Prova 26 — Masc., 400m Livres — Absolutos
01/11/2026 - 15:44 — Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26/06/2004
Recordes Nacionais 25m Jun17	3:52.60	Rui Silva Pereira	ADRCIMM	Tomar	14/12/2024
Recordes Nacionais 25m Juv A 16	3:58.45	Rui Silva Pereira	ADRCIMM	Sines	17/12/2023
Recordes Nacionais 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
Recordes do Meeting Centro Norte 25m	4:00.73	Duarte Cachulo Marques	POR	Estarreja	02/11/2025

TAC-N MAR Juv B Juv B 15: 4:35.26 / TAC-N Sen 22+ 22 +: 4:01.62 / TAC-N Sen Sub 21 19 - 21: 4:03.99 / TAC-N Jun 18 Jun18: 4:06.36 / TAC-N Jun 17 Jun17: 4:13.47 / TAC-N JUL Juv A Juv A 16: 4:18.23 / TAC-N MAR Juv A Juv A 16: 4:23.40 / TAC-N JUL Juv B Juv B 15: 4:29.86 / TAC-Z Juv A Juv A 16: 4:26.03 / TAC-Z Juv B Juv B 15: 4:38.01

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
1.	Duarte Cachulo Marques *TAC Nacional Sub 21*	M	205589	20	CAQC	**3:56.40**	723	20,00	

50m:	27.02	27.02	150m:	1:25.72	29.39	250m:	2:25.49	30.09	350m:	3:26.59	30.61
100m:	56.33	29.31	200m:	1:55.40	29.68	300m:	2:55.98	30.49	400m:	3:56.40	29.81

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
2.	Andre Leitao Costa *TAC Nacional Sub 21*	M	201806	20	SCB	**4:02.11**	673	18,00	

50m:	28.49	28.49	150m:	1:29.47	30.37	250m:	2:30.67	30.59	350m:	3:32.41	30.92
100m:	59.10	30.61	200m:	2:00.08	30.61	300m:	3:01.49	30.82	400m:	4:02.11	29.70

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
3.	Paulo Jorge Oliveira	M	205716	19	CDE	**4:13.78**	585	16,00	

50m:	29.32	29.32	150m:	1:32.64	31.70	250m:	2:36.79	31.87	350m:	3:41.69	32.61
100m:	1:00.94	31.62	200m:	2:04.92	32.28	300m:	3:09.08	32.29	400m:	4:13.78	32.09

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
4.	Dinis Vieira Pinto *TAC Nacional Julho Juvenil A*	M	214170	16	SCB	**4:15.45**	573	14,00	

50m:	29.18	29.18	150m:	1:34.43	32.78	250m:	2:39.51	31.91	350m:	3:44.16	32.30
100m:	1:01.65	32.47	200m:	2:07.60	33.17	300m:	3:11.86	32.35	400m:	4:15.45	31.29

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
5.	Alexandre Ramos Goncalves	M	128601	22	CDF	**4:15.46**	573	13,00	

50m:	29.35	29.35	150m:	1:32.23	31.70	250m:	2:36.94	32.16	350m:	3:43.01	33.34
100m:	1:00.53	31.18	200m:	2:04.78	32.55	300m:	3:09.67	32.73	400m:	4:15.46	32.45

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
6.	Tiago Diniz Lima	M	132172	23	CDE	**4:21.05**	537	12,00	

50m:	28.97	28.97	150m:	1:34.59	32.98	250m:	2:40.89	33.01	350m:	3:48.11	33.64
100m:	1:01.61	32.64	200m:	2:07.88	33.29	300m:	3:14.47	33.58	400m:	4:21.05	32.94

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
7.	Santiago Vagos Valente *TAC Nacional Março Juvenil A*	M	215177	16	CGA	**4:21.28**	536	11,00	

50m:	30.03	30.03	150m:	1:35.11	32.83	250m:	2:41.46	33.20	350m:	3:48.51	33.60
100m:	1:02.28	32.25	200m:	2:08.26	33.15	300m:	3:14.91	33.45	400m:	4:21.28	32.77

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
8.	Rafael Costa Bastos	M	214652	17	ADS	**4:23.50**	522	10,00	

50m:	29.97	29.97	150m:	1:35.29	32.62	250m:	2:42.17	33.58	350m:	3:50.06	34.10
100m:	1:02.67	32.70	200m:	2:08.59	33.30	300m:	3:15.96	33.79	400m:	4:23.50	33.44

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
9.	Guilherme Clara Santos	M	127325	25	AEJ	**4:26.46**	505	9,00	

50m:	30.29	30.29	150m:	1:36.42	33.57	250m:	2:43.59	33.48	350m:	3:52.42	34.32
100m:	1:02.85	32.56	200m:	2:10.11	33.69	300m:	3:18.10	34.51	400m:	4:26.46	34.04

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
10.	Guilherme Almeida Bianchi	M	210624	18	CRASTO	**4:29.91**	486	7,00	

50m:	30.41	30.41	150m:	1:38.58	34.54	250m:	2:48.51	35.06	350m:	3:57.77	34.61
100m:	1:04.04	33.63	200m:	2:13.45	34.87	300m:	3:23.16	34.65	400m:	4:29.91	32.14

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
11.	Filipe Antonio Couto	M	209227	17	SCE	**4:31.19**	479	6,00	

