

Prova 2	Masc., 400m Livres				Absoluto
19.06.2025 - 15:51	Absolutos (NP)				Resultados Final
Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:03.31	Rui Silva Pereira	POR	Sto Ant ^o Cavaleiros	30.05.2024
Rec Taça Gesloures Juv B	4:03.15	Bernardo Victorino Almeida	POR	Sto Ant ^o Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:33.78	David Filipe Pacheco	POR	Sto Ant ^o Cavaleiros	08.06.2023
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.57	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	16.12.2021

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Joao Marcelino Rodrigues	11	Sporting	4:55.69	4:44.17	416
	50m: 33.44 33.44		150m: 1:46.22 35.77	250m: 2:58.22 35.97	350m: 4:09.37 35.16	
	100m: 1:10.45 37.01		200m: 2:22.25 36.03	300m: 3:34.21 35.99	400m: 4:44.17 34.80	
2.	Tome Pargana Mendes	11	União Piedense	4:53.22	4:50.19	391
	50m: 33.45 33.45		150m: 1:46.36 36.48	250m: 3:00.23 36.98	350m: 4:13.83 36.98	
	100m: 1:09.88 36.43		200m: 2:23.25 36.89	300m: 3:36.85 36.62	400m: 4:50.19 36.36	
3.	Pedro Pontes Prior	12	Laranjeiro	5:07.20	4:57.02	364
	50m: 33.30 33.30		150m: 1:48.40 38.03	250m: 3:05.57 38.89	350m: 4:20.97 37.76	
	100m: 1:10.37 37.07		200m: 2:26.68 38.28	300m: 3:43.21 37.64	400m: 4:57.02 36.05	
4.	Mingxi Guan	11	Alges	5:04.97	5:00.68	351
	50m: 33.05 33.05		150m: 1:47.96 37.48	250m: 3:04.77 38.91	350m: 4:22.75 39.54	
	100m: 1:10.48 37.43		200m: 2:25.86 37.90	300m: 3:43.21 38.44	400m: 5:00.68 37.93	
5.	Dinis Andrade Cabral	11	Palmela Desporto	4:54.12	5:02.46	345
	50m: 32.82 32.82		150m: 1:47.47 37.45	250m: 3:04.16 38.62	350m: 4:23.20 39.48	
	100m: 1:10.02 37.20		200m: 2:25.54 38.07	300m: 3:43.72 39.56	400m: 5:02.46 39.26	
6.	David Pacheco Castanheira	11	Gesloures	5:04.56	5:08.65	325
	50m: 33.86 33.86		150m: 1:51.67 39.31	250m: 3:10.41 39.23	350m: 4:29.24 39.49	
	100m: 1:12.36 38.50		200m: 2:31.18 39.51	300m: 3:49.75 39.34	400m: 5:08.65 39.41	
7.	Dinis Costa Faria	12	Nacional de Nataçao	5:18.04	5:13.66	309
	50m: 36.13 36.13		150m: 1:53.93 39.04	250m: 3:13.72 39.95	350m: 4:34.38 40.43	
	100m: 1:14.89 38.76		200m: 2:33.77 39.84	300m: 3:53.95 40.23	400m: 5:13.66 39.28	
8.	Eduardo Domingos Rosa	11	BUZIOS - Coruche	5:18.41	5:15.56	304
	50m: 35.12 35.12		150m: 1:54.49 39.97	250m: 3:15.23 40.21	350m: 4:37.31 40.76	
	100m: 1:14.52 39.40		200m: 2:35.02 40.53	300m: 3:56.55 41.32	400m: 5:15.56 38.25	
Juvenis						
1.	David Filipe Pacheco	10	BUZIOS - Coruche	4:18.32	4:12.50	593
	50m: 28.92 28.92		150m: 1:32.02 31.90	250m: 2:36.85 32.48	350m: 3:41.63 32.23	
	100m: 1:00.12 31.20		200m: 2:04.37 32.35	300m: 3:09.40 32.55	400m: 4:12.50 30.87	
2.	Dinis Aresta Ribeiro	10	Sporting	4:30.11	4:17.57	559
	50m: 30.00 30.00		150m: 1:34.52 32.50	250m: 2:40.10 32.77	350m: 3:45.62 32.36	
	100m: 1:02.02 32.02		200m: 2:07.33 32.81	300m: 3:13.26 33.16	400m: 4:17.57 31.95	
3.	Xavier Jesus Valente	09	Os Belenenses	4:31.69	4:19.83	545
	50m: 29.52 29.52		150m: 1:34.40 32.87	250m: 2:40.21 32.55	350m: 3:46.95 33.39	
	100m: 1:01.53 32.01		200m: 2:07.66 33.26	300m: 3:13.56 33.35	400m: 4:19.83 32.88	
4.	Afonso Santos Carromeu	09	Naval Setubalense	4:25.22	4:22.76	527
	50m: 29.83 29.83		150m: 1:35.46 32.98	250m: 2:42.23 33.54	350m: 3:49.44 33.68	
	100m: 1:02.48 32.65		200m: 2:08.69 33.23	300m: 3:15.76 33.53	400m: 4:22.76 33.32	
5.	Andre Huang	10	Gesloures	4:34.03	4:33.13	469
	50m: 30.95 30.95		150m: 1:38.44 34.16	250m: 2:48.14 34.96	350m: 3:58.34 34.32	
	100m: 1:04.28 33.33		200m: 2:13.18 34.74	300m: 3:24.02 35.88	400m: 4:33.13 34.79	
6.	Miguel Filipe Medronheira	09	Palmela Desporto	4:39.63	4:41.13	430
	50m: 30.92 30.92		150m: 1:39.69 35.03	250m: 2:51.12 36.07	350m: 4:05.52 37.33	
	100m: 1:04.66 33.74		200m: 2:15.05 35.36	300m: 3:28.19 37.07	400m: 4:41.13 35.61	
7.	Joao Afonso Quaresma	09	Laranjeiro	4:43.07	4:43.49	419
	50m: 31.42 31.42		150m: 1:41.67 35.85	250m: 2:54.30 36.20	350m: 4:07.56 36.86	
	100m: 1:05.82 34.40		200m: 2:18.10 36.43	300m: 3:30.70 36.40	400m: 4:43.49 35.93	

