

Prova 44

Masc., 400m Estilos

Juvenis

08/03/2026 - 16:00

Resultados

Recorde Regional (25m) Open	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) Juv A	4:51.57	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	13/07/2019
Recorde Regional (25m) Juv B	4:59.12	Martim Barros Pereira	ENB	Estarreja	06/12/2025

Pontos: AQUA 2024

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Tiago Daniel Penso <i>Recorde Regional</i>	212425	15	Gcvr	4:54.21	508
	50m: 30.96 30.96	150m:	250m:	350m:		
	100m: 1:08.93 37.97	200m: 2:24.68	300m: 3:48.31	400m: 4:54.21		
2.	Martim Barros Pereira	216554	15	EN Braganca	4:59.16	483
	50m: 30.87 30.87	150m:	250m:	350m:		
	100m: 1:08.93 38.06	200m: 2:25.05	300m: 3:49.58	400m: 4:59.16		
3.	Guilherme Sarmiento Borges	218750	15	Fnc	6:15.48	244
	50m: 37.00 37.00	150m:	250m:	350m:		
	100m: 1:22.02 45.02	200m: 2:56.95	300m: 4:48.86	400m: 6:15.48		

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Absolutos

08/03/2026 - 16:00

Resultados

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Recorde Regional (25m) Sen	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) 18	5:05.04	Jose Pedro Rocha	CMNPR	Vila Real	15/01/2022
Recorde Regional (25m) 17	4:52.76	Tiago Manuel Fernandes	GCVR	Mirandela	08/03/2025
Recorde Regional (25m) Juv A	4:51.57	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	13/07/2019
Recorde Regional (25m) Juv B	4:59.12	Martim Barros Pereira	ENB	Estarreja	06/12/2025

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