

Prova 2	Masc., 400m Livres				Absoluto
27/11/2021 - 15:55					Resultados
Rec Nac Adaptada S6	5:15.72	VIDEIRA, Daniel Carlos	POR	Funchal	19/05/2021
Rec Nac Adaptada S8	5:02.78	LINHARES, Ruben Daniel	FVCD	Oeiras	11/05/2019
Rec Nac Adaptada S7	5:31.30	VIDEIRA, Daniel Carlos	GESL	Povoa de Varzim	12/05/2018
Rec Nac Adaptada S9	4:21.94	GRACHAT, David Realista	POR	Londres (GBR)	04/09/2012
Rec Nac Adaptada S10	4:24.87	GONCALVES, Emanuel Luis	CDN	Coimbra	10/06/2011
Rec Nac Adaptada S11	4:56.01	MENESES, Marco Ribeiro	POR	Funchal	22/05/2021
Rec Nac Adaptada S12	59:00.00	, start			
Rec Nac Adaptada S13	4:31.26	ENCARNACAO, Vitor Hugo	POR	Eindhoven (NED)	10/08/2014
Rec Nac Adaptada S14	5:07.36	DUARTE, Samuel Lima	FVCD	Porto	26/06/2021
Rec Nac Adaptada S15	4:28.84	CRUZ, Miguel Duarte	CFB	Oeiras	20/12/2020
Rec Nac Adaptada S16	5:18.51	JORGE, Andre Camara	CEOL	Rio Maior	25/01/2020
Rec Nac Adaptada S17	6:22.85	BRANCO, Miguel Paiva	APPDAC	Oeiras	11/05/2019
Rec Nac Adaptada S21	5:59.96	ALMEIDA, Andre Reis	SCP	Oeiras	11/05/2019

Pontos: KNZB NED WPS 2021

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

1.	CORDEIRO, Tomas Coelho	04	S10		Individual ANNP	4:43.34	637
	50m: 31.15 31.15	150m: 1:41.20 35.97	250m: 2:55.43 37.22	350m: 4:08.08 35.87			
	100m: 1:05.23 34.08	200m: 2:18.21 37.01	300m: 3:32.21 36.78	400m: 4:43.34 35.26			
2.	REIS, Bruno Ferreira	00	S8	12+	FCP	5:20.00	607
	50m: 36.67 36.67	150m: 1:55.92 40.23	250m: 3:16.82 40.27	350m: 4:39.10 41.18			
	100m: 1:15.69 39.02	200m: 2:36.55 40.63	300m: 3:57.92 41.10	400m: 5:20.00 40.90			
3.	ROCHA, Simao Pedro	06	S14		CAP	6:22.46	287
	50m: 39.87 39.87	150m: 2:11.71 47.35	250m: 3:51.22 49.71	350m: 5:33.43 50.57			
	100m: 1:24.36 44.49	200m: 3:01.51 49.80	300m: 4:42.86 51.64	400m: 6:22.46 49.03			
4.	ALVES, Nuno Diogo	88	S7		ADDEG	7:52.43	206
	50m: 52.58 52.58	150m: 2:49.39 58.96	250m: 4:50.46 59.12	350m: 6:51.70 1:00.31			
	100m: 1:50.43 57.85	200m: 3:51.34 1:01.95	300m: 5:51.39 1:00.93	400m: 7:52.43 1:00.73			
5.	NASCIMENTO, Luis Carlos	06	S6	A 3 5 12+	FCP	8:42.39	202
	50m: 59.16 59.16	150m: 3:08.77 1:04.98	250m: 5:21.99 1:06.55	350m: 7:36.95 1:06.99			
	100m: 2:03.79 1:04.63	200m: 4:15.44 1:06.67	300m: 6:29.96 1:07.97	400m: 8:42.39 1:05.44			
6.	SOUSA, Helder Ferreira	75	S7	12+	FCP	8:22.16	172
	50m: 53.51 53.51	150m: 3:00.70 1:03.99	250m: 5:11.55 1:04.93	350m: 7:21.87 1:04.37			
	100m: 1:56.71 1:03.20	200m: 4:06.62 1:05.92	300m: 6:17.50 1:05.95	400m: 8:22.16 1:00.29			

Classe S6-Esperanças

1.	NASCIMENTO, Luis Carlos	06	S6	A 3 5 12+	FCP	8:42.39	202
	50m: 59.16 59.16	150m: 3:08.77 1:04.98	250m: 5:21.99 1:06.55	350m: 7:36.95 1:06.99			
	100m: 2:03.79 1:04.63	200m: 4:15.44 1:06.67	300m: 6:29.96 1:07.97	400m: 8:42.39 1:05.44			

