



Prova 30

Masc., 400m Estilos

Absolutos
Resultados

31/05/2026 - 9:55

| | | | | | |
|---------------------------------|---------|-----------------------|---------|----------------|------------|
| Rec Nac 25m Open | 4:05.87 | Gabriel Jose Lopes | ALN | Leiria | 09/12/2022 |
| Rec Nac 25m Sen | 4:05.87 | Gabriel Jose Lopes | ALN | Leiria | 09/12/2022 |
| Rec Nac 25m Jun18 | 4:11.20 | Joao Alexandre Vital | SCP | Porto | 11/12/2015 |
| 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 |
| Rec Nac 25m Juv B 15 | 4:35.02 | Diogo Filipe Carvalho | CGA | Braga | 21/03/2003 |
| Recordes Reg ANCNP 25m Open | 4:06.83 | Diogo Filipe Carvalho | CGA | Istambul (TUR) | 11/12/2009 |
| Recordes Reg ANCNP 25m Sen | 4:06.83 | Diogo Filipe Carvalho | CGA | Istambul (TUR) | 11/12/2009 |
| Recordes Reg ANCNP 25m Jun18 | 4:30.40 | Andre Magalhaes Moura | AVFC | Porto | 11/12/2015 |
| 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 |
| Recordes Reg ANCNP 25m Juv B 15 | 4:35.02 | Diogo Filipe Carvalho | CGA | Braga | 21/03/2003 |

TAC-N Jun 17 Jun17: 4:49.07 / TAC-N JUL Juv A Juv A 16: 4:54.47 / TAC-N JUL Juv B Juv B 15: 5:07.98 / TAC-N Jun 18 Jun18: 4:40.97 / TAC-N Sen 22+ 22+: 4:35.56 / TAC-N Sen Sub 21 19 - 21: 4:38.26 / TAC-ID Juv A Juv A 16: 5:28.66 / TAC-ID Juv B Juv B 15: 5:36.37 / TAC-ID Jun Jun: 5:19.40 / TAC-ID Sen Sen: 5:10.13 / TFO REGIONAL - SEN Sen: 5:23.39 / TFO REGIONAL - JUN Jun: 5:34.08 / TFO REGIONAL - JUV A Juv A 16: 5:42.79 / TFO REGIONAL - JUV B Juv B 15: 5:59.76

Pontos: AQUA 2025

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tp. Insc. | Tempo Final | Pts | Obs |
|-------|------|------|---------|-----|-------|-----------|-------------|-----|-----|
|-------|------|------|---------|-----|-------|-----------|-------------|-----|-----|

Juvenis A

| | | | | | | | | | |
|----|---|---|--------|----|--------------------|---------|----------------|-----|--|
| 1. | Tomas Figueiredo Branco <i>TAC Nacional Julho</i> | M | 206651 | 16 | Galitos / Bresimar | 5:07.16 | 4:52.67 | 516 | |
| | 50m: 30.61 30.61 150m: 1:45.97 39.80 250m: 3:05.00 39.80 350m: 4:19.78 34.50 | | | | | | | | |
| | 100m: 1:06.17 35.56 200m: 2:25.20 39.23 300m: 3:45.28 40.28 400m: 4:52.67 32.89 | | | | | | | | |

Juniores

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|----|---|---|--------|----|---------------------------|---------|----------------|-----|--|
| 1. | Dinis Valente Rocha <i>TAC InterDistrital</i> | M | 208532 | 17 | Clube Desportivo Feirense | 4:49.81 | 4:51.48 | 522 | |
| | 50m: 31.26 31.26 150m: 1:45.20 37.68 250m: 3:03.19 40.35 350m: 4:17.58 33.73 | | | | | | | | |
| | 100m: 1:07.52 36.26 200m: 2:22.84 37.64 300m: 3:43.85 40.66 400m: 4:51.48 33.90 | | | | | | | | |
| 2. | Rodrigo Cruz Costa <i>TAC InterDistrital</i> | M | 208168 | 17 | Sanjoanense/FEPSA | 5:03.56 | 4:53.40 | 512 | |
| | 50m: 30.58 30.58 150m: 1:44.66 39.88 250m: 3:03.97 41.04 350m: 4:20.22 34.28 | | | | | | | | |
| | 100m: 1:04.78 34.20 200m: 2:22.93 38.27 300m: 3:45.94 41.97 400m: 4:53.40 33.18 | | | | | | | | |
| 3. | Manuel Leite Aguiar <i>TAC InterDistrital</i> | M | 212217 | 17 | Sanjoanense/FEPSA | 5:01.22 | 5:04.51 | 458 | |
| | 50m: 30.83 30.83 150m: 1:45.86 39.29 250m: 3:08.45 43.68 350m: 4:30.03 35.81 | | | | | | | | |
| | 100m: 1:06.57 35.74 200m: 2:24.77 38.91 300m: 3:54.22 45.77 400m: 5:04.51 34.48 | | | | | | | | |
| 4. | Guilherme Almeida Bianchi <i>TAC InterDistrital</i> | M | 210624 | 17 | O Crasto | 5:04.83 | 5:04.54 | 458 | |
| | 50m: 32.69 32.69 150m: 1:52.26 40.11 250m: 3:14.49 42.29 350m: 4:31.98 35.50 | | | | | | | | |
| | 100m: 1:12.15 39.46 200m: 2:32.20 39.94 300m: 3:56.48 41.99 400m: 5:04.54 32.56 | | | | | | | | |

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|-----|---|---|--------|----|----------|----|--|--|-----|
| DSQ | Manuel Vicente Taveira <i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 250 m - SW</i> | M | 210405 | 17 | Campinho | NT | | | DSQ |
| | 7.6 | | | | | | | | |

Seniores

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|----|---|---|--------|----|-------------------------------|----|----------------|-----|--|
| 1. | Ricardo Gabriel Oliveira <i>TAC InterDistrital</i> | M | 132171 | 22 | Clube Desportivo de Estarreja | NT | 5:01.01 | 474 | |
| | 50m: 31.68 31.68 150m: 1:48.24 41.25 250m: 3:11.38 42.55 350m: 4:27.69 33.97 | | | | | | | | |
| | 100m: 1:06.99 35.31 200m: 2:28.83 40.59 300m: 3:53.72 42.34 400m: 5:01.01 33.32 | | | | | | | | |