

Prova 12
21/03/2026 - 9:22

Masc., 400m Livres

Juvenis
Resultados

Recordes Nacionais 50m Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
Juvenis A							
1.	Renato Ferreira, MIMOSO	10	211467	Benfica	4:04.42	+0,60	
	50m: 27.27 27.27	150m: 1:27.90 30.56	250m: 2:30.64 31.38	350m: 3:34.27 31.75			
	100m: 57.34 30.07	200m: 1:59.26 31.36	300m: 3:02.52 31.88	400m: 4:04.42 30.15			
2.	Dinis Goncalves, ARAUJO	10	208409	Cnac	4:18.71	+0,68	
	50m: 28.94 28.94	150m: 1:34.03 33.41	250m: 2:40.43 33.30	350m: 3:46.69 33.48			
	100m: 1:00.62 31.68	200m: 2:07.13 33.10	300m: 3:13.21 32.78	400m: 4:18.71 32.02			
3.	Afonso Carvalho, MONTEIRO	10	208116	Famalicão	4:20.00		
	50m: 28.59 28.59	150m: 1:33.34 32.90	250m: 2:40.10 33.39	350m: 3:47.47 33.50			
	100m: 1:00.44 31.85	200m: 2:06.71 33.37	300m: 3:13.97 33.87	400m: 4:20.00 32.53			
4.	Dinis Aresta, RIBEIRO	10	214312	Sporting	4:21.79	+0,71	
	50m: 29.57 29.57	150m: 1:34.97 33.32	250m: 2:42.17 33.72	350m: 3:49.65 33.50			
	100m: 1:01.65 32.08	200m: 2:08.45 33.48	300m: 3:16.15 33.98	400m: 4:21.79 32.14			
5.	David Filipe, PACHECO	10	205810	BUZIOS - Coruche	4:22.15	+0,71	
	50m: 28.95 28.95	150m: 1:34.34 33.19	250m: 2:41.92 34.03	350m: 3:49.73 33.72			
	100m: 1:01.15 32.20	200m: 2:07.89 33.55	300m: 3:16.01 34.09	400m: 4:22.15 32.42			
6.	Rodrigo Ferrao, DIAS	10	214314	Sporting	4:22.24	+0,74	
	50m: 29.28 29.28	150m: 1:36.04 33.74	250m: 2:43.13 33.36	350m: 3:50.59 33.27			
	100m: 1:02.30 33.02	200m: 2:09.77 33.73	300m: 3:17.32 34.19	400m: 4:22.24 31.65			
7.	Diogo Rodrigues, SOUSA	10	214212	Alges	4:22.40	+0,70	
	50m: 29.62 29.62	150m: 1:36.09 33.93	250m: 2:44.56 34.39	350m: 3:51.17 32.21			
	100m: 1:02.16 32.54	200m: 2:10.17 34.08	300m: 3:18.96 34.40	400m: 4:22.40 31.23			
8.	Andre Ferreira, SANTOS	10	213542	Academico Viseu Futebol Clube	4:22.67	+0,69	
	50m: 28.68 28.68	150m: 1:33.50 33.24	250m: 2:40.65 33.67	350m: 3:49.79 34.99			
	100m: 1:00.26 31.58	200m: 2:06.98 33.48	300m: 3:14.80 34.15	400m: 4:22.67 32.88			
9.	Gabriel Silva, TAVARES	10	208224	Clube Desportivo de Estarreja	4:25.43	+0,70	
	50m: 28.63 28.63	150m: 1:33.49 32.86	250m: 2:41.50 34.19	350m: 3:51.25 35.01			
	100m: 1:00.63 32.00	200m: 2:07.31 33.82	300m: 3:16.24 34.74	400m: 4:25.43 34.18			
10.	Tomas Domingues, REIS	10	206315	Fluvial Portuense	4:25.46	+0,50	
	50m: 30.20 30.20	150m: 1:37.13 33.78	250m: 2:44.74 33.82	350m: 3:52.71 33.75			
	100m: 1:03.35 33.15	200m: 2:10.92 33.79	300m: 3:18.96 34.22	400m: 4:25.46 32.75			
11.	Guilherme Valente, PEREIRA	10	212288	ADRCCI Monte Maior	4:28.69	+0,70	
	50m: 31.47 31.47	150m: 1:37.68 33.40	250m: 2:45.02 33.63	350m: 3:54.16 34.67			
	100m: 1:04.28 32.81	200m: 2:11.39 33.71	300m: 3:19.49 34.47	400m: 4:28.69 34.53			
12.	Nicolai, DREYKO	10	208668	Clube Naval Povoense	4:30.63		
	50m: 29.87 29.87	150m: 1:38.19 34.36	250m: 2:47.20 34.01	350m: 3:56.18 34.05			
	100m: 1:03.83 33.96	200m: 2:13.19 35.00	300m: 3:22.13 34.93	400m: 4:30.63 34.45			
13.	Goncalo Alexandre, RETRE	10	212248	Louletano / Loule Aqui e Agora	4:32.32	+0,71	
	50m: 30.68 30.68	150m: 1:39.45 35.06	250m: 2:49.03 35.29	350m: 3:59.65 35.54			
	100m: 1:04.39 33.71	200m: 2:13.74 34.29	300m: 3:24.11 35.08	400m: 4:32.32 32.67			
14.	Rodrigo Cardoso, TOMAS	10	208273	Alcobaca	4:33.27	+0,64	
	50m: 28.74 28.74	150m: 1:34.79 33.82	250m: 2:45.07 35.42	350m: 3:57.65 36.66			
	100m: 1:00.97 32.23	200m: 2:09.65 34.86	300m: 3:20.99 35.92	400m: 4:33.27 35.62			
15.	Tiago Joao, OLAS	10	215503	Academico Viseu Futebol Clube	4:33.39	+0,78	
	50m: 30.96 30.96	150m: 1:38.61 34.38	250m: 2:48.35 35.34	350m: 3:59.75 36.00			
	100m: 1:04.23 33.27	200m: 2:13.01 34.40	300m: 3:23.75 35.40	400m: 4:33.39 33.64			
16.	Pedro Cerejo, CARVALHO	10	207980	Vilacondense	4:34.50		
	50m: 31.47 31.47	150m: 1:39.82 34.12	250m: 2:49.30 34.56	350m: 4:00.04 35.08			
	100m: 1:05.70 34.23	200m: 2:14.74 34.92	300m: 3:24.96 35.66	400m: 4:34.50 34.46			

