

TOREGRI II - 2ª Jornada
Cantanhede, 15/3/2026

Prova 3

Masc., 400m Livres

Cad A

15/03/2026 - 9:55

Resultados

Pontos: AQUA 2025

| Lugar | Idade | | | | | | | | Tempo final | Pts | |
|---------------------------------|------------------------------|---------|-------|---------|---------|-------|---------|---------|----------------|---------|---------|
| 1. Pedro Bidarra, REGIO | 12 Nautico Coimbra | | | | | | | | 5:28.54 | 269 | |
| 50m: | 34.95 | 34.95 | 150m: | 1:59.43 | 43.25 | 250m: | 3:25.57 | 42.10 | 350m: | 4:50.31 | 41.90 |
| 100m: | 1:16.18 | 41.23 | 200m: | 2:43.47 | 44.04 | 300m: | 4:08.41 | 42.84 | 400m: | 5:28.54 | 38.23 |
| 2. Miguel Nabais, NEVES | 12 Academica de Coimbra | | | | | | | | 5:30.49 | 264 | |
| 50m: | 35.39 | 35.39 | 150m: | 2:02.07 | 44.26 | 250m: | | | 350m: | 4:53.74 | 42.67 |
| 100m: | 1:17.81 | 42.42 | 200m: | 2:45.09 | 43.02 | 300m: | 4:11.07 | | 400m: | 5:30.49 | 36.75 |
| 3. Gustavo Alexandre, LOPES | 12 Academica de Coimbra | | | | | | | | 6:00.45 | 204 | |
| 50m: | 40.80 | 40.80 | 150m: | 2:11.88 | 45.07 | 250m: | 3:44.34 | 46.40 | 350m: | 5:16.35 | 45.58 |
| 100m: | 1:26.81 | 46.01 | 200m: | 2:57.94 | 46.06 | 300m: | 4:30.77 | 46.43 | 400m: | 6:00.45 | 44.10 |
| 4. Diego Nunes, FREITAS | 12 Columbofila Cantanhedense | | | | | | | | 6:03.83 | 198 | |
| 50m: | 40.36 | 40.36 | 150m: | 2:12.94 | 46.62 | 250m: | 3:47.00 | 47.37 | 350m: | 5:17.36 | 46.75 |
| 100m: | 1:26.32 | 45.96 | 200m: | 2:59.63 | 46.69 | 300m: | 4:30.61 | 43.61 | 400m: | 6:03.83 | 46.47 |
| 5. Tiago Andre, MOTA | 12 Nautico Coimbra | | | | | | | | 6:14.59 | 181 | |
| 50m: | 40.72 | 40.72 | 150m: | 2:15.64 | 48.28 | 250m: | 3:51.35 | 48.04 | 350m: | 5:28.65 | 48.68 |
| 100m: | 1:27.36 | 46.64 | 200m: | 3:03.31 | 47.67 | 300m: | 4:39.97 | 48.62 | 400m: | 6:14.59 | 45.94 |
| 6. Gustavo Manuel, PEIXOTO | 12 Columbofila Cantanhedense | | | | | | | | 6:23.44 | 169 | |
| 50m: | 42.22 | 42.22 | 150m: | 2:18.47 | 48.75 | 250m: | 3:56.08 | 49.18 | 350m: | 5:34.97 | 49.53 |
| 100m: | 1:29.72 | 47.50 | 200m: | 3:06.90 | 48.43 | 300m: | 4:45.44 | 49.36 | 400m: | 6:23.44 | 48.47 |
| 7. Dmytro, BOROZENETS | 12 Nautico Coimbra | | | | | | | | 6:44.11 | 144 | |
| 50m: | 46.67 | 46.67 | 150m: | 2:29.48 | 51.87 | 250m: | | | 350m: | 5:55.93 | |
| 100m: | 1:37.61 | 50.94 | 200m: | 3:27.77 | 58.29 | 300m: | | | 400m: | 6:44.11 | 48.18 |
| 8. Santiago Fernandes, GRACA | 12 Columbofila Cantanhedense | | | | | | | | 6:47.47 | 141 | |
| 50m: | 43.21 | 43.21 | 150m: | 2:22.89 | 51.14 | 250m: | 4:08.40 | 53.10 | 350m: | 5:55.13 | 53.71 |
| 100m: | 1:31.75 | 48.54 | 200m: | 3:15.30 | 52.41 | 300m: | 5:01.42 | 53.02 | 400m: | 6:47.47 | 52.34 |
| 9. Duarte Gomes, CASTRO | 12 Columbofila Cantanhedense | | | | | | | | 6:48.84 | 139 | |
| 50m: | 45.84 | 45.84 | 150m: | 2:28.28 | 51.83 | 250m: | 4:14.80 | 53.57 | 350m: | 6:02.09 | 53.06 |
| 100m: | 1:36.45 | 50.61 | 200m: | 3:21.23 | 52.95 | 300m: | 5:09.03 | 54.23 | 400m: | 6:48.84 | 46.75 |
| 10. Francisco Martins, FERREIRA | 12 Louzan Natacao/EFAPEL | | | | | | | | 7:06.13 | 123 | |
| 50m: | 42.85 | 42.85 | 150m: | 2:32.56 | 55.25 | 250m: | 4:22.27 | 55.71 | 350m: | 6:13.60 | 56.57 |
| 100m: | 1:37.31 | 54.46 | 200m: | 3:26.56 | 54.00 | 300m: | 5:17.03 | 54.76 | 400m: | 7:06.13 | 52.53 |
| 11. Miguel Vinhas, RIBEIRO | 12 Condeixa Clube | | | | | | | | 7:10.06 | 120 | |
| 50m: | 48.84 | 48.84 | 150m: | 2:36.64 | 54.83 | 250m: | 4:25.42 | 54.91 | 350m: | 6:15.33 | 55.02 |
| 100m: | 1:41.81 | 52.97 | 200m: | 3:30.51 | 53.87 | 300m: | 5:20.31 | 54.89 | 400m: | 7:10.06 | 54.73 |
| 12. Hugo Miguel, PINTO | 12 CASPAE | | | | | | | | 8:14.66 | 78 | |
| 50m: | 45.88 | 45.88 | 150m: | 2:44.49 | 1:01.26 | 250m: | 4:49.34 | 1:03.74 | 350m: | 6:46.24 | 55.60 |
| 100m: | 1:43.23 | 57.35 | 200m: | 3:45.60 | 1:01.11 | 300m: | 5:50.64 | 1:01.30 | 400m: | 8:14.66 | 1:28.42 |
| 13. Guilherme Semedo, COSTA | 12 CASPAE | | | | | | | | 8:17.97 | 77 | |
| 50m: | 51.40 | 51.40 | 150m: | 2:54.83 | 1:03.12 | 250m: | 5:07.41 | 1:07.66 | 350m: | 7:20.33 | 1:04.17 |
| 100m: | 1:51.71 | 1:00.31 | 200m: | 3:59.75 | 1:04.92 | 300m: | 6:16.16 | 1:08.75 | 400m: | 8:17.97 | 57.64 |