

**Prova 21**  
31/05/2026

**Masc., 400m Livres**
**Open**  
**Resultados Elimin**

Recorde Nacional Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde Nacional Jun A	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Recorde Nacional Jun B	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010
Recorde Nacional Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recorde Nacional Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006
Recorde Nacional Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11/07/2004
Recorde Nacional Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26/07/2003
Recorde Meeting	3:57.46	LOPES Jose Paulo	POR	Coimbra	20/05/2018

TAC Abs Mas 17 +: 4:20.37 / TAC Juv Mas - 16: 4:38.60

Pontos: AQUA 2026

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
<b>17 anos e mais velhos</b>								
1.	MARQUES Duarte Cachulo	07		Condeixa Aqua Clube	<b>4:15.97</b>	+0.59	634 Q	-
	50m: 28.03 28.03	150m: 1:31.08	31.95	250m: 2:37.16	33.48	350m: 3:42.86	32.65	
	100m: 59.13 31.10	200m: 2:03.68	32.60	300m: 3:10.21	33.05	400m: 4:15.97	33.11	
2.	MARQUES Joao Ferreira	06		Academica de Coimbra	<b>4:18.29</b>	+0.72	617 Q	-
	50m: 29.51 29.51	150m: 1:34.27	32.72	250m: 2:39.85	32.83	350m: 3:46.16	33.11	
	100m: 1:01.55 32.04	200m: 2:07.02	32.75	300m: 3:13.05	33.20	400m: 4:18.29	32.13	
3.	FREITAS Afonso Bjork	07		Nacional de Nataçao	<b>4:18.69</b>	+0.69	614 Q	-
	50m: 28.96 28.96	150m: 1:33.90	32.87	250m: 2:40.39	33.11	350m: 3:46.42	32.84	
	100m: 1:01.03 32.07	200m: 2:07.28	33.38	300m: 3:13.58	33.19	400m: 4:18.69	32.27	
4.	REIS Diogo Damasceno	09		Sporting	<b>4:20.09</b>	+0.71	604 Q	-
	50m: 29.59 29.59	150m: 1:35.79	33.56	250m: 2:42.76	33.28	350m: 3:49.52	33.23	
	100m: 1:02.23 32.64	200m: 2:09.48	33.69	300m: 3:16.29	33.53	400m: 4:20.09	30.57	
5.	MARQUES Gustavo Pires	04		Condeixa Aqua Clube	<b>4:20.31</b>	+0.61	603 Q	-
	50m: 29.34 29.34	150m: 1:36.31	34.51	250m: 2:44.45	33.97	350m: 3:50.38	32.79	
	100m: 1:01.80 32.46	200m: 2:10.48	34.17	300m: 3:17.59	33.14	400m: 4:20.31	29.93	
6.	REIS Tomas Augusto FTL	09		Os Belenenses	<b>4:20.94</b>	+0.65	598 Q	-
	50m: 29.68 29.68	150m: 1:36.52	33.88	250m: 2:44.53	33.20	350m: 3:50.82	32.32	
	100m: 1:02.64 32.96	200m: 2:11.33	34.81	300m: 3:18.50	33.97	400m: 4:20.94	30.12	
7.	TIGRE Pedro Bethlem FTL	06		Sporting	<b>4:20.95</b>	+0.59	598 Q	-
	50m: 29.14 29.14	150m: 1:34.28	33.27	250m: 2:42.16	34.13	350m: 3:50.31	34.16	
	100m: 1:01.01 31.87	200m: 2:08.03	33.75	300m: 3:16.15	33.99	400m: 4:20.95	30.64	
8.	SILVA Eduardo Pires FTL	08		Vilacondense	<b>4:21.58</b>	+0.75	594 Q	-
	50m: 29.69 29.69	150m: 1:35.74	33.31	250m: 2:43.40	33.77	350m: 3:49.93	32.84	
	100m: 1:02.43 32.74	200m: 2:09.63	33.89	300m: 3:17.09	33.69	400m: 4:21.58	31.65	
9.	GASPAR Joao Nuno FTL	09		Condeixa Aqua Clube	<b>4:26.93</b>	+0.67	559 Q	-
	50m: 29.25 29.25	150m: 1:36.07	33.89	250m: 2:44.90	34.33	350m: 3:54.32	34.36	
	100m: 1:02.18 32.93	200m: 2:10.57	34.50	300m: 3:19.96	35.06	400m: 4:26.93	32.61	
10.	SOUSA Guilherme Simoes FTL	08		Academica de Coimbra	<b>4:27.39</b>	+0.64	556 Q	-
	50m: 30.17 30.17	150m: 1:37.11	33.99	250m: 2:45.90	34.28	350m: 3:54.46	33.80	
	100m: 1:03.12 32.95	200m: 2:11.62	34.51	300m: 3:20.66	34.76	400m: 4:27.39	32.93	

