

Prova 11  
26/04/2026

Masc., 400m Livres

Juvenil  
Resultados Final

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReacPts AQUA	PONTOS
1.	Duarte Moura Mendes	11	Torres Novas	<b>4:16.96</b>	563	13,00
	50m: 29.45 150m: 1:35.51 250m: 2:40.92 350m: 3:46.19					
	100m: 1:01.90 200m: 2:09.08 300m: 3:13.89 400m: 4:16.96					
2.	Francisco Maria Dias	11	Viver Santarem	<b>4:40.97</b>	431	11,00
	50m: 30.53 150m: 1:41.76 250m: 2:54.68 350m: 4:06.91					
	100m: 1:05.66 200m: 2:18.11 300m: 3:31.04 400m: 4:40.97					
3.	Martim Miguel Santos	11	Rio Maior	<b>4:42.64</b>	423	10,00
	50m: 31.80 150m: 1:43.62 250m: 2:57.31 350m: 4:09.39					
	100m: 1:07.01 200m: 2:20.20 300m: 3:33.59 400m: 4:42.64					
4.	Artur Alexandre Silva	11	20Km de Almeirim	<b>4:48.43</b>	398	9,00
	50m: 33.28 150m: 1:46.42 250m: 3:00.91 350m: 4:14.65					
	100m: 1:09.31 200m: 2:23.55 300m: 3:37.77 400m: 4:48.43					
5.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	<b>4:48.90</b>	396	8,00
	50m: 31.33 150m: 1:43.58 250m: 2:58.06 350m: 4:14.17					
	100m: 1:06.72 200m: 2:21.15 300m: 3:35.87 400m: 4:48.90					
6.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	<b>5:06.16</b>	333	7,00
	50m: 33.73 150m: 1:51.11 250m: 3:09.73 350m: 4:28.49					
	100m: 1:12.05 200m: 2:30.44 300m: 3:48.97 400m: 5:06.16					

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26/04/2026

Masc., 400m Livres

Absolutos  
Resultados Final

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReacPts AQUA	PONTOS
1.	Rafael Lin Moniz	09	Palmela	<b>4:06.99</b>	634	13,00
	50m: 27.69 150m: 1:29.60 250m: 2:32.66 350m: 3:36.47					
	100m: 58.21 200m: 2:01.20 300m: 3:04.62 400m: 4:06.99					
2.	Gabriel Antunes Ramos	09	Rio Maior	<b>4:30.50</b>	483	11,00
	50m: 30.51 150m: 1:39.92 250m: 2:49.61 350m: 3:57.71					
	100m: 1:05.29 200m: 2:15.26 300m: 3:24.25 400m: 4:30.50					
3.	Simao Rocha Silva	07	Gualdim Pais	<b>4:36.75</b>	451	10,00
	50m: 31.06 150m: 1:40.30 250m: 2:51.10 350m: 4:02.22					
	100m: 1:05.34 200m: 2:15.82 300m: 3:26.63 400m: 4:36.75					
4.	Rafael Caceres Lopes	04	Palmela	<b>4:46.68</b>	405	9,00
	50m: 31.62 150m: 1:42.95 250m: 2:56.06 350m: 4:09.82					
	100m: 1:06.91 200m: 2:18.90 300m: 3:32.84 400m: 4:46.68					
5.	Dinis Maria Garcia	09	Nautico Abrantes	<b>4:52.82</b>	380	8,00
	50m: 32.68 150m: 1:46.49 250m: 3:02.91 350m: 4:16.95					
	100m: 1:09.25 200m: 2:24.58 300m: 3:39.98 400m: 4:52.82					