

3 - 2ª Jornada - 2ª Sessão

04-02-2018 - 15:30

Prova 37	Masc., 400m Livres				Absoluto
04-02-2018 - 15:55					Resultados
S6	6:04.03	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira	21-01-2017
S7	5:45.07	VIDEIRA Daniel Carlos	GESL	Santa Maria da Feira	13-01-2018
S8	5:17.49	LINHARES Ruben Daniel	FVCD	Santa Maria da Feira	13-01-2018
S9	4:20.62	GRACHAT David Realista	GESL	Porto	06-06-2015
S10	4:23.44	GONCALVES Emanuel Luis	CDN	Funchal	14-03-2014
S11	5:45.87	MENESES Marco Ribeiro	CACRCCD	Santa Maria da Feira	13-01-2018
S12	59:00.00	start			
S13	4:24.15	ENCARNACAO Vitor Hugo	CDN	Funchal	05-07-2013
S14	5:22.28	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S15	4:26.34	NEVES Tiago Correia	CFB	Algés	19-11-2017
S16	59:00.00	start			
S21	6:04.14	SANTOS Filipe Bjorcke	POR	Estarreja	19-09-2013

S6 Esp: 9:16.97; Sen: 9:06.05 / S7 Esp: 8:44.79; Sen: 8:34.50 / S8 Esp: 8:13.92; Sen: 8:04.26 / S9 Esp: 6:38.75; Sen: 6:30.93 / S10 Esp: 6:36.27; Sen: 6:28.50 / S11 Esp: 9:13.84; Sen: 9:02.99 / S12 Esp: 8:41.73; Sen: 8:31.50 / S13 Esp: 6:44.15; Sen: 6:36.22 / S14 Esp: 8:13.09; Sen: 8:03.42 / S15 Esp: 5:57.76; Sen: 5:49.03 / S16 Esp: 8:13.09; Sen: 8:03.42 / S21 Esp: 9:17.13; Sen: 9:06.21

Pontos: IPC NED S14

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
1.	GRACHAT David Realista <i>Rec Nac Classe S9</i>	87	S9	*1,4	GesLoures	4:20.60	882	9,00
	25m: 13.99 13.99	125m: 1:18.92	16.32	225m: 2:24.64	16.25	325m: 3:32.11	16.83	
	50m: 30.09 16.10	150m: 1:35.46	16.54	250m: 2:41.53	16.89	350m: 3:48.92	16.81	
	75m: 46.13 16.04	175m: 1:51.74	16.28	275m: 2:58.43	16.90	375m: 4:05.22	16.30	
	100m: 1:02.60 16.47	200m: 2:08.39	16.65	300m: 3:15.28	16.85	400m: 4:20.60	15.38	
2.	CAETANO Gino Santos	94	S10	*A 9	Galitos/ Bresimar	4:34.92	695	9,00
	25m: 14.16 14.16	125m: 1:19.04	16.61	225m: 2:27.77	17.42	325m: 3:40.20	18.24	
	50m: 29.96 15.80	150m: 1:35.82	16.78	250m: 2:45.66	17.89	350m: 3:58.46	18.26	
	75m: 46.11 16.15	175m: 1:53.17	17.35	275m: 3:03.70	18.04	375m: 4:16.79	18.33	
	100m: 1:02.43 16.32	200m: 2:10.35	17.18	300m: 3:21.96	18.26	400m: 4:34.92	18.13	
3.	CANCELA Diogo Luis	02	S8	*1,3	Miranda do Corvo	4:59.17	690	9,00
	25m: 16.07 16.07	125m: 1:32.83	19.35	225m: 2:48.58	18.65	325m: 4:04.26	19.12	
	50m: 34.55 18.48	150m: 1:52.23	19.40	250m: 3:07.17	18.59	350m: 4:23.84	19.58	
	75m: 53.66 19.11	175m: 2:10.97	18.74	275m: 3:26.27	19.10	375m: 4:42.10	18.26	
	100m: 1:13.48 19.82	200m: 2:29.93	18.96	300m: 3:45.14	18.87	400m: 4:59.17	17.07	
4.	VIDEIRA Daniel Carlos <i>Rec Nac Classe S7</i>	92	S7	*6,12+	GesLoures	5:26.37	626	9,00
	25m: 18.01 18.01	125m: 1:40.26	20.69	225m: 3:02.65	20.30	325m: 4:24.90	20.31	
	50m: 38.54 20.53	150m: 2:00.87	20.61	250m: 3:23.39	20.74	350m: 4:46.22	21.32	
	75m: 58.82 20.28	175m: 2:21.71	20.84	275m: 3:43.51	20.12	375m: 5:06.45	20.23	
	100m: 1:19.57 20.75	200m: 2:42.35	20.64	300m: 4:04.59	21.08	400m: 5:26.37	19.92	
5.	LINHARES Ruben Daniel <i>Rec Nac Classe S8</i>	97	S8	*12+	Feira Viva	5:12.22	607	9,00
	25m: 16.66 16.66	125m: 1:34.68	19.30	225m: 2:53.76	19.53	325m: 4:12.71	19.61	
	50m: 35.64 18.98	150m: 1:54.64	19.96	250m: 3:13.49	19.73	350m: 4:32.67	19.96	
	75m: 55.22 19.58	175m: 2:14.39	19.75	275m: 3:33.49	20.00	375m: 4:52.70	20.03	
	100m: 1:15.38 20.16	200m: 2:34.23	19.84	300m: 3:53.10	19.61	400m: 5:12.22	19.52	

