

Prova 2 10 anos e mais velhos
14/03/2026 - 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	6:50.72	Joao Tanica, Cruz	PDEM	Porto					21/01/2024
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 - Esperanças Esp S6 50m: 8:01.79 - 25m: 8:11.76 / S6 - Seniores Sen S6 50m: 7:22.01 - 25m: 7:31.16 / S7 -
Esperanças Esp S7 50m: 7:50.73 - 25m: 8:18.04 / S7 - Seniores Sen S7 50m: 7:11.86 - 25m: 7:36.92 / S8 -
Esperanças Esp S8 50m: 6:59.05 - 25m: 7:17.31 / S8 - Seniores Sen S8 50m: 6:24.45 - 25m: 6:41.20 / S9 -
Esperanças Esp S9 50m: 6:39.72 - 25m: 6:37.68 / S9 - Seniores Sen S9 50m: 6:06.72 - 25m: 6:04.84 / S10 -
Esperanças Esp S10 50m: 6:40.62 - 25m: 6:37.68 / S10 - Seniores Sen S10 50m: 6:07.54 - 25m: 6:04.84 / S110 -
Esperanças Esp S110 50m: 6:40.62 - 25m: 6:37.68 / S110 - Seniores Sen S110 50m: 6:07.54 - 25m: 6:04.84 / S11 -
Esperanças Esp S11 50m: 7:04.61 - 25m: 7:04.16 / S11 - Seniores Sen S11 50m: 6:29.55 - 25m: 6:29.14 / S12 -
Esperanças Esp S12 50m: 10:26.82 - 25m: 9:45.99 / S12 - Seniores Sen S12 50m: 9:35.06 - 25m: 8:57.61 / S13 -
Esperanças Esp S13 50m: 6:53.94 - 25m: 6:43.09 / S13 - Seniores Sen S13 50m: 6:19.76 - 25m: 6:09.81 / S113 -
Esperanças Esp S113 50m: 6:53.94 - 25m: 6:43.09 / S113 - Seniores Sen S113 50m: 6:19.76 - 25m: 6:09.81 / S14 -
Esperanças Esp S14 50m: 7:16.82 - 25m: 7:13.92 / S14 - Seniores Sen S14 50m: 6:40.75 - 25m: 6:38.09 / S15 -
Esperanças Esp S15 50m: 6:50.25 - 25m: 6:37.23 / S15 - Seniores Sen S15 50m: 6:16.38 - 25m: 6:04.43 / S16 -
Esperanças Esp S16 50m: 8:06.04 - 25m: 7:43.57 / S16 - Seniores Sen S16 50m: 7:25.91 - 25m: 7:05.29 / S17 -
Esperanças Esp S17 50m: 7:55.44 - 25m: 7:52.83 / S17 - Seniores Sen S17 50m: 7:16.18 - 25m: 7:13.79 / S21 -
Esperanças Esp S21 50m: 8:36.16 - 25m: 8:45.75 / S21 - Seniores Sen S21 50m: 7:53.54 - 25m: 8:02.34 / MO -
Esperanças Esp M 50m: 8:36.16 - 25m: 8:45.75 / MO - Seniores Sen M 50m: 7:53.54 - 25m: 8:02.34

Pontos: KNZB NED WPS 2025

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	WPS/AQUA
Classe S6-S14-Absolutos							
1.	Marco Ribeiro, Meneses	01	S11	204993	O Crasto	4:46.78	802
	50m: 32.15 32.15			150m: 1:45.11 36.97	250m: 2:58.48 36.63	350m: 4:11.48 36.54	
	100m: 1:08.14 35.99			200m: 2:21.85 36.74	300m: 3:34.94 36.46	400m: 4:46.78 35.30	
2.	Joao Matos, Fidalgo	03	S10	128885	Geslours	4:37.11	656
	50m: 31.32 31.32			150m: 1:41.22 35.37	250m: 2:52.89 36.13	350m: 4:04.18 35.83	
	100m: 1:05.85 34.53			200m: 2:16.76 35.54	300m: 3:28.35 35.46	400m: 4:37.11 32.93	
3.	Ricardo Aderneira, Soares	99	S7	132927	Geslours	5:15.17	650
	50m: 36.47 36.47			150m: 1:54.76 39.73	250m: 3:15.12 40.56	350m: 4:36.14 40.60	
	100m: 1:15.03 38.56			200m: 2:34.56 39.80	300m: 3:55.54 40.42	400m: 5:15.17 39.03	
4.	Andre Carreiro, Ponte	92	S14	25907	Clube Naval de Ponta Delgada	5:22.37	451
	50m: 34.17 34.17			150m: 1:54.15 41.40	250m: 3:17.78 42.24	350m: 4:44.57 43.69	
	100m: 1:12.75 38.58			200m: 2:35.54 41.39	300m: 4:00.88 43.10	400m: 5:22.37 37.80	
5.	Rafael Ramirez, Picoto	05	S8	218015	Sporting	5:48.18	434
	50m: 37.93 37.93			150m: 2:04.14 44.16	250m: 3:32.20 43.53	350m: 5:03.04 45.73	
	100m: 1:19.98 42.05			200m: 2:48.67 44.53	300m: 4:17.31 45.11	400m: 5:48.18 45.14	

