

Prova 23 Masc., 400m Estilos Final OPEN, SEN + JUV e JUN  
30/03/2026 - 18:00 Resultados Final

Recordes Nacionais 50m Open	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Sen	4:15.84	SANTOS, Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Jun 18	4:21.42	LOPES, Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Recordes Nacionais 50m Jun 17	4:25.23	VITAL, Joao Alexandre	POR	Singapore (SGP)	29/08/2015
Recordes Nacionais 50m 16	4:32.66	VITAL, Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Recordes Nacionais 50m 15	4:37.06	VITAL, Joao Alexandre	POR	Utrecht (NED)	16/07/2013
Recordes Nacionais 50m 14	4:46.20	FREITAS, Tomas Miguel	CDN	Póvoa Varzim	23/07/2004
Recordes Nacionais 50m 13	4:54.87	RUIVO, Andre Vilas	DNMG	S. Joao da Madeira	12/07/2013

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Final A

1. FOMIN, Yury	06	RUS	Sport Alges e Dafundo	<b>4:31.00</b>	716
50m: 27.75 27.75	150m: 1:34.04 34.68	250m: 2:48.41 40.56	350m: 4:00.40 31.47		
100m: 59.36 31.61	200m: 2:07.85 33.81	300m: 3:28.93 40.52	400m: 4:31.00 30.60		
2. BASTOS, Lucas Pereira	00	POR	Cnac	<b>4:32.91</b> +0,67	701
50m: 27.90 27.90	150m: 1:34.96 35.24	250m: 2:49.06 39.36	350m: 4:00.99 32.12		
100m: 59.72 31.82	200m: 2:09.70 34.74	300m: 3:28.87 39.81	400m: 4:32.91 31.92		
3. CARDOSO, Diogo Santos	01	POR	Sporting	<b>4:37.48</b> +0,74	667
50m: 30.61 30.61	150m: 1:43.10 39.08	250m: 2:58.74 38.29	350m: 4:08.22 31.34		
100m: 1:04.02 33.41	200m: 2:20.45 37.35	300m: 3:36.88 38.14	400m: 4:37.48 29.26		
4. CRUZ, Leonardo Jose	07	POR	Alcobaca	<b>4:37.82</b> +0,62	665
50m: 29.15 29.15	150m: 1:39.10 35.31	250m: 2:52.08 38.11	350m: 4:04.86 32.49		
100m: 1:03.79 34.64	200m: 2:13.97 34.87	300m: 3:32.37 40.29	400m: 4:37.82 32.96		
5. SOARES, Guilherme Costa	08	POR	Vilacondense	<b>4:39.39</b> +0,76	653
50m: 28.56 28.56	150m: 1:37.76 35.95	250m: 2:54.84 41.88	350m: 4:08.40 32.61		
100m: 1:01.81 33.25	200m: 2:12.96 35.20	300m: 3:35.79 40.95	400m: 4:39.39 30.99		
6. RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	<b>4:41.24</b>	641
50m: 29.54 29.54	150m: 1:38.86 35.46	250m: 2:55.46 40.94	350m: 4:09.54 31.54		
100m: 1:03.40 33.86	200m: 2:14.52 35.66	300m: 3:38.00 42.54	400m: 4:41.24 31.70		
7. SARREIRA, Tomas Amor	05	POR	Porto	<b>4:43.21</b> +0,73	627
50m: 29.80 29.80	150m: 1:40.15 37.11	250m: 2:57.33 41.40	350m: 4:12.18 32.73		
100m: 1:03.04 33.24	200m: 2:15.93 35.78	300m: 3:39.45 42.12	400m: 4:43.21 31.03		
8. ALVES, Andre Correia	06	POR	Benfica	<b>4:44.63</b> +0,69	618
50m: 29.13 29.13	150m: 1:40.14 36.81	250m: 2:57.72 41.28	350m: 4:12.43 32.58		
100m: 1:03.33 34.20	200m: 2:16.44 36.30	300m: 3:39.85 42.13	400m: 4:44.63 32.20		
9. PEIXOTO, Tomas Pinto	08	POR	Porto	<b>4:50.83</b> +0,70	579
50m: 30.11 30.11	150m: 1:41.42 37.25	250m: 3:00.70 42.87	350m: 4:17.56 33.33		
100m: 1:04.17 34.06	200m: 2:17.83 36.41	300m: 3:44.23 43.53	400m: 4:50.83 33.27		
10. SOUSA, Joao Maria	05	POR	Braga	<b>4:54.99</b>	555
50m: 29.34 29.34	150m: 1:41.20 37.52	250m: 3:02.16 42.33	350m: 4:20.59 34.57		
100m: 1:03.68 34.34	200m: 2:19.83 38.63	300m: 3:46.02 43.86	400m: 4:54.99 34.40		

Final B

11. RODRIGUES, Gil Afonso	07	POR	Fluvial Portuense	<b>4:50.47</b>	581
50m: 28.89 28.89	150m: 1:41.13 38.99	250m: 3:00.28 40.73	350m: 4:16.57 34.71		
100m: 1:02.14 33.25	200m: 2:19.55 38.42	300m: 3:41.86 41.58	400m: 4:50.47 33.90		

