

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

Prova 30 Masc., 400m Estilos 15 anos e mais velhos
07/03/2026 - 17:15 Resultados

Rec Nac NP Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac NP Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac NP Jun A	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac NP Jun B	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nac NP Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac NP Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013

TA JUVB-MASC Juv B: 5:47.56 / TA JUVA-MASC Juv A: 5:39.58 / TA JUN -MASC Jun A/B: 5:30.02 / TA SEN-MASC Sen: 5:20.45

Pontos: AQUA 2025

Lugar Ano Tempo final Pts
Juvenis B

1. Pedro Pereira, OLIVEIRA	11	Nautico Marinha Grande	5:09.10	482
50m: 31.59 31.59	150m: 1:48.31 40.21	250m: 3:13.18 46.46	350m: 4:35.33 36.05	
100m: 1:08.10 36.51	200m: 2:26.72 38.41	300m: 3:59.28 46.10	400m: 5:09.10 33.77	
2. Hugo Ferreira, SILVA	11	Academica de Coimbra	5:13.81	461
50m: 33.44 33.44	150m: 1:52.16 41.54	250m: 3:20.69 47.89	350m: 4:42.05 34.00	
100m: 1:10.62 37.18	200m: 2:32.80 40.64	300m: 4:08.05 47.36	400m: 5:13.81 31.76	
3. Afonso Jose, MIRANDA	11	Louzan Natacao/EFAPEL	5:17.07	447
50m: 33.49 33.49	150m: 1:56.10 44.47	250m: 3:22.26 42.97	350m: 4:41.80 37.44	
100m: 1:11.63 38.14	200m: 2:39.29 43.19	300m: 4:04.36 42.10	400m: 5:17.07 35.27	
4. Afonso Saldanha, COSTA	11	O Crasto	5:22.44	425
50m: 34.16 34.16	150m: 1:58.53 43.53	250m: 3:22.25 41.25	350m: 4:44.30 38.48	
100m: 1:15.00 40.84	200m: 2:41.00 42.47	300m: 4:05.82 43.57	400m: 5:22.44 38.14	
5. Francisco Marques, PEREIRA	11	Columbofila Cantanhedense	5:35.35	378
50m: 35.39 35.39	150m: 1:59.10 43.43	250m: 3:30.62 47.70	350m: 4:57.18 39.44	
100m: 1:15.67 40.28	200m: 2:42.92 43.82	300m: 4:17.74 47.12	400m: 5:35.35 38.17	

Juvenis A

1. Antonio Antunes, JORGE	10	Alcobaca	4:59.55	530
50m: 30.56 30.56	150m: 1:46.86 41.47	250m: 3:10.00 42.00	350m: 4:26.06 34.66	
100m: 1:05.39 34.83	200m: 2:28.00 41.14	300m: 3:51.40 41.40	400m: 4:59.55 33.49	
2. Miguel Tomas, GOMES	10	Nautico Academico	5:02.25	516
50m: 31.77 31.77	150m: 1:48.89 41.01	250m: 3:12.18 44.72	350m: 4:30.14 34.76	
100m: 1:07.88 36.11	200m: 2:27.46 38.57	300m: 3:55.38 43.20	400m: 5:02.25 32.11	
3. Guilherme Costa, REBELO	10	Pimpoes/Cimai	5:13.12	464
50m: 32.20 32.20	150m: 1:51.23 41.66	250m: 3:17.43 44.68	350m: 4:37.95 34.81	
100m: 1:09.57 37.37	200m: 2:32.75 41.52	300m: 4:03.14 45.71	400m: 5:13.12 35.17	
4. Lucas Costa, JESUS	10	Nautico Marinha Grande	5:13.42	463
50m: 33.48 33.48	150m: 1:50.86 40.19	250m: 3:16.61 47.46	350m: 4:38.90 35.83	
100m: 1:10.67 37.19	200m: 2:29.15 38.29	300m: 4:03.07 46.46	400m: 5:13.42 34.52	
5. Joao Piteira, GAIOLAS	10	Nautico Marinha Grande	5:13.73	461
50m: 31.80 31.80	150m: 1:50.51 41.12	250m: 3:17.91 46.55	350m: 4:39.50 35.06	
100m: 1:09.39 37.59	200m: 2:31.36 40.85	300m: 4:04.44 46.53	400m: 5:13.73 34.23	
6. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	5:18.73	440
50m: 31.65 31.65	150m: 1:51.54 41.82	250m: 3:19.54 46.96	350m: 4:43.51 36.15	
100m: 1:09.72 38.07	200m: 2:32.58 41.04	300m: 4:07.36 47.82	400m: 5:18.73 35.22	
7. Francisco Antonio, SIMOES	10	Bairro Anjos / Sk Coffee	5:30.21	396
50m: 35.34 35.34	150m: 2:02.83 43.85	250m: 3:29.42 44.09	350m: 4:53.33 39.19	
100m: 1:18.98 43.64	200m: 2:45.33 42.50	300m: 4:14.14 44.72	400m: 5:30.21 36.88	
8. Dinis Lamas, SANTOS	10	Bairro Anjos / Sk Coffee	5:32.86	386
50m: 34.49 34.49	150m: 1:58.12 41.16	250m: 3:28.64 50.17	350m: 4:56.38 37.72	
100m: 1:16.96 42.47	200m: 2:38.47 40.35	300m: 4:18.66 50.02	400m: 5:32.86 36.48	

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

Prova 30, Masc., 400m Estilos, Juvenis A

Lugar	Ano	Tempo final	Pts
DSQ Rafael Pires, PARENTE	10 Academico de Viseu		
<i>9.4 - O(a) atleta não executou a viragem aos 100 metros de acordo com as regras aplicadas para esse estilo específico, Na viragem aos 100m realizou toque alternado.</i>			

