

Prova 2 Open
06/12/2025 - 16:43 Resultados

Recordes Nacionais Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recordes Nacionais Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recordes Regionais Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Juv A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015

TAC Juv B 50m: 5:29.34 - 25m: 5:13.39; Juv A 50m: 5:17.98 - 25m: 5:02.58

Pontos: AQUA 2024

Lugar	Nome	Ano	Licen�a	Clube	Tempo Final	AQUA
Juvenis B						
1.	Lourenco Perestrelo, LUCIO	11	211340	Naval Do Funchal	4:53.53	511
	50m: 29.87 30.80 100m: 1:07.70 36.90	150m: 1:46.67 38.97 200m: 2:24.44 37.77	250m: 3:04.80 40.36 300m: 3:47.93 43.13	350m: 4:21.45 33.52 400m: 4:53.53 32.06		
2.	Vidar Albert, JUNG	11	218389	Nautico Marinha Grande	4:53.92	509
	50m: 29.87 29.87 100m: 1:05.95 36.08	150m: 1:44.84 38.89 200m: 2:22.28 37.44	250m: 3:05.23 42.95 300m: 3:48.50 43.27	350m: 4:22.41 33.91 400m: 4:53.92 31.51		
3.	Bernardo Goncalves, PAULO	11	216285	União Piedense	4:54.60	506
	50m: 30.51 30.51 100m: 1:05.94 35.43	150m: 1:43.97 38.03 200m: 2:21.56 37.59	250m: 3:06.35 44.79 300m: 3:51.90 45.55	350m: 4:24.03 32.13 400m: 4:54.60 30.57		
4.	Duarte Moura, MENDES	11	211281	Torres Novas	5:00.66	476
	50m: 31.99 31.99 100m: 1:09.33 37.34	150m: 1:47.60 38.27 200m: 2:26.11 38.51	250m: 3:07.69 41.58 300m: 3:50.98 43.29	350m: 4:26.52 35.54 400m: 5:00.66 34.14		
5.	Afonso Vultao, MIRANDA	11	212679	Bombeiros de Ponta Delgada	5:03.76	461
	50m: 31.18 31.18 100m: 1:07.60 36.42	150m: 1:47.79 40.19 200m: 2:27.01 39.22	250m: 3:09.20 42.19 300m: 3:51.91 42.71	350m: 4:28.52 36.61 400m: 5:03.76 35.24		
Juvenis A						
1.	Renato Ferreira, MIMOSO	10	211467	Benfica	4:34.32	627
	50m: 28.10 28.10 100m: 1:00.22 32.12	150m: 1:35.33 35.11 200m: 2:10.41 35.08	250m: 2:51.56 41.15 300m: 3:32.89 41.33	350m: 4:03.48 30.59 400m: 4:34.32 30.84		
2.	Dinis Aresta, RIBEIRO	10	214312	Sporting	4:42.67	573
	50m: 30.30 30.30 100m: 1:05.06 34.76	150m: 1:41.83 36.77 200m: 2:18.02 36.19	250m: 2:58.66 40.64 300m: 3:39.64 40.98	350m: 4:11.62 31.98 400m: 4:42.67 31.05		
3.	David Filipe, PACHECO	10	205810	BUZIOS - Coruche	4:44.94	559
	50m: 29.35 29.35 100m: 1:03.21 33.86	150m: 1:41.33 38.12 200m: 2:18.11 36.78	250m: 3:01.05 42.94 300m: 3:42.55 41.50	350m: 4:14.87 32.32 400m: 4:44.94 30.07		
4.	Diogo Rodrigues, SOUSA	10	214212	Alges	4:45.38	557
	50m: 29.87 29.87 100m: 1:04.11 34.24	150m: 1:42.30 38.19 200m: 2:19.97 37.67	250m: 3:00.95 40.98 300m: 3:43.68 42.73	350m: 4:15.47 31.79 400m: 4:45.38 29.91		
5.	Guilherme Rodrigues, CABRAL	10	209095	Pimpoes/Cimai	4:50.95	525
	50m: 30.73 30.73 100m: 1:05.55 34.82	150m: 1:43.77 38.22 200m: 2:20.70 36.93	250m: 3:01.19 40.49 300m: 3:42.33 41.14	350m: 4:17.30 34.97 400m: 4:50.95 33.65		
6.	Guilherme Valente, PEREIRA	10	212288	Adrcimm	4:53.66	511
	50m: 32.02 32.02 100m: 1:07.30 35.28	150m: 1:43.96 36.66 200m: 2:21.44 37.48	250m: 3:03.98 42.54 300m: 3:46.97 42.99	350m: 4:20.37 33.40 400m: 4:53.66 33.29		
7.	Rodrigo Ferrao, DIAS	10	214314	Sporting	4:54.99	504
	50m: 30.06 30.06 100m: 1:04.41 34.35	150m: 1:44.75 40.34 200m: 2:23.76 39.01	250m: 3:05.88 42.12 300m: 3:49.08 43.20	350m: 4:22.48 33.40 400m: 4:54.99 32.51		
8.	Joao Piteira, GAIOLAS	10	144280	Nautico Marinha Grande	4:56.95	494
	50m: 31.46 31.46 100m: 1:07.83 36.37	150m: 1:45.80 37.97 200m: 2:23.61 37.81	250m: 3:06.79 43.18 300m: 3:50.88 44.09	350m: 4:24.40 33.52 400m: 4:56.95 32.55		
9.	Afonso Ferreira, REIS	10	210842	Nautico Marinha Grande	4:57.77	490
	50m: 31.43 31.43 100m: 1:08.75 37.32	150m: 1:47.73 38.98 200m: 2:25.65 37.92	250m: 3:06.43 40.78 300m: 3:48.48 42.05	350m: 4:24.21 35.73 400m: 4:57.77 33.56		
10.	Francisco Lourenco, PEDROSA	10	144218	Nautico Marinha Grande	4:58.57	486
	50m: 31.24 31.24 100m: 1:07.61 36.37	150m: 1:46.58 38.97 200m: 2:24.26 37.68	250m: 3:08.09 43.83 300m: 3:51.39 43.30	350m: 4:26.28 34.89 400m: 4:58.57 32.29		
11.	Lucas Costa, JESUS	10	144315	Nautico Marinha Grande	5:00.38	477
	50m: 31.79 31.79 100m: 1:09.22 37.43	150m: 1:47.74 38.52 200m: 2:25.50 37.76	250m: 3:09.83 44.33 300m: 3:53.94 44.11	350m: 4:27.95 34.01 400m: 5:00.38 32.43		
12.	Daniel Filipe, JORGE FTL	10	210798	Rio Maior	5:03.47	463
	50m: 30.49 30.49 100m: 1:07.25 36.76	150m: 1:45.60 38.35 200m: 2:23.83 38.23	250m: 3:08.12 44.29 300m: 3:53.21 45.09	350m: 4:28.40 35.19 400m: 5:03.47 35.07		

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Licen�a	Clube	Tempo Final	AQUA
13.	Mateus Medeiros, RAPOSO <i>FTL</i>	10	211338	Clube Desportivo Nacional	5:07.53	445
	50m: 30.08 30.08	150m: 1:48.10 41.88	250m: 3:13.01 44.94	350m: 4:34.07 34.85		
	100m: 1:06.22 36.14	200m: 2:28.07 39.97	300m: 3:59.22 46.21	400m: 5:07.53 33.46		
DSQ	Antonio Antunes, JORGE <i>10.1 - O(A) nadador(a) n�o completou o percurso - SW 10.2</i>	10	206495	Alcobaca		