

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 20 - 21/6/2026

Prova 11 Masc., 400m Livres 13 anos e mais velhos
21/06/2026 - 9:50 Resultados

Rec Nac Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun A	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nac Jun B	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14/07/2010
Rec Nac Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Rec Nac Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004
Rec Nac Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26/07/2003
Rec Reg ANC Open	3:54.96	Tomas Miguel, VELOSO	CNAC		03/09/2019
Rec Reg ANC Sen	3:54.96	Tomas Miguel, VELOSO	CNAC		12/03/2019
Rec Reg ANC Jun A	3:59.76	Gustavo Pires, MARQUES	CUC		25/08/2022
Rec Reg ANC Jun B	4:02.54	Luís, SILVA	CNAC	Jamor	11/05/2002
Rec Reg ANC Juv A	4:08.63	Luís, SILVA	CNAC	Loulé	03/08/2001
Rec Reg ANC Juv B	4:13.69	Diogo Matos, RIBEIRO	CUC	Coimbra	14/07/2019
Rec Reg ANC Inf A	4:20.77	Diogo Matos, RIBEIRO	CUC		31/07/2018
Rec Reg ANC Inf B	4:38.08	Jose Diogo, DIAS	FBSC	Coimbra	01/05/2017

Pontos: AQUA 2025

Lugar	Idade	Tempo final	Pts
Infantis A/B			
1. Afonso Manuel, FERNANDES	14	Academica de Coimbra	4:50.75 433
50m: 33.61 33.61	150m: 1:45.73 36.02	250m: 2:58.85 36.68	350m: 4:13.60 37.78
100m: 1:09.71 36.10	200m: 2:22.17 36.44	300m: 3:35.82 36.97	400m: 4:50.75 37.15
2. Lourenco Serra, BARATA	14	Louzan Natacao/EFAPEL	4:59.15 398
50m: 33.50 33.50	150m: 1:48.45 37.91	250m: 3:05.55 38.39	350m: 4:21.94 37.57
100m: 1:10.54 37.04	200m: 2:27.16 38.71	300m: 3:44.37 38.82	400m: 4:59.15 37.21
3. Afonso Duarte, FONSECA	13	Columbofila Cantanhedense	5:07.65 366
50m: 35.03 35.03	150m: 1:52.52 39.09	250m: 3:10.75 39.39	350m: 4:29.25 39.68
100m: 1:13.43 38.40	200m: 2:31.36 38.84	300m: 3:49.57 38.82	400m: 5:07.65 38.40
4. Afonso Simoes, COSTA	14	Louzan Natacao/EFAPEL	5:18.97 328
50m: 35.07 35.07	150m: 1:56.87 41.11	250m: 3:19.05 41.17	350m: 4:40.11 39.72
100m: 1:15.76 40.69	200m: 2:37.88 41.01	300m: 4:00.39 41.34	400m: 5:18.97 38.86
5. Xavier Bagagem, CARVALHO	13	Miranda do Corvo	5:51.35 245
50m: 37.74 37.74	150m: 2:07.57 46.35	250m: 3:39.67 46.21	350m: 5:09.60 44.35
100m: 1:21.22 43.48	200m: 2:53.46 45.89	300m: 4:25.25 45.58	400m: 5:51.35 41.75
6. Rodrigo Guilherme, MONTEIRO	14	CASP AE	5:51.95 244
50m: 38.11 38.11	150m: 2:07.03 45.62	250m: 3:39.89 46.81	350m: 5:09.19 43.96
100m: 1:21.41 43.30	200m: 2:53.08 46.05	300m: 4:25.23 45.34	400m: 5:51.95 42.76

