

Prova 2
28/03/2026 - 18:25

Masc., 400m Livres

Final OPEN, SEN + JUV e JUN

Resultados Final

Recordes Nacionais 50m Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Sen	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Jun 18	3:53.79	LOPES, Jose Paulo	SCB	Oeiras	28/07/2018
Recordes Nacionais 50m Jun 17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
Recordes Nacionais 50m 16	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m 15	4:06.22	COSTA, Rui Filipe	VSC	Coimbra	29/07/2006
Recordes Nacionais 50m 14	4:15.99	OLIVEIRA, Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
Recordes Nacionais 50m 13	4:28.42	OLIVEIRA, Pedro Fontoura	CFB	Restelo	26/07/2003

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Final A

1. BORGES, Rodrigo Costa	07	POR	Porto	3:57.63	+0,64	793
50m: 27.15 27.15	150m: 1:27.49	30.29	250m: 2:28.50	30.61	350m: 3:29.24	30.18
100m: 57.20 30.05	200m: 1:57.89	30.40	300m: 2:59.06	30.56	400m: 3:57.63	28.39
2. RIBEIRO, Gustavo Carvalhais	03	POR	Benfica	3:57.76	+0,73	791
50m: 27.44 27.44	150m: 1:27.14	29.97	250m: 2:27.91	30.53	350m: 3:28.77	30.14
100m: 57.17 29.73	200m: 1:57.38	30.24	300m: 2:58.63	30.72	400m: 3:57.76	28.99
3. LARANJO, Filipe Manso	07	POR	Braga	3:59.11	+0,76	778
50m: 27.62 27.62	150m: 1:27.40	30.19	250m: 2:28.37	30.48	350m: 3:29.27	30.31
100m: 57.21 29.59	200m: 1:57.89	30.49	300m: 2:58.96	30.59	400m: 3:59.11	29.84
4. MEDEIROS, Miguel Fragoso	08	POR	Vitória Sport Clube	3:59.40	+0,57	775
50m: 27.62 27.62	150m: 1:27.36	29.92	250m: 2:27.96	30.32	350m: 3:29.50	30.54
100m: 57.44 29.82	200m: 1:57.64	30.28	300m: 2:58.96	31.00	400m: 3:59.40	29.90
5. FOMIN, Yury	06	RUS	Sport Alges e Dafundo	3:59.43		775
50m: 27.01 27.01	150m: 1:27.23	30.31	250m: 2:28.42	30.55	350m: 3:29.77	30.41
100m: 56.92 29.91	200m: 1:57.87	30.64	300m: 2:59.36	30.94	400m: 3:59.43	29.66
6. MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	3:59.95	+0,62	770
50m: 27.74 27.74	150m: 1:28.08	30.47	250m: 2:28.93	30.54	350m: 3:30.23	30.87
100m: 57.61 29.87	200m: 1:58.39	30.31	300m: 2:59.36	30.43	400m: 3:59.95	29.72
7. PEREIRA, Rui Silva	08	POR	ADRCCI Monte Maior	4:01.41	+0,87	756
50m: 27.98 27.98	150m: 1:28.09	30.35	250m: 2:29.47	30.92	350m: 3:31.17	30.97
100m: 57.74 29.76	200m: 1:58.55	30.46	300m: 3:00.20	30.73	400m: 4:01.41	30.24
8. MIMOSO, Renato Ferreira	10	POR	Benfica	4:07.02	+0,70	706
50m: 27.43 27.43	150m: 1:27.68	30.16	250m: 2:30.78	31.36	350m: 3:35.00	31.77
100m: 57.52 30.09	200m: 1:59.42	31.74	300m: 3:03.23	32.45	400m: 4:07.02	32.02
9. ASMAR, Axel Guedes	07	POR	Sporting	4:08.45		693
50m: 28.02 28.02	150m: 1:30.55	31.37	250m: 2:33.95	31.66	350m: 3:37.54	31.28
100m: 59.18 31.16	200m: 2:02.29	31.74	300m: 3:06.26	32.31	400m: 4:08.45	30.91
10. SARREIRA, Tomas Amor	05	POR	Porto	4:10.53	+0,75	676
50m: 28.83 28.83	150m: 1:31.60	31.86	250m: 2:35.37	32.09	350m: 3:39.57	32.39
100m: 59.74 30.91	200m: 2:03.28	31.68	300m: 3:07.18	31.81	400m: 4:10.53	30.96

Final B

11. LOUREIRO, Bruno Silva	06	POR	Porto	4:06.73	+0,60	708
50m: 28.74 28.74	150m: 1:31.33	31.54	250m: 2:34.22	31.45	350m: 3:36.87	30.94
100m: 59.79 31.05	200m: 2:02.77	31.44	300m: 3:05.93	31.71	400m: 4:06.73	29.86

