

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

Prova 4 Masc., 400m Livres Absolutos  
21/02/2026 - 10:05 Resultados

Rec Nac 25m Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26/06/2004
Rec Nac 25m Jun17	3:52.60	Rui Silva Pereira	ADRCIMM	Tomar	14/12/2024
Rec Nac 25m Juv A 16	3:58.45	Rui Silva Pereira	ADRCIMM	Sines	17/12/2023
Rec Nac 25m Juv B 15	4:01.42	Rui Silva Pereira	POR	Tomar	15/01/2023
Recordes Reg ANCNP 25m Open	3:49.02	Diogo Filipe Carvalho	CGA	S. Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Sen	3:49.02	Diogo Filipe Carvalho	CGA	STº Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Jun18	3:55.07	Gustavo Carvalhais Ribeiro	CGA	Gafanha de Nazaré	18/07/2021
Recordes Reg ANCNP 25m Jun17	3:56.61	Gustavo Carvalhais Ribeiro	CGA	Leiria	14/12/2019
Recordes Reg ANCNP 25m Juv A 16	4:01.35	Diogo Filipe Carvalho	ANCNP	Anadia	28/02/2004
Recordes Reg ANCNP 25m Juv B 15	4:05.91	Diogo Filipe Carvalho	CGA	Braga	01/03/2003

TFO REGIONAL - SEN Sen: 4:50.51 / TFO REGIONAL - JUN Jun: 4:58.36 / TFO REGIONAL - JUV A Juv A 16: 5:07.14 / TFO REGIONAL - JUV B Juv B 15: 5:17.06 / TAC-N Jun 17 Jun17: 4:14.36 / TAC-N Jun 18 Jun18: 4:07.23 / TAC-N JUL Juv A Juv A 16: 4:19.11 / TAC-N JUL Juv B Juv B 15: 4:31.00 / TAC-N MAR Juv A Juv A 16: 4:23.87 / TAC-N MAR Juv B Juv B 15: 4:35.76 / TAC-N Sen 22+ 22 +: 4:02.47 / TAC-N Sen Sub 21 19 - 21: 4:04.85 / TAC-ID Juv A Juv A 16: 4:48.67 / TAC-ID Juv B Juv B 15: 4:55.45 / TAC-ID Jun Jun: 4:40.53 / TAC-ID Sen Sen: 4:32.40