Absolutos

1. Joao Nuno, GASP AR	17	Condeixa Clube	4:18.13 619
50m: 29.27 29.27	150m: 1:34.59 33.19	250m: 2:41.35 33.20	350m: 3:48.00 32.89
100m: 1:01.40 32.13	200m: 2:08.15 33.56	300m: 3:15.11 33.76	400m: 4:18.13 30.13
2. Hugo Ferreira, SILVA	15	Academica de Coimbra	4:18.24 618
50m: 29.59 29.59	150m: 1:34.71 32.75	250m: 2:41.44 33.12	350m: 3:47.34 32.28
100m: 1:01.96 32.37	200m: 2:08.32 33.61	300m: 3:15.06 33.62	400m: 4:18.24 30.90
3. Guilherme Simoes, SOUSA	18	Academica de Coimbra	4:23.34 583
50m: 29.82 29.82	150m: 1:36.21 33.75	250m: 2:43.53 33.83	350m: 3:50.87 33.80
100m: 1:02.46 32.64	200m: 2:09.70 33.49	300m: 3:17.07 33.54	400m: 4:23.34 32.47
4. Dinis Goncalves, ARAUJO	16	Náutico Académico	4:26.38 563
50m: 29.25 29.25	150m: 1:34.68 33.42	250m: 2:42.43 34.04	350m: 3:51.96 34.94
100m: 1:01.26 32.01	200m: 2:08.39 33.71	300m: 3:17.02 34.59	400m: 4:26.38 34.42
5. Rodrigo Miguel, MATIAS	16	Náutico Académico	4:36.21 505
50m: 30.64 30.64	150m: 1:39.38 34.71	250m: 2:49.69 34.99	350m: 4:00.39 35.15
100m: 1:04.67 34.03	200m: 2:14.70 35.32	300m: 3:25.24 35.55	400m: 4:36.21 35.82
6. Daniel Nunes, FREITAS	15	Columbofila Cantanhedense	4:38.77 491
50m: 30.15 30.15	150m: 1:40.12 36.20	250m: 2:51.63 35.66	350m: 4:04.38 36.89
100m: 1:03.92 33.77	200m: 2:15.97 35.85	300m: 3:27.49 35.86	400m: 4:38.77 34.39

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Prova 11, Masc., 400m Livres, Absolutos

Lugar			Idade					Tempo final	Pts
7.	Rodrigo Marques, LIMA		19	CASPAE				4:40.16	484
	50m:	30.57 30.57	150m:	1:40.92	36.25	250m:	2:53.89 36.75	350m:	4:06.46 36.15
	100m:	1:04.67 34.10	200m:	2:17.14	36.22	300m:	3:30.31 36.42	400m:	4:40.16 33.70
8.	Vicente Abrantes, DIOGO		15	Columbofila Cantanhedense				4:40.44	483
	50m:	30.21 30.21	150m:	1:39.90	35.46	250m:	2:52.55 36.36	350m:	4:05.45 36.10
	100m:	1:04.44 34.23	200m:	2:16.19	36.29	300m:	3:29.35 36.80	400m:	4:40.44 34.99
DNS	Gustavo Pires, MARQUES		22	Condeixa Clube					
EXH	Antonio Pedro, MARTINS		21	Condeixa Clube				4:53.95	419
	50m:	32.99 32.99	150m:	1:48.17	38.12	250m:	3:03.00 36.31	350m:	4:18.39 38.11
	100m:	1:10.05 37.06	200m:	2:26.69	38.52	300m:	3:40.28 37.28	400m:	4:53.95 35.56
EXH	Francisco Laranjeira, MORAIS		16	Algés e Águeda XXI				4:55.80	411
	50m:	30.93 30.93	150m:	1:44.19	37.10	250m:	3:00.97 38.28	350m:	4:17.94 37.86
	100m:	1:07.09 36.16	200m:	2:22.69	38.50	300m:	3:40.08 39.11	400m:	4:55.80 37.86
EXH	Martim Matos, ANTUNES		14	Algés e Águeda XXI				5:10.41	356
	50m:	33.75 33.75	150m:	1:52.55	39.91	250m:	3:11.36 39.24	350m:	4:31.79 40.31
	100m:	1:12.64 38.89	200m:	2:32.12	39.57	300m:	3:51.48 40.12	400m:	5:10.41 38.62
EXH	Guilherme Pereira, BAPTISTA		13	Algés e Águeda XXI				5:18.18	330
	50m:	35.60 35.60	150m:	1:56.11	40.69	250m:	3:17.60 40.34	350m:	4:38.68 39.86
	100m:	1:15.42 39.82	200m:	2:37.26	41.15	300m:	3:58.82 41.22	400m:	5:18.18 39.50
EXH	Guilherme Cunha, FERREIRA		13	Algés e Águeda XXI				5:54.42	239
	50m:	39.87 39.87	150m:	2:09.37	45.67	250m:	3:41.22 46.78	350m:	5:11.75 45.43
	100m:	1:23.70 43.83	200m:	2:54.44	45.07	300m:	4:26.32 45.10	400m:	5:54.42 42.67