

Prova 2	Masc., 400m Livres				Absoluto
11-05-2019 - 15:40					Resultados
Rec Nac Adaptada S6	5:24.12	VIDEIRA, Daniel Carlos	POR	Dublin (IRL)	17-08-2018
Rec Nac Adaptada S7	5:31.30	VIDEIRA, Daniel Carlos	GESL	Povoa de Varzim	12-05-2018
Rec Nac Adaptada S8	5:05.37	LINHARES, Ruben Daniel	POR	Glasgow (GBR)	26-04-2019
Rec Nac Adaptada S9	4:21.94	GRACHAT, David Realista	POR	Londres (GBR)	04-09-2012
Rec Nac Adaptada S10	4:24.87	GONCALVES, Emanuel Luis	CDN	Coimbra	10-06-2011
Rec Nac Adaptada S11	5:10.35	MENESES, Marco Ribeiro	POR	Glasgow (GBR)	26-04-2019
Rec Nac Adaptada S12	59:00.00	, start			
Rec Nac Adaptada S13	4:31.26	ENCARNACAO, Vitor Hugo	POR	Eindhoven (NED)	10-08-2014
Rec Nac Adaptada S14	5:27.72	RIBEIRO, Pedro Miguel	POR	Loano (ITA)	10-06-2016
Rec Nac Adaptada S15	4:31.41	NEVES, Tiago Correia	CFB	Povoa de Varzim	12-05-2018
Rec Nac Adaptada S16	59:00.00	, start			
Rec Nac Adaptada S17	6:36.63	BRANCO, Miguel Paiva	APPDAC	Coimbra	02-03-2019
Rec Nac Adaptada S21	6:14.64	ALMEIDA, Andre Reis	SCP	Coimbra	03-03-2019

Pontos: KNZB 2018 + Para

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
Classe S6-S14-Absolutos								
1.	VIDEIRA, Daniel Carlos <i>Rec Nac Classe S6</i>	92	S6	3,5,12+	Gesloures	5:23.43	804	9,00
	50m: 35.87 35.87	150m: 1:56.22	40.25	250m: 3:19.22	41.47	350m: 4:43.02	41.40	
	100m: 1:15.97 40.10	200m: 2:37.75	41.53	300m: 4:01.62	42.40	400m: 5:23.43	40.41	
2.	CAETANO, Gino Santos <i>Rec Nac Classe S9</i>	94	S9	9	Galitos / Bresimar	4:39.60	714	9,00
	50m: 33.00 33.00	150m: 1:43.56	35.84	250m: 2:55.66	36.24	350m: 4:05.51	34.78	
	100m: 1:07.72 34.72	200m: 2:19.42	35.86	300m: 3:30.73	35.07	400m: 4:39.60	34.09	
3.	MENESES, Marco Ribeiro <i>Rec Nac Classe S11</i>	01	S11	T B	O Crasto	5:07.23	670	9,00
	50m: 33.76 33.76	150m: 1:50.26	38.67	250m: 3:08.86	39.74	350m: 4:28.52	39.39	
	100m: 1:11.59 37.83	200m: 2:29.12	38.86	300m: 3:49.13	40.27	400m: 5:07.23	38.71	
4.	LINHARES, Ruben Daniel <i>Rec Nac Classe S8</i>	97	S8	3,5,12+	Feira Viva	5:02.78	631	9,00
	50m: 34.74 34.74	150m: 1:49.83	38.08	250m: 3:07.18	38.86	350m: 4:24.85	38.75	
	100m: 1:11.75 37.01	200m: 2:28.32	38.49	300m: 3:46.10	38.92	400m: 5:02.78	37.93	
5.	SOARES, Ricardo Aderneira <i>Rec Nac Classe S8</i>	99	S8	3,5,12+	Gesloures	5:10.77	584	7,00
	50m: 34.86 34.86	150m: 1:50.57	38.27	250m: 3:09.38	39.74	350m: 4:30.39	40.51	
	100m: 1:12.30 37.44	200m: 2:29.64	39.07	300m: 3:49.88	40.50	400m: 5:10.77	40.38	
6.	CASTANHEIRA, Rodolfo Francisco <i>Rec Nac Classe S8</i>	01	S8	9	Gesloures	5:38.55	452	6,00
	50m: 38.07 38.07	150m: 2:03.58	44.41	250m: 3:31.38	44.40	350m: 4:56.96	43.13	
	100m: 1:19.17 41.10	200m: 2:46.98	43.40	300m: 4:13.83	42.45	400m: 5:38.55	41.59	
7.	PATRICIO, Rodrigo Oliveira <i>Rec Nac Classe S14</i>	05	S14		Feira Viva	6:02.46	343	9,00
	50m: 39.96 39.96	150m: 2:13.51	47.32	250m: 3:46.37	46.70	350m: 5:20.28	46.45	
	100m: 1:26.19 46.23	200m: 2:59.67	46.16	300m: 4:33.83	47.46	400m: 6:02.46	42.18	
8.	REGO, Agostinho Alberto <i>Rec Nac Classe S9</i>	82	S9	3,5,12+	Individual ANNP	6:01.70	330	7,00
	50m: 38.87 38.87	150m: 2:07.67	45.13	250m: 3:41.27	47.11	350m: 5:16.90	47.63	
	100m: 1:22.54 43.67	200m: 2:54.16	46.49	300m: 4:29.27	48.00	400m: 6:01.70	44.80	

