Prova 30 — Masc., 400m Estilos — Absolutos
15.11.2026 - 9:00 — Startlist

| | | | | | |
|---|---|---|---|---|---|
| Rec Nacional Abs Open | 4:05.87 | Gabriel Jose Lopes | ALN | Leiria | 2022 |
| Rec Nacional Abs Sen | 4:05.87 | Gabriel Jose Lopes | ALN | Leiria | 2022 |
| Rec Nacional Abs Jun 18 | 4:11.20 | Joao Alexandre Vital | SCP | Porto | 2015 |
| Rec Nacional Abs Jun 17 | 4:21.93 | Joao Alexandre Vital | ADRCIMM | Porto | 2014 |
| Rec Nacional Abs Juv A | 4:25.04 | Joao Alexandre Vital | ADRCIMM | Tomar | 2013 |
| Rec Nacional Abs 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 5, 9:00** | | | | | | | |
| 1 | Rafael Lin Moniz | Jun 18 | PDEM | | 4:42.34 | ___:___.___ | ___:___.___ |
| 2 | Bernardo Jorge Simoes | Sen | CFB | | 4:38.23 | ___:___.___ | ___:___.___ |
| 3 | Diogo Santos Cardoso | Sen | SCP | | 4:22.85 | ___:___.___ | ___:___.___ |
| 4 | Henrique Gomes Silva | Sen | SAD | | 4:12.87 | ___:___.___ | ___:___.___ |
| 5 | Yury Fomin | Sen | SAD | | 4:16.27 | ___:___.___ | ___:___.___ |
| 6 | Andre Correia Alves | Sen | SLB | | 4:33.87 | ___:___.___ | ___:___.___ |
| 7 | Leonardo Conceicao Reis | Sen | SCP | | 4:40.11 | ___:___.___ | ___:___.___ |
| 8 | Dinis Aresta Ribeiro | Jun 17 | VS | EXH | 4:42.67 | ___:___.___ | ___:___.___ |
| **Série 2 de 5, 9:05** | | | | | | | |
| 1 | Miguel Ratinho Rocha | Jun 18 | PDEM | | 4:56.13 | ___:___.___ | ___:___.___ |
| 2 | Afonso Santos Carromeu | Jun 18 | CNS | | 4:54.04 | ___:___.___ | ___:___.___ |
| 3 | Joao Baixinho Roxo | Jun 17 | SFUAP | | 4:49.55 | ___:___.___ | ___:___.___ |
| 4 | Pedro Saad Oliveira | Sen | SCP | | 4:44.84 | ___:___.___ | ___:___.___ |
| 5 | Xavier Jesus Valente | Jun 18 | CFB | | 4:45.14 | ___:___.___ | ___:___.___ |
| 6 | Guilherme Valente Pereira | Jun 17 | ADRCIMM | | 4:53.66 | ___:___.___ | ___:___.___ |
| 7 | Bernardo Goncalves Paulo | Juv A | SFUAP | | 4:54.60 | ___:___.___ | ___:___.___ |
| 8 | Jose Pedro Salvadinho | Sen | CNN | | 4:59.13 | ___:___.___ | ___:___.___ |
| **Série 3 de 5, 9:11** | | | | | | | |
| 1 | Mingxi Guan | Juv A | SAD | | 5:14.53 | ___:___.___ | ___:___.___ |
| 2 | Joao Marcelino Rodrigues | Juv A | SCP | | 5:12.43 | ___:___.___ | ___:___.___ |
| 3 | Tomas Ferreira Batista | Juv A | CPCD | | 5:01.47 | ___:___.___ | ___:___.___ |
| 4 | Henrique Matos Sebrosa | Jun 17 | GESL | | 4:59.54 | ___:___.___ | ___:___.___ |
| 5 | Andre Huang | Jun 17 | GESL | | 5:00.69 | ___:___.___ | ___:___.___ |
| 6 | Martim Marino Brilha | Jun 17 | CFB | | 5:08.45 | ___:___.___ | ___:___.___ |
| 7 | Matias Malheiro Mata | Juv A | SCP | | 5:13.88 | ___:___.___ | ___:___.___ |
| 8 | Duarte Ribeiro Lima | Juv A | GESL | | 5:14.54 | ___:___.___ | ___:___.___ |
| **Série 4 de 5, 9:17** | | | | | | | |
| 1 | Tiago Esteves Rodrigues | Juv B | ADRCIMM | | 5:32.11 | ___:___.___ | ___:___.___ |
| 2 | Dinis Andrade Cabral | Juv A | PDEM | | 5:23.12 | ___:___.___ | ___:___.___ |
| 3 | Pedro Pontes Prior | Juv B | CIRL | | 5:17.90 | ___:___.___ | ___:___.___ |
| 4 | Guilherme Pereira Sousa | Juv B | SCP | | 5:15.91 | ___:___.___ | ___:___.___ |
| 5 | Bruno Miguel Figueiredo | Juv A | AEFDTV | | 5:16.06 | ___:___.___ | ___:___.___ |
| 6 | Vasco Messias Pires | Juv B | SCP | | 5:18.22 | ___:___.___ | ___:___.___ |
| 7 | Marco Willem Boggelen | Juv B | SCP | | 5:28.41 | ___:___.___ | ___:___.___ |
| 8 | Rafael Alexandre Figueiredo | Juv B | SFUAP | | 5:33.70 | ___:___.___ | ___:___.___ |
| **Série 5 de 5, 9:24** | | | | | | | |
| 1 | Manuel Antonio Nunes | Juv B | PDEM | | 6:10.72 | ___:___.___ | ___:___.___ |
| 2 | David Budu | Juv B | PDEM | | 5:43.69 | ___:___.___ | ___:___.___ |
| 3 | Dinis Filipe Miranda | Juv B | SCP | | 5:37.64 | ___:___.___ | ___:___.___ |
| 4 | Diego Miguel Mota | Juv B | ADRCIMM | | 5:35.12 | ___:___.___ | ___:___.___ |
| 5 | Goncalo Nunes Costa | Juv B | ADRCIMM | | 5:36.34 | ___:___.___ | ___:___.___ |
| 6 | Goncalo Maria Francisco | Juv B | SCP | | 5:39.54 | ___:___.___ | ___:___.___ |
| 7 | Henrique Jose Chainho | Juv A | PDEM | | 5:49.24 | ___:___.___ | ___:___.___ |
| 8 | Pedro Manuel Ahmad | Juv B | CFB | | 6:10.75 | ___:___.___ | ___:___.___ |



apoios institucionais
parceiros