



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



Prova 20  
30/11/2025 - 16:26

Masc., 400m Livres

25 anos e mais velhos  
Startlist

Rec. Nac A	4:00.23	Adriano Miguel, NIZ	GDNVNF	Funchal	17/01/2015
Rec. Nac B	4:01.96	Pedro Miguel, PINOTES	SCP	Albufeira	10/12/2022
Rec. Nac C	4:06.32	Pedro Miguel, SILVA	CFV	Ponte de Sor	29/01/2011
Rec. Nac D	4:10.09	Eduardo Ferreira, SEVIERI	FCP	Torres Novas	24/01/2025
Rec. Nac F	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
Rec. Nac G	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
Rec. Nac H	4:40.55	Jose Carlos, FREITAS	CNLA	Sines	04/03/2023
Rec. Nac I	5:27.24	Vitor Manuel, MAVIOSO	SAD	Albufeira	10/12/2022
Rec. Nac J	5:55.49	Antonio Bessone, BASTO	SAD	Recarei	16/05/2015
Rec. Nac K	6:23.33	Stephen Thomas, DYSON	SAD	Albufeira	10/12/2022

Série 1 de 4

1					
2	Goncalo Mano, BENTO	GR E	148710	Gafanha da Encarnacao	NT
3	Goncalo Costa, CORDEIRO	GR D	205557	Benedita	NT
4	Carlos Manuel, LOPES	GR G	202483	Sport Algés e Dafundo	NT
5	Joao Eduardo, LOPES	GR E	223995	Óbidos	NT
6	Leandro Andre, GRUMETE	GR A	227264	Óbidos	NT
7	Carlos Alberto, FUJAO	GR G	209645	Lisboa PoolSharks	NT
8					

Série 2 de 4

1	Amilcar Filipe, PIRES	GR D	212773	CNLeiria - VOID	8:27.84	25m
2	Paulo Jorge, SILVA	GR G	209019	CNLeiria - VOID	6:49.34	25m
3	Isidro Marcelino, MACEDO	GR G	222747	Vitória Sport Clube	6:47.13	25m
4	Marcelo Henriques, MACHADO	GR B	219919	Alcobaca	6:34.99	
5	Jorge Alexandre, ANASTACIO	GR F	217759	Benedita	6:44.53	25m
6	Nuno Silva, AFONSO	GR E	201498	Académica de Coimbra	6:47.62	25m
7	Luis Vidigal, SALGUEIRO	GR L	119671	Sport Algés e Dafundo	7:42.12	25m
8	David Filipe, LOURENCO	GR C	226672	Alcobaca	NT	

Série 3 de 4

1	Antonio Carlos, CARITA	GR H	26503	Académica de Coimbra	6:21.69	25m
2	Filipe Gouveia, GONCALVES	GR C	215265	Lisboa PoolSharks	6:15.00	
3	Paulo Fernando, OLIVEIRA	GR G	220911	Nautico Marinha Grande	6:10.50	
4	Rafael Devesa, DIAS	GR D	222402	Galitos / Bresimar	5:16.44	25m
5	Ricardo Jorge, LETRA	GR D	212130	Vieirense	6:08.33	25m
6	Joao Carlos, CARVALHO	GR C	25338	Lisboa PoolSharks	6:15.00	
7	Ramiro Jose, CALCAGNO	GR A	225385	Lisboa PoolSharks	6:18.74	
8	Rui Manuel, CUNHA	GR H	109826	Académica de Coimbra	6:30.25	25m

Série 4 de 4

1	Ricardo Paulo, CARDOSO	GR E	224406	Gesloures	5:14.81	25m
2	Jaime Gonzalez, OTAOLA	GR C	225234	Lisboa PoolSharks	5:01.97	25m
3	Alexandre Miguel, LAUREANO	GR A	105802	Ba Leiria / Sk Coffee	4:50.14	25m
4	Nuno Goncalo, SANTOS	GR A	101865	Vieirense	4:29.04	25m
5	David Lopes, CUNHA	GR A	120608	Lisboa PoolSharks	4:45.56	25m
6	Luis Daniel, PACHECO	GR E	14613	Alcobaca	4:53.80	25m
7	Diogo Marques, PRATAS	GR C	222496	Gafanha da Encarnacao	5:11.91	25m
8	Miguel Alexandre, ROQUE	GR E	100505	Nacional de Nataçao	5:15.00	