Juniores A/B

1. Rafael Pereira, RODRIGUES	08 Condeixa Clube	4:45.67	611
50m: 29.97 29.97 150m: 1:40.62 36.57 250m: 2:58.46 42.11 350m: 4:14.05 32.70			
100m: 1:04.05 34.08 200m: 2:16.35 35.73 300m: 3:41.35 42.89 400m: 4:45.67 31.62			
2. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:50.93	579
50m: 29.19 29.19 150m: 1:42.83 38.60 250m: 3:03.10 43.13 350m: 4:18.80 33.47			
100m: 1:04.23 35.04 200m: 2:19.97 37.14 300m: 3:45.33 42.23 400m: 4:50.93 32.13			
3. Samuel Dinis, MAIA	08 Miranda do Corvo	4:53.10	566
50m: 30.19 30.19 150m: 1:42.51 37.71 250m: 3:01.79 42.21 350m: 4:19.50 35.08			
100m: 1:04.80 34.61 200m: 2:19.58 37.07 300m: 3:44.42 42.63 400m: 4:53.10 33.60			
4. Nuno Miguel, ANJOS	08 Galitos / Bresimar	4:58.22	537
50m: 29.82 29.82 150m: 1:43.87 37.78 250m: 3:04.34 41.79 350m: 4:23.11 35.01			
100m: 1:06.09 36.27 200m: 2:22.55 38.68 300m: 3:48.10 43.76 400m: 4:58.22 35.11			
5. Manuel Leite, AGUIAR	09 Sanjoanense/FEPSA	5:01.68	519
50m: 30.58 30.58 150m: 1:45.72 39.90 250m: 3:09.35 44.41 350m: 4:28.20 33.95			
100m: 1:05.82 35.24 200m: 2:24.94 39.22 300m: 3:54.25 44.90 400m: 5:01.68 33.48			
6. Rodrigo Cruz, COSTA	09 Sanjoanense/FEPSA	5:03.56	509
50m: 31.48 31.48 150m: 1:48.77 41.28 250m: 3:11.25 42.78 350m: 4:30.10 34.96			
100m: 1:07.49 36.01 200m: 2:28.47 39.70 300m: 3:55.14 43.89 400m: 5:03.56 33.46			
7. Guilherme Simoes, SOUSA	08 Academica de Coimbra	5:04.71	504
50m: 31.93 31.93 150m: 1:50.60 40.98 250m: 3:13.45 43.13 350m: 4:31.90 34.25			
100m: 1:09.62 37.69 200m: 2:30.32 39.72 300m: 3:57.65 44.20 400m: 5:04.71 32.81			
8. Francisco Fernandes, PEREIRA	08 Academica de Coimbra	5:05.50	500
50m: 30.58 30.58 150m: 1:42.23 37.82 250m: 3:05.41 46.96 350m: 4:32.37 38.81			
100m: 1:04.41 33.83 200m: 2:18.45 36.22 300m: 3:53.56 48.15 400m: 5:05.50 33.13			
9. Santiago Marques, GOMES	09 Bairro Anjos / Sk Coffee	5:06.78	493
50m: 30.62 30.62 150m: 1:48.05 40.15 250m: 3:11.18 43.17 350m: 4:30.91 35.63			
100m: 1:07.90 37.28 200m: 2:28.01 39.96 300m: 3:55.28 44.10 400m: 5:06.78 35.87			
10. Dinis Valente, ROCHA	09 Feirense	5:12.00	469
50m: 31.74 31.74 150m: 1:51.91 41.96 250m: 3:15.96 43.09 350m: 4:36.29 36.92			
100m: 1:09.95 38.21 200m: 2:32.87 40.96 300m: 3:59.37 43.41 400m: 5:12.00 35.71			
11. Guilherme Almeida, BIANCHI	09 O Crasto	5:19.06	439
50m: 33.10 33.10 150m: 1:57.91 42.85 250m: 3:23.75 43.85 350m: 4:44.34 36.59			
100m: 1:15.06 41.96 200m: 2:39.90 41.99 300m: 4:07.75 44.00 400m: 5:19.06 34.72			

Seniores

1. Gabriel Jose, LOPES	97 Louzan Natacao/EFAPEL	4:33.27	698
50m: 27.89 27.89 150m: 1:37.81 36.65 250m: 2:51.71 38.00 350m: 4:02.14 33.02			
100m: 1:01.16 33.27 200m: 2:13.71 35.90 300m: 3:29.12 37.41 400m: 4:33.27 31.13			
2. Lucas Pereira, BASTOS	00 Nautico Academico	4:44.27	620
50m: 28.75 28.75 150m: 1:38.04 36.77 250m: 2:56.15 41.64 350m: 4:12.04 33.43			
100m: 1:01.27 32.52 200m: 2:14.51 36.47 300m: 3:38.61 42.46 400m: 4:44.27 32.23			
3. Leonardo Jose, CRUZ	07 Alcobaca	4:50.30	582
50m: 29.87 29.87 150m: 1:42.40 37.55 250m: 3:01.23 42.13 350m: 4:17.91 34.33			
100m: 1:04.85 34.98 200m: 2:19.10 36.70 300m: 3:43.58 42.35 400m: 4:50.30 32.39			
EXH Pedro Souza, SILVA	10 Pimpoes/Cimai	5:12.02	469
50m: 31.77 31.77 150m: 1:50.87 41.45 250m: 3:18.33 45.91 350m: 4:39.41 33.78			
100m: 1:09.42 37.65 200m: 2:32.42 41.55 300m: 4:05.63 47.30 400m: 5:12.02 32.61			