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

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
8.	SILVA, Andre Guimaraes	96	S14		Porto	6:06.91	330	9,00
	50m: 36.72 36.72	150m: 2:11.04	48.07	250m: 3:46.89	48.15	350m: 5:21.09	46.88	
	100m: 1:22.97 46.25	200m: 2:58.74	47.70	300m: 4:34.21	47.32	400m: 6:06.91	45.82	
10.	SOUSA, Micael Silva	00	S14		Sporting de Aveiro	6:10.81	320	7,00
	50m: 38.17 38.17	150m: 2:12.11	48.82	250m: 3:48.20	47.55	350m: 5:24.14	48.79	
	100m: 1:23.29 45.12	200m: 3:00.65	48.54	300m: 4:35.35	47.15	400m: 6:10.81	46.67	
11.	ROCHA, Simao Pedro	06	S14		Aquatico Pacense	6:32.97	269	7,00
	50m: 42.97 42.97	150m: 2:20.23	48.92	250m: 4:01.98	50.74	350m: 5:44.28	50.84	
	100m: 1:31.31 48.34	200m: 3:11.24	51.01	300m: 4:53.44	51.46	400m: 6:32.97	48.69	
12.	MONTEIRO, Luis Miguel	96	S14		ADADA Porto	6:46.16	243	6,00
	50m: 40.33 40.33	150m: 2:23.06	53.12	250m: 4:09.52	54.03	350m: 5:58.62	55.79	
	100m: 1:29.94 49.61	200m: 3:15.49	52.43	300m: 5:02.83	53.31	400m: 6:46.16	47.54	
13.	OLIVEIRA, Antonio Pedro	03	S10	12+	Porto	6:29.10	228	9,00
	50m: 42.01 42.01	150m: 2:19.76	49.51	250m: 4:00.85	51.13	350m: 5:40.84	50.31	
	100m: 1:30.25 48.24	200m: 3:09.72	49.96	300m: 4:50.53	49.68	400m: 6:29.10	48.26	
14.	PINTO, Jose Manuel	00	S7	A 12	ADADA Porto	7:46.93	222	9,00
	50m: 46.71 46.71	150m: 2:39.68	59.25	250m: 4:44.45	1:02.62	350m: 6:48.93	1:01.93	
	100m: 1:40.43 53.72	200m: 3:41.83	1:02.15	300m: 5:47.00	1:02.55	400m: 7:46.93	58.00	
15.	ALVES, Nuno Diogo	88	S7	A 12	Propaganda da Natacao	7:47.12	221	7,00
	50m: 52.63 52.63	150m: 2:47.19	59.19	250m: 4:46.61	58.89	350m: 6:48.53	1:03.17	
	100m: 1:48.00 55.37	200m: 3:47.72	1:00.53	300m: 5:45.36	58.75	400m: 7:47.12	58.59	
16.	CATARINO, Jaime Lopes	91	S6	A	Sporting de Aveiro	8:58.90	174	7,00
	50m: 1:00.39 1:00.39	150m: 3:14.93	1:07.46	250m: 5:32.46	1:08.66	350m: 7:50.89	1:07.65	
	100m: 2:07.47 1:07.08	200m: 4:23.80	1:08.87	300m: 6:43.24	1:10.78	400m: 8:58.90	1:08.01	
DSQ	MONTOIA, David Emanuel	00	S7	3,5,12+	Porto			-
	<i>FTL, WPS 11.8.5 - O(A) atleta puxou pela pista separadora aos 350 metros</i>							

