

Prova 19 Masc., 400m Estilos Absolutos  
12/04/2025 - 16:58 Resultados

Recorde Nacional Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recorde Nacional Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recorde Nacional Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recorde Nacional Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recorde Nacional Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recorde Nacional Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Recorde Nacional Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013
Recorde Meeting	4:16.33	Alois, GARGULAK	FRA	Felgueiras	13/04/2024

INF - JUV - MASCULINOS Inf - Juv: 5:18.68 / JUN - SEN - MASCULINOS Jun - Sen: 4:55.84

Pontos: FINA 2023

Lugar Nome Licença Clube Tempo Final AQUA Pts

Infantis - Juvenis

1.	Guilherme Pereira, NOVAIS	205195	Foca Quinta da Lixa CNF	<b>4:38.98</b>	596	10,00
	50m: 29.35 29.35	150m: 1:39.29 36.62	250m: 2:55.52 40.57	350m: 4:08.22	31.84	
	100m: 1:02.67 33.32	200m: 2:14.95 35.66	300m: 3:36.38 40.86	400m: 4:38.98	30.76	
2.	Afonso Carvalho, MONTEIRO	208116	Famalicão	<b>4:39.20</b>	594	8,00
	50m: 29.45 29.45	150m: 1:40.75 37.07	250m: 2:55.65 38.75	350m: 4:08.09	33.13	
	100m: 1:03.68 34.23	200m: 2:16.90 36.15	300m: 3:34.96 39.31	400m: 4:39.20	31.11	
3.	Antonio Antunes, JORGE	206495	Alcobaca	<b>4:43.97</b>	565	6,00
	50m: 29.39 29.39	150m: 1:41.61 38.44	250m: 2:58.37 38.79	350m: 4:11.00	33.74	
	100m: 1:03.17 33.78	200m: 2:19.58 37.97	300m: 3:37.26 38.89	400m: 4:43.97	32.97	
4.	Xavier Jesus, VALENTE	206889	Os Belenenses	<b>4:48.46</b>	539	5,00
	50m: 30.00 30.00	150m: 1:42.80 37.37	250m: 3:00.73 41.21	350m: 4:15.80	32.99	
	100m: 1:05.43 35.43	200m: 2:19.52 36.72	300m: 3:42.81 42.08	400m: 4:48.46	32.66	
5.	Salvador Teixeira, COELHO	209429	Aquatico Pacense	<b>5:01.57</b>	472	4,00
	50m: 30.24 30.24	150m: 1:44.16 39.63	250m: 3:06.35 42.75	350m: 4:26.23	35.76	
	100m: 1:04.53 34.29	200m: 2:23.60 39.44	300m: 3:50.47 44.12	400m: 5:01.57	35.34	
6.	Sergio, RODRIGUEZ SANTOS	1209564	Castilla y León	<b>5:12.13</b>	425	3,00
	50m: 33.84 33.84	150m: 1:56.53 42.60	250m: 3:16.29 39.88	350m: 4:35.92	38.61	
	100m: 1:13.93 40.09	200m: 2:36.41 39.88	300m: 3:57.31 41.02	400m: 5:12.13	36.21	
7.	Dinis Lima, MORENO	209779	Braga	<b>5:14.80</b>	414	2,00
	50m: 31.25 31.25	150m: 1:48.71 40.72	250m: 3:15.03 46.80	350m: 4:38.99	36.63	
	100m: 1:07.99 36.74	200m: 2:28.23 39.52	300m: 4:02.36 47.33	400m: 5:14.80	35.81	

