

1 - 1^a Jornada - 1^a Sess o

03/12/2022 - 15:30

Prova 1	Femin., 400m Livres				Absoluto
03/12/2022 - 15:30					Resultados
Rec Nac S6	11:31.70	Ana Sofia, BARBOSA	FCP	P�voa de Varzim	27/11/2021
Rec Nac S7	9:59.80	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)	05/05/2018
Rec Nac S8	5:42.76	Ana Filipa, CASTRO	FVCD	Oeiras	11/05/2019
Rec Nac S9	5:00.92	Susana Pereira, VEIGA	POR	Funchal	16/06/2022
Rec Nac S10	5:18.60	Teresa Lamego, NEVES	POR	Eindhoven (NED)	07/08/2014
Rec Nac S11	59:00.00	start,			
Rec Nac S12	59:00.00	start,			
Rec Nac S13	59:00.00	start,			
Rec Nac S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira	05/03/2016
Rec Nac S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra	13/08/2011
Rec Nac S16	7:18.70	Maria Joao, TABORDA	FCP	Povoa de Varzim	07/04/2019
Rec Nac S17	59:00.00	start,			
Rec Nac S21	7:26.00	Diana Ines, TORRES	FCP	Porto	29/01/2022
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7 Esperanas	9:59.80	Ana Branca, SAMPAIO	ANNP	Valladolid (ESP)	05/05/2018
Rec Reg Adaptada S8 Esperanas	7:35.75	Iara Pinto, TORRES	FCP	Porto	26/06/2021
Rec Reg Adaptada S9 Esperanas	5:54.25	Renata Vaz, PINTO	LSC	Berlin (GER)	26/04/2014
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	7:30.93	Maria Mafalda, SOARES	ADADA	P�voa de Varzim (SUI)	20/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	7:48.73	Diana In�s, TORRES	ADADA	P�voa de Varzim	09/05/2015

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S113 -Seniores						
WDR	Camila Anjos, NEVES	F	206308	01	Alhandra	
EXH	Raquel Rocilio, MONTEIRO	F	147090	98	Feira Viva	8:03.50
	100m: 1:52.14 1:52.14	200m: 3:51.72 1:59.58	300m: 5:52.35 2:00.63	400m: 8:03.50 2:11.15		

Prova 2	Masc., 400m Livres				Absoluto
03/12/2022 - 15:39					Resultados
Rec Nac S6	5:15.72	Daniel Carlos, VIDEIRA	POR	Funchal	19/05/2021
Rec Nac S7	5:31.30	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim	12/05/2018
Rec Nac S8	4:45.39	Diogo Luis, CANCELA	ALN	Coimbra	03/04/2022
Rec Nac S9	4:21.94	David Realista, GRACHAT	POR	Londres (GBR)	04/09/2012
Rec Nac S10	4:24.87	Emanuel Luis, GONCALVES	CDN	Coimbra	10/06/2011
Rec Nac S11	4:44.29	Marco Ribeiro, MENESES	POR	Funchal	18/06/2022
Rec Nac S12	59:00.00	start,			
Rec Nac S13	4:31.26	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	10/08/2014
Rec Nac S14	5:07.36	Samuel Lima, DUARTE	FVCD	Porto	26/06/2021
Rec Nac S15	4:28.84	Miguel Duarte, CRUZ	CFB	Oeiras	20/12/2020
Rec Nac S16	5:18.51	Andre Camara, JORGE	CEOL	Rio Maior	25/01/2020
Rec Nac S17	6:18.94	Miguel Paiva, BRANCO	APPDAC	Porto	29/01/2022
Rec Nac S21	5:59.96	Andre Reis, ALMEIDA	SCP	Oeiras	11/05/2019
Rec Reg Adaptada S6 Esperanas	8:42.39	Lu�s Carlos, NASCIMENTO	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S6	8:42.39	Lu�s Carlos, NASCIMENTO	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	6:57.04	Nuno Diogo, ALVES	CPN	P�ova de Varzim	20/05/2017
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	5:20.00	Bruno Ferreira, REIS	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	5:18.90	Renato Filipe, SILVA	FCP	Funchal	19/02/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	4:31.14	Tom�s Cordeiro, CORDEIRO	POR	Lignano (ITA)	13/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	5:54.26	Amadeu Andr�, CRUZ	FCP	Oeiras	17/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Star,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	5:56.03	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S14	5:28.25	Pedro Miguel, RIBEIRO	CPN	P�ova de Varzim	20/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	7:26.53	Pedro Miguel, COSTA	CFP	Porto	06/02/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	6:21.12	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Reg Adaptada S21 Esperanas	6:53.69	Francisco Pessanha, MONTES	ADADA	Oeiras	17/06/2017
Rec Reg Adaptada S21	6:15.15	Francisco Pessanha, MONTES	ADADA	Campanha	09/04/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
1.	Jose Manuel, PINTO	M	148323	00	ADADA	8:26.71
	<i>Recorde Regional</i>					
	100m:	1:44.26	1:44.26	200m:	3:57.79	2:13.53
	300m:	6:12.10	2:14.31	400m:	8:26.71	2:14.61

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
1.	Joao Miguel, CAMPOS	M	202239	79	ADADA	6:47.52
	<i>Recorde Regional</i>					
	100m:	1:36.50	1:36.50	200m:	3:22.03	1:45.53
	300m:	5:08.75	1:46.72	400m:	6:47.52	1:38.77

Prova 2, Masc., 400m Livres

Classe S8-Seniores

1. Bruno Ferreira, REIS	M	133136	00	Fcp						5:20.70
<i>Recorde Regional</i>										
100m:	1:14.76	1:14.76	200m:	2:35.25	1:20.49	300m:	3:57.92	1:22.67	400m:	5:20.70 1:22.78

Classe S9-Esperanas

1. Ricardo Silva, REIS	M	216676	09	ADADA						7:17.16
<i>Recorde Regional</i>										
100m:	1:38.04	1:38.04	200m:	3:30.65	1:52.61	300m:	5:24.69	1:54.04	400m:	7:17.16 1:52.47

Classe S9-Seniores

WDR Renato Filipe, SILVA M 148373 98 Fcp

Classe S14-Esperanas

1. Alberto Guedes, VALENTIM	M	216603	07	Fcp						5:46.19
<i>Recorde Regional</i>										
100m:	1:16.09	1:16.09	200m:	2:44.43	1:28.34	300m:	4:18.46	1:34.03	400m:	5:46.19 1:27.73

Classe S14-Seniores

1. Pedro Miguel, RIBEIRO	M	148294	91	Gondomar Cultural						6:11.61
100m:	1:20.84	1:20.84	200m:	2:57.90	1:37.06	300m:	4:35.36	1:37.46	400m:	6:11.61 1:36.25

Classe S17 -Esperancas

1. Americo Manuel, OLIVEIRA	M	212076	08	Gondomar Cultural						6:40.91
<i>Recorde Regional</i>										
100m:	1:23.98	1:23.98	200m:	3:06.83	1:42.85	300m:	4:53.80	1:46.97	400m:	6:40.91 1:47.11

Classe S17 -Seniores

1. Andre Guimaraes, SILVA	M	148288	96	Fcp						6:12.44
<i>Recorde Nacional</i>										
100m:	1:26.36	1:26.36	200m:	3:01.24	1:34.88	300m:	4:36.79	1:35.55	400m:	6:12.44 1:35.65
2. Bruno Miguel, SILVA	M	203838	93	Fcp						6:35.93
<i>Recorde Regional</i>										
100m:	1:29.78	1:29.78	200m:	3:10.99	1:41.21	300m:	4:55.17	1:44.18	400m:	6:35.93 1:40.76

Classe S21 -Seniores

1. Daniel Filipe, MOREIRA	M	148345	97	AP Vila D Este						7:33.28
100m:	1:38.03	1:38.03	200m:	3:34.04	1:56.01	300m:	5:36.30	2:02.26	400m:	7:33.28 1:56.98
DNS Hugo Bernardo, GONCALVES	M	148371	96	Fcp						
EXH Alexandre Costa, COUTO	M	120634	01	Sporting						6:40.32
100m:	1:28.70	1:28.70	200m:	3:08.75	1:40.05	300m:	4:55.29	1:46.54	400m:	6:40.32 1:45.03
EXH Francisco Mario, GOUVEIA	M	203960	75	Feira Viva						6:42.44
100m:	1:30.31	1:30.31	200m:	3:13.51	1:43.20	300m:	4:59.88	1:46.37	400m:	6:42.44 1:42.56
EXH Diogo Lopes, GOMES	M	147098	96	Feira Viva						6:50.38
100m:	1:32.05	1:32.05	200m:	3:20.41	1:48.36	300m:	5:07.46	1:47.05	400m:	6:50.38 1:42.92

Prova 3	Femin., 200m Livres					Absoluto
03/12/2022 - 15:57						Resultados
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	5:07.35	Susana Cristina, BARROSO	GESL	Lisboa		26/05/2001
Rec Nac S4	4:07.64	Diana Lobo, GUIMARAES	FCP	Vila Franca de Xira		01/12/2007
Rec Nac S5	3:31.89	Maria Joao, MORGADO	POR	Braunschweig (GER)		13/08/1999
Rec Nac S14	2:48.99	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		11/06/2016
Rec Nac S15	2:40.90	Eunice Evora, ALMEIDA	SCP	Povoa de Varzim		12/05/2018
Rec Nac S16	3:35.36	Maria Joao, TABORDA	FCP	Povoa de Varzim		07/04/2019
Rec Nac S17	5:54.10	Francisca Araujo, FERREIRA	ADADA	Campanha		10/04/2022
Rec Nac S21	3:33.20	Filipa Sa, REIS	FVCD	Porto		29/01/2022
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	3:34.14	Maria Mafalda, SOARES	ADADA	Porto		22/04/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,				

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S14-Seniores						
1.	Maria Mafalda, SOARES	F	153119	02	ADADA	3:25.32
	<i>Recorde Regional</i>					
	100m: 1:40.34 1:40.34		200m: 3:25.32 1:44.98			
2.	Susana Raquel, GOUVEIA	F	133446	89	ADADA	3:56.78
	100m: 1:50.46 1:50.46		200m: 3:56.78 2:06.32			
Classe S21 -Seniores						
1.	Diana Ines, TORRES	F	133453	99	Fcp	3:31.15
	<i>Recorde Nacional</i>					
	100m: 1:41.95 1:41.95		200m: 3:31.15 1:49.20			
2.	Ana Alexandra, CASTRO	F	148287	92	Fcp	4:09.36
	100m: 2:00.97 2:00.97		200m: 4:09.36 2:08.39			
3.	Carina Barbosa, MOREIRA	F	148289	81	Gondomar Cultural	4:46.15
	100m: 2:13.15 2:13.15		200m: 4:46.15 2:33.00			
EXH	Filipa Sa, REIS	F	147099	00	Feira Viva	3:41.95
	100m: 1:47.87 1:47.87		200m: 3:41.95 1:54.08			
EXH	Adriana Godinho, REIS	F	133132	95	Feira Viva	3:54.43
	100m: 1:55.18 1:55.18		200m: 3:54.43 1:59.25			
EXH	Cl�udia Filipa, PENETRO	F	213508	00	Alhandra	10:51.37
	100m: 5:44.17 5:44.17		200m: 10:51.37 5:07.20			

Prova 4	Masc., 200m Livres				Absoluto
03/12/2022 - 16:03					Resultados
Rec Nac S1	7:14.02	Joao, MARTINS	CNBC	Estocolmo (SWE)	02/08/2001
Rec Nac S2	5:30.51	Joao Alexandre, PINA	GESL	Vila Franca de Xira	05/03/2016
Rec Nac S3	5:18.76	Nuno, VITORINO	GESL	Almendralejo (ESP)	26/07/2002
Rec Nac S4	3:49.10	Rui Manuel, PEDROSO	POR	Sheffield (GBR)	06/06/1998
Rec Nac S5	2:58.33	Ivo Filipe, ROCHA	FVCD	Porto	26/05/2019
Rec Nac S8	2:21.66	Diogo Luis, CANCELA	ALN	Coimbra	03/04/2022
Rec Nac S11	2:14.31	Marco Ribeiro, MENESES	CRASTO	Coimbra	28/05/2022
Rec Nac S14	2:15.10	Samuel Lima, DUARTE	FVCD	Coimbra	28/05/2022
Rec Nac S15	2:03.73	Tiago Correia, NEVES	CFB	Funchal	24/03/2018
Rec Nac S16	2:20.19	Andre Camara, JORGE	CEOL	Funchal	22/02/2020
Rec Nac S17	3:01.01	Miguel Paiva, BRANCO	APPDAC	Porto	29/01/2022
Rec Nac S21	2:49.44	Andre Reis, ALMEIDA	POR	Olbia (ITA)	17/09/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	59:00.00	Start,			
Rec Reg Adaptada S5 Esperanas	3:57.23	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S5	3:57.23	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S14 Esperanas	2:44.43	Alberto Guedes, VALENTIM	FCP	P�ova de Varzim	03/12/2022
Rec Reg Adaptada S14	2:37.22	Pedro Miguel, RIBEIRO	CNMAIA	P�ova de Varzim	18/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	3:01.24	Andre Guimaraes, SILVA	FCP	P�ova de Varzim	03/12/2022
Rec Reg Adaptada S17	3:01.24	Andre Guimaraes, SILVA	FCP	P�ova de Varzim	03/12/2022
Rec Reg Adaptada S21 Esperanas	3:23.98	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim	21/05/2017
Rec Reg Adaptada S21	2:59.57	Jos� Augusto, RIBEIRO	POR	Firenze (ITA)	17/06/2016

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Classe S5-Seniores

1.	Luis Carlos, NASCIMENTO	M	212095	06	Fcp	3:47.83
	<i>Recorde Regional</i>					
	100m: 1:49.96 1:49.96		200m: 3:47.83 1:57.87			
2.	Ricardo Jorge, MOREIRA	M	208706	01	Fcp	3:52.28
	<i>Recorde Regional</i>					
	100m: 1:49.00 1:49.00		200m: 3:52.28 2:03.28			

Classe S14-Seniores

1.	Simao Pedro, ROCHA	M	203015	06	Aquatico Pacense	2:42.21
	<i>Recorde Regional</i>					
	100m: 1:16.64 1:16.64		200m: 2:42.21 1:25.57			
DNS	Jorge Filipe, RIBEIRO	M	148322	81	ADADA	

Classe S17 -Seniores

1.	Humberto Julio, MENDES	M	204182	90	ADADA	3:33.01
	100m: 1:40.49 1:40.49		200m: 3:33.01 1:52.52			
2.	Bruno Ricardo, GUIMARAES	M	206297	94	ADADA	3:49.89
	100m: 1:44.69 1:44.69		200m: 3:49.89 2:05.20			

