

Torneio Especialista
Coimbra, 22/2/2026

Prova 1 Masc., 400m Estilos 13 anos e mais velhos
22/02/2026 - 10:00 Resultados

Rec. Nac Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec. Nac Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec. Nac Jun A	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec. Nac Jun B	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec. Nac Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec. Nac Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Rec. Nac Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23/07/2004
Rec. Nac Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12/07/2013

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Juvenis A/B			
1. Miguel Tomas, GOMES	10	5:04.85	503
50m: 31.38 31.38	150m: 1:48.10 40.44	250m: 3:11.67 44.85	350m: 4:31.24 34.57
100m: 1:07.66 36.28	200m: 2:26.82 38.72	300m: 3:56.67 45.00	400m: 5:04.85 33.61
2. Guilherme Rodrigues, CABRAL	10	5:12.40	467
50m: 31.12 31.12	150m: 1:49.43 41.89	250m: 3:14.32 44.82	350m: 4:37.22 36.78
100m: 1:07.54 36.42	200m: 2:29.50 40.07	300m: 4:00.44 46.12	400m: 5:12.40 35.18
3. Afonso Jose, MIRANDA	11	5:17.24	446
50m: 32.70 32.70	150m: 1:53.35 42.70	250m: 3:18.43 42.62	350m: 4:41.15 38.24
100m: 1:10.65 37.95	200m: 2:35.81 42.46	300m: 4:02.91 44.48	400m: 5:17.24 36.09
4. Joao Nascimento, SILVA	11	5:22.79	424
50m: 32.26 32.26	150m: 1:53.76 43.43	250m: 3:22.07 46.97	350m: 4:46.84 36.76
100m: 1:10.33 38.07	200m: 2:35.10 41.34	300m: 4:10.08 48.01	400m: 5:22.79 35.95
5. Francisco Marques, PEREIRA	11	5:34.71	380
50m: 35.04 35.04	150m: 1:57.92 44.40	250m: 3:29.89 47.85	350m: 4:56.96 39.57
100m: 1:13.52 38.48	200m: 2:42.04 44.12	300m: 4:17.39 47.50	400m: 5:34.71 37.75
6. Andre Filipe, COSTA	10	5:48.73	336
50m: 37.40 37.40	150m: 2:05.89 43.43	250m: 3:39.45 51.11	350m: 5:09.46 40.90
100m: 1:22.46 45.06	200m: 2:48.34 42.45	300m: 4:28.56 49.11	400m: 5:48.73 39.27
DSQ Martim Cruz, MOURA	11	CNLeiria - VOID	
<i>7.6 - O(a) atleta não tocou na parede com ambas as mãos separadas e simultaneamente na viragem aos 300 metros</i>			

Juniores A/B

1. Rafael Pereira, RODRIGUES	08	4:46.61	605
50m: 29.74 29.74	150m: 1:40.18 36.53	250m: 2:57.88 41.95	350m: 4:13.96 32.96
100m: 1:03.65 33.91	200m: 2:15.93 35.75	300m: 3:41.00 43.12	400m: 4:46.61 32.65

Seniores

1. Lucas Pereira, BASTOS	00	4:42.92	629
50m: 28.80 28.80	150m: 1:38.55 36.90	250m: 2:55.84 40.96	350m: 4:10.32 33.16
100m: 1:01.65 32.85	200m: 2:14.88 36.33	300m: 3:37.16 41.32	400m: 4:42.92 32.60
2. Leonardo Jose, CRUZ	07	4:44.97	616
50m: 29.32 29.32	150m: 1:39.79 36.50	250m: 2:56.32 40.67	350m: 4:11.79 34.28
100m: 1:03.29 33.97	200m: 2:15.65 35.86	300m: 3:37.51 41.19	400m: 4:44.97 33.18
3. Ricardo Matias, SANTOS	05	5:01.79	518
50m: 31.31 31.31	150m: 1:44.44 34.87	250m: 3:08.27 50.34	350m: 4:30.05 33.71
100m: 1:09.57 38.26	200m: 2:17.93 33.49	300m: 3:56.34 48.07	400m: 5:01.79 31.74
4. Eduardo Pires, TAVARES	07	6:07.22	287
50m: 33.98 33.98	150m: 2:08.03 47.29	250m: 3:47.11 52.05	350m: 5:24.45 43.67
100m: 1:20.74 46.76	200m: 2:55.06 47.03	300m: 4:40.78 53.67	400m: 6:07.22 42.77

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Prova 1, Masc., 400m Estilos

EXH	Diogo Cunha, CORTE-REAL	12	Columbofila Cantanhedense	6:21.24	257
	50m: 40.76 40.76	150m: 2:18.94 46.73	250m: 4:01.34 57.80	350m: 5:41.06 42.94	
	100m: 1:32.21 51.45	200m: 3:03.54 44.60	300m: 4:58.12 56.78	400m: 6:21.24 40.18	