



Campeonato Distrital de ABS, JUV, JUN, SEN (PC)- PREP INF
Coruche, 28 Fevereiro e 1 Março 2026

Prova 11 Masc., 400m Livres Infantil B
28/02/2026 - 15:30 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Inf B	4:32.58	David Filipe Pacheco	BUZIOS	Lagos	25/03/2023

: 6:30.00

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Hugo Santos Carapeto	13		Nautico Abrantes	5:35.85		252	
	50m: 37.01	150m: 2:00.29	250m: 3:27.47	350m: 4:54.63				
	100m: 1:17.67	200m: 2:43.83	300m: 4:11.38	400m: 5:35.85				
2.	Vicente Manuel Nunes	13		Nautico Salvaterra Magos	5:38.71		246	
	50m: 37.89	150m: 2:02.20	250m: 3:29.29	350m: 4:55.86				
	100m: 1:19.89	200m: 2:45.68	300m: 4:12.47	400m: 5:38.71				
3.	Santiago Tacao Ribeiro	13		Rio Maior	6:26.67		165	
	50m: 40.82	150m: 2:19.64	250m: 4:00.70	350m: 5:41.33				
	100m: 1:29.13	200m: 3:09.96	300m: 4:51.66	400m: 6:26.67				

Prova 11 Masc., 400m Livres Infantil A
28/02/2026 - 15:30 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Inf A	4:22.64	Pedro Diogo Oliveira	CNRM	Benavente	26/05/2002

: 6:07.00

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Rocha Silva	12		Gualdim Pais	4:53.22		379	
	50m: 34.82	150m: 1:50.73	250m: 3:05.41	350m: 4:18.73				
	100m: 1:13.05	200m: 2:27.88	300m: 3:41.92	400m: 4:53.22				
2.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	5:49.61		223	
	50m: 39.95	150m: 2:10.86	250m: 3:42.12	350m: 5:10.26				
	100m: 1:24.66	200m: 2:56.20	300m: 4:27.52	400m: 5:49.61				
3.	Martim Silva Bernardo	12		Viver Santarem	6:01.07		203	
	50m: 41.02	150m: 2:12.13	250m: 3:44.86	350m: 5:17.32				
	100m: 1:26.33	200m: 2:58.57	300m: 4:30.97	400m: 6:01.07				

Prova 11 Masc., 400m Livres Juvenil B
28/02/2026 - 15:30 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003

: 5:36.00

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Maria Dias	11		Viver Santarem	4:48.67		397	
	50m: 31.57	150m: 1:44.12	250m: 2:58.04	350m: 4:11.55				
	100m: 1:07.22	200m: 2:21.13	300m: 3:34.84	400m: 4:48.67				
2.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	4:52.71		381	
	50m: 31.37	150m: 1:44.20	250m: 3:00.17	350m: 4:16.33				
	100m: 1:07.01	200m: 2:22.15	300m: 3:38.13	400m: 4:52.71				
3.	Diogo Chambel Santos	11		Nautico Abrantes	5:05.65		334	
	50m: 33.94	150m: 1:49.82	250m: 3:07.98	350m: 4:26.61				
	100m: 1:11.46	200m: 2:28.88	300m: 3:47.57	400m: 5:05.65				
4.	Antonio Francisco Rouxinol	11		BUZIOS-Coruche	5:06.63		331	
	50m: 33.69	150m: 1:52.12	250m: 3:09.99	350m: 4:26.82				
	100m: 1:12.87	200m: 2:31.08	300m: 3:48.54	400m: 5:06.63				



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Coruche, 28 Fevereiro e 1 Março 2026

Prova 11, Masc., 400m Livres, Juvenil B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	5:14.90		306	
	50m: 35.15	150m: 1:53.85	250m: 3:15.20	350m: 4:36.04			
	100m: 1:13.88	200m: 2:34.77	300m: 3:55.90	400m: 5:14.90			
6.	Rodrigo Miguel Alcobia <i>FTL</i>	11 S10	Nata�o Ferreira do Zezere	5:42.37		238	
	50m: 36.23	150m: 1:59.46	250m: 3:26.91	350m: 4:57.74			
	100m: 1:16.17	200m: 2:42.97	300m: 4:12.45	400m: 5:42.37			

Prova 11 Masc., 400m Livres Juvenil A
28/02/2026 - 15:30 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16/05/2009
: 5:26.00					