Prova 4, Masc., 200m Livres, Classe S17 -Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
3.	Pedro Henrique, RODRIGUES	M	204177	97	Gondomar Cultural	6:15.22
	100m: 3:02.20 3:02.20	200m: 6:15.22 3:13.02				

Classe S21 -Seniores

1.	Francisco Pessanha, MONTES	M	133450	02	ADADA	3:09.40
	<i>Recorde Regional</i>					
	100m: 1:29.31 1:29.31	200m: 3:09.40 1:40.09				
2.	Marcelo Esteves, EUSEBIO	M	133451	02	ADADA	3:38.31
	100m: 1:38.76 1:38.76	200m: 3:38.31 1:59.55				
3.	Rui Miguel, PESTANA	M	201141	00	Individual Norte de Portugal	3:41.61
	100m: 1:36.55 1:36.55	200m: 3:41.61 2:05.06				
EXH	Ivo Filipe, ROCHA	M	131736	90	Feira Viva	3:00.66
	100m: 1:28.69 1:28.69	200m: 3:00.66 1:31.97				
EXH	Francisco Jose, VICENTE	M	148269	99	Sporting	3:17.54
	100m: 1:32.24 1:32.24	200m: 3:17.54 1:45.30				
EXH	Ruben Jose, SANTOS	M	148261	80	APC Coimbra	4:12.49
	100m: 1:58.80 1:58.80	200m: 4:12.49 2:13.69				
EXH	Welisson Gonalo, SILVA	M	210914	05	Alhandra	4:36.16
	50m: 47.32 47.32	100m: 2:00.78 1:13.46	200m: 4:36.16 2:35.38			
EXH	Jose Antonio, ALBERGARIA	M	214787	98	Feira Viva	6:02.39
	100m: 2:56.88 2:56.88	200m: 6:02.39 3:05.51				
EXH	Leonardo Ferreira, SILVA	M	209874	01	Feira Viva	7:37.29
	100m: 3:43.47 3:43.47	200m: 7:37.29 3:53.82				

Prova 5	Femin., 100m Bruços				Absoluto
03/12/2022 - 16:17					Resultados
Rec Nac S4	2:12.38	Diana Lobo, GUIMARAES	CFV	Coimbra	12/06/2010
Rec Nac S5	2:19.48	Simone Silva, FRAGOSO	SCP	P�ova de Varzim	18/06/2016
Rec Nac S6	59:00.00	start,			
Rec Nac S7	3:28.27	Ana Branca, SAMPAIO	ADADA	Berlim (GER)	06/07/2017
Rec Nac S8	1:25.96	Joana Catarina, CALADO	POR	Rio de Janeiro (BRA)	14/09/2016
Rec Nac S9	1:25.02	Renata Vaz, PINTO	POR	Funchal	16/05/2021
Rec Nac S11	59:00.00	start,			
Rec Nac S12	59:00.00	start,			
Rec Nac S13	59:00.00	start,			
Rec Nac S14	1:37.18	Sonia Castanheiro, RESENDE	POR	Loano (ITA)	10/06/2016
Rec Nac S15	1:30.94	Susana Maria, LOURENCO	SCP	Oeiras	17/06/2017
Rec Nac S16	1:51.58	Maria Joao, TABORDA	FCP	Oeiras	11/05/2019
Rec Nac S17	1:53.19	Beatriz Malaquias, PELAIO	APPDAC	Coimbra	02/03/2019
Rec Nac S21	1:55.00	Mannie, NG	GESL	P�ova de Varzim	10/03/2013
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7 Esperanas	3:28.27	Ana Branca, SAMPAIO	ADADA	Berlim (GER)	06/07/2017
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9 Esperanas	1:31.35	Renata Vaz, PINTO	LSC	Porto	05/07/2014
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Classe SB7-Seniores

1.	Carlota Girao, FERREIRA	F	216675	06	ADADA	2:43.63
	<i>Recorde Nacional</i>					

Classe SB8-Seniores

1.	Rita Manuela, SANTOS	F	206298	96	ADADA	3:26.54
	<i>Recorde Regional</i>					
DSQ	Claudia Sofia, DOURADO	F	216604	94	Fcp	
	3.4.1 - O(A) atleta efetuou mais que uma pernada de golfinho durante a braada submarina - IPC 3.4.1, Ap�s a partida					

Classe SB9-Seniores

1.	Renata Vaz, PINTO	F	108165	99	ADADA	1:26.51
	<i>Recorde Regional</i>					

Classe SB21 -Seniores

DSQ	Sara Isabel, DUARTE	F	204091	91	AP Vila D Este	
	3.8.4 - O(a) atleta n�o tocou na parede na viragem aos 50 metros - IPC 3.8.4, Ap�s a viragem					

Prova 5, Femin., 100m Bruços

Classe SB113-Seniores

WDR	Camila Anjos, NEVES	F	206308	01	Alhandra	
EXH	Ana Filipa, CASTRO	F	131735	97	Feira Viva	2:00.95
EXH	Matilde Lucia, GASPAR	F	201275	06	APC Coimbra	2:05.33
EXH	Barbara Ines, GOMES	F	148265	91	APC Coimbra	2:15.22
EXH	Carolina Caetano, LOURENCO	F	201276	94	APC Coimbra	2:20.54
EXH	Laura Soares, RODRIGUES	F	213509	08	Alhandra	4:16.32

Prova 6	Masc., 100m Bruços				Absoluto
03/12/2022 - 16:28					Resultados
Rec Nac S4	2:20.54	Jaime Lopes, CATARINO	FCP	Campanha	09/04/2022
Rec Nac S5	1:41.35	Ivo Filipe, ROCHA	FVCD	Porto	23/03/2019
Rec Nac S6	2:11.85	Nuno Diogo, ALVES	CNMAIA	Povoa de Varzim	18/06/2016
Rec Nac S7	1:29.16	Joao Miguel, CAMPOS	ADADA	Porto	25/05/2019
Rec Nac S8	1:19.30	Diogo Luis, CANCELA	POR	Tokyo (JPN)	26/08/2021
Rec Nac S9	1:11.87	Adriano Miguel, NASCIMENTO	POR	Londres (GBR)	08/09/2012
Rec Nac S10					
Rec Nac S11	1:31.69	Marco Ribeiro, MENESES	POR	Funchal	18/05/2021
Rec Nac S12	1:35.57	Joao Tanica, CRUZ	PDEM	Porto	29/01/2022
Rec Nac S13	59:00.00	start,			
Rec Nac S14	1:27.84	Carlos, DUARTE		Sheffield (GBR)	06/06/1998
Rec Nac S15	1:11.94	Tiago Correia, NEVES	CFB	Porto	29/01/2022
Rec Nac S16	1:12.25	Andre Camara, JORGE	POR	Newcastle (GBR)	20/08/2019
Rec Nac S17	1:44.40	Daniel Mendo, OLIVEIRA	AO21	Coimbra	09/01/2022
Rec Nac S21	1:31.35	Joao Francisco, VAZ	SCP	Rio Maior	25/01/2020
Rec Reg Adaptada S4 Esperanas	3:37.11	Luis Carlos, NASCIMENTO	FCP	Campanha	09/04/2022
Rec Reg Adaptada S4	2:20.54	Jaime Lopes, CATARINO	FCP	Campanha	09/04/2022
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S5	2:37.81	Jos� Manuel, PINTO	ADADA	Porto	29/01/2022
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6	2:11.85	Nuno Diogo, ALVES	CNMAIA	P�ova de Varzim	18/06/2016
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	1:29.16	Jo�o Miguel, CAMPOS	ADADA	Porto	25/05/2019
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	2:42.71	Jo�o Pedro, MONTEIRO	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	1:15.58	Tomas Coelho, CORDEIRO	POR	Lignano (ITA)	12/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:50.19	Amadeu Andr�, CRUZ	POR	Porto	29/04/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	1:47.53	Simao Pedro, ROCHA	CAP	Campanha	09/04/2022
Rec Reg Adaptada S14	1:39.19	Pedro Miguel, RIBEIRO	CPN	Porto	21/04/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	1:52.79	Pedro Miguel, COSTA	CFP	P�ova de Varzim	18/06/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	1:49.71	Andre Guimaraes, SILVA	FCP	Campanha	09/04/2022
Rec Reg Adaptada S21 Esperanas	2:12.90	Rui Miguel, PESTANA	FCP	P�ova de Varzim	18/06/2016
Rec Reg Adaptada S21	1:54.54	Rui Miguel, PESTANA	FCP	P�ova de Varzim	06/04/2019

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
1.	Jaime Lopes, CATARINO <i>Recorde Nacional</i>	M	147100	91	Fcp	2:19.20
2.	Ricardo Jorge, MOREIRA <i>Recorde Regional</i>	M	208706	01	Fcp	3:21.95
3.	Luis Carlos, NASCIMENTO	M	212095	06	Fcp	3:31.86

Prova 6, Masc., 100m Bruços

Classe SB6-Seniores

1. Renato Alexandre, OLIVEIRA	M	201295	82	ADADA	2:16.09
<i>Recorde Regional</i>					
2. Nuno Diogo, ALVES	M	148292	88	Gondomar Cultural	2:31.32
3. Helder Ferreira, SOUSA	M	207625	75	Fcp	2:56.47

Classe SB7-Seniores

1. Joao Pedro, MONTEIRO	M	208705	04	Fcp	2:27.33
<i>Recorde Regional</i>					

Classe SB14-Esperanças

1. Alberto Guedes, VALENTIM	M	216603	07	Fcp	1:34.14
<i>Recorde Regional</i>					

Classe SB14-Seniores

1. Luis Miguel, MONTEIRO	M	133454	96	ADADA	2:11.58
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Classe SB17 -Seniores

DSQ Pedro Fernandes, MANITO	M	210491	02	Palmela	
<i>3.4.5 - O(A) atleta efetuou movimento alternado de pernas durante o percurso - IPC 3.4.5, Ap�s as viragens</i>					

Classe SB21 -Seniores

DSQ Jos� Pedro, FERREIRA	M	215733	04	Alhandra	
<i>3.4.6 - O(a) atleta n�o tocou com as m�os, na parede, (simultaneamente / separadas) na viragem aos 50 metros - IPC 3.4.6</i>					

Classe SB110-Esperanças

1. Luis Gabriel, MAGALH�ES	M	215930	07	Lousada S�culo XXI	1:58.81
EXH Antonio Joaquin, ALVES	M	210482	97	Feira Viva	1:36.80
EXH Andre Reis, ALMEIDA	M	201716	00	Sporting	1:44.50
EXH Samuel Lima, DUARTE	M	207426	04	Feira Viva	1:45.28
EXH Diogo Jos�, MARQUES	M	209288	99	Alhandra	2:14.15
50m: 1:02.76	1:02.76	100m: 2:14.15	1:11.39		
EXH Luis Bernardo, SA	M	203797	96	Feira Viva	2:30.01
EXH Rodrigo Oliveira, SILVA	M	214788	08	Feira Viva	3:08.72
EXH Jo�o Paulo, FARRIM	M	215863	72	Alhandra	3:25.76
50m: 1:37.19	1:37.19	100m: 3:25.76	1:48.57		

Prova 7
03/12/2022 - 16:42

Femin., 200m Costas

Absoluto
Resultados

Rec Nac S14	3:14.60	Sonia Castanheiro, RESENDE	SCA	P�ova de Varzim	18/06/2016
Rec Nac S15	3:43.76	Raquel Rosa, CORREIA	ACDCBR	P�ova de Varzim	18/06/2016
Rec Nac S17	59:00.00	start,			
Rec Nac S21	3:41.39	Mannie, NG	POR	Liberec (CZE)	08/07/2009
Rec Reg Adaptada S14 Esperanas	4:44.99	Joana Candeias, REGO	ADADA	P�ova de Varzim	07/04/2019
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	3:44.23	Diana In�s, TORRES	ADADA	P�ova de Varzim	09/05/2015

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Classe S14-Seniores

1.	Beatriz Moreira, ALMEIDA	F	203836	04	ADADA	4:45.19
	100m: 2:21.18 2:21.18	200m:	4:45.19	2:24.01		
2.	Joana Candeias, REGO	F	203837	04	ADADA	5:15.33
	100m: 2:23.71 2:23.71	200m:	5:15.33	2:51.62		

Classe S17 -Seniores

1.	Francisca Araujo, FERREIRA	F	133461	96	ADADA	5:52.06
	<i>Recorde Nacional</i>					
	100m: 2:47.52 2:47.52	200m:	5:52.06	3:04.54		

Classe S21 -Seniores

1.	Noemi Pereira, COSTA	F	204887	93	Gondomar Cultural	6:18.98
	<i>Recorde Regional</i>					
	100m: 3:03.50 3:03.50	200m:	6:18.98	3:15.48		

DSQ Bruna Gomes, CASTRO F 207055 04 Feira Viva
3.3.2 - O(A) atleta perdeu a posio dorsal durante o percurso - IPC 3.3.2, 100 metros

EXH	Patricia Alexandra, SOUSA	F	206924	01	Alhandra	5:15.00
	50m: 1:08.89 1:08.89	100m:	2:29.97	1:21.08	200m: 5:15.00 2:45.03	
EXH	Gabriela Chambel, MATOS	F	202858	05	Alhandra	5:38.18
	50m: 1:16.52 1:16.52	100m:	2:44.91	1:28.39	200m: 5:38.18 2:53.27	
EXH	Catarina Resende, GRACA	F	207054	04	Feira Viva	7:37.76
	100m: 3:43.45 3:43.45	200m:	7:37.76	3:54.31		
EXH	Camila Matos, MOURATO	F	216544	06	Alhandra	8:01.24
	100m: 3:58.60 3:58.60	200m:	8:01.24	4:02.64		

Prova 8	Masc., 200m Costas				Absoluto
03/12/2022 - 16:59					Resultados
Rec Nac S8	2:51.97	Diogo Luis, CANCELA	CNMC	Coimbra	11/07/2021
Rec Nac S14	2:49.95	Rodrigo Oliveira, PATRICIO	FVCD	Porto	29/01/2022
Rec Nac S15	2:23.63	Tiago Correia, NEVES	CFB	P�voa de Varzim	12/05/2018
Rec Nac S17	3:14.51	Andre Guimaraes, SILVA	FCP	P�voa de Varzim	27/11/2021
Rec Nac S21	3:09.88	Andre Reis, ALMEIDA	POR	Olbia (ITA)	20/09/2019
Rec Reg Adaptada S14 Esperanas	3:24.31	Sim�o Pedro, ROCHA	CAP	P�voa de Varzim	27/11/2021
Rec Reg Adaptada S14	3:10.04	Andr� Guimar�es, SILVA	CNMAIA	P�voa de Varzim	09/05/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	3:14.51	Andr� Guimar�es, SILVA	FCP	P�voa de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	4:04.76	Francisco Pessanha, MONTES	ADADA	Vila Franca de Xira	05/03/2016
Rec Reg Adaptada S21	3:28.09	Jose Miguel, SILVA	POR	Oeiras	11/05/2019