Prova 37, Masc., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
6.	REIS Bruno Ferreira	00	S8	12+	Feira Viva	5:13.81	598	7,00
	25m: 17.75 17.75	125m: 1:34.71	19.85	225m: 2:55.39	20.33	325m: 4:15.68	20.16	
	50m: 36.23 18.48	150m: 1:54.68	19.97	250m: 3:15.43	20.04	350m: 4:35.15	19.47	
	75m: 55.15 18.92	175m: 2:14.67	19.99	275m: 3:35.21	19.78	375m: 4:54.84	19.69	
	100m: 1:14.86 19.71	200m: 2:35.06	20.39	300m: 3:55.52	20.31	400m: 5:13.81	18.97	
7.	SOARES Ricardo Aderneira	99	S8	*6,12+	GesLoures	5:14.15	596	6,00
	<i>Rec Nac Classe S8</i>							
	25m: 17.32 17.32	125m: 1:35.74	19.79	225m: 2:56.56	19.77	325m: 4:16.46	19.22	
	50m: 36.50 19.18	150m: 1:56.09	20.35	250m: 3:16.61	20.05	350m: 4:36.25	19.79	
	75m: 55.92 19.42	175m: 2:16.37	20.28	275m: 3:36.78	20.17	375m: 4:55.43	19.18	
	100m: 1:15.95 20.03	200m: 2:36.79	20.42	300m: 3:57.24	20.46	400m: 5:14.15	18.72	
8.	RIBEIRO Pedro Miguel	91	S14		Propaganda da Natacao	5:28.30	461	9,00
	25m: 16.48 16.48	125m: 1:36.18	20.75	225m: 3:00.43	21.18	325m: 4:25.68	21.41	
	50m: 35.61 19.13	150m: 1:56.97	20.79	250m: 3:21.74	21.31	350m: 4:47.06	21.38	
	75m: 55.20 19.59	175m: 2:17.90	20.93	275m: 3:43.00	21.26	375m: 5:08.57	21.51	
	100m: 1:15.43 20.23	200m: 2:39.25	21.35	300m: 4:04.27	21.27	400m: 5:28.30	19.73	
9.	SILVA Renato Filipe	98	S9	9	Porto	5:24.70	456	7,00
	25m: 16.14 16.14	125m: 1:36.17	19.92	225m: 2:59.10	20.67	325m: 4:23.07	20.94	
	50m: 36.25 20.11	150m: 1:56.56	20.39	250m: 3:19.89	20.79	350m: 4:44.23	21.16	
	75m: 55.61 19.36	175m: 2:17.19	20.63	275m: 3:40.77	20.88	375m: 5:04.90	20.67	
	100m: 1:16.25 20.64	200m: 2:38.43	21.24	300m: 4:02.13	21.36	400m: 5:24.70	19.80	
10.	MENESES Marco Ribeiro	01	S11	A B T	O Crasto	5:40.02	451	9,00
	<i>Rec Nac Classe S11</i>							
	25m: 17.56 17.56	125m: 1:40.99	21.95	225m: 3:10.33	21.64	325m: 4:38.12	21.05	
	50m: 36.98 19.42	150m: 2:03.29	22.30	250m: 3:31.85	21.52	350m: 4:59.24	21.12	
	75m: 57.33 20.35	175m: 2:26.13	22.84	275m: 3:54.52	22.67	375m: 5:20.35	21.11	
	100m: 1:19.04 21.71	200m: 2:48.69	22.56	300m: 4:17.07	22.55	400m: 5:40.02	19.67	
11.	SOUZA Micael Silva	00	S14		Sporting de Aveiro	5:38.19	422	7,00
	25m: 16.77 16.77	125m: 1:37.76	20.74	225m: 3:03.39	21.35	325m: 4:32.26	22.01	
	50m: 36.78 20.01	150m: 1:58.96	21.20	250m: 3:25.58	22.19	350m: 4:54.32	22.06	
	75m: 56.52 19.74	175m: 2:20.65	21.69	275m: 3:47.49	21.91	375m: 5:16.19	21.87	
	100m: 1:17.02 20.50	200m: 2:42.04	21.39	300m: 4:10.25	22.76	400m: 5:38.19	22.00	
12.	ROCHA Ivo Filipe	90	S6	*A 12	Feira Viva	6:27.15	411	9,00
	25m: 21.85 21.85	125m: 1:54.88	23.67	225m: 3:32.34	24.73	325m: 5:12.48	25.40	
	50m: 44.43 22.58	150m: 2:19.00	24.12	250m: 3:57.08	24.74	350m: 5:37.40	24.92	
	75m: 1:07.67 23.24	175m: 2:43.38	24.38	275m: 4:22.13	25.05	375m: 6:02.32	24.92	
	100m: 1:31.21 23.54	200m: 3:07.61	24.23	300m: 4:47.08	24.95	400m: 6:27.15	24.83	
13.	SILVA Diogo Barros	03	S9	*A 6,12+	Pimpoes/Cimai	6:06.67	317	9,00
	25m: 19.45 19.45	125m: 1:49.30	23.36	225m: 3:23.29	23.54	325m: 4:57.84	23.70	
	50m: 40.72 21.27	150m: 2:12.81	23.51	250m: 3:47.20	23.91	350m: 5:21.26	23.42	
	75m: 1:02.97 22.25	175m: 2:36.07	23.26	275m: 4:10.69	23.49	375m: 5:44.07	22.81	
	100m: 1:25.94 22.97	200m: 2:59.75	23.68	300m: 4:34.14	23.45	400m: 6:06.67	22.60	
14.	SILVA Andre Guimaraes	96	S14		Fluvial Portuense	6:16.95	305	6,00
	25m: 16.42 16.42	125m: 1:49.86	24.31	225m: 3:25.57	24.06	325m: 5:02.99	24.57	
	50m: 38.00 21.58	150m: 2:13.88	24.02	250m: 3:49.99	24.42	350m: 5:28.45	25.46	
	75m: 1:00.98 22.98	175m: 2:37.91	24.03	275m: 4:14.34	24.35	375m: 5:52.75	24.30	
	100m: 1:25.55 24.57	200m: 3:01.51	23.60	300m: 4:38.42	24.08	400m: 6:16.95	24.20	

