29.52 31.33	250m: 2:32.16	31.28	350m: 3:35.20	31.81	
	100m: 58.19 30.56	200m: 2:00.88 31.36	300m: 3:03.39	31.23	400m: 4:05.71	30.51	
5.	Martim Chambel, PINTO	09	208969	Adrcimm	<b>4:06.39</b>	+0,78	20,00
	50m: 27.75 27.75	150m: 1:30.63 31.93	250m: 2:33.01	31.53	350m: 3:35.29	31.12	
	100m: 58.70 30.95	200m: 2:01.48 30.85	300m: 3:04.17	31.16	400m: 4:06.39	31.10	
6.	Joao Ferreira, MARQUES	06	201190	Aac	<b>4:08.07</b>	+0,75	19,00
	50m: 27.14 27.14	150m: 1:27.74 30.96	250m: 2:30.96	31.53	350m: 3:35.58	32.67	
	100m: 56.78 29.64	200m: 1:59.43 31.69	300m: 3:02.91	31.95	400m: 4:08.07	32.49	
7.	Joao Almeida, GOMES	06	132828	Nacional de Natacao	<b>4:08.47</b>	+0,73	18,00
	50m: 27.83 27.83	150m: 1:29.40 31.12	250m: 2:32.44	31.53	350m: 3:36.65	32.14	
	100m: 58.28 30.45	200m: 2:00.91 31.51	300m: 3:04.51	32.07	400m: 4:08.47	31.82	
8.	Miguel Salomao, TRISTAO	04	129885	Portinado	<b>4:09.60</b>	+0,76	17,00
	50m: 27.90 27.90	150m: 1:30.53 31.51	250m: 2:33.49	31.29	350m: 3:38.03	32.34	
	100m: 59.02 31.12	200m: 2:02.20 31.67	300m: 3:05.69	32.20	400m: 4:09.60	31.57	
9.	Tomas Rocha, DORES	07	200766	Colegio Efanor	<b>4:10.10</b>	+0,67	16,00
	50m: 28.05 28.05	150m: 1:30.11 31.31	250m: 2:33.56	31.72	350m: 3:38.49	32.56	
	100m: 58.80 30.75	200m: 2:01.84 31.73	300m: 3:05.93	32.37	400m: 4:10.10	31.61	
10.	Eduardo Miguel, LIMA	08	201133	FOCA Quinta Da Lixa - Cnf	<b>4:10.94</b>	+0,77	15,00
	50m: 26.95 26.95	150m: 1:28.83 31.54	250m: 2:32.83	31.82	350m: 3:38.65	32.82	
	100m: 57.29 30.34	200m: 2:01.01 32.18	300m: 3:05.83	33.00	400m: 4:10.94	32.29	
11.	Afonso Dinis, ROQUE	07	205541	CNLeiria - VOID	<b>4:12.47</b>	+0,78	14,00
	50m: 27.90 27.90	150m: 1:30.49 31.75	250m: 2:35.12	32.71	350m: 3:40.62	32.90	
	100m: 58.74 30.84	200m: 2:02.41 31.92	300m: 3:07.72	32.60	400m: 4:12.47	31.85	
12.	Joao Miguel, CARDOSO	97	109124	Geslourses	<b>4:13.02</b>	+0,80	13,00
	50m: 28.63 28.63	150m: 1:30.92 31.49	250m: 2:35.06	32.06	350m: 3:40.56	32.84	
	100m: 59.43 30.80	200m: 2:03.00 32.08	300m: 3:07.72	32.66	400m: 4:13.02	32.46	
13.	Andre Bernardes, FERREIRA	09	202795	Fluvial Portuense	<b>4:13.51</b>	+0,67	12,00
	50m: 28.14 28.14	150m: 1:32.09 32.50	250m: 2:37.60	32.67	350m: 3:42.62	32.58	
	100m: 59.59 31.45	200m: 2:04.93 32.84	300m: 3:10.04	32.44	400m: 4:13.51	30.89	
14.	Xavier Rosa, MADEIRA	09	212301	Laranjeiro	<b>4:14.27</b>	+0,71	11,00
	50m: 27.52 27.52	150m: 1:30.99 32.20	250m: 2:36.15	32.54	350m: 3:41.87	32.70	
	100m: 58.79 31.27	200m: 2:03.61 32.62	300m: 3:09.17	33.02	400m: 4:14.27	32.40	
