

Prova 2 1ª Divisão MASC  
20/12/2025 - 9:42 Resultados  
Masc., 400m Livres

RN 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN 25m Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
RN 25m Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
RN 25m Jun 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
RN 25m Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
RN 25m Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
RN 25m Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
RN 25m Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Filipe Manso, LARANJO	07	202281	Sporting Clube de Braga	<b>3:50.94</b>	17,00
	50m: 26.37 26.37	150m: 1:23.74 28.97	250m: 2:22.70 29.49	350m: 3:21.90 29.70		
	100m: 54.77 28.40	200m: 1:53.21 29.47	300m: 2:52.20 29.50	400m: 3:50.94 29.04		
2.	Vasco Alves, MORGADO	05	147123	Sport Alges e Dafundo	<b>3:51.14</b>	15,00
	50m: 26.38 26.38	150m: 1:24.65 29.44	250m: 2:23.97 29.60	350m: 3:23.01 29.25		
	100m: 55.21 28.83	200m: 1:54.37 29.72	300m: 2:53.76 29.79	400m: 3:51.14 28.13		
3.	Gustavo Carvalhais, RIBEIRO	03	121864	Benfica	<b>3:51.20</b>	14,00
	50m: 26.81 26.81	150m: 1:24.19 28.91	250m: 2:22.86 29.31	350m: 3:22.56 30.01		
	100m: 55.28 28.47	200m: 1:53.55 29.36	300m: 2:52.55 29.69	400m: 3:51.20 28.64		
4.	Francisco Rodriguez, AMARAL	02	122608	Porto	<b>3:52.16</b>	13,00
	50m: 26.46 26.46	150m: 1:24.58 29.20	250m: 2:23.25 29.45	350m: 3:22.60 29.69		
	100m: 55.38 28.92	200m: 1:53.80 29.22	300m: 2:52.91 29.66	400m: 3:52.16 29.56		
5.	Bernardo Jorge, SIMOES	04	130250	Os Belenenses	<b>3:55.09</b>	12,00
	50m: 26.72 26.72	150m: 1:25.28 29.49	250m: 2:25.04 29.89	350m: 3:24.77 29.86		
	100m: 55.79 29.07	200m: 1:55.15 29.87	300m: 2:54.91 29.87	400m: 3:55.09 30.32		
6.	Lucas Pereira, BASTOS	00	117492	Cnac	<b>3:56.04</b>	11,00
	50m: 27.30 27.30	150m: 1:25.88 29.33	250m: 2:25.40 29.76	350m: 3:25.45 30.11		
	100m: 56.55 29.25	200m: 1:55.64 29.76	300m: 2:55.34 29.94	400m: 3:56.04 30.59		
7.	Pedro Bethlem, TIGRE	06	208305	Sporting	<b>3:56.89</b>	10,00
	50m: 26.08 26.08	150m: 1:24.68 29.63	250m: 2:24.42 29.67	350m: 3:26.16 30.93		
	100m: 55.05 28.97	200m: 1:54.75 30.07	300m: 2:55.23 30.81	400m: 3:56.89 30.73		
8.	Miguel Fragoso, MEDEIROS	08	200778	Vitória Sport Clube	<b>3:57.23</b>	9,00
	50m: 27.01 27.01	150m: 1:25.34 29.31	250m: 2:25.32 30.18	350m: 3:26.73 30.74		
	100m: 56.03 29.02	200m: 1:55.14 29.80	300m: 2:55.99 30.67	400m: 3:57.23 30.50		
9.	Afonso Carvalho, SILVA	05	130127	Famalicao	<b>4:02.14</b>	8,00
	50m: 27.45 27.45	150m: 1:27.71 30.56	250m: 2:29.45 30.73	350m: 3:31.26 30.85		
	100m: 57.15 29.70	200m: 1:58.72 31.01	300m: 3:00.41 30.96	400m: 4:02.14 30.88		
10.	Fernando, ROLDAN CABEZA	09	220141	Louletano / Loule Aqui e Agora	<b>4:03.24</b>	7,00
	50m: 26.93 26.93	150m: 1:26.03 29.80	250m: 2:27.67 31.27	350m: 3:31.75 32.06		
	100m: 56.23 29.30	200m: 1:56.40 30.37	300m: 2:59.69 32.02	400m: 4:03.24 31.49		
11.	Martim Cunha, MACEDO	09	204594	Natacao da Maia	<b>4:03.66</b>	6,00
	50m: 27.83 27.83	150m: 1:28.03 30.38	250m: 2:30.01 30.92	350m: 3:32.97 31.59		
	100m: 57.65 29.82	200m: 1:59.09 31.06	300m: 3:01.38 31.37	400m: 4:03.66 30.69		
12.	Eduardo Pires, SILVA	08	205581	Vilacondense	<b>4:03.82</b>	5,00
	50m: 27.70 27.70	150m: 1:28.47 30.52	250m: 2:30.39 30.79	350m: 3:33.18 31.50		
	100m: 57.95 30.25	200m: 1:59.60 31.13	300m: 3:01.68 31.29	400m: 4:03.82 30.64		
13.	Sergio Gomes, ABREU	96	100821	Naval Do Funchal	<b>4:08.35</b>	4,00
	50m: 27.22 27.22	150m: 1:27.95 30.78	250m: 2:31.89 32.20	350m: 3:36.93 32.53		
	100m: 57.17 29.95	200m: 1:59.69 31.74	300m: 3:04.40 32.51	400m: 4:08.35 31.42		
14.	Bernardo Goncalves, PAULO	11	216285	União Piedense	<b>4:09.84</b>	3,00
	50m: 28.17 28.17	150m: 1:30.80 31.77	250m: 2:35.14 32.23	350m: 3:39.50 32.03		
	100m: 59.03 30.86	200m: 2:02.91 32.11	300m: 3:07.47 32.33	400m: 4:09.84 30.34		
15.	Antonio Cruz, FARDILHA	08	140216	Galitos / Bresimar	<b>4:12.15</b>	2,00
	50m: 27.93 27.93	150m: 1:30.05 31.49	250m: 2:34.24 31.88	350m: 3:39.18 32.56		
	100m: 58.56 30.63	200m: 2:02.36 32.31	300m: 3:06.62 32.38	400m: 4:12.15 32.97		

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts						
16.	Goncalo Carvalho, SANTOS	05	131299	Louzan Natacao/EFAPEL	<b>4:23.07</b>	1,00						
	50m:	28.13	28.13	150m:	1:31.34	32.19	250m:	2:38.79	34.17	350m:	3:48.44	35.35
	100m:	59.15	31.02	200m:	2:04.62	33.28	300m:	3:13.09	34.30	400m:	4:23.07	34.63