

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno  
Coimbra, 6 - 8/3/2026

Prova 14 Masc., 400m Livres 15 anos e mais velhos  
07/03/2026 - 9:35 Resultados

Rec Nac NP Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac NP Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac NP Jun A	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nac NP Jun B	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14/07/2010
Rec Nac NP Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac NP Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006

TA JUVB-MASC Juv B: 5:06.98 / TA JUVA-MASC Juv A: 4:59.94 / TA JUN -MASC Jun A/B: 4:51.49 / TA SEN-MASC Sen: 4:43.04

Pontos: AQUA 2025

Lugar	Ano		Tempo final		Pts
<b>Juvenis B</b>					
1.	Hugo Ferreira, SILVA	11	Academica de Coimbra	<b>4:25.89</b>	566
	50m: 30.05 30.05	150m: 1:36.30	33.55	250m: 2:44.59	34.28
	100m: 1:02.75 32.70	200m: 2:10.31	34.01	300m: 3:19.13	34.54
				350m: 3:52.83	33.70
				400m: 4:25.89	33.06
2.	Miguel Miranda, FERNANDES	11	Galitos / Bresimar	<b>4:32.93</b>	524
	50m: 30.11 30.11	150m: 1:38.97	35.13	250m: 2:49.62	35.93
	100m: 1:03.84 33.73	200m: 2:13.69	34.72	300m: 3:24.40	34.78
				350m: 3:59.81	35.41
				400m: 4:32.93	33.12
3.	Martim Duarte, ROQUE	11	CNLeiria - VOID	<b>4:34.14</b>	517
	50m: 30.42 30.42	150m: 1:38.36	34.32	250m: 2:49.16	35.20
	100m: 1:04.04 33.62	200m: 2:13.96	35.60	300m: 3:24.64	35.48
				350m: 3:59.74	35.10
				400m: 4:34.14	34.40
4.	Santiago Vagos, VALENTE	11	Galitos / Bresimar	<b>4:34.44</b>	515
	50m: 30.28 30.28	150m: 1:39.20	35.19	250m: 2:50.46	34.91
	100m: 1:04.01 33.73	200m: 2:15.55	36.35	300m: 3:26.25	35.79
				350m: 4:01.35	35.10
				400m: 4:34.44	33.09
5.	Vicente Abrantes, DIOGO	11	Columbofila Cantanhedense	<b>4:36.26</b>	505
	50m: 30.47 30.47	150m: 1:40.34	35.35	250m: 2:50.80	35.19
	100m: 1:04.99 34.52	200m: 2:15.61	35.27	300m: 3:26.56	35.76
				350m: 4:01.92	35.36
				400m: 4:36.26	34.34
6.	Bernardo Bento, DINIS	11	Condeixa Clube	<b>4:42.80</b>	471
	50m: 31.15 31.15	150m: 1:40.98	35.96	250m: 2:53.75	36.49
	100m: 1:05.02 33.87	200m: 2:17.26	36.28	300m: 3:30.58	36.83
				350m: 4:07.49	36.91
				400m: 4:42.80	35.31
7.	Duarte Santos, MATEUS	11	Condeixa Clube	<b>4:43.67</b>	466
	50m: 32.25 32.25	150m: 1:43.95	36.11	250m: 2:56.42	36.29
	100m: 1:07.84 35.59	200m: 2:20.13	36.18	300m: 3:32.30	35.88
				350m: 4:08.47	36.17
				400m: 4:43.67	35.20
8.	Vasco Sousa, LEMOS	11	Pimpoes/Cimai	<b>4:45.46</b>	458
	50m: 31.48 31.48	150m: 1:41.89	35.49	250m: 2:54.83	36.36
	100m: 1:06.40 34.92	200m: 2:18.47	36.58	300m: 3:32.17	37.34
				350m: 4:09.10	36.93
				400m: 4:45.46	36.36
9.	Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	<b>4:47.06</b>	450
	50m: 31.35 31.35	150m: 1:43.70	37.84	250m: 2:58.91	38.41
	100m: 1:05.86 34.51	200m: 2:20.50	36.80	300m: 3:35.46	36.55
				350m: 4:13.09	37.63
				400m: 4:47.06	33.97
10.	Leonardo Fonseca, FERRAZ	11	Academica de Coimbra	<b>4:50.55</b>	434
	50m: 31.60 31.60	150m: 1:43.61	36.81	250m: 2:57.95	37.35
	100m: 1:06.80 35.20	200m: 2:20.60	36.99	300m: 3:36.20	38.25
				350m: 4:14.21	38.01
				400m: 4:50.55	36.34
11.	Miguel Varandas, PIEDADE	11	Campinho	<b>5:03.45</b>	381
	50m: 32.80 32.80	150m: 1:48.71	38.56	250m: 3:07.82	39.26
	100m: 1:10.15 37.35	200m: 2:28.56	39.85	300m: 3:47.02	39.20
				350m: 4:26.20	39.18
				400m: 5:03.45	37.25
12.	Duarte Miguel, SANTOS	11	Estarreja	<b>5:09.24</b>	360
	<i>FTL</i>				
	50m: 31.85 31.85	150m: 1:48.03	38.82	250m: 3:08.75	40.45
	100m: 1:09.21 37.36	200m: 2:28.30	40.27	300m: 3:49.97	41.22
				350m: 4:30.55	40.58
				400m: 5:09.24	38.69

