

Prova 35	Masc., 400m Livres				Absoluto
19-02-2017					Resultados
Rec Nac Adaptada Classe S6	6:04.03	Ivo Filipe ROCHA	FVCD	Santa Maria da Feira	21-01-2017
Rec Nac Adaptada Classe S7	6:55.11	Nuno Diogo ALVES	CNMAIA	Aveiro	28-11-2015
Rec Nac Adaptada Classe S8	5:22.84	Ruben Daniel LINHARES	FVCD	Viseu	29-11-2014
Rec Nac Adaptada Classe S9	4:20.62	David Realista GRACHAT	GESL	Porto	06-06-2015
Rec Nac Adaptada Classe S10	4:23.44	Emanuel Luis GONCALVES	CDN	Funchal	14-03-2014
Rec Nac Adaptada Classe S11	6:05.12	Amadeu Andre CRUZ	FVCD	Santa Maria da Feira	10-01-2015
Rec Nac Adaptada Classe S12	59:00.00	start			
Rec Nac Adaptada Classe S13	4:24.15	Vitor Hugo ENCARNACAO	CDN	Funchal	05-07-2013
Rec Nac Adaptada Classe S14	5:28.84	Pedro Miguel RIBEIRO	CPN	Mealhada	18-02-2017
Rec Nac Adaptada Classe S15	4:50.86	Ricardo Andrade BELEZAS	CNA	Reboleira	10-06-2015
Rec Nac Adaptada Classe S21	6:04.14	Filipe Bjorcke SANTOS	POR	Estarreja	19-09-2013

Minimos CE DSISO : 6:08.50

Pontos: IPC NED S14

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	IPC	Pts
Classe S6-S14-Absolutos									
1.	David Realista GRACHAT	87	S9	1,4		Gesloures	4:21.79	870	
	25m: 14.59 14.59	125m: 1:19.68	16.35	225m: 2:26.07	16.41	325m: 3:33.03	16.61		
	50m: 30.37 15.78	150m: 1:36.48	16.80	250m: 2:42.77	16.70	350m: 3:49.92	16.89		
	75m: 46.67 16.30	175m: 1:52.84	16.36	275m: 2:59.41	16.64	375m: 4:06.44	16.52		
	100m: 1:03.33 16.66	200m: 2:09.66	16.82	300m: 3:16.42	17.01	400m: 4:21.79	15.35		
2.	Gino Santos CAETANO	94	S10	A 9		Galitos / Bresimar	4:31.59	721	
	25m: 14.06 14.06	125m: 1:19.24	16.73	225m: 2:28.43	17.37	325m: 3:38.81	17.54		
	50m: 29.78 15.72	150m: 1:36.37	17.13	250m: 2:46.19	17.76	350m: 3:56.90	18.09		
	75m: 45.82 16.04	175m: 1:53.44	17.07	275m: 3:03.73	17.54	375m: 4:14.40	17.50		
	100m: 1:02.51 16.69	200m: 2:11.06	17.62	300m: 3:21.27	17.54	400m: 4:31.59	17.19		
3.	Filipe Pereira GARCIA	97	S9			Sporting	4:55.33	606	
	25m: 15.60 15.60	125m: 1:28.33	18.73	225m: 2:43.63	18.49	325m: 3:59.54	18.64		
	50m: 33.15 17.55	150m: 1:47.26	18.93	250m: 3:02.66	19.03	350m: 4:18.11	18.57		
	75m: 51.24 18.09	175m: 2:05.95	18.69	275m: 3:21.72	19.06	375m: 4:37.03	18.92		
	100m: 1:09.60 18.36	200m: 2:25.14	19.19	300m: 3:40.90	19.18	400m: 4:55.33	18.30		
4.	Pedro Miguel RIBEIRO	91	S14			Propaganda da Natacao	5:22.28	488	
	25m: 16.15 16.15	125m: 1:35.45	20.91	225m: 2:59.20	20.96	325m: 4:21.44	20.17		
	50m: 35.20 19.05	150m: 1:56.89	21.44	250m: 3:19.84	20.64	350m: 4:42.34	20.90		
	75m: 55.29 20.09	175m: 2:17.39	20.50	275m: 3:40.42	20.58	375m: 5:02.54	20.20		
	100m: 1:14.54 19.25	200m: 2:38.24	20.85	300m: 4:01.27	20.85	400m: 5:22.28	19.74		
5.	Ivo Filipe ROCHA	90	S6	A 12		Feira Viva	6:20.81	431	
	25m: 21.59 21.59	125m: 1:54.01	23.52	225m: 3:30.21	24.35	325m: 5:07.54	24.49		
	50m: 44.35 22.76	150m: 2:17.52	23.51	250m: 3:54.40	24.19	350m: 5:31.95	24.41		
	75m: 1:07.27 22.92	175m: 2:41.60	24.08	275m: 4:18.56	24.16	375m: 5:56.44	24.49		
	100m: 1:30.49 23.22	200m: 3:05.86	24.26	300m: 4:43.05	24.49	400m: 6:20.81	24.37		
6.	Micael Silva SOUSA	00	S14			Sporting de Aveiro	5:36.60	428	
	25m: 16.32 16.32	125m: 1:40.56	22.02	225m: 3:10.20	22.26	325m: 4:37.31	21.06		
	50m: 35.98 19.66	150m: 2:03.26	22.70	250m: 3:31.86	21.66	350m: 4:57.64	20.33		
	75m: 56.89 20.91	175m: 2:25.77	22.51	275m: 3:54.55	22.69	375m: 5:17.84	20.20		
	100m: 1:18.54 21.65	200m: 2:47.94	22.17	300m: 4:16.25	21.70	400m: 5:36.60	18.76		
7.	Daniel Carlos VIDEIRA	92	S8			Gesloures	5:52.05	423	
	25m: 18.40 18.40	125m: 1:47.68	22.41	225m: 3:16.33	21.82	325m: 4:44.64	22.69		
	50m: 40.11 21.71	150m: 2:10.20	22.52	250m: 3:38.13	21.80	350m: 5:07.81	23.17		
	75m: 1:02.73 22.62	175m: 2:32.69	22.49	275m: 3:59.97	21.84	375m: 5:30.90	23.09		
	100m: 1:25.27 22.54	200m: 2:54.51	21.82	300m: 4:21.95	21.98	400m: 5:52.05	21.15		