Prova 37, Masc., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
15.	GOUVEIA Francisco Mario	75	S9	*9	Feira Viva	6:13.39	300	6,00
	25m: 19.09 19.09	125m: 1:47.81	22.90	225m: 3:23.81	23.65	325m: 5:01.55	24.14	
	50m: 40.84 21.75	150m: 2:11.18	23.37	250m: 3:48.60	24.79	350m: 5:26.06	24.51	
	75m: 1:02.29 21.45	175m: 2:35.07	23.89	275m: 4:13.04	24.44	375m: 5:50.64	24.58	
	100m: 1:24.91 22.62	200m: 3:00.16	25.09	300m: 4:37.41	24.37	400m: 6:13.39	22.75	
16.	CASTANHEIRA Rodolfo Francisc01	S9	S9	*9	GesLoures	6:20.30	284	5,00
	25m: 20.92 20.92	125m: 1:57.89	24.03	225m: 3:36.17	23.90	325m: 5:11.10	22.49	
	50m: 44.51 23.59	150m: 2:22.96	25.07	250m: 4:00.12	23.95	350m: 5:35.08	23.98	
	75m: 1:06.59 22.08	175m: 2:47.00	24.04	275m: 4:23.62	23.50	375m: 5:57.78	22.70	
	100m: 1:33.86 27.27	200m: 3:12.27	25.27	300m: 4:48.61	24.99	400m: 6:20.30	22.52	
17.	ALVES Nuno Diogo	88	S7	*A 12	Propaganda da Natacao	7:09.35	275	7,00
	25m: 23.30 23.30	125m: 2:11.53	28.60	225m: 3:58.72	26.03	325m: 5:49.28	26.89	
	50m: 49.76 26.46	150m: 2:37.15	25.62	250m: 4:28.26	29.54	350m: 6:17.48	28.20	
	75m: 1:16.57 26.81	175m: 3:04.29	27.14	275m: 4:54.30	26.04	375m: 6:42.91	25.43	
	100m: 1:42.93 26.36	200m: 3:32.69	28.40	300m: 5:22.39	28.09	400m: 7:09.35	26.44	
18.	SANTOS Flavio Martinho	89	S9	*12+	Torres Novas	6:25.95	272	4,00
	25m: 19.24 19.24	125m: 1:50.64	23.41	225m: 3:30.83	25.73	325m: 5:10.65	23.84	
	50m: 41.25 22.01	150m: 2:14.99	24.35	250m: 3:56.10	25.27	350m: 5:36.52	25.87	
	75m: 1:04.18 22.93	175m: 2:39.69	24.70	275m: 4:21.13	25.03	375m: 6:01.21	24.69	
	100m: 1:27.23 23.05	200m: 3:05.10	25.41	300m: 4:46.81	25.68	400m: 6:25.95	24.74	
19.	BRANCO Miguel Paiva	97	S14		APPDACA Coimbra	6:48.43	240	5,00
	25m: 21.80 21.80	125m: 2:01.31	25.52	225m: 3:47.08	26.10	325m: 5:31.07	25.66	
	50m: 45.31 23.51	150m: 2:27.39	26.08	250m: 4:14.17	27.09	350m: 5:57.91	26.84	
	75m: 1:10.15 24.84	175m: 2:54.36	26.97	275m: 4:39.20	25.03	375m: 6:24.46	26.55	
	100m: 1:35.79 25.64	200m: 3:20.98	26.62	300m: 5:05.41	26.21	400m: 6:48.43	23.97	
20.	CAMPOS Joao Miguel	79	S7	*	ADADA Porto	7:30.86	237	6,00
	25m: 21.92 21.92	125m: 2:11.94	28.32	225m: 4:08.74	29.89	325m: 6:11.75	31.11	
	50m: 47.98 26.06	150m: 2:40.98	29.04	250m: 4:39.09	30.35	350m: 6:39.78	28.03	
	75m: 1:14.99 27.01	175m: 3:09.45	28.47	275m: 5:09.96	30.87	375m: 7:07.52	27.74	
	100m: 1:43.62 28.63	200m: 3:38.85	29.40	300m: 5:40.64	30.68	400m: 7:30.86	23.34	
21.	PINTO Jose Manuel	00	S7	A 12	ADADA Porto	7:51.84	207	5,00
	25m: 23.24 23.24	125m: 2:16.06	30.41	225m: 4:21.30	30.58	325m: 6:25.51	31.87	
	50m: 47.96 24.72	150m: 2:47.47	31.41	250m: 4:51.83	30.53	350m: 6:55.46	29.95	
	75m: 1:16.94 28.98	175m: 3:19.04	31.57	275m: 5:22.54	30.71	375m: 7:25.02	29.56	
	100m: 1:45.65 28.71	200m: 3:50.72	31.68	300m: 5:53.64	31.10	400m: 7:51.84	26.82	
22.	CATARINO Jaime Lopes	91	S6	*12	Sporting de Aveiro	8:50.00	160	7,00
	25m: 30.43 30.43	125m: 2:40.02	33.48	225m: 4:53.79	33.10	325m: 7:09.38	33.33	
	50m: 1:02.42 31.99	150m: 3:13.12	33.10	250m: 5:29.15	35.36	350m: 7:44.21	34.83	
	75m: 1:33.96 31.54	175m: 3:46.51	33.39	275m: 6:02.40	33.25	375m: 8:16.92	32.71	
	100m: 2:06.54 32.58	200m: 4:20.69	34.18	300m: 6:36.05	33.65	400m: 8:50.00	33.08	
23.	PADRE Dario Marques	93	S6	*12	Sporting de Aveiro	9:31.63	128	6,00
	25m: 29.41 29.41	125m: 2:48.07	32.69	225m: 5:10.70	34.23	325m: 7:42.78	35.72	
	50m: 1:05.18 35.77	150m: 3:24.90	36.83	250m: 5:50.53	39.83	350m: 8:20.41	37.63	
	75m: 1:37.24 32.06	175m: 4:00.73	35.83	275m: 6:28.45	37.92	375m: 8:58.74	38.33	
	100m: 2:15.38 38.14	200m: 4:36.47	35.74	300m: 7:07.06	38.61	400m: 9:31.63	32.89	

