

Prova 1 Absolutos
01/03/2025 - 9:15 Race 1: 400m Freestyle Male Resultados

Recorde Mundial	3:40.07	BIEDERMANN, Paul	GER	Rome (ITA)	26/07/2009
Recorde OPEN LICEU	4:14.08	SANTOS, Pedro Miguel	POR	Funchal	19/02/2022

ZONAL Inf. B Mas. Inf B: 5:14.10 / ZONAL Inf. A Mas. Inf A: 5:03.37 / Infantil B Mas. Inf B: 5:00.89 /
Infantil A Mas. Inf A: 4:45.84 / Juv. B Mas. Juv B: 4:38.00 / Juv. A Mas. Juv A: 4:31.00 / Júnior 1º Ano Mas. Jun17: 4:24.00 /
Júnior 2º Ano Mas. Jun18: 4:21.50 / Sénior 1º Ano Mas. Sen19: 4:16.75 / Sénior 2º Ano Mas. 20 +: 4:15.00

Pontos: AQUA 2025

Place	Name	Birth	Club	Time	Points	INFO
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Infantil B, 13 anos

1.	GOMES, Gustavo Daniel	12	Desportivo Nacional	5:55.84	236	
	50m: 37.73 37.73	150m: 2:08.39	45.68	250m: 3:41.69	46.47	350m: 5:12.80 45.25
	100m: 1:22.71 44.98	200m: 2:55.22	46.83	300m: 4:27.55	45.86	400m: 5:55.84 43.04

Infantil A, 14 anos

1.	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:07.55	366	
	50m: 33.81 33.81	150m: 1:52.03	39.06	250m: 3:11.47	39.31	350m: 4:31.24 39.13
	100m: 1:12.97 39.16	200m: 2:32.16	40.13	300m: 3:52.11	40.64	400m: 5:07.55 36.31
2.	FREITAS, Jonas Christian	11	Desportivo Nacional	5:20.48	323	
	50m: 34.83 34.83	150m: 1:54.44	40.30	250m: 3:16.49	40.92	350m: 4:40.54 41.48
	100m: 1:14.14 39.31	200m: 2:35.57	41.13	300m: 3:59.06	42.57	400m: 5:20.48 39.94
3.	SILVA, Alexandre Antonio	11	Naval do Funchal	5:22.55	317	
	50m: 34.93 34.93	150m: 1:56.42	41.22	250m: 3:19.72	41.71	350m: 4:42.94 41.18
	100m: 1:15.20 40.27	200m: 2:38.01	41.59	300m: 4:01.76	42.04	400m: 5:22.55 39.61
4.	ABREU, Pedro Dinis	11	Naval do Funchal	5:31.41	292	
	50m: 34.80 34.80	150m: 1:58.39	42.91	250m: 3:24.00	42.65	350m: 4:50.59 42.72
	100m: 1:15.48 40.68	200m: 2:41.35	42.96	300m: 4:07.87	43.87	400m: 5:31.41 40.82
5.	SILVA, Pedro Fernandes	11	Naval do Funchal	5:33.22	288	
	50m: 37.03 37.03	150m: 2:01.68	43.28	250m: 3:27.78	43.29	350m: 4:54.75 43.14
	100m: 1:18.40 41.37	200m: 2:44.49	42.81	300m: 4:11.61	43.83	400m: 5:33.22 38.47

Juvenil B, 15 anos

1.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:35.47	509	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 29.86 29.86	150m: 1:39.03	35.37	250m: 2:50.77	36.23	350m: 4:01.35 34.84
	100m: 1:03.66 33.80	200m: 2:14.54	35.51	300m: 3:26.51	35.74	400m: 4:35.47 34.12
2.	GONCALVES, Tiago Mauricio	10	Desportivo Nacional	5:35.03	283	
	50m: 36.41 36.41	150m: 2:03.21	43.80	250m: 3:31.59	44.12	350m: 4:58.14 42.23
	100m: 1:19.41 43.00	200m: 2:47.47	44.26	300m: 4:15.91	44.32	400m: 5:35.03 36.89
3.	JACINTO, Pedro Freitas	10	Juventude Atlantico	5:39.28	272	
	50m: 35.61 35.61	150m: 2:00.35	44.17	250m: 3:29.47	44.74	350m: 4:57.58 43.50
	100m: 1:16.18 40.57	200m: 2:44.73	44.38	300m: 4:14.08	44.61	400m: 5:39.28 41.70

