

Prova 35	Masc., 400m Livres				Absoluto
17-02-2019 - 15:50					Resultados
S6	6:04.03	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira	21-01-2017
S7	5:26.37	VIDEIRA Daniel Carlos	GESL	Vila Franca de Xira	04-02-2018
S8	4:59.08	CANCELA Diogo Luis	CNMC	Coimbra	03-02-2019
S9	4:20.60	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018
S10	4:23.44	GONCALVES Emanuel Luis	CDN	Funchal	14-03-2014
S11	5:18.37	MENESES Marco Ribeiro	CRASTO	Mealhada	18-11-2018
S12	59:00.00	start			
S13	4:24.15	ENCARNACAO Vitor Hugo	CDN	Funchal	05-07-2013
S14	5:22.28	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S15	4:20.31	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018
S16	5:03.78	JORGE Andre Camara	CEOL	Funchal	01-12-2018
S17	59:00.00				
S21	6:04.14	SANTOS Filipe Bjorcke	POR	Estarreja	19-09-2013

S6 Esp S6: 9:16.97; Sen S6: 9:06.05 / S7 Esp S7: 8:44.79; Sen S7: 8:34.50 / S8 Esp S8: 8:13.92; Sen S8: 8:04.26 / S9 Esp S9: 6:38.75; Sen S9: 6:30.93 / S10 Esp S10: 6:36.27; Sen S10: 6:28.50 / S11 Esp S11: 9:13.84; Sen S11: 9:02.99 / S12 Esp S12: 8:41.73; Sen S12: 8:31.50 / S13 Esp S13: 6:44.15; Sen S13: 6:36.22 / S14 Esp S14: 8:13.09; Sen S14: 8:03.42 / S15 Esp S15: 5:57.76; Sen S15: 5:49.03 / S16 Esp S16: 8:13.09; Sen S16: 8:03.42 / S17 Esp S17: 8:13.09; Sen S17: 8:03.42 / S21 Esp S21: 9:17.13; Sen S21: 9:06.21

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
<b>Classe S6-S14-Absolutos</b>								
1.	GRACHAT David Realista	87	S9	1,3,5	Gesloures	<b>4:23.55</b>	853	9,00
	50m: 31.45 31.45	150m: 1:37.56	32.76	250m: 2:43.58	32.73	350m: 3:50.01	33.64	
	100m: 1:04.80 33.35	200m: 2:10.85	33.29	300m: 3:16.37	32.79	400m: 4:23.55	33.54	
2.	CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	<b>4:24.03</b>	848	7,00
	50m: 30.97 30.97	150m: 1:38.00	33.65	250m: 2:44.35	33.03	350m: 3:51.50	34.09	
	100m: 1:04.35 33.38	200m: 2:11.32	33.32	300m: 3:17.41	33.06	400m: 4:24.03	32.53	
3.	VIDEIRA Daniel Carlos	92	S6	3,5,12+	Gesloures	<b>5:22.26</b>	813	9,00
	<i>Rec Nac Classe S6</i>							
	50m: 36.74 36.74	150m: 1:57.64	40.47	250m: 3:19.49	40.79	350m: 4:42.04	41.34	
	100m: 1:17.17 40.43	200m: 2:38.70	41.06	300m: 4:00.70	41.21	400m: 5:22.26	40.22	
4.	CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	<b>4:52.70</b>	699	9,00
	<i>Rec Nac Classe S8</i>							
	50m: 33.49 33.49	150m: 1:48.15	37.74	250m: 3:02.57	37.07	350m: 4:16.91	37.13	
	100m: 1:10.41 36.92	200m: 2:25.50	37.35	300m: 3:39.78	37.21	400m: 4:52.70	35.79	
5.	LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	<b>5:04.66</b>	620	7,00
	50m: 34.63 34.63	150m: 1:50.31	38.16	250m: 3:07.52	38.80	350m: 4:26.11	39.43	
	100m: 1:12.15 37.52	200m: 2:28.72	38.41	300m: 3:46.68	39.16	400m: 5:04.66	38.55	
6.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Gesloures	<b>5:05.34</b>	616	6,00
	50m: 34.78 34.78	150m: 1:50.78	38.39	250m: 3:07.90	38.36	350m: 4:26.10	39.33	
	100m: 1:12.39 37.61	200m: 2:29.54	38.76	300m: 3:46.77	38.87	400m: 5:05.34	39.24	
7.	MENESES Marco Ribeiro	01	S11	T B	O Crasto	<b>5:20.46</b>	590	9,00
	50m: 34.21 34.21	150m: 1:52.59	39.86	250m: 3:13.53	40.74	350m: 4:39.69	44.60	
	100m: 1:12.73 38.52	200m: 2:32.79	40.20	300m: 3:55.09	41.56	400m: 5:20.46	40.77	
8.	SILVA Renato Filipe	98	S9		Porto	<b>5:21.21</b>	471	6,00
	50m: 33.71 33.71	150m: 1:50.74	39.23	250m: 3:14.07	43.02	350m: 4:39.40	42.03	
	100m: 1:11.51 37.80	200m: 2:31.05	40.31	300m: 3:57.37	43.30	400m: 5:21.21	41.81	

