

V Open de Natação Adaptada da Associação de Natação de Coimbra
Coimbra, 2-12-2023

Prova 2 Masc., 400m Livres Open
02-12-2023 - 9:40 Resultados

Rec Nac S5	59:00.00									
Rec Nac S6	5:15.72	Daniel Carlos, VIDEIRA	POR	Funchal						19-05-2021
Rec Nac S7	5:31.30	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim						12-05-2018
Rec Nac S8	4:36.27	Diogo Luis, CANCELA	POR	Sheffield (GBR)						18-03-2023
Rec Nac S9	4:21.94	David Realista, GRACHAT	POR	Londres (GBR)						04-09-2012
Rec Nac S10	4:24.87	Emanuel Luis, GONCALVES	CDN	Coimbra						10-06-2011
Rec Nac S11	4:43.74	Marco Ribeiro, MENESES	POR	Sheffield (GBR)						18-03-2023
Rec Nac S12	59:00.00	start,								
Rec Nac S13	4:31.26	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)						10-08-2014
Rec Nac S14	4:48.51	Samuel Lima, DUARTE	FVCD	Coimbra						28-05-2023
Rec Nac S15	4:28.84	Miguel Duarte, CRUZ	CFB	Oeiras						20-12-2020
Rec Nac S16	5:18.51	Andre Camara, JORGE	CEOL	Rio Maior						25-01-2020
Rec Nac S17	5:17.75	Joaquim Eduardo, CARVALHO	CNF	Funchal						01-07-2023
Rec Nac S21	5:38.24	Vicente Barros, PEREIRA	POR	Padova (ITA)						08-09-2023

Pontos: FINA 2023

Lugar Nome Ano Classe Excp Clube Tempo final IPC Pts

Classe S6-S14-Absolutos

1.	Tomas Coelho, CORDEIRO	04	S10	12+	Individual ANC	4:26.12	565	9,00
	50m: 29.89 29.89	150m: 1:36.42	33.93	250m: 2:45.31	34.22	350m: 3:53.44	34.23	
	100m: 1:02.49 32.60	200m: 2:11.09	34.67	300m: 3:19.21	33.90	400m: 4:26.12	32.68	
2.	Samuel Lima, DUARTE	04	S14		Feira Viva	4:46.25	454	9,00
	50m: 32.03 32.03	150m: 1:42.45	36.02	250m: 2:56.35	37.49	350m: 4:10.72	37.13	
	100m: 1:06.43 34.40	200m: 2:18.86	36.41	300m: 3:33.59	37.24	400m: 4:46.25	35.53	
3.	Marco Ribeiro, MENESES	01	S11	T	O Crasto	4:47.12	450	9,00
	50m: 31.17 31.17	150m: 1:42.63	36.36	250m: 2:56.29	36.51	350m: 4:10.59	36.75	
	100m: 1:06.27 35.10	200m: 2:19.78	37.15	300m: 3:33.84	37.55	400m: 4:47.12	36.53	
4.	Ricardo Aderneira, SOARES	99	S8		Geslours	5:17.95	331	9,00
	50m: 37.77 37.77	150m: 1:58.12	40.35	250m: 3:18.52	40.20	350m: 4:38.61	40.05	
	100m: 1:17.77 40.00	200m: 2:38.32	40.20	300m: 3:58.56	40.04	400m: 5:17.95	39.34	
5.	Daniel Carlos, VIDEIRA	92	S6		Geslours	5:45.77	257	9,00
	50m: 38.89 38.89	150m: 2:06.11	43.75	250m: 3:34.15	43.03	350m: 5:02.45	43.92	
	100m: 1:22.36 43.47	200m: 2:51.12	45.01	300m: 4:18.53	44.38	400m: 5:45.77	43.32	
6.	Rodolfo Francisco, CASTANHEIRA	01	S8		Geslours	5:58.85	230	7,00
	50m: 40.32 40.32	150m: 2:10.63	45.40	250m: 3:40.40	45.25	350m: 5:13.52	47.27	
	100m: 1:25.23 44.91	200m: 2:55.15	44.52	300m: 4:26.25	45.85	400m: 5:58.85	45.33	
7.	Francisco Mario, GOUVEIA	75	S9	9	Feira Viva	7:08.32	135	9,00
	50m: 44.00 44.00	150m: 2:30.01	55.02	250m: 4:20.57	54.92	350m: 6:14.82	57.49	
	100m: 1:34.99 50.99	200m: 3:25.65	55.64	300m: 5:17.33	56.76	400m: 7:08.32	53.50	
8.	Antonio Pedro, OLIVEIRA	03	S9		Fluvial Portuense	7:22.22	123	7,00
	50m: 44.31 44.31	150m: 2:32.81	56.30	250m: 4:23.90	57.25	350m: 6:22.27	1:00.04	
	100m: 1:36.51 52.20	200m: 3:26.65	53.84	300m: 5:22.23	58.33	400m: 7:22.22	59.95	
9.	Orlando Constancio, DUARTE	89	S14		Sporting de Aveiro	7:23.02	122	7,00
	50m: 43.34 43.34	150m: 2:28.51	54.72	250m: 4:22.80	58.36	350m: 6:24.50	1:00.28	
	100m: 1:33.79 50.45	200m: 3:24.44	55.93	300m: 5:24.22	1:01.42	400m: 7:23.02	58.52	

Classe S15 (Auditiva)-Absolutos

1.	Diogo Correia, NEVES	94	S15	H	Colegio Vasco da Gama	5:15.73	338	9,00
	50m: 32.48 32.48	150m: 1:48.22	38.84	250m: 3:10.66	41.50	350m: 4:34.96	41.91	
	100m: 1:09.38 36.90	200m: 2:29.16	40.94	300m: 3:53.05	42.39	400m: 5:15.73	40.77	

