

Prova 33 Masc., 400m Livres Absolutos
28/06/2026 - 9:26 Resultados

Recorde Regional Open	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Sen	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Jun18	4:07.78	GOUVEIA, Pedro Galvao	CDN	Coimbra	02/04/2017
Recorde Regional Jun17	4:07.82	FRANCO, Paulo Fragueiro	CDN	Famalicao	06/08/1999
Recorde Regional Juv A	4:14.87	FRANCO, Paulo Fragueiro	CDN	Jamor	31/07/1998
Recorde Regional Juv B	4:17.97	FREITAS, Tomas Miguel	CDN	Coimbra	23/07/2005
Recorde Regional Inf A	4:25.14	ALMEIDA, Carlos Alexandre	CDN	Restelo	26/07/2003
Recorde Regional Inf B	4:37.33	FRANCO, Paulo Fragueiro	CDN	Olivais	28/07/1995

TAC Nacional Inf B: 5:17.39; Inf A: 5:02.63; Jun17: 4:23.26; Jun18: 4:15.88 / TAC Nacional Julho Juv B: 4:40.49; Juv A: 4:28.18 / TAC Nacional Sen. Sen: 4:10.96

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Infantil B - 13 anos			
1. MENDONCA, Jorge Lourenco	13	Desportivo Nacional	5:19.41 327
50m: 34.75 34.75 150m: 1:56.73 41.92 250m: 3:20.64 42.11 350m: 4:41.53 39.94			
100m: 1:14.81 40.06 200m: 2:38.53 41.80 300m: 4:01.59 40.95 400m: 5:19.41 37.88			
2. ANTUNES, Francisco Tomas	13	Juventude Atlantico	5:23.37 315
50m: 35.17 35.17 150m: 1:57.38 41.46 250m: 3:21.76 42.17 350m: 4:45.28 41.18			
100m: 1:15.92 40.75 200m: 2:39.59 42.21 300m: 4:04.10 42.34 400m: 5:23.37 38.09			
3. LEONARDO, Joao Rocha	13	Selecao dos Acores	5:40.34 270
50m: 39.15 39.15 150m: 2:05.15 42.89 250m: 3:32.63 43.44 350m: 4:58.35 41.53			
100m: 1:22.26 43.11 200m: 2:49.19 44.04 300m: 4:16.82 44.19 400m: 5:40.34 41.99			
4. SOUSA, Pedro Henrique	13	Desportivo Nacional	5:47.21 254
50m: 37.98 37.98 150m: 2:05.15 44.03 250m: 3:34.32 44.64 350m: 5:04.13 44.68			
100m: 1:21.12 43.14 200m: 2:49.68 44.53 300m: 4:19.45 45.13 400m: 5:47.21 43.08			

Infantil A - 14 anos

1. BARATA, Bernardo Vieira	12	Juventude Atlantico	5:01.47 389
TAC Nacional Infantis Manteigadas, 17 a 19 Julho			
50m: 31.55 31.55 150m: 1:45.54 38.18 250m: 3:03.83 39.79 350m: 4:23.32 39.15			
100m: 1:07.36 35.81 200m: 2:24.04 38.50 300m: 3:44.17 40.34 400m: 5:01.47 38.15			
2. CARREIRO, Francisco Leite	12	Selecao dos Acores	5:14.65 342
50m: 32.00 32.00 150m: 1:49.63 39.56 250m: 3:11.60 41.49 350m: 4:34.03 41.45			
100m: 1:10.07 38.07 200m: 2:30.11 40.48 300m: 3:52.58 40.98 400m: 5:14.65 40.62			
3. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	5:31.63 292
50m: 35.27 35.27 150m: 1:57.69 40.53 250m: 3:23.21 41.50 350m: 4:49.55 41.86			
100m: 1:17.16 41.89 200m: 2:41.71 44.02 300m: 4:07.69 44.48 400m: 5:31.63 42.08			

