

Prova 15
25/04/2026 - 11:30

Masc., 400m Livres

Infantis
Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel, CARNEIRO	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 14	4:39.76	Francisco Lopes, AFONSO	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) 13	4:54.34	Lucas Pinto, RIBEIRO	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Afonso Novais, MOTA 50m: 33.00 33.00 100m: 1:10.37 37.37	216438	14	Natação Clube de Fafe 400m: 4:51.25 1:10.47	4:51.25	387
2.	Goncalo Samuel, SOARES 50m: 33.02 33.02 100m: 1:10.16 37.14	224723	14	Natação Clube de Fafe 400m: 4:51.42 1:11.94	4:51.42	386
3.	Jose Miguel, COELHO 50m: 30.87 30.87 100m: 1:06.90 36.03	214606	13	Peso da Regua 400m: 4:56.77 1:17.74	4:56.77	365
4.	Tomas Correia, FREITAS 50m: 33.33 33.33 100m: 1:11.11 37.78	216444	14	Natação Clube de Fafe 400m: 5:00.83 1:15.57	5:00.83	351
5.	Rodrigo Coutinho, MORAIS 50m: 34.20 34.20 100m: 1:11.28 37.08	218260	14	Academico Viseu Futebol Clube 400m: 5:01.20 1:14.61	5:01.20	349
6.	Santiago Teixeira, GARCIA 50m: 35.37 35.37 100m: 1:16.65 41.28	215491	14	Academico Viseu Futebol Clube 400m: 5:18.75 1:38.97	5:18.75	295
7.	Gabriel Ramos, LOPES 50m: 34.77 34.77 100m: 1:14.20 39.43	216439	14	Natação Clube de Fafe 400m: 5:24.13 1:24.26	5:24.13	280
8.	Lourenco Dias, PEREIRA 50m: 37.63 37.63 100m: 1:20.28 42.65	214190	13	Academico Viseu Futebol Clube 400m: 5:32.38 1:22.32	5:32.38	260
9.	Manuel Maria, FONSECA 50m: 35.99 35.99 100m: 1:18.38 42.39	212232	13	Academico Viseu Futebol Clube 400m: 5:35.37 1:23.17	5:35.37	253
10.	Gabriel Artilheiro, FRAGA 50m: 39.72 39.72 100m: 1:24.51 44.79	222499	13	Gcvr 400m: 5:46.19 1:22.00	5:46.19	230
11.	Santiago Marques, CORREIA 50m: 38.69 38.69 100m: 1:23.19 44.50	212228	14	Academico Viseu Futebol Clube 400m: 5:49.76 1:25.97	5:49.76	223
12.	G., GONCALVES FERREIRA 50m: 38.81 38.81 100m: 1:22.86 44.05	222975	14	Fnc 400m: 5:55.75 1:31.29	5:55.75	212
13.	David, SEQUEIRA SOBRAL 50m: 37.80 37.80 100m: 1:22.39 44.59	222996	14	Durius Ac Pesqueira 400m: 6:01.96 1:33.36	6:01.96	201
14.	Goncalo Soares, FARIA 50m: 39.70 39.70 100m: 1:28.10 48.40	225867	13	Natação Clube de Fafe 400m: 6:24.70 1:39.22	6:24.70	167

Prova 15
25/04/2026 - 11:30

Masc., 400m Livres

Juvenis
Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel, CARNEIRO	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 16	4:22.51	João Carlos, FERREIRA	GCVR	Braga	18/03/2000
Recorde Regional (25m) 15	4:21.50	Filipe Miguel, PIRES	FCV	Mirandela	07/03/2026

