

12º Torneio de Natação Litoral Alentejano
Sines, 25/4/2026

Prova 15

Masc., 400m Livres

13 anos e mais velhos

25/04/2026 - 15:35

Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m 19 +	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m 18	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26/06/2004
Recordes Nacionais 25m 17	3:52.60	Rui Silva PEREIRA	ADRCIMM	Tomar	14/12/2024
Recordes Nacionais 25m 16	3:58.45	Rui Silva PEREIRA	ADRCIMM	Sines	17/12/2023
Recordes Nacionais 25m 15	4:01.42	Rui Silva PEREIRA	POR	Tomar	15/01/2023
Recordes Nacionais 25m 14	4:12.35	Andre Vilas RUIVO	DNMG	Campo Maior	29/03/2014
Recordes Nacionais 25m 13	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2025

Lugar	Nome	Idade	Clube	Tempo final	Pontos
1.	Samuel Andre MARIANO	24	Litoral Alentejano	4:33.93	465
	50m: 31.21 31.21	150m: 1:40.78	35.03	250m: 2:51.09	35.03
	100m: 1:05.75 34.54	200m: 2:16.06	35.28	300m: 3:26.24	35.15
				400m: 4:33.93	32.97
2.	Afonso Silva RODRIGUES	17	Ndco	4:42.29	425
	50m: 31.51 31.51	150m: 1:43.10	36.08	250m: 2:56.24	36.69
	100m: 1:07.02 35.51	200m: 2:19.55	36.45	300m: 3:32.38	36.14
				400m: 4:42.29	33.72
3.	Diogo Leote PEDROSA	14	Zona Azul	4:51.38	386
	50m: 32.82 32.82	150m: 1:46.09	37.16	250m: 3:00.39	36.67
	100m: 1:08.93 36.11	200m: 2:23.72	37.63	300m: 3:38.58	38.19
				400m: 4:51.38	35.22
4.	Diogo Miguel CARAVELINHA	16	Aminata	5:02.58	345
	50m: 33.95 33.95	150m: 1:49.97	38.54	250m: 3:07.73	39.31
	100m: 1:11.43 37.48	200m: 2:28.42	38.45	300m: 3:46.89	39.16
				400m: 5:02.58	36.75
5.	Eydan Sayil VAN MELLE	16	Aljustrelense	5:12.23	314
	50m: 32.81 32.81	150m: 1:46.66	37.43	250m: 3:07.66	41.62
	100m: 1:09.23 36.42	200m: 2:26.04	39.38	300m: 3:49.66	42.00
				400m: 5:12.23	40.18
6.	Joao Dinis GUERREIRO	17	Cnbe	5:44.98	232
	50m: 37.65 37.65	150m: 2:04.49	44.12	250m: 3:31.54	42.70
	100m: 1:20.37 42.72	200m: 2:48.84	44.35	300m: 4:13.94	42.40
				400m: 5:44.98	52.31
7.	Diogo Sardinha BRITO	13	Alpha Infiniti Athlete	5:52.43	218
	50m: 41.56 41.56	150m: 2:12.74	45.92	250m: 3:43.41	44.55
	100m: 1:26.82 45.26	200m: 2:58.86	46.12	300m: 4:28.08	44.67
				400m: 5:52.43	41.28
EXH	Marco VANTAGGIATO	55	Litoral Alentejano	4:41.76	427
	50m: 32.09 32.09	150m: 1:43.18	36.11	250m: 2:55.22	36.02
	100m: 1:07.07 34.98	200m: 2:19.20	36.02	300m: 3:31.40	36.18
				400m: 4:41.76	34.09
EXH	Bernardo Jose LOUCAO	15	Litoral Alentejano	4:41.81	427
	50m: 32.75 32.75	150m: 1:44.27	35.84	250m: 2:56.37	36.00
	100m: 1:08.43 35.68	200m: 2:20.37	36.10	300m: 3:32.90	36.53
				400m: 4:41.81	32.68
EXH	Gustavo Cardoso SANTOS	15	Ndco	4:44.37	415
	50m: 32.50 32.50	150m: 1:44.43	35.67	250m: 2:56.64	36.24
	100m: 1:08.76 36.26	200m: 2:20.40	35.97	300m: 3:33.10	36.46
				400m: 4:44.37	34.92
EXH	António Francisco RAMOS	15	Litoral Alentejano	4:45.73	409
	50m: 32.54 32.54	150m: 1:44.01	36.26	250m: 2:57.57	36.86
	100m: 1:07.75 35.21	200m: 2:20.71	36.70	300m: 3:34.11	36.54
				400m: 4:45.73	34.76
EXH	Francisco Reis MAGUAS	20	Ndco	4:54.90	372
	50m: 33.70 33.70	150m: 1:47.88	37.31	250m: 3:03.74	37.99
	100m: 1:10.57 36.87	200m: 2:25.75	37.87	300m: 3:41.92	38.18
				400m: 4:54.90	35.39
EXH	Vicente Ataíde RAMOS	14	Litoral Alentejano	5:28.29	270
	50m: 38.09 38.09	150m: 2:00.76	41.78	250m: 3:25.35	42.15
	100m: 1:18.98 40.89	200m: 2:43.20	42.44	300m: 4:08.24	42.89
				400m: 5:28.29	38.93
EXH	Miguel Ataíde GOMES	14	Litoral Alentejano	5:36.46	251
	50m: 37.23 37.23	150m: 2:03.75	43.75	250m: 3:31.06	43.40
	100m: 1:20.00 42.77	200m: 2:47.66	43.91	300m: 4:13.81	42.75
				400m: 5:36.46	41.03
EXH	Luenji Aladino JASSE	13	Litoral Alentejano	6:27.37	164
	50m: 43.01 43.01	150m: 2:21.62	49.80	250m: 4:03.40	51.07
	100m: 1:31.82 48.81	200m: 3:12.33	50.71	300m: 4:53.77	50.37
				400m: 6:27.37	45.23

12º Torneio de Natação Litoral Alentejano
Sines, 25/4/2026

Prova 15, Masc., 400m Livres

Lugar	Nome	Idade	Clube	Tempo final	Pontos		
EXH	Eduardo Jose JESUS	17	Litoral Alentejano	7:08.78	121		
	50m: 47.84 47.84	150m: 2:34.70	54.17	250m: 4:24.81	55.66	350m: 6:14.68	55.04
	100m: 1:40.53 52.69	200m: 3:29.15	54.45	300m: 5:19.64	54.83	400m: 7:08.78	54.10
EXH	Miguel Mendes CUNHA	14	Ndco	7:40.44	97		
	50m: 52.43 52.43	150m: 2:48.64	58.19	250m: 4:43.99	57.45	350m: 6:40.91	57.93
	100m: 1:50.45 58.02	200m: 3:46.54	57.90	300m: 5:42.98	58.99	400m: 7:40.44	59.53