

Prova 22
 15/11/2025 - 17:15

Masc., 400m Livres

 Open
 Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m 19 +	3:42.57	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m 18	3:50.52	Adriano Miguel, Niz	CFV	Fafe	26/06/2004
Rec Nac Universitarios 25 Metros	3:51.11	José, Lopes	AAUM	Senhora da Hora	08/12/2021

Lugar	Nome	Classe	Ano	Universidade	Tempo Final
1.	Filipe, Laranjo		07	Universidade do Minho	3:59.85
	50m: 27.33 27.33	150m: 1:27.33 30.18	250m: 2:28.56 30.66	350m: 3:30.06 30.46	
	100m: 57.15 29.82	200m: 1:57.90 30.57	300m: 2:59.60 31.04	400m: 3:59.85 29.79	
2.	Filipe, Cardoso		04	Universidade de Aveiro	4:07.96
	50m: 28.83 28.83	150m: 1:31.72 31.67	250m: 2:35.77 31.85	350m: 3:38.61 30.99	
	100m: 1:00.05 31.22	200m: 2:03.92 32.20	300m: 3:07.62 31.85	400m: 4:07.96 29.35	
3.	Andre, Costa		07	Universidade do Minho	4:09.25
	50m: 29.46 29.46	150m: 1:33.59 32.15	250m: 2:37.30 31.53	350m: 3:39.55 30.93	
	100m: 1:01.44 31.98	200m: 2:05.77 32.18	300m: 3:08.62 31.32	400m: 4:09.25 29.70	
4.	Joao, Marques		06	Associacao Academica de Coimbr	4:10.66
	50m: 28.30 28.30	150m: 1:31.81 32.19	250m: 2:36.37 32.00	350m: 3:40.17 31.91	
	100m: 59.62 31.32	200m: 2:04.37 32.56	300m: 3:08.26 31.89	400m: 4:10.66 30.49	
5.	Alexandre, Goncalves		05	Cruz Vermelha de OA	4:19.05
	50m: 29.44 29.44	150m: 1:33.65 32.67	250m: 2:39.20 33.00	350m: 3:45.97 33.81	
	100m: 1:00.98 31.54	200m: 2:06.20 32.55	300m: 3:12.16 32.96	400m: 4:19.05 33.08	
6.	Marco, Oliveira		07	IP de Coimbra	4:25.28
	50m: 29.30 29.30	150m: 1:34.85 33.40	250m: 2:42.94 34.02	350m: 3:52.13 34.51	
	100m: 1:01.45 32.15	200m: 2:08.92 34.07	300m: 3:17.62 34.68	400m: 4:25.28 33.15	
7.	Gabriel, Ferrao		05	NOVA	4:25.46
	50m: 29.00 29.00	150m: 1:35.08 33.47	250m: 2:43.17 33.96	350m: 3:51.08 34.36	
	100m: 1:01.61 32.61	200m: 2:09.21 34.13	300m: 3:16.72 33.55	400m: 4:25.46 34.38	
8.	Martim, Toste		06	Universidade do Porto	4:26.41
	50m: 29.53 29.53	150m: 1:36.16 33.77	250m: 2:43.92 34.09	350m: 3:53.30 34.86	
	100m: 1:02.39 32.86	200m: 2:09.83 33.67	300m: 3:18.44 34.52	400m: 4:26.41 33.11	
9.	Antonio, Martins		05	Associacao Academica de Coimbr	4:28.75
	50m: 31.32 31.32	150m: 1:41.17 35.30	250m: 2:49.17 33.41	350m: 3:56.48 33.48	
	100m: 1:05.87 34.55	200m: 2:15.76 34.59	300m: 3:23.00 33.83	400m: 4:28.75 32.27	
10.	Paulo, Alves		04	Universidade do Minho	4:33.24
	50m: 29.06 29.06	150m: 1:35.38 33.67	250m: 2:44.47 34.55	350m: 3:55.64 36.50	
	100m: 1:01.71 32.65	200m: 2:09.92 34.54	300m: 3:19.14 34.67	400m: 4:33.24 37.60	
11.	Marcio, Gomes		04	Universidade do Minho	4:34.00
	50m: 30.85 30.85	150m: 1:39.01 34.52	250m: 2:48.83 34.76	350m: 4:00.36 35.69	
	100m: 1:04.49 33.64	200m: 2:14.07 35.06	300m: 3:24.67 35.84	400m: 4:34.00 33.64	