



Prova de Preparação de Categorias
Pombal, 18 - 19/10/2025

Prova 17
19/10/2025 - 11:09

Masc., 400m Livres

Infantil B
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|---|---------------------------|----------------|-----|
| 1. Vladyslav, DVIRNYI | 13 Nucleo de Pombal | 5:21.64 | 287 |
| 50m: 35.55 35.55 150m: 1:54.23 38.03 250m: 3:18.83 40.42 350m: 4:40.09 41.17 | | | |
| 100m: 1:16.20 40.65 200m: 2:38.41 44.18 300m: 3:58.92 40.09 400m: 5:21.64 41.55 | | | |
| 2. Timur, MOLDERF | 13 Nautico Marinha Grande | 5:32.70 | 259 |
| 50m: 37.37 37.37 150m: 2:02.65 43.07 250m: 3:29.07 43.26 350m: 4:53.42 41.63 | | | |
| 100m: 1:19.58 42.21 200m: 2:45.81 43.16 300m: 4:11.79 42.72 400m: 5:32.70 39.28 | | | |
| 3. Goncalo Gregorio, FARIAS | 13 Nautico Marinha Grande | 5:51.22 | 220 |
| 50m: 38.83 38.83 150m: 2:08.86 45.15 250m: 3:39.66 45.46 350m: 5:10.42 45.26 | | | |
| 100m: 1:23.71 44.88 200m: 2:54.20 45.34 300m: 4:25.16 45.50 400m: 5:51.22 40.80 | | | |
| 4. Estevao Esperanco, MOTA | 13 BA Leiria/ SK Coffee | 5:55.46 | 212 |
| 50m: 39.66 39.66 150m: 2:10.95 46.41 250m: 3:40.27 44.39 350m: 5:04.64 42.00 | | | |
| 100m: 1:24.54 44.88 200m: 2:55.88 44.93 300m: 4:22.64 42.37 400m: 5:55.46 50.82 | | | |
| 5. Diogo Sardinha, BRITO | 13 BA Leiria/ SK Coffee | 6:14.07 | 182 |
| 50m: 43.58 43.58 150m: 2:18.81 48.11 250m: 3:55.16 47.73 350m: 5:30.32 47.75 | | | |
| 100m: 1:30.70 47.12 200m: 3:07.43 48.62 300m: 4:42.57 47.41 400m: 6:14.07 43.75 | | | |
| 6. Miguel, CAINAC | 13 Benedita | 6:19.04 | 175 |
| 50m: 40.94 40.94 150m: 2:11.53 45.73 250m: 3:43.74 45.08 350m: 5:19.25 48.98 | | | |
| 100m: 1:25.80 44.86 200m: 2:58.66 47.13 300m: 4:30.27 46.53 400m: 6:19.04 59.79 | | | |
| 7. Duarte Antonio, CRUZ | 13 Benedita | 6:27.92 | 163 |
| 50m: 43.33 43.33 150m: 2:20.63 48.67 250m: 4:00.48 49.92 350m: 5:40.12 50.31 | | | |
| 100m: 1:31.96 48.63 200m: 3:10.56 49.93 300m: 4:49.81 49.33 400m: 6:27.92 47.80 | | | |
| 8. Ivan, VESNYANKA | 13 BA Leiria/ SK Coffee | 6:33.33 | 157 |
| 50m: 43.63 43.63 150m: 2:25.22 51.65 250m: 4:07.10 50.22 350m: 5:46.97 48.80 | | | |
| 100m: 1:33.57 49.94 200m: 3:16.88 51.66 300m: 4:58.17 51.07 400m: 6:33.33 46.36 | | | |
| 9. Gustavo Andre, BATISTA | 13 BA Leiria/ SK Coffee | 7:45.75 | 94 |
| 50m: 53.07 53.07 150m: 2:51.15 59.08 250m: 4:52.94 1:00.17 350m: 6:50.93 57.78 | | | |
| 100m: 1:52.07 59.00 200m: 3:52.77 1:01.62 300m: 5:53.15 1:00.21 400m: 7:45.75 54.82 | | | |
| DNS Pedro Martim, CRESPO | 13 BA Leiria/ SK Coffee | | |
| DNS Joao Pedro, PINHEIRO | 13 BA Leiria/ SK Coffee | | |

