

Prova 2
13/12/2025 - 18:05

Masc., 400m Livres

Absolutos
Resultados

| | | | | | |
|-------------|---------|---------------------|---------|-----------------|------------|
| RN25m Open | 3:42.57 | Jose Paulo, LOPES | POR | Abu Dhabi (UAE) | 16/12/2021 |
| RN25m Sen | 3:42.57 | Jose Paulo, LOPES | POR | Abu Dhabi (UAE) | 16/12/2021 |
| RN25m Jun18 | 3:50.52 | Adriano Miguel, NIZ | CFV | Fafe | 26/06/2004 |
| RN25m Jun17 | 3:52.60 | Rui Silva, PEREIRA | ADRCIMM | Tomar | 14/12/2024 |

Pontos: AQUA 2025

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | AQUA |
|-------|------|-----|-------|-------------|-------|------|
|-------|------|-----|-------|-------------|-------|------|

Juniores

| | | | | | | |
|----|--------------------------|---------------|---------------------------|----------------|-------|---------------------|
| 1. | Rui Silva, PEREIRA | 08 | Adrcimm | 3:51.57 | | 770 |
| | 50m: 26.63 26.63 | 150m: 1:24.65 | 29.08 | 250m: 2:23.72 | 29.46 | 350m: 3:22.86 29.49 |
| | 100m: 55.57 28.94 | 200m: 1:54.26 | 29.61 | 300m: 2:53.37 | 29.65 | 400m: 3:51.57 28.71 |
| 2. | Miguel Fragoso, MEDEIROS | 08 | Vitória Sport Clube | 3:53.85 | | 747 |
| | 50m: 26.87 26.87 | 150m: 1:24.90 | 29.21 | 250m: 2:24.39 | 29.80 | 350m: 3:24.59 30.33 |
| | 100m: 55.69 28.82 | 200m: 1:54.59 | 29.69 | 300m: 2:54.26 | 29.87 | 400m: 3:53.85 29.26 |
| 3. | Guilherme Costa, SOARES | 08 | Vilacondense | 4:02.16 | | 673 |
| | 50m: 27.35 27.35 | 150m: 1:27.94 | 30.45 | 250m: 2:29.51 | 30.76 | 350m: 3:31.98 31.10 |
| | 100m: 57.49 30.14 | 200m: 1:58.75 | 30.81 | 300m: 3:00.88 | 31.37 | 400m: 4:02.16 30.18 |
| 4. | Tiago Andre, CANELAS | 08 | Porto | 4:03.37 | | 663 |
| | 50m: 28.18 28.18 | 150m: 1:29.04 | 30.69 | 250m: 2:30.82 | 30.94 | 350m: 3:32.96 31.01 |
| | 100m: 58.35 30.17 | 200m: 1:59.88 | 30.84 | 300m: 3:01.95 | 31.13 | 400m: 4:03.37 30.41 |
| 5. | Martim Cunha, MACEDO | 09 | Natacao da Maia | 4:05.71 | | 644 |
| | 50m: 27.86 27.86 | 150m: 1:28.85 | 30.88 | 250m: 2:31.51 | 31.40 | 350m: 3:34.59 31.51 |
| | 100m: 57.97 30.11 | 200m: 2:00.11 | 31.26 | 300m: 3:03.08 | 31.57 | 400m: 4:05.71 31.12 |
| 6. | Tomas Pinto, PEIXOTO | 08 | Porto | 4:06.01 | | 642 |
| | 50m: 27.65 27.65 | 150m: 1:29.04 | 31.04 | 250m: 2:31.23 | 31.18 | 350m: 3:34.35 31.71 |
| | 100m: 58.00 30.35 | 200m: 2:00.05 | 31.01 | 300m: 3:02.64 | 31.41 | 400m: 4:06.01 31.66 |
| 7. | Paulo, KOT | 09 | Nautico Marinha Grande | 4:07.73 | | 628 |
| | 50m: 28.49 28.49 | 150m: 1:29.88 | 31.08 | 250m: 2:32.62 | 31.55 | 350m: 3:36.51 31.89 |
| | 100m: 58.80 30.31 | 200m: 2:01.07 | 31.19 | 300m: 3:04.62 | 32.00 | 400m: 4:07.73 31.22 |
| 8. | Eduardo Miguel, LIMA | 08 | FOCA Quinta Da Lixa - Cnf | 4:07.86 | | 627 |
| | 50m: 27.49 27.49 | 150m: 1:29.42 | 31.36 | 250m: 2:33.41 | 31.87 | 350m: 3:37.38 31.97 |
| | 100m: 58.06 30.57 | 200m: 2:01.54 | 32.12 | 300m: 3:05.41 | 32.00 | 400m: 4:07.86 30.48 |
| | Eduardo Pires, SILVA | 08 | Vilacondense | 4:07.86 | | 627 |
| | 50m: 28.22 28.22 | 150m: 1:30.45 | 31.57 | 250m: 2:33.75 | 31.23 | 350m: 3:37.49 31.38 |
| | 100m: 58.88 30.66 | 200m: 2:02.52 | 32.07 | 300m: 3:06.11 | 32.36 | 400m: 4:07.86 30.37 |

