

Campeonato Regional ALVES BANDEIRA 2  
Mealhada, 21 - 22/2/2026

Prova 30

Masc., 400m Estilos

Absolutos  
Resultados

22/02/2026 - 9:55

Rec Nac 25m Open	4:05.87	Gabriel Jose Lopes	ALN	Leiria	09/12/2022
Rec Nac 25m Jun17	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	19/12/2014
Rec Nac 25m Juv A 16	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	13/12/2013
Recordes Reg ANCNP 25m Open	4:06.83	Diogo Filipe Carvalho	CGA	Istambul (TUR)	11/12/2009
Recordes Reg ANCNP 25m Jun17	4:26.05	Diogo Filipe Carvalho	ANCNP	Cantanhede	20/12/2004
Recordes Reg ANCNP 25m Juv A 16	4:28.27	Diogo Filipe Carvalho	CGA	Penafiel	19/03/2004

TFO REGIONAL - JUN Jun: 5:34.08 / TFO REGIONAL - JUV A Juv A 16: 5:42.79 / TAC-N Jun 17 Jun17: 4:49.07 / TAC-N JUL Juv A Juv A 16: 4:54.47 / TAC-N MAR Juv A Juv A 16: 4:59.88 / TAC-ID Juv A Juv A 16: 5:28.66 / TAC-ID Jun Jun: 5:19.40

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
1.	Rafael Pires Parente <i>TAC Nacional Julho JUV A</i>	M	213541	16	Academico Viseu Futebol Clube	4:55.95	<b>4:53.22</b>	513	
	50m: 31.06 31.06 100m: 1:05.54 34.48		150m: 1:42.53 36.99 200m: 2:19.46 36.93		250m: 3:02.97 43.51 300m: 3:46.77 43.80		350m: 4:20.29 4:20.29 400m: 4:53.22 4:53.22	33.52 32.93	
2.	Leonardo Sanjuan Gomes <i>TAC Interdistrital</i>	M	211263	16	Estamos Juntos	5:16.79	<b>5:04.48</b>	458	
	50m: 31.30 31.30 100m: 1:07.83 36.53		150m: 1:49.13 41.30 200m: 2:28.23 39.10		250m: 3:10.72 42.49 300m: 3:54.06 43.34		350m: 4:30.07 4:30.07 400m: 5:04.48 5:04.48	36.01 34.41	
3.	Francisco Laranjeira Morais <i>TAC Interdistrital</i>	M	208427	16	Algés e Águeda XXI	5:10.75	<b>5:13.41</b>	420	
	50m: 33.04 33.04 100m: 1:12.67 39.63		150m: 1:52.49 39.82 200m: 2:31.91 39.42		250m: 3:14.69 42.78 300m: 3:59.03 44.34		350m: 4:36.61 4:36.61 400m: 5:13.41 5:13.41	37.58 36.80	

Juniores

1.	Dinis Valente Rocha <i>TAC Interdistrital</i>	M	208532	17	Clube Desportivo Feirense	4:50.31	<b>4:49.81</b>	531	
	50m: 31.67 31.67 100m: 1:08.06 36.39		150m: 1:46.31 38.25 200m: 2:23.82 37.51		250m: 3:03.61 39.79 300m: 3:43.65 40.04		350m: 4:16.99 4:16.99 400m: 4:49.81 4:49.81	33.34 32.82	
2.	Manuel Leite Aguiar <i>TAC Interdistrital</i>	M	212217	17	Sanjoanense/FEPSA	4:59.16	<b>4:53.71</b>	510	
	50m: 31.30 31.30 100m: 1:06.73 35.43		150m: 1:45.32 38.59 200m: 2:22.85 37.53		250m: 3:05.33 42.48 300m: 3:47.62 42.29		350m: 4:21.33 4:21.33 400m: 4:53.71 4:53.71	33.71 32.38	
3.	Rodrigo Cruz Costa <i>TAC Interdistrital</i>	M	208168	17	Sanjoanense/FEPSA	5:01.37	<b>4:57.80</b>	490	
	50m: 31.35 31.35 100m: 1:07.05 35.70		150m: 1:46.68 39.63 200m: 2:25.56 38.88		250m: 3:07.33 41.77 300m: 3:49.76 42.43		350m: 4:24.16 4:24.16 400m: 4:57.80 4:57.80	34.40 33.64	
DSQ	Alexandre Shubin <i>720 - Toque alternado na viragem aos 250 m - SW 7.6</i>	M	207643	17	Campinho	5:12.69			DSQ