

Prova 2 Masc., 400m Livres 12 anos e mais velhos
29/06/2024 - 15:40 Resultados

Rec Nac Adap S5	7:30.57	Luis Carlos, NASCIMENTO	FCP	Funchal	17/02/2024
Rec Nac Adap S6	5:15.72	Daniel Carlos, VEIDEIRA	POR	Funchal	19/05/2021
Rec Nac Adap S8	4:34.61	Diogo Luis, CANCELA	POR	Funchal	21/04/2024
Rec Nac Adap S9	4:21.94	David Realista, GRACHAT	POR	Londres (GBR)	04/09/2012
Rec Nac Adap S10	4:22.53	Tomas Coelho, CORDEIRO	INDANC	Coimbra	17/12/2023
Rec Nac Adap S11	4:38.25	Marco Ribeiro, MENESES	POR	Funchal	27/04/2024
Rec Nac Adap S12	6:50.72	Joao Tanica, CRUZ	PDEM	Porto	21/01/2024
Rec Nac Adap S13	4:31.26	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	10/08/2014
Rec Nac Adap S14	4:46.25	Samuel Lima, DUARTE	FVCD	Coimbra	02/12/2023
Rec Nac Adap S15	4:28.84	Miguel Duarte, CRUZ	CFB	Oeiras	20/12/2020
Rec Nac Adap S16	5:18.51	Andre Camara, JORGE	CEOL	Rio Maior	25/01/2020
Rec Nac Adap S17	5:11.56	Joaquim Eduardo, CARVALHO	CNF	Funchal	17/02/2024
Rec Nac Adap S21	5:38.24	Vicente Barros, PEREIRA	POR	Padova (ITA)	08/09/2023

S6-ESP 12 - 16 S6 50m: 8:56.72 - 25m: 9:07.84 / S6-SEN 17 + S6 50m: 7:53.58 - 25m: 8:03.39 / S7-ESP 12 - 16 S7 50m: 9:23.21 - 25m: 9:14.83 / S7-SEN 17 + S7 50m: 8:16.95 - 25m: 8:09.55 / S8-ESP 12 - 16 S8 50m: 8:34.73 - 25m: 8:17.59 / S8-SEN 17 + S8 50m: 7:34.17 - 25m: 7:19.05 / S9-ESP 12 - 16 S9 50m: 7:25.30 - 25m: 7:23.02 / S9-SEN 17 + S9 50m: 6:32.91 - 25m: 6:30.90 / S10-ESP 12 - 16 S10 50m: 7:30.28 - 25m: 7:27.85 / S110-ESP 12 - 16 S110 50m: 7:30.28 - 25m: 7:27.85 / S10-SEN 17 + S10 50m: 6:37.31 - 25m: 6:35.16 / S110-SEN 17 + S110 50m: 6:37.31 - 25m: 6:35.16 / S11-ESP 12 - 16 S11 50m: 8:23.22 - 25m: 8:30.36 / S11-SEN 17 + S11 50m: 7:24.02 - 25m: 7:30.32 / S12-ESP 12 - 16 S12 50m: 8:06.22 - 25m: 8:06.22 / S12-SEN 17 + S12 50m: 7:09.02 - 25m: 7:09.02 / S13-ESP 12 - 16 S13 50m: 7:41.14 - 25m: 7:29.06 / S113-ESP 12 - 16 S113 50m: 7:41.14 - 25m: 7:29.06 / S13-SEN 17 + S13 50m: 6:46.89 - 25m: 6:36.22 / S113-SEN 17 + S113 50m: 6:46.89 - 25m: 6:36.22 / S14-ESP 12 - 16 S14 50m: 8:42.51 - 25m: 8:45.40 / S114-ESP 12 - 16 S114 50m: 8:42.51 - 25m: 8:45.40 / S14-SEN 17 + S14 50m: 7:41.04 - 25m: 7:43.59 / S114-SEN 17 + S114 50m: 7:41.04 - 25m: 7:43.59 / S15-ESP 12 - 16 S15 50m: 7:37.03 - 25m: 7:22.53 / S115-ESP 12 - 16 S115 50m: 7:37.03 - 25m: 7:22.53 / S15-SEN 17 + S15 50m: 6:43.26 - 25m: 6:30.47 / S115-SEN 17 + S115 50m: 6:43.26 - 25m: 6:30.47 / S16-ESP 12 - 16 S16 50m: 9:01.47 - 25m: 8:36.43 / S16-SEN 17 + S16 50m: 7:57.77 - 25m: 7:35.67 / S17-ESP 12 - 16 S17 50m: 10:50.84 - 25m: 11:03.17 / S17-SEN 17 + S17 50m: 9:34.27 - 25m: 9:45.15 / S21-ESP 12 - 16 S21 50m: 10:11.93 - 25m: 10:18.09 / S21-SEN 17 + S21 50m: 8:59.94 - 25m: 9:05.37

