

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 22 - 23/11/2025

Prova 20 Masc., 400m Estilos 15 anos e mais velhos
22/11/2025 - 17:05 Resultados

Recordes Nacionais 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Jun A	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recordes Nacionais 25m Jun B	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recordes Nacionais 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Juvenis B

1. Afonso Jose, MIRANDA	11	Louzan Natacao/EFAPEL	5:08.32	441
50m: 33.11 33.11	150m: 1:49.82 40.61	250m: 3:12.78 42.23	350m: 4:33.03 36.71	
100m: 1:09.21 36.10	200m: 2:30.55 40.73	300m: 3:56.32 43.54	400m: 5:08.32 35.29	
2. Bernardo Bento, DINIS	11	Condeixa Clube	5:25.88	374
50m: 36.15 36.15	150m: 2:00.72 42.40	250m: 3:28.71 47.08	350m: 4:51.35 36.08	
100m: 1:18.32 42.17	200m: 2:41.63 40.91	300m: 4:15.27 46.56	400m: 5:25.88 34.53	

Juvenis A

1. Miguel Tomas, GOMES	10	Nautico Academico	4:56.61	496
50m: 31.74 31.74	150m: 1:46.14 38.66	250m: 3:06.57 43.07	350m: 4:23.99 34.21	
100m: 1:07.48 35.74	200m: 2:23.50 37.36	300m: 3:49.78 43.21	400m: 4:56.61 32.62	

Jun A/B

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:37.16	608
50m: 30.06 30.06	150m: 1:39.45 35.80	250m: 2:53.76 39.97	350m: 4:06.58 32.15	
100m: 1:03.65 33.59	200m: 2:13.79 34.34	300m: 3:34.43 40.67	400m: 4:37.16 30.58	
2. Samuel Dinis, MAIA	08	Miranda do Corvo	5:04.77	457
50m: 31.51 31.51	150m: 1:47.07 37.86	250m: 3:10.25 45.21	350m: 4:29.59 35.38	
100m: 1:09.21 37.70	200m: 2:25.04 37.97	300m: 3:54.21 43.96	400m: 5:04.77 35.18	

Seniores

1. Lucas Pereira, BASTOS	00	Nautico Academico	4:34.31	627
50m: 28.86 28.86	150m: 1:37.65 35.93	250m: 2:52.17 39.75	350m: 4:03.37 32.22	
100m: 1:01.72 32.86	200m: 2:12.42 34.77	300m: 3:31.15 38.98	400m: 4:34.31 30.94	