

1 - 1ª Jornada

25-01-2020 - 15:30

Prova 1 25-01-2020	Femin., 400m Livres				10 anos e mais velhos	Resultados
S6	11:55.23	BARBOSA Ana Sofia	FCP	Porto		03-11-2019
S7	9:59.80	SAMPAIO Ana Branca	SANNP	Valladolid (ESP)		05-05-2018
S8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras		11-05-2019
S9	5:03.76	VEIGA Susana Pereira	CNCVG	Coimbra		06-04-2019
S10	5:18.60	NEVES Teresa Lamego	POR	Eindhoven (NED)		07-08-2014
S11	59:00.00	start				
S12	59:00.00	start				
S13	59:00.00	start				
S14	6:25.10	RESENDE Sonia Castanheiro	SCA	Vila Franca de Xira		05-03-2016
S15	5:50.21	LOURENCO Susana Maria	SCP	Coimbra		13-08-2011
S16	7:18.70	TABORDA Maria Joao	FCP	Povoa de Varzim		07-04-2019
S17	59:00.00	start				
S21	7:37.73	REIS Filipa Sa	POR	Olbia (ITA)		21-09-2019

S6 Esp S6: 10:56.37; Sen S6: 14:30.50 / S7 Esp S7: 9:12.33; Sen S7: 9:01.50 / S8 Esp S8: 8:23.37; Sen S8: 8:13.50 / S9 Esp S9: 7:54.76; Sen S9: 7:45.45 / S10 Esp S10: 7:51.24; Sen S10: 7:42.00 / S11 Esp S11: 7:51.24; Sen S11: 7:42.00 / S11 Esp S11: 9:10.80; Sen S11: 9:00.00 / S12 Esp S12: 8:57.03; Sen S12: 8:46.58 / S13 Sen S13: 6:58.50; Esp S13: 7:06.87 / S13 Esp S13: 7:06.87; Sen S13: 6:58.50 / S14 Esp S14: 9:49.20; Sen S14: 9:37.65 / S14 Esp S14: 9:49.20; Sen S14: 9:37.65 / S15 Sen S15: 7:00.25 / S16 Esp S16: 9:49.20; Sen S16: 9:37.65 / S17 Esp S17: 9:49.20; Sen S17: 9:37.65 / S21 Esp S21: 11:49.42; Sen S21: 11:35.50

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S6-S14-Absolutos								
1.	BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	5:10.71	656	-
	50m: 34.86 34.86	150m: 1:53.15	39.89	250m: 3:13.89	40.44	350m: 4:32.82	39.20	
	100m: 1:13.26 38.40	200m: 2:33.45	40.30	300m: 3:53.62	39.73	400m: 5:10.71	37.89	
2.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	5:51.56	507	9,00
	50m: 40.77 40.77	150m: 2:09.83	44.82	250m: 3:39.26	44.60	350m: 5:08.36	44.54	
	100m: 1:25.01 44.24	200m: 2:54.66	44.83	300m: 4:23.82	44.56	400m: 5:51.56	43.20	
3.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	6:45.44	286	9,00
	50m: 42.22 42.22	150m: 2:21.80	51.41	250m: 4:07.19	53.26	350m: 5:53.04	53.17	
	100m: 1:30.39 48.17	200m: 3:13.93	52.13	300m: 4:59.87	52.68	400m: 6:45.44	52.40	
4.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	8:07.76	230	9,00
	50m: 56.93 56.93	150m: 2:58.43	1:02.22	250m: 5:02.26	1:02.79	350m: 7:07.06	1:03.15	
	100m: 1:56.21 59.28	200m: 3:59.47	1:01.04	300m: 6:03.91	1:01.65	400m: 8:07.76	1:00.70	
5.	SOARES Maria Mafalda	02	S14		ADADA Porto	7:22.57	220	7,00
	50m: 44.08 44.08	150m: 2:38.79	59.00	250m: 4:34.44	59.76	350m: 6:26.81	53.64	
	100m: 1:39.79 55.71	200m: 3:34.68	55.89	300m: 5:33.17	58.73	400m: 7:22.57	55.76	
6.	ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	9:05.83	117	9,00
	50m: 1:01.41 1:01.41	150m: 3:19.00	1:10.11	250m: 5:41.48	1:11.90	350m: 8:00.48	1:08.44	
	100m: 2:08.89 1:07.48	200m: 4:29.58	1:10.58	300m: 6:52.04	1:10.56	400m: 9:05.83	1:05.35	

Classe S21 (SDown)-Absolutos

1.	GOMES Barbara Ines	91	S21		APC Coimbra	8:54.82		9,00
	50m: 59.72 59.72	150m: 3:14.74	1:07.44	250m: 5:30.03	1:07.31	350m: 7:47.85	1:07.61	
	100m: 2:07.30 1:07.58	200m: 4:22.72	1:07.98	300m: 6:40.24	1:10.21	400m: 8:54.82	1:06.97	
2.	MOREIRA Carina Barbosa	81	S21		Gondomar	10:27.84		7,00
	50m: 1:03.33 1:03.33	150m: 3:42.15	1:21.12	250m: 6:23.71	1:19.60	350m: 9:07.20	1:20.78	
	100m: 2:21.03 1:17.70	200m: 5:04.11	1:21.96	300m: 7:46.42	1:22.71	400m: 10:27.84	1:20.64	

Prova 1, Femin., 400m Livres

Classe S7-Seniores

1. OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	8:07.76	230	9,00
50m: 56.93 56.93	150m: 2:58.43	1:02.22	250m: 5:02.26	1:02.79	350m: 7:07.06	1:03.15	
100m: 1:56.21 59.28	200m: 3:59.47	1:01.04	300m: 6:03.91	1:01.65	400m: 8:07.76	1:00.70	

Classe S8-Seniores

1. CASTRO Ana Filipa	97	S8	12+	Feira Viva	5:51.56	507	9,00
50m: 40.77 40.77	150m: 2:09.83	44.82	250m: 3:39.26	44.60	350m: 5:08.36	44.54	
100m: 1:25.01 44.24	200m: 2:54.66	44.83	300m: 4:23.82	44.56	400m: 5:51.56	43.20	

Classe S10-Seniores

1. BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	5:10.71	656	-
50m: 34.86 34.86	150m: 1:53.15	39.89	250m: 3:13.89	40.44	350m: 4:32.82	39.20	
100m: 1:13.26 38.40	200m: 2:33.45	40.30	300m: 3:53.62	39.73	400m: 5:10.71	37.89	

Classe S14-Esperanças

1. ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	9:05.83	117	9,00
50m: 1:01.41 1:01.41	150m: 3:19.00	1:10.11	250m: 5:41.48	1:11.90	350m: 8:00.48	1:08.44	
100m: 2:08.89 1:07.48	200m: 4:29.58	1:10.58	300m: 6:52.04	1:10.56	400m: 9:05.83	1:05.35	

Classe S14-Seniores

1. SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	6:45.44	286	9,00
50m: 42.22 42.22	150m: 2:21.80	51.41	250m: 4:07.19	53.26	350m: 5:53.04	53.17	
100m: 1:30.39 48.17	200m: 3:13.93	52.13	300m: 4:59.87	52.68	400m: 6:45.44	52.40	
2. SOARES Maria Mafalda	02	S14		ADADA Porto	7:22.57	220	7,00
50m: 44.08 44.08	150m: 2:38.79	59.00	250m: 4:34.44	59.76	350m: 6:26.81	53.64	
100m: 1:39.79 55.71	200m: 3:34.68	55.89	300m: 5:33.17	58.73	400m: 7:22.57	55.76	

Classe S21 (SDown)-Seniores

1. GOMES Barbara Ines	91	S21		APC Coimbra	8:54.82		9,00
50m: 59.72 59.72	150m: 3:14.74	1:07.44	250m: 5:30.03	1:07.31	350m: 7:47.85	1:07.61	
100m: 2:07.30 1:07.58	200m: 4:22.72	1:07.98	300m: 6:40.24	1:10.21	400m: 8:54.82	1:06.97	
2. MOREIRA Carina Barbosa	81	S21		Gondomar	10:27.84		7,00
50m: 1:03.33 1:03.33	150m: 3:42.15	1:21.12	250m: 6:23.71	1:19.60	350m: 9:07.20	1:20.78	
100m: 2:21.03 1:17.70	200m: 5:04.11	1:21.96	300m: 7:46.42	1:22.71	400m: 10:27.84	1:20.64	

EXH RIBEIRO Margarida Messias	98			Geslours	4:45.75		-
50m: 32.72 32.72	150m: 1:45.31	36.67	250m: 2:58.28	36.46	350m: 4:09.68	35.57	
100m: 1:08.64 35.92	200m: 2:21.82	36.51	300m: 3:34.11	35.83	400m: 4:45.75	36.07	

EXH RANITO Beatriz Paulo	99			Geslours	4:48.59		-
50m: 32.81 32.81	150m: 1:45.36	36.71	250m: 2:58.78	36.38	350m: 4:12.30	36.22	
100m: 1:08.65 35.84	200m: 2:22.40	37.04	300m: 3:36.08	37.30	400m: 4:48.59	36.29	

EXH SANTOS Mariana Marques	05			Geslours	5:07.95		-
50m: 34.28 34.28	150m: 1:50.10	38.29	250m: 3:08.45	39.04	350m: 4:28.65	39.79	
100m: 1:11.81 37.53	200m: 2:29.41	39.31	300m: 3:48.86	40.41	400m: 5:07.95	39.30	

Prova 2
25-01-2020

Masc., 400m Livres

10 anos e mais velhos
Resultados

S6	5:18.61	VIDEIRA Daniel Carlos	POR	Londres (GBR)	09-09-2019
S7	5:31.30	VIDEIRA Daniel Carlos	GESL	Povoa de Varzim	12-05-2018
S8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11-05-2019
S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
S10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10-06-2011
S11	5:07.23	MENESES Marco Ribeiro	CRASTO	Oeiras	11-05-2019
S12	59:00.00	start			
S13	4:31.26	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	10-08-2014
S14	5:27.72	RIBEIRO Pedro Miguel	POR	Loano (ITA)	10-06-2016
S15	4:29.40	CRUZ Miguel Duarte	CFB	Funchal	03-08-2019
S16	59:00.00	start			
S17	6:22.85	BRANCO Miguel Paiva	APPDAC	Oeiras	11-05-2019
S21	5:59.96	ALMEIDA Andre Reis	SCP	Oeiras	11-05-2019

S6 Esp S6: 9:25.40; Sen S6: 9:14.31 / S7 Esp S7: 8:42.71; Sen S7: 8:32.46 / S8 Esp S8: 8:14.57; Sen S8: 8:04.88 / S9 Esp S9: 6:40.77; Sen S9: 6:32.91 / S10 Esp S10: 6:37.80; Sen S10: 6:30.00 / S11 Esp S11: 9:02.02; Sen S11: 8:51.39 / S12 Esp S12: 8:41.73; Sen S12: 8:31.50 / S13 Esp S13: 6:46.89; Sen S13: 6:55.03 / S14 Esp S14: 8:21.41; Sen S14: 8:11.58 / S15 Esp S15: 5:35.00 / Sen S15: 5:35.00 / S16 Esp S16: 8:21.41; Sen S16: 8:11.58 / S17 Esp S17: 8:21.41; Sen S17: 8:11.58 / S21 Esp S21: 9:36.24; Sen S21: 9:24.95

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	GRACHAT David Realista	87	S9	1,3,5	Gesloures	4:28.49	807	9,00				
	<i>Minimos MQS JO Para Swim</i>											
	50m:	30.10	30.10	150m:	1:37.29	34.20	250m:	2:45.47	34.07	350m:	3:53.92	34.27
	100m:	1:03.09	32.99	200m:	2:11.40	34.11	300m:	3:19.65	34.18	400m:	4:28.49	34.57
2.	VIDEIRA Daniel Carlos	92	S6	3,5,12+	Gesloures	5:26.27	783	9,00				
	<i>Minimos MQS JO Para Swim</i>											
	50m:	37.18	37.18	150m:	1:59.76	41.81	250m:	3:22.99	41.74	350m:	4:46.38	41.67
	100m:	1:17.95	40.77	200m:	2:41.25	41.49	300m:	4:04.71	41.72	400m:	5:26.27	39.89
3.	MENESES Marco Ribeiro	01	S11	T	O Crasto	5:02.55	701	9,00				
	<i>Rec Nac Classe S11, Minimos MQS JO Para Swim</i>											
	50m:	32.83	32.83	150m:	1:48.31	38.08	250m:	3:05.59	38.33	350m:	4:24.06	39.27
	100m:	1:10.23	37.40	200m:	2:27.26	38.95	300m:	3:44.79	39.20	400m:	5:02.55	38.49
4.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	5:04.20	622	9,00				
	50m:	34.17	34.17	150m:	1:49.76	38.25	250m:	3:06.83	38.71	350m:	4:25.10	39.13
	100m:	1:11.51	37.34	200m:	2:28.12	38.36	300m:	3:45.97	39.14	400m:	5:04.20	39.10
5.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Gesloures	5:10.47	586	7,00				
	50m:	36.04	36.04	150m:	1:53.44	39.08	250m:	3:11.90	39.27	350m:	4:31.44	39.98
	100m:	1:14.36	38.32	200m:	2:32.63	39.19	300m:	3:51.46	39.56	400m:	5:10.47	39.03
6.	CORDEIRO Tomas Coelho	04	S10	12+	Fluvial Portuense	4:49.44	554	9,00				
	50m:	32.34	32.34	150m:	1:46.19	37.12	250m:	3:00.01	36.58	350m:	4:13.49	36.37
	100m:	1:09.07	36.73	200m:	2:23.43	37.24	300m:	3:37.12	37.11	400m:	4:49.44	35.95
7.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Gesloures	5:30.60	485	6,00				
	50m:	35.12	35.12	150m:	1:55.15	40.54	250m:	3:20.57	41.97	350m:	4:48.12	43.41
	100m:	1:14.61	39.49	200m:	2:38.60	43.45	300m:	4:04.71	44.14	400m:	5:30.60	42.48
8.	REIS Bruno Ferreira	00	S8	12+	Porto	5:34.01	470	5,00				
	50m:	36.70	36.70	150m:	1:58.98	41.95	250m:	3:24.27	42.13	350m:	4:51.06	43.11
	100m:	1:17.03	40.33	200m:	2:42.14	43.16	300m:	4:07.95	43.68	400m:	5:34.01	42.95

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

Lugar	Nome do nadador	Ano	Classe	Cod	Exc	Clube	Tempo final	IPC	Pts
9.	RIBEIRO Pedro Miguel	91	S14			Gondomar	5:36.82	427	9,00
	50m: 34.69 34.69	150m: 1:56.71	42.38	250m: 3:24.55	43.69	350m: 4:52.69	44.13		
	100m: 1:14.33 39.64	200m: 2:40.86	44.15	300m: 4:08.56	44.01	400m: 5:36.82	44.13		
10.	PATRICIO Rodrigo Oliveira	05	S14			Feira Viva	5:58.07	355	9,00
	50m: 39.58 39.58	150m: 2:10.94	46.33	250m: 3:43.45	46.31	350m: 5:16.47	46.08		
	100m: 1:24.61 45.03	200m: 2:57.14	46.20	300m: 4:30.39	46.94	400m: 5:58.07	41.60		
11.	ROCHA Simao Pedro	06	S14			Aquatico Pacense	6:32.60	270	7,00
	50m: 42.00 42.00	150m: 2:20.29	50.23	250m: 4:02.28	50.64	350m: 5:44.83	51.07		
	100m: 1:30.06 48.06	200m: 3:11.64	51.35	300m: 4:53.76	51.48	400m: 6:32.60	47.77		
12.	OLIVEIRA Antonio Pedro	03	S10	12+		Porto	6:34.41	219	-
	50m: 38.39 38.39	150m: 2:13.07	49.32	250m: 3:56.97	52.60	350m: 5:43.76	54.26		
	100m: 1:23.75 45.36	200m: 3:04.37	51.30	300m: 4:49.50	52.53	400m: 6:34.41	50.65		
13.	ALVES Nuno Diogo	88	S7	A	12+	Gondomar	8:02.12	201	9,00
	50m: 52.50 52.50	150m: 2:54.32	1:01.37	250m: 4:56.79	1:01.38	350m: 7:02.88	1:03.48		
	100m: 1:52.95 1:00.45	200m: 3:55.41	1:01.09	300m: 5:59.40	1:02.61	400m: 8:02.12	59.24		

Classe S15 (Auditiva)-Absolutos

1.	CRUZ Miguel Duarte	99	S15	H		Belenenses	4:37.04	633	9,00
	50m: 30.48 30.48	150m: 1:39.87	35.15	250m: 2:50.40	34.96	350m: 4:01.53	35.76		
	100m: 1:04.72 34.24	200m: 2:15.44	35.57	300m: 3:25.77	35.37	400m: 4:37.04	35.51		

Classe S16-Absolutos

1.	JORGE Andre Camara <i>Rec Nac Classe S16</i>	90	S16			Escola O Liceu	5:18.51		9,00
	50m: 33.32 33.32	150m: 1:53.02	40.91	250m: 3:16.22	40.97	350m: 4:39.57	41.92		
	100m: 1:12.11 38.79	200m: 2:35.25	42.23	300m: 3:57.65	41.43	400m: 5:18.51	38.94		

Classe S17-Absolutos

1.	BRANCO Miguel Paiva	97	S17	A		APPDAlCoimbra	6:24.76		9,00
	50m: 40.32 40.32	150m: 2:14.20	48.94	250m: 3:55.15	51.56	350m: 5:38.04	52.40		
	100m: 1:25.26 44.94	200m: 3:03.59	49.39	300m: 4:45.64	50.49	400m: 6:24.76	46.72		
2.	SILVA Bruno Miguel	93	S17			Porto	7:52.85		7,00
	50m: 49.45 49.45	150m: 2:46.04	59.61	250m: 4:48.63	1:02.33	350m: 6:52.55	1:02.17		
	100m: 1:46.43 56.98	200m: 3:46.30	1:00.26	300m: 5:50.38	1:01.75	400m: 7:52.85	1:00.30		

Classe S21 (SDown)-Absolutos

1.	ALMEIDA Andre Reis	00	S21			Sporting	6:16.61		9,00
	50m: 36.43 36.43	150m: 2:10.67	49.22	250m: 3:49.55	48.75	350m: 5:27.70	46.68		
	100m: 1:21.45 45.02	200m: 3:00.80	50.13	300m: 4:41.02	51.47	400m: 6:16.61	48.91		
2.	RIBEIRO Jose Augusto	92	S21			Gondomar	6:28.20		7,00
	50m: 40.94 40.94	150m: 2:17.52	49.97	250m: 3:57.03	49.48	350m: 5:38.42	50.86		
	100m: 1:27.55 46.61	200m: 3:07.55	50.03	300m: 4:47.56	50.53	400m: 6:28.20	49.78		

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

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
3.	MONTES Francisco Pessanha	02	S21		ADADA Porto	7:00.43		6,00
	50m: 43.10 43.10	150m: 2:28.46	54.01	250m: 4:18.27	54.75	350m: 6:07.40	54.61	
	100m: 1:34.45 51.35	200m: 3:23.52	55.06	300m: 5:12.79	54.52	400m: 7:00.43	53.03	
4.	VICENTE Francisco Jose	99	S21		Sporting	7:12.74		5,00
	50m: 42.75 42.75	150m: 2:28.09	55.22	250m: 4:18.75	56.93	350m: 6:14.95	59.68	
	100m: 1:32.87 50.12	200m: 3:21.82	53.73	300m: 5:15.27	56.52	400m: 7:12.74	57.79	
5.	PEREIRA Joel Alexandre	92	S21		APC Coimbra	8:03.02		4,00
	50m: 50.64 50.64	150m: 2:55.95	1:04.62	250m: 5:00.13	1:02.13	350m: 7:04.99	1:02.00	
	100m: 1:51.33 1:00.69	200m: 3:58.00	1:02.05	300m: 6:02.99	1:02.86	400m: 8:03.02	58.03	
6.	GONCALVES Hugo Bernardo	96	S21		Porto	8:40.08		3,00
	50m: 49.81 49.81	150m: 2:56.23	1:06.13	250m: 5:09.23	1:09.18	350m: 7:35.72	1:23.70	
	100m: 1:50.10 1:00.29	200m: 4:00.05	1:03.82	300m: 6:12.02	1:02.79	400m: 8:40.08	1:04.36	
DSQ	SANTOS Diogo Filipe	91	S21		Feira Viva			-
	3.1.6 - Falsa partida							

Classe S6-Seniores

1.	VIDEIRA Daniel Carlos	92	S6	3,5,12+	Gesloures	5:26.27	783	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 37.18 37.18	150m: 1:59.76	41.81	250m: 3:22.99	41.74	350m: 4:46.38	41.67	
	100m: 1:17.95 40.77	200m: 2:41.25	41.49	300m: 4:04.71	41.72	400m: 5:26.27	39.89	

Classe S7-Seniores

1.	ALVES Nuno Diogo	88	S7	A 12+	Gondomar	8:02.12	201	9,00
	50m: 52.50 52.50	150m: 2:54.32	1:01.37	250m: 4:56.79	1:01.38	350m: 7:02.88	1:03.48	
	100m: 1:52.95 1:00.45	200m: 3:55.41	1:01.09	300m: 5:59.40	1:02.61	400m: 8:02.12	59.24	

Classe S8-Seniores

1.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	5:04.20	622	9,00
	50m: 34.17 34.17	150m: 1:49.76	38.25	250m: 3:06.83	38.71	350m: 4:25.10	39.13	
	100m: 1:11.51 37.34	200m: 2:28.12	38.36	300m: 3:45.97	39.14	400m: 5:04.20	39.10	
2.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Gesloures	5:10.47	586	7,00
	50m: 36.04 36.04	150m: 1:53.44	39.08	250m: 3:11.90	39.27	350m: 4:31.44	39.98	
	100m: 1:14.36 38.32	200m: 2:32.63	39.19	300m: 3:51.46	39.56	400m: 5:10.47	39.03	
3.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Gesloures	5:30.60	485	6,00
	50m: 35.12 35.12	150m: 1:55.15	40.54	250m: 3:20.57	41.97	350m: 4:48.12	43.41	
	100m: 1:14.61 39.49	200m: 2:38.60	43.45	300m: 4:04.71	44.14	400m: 5:30.60	42.48	
4.	REIS Bruno Ferreira	00	S8	12+	Porto	5:34.01	470	5,00
	50m: 36.70 36.70	150m: 1:58.98	41.95	250m: 3:24.27	42.13	350m: 4:51.06	43.11	
	100m: 1:17.03 40.33	200m: 2:42.14	43.16	300m: 4:07.95	43.68	400m: 5:34.01	42.95	

Classe S9-Seniores

1.	GRACHAT David Realista	87	S9	1,3,5	Gesloures	4:28.49	807	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 30.10 30.10	150m: 1:37.29	34.20	250m: 2:45.47	34.07	350m: 3:53.92	34.27	
	100m: 1:03.09 32.99	200m: 2:11.40	34.11	300m: 3:19.65	34.18	400m: 4:28.49	34.57	

Prova 2, Masc., 400m Livres

Classe S10-Esperanças

1. CORDEIRO Tomas Coelho	04	S10	12+	Fluvial Portuense	4:49.44	554	9,00
50m: 32.34 32.34	150m: 1:46.19	37.12	250m: 3:00.01	36.58	350m: 4:13.49	36.37	
100m: 1:09.07 36.73	200m: 2:23.43	37.24	300m: 3:37.12	37.11	400m: 4:49.44	35.95	

Classe S10-Seniores

1. OLIVEIRA Antonio Pedro	03	S10	12+	Porto	6:34.41	219	-
50m: 38.39 38.39	150m: 2:13.07	49.32	250m: 3:56.97	52.60	350m: 5:43.76	54.26	
100m: 1:23.75 45.36	200m: 3:04.37	51.30	300m: 4:49.50	52.53	400m: 6:34.41	50.65	

Classe S110-Seniores

1. ASSUNCAO Luis Miguel	01	S110		Porto	5:36.21		9,00
50m: 36.19 36.19	150m: 2:00.38	42.98	250m: 3:26.89	43.72	350m: 4:54.89	43.86	
100m: 1:17.40 41.21	200m: 2:43.17	42.79	300m: 4:11.03	44.14	400m: 5:36.21	41.32	

DNS MARQUES Filipe Alexandre	88	S110	12+	Individual ANL			-
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Classe S11-Seniores

1. MENESES Marco Ribeiro	01	S11	T	O Crasto	5:02.55	701	9,00
<i>Rec Nac Classe S11, Minimos MQS JO Para Swim</i>							
50m: 32.83 32.83	150m: 1:48.31	38.08	250m: 3:05.59	38.33	350m: 4:24.06	39.27	
100m: 1:10.23 37.40	200m: 2:27.26	38.95	300m: 3:44.79	39.20	400m: 5:02.55	38.49	

Classe S14-Esperanças

1. PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	5:58.07	355	9,00
50m: 39.58 39.58	150m: 2:10.94	46.33	250m: 3:43.45	46.31	350m: 5:16.47	46.08	
100m: 1:24.61 45.03	200m: 2:57.14	46.20	300m: 4:30.39	46.94	400m: 5:58.07	41.60	
2. ROCHA Simao Pedro	06	S14		Aquatico Pacense	6:32.60	270	7,00
50m: 42.00 42.00	150m: 2:20.29	50.23	250m: 4:02.28	50.64	350m: 5:44.83	51.07	
100m: 1:30.06 48.06	200m: 3:11.64	51.35	300m: 4:53.76	51.48	400m: 6:32.60	47.77	

Classe S14-Seniores

1. RIBEIRO Pedro Miguel	91	S14		Gondomar	5:36.82	427	9,00
50m: 34.69 34.69	150m: 1:56.71	42.38	250m: 3:24.55	43.69	350m: 4:52.69	44.13	
100m: 1:14.33 39.64	200m: 2:40.86	44.15	300m: 4:08.56	44.01	400m: 5:36.82	44.13	

Classe S15 (Auditiva)-Seniores

1. CRUZ Miguel Duarte	99	S15	H	Belenenses	4:37.04	633	9,00
50m: 30.48 30.48	150m: 1:39.87	35.15	250m: 2:50.40	34.96	350m: 4:01.53	35.76	
100m: 1:04.72 34.24	200m: 2:15.44	35.57	300m: 3:25.77	35.37	400m: 4:37.04	35.51	

Prova 2, Masc., 400m Livres

Classe S16-Seniores

1. JORGE Andre Camara	90	S16		Escola O Liceu		5:18.51	9,00
<i>Rec Nac Classe S16</i>							
50m:	33.32	33.32	150m:	1:53.02	40.91	250m:	3:16.22 40.97
100m:	1:12.11	38.79	200m:	2:35.25	42.23	300m:	3:57.65 41.43
						350m:	4:39.57 41.92
						400m:	5:18.51 38.94

Classe S17-Seniores

1. BRANCO Miguel Paiva	97	S17	A	APPDAlCoimbra		6:24.76	9,00
50m:	40.32	40.32	150m:	2:14.20	48.94	250m:	3:55.15 51.56
100m:	1:25.26	44.94	200m:	3:03.59	49.39	300m:	4:45.64 50.49
						350m:	5:38.04 52.40
						400m:	6:24.76 46.72
2. SILVA Bruno Miguel	93	S17		Porto		7:52.85	7,00
50m:	49.45	49.45	150m:	2:46.04	59.61	250m:	4:48.63 1:02.33
100m:	1:46.43	56.98	200m:	3:46.30	1:00.26	300m:	5:50.38 1:01.75
						350m:	6:52.55 1:02.17
						400m:	7:52.85 1:00.30