Classe S17-Absolutos

1.	BRANCO, Miguel Paiva	97	S17	A	APPDACOimbra	6:22.85		9,00
	<i>Rec Nac Classe S17</i>							
	50m: 39.38 39.38	150m: 2:12.88	47.89	250m: 3:53.58	50.55	350m: 5:34.20	49.47	
	100m: 1:24.99 45.61	200m: 3:03.03	50.15	300m: 4:44.73	51.15	400m: 6:22.85	48.65	

Classe S21 (SDown)-Absolutos

1.	ALMEIDA, Andre Reis	00	S21		Sporting	5:59.96		9,00
	<i>Rec Nac Classe S21</i>							
	50m: 34.97 34.97	150m: 2:02.40	45.40	250m: 3:37.73	47.85	350m: 5:14.94	48.47	
	100m: 1:17.00 42.03	200m: 2:49.88	47.48	300m: 4:26.47	48.74	400m: 5:59.96	45.02	
	RIBEIRO, Jose Augusto	92	S21		Propaganda da Natacao	6:36.06		7,00
	50m: 42.26 42.26	150m: 2:19.61	50.55	250m: 4:01.60	51.08	350m: 5:46.19	53.03	
	100m: 1:29.06 46.80	200m: 3:10.52	50.91	300m: 4:53.16	51.56	400m: 6:36.06	49.87	

Prova 2, Masc., 400m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
1.	MONTES, Francisco Pessanha	02	S21		ADADA Porto	6:47.42		6,00
	50m: 41.77 41.77	150m: 2:23.45	53.60	250m: 4:10.61	54.28	350m: 5:56.15	53.12	
	100m: 1:29.85 48.08	200m: 3:16.33	52.88	300m: 5:03.03	52.42	400m: 6:47.42	51.27	
	SEBASTIAO, Miguel Pereira	98	S21		Sporting de Aveiro	7:21.12		5,00
	50m: 47.23 47.23	150m: 2:37.03	55.39	250m: 4:30.88	57.33	350m: 6:25.88	57.18	
	100m: 1:41.64 54.41	200m: 3:33.55	56.52	300m: 5:28.70	57.82	400m: 7:21.12	55.24	
	SANTOS, Tomas Aniceto	99	S21		Feira Viva	7:32.11		4,00
	50m: 44.60 44.60	150m: 2:40.11	59.35	250m: 4:38.98	57.83	350m: 6:35.14	57.69	
	100m: 1:40.76 56.16	200m: 3:41.15	1:01.04	300m: 5:37.45	58.47	400m: 7:32.11	56.97	
	PEREIRA, Joel Alexandre	92	S21		APC Coimbra	8:00.74		3,00
	50m: 50.46 50.46	150m: 2:55.80	1:03.78	250m: 4:59.80	1:01.94	350m: 7:03.46	1:02.30	
	100m: 1:52.02 1:01.56	200m: 3:57.86	1:02.06	300m: 6:01.16	1:01.36	400m: 8:00.74	57.28	
	GONCALVES, Hugo Bernardo	96	S21		Porto	8:24.02		2,00
	50m: 54.45 54.45	150m: 3:03.25	1:04.75	250m: 5:11.56	1:04.16	350m: 7:23.72	1:06.17	
	100m: 1:58.50 1:04.05	200m: 4:07.40	1:04.15	300m: 6:17.55	1:05.99	400m: 8:24.02	1:00.30	