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

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final WPS/AQUA						
6.	Antonio Joaquin, Alves	97	S14	210482	Fcp	5:33.17 409						
	50m:	34.48	34.48	150m:	1:55.20	41.99	250m:	3:17.56	42.48	350m:	4:49.45	46.58
	100m:	1:13.21	38.73	200m:	2:35.08	39.88	300m:	4:02.87	45.31	400m:	5:33.17	43.72
7.	Simao Pedro, Rocha	06	S14	203015	Aquatico Pacense	5:34.08 405						
	50m:	36.79	36.79	150m:	1:59.66	42.36	250m:	3:26.17	43.80	350m:	4:53.28	43.78
	100m:	1:17.30	40.51	200m:	2:42.37	42.71	300m:	4:09.50	43.33	400m:	5:34.08	40.80
8.	Francisco Santos, Pinheiro	02	S6	223321	Feira Viva Cultura e Desporto	6:39.03 379						
	50m:	43.21	43.21	150m:	2:18.88	49.00	250m:	3:59.93	50.39	350m:	5:49.81	57.45
	100m:	1:29.88	46.67	200m:	3:09.54	50.66	300m:	4:52.36	52.43	400m:	6:39.03	49.22
9.	Ricardo Silva, Reis	09	S9	216676	Fcp	5:58.90 340						
	50m:	37.29	37.29	150m:	2:06.13	46.21	250m:	3:40.56	47.67	350m:	5:14.24	47.26
	100m:	1:19.92	42.63	200m:	2:52.89	46.76	300m:	4:26.98	46.42	400m:	5:58.90	44.66
10.	Rodrigo Miguel, Alcobia	11	S10	223370	Natacao Ferreira do Zezere	5:50.01 326						
	50m:	35.24	35.24	150m:	2:00.44	44.08	250m:	3:31.39	45.59	350m:	5:05.27	46.92
	100m:	1:16.36	41.12	200m:	2:45.80	45.36	300m:	4:18.35	46.96	400m:	5:50.01	44.74
11.	Levi Daniel, Nascimento	99	S14	147141	O2-Portimao	6:05.42 310						
	50m:	39.04	39.04	150m:	2:07.99	45.56	250m:	3:41.77	48.19	350m:	5:18.18	48.72
	100m:	1:22.43	43.39	200m:	2:53.58	45.59	300m:	4:29.46	47.69	400m:	6:05.42	47.24
12.	Jose Carneirinho, Ribeiro	90	S14	133321	Sporting	6:35.39 245						
	50m:	40.08	40.08	150m:	2:20.97	51.66	250m:	4:05.38	52.17	350m:	5:47.92	51.11
	100m:	1:29.31	49.23	200m:	3:13.21	52.24	300m:	4:56.81	51.43	400m:	6:35.39	47.47
13.	Tiago Gouveia, Dinis	96	S12	219664	Clube Desportivo Nacional	8:11.37 127						
	50m:	49.36	49.36	150m:	2:49.03	1:02.45	250m:	4:59.01	1:04.84	350m:	7:09.29	1:04.16
	100m:	1:46.58	57.22	200m:	3:54.17	1:05.14	300m:	6:05.13	1:06.12	400m:	8:11.37	1:02.08

Classe S15-Absolutos

1.	Ryan Lukas, Desousa	11	S15	217269	ACSintra	4:30.79 536						
	50m:	29.77	29.77	150m:	1:38.06	35.22	250m:	2:48.53	35.41	350m:	3:57.47	34.39
	100m:	1:02.84	33.07	200m:	2:13.12	35.06	300m:	3:23.08	34.55	400m:	4:30.79	33.32
2.	Ricardo Andrade, Belezas	91	S15	132918	Os Belenenses	4:36.03 506						
	50m:	30.79	30.79	150m:	1:39.21	34.90	250m:	2:50.34	35.64	350m:	4:01.14	34.87
	100m:	1:04.31	33.52	200m:	2:14.70	35.49	300m:	3:26.27	35.93	400m:	4:36.03	34.89