Juvenil A, 16 anos

1.	KOT, Paulo	09	Portugal	4:15.23	641	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 28.76 28.76	150m: 1:32.63	32.22	250m: 2:38.29	32.98	350m: 3:43.97 32.86
	100m: 1:00.41 31.65	200m: 2:05.31	32.68	300m: 3:11.11	32.82	400m: 4:15.23 31.26
2.	MACEDO, Martim Cunha	09	Portugal	4:16.49	631	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 29.20 29.20	150m: 1:33.31	32.69	250m: 2:38.59	32.74	350m: 3:44.19 32.53
	100m: 1:00.62 31.42	200m: 2:05.85	32.54	300m: 3:11.66	33.07	400m: 4:16.49 32.30

Prova 1, Masc., 400m Livres, Juvenil A, 16 anos

Place	Name	Birth	Club	Time	Points	INFO
3.	FERREIRA, Tomas Pascoal	09	Portugal	4:22.57	588	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 29.53 29.53	150m: 1:33.77	32.52	250m: 2:40.59	33.33	350m: 3:48.83 34.24
	100m: 1:01.25 31.72	200m: 2:07.26	33.49	300m: 3:14.59	34.00	400m: 4:22.57 33.74
4.	SILVA, Joao Bernardo	09	Desportivo Nacional	4:41.94	475	
	50m: 30.41 30.41	150m: 1:41.53	36.41	250m: 2:54.01	36.46	350m: 4:06.64 35.98
	100m: 1:05.12 34.71	200m: 2:17.55	36.02	300m: 3:30.66	36.65	400m: 4:41.94 35.30
5.	SHUBIN, Alexandre	09	Desportivo de Campinho	4:45.78	456	
	50m: 30.80 30.80	150m: 1:41.42	35.48	250m: 2:55.31	36.68	350m: 4:09.68 36.81
	100m: 1:05.94 35.14	200m: 2:18.63	37.21	300m: 3:32.87	37.56	400m: 4:45.78 36.10
6.	PESTANA, Pedro Correia	09	Desportivo Nacional	4:52.28	426	
	50m: 30.71 30.71	150m: 1:42.48	37.04	250m: 2:59.76	39.16	350m: 4:16.15 37.68
	100m: 1:05.44 34.73	200m: 2:20.60	38.12	300m: 3:38.47	38.71	400m: 4:52.28 36.13
7.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:54.45	417	
	50m: 32.55 32.55	150m: 1:46.51	37.72	250m: 3:02.48	38.12	350m: 4:17.63 37.14
	100m: 1:08.79 36.24	200m: 2:24.36	37.85	300m: 3:40.49	38.01	400m: 4:54.45 36.82
8.	NOGUEIRA, Goncalo Aires	09	Colegio Efanor	4:57.89	403	
	50m: 31.49 31.49	150m: 1:45.43	37.44	250m: 3:02.38	38.62	350m: 4:20.20 38.81
	100m: 1:07.99 36.50	200m: 2:23.76	38.33	300m: 3:41.39	39.01	400m: 4:57.89 37.69
9.	SILVA, Guilherme Ferreira	09	Colegio Efanor	5:06.63	369	
	50m: 31.98 31.98	150m: 1:49.48	39.31	250m: 3:08.44	39.31	350m: 4:27.97 39.68
	100m: 1:10.17 38.19	200m: 2:29.13	39.65	300m: 3:48.29	39.85	400m: 5:06.63 38.66
10.	ABREU, Afonso Henrique	09	Naval do Funchal	5:26.70	305	
	50m: 34.98 34.98	150m: 1:56.91	41.79	250m: 3:21.64	42.44	350m: 4:46.55 42.79
	100m: 1:15.12 40.14	200m: 2:39.20	42.29	300m: 4:03.76	42.12	400m: 5:26.70 40.15
DNS	MARTINS, Antonio Freitas	09	Desportivo Nacional			