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno  
Coimbra, 6 - 8/3/2026

Prova 14, Masc., 400m Livres

Juvenis A

1.	Andre Ferreira, SANTOS	10	Academico de Viseu	<b>4:24.98</b>	572
	50m: 29.48 29.48	150m: 1:36.49	33.46 250m: 2:44.22	33.37 350m: 3:52.37	33.57
	100m: 1:03.03 33.55	200m: 2:10.85	34.36 300m: 3:18.80	34.58 400m: 4:24.98	32.61
2.	Dinis Goncalves, ARAUJO	10	Nautico Academico	<b>4:27.46</b>	557
	50m: 29.25 29.25	150m: 1:35.34	33.35 250m: 2:44.16	34.33 350m: 3:53.57	34.33
	100m: 1:01.99 32.74	200m: 2:09.83	34.49 300m: 3:19.24	35.08 400m: 4:27.46	33.89
3.	Rodrigo Cardoso, TOMAS	10	Alcobaca	<b>4:28.60</b>	550
	50m: 29.91 29.91	150m: 1:37.38	34.50 250m: 2:47.24	35.07 350m: 3:56.80	34.82
	100m: 1:02.88 32.97	200m: 2:12.17	34.79 300m: 3:21.98	34.74 400m: 4:28.60	31.80
4.	Tiago Joao, OLAS	10	Academico de Viseu	<b>4:30.69</b>	537
	50m: 30.69 30.69	150m: 1:39.47	35.05 250m: 2:49.22	34.74 350m: 3:58.44	34.34
	100m: 1:04.42 33.73	200m: 2:14.48	35.01 300m: 3:24.10	34.88 400m: 4:30.69	32.25
5.	Miguel Tomas, GOMES	10	Nautico Academico	<b>4:32.10</b>	529
	50m: 30.81 30.81	150m: 1:41.13	35.93 250m: 2:51.02	33.97 350m: 3:59.77	34.08
	100m: 1:05.20 34.39	200m: 2:17.05	35.92 300m: 3:25.69	34.67 400m: 4:32.10	32.33
6.	Antonio Antunes, JORGE	10	Alcobaca	<b>4:32.17</b>	528
	50m: 29.60 29.60	150m: 1:37.88	34.85 250m: 2:48.82	35.74 350m: 3:58.56	34.45
	100m: 1:03.03 33.43	200m: 2:13.08	35.20 300m: 3:24.11	35.29 400m: 4:32.17	33.61
7.	Gabriel Silva, TAVARES	10	Estarreja	<b>4:32.89</b>	524
	50m: 29.24 29.24	150m: 1:37.02	34.56 250m: 2:47.47	35.26 350m: 3:58.62	35.52
	100m: 1:02.46 33.22	200m: 2:12.21	35.19 300m: 3:23.10	35.63 400m: 4:32.89	34.27
8.	Rodrigo Miguel, MATIAS	10	Nautico Academico	<b>4:35.36</b>	510
	50m: 30.60 30.60	150m: 1:37.21	33.72 250m: 2:47.49	35.23 350m: 3:59.82	36.15
	100m: 1:03.49 32.89	200m: 2:12.26	35.05 300m: 3:23.67	36.18 400m: 4:35.36	35.54
9.	Guilherme Costa, REBELO	10	Pimpoes/Cimai	<b>4:36.81</b>	502
