

Prova 17 Masc., 400m Livres Absolutos
07/02/2026 - 16:33 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: 5:13.79; Inf A: 4:54.77 / TAC Nacional Mar o Juv B: 4:35.76; Juv A: 4:23.87 / TAC Nacional Julho Juv B: 4:31.00; Juv A: 4:19.11 / TAC Nacional Jun17: 4:14.36; Jun18: 4:07.23; Sub21: 4:04.85; Inf B: 5:06.66; Inf A: 4:52.40 / TAC Nacional Sen. Sen: 4:02.47 / TAC Nacional Abs. Sen: 3:57.72

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Infantis B, 13 anos			
1. ANTUNES, Francisco Tomas	13	Juventude Atlantico	5:19.41 293
50m: 35.51 35.51	150m: 1:57.19	41.26 250m: 3:20.14	41.46 350m: 4:42.31
100m: 1:15.93 40.42	200m: 2:38.68	41.49 300m: 4:01.60	41.46 400m: 5:19.41
2. SOUSA, Pedro Henrique	13	Desportivo Nacional	5:38.86 245
50m: 38.61 38.61	150m: 2:05.07	43.52 250m: 3:31.74	43.15 350m: 4:57.85
100m: 1:21.55 42.94	200m: 2:48.59	43.52 300m: 4:14.78	43.04 400m: 5:38.86

Infantis A, 14 anos

1. BARATA, Bernardo Vieira	12	Juventude Atlantico	4:46.63 406
<i>TAC Zonal - Ponte de S�r, 20 a 22 Fevereiro 2026, TAC Nacional - Manteigadas, 17 a 19 Julho 2026</i>			
50m: 31.47 31.47	150m: 1:44.21	37.06 250m: 2:58.23	37.06 350m: 4:12.55
100m: 1:07.15 35.68	200m: 2:21.17	36.96 300m: 3:36.10	37.87 400m: 4:46.63
2. SOUSA, Joao Pedro	12	Desportivo Nacional	4:54.79 373
50m: 32.17 32.17	150m: 1:46.67	37.82 250m: 3:01.26	36.56 350m: 4:17.26
100m: 1:08.85 36.68	200m: 2:24.70	38.03 300m: 3:40.51	39.25 400m: 4:54.79
3. GOMES, Gustavo Daniel	12	Desportivo Nacional	5:04.32 339
50m: 33.55 33.55	150m: 1:51.39	39.25 250m: 3:09.24	39.01 350m: 4:28.37
100m: 1:12.14 38.59	200m: 2:30.23	38.84 300m: 3:48.88	39.64 400m: 5:04.32
4. FERREIRA, Guilherme Nelson	12	CD Sao Roque	5:38.08 247
50m: 37.64 37.64	150m: 2:02.35	43.02 250m: 3:29.17	43.49 350m: 4:56.42
100m: 1:19.33 41.69	200m: 2:45.68	43.33 300m: 4:12.57	43.40 400m: 5:38.08
5. FURTADO, Martim Sousa	12	Desportivo Nacional	6:48.31 140
50m: 44.71 44.71	150m: 2:27.27	51.93 250m: 4:12.53	53.30 350m: 5:59.78
100m: 1:35.34 50.63	200m: 3:19.23	51.96 300m: 5:06.32	53.79 400m: 6:48.31

Juvenis B, 15 anos

1. FREITAS, Jonas Christian	11	Desportivo Nacional	4:41.01 430
50m: 31.82 31.82	150m: 1:42.69	35.83 250m: 2:54.91	36.32 350m: 4:06.49
100m: 1:06.86 35.04	200m: 2:18.59	35.90 300m: 3:30.51	35.60 400m: 4:41.01
2. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	4:44.77 414
50m: 30.14 30.14	150m: 1:42.97	36.49 250m: 2:56.12	36.77 350m: 4:09.75
100m: 1:06.48 36.34	200m: 2:19.35	36.38 300m: 3:33.46	37.34 400m: 4:44.77
3. SILVA, Pedro Fernandes	11	Naval do Funchal	5:01.14 350
50m: 34.33 34.33	150m: 1:51.21	39.02 250m: 3:07.79	37.99 350m: 4:24.44
100m: 1:12.19 37.86	200m: 2:29.80	38.59 300m: 3:46.48	38.69 400m: 5:01.14
4. PRUDENTE, Cristian	11	Naval do Funchal	5:15.20 305
50m: 36.25 36.25	150m: 1:56.39	39.93 250m: 3:16.18	39.88 350m: 4:37.09
100m: 1:16.46 40.21	200m: 2:36.30	39.91 300m: 3:57.01	40.83 400m: 5:15.20

