

Prova 16  
30/05/2026

Masc., 1500m Livres

Open  
Resultados

Recorde Nacional Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Recorde Nacional Jun A	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Recorde Nacional Jun B	15:42.78	PEREIRA Rui Silva	POR	Samorin (SVK)	02/07/2025
Recorde Nacional Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Recorde Nacional Juv B	16:11.75	PEREIRA Rui Silva	POR	Coimbra	27/05/2023
Recorde Nacional Inf A	16:43.48	OLIVEIRA Pedro Fontoura	CFB	Rio Maior	19/06/2004
Recorde Nacional Inf B	17:21.58	OLIVEIRA Pedro Fontoura	CFB	Restelo	27/07/2003
Recorde Meeting	15:38.25	PARENTE Jose Meireles	POR	Coimbra	19/05/2007

TAC Abs Mas 17 +: 18:04.05 / TAC Juv Mas - 16: 19:19.93

Pontos: AQUA 2026

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
1.	CARDOSO Diogo Santos	01		Sporting	<b>16:08.38</b>	<b>+0.58</b>	726	24.0(-)
	50m: 29.87 29.87	450m: 4:52.79	32.81	850m: 9:13.11	32.29	1250m: 13:30.20	32.22	
	100m: 1:02.46 32.59	500m: 5:25.64	32.85	900m: 9:45.29	32.18	1300m: 14:02.38	32.18	
	150m: 1:35.28 32.82	550m: 5:58.34	32.70	950m: 10:17.35	32.06	1350m: 14:34.49	32.11	
	200m: 2:08.15 32.87	600m: 6:30.99	32.65	1000m: 10:49.59	32.24	1400m: 15:06.75	32.26	
	250m: 2:41.06 32.91	650m: 7:03.53	32.54	1050m: 11:21.49	31.90	1450m: 15:38.34	31.59	
	300m: 3:14.18 33.12	700m: 7:36.05	32.52	1100m: 11:53.53	32.04	1500m: 16:08.38	30.04	
	350m: 3:47.09 32.91	750m: 8:08.45	32.40	1150m: 12:25.78	32.25			
	400m: 4:19.98 32.89	800m: 8:40.82	32.37	1200m: 12:57.98	32.20			
2.	ASMAR Axel Guedes	07		Sporting	<b>16:17.07</b>	<b>+0.58</b>	707	20.0(-)
	50m: 30.02 30.02	450m: 4:53.30	32.99	850m: 9:14.22	32.55	1250m: 13:34.69	32.89	
	100m: 1:03.05 33.03	500m: 5:26.05	32.75	900m: 9:46.32	32.10	1300m: 14:07.06	32.37	
	150m: 1:35.77 32.72	550m: 5:58.96	32.91	950m: 10:18.89	32.57	1350m: 14:40.19	33.13	
	200m: 2:08.59 32.82	600m: 6:31.59	32.63	1000m: 10:51.36	32.47	1400m: 15:13.07	32.88	
	250m: 2:41.84 33.25	650m: 7:04.44	32.85	1050m: 11:24.20	32.84	1450m: 15:46.18	33.11	
	300m: 3:14.54 32.70	700m: 7:36.62	32.18	1100m: 11:56.40	32.20	1500m: 16:17.07	30.89	
	350m: 3:47.77 33.23	750m: 8:09.17	32.55	1150m: 12:29.43	33.03			
	400m: 4:20.31 32.54	800m: 8:41.67	32.50	1200m: 13:01.80	32.37			
3.	SIMOES Bernardo Jorge	04		Os Belenenses	<b>16:26.91</b>	<b>+0.68</b>	686	16.0(-)
	50m: 29.69 29.69	450m: 4:54.40	33.03	850m: 9:18.87	32.98	1250m: 13:43.65	33.48	
	100m: 1:02.22 32.53	500m: 5:27.31	32.91	900m: 9:51.55	32.68	1300m: 14:16.32	32.67	
	150m: 1:35.41 33.19	550m: 6:00.46	33.15	950m: 10:24.72	33.17	1350m: 14:50.22	33.90	
	200m: 2:08.77 33.36	600m: 6:33.30	32.84	1000m: 10:57.50	32.78	1400m: 15:22.77	32.55	
	250m: 2:41.86 33.09	650m: 7:06.60	33.30	1050m: 11:30.85	33.35	1450m: 15:54.62	31.85	
	300m: 3:14.79 32.93	700m: 7:39.54	32.94	1100m: 12:03.86	33.01	1500m: 16:26.91	32.29	
	350m: 3:48.21 33.42	750m: 8:12.92	33.38	1150m: 12:37.30	33.44			
	400m: 4:21.37 33.16	800m: 8:45.89	32.97	1200m: 13:10.17	32.87			
4.	MARQUES Duarte Cachulo	07		Condeixa Aqua Clube	<b>16:36.71</b>	<b>+0.59</b>	666	14.0(-)
	50m: 30.01 30.01	450m: 4:53.04	32.80	850m: 9:15.00	33.07	1250m: 13:46.06	33.97	
	100m: 1:02.19 32.18	500m: 5:26.20	33.16	900m: 9:48.33	33.33	1300m: 14:19.52	33.46	
	150m: 1:35.31 33.12	550m: 5:58.59	32.39	950m: 10:22.34	34.01	1350m: 14:54.22	34.70	
	200m: 2:08.51 33.20	600m: 6:31.52	32.93	1000m: 10:56.43	34.09	1400m: 15:28.24	34.02	
	250m: 2:41.21 32.70	650m: 7:03.83	32.31	1050m: 11:30.53	34.10	1450m: 16:02.83	34.59	
	300m: 3:14.56 33.35	700m: 7:36.59	32.76	1100m: 12:04.68	34.15	1500m: 16:36.71	33.88	
	350m: 3:47.31 32.75	750m: 8:08.93	32.34	1150m: 12:39.08	34.40			
	400m: 4:20.24 32.93	800m: 8:41.93	33.00	1200m: 13:12.09	33.01			
5.	MONTEIRO Afonso Carvalho	10		Famalicao	<b>16:56.41</b>	<b>+0.63</b>	628	12.0(-)
	50m: 29.82 29.82	450m: 4:59.68	33.87	850m: 9:32.84	34.03	1250m: 14:06.96	34.21	
	100m: 1:02.91 33.09	500m: 5:33.71	34.03	900m: 10:07.15	34.31	1300m: 14:41.57	34.61	
	150m: 1:36.25 33.34	550m: 6:07.60	33.89	950m: 10:41.27	34.12	1350m: 15:15.77	34.20	
	200m: 2:10.01 33.76	600m: 6:42.09	34.49	1000m: 11:15.67	34.40	1400m: 15:50.49	34.72	
	250m: 2:43.71 33.70	650m: 7:16.04	33.95	1050m: 11:49.54	33.87	1450m: 16:24.31	33.82	
	300m: 3:17.49 33.78	700m: 7:50.59	34.55	1100m: 12:24.45	34.91	1500m: 16:56.41	32.10	
	350m: 3:51.55 34.06	750m: 8:24.47	33.88	1150m: 12:58.39	33.94			
	400m: 4:25.81 34.26	800m: 8:58.81	34.34	1200m: 13:32.75	34.36			