50m:	30.89	30.89	150m:	1:38.24	34.11	250m:	2:47.71	34.70	350m:	3:57.31	35.04
100m:	1:04.13	33.24	200m:	2:13.01	34.77	300m:	3:22.27	34.56	400m:	4:31.19	33.88

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
12.	Pedro Ribeiro Moco	M	123844	25	CNVA	**4:36.48**	452	5,00	

50m:	31.39	31.39	150m:	1:40.69	35.08	250m:	2:51.11	34.85	350m:	4:02.04	35.53
100m:	1:05.61	34.22	200m:	2:16.26	35.57	300m:	3:26.51	35.40	400m:	4:36.48	34.44

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
13.	Danilo Movchan *TAC Zonal Juvenil B*	M	214029	15	UDO	**4:36.83**	450	4,00	

50m:	30.87	30.87	150m:	1:41.03	35.38	250m:	2:51.66	35.28	350m:	4:03.12	35.99
100m:	1:05.65	34.78	200m:	2:16.38	35.35	300m:	3:27.13	35.47	400m:	4:36.83	33.71

o castiço restaurante
Golfinho Sports
tym sports design
alves bandeira
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Prova 26, Masc., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Idade	Clube	Tempo Final	AQUA	Pts	Obs
14.	Jose Claudio Reis	M	210931	19	UDO	**4:40.08**	435	3,00	
	50m: 29.64 29.64	150m: 1:38.93 35.83	250m: 2:52.82 37.08	350m: 4:06.08 36.44					
	100m: 1:03.10 33.46	200m: 2:15.74 36.81	300m: 3:29.64 36.82	400m: 4:40.08 34.00					
15.	Alexandre Shubin	M	207643	18	CDCA	**4:40.34**	433	2,00	
	50m: 30.05 30.05	150m: 1:38.08 34.51	250m: 2:50.14 36.23	350m: 4:04.06 36.88					
	100m: 1:03.57 33.52	200m: 2:13.91 35.83	300m: 3:27.18 37.04	400m: 4:40.34 36.28					
16.	Mateus Tavares Bastos	M	214438	19	CDCA	**4:52.17**	383	1,00	
	50m: 31.88 31.88	150m: 1:42.89 36.37	250m: 2:58.90 38.75	350m: 4:03.14 25.12					
	100m: 1:06.52 34.64	200m: 2:20.15 37.26	300m: 3:38.02 39.12	400m: 4:52.17 49.03					
17.	Joao Tavares Rebola	M	213604	15	CGA	**4:56.20**	367	-	
	50m: 32.65 32.65	150m: 1:47.26 37.86	250m: 3:03.11 38.19	350m: 4:19.20 38.33					
	100m: 1:09.40 36.75	200m: 2:24.92 37.66	300m: 3:40.87 37.76	400m: 4:56.20 37.00					
18.	Xavier Curto Costa	M	211826	15	SCE	**4:57.38**	363	-	
	50m: 32.99 32.99	150m: 1:47.78 38.18	250m: 3:04.67 38.55	350m: 4:21.93 38.67					
	100m: 1:09.60 36.61	200m: 2:26.12 38.34	300m: 3:43.26 38.59	400m: 4:57.38 35.45					
19.	Duarte Espirito Matos	M	220315	15	CDF	**5:03.02**	343	-	
	50m: 30.68 30.68	150m: 1:46.88 38.73	250m: 3:07.00 39.85	350m: 4:26.37 39.35					
	100m: 1:08.15 37.47	200m: 2:27.15 40.27	300m: 3:47.02 40.02	400m: 5:03.02 36.65					
20.	Vasco Figueiredo Almeida	M	217080	15	CDE	**5:03.88**	340	-	
	50m: 35.85 35.85	150m: 1:55.03 39.55	250m: 3:12.56 37.80	350m: 4:27.94 37.47					
	100m: 1:15.48 39.63	200m: 2:34.76 39.73	300m: 3:50.47 37.91	400m: 5:03.88 35.94					
21.	Salvador Tavares Terra	M	214471	15	CDE	**5:18.05**	297	-	
	50m: 35.17 35.17	150m: 1:54.96 40.48	250m: 3:16.51 41.05	350m: 4:38.39 40.45					
	100m: 1:14.48 39.31	200m: 2:35.46 40.50	300m: 3:57.94 41.43	400m: 5:18.05 39.66					
22.	Salvador Carvalho Pinho	M	214467	15	CDE	**5:21.42**	287	-	
	50m: 36.14 36.14	150m: 1:56.50 40.58	250m: 3:18.94 41.84	350m: 4:41.50 40.83					
	100m: 1:15.92 39.78	200m: 2:37.10 40.60	300m: 4:00.67 41.73	400m: 5:21.42 39.92					
23.	Tiago Moreira Carvalhosa	M	215162	15	CAPGE	**5:27.49**	272	-	
	50m: 35.27 35.27	150m: 1:56.11 41.42	250m: 3:20.79 43.07	350m: 4:46.29 42.79					
	100m: 1:14.69 39.42	200m: 2:37.72 41.61	300m: 4:03.50 42.71	400m: 5:27.49 41.20					
24.	Miguel Resende Pinto	M	216767	16	CNVA	**5:40.14**	242	-	
	50m: 37.00 37.00	150m: 2:03.96 44.28	250m: 3:32.21 43.83	350m: 4:59.41 42.62					
	100m: 1:19.68 42.68	200m: 2:48.38 44.42	300m: 4:16.79 44.58	400m: 5:40.14 40.73					