



3º Torregri de Cadetes  
Porto de Mós, 6 - 7/6/2026



Prova 27  
07/06/2026 - 12:00

Masc., 400m Livres

Cadetes A  
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts		
1.	Francisco Meca, SILVA		14	Nautico Marinha Grande				<b>5:25.04</b>	278		
	50m:	37.68 37.68	150m:	2:03.32	44.10	250m:	3:24.79	42.29	350m:	4:46.97	42.29
	100m:	1:19.22 41.54	200m:	2:42.50	39.18	300m:	4:04.68	39.89	400m:	5:25.04	38.07
2.	Hao Yang, CHENG		14	Nautico Marinha Grande				<b>5:53.57</b>	216		
	50m:	39.12 39.12	150m:	2:10.15	46.23	250m:	3:41.45	45.39	350m:	5:12.87	45.85
	100m:	1:23.92 44.80	200m:	2:56.06	45.91	300m:	4:27.02	45.57	400m:	5:53.57	40.70
3.	Tomas Santos, MATIAS		14	Alcobaca				<b>5:56.00</b>	211		
	50m:	40.18 40.18	150m:	2:13.25	46.67	250m:	3:45.75	45.85	350m:	5:14.50	44.22
	100m:	1:26.58 46.40	200m:	2:59.90	46.65	300m:	4:30.28	44.53	400m:	5:56.00	41.50
4.	Mateus Matos, MORADO		14	CNLeiria - VOID				<b>6:00.86</b>	203		
	50m:	36.78 36.78	150m:	2:09.21	47.65	250m:	3:43.06	46.53	350m:	5:15.00	45.79
	100m:	1:21.56 44.78	200m:	2:56.53	47.32	300m:	4:29.21	46.15	400m:	6:00.86	45.86
5.	Romeu Filipe, SOUSA		14	Nautico Marinha Grande				<b>6:01.73</b>	202		
	50m:	40.91 40.91	150m:	2:13.28	46.69	250m:	3:47.06	46.40	350m:	5:20.23	46.57
	100m:	1:26.59 45.68	200m:	3:00.66	47.38	300m:	4:33.66	46.60	400m:	6:01.73	41.50
6.	Eduardo, TATARU		14	Ba Leiria / Sk Coffee				<b>6:08.99</b>	190		
	50m:	39.56 39.56	150m:	2:16.06	48.57	250m:	3:52.35	47.47	350m:	5:28.17	47.33
	100m:	1:27.49 47.93	200m:	3:04.88	48.82	300m:	4:40.84	48.49	400m:	6:08.99	40.82
7.	Matheus Silva, SANTOS		14	Pimpoes/Cimai				<b>6:12.59</b>	184		
	50m:	39.19 39.19	150m:	2:12.79	46.92	250m:	3:47.19	48.17	350m:	5:26.12	51.00
	100m:	1:25.87 46.68	200m:	2:59.02	46.23	300m:	4:35.12	47.93	400m:	6:12.59	46.47
8.	Miguel Pereira, ROQUE		14	Alpha Infiniti Athlete				<b>6:16.22</b>	179		
	50m:	42.25 42.25	150m:	2:20.16	49.38	250m:	3:56.78	47.95	350m:	5:31.65	46.72
	100m:	1:30.78 48.53	200m:	3:08.83	48.67	300m:	4:44.93	48.15	400m:	6:16.22	44.57
9.	Salvador Santos, VAZ		14	Vieirense				<b>6:27.47</b>	164		
	50m:	44.00 44.00	150m:	2:25.16	50.82	250m:	4:03.46	49.70	350m:	5:41.71	48.39
	100m:	1:34.34 50.34	200m:	3:13.76	48.60	300m:	4:53.32	49.86	400m:	6:27.47	45.76
10.	Rodrigo Cruz, ALVES		14	Nautico Marinha Grande				<b>6:32.93</b>	157		
	50m:	45.11 45.11	150m:	2:26.56	51.20	250m:	4:09.71	51.25	350m:	5:49.71	48.25
	100m:	1:35.36 50.25	200m:	3:18.46	51.90	300m:	5:01.46	51.75	400m:	6:32.93	43.22
11.	Afonso Miguel, SANTOS		14	Nautico Marinha Grande				<b>6:35.74</b>	154		
	50m:	44.81 44.81	150m:	2:26.84	52.27	250m:	4:10.96	51.54	350m:	5:51.31	49.57
	100m:	1:34.57 49.76	200m:	3:19.42	52.58	300m:	5:01.74	50.78	400m:	6:35.74	44.43
12.	Afonso Daniel, BRITO		14	Pimpoes/Cimai				<b>6:36.34</b>	153		
	50m:	45.19 45.19	150m:	2:26.49	52.15	250m:	4:10.91	52.12	350m:	5:53.94	52.00
	100m:	1:34.34 49.15	200m:	3:18.79	52.30	300m:	5:01.94	51.03	400m:	6:36.34	42.40
13.	Tymofii Chikov, PORADYUK		14	Alcobaca				<b>6:36.67</b>	153		
	50m:	42.87 42.87	150m:	2:24.70	50.89	250m:	4:06.74	51.39	350m:	5:48.13	51.03
	100m:	1:33.81 50.94	200m:	3:15.35	50.65	300m:	4:57.10	50.36	400m:	6:36.67	48.54
14.	Simao, VIEIRA		14	Alcobaca				<b>6:41.92</b>	147		
	50m:	43.99 43.99	150m:	2:28.71	53.29	250m:	4:13.96	52.32	350m:	5:55.97	50.05
	100m:	1:35.42 51.43	200m:	3:21.64	52.93	300m:	5:05.92	51.96	400m:	6:41.92	45.95
15.	Demian, DUDINOV		14	Naval de Peniche				<b>6:45.55</b>	143		
	50m:	44.20 44.20	150m:	2:25.19	50.32	250m:	4:10.44	52.97	350m:	5:56.69	53.18
	100m:	1:34.87 50.67	200m:	3:17.47	52.28	300m:	5:03.51	53.07	400m:	6:45.55	48.86
16.	Angelo Poudeian, SILVA		14	Nautico Marinha Grande				<b>7:02.54</b>	126		
	50m:	46.79 46.79	150m:	2:35.57	55.35	250m:	4:27.57	57.95	350m:	6:16.72	55.73
	100m:	1:40.22 53.43	200m:	3:29.62	54.05	300m:	5:20.99	53.42	400m:	7:02.54	45.82
17.	Martim Raminhos, SILVA		14	Pimpoes/Cimai				<b>7:02.78</b>	126		
	50m:	49.17 49.17	150m:	2:39.11	56.39	250m:	4:27.28	53.95	350m:	6:14.50	52.77
	100m:	1:42.72 53.55	200m:	3:33.33	54.22	300m:	5:21.73	54.45	400m:	7:02.78	48.28