Pontos: AQUA 2025

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10	BUZIOS-Coruche	4:22.41		529	
	50m: 29.57	150m: 1:34.82	250m: 2:42.21	350m: 3:49.90			
	100m: 1:01.75	200m: 2:08.50	300m: 3:16.00	400m: 4:22.41			
2.	Daniel Filipe Jorge	10	Rio Maior	4:26.91		502	
	50m: 30.07	150m: 1:37.02	250m: 2:44.19	350m: 3:52.74			
	100m: 1:03.37	200m: 2:10.41	300m: 3:18.25	400m: 4:26.91			
3.	Tiago Frazao Barra	10	Rio Maior	4:28.96		491	
	50m: 31.08	150m: 1:37.59	250m: 2:46.57	350m: 3:55.63			
	100m: 1:03.77	200m: 2:12.25	300m: 3:21.12	400m: 4:28.96			
4.	Andre Guilherme Anastacio	10	Nautico Abrantes	4:44.03		417	
	50m: 30.72	150m: 1:39.37	250m: 2:51.69	350m: 4:06.53			
	100m: 1:04.23	200m: 2:15.21	300m: 3:28.94	400m: 4:44.03			
5.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	5:10.28		320	
	50m: 33.70	150m: 1:51.24	250m: 3:11.58	350m: 4:31.75			
	100m: 1:12.18	200m: 2:31.35	300m: 3:52.14	400m: 5:10.28			
6.	Vicente Jose Carrilho	10	BUZIOS-Coruche	5:11.06		317	
	50m: 34.06	150m: 1:49.13	250m: 3:08.08	350m: 4:30.55			
	100m: 1:11.16	200m: 2:28.55	300m: 3:49.02	400m: 5:11.06			
7.	Guilherme Ferreira Leitao <i>FTL</i>	10	Viver Santarem	5:34.35		255	
	50m: 35.78	150m: 1:59.13	250m: 3:24.69	350m: 4:50.46			
	100m: 1:16.98	200m: 2:42.11	300m: 4:08.39	400m: 5:34.35			



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Coruche, 28 Fevereiro e 1 Março 2026

Prova 11, Masc., 400m Livres

Prova 11	Masc., 400m Livres					Junior Resultados
28/02/2026 - 15:30						
Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria		06/12/2009
Recorde Distrital ANDS 18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras		22/04/2017
Recorde Distrital ANDS 17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria		06/12/2009
Jun/Sen: 5:20.00						

Pontos: AQUA 2025

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Alberto Padre	08	Rio Maior	4:11.53		600	
	50m: 29.67	150m: 1:31.71	250m: 2:34.76	350m: 3:39.66			
	100m: 1:01.03	200m: 2:03.09	300m: 3:07.18	400m: 4:11.53			
2.	Gabriel Antunes Ramos	09	Rio Maior	4:36.82		450	
	50m: 31.78	150m: 1:40.23	250m: 2:50.89	350m: 4:01.43			
	100m: 1:05.49	200m: 2:15.55	300m: 3:25.96	400m: 4:36.82			

Prova 11	Masc., 400m Livres					Senior Resultados
28/02/2026 - 15:30						
Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria		06/12/2009
Recorde Distrital ANDS Sen	3:54.00	Tiago Filipe Campos	CNRM	Albufeira		13/11/2021
Jun/Sen: 5:20.00						

Pontos: AQUA 2025

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Formigo Pinho	06	Torres Novas	4:27.59		499	
	50m: 30.40	150m: 1:38.79	250m: 2:48.53	350m: 3:57.86			
	100m: 1:04.23	200m: 2:13.89	300m: 3:23.37	400m: 4:27.59			
2.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:49.72		393	
	50m: 30.67	150m: 1:40.72	250m: 2:55.39	350m: 4:11.95			
	100m: 1:05.00	200m: 2:17.72	300m: 3:33.26	400m: 4:49.72			
3.	Joao Pedro Rosa	90	CLAC-Entroncamento	5:02.29		346	
	50m: 33.82	150m: 1:49.99	250m: 3:05.97	350m: 4:24.01			
	100m: 1:11.08	200m: 2:27.86	300m: 3:44.88	400m: 5:02.29			
4.	Hugo Miguel Silva FTL	77	BUZIOS-Coruche	5:27.11		273	
	50m: 36.25	150m: 1:59.67	250m: 3:22.83	350m: 4:47.07			
	100m: 1:17.18	200m: 2:41.49	300m: 4:03.87	400m: 5:27.11			