**Prova 16, Masc., 1500m Livres, Open**

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
6.	<b>ARAUJO Dinis Goncalves</b>	10		<b>Cnac</b>	<b>17:34.62</b>	<b>+0.65</b>	<b>562</b>	<b>10.0(-)</b>
	50m: 31.65 31.65	450m: 5:14.97	35.90	850m: 9:57.19	35.17	1250m: 14:39.55	35.55	
	100m: 1:05.70 34.05	500m: 5:50.69	35.72	900m: 10:32.44	35.25	1300m: 15:15.21	35.66	
	150m: 1:40.81 35.11	550m: 6:26.24	35.55	950m: 11:07.90	35.46	1350m: 15:50.64	35.43	
	200m: 2:16.52 35.71	600m: 7:01.84	35.60	1000m: 11:43.04	35.14	1400m: 16:25.70	35.06	
	250m: 2:52.53 36.01	650m: 7:37.22	35.38	1050m: 12:18.40	35.36	1450m: 17:00.24	34.54	
	300m: 3:27.80 35.27	700m: 8:12.69	35.47	1100m: 12:53.45	35.05	1500m: 17:34.62	34.38	
	350m: 4:03.57 35.77	750m: 8:47.34	34.65	1150m: 13:28.82	35.37			
	400m: 4:39.07 35.50	800m: 9:22.02	34.68	1200m: 14:04.00	35.18			
7.	<b>SOUSA Guilherme Simoes</b>	08		<b>Academica de Coimbra</b>	<b>17:36.51</b>	<b>+0.68</b>	<b>559</b>	<b>8.0(-)</b>
	50m: 31.22 31.22	450m: 5:12.34	34.93	850m: 9:55.76	35.18	1250m: 14:41.68	35.24	
	100m: 1:05.20 33.98	500m: 5:47.97	35.63	900m: 10:31.71	35.95	1300m: 15:17.54	35.86	
	150m: 1:40.01 34.81	550m: 6:22.98	35.01	950m: 11:06.99	35.28	1350m: 15:52.41	34.87	
	200m: 2:15.58 35.57	600m: 6:58.88	35.90	1000m: 11:42.97	35.98	1400m: 16:28.23	35.82	
	250m: 2:50.88 35.30	650m: 7:33.86	34.98	1050m: 12:18.29	35.32	1450m: 17:02.64	34.41	
	300m: 3:26.53 35.65	700m: 8:09.37	35.51	1100m: 12:54.33	36.04	1500m: 17:36.51	33.87	
	350m: 4:01.60 35.07	750m: 8:44.48	35.11	1150m: 13:30.54	36.21			
	400m: 4:37.41 35.81	800m: 9:20.58	36.10	1200m: 14:06.44	35.90			
8.	<b>CARROMEU Afonso Santos</b>	09		<b>Naval Setubalense</b>	<b>17:45.63</b>	<b>+0.62</b>	<b>545</b>	<b>6.0(-)</b>
	50m: 32.09 32.09	450m: 5:13.55	36.12	850m: 9:59.11	35.66	1250m: 14:47.48	36.22	
	100m: 1:06.53 34.44	500m: 5:49.13	35.58	900m: 10:35.03	35.92	1300m: 15:23.50	36.02	
	150m: 1:41.38 34.85	550m: 6:25.39	36.26	950m: 11:11.23	36.20	1350m: 15:59.32	35.82	
	200m: 2:16.51 35.13	600m: 7:00.99	35.60	1000m: 11:46.87	35.64	1400m: 16:34.82	35.50	
	250m: 2:51.54 35.03	650m: 7:37.30	36.31	1050m: 12:22.95	36.08	1450m: 17:11.03	36.21	
	300m: 3:26.34 34.80	700m: 8:12.65	35.35	1100m: 12:58.81	35.86	1500m: 17:45.63	34.60	
	350m: 4:02.09 35.75	750m: 8:48.03	35.38	1150m: 13:35.37	36.56			
	400m: 4:37.43 35.34	800m: 9:23.45	35.42	1200m: 14:11.26	35.89			