Seniores

| | | | | | | |
|----|-----------------------------|---------------|---------|----------------|-------|---------------------|
| 1. | Gustavo Carvalhais, RIBEIRO | 03 | Benfica | 3:50.30 | | 782 |
| | 50m: 26.73 26.73 | 150m: 1:23.92 | 28.51 | 250m: 2:22.38 | 29.15 | 350m: 3:21.46 29.86 |
| | 100m: 55.41 28.68 | 200m: 1:53.23 | 29.31 | 300m: 2:51.60 | 29.22 | 400m: 3:50.30 28.84 |
| 2. | Francisco Rodriguez, AMARAL | 02 | Porto | 3:51.33 | | 772 |
| | 50m: 26.41 26.41 | 150m: 1:23.78 | 28.80 | 250m: 2:22.51 | 29.50 | 350m: 3:22.01 29.70 |
| | 100m: 54.98 28.57 | 200m: 1:53.01 | 29.23 | 300m: 2:52.31 | 29.80 | 400m: 3:51.33 29.32 |
| 3. | Filipe Manso, LARANJO | 07 | Braga | 3:51.83 | | 767 |
| | 50m: 26.21 26.21 | 150m: 1:22.68 | 28.25 | 250m: 2:21.37 | 29.73 | 350m: 3:21.30 29.99 |
| | 100m: 54.43 28.22 | 200m: 1:51.64 | 28.96 | 300m: 2:51.31 | 29.94 | 400m: 3:51.83 30.53 |

