



Prova 4

30/05/2026 - 10:03

Masc., 400m Livres

Absolutos
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

TAC-N Jun 17 Jun17: 4:14.36 / TAC-N JUL Juv A Juv A 16: 4:19.11 / TAC-N JUL Juv B Juv B 15: 4:31.00 / TAC-N Jun 18 Jun18: 4:07.23 / 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 / 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

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Juvenis B									
1.	Santiago Vagos Valente <i>TAC Nacional Julho</i>	M	215177	15	Galitos / Bresimar	4:32.16	4:18.83	551	
	50m: 29.64 29.64 150m: 1:34.30 32.54 250m: 2:40.72 33.28 350m: 3:47.12 33.15 100m: 1:01.76 32.12 200m: 2:07.44 33.14 300m: 3:13.97 33.25 400m: 4:18.83 31.71								
2.	Miguel Miranda Fernandes <i>TAC Nacional Julho</i>	M	141320	15	Galitos / Bresimar	4:32.93	4:21.59	534	
	50m: 29.05 29.05 150m: 1:32.67 32.34 250m: 2:40.37 34.35 350m: 3:48.95 33.77 100m: 1:00.33 31.28 200m: 2:06.02 33.35 300m: 3:15.18 34.81 400m: 4:21.59 32.64								
3.	Joao Paulo Ferreira <i>TAC InterDistrital</i>	M	214827	15	Estamos Juntos	4:57.69	4:33.81	465	
	50m: 31.71 31.71 150m: 1:39.61 34.38 250m: 2:50.41 35.49 350m: 4:00.88 35.32 100m: 1:05.23 33.52 200m: 2:14.92 35.31 300m: 3:25.56 35.15 400m: 4:33.81 32.93								

Juvenis A

1.	Rafael Costa Bastos <i>Recorde Regional ANCNP, TAC InterDistrital</i>	M	214652	16	Sanjoanense/FEPSA	4:21.66	4:20.51	540	
	50m: 27.86 27.86 150m: 1:31.83 32.50 250m: 2:38.73 33.78 350m: 3:47.43 34.35 100m: 59.33 31.47 200m: 2:04.95 33.12 300m: 3:13.08 34.35 400m: 4:20.51 33.08								
2.	Andre Goncalo Mendes <i>TAC InterDistrital</i>	M	139741	16	CN Vagos	4:40.50	4:34.86	460	
	50m: 30.93 30.93 150m: 1:39.05 34.46 250m: 2:49.32 35.29 350m: 4:01.03 36.15 100m: 1:04.59 33.66 200m: 2:14.03 34.98 300m: 3:24.88 35.56 400m: 4:34.86 33.83								
3.	Joao Saraiva Paixao <i>TAC InterDistrital</i>	M	141305	16	Galitos / Bresimar	4:40.13	4:39.02	440	
	50m: 31.31 31.31 150m: 1:40.97 35.18 250m: 2:52.91 36.19 350m: 4:05.11 36.40 100m: 1:05.79 34.48 200m: 2:16.72 35.75 300m: 3:28.71 35.80 400m: 4:39.02 33.91								

Juniores

1.	Pedro Vidal Guedes <i>TAC InterDistrital</i>	M	214565	17	Gafanha da Encarnação	4:33.27	4:19.09	549	
	50m: 29.20 29.20 150m: 1:34.42 32.94 250m: 2:40.25 32.82 350m: 3:46.74 33.46 100m: 1:01.48 32.28 200m: 2:07.43 33.01 300m: 3:13.28 33.03 400m: 4:19.09 32.35								
2.	Manuel Leite Aguiar <i>TAC InterDistrital</i>	M	212217	17	Sanjoanense/FEPSA	4:21.90	4:27.03	502	
	50m: 29.52 29.52 150m: 1:36.67 34.12 250m: 2:44.48 33.92 350m: 3:52.91 34.45 100m: 1:02.55 33.03 200m: 2:10.56 33.89 300m: 3:18.46 33.98 400m: 4:27.03 34.12								



Prova 4, Masc., 400m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
3.	Goncalo Malha Neto <i>TAC InterDistrital</i>	M	141256	17	Galitos / Bresimar	4:27.95	4:30.56	482	
	50m: 31.24 100m: 1:03.50	31.24 32.26	150m: 1:37.49 200m: 2:11.79	33.99 34.30	250m: 2:46.57 300m: 3:21.21	34.78 34.64	350m: 3:55.99 400m: 4:30.56	34.78 34.57	
4.	Guilherme Almeida Bianchi <i>TAC InterDistrital</i>	M	210624	17	O Crasto	4:35.43	4:31.19	479	
	50m: 30.61 100m: 1:04.15	30.61 33.54	150m: 1:38.93 200m: 2:13.72	34.78 34.79	250m: 2:48.84 300m: 3:23.74	35.12 34.90	350m: 3:58.37 400m: 4:31.19	34.63 32.82	
5.	Jose Claudio Reis	M	210931	18	UD Oliveirense/FERSILVA	4:43.89	4:40.98	431	
	50m: 31.21 100m: 1:06.57	31.21 35.36	150m: 1:43.07 200m: 2:19.55	36.50 36.48	250m: 2:55.51 300m: 3:31.70	35.96 36.19	350m: 4:07.18 400m: 4:40.98	35.48 33.80	

Seniores

1.	A. Goncalves <i>TAC InterDistrital</i>	M	128601	21	Clube Desportivo Feirense	4:21.37	4:13.85	584	
	50m: 28.27 100m: 58.93	28.27 30.66	150m: 1:30.60 200m: 2:02.88	31.67 32.28	250m: 2:35.26 300m: 3:08.43	32.38 33.17	350m: 3:41.67 400m: 4:13.85	33.24 32.18	
2.	Guilherme Clara Santos <i>TAC InterDistrital</i>	M	127325	24	Estamos Juntos	4:20.07	4:19.01	550	
	50m: 29.03 100m: 1:00.41	29.03 31.38	150m: 1:32.75 200m: 2:05.82	32.34 33.07	250m: 2:39.23 300m: 3:13.16	33.41 33.93	350m: 3:46.72 400m: 4:19.01	33.56 32.29	
EXH	Bernardo Souza Dias	M	222401	15	Campinho	5:33.63	5:06.35	332	EXH
	50m: 32.63 100m: 1:10.75	32.63 38.12	150m: 1:51.20 200m: 2:31.39	40.45 40.19	250m: 3:11.49 300m: 3:51.56	40.10 40.07	350m: 4:29.21 400m: 5:06.35	37.65 37.14	