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

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
9.	SOUZA Micael Silva	00	S14		Sporting de Aveiro	<b>5:49.48</b>	382	9,00
	50m: 36.79 36.79	150m: 2:02.45	43.84	250m: 3:32.32	45.18	350m: 5:03.85	45.14	
	100m: 1:18.61 41.82	200m: 2:47.14	44.69	300m: 4:18.71	46.39	400m: 5:49.48	45.63	
10.	CASTANHEIRA Rodolfo Francisc01	S8	9		Gesloures	<b>5:58.21</b>	381	5,00
	50m: 42.76 42.76	150m: 2:14.69	46.23	250m: 3:45.76	43.80	350m: 5:15.83	45.58	
	100m: 1:28.46 45.70	200m: 3:01.96	47.27	300m: 4:30.25	44.49	400m: 5:58.21	42.38	
11.	SILVA Andre Guimaraes	96	S14		Porto	<b>6:02.42</b>	343	7,00
	50m: 37.43 37.43	150m: 2:10.90	47.28	250m: 3:42.25	45.75	350m: 5:15.98	47.46	
	100m: 1:23.62 46.19	200m: 2:56.50	45.60	300m: 4:28.52	46.27	400m: 6:02.42	46.44	
12.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	<b>6:07.30</b>	329	6,00
	50m: 39.08 39.08	150m: 2:08.65	45.45	250m: 3:43.65	48.03	350m: 5:20.28	48.58	
	100m: 1:23.20 44.12	200m: 2:55.62	46.97	300m: 4:31.70	48.05	400m: 6:07.30	47.02	
13.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	<b>6:12.67</b>	315	9,00
	50m: 41.45 41.45	150m: 2:17.98	48.63	250m: 3:53.14	47.30	350m: 5:28.56	47.94	
	100m: 1:29.35 47.90	200m: 3:05.84	47.86	300m: 4:40.62	47.48	400m: 6:12.67	44.11	
14.	CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	<b>7:02.51</b>	299	9,00
	50m: 45.19 45.19	150m: 2:30.49	53.69	250m: 4:17.58	54.21	350m: 6:07.56	55.34	
	100m: 1:36.80 51.61	200m: 3:23.37	52.88	300m: 5:12.22	54.64	400m: 7:02.51	54.95	
15.	GOUEIA Francisco Mario	75	S9	9	Feira Viva	<b>6:19.38</b>	286	5,00
	50m: 41.41 41.41	150m: 2:15.70	48.03	250m: 3:53.15	48.41	350m: 5:31.83	49.78	
	100m: 1:27.67 46.26	200m: 3:04.74	49.04	300m: 4:42.05	48.90	400m: 6:19.38	47.55	
16.	RIBEIRO Jose Carneirinho	90	S14		Sporting	<b>6:40.82</b>	253	5,00
	50m: 41.83 41.83	150m: 2:21.69	50.72	250m: 4:05.64	52.05	350m: 5:51.31	52.25	
	100m: 1:30.97 49.14	200m: 3:13.59	51.90	300m: 4:59.06	53.42	400m: 6:40.82	49.51	
17.	SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	<b>6:41.05</b>	242	4,00
	50m: 41.65 41.65	150m: 2:20.02	50.95	250m: 4:05.33	53.18	350m: 5:51.97	53.29	
	100m: 1:29.07 47.42	200m: 3:12.15	52.13	300m: 4:58.68	53.35	400m: 6:41.05	49.08	
18.	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	<b>7:35.58</b>	239	7,00
	50m: 54.03 54.03	150m: 2:47.18	57.01	250m: 4:42.69	58.11	350m: 6:39.22	58.60	
	100m: 1:50.17 56.14	200m: 3:44.58	57.40	300m: 5:40.62	57.93	400m: 7:35.58	56.36	
19.	MENDES Humberto Julio	90	S14		Porto	<b>7:04.34</b>	214	4,00
	50m: 42.81 42.81	150m: 2:29.85	55.26	250m: 4:21.71	54.67	350m: 6:15.34	55.09	
	100m: 1:34.59 51.78	200m: 3:27.04	57.19	300m: 5:20.25	58.54	400m: 7:04.34	49.00	
20.	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	<b>8:37.03</b>	197	7,00
	50m: 59.35 59.35	150m: 3:08.87	1:05.14	250m: 5:19.55	1:06.00	350m: 7:32.39	1:06.08	
	100m: 2:03.73 1:04.38	200m: 4:13.55	1:04.68	300m: 6:26.31	1:06.76	400m: 8:37.03	1:04.64	
21.	SA Luis Bernardo	96	S6	A 12	Feira Viva	<b>8:45.21</b>	188	6,00
	50m: 55.99 55.99	150m: 3:06.71	1:06.12	250m: 5:20.73	1:07.50	350m: 7:37.25	1:07.08	
	100m: 2:00.59 1:04.60	200m: 4:13.23	1:06.52	300m: 6:30.17	1:09.44	400m: 8:45.21	1:07.96	
22.	MONTOIA David Emanuel	00	S7	3, 5,12+	Porto	<b>8:22.29</b>	178	6,00
	50m: 56.33 56.33	150m: 2:59.12	1:02.49	250m: 5:05.82	1:04.40	350m: 7:15.65	1:05.60	
	100m: 1:56.63 1:00.30	200m: 4:01.42	1:02.30	300m: 6:10.05	1:04.23	400m: 8:22.29	1:06.64	