Prova 35, Masc., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
8.	Amadeu Andre CRUZ <i>Rec Nac Classe S11</i>	97	S11	A B T	Porto	6:01.99	374	
	25m: 17.20 17.20	125m: 1:48.37	23.64	225m: 3:21.75	24.47	325m: 4:56.88	24.27	
	50m: 38.55 21.35	150m: 2:11.54	23.17	250m: 3:45.04	23.29	350m: 5:19.85	22.97	
	75m: 1:01.90 23.35	175m: 2:34.37	22.83	275m: 4:07.41	22.37	375m: 5:41.72	21.87	
	100m: 1:24.73 22.83	200m: 2:57.28	22.91	300m: 4:32.61	25.20	400m: 6:01.99	20.27	
9.	Miguel Paiva BRANCO	97	S14		APPDACOimbra	6:11.68	318	
	25m: 19.79 19.79	125m: 1:49.15	23.57	225m: 3:24.55	24.01	325m: 5:01.92	25.22	
	50m: 41.16 21.37	150m: 2:13.16	24.01	250m: 3:48.36	23.81	350m: 5:25.48	23.56	
	75m: 1:02.94 21.78	175m: 2:36.39	23.23	275m: 4:11.98	23.62	375m: 5:49.18	23.70	
	100m: 1:25.58 22.64	200m: 3:00.54	24.15	300m: 4:36.70	24.72	400m: 6:11.68	22.50	
10.	Nuno Diogo ALVES <i>Rec Nac Classe S7</i>	88	S7	A 12	Propaganda da Natacao	6:51.59	312	
	25m: 22.74 22.74	125m: 2:04.91	26.12	225m: 3:49.48	27.13	325m: 5:34.44	26.57	
	50m: 47.71 24.97	150m: 2:31.21	26.30	250m: 4:14.58	25.10	350m: 6:00.84	26.40	
	75m: 1:13.28 25.57	175m: 2:56.63	25.42	275m: 4:43.18	28.60	375m: 6:26.90	26.06	
	100m: 1:38.79 25.51	200m: 3:22.35	25.72	300m: 5:07.87	24.69	400m: 6:51.59	24.69	
11.	Levi Daniel NASCIMENTO	99	S14		O2 Portimao	6:27.56	281	
	25m: 19.12 19.12	125m: 1:52.64	24.32	225m: 3:31.98	25.10	325m: 5:12.28	25.95	
	50m: 40.92 21.80	150m: 2:16.83	24.19	250m: 3:56.19	24.21	350m: 5:37.56	25.28	
	75m: 1:04.06 23.14	175m: 2:42.15	25.32	275m: 4:21.26	25.07	375m: 6:02.96	25.40	
	100m: 1:28.32 24.26	200m: 3:06.88	24.73	300m: 4:46.33	25.07	400m: 6:27.56	24.60	
12.	Flavio Martinho SANTOS	89	S9	12+	Torres Novas	6:25.93	272	
	25m: 19.57 19.57	125m: 1:52.42	24.01	225m: 3:31.75	25.82	325m: 5:14.32	26.26	
	50m: 41.78 22.21	150m: 2:16.88	24.46	250m: 3:57.19	25.44	350m: 5:39.43	25.11	
	75m: 1:04.79 23.01	175m: 2:40.82	23.94	275m: 4:22.95	25.76	375m: 6:04.18	24.75	
	100m: 1:28.41 23.62	200m: 3:05.93	25.11	300m: 4:48.06	25.11	400m: 6:25.93	21.75	
13.	Francisco Mario GOUVEIA	75	S9	9	Feira Viva	6:28.77	266	
	25m: 19.04 19.04	125m: 1:49.48	23.85	225m: 3:29.60	25.27	325m: 5:14.12	26.62	
	50m: 40.07 21.03	150m: 2:14.14	24.66	250m: 3:55.76	26.16	350m: 5:40.09	25.97	
	75m: 1:01.77 21.70	175m: 2:38.95	24.81	275m: 4:20.91	25.15	375m: 6:05.30	25.21	
	100m: 1:25.63 23.86	200m: 3:04.33	25.38	300m: 4:47.50	26.59	400m: 6:28.77	23.47	
14.	Diogo Barros SILVA	03	S9		Pimpoes/Cimai	6:36.14	251	
	25m: 20.89 20.89	125m: 2:00.56	25.38	225m: 3:41.85	24.70	325m: 5:24.28	25.42	
	50m: 44.99 24.10	150m: 2:26.45	25.89	250m: 4:07.35	25.50	350m: 5:50.34	26.06	
	75m: 1:09.62 24.63	175m: 2:51.30	24.85	275m: 4:32.70	25.35	375m: 6:14.98	24.64	
	100m: 1:35.18 25.56	200m: 3:17.15	25.85	300m: 4:58.86	26.16	400m: 6:36.14	21.16	
15.	Jose Carneirinho RIBEIRO	90	S14		Sporting	7:02.71	216	
	25m: 21.51 21.51	125m: 2:05.91	26.62	225m: 3:57.37	27.41	325m: 5:48.74	27.14	
	50m: 46.06 24.55	150m: 2:33.94	28.03	250m: 4:25.88	28.51	350m: 6:15.51	26.77	
	75m: 1:11.90 25.84	175m: 3:01.67	27.73	275m: 4:53.33	27.45	375m: 6:39.74	24.23	
	100m: 1:39.29 27.39	200m: 3:29.96	28.29	300m: 5:21.60	28.27	400m: 7:02.71	22.97	
16.	Jose Manuel PINTO	00	S7	12	ADADA Porto	7:46.15	215	
	25m: 23.82 23.82	125m: 2:14.52	29.53	225m: 4:16.50	30.51	325m: 6:17.70	29.50	
	50m: 49.65 25.83	150m: 2:44.42	29.90	250m: 4:47.99	31.49	350m: 6:48.69	30.99	
	75m: 1:16.75 27.10	175m: 3:15.23	30.81	275m: 5:17.63	29.64	375m: 7:19.02	30.33	
	100m: 1:44.99 28.24	200m: 3:45.99	30.76	300m: 5:48.20	30.57	400m: 7:46.15	27.13	