Prova 17
19/10/2025 - 11:09

Masc., 400m Livres

Infantil A
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|---|---------------------------|----------------|-----|
| 1. Vasco Silvestre, ROCHA | 12 Nautico Marinha Grande | 4:56.62 | 366 |
| 50m: 32.42 32.42 150m: 1:46.98 37.46 250m: 3:03.33 38.10 350m: 4:19.83 38.46 | | | |
| 100m: 1:09.52 37.10 200m: 2:25.23 38.25 300m: 3:41.37 38.04 400m: 4:56.62 36.79 | | | |
| 2. Sebastian, PACHECO | 12 Naval de Peniche | 4:57.43 | 363 |
| 50m: 32.99 32.99 150m: 1:47.35 37.57 250m: 3:03.80 38.39 350m: 4:20.94 38.70 | | | |
| 100m: 1:09.78 36.79 200m: 2:25.41 38.06 300m: 3:42.24 38.44 400m: 4:57.43 36.49 | | | |
| 3. Tomas Barata, ALVES | 12 Nautico Marinha Grande | 5:12.78 | 312 |
| 50m: 34.79 34.79 150m: 1:53.00 39.62 250m: 3:13.36 40.46 350m: 4:34.69 40.56 | | | |
| 100m: 1:13.38 38.59 200m: 2:32.90 39.90 300m: 3:54.13 40.77 400m: 5:12.78 38.09 | | | |
| 4. Eduardo Manuel, FERREIRA | 12 Nucleo de Pombal | 5:16.18 | 302 |
| 50m: 35.67 35.67 150m: 1:54.39 39.64 250m: 3:16.59 40.93 350m: 4:38.64 40.62 | | | |
| 100m: 1:14.75 39.08 200m: 2:35.66 41.27 300m: 3:58.02 41.43 400m: 5:16.18 37.54 | | | |



Prova de Preparação de Categorias
Pombal, 18 - 19/10/2025

Prova 17, Masc., 400m Livres, Infantil A

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|------------------------|---------------|-------|------------------------|-------|-------|---------------|----------------|---------------|
| 5. | Joao Pedro, BELO | | 12 | Nautico Marinha Grande | | | | 5:22.88 | 284 |
| | 50m: | 37.35 37.35 | 150m: | 1:59.54 | 41.72 | 250m: | 3:20.94 40.15 | 350m: | 4:42.16 40.11 |
| | 100m: | 1:17.82 40.47 | 200m: | 2:40.79 | 41.25 | 300m: | 4:02.05 41.11 | 400m: | 5:22.88 40.72 |
| 6. | Goncalo Nunes, MORAIS | | 12 | BA Leiria/ SK Coffee | | | | 5:41.05 | 241 |
| | 50m: | 39.34 39.34 | 150m: | 2:08.24 | 44.45 | 250m: | 3:35.07 42.43 | 350m: | 5:01.89 42.93 |
| | 100m: | 1:23.79 44.45 | 200m: | 2:52.64 | 44.40 | 300m: | 4:18.96 43.89 | 400m: | 5:41.05 39.16 |
| 7. | Mihail, ONCIU | | 12 | BA Leiria/ SK Coffee | | | | 5:56.59 | 210 |
| | 50m: | 37.02 37.02 | 150m: | 2:04.49 | 44.31 | 250m: | 3:35.55 45.95 | 350m: | 5:08.27 44.96 |
| | 100m: | 1:20.18 43.16 | 200m: | 2:49.60 | 45.11 | 300m: | 4:23.31 47.76 | 400m: | 5:56.59 48.32 |
| 8. | Afonso Mourao, MIRANDA | | 12 | BA Leiria/ SK Coffee | | | | 6:11.59 | 186 |
| | 50m: | 40.06 40.06 | 150m: | 2:14.73 | 47.71 | 250m: | 3:51.19 49.23 | 350m: | 5:28.65 48.75 |
| | 100m: | 1:27.02 46.96 | 200m: | 3:01.96 | 47.23 | 300m: | 4:39.90 48.71 | 400m: | 6:11.59 42.94 |
| 9. | Egor, MIKHAILOV | | 12 | BA Leiria/ SK Coffee | | | | 6:34.25 | 156 |
| | 50m: | 43.36 43.36 | 150m: | 2:25.21 | 51.48 | 250m: | 4:07.53 50.72 | 350m: | 5:49.10 50.51 |
| | 100m: | 1:33.73 50.37 | 200m: | 3:16.81 | 51.60 | 300m: | 4:58.59 51.06 | 400m: | 6:34.25 45.15 |
| 10. | Duarte Mota, GASPAR | | 12 | BA Leiria/ SK Coffee | | | | 6:59.15 | 129 |
| | 50m: | 45.88 45.88 | 150m: | 2:33.85 | 54.90 | 250m: | 4:23.32 55.05 | 350m: | 6:10.36 51.64 |
| | 100m: | 1:38.95 53.07 | 200m: | 3:28.27 | 54.42 | 300m: | 5:18.72 55.40 | 400m: | 6:59.15 48.79 |