Lugar	Nome	Classe	Licença	Clube	Tempo Final	IPC
Classe S6-S14 - Absolutos						
1.	Marco Ribeiro, MENESES	S11	204993	O Crasto	4:45.27	849
	50m: 32.56 32.56	150m: 1:47.06 37.75	250m: 2:59.74 36.38	350m: 4:11.98 35.43		
	100m: 1:09.31 36.75	200m: 2:23.36 36.30	300m: 3:36.55 36.81	400m: 4:45.27 33.29		
2.	Tomas Coelho, CORDEIRO	S10	130167	INDANC	4:24.33	756
	50m: 30.47 30.47	150m: 1:36.70 33.54	250m: 2:43.88 33.90	350m: 3:51.28 33.71		
	100m: 1:03.16 32.69	200m: 2:09.98 33.28	300m: 3:17.57 33.69	400m: 4:24.33 33.05		
3.	Ricardo Aderneira, SOARES	S7	132927	Gesloures	5:08.47	696
	50m: 35.76 35.76	150m: 1:52.43 38.44	250m: 3:09.87 38.48	350m: 4:28.90 39.69		
	100m: 1:13.99 38.23	200m: 2:31.39 38.96	300m: 3:49.21 39.34	400m: 5:08.47 39.57		
4.	Joao Matos, FIDALGO	S10	128885	Gesloures	4:36.12	663
	50m: 31.51 31.51	150m: 1:40.43 34.97	250m: 2:51.18 35.79	350m: 4:03.00 36.36		
	100m: 1:05.46 33.95	200m: 2:15.39 34.96	300m: 3:26.64 35.46	400m: 4:36.12 33.12		
5.	Rafael Ramirez, PICOTO	S8	218015	Sporting	5:53.08	425
	50m: 34.44 34.44	150m: 1:58.47 44.10	250m: 3:32.22 47.43	350m: 5:06.72 46.87		
	100m: 1:14.37 39.93	200m: 2:44.79 46.32	300m: 4:19.85 47.63	400m: 5:53.08 46.36		
6.	Simao Pedro, ROCHA	S14	203015	Aquatico Pacense	5:45.52	370
	50m: 36.65 36.65	150m: 2:03.54 45.28	250m: 3:32.77 44.78	350m: 5:02.36 45.15		
	100m: 1:18.26 41.61	200m: 2:47.99 44.45	300m: 4:17.21 44.44	400m: 5:45.52 43.16		
7.	Ricardo Silva, REIS	S9	216676	Assoc Desporto Adaptado Porto	5:53.99	354
	50m: 38.44 38.44	150m: 2:05.17 44.84	250m: 3:36.95 46.85	350m: 5:09.51 45.80		
	100m: 1:20.33 41.89	200m: 2:50.10 44.93	300m: 4:23.71 46.76	400m: 5:53.99 44.48		
8.	Levi Daniel, NASCIMENTO	S14	147141	O2-Portimao	6:06.83	309
	50m: 38.77 38.77	150m: 2:07.46 45.31	250m: 3:41.36 47.54	350m: 5:19.02 49.05		
	100m: 1:22.15 43.38	200m: 2:53.82 46.36	300m: 4:29.97 48.61	400m: 6:06.83 47.81		

