

Prova 21
31/05/2026

Masc., 400m Livres
Open
Resultados Final

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	Helsinki (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
17 anos e mais velhos								
1.	FREITAS Afonso Bjork	07		Nacional de Nataçã	4:02.82	+0.65	743	24.0(-)
	50m: 27.63 27.63	150m: 1:28.64	31.08	250m: 2:30.97	31.01	350m: 3:32.28	30.90	
	100m: 57.56 29.93	200m: 1:59.96	31.32	300m: 3:01.38	30.41	400m: 4:02.82	30.54	
2.	MARQUES Duarte Cachulo	07		Condeixa Aqua Clube	4:07.90	+0.58	698	20.0(-)
	50m: 27.43 27.43	150m: 1:28.69	31.43	250m: 2:32.03	31.55	350m: 3:36.15	32.38	
	100m: 57.26 29.83	200m: 2:00.48	31.79	300m: 3:03.77	31.74	400m: 4:07.90	31.75	
3.	MARQUES Gustavo Pires	04		Condeixa Aqua Clube	4:09.87	+0.69	682	16.0(-)
	50m: 28.13 28.13	150m: 1:30.03	31.49	250m: 2:34.11	32.43	350m: 3:38.79	32.47	
	100m: 58.54 30.41	200m: 2:01.68	31.65	300m: 3:06.32	32.21	400m: 4:09.87	31.08	
4.	REIS Tomas Augusto	09		Os Belenenses	4:14.72	+0.66	643	14.0(-)
	50m: 28.35 28.35	150m: 1:32.89	32.80	250m: 2:39.15	32.79	350m: 3:43.22	31.35	
	100m: 1:00.09 31.74	200m: 2:06.36	33.47	300m: 3:11.87	32.72	400m: 4:14.72	31.50	
5.	GASPAR Joao Nuno	09		Condeixa Aqua Clube	4:16.50	+0.71	630	12.0(-)
	50m: 28.34 28.34	150m: 1:32.78	32.66	250m: 2:39.39	33.00	350m: 3:45.53	32.88	
	100m: 1:00.12 31.78	200m: 2:06.39	33.61	300m: 3:12.65	33.26	400m: 4:16.50	30.97	
6.	REIS Diogo Damasceno	09		Sporting	4:17.91	+0.69	620	10.0(-)
	50m: 28.36 28.36	150m: 1:32.52	32.66	250m: 2:39.90	33.64	350m: 3:46.39	32.90	
	100m: 59.86 31.50	200m: 2:06.26	33.74	300m: 3:13.49	33.59	400m: 4:17.91	31.52	
7.	MARQUES Joao Ferreira	06		Academica de Coimbra	4:18.38	+0.65	616	8.0(-)
	50m: 28.95 28.95	150m: 1:33.54	32.61	250m: 2:40.04	33.28	350m: 3:46.19	33.03	
	100m: 1:00.93 31.98	200m: 2:06.76	33.22	300m: 3:13.16	33.12	400m: 4:18.38	32.19	
8.	TIGRE Pedro Bethlem FTL	06		Sporting	4:22.95	+0.60	585	6.0(-)
	50m: 29.01 29.01	150m: 1:34.28	33.24	250m: 2:42.16	34.12	350m: 3:50.43	34.10	
	100m: 1:01.04 32.03	200m: 2:08.04	33.76	300m: 3:16.33	34.17	400m: 4:22.95	32.52	
9.	SOUSA Guilherme Simoes FTL	08		Academica de Coimbra	4:26.04	+0.62	565	4.0(-)
	50m: 30.19 30.19	150m: 1:36.58	33.81	250m: 2:45.06	34.68	350m: 3:53.47	34.37	
	100m: 1:02.77 32.58	200m: 2:10.38	33.80	300m: 3:19.10	34.04	400m: 4:26.04	32.57	
DNS	MAIA Samuel Dinis	08		Miranda do Corvo				-