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

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
23.	ROCHA Joao Silva	91	S8	A 3,5,12+	Porto	<b>10:00.34</b>	81	4,00
	50m: 1:03.51 1:03.51	150m: 3:31.64 1:14.99	250m: 6:07.23 1:20.43	350m: 8:46.22 1:18.83				
	100m: 2:16.65 1:13.14	200m: 4:46.80 1:15.16	300m: 7:27.39 1:20.16	400m: 10:00.34 1:14.12				
DNS	PINTO Jose Manuel	00	S7	A 12	ADADA Porto			-

Classe S6-Seniores

1.	VIDEIRA Daniel Carlos <i>Rec Nac Classe S6</i>	92	S6	3,5,12+	Gesloures	<b>5:22.26</b>	813	9,00
	50m: 36.74 36.74	150m: 1:57.64 40.47	250m: 3:19.49 40.79	350m: 4:42.04 41.34				
	100m: 1:17.17 40.43	200m: 2:38.70 41.06	300m: 4:00.70 41.21	400m: 5:22.26 40.22				
2.	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	<b>8:37.03</b>	197	7,00
	50m: 59.35 59.35	150m: 3:08.87 1:05.14	250m: 5:19.55 1:06.00	350m: 7:32.39 1:06.08				
	100m: 2:03.73 1:04.38	200m: 4:13.55 1:04.68	300m: 6:26.31 1:06.76	400m: 8:37.03 1:04.64				
3.	SA Luis Bernardo	96	S6	A 12	Feira Viva	<b>8:45.21</b>	188	6,00
	50m: 55.99 55.99	150m: 3:06.71 1:06.12	250m: 5:20.73 1:07.50	350m: 7:37.25 1:07.08				
	100m: 2:00.59 1:04.60	200m: 4:13.23 1:06.52	300m: 6:30.17 1:09.44	400m: 8:45.21 1:07.96				