Resultados online: <http://anlisboa.pt/live>

Prova 2, Masc., 400m Livres, Final

Juniores & Seniores

1. Rodrigo Onofre Matos	06	Os Belenenses	4:26.89	4:12.16	596
50m: 28.80 28.80	150m: 1:32.57 32.22	250m: 2:36.93 32.12	350m: 3:40.85 31.88		
100m: 1:00.35 31.55	200m: 2:04.81 32.24	300m: 3:08.97 32.04	400m: 4:12.16 31.31		
2. Joao Almeida Gomes	06	Nacional de Nataçã	4:27.08	4:16.09	569
50m: 29.33 29.33	150m: 1:33.08 32.12	250m: 2:37.08 31.73	350m: 3:43.14 33.27		
100m: 1:00.96 31.63	200m: 2:05.35 32.27	300m: 3:09.87 32.79	400m: 4:16.09 32.95		
3. Joao Filipe Prazeres	08	Gesloures	4:25.77	4:19.61	546
50m: 29.06 29.06	150m: 1:34.36 33.07	250m: 2:41.70 33.70	350m: 3:48.36 33.11		
100m: 1:01.29 32.23	200m: 2:08.00 33.64	300m: 3:15.25 33.55	400m: 4:19.61 31.25		
4. Joao Pedro Monteiro	08	BUZIOS - Coruche	4:25.10	4:19.66	546
50m: 28.73 28.73	150m: 1:33.86 32.91	250m: 2:40.67 33.52	350m: 3:47.77 33.32		
100m: 1:00.95 32.22	200m: 2:07.15 33.29	300m: 3:14.45 33.78	400m: 4:19.66 31.89		
5. Ricardo Freitas Neto	06	Sporting	4:28.61	4:23.11	524
50m: 29.45 29.45	150m: 1:35.04 33.28	250m: 2:42.19 33.54	350m: 3:49.97 33.87		
100m: 1:01.76 32.31	200m: 2:08.65 33.61	300m: 3:16.10 33.91	400m: 4:23.11 33.14		
6. Luis Carlos Correia	03	Laranjeiro	4:37.44	4:34.51	462
50m: 30.23 30.23	150m: 1:37.48 34.15	250m: 2:48.30 35.51	350m: 3:59.39 35.60		
100m: 1:03.33 33.10	200m: 2:12.79 35.31	300m: 3:23.79 35.49	400m: 4:34.51 35.12		
7. Goncalo Gomes Augusto	04	Palmela Desporto	4:36.00	4:35.56	456
50m: 30.02 30.02	150m: 1:37.31 34.26	250m: 2:47.17 35.42	350m: 4:00.57 36.93		
100m: 1:03.05 33.03	200m: 2:11.75 34.44	300m: 3:23.64 36.47	400m: 4:35.56 34.99		