Classe S6-Seniores

1.	VIDEIRA, Daniel Carlos	92	S6	3,5,12+	Geslours	5:23.43	804	9,00
	<i>Rec Nac Classe S6</i>							
	50m: 35.87 35.87	150m: 1:56.22	40.25	250m: 3:19.22	41.47	350m: 4:43.02	41.40	
	100m: 1:15.97 40.10	200m: 2:37.75	41.53	300m: 4:01.62	42.40	400m: 5:23.43	40.41	
2.	CATARINO, Jaime Lopes	91	S6	A	Sporting de Aveiro	8:58.90	174	7,00
	50m: 1:00.39 1:00.39	150m: 3:14.93	1:07.46	250m: 5:32.46	1:08.66	350m: 7:50.89	1:07.65	
	100m: 2:07.47 1:07.08	200m: 4:23.80	1:08.87	300m: 6:43.24	1:10.78	400m: 8:58.90	1:08.01	

Classe S7-Seniores

1.	PINTO, Jose Manuel	00	S7	A 12	ADADA Porto	7:46.93	222	9,00
	50m: 46.71 46.71	150m: 2:39.68	59.25	250m: 4:44.45	1:02.62	350m: 6:48.93	1:01.93	
	100m: 1:40.43 53.72	200m: 3:41.83	1:02.15	300m: 5:47.00	1:02.55	400m: 7:46.93	58.00	
2.	ALVES, Nuno Diogo	88	S7	A 12	Propaganda da Natacao	7:47.12	221	7,00
	50m: 52.63 52.63	150m: 2:47.19	59.19	250m: 4:46.61	58.89	350m: 6:48.53	1:03.17	
	100m: 1:48.00 55.37	200m: 3:47.72	1:00.53	300m: 5:45.36	58.75	400m: 7:47.12	58.59	
DSQ	MONTOIA, David Emanuel	00	S7	3,5,12+	Porto			-
	<i>FTL, WPS 11.8.5 - O(A) atleta puxou pela pista separadora aos 350 metros</i>							

Classe S8-Seniores

1.	LINHARES, Ruben Daniel	97	S8	3,5,12+	Feira Viva	5:02.78	631	9,00
	<i>Rec Nac Classe S8</i>							
	50m: 34.74 34.74	150m: 1:49.83	38.08	250m: 3:07.18	38.86	350m: 4:24.85	38.75	
	100m: 1:11.75 37.01	200m: 2:28.32	38.49	300m: 3:46.10	38.92	400m: 5:02.78	37.93	

Prova 2, Masc., 400m Livres, Classe S8-Seniores

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
2.	SOARES, Ricardo Aderneira	99	S8	3,5,12+	Gesloures	5:10.77	584	7,00
	50m: 34.86 34.86	150m: 1:50.57	38.27	250m: 3:09.38	39.74	350m: 4:30.39	40.51	
	100m: 1:12.30 37.44	200m: 2:29.64	39.07	300m: 3:49.88	40.50	400m: 5:10.77	40.38	
3.	CASTANHEIRA, Rodolfo Francisco	01	S8	9	Gesloures	5:38.55	452	6,00
	50m: 38.07 38.07	150m: 2:03.58	44.41	250m: 3:31.38	44.40	350m: 4:56.96	43.13	
	100m: 1:19.17 41.10	200m: 2:46.98	43.40	300m: 4:13.83	42.45	400m: 5:38.55	41.59	