Classe S7-Seniores

1.	CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	<b>7:02.51</b>	299	9,00
	50m: 45.19 45.19	150m: 2:30.49 53.69	250m: 4:17.58 54.21	350m: 6:07.56 55.34				
	100m: 1:36.80 51.61	200m: 3:23.37 52.88	300m: 5:12.22 54.64	400m: 7:02.51 54.95				
2.	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	<b>7:35.58</b>	239	7,00
	50m: 54.03 54.03	150m: 2:47.18 57.01	250m: 4:42.69 58.11	350m: 6:39.22 58.60				
	100m: 1:50.17 56.14	200m: 3:44.58 57.40	300m: 5:40.62 57.93	400m: 7:35.58 56.36				
3.	MONTOIA David Emanuel	00	S7	3, 5,12+	Porto	<b>8:22.29</b>	178	6,00
	50m: 56.33 56.33	150m: 2:59.12 1:02.49	250m: 5:05.82 1:04.40	350m: 7:15.65 1:05.60				
	100m: 1:56.63 1:00.30	200m: 4:01.42 1:02.30	300m: 6:10.05 1:04.23	400m: 8:22.29 1:06.64				
DNS	PINTO Jose Manuel	00	S7	A 12	ADADA Porto			-

Classe S8-Seniores

1.	CANCELA Diogo Luis <i>Rec Nac Classe S8</i>	02	S8	1,2,4	Miranda do Corvo	<b>4:52.70</b>	699	9,00
	50m: 33.49 33.49	150m: 1:48.15 37.74	250m: 3:02.57 37.07	350m: 4:16.91 37.13				
	100m: 1:10.41 36.92	200m: 2:25.50 37.35	300m: 3:39.78 37.21	400m: 4:52.70 35.79				
2.	LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	<b>5:04.66</b>	620	7,00
	50m: 34.63 34.63	150m: 1:50.31 38.16	250m: 3:07.52 38.80	350m: 4:26.11 39.43				
	100m: 1:12.15 37.52	200m: 2:28.72 38.41	300m: 3:46.68 39.16	400m: 5:04.66 38.55				
3.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Gesloures	<b>5:05.34</b>	616	6,00
	50m: 34.78 34.78	150m: 1:50.78 38.39	250m: 3:07.90 38.36	350m: 4:26.10 39.33				
	100m: 1:12.39 37.61	200m: 2:29.54 38.76	300m: 3:46.77 38.87	400m: 5:05.34 39.24				
4.	CASTANHEIRA Rodolfo Francisc01	S8	9		Gesloures	<b>5:58.21</b>	381	5,00
	50m: 42.76 42.76	150m: 2:14.69 46.23	250m: 3:45.76 43.80	350m: 5:15.83 45.58				
	100m: 1:28.46 45.70	200m: 3:01.96 47.27	300m: 4:30.25 44.49	400m: 5:58.21 42.38				

Prova 35, Masc., 400m Livres, Classe S8-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
5.	ROCHA Joao Silva	91	S8	A 3,5,12+	Porto	<b>10:00.34</b>	81	4,00
	50m: 1:03.51 1:03.51	150m: 3:31.64 1:14.99	250m: 6:07.23 1:20.43	350m: 8:46.22 1:18.83				
	100m: 2:16.65 1:13.14	200m: 4:46.80 1:15.16	300m: 7:27.39 1:20.16	400m: 10:00.34 1:14.12				