Prova 17, Masc., 400m Livres

Juvenis A, 16 anos

1.	GONCALVES, Tiago Mauricio	10	Desportivo Nacional					5:09.06	323
	50m: 33.35	33.35	150m: 1:50.92	39.86	250m: 3:11.57	40.41	350m: 4:31.26	39.72	
	100m: 1:11.06	37.71	200m: 2:31.16	40.24	300m: 3:51.54	39.97	400m: 5:09.06	37.80	
2.	TAVARES, Lourenco Carvalho	10	Naval do Funchal					5:22.74	284
	50m: 34.04	34.04	150m: 1:53.93	40.70	250m: 3:16.76	41.52	350m: 4:40.80	42.16	
	100m: 1:13.23	39.19	200m: 2:35.24	41.31	300m: 3:58.64	41.88	400m: 5:22.74	41.94	

Juniores, 17 e 18 anos

1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal					4:10.26	610
	50m: 28.54	28.54	150m: 1:31.36	31.77	250m: 2:35.22	31.99	350m: 3:39.55	32.19	
	100m: 59.59	31.05	200m: 2:03.23	31.87	300m: 3:07.36	32.14	400m: 4:10.26	30.71	
2.	ANDRADE, Salvador Freitas	09	Naval do Funchal					4:12.09	596
	<i>TAC Nacional - 28 a 31 Maro e 23 a 26 Julho 2026</i>								
	50m: 28.37	28.37	150m: 1:31.87	31.96	250m: 2:36.60	32.38	350m: 3:41.77	32.91	
	100m: 59.91	31.54	200m: 2:04.22	32.35	300m: 3:08.86	32.26	400m: 4:12.09	30.32	
3.	JESUS, Vasco Franca	08	Naval do Funchal					4:21.61	534
	50m: 29.04	29.04	150m: 1:32.78	32.24	250m: 2:38.91	33.33	350m: 3:47.22	34.56	
	100m: 1:00.54	31.50	200m: 2:05.58	32.80	300m: 3:12.66	33.75	400m: 4:21.61	34.39	
4.	NUNES, Guilherme Bruno	09	Naval do Funchal					4:35.23	458
	50m: 30.35	30.35	150m: 1:38.55	34.58	250m: 2:49.49	35.56	350m: 3:59.93	35.26	
	100m: 1:03.97	33.62	200m: 2:13.93	35.38	300m: 3:24.67	35.18	400m: 4:35.23	35.30	
5.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional					4:38.20	444
	50m: 30.34	30.34	150m: 1:39.35	34.87	250m: 2:50.16	35.59	350m: 4:02.64	36.54	
	100m: 1:04.48	34.14	200m: 2:14.57	35.22	300m: 3:26.10	35.94	400m: 4:38.20	35.56	
6.	MARTINHO, Joao Miguel	09	Desportivo Nacional					4:46.82	405
	50m: 31.38	31.38	150m: 1:42.93	36.34	250m: 2:56.32	37.08	350m: 4:10.60	37.39	
	100m: 1:06.59	35.21	200m: 2:19.24	36.31	300m: 3:33.21	36.89	400m: 4:46.82	36.22	
7.	ABREU, Afonso Henrique	09	Naval do Funchal					5:00.63	351
	50m: 32.91	32.91	150m: 1:49.14	38.58	250m: 3:06.83	38.75	350m: 4:23.69	38.05	
	100m: 1:10.56	37.65	200m: 2:28.08	38.94	300m: 3:45.64	38.81	400m: 5:00.63	36.94	
8.	FERNANDES, Salvador Freitas	09	Juventude Atlantico					5:00.77	351
	50m: 33.59	33.59	150m: 1:49.75	38.69	250m: 3:07.96	39.09	350m: 4:25.89	39.56	
	100m: 1:11.06	37.47	200m: 2:28.87	39.12	300m: 3:46.33	38.37	400m: 5:00.77	34.88	
9.	MARTINS, Antonio Freitas	09	Desportivo Nacional					5:17.14	299
	50m: 35.18	35.18	150m: 1:55.94	40.76	250m: 3:16.98	40.16	350m: 4:37.89	40.47	
	100m: 1:15.18	40.00	200m: 2:36.82	40.88	300m: 3:57.42	40.44	400m: 5:17.14	39.25	
10.	PESTANA, Pedro Correia	09	Desportivo Nacional					5:20.06	291
	50m: 25.61	25.61	150m: 1:54.85	43.30	250m: 3:18.26	41.68	350m: 4:39.93	39.87	
	100m: 1:11.55	45.94	200m: 2:36.58	41.73	300m: 4:00.06	41.80	400m: 5:20.06	40.13	

