

Prova 2	Masc., 400m Livres				Absoluto
17-06-2017 - 15:55					Resultados
Rec Nac Adaptada Classe S6	6:09.54	ROCHA Ivo Filipe	FVCD	Póvoa de Varzim	18-06-2016
Rec Nac Adaptada Classe S7	7:10.72	ALVES Nuno Diogo	CPN	Porto	29-04-2017
Rec Nac Adaptada Classe S8	5:23.25	LINHARES Ruben Daniel	POR	Funchal	02-05-2016
Rec Nac Adaptada Classe S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
Rec Nac Adaptada Classe S10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10-06-2011
Rec Nac Adaptada Classe S11	6:00.75	CRUZ Amadeu Andre	FCP	Porto	29-04-2017
Rec Nac Adaptada Classe S12	59:00.00	start			
Rec Nac Adaptada Classe S13	4:31.26	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	10-08-2014
Rec Nac Adaptada Classe S14	5:27.72	RIBEIRO Pedro Miguel	POR	Loano (ITA)	10-06-2016
Rec Nac Adaptada Classe S15	4:39.17	NEVES Tiago Correia	CFB	Póvoa de Varzim	18-06-2016
Rec Nac Adaptada Classe S21	6:16.63	RIBEIRO Jose Augusto	POR	Florence (ITA)	18-07-2016

Minimos IPC : 5:36.83; : 4:25.23

Pontos: IPC NED S14

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
Classe S6-S14-Absolutos								
1.	GRACHAT David Realista	87	S9	1,4	GesLoures	4:33.98	759	9,00
	50m: 31.72 31.72	150m: 1:39.31	34.43	250m: 2:48.61	34.63	350m: 3:59.19	35.48	
	100m: 1:04.88 33.16	200m: 2:13.98	34.67	300m: 3:23.71	35.10	400m: 4:33.98	34.79	
2.	CAETANO Gino Santos	94	S10	A 9	Galitos/ Bresimar	4:29.73	736	9,00
	50m: 30.98 30.98	150m: 1:37.01	33.46	250m: 2:45.12	34.24	350m: 3:55.55	35.28	
	100m: 1:03.55 32.57	200m: 2:10.88	33.87	300m: 3:20.27	35.15	400m: 4:29.73	34.18	
3.	GARCIA Filipe Pereira	97	S9	8,12+	Sporting	4:48.33	651	7,00
	50m: 32.81 32.81	150m: 1:43.09	35.92	250m: 2:55.48	35.51	350m: 4:11.61	38.13	
	100m: 1:07.17 34.36	200m: 2:19.97	36.88	300m: 3:33.48	38.00	400m: 4:48.33	36.72	
4.	VIDEIRA Daniel Carlos	92	S7	6,12+	GesLoures	5:41.64	545	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 38.03 38.03	150m: 2:02.77	42.63	250m: 3:29.53	43.68	350m: 4:58.39	44.12	
	100m: 1:20.14 42.11	200m: 2:45.85	43.08	300m: 4:14.27	44.74	400m: 5:41.64	43.25	
5.	ARRIBAS SANTALLANA Ignacio	98	S10		C. N. Pozuelo	4:58.36	544	-
	50m: 32.97 32.97	150m: 1:47.31	37.89	250m: 3:03.89	38.33	350m: 4:21.22	38.62	
	100m: 1:09.42 36.45	200m: 2:25.56	38.25	300m: 3:42.60	38.71	400m: 4:58.36	37.14	
6.	REIS Bruno Ferreira	00	S8	12+	Feira Viva	5:28.74	520	9,00
	50m: 35.78 35.78	150m: 1:55.60	41.24	250m: 3:19.76	42.40	350m: 4:46.07	43.87	
	100m: 1:14.36 38.58	200m: 2:37.36	41.76	300m: 4:02.20	42.44	400m: 5:28.74	42.67	
7.	ROCHA Ivo Filipe	90	S6	A 12	Feira Viva	6:12.07	463	9,00
	50m: 43.17 43.17	150m: 2:14.83	46.56	250m: 3:49.68	47.60	350m: 5:24.97	47.65	
	100m: 1:28.27 45.10	200m: 3:02.08	47.25	300m: 4:37.32	47.64	400m: 6:12.07	47.10	
8.	SOARES Ricardo Aderneira	99	S8	6,12+	Colegio Monte Maior	5:43.78	455	7,00
	50m: 36.85 36.85	150m: 2:00.88	42.82	250m: 3:29.46	45.38	350m: 4:59.82	45.63	
	100m: 1:18.06 41.21	200m: 2:44.08	43.20	300m: 4:14.19	44.73	400m: 5:43.78	43.96	
9.	RIBEIRO Pedro Miguel	91	S14		Propaganda da Natacao	5:36.93	427	9,00
	50m: 34.88 34.88	150m: 1:56.01	41.48	250m: 3:23.12	43.60	350m: 4:52.48	44.27	
	100m: 1:14.53 39.65	200m: 2:39.52	43.51	300m: 4:08.21	45.09	400m: 5:36.93	44.45	

