



Campeonato Distrital de Absolutos (JUV, JUN, SEN)- PC -Preparacao INF
Abrantes, 22 - 23/11/2025

Prova 10 Masc., 400m Livres S10
22/11/2025 - 15:30 Resultados

Rec Nac 25m Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26/06/2004
Rec Nac 25m 17	3:56.54	Rui Filipe Costa	VSC	Felgueiras	24/11/2007
Rec Nac 25m Juv A	3:58.82	Diogo Matos Ribeiro	CUC	Mealhada	07/12/2019
Rec Nac 25m Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	15/01/2023
Rec Nac 25m Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	29/03/2014
Rec Nac 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04/04/2003

JUVENIL B Juv B: 5:36.00 / JUNIORES/SENIORES Jun/Sen: 5:20.00

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Absoluto								
1.	David Filipe Pacheco	M	205810	10	BUZIOS-Coruche	4:25.31	512	
	50m: 29.05		150m:		250m:			
	100m: 1:02.43		200m:	2:10.98	300m:	350m: 4:25.31		
2.	Tomas Alexandre Santos	M	200575	07	BUZIOS-Coruche	4:29.39	489	
	50m: 29.59		150m:		250m:			
	100m: 1:02.44		200m:	2:10.64	300m:	350m: 4:29.39		
3.	Daniel Filipe Jorge	M	210798	10	Rio Maior	4:30.30	484	
	50m: 29.79		150m:		250m:			
	100m: 1:02.73		200m:	2:10.92	300m:	350m: 4:30.30		
4.	Afonso Formigo Pinho	M	129956	06	Torres Novas	4:32.88	470	
	50m: 30.24		150m:		250m:			
	100m: 1:03.19		200m:	2:13.36	300m:	350m: 4:32.88		
5.	Tiago Frazao Barra	M	214568	10	Rio Maior	4:33.45	467	
	50m: 30.56		150m:		250m:			
	100m: 1:04.13		200m:	2:14.06	300m:	350m: 4:33.45		
6.	Gabriel Antunes Ramos	M	220234	09	Rio Maior	4:34.07	464	
	50m: 31.11		150m:		250m:			
	100m: 1:05.24		200m:	2:15.37	300m:	350m: 4:34.07		
7.	Andre Guilherme Anastacio	M	209988	10	Nautico Abrantes	4:47.26	403	
	50m: 29.88		150m:		250m:			
	100m: 1:02.88		200m:	2:12.16	300m:	350m: 4:47.26		
8.	Guilherme Gomes Nunes	M	208610	10	Clube Nautico de Salvaterra de	4:51.79	384	
	50m: 32.60		150m:		250m:			
	100m: 1:08.10		200m:	2:21.07	300m:	350m: 4:51.79		
9.	Luis Miguel Reis	M	213109	10	Rio Maior	4:52.00	384	
	50m: 31.05		150m:		250m:			
	100m: 1:06.73		200m:	2:21.54	300m:	350m: 4:52.00		
10.	Martim Silva Oliveira	M	202588	08	Torres Novas	4:56.15	368	
	50m: 32.24		150m:		250m:			
	100m: 1:07.96		200m:	2:22.87	300m:	350m: 4:56.15		
11.	Heliodoro Joao Sombreiro	M	212128	11	BUZIOS-Coruche	5:02.11	346	
	50m: 33.73		150m:		250m:			
	100m: 1:11.17		200m:	2:28.49	300m:	350m: 5:02.11		
12.	Diogo Chambel Santos	M	209811	11	Nautico Abrantes	5:08.97	324	
	50m: 33.55		150m:		250m:			
	100m: 1:11.28		200m:	2:29.39	300m:	350m: 5:08.97		
13.	Lourenco Manuel Palmeiro	M	215507	10	BUZIOS-Coruche	5:13.25	311	
	50m: 35.12		150m:		250m:			
	100m: 1:13.86		200m:	2:33.14	300m:	350m: 5:13.25		
14.	Antonio Francisco Rouxinol	M	224898	11	BUZIOS-Coruche	5:18.64	295	
	50m: 32.98		150m:		250m:			
	100m: 1:11.24		200m:	2:32.76	300m:	350m: 5:18.64		
15.	Sebastiao Maria Borlinhas	M	224925	11	BUZIOS-Coruche	5:20.00	291	
	50m: 34.49		150m:		250m:			
	100m: 1:14.24		200m:	2:37.49	300m:	350m: 5:20.00		
16.	Eduardo Domingos Rosa	M	214848	11	BUZIOS-Coruche	5:25.59	277	
	50m: 34.79		150m:		250m:			
	100m: 1:14.49		200m:	2:38.79	300m:	350m: 5:25.59		
17.	Rodrigo Miguel Alcobia FTLS	M	223370	11	NataçãO Ferreira do Zezere	5:47.24	228	
	50m: 36.68		150m:		250m:			
	100m: 1:18.33		200m:	2:47.30	300m:	350m: 5:47.24		
18.	Guilherme Ferreira Leitao	M	225144	10	Viver Santarem	5:52.46	218	
	50m: 36.05		150m:		250m:			
	100m: 1:19.05		200m:	2:48.98	300m:	350m: 5:52.46		

