

Prova 2 Masc., 400m Livres 10 anos e mais velhos
26-06-2021 - 15:50 Resultados

Rec Nac Adaptada S6	5:15.72	VIDEIRA, Daniel Carlos	POR	Funchal	19-05-2021
Rec Nac Adaptada S7	5:31.30	VIDEIRA, Daniel Carlos	GESL	Povoa de Varzim	12-05-2018
Rec Nac Adaptada S8	5:02.78	LINHARES, Ruben Daniel	FVCD	Oeiras	11-05-2019
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	4:56.01	MENESES, Marco Ribeiro	POR	Funchal	22-05-2021
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	4:28.84	CRUZ, Miguel Duarte	CFB	Oeiras	20-12-2020
Rec Nac Adaptada S16	5:18.51	JORGE, Andre Camara	CEOL	Rio Maior	25-01-2020
Rec Nac Adaptada S21	5:59.96	ALMEIDA, Andre Reis	SCP	Oeiras	11-05-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	GRACHAT, David Realista	87	S9	1,3,5	Geslours	4:32.42	527	9,00
	50m: 30.69 30.69	150m: 1:39.25	34.61	250m: 2:48.51	34.48	350m: 3:58.81	35.19	
	100m: 1:04.64 33.95	200m: 2:14.03	34.78	300m: 3:23.62	35.11	400m: 4:32.42	33.61	
2.	VIDEIRA, Daniel Carlos	92	S6	3,5,12+	Geslours	5:36.73	279	9,00
	50m: 38.73 38.73	150m: 2:03.44	42.50	250m: 3:26.85	41.22	350m: 4:53.54	43.98	
	100m: 1:20.94 42.21	200m: 2:45.63	42.19	300m: 4:09.56	42.71	400m: 5:36.73	43.19	
3.	SOARES, Ricardo Aderneira	99	S8	3,5,12+	Geslours	5:07.26	367	9,00
	50m: 35.96 35.96	150m: 1:54.89	39.60	250m: 3:11.63	38.31	350m: 4:29.11	38.99	
	100m: 1:15.29 39.33	200m: 2:33.32	38.43	300m: 3:50.12	38.49	400m: 5:07.26	38.15	
4.	LINHARES, Ruben Daniel	97	S8	3,5,12+	Rio Maior	5:10.26	356	7,00
	50m: 36.06 36.06	150m: 1:53.98	38.99	250m: 3:11.86	38.66	350m: 4:30.16	39.56	
	100m: 1:14.99 38.93	200m: 2:33.20	39.22	300m: 3:50.60	38.74	400m: 5:10.26	40.10	
5.	CANCELA, Diogo Luis	02	S8	1,2,4	Miranda do Corvo	5:15.63	338	6,00
	50m: 35.83 35.83	150m: 1:55.18	40.29	250m: 3:15.50	40.01	350m: 4:36.67	40.50	
	100m: 1:14.89 39.06	200m: 2:35.49	40.31	300m: 3:56.17	40.67	400m: 5:15.63	38.96	
6.	CASTANHEIRA, Rodolfo Francisco	01	S8	9	Geslours	5:23.82	313	5,00
	50m: 37.15 37.15	200m: 2:38.68	1:21.92	400m: 5:23.82	40.97			
	100m: 1:16.76 39.61	350m: 4:42.85	2:04.17					
7.	REIS, Bruno Ferreira	00	S8	12+	Porto	5:27.68	302	4,00
	50m: 37.80 37.80	150m: 1:59.65	41.53	250m: 3:21.20	40.90	350m: 4:45.55	42.97	
	100m: 1:18.12 40.32	200m: 2:40.30	40.65	300m: 4:02.58	41.38	400m: 5:27.68	42.13	
8.	DUARTE, Samuel Lima	04	S14		Feira Viva	5:07.36	367	9,00
	<i>Rec Nac Classe S14</i>							
	100m: 1:08.86 1:08.86	300m: 3:47.26	1:20.43	400m: 5:07.36	40.02			
	200m: 2:26.83 1:17.97	350m: 4:27.34	40.08					



