



Prova 13  
07/03/2026 - 15:30

Masc., 400m Livres

Open  
Resultados

Recorde Nacional Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recorde Nacional Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recorde Nacional Jun 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Recorde Nacional Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Recorde Nacional Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Recorde Nacional Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Recorde Nacional Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003
Recorde Regional Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recorde Regional Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recorde Regional Jun 17	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recorde Regional Juv A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recorde Regional Juv B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recorde Regional Inf A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recorde Regional Inf B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017
Recorde Nacional S8 - 25m	4:46.57	Diogo Luis, CANCELA	ALN	Coimbra	22/10/2022
Recorde Nacional S21 - 25m	5:25.37	Vicente Barros, PEREIRA	SCP	Ponte de Sor	10/01/2026
Recorde Regional Adaptada 25m	6:30.11	Filipe Bjorcke, SANTOS			

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA
<b>Juvenis B</b>						
1.	Daniel, FISTICANU	11	208945	RIA Aqua Tavira	<b>4:16.23</b>	568
	50m: 30.14 30.14 150m: 1:35.43 32.66 250m: 2:40.89 32.60 350m: 3:45.07 31.90					
	100m: 1:02.77 32.63 200m: 2:08.29 32.86 300m: 3:13.17 32.28 400m: 4:16.23 31.16					
2.	Isaac Salavessa, HORTA	11	214384	Náutico do Guadiana	<b>4:26.07</b>	507
	50m: 29.91 29.91 150m: 1:35.70 33.22 250m: 2:43.64 33.85 350m: 3:52.45 34.67					
	100m: 1:02.48 32.57 200m: 2:09.79 34.09 300m: 3:17.78 34.14 400m: 4:26.07 33.62					
3.	Joao Agueda, MESTRE	11	145088	RIA Aqua Tavira	<b>4:29.44</b>	488
	50m: 29.81 29.81 150m: 1:38.51 34.05 250m: 2:47.61 34.63 350m: 3:56.68 34.60					
	100m: 1:04.46 34.65 200m: 2:12.98 34.47 300m: 3:22.08 34.47 400m: 4:29.44 32.76					
4.	Daniel Filipe, O	11	218175	Náutico do Guadiana	<b>4:48.72</b>	397
	50m: 32.08 32.08 150m: 1:45.08 36.81 250m: 2:59.86 37.40 350m: 4:14.84 37.34					
	100m: 1:08.27 36.19 200m: 2:22.46 37.38 300m: 3:37.50 37.64 400m: 4:48.72 33.88					
<b>Juvenis A</b>						
1.	Tiago Malhador, LULAK	10	212575	Louletano / Loule Aqui e Agora	<b>4:19.97</b>	544
	50m: 29.08 29.08 150m: 1:33.72 32.67 250m: 2:40.05 33.33 350m: 3:47.29 33.79					
	100m: 1:01.05 31.97 200m: 2:06.72 33.00 300m: 3:13.50 33.45 400m: 4:19.97 32.68					
2.	Rodrigo Ferreira, PLACIDO	10	213280	Louletano / Loule Aqui e Agora	<b>4:39.87</b>	436
	50m: 30.88 30.88 150m: 1:41.24 35.69 250m: 2:52.60 35.49 350m: 4:04.66 35.96					
	100m: 1:05.55 34.67 200m: 2:17.11 35.87 300m: 3:28.70 36.10 400m: 4:39.87 35.21					
DNS	Jose Pedro, MINHALMA	10	210690	Náutico do Guadiana		
<b>Absolutos</b>						
1.	Miguel Lourenco, VELHINHO	07	207677	Lagoa Academico Clube	<b>4:08.75</b>	621
	50m: 28.37 28.37 150m: 1:30.62 31.38 250m: 2:33.45 31.51 350m: 3:37.25 31.62					
	100m: 59.24 30.87 200m: 2:01.94 31.32 300m: 3:05.63 32.18 400m: 4:08.75 31.50					
2.	Rafael Alexandre, SILVA	09	212573	Louletano / Loule Aqui e Agora	<b>4:16.31</b>	567
	50m: 28.73 28.73 150m: 1:32.16 32.02 250m: 2:37.94 33.05 350m: 3:44.36 33.23					
	100m: 1:00.14 31.41 200m: 2:04.89 32.73 300m: 3:11.13 33.19 400m: 4:16.31 31.95					
3.	Joao Tomas, NUNES	09	211145	Clube Natacao Olhao	<b>4:18.75</b>	551
	50m: 30.01 30.01 150m: 1:35.11 32.73 250m: 2:40.48 32.36 350m: 3:45.80 32.50					
	100m: 1:02.38 32.37 200m: 2:08.12 33.01 300m: 3:13.30 32.82 400m: 4:18.75 32.95					
4.	Marin, CEPELEAGA	05	200223	Portinado	<b>4:19.86</b>	544
	50m: 27.71 27.71 150m: 1:30.21 31.92 250m: 2:36.61 33.25 350m: 3:45.20 34.48					
	100m: 58.29 30.58 200m: 2:03.36 33.15 300m: 3:10.72 34.11 400m: 4:19.86 34.66					
5.	Diogo Filipe, CARDOSO	09	210399	Clube Natacao Olhao	<b>4:24.69</b>	515
	50m: 30.05 30.05 150m: 1:37.24 33.79 250m: 2:45.32 33.70 350m: 3:52.23 33.59					
	100m: 1:03.45 33.40 200m: 2:11.62 34.38 300m: 3:18.64 33.32 400m: 4:24.69 32.46					
6.	Francisco Antonio, ROMAO	09	206155	Louletano / Loule Aqui e Agora	<b>4:44.74</b>	414
	50m: 30.59 30.59 150m: 1:40.77 35.63 250m: 2:53.44 36.12 350m: 4:08.00 37.42					
	100m: 1:05.14 34.55 200m: 2:17.32 36.55 300m: 3:30.58 37.14 400m: 4:44.74 36.74					
7.	David Luis, SEABRA	07	146577	Náutico do Guadiana	<b>4:47.69</b>	401
	50m: 31.75 31.75 150m: 1:43.41 36.99 250m: 2:57.64 37.25 350m: 4:12.08 36.95					
	100m: 1:06.42 34.67 200m: 2:20.39 36.98 300m: 3:35.13 37.49 400m: 4:47.69 35.61					

