



Prova 37 Masc., 400m Estilos Open  
08/03/2026 - 15:43 Resultados

Recorde Nacional Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recorde Nacional Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recorde Nacional Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recorde Nacional Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013
Recorde Regional Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recorde Regional Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recorde Regional Jun 18	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recorde Regional Jun 17	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recorde Regional Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015
Recorde Regional Inf B	5:21.08	Bernardo Antonio, ALVES	LDC	Sto António Cavaleiros	16/03/2012
Recorde Nacional S21 - 25m	6:20.31	Joao Francisco, VAZ	POR	Ferrara (ITA)	07/10/2021
Recorde Regional Adaptada 25m	7:07.22	Filipe Bjorcke, SANTOS			

Pontos: AQUA 2024

Lugar Nome Ano Licença Clube Tempo Final AQUA

Juvenis B

1. Daniel, FISTICANU	11	208945	RIA Aqua Tavira	<b>5:14.24</b>	417
50m: 32.64 32.64	150m: 1:54.37 43.40	250m: 3:20.73 44.45	350m: 4:39.92 34.66		
100m: 1:10.97 38.33	200m: 2:36.28 41.91	300m: 4:05.26 44.53	400m: 5:14.24 34.32		

Absolutos

1. Miguel Salomao, TRISTAO	04	129885	Portinado	<b>4:36.99</b>	609
50m: 28.65 28.65	150m: 1:37.26 35.37	250m: 2:52.68 39.78	350m: 4:05.26 32.76		
100m: 1:01.89 33.24	200m: 2:12.90 35.64	300m: 3:32.50 39.82	400m: 4:36.99 31.73		
2. Goncalo Gualberto, BARBARA	00	118851	Lagoa Academico Clube	<b>4:48.34</b>	540
50m: 30.25 30.25	150m: 1:42.57 37.75	250m: 3:00.04 40.00	350m: 4:15.09 33.36		
100m: 1:04.82 34.57	200m: 2:20.04 37.47	300m: 3:41.73 41.69	400m: 4:48.34 33.25		
3. Rafael Alexandre, SILVA	09	212573	Louletano / Loule Aqui e Agora	<b>4:54.26</b>	508
50m: 29.93 29.93	150m: 1:41.37 37.14	250m: 3:03.29 44.70	350m: 4:21.44 32.69		
100m: 1:04.23 34.30	200m: 2:18.59 37.22	300m: 3:48.75 45.46	400m: 4:54.26 32.82		
DNS Martim Santos, CABRITA	08	208153	RIA Aqua Tavira		
EXH Gustavo Maria, ALVES	13	220986	Lagoa Academico Clube	<b>5:53.53</b>	293
50m: 35.10 35.10	150m: 2:04.69 49.59	250m: 3:43.86 50.92	350m: 5:14.20 40.26		
100m: 1:15.10 40.00	200m: 2:52.94 48.25	300m: 4:33.94 50.08	400m: 5:53.53 39.33		
EXH Andre Reis, ALMEIDA	00	201716	Sporting	<b>6:32.85</b>	213
50m: 38.60 38.60	150m: 2:19.05 51.32	250m: 4:05.35 57.05	350m: 5:48.59 45.56		
100m: 1:27.73 49.13	200m: 3:08.30 49.25	300m: 5:03.03 57.68	400m: 6:32.85 44.26		