9.	<b>SANTOS Rodrigo Canedo</b>	08		<b>Bombeiros de Ponta Delgada</b>	<b>18:41.51</b>	<b>+0.62</b>	<b>467</b>	<b>4.0(-)</b>
	<i>FTL</i>							
	50m: 32.17 32.17	450m: 5:27.19	38.33	850m: 10:34.28	39.10	1250m: 15:35.78	37.76	
	100m: 1:07.62 35.45	500m: 6:05.34	38.15	900m: 11:12.72	38.44	1300m: 16:13.80	38.02	
	150m: 1:43.22 35.60	550m: 6:44.07	38.73	950m: 11:50.71	37.99	1350m: 16:51.65	37.85	
	200m: 2:19.52 36.30	600m: 7:22.35	38.28	1000m: 12:26.37	35.66	1400m: 17:29.05	37.40	
	250m: 2:55.90 36.38	650m: 8:00.25	37.90	1050m: 13:03.39	37.02	1450m: 18:05.41	36.36	
	300m: 3:33.24 37.34	700m: 8:38.47	38.22	1100m: 13:41.58	38.19	1500m: 18:41.51	36.10	
	350m: 4:10.82 37.58	750m: 9:16.72	38.25	1150m: 14:20.56	38.98			
	400m: 4:48.86 38.04	800m: 9:55.18	38.46	1200m: 14:58.02	37.46			
DNS	<b>RODRIGUES Rafael Pereira</b>	08		<b>Condeixa Aqua Clube</b>				-
DNS	<b>RICARDO Gustavo Brito</b>	10		<b>Vilacondense</b>				-
EXH	<b>BARRA Tiago Frazao</b>	10		<b>Seleccao de Santarem</b>	<b>17:38.09</b>	<b>+0.44</b>	<b>557</b>	-
	50m: 31.80 31.80	450m: 5:14.61	35.15	850m: 9:58.40	35.39	1250m: 14:41.03	35.55	
	100m: 1:06.43 34.63	500m: 5:50.25	35.64	900m: 10:33.69	35.29	1300m: 15:16.86	35.83	
	150m: 1:41.75 35.32	550m: 6:25.80	35.55	950m: 11:08.93	35.24	1350m: 15:52.61	35.75	
	200m: 2:17.61 35.86	600m: 7:01.33	35.53	1000m: 11:44.24	35.31	1400m: 16:28.54	35.93	
	250m: 2:53.51 35.90	650m: 7:36.65	35.32	1050m: 12:19.52	35.28	1450m: 17:03.61	35.07	
	300m: 3:29.04 35.53	700m: 8:12.00	35.35	1100m: 12:54.83	35.31	1500m: 17:38.09	34.48	
	350m: 4:04.14 35.10	750m: 8:47.60	35.60	1150m: 13:30.05	35.22			
	400m: 4:39.46 35.32	800m: 9:23.01	35.41	1200m: 14:05.48	35.43			
EXH	<b>ROQUE Martim Duarte</b>	11		<b>CNLeiria - VOID</b>	<b>18:02.87</b>	<b>+0.57</b>	<b>519</b>	-
	50m: 31.37 31.37	450m: 5:15.09	35.50	850m: 9:58.87	35.65	1250m: 14:53.08	37.86	
	100m: 1:06.00 34.63	500m: 5:50.35	35.26	900m: 10:34.57	35.70	1300m: 15:30.86	37.78	
	150m: 1:41.36 35.36	550m: 6:25.86	35.51	950m: 11:10.19	35.62	1350m: 16:09.07	38.21	
	200m: 2:16.96 35.60	600m: 7:01.33	35.47	1000m: 11:46.10	35.91	1400m: 16:47.06	37.99	
	250m: 2:53.10 36.14	650m: 7:36.47	35.14	1050m: 12:22.30	36.20	1450m: 17:25.20	38.14	
	300m: 3:28.72 35.62	700m: 8:12.32	35.85	1100m: 12:59.43	37.13	1500m: 18:02.87	37.67	
	350m: 4:04.03 35.31	750m: 8:47.95	35.63	1150m: 13:37.07	37.64			
	400m: 4:39.59 35.56	800m: 9:23.22	35.27	1200m: 14:15.22	38.15			

