

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

| Prova 45                        | Masc., 200m Costas |                          |         |                     | Absolutos  |
|---------------------------------|--------------------|--------------------------|---------|---------------------|------------|
| 22/02/2026 - 16:55              |                    |                          |         |                     | Resultados |
| Rec Nac 25m Open                | 1:52.66            | Gabriel Jose Lopes       | POR     | Hangzhou (CHN)      | 16/12/2018 |
| Rec Nac 25m Sen                 | 1:52.66            | Gabriel Jose Lopes       | POR     | Hangzhou (FRA)      | 16/12/2018 |
| Rec Nac 25m Jun18               | 1:57.90            | Tomas Maia Januario      | SLB     | Leiria              | 09/12/2023 |
| Rec Nac 25m Jun17               | 1:59.34            | Adriano Miguel Niz       | CFV     | Alges               | 16/05/2003 |
| Rec Nac 25m Juv A 16            | 2:01.43            | Diogo Gomes Sousa        | CNCVG   | Algés               | 04/06/2011 |
| Rec Nac 25m Juv B 15            | 2:04.99            | Joao Alexandre Vital     | ADRCIMM | Alapraia            | 09/03/2013 |
| Recordes Reg ANCNP 25m Open     | 1:58.76            | Diogo Filipe Carvalho    | CGA     | Sta. Maria da Feira | 17/05/2009 |
| Recordes Reg ANCNP 25m Sen      | 1:58.76            | Diogo Filipe Carvalho    | CGA     | Stª Maria da Feira  | 17/05/2009 |
| Recordes Reg ANCNP 25m Jun18    | 2:03.19            | Diogo Miguel Silva       | CGA     | Leiria              | 09/12/2022 |
| Recordes Reg ANCNP 25m Jun17    | 2:02.00            | Diogo Miguel Silva       | CGA     | Leiria              | 26/11/2021 |
| Recordes Reg ANCNP 25m Juv A 16 | 2:05.50            | Diogo Miguel Silva       | CGA     | Gafanha de Nazaré   | 04/07/2021 |
| Recordes Reg ANCNP 25m Juv B 15 | 2:13.09            | Rodrigo Vieira Rodrigues | SCE     | Gafanha de Nazaré   | 04/07/2021 |

TFO REGIONAL - SEN Sen: 2:24.58 / TFO REGIONAL - JUN Jun: 2:28.49 / TFO REGIONAL - JUV A Juv A 16: 2:32.76 / TFO REGIONAL - JUV B Juv B 15: 2:37.79 / TAC-N Jun 17 Jun17: 2:13.40 / TAC-N Jun 18 Jun18: 2:09.66 / TAC-N JUL Juv A Juv A 16: 2:15.89 / TAC-N JUL Juv B Juv B 15: 2:22.12 / TAC-N MAR Juv A Juv A 16: 2:18.38 / TAC-N MAR Juv B Juv B 15: 2:24.62 / TAC-N Sen 22+ 22 +: 2:07.16 / TAC-N Sen Sub 21 19 - 21: 2:08.41 / TAC-ID Juv A Juv A 16: 2:31.06 / TAC-ID Juv B Juv B 15: 2:34.62 / TAC-ID Jun Jun: 2:26.81 / TAC-ID Sen Sen: 2:22.55

Pontos: AQUA 2025

| Lugar  | Idade |        | Tp. insc. | Tempo final    | Pts | 50m   | 100m  | 150m  | 200m  |
|--|-------|--------|-----------|----------------|-----|-------|-------|-------|-------|
| <b>Juvenis B</b>   |       |        |           |                |     |       |       |       |       |
| 1. Daniel Volkov<br><i>TAC Nacional Julho JUV B</i>        | 15    | CGA    | 2:16.83   | <b>2:15.14</b> | 477 | 32.62 | 34.43 | 34.76 | 33.33 |
| 2. Miguel Varandas Piedade<br><i>TAC Interdistrital</i>    | 15    | CDCA   | 2:31.86   | <b>2:30.61</b> | 344 | 35.26 | 38.70 | 38.94 | 37.71 |
| <b>Juvenis A</b>   |       |        |           |                |     |       |       |       |       |
| 1. Rafael Pires Parente<br><i>TAC Nacional Março JUV A</i> | 16    | AVFC   | 2:12.82   | <b>2:16.04</b> | 468 | 31.60 | 34.78 | 35.29 | 34.37 |
| 2. Rafael Moreira Assuncao<br><i>TAC Interdistrital</i>    | 16    | CDF    | NT        | <b>2:19.13</b> | 437 | 33.15 | 35.35 | 35.96 | 34.67 |
| 3. Gabriel Silva Tavares<br><i>TAC Interdistrital</i>      | 16    | CDE    | 2:20.08   | <b>2:19.47</b> | 434 | 32.85 | 35.37 | 35.83 | 35.42 |
| <b>Juniores</b>  |       |        |           |                |     |       |       |       |       |
| 1. Nuno Miguel Anjos<br><i>TAC Interdistrital</i>          | 18    | CGA    | 2:16.30   | <b>2:09.95</b> | 537 | 29.54 | 32.30 | 34.07 | 34.04 |
| 2. Pedro Vidal Guedes<br><i>TAC Interdistrital</i>         | 17    | CAPGE  | 2:12.68   | <b>2:13.71</b> | 493 | 30.86 | 33.79 | 34.47 | 34.59 |
| 3. Joao Miguel Santos<br><i>TAC Interdistrital</i>         | 17    | CDE    | 2:19.76   | <b>2:19.50</b> | 434 | 31.17 | 34.67 | 37.07 | 36.59 |
| 4. Guilherme Almeida Bianchi<br><i>TAC Interdistrital</i>  | 17    | CRASTO | 2:26.46   | <b>2:25.55</b> | 382 | 34.04 | 37.28 | 37.53 | 36.70 |
| <b>Seniores</b>  |       |        |           |                |     |       |       |       |       |
| 1. Rodrigo Vieira Rodrigues<br><i>TAC Nacional Sub 21</i>  | 20    | SCE    | 2:01.34   | <b>2:02.74</b> | 637 | 28.71 | 31.55 | 31.13 | 31.35 |
| 2. Rodrigo Manuel Coelho<br><i>TAC Interdistrital</i>      | 25    | CDF    | 2:15.63   | <b>2:14.62</b> | 483 | 31.24 | 34.57 | 34.38 | 34.43 |