

Prova 4

Masc., 400m Livres

Absolutos
Resultados

01/05/2026 - 16:25

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 Nat. Adap.	4:55.32	CARVALHO, Joaquim Eduardo	CNF	Funchal	08/03/2025

TAC Nacional Inf B: 5:06.66; Inf A: 4:52.40; Jun17: 4:14.36; Jun18 50m: 4:15.88 / TAC Nacional Julho Juv B: 4:31.00;
Juv A: 4:19.11 / TAC Nacional Sen. Sen: 4:02.47

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo final	Pts	Torneio
Infantis (13 and 14 years)						
1.	DUARTE, Lourenço Fonseca	13	ADRCCI Monte Maior	4:56.29	367	4,00
<i>Vencedor do Escalão [Infantil A e B], TAC Camp Nac Infantis - Manteigadas, 17 - 19 Julho</i>						
	50m: 34.74 34.74	150m: 1:51.56	38.05	250m: 3:06.05	37.57	350m: 4:17.53 34.43
	100m: 1:13.51 38.77	200m: 2:28.48	36.92	300m: 3:43.10	37.05	400m: 4:56.29 38.76
2.	RODRIGUES, Tiago Esteves	12	ADRCCI Monte Maior	4:56.55	366	2,00
	50m: 33.08 33.08	150m: 1:48.10	37.66	250m: 3:03.59	37.65	350m: 4:19.39 38.05
	100m: 1:10.44 37.36	200m: 2:25.94	37.84	300m: 3:41.34	37.75	400m: 4:56.55 37.16
3.	FARIA, Dinis Costa	12	Nacional de Natacao	5:00.34	352	1,00
	50m: 33.42 33.42	150m: 1:47.48	37.42	250m: 3:04.25	38.39	350m: 4:22.42 39.26
	100m: 1:10.06 36.64	200m: 2:25.86	38.38	300m: 3:43.16	38.91	400m: 5:00.34 37.92
4.	MOTA, Miguel Ganhao	12	CAFB Ponta Delgada	5:03.42	342	-
	50m: 32.83 32.83	150m: 1:49.08	39.08	250m: 3:07.94	39.41	350m: 4:26.19 38.67
	100m: 1:10.00 37.17	200m: 2:28.53	39.45	300m: 3:47.52	39.58	400m: 5:03.42 37.23
5.	PASSANA, Miguel Farias	12	ADRCCI Monte Maior	5:05.82	334	-
	50m: 35.20 35.20	150m: 1:53.66	39.21	250m: 3:12.19	39.69	350m: 4:31.96 40.09
	100m: 1:14.45 39.25	200m: 2:32.50	38.84	300m: 3:51.87	39.68	400m: 5:05.82 33.86
6.	CARREIRO, Francisco Leite	12	CAFB Ponta Delgada	5:07.24	329	-
	50m: 33.47 33.47	150m: 1:50.84	38.62	250m: 3:10.15	39.44	350m: 4:29.74 39.05
	100m: 1:12.22 38.75	200m: 2:30.71	39.87	300m: 3:50.69	40.54	400m: 5:07.24 37.50
7.	FONSECA, Joao Luz	12	CAFB Ponta Delgada	5:08.52	325	-
	50m: 34.06 34.06	150m: 1:52.52	39.45	250m: 3:10.86	38.86	350m: 4:30.25 40.30
	100m: 1:13.07 39.01	200m: 2:32.00	39.48	300m: 3:49.95	39.09	400m: 5:08.52 38.27
8.	DOMINGUES, Samuel Ferraria	13	Nacional de Natacao	5:08.75	324	-
	50m: 35.10 35.10	150m: 1:53.12	39.64	250m: 3:13.13	40.03	350m: 4:32.02 39.74
	100m: 1:13.48 38.38	200m: 2:33.10	39.98	300m: 3:52.28	39.15	400m: 5:08.75 36.73
9.	REBELO, Lourenco Maria	13	ADRCCI Monte Maior	5:17.62	298	-
	50m: 36.54 36.54	150m: 1:58.45	41.44	250m: 3:19.48	39.73	350m: 4:39.46 40.17
	100m: 1:17.01 40.47	200m: 2:39.75	41.30	300m: 3:59.29	39.81	400m: 5:17.62 38.16
10.	SILVA, Francisco Nunes	13	ADRCCI Monte Maior	5:21.11	288	-
	50m: 36.54 36.54	150m: 1:58.62	41.44	250m: 3:20.15	40.60	350m: 4:41.04 40.50
	100m: 1:17.18 40.64	200m: 2:39.55	40.93	300m: 4:00.54	40.39	400m: 5:21.11 40.07
11.	FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	5:24.92	278	-
	50m: 36.82 36.82	150m: 1:58.35	40.79	250m: 3:21.50	42.05	350m: 4:45.37 41.84
	100m: 1:17.56 40.74	200m: 2:39.45	41.10	300m: 4:03.53	42.03	400m: 5:24.92 39.55