Prova 35, Masc., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
17.	Joao Miguel CAMPOS	79	S7		ADADA Porto	7:55.05	203	
	25m: 22.21 22.21	125m: 2:15.65	29.49	225m: 4:19.40	30.55	325m: 6:25.06	30.34	
	50m: 49.30 27.09	150m: 2:46.93	31.28	250m: 4:50.42	31.02	350m: 6:57.56	32.50	
	75m: 1:16.69 27.39	175m: 3:17.54	30.61	275m: 5:22.52	32.10	375m: 7:28.60	31.04	
	100m: 1:46.16 29.47	200m: 3:48.85	31.31	300m: 5:54.72	32.20	400m: 7:55.05	26.45	
18.	David Emanuel MONTOIA	00	S7	A 12+	Vila DEste/Gaia	8:28.98	165	
	25m: 24.23 24.23	125m: 2:21.18	32.02	225m: 4:29.78	32.30	325m: 6:46.98	35.63	
	50m: 51.03 26.80	150m: 2:54.09	32.91	250m: 5:03.58	33.80	350m: 7:21.12	34.14	
	75m: 1:19.08 28.05	175m: 3:25.60	31.51	275m: 5:37.40	33.82	375m: 7:54.09	32.97	
	100m: 1:49.16 30.08	200m: 3:57.48	31.88	300m: 6:11.35	33.95	400m: 8:28.98	34.89	
19.	Jaime Lopes CATARINO	91	S6	12	Sporting de Aveiro	8:48.55	161	
	25m: 30.95 30.95	125m: 2:39.99	33.29	225m: 4:54.14	33.28	325m: 7:08.56	33.98	
	50m: 1:02.44 31.49	150m: 3:13.81	33.82	250m: 5:28.03	33.89	350m: 7:42.35	33.79	
	75m: 1:34.65 32.21	175m: 3:47.07	33.26	275m: 6:01.52	33.49	375m: 8:15.66	33.31	
	100m: 2:06.70 32.05	200m: 4:20.86	33.79	300m: 6:34.58	33.06	400m: 8:48.55	32.89	
20.	Antonio Pedro OLIVEIRA	03	S10		Porto	7:32.12	156	
	25m: 23.82 23.82	125m: 2:15.32	28.39	225m: 4:11.20	28.85	325m: 6:05.99	28.38	
	50m: 52.15 28.33	150m: 2:45.59	30.27	250m: 4:40.58	29.38	350m: 6:35.75	29.76	
	75m: 1:18.98 26.83	175m: 3:12.60	27.01	275m: 5:08.72	28.14	375m: 7:01.81	26.06	
	100m: 1:46.93 27.95	200m: 3:42.35	29.75	300m: 5:37.61	28.89	400m: 7:32.12	30.31	
21.	Jose Pedro VALENTE	98	S8	1,5,12+	Salesiano de Arouca	8:15.26	152	
	25m: 23.94 23.94	125m: 2:23.90	31.53	225m: 4:31.12	31.36	325m: 6:38.43	32.05	
	50m: 52.63 28.69	150m: 2:56.16	32.26	250m: 5:01.84	30.72	350m: 7:11.01	32.58	
	75m: 1:21.62 28.99	175m: 3:27.02	30.86	275m: 5:33.69	31.85	375m:		
	100m: 1:52.37 30.75	200m: 3:59.76	32.74	300m: 6:06.38	32.69	400m: 8:15.26		
22.	Dario Marques PADRE	93	S6		Sporting de Aveiro	9:10.99	142	
	25m: 28.37 28.37	125m: 2:40.69	34.13	225m: 4:59.91	35.23	325m: 7:23.84	35.19	
	50m: 1:01.13 32.76	150m: 3:14.88	34.19	250m: 5:37.36	37.45	350m: 8:00.34	36.50	
	75m: 1:33.92 32.79	175m: 3:49.26	34.38	275m: 6:12.62	35.26	375m: 8:34.98	34.64	
	100m: 2:06.56 32.64	200m: 4:24.68	35.42	300m: 6:48.65	36.03	400m: 9:10.99	36.01	