Prova 37, Masc., 400m Livres

Classe S6-Seniores

1. ROCHA Ivo Filipe	90	S6	*A 12	Feira Viva	6:27.15	411	9,00
25m: 21.85 21.85	125m: 1:54.88	23.67	225m: 3:32.34	24.73	325m: 5:12.48	25.40	
50m: 44.43 22.58	150m: 2:19.00	24.12	250m: 3:57.08	24.74	350m: 5:37.40	24.92	
75m: 1:07.67 23.24	175m: 2:43.38	24.38	275m: 4:22.13	25.05	375m: 6:02.32	24.92	
100m: 1:31.21 23.54	200m: 3:07.61	24.23	300m: 4:47.08	24.95	400m: 6:27.15	24.83	
2. CATARINO Jaime Lopes	91	S6	*12	Sporting de Aveiro	8:50.00	160	7,00
25m: 30.43 30.43	125m: 2:40.02	33.48	225m: 4:53.79	33.10	325m: 7:09.38	33.33	
50m: 1:02.42 31.99	150m: 3:13.12	33.10	250m: 5:29.15	35.36	350m: 7:44.21	34.83	
75m: 1:33.96 31.54	175m: 3:46.51	33.39	275m: 6:02.40	33.25	375m: 8:16.92	32.71	
100m: 2:06.54 32.58	200m: 4:20.69	34.18	300m: 6:36.05	33.65	400m: 8:50.00	33.08	
3. PADRE Dario Marques	93	S6	*12	Sporting de Aveiro	9:31.63	128	6,00
25m: 29.41 29.41	125m: 2:48.07	32.69	225m: 5:10.70	34.23	325m: 7:42.78	35.72	
50m: 1:05.18 35.77	150m: 3:24.90	36.83	250m: 5:50.53	39.83	350m: 8:20.41	37.63	
75m: 1:37.24 32.06	175m: 4:00.73	35.83	275m: 6:28.45	37.92	375m: 8:58.74	38.33	
100m: 2:15.38 38.14	200m: 4:36.47	35.74	300m: 7:07.06	38.61	400m: 9:31.63	32.89	

Classe S7-Seniores

1. VIDEIRA Daniel Carlos Rec Nac Classe S7	92	S7	*6,12+	GesLoures	5:26.37	626	9,00
25m: 18.01 18.01	125m: 1:40.26	20.69	225m: 3:02.65	20.30	325m: 4:24.90	20.31	
50m: 38.54 20.53	150m: 2:00.87	20.61	250m: 3:23.39	20.74	350m: 4:46.22	21.32	
75m: 58.82 20.28	175m: 2:21.71	20.84	275m: 3:43.51	20.12	375m: 5:06.45	20.23	
100m: 1:19.57 20.75	200m: 2:42.35	20.64	300m: 4:04.59	21.08	400m: 5:26.37	19.92	
2. ALVES Nuno Diogo	88	S7	*A 12	Propaganda da Natacao	7:09.35	275	7,00
25m: 23.30 23.30	125m: 2:11.53	28.60	225m: 3:58.72	26.03	325m: 5:49.28	26.89	
50m: 49.76 26.46	150m: 2:37.15	25.62	250m: 4:28.26	29.54	350m: 6:17.48	28.20	
75m: 1:16.57 26.81	175m: 3:04.29	27.14	275m: 4:54.30	26.04	375m: 6:42.91	25.43	
100m: 1:42.93 26.36	200m: 3:32.69	28.40	300m: 5:22.39	28.09	400m: 7:09.35	26.44	
3. CAMPOS Joao Miguel	79	S7	*	ADADA Porto	7:30.86	237	6,00
25m: 21.92 21.92	125m: 2:11.94	28.32	225m: 4:08.74	29.89	325m: 6:11.75	31.11	
50m: 47.98 26.06	150m: 2:40.98	29.04	250m: 4:39.09	30.35	350m: 6:39.78	28.03	
75m: 1:14.99 27.01	175m: 3:09.45	28.47	275m: 5:09.96	30.87	375m: 7:07.52	27.74	
100m: 1:43.62 28.63	200m: 3:38.85	29.40	300m: 5:40.64	30.68	400m: 7:30.86	23.34	
4. PINTO Jose Manuel	00	S7	A 12	ADADA Porto	7:51.84	207	5,00
25m: 23.24 23.24	125m: 2:16.06	30.41	225m: 4:21.30	30.58	325m: 6:25.51	31.87	
50m: 47.96 24.72	150m: 2:47.47	31.41	250m: 4:51.83	30.53	350m: 6:55.46	29.95	
75m: 1:16.94 28.98	175m: 3:19.04	31.57	275m: 5:22.54	30.71	375m: 7:25.02	29.56	
100m: 1:45.65 28.71	200m: 3:50.72	31.68	300m: 5:53.64	31.10	400m: 7:51.84	26.82	