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

Lugar	Nome	Classe	Licença	Clube	Tempo Final	IPC
9.	Alexandre Costa, COUTO	S9	120634	Sporting	6:17.56	292
	50m: 39.65 39.65	150m: 2:10.65 47.71	250m: 3:49.21 50.78	350m: 5:30.31 51.90		
	100m: 1:22.94 43.29	200m: 2:58.43 47.78	300m: 4:38.41 49.20	400m: 6:17.56 47.25		
10.	Duarte Miguel, GASPARGAS	S8	207361	Pdem	7:02.99	247
	50m: 41.69 41.69	150m: 2:23.98 52.84	250m: 4:16.51 55.71	350m: 6:10.38 56.40		
	100m: 1:31.14 49.45	200m: 3:20.80 56.82	300m: 5:13.98 57.47	400m: 7:02.99 52.61		
11.	Rodrigo Oliveira, SILVA	S8	214788	Feira Viva	7:11.86	232
	50m: 44.59 44.59	150m: 2:34.16 57.00	250m: 4:24.88 55.49	350m: 6:18.62 58.14		
	100m: 1:37.16 52.57	200m: 3:29.39 55.23	300m: 5:20.48 55.60	400m: 7:11.86 53.24		
12.	Nuno Diogo, ALVES	S7	148292	Propaganda da Natacao	8:01.65	183
	50m: 52.10 52.10	150m: 2:53.57 1:01.97	250m: 4:56.83 1:01.55	350m: 6:59.33 1:02.12		
	100m: 1:51.60 59.50	200m: 3:55.28 1:01.71	300m: 5:57.21 1:00.38	400m: 8:01.65 1:02.32		

Classe S17 - Absolutos

1.	Joaquim Eduardo, CARVALHO	S17	202564	Cnf	5:12.09	
	50m: 33.94 33.94	150m: 1:51.35 39.55	250m: 3:12.10 40.88	350m: 4:33.15 40.48		
	100m: 1:11.80 37.86	200m: 2:31.22 39.87	300m: 3:52.67 40.57	400m: 5:12.09 38.94		
	David Silva, PAIVA	S17	212742	Fcp	5:47.63	
	50m: 38.72 38.72	150m: 2:04.37 44.56	250m: 3:33.81 44.76	350m: 5:04.37 45.79		
	100m: 1:19.81 41.09	200m: 2:49.05 44.68	300m: 4:18.58 44.77	400m: 5:47.63 43.26		
	Miguel Paiva, BRANCO	S17	204251	APPDA Coimbra	6:17.16	
	50m: 38.68 38.68	150m: 2:10.12 46.74	250m: 3:47.81 48.82	350m: 5:28.23 50.31		
	100m: 1:23.38 44.70	200m: 2:58.99 48.87	300m: 4:37.92 50.11	400m: 6:17.16 48.93		

Classe S21 - Absolutos

1.	Vicente Barros, PEREIRA	S21	206921	Sporting	5:45.10	
	50m: 34.50 34.50	150m: 2:03.46 46.18	250m: 3:36.33 45.79	350m: 5:06.01 41.90		
	100m: 1:17.28 42.78	200m: 2:50.54 47.08	300m: 4:24.11 47.78	400m: 5:45.10 39.09		
	Francisco Pessanha, MONTES	S21	133450	Assoc Desporto Adaptado Porto	6:03.18	
	50m: 38.66 38.66	150m: 2:08.16 46.11	250m: 3:42.04 46.96	350m: 5:17.44 47.75		
	100m: 1:22.05 43.39	200m: 2:55.08 46.92	300m: 4:29.69 47.65	400m: 6:03.18 45.74		
	Francisco Jose, VICENTE	S21	148269	Sporting	7:23.50	
	50m: 41.71 41.71	150m: 2:29.99 56.41	250m: 4:26.94 59.36	350m: 6:26.71 1:00.35		
	100m: 1:33.58 51.87	200m: 3:27.58 57.59	300m: 5:26.36 59.42	400m: 7:23.50 56.79		
	Hugo Bernardo, GONCALVES	S21	148371	Fcp	8:02.93	
	50m: 49.81 49.81	150m: 2:50.79 1:01.81	250m: 4:56.92 1:03.01	350m: 7:02.71 1:04.80		
	100m: 1:48.98 59.17	200m: 3:53.91 1:03.12	300m: 5:57.91 1:00.99	400m: 8:02.93 1:00.22		

