

Prova 30	Masc., 400m Livres				Absoluto
12/03/2023 - 9:38					Resultados
Rec Nac Adaptada S6	5:22.26	VIDEIRA, Daniel Carlos	GESL	Guarda	17/02/2019
Rec Nac Adaptada S7	5:26.37	VIDEIRA, Daniel Carlos	GESL	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S8	4:46.57	CANCELA, Diogo Luis	ALN	Coimbra	22/10/2022
Rec Nac Adaptada S9	4:20.60	GRACHAT, David Realista	GESL	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S10	4:23.44	GONCALVES, Emanuel Luis	CDN	Funchal	14/03/2014
Rec Nac Adaptada S11	4:37.96	MENESES, Marco Ribeiro	CRASTO	Abrantes	02/07/2022
Rec Nac Adaptada S12	6:24.01	CRUZ, Joao Tanica	PDEM	Recarei	22/05/2022
Rec Nac Adaptada S13	4:24.15	ENCARNACAO, Vitor Hugo	CDN	Funchal	05/07/2013
Rec Nac Adaptada S14	4:46.94	DUARTE, Samuel Lima	FVCD	Santa Maria da Feira	21/01/2023
Rec Nac Adaptada S15	4:20.31	NEVES, Tiago Correia	CFB	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S16	5:03.78	JORGE, Andre Camara	CEOL	Funchal	01/12/2018
Rec Nac Adaptada S17	5:28.05	CARVALHO, Joaquim Eduardo	CNF	Funchal	10/07/2022
Rec Nac Adaptada S21	5:44.53	ALMEIDA, Andre Reis	SCP	Abrantes	02/07/2022

Lugar	Nome do nadador	Ano	Classes	Clube	Tempo final	pts	
S6							
1.	PINTO, Jose Manuel	00	S6	ADADA Porto	8:13.01	12,00	
	50m: 50.19 50.19	150m: 2:50.31	1:01.91	250m: 5:01.09	1:05.98	350m: 7:14.57	1:06.70
	100m: 1:48.40 58.21	200m: 3:55.11	1:04.80	300m: 6:07.87	1:06.78	400m: 8:13.01	58.44
S7							
1.	FARRIM, Joao Paulo	72	S7	Alhandra	9:47.00	12,00	
	50m: 1:06.65 1:06.65	150m: 3:35.17	1:13.91	250m: 6:07.09	1:15.84	350m: 8:37.45	1:14.18
	100m: 2:21.26 1:14.61	200m: 4:51.25	1:16.08	300m: 7:23.27	1:16.18	400m: 9:47.00	1:09.55
S8							
1.	SILVA, Rodrigo Oliveira	08	S8	Feira Viva	7:51.30	12,00	
	50m: 53.12 53.12	150m: 2:54.60	1:01.02	250m: 4:55.04	1:00.89	350m: 6:55.15	1:01.11
	100m: 1:53.58 1:00.46	200m: 3:54.15	59.55	300m: 5:54.04	59.00	400m: 7:51.30	56.15
S9							
1.	GOUVEIA, Francisco Mario	75	S9	Feira Viva	6:39.67	12,00	
	50m: 42.71 42.71	150m: 2:21.85	51.26	250m: 4:05.82	51.24	350m: 5:51.54	52.97
	100m: 1:30.59 47.88	200m: 3:14.58	52.73	300m: 4:58.57	52.75	400m: 6:39.67	48.13
DNS	REIS, Ricardo Silva	09	S9	ADADA Porto		-	
S14							
1.	ALVES, Antonio Joaquin	97	S14	Feira Viva	5:45.14	12,00	
	50m: 34.68 34.68	150m: 1:58.12	42.59	250m: 3:29.70	46.53	350m: 5:00.27	43.94
	100m: 1:15.53 40.85	200m: 2:43.17	45.05	300m: 4:16.33	46.63	400m: 5:45.14	44.87
2.	DUARTE, Orlando Constanci	89	S14	Sporting Clube de Aveiro	6:44.82	10,00	
	50m: 41.53 41.53	150m: 2:20.43	50.53	250m: 4:04.50	52.27	350m: 5:51.96	53.65
	100m: 1:29.90 48.37	200m: 3:12.23	51.80	300m: 4:58.31	53.81	400m: 6:44.82	52.86
3.	SILVA, Welisson Goncalo	05	S14	Alhandra	8:22.15	8,00	
	50m: 49.93 49.93	150m: 2:56.63	1:04.92	250m: 5:13.95	1:08.50	350m: 7:28.24	1:05.57
	100m: 1:51.71 1:01.78	200m: 4:05.45	1:08.82	300m: 6:22.67	1:08.72	400m: 8:22.15	53.91

Prova 30, Masc., 400m Livres

S21

1.	MONTES, Francisco Pessanl02	S21	ADADA Porto	6:17.60	12,00
	50m: 42.34 42.34	150m: 2:17.81	48.25 250m: 3:55.19	48.52	350m: 5:31.27 47.87
	100m: 1:29.56 47.22	200m: 3:06.67	48.86 300m: 4:43.40	48.21	400m: 6:17.60 46.33
2.	SANTOS, Tomas Aniceto	99 S21	Feira Viva	7:00.32	10,00
	50m: 45.82 45.82	150m: 2:32.93	54.26 250m: 4:16.25	49.95	350m: 6:08.34 55.79
	100m: 1:38.67 52.85	200m: 3:26.30	53.37 300m: 5:12.55	56.30	400m: 7:00.32 51.98
3.	MOREIRA, Daniel Filipe	97 S21	AP Vila D Este	7:16.98	8,00
	50m: 46.93 46.93	150m: 2:33.73	54.29 250m: 4:27.41	56.77	350m: 6:22.17 57.12
	100m: 1:39.44 52.51	200m: 3:30.64	56.91 300m: 5:25.05	57.64	400m: 7:16.98 54.81
4.	PEREIRA, Joel Alexandre	92 S21	APC Coimbra	7:39.62	6,00
	50m: 50.39 50.39	150m: 2:48.98	59.27 250m: 4:45.65	57.20	350m: 6:41.57 58.18
	100m: 1:49.71 59.32	200m: 3:48.45	59.47 300m: 5:43.39	57.74	400m: 7:39.62 58.05