Juvenis - 15 e 16 anos

1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:32.39 527
50m: 31.05 31.05 150m: 1:40.50 34.74 250m: 2:49.92 34.54 350m: 3:59.44 34.93			
100m: 1:05.76 34.71 200m: 2:15.38 34.88 300m: 3:24.51 34.59 400m: 4:32.39 32.95			
2. MIRANDA, Afonso Vultao	11	Selecao dos Acores	4:52.05 427
50m: 31.11 31.11 150m: 1:43.95 37.28 250m: 2:59.41 37.49 350m: 4:15.54 38.08			
100m: 1:06.67 35.56 200m: 2:21.92 37.97 300m: 3:37.46 38.05 400m: 4:52.05 36.51			
3. FREITAS, Jonas Christian	11	Desportivo Nacional	4:56.78 407
50m: 32.43 32.43 150m: 1:46.80 37.82 250m: 3:02.84 37.68 350m: 4:19.13 37.77			
100m: 1:08.98 36.55 200m: 2:25.16 38.36 300m: 3:41.36 38.52 400m: 4:56.78 37.65			

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Lugar	Ano	Tempo final	Pts
4. VARELA, Alvaro Antonio	11	4:58.74	399
50m: 31.92 31.92 150m: 1:45.67 37.76 250m: 3:02.73 38.87 350m: 4:21.23 40.00			
100m: 1:07.91 35.99 200m: 2:23.86 38.19 300m: 3:41.23 38.50 400m: 4:58.74 37.51			
5. GONCALVES, Tiago Mauricio	10	5:13.44	346
50m: 33.89 33.89 150m: 1:52.99 40.49 250m: 3:14.30 40.44 350m: 4:35.12 40.46			
100m: 1:12.50 38.61 200m: 2:33.86 40.87 300m: 3:54.66 40.36 400m: 5:13.44 38.32			
6. PRUDENTE, Cristian	11	5:19.95	325
50m: 35.21 35.21 150m: 1:55.34 40.70 250m: 3:18.46 41.47 350m: 4:41.21 41.34			
100m: 1:14.64 39.43 200m: 2:36.99 41.65 300m: 3:59.87 41.41 400m: 5:19.95 38.74			
7. FERREIRA, Manuel Maria	10	5:22.40	318
50m: 33.87 33.87 150m: 1:54.29 41.19 250m: 3:18.24 41.74 350m: 4:42.49 41.61			
100m: 1:13.10 39.23 200m: 2:36.50 42.21 300m: 4:00.88 42.64 400m: 5:22.40 39.91			

Juniores - 17 e 18 anos

1. CRESPO, Joao Jesus	09	4:33.41	521
50m: 31.06 31.06 150m: 1:40.11 34.18 250m: 2:49.87 34.63 350m: 3:59.08 34.26			
100m: 1:05.93 34.87 200m: 2:15.24 35.13 300m: 3:24.82 34.95 400m: 4:33.41 34.33			
2. PESTANA, Pedro Correia	09	4:46.82	451
50m: 30.64 30.64 150m: 1:41.32 35.96 250m: 2:55.60 37.67 350m: 4:10.77 37.50			
100m: 1:05.36 34.72 200m: 2:17.93 36.61 300m: 3:33.27 37.67 400m: 4:46.82 36.05			
3. GOMES, Guilherme Silva	08	4:54.10	418
50m: 31.27 31.27 150m: 1:44.28 37.86 250m: 3:00.78 38.15 350m: 4:17.61 38.70			
100m: 1:06.42 35.15 200m: 2:22.63 38.35 300m: 3:38.91 38.13 400m: 4:54.10 36.49			
4. MARTINS, Antonio Freitas	09	5:28.60	300
50m: 36.72 36.72 150m: 2:00.42 42.25 250m: 3:24.97 42.26 350m: 4:48.82 41.64			
100m: 1:18.17 41.45 200m: 2:42.71 42.29 300m: 4:07.18 42.21 400m: 5:28.60 39.78			
5. ANTUNES, Frederico Luis	08	5:55.44	237
50m: 37.75 37.75 150m: 2:05.29 44.75 250m: 3:37.12 46.29 350m: 5:09.96 46.45			
100m: 1:20.54 42.79 200m: 2:50.83 45.54 300m: 4:23.51 46.39 400m: 5:55.44 45.48			