Prova 17
19/10/2025 - 11:09

Masc., 400m Livres

Juvenil B
Resultados

Pontos: AQUA 2025

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|-------------------------|---------------|-------|------------------------|-------|-------|---------------|----------------|---------------|
| 1. | Martim Duarte, ROQUE | | 11 | CNLeiria - VOID | | | | 4:34.47 | 462 |
| | 50m: | 31.25 31.25 | 150m: | 1:39.88 | 34.50 | 250m: | 2:50.29 35.23 | 350m: | 4:00.28 34.89 |
| | 100m: | 1:05.38 34.13 | 200m: | 2:15.06 | 35.18 | 300m: | 3:25.39 35.10 | 400m: | 4:34.47 34.19 |
| 2. | Martim Cruz, MOURA | | 11 | CNLeiria - VOID | | | | 4:41.54 | 428 |
| | 50m: | 31.76 31.76 | 150m: | 1:41.43 | 35.03 | 250m: | 2:52.45 35.41 | 350m: | 4:04.85 36.44 |
| | 100m: | 1:06.40 34.64 | 200m: | 2:17.04 | 35.61 | 300m: | 3:28.41 35.96 | 400m: | 4:41.54 36.69 |
| 3. | Pedro Pereira, OLIVEIRA | | 11 | Nautico Marinha Grande | | | | 4:43.94 | 417 |
| | 50m: | 31.78 31.78 | 150m: | 1:42.71 | 35.60 | 250m: | 2:55.18 36.24 | 350m: | 4:08.20 36.61 |
| | 100m: | 1:07.11 35.33 | 200m: | 2:18.94 | 36.23 | 300m: | 3:31.59 36.41 | 400m: | 4:43.94 35.74 |
| 4. | Joao Santos, ALMEIDA | | 11 | BA Leiria/ SK Coffee | | | | 4:52.57 | 381 |
| | 50m: | 33.05 33.05 | 150m: | 1:47.65 | 37.87 | 250m: | 3:01.64 36.96 | 350m: | 4:16.20 37.58 |
| | 100m: | 1:09.78 36.73 | 200m: | 2:24.68 | 37.03 | 300m: | 3:38.62 36.98 | 400m: | 4:52.57 36.37 |
| 5. | Martin, SHEVCHUK | | 11 | CNLeiria - VOID | | | | 5:12.60 | 313 |
| | 50m: | 33.79 33.79 | 150m: | 1:52.68 | 40.16 | 250m: | 3:13.02 40.22 | 350m: | 4:34.36 40.53 |
| | 100m: | 1:12.52 38.73 | 200m: | 2:32.80 | 40.12 | 300m: | 3:53.83 40.81 | 400m: | 5:12.60 38.24 |
| 6. | Rodrigo Freire, JOAQUIM | | 11 | CNLeiria - VOID | | | | 5:13.20 | 311 |
| | 50m: | 35.10 35.10 | 150m: | 1:54.09 | 39.53 | 250m: | 3:14.14 39.99 | 350m: | 4:35.36 40.71 |
| | 100m: | 1:14.56 39.46 | 200m: | 2:34.15 | 40.06 | 300m: | 3:54.65 40.51 | 400m: | 5:13.20 37.84 |
| 7. | Simao Pedro, MARQUES | | 11 | Uniao Juncalense | | | | 5:15.48 | 304 |
| | 50m: | 36.01 36.01 | 150m: | 1:55.37 | 39.80 | 250m: | 3:16.05 40.56 | 350m: | 4:36.36 40.02 |
| | 100m: | 1:15.57 39.56 | 200m: | 2:35.49 | 40.12 | 300m: | 3:56.34 40.29 | 400m: | 5:15.48 39.12 |
| 8. | Diego Rodrigues, MENDES | | 11 | Nautico Marinha Grande | | | | 5:18.33 | 296 |
| | 50m: | 36.62 36.62 | 150m: | 1:58.49 | 41.27 | 250m: | 3:20.73 40.31 | 350m: | 4:41.10 40.17 |
| | 100m: | 1:17.22 40.60 | 200m: | 2:40.42 | 41.93 | 300m: | 4:00.93 40.20 | 400m: | 5:18.33 37.23 |
| 9. | Dinis Morgado, FERREIRA | | 11 | BA Leiria/ SK Coffee | | | | 5:22.05 | 286 |
| | 50m: | 34.55 34.55 | 150m: | 1:54.58 | 40.99 | 250m: | 3:17.83 41.66 | 350m: | 4:41.96 41.77 |
| | 100m: | 1:13.59 39.04 | 200m: | 2:36.17 | 41.59 | 300m: | 4:00.19 42.36 | 400m: | 5:22.05 40.09 |