Prova 4, Masc., 400m Livres, Infantis (13 and 14 years)

Lugar	Nome	Ano	Clube	Tempo final	Pts	Torneio
12.	CABRAL, Julio Filipe	12	CAFB Ponta Delgada	5:32.74	259	-
	50m: 36.46 36.46 150m: 2:00.58 42.94 250m: 3:25.84 42.53 350m: 4:51.62 42.95					
	100m: 1:17.64 41.18 200m: 2:43.31 42.73 300m: 4:08.67 42.83 400m: 5:32.74 41.12					
13.	SOUSA, Pedro Henrique	13	Desportivo Nacional	5:35.81	252	-
	50m: 38.18 38.18 150m: 2:03.08 42.94 250m: 3:29.10 42.94 350m: 4:54.85 43.10					
	100m: 1:20.14 41.96 200m: 2:46.16 43.08 300m: 4:11.75 42.65 400m: 5:35.81 40.96					

Juvenis (15 and 16 years)

1.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:26.49	505	4,00
	<i>Vencedor do Escalão [Juvenil A e B]</i>					
	50m: 28.94 28.94 150m: 1:35.64 33.39 250m: 2:44.55 34.48 350m: 3:52.79 33.95					
	100m: 1:02.25 33.31 200m: 2:10.07 34.43 300m: 3:18.84 34.29 400m: 4:26.49 33.70					
2.	MARQUES, Goncalo Tapadas	10	ADRCCI Monte Maior	4:27.05	502	2,00
	50m: 30.75 30.75 150m: 1:38.79 34.30 250m: 2:46.87 33.69 350m: 3:54.49 33.79					
	100m: 1:04.49 33.74 200m: 2:13.18 34.39 300m: 3:20.70 33.83 400m: 4:27.05 32.56					
3.	CARVALHO, Henrique Rodrigues	10	ADRCCI Monte Maior	4:30.57	482	1,00
	50m: 29.61 29.61 150m: 1:36.38 33.95 250m: 2:46.65 35.06 350m: 3:56.60 34.43					
	100m: 1:02.43 32.82 200m: 2:11.59 35.21 300m: 3:22.17 35.52 400m: 4:30.57 33.97					
4.	MIRANDA, Afonso Vultao	11	CAFB Ponta Delgada	4:31.17	479	-
	50m: 29.74 29.74 150m: 1:37.80 34.10 250m: 2:46.81 34.19 350m: 3:56.66 35.23					
	100m: 1:03.70 33.96 200m: 2:12.62 34.82 300m: 3:21.43 34.62 400m: 4:31.17 34.51					
5.	SILVA, Alexandre Antonio	11	Naval do Funchal	4:31.54	477	-
	50m: 29.91 29.91 150m: 1:38.09 34.44 250m: 2:48.05 34.90 350m: 3:57.71 34.44					
	100m: 1:03.65 33.74 200m: 2:13.15 35.06 300m: 3:23.27 35.22 400m: 4:31.54 33.83					
6.	PEREIRA, Guilherme Valente	10	ADRCCI Monte Maior	4:32.76	471	-
	50m: 30.11 30.11 150m: 1:38.06 33.91 250m: 2:47.16 34.28 350m: 3:57.78 35.36					
	100m: 1:04.15 34.04 200m: 2:12.88 34.82 300m: 3:22.42 35.26 400m: 4:32.76 34.98					
7.	CARRANCA, Tiago Pinheiro	11	ADRCCI Monte Maior	4:37.97	445	-
	50m: 31.86 31.86 150m: 1:41.47 35.53 250m: 2:52.45 34.79 350m: 4:03.32 35.08					
	100m: 1:05.94 34.08 200m: 2:17.66 36.19 300m: 3:28.24 35.79 400m: 4:37.97 34.65					
8.	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	4:38.28	443	-
	50m: 30.42 30.42 150m: 1:40.48 35.40 250m: 2:51.80 35.33 350m: 4:03.03 33.34					
	100m: 1:05.08 34.66 200m: 2:16.47 35.99 300m: 3:29.69 37.89 400m: 4:38.28 35.25					
9.	FREITAS, Jonas Christian	11	Desportivo Nacional	4:42.96	422	-
	50m: 31.91 31.91 150m: 1:42.76 35.62 250m: 2:55.05 36.36 350m: 4:07.94 36.26					
	100m: 1:07.14 35.23 200m: 2:18.69 35.93 300m: 3:31.68 36.63 400m: 4:42.96 35.02					

Absolutos (17+ years)

