

3º Benedita Swim Master
Benedita, 30/11/2025



Prova 20
30/11/2025 - 16:26

Masc., 400m Livres

Grupo A
Resultados

Rec. Nac A 4:00.23 Adriano Miguel, NIZ GDNVNF Funchal 17/01/2015

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Nuno Goncalo, SANTOS	96 Vieirense	4:21.31	707	9,00
50m: 29.29 29.29	150m: 1:34.17 32.77	250m: 2:41.34 33.66	350m: 3:48.93 33.83	
100m: 1:01.40 32.11	200m: 2:07.68 33.51	300m: 3:15.10 33.76	400m: 4:21.31 32.38	
2. David Lopes, CUNHA	96 Lisboa PoolSharks	4:51.57	509	7,00
50m: 32.39 32.39	150m: 1:44.75 36.74	250m: 2:58.97 37.34	350m: 4:14.64 37.89	
100m: 1:08.01 35.62	200m: 2:21.63 36.88	300m: 3:36.75 37.78	400m: 4:51.57 36.93	
3. Alexandre Miguel, LAUREANO	97 Ba Leiria / Sk Coffee	5:13.20	410	6,00
50m: 33.81 33.81	150m: 1:51.13 38.82	250m: 3:11.38 40.85	350m: 4:33.15 41.31	
100m: 1:12.31 38.50	200m: 2:30.53 39.40	300m: 3:51.84 40.46	400m: 5:13.20 40.05	
4. Ramiro Jose, CALCAGNO	97 Lisboa PoolSharks	6:18.74	232	5,00
50m: 39.11 39.11	150m: 2:12.49 47.62	250m: 3:52.82 49.68	350m: 5:29.64 48.95	
100m: 1:24.87 45.76	200m: 3:03.14 50.65	300m: 4:40.69 47.87	400m: 6:18.74 49.10	
5. Leandro Andre, GRUMETE	99 Óbidos	7:10.48	158	4,00
50m: 42.61 42.61	150m: 2:26.53 54.24	250m: 4:18.68 56.75	350m: 6:13.19 57.66	
100m: 1:32.29 49.68	200m: 3:21.93 55.40	300m: 5:15.53 56.85	400m: 7:10.48 57.29	

Prova 20
30/11/2025 - 16:26

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Grupo B
Resultados

Rec. Nac B 4:01.96 Pedro Miguel, PINOTES SCP Albufeira 10/12/2022

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Marcelo Henriques, MACHADO	92 Alcobaca	6:11.74	232	9,00
50m: 42.00 42.00	150m: 2:14.50 46.96	250m: 3:50.54 48.28	350m: 5:26.93 48.14	
100m: 1:27.54 45.54	200m: 3:02.26 47.76	300m: 4:38.79 48.25	400m: 6:11.74 44.81	

Prova 20
30/11/2025 - 16:26

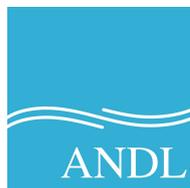
Masc., 400m Livres

Grupo C
Resultados

Rec. Nac C 4:06.32 Pedro Miguel, SILVA CFV Ponte de Sor 29/01/2011

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Filipe Gouveia, GONCALVES	87 Lisboa PoolSharks	5:44.79	327	9,00
50m: 37.88 37.88	150m: 2:05.19 44.46	250m: 3:34.86 43.88	350m: 5:02.36 43.53	
100m: 1:20.73 42.85	200m: 2:50.98 45.79	300m: 4:18.83 43.97	400m: 5:44.79 42.43	
2. Joao Carlos, CARVALHO	90 Lisboa PoolSharks	6:13.79	257	7,00
50m: 41.97 41.97	150m: 2:17.53 47.74	250m: 3:52.88 47.79	350m: 5:28.19 47.42	
100m: 1:29.79 47.82	200m: 3:05.09 47.56	300m: 4:40.77 47.89	400m: 6:13.79 45.60	
3. David Filipe, LOURENCO	90 Alcobaca	8:55.85	87	6,00
50m: 58.85 58.85	150m: 3:09.92 1:06.40	250m: 5:25.14 1:09.74	350m: 7:48.04 1:11.17	
100m: 2:03.52 1:04.67	200m: 4:15.40 1:05.48	300m: 6:36.87 1:11.73	400m: 8:55.85 1:07.81	
DNS Diogo Marques, PRATAS	86 Gafanha da Encarnacao			-
DNS Jaime Gonzalez, OTAOLA	87 Lisboa PoolSharks			-