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Rafael Pires, PARENTE 50m: 30.16 30.16 100m: 1:02.94 32.78	213541	16	Academico Viseu Futebol Clube 400m: 4:23.94 1:06.82	4:23.94	520
2.	Tiago Daniel, PENSO 50m: 30.77 30.77 100m: 1:05.04 34.27	212425	15	Gcvr 400m: 4:28.33 1:05.82	4:28.33	494
3.	Afonso Saldanha, COSTA 50m: 32.25 32.25 100m: 1:09.43 37.18	206672	15	O Crasto 400m: 4:46.18 1:09.56	4:46.18	407
4.	Miguel Braz, ALVES 50m: 31.51 31.51 100m: 1:08.00 36.49	225334	15	Gcvr 400m: 4:54.20 1:14.72	4:54.20	375
5.	Nuno Pinto, OLIVEIRA 50m: 34.27 34.27 100m: 1:12.17 37.90	219466	16	Gcvr 400m: 4:56.39 1:13.54	4:56.39	367

Prova 15, Masc., 400m Livres, Juvenis

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
6.	Afonso Alexandre, PAIGA	216385	16	Durius Ac Pesqueira	5:20.61	290
	50m: 33.45 33.45	200m: 2:34.00 1:22.36		400m: 5:20.61 1:23.44		
	100m: 1:11.64 38.19	300m: 3:57.17 1:23.17				
7.	Guilherme, ALVES HORTA	222427	15	Fnc	5:24.28	280
	50m: 32.00 32.00	200m: 2:31.87 1:22.53		400m: 5:24.28 1:23.85		
	100m: 1:09.34 37.34	300m: 4:00.43 1:28.56				
8.	Rui Pedro, LOPES	216387	16	Durius Ac Pesqueira	6:12.37	185
	50m: 41.59 41.59	200m: 3:01.00 1:34.91		400m: 6:12.37 1:33.34		
	100m: 1:26.09 44.50	300m: 4:39.03 1:38.03				

Prova 15

25/04/2026 - 11:30

Masc., 400m Livres

Juniores e Seniores

Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel, CARNEIRO	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 19 +	4:12.55	Ivo Emanuel, CARNEIRO	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	Daniel Filipe, LOPES	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	Daniel Filipe, LOPES	CNIN	Mealhada	15/12/2012

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Martim Ribeiro, MENESES	200854	20	O Crasto	4:10.34	609
	50m: 27.87 27.87	200m: 2:02.53 1:03.69		400m: 4:10.34 1:02.50		
	100m: 58.84 30.97	300m: 3:07.84 1:05.31				
2.	Filipe Saldanha, COSTA	203900	17	O Crasto	4:26.48	505
	50m: 30.48 30.48	200m: 2:10.76 1:07.28		400m: 4:26.48 1:07.88		
	100m: 1:03.48 33.00	300m: 3:18.60 1:07.84				
3.	Vasco Henrique, SILVA	201107	18	Natação Clube de Fafe	4:27.96	496
	50m: 29.64 29.64	200m: 2:11.48 1:08.37		400m: 4:27.96 1:07.72		
	100m: 1:03.11 33.47	300m: 3:20.24 1:08.76				
4.	Joao Miguel, ROCHA	205562	17	Peso da Regua	4:32.15	474
	50m: 30.83 30.83	200m: 2:14.05 1:09.33		400m: 4:32.15 1:08.25		
	100m: 1:04.72 33.89	300m: 3:23.90 1:09.85				
5.	Guilherme Almeida, BIANCHI	210624	17	O Crasto	4:35.43	457
	50m: 29.65 29.65	200m: 2:14.68 1:10.68		400m: 4:35.43 1:09.22		
	100m: 1:04.00 34.35	300m: 3:26.21 1:11.53				
6.	Gabriel Neto, FERREIRA	203901	18	O Crasto	4:49.30	394
	50m: 31.15 31.15	200m: 2:20.75 1:14.19		400m: 4:49.30 1:13.27		
	100m: 1:06.56 35.41	300m: 3:36.03 1:15.28				
7.	Ruben Rafael, RIBEIRO	214746	17	Lousada Séc.XXI	5:04.67	338
	50m: 32.78 32.78	200m: 2:25.81 1:17.10		400m: 5:04.67 1:16.86		
	100m: 1:08.71 35.93	300m: 3:47.81 1:22.00				
8.	Diogo Ribeiro, BAPTISTA	151944	17	Gcvr	5:15.50	304
	50m: 34.09 34.09	100m: 1:12.46 38.37		200m: 2:33.24 1:20.78	400m: 5:15.50 2:42.26	
9.	Guilherme Lagoa, GUERRA	217394	17	Gcvr	5:26.75	274
	50m: 36.59 36.59	200m: 2:40.87 1:23.25		400m: 5:26.75 1:21.97		
	100m: 1:17.62 41.03	300m: 4:04.78 1:23.91				
10.	Robert Daniel, PUIAC	217398	17	Durius Ac Pesqueira	5:31.80	261
	50m: 36.82 36.82	200m: 2:44.39 1:26.03		400m: 5:31.80 1:21.51		
	100m: 1:18.36 41.54	300m: 4:10.29 1:25.90				
11.	Tiago Miguel, COSTA	220502	17	Durius Ac Pesqueira	6:00.21	204
	50m: 38.50 38.50	200m: 2:53.34 1:31.84		400m: 6:00.21 1:32.15		
	100m: 1:21.50 43.00	300m: 4:28.06 1:34.72				