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
<b>Juvenis B</b>									
1.	Duarte Miguel Santos <i>TAC Interdistrital</i>	M	214460	15	Clube Desportivo de Estarreja	4:56.01	<b>4:45.90</b>	409	
	50m: 31.04 31.04 100m: 1:06.19 35.15				150m: 1:42.32 36.13 200m: 2:19.37 37.05	250m: 2:56.09 36.72 300m: 3:33.42 37.33	350m: 4:10.45 4:10.45 400m: 4:45.90 4:45.90	37.03 35.45	
2.	Miguel Varandas Piedade <i>TAC Interdistrital</i>	M	209965	15	Campinho	5:19.72	<b>4:48.70</b>	397	
	50m: 32.01 32.01 100m: 1:08.37 36.36				150m: 1:46.01 37.64 200m: 2:22.03 36.02	250m: 2:58.84 36.81 300m: 3:35.44 36.60	350m: 4:11.82 4:11.82 400m: 4:48.70 4:48.70	36.38 36.88	
<b>Juvenis A</b>									
1.	Gabriel Silva Tavares <i>TAC Nacional Julho JUV A</i>	M	208224	16	Clube Desportivo de Estarreja	4:27.38	<b>4:15.49</b>	573	
	50m: 28.84 28.84 100m: 1:00.97 32.13				150m: 1:33.14 32.17 200m: 2:06.10 32.96	250m: 2:38.33 32.23 300m: 3:10.87 32.54	350m: 3:43.46 4:15.49 400m: 4:15.49 4:15.49	32.59 32.03	
2.	Andre Ferreira Santos <i>TAC Nacional Julho JUV A</i>	M	213542	16	Academico Viseu Futebol Clube	4:17.17	<b>4:18.07</b>	556	
	50m: 28.85 28.85 100m: 1:00.95 32.10				150m: 1:33.33 32.38 200m: 2:06.33 33.00	250m: 2:39.07 32.74 300m: 3:11.89 32.82	350m: 3:45.29 4:18.07 400m: 4:18.07 4:18.07	33.40 32.78	
3.	Tiago Joao Olas <i>TAC Nacional Março JUV A</i>	M	215503	16	Academico Viseu Futebol Clube	4:27.74	<b>4:22.29</b>	529	
	50m: 30.06 30.06 100m: 1:02.68 32.62				150m: 1:35.86 33.18 200m: 2:09.19 33.33	250m: 2:42.79 33.60 300m: 3:17.11 34.32	350m: 3:51.18 4:22.29 400m: 4:22.29 4:22.29	34.07 31.11	
4.	Tomas Figueiredo Branco <i>TAC Interdistrital</i>	M	206651	16	Galitos / Bresimar	4:26.92	<b>4:27.17</b>	501	
	50m: 29.98 29.98 100m: 1:02.73 32.75				150m: 1:36.36 33.63 200m: 2:10.67 34.31	250m: 2:44.75 34.08 300m: 3:19.12 34.37	350m: 3:53.63 4:27.17 400m: 4:27.17 4:27.17	34.51 33.54	
5.	Joao Saraiva Paixao <i>TAC Interdistrital</i>	M	141305	16	Galitos / Bresimar	4:47.62	<b>4:40.13</b>	434	
	50m: 31.37 31.37 100m: 1:05.96 34.59				150m: 1:41.68 35.72 200m: 2:17.54 35.86	250m: 2:53.62 36.08 300m: 3:29.43 35.81	350m: 4:05.65 4:40.13 400m: 4:40.13 4:40.13	36.22 34.48	
6.	Andre Goncalo Mendes <i>TAC Interdistrital</i>	M	139741	16	CN Vagos	4:48.65	<b>4:40.50</b>	433	
	50m: 30.63 30.63 100m: 1:04.69 34.06				150m: 1:39.78 35.09 200m: 2:15.66 35.88	250m: 2:52.48 36.82 300m: 3:29.20 36.72	350m: 4:05.90 4:40.50 400m: 4:40.50 4:40.50	36.70 34.60	
7.	Rodrigo Guedes Ferreira <i>TAC Interdistrital</i>	M	213631	16	Clube Desportivo Feirense	4:34.93	<b>4:45.49</b>	410	
	50m: 30.67 30.67 100m: 1:04.80 34.13				150m: 1:40.73 35.93 200m: 2:17.22 36.49	250m: 2:54.52 37.30 300m: 3:31.44 36.92	350m: 4:08.93 4:45.49 400m: 4:45.49 4:45.49	37.49 36.56	