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

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
10.	CRUZ Amadeu Andre <i>Rec Nac Classe S11</i>	97	S11	A B T	Porto	5:54.26	399	9,00
	50m: 36.28 36.28	150m: 2:06.80	47.48	250m: 3:39.22	46.39	350m: 5:10.28	45.33	
	100m: 1:19.32 43.04	200m: 2:52.83	46.03	300m: 4:24.95	45.73	400m: 5:54.26	43.98	
11.	SILVA Andre Guimaraes	96	S14		Fluvial Portuense	6:05.71	334	7,00
	50m: 37.66 37.66	150m: 2:10.20	47.58	250m: 3:44.76	46.64	350m: 5:19.59	47.03	
	100m: 1:22.62 44.96	200m: 2:58.12	47.92	300m: 4:32.56	47.80	400m: 6:05.71	46.12	
12.	AYDIN Muhammed Ali	97	S6	A 1,4,12+	Turkey	7:04.96	310	-
	50m: 38.38 38.38	150m: 2:15.67	51.29	250m: 4:08.04	57.18	350m: 6:06.35	59.93	
	100m: 1:24.38 46.00	200m: 3:10.86	55.19	300m: 5:06.42	58.38	400m: 7:04.96	58.61	
13.	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	6:59.67	294	7,00
	50m: 48.98 48.98	150m: 2:33.63	53.42	250m: 4:19.27	52.48	350m: 6:07.22	54.06	
	100m: 1:40.21 51.23	200m: 3:26.79	53.16	300m: 5:13.16	53.89	400m: 6:59.67	52.45	
14.	GOUVEIA Francisco Mario	75	S9	9	Feira Viva	6:30.14	263	6,00
	50m: 42.90 42.90	150m: 2:16.91	48.00	250m: 3:56.82	50.55	350m: 5:40.68	51.93	
	100m: 1:28.91 46.01	200m: 3:06.27	49.36	300m: 4:48.75	51.93	400m: 6:30.14	49.46	
15.	RIBEIRO Jose Carneirinho	90	S14		Sporting	6:40.85	254	6,00
	50m: 42.87 42.87	150m: 2:25.46	52.08	250m: 4:10.57	52.72	350m: 5:54.19	50.71	
	100m: 1:33.38 50.51	200m: 3:17.85	52.39	300m: 5:03.48	52.91	400m: 6:40.85	46.66	
16.	SANTOS Flavio Martinho	89	S9	12+	Torres Novas	6:40.58	243	5,00
	50m: 42.46 42.46	150m: 2:19.18	49.30	250m: 4:04.11	52.88	350m: 5:52.14	54.16	
	100m: 1:29.88 47.42	200m: 3:11.23	52.05	300m: 4:57.98	53.87	400m: 6:40.58	48.44	
17.	OLIVEIRA Antonio Pedro	03	S10		Porto	6:59.61	196	9,00
	50m: 44.16 44.16	150m: 2:30.18	54.14	250m: 4:18.51	54.34	350m: 6:07.45	53.97	
	100m: 1:36.04 51.88	200m: 3:24.17	53.99	300m: 5:13.48	54.97	400m: 6:59.61	52.16	
18.	CASTANHEIRA Rodolfo Francisco	01	S9	9	GesLoures	7:21.94	181	9,00
	50m: 44.85 44.85	150m: 2:34.15	56.57	250m: 4:31.00	57.94	350m: 6:28.44	59.79	
	100m: 1:37.58 52.73	200m: 3:33.06	58.91	300m: 5:28.65	57.65	400m: 7:21.94	53.50	
19.	PINTO Jose Manuel	00	S7	12	ADADA Porto	8:17.44	177	6,00
	50m: 45.52 45.52	150m: 2:41.74	1:01.25	250m: 4:53.91	1:06.60	350m: 7:12.42	1:07.47	
	100m: 1:40.49 54.97	200m: 3:47.31	1:05.57	300m: 6:04.95	1:11.04	400m: 8:17.44	1:05.02	
20.	PADRE Dario Marques	93	S6	12	Sporting de Aveiro	9:14.63	140	7,00
	50m: 1:04.82 1:04.82	150m: 3:23.60	1:10.71	250m: 5:44.82	1:10.85	350m: 8:05.91	1:10.64	
	100m: 2:12.89 1:08.07	200m: 4:33.97	1:10.37	300m: 6:55.27	1:10.45	400m: 9:14.63	1:08.72	