Classe S21 (SDown)-Seniores

1. ALMEIDA Andre Reis	00	S21		Sporting		6:16.61	9,00
50m:	36.43	36.43	150m:	2:10.67	49.22	250m:	3:49.55 48.75
100m:	1:21.45	45.02	200m:	3:00.80	50.13	300m:	4:41.02 51.47
						350m:	5:27.70 46.68
						400m:	6:16.61 48.91
2. RIBEIRO Jose Augusto	92	S21		Gondomar		6:28.20	7,00
50m:	40.94	40.94	150m:	2:17.52	49.97	250m:	3:57.03 49.48
100m:	1:27.55	46.61	200m:	3:07.55	50.03	300m:	4:47.56 50.53
						350m:	5:38.42 50.86
						400m:	6:28.20 49.78
3. MONTES Francisco Pessanha	02	S21		ADADA Porto		7:00.43	6,00
50m:	43.10	43.10	150m:	2:28.46	54.01	250m:	4:18.27 54.75
100m:	1:34.45	51.35	200m:	3:23.52	55.06	300m:	5:12.79 54.52
						350m:	6:07.40 54.61
						400m:	7:00.43 53.03
4. VICENTE Francisco Jose	99	S21		Sporting		7:12.74	5,00
50m:	42.75	42.75	150m:	2:28.09	55.22	250m:	4:18.75 56.93
100m:	1:32.87	50.12	200m:	3:21.82	53.73	300m:	5:15.27 56.52
						350m:	6:14.95 59.68
						400m:	7:12.74 57.79
5. PEREIRA Joel Alexandre	92	S21		APC Coimbra		8:03.02	4,00
50m:	50.64	50.64	150m:	2:55.95	1:04.62	250m:	5:00.13 1:02.13
100m:	1:51.33	1:00.69	200m:	3:58.00	1:02.05	300m:	6:02.99 1:02.86
						350m:	7:04.99 1:02.00
						400m:	8:03.02 58.03
6. GONCALVES Hugo Bernardo	96	S21		Porto		8:40.08	3,00
50m:	49.81	49.81	150m:	2:56.23	1:06.13	250m:	5:09.23 1:09.18
100m:	1:50.10	1:00.29	200m:	4:00.05	1:03.82	300m:	6:12.02 1:02.79
						350m:	7:35.72 1:23.70
						400m:	8:40.08 1:04.36
DSQ SANTOS Diogo Filipe	91	S21		Feira Viva			-
<i>3.1.6 - Falsa partida</i>							
EXH LUZ Filipe Ferreira	98			Gesloures		4:28.25	-
50m:	30.12	30.12	150m:	1:37.23	33.90	250m:	2:46.13 34.48
100m:	1:03.33	33.21	200m:	2:11.65	34.42	300m:	3:20.98 34.85
						350m:	3:55.54 34.56
						400m:	4:28.25 32.71
EXH SANTOS Francisco Amaro	04			Gesloures		4:40.09	-
50m:	30.71	30.71	150m:	1:40.08	35.13	250m:	2:51.63 35.81
100m:	1:04.95	34.24	200m:	2:15.82	35.74	300m:	3:28.15 36.52
						350m:	4:04.34 36.19
						400m:	4:40.09 35.75

Prova 3
25-01-2020

Femin., 200m Livres

Absoluto
Resultados

S1	59:00.00	start							
S2	59:00.00	start							
S3	5:07.35	BARROSO Susana Cristina	GESL	Lisboa					26-05-2001
S4	4:07.64	GUIMARAES Diana Lobo	FCP	Vila Franca de Xira					01-12-2007
S5	3:31.89	MORGADO Maria Joao	POR	Braunschweig (GER)					13-08-1999
S14	2:48.99	RESENDE Sonia Castanheiro	POR	Loano (ITA)					11-06-2016
S15	2:40.90	ALMEIDA Eunice Evora	SCP	Povoa de Varzim					12-05-2018
S16	3:35.36	TABORDA Maria Joao	FCP	Povoa de Varzim					07-04-2019
S17	59:00.00	start							
S21	3:34.41	TORRES Diana Ines	ADADA	Vila Franca de Xira					05-03-2016

S1 Esp S1: 11:19.32; Sen S1: 11:06.00 / S2 Esp S2: 9:32.25; Sen S2: 9:21.03 / S3 Esp S3: 7:50.25; Sen S3: 7:41.03 /
S4 Esp S4: 6:18.89; Sen S4: 6:11.46 / S5 Esp S5: 5:24.19; Sen S5: 5:17.84 / S14 Esp S14: 4:18.55; Sen S14: 4:13.48 /
S114 Esp S114: 4:18.55; Sen S114: 4:13.48 / S15 Esp S15: 3:29.24; Sen S15: 3:24.13 / S16 Esp S16: 4:18.55; Sen S16: 4:13.48 /
S17 Esp S17: 4:18.55; Sen S17: 4:13.48 / S21 Esp S21: 5:28.05; Sen S21: 5:21.62

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S1-S14-Absolutos

1.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	3:46.89	156	9,00
	50m: 45.99 45.99	100m: 1:42.01	56.02	150m: 2:45.29	1:03.28	200m: 3:46.89	1:01.60	
2.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	3:56.36	138	7,00
	50m: 51.63 51.63	100m: 1:54.02	1:02.39	150m: 2:55.32	1:01.30	200m: 3:56.36	1:01.04	
3.	REGO Joana Candeias	04	S14		ADADA Porto	3:57.36	136	9,00
	50m: 52.65 52.65	100m: 1:51.29	58.64	150m: 2:52.54	1:01.25	200m: 3:57.36	1:04.82	
DSQ	CARVALHO Ana Filipa	88	S14		Sporting			-
	, 3.8.5 - O(A) atleta puxou pela pista separadora aos 120 metros							

Classe S21 (SDown)-Absolutos

1.	REIS Adriana Godinho	95	S21		Feira Viva	3:51.78		9,00
	50m: 53.56 53.56	100m: 1:53.17	59.61	150m: 2:53.99	1:00.82	200m: 3:51.78	57.79	
2.	GASPAR Matilde Lucia	06	S21		APC Coimbra	4:14.82		9,00
	50m: 58.47 58.47	100m: 2:05.40	1:06.93	150m: 3:14.81	1:09.41	200m: 4:14.82	1:00.01	

Classe S14-Esperanças

1.	REGO Joana Candeias	04	S14		ADADA Porto	3:57.36	136	9,00
	50m: 52.65 52.65	100m: 1:51.29	58.64	150m: 2:52.54	1:01.25	200m: 3:57.36	1:04.82	

Classe S14-Seniores

1.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	3:46.89	156	9,00
	50m: 45.99 45.99	100m: 1:42.01	56.02	150m: 2:45.29	1:03.28	200m: 3:46.89	1:01.60	
2.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	3:56.36	138	7,00
	50m: 51.63 51.63	100m: 1:54.02	1:02.39	150m: 2:55.32	1:01.30	200m: 3:56.36	1:01.04	

DSQ	CARVALHO Ana Filipa	88	S14		Sporting			-
	, 3.8.5 - O(A) atleta puxou pela pista separadora aos 120 metros							

Prova 3, Femin., 200m Livres

Classe S21 (SDown)-Esperanças

1. GASPAR Matilde Lucia	06	S21	APC Coimbra	4:14.82	9,00
50m: 58.47 58.47	100m: 2:05.40 1:06.93	150m: 3:14.81 1:09.41	200m: 4:14.82 1:00.01		

Classe S21 (SDown)-Seniores

1. REIS Adriana Godinho	95	S21	Feira Viva	3:51.78	9,00
50m: 53.56 53.56	100m: 1:53.17 59.61	150m: 2:53.99 1:00.82	200m: 3:51.78 57.79		

EXH BRANCOURT Yonina	04		Geslours		-
EXH COSTA Catarina Nunes	04		Geslours	2:23.09	-
50m: 33.32 33.32	100m: 1:09.62 36.30	150m: 1:46.81 37.19	200m: 2:23.09 36.28		

Prova 4 Masc., 200m Livres Absoluto Resultados

S1	7:14.02	MARTINS Joao	CNBC	Estocolmo (SWE)	02-08-2001
S2	5:30.51	PINA Joao Alexandre	GESL	Vila Franca de Xira	05-03-2016
S3	5:18.76	VITORINO Nuno	GESL	Almendralejo (ESP)	26-07-2002
S4	3:49.10	PEDROSO Rui Manuel	POR	Sheffield (GBR)	06-06-1998
S5	2:58.33	ROCHA Ivo Filipe	FVCD	Porto	26-05-2019
S14	2:34.09	SILVA Nuno Alexandre	SCP	Povoa de Varzim	12-05-2018
S15	2:03.73	NEVES Tiago Correia	CFB	Funchal	24-03-2018
S16	2:35.25	JORGE Andre Camara	CEOL	Rio Maior	25-01-2020
S17	3:03.03	BRANCO Miguel Paiva	APPDAC	Oeiras	11-05-2019
S21	2:49.44	ALMEIDA Andre Reis	POR	Olbia (ITA)	17-09-2019

S1 Esp S1: 11:04.05; Sen S1: 10:51.03 / S2 Esp S2: 8:25.68; Sen S2: 8:15.76 / S3 Esp S3: 8:07.70; Sen S3: 7:58.14 / S4 Esp S4: 5:50.52; Sen S4: 5:43.65 / S5 Esp S5: 5:44.25; Sen S5: 5:37.50 / S14 Esp S14: 4:00.49; Sen S14: 3:55.77 / S114 Esp S114: 4:00.49; Sen S114: 3:55.77 / S15 Esp S15: 2:40.97; Sen S15: 2:37.04 / S16 Esp S16: 4:00.49; Sen S16: 3:55.77 / S17 Esp S17: 4:00.49; Sen S17: 3:55.77 / S21 Esp S21: 4:29.40; Sen S21: 4:24.12

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
1.	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	3:02.64	516	9,00
	50m: 43.33 43.33	100m: 1:28.71 45.38	150m: 2:15.41 46.70	200m: 3:02.64 47.23				
2.	DUARTE Samuel Lima	04	S14		Feira Viva	2:41.11	375	9,00
	50m: 36.25 36.25	100m: 1:17.22 40.97	150m: 2:00.56 43.34	200m: 2:41.11 40.55				
3.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	2:50.77	315	9,00
	50m: 36.99 36.99	100m: 1:19.61 42.62	150m: 2:05.31 45.70	200m: 2:50.77 45.46				
4.	ALVES Antonio Joaquin	97	S14		Feira Viva	2:52.56	305	7,00
	50m: 34.44 34.44	100m: 1:16.11 41.67	150m: 2:02.18 46.07	200m: 2:52.56 50.38				
5.	SOUSA Micael Silva	00	S14		Sporting de Aveiro	2:55.15	292	6,00
	50m: 35.06 35.06	100m: 1:18.07 43.01	150m: 2:05.83 47.76	200m: 2:55.15 49.32				
6.	TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	2:59.32	272	5,00
	50m: 40.29 40.29	100m: 1:23.68 43.39	150m: 2:12.15 48.47	200m: 2:59.32 47.17				
7.	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	3:01.86	261	7,00
	50m: 39.81 39.81	100m: 1:25.23 45.42	150m: 2:14.45 49.22	200m: 3:01.86 47.41				

Prova 4, Masc., 200m Livres, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
8.	RIBEIRO Jose Carneirinho 50m: 38.29 38.29	90	S14	100m: 1:29.37 51.08	Sporting	150m: 2:20.43 51.06 200m: 3:06.15 45.72	243	4,00
9.	MENDES Humberto Julio 50m: 40.62 40.62	90	S14	100m: 1:31.27 50.65	ADADA Porto	150m: 2:23.73 52.46 200m: 3:12.38 48.65	220	3,00
10.	FERREIRA Joao Mario 50m: 43.40 43.40	98	S14	100m: 1:35.43 52.03	Sporting de Aveiro	150m: 2:28.57 53.14 200m: 3:16.03 47.46	208	2,00
11.	GUIMARAES Bruno Ricardo 50m: 42.95 42.95	94	S14	100m: 1:34.74 51.79	ADADA Porto	150m: 2:36.15 1:01.41 200m: 3:39.01 1:02.86	149	1,00
12.	MARQUES Diogo Jose 50m: 49.57 49.57	99	S14	100m: 1:51.09 1:01.52	Alhandra	150m: 2:50.17 59.08 200m: 3:48.92 58.75	131	-
13.	MOREIRA Ricardo Jorge 50m: 1:00.78 1:00.78	01	S5	A,3,5,12+ 100m: 2:11.77 1:10.99	Porto	150m: 3:33.74 1:21.97 200m: 4:52.94 1:19.20	125	7,00
14.	COSTA Jose Antonio 50m: 1:10.47 1:10.47	85	S5	A E Y 12+ 100m: 2:26.23 1:15.76	APC Coimbra	150m: 3:44.09 1:17.86 200m: 5:03.72 1:19.63	112	6,00
DNF	DUARTE Orlando Constancio	89	S14		Sporting de Aveiro			-

Classe S15 (Auditiva)-Absolutos

1.	NEVES Tiago Correia 50m: 29.48 29.48	97	S15	H 100m: 1:01.93 32.45	Belenenses	150m: 1:34.66 32.73 200m: 2:07.24 32.58	692	9,00
2.	BELEZAS Ricardo Andrade 50m: 30.57 30.57	91	S15	H 100m: 1:04.08 33.51	Sporting	150m: 1:37.08 33.00 200m: 2:11.18 34.10	632	7,00

Classe S17-Absolutos

1.	MANITO Pedro Fernandes <i>Rec Nac Classe S17</i> 50m: 42.99 42.99	02	S17	A 100m: 1:27.73 44.74	Palmela Desporto	150m: 2:13.62 45.89 200m: 3:01.68 48.06		9,00
2.	OLIVEIRA Daniel Mendo 50m: 38.95 38.95	05	S17	100m: 1:25.25 46.30	APPDACOimbra	150m: 2:15.80 50.55 200m: 3:03.44 47.64		7,00

Classe S21 (SDown)-Absolutos

1.	PEREIRA Vicente Barros <i>Rec Europeu Junior T21</i> 50m: 37.00 37.00	05	S21	100m: 1:23.20 46.20	Sporting	150m: 2:12.79 49.59 200m: 2:59.01 46.22		9,00
2.	MATOS Diogo Alexandre 50m: 35.72 35.72	99	S21	100m: 1:19.11 43.39	Gesloures	150m: 2:08.64 49.53 200m: 3:00.61 51.97		9,00
3.	PESTANA Rui Miguel 50m: 39.62 39.62	00	S21	100m: 1:31.04 51.42	Porto	150m: 2:28.01 56.97 200m: 3:17.85 49.84		7,00
4.	EUSEBIO Marcelo Esteves 50m: 47.03 47.03	02	S21	100m: 1:49.62 1:02.59	ADADA Porto	150m: 2:56.67 1:07.05 200m: 4:01.87 1:05.20		6,00
5.	SANTOS Ruben Jose 50m: 53.20 53.20	80	S21	100m: 1:54.06 1:00.86	APC Coimbra	150m: 2:58.96 1:04.90 200m: 4:02.09 1:03.13		5,00

Prova 4, Masc., 200m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
6.	GONCALVES Hugo Bernardo	96	S21		Porto	4:02.68		4,00
	50m: 53.00 53.00	100m: 1:56.81 1:03.81	150m: 2:59.49 1:02.68	200m: 4:02.68 1:03.19				
7.	SILVA Alexandre Martins	99	S21		O2 Portimao	4:04.50		3,00
	50m: 52.63 52.63	100m: 1:51.84 59.21	150m: 2:58.35 1:06.51	200m: 4:04.50 1:06.15				
8.	ANTUNES Joao Pedro	87	S21		O2 Portimao	4:14.04		2,00
	50m: 56.93 56.93	100m: 2:04.28 1:07.35	150m: 3:11.67 1:07.39	200m: 4:14.04 1:02.37				
DNS	CALADO Manuel Carrola	00	S21	W	FC Ferreiras/AlgarExperience			-

Classe S5-Seniores

1.	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	3:02.64	516	9,00
	50m: 43.33 43.33	100m: 1:28.71 45.38	150m: 2:15.41 46.70	200m: 3:02.64 47.23				
2.	MOREIRA Ricardo Jorge	01	S5	A,3,5,12+	Porto	4:52.94	125	7,00
	50m: 1:00.78 1:00.78	100m: 2:11.77 1:10.99	150m: 3:33.74 1:21.97	200m: 4:52.94 1:19.20				
3.	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	5:03.72	112	6,00
	50m: 1:10.47 1:10.47	100m: 2:26.23 1:15.76	150m: 3:44.09 1:17.86	200m: 5:03.72 1:19.63				

Classe S14-Esperanças

1.	DUARTE Samuel Lima	04	S14		Feira Viva	2:41.11	375	9,00
	50m: 36.25 36.25	100m: 1:17.22 40.97	150m: 2:00.56 43.34	200m: 2:41.11 40.55				
2.	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	3:01.86	261	7,00
	50m: 39.81 39.81	100m: 1:25.23 45.42	150m: 2:14.45 49.22	200m: 3:01.86 47.41				

Classe S14-Seniores

1.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	2:50.77	315	9,00
	50m: 36.99 36.99	100m: 1:19.61 42.62	150m: 2:05.31 45.70	200m: 2:50.77 45.46				
2.	ALVES Antonio Joaquin	97	S14		Feira Viva	2:52.56	305	7,00
	50m: 34.44 34.44	100m: 1:16.11 41.67	150m: 2:02.18 46.07	200m: 2:52.56 50.38				
3.	SOUSA Micael Silva	00	S14		Sporting de Aveiro	2:55.15	292	6,00
	50m: 35.06 35.06	100m: 1:18.07 43.01	150m: 2:05.83 47.76	200m: 2:55.15 49.32				
4.	TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	2:59.32	272	5,00
	50m: 40.29 40.29	100m: 1:23.68 43.39	150m: 2:12.15 48.47	200m: 2:59.32 47.17				
5.	RIBEIRO Jose Carneirinho	90	S14		Sporting	3:06.15	243	4,00
	50m: 38.29 38.29	100m: 1:29.37 51.08	150m: 2:20.43 51.06	200m: 3:06.15 45.72				
6.	MENDES Humberto Julio	90	S14		ADADA Porto	3:12.38	220	3,00
	50m: 40.62 40.62	100m: 1:31.27 50.65	150m: 2:23.73 52.46	200m: 3:12.38 48.65				
7.	FERREIRA Joao Mario	98	S14		Sporting de Aveiro	3:16.03	208	2,00
	50m: 43.40 43.40	100m: 1:35.43 52.03	150m: 2:28.57 53.14	200m: 3:16.03 47.46				
8.	GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	3:39.01	149	1,00
	50m: 42.95 42.95	100m: 1:34.74 51.79	150m: 2:36.15 1:01.41	200m: 3:39.01 1:02.86				
9.	MARQUES Diogo Jose	99	S14		Alhandra	3:48.92	131	-
	50m: 49.57 49.57	100m: 1:51.09 1:01.52	150m: 2:50.17 59.08	200m: 3:48.92 58.75				

Prova 4, Masc., 200m Livres, Classe S14-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
DNF	DUARTE Orlando Constancio	89	S14		Sporting de Aveiro			-

Classe S15 (Auditiva)-Seniores

1.	NEVES Tiago Correia	97	S15	H	Belenenses	2:07.24	692	9,00
	50m: 29.48 29.48	100m: 1:01.93	32.45	150m: 1:34.66	32.73	200m: 2:07.24	32.58	
2.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	2:11.18	632	7,00
	50m: 30.57 30.57	100m: 1:04.08	33.51	150m: 1:37.08	33.00	200m: 2:11.18	34.10	

Classe S17-Esperanças

1.	MANITO Pedro Fernandes <i>Rec Nac Classe S17</i>	02	S17	A	Palmela Desporto	3:01.68		9,00
	50m: 42.99 42.99	100m: 1:27.73	44.74	150m: 2:13.62	45.89	200m: 3:01.68	48.06	
2.	OLIVEIRA Daniel Mendo	05	S17		APPDAlCoimbra	3:03.44		7,00
	50m: 38.95 38.95	100m: 1:25.25	46.30	150m: 2:15.80	50.55	200m: 3:03.44	47.64	

Classe S17-Seniores

1.	MANITO Pedro Fernandes <i>Rec Nac Classe S17</i>	02	S17	A	Palmela Desporto	3:01.68		9,00
	50m: 42.99 42.99	100m: 1:27.73	44.74	150m: 2:13.62	45.89	200m: 3:01.68	48.06	
2.	OLIVEIRA Daniel Mendo	05	S17		APPDAlCoimbra	3:03.44		7,00
	50m: 38.95 38.95	100m: 1:25.25	46.30	150m: 2:15.80	50.55	200m: 3:03.44	47.64	

Classe S21 (SDown)-Esperanças

1.	PEREIRA Vicente Barros <i>Rec Europeu Junior T21</i>	05	S21		Sporting	2:59.01		9,00
	50m: 37.00 37.00	100m: 1:23.20	46.20	150m: 2:12.79	49.59	200m: 2:59.01	46.22	

Classe S21 (SDown)-Seniores

1.	MATOS Diogo Alexandre	99	S21		Geslours	3:00.61		9,00
	50m: 35.72 35.72	100m: 1:19.11	43.39	150m: 2:08.64	49.53	200m: 3:00.61	51.97	
2.	PESTANA Rui Miguel	00	S21		Porto	3:17.85		7,00
	50m: 39.62 39.62	100m: 1:31.04	51.42	150m: 2:28.01	56.97	200m: 3:17.85	49.84	
3.	EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	4:01.87		6,00
	50m: 47.03 47.03	100m: 1:49.62	1:02.59	150m: 2:56.67	1:07.05	200m: 4:01.87	1:05.20	
4.	SANTOS Ruben Jose	80	S21		APC Coimbra	4:02.09		5,00
	50m: 53.20 53.20	100m: 1:54.06	1:00.86	150m: 2:58.96	1:04.90	200m: 4:02.09	1:03.13	
5.	GONCALVES Hugo Bernardo	96	S21		Porto	4:02.68		4,00
	50m: 53.00 53.00	100m: 1:56.81	1:03.81	150m: 2:59.49	1:02.68	200m: 4:02.68	1:03.19	
6.	SILVA Alexandre Martins	99	S21		O2 Portimao	4:04.50		3,00
	50m: 52.63 52.63	100m: 1:51.84	59.21	150m: 2:58.35	1:06.51	200m: 4:04.50	1:06.15	
7.	ANTUNES Joao Pedro	87	S21		O2 Portimao	4:14.04		2,00
	50m: 56.93 56.93	100m: 2:04.28	1:07.35	150m: 3:11.67	1:07.39	200m: 4:14.04	1:02.37	

Prova 4, Masc., 200m Livres, Classe S21 (SDown)-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
DNS	CALADO Manuel Carrola	00	S21	W	FC Ferreiras/AlgarExperience			-
EXH	PENELAS Joao Pedro	04			Geslours			-

Prova 5
25-01-2020

Femin., 100m Bruços

Absoluto
Resultados

S4	2:12.38	GUIMARAES Diana Lobo	CFV	Coimbra	12-06-2010
S5	2:19.48	FRAGOSO Simone Silva	SCP	Póvoa de Varzim	18-06-2016
S6	59:00.00	start			
S7	3:28.27	SAMPAIO Ana Branca	ADADA	Berlim (GER)	06-07-2017
S8	1:25.96	CALADO Joana Catarina	POR	Rio de Janeiro (BRA)	14-09-2016
S9	1:25.42	PINTO Renata Vaz	POR	Londres (GBR)	14-09-2019
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	1:37.18	RESENDE Sonia Castanheiro	POR	Loano (ITA)	10-06-2016
S15	1:30.94	LOURENCO Susana Maria	SCP	Oeiras	17-06-2017
S16	1:51.58	TABORDA Maria Joao	FCP	Oeiras	11-05-2019
S17	1:53.19	PELAIIO Beatriz Malaquias	APPDAC	Coimbra	02-03-2019
S21	1:55.00	NG Mannie	GESL	Póvoa de Varzim	10-03-2013

S4 Esp S4: 6:24.95; Sen S4: 6:17.40 / S5 Esp S5: 3:33.40; Sen S5: 3:29.22 / S6 Esp S6: 3:26.55; Sen S6: 3:22.50 / S7 Esp S7: 3:00.54; Sen S7: 2:57.00 / S8 Esp S8: 2:11.52; Sen S8: 2:08.94 / S9 Esp S9: 2:06.99; Sen S9: 2:04.50 / S11 Esp S11: 2:55.12; Sen S11: 2:51.69 / S12 Esp S12: 2:45.94; Sen S12: 2:42.69 / S13 Esp S13: 2:34.81; Sen S13: 2:31.77 / S113 Esp S113: 2:34.81; Sen S113: 2:31.77 / S14 Esp S14: 2:28.69; Sen S14: 2:25.77 / S114 Esp S114: 2:28.69; Sen S114: 2:14.40 / S15 Esp S15: 1:51.86; Sen S15: 1:49.13 / S16 Esp S16: 2:28.69; Sen S16: 2:25.77 / S17 Esp S17: 2:28.69; Sen S17: 2:25.77 / S21 Esp S21: 2:55.95; Sen S21: 2:52.50

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe SB4-SB14-Absolutos								
1.	PINTO Renata Vaz	99	SB9	1,3,5	ADADA Porto	1:27.52	599	9,00
	50m: 41.06 41.06		100m: 1:27.52	46.46				
2.	CORREIA Ana Beatriz	98	SB9	8	Natacao de Faro	1:41.21	387	7,00
	50m: 46.68 46.68		100m: 1:41.21	54.53				
3.	FRAGOSO Simone Silva	80	SB5	A Y 3,5,12+Palmela	Desporto	2:25.65	268	9,00
	50m: 1:05.99 1:05.99		100m: 2:25.65	1:19.66				
4.	VASCO Maria Sio	00	SB9	3,5,12+	Desportivo de Odemira	2:14.27	166	-
	50m: 1:04.38 1:04.38		100m: 2:14.27	1:09.89				
5.	SANTOS Rita Manuela	96	SB8	A,3,5,12+	ADADA Porto	3:08.72	68	-
	50m: 1:25.42 1:25.42		100m: 3:08.72	1:43.30				

Classe SB17-Absolutos

1.	PELAIIO Beatriz Malaquias	99	SB17	A	APPDACoimbra	1:54.98		9,00
	50m: 54.18 54.18		100m: 1:54.98	1:00.80				

Prova 5, Femin., 100m Bruços

Classe SB21 (SDown)-Absolutos

1. REIS Filipa Sa	00	SB21	Sporting de Aveiro	2:09.39	9,00
50m: 1:01.06 1:01.06	100m: 2:09.39 1:08.33				
2. LOURENCO Carolina Caetano	94	SB21	APC Coimbra	2:17.40	7,00
50m: 1:06.06 1:06.06	100m: 2:17.40 1:11.34				
3. DUARTE Sara Isabel	91	SB21	ADADA Porto	2:35.02	6,00
50m: 1:13.31 1:13.31	100m: 2:35.02 1:21.71				

Classe SB5-Seniores

1. FRAGOSO Simone Silva	80	SB5	A Y 3,5,12+Palmela Desporto	2:25.65	268	9,00
50m: 1:05.99 1:05.99	100m: 2:25.65 1:19.66					

Classe SB8-Seniores

1. SANTOS Rita Manuela	96	SB8	A,3,5,12+ ADADA Porto	3:08.72	68	-
50m: 1:25.42 1:25.42	100m: 3:08.72 1:43.30					

Classe SB9-Seniores

1. PINTO Renata Vaz	99	SB9	1,3,5 ADADA Porto	1:27.52	599	9,00
50m: 41.06 41.06	100m: 1:27.52 46.46					
2. CORREIA Ana Beatriz	98	SB9	8 Natacao de Faro	1:41.21	387	7,00
50m: 46.68 46.68	100m: 1:41.21 54.53					
3. VASCO Maria Sio	00	SB9	3,5,12+ Desportivo de Odemira	2:14.27	166	-
50m: 1:04.38 1:04.38	100m: 2:14.27 1:09.89					

Classe SB17-Seniores

1. PELAIO Beatriz Malaquias	99	SB17	A APPDACOimbra	1:54.98	9,00
50m: 54.18 54.18	100m: 1:54.98 1:00.80				

Classe SB21 (SDown)-Seniores

1. REIS Filipa Sa	00	SB21	Sporting de Aveiro	2:09.39	9,00
50m: 1:01.06 1:01.06	100m: 2:09.39 1:08.33				
2. LOURENCO Carolina Caetano	94	SB21	APC Coimbra	2:17.40	7,00
50m: 1:06.06 1:06.06	100m: 2:17.40 1:11.34				
3. DUARTE Sara Isabel	91	SB21	ADADA Porto	2:35.02	6,00
50m: 1:13.31 1:13.31	100m: 2:35.02 1:21.71				

Prova 6 Masc., 100m Bruços Absoluto
25-01-2020 Resultados

S4	3:02.86	COSTA Jose Antonio	APCC	Vila Franca de Xira	23-02-2014
S5	1:41.35	ROCHA Ivo Filipe	FVCD	Porto	23-03-2019
S6	2:11.85	ALVES Nuno Diogo	CNMAIA	Povoa de Varzim	18-06-2016
S7	1:29.16	CAMPOS Joao Miguel	ADADA	Porto	25-05-2019
S8	1:21.35	CANCELA Diogo Luis	POR	Glasgow (GBR)	27-04-2019
S9	1:11.87	NASCIMENTO Adriano Miguel	POR	Londres (GBR)	08-09-2012
S11	1:33.99	MENESES Marco Ribeiro	CRASTO	Coimbra	25-05-2019
S12	59:00.00	start			
S13	59:00.00	start			
S14	1:27.84	DUARTE Carlos		Sheffield (GBR)	06-06-1998
S15	1:14.23	NEVES Tiago Correia	CFB	Oeiras	11-05-2019
S16	1:12.25	JORGE Andre Camara	POR	Newcastle (GBR)	20-08-2019
S17	1:50.09	CARNEIRO Joao Amaral	APPDAC	Oeiras	11-05-2019
S21	1:31.96	VAZ Joao Francisco	SCP	Oeiras	11-05-2019