Prova de Preparação de Categorias
Pombal, 18 - 19/10/2025

Prova 17, Masc., 400m Livres, Juvenil B

| Lugar | Ano | Tempo final | Pts |
|---|---------------------------|----------------|-----|
| 10. Joao Pedro, CRUZ | 11 Naval de Peniche | 5:34.31 | 255 |
| 50m: 38.86 38.86 150m: 2:03.54 42.48 250m: 3:27.59 41.50 350m: 4:48.76 38.81 | | | |
| 100m: 1:21.06 42.20 200m: 2:46.09 42.55 300m: 4:09.95 42.36 400m: 5:34.31 45.55 | | | |
| 11. Tomas Ferreira, CARVALHO | 11 BA Leiria/ SK Coffee | 5:39.58 | 244 |
| 50m: 39.78 39.78 150m: 2:07.30 43.23 250m: 3:33.49 43.18 350m: 4:57.98 41.85 | | | |
| 100m: 1:24.07 44.29 200m: 2:50.31 43.01 300m: 4:16.13 42.64 400m: 5:39.58 41.60 | | | |
| 12. Andrey, POGOMIY | 11 BA Leiria/ SK Coffee | 5:39.97 | 243 |
| 50m: 38.87 38.87 150m: 2:07.22 43.93 250m: 3:36.06 44.49 350m: 5:03.37 43.32 | | | |
| 100m: 1:23.29 44.42 200m: 2:51.57 44.35 300m: 4:20.05 43.99 400m: 5:39.97 36.60 | | | |
| 13. Gabriel Marques, CARREIRA | 11 Uniao Juncalense | 5:57.43 | 209 |
| 50m: 40.14 40.14 150m: 2:11.12 45.57 250m: 3:42.10 45.44 350m: 5:13.94 45.45 | | | |
| 100m: 1:25.55 45.41 200m: 2:56.66 45.54 300m: 4:28.49 46.39 400m: 5:57.43 43.49 | | | |
| DSQ Vidar Albert, JUNG | 11 Nautico Marinha Grande | | |
| <i>Falsa partida</i> | | | |
| DNS Diogo Demirel, FERREIRA | 11 BA Leiria/ SK Coffee | | |

