

Prova 14 Open
19/10/2025 - 9:30 Resultados
Masc., 400m Estilos

Recorde Nacional Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recorde Nacional Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recorde Nacional Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recorde Nacional Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recorde Nacional Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Recorde Nacional Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013
Recorde Regional Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recorde Regional Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recorde Regional Jun 18	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recorde Regional Jun 17	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recorde Regional Juv A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recorde Regional Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015
Recorde Regional Inf A	4:57.24	Tiago Miguel, VILHENA	CNFA	Silves	04/12/2015
Recorde Regional Inf B	5:21.08	Bernardo Antonio, ALVES	LDC	Sto António Cavaleiros	16/03/2012

Pontos: AQUA 2024

Lugar Nome Licença Clube Tempo Final DSV Pts
Juvenis B

1.	Daniel, FISTICANU	208945	RIA Aqua Tavira	5:07.98	443	-
	50m: 31.63 31.63	150m: 1:50.05 41.01	250m: 3:13.62 43.19	350m: 4:33.18 35.04		
	100m: 1:09.04 37.41	200m: 2:30.43 40.38	300m: 3:58.14 44.52	400m: 5:07.98 34.80		
2.	Isaac Salavessa, HORTA	214384	Náutico do Guadiana	5:20.69	392	-
	50m: 32.91 32.91	150m: 1:54.17 43.38	250m: 3:23.06 46.27	350m: 4:44.69 37.00		
	100m: 1:10.79 37.88	200m: 2:36.79 42.62	300m: 4:07.69 44.63	400m: 5:20.69 36.00		

Juvenis A

1.	Tiago Malhador, LULAK	212575	Louletano / Loule Aqui e Agc	5:09.28	437	-
	50m: 31.95 31.95	150m: 1:47.90 39.05	250m: 3:12.95 46.77	350m: 4:35.56 35.82		
	100m: 1:08.85 36.90	200m: 2:26.18 38.28	300m: 3:59.74 46.79	400m: 5:09.28 33.72		

Junior

1.	Martim Santos, CABRITA	208153	RIA Aqua Tavira	4:56.69	495	-
	50m: 29.70 29.70	150m: 1:43.57 39.69	250m: 3:05.95 43.12	350m: 4:24.57 34.71		
	100m: 1:03.88 34.18	200m: 2:22.83 39.26	300m: 3:49.86 43.91	400m: 4:56.69 32.12		
2.	Rafael Alexandre, SILVA	212573	Louletano / Loule Aqui e Agc	4:57.59	491	-
	50m: 30.95 30.95	150m: 1:44.29 38.74	250m: 3:08.15 45.25	350m: 4:25.49 33.30		
	100m: 1:05.55 34.60	200m: 2:22.90 38.61	300m: 3:52.19 44.04	400m: 4:57.59 32.10		

Seniores

1.	Marin, CEPELEAGA	200223	Portinado	4:49.90	531	-
	50m: 29.65 29.65	150m: 1:40.24 36.55	250m: 2:57.71 41.18	350m: 4:15.16 35.12		
	100m: 1:03.69 34.04	200m: 2:16.53 36.29	300m: 3:40.04 42.33	400m: 4:49.90 34.74		