

XVIII Meeting Cidade de Coimbra  
XXXVII Torneio Internacional Queima das Fitas  
Coimbra, 30/5 - 31/5/2025



Prova 37 Open  
31/05/2026 Resultados

|                        |         |                       |         |                      |            |
|------------------------|---------|-----------------------|---------|----------------------|------------|
| Recorde Nacional Sen   | 4:15.84 | SANTOS Alexis Manacas | POR     | Rio de Janeiro (BRA) | 06/08/2016 |
| Recorde Nacional Jun A | 4:21.42 | LOPES Jose Paulo      | POR     | Helsinki (FIN)       | 08/07/2018 |
| Recorde Nacional Jun B | 4:25.23 | VITAL Joao Alexandre  | POR     | Singapore (SGP)      | 29/08/2015 |
| Recorde Nacional Juv A | 4:32.66 | VITAL Joao Alexandre  | ADRCIMM | Coimbra              | 01/06/2014 |
| Recorde Nacional Juv B | 4:37.06 | VITAL Joao Alexandre  | POR     | Utrecht (NED)        | 16/07/2013 |
| Recorde Nacional Inf A | 4:46.20 | FREITAS Tomas Miguel  | CDN     | Póvoa Varzim         | 23/07/2004 |
| Recorde Nacional Inf B | 4:54.87 | RUIVO Andre Vilas     | DNMG    | S. Joao da Madeira   | 12/07/2013 |
| Recorde Meeting        | 4:20.44 | DRYMONAKOS Ioannis    | GRE     | Coimbra              | 30/05/2010 |

