Prova 21 — Masc., 400m Estilos — Absolutos
14/11/2026 - 16:00 — Resultados

Recordes Nacionais 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Jun 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recordes Nacionais 25m Jun 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recordes Nacionais 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recordes Regionais 25m Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais 25m Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais 25m Jun 18	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recordes Regionais 25m Jun 17	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recordes Regionais 25m Juv A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais 25m Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
1.	Renato Ferreira, MIMOSO	211467	Benfica	**4:25.64**	690	8,00
	50m: 27.93 27.93 150m: 1:33.63 33.53 250m: 2:45.77 38.89 350m: 3:55.93 30.77					
	100m: 1:00.10 32.17 200m: 2:06.88 33.25 300m: 3:25.16 39.39 400m: 4:25.64 29.71					
2.	Antonio, PÉREZ RODRÍGUEZ	0000002	Club Natación Mairena	**4:30.61**	653	7,00
	50m: 28.85 28.85 150m: 1:37.15 35.46 250m: 2:50.15 37.86 350m: 3:59.76 31.66					
	100m: 1:01.69 32.84 200m: 2:12.29 35.14 300m: 3:28.10 37.95 400m: 4:30.61 30.85					
3.	Lucas, GONZÁLEZ VAZQUEZ	0000008	Club Natación Mairena	**4:38.63**	598	6,00
	50m: 29.12 29.12 150m: 1:42.05 38.82 250m: 2:57.45 38.72 350m: 4:08.37 32.37					
	100m: 1:03.23 34.11 200m: 2:18.73 36.68 300m: 3:36.00 38.55 400m: 4:38.63 30.26					
4.	Miguel Salomao, TRISTAO	129885	Portinado	**4:40.52**	586	5,00
	50m: 28.98 28.98 150m: 1:38.48 35.59 250m: 2:54.89 40.60 350m: 4:08.75 33.07					
	100m: 1:02.89 33.91 200m: 2:14.29 35.81 300m: 3:35.68 40.79 400m: 4:40.52 31.77					
5.	Pablo, VILLATORO FERRARI	14035686M	Club Navial	**4:41.92**	577	4,00
	50m: 30.09 30.09 150m: 1:42.41 37.34 250m: 2:58.34 39.25 350m: 4:10.17 33.26					
	100m: 1:05.07 34.98 200m: 2:19.09 36.68 300m: 3:36.91 38.57 400m: 4:41.92 31.75					
6.	Alonso, JAVALOYES ESPEJO	0000018	Club Natación Mairena	**4:43.98**	565	3,00
	50m: 28.19 28.19 150m: 1:37.96 35.82 250m: 2:53.93 41.62 350m: 4:10.72 33.91					
	100m: 1:02.14 33.95 200m: 2:12.31 34.35 300m: 3:36.81 42.88 400m: 4:43.98 33.26					
7.	Guilherme Rodrigues, CABRAL	209095	S.I.R. Os Pimpoes	**4:51.22**	524	2,00
	50m: 29.76 29.76 150m: 1:42.28 38.33 250m: 3:00.07 40.27 350m: 4:17.28 34.86					
	100m: 1:03.95 34.19 200m: 2:19.80 37.52 300m: 3:42.42 42.35 400m: 4:51.22 33.94					
8.	Miguel Chagas, VICENTE	207727	Seleção dos Açores	**4:53.35**	512	1,00
	50m: 29.94 29.94 150m: 1:40.80 35.12 250m: 3:00.87 44.73 350m: 4:20.78 34.32					
	100m: 1:05.68 35.74 200m: 2:16.14 35.34 300m: 3:46.46 45.59 400m: 4:53.35 32.57					
9.	Rafael, ROJAS PEREZ	54592117F	Club Navial	**4:55.98**	499	-
	50m: 30.07 30.07 150m: 1:43.64 38.01 250m: 3:04.90 45.04 350m: 4:23.13 33.68					
	100m: 1:05.63 35.56 200m: 2:19.86 36.22 300m: 3:49.45 44.55 400m: 4:55.98 32.85					
10.	Jose Antonio Toledano Brazo,	000007	Club Nautico Sevilla	**4:58.06**	488	-
	50m: 30.01 30.01 150m: 1:43.91 39.00 250m: 3:05.40 42.98 350m: 4:23.97 35.03					
	100m: 1:04.91 34.90 200m: 2:22.42 38.51 300m: 3:48.94 43.54 400m: 4:58.06 34.09					
11.	Pablo, BARRERA TRAVERSO	1156824	Circulo Mercantil	**4:58.73**	485	-
	50m: 31.38 31.38 150m: 1:46.27 38.16 250m: 3:06.04 43.62 350m: 4:26.09 36.10					
	100m: 1:08.11 36.73 200m: 2:22.42 36.15 300m: 3:49.99 43.95 400m: 4:58.73 32.64					
12.	G., DOS SANTOS RETRE	000005	C. N. Alcalá	**4:59.33**	482	-
	50m: 30.62 30.62 150m: 1:45.86 38.52 250m: 3:07.92 43.91 350m: 4:27.22 34.40					
	100m: 1:07.34 36.72 200m: 2:24.01 38.15 300m: 3:52.82 44.90 400m: 4:59.33 32.11					
13.	Afonso Vultao, MIRANDA	212679	Seleção dos Açores	**5:04.56**	458	-
	50m: 31.23 31.23 150m: 1:50.32 40.37 250m: 3:11.87 41.57 350m: 4:29.69 35.52					
	100m: 1:09.95 38.72 200m: 2:30.30 39.98 300m: 3:54.17 42.30 400m: 5:04.56 34.87					
14.	Carlos, ROJAS COTO	1195309	Circulo Mercantil	**5:05.47**	454	-
	50m: 30.77 30.77 150m: 1:47.55 41.02 250m: 3:11.72 44.29 350m: 4:32.22 36.25					
	100m: 1:06.53 35.76 200m: 2:27.43 39.88 300m: 3:55.97 44.25 400m: 5:05.47 33.25					
15.	Raul, BARRIO MAZUELAS	33004985P	Club Navial	**5:12.85**	422	-
	50m: 31.56 31.56 150m: 1:50.22 40.89 250m: 3:14.21 44.08 350m: 4:37.34 37.64					
	100m: 1:09.33 37.77 200m: 2:30.13 39.91 300m: 3:59.70 45.49 400m: 5:12.85 35.51					
16.	Guilherme Barcelos, PONTES	213498	Seleção dos Açores	**5:50.80**	299	-
	50m: 36.70 36.70 150m: 2:06.78 45.90 250m: 3:40.10 47.78 350m: 5:10.07 41.48					
	100m: 1:20.88 44.18 200m: 2:52.32 45.54 300m: 4:28.59 48.49 400m: 5:50.80 40.73					