Classe S7-Seniores

1.	ALVES, Nuno Diogo	88	S7		ADDEG	7:52.43	206
	50m: 52.58 52.58	150m: 2:49.39 58.96	250m: 4:50.46 59.12	350m: 6:51.70 1:00.31			
	100m: 1:50.43 57.85	200m: 3:51.34 1:01.95	300m: 5:51.39 1:00.93	400m: 7:52.43 1:00.73			
2.	SOUSA, Helder Ferreira	75	S7	12+	FCP	8:22.16	172
	50m: 53.51 53.51	150m: 3:00.70 1:03.99	250m: 5:11.55 1:04.93	350m: 7:21.87 1:04.37			
	100m: 1:56.71 1:03.20	200m: 4:06.62 1:05.92	300m: 6:17.50 1:05.95	400m: 8:22.16 1:00.29			

O Secretário do Juri

O Juiz Árbitro

Prova 2, Masc., 400m Livres

Classe S8-Seniores

1.	REIS, Bruno Ferreira	00	S8	12+	FCP				5:20.00	607		
	50m:	36.67	36.67	150m:	1:55.92	40.23	250m:	3:16.82	40.27	350m:	4:39.10	41.18
	100m:	1:15.69	39.02	200m:	2:36.55	40.63	300m:	3:57.92	41.10	400m:	5:20.00	40.90

Classe S10-Seniores

1.	CORDEIRO, Tomas Coelho	04	S10		Individual ANNP				4:43.34	637		
	50m:	31.15	31.15	150m:	1:41.20	35.97	250m:	2:55.43	37.22	350m:	4:08.08	35.87
	100m:	1:05.23	34.08	200m:	2:18.21	37.01	300m:	3:32.21	36.78	400m:	4:43.34	35.26

Classe S14-Esperanas

1.	ROCHA, Simao Pedro	06	S14		CAP				6:22.46	287		
	50m:	39.87	39.87	150m:	2:11.71	47.35	250m:	3:51.22	49.71	350m:	5:33.43	50.57
	100m:	1:24.36	44.49	200m:	3:01.51	49.80	300m:	4:42.86	51.64	400m:	6:22.46	49.03

Classe S17 (Autismo) Absolutos

1.	MENDES, Humberto Julio	90	S17		ADADA				7:27.01			
	50m:	44.40	44.40	150m:	2:39.43	58.84	250m:	4:40.54	1:00.74	350m:	6:37.15	57.74
	100m:	1:40.59	56.19	200m:	3:39.80	1:00.37	300m:	5:39.41	58.87	400m:	7:27.01	49.86

Classe S17 (Autismo) Seniores

1.	MENDES, Humberto Julio	90	S17		ADADA				7:27.01			
	50m:	44.40	44.40	150m:	2:39.43	58.84	250m:	4:40.54	1:00.74	350m:	6:37.15	57.74
	100m:	1:40.59	56.19	200m:	3:39.80	1:00.37	300m:	5:39.41	58.87	400m:	7:27.01	49.86

Classe S21 (SDown)-Absolutos

1.	RIBEIRO, Jos� Augusto	92	S21		ADDEG				7:06.68			
	50m:	43.25	43.25	150m:	2:29.61	54.44	250m:	4:21.37	56.48	350m:	6:12.93	55.67
	100m:	1:35.17	51.92	200m:	3:24.89	55.28	300m:	5:17.26	55.89	400m:	7:06.68	53.75

Classe S21 (SDown)-Seniores

1.	RIBEIRO, Jos� Augusto	92	S21		ADDEG				7:06.68			
	50m:	43.25	43.25	150m:	2:29.61	54.44	250m:	4:21.37	56.48	350m:	6:12.93	55.67
	100m:	1:35.17	51.92	200m:	3:24.89	55.28	300m:	5:17.26	55.89	400m:	7:06.68	53.75

EXH	ASSUNCAO, Luis Miguel	01	S110		FCP				5:58.46			
	50m:	38.18	38.18	150m:	2:08.75	46.31	250m:	3:44.24	47.32	350m:	5:17.73	47.23
	100m:	1:22.44	44.26	200m:	2:56.92	48.17	300m:	4:30.50	46.26	400m:	5:58.46	40.73

EXH	COSTA, Luis Espinho	90	S7		ALHANDRA SC				9:59.55	101		
	50m:	1:05.81	1:05.81	150m:	3:36.10	1:15.93	250m:	6:09.02	1:16.53	350m:	8:46.29	1:17.10
	100m:	2:20.17	1:14.36	200m:	4:52.49	1:16.39	300m:	7:29.19	1:20.17	400m:	9:59.55	1:13.26

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