

Torneio de Abertura de Categorias  
Coimbra, 18 - 19/10/2025

Prova 4  
18/10/2025 - 15:30

Masc., 400m Livres

13 anos e mais velhos  
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 A	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun B	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

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
<b>Juv B</b>									
1.	Hugo Ferreira, SILVA		11	Academica de Coimbra				<b>4:27.24</b>	501
	50m:	29.99 29.99	150m:	1:35.64	33.10	250m:	2:43.34 34.16	350m:	3:53.68 35.67
	100m:	1:02.54 32.55	200m:	2:09.18	33.54	300m:	3:18.01 34.67	400m:	4:27.24 33.56
2.	Daniel Nunes, FREITAS		11	Columbofila Cantanhedense				<b>4:48.07</b>	399
	50m:	32.04 32.04	150m:	1:46.41	37.26	250m:	3:00.40 37.15	350m:	4:13.56 36.48
	100m:	1:09.15 37.11	200m:	2:23.25	36.84	300m:	3:37.08 36.68	400m:	4:48.07 34.51
3.	Bernardo Bento, DINIS		11	Condeixa Clube				<b>4:49.03</b>	396
	50m:	33.07 33.07	150m:	1:45.44	36.35	250m:	2:59.14 36.83	350m:	4:12.80 36.91
	100m:	1:09.09 36.02	200m:	2:22.31	36.87	300m:	3:35.89 36.75	400m:	4:49.03 36.23
4.	David Pereira, MARQUES		11	Columbofila Cantanhedense				<b>4:49.78</b>	392
	50m:	33.00 33.00	150m:	1:46.35	37.00	250m:	3:00.38 36.79	350m:	4:14.37 36.75
	100m:	1:09.35 36.35	200m:	2:23.59	37.24	300m:	3:37.62 37.24	400m:	4:49.78 35.41
5.	Afonso Jose, MIRANDA		11	Louzan Natacao/EFAPEL				<b>4:50.71</b>	389
	50m:	32.79 32.79	150m:	1:46.11	37.08	250m:	3:00.15 37.11	350m:	4:12.70 35.31
	100m:	1:09.03 36.24	200m:	2:23.04	36.93	300m:	3:37.39 37.24	400m:	4:50.71 38.01
6.	Pedro Filipe, ALMEIDA		11	Columbofila Cantanhedense				<b>4:50.73</b>	389
	50m:	32.56 32.56	150m:	1:43.85	36.40	250m:	2:56.72 36.03	350m:	4:12.84 38.67
	100m:	1:07.45 34.89	200m:	2:20.69	36.84	300m:	3:34.17 37.45	400m:	4:50.73 37.89
7.	Leonardo Fonseca, FERRAZ		11	Academica de Coimbra				<b>4:51.77</b>	384
	50m:	33.20 33.20	150m:	1:45.79	36.54	250m:	3:00.37 37.23	350m:	4:14.91 36.98
	100m:	1:09.25 36.05	200m:	2:23.14	37.35	300m:	3:37.93 37.56	400m:	4:51.77 36.86
8.	Vicente Abrantes, DIOGO		11	Columbofila Cantanhedense				<b>4:52.38</b>	382
	50m:	32.24 32.24	150m:	1:44.93	36.55	250m:	3:00.18 37.98	350m:	4:16.12 37.64
	100m:	1:08.38 36.14	200m:	2:22.20	37.27	300m:	3:38.48 38.30	400m:	4:52.38 36.26
9.	Diogo Teixeira, LOPES		11	Columbofila Cantanhedense				<b>4:59.41</b>	356
	50m:	34.42 34.42	150m:	1:50.62	38.18	250m:	3:07.14 38.20	350m:	4:23.28 37.96
	100m:	1:12.44 38.02	200m:	2:28.94	38.32	300m:	3:45.32 38.18	400m:	4:59.41 36.13
10.	Bernardo Silva, NEVES		11	Náutico Académico				<b>4:59.71</b>	355
	50m:	33.93 33.93	150m:	1:52.43	39.51	250m:	3:08.85 37.82	350m:	4:24.42 37.11
	100m:	1:12.92 38.99	200m:	2:31.03	38.60	300m:	3:47.31 38.46	400m:	4:59.71 35.29
11.	Francisco Marques, PEREIRA		11	Columbofila Cantanhedense				<b>5:00.30</b>	353
	50m:	33.53 33.53	150m:	1:48.90	37.56	250m:	3:05.93 38.22	350m:	4:23.66 38.92
	100m:	1:11.34 37.81	200m:	2:27.71	38.81	300m:	3:44.74 38.81	400m:	5:00.30 36.64
12.	Martim Oliveira, DIAS		11	Náutico Académico				<b>5:02.99</b>	343
	50m:	33.68 33.68	150m:	1:49.56	38.78	250m:	3:08.11 39.22	350m:	4:25.41 38.18
	100m:	1:10.78 37.10	200m:	2:28.89	39.33	300m:	3:47.23 39.12	400m:	5:02.99 37.58
13.	Duarte Santos, MATEUS		11	Condeixa Clube				<b>5:07.96</b>	327
	50m:	36.12 36.12	150m:	1:54.75	39.56	250m:	3:12.92 39.52	350m:	4:30.57 39.00
	100m:	1:15.19 39.07	200m:	2:33.40	38.65	300m:	3:51.57 38.65	400m:	5:07.96 37.39