**Prova 21, Masc., 400m Livres, Elimin, 17 anos e mais velhos**

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
11.	<b>MAIA Samuel Dinis</b> <i>FTL</i>	08		Miranda do Corvo	<b>4:33.46</b>	+0.57	520 R	-
	50m: 30.35 30.35	150m: 1:38.08	34.48	250m: 2:47.64	34.69	350m: 3:58.79	35.83	
	100m: 1:03.60 33.25	200m: 2:12.95	34.87	300m: 3:22.96	35.32	400m: 4:33.46	34.67	
12.	<b>CUNHA Joaquim Antonio</b> <i>FTL</i>	08		Academica de Coimbra	<b>4:46.70</b>	+0.73	451 R	-
	50m: 31.90 31.90	150m: 1:42.72	35.73	250m: 2:55.76	36.46	350m: 4:09.90	36.66	
	100m: 1:06.99 35.09	200m: 2:19.30	36.58	300m: 3:33.24	37.48	400m: 4:46.70	36.80	

**16 anos e mais novos**

1.	<b>SANTOS Andre Ferreira</b>	10		Academico Viseu Futebol Clube	<b>4:27.26</b>	+0.69	557 Q	-
	50m: 30.03 30.03	150m: 1:36.99	33.96	250m: 2:45.69	34.44	350m: 3:54.09	34.21	
	100m: 1:03.03 33.00	200m: 2:11.25	34.26	300m: 3:19.88	34.19	400m: 4:27.26	33.17	
2.	<b>ARAUJO Dinis Goncalves</b>	10		Cnac	<b>4:29.79</b>	+0.68	541 Q	-
	50m: 29.98 29.98	150m: 1:37.35	33.99	250m: 2:46.63	34.40	350m: 3:55.80	34.70	
	100m: 1:03.36 33.38	200m: 2:12.23	34.88	300m: 3:21.10	34.47	400m: 4:29.79	33.99	
3.	<b>PENSO Tiago Daniel</b>	11		Gcvr	<b>4:30.97</b>	+0.65	534 Q	-
	50m: 30.57 30.57	150m: 1:39.31	34.51	250m: 2:48.11	34.01	350m: 3:57.10	34.79	
	100m: 1:04.80 34.23	200m: 2:14.10	34.79	300m: 3:22.31	34.20	400m: 4:30.97	33.87	
4.	<b>DIOGO Vicente Abrantes</b>	11		Columbofila Cantanhedense	<b>4:32.92</b>	+0.66	523 Q	-
	50m: 31.30 31.30	150m: 1:40.25	34.92	250m: 2:49.34	34.38	350m: 3:59.31	35.06	
	100m: 1:05.33 34.03	200m: 2:14.96	34.71	300m: 3:24.25	34.91	400m: 4:32.92	33.61	
5.	<b>CARVALHO Pedro Cerejo</b>	10		Vilacondense	<b>4:34.13</b>	+0.69	516 Q	-
	50m: 31.00 31.00	150m: 1:40.01	34.47	250m: 2:49.63	34.52	350m: 4:00.29	35.23	
	100m: 1:05.54 34.54	200m: 2:15.11	35.10	300m: 3:25.06	35.43	400m: 4:34.13	33.84	
6.	<b>OLAS Tiago Joao</b>	10		Academico Viseu Futebol Clube	<b>4:34.34</b>	+0.76	515 Q	-
	50m: 30.71 30.71	150m: 1:39.84	34.76	250m: 2:50.71	35.29	350m: 4:02.10	35.40	
	100m: 1:05.08 34.37	200m: 2:15.42	35.58	300m: 3:26.70	35.99	400m: 4:34.34	32.24	
7.	<b>ROQUE Martim Duarte</b>	11		CNLeiria - VOID	<b>4:34.69</b>	+0.71	513 Q	-
	50m: 30.21 30.21	150m: 1:38.50	34.51	250m: 2:49.68	35.54	350m: 4:00.54	35.23	
	100m: 1:03.99 33.78	200m: 2:14.14	35.64	300m: 3:25.31	35.63	400m: 4:34.69	34.15	
8.	<b>VALENTE Santiago Vagos</b>	11		Galitos / Bresimar	<b>4:36.10</b>	+0.69	505 Q	-
	50m: 30.60 30.60	150m: 1:39.82	35.94	250m: 2:50.83	35.67	350m: 4:02.12	36.20	
	100m: 1:03.88 33.28	200m: 2:15.16	35.34	300m: 3:25.92	35.09	400m: 4:36.10	33.98	
9.	<b>DINIS Bernardo Bento</b> <i>FTL</i>	11		Condeixa Aqua Clube	<b>4:39.25</b>	+0.75	488 Q	-
	50m: 31.52 31.52	150m: 1:40.42	34.70	250m: 2:51.67	35.52	350m: 4:04.10	36.14	
	100m: 1:05.72 34.20	200m: 2:16.15	35.73	300m: 3:27.96	36.29	400m: 4:39.25	35.15	
10.	<b>BARRA Tiago Frazao</b> <i>FTL</i>	10		Seleccao de Santarem	<b>4:41.07</b>	+0.61	479 Q	-
	50m: 31.81 31.81	150m: 1:41.85	35.68	250m: 2:53.36	36.01	350m: 4:06.04	36.44	
	100m: 1:06.17 34.36	200m: 2:17.35	35.50	300m: 3:29.60	36.24	400m: 4:41.07	35.03	
11.	<b>MATIAS Rodrigo Miguel</b> <i>FTL</i>	10		Cnac	<b>4:42.72</b>	+0.52	470 R	-
	50m: 30.46 30.46	150m: 1:38.33	34.61	250m: 2:50.76	36.42	350m: 4:05.26	37.37	
	100m: 1:03.72 33.26	200m: 2:14.34	36.01	300m: 3:27.89	37.13	400m: 4:42.72	37.46	