Prova 2, Masc., 400m Livres

Classe S21 (SDown)-Absolutos

1. RIBEIRO Jose Augusto	92	S21	Propaganda da Natacao						6:30.71	179	9,00
50m: 40.33 40.33	150m: 2:16.46	49.07	250m: 3:57.92	51.66	350m: 5:40.63	51.07					
100m: 1:27.39 47.06	200m: 3:06.26	49.80	300m: 4:49.56	51.64	400m: 6:30.71	50.08					
2. MONTES Francisco Pessanha	02	S21	ADADA Porto						6:53.69	151	9,00
50m: 43.22 43.22	150m: 2:26.20	52.97	250m: 4:12.39	52.88	350m: 6:01.21	54.23					
100m: 1:33.23 50.01	200m: 3:19.51	53.31	300m: 5:06.98	54.59	400m: 6:53.69	52.48					
3. SEBASTIAO Miguel Pereira	98	S21	Sporting de Aveiro						7:25.90	120	7,00
50m: 43.70 43.70	150m: 2:32.51	56.28	250m: 4:28.28	56.60	350m: 6:18.93	54.66					
100m: 1:36.23 52.53	200m: 3:31.68	59.17	300m: 5:24.27	55.99	400m: 7:25.90	1:06.97					
4. MOREIRA Daniel Filipe	97	S21	Vila DEste						7:44.14	107	6,00
50m: 48.23 48.23	150m: 2:41.85	58.80	250m: 4:41.72	1:01.38	350m: 6:45.64	1:02.37					
100m: 1:43.05 54.82	200m: 3:40.34	58.49	300m: 5:43.27	1:01.55	400m: 7:44.14	58.50					
5. FERNANDES Joao Formigo	95	S21	Alhandra						8:02.75	95	5,00
50m: 47.42 47.42	150m: 2:47.28	1:01.40	250m: 4:52.78	1:02.04	350m: 7:00.60	1:02.76					
100m: 1:45.88 58.46	200m: 3:50.74	1:03.46	300m: 5:57.84	1:05.06	400m: 8:02.75	1:02.15					
6. PEREIRA Joel Alexandre	92	S21	APC Coimbra						8:06.30	93	4,00
50m: 52.97 52.97	150m: 3:00.76	1:04.41	250m: 5:05.55	1:01.96	350m: 7:08.94	1:01.44					
100m: 1:56.35 1:03.38	200m: 4:03.59	1:02.83	300m: 6:07.50	1:01.95	400m: 8:06.30	57.36					

