

Federação Portuguesa de Natação | Associação de Natação da Madeira
Fase Insular (ANMAD) de Qualificação - 3.ª Divisão Nacional de Clubes
Funchal, 8 de novembro de 2025

Prova 10 Masc., 400m Livres Absolutos
08/11/2025 - 10:01 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
Recorde Nacional Adaptada S12	6:24.01	CRUZ Joao Tanica	PDEM	Recarei	22/05/2022

TAC Zonal Inf B: 4:59.53; Inf A: 4:45.26; Juv B: 4:35.76; Juv A: 4:26.25 / TAC Nacional Inf B: 4:52.40; Inf A: 4:38.13; Jun17: 4:11.98; Jun18: 4:07.23; Sub21: 4:04.85 / TAC Nacional Março Juv B: 4:31.00; Juv A: 4:21.49 / TAC Nacional Julho Juv B: 4:26.25; Juv A: 4:16.74 / TAC Nacional Sen. Sen: 4:02.47 / TAC Nacional Abs. Sen: 3:57.72

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDEZ Henrique Justino	08	207496	Juventude Atlantico	4:44.67	+0,68	414	23,00
	50m: 30.77 30.77	150m: 1:40.43	35.27	250m: 2:53.69	36.78	350m: 4:08.45	37.39	
	100m: 1:05.16 34.39	200m: 2:16.91	36.48	300m: 3:31.06	37.37	400m: 4:44.67	36.22	
2.	SANTOS Joao Dinis	09	206754	Desportiva de Machico	5:12.11	+0,75	314	21,00
	50m: 33.06 33.06	150m: 1:48.83	38.68	250m: 3:09.29	40.40	350m: 4:31.82	41.70	
	100m: 1:10.15 37.09	200m: 2:28.89	40.06	300m: 3:50.12	40.83	400m: 5:12.11	40.29	
EXH	ABREU Sergio Gomes	96	100821	Naval do Funchal	4:12.28	+0,67	595	-
	50m: 27.87 27.87	150m: 1:30.73	31.67	250m: 2:35.83	32.41	350m: 3:40.67	32.70	
	100m: 59.06 31.19	200m: 2:03.42	32.69	300m: 3:07.97	32.14	400m: 4:12.28	31.61	
EXH	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	4:13.05	+0,64	590	-
	50m: 28.09 28.09	150m: 1:30.67	31.70	250m: 2:34.76	31.99	350m: 3:40.90	33.10	
	100m: 58.97 30.88	200m: 2:02.77	32.10	300m: 3:07.80	33.04	400m: 4:13.05	32.15	
EXH	CASTRO Marco Antonio	08	203451	Naval do Funchal	4:15.12	+0,72	575	-
	50m: 28.78 28.78	150m: 1:32.56	31.99	250m: 2:37.94	32.93	350m: 3:43.37	32.51	
	100m: 1:00.57 31.79	200m: 2:05.01	32.45	300m: 3:10.86	32.92	400m: 4:15.12	31.75	
EXH	ALMEIDA Joao Francisco	07	209787	Naval do Funchal	4:23.48	+0,63	522	-
	50m: 28.41 28.41	150m: 1:32.85	32.69	250m: 2:40.51	33.92	350m: 3:49.67	34.33	
	100m: 1:00.16 31.75	200m: 2:06.59	33.74	300m: 3:15.34	34.83	400m: 4:23.48	33.81	
EXH	JESUS Vasco Franca	08	207497	Naval do Funchal	4:27.40	+0,65	500	-
	50m: 28.63 28.63	150m: 1:34.01	33.27	250m: 2:42.97	34.66	350m: 3:53.00	35.13	
	100m: 1:00.74 32.11	200m: 2:08.31	34.30	300m: 3:17.87	34.90	400m: 4:27.40	34.40	
EXH	SILVA Joao Bernardo	09	210132	Desportivo Nacional	4:32.41	+0,67	473	-
	50m: 29.33 29.33	150m: 1:36.92	34.54	250m: 2:46.72	34.97	350m: 3:57.47	35.52	
	100m: 1:02.38 33.05	200m: 2:11.75	34.83	300m: 3:21.95	35.23	400m: 4:32.41	34.94	
EXH	MARTINHO Joao Miguel	09	211722	Desportivo Nacional	4:43.20	+0,75	420	-
	50m: 32.13 32.13	150m: 1:42.34	35.59	250m: 2:55.09	36.46	350m: 4:08.59	36.90	
	100m: 1:06.75 34.62	200m: 2:18.63	36.29	300m: 3:31.69	36.60	400m: 4:43.20	34.61	
EXH	FREITAS Jonas Christian	11	213115	Desportivo Nacional	4:44.46	+0,72	415	-
	50m: 32.33 32.33	150m: 1:43.30	35.95	250m: 2:55.58	36.34	350m: 4:08.95	36.80	
	100m: 1:07.35 35.02	200m: 2:19.24	35.94	300m: 3:32.15	36.57	400m: 4:44.46	35.51	
EXH	GOMES Guilherme Silva	08	209488	Desportivo Nacional	4:48.07	+0,78	399	-
	50m: 31.58 31.58	150m: 1:43.78	36.76	250m: 2:57.85	37.09	350m: 4:12.50	37.38	
	100m: 1:07.02 35.44	200m: 2:20.76	36.98	300m: 3:35.12	37.27	400m: 4:48.07	35.57	
EXH	PESTANA Pedro Correia	09	209489	Desportivo Nacional	4:51.47	+0,67	386	-
	50m: 30.92 30.92	150m: 1:41.86	36.59	250m: 2:58.04	38.33	350m: 4:14.99	38.33	
	100m: 1:05.27 34.35	200m: 2:19.71	37.85	300m: 3:36.66	38.62	400m: 4:51.47	36.48	
EXH	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	4:53.06	+0,71	379	-
	50m: 31.46 31.46	150m: 1:44.65	37.07	250m: 2:59.77	37.97	350m: 4:16.20	38.42	
	100m: 1:07.58 36.12	200m: 2:21.80	37.15	300m: 3:37.78	38.01	400m: 4:53.06	36.86	
EXH	BARATA Bernardo Vieira	12	214837	Juventude Atlantico	5:07.30	+0,70	329	-
	50m: 33.34 33.34	150m: 1:50.20	38.81	250m: 3:09.89	39.65	350m: 4:30.35	40.37	
	100m: 1:11.39 38.05	200m: 2:30.24	40.04	300m: 3:49.98	40.09	400m: 5:07.30	36.95	
EXH	SILVA Pedro Fernandes	11	213394	Naval do Funchal	5:10.97	+0,73	317	-
	50m: 34.73 34.73	150m: 1:52.83	40.16	250m: 3:12.45	39.59	350m: 4:32.93	40.74	
	100m: 1:12.67 37.94	200m: 2:32.86	40.03	300m: 3:52.19	39.74	400m: 5:10.97	38.04	

Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final		TReac	Pts FINA	Pts
EXH	ROMAO Santiago Maio	12	214149	Juventude Atlantico	5:13.65		+0,80	309	-
	50m: 33.89 33.89		150m: 1:53.47	40.20	250m: 3:15.69	40.91	350m: 4:36.67	41.09	
	100m: 1:13.27 39.38		200m: 2:34.78	41.31	300m: 3:55.58	39.89	400m: 5:13.65	36.98	
EXH	TAVARES Lourenco Carvalho	10	221320	Naval do Funchal	5:35.82		+0,77	252	-
	50m: 36.64 36.64		150m: 1:59.55	42.38	250m: 3:25.68	43.38	350m: 4:53.15	44.14	
	100m: 1:17.17 40.53		200m: 2:42.30	42.75	300m: 4:09.01	43.33	400m: 5:35.82	42.67	
EXH	FERREIRA Manuel Maria	10	215316	Naval do Funchal	5:36.75		+0,81	250	-
	50m: 36.02 36.02		150m: 1:58.70	41.90	250m: 3:25.00	43.44	350m: 4:53.28	43.98	
	100m: 1:16.80 40.78		200m: 2:41.56	42.86	300m: 4:09.30	44.30	400m: 5:36.75	43.47	
EXH	ABREU Leo Matias	13	222748	Escola O Liceu	7:16.34		+0,88	115	-
	50m: 48.38 48.38		150m: 2:42.18	57.64	250m: 4:36.96	56.88	350m: 6:27.81	53.98	
	100m: 1:44.54 56.16		200m: 3:40.08	57.90	300m: 5:33.83	56.87	400m: 7:16.34	48.53	
EXH	CAMACHO Goncalo Filipe	13	223500	Desportivo Nacional	7:25.72		+0,70	107	-
	50m: 49.61 49.61		150m: 2:44.12	56.06	250m: 4:38.70	58.50	350m: 6:32.53	54.97	
	100m: 1:48.06 58.45		200m: 3:40.20	56.08	300m: 5:37.56	58.86	400m: 7:25.72	53.19	
EXH	FURTADO Martim Sousa	12	223506	Desportivo Nacional	7:53.95		+0,86	89	-
	50m: 43.32 43.32		150m: 2:40.47	1:02.10	250m: 4:47.91	1:02.70	350m: 6:54.58	1:03.14	
	100m: 1:38.37 55.05		200m: 3:45.21	1:04.74	300m: 5:51.44	1:03.53	400m: 7:53.95	59.37	
EXH	DINIS Tiago Gouveia	96	219664	Desportivo Nacional	8:11.73			80	-
	50m: 49.65 49.65		150m: 2:51.61	1:05.45	250m: 5:03.32	1:04.40	350m: 7:11.78	1:04.82	
	100m: 1:46.16 56.51		200m: 3:58.92	1:07.31	300m: 6:06.96	1:03.64	400m: 8:11.73	59.95	