

Prova 11
07/12/2025 - 10:17

Masc., 400m Livres

Open
Resultados

| | | | | | |
|--------------------------|---------|-------------------------|---------|-----------------|------------|
| Recordes Nacionais Open | 3:42.57 | Jose Paulo, LOPES | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Recordes Nacionais Juv A | 3:58.45 | Rui Silva, PEREIRA | ADRCIMM | Sines | 17/12/2023 |
| Recordes Nacionais Juv B | 4:01.42 | Rui Silva, PEREIRA | POR | Tomar | 15/01/2023 |
| Recordes Regionais Open | 3:57.59 | Nathan Keith, THEODORIS | LDC | Porto | 12/12/2015 |
| Recordes Regionais Juv A | 4:10.23 | Tiago Miguel, VILHENA | SANALG | Abrantes | 04/03/2017 |
| Recordes Regionais Juv B | 4:09.85 | Tiago Miguel, VILHENA | CNFA | Setubal | 05/12/2015 |

Pontos: AQUA 2024

| Lugar | Nome | Ano | Licença | Clube | Tempo Final | AQUA |
|------------------|---------------------------------|---------------------|---------------------|---------------------|----------------|------|
| Juvenis B | | | | | | |
| 1. | Bernardo Goncalves, PAULO | 11 | 216285 | União Piedense | 4:08.87 | 620 |
| | 50m: 27.83 27.83 | 150m: 1:29.51 31.47 | 250m: 2:33.53 32.17 | 350m: 3:38.04 32.19 | | |
| | 100m: 58.04 30.21 | 200m: 2:01.36 31.85 | 300m: 3:05.85 32.32 | 400m: 4:08.87 30.83 | | |
| 2. | Simao Pascoal, FERNANDES | 11 | 216364 | Adrcimm | 4:24.57 | 516 |
| | 50m: 29.54 29.54 | 150m: 1:35.14 32.86 | 250m: 2:42.91 34.19 | 350m: 3:51.32 34.10 | | |
| | 100m: 1:02.28 32.74 | 200m: 2:08.72 33.58 | 300m: 3:17.22 34.31 | 400m: 4:24.57 33.25 | | |
| 3. | Ryan Lukas, DESOUSA | 11 | 217269 | ACSintra | 4:29.57 | 488 |
| | 50m: 29.46 29.46 | 150m: 1:37.19 34.61 | 250m: 2:47.43 35.26 | 350m: 3:56.15 33.93 | | |
| | 100m: 1:02.58 33.12 | 200m: 2:12.17 34.98 | 300m: 3:22.22 34.79 | 400m: 4:29.57 33.42 | | |
| 4. | Daniel, FISTICANU | 11 | 208945 | RIA Aqua Tavira | 4:29.88 | 486 |
| | 50m: 29.81 29.81 | 150m: 1:36.46 33.68 | 250m: 2:44.91 34.02 | 350m: 3:56.03 35.48 | | |
| | 100m: 1:02.78 32.97 | 200m: 2:10.89 34.43 | 300m: 3:20.55 35.64 | 400m: 4:29.88 33.85 | | |
| 5. | Martim Duarte, ROQUE | 11 | 214272 | CNLeiria - VOID | 4:30.09 | 485 |
| | 50m: 30.41 30.41 | 150m: 1:38.08 34.17 | 250m: 2:46.86 34.40 | 350m: 3:56.82 34.96 | | |
| | 100m: 1:03.91 33.50 | 200m: 2:12.46 34.38 | 300m: 3:21.86 35.00 | 400m: 4:30.09 33.27 | | |
| 6. | Tiago Filipe, PATO | 11 | 225627 | Alges | 4:31.63 | 477 |
| | 50m: 30.50 30.50 | 150m: 1:38.30 34.35 | 250m: 2:48.36 35.41 | 350m: 3:58.31 34.95 | | |
| | 100m: 1:03.95 33.45 | 200m: 2:12.95 34.65 | 300m: 3:23.36 35.00 | 400m: 4:31.63 33.32 | | |
| 7. | Joao Marcelino, RODRIGUES | 11 | 142093 | Sporting | 4:32.02 | 475 |
| | 50m: 32.21 32.21 | 150m: 1:41.01 34.61 | 250m: 2:49.87 33.98 | 350m: 3:58.76 34.74 | | |
| | 100m: 1:06.40 34.19 | 200m: 2:15.89 34.88 | 300m: 3:24.02 34.15 | 400m: 4:32.02 33.26 | | |
| 8. | Isaac Salavessa, HORTA | 11 | 214384 | Náutico do Guadiana | 4:32.55 | 472 |
| | 50m: 31.11 31.11 | 150m: 1:39.47 34.47 | 250m: 2:49.47 35.11 | 350m: 3:59.14 34.63 | | |
| | 100m: 1:05.00 33.89 | 200m: 2:14.36 34.89 | 300m: 3:24.51 35.04 | 400m: 4:32.55 33.41 | | |
| 9. | Alexandre Antonio, SILVA FTL | 11 | 216245 | Naval Do Funchal | 4:36.57 | 451 |
| | 50m: 30.61 30.61 | 150m: 1:38.80 34.83 | 250m: 2:49.66 35.63 | 350m: 4:01.60 36.42 | | |
| | 100m: 1:03.97 33.36 | 200m: 2:14.03 35.23 | 300m: 3:25.18 35.52 | 400m: 4:36.57 34.97 | | |
| Juvenis A | | | | | | |
| 1. | Renato Ferreira, MIMOSO | 10 | 211467 | Benfica | 4:01.32 | 680 |
| | 50m: 27.34 27.34 | 150m: 1:27.00 30.29 | 250m: 2:28.92 30.83 | 350m: 3:31.08 31.21 | | |
| | 100m: 56.71 29.37 | 200m: 1:58.09 31.09 | 300m: 2:59.87 30.95 | 400m: 4:01.32 30.24 | | |
| 2. | David Filipe, PACHECO | 10 | 205810 | BUZIOS - Coruche | 4:12.78 | 591 |
| | 50m: 28.38 28.38 | 150m: 1:32.04 32.11 | 250m: 2:37.51 32.79 | 350m: 3:41.96 31.83 | | |
| | 100m: 59.93 31.55 | 200m: 2:04.72 32.68 | 300m: 3:10.13 32.62 | 400m: 4:12.78 30.82 | | |
| 3. | Dinis Aresta, RIBEIRO | 10 | 214312 | Sporting | 4:13.79 | 584 |
| | 50m: 29.00 29.00 | 150m: 1:32.02 32.23 | 250m: 2:37.26 32.79 | 350m: 3:42.40 32.50 | | |
| | 100m: 59.79 30.79 | 200m: 2:04.47 32.45 | 300m: 3:09.90 32.64 | 400m: 4:13.79 31.39 | | |
| 4. | Antonio Antunes, JORGE | 10 | 206495 | Alcobaca | 4:15.51 | 573 |
| | 50m: 28.33 28.33 | 150m: 1:33.57 33.22 | 250m: 2:39.17 32.60 | 350m: 3:43.99 31.89 | | |
| | 100m: 1:00.35 32.02 | 200m: 2:06.57 33.00 | 300m: 3:12.10 32.93 | 400m: 4:15.51 31.52 | | |
| 5. | Diogo Rodrigues, SOUSA | 10 | 214212 | Alges | 4:17.16 | 562 |
| | 50m: 29.28 29.28 | 150m: 1:33.97 32.61 | 250m: 2:40.45 33.42 | 350m: 3:45.55 32.20 | | |
| | 100m: 1:01.36 32.08 | 200m: 2:07.03 33.06 | 300m: 3:13.35 32.90 | 400m: 4:17.16 31.61 | | |
| 6. | Guilherme Valente, PEREIRA | 10 | 212288 | Adrcimm | 4:20.24 | 542 |
| | 50m: 29.64 29.64 | 150m: 1:33.82 32.55 | 250m: 2:40.77 33.70 | 350m: 3:47.31 33.33 | | |
| | 100m: 1:01.27 31.63 | 200m: 2:07.07 33.25 | 300m: 3:13.98 33.21 | 400m: 4:20.24 32.93 | | |
| 7. | Rodrigo Ferrao, DIAS | 10 | 214314 | Sporting | 4:21.56 | 534 |
| | 50m: 29.72 29.72 | 150m: 1:34.22 32.72 | 250m: 2:41.13 33.58 | 350m: 3:48.38 33.71 | | |
| | 100m: 1:01.50 31.78 | 200m: 2:07.55 33.33 | 300m: 3:14.67 33.54 | 400m: 4:21.56 33.18 | | |
| 8. | Goncalo Tapadas, MARQUES | 10 | 216360 | Adrcimm | 4:25.55 | 510 |
| | 50m: 29.84 29.84 | 150m: 1:37.87 34.24 | 250m: 2:42.97 33.92 | 350m: 3:51.85 33.66 | | |
| | 100m: 1:03.63 33.79 | 200m: 2:09.05 31.18 | 300m: 3:18.19 35.22 | 400m: 4:25.55 33.70 | | |