Senior

1.	Tomas Alexandre Santos	M	200575	07	BUZIOS-Coruche	4:29.39	489	
	50m: 29.59		150m:		250m:			
	100m: 1:02.44		200m:	2:10.64	300m:	350m: 4:29.39		



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Abrantes, 22 - 23/11/2025

Prova 10, Masc., 400m Livres, Senior

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
2.	Afonso Formigo Pinho	M	129956 06	Torres Novas	4:32.88	470	
	50m: 30.24 30.24	150m:		250m:	350m:		
	100m: 1:03.19 32.95	200m: 2:13.36		300m:	400m: 4:32.88		

Junior

1.	Gabriel Antunes Ramos	M	220234 09	Rio Maior	4:34.07	464	
	50m: 31.11 31.11	150m:		250m:	350m:		
	100m: 1:05.24 34.13	200m: 2:15.37		300m:	400m: 4:34.07		
2.	Martim Silva Oliveira	M	202588 08	Torres Novas	4:56.15	368	
	50m: 32.24 32.24	150m:		250m:	350m:		
	100m: 1:07.96 35.72	200m: 2:22.87		300m:	400m: 4:56.15		

Juvenil

1.	David Filipe Pacheco	M	205810 10	BUZIOS-Coruche	4:25.31	512	
	50m: 29.05 29.05	150m:		250m:	350m:		
	100m: 1:02.43 33.38	200m: 2:10.98		300m:	400m: 4:25.31		
2.	Daniel Filipe Jorge	M	210798 10	Rio Maior	4:30.30	484	
	50m: 29.79 29.79	150m:		250m:	350m:		
	100m: 1:02.73 32.94	200m: 2:10.92		300m:	400m: 4:30.30		
3.	Tiago Frazao Barra	M	214568 10	Rio Maior	4:33.45	467	
	50m: 30.56 30.56	150m:		250m:	350m:		
	100m: 1:04.13 33.57	200m: 2:14.06		300m:	400m: 4:33.45		
4.	Andre Guilherme Anastacio	M	209988 10	Nautico Abrantes	4:47.26	403	
	50m: 29.88 29.88	150m:		250m:	350m:		
	100m: 1:02.88 33.00	200m: 2:12.16		300m:	400m: 4:47.26		
5.	Guilherme Gomes Nunes	M	208610 10	Clube Nautico de Salvaterra de	4:51.79	384	
	50m: 32.60 32.60	150m:		250m:	350m:		
	100m: 1:08.10 35.50	200m: 2:21.07		300m:	400m: 4:51.79		
6.	Luis Miguel Reis	M	213109 10	Rio Maior	4:52.00	384	
	50m: 31.05 31.05	150m:		250m:	350m:		
	100m: 1:06.73 35.68	200m: 2:21.54		300m:	400m: 4:52.00		
7.	Heliodoro Joao Sombreiroiro	M	212128 11	BUZIOS-Coruche	5:02.11	346	
	50m: 33.73 33.73	150m:		250m:	350m:		
	100m: 1:11.17 37.44	200m: 2:28.49		300m:	400m: 5:02.11		