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Prova 20, Masc., 400m Livres

Prova 20	Masc., 400m Livres	Grupo D
30/11/2025 - 16:26		Resultados
Rec. Nac D	4:10.09 Eduardo Ferreira, SEVIERI FCP Torres Novas	24/01/2025

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Goncalo Costa, CORDEIRO	84 Benedita	6:02.56	292	9,00
50m: 38.39 38.39	150m: 2:09.33 46.29	250m: 3:43.57 47.14	350m: 5:19.05 46.97	
100m: 1:23.04 44.65	200m: 2:56.43 47.10	300m: 4:32.08 48.51	400m: 6:02.56 43.51	
2. Amilcar Filipe, PIRES	84 CNLeiria - VOID	8:21.29	110	7,00
50m: 53.28 53.28	150m: 2:58.72 1:04.27	250m: 5:07.97 1:04.65	350m: 7:17.72 1:04.17	
100m: 1:54.45 1:01.17	200m: 4:03.32 1:04.60	300m: 6:13.55 1:05.58	400m: 8:21.29 1:03.57	
DNS Rafael Devesa, DIAS	85 Galitos / Bresimar			-
DNS Ricardo Jorge, LETRA	85 Veiense			-

Prova 20	Masc., 400m Livres	Grupo E
30/11/2025 - 16:26		Resultados

Pontos: AQUA Master 2024

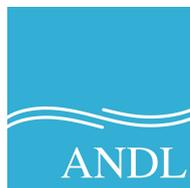
Lugar	Ano	Tempo final	Pts	Pts Tor
1. Luis Daniel, PACHECO	76 Alcobaca	4:50.27	587	9,00
50m: 33.04 33.04	150m: 1:45.76 36.58	250m: 3:00.08 37.27	350m: 4:14.90 37.23	
100m: 1:09.18 36.14	200m: 2:22.81 37.05	300m: 3:37.67 37.59	400m: 4:50.27 35.37	
2. Miguel Alexandre, ROQUE	80 Nacional de Natação	4:59.39	535	7,00
50m: 33.01 33.01	150m: 1:48.02 38.11	250m: 3:05.44 38.87	350m: 4:22.63 38.30	
100m: 1:09.91 36.90	200m: 2:26.57 38.55	300m: 3:44.33 38.89	400m: 4:59.39 36.76	
3. Ricardo Paulo, CARDOSO	80 Geslours	5:21.45	432	6,00
50m: 35.74 35.74	150m: 1:54.92 40.43	250m: 3:18.29 41.91	350m: 4:42.01 41.83	
100m: 1:14.49 38.75	200m: 2:36.38 41.46	300m: 4:00.18 41.89	400m: 5:21.45 39.44	
4. Goncalo Mano, BENTO	77 Gafanha da Encarnacao	5:21.94	430	5,00
50m: 34.26 34.26	150m: 1:52.63 40.63	250m: 3:16.23 42.50	350m: 4:41.40 42.52	
100m: 1:12.00 37.74	200m: 2:33.73 41.10	300m: 3:58.88 42.65	400m: 5:21.94 40.54	
5. Nuno Silva, AFONSO	79 Académica de Coimbra	6:57.07	198	4,00
50m: 43.10 43.10	150m: 2:21.62 50.79	250m: 4:12.28 57.13	350m: 6:03.49 55.92	
100m: 1:30.83 47.73	200m: 3:15.15 53.53	300m: 5:07.57 55.29	400m: 6:57.07 53.58	
DNS Joao Eduardo, LOPES	79 Óbidos			-

