

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

Prova 36 Masc., 400m Livres 15 anos e mais velhos  
23/11/2025 - 15:55 Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Jun A	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Recordes Nacionais 25m Jun B	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Recordes Nacionais 25m Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Recordes Nacionais 25m Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
<b>Juvenis B</b>									
1.	Vicente Abrantes, DIOGO		11	Columbofila Cantanhedense				<b>4:30.14</b>	485
	50m:	30.90 30.90	150m:	1:39.52	34.08	250m:	2:48.12 34.23	350m:	3:56.79 34.23
	100m:	1:05.44 34.54	200m:	2:13.89	34.37	300m:	3:22.56 34.44	400m:	4:30.14 33.35
2.	Bernardo Bento, DINIS		11	Condeixa Clube				<b>4:35.66</b>	456
	50m:	31.23 31.23	150m:	1:40.56	35.23	250m:	2:50.46 35.04	350m:	4:00.71 35.06
	100m:	1:05.33 34.10	200m:	2:15.42	34.86	300m:	3:25.65 35.19	400m:	4:35.66 34.95
3.	Leonardo Fonseca, FERRAZ		11	Academica de Coimbra				<b>4:41.11</b>	430
	50m:	32.50 32.50	150m:	1:43.19	35.79	250m:	2:55.09 35.94	350m:	4:07.30 35.98
	100m:	1:07.40 34.90	200m:	2:19.15	35.96	300m:	3:31.32 36.23	400m:	4:41.11 33.81
4.	David Pereira, MARQUES		11	Columbofila Cantanhedense				<b>4:42.13</b>	425
	50m:	32.82 32.82	150m:	1:44.80	36.09	250m:	2:56.54 35.84	350m:	4:07.83 35.26
	100m:	1:08.71 35.89	200m:	2:20.70	35.90	300m:	3:32.57 36.03	400m:	4:42.13 34.30
5.	Daniel Nunes, FREITAS		11	Columbofila Cantanhedense				<b>4:45.77</b>	409
	50m:	30.94 30.94	150m:	1:41.40	35.66	250m:	2:55.69 37.39	350m:	4:10.11 37.14
	100m:	1:05.74 34.80	200m:	2:18.30	36.90	300m:	3:32.97 37.28	400m:	4:45.77 35.66
6.	Francisco Marques, PEREIRA		11	Columbofila Cantanhedense				<b>4:53.09</b>	379
	50m:	33.51 33.51	150m:	1:46.82	35.81	250m:	3:01.44 37.21	350m:	4:16.68 37.36
	100m:	1:11.01 37.50	200m:	2:24.23	37.41	300m:	3:39.32 37.88	400m:	4:53.09 36.41
7.	Duarte Santos, MATEUS		11	Condeixa Clube				<b>4:54.23</b>	375
	50m:	33.08 33.08	150m:	1:47.39	37.22	250m:	3:02.64 37.80	350m:	4:17.93 37.21
	100m:	1:10.17 37.09	200m:	2:24.84	37.45	300m:	3:40.72 38.08	400m:	4:54.23 36.30
8.	Joao Martim, SILVA		11	S. Pedro Alva				<b>5:51.76</b>	219
	50m:	37.71 37.71	150m:	2:05.35	44.87	250m:	3:37.59 46.18	350m:	5:08.93 45.20
	100m:	1:20.48 42.77	200m:	2:51.41	46.06	300m:	4:23.73 46.14	400m:	5:51.76 42.83

**Juvenis A**

1.	Dinis Goncalves, ARAUJO		10	Nautico Academico				<b>4:24.96</b>	514
	50m:	29.67 29.67	150m:	1:34.90	33.24	250m:	2:43.22 34.20	350m:	3:51.73 34.24
	100m:	1:01.66 31.99	200m:	2:09.02	34.12	300m:	3:17.49 34.27	400m:	4:24.96 33.23
2.	Rodrigo Miguel, MATIAS		10	Nautico Academico				<b>4:37.98</b>	445
	50m:	30.99 30.99	150m:	1:39.11	34.63	250m:	2:50.70 35.93	350m:	4:02.65 36.04
	100m:	1:04.48 33.49	200m:	2:14.77	35.66	300m:	3:26.61 35.91	400m:	4:37.98 35.33

**Jun A/B**

1.	Guilherme Simoes, SOUSA		08	Academica de Coimbra				<b>4:22.03</b>	531
	50m:	29.65 29.65	150m:	1:35.61	33.58	250m:	2:42.97 33.64	350m:	3:50.17 33.72
	100m:	1:02.03 32.38	200m:	2:09.33	33.72	300m:	3:16.45 33.48	400m:	4:22.03 31.86
2.	Joaquim Antonio, CUNHA		08	Academica de Coimbra				<b>4:26.17</b>	507
	50m:	30.74 30.74	150m:	1:37.60	33.77	250m:	2:44.88 33.47	350m:	3:52.51 34.29
	100m:	1:03.83 33.09	200m:	2:11.41	33.81	300m:	3:18.22 33.34	400m:	4:26.17 33.66
3.	Samuel Dinis, MAIA		08	Miranda do Corvo				<b>4:31.94</b>	475
	50m:	29.73 29.73	150m:	1:36.54	34.09	250m:	2:45.89 35.28	350m:	3:57.18 35.91
	100m:	1:02.45 32.72	200m:	2:10.61	34.07	300m:	3:21.27 35.38	400m:	4:31.94 34.76

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Prova 36, Masc., 400m Livres, Jun A/B

Lugar			Ano					Tempo final	Pts		
4.	Pedro Miguel, LEITAO		08	CASPAE				<b>4:37.23</b>	448		
	50m:	31.12 31.12	150m:	1:39.57	34.81	250m:	2:50.88	35.62	350m:	4:03.29	36.58
	100m:	1:04.76 33.64	200m:	2:15.26	35.69	300m:	3:26.71	35.83	400m:	4:37.23	33.94

Seniores

1.	Duarte Cachulo, MARQUES		07	Condeixa Clube				<b>3:58.17</b>	707		
	50m:	27.01 27.01	150m:	1:26.36	29.99	250m:	2:26.82	30.22	350m:	3:28.02	30.63
	100m:	56.37 29.36	200m:	1:56.60	30.24	300m:	2:57.39	30.57	400m:	3:58.17	30.15
2.	Lucas Pereira, BASTOS		00	Nautico Academico				<b>4:09.74</b>	613		
	50m:	27.76 27.76	150m:	1:28.05	30.60	250m:	2:30.70	31.40	350m:	3:36.84	33.33
	100m:	57.45 29.69	200m:	1:59.30	31.25	300m:	3:03.51	32.81	400m:	4:09.74	32.90
3.	Marco Dimitar, OLIVEIRA		07	Condeixa Clube				<b>4:20.60</b>	540		
	50m:	28.72 28.72	150m:	1:34.59	33.52	250m:	2:41.68	33.44	350m:	3:48.41	33.27
	100m:	1:01.07 32.35	200m:	2:08.24	33.65	300m:	3:15.14	33.46	400m:	4:20.60	32.19
4.	Diogo Coelho, JOSE		01	Columbofila Cantanhedense				<b>4:21.36</b>	535		
	50m:	30.39 30.39	150m:	1:36.31	33.28	250m:	2:42.84	32.77	350m:	3:49.28	33.05
	100m:	1:03.03 32.64	200m:	2:10.07	33.76	300m:	3:16.23	33.39	400m:	4:21.36	32.08