Absolutos, 13 anos e mais velhos

1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal					4:10.26	610
	50m: 28.54	28.54	150m: 1:31.36	31.77	250m: 2:35.22	31.99	350m: 3:39.55	32.19	
	100m: 59.59	31.05	200m: 2:03.23	31.87	300m: 3:07.36	32.14	400m: 4:10.26	30.71	
2.	ANDRADE, Salvador Freitas	09	Naval do Funchal					4:12.09	596
	<i>TAC Nacional - 28 a 31 Maro e 23 a 26 Julho 2026</i>								
	50m: 28.37	28.37	150m: 1:31.87	31.96	250m: 2:36.60	32.38	350m: 3:41.77	32.91	
	100m: 59.91	31.54	200m: 2:04.22	32.35	300m: 3:08.86	32.26	400m: 4:12.09	30.32	
3.	JESUS, Vasco Franca	08	Naval do Funchal					4:21.61	534
	50m: 29.04	29.04	150m: 1:32.78	32.24	250m: 2:38.91	33.33	350m: 3:47.22	34.56	
	100m: 1:00.54	31.50	200m: 2:05.58	32.80	300m: 3:12.66	33.75	400m: 4:21.61	34.39	

Prova 17, Masc., 400m Livres, Absolutos, 13 anos e mais velhos

Lugar	Nome		Ano	Clube		Tempo final				Pts		
4.	NUNES, Guilherme Bruno		09	Naval do Funchal		4:35.23				458		
	50m:	30.35	30.35	150m:	1:38.55	34.58	250m:	2:49.49	35.56	350m:	3:59.93	35.26
	100m:	1:03.97	33.62	200m:	2:13.93	35.38	300m:	3:24.67	35.18	400m:	4:35.23	35.30
5.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional		4:38.20				444		
	50m:	30.34	30.34	150m:	1:39.35	34.87	250m:	2:50.16	35.59	350m:	4:02.64	36.54
	100m:	1:04.48	34.14	200m:	2:14.57	35.22	300m:	3:26.10	35.94	400m:	4:38.20	35.56
6.	FREITAS, Jonas Christian		11	Desportivo Nacional		4:41.01				430		
	50m:	31.82	31.82	150m:	1:42.69	35.83	250m:	2:54.91	36.32	350m:	4:06.49	35.98
	100m:	1:06.86	35.04	200m:	2:18.59	35.90	300m:	3:30.51	35.60	400m:	4:41.01	34.52
7.	LUCIO, Lourenco Perestrelo		11	Naval do Funchal		4:44.77				414		
	50m:	30.14	30.14	150m:	1:42.97	36.49	250m:	2:56.12	36.77	350m:	4:09.75	36.29
	100m:	1:06.48	36.34	200m:	2:19.35	36.38	300m:	3:33.46	37.34	400m:	4:44.77	35.02
8.	BARATA, Bernardo Vieira		12	Juventude Atlantico		4:46.63				406		
	<i>TAC Zonal - Ponte de S�r, 20 a 22 Fevereiro 2026, TAC Nacional - Manteigadas, 17 a 19 Julho 2026</i>											
	50m:	31.47	31.47	150m:	1:44.21	37.06	250m:	2:58.23	37.06	350m:	4:12.55	36.45
	100m:	1:07.15	35.68	200m:	2:21.17	36.96	300m:	3:36.10	37.87	400m:	4:46.63	34.08
9.	MARTINHO, Joao Miguel		09	Desportivo Nacional		4:46.82				405		
	50m:	31.38	31.38	150m:	1:42.93	36.34	250m:	2:56.32	37.08	350m:	4:10.60	37.39
	100m:	1:06.59	35.21	200m:	2:19.24	36.31	300m:	3:33.21	36.89	400m:	4:46.82	36.22
10.	SOUSA, Joao Pedro		12	Desportivo Nacional		4:54.79				373		
	50m:	32.17	32.17	150m:	1:46.67	37.82	250m:	3:01.26	36.56	350m:	4:17.26	36.75
	100m:	1:08.85	36.68	200m:	2:24.70	38.03	300m:	3:40.51	39.25	400m:	4:54.79	37.53
11.	ABREU, Afonso Henrique		09	Naval do Funchal		5:00.63				351		
	50m:	32.91	32.91	150m:	1:49.14	38.58	250m:	3:06.83	38.75	350m:	4:23.69	38.05
	100m:	1:10.56	37.65	200m:	2:28.08	38.94	300m:	3:45.64	38.81	400m:	5:00.63	36.94