Prova 2, Masc., 400m Livres, Final, Final OPEN, SEN + JUV e JUN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	COSTA, Andre Leitao	07	POR	Braga	4:09.40	+0,78	686
	50m: 28.80 28.80	150m: 1:30.44	31.16	250m: 2:34.15	32.08	350m: 3:37.99	32.11
	100m: 59.28 30.48	200m: 2:02.07	31.63	300m: 3:05.88	31.73	400m: 4:09.40	31.41
Final C							
21.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	4:07.29	+0,71	703
	50m: 27.96 27.96	150m: 1:29.55	31.09	250m: 2:32.54	31.66	350m: 3:36.10	31.71
	100m: 58.46 30.50	200m: 2:00.88	31.33	300m: 3:04.39	31.85	400m: 4:07.29	31.19
22.	REIS, Diogo Damasceno	09	POR	Sporting	4:08.41	+0,69	694
	50m: 28.02 28.02	150m: 1:30.38	31.64	250m: 2:34.65	32.32	350m: 3:38.39	31.74
	100m: 58.74 30.72	200m: 2:02.33	31.95	300m: 3:06.65	32.00	400m: 4:08.41	30.02
23.	OLIVEIRA, Vasco Frischknecht	08	POR	Benfica	4:09.54	+0,67	684
	50m: 27.71 27.71	150m: 1:29.31	31.10	250m: 2:33.40	32.14	350m: 3:37.84	31.95
	100m: 58.21 30.50	200m: 2:01.26	31.95	300m: 3:05.89	32.49	400m: 4:09.54	31.70
24.	CANELAS, Tiago Andre	08	POR	Porto	4:10.54	+0,68	676
	50m: 28.89 28.89	150m: 1:31.09	31.47	250m: 2:35.15	32.05	350m: 3:39.72	32.38
	100m: 59.62 30.73	200m: 2:03.10	32.01	300m: 3:07.34	32.19	400m: 4:10.54	30.82
25.	LIMA, Eduardo Miguel	08	POR	FOCA Quinta Da Lixa - Cnf	4:11.19	+0,73	671
	50m: 28.27 28.27	150m: 1:31.42	32.00	250m: 2:35.90	32.15	350m: 3:40.41	31.89
	100m: 59.42 31.15	200m: 2:03.75	32.33	300m: 3:08.52	32.62	400m: 4:11.19	30.78
26.	KOT, Paulo	09	POR	Nautico Marinha Grande	4:15.81	+0,69	635
	50m: 28.91 28.91	150m: 1:33.21	32.15	250m: 2:38.29	32.29	350m: 3:43.95	32.62
	100m: 1:01.06 32.15	200m: 2:06.00	32.79	300m: 3:11.33	33.04	400m: 4:15.81	31.86
27.	MONIZ, Rafael Lin	09	POR	Palmela Desporto	4:16.41	+0,73	631
	50m: 28.19 28.19	150m: 1:31.42	32.00	250m: 2:36.36	32.22	350m: 3:43.36	33.40
	100m: 59.42 31.23	200m: 2:04.14	32.72	300m: 3:09.96	33.60	400m: 4:16.41	33.05
28.	REIS, Tomas Augusto	09	POR	Os Belenenses	4:19.72		607
	50m: 28.35 28.35	150m: 1:32.78	32.29	250m: 2:38.95	33.53	350m: 3:46.92	34.11
	100m: 1:00.49 32.14	200m: 2:05.42	32.64	300m: 3:12.81	33.86	400m: 4:19.72	32.80
29.	SILVA, Eduardo Pires	08	POR	Vilacondense	4:20.44	+0,76	602
	50m: 28.79 28.79	150m: 1:33.68	33.04	250m: 2:40.28	33.35	350m: 3:47.24	33.62
	100m: 1:00.64 31.85	200m: 2:06.93	33.25	300m: 3:13.62	33.34	400m: 4:20.44	33.20
30.	FERREIRA, Andre Bernardes	09	POR	Fluvial Portuense	4:22.78		586
	50m: 28.90 28.90	150m: 1:34.43	32.68	250m: 2:42.41	33.55	350m: 3:50.60	33.75
	100m: 1:01.75 32.85	200m: 2:08.86	34.43	300m: 3:16.85	34.44	400m: 4:22.78	32.18

Prova 2, Masc., 400m Livres, Final

Final B

EXH BELEZAS, Ricardo Andrade	91	POR	Os Belenenses	4:33.39	+0,74	520
50m: 30.85 30.85	150m: 1:38.94	34.29	250m: 2:49.41	35.19	350m: 3:59.08	34.65
100m: 1:04.65 33.80	200m: 2:14.22	35.28	300m: 3:24.43	35.02	400m: 4:33.39	34.31