	50m: 30.84 30.84	150m: 1:38.78	33.90 250m: 2:49.18	35.46 350m: 4:01.43	36.00
	100m: 1:04.88 34.04	200m: 2:13.72	34.94 300m: 3:25.43	36.25 400m: 4:36.81	35.38
10.	Afonso Ferreira, REIS	10	Nautico Marinha Grande	<b>4:38.63</b>	492
	50m: 30.90 30.90	150m: 1:40.05	35.18 250m: 2:50.41	35.73 350m: 4:02.61	36.56
	100m: 1:04.87 33.97	200m: 2:14.68	34.63 300m: 3:26.05	35.64 400m: 4:38.63	36.02
11.	Tomas Figueiredo, BRANCO	10	Galitos / Bresimar	<b>4:39.39</b>	488
	50m: 30.56 30.56	150m: 1:39.81	35.53 250m: 2:52.07	36.23 350m: 4:04.75	36.53
	100m: 1:04.28 33.72	200m: 2:15.84	36.03 300m: 3:28.22	36.15 400m: 4:39.39	34.64
12.	Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	<b>4:50.16</b>	436
	50m: 30.96 30.96	150m: 1:43.01	36.44 250m: 2:57.96	37.61 350m: 4:13.18	37.45
	100m: 1:06.57 35.61	200m: 2:20.35	37.34 300m: 3:35.73	37.77 400m: 4:50.16	36.98
13.	Joao Piteira, GAIOLAS	10	Nautico Marinha Grande	<b>4:51.52</b>	430
	50m: 32.04 32.04	150m: 1:44.13	37.22 250m: 3:00.68	38.45 350m: 4:16.69	38.41
	100m: 1:06.91 34.87	200m: 2:22.23	38.10 300m: 3:38.28	37.60 400m: 4:51.52	34.83
14.	Andre Goncalo, MENDES	10	Natação de Vagos	<b>4:52.40</b>	426
	50m: 32.12 32.12	150m: 1:44.26	36.90 250m: 2:59.32	37.73 350m: 4:15.64	38.31
	100m: 1:07.36 35.24	200m: 2:21.59	37.33 300m: 3:37.33	38.01 400m: 4:52.40	36.76
15.	Francisco Antonio, SIMOES	10	Bairro Anjos / Sk Coffee	<b>4:52.96</b>	423
	50m: 31.90 31.90	150m: 1:44.71	36.70 250m: 3:00.08	38.15 350m: 4:16.36	38.52
	100m: 1:08.01 36.11	200m: 2:21.93	37.22 300m: 3:37.84	37.76 400m: 4:52.96	36.60
16.	Andre Filipe, COSTA	10	CASPAE	<b>4:55.48</b>	413
	50m: 32.23 32.23	150m: 1:45.13	36.97 250m: 3:01.15	38.62 350m: 4:18.22	38.34
	100m: 1:08.16 35.93	200m: 2:22.53	37.40 300m: 3:39.88	38.73 400m: 4:55.48	37.26
17.	Rodrigo Guedes, FERREIRA	10	Feirense	<b>4:59.94</b>	394
	50m: 31.85 31.85	150m: 1:45.10	37.17 250m: 3:03.16	39.25 350m: 4:21.14	38.74
	100m: 1:07.93 36.08	200m: 2:23.91	38.81 300m: 3:42.40	39.24 400m: 4:59.94	38.80

