

Prova 10  
18/10/2025 - 12:05

Masc., 400m Livres

Absolutos  
Resultados

Pontos: AQUA 2025

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
1.	Tomas Verissimo, Silva	17	220440	Natacao do Fundao/YesEnergy	4:48.44	398
	50m: 30.92 30.92	150m: 1:42.98 36.69	250m: 2:58.13 37.95	350m: 4:13.09 37.59		
	100m: 1:06.29 35.37	200m: 2:20.18 37.20	300m: 3:35.50 37.37	400m: 4:48.44 35.35		
2.	Jose Miguel, Pais	16	208376	Natacao do Fundao/YesEnergy	5:07.42	329
	50m: 32.13 32.13	150m: 1:46.17 38.04	250m: 3:05.56 40.32	350m: 4:27.82 41.20		
	100m: 1:08.13 36.00	200m: 2:25.24 39.07	300m: 3:46.62 41.06	400m: 5:07.42 39.60		
3.	Afonso Ferreira, Filipe	16	214552	CCDSerta	5:08.95	324
	50m: 32.80 32.80	150m: 1:48.99 39.16	250m: 3:09.24 40.34	350m: 4:29.37 39.68		
	100m: 1:09.83 37.03	200m: 2:28.90 39.91	300m: 3:49.69 40.45	400m: 5:08.95 39.58		
4.	David Martinho, Vicente	15	219242	Portalegre	5:28.04	270
	50m: 35.02 35.02	150m: 1:56.88 42.22	250m: 3:21.65 42.50	350m: 4:46.68 42.60		
	100m: 1:14.66 39.64	200m: 2:39.15 42.27	300m: 4:04.08 42.43	400m: 5:28.04 41.36		
5.	Lourenco Baptista, Laranjeira	19	202742	Elvense	5:31.38	262
	50m: 34.84 34.84	150m: 1:57.58 42.75	250m: 3:23.47 43.33	350m: 4:48.70 42.19		
	100m: 1:14.83 39.99	200m: 2:40.14 42.56	300m: 4:06.51 43.04	400m: 5:31.38 42.68		
6.	Lucas Granado, Vences	16	219651	AN Albicastrense	5:42.99	236
	50m: 37.36 37.36	150m: 2:01.43 42.60	250m: 3:30.57 45.03	350m: 4:59.32 44.10		
	100m: 1:18.83 41.47	200m: 2:45.54 44.11	300m: 4:15.22 44.65	400m: 5:42.99 43.67		
7.	Gabriel Lourenco, Costa	16	209624	Natacao do Fundao/YesEnergy	5:44.11	234
	50m: 35.44 35.44	150m: 2:03.14 44.57	250m: 3:33.07 44.51	350m: 5:02.81 44.27		
	100m: 1:18.57 43.13	200m: 2:48.56 45.42	300m: 4:18.54 45.47	400m: 5:44.11 41.30		
8.	Pedro Antonio, Marcelino	13	217753	CCDSerta	5:49.53	223
	50m: 38.93 38.93	150m: 2:07.55 44.72	250m: 3:37.21 45.05	350m: 5:06.90 44.71		
	100m: 1:22.83 43.90	200m: 2:52.16 44.61	300m: 4:22.19 44.98	400m: 5:49.53 42.63		
9.	Simao Teixeira, Fernandes	14	218025	Natacao do Fundao/YesEnergy	6:13.22	183
	50m: 40.70 40.70	150m: 2:15.47 48.38	250m: 3:54.97 50.00	350m: 5:32.84 48.71		
	100m: 1:27.09 46.39	200m: 3:04.97 49.50	300m: 4:44.13 49.16	400m: 6:13.22 40.38		
10.	Martim Nicolau, Goncalves	15	216226	Natacao do Fundao/YesEnergy	6:37.66	152
	50m: 45.65 45.65	150m: 2:24.33 49.99	250m: 4:06.10 51.20	350m: 5:49.50 52.22		
	100m: 1:34.34 48.69	200m: 3:14.90 50.57	300m: 4:57.28 51.18	400m: 6:37.66 48.16		
11.	Afonso Duarte, Silveira	13	222450	AN Albicastrense	6:58.99	129
	50m: 47.41 47.41	150m: 2:34.50 54.00	250m: 4:24.83 54.83	350m: 6:09.66 53.35		
	100m: 1:40.50 53.09	200m: 3:30.00 55.50	300m: 5:16.31 51.48	400m: 6:58.99 49.33		