1.	GOMES, Joao Almeida	06	Nacional de Natacao	4:15.56	572	4,00
	<i>Vencedor do Escalão [Júnior e Sénior]</i>					
	50m: 28.35 28.35 150m: 1:31.55 31.99 250m: 2:36.72 32.58 350m: 3:43.08 33.30					
	100m: 59.56 31.21 200m: 2:04.14 32.59 300m: 3:09.78 33.06 400m: 4:15.56 32.48					
2.	FERNANDES, David Alexandre	06	Nacional de Natacao	4:19.38	547	2,00
	50m: 29.46 29.46 150m: 1:34.26 30.15 250m: 2:39.61 32.50 350m: 3:46.26 33.00					
	100m: 1:04.11 34.65 200m: 2:07.11 32.85 300m: 3:13.26 33.65 400m: 4:19.38 33.12					
3.	SANTOS, Rodrigo Canedo	08	CAFB Ponta Delgada	4:22.25	530	1,00
	50m: 28.89 28.89 150m: 1:33.58 32.96 250m: 2:40.40 33.55 350m: 3:48.55 34.17					
	100m: 1:00.62 31.73 200m: 2:06.85 33.27 300m: 3:14.38 33.98 400m: 4:22.25 33.70					

Prova 4, Masc., 400m Livres, Absolutos (17+ years)

Lugar	Nome	Ano	Clube	Tempo final	Pts	Torneio
4.	SALVADINHO, Jose Pedro	08	Nacional de Natacao	4:24.91	514	-
	50m: 30.14 30.14 150m: 1:36.61 33.17 250m: 2:43.17 32.78 350m: 3:51.56 34.02					
	100m: 1:03.44 33.30 200m: 2:10.39 33.78 300m: 3:17.54 34.37 400m: 4:24.91 33.35					
5.	PANKIVSKIY, Daniel	05	Nacional de Natacao	4:25.96	508	-
	50m: 29.26 29.26 150m: 1:36.62 34.01 250m: 2:44.97 34.07 350m: 3:52.67 33.69					
	100m: 1:02.61 33.35 200m: 2:10.90 34.28 300m: 3:18.98 34.01 400m: 4:25.96 33.29					
6.	OLIVEIRA, Bernardo Miguel	09	Nacional de Natacao	4:27.76	498	-
	50m: 30.31 30.31 150m: 1:36.56 33.15 250m: 2:44.88 34.39 350m: 3:54.11 34.43					
	100m: 1:03.41 33.10 200m: 2:10.49 33.93 300m: 3:19.68 34.80 400m: 4:27.76 33.65					
7.	PESTANA, Pedro Correia	09	Desportivo Nacional	4:33.08	469	-
	50m: 30.16 30.16 150m: 1:37.64 34.12 250m: 2:47.87 35.36 350m: 3:58.97 35.26					
	100m: 1:03.52 33.36 200m: 2:12.51 34.87 300m: 3:23.71 35.84 400m: 4:33.08 34.11					
8.	JESUS, Vasco Franca	08	Naval do Funchal	4:34.64	461	-
	50m: 29.22 29.22 150m: 1:36.21 34.23 250m: 2:47.24 35.82 350m: 3:58.99 36.01					
	100m: 1:01.98 32.76 200m: 2:11.42 35.21 300m: 3:22.98 35.74 400m: 4:34.64 35.65					
9.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:38.87	440	-
	50m: 30.84 30.84 150m: 1:40.32 34.73 250m: 2:51.33 35.69 350m: 4:03.88 36.14					
	100m: 1:05.59 34.75 200m: 2:15.64 35.32 300m: 3:27.74 36.41 400m: 4:38.87 34.99					
10.	GOMES, Guilherme Silva	08	Desportivo Nacional	4:41.25	429	-
	50m: 30.42 30.42 150m: 1:41.25 34.53 250m: 2:53.34 36.20 350m: 4:06.00 39.10					
	100m: 1:06.72 36.30 200m: 2:17.14 35.89 300m: 3:26.90 33.56 400m: 4:41.25 35.25					
11.	SILVA, Joao Bernardo	09	Desportivo Nacional	4:42.36	424	-
	50m: 30.24 30.24 150m: 1:39.64 37.96 250m: 2:52.48 36.70 350m: 4:06.09 36.75					
	100m: 1:01.68 31.44 200m: 2:15.78 36.14 300m: 3:29.34 36.86 400m: 4:42.36 36.27					
12.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	4:53.44	378	-
	<i>RECORDE NACIONAL DE NAT. ADAPTADA S17</i>					
	50m: 29.95 29.95 150m: 1:41.52 36.56 250m: 2:58.99 38.59 350m: 4:16.75 39.03					
	100m: 1:04.96 35.01 200m: 2:20.40 38.88 300m: 3:37.72 38.73 400m: 4:53.44 36.69					