

Prova 26 800m Livres 10 anos e mais velhos
03/07/2022 Resultados

RN S14	10:12.86	DUARTE Samuel Lima	FVCD	Recarei	27/02/2022
RN S14	13:17.40	RESENDE Sonia Castanheiro	SCA	Mealhada	08/02/2015
RN S15	9:07.81	CRUZ Miguel Duarte	CFB	Felgueiras	20/12/2019
RN S15	59:00.00	start			
RN S17	13:07.22	MANITO Pedro Fernandes	PDEM	Abrantes	02/07/2022
RN S17	59:00.00	start			
RN S21	12:19.44	ALMEIDA Andre Reis	SCP	Quarteira	11/06/2022
RN S21	14:32.29	REIS Filipa Sa	FVCD	Recarei	22/05/2022

S14 LIMITE Masc. S14: 13:44.52; Femin. S14: 15:57.27 / S15 LIMITE Masc. S15: 10:04.80; Femin. S15: 13:21.36 /
S17 LIMITE Masc. S17: 13:44.52; Femin. S17: 15:57.27 / S21 LIMITE Masc. S21: 13:54.67; Femin. S21: 18:29.63 /
S14 Esp Masc. S14: 19:00.65; Esp Femin. S14: 22:35.58; Sen Masc. S14: 16:46.46; Sen Femin. S14: 19:56.10 /
S15 Esp Masc. S15: 15:31.28; Esp Femin. S15: 24:01.28; Sen Masc. S15: 13:41.71; Sen Femin. S15: 21:11.72 /
S21 Esp Femin. S21: 26:42.25; Sen Masc. S21: 18:34.95; Sen Femin. S21: 23:33.75

Pontos: KNZB NED WPS 2021

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S14-Absoluto, Masc.

1. RIBEIRO Pedro Miguel	91	S14			Gondomar	11:45.34	497	9,00
50m: 36.47 36.47	250m: 3:32.45 45.09	450m: 6:29.96 44.35	650m: 9:34.43 46.54					
100m: 1:18.67 42.20	300m: 4:16.79 44.34	500m: 7:15.13 45.17	700m: 10:19.89 45.46					
150m: 2:02.90 44.23	350m: 5:01.08 44.29	550m: 8:00.32 45.19	750m: 11:04.54 44.65					
200m: 2:47.36 44.46	400m: 5:45.61 44.53	600m: 8:47.89 47.57	800m: 11:45.34 40.80					
2. NASCIMENTO Levi Daniel	99	S14			O2 Portimao	11:51.69	483	7,00
50m: 37.31 37.31	250m: 3:32.39 44.94	450m: 6:33.40 45.06	650m: 9:35.49 45.33					
100m: 1:19.55 42.24	300m: 4:17.28 44.89	500m: 7:18.48 45.08	700m: 10:20.98 45.49					
150m: 2:03.05 43.50	350m: 5:02.74 45.46	550m: 8:04.65 46.17	750m: 11:04.54 44.65					
200m: 2:47.45 44.40	400m: 5:48.34 45.60	600m: 8:50.16 45.51	800m: 11:51.69					
3. RIBEIRO Jose Carneirinho	90	S14			Sporting	13:42.29	313	6,00
50m: 42.59 42.59	250m: 4:12.33 52.15	450m: 7:41.76 52.77	650m: 11:15.39 52.43					
100m: 1:35.35 52.76	300m: 5:04.59 52.26	500m: 8:35.19 53.43	700m: 12:06.41 51.02					
150m: 2:27.36 52.01	350m: 5:56.79 52.20	550m: 9:29.30 54.11	750m: 12:51.96 45.55					
200m: 3:20.18 52.82	400m: 6:48.99 52.20	600m: 10:22.96 53.66	800m: 13:42.29 50.33					

Classe S14-Absoluto, Femin.

1. SIMOES Diana Vieira	98	S14	W		Sporting de Aveiro	13:41.92	349	9,00
50m: 43.51 43.51	250m: 4:09.68 52.13	450m: 7:39.72 52.37	650m: 11:08.05 52.34					
100m: 1:32.62 49.11	300m: 5:02.46 52.78	500m: 8:31.61 51.89	700m: 12:01.14 53.09					
150m: 2:24.70 52.08	350m: 5:55.16 52.70	550m: 9:23.93 52.32	750m: 12:51.70 50.56					
200m: 3:17.55 52.85	400m: 6:47.35 52.19	600m: 10:15.71 51.78	800m: 13:41.92 50.22					
2. SOARES Maria Mafalda	02	S14			ADADA Porto	15:00.11	266	7,00
50m: 47.70 47.70	250m: 4:30.85 57.23	450m: 8:24.60 58.05	650m: 12:16.49 57.67					
100m: 1:40.50 52.80	300m: 5:28.36 57.51	500m: 9:22.45 57.85	700m: 13:15.09 58.60					
150m: 2:36.76 56.26	350m: 6:27.42 59.06	550m: 10:21.02 58.57	750m: 14:11.33 56.24					
200m: 3:33.62 56.86	400m: 7:26.55 59.13	600m: 11:18.82 57.80	800m: 15:00.11 48.78					