Classe S6-Seniores

1.	Ivo Filipe ROCHA	90	S6	A 12	Feira Viva	6:20.81	431	
	25m: 21.59 21.59	125m: 1:54.01	23.52	225m: 3:30.21	24.35	325m: 5:07.54	24.49	
	50m: 44.35 22.76	150m: 2:17.52	23.51	250m: 3:54.40	24.19	350m: 5:31.95	24.41	
	75m: 1:07.27 22.92	175m: 2:41.60	24.08	275m: 4:18.56	24.16	375m: 5:56.44	24.49	
	100m: 1:30.49 23.22	200m: 3:05.86	24.26	300m: 4:43.05	24.49	400m: 6:20.81	24.37	
2.	Jaime Lopes CATARINO	91	S6	12	Sporting de Aveiro	8:48.55	161	
	25m: 30.95 30.95	125m: 2:39.99	33.29	225m: 4:54.14	33.28	325m: 7:08.56	33.98	
	50m: 1:02.44 31.49	150m: 3:13.81	33.82	250m: 5:28.03	33.89	350m: 7:42.35	33.79	
	75m: 1:34.65 32.21	175m: 3:47.07	33.26	275m: 6:01.52	33.49	375m: 8:15.66	33.31	
	100m: 2:06.70 32.05	200m: 4:20.86	33.79	300m: 6:34.58	33.06	400m: 8:48.55	32.89	
3.	Dario Marques PADRE	93	S6		Sporting de Aveiro	9:10.99	142	
	25m: 28.37 28.37	125m: 2:40.69	34.13	225m: 4:59.91	35.23	325m: 7:23.84	35.19	
	50m: 1:01.13 32.76	150m: 3:14.88	34.19	250m: 5:37.36	37.45	350m: 8:00.34	36.50	
	75m: 1:33.92 32.79	175m: 3:49.26	34.38	275m: 6:12.62	35.26	375m: 8:34.98	34.64	
	100m: 2:06.56 32.64	200m: 4:24.68	35.42	300m: 6:48.65	36.03	400m: 9:10.99	36.01	