Classe S17-Absolutos

1.	Joaquim Eduardo, Carvalho	07	S17	202564	Naval Do Funchal	5:02.56 384						
	50m:	32.61	32.61	150m:	1:47.38	38.32	250m:	3:06.44	39.94	350m:	4:25.32	39.43
	100m:	1:09.06	36.45	200m:	2:26.50	39.12	300m:	3:45.89	39.45	400m:	5:02.56	37.24
2.	Vasco Feliciano, Soares	09	S17	217139	Feira Viva Cultura e Desporto	5:26.32 306						
	50m:	36.43	36.43	150m:	1:57.40	42.07	250m:	3:21.73	42.46	350m:	4:46.78	43.06
	100m:	1:15.33	38.90	200m:	2:39.27	41.87	300m:	4:03.72	41.99	400m:	5:26.32	39.54
3.	David Silva, Paiva	04	S17	212742	Fcp	5:27.62 303						
	50m:	36.22	36.22	150m:	1:56.73	41.09	250m:	3:21.15	42.52	350m:	4:46.35	42.85
	100m:	1:15.64	39.42	200m:	2:38.63	41.90	300m:	4:03.50	42.35	400m:	5:27.62	41.27
4.	Francisco Simoes, Rodrigues	06	S17	213534	Olhar21	5:43.02 264						
	50m:	35.09	35.09	150m:	2:04.15	45.46	250m:	3:32.62	43.64	350m:	5:04.20	44.79
	100m:	1:18.69	43.60	200m:	2:48.98	44.83	300m:	4:19.41	46.79	400m:	5:43.02	38.82

Prova 2, Masc., 400m Livres, Classe S17-Absolutos

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo final	WPS/AQUA
5.	Diogo Henrique, Ferreira	09	S17	145244	RIA Aqua Tavira	5:44.21	261
	50m: 38.30 38.30	150m: 2:05.58	43.86	250m: 3:35.72	45.22	350m: 5:04.77	43.48
	100m: 1:21.72 43.42	200m: 2:50.50	44.92	300m: 4:21.29	45.57	400m: 5:44.21	39.44
6.	Joao Afonso, Conceicao	11	S17	221813	Fcp	5:45.15	259
	50m: 33.68 33.68	150m: 1:55.52	42.70	250m:		350m: 5:00.83	47.34
	100m: 1:12.82 39.14	200m: 2:40.06	44.54	300m: 4:13.49		400m: 5:45.15	44.32
7.	Pedro Fernandes, Manito	02	S17	210491	Palmela Desporto	6:14.26	203
	50m: 41.75 41.75	150m: 2:14.08	47.59	250m: 3:50.26	49.21	350m: 5:26.81	49.34
	100m: 1:26.49 44.74	200m: 3:01.05	46.97	300m: 4:37.47	47.21	400m: 6:14.26	47.45
8.	Marco Alexandre, Miranda	07	S17	221068	Alhandra Sporting Club	6:16.47	199
	50m: 39.91 39.91	150m: 2:12.89	47.74	250m: 3:51.73	49.82	350m: 5:29.51	48.81
	100m: 1:25.15 45.24	200m: 3:01.91	49.02	300m: 4:40.70	48.97	400m: 6:16.47	46.96
9.	Jose Viscaya, Vieira	07	S17	141073	Sporting Clube de Aveiro	6:21.17	192
	50m: 39.76 39.76	150m: 2:19.09	50.39	250m: 3:56.97	48.91	350m: 5:38.51	50.02
	100m: 1:28.70 48.94	200m: 3:08.06	48.97	300m: 4:48.49	51.52	400m: 6:21.17	42.66
10.	Miguel Paiva, Branco	97	S17	204251	APPDA Coimbra	6:27.37	183
	50m: 41.46 41.46	150m: 2:15.95	49.04	250m: 3:56.82	50.77	350m: 5:38.38	50.85
	100m: 1:26.91 45.45	200m: 3:06.05	50.10	300m: 4:47.53	50.71	400m: 6:27.37	48.99