Juniores - Seniores

1.	Tomas Amor, SARREIRA	132117	Porto	<b>4:27.60</b>	675	10,00
	50m: 28.75 28.75	150m: 1:35.55 34.65	250m: 2:47.52 38.69	350m: 3:57.82	31.21	
	100m: 1:00.90 32.15	200m: 2:08.83 33.28	300m: 3:26.61 39.09	400m: 4:27.60	29.78	
2.	Leonardo Jose, CRUZ	204601	Alcobaca	<b>4:33.39</b>	633	8,00
	50m: 29.31 29.31	150m: 1:38.35 35.29	250m: 2:50.47 37.36	350m: 4:01.40	32.61	
	100m: 1:03.06 33.75	200m: 2:13.11 34.76	300m: 3:28.79 38.32	400m: 4:33.39	31.99	
3.	Guilherme Costa, SOARES	201093	Vilacondense	<b>4:35.81</b>	617	6,00
	50m: 29.19 29.19	150m: 1:38.84 35.63	250m: 2:53.72 39.88	350m: 4:05.72	31.59	
	100m: 1:03.21 34.02	200m: 2:13.84 35.00	300m: 3:34.13 40.41	400m: 4:35.81	30.09	
4.	Gil Afonso, RODRIGUES	148683	Fluvial Portuense	<b>4:37.03</b>	608	5,00
	50m: 28.53 28.53	150m: 1:38.67 37.07	250m: 2:53.38 38.87	350m: 4:05.43	32.62	
	100m: 1:01.60 33.07	200m: 2:14.51 35.84	300m: 3:32.81 39.43	400m: 4:37.03	31.60	
5.	Tomas Rocha, DORES	200766	Colegio Efanor	<b>4:37.81</b>	603	4,00
	50m: 29.02 29.02	150m: 1:38.23 35.56	250m: 2:55.37 40.38	350m: 4:07.80	31.25	
	100m: 1:02.67 33.65	200m: 2:14.99 36.76	300m: 3:36.55 41.18	400m: 4:37.81	30.01	
6.	Tomas Pinto, PEIXOTO	203354	Porto	<b>4:40.04</b>	589	3,00
	50m: 29.87 29.87	150m: 1:39.96 35.50	250m: 2:55.26 40.87	350m: 4:08.36	31.70	
	100m: 1:04.46 34.59	200m: 2:14.39 34.43	300m: 3:36.66 41.40	400m: 4:40.04	31.68	
7.	Miguel Almeida, BISPO	203715	Natacao da Maia	<b>4:40.35</b>	587	2,00
	50m: 28.94 28.94	150m: 1:38.74 36.17	250m: 2:55.30 41.18	350m: 4:09.21	32.50	
	100m: 1:02.57 33.63	200m: 2:14.12 35.38	300m: 3:36.71 41.41	400m: 4:40.35	31.14	

O Secretário do Juri

www.annp.pt

O Juiz Árbitro

Splash Meet Manager, 11.81803

Registered to Associação de Nataçao do Norte de Portugal

13/04/2025 20:01 - Página 1

|ORGANIZAÇÃO



|PARCEIROS INSTITUCIONAIS



|PARCEIRO



|FORNECEDOR OFICIAL



Prova 19, Masc., 400m Estilos, Juniores - Seniores

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
8.	Joao Maria, SOUSA	130462	Braga	<b>4:40.54</b>	586	1,00
	50m: 29.44 29.44	150m: 1:37.97 35.09	250m: 2:54.06 41.23	350m: 4:09.13 33.11		
	100m: 1:02.88 33.44	200m: 2:12.83 34.86	300m: 3:36.02 41.96	400m: 4:40.54 31.41		
9.	Eduardo Sousa, SARAGOCA	200623	Viana Natacao	<b>4:45.96</b>	553	-
	50m: 30.89 30.89	150m: 1:43.77 37.75	250m: 3:01.21 40.51	350m: 4:14.51 32.36		
	100m: 1:06.02 35.13	200m: 2:20.70 36.93	300m: 3:42.15 40.94	400m: 4:45.96 31.45		
10.	Rafael Dinis, PACHECO	204593	Aquatico Pacense	<b>4:54.18</b>	508	-
	50m: 29.81 29.81	150m: 1:42.04 37.32	250m: 3:01.77 42.50	350m: 4:19.50 34.67		
	100m: 1:04.72 34.91	200m: 2:19.27 37.23	300m: 3:44.83 43.06	400m: 4:54.18 34.68		
11.	Joao Nunes, DUARTE	205304	Colegio Efanor	<b>4:56.41</b>	497	-
	<i>FTL</i>					
	50m: 31.42 31.42	150m: 1:46.16 39.01	250m: 3:06.33 42.78	350m: 4:23.78 34.65		
	100m: 1:07.15 35.73	200m: 2:23.55 37.39	300m: 3:49.13 42.80	400m: 4:56.41 32.63		
12.	Diogo Teixeira, PEIXOTO	206053	Foca Quinta da Lixa CNF	<b>5:03.84</b>	461	-
	<i>FTL</i>					
	50m: 30.32 30.32	150m: 1:44.79 39.04	250m: 3:07.33 43.54	350m: 4:28.00 36.02		
	100m: 1:05.75 35.43	200m: 2:23.79 39.00	300m: 3:51.98 44.65	400m: 5:03.84 35.84		
DSQ	Paulo Tiago, VALES	201752	Braga			-
	<i>9.4 - O(A) nadador(a) não executou a viragem dos 25 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, SW 8.13</i>					