Classe S110

1. GOMES Tiago Filipe	02		Vila DEste						5:21.62	320	-
50m: 34.15 34.15	150m: 1:54.15	41.36	250m: 3:18.12	42.58	350m: 4:42.48	41.92					
100m: 1:12.79 38.64	200m: 2:35.54	41.39	300m: 4:00.56	42.44	400m: 5:21.62	39.14					
2. ASSUNCAO Luis Miguel	01		Porto						6:05.75	218	-
50m: 38.81 38.81	150m: 2:12.62	47.47	250m: 3:47.70	47.06	350m: 5:22.89	48.20					
100m: 1:25.15 46.34	200m: 3:00.64	48.02	300m: 4:34.69	46.99	400m: 6:05.75	42.86					

Classe S6-Seniores

1. ROCHA Ivo Filipe	90	S6	A 12	Feira Viva						6:12.07	463	9,00
50m: 43.17 43.17	150m: 2:14.83	46.56	250m: 3:49.68	47.60	350m: 5:24.97	47.65						
100m: 1:28.27 45.10	200m: 3:02.08	47.25	300m: 4:37.32	47.64	400m: 6:12.07	47.10						
2. AYDIN Muhammed Ali	97	S6	A 1,4,12+ Turkey						7:04.96	310	-	
50m: 38.38 38.38	150m: 2:15.67	51.29	250m: 4:08.04	57.18	350m: 6:06.35	59.93						
100m: 1:24.38 46.00	200m: 3:10.86	55.19	300m: 5:06.42	58.38	400m: 7:04.96	58.61						

Prova 2, Masc., 400m Livres, Classe S6-Seniores

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts				
3.	PADRE Dario Marques	93	S6	12	Sporting de Aveiro	9:14.63	140	7,00				
	50m:	1:04.82	1:04.82	150m:	3:23.60	1:10.71	250m:	5:44.82	1:10.85	350m:	8:05.91	1:10.64
	100m:	2:12.89	1:08.07	200m:	4:33.97	1:10.37	300m:	6:55.27	1:10.45	400m:	9:14.63	1:08.72

Classe S7-Seniores

1.	VIDEIRA Daniel Carlos <i>Rec Nac Classe S7</i>	92	S7	6,12+	GesLoures	5:41.64	545	9,00				
	50m:	38.03	38.03	150m:	2:02.77	42.63	250m:	3:29.53	43.68	350m:	4:58.39	44.12
	100m:	1:20.14	42.11	200m:	2:45.85	43.08	300m:	4:14.27	44.74	400m:	5:41.64	43.25
2.	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	6:59.67	294	7,00				
	50m:	48.98	48.98	150m:	2:33.63	53.42	250m:	4:19.27	52.48	350m:	6:07.22	54.06
	100m:	1:40.21	51.23	200m:	3:26.79	53.16	300m:	5:13.16	53.89	400m:	6:59.67	52.45
3.	PINTO Jose Manuel	00	S7	12	ADADA Porto	8:17.44	177	6,00				
	50m:	45.52	45.52	150m:	2:41.74	1:01.25	250m:	4:53.91	1:06.60	350m:	7:12.42	1:07.47
	100m:	1:40.49	54.97	200m:	3:47.31	1:05.57	300m:	6:04.95	1:11.04	400m:	8:17.44	1:05.02

Classe S8-Seniores

1.	REIS Bruno Ferreira	00	S8	12+	Feira Viva	5:28.74	520	9,00				
	50m:	35.78	35.78	150m:	1:55.60	41.24	250m:	3:19.76	42.40	350m:	4:46.07	43.87
	100m:	1:14.36	38.58	200m:	2:37.36	41.76	300m:	4:02.20	42.44	400m:	5:28.74	42.67
2.	SOARES Ricardo Aderneira	99	S8	6,12+	Colegio Monte Maior	5:43.78	455	7,00				
	50m:	36.85	36.85	150m:	2:00.88	42.82	250m:	3:29.46	45.38	350m:	4:59.82	45.63
	100m:	1:18.06	41.21	200m:	2:44.08	43.20	300m:	4:14.19	44.73	400m:	5:43.78	43.96