8.	Diogo Chambel Santos	M	209811 11	Nautico Abrantes	5:08.97	324	
	50m: 33.55 33.55	150m:		250m:	350m:		
	100m: 1:11.28 37.73	200m: 2:29.39		300m:	400m: 5:08.97		
9.	Lourenco Manuel Palmeiro	M	215507 10	BUZIOS-Coruche	5:13.25	311	
	50m: 35.12 35.12	150m:		250m:	350m:		
	100m: 1:13.86 38.74	200m: 2:33.14		300m:	400m: 5:13.25		
10.	Antonio Francisco Rouxinol	M	224898 11	BUZIOS-Coruche	5:18.64	295	
	50m: 32.98 32.98	150m:		250m:	350m:		
	100m: 1:11.24 38.26	200m: 2:32.76		300m:	400m: 5:18.64		
11.	Sebastiao Maria Borlinhas	M	224925 11	BUZIOS-Coruche	5:20.00	291	
	50m: 34.49 34.49	150m:		250m:	350m:		
	100m: 1:14.24 39.75	200m: 2:37.49		300m:	400m: 5:20.00		
12.	Eduardo Domingos Rosa	M	214848 11	BUZIOS-Coruche	5:25.59	277	
	50m: 34.79 34.79	150m:		250m:	350m:		
	100m: 1:14.49 39.70	200m: 2:38.79		300m:	400m: 5:25.59		
13.	Rodrigo Miguel Alcobia FTLS	M	223370 11	NataçãO Ferreira do Zezere	5:47.24	228	
	50m: 36.68 36.68	150m:		250m:	350m:		
	100m: 1:18.33 41.65	200m: 2:47.30		300m:	400m: 5:47.24		
14.	Guilherme Ferreira Leitao	M	225144 10	Viver Santarem	5:52.46	218	
	50m: 36.05 36.05	150m:		250m:	350m:		
	100m: 1:19.05 43.00	200m: 2:48.98		300m:	400m: 5:52.46		

Juvenil A

1.	David Filipe Pacheco	M	205810 10	BUZIOS-Coruche	4:25.31	512	
	50m: 29.05 29.05	150m:		250m:	350m:		
	100m: 1:02.43 33.38	200m: 2:10.98		300m:	400m: 4:25.31		
2.	Daniel Filipe Jorge	M	210798 10	Rio Maior	4:30.30	484	
	50m: 29.79 29.79	150m:		250m:	350m:		
	100m: 1:02.73 32.94	200m: 2:10.92		300m:	400m: 4:30.30		
3.	Tiago Frazao Barra	M	214568 10	Rio Maior	4:33.45	467	
	50m: 30.56 30.56	150m:		250m:	350m:		
	100m: 1:04.13 33.57	200m: 2:14.06		300m:	400m: 4:33.45		
4.	Andre Guilherme Anastacio	M	209988 10	Nautico Abrantes	4:47.26	403	
	50m: 29.88 29.88	150m:		250m:	350m:		
	100m: 1:02.88 33.00	200m: 2:12.16		300m:	400m: 4:47.26		
5.	Guilherme Gomes Nunes	M	208610 10	Clube Nautico de Salvaterra de	4:51.79	384	
	50m: 32.60 32.60	150m:		250m:	350m:		
	100m: 1:08.10 35.50	200m: 2:21.07		300m:	400m: 4:51.79		