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno  
Coimbra, 6 - 8/3/2026

Prova 14, Masc., 400m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts			
18.	Joao Saraiva, PAIXAO		10	Galitos / Bresimar				<b>5:01.86</b>	387			
	<i>FTL</i>											
	50m:	33.06	33.06	150m:	1:48.26	38.47	250m:	3:06.15	38.59	350m:	4:24.13	39.04
	100m:	1:09.79	36.73	200m:	2:27.56	39.30	300m:	3:45.09	38.94	400m:	5:01.86	37.73

Juniores A/B

1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				<b>4:16.42</b>	632			
	50m:	29.11	29.11	150m:	1:33.22	32.33	250m:	2:38.72	32.82	350m:	3:44.86	32.93
	100m:	1:00.89	31.78	200m:	2:05.90	32.68	300m:	3:11.93	33.21	400m:	4:16.42	31.56
2.	Paulo, KOT		09	Nautico Marinha Grande				<b>4:20.42</b>	603			
	50m:	29.13	29.13	150m:	1:33.63	32.69	250m:	2:40.64	33.70	350m:	3:48.06	33.40
	100m:	1:00.94	31.81	200m:	2:06.94	33.31	300m:	3:14.66	34.02	400m:	4:20.42	32.36
3.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande				<b>4:21.62</b>	595			
	50m:	29.93	29.93	150m:	1:35.99	33.40	250m:	2:42.75	33.36	350m:	3:49.68	33.58
	100m:	1:02.59	32.66	200m:	2:09.39	33.40	300m:	3:16.10	33.35	400m:	4:21.62	31.94
4.	Tomas Pascoal, FERREIRA		09	Bairro Anjos / Sk Coffee				<b>4:22.67</b>	588			
	50m:	29.92	29.92	150m:	1:35.79	33.55	250m:	2:44.01	34.48	350m:	3:51.11	33.73
	100m:	1:02.24	32.32	200m:	2:09.53	33.74	300m:	3:17.38	33.37	400m:	4:22.67	31.56
5.	Guilherme Simoes, SOUSA		08	Academica de Coimbra				<b>4:25.21</b>	571			
	50m:	29.44	29.44	150m:	1:35.37	33.47	250m:	2:44.27	34.39	350m:	3:53.35	34.06
	100m:	1:01.90	32.46	200m:	2:09.88	34.51	300m:	3:19.29	35.02	400m:	4:25.21	31.86
6.	Samuel Dinis, MAIA		08	Miranda do Corvo				<b>4:26.94</b>	560			
	50m:	29.75	29.75	150m:	1:35.41	33.48	250m:	2:43.77	34.40	350m:	3:53.61	34.91
	100m:	1:01.93	32.18	200m:	2:09.37	33.96	300m:	3:18.70	34.93	400m:	4:26.94	33.33
7.	Tiago Santos, POMBO		08	Alcobaca				<b>4:30.50</b>	538			
	50m:	29.51	29.51	150m:	1:37.20	34.28	250m:	2:47.46	35.26	350m:	3:57.74	34.84
	100m:	1:02.92	33.41	200m:	2:12.20	35.00	300m:	3:22.90	35.44	400m:	4:30.50	32.76
8.	Joaquim Antonio, CUNHA		08	Academica de Coimbra				<b>4:30.88</b>	536			
	50m:	30.46	30.46	150m:	1:39.15	34.74	250m:	2:48.52	34.56	350m:	3:57.19	34.61
	100m:	1:04.41	33.95	200m:	2:13.96	34.81	300m:	3:22.58	34.06	400m:	4:30.88	33.69
9.	Manuel Leite, AGUIAR		09	Sanjoanense/FEPSA				<b>4:33.42</b>	521			
	50m:	30.75	30.75	150m:	1:39.28	34.60	250m:	2:49.66	34.99	350m:	3:59.85	34.76
	100m:	1:04.68	33.93	200m:	2:14.67	35.39	300m:	3:25.09	35.43	400m:	4:33.42	33.57
10.	Rodrigo Cruz, COSTA		09	Sanjoanense/FEPSA				<b>4:33.57</b>	520			
	50m:	31.19	31.19	150m:	1:40.63	35.33	250m:	2:50.90	35.24	350m:	4:00.59	35.00
	100m:	1:05.30	34.11	200m:	2:15.66	35.03	300m:	3:25.59	34.69	400m:	4:33.57	32.98
11.	Mateus Tavares, BASTOS		08	Campinho				<b>4:45.25</b>	459			
	50m:	29.84	29.84	150m:	1:40.86	36.47	250m:	2:55.95	37.75	350m:	4:10.66	37.14
	100m:	1:04.39	34.55	200m:	2:18.20	37.34	300m:	3:33.52	37.57	400m:	4:45.25	34.59
12.	Luis Azevedo, PINTO		09	Estarreja				<b>4:48.43</b>	444			
	50m:	30.74	30.74	150m:	1:41.51	36.37	250m:	2:55.30	36.80	350m:	4:11.73	38.18
	100m:	1:05.14	34.40	200m:	2:18.50	36.99	300m:	3:33.55	38.25	400m:	4:48.43	36.70
13.	David Ferrador, PEREIRA		09	Nucleo de Pombal				<b>4:48.92</b>	441			
	50m:	31.06	31.06	150m:	1:43.71	37.25	250m:	2:58.17	37.11	350m:	4:12.97	37.44
	100m:	1:06.46	35.40	200m:	2:21.06	37.35	300m:	3:35.53	37.36	400m:	4:48.92	35.95
14.	Gabriel Neto, FERREIRA		08	O Crasto				<b>4:54.56</b>	417			
	<i>FTL</i>											
	50m:	31.84	31.84	150m:	1:44.06	37.07	250m:	3:00.08	38.43	350m:	4:17.40	38.91
	100m:	1:06.99	35.15	200m:	2:21.65	37.59	300m:	3:38.49	38.41	400m:	4:54.56	37.16