**Prova 16, Masc., 1500m Livres**

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
EXH	BELEZAS Ricardo Andrade <i>FTL</i>	91	S15	Os Belenenses	<b>18:20.25</b>	+0.74	495	-
	50m: 32.64 32.64	450m: 5:24.53	37.26	850m: 10:21.52	37.41	1250m: 15:21.21	37.89	
	100m: 1:07.70 35.06	500m: 6:01.43	36.90	900m: 10:58.81	37.29	1300m: 15:57.99	36.78	
	150m: 1:43.96 36.26	550m: 6:38.62	37.19	950m: 11:36.60	37.79	1350m: 16:34.94	36.95	
	200m: 2:20.40 36.44	600m: 7:15.39	36.77	1000m: 12:13.88	37.28	1400m: 17:10.75	35.81	
	250m: 2:56.81 36.41	650m: 7:52.99	37.60	1050m: 12:51.39	37.51	1450m: 17:46.73	35.98	
	300m: 3:33.80 36.99	700m: 8:29.77	36.78	1100m: 13:28.60	37.21	1500m: 18:20.25	33.52	
	350m: 4:10.61 36.81	750m: 9:07.03	37.26	1150m: 14:06.01	37.41			
	400m: 4:47.27 36.66	800m: 9:44.11	37.08	1200m: 14:43.32	37.31			
EXH	CABRAL Guilherme Rodrigues	10		Pimpoes/Cimai	<b>18:33.62</b>	+0.69	477	-
	50m: 33.86 33.86	450m: 5:30.65	37.25	850m: 10:27.65	37.51	1250m: 15:27.17	37.53	
	100m: 1:10.38 36.52	500m: 6:07.87	37.22	900m: 11:05.32	37.67	1300m: 16:05.07	37.90	
	150m: 1:47.26 36.88	550m: 6:44.71	36.84	950m: 11:42.86	37.54	1350m: 16:42.67	37.60	
	200m: 2:24.45 37.19	600m: 7:21.62	36.91	1000m: 12:20.44	37.58	1400m: 17:20.41	37.74	
	250m: 3:01.90 37.45	650m: 7:58.70	37.08	1050m: 12:57.42	36.98	1450m: 17:57.38	36.97	
	300m: 3:39.23 37.33	700m: 8:35.92	37.22	1100m: 13:34.47	37.05	1500m: 18:33.62	36.24	
	350m: 4:16.35 37.12	750m: 9:13.09	37.17	1150m: 14:12.11	37.64			
	400m: 4:53.40 37.05	800m: 9:50.14	37.05	1200m: 14:49.64	37.53			