

Prova 31
15/12/2025 - 18:41

Masc., 400m Estilos

Absolutos
Resultados

RN25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
RN25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
RN25m Jun18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
RN25m Jun17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
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Juniores

1.	Guilherme Costa, SOARES	08	Vilacondense	4:26.35		685
	50m: 27.92 27.92	150m: 1:33.58	33.47	250m: 2:45.23	38.82	350m: 3:55.99 31.76
	100m: 1:00.11 32.19	200m: 2:06.41	32.83	300m: 3:24.23	39.00	400m: 4:26.35 30.36
2.	Miguel Almeida, BISPO	08	Natacao da Maia	4:31.01		650
	50m: 28.09 28.09	150m: 1:34.37	33.68	250m: 2:47.76	39.95	350m: 4:00.03 31.79
	100m: 1:00.69 32.60	200m: 2:07.81	33.44	300m: 3:28.24	40.48	400m: 4:31.01 30.98
3.	Rafael Pereira, RODRIGUES	08	Condeixa Aqua Clube	4:36.71		611
	50m: 29.33 29.33	150m: 1:37.80	35.19	250m: 2:52.63	40.88	350m: 4:05.56 32.18
	100m: 1:02.61 33.28	200m: 2:11.75	33.95	300m: 3:33.38	40.75	400m: 4:36.71 31.15
4.	Paulo, KOT	09	Nautico Marinha Grande	4:40.39		587
	50m: 29.26 29.26	150m: 1:39.87	37.12	250m: 2:58.21	42.31	350m: 4:11.43 30.75
	100m: 1:02.75 33.49	200m: 2:15.90	36.03	300m: 3:40.68	42.47	400m: 4:40.39 28.96
5.	Guilherme Pereira, NOVAIS	09	FOCA Quinta Da Lixa - Cnf	4:41.19		582
	50m: 29.20 29.20	150m: 1:39.37	36.68	250m: 2:56.20	40.88	350m: 4:09.79 32.50
	100m: 1:02.69 33.49	200m: 2:15.32	35.95	300m: 3:37.29	41.09	400m: 4:41.19 31.40
6.	Martim Cunha, MACEDO	09	Natacao da Maia	4:44.91		559
	50m: 29.66 29.66	150m: 1:40.61	36.85	250m: 2:59.68	43.54	350m: 4:14.05 31.31
	100m: 1:03.76 34.10	200m: 2:16.14	35.53	300m: 3:42.74	43.06	400m: 4:44.91 30.86
7.	Francisco Guilherme, MIRANDA	08	Naval Do Funchal	4:47.49		544
	50m: 29.23 29.23	150m: 1:39.80	37.21	250m: 2:57.70	41.55	350m: 4:14.64 34.33
	100m: 1:02.59 33.36	200m: 2:16.15	36.35	300m: 3:40.31	42.61	400m: 4:47.49 32.85
8.	Santiago Marques, GOMES	09	Ba Leiria / Sk Coffee 1	4:53.13		514
	50m: 29.51 29.51	150m: 1:43.44	38.92	250m: 3:04.44	43.24	350m: 4:20.20 33.71
	100m: 1:04.52 35.01	200m: 2:21.20	37.76	300m: 3:46.49	42.05	400m: 4:53.13 32.93

Seniores

1.	Henrique Gomes, SILVA	02	Benfica	4:12.87		800
	50m: 26.26 26.26	150m: 1:28.17	32.19	250m: 2:35.70	35.77	350m: 3:42.80 30.99
	100m: 55.98 29.72	200m: 1:59.93	31.76	300m: 3:11.81	36.11	400m: 4:12.87 30.07
2.	Lucas Pereira, BASTOS	00	Cnac	4:18.64		748
	50m: 26.90 26.90	150m: 1:30.89	33.22	250m: 2:40.30	36.43	350m: 3:48.06 30.04
	100m: 57.67 30.77	200m: 2:03.87	32.98	300m: 3:18.02	37.72	400m: 4:18.64 30.58
3.	Filipe Manso, LARANJO	07	Braga	4:21.16		726
	50m: 27.37 27.37	150m: 1:32.08	33.45	250m: 2:44.11	39.05	350m: 3:51.63 29.90
	100m: 58.63 31.26	200m: 2:05.06	32.98	300m: 3:21.73	37.62	400m: 4:21.16 29.53
4.	Diogo Santos, CARDOSO	01	Sporting	4:24.98		695
	50m: 29.00 29.00	150m: 1:38.23	36.96	250m: 2:49.93	36.53	350m: 3:56.75 30.53
	100m: 1:01.27 32.27	200m: 2:13.40	35.17	300m: 3:26.22	36.29	400m: 4:24.98 28.23