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Classe S14-Seniores

1.	Simao Pedro, ROCHA	M	203015	06	Aquatico Pacense	2:59.98
	<i>Recorde Regional</i>					
	100m:	1:28.07	1:28.07	200m:	2:59.98	1:31.91

Classe S17 -Seniores

1.	David Silva, PAIVA	M	212742	04	Fcp	3:48.14
	<i>Recorde Regional</i>					
	100m:	1:48.09	1:48.09	200m:	3:48.14	2:00.05

Classe S21 -Seniores

DSQ	Rui Miguel, PESTANA	M	201141	00	Individual Norte de Portugal	
	3.3.2 - O(A) atleta perdeu a posi�o dorsal durante o percurso - IPC 3.3.2					

DSQ	Joao Pedro, GOMES	M	215274	82	ADADA	
	3.3.2 - O(A) atleta perdeu a posi�o dorsal durante o percurso - IPC 3.3.2					

EXH	Rodrigo Oliveira, PATRICIO	M	201581	05	Feira Viva	2:54.82
	100m:	1:26.26	1:26.26	200m:	2:54.82	1:28.56
EXH	Joao Barge, ANDRADE	M	214789	06	Feira Viva	4:04.49
	100m:	1:57.63	1:57.63	200m:	4:04.49	2:06.86
EXH	Joel Alexandre, PEREIRA	M	148272	92	APC Coimbra	4:11.17
	100m:	2:01.62	2:01.62	200m:	4:11.17	2:09.55
EXH	Micael Alexandre, VIEIRA	M	210485	07	Alhandra	4:27.12
	50m:	55.49	55.49	100m:	2:05.74	1:10.25
				200m:	4:27.12	2:21.38
EXH	Vasco Feliciano, SOARES	M	217139	09	Feira Viva	4:50.79
	100m:	2:18.87	2:18.87	200m:	4:50.79	2:31.92
EXH	Diogo Miguel, CORREIA	M	217138	08	Feira Viva	5:49.83
	100m:	2:45.84	2:45.84	200m:	5:49.83	3:03.99

Prova 9 03/12/2022 - 17:13	Femin., 100m Mariposa				Absoluto Resultados
Rec Nac S8	1:29.49	Ana Filipa, CASTRO	POR	Funchal	14/06/2022
Rec Nac S9	1:17.64	Leila Susana, MARQUES	POR	Atenas (GRE)	17/09/2004
Rec Nac S10	1:15.72	Teresa Lamego, NEVES	POR	Glasgow (GBR)	17/07/2015
Rec Nac S11	59:00.00	start,			
Rec Nac S12	59:00.00	start,			
Rec Nac S13	59:00.00	start,			
Rec Nac S14	1:42.84	Sonia Castanheiro, RESENDE	SCA	Porto	30/04/2017
Rec Nac S15	1:26.66	Susana Maria, LOURENCO	SCP	P�voa de Varzim	18/06/2016
Rec Nac S16	59:00.00	start,			
Rec Nac S17	59:00.00	start,			
Rec Nac S21	1:47.00	Diana Ines, TORRES	FCP	Oeiras	11/05/2019
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	2:12.64	Beatriz Soares, RODRIGUES	APUVE	P�voa de Varzim	13/12/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S21 -Seniores						
1.	Diana Ines, TORRES <i>Recorde Regional</i>	F	133453	99	Fcp	1:49.38
2.	Ana Alexandra, CASTRO	F	148287	92	Fcp	2:15.44
DSQ	Barbara Ines, GOMES <i>3.1.5 - Falsa Partida IPC 3.1.5</i>	F	148265	91	APC Coimbra	
DSQ	Sara Isabel, DUARTE <i>3.5.2 - O(a) atleta efetuou braada subaqu�tica depois da (partida / viragem dos ... metros) - IPC 3.5.2, percurso dos 100 metros</i>	F	204091	91	AP Vila D Este	
EXH	Ana Filipa, CASTRO	F	131735	97	Feira Viva	1:33.62

Prova 10 03/12/2022 - 17:16	Masc., 100m Mariposa				Absoluto Resultados
Rec Nac S8	1:04.30	Diogo Luis, CANCELA	POR	Funchal	14/06/2022
Rec Nac S9	1:06.63	David Realista, GRACHAT	POR	Sheffield (GBR)	17/04/2010
Rec Nac S10	1:03.52	Emanuel Luis, GONCALVES	POR	Reykjavik (ISL)	22/10/2009
Rec Nac S11	1:21.25	Marco Ribeiro, MENESES	POR	Tokyo (JPN)	03/09/2021
Rec Nac S12	1:36.62	Joao Tanica, CRUZ	PDEM	Oeiras	11/05/2019
Rec Nac S13	1:04.97	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	08/08/2014
Rec Nac S14	1:18.55	Samuel Lima, DUARTE	FVCD	Campanha	10/04/2022
Rec Nac S15	59.56	Tiago Correia, NEVES	POR	S�o Paulo (BRA)	27/08/2019
Rec Nac S16	1:11.98	Andre Camara, JORGE	CEOL	Funchal	15/06/2019
Rec Nac S17	1:37.58	Andre Guimaraes, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Nac S21	1:20.02	Filipe Bjorcke, SANTOS	POR	Florence (ITA)	20/07/2016
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	1:33.77	Bruno Ferreira, REIS	FCP	Porto	26/06/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	1:17.63	Renato Filipe, SILVA	FCP	Funchal	19/02/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	1:05.56	Tom�s Coelho, CORDEIRO	POR	Lignano (ITA)	13/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:22.98	Amadeu Andr�, CRUZ	FCP	Oeiras	17/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	1:50.20	Carlos Alexandre, BRTO	APUVE	Vila Franca de Xira	22/02/2015
Rec Reg Adaptada S14	1:20.79	Pedro Miguel, RIBEIRO	CPN	P�ova de Varzim	12/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	1:37.58	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21	1:49.41	Jos� Miguel, SILVA	FCP	Porto	03/11/2019

Lugar Nome Sexo Licena Ano Clube Tempo Final

Classe S8-Seniores

1. Bruno Ferreira, REIS M 133136 00 Fcp **1:43.17**
Recorde Regional

Classe S9-Seniores

WDR Renato Filipe, SILVA M 148373 98 Fcp

Classe S21 -Seniores

1. Daniel Filipe, MOREIRA M 148345 97 AP Vila D Este **1:54.53**
Recorde Regional

Classe S110 -Esperanas

1. Luis Gabriel, MAGALH ES M 215930 07 Lousada S culo XXI **1:59.55**

Prova 10, Masc., 100m Mariposa

EXH Samuel Lima, DUARTE <i>Recorde Nacional</i>	M	207426	04	Feira Viva	1:17.34
EXH Joao Francisco, VAZ	M	133323	92	Sporting	1:28.66
EXH Alexandre Costa, COUTO	M	120634	01	Sporting	1:40.66

Prova 11

Femin., 200m Bruços

Absoluto

03/12/2022 - 17:19

Resultados

Rec Nac S14	3:32.83	Sonia Castanheiro, RESENDE	POR	Loano (ITA)	13/06/2016
Rec Nac S15	3:18.70	Susana Maria, LOURENCO	SCP	Vila Franca de Xira	05/03/2016
Rec Nac S17	59:00.00	start,			
Rec Nac S21	4:18.17	Matilde Lucia, GASPAR	APCC	Porto	29/01/2022
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Lugar Nome

Sexo Licena Ano Clube

Tempo Final

Prova 12

Masc., 200m Bruços

Absoluto

03/12/2022 - 17:19

Resultados

Rec Nac S8	3:03.49	Diogo Luis, CANCELA	CNMC	Coimbra	10/07/2021
Rec Nac S14	3:24.68	Carlos, DUARTE		Liberec (CZE)	13/07/1997
Rec Nac S15	2:34.24	Tiago Correia, NEVES	POR	Caxias do Sul (BRA)	07/05/2022
Rec Nac S17	3:45.52	Daniel Mendo, OLIVEIRA	AO21	Coimbra	09/01/2022
Rec Nac S21	3:14.60	Joao Francisco, VAZ	POR	Olbia (ITA)	21/09/2019
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14	3:33.54	Andr� Guimar�es, SILVA	CNMAIA	P�voa de Varzim	09/05/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	4:22.82	Pedro Miguel, COSTA	CFP	Porto	06/02/2016
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	3:57.89	Andre Guimaraes, SILVA	FCP	Campanha	09/04/2022
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21	4:12.23	Jos� Miguel, SILVA	CFP	Porto	29/05/2017

Lugar Nome

Sexo Licena Ano Clube

Tempo Final

Classe S17 -Seniores

1. Andre Guimaraes, SILVA M 148288 96 Fcp **3:50.28**
Recorde Regional

100m: 1:51.01 1:51.01 200m: 3:50.28 1:59.27

DSQ Pedro Fernandes, MANITO M 210491 02 Palmela
3.4.6 - O(a) atleta n o tocou com as m os, na parede, (simultaneamente / separadas) na viragem aos 50 metros - IPC 3.4.6

EXH Diogo Lopes, GOMES M 147098 96 Feira Viva **3:59.35**
100m: 1:54.92 1:54.92 200m: 3:59.35 2:04.43

Prova 13 Femin., 50m Livres
03/12/2022 - 17:24 Absoluto Resultados

Rec Nac S1	59:00.00	start,				
Rec Nac S2	1:52.21	Susana, PINTO	CNBC			02/09/1995
Rec Nac S3	1:05.08	Susana Cristina, BARROSO	POR	Sydney (AUS)		15/10/2000
Rec Nac S4	57.88	Diana Lobo, GUIMARAES	FCP	P�ova de Varzim		16/03/2008
Rec Nac S5	44.17	Simone Silva, FRAGOSO	POR	Berlim (GER)		28/06/2012
Rec Nac S6	1:19.30	Ana Sofia, BARBOSA	FCP	P�ova de Varzim		27/11/2021
Rec Nac S7	1:07.41	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)		06/05/2018
Rec Nac S8	37.00	Ana Filipa, CASTRO	FVCD	Porto		24/03/2019
Rec Nac S9	28.85	Susana Pereira, VEIGA	POR	Funchal		22/05/2021
Rec Nac S10	32.95	Teresa Lamego, NEVES	SCP	Campanha		01/06/2014
Rec Nac S11	1:45.07	Cristiana Marisa, NETO	ADADA	Porto		30/04/2017
Rec Nac S12	59:00.00	start,				
Rec Nac S13	42.22	Camila Anjos, NEVES	ASC	Povoa de Varzim		13/05/2018
Rec Nac S14	33.61	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		10/06/2016
Rec Nac S15	31.46	Eunice Evora, ALMEIDA	CDAP	Oeiras		11/05/2019
Rec Nac S16	41.13	Maria Joao, TABORDA	FCP	Oeiras		11/05/2019
Rec Nac S17	42.36	Beatriz Malaquias, PELAIO	APPDAC	Povoa de Varzim		07/04/2019
Rec Nac S21	43.45	Filipa Sa, REIS	SCA	Porto		26/05/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	1:07.41	Ana Branca, SAMPAIO	ANNP	Valladolid (ESP)		06/05/2018
Rec Reg Adaptada S8 Esperanas	40.59	Iara Pinto, TORRES	FCP	Porto		24/06/2021
Rec Reg Adaptada S9 Esperanas	35.83	Renata Vaz, PINTO	LSC	Berlin (GER)		24/04/2014
Rec Reg Adaptada S10 Esperanas	50.44	Maria Matilde, MORAIS	ADADA	Porto		25/04/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	44.30	Maria Mafalda, SOARES	ADADA	Porto		22/04/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	46.74	Diana In�es, TORRES	ADADA	Vila Franca de Xira		22/02/2015

Lugar Nome Sexo Licena Ano Clube Tempo Final

Classe S8-Seniores

1. Carlota Girao, FERREIRA	F	216675	06	ADADA	56.01
2. Rita Manuela, SANTOS	F	206298	96	ADADA	1:15.70
3. Claudia Sofia, DOURADO	F	216604	94	Fcp	1:30.44

Classe S9-Seniores

1. Renata Vaz, PINTO	F	108165	99	ADADA	33.59
<i>Recorde Regional</i>					

Classe S14-Esperanas

DSQ Laura Soares, RODRIGUES	F	213509	08	Alhandra	
<i>3.1.5 - Falsa Partida IPC 3.1.5</i>					

Prova 13, Femin., 50m Livres

Classe S14-Seniores

1. Maria Mafalda, SOARES	F	153119	02	ADADA	42.58
<i>Recorde Regional</i>					
2. Susana Raquel, GOUVEIA	F	133446	89	ADADA	45.10
3. Joana Candeias, REGO	F	203837	04	ADADA	45.81
4. Beatriz Moreira, ALMEIDA	F	203836	04	ADADA	53.31
5. Carla Filipa, SILVA	F	201537	97	Lousada S�culo XXI	1:08.77

Classe S17 -Seniores

1. Francisca Araujo, FERREIRA	F	133461	96	ADADA	1:16.98
<i>Recorde Regional</i>					
2. Maria Beatriz, RAPOSO	F	218182	06	ADADA	1:26.81

Classe S21 -Seniores

1. Noemi Pereira, COSTA	F	204887	93	Gondomar Cultural	1:08.98
DSQ Carina Barbosa, MOREIRA	F	148289	81	Gondomar Cultural	57.34
<i>3.1.5 - Falsa Partida IPC 3.1.5</i>					
WDR Claudia Maria, RIBEIRO	F	201538	04	Lousada S�culo XXI	

Classe S113-Seniores

1. Debora Filipa, SANTOS	F	132091	92	Vilacondense	1:01.38
EXH Adriana Godinho, REIS	F	133132	95	Feira Viva	48.47
EXH Raquel Rocilio, MONTEIRO	F	147090	98	Feira Viva	51.07
EXH Carolina Caetano, LOURENCO	F	201276	94	APC Coimbra	54.47
EXH Patricia Alexandra, SOUSA	F	206924	01	Alhandra	56.51
EXH Gabriela Chambel, MATOS	F	202858	05	Alhandra	1:04.00
EXH Bruna Gomes, CASTRO	F	207055	04	Feira Viva	1:15.38
EXH Catarina Resende, GRACA	F	207054	04	Feira Viva	1:50.44
EXH Cl�udia Filipa, PENETRO	F	213508	00	Alhandra	2:06.23
EXH Camila Matos, MOURATO	F	216544	06	Alhandra	2:09.56

