

Campeonato Regional Juv Abs e Preparação Inf
Sines, 22 - 23/11/2025

Prova 14 **Masc., 400m Livres** **13 anos e mais velhos**
22/11/2025 - 17:05 **Resultados**

Recordes Regionais Piscina Curta Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Recordes Regionais Piscina Curta 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Recordes Regionais Piscina Curta 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Recordes Regionais Piscina Curta 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Recordes Regionais Piscina Curta 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Recordes Regionais Piscina Curta 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEN	Sines	13/05/2006

Pontos: AQUA 2025

Lugar	Nome	Idade	Clube	Tempo final	Pontos
13 anos					
1.	Lourenco Costa FORTES	13	Aljustrelense	5:38.67	246
	50m: 38.75 38.75	150m: 2:04.64	43.26	250m: 3:31.05	42.41
	100m: 1:21.38 42.63	200m: 2:48.64	44.00	300m: 4:15.04	43.99
				350m: 4:59.13	44.09
				400m: 5:38.67	39.54
2.	Diogo Salvador SANTOS	13	GSC Grândola Sports Club	5:47.86	227
	50m: 40.14 40.14	150m: 2:20.77	50.69	250m: 4:04.42	52.02
	100m: 1:30.08 49.94	200m: 3:12.40	51.63	300m: 4:55.81	51.39
				400m: 5:47.86	
3.	Miguel Pereira RIBEIRO	13	GSC Grândola Sports Club	6:57.01	131
	50m: 45.10 45.10	150m: 2:34.30	55.83	250m: 4:22.91	55.33
	100m: 1:38.47 53.37	200m: 3:27.58	53.28	300m: 5:16.77	53.86
				350m: 6:09.38	52.61
				400m: 6:57.01	47.63

14 anos					
1.	Diogo Leote PEDROSA	14	Zona Azul	4:56.77	365
	50m: 32.89 32.89	150m: 1:47.91	38.10	250m: 3:03.88	37.86
	100m: 1:09.81 36.92	200m: 2:26.02	38.11	300m: 3:42.31	38.43
				350m: 4:20.63	38.32
				400m: 4:56.77	36.14
2.	Tomas Nunes NOGUEIRA	14	Grupo Desportivo Mora	5:27.55	272
	50m: 35.90 35.90	150m: 2:00.23	42.85	250m: 3:25.66	42.85
	100m: 1:17.38 41.48	200m: 2:42.81	42.58	300m: 4:08.11	42.45
				350m: 4:49.50	41.39
				400m: 5:27.55	38.05
3.	Antonio Presado COSTA	14	Estremoz	5:34.50	255
	50m: 36.54 36.54	150m: 2:01.11	42.68	250m: 3:27.74	43.24
	100m: 1:18.43 41.89	200m: 2:44.50	43.39	300m: 4:10.81	43.07
				350m: 4:53.38	42.57
				400m: 5:34.50	41.12
4.	Miguel Ataíde GOMES	14	Litoral Alentejano	5:43.66	235
	50m: 37.79 37.79	150m: 2:03.56	43.49	250m: 3:32.59	44.74
	100m: 1:20.07 42.28	200m: 2:47.85	44.29	300m: 4:18.20	45.61
				350m: 5:01.67	43.47
				400m: 5:43.66	41.99
5.	Tiago Torpes PARDAL	14	Litoral Alentejano	5:56.27	211
	50m: 40.12 40.12	150m: 2:10.24	45.59	250m: 3:41.41	45.48
	100m: 1:24.65 44.53	200m: 2:55.93	45.69	300m: 4:26.72	45.31
				350m: 5:11.65	44.93
				400m: 5:56.27	44.62
6.	Roman Perez CRESPO	14	Acmn	5:57.89	208
	50m: 38.61 38.61	150m: 2:07.24	44.60	250m: 3:38.13	45.50
	100m: 1:22.64 44.03	200m: 2:52.63	45.39	300m: 4:25.94	47.81
				350m: 5:13.12	47.18
				400m: 5:57.89	44.77
7.	Miguel Mendes CUNHA	14	Ndco	8:04.60	84
	50m: 57.19 57.19	150m: 3:00.37	1:01.30	250m: 5:06.38	1:02.75
	100m: 1:59.07 1:01.88	200m: 4:03.63	1:03.26	300m: 6:07.20	1:00.82
				350m: 7:07.10	59.90
				400m: 8:04.60	57.50

15 - 16 anos					
1.	Edgar Van RAMOS	16	Aminata	4:54.83	373
	50m: 33.24 33.24	150m: 1:48.34	38.19	250m: 3:03.89	37.71
	100m: 1:10.15 36.91	200m: 2:26.18	37.84	300m: 3:41.80	37.91
				350m: 4:20.37	38.57
				400m: 4:54.83	34.46
2.	Gustavo Cardoso SANTOS	15	Ndco	5:02.07	346
	50m: 33.23 33.23	150m: 1:48.49	38.17	250m: 3:06.39	39.24
	100m: 1:10.32 37.09	200m: 2:27.15	38.66	300m: 3:45.63	39.24
				350m: 4:25.23	39.60
				400m: 5:02.07	36.84
3.	Tiago Barao GUERREIRO	15	Aljustrelense	5:50.71	221
	50m: 36.34 36.34	150m: 2:03.71	45.21	250m: 3:36.45	46.44
	100m: 1:18.50 42.16	200m: 2:50.01	46.30	300m: 4:22.21	45.76
				350m: 5:07.60	45.39
				400m: 5:50.71	43.11

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17 anos e mais velhos

1.	Tiago Manuel AZINHEIRINHA	28	Acmn	4:31.19	479
	50m: 30.05 30.05	150m: 1:36.80 33.88	250m: 2:45.86 34.62	350m: 3:56.58 35.34	
	100m: 1:02.92 32.87	200m: 2:11.24 34.44	300m: 3:21.24 35.38	400m: 4:31.19 34.61	
2.	Pedro Caeiro MARQUES	17	Aminata	4:34.56	461
	50m: 31.14 31.14	150m: 1:40.54 35.05	250m: 2:50.95 35.12	350m: 4:00.29 34.45	
	100m: 1:05.49 34.35	200m: 2:15.83 35.29	300m: 3:25.84 34.89	400m: 4:34.56 34.27	
3.	Afonso Silva RODRIGUES	17	Ndco	4:37.89	445
	50m: 30.11 30.11	150m: 1:38.05 34.57	250m: 2:50.12 35.80	350m: 4:02.13 35.79	
	100m: 1:03.48 33.37	200m: 2:14.32 36.27	300m: 3:26.34 36.22	400m: 4:37.89 35.76	
4.	Pedro Isidoro ARSENIO	17	Aljustrelense	4:59.03	357
	50m: 31.69 31.69	150m: 1:45.67 37.78	250m: 3:03.74 39.23	350m: 4:21.73 38.69	
	100m: 1:07.89 36.20	200m: 2:24.51 38.84	300m: 3:43.04 39.30	400m: 4:59.03 37.30	
5.	Francisco Reis MAGUAS	20	Ndco	5:06.98	330
	50m: 33.98 33.98	150m: 1:51.27 39.24	250m: 3:10.12 39.60	350m: 4:29.74 40.11	
	100m: 1:12.03 38.05	200m: 2:30.52 39.25	300m: 3:49.63 39.51	400m: 5:06.98 37.24	