



Torneio Nadador Completo de Categorias
Caldas da Rainha, 2 - 3/5/2026

Prova 7

Masc., 400m Livres

Junior

02/05/2026 - 18:20

Resultados

Recordes Nacionais 25m Open	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

Pontos: AQUA 2025

Lugar			Ano			Tempo final	Pts
1.	Paulo, KOT		09	Nautico Marinha Grande		4:08.90	620
	50m: 28.35	150m: 1:30.24	250m: 2:33.16	350m: 3:36.85			
	100m: 59.01	200m: 2:01.84	300m: 3:04.85	400m: 4:08.90			
2.	Tomas Pascoal, FERREIRA		09	Ba Leiria / Sk Coffee		4:13.22	588
	50m: 28.34	150m: 1:31.54	250m: 2:36.41	350m: 3:42.19			
	100m: 59.80	200m: 2:03.90	300m: 3:09.45	400m: 4:13.22			
3.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande		4:13.35	588
	50m: 29.34	150m: 1:34.06	250m: 2:39.57	350m: 3:43.05			
	100m: 1:01.41	200m: 2:07.53	300m: 3:11.60	400m: 4:13.35			
4.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai		4:25.98	508
	50m: 29.79	150m: 1:37.22	250m: 2:44.80	350m: 3:52.93			
	100m: 1:03.64	200m: 2:11.17	300m: 3:18.78	400m: 4:25.98			
5.	Santiago Marques, GOMES		09	Ba Leiria / Sk Coffee		4:29.61	487
	50m: 29.40	150m: 1:35.70	250m: 2:46.03	350m: 3:55.47			
	100m: 1:01.93	200m: 2:10.80	300m: 3:20.64	400m: 4:29.61			
6.	David Ferrador, PEREIRA		09	Nucleo de Pombal		4:31.72	476
	50m: 30.58	150m: 1:39.99	250m: 2:49.05	350m: 3:58.13			
	100m: 1:04.56	200m: 2:15.22	300m: 3:23.57	400m: 4:31.72			
7.	Tiago Santos, POMBO		08	Alcobaca		4:32.02	475
	50m: 29.49	150m: 1:36.57	250m: 2:47.51	350m: 3:58.85			
	100m: 1:02.32	200m: 2:11.61	300m: 3:23.51	400m: 4:32.02			
8.	Martim Alexandre, MESQUITA		09	Nautico Marinha Grande		4:34.78	460
	50m: 31.31	150m: 1:40.46	250m: 2:51.18	350m: 4:01.88			
	100m: 1:05.26	200m: 2:16.19	300m: 3:26.46	400m: 4:34.78			
9.	Diogo Coelho, JORDAO		08	Alcobaca		4:34.96	459
	50m: 29.51	150m: 1:38.12	250m: 2:49.51	350m: 4:01.11			
	100m: 1:03.07	200m: 2:13.88	300m: 3:25.08	400m: 4:34.96			
10.	Xinyang, CHENG		09	Nautico Marinha Grande		4:40.00	435
	50m: 30.34	150m: 1:39.12	250m: 2:50.57	350m: 4:04.11			
	100m: 1:04.11	200m: 2:14.74	300m: 3:27.17	400m: 4:40.00			
11.	Pedro Fonseca, OLIVEIRA		09	Nautico Marinha Grande		4:43.87	418
	50m: 31.21	150m: 1:41.28	250m: 2:54.01	350m: 4:08.71			
	100m: 1:05.86	200m: 2:17.34	300m: 3:31.20	400m: 4:43.87			
12.	Afonso Matos, CORREIA		09	Nucleo de Pombal		4:46.24	407
	50m: 31.10	150m: 1:44.85	250m: 2:57.74	350m: 4:11.14			
	100m: 1:07.50	200m: 2:21.44	300m: 3:34.72	400m: 4:46.24			
13.	Luis Pedro, VALERIO		09	Ba Leiria / Sk Coffee		4:49.87	392
	50m: 31.95	150m: 1:43.48	250m: 2:57.68	350m: 4:12.97			
	100m: 1:07.42	200m: 2:20.38	300m: 3:35.23	400m: 4:49.87			
14.	Francisco Lourenco, CUSTODIO		09	Naval da Nazaré		4:51.61	385
	50m: 31.64	150m: 1:44.38	250m: 3:00.38	350m: 4:16.19			
	100m: 1:07.51	200m: 2:22.61	300m: 3:38.54	400m: 4:51.61			
15.	Afonso Nunes, MARCELINO		08	Nucleo de Pombal		5:03.93	340
	50m: 32.77	150m: 1:49.18	250m: 3:08.54	350m: 4:28.30			
	100m: 1:10.46	200m: 2:29.31	300m: 3:48.80	400m: 5:03.93			