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

1.	SANTOS Andre Ferreira	10	Academico Viseu Futebol Clube	4:18.23	+0.52	618	12.00
	50m: 29.50 29.50	150m: 1:35.01	33.12	250m: 2:40.04	32.16	350m: 3:45.67	32.96
	100m: 1:01.89 32.39	200m: 2:07.88	32.87	300m: 3:12.71	32.67	400m: 4:18.23	32.56
2.	ROQUE Martim Duarte	11	CNLeiria - VOID	4:27.99	+0.67	552	10.00
	50m: 29.80 29.80	150m: 1:36.31	33.48	250m: 2:44.26	33.58	350m: 3:53.66	34.49
	100m: 1:02.83 33.03	200m: 2:10.68	34.37	300m: 3:19.17	34.91	400m: 4:27.99	34.33
3.	DIOGO Vicente Abrantes	11	Columbofila Cantanhedense	4:28.27	+0.69	551	8.00
	50m: 30.42 30.42	150m: 1:38.57	34.14	250m: 2:47.65	34.59	350m: 3:56.62	34.19
	100m: 1:04.43 34.01	200m: 2:13.06	34.49	300m: 3:22.43	34.78	400m: 4:28.27	31.65
4.	PENSO Tiago Daniel	11	Gcwr	4:28.75	+0.66	548	7.00
	50m: 29.76 29.76	150m: 1:38.39	34.85	250m: 2:47.78	34.61	350m: 3:57.32	34.77
	100m: 1:03.54 33.78	200m: 2:13.17	34.78	300m: 3:22.55	34.77	400m: 4:28.75	31.43
5.	VALENTE Santiago Vagos	11	Galitos / Bresimar	4:29.14	+0.64	545	6.00
	50m: 30.62 30.62	150m: 1:38.10	34.43	250m: 2:47.82	35.24	350m: 3:57.40	34.87
	100m: 1:03.67 33.05	200m: 2:12.58	34.48	300m: 3:22.53	34.71	400m: 4:29.14	31.74
6.	OLAS Tiago Joao	10	Academico Viseu Futebol Clube	4:29.21	+0.72	545	5.00
	50m: 30.31 30.31	150m: 1:37.96	34.55	250m: 2:47.33	35.09	350m: 3:56.86	35.00
	100m: 1:03.41 33.10	200m: 2:12.24	34.28	300m: 3:21.86	34.53	400m: 4:29.21	32.35
7.	DINIS Bernardo Bento	11	Condeixa Aqua Clube	4:32.25	+0.69	527	4.00
	50m: 30.64 30.64	150m: 1:38.87	34.61	250m: 2:48.14	34.65	350m: 3:58.33	34.76
	100m: 1:04.26 33.62	200m: 2:13.49	34.62	300m: 3:23.57	35.43	400m: 4:32.25	33.92
8.	BARRA Tiago Frazao	10	Selecao de Santarem	4:36.09	+0.62	505	3.00
	50m: 31.32 31.32	150m: 1:40.23	35.10	250m: 2:51.24	36.08	350m: 4:02.07	35.44
	100m: 1:05.13 33.81	200m: 2:15.16	34.93	300m: 3:26.63	35.39	400m: 4:36.09	34.02
9.	ARAUJO Dinis Goncalves	10	Cnac	4:37.67	+0.70	497	2.00
	50m: 29.95 29.95	150m: 1:35.56	33.19	250m: 2:45.00	35.17	350m: 4:00.51	39.17
	100m: 1:02.37 32.42	200m: 2:09.83	34.27	300m: 3:21.34	36.34	400m: 4:37.67	37.16
10.	MATIAS Rodrigo Miguel	10	Cnac	4:43.91	+0.65	465	1.00
	FTL						
	50m: 30.84 30.84	150m: 1:39.78	34.69	250m: 2:52.74	36.22	350m: 4:06.34	36.84
	100m: 1:05.09 34.25	200m: 2:16.52	36.74	300m: 3:29.50	36.76	400m: 4:43.91	37.57