Juniores, 17 e 18 anos

1.	PEIXOTO, Tomas Pinto	08	FC Porto	4:11.64	668	
	<i>RECORDE OPEN, TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 29.30 29.30	150m: 1:33.12	32.22	250m: 2:36.71	31.47	350m: 3:40.31 31.94
	100m: 1:00.90 31.60	200m: 2:05.24	32.12	300m: 3:08.37	31.66	400m: 4:11.64 31.33
2.	COSTA, Guilherme Corte	07	Desportivo Nacional	4:29.37	545	
	50m: 29.96 29.96	150m: 1:36.49	33.98	250m: 2:46.44	34.74	350m: 3:57.05 35.10
	100m: 1:02.51 32.55	200m: 2:11.70	35.21	300m: 3:21.95	35.51	400m: 4:29.37 32.32
3.	JESUS, Vasco Franca	08	Naval do Funchal	4:31.71	531	
	50m: 29.77 29.77	150m: 1:37.05	34.40	250m: 2:46.83	35.25	350m: 3:57.78 35.59
	100m: 1:02.65 32.88	200m: 2:11.58	34.53	300m: 3:22.19	35.36	400m: 4:31.71 33.93
4.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	4:41.96	475	
	50m: 29.12 29.12	150m: 1:36.52	34.53	250m: 2:49.57	36.71	350m: 4:04.63 37.39
	100m: 1:01.99 32.87	200m: 2:12.86	36.34	300m: 3:27.24	37.67	400m: 4:41.96 37.33
5.	GOMES, Guilherme Silva	08	Desportivo Nacional	5:00.70	391	
	50m: 30.98 30.98	150m: 1:45.74	38.79	250m: 3:04.01	39.14	350m: 4:23.03 40.22
	100m: 1:06.95 35.97	200m: 2:24.87	39.13	300m: 3:42.81	38.80	400m: 5:00.70 37.67
6.	RESGATE, Gabriel Dias	07	Desportivo de Campinho	5:08.69	362	
	50m: 31.12 31.12	150m: 1:45.25	38.42	250m: 3:06.69	41.17	350m: 4:28.47 41.34
	100m: 1:06.83 35.71	200m: 2:25.52	40.27	300m: 3:47.13	40.44	400m: 5:08.69 40.22
7.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	5:10.37	356	
	<i>RECORDE NACIONAL NAT. ADAPTADA</i>					
	50m: 33.58 33.58	150m: 1:49.97	38.90	250m: 3:10.67	40.41	350m: 4:31.24 40.12
	100m: 1:11.07 37.49	200m: 2:30.26	40.29	300m: 3:51.12	40.45	400m: 5:10.37 39.13

Prova 1, Masc., 400m Livres

Seniores, 19 anos e mais velhos

1.	LOUREIRO, Bruno Silva	06	FC Porto	4:15.35	640
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>				
	50m: 30.03 30.03	150m: 1:35.27 33.20	250m: 2:40.80 33.09	350m: 3:45.07 32.00	
	100m: 1:02.07 32.04	200m: 2:07.71 32.44	300m: 3:13.07 32.27	400m: 4:15.35 30.28	
2.	CARVALHO, Goncalo Renato	04	FC Porto	4:16.95	628
	50m: 30.11 30.11	150m: 1:35.39 32.83	250m: 2:40.29 32.45	350m: 3:45.37 32.44	
	100m: 1:02.56 32.45	200m: 2:07.84 32.45	300m: 3:12.93 32.64	400m: 4:16.95 31.58	
3.	ABREU, Sergio Gomes	96	Naval do Funchal	4:19.80	607
	50m: 28.65 28.65	150m: 1:33.30 32.57	250m: 2:40.51 33.35	350m: 3:47.58 32.91	
	100m: 1:00.73 32.08	200m: 2:07.16 33.86	300m: 3:14.67 34.16	400m: 4:19.80 32.22	
4.	DZIEDZIC, Andrzej	93	UKS G8 Bielany Warszawa	5:12.67	348
	50m: 33.77 33.77	150m: 1:50.38 39.20	250m: 3:10.89 40.03	350m: 4:32.35 40.56	
	100m: 1:11.18 37.41	200m: 2:30.86 40.48	300m: 3:51.79 40.90	400m: 5:12.67 40.32	
5.	PAIVA, David Silva	04	FC Porto	5:44.43	260
	50m: 38.45 38.45	150m: 2:05.37 44.11	250m: 3:34.54 43.54	350m: 5:02.22 43.15	
	100m: 1:21.26 42.81	200m: 2:51.00 45.63	300m: 4:19.07 44.53	400m: 5:44.43 42.21	
6.	ALVES, Antonio	97	FC Porto	5:44.87	259
	50m: 32.86 32.86	150m: 1:53.56 42.37	250m: 3:23.59 44.99	350m: 4:58.77 48.60	
	100m: 1:11.19 38.33	200m: 2:38.60 45.04	300m: 4:10.17 46.58	400m: 5:44.87 46.10	
7.	VIEIRA, Jose Manuel	58	Ludens Machico	6:10.52	209
	50m: 39.03 39.03	150m: 2:10.82 47.06	250m: 3:48.12 48.83	350m: 5:26.02 48.98	
	100m: 1:23.76 44.73	200m: 2:59.29 48.47	300m: 4:37.04 48.92	400m: 6:10.52 44.50	
8.	NASCIMENTO, Luis Carlos	06	FC Porto	7:07.80	136
	<i>RECORDE NACIONAL NAT. ADAPTADA</i>				
	50m: 48.54 48.54	150m: 2:34.04 53.58	250m: 4:22.79 55.34	350m: 6:13.64 55.86	
	100m: 1:40.46 51.92	200m: 3:27.45 53.41	300m: 5:17.78 54.99	400m: 7:07.80 54.16	