

Prova 2	Masc., 400m Livres				Absoluto
12-05-2018 - 15:40					Resultados
Rec Nac Adaptada S6	6:09.54	ROCHA Ivo Filipe	FVCD	Póvoa de Varzim	18-06-2016
Rec Nac Adaptada S7	5:37.42	VIDEIRA Daniel Carlos	GESL	Porto	22-04-2018
Rec Nac Adaptada S8	5:14.17	CANCELA Diogo Luis	CNMC	Porto	22-04-2018
Rec Nac Adaptada S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
Rec Nac Adaptada S10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10-06-2011
Rec Nac Adaptada S11	5:41.64	MENESES Marco Ribeiro	CACRCCD	Coimbra	10-03-2018
Rec Nac Adaptada S12	59:00.00	start			
Rec Nac Adaptada S13	4:31.26	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	10-08-2014
Rec Nac Adaptada S14	5:27.72	RIBEIRO Pedro Miguel	POR	Loano (ITA)	10-06-2016
Rec Nac Adaptada S15	4:35.94	BELEZAS Ricardo Andrade	SCP	Vila Franca de Xira	24-02-2018
Rec Nac Adaptada S16	59:00.00	start			
Rec Nac Adaptada S21	6:16.63	RIBEIRO Jose Augusto	POR	Florence (ITA)	18-07-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	GRACHAT David Realista	87	S9	*1,4	Geslours	4:36.61	738	9,00
	50m: 31.93 31.93	150m: 1:41.41	35.05	250m: 2:51.45	35.01	350m: 4:01.75	35.07	
	100m: 1:06.36 34.43	200m: 2:16.44	35.03	300m: 3:26.68	35.23	400m: 4:36.61	34.86	
2.	VIDEIRA Daniel Carlos	92	S7	*6 12+	Geslours	5:31.30	620	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 38.36 38.36	150m: 2:02.91	42.66	250m: 3:27.24	41.74	350m: 4:50.76	40.84	
	100m: 1:20.25 41.89	200m: 2:45.50	42.59	300m: 4:09.92	42.68	400m: 5:31.30	40.54	
3.	ROCHA Ivo Filipe	90	S6	*A 12	Feira Viva	6:05.96	555	9,00
	<i>Rec Nac Classe S6</i>							
	50m: 44.30 44.30	150m: 2:15.15	45.78	250m: 3:46.74	45.87	350m: 5:19.64	46.65	
	100m: 1:29.37 45.07	200m: 3:00.87	45.72	300m: 4:32.99	46.25	400m: 6:05.96	46.32	
4.	LINHARES Ruben Daniel	97	S8	*12+	Feira Viva	5:19.82	536	9,00
	50m: 36.34 36.34	150m: 1:57.64	40.67	250m: 3:18.65	40.31	350m: 4:39.06	40.13	
	100m: 1:16.97 40.63	200m: 2:38.34	40.70	300m: 3:58.93	40.28	400m: 5:19.82	40.76	
5.	SOARES Ricardo Aderneira	99	S8	*6,12+	Geslours	5:21.16	529	7,00
	50m: 36.57 36.57	150m: 1:57.12	40.64	250m: 3:18.95	40.73	350m: 4:40.72	40.72	
	100m: 1:16.48 39.91	200m: 2:38.22	41.10	300m: 4:00.00	41.05	400m: 5:21.16	40.44	
6.	REIS Bruno Ferreira	00	S8		Feira Viva	5:21.43	528	6,00
	50m: 36.34 36.34	150m: 1:55.89	40.12	250m: 3:17.78	40.69	350m: 4:40.54	41.49	
	100m: 1:15.77 39.43	200m: 2:37.09	41.20	300m: 3:59.05	41.27	400m: 5:21.43	40.89	
7.	SILVA Renato Filipe	98	S9	9	Porto	5:25.30	454	7,00
	50m: 34.83 34.83	150m: 1:56.79	41.59	250m: 3:21.04	42.01	350m: 4:44.97	41.67	
	100m: 1:15.20 40.37	200m: 2:39.03	42.24	300m: 4:03.30	42.26	400m: 5:25.30	40.33	
8.	RIBEIRO Pedro Miguel	91	S14		Propaganda da Natacao	5:34.84	435	9,00
	50m: 35.10 35.10	150m: 1:58.55	42.33	250m: 3:23.94	42.98	350m: 4:51.68	44.10	
	100m: 1:16.22 41.12	200m: 2:40.96	42.41	300m: 4:07.58	43.64	400m: 5:34.84	43.16	
9.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	6:21.00	317	5,00
	50m: 43.67 43.67	150m: 2:24.14	51.99	250m: 4:02.20	47.81	350m: 5:35.55	46.02	
	100m: 1:32.15 48.48	200m: 3:14.39	50.25	300m: 4:49.53	47.33	400m: 6:21.00	45.45	

Prova 2, Masc., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
10.	ALVES Nuno Diogo	88	S7	*A 12	Propaganda da Natacao	7:03.59	297	7,00
	50m: 50.15 50.15	150m: 2:35.22	53.08	250m: 4:21.33	54.49	350m: 6:10.60	54.69	
	100m: 1:42.14 51.99	200m: 3:26.84	51.62	300m: 5:15.91	54.58	400m: 7:03.59	52.99	
11.	SILVA Diogo Barros	03	S10	12+	Pimpoes/Cimai	5:57.77	293	9,00
	50m: 40.17 40.17	150m: 2:09.46	45.57	250m: 3:43.14	47.28	350m: 5:15.14	45.49	
	100m: 1:23.89 43.72	200m: 2:55.86	46.40	300m: 4:29.65	46.51	400m: 5:57.77	42.63	
12.	BRANCO Miguel Paiva	97	S14		APPDAlCoimbra	6:26.43	283	7,00
	50m: 42.84 42.84	150m: 2:18.62	49.54	250m: 3:57.98	49.83	350m: 5:39.93	51.34	
	100m: 1:29.08 46.24	200m: 3:08.15	49.53	300m: 4:48.59	50.61	400m: 6:26.43	46.50	
13.	GOUVEIA Francisco Mario <i>FTL</i>	75	S9	9	Feira Viva	6:33.68	256	6,00
	50m: 42.58 42.58	150m: 2:18.75	49.69	250m: 4:00.26	50.49	350m: 5:43.01	53.39	
	100m: 1:29.06 46.48	200m: 3:09.77	51.02	300m: 4:49.62	49.36	400m: 6:33.68	50.67	
14.	PINTO Jose Manuel	00	S7	A 12+	ADADA Porto	7:26.88	253	6,00
	50m: 45.82 45.82	150m: 2:34.62	56.91	250m: 4:35.80	1:02.75	350m: 6:33.91	1:00.52	
	100m: 1:37.71 51.89	200m: 3:33.05	58.43	300m: 5:33.39	57.59	400m: 7:26.88	52.97	

Classe S15 (Auditiva)-Absolutos

1.	NEVES Tiago Correia <i>Rec Nac Classe S15</i>	97	S15	H	Belenenses	4:31.41	673	9,00
	50m: 31.11 31.11	150m: 1:40.96	35.08	250m: 2:50.09	34.21	350m: 3:58.64	34.17	
	100m: 1:05.88 34.77	200m: 2:15.88	34.92	300m: 3:24.47	34.38	400m: 4:31.41	32.77	

Classe S21 (SDown)-Absolutos

1.	RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	6:40.55		9,00
	50m: 41.86 41.86	150m: 2:21.33	51.36	250m: 4:05.63	52.25	350m: 5:49.68	52.52	
	100m: 1:29.97 48.11	200m: 3:13.38	52.05	300m: 4:57.16	51.53	400m: 6:40.55	50.87	
	MONTES Francisco Pessanha	02	S21		ADADA Porto	6:58.09		9,00
	50m: 42.25 42.25	150m: 2:24.24	53.14	250m: 4:12.53	55.36	350m: 6:03.89	55.59	
	100m: 1:31.10 48.85	200m: 3:17.17	52.93	300m: 5:08.30	55.77	400m: 6:58.09	54.20	
	SILVA Jose Miguel	95	S21		Fluvial Portuense	7:01.15		7,00
	50m: 41.59 41.59	150m: 2:24.45	54.29	250m: 4:15.37	55.78	350m: 6:06.99	54.70	
	100m: 1:30.16 48.57	200m: 3:19.59	55.14	300m: 5:12.29	56.92	400m: 7:01.15	54.16	
	SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	7:20.04		6,00
	50m: 45.02 45.02	150m: 2:34.62	55.48	250m: 4:28.05	1:01.45	350m: 6:24.86	59.55	
	100m: 1:39.14 54.12	200m: 3:26.60	51.98	300m: 5:25.31	57.26	400m: 7:20.04	55.18	
	MOREIRA Daniel Filipe	97	S21		Vila DEste/Gaia	7:45.16		5,00
	50m: 46.64 46.64	150m: 2:41.17	1:00.27	250m: 4:43.27	1:01.10	350m: 6:46.29	1:00.85	
	100m: 1:40.90 54.26	200m: 3:42.17	1:01.00	300m: 5:45.44	1:02.17	400m: 7:45.16	58.87	
	PEREIRA Joel Alexandre	92	S21		APC Coimbra	8:00.67		4,00
	50m: 51.64 51.64	150m: 2:54.19	1:02.20	250m: 4:59.59	1:02.86	350m: 7:03.47	1:00.94	
	100m: 1:51.99 1:00.35	200m: 3:56.73	1:02.54	300m: 6:02.53	1:02.94	400m: 8:00.67	57.20	

Prova 2, Masc., 400m Livres

Classe S6-Seniores

1. ROCHA Ivo Filipe	90	S6	*A 12	Feira Viva	6:05.96	555	9,00
<i>Rec Nac Classe S6</i>							
50m:	44.30	44.30	150m:	2:15.15	45.78	250m:	3:46.74 45.87
100m:	1:29.37	45.07	200m:	3:00.87	45.72	300m:	4:32.99 46.25
						350m:	5:19.64 46.65
						400m:	6:05.96 46.32

Classe S7-Seniores

1. VIDEIRA Daniel Carlos	92	S7	*6 12+	Geslours	5:31.30	620	9,00
<i>Rec Nac Classe S7</i>							
50m:	38.36	38.36	150m:	2:02.91	42.66	250m:	3:27.24 41.74
100m:	1:20.25	41.89	200m:	2:45.50	42.59	300m:	4:09.92 42.68
						350m:	4:50.76 40.84
						400m:	5:31.30 40.54
2. ALVES Nuno Diogo	88	S7	*A 12	Propaganda da Natacao	7:03.59	297	7,00
50m:	50.15	50.15	150m:	2:35.22	53.08	250m:	4:21.33 54.49
100m:	1:42.14	51.99	200m:	3:26.84	51.62	300m:	5:15.91 54.58
						350m:	6:10.60 54.69
						400m:	7:03.59 52.99
3. PINTO Jose Manuel	00	S7	A 12+	ADADA Porto	7:26.88	253	6,00
50m:	45.82	45.82	150m:	2:34.62	56.91	250m:	4:35.80 1:02.75
100m:	1:37.71	51.89	200m:	3:33.05	58.43	300m:	5:33.39 57.59
						350m:	6:33.91 1:00.52
						400m:	7:26.88 52.97

Classe S8-Seniores

1. LINHARES Ruben Daniel	97	S8	*12+	Feira Viva	5:19.82	536	9,00
50m:	36.34	36.34	150m:	1:57.64	40.67	250m:	3:18.65 40.31
100m:	1:16.97	40.63	200m:	2:38.34	40.70	300m:	3:58.93 40.28
						350m:	4:39.06 40.13
						400m:	5:19.82 40.76
2. SOARES Ricardo Aderneira	99	S8	*6,12+	Geslours	5:21.16	529	7,00
50m:	36.57	36.57	150m:	1:57.12	40.64	250m:	3:18.95 40.73
100m:	1:16.48	39.91	200m:	2:38.22	41.10	300m:	4:00.00 41.05
						350m:	4:40.72 40.72
						400m:	5:21.16 40.44
3. REIS Bruno Ferreira	00	S8		Feira Viva	5:21.43	528	6,00
50m:	36.34	36.34	150m:	1:55.89	40.12	250m:	3:17.78 40.69
100m:	1:15.77	39.43	200m:	2:37.09	41.20	300m:	3:59.05 41.27
						350m:	4:40.54 41.49
						400m:	5:21.43 40.89
4. CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	6:21.00	317	5,00
50m:	43.67	43.67	150m:	2:24.14	51.99	250m:	4:02.20 47.81
100m:	1:32.15	48.48	200m:	3:14.39	50.25	300m:	4:49.53 47.33
						350m:	5:35.55 46.02
						400m:	6:21.00 45.45

Classe S9-Seniores

1. GRACHAT David Realista	87	S9	*1,4	Geslours	4:36.61	738	9,00
50m:	31.93	31.93	150m:	1:41.41	35.05	250m:	2:51.45 35.01
100m:	1:06.36	34.43	200m:	2:16.44	35.03	300m:	3:26.68 35.23
						350m:	4:01.75 35.07
						400m:	4:36.61 34.86
2. SILVA Renato Filipe	98	S9	9	Porto	5:25.30	454	7,00
50m:	34.83	34.83	150m:	1:56.79	41.59	250m:	3:21.04 42.01
100m:	1:15.20	40.37	200m:	2:39.03	42.24	300m:	4:03.30 42.26
						350m:	4:44.97 41.67
						400m:	5:25.30 40.33
3. GOUVEIA Francisco Mario	75	S9	9	Feira Viva	6:33.68	256	6,00
<i>FTL</i>							
50m:	42.58	42.58	150m:	2:18.75	49.69	250m:	4:00.26 50.49
100m:	1:29.06	46.48	200m:	3:09.77	51.02	300m:	4:49.62 49.36
						350m:	5:43.01 53.39
						400m:	6:33.68 50.67

Prova 2, Masc., 400m Livres

Classe S10-Esperanças

1. SILVA Diogo Barros	03	S10	12+	Pimpoes/Cimai	5:57.77	293	9,00
50m: 40.17 40.17	150m: 2:09.46	45.57	250m: 3:43.14	47.28	350m: 5:15.14	45.49	
100m: 1:23.89 43.72	200m: 2:55.86	46.40	300m: 4:29.65	46.51	400m: 5:57.77	42.63	

Classe S14-Seniores

1. RIBEIRO Pedro Miguel	91	S14		Propaganda da Natacao	5:34.84	435	9,00
50m: 35.10 35.10	150m: 1:58.55	42.33	250m: 3:23.94	42.98	350m: 4:51.68	44.10	
100m: 1:16.22 41.12	200m: 2:40.96	42.41	300m: 4:07.58	43.64	400m: 5:34.84	43.16	
2. BRANCO Miguel Paiva	97	S14		APPDAlCoimbra	6:26.43	283	7,00
50m: 42.84 42.84	150m: 2:18.62	49.54	250m: 3:57.98	49.83	350m: 5:39.93	51.34	
100m: 1:29.08 46.24	200m: 3:08.15	49.53	300m: 4:48.59	50.61	400m: 6:26.43	46.50	

Classe S15 (Auditiva)-Seniores

1. NEVES Tiago Correia	97	S15	H	Belenenses	4:31.41	673	9,00
<i>Rec Nac Classe S15</i>							
50m: 31.11 31.11	150m: 1:40.96	35.08	250m: 2:50.09	34.21	350m: 3:58.64	34.17	
100m: 1:05.88 34.77	200m: 2:15.88	34.92	300m: 3:24.47	34.38	400m: 4:31.41	32.77	

Classe S21 (SDown)-Esperanças

1. MONTES Francisco Pessanha	02	S21		ADADA Porto	6:58.09		9,00
50m: 42.25 42.25	150m: 2:24.24	53.14	250m: 4:12.53	55.36	350m: 6:03.89	55.59	
100m: 1:31.10 48.85	200m: 3:17.17	52.93	300m: 5:08.30	55.77	400m: 6:58.09	54.20	

Classe S21 (SDown)-Seniores

1. RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	6:40.55		9,00
50m: 41.86 41.86	150m: 2:21.33	51.36	250m: 4:05.63	52.25	350m: 5:49.68	52.52	
100m: 1:29.97 48.11	200m: 3:13.38	52.05	300m: 4:57.16	51.53	400m: 6:40.55	50.87	
SILVA Jose Miguel	95	S21		Fluvial Portuense	7:01.15		7,00
50m: 41.59 41.59	150m: 2:24.45	54.29	250m: 4:15.37	55.78	350m: 6:06.99	54.70	
100m: 1:30.16 48.57	200m: 3:19.59	55.14	300m: 5:12.29	56.92	400m: 7:01.15	54.16	
SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	7:20.04		6,00
50m: 45.02 45.02	150m: 2:34.62	55.48	250m: 4:28.05	1:01.45	350m: 6:24.86	59.55	
100m: 1:39.14 54.12	200m: 3:26.60	51.98	300m: 5:25.31	57.26	400m: 7:20.04	55.18	
MOREIRA Daniel Filipe	97	S21		Vila DEste/Gaia	7:45.16		5,00
50m: 46.64 46.64	150m: 2:41.17	1:00.27	250m: 4:43.27	1:01.10	350m: 6:46.29	1:00.85	
100m: 1:40.90 54.26	200m: 3:42.17	1:01.00	300m: 5:45.44	1:02.17	400m: 7:45.16	58.87	
PEREIRA Joel Alexandre	92	S21		APC Coimbra	8:00.67		4,00
50m: 51.64 51.64	150m: 2:54.19	1:02.20	250m: 4:59.59	1:02.86	350m: 7:03.47	1:00.94	
100m: 1:51.99 1:00.35	200m: 3:56.73	1:02.54	300m: 6:02.53	1:02.94	400m: 8:00.67	57.20	

Prova 2, Masc., 400m Livres

Classe S110

1. GOMES Tiago Filipe	02	Vila DEste/Gaia						5:23.05	-
50m: 34.92 34.92	150m: 1:55.51 40.98	250m: 3:19.34 42.30	350m: 4:42.83 42.14						
100m: 1:14.53 39.61	200m: 2:37.04 41.53	300m: 4:00.69 41.35	400m: 5:23.05 40.22						
ASSUNCAO Luis Miguel	01	Porto						5:45.71	-
50m: 37.63 37.63	150m: 2:03.60 43.69	250m: 3:32.96 44.83	350m: 5:03.52 45.45						
100m: 1:19.91 42.28	200m: 2:48.13 44.53	300m: 4:18.07 45.11	400m: 5:45.71 42.19						