



3º Benedita Swim Master
Benedita, 30/11/2025



Prova 32 Masc., 200m Bruços 25 anos e mais velhos
30/11/2025 - 18:51 Startlist

Rec. Nac A	2:19.48	Pedro Miguel, SILVA	ADRCIMM	Vila Franca de Xira	18/01/2020
Rec. Nac B	2:19.59	Pedro Miguel, PINOTES	SCP	Funchal	21/11/2023
Rec. Nac C	2:24.93	Diego Felipe, SANTOS	CDN	Funchal	21/11/2023
Rec. Nac D	2:22.69	Vasco Jorge, ROSARIO	SAD	Palma de Mallorca (ESP)	02/02/2017
Rec. Nac F	2:39.50	Jose Samuel, DUARTE	SCP	Algés	29/03/2015
Rec. Nac G	2:41.09	Jose Samuel, DUARTE	SCP	Vila Franca de Xira	18/01/2020
Rec. Nac H	2:58.10	Jose Miguel, BARROSO	CFP	Caldas da Rainha	28/01/2023
Rec. Nac I	3:18.46	Antonio Bessone, BASTO	SAD	Lisboa	26/02/2011
Rec. Nac J	3:20.44	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	21/02/2015
Rec. Nac K	3:44.78	Leonel Sousa, GOMES	SFP	Ponte da Barca	11/06/2005

Série 1 de 3

1						
2	Lucas Monteiro, SILVA	GR B	123687	Lisboa PoolSharks	NT	_____
3	Jose Maria, RAMALHO	GR J	211689	Penafiel	NT	_____
4	Luis Silveira, VIEGAS	GR K	104917	Sport Algés e Dafundo	4:50.70 25m	_____
5	Leonardo Jose, MARTINHO	GR E	221105	Natacao do Fundao/YesEnergy	NT	_____
6	Filipe Andre, MONTEIRO	GR F	219352	Ba Leiria / Sk Coffee	NT	_____
7	Alexandre Miguel, LAUREANO	GR A	105802	Ba Leiria / Sk Coffee	NT	_____
8						_____

Série 2 de 3

1	Luis Miguel, PAIS	GR E	221104	Natacao do Fundao/YesEnergy	4:22.22 25m	_____
2	Fabio, FLORIANO	GR H	207665	Sporting de Espinho	3:55.75 25m	_____
3	Jose Luis, CARDOSO	GR F	130669	Masters de Almada	3:49.14 25m	_____
4	Hugo Manuel, RODRIGUES	GR A	225749	CNLeiria - VOID	3:44.17	_____
5	Jorge Alexandre, ANASTACIO	GR F	217759	Benedita	3:48.34 25m	_____
6	Hugo Alexandre, DIAS	GR E	213209	Ba Leiria / Sk Coffee	3:51.01 25m	_____
7	Antonio Monteiro, CANELAS	GR K	148547	Sporting de Espinho	4:06.25 25m	_____
8	Alexandre Azevedo, GASPAR	GR L	119670	Sport Algés e Dafundo	4:49.37 25m	_____

Série 3 de 3

1	Nuno Silva, AFONSO	GR E	201498	Académica de Coimbra	3:40.46 25m	_____
2	Nuno Silva, LOBO	GR H	102544	Clube Fluvial Portuense	3:20.00	_____
3	Vitor Lelis, LEITE	GR A	222530	Braga	2:54.69 25m	_____
4	Joao Bernardo, JORGE	GR A	109162	Ba Leiria / Sk Coffee	2:40.90 25m	_____
5	Luis Filipe, PINTO	GR D	207564	Lisboa PoolSharks	2:53.21 25m	_____
6	Diogo Miguel, PAULINO	GR C	10549	Alcobaca	2:58.63 25m	_____
7	Paulo Marcos, DANTAS	GR H	206918	Sport Algés e Dafundo	3:26.08 25m	_____
8	Luis Miguel, FONSECA	GR I	221652	Porto	3:41.19 25m	_____