Classe S8-Esperanças

1. CANCELA Diogo Luis	02	S8	*1,3	Miranda do Corvo	4:59.17	690	9,00
25m: 16.07 16.07	125m: 1:32.83	19.35	225m: 2:48.58	18.65	325m: 4:04.26	19.12	
50m: 34.55 18.48	150m: 1:52.23	19.40	250m: 3:07.17	18.59	350m: 4:23.84	19.58	
75m: 53.66 19.11	175m: 2:10.97	18.74	275m: 3:26.27	19.10	375m: 4:42.10	18.26	
100m: 1:13.48 19.82	200m: 2:29.93	18.96	300m: 3:45.14	18.87	400m: 4:59.17	17.07	

Prova 37, Masc., 400m Livres

Classe S8-Seniores

1. LINHARES Ruben Daniel	97	S8	*12+	Feira Viva	5:12.22	607	9,00				
<i>Rec Nac Classe S8</i>											
25m:	16.66	16.66	125m:	1:34.68	19.30	225m:	2:53.76	19.53	325m:	4:12.71	19.61
50m:	35.64	18.98	150m:	1:54.64	19.96	250m:	3:13.49	19.73	350m:	4:32.67	19.96
75m:	55.22	19.58	175m:	2:14.39	19.75	275m:	3:33.49	20.00	375m:	4:52.70	20.03
100m:	1:15.38	20.16	200m:	2:34.23	19.84	300m:	3:53.10	19.61	400m:	5:12.22	19.52
2. REIS Bruno Ferreira	00	S8	12+	Feira Viva	5:13.81	598	7,00				
25m:	17.75	17.75	125m:	1:34.71	19.85	225m:	2:55.39	20.33	325m:	4:15.68	20.16
50m:	36.23	18.48	150m:	1:54.68	19.97	250m:	3:15.43	20.04	350m:	4:35.15	19.47
75m:	55.15	18.92	175m:	2:14.67	19.99	275m:	3:35.21	19.78	375m:	4:54.84	19.69
100m:	1:14.86	19.71	200m:	2:35.06	20.39	300m:	3:55.52	20.31	400m:	5:13.81	18.97
3. SOARES Ricardo Aderneira	99	S8	*6,12+	GesLoures	5:14.15	596	6,00				
<i>Rec Nac Classe S8</i>											
25m:	17.32	17.32	125m:	1:35.74	19.79	225m:	2:56.56	19.77	325m:	4:16.46	19.22
50m:	36.50	19.18	150m:	1:56.09	20.35	250m:	3:16.61	20.05	350m:	4:36.25	19.79
75m:	55.92	19.42	175m:	2:16.37	20.28	275m:	3:36.78	20.17	375m:	4:55.43	19.18
100m:	1:15.95	20.03	200m:	2:36.79	20.42	300m:	3:57.24	20.46	400m:	5:14.15	18.72

Classe S9-Esperanças

1. SILVA Diogo Barros	03	S9	*A 6,12+	Pimpoes/Cimai	6:06.67	317	9,00				
25m:	19.45	19.45	125m:	1:49.30	23.36	225m:	3:23.29	23.54	325m:	4:57.84	23.70
50m:	40.72	21.27	150m:	2:12.81	23.51	250m:	3:47.20	23.91	350m:	5:21.26	23.42
75m:	1:02.97	22.25	175m:	2:36.07	23.26	275m:	4:10.69	23.49	375m:	5:44.07	22.81
100m:	1:25.94	22.97	200m:	2:59.75	23.68	300m:	4:34.14	23.45	400m:	6:06.67	22.60

Classe S9-Seniores

1. GRACHAT David Realista	87	S9	*1,4	GesLoures	4:20.60	882	9,00				
<i>Rec Nac Classe S9</i>											
25m:	13.99	13.99	125m:	1:18.92	16.32	225m:	2:24.64	16.25	325m:	3:32.11	16.83
50m:	30.09	16.10	150m:	1:35.46	16.54	250m:	2:41.53	16.89	350m:	3:48.92	16.81
75m:	46.13	16.04	175m:	1:51.74	16.28	275m:	2:58.43	16.90	375m:	4:05.22	16.30
100m:	1:02.60	16.47	200m:	2:08.39	16.65	300m:	3:15.28	16.85	400m:	4:20.60	15.38
2. SILVA Renato Filipe	98	S9	9	Porto	5:24.70	456	7,00				
25m:	16.14	16.14	125m:	1:36.17	19.92	225m:	2:59.10	20.67	325m:	4:23.07	20.94
50m:	36.25	20.11	150m:	1:56.56	20.39	250m:	3:19.89	20.79	350m:	4:44.23	21.16
75m:	55.61	19.36	175m:	2:17.19	20.63	275m:	3:40.77	20.88	375m:	5:04.90	20.67
100m:	1:16.25	20.64	200m:	2:38.43	21.24	300m:	4:02.13	21.36	400m:	5:24.70	19.80
3. GOUVEIA Francisco Mario	75	S9	*9	Feira Viva	6:13.39	300	6,00				
25m:	19.09	19.09	125m:	1:47.81	22.90	225m:	3:23.81	23.65	325m:	5:01.55	24.14
50m:	40.84	21.75	150m:	2:11.18	23.37	250m:	3:48.60	24.79	350m:	5:26.06	24.51
75m:	1:02.29	21.45	175m:	2:35.07	23.89	275m:	4:13.04	24.44	375m:	5:50.64	24.58
100m:	1:24.91	22.62	200m:	3:00.16	25.09	300m:	4:37.41	24.37	400m:	6:13.39	22.75
4. CASTANHEIRA Rodolfo Francisc01	S9	*9	GesLoures	6:20.30	284	5,00					
25m:	20.92	20.92	125m:	1:57.89	24.03	225m:	3:36.17	23.90	325m:	5:11.10	22.49
50m:	44.51	23.59	150m:	2:22.96	25.07	250m:	4:00.12	23.95	350m:	5:35.08	23.98
75m:	1:06.59	22.08	175m:	2:47.00	24.04	275m:	4:23.62	23.50	375m:	5:57.78	22.70
100m:	1:33.86	27.27	200m:	3:12.27	25.27	300m:	4:48.61	24.99	400m:	6:20.30	22.52