Classe S7 - Seniores

1.	Ricardo Aderneira, SOARES	S7	132927	Gesloures	5:08.47	696
	<i>Campeão Nacional</i>					
	50m: 35.76 35.76	150m: 1:52.43 38.44	250m: 3:09.87 38.48	350m: 4:28.90 39.69		
	100m: 1:13.99 38.23	200m: 2:31.39 38.96	300m: 3:49.21 39.34	400m: 5:08.47 39.57		
2.	Nuno Diogo, ALVES	S7	148292	Propaganda da Natacao	8:01.65	183
	50m: 52.10 52.10	150m: 2:53.57 1:01.97	250m: 4:56.83 1:01.55	350m: 6:59.33 1:02.12		
	100m: 1:51.60 59.50	200m: 3:55.28 1:01.71	300m: 5:57.21 1:00.38	400m: 8:01.65 1:02.32		

Prova 2, Masc., 400m Livres

Classe S8 - Esperanças

1. Rodrigo Oliveira, SILVA <i>Campeão Nacional</i>	S8	214788	Feira Viva	7:11.86	232						
50m: 44.59	44.59	150m: 2:34.16	57.00	250m: 4:24.88	55.49	350m: 6:18.62	58.14				
100m: 1:37.16	52.57	200m: 3:29.39	55.23	300m: 5:20.48	55.60	400m: 7:11.86	53.24				

Classe S8 - Seniores

1. Rafael Ramirez, PICOTO <i>Campeão Nacional</i>	S8	218015	Sporting	5:53.08	425						
50m: 34.44	34.44	150m: 1:58.47	44.10	250m: 3:32.22	47.43	350m: 5:06.72	46.87				
100m: 1:14.37	39.93	200m: 2:44.79	46.32	300m: 4:19.85	47.63	400m: 5:53.08	46.36				
2. Duarte Miguel, GASPAR	S8	207361	Pdem	7:02.99	247						
50m: 41.69	41.69	150m: 2:23.98	52.84	250m: 4:16.51	55.71	350m: 6:10.38	56.40				
100m: 1:31.14	49.45	200m: 3:20.80	56.82	300m: 5:13.98	57.47	400m: 7:02.99	52.61				

Classe S9 - Esperanças

1. Ricardo Silva, REIS <i>Campeão Nacional</i>	S9	216676	Assoc Desporto Adaptado Porto	5:53.99	354						
50m: 38.44	38.44	150m: 2:05.17	44.84	250m: 3:36.95	46.85	350m: 5:09.51	45.80				
100m: 1:20.33	41.89	200m: 2:50.10	44.93	300m: 4:23.71	46.76	400m: 5:53.99	44.48				

Classe S9 - Seniores

1. Alexandre Costa, COUTO <i>Campeão Nacional</i>	S9	120634	Sporting	6:17.56	292						
50m: 39.65	39.65	150m: 2:10.65	47.71	250m: 3:49.21	50.78	350m: 5:30.31	51.90				
100m: 1:22.94	43.29	200m: 2:58.43	47.78	300m: 4:38.41	49.20	400m: 6:17.56	47.25				

Classe S10 - Seniores

1. Tomas Coelho, CORDEIRO <i>Campeão Nacional</i>	S10	130167	INDANC	4:24.33	756						
50m: 30.47	30.47	150m: 1:36.70	33.54	250m: 2:43.88	33.90	350m: 3:51.28	33.71				
100m: 1:03.16	32.69	200m: 2:09.98	33.28	300m: 3:17.57	33.69	400m: 4:24.33	33.05				
2. Joao Matos, FIDALGO	S10	128885	Gesloures	4:36.12	663						
50m: 31.51	31.51	150m: 1:40.43	34.97	250m: 2:51.18	35.79	350m: 4:03.00	36.36				
100m: 1:05.46	33.95	200m: 2:15.39	34.96	300m: 3:26.64	35.46	400m: 4:36.12	33.12				