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

Lugar	Nome	Ano	Classe	Excp	Clube	Tempo final	IPC	Pts
9.	GOUVEIA, Francisco Mario <i>FTL</i>	75	S9	9	Feira Viva	6:38.07	168	-
	50m: 42.16 42.16	150m: 2:19.01 49.57	250m: 4:03.13 52.52	350m: 5:49.05 53.19				
	100m: 1:29.44 47.28	200m: 3:10.61 51.60	300m: 4:55.86 52.73	400m: 6:38.07 49.02				
10.	ALVES, Nuno Diogo	88	S7	*A 12	Gondomar	8:06.53	92	9,00
	50m: 53.21 53.21	150m: 2:53.92 1:01.28	250m: 4:59.97 1:02.95	350m: 7:06.12 1:02.27				
	100m: 1:52.64 59.43	200m: 3:57.02 1:03.10	300m: 6:03.85 1:03.88	400m: 8:06.53 1:00.41				
DSQ	OLIVEIRA, Renato Alexandre <i>WPS 11.1.5 - Falsa partida</i>	82	S7	A,1,2,4,8	ADADA Porto			-

Classe S17-Absolutos

1.	SILVA, Bruno Miguel	93	S17		Porto	7:43.03	107	9,00
	50m: 45.08 45.08	150m: 2:35.68 57.26	250m: 4:37.70 1:00.83	350m: 6:41.55 1:01.26				
	100m: 1:38.42 53.34	200m: 3:36.87 1:01.19	300m: 5:40.29 1:02.59	400m: 7:43.03 1:01.48				

Classe S21 (SDown)-Absolutos

1.	MONTES, Francisco Pessanha	02	S21		ADADA Porto	6:53.88	150	9,00
	50m: 43.91 43.91	150m: 2:27.52 52.54	250m: 4:13.77 53.66	350m: 6:01.62 53.16				
	100m: 1:34.98 51.07	200m: 3:20.11 52.59	300m: 5:08.46 54.69	400m: 6:53.88 52.26				
2.	RIBEIRO, Jose Augusto	92	S21		Gondomar	7:12.39	131	7,00
	50m: 43.70 43.70	150m: 2:29.99 54.08	250m: 4:21.10 56.18	350m: 6:15.66 57.71				
	100m: 1:35.91 52.21	200m: 3:24.92 54.93	300m: 5:17.95 56.85	400m: 7:12.39 56.73				

Classe S6-Seniores

1.	VIDEIRA, Daniel Carlos	92	S6	3,5,12+	Geslours	5:36.73	279	9,00
	50m: 38.73 38.73	150m: 2:03.44 42.50	250m: 3:26.85 41.22	350m: 4:53.54 43.98				
	100m: 1:20.94 42.21	200m: 2:45.63 42.19	300m: 4:09.56 42.71	400m: 5:36.73 43.19				

Classe S7-Seniores

1.	ALVES, Nuno Diogo	88	S7	*A 12	Gondomar	8:06.53	92	9,00
	50m: 53.21 53.21	150m: 2:53.92 1:01.28	250m: 4:59.97 1:02.95	350m: 7:06.12 1:02.27				
	100m: 1:52.64 59.43	200m: 3:57.02 1:03.10	300m: 6:03.85 1:03.88	400m: 8:06.53 1:00.41				
DSQ	OLIVEIRA, Renato Alexandre <i>WPS 11.1.5 - Falsa partida</i>	82	S7	A,1,2,4,8	ADADA Porto			-