Prova 37, Masc., 400m Livres, Classe S9-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
5.	SANTOS Flavio Martinho	89	S9	*12+	Torres Novas	6:25.95	272	4,00
	25m: 19.24 19.24	125m: 1:50.64	23.41	225m: 3:30.83	25.73	325m: 5:10.65	23.84	
	50m: 41.25 22.01	150m: 2:14.99	24.35	250m: 3:56.10	25.27	350m: 5:36.52	25.87	
	75m: 1:04.18 22.93	175m: 2:39.69	24.70	275m: 4:21.13	25.03	375m: 6:01.21	24.69	
	100m: 1:27.23 23.05	200m: 3:05.10	25.41	300m: 4:46.81	25.68	400m: 6:25.95	24.74	

Classe S10-Seniores

1.	CAETANO Gino Santos	94	S10	*A 9	Galitos/ Bresimar	4:34.92	695	9,00
	25m: 14.16 14.16	125m: 1:19.04	16.61	225m: 2:27.77	17.42	325m: 3:40.20	18.24	
	50m: 29.96 15.80	150m: 1:35.82	16.78	250m: 2:45.66	17.89	350m: 3:58.46	18.26	
	75m: 46.11 16.15	175m: 1:53.17	17.35	275m: 3:03.70	18.04	375m: 4:16.79	18.33	
	100m: 1:02.43 16.32	200m: 2:10.35	17.18	300m: 3:21.96	18.26	400m: 4:34.92	18.13	

Classe S11-Seniores

1.	MENESES Marco Ribeiro <i>Rec Nac Classe S11</i>	01	S11	A B T	O Crasto	5:40.02	451	9,00
	25m: 17.56 17.56	125m: 1:40.99	21.95	225m: 3:10.33	21.64	325m: 4:38.12	21.05	
	50m: 36.98 19.42	150m: 2:03.29	22.30	250m: 3:31.85	21.52	350m: 4:59.24	21.12	
	75m: 57.33 20.35	175m: 2:26.13	22.84	275m: 3:54.52	22.67	375m: 5:20.35	21.11	
	100m: 1:19.04 21.71	200m: 2:48.69	22.56	300m: 4:17.07	22.55	400m: 5:40.02	19.67	

Classe S14-Seniores

1.	RIBEIRO Pedro Miguel	91	S14		Propaganda da Natacao	5:28.30	461	9,00
	25m: 16.48 16.48	125m: 1:36.18	20.75	225m: 3:00.43	21.18	325m: 4:25.68	21.41	
	50m: 35.61 19.13	150m: 1:56.97	20.79	250m: 3:21.74	21.31	350m: 4:47.06	21.38	
	75m: 55.20 19.59	175m: 2:17.90	20.93	275m: 3:43.00	21.26	375m: 5:08.57	21.51	
	100m: 1:15.43 20.23	200m: 2:39.25	21.35	300m: 4:04.27	21.27	400m: 5:28.30	19.73	
2.	SOUZA Micael Silva	00	S14		Sporting de Aveiro	5:38.19	422	7,00
	25m: 16.77 16.77	125m: 1:37.76	20.74	225m: 3:03.39	21.35	325m: 4:32.26	22.01	
	50m: 36.78 20.01	150m: 1:58.96	21.20	250m: 3:25.58	22.19	350m: 4:54.32	22.06	
	75m: 56.52 19.74	175m: 2:20.65	21.69	275m: 3:47.49	21.91	375m: 5:16.19	21.87	
	100m: 1:17.02 20.50	200m: 2:42.04	21.39	300m: 4:10.25	22.76	400m: 5:38.19	22.00	
3.	SILVA Andre Guimaraes	96	S14		Fluvial Portuense	6:16.95	305	6,00
	25m: 16.42 16.42	125m: 1:49.86	24.31	225m: 3:25.57	24.06	325m: 5:02.99	24.57	
	50m: 38.00 21.58	150m: 2:13.88	24.02	250m: 3:49.99	24.42	350m: 5:28.45	25.46	
	75m: 1:00.98 22.98	175m: 2:37.91	24.03	275m: 4:14.34	24.35	375m: 5:52.75	24.30	
	100m: 1:25.55 24.57	200m: 3:01.51	23.60	300m: 4:38.42	24.08	400m: 6:16.95	24.20	
4.	BRANCO Miguel Paiva	97	S14		APPDAlCoimbra	6:48.43	240	5,00
	25m: 21.80 21.80	125m: 2:01.31	25.52	225m: 3:47.08	26.10	325m: 5:31.07	25.66	
	50m: 45.31 23.51	150m: 2:27.39	26.08	250m: 4:14.17	27.09	350m: 5:57.91	26.84	
	75m: 1:10.15 24.84	175m: 2:54.36	26.97	275m: 4:39.20	25.03	375m: 6:24.46	26.55	
	100m: 1:35.79 25.64	200m: 3:20.98	26.62	300m: 5:05.41	26.21	400m: 6:48.43	23.97	