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Lugar	Ano	Tempo final	Pts
18. Bruno Miguel, POMBO	14 Alcobaca	<b>7:10.11</b>	120
50m: 49.97 49.97	150m: 2:37.50 53.75	250m: 4:28.93 56.82	350m: 6:20.86 51.36
100m: 1:43.75 53.78	200m: 3:32.11 54.61	300m: 5:29.50 1:00.57	400m: 7:10.11 49.25
19. Afonso Pereira, MARRAZES	14 Nautico Marinha Grande	<b>7:24.49</b>	108
50m: 48.85 48.85	150m: 2:39.52 56.42	250m: 4:34.03 57.22	350m: 6:28.85 57.47
100m: 1:43.10 54.25	200m: 3:36.81 57.29	300m: 5:31.38 57.35	400m: 7:24.49 55.64
20. Duarte Figueiredo, GRACIO	14 Vieiraense	<b>7:33.19</b>	102
50m: 49.90 49.90	150m: 2:43.87 58.15	250m: 4:40.08 57.36	350m: 6:38.05 59.18
100m: 1:45.72 55.82	200m: 3:42.72 58.85	300m: 5:38.87 58.79	400m: 7:33.19 55.14
21. Guilherme Carvalho, FERREIRA	14 Nucleo de Pombal	<b>7:36.28</b>	100
50m: 50.56 50.56	150m: 2:45.93 57.62	250m: 4:44.18 59.90	350m: 6:43.06 58.00
100m: 1:48.31 57.75	200m: 3:44.28 58.35	300m: 5:45.06 1:00.88	400m: 7:36.28 53.22
22. Simao Oliveira, FERNANDES	14 Vieiraense	<b>7:37.64</b>	99
50m: 46.28 46.28	150m: 2:41.89 58.47	250m: 4:42.64 1:00.92	350m: 6:40.07 58.50
100m: 1:43.42 57.14	200m: 3:41.72 59.83	300m: 5:41.57 58.93	400m: 7:37.64 57.57
23. Abdullo, TUYCHIEV	14 Ba Leiria / Sk Coffee	<b>7:53.31</b>	90
50m: 51.74 51.74	150m: 2:54.39 1:01.97	250m: 4:56.67 1:00.50	350m: 6:53.49 58.64
100m: 1:52.42 1:00.68	200m: 3:56.17 1:01.78	300m: 5:54.85 58.18	400m: 7:53.31 59.82
24. Filipe Melo, FERREIRA	14 CNLeiria - VOID	<b>8:07.19</b>	82
50m: 54.50 54.50	150m: 3:00.81 1:04.90	250m: 5:08.51 1:02.78	350m: 7:08.87 56.06
100m: 1:55.91 1:01.41	200m: 4:05.73 1:04.92	300m: 6:12.81 1:04.30	400m: 8:07.19 58.32
25. Carlos Manuel, PEREIRA	14 CNLeiria - VOID	<b>9:49.31</b>	46
50m: 57.99 57.99	150m: 3:26.53 1:15.00	250m: 6:03.34 1:17.92	350m: 8:36.78 1:15.61
100m: 2:11.53 1:13.54	200m: 4:45.42 1:18.89	300m: 7:21.17 1:17.83	400m: 9:49.31 1:12.53