

Prova 2
20/03/2026 - 16:20

Masc., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 50m Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Recordes Nacionais 50m Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
Juvenis A							
1.	Renato Ferreira, MIMOSO	10	211467	Benfica	4:34.40	+0,62	
	50m: 27.98 27.98	150m: 1:37.26 36.77	250m: 2:52.98 39.57	350m: 4:04.23 31.20			
	100m: 1:00.49 32.51	200m: 2:13.41 36.15	300m: 3:33.03 40.05	400m: 4:34.40 30.17			
2.	Afonso Carvalho, MONTEIRO	10	208116	Famalicão	4:48.83	+0,67	
	50m: 29.07 29.07	150m: 1:41.10 38.57	250m: 2:59.99 41.75	350m: 4:15.44 34.00			
	100m: 1:02.53 33.46	200m: 2:18.24 37.14	300m: 3:41.44 41.45	400m: 4:48.83 33.39			
3.	David Filipe, PACHECO	10	205810	BUZIOS - Coruche	4:51.95	+0,72	
	50m: 29.27 29.27	150m: 1:42.38 39.67	250m: 3:04.41 44.03	350m: 4:20.60 33.59			
	100m: 1:02.71 33.44	200m: 2:20.38 38.00	300m: 3:47.01 42.60	400m: 4:51.95 31.35			
4.	Diogo Rodrigues, SOUSA	10	214212	Alges	4:52.17		
	50m: 30.29 30.29	150m: 1:43.14 38.18	250m: 3:04.14 42.47	350m: 4:19.82 31.92			
	100m: 1:04.96 34.67	200m: 2:21.67 38.53	300m: 3:47.90 43.76	400m: 4:52.17 32.35			
5.	Antonio Antunes, JORGE	10	206495	Alcobaca	4:54.72	+0,64	
	50m: 29.55 29.55	150m: 1:44.28 40.87	250m: 3:05.34 40.52	350m: 4:20.53 34.73			
	100m: 1:03.41 33.86	200m: 2:24.82 40.54	300m: 3:45.80 40.46	400m: 4:54.72 34.19			
6.	Dinis Aresta, RIBEIRO	10	214312	Sporting	4:56.75	+0,73	
	50m: 30.02 30.02	150m: 1:43.80 38.48	250m: 3:06.42 44.42	350m: 4:23.51 33.40			
	100m: 1:05.32 35.30	200m: 2:22.00 38.20	300m: 3:50.11 43.69	400m: 4:56.75 33.24			
7.	Rodrigo Ferrao, DIAS	10	214314	Sporting	4:57.40	+0,73	
	50m: 29.55 29.55	150m: 1:45.50 41.59	250m: 3:09.53 44.00	350m: 4:24.98 32.49			
	100m: 1:03.91 34.36	200m: 2:25.53 40.03	300m: 3:52.49 42.96	400m: 4:57.40 32.42			
8.	Guilherme Valente, PEREIRA	10	212288	ADRCCI Monte Maior	5:04.57	+0,59	
	50m: 32.39 32.39	150m: 1:48.38 39.88	250m: 3:13.37 45.28	350m: 4:31.46 35.37			
	100m: 1:08.50 36.11	200m: 2:28.09 39.71	300m: 3:56.09 42.72	400m: 5:04.57 33.11			
9.	Henrique Matos, SEBROSA	10	216098	Gesloures	5:05.66	+0,70	
	50m: 30.84 30.84	150m: 1:47.96 40.36	250m: 3:12.84 45.54	350m: 4:31.80 33.55			
	100m: 1:07.60 36.76	200m: 2:27.30 39.34	300m: 3:58.25 45.41	400m: 5:05.66 33.86			
10.	Tomas Figueiredo, BRANCO	10	206651	Galitos / Bresimar	5:07.16		
	50m: 30.38 30.38	150m: 1:49.38 42.31	250m: 3:13.01 43.24	350m: 4:32.33 36.62			
	100m: 1:07.07 36.69	200m: 2:29.77 40.39	300m: 3:55.71 42.70	400m: 5:07.16 34.83			
11.	Rodrigo Almeida, MARQUES	10	213937	Braga	5:07.30	+0,76	
	50m: 31.67 31.67	150m: 1:48.75 40.70	250m: 3:12.67 44.86	350m: 4:33.47 35.65			
	100m: 1:08.05 36.38	200m: 2:27.81 39.06	300m: 3:57.82 45.15	400m: 5:07.30 33.83			
12.	Joao Piteira, GAIOLAS	10	144280	Nautico Marinha Grande	5:09.79	+0,66	
	50m: 31.38 31.38	150m: 1:47.65 39.96	250m: 3:13.84 46.43	350m: 4:35.76 35.70			
	100m: 1:07.69 36.31	200m: 2:27.41 39.76	300m: 4:00.06 46.22	400m: 5:09.79 34.03			
13.	Guilherme Rodrigues, CABRAL	10	209095	Pimpoes/Cimai	5:10.60	+0,67	
	50m: 30.28 30.28	150m: 1:47.94 41.62	250m: 3:12.03 43.84	350m: 4:34.36 36.49			
	100m: 1:06.32 36.04	200m: 2:28.19 40.25	300m: 3:57.87 45.84	400m: 5:10.60 36.24			
14.	Mateus Medeiros, RAPOSO	10	211338	Clube Desportivo Nacional	5:10.79		
	50m: 30.10 30.10	150m: 1:49.07 42.80	250m: 3:15.99 46.00	350m: 4:37.03 34.38			
	100m: 1:06.27 36.17	200m: 2:29.99 40.92	300m: 4:02.65 46.66	400m: 5:10.79 33.76			
15.	Daniel Filipe, JORGE	10	210798	Rio Maior	5:12.13	+0,64	
	50m: 30.83 30.83	150m: 1:47.04 39.46	250m: 3:13.68 46.46	350m: 4:36.52 35.57			
	100m: 1:07.58 36.75	200m: 2:27.22 40.18	300m: 4:00.95 47.27	400m: 5:12.13 35.61			
16.	Lucas Costa, JESUS	10	144315	Nautico Marinha Grande	5:12.39		
	50m: 31.88 31.88	150m: 1:49.99 39.98	250m: 3:15.84 47.29	350m: 4:38.11 34.59			
	100m: 1:10.01 38.13	200m: 2:28.55 38.56	300m: 4:03.52 47.68	400m: 5:12.39 34.28			

