

Prova 31

16.11.2025 - 9:00

Masc., 400m Estilos

Absolutos

Startlist

Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Nacional Abs	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Sen	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Jun 18	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003

Mínimo Participação Juv B: 5:33.36; Juv A: 5:20.54; Jun 17: 5:11.20; Jun 18: 5:05.10; 19: 4:59.12; 20 +: 4:56.13

Pista	Nadador	Categ.	Clube	Obs.	Tempo	Inscr.
Série 1 de 6, 9:00						
1	Xavier Jesus Valente	Jun	CFB		4:48.46	_____
2	Joao Almeida Gomes	Sen	CNN		4:46.44	_____
3	Renato Ferreira Mimoso	Juv A	SLB		4:43.90	_____
4	Rui Silva Pereira	Jun	ADRCIMM		4:29.75	_____
5	Diogo Didario Alfano	Jun	AEFDTV		4:43.72	_____
6	Rafael Lin Moniz	Jun	PDEM		4:45.05	_____
7	Diogo Rodrigues Sousa	Juv A	SAD		4:47.65	_____
8	Joao Baixinho Roxo	Juv A	SFUAP		4:48.71	_____

Série 2 de 6, 9:06						
1	Rodrigo Ferrao Dias	Juv A	SCP		4:58.16	_____
2	Miguel Ratinho Rocha	Jun	CNS		4:55.08	_____
3	Tiago Miguel Trombinhas	Sen	CFB		4:53.63	_____
4	Pedro Saad Oliveira	Jun	VS	EXH	4:49.23	_____
5	Dinis Aresta Ribeiro	Juv A	SCP		4:51.18	_____
6	Francisco Rodrigues Vilar	Jun	VS	EXH	4:53.92	_____
7	Antonio Carimbo Godinho	Juv A	AEFDTV		4:56.91	_____
8	Afonso Santos Carromeu	Jun	CNS		4:58.21	_____

Série 3 de 6, 9:11						
1	Diogo Soares Marques	Jun	SAD		5:11.17	_____
2	Tomas O'Grady Freire	Juv A	SCP		5:05.91	_____
3	Tomas Rodrigues Oliveira	Juv A	AEFDTV		5:03.28	_____
4	Martim Frederico Marques	Juv A	SCP		5:00.12	_____
5	Guilherme Valente Pereira	Juv A	ADRCIMM		5:01.86	_____
6	Bernardo Goncalves Paulo	Juv B	SFUAP		5:04.80	_____
7	Andre Huang	Juv A	GESL		5:07.19	_____
8	Bernardo Miguel Oliveira	Jun	CNN		5:11.20	_____

Série 4 de 6, 9:17						
1	Mingxi Guan	Juv B	SAD		5:25.85	_____
2	Salvador Miranda Grandela	Juv A	SAD		5:20.54	_____
3	Duarte Ribeiro Lima	Juv B	GESL		5:15.78	_____
4	Rafael Carreiras Marques	Juv A	GESL		5:13.65	_____
5	Simao Pascoal Fernandes	Juv B	ADRCIMM		5:15.17	_____
6	Henrique Matos Sebroza	Juv A	GESL		5:18.42	_____
7	Simao Cruz Trindade	Juv A	CNS		5:20.54	_____
8	David Pacheco Castanheira	Juv B	SLB		5:26.33	_____

Resultados online: anlisboa.pt/live

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Série 5 de 6, 9:23

2	Guilherme Silva Matos	Juv B	PDEM	5:33.36	—:—:—	—:—:—
3	Gustavo Pinto Mota	Juv B	PDEM	5:33.36	—:—:—	—:—:—
4	Matias Malheiro Mata	Juv B	SCP	5:27.64	—:—:—	—:—:—
5	Joao Marcelino Rodrigues	Juv B	SCP	5:33.14	—:—:—	—:—:—
6	Tome Pargana Mendes	Juv B	SFUAP	5:33.36	—:—:—	—:—:—
7	Tomas Ferreira Batista	Juv B	CPCD	5:38.46	—:—:—	—:—:—

Série 6 de 6, 9:30

3	Henrique Jose Chainho	Juv B	PDEM	6:01.16	—:—:—	—:—:—
4	Dinis Andrade Cabral	Juv B	PDEM	5:42.12	—:—:—	—:—:—
5	Francisco Alves Conceicao	Juv B	PDEM	5:58.39	—:—:—	—:—:—

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