TAC Abs Mas 17 +: 5:11.85 / TAC Juv Mas - 16: 5:33.68

Pontos: AQUA 2026

| Lugar | Nome  | Ano           | Classe | Clube                | Tempo Final    | TReac         | FINA  | Pontos  |
|-------|---|---------------|--------|----------------------|----------------|---------------|-------|---------|
| 1.    | CARDOSO Diogo Santos  | 01            |        | Sporting             | <b>4:41.98</b> | +0.71         | 636   | 24.0(-) |
|       | 50m: 30.44 30.44  | 150m: 1:43.38 | 40.03  | 250m: 3:01.46        | 39.42          | 350m: 4:12.17 | 31.81 |         |
|       | 100m: 1:03.35 32.91   | 200m: 2:22.04 | 38.66  | 300m: 3:40.36        | 38.90          | 400m: 4:41.98 | 29.81 |         |
| 2.    | BASTOS Lucas Pereira  | 00            |        | Cnac                 | <b>4:43.38</b> | +0.63         | 626   | 20.0(-) |
|       | 50m: 28.07 28.07  | 150m: 1:37.53 | 36.65  | 250m: 2:55.81        | 41.86          | 350m: 4:10.75 | 33.09 |         |
|       | 100m: 1:00.88 32.81   | 200m: 2:13.95 | 36.42  | 300m: 3:37.66        | 41.85          | 400m: 4:43.38 | 32.63 |         |
| 3.    | RODRIGUES Rafael Pereira  | 08            |        | Condeixa Aqua Clube  | <b>4:44.97</b> | +0.69         | 616   | 16.0(-) |
|       | 50m: 30.21 30.21  | 150m: 1:40.44 | 36.32  | 250m: 2:57.83        | 41.70          | 350m: 4:12.64 | 32.24 |         |
|       | 100m: 1:04.12 33.91   | 200m: 2:16.13 | 35.69  | 300m: 3:40.40        | 42.57          | 400m: 4:44.97 | 32.33 |         |
| 4.    | MONTEIRO Afonso Carvalho  | 10            |        | Famalicao            | <b>4:48.10</b> | +0.53         | 596   | 14.0(-) |
|       | 50m: 28.94 28.94  | 150m: 1:41.56 | 38.06  | 250m: 3:00.77        | 41.67          | 350m: 4:15.47 | 33.75 |         |
|       | 100m: 1:03.50 34.56   | 200m: 2:19.10 | 37.54  | 300m: 3:41.72        | 40.95          | 400m: 4:48.10 | 32.63 |         |
| 5.    | ASMAR Axel Guedes   | 07            |        | Sporting             | <b>4:57.34</b> | +0.58         | 542   | 12.0(-) |
|       | 50m: 30.31 30.31  | 150m: 1:45.31 | 39.74  | 250m: 3:08.64        | 44.79          | 350m: 4:26.17 | 32.47 |         |
|       | 100m: 1:05.57 35.26   | 200m: 2:23.85 | 38.54  | 300m: 3:53.70        | 45.06          | 400m: 4:57.34 | 31.17 |         |
| 6.    | REIS Diogo Damasceno  | 09            |        | Sporting             | <b>5:01.08</b> | +0.69         | 522   | 10.0(-) |
|       | 50m: 30.48 30.48  | 150m: 1:48.84 | 41.46  | 250m: 3:10.35        | 41.63          | 350m: 4:28.15 | 35.21 |         |
|       | 100m: 1:07.38 36.90   | 200m: 2:28.72 | 39.88  | 300m: 3:52.94        | 42.59          | 400m: 5:01.08 | 32.93 |         |
| 7.    | SANTOS Francisco Bentes   | 08            |        | Aquatico Pacense     | <b>5:04.41</b> | +0.71         | 505   | 8.0(-)  |
|       | 50m: 30.51 30.51  | 150m: 1:46.51 | 41.05  | 250m: 3:11.69        | 45.70          | 350m: 4:30.75 | 34.31 |         |
|       | 100m: 1:05.46 34.95   | 200m: 2:25.99 | 39.48  | 300m: 3:56.44        | 44.75          | 400m: 5:04.41 | 33.66 |         |
| 8.    | JORGE Antonio Antunes   | 10            |        | Alcobaca             | <b>5:04.90</b> | +0.61         | 503   | 6.0(-)  |
|       | 50m: 30.75 30.75  | 150m: 1:49.02 | 42.28  | 250m: 3:13.50        | 41.92          | 350m: 4:30.75 | 34.87 |         |
|       | 100m: 1:06.74 35.99   | 200m: 2:31.58 | 42.56  | 300m: 3:55.88        | 42.38          | 400m: 5:04.90 | 34.15 |         |
| 9.    | MORARI Alexandre  | 07            |        | Sporting             | <b>5:07.03</b> | +0.74         | 492   | 4.0(-)  |
|       | 50m: 29.88 29.88  | 150m: 1:46.01 | 40.73  | 250m: 3:12.85        | 48.35          | 350m: 4:35.57 | 33.24 |         |
|       | 100m: 1:05.28 35.40   | 200m: 2:24.50 | 38.49  | 300m: 4:02.33        | 49.48          | 400m: 5:07.03 | 31.46 |         |
| 10.   | CABRAL Guilherme Rodrigues  | 10            |        | Pimpoes/Cimai        | <b>5:09.12</b> | +0.68         | 482   | 2.0(-)  |
|       | 50m: 31.26 31.26  | 150m: 1:49.10 | 41.12  | 250m: 3:12.12        | 43.14          | 350m: 4:33.08 | 36.56 |         |
|       | 100m: 1:07.98 36.72   | 200m: 2:28.98 | 39.88  | 300m: 3:56.52        | 44.40          | 400m: 5:09.12 | 36.04 |         |
| DSQ   | MENDES Duarte Moura   | 11            |        | Seleccao de Santarem |                |               |       | -       |
|       | <i>8.5 - O(a) atleta não quebrou a superfície da água com a cabeça antes dos 15 metros após a partida</i> |               |        |                      |                |               |       |         |
| DNS   | JORGE Daniel Filipe   | 10            |        | Seleccao de Santarem |                |               |       | -       |