Classe S17-Absolutos

1.	Miguel Paiva, BRANCO	97	S17	A	APPDACOimbra	6:12.70	205	9,00
	50m: 39.85 39.85	150m: 2:09.26	45.94	250m: 3:46.83	49.04	350m: 5:26.12	49.89	
	100m: 1:23.32 43.47	200m: 2:57.79	48.53	300m: 4:36.23	49.40	400m: 6:12.70	46.58	

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Classe S21 (SDown)-Absolutos

1. Joel Alexandre, PEREIRA	92	S21		APC Coimbra	8:02.03	95	9,00
50m: 51.82 51.82	150m: 2:57.76	1:04.69	250m: 5:02.82	1:02.42	350m: 7:06.43	1:01.51	
100m: 1:53.07 1:01.25	200m: 4:00.40	1:02.64	300m: 6:04.92	1:02.10	400m: 8:02.03	55.60	

Classe S6-Seniores

1. Daniel Carlos, VIDEIRA	92	S6		Geslours	5:45.77	257	9,00
50m: 38.89 38.89	150m: 2:06.11	43.75	250m: 3:34.15	43.03	350m: 5:02.45	43.92	
100m: 1:22.36 43.47	200m: 2:51.12	45.01	300m: 4:18.53	44.38	400m: 5:45.77	43.32	

Classe S8-Seniores

1. Ricardo Aderneira, SOARES	99	S8		Geslours	5:17.95	331	9,00
50m: 37.77 37.77	150m: 1:58.12	40.35	250m: 3:18.52	40.20	350m: 4:38.61	40.05	
100m: 1:17.77 40.00	200m: 2:38.32	40.20	300m: 3:58.56	40.04	400m: 5:17.95	39.34	
2. Rodolfo Francisco, CASTANHEIRA01		S8		Geslours	5:58.85	230	7,00
50m: 40.32 40.32	150m: 2:10.63	45.40	250m: 3:40.40	45.25	350m: 5:13.52	47.27	
100m: 1:25.23 44.91	200m: 2:55.15	44.52	300m: 4:26.25	45.85	400m: 5:58.85	45.33	

Classe S9-Seniores

1. Francisco Mario, GOUVEIA	75	S9	9	Feira Viva	7:08.32	135	9,00
50m: 44.00 44.00	150m: 2:30.01	55.02	250m: 4:20.57	54.92	350m: 6:14.82	57.49	
100m: 1:34.99 50.99	200m: 3:25.65	55.64	300m: 5:17.33	56.76	400m: 7:08.32	53.50	
2. Antonio Pedro, OLIVEIRA	03	S9		Fluvial Portuense	7:22.22	123	7,00
50m: 44.31 44.31	150m: 2:32.81	56.30	250m: 4:23.90	57.25	350m: 6:22.27	1:00.04	
100m: 1:36.51 52.20	200m: 3:26.65	53.84	300m: 5:22.23	58.33	400m: 7:22.22	59.95	

Classe S10-Seniores

1. Tomas Coelho, CORDEIRO	04	S10	12+	Individual ANC	4:26.12	565	9,00
50m: 29.89 29.89	150m: 1:36.42	33.93	250m: 2:45.31	34.22	350m: 3:53.44	34.23	
100m: 1:02.49 32.60	200m: 2:11.09	34.67	300m: 3:19.21	33.90	400m: 4:26.12	32.68	

Classe S11-Seniores

1. Marco Ribeiro, MENESES	01	S11	T	O Crasto	4:47.12	450	9,00
50m: 31.17 31.17	150m: 1:42.63	36.36	250m: 2:56.29	36.51	350m: 4:10.59	36.75	
100m: 1:06.27 35.10	200m: 2:19.78	37.15	300m: 3:33.84	37.55	400m: 4:47.12	36.53	

Classe S14-Seniores

1. Samuel Lima, DUARTE	04	S14		Feira Viva	4:46.25	454	9,00
50m: 32.03 32.03	150m: 1:42.45	36.02	250m: 2:56.35	37.49	350m: 4:10.72	37.13	
100m: 1:06.43 34.40	200m: 2:18.86	36.41	300m: 3:33.59	37.24	400m: 4:46.25	35.53	
2. Orlando Constancio, DUARTE	89	S14		Sporting de Aveiro	7:23.02	122	7,00
50m: 43.34 43.34	150m: 2:28.51	54.72	250m: 4:22.80	58.36	350m: 6:24.50	1:00.28	
100m: 1:33.79 50.45	200m: 3:24.44	55.93	300m: 5:24.22	1:01.42	400m: 7:23.02	58.52	

Classe S15 (Auditiva)-Seniores

1. Diogo Correia, NEVES	94	S15	H	Colegio Vasco da Gama	5:15.73	338	9,00
50m: 32.48 32.48	150m: 1:48.22	38.84	250m: 3:10.66	41.50	350m: 4:34.96	41.91	
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50m: 39.85 39.85	150m: 2:09.26	45.94	250m: 3:46.83	49.04	350m: 5:26.12	49.89	
100m: 1:23.32 43.47	200m: 2:57.79	48.53	300m: 4:36.23	49.40	400m: 6:12.70	46.58	

Classe S21 (SDown)-Seniores

1. Joel Alexandre, PEREIRA	92	S21		APC Coimbra	8:02.03	95	9,00
50m: 51.82 51.82	150m: 2:57.76	1:04.69	250m: 5:02.82	1:02.42	350m: 7:06.43	1:01.51	
100m: 1:53.07 1:01.25	200m: 4:00.40	1:02.64	300m: 6:04.92	1:02.10	400m: 8:02.03	55.60	