Prova 37, Masc., 400m Livres

Classe S15 (Auditiva)-Absolutos

1. NEVES Tiago Correia	97	S15	Belenenses						4:20.31	721	9,00
<i>Rec Nac Classe S15</i>											
25m:	13.52	13.52	125m:	1:19.02	16.52	225m:	2:25.29	16.20	325m:	3:31.82	16.68
50m:	29.64	16.12	150m:	1:35.77	16.75	250m:	2:41.97	16.68	350m:	3:48.43	16.61
75m:	45.65	16.01	175m:	1:52.27	16.50	275m:	2:58.43	16.46	375m:	4:04.77	16.34
100m:	1:02.50	16.85	200m:	2:09.09	16.82	300m:	3:15.14	16.71	400m:	4:20.31	15.54
2. BELEZAS Ricardo Andrade	91	S15	Sporting						4:23.45	696	7,00
25m:	14.48	14.48	125m:	1:20.19	16.43	225m:	2:26.80	16.29	325m:	3:33.38	16.59
50m:	30.78	16.30	150m:	1:37.12	16.93	250m:	2:43.71	16.91	350m:	3:49.92	16.54
75m:	46.88	16.10	175m:	1:53.70	16.58	275m:	3:00.04	16.33	375m:	4:07.00	17.08
100m:	1:03.76	16.88	200m:	2:10.51	16.81	300m:	3:16.79	16.75	400m:	4:23.45	16.45

Classe S15 (Auditiva)-Seniores

1. NEVES Tiago Correia	97	S15	Belenenses						4:20.31	721	9,00
<i>Rec Nac Classe S15</i>											
25m:	13.52	13.52	125m:	1:19.02	16.52	225m:	2:25.29	16.20	325m:	3:31.82	16.68
50m:	29.64	16.12	150m:	1:35.77	16.75	250m:	2:41.97	16.68	350m:	3:48.43	16.61
75m:	45.65	16.01	175m:	1:52.27	16.50	275m:	2:58.43	16.46	375m:	4:04.77	16.34
100m:	1:02.50	16.85	200m:	2:09.09	16.82	300m:	3:15.14	16.71	400m:	4:20.31	15.54
2. BELEZAS Ricardo Andrade	91	S15	Sporting						4:23.45	696	7,00
25m:	14.48	14.48	125m:	1:20.19	16.43	225m:	2:26.80	16.29	325m:	3:33.38	16.59
50m:	30.78	16.30	150m:	1:37.12	16.93	250m:	2:43.71	16.91	350m:	3:49.92	16.54
75m:	46.88	16.10	175m:	1:53.70	16.58	275m:	3:00.04	16.33	375m:	4:07.00	17.08
100m:	1:03.76	16.88	200m:	2:10.51	16.81	300m:	3:16.79	16.75	400m:	4:23.45	16.45

Classe S21 (SDown)-Absolutos

1. SILVA Jose Miguel	95	S21	Fluvial Portuense						6:23.09	190	9,00
25m:	20.08	20.08	125m:	1:52.01	23.08	225m:	3:29.63	24.38	325m:	5:09.31	24.79
50m:	43.70	23.62	150m:	2:16.10	24.09	250m:	3:54.76	25.13	350m:	5:34.34	25.03
75m:	1:05.95	22.25	175m:	2:40.26	24.16	275m:	4:19.35	24.59	375m:	5:58.63	24.29
100m:	1:28.93	22.98	200m:	3:05.25	24.99	300m:	4:44.52	25.17	400m:	6:23.09	24.46
2. RIBEIRO Jose Augusto	92	S21	Propaganda da Natacao						6:38.81	168	7,00
25m:	19.78	19.78	125m:	1:57.19	25.37	225m:	3:40.32	25.63	325m:	5:22.40	25.73
50m:	43.10	23.32	150m:	2:22.41	25.22	250m:	4:05.63	25.31	350m:	5:48.15	25.75
75m:	1:07.14	24.04	175m:	2:48.46	26.05	275m:	4:30.89	25.26	375m:	6:13.75	25.60
100m:	1:31.82	24.68	200m:	3:14.69	26.23	300m:	4:56.67	25.78	400m:	6:38.81	25.06
3. SANTOS Diogo Filipe	91	S21	Feira Viva						6:52.87	151	6,00
25m:	21.32	21.32	125m:	2:00.83	25.82	225m:	3:45.08	26.08	325m:	5:33.02	27.28
50m:	44.64	23.32	150m:	2:26.49	25.66	250m:	4:11.91	26.83	350m:	5:59.84	26.82
75m:	1:09.25	24.61	175m:	2:52.83	26.34	275m:	4:38.62	26.71	375m:	6:26.69	26.85
100m:	1:35.01	25.76	200m:	3:19.00	26.17	300m:	5:05.74	27.12	400m:	6:52.87	26.18
4. FERNANDES Joao Formigo	95	S21	Alhandra						7:42.68	108	5,00
25m:	22.06	22.06	125m:	2:12.54	29.50	225m:	4:15.15	31.72	325m:	6:11.28	30.11
50m:	47.56	25.50	150m:	2:40.32	27.78	250m:	4:42.27	27.12	350m:	6:42.61	31.33
75m:	1:14.25	26.69	175m:	3:10.06	29.74	275m:	5:11.65	29.38	375m:	7:11.49	28.88
100m:	1:43.04	28.79	200m:	3:43.43	33.37	300m:	5:41.17	29.52	400m:	7:42.68	31.19