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Prova 37, Masc., 400m Estilos

|     |                            |               |                            |                |         |               |         |
|-----|----------------------------|---------------|----------------------------|----------------|---------|---------------|---------|
| EXH | GOMES Miguel Tomas         | 10            | Cnac                       | <b>5:00.00</b> | +0.64   | 528           | -       |
|     | 50m: 30.14 30.14           | 150m: 1:44.84 | 40.80                      | 250m: 3:07.86  | 43.84   | 350m: 4:26.89 | 35.04   |
|     | 100m: 1:04.04 33.90        | 200m: 2:24.02 | 39.18                      | 300m: 3:51.85  | 43.99   | 400m: 5:00.00 | 33.11   |
| EXH | BATISTA Tomas Ferreira     | 11            | CPCD - Póvoa de Santa Iria | <b>5:07.63</b> | +0.68   | 489           | -       |
|     | 50m: 31.17 31.17           | 150m: 3:12.12 | 2:05.11                    | 250m: 4:33.07  | 2:05.19 | 400m: 5:07.63 | 1:09.65 |
|     | 100m: 1:07.01 35.84        | 200m: 2:27.88 |                            | 300m: 3:57.98  |         |               |         |
| EXH | CRUZ Miguel Duarte         | 99            | SM15 Os Belenenses         | <b>5:08.46</b> | +0.47   | 485           | -       |
|     | 50m: 32.00 32.00           | 150m: 1:51.75 | 42.12                      | 250m: 3:16.92  | 45.68   | 350m: 4:35.19 | 34.53   |
|     | 100m: 1:09.63 37.63        | 200m: 2:31.24 | 39.49                      | 300m: 4:00.66  | 43.74   | 400m: 5:08.46 | 33.27   |
| EXH | GAIOLAS Joao Piteira       | 10            | Nautico Marinha Grande     | <b>5:13.20</b> | +0.62   | 464           | -       |
|     | 50m: 31.62 31.62           | 150m: 1:49.22 | 40.10                      | 250m: 3:15.13  | 46.21   | 350m: 4:38.75 | 36.26   |
|     | 100m: 1:09.12 37.50        | 200m: 2:28.92 | 39.70                      | 300m: 4:02.49  | 47.36   | 400m: 5:13.20 | 34.45   |
| EXH | PENSO Tiago Daniel         | 11            | Gcvr                       | <b>5:13.41</b> | +0.65   | 463           | -       |
|     | 50m: 30.64 30.64           | 150m: 1:51.10 | 42.68                      | 250m: 3:17.18  | 45.71   | 350m: 4:39.78 | 36.69   |
|     | 100m: 1:08.42 37.78        | 200m: 2:31.47 | 40.37                      | 300m: 4:03.09  | 45.91   | 400m: 5:13.41 | 33.63   |
| EXH | MIRANDA Afonso Vultao      | 11            | Bombeiros de Ponta Delgada | <b>5:15.58</b> | +0.60   | 453           | -       |
|     | 50m: 33.71 33.71           | 150m: 1:55.75 | 41.05                      | 250m: 3:18.81  | 43.17   | 350m: 4:39.56 | 35.97   |
|     | 100m: 1:14.70 40.99        | 200m: 2:35.64 | 39.89                      | 300m: 4:03.59  | 44.78   | 400m: 5:15.58 | 36.02   |
| EXH | PEDROSA Francisco Lourenco | 10            | Nautico Marinha Grande     | <b>5:21.37</b> | +0.64   | 429           | -       |
|     | 50m: 32.26 32.26           | 150m: 1:52.93 | 42.55                      | 250m: 3:21.07  | 46.52   | 350m: 4:45.89 | 36.79   |
|     | 100m: 1:10.38 38.12        | 200m: 2:34.55 | 41.62                      | 300m: 4:09.10  | 48.03   | 400m: 5:21.37 | 35.48   |