Prova 17

Masc., 400m Livres

Juvenil A

19/10/2025 - 11:09

Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|---|---------------------------|----------------|-----|
| 1. Rodolfo Junior, ALECRIM | 10 CNLeiria - VOID | 4:19.97 | 544 |
| 50m: 29.05 29.05 150m: 1:35.13 33.19 250m: 2:40.15 32.07 350m: 3:46.81 33.91 | | | |
| 100m: 1:01.94 32.89 200m: 2:08.08 32.95 300m: 3:12.90 32.75 400m: 4:19.97 33.16 | | | |
| 2. Tomas Manuel, PALMEIRO | 10 Nautico Marinha Grande | 4:30.15 | 484 |
| 50m: 29.37 29.37 150m: 1:37.23 34.47 250m: 2:46.87 34.92 350m: 3:56.43 34.70 | | | |
| 100m: 1:02.76 33.39 200m: 2:11.95 34.72 300m: 3:21.73 34.86 400m: 4:30.15 33.72 | | | |
| 3. Francisco Lourenco, PEDROSA | 10 Nautico Marinha Grande | 4:32.51 | 472 |
| 50m: 30.98 30.98 150m: 1:40.61 35.04 250m: 2:50.77 34.89 350m: 3:59.53 34.39 | | | |
| 100m: 1:05.57 34.59 200m: 2:15.88 35.27 300m: 3:25.14 34.37 400m: 4:32.51 32.98 | | | |
| 4. Guilherme Rodrigues, CABRAL | 10 Pimpoes/Cimai | 4:36.43 | 452 |
| 50m: 31.20 31.20 150m: 1:40.31 34.66 250m: 2:50.16 34.92 350m: 3:59.48 34.20 | | | |
| 100m: 1:05.65 34.45 200m: 2:15.24 34.93 300m: 3:25.28 35.12 400m: 4:36.43 36.95 | | | |
| 5. Afonso Ferreira, REIS | 10 Nautico Marinha Grande | 4:39.24 | 439 |
| 50m: 30.64 30.64 150m: 1:40.00 35.63 250m: 2:52.20 36.45 350m: 4:03.88 35.55 | | | |
| 100m: 1:04.37 33.73 200m: 2:15.75 35.75 300m: 3:28.33 36.13 400m: 4:39.24 35.36 | | | |
| 6. Dinis Lamas, SANTOS | 10 BA Leiria/ SK Coffee | 4:45.05 | 412 |
| 50m: 31.61 31.61 150m: 1:42.85 35.67 250m: 2:55.52 36.76 350m: 4:08.96 36.81 | | | |
| 100m: 1:07.18 35.57 200m: 2:18.76 35.91 300m: 3:32.15 36.63 400m: 4:45.05 36.09 | | | |
| 7. Lucas Costa, JESUS | 10 Nautico Marinha Grande | 4:45.36 | 411 |
| 50m: 32.01 32.01 150m: 1:44.97 36.45 250m: 2:57.01 35.46 350m: 4:08.87 35.59 | | | |
| 100m: 1:08.52 36.51 200m: 2:21.55 36.58 300m: 3:33.28 36.27 400m: 4:45.36 36.49 | | | |
| 8. Francisco Antonio, SIMOES | 10 BA Leiria/ SK Coffee | 4:53.88 | 376 |
| 50m: 32.08 32.08 150m: 1:45.79 37.25 250m: 3:00.78 37.57 350m: 4:13.62 35.38 | | | |
| 100m: 1:08.54 36.46 200m: 2:23.21 37.42 300m: 3:38.24 37.46 400m: 4:53.88 40.26 | | | |
| 9. Simao Sousa, JESUS | 10 Nautico Marinha Grande | 5:04.98 | 337 |
| 50m: 33.22 33.22 150m: 1:48.98 38.48 250m: 3:07.65 39.53 350m: 4:26.75 39.49 | | | |
| 100m: 1:10.50 37.28 200m: 2:28.12 39.14 300m: 3:47.26 39.61 400m: 5:04.98 38.23 | | | |
| 10. David Xavier, ALMEIDA | 10 BA Leiria/ SK Coffee | 5:06.62 | 331 |
| 50m: 32.42 32.42 150m: 1:49.31 39.35 250m: 3:08.22 39.29 350m: 4:26.90 39.44 | | | |
| 100m: 1:09.96 37.54 200m: 2:28.93 39.62 300m: 3:47.46 39.24 400m: 5:06.62 39.72 | | | |



Prova de Preparação de Categorias
Pombal, 18 - 19/10/2025

Prova 17, Masc., 400m Livres, Juvenil A

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|-----------------------|---------------|-------|----------------------|-------|---------------|-------|----------------|-----|
| 11. | Francisco Enes, ALVES | | 10 | BA Leiria/ SK Coffee | | | | 5:29.45 | 267 |
| | 50m: | 36.99 36.99 | 150m: | 2:01.43 42.79 | 250m: | 3:26.76 42.01 | 350m: | 4:50.26 41.41 | |
| | 100m: | 1:18.64 41.65 | 200m: | 2:44.75 43.32 | 300m: | 4:08.85 42.09 | 400m: | 5:29.45 39.19 | |