Prova 14		Masc., 50m Livres			Absoluto
03/12/2022 - 17:37					Resultados
Rec Nac S1	1:35.50	Joao, MARTINS	CNBC	P�voa de Varzim	03/04/2011
Rec Nac S2	1:19.73	Joao Alexandre, PINA	POR	Funchal	01/05/2016
Rec Nac S3	1:14.92	Nuno, VITORINO	POR	Madrid (ESP)	29/03/2002
Rec Nac S4	48.30	Rui Manuel, PEDROSO	POR	Atlanta (USA)	20/09/1996
Rec Nac S5	42.56	Ivo Filipe, ROCHA	FVCD	Valladolid (ESP)	04/05/2019
Rec Nac S6	32.39	Daniel Carlos, VIDEIRA	GESL	Oeiras	11/05/2019
Rec Nac S7	33.77	Daniel Carlos, VIDEIRA	GESL	Porto	22/04/2018
Rec Nac S8	29.32	David Pedro, CARREIRA	POR	Rio de Janeiro (BRA)	16/09/2016
Rec Nac S9	26.23	Gino Santos, CAETANO	CGA	Povoa de Varzim	08/12/2019
Rec Nac S10	26.50	Gino Santos, CAETANO	CGA	Coimbra	31/03/2017
Rec Nac S11	27.86	Marco Ribeiro, MENESES	POR	Funchal	12/06/2022
Rec Nac S12	32.17	Joao Tanica, CRUZ	PDEM	Oeiras	11/05/2019
Rec Nac S13	27.56	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	07/08/2014
Rec Nac S14	28.88	Samuel Lima, DUARTE	FVCD	Coimbra	28/05/2022
Rec Nac S15	25.30	Tiago Correia, NEVES	CFB	Funchal	23/03/2018
Rec Nac S16	26.90	Andre Camara, JORGE	POR	Newcastle (GBR)	21/08/2019
Rec Nac S17	36.07	Miguel Paiva, BRANCO	APPDAC	Rio Maior	25/01/2020
Rec Nac S21	30.99	Vicente Barros, PEREIRA	SCP	Porto (ARG)	29/01/2022
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	1:22.22	Pedro Moreira, PRAZERES	CFP	Porto	29/01/2022
Rec Reg Adaptada S5 Esperanas	52.25	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S5	45.11	Ricardo Jorge, MOREIRA	FCP	Porto	26/06/2021
Rec Reg Adaptada S6 Esperanas	1:00.05	Luis Carlos, NASCIMENTO	FCP	P�voa de Varzim	27/11/2021
Rec Reg Adaptada S6	44.35	Jos� Manuel, PINTO	ADADA	Porto	29/01/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	35.07	Jo�o Miguel, CAMPOS	ADADA	Porto	24/03/2019
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	30.34	Jo�o Silva, ROCHA	FCP	Porto	25/04/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	29.23	Renato Filipe, SILVA	FCP	P�voa de Varzim	19/03/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	33.64	Ant�nio Pedro, OLIVEIRA	FCP	Porto	26/06/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	34.94	Amadeu Andr�, CRUZ	POR	P�voa de Varzim	21/05/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13	1:15.22	Andr� Joaquim, TRIGUEIRA	ADADA	P�voa de Varzim	25/05/2018
Rec Reg Adaptada S14 Esperanas	36.29	Carlos Alexandre, BRITO	APUVE	Vila Franca de Xira	22/02/2015
Rec Reg Adaptada S14	30.79	Pedro Miguel, RIBEIRO	CNMAIA	P�voa de Varzim	18/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	36.59	Pedro Miguel, COSTA	CFP	P�voa de Varzim	18/06/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	39.41	Americo Manuel, OLIVEIRA	ADDEG	Campanha	10/04/2022
Rec Reg Adaptada S17	36.42	Humberto J�lio, MENDES	ADADA	Coimbra	09/01/2022
Rec Reg Adaptada S21 Esperanas	40.38	Marcelo Esteves, EUS�BIO	ADADA	Porto	20/05/2018
Rec Reg Adaptada S21	34.13	Rui Miguel, PESTANA	FCP	Porto	25/04/2021

Lugar Nome Sexo Licena Ano Clube Tempo Final

Prova 14, Masc., 50m Livres

Classe S4-Seniores

1. Pedro Moreira, PRAZERES <i>Recorde Regional</i>	M	148372	00	Fluvial Portuense	1:25.49
2. Diogo Andre, CARVALHO	M	204176	99	Gondomar Cultural	2:29.83

Classe S5-Seniores

1. Jaime Lopes, CATARINO	M	147100	91	Fcp	1:03.04
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Classe S6-Seniores

1. Jose Manuel, PINTO <i>Recorde Regional</i>	M	148323	00	ADADA	44.69
2. Joao Pedro, MONTEIRO	M	208705	04	Fcp	59.61

Classe S7-Seniores

1. Joao Miguel, CAMPOS <i>Recorde Regional</i>	M	202239	79	ADADA	35.29
2. Renato Alexandre, OLIVEIRA	M	201295	82	ADADA	37.62
3. Nuno Diogo, ALVES	M	148292	88	Gondomar Cultural	50.51
4. Helder Ferreira, SOUSA	M	207625	75	Fcp	56.87

Classe S9-Esperanas

1. Ricardo Silva, REIS <i>Recorde Regional</i>	M	216676	09	ADADA	39.60
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Classe S13-Seniores

1. Filipe Luis, CARDOSO	M	204080	01	ADADA	1:31.69
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Classe S14-Esperanas

1. Alberto Guedes, VALENTIM <i>Recorde Regional</i>	M	216603	07	Fcp	32.45
2. Rodrigo Fernandes, PAUPERIO	M	217960	07	ADADA	2:41.58

Classe S14-Seniores

1. Pedro Miguel, LEAL	M	148293	90	Vilacondense	36.49
2. Luis Miguel, MONTEIRO	M	133454	96	ADADA	37.66
3. Miguel Vieira, MONTEIRO	M	213872	01	Fluvial Portuense	1:32.44
4. Otavio Filipe, BESSA	M	201539	00	Lousada S�culo XXI	1:58.71
DNS Jorge Filipe, RIBEIRO	M	148322	81	ADADA	

Classe S15 -Seniores

1. Afonso Cunha, FELGUEIRAS <i>Recorde Regional</i>	M	132413	98	Fluvial Portuense	34.82
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Prova 14, Masc., 50m Livres

Classe S17 -Esperancas

1.	Americo Manuel, OLIVEIRA	M	212076	08	Gondomar Cultural	37.96
	<i>Recorde Regional</i>					
2.	Santiago Batista, BARBOSA	M	217961	08	ADADA	1:05.57
3.	Vasco Paixao, OLIVEIRA	M	217962	15	ADADA	1:31.45
DSQ	Nuno Rafael, GUIMARAES	M	217959	09	ADADA	
	3.8.5 - O(A) atleta puxou pela pista separadora aos ... metros - IPC 3.8.5					

Classe S17 -Seniores

1.	Bruno Miguel, SILVA	M	203838	93	Fcp	41.55
2.	Humberto Julio, MENDES	M	204182	90	ADADA	41.56
3.	David Silva, PAIVA	M	212742	04	Fcp	41.95
4.	Bruno Ricardo, GUIMARAES	M	206297	94	ADADA	45.44
5.	Pedro Henrique, RODRIGUES	M	204177	97	Gondomar Cultural	1:30.93

Classe S21 -Seniores

1.	Marcelo Esteves, EUSEBIO	M	133451	02	ADADA	42.07
2.	Hugo Bernardo, GONCALVES	M	148371	96	Fcp	47.63
3.	Joao Pedro, GOMES	M	215274	82	ADADA	1:05.48

Classe S110-Seniores

1.	Bruno Miguel, FERREIRA	M	216695	77	Gondomar Cultural	1:58.97
EXH	Antonio Joaquin, ALVES	M	210482	97	Feira Viva	31.18
EXH	Francisco Mario, GOUVEIA	M	203960	75	Feira Viva	39.79
EXH	Ivo Filipe, ROCHA	M	131736	90	Feira Viva	41.60
	<i>Recorde Nacional</i>					
EXH	Welisson Gonçalo, SILVA	M	210914	05	Alhandra	44.72
EXH	Diogo Jos�, M�RQUES	M	209288	99	Alhandra	46.32
EXH	Luis Bernardo, SA	M	203797	96	Feira Viva	48.51
EXH	Joel Alexandre, PEREIRA	M	148272	92	APC Coimbra	48.98
EXH	Ruben Jose, SANTOS	M	148261	80	APC Coimbra	49.99
EXH	Micael Alexandre, VIEIRA	M	210485	07	Alhandra	50.28
EXH	Rodrigo Oliveira, SILVA	M	214788	08	Feira Viva	52.36
EXH	Jo�o Paulo, FARRIM	M	215863	72	Alhandra	52.97
EXH	Joao Barge, ANDRADE	M	214789	06	Feira Viva	56.58
EXH	Vasco Feliciano, SOARES	M	217139	09	Feira Viva	1:05.35
EXH	Diogo Miguel, CORREIA	M	217138	08	Feira Viva	1:06.98
EXH	Jos� Pedro, FERREIRA	M	215733	04	Alhandra	1:17.11
EXH	Jose Antonio, ALBERGARIA	M	214787	98	Feira Viva	1:18.33
EXH	Ilia, MOSKOVITSEV	M		08	ADADA	1:31.93
EXH	Leonardo Ferreira, SILVA	M	209874	01	Feira Viva	1:58.25
EXH	Semen, MOSKOVITSEV	M		08	ADADA	2:27.36

Prova 15	Femin., 4 x 100m Livres				Absoluto
03/12/2022 - 18:00					Resultados
Rec Nac S14	6:45.87	Sporting Clube de Aveiro	SCA	Porto	29/04/2017
Rec Nac S17	59:00.00	start			
Rec Nac S21	7:08.91	Sporting Clube de Aveiro	SCA	Porto	29/04/2017
Rec Nac 34P	6:28.56	Feira Viva Cultura e Desporto	FVCD	Porto	29/04/2017
Rec Reg Adaptada 34P	59:00.00	Start			

Lugar	Sexo	Licena	Ano	Clube	Tempo Final
34 pontos					
1. ADADA 1	F			ADADA	7:01.94
<i>Recorde Regional</i>					
Susana Raquel, GOUVEIA S14	89	1:46.39		Beatriz Moreira, ALMEIDA S14	04 1:58.25
Joana Candeias, REGO S14	04	1:41.96		Maria Mafalda, SOARES S14	02 1:35.34
EXH Alhandra 1	F			Alhandra	12:33.21
Laura Soares, RODRIGUES S14	08	4:12.79		Camila Matos, MOURATO S14	06 3:50.39
Gabriela Chambel, MATOS S14	05	2:25.23		Patricia Alexandra, SOUSA S14	01 2:04.80

Prova 16	Masc., 4 x 100m Livres				Absoluto
03/12/2022 - 18:07					Resultados
Rec Nac S14	5:08.04	Feira Viva Cultura e Desporto EM	FVCD	Porto	26/06/2021
Rec Nac S17	59:00.00	start			
Rec Nac S21	5:47.19	Sporting Clube de Portugal	SCP	Rio Maior	25/01/2020
Rec Nac 34P	4:33.84	Gesloures-Gestao Equip. Sociais, EIGESL		Rio Maior	25/01/2020
Rec Reg Adaptada S14	5:24.28	Clube Nataç�o da Maia	CNMAIA	Vila Franca de Xira	05/03/2016
Rec Reg Adaptada S17	59:00.00	Start			
Rec Reg Adaptada S21	59:00.00	Start			
Rec Reg Adaptada 34P	5:32.26	Futebol Clube do Porto	FCP	Porto	29/01/2022

Lugar	Sexo	Licena	Ano	Clube	Tempo Final
34 pontos					
1. Fcp 34	M			Fcp	6:51.16
Bruno Ferreira, REIS S8	00	1:16.25		Luis Carlos, NASCIMENTO S5	06 29.13
Ricardo Jorge, MOREIRA S5	01	1:17.34		Helder Ferreira, SOUSA S7	75 3:48.44
EXH Alhandra 2	M			Alhandra	8:52.97
Micael Alexandre, VIEIRA S14	07	4:08.51		Welisson Gonalo, SILVA S14	05 2:13.64
Jos� Pedro, FERREIRA S21	04	30.14		Diogo Jos�, MARQUES S14	99 2:00.68

Prova 17					Femin., 800m Livres		Absoluto	
03/12/2022 - 18:12							Resultados	
Rec Nac S14	14:37.94	Susana Raquel, GOUVEIA	ADADA	Porto			29/04/2017	
Rec Nac S15	13:10.81	Susana Maria, LOURENCO	SFP	Loul�			28/06/2013	
Rec Nac S17	59:00.00	start,						
Rec Nac S21	16:12.88	Matilde Lucia, GASPAR	APCC	Campanha			09/04/2022	
Rec Reg Adaptada S14 Esperanas	17:54.05	Joana Candeias, REGO	ADADA	Porto			23/03/2019	
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,						

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final						
EXH	Filipa Sa, REIS	F	147099	00	Feira Viva	15:31.15						
	<i>Recorde Nacional</i>											
	100m:	1:47.69	1:47.69	300m:	5:41.73	1:56.79	500m:	9:37.88	1:58.51	700m:	13:36.34	1:58.55
	200m:	3:44.94	1:57.25	400m:	7:39.37	1:57.64	600m:	11:37.79	1:59.91	800m:	15:31.15	1:54.81
EXH	Matilde Lucia, GASPAR	F	201275	06	APC Coimbra	15:47.31						
	100m:	1:47.98	1:47.98	300m:	5:45.86	1:59.21	500m:	9:49.64	2:02.30	700m:	13:42.31	1:51.59
	200m:	3:46.65	1:58.67	400m:	7:47.34	2:01.48	600m:	11:50.72	2:01.08	800m:	15:47.31	2:05.00

Prova 18					Masc., 800m Livres		Absoluto	
03/12/2022 - 18:29							Resultados	
Rec Nac S6	12:23.11	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim			08/12/2019	
Rec Nac S8	11:08.65	Ricardo Aderneira, SOARES	GESL	Povoa de Varzim			08/12/2019	
Rec Nac S9	9:37.37	David Realista, GRACHAT	GESL	Povoa de Varzim			08/12/2019	
Rec Nac S14	11:44.84	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim			20/05/2018	
Rec Nac S15	9:17.95	Miguel Duarte, CRUZ	CFB	Coimbra			28/03/2021	
Rec Nac S17	13:08.24	Pedro Fernandes, MANITO	PDEM	Campanha			09/04/2022	
Rec Nac S21	12:41.88	Francisco Pessanha, MONTES	ADADA	Campanha			09/04/2022	
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S14	11:44.84	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim			20/05/2018	
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S15	59:00.00	Start,						
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,						
Rec Reg Adaptada S17	14:50.16	Bruno Miguel, SILVA	FCP	Campanha			09/04/2022	
Rec Reg Adaptada S21 Esperanas	16:25.53	Francisco Pessanha, MONTES	ADADA	Porto			30/04/2017	
Rec Reg Adaptada S21	12:41.88	Francisco Pessanha, MONTES	ADADA	Campanha			09/04/2022	