Prova 26, Femin., 800m Livres, Classe S14-Absoluto

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
3.	GOUVEIA Susana Raquel <i>FTL</i>	89	S14		ADADA Porto	16:31.44	199	6,00
	50m: 53.38 53.38	250m: 5:02.78 1:04.61	450m: 9:15.63 1:03.38	650m: 13:27.39 1:02.43				
	100m: 1:52.23 58.85	300m: 6:05.84 1:03.06	500m: 10:18.81 1:03.18	700m: 14:30.78 1:03.39				
	150m: 2:54.14 1:01.91	350m: 7:08.98 1:03.14	550m: 11:22.29 1:03.48	750m: 15:32.43 1:01.65				
	200m: 3:58.17 1:04.03	400m: 8:12.25 1:03.27	600m: 12:24.96 1:02.67	800m: 16:31.44 59.01				

Classe S14-Seniores, Masc.

1.	RIBEIRO Pedro Miguel	91	S14		Gondomar	11:45.34	497	9,00
	50m: 36.47 36.47	250m: 3:32.45 45.09	450m: 6:29.96 44.35	650m: 9:34.43 46.54				
	100m: 1:18.67 42.20	300m: 4:16.79 44.34	500m: 7:15.13 45.17	700m: 10:19.89 45.46				
	150m: 2:02.90 44.23	350m: 5:01.08 44.29	550m: 8:00.32 45.19	750m: 11:04.54 44.65				
	200m: 2:47.36 44.46	400m: 5:45.61 44.53	600m: 8:47.89 47.57	800m: 11:45.34 40.80				
2.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	11:51.69	483	7,00
	50m: 37.31 37.31	250m: 3:32.39 44.94	450m: 6:33.40 45.06	650m: 9:35.49 45.33				
	100m: 1:19.55 42.24	300m: 4:17.28 44.89	500m: 7:18.48 45.08	700m: 10:20.98 45.49				
	150m: 2:03.05 43.50	350m: 5:02.74 45.46	550m: 8:04.65 46.17	750m: 11:51.69				
	200m: 2:47.45 44.40	400m: 5:48.34 45.60	600m: 8:50.16 45.51					
3.	RIBEIRO Jose Carneirinho	90	S14		Sporting	13:42.29	313	6,00
	50m: 42.59 42.59	250m: 4:12.33 52.15	450m: 7:41.76 52.77	650m: 11:15.39 52.43				
	100m: 1:35.35 52.76	300m: 5:04.59 52.26	500m: 8:35.19 53.43	700m: 12:06.41 51.02				
	150m: 2:27.36 52.01	350m: 5:56.79 52.20	550m: 9:29.30 54.11	750m: 12:51.96 45.55				
	200m: 3:20.18 52.82	400m: 6:48.99 52.20	600m: 10:22.96 53.66	800m: 13:42.29 50.33				

Classe S14-Seniores, Femin.

1.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	13:41.92	349	9,00
	50m: 43.51 43.51	250m: 4:09.68 52.13	450m: 7:39.72 52.37	650m: 11:08.05 52.34				
	100m: 1:32.62 49.11	300m: 5:02.46 52.78	500m: 8:31.61 51.89	700m: 12:01.14 53.09				
	150m: 2:24.70 52.08	350m: 5:55.16 52.70	550m: 9:23.93 52.32	750m: 12:51.70 50.56				
	200m: 3:17.55 52.85	400m: 6:47.35 52.19	600m: 10:15.71 51.78	800m: 13:41.92 50.22				
2.	SOARES Maria Mafalda	02	S14		ADADA Porto	15:00.11	266	7,00
	50m: 47.70 47.70	250m: 4:30.85 57.23	450m: 8:24.60 58.05	650m: 12:16.49 57.67				
	100m: 1:40.50 52.80	300m: 5:28.36 57.51	500m: 9:22.45 57.85	700m: 13:15.09 58.60				
	150m: 2:36.76 56.26	350m: 6:27.42 59.06	550m: 10:21.02 58.57	750m: 14:11.33 56.24				
	200m: 3:33.62 56.86	400m: 7:26.55 59.13	600m: 11:18.82 57.80	800m: 15:00.11 48.78				
3.	GOUVEIA Susana Raquel <i>FTL</i>	89	S14		ADADA Porto	16:31.44	199	6,00
	50m: 53.38 53.38	250m: 5:02.78 1:04.61	450m: 9:15.63 1:03.38	650m: 13:27.39 1:02.43				
	100m: 1:52.23 58.85	300m: 6:05.84 1:03.06	500m: 10:18.81 1:03.18	700m: 14:30.78 1:03.39				
	150m: 2:54.14 1:01.91	350m: 7:08.98 1:03.14	550m: 11:22.29 1:03.48	750m: 15:32.43 1:01.65				
	200m: 3:58.17 1:04.03	400m: 8:12.25 1:03.27	600m: 12:24.96 1:02.67	800m: 16:31.44 59.01				

Prova 26, 800m Livres

Classe S17-Absoluto, Masc.

