

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 10	Masc., 400m Livres				Infantis
17/01/2026 - 15:45					Resultados
Recordes Nacionais 25m	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec Taça Vale do Tejo	4:14.55	RUIVO Andre Vilas	SANDL	Abrantes	12/04/2014

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	FERREIRA Tomas Pereira	12	Seleccao Centro Norte Portugal	4:27.61		498	
	50m: 30.57 30.57	150m: 1:37.94 33.97	250m: 2:45.65 33.81	350m: 3:54.06 34.20			
	100m: 1:03.97 33.40	200m: 2:11.84 33.90	300m: 3:19.86 34.21	400m: 4:27.61 33.55			
2.	PACHECO Bernardo Pereira	12	Seleccao do Norte de Portugal	4:36.85		450	
	50m: 31.39 31.39	150m: 1:40.85 35.23	250m: 2:51.64 35.18	350m: 4:02.70 35.42			
	100m: 1:05.62 34.23	200m: 2:16.46 35.61	300m: 3:27.28 35.64	400m: 4:36.85 34.15			
3.	PRIOR Pedro Pontes	12	Seleccao de Lisboa	4:38.27		443	
	50m: 31.32 31.32	150m: 1:41.52 35.18	250m: 2:53.46 35.92	350m: 4:03.80 35.07			
	100m: 1:06.34 35.02	200m: 2:17.54 36.02	300m: 3:28.73 35.27	400m: 4:38.27 34.47			
4.	FERNANDES Afonso Manuel	12	Seleccao de Coimbra	4:45.26		411	
	50m: 32.52 32.52	150m: 1:44.04 36.41	250m: 2:56.54 36.41	350m: 4:10.02 36.74			
	100m: 1:07.63 35.11	200m: 2:20.13 36.09	300m: 3:33.28 36.74	400m: 4:45.26 35.24			
5.	PLACIDO Duarte Ferreira	13	Seleccao do Algarve	4:50.74		389	
	50m: 32.82 32.82	150m: 1:46.03 36.89	250m: 3:00.23 37.29	350m: 4:14.34 37.22			
	100m: 1:09.14 36.32	200m: 2:22.94 36.91	300m: 3:37.12 36.89	400m: 4:50.74 36.40			
6.	PACHECO Sebastian	12	Seleccao Distrito Leiria	4:51.97		384	
	50m: 32.15 32.15	150m: 1:44.61 36.77	250m: 2:59.49 37.73	350m: 4:15.72 38.19			
	100m: 1:07.84 35.69	200m: 2:21.76 37.15	300m: 3:37.53 38.04	400m: 4:51.97 36.25			
7.	BARATA Bernardo Vieira	12	Seleccao da Madeira	4:53.16		379	
	50m: 32.32 32.32	150m: 1:45.93 37.58	250m: 3:01.17 37.44	350m: 4:17.00 37.64			
	100m: 1:08.35 36.03	200m: 2:23.73 37.80	300m: 3:39.36 38.19	400m: 4:53.16 36.16			
8.	RIBEIRO Alexandre Magro	12	Seleccao do Minho	4:56.24		367	
	50m: 33.46 33.46	150m: 1:48.58 38.02	250m: 3:05.06 38.00	350m: 4:20.67 37.66			
	100m: 1:10.56 37.10	200m: 2:27.06 38.48	300m: 3:43.01 37.95	400m: 4:56.24 35.57			
9.	PEDROSA Diogo Leote	12	Seleccao do Alentejo	4:56.90		365	
	50m: 31.93 31.93	150m: 1:45.58 37.69	250m: 3:02.43 38.84	350m: 4:20.44 39.30			
	100m: 1:07.89 35.96	200m: 2:23.59 38.01	300m: 3:41.14 38.71	400m: 4:56.90 36.46			
10.	SILVA Martim Rocha	12	Seleccao Distrito Santarem	5:09.75		321	
	50m: 34.75 34.75	150m: 1:51.70 38.91	250m: 3:11.09 39.31	350m: 4:30.36 39.83			
	100m: 1:12.79 38.04	200m: 2:31.78 40.08	300m: 3:50.53 39.44	400m: 5:09.75 39.39			
11.	FONSECA Joao Luz	12	Seleccao dos Acores	5:13.39		310	
	50m: 34.29 34.29	150m: 1:52.76 39.81	250m: 3:13.15 40.15	350m: 4:33.26 40.10			
	100m: 1:12.95 38.66	200m: 2:33.00 40.24	300m: 3:53.16 40.01	400m: 5:13.39 40.13			
12.	MORAIS Bruno Miguel	13	Seleccao do Nordeste	5:17.05		300	
	50m: 35.25 35.25	150m: 1:54.14 40.22	250m: 3:14.87 40.69	350m: 4:37.80 41.11			
	100m: 1:13.92 38.67	200m: 2:34.18 40.04	300m: 3:56.69 41.82	400m: 5:17.05 39.25			
13.	MARCELINO Pedro Antonio	13	Seleccao do Interior Centro	5:47.72		227	
	50m: 37.41 37.41	150m: 2:05.67 45.14	250m: 3:36.33 45.11	350m: 5:05.65 44.42			
	100m: 1:20.53 43.12	200m: 2:51.22 45.55	300m: 4:21.23 44.90	400m: 5:47.72 42.07			

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Prova 10 Masc., 400m Livres Juvenis
17/01/2026 - 15:45 Resultados

Recordes Nacionais 25m	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec Taça Vale do Tejo	3:59.75	COSTA Rui Filipe	SANNP	Abrantes	21/04/2007