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
17.	Andre, HUANG	10	214292	Gesloures	5:12.47	+0,59	
	50m: 29.68 29.68	150m: 1:47.27 41.01	250m: 3:12.98 45.59	350m: 4:35.29 34.97			
	100m: 1:06.26 36.58	200m: 2:27.39 40.12	300m: 4:00.32 47.34	400m: 5:12.47 37.18			
18.	Afonso Ferreira, REIS	10	210842	Nautico Marinha Grande	5:13.76	+0,71	
	50m: 31.41 31.41	150m: 1:50.26 41.03	250m: 3:14.82 43.69	350m: 4:37.37 37.08			
	100m: 1:09.23 37.82	200m: 2:31.13 40.87	300m: 4:00.29 45.47	400m: 5:13.76 36.39			
19.	Francisco Lourenco, PEDROSA	10	144218	Nautico Marinha Grande	5:18.51		
	50m: 30.84 30.84	150m: 1:49.41 41.89	250m: 3:17.30 47.24	350m: 4:42.33 37.01			
	100m: 1:07.52 36.68	200m: 2:30.06 40.65	300m: 4:05.32 48.02	400m: 5:18.51 36.18			

Juvenis B

1.	Lourenco Perestrelo, LUCIO	11	211340	Naval Do Funchal	5:05.15	+0,65	
	50m: 30.77 30.77	150m: 1:47.47 40.38	250m: 3:11.03 43.38	350m: 4:31.88 35.79			
	100m: 1:07.09 36.32	200m: 2:27.65 40.18	300m: 3:56.09 45.06	400m: 5:05.15 33.27			
2.	Martim Barros, PEREIRA	11	216554	Escola Natacao Braganca	5:05.34	+0,74	
	50m: 29.76 29.76	150m: 1:48.15 41.23	250m: 3:13.73 44.66	350m: 4:32.71 34.88			
	100m: 1:06.92 37.16	200m: 2:29.07 40.92	300m: 3:57.83 44.10	400m: 5:05.34 32.63			
3.	Dinis Vieira, PINTO	11	214170	Braga	5:07.61	+0,72	
	50m: 30.63 30.63	150m: 1:48.17 40.50	250m: 3:12.56 44.80	350m: 4:33.09 35.37			
	100m: 1:07.67 37.04	200m: 2:27.76 39.59	300m: 3:57.72 45.16	400m: 5:07.61 34.52			
4.	Daniel, FISTICANU	11	208945	RIA Aqua Tavira	5:07.68	+0,79	
	50m: 30.01 30.01	150m: 1:47.70 41.34	250m: 3:13.56 45.31	350m: 4:34.33 33.39			
	100m: 1:06.36 36.35	200m: 2:28.25 40.55	300m: 4:00.94 47.38	400m: 5:07.68 33.35			
5.	Goncalo Paiva, CARDOSO	11	209269	Fluvial Portuense	5:08.31	+0,70	
	50m: 30.48 30.48	150m: 1:47.89 40.93	250m: 3:14.73 45.29	350m: 4:34.02 34.46			
	100m: 1:06.96 36.48	200m: 2:29.44 41.55	300m: 3:59.56 44.83	400m: 5:08.31 34.29			
6.	Hugo Ferreira, SILVA	11	213944	Academica de Coimbra	5:09.02	+0,58	
	50m: 30.97 30.97	150m: 1:47.22 40.79	250m: 3:14.95 47.69	350m: 4:36.33 34.33			
	100m: 1:06.43 35.46	200m: 2:27.26 40.04	300m: 4:02.00 47.05	400m: 5:09.02 32.69			
