

Prova 32

Masc., 400m Livres

Absolutos

04.07.2026 - 17:39

Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	2021
Rec Nacional Sen	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	2021
Rec Nacional Jun 18	3:53.79	Jose Paulo Lopes	SCB	Oeiras	2018
Rec Nacional Jun 17	3:57.15	Gustavo Manuel Santa	POR	Helsinkia (FIN)	2010
Rec Nacional Juv A	3:59.38	Gustavo Manuel Santa	POR	Tampere (FIN)	2009
Rec Nacional Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	2006

TAC Juv B: 5:01.35; Juv A: 4:49.76; Jun 17: 4:41.32; Jun 18: 4:35.81; 19: 4:30.40; 20 +: 4:27.70

Pontos: AQUA 2026

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis										
1.	Bernardo Goncalves Paulo <i>Campeão Regional Juvenis B</i>	11	SFUAP	4:13.84	4:16.99	627	1:01.62	1:05.71	1:05.55	1:04.11
2.	Guilherme Valente Pereira	10	ADRCIMM	4:22.20	4:22.57	587	1:05.09	1:06.92	1:06.54	1:04.02
3.	Tiago Neres Santo	10	SAD	4:47.69	4:22.92	585	1:02.59	1:07.59	1:07.62	1:05.12
4.	Ryan Lukas Desousa	11	ACSINTRA	4:30.61	4:28.67	548	1:03.76	1:08.64	1:10.21	1:06.06
5.	Henrique Matos Sebroza	10	GESL	4:35.11	4:33.45	520	1:03.35	1:10.22	1:10.95	1:08.93
6.	Martim Marino Brilha	10	CFB	4:34.93	4:33.83	518	1:05.49	1:09.67	1:10.31	1:08.36
7.	Martim Frederico Marques	10	SCP	4:28.93	4:34.73	513	1:03.34	1:09.33	1:10.40	1:11.66
8.	Francisco Pimentel Coelho	11	SLB	4:44.25	4:36.11	505	1:04.28	1:10.75	1:11.57	1:09.51
9.	Tome Pargana Mendes	11	SFUAP	4:35.85	4:44.96	459	1:07.48	1:13.10	1:13.00	1:11.38
10.	Henrique Jose Chainho	11	PDEM	4:47.91	4:49.23	439	1:06.81	1:14.32	1:15.27	1:12.83
11.	Tiago Filipe Pato <i>FTL (Fora Tempo Limite)</i>	11	SAD	4:29.11	5:03.56	380	1:11.03	1:16.99	1:18.06	1:17.48
12.	Isaac Carvalho Alves <i>FTL (Fora Tempo Limite)</i>	11	FS	5:01.36	5:03.91	379	1:09.30	1:19.36	1:19.24	1:16.01
DNS	Simao Verissimo Aires	11	CIRL	4:43.60						
DNS	Dinis Andrade Cabral	11	PDEM	4:41.79						

Juniores

1.	Tomas Augusto Reis <i>Campeão Regional Juniores</i>	09	CFB	4:14.58	4:17.19	625	1:01.60	1:05.34	1:05.32	1:04.93
2.	Vasco Frischknecht Oliveira	08	SLB	4:09.30	4:20.58	601	1:00.56	1:05.57	1:08.00	1:06.45
3.	Rafael Lin Moniz	09	PDEM	4:10.62	4:24.62	574	1:01.52	1:07.09	1:08.15	1:07.86
4.	Paulo Junio Fernandes	09	SAD	4:17.85	4:24.75	573	1:03.19	1:08.49	1:07.22	1:05.85
5.	Afonso Santos Carromeu	09	CNS	4:27.03	4:32.27	527	1:03.55	1:08.79	1:10.28	1:09.65
6.	Andre Raposo Pinheiro	09	SCP	4:33.67	4:34.33	515	1:03.82	1:10.14	1:10.83	1:09.54
7.	Jose Pedro Salvadinho <i>FTL (Fora Tempo Limite)</i>	08	CNN	4:30.20	4:35.86	506	1:05.06	1:11.08	1:09.17	1:10.55
DNS	Pedro Guedes Caldas	09	SLB	4:37.71						

Absolutos

1.	Bernardo Jorge Simoes <i>Campeão Regional Seniores</i>	04	CFB	3:58.87	4:09.27	687	58.87	1:03.63	1:03.51	1:03.26
2.	Rodrigo Onofre Matos	06	ADRCIMM	4:15.70	4:17.13	625	1:00.69	1:06.01	1:06.03	1:04.40
3.	Tomas Augusto Reis	09	CFB	4:14.58	4:17.19	625	1:01.60	1:05.34	1:05.32	1:04.93
4.	Vasco Frischknecht Oliveira	08	SLB	4:09.30	4:20.58	601	1:00.56	1:05.57	1:08.00	1:06.45
5.	Andre Correia Alves	06	SLB	4:13.86	4:24.60	574	1:01.87	1:07.17	1:07.87	1:07.69
6.	Rafael Lin Moniz	09	PDEM	4:10.62	4:24.62	574	1:01.52	1:07.09	1:08.15	1:07.86
7.	Paulo Junio Fernandes	09	SAD	4:17.85	4:24.75	573	1:03.19	1:08.49	1:07.22	1:05.85
8.	David Alexandre Fernandes	06	CNN	4:21.18	4:26.28	563	1:02.99	1:07.43	1:07.80	1:08.06

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Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
9.	Afonso Reis Campanico <i>FTL (Fora Tempo Limite)</i>	07	CIRL	4:28.63	4:31.82	529	1:04.46	1:08.84	1:09.81	1:08.71
10.	Afonso Santos Carromeu	09	CNS	4:27.03	4:32.27	527	1:03.55	1:08.79	1:10.28	1:09.65
11.	Andre Raposo Pinheiro	09	SCP	4:33.67	4:34.33	515	1:03.82	1:10.14	1:10.83	1:09.54
12.	Jose Pedro Salvadinho <i>FTL (Fora Tempo Limite)</i>	08	CNN	4:30.20	4:35.86	506	1:05.06	1:11.08	1:09.17	1:10.55
13.	Rafael Filipe Nunes <i>FTL (Fora Tempo Limite)</i>	96	CIRL	4:27.71	4:40.85	480	1:07.85	1:11.73	1:11.19	1:10.08
14.	Lourenco Lopes Silva <i>FTL (Fora Tempo Limite)</i>	07	PDEM	4:39.81	4:43.40	467	1:00.76	1:10.32	1:15.68	1:16.64
15.	Joao Almeida Gomes <i>FTL (Fora Tempo Limite)</i>	06	CNN	4:13.43	5:02.53	384	57.81	1:03.26	1:40.84	1:20.62
DNS	Pedro Guedes Caldas	09	SLB	4:37.71						
DNS	Alexandre Morari	07	SCP	4:30.41						