Classe S9-Seniores

1.	GRACHAT David Realista	87	S9	1,3,5	Gesloures	<b>4:23.55</b>	853	9,00
	50m: 31.45 31.45	150m: 1:37.56 32.76	250m: 2:43.58 32.73	350m: 3:50.01 33.64				
	100m: 1:04.80 33.35	200m: 2:10.85 33.29	300m: 3:16.37 32.79	400m: 4:23.55 33.54				
2.	CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	<b>4:24.03</b>	848	7,00
	50m: 30.97 30.97	150m: 1:38.00 33.65	250m: 2:44.35 33.03	350m: 3:51.50 34.09				
	100m: 1:04.35 33.38	200m: 2:11.32 33.32	300m: 3:17.41 33.06	400m: 4:24.03 32.53				
3.	SILVA Renato Filipe	98	S9		Porto	<b>5:21.21</b>	471	6,00
	50m: 33.71 33.71	150m: 1:50.74 39.23	250m: 3:14.07 43.02	350m: 4:39.40 42.03				
	100m: 1:11.51 37.80	200m: 2:31.05 40.31	300m: 3:57.37 43.30	400m: 5:21.21 41.81				
4.	GOUVEIA Francisco Mario	75	S9	9	Feira Viva	<b>6:19.38</b>	286	5,00
	50m: 41.41 41.41	150m: 2:15.70 48.03	250m: 3:53.15 48.41	350m: 5:31.83 49.78				
	100m: 1:27.67 46.26	200m: 3:04.74 49.04	300m: 4:42.05 48.90	400m: 6:19.38 47.55				
5.	SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	<b>6:41.05</b>	242	4,00
	50m: 41.65 41.65	150m: 2:20.02 50.95	250m: 4:05.33 53.18	350m: 5:51.97 53.29				
	100m: 1:29.07 47.42	200m: 3:12.15 52.13	300m: 4:58.68 53.35	400m: 6:41.05 49.08				

Classe S11-Seniores

1.	MENESES Marco Ribeiro	01	S11	T B	O Crasto	<b>5:20.46</b>	590	9,00
	50m: 34.21 34.21	150m: 1:52.59 39.86	250m: 3:13.53 40.74	350m: 4:39.69 44.60				
	100m: 1:12.73 38.52	200m: 2:32.79 40.20	300m: 3:55.09 41.56	400m: 5:20.46 40.77				

Classe S14-Esperanças

1.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	<b>6:12.67</b>	315	9,00
	50m: 41.45 41.45	150m: 2:17.98 48.63	250m: 3:53.14 47.30	350m: 5:28.56 47.94				
	100m: 1:29.35 47.90	200m: 3:05.84 47.86	300m: 4:40.62 47.48	400m: 6:12.67 44.11				

Classe S14-Seniores

1.	SOUSA Micael Silva	00	S14		Sporting de Aveiro	<b>5:49.48</b>	382	9,00
	50m: 36.79 36.79	150m: 2:02.45 43.84	250m: 3:32.32 45.18	350m: 5:03.85 45.14				
	100m: 1:18.61 41.82	200m: 2:47.14 44.69	300m: 4:18.71 46.39	400m: 5:49.48 45.63				
2.	SILVA Andre Guimaraes	96	S14		Porto	<b>6:02.42</b>	343	7,00
	50m: 37.43 37.43	150m: 2:10.90 47.28	250m: 3:42.25 45.75	350m: 5:15.98 47.46				
	100m: 1:23.62 46.19	200m: 2:56.50 45.60	300m: 4:28.52 46.27	400m: 6:02.42 46.44				
3.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	<b>6:07.30</b>	329	6,00
	50m: 39.08 39.08	150m: 2:08.65 45.45	250m: 3:43.65 48.03	350m: 5:20.28 48.58				
	100m: 1:23.20 44.12	200m: 2:55.62 46.97	300m: 4:31.70 48.05	400m: 6:07.30 47.02				

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

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
4.	RIBEIRO Jose Carneirinho	90	S14		Sporting	<b>6:40.82</b>	253	5,00
	50m: 41.83 41.83	150m: 2:21.69	50.72	250m: 4:05.64	52.05	350m: 5:51.31	52.25	
	100m: 1:30.97 49.14	200m: 3:13.59	51.90	300m: 4:59.06	53.42	400m: 6:40.82	49.51	
5.	MENDES Humberto Julio	90	S14		Porto	<b>7:04.34</b>	214	4,00
	50m: 42.81 42.81	150m: 2:29.85	55.26	250m: 4:21.71	54.67	350m: 6:15.34	55.09	
	100m: 1:34.59 51.78	200m: 3:27.04	57.19	300m: 5:20.25	58.54	400m: 7:04.34	49.00	