Classe S21-Absolutos

1.	Andre Reis, Almeida	00	S21	201716	Sporting	5:51.90	244
	50m: 36.98 36.98	150m: 2:04.13	44.77	250m: 3:35.20	45.94	350m: 5:08.43	46.83
	100m: 1:19.36 42.38	200m: 2:49.26	45.13	300m: 4:21.60	46.40	400m: 5:51.90	43.47
2.	Tomas Aniceto, Santos	99	S21	147091	Feira Viva Cultura e Desporto	7:06.37	137
	50m: 46.83 46.83	150m: 2:36.42	56.22	250m: 4:22.51	54.14	350m: 6:11.30	55.14
	100m: 1:40.20 53.37	200m: 3:28.37	51.95	300m: 5:16.16	53.65	400m: 7:06.37	55.07
3.	Diogo Miguel, Correia	08	S21	217138	Feira Viva Cultura e Desporto	7:13.87	130
	50m: 41.03 41.03	150m: 2:30.10	56.09	250m: 4:21.08	54.12	350m: 6:19.29	1:02.22
	100m: 1:34.01 52.98	200m: 3:26.96	56.86	300m: 5:17.07	55.99	400m: 7:13.87	54.58
4.	Joel Alexandre, Pereira <i>FTL</i>	92	S21	148272	APC Coimbra	7:54.78	99
	50m: 49.78 49.78	150m: 2:53.44	1:02.16	250m: 4:56.96	1:02.02	350m: 6:57.11	59.06
	100m: 1:51.28 1:01.50	200m: 3:54.94	1:01.50	300m: 5:58.05	1:01.09	400m: 7:54.78	57.67

Classe S6-Seniores

1.	Francisco Santos, Pinheiro	02	S6	223321	Feira Viva Cultura e Desporto	6:39.03	379
	50m: 43.21 43.21	150m: 2:18.88	49.00	250m: 3:59.93	50.39	350m: 5:49.81	57.45
	100m: 1:29.88 46.67	200m: 3:09.54	50.66	300m: 4:52.36	52.43	400m: 6:39.03	49.22

Classe S7-Seniores

1.	Ricardo Aderneira, Soares	99	S7	132927	Geslours	5:15.17	650
	50m: 36.47 36.47	150m: 1:54.76	39.73	250m: 3:15.12	40.56	350m: 4:36.14	40.60
	100m: 1:15.03 38.56	200m: 2:34.56	39.80	300m: 3:55.54	40.42	400m: 5:15.17	39.03

Prova 2, Masc., 400m Livres

Classe S8-Seniores

1. Rafael Ramirez, Picoto	05	S8	218015	Sporting				5:48.18	434
50m: 37.93	37.93	150m: 2:04.14	44.16	250m: 3:32.20	43.53	350m: 5:03.04	45.73		
100m: 1:19.98	42.05	200m: 2:48.67	44.53	300m: 4:17.31	45.11	400m: 5:48.18	45.14		

Classe S9-Seniores

1. Ricardo Silva, Reis	09	S9	216676	Fcp				5:58.90	340
50m: 37.29	37.29	150m: 2:06.13	46.21	250m: 3:40.56	47.67	350m: 5:14.24	47.26		
100m: 1:19.92	42.63	200m: 2:52.89	46.76	300m: 4:26.98	46.42	400m: 5:58.90	44.66		

Classe S10-Esperanças

1. Rodrigo Miguel, Alcobia	11	S10	223370	Natacao Ferreira do Zezere				5:50.01	326
50m: 35.24	35.24	150m: 2:00.44	44.08	250m: 3:31.39	45.59	350m: 5:05.27	46.92		
100m: 1:16.36	41.12	200m: 2:45.80	45.36	300m: 4:18.35	46.96	400m: 5:50.01	44.74		

Classe S10-Seniores

1. Joao Matos, Fidalgo	03	S10	128885	Geslours				4:37.11	656
50m: 31.32	31.32	150m: 1:41.22	35.37	250m: 2:52.89	36.13	350m: 4:04.18	35.83		
100m: 1:05.85	34.53	200m: 2:16.76	35.54	300m: 3:28.35	35.46	400m: 4:37.11	32.93		

Classe S11-Seniores

1. Marco Ribeiro, Meneses	01	S11	204993	O Crasto				4:46.78	802
50m: 32.15	32.15	150m: 1:45.11	36.97	250m: 2:58.48	36.63	350m: 4:11.48	36.54		
100m: 1:08.14	35.99	200m: 2:21.85	36.74	300m: 3:34.94	36.46	400m: 4:46.78	35.30		