Torneio de Abertura de Categorias  
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Prova 4, Masc., 400m Livres

Juv A

1.	Dinis Goncalves, ARAUJO	10	Náutico Académico	<b>4:29.09</b>	490
	50m: 29.85 29.85	150m: 1:35.41	33.38	250m: 2:43.94	34.41
	100m: 1:02.03 32.18	200m: 2:09.53	34.12	300m: 3:18.79	34.85
				350m: 3:54.04	35.25
				400m: 4:29.09	35.05
2.	Santiago Marques, PEREIRA	10	Columbófila Cantanhedense	<b>4:30.60</b>	482
	50m: 30.61 30.61	150m: 1:37.04	33.94	250m: 2:46.52	34.78
	100m: 1:03.10 32.49	200m: 2:11.74	34.70	300m: 3:21.69	35.17
				350m: 3:57.00	35.31
				400m: 4:30.60	33.60
3.	Miguel Tomas, GOMES	10	Náutico Académico	<b>4:32.21</b>	474
	50m: 31.34 31.34	150m: 1:40.04	35.12	250m: 2:48.84	34.25
	100m: 1:04.92 33.58	200m: 2:14.59	34.55	300m: 3:23.17	34.33
				350m: 3:58.98	35.81
				400m: 4:32.21	33.23
4.	Rodrigo Miguel, MATIAS	10	Náutico Académico	<b>4:39.24</b>	439
	50m: 31.51 31.51	150m: 1:40.57	34.70	250m: 2:52.31	36.01
	100m: 1:05.87 34.36	200m: 2:16.30	35.73	300m: 3:27.84	35.53
				350m: 4:04.23	36.39
				400m: 4:39.24	35.01
5.	Francisco Martins, SIMOES	10	Náutico Académico	<b>4:44.49</b>	415
	50m: 31.62 31.62	150m: 1:42.30	35.91	250m: 2:56.93	37.35
	100m: 1:06.39 34.77	200m: 2:19.58	37.28	300m: 3:31.55	34.62
				350m: 4:09.04	37.49
				400m: 4:44.49	35.45

Jun

1.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	<b>4:16.69</b>	565
	50m: 29.31 29.31	150m: 1:33.25	32.30	250m: 2:38.81	32.84
	100m: 1:00.95 31.64	200m: 2:05.97	32.72	300m: 3:11.71	32.90
				350m: 3:44.51	32.80
				400m: 4:16.69	32.18
2.	Guilherme Simoes, SOUSA	08	Academica de Coimbra	<b>4:17.78</b>	558
	50m: 29.40 29.40	150m: 1:34.30	32.93	250m: 2:40.43	32.94
	100m: 1:01.37 31.97	200m: 2:07.49	33.19	300m: 3:13.29	32.86
				350m: 3:46.14	32.85
				400m: 4:17.78	31.64
3.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra	<b>4:24.08</b>	519
	50m: 30.17 30.17	150m: 1:35.79	33.20	250m: 2:42.62	33.28
	100m: 1:02.59 32.42	200m: 2:09.34	33.55	300m: 3:16.19	33.57
				350m: 3:50.46	34.27
				400m: 4:24.08	33.62
4.	Pedro Miguel, LEITAO	08	CASPAE	<b>4:43.02</b>	421
	50m: 33.16 33.16	150m: 1:43.42	35.57	250m: 2:55.89	36.26
	100m: 1:07.85 34.69	200m: 2:19.63	36.21	300m: 3:32.23	36.34
				350m: 4:08.31	36.08
				400m: 4:43.02	34.71