Classe S15 (Auditiva)-Absolutos

1.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	<b>4:27.33</b>	705	9,00
	50m: 30.27 30.27	150m: 1:37.57	34.24	250m: 2:45.16	33.63	350m: 3:53.60	34.13	
	100m: 1:03.33 33.06	200m: 2:11.53	33.96	300m: 3:19.47	34.31	400m: 4:27.33	33.73	

Classe S15 (Auditiva)-Seniores

1.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	<b>4:27.33</b>	705	9,00
	50m: 30.27 30.27	150m: 1:37.57	34.24	250m: 2:45.16	33.63	350m: 3:53.60	34.13	
	100m: 1:03.33 33.06	200m: 2:11.53	33.96	300m: 3:19.47	34.31	400m: 4:27.33	33.73	

Classe S17-Absolutos

1.	BRANCO Miguel Paiva	97	S17	A	APPDAlCoimbra	<b>6:30.10</b>		9,00
	<i>Rec Nac Classe S17</i>							
	50m: 41.93 41.93	150m: 2:20.01	50.16	250m: 4:01.49	51.30	350m: 5:43.99	51.63	
	100m: 1:29.85 47.92	200m: 3:10.19	50.18	300m: 4:52.36	50.87	400m: 6:30.10	46.11	

Classe S17-Seniores

1.	BRANCO Miguel Paiva	97	S17	A	APPDAlCoimbra	<b>6:30.10</b>		9,00
	<i>Rec Nac Classe S17</i>							
	50m: 41.93 41.93	150m: 2:20.01	50.16	250m: 4:01.49	51.30	350m: 5:43.99	51.63	
	100m: 1:29.85 47.92	200m: 3:10.19	50.18	300m: 4:52.36	50.87	400m: 6:30.10	46.11	

Classe S21 (SDown)-Absolutos

1.	ALMEIDA Andre Reis	00	S21		Sporting	<b>6:05.13</b>		9,00
	50m: 36.32 36.32	150m: 2:04.89	46.65	250m: 3:41.64	49.39	350m: 5:20.67	49.50	
	100m: 1:18.24 41.92	200m: 2:52.25	47.36	300m: 4:31.17	49.53	400m: 6:05.13	44.46	
	RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	<b>6:23.40</b>		9,00
	50m: 40.23 40.23	150m: 2:16.86	49.12	250m: 3:56.93	50.03	350m: 5:35.02	48.89	
	100m: 1:27.74 47.51	200m: 3:06.90	50.04	300m: 4:46.13	49.20	400m: 6:23.40	48.38	
	MONTES Francisco Pessanha	02	S21		ADADA Porto	<b>6:48.99</b>		9,00
	50m: 42.39 42.39	150m: 2:27.94	54.81	250m: 4:14.64	53.65	350m: 5:59.49	51.78	
	100m: 1:33.13 50.74	200m: 3:20.99	53.05	300m: 5:07.71	53.07	400m: 6:48.99	49.50	
	SILVA Jose Miguel	95	S21		Porto	<b>7:07.38</b>		9,00
	50m: 43.88 43.88	150m: 2:30.18	54.17	250m: 4:22.96	56.40	350m: 6:14.67	55.63	
	100m: 1:36.01 52.13	200m: 3:26.56	56.38	300m: 5:19.04	56.08	400m: 7:07.38	52.71	