S4 Esp S4: 4:39.78; Sen S4: 4:34.29 / S5 Esp S5: 2:42.30; Sen S5: 2:39.12 / S6 Esp S6: 2:28.41; Sen S6: 2:25.50 / S7 Esp S7: 2:17.70; Sen S7: 2:15.00 / S8 Esp S8: 2:10.85; Sen S8: 2:08.28 / S9 Esp S9: 1:49.96; Sen S9: 1:47.80 / S11 Esp S11: 2:48.59; Sen S11: 2:45.29 / S12 Esp S12: 2:39.82; Sen S12: 2:36.69 / S13 Esp S13: 2:28.41; Sen S13: 2:25.50 / S113 Esp S113: 2:28.41; Sen S113: 2:25.50 / S14 Esp S14: 2:14.40; Sen S14: 2:11.76 / S114 Esp S114: 2:14.40; Sen S114: 2:11.76 / S15 Esp S15: 1:36.73; Sen S15: 1:34.37 / S16 Esp S16: 2:14.40; Sen S16: 2:11.76 / S17 Esp S17: 2:14.40; Sen S17: 2:11.76 / S21 Esp S21: 2:21.97; Sen S21: 2:19.19

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe SB4-SB14-Absolutos								
1.	MEIXELBERGER Tom	01	SB8	1,3,5	SG Berliner Wasserratten	1:18.61	693	-
	50m: 36.18 36.18	100m: 1:18.61	42.43					
2.	ROCHA Ivo Filipe	90	SB5	A 12	Feira Viva	1:46.94	568	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 51.20 51.20	100m: 1:46.94	55.74					
3.	CANCELA Diogo Luis	02	SB8	1,2,4	Miranda do Corvo	1:25.83	532	7,00
	50m: 40.39 40.39	100m: 1:25.83	45.44					
4.	CORDEIRO Tomas Coelho	04	SB9	12+	Fluvial Portuense	1:20.63	501	9,00
	50m: 36.50 36.50	100m: 1:20.63	44.13					
5.	CAMPOS Joao Miguel	79	SB7	6,12+	ADADA Porto	1:31.45	498	9,00
	50m: 41.96 41.96	100m: 1:31.45	49.49					
6.	SILVA Nuno Alexandre	92	SB14		Sporting	1:38.43	306	9,00
	50m: 46.77 46.77	100m: 1:38.43	51.66					
7.	BRITO Rui Xavier	99	SB14		Sporting de Aveiro	1:39.28	298	7,00
	50m: 47.29 47.29	100m: 1:39.28	51.99					
8.	CATARINO Jaime Lopes	91	SB4	A 12	Sporting de Aveiro	2:28.80	238	9,00
	50m: 1:07.13 1:07.13	100m: 2:28.80	1:21.67					
9.	FREIRE Hugo Filipe	04	SB14		Sporting de Aveiro	1:48.29	230	9,00
	50m: 50.13 50.13	100m: 1:48.29	58.16					
10.	VALADARES David Joao	00	SB14		Alhandra	1:53.14	202	6,00
	50m: 50.12 50.12	100m: 1:53.14	1:03.02					
11.	SILVA Marco Paulo	84	SB9	12+	late Santa Cruz	1:51.77	188	-
	50m: 49.09 49.09	100m: 1:51.77	1:02.68					

Prova 6, Masc., 100m Bruços, Classe SB4-SB14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
12.	CRUZ Henrique Benevides 50m: 53.68 53.68	83	SB14		Naval de Ponta Delgada	1:57.62	179	5,00
				100m: 1:57.62 1:03.94				
13.	VALENTE Jose Pedro 50m: 1:00.83 1:00.83	98	SB7	1,3,5,12+	Feira Viva	2:11.60	167	7,00
				100m: 2:11.60 1:10.77				
14.	GOUVEIA Francisco Mario 50m: 59.54 59.54	75	SB8	9	Feira Viva	2:07.51	162	6,00
				100m: 2:07.51 1:07.97				
15.	ALVES Nuno Diogo 50m: 1:08.23 1:08.23	88	SB6	A 12+	Gondomar	2:27.26	153	-
				100m: 2:27.26 1:19.03				
16.	PINTO Jose Manuel 50m: 1:01.84 1:01.84	00	SB6	A 12	ADADA Porto	2:28.56	149	-
				100m: 2:28.56 1:26.72				
17.	AMARAL Joao Costa 50m: 56.77 56.77	95	SB14		Sporting de Espinho	2:06.47	144	4,00
				100m: 2:06.47 1:09.70				
18.	MONTEIRO Luis Miguel 50m: 56.16 56.16	96	SB14		ADADA Porto	2:07.63	140	3,00
				100m: 2:07.63 1:11.47				
19.	PINTO Carlos Manuel 50m: 1:23.93 1:23.93	84	SB4	A 12	Porto	3:02.24	130	7,00
				100m: 3:02.24 1:38.31				
20.	OLIVEIRA Renato Alexandre 50m: 1:08.78 1:08.78	82	SB7	1,2,4,8	ADADA Porto	2:28.46	116	-
				100m: 2:28.46 1:19.68				
21.	CAIRES Bruno Miguel 50m: 1:03.69 1:03.69	96	SB6	A12+	FC Ferreiras/AlgarExperience	2:45.63	107	-
				100m: 2:45.63 1:41.94				
22.	MARQUES Diogo Jose 50m: 1:10.33 1:10.33	99	SB14		Alhandra	2:28.12	90	-
				100m: 2:28.12 1:17.79				
23.	SOUSA Helder Ferreira 50m: 1:34.45 1:34.45	75	SB6	A 12	Porto	3:01.11	82	-
				100m: 3:01.11 1:26.66				
24.	MENDES Carlos Barbosa 50m: 2:02.99 2:02.99	62	SB7	A 12+	Alhandra	4:25.86	20	-
				100m: 4:25.86 2:22.87				
DSQ	NASCIMENTO Luis Carlos , 3.4.6 - O(A) atleta não tocou com ambas as mãos simultaneamente na parede na viragem aos 50 metros	06	SB5	A 3,5,12+	Porto			-
DNS	MARQUES Filipe Alexandre	88	SB9	12+	Individual ANL			-

Classe SB15 (Auditiva)-Absolutos

1.	FERREIRA Josemar Joel 50m: 43.31 43.31	95	SB15	H	Sporting	1:35.09	298	-
				100m: 1:35.09 51.78				

Prova 6, Masc., 100m Bruços

Classe SB17-Absolutos

1. CARNEIRO Joao Amaral	95	SB17	APPDAlCoimbra	1:50.64	9,00
50m: 51.39 51.39	100m: 1:50.64	59.25			

Classe SB21 (SDown)-Absolutos

1. VAZ Joao Francisco	92	SB21	Sporting	1:31.35	9,00
<i>Rec Nac Classe S21, Rec Europeu T21 Master 1</i>					
50m: 42.20 42.20	100m: 1:31.35	49.15			
2. VIEIRA Jose Gabriel	83	SB21	Natacao de Faro	1:40.69	7,00
50m: 47.23 47.23	100m: 1:40.69	53.46			
3. REGO Diogo Almeida	97	SB21	Sporting de Aveiro	1:46.69	6,00
50m: 48.95 48.95	100m: 1:46.69	57.74			
4. RIBEIRO David Saraiva	96	SB21	Sporting de Aveiro	2:15.21	5,00
50m: 1:03.13 1:03.13	100m: 2:15.21	1:12.08			

Classe SB4-Seniores

1. CATARINO Jaime Lopes	91	SB4 A 12	Sporting de Aveiro	2:28.80	238	9,00
50m: 1:07.13 1:07.13	100m: 2:28.80	1:21.67				
2. PINTO Carlos Manuel	84	SB4 A 12	Porto	3:02.24	130	7,00
50m: 1:23.93 1:23.93	100m: 3:02.24	1:38.31				

Classe SB5-Esperanças

DSQ NASCIMENTO Luis Carlos	06	SB5 A 3,5,12+	Porto		-
<i>, 3.4.6 - O(A) atleta não tocou com ambas as mãos simultaneamente na parede na viragem aos 50 metros</i>					

Classe SB5-Seniores

1. ROCHA Ivo Filipe	90	SB5 A 12	Feira Viva	1:46.94	568	9,00
<i>Minimos MQS JO Para Swim</i>						
50m: 51.20 51.20	100m: 1:46.94	55.74				

Classe SB6-Seniores

1. ALVES Nuno Diogo	88	SB6 A 12+	Gondomar	2:27.26	153	-
50m: 1:08.23 1:08.23	100m: 2:27.26	1:19.03				
2. PINTO Jose Manuel	00	SB6 A 12	ADADA Porto	2:28.56	149	-
50m: 1:01.84 1:01.84	100m: 2:28.56	1:26.72				
3. CAIRES Bruno Miguel	96	SB6 A12+	FC Ferreiras/AlgarExperience	2:45.63	107	-
50m: 1:03.69 1:03.69	100m: 2:45.63	1:41.94				

Prova 6, Masc., 100m Bruços, Classe SB6-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
4.	SOUZA Helder Ferreira	75	SB6	A 12	Porto	3:01.11	82	-
	50m: 1:34.45 1:34.45	100m: 3:01.11	1:26.66					

Classe SB7-Seniores

1.	CAMPOS Joao Miguel	79	SB7	6,12+	ADADA Porto	1:31.45	498	9,00
	50m: 41.96 41.96	100m: 1:31.45	49.49					
2.	VALENTE Jose Pedro	98	SB7	1,3,5,12+	Feira Viva	2:11.60	167	7,00
	50m: 1:00.83 1:00.83	100m: 2:11.60	1:10.77					
3.	OLIVEIRA Renato Alexandre	82	SB7	1,2,4,8	ADADA Porto	2:28.46	116	-
	50m: 1:08.78 1:08.78	100m: 2:28.46	1:19.68					
4.	MENDES Carlos Barbosa	62	SB7	A 12+	Alhandra	4:25.86	20	-
	50m: 2:02.99 2:02.99	100m: 4:25.86	2:22.87					

Classe SB8-Seniores

1.	MEIXELBERGER Tom	01	SB8	1,3,5	SG Berliner Wasserratten	1:18.61	693	-
	50m: 36.18 36.18	100m: 1:18.61	42.43					
2.	CANCELA Diogo Luis	02	SB8	1,2,4	Miranda do Corvo	1:25.83	532	7,00
	50m: 40.39 40.39	100m: 1:25.83	45.44					
3.	GOUVEIA Francisco Mario	75	SB8	9	Feira Viva	2:07.51	162	6,00
	50m: 59.54 59.54	100m: 2:07.51	1:07.97					

Classe SB9-Esperanças

1.	CORDEIRO Tomas Coelho	04	SB9	12+	Fluvial Portuense	1:20.63	501	9,00
	50m: 36.50 36.50	100m: 1:20.63	44.13					

Classe SB9-Seniores

1.	SILVA Marco Paulo	84	SB9	12+	late Santa Cruz	1:51.77	188	-
	50m: 49.09 49.09	100m: 1:51.77	1:02.68					
DNS	MARQUES Filipe Alexandre	88	SB9	12+	Individual ANL			-

Classe SB14-Esperanças

1.	FREIRE Hugo Filipe	04	SB14		Sporting de Aveiro	1:48.29	230	9,00
	50m: 50.13 50.13	100m: 1:48.29	58.16					

Prova 6, Masc., 100m Bruços

Classe SB14-Seniores

1. SILVA Nuno Alexandre	92	SB14	Sporting	1:38.43	306	9,00
50m: 46.77 46.77	100m: 1:38.43	51.66				
2. BRITO Rui Xavier	99	SB14	Sporting de Aveiro	1:39.28	298	7,00
50m: 47.29 47.29	100m: 1:39.28	51.99				
3. VALADARES David Joao	00	SB14	Alhandra	1:53.14	202	6,00
50m: 50.12 50.12	100m: 1:53.14	1:03.02				
4. CRUZ Henrique Benevides	83	SB14	Naval de Ponta Delgada	1:57.62	179	5,00
50m: 53.68 53.68	100m: 1:57.62	1:03.94				
5. AMARAL Joao Costa	95	SB14	Sporting de Espinho	2:06.47	144	4,00
50m: 56.77 56.77	100m: 2:06.47	1:09.70				
6. MONTEIRO Luis Miguel	96	SB14	ADADA Porto	2:07.63	140	3,00
50m: 56.16 56.16	100m: 2:07.63	1:11.47				
7. MARQUES Diogo Jose	99	SB14	Alhandra	2:28.12	90	-
50m: 1:10.33 1:10.33	100m: 2:28.12	1:17.79				

Classe SB15 (Auditiva)-Seniores

1. FERREIRA Josemar Joel	95	SB15 H	Sporting	1:35.09	298	-
50m: 43.31 43.31	100m: 1:35.09	51.78				

Classe SB17-Seniores

1. CARNEIRO Joao Amaral	95	SB17	APPDACOimbra	1:50.64	9,00
50m: 51.39 51.39	100m: 1:50.64	59.25			

Classe SB21 (SDown)-Seniores

1. VAZ Joao Francisco	92	SB21	Sporting	1:31.35	9,00
<i>Rec Nac Classe S21, Rec Europeu T21 Master 1</i>					
50m: 42.20 42.20	100m: 1:31.35	49.15			
2. VIEIRA Jose Gabriel	83	SB21	Natacao de Faro	1:40.69	7,00
50m: 47.23 47.23	100m: 1:40.69	53.46			
3. REGO Diogo Almeida	97	SB21	Sporting de Aveiro	1:46.69	6,00
50m: 48.95 48.95	100m: 1:46.69	57.74			
4. RIBEIRO David Saraiva	96	SB21	Sporting de Aveiro	2:15.21	5,00
50m: 1:03.13 1:03.13	100m: 2:15.21	1:12.08			

EXH GRENHO Andre Tavares	99		Geslours	1:09.51	-
50m: 32.23 32.23	100m: 1:09.51	37.28			

EXH SANTOS Afonso Amaro	02		Geslours	1:10.86	-
50m: 33.65 33.65	100m: 1:10.86	37.21			

Prova 7 Femin., 200m Costas 10 anos e mais velhos
25-01-2020 Resultados

S14	3:14.60	RESENDE Sonia Castanheiro	SCA	Póvoa de Varzim	18-06-2016
S15	3:43.76	CORREIA Raquel Rosa	ACDCBR	Póvoa de Varzim	18-06-2016
S17	59:00.00	start			
S21	3:41.39	NG Mannie	POR	Liberec (CZE)	08-07-2009

S14 Esp S14: 4:57.74; Sen S14: 4:51.90 / S114 Esp S114: 4:57.74; Sen S114: 4:51.90 / S15 Esp S15: 4:35.22; Sen S15: 4:28.51 / S17 Esp S17: 4:57.74; Sen S17: 4:51.90 / S21 Esp S21: 5:38.73; Sen S21: 5:32.09

Pontos: KNZB 2018 + Para

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

1.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	4:05.79	204	9,00
	50m: 58.95 58.95	100m: 2:00.84 1:01.89	150m: 3:04.03 1:03.19	200m: 4:05.79 1:01.76				

Classe S21 (SDown)-Absoluto

1.	TORRES Diana Ines	99	S21		Porto	3:45.29		9,00
	50m: 51.64 51.64	100m: 1:47.72 56.08	150m: 2:47.12 59.40	200m: 3:45.29 58.17				
2.	CASTRO Ana Alexandra	92	S21		Porto	4:09.34		7,00
	50m: 57.91 57.91	100m: 2:02.12 1:04.21	150m: 3:09.65 1:07.53	200m: 4:09.34 59.69				
3.	COSTA Noemi Pereira	93	S21		Gondomar	5:21.11		6,00
	50m: 1:15.45 1:15.45	100m: 2:39.18 1:23.73	150m: 3:59.99 1:20.81	200m: 5:21.11 1:21.12				
4.	MACHADO Ana Catarina	94	S21		ADADA Porto	5:34.27		-
	50m: 1:17.08 1:17.08	100m: 2:40.88 1:23.80	150m: 4:07.50 1:26.62	200m: 5:34.27 1:26.77				

Classe S14-Seniores

1.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	4:05.79	204	9,00
	50m: 58.95 58.95	100m: 2:00.84 1:01.89	150m: 3:04.03 1:03.19	200m: 4:05.79 1:01.76				

Classe S21 (SDown)-Seniores

1.	TORRES Diana Ines	99	S21		Porto	3:45.29		9,00
	50m: 51.64 51.64	100m: 1:47.72 56.08	150m: 2:47.12 59.40	200m: 3:45.29 58.17				
2.	CASTRO Ana Alexandra	92	S21		Porto	4:09.34		7,00
	50m: 57.91 57.91	100m: 2:02.12 1:04.21	150m: 3:09.65 1:07.53	200m: 4:09.34 59.69				
3.	COSTA Noemi Pereira	93	S21		Gondomar	5:21.11		6,00
	50m: 1:15.45 1:15.45	100m: 2:39.18 1:23.73	150m: 3:59.99 1:20.81	200m: 5:21.11 1:21.12				
4.	MACHADO Ana Catarina	94	S21		ADADA Porto	5:34.27		-
	50m: 1:17.08 1:17.08	100m: 2:40.88 1:23.80	150m: 4:07.50 1:26.62	200m: 5:34.27 1:26.77				

EXH	GONCALVES Rita Abibe	05			Geslours	2:37.27		-
	50m: 36.96 36.96	100m: 1:16.87 39.91	150m: 1:57.34 40.47	200m: 2:37.27 39.93				

Prova 8 Masc., 200m Costas 10 anos e mais velhos
25-01-2020 Resultados

S14	2:53.44	PONTE Andre Carreiro	CNPDL	Oeiras	11-05-2019
S15	2:23.63	NEVES Tiago Correia	CFB	Povoa de Varzim	12-05-2018
S17	3:54.29	SILVA Bruno Miguel	FCP	Povoa de Varzim	08-12-2019
S21	3:09.88	ALMEIDA Andre Reis	POR	Olbia (ITA)	20-09-2019

S14 Esp S14: 4:35.89; Sen S14: 4:30.48 / S114 Esp S114: 4:35.89; Sen S114: 4:30.48 / S15 Esp S15: 3:03.69; Sen S15: 2:59.21 / S17 Esp S17: 4:35.89; Sen S17: 4:30.48 / S21 Esp S21: 5:25.06; Sen S21: 5:18.69

Pontos: KNZB 2018 + Para

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

1.	PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	3:00.03	462	9,00
	50m: 38.92 38.92	100m: 1:23.22 44.30	150m: 2:12.41 49.19	200m: 3:00.03 47.62				
2.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	3:05.11	425	9,00
	50m: 43.46 43.46	100m: 1:32.43 48.97	150m: 2:20.64 48.21	200m: 3:05.11 44.47				
3.	ROCHA Simao Pedro	06	S14		Aquatico Pacense	3:34.63	272	7,00
	50m: 50.13 50.13	100m: 1:45.94 55.81	150m: 2:42.54 56.60	200m: 3:34.63 52.09				

Classe S15 (Auditiva)-Absoluto

1.	CRUZ Miguel Duarte	99	S15	H	Belenenses	2:31.55	521	9,00
	50m: 35.72 35.72	100m: 1:13.87 38.15	150m: 1:53.62 39.75	200m: 2:31.55 37.93				

Classe S17-Absoluto

1.	SILVA Bruno Miguel	93	S17		Porto	3:46.84		9,00
	<i>Rec Nac Classe S17</i>							
	50m: 49.37 49.37	100m: 1:47.31 57.94	150m: 2:47.95 1:00.64	200m: 3:46.84 58.89				

Classe S21 (SDown)-Absoluto

1.	ALMEIDA Andre Reis	00	S21		Sporting	3:13.08		9,00
	50m: 44.19 44.19	100m: 1:32.91 48.72	150m: 2:23.03 50.12	200m: 3:13.08 50.05				
2.	RIBEIRO Jose Augusto	92	S21		Gondomar	3:38.21		7,00
	50m: 51.69 51.69	100m: 1:46.63 54.94	150m: 2:43.21 56.58	200m: 3:38.21 55.00				
3.	SANTOS Diogo Filipe	91	S21		Feira Viva	3:58.00		6,00
	50m: 56.72 56.72	100m: 1:56.68 59.96	150m: 2:58.83 1:02.15	200m: 3:58.00 59.17				
4.	GOMES Diogo Lopes	96	S21		Feira Viva	4:06.28		5,00
	50m: 1:00.36 1:00.36	100m: 2:02.72 1:02.36	150m: 3:06.58 1:03.86	200m: 4:06.28 59.70				
5.	PEREIRA Joel Alexandre	92	S21		APC Coimbra	4:07.50		4,00
	50m: 57.91 57.91	100m: 2:01.75 1:03.84	150m: 3:05.78 1:04.03	200m: 4:07.50 1:01.72				

DSQ SILVA Jose Miguel 95 S21 Porto -
3.3.5 - O(A) atleta interrompe o movimento contínuo dos braços, antes da viragem dos 100 metros

Classe S14-Esperanças

1.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	3:05.11	425	9,00
	50m: 43.46 43.46	100m: 1:32.43 48.97	150m: 2:20.64 48.21	200m: 3:05.11 44.47				

Prova 8, Masc., 200m Costas, Classe S14-Esperanças

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
2.	ROCHA Simao Pedro	06	S14		Aquatico Pacense	3:34.63	272	7,00
	50m: 50.13 50.13	100m: 1:45.94	55.81	150m: 2:42.54	56.60	200m: 3:34.63	52.09	

Classe S14-Seniores

1.	PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	3:00.03	462	9,00
	50m: 38.92 38.92	100m: 1:23.22	44.30	150m: 2:12.41	49.19	200m: 3:00.03	47.62	

Classe S15 (Auditiva)-Seniores

1.	CRUZ Miguel Duarte	99	S15	H	Belenenses	2:31.55	521	9,00
	50m: 35.72 35.72	100m: 1:13.87	38.15	150m: 1:53.62	39.75	200m: 2:31.55	37.93	

Classe S17-Senior

1.	SILVA Bruno Miguel <i>Rec Nac Classe S17</i>	93	S17		Porto	3:46.84		9,00
	50m: 49.37 49.37	100m: 1:47.31	57.94	150m: 2:47.95	1:00.64	200m: 3:46.84	58.89	

Classe S21 (SDown)-Seniores

1.	ALMEIDA Andre Reis	00	S21		Sporting	3:13.08		9,00
	50m: 44.19 44.19	100m: 1:32.91	48.72	150m: 2:23.03	50.12	200m: 3:13.08	50.05	
2.	RIBEIRO Jose Augusto	92	S21		Gondomar	3:38.21		7,00
	50m: 51.69 51.69	100m: 1:46.63	54.94	150m: 2:43.21	56.58	200m: 3:38.21	55.00	
3.	SANTOS Diogo Filipe	91	S21		Feira Viva	3:58.00		6,00
	50m: 56.72 56.72	100m: 1:56.68	59.96	150m: 2:58.83	1:02.15	200m: 3:58.00	59.17	
4.	GOMES Diogo Lopes	96	S21		Feira Viva	4:06.28		5,00
	50m: 1:00.36 1:00.36	100m: 2:02.72	1:02.36	150m: 3:06.58	1:03.86	200m: 4:06.28	59.70	
5.	PEREIRA Joel Alexandre	92	S21		APC Coimbra	4:07.50		4,00
	50m: 57.91 57.91	100m: 2:01.75	1:03.84	150m: 3:05.78	1:04.03	200m: 4:07.50	1:01.72	

DSQ	SILVA Jose Miguel	95	S21		Porto			-
	<i>3.3.5 - O(A) atleta interrompe o movimento contínuo dos braços, antes da viragem dos 100 metros</i>							

EXH	VALENTE Goncalo Filipe	03			Geslours	2:32.99		-
	50m: 35.47 35.47	100m: 1:13.52	38.05	150m: 1:53.00	39.48	200m: 2:32.99	39.99	

Prova 9
25-01-2020

Femin., 100m Mariposa

Absoluto
Resultados

S8	1:34.99	CASTRO Ana Filipa	FVCD	Coimbra	08-07-2018
S9	1:17.64	MARQUES Leila Susana	POR	Atenas (GRE)	17-09-2004
S10	1:15.72	NEVES Teresa Lamego	POR	Glasgow (GBR)	17-07-2015
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	1:42.84	RESENDE Sonia Castanheiro	SCA	Porto	30-04-2017
S15	1:26.66	LOURENCO Susana Maria	SCP	Póvoa de Varzim	18-06-2016
S16	59:00.00	start			
S17	59:00.00	start			
S21	1:47.00	TORRES Diana Ines	FCP	Oeiras	11-05-2019

S8 Esp S8: 2:00.81; Sen S8: 1:58.44 / S9 Esp S9: 1:58.79; Sen S9: 1:56.46 / S10 Esp S10: 1:55.85; Sen S10: 1:53.58 / S11 Esp S11: 2:18.97; Sen S11: 2:16.24 / S12 Esp S12: 2:03.93; Sen S12: 2:01.50 / S13 Esp S13: 1:46.96; Sen S13: 1:44.87 / S14 Esp S14: 2:37.35; Sen S14: 2:34.26 / S15 Esp S15: 1:46.59; Sen S15: 1:43.99 / S16 Esp S16: 2:06.49; Sen S16: 2:34.26 / S17 Esp S17: 2:37.35; Sen S17: 2:34.26 / S21 Esp S21: 2:55.12; Sen S21: 2:51.69

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S8-S14-Absolutos

1.	BREUER Janina	98	S14		SSC Karlsruhe	1:14.37	651	-
	50m: 34.00 34.00	100m: 1:14.37	40.37					
2.	CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	1:23.59	420	9,00
	50m: 36.94 36.94	100m: 1:23.59	46.65					

Classe S21 (SDown)-Absolutos

1.	REIS Adriana Godinho	95	S21		Feira Viva	2:05.25		9,00
	50m: 58.62 58.62	100m: 2:05.25	1:06.63					

Classe S10-Seniores

1.	CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	1:23.59	420	9,00
	50m: 36.94 36.94	100m: 1:23.59	46.65					

Classe S110-Esperanças

1.	FARIA Sofia Morais	04	S110		BA-Leiria	1:20.43		9,00
	50m: 35.84 35.84	100m: 1:20.43	44.59					

Classe S14-Seniores

1.	BREUER Janina	98	S14		SSC Karlsruhe	1:14.37	651	-
	50m: 34.00 34.00	100m: 1:14.37	40.37					

Classe S21 (SDown)-Senior

1.	REIS Adriana Godinho	95	S21		Feira Viva	2:05.25		9,00
	50m: 58.62 58.62	100m: 2:05.25	1:06.63					

Prova 9, Femin., 100m Mariposa

EXH MELO Sara Carreira	05	Gesloures	-
EXH RIBEIRO Margarida Messias	98	Gesloures	1:09.98
50m: 32.74 32.74	100m: 1:09.98 37.24		
EXH COSTA Catarina Nunes	04	Gesloures	1:13.07
50m: 34.25 34.25	100m: 1:13.07 38.82		

Prova 10 Masc., 100m Mariposa Absoluto
25-01-2020 Resultados

S8	1:05.96	CARREIRA David Pedro	POR	Glasgow (GBR)	13-07-2015
S9	1:06.63	GRACHAT David Realista	POR	Sheffield (GBR)	17-04-2010
S10	1:03.52	GONCALVES Emanuel Luis	POR	Reykjavik (ISL)	22-10-2009
S11	1:22.98	CRUZ Amadeu Andre	FCP	Oeiras	17-06-2017
S12	1:36.62	CRUZ Joao Tanica	PDEM	Oeiras	11-05-2019
S13	1:04.97	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	08-08-2014
S14	1:20.79	RIBEIRO Pedro Miguel	CPN	Povoa de Varzim	12-05-2018
S15	59.56	NEVES Tiago Correia	POR	São Paulo (BRA)	27-08-2019
S16	1:11.98	JORGE Andre Camara	CEOL	Funchal	15-06-2019
S17	59:00.00	start			
S21	1:20.02	SANTOS Filipe Bjorcke	POR	Florence (ITA)	20-07-2016

S8 Esp S8: 1:40.92; Sen S8: 1:38.94 / S9 Esp S9: 1:38.88; Sen S9: 1:36.94 / S10 Esp S10: 1:37.19; Sen S10: 1:35.28 / S11 Esp S11: 2:06.96; Sen S11: 2:04.47 / S12 Esp S12: 1:59.34; Sen S12: 1:57.00 / S13 Esp S13: 1:39.40; Sen S13: 1:37.45 / S14 Esp S14: 2:04.08; Sen S14: 2:01.65 / S15 Esp S15: 1:15.92; Sen S15: 1:14.06 / S16 Esp S16: 2:04.08; Sen S16: 2:01.65 / S17 Esp S17: 2:04.08; Sen S17: 2:01.65 / S21 Esp S21: 2:02.43; Sen S21: 2:00.03

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S8-S14-Absolutos								
1.	BRAUNSCHWEIG Malte	00	S9	3,5	BSV Medizin Marzahn	1:03.04	816	-
	<i>Minimos MQS JO Para Swim</i>							
	50m: 29.21 29.21			100m: 1:03.04 33.83				
2.	CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	1:08.99	632	9,00
	50m: 32.64 32.64			100m: 1:08.99 36.35				
3.	SILVA Renato Filipe	98	S9	9	Porto	1:17.06	447	7,00
	50m: 33.95 33.95			100m: 1:17.06 43.11				
4.	RIBEIRO Pedro Miguel	91	S14		Gondomar	1:24.26	306	9,00
	50m: 36.84 36.84			100m: 1:24.26 47.42				