Prova 35, Masc., 400m Livres

Classe S7-Seniores

1. Nuno Diogo ALVES	88	S7	A 12	Propaganda da Natacao	6:51.59	312					
<i>Rec Nac Classe S7</i>											
25m:	22.74	22.74	125m:	2:04.91	26.12	225m:	3:49.48	27.13	325m:	5:34.44	26.57
50m:	47.71	24.97	150m:	2:31.21	26.30	250m:	4:14.58	25.10	350m:	6:00.84	26.40
75m:	1:13.28	25.57	175m:	2:56.63	25.42	275m:	4:43.18	28.60	375m:	6:26.90	26.06
100m:	1:38.79	25.51	200m:	3:22.35	25.72	300m:	5:07.87	24.69	400m:	6:51.59	24.69
2. Jose Manuel PINTO	00	S7	12	ADADA Porto	7:46.15	215					
25m:	23.82	23.82	125m:	2:14.52	29.53	225m:	4:16.50	30.51	325m:	6:17.70	29.50
50m:	49.65	25.83	150m:	2:44.42	29.90	250m:	4:47.99	31.49	350m:	6:48.69	30.99
75m:	1:16.75	27.10	175m:	3:15.23	30.81	275m:	5:17.63	29.64	375m:	7:19.02	30.33
100m:	1:44.99	28.24	200m:	3:45.99	30.76	300m:	5:48.20	30.57	400m:	7:46.15	27.13
3. Joao Miguel CAMPOS	79	S7		ADADA Porto	7:55.05	203					
25m:	22.21	22.21	125m:	2:15.65	29.49	225m:	4:19.40	30.55	325m:	6:25.06	30.34
50m:	49.30	27.09	150m:	2:46.93	31.28	250m:	4:50.42	31.02	350m:	6:57.56	32.50
75m:	1:16.69	27.39	175m:	3:17.54	30.61	275m:	5:22.52	32.10	375m:	7:28.60	31.04
100m:	1:46.16	29.47	200m:	3:48.85	31.31	300m:	5:54.72	32.20	400m:	7:55.05	26.45
4. David Emanuel MONTOIA	00	S7	A 12+	Vila DEste/Gaia	8:28.98	165					
25m:	24.23	24.23	125m:	2:21.18	32.02	225m:	4:29.78	32.30	325m:	6:46.98	35.63
50m:	51.03	26.80	150m:	2:54.09	32.91	250m:	5:03.58	33.80	350m:	7:21.12	34.14
75m:	1:19.08	28.05	175m:	3:25.60	31.51	275m:	5:37.40	33.82	375m:	7:54.09	32.97
100m:	1:49.16	30.08	200m:	3:57.48	31.88	300m:	6:11.35	33.95	400m:	8:28.98	34.89

Classe S8-Seniores

1. Daniel Carlos VIDEIRA	92	S8		Geslours	5:52.05	423					
25m:	18.40	18.40	125m:	1:47.68	22.41	225m:	3:16.33	21.82	325m:	4:44.64	22.69
50m:	40.11	21.71	150m:	2:10.20	22.52	250m:	3:38.13	21.80	350m:	5:07.81	23.17
75m:	1:02.73	22.62	175m:	2:32.69	22.49	275m:	3:59.97	21.84	375m:	5:30.90	23.09
100m:	1:25.27	22.54	200m:	2:54.51	21.82	300m:	4:21.95	21.98	400m:	5:52.05	21.15
2. Jose Pedro VALENTE	98	S8	1,5,12+	Salesiano de Arouca	8:15.26	152					
25m:	23.94	23.94	125m:	2:23.90	31.53	225m:	4:31.12	31.36	325m:	6:38.43	32.05
50m:	52.63	28.69	150m:	2:56.16	32.26	250m:	5:01.84	30.72	350m:	7:11.01	32.58
75m:	1:21.62	28.99	175m:	3:27.02	30.86	275m:	5:33.69	31.85	375m:		
100m:	1:52.37	30.75	200m:	3:59.76	32.74	300m:	6:06.38	32.69	400m:	8:15.26	

Classe S9-Esperanças

1. Diogo Barros SILVA	03	S9		Pimpoes/Cimai	6:36.14	251					
25m:	20.89	20.89	125m:	2:00.56	25.38	225m:	3:41.85	24.70	325m:	5:24.28	25.42
50m:	44.99	24.10	150m:	2:26.45	25.89	250m:	4:07.35	25.50	350m:	5:50.34	26.06
75m:	1:09.62	24.63	175m:	2:51.30	24.85	275m:	4:32.70	25.35	375m:	6:14.98	24.64
100m:	1:35.18	25.56	200m:	3:17.15	25.85	300m:	4:58.86	26.16	400m:	6:36.14	21.16