7.	Simao Pascoal, FERNANDES	11	216364	ADRCCI Monte Maior	5:14.03		
	50m: 31.40 31.40	150m: 1:50.72 41.88	250m: 3:19.12 45.65	350m: 4:39.15 34.24			
	100m: 1:08.84 37.44	200m: 2:33.47 42.75	300m: 4:04.91 45.79	400m: 5:14.03 34.88			
8.	Nadir Ramos, ROSARIO	11	209295	Porto	5:14.20	+0,44	
	50m: 31.39 31.39	150m: 1:49.57 41.87	250m: 3:16.77 46.94	350m: 4:39.40 35.57			
	100m: 1:07.70 36.31	200m: 2:29.83 40.26	300m: 4:03.83 47.06	400m: 5:14.20 34.80			
9.	Joao Nascimento, SILVA	11	201825	Porto	5:15.34	+0,67	
	50m: 31.88 31.88	150m: 1:51.42 42.78	250m: 3:19.46 47.00	350m: 4:40.83 35.46			
	100m: 1:08.64 36.76	200m: 2:32.46 41.04	300m: 4:05.37 45.91	400m: 5:15.34 34.51			
10.	Tiago Daniel, PENSO	11	212425	Gcwr	5:17.84		
	50m: 30.70 30.70	150m: 1:51.28 42.02	250m: 3:17.20 44.30	350m: 4:41.60 37.55			
	100m: 1:09.26 38.56	200m: 2:32.90 41.62	300m: 4:04.05 46.85	400m: 5:17.84 36.24			
11.	Martim Jorge, CARDOSO	11	210639	Aquatico Pacense	5:18.57	+0,54	
	50m: 33.06 33.06	150m: 1:54.79 43.57	250m: 3:23.01 45.24	350m: 4:43.70 35.55			
	100m: 1:11.22 38.16	200m: 2:37.77 42.98	300m: 4:08.15 45.14	400m: 5:18.57 34.87			
12.	Joao Marcelino, RODRIGUES	11	142093	Sporting	5:18.81	+0,84	
	50m: 35.28 35.28	150m: 1:57.75 40.89	250m: 3:23.10 45.32	350m: 4:44.44 36.14			
	100m: 1:16.86 41.58	200m: 2:37.78 40.03	300m: 4:08.30 45.20	400m: 5:18.81 34.37			
13.	Tomas Ferreira, BATISTA	11	213082	CPCD - Centro Popular de Cultura e Desporto	5:19.90	+0,73	
	50m: 32.48 32.48	150m: 1:52.42 42.75	250m: 3:19.52 45.93	350m: 4:43.53 37.08			
	100m: 1:09.67 37.19	200m: 2:33.59 41.17	300m: 4:06.45 46.93	400m: 5:19.90 36.37			
EXH	Vidar Albert, JUNG	11	218389	Nautico Marinha Grande	5:06.83	+0,67	
	50m: 30.35 30.35	150m: 1:47.39 41.44	250m: 3:13.27 45.74	350m: 4:33.59 34.17			
	100m: 1:05.95 35.60	200m: 2:27.53 40.14	300m: 3:59.42 46.15	400m: 5:06.83 33.24			

Prova 2, Masc., 400m Estilos

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts	
EXH	Yair Verman, HALABI	11	224774	Porto	5:16.29	+0,61		
	50m: 30.52	30.52	150m: 1:48.82	41.39	250m: 3:16.18	46.97	350m: 4:40.03	36.98
	100m: 1:07.43	36.91	200m: 2:29.21	40.39	300m: 4:03.05	46.87	400m: 5:16.29	36.26