



II Leiria OPEN Meeting - ABSOLUTOS 2025
Leiria, 8 - 9/11/2025

Prova 4
09/11/2025 - 10:15

Masc., 400m Livres
ESA Baterias

OPEN MASC
Resultados Final

R.T. LRA OPEN	3:59.41	Duarte Cachulo, MARQUES	CAQC	Leiria	08/11/2025
Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 19 +	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Rec Nac 16	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac 15	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2025

Lugar			Ano			Tempo final			Pts
1.	Gustavo Carvalhais, RIBEIRO		03	Benfica		3:56.95			718
	50m:	27.62 27.62	150m:	1:27.45 30.13	250m:	2:28.72 30.69	350m:	3:29.16 29.46	
	100m:	57.32 29.70	200m:	1:58.03 30.58	300m:	2:59.70 30.98	400m:	3:56.95 27.79	
2.	Yury, FOMIN		06	Sport Alges e Dafundo		3:57.97			709
	50m:	27.67 27.67	150m:	1:27.42 30.29	250m:	2:28.53 30.63	350m:	3:29.21 30.16	
	100m:	57.13 29.46	200m:	1:57.90 30.48	300m:	2:59.05 30.52	400m:	3:57.97 28.76	
3.	Duarte Cachulo, MARQUES		07	Condeixa Aqua Clube		4:00.23			689
	50m:	27.25 27.25	150m:	1:27.61 30.34	250m:	2:28.78 30.34	350m:	3:30.17 30.60	
	100m:	57.27 30.02	200m:	1:58.44 30.83	300m:	2:59.57 30.79	400m:	4:00.23 30.06	
4.	Renato Ferreira, MIMOSO		10	Benfica		4:00.89			684
	50m:	27.25 27.25	150m:	1:26.87 30.20	250m:	2:28.17 30.83	350m:	3:30.38 31.09	
	100m:	56.67 29.42	200m:	1:57.34 30.47	300m:	2:59.29 31.12	400m:	4:00.89 30.51	
5.	Joao Ferreira, MARQUES		06	Academica de Coimbra		4:09.40			616
	50m:	28.01 28.01	150m:	1:29.98 31.36	250m:	2:33.60 31.71	350m:	3:37.98 32.20	
	100m:	58.62 30.61	200m:	2:01.89 31.91	300m:	3:05.78 32.18	400m:	4:09.40 31.42	
6.	Marco Dimitar, OLIVEIRA		07	Condeixa Aqua Clube		4:19.55			546
	50m:	28.60 28.60	150m:	1:33.54 33.34	250m:	2:40.71 33.49	350m:	3:47.12 33.01	
	100m:	1:00.20 31.60	200m:	2:07.22 33.68	300m:	3:14.11 33.40	400m:	4:19.55 32.43	
7.	Guilherme Simoes, SOUSA		08	Academica de Coimbra		4:22.79			526
	50m:	28.94 28.94	150m:	1:34.47 33.28	250m:	2:42.12 33.75	350m:	3:49.98 33.88	
	100m:	1:01.19 32.25	200m:	2:08.37 33.90	300m:	3:16.10 33.98	400m:	4:22.79 32.81	
8.	Antonio Pedro, MARTINS		05	Condeixa Aqua Clube		4:28.66			493
	50m:	31.01 31.01	150m:	1:39.00 34.23	250m:	2:47.63 33.79	350m:	3:55.10 33.65	
	100m:	1:04.77 33.76	200m:	2:13.84 34.84	300m:	3:21.45 33.82	400m:	4:28.66 33.56	

COM O APOIO DE:



PARTNERS:



PATROCINADORES:

