

Prova 2 10 anos e mais velhos
20/06/2026 - 15:45 Resultados
Masc., 400m Livres

RN Adaptada 50m S1	59:00.00					
RN Adaptada 50m S2	59:00.00					
RN Adaptada 50m S3	10:44.36	Tiago Manuel, Silva	CLAC	Rio Maior		07/03/2026
RN Adaptada 50m S4	59:00.00					
RN Adaptada 50m S5	7:07.80	Luis Carlos, Nascimento	FCP	Funchal		01/03/2025
RN Adaptada 50m S6	5:15.72	Daniel Carlos, Videira	POR	Funchal		19/05/2021
RN Adaptada 50m S7	5:07.70	Ricardo Aderneira, Soares	POR	Singapore (SGP)		22/09/2025
RN Adaptada 50m S8	4:34.61	Diogo Luis, Cancela	POR	Funchal		21/04/2024
RN Adaptada 50m S9	4:21.94	David Realista, Grachat	POR	Londres (GBR)		04/09/2012
RN Adaptada 50m S10	4:22.53	Tomas Coelho, Cordeiro	INDANC	Coimbra		17/12/2023
RN Adaptada 50m S11	4:36.36	Marco Ribeiro, Meneses	POR	Paris (FRA)		30/08/2024
RN Adaptada 50m S12	5:42.62	Vitor Oliveira, Concha	CPCD	Vila Franca de Xira		17/05/2026
RN Adaptada 50m S13	4:31.26	Vitor Hugo, Encarnacao	POR	Eindhoven (NED)		10/08/2014
RN Adaptada 50m S14	4:46.12	Samuel Lima, Duarte	FVCD	Coimbra		15/12/2024
RN Adaptada 50m S15	4:28.84	Miguel Duarte, Cruz	CFB	Oeiras		20/12/2020
RN Adaptada 50m S16	5:18.51	Andre Camara, Jorge	CEOL	Rio Maior		25/01/2020
RN Adaptada 50m S17	5:02.45	Joaquim Eduardo, Carvalho	CNF	Funchal		06/03/2026
RN Adaptada 50m S21	5:38.24	Vicente Barros, Pereira	POR	Padova (ITA)		08/09/2023

S6 - Esperanas Esp S6 50m: 8:09.14 - 25m: 8:19.28 / S6 - Seniores Sen S6 50m: 7:24.68 - 25m: 7:33.89 / S7 -
Esperanas Esp S7 50m: 7:56.72 - 25m: 7:52.49 / S7 - Seniores Sen S7 50m: 7:13.38 - 25m: 7:09.54 / S8 -
Esperanas Esp S8 50m: 7:05.45 - 25m: 7:23.98 / S8 - Seniores Sen S8 50m: 6:26.77 - 25m: 6:43.62 / S9 -
Esperanas Esp S9 50m: 6:45.82 - 25m: 6:43.75 / S9 - Seniores Sen S9 50m: 6:08.93 - 25m: 6:07.04 / S10 -
Esperanas Esp S10 50m: 6:46.74 - 25m: 6:34.57 / S10 - Seniores Sen S10 50m: 6:09.76 - 25m: 5:58.70 / S110 -
Esperanas Esp S110 50m: 6:46.74 - 25m: 6:34.57 / S110 - Seniores Sen S110 50m: 6:09.76 - 25m: 5:58.70 / S11 -
Esperanas Esp S11 50m: 7:08.16 - 25m: 7:09.25 / S11 - Seniores Sen S11 50m: 6:29.24 - 25m: 6:30.23 / S12 -
Esperanas Esp S12 50m: 10:36.33 - 25m: 9:54.95 / S12 - Seniores Sen S12 50m: 9:38.48 - 25m: 9:00.86 / S13 -
Esperanas Esp S13 50m: 7:00.26 - 25m: 6:49.25 / S13 - Seniores Sen S13 50m: 6:22.06 - 25m: 6:12.04 / S113 -
Esperanas Esp S113 50m: 7:00.26 - 25m: 6:49.25 / S113 - Seniores Sen S113 50m: 6:22.06 - 25m: 6:12.04 / S14 -
Esperanas Esp S14 50m: 7:23.28 - 25m: 7:13.79 / S14 - Seniores Sen S14 50m: 6:42.99 - 25m: 6:34.35 / S15 -
Esperanas Esp S15 50m: 6:56.51 - 25m: 6:43.30 / S15 - Seniores Sen S15 50m: 6:18.65 - 25m: 6:06.63 / S16 -
Esperanas Esp S16 50m: 8:13.47 - 25m: 7:50.65 / S16 - Seniores Sen S16 50m: 7:28.61 - 25m: 7:07.86 / S17 -
Esperanas Esp S17 50m: 7:59.94 - 25m: 7:37.54 / S17 - Seniores Sen S17 50m: 7:16.31 - 25m: 6:55.94 / S21 -
Esperanas Esp S21 50m: 8:44.03 - 25m: 8:24.09 / S21 - Seniores Sen S21 50m: 7:56.39 - 25m: 7:38.27 / MO -
Esperanas Esp M 50m: 8:44.03 - 25m: 8:24.09 / MO - Seniores Sen M 50m: 7:56.39 - 25m: 7:38.27

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licena	Clube	Tempo final	Pts
Classe S6-S14-Absolutos							
1.	Marco Ribeiro, Meneses	01	S11	204993	O Crasto	4:45.98	809
	50m: 32.57 32.57	150m: 1:45.80 37.26	250m: 2:58.29 35.95	350m: 4:10.66 37.40			
	100m: 1:08.54 35.97	200m: 2:22.34 36.54	300m: 3:33.26 34.97	400m: 4:45.98 35.32			
2.	Ricardo Aderneira, Soares	99	S7	132927	Gesloures	5:14.83	652
	50m: 35.69 35.69	150m: 1:54.05 39.66	250m: 3:14.71 40.43	350m: 4:35.37 40.47			
	100m: 1:14.39 38.70	200m: 2:34.28 40.23	300m: 3:54.90 40.19	400m: 5:14.83 39.46			
3.	Joao Matos, Fidalgo	03	S10	128885	Gesloures	4:38.37	647
	50m: 30.87 30.87	150m: 1:41.36 36.27	250m: 2:53.48 36.33	350m: 4:05.22 35.86			
	100m: 1:05.09 34.22	200m: 2:17.15 35.79	300m: 3:29.36 35.88	400m: 4:38.37 33.15			
4.	Bruno Ferreira, Reis	00	S8	133136	Fcp	5:19.25	563
	50m: 36.48 36.48	150m: 1:55.45 40.00	250m: 3:16.00 40.45	350m: 4:38.51 41.53			
	100m: 1:15.45 38.97	200m: 2:35.55 40.10	300m: 3:56.98 40.98	400m: 5:19.25 40.74			
5.	Francisco Santos, Pinheiro	02	S7	223321	Feira Viva Cultura e Desporto	6:02.08	429
	50m: 41.41 41.41	150m: 2:11.12 44.76	250m: 3:43.06 45.93	350m: 5:16.65 47.02			
	100m: 1:26.36 44.95	200m: 2:57.13 46.01	300m: 4:29.63 46.57	400m: 6:02.08 45.43			

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

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	Pts
6.	Andre Carreiro, Ponte	92	S14	25907	Clube Naval de Ponta Delgada	5:29.95	421
	50m: 34.22 34.22	150m: 1:56.16 42.66	250m: 3:23.03 44.01	350m: 4:50.67 43.98			
	100m: 1:13.50 39.28	200m: 2:39.02 42.86	300m: 4:06.69 43.66	400m: 5:29.95 39.28			
7.	Simao Pedro, Rocha	06	S14	203015	Aquatico Pacense	5:33.46	408
	50m: 37.19 37.19	150m: 2:00.90 43.09	250m: 3:25.44 42.14	350m: 4:51.04 43.04			
	100m: 1:17.81 40.62	200m: 2:43.30 42.40	300m: 4:08.00 42.56	400m: 5:33.46 42.42			
8.	Ricardo Silva, Reis	09	S8	216676	Fcp	5:57.84	400
	50m: 38.16 38.16	150m: 2:07.86 45.82	250m: 3:40.86 46.63	350m: 5:13.36 45.80			
	100m: 1:22.04 43.88	200m: 2:54.23 46.37	300m: 4:27.56 46.70	400m: 5:57.84 44.48			
9.	Rafael Ramirez, Picoto	05	S8	218015	Sporting	5:58.81	396
	50m: 36.31 36.31	150m: 2:04.50 44.13	250m: 3:35.99 46.11	350m: 5:11.26 47.80			
	100m: 1:20.37 44.06	200m: 2:49.88 45.38	300m: 4:23.46 47.47	400m: 5:58.81 47.55			
10.	Simao Oliveira, Concha	11	S12	151278	CPCD - Povia de Santa Iria	5:38.04	390
	<i>Recorde Nacional</i>						
	50m: 35.47 35.47	150m: 2:00.46 43.38	250m: 3:29.64 44.58	350m: 4:58.34 43.98			
	100m: 1:17.08 41.61	200m: 2:45.06 44.60	300m: 4:14.36 44.72	400m: 5:38.04 39.70			
11.	Rodrigo Miguel, Alcobia	11	S10	223370	Natacao Ferreira do Zezere	5:38.37	360
	50m: 34.79 34.79	150m: 1:56.14 42.12	250m: 3:24.26 44.63	350m: 4:54.52 45.25			
	100m: 1:14.02 39.23	200m: 2:39.63 43.49	300m: 4:09.27 45.01	400m: 5:38.37 43.85			
12.	Joao Diogo, Oscar	88	S8	228538	Palmela Desporto	6:59.54	248
	<i>FTL</i>						
	50m: 42.28 42.28	150m: 2:19.57 51.76	250m: 4:09.82 56.94	350m: 6:02.47 57.66			
	100m: 1:27.81 45.53	200m: 3:12.88 53.31	300m: 5:04.81 54.99	400m: 6:59.54 57.07			
13.	Jose Carneirinho, Ribeiro	90	S14	133321	Sporting	6:37.26	241
	50m: 40.58 40.58	150m: 2:22.17 52.24	250m: 4:07.87 53.03	350m: 5:50.20 51.04			
	100m: 1:29.93 49.35	200m: 3:14.84 52.67	300m: 4:59.16 51.29	400m: 6:37.26 47.06			
14.	Bruno Matias, Grenhas	92	S9	228661	Palmela Desporto	6:49.39	229
	<i>FTL</i>						
	50m: 40.57 40.57	150m: 2:21.50 52.87	250m: 4:10.47 53.72	350m: 5:58.14 53.86			
	100m: 1:28.63 48.06	200m: 3:16.75 55.25	300m: 5:04.28 53.81	400m: 6:49.39 51.25			
15.	Joao Tanica, Cruz	92	S12	207363	Palmela Desporto	7:00.18	203
	50m: 43.28 43.28	150m: 2:24.21 52.14	250m: 4:15.51 56.54	350m: 6:08.60 56.82			
	100m: 1:32.07 48.79	200m: 3:18.97 54.76	300m: 5:11.78 56.27	400m: 7:00.18 51.58			
16.	Tiago Gouveia, Dinis	96	S12	219664	Clube Desportivo Nacional	7:40.59	154
	50m: 44.91 44.91	150m: 2:39.26 1:00.09	250m: 4:41.89 1:02.10	350m: 6:44.83 1:01.75			
	100m: 1:39.17 54.26	200m: 3:39.79 1:00.53	300m: 5:43.08 1:01.19	400m: 7:40.59 55.76			

Classe S15-Absolutos

1.	Ryan Lukas, Desousa	11	S15	217269	ACSintra	4:30.61	
	50m: 29.45 29.45	150m: 1:37.88 34.93	250m: 2:48.44 35.24	350m: 3:57.93 34.19			
	100m: 1:02.95 33.50	200m: 2:13.20 35.32	300m: 3:23.74 35.30	400m: 4:30.61 32.68			
2.	Ricardo Andrade, Belezas	91	S15	132918	Os Belenenses	4:39.09	
	50m: 30.92 30.92	150m: 1:40.00 35.18	250m: 2:51.20 35.76	350m: 4:03.93 36.24			
	100m: 1:04.82 33.90	200m: 2:15.44 35.44	300m: 3:27.69 36.49	400m: 4:39.09 35.16			

Prova 2, Masc., 400m Livres

Classe S17-Absolutos

1. David Silva, Paiva	04	S17	212742	Fcp				5:27.13
50m: 35.96 35.96	150m: 1:56.74 41.24	250m: 3:20.95 42.39	350m: 4:45.22 41.96					
100m: 1:15.50 39.54	200m: 2:38.56 41.82	300m: 4:03.26 42.31	400m: 5:27.13 41.91					
2. Joao Afonso, Conceicao	11	S17	221813	Fcp				5:30.44
50m: 34.37 34.37	150m: 1:56.22 41.42	250m: 3:21.63 43.22	350m: 4:47.76 42.66					
100m: 1:14.80 40.43	200m: 2:38.41 42.19	300m: 4:05.10 43.47	400m: 5:30.44 42.68					
3. Andre Fernandes, Costa	10	S17	225156	Feira Viva Cultura e Desporto				6:13.51
50m: 38.25 38.25	150m: 2:10.31 47.89	250m: 3:46.54 48.33	350m: 5:24.57 49.27					
100m: 1:22.42 44.17	200m: 2:58.21 47.90	300m: 4:35.30 48.76	400m: 6:13.51 48.94					
4. Miguel Paiva, Branco	97	S17	204251	Appda Coimbra				6:33.78
50m: 43.98 43.98	150m: 2:23.09 49.68	250m: 4:03.81 50.44	350m: 5:45.83 51.18					
100m: 1:33.41 49.43	200m: 3:13.37 50.28	300m: 4:54.65 50.84	400m: 6:33.78 47.95					

Classe S21-Absolutos

1. Andre Reis, Almeida	00	S21	201716	Sporting				5:50.56
50m:	150m: 2:03.05 44.67	250m: 3:34.81 46.67	350m: 5:06.11 46.18					
100m: 1:18.38	200m: 2:48.14 45.09	300m: 4:19.93 45.12	400m: 5:50.56 44.45					
2. Francisco Pessanha, Montes	02	S21	133450	Assoc Desporto Adaptado Porto				6:23.71
50m: 41.21 41.21	150m: 2:17.08 49.04	250m: 3:56.13 49.62	350m: 5:35.80 49.63					
100m: 1:28.04 46.83	200m: 3:06.51 49.43	300m: 4:46.17 50.04	400m: 6:23.71 47.91					
3. Tomas Aniceto, Santos	99	S21	147091	Feira Viva Cultura e Desporto				7:07.82
50m: 45.47 45.47	150m: 2:30.85 54.51	250m: 4:23.94 56.98	350m: 6:13.02 55.37					
100m: 1:36.34 50.87	200m: 3:26.96 56.11	300m: 5:17.65 53.71	400m: 7:07.82 54.80					
4. Joao Barge, Andrade	06	S21	214789	Feira Viva Cultura e Desporto				7:26.65
50m: 46.15 46.15	150m: 2:39.72 58.04	250m: 4:37.23 58.65	350m: 6:33.28 58.65					
100m: 1:41.68 55.53	200m: 3:38.58 58.86	300m: 5:34.63 57.40	400m: 7:26.65 53.37					
5. Daniel Filipe, Moreira	97	S21	148345	AP Vila D Este				7:35.88
50m: 54.71 54.71	150m: 2:53.75 59.89	250m: 4:51.52 58.41	350m: 6:43.08 55.43					
100m: 1:53.86 59.15	200m: 3:53.11 59.36	300m: 5:47.65 56.13	400m: 7:35.88 52.80					
6. Joel Alexandre, Pereira	92	S21	148272	APC Coimbra				7:48.68
50m: 49.74 49.74	150m: 2:50.25 1:01.08	250m: 4:52.22 1:01.00	350m: 6:51.84 59.53					
100m: 1:49.17 59.43	200m: 3:51.22 1:00.97	300m: 5:52.31 1:00.09	400m: 7:48.68 56.84					

Classe S7-Seniores

1. Ricardo Aderneira, Soares	99	S7	132927	Gesloures				5:14.83	652
50m: 35.69 35.69	150m: 1:54.05 39.66	250m: 3:14.71 40.43	350m: 4:35.37 40.47						
100m: 1:14.39 38.70	200m: 2:34.28 40.23	300m: 3:54.90 40.19	400m: 5:14.83 39.46						
2. Francisco Santos, Pinheiro	02	S7	223321	Feira Viva Cultura e Desporto				6:02.08	429
50m: 41.41 41.41	150m: 2:11.12 44.76	250m: 3:43.06 45.93	350m: 5:16.65 47.02						
100m: 1:26.36 44.95	200m: 2:57.13 46.01	300m: 4:29.63 46.57	400m: 6:02.08 45.43						

Classe S8-Seniores

1. Bruno Ferreira, Reis	00	S8	133136	Fcp				5:19.25	563
50m: 36.48 36.48	150m: 1:55.45 40.00	250m: 3:16.00 40.45	350m: 4:38.51 41.53						
100m: 1:15.45 38.97	200m: 2:35.55 40.10	300m: 3:56.98 40.98	400m: 5:19.25 40.74						

Prova 2, Masc., 400m Livres, Classe S8-Seniores

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	Pts
2.	Ricardo Silva, Reis	09	S8	216676	Fcp	5:57.84	400
	50m: 38.16 38.16	150m: 2:07.86 45.82	250m: 3:40.86 46.63	350m: 5:13.36 45.80			
	100m: 1:22.04 43.88	200m: 2:54.23 46.37	300m: 4:27.56 46.70	400m: 5:57.84 44.48			
3.	Rafael Ramirez, Picoto	05	S8	218015	Sporting	5:58.81	396
	50m: 36.31 36.31	150m: 2:04.50 44.13	250m: 3:35.99 46.11	350m: 5:11.26 47.80			
	100m: 1:20.37 44.06	200m: 2:49.88 45.38	300m: 4:23.46 47.47	400m: 5:58.81 47.55			
4.	Joao Diogo, Oscar <i>FTL</i>	88	S8	228538	Palmela Desporto	6:59.54	248
	50m: 42.28 42.28	150m: 2:19.57 51.76	250m: 4:09.82 56.94	350m: 6:02.47 57.66			
	100m: 1:27.81 45.53	200m: 3:12.88 53.31	300m: 5:04.81 54.99	400m: 6:59.54 57.07			

Classe S9-Seniores

1.	Bruno Matias, Grenhas <i>FTL</i>	92	S9	228661	Palmela Desporto	6:49.39	229
	50m: 40.57 40.57	150m: 2:21.50 52.87	250m: 4:10.47 53.72	350m: 5:58.14 53.86			
	100m: 1:28.63 48.06	200m: 3:16.75 55.25	300m: 5:04.28 53.81	400m: 6:49.39 51.25			

Classe S10-Esperanças

1.	Rodrigo Miguel, Alcobia	11	S10	223370	Natacao Ferreira do Zezere	5:38.37	360
	50m: 34.79 34.79	150m: 1:56.14 42.12	250m: 3:24.26 44.63	350m: 4:54.52 45.25			
	100m: 1:14.02 39.23	200m: 2:39.63 43.49	300m: 4:09.27 45.01	400m: 5:38.37 43.85			

Classe S10-Seniores

1.	Joao Matos, Fidalgo	03	S10	128885	Gesloures	4:38.37	647
	50m: 30.87 30.87	150m: 1:41.36 36.27	250m: 2:53.48 36.33	350m: 4:05.22 35.86			
	100m: 1:05.09 34.22	200m: 2:17.15 35.79	300m: 3:29.36 35.88	400m: 4:38.37 33.15			

Classe S11-Seniores

1.	Marco Ribeiro, Meneses	01	S11	204993	O Crasto	4:45.98	809
	50m: 32.57 32.57	150m: 1:45.80 37.26	250m: 2:58.29 35.95	350m: 4:10.66 37.40			
	100m: 1:08.54 35.97	200m: 2:22.34 36.54	300m: 3:33.26 34.97	400m: 4:45.98 35.32			

Classe S12-Esperanças

1.	Simao Oliveira, Concha <i>Recorde Nacional</i>	11	S12	151278	CPCD - Povia de Santa Iria	5:38.04	390
	50m: 35.47 35.47	150m: 2:00.46 43.38	250m: 3:29.64 44.58	350m: 4:58.34 43.98			
	100m: 1:17.08 41.61	200m: 2:45.06 44.60	300m: 4:14.36 44.72	400m: 5:38.04 39.70			

Classe S12-Seniores

1.	Joao Tanica, Cruz	92	S12	207363	Palmela Desporto	7:00.18	203
	50m: 43.28 43.28	150m: 2:24.21 52.14	250m: 4:15.51 56.54	350m: 6:08.60 56.82			
	100m: 1:32.07 48.79	200m: 3:18.97 54.76	300m: 5:11.78 56.27	400m: 7:00.18 51.58			

Prova 2, Masc., 400m Livres, Classe S12-Seniores

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	Pts
2.	Tiago Gouveia, Dinis	96	S12	219664	Clube Desportivo Nacional	7:40.59	154
	50m: 44.91 44.91	150m: 2:39.26 1:00.09	250m: 4:41.89 1:02.10	350m: 6:44.83 1:01.75			
	100m: 1:39.17 54.26	200m: 3:39.79 1:00.53	300m: 5:43.08 1:01.19	400m: 7:40.59 55.76			

Classe S14-Seniores

1.	Andre Carreiro, Ponte	92	S14	25907	Clube Naval de Ponta Delgada	5:29.95	421
	50m: 34.22 34.22	150m: 1:56.16 42.66	250m: 3:23.03 44.01	350m: 4:50.67 43.98			
	100m: 1:13.50 39.28	200m: 2:39.02 42.86	300m: 4:06.69 43.66	400m: 5:29.95 39.28			
2.	Simao Pedro, Rocha	06	S14	203015	Aquatico Pacense	5:33.46	408
	50m: 37.19 37.19	150m: 2:00.90 43.09	250m: 3:25.44 42.14	350m: 4:51.04 43.04			
	100m: 1:17.81 40.62	200m: 2:43.30 42.40	300m: 4:08.00 42.56	400m: 5:33.46 42.42			
3.	Jose Carneirinho, Ribeiro	90	S14	133321	Sporting	6:37.26	241
	50m: 40.58 40.58	150m: 2:22.17 52.24	250m: 4:07.87 53.03	350m: 5:50.20 51.04			
	100m: 1:29.93 49.35	200m: 3:14.84 52.67	300m: 4:59.16 51.29	400m: 6:37.26 47.06			

Classe S15-Esperanças

1.	Ryan Lukas, Desousa	11	S15	217269	ACSintra	4:30.61	
	50m: 29.45 29.45	150m: 1:37.88 34.93	250m: 2:48.44 35.24	350m: 3:57.93 34.19			
	100m: 1:02.95 33.50	200m: 2:13.20 35.32	300m: 3:23.74 35.30	400m: 4:30.61 32.68			

Classe S15-Seniores

1.	Ricardo Andrade, Belezas	91	S15	132918	Os Belenenses	4:39.09	
	50m: 30.92 30.92	150m: 1:40.00 35.18	250m: 2:51.20 35.76	350m: 4:03.93 36.24			
	100m: 1:04.82 33.90	200m: 2:15.44 35.44	300m: 3:27.69 36.49	400m: 4:39.09 35.16			