Sen

1.	Gabriel Jose, LOPES	97	Louzan Natacao/EFAPEL	<b>3:59.33</b>	697
	50m: 27.09 27.09	150m: 1:27.93	30.74	250m: 2:28.64	29.71
	100m: 57.19 30.10	200m: 1:58.93	31.00	300m: 2:58.73	30.09
				350m: 3:28.88	30.15
				400m: 3:59.33	30.45
2.	Duarte Cachulo, MARQUES	07	Condeixa Clube	<b>4:01.87</b>	675
	50m: 27.01 27.01	150m: 1:27.88	30.82	250m: 2:28.92	30.12
	100m: 57.06 30.05	200m: 1:58.80	30.92	300m: 2:59.60	30.68
				350m: 3:31.10	31.50
				400m: 4:01.87	30.77
3.	Lucas Pereira, BASTOS	00	Náutico Académico	<b>4:02.58</b>	669
	50m: 27.47 27.47	150m: 1:28.22	30.51	250m: 2:29.51	30.35
	100m: 57.71 30.24	200m: 1:59.16	30.94	300m: 3:00.15	30.64
				350m: 3:31.32	31.17
				400m: 4:02.58	31.26
4.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	<b>4:09.76</b>	613
	50m: 28.76 28.76	150m: 1:31.28	31.66	250m: 2:34.54	31.71
	100m: 59.62 30.86	200m: 2:02.83	31.55	300m: 3:06.26	31.72
				350m: 3:38.17	31.91
				400m: 4:09.76	31.59
5.	Joao Ferreira, MARQUES	06	Academica de Coimbra	<b>4:10.42</b>	608
	50m: 28.39 28.39	150m: 1:32.05	32.01	250m: 2:36.32	32.10
	100m: 1:00.04 31.65	200m: 2:04.22	32.17	300m: 3:07.97	31.65
				350m: 3:38.96	30.99
				400m: 4:10.42	31.46
6.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	<b>4:13.69</b>	585
	50m: 28.78 28.78	150m: 1:34.31	33.35	250m: 2:39.90	31.94
	100m: 1:00.96 32.18	200m: 2:07.96	33.65	300m: 3:11.82	31.92
				350m: 3:43.79	31.97
				400m: 4:13.69	29.90
7.	Leonardo Jose, CRUZ	07	Alcobaca	<b>4:13.70</b>	585
	50m: 28.36 28.36	150m: 1:31.86	31.94	250m: 2:36.47	32.32
	100m: 59.92 31.56	200m: 2:04.15	32.29	300m: 3:08.91	32.44
				350m: 3:41.60	32.69
				400m: 4:13.70	32.10

Torneio de Abertura de Categorias  
Coimbra, 18 - 19/10/2025

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Prova 4, Masc., 400m Livres, Sen

Lugar			Ano					Tempo final	Pts
8.	Tomas Coelho, CORDEIRO		04	Louzan Natacao/EFAPEL				<b>4:14.68</b>	578
	50m:	29.45 29.45	150m:	1:33.42	32.58	250m:	2:38.43 32.33	350m:	3:43.82 32.61
	100m:	1:00.84 31.39	200m:	2:06.10	32.68	300m:	3:11.21 32.78	400m:	4:14.68 30.86
9.	Marco Dimitir, OLIVEIRA		07	Condeixa Clube				<b>4:16.66</b>	565
	50m:	28.82 28.82	150m:	1:32.90	32.78	250m:	2:38.80 33.10	350m:	3:44.99 33.03
	100m:	1:00.12 31.30	200m:	2:05.70	32.80	300m:	3:11.96 33.16	400m:	4:16.66 31.67
10.	Antonio Pedro, MARTINS		05	Condeixa Clube				<b>4:26.15</b>	507
	50m:	30.54 30.54	150m:	1:38.10	34.17	250m:	2:46.25 33.61	350m:	3:53.56 33.75
	100m:	1:03.93 33.39	200m:	2:12.64	34.54	300m:	3:19.81 33.56	400m:	4:26.15 32.59