1. MANITO Pedro Fernandes	02	S17	A	Palmela Desporto	13:01.89	9,00					
<i>Rec Nac Classe S17</i>											
50m:	44.96	44.96	250m:	3:55.98	47.89	450m:	7:16.30	51.06	650m:	10:32.80	48.25
100m:	1:31.56	46.60	300m:	4:45.77	49.79	500m:	8:04.98	48.68	700m:	11:22.73	49.93
150m:	2:19.38	47.82	350m:	5:36.41	50.64	550m:	8:55.83	50.85	750m:	12:12.26	49.53
200m:	3:08.09	48.71	400m:	6:25.24	48.83	600m:	9:44.55	48.72	800m:	13:01.89	49.63

Classe S17-Seniores, Masc.

1. MANITO Pedro Fernandes	02	S17	A	Palmela Desporto	13:01.89	9,00					
<i>Rec Nac Classe S17</i>											
50m:	44.96	44.96	250m:	3:55.98	47.89	450m:	7:16.30	51.06	650m:	10:32.80	48.25
100m:	1:31.56	46.60	300m:	4:45.77	49.79	500m:	8:04.98	48.68	700m:	11:22.73	49.93
150m:	2:19.38	47.82	350m:	5:36.41	50.64	550m:	8:55.83	50.85	750m:	12:12.26	49.53
200m:	3:08.09	48.71	400m:	6:25.24	48.83	600m:	9:44.55	48.72	800m:	13:01.89	49.63

Classe S21 (SDown)-Absoluto, Masc.

1. ALMEIDA Andre Reis	00	S21		Sporting	12:17.10	9,00					
<i>Rec Nac Classe S21</i>											
50m:	37.04	37.04	250m:	3:30.55	45.34	450m:	6:37.66	48.96	650m:	9:52.75	48.61
100m:	1:17.60	40.56	300m:	4:15.72	45.17	500m:	7:26.15	48.49	700m:	10:41.11	48.36
150m:	1:59.71	42.11	350m:	5:02.25	46.53	550m:	8:15.17	49.02	750m:	11:29.69	48.58
200m:	2:45.21	45.50	400m:	5:48.70	46.45	600m:	9:04.14	48.97	800m:	12:17.10	47.41
2. MONTES Francisco Pessanha	02	S21		ADADA Porto	12:48.31	7,00					
50m:	40.46	40.46	250m:	3:53.14	49.94	450m:	7:09.78	49.29	650m:	10:25.24	48.93
100m:	1:26.89	46.43	300m:	4:42.09	48.95	500m:	7:58.94	49.16	700m:	11:14.33	49.09
150m:	2:14.51	47.62	350m:	5:31.38	49.29	550m:	8:48.98	50.04	750m:	12:02.57	48.24
200m:	3:03.20	48.69	400m:	6:20.49	49.11	600m:	9:36.31	47.33	800m:	12:48.31	45.74
3. VICENTE Francisco Jose	99	S21		Sporting	13:22.38	6,00					
50m:	41.23	41.23	250m:	3:57.91	50.54	450m:	7:23.62	50.46	650m:	10:50.63	52.27
100m:	1:27.57	46.34	300m:	4:49.07	51.16	500m:	8:15.65	52.03	700m:	11:41.71	51.08
150m:	2:16.97	49.40	350m:	5:41.24	52.17	550m:	9:07.11	51.46	750m:	12:33.03	51.32
200m:	3:07.37	50.40	400m:	6:33.16	51.92	600m:	9:58.36	51.25	800m:	13:22.38	49.35

Classe S21 (SDown)-Absoluto, Femin.

