

Prova 23 26-05-2019 - 9:30	Masc., 400m Livres				Absoluto Resultados
S6	5:24.12	Daniel Carlos, VIDEIRA	POR	Dublin (IRL)	17-08-2018
S7	5:31.30	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim	12-05-2018
S8	5:02.78	Ruben Daniel, LINHARES	POR	Oeriras	11-05-2019
S9	4:21.94	David Realista, GRACHAT	POR	Londres (GBR)	04-09-2012
S10	4:24.87	Emanuel Luis, GONCALVES	CDN	Coimbra	10-06-2011
S11	5:17.85	Marco Ribeiro, MENESES	CRASTO	Porto	24-03-2019
S12	59:00.00	start,			
S13	4:31.26	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	10-08-2014
S14	5:27.72	Pedro Miguel, RIBEIRO	POR	Loano (ITA)	10-06-2016
S15	4:31.41	Tiago Correia, NEVES	CFB	Povoa de Varzim	12-05-2018
S16	59:00.00	start,			
S21	6:14.64	Andre Reis, ALMEIDA	SCP	Coimbra	03-03-2019

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
<b>Classe S1-S14-Absolutos</b>							
1.	Ruben Daniel, LINHARES	97	S8	3,5,12+	Feira Viva	<b>5:03.89</b>	624
	100m: 1:12.74 1:12.74	200m: 2:29.87	1:17.13	300m: 3:47.16	1:17.29	400m: 5:03.89	1:16.73
2.	Rui Xavier, BRITO	99	S14		Sporting Clube de Aveiro	<b>5:56.52</b>	360
	100m: 1:19.39 1:19.39	200m: 2:49.52	1:30.13	300m: 4:22.24	1:32.72	400m: 5:56.52	1:34.28
3.	Samuel Lima, DUARTE	04	S14		Feira Viva	<b>6:07.32</b>	329
	100m: 1:24.73 1:24.73	200m: 2:58.98	1:34.25	300m: 4:33.77	1:34.79	400m: 6:07.32	1:33.55
4.	Andre Guimaraes, SILVA	96	S14		Porto	<b>6:09.48</b>	323
	100m: 1:24.55 1:24.55	200m: 2:58.70	1:34.15	300m: 4:34.07	1:35.37	400m: 6:09.48	1:35.41
5.	Jose Manuel, PINTO	00	S7	A 12	ADADA Porto	<b>7:39.60</b>	232
	100m: 1:40.12 1:40.12	200m: 3:40.31	2:00.19	300m: 5:42.73	2:02.42	400m: 7:39.60	1:56.87
6.	Nuno Diogo, ALVES	88	S7	A12	Propaganda da Natacao	<b>7:45.35</b>	224
	100m: 1:49.47 1:49.47	200m: 3:48.00	1:58.53	300m: 5:45.99	1:57.99	400m: 7:45.35	1:59.36
7.	Humberto Julio, MENDES	90	S14		ADADA Porto	<b>7:09.61</b>	206
	100m: 1:37.95 1:37.95	200m: 3:34.05	1:56.10	300m: 5:30.43	1:56.38	400m: 7:09.61	1:39.18
8.	Bruno Ricardo, GUIMARAES	94	S14		ADADA Porto	<b>7:26.76</b>	183
	100m: 1:32.27 1:32.27	200m: 3:25.38	1:53.11	300m: 5:26.77	2:01.39	400m: 7:26.76	1:59.99
9.	Jaime Lopes, CATARINO	91	S6	A	Sporting Clube de Aveiro	<b>8:55.64</b>	177
	100m: 2:09.09 2:09.09	200m: 4:26.63	2:17.54	300m: 6:43.65	2:17.02	400m: 8:55.64	2:11.99
10.	David Emanuel, MONTOIA	00	S7	3, 5, 12+	Porto	<b>9:17.24</b>	130
	100m: 2:04.97 2:04.97	200m: 4:23.82	2:18.85	300m: 6:47.05	2:23.23	400m: 9:17.24	2:30.19
11.	Bruno Miguel, SILVA	93	S14		Porto	<b>8:37.81</b>	118
	100m: 1:55.27 1:55.27	200m: 4:07.77	2:12.50	300m: 6:23.31	2:15.54	400m: 8:37.81	2:14.50
12.	Luis Pires, OLIVEIRA	00	S14		Porto	<b>9:46.24</b>	81
	100m: 2:12.18 2:12.18	200m: 4:47.53	2:35.35	300m: 7:15.57	2:28.04	400m: 9:46.24	2:30.67
	Joao Silva, ROCHA	91	S8		Porto	<b>10:01.41</b>	81
	100m: 2:15.20 2:15.20	200m: 4:50.91	2:35.71	300m: 7:25.89	2:34.98	400m: 10:01.41	2:35.52
DNS	Helder Ferreira, SOUSA	75	S9	12+	Porto		