Classe S21 (SDown)-Absolutos

1.	SANTOS Filipe Bjorcke	88	S21		O2 Portimao	1:24.63		9,00
	50m: 36.08 36.08			100m: 1:24.63 48.55				
2.	VICENTE Francisco Jose	99	S21		Sporting	1:42.74		7,00
	50m: 43.58 43.58			100m: 1:42.74 59.16				
3.	SANTOS Tomas Aniceto	99	S21		Feira Viva	1:47.19		6,00
	50m: 47.29 47.29			100m: 1:47.19 59.90				

Prova 10, Masc., 100m Mariposa

Classe S8-Seniores

1. CANCELA Diogo Luis 02 S8 1,2,4 Miranda do Corvo **1:08.99** 632 9,00
50m: 32.64 32.64 100m: 1:08.99 36.35

Classe S9-Seniores

1. BRAUNSCHWEIG Malte 00 S9 3,5 BSV Medizin Marzahn **1:03.04** 816 -
Minimos MQS JO Para Swim
50m: 29.21 29.21 100m: 1:03.04 33.83
2. SILVA Renato Filipe 98 S9 9 Porto **1:17.06** 447 7,00
50m: 33.95 33.95 100m: 1:17.06 43.11

Classe S14-Seniores

1. RIBEIRO Pedro Miguel 91 S14 Gondomar **1:24.26** 306 9,00
50m: 36.84 36.84 100m: 1:24.26 47.42

Classe S21 (SDown)-Senior

1. SANTOS Filipe Bjorcke 88 S21 O2 Portimao **1:24.63** 9,00
50m: 36.08 36.08 100m: 1:24.63 48.55
2. VICENTE Francisco Jose 99 S21 Sporting **1:42.74** 7,00
50m: 43.58 43.58 100m: 1:42.74 59.16
3. SANTOS Tomas Aniceto 99 S21 Feira Viva **1:47.19** 6,00
50m: 47.29 47.29 100m: 1:47.19 59.90
EXH LUZ Filipe Ferreira 98 Geslours **1:02.91** -
50m: 29.98 29.98 100m: 1:02.91 32.93
EXH VALE David Manuel 03 Geslours **1:05.83** -
50m: 30.10 30.10 100m: 1:05.83 35.73
EXH ASCENSO Daniel Alexandre 03 Geslours **1:07.08** -
50m: 31.22 31.22 100m: 1:07.08 35.86

Prova 11
25-01-2020

Femin., 200m Bruços

10 anos e mais velhos
Resultados

S14	3:32.83	RESENDE Sonia Castanheiro	POR	Loano (ITA)	13-06-2016
S15	3:18.70	LOURENCO Susana Maria	SCP	Vila Franca de Xira	05-03-2016
S17	59:00.00	start			
S21	4:40.84	REIS Filipa Sa	POR	Florence (ITA)	17-07-2016

S14 Esp S14: 5:25.63; Sen S14: 5:19.24 / S114 Esp S114: 5:25.63; Sen S114: 5:13.16 / S15 Esp S15: 4:04.40; Sen S15: 3:58.44 / S17 Esp S17: 5:25.63; Sen S17: 5:19.24 / S21 Esp S21: 7:09.69; Sen S21: 7:01.26

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe SB21 (SDown)-Absoluto

1.	LOURENCO Carolina Caetano	94	SB21		APC Coimbra	4:44.96		9,00
	50m: 1:07.82 1:07.82	100m: 2:20.89 1:13.07	150m: 3:34.28 1:13.39	200m: 4:44.96 1:10.68				
2.	GOMES Barbara Ines	91	SB21		APC Coimbra	4:48.27		7,00
	50m: 1:08.98 1:08.98	100m: 2:21.71 1:12.73	150m: 3:36.49 1:14.78	200m: 4:48.27 1:11.78				
DSQ	GASPAR Matilde Lucia	06	SB21		APC Coimbra			-
	3.1.6 - Falsa partida							

Classe SB21 (SDown)-Esperanças

DSQ	GASPAR Matilde Lucia	06	SB21		APC Coimbra			-
	3.1.6 - Falsa partida							

Classe SB21 (SDown)-Seniores

1.	LOURENCO Carolina Caetano	94	SB21		APC Coimbra	4:44.96		9,00
	50m: 1:07.82 1:07.82	100m: 2:20.89 1:13.07	150m: 3:34.28 1:13.39	200m: 4:44.96 1:10.68				
2.	GOMES Barbara Ines	91	SB21		APC Coimbra	4:48.27		7,00
	50m: 1:08.98 1:08.98	100m: 2:21.71 1:12.73	150m: 3:36.49 1:14.78	200m: 4:48.27 1:11.78				

Prova 12
25-01-2020

Masc., 200m Bruços

10 anos e mais velhos
Resultados

S14	3:24.68	DUARTE Carlos		Liberec (CZE)	13-07-1997
S15	2:50.87	CRUZ Miguel Duarte	POR	Lublin (POL)	05-07-2018
S17	59:00.00	start			
S21	3:14.60	VAZ Joao Francisco	POR	Olbia (ITA)	21-09-2019

S14 Esp S14: 5:13.16; Sen S14: 5:07.02 / S114 Esp S114: 5:13.16; Sen S114: 5:07.02 / S15 Esp S15: 3:52.32; Sen S15: 3:46.66 / S17 Esp S17: 5:13.16; Sen S17: 5:07.02 / S21 Esp S21: 5:09.93; Sen S21: 5:03.85

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe SB14-Absoluto

1.	BRITO Rui Xavier	99	SB14		Sporting de Aveiro	3:38.83	321	9,00
	50m: 48.79 48.79	100m: 1:43.86 55.07	150m: 2:41.64 57.78	200m: 3:38.83 57.19				
2.	NASCIMENTO Levi Daniel	99	SB14		O2 Portimao	3:39.97	316	7,00
	50m: 49.43 49.43	100m: 1:45.12 55.69	150m: 2:42.06 56.94	200m: 3:39.97 57.91				
3.	FREIRE Hugo Filipe	04	SB14		Sporting de Aveiro	3:51.64	271	9,00
	50m: 54.34 54.34	100m: 1:53.25 58.91	150m: 2:53.98 1:00.73	200m: 3:51.64 57.66				

Prova 12, Masc., 200m Bruços, Classe SB14-Absoluto

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
4.	VALADARES David Joao	00	SB14		Alhandra	4:10.05	215	6,00
	50m: 55.49 55.49	100m: 1:56.61 1:01.12			150m: 3:04.70 1:08.09	200m: 4:10.05 1:05.35		

Classe SB15 (Auditiva)-Absoluto

1.	NEVES Tiago Correia <i>Rec Nac Classe S15</i>	97	SB15 H		Belenenses	2:45.31	561	9,00
	50m: 38.92 38.92	100m: 1:21.58 42.66			150m: 2:03.62 42.04	200m: 2:45.31 41.69		

Classe SB21 (SDown)-Absoluto

1.	VAZ Joao Francisco	92	SB21		Sporting	3:20.44		9,00
	50m: 44.18 44.18	100m: 1:34.95 50.77			150m: 2:27.65 52.70	200m: 3:20.44 52.79		
2.	VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	3:38.45		7,00
	50m: 50.32 50.32	100m: 1:46.19 55.87			150m: 2:43.16 56.97	200m: 3:38.45 55.29		

Classe SB14-Esperanças

1.	FREIRE Hugo Filipe	04	SB14		Sporting de Aveiro	3:51.64	271	9,00
	50m: 54.34 54.34	100m: 1:53.25 58.91			150m: 2:53.98 1:00.73	200m: 3:51.64 57.66		

Classe SB14-Seniores

1.	BRITO Rui Xavier	99	SB14		Sporting de Aveiro	3:38.83	321	9,00
	50m: 48.79 48.79	100m: 1:43.86 55.07			150m: 2:41.64 57.78	200m: 3:38.83 57.19		
2.	NASCIMENTO Levi Daniel	99	SB14		O2 Portimao	3:39.97	316	7,00
	50m: 49.43 49.43	100m: 1:45.12 55.69			150m: 2:42.06 56.94	200m: 3:39.97 57.91		
3.	VALADARES David Joao	00	SB14		Alhandra	4:10.05	215	6,00
	50m: 55.49 55.49	100m: 1:56.61 1:01.12			150m: 3:04.70 1:08.09	200m: 4:10.05 1:05.35		

Classe SB15 (Auditiva)-Seniores

1.	NEVES Tiago Correia <i>Rec Nac Classe S15</i>	97	SB15 H		Belenenses	2:45.31	561	9,00
	50m: 38.92 38.92	100m: 1:21.58 42.66			150m: 2:03.62 42.04	200m: 2:45.31 41.69		

Classe SB21 (SDown)-Seniores

1.	VAZ Joao Francisco	92	SB21		Sporting	3:20.44		9,00
	50m: 44.18 44.18	100m: 1:34.95 50.77			150m: 2:27.65 52.70	200m: 3:20.44 52.79		
2.	VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	3:38.45		7,00
	50m: 50.32 50.32	100m: 1:46.19 55.87			150m: 2:43.16 56.97	200m: 3:38.45 55.29		

EXH	SANTOS Afonso Amaro	02			Geslours	2:33.98		-
	50m: 35.44 35.44	100m: 1:15.07 39.63			150m: 1:55.32 40.25	200m: 2:33.98 38.66		

EXH	GRENHO Andre Tavares	99			Geslours	2:34.12		-
	50m: 34.54 34.54	100m: 1:13.93 39.39			150m: 1:54.91 40.98	200m: 2:34.12 39.21		

Prova 13
25-01-2020

Femin., 50m Livres

Absoluto
Resultados

S1	59:00.00	start					
S2	1:52.21	PINTO Susana	CNBC				02-09-1995
S3	1:05.08	BARROSO Susana Cristina	POR	Sydney (AUS)			15-10-2000
S4	57.88	GUIMARAES Diana Lobo	FCP	Póvoa de Varzim			16-03-2008
S5	44.17	FRAGOSO Simone Silva	POR	Berlim (GER)			28-06-2012
S6	1:22.10	BARBOSA Ana Sofia	FCP	Porto			26-05-2019
S7	1:07.41	SAMPAIO Ana Branca	SANNP	Valladolid (ESP)			06-05-2018
S8	37.00	CASTRO Ana Filipa	FVCD	Porto			24-03-2019
S9	29.17	VEIGA Susana Pereira	POR	Londres (GBR)			15-09-2019
S10	32.95	NEVES Teresa Lamego	SCP	Campanha			01-06-2014
S11	1:45.07	NETO Cristiana Marisa	ADADA	Porto			30-04-2017
S12	59:00.00	start					
S13	42.22	NEVES Camila Anjos	ASC	Povoa de Varzim			13-05-2018
S14	33.61	RESENDE Sonia Castanheiro	POR	Loano (ITA)			10-06-2016
S15	31.46	ALMEIDA Eunice Evora	CDAP	Oeiras			11-05-2019
S16	41.13	TABORDA Maria Joao	FCP	Oeiras			11-05-2019
S17	42.36	PELAIO Beatriz Malaquias	APPDAC	Povoa de Varzim			07-04-2019
S21	43.45	REIS Filipa Sa	SCA	Porto			26-05-2019

S1 Esp S1: 2:59.01; Sen S1: 2:55.50 / S2 Esp S2: 2:51.68; Sen S2: 2:48.31 / S3 Esp S3: 1:39.57; Sen S3: 1:37.62 / S4 Esp S4: 1:28.56; Sen S4: 1:26.82 / S5 Esp S5: 1:07.58; Sen S5: 1:06.26 / S6 Esp S6: 1:05.79; Sen S6: 1:04.50 / S7 Esp S7: 1:04.26; Sen S7: 1:03.00 / S8 Esp S8: 53.55; Sen S8: 52.50 / S9 Esp S9: 50.49; Sen S9: 49.50 / S10 Esp S10: 50.41; Sen S10: 49.43 / S11 Esp S11: 50.41; Sen S11: 49.43 / S11 Esp S11: 1:02.76; Sen S11: 1:01.53 / S12 Esp S12: 53.55; Sen S12: 52.59 / S13 Esp S13: 45.23; Sen S13: 44.34 / S13 Esp S13: 45.23; Sen S13: 44.34 / S14 Esp S14: 51.42; Sen S14: 50.42 / S14 Esp S14: 51.42; Sen S14: 50.42 / S15 Esp S15: 39.11; Sen S15: 38.16 / S16 Esp S16: 51.42; Sen S16: 50.42 / S17 Esp S17: 51.42; Sen S17: 50.42 / S21 Esp S21: 1:07.55; Sen S21: 1:06.22

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S1-S14-Absolutos								
1.	VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	29.82	849	9,00
2.	PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	33.77	585	7,00
3.	SONNTAG Peggy	99	S5	3,5,12+	BV Leipzig	46.27	466	-
4.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	38.63	456	9,00
5.	CARDOSO Vera Lucia	00	S14		Sporting de Espinho	41.19	275	9,00
6.	SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	41.25	274	7,00
7.	GOUBEIA Susana Raquel	89	S14		ADADA Porto	41.76	264	6,00
8.	SOARES Maria Mafalda	02	S14		ADADA Porto	41.86	262	5,00
9.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	51.69	244	9,00
10.	PINHO Joana Filipa	02	S14		Sporting de Aveiro	46.58	190	4,00
	MORAIS Maria Matilde	06	S10	12+	ADADA Porto	47.58	190	9,00
12.	REGO Joana Candeias	04	S14		ADADA Porto	46.73	188	9,00
13.	CARVALHO Ana Filipa	88	S14		Sporting	47.08	184	3,00
14.	VASCO Maria Sio	00	S10	3,5,12+	Desportivo de Odemira	48.54	179	9,00
15.	TAVARES Ana Filipa	93	S8	A 12+	Alhandra	52.83	178	-
16.	DUARTE Marta Santos	02	S7	A 3,5,12+	Município de Odivelas	58.34	170	7,00
17.	SANTOS Rita Manuela	96	S8	A,3,5,12+	ADADA Porto	1:09.25	79	-
18.	LAGE Ana Luisa	01	S9	A	ADADA Porto	1:24.41	37	-
19.	PENELAS Beatriz Marques	99	S4	A 3,5,12	Alhandra	2:03.54	29	-

Prova 13, Femin., 50m Livres

Classe S15 (Auditiva)-Absolutos

1. ALMEIDA Eunice Evora	94	S15	H	CDAP Natacao	32.05	543	9,00
2. CORREIA Raquel Rosa	92	S15	H	Colegio Bernardette Romeira	35.80	390	7,00

Classe S17-Absolutos

1. PELAIO Beatriz Malaquias	99	S17	A	APPDAlcoimbra	44.06		9,00
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Classe S21 (SDown)-Absolutos

1. REIS Filipa Sa	00	S21		Sporting de Aveiro	43.98		9,00
2. TORRES Diana Ines	99	S21		Porto	45.17		7,00
3. DUARTE Sara Isabel	91	S21		ADADA Porto	51.65		6,00
4. CASTRO Ana Alexandra	92	S21		Porto	53.51		5,00
5. MACHADO Ana Catarina	94	S21		ADADA Porto	55.78		4,00
6. MOREIRA Carina Barbosa	81	S21		Gondomar	58.08		3,00
7. COSTA Noemi Pereira	93	S21		Gondomar	1:08.01		-

Classe S4-Seniores

1. PENELAS Beatriz Marques	99	S4	A 3,5,12	Alhandra	2:03.54	29	-
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Classe S5-Seniores

1. SONNTAG Peggy	99	S5	3,5,12+	BV Leipzig	46.27	466	-
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Classe S7-Seniores

1. OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	51.69	244	9,00
2. DUARTE Marta Santos	02	S7	A 3,5,12+	Municipio de Odivelas	58.34	170	7,00

Classe S8-Seniores

1. CASTRO Ana Filipa	97	S8	12+	Feira Viva	38.63	456	9,00
2. TAVARES Ana Filipa	93	S8	A 12+	Alhandra	52.83	178	-
3. SANTOS Rita Manuela	96	S8	A,3,5,12+	ADADA Porto	1:09.25	79	-

Classe S9-Seniores

1. VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	29.82	849	9,00
2. PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	33.77	585	7,00
3. LAGE Ana Luisa	01	S9	A	ADADA Porto	1:24.41	37	-

Classe S10-Esperanças

1. MORAIS Maria Matilde	06	S10	12+	ADADA Porto	47.58	190	9,00
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Prova 13, Femin., 50m Livres

Classe S10-Seniores

1. VASCO Maria Sio	00	S10	3,5,12+	Desportivo de Odemira	48.54	179	9,00
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Classe S110-Esperanças

1. FARIA Sofia Morais	04	S110		BA-Leiria	34.07		9,00
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Classe S14-Esperanças

1. REGO Joana Candeias	04	S14		ADADA Porto	46.73	188	9,00
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Classe S14-Seniores

1. CARDOSO Vera Lucia	00	S14		Sporting de Espinho	41.19	275	9,00
2. SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	41.25	274	7,00
3. GOUVEIA Susana Raquel	89	S14		ADADA Porto	41.76	264	6,00
4. SOARES Maria Mafalda	02	S14		ADADA Porto	41.86	262	5,00
5. PINHO Joana Filipa	02	S14		Sporting de Aveiro	46.58	190	4,00
6. CARVALHO Ana Filipa	88	S14		Sporting	47.08	184	3,00

Classe S15 (Auditiva)-Seniores

1. ALMEIDA Eunice Evora	94	S15	H	CDAP Natacao	32.05	543	9,00
2. CORREIA Raquel Rosa	92	S15	H	Colegio Bernardette Romeira	35.80	390	7,00

Classe S17-Seniores

1. PELAIO Beatriz Malaquias	99	S17	A	APPDACOimbra	44.06		9,00
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Classe S21 (SDown)-Seniores

1. REIS Filipa Sa	00	S21		Sporting de Aveiro	43.98		9,00
2. TORRES Diana Ines	99	S21		Porto	45.17		7,00
3. DUARTE Sara Isabel	91	S21		ADADA Porto	51.65		6,00
4. CASTRO Ana Alexandra	92	S21		Porto	53.51		5,00
5. MACHADO Ana Catarina	94	S21		ADADA Porto	55.78		4,00
6. MOREIRA Carina Barbosa	81	S21		Gondomar	58.08		3,00
7. COSTA Noemi Pereira	93	S21		Gondomar	1:08.01		-

EXH BRANCOURT Yonina

04

Gesloures

-

EXH MELO Sara Carreira

05

Gesloures

-

Prova 14
25-01-2020

Masc., 50m Livres

Absoluto
Resultados

S1	1:35.50	MARTINS Joao	CNBC	Póvoa de Varzim	03-04-2011
S2	1:19.73	PINA Joao Alexandre	POR	Funchal	01-05-2016
S3	1:14.92	VITORINO Nuno	POR	Madrid (ESP)	29-03-2002
S4	48.30	PEDROSO Rui Manuel	POR	Atlanta (USA)	20-09-1996
S5	42.56	ROCHA Ivo Filipe	FVCD	Valladolid (ESP)	04-05-2019
S6	32.39	VIDEIRA Daniel Carlos	GESL	Oeiras	11-05-2019
S7	33.77	VIDEIRA Daniel Carlos	GESL	Porto	22-04-2018
S8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
S9	26.23	CAETANO Gino Santos	CGA	Povoa de Varzim	08-12-2019
S10	26.50	CAETANO Gino Santos	CGA	Coimbra	31-03-2017
S11	30.45	MENESES Marco Ribeiro	POR	Pajulahti (FIN)	30-06-2019
S12	32.17	CRUZ Joao Tanica	PDEM	Oeiras	11-05-2019
S13	27.56	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	07-08-2014
S14	29.71	BATALHA Pedro	POR	Badajoz (ESP)	09-08-1997
S15	25.30	NEVES Tiago Correia	CFB	Funchal	23-03-2018
S16	26.90	JORGE Andre Camara	POR	Newcastle (GBR)	21-08-2019
S17	37.06	BRANCO Miguel Paiva	APPDAC	Oeiras	11-05-2019
S21	32.64	SANTOS Filipe Bjorcke	POR	Olbia (ITA)	20-09-2019

S1 Esp S1: 2:26.12; Sen S1: 2:23.25 / S2 Esp S2: 2:01.99; Sen S2: 1:59.60 / S3 Esp S3: 1:54.63; Sen S3: 1:52.38 / S4 Esp S4: 1:13.90; Sen S4: 1:12.45 / S5 Esp S5: 1:08.85; Sen S5: 1:07.50 / S6 Esp S6: 1:05.36; Sen S6: 1:04.08 / S7 Esp S7: 53.52; Sen S7: 52.47 / S8 Esp S8: 44.86; Sen S8: 43.98 / S9 Esp S9: 40.42; Sen S9: 39.63 / S10 Esp S10: 39.78; Sen S10: 39.00 / S11 Esp S11: 39.78; Sen S11: 39.00 / S11 Esp S11: 55.11; Sen S11: 54.03 / S12 Esp S12: 47.43; Sen S12: 46.50 / S13 Esp S13: 42.17; Sen S13: 41.34 / S14 Esp S14: 45.46; Sen S14: 44.57 / S15 Esp S15: 31.16; Sen S15: 30.40 / S16 Esp S16: 45.46; Sen S16: 44.57 / S17 Esp S17: 45.46; Sen S17: 44.57 / S21 Esp S21: 50.70; Sen S21: 49.71

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S1-S14-Absolutos

1.	BRAUNSCHWEIG Malte	00	S9	3,5	BSV Medizin Marzahn	27.11	797	-
2.	GRACHAT David Realista	87	S9	1,3,5	Geslours	27.15	793	7,00
3.	MEIXELBERGER Tom	01	S9	1,3,5	SG Berliner Wasserratten	29.14	641	-
4.	SILVA Renato Filipe	98	S9	9	Porto	29.45	621	5,00
5.	MENESES Marco Ribeiro	01	S11	T	O Crasto	29.84	607	9,00
<i>Rec Nac Classe S11</i>								
6.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	29.93	605	9,00
7.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	33.09	448	7,00
8.	CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	36.07	436	9,00
9.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslours	33.97	414	6,00
10.	PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	31.43	391	9,00
11.	REIS Bruno Ferreira	00	S8	12+	Porto	34.76	387	5,00
12.	SILVA Nuno Alexandre	92	S14		Sporting	32.14	366	7,00
13.	SOUSA Micael Silva	00	S14		Sporting de Aveiro	32.42	357	6,00
14.	OLIVEIRA Renato Alexandre	82	S7	1,2,4,8	ADADA Porto	38.77	351	7,00
15.	TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	32.81	344	5,00
16.	ALVES Antonio Joaquin	97	S14		Feira Viva	33.47	324	4,00
17.	DUARTE Samuel Lima	04	S14		Feira Viva	33.80	315	9,00
	OLIVEIRA Antonio Pedro	03	S10	12+	Porto	34.04	315	9,00
19.	RIBEIRO Jose Carneirinho	90	S14		Sporting	34.70	291	3,00
20.	GOUVEIA Francisco Mario	75	S9	9	Feira Viva	38.46	279	4,00
21.	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	35.27	277	7,00
22.	MONTEIRO Luis Miguel	96	S14		ADADA Porto	35.40	274	2,00

Prova 14, Masc., 50m Livres, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
23.	PINTO Jose Manuel	00	S7	A 12	ADADA Porto	43.88	242	6,00
24.	FERREIRA Joao Mario	98	S14		Sporting de Aveiro	36.94	241	1,00
25.	DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	37.18	236	-
26.	GASPAR Duarte Miguel	84	S8	1,2,4	Palmela Desporto	41.54	226	4,00
27.	VALENTE Jose Pedro	98	S7	1,3,5,12+	Feira Viva	45.12	223	5,00
28.	MENDES Humberto Julio	90	S14		ADADA Porto	38.09	220	-
29.	CAIRES Bruno Miguel	96	S7	A12+	FC Ferreiras/AlgarExperience	45.39	219	4,00
30.	SALINAS MARTINEZ Francisco	82	S4	A 4,12	CT Córdoba	1:03.62	205	-
31.	AMARAL Joao Costa	95	S14		Sporting de Espinho	39.53	197	-
32.	MOREIRA Ricardo Jorge	01	S5	A,3,5,12+	Porto	55.95	186	9,00
33.	CATARINO Jaime Lopes	91	S5	A 12	Sporting de Aveiro	57.09	175	7,00
34.	GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	43.22	151	-
35.	PINTO Carlos Manuel	84	S5	A 12	Porto	1:07.93	104	-
36.	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:08.74	100	-
37.	MENDES Carlos Barbosa	62	S7	A 12+	Alhandra	1:05.81	72	-
	PRAZERES Pedro Moreira	00	S4	A 3,5,12	Fluvial Portuense	1:30.13	72	-
39.	NASCIMENTO Luis Carlos	06	S6	A 3,5,12+	Porto	1:51.97	17	-
DNS	CRUZ Joao Tanica	92	S12	T A	Palmela Desporto			-
Classe S15 (Auditiva)-Absolutos								
1.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	28.02	585	9,00
Classe S16-Absolutos								
1.	JORGE Andre Camara	90	S16		Escola O Liceu	27.68		9,00
Classe S17-Absolutos								
1.	BRANCO Miguel Paiva <i>Rec Nac Classe S17</i>	97	S17	A	APPDACOimbra	36.07		9,00
2.	OLIVEIRA Daniel Mendo	05	S17		APPDACOimbra	38.43		9,00
Classe S21 (SDown)-Absolutos								
1.	SANTOS Filipe Bjorcke	88	S21		O2 Portimao	33.01		9,00
2.	MATOS Diogo Alexandre	99	S21		Gesloures	33.90		7,00
3.	REGO Diogo Almeida	97	S21		Sporting de Aveiro	34.33		6,00
4.	PEREIRA Vicente Barros <i>Rec Europeau Junior T21</i>	05	S21		Sporting	34.41		9,00
5.	PESTANA Rui Miguel	00	S21		Porto	35.79		5,00
6.	SILVA Jose Miguel	95	S21		Porto	37.00		4,00
7.	GOMES Diogo Lopes	96	S21		Feira Viva	41.08		3,00

Prova 14, Masc., 50m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
8.	SANTOS Tomas Aniceto	99	S21		Feira Viva	41.25		2,00
9.	RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	45.84		1,00
10.	EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	46.13		-
11.	SANTOS Ruben Jose	80	S21		APC Coimbra	48.11		-
12.	SILVA Alexandre Martins	99	S21		O2 Portimao	48.15		-
13.	ANTUNES Joao Pedro	87	S21		O2 Portimao	49.14		-
DNS	CALADO Manuel Carrola	00	S21	W	FC Ferreiras/AlgarExperience			-

Classe S4-Seniores

1.	SALINAS MARTINEZ Francisco	82	S4	A 4,12	CT Córdoba	1:03.62	205	-
2.	PRAZERES Pedro Moreira	00	S4	A 3,5,12	Fluvial Portuense	1:30.13	72	-

Classe S5-Seniores

1.	MOREIRA Ricardo Jorge	01	S5	A,3,5,12+	Porto	55.95	186	9,00
2.	CATARINO Jaime Lopes	91	S5	A 12	Sporting de Aveiro	57.09	175	7,00
3.	PINTO Carlos Manuel	84	S5	A 12	Porto	1:07.93	104	-
4.	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:08.74	100	-

Classe S6-Esperanças

1.	NASCIMENTO Luis Carlos	06	S6	A 3,5,12+	Porto	1:51.97	17	-
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Classe S7-Seniores

1.	CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	36.07	436	9,00
2.	OLIVEIRA Renato Alexandre	82	S7	1,2,4,8	ADADA Porto	38.77	351	7,00
3.	PINTO Jose Manuel	00	S7	A 12	ADADA Porto	43.88	242	6,00
4.	VALENTE Jose Pedro	98	S7	1,3,5,12+	Feira Viva	45.12	223	5,00
5.	CAIRES Bruno Miguel	96	S7	A12+	FC Ferreiras/AlgarExperience	45.39	219	4,00
6.	MENDES Carlos Barbosa	62	S7	A 12+	Alhandra	1:05.81	72	-

Classe S8-Seniores

1.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	29.93	605	9,00
2.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	33.09	448	7,00
3.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslours	33.97	414	6,00
4.	REIS Bruno Ferreira	00	S8	12+	Porto	34.76	387	5,00
5.	GASPAR Duarte Miguel	84	S8	1,2,4	Palmela Desporto	41.54	226	4,00

Prova 14, Masc., 50m Livres

Classe S9-Seniores

1. BRAUNSCHWEIG Malte	00	S9	3,5	BSV Medizin Marzahn	27.11	797	-
2. GRACHAT David Realista	87	S9	1,3,5	Gesloures	27.15	793	7,00
3. MEIXELBERGER Tom	01	S9	1,3,5	SG Berliner Wasserratten	29.14	641	-
4. SILVA Renato Filipe	98	S9	9	Porto	29.45	621	5,00
5. GOUVEIA Francisco Mario	75	S9	9	Feira Viva	38.46	279	4,00

Classe S10-Seniores

1. OLIVEIRA Antonio Pedro	03	S10	12+	Porto	34.04	315	9,00
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Classe S110-Seniores

1. SILVA Marco Paulo	84	S110	12+	late Santa Cruz	31.10		9,00
2. ASSUNCAO Luis Miguel	01	S110		Porto	32.37		7,00

Classe S11-Seniores

1. MENESES Marco Ribeiro <i>Rec Nac Classe S11</i>	01	S11	T	O Crasto	29.84	607	9,00
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Classe S12-Seniores

DNS CRUZ Joao Tanica	92	S12	T A	Palmela Desporto			-
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Classe S14-Esperanças

1. DUARTE Samuel Lima	04	S14		Feira Viva	33.80	315	9,00
2. FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	35.27	277	7,00

Classe S14-Seniores

1. PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	31.43	391	9,00
2. SILVA Nuno Alexandre	92	S14		Sporting	32.14	366	7,00
3. SOUSA Micael Silva	00	S14		Sporting de Aveiro	32.42	357	6,00
4. TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	32.81	344	5,00
5. ALVES Antonio Joaquin	97	S14		Feira Viva	33.47	324	4,00
6. RIBEIRO Jose Carneirinho	90	S14		Sporting	34.70	291	3,00
7. MONTEIRO Luis Miguel	96	S14		ADADA Porto	35.40	274	2,00
8. FERREIRA Joao Mario	98	S14		Sporting de Aveiro	36.94	241	1,00
9. DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	37.18	236	-
10. MENDES Humberto Julio	90	S14		ADADA Porto	38.09	220	-
11. AMARAL Joao Costa	95	S14		Sporting de Espinho	39.53	197	-
12. GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	43.22	151	-

Classe S15 (Auditiva)-Seniores

1. BELEZAS Ricardo Andrade	91	S15	H	Sporting	28.02	585	9,00
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Prova 14, Masc., 50m Livres

Classe S16-Seniores

1. JORGE Andre Camara	90	S16		Escola O Liceu	27.68	9,00
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Classe S17-Esperanças

1. OLIVEIRA Daniel Mendo	05	S17		APPDAlCoimbra	38.43	9,00
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Classe S17-Seniores

1. BRANCO Miguel Paiva <i>Rec Nac Classe S17</i>	97	S17	A	APPDAlCoimbra	36.07	9,00
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Classe S21 (SDown)-Esperanças

1. PEREIRA Vicente Barros <i>Rec Europeu Junior T21</i>	05	S21		Sporting	34.41	9,00
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Classe S21 (SDown)-Seniores

1. SANTOS Filipe Bjorcke	88	S21		O2 Portimao	33.01	9,00
2. MATOS Diogo Alexandre	99	S21		Gesloures	33.90	7,00
3. REGO Diogo Almeida	97	S21		Sporting de Aveiro	34.33	6,00
4. PESTANA Rui Miguel	00	S21		Porto	35.79	5,00
5. SILVA Jose Miguel	95	S21		Porto	37.00	4,00
6. GOMES Diogo Lopes	96	S21		Feira Viva	41.08	3,00
7. SANTOS Tomas Aniceto	99	S21		Feira Viva	41.25	2,00
8. RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	45.84	1,00
9. EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	46.13	-
10. SANTOS Ruben Jose	80	S21		APC Coimbra	48.11	-
11. SILVA Alexandre Martins	99	S21		O2 Portimao	48.15	-
12. ANTUNES Joao Pedro	87	S21		O2 Portimao	49.14	-
DNS CALADO Manuel Carrola	00	S21	W	FC Ferreiras/AlgarExperience		-
EXH ASCENSO Daniel Alexandre	03			Gesloures	28.24	-

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PARCEIROS



Prova 15 4 x 100m Livres Absoluto
25-01-2020 Resultados

S14	5:18.61	Sporting Clube de Aveiro	SCA	Oeiras	11-05-2019
S14	6:45.87	Sporting Clube de Aveiro	SCA	Porto	29-04-2017
S21	5:56.10	Sporting Clube de Portugal	SCP	Oeiras	11-05-2019
S21	7:08.91	Sporting Clube de Aveiro	SCA	Porto	29-04-2017
34P	4:36.57	Gesloures-Gestao Equip. Sociais, EGESL		Oeiras	11-05-2019
34P	6:28.56	Feira Viva Cultura e Desporto	FVCD	Porto	29-04-2017

Pontos: KNZB 2018 + Para

Lugar Classe Cod Exc Clube Tempo final IPC Pts

Classe S14, Masc.