Prova 2, Masc., 400m Livres, Seniores

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | AQUA | |
|-------|-------------------------|---------------|-----------------------|----------------|-------|---------------|-------|
| 4. | Vasco Alves, MORGADO | 05 | Sport Alges e Dafundo | 3:52.60 | | 759 | |
| | 50m: 26.65 26.65 | 150m: 1:25.03 | 29.40 | 250m: 2:24.27 | 29.64 | 350m: 3:23.89 | 29.67 |
| | 100m: 55.63 28.98 | 200m: 1:54.63 | 29.60 | 300m: 2:54.22 | 29.95 | 400m: 3:52.60 | 28.71 |
| 5. | Rodrigo Costa, BORGES | 07 | Porto | 3:52.87 | | 757 | |
| | 50m: 26.72 26.72 | 150m: 1:24.88 | 29.23 | 250m: 2:24.32 | 29.73 | 350m: 3:24.07 | 29.83 |
| | 100m: 55.65 28.93 | 200m: 1:54.59 | 29.71 | 300m: 2:54.24 | 29.92 | 400m: 3:52.87 | 28.80 |
| 6. | Duarte Cachulo, MARQUES | 07 | Condeixa Aqua Clube | 3:53.69 | | 749 | |
| | 50m: 26.49 26.49 | 150m: 1:24.26 | 28.88 | 250m: 2:23.74 | 29.66 | 350m: 3:24.09 | 30.28 |
| | 100m: 55.38 28.89 | 200m: 1:54.08 | 29.82 | 300m: 2:53.81 | 30.07 | 400m: 3:53.69 | 29.60 |
| 7. | Bernardo Jorge, SIMOES | 04 | Os Belenenses | 3:54.19 | | 744 | |
| | 50m: 27.00 27.00 | 150m: 1:26.10 | 29.80 | 250m: 2:25.61 | 29.64 | 350m: 3:24.97 | 29.76 |
| | 100m: 56.30 29.30 | 200m: 1:55.97 | 29.87 | 300m: 2:55.21 | 29.60 | 400m: 3:54.19 | 29.22 |
| 8. | Lucas Pereira, BASTOS | 00 | Cnac | 3:58.06 | | 708 | |
| | 50m: 26.74 26.74 | 150m: 1:24.94 | 29.08 | 250m: 2:24.54 | 29.87 | 350m: 3:26.21 | 31.19 |
| | 100m: 55.86 29.12 | 200m: 1:54.67 | 29.73 | 300m: 2:55.02 | 30.48 | 400m: 3:58.06 | 31.85 |
| 9. | Bruno Silva, LOUREIRO | 06 | Porto | 3:59.90 | | 692 | |
| | 50m: 27.71 27.71 | 150m: 1:28.52 | 30.52 | 250m: 2:29.38 | 30.34 | 350m: 3:30.44 | 30.53 |
| | 100m: 58.00 30.29 | 200m: 1:59.04 | 30.52 | 300m: 2:59.91 | 30.53 | 400m: 3:59.90 | 29.46 |
| 10. | Pedro Bethlem, TIGRE | 06 | Sporting | 4:00.15 | | 690 | |
| | 50m: 26.28 26.28 | 150m: 1:24.55 | 29.36 | 250m: 2:25.63 | 30.78 | 350m: 3:28.66 | 31.80 |
| | 100m: 55.19 28.91 | 200m: 1:54.85 | 30.30 | 300m: 2:56.86 | 31.23 | 400m: 4:00.15 | 31.49 |
| 11. | Tomas Amor, SARREIRA | 05 | Porto | 4:00.33 | | 688 | |
| | 50m: 27.34 27.34 | 150m: 1:27.77 | 30.46 | 250m: 2:29.31 | 30.84 | 350m: 3:30.84 | 30.73 |
| | 100m: 57.31 29.97 | 200m: 1:58.47 | 30.70 | 300m: 3:00.11 | 30.80 | 400m: 4:00.33 | 29.49 |
| 12. | Axel Guedes, ASMAR | 07 | Sporting | 4:01.22 | | 681 | |
| | 50m: 28.06 28.06 | 150m: 1:28.65 | 30.48 | 250m: 2:30.32 | 30.88 | 350m: 3:31.35 | 30.29 |
| | 100m: 58.17 30.11 | 200m: 1:59.44 | 30.79 | 300m: 3:01.06 | 30.74 | 400m: 4:01.22 | 29.87 |
| 13. | Tiago Filipe, CAMPOS | 99 | Porto | 4:04.03 | | 657 | |
| | 50m: 27.57 27.57 | 150m: 1:27.95 | 30.68 | 250m: 2:29.81 | 30.83 | 350m: 3:32.17 | 31.33 |
| | 100m: 57.27 29.70 | 200m: 1:58.98 | 31.03 | 300m: 3:00.84 | 31.03 | 400m: 4:04.03 | 31.86 |
| 14. | Afonso Carvalho, SILVA | 05 | Famalicão | 4:05.84 | | 643 | |
| | 50m: 27.47 27.47 | 150m: 1:28.02 | 30.86 | 250m: 2:30.66 | 31.73 | 350m: 3:33.66 | 31.54 |
| | 100m: 57.16 29.69 | 200m: 1:58.93 | 30.91 | 300m: 3:02.12 | 31.46 | 400m: 4:05.84 | 32.18 |
| 15. | Andre Leitao, COSTA | 07 | Braga | 4:05.85 | | 643 | |
| | 50m: 27.87 27.87 | 150m: 1:29.32 | 30.85 | 250m: 2:32.66 | 31.51 | 350m: 3:35.43 | 31.56 |
| | 100m: 58.47 30.60 | 200m: 2:01.15 | 31.83 | 300m: 3:03.87 | 31.21 | 400m: 4:05.85 | 30.42 |
| EXH | Yury, FOMIN | 06 | Sport Alges e Dafundo | 3:53.55 | | 750 | |
| | 50m: 26.86 26.86 | 150m: 1:24.83 | 29.09 | 250m: 2:23.86 | 29.62 | 350m: 3:23.99 | 30.04 |
| | 100m: 55.74 28.88 | 200m: 1:54.24 | 29.41 | 300m: 2:53.95 | 30.09 | 400m: 3:53.55 | 29.56 |