Prova 37, Masc., 400m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
5.	PEREIRA Joel Alexandre	92	S21		APC Coimbra	8:03.28	94	4,00
	25m: 23.59 23.59	125m: 2:26.83	31.83	225m: 4:30.38	30.83	325m: 6:31.28	30.25	
	50m: 53.14 29.55	150m: 2:57.70	30.87	250m: 5:00.56	30.18	350m: 7:01.76	30.48	
	75m: 1:23.69 30.55	175m: 3:28.36	30.66	275m: 5:31.16	30.60	375m: 7:32.78	31.02	
	100m: 1:55.00 31.31	200m: 3:59.55	31.19	300m: 6:01.03	29.87	400m: 8:03.28	30.50	

DNS MONTES Francisco Pessanha 02 S21 ADADA Porto -

Classe S21 (SDown)-Esperanças

DNS MONTES Francisco Pessanha 02 S21 ADADA Porto -

Classe S21 (SDown)-Seniores

1.	SILVA Jose Miguel	95	S21		Fluvial Portuense	6:23.09	190	9,00
	25m: 20.08 20.08	125m: 1:52.01	23.08	225m: 3:29.63	24.38	325m: 5:09.31	24.79	
	50m: 43.70 23.62	150m: 2:16.10	24.09	250m: 3:54.76	25.13	350m: 5:34.34	25.03	
	75m: 1:05.95 22.25	175m: 2:40.26	24.16	275m: 4:19.35	24.59	375m: 5:58.63	24.29	
	100m: 1:28.93 22.98	200m: 3:05.25	24.99	300m: 4:44.52	25.17	400m: 6:23.09	24.46	

2.	RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	6:38.81	168	7,00
	25m: 19.78 19.78	125m: 1:57.19	25.37	225m: 3:40.32	25.63	325m: 5:22.40	25.73	
	50m: 43.10 23.32	150m: 2:22.41	25.22	250m: 4:05.63	25.31	350m: 5:48.15	25.75	
	75m: 1:07.14 24.04	175m: 2:48.46	26.05	275m: 4:30.89	25.26	375m: 6:13.75	25.60	
	100m: 1:31.82 24.68	200m: 3:14.69	26.23	300m: 4:56.67	25.78	400m: 6:38.81	25.06	

3.	SANTOS Diogo Filipe	91	S21		Feira Viva	6:52.87	151	6,00
	25m: 21.32 21.32	125m: 2:00.83	25.82	225m: 3:45.08	26.08	325m: 5:33.02	27.28	
	50m: 44.64 23.32	150m: 2:26.49	25.66	250m: 4:11.91	26.83	350m: 5:59.84	26.82	
	75m: 1:09.25 24.61	175m: 2:52.83	26.34	275m: 4:38.62	26.71	375m: 6:26.69	26.85	
	100m: 1:35.01 25.76	200m: 3:19.00	26.17	300m: 5:05.74	27.12	400m: 6:52.87	26.18	

4.	FERNANDES Joao Formigo	95	S21		Alhandra	7:42.68	108	5,00
	25m: 22.06 22.06	125m: 2:12.54	29.50	225m: 4:15.15	31.72	325m: 6:11.28	30.11	
	50m: 47.56 25.50	150m: 2:40.32	27.78	250m: 4:42.27	27.12	350m: 6:42.61	31.33	
	75m: 1:14.25 26.69	175m: 3:10.06	29.74	275m: 5:11.65	29.38	375m: 7:11.49	28.88	
	100m: 1:43.04 28.79	200m: 3:43.43	33.37	300m: 5:41.17	29.52	400m: 7:42.68	31.19	

5.	PEREIRA Joel Alexandre	92	S21		APC Coimbra	8:03.28	94	4,00
	25m: 23.59 23.59	125m: 2:26.83	31.83	225m: 4:30.38	30.83	325m: 6:31.28	30.25	
	50m: 53.14 29.55	150m: 2:57.70	30.87	250m: 5:00.56	30.18	350m: 7:01.76	30.48	
	75m: 1:23.69 30.55	175m: 3:28.36	30.66	275m: 5:31.16	30.60	375m: 7:32.78	31.02	
	100m: 1:55.00 31.31	200m: 3:59.55	31.19	300m: 6:01.03	29.87	400m: 8:03.28	30.50	

Classe S110

1.	ASSUNCAO Luis Miguel	01			Porto	5:40.71	269	-
	25m: 17.95 17.95	125m: 1:41.03	20.96	225m: 3:07.72	21.33	325m: 4:36.36	21.93	
	50m: 38.38 20.43	150m: 2:02.91	21.88	250m: 3:30.92	23.20	350m: 4:59.11	22.75	
	75m: 58.72 20.34	175m: 2:24.43	21.52	275m: 3:52.36	21.44	375m: 5:20.47	21.36	
	100m: 1:20.07 21.35	200m: 2:46.39	21.96	300m: 4:14.43	22.07	400m: 5:40.71	20.24	

2.	OLIVEIRA Renato Augusto	85			Vitoria de Guimaraes	5:58.19	232	-
	25m: 18.49 18.49	125m: 1:42.60	22.08	225m: 3:14.69	22.73	325m: 4:48.93	24.06	
	50m: 38.60 20.11	150m: 2:05.52	22.92	250m: 3:38.05	23.36	350m: 5:13.25	24.32	
	75m: 59.40 20.80	175m: 2:28.57	23.05	275m: 4:00.93	22.88	375m: 5:36.44	23.19	
	100m: 1:20.52 21.12	200m: 2:51.96	23.39	300m: 4:24.87	23.94	400m: 5:58.19	21.75	