



Campeonatos Nacionais de Clubes 1.ª Divisão
Quarteira, 20 - 21/12/2025



Prova 30
21/12/2025 - 16:43

Masc., 400m Estilos

1ª Divisão MASC
Resultados

RN 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
RN 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
RN 25m Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
RN 25m Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
RN 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
RN 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
RN 25m Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
RN 25m Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Gabriel Jose, LOPES	97	24488	Louzan Natacao/EFAPEL	4:14.54	17,00
	50m: 26.71 26.71	150m: 1:30.29 32.43	250m: 2:37.68 34.96	350m: 3:44.63 30.81		
	100m: 57.86 31.15	200m: 2:02.72 32.43	300m: 3:13.82 36.14	400m: 4:14.54 29.91		
2.	Jules Cristian, DUTHU	04	218917	Porto	4:15.85	15,00
	50m: 26.75 26.75	150m: 1:29.24 30.96	250m: 2:38.66 38.44	350m: 3:48.12 30.33		
	100m: 58.28 31.53	200m: 2:00.22 30.98	300m: 3:17.79 39.13	400m: 4:15.85 27.73		
3.	Yury, FOMIN	06	208159	Sport Alges e Dafundo	4:16.27	14,00
	50m: 27.25 27.25	150m: 1:31.07 33.08	250m: 2:40.40 36.97	350m: 3:47.89 29.56		
	100m: 57.99 30.74	200m: 2:03.43 32.36	300m: 3:18.33 37.93	400m: 4:16.27 28.38		
4.	Filipe Manso, LARANJO	07	202281	Sporting Clube de Braga	4:21.16	13,00
	50m: 27.82 27.82	150m: 1:33.64 33.87	250m: 2:44.78 37.75	350m: 3:52.72 29.73		
	100m: 59.77 31.95	200m: 2:07.03 33.39	300m: 3:22.99 38.21	400m: 4:21.16 28.44		
5.	Diogo Santos, CARDOSO	01	122969	Sporting	4:22.85	12,00
	50m: 28.81 28.81	150m: 1:37.32 36.44	250m: 2:48.63 36.17	350m: 3:55.09 30.27		
	100m: 1:00.88 32.07	200m: 2:12.46 35.14	300m: 3:24.82 36.19	400m: 4:22.85 27.76		
6.	Henrique Gomes, SILVA	02	120860	Benfica	4:22.88	11,00
	50m: 26.90 26.90	150m: 1:31.30 33.82	250m: 2:43.03 38.43	350m: 3:53.42 31.38		
	100m: 57.48 30.58	200m: 2:04.60 33.30	300m: 3:22.04 39.01	400m: 4:22.88 29.46		
7.	Lucas Pereira, BASTOS	00	117492	Cnac	4:23.02	10,00
	50m: 27.42 27.42	150m: 1:32.39 33.60	250m: 2:43.64 37.69	350m: 3:52.92 30.55		
	100m: 58.79 31.37	200m: 2:05.95 33.56	300m: 3:22.37 38.73	400m: 4:23.02 30.10		
8.	Mikel Bonal, HERNANDEZ	02	226144	Louletano / Loule Aqui e Agora	4:25.46	9,00
	50m: 27.93 27.93	150m: 1:34.35 34.46	250m: 2:46.02 37.27	350m: 3:55.07 31.23		
	100m: 59.89 31.96	200m: 2:08.75 34.40	300m: 3:23.84 37.82	400m: 4:25.46 30.39		
9.	Afonso Carvalho, SILVA	05	130127	Famalicão	4:25.72	8,00
	50m: 28.04 28.04	150m: 1:34.06 34.07	250m: 2:46.08 37.64	350m: 3:55.51 31.90		
	100m: 59.99 31.95	200m: 2:08.44 34.38	300m: 3:23.61 37.53	400m: 4:25.72 30.21		
10.	Tomas Antonio, SILVA	01	132294	Naval Do Funchal	4:30.14	7,00
	50m: 27.24 27.24	150m: 1:34.81 35.29	250m: 2:48.12 37.68	350m: 3:59.30 31.96		
	100m: 59.52 32.28	200m: 2:10.44 35.63	300m: 3:27.34 39.22	400m: 4:30.14 30.84		
11.	Miguel Fragoso, MEDEIROS	08	200778	Vitória Sport Clube	4:30.87	6,00
	50m: 29.20 29.20	150m: 1:36.76 34.79	250m: 2:50.46 39.56	350m: 4:01.39 30.84		
	100m: 1:01.97 32.77	200m: 2:10.90 34.14	300m: 3:30.55 40.09	400m: 4:30.87 29.48		
12.	Miguel Almeida, BISPO	08	203715	Natacao da Maia	4:31.88	5,00
	50m: 28.10 28.10	150m: 1:35.49 34.87	250m: 2:48.69 39.37	350m: 4:00.82 32.15		
	100m: 1:00.62 32.52	200m: 2:09.32 33.83	300m: 3:28.67 39.98	400m: 4:31.88 31.06		
13.	Guilherme Costa, SOARES	08	201093	Vilacondense	4:40.81	4,00
	50m: 30.02 30.02	150m: 1:41.11 37.06	250m: 2:58.50 41.58	350m: 4:11.19 31.88		
	100m: 1:04.05 34.03	200m: 2:16.92 35.81	300m: 3:39.31 40.81	400m: 4:40.81 29.62		
14.	Nuno Miguel, ANJOS	08	140396	Galitos / Bresimar	4:41.13	3,00
	50m: 29.27 29.27	150m: 1:40.99 36.83	250m: 2:55.64 38.24	350m: 4:09.83 33.95		
	100m: 1:04.16 34.89	200m: 2:17.40 36.41	300m: 3:35.88 40.24	400m: 4:41.13 31.30		
15.	Xavier Jesus, VALENTE	09	206889	Os Belenenses	4:45.14	2,00
	50m: 28.85 28.85	150m: 1:37.83 36.01	250m: 2:54.89 40.82	350m: 4:11.33 34.28		
	100m: 1:01.82 32.97	200m: 2:14.07 36.24	300m: 3:37.05 42.16	400m: 4:45.14 33.81		



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Lugar	Nome	Ano	Licença	Clube	Tempo Final			Pts				
16.	Joao Baixinho, ROXO	10	210602	União Piedense	4:49.55			1,00				
	50m:	29.69	29.69	150m:	1:40.86	35.87	250m:	2:59.74	43.81	350m:	4:17.64	33.52
	100m:	1:04.99	35.30	200m:	2:15.93	35.07	300m:	3:44.12	44.38	400m:	4:49.55	31.91