Prova 17
19/10/2025 - 11:09

Masc., 400m Livres

Junior
Resultados

Pontos: AQUA 2025

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|------------------------------|-----------------|-------|------------------------|-------|---------------|-------|----------------|-----|
| 1. | Paulo, KOT | | 09 | Nautico Marinha Grande | | | | 4:12.39 | 594 |
| | 50m: | 29.00 29.00 | 150m: | 1:33.20 32.37 | 250m: | 2:38.36 32.64 | 350m: | 3:42.24 31.52 | |
| | 100m: | 1:00.83 31.83 | 200m: | 2:05.72 32.52 | 300m: | 3:10.72 32.36 | 400m: | 4:12.39 30.15 | |
| 2. | Tomas Pascoal, FERREIRA | | 09 | BA Leiria/ SK Coffee | | | | 4:16.48 | 566 |
| | 50m: | 28.95 28.95 | 150m: | 1:33.75 32.57 | 250m: | 2:38.94 32.76 | 350m: | 3:44.81 32.94 | |
| | 100m: | 1:01.18 32.23 | 200m: | 2:06.18 32.43 | 300m: | 3:11.87 32.93 | 400m: | 4:16.48 31.67 | |
| 3. | Guilherme Meireles, MARRAZES | | 09 | Nautico Marinha Grande | | | | 4:18.11 | 556 |
| | 50m: | 29.79 29.79 | 150m: | 1:35.79 33.56 | 250m: | 2:42.23 33.16 | 350m: | 3:46.63 31.90 | |
| | 100m: | 1:02.23 32.44 | 200m: | 2:09.07 33.28 | 300m: | 3:14.73 32.50 | 400m: | 4:18.11 31.48 | |
| 4. | Henrique Martins, JOAQUIM | | 09 | CNLeiria - VOID | | | | 4:22.97 | 525 |
| | 50m: | 28.46 28.46 | 150m: | 1:33.23 33.13 | 250m: | 2:40.65 33.36 | 350m: | 3:48.72 34.11 | |
| | 100m: | 1:00.10 31.64 | 200m: | 2:07.29 34.06 | 300m: | 3:14.61 33.96 | 400m: | 4:22.97 34.25 | |
| 5. | Tiago Santos, POMBO | | 08 | Alcobaca | | | | 4:24.21 | 518 |
| | 50m: | 29.67 29.67 | 150m: | 1:36.34 33.22 | 250m: | 2:44.24 33.71 | 350m: | 3:51.97 33.80 | |
| | 100m: | 1:03.12 33.45 | 200m: | 2:10.53 34.19 | 300m: | 3:18.17 33.93 | 400m: | 4:24.21 32.24 | |
| 6. | Santiago Marques, GOMES | | 09 | BA Leiria/ SK Coffee | | | | 4:25.01 | 513 |
| | 50m: | 29.71 29.71 | 150m: | 1:37.45 34.24 | 250m: | 2:45.43 34.06 | 350m: | 3:53.42 33.76 | |
| | 100m: | 1:03.21 33.50 | 200m: | 2:11.37 33.92 | 300m: | 3:19.66 34.23 | 400m: | 4:25.01 31.59 | |
| 7. | David Ferrador, PEREIRA | | 09 | Nucleo de Pombal | | | | 4:36.32 | 453 |
| | 50m: | 29.32 29.32 | 150m: | 1:37.90 35.31 | 250m: | 2:49.35 35.65 | 350m: | 4:01.94 36.55 | |
| | 100m: | 1:02.59 33.27 | 200m: | 2:13.70 35.80 | 300m: | 3:25.39 36.04 | 400m: | 4:36.32 34.38 | |
| 8. | Martim Alexandre, MESQUITA | | 09 | Nautico Marinha Grande | | | | 4:38.69 | 441 |
| | 50m: | 30.84 30.84 | 150m: | 1:40.73 35.46 | 250m: | 2:52.18 35.65 | 350m: | 4:04.27 36.08 | |
| | 100m: | 1:05.27 34.43 | 200m: | 2:16.53 35.80 | 300m: | 3:28.19 36.01 | 400m: | 4:38.69 34.42 | |
| 9. | Xinyang, CHENG | | 09 | Nautico Marinha Grande | | | | 4:39.49 | 437 |
| | 50m: | 31.07 31.07 | 150m: | 1:40.34 34.93 | 250m: | 2:51.40 35.62 | 350m: | 4:04.01 36.57 | |
| | 100m: | 1:05.41 34.34 | 200m: | 2:15.78 35.44 | 300m: | 3:27.44 36.04 | 400m: | 4:39.49 35.48 | |
| 10. | Vladyslav, BABUSHKIN | | 09 | Nautico Marinha Grande | | | | 4:47.30 | 403 |
| | 50m: | 31.36 31.36 | 150m: | 1:43.50 36.74 | 250m: | 2:57.84 37.48 | 350m: | 4:12.06 36.98 | |
| | 100m: | 1:06.76 35.40 | 200m: | 2:20.36 36.86 | 300m: | 3:35.08 37.24 | 400m: | 4:47.30 35.24 | |
| 11. | Pedro Fonseca, OLIVEIRA | | 09 | Nautico Marinha Grande | | | | 4:49.92 | 392 |
| | 50m: | 31.33 31.33 | 150m: | 1:43.28 36.43 | 250m: | 2:58.15 37.84 | 350m: | 4:13.21 37.54 | |
| | 100m: | 1:06.85 35.52 | 200m: | 2:20.31 37.03 | 300m: | 3:35.67 37.52 | 400m: | 4:49.92 36.71 | |
| 12. | Afonso Matos, CORREIA | | 09 | Nucleo de Pombal | | | | 4:59.51 | 355 |
| | 50m: | 32.72 32.72 | 150m: | 1:48.96 37.99 | 250m: | 3:05.31 37.27 | 350m: | 4:22.46 38.57 | |
| | 100m: | 1:10.97 38.25 | 200m: | 2:28.04 39.08 | 300m: | 3:43.89 38.58 | 400m: | 4:59.51 37.05 | |
| 13. | Alexandre Afonso, SANTOS | | 09 | Uniao Juncalense | | | | 5:38.95 | 245 |
| | 100m: | 1:15.73 1:15.73 | 250m: | 3:27.30 1:27.54 | 400m: | 5:38.95 45.93 | | | |
| | 150m: | 1:59.76 44.03 | 350m: | 4:53.02 1:25.72 | | | | | |