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

Prova 4, Masc., 400m Livres

Juniores

1.	Nuno Miguel Anjos <i>TAC Interdistrital</i>	M	140396	18	Galitos / Bresimar	4:23.38	<b>4:11.38</b>	601
	50m: 29.29 100m: 1:00.95	29.29 31.66	150m: 1:33.20 200m: 2:05.38	32.25 32.18	250m: 2:36.70 300m: 3:08.33	31.32 31.63	350m: 3:39.98 400m: 4:11.38	31.65 31.40
2.	Manuel Leite Aguiar <i>TAC Interdistrital</i>	M	212217	17	Sanjoanense/FEPSA	4:27.74	<b>4:21.90</b>	532
	50m: 30.11 100m: 1:01.96	30.11 32.85	150m: 1:35.95 200m: 2:09.48	32.99 33.53	250m: 2:43.08 300m: 3:16.82	33.60 33.74	350m: 3:50.52 400m: 4:21.90	33.70 31.38
3.	Vicente Sa Vale <i>TAC Interdistrital</i>	M	148738	18	Galitos / Bresimar	4:23.73	<b>4:22.49</b>	528
	50m: 28.78 100m: 1:01.13	28.78 32.35	150m: 1:33.99 200m: 2:07.22	32.86 33.23	250m: 2:40.69 300m: 3:14.51	33.47 33.82	350m: 3:49.07 400m: 4:22.49	34.56 33.42
4.	Dinis Valente Rocha <i>TAC Interdistrital</i>	M	208532	17	Clube Desportivo Feirense	4:25.68	<b>4:26.64</b>	504
	50m: 29.70 100m: 1:01.98	29.70 32.28	150m: 1:35.13 200m: 2:08.92	33.15 33.79	250m: 2:43.35 300m: 3:17.75	34.43 34.40	350m: 3:52.42 400m: 4:26.64	34.67 34.22
5.	Mateus Tavares Bastos <i>TAC Interdistrital</i>	M	214438	18	Campinho	4:43.69	<b>4:39.64</b>	437
	50m: 30.60 100m: 1:04.85	30.60 34.25	150m: 1:40.48 200m: 2:16.58	35.63 36.10	250m: 2:52.42 300m: 3:28.79	35.84 36.37	350m: 4:05.20 400m: 4:39.64	36.41 34.44
6.	Gabriel Neto Ferreira <i>TAC Interdistrital</i>	M	203901	18	O Crasto	4:40.31	<b>4:40.60</b>	432
	50m: 31.11 100m: 1:05.46	31.11 34.35	150m: 1:40.66 200m: 2:17.05	35.20 36.39	250m: 2:53.66 300m: 3:29.85	36.61 36.19	350m: 4:06.16 400m: 4:40.60	36.31 34.44
7.	Jose Claudio Reis <i>TAC Interdistrital</i>	M	210931	18	UD Oliveirense/FERSILVA	4:50.13	<b>4:43.89</b>	417
	50m: 31.13 100m: 1:05.98	31.13 34.85	150m: 1:42.03 200m: 2:18.42	36.05 36.39	250m: 2:55.53 300m: 3:32.65	37.11 37.12	350m: 4:08.75 400m: 4:43.89	36.10 35.14
8.	Vicente Ferreira Oliveira <i>FTL</i>	M	213213	18	Estamos Juntos	4:55.52	<b>5:05.01</b>	336
	50m: 32.32 100m: 1:08.50	32.32 36.18	150m: 1:46.82 200m: 2:26.14	38.32 39.32	250m: 3:05.67 300m: 3:45.37	39.53 39.70	350m: 4:25.10 400m: 5:05.01	39.73 39.91
DNS	Luis Azevedo Pinto	M	210795	17	Clube Desportivo de Estarreja	4:39.41		DNS

Seniores

1.	Filipe Santos Cardoso <i>TAC Interdistrital</i>	M	130500	22	Gafanha da Encarnação	4:05.90	<b>4:10.30</b>	609
	50m: 29.54 100m: 1:00.93	29.54 31.39	150m: 1:33.06 200m: 2:05.18	32.13 32.12	250m: 2:36.84 300m: 3:08.20	31.66 31.36	350m: 3:39.65 400m: 4:10.30	31.45 30.65
2.	A. Goncalves <i>TAC Interdistrital</i>	M	128601	21	Clube Desportivo Feirense	4:13.39	<b>4:12.27</b>	595
	50m: 28.59 100m: 59.13	28.59 30.54	150m: 1:30.55 200m: 2:02.47	31.42 31.92	250m: 2:34.79 300m: 3:07.28	32.32 32.49	350m: 3:40.02 400m: 4:12.27	32.74 32.25
3.	Roberto Pinho Santos <i>TAC Interdistrital</i>	M	122871	23	Estamos Juntos	4:48.95	<b>4:34.93</b>	460
	50m: 30.56 100m: 1:04.60	30.56 34.04	150m: 1:39.60 200m: 2:14.58	35.00 34.98	250m: 2:49.76 300m: 3:25.38	35.18 35.62	350m: 4:01.04 400m: 4:34.93	35.66 33.89