Prova 23, Masc., 400m Estilos, Final, Final OPEN, SEN + JUV e JUN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	DORES, Tomas Rocha	07	POR	Colegio Efanor	<b>4:56.34</b>	+0,63	547
	50m: 29.25 29.25	150m: 1:41.11	37.90	250m: 3:04.30	45.18	350m: 4:22.83	33.84
	100m: 1:03.21 33.96	200m: 2:19.12	38.01	300m: 3:48.99	44.69	400m: 4:56.34	33.51
13.	JORGE, Antonio Antunes	10	POR	Alcobaca	<b>4:57.55</b>	+0,47	541
	50m: 30.59 30.59	150m: 1:47.34	41.49	250m: 3:09.92	41.40	350m: 4:25.18	34.28
	100m: 1:05.85 35.26	200m: 2:28.52	41.18	300m: 3:50.90	40.98	400m: 4:57.55	32.37
<b>Final C</b>							
21.	BISPO, Miguel Almeida	08	POR	Natacao da Maia	<b>4:45.79</b>		610
	50m: 28.54 28.54	150m: 1:38.83	36.22	250m: 2:56.48	41.07	350m: 4:12.51	33.57
	100m: 1:02.61 34.07	200m: 2:15.41	36.58	300m: 3:38.94	42.46	400m: 4:45.79	33.28
22.	NOVAIS, Guilherme Pereira	09	POR	FOCA Quinta Da Lixa - Cnf	<b>4:53.81</b>	+0,53	562
	50m: 29.62 29.62	150m: 1:42.09	38.45	250m: 3:04.17	44.11	350m: 4:21.64	33.57
	100m: 1:03.64 34.02	200m: 2:20.06	37.97	300m: 3:48.07	43.90	400m: 4:53.81	32.17
23.	MIRANDA, Francisco Guilherme	08	POR	Naval Do Funchal	<b>4:55.98</b>	+0,66	549
	50m: 29.74 29.74	150m: 1:43.55	39.40	250m: 3:04.92	42.95	350m: 4:22.78	34.84
	100m: 1:04.15 34.41	200m: 2:21.97	38.42	300m: 3:47.94	43.02	400m: 4:55.98	33.20
24.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	<b>4:57.87</b>	+0,66	539
	50m: 30.38 30.38	150m: 1:44.18	39.02	250m: 3:05.11	42.82	350m: 4:23.85	35.54
	100m: 1:05.16 34.78	200m: 2:22.29	38.11	300m: 3:48.31	43.20	400m: 4:57.87	34.02
25.	KOT, Paulo	09	POR	Nautico Marinha Grande	<b>4:59.24</b>	+0,68	532
	50m: 29.92 29.92	150m: 1:43.93	39.80	250m: 3:09.85	48.41	350m: 4:27.41	32.46
	100m: 1:04.13 34.21	200m: 2:21.44	37.51	300m: 3:54.95	45.10	400m: 4:59.24	31.83
26.	GOMES, Santiago Marques	09	POR	Ba Leiria / Sk Coffee	<b>4:59.39</b>		531
	50m: 30.03 30.03	150m: 1:46.58	40.08	250m: 3:08.89	42.93	350m: 4:26.80	34.10
	100m: 1:06.50 36.47	200m: 2:25.96	39.38	300m: 3:52.70	43.81	400m: 4:59.39	32.59
27.	VALENTE, Xavier Jesus	09	POR	Os Belenenses	<b>4:59.98</b>	+0,75	528
	50m: 29.97 29.97	150m: 1:46.16	40.22	250m: 3:09.16	42.54	350m: 4:26.98	34.08
	100m: 1:05.94 35.97	200m: 2:26.62	40.46	300m: 3:52.90	43.74	400m: 4:59.98	33.00
28.	FELGUEIRAS, Carlos Daniel	09	POR	Viana Natacao	<b>5:00.19</b>	+0,70	527
	50m: 31.07 31.07	150m: 1:45.58	38.61	250m: 3:08.80	45.24	350m: 4:27.69	33.55
	100m: 1:06.97 35.90	200m: 2:23.56	37.98	300m: 3:54.14	45.34	400m: 5:00.19	32.50
29.	AGUIAR, Manuel Leite	09	POR	Sanjoanense/FEPSA	<b>5:02.63</b>	+0,68	514
	50m: 30.17 30.17	150m: 1:45.82	40.28	250m: 3:10.58	45.15	350m: 4:30.22	33.81
	100m: 1:05.54 35.37	200m: 2:25.43	39.61	300m: 3:56.41	45.83	400m: 5:02.63	32.41
30.	CARROMEU, Afonso Santos	09	POR	Naval Setubalense	<b>5:03.93</b>		507
	50m: 30.07 30.07	150m: 1:45.67	39.56	250m: 3:09.99	44.54	350m: 4:30.25	34.64
	100m: 1:06.11 36.04	200m: 2:25.45	39.78	300m: 3:55.61	45.62	400m: 5:03.93	33.68