1. Sporting de Aveiro-S14				Sporting de Aveiro		5:19.00		-
	FREIRE Hugo Filipe	+1,07	36.66	1:19.97	TEIXEIRA Joao Meirinhos	+0,57	37.37	1:17.78
	BRITO Rui Xavier	+0,84	36.64	1:17.44	FERNANDES Tiago Miguel	+1,03	39.31	1:23.81
ADADA Porto-S14				ADADA Porto		6:10.62		-
	MONTEIRO Luis Miguel	96	39.91	1:30.02	MENDES Humberto Julio	90	41.94	1:27.90
	GUIMARAES Bruno Ricardo	94	46.29	1:38.72	MONTES Francisco Pessanha	02	44.61	1:33.98
O2 Portimao-S14				O2 Portimao		6:27.42		-
	SANTOS Filipe Bjorcke	+0,81	36.47	1:19.75	SILVA Alexandre Martins	+0,51	55.13	1:56.81
	ANTUNES Joao Pedro	+0,45	49.56	1:46.70	NASCIMENTO Levi Daniel		39.85	1:24.16
Porto-S14				Porto		6:33.83		-
	PESTANA Rui Miguel	00	39.13	1:28.88	SILVA Bruno Miguel	93	49.61	1:43.89
	GONCALVES Hugo Bernardo	96	55.01	1:59.21	SILVA Jose Miguel	95	37.92	1:21.85
DSQ Feira Viva-S14				Feira Viva				-
<i>3.7.8 - Rendição antecipada do 2 nadador</i>								
	DUARTE Samuel Lima	+0,85	35.76	1:12.84	SANTOS Diogo Filipe	+0,46		
	ALVES Antonio Joaquin	-0,41			PATRICIO Rodrigo Oliveira	+0,76		

Classe S14, Femin.

1. ADADA Porto-S14				ADADA Porto		7:04.37		-
	GOUVEIA Susana Raquel	+0,99	43.90	1:36.37	REGO Joana Candeias	+1,12	49.81	1:48.04
	ALMEIDA Beatriz Moreira		55.45	2:02.30	SOARES Maria Mafalda	+0,34	42.13	1:37.66
Sporting de Aveiro-S14				Sporting de Aveiro		7:49.15		-
	SIMOES Diana Vieira		42.94	1:31.03	REIS Filipa Sa	+0,25	44.55	1:40.83
	PINHO Joana Filipa		50.82	1:52.72	AGOSTINHO Ana Filipa		1:13.23	2:44.57

Classe S21 (SDown), Masc.

1. Sporting-S21				Sporting		5:47.19		-
<i>Rec Nac Classe S21</i>								
	PEREIRA Vicente Barros	+0,74	37.46	1:23.96	VICENTE Francisco Jose	+0,68	42.49	1:33.73
	VAZ Joao Francisco	+0,63	40.76	1:28.66	ALMEIDA Andre Reis	+0,26	37.25	1:20.84

Prova 15, 4 x 100m Livres

34 Pontos, Masc.

1. Gesloures-34 Pts				Gesloures		4:33.84		-
<i>Rec Nac 34P</i>								
CASTANHEIRA Rodolfo Francis	+0,98	34.65	1:11.31	VIDEIRA Daniel Carlos	+0,39	33.69	1:11.29	
SOARES Ricardo Aderneira	+0,29	35.11	1:12.59	GRACHAT David Realista	+0,50	28.32	58.65	
Porto-S34 Pts				Porto		5:50.54		-
OLIVEIRA Antonio Pedro		37.63	1:24.57	REIS Bruno Ferreira	+0,72	35.54	1:14.96	
SOUSA Helder Ferreira		58.94	2:01.28	SILVA Renato Filipe	+0,75	32.78	1:09.73	

34 Pontos, Femin.

DNS ADADA Porto-S34	ADADA Porto	-
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PARCEIROS



2 - 2ª Jornada

26-01-2020 - 9:30

Prova 16
26-01-2020

Femin., 100m Costas

Absoluto
Resultados

S1	59:00.00	start					
S2	59:00.00	start					
S6	2:48.77	BARBOSA Ana Sofia	FCP	Povoa de Varzim			19-05-2018
S7	2:36.68	SAMPAIO Ana Branca	ADADA	Berlim (GER)			09-07-2017
S8	1:35.76	CASTRO Ana Filipa	FVCD	Porto			25-05-2019
S9	1:24.21	PINTO Renata Vaz	ADADA	Póvoa de Varzim			12-12-2015
S10	1:22.85	NEVES Teresa Lamego	POR	Eindhoven (NED)			09-08-2014
S11	4:37.31	NETO Cristiana Marisa	ADADA	Porto			21-04-2018
S12	59:00.00	start					
S13	1:55.77	NEVES Camila Anjos	ASC	Povoa de Varzim			13-05-2018
S14	1:30.24	RESENDE Sonia Castanheiro	POR	Loano (ITA)			12-06-2016
S15	1:35.23	PEREIRA Ana					01-01-1995
S16	59:00.00	start					
S17	59:00.00	start					
S21	1:41.53	NG Mannie	POR	Liberec (CZE)			10-07-2009

S1 Esp S1: 4:56.82; Sen S1: 4:51.00 / S2 Esp S2: 4:29.11; Sen S2: 4:23.83 / S6 Esp S6: 4:20.48; Sen S6: 4:15.37 /
S7 Esp S7: 2:27.11 / S8 Esp S8: 2:13.11; Sen S8: 2:10.50 / S9 Esp S9: 2:08.84; Sen S9: 2:06.31 / S10 Esp S10: 2:06.76;
Sen S10: 2:04.27 / S11 Esp S11: 2:06.76; Sen S11: 2:04.27 / S11 Esp S11: 2:30.03; Sen S11: 2:27.09 / S12 Esp S12: 2:17.79;
Sen S12: 2:15.09 / S13 Esp S13: 2:03.18; Sen S13: 2:00.77 / S13 Esp S13: 2:03.18; Sen S13: 2:00.77 / S14 Esp S14: 2:18.07;
Sen S14: 2:15.36 / S14 Esp S14: 2:18.07; Sen S14: 2:15.36 / S15 Esp S15: 1:57.13; Sen S15: 1:54.28 / S16 Esp S16: 2:18.07;
Sen S16: 2:15.36 / S17 Esp S17: 2:18.07; Sen S17: 2:15.36 / S21 Esp S21: 2:35.34; Sen S21: 2:32.29

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S1-S14-Absolutos								
1.	BREUER Janina	98	S14		SSC Karlsruhe	1:14.47	636	-
	<i>Minimos MQS JO Para Swim</i>							
	50m: 36.24 36.24	100m: 1:14.47	38.23					
2.	BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	1:19.16	576	-
	50m: 37.91 37.91	100m: 1:19.16	41.25					
3.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	1:41.26	374	9,00
	50m: 49.80 49.80	100m: 1:41.26	51.46					
4.	DUARTE Marta Santos	02	S7	A 3,5,12+	Município de Odivelas	2:03.91	284	9,00
	50m: 59.87 59.87	100m: 2:03.91	1:04.04					
5.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	2:08.35	255	7,00
	50m: 1:04.90 1:04.90	100m: 2:08.35	1:03.45					
6.	VASCO Maria Sio	00	S10	3,5,12+	Desportivo de Odemira	1:55.13	187	7,00
	50m: 55.33 55.33	100m: 1:55.13	59.80					
7.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	1:58.64	157	7,00
	50m: 58.90 58.90	100m: 1:58.64	59.74					
8.	MORAIS Maria Matilde	06	S10	12+	ADADA Porto	2:04.48	148	9,00
	50m: 57.97 57.97	100m: 2:04.48	1:06.51					
9.	BARBOSA Ana Sofia	88	S6	W, 12+	Porto	2:52.91	104	9,00
	50m: 1:27.00 1:27.00	100m: 2:52.91	1:25.91					
10.	SANTOS Rita Manuela	96	S8	A,3,5,12+	ADADA Porto	2:45.79	85	-
	50m: 1:17.04 1:17.04	100m: 2:45.79	1:28.75					

Prova 16, Femin., 100m Costas, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
11.	ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	2:34.65	71	-

50m: 1:17.23 1:17.23 100m: 2:34.65 1:17.42

DSQ	LAGE Ana Luisa	01	S9	A	ADADA Porto			-
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, O(A) atleta perdeu a posição dorsal na chegada

Classe S21 (SDown)-Absolutos

1.	TORRES Diana Ines	99	S21		Porto	1:48.97		9,00
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50m: 52.19 52.19 100m: 1:48.97 56.78

2.	CASTRO Ana Alexandra	92	S21		Porto	2:01.35		7,00
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50m: 59.82 59.82 100m: 2:01.35 1:01.53

DSQ	CASTRO Bruna Gomes	04	S21		Feira Viva			-
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O(A) atleta perdeu a posição dorsal durante a viragem aos 50 metros

Classe S6-Seniores

1.	BARBOSA Ana Sofia	88	S6	W, 12+	Porto	2:52.91	104	9,00
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50m: 1:27.00 1:27.00 100m: 2:52.91 1:25.91

Classe S7-Seniores

1.	DUARTE Marta Santos	02	S7	A 3,5,12+	Município de Odivelas	2:03.91	284	9,00
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50m: 59.87 59.87 100m: 2:03.91 1:04.04

2.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	2:08.35	255	7,00
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50m: 1:04.90 1:04.90 100m: 2:08.35 1:03.45

Classe S8-Seniores

1.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	1:41.26	374	9,00
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50m: 49.80 49.80 100m: 1:41.26 51.46

2.	SANTOS Rita Manuela	96	S8	A,3,5,12+	ADADA Porto	2:45.79	85	-
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50m: 1:17.04 1:17.04 100m: 2:45.79 1:28.75

Classe S9-Seniores

DSQ	LAGE Ana Luisa	01	S9	A	ADADA Porto			-
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, O(A) atleta perdeu a posição dorsal na chegada

Classe S10-Esperanças

1.	MORAIS Maria Matilde	06	S10	12+	ADADA Porto	2:04.48	148	9,00
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50m: 57.97 57.97 100m: 2:04.48 1:06.51

Prova 16, Femin., 100m Costas

Classe S10-Seniores

1. BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	1:19.16	576	-
50m: 37.91 37.91	100m: 1:19.16	41.25					
2. VASCO Maria Sio	00	S10	3,5,12+	Desportivo de Odemira	1:55.13	187	7,00
50m: 55.33 55.33	100m: 1:55.13	59.80					

Classe S110-Esperanças

1. FARIA Sofia Morais	04	S110		BA-Leiria	1:23.17		9,00
50m: 40.52 40.52	100m: 1:23.17	42.65					

Classe S14-Esperanças

1. ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	2:34.65	71	-
50m: 1:17.23 1:17.23	100m: 2:34.65	1:17.42					

Classe S14-Seniores

1. BREUER Janina	98	S14		SSC Karlsruhe	1:14.47	636	-
<i>Minimos MQS JO Para Swim</i>							
50m: 36.24 36.24	100m: 1:14.47	38.23					
2. MONTEIRO Raquel Rocilio	98	S14		Feira Viva	1:58.64	157	7,00
50m: 58.90 58.90	100m: 1:58.64	59.74					

Classe S21 (SDown)-Esperanças

DSQ CASTRO Bruna Gomes	04	S21		Feira Viva			-
<i>O(A) atleta perdeu a posição dorsal durante a viragem aos 50 metros</i>							

Classe S21 (SDown)-Seniores

1. TORRES Diana Ines	99	S21		Porto	1:48.97		9,00
50m: 52.19 52.19	100m: 1:48.97	56.78					
2. CASTRO Ana Alexandra	92	S21		Porto	2:01.35		7,00
50m: 59.82 59.82	100m: 2:01.35	1:01.53					

Prova 17 Masc., 100m Costas Absoluto
26-01-2020 Resultados

S1	3:35.90	MARTINS Joao	CNBC	Berlim (GER)	01-07-2012
S2	2:41.89	PINA Joao Alexandre	POR	Funchal	04-05-2016
S6	1:23.79	VIDEIRA Daniel Carlos	GESL	Oeiras	12-05-2019
S7	1:26.15	VIDEIRA Daniel Carlos	GESL	Oeiras	18-06-2017
S8	1:13.33	CANCELA Diogo Luis	POR	Dublin (IRL)	16-08-2018
S9	1:09.62	CAETANO Gino Santos	POR	Dublin (IRL)	16-08-2018
S10	1:05.09	CAETANO Gino Santos	SCA	Vila Franca de Xira	29-04-2012
S11	1:11.45	MENESES Marco Ribeiro	CRASTO	Coimbra	24-05-2019
S12	59:00.00	start			
S13	2:35.47	TRIGUEIRA Andre Joaquim	ADADA	Porto	21-04-2018
S14	1:19.39	PONTE Andre Carreiro	CNPDL	Oeiras	12-05-2019
S15	1:03.60	NEVES Tiago Correia	POR	Lublin (POL)	02-07-2018
S16	3:05.42	MENDES Carlos Barbosa	ASC	Povoa de Varzim	06-04-2019
S17	1:45.03	GONCALVES Rui Pedro	ASC	Coimbra	02-03-2019
S21	1:30.20	ALMEIDA Andre Reis	SCP	Oeiras	12-05-2019

S1 Esp S1: 4:41.52; Sen S1: 4:36.00 / S2 Esp S2: 4:07.69; Sen S2: 4:02.83 / S6 Esp S6: 2:31.75; Sen S6: 2:28.77 /
S7 Esp S7: 2:11.81 / S8 Esp S8: 1:58.25; Sen S8: 1:55.94 / S9 Esp S9: 1:48.43; Sen S9: 1:46.31 / S10 Esp S10: 1:39.59;
Sen S10: 1:37.64 / S11 Esp S11: 1:39.59; Sen S11: 1:37.64 / S11 Esp S11: 2:11.52; Sen S11: 2:08.94 / S12 Esp S12: 2:13.20;
Sen S12: 2:10.59 / S13 Esp S13: 1:58.59; Sen S13: 1:56.26 / S13 Esp S13: 1:58.59; Sen S13: 1:56.26 / S14 Esp S14: 2:06.49;
Sen S14: 2:04.00 / S14 Esp S14: 2:06.49; Sen S14: 2:04.00 / S15 Esp S15: 1:22.98; Sen S15: 1:20.95 / S16 Esp S16: 2:06.49;
Sen S16: 2:04.00 / S17 Esp S17: 2:06.49; Sen S17: 2:04.00 / S21 Esp S21: 2:31.41; Sen S21: 2:28.44

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S1-S14-Absolutos								
1.	BRAUNSCHWEIG Malte <i>Minimos MQS JO Para Swim</i>	00	S9	3,5	BSV Medizin Marzahn	1:05.98	824	-
	50m: 31.94 31.94	100m: 1:05.98	34.04					
2.	MENESES Marco Ribeiro <i>Minimos MQS JO Para Swim</i>	01	S11	T	O Crasto	1:12.69	771	9,00
	50m: 35.13 35.13	100m: 1:12.69	37.56					
3.	CORDEIRO Tomas Coelho	04	S10	12+	Fluvial Portuense	1:08.84	575	9,00
	50m: 33.49 33.49	100m: 1:08.84	35.35					
4.	SILVA Renato Filipe	98	S9	9	Porto	1:16.96	519	7,00
	50m: 36.53 36.53	100m: 1:16.96	40.43					
5.	PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	1:20.69	396	9,00
	50m: 38.78 38.78	100m: 1:20.69	41.91					
6.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	1:28.48	359	9,00
	50m: 41.46 41.46	100m: 1:28.48	47.02					
7.	REIS Bruno Ferreira	00	S8	12+	Porto	1:30.34	338	7,00
	50m: 42.98 42.98	100m: 1:30.34	47.36					
8.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	1:26.65	320	9,00
	50m: 42.73 42.73	100m: 1:26.65	43.92					
9.	FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	1:31.75	269	7,00
	50m: 43.65 43.65	100m: 1:31.75	48.10					
10.	VALENTE Jose Pedro	98	S7	1,3,5,12+	Feira Viva	1:53.28	227	9,00
	50m: 54.68 54.68	100m: 1:53.28	58.60					
11.	OLIVEIRA Antonio Pedro	03	S10	12+	Porto	1:35.51	215	9,00
	50m: 43.50 43.50	100m: 1:35.51	52.01					

Prova 17, Masc., 100m Costas, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
12.	ROCHA Simao Pedro 50m: 48.27 48.27	06	S14		Aquatico Pacense	1:40.15	207	6,00
13.	OLIVEIRA Renato Alexandre 50m: 57.15 57.15	82	S7	1,2,4,8	ADADA Porto	1:59.62	193	7,00
14.	ALVES Nuno Diogo 50m: 1:04.29 1:04.29	88	S7	A 12+	Gondomar	2:08.13	157	6,00
15.	DUARTE Orlando Constancio 50m: 52.57 52.57	89	S14		Sporting de Aveiro	1:57.77	127	7,00
16.	SOUSA Helder Ferreira 50m: 1:09.08 1:09.08	75	S7	A 12	Porto	2:21.76	116	5,00
17.	MENDES Carlos Barbosa 50m: 1:20.90 1:20.90	62	S7	A 12+	Alhandra	2:56.70	60	4,00
DSQ	GOUVEIA Francisco Mario 3.3.5 - O(A) atleta interrompe o movimento contínuo dos braços, antes da viragem dos 50 metros	75	S9	9	Feira Viva			-
DSQ	NASCIMENTO Luis Carlos , O(A) atleta perdeu a posição dorsal durante a viragem aos 50 metros	06	S6	A 3,5,12+	Porto			-
DNS	CRUZ Diogo Rafael	03	S14		Sporting de Espinho			-

Classe S15 (Auditiva)-Absolutos

1.	CRUZ Miguel Duarte 50m: 33.88 33.88	99	S15	H	Belenenses	1:10.83	497	9,00
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Classe S17-Absolutos

1.	SILVA Bruno Miguel 50m: 50.54 50.54	93	S17		Porto	1:47.32		9,00
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Classe S21 (SDown)-Absolutos

1.	ALMEIDA Andre Reis Rec Nac Classe S21 50m: 43.09 43.09	00	S21		Sporting	1:28.29		9,00
2.	SILVA Jose Miguel 50m: 48.62 48.62	95	S21		Porto	1:40.35		7,00
3.	RIBEIRO Jose Augusto 50m: 52.43 52.43	92	S21		Gondomar	1:47.98		6,00
4.	GOMES Diogo Lopes 50m: 1:00.72 1:00.72	96	S21		Feira Viva	2:01.60		5,00
5.	GONCALVES Hugo Bernardo 50m: 58.30 58.30	96	S21		Porto	2:04.20		4,00
DSQ	PEREIRA Joel Alexandre 3.1.6 - Falsa partida	92	S21		APC Coimbra			-

Prova 17, Masc., 100m Costas

Classe S6-Esperanças

DSQ NASCIMENTO Luis Carlos 06 S6 A 3,5,12+ Porto -
, O(A) atleta perdeu a posição dorsal durante a viragem aos 50 metros

Classe S7-Seniores

1. VALENTE Jose Pedro	98	S7	1,3,5,12+	Feira Viva	1:53.28	227	9,00
50m: 54.68 54.68	100m: 1:53.28	58.60					
2. OLIVEIRA Renato Alexandre	82	S7	1,2,4,8	ADADA Porto	1:59.62	193	7,00
50m: 57.15 57.15	100m: 1:59.62	1:02.47					
3. ALVES Nuno Diogo	88	S7	A 12+	Gondomar	2:08.13	157	6,00
50m: 1:04.29 1:04.29	100m: 2:08.13	1:03.84					
4. SOUSA Helder Ferreira	75	S7	A 12	Porto	2:21.76	116	5,00
50m: 1:09.08 1:09.08	100m: 2:21.76	1:12.68					
5. MENDES Carlos Barbosa	62	S7	A 12+	Alhandra	2:56.70	60	4,00
50m: 1:20.90 1:20.90	100m: 2:56.70	1:35.80					

Classe S8-Seniores

1. CASTANHEIRA Rodolfo Francisco	01	S8	9	Gesloures	1:28.48	359	9,00
50m: 41.46 41.46	100m: 1:28.48	47.02					
2. REIS Bruno Ferreira	00	S8	12+	Porto	1:30.34	338	7,00
50m: 42.98 42.98	100m: 1:30.34	47.36					

Classe S9-Seniores

1. BRAUNSCHWEIG Malte	00	S9	3,5	BSV Medizin Marzahn	1:05.98	824	-
<i>Minimos MQS JO Para Swim</i>							
50m: 31.94 31.94	100m: 1:05.98	34.04					
2. SILVA Renato Filipe	98	S9	9	Porto	1:16.96	519	7,00
50m: 36.53 36.53	100m: 1:16.96	40.43					
DSQ GOUVEIA Francisco Mario	75	S9	9	Feira Viva			-
<i>3.3.5 - O(A) atleta interrompe o movimento contínuo dos braços, antes da viragem dos 50 metros</i>							

Classe S10-Esperanças

1. CORDEIRO Tomas Coelho	04	S10	12+	Fluvial Portuense	1:08.84	575	9,00
50m: 33.49 33.49	100m: 1:08.84	35.35					

Classe S10-Seniores

1. OLIVEIRA Antonio Pedro	03	S10	12+	Porto	1:35.51	215	9,00
50m: 43.50 43.50	100m: 1:35.51	52.01					

Prova 17, Masc., 100m Costas

Classe S110-Seniores

DSQ ASSUNCAO Luis Miguel 01 S110 Porto -
3.3.5 - O(A) atleta interrompe o movimento contínuo dos braços, antes da viragem dos 50 metros

Classe S11-Seniores

1. MENESES Marco Ribeiro 01 S11 T O Crasto **1:12.69** 771 9,00
Minimos MQS JO Para Swim
50m: 35.13 35.13 100m: 1:12.69 37.56

Classe S14-Esperanças

1. PATRICIO Rodrigo Oliveira 05 S14 Feira Viva **1:26.65** 320 9,00
50m: 42.73 42.73 100m: 1:26.65 43.92
2. FREIRE Hugo Filipe 04 S14 Sporting de Aveiro **1:31.75** 269 7,00
50m: 43.65 43.65 100m: 1:31.75 48.10
3. ROCHA Simao Pedro 06 S14 Aquatico Pacense **1:40.15** 207 6,00
50m: 48.27 48.27 100m: 1:40.15 51.88

Classe S14-Seniores

1. PONTE Andre Carreiro 92 S14 Naval de Ponta Delgada **1:20.69** 396 9,00
50m: 38.78 38.78 100m: 1:20.69 41.91
2. DUARTE Orlando Constancio 89 S14 Sporting de Aveiro **1:57.77** 127 7,00
50m: 52.57 52.57 100m: 1:57.77 1:05.20
DNS CRUZ Diogo Rafael 03 S14 Sporting de Espinho -

Classe S15 (Auditiva)-Seniores

1. CRUZ Miguel Duarte 99 S15 H Belenenses **1:10.83** 497 9,00
50m: 33.88 33.88 100m: 1:10.83 36.95

Classe S17-Seniores

1. SILVA Bruno Miguel 93 S17 Porto **1:47.32** 9,00
50m: 50.54 50.54 100m: 1:47.32 56.78

Classe S21 (SDown)-Seniores

1. ALMEIDA Andre Reis 00 S21 Sporting **1:28.29** 9,00
Rec Nac Classe S21
50m: 43.09 43.09 100m: 1:28.29 45.20
2. SILVA Jose Miguel 95 S21 Porto **1:40.35** 7,00
50m: 48.62 48.62 100m: 1:40.35 51.73
3. RIBEIRO Jose Augusto 92 S21 Gondomar **1:47.98** 6,00
50m: 52.43 52.43 100m: 1:47.98 55.55
4. GOMES Diogo Lopes 96 S21 Feira Viva **2:01.60** 5,00
50m: 1:00.72 1:00.72 100m: 2:01.60 1:00.88

Prova 17, Masc., 100m Costas, Classe S21 (SDown)-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
5.	GONCALVES Hugo Bernardo	96	S21		Porto	2:04.20		4,00
	50m: 58.30 58.30	100m: 2:04.20	1:05.90					
DSQ	PEREIRA Joel Alexandre	92	S21		APC Coimbra			-
	3.1.6 - Falsa partida							

Prova 18
26-01-2020

Femin., 200m Mariposa

10 anos e mais velhos
Resultados

S14	59:00.00	start						
S15	3:18.33	LOURENCO Susana Maria	SCP	Loulé				10-07-2016
S17	59:00.00	start						
S21	3:55.17	TORRES Diana Ines	POR	Olbia (ITA)				20-09-2019

S14 Esp S14: 6:22.50; Sen S14: 6:15.00 / S114 Esp S114: 6:22.50; Sen S114: 6:15.00 / S15 Esp S15: 4:03.95; Sen S15: 3:58.00 / S17 Esp S17: 6:22.50; Sen S17: 6:15.00 / S21 Esp S21: 6:46.72; Sen S21: 6:38.75

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S21 (SDown)-Absoluto

1.	REIS Adriana Godinho	95	S21		Feira Viva	4:51.41		9,00
	50m: 1:02.66 1:02.66	100m: 2:17.29	1:14.63	150m: 3:35.45	1:18.16	200m: 4:51.41	1:15.96	