Prova 35, Masc., 400m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
1.	SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	<b>7:39.50</b>		9,00
	50m: 50.45 50.45	150m: 2:45.01	57.98	250m: 4:41.64	56.99	350m: 6:43.84	1:00.18	
	100m: 1:47.03 56.58	200m: 3:44.65	59.64	300m: 5:43.66	1:02.02	400m: 7:39.50	55.66	
	PEREIRA Joel Alexandre	92	S21		APC Coimbra	<b>7:51.84</b>		9,00
	50m: 50.37 50.37	150m: 2:48.06	58.75	250m: 4:48.86	1:01.49	350m: 6:50.53	1:00.73	
	100m: 1:49.31 58.94	200m: 3:47.37	59.31	300m: 5:49.80	1:00.94	400m: 7:51.84	1:01.31	
	GONCALVES Hugo Bernardo	96	S21		Porto	<b>8:18.08</b>		9,00
	50m: 53.65 53.65	150m: 2:58.97	1:02.56	250m: 5:05.39	1:04.16	350m: 7:14.01	1:03.50	
	100m: 1:56.41 1:02.76	200m: 4:01.23	1:02.26	300m: 6:10.51	1:05.12	400m: 8:18.08	1:04.07	

Classe S21 (SDown)-Seniores

1.	ALMEIDA Andre Reis	00	S21		Sporting	<b>6:05.13</b>		9,00
	50m: 36.32 36.32	150m: 2:04.89	46.65	250m: 3:41.64	49.39	350m: 5:20.67	49.50	
	100m: 1:18.24 41.92	200m: 2:52.25	47.36	300m: 4:31.17	49.53	400m: 6:05.13	44.46	
	RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	<b>6:23.40</b>		9,00
	50m: 40.23 40.23	150m: 2:16.86	49.12	250m: 3:56.93	50.03	350m: 5:35.02	48.89	
	100m: 1:27.74 47.51	200m: 3:06.90	50.04	300m: 4:46.13	49.20	400m: 6:23.40	48.38	
	MONTES Francisco Pessanha	02	S21		ADADA Porto	<b>6:48.99</b>		9,00
	50m: 42.39 42.39	150m: 2:27.94	54.81	250m: 4:14.64	53.65	350m: 5:59.49	51.78	
	100m: 1:33.13 50.74	200m: 3:20.99	53.05	300m: 5:07.71	53.07	400m: 6:48.99	49.50	
	SILVA Jose Miguel	95	S21		Porto	<b>7:07.38</b>		9,00
	50m: 43.88 43.88	150m: 2:30.18	54.17	250m: 4:22.96	56.40	350m: 6:14.67	55.63	
	100m: 1:36.01 52.13	200m: 3:26.56	56.38	300m: 5:19.04	56.08	400m: 7:07.38	52.71	
	SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	<b>7:39.50</b>		9,00
	50m: 50.45 50.45	150m: 2:45.01	57.98	250m: 4:41.64	56.99	350m: 6:43.84	1:00.18	
	100m: 1:47.03 56.58	200m: 3:44.65	59.64	300m: 5:43.66	1:02.02	400m: 7:39.50	55.66	
	PEREIRA Joel Alexandre	92	S21		APC Coimbra	<b>7:51.84</b>		9,00
	50m: 50.37 50.37	150m: 2:48.06	58.75	250m: 4:48.86	1:01.49	350m: 6:50.53	1:00.73	
	100m: 1:49.31 58.94	200m: 3:47.37	59.31	300m: 5:49.80	1:00.94	400m: 7:51.84	1:01.31	
	GONCALVES Hugo Bernardo	96	S21		Porto	<b>8:18.08</b>		9,00
	50m: 53.65 53.65	150m: 2:58.97	1:02.56	250m: 5:05.39	1:04.16	350m: 7:14.01	1:03.50	
	100m: 1:56.41 1:02.76	200m: 4:01.23	1:02.26	300m: 6:10.51	1:05.12	400m: 8:18.08	1:04.07	

Classe S110

1.	ASSUNCAO Luis Miguel	01	S110		Porto	<b>5:42.81</b>		-
	50m: 37.21 37.21	150m: 2:01.11	43.31	250m: 3:29.07	44.60	350m: 4:59.49	45.22	
	100m: 1:17.80 40.59	200m: 2:44.47	43.36	300m: 4:14.27	45.20	400m: 5:42.81	43.32	