Classe S9-Seniores

1.	CAETANO, Gino Santos	94	S9	9	Galitos / Bresimar	4:39.60	714	9,00
	50m: 33.00 33.00	150m: 1:43.56	35.84	250m: 2:55.66	36.24	350m: 4:05.51	34.78	
	100m: 1:07.72 34.72	200m: 2:19.42	35.86	300m: 3:30.73	35.07	400m: 4:39.60	34.09	
2.	REGO, Agostinho Alberto	82	S9	3,5,12+	Individual ANNP	6:01.70	330	7,00
	50m: 38.87 38.87	150m: 2:07.67	45.13	250m: 3:41.27	47.11	350m: 5:16.90	47.63	
	100m: 1:22.54 43.67	200m: 2:54.16	46.49	300m: 4:29.27	48.00	400m: 6:01.70	44.80	

Classe S10-Esperanças

1.	OLIVEIRA, Antonio Pedro	03	S10	12+	Porto	6:29.10	228	9,00
	50m: 42.01 42.01	150m: 2:19.76	49.51	250m: 4:00.85	51.13	350m: 5:40.84	50.31	
	100m: 1:30.25 48.24	200m: 3:09.72	49.96	300m: 4:50.53	49.68	400m: 6:29.10	48.26	

Classe S11-Seniores

1.	MENESES, Marco Ribeiro <i>Rec Nac Classe S11</i>	01	S11	T B	O Crasto	5:07.23	670	9,00
	50m: 33.76 33.76	150m: 1:50.26	38.67	250m: 3:08.86	39.74	350m: 4:28.52	39.39	
	100m: 1:11.59 37.83	200m: 2:29.12	38.86	300m: 3:49.13	40.27	400m: 5:07.23	38.71	

Classe S14-Esperanças

1.	PATRICIO, Rodrigo Oliveira	05	S14		Feira Viva	6:02.46	343	9,00
	50m: 39.96 39.96	150m: 2:13.51	47.32	250m: 3:46.37	46.70	350m: 5:20.28	46.45	
	100m: 1:26.19 46.23	200m: 2:59.67	46.16	300m: 4:33.83	47.46	400m: 6:02.46	42.18	
2.	ROCHA, Simao Pedro	06	S14		Aquatico Pacense	6:32.97	269	7,00
	50m: 42.97 42.97	150m: 2:20.23	48.92	250m: 4:01.98	50.74	350m: 5:44.28	50.84	
	100m: 1:31.31 48.34	200m: 3:11.24	51.01	300m: 4:53.44	51.46	400m: 6:32.97	48.69	

Classe S14-Seniores

1.	SILVA, Andre Guimaraes	96	S14		Porto	6:06.91	330	9,00
	50m: 36.72 36.72	150m: 2:11.04	48.07	250m: 3:46.89	48.15	350m: 5:21.09	46.88	
	100m: 1:22.97 46.25	200m: 2:58.74	47.70	300m: 4:34.21	47.32	400m: 6:06.91	45.82	
2.	SOUSA, Micael Silva	00	S14		Sporting de Aveiro	6:10.81	320	7,00
	50m: 38.17 38.17	150m: 2:12.11	48.82	250m: 3:48.20	47.55	350m: 5:24.14	48.79	
	100m: 1:23.29 45.12	200m: 3:00.65	48.54	300m: 4:35.35	47.15	400m: 6:10.81	46.67	

Prova 2, Masc., 400m Livres, Classe S14-Seniores

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
3.	MONTEIRO, Luis Miguel	96	S14		ADADA Porto	6:46.16	243	6,00
	50m: 40.33 40.33	150m: 2:23.06	53.12	250m: 4:09.52	54.03	350m: 5:58.62	55.79	
	100m: 1:29.94 49.61	200m: 3:15.49	52.43	300m: 5:02.83	53.31	400m: 6:46.16	47.54	