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final						
Classe S14-Seniores												
1.	Pedro Miguel, RIBEIRO	M	148294	91	Gondomar Cultural	13:01.18						
	<i>Recorde Regional</i>											
	100m:	1:25.73	1:25.73	300m:	4:44.37	1:39.93	500m:	8:06.02	1:40.86	700m:	11:25.42	1:39.27
	200m:	3:04.44	1:38.71	400m:	6:25.16	1:40.79	600m:	9:46.15	1:40.13	800m:	13:01.18	1:35.76

Classe S21 -Seniores												
1.	Francisco Pessanha, MONTES	M	133450	02	ADADA	13:23.14						
	<i>Recorde Regional</i>											
	100m:	1:29.11	1:29.11	300m:	4:47.26	1:38.60	500m:	8:13.70	1:43.54	700m:	11:44.48	1:44.47
	200m:	3:08.66	1:39.55	400m:	6:30.16	1:42.90	600m:	10:00.01	1:46.31	800m:	13:23.14	1:38.66

Prova 18, Masc., 800m Livres

EXH	Rodrigo Oliveira, PATRICIO	M	201581	05	Feira Viva						10:58.57	
	<i>Recorde Nacional</i>											
	100m:	1:18.87	1:18.87	300m:	4:08.01	1:24.62	500m:	6:55.26	1:23.00	700m:	9:40.73	1:22.78
	200m:	2:43.39	1:24.52	400m:	5:32.26	1:24.25	600m:	8:17.95	1:22.69	800m:	10:58.57	1:17.84
EXH	Andre Reis, ALMEIDA	M	201716	00	Sporting						12:49.64	
	100m:	1:19.37	1:19.37	300m:	4:32.06	1:38.93	500m:	7:51.83	1:41.10	700m:	11:12.82	1:40.56
	200m:	2:53.13	1:33.76	400m:	6:10.73	1:38.67	600m:	9:32.26	1:40.43	800m:	12:49.64	1:36.82
EXH	Joao Francisco, VAZ	M	133323	92	Sporting						13:06.79	
	100m:	1:29.81	1:29.81	300m:	4:47.51	1:39.04	500m:	8:07.76	1:39.74	700m:	11:25.80	1:41.26
	200m:	3:08.47	1:38.66	400m:	6:28.02	1:40.51	600m:	9:44.54	1:36.78	800m:	13:06.79	1:40.99
EXH	Francisco Jose, VICENTE	M	148269	99	Sporting						14:12.58	
	100m:	1:33.65	1:33.65	300m:	5:13.00	1:50.31	500m:	8:52.53	1:48.80	700m:	12:28.69	1:47.69
	200m:	3:22.69	1:49.04	400m:	7:03.73	1:50.73	600m:	10:41.00	1:48.47	800m:	14:12.58	1:43.89

2 - 2^a Jornada - 1^a Sess o

04/12/2022 - 9:00

Prova 19	Femin., 100m Costas				Absoluto
04/12/2022 - 9:00					Resultados
Rec Nac S1	59:00.00	start,			
Rec Nac S2	59:00.00	start,			
Rec Nac S6	2:44.99	Ana Sofia, BARBOSA	FCP	Porto	30/01/2022
Rec Nac S7	2:36.68	Ana Branca, SAMPAIO	ADADA	Berlim (GER)	09/07/2017
Rec Nac S8	1:35.76	Ana Filipa, CASTRO	FVCD	Porto	25/05/2019
Rec Nac S9	1:19.54	Susana Pereira, VEIGA	CNCVG	Porto	27/06/2021
Rec Nac S10	1:22.85	Teresa Lamego, NEVES	POR	Eindhoven (NED)	09/08/2014
Rec Nac S11	4:37.31	Cristiana Marisa, NETO	ADADA	Porto	21/04/2018
Rec Nac S12	59:00.00	start,			
Rec Nac S13	1:55.77	Camila Anjos, NEVES	ASC	Povo de Varzim	13/05/2018
Rec Nac S14	1:30.24	Sonia Castanheiro, RESENDE	POR	Loano (ITA)	12/06/2016
Rec Nac S15	1:35.23	Ana, PEREIRA			01/01/1995
Rec Nac S16	59:00.00	start,			
Rec Nac S17	2:40.09	Francisca Araujo, FERREIRA	ADADA	Campanha	09/04/2022
Rec Nac S21	1:41.53	Mannie, NG	POR	Liberec (CZE)	10/07/2009
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7 Esperanas	2:36.68	Ana Branca, SAMPAIO	ADADA	Berlin (GER)	09/07/2017
Rec Reg Adaptada S8 Esperanas	1:50.89	Iara Pinto, TORRES	FCP	Porto	24/04/2021
Rec Reg Adaptada S9 Esperanas	1:26.53	Renata Vaz, PINTO	ADADA	P�voa de varzim	14/03/2015
Rec Reg Adaptada S10 Esperanas	2:14.79	Maria Matilde, MORAIS	ADADA	Porto	02/04/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	2:10.98	Beatriz Soares, RODRIGUES	APUVE	P�voa de Varzim	12/12/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	2:47.52	Francisca Araujo, FERREIRA	ADADA	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S21 Esperanas	3:03.50	Noemi Pereira, COSTA	ADDEG	P�voa de Varzim	03/12/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S8-Seniores						
1.	Carlota Girao, FERREIRA	F	216675	06	ADADA	2:18.63
2.	Rita Manuela, SANTOS	F	206298	96	ADADA	2:50.47
3.	Claudia Sofia, DOURADO	F	216604	94	Fcp	3:45.86
Classe S9-Seniores						
1.	Renata Vaz, PINTO	F	108165	99	ADADA	1:26.87
Classe S14-Seniores						
1.	Joana Candeias, REGO	F	203837	04	ADADA	2:24.40
Classe S113-Seniores						
WDR	Camila Anjos, NEVES	F	206308	01	Alhandra	

Prova 19, Femin., 100m Costas

EXH	Bruna Gomes, CASTRO	F	207055	04	Feira Viva	2:26.13
EXH	Gabriela Chambel, MATOS	F	202858	05	Alhandra	2:33.09
	50m: 1:13.70 1:13.70	100m:	2:33.09	1:19.39		
EXH	Laura Soares, RODRIGUES	F	213509	08	Alhandra	2:59.02
EXH	Catarina Resende, GRACA	F	207054	04	Feira Viva	3:29.10

Prova 20
04/12/2022 - 9:10

Masc., 100m Costas

Absoluto
Resultados

Rec Nac S1	3:35.90	Joao, MARTINS	CNBC	Berlim (GER)	01/07/2012
Rec Nac S2	2:41.89	Joao Alexandre, PINA	POR	Funchal	04/05/2016
Rec Nac S4	59:00.00	start,			
Rec Nac S6	1:21.90	Daniel Carlos, VIDEIRA	POR	Funchal	16/05/2021
Rec Nac S7	1:26.15	Daniel Carlos, VIDEIRA	GESL	Oeiras	18/06/2017
Rec Nac S8	1:13.33	Diogo Luis, CANCELA	POR	Dublin (IRL)	16/08/2018
Rec Nac S9	1:09.62	Gino Santos, CAETANO	POR	Dublin (IRL)	16/08/2018
Rec Nac S10	1:05.09	Gino Santos, CAETANO	SCA	Vila Franca de Xira	29/04/2012
Rec Nac S11	1:10.37	Marco Ribeiro, MENESES	POR	Funchal	17/06/2022
Rec Nac S12	59:00.00	start,			
Rec Nac S13	2:35.47	Andre Joaquim, TRIGUEIRA	ADADA	Porto	21/04/2018
Rec Nac S14	1:18.85	Andre Carreiro, PONTE	CNPDL	Porto	30/01/2022
Rec Nac S15	1:03.60	Tiago Correia, NEVES	POR	Lublin (POL)	02/07/2018
Rec Nac S16	3:05.42	Carlos Barbosa, MENDES	ASC	Povoa de Varzim	06/04/2019
Rec Nac S17	1:26.49	Daniel Mendo, OLIVEIRA	AO21	Porto	30/01/2022
Rec Nac S21	1:28.29	Andre Reis, ALMEIDA	SCP	Rio Maior	26/01/2020
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S4	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	2:03.84	Lu�s Carlos, NASCIMENTO	FCP	P�ova de Varzim	28/11/2021
Rec Reg Adaptada S6	1:43.20	Jos� Manuel, PINTO	ADADA	Porto	30/01/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	1:44.83	Jos� Manuel, PINTO	ADADA	Oeiras	27/06/2021
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	1:27.50	Bruno Ferreira, REIS	FCP	Porto	27/06/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	1:16.66	Renato Filipe, SILVA	ADADA	Porto	24/04/2021
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	1:08.68	Tom�s Coelho, CORDEIRO	CNCE	Porto	30/01/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:31.84	Amadeu Andr�, CRUZ	FCP	Oeiras	18/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	2:35.47	Andr� Joaquim, TRIGUEIRA	ADADA	Porto	21/04/2018
Rec Reg Adaptada S14 Esperanas	1:28.07	Simao Pedro, ROCHA	CAP	P�ova de Varzim	03/12/2022
Rec Reg Adaptada S14	1:28.07	Simao Pedro, ROCHA	CAP	P�ova de Varzim	03/12/2022
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	1:48.09	David Silva, PAIVA	FCP	P�ova de Varzim	03/12/2022
Rec Reg Adaptada S17	1:30.73	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	1:46.08	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim	19/05/2018
Rec Reg Adaptada S21	1:36.61	Francisco Pessanha, MONTES	ADADA	Campanha	09/04/2022

Lugar Nome Sexo Licena Ano Clube Tempo Final

Classe S6-Seniores

1.	Jose Manuel, PINTO	M	148323	00	ADADA	1:40.12
	<i>Recorde Regional</i>					
2.	Joao Pedro, MONTEIRO	M	208705	04	Fcp	2:11.56

Prova 20, Masc., 100m Costas

Classe S7-Seniores

1. Renato Alexandre, OLIVEIRA <i>Recorde Regional</i>	M	201295	82	ADADA	1:42.47
2. Joao Miguel, CAMPOS	M	202239	79	ADADA	1:47.92
3. Nuno Diogo, ALVES	M	148292	88	Gondomar Cultural	2:04.63
4. Helder Ferreira, SOUSA	M	207625	75	Fcp	2:13.55

Classe S8-Seniores

1. Bruno Ferreira, REIS <i>Recorde Regional</i>	M	133136	00	Fcp	1:27.64
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Classe S9-Esperanas

1. Ricardo Silva, REIS <i>Recorde Regional</i>	M	216676	09	ADADA	2:01.22
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Classe S9-Seniores

WDR Renato Filipe, SILVA	M	148373	98	Fcp	
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Classe S13-Seniores

1. Filipe Luis, CARDOSO <i>Recorde Regional</i>	M	204080	01	ADADA	3:05.91
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Classe S14-Esperanas

1. Alberto Guedes, VALENTIM	M	216603	07	Fcp	1:34.50
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Classe S14-Seniores

1. Simao Pedro, ROCHA <i>Recorde Regional</i>	M	203015	06	Aquatico Pacense	1:25.85
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Classe S17 -Seniores

1. Andre Guimaraes, SILVA <i>Recorde Regional</i>	M	148288	96	Fcp	1:31.37
2. Bruno Miguel, SILVA	M	203838	93	Fcp	1:35.08
3. Bruno Ricardo, GUIMARAES	M	206297	94	ADADA	2:11.84

Classe S21 -Seniores

1. Marcelo Esteves, EUSEBIO	M	133451	02	ADADA	1:54.46
2. Joao Pedro, GOMES	M	215274	82	ADADA	3:04.66
DNS Diogo Almeida, REGO	M	147097	97	Sporting Clube de Aveiro	

Classe S110-Esperanas

1. Luis Gabriel, MAGALH�ES	M	215930	07	Lousada S�culo XXI	1:54.63
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Prova 20, Masc., 100m Costas

EXH	Samuel Lima, DUARTE	M	207426	04	Feira Viva	1:21.71
EXH	Alexandre Costa, COUTO	M	120634	01	Sporting	1:35.90
EXH	Orlando Constancio, DUARTE	M	207632	89	Sporting Clube de Aveiro	1:45.18
EXH	Pedro Xavier, REBOCHO	M	217747	02	Sporting Clube de Aveiro	1:47.57
EXH	Francisco Mario, GOUVEIA	M	203960	75	Feira Viva	1:51.58
EXH	Micael Alexandre, VIEIRA	M	210485	07	Alhandra	2:07.18
	50m: 57.04 57.04	100m:	2:07.18	1:10.14		
EXH	Rodrigo Oliveira, SILVA	M	214788	08	Feira Viva	2:11.09
EXH	Diogo Jos�, MARQUES	M	209288	99	Alhandra	2:14.49
	50m: 59.42 59.42	100m:	2:14.49	1:15.07		
EXH	Vasco Feliciano, SOARES	M	217139	09	Feira Viva	2:17.78
EXH	Jo�o Paulo, FARRIM	M	215863	72	Alhandra	2:54.83
	50m: 1:21.20 1:21.20	100m:	2:54.83	1:33.63		

Prova 21

Femin., 200m Mariposa

Absoluto
Resultados

04/12/2022 - 9:31

Rec Nac S14	59:00.00	start,				
Rec Nac S15	3:18.33	Susana Maria, LOURENCO	SCP	Loul�		10/07/2016
Rec Nac S17	59:00.00	start,				
Rec Nac S21	3:55.17	Diana Ines, TORRES	POR	Olbia (ITA)		20/09/2019
Rec Reg Adaptada S14 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S15 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S17 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S21 Esperan�as	59:00.00	Start,				

Lugar Nome

Sexo Licen a Ano Clube

Tempo Final

Prova 22

Masc., 200m Mariposa

Absoluto
Resultados

04/12/2022 - 9:31

Rec Nac S8	2:22.35	Diogo Luis, CANCELA	ALN	Coimbra		31/03/2022
Rec Nac S14	3:27.61	Levi Daniel, NASCIMENTO	O2ADCP	Oeiras		12/05/2019
Rec Nac S15	2:19.31	Tiago Correia, NEVES	CFB	Funchal		22/03/2018
Rec Nac S17	59:00.00	start,				
Rec Nac S21	3:15.81	Filipe Bjorcke, SANTOS	FCF	P�voa de Varzim		12/12/2015
Rec Reg Adaptada S14 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S14	59:00.00	Start,				
Rec Reg Adaptada S15 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S17 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S17	59:00.00	Start,				
Rec Reg Adaptada S21 Esperan�as	59:00.00	Start,				
Rec Reg Adaptada S21	59:00.00	Start,				

