

Taça ANDS - Cidade de Rio Maior
Rio Maior, 7/3/2026

Prova 24
07/03/2026 - 17:15

Masc., 400m Livres

Absoluto
Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Alberto Padre	08	Rio Maior	4:20.18	+0,82	605	14,00
	50m: 30.25 30.25	150m: 1:35.24	32.61	250m: 2:40.45	32.72	350m: 3:48.10	34.26
	100m: 1:02.63 32.38	200m: 2:07.73	32.49	300m: 3:13.84	33.39	400m: 4:20.18	32.08
2.	David Filipe Pacheco	10	BUZIOS-Coruche	4:30.11	+0,56	540	12,00
	50m: 29.92 29.92	150m: 1:37.73	34.45	250m: 2:47.74	35.02	350m: 3:56.95	34.81
	100m: 1:03.28 33.36	200m: 2:12.72	34.99	300m: 3:22.14	34.40	400m: 4:30.11	33.16
3.	Tiago Frazao Barra	10	Rio Maior	4:31.46	+0,67	532	11,00
	50m: 30.24 30.24	150m: 1:37.88	34.27	250m: 2:47.62	34.87	350m: 3:58.12	34.98
	100m: 1:03.61 33.37	200m: 2:12.75	34.87	300m: 3:23.14	35.52	400m: 4:31.46	33.34
4.	Daniel Filipe Jorge	10	Rio Maior	4:43.11		469	10,00
	50m: 30.88 30.88	150m: 1:40.85	36.26	250m: 2:53.64	36.73	350m: 4:06.87	36.72
	100m: 1:04.59 33.71	200m: 2:16.91	36.06	300m: 3:30.15	36.51	400m: 4:43.11	36.24
5.	Lourenco Vicente Geadá	10	Torres Novas	4:49.47	+0,75	439	9,00
	50m: 32.24 32.24	150m: 1:45.76	37.21	250m: 3:00.53	37.47	350m: 4:14.74	36.93
	100m: 1:08.55 36.31	200m: 2:23.06	37.30	300m: 3:37.81	37.28	400m: 4:49.47	34.73
6.	Luis Suissas Rato	09	Nautico Salvaterra Magos	4:49.92	+0,73	437	8,00
	50m: 30.83 30.83	150m: 1:43.09	37.24	250m: 2:58.22	37.28	350m: 4:13.70	36.93
	100m: 1:05.85 35.02	200m: 2:20.94	37.85	300m: 3:36.77	38.55	400m: 4:49.92	36.22
7.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:53.28	+0,80	422	7,00
	100m: 1:06.57 1:06.57	200m: 2:21.75	37.96	350m: 4:16.42	38.26		
	150m: 1:43.79 37.22	300m: 3:38.16	1:16.41	400m: 4:53.28	36.86		
8.	Francisco Maria Dias	11	Viver Santarem	4:54.20	+0,80	418	6,00
	50m: 32.55 32.55	150m: 1:46.98	37.88	250m: 3:03.13	38.08	350m: 4:18.66	37.59
	100m: 1:09.10 36.55	200m: 2:25.05	38.07	300m: 3:41.07	37.94	400m: 4:54.20	35.54
9.	Andre Guilherme Anastacio	10	Nautico Abrantes	4:58.23	+0,61	401	5,00
	50m: 33.61 33.61	150m: 1:47.01	37.06	250m: 3:02.14	37.80	350m: 4:19.43	38.49
	100m: 1:09.95 36.34	200m: 2:24.34	37.33	300m: 3:40.94	38.80	400m: 4:58.23	38.80
10.	Guilherme Pereira Sousa	12	Fisica de Torres Vedras	5:00.58	+0,67	392	4,00
	100m: 1:08.21 1:08.21	200m: 2:27.58	1:19.37	300m: 3:46.41	1:18.83	400m: 5:00.58	1:14.17
11.	Gabriel Sa Chambel	09	CLAC-Entroncamento	5:09.77	+0,55	358	3,00
	50m: 32.63 32.63	150m: 1:49.47	39.13	250m: 3:08.97	40.59	350m: 4:30.04	40.76
	100m: 1:10.34 37.71	200m: 2:28.38	38.91	300m: 3:49.28	40.31	400m: 5:09.77	39.73
12.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	5:13.04	+0,74	347	2,00
	50m: 33.76 33.76	150m: 1:52.63	40.05	250m: 3:13.80	40.52	350m: 4:34.85	40.22
	100m: 1:12.58 38.82	200m: 2:33.28	40.65	300m: 3:54.63	40.83	400m: 5:13.04	38.19
13.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	5:13.93	+0,75	344	1,00
	50m: 34.09 34.09	150m: 1:54.42	40.20	250m: 3:15.24	40.37	350m: 4:32.27	36.08
	100m: 1:14.22 40.13	200m: 2:34.87	40.45	300m: 3:56.19	40.95	400m: 5:13.93	41.66
14.	Santiago Martins Magalhaes	11	Torres Novas	5:14.19	+0,72	343	-
	50m: 34.74 34.74	150m: 1:54.39	40.43	250m: 3:15.87	40.80	350m: 4:36.96	40.41
	100m: 1:13.96 39.22	200m: 2:35.07	40.68	300m: 3:56.55	40.68	400m: 5:14.19	37.23
15.	Artur Alexandre Silva	11	20Km de Almeirim	5:17.97		331	-
	50m: 35.58 35.58	150m: 1:56.55	41.02	250m: 3:20.95	41.94	350m: 4:41.17	39.62
	100m: 1:15.53 39.95	200m: 2:39.01	42.46	300m: 4:01.55	40.60	400m: 5:17.97	36.80
16.	Santiago Raposo Fernandes	12	20Km de Almeirim	5:24.41	+0,60	312	-
	50m: 33.99 33.99	150m: 1:56.36	41.95	250m: 3:22.03	42.99	350m: 4:45.15	39.83
	100m: 1:14.41 40.42	200m: 2:39.04	42.68	300m: 4:05.32	43.29	400m: 5:24.41	39.26
17.	Lourenco Filipe Gomes	13	Fisica de Torres Vedras	5:26.94	+0,87	304	-
	50m: 37.61 37.61	150m: 2:02.70	42.78	250m: 3:28.95	42.61	350m: 4:49.98	39.46
	100m: 1:19.92 42.31	200m: 2:46.34	43.64	300m: 4:10.52	41.57	400m: 5:26.94	36.96