Prova 15, Masc., 400m Livres

Prova 15

25/04/2026 - 11:30

Masc., 400m Livres

Absolutos
Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel, CARNEIRO	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 19 +	4:12.55	Ivo Emanuel, CARNEIRO	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	Daniel Filipe, LOPES	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	Daniel Filipe, LOPES	CNIN	Mealhada	15/12/2012
Recorde Regional (25m) 16	4:22.51	João Carlos, FERREIRA	GCVR	Braga	18/03/2000
Recorde Regional (25m) 15	4:21.50	Filipe Miguel, PIRES	FCV	Mirandela	07/03/2026
Recorde Regional (25m) 14	4:39.76	Francisco Lopes, AFONSO	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) 13	4:54.34	Lucas Pinto, RIBEIRO	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2025

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Martim Ribeiro, MENESES	200854	20	O Crasto	4:10.34	609
	50m: 27.87 27.87	200m: 2:02.53 1:03.69		400m: 4:10.34 1:02.50		
	100m: 58.84 30.97	300m: 3:07.84 1:05.31				
2.	Rafael Pires, PARENTE	213541	16	Academico Viseu Futebol Clube	4:23.94	520
	50m: 30.16 30.16	200m: 2:09.62 1:06.68		400m: 4:23.94 1:06.82		
	100m: 1:02.94 32.78	300m: 3:17.12 1:07.50				
3.	Filipe Saldanha, COSTA	203900	17	O Crasto	4:26.48	505
	50m: 30.48 30.48	200m: 2:10.76 1:07.28		400m: 4:26.48 1:07.88		
	100m: 1:03.48 33.00	300m: 3:18.60 1:07.84				
4.	Vasco Henrique, SILVA	201107	18	Natação Clube de Fafe	4:27.96	496
	50m: 29.64 29.64	200m: 2:11.48 1:08.37		400m: 4:27.96 1:07.72		
	100m: 1:03.11 33.47	300m: 3:20.24 1:08.76				
5.	Tiago Daniel, PENSO	212425	15	Gcvr	4:28.33	494
	50m: 30.77 30.77	200m: 2:14.17 1:09.13		400m: 4:28.33 1:05.82		
	100m: 1:05.04 34.27	300m: 3:22.51 1:08.34				
6.	Joao Miguel, ROCHA	205562	17	Peso da Regua	4:32.15	474
	50m: 30.83 30.83	200m: 2:14.05 1:09.33		400m: 4:32.15 1:08.25		
	100m: 1:04.72 33.89	300m: 3:23.90 1:09.85				
7.	Guilherme Almeida, BIANCHI	210624	17	O Crasto	4:35.43	457
	50m: 29.65 29.65	200m: 2:14.68 1:10.68		400m: 4:35.43 1:09.22		
	100m: 1:04.00 34.35	300m: 3:26.21 1:11.53				
8.	Afonso Saldanha, COSTA	206672	15	O Crasto	4:46.18	407
	50m: 32.25 32.25	200m: 2:23.26 1:13.83		400m: 4:46.18 1:09.56		
	100m: 1:09.43 37.18	300m: 3:36.62 1:13.36				
9.	Gabriel Neto, FERREIRA	203901	18	O Crasto	4:49.30	394