Prova de Preparação de Categorias
Pombal, 18 - 19/10/2025

Prova 17, Masc., 400m Livres

Prova 17
19/10/2025 - 11:09

Masc., 400m Livres

Senior
Resultados

Pontos: AQUA 2025

| Lugar | Ano | Tempo final | Pts |
|------------------------------|---------------------|---------------------|---------------------|
| 1. Afonso Dinis, ROQUE | 07 | 4:11.05 | 604 |
| 50m: 29.46 29.46 | 150m: 1:33.60 32.39 | 250m: 2:38.45 32.52 | 350m: 3:41.23 30.88 |
| 100m: 1:01.21 31.75 | 200m: 2:05.93 32.33 | 300m: 3:10.35 31.90 | 400m: 4:11.05 29.82 |
| 2. David Ferreira, RELVAS | 03 | 4:16.93 | 563 |
| 50m: 28.76 28.76 | 150m: 1:33.67 32.83 | 250m: 2:38.99 32.64 | 350m: 3:44.93 33.03 |
| 100m: 1:00.84 32.08 | 200m: 2:06.35 32.68 | 300m: 3:11.90 32.91 | 400m: 4:16.93 32.00 |
| 3. Miguel Vicente, SILVA | 02 | 4:18.54 | 553 |
| 50m: 28.88 28.88 | 150m: 1:33.87 32.48 | 250m: 2:40.11 33.04 | 350m: 3:46.25 33.25 |
| 100m: 1:01.39 32.51 | 200m: 2:07.07 33.20 | 300m: 3:13.00 32.89 | 400m: 4:18.54 32.29 |
| 4. Nuno Goncalo, SANTOS | 96 | 4:29.04 | 491 |
| 50m: 28.86 28.86 | 150m: 1:33.63 33.07 | 250m: 2:43.03 34.89 | 350m: 3:54.37 35.66 |
| 100m: 1:00.56 31.70 | 200m: 2:08.14 34.51 | 300m: 3:18.71 35.68 | 400m: 4:29.04 34.67 |
| 5. Bernardo Nunes, DOMINGUEZ | 07 | 5:03.63 | 341 |
| 50m: 32.38 32.38 | 150m: 1:48.03 38.40 | 250m: 3:06.26 39.31 | 350m: 4:24.65 38.98 |
| 100m: 1:09.63 37.25 | 200m: 2:26.95 38.92 | 300m: 3:45.67 39.41 | 400m: 5:03.63 38.98 |