Classe S12-Seniores

1. Tiago Gouveia, Dinis	96	S12	219664	Clube Desportivo Nacional				8:11.37	127
50m: 49.36	49.36	150m: 2:49.03	1:02.45	250m: 4:59.01	1:04.84	350m: 7:09.29	1:04.16		
100m: 1:46.58	57.22	200m: 3:54.17	1:05.14	300m: 6:05.13	1:06.12	400m: 8:11.37	1:02.08		

Classe S14-Seniores

1. Andre Carreiro, Ponte	92	S14	25907	Clube Naval de Ponta Delgada				5:22.37	451
50m: 34.17	34.17	150m: 1:54.15	41.40	250m: 3:17.78	42.24	350m: 4:44.57	43.69		
100m: 1:12.75	38.58	200m: 2:35.54	41.39	300m: 4:00.88	43.10	400m: 5:22.37	37.80		
2. Antonio Joaquin, Alves	97	S14	210482	Fcp				5:33.17	409
50m: 34.48	34.48	150m: 1:55.20	41.99	250m: 3:17.56	42.48	350m: 4:49.45	46.58		
100m: 1:13.21	38.73	200m: 2:35.08	39.88	300m: 4:02.87	45.31	400m: 5:33.17	43.72		
3. Simao Pedro, Rocha	06	S14	203015	Aquatico Pacense				5:34.08	405
50m: 36.79	36.79	150m: 1:59.66	42.36	250m: 3:26.17	43.80	350m: 4:53.28	43.78		
100m: 1:17.30	40.51	200m: 2:42.37	42.71	300m: 4:09.50	43.33	400m: 5:34.08	40.80		
4. Levi Daniel, Nascimento	99	S14	147141	O2-Portimao				6:05.42	310
50m: 39.04	39.04	150m: 2:07.99	45.56	250m: 3:41.77	48.19	350m: 5:18.18	48.72		
100m: 1:22.43	43.39	200m: 2:53.58	45.59	300m: 4:29.46	47.69	400m: 6:05.42	47.24		
5. Jose Carneirinho, Ribeiro	90	S14	133321	Sporting				6:35.39	245
50m: 40.08	40.08	150m: 2:20.97	51.66	250m: 4:05.38	52.17	350m: 5:47.92	51.11		
100m: 1:29.31	49.23	200m: 3:13.21	52.24	300m: 4:56.81	51.43	400m: 6:35.39	47.47		

Prova 2, Masc., 400m Livres

Classe S15-Esperanças

1. Ryan Lukas, Desousa	11	S15	217269	ACSintra				4:30.79	536
50m: 29.77	29.77	150m: 1:38.06	35.22	250m: 2:48.53	35.41	350m: 3:57.47	34.39		
100m: 1:02.84	33.07	200m: 2:13.12	35.06	300m: 3:23.08	34.55	400m: 4:30.79	33.32		

Classe S15-Seniores

1. Ricardo Andrade, Belezas	91	S15	132918	Os Belenenses				4:36.03	506
50m: 30.79	30.79	150m: 1:39.21	34.90	250m: 2:50.34	35.64	350m: 4:01.14	34.87		
100m: 1:04.31	33.52	200m: 2:14.70	35.49	300m: 3:26.27	35.93	400m: 4:36.03	34.89		

Classe S17-Esperanças

1. Joao Afonso, Conceicao	11	S17	221813	Fcp				5:45.15	259
50m: 33.68	33.68	150m: 1:55.52	42.70	250m:		350m: 5:00.83	47.34		
100m: 1:12.82	39.14	200m: 2:40.06	44.54	300m: 4:13.49		400m: 5:45.15	44.32		