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Abrantes, 22 - 23/11/2025

Prova 10, Masc., 400m Livres, Juvenil A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
6.	Luis Miguel Reis	M	213109	10	Rio Maior	4:52.00	384	
	50m: 31.05 31.05		150m:		250m:	350m:		
	100m: 1:06.73 35.68		200m:	2:21.54	300m:	400m:	4:52.00	
7.	Lourenco Manuel Palmeiro	M	215507	10	BUZIOS-Coruche	5:13.25	311	
	50m: 35.12 35.12		150m:		250m:	350m:		
	100m: 1:13.86 38.74		200m:	2:33.14	300m:	400m:	5:13.25	
8.	Guilherme Ferreira Leita�	M	225144	10	Viver Santarem	5:52.46	218	
	50m: 36.05 36.05		150m:		250m:	350m:		
	100m: 1:19.05 43.00		200m:	2:48.98	300m:	400m:	5:52.46	

Juvenil B

1.	Heliodoro Joao Sombreiro	M	212128	11	BUZIOS-Coruche	5:02.11	346	
	50m: 33.73 33.73		150m:		250m:	350m:		
	100m: 1:11.17 37.44		200m:	2:28.49	300m:	400m:	5:02.11	
2.	Diogo Chambel Santos	M	209811	11	Nautico Abrantes	5:08.97	324	
	50m: 33.55 33.55		150m:		250m:	350m:		
	100m: 1:11.28 37.73		200m:	2:29.39	300m:	400m:	5:08.97	
3.	Antonio Francisco Rouxinol	M	224898	11	BUZIOS-Coruche	5:18.64	295	
	50m: 32.98 32.98		150m:		250m:	350m:		
	100m: 1:11.24 38.26		200m:	2:32.76	300m:	400m:	5:18.64	
4.	Sebastiao Maria Borlinhas	M	224925	11	BUZIOS-Coruche	5:20.00	291	
	50m: 34.49 34.49		150m:		250m:	350m:		
	100m: 1:14.24 39.75		200m:	2:37.49	300m:	400m:	5:20.00	
5.	Eduardo Domingos Rosa	M	214848	11	BUZIOS-Coruche	5:25.59	277	
	50m: 34.79 34.79		150m:		250m:	350m:		
	100m: 1:14.49 39.70		200m:	2:38.79	300m:	400m:	5:25.59	
6.	Rodrigo Miguel Alcobia FTLS	M	223370	11	Nata���o Ferreira do Zezere	5:47.24	228	
	50m: 36.68 36.68		150m:		250m:	350m:		
	100m: 1:18.33 41.65		200m:	2:47.30	300m:	400m:	5:47.24	

Infantil A

1.	Martim Rocha Silva	M	213503	12	Gualdim Pais	5:05.98	333	
	50m: 35.23 35.23		150m:		250m:	350m:		
	100m: 1:15.38 40.15		200m:	2:31.89	300m:	400m:	5:05.98	
2.	Santiago Raposo Fernandes	M	217617	12	20Km de Almeirim	5:09.43	322	
	50m: 34.11 34.11		150m:		250m:	350m:		
	100m: 1:13.30 39.19		200m:	2:32.73	300m:	400m:	5:09.43	
3.	Matias Rafael Pacheco	M	211312	12	BUZIOS-Coruche	5:22.56	284	
	50m: 36.87 36.87		150m:		250m:	350m:		
	100m: 1:17.07 40.20		200m:	2:38.32	300m:	400m:	5:22.56	
4.	Bernardo Margarido Miranda	M	221310	12	Nautico Abrantes	5:29.09	268	
	50m: 35.88 35.88		150m:		250m:	350m:		
	100m: 1:17.13 41.25		200m:	2:41.98	300m:	400m:	5:29.09	

Infantil B

1.	Bruno Estanqueiro Lopes	M	215510	13	Torres Novas	5:53.40	216	
	50m: 39.13 39.13		150m:		250m:	350m:		
	100m: 1:25.00 45.87		200m:	2:56.44	300m:	400m:	5:53.40	
2.	Hugo Santos Carapeto	M	217361	13	Nautico Abrantes	5:55.93	212	
	50m: 37.18 37.18		150m:		250m:	350m:		
	100m: 1:19.85 42.67		200m:	2:50.76	300m:	400m:	5:55.93	
3.	Carlos Silvestre Lourenco	M	217549	13	BUZIOS-Coruche	6:14.93	181	
	50m: 37.63 37.63		150m:		250m:	350m:		
	100m: 1:22.98 45.35		200m:	2:54.67	300m:	400m:	6:14.93	
4.	Santiago Tac�o Ribeiro	M	220235	13	Rio Maior	6:27.76	164	
	50m: 42.25 42.25		150m:		250m:	350m:		
	100m: 1:30.56 48.31		200m:	3:20.85	300m:	400m:	6:27.76	