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Coruche, 28 Fevereiro e 1 Março 2026

Prova 11, Masc., 400m Livres

Prova 11	Masc., 400m Livres				S10
28/02/2026 - 15:30					Resultados
Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	3:54.00	Tiago Filipe Campos	CNRM	Albufeira	13/11/2021
Recorde Distrital ANDS 18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS 17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16/05/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003
Recorde Distrital ANDS Inf A	4:22.64	Pedro Diogo Oliveira	CNRM	Benavente	26/05/2002
Recorde Distrital ANDS Inf B	4:32.58	David Filipe Pacheco	BUZIOS	Lagos	25/03/2023

Inf A: 6:07.00; Inf B: 6:30.00; Juv B: 5:36.00; Juv A: 5:26.00; Jun/Sen: 5:20.00

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Alberto Padre	08		Rio Maior	4:11.53		600	
	50m: 29.67	150m: 1:31.71	250m: 2:34.76	350m: 3:39.66				
	100m: 1:01.03	200m: 2:03.09	300m: 3:07.18	400m: 4:11.53				
2.	David Filipe Pacheco	10		BUZIOS-Coruche	4:22.41		529	
	50m: 29.57	150m: 1:34.82	250m: 2:42.21	350m: 3:49.90				
	100m: 1:01.75	200m: 2:08.50	300m: 3:16.00	400m: 4:22.41				
3.	Daniel Filipe Jorge	10		Rio Maior	4:26.91		502	
	50m: 30.07	150m: 1:37.02	250m: 2:44.19	350m: 3:52.74				
	100m: 1:03.37	200m: 2:10.41	300m: 3:18.25	400m: 4:26.91				
4.	Afonso Formigo Pinho	06		Torres Novas	4:27.59		499	
	50m: 30.40	150m: 1:38.79	250m: 2:48.53	350m: 3:57.86				
	100m: 1:04.23	200m: 2:13.89	300m: 3:23.37	400m: 4:27.59				
5.	Tiago Frazao Barra	10		Rio Maior	4:28.96		491	
	50m: 31.08	150m: 1:37.59	250m: 2:46.57	350m: 3:55.63				
	100m: 1:03.77	200m: 2:12.25	300m: 3:21.12	400m: 4:28.96				
6.	Gabriel Antunes Ramos	09		Rio Maior	4:36.82		450	
	50m: 31.78	150m: 1:40.23	250m: 2:50.89	350m: 4:01.43				
	100m: 1:05.49	200m: 2:15.55	300m: 3:25.96	400m: 4:36.82				
7.	Andre Guilherme Anastacio	10		Nautico Abrantes	4:44.03		417	
	50m: 30.72	150m: 1:39.37	250m: 2:51.69	350m: 4:06.53				
	100m: 1:04.23	200m: 2:15.21	300m: 3:28.94	400m: 4:44.03				
8.	Francisco Maria Dias	11		Viver Santarem	4:48.67		397	
	50m: 31.57	150m: 1:44.12	250m: 2:58.04	350m: 4:11.55				
	100m: 1:07.22	200m: 2:21.13	300m: 3:34.84	400m: 4:48.67				
9.	Tomas Alexandre Santos	07		BUZIOS-Coruche	4:49.72		393	
	50m: 30.67	150m: 1:40.72	250m: 2:55.39	350m: 4:11.95				
	100m: 1:05.00	200m: 2:17.72	300m: 3:33.26	400m: 4:49.72				
10.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	4:52.71		381	
	50m: 31.37	150m: 1:44.20	250m: 3:00.17	350m: 4:16.33				
	100m: 1:07.01	200m: 2:22.15	300m: 3:38.13	400m: 4:52.71				
11.	Martim Rocha Silva	12		Gualdim Pais	4:53.22		379	
	50m: 34.82	150m: 1:50.73	250m: 3:05.41	350m: 4:18.73				
	100m: 1:13.05	200m: 2:27.88	300m: 3:41.92	400m: 4:53.22				
12.	Joao Pedro Rosa	90		CLAC-Entroncamento	5:02.29		346	
	50m: 33.82	150m: 1:49.99	250m: 3:05.97	350m: 4:24.01				
	100m: 1:11.08	200m: 2:27.86	300m: 3:44.88	400m: 5:02.29				
13.	Diogo Chambel Santos	11		Nautico Abrantes	5:05.65		334	
	50m: 33.94	150m: 1:49.82	250m: 3:07.98	350m: 4:26.61				
	100m: 1:11.46	200m: 2:28.88	300m: 3:47.57	400m: 5:05.65				
14.	Antonio Francisco Rouxinol	11		BUZIOS-Coruche	5:06.63		331	
	50m: 33.69	150m: 1:52.12	250m: 3:09.99	350m: 4:26.82				
	100m: 1:12.87	200m: 2:31.08	300m: 3:48.54	400m: 5:06.63				