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EXH	Gustavo Maria, ALVES			13	220986	Lagoa Academico Clube		<b>5:06.99</b>	330			
	50m:	33.62	33.62	150m:	1:51.92	39.19	250m:	3:11.51	40.20	350m:	4:29.97	38.41
	100m:	1:12.73	39.11	200m:	2:31.31	39.39	300m:	3:51.56	40.05	400m:	5:06.99	37.02
EXH	David Cocia, GHERAS			12	219515	Tnc		<b>5:08.23</b>	326			
	50m:	34.48	34.48	150m:	1:53.35	40.16	250m:	3:13.08	39.57	350m:	4:32.74	39.79
	100m:	1:13.19	38.71	200m:	2:33.51	40.16	300m:	3:52.95	39.87	400m:	5:08.23	35.49
EXH	Rafael Ramirez, PICOTO			05	218015	Sporting		<b>5:41.07</b>	240			
	50m:	35.34	35.34	150m:	1:56.26	41.63	250m:	3:23.66	43.98	350m:	4:55.52	46.32
	100m:	1:14.63	39.29	200m:	2:39.68	43.42	300m:	4:09.20	45.54	400m:	5:41.07	45.55
EXH	Andre Reis, ALMEIDA			00	201716	Sporting		<b>5:41.29</b>	240			
	50m:	35.56	35.56	150m:	2:00.45	43.42	250m:	3:30.61	45.26	350m:	5:01.38	45.86
	100m:	1:17.03	41.47	200m:	2:45.35	44.90	300m:	4:15.52	44.91	400m:	5:41.29	39.91