Prova 12, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
17.	Tiago Malhador, LULAK	10	212575	Louletano / Loule Aqui e Agora	4:34.57	+0,62	
	50m: 29.88 29.88	150m: 1:38.38 34.82	250m: 2:48.90 35.60	350m: 4:00.27 36.02			
	100m: 1:03.56 33.68	200m: 2:13.30 34.92	300m: 3:24.25 35.35	400m: 4:34.57 34.30			
18.	Goncalo Tapadas, MARQUES	10	216360	ADRCCI Monte Maior	4:36.42	+0,59	
	50m: 30.63 30.63	150m: 1:39.81 35.30	250m: 2:50.62 35.34	350m: 4:01.90 35.79			
	100m: 1:04.51 33.88	200m: 2:15.28 35.47	300m: 3:26.11 35.49	400m: 4:36.42 34.52			
19.	Tiago Frazao, BARRA	10	214568	Rio Maior	4:38.20	+0,63	
	50m: 30.50 30.50	150m: 1:39.85 35.29	250m: 2:51.11 35.60	350m: 4:02.86 35.67			
	100m: 1:04.56 34.06	200m: 2:15.51 35.66	300m: 3:27.19 36.08	400m: 4:38.20 35.34			

Juvenis B

1.	Diogo Corte-Real, ALPOIM	11	215247	Viana Natacao	4:17.77	+0,64	
	50m: 29.07 29.07	150m: 1:33.85 32.75	250m: 2:40.08 33.48	350m: 3:46.07 33.21			
	100m: 1:01.10 32.03	200m: 2:06.60 32.75	300m: 3:12.86 32.78	400m: 4:17.77 31.70			
2.	Hugo Ferreira, SILVA	11	213944	Academica de Coimbra	4:19.87	+0,54	
	50m: 29.48 29.48	150m: 1:34.17 32.88	250m: 2:41.23 33.47	350m: 3:48.23 33.25			
	100m: 1:01.29 31.81	200m: 2:07.76 33.59	300m: 3:14.98 33.75	400m: 4:19.87 31.64			
3.	Bernardo Goncalves, PAULO	11	216285	União Piedense	4:22.64	+0,69	
	50m: 29.09 29.09	150m: 1:34.64 33.23	250m: 2:42.02 33.77	350m: 3:49.46 33.93			
	100m: 1:01.41 32.32	200m: 2:08.25 33.61	300m: 3:15.53 33.51	400m: 4:22.64 33.18			
4.	Goncalo Zamith, PASSOS	11	210945	Clube Naval Povoense	4:28.58	+0,65	
	50m: 29.91 29.91	150m: 1:37.95 34.38	250m: 2:46.81 34.05	350m: 3:56.13 34.44			
	100m: 1:03.57 33.66	200m: 2:12.76 34.81	300m: 3:21.69 34.88	400m: 4:28.58 32.45			
5.	Joao Nascimento, SILVA	11	201825	Porto	4:29.51	+0,67	
	50m: 30.79 30.79	150m: 1:38.62 34.46	250m: 2:47.82 34.62	350m: 3:56.27 34.23			
	100m: 1:04.16 33.37	200m: 2:13.20 34.58	300m: 3:22.04 34.22	400m: 4:29.51 33.24			
6.	Martim Duarte, ROQUE	11	214272	CNLeiria - VOID	4:29.83	+0,72	