Classe S17-Esperanças

1.	Joao Afonso, Conceicao	11	S17	221813	Fcp	5:30.44	
	50m: 34.37 34.37	150m: 1:56.22 41.42	250m: 3:21.63 43.22	350m: 4:47.76 42.66			
	100m: 1:14.80 40.43	200m: 2:38.41 42.19	300m: 4:05.10 43.47	400m: 5:30.44 42.68			
2.	Andre Fernandes, Costa	10	S17	225156	Feira Viva Cultura e Desporto	6:13.51	
	50m: 38.25 38.25	150m: 2:10.31 47.89	250m: 3:46.54 48.33	350m: 5:24.57 49.27			
	100m: 1:22.42 44.17	200m: 2:58.21 47.90	300m: 4:35.30 48.76	400m: 6:13.51 48.94			

Classe S17-Seniores

1.	David Silva, Paiva	04	S17	212742	Fcp	5:27.13	
	50m: 35.96 35.96	150m: 1:56.74 41.24	250m: 3:20.95 42.39	350m: 4:45.22 41.96			
	100m: 1:15.50 39.54	200m: 2:38.56 41.82	300m: 4:03.26 42.31	400m: 5:27.13 41.91			
2.	Miguel Paiva, Branco	97	S17	204251	Appda Coimbra	6:33.78	
	50m: 43.98 43.98	150m: 2:23.09 49.68	250m: 4:03.81 50.44	350m: 5:45.83 51.18			
	100m: 1:33.41 49.43	200m: 3:13.37 50.28	300m: 4:54.65 50.84	400m: 6:33.78 47.95			

Prova 2, Masc., 400m Livres

Classe S21-Seniores

1. Andre Reis, Almeida	00	S21	201716	Sporting	5:50.56
50m:	150m:	2:03.05	44.67	250m:	3:34.81 46.67
100m: 1:18.38	200m:	2:48.14	45.09	300m:	4:19.93 45.12
	350m:			400m:	5:06.11 46.18
	400m:				5:50.56 44.45
2. Francisco Pessanha, Montes	02	S21	133450	Assoc Desporto Adaptado Porto	6:23.71
50m: 41.21 41.21	150m:	2:17.08	49.04	250m:	3:56.13 49.62
100m: 1:28.04 46.83	200m:	3:06.51	49.43	300m:	4:46.17 50.04
	350m:			400m:	5:35.80 49.63
	400m:				6:23.71 47.91
3. Tomas Aniceto, Santos	99	S21	147091	Feira Viva Cultura e Desporto	7:07.82
50m: 45.47 45.47	150m:	2:30.85	54.51	250m:	4:23.94 56.98
100m: 1:36.34 50.87	200m:	3:26.96	56.11	300m:	5:17.65 53.71
	350m:			400m:	6:13.02 55.37
	400m:				7:07.82 54.80
4. Joao Barge, Andrade	06	S21	214789	Feira Viva Cultura e Desporto	7:26.65
50m: 46.15 46.15	150m:	2:39.72	58.04	250m:	4:37.23 58.65
100m: 1:41.68 55.53	200m:	3:38.58	58.86	300m:	5:34.63 57.40
	350m:			400m:	6:33.28 58.65
	400m:				7:26.65 53.37
5. Daniel Filipe, Moreira	97	S21	148345	AP Vila D Este	7:35.88
50m: 54.71 54.71	150m:	2:53.75	59.89	250m:	4:51.52 58.41
100m: 1:53.86 59.15	200m:	3:53.11	59.36	300m:	5:47.65 56.13
	350m:			400m:	6:43.08 55.43
	400m:				7:35.88 52.80
6. Joel Alexandre, Pereira	92	S21	148272	APC Coimbra	7:48.68
50m: 49.74 49.74	150m:	2:50.25	1:01.08	250m:	4:52.22 1:01.00
100m: 1:49.17 59.43	200m:	3:51.22	1:00.97	300m:	5:52.31 1:00.09
	350m:			400m:	6:51.84 59.53
	400m:				7:48.68 56.84
EXH Nikita, Gladkikh	04	S17	227921	Fluvial Portuense	5:25.40
50m: 33.80 33.80	150m:	1:54.82	41.80	250m:	3:18.62 42.60
100m: 1:13.02 39.22	200m:	2:36.02	41.20	300m:	4:01.40 42.78
	350m:			400m:	4:44.42 43.02
	400m:				5:25.40 40.98