	50m: 31.15 31.15	200m: 2:20.75 1:14.19		400m: 4:49.30 1:13.27		
	100m: 1:06.56 35.41	300m: 3:36.03 1:15.28				
10.	Afonso Novais, MOTA	216438	14	Natação Clube de Fafe	4:51.25	387
	50m: 33.00 33.00	200m: 2:26.43 1:16.06		400m: 4:51.25 1:10.47		
	100m: 1:10.37 37.37	300m: 3:40.78 1:14.35				
11.	Goncalo Samuel, SOARES	224723	14	Natação Clube de Fafe	4:51.42	386
	50m: 33.02 33.02	200m: 2:25.73 1:15.57		400m: 4:51.42 1:11.94		
	100m: 1:10.16 37.14	300m: 3:39.48 1:13.75				
12.	Miguel Braz, ALVES	225334	15	Gcvr	4:54.20	375
	50m: 31.51 31.51	200m: 2:22.45 1:14.45		400m: 4:54.20 1:14.72		
	100m: 1:08.00 36.49	300m: 3:39.48 1:17.03				
13.	Nuno Pinto, OLIVEIRA	219466	16	Gcvr	4:56.39	367
	50m: 34.27 34.27	200m: 2:27.03 1:14.86		400m: 4:56.39 1:13.54		
	100m: 1:12.17 37.90	300m: 3:42.85 1:15.82				
14.	Jose Miguel, COELHO	214606	13	Peso da Regua	4:56.77	365
	50m: 30.87 30.87	200m: 2:22.68 1:15.78		400m: 4:56.77 1:17.74		
	100m: 1:06.90 36.03	300m: 3:39.03 1:16.35				
15.	Tomas Correia, FREITAS	216444	14	Natação Clube de Fafe	5:00.83	351
	50m: 33.33 33.33	200m: 2:27.17 1:16.06		400m: 5:00.83 1:15.57		
	100m: 1:11.11 37.78	300m: 3:45.26 1:18.09				
16.	Rodrigo Coutinho, MORAIS	218260	14	Academico Viseu Futebol Clube	5:01.20	349
	50m: 34.20 34.20	200m: 2:28.13 1:16.85		400m: 5:01.20 1:14.61		
	100m: 1:11.28 37.08	300m: 3:46.59 1:18.46				
17.	Ruben Rafael, RIBEIRO	214746	17	Lousada Séc.XXI	5:04.67	338
	50m: 32.78 32.78	200m: 2:25.81 1:17.10		400m: 5:04.67 1:16.86		
	100m: 1:08.71 35.93	300m: 3:47.81 1:22.00				
18.	Diogo Ribeiro, BAPTISTA	151944	17	Gcvr	5:15.50	304
	50m: 34.09 34.09	100m: 1:12.46 38.37		200m: 2:33.24 1:20.78	400m: 5:15.50 2:42.26	
19.	Santiago Teixeira, GARCIA	215491	14	Academico Viseu Futebol Clube	5:18.75	295
	50m: 35.37 35.37	200m: 2:38.59 1:21.94		400m: 5:18.75 1:38.97		
	100m: 1:16.65 41.28	300m: 3:39.78 1:01.19				
20.	Afonso Alexandre, PAIGA	216385	16	Durius Ac Pesqueira	5:20.61	290
	50m: 33.45 33.45	200m: 2:34.00 1:22.36		400m: 5:20.61 1:23.44		
	100m: 1:11.64 38.19	300m: 3:57.17 1:23.17				
21.	Gabriel Ramos, LOPES	216439	14	Natação Clube de Fafe	5:24.13	280
	50m: 34.77 34.77	200m: 2:35.56 1:21.36		400m: 5:24.13 1:24.26		
	100m: 1:14.20 39.43	300m: 3:59.87 1:24.31				