Prova 21, Masc., 400m Livres, Elimin, 16 anos e mais novos

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
12.	<b>RICARDO Gustavo Brito</b> <i>FTL</i>	10		Vilacondense	<b>4:44.28</b>	+0.52	463 R	-
	50m: 31.55 31.55	150m: 1:42.47	35.82	250m: 2:54.84	35.89	350m: 4:08.32	36.50	
	100m: 1:06.65 35.10	200m: 2:18.95	36.48	300m: 3:31.82	36.98	400m: 4:44.28	35.96	
13.	<b>MATEUS Duarte Santos</b> <i>FTL</i>	11		Condeixa Aqua Clube	<b>4:49.95</b>	+0.79	436	-
	50m: 32.81 32.81	150m: 1:45.74	37.23	250m: 2:59.86	37.29	350m: 4:14.01	37.25	
	100m: 1:08.51 35.70	200m: 2:22.57	36.83	300m: 3:36.76	36.90	400m: 4:49.95	35.94	
14.	<b>YANG Chun-Yu</b> <i>FTL</i>	12		Academica de Coimbra	<b>5:17.35</b>	+0.71	332	-
	50m: 33.97 33.97	150m: 1:52.86	40.48	250m: 3:17.46	42.16	350m: 4:38.71	38.92	
	100m: 1:12.38 38.41	200m: 2:35.30	42.44	300m: 3:59.79	42.33	400m: 5:17.35	38.64	
15.	<b>JACINTO Bernardo Brito</b> <i>FTL</i>	12		Academica de Coimbra	<b>5:32.73</b>	+0.69	288	-
	50m: 36.73 36.73	150m: 2:00.65	42.77	250m: 3:25.95	42.68	350m: 4:51.80	42.18	
	100m: 1:17.88 41.15	200m: 2:43.27	42.62	300m: 4:09.62	43.67	400m: 5:32.73	40.93	
16.	<b>SILVA Andre Nuno</b> <i>FTL</i>	13		Academica de Coimbra	<b>5:44.01</b>	+0.78	261	-
	50m: 38.74 38.74	150m: 2:07.26	45.07	250m: 3:36.51	44.04	350m: 5:05.44	43.58	
	100m: 1:22.19 43.45	200m: 2:52.47	45.21	300m: 4:21.86	45.35	400m: 5:44.01	38.57	
EXH	<b>BELEZAS Ricardo Andrade</b> <i>FTL</i>	91	S15	Os Belenenses	<b>4:39.36</b>	+0.74	488	-
	50m: 31.53 31.53	150m: 1:40.64	34.68	250m: 2:51.49	35.34	350m: 4:04.03	35.70	
	100m: 1:05.96 34.43	200m: 2:16.15	35.51	300m: 3:28.33	36.84	400m: 4:39.36	35.33	