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno  
Coimbra, 6 - 8/3/2026

Prova 14, Masc., 400m Livres

Seniores

1.	Duarte Cachulo, MARQUES	07	Condeixa Clube	<b>4:09.11</b>	689
	50m: 28.34 28.34	150m: 1:31.58	32.20 250m: 2:36.06 32.15	350m: 3:39.25	31.49
	100m: 59.38 31.04	200m: 2:03.91	32.33 300m: 3:07.76 31.70	400m: 4:09.11	29.86
2.	Gabriel Jose, LOPES	97	Louzan Natacao/EFAPEL	<b>4:09.13</b>	689
	50m: 28.06 28.06	150m: 1:31.65	32.36 250m: 2:36.16 32.05	350m: 3:39.56	31.25
	100m: 59.29 31.23	200m: 2:04.11	32.46 300m: 3:08.31 32.15	400m: 4:09.13	29.57
3.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	<b>4:13.83</b>	651
	50m: 29.12 29.12	150m: 1:33.28	32.35 250m: 2:38.49 32.73	350m: 3:43.68	32.63
	100m: 1:00.93 31.81	200m: 2:05.76	32.48 300m: 3:11.05 32.56	400m: 4:13.83	30.15
4.	Jose Miguel, MARQUES	06	Condeixa Clube	<b>4:13.91</b>	651
	50m: 28.25 28.25	150m: 1:30.82	31.99 250m: 2:35.75 32.37	350m: 3:42.11	33.33
	100m: 58.83 30.58	200m: 2:03.38	32.56 300m: 3:08.78 33.03	400m: 4:13.91	31.80
5.	Leonardo Jose, CRUZ	07	Alcobaca	<b>4:17.44</b>	624
	50m: 29.21 29.21	150m: 1:33.30	32.12 250m: 2:38.32 32.38	350m: 3:44.67	33.26
	100m: 1:01.18 31.97	200m: 2:05.94	32.64 300m: 3:11.41 33.09	400m: 4:17.44	32.77
6.	Filipe Santos, CARDOSO	04	Gafanha da Encarnação	<b>4:19.66</b>	608
	50m: 29.62 29.62	150m: 1:35.05	33.28 250m: 2:41.34 33.05	350m: 3:47.37	33.02
	100m: 1:01.77 32.15	200m: 2:08.29	33.24 300m: 3:14.35 33.01	400m: 4:19.66	32.29
7.	Joao Ferreira, MARQUES	06	Academica de Coimbra	<b>4:21.32</b>	597
	50m: 28.67 28.67	150m: 1:34.30	33.20 250m: 2:40.86 33.41	350m: 3:49.11	33.98
	100m: 1:01.10 32.43	200m: 2:07.45	33.15 300m: 3:15.13 34.27	400m: 4:21.32	32.21
8.	Alexandre Ramos, GONCALVES	05	Feirense	<b>4:23.26</b>	584
	50m: 28.87 28.87	150m: 1:32.45	32.22 250m: 2:38.88 33.37	350m: 3:48.20	34.88
	100m: 1:00.23 31.36	200m: 2:05.51	33.06 300m: 3:13.32 34.44	400m: 4:23.26	35.06
9.	Rodrigo Alexandre, TRAVASSOS	02	Condeixa Clube	<b>4:32.55</b>	526
	50m: 28.26 28.26	150m: 1:35.52	34.48 250m: 2:45.46 34.56	350m: 3:57.28	36.06
	100m: 1:01.04 32.78	200m: 2:10.90	35.38 300m: 3:21.22 35.76	400m: 4:32.55	35.27
10.	Antonio Pedro, MARTINS	05	Condeixa Clube	<b>4:40.03</b>	485
	50m: 31.84 31.84	150m: 1:43.85	36.46 250m: 2:55.18 35.65	350m: 4:05.85	35.15
	100m: 1:07.39 35.55	200m: 2:19.53	35.68 300m: 3:30.70 35.52	400m: 4:40.03	34.18
EXH	Vidar Albert, JUNG	11	Nautico Marinha Grande	<b>4:31.60</b>	531
	50m: 28.75 28.75	150m: 1:36.54	34.87 250m: 2:46.63 34.80	350m: 3:57.25	35.07
	100m: 1:01.67 32.92	200m: 2:11.83	35.29 300m: 3:22.18 35.55	400m: 4:31.60	34.35