Prova 2, Masc., 400m Livres

Classe S8-Seniores

1.	SOARES, Ricardo Aderneira	99	S8	3,5,12+	Gesloures	5:07.26	367	9,00
	50m: 35.96 35.96	150m: 1:54.89	39.60	250m: 3:11.63	38.31	350m: 4:29.11	38.99	
	100m: 1:15.29 39.33	200m: 2:33.32	38.43	300m: 3:50.12	38.49	400m: 5:07.26	38.15	
2.	LINHARES, Ruben Daniel	97	S8	3,5,12+	Rio Maior	5:10.26	356	7,00
	50m: 36.06 36.06	150m: 1:53.98	38.99	250m: 3:11.86	38.66	350m: 4:30.16	39.56	
	100m: 1:14.99 38.93	200m: 2:33.20	39.22	300m: 3:50.60	38.74	400m: 5:10.26	40.10	
3.	CANCELA, Diogo Luis	02	S8	1,2,4	Miranda do Corvo	5:15.63	338	6,00
	50m: 35.83 35.83	150m: 1:55.18	40.29	250m: 3:15.50	40.01	350m: 4:36.67	40.50	
	100m: 1:14.89 39.06	200m: 2:35.49	40.31	300m: 3:56.17	40.67	400m: 5:15.63	38.96	
4.	CASTANHEIRA, Rodolfo Francisco	01	S8	9	Gesloures	5:23.82	313	5,00
	50m: 37.15 37.15	200m: 2:38.68	1:21.92	400m: 5:23.82	40.97			
	100m: 1:16.76 39.61	350m: 4:42.85	2:04.17					
5.	REIS, Bruno Ferreira	00	S8	12+	Porto	5:27.68	302	4,00
	50m: 37.80 37.80	150m: 1:59.65	41.53	250m: 3:21.20	40.90	350m: 4:45.55	42.97	
	100m: 1:18.12 40.32	200m: 2:40.30	40.65	300m: 4:02.58	41.38	400m: 5:27.68	42.13	

Classe S9-Seniores

1.	GRACHAT, David Realista	87	S9	1,3,5	Gesloures	4:32.42	527	9,00
	50m: 30.69 30.69	150m: 1:39.25	34.61	250m: 2:48.51	34.48	350m: 3:58.81	35.19	
	100m: 1:04.64 33.95	200m: 2:14.03	34.78	300m: 3:23.62	35.11	400m: 4:32.42	33.61	
2.	GOUVEIA, Francisco Mario FTL	75	S9	9	Feira Viva	6:38.07	168	-
	50m: 42.16 42.16	150m: 2:19.01	49.57	250m: 4:03.13	52.52	350m: 5:49.05	53.19	
	100m: 1:29.44 47.28	200m: 3:10.61	51.60	300m: 4:55.86	52.73	400m: 6:38.07	49.02	

Classe S14-Seniores

1.	DUARTE, Samuel Lima Rec Nac Classe S14	04	S14		Feira Viva	5:07.36	367	9,00
	100m: 1:08.86 1:08.86	300m: 3:47.26	1:20.43	400m: 5:07.36	40.02			
	200m: 2:26.83 1:17.97	350m: 4:27.34	40.08					

Classe S17-Seniores

1.	SILVA, Bruno Miguel	93	S17		Porto	7:43.03	107	9,00
	50m: 45.08 45.08	150m: 2:35.68	57.26	250m: 4:37.70	1:00.83	350m: 6:41.55	1:01.26	
	100m: 1:38.42 53.34	200m: 3:36.87	1:01.19	300m: 5:40.29	1:02.59	400m: 7:43.03	1:01.48	



Prova 2, Masc., 400m Livres

Classe S21 (SDown)-Seniores

1. MONTES, Francisco Pessanha	02	S21	ADADA Porto	6:53.88	150	9,00
50m: 43.91 43.91	150m: 2:27.52 52.54	250m: 4:13.77 53.66	350m: 6:01.62 53.16			
100m: 1:34.98 51.07	200m: 3:20.11 52.59	300m: 5:08.46 54.69	400m: 6:53.88 52.26			
2. RIBEIRO, Jose Augusto	92	S21	Gondomar	7:12.39	131	7,00
50m: 43.70 43.70	150m: 2:29.99 54.08	250m: 4:21.10 56.18	350m: 6:15.66 57.71			
100m: 1:35.91 52.21	200m: 3:24.92 54.93	300m: 5:17.95 56.85	400m: 7:12.39 56.73			

Classe S110

1. FIDALGO, Joao Matos	03	S110	Geslours	4:57.61	404	-
50m: 32.47 32.47	150m: 1:46.55 37.69	250m: 3:02.54 37.84	350m: 4:20.24 38.88			
100m: 1:08.86 36.39	200m: 2:24.70 38.15	300m: 3:41.36 38.82	400m: 4:57.61 37.37			

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