Classe S17-Seniores

1. Joaquim Eduardo, Carvalho	07	S17	202564	Naval Do Funchal				5:02.56	384
50m: 32.61	32.61	150m: 1:47.38	38.32	250m: 3:06.44	39.94	350m: 4:25.32	39.43		
100m: 1:09.06	36.45	200m: 2:26.50	39.12	300m: 3:45.89	39.45	400m: 5:02.56	37.24		
2. Vasco Feliciano, Soares	09	S17	217139	Feira Viva Cultura e Desporto				5:26.32	306
50m: 36.43	36.43	150m: 1:57.40	42.07	250m: 3:21.73	42.46	350m: 4:46.78	43.06		
100m: 1:15.33	38.90	200m: 2:39.27	41.87	300m: 4:03.72	41.99	400m: 5:26.32	39.54		
3. David Silva, Paiva	04	S17	212742	Fcp				5:27.62	303
50m: 36.22	36.22	150m: 1:56.73	41.09	250m: 3:21.15	42.52	350m: 4:46.35	42.85		
100m: 1:15.64	39.42	200m: 2:38.63	41.90	300m: 4:03.50	42.35	400m: 5:27.62	41.27		
4. Francisco Simoes, Rodrigues	06	S17	213534	Olhar21				5:43.02	264
50m: 35.09	35.09	150m: 2:04.15	45.46	250m: 3:32.62	43.64	350m: 5:04.20	44.79		
100m: 1:18.69	43.60	200m: 2:48.98	44.83	300m: 4:19.41	46.79	400m: 5:43.02	38.82		
5. Diogo Henrique, Ferreira	09	S17	145244	RIA Aqua Tavira				5:44.21	261
50m: 38.30	38.30	150m: 2:05.58	43.86	250m: 3:35.72	45.22	350m: 5:04.77	43.48		
100m: 1:21.72	43.42	200m: 2:50.50	44.92	300m: 4:21.29	45.57	400m: 5:44.21	39.44		
6. Pedro Fernandes, Manito	02	S17	210491	Palmela Desporto				6:14.26	203
50m: 41.75	41.75	150m: 2:14.08	47.59	250m: 3:50.26	49.21	350m: 5:26.81	49.34		
100m: 1:26.49	44.74	200m: 3:01.05	46.97	300m: 4:37.47	47.21	400m: 6:14.26	47.45		
7. Marco Alexandre, Miranda	07	S17	221068	Alhandra Sporting Club				6:16.47	199
50m: 39.91	39.91	150m: 2:12.89	47.74	250m: 3:51.73	49.82	350m: 5:29.51	48.81		
100m: 1:25.15	45.24	200m: 3:01.91	49.02	300m: 4:40.70	48.97	400m: 6:16.47	46.96		
8. Jose Viscaya, Vieira	07	S17	141073	Sporting Clube de Aveiro				6:21.17	192
50m: 39.76	39.76	150m: 2:19.09	50.39	250m: 3:56.97	48.91	350m: 5:38.51	50.02		
100m: 1:28.70	48.94	200m: 3:08.06	48.97	300m: 4:48.49	51.52	400m: 6:21.17	42.66		
9. Miguel Paiva, Branco	97	S17	204251	APPDA Coimbra				6:27.37	183
50m: 41.46	41.46	150m: 2:15.95	49.04	250m: 3:56.82	50.77	350m: 5:38.38	50.85		
100m: 1:26.91	45.45	200m: 3:06.05	50.10	300m: 4:47.53	50.71	400m: 6:27.37	48.99		

Prova 2, Masc., 400m Livres

Classe S21-Seniores

1. Andre Reis, Almeida	00	S21	201716	Sporting				5:51.90	244
50m: 36.98	36.98	150m: 2:04.13	44.77	250m: 3:35.20	45.94	350m: 5:08.43	46.83		
100m: 1:19.36	42.38	200m: 2:49.26	45.13	300m: 4:21.60	46.40	400m: 5:51.90	43.47		
2. Tomas Aniceto, Santos	99	S21	147091	Feira Viva Cultura e Desporto				7:06.37	137
50m: 46.83	46.83	150m: 2:36.42	56.22	250m: 4:22.51	54.14	350m: 6:11.30	55.14		
100m: 1:40.20	53.37	200m: 3:28.37	51.95	300m: 5:16.16	53.65	400m: 7:06.37	55.07		
3. Diogo Miguel, Correia	08	S21	217138	Feira Viva Cultura e Desporto				7:13.87	130
50m: 41.03	41.03	150m: 2:30.10	56.09	250m: 4:21.08	54.12	350m: 6:19.29	1:02.22		
100m: 1:34.01	52.98	200m: 3:26.96	56.86	300m: 5:17.07	55.99	400m: 7:13.87	54.58		
4. Joel Alexandre, Pereira	92	S21	148272	APC Coimbra				7:54.78	99
<i>FTL</i>									
50m: 49.78	49.78	150m: 2:53.44	1:02.16	250m: 4:56.96	1:02.02	350m: 6:57.11	59.06		
100m: 1:51.28	1:01.50	200m: 3:54.94	1:01.50	300m: 5:58.05	1:01.09	400m: 7:54.78	57.67		