Prova 10 — Masc., 400m Livres — Absolutos
24/10/2026 - 11:02 — Resultados

Recorde Regional Open	3:50.96	FRANCO Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:50.96	FRANCO Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun18	3:57.10	CASTRO Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional Jun17	3:57.38	CASTRO Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional Juv A	4:05.44	CASTRO Joao Cruz	CDSR	Funchal	09/07/2016
Recorde Regional Juv B	4:11.24	FREITAS Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional Inf A	4:17.08	FREITAS Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional Inf B	4:27.04	FREITAS Tomas Miguel	CDN	Funchal	12/07/2003

TAC Zonal Inf B: 5:17.93; Inf A: 4:58.66; Juv B: 4:38.01; Juv A: 4:26.03 / TAC Nacional Inf B: 5:08.39; Inf A: 4:49.70; Jun17: 4:13.47; Jun18: 4:06.36; Sub21: 4:03.99 / TAC Nacional Março Juv B: 4:35.26; Juv A: 4:23.40 / TAC Nacional Julho Juv B: 4:29.86; Juv A: 4:18.23 / TAC Nacional Sen. Sen: 4:01.62 / TAC Nacional Abs. Sen: 3:57.72

Pontos: AQUA 2026 — resultados provisórios

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BARATA Bernardo Vieira	12	214837	Juventude Atlantico	**4:25.38**	+0,68	511	23,00
	TAC ZONAL: Leiria, 4 a 6 Dezembro 2026, TAC NACIONAL: Coimbra, 8 a 11 Abril 2027, TAC NACIONAL: Coimbra, 29 a 1 Agosto 2027							

50m:	29.13	29.13	150m:	1:35.28	33.68	250m:	2:43.75	34.39	350m:	3:52.82	34.43
100m:	1:01.60	32.47	200m:	2:09.36	34.08	300m:	3:18.39	34.64	400m:	4:25.38	32.56

DSQ	FREITAS Rafael Gordon	14	217729	Escola O Liceu							-
	403 - Falsa partida - SW 4.4										
DNS	TAVARES Lourenco Carvalhal	10	221320	Naval do Funchal							-
EXH	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	**4:15.00**	+0,62	576				-
50m:	29.09	29.09	150m:	1:32.18	31.72	250m:	2:36.99	32.42	350m:	3:42.99	33.38
100m:	1:00.46	31.37	200m:	2:04.57	32.39	300m:	3:09.61	32.62	400m:	4:15.00	32.01
EXH	ANDRADE Salvador Freitas	09	208851	Naval do Funchal	**4:22.22**	+0,69	530				-
50m:	29.80	29.80	150m:	1:35.56	33.19	250m:	2:42.76	33.86	350m:	3:50.61	33.70
100m:	1:02.37	32.57	200m:	2:08.90	33.34	300m:	3:16.91	34.15	400m:	4:22.22	31.61
EXH	RAPOSO Mateus Medeiros	10	211338	Desportivo Nacional	**4:24.51**	+0,79	516				-
50m:	29.62	29.62	150m:	1:36.31	33.79	250m:	2:44.62	34.15	350m:	3:52.06	33.43
100m:	1:02.52	32.90	200m:	2:10.47	34.16	300m:	3:18.63	34.01	400m:	4:24.51	32.45
EXH	PENSO Tiago Daniel	11	212425	Naval do Funchal	**4:30.50**	+0,64	483				-
50m:	30.26	30.26	150m:	1:39.12	34.77	250m:	2:48.65	34.73	350m:	3:57.65	34.25
100m:	1:04.35	34.09	200m:	2:13.92	34.80	300m:	3:23.40	34.75	400m:	4:30.50	32.85
EXH	SOUSA Joao Pedro	12	212719	Desportivo Nacional	**4:32.63**	+0,64	471				-
	TAC ZONAL: Leiria, 4 a 6 Dezembro 2026, TAC NACIONAL: Coimbra, 8 a 11 Abril 2027										
50m:	29.72	29.72	150m:	1:36.81	33.86	250m:	2:46.36	34.95	350m:	3:58.48	36.35
100m:	1:02.95	33.23	200m:	2:11.41	34.60	300m:	3:22.13	35.77	400m:	4:32.63	34.15
EXH	SILVA Alexandre Antonio	11	216245	Naval do Funchal	**4:38.65**	+0,68	441				-
50m:	31.30	31.30	150m:	1:41.34	35.19	250m:	2:52.80	35.72	350m:	4:03.83	35.52
100m:	1:06.15	34.85	200m:	2:17.08	35.74	300m:	3:28.31	35.51	400m:	4:38.65	34.82
EXH	FREITAS Jonas Christian	11	213115	Desportivo Nacional	**4:43.85**	+0,66	418				-
50m:	32.10	32.10	150m:	1:42.31	35.71	250m:	2:54.91	36.47	350m:	4:08.17	36.41
100m:	1:06.60	34.50	200m:	2:18.44	36.13	300m:	3:31.76	36.85	400m:	4:43.85	35.68
EXH	GOMES Gustavo Daniel	12	213114	Desportivo Nacional	**4:45.40**	+0,71	411				-
50m:	32.14	32.14	150m:	1:44.48	36.63	250m:	2:57.58	36.24	350m:	4:10.88	36.48
100m:	1:07.85	35.71	200m:	2:21.34	36.86	300m:	3:34.40	36.82	400m:	4:45.40	34.52
EXH	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	**4:48.46**	+0,66	398				-
50m:	30.84	30.84	150m:	1:42.67	36.12	250m:	2:56.75	37.39	350m:	4:12.08	37.35
100m:	1:06.55	35.71	200m:	2:19.36	36.69	300m:	3:34.73	37.98	400m:	4:48.46	36.38
EXH	CARVALHO Joaquim Eduardo	07	202564	Naval do Funchal	**4:56.51**	+0,73	366				-
50m:	32.14	32.14	150m:	1:49.31	38.99	250m:	3:05.58	38.47	350m:	4:22.60	39.09
100m:	1:10.32	38.18	200m:	2:27.11	37.80	300m:	3:43.51	37.93	400m:	4:56.51	33.91
EXH	SILVA Pedro Fernandes	11	213394	Naval do Funchal	**4:56.97**	+0,71	365				-
50m:	32.70	32.70	150m:	1:46.67	37.28	250m:	3:04.06	38.98	350m:	4:21.68	38.91
100m:	1:09.39	36.69	200m:	2:25.08	38.41	300m:	3:42.77	38.71	400m:	4:56.97	35.29
EXH	FERREIRA Manuel Maria	10	215316	Naval do Funchal	**5:04.96**	+0,61	337				-
50m:	31.34	31.34	150m:	1:46.17	38.24	250m:	3:04.99	39.97	350m:	4:26.70	40.38
100m:	1:07.93	36.59	200m:	2:25.02	38.85	300m:	3:46.32	41.33	400m:	5:04.96	38.26

Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	PRUDENTE Cristian	11	221319	Naval do Funchal	**5:05.76**	+0,76	334	-
	50m: 33.65 33.65	150m: 1:51.69 40.05	250m: 3:12.60 40.50	350m: 4:30.95 38.63				
	100m: 1:11.64 37.99	200m: 2:32.10 40.41	300m: 3:52.32 39.72	400m: 5:05.76 34.81				
EXH	ABREU Afonso Henrique	09	212014	Naval do Funchal	**5:11.96**	+0,87	314	-
	50m: 34.47 34.47	150m: 1:53.11 39.88	250m: 3:13.86 40.36	350m: 4:33.81 39.60				
	100m: 1:13.23 38.76	200m: 2:33.50 40.39	300m: 3:54.21 40.35	400m: 5:11.96 38.15				
EXH	MENDONCA Jorge Lourenco	13	214707	Desportivo Nacional	**5:22.57**	+0,79	284	-
	50m: 34.39 34.39	150m: 1:55.54 40.80	250m: 3:18.60 41.30	350m: 4:42.57 41.64				
	100m: 1:14.74 40.35	200m: 2:37.30 41.76	300m: 4:00.93 42.33	400m: 5:22.57 40.00				
EXH	SOUSA Pedro Henrique	13	214702	Desportivo Nacional	**5:29.01**	+0,76	268	-
	50m: 36.57 36.57	150m: 2:00.15 41.90	250m: 3:24.68 42.43	350m: 4:48.04 41.73				
	100m: 1:18.25 41.68	200m: 2:42.25 42.10	300m: 4:06.31 41.63	400m: 5:29.01 40.97				
EXH	QUINTAL Joao Faria	14	223948	Naval do Funchal	**5:32.01**	+0,66	261	-
	50m: 37.94 37.94	150m: 2:01.72 41.99	250m: 3:26.98 42.67	350m: 4:52.28 42.05				
	100m: 1:19.73 41.79	200m: 2:44.31 42.59	300m: 4:10.23 43.25	400m: 5:32.01 39.73				
EXH	PESSOA Rodrigo Enzo	14	220373	Juventude Atlantico	**5:56.70**	+0,62	210	-
	50m: 37.38 37.38	150m: 2:06.91 45.78	250m: 3:41.31 47.21	350m: 5:14.00 45.92				
	100m: 1:21.13 43.75	200m: 2:54.10 47.19	300m: 4:28.08 46.77	400m: 5:56.70 42.70				
EXH	ALVES Mateus Gabriel	14	220495	Escola O Liceu	**6:15.49**	+0,65	180	-
	50m: 39.62 39.62	150m: 2:11.80 47.64	250m: 3:49.80 49.65	350m: 5:29.61 49.98				
	100m: 1:24.16 44.54	200m: 3:00.15 48.35	300m: 4:39.63 49.83	400m: 6:15.49 45.88				
EXH	VIEIRA Lorenzo Miguel	14	219668	Juventude Atlantico	**6:20.13**	+0,55	174	-
	50m: 43.33 43.33	150m: 2:20.88 48.52	250m: 3:59.53 48.94	350m: 5:35.14 46.68				
	100m: 1:32.36 49.03	200m: 3:10.59 49.71	300m: 4:48.46 48.93	400m: 6:20.13 44.99				
EXH	FURTADO Martim Sousa	12	223506	Desportivo Nacional	**6:33.98**	+0,75	156	-
	50m: 41.46 41.46	150m: 2:16.61 48.85	250m: 4:00.43 52.29	350m: 5:45.01 51.76				
	100m: 1:27.76 46.30	200m: 3:08.14 51.53	300m: 4:53.25 52.82	400m: 6:33.98 48.97				