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	PAULO Bernardo Goncalves	11	Seleccao de Lisboa	4:11.16		603	
	50m: 28.71 28.71	150m: 1:32.61 32.09	250m: 2:36.49 31.97	350m: 3:40.37 31.55			
	100m: 1:00.52 31.81	200m: 2:04.52 31.91	300m: 3:08.82 32.33	400m: 4:11.16 30.79			
2.	ALPOIM Diogo Corte-Real	11	Seleccao do Minho	4:15.88		570	
	50m: 28.86 28.86	150m: 1:32.70 32.17	250m: 2:38.52 32.83	350m: 3:44.26 32.87			
	100m: 1:00.53 31.67	200m: 2:05.69 32.99	300m: 3:11.39 32.87	400m: 4:15.88 31.62			
3.	PACHECO David Filipe	10	Seleccao Distrito Santarem	4:16.73		565	
	50m: 28.74 28.74	150m: 1:32.56 32.44	250m: 2:38.97 33.44	350m: 3:45.67 33.31			
	100m: 1:00.12 31.38	200m: 2:05.53 32.97	300m: 3:12.36 33.39	400m: 4:16.73 31.06			
4.	MONTEIRO Afonso Carvalho	10	Seleccao do Norte de Portug	4:16.82		564	
	50m: 28.89 28.89	150m: 1:31.99 31.75	250m: 2:35.84 32.12	350m: 3:39.11 31.02			
	100m: 1:00.24 31.35	200m: 2:03.72 31.73	300m: 3:08.09 32.25	400m: 4:16.82 37.71			
5.	SANTOS Andre Ferreira	10	Seleccao Centro Norte Portu	4:18.14		555	
	50m: 29.12 29.12	150m: 1:33.03 32.10	250m: 2:38.95 33.11	350m: 3:45.43 33.21			
	100m: 1:00.93 31.81	200m: 2:05.84 32.81	300m: 3:12.22 33.27	400m: 4:18.14 32.71			
6.	ARAUJO Dinis Goncalves	10	Seleccao de Coimbra	4:20.78		539	
	50m: 29.36 29.36	150m: 1:34.47 32.99	250m: 2:40.41 33.00	350m: 3:47.64 33.58			
	100m: 1:01.48 32.12	200m: 2:07.41 32.94	300m: 3:14.06 33.65	400m: 4:20.78 33.14			
7.	JORGE Antonio Antunes	10	Seleccao Distrito Leiria	4:30.32		484	
	50m: 29.05 29.05	150m: 1:34.80 33.58	250m: 2:44.31 35.02	350m: 3:55.25 35.74			
	100m: 1:01.22 32.17	200m: 2:09.29 34.49	300m: 3:19.51 35.20	400m: 4:30.32 35.07			
8.	PIRES Filipe Miguel	11	Seleccao do Nordeste	4:30.50		483	
	50m: 30.01 30.01	150m: 1:38.17 34.49	250m: 2:47.70 34.58	350m: 3:57.21 34.85			
	100m: 1:03.68 33.67	200m: 2:13.12 34.95	300m: 3:22.36 34.66	400m: 4:30.50 33.29			
9.	CABRAL Santiago Nicolau	10	Seleccao dos Acores	4:35.62		456	
	50m: 30.38 30.38	150m: 1:39.68 34.99	250m: 2:51.42 36.01	350m: 4:01.79 35.10			
	100m: 1:04.69 34.31	200m: 2:15.41 35.73	300m: 3:26.69 35.27	400m: 4:35.62 33.83			
10.	FISTICANU Daniel	11	Seleccao do Algarve	4:36.18		453	
	50m: 29.93 29.93	150m: 1:37.59 34.44	250m: 2:48.79 35.15	350m: 4:00.86 36.34			
	100m: 1:03.15 33.22	200m: 2:13.64 36.05	300m: 3:24.52 35.73	400m: 4:36.18 35.32			
11.	RAPOSO Mateus Medeiros	10	Seleccao da Madeira	4:36.37		452	
	50m: 30.96 30.96	150m: 1:40.71 35.46	250m: 2:52.00 35.80	350m: 4:03.02 35.38			
	100m: 1:05.25 34.29	200m: 2:16.20 35.49	300m: 3:27.64 35.64	400m: 4:36.37 33.35			
12.	JANEIRINHO Tiago Romaneiro	10	Seleccao do Alentejo	4:36.63		451	
	50m: 30.70 30.70	150m: 1:38.94 34.38	250m: 2:49.12 35.17	350m: 4:02.65 36.96			
	100m: 1:04.56 33.86	200m: 2:13.95 35.01	300m: 3:25.69 36.57	400m: 4:36.63 33.98			
13.	MATOS Duarte Jose	10	Seleccao do Interior Centro	4:45.57		410	
	50m: 31.48 31.48	150m: 1:42.68 36.17	250m: 2:56.11 36.81	350m: 4:09.35 36.94			
	100m: 1:06.51 35.03	200m: 2:19.30 36.62	300m: 3:32.41 36.30	400m: 4:45.57 36.22			

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Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	BARRA Tiago Frazao	10	Seleccao Distrito Santarem	4:27.87		497	
	50m: 30.41 30.41	150m: 1:37.45 33.63	250m: 2:45.59 34.03	350m: 3:54.09 34.33			
	100m: 1:03.82 33.41	200m: 2:11.56 34.11	300m: 3:19.76 34.17	400m: 4:27.87 33.78			
EXH	PACHECO Matias Rafael	12	Seleccao Distrito Santarem	5:11.22		317	
	50m: 35.83 35.83	150m: 1:54.81 39.67	250m: 3:13.32 39.12	350m: 4:32.36 39.92			
	100m: 1:15.14 39.31	200m: 2:34.20 39.39	300m: 3:52.44 39.12	400m: 5:11.22 38.86			