Classe S9-Seniores

1. David Realista GRACHAT	87	S9	1,4	Geslours	4:21.79	870					
25m:	14.59	14.59	125m:	1:19.68	16.35	225m:	2:26.07	16.41	325m:	3:33.03	16.61
50m:	30.37	15.78	150m:	1:36.48	16.80	250m:	2:42.77	16.70	350m:	3:49.92	16.89
75m:	46.67	16.30	175m:	1:52.84	16.36	275m:	2:59.41	16.64	375m:	4:06.44	16.52
100m:	1:03.33	16.66	200m:	2:09.66	16.82	300m:	3:16.42	17.01	400m:	4:21.79	15.35

Prova 35, Masc., 400m Livres, Classe S9-Seniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
2.	Filipe Pereira GARCIA	97	S9		Sporting	4:55.33	606	
	25m: 15.60 15.60	125m: 1:28.33	18.73	225m: 2:43.63	18.49	325m: 3:59.54	18.64	
	50m: 33.15 17.55	150m: 1:47.26	18.93	250m: 3:02.66	19.03	350m: 4:18.11	18.57	
	75m: 51.24 18.09	175m: 2:05.95	18.69	275m: 3:21.72	19.06	375m: 4:37.03	18.92	
	100m: 1:09.60 18.36	200m: 2:25.14	19.19	300m: 3:40.90	19.18	400m: 4:55.33	18.30	
3.	Flavio Martinho SANTOS	89	S9	12+	Torres Novas	6:25.93	272	
	25m: 19.57 19.57	125m: 1:52.42	24.01	225m: 3:31.75	25.82	325m: 5:14.32	26.26	
	50m: 41.78 22.21	150m: 2:16.88	24.46	250m: 3:57.19	25.44	350m: 5:39.43	25.11	
	75m: 1:04.79 23.01	175m: 2:40.82	23.94	275m: 4:22.95	25.76	375m: 6:04.18	24.75	
	100m: 1:28.41 23.62	200m: 3:05.93	25.11	300m: 4:48.06	25.11	400m: 6:25.93	21.75	
4.	Francisco Mario GOUVEIA	75	S9	9	Feira Viva	6:28.77	266	
	25m: 19.04 19.04	125m: 1:49.48	23.85	225m: 3:29.60	25.27	325m: 5:14.12	26.62	
	50m: 40.07 21.03	150m: 2:14.14	24.66	250m: 3:55.76	26.16	350m: 5:40.09	25.97	
	75m: 1:01.77 21.70	175m: 2:38.95	24.81	275m: 4:20.91	25.15	375m: 6:05.30	25.21	
	100m: 1:25.63 23.86	200m: 3:04.33	25.38	300m: 4:47.50	26.59	400m: 6:28.77	23.47	

Classe S10-Esperanças

1.	Antonio Pedro OLIVEIRA	03	S10		Porto	7:32.12	156	
	25m: 23.82 23.82	125m: 2:15.32	28.39	225m: 4:11.20	28.85	325m: 6:05.99	28.38	
	50m: 52.15 28.33	150m: 2:45.59	30.27	250m: 4:40.58	29.38	350m: 6:35.75	29.76	
	75m: 1:18.98 26.83	175m: 3:12.60	27.01	275m: 5:08.72	28.14	375m: 7:01.81	26.06	
	100m: 1:46.93 27.95	200m: 3:42.35	29.75	300m: 5:37.61	28.89	400m: 7:32.12	30.31	

Classe S10-Seniores

1.	Gino Santos CAETANO	94	S10	A 9	Galitos / Bresimar	4:31.59	721	
	25m: 14.06 14.06	125m: 1:19.24	16.73	225m: 2:28.43	17.37	325m: 3:38.81	17.54	
	50m: 29.78 15.72	150m: 1:36.37	17.13	250m: 2:46.19	17.76	350m: 3:56.90	18.09	
	75m: 45.82 16.04	175m: 1:53.44	17.07	275m: 3:03.73	17.54	375m: 4:14.40	17.50	
	100m: 1:02.51 16.69	200m: 2:11.06	17.62	300m: 3:21.27	17.54	400m: 4:31.59	17.19	

Classe S11-Seniores

1.	Amadeu Andre CRUZ	97	S11	A B T	Porto	6:01.99	374	
	<i>Rec Nac Classe S11</i>							
	25m: 17.20 17.20	125m: 1:48.37	23.64	225m: 3:21.75	24.47	325m: 4:56.88	24.27	
	50m: 38.55 21.35	150m: 2:11.54	23.17	250m: 3:45.04	23.29	350m: 5:19.85	22.97	
	75m: 1:01.90 23.35	175m: 2:34.37	22.83	275m: 4:07.41	22.37	375m: 5:41.72	21.87	
	100m: 1:24.73 22.83	200m: 2:57.28	22.91	300m: 4:32.61	25.20	400m: 6:01.99	20.27	