Lugar Nome

Sexo Licen a Ano Clube

Tempo Final

Classe S14-Seniores

1. Pedro Miguel, RIBEIRO
Recorde Regional

M 148294 91 Gondomar Cultural

3:42.72

100m: 1:45.50 1:45.50 200m: 3:42.72 1:57.22

Prova 23	Femin., 50m Costas					Absoluto
04/12/2022 - 9:34						Resultados
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	1:04.47	Susana Cristina, BARROSO	GESL	Badajoz (ESP)		10/08/1997
Rec Nac S4	1:02.50	Diana Lobo, GUIMARAES	POR	Brno (CZE)		02/06/2007
Rec Nac S5	56.38	Simone Silva, FRAGOSO	SCP	Coimbra		04/07/2015
Rec Nac S14	38.84	Sonia Castanheiro, RESENDE	SCA	Liberec (CZE)		22/08/2014
Rec Nac S15	41.95	Rute, ROSA				01/01/2006
Rec Nac S16	59:00.00	start,				
Rec Nac S17	53.96	Beatriz Malaquias, PELAIO	APPDAC	Povo de Varzim		07/04/2019
Rec Nac S21	47.46	Mannie, NG	POR	Liberec (CZE)		11/07/2009
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	51.80	Maria Mafalda, SOARES	ADADA	P�voa de Varzim		13/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	50.74	Diana In�s, TORRES	ADADA	Vila Franca de Xira		22/02/2015

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S14-Seniores						
1.	Maria Mafalda, SOARES	F	153119	02	ADADA	53.23
2.	Joana Candeias, REGO	F	203837	04	ADADA	1:02.55
3.	Beatriz Moreira, ALMEIDA	F	203836	04	ADADA	1:07.17
4.	Susana Raquel, GOUVEIA	F	133446	89	ADADA	1:10.83
5.	Carla Filipa, SILVA	F	201537	97	Lousada S�culo XXI	1:22.05
DNS	Ana Filipa, AGOSTINHO	F	210774	00	Sporting Clube de Aveiro	

Classe S17 -Seniores						
1.	Francisca Araujo, FERREIRA <i>Recorde Regional</i>	F	133461	96	ADADA	1:15.72
2.	Maria Beatriz, RAPOSO	F	218182	06	ADADA	1:23.95

Classe S21 -Seniores						
1.	Carina Barbosa, MOREIRA	F	148289	81	Gondomar Cultural	1:11.64
2.	Noemi Pereira, COSTA	F	204887	93	Gondomar Cultural	1:24.96
WDR	Claudia Maria, RIBEIRO	F	201538	04	Lousada S�culo XXI	
EXH	Raquel Rocilio, MONTEIRO	F	147090	98	Feira Viva	56.23
EXH	Diana Vieira, SIMOES	F	147096	98	Sporting Clube de Aveiro	56.32
EXH	Filipa Sa, REIS	F	147099	00	Feira Viva	57.80
EXH	Joana Filipa, PINHO	F	139533	02	Sporting Clube de Aveiro	1:00.83
EXH	Adriana Godinho, REIS	F	133132	95	Feira Viva	1:04.15
EXH	Patricia Alexandra, SOUSA	F	206924	01	Alhandra	1:08.44
EXH	Gabriela Chambel, MATOS	F	202858	05	Alhandra	1:14.48
EXH	Debora Filipa, SANTOS	F	132091	92	Vilacondense	1:17.52
EXH	Catarina Resende, GRACA	F	207054	04	Feira Viva	1:42.98
EXH	Camila Matos, MOURATO	F	216544	06	Alhandra	1:44.25
EXH	Cl�udia Filipa, PENETRO	F	213508	00	Alhandra	1:55.39

Prova 24 04/12/2022 - 9:46	Masc., 50m Costas				Absoluto Resultados
Rec Nac S1	1:32.57	Joao, MARTINS	CNBC	Mar Del Plata (ARG)	13/12/2002
Rec Nac S2	1:18.41	Joao Alexandre, PINA	POR	Funchal	06/05/2016
Rec Nac S3	1:12.43	Nuno, VITORINO	GESL	Lisboa	29/06/2012
Rec Nac S4	51.62	Nelson Jose, LOPES	POR	Funchal	02/05/2016
Rec Nac S5	45.73	Ivo Filipe, ROCHA	POR	Funchal	17/05/2021
Rec Nac S8	34.99	Diogo Luis, CANCELA	ALN	Coimbra	29/05/2022
Rec Nac S10	32.35	Tomas Coelho, CORDEIRO	CNCE	Coimbra	29/05/2022
Rec Nac S14	35.68	Andre Carreiro, PONTE	CNPDL	Porto	30/01/2022
Rec Nac S15	30.31	Tiago Correia, NEVES	CFB	Oeiras	12/05/2019
Rec Nac S16	34.97	Andre Camara, JORGE	CEOL	Rio Maior	26/01/2020
Rec Nac S17	39.75	Daniel Mendo, OLIVEIRA	AO21	Porto	30/01/2022
Rec Nac S21	41.18	Filipe Bjorcke, SANTOS	POR	Olbia (ITA)	17/09/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	1:33.44	Ces�rio, VIEIRA	POR	Mar de la Plata (ARG)	10/12/2002
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	59:00.00	Start,			
Rec Reg Adaptada S5 Esperanas	58.10	Luis Carlos, NASCIMENTO	FCP	Campanha	09/04/2022
Rec Reg Adaptada S5	51.46	Ricardo Jorge, MOREIRA	FCP	Porto	30/01/2022
Rec Reg Adaptada S14 Esperanas	42.57	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S14	42.57	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	49.90	Pedro Miguel, COSTA	CFP	Porto	07/02/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	48.22	Ant�nio Manuel, OLIVEIRA	ADDEG	P�ova de Varzim	28/11/2021
Rec Reg Adaptada S17	40.17	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	51.01	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim	21/05/2017
Rec Reg Adaptada S21	44.22	Jos� Miguel, SILVA	CFP	Vila Franca de Xira	06/03/2016

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S4-Seniores						
1.	Pedro Moreira, PRAZERES <i>Recorde Regional</i>	M	148372	00	Fluvial Portuense	1:24.75
Classe S5-Seniores						
1.	Ricardo Jorge, MOREIRA <i>Recorde Regional</i>	M	208706	01	Fcp	52.94
2.	Jaime Lopes, CATARINO	M	147100	91	Fcp	54.38
3.	Luis Carlos, NASCIMENTO	M	212095	06	Fcp	56.50
Classe S14-Esperanas						
DNS	Rodrigo Fernandes, PAUPERIO	M	217960	07	ADADA	

Prova 24, Masc., 50m Costas

Classe S14-Seniores

1.	Simao Pedro, ROCHA	M	203015	06	Aquatico Pacense	41.22
	<i>Recorde Regional</i>					
2.	Luis Miguel, MONTEIRO	M	133454	96	ADADA	44.24
3.	Pedro Miguel, LEAL	M	148293	90	Vilacondense	47.31
4.	Otavio Filipe, BESSA	M	201539	00	Lousada S�culo XXI	1:25.93
DNS	Jorge Filipe, RIBEIRO	M	148322	81	ADADA	

Classe S15 -Seniores

1.	Afonso Cunha, FELGUEIRAS	M	132413	98	Fluvial Portuense	44.60
	<i>Recorde Regional</i>					

Classe S17 -Esperancas

1.	Americo Manuel, OLIVEIRA	M	212076	08	Gondomar Cultural	44.66
	<i>Recorde Regional</i>					
2.	Vasco Paixao, OLIVEIRA	M	217962	15	ADADA	1:28.07
DSQ	Santiago Batista, BARBOSA	M	217961	08	ADADA	52.40
	<i>3.3.6 - O(A) atleta n�o chegou na posi�o dorsal - IPC 3.3.6</i>					
DSQ	Nuno Rafael, GUIMARAES	M	217959	09	ADADA	1:42.79
	<i>3.8.5 - O(A) atleta puxou pela pista separadora aos 43 metros - IPC 3.8.5</i>					

Classe S17 -Seniores

1.	Humberto Julio, MENDES	M	204182	90	ADADA	47.35
2.	David Silva, PAIVA	M	212742	04	Fcp	48.93

Classe S21 -Seniores

1.	Francisco Pessanha, MONTES	M	133450	02	ADADA	48.12
	<i>Recorde Regional</i>					
2.	Rui Miguel, PESTANA	M	201141	00	Individual Norte de Portugal	52.64
3.	Hugo Bernardo, GONCALVES	M	148371	96	Fcp	59.89
DSQ	Jos� Pedro, FERREIRA	M	215733	04	Alhandra	
	<i>3.3.6 - O(A) atleta n�o chegou na posi�o dorsal - IPC 3.3.6</i>					
EXH	Rodrigo Oliveira, PATRICIO	M	201581	05	Feira Viva	36.45
EXH	Jose Viscaya, VIEIRA	M	141073	07	Sporting Clube de Aveiro	47.03
EXH	Joao Barge, ANDRADE	M	214789	06	Feira Viva	53.92
EXH	Welisson Gonalo, SILVA	M	210914	05	Alhandra	56.62
EXH	Luis Bernardo, SA	M	203797	96	Feira Viva	1:00.43
EXH	Diogo Miguel, CORREIA	M	217138	08	Feira Viva	1:14.15
EXH	Iliia, MOSKOVITSEV	M		08	ADADA	1:32.76
EXH	Joao Caldas, SANTOS	M	145304	01	Sporting Clube de Aveiro	1:34.29
EXH	Leonardo Ferreira, SILVA	M	209874	01	Feira Viva	1:46.42
EXH	Semen, MOSKOVITSEV	M		08	ADADA	2:27.86

Prova 25 Femin., 150m Estilos Absoluto Resultados
04/12/2022 - 10:01

Rec Nac S1	59:00.00	start,
Rec Nac S2	59:00.00	start,
Rec Nac S3	59:00.00	start,
Rec Nac S4	59:00.00	start,
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,

Lugar Nome Sexo Licena Ano Clube Tempo Final
Prova 26 Masc., 150m Estilos Absoluto Resultados
04/12/2022 - 10:01

Rec Nac S1	59:00.00	start,					
Rec Nac S2	59:00.00	start,					
Rec Nac S3	59:00.00	start,					
Rec Nac S4	3:13.76	Nelson Jose, LOPES			CNCVIG	Vila Franca de Xira	08/06/2008
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,					
Rec Reg Adaptada S1	59:00.00	Start,					
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,					
Rec Reg Adaptada S2	59:00.00	Start,					
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,					
Rec Reg Adaptada S3	59:00.00	Start,					
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,					
Rec Reg Adaptada S4	5:12.32	Pedro Moreira, PRAZERES			CFP	Campanha	10/04/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
EXH	Jose Antonio, ALBERGARIA	M	214787	98	Feira Viva	5:18.72

Prova 27
04/12/2022 - 10:08

Femin., 200m Estilos

Absoluto
Resultados

Rec Nac S5	4:26.08	Simone Silva, FRAGOSO	POR	Rio de Janeiro (BRA)	15/09/2016
Rec Nac S6	59:00.00	start,			
Rec Nac S7	59:00.00	start,			
Rec Nac S8	3:19.65	Ana Filipa, CASTRO	FVCD	Oeiras	12/05/2019
Rec Nac S9	2:51.48	Susana Pereira, VEIGA	POR	London (GBR)	14/09/2019
Rec Nac S10	2:50.03	Teresa Lamego, NEVES	SCP	Vila Franca de Xira	23/02/2014
Rec Nac S11	59:00.00	start,			
Rec Nac S12	59:00.00	start,			
Rec Nac S13	59:00.00	start,			
Rec Nac S14	3:15.72	Sonia Castanheiro, RESENDE	SCA	P�ova de Varzim	19/06/2016
Rec Nac S15	3:10.42	Susana Maria, LOURENCO	SCP	P�ova de Varzim	10/05/2015
Rec Nac S16	59:00.00	start,			
Rec Nac S17	59:00.00	start,			
Rec Nac S21	4:04.03	Filipa Sa, REIS	FVCD	P�ova de Varzim	28/11/2021
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9 Esperanas	3:07.21	Renata Vaz, PINTO	ADADA	P�ova de Varzim	10/05/2015
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	4:15.15	Diana In�s, TORRES	ADADA	P�ova de varzim	10/05/2015

Lugar Nome Sexo Licena Ano Clube Tempo Final

Classe S9-Seniores

1.	Renata Vaz, PINTO	F	108165	99	ADADA	3:05.88
	<i>Recorde Regional</i>					
	100m: 1:30.28	1:30.28	200m: 3:05.88	1:35.60		

Classe S21 -Seniores

1.	Diana Ines, TORRES	F	133453	99	Fcp	4:06.09
	<i>Recorde Regional</i>					
	100m: 1:48.40	1:48.40	200m: 4:06.09	2:17.69		
2.	Ana Alexandra, CASTRO	F	148287	92	Fcp	4:29.70
	100m: 2:10.15	2:10.15	200m: 4:29.70	2:19.55		
3.	Sara Isabel, DUARTE	F	204091	91	AP Vila D Este	5:16.51
	100m: 2:40.95	2:40.95	200m: 5:16.51	2:35.56		

EXH	Ana Filipa, CASTRO	F	131735	97	Feira Viva	3:29.45
	100m: 1:40.79	1:40.79	200m: 3:29.45	1:48.66		