S10

1.	David Filipe Pacheco	M	205810	10	BUZIOS-Coruche	4:25.31	512	
	50m: 29.05 29.05		150m:		250m:	350m:		
	100m: 1:02.43 33.38		200m:	2:10.98	300m:	400m:	4:25.31	
2.	Tomas Alexandre Santos	M	200575	07	BUZIOS-Coruche	4:29.39	489	
	50m: 29.59 29.59		150m:		250m:	350m:		
	100m: 1:02.44 32.85		200m:	2:10.64	300m:	400m:	4:29.39	
3.	Daniel Filipe Jorge	M	210798	10	Rio Maior	4:30.30	484	
	50m: 29.79 29.79		150m:		250m:	350m:		
	100m: 1:02.73 32.94		200m:	2:10.92	300m:	400m:	4:30.30	
4.	Afonso Formigo Pinho	M	129956	06	Torres Novas	4:32.88	470	
	50m: 30.24 30.24		150m:		250m:	350m:		
	100m: 1:03.19 32.95		200m:	2:13.36	300m:	400m:	4:32.88	



Campeonato Distrital de Absolutos (JUV, JUN, SEN)- PC -Preparacao INF
Abrantes, 22 - 23/11/2025

Prova 10, Masc., 400m Livres, S10

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
5.	Tiago Frazao Barra	M	214568	10	Rio Maior	4:33.45	467	
	50m: 30.56 30.56	150m:			250m:	350m:		
	100m: 1:04.13 33.57	200m:	2:14.06		300m:	400m: 4:33.45		
6.	Gabriel Antunes Ramos	M	220234	09	Rio Maior	4:34.07	464	
	50m: 31.11 31.11	150m:			250m:	350m:		
	100m: 1:05.24 34.13	200m:	2:15.37		300m:	400m: 4:34.07		
7.	Andre Guilherme Anastacio	M	209988	10	Nautico Abrantes	4:47.26	403	
	50m: 29.88 29.88	150m:			250m:	350m:		
	100m: 1:02.88 33.00	200m:	2:12.16		300m:	400m: 4:47.26		
8.	Guilherme Gomes Nunes	M	208610	10	Clube Nautico de Salvaterra de	4:51.79	384	
	50m: 32.60 32.60	150m:			250m:	350m:		
	100m: 1:08.10 35.50	200m:	2:21.07		300m:	400m: 4:51.79		
9.	Luis Miguel Reis	M	213109	10	Rio Maior	4:52.00	384	
	50m: 31.05 31.05	150m:			250m:	350m:		
	100m: 1:06.73 35.68	200m:	2:21.54		300m:	400m: 4:52.00		
10.	Martim Silva Oliveira	M	202588	08	Torres Novas	4:56.15	368	
	50m: 32.24 32.24	150m:			250m:	350m:		
	100m: 1:07.96 35.72	200m:	2:22.87		300m:	400m: 4:56.15		
11.	Heliodoro Joao Sombreiro	M	212128	11	BUZIOS-Coruche	5:02.11	346	
	50m: 33.73 33.73	150m:			250m:	350m:		
	100m: 1:11.17 37.44	200m:	2:28.49		300m:	400m: 5:02.11		
12.	Martim Rocha Silva	M	213503	12	Gualdim Pais	5:05.98	333	
	50m: 35.23 35.23	150m:			250m:	350m:		
	100m: 1:15.38 40.15	200m:	2:31.89		300m:	400m: 5:05.98		
13.	Diogo Chambel Santos	M	209811	11	Nautico Abrantes	5:08.97	324	
	50m: 33.55 33.55	150m:			250m:	350m:		
	100m: 1:11.28 37.73	200m:	2:29.39		300m:	400m: 5:08.97		