Classe S14-Seniores

1.	Pedro Miguel RIBEIRO	91	S14		Propaganda da Natacao	5:22.28	488	
	25m: 16.15 16.15	125m: 1:35.45	20.91	225m: 2:59.20	20.96	325m: 4:21.44	20.17	
	50m: 35.20 19.05	150m: 1:56.89	21.44	250m: 3:19.84	20.64	350m: 4:42.34	20.90	
	75m: 55.29 20.09	175m: 2:17.39	20.50	275m: 3:40.42	20.58	375m: 5:02.54	20.20	
	100m: 1:14.54 19.25	200m: 2:38.24	20.85	300m: 4:01.27	20.85	400m: 5:22.28	19.74	

Prova 35, Masc., 400m Livres, Classe S14-Seniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	IPC	Pts
2.	Micael Silva SOUSA	00	S14		Sporting de Aveiro	5:36.60	428	
	25m: 16.32 16.32	125m: 1:40.56	22.02	225m: 3:10.20	22.26	325m: 4:37.31	21.06	
	50m: 35.98 19.66	150m: 2:03.26	22.70	250m: 3:31.86	21.66	350m: 4:57.64	20.33	
	75m: 56.89 20.91	175m: 2:25.77	22.51	275m: 3:54.55	22.69	375m: 5:17.84	20.20	
	100m: 1:18.54 21.65	200m: 2:47.94	22.17	300m: 4:16.25	21.70	400m: 5:36.60	18.76	
3.	Miguel Paiva BRANCO	97	S14		APPDAlCoimbra	6:11.68	318	
	25m: 19.79 19.79	125m: 1:49.15	23.57	225m: 3:24.55	24.01	325m: 5:01.92	25.22	
	50m: 41.16 21.37	150m: 2:13.16	24.01	250m: 3:48.36	23.81	350m: 5:25.48	23.56	
	75m: 1:02.94 21.78	175m: 2:36.39	23.23	275m: 4:11.98	23.62	375m: 5:49.18	23.70	
	100m: 1:25.58 22.64	200m: 3:00.54	24.15	300m: 4:36.70	24.72	400m: 6:11.68	22.50	
4.	Levi Daniel NASCIMENTO	99	S14		O2 Portimao	6:27.56	281	
	25m: 19.12 19.12	125m: 1:52.64	24.32	225m: 3:31.98	25.10	325m: 5:12.28	25.95	
	50m: 40.92 21.80	150m: 2:16.83	24.19	250m: 3:56.19	24.21	350m: 5:37.56	25.28	
	75m: 1:04.06 23.14	175m: 2:42.15	25.32	275m: 4:21.26	25.07	375m: 6:02.96	25.40	
	100m: 1:28.32 24.26	200m: 3:06.88	24.73	300m: 4:46.33	25.07	400m: 6:27.56	24.60	
5.	Jose Carneirinho RIBEIRO	90	S14		Sporting	7:02.71	216	
	25m: 21.51 21.51	125m: 2:05.91	26.62	225m: 3:57.37	27.41	325m: 5:48.74	27.14	
	50m: 46.06 24.55	150m: 2:33.94	28.03	250m: 4:25.88	28.51	350m: 6:15.51	26.77	
	75m: 1:11.90 25.84	175m: 3:01.67	27.73	275m: 4:53.33	27.45	375m: 6:39.74	24.23	
	100m: 1:39.29 27.39	200m: 3:29.96	28.29	300m: 5:21.60	28.27	400m: 7:02.71	22.97	

Classe S21 (SDown)-Absolutos

1.	Jose Augusto RIBEIRO	92	S21		Propaganda da Natacao	6:30.74	179	
	25m: 19.40 19.40	125m: 1:55.07	24.56	225m: 3:34.90	24.41	325m: 5:15.34	24.69	
	50m: 42.25 22.85	150m: 2:20.52	25.45	250m: 4:00.32	25.42	350m: 5:40.94	25.60	
	75m: 1:05.66 23.41	175m: 2:44.92	24.40	275m: 4:24.77	24.45	375m: 6:04.96	24.02	
	100m: 1:30.51 24.85	200m: 3:10.49	25.57	300m: 4:50.65	25.88	400m: 6:30.74	25.78	
2.	Francisco Pessanha MONTES	02	S21		ADADA Porto	7:25.37	121	
	25m: 21.03 21.03	125m: 2:10.39	28.35	225m: 4:05.03	29.03	325m: 5:58.50	27.84	
	50m: 46.47 25.44	150m: 2:39.44	29.05	250m: 4:33.43	28.40	350m: 6:27.81	29.31	
	75m: 1:13.71 27.24	175m: 3:07.91	28.47	275m: 5:01.49	28.06	375m: 6:56.12	28.31	
	100m: 1:42.04 28.33	200m: 3:36.00	28.09	300m: 5:30.66	29.17	400m: 7:25.37	29.25	
3.	Daniel Filipe MOREIRA	97	S21		Vila DEste/Gaia	8:33.93	79	
	25m: 24.69 24.69	125m: 2:22.56	32.27	225m: 4:32.82	34.03	325m: 6:51.31	34.73	
	50m: 51.41 26.72	150m: 2:53.58	31.02	250m: 5:06.56	33.74	350m: 7:24.97	33.66	
	75m: 1:20.69 29.28	175m: 3:25.99	32.41	275m: 5:43.01	36.45	375m: 8:00.94	35.97	
	100m: 1:50.29 29.60	200m: 3:58.79	32.80	300m: 6:16.58	33.57	400m: 8:33.93	32.99	

Classe S21 (SDown)-Esperanças

1.	Francisco Pessanha MONTES	02	S21		ADADA Porto	7:25.37	121	
	25m: 21.03 21.03	125m: 2:10.39	28.35	225m: 4:05.03	29.03	325m: 5:58.50	27.84	
	50m: 46.47 25.44	150m: 2:39.44	29.05	250m: 4:33.43	28.40	350m: 6:27.81	29.31	
	75m: 1:13.71 27.24	175m: 3:07.91	28.47	275m: 5:01.49	28.06	375m: 6:56.12	28.31	
	100m: 1:42.04 28.33	200m: 3:36.00	28.09	300m: 5:30.66	29.17	400m: 7:25.37	29.25	

Prova 35, Masc., 400m Livres

Classe S21 (SDown)-Seniores

1. Jose Augusto RIBEIRO	92	S21	Propaganda da Natacao				6:30.74	179
25m: 19.40 19.40	125m: 1:55.07	24.56	225m: 3:34.90	24.41	325m: 5:15.34	24.69		
50m: 42.25 22.85	150m: 2:20.52	25.45	250m: 4:00.32	25.42	350m: 5:40.94	25.60		
75m: 1:05.66 23.41	175m: 2:44.92	24.40	275m: 4:24.77	24.45	375m: 6:04.96	24.02		
100m: 1:30.51 24.85	200m: 3:10.49	25.57	300m: 4:50.65	25.88	400m: 6:30.74	25.78		
2. Daniel Filipe MOREIRA	97	S21	Vila DEste/Gaia				8:33.93	79
25m: 24.69 24.69	125m: 2:22.56	32.27	225m: 4:32.82	34.03	325m: 6:51.31	34.73		
50m: 51.41 26.72	150m: 2:53.58	31.02	250m: 5:06.56	33.74	350m: 7:24.97	33.66		
75m: 1:20.69 29.28	175m: 3:25.99	32.41	275m: 5:43.01	36.45	375m: 8:00.94	35.97		
100m: 1:50.29 29.60	200m: 3:58.79	32.80	300m: 6:16.58	33.57	400m: 8:33.93	32.99		

Classe S110

1. Tiago Filipe GOMES	02		Vila DEste/Gaia				5:07.68	366
25m: 15.76 15.76	125m: 1:30.81	19.39	225m: 2:49.09	19.76	325m: 4:09.88	20.40		
50m: 33.47 17.71	150m: 1:50.39	19.58	250m: 3:09.03	19.94	350m: 4:29.75	19.87		
75m: 52.29 18.82	175m: 2:09.81	19.42	275m: 3:29.42	20.39	375m: 4:49.25	19.50		
100m: 1:11.42 19.13	200m: 2:29.33	19.52	300m: 3:49.48	20.06	400m: 5:07.68	18.43		
2. Luis Miguel ASSUNCAO	01		Porto				6:19.54	195
25m: 19.09 19.09	125m: 1:51.07	23.98	225m: 3:28.65	24.00	325m: 5:06.86	23.55		
50m: 40.66 21.57	150m: 2:15.12	24.05	250m: 3:53.62	24.97	350m: 5:31.00	24.14		
75m: 1:03.74 23.08	175m: 2:40.82	25.70	275m: 4:18.26	24.64	375m: 5:56.32	25.32		
100m: 1:27.09 23.35	200m: 3:04.65	23.83	300m: 4:43.31	25.05	400m: 6:19.54	23.22		