Classe S21 (SDown)-Seniores

1.	REIS Adriana Godinho	95	S21		Feira Viva	4:51.41		9,00
	50m: 1:02.66 1:02.66	100m: 2:17.29	1:14.63	150m: 3:35.45	1:18.16	200m: 4:51.41	1:15.96	

Prova 19
26-01-2020

Masc., 200m Mariposa

10 anos e mais velhos
Resultados

S14	3:27.61	NASCIMENTO Levi Daniel	O2ADCP	Oeiras				12-05-2019
S15	2:19.31	NEVES Tiago Correia	CFB	Funchal				22-03-2018
S17	59:00.00	start						
S21	3:15.81	SANTOS Filipe Bjorcke	FCF	Póvoa de Varzim				12-12-2015

S14 Esp S14: 6:09.30; Sen S14: 6:02.06 / S114 Esp S114: 6:09.30; Sen S114: 6:02.06 / S15 Esp S15: 2:55.99; Sen S15: 2:51.70 / S17 Esp S17: 6:09.30; Sen S17: 6:02.06 / S21 Esp S21: 4:59.59; Sen S21: 4:53.71

Pontos: KNZB 2018 + Para

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

1.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	3:54.09	195	9,00
	50m: 44.53 44.53	100m: 1:39.52	54.99	150m: 2:44.44	1:04.92	200m: 3:54.09	1:09.65	

Classe S15 (Auditiva)-Absoluto

1.	NEVES Tiago Correia	97	S15	H	Belenenses	2:25.92	586	9,00
	50m: 32.14 32.14	100m: 1:08.46	36.32	150m: 1:47.54	39.08	200m: 2:25.92	38.38	

Prova 19, Masc., 200m Mariposa

Classe S21 (SDown)-Absoluto

1. VAZ Joao Francisco	92	S21	Sporting	3:30.31	9,00
50m: 43.75 43.75	100m: 1:37.61	53.86	150m: 2:33.69	56.08	200m: 3:30.31 56.62

Classe S14-Seniores

1. NASCIMENTO Levi Daniel	99	S14	O2 Portimao	3:54.09	195 9,00
50m: 44.53 44.53	100m: 1:39.52	54.99	150m: 2:44.44	1:04.92	200m: 3:54.09 1:09.65

Classe S15 (Auditiva)-Seniores

1. NEVES Tiago Correia	97	S15 H	Belenenses	2:25.92	586 9,00
50m: 32.14 32.14	100m: 1:08.46	36.32	150m: 1:47.54	39.08	200m: 2:25.92 38.38

Classe S21 (SDown)-Seniores

1. VAZ Joao Francisco	92	S21	Sporting	3:30.31	9,00
50m: 43.75 43.75	100m: 1:37.61	53.86	150m: 2:33.69	56.08	200m: 3:30.31 56.62

Prova 20
26-01-2020

Femin., 50m Costas

Absoluto
Resultados

S1	59:00.00	start				
S2	59:00.00	start				
S3	1:04.47	BARROSO Susana Cristina	GESL	Badajoz (ESP)		10-08-1997
S4	1:02.50	GUIMARAES Diana Lobo	POR	Brno (CZE)		02-06-2007
S5	56.38	FRAGOSO Simone Silva	SCP	Coimbra		04-07-2015
S14	38.84	RESENDE Sonia Castanheiro	SCA	Liberec (CZE)		22-08-2014
S15	41.95	ROSA Rute				01-01-2006
S16	59:00.00	start				
S17	53.96	PELAIO Beatriz Malaquias	APPDAC	Povoa de Varzim		07-04-2019
S21	47.46	NG Mannie	POR	Liberec (CZE)		11-07-2009

S1 Esp S1: 2:48.99; Sen S1: 2:45.68 / S2 Esp S2: 2:17.01; Sen S2: 2:14.32 / S3 Esp S3: 1:38.64; Sen S3: 1:36.70 / S4 Esp S4: 1:35.63; Sen S4: 1:33.75 / S5 Esp S5: 1:26.26; Sen S5: 1:24.57 / S14 Esp S14: 59.43; Sen S14: 58.26 / S114 Esp S114: 59.43; Sen S114: 58.26 / S15 Esp S15: 51.60; Sen S15: 50.34 / S16 Esp S16: 59.43; Sen S16: 58.26 / S17 Esp S17: 59.43; Sen S17: 58.26 / S21 Esp S21: 1:12.61; Sen S21: 1:11.19

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S1-S14-Absolutos

1. CARDOSO Vera Lucia	00	S14			Sporting de Espinho	45.38	310	9,00
2. SOARES Maria Mafalda	02	S14			ADADA Porto	50.49	225	7,00
3. CARVALHO Ana Filipa	88	S14			Sporting	53.76	187	6,00
4. MONTEIRO Raquel Rocilio	98	S14			Feira Viva	57.27	154	5,00
5. PENELAS Beatriz Marques	99	S4	A 3,5,12		Alhandra	1:57.58	62	-

Classe S21 (SDown)-Absolutos

1. REIS Filipa Sa	00	S21			Sporting de Aveiro	55.19		9,00
2. DUARTE Sara Isabel	91	S21			ADADA Porto	1:06.44		7,00

Prova 20, Femin., 50m Costas, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
3.	CASTRO Bruna Gomes	04	S21		Feira Viva	1:13.48		-

Classe S4-Seniores

1.	PENELAS Beatriz Marques	99	S4	A 3,5,12	Alhandra	1:57.58	62	-
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Classe S14-Seniores

1.	CARDOSO Vera Lucia	00	S14		Sporting de Espinho	45.38	310	9,00
2.	SOARES Maria Mafalda	02	S14		ADADA Porto	50.49	225	7,00
3.	CARVALHO Ana Filipa	88	S14		Sporting	53.76	187	6,00
4.	MONTEIRO Raquel Rocilio	98	S14		Feira Viva	57.27	154	5,00

Classe S21 (SDown)-Esperanças

1.	CASTRO Bruna Gomes	04	S21		Feira Viva	1:13.48		-
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Classe S21 (SDown)-Seniores

1.	REIS Filipa Sa	00	S21		Sporting de Aveiro	55.19		9,00
2.	DUARTE Sara Isabel	91	S21		ADADA Porto	1:06.44		7,00

Prova 21
26-01-2020

Masc., 50m Costas

Absoluto
Resultados

S1	1:32.57	MARTINS Joao	CNBC	Mar Del Plata (ARG)	13-12-2002
S2	1:18.41	PINA Joao Alexandre	POR	Funchal	06-05-2016
S3	1:12.43	VITORINO Nuno	GESL	Lisboa	29-06-2012
S4	51.62	LOPES Nelson Jose	POR	Funchal	02-05-2016
S5	47.11	ROCHA Ivo Filipe	POR	Londres (GBR)	14-09-2019
S14	35.88	BATALHA Pedro	CVNP	Librec (CZE)	13-07-1997
S15	30.31	NEVES Tiago Correia	CFB	Oeiras	12-05-2019
S16	1:19.62	MENDES Carlos Barbosa	ASC	Coimbra	03-03-2019
S17	44.73	OLIVEIRA Daniel Mendo	FBSC	Oeiras	12-05-2019
S21	41.18	SANTOS Filipe Bjorcke	POR	Olbia (ITA)	17-09-2019

S1 Esp S1: 2:21.63; Sen S1: 2:18.85 / S2 Esp S2: 1:59.97; Sen S2: 1:57.61 / S3 Esp S3: 1:50.82; Sen S3: 1:48.65 / S4 Esp S4: 1:18.98; Sen S4: 1:17.43 / S5 Esp S5: 1:14.97; Sen S5: 1:13.50 / S14 Esp S14: 54.90; Sen S14: 53.82 / S114 Esp S114: 54.90; Sen S114: 53.82 / S15 Esp S15: 37.83; Sen S15: 36.91 / S16 Esp S16: 54.90; Sen S16: 53.82 / S17 Esp S17: 54.90; Sen S17: 53.82 / S21 Esp S21: 1:05.62; Sen S21: 1:04.34

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S1-S14-Absolutos

1.	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	47.93	388	9,00
2.	SILVA Nuno Alexandre	92	S14		Sporting	39.41	337	9,00
3.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	39.47	335	9,00
4.	PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	40.73	305	7,00
5.	CATARINO Jaime Lopes	91	S5	A 12	Sporting de Aveiro	57.02	230	7,00
6.	MOREIRA Ricardo Jorge	01	S5	A,3,5,12+	Porto	57.49	225	6,00
7.	FERREIRA Joao Mario	98	S14		Sporting de Aveiro	45.84	214	6,00
	ALVES Antonio Joaquin	97	S14		Feira Viva	45.87	214	6,00

Prova 21, Masc., 50m Costas, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
9.	GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	47.17	196	4,00
	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	47.17	196	7,00
11.	BRITO Rui Xavier	99	S14		Sporting de Aveiro	47.25	195	3,00
12.	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:09.27	128	5,00
13.	PINTO Carlos Manuel	84	S5	A 12	Porto	1:11.66	116	4,00
DNS	CRUZ Diogo Rafael	03	S14		Sporting de Espinho			-

Classe S16-Absolutos

1.	JORGE Andre Camara <i>Rec Nac Classe S16</i>	90	S16		Escola O Liceu	34.97		9,00
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Classe S17-Absolutos

1.	OLIVEIRA Daniel Mendo <i>Rec Nac Classe S17</i>	05	S17		APPDACOimbra	44.47		9,00
2.	SILVA Bruno Miguel	93	S17		Porto	48.16		9,00

Classe S21 (SDown)-Absolutos

1.	SANTOS Filipe Bjorcke	88	S21		O2 Portimao	42.48		9,00
2.	REGO Diogo Almeida	97	S21		Sporting de Aveiro	45.35		7,00
3.	MONTES Francisco Pessanha	02	S21		ADADA Porto	48.45		6,00
4.	SILVA Alexandre Martins	99	S21		O2 Portimao	52.09		5,00
5.	SANTOS Diogo Filipe	91	S21		Feira Viva	55.17		4,00
6.	GOMES Diogo Lopes	96	S21		Feira Viva	57.09		3,00
7.	EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	57.11		2,00
8.	GONCALVES Hugo Bernardo	96	S21		Porto	57.99		1,00
9.	INGLES Samuel Godinho	85	S21	W	FC Ferreiras/AlgarExperience	1:00.44		-
10.	SANTOS Ruben Jose	80	S21		APC Coimbra	1:03.93		-

Classe S5-Seniores

1.	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	47.93	388	9,00
2.	CATARINO Jaime Lopes	91	S5	A 12	Sporting de Aveiro	57.02	230	7,00
3.	MOREIRA Ricardo Jorge	01	S5	A,3,5,12+	Porto	57.49	225	6,00
4.	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:09.27	128	5,00
5.	PINTO Carlos Manuel	84	S5	A 12	Porto	1:11.66	116	4,00

Classe S14-Esperanças

1.	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	39.47	335	9,00
2.	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	47.17	196	7,00

Prova 21, Masc., 50m Costas

Classe S14-Seniores

1. SILVA Nuno Alexandre	92	S14	Sporting	39.41	337	9,00
2. PONTE Andre Carreiro	92	S14	Naval de Ponta Delgada	40.73	305	7,00
3. FERREIRA Joao Mario	98	S14	Sporting de Aveiro	45.84	214	6,00
ALVES Antonio Joaquin	97	S14	Feira Viva	45.87	214	6,00
5. GUIMARAES Bruno Ricardo	94	S14	ADADA Porto	47.17	196	4,00
6. BRITO Rui Xavier	99	S14	Sporting de Aveiro	47.25	195	3,00
DNS CRUZ Diogo Rafael	03	S14	Sporting de Espinho			-

Classe S16-Seniores

1. JORGE Andre Camara	90	S16	Escola O Liceu	34.97		9,00
<i>Rec Nac Classe S16</i>						

Classe S17-Esperanças

1. OLIVEIRA Daniel Mendo	05	S17	APPDACOimbra	44.47		9,00
<i>Rec Nac Classe S17</i>						

Classe S17-Seniores

1. SILVA Bruno Miguel	93	S17	Porto	48.16		9,00
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Classe S21 (SDown)-Seniores

1. SANTOS Filipe Bjorcke	88	S21	O2 Portimao	42.48		9,00
2. REGO Diogo Almeida	97	S21	Sporting de Aveiro	45.35		7,00
3. MONTES Francisco Pessanha	02	S21	ADADA Porto	48.45		6,00
4. SILVA Alexandre Martins	99	S21	O2 Portimao	52.09		5,00
5. SANTOS Diogo Filipe	91	S21	Feira Viva	55.17		4,00
6. GOMES Diogo Lopes	96	S21	Feira Viva	57.09		3,00
7. EUSEBIO Marcelo Esteves	02	S21	ADADA Porto	57.11		2,00
8. GONCALVES Hugo Bernardo	96	S21	Porto	57.99		1,00
9. INGLES Samuel Godinho	85	S21	FC Ferreiras/AlgarExperience	1:00.44		-
10. SANTOS Ruben Jose	80	S21	APC Coimbra	1:03.93		-

Prova 22 Femin., 150m Estilos 10 anos e mais velhos
26-01-2020 Resultados

S1	59:00.00	start
S2	59:00.00	start
S3	59:00.00	start
S4	59:00.00	start

S1 Esp S1: 9:58.35; Sen S1: 9:46.62 / S2 Esp S2: 9:27.75; Sen S2: 9:16.62 / S3 Esp S3: 9:12.45; Sen S3: 9:01.62 / S4 Esp S4: 7:47.32; Sen S4: 7:38.16

Pontos: KNZB 2018 + Para

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts
Prova 23 Masc., 150m Estilos 10 anos e mais velhos
26-01-2020 Resultados

S1	59:00.00	start
S2	59:00.00	start
S3	59:00.00	start
S4	3:13.76	LOPES Nelson Jose

CNCVG Vila Franca de Xira 08-06-2008

S1 Esp S1: 9:27.75; Sen S1: 9:16.62 / S2 Esp S2: 8:57.15; Sen S2: 8:46.62 / S3 Esp S3: 8:26.55; Sen S3: 8:16.62 / S4 Esp S4: 7:28.35; Sen S4: 7:19.56

Pontos: KNZB 2018 + Para

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Classe SM1-SM4-Absolutos

1. SALINAS MARTINEZ Francisco	82	SM4	A 4,12	CT Córdoba	3:45.99	254	-
50m: 1:17.94 1:17.94 100m: 2:29.81 1:11.87 150m: 3:45.99 1:16.18							
2. PRAZERES Pedro Moreira	00	SM4	A 3,5,12	Fluvial Portuense	6:11.75	57	7,00
50m: 1:37.54 1:37.54 100m: 3:43.29 2:05.75 150m: 6:11.75 2:28.46							

Classe SM4-Seniores

1. SALINAS MARTINEZ Francisco	82	SM4	A 4,12	CT Córdoba	3:45.99	254	-
50m: 1:17.94 1:17.94 100m: 2:29.81 1:11.87 150m: 3:45.99 1:16.18							
2. PRAZERES Pedro Moreira	00	SM4	A 3,5,12	Fluvial Portuense	6:11.75	57	7,00
50m: 1:37.54 1:37.54 100m: 3:43.29 2:05.75 150m: 6:11.75 2:28.46							

Prova 24
26-01-2020

Femin., 200m Estilos

Absoluto
Resultados

S5	4:26.08	FRAGOSO Simone Silva	POR	Rio de Janeiro (BRA)	15-09-2016
S6	59:00.00	start			
S7	59:00.00	start			
S8	3:19.65	CASTRO Ana Filipa	FVCD	Oeiras	12-05-2019
S9	2:51.48	VEIGA Susana Pereira	POR	Londres (GBR)	14-09-2019
S10	2:50.03	NEVES Teresa Lamego	SCP	Vila Franca de Xira	23-02-2014
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	3:15.72	RESENDE Sonia Castanheiro	SCA	Póvoa de Varzim	19-06-2016
S15	3:10.42	LOURENCO Susana Maria	SCP	Póvoa de Varzim	10-05-2015
S16	59:00.00	start			
S17	59:00.00	start			
S21	4:06.35	NG Mannie	GESL	Póvoa de Varzim	26-02-2015

S5 Esp S5: 6:47.10; Sen S5: 6:39.12 / S6 Esp S6: 5:29.59; Sen S6: 5:23.13 / S7 Esp S7: 5:16.71 / S8 Esp S8: 4:35.40;
Sen S8: 4:30.00 / S9 Esp S9: 4:23.96; Sen S9: 4:18.78 / S10 Esp S10: 4:20.15; Sen S10: 4:15.04 / S11 Esp S11: 4:20.15;
Sen S11: 4:15.04 / S11 Esp S11: 4:58.35; Sen S11: 4:52.50 / S12 Esp S12: 4:50.70; Sen S12: 4:45.00 / S13 Esp S13: 4:13.98;
Sen S13: 4:09.00 / S113 Esp S113: 4:13.98; Sen S113: 4:09.00 / S14 Esp S14: 4:59.45; Sen S14: 4:53.58 / S114 Esp S114: 4:59.45;
Sen S114: 4:46.88 / S15 Esp S15: 3:54.22; Sen S15: 3:48.50 / S16 Esp S16: 4:59.45; Sen S16: 4:53.58 / S17 Esp S17: 4:59.45;
Sen S17: 4:53.58 / S21 Esp S21: 6:16.92; Sen S21: 6:09.53

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe SM5-SM14-Absolutos

1.	BREUER Janina	98	SM14		SSC Karlsruhe	2:43.82	603	-
	50m: 35.39 35.39	100m: 1:17.37 41.98	150m: 2:06.88 49.51	200m: 2:43.82 36.94				
2.	PINTO Renata Vaz	99	SM9	1,3,5	ADADA Porto	2:59.40	597	9,00
	50m: 39.94 39.94	100m: 1:26.40 46.46	150m: 2:15.37 48.97	200m: 2:59.40 44.03				
3.	SONNTAG Peggy	99	SM5	3,5,12+	BV Leipzig	3:57.62	539	-
	<i>Minimos MQS JO Para Swim</i>							
	50m: 53.37 53.37	100m: 1:55.97 1:02.60	150m: 3:01.31 1:05.34	200m: 3:57.62 56.31				
4.	CORREIA Ana Beatriz	98	SM10	8	Natacao de Faro	3:08.20	456	9,00
	50m: 37.00 37.00	100m: 1:28.92 51.92	150m: 2:25.94 57.02	200m: 3:08.20 42.26				
5.	FRAGOSO Simone Silva	80	SM5	A Y 3,5,12+	Palmela Desporto	4:44.98	313	7,00
	50m: 58.00 58.00	100m: 2:10.61 1:12.61	150m: 3:38.95 1:28.34	200m: 4:44.98 1:06.03				
6.	VASCO Maria Sio	00	SM10	3,5,12+	Desportivo de Odemira	4:28.00	158	-
	50m: 1:02.88 1:02.88	100m: 2:07.24 1:04.36	150m: 3:26.20 1:18.96	200m: 4:28.00 1:01.80				

Classe SM21 (SDown)-Absolutos

1.	CASTRO Ana Alexandra	92	SM21		Porto	4:32.47		9,00
	50m: 1:02.80 1:02.80	100m: 2:11.52 1:08.72	150m: 3:30.57 1:19.05	200m: 4:32.47 1:01.90				
2.	GOMES Barbara Ines	91	SM21		APC Coimbra	4:48.80		7,00
	50m: 1:12.16 1:12.16	100m: 2:31.37 1:19.21	150m: 3:44.95 1:13.58	200m: 4:48.80 1:03.85				

Prova 24, Femin., 200m Estilos

Classe SM5-Seniores

1. SONNTAG Peggy	99	SM5	3,5,12+	BV Leipzig	3:57.62	539	-
<i>Minimos MQS JO Para Swim</i>							
50m:	53.37	53.37	100m:	1:55.97	1:02.60	150m:	3:01.31 1:05.34
200m:	3:57.62	56.31					
2. FRAGOSO Simone Silva	80	SM5	A Y 3,5,12+	Palmela Desporto	4:44.98	313	7,00
50m:	58.00	58.00	100m:	2:10.61	1:12.61	150m:	3:38.95 1:28.34
200m:	4:44.98	1:06.03					

Classe SM9-Seniores

1. PINTO Renata Vaz	99	SM9	1,3,5	ADADA Porto	2:59.40	597	9,00
50m:	39.94	39.94	100m:	1:26.40	46.46	150m:	2:15.37 48.97
200m:	2:59.40	44.03					

Classe SM10-Seniores

1. CORREIA Ana Beatriz	98	SM10	8	Natacao de Faro	3:08.20	456	9,00
50m:	37.00	37.00	100m:	1:28.92	51.92	150m:	2:25.94 57.02
200m:	3:08.20	42.26					
2. VASCO Maria Sio	00	SM10	3,5,12+	Desportivo de Odemira	4:28.00	158	-
50m:	1:02.88	1:02.88	100m:	2:07.24	1:04.36	150m:	3:26.20 1:18.96
200m:	4:28.00	1:01.80					

Classe SM14-Seniores

1. BREUER Janina	98	SM14		SSC Karlsruhe	2:43.82	603	-
50m:	35.39	35.39	100m:	1:17.37	41.98	150m:	2:06.88 49.51
200m:	2:43.82	36.94					

Classe SM21 (SDown)-Seniores

1. CASTRO Ana Alexandra	92	SM21		Porto	4:32.47		9,00
50m:	1:02.80	1:02.80	100m:	2:11.52	1:08.72	150m:	3:30.57 1:19.05
200m:	4:32.47	1:01.90					
2. GOMES Barbara Ines	91	SM21		APC Coimbra	4:48.80		7,00
50m:	1:12.16	1:12.16	100m:	2:31.37	1:19.21	150m:	3:44.95 1:13.58
200m:	4:48.80	1:03.85					

Prova 25
26-01-2020

Masc., 200m Estilos

Absoluto
Resultados

S5	3:24.10	ROCHA Ivo Filipe	FVCD	Porto	26-05-2019
S6	3:14.80	VIDEIRA Daniel Carlos	GESL	Coimbra	03-03-2019
S7	3:23.35	CAMPOS Joao Miguel	ADADA	Porto	24-03-2019
S7	3:23.35	CAMPOS Joao Miguel	ADADA	Povoa de Varzim	08-12-2019
S8	2:33.38	CANCELA Diogo Luis	POR	Glasgow (GBR)	25-04-2019
S9	2:24.99	GRACHAT David Realista	POR	Berlim (GER)	04-07-2011
S10	2:23.69	GONCALVES Emanuel Luis	POR	Glasgow (GBR)	27-03-2015
S11	2:48.34	MENESES Marco Ribeiro	CRASTO	Oeiras	12-05-2019
S12	3:09.49	CRUZ Joao Tanica	PDEM	Oeiras	12-05-2019
S13	2:33.52	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	06-08-2014
S14	3:03.75	RIBEIRO Pedro Miguel	CPN	Povoa de Varzim	13-05-2018
S15	2:16.25	NEVES Tiago Correia	POR	Lublin (POL)	03-07-2018
S16	2:48.76	JORGE Andre Camara	GEOL	Funchal	15-06-2019
S17	59:00.00	start			
S21	3:02.61	VAZ Joao Francisco	POR	Olbia (ITA)	18-09-2019

S5 Esp S5: 6:50.04; Sen S5: 6:42.00 / S6 Esp S6: 6:45.45; Sen S6: 6:37.50 / S7 Esp S7: 6:42.11 / S8 Esp S8: 4:08.62;
Sen S8: 4:03.75 / S9 Esp S9: 3:41.83; Sen S9: 3:37.48 / S10 Esp S10: 3:39.85; Sen S10: 3:35.54 / S11 Esp S11: 3:39.85;
Sen S11: 3:35.54 / S11 Esp S11: 4:45.50; Sen S11: 4:39.90 / S12 Esp S12: 4:39.99; Sen S12: 4:34.50 / S13 Esp S13: 3:54.89;
Sen S13: 3:50.28 / S113 Esp S113: 3:54.89; Sen S113: 3:50.28 / S14 Esp S14: 4:46.88; Sen S14: 4:41.25 / S114 Esp S114: 4:46.88;
Sen S114: 4:41.25 / S15 Esp S15: 2:59.94; Sen S15: 2:55.55 / S16 Esp S16: 4:46.88; Sen S16: 4:41.25 / S17 Esp S17: 4:46.88;
Sen S17: 4:41.25 / S21 Esp S21: 4:51.28; Sen S21: 4:45.57

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe SM5-SM14-Absolutos

1.	GRACHAT David Realista	87	SM9	1,3,5	Geslours	2:29.94	722	9,00
	50m: 32.17 32.17	100m: 1:12.41 40.24	150m: 1:57.27 44.86	200m: 2:29.94 32.67				
2.	CANCELA Diogo Luis	02	SM8	1,2,4	Miranda do Corvo	2:37.52	702	9,00
	50m: 32.96 32.96	100m: 1:14.22 41.26	150m: 2:00.46 46.24	200m: 2:37.52 37.06				
3.	CORDEIRO Tomas Coelho	04	SM10	12+	Fluvial Portuense	2:27.08	642	9,00
	50m: 30.94 30.94	100m: 1:09.34 38.40	150m: 1:52.24 42.90	200m: 2:27.08 34.84				
4.	MENESES Marco Ribeiro	01	SM11	T	O Crasto	2:49.01	598	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 41.25 41.25	100m: 1:20.09 38.84	150m: 2:13.17 53.08	200m: 2:49.01 35.84				
5.	VIDEIRA Daniel Carlos	92	SM6	3,5,12+	Geslours	3:09.79	582	9,00
	<i>Rec Nac Classe S6, RN Classe S6 primeiro percurso</i>							
	50m: 41.95 41.95	100m: 1:28.61 46.66	150m: 2:30.94 1:02.33	200m: 3:09.79 38.85				
6.	MEIXELBERGER Tom	01	SM9	1,3,5	SG Berliner Wasserratten	2:43.20	560	-
	50m: 33.24 33.24	100m: 1:17.11 43.87	150m: 2:03.02 45.91	200m: 2:43.20 40.18				
7.	CAMPOS Joao Miguel	79	SM7	6,12+	ADADA Porto	3:18.41	438	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 41.54 41.54	100m: 1:38.14 56.60	150m: 2:32.11 53.97	200m: 3:18.41 46.30				
8.	SOARES Ricardo Aderneira	99	SM8	3,5,12+	Geslours	3:06.47	423	7,00
	50m: 44.09 44.09	100m: 1:32.39 48.30	150m: 2:27.25 54.86	200m: 3:06.47 39.22				
9.	RIBEIRO Pedro Miguel	91	SM14		Gondomar	3:08.37	321	9,00
	50m: 37.16 37.16	100m: 1:27.85 50.69	150m: 2:26.52 58.67	200m: 3:08.37 41.85				
10.	SOUSA Micael Silva	00	SM14		Sporting de Aveiro	3:12.93	299	7,00
	50m: 38.78 38.78	100m: 1:27.43 48.65	150m: 2:25.26 57.83	200m: 3:12.93 47.67				

Prova 25, Masc., 200m Estilos, Classe SM5-SM14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
11.	ROCHA Simao Pedro	06	SM14		Aquatico Pacense	3:44.59	189	9,00
	50m: 59.04 59.04	100m: 1:54.08 55.04	150m: 2:57.74 1:03.66	200m: 3:44.59 46.85				
12.	PINTO Jose Manuel	00	SM7 A 12		ADADA Porto	4:30.75	173	7,00
	50m: 52.13 52.13	100m: 1:47.76 55.63	150m: 3:20.46 1:32.70	200m: 4:30.75 1:10.29				
DNS	CRUZ Joao Tanica	92	SM12 T A		Palmela Desporto			-

Classe SM15 (Auditiva)-Absolutos

1.	CRUZ Miguel Duarte	99	SM15 H		Belenenses	2:26.76	611	9,00
	50m: 29.96 29.96	100m: 1:09.18 39.22	150m: 1:54.07 44.89	200m: 2:26.76 32.69				

Classe SM21 (SDown)-Absolutos

1.	VAZ Joao Francisco	92	SM21		Sporting	3:10.74		9,00
	50m: 40.42 40.42	100m: 1:31.89 51.47	150m: 2:23.40 51.51	200m: 3:10.74 47.34				
2.	SANTOS Tomas Aniceto	99	SM21		Feira Viva	3:55.79		7,00
	50m: 46.22 46.22	100m: 1:47.95 1:01.73	150m: 3:04.68 1:16.73	200m: 3:55.79 51.11				
3.	RIBEIRO David Saraiva	96	SM21		Sporting de Aveiro	4:06.39		6,00
	50m: 50.50 50.50	100m: 1:52.65 1:02.15	150m: 3:03.39 1:10.74	200m: 4:06.39 1:03.00				

Classe SM6-Seniores

1.	VIDEIRA Daniel Carlos	92	SM6 3,5,12+		Geslours	3:09.79	582	9,00
	<i>Rec Nac Classe S6, RN Classe S6 primeiro percurso</i>							
	50m: 41.95 41.95	100m: 1:28.61 46.66	150m: 2:30.94 1:02.33	200m: 3:09.79 38.85				