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Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Bernardo Margarido Miranda	12	Nautico Abrantes	5:27.03		304	-
	50m: 36.08 36.08	150m: 1:59.58	42.34 250m: 3:23.77	42.07 350m: 4:47.34	41.63		
	100m: 1:17.24 41.16	200m: 2:41.70	42.12 300m: 4:05.71	41.94 400m: 5:27.03	39.69		
19.	Goncalo Pato Mateus	13	Uniao Samorense	5:32.12	+0,84	290	-
	50m: 33.27 33.27	150m: 1:56.52	46.36 250m: 3:26.14	44.04 350m: 4:51.82	42.51		
	100m: 1:10.16 36.89	200m: 2:42.10	45.58 300m: 4:09.31	43.17 400m: 5:32.12	40.30		
20.	Guilherme Ferreira Leitao	10	Viver Santarem	5:37.57	+0,90	277	-
	50m: 38.35 38.35	150m: 2:06.41	45.13 250m: 3:34.14	44.61 350m: 4:59.57	42.37		
	100m: 1:21.28 42.93	200m: 2:49.53	43.12 300m: 4:17.20	43.06 400m: 5:37.57	38.00		
21.	Rafael Ferreira Santos	13	Fisica de Torres Vedras	5:37.88		276	-
	50m: 37.32 37.32	150m: 2:02.30	43.41 250m: 3:30.10	43.88 350m: 4:57.50	43.72		
	100m: 1:18.89 41.57	200m: 2:46.22	43.92 300m: 4:13.78	43.68 400m: 5:37.88	40.38		
22.	Gabriel Antonio Marques	11	Nautico Abrantes	5:44.66	+0,77	260	-
	100m: 1:22.62 1:22.62	300m: 4:19.48	1:28.32 400m: 5:44.66	41.69			
	200m: 2:51.16 1:28.54	350m: 5:02.97	43.49				
23.	Vicente Manuel Nunes	13	Nautico Salvaterra Magos	5:53.21		241	-
	50m: 39.80 39.80	150m: 2:08.25	45.00 250m: 3:39.65	45.34 350m: 5:09.76	44.20		
	100m: 1:23.25 43.45	200m: 2:54.31	46.06 300m: 4:25.56	45.91 400m: 5:53.21	43.45		
24.	Bruno Estanqueiro Lopes	13	Torres Novas	6:01.04		226	-
	50m: 39.04 39.04	150m: 2:11.20	47.04 250m: 3:45.90	47.48 350m: 5:18.69	46.04		
	100m: 1:24.16 45.12	200m: 2:58.42	47.22 300m: 4:32.65	46.75 400m: 6:01.04	42.35		
EXH	Rodrigo Miguel Alcobia	11 S10	Nataçãõ Ferreira do Zezere	5:44.03	+0,96	261	-
	50m: 36.69 36.69	150m: 2:02.13	43.75 250m: 3:31.87	44.84 350m: 5:01.25	44.40		
	100m: 1:18.38 41.69	200m: 2:47.03	44.90 300m: 4:16.85	44.98 400m: 5:44.03	42.78		
EXH	Tiago Manuel Silva	05 S3A,1,3,5,1	CLAC-Entroncamento	10:44.36		39	-
	<i>Recorde Nacional</i>						
	50m: 1:11.62 1:11.62	150m: 3:56.38	1:22.24 250m: 6:42.13	1:22.31 350m: 9:27.75	1:22.55		
	100m: 2:34.14 1:22.52	200m: 5:19.82	1:23.44 300m: 8:05.20	1:23.07 400m: 10:44.36	1:16.61		