12.	FERNANDES, Salvador Freitas		09	Juventude Atlantico		5:00.77				351		
	50m:	33.59	33.59	150m:	1:49.75	38.69	250m:	3:07.96	39.09	350m:	4:25.89	39.56
	100m:	1:11.06	37.47	200m:	2:28.87	39.12	300m:	3:46.33	38.37	400m:	5:00.77	34.88
13.	SILVA, Pedro Fernandes		11	Naval do Funchal		5:01.14				350		
	50m:	34.33	34.33	150m:	1:51.21	39.02	250m:	3:07.79	37.99	350m:	4:24.44	37.96
	100m:	1:12.19	37.86	200m:	2:29.80	38.59	300m:	3:46.48	38.69	400m:	5:01.14	36.70
14.	GOMES, Gustavo Daniel		12	Desportivo Nacional		5:04.32				339		
	50m:	33.55	33.55	150m:	1:51.39	39.25	250m:	3:09.24	39.01	350m:	4:28.37	39.49
	100m:	1:12.14	38.59	200m:	2:30.23	38.84	300m:	3:48.88	39.64	400m:	5:04.32	35.95
15.	GONCALVES, Tiago Mauricio		10	Desportivo Nacional		5:09.06				323		
	50m:	33.35	33.35	150m:	1:50.92	39.86	250m:	3:11.57	40.41	350m:	4:31.26	39.72
	100m:	1:11.06	37.71	200m:	2:31.16	40.24	300m:	3:51.54	39.97	400m:	5:09.06	37.80
16.	PRUDENTE, Cristian		11	Naval do Funchal		5:15.20				305		
	50m:	36.25	36.25	150m:	1:56.39	39.93	250m:	3:16.18	39.88	350m:	4:37.09	40.08
	100m:	1:16.46	40.21	200m:	2:36.30	39.91	300m:	3:57.01	40.83	400m:	5:15.20	38.11
17.	MARTINS, Antonio Freitas		09	Desportivo Nacional		5:17.14				299		
	50m:	35.18	35.18	150m:	1:55.94	40.76	250m:	3:16.98	40.16	350m:	4:37.89	40.47
	100m:	1:15.18	40.00	200m:	2:36.82	40.88	300m:	3:57.42	40.44	400m:	5:17.14	39.25
18.	ANTUNES, Francisco Tomas		13	Juventude Atlantico		5:19.41				293		
	50m:	35.51	35.51	150m:	1:57.19	41.26	250m:	3:20.14	41.46	350m:	4:42.31	40.71
	100m:	1:15.93	40.42	200m:	2:38.68	41.49	300m:	4:01.60	41.46	400m:	5:19.41	37.10
19.	PESTANA, Pedro Correia		09	Desportivo Nacional		5:20.06				291		
	50m:	25.61	25.61	150m:	1:54.85	43.30	250m:	3:18.26	41.68	350m:	4:39.93	39.87
	100m:	1:11.55	45.94	200m:	2:36.58	41.73	300m:	4:00.06	41.80	400m:	5:20.06	40.13
20.	TAVARES, Lourenco Carvalho		10	Naval do Funchal		5:22.74				284		
	50m:	34.04	34.04	150m:	1:53.93	40.70	250m:	3:16.76	41.52	350m:	4:40.80	42.16
	100m:	1:13.23	39.19	200m:	2:35.24	41.31	300m:	3:58.64	41.88	400m:	5:22.74	41.94

Prova 17, Masc., 400m Livres, Absolutos, 13 anos e mais velhos

Lugar			Ano					Tempo final	Pts		
21.	FERREIRA, Guilherme Nelson		12	CD Sao Roque				5:38.08	247		
	50m:	37.64 37.64	150m:	2:02.35	43.02	250m:	3:29.17	43.49	350m:	4:56.42	43.85
	100m:	1:19.33 41.69	200m:	2:45.68	43.33	300m:	4:12.57	43.40	400m:	5:38.08	41.66
22.	SOUSA, Pedro Henrique		13	Desportivo Nacional				5:38.86	245		
	50m:	38.61 38.61	150m:	2:05.07	43.52	250m:	3:31.74	43.15	350m:	4:57.85	43.07
	100m:	1:21.55 42.94	200m:	2:48.59	43.52	300m:	4:14.78	43.04	400m:	5:38.86	41.01
23.	FURTADO, Martim Sousa		12	Desportivo Nacional				6:48.31	140		
	50m:	44.71 44.71	150m:	2:27.27	51.93	250m:	4:12.53	53.30	350m:	5:59.78	53.46
	100m:	1:35.34 50.63	200m:	3:19.23	51.96	300m:	5:06.32	53.79	400m:	6:48.31	48.53