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Prova 7, Masc., 400m Livres, Junior

Lugar	Ano	Tempo final	Pts
16. Alexandre Afonso, SANTOS	09 Uniao Juncalense	5:25.23	277
50m: 33.41	150m: 1:53.96	250m: 3:19.73	350m: 4:44.18
100m: 1:12.55	200m: 2:36.79	300m: 4:03.09	400m: 5:25.23

Prova 7 Masc., 400m Livres Senior Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS	06 Pimpoes/Cimai	4:21.23	536
50m: 28.73	150m: 1:33.58	250m: 2:40.53	350m: 3:48.25
100m: 1:00.82	200m: 2:07.00	300m: 3:14.42	400m: 4:21.23
EXH Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	4:01.74	676
50m: 27.53	150m: 1:28.68	250m: 2:31.23	350m: 3:32.55
100m: 57.78	200m: 1:59.84	300m: 3:03.13	400m: 4:01.74
EXH Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:13.93	583
50m: 28.55	150m: 1:31.35	250m: 2:36.63	350m: 3:42.29
100m: 59.70	200m: 2:03.98	300m: 3:09.51	400m: 4:13.93
EXH David Ferreira, RELVAS	03 Nautico Marinha Grande	4:14.34	581
50m: 29.28	150m: 1:33.82	250m: 2:38.59	350m: 3:42.43
100m: 1:01.06	200m: 2:07.02	300m: 3:10.30	400m: 4:14.34
EXH Santiago Boica, SOUSA	08 Vieiraense	4:27.60	498
50m: 27.95	150m: 1:33.50	250m: 2:43.46	350m: 3:54.21
100m: 59.94	200m: 2:08.23	300m: 3:19.00	400m: 4:27.60
EXH Dinis Lamas, SANTOS	10 Ba Leiria / Sk Coffee	4:33.83	465
50m: 29.73	150m: 1:38.69	250m: 2:48.40	350m: 3:59.56
100m: 1:03.82	200m: 2:13.37	300m: 3:23.91	400m: 4:33.83
EXH Hugo Miguel, SANTOS	09 Pimpoes/Cimai	4:36.47	452
50m: 31.10	150m: 1:41.05	250m: 2:51.64	350m: 4:02.31
100m: 1:05.72	200m: 2:16.59	300m: 3:26.45	400m: 4:36.47
EXH Joao Santos, ALMEIDA	11 Ba Leiria / Sk Coffee	4:48.57	397
50m: 32.09	150m: 1:44.07	250m: 2:57.69	350m: 4:12.22
100m: 1:07.61	200m: 2:20.87	300m: 3:35.00	400m: 4:48.57
EXH Francisco Antonio, SIMOES	10 Ba Leiria / Sk Coffee	4:53.84	376
50m: 34.00	150m: 1:48.66	250m: 3:04.80	350m: 4:19.32
100m: 1:11.09	200m: 2:26.69	300m: 3:41.91	400m: 4:53.84
EXH Dinis Morgado, FERREIRA	11 Ba Leiria / Sk Coffee	5:06.46	332
50m: 32.98	150m: 1:48.39	250m: 3:06.48	350m: 4:27.03
100m: 1:09.92	200m: 2:27.63	300m: 3:47.17	400m: 5:06.46
EXH Francisco Enes, ALVES	10 Ba Leiria / Sk Coffee	5:11.89	315
50m: 34.45	150m: 1:51.78	250m: 3:12.46	350m: 4:33.74
100m: 1:12.18	200m: 2:32.08	300m: 3:53.51	400m: 5:11.89
EXH Tomas Ferreira, CARVALHO	11 Ba Leiria / Sk Coffee	5:20.59	290
50m: 36.01	150m: 1:57.65	250m: 3:21.23	350m: 4:43.68
100m: 1:16.08	200m: 2:39.39	300m: 4:02.61	400m: 5:20.59