	50m: 30.56 30.56	150m: 1:38.55 34.31	250m: 2:47.00 34.08	350m: 3:55.84 34.58			
	100m: 1:04.24 33.68	200m: 2:12.92 34.37	300m: 3:21.26 34.26	400m: 4:29.83 33.99			
7.	Daniel, FISTICANU	11	208945	RIA Aqua Tavira	4:30.64		
	50m: 29.71 29.71	150m: 1:37.62 33.59	250m: 2:46.55 33.89	350m: 3:56.26 34.10			
	100m: 1:04.03 34.32	200m: 2:12.66 35.04	300m: 3:22.16 35.61	400m: 4:30.64 34.38			
8.	Santiago Vagos, VALENTE	11	215177	Galitos / Bresimar	4:32.16		
	50m: 30.00 30.00	150m: 1:37.34 34.31	250m: 2:46.84 34.13	350m: 3:57.67 35.22			
	100m: 1:03.03 33.03	200m: 2:12.71 35.37	300m: 3:22.45 35.61	400m: 4:32.16 34.49			
9.	Filipe Miguel, PIRES	11	218010	Futebol Clube de Vinhais	4:32.52	+0,70	
	50m: 29.83 29.83	150m: 1:37.73 34.51	250m: 2:47.64 35.37	350m: 3:58.84 35.88			
	100m: 1:03.22 33.39	200m: 2:12.27 34.54	300m: 3:22.96 35.32	400m: 4:32.52 33.68			
10.	Dinis Vieira, PINTO	11	214170	Braga	4:33.47	+0,63	
	50m: 30.25 30.25	150m: 1:39.01 34.83	250m: 2:49.05 35.09	350m: 3:58.99 34.92			
	100m: 1:04.18 33.93	200m: 2:13.96 34.95	300m: 3:24.07 35.02	400m: 4:33.47 34.48			
11.	Simao Pascoal, FERNANDES	11	216364	ADRCCI Monte Maior	4:35.12	+0,59	
	50m: 30.76 30.76	150m: 1:39.08 34.82	250m: 2:49.20 35.56	350m: 4:00.26 35.45			
	100m: 1:04.26 33.50	200m: 2:13.64 34.56	300m: 3:24.81 35.61	400m: 4:35.12 34.86			
12.	Vicente Abrantes, DIOGO	11	214495	Columbifila Cantanhedense	4:36.01	+0,66	
	50m: 30.10 30.10	150m: 1:39.03 35.39	250m: 2:50.35 35.66	350m: 4:02.19 35.94			
	100m: 1:03.64 33.54	200m: 2:14.69 35.66	300m: 3:26.25 35.90	400m: 4:36.01 33.82			
13.	Gustavo Rolim, FERNANDES	11	216984	Colegio Efanor	4:36.76	+0,60	
	50m: 31.15 31.15	150m: 1:39.70 35.30	250m: 2:50.37 35.81	350m: 4:01.88 35.83			
	100m: 1:04.40 33.25	200m: 2:14.56 34.86	300m: 3:26.05 35.68	400m: 4:36.76 34.88			
14.	Tome Pargana, MENDES	11	211589	União Piedense	4:37.28	+0,53	
	50m: 29.80 29.80	150m: 1:38.53 34.80	250m: 2:50.59 36.25	350m: 4:02.22 35.59			
	100m: 1:03.73 33.93	200m: 2:14.34 35.81	300m: 3:26.63 36.04	400m: 4:37.28 35.06			