Classe S17-Seniores

1.	BRANCO, Miguel Paiva <i>Rec Nac Classe S17</i>	97	S17	A	APPDAlCoimbra	6:22.85		9,00
	50m: 39.38 39.38	150m: 2:12.88	47.89	250m: 3:53.58	50.55	350m: 5:34.20	49.47	
	100m: 1:24.99 45.61	200m: 3:03.03	50.15	300m: 4:44.73	51.15	400m: 6:22.85	48.65	

Classe S21 (SDown)-Seniores

1.	ALMEIDA, Andre Reis <i>Rec Nac Classe S21</i>	00	S21		Sporting	5:59.96		9,00
	50m: 34.97 34.97	150m: 2:02.40	45.40	250m: 3:37.73	47.85	350m: 5:14.94	48.47	
	100m: 1:17.00 42.03	200m: 2:49.88	47.48	300m: 4:26.47	48.74	400m: 5:59.96	45.02	
	RIBEIRO, Jose Augusto	92	S21		Propaganda da Natacao	6:36.06		7,00
	50m: 42.26 42.26	150m: 2:19.61	50.55	250m: 4:01.60	51.08	350m: 5:46.19	53.03	
	100m: 1:29.06 46.80	200m: 3:10.52	50.91	300m: 4:53.16	51.56	400m: 6:36.06	49.87	
	MONTES, Francisco Pessanha	02	S21		ADADA Porto	6:47.42		6,00
	50m: 41.77 41.77	150m: 2:23.45	53.60	250m: 4:10.61	54.28	350m: 5:56.15	53.12	
	100m: 1:29.85 48.08	200m: 3:16.33	52.88	300m: 5:03.03	52.42	400m: 6:47.42	51.27	
	SEBASTIAO, Miguel Pereira	98	S21		Sporting de Aveiro	7:21.12		5,00
	50m: 47.23 47.23	150m: 2:37.03	55.39	250m: 4:30.88	57.33	350m: 6:25.88	57.18	
	100m: 1:41.64 54.41	200m: 3:33.55	56.52	300m: 5:28.70	57.82	400m: 7:21.12	55.24	
	SANTOS, Tomas Aniceto	99	S21		Feira Viva	7:32.11		4,00
	50m: 44.60 44.60	150m: 2:40.11	59.35	250m: 4:38.98	57.83	350m: 6:35.14	57.69	
	100m: 1:40.76 56.16	200m: 3:41.15	1:01.04	300m: 5:37.45	58.47	400m: 7:32.11	56.97	
	PEREIRA, Joel Alexandre	92	S21		APC Coimbra	8:00.74		3,00
	50m: 50.46 50.46	150m: 2:55.80	1:03.78	250m: 4:59.80	1:01.94	350m: 7:03.46	1:02.30	
	100m: 1:52.02 1:01.56	200m: 3:57.86	1:02.06	300m: 6:01.16	1:01.36	400m: 8:00.74	57.28	
	GONCALVES, Hugo Bernardo	96	S21		Porto	8:24.02		2,00
	50m: 54.45 54.45	150m: 3:03.25	1:04.75	250m: 5:11.56	1:04.16	350m: 7:23.72	1:06.17	
	100m: 1:58.50 1:04.05	200m: 4:07.40	1:04.15	300m: 6:17.55	1:05.99	400m: 8:24.02	1:00.30	

Classe S110

1.	ASSUNCAO, Luis Miguel	01	S110		Porto	5:46.00		-
	50m: 35.98 35.98	150m: 2:02.77	44.88	250m: 3:33.58	45.86	350m: 5:04.68	45.50	
	100m: 1:17.89 41.91	200m: 2:47.72	44.95	300m: 4:19.18	45.60	400m: 5:46.00	41.32	