Prova 28
04/12/2022 - 10:13

Masc., 200m Estilos

Absoluto
Resultados

Rec Nac S5	3:18.24	Ivo Filipe, ROCHA	POR	Funchal	15/06/2022
Rec Nac S6	3:09.79	Daniel Carlos, VIDEIRA	GESL	Rio Maior	26/01/2020
Rec Nac S7	3:15.61	Joao Miguel, CAMPOS	POR	Lignano Sabbiadoro (ITA)	11/03/2022
Rec Nac S8	2:27.47	Diogo Luis, CANCELA	ALN	Coimbra	02/04/2022
Rec Nac S9	2:24.99	David Realista, GRACHAT	POR	Berlim (GER)	04/07/2011
Rec Nac S10	2:23.69	Emanuel Luis, GONCALVES	POR	Glasgow (GBR)	27/03/2015
Rec Nac S11	2:43.46	Marco Ribeiro, MENESES	POR	Lignano Sabbiadoro (ITA)	11/03/2022
Rec Nac S12	3:09.49	Joao Tanica, CRUZ	PDEM	Oeiras	12/05/2019
Rec Nac S13	2:33.52	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	06/08/2014
Rec Nac S14	3:00.18	Rodrigo Oliveira, PATRICIO	FVCD	Coimbra	28/05/2022
Rec Nac S15	2:16.25	Tiago Correia, NEVES	POR	Lublin (POL)	03/07/2018
Rec Nac S16	2:41.05	Andre Camara, JORGE	CEOL	Funchal	22/02/2020
Rec Nac S17	3:23.68	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Nac S21	3:02.61	Joao Francisco, VAZ	POR	Olbia (ITA)	18/09/2019
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S5	4:44.28	Jaime Lopes, CATARINO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6	4:48.24	Jose Manuel, PINTO	ADADA	Campanha	10/04/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	3:15.61	Jo�o Miguel, CAMPOS	ADADA	Lignano (ITA)	11/03/2022
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	3:20.85	Bruno Ferreira, REIS	POR	Szczecin (POL)	07/11/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	2:58.42	Renato Filipe, SILVA	FCP	Funchal	19/02/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	2:23.90	Tom�s Coelho, CORDEIRO	POR	Lignano (ITA)	11/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	3:06.60	Amadeu Andr�, CRUZ	FCP	Oeiras	18/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	3:26.11	Sim�o Pedro, ROCHA	CAP	Porto	30/01/2022
Rec Reg Adaptada S14	3:03.75	Pedro Miguel, RIBEIRO	CPN	P�ova de Varzim	13/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	3:23.68	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Reg Adaptada S21 Esperanas	3:39.47	Francisco Pessanha, MONTES	ADADA	P�ova de varzim	20/05/2018
Rec Reg Adaptada S21	3:33.67	Francisco Pessanha, MONTES	ADADA	Porto	24/03/2019

Lugar Nome Sexo Licena Ano Clube Tempo Final

Classe S5-Seniores

1. Luis Bernardo, SA M 203797 96 Feira Viva **4:49.40**

100m: 2:18.14 2:18.14 200m: 4:49.40 2:31.26

Classe S6-Seniores

1. Jose Manuel, PINTO M 148323 00 ADADA **4:51.08**

Recorde Regional

100m: 2:01.00 2:01.00 200m: 4:51.08 2:50.08

Prova 28, Masc., 200m Estilos

Classe S10-Seniores

1. Alexandre Costa, COUTO M 120634 01 Sporting **3:49.61**
100m: 1:40.03 1:40.03 200m: 3:49.61 2:09.58

Classe S14-Seniores

1. Joao Meirinhos, TEIXEIRA M 148554 96 Sporting Clube de Aveiro **3:57.84**
100m: 1:54.38 1:54.38 200m: 3:57.84 2:03.46

Classe S21 -Seniores

1. Andre Reis, ALMEIDA M 201716 00 Sporting **3:08.67**
100m: 1:25.05 1:25.05 200m: 3:08.67 1:43.62
2. Daniel Filipe, MOREIRA M 148345 97 AP Vila D Este **4:04.12**
100m: 1:51.77 1:51.77 200m: 4:04.12 2:12.35
3. David Saraiva, RIBEIRO M 147095 96 Sporting Clube de Aveiro **4:14.31**
100m: 1:58.34 1:58.34 200m: 4:14.31 2:15.97
DNS Diogo Almeida, REGO M 147097 97 Sporting Clube de Aveiro

Prova 29

Femin., 50m Bruços

Absoluto
Resultados

04/12/2022 - 10:19

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

Lugar Nome Sexo Licena Ano Clube Tempo Final

Classe S14-Esperanas

DSQ Laura Soares, RODRIGUES F 213509 08 Alhandra
3.4.5 - O(A) atleta efetuou movimento alternado de pernas durante o percurso - IPC 3.4.5

Classe S14-Seniores

1. Carla Filipa, SILVA F 201537 97 Lousada S culo XXI **1:24.24**
Recorde Regional

Prova 30 04/12/2022 - 10:22	Masc., 50m Bruços				Absoluto Resultados
Rec Nac S1	1:40.94	Cesario, VIEIRA	FCP	P�ova de Varzim	22/05/2004
Rec Nac S2	59:00.00	start,			
Rec Nac S3	1:01.88	Nelson Jose, LOPES	ABVE	Lisboa	27/05/2001
Rec Nac S5	48.65	Ivo Filipe, ROCHA	FVCD	Coimbra	28/05/2022
Rec Nac S8	39.27	Diogo Luis, CANCELA	ALN	Coimbra	28/05/2022
Rec Nac S10	59:00.00	,			
Rec Nac S14	41.37	Pedro Manuel, FILIPE	LDC	Vila Franca de Xira	06/03/2016
Rec Nac S15	31.89	Tiago Correia, NEVES	CFB	Caxias do Sul (BRA)	03/05/2022
Rec Nac S16	31.63	Andre Camara, JORGE	POR	Newcastle (GBR)	21/08/2019
Rec Nac S17	45.99	Daniel Mendo, OLIVEIRA	AO21	Porto	30/01/2022
Rec Nac S21	42.20	Joao Francisco, VAZ	SCP	Rio Maior	25/01/2020
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	1:40.94	Ces�rio, VIEIRA	FCP	P�ova de Varzim	22/05/2004
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	49.60	Simao Pedro, ROCHA	CAP	Campanha	09/04/2022
Rec Reg Adaptada S14	44.49	Andr� Guimar�es, SILVA	CNMAIA	P�ova de Varzim	19/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	52.10	Pedro Miguel, COSTA	CFP	Vila Franca de Xira	06/03/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	49.25	Americo Manuel, OLIVEIRA	ADDEG	Campanha	09/04/2022
Rec Reg Adaptada S17	48.21	Andre Guimaraes, SILVA	FCP	Campanha	09/04/2022
Rec Reg Adaptada S21 Esperanas	57.72	Rui Miguel, PESTANA	FCP	Porto	06/02/2016
Rec Reg Adaptada S21	49.89	Rui Miguel, PESTANA	FCP	Campanha	09/04/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Classe S3 -Seniores

1.	Pedro Moreira, PRAZERES <i>Recorde Regional</i>	M	148372	00	Fluvial Portuense	1:44.34
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Classe S14-Seniores

1.	Luis Miguel, MONTEIRO	M	133454	96	ADADA	55.84
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Classe S15 -Seniores

1.	Afonso Cunha, FELGUEIRAS <i>Recorde Regional</i>	M	132413	98	Fluvial Portuense	43.15
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EXH	Ivo Filipe, ROCHA	M	131736	90	Feira Viva	49.75
EXH	Pedro Xavier, REBOCHO	M	217747	02	Sporting Clube de Aveiro	1:06.25
EXH	Jos� Pedro, FERREIRA	M	215733	04	Alhandra	1:10.50
EXH	Micael Alexandre, VIEIRA	M	210485	07	Alhandra	1:11.53
EXH	Leonardo Ferreira, SILVA	M	209874	01	Feira Viva	2:08.30

Prova 31 04/12/2022 - 10:25	Femin., 50m Mariposa				Absoluto Resultados
Rec Nac S1	59:00.00	start,			
Rec Nac S2	59:00.00	start,			
Rec Nac S3	59:00.00	start,			
Rec Nac S4	59:00.00	start,			
Rec Nac S5	51.37	Simone Silva, FRAGOSO	POR	Berlim (GER)	29/06/2012
Rec Nac S6	59:00.00	start,			
Rec Nac S7	59:00.00	start,			
Rec Nac S14	44.09	Sonia Castanheiro, RESENDE	SCA	Oeiras	18/06/2017
Rec Nac S15	36.48	Raquel Rosa, CORREIA	ACDCBR	P�ova de Varzim	19/06/2016
Rec Nac S16	59:00.00	start,			
Rec Nac S17	57.84	Beatriz Malaquias, PELAIO	APPDAC	Povoa de Varzim	06/04/2019
Rec Nac S21	44.46	Diana Ines, TORRES	FCP	Porto	25/05/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	58.76	Beatriz Soares, RODRIGUES	APUVE	Vila Franca de Xira	22/02/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	57.42	Diana In�s, TORRES	ADADA	P�ova de varzim	10/05/2015

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S14-Seniores						
1.	Susana Raquel, GOUVEIA <i>Recorde Regional</i>	F	133446	89	ADADA	58.70
DNS	Ana Filipa, AGOSTINHO	F	210774	00	Sporting Clube de Aveiro	
Classe S21 -Seniores						
1.	Carina Barbosa, MOREIRA	F	148289	81	Gondomar Cultural	59.29
2.	Sara Isabel, DUARTE	F	204091	91	AP Vila D Este	1:20.46
EXH	Ana Filipa, CASTRO	F	131735	97	Feira Viva	43.60
EXH	Patricia Alexandra, SOUSA	F	206924	01	Alhandra	1:09.31

Prova 32	Masc., 50m Mariposa					Absoluto
04/12/2022 - 10:27						Resultados
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	59:00.00	start,				
Rec Nac S4	1:05.61	Rui Manuel, PEDROSO	POR	Sheffield (GBR)		06/06/1998
Rec Nac S5	44.53	Ivo Filipe, ROCHA	POR	Londres (GBR)		12/09/2019
Rec Nac S6	43.26	Daniel Carlos, VIDEIRA	GESL	Coimbra		03/03/2019
Rec Nac S7	36.66	Renato Alexandre, OLIVEIRA	ADADA	Porto		27/06/2021
Rec Nac S8	30.15	Diogo Luis, CANCELA	ALN	Coimbra		29/05/2022
Rec Nac S14	33.68	Pedro Miguel, RIBEIRO	POR	Loano (ITA)		13/06/2016
Rec Nac S15	26.29	Tiago Correia, NEVES	POR	Samsun (HUN)		22/07/2017
Rec Nac S16	30.25	Andre Camara, JORGE	CEOL	Rio Maior		26/01/2020
Rec Nac S17	40.53	Andre Guimaraes, SILVA	FCP	P�ova de Varzim		27/11/2021
Rec Nac S21	32.68	Filipe Bjorcke, SANTOS	FCF	Vila Franca de Xira		22/02/2015
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5	1:04.76	Jaime Lopes, CATARINO	FCP	Porto		29/01/2022
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6	56.87	Jose Manuel, PINTO	ADADA	Campanha		10/04/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7	36.66	Renato Alexandre, OLIVEIRA	ADADA	Porto		27/06/2021
Rec Reg Adaptada S14 Esperanas	1:05.48	Sim�o Pedro, ROCHA	CAP	Porto		20/05/2019
Rec Reg Adaptada S14	33.68	Pedro Miguel, RIBEIRO	POR	Loano (ITA)		13/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	40.53	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim		27/11/2021
Rec Reg Adaptada S21 Esperanas	45.19	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim		20/05/2017
Rec Reg Adaptada S21	38.71	Jos� Miguel, SILVA	ANNP	Porto		30/01/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Classe S7-Seniores

1.	Renato Alexandre, OLIVEIRA <i>Recorde Regional</i>	M	201295	82	ADADA	37.24
2.	Joao Miguel, CAMPOS	M	202239	79	ADADA	40.98

Classe S17 -Seniores

1.	Andre Guimaraes, SILVA <i>Recorde Regional</i>	M	148288	96	Fcp	42.01
2.	Humberto Julio, MENDES	M	204182	90	ADADA	51.63

Classe S21 -Seniores

1.	Rui Miguel, PESTANA	M	201141	00	Individual Norte de Portugal	46.19
2.	Daniel Filipe, MOREIRA	M	148345	97	AP Vila D Este	50.06
3.	Marcelo Esteves, EUSEBIO	M	133451	02	ADADA	50.19
4.	Hugo Bernardo, GONCALVES	M	148371	96	Fcp	56.75

Prova 32, Masc., 50m Mariposa

EXH	Antonio Joaquin, ALVES	M	210482	97	Feira Viva	34.55
EXH	Rodrigo Oliveira, PATRICIO	M	201581	05	Feira Viva	34.79
EXH	Joao Francisco, VAZ	M	133323	92	Sporting	39.48
EXH	Francisco Jose, VICENTE	M	148269	99	Sporting	44.74
EXH	Diogo Lopes, GOMES	M	147098	96	Feira Viva	47.49
EXH	Orlando Constancio, DUARTE	M	207632	89	Sporting Clube de Aveiro	49.18
EXH	Nuno Barreto, FERREIRA	M	148555	84	Sporting Clube de Aveiro	1:30.77

Prova 33

04/12/2022 - 10:33

Femin., 100m Livres

Absoluto
Resultados

Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	2:18.20	Susana Cristina, BARROSO	POR	Sydney (AUS)		15/10/2000
Rec Nac S4	1:56.22	Diana Lobo, GUIMARAES	FCP	P�voa de Varzim		16/03/2008
Rec Nac S5	1:37.30	Simone Silva, FRAGOSO	POR	Berlim (GER)		08/07/2011
Rec Nac S6	2:43.80	Ana Sofia, BARBOSA	FCP	Porto		30/01/2022
Rec Nac S7	2:19.39	Ana Branca, SAMPAIO	ADADA	Porto		21/04/2018
Rec Nac S8	1:19.47	Ana Filipa, CASTRO	FVCD	Campanha		09/04/2022
Rec Nac S9	1:04.19	Susana Pereira, VEIGA	POR	Funchal		15/06/2022
Rec Nac S10	1:10.02	Ana Beatriz, CORREIA	LDC	P�voa de Varzim		12/12/2005
Rec Nac S11	4:48.30	Mariana Filipa, LUCAS	ASC	Povo de Varzim		06/04/2019
Rec Nac S12	59:00.00	start,				
Rec Nac S13	1:33.27	Camila Anjos, NEVES	ASC	Povo de Varzim		13/05/2018
Rec Nac S14	1:15.31	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		13/06/2016
Rec Nac S15	1:11.24	Eunice Evora, ALMEIDA	CDAP	Oeiras		12/05/2019
Rec Nac S16	1:32.62	Maria Joao, TABORDA	FCP	Oeiras		12/05/2019
Rec Nac S17	1:42.21	Beatriz Malaquias, PELAIO	APPDAC	Rio Maior		26/01/2020
Rec Nac S21	1:37.82	Mannie, NG	POR	Reykjavik (ISL)		23/10/2009
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	2:19.39	Ana Branca, SAMPAIO	ADADA	Porto		21/04/2018
Rec Reg Adaptada S8 Esperanas	1:36.05	Iara Pinto, TORRES	FCP	Porto		24/04/2021
Rec Reg Adaptada S9 Esperanas	1:19.02	Renata Vaz, PINTO	LSC	Berlin (GER)		25/04/2014
Rec Reg Adaptada S10 Esperanas	2:02.98	Matilde Maria, MORAIS	ADADA	Porto		24/04/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	1:39.62	Maria Mafalda, SOARES	ADADA	P�voa de Varzim		13/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	1:41.95	Diana Ines, TORRES	FCP	P�voa de Varzim		03/12/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
1.	Carlota Girao, FERREIRA	F	216675	06	ADADA	1:57.49
2.	Rita Manuela, SANTOS	F	206298	96	ADADA	2:51.17
3.	Claudia Sofia, DOURADO	F	216604	94	Fcp	3:18.32