Prova 31, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA	
5.	Leonardo Jose, CRUZ	07	Alcobaca	4:25.60		690	
	50m: 28.40 28.40	150m: 1:34.49	33.64	250m: 2:43.51	36.39	350m: 3:54.21	32.52
	100m: 1:00.85 32.45	200m: 2:07.12	32.63	300m: 3:21.69	38.18	400m: 4:25.60	31.39
6.	Joao Peres, COSTA	04	Geslours	4:26.85		681	
	50m: 27.58 27.58	150m: 1:32.34	33.42	250m: 2:44.11	38.10	350m: 3:56.36	31.23
	100m: 58.92 31.34	200m: 2:06.01	33.67	300m: 3:25.13	41.02	400m: 4:26.85	30.49
7.	Tomas Amor, SARREIRA	05	Porto	4:32.00		643	
	50m: 28.93 28.93	150m: 1:36.21	34.71	250m: 2:49.77	39.53	350m: 4:01.82	31.83
	100m: 1:01.50 32.57	200m: 2:10.24	34.03	300m: 3:29.99	40.22	400m: 4:32.00	30.18
8.	Rodrigo Costa, BORGES	07	Porto	4:32.70		638	
	50m: 27.07 27.07	150m: 1:33.81	35.02	250m: 2:49.27	41.47	350m: 4:03.06	32.09
	100m: 58.79 31.72	200m: 2:07.80	33.99	300m: 3:30.97	41.70	400m: 4:32.70	29.64
9.	Andre Correia, ALVES	06	Benfica	4:33.87		630	
	50m: 29.13 29.13	150m: 1:36.71	34.03	250m: 2:50.52	40.10	350m: 4:02.72	31.80
	100m: 1:02.68 33.55	200m: 2:10.42	33.71	300m: 3:30.92	40.40	400m: 4:33.87	31.15
10.	Joao Maria, SOUSA	05	Braga	4:36.14		614	
	50m: 28.79 28.79	150m: 1:36.30	35.05	250m: 2:50.72	39.61	350m: 4:04.31	33.10
	100m: 1:01.25 32.46	200m: 2:11.11	34.81	300m: 3:31.21	40.49	400m: 4:36.14	31.83
11.	Leonardo Conceicao, REIS	07	Sport Alges e Dafundo	4:40.11		589	
	50m: 28.12 28.12	150m: 1:35.66	34.58	250m: 2:51.47	41.10	350m: 4:06.74	33.21
	100m: 1:01.08 32.96	200m: 2:10.37	34.71	300m: 3:33.53	42.06	400m: 4:40.11	33.37
12.	Tiago Filipe, CAMPOS	99	Porto	4:42.89		571	
	50m: 28.73 28.73	150m: 1:37.97	36.08	250m: 2:55.21	41.61	350m: 4:11.13	32.81
	100m: 1:01.89 33.16	200m: 2:13.60	35.63	300m: 3:38.32	43.11	400m: 4:42.89	31.76
13.	Tomas Rocha, DORES	07	Colegio Efanor	4:43.62		567	
	50m: 28.80 28.80	150m: 1:38.67	36.84	250m: 2:57.00	41.82	350m: 4:11.60	32.86
	100m: 1:01.83 33.03	200m: 2:15.18	36.51	300m: 3:38.74	41.74	400m: 4:43.62	32.02
EXH	Yury, FOMIN	06	Sport Alges e Dafundo	4:17.48		758	
	50m: 27.04 27.04	150m: 1:31.04	33.38	250m: 2:40.39	37.25	350m: 3:48.27	29.79
	100m: 57.66 30.62	200m: 2:03.14	32.10	300m: 3:18.48	38.09	400m: 4:17.48	29.21