

Prova 10
17/05/2026 - 11:40

Masc., 400m Livres

Open
Resultados

Recordes Nacionais Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Recordes Nacionais Jun 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Recordes Nacionais Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Recordes Nacionais Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Recordes Nacionais Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Recordes Regionais Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais Jun 18	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais Jun 17	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais Juv A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais Juv B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais Inf A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009

Pontos: AQUA 2024

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
Absolutos							
1.	Miguel Salomao, TRISTAO	04	129885	Portinado	4:05.99	642	10,00
	50m: 27.96 27.96	150m: 1:29.59 30.92	250m: 2:31.25 30.82	350m: 3:34.86 32.10			
	100m: 58.67 30.71	200m: 2:00.43 30.84	300m: 3:02.76 31.51	400m: 4:05.99 31.13			
2.	Miguel Lourenco, VELHINHO	07	207677	Lagoa Academico Clube	4:15.17	575	8,00
	50m: 28.16 28.16	150m: 1:30.12 31.40	250m: 2:35.30 33.26	350m: 3:42.41 33.47			
	100m: 58.72 30.56	200m: 2:02.04 31.92	300m: 3:08.94 33.64	400m: 4:15.17 32.76			
3.	Raul Fernandez, ROMAN	09	227082	Clube Natacao Olhao	4:15.49	573	7,00
	50m: 28.99 28.99	150m: 1:33.10 32.40	250m: 2:38.51 32.72	350m: 3:44.59 32.90			
	100m: 1:00.70 31.71	200m: 2:05.79 32.69	300m: 3:11.69 33.18	400m: 4:15.49 30.90			
4.	Andriy, FEDOROV	08	205060	FC Ferreiras/AlgarExperience	4:22.33	529	6,00
	50m: 28.93 28.93	150m: 1:33.86 32.74	250m: 2:41.63 34.17	350m: 3:50.49 34.22			
	100m: 1:01.12 32.19	200m: 2:07.46 33.60	300m: 3:16.27 34.64	400m: 4:22.33 31.84			
5.	Goncalo Alexandre, RETRE	10	212248	Louletano / Loule Aqui e Agora	4:22.62	527	5,00
	50m: 29.37 29.37	150m: 1:35.03 33.18	250m: 2:42.42 33.76	350m: 3:50.67 34.02			
	100m: 1:01.85 32.48	200m: 2:08.66 33.63	300m: 3:16.65 34.23	400m: 4:22.62 31.95			
6.	Rafael Alexandre, SILVA	09	212573	Louletano / Loule Aqui e Agora	4:23.02	525	-
	50m: 29.10 29.10	150m: 1:33.33 32.51	250m: 2:40.19 33.81	350m: 3:49.58 34.92			
	100m: 1:00.82 31.72	200m: 2:06.38 33.05	300m: 3:14.66 34.47	400m: 4:23.02 33.44			
7.	Pedro Afonso, LOPES	11	216877	Portinado	4:36.32	453	-
	50m: 30.66 30.66	150m: 1:40.23 35.02	250m: 2:52.52 36.02	350m: 4:03.25 35.74			
	100m: 1:05.21 34.55	200m: 2:16.50 36.27	300m: 3:27.51 34.99	400m: 4:36.32 33.07			
8.	Tomas Alves, COSTA	00	120573	Aquatico Silves	4:44.18	416	4,00
	50m: 30.85 30.85	150m: 1:41.22 35.84	250m: 2:53.49 36.02	350m: 4:07.68 37.62			
	100m: 1:05.38 34.53	200m: 2:17.47 36.25	300m: 3:30.06 36.57	400m: 4:44.18 36.50			
9.	David Cocia, GHERAS	12	219515	Tnc	5:10.78	318	3,00
	50m: 33.88 33.88	150m: 1:50.99 38.54	250m: 3:10.32 39.72	350m: 4:31.95 40.54			
	100m: 1:12.45 38.57	200m: 2:30.60 39.61	300m: 3:51.41 41.09	400m: 5:10.78 38.83			
10.	Hugo Rijo, ARVELA	12	209930	FC Ferreiras/AlgarExperience	5:25.63	276	-
	50m: 35.97 35.97	150m: 1:58.00 41.90	250m: 3:21.82 41.84	350m: 4:45.49 41.83			
	100m: 1:16.10 40.13	200m: 2:39.98 41.98	300m: 4:03.66 41.84	400m: 5:25.63 40.14			
DNS	Francisco Lourenço, VELHINHO	11	216452	Lagoa Academico Clube			-
EXH	Joao Manuel, BARRETO	09	212923	Portinado	4:56.99	365	-
	50m: 32.41 32.41	150m: 1:45.26 37.01	250m: 3:02.69 39.10	350m: 4:19.73 38.14			
	100m: 1:08.25 35.84	200m: 2:23.59 38.33	300m: 3:41.59 38.90	400m: 4:56.99 37.26			