Prova 23, Masc., 400m Livres

Classe S6-Seniores

1. Jaime Lopes, CATARINO	91	S6	A	Sporting Clube de Aveiro	<b>8:55.64</b>	177
100m: 2:09.09 2:09.09	200m: 4:26.63	2:17.54	300m: 6:43.65	2:17.02	400m: 8:55.64	2:11.99

Classe S7-Seniores

1. Jose Manuel, PINTO	00	S7	A 12	ADADA Porto	<b>7:39.60</b>	232
100m: 1:40.12 1:40.12	200m: 3:40.31	2:00.19	300m: 5:42.73	2:02.42	400m: 7:39.60	1:56.87
2. Nuno Diogo, ALVES	88	S7	A12	Propaganda da Natacao	<b>7:45.35</b>	224
100m: 1:49.47 1:49.47	200m: 3:48.00	1:58.53	300m: 5:45.99	1:57.99	400m: 7:45.35	1:59.36
3. David Emanuel, MONTOIA	00	S7	3, 5, 12+	Porto	<b>9:17.24</b>	130
100m: 2:04.97 2:04.97	200m: 4:23.82	2:18.85	300m: 6:47.05	2:23.23	400m: 9:17.24	2:30.19

Classe S8-Seniores

1. Ruben Daniel, LINHARES	97	S8	3,5,12+	Feira Viva	<b>5:03.89</b>	624
100m: 1:12.74 1:12.74	200m: 2:29.87	1:17.13	300m: 3:47.16	1:17.29	400m: 5:03.89	1:16.73
2. Joao Silva, ROCHA	91	S8		Porto	<b>10:01.41</b>	81
100m: 2:15.20 2:15.20	200m: 4:50.91	2:35.71	300m: 7:25.89	2:34.98	400m: 10:01.41	2:35.52

Classe S9-Seniores

DNS Helder Ferreira, SOUSA 75 S9 12+ Porto

Classe S14-Esperanças

1. Samuel Lima, DUARTE	04	S14		Feira Viva	<b>6:07.32</b>	329
100m: 1:24.73 1:24.73	200m: 2:58.98	1:34.25	300m: 4:33.77	1:34.79	400m: 6:07.32	1:33.55

Classe S14-Seniores

1. Rui Xavier, BRITO	99	S14		Sporting Clube de Aveiro	<b>5:56.52</b>	360
100m: 1:19.39 1:19.39	200m: 2:49.52	1:30.13	300m: 4:22.24	1:32.72	400m: 5:56.52	1:34.28
2. Andre Guimaraes, SILVA	96	S14		Porto	<b>6:09.48</b>	323
100m: 1:24.55 1:24.55	200m: 2:58.70	1:34.15	300m: 4:34.07	1:35.37	400m: 6:09.48	1:35.41
3. Humberto Julio, MENDES	90	S14		ADADA Porto	<b>7:09.61</b>	206
100m: 1:37.95 1:37.95	200m: 3:34.05	1:56.10	300m: 5:30.43	1:56.38	400m: 7:09.61	1:39.18
4. Bruno Ricardo, GUIMARAES	94	S14		ADADA Porto	<b>7:26.76</b>	183
100m: 1:32.27 1:32.27	200m: 3:25.38	1:53.11	300m: 5:26.77	2:01.39	400m: 7:26.76	1:59.99
5. Bruno Miguel, SILVA	93	S14		Porto	<b>8:37.81</b>	118
100m: 1:55.27 1:55.27	200m: 4:07.77	2:12.50	300m: 6:23.31	2:15.54	400m: 8:37.81	2:14.50
6. Luis Pires, OLIVEIRA	00	S14		Porto	<b>9:46.24</b>	81
100m: 2:12.18 2:12.18	200m: 4:47.53	2:35.35	300m: 7:15.57	2:28.04	400m: 9:46.24	2:30.67

Prova 23, Masc., 400m Livres

Classe S21 (SDown)-Absolutos

1. Jose Augusto, RIBEIRO	92	S21	Propaganda da Natacao	<b>6:42.51</b>
100m: 1:30.93 1:30.93	200m: 3:13.99 1:43.06	300m: 4:59.14 1:45.15	400m: 6:42.51 1:43.37	

Classe S21 (SDown)-Seniores

1. Jose Augusto, RIBEIRO	92	S21	Propaganda da Natacao	<b>6:42.51</b>
100m: 1:30.93 1:30.93	200m: 3:13.99 1:43.06	300m: 4:59.14 1:45.15	400m: 6:42.51 1:43.37	