Classe SM7-Seniores

1.	CAMPOS Joao Miguel	79	SM7 6,12+		ADADA Porto	3:18.41	438	9,00
	<i>Rec Nac Classe S7</i>							
	50m: 41.54 41.54	100m: 1:38.14 56.60	150m: 2:32.11 53.97	200m: 3:18.41 46.30				
2.	PINTO Jose Manuel	00	SM7 A 12		ADADA Porto	4:30.75	173	7,00
	50m: 52.13 52.13	100m: 1:47.76 55.63	150m: 3:20.46 1:32.70	200m: 4:30.75 1:10.29				

Classe SM8-Seniores

1.	CANCELA Diogo Luis	02	SM8 1,2,4		Miranda do Corvo	2:37.52	702	9,00
	50m: 32.96 32.96	100m: 1:14.22 41.26	150m: 2:00.46 46.24	200m: 2:37.52 37.06				
2.	SOARES Ricardo Aderneira	99	SM8 3,5,12+		Geslours	3:06.47	423	7,00
	50m: 44.09 44.09	100m: 1:32.39 48.30	150m: 2:27.25 54.86	200m: 3:06.47 39.22				

Classe SM9-Seniores

1.	GRACHAT David Realista	87	SM9 1,3,5		Geslours	2:29.94	722	9,00
	50m: 32.17 32.17	100m: 1:12.41 40.24	150m: 1:57.27 44.86	200m: 2:29.94 32.67				
2.	MEIXELBERGER Tom	01	SM9 1,3,5		SG Berliner Wasserratten	2:43.20	560	-
	50m: 33.24 33.24	100m: 1:17.11 43.87	150m: 2:03.02 45.91	200m: 2:43.20 40.18				

Prova 25, Masc., 200m Estilos

Classe SM10-Esperanças

1. CORDEIRO Tomas Coelho 04 SM10 12+ Fluvial Portuense **2:27.08** 642 9,00
50m: 30.94 30.94 100m: 1:09.34 38.40 150m: 1:52.24 42.90 200m: 2:27.08 34.84

Classe SM11-Seniores

1. MENESES Marco Ribeiro 01 SM11 T O Crasto **2:49.01** 598 9,00
Minimos MQS JO Para Swim
50m: 41.25 41.25 100m: 1:20.09 38.84 150m: 2:13.17 53.08 200m: 2:49.01 35.84

Classe SM12-Seniores

DNS CRUZ Joao Tanica 92 SM12 T A Palmela Desporto -

Classe SM14-Esperanças

1. ROCHA Simao Pedro 06 SM14 Aquatico Pacense **3:44.59** 189 9,00
50m: 59.04 59.04 100m: 1:54.08 55.04 150m: 2:57.74 1:03.66 200m: 3:44.59 46.85

Classe SM14-Seniores

1. RIBEIRO Pedro Miguel 91 SM14 Gondomar **3:08.37** 321 9,00
50m: 37.16 37.16 100m: 1:27.85 50.69 150m: 2:26.52 58.67 200m: 3:08.37 41.85
2. SOUSA Micael Silva 00 SM14 Sporting de Aveiro **3:12.93** 299 7,00
50m: 38.78 38.78 100m: 1:27.43 48.65 150m: 2:25.26 57.83 200m: 3:12.93 47.67

Classe SM15 (Auditiva)-Seniores

1. CRUZ Miguel Duarte 99 SM15 H Belenenses **2:26.76** 611 9,00
50m: 29.96 29.96 100m: 1:09.18 39.22 150m: 1:54.07 44.89 200m: 2:26.76 32.69

Classe SM21 (SDown)-Seniores

1. VAZ Joao Francisco 92 SM21 Sporting **3:10.74** 9,00
50m: 40.42 40.42 100m: 1:31.89 51.47 150m: 2:23.40 51.51 200m: 3:10.74 47.34
2. SANTOS Tomas Aniceto 99 SM21 Feira Viva **3:55.79** 7,00
50m: 46.22 46.22 100m: 1:47.95 1:01.73 150m: 3:04.68 1:16.73 200m: 3:55.79 51.11
3. RIBEIRO David Saraiva 96 SM21 Sporting de Aveiro **4:06.39** 6,00
50m: 50.50 50.50 100m: 1:52.65 1:02.15 150m: 3:03.39 1:10.74 200m: 4:06.39 1:03.00

Prova 26
26-01-2020

Femin., 50m Bruços

Absoluto
Resultados

S1	59:00.00	start					
S2	59:00.00	start					
S3	1:01.18	GUIMARAES Diana Lobo	POR	Durban (RSA)			06-12-2006
S14	43.68	RESENDE Sonia Castanheiro	POR	Loano (ITA)			10-06-2016
S15	40.74	LOURENCO Susana Maria	SCP	Loulé			10-07-2016
S16	51.42	TABORDA Maria Joao	FCP	Oeiras			11-05-2019
S17	51.75	PELAIO Beatriz Malaquias	APPDAC	Coimbra			02-03-2019
S21	56.20	NG Mannie	GESL	Vila Franca de Xira			29-04-2012

S1 Esp S1: 2:43.71; Sen S1: 2:40.50 / S2 Esp S2: 2:25.35; Sen S2: 2:22.50 / S3 Esp S3: 1:33.61; Sen S3: 1:31.77 /
S14 Esp S14: 1:06.63; Sen S14: 1:05.52 / S14 Esp S14: 1:06.83; Sen S14: 1:03.30 / S15 Esp S15: 50.11; Sen S15: 48.89 /
S16 Esp S16: 1:06.83; Sen S16: 1:05.52 / S17 Esp S17: 1:06.83; Sen S17: 1:05.52 / S21 Esp S21: 1:25.99; Sen S21: 1:24.30

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe SB1-SB14-Absolutos

1.	CARDOSO Vera Lucia	00	SB14		Sporting de Espinho	59.60	185	9,00
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Classe SB17-Absolutos

1.	PELAIO Beatriz Malaquias	99	SB17	A	APPDACoimbra	54.25		9,00
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Classe SB21 (SDown)-Absolutos

1.	REIS Filipa Sa	00	SB21		Sporting de Aveiro	1:02.43		9,00
2.	LOURENCO Carolina Caetano	94	SB21		APC Coimbra	1:05.61		7,00
3.	MACHADO Ana Catarina	94	SB21		ADADA Porto	1:20.64		6,00
DSQ	GASPAR Matilde Lucia	06	SB21		APC Coimbra			-

3.1.6 - Falsa partida

Classe SB14-Seniores

1.	CARDOSO Vera Lucia	00	SB14		Sporting de Espinho	59.60	185	9,00
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Classe SB17-Seniores

1.	PELAIO Beatriz Malaquias	99	SB17	A	APPDACoimbra	54.25		9,00
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Classe SB21 (SDown)-Esperanças

DSQ	GASPAR Matilde Lucia	06	SB21		APC Coimbra			-
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3.1.6 - Falsa partida

Classe SB21 (SDown)-Seniores

1.	REIS Filipa Sa	00	SB21		Sporting de Aveiro	1:02.43		9,00
2.	LOURENCO Carolina Caetano	94	SB21		APC Coimbra	1:05.61		7,00
3.	MACHADO Ana Catarina	94	SB21		ADADA Porto	1:20.64		6,00

Prova 27
26-01-2020

Masc., 50m Bruços

Absoluto
Resultados

S1	1:40.94	VIEIRA Cesario	FCP	Póvoa de Varzim	22-05-2004
S2	59:00.00	start			
S3	1:01.88	LOPES Nelson Jose	ABVE	Lisboa	27-05-2001
S14	41.37	FILIPE Pedro Manuel	LDC	Vila Franca de Xira	06-03-2016
S15	34.27	NEVES Tiago Correia	CFB	Oeiras	11-05-2019
S16	31.63	JORGE Andre Camara	POR	Newcastle (GBR)	21-08-2019
S17	47.09	CARNEIRO Joao Amaral	APPDAC	Oeiras	12-05-2019
S21	42.20	VAZ Joao Francisco	SCP	Rio Maior	25-01-2020

S1 Esp S1: 2:34.41; Sen S1: 2:31.38 / S2 Esp S2: 2:17.70; Sen S2: 2:15.00 / S3 Esp S3: 1:34.68; Sen S3: 1:32.82 /
S14 Esp S14: 1:03.30; Sen S14: 1:02.05 / S14 Esp S14: 1:03.30; Sen S14: 1:02.05 / S15 Esp S15: 45.65; Sen S15: 44.53 /
S16 Esp S16: 1:03.30; Sen S16: 1:02.05 / S17 Esp S17: 1:03.30; Sen S17: 1:02.05 / S21 Esp S21: 1:06.33; Sen S21: 1:05.03

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe SB1-SB14-Absolutos

1.	SALINAS MARTINEZ Francisco	82	SB3	A 4,12	CT Córdoba	1:02.96	431	-
2.	SILVA Nuno Alexandre	92	SB14		Sporting	44.14	288	9,00
3.	TEIXEIRA Joao Meirinhos	96	SB14		Sporting de Aveiro	49.52	204	7,00
4.	CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	51.28	184	6,00
5.	FERNANDES Tiago Miguel	04	SB14		Sporting de Aveiro	51.53	181	9,00
6.	VALADARES David Joao	00	SB14		Alhandra	51.83	178	5,00
7.	AMARAL Joao Costa	95	SB14		Sporting de Espinho	53.94	158	4,00
8.	MENDES Humberto Julio	90	SB14		ADADA Porto	54.19	156	3,00
9.	MONTEIRO Luis Miguel	96	SB14		ADADA Porto	55.64	144	2,00
10.	MARQUES Diogo Jose	99	SB14		Alhandra	55.72	143	1,00
11.	FARIA Miguel Domingos	02	SB14		FC Ferreiras/AlgarExperience	1:04.93	91	-

Classe SB15 (Auditiva)-Absolutos

1.	FERREIRA Josemar Joel	95	SB15	H	Sporting	43.50	303	9,00
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Classe SB17-Absolutos

1.	CARNEIRO Joao Amaral	95	SB17		APPDACoimbra	48.51		9,00
2.	BRANCO Miguel Paiva	97	SB17	A	APPDACoimbra	54.83		7,00

Classe SB21 (SDown)-Absolutos

1.	MATOS Diogo Alexandre	99	SB21		Gesloures	45.15		9,00
2.	VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	46.79		7,00
3.	PESTANA Rui Miguel	00	SB21		Porto	52.79		6,00

Classe SB3-Seniores

1.	SALINAS MARTINEZ Francisco	82	SB3	A 4,12	CT Córdoba	1:02.96	431	-
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Classe SB14-Esperanças

1.	FERNANDES Tiago Miguel	04	SB14		Sporting de Aveiro	51.53	181	9,00
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Prova 27, Masc., 50m Bruços

Classe SB14-Seniores

1. SILVA Nuno Alexandre	92	SB14	Sporting	44.14	288	9,00
2. TEIXEIRA Joao Meirinhos	96	SB14	Sporting de Aveiro	49.52	204	7,00
3. CRUZ Henrique Benevides	83	SB14	Naval de Ponta Delgada	51.28	184	6,00
4. VALADARES David Joao	00	SB14	Alhandra	51.83	178	5,00
5. AMARAL Joao Costa	95	SB14	Sporting de Espinho	53.94	158	4,00
6. MENDES Humberto Julio	90	SB14	ADADA Porto	54.19	156	3,00
7. MONTEIRO Luis Miguel	96	SB14	ADADA Porto	55.64	144	2,00
8. MARQUES Diogo Jose	99	SB14	Alhandra	55.72	143	1,00
9. FARIA Miguel Domingos	02	SB14	FC Ferreiras/AlgarExperience	1:04.93	91	-

Classe SB15 (Auditiva)-Seniores

1. FERREIRA Josemar Joel	95	SB15 H	Sporting	43.50	303	9,00
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Classe SB17-Seniores

1. CARNEIRO Joao Amaral	95	SB17	APPDAlCoimbra	48.51		9,00
2. BRANCO Miguel Paiva	97	SB17 A	APPDAlCoimbra	54.83		7,00

Classe SB21 (SDown)-Seniores

1. MATOS Diogo Alexandre	99	SB21	Geslores	45.15		9,00
2. VIEIRA Jose Gabriel	83	SB21	Natacao de Faro	46.79		7,00
3. PESTANA Rui Miguel	00	SB21	Porto	52.79		6,00

Prova 28
26-01-2020

Femin., 50m Mariposa

Absoluto
Resultados

S1	59:00.00	start						
S2	59:00.00	start						
S3	59:00.00	start						
S4	59:00.00	start						
S5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)				29-06-2012
S6	59:00.00	start						
S7	59:00.00	start						
S14	44.09	RESENDE Sonia Castanheiro	SCA	Oeiras				18-06-2017
S15	36.48	CORREIA Raquel Rosa	ACDCBR	Póvoa de Varzim				19-06-2016
S16	59:00.00	start						
S17	57.84	PELAIO Beatriz Malaquias	APPDAC	Povoa de Varzim				06-04-2019
S21	44.46	TORRES Diana Ines	FCP	Porto				25-05-2019

S1 Esp S1: 4:27.75; Sen S1: 4:22.50 / S2 Esp S2: 3:52.56; Sen S2: 3:48.00 / S3 Esp S3: 3:34.20; Sen S3: 3:30.00 / S4 Esp S4: 1:47.10; Sen S4: 1:45.00 / S5 Esp S5: 1:37.92; Sen S5: 1:36.00 / S6 Esp S6: 1:27.33; Sen S6: 1:25.62 / S7 Esp S7: 1:18.03; Sen S7: 1:16.50 / S14 Esp S14: 1:07.46; Sen S14: 1:06.14 / S15 Esp S15: 44.87; Sen S15: 43.78 / S16 Esp S16: 1:07.46; Sen S16: 1:06.14 / S17 Esp S17: 1:07.46; Sen S17: 1:06.14 / S21 Esp S21: 2:02.43; Sen S21: 2:00.03

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S1-S14-Absolutos

1.	SONNTAG Peggy <i>Minimos MQS JO Para Swim</i>	99	S5	3,5,12+	BV Leipzig	52.94	491	-
2.	FRAGOSO Simone Silva	80	S5	A Y 3,5,12+	Palmela Desporto	58.87	357	7,00
3.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	56.46	122	9,00

Classe S15 (Auditiva)-Absolutos

1.	CORREIA Raquel Rosa	92	S15	H	Colegio Bernardette Romeira	40.97	330	9,00
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Classe S21 (SDown)-Absolutos

1.	TORRES Diana Ines	99	S21		Porto	49.27		9,00
2.	MOREIRA Carina Barbosa	81	S21		Gondomar	1:01.30		7,00

Classe S5-Seniores

1.	SONNTAG Peggy <i>Minimos MQS JO Para Swim</i>	99	S5	3,5,12+	BV Leipzig	52.94	491	-
2.	FRAGOSO Simone Silva	80	S5	A Y 3,5,12+	Palmela Desporto	58.87	357	7,00

Classe S14-Seniores

1.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	56.46	122	9,00
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Classe S15 (Auditiva)-Seniores

1.	CORREIA Raquel Rosa	92	S15	H	Colegio Bernardette Romeira	40.97	330	9,00
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Classe S21 (SDown)-Seniores

1.	TORRES Diana Ines	99	S21		Porto	49.27		9,00
2.	MOREIRA Carina Barbosa	81	S21		Gondomar	1:01.30		7,00

Prova 29
26-01-2020

Masc., 50m Mariposa

Absoluto
Resultados

S1	59:00.00	start						
S2	59:00.00	start						
S3	59:00.00	start						
S4	1:05.61	PEDROSO Rui Manuel	POR	Sheffield (GBR)				06-06-1998
S5	44.53	ROCHA Ivo Filipe	POR	Londres (GBR)				12-09-2019
S6	43.26	VIDEIRA Daniel Carlos	GESL	Coimbra				03-03-2019
S7	39.94	CAMPOS Joao Miguel	ADADA	Porto				23-03-2019
S14	33.68	RIBEIRO Pedro Miguel	POR	Loano (ITA)				13-06-2016
S15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)				22-07-2017
S16	32.70	JORGE Andre Camara	GEOL	Funchal				15-06-2019
S17	59:00.00	start						
S21	32.68	SANTOS Filipe Bjorcke	FCF	Vila Franca de Xira				22-02-2015

S1 Esp S1: 2:33.00; Sen S1: 2:30.00 / S2 Esp S2: 2:10.05; Sen S2: 2:07.50 / S3 Esp S3: 1:54.75; Sen S3: 1:52.50 / S4 Esp S4: 1:40.38; Sen S4: 1:38.41 / S5 Esp S5: 1:27.21; Sen S5: 1:25.50 / S6 Esp S6: 1:20.29; Sen S6: 1:18.72 / S7 Esp S7: 1:10.38; Sen S7: 1:09.00 / S14 Esp S14: 51.53; Sen S14: 50.52 / S114 Esp S114: 51.53; Sen S114: 50.52 / S15 Esp S15: 32.89; Sen S15: 32.09 / S16 Esp S16: 51.53; Sen S16: 50.52 / S17 Esp S17: 51.53; Sen S17: 50.52 / S21 Esp S21: 50.00; Sen S21: 49.02

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S1-S14-Absolutos

1.	CAMPOS Joao Miguel <i>Rec Nac Classe S7</i>	79	S7	6,12+	ADADA Porto	39.26	379	9,00
2.	OLIVEIRA Renato Alexandre	82	S7	1,2,4,8	ADADA Porto	41.85	313	7,00
3.	RIBEIRO Pedro Miguel	91	S14		Gondomar	37.18	312	9,00
4.	BRITO Rui Xavier	99	S14		Sporting de Aveiro	37.65	301	7,00
5.	RIBEIRO Jose Carneirinho	90	S14		Sporting	42.11	215	6,00
6.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	45.49	171	5,00
7.	CATARINO Jaime Lopes	91	S5	A 12	Sporting de Aveiro	1:06.31	135	9,00
DSQ	DUARTE Samuel Lima <i>3.4.5 - O(A) atleta efetuou movimento alternado de pernas durante o percurso</i>	04	S14		Feira Viva			-

Classe S15 (Auditiva)-Absolutos

1.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	30.87	515	9,00
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Classe S16-Absolutos

1.	JORGE Andre Camara <i>Rec Nac Classe S16</i>	90	S16		Escola O Liceu	30.25		9,00
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Classe S21 (SDown)-Absolutos

1.	SANTOS Filipe Bjorcke	88	S21		O2 Portimao	35.50		9,00
2.	PEREIRA Vicente Barros <i>Rec Europeu Junior T21</i>	05	S21		Sporting	38.05		9,00
3.	SILVA Jose Miguel	95	S21		Porto	39.89		7,00
4.	VICENTE Francisco Jose	99	S21		Sporting	42.67		6,00
5.	SANTOS Tomas Aniceto	99	S21		Feira Viva	45.62		5,00
6.	SILVA Alexandre Martins	99	S21		O2 Portimao	47.69		4,00
7.	VIEIRA Jose Gabriel	83	S21		Natacao de Faro	48.31		3,00
8.	MONTES Francisco Pessanha	02	S21		ADADA Porto	48.78		2,00

Prova 29, Masc., 50m Mariposa, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
9.	RIBEIRO Jose Augusto	92	S21		Gondomar	50.15		-
	RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	50.15		-

Classe S5-Seniores

1.	CATARINO Jaime Lopes	91	S5	A 12	Sporting de Aveiro	1:06.31	135	9,00
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Classe S7-Seniores

1.	CAMPOS Joao Miguel <i>Rec Nac Classe S7</i>	79	S7	6,12+	ADADA Porto	39.26	379	9,00
2.	OLIVEIRA Renato Alexandre	82	S7	1,2,4,8	ADADA Porto	41.85	313	7,00

Classe S14-Esperanças

DSQ	DUARTE Samuel Lima	04	S14		Feira Viva			-
<i>3.4.5 - O(A) atleta efetuou movimento alternado de pernas durante o percurso</i>								

Classe S14-Seniores

1.	RIBEIRO Pedro Miguel	91	S14		Gondomar	37.18	312	9,00
2.	BRITO Rui Xavier	99	S14		Sporting de Aveiro	37.65	301	7,00
3.	RIBEIRO Jose Carneirinho	90	S14		Sporting	42.11	215	6,00
4.	NASCIMENTO Levi Daniel	99	S14		O2 Portimao	45.49	171	5,00

Classe S15 (Auditiva)-Seniores

1.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	30.87	515	9,00
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Classe S16-Seniores

1.	JORGE Andre Camara <i>Rec Nac Classe S16</i>	90	S16		Escola O Liceu	30.25		9,00
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Classe S21 (SDown)-Esperanças

1.	PEREIRA Vicente Barros <i>Rec Europeu Junior T21</i>	05	S21		Sporting	38.05		9,00
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Classe S21 (SDown)-Seniores

1.	SANTOS Filipe Bjorcke	88	S21		O2 Portimao	35.50		9,00
2.	SILVA Jose Miguel	95	S21		Porto	39.89		7,00
3.	VICENTE Francisco Jose	99	S21		Sporting	42.67		6,00
4.	SANTOS Tomas Aniceto	99	S21		Feira Viva	45.62		5,00
5.	SILVA Alexandre Martins	99	S21		O2 Portimao	47.69		4,00
6.	VIEIRA Jose Gabriel	83	S21		Natacao de Faro	48.31		3,00
7.	MONTES Francisco Pessanha	02	S21		ADADA Porto	48.78		2,00
8.	RIBEIRO Jose Augusto	92	S21		Gondomar	50.15		-
	RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	50.15		-

Prova 30
26-01-2020

Femin., 100m Livres

Absoluto
Resultados

S1	59:00.00	start						
S2	59:00.00	start						
S3	2:18.20	BARROSO Susana Cristina	POR	Sydney (AUS)				15-10-2000
S4	1:56.22	GUIMARAES Diana Lobo	FCP	Póvoa de Varzim				16-03-2008
S5	1:37.30	FRAGOSO Simone Silva	POR	Berlim (GER)				08-07-2011
S6	2:48.85	BARBOSA Ana Sofia	FCP	Porto				21-04-2018
S7	2:19.39	SAMPAIO Ana Branca	ADADA	Porto				21-04-2018
S8	1:20.55	CASTRO Ana Filipa	FVCD	Porto				25-05-2019
S9	1:05.08	VEIGA Susana Pereira	POR	Londres (GBR)				09-09-2019
S10	1:10.02	CORREIA Ana Beatriz	LDC	Póvoa de Varzim				12-12-2005
S11	4:48.30	LUCAS Mariana Filipa	ASC	Povoa de Varzim				06-04-2019
S12	59:00.00	start						
S13	1:33.27	NEVES Camila Anjos	ASC	Povoa de Varzim				13-05-2018
S14	1:15.31	RESENDE Sonia Castanheiro	POR	Loano (ITA)				13-06-2016
S15	1:11.24	ALMEIDA Eunice Evora	CDAP	Oeiras				12-05-2019
S16	1:32.62	TABORDA Maria Joao	FCP	Oeiras				12-05-2019
S17	1:43.56	PELAIO Beatriz Malaquias	APPDAC	Povoa de Varzim				06-04-2019
S21	1:37.82	NG Mannie	POR	Reykjavik (ISL)				23-10-2009

S1 Esp S1: 5:16.71; Sen S1: 5:10.50 / S2 Esp S2: 4:14.76; Sen S2: 4:09.77 / S3 Esp S3: 3:31.45; Sen S3: 3:27.30 / S4 Esp S4: 2:57.82; Sen S4: 2:54.33 / S5 Esp S5: 2:28.87; Sen S5: 2:25.95 / S6 Esp S6: 2:20.76; Sen S6: 2:18.00 / S7 Esp S7: 2:12.34; Sen S7: 2:09.75 / S8 Esp S8: 1:51.49; Sen S8: 1:49.30 / S9 Esp S9: 1:48.48; Sen S9: 1:46.35 / S10 Esp S10: 1:36.30; Sen S10: 1:34.41 / S11 Esp S11: 1:34.41; Sen S11: 2:10.05; Sen S11: 2:07.50 / S12 Esp S12: 1:52.64; Sen S12: 1:50.43 / S13 Esp S13: 1:37.34; Sen S13: 1:35.43 / S14 Esp S14: 1:55.22; Sen S14: 1:52.96 / S15 Esp S15: 1:28.93; Sen S15: 1:26.76 / S16 Esp S16: 1:55.22; Sen S16: 1:52.96 / S17 Esp S17: 1:55.22; Sen S17: 1:52.96 / S21 Esp S21: 2:29.66; Sen S21: 2:26.73

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S1-S14-Absolutos								
1.	VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	1:06.12	782	9,00
	50m: 31.21 31.21							
	100m: 1:06.12 34.91							
2.	BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	1:08.94	632	-
	50m: 32.86 32.86							
	100m: 1:08.94 36.08							
3.	PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	1:15.83	518	7,00
	50m: 35.43 35.43							
	100m: 1:15.83 40.40							
4.	CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	1:14.01	511	7,00
	50m: 35.77 35.77							
	100m: 1:14.01 38.24							
5.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	1:22.02	491	9,00
	50m: 39.67 39.67							
	100m: 1:22.02 42.35							
6.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	1:49.30	241	9,00
	50m: 52.07 52.07							
	100m: 1:49.30 57.23							
7.	SOARES Maria Mafalda	02	S14		ADADA Porto	1:31.53	236	9,00
	50m: 42.69 42.69							
	100m: 1:31.53 48.84							
8.	GOUVEIA Susana Raquel	89	S14		ADADA Porto	1:37.31	197	7,00
	50m: 45.57 45.57							
	100m: 1:37.31 51.74							
9.	REGO Joana Candeias	04	S14		ADADA Porto	1:42.11	170	9,00
	50m: 47.06 47.06							
	100m: 1:42.11 55.05							
10.	MORAIS Maria Matilde	06	S10	12+	ADADA Porto	1:51.56	149	-
	50m: 50.33 50.33							
	100m: 1:51.56 1:01.23							

Prova 30, Femin., 100m Livres, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
11.	DUARTE Marta Santos	02	S7	A 3,5,12+	Município de Odivelas	2:17.14	122	-
	50m: 1:02.24 1:02.24		100m: 2:17.14	1:14.90				
12.	SANTOS Rita Manuela	96	S8	A,3,5,12+	ADADA Porto	2:53.84	52	-
	50m: 1:14.38 1:14.38		100m: 2:53.84	1:39.46				
13.	PENELAS Beatriz Marques	99	S4	A 3,5,12	Alhandra	4:14.42	38	-
	50m: 1:59.32 1:59.32		100m: 4:14.42	2:15.10				
14.	LAGE Ana Luisa	01	S9	A	ADADA Porto	3:27.41	25	-
	50m: 1:35.14 1:35.14		100m: 3:27.41	1:52.27				
DSQ	SIMOES Diana Vieira 3.1.6 - Falsa partida	98	S14	W	Sporting de Aveiro			-
DSQ	CARVALHO Ana Filipa , 3.8.5 - O(A) atleta puxou pela pista separadora aos 50 metros	88	S14		Sporting			-

Classe S15 (Auditiva)-Absolutos

1.	ALMEIDA Eunice Evora	94	S15	H	CDAP Natacao	1:11.76	509	9,00
	50m: 33.55 33.55		100m: 1:11.76	38.21				

Classe S17-Absolutos

1.	PELAIO Beatriz Malaquias Rec Nac Classe S17	99	S17	A	APPDACOimbra	1:42.21		9,00
	50m: 46.64 46.64		100m: 1:42.21	55.57				

Classe S21 (SDown)-Absolutos

1.	REIS Adriana Godinho	95	S21		Feira Viva	1:48.47		9,00
	50m: 51.48 51.48		100m: 1:48.47	56.99				
2.	GASPAR Matilde Lucia	06	S21		APC Coimbra	1:59.98		9,00
	50m: 59.54 59.54		100m: 1:59.98	1:00.44				
3.	MACHADO Ana Catarina	94	S21		ADADA Porto	2:01.44		7,00
	50m: 56.95 56.95		100m: 2:01.44	1:04.49				
4.	DUARTE Sara Isabel	91	S21		ADADA Porto	2:05.08		6,00
	50m: 54.90 54.90		100m: 2:05.08	1:10.18				
5.	GOMES Barbara Ines	91	S21		APC Coimbra	2:10.34		5,00
	50m: 1:02.50 1:02.50		100m: 2:10.34	1:07.84				
6.	MOREIRA Carina Barbosa	81	S21		Gondomar	2:11.96		4,00
	50m: 59.97 59.97		100m: 2:11.96	1:11.99				
7.	LOURENCO Carolina Caetano	94	S21		APC Coimbra	2:12.26		3,00
	50m: 1:02.89 1:02.89		100m: 2:12.26	1:09.37				

Prova 30, Femin., 100m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
8.	COSTA Noemi Pereira	93	S21		Gondomar	2:45.08		-
	50m: 1:13.40 1:13.40	100m: 2:45.08	1:31.68					

Classe S4-Seniores

1.	PENELAS Beatriz Marques	99	S4	A 3,5,12	Alhandra	4:14.42	38	-
	50m: 1:59.32 1:59.32	100m: 4:14.42	2:15.10					

Classe S7-Seniores

1.	OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	1:49.30	241	9,00
	50m: 52.07 52.07	100m: 1:49.30	57.23					
2.	DUARTE Marta Santos	02	S7	A 3,5,12+	Município de Odivelas	2:17.14	122	-
	50m: 1:02.24 1:02.24	100m: 2:17.14	1:14.90					

