

Prova 1 Masc., 400m Livres 12 - 14 anos  
21/03/2026 - 9:15 Resultados

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
<b>Cadetes A, 2014</b>			
1. FREITAS, Rafael Gordon	14	<b>5:28.86</b>	268
50m: 36.02 36.02 150m: 2:01.17 44.40 250m: 3:28.39 43.69 350m: 4:54.44 42.70			
100m: 1:16.77 40.75 200m: 2:44.70 43.53 300m: 4:11.74 43.35 400m: 5:28.86 34.42			
2. GONCALVES, Martim Figueiredo	14	<b>5:28.98</b>	268
50m: 35.53 35.53 150m: 2:01.08 43.42 250m: 3:26.06 42.33 350m: 4:51.93 43.03			
100m: 1:17.66 42.13 200m: 2:43.73 42.65 300m: 4:08.90 42.84 400m: 5:28.98 37.05			
3. GOMES, Rodrigo Gomes	14	<b>5:50.83</b>	221
50m: 37.07 37.07 150m: 2:05.37 45.42 250m: 3:37.30 46.44 350m: 5:08.74 46.03			
100m: 1:19.95 42.88 200m: 2:50.86 45.49 300m: 4:22.71 45.41 400m: 5:50.83 42.09			
4. QUINTAL, Joao Faria	14	<b>5:55.93</b>	212
50m: 37.27 37.27 150m: 2:06.79 45.37 250m: 3:38.50 45.92 350m: 5:11.94 46.28			
100m: 1:21.42 44.15 200m: 2:52.58 45.79 300m: 4:25.66 47.16 400m: 5:55.93 43.99			
5. LEITAO, Pedro Benjamim	14	<b>6:01.29</b>	202
50m: 37.95 37.95 150m: 2:07.72 45.78 250m: 3:41.69 46.76 350m: 5:15.82 49.39			
100m: 1:21.94 43.99 200m: 2:54.93 47.21 300m: 4:26.43 44.74 400m: 6:01.29 45.47			
6. ABREU, Guilherme Campainha	14	<b>6:20.97</b>	172
50m: 43.03 43.03 150m: 2:18.43 48.59 250m: 3:54.70 48.63 350m: 5:33.41 48.81			
100m: 1:29.84 46.81 200m: 3:06.07 47.64 300m: 4:44.60 49.90 400m: 6:20.97 47.56			
7. PESSOA, Rodrigo Enzo	14	<b>6:22.04</b>	171
50m: 39.94 39.94 150m: 2:15.97 49.39 250m: 3:55.31 49.88 350m: 5:36.12 50.34			
100m: 1:26.58 46.64 200m: 3:05.43 49.46 300m: 4:45.78 50.47 400m: 6:22.04 45.92			
8. VIEIRA, Lorenzo Miguel	14	<b>6:52.87</b>	135
50m: 45.32 45.32 150m: 2:30.21 52.62 250m: 4:16.32 53.06 350m: 6:00.14 51.68			
100m: 1:37.59 52.27 200m: 3:23.26 53.05 300m: 5:08.46 52.14 400m: 6:52.87 52.73			
9. SEMJONOV, Vladimirs	14	<b>7:14.93</b>	116
50m: 42.93 42.93 150m: 2:30.71 55.54 250m: 4:25.83 57.61 350m: 6:22.98 58.99			
100m: 1:35.17 52.24 200m: 3:28.22 57.51 300m: 5:23.99 58.16 400m: 7:14.93 51.95			
10. ALVES, Mateus Gabriel	14	<b>7:28.09</b>	106
50m: 50.27 50.27 150m: 2:35.18 53.26 250m: 4:31.86 59.03 350m: 6:30.28 58.21			
100m: 1:41.92 51.65 200m: 3:32.83 57.65 300m: 5:32.07 1:00.21 400m: 7:28.09 57.81			
DSQ FREITAS, Guilherme Magalhaes	14		
<i>403 - Falsa partida - SW 4.4</i>			
EXH SARSEKEEV, Kir	13	<b>7:02.96</b>	126
50m: 43.25 43.25 150m: 2:27.67 53.12 250m: 4:14.87 51.84 350m: 6:05.30 55.85			
100m: 1:34.55 51.30 200m: 3:23.03 55.36 300m: 5:09.45 54.58 400m: 7:02.96 57.66			
EXH MARQUEZ, Andres David	13	<b>7:09.03</b>	121
50m: 46.72 46.72 150m: 2:35.19 54.75 250m: 4:28.92 58.04 350m: 6:19.01 54.95			
100m: 1:40.44 53.72 200m: 3:30.88 55.69 300m: 5:24.06 55.14 400m: 7:09.03 50.02			