Campeonato Distrital de ABS, JUV, JUN, SEN (PC)- PREP INF
Coruche, 28 Fevereiro e 1 Maro 2026

Prova 11, Masc., 400m Livres, S10

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	5:10.28		320	
	50m: 33.70	150m: 1:51.24	250m: 3:11.58	350m: 4:31.75				
	100m: 1:12.18	200m: 2:31.35	300m: 3:52.14	400m: 5:10.28				
16.	Vicente Jose Carrilho	10		BUZIOS-Coruche	5:11.06		317	
	50m: 34.06	150m: 1:49.13	250m: 3:08.08	350m: 4:30.55				
	100m: 1:11.16	200m: 2:28.55	300m: 3:49.02	400m: 5:11.06				
17.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	5:14.90		306	
	50m: 35.15	150m: 1:53.85	250m: 3:15.20	350m: 4:36.04				
	100m: 1:13.88	200m: 2:34.77	300m: 3:55.90	400m: 5:14.90				
18.	Hugo Miguel Silva	77		BUZIOS-Coruche	5:27.11		273	
	<i>FTL</i>							
	50m: 36.25	150m: 1:59.67	250m: 3:22.83	350m: 4:47.07				
	100m: 1:17.18	200m: 2:41.49	300m: 4:03.87	400m: 5:27.11				
19.	Guilherme Ferreira Leitao	10		Viver Santarem	5:34.35		255	
	<i>FTL</i>							
	50m: 35.78	150m: 1:59.13	250m: 3:24.69	350m: 4:50.46				
	100m: 1:16.98	200m: 2:42.11	300m: 4:08.39	400m: 5:34.35				
20.	Hugo Santos Carapeto	13		Nautico Abrantes	5:35.85		252	
	50m: 37.01	150m: 2:00.29	250m: 3:27.47	350m: 4:54.63				
	100m: 1:17.67	200m: 2:43.83	300m: 4:11.38	400m: 5:35.85				
21.	Vicente Manuel Nunes	13		Nautico Salvaterra Magos	5:38.71		246	
	50m: 37.89	150m: 2:02.20	250m: 3:29.29	350m: 4:55.86				
	100m: 1:19.89	200m: 2:45.68	300m: 4:12.47	400m: 5:38.71				
22.	Rodrigo Miguel Alcobia	11	S10	Nata�o Ferreira do Zezere	5:42.37		238	
	<i>FTL</i>							
	50m: 36.23	150m: 1:59.46	250m: 3:26.91	350m: 4:57.74				
	100m: 1:16.17	200m: 2:42.97	300m: 4:12.45	400m: 5:42.37				
23.	Afonso Ferreira Cruz	12		CLAC-Entroncamento	5:49.61		223	
	50m: 39.95	150m: 2:10.86	250m: 3:42.12	350m: 5:10.26				
	100m: 1:24.66	200m: 2:56.20	300m: 4:27.52	400m: 5:49.61				
24.	Martim Silva Bernardo	12		Viver Santarem	6:01.07		203	
	50m: 41.02	150m: 2:12.13	250m: 3:44.86	350m: 5:17.32				
	100m: 1:26.33	200m: 2:58.57	300m: 4:30.97	400m: 6:01.07				
25.	Santiago Tacao Ribeiro	13		Rio Maior	6:26.67		165	
	50m: 40.82	150m: 2:19.64	250m: 4:00.70	350m: 5:41.33				
	100m: 1:29.13	200m: 3:09.96	300m: 4:51.66	400m: 6:26.67				