1. REIS Adriana Godinho	95	S21		Feira Viva	16:32.58	9,00					
50m:	55.37	55.37	250m:	5:08.37	1:03.02	450m:	9:22.54	1:03.58	650m:	13:32.77	1:02.92
100m:	1:57.88	1:02.51	300m:	6:11.57	1:03.20	500m:	10:25.18	1:02.64	700m:	14:34.45	1:01.68
150m:	3:01.29	1:03.41	350m:	7:15.27	1:03.70	550m:	11:27.49	1:02.31	750m:	15:36.17	1:01.72
200m:	4:05.35	1:04.06	400m:	8:18.96	1:03.69	600m:	12:29.85	1:02.36	800m:	16:32.58	56.41

Prova 26, Femin., 800m Livres, Classe S21 (SDown)-Absoluto

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
2.	CASTRO Ana Alexandra <i>FTL</i>	92	S21		Porto	18:32.08		7,00
	50m: 1:02.97 1:02.97	250m: 5:43.79 1:11.67	450m: 10:27.73 1:09.06	650m: 15:11.45 1:07.05				
	100m: 2:12.46 1:09.49	300m: 6:52.84 1:09.05	500m: 11:37.94 1:10.21	700m: 16:22.84 1:11.39				
	150m: 3:21.75 1:09.29	350m: 8:05.88 1:13.04	550m: 12:49.97 1:12.03	750m: 17:32.23 1:09.39				
	200m: 4:32.12 1:10.37	400m: 9:18.67 1:12.79	600m: 14:04.40 1:14.43	800m: 18:32.08 59.85				

Classe S21 (SDown)-Seniores, Masc.

1.	ALMEIDA Andre Reis <i>Rec Nac Classe S21</i>	00	S21		Sporting	12:17.10		9,00
	50m: 37.04 37.04	250m: 3:30.55 45.34	450m: 6:37.66 48.96	650m: 9:52.75 48.61				
	100m: 1:17.60 40.56	300m: 4:15.72 45.17	500m: 7:26.15 48.49	700m: 10:41.11 48.36				
	150m: 1:59.71 42.11	350m: 5:02.25 46.53	550m: 8:15.17 49.02	750m: 11:29.69 48.58				
	200m: 2:45.21 45.50	400m: 5:48.70 46.45	600m: 9:04.14 48.97	800m: 12:17.10 47.41				
2.	MONTES Francisco Pessanha	02	S21		ADADA Porto	12:48.31		7,00
	50m: 40.46 40.46	250m: 3:53.14 49.94	450m: 7:09.78 49.29	650m: 10:25.24 48.93				
	100m: 1:26.89 46.43	300m: 4:42.09 48.95	500m: 7:58.94 49.16	700m: 11:14.33 49.09				
	150m: 2:14.51 47.62	350m: 5:31.38 49.29	550m: 8:48.98 50.04	750m: 12:02.57 48.24				
	200m: 3:03.20 48.69	400m: 6:20.49 49.11	600m: 9:36.31 47.33	800m: 12:48.31 45.74				
3.	VICENTE Francisco Jose	99	S21		Sporting	13:22.38		6,00
	50m: 41.23 41.23	250m: 3:57.91 50.54	450m: 7:23.62 50.46	650m: 10:50.63 52.27				
	100m: 1:27.57 46.34	300m: 4:49.07 51.16	500m: 8:15.65 52.03	700m: 11:41.71 51.08				
	150m: 2:16.97 49.40	350m: 5:41.24 52.17	550m: 9:07.11 51.46	750m: 12:33.03 51.32				
	200m: 3:07.37 50.40	400m: 6:33.16 51.92	600m: 9:58.36 51.25	800m: 13:22.38 49.35				

Classe S21 (SDown)-Seniores, Femin.

1.	REIS Adriana Godinho	95	S21		Feira Viva	16:32.58		9,00
	50m: 55.37 55.37	250m: 5:08.37 1:03.02	450m: 9:22.54 1:03.58	650m: 13:32.77 1:02.92				
	100m: 1:57.88 1:02.51	300m: 6:11.57 1:03.20	500m: 10:25.18 1:02.64	700m: 14:34.45 1:01.68				
	150m: 3:01.29 1:03.41	350m: 7:15.27 1:03.70	550m: 11:27.49 1:02.31	750m: 15:36.17 1:01.72				
	200m: 4:05.35 1:04.06	400m: 8:18.96 1:03.69	600m: 12:29.85 1:02.36	800m: 16:32.58 56.41				
2.	CASTRO Ana Alexandra <i>FTL</i>	92	S21		Porto	18:32.08		7,00
	50m: 1:02.97 1:02.97	250m: 5:43.79 1:11.67	450m: 10:27.73 1:09.06	650m: 15:11.45 1:07.05				
	100m: 2:12.46 1:09.49	300m: 6:52.84 1:09.05	500m: 11:37.94 1:10.21	700m: 16:22.84 1:11.39				
	150m: 3:21.75 1:09.29	350m: 8:05.88 1:13.04	550m: 12:49.97 1:12.03	750m: 17:32.23 1:09.39				
	200m: 4:32.12 1:10.37	400m: 9:18.67 1:12.79	600m: 14:04.40 1:14.43	800m: 18:32.08 59.85				

ORGANIZAÇÃO



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