

## Event 44

## Boys, 400m Medley

## Juvenis

08/03/2026 - 16:00

Results

|                              |         |                        |      |                          |            |
|------------------------------|---------|------------------------|------|--------------------------|------------|
| 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 |

Points: AQUA 2024

| Lugar | Nome                                          | Licença       | Idade         | Clube         | Tempo Final    | PtsObs |
|-------|-----------------------------------------------|---------------|---------------|---------------|----------------|--------|
| 1.    | Tiago Daniel Penso<br><i>Recorde Regional</i> | 212425        | 15            | Gcvr          | <b>4:54.21</b> | 508    |
|       | 50m: 30.96 30.96                              | 150m: 2:24.68 | 250m: 3:48.31 | 350m: 4:54.21 |                |        |
|       | 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   | <b>4:59.16</b> | 483    |
|       | 50m: 30.87 30.87                              | 150m: 2:25.05 | 250m: 3:49.58 | 350m: 4:59.16 |                |        |
|       | 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           | <b>6:15.48</b> | 244    |
|       | 50m: 37.00 37.00                              | 150m: 2:56.95 | 250m: 4:48.86 | 350m: 6:15.48 |                |        |
|       | 100m: 1:22.02 45.02                           | 200m: 2:56.95 | 300m: 4:48.86 | 400m: 6:15.48 |                |        |

## Event 44

## Men, 400m Medley

## Absolutos

08/03/2026 - 16:00

Results

|                              |         |                        |       |                          |            |
|------------------------------|---------|------------------------|-------|--------------------------|------------|
| Recorde Regional (25m) Open  | 4:43.54 | Bruno Daniel Monteiro  | GCVR  | Vila Real                | 11/03/2012 |
| 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 |

Points: AQUA 2024

| Lugar | Nome                                          | Licença       | Idade         | Clube         | Tempo Final    | PtsObs |
|-------|-----------------------------------------------|---------------|---------------|---------------|----------------|--------|
| 1.    | Tiago Daniel Penso<br><i>Recorde Regional</i> | 212425        | 15            | Gcvr          | <b>4:54.21</b> | 508    |
|       | 50m: 30.96 30.96                              | 150m: 2:24.68 | 250m: 3:48.31 | 350m: 4:54.21 |                |        |
|       | 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   | <b>4:59.16</b> | 483    |
|       | 50m: 30.87 30.87                              | 150m: 2:25.05 | 250m: 3:49.58 | 350m: 4:59.16 |                |        |
|       | 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           | <b>6:15.48</b> | 244    |
|       | 50m: 37.00 37.00                              | 150m: 2:56.95 | 250m: 4:48.86 | 350m: 6:15.48 |                |        |
|       | 100m: 1:22.02 45.02                           | 200m: 2:56.95 | 300m: 4:48.86 | 400m: 6:15.48 |                |        |