Prova 33, Femin., 100m Livres

Classe S14-Seniores

1. Maria Mafalda, SOARES <i>Recorde Regional</i>	F	153119	02	ADADA	1:35.22
2. Beatriz Moreira, ALMEIDA	F	203836	04	ADADA	1:58.24

Classe S17 -Seniores

1. Francisca Araujo, FERREIRA <i>Recorde Regional</i>	F	133461	96	ADADA	2:48.75
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Classe S21 -Seniores

1. Diana Ines, TORRES <i>Recorde Regional</i>	F	133453	99	Fcp	1:38.77
2. Ana Alexandra, CASTRO	F	148287	92	Fcp	2:01.47
3. Noemi Pereira, COSTA	F	204887	93	Gondomar Cultural	2:36.25

Classe S113-Seniores

1. Debora Filipa, SANTOS	F	132091	92	Vilacondense	2:14.40
WDR Camila Anjos, NEVES	F	206308	01	Alhandra	
EXH Joana Filipa, PINHO	F	139533	02	Sporting Clube de Aveiro	1:36.60
EXH Adriana Godinho, REIS	F	133132	95	Feira Viva	1:46.69
EXH Raquel Rocilio, MONTEIRO	F	147090	98	Feira Viva	1:50.73
EXH Bruna Gomes, CASTRO	F	207055	04	Feira Viva	2:44.19
EXH Cl�udia Filipa, PENETRO	F	213508	00	Alhandra	4:15.97
EXH Camila Matos, MOURATO	F	216544	06	Alhandra	4:37.52

Prova 34	Masc., 100m Livres				Absoluto
04/12/2022 - 10:47					Resultados
Rec Nac S1	3:22.00	Joao, MARTINS	APCL	Lisboa	17/06/2000
Rec Nac S2	2:41.51	Joao Alexandre, PINA	GESL	Vila Franca de Xira	05/03/2016
Rec Nac S3	2:38.74	Nuno, VITORINO	GESL	Lisboa	29/06/2002
Rec Nac S4	1:44.83	Rui Manuel, PEDROSO	POR	Atlanta (USA)	28/09/1996
Rec Nac S5	1:26.93	Ivo Filipe, ROCHA	POR	Londres (GBR)	15/09/2019
Rec Nac S6	1:09.87	Daniel Carlos, VIDEIRA	POR	Dublin (IRL)	19/08/2018
Rec Nac S7	1:13.24	Daniel Carlos, VIDEIRA	GESL	Povo de Varzim	13/05/2018
Rec Nac S8	1:02.52	Diogo Luis, CANCELA	ALN	Campanha	09/04/2022
Rec Nac S9	57.41	Gino Santos, CAETANO	POR	Londres (GBR)	09/09/2019
Rec Nac S10	56.94	Gino Santos, CAETANO	CGA	Coimbra	30/03/2017
Rec Nac S11	1:01.50	Marco Ribeiro, MENESES	POR	Funchal	16/06/2022
Rec Nac S12	1:15.93	Joao Tanica, CRUZ	PDEM	Campanha	09/04/2022
Rec Nac S13	59.51	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	09/08/2014
Rec Nac S14	1:03.56	Samuel Lima, DUARTE	FVCD	Porto	30/01/2022
Rec Nac S15	55.31	Tiago Correia, NEVES	CFB	Coimbra	18/03/2018
Rec Nac S16	1:00.48	Andre Camara, JORGE	POR	Newcastle (GBR)	20/08/2019
Rec Nac S17	1:20.78	Miguel Paiva, BRANCO	APPDAC	Rio Maior	26/01/2020
Rec Nac S21	1:13.15	Vicente Barros, PEREIRA	SCP	Porto	30/01/2022
Rec Reg Adaptada S1 Esperanas		,			
Rec Reg Adaptada S1 Esperanas		,			
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	3:07.91	Pedro Moreira, PRAZERES	CFP	Porto	24/04/2021
Rec Reg Adaptada S5 Esperanas	1:49.00	Ricardo Jorge, MOREIRA	FCP	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S5	1:48.93	Ricardo Jorge, MOREIRA	FCP	Porto	24/04/2021
Rec Reg Adaptada S6 Esperanas	1:44.26	Jose Manuel, PINTO	ADADA	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S6	1:43.24	Jos� Manuel, PINTO	ADADA	Porto	30/01/2022
Rec Reg Adaptada S7 Esperanas	1:36.50	Joao Miguel, CAMPOS	ADADA	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S7	1:22.22	Jo�o Miguel, CAMPOS	ADADA	Glasgow (GBR)	25/04/2019
Rec Reg Adaptada S8 Esperanas	1:14.76	Bruno Ferreira, REIS	FCP	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S8	1:11.92	Bruno Ferreira, REIS	FCP	Szczecin (POL)	05/11/2021
Rec Reg Adaptada S9 Esperanas	1:38.04	Ricardo Silva, REIS	ADADA	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S9	1:04.06	Renato Filipe, SILVA	FCP	Porto	24/04/2021
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	1:00.88	Tom�s Coelho, CORDEIRO	FCP	Coimbra	31/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:19.85	Amadeu Andr�, CRUZ	FCP	P�voa de Varzim	20/05/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	2:43.04	Andr� Joaquim, TRIGUEIRA	ADADA	Porto	21/04/2018
Rec Reg Adaptada S14 Esperanas	1:16.09	Alberto Guedes, VALENTIM	FCP	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S14	1:11.88	Pedro Miguel, RIBEIRO	CNMAIA	Vila Franca de Xira	06/03/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	1:24.66	Pedro Miguel, COSTA	CFP	Vila Franca de Xira	06/03/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	1:23.98	Americo Manuel, OLIVEIRA	ADDEG	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S17	1:23.98	Americo Manuel, OLIVEIRA	ADDEG	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S21 Esperanas	1:29.11	Francisco Pessanha, MONTES	ADADA	P�voa de Varzim	03/12/2022
Rec Reg Adaptada S21	1:21.61	Rui Miguel, PESTANA	FCP	Campanha	09/04/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
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Prova 34, Masc., 100m Livres

Classe S5-Seniores

1. Ricardo Jorge, MOREIRA <i>Recorde Regional</i>	M	208706	01	Fcp	1:43.45
2. Luis Carlos, NASCIMENTO	M	212095	06	Fcp	1:51.14
3. Jaime Lopes, CATARINO	M	147100	91	Fcp	2:14.70

Classe S6-Seniores

1. Joao Pedro, MONTEIRO	M	208705	04	Fcp	2:21.83
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Classe S7-Seniores

1. Nuno Diogo, ALVES	M	148292	88	Gondomar Cultural	1:49.33
2. Helder Ferreira, SOUSA	M	207625	75	Fcp	2:00.53

Classe S8-Seniores

1. Bruno Ferreira, REIS <i>Recorde Regional</i>	M	133136	00	Fcp	1:14.57
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Classe S9-Esperanas

1. Ricardo Silva, REIS <i>Recorde Regional</i>	M	216676	09	ADADA	1:30.71
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Classe S9-Seniores

DNS Renato Filipe, SILVA	M	148373	98	Fcp	
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Classe S13-Seniores

1. Filipe Luis, CARDOSO <i>Recorde Regional</i>	M	204080	01	ADADA	3:04.27
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Classe S14-Seniores

1. Pedro Miguel, LEAL	M	148293	90	Vilacondense	1:22.60
DNS Jorge Filipe, RIBEIRO	M	148322	81	ADADA	

Classe S17 -Esperancas

1. Americo Manuel, OLIVEIRA <i>Recorde Regional</i>	M	212076	08	Gondomar Cultural	1:22.44
2. Santiago Batista, BARBOSA	M	217961	08	ADADA	2:04.60
DSQ Nuno Rafael, GUIMARAES	M	217959	09	ADADA	

3.8.5 - O(A) atleta puxou pela pista separadora aos 10 metros - IPC 3.8.5

Classe S17 -Seniores

1. Bruno Miguel, SILVA	M	203838	93	Fcp	1:28.62
2. David Silva, PAIVA	M	212742	04	Fcp	1:31.87
3. Bruno Ricardo, GUIMARAES	M	206297	94	ADADA	1:45.78

Prova 34, Masc., 100m Livres

Classe S21 -Seniores

1. Joao Pedro, GOMES M 215274 82 ADADA **2:39.61**

Classe S110-Esperanas

1. Luis Gabriel, MAGALH ES M 215930 07 Lousada S culo XXI **1:34.27**

EXH	Francisco Mario, GOUVEIA	M	203960	75	Feira Viva	1:28.05
EXH	Ivo Filipe, ROCHA	M	131736	90	Feira Viva	1:28.76
EXH	Jose Viscaya, VIEIRA	M	141073	07	Sporting Clube de Aveiro	1:30.35
EXH	Joao Meirinhos, TEIXEIRA	M	148554	96	Sporting Clube de Aveiro	1:31.15
EXH	David Saraiva, RIBEIRO	M	147095	96	Sporting Clube de Aveiro	1:49.67
EXH	Rodrigo Oliveira, SILVA	M	214788	08	Feira Viva	1:54.21
EXH	Diogo Jos�, MARQUES	M	209288	99	Alhandra	1:56.39
EXH	Welisson Gonalo, SILVA	M	210914	05	Alhandra	1:59.07
	50m: 46.16 46.16 100m: 1:59.07 1:12.91					
EXH	Joao Barge, ANDRADE	M	214789	06	Feira Viva	2:00.03
EXH	Jo�o Paulo, FARRIM	M	215863	72	Alhandra	2:00.77
	50m: 53.51 53.51 100m: 2:00.77 1:07.26					
EXH	Vasco Feliciano, SOARES	M	217139	09	Feira Viva	2:16.76
EXH	Joao Caldas, SANTOS	M	145304	01	Sporting Clube de Aveiro	2:22.96
EXH	Diogo Miguel, CORREIA	M	217138	08	Feira Viva	2:32.23
EXH	Jose Antonio, ALBERGARIA	M	214787	98	Feira Viva	2:48.33

Prova 35

Femin., 4 x 100m Estilos

Absoluto

04/12/2022 - 11:09

Resultados

Rec Nac S14	8:01.37	Sporting Clube de Aveiro	SCA	P�voa de Varzim	10/05/2015
Rec Nac S17	59:00.00	start			
Rec Nac S21	59:00.00	start			
Rec Nac 34P	59:00.00	start			
Rec Reg Adaptada 34P	59:00.00	Start			

Lugar

Sexo Licena Ano Clube

Tempo Final

Prova 36

Masc., 4 x 100m Estilos

Absoluto

04/12/2022 - 11:09

Resultados

Rec Nac S14	6:07.11	Sporting Clube de Aveiro	SCA	Oeiras	12/05/2019
Rec Nac S17	59:00.00	start			
Rec Nac S21	6:18.25	Sporting Clube de Portugal	SCP	Rio Maior	26/01/2020
Rec Nac 34P	5:36.75	Gesloures-Gestao Equip. Sociais, EIGESL		Rio Maior	26/01/2020
Rec Reg Adaptada S14	6:18.14	Clube Nataç�o da Maia	CNMAIA	P�voa de Varzim	19/06/2016
Rec Reg Adaptada S17	59:00.00	Start			
Rec Reg Adaptada S21	59:00.00	Start			
Rec Reg Adaptada 34P	6:45.76	Futebol Clube do Porto	FCP	Porto	03/11/2019

Lugar

Sexo Licena Ano Clube

Tempo Final

34 pontos

1. Fcp 34	M	Fcp	8:43.56	
Ricardo Jorge, MOREIRA S5	+0,78	1:01.25	Bruno Ferreira, REIS S8	1:41.87
Helder Ferreira, SOUSA SB6		4:07.51	Luis Carlos, NASCIMENTO S5	1:52.93

Prova 37	Femin., 1500m Livres					Absoluto
04/12/2022 - 11:14						Resultados
Rec Nac S14	29:27.02	Maria Mafalda, SOARES	ADADA	Campanha		10/04/2022
Rec Nac S15	27:22.00	Maria, FERREIRA				01/01/1997
Rec Nac S17	59:00.00	start,				
Rec Nac S21	31:16.14	Diana Ines, TORRES	POR	Florence (ITA)		20/07/2016
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,				

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
EXH	Diana Vieira, SIMOES	F	147096	98	Sporting Clube de Aveiro	26:36.38
	<i>Recorde Nacional</i>					
	100m: 1:33.50	1:33.50	500m: 8:42.77	1:47.38	900m: 15:50.05	1:46.96
	200m: 3:19.94	1:46.44	600m: 10:29.74	1:46.97	1000m: 17:39.64	1:49.59
	300m: 5:09.54	1:49.60	700m: 12:17.33	1:47.59	1100m: 19:27.11	1:47.47
	400m: 6:55.39	1:45.85	800m: 14:03.09	1:45.76	1200m: 21:14.44	1:47.33
EXH	Filipa Sa, REIS	F	147099	00	Feira Viva	28:57.08
	<i>Recorde Nacional</i>					
	100m: 1:44.92	1:44.92	500m: 9:29.46	1:57.69	900m: 17:19.59	1:56.99
	200m: 3:39.24	1:54.32	600m: 11:28.57	1:59.11	1000m: 19:16.65	1:57.06
	300m: 5:35.23	1:55.99	700m: 13:26.30	1:57.73	1100m: 21:12.13	1:55.48
	400m: 7:31.77	1:56.54	800m: 15:22.60	1:56.30	1200m: 23:09.24	1:57.11

Prova 38	Masc., 1500m Livres					Absoluto
04/12/2022 - 11:42						Resultados
Rec Nac S6	22:43.43	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim		08/12/2019
Rec Nac S8	20:47.59	Ricardo Aderneira, SOARES	GESL	Povoa de Varzim		08/12/2019
Rec Nac S9	18:12.44	David Realista, GRACHAT	GESL	Povoa de Varzim		08/12/2019
Rec Nac S14	22:22.35	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim		20/05/2018
Rec Nac S15	18:15.76	Miguel Duarte, CRUZ	CFB	Vila Franca de Xira		28/02/2020
Rec Nac S17	25:06.23	Pedro Fernandes, MANITO	PDEM	Campanha		10/04/2022
Rec Nac S21	24:40.51	Francisco Pessanha, MONTES	ADADA	Campanha		10/04/2022
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14	22:22.35	Pedro Miguel, RIBEIRO	CPN	P�voa de Varzim		20/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	28:59.41	Bruno Miguel, SILVA	FCP	Campanha		10