Prova 20	Masc., 400m Livres	Grupo F
30/11/2025 - 16:26		Resultados

Rec. Nac F	4:22.11 Jose Carlos, FREITAS CFP Felgueiras	26/01/2013
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Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Jorge Alexandre, ANASTACIO	73 Benedita	6:45.72	218	9,00
50m: 42.77 42.77	150m: 2:20.26 50.04	250m: 4:04.95 52.83	350m: 5:52.56 53.96	
100m: 1:30.22 47.45	200m: 3:12.12 51.86	300m: 4:58.60 53.65	400m: 6:45.72 53.16	



3º Benedita Swim Master
Benedita, 30/11/2025



Prova 20, Masc., 400m Livres

Prova 20 Masc., 400m Livres Grupo G
30/11/2025 - 16:26 Resultados

Rec. Nac G 4:25.70 Jose Carlos, FREITAS INDNP Mealhada 18/01/2019

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Paulo Fernando, OLIVEIRA	67 Nautico Marinha Grande	6:23.12	298	9,00
50m: 41.46 41.46	150m: 2:17.82 49.22	250m: 3:57.40 49.54	350m: 5:35.75 48.37	
100m: 1:28.60 47.14	200m: 3:07.86 50.04	300m: 4:47.38 49.98	400m: 6:23.12 47.37	
2. Isidro Marcelino, MACEDO	68 Vitória Sport Clube	6:55.59	233	7,00
50m: 44.15 44.15	150m: 2:26.74 53.01	250m: 4:13.99 54.42	350m: 6:02.66 54.42	
100m: 1:33.73 49.58	200m: 3:19.57 52.83	300m: 5:08.24 54.25	400m: 6:55.59 52.93	
3. Carlos Alberto, FUJAO	70 Lisboa PoolSharks	7:01.66	223	6,00
50m: 43.32 43.32	150m: 2:27.10 53.91	250m: 4:18.58 55.51	350m: 6:09.90 55.49	
100m: 1:33.19 49.87	200m: 3:23.07 55.97	300m: 5:14.41 55.83	400m: 7:01.66 51.76	
4. Paulo Jorge, SILVA	70 CNLeiria - VOID	7:04.61	219	5,00
50m: 45.77 45.77	150m: 2:32.86 52.91	250m: 4:23.67 56.08	350m: 6:13.29 54.54	
100m: 1:39.95 54.18	200m: 3:27.59 54.73	300m: 5:18.75 55.08	400m: 7:04.61 51.32	
5. Carlos Manuel, LOPES	66 Sport Algés e Dafundo	8:25.89	129	4,00
50m: 49.19 49.19	150m: 2:52.12 1:04.00	250m: 5:03.89 1:05.76	350m: 7:20.12 1:08.44	
100m: 1:48.12 58.93	200m: 3:58.13 1:06.01	300m: 6:11.68 1:07.79	400m: 8:25.89 1:05.77	

Prova 20 Masc., 400m Livres Grupo H
30/11/2025 - 16:26 Resultados

Rec. Nac H 4:40.55 Jose Carlos, FREITAS CNLA Sines 04/03/2023

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Rui Manuel, CUNHA	64 Académica de Coimbra	6:58.54	261	9,00
50m: 45.17 45.17	150m: 2:25.72 52.24	250m: 4:14.73 54.62	350m: 6:05.32 55.66	
100m: 1:33.48 48.31	200m: 3:20.11 54.39	300m: 5:09.66 54.93	400m: 6:58.54 53.22	
DNS Antonio Carlos, CARITA	65 Académica de Coimbra			-

Prova 20 Masc., 400m Livres Grupo L
30/11/2025 - 16:26 Resultados

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Luis Vidigal, SALGUEIRO	45 Sport Algés e Dafundo	8:12.31	327	9,00
50m: 56.18 56.18	150m: 3:04.16 1:03.79	250m: 5:10.19 1:02.24	350m: 7:15.48 59.10	
100m: 2:00.37 1:04.19	200m: 4:07.95 1:03.79	300m: 6:16.38 1:06.19	400m: 8:12.31 56.83	