Prova 20 — Masc., 400m Livres — Absolutos
14.11.2026 - 16:00 — Startlist

Rec Nacional Abs Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Abs Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Abs Jun 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Abs Jun 17	3:52.60	Rui Silva Pereira	ADRCIMM	Tomar	2024
Rec Nacional Abs Juv A	3:58.45	Rui Silva Pereira	ADRCIMM	Sines	2023
Rec Nacional Abs Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	2023

Mínimo Participação Juv B: 4:55.45; Juv A: 4:44.08; Jun 17: 4:35.81; Jun 18: 4:30.40; 19: 4:25.10; 20 +: 4:22.45

Pista	Nadador	Categ.	Clube	Obs.	Tempo Inscr.		
Série 1 de 5, 16:00							
3	Dinis Marta Paulinho	Juv B	FS		5:19.42	___:___.___	___:___.___
4	Tiago Esteves Rodrigues	Juv B	ADRCIMM		4:56.55	___:___.___	___:___.___
5	Duarte Oliveira Diniz	Juv B	SLB		5:07.39	___:___.___	___:___.___
6	David Budu	Juv B	PDEM		5:19.74	___:___.___	___:___.___
Série 2 de 5, 16:06							
1	Goncalo Nunes Costa	Juv B	ADRCIMM		4:46.90	___:___.___	___:___.___
2	Keyser Jossub Ribeiro	Juv A	SLB		4:44.36	___:___.___	___:___.___
3	Duarte Oliveira Pinto	Juv A	GESL		4:44.35	___:___.___	___:___.___
4	Henrique Jose Chainho	Juv A	PDEM		4:42.15	___:___.___	___:___.___
5	Joao Afonso Quaresma	Jun 18	CIRL		4:43.45	___:___.___	___:___.___
6	Dinis Gomes Araujo	Juv A	FS		4:44.36	___:___.___	___:___.___
7	Rafael Alexandre Figueiredo	Juv B	SFUAP		4:44.76	___:___.___	___:___.___
8	Kirill Tkachenko	Juv B	SCP		4:52.97	___:___.___	___:___.___
Série 3 de 5, 16:12							
1	Miguel Filipe Medronheira	Jun 18	PDEM		4:37.65	___:___.___	___:___.___
2	Joao Marcelino Rodrigues	Juv A	SCP		4:32.02	___:___.___	___:___.___
3	Francisco Pimentel Coelho	Juv A	SLB		4:29.20	___:___.___	___:___.___
4	Jose Pedro Salvadinho	Sen	CNN		4:24.91	___:___.___	___:___.___
5	Martim Marino Brilha	Jun 17	CFB		4:28.35	___:___.___	___:___.___
6	Pedro Pontes Prior	Juv B	CIRL		4:30.27	___:___.___	___:___.___
7	Dinis Andrade Cabral	Juv A	PDEM		4:36.15	___:___.___	___:___.___
8	Francisco Lalanda Correia	Juv A	AEFDTV		4:41.58	___:___.___	___:___.___
Série 4 de 5, 16:17							
1	Afonso Santos Carromeu	Jun 18	CNS		4:21.80	___:___.___	___:___.___
2	Rodrigo Ferrao Dias	Jun 17	SCP		4:16.37	___:___.___	___:___.___
3	Rodrigo Canedo Santos	Sen	CNN		4:16.18	___:___.___	___:___.___
4	Guilherme Valente Pereira	Jun 17	ADRCIMM		4:15.82	___:___.___	___:___.___
5	Andre Correia Alves	Sen	SLB		4:16.11	___:___.___	___:___.___
6	Diogo Rodrigues Sousa	Jun 17	SAD		4:16.30	___:___.___	___:___.___
7	Rafael Ataide Duarte	Sen	SLB		4:17.25	___:___.___	___:___.___
8	Martim Frederico Marques	Jun 17	VS	EXH	4:23.66	___:___.___	___:___.___
Série 5 de 5, 16:22							
1	Alexandre Morari	Sen	SCP		4:13.30	___:___.___	___:___.___
2	Rafael Lin Moniz	Jun 18	PDEM		4:05.71	___:___.___	___:___.___
3	Vasco Frischknecht Oliveira	Sen	SLB		4:04.31	___:___.___	___:___.___
4	Vasco Alves Morgado	Sen	SAD		3:51.14	___:___.___	___:___.___
5	Yury Fomin	Sen	SAD		3:53.55	___:___.___	___:___.___
6	Diogo Santos Cardoso	Sen	SCP		4:05.18	___:___.___	___:___.___
7	Joao Miguel Cardoso	Sen	GESL		4:13.02	___:___.___	___:___.___
8	Rafael Rodrigues Jacinto	Sen	CFB		4:14.72	___:___.___	___:___.___

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