



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



Prova 7
30/11/2025 - 11:04

Masc., 200m Costas

25 anos e mais velhos
Startlist

Rec. Nac A	2:02.10	Adriano Miguel, NIZ	GDNVNF	Mealhada	21/06/2015
Rec. Nac B	2:01.89	Adriano Miguel, NIZ	GDNVNF	Sines	28/01/2017
Rec. Nac C	2:04.67	Adriano, NIZ	GDNFAMA	Funchal	23/11/2023
Rec. Nac D	2:07.54	Eduardo Ferreira, SEVERI	FCP	Torres Novas	25/01/2025
Rec. Nac F	2:26.74	Antonio Aderito, CHAVES	FCP	Vila Franca de Xira	18/01/2020
Rec. Nac G	2:31.57	Paulo Paula, CARVALHO	SCP	Mealhada	19/01/2019
Rec. Nac H	2:38.20	Paulo Paula, CARVALHO	SCP	Évora	19/03/2023
Rec. Nac I	2:57.17	Antonio Bessone, BASTO	SAD	Lisboa	20/06/2010
Rec. Nac J	3:26.76	Antonio Bessone, BASTO	SAD	Vila Franca de Xira	20/01/2018
Rec. Nac K	3:23.24	Antonio Bessone, BASTO	SAD	Vila Franca de Xira	18/01/2020

Série 1 de 3

1					
2	Nuno Goncalo, SANTOS	GR A	101865	Vieirense	NT
3	Manoel Pinto, FILHO	GR H	217979	Braga	NT
4	Leandro Andre, GRUMETE	GR A	227264	Óbidos	NT
5	Paulo Filipe, RAIMUNDO	GR C	225130	Alcobaca	NT
6	Caio Sousa, GONCALVES	GR C	223049	Lisboa PoolSharks	NT
7	Filipe Gouveia, GONCALVES	GR C	215265	Lisboa PoolSharks	NT
8					

Série 2 de 3

1	Alexandre Miguel, LAUREANO	GR A	105802	Ba Leiria / Sk Coffee	NT
2	Celso Abreu, FERNANDES	GR G	213521	Sporting Clube de Aveiro	4:09.06 25m
3	Luis Filipe, ALMEIDA	GR G	201324	Lisboa PoolSharks	3:49.27 25m
4	Carlos Soares, GOULAO	GR F	212344	Galitos / Bresimar	3:04.94 25m
5	Ruben Filipe, COELHO	GR D	203172	Geslours	3:17.06
6	Simon William, WALTERS	GR I	216922	Óbidos	3:51.21 25m
7	Jose Alexandre, RAPOSO	GR J	131484	Sporting Clube de Aveiro	4:20.16 25m
8	David Lopes, CUNHA	GR A	120608	Lisboa PoolSharks	NT

Série 3 de 3

1	Carlos Octavio, FERNANDES	GR C	10817	Académica de Coimbra	2:50.00
2	Joao Carlos, CARVALHO	GR C	25338	Lisboa PoolSharks	2:39.16 25m
3	Goncalo Goncalves, MENESES	GR B	204349	Braga	2:27.63 25m
4	Diogo Miguel, PAULINO	GR C	10549	Alcobaca	2:17.21 25m
5	Samuel Patricio, QUEIROS	GR B	15701	Porto	2:20.22 25m
6	Luis Filipe, PINTO	GR D	207564	Lisboa PoolSharks	2:30.19 25m
7	Jaime Gonzalez, OTAOLA	GR C	225234	Lisboa PoolSharks	2:41.46
8	Antonio Fernando, SOUSA	GR H	202718	Porto	3:02.15 25m