Prova 12, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
15.	Joao Marcelino, RODRIGUES	11	142093	Sporting	4:37.77	+0,80	
	50m: 32.72 32.72	150m: 1:42.63 35.41	250m: 2:53.07 35.22	350m: 4:03.91 35.68			
	100m: 1:07.22 34.50	200m: 2:17.85 35.22	300m: 3:28.23 35.16	400m: 4:37.77 33.86			
16.	Alexandre Antonio, SILVA	11	216245	Naval Do Funchal	4:38.40		
	50m: 30.69 30.69	150m: 1:40.98 35.35	250m: 2:52.35 35.37	350m: 4:03.95 35.61			
	100m: 1:05.63 34.94	200m: 2:16.98 36.00	300m: 3:28.34 35.99	400m: 4:38.40 34.45			
17.	Joao Guilherme, COSTA	11	210247	Porto	4:41.94		
	50m: 30.80 30.80	150m: 1:40.55 35.14	250m: 2:52.56 36.07	350m: 4:06.11 36.89			
	100m: 1:05.41 34.61	200m: 2:16.49 35.94	300m: 3:29.22 36.66	400m: 4:41.94 35.83			
18.	Pedro Nuno, PINHO	11	214672	Porto	4:42.13	+0,78	
	50m: 31.52 31.52	150m: 1:43.04 36.63	250m: 2:55.66 36.36	350m: 4:08.31 36.50			
	100m: 1:06.41 34.89	200m: 2:19.30 36.26	300m: 3:31.81 36.15	400m: 4:42.13 33.82			
19.	Goncalo Paiva, CARDOSO	11	209269	Fluvial Portuense	4:42.71	+0,73	
	50m: 31.70 31.70	150m: 1:43.18 36.20	250m: 2:56.39 36.63	350m: 4:08.98 35.79			
	100m: 1:06.98 35.28	200m: 2:19.76 36.58	300m: 3:33.19 36.80	400m: 4:42.71 33.73			
20.	Duarte Santos, MATEUS	11	217605	Condeixa Aqua Clube	4:44.17	+0,77	
	50m: 32.03 32.03	150m: 1:43.55 36.45	250m: 2:56.34 36.70	350m: 4:09.30 36.45			
	100m: 1:07.10 35.07	200m: 2:19.64 36.09	300m: 3:32.85 36.51	400m: 4:44.17 34.87			
21.	Francisco Pimentel, COELHO	11	215653	Benfica	4:44.25	+0,78	
	50m: 31.46 31.46	150m: 1:43.09 36.30	250m: 2:56.67 36.99	350m: 4:10.27 36.75			
	100m: 1:06.79 35.33	200m: 2:19.68 36.59	300m: 3:33.52 36.85	400m: 4:44.25 33.98			
22.	David Silva, CORREIA	11	214261	Vilacondense	4:45.50	+0,49	
	50m: 31.34 31.34	150m: 1:41.98 35.98	250m: 2:56.32 36.95	350m: 4:09.69 36.43			
	100m: 1:06.00 34.66	200m: 2:19.37 37.39	300m: 3:33.26 36.94	400m: 4:45.50 35.81			
23.	Bernardo Bento, DINIS	11	213215	Condeixa Aqua Clube	4:47.79		
	50m: 31.38 31.38	150m: 1:42.90 35.97	250m: 2:56.75 37.06	350m: 4:11.06 36.45			
	100m: 1:06.93 35.55	200m: 2:19.69 36.79	300m: 3:34.61 37.86	400m: 4:47.79 36.73			
24.	Dinis Andrade, CABRAL	11	217265	Palmela Desporto	4:49.13	+0,63	
	50m: 30.97 30.97	150m: 1:41.79 35.84	250m: 2:54.82 36.61	350m: 4:11.38 38.72			
	100m: 1:05.95 34.98	200m: 2:18.21 36.42	300m: 3:32.66 37.84	400m: 4:49.13 37.75			
EXH	Vidar Albert, JUNG	11	218389	Nautico Marinha Grande	4:30.78	+0,65	
	50m: 29.95 29.95	150m: 1:38.37 34.65	250m: 2:48.33 35.44	350m: 3:58.25 35.29			
	100m: 1:03.72 33.77	200m: 2:12.89 34.52	300m: 3:22.96 34.63	400m: 4:30.78 32.53			
EXH	Yair Verman, HALABI	11	224774	Porto	4:36.26	+0,74	
	50m: 30.56 30.56	150m: 1:39.31 34.63	250m: 2:49.50 34.88	350m: 4:01.70 36.01			
	100m: 1:04.68 34.12	200m: 2:14.62 35.31	300m: 3:25.69 36.19	400m: 4:36.26 34.56			
EXH	Santiago Rocha, GUIMARAES	10	219795	Fluvial Portuense	4:36.83		
	50m: 29.71 29.71	150m: 1:38.31 34.79	250m: 2:48.92 35.41	350m: 4:00.81 36.12			
	100m: 1:03.52 33.81	200m: 2:13.51 35.20	300m: 3:24.69 35.77	400m: 4:36.83 36.02			