Prova 15, Masc., 400m Livres, Absolutos

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
22.	Guilherme, ALVES HORTA	222427	15	Fnc	5:24.28	280
	50m: 32.00 32.00	200m: 2:31.87 1:22.53		400m: 5:24.28 1:23.85		
	100m: 1:09.34 37.34	300m: 4:00.43 1:28.56				
23.	Guilherme Lagoa, GUERRA	217394	17	Gcvr	5:26.75	274
	50m: 36.59 36.59	200m: 2:40.87 1:23.25		400m: 5:26.75 1:21.97		
	100m: 1:17.62 41.03	300m: 4:04.78 1:23.91				
24.	Robert Daniel, PUIAC	217398	17	Durius Ac Pesqueira	5:31.80	261
	50m: 36.82 36.82	200m: 2:44.39 1:26.03		400m: 5:31.80 1:21.51		
	100m: 1:18.36 41.54	300m: 4:10.29 1:25.90				
25.	Lourenco Dias, PEREIRA	214190	13	Academico Viseu Futebol Clube	5:32.38	260
	50m: 37.63 37.63	200m: 2:45.23 1:24.95		400m: 5:32.38 1:22.32		
	100m: 1:20.28 42.65	300m: 4:10.06 1:24.83				
26.	Manuel Maria, FONSECA	212232	13	Academico Viseu Futebol Clube	5:35.37	253
	50m: 35.99 35.99	200m: 2:46.20 1:27.82		400m: 5:35.37 1:23.17		
	100m: 1:18.38 42.39	300m: 4:12.20 1:26.00				
27.	Gabriel Artilheiro, FRAGA	222499	13	Gcvr	5:46.19	230
	50m: 39.72 39.72	200m: 2:55.66 1:31.15		400m: 5:46.19 1:22.00		
	100m: 1:24.51 44.79	300m: 4:24.19 1:28.53				
28.	Santiago Marques, CORREIA	212228	14	Academico Viseu Futebol Clube	5:49.76	223
	50m: 38.69 38.69	200m: 2:53.79 1:30.60		400m: 5:49.76 1:25.97		
	100m: 1:23.19 44.50	300m: 4:23.79 1:30.00				
29.	G., GONCALVES FERREIRA	222975	14	Fnc	5:55.75	212
	50m: 38.81 38.81	200m: 2:53.50 1:30.64		400m: 5:55.75 1:31.29		
	100m: 1:22.86 44.05	300m: 4:24.46 1:30.96				
30.	Tiago Miguel, COSTA	220502	17	Durius Ac Pesqueira	6:00.21	204
	50m: 38.50 38.50	200m: 2:53.34 1:31.84		400m: 6:00.21 1:32.15		
	100m: 1:21.50 43.00	300m: 4:28.06 1:34.72				
31.	David, SEQUEIRA SOBRAL	222996	14	Durius Ac Pesqueira	6:01.96	201
	50m: 37.80 37.80	200m: 2:54.80 1:32.41		400m: 6:01.96 1:33.36		
	100m: 1:22.39 44.59	300m: 4:28.60 1:33.80				
32.	Rui Pedro, LOPES	216387	16	Durius Ac Pesqueira	6:12.37	185
	50m: 41.59 41.59	200m: 3:01.00 1:34.91		400m: 6:12.37 1:33.34		
	100m: 1:26.09 44.50	300m: 4:39.03 1:38.03				
33.	Goncalo Soares, FARIA	225867	13	Natação Clube de Fafe	6:24.70	167
	50m: 39.70 39.70	200m: 3:06.57 1:38.47		400m: 6:24.70 1:39.22		
	100m: 1:28.10 48.40	300m: 4:45.48 1:38.91				