Prova 15 — Masc., 400m Livres — Absolutos
14/11/2026 - 17:10 — Resultados

Recordes Nacionais 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recordes Nacionais 25m Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Recordes Nacionais 25m Jun 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024
Recordes Nacionais 25m Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Recordes Nacionais 25m Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Recordes Nacionais 25m Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Recordes Nacionais 25m Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003
Recordes Regionais 25m Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais 25m Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais 25m Jun 18	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais 25m Jun 17	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais 25m Juv A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais 25m Juv B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais 25m Inf A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais 25m Inf B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
1.	Gustavo Carvalhais, RIBEIRO	121864	Benfica	**3:57.84**	710	8,00
	50m: 26.72 (26.72) 150m: 1:25.05 (29.54) 250m: 2:25.90 (30.41) 350m: 3:27.36 (30.67)					
	100m: 55.51 (28.79) 200m: 1:55.49 (30.44) 300m: 2:56.69 (30.79) 400m: 3:57.84 (30.48)					
2.	Carlos, ORTIZ MARTINEZ	228860	Louletano / Loule Aqui e Agora	**4:04.65**	652	7,00
	50m: 28.16 (28.16) 150m: 1:30.09 (31.15) 250m: 2:32.27 (31.05) 350m: 3:34.64 (31.09)					
	100m: 58.94 (30.78) 200m: 2:01.22 (31.13) 300m: 3:03.55 (31.28) 400m: 4:04.65 (30.01)					
3.	Axel Guedes, ASMAR	207810	Sporting	**4:05.11**	649	6,00
	50m: 28.19 (28.19) 150m: 1:29.87 (31.03) 250m: 2:32.23 (31.09) 350m: 3:34.94 (31.53)					
	100m: 58.84 (30.65) 200m: 2:01.14 (31.27) 300m: 3:03.41 (31.18) 400m: 4:05.11 (30.17)					
4.	Santiago Agostinho, PARREIRA	209481	S.I.R. Os Pimpoes	**4:05.40**	647	5,00
	50m: 28.48 (28.48) 150m: 1:30.90 (31.43) 250m: 2:34.09 (31.26) 350m: 3:36.14 (30.09)					
	100m: 59.47 (30.99) 200m: 2:02.83 (31.93) 300m: 3:06.05 (31.96) 400m: 4:05.40 (29.26)					
5.	Ignacio, NAVARRO SASTRE	0000010	Club Natación Mairena	**4:07.71**	629	4,00
	50m: 28.12 (28.12) 150m: 1:30.96 (31.67) 250m: 2:34.07 (31.62) 350m: 3:37.24 (31.25)					
	100m: 59.29 (31.17) 200m: 2:02.45 (31.49) 300m: 3:05.99 (31.92) 400m: 4:07.71 (30.47)					
6.	Diogo Damasceno, REIS	151317	Sporting	**4:09.34**	616	3,00
	50m: 28.30 (28.30) 150m: 1:30.62 (31.26) 250m: 2:33.92 (31.66) 350m: 3:38.03 (32.20)					
	100m: 59.36 (31.06) 200m: 2:02.26 (31.64) 300m: 3:05.83 (31.91) 400m: 4:09.34 (31.31)					
7.	Roberto, CALDERON MONTENEGRO	80168413G	Club Navial	**4:10.52**	608	2,00
	50m: 27.29 (27.29) 150m: 1:30.65 (32.36) 250m: 2:35.26 (32.06) 350m: 3:38.61 (31.31)					
	100m: 58.29 (31.00) 200m: 2:03.20 (32.55) 300m: 3:07.30 (32.04) 400m: 4:10.52 (31.91)					
8.	Francisco Guilherme, MIRANDA	206796	Naval Do Funchal	**4:11.32**	602	1,00
	50m: 28.30 (28.30) 150m: 1:30.98 (31.67) 250m: 2:35.44 (32.19) 350m: 3:40.30 (32.36)					
	100m: 59.31 (31.01) 200m: 2:03.25 (32.27) 300m: 3:07.94 (32.50) 400m: 4:11.32 (31.02)					
9.	Carlos Liñán del Rosario,	000009	Club Nautico Sevilla	**4:11.85**	598	-
	50m: 29.42 (29.42) 150m: 1:32.52 (31.77) 250m: 2:36.18 (31.84) 350m: 3:40.42 (31.99)					
	100m: 1:00.75 (31.33) 200m: 2:04.34 (31.82) 300m: 3:08.43 (32.25) 400m: 4:11.85 (31.43)					
10.	Carlos Díaz Romero,	000001	Club Nautico Sevilla	**4:14.57**	579	-
	50m: 28.77 (28.77) 150m: 1:32.40 (32.06) 250m: 2:36.85 (32.20) 350m: 3:42.55 (32.94)					
	100m: 1:00.34 (31.57) 200m: 2:04.65 (32.25) 300m: 3:09.61 (32.76) 400m: 4:14.57 (32.02)					
11.	Darío, CABALLERO CASTEJON	1149782	Circulo Mercantil	**4:15.07**	576	-
	50m: 28.85 (28.85) 150m: 1:32.83 (32.29) 250m: 2:37.89 (32.46) 350m: 3:43.59 (33.05)					
	100m: 1:00.54 (31.69) 200m: 2:05.43 (32.60) 300m: 3:10.54 (32.65) 400m: 4:15.07 (31.48)					
12.	Rafael, CARRILLO OTERO	12808976T	Club Navial	**4:15.37**	574	-
	50m: 28.49 (28.49) 150m: 1:32.28 (32.45) 250m: 2:37.70 (32.76) 350m: 3:43.01 (32.10)					
	100m: 59.83 (31.34) 200m: 2:04.94 (32.66) 300m: 3:10.91 (33.21) 400m: 4:15.37 (32.36)					
13.	Rafael, SEIJO RIVERA	49834040D	Club Navial	**4:17.76**	558	-
	50m: 28.87 (28.87) 150m: 1:33.17 (32.63) 250m: 2:39.44 (33.10) 350m: 3:46.13 (33.19)					
	100m: 1:00.54 (31.67) 200m: 2:06.34 (33.17) 300m: 3:12.94 (33.50) 400m: 4:17.76 (31.63)					
14.	Uriel, FARUSTE CAMACHO	1174675	Club Natacion Huelva	**4:20.53**	540	-
	50m: 29.27 (29.27) 150m: 1:33.38 (32.57) 250m: 2:39.23 (32.58) 350m: 3:46.90 (33.88)					
	100m: 1:00.81 (31.54) 200m: 2:06.65 (33.27) 300m: 3:13.02 (33.79) 400m: 4:20.53 (33.63)					
15.	Rafael Alexandre, SILVA	000010	C. N. Alcalá	**4:20.61**	540	-
	50m: 28.51 (28.51) 150m: 1:32.45 (32.40) 250m: 2:38.61 (33.30) 350m: 3:46.66 (34.23)					
	100m: 1:00.05 (31.54) 200m: 2:05.31 (32.86) 300m: 3:12.43 (33.82) 400m: 4:20.61 (33.95)					
16.	Agustín Gordillo Llanos,	000012	Club Nautico Sevilla	**4:21.72**	533	-
	50m: 29.06 (29.06) 150m: 1:33.39 (32.40) 250m: 2:40.13 (33.94) 350m: 3:48.83 (34.43)					
	100m: 1:00.99 (31.93) 200m: 2:06.19 (32.80) 300m: 3:14.40 (34.27) 400m: 4:21.72 (32.89)					