Classe S11 - Seniores

1. Marco Ribeiro, MENESES <i>Campeão Nacional</i>	S11	204993	O Crasto	4:45.27	849						
50m: 32.56	32.56	150m: 1:47.06	37.75	250m: 2:59.74	36.38	350m: 4:11.98	35.43				
100m: 1:09.31	36.75	200m: 2:23.36	36.30	300m: 3:36.55	36.81	400m: 4:45.27	33.29				

Prova 2, Masc., 400m Livres

Classe S14 - Seniores

1. Simao Pedro, ROCHA <i>Campeão Nacional</i>	S14 203015 Aquatico Pacense	5:45.52	370
50m: 36.65 36.65	150m: 2:03.54 45.28	250m: 3:32.77 44.78	350m: 5:02.36 45.15
100m: 1:18.26 41.61	200m: 2:47.99 44.45	300m: 4:17.21 44.44	400m: 5:45.52 43.16
2. Levi Daniel, NASCIMENTO	S14 147141 O2-Portimao	6:06.83	309
50m: 38.77 38.77	150m: 2:07.46 45.31	250m: 3:41.36 47.54	350m: 5:19.02 49.05
100m: 1:22.15 43.38	200m: 2:53.82 46.36	300m: 4:29.97 48.61	400m: 6:06.83 47.81

Classe S17 - Seniores

1. Joaquim Eduardo, CARVALHO <i>Campeão Nacional</i>	S17 202564 Cnf	5:12.09	
50m: 33.94 33.94	150m: 1:51.35 39.55	250m: 3:12.10 40.88	350m: 4:33.15 40.48
100m: 1:11.80 37.86	200m: 2:31.22 39.87	300m: 3:52.67 40.57	400m: 5:12.09 38.94
2. David Silva, PAIVA	S17 212742 Fcp	5:47.63	
50m: 38.72 38.72	150m: 2:04.37 44.56	250m: 3:33.81 44.76	350m: 5:04.37 45.79
100m: 1:19.81 41.09	200m: 2:49.05 44.68	300m: 4:18.58 44.77	400m: 5:47.63 43.26
3. Miguel Paiva, BRANCO	S17 204251 APPDA Coimbra	6:17.16	
50m: 38.68 38.68	150m: 2:10.12 46.74	250m: 3:47.81 48.82	350m: 5:28.23 50.31
100m: 1:23.38 44.70	200m: 2:58.99 48.87	300m: 4:37.92 50.11	400m: 6:17.16 48.93

Classe S21 - Seniores

1. Vicente Barros, PEREIRA <i>Campeão Nacional</i>	S21 206921 Sporting	5:45.10	
50m: 34.50 34.50	150m: 2:03.46 46.18	250m: 3:36.33 45.79	350m: 5:06.01 41.90
100m: 1:17.28 42.78	200m: 2:50.54 47.08	300m: 4:24.11 47.78	400m: 5:45.10 39.09
2. Francisco Pessanha, MONTES	S21 133450 Assoc Desporto Adaptado Porto	6:03.18	
50m: 38.66 38.66	150m: 2:08.16 46.11	250m: 3:42.04 46.96	350m: 5:17.44 47.75
100m: 1:22.05 43.39	200m: 2:55.08 46.92	300m: 4:29.69 47.65	400m: 6:03.18 45.74
3. Francisco Jose, VICENTE	S21 148269 Sporting	7:23.50	
50m: 41.71 41.71	150m: 2:29.99 56.41	250m: 4:26.94 59.36	350m: 6:26.71 1:00.35
100m: 1:33.58 51.87	200m: 3:27.58 57.59	300m: 5:26.36 59.42	400m: 7:23.50 56.79
4. Hugo Bernardo, GONCALVES	S21 148371 Fcp	8:02.93	
50m: 49.81 49.81	150m: 2:50.79 1:01.81	250m: 4:56.92 1:03.01	350m: 7:02.71 1:04.80
100m: 1:48.98 59.17	200m: 3:53.91 1:03.12	300m: 5:57.91 1:00.99	400m: 8:02.93 1:00.22