15.	Martim Machado, SILVA	03	222820	Clube Naval Povoense	<b>4:14.39</b>	+0,67	10,00
	50m: 28.52 28.52	150m: 1:31.65 31.91	250m: 2:36.85	32.77	350m: 3:42.77	33.02	
	100m: 59.74 31.22	200m: 2:04.08 32.43	300m: 3:09.75	32.90	400m: 4:14.39	31.62	

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Paulo Jorge, OLIVEIRA	08	205716	Clube Desportivo de Estarreja	<b>4:15.99</b>	+0,70	9,00
	50m: 27.68 27.68	150m: 1:29.82 31.38	250m: 2:34.18 32.36	350m: 3:41.68 33.92			
	100m: 58.44 30.76	200m: 2:01.82 32.00	300m: 3:07.76 33.58	400m: 4:15.99 34.31			
17.	Ivan Vazquez, MACIAS	08	222610	Clube Natacao Olhao	<b>4:17.72</b>	+0,72	8,00
	50m: 27.71 27.71	150m: 1:31.41 32.22	250m: 2:37.26 33.28	350m: 3:44.36 33.28			
	100m: 59.19 31.48	200m: 2:03.98 32.57	300m: 3:11.08 33.82	400m: 4:17.72 33.36			
18.	Andre Ferreira, SANTOS	10	213542	Academico Viseu Futebol Clube	<b>4:18.95</b>	+0,80	7,00
	50m: 27.75 27.75	150m: 1:31.02 31.95	250m: 2:36.68 33.09	350m: 3:44.77 34.14			
	100m: 59.07 31.32	200m: 2:03.59 32.57	300m: 3:10.63 33.95	400m: 4:18.95 34.18			
19.	Bernardo Sousa, ROCHA	03	202801	Leixoes Sport Clube	<b>4:19.21</b>	+0,73	6,00
	50m: 27.92 27.92	150m: 1:31.70 32.63	250m: 2:37.83 33.32	350m: 3:46.11 34.38			
	100m: 59.07 31.15	200m: 2:04.51 32.81	300m: 3:11.73 33.90	400m: 4:19.21 33.10			
20.	Marco Santos, SOARES	08	203332	Natacao de Valongo	<b>4:20.23</b>	+0,74	5,00
	50m: 28.42 28.42	150m: 1:32.87 32.53	250m: 2:39.06 32.93	350m: 3:46.75 34.00			
	100m: 1:00.34 31.92	200m: 2:06.13 33.26	300m: 3:12.75 33.69	400m: 4:20.23 33.48			
21.	Francisco Bentes, SANTOS	08	200347	Aquatico Pacense	<b>4:20.32</b>	+0,82	4,00
	50m: 28.09 28.09	150m: 1:32.33 32.65	250m: 2:39.09 33.44	350m: 3:47.00 33.97			
	100m: 59.68 31.59	200m: 2:05.65 33.32	300m: 3:13.03 33.94	400m: 4:20.32 33.32			
22.	Afonso Formigo, PINHO	06	129956	Torres Novas	<b>4:24.74</b>	+0,72	3,00
	50m: 28.26 28.26	150m: 1:33.50 33.45	250m: 2:42.02 34.44	350m: 3:51.49 34.51			
	100m: 1:00.05 31.79	200m: 2:07.58 34.08	300m: 3:16.98 34.96	400m: 4:24.74 33.25			
23.	Mateus Medeiros, RAPOSO	10	211338	Clube Desportivo Nacional	<b>4:30.50</b>	+0,81	2,00
	50m: 28.93 28.93	150m: 1:36.78 34.47	250m: 2:47.14 35.28	350m: 3:56.87 34.63			
	100m: 1:02.31 33.38	200m: 2:11.86 35.08	300m: 3:22.24 35.10	400m: 4:30.50 33.63			
24.	Goncalo Andre, GOMES	03	127533	Clube Desportivo Sao Roque	<b>4:34.54</b>	+0,73	1,00
	50m: 28.77 28.77	150m: 1:35.24 33.65	250m: 2:45.29 35.35	350m: 3:57.80 36.59			
	100m: 1:01.59 32.82	200m: 2:09.94 34.70	300m: 3:21.21 35.92	400m: 4:34.54 36.74			