Classe S9-Esperanças

1.	CASTANHEIRA Rodolfo Francisco 01	S9	9		GesLoures	7:21.94	181	9,00				
	50m:	44.85	44.85	150m:	2:34.15	56.57	250m:	4:31.00	57.94	350m:	6:28.44	59.79
	100m:	1:37.58	52.73	200m:	3:33.06	58.91	300m:	5:28.65	57.65	400m:	7:21.94	53.50

Classe S9-Seniores

1.	GRACHAT David Realista	87	S9	1,4	GesLoures	4:33.98	759	9,00				
	50m:	31.72	31.72	150m:	1:39.31	34.43	250m:	2:48.61	34.63	350m:	3:59.19	35.48
	100m:	1:04.88	33.16	200m:	2:13.98	34.67	300m:	3:23.71	35.10	400m:	4:33.98	34.79
2.	GARCIA Filipe Pereira	97	S9	8,12+	Sporting	4:48.33	651	7,00				
	50m:	32.81	32.81	150m:	1:43.09	35.92	250m:	2:55.48	35.51	350m:	4:11.61	38.13
	100m:	1:07.17	34.36	200m:	2:19.97	36.88	300m:	3:33.48	38.00	400m:	4:48.33	36.72
3.	GOUVEIA Francisco Mario	75	S9	9	Feira Viva	6:30.14	263	6,00				
	50m:	42.90	42.90	150m:	2:16.91	48.00	250m:	3:56.82	50.55	350m:	5:40.68	51.93
	100m:	1:28.91	46.01	200m:	3:06.27	49.36	300m:	4:48.75	51.93	400m:	6:30.14	49.46

Prova 2, Masc., 400m Livres, Classe S9-Seniores

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
4.	SANTOS Flavio Martinho	89	S9	12+	Torres Novas	6:40.58	243	5,00
	50m: 42.46 42.46	150m: 2:19.18	49.30	250m: 4:04.11	52.88	350m: 5:52.14	54.16	
	100m: 1:29.88 47.42	200m: 3:11.23	52.05	300m: 4:57.98	53.87	400m: 6:40.58	48.44	

Classe S10-Esperanças

1.	OLIVEIRA Antonio Pedro	03	S10		Porto	6:59.61	196	9,00
	50m: 44.16 44.16	150m: 2:30.18	54.14	250m: 4:18.51	54.34	350m: 6:07.45	53.97	
	100m: 1:36.04 51.88	200m: 3:24.17	53.99	300m: 5:13.48	54.97	400m: 6:59.61	52.16	

Classe S10-Seniores

1.	CAETANO Gino Santos	94	S10	A 9	Galitos/ Bresimar	4:29.73	736	9,00
	50m: 30.98 30.98	150m: 1:37.01	33.46	250m: 2:45.12	34.24	350m: 3:55.55	35.28	
	100m: 1:03.55 32.57	200m: 2:10.88	33.87	300m: 3:20.27	35.15	400m: 4:29.73	34.18	
2.	ARRIBAS SANTALLANA Ignacio	98	S10		C. N. Pozuelo	4:58.36	544	-
	50m: 32.97 32.97	150m: 1:47.31	37.89	250m: 3:03.89	38.33	350m: 4:21.22	38.62	
	100m: 1:09.42 36.45	200m: 2:25.56	38.25	300m: 3:42.60	38.71	400m: 4:58.36	37.14	

Classe S11-Seniores

1.	CRUZ Amadeu Andre <i>Rec Nac Classe S11</i>	97	S11	A B T	Porto	5:54.26	399	9,00
	50m: 36.28 36.28	150m: 2:06.80	47.48	250m: 3:39.22	46.39	350m: 5:10.28	45.33	
	100m: 1:19.32 43.04	200m: 2:52.83	46.03	300m: 4:24.95	45.73	400m: 5:54.26	43.98	