14.	Santiago Raposo Fernandes	M	217617	12	20Km de Almeirim	5:09.43	322	
	50m: 34.11 34.11	150m:			250m:	350m:		
	100m: 1:13.30 39.19	200m:	2:32.73		300m:	400m: 5:09.43		
15.	Lourenco Manuel Palmeiro	M	215507	10	BUZIOS-Coruche	5:13.25	311	
	50m: 35.12 35.12	150m:			250m:	350m:		
	100m: 1:13.86 38.74	200m:	2:33.14		300m:	400m: 5:13.25		
16.	Antonio Francisco Rouxinol	M	224898	11	BUZIOS-Coruche	5:18.64	295	
	50m: 32.98 32.98	150m:			250m:	350m:		
	100m: 1:11.24 38.26	200m:	2:32.76		300m:	400m: 5:18.64		
17.	Sebastiao Maria Borlinhas	M	224925	11	BUZIOS-Coruche	5:20.00	291	
	50m: 34.49 34.49	150m:			250m:	350m:		
	100m: 1:14.24 39.75	200m:	2:37.49		300m:	400m: 5:20.00		
18.	Matias Rafael Pacheco	M	211312	12	BUZIOS-Coruche	5:22.56	284	
	50m: 36.87 36.87	150m:			250m:	350m:		
	100m: 1:17.07 40.20	200m:	2:38.32		300m:	400m: 5:22.56		
19.	Eduardo Domingos Rosa	M	214848	11	BUZIOS-Coruche	5:25.59	277	
	50m: 34.79 34.79	150m:			250m:	350m:		
	100m: 1:14.49 39.70	200m:	2:38.79		300m:	400m: 5:25.59		
20.	Bernardo Margarido Miranda	M	221310	12	Nautico Abrantes	5:29.09	268	
	50m: 35.88 35.88	150m:			250m:	350m:		
	100m: 1:17.13 41.25	200m:	2:41.98		300m:	400m: 5:29.09		
21.	Rodrigo Miguel Alcobia FTLS	M	223370	11	Nata��o Ferreira do Zezere	5:47.24	228	
	50m: 36.68 36.68	150m:			250m:	350m:		
	100m: 1:18.33 41.65	200m:	2:47.30		300m:	400m: 5:47.24		
22.	Guilherme Ferreira Leitao	M	225144	10	Viver Santarem	5:52.46	218	
	50m: 36.05 36.05	150m:			250m:	350m:		
	100m: 1:19.05 43.00	200m:	2:48.98		300m:	400m: 5:52.46		
23.	Bruno Estanqueiro Lopes	M	215510	13	Torres Novas	5:53.40	216	
	50m: 39.13 39.13	150m:			250m:	350m:		
	100m: 1:25.00 45.87	200m:	2:56.44		300m:	400m: 5:53.40		
24.	Hugo Santos Carapeto	M	217361	13	Nautico Abrantes	5:55.93	212	
	50m: 37.18 37.18	150m:			250m:	350m:		
	100m: 1:19.85 42.67	200m:	2:50.76		300m:	400m: 5:55.93		
25.	Carlos Silvestre Lourenco	M	217549	13	BUZIOS-Coruche	6:14.93	181	
	50m: 37.63 37.63	150m:			250m:	350m:		
	100m: 1:22.98 45.35	200m:	2:54.67		300m:	400m: 6:14.93		
26.	Santiago Tacao Ribeiro	M	220235	13	Rio Maior	6:27.76	164	
	50m: 42.25 42.25	150m:			250m:	350m:		
	100m: 1:30.56 48.31	200m:	3:20.85		300m:	400m: 6:27.76		
EXH	David Alberto Padre RECORDE DISTRITAL	M	226341	08	Rio Maior	4:09.49	615	EXH
	50m: 29.07 29.07	150m:			250m:	350m:		
	100m: 59.07 30.00	200m:	2:00.28		300m:	400m: 4:09.49		