Prova 11, Masc., 400m Livres, Juvenis A

| Lugar | Nome | Ano | Licença | Clube | Tempo Final | AQUA |
|-------|---------------------------------------|---------------------|---------------------|---------------------------|----------------|------|
| 9. | Pedro Souza, SILVA | 10 | 215475 | Pimpoes/Cimai | 4:25.79 | 509 |
| | 50m: 29.96 29.96 | 150m: 1:36.66 33.55 | 250m: 2:44.01 33.52 | 350m: 3:52.08 34.21 | | |
| | 100m: 1:03.11 33.15 | 200m: 2:10.49 33.83 | 300m: 3:17.87 33.86 | 400m: 4:25.79 33.71 | | |
| 10. | Tomas O'Grady, FREIRE <i>FTL</i> | 10 | 214315 | Sporting | 4:26.59 | 504 |
| | 50m: 29.46 29.46 | 150m: 1:35.44 33.11 | 250m: 2:44.32 34.29 | 350m: 3:53.17 34.46 | | |
| | 100m: 1:02.33 32.87 | 200m: 2:10.03 34.59 | 300m: 3:18.71 34.39 | 400m: 4:26.59 33.42 | | |
| 11. | Mateus Medeiros, RAPOSO <i>FTL</i> | 10 | 211338 | Clube Desportivo Nacional | 4:28.89 | 491 |
| | 50m: 29.84 29.84 | 150m: 1:37.60 34.23 | 250m: 2:46.59 34.89 | 350m: 3:55.89 34.51 | | |
| | 100m: 1:03.37 33.53 | 200m: 2:11.70 34.10 | 300m: 3:21.38 34.79 | 400m: 4:28.89 33.00 | | |
| DNS | Rodrigo Cardoso, TOMAS | 10 | 208273 | Alcobaca | | |