Classe S8-Seniores

1.	CASTRO Ana Filipa	97	S8	12+	Feira Viva	1:22.02	491	9,00
	50m: 39.67 39.67	100m: 1:22.02	42.35					
2.	SANTOS Rita Manuela	96	S8	A,3,5,12+	ADADA Porto	2:53.84	52	-
	50m: 1:14.38 1:14.38	100m: 2:53.84	1:39.46					

Classe S9-Seniores

1.	VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	1:06.12	782	9,00
	50m: 31.21 31.21	100m: 1:06.12	34.91					
2.	PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	1:15.83	518	7,00
	50m: 35.43 35.43	100m: 1:15.83	40.40					
3.	LAGE Ana Luisa	01	S9	A	ADADA Porto	3:27.41	25	-
	50m: 1:35.14 1:35.14	100m: 3:27.41	1:52.27					

Classe S10-Esperanças

1.	MORAIS Maria Matilde	06	S10	12+	ADADA Porto	1:51.56	149	-
	50m: 50.33 50.33	100m: 1:51.56	1:01.23					

Classe S10-Seniores

1.	BENITO DE TENA Julia	99	S10	3,5	C.N. Badajoz	1:08.94	632	-
	50m: 32.86 32.86	100m: 1:08.94	36.08					
2.	CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	1:14.01	511	7,00
	50m: 35.77 35.77	100m: 1:14.01	38.24					

Prova 30, Femin., 100m Livres

Classe S110-Esperanças

1. FARIA Sofia Morais 04 S110 BA-Leiria 1:13.26 9,00
50m: 35.40 35.40 100m: 1:13.26 37.86

Classe S14-Esperanças

1. REGO Joana Candeias 04 S14 ADADA Porto 1:42.11 170 9,00
50m: 47.06 47.06 100m: 1:42.11 55.05

Classe S14-Seniores

1. SOARES Maria Mafalda 02 S14 ADADA Porto 1:31.53 236 9,00
50m: 42.69 42.69 100m: 1:31.53 48.84

2. GOUVEIA Susana Raquel 89 S14 ADADA Porto 1:37.31 197 7,00
50m: 45.57 45.57 100m: 1:37.31 51.74

DSQ SIMOES Diana Vieira 98 S14 W Sporting de Aveiro -
3.1.6 - Falsa partida

DSQ CARVALHO Ana Filipa 88 S14 Sporting -
, 3.8.5 - O(A) atleta puxou pela pista separadora aos 50 metros

Classe S15 (Auditiva)-Seniores

1. ALMEIDA Eunice Evora 94 S15 H CDAP Natacao 1:11.76 509 9,00
50m: 33.55 33.55 100m: 1:11.76 38.21

Classe S17-Seniores

1. PELAIO Beatriz Malaquias 99 S17 A APPDACoimbra 1:42.21 9,00
Rec Nac Classe S17
50m: 46.64 46.64 100m: 1:42.21 55.57

Classe S21 (SDown)-Esperanças

1. GASPAS Matilde Lucia 06 S21 APC Coimbra 1:59.98 9,00
50m: 59.54 59.54 100m: 1:59.98 1:00.44

Classe S21 (SDown)-Seniores

1. REIS Adriana Godinho 95 S21 Feira Viva 1:48.47 9,00
50m: 51.48 51.48 100m: 1:48.47 56.99

2. MACHADO Ana Catarina 94 S21 ADADA Porto 2:01.44 7,00
50m: 56.95 56.95 100m: 2:01.44 1:04.49

3. DUARTE Sara Isabel 91 S21 ADADA Porto 2:05.08 6,00
50m: 54.90 54.90 100m: 2:05.08 1:10.18

4. GOMES Barbara Ines 91 S21 APC Coimbra 2:10.34 5,00
50m: 1:02.50 1:02.50 100m: 2:10.34 1:07.84

5. MOREIRA Carina Barbosa 81 S21 Gondomar 2:11.96 4,00
50m: 59.97 59.97 100m: 2:11.96 1:11.99

Prova 30, Femin., 100m Livres, Classe S21 (SDown)-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
6.	LOURENCO Carolina Caetano	94	S21		APC Coimbra	2:12.26		3,00
	50m: 1:02.89 1:02.89	100m: 2:12.26 1:09.37						
7.	COSTA Noemi Pereira	93	S21		Gondomar	2:45.08		-
	50m: 1:13.40 1:13.40	100m: 2:45.08 1:31.68						

Prova 31
26-01-2020

Masc., 100m Livres

Absoluto
Resultados

S1	3:22.00	MARTINS Joao	APCL	Lisboa	17-06-2000
S2	2:41.51	PINA Joao Alexandre	GESL	Vila Franca de Xira	05-03-2016
S3	2:38.74	VITORINO Nuno	GESL	Lisboa	29-06-2002
S4	1:44.83	PEDROSO Rui Manuel	POR	Atlanta (USA)	28-09-1996
S5	1:26.93	ROCHA Ivo Filipe	POR	Londres (GBR)	15-09-2019
S6	1:09.87	VIDEIRA Daniel Carlos	POR	Dublin (IRL)	19-08-2018
S7	1:13.24	VIDEIRA Daniel Carlos	GESL	Povoa de Varzim	13-05-2018
S8	1:05.66	LINHARES Ruben Daniel	FVCD	Porto	25-05-2019
S9	57.41	CAETANO Gino Santos	POR	Londres (GBR)	09-09-2019
S10	56.94	CAETANO Gino Santos	CGA	Coimbra	30-03-2017
S11	1:06.39	MENESES Marco Ribeiro	POR	Londres (GBR)	13-09-2019
S12	59:00.00	start			
S13	59.51	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	09-08-2014
S14	1:08.29	SOUSA Micael Silva	SCA	Povoa de Varzim	13-05-2018
S15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018
S16	1:00.48	JORGE Andre Camara	POR	Newcastle (GBR)	20-08-2019
S17	1:22.28	BRANCO Miguel Paiva	APPDAC	Oeiras	12-05-2019
S21	1:13.55	ALMEIDA Andre Reis	POR	Olbia (ITA)	21-09-2019

S1 Esp S1: 5:09.06; Sen S1: 5:03.00 / S2 Esp S2: 4:07.11; Sen S2: 5:32.27 / S3 Esp S3: 4:02.87; Sen S3: 3:58.11 / S4 Esp S4: 2:40.39; Sen S4: 2:37.24 / S5 Esp S5: 2:25.35; Sen S5: 2:22.50 / S6 Esp S6: 2:11.92; Sen S6: 2:09.33 / S7 Esp S7: 1:57.04; Sen S7: 1:54.75 / S8 Esp S8: 1:43.84; Sen S8: 1:41.80 / S9 Esp S9: 1:28.05; Sen S9: 1:26.32 / S10 Esp S10: 1:27.12; Sen S10: 1:25.41 / S11 Esp S11: 1:27.12; Sen S11: 1:25.41 / S12 Esp S12: 1:44.99; Sen S12: 1:42.93 / S13 Esp S13: 1:31.05; Sen S13: 1:29.26 / S14 Esp S14: 1:45.03; Sen S14: 1:42.97 / S15 Esp S15: 1:09.99; Sen S15: 1:08.28 / S16 Esp S16: 1:45.03; Sen S16: 1:42.97 / S17 Esp S17: 1:45.03; Sen S17: 1:42.97 / S21 Esp S21: 2:02.40; Sen S21: 2:00.00

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
Classe S1-S14-Absolutos								
1.	BRAUNSCHWEIG Malte	00	S9	3,5	BSV Medizin Marzahn	58.16	808	-
	50m: 28.35 28.35	100m: 58.16 29.81						
2.	CAETANO Gino Santos	94	S9	9	Galitos / Bresimar	59.20	767	7,00
	50m: 28.27 28.27	100m: 59.20 30.93						
3.	VIDEIRA Daniel Carlos	92	S6	3,5,12+	Gesloures	1:11.27	745	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 34.35 34.35	100m: 1:11.27 36.92						
4.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	1:05.56	618	9,00
	<i>Rec Nac Classe S8</i>							
	50m: 31.80 31.80	100m: 1:05.56 33.76						
5.	SILVA Renato Filipe	98	S9	9	Porto	1:05.19	574	6,00
	50m: 30.87 30.87	100m: 1:05.19 34.32						
6.	CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	1:07.43	568	7,00
	50m: 32.50 32.50	100m: 1:07.43 34.93						

Prova 31, Masc., 100m Livres, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
7.	MEIXELSBERGER Tom 50m: 30.91 30.91	01	S9	1,3,5 100m: 1:06.05 35.14	SG Berliner Wasserratten	1:06.05	552	-
8.	CASTANHEIRA Rodolfo Francisco 50m: 34.08 34.08	01	S8	9 100m: 1:10.79 36.71	Gesloures	1:10.79	491	6,00
9.	SOARES Ricardo Aderneira 50m: 35.94 35.94	99	S8	3,5,12+ 100m: 1:13.84 37.90	Gesloures	1:13.84	432	5,00
10.	REIS Bruno Ferreira 50m: 35.40 35.40	00	S8	12+ 100m: 1:14.25 38.85	Porto	1:14.25	425	4,00
11.	ROCHA Ivo Filipe 50m: 44.87 44.87	90	S5	A 12 100m: 1:31.75 46.88	Feira Viva	1:31.75	414	9,00
12.	DUARTE Samuel Lima 50m: 35.69 35.69	04	S14	 100m: 1:13.91 38.22	Feira Viva	1:13.91	379	9,00
13.	SOUSA Micael Silva 50m: 34.87 34.87	00	S14	 100m: 1:16.62 41.75	Sporting de Aveiro	1:16.62	340	9,00
14.	ALVES Antonio Joaquin 50m: 35.04 35.04	97	S14	 100m: 1:17.35 42.31	Feira Viva	1:17.35	331	7,00
15.	FREIRE Hugo Filipe 50m: 36.17 36.17	04	S14	 100m: 1:20.24 44.07	Sporting de Aveiro	1:20.24	296	7,00
16.	RIBEIRO Jose Carneirinho 50m: 37.16 37.16	90	S14	 100m: 1:21.52 44.36	Sporting	1:21.52	283	6,00
17.	OLIVEIRA Antonio Pedro 50m: 35.48 35.48	03	S10	12+ 100m: 1:19.25 43.77	Porto	1:19.25	264	9,00
18.	GOUVEIA Francisco Mario 50m: 39.45 39.45	75	S9	9 100m: 1:24.92 45.47	Feira Viva	1:24.92	260	4,00
19.	MENDES Humberto Julio 50m: 39.95 39.95	90	S14	 100m: 1:24.13 44.18	ADADA Porto	1:24.13	257	5,00
20.	MONTEIRO Luis Miguel 50m: 37.94 37.94	96	S14	 100m: 1:25.59 47.65	ADADA Porto	1:25.59	244	4,00
21.	DUARTE Orlando Constancio 50m: 40.16 40.16	89	S14	 100m: 1:25.90 45.74	Sporting de Aveiro	1:25.90	242	3,00
22.	PINTO Jose Manuel 50m: 46.94 46.94	00	S7	A 12 100m: 1:38.66 51.72	ADADA Porto	1:38.66	234	9,00
23.	FERREIRA Joao Mario 50m: 41.81 41.81	98	S14	 100m: 1:27.28 45.47	Sporting de Aveiro	1:27.28	230	2,00
24.	VALENTE Jose Pedro 50m: 45.48 45.48	98	S7	1,3,5,12+ 100m: 1:44.20 58.72	Feira Viva	1:44.20	199	7,00
25.	AMARAL Joao Costa 50m: 40.55 40.55	95	S14	 100m: 1:34.62 54.07	Sporting de Espinho	1:34.62	181	1,00
26.	GUIMARAES Bruno Ricardo 50m: 43.23 43.23	94	S14	 100m: 1:35.43 52.20	ADADA Porto	1:35.43	176	-
27.	MOREIRA Ricardo Jorge 50m: 56.25 56.25	01	S5	A,3,5,12+ 100m: 2:03.83 1:07.58	Porto	2:03.83	168	7,00

Prova 31, Masc., 100m Livres, Classe S1-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
28.	ALVES Nuno Diogo 50m: 52.08 52.08	88	S7	A 12+	Gondomar	1:50.35	167	6,00
29.	SOUSA Helder Ferreira 50m: 58.21 58.21	75	S7	A 12	Porto	1:58.44	135	-
30.	MARQUES Diogo Jose 50m: 46.97 46.97	99	S14		Alhandra	1:44.79	133	-
31.	CAIRES Bruno Miguel 50m: 55.81 55.81	96	S7	A12+	FC Ferreiras/AlgarExperience	2:04.66	116	-
32.	COSTA Jose Antonio 50m: 1:12.48 1:12.48	85	S5	A E Y 12+	APC Coimbra	2:30.89	93	-
33.	MENDES Carlos Barbosa 50m: 1:07.13 1:07.13	62	S7	A 12+	Alhandra	2:28.06	69	-
34.	PRAZERES Pedro Moreira 50m: 1:40.40 1:40.40	00	S4	A 3,5,12	Fluvial Portuense	3:32.13	60	-
DSQ	TEIXEIRA Joao Meirinhos 3.1.6 - Falsa partida	96	S14		Sporting de Aveiro			-

Classe S15 (Auditiva)-Absolutos

1.	BELEZAS Ricardo Andrade 50m: 29.66 29.66	91	S15	H	Sporting	1:01.20	596	9,00
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Classe S17-Absolutos

1.	BRANCO Miguel Paiva Rec Nac Classe S17 50m: 38.28 38.28	97	S17	A	APPDACOimbra	1:20.78		9,00
2.	OLIVEIRA Daniel Mendo 50m: 39.58 39.58	05	S17		APPDACOimbra	1:24.99		7,00
3.	MANITO Pedro Fernandes 50m: 40.62 40.62	02	S17	A	Palmela Desporto	1:25.06		6,00

Prova 31, Masc., 100m Livres

Classe S21 (SDown)-Absolutos

1. ALMEIDA Andre Reis	00	S21	Sporting	1:14.40	9,00
50m: 34.95 34.95	100m: 1:14.40	39.45			
2. MATOS Diogo Alexandre	99	S21	Geslours	1:17.91	7,00
50m: 35.25 35.25	100m: 1:17.91	42.66			
3. REGO Diogo Almeida	97	S21	Sporting de Aveiro	1:22.43	6,00
50m: 37.18 37.18	100m: 1:22.43	45.25			
4. PEREIRA Vicente Barros	05	S21	Sporting	1:23.31	9,00
50m: 37.84 37.84	100m: 1:23.31	45.47			
5. VICENTE Francisco Jose	99	S21	Sporting	1:29.94	5,00
50m: 41.24 41.24	100m: 1:29.94	48.70			
6. PESTANA Rui Miguel	00	S21	Porto	1:31.31	4,00
50m: 40.54 40.54	100m: 1:31.31	50.77			
7. SANTOS Diogo Filipe	91	S21	Feira Viva	1:38.38	3,00
50m: 47.11 47.11	100m: 1:38.38	51.27			
8. PEREIRA Joel Alexandre	92	S21	APC Coimbra	1:41.69	2,00
50m: 48.30 48.30	100m: 1:41.69	53.39			
9. EUSEBIO Marcelo Esteves	02	S21	ADADA Porto	1:48.42	1,00
50m: 45.08 45.08	100m: 1:48.42	1:03.34			
10. SANTOS Ruben Jose	80	S21	APC Coimbra	1:53.17	-
50m: 53.72 53.72	100m: 1:53.17	59.45			
11. ANTUNES Joao Pedro	87	S21	O2 Portimao	1:54.00	-
50m: 53.83 53.83	100m: 1:54.00	1:00.17			
12. INGLES Samuel Godinho	85	S21	W	2:05.90	-
50m: 56.80 56.80	100m: 2:05.90	1:09.10			
DNS CALADO Manuel Carrola	00	S21	W		-
			FC Ferreiras/AlgarExperience		

Classe S4-Seniores

1. PRAZERES Pedro Moreira	00	S4	A 3,5,12	Fluvial Portuense	3:32.13	60	-
50m: 1:40.40 1:40.40	100m: 3:32.13	1:51.73					

Classe S5-Seniores

1. ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	1:31.75	414	9,00
50m: 44.87 44.87	100m: 1:31.75	46.88					
2. MOREIRA Ricardo Jorge	01	S5	A,3,5,12+	Porto	2:03.83	168	7,00
50m: 56.25 56.25	100m: 2:03.83	1:07.58					
3. COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	2:30.89	93	-
50m: 1:12.48 1:12.48	100m: 2:30.89	1:18.41					

Prova 31, Masc., 100m Livres

Classe S6-Seniores

1. VIDEIRA Daniel Carlos	92	S6	3,5,12+	Gesloures	1:11.27	745	9,00
<i>Minimos MQS JO Para Swim</i>							
50m:	34.35	34.35	100m:	1:11.27	36.92		

Classe S7-Seniores

1. PINTO Jose Manuel	00	S7	A 12	ADADA Porto	1:38.66	234	9,00
50m:	46.94	46.94	100m:	1:38.66	51.72		
2. VALENTE Jose Pedro	98	S7	1,3,5,12+	Feira Viva	1:44.20	199	7,00
50m:	45.48	45.48	100m:	1:44.20	58.72		
3. ALVES Nuno Diogo	88	S7	A 12+	Gondomar	1:50.35	167	6,00
50m:	52.08	52.08	100m:	1:50.35	58.27		
4. SOUSA Helder Ferreira	75	S7	A 12	Porto	1:58.44	135	-
50m:	58.21	58.21	100m:	1:58.44	1:00.23		
5. CAIRES Bruno Miguel	96	S7	A12+	FC Ferreiras/AlgarExperience	2:04.66	116	-
50m:	55.81	55.81	100m:	2:04.66	1:08.85		
6. MENDES Carlos Barbosa	62	S7	A 12+	Alhandra	2:28.06	69	-
50m:	1:07.13	1:07.13	100m:	2:28.06	1:20.93		

Classe S8-Seniores

1. LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	1:05.56	618	9,00
<i>Rec Nac Classe S8</i>							
50m:	31.80	31.80	100m:	1:05.56	33.76		
2. CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	1:07.43	568	7,00
50m:	32.50	32.50	100m:	1:07.43	34.93		
3. CASTANHEIRA Rodolfo Francisco	01	S8	9	Gesloures	1:10.79	491	6,00
50m:	34.08	34.08	100m:	1:10.79	36.71		
4. SOARES Ricardo Aderneira	99	S8	3,5,12+	Gesloures	1:13.84	432	5,00
50m:	35.94	35.94	100m:	1:13.84	37.90		
5. REIS Bruno Ferreira	00	S8	12+	Porto	1:14.25	425	4,00
50m:	35.40	35.40	100m:	1:14.25	38.85		

Classe S9-Seniores

1. BRAUNSCHWEIG Malte	00	S9	3,5	BSV Medizin Marzahn	58.16	808	-
50m:	28.35	28.35	100m:	58.16	29.81		
2. CAETANO Gino Santos	94	S9	9	Galitos / Bresimar	59.20	767	7,00
50m:	28.27	28.27	100m:	59.20	30.93		
3. SILVA Renato Filipe	98	S9	9	Porto	1:05.19	574	6,00
50m:	30.87	30.87	100m:	1:05.19	34.32		

Prova 31, Masc., 100m Livres, Classe S9-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
4.	MEIXELSBERGER Tom 50m: 30.91 30.91	01	S9	1,3,5 35.14	SG Berliner Wasserratten	1:06.05	552	-
5.	GOUVEIA Francisco Mario 50m: 39.45 39.45	75	S9	9 45.47	Feira Viva	1:24.92	260	4,00

Classe S10-Seniores

1.	OLIVEIRA Antonio Pedro 50m: 35.48 35.48	03	S10	12+ 43.77	Porto	1:19.25	264	9,00
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Classe S110-Seniores

1.	ASSUNCAO Luis Miguel 50m: 33.85 33.85	01	S110		Porto	1:10.84		9,00
2.	SILVA Marco Paulo 50m: 32.62 32.62	84	S110	12+ 39.61	late Santa Cruz	1:12.23		7,00

Classe S14-Esperanças

1.	DUARTE Samuel Lima 50m: 35.69 35.69	04	S14		Feira Viva	1:13.91	379	9,00
2.	FREIRE Hugo Filipe 50m: 36.17 36.17	04	S14		Sporting de Aveiro	1:20.24	296	7,00

Classe S14-Seniores

1.	SOUSA Micael Silva 50m: 34.87 34.87	00	S14		Sporting de Aveiro	1:16.62	340	9,00
2.	ALVES Antonio Joaquin 50m: 35.04 35.04	97	S14		Feira Viva	1:17.35	331	7,00
3.	RIBEIRO Jose Carneirinho 50m: 37.16 37.16	90	S14		Sporting	1:21.52	283	6,00
4.	MENDES Humberto Julio 50m: 39.95 39.95	90	S14		ADADA Porto	1:24.13	257	5,00
5.	MONTEIRO Luis Miguel 50m: 37.94 37.94	96	S14		ADADA Porto	1:25.59	244	4,00
6.	DUARTE Orlando Constancio 50m: 40.16 40.16	89	S14		Sporting de Aveiro	1:25.90	242	3,00
7.	FERREIRA Joao Mario 50m: 41.81 41.81	98	S14		Sporting de Aveiro	1:27.28	230	2,00
8.	AMARAL Joao Costa 50m: 40.55 40.55	95	S14		Sporting de Espinho	1:34.62	181	1,00
9.	GUIMARAES Bruno Ricardo 50m: 43.23 43.23	94	S14		ADADA Porto	1:35.43	176	-

Prova 31, Masc., 100m Livres, Classe S14-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
10.	MARQUES Diogo Jose	99	S14		Alhandra	1:44.79	133	-
	50m: 46.97 46.97	100m: 1:44.79	57.82					
DSQ	TEIXEIRA Joao Meirinhos 3.1.6 - Falsa partida	96	S14		Sporting de Aveiro			-

Classe S15 (Auditiva)-Seniores

1.	BELEZAS Ricardo Andrade	91	S15	H	Sporting	1:01.20	596	9,00
	50m: 29.66 29.66	100m: 1:01.20	31.54					

Classe S17-Esperanças

1.	OLIVEIRA Daniel Mendo	05	S17		APPDAlCoimbra	1:24.99		7,00
	50m: 39.58 39.58	100m: 1:24.99	45.41					

Classe S17-Seniores

1.	BRANCO Miguel Paiva Rec Nac Classe S17	97	S17	A	APPDAlCoimbra	1:20.78		9,00
	50m: 38.28 38.28	100m: 1:20.78	42.50					
2.	OLIVEIRA Daniel Mendo	05	S17		APPDAlCoimbra	1:24.99		7,00
	50m: 39.58 39.58	100m: 1:24.99	45.41					
3.	MANITO Pedro Fernandes	02	S17	A	Palmela Desporto	1:25.06		6,00
	50m: 40.62 40.62	100m: 1:25.06	44.44					

Classe S21 (SDown)-Esperanças

1.	PEREIRA Vicente Barros	05	S21		Sporting	1:23.31		9,00
	50m: 37.84 37.84	100m: 1:23.31	45.47					

Classe S21 (SDown)-Seniores

1.	ALMEIDA Andre Reis	00	S21		Sporting	1:14.40		9,00
	50m: 34.95 34.95	100m: 1:14.40	39.45					
2.	MATOS Diogo Alexandre	99	S21		Gesloures	1:17.91		7,00
	50m: 35.25 35.25	100m: 1:17.91	42.66					
3.	REGO Diogo Almeida	97	S21		Sporting de Aveiro	1:22.43		6,00
	50m: 37.18 37.18	100m: 1:22.43	45.25					
4.	VICENTE Francisco Jose	99	S21		Sporting	1:29.94		5,00
	50m: 41.24 41.24	100m: 1:29.94	48.70					
5.	PESTANA Rui Miguel	00	S21		Porto	1:31.31		4,00
	50m: 40.54 40.54	100m: 1:31.31	50.77					
6.	SANTOS Diogo Filipe	91	S21		Feira Viva	1:38.38		3,00
	50m: 47.11 47.11	100m: 1:38.38	51.27					
7.	PEREIRA Joel Alexandre	92	S21		APC Coimbra	1:41.69		2,00
	50m: 48.30 48.30	100m: 1:41.69	53.39					

Prova 31, Masc., 100m Livres, Classe S21 (SDown)-Seniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
8.	EUSEBIO Marcelo Esteves 50m: 45.08 45.08	02	S21		ADADA Porto	1:48.42		1,00
9.	SANTOS Ruben Jose 50m: 53.72 53.72	80	S21		APC Coimbra	1:53.17		-
10.	ANTUNES Joao Pedro 50m: 53.83 53.83	87	S21		O2 Portimao	1:54.00		-
11.	INGLES Samuel Godinho 50m: 56.80 56.80	85	S21	W	FC Ferreiras/AlgarExperience	2:05.90		-
DNS	CALADO Manuel Carrola	00	S21	W	FC Ferreiras/AlgarExperience			-

Prova 32 4 x 100m Estilos Absoluto
26-01-2020 Resultados

S14	6:07.11	Sporting Clube de Aveiro	SCA	Oeiras	12-05-2019
S14	8:01.37	Sporting Clube de Aveiro	SCA	Póvoa de Varzim	10-05-2015
S21	6:25.77	Sporting Clube de Portugal	SCP	Oeiras	12-05-2019
S21	59:00.00	start			
34P	5:53.77	Gesloures-Gestao Equip. Sociais, EGESL		Oeiras	12-05-2019
34P	59:00.00	start			

Pontos: KNZB 2018 + Para

Lugar	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S14, Masc.

1.	Feira Viva-S14			Feira Viva	6:20.85	-		
	PATRICIO Rodrigo Oliveira	+0,95	42.89	1:28.43	SANTOS Tomas Aniceto	+0,64	50.80	1:51.68
	ALVES Antonio Joaquin	+0,82	49.56	1:47.64	DUARTE Samuel Lima	+0,60	35.46	1:13.10
2.	O2 Portimao-S14			O2 Portimao	6:59.44	-		
	SILVA Alexandre Martins	99	52.89	1:50.36	SANTOS Filipe Bjorcke	88	38.06	1:25.26
	NASCIMENTO Levi Daniel	99	50.86	1:48.23	ANTUNES Joao Pedro	87	55.62	1:55.59
3.	Porto-S14			Porto	7:36.40	-		
	SILVA Bruno Miguel	+0,74	49.90	1:46.88	SILVA Jose Miguel	+0,52	41.32	1:49.26
	PESTANA Rui Miguel		56.38	2:03.02	GONCALVES Hugo Bernardo	+0,60	53.14	1:57.24
4.	ADADA Porto-S14			ADADA Porto	8:09.95	-		
	GUIMARAES Bruno Ricardo	+1,03	53.26	1:56.68	MONTEIRO Luis Miguel	+0,28	50.54	2:03.27
	MONTEIRO Luis Miguel	+0,13	57.57	2:12.23	EUSEBIO Marcelo Esteves	+0,40	51.04	1:57.77

DSQ Sporting de Aveiro-S14 Sporting de Aveiro -
3.3.5 - O(A) atleta interrompe o movimento contínuo dos braços, antes da viragem dos 50 metros, aos 50 metros não iniciou a viragem imediatamente após terminar movimento da ultima braçada

FERNANDES Tiago Miguel, FREIRE Hugo Filipe, BRITO Rui Xavier, TEIXEIRA Joao Meirinhos

Classe S14, Femin.

1.	Sporting de Aveiro-S14			Sporting de Aveiro	9:16.17	-		
	SIMOES Diana Vieira		57.34	1:57.89	REIS Filipa Sa		1:16.97	2:09.34
	PINHO Joana Filipa	+0,70	1:07.24	2:24.04	AGOSTINHO Ana Filipa		1:15.60	2:44.90

Prova 32, 4 x 100m Estilos

Classe S21 (SDown), Masc.

1. Sporting-S21				Sporting				6:18.25	-
<i>Rec Nac Classe S21</i>									
ALMEIDA Andre Reis	+0,71	43.51	1:30.08	VICENTE Francisco Jose	+0,63	45.60	1:46.82		
VAZ Joao Francisco	+0,54	44.66	1:37.50	PEREIRA Vicente Barros	+0,21	38.25	1:23.85		

34 Pontos, Masc.

1. Gesloures-34 Pts				Gesloures				5:36.75	-
<i>Rec Nac 34P</i>									
VIDEIRA Daniel Carlos	+1,22	42.39	1:24.37	CASTANHEIRA Rodolfo Francisco		44.45	1:39.27		
GRACHAT David Realista		37.12	1:19.15	SOARES Ricardo Aderneira		35.98	1:13.96		
2. Porto-S34 Pts				Porto				7:09.92	-
REIS Bruno Ferreira	00	44.01	1:33.85	SILVA Renato Filipe	98	40.47	50.49		
OLIVEIRA Antonio Pedro	03	57.98	2:01.24	SOUSA Helder Ferreira	75	1:42.43	2:44.34		