Classe S14-Seniores

1.	RIBEIRO Pedro Miguel	91	S14		Propaganda da Natacao	5:36.93	427	9,00
	50m: 34.88 34.88	150m: 1:56.01	41.48	250m: 3:23.12	43.60	350m: 4:52.48	44.27	
	100m: 1:14.53 39.65	200m: 2:39.52	43.51	300m: 4:08.21	45.09	400m: 5:36.93	44.45	
2.	SILVA Andre Guimaraes	96	S14		Fluvial Portuense	6:05.71	334	7,00
	50m: 37.66 37.66	150m: 2:10.20	47.58	250m: 3:44.76	46.64	350m: 5:19.59	47.03	
	100m: 1:22.62 44.96	200m: 2:58.12	47.92	300m: 4:32.56	47.80	400m: 6:05.71	46.12	
3.	RIBEIRO Jose Carneirinho	90	S14		Sporting	6:40.85	254	6,00
	50m: 42.87 42.87	150m: 2:25.46	52.08	250m: 4:10.57	52.72	350m: 5:54.19	50.71	
	100m: 1:33.38 50.51	200m: 3:17.85	52.39	300m: 5:03.48	52.91	400m: 6:40.85	46.66	

Classe S21 (SDown)-Esperanças

1.	MONTES Francisco Pessanha	02	S21		ADADA Porto	6:53.69	151	9,00
	50m: 43.22 43.22	150m: 2:26.20	52.97	250m: 4:12.39	52.88	350m: 6:01.21	54.23	
	100m: 1:33.23 50.01	200m: 3:19.51	53.31	300m: 5:06.98	54.59	400m: 6:53.69	52.48	

Prova 2, Masc., 400m Livres

Classe S21 (SDown)-Seniores

1.	RIBEIRO Jose Augusto	92	S21	Propaganda da Natacao	6:30.71	179	9,00
	50m: 40.33 40.33	150m: 2:16.46	49.07	250m: 3:57.92	51.66	350m: 5:40.63	51.07
	100m: 1:27.39 47.06	200m: 3:06.26	49.80	300m: 4:49.56	51.64	400m: 6:30.71	50.08
2.	SEBASTIAO Miguel Pereira	98	S21	Sporting de Aveiro	7:25.90	120	7,00
	50m: 43.70 43.70	150m: 2:32.51	56.28	250m: 4:28.28	56.60	350m: 6:18.93	54.66
	100m: 1:36.23 52.53	200m: 3:31.68	59.17	300m: 5:24.27	55.99	400m: 7:25.90	1:06.97
3.	MOREIRA Daniel Filipe	97	S21	Vila DEste	7:44.14	107	6,00
	50m: 48.23 48.23	150m: 2:41.85	58.80	250m: 4:41.72	1:01.38	350m: 6:45.64	1:02.37
	100m: 1:43.05 54.82	200m: 3:40.34	58.49	300m: 5:43.27	1:01.55	400m: 7:44.14	58.50
4.	FERNANDES Joao Formigo	95	S21	Alhandra	8:02.75	95	5,00
	50m: 47.42 47.42	150m: 2:47.28	1:01.40	250m: 4:52.78	1:02.04	350m: 7:00.60	1:02.76
	100m: 1:45.88 58.46	200m: 3:50.74	1:03.46	300m: 5:57.84	1:05.06	400m: 8:02.75	1:02.15
5.	PEREIRA Joel Alexandre	92	S21	APC Coimbra	8:06.30	93	4,00
	50m: 52.97 52.97	150m: 3:00.76	1:04.41	250m: 5:05.55	1:01.96	350m: 7:08.94	1:01.44
	100m: 1:56.35 1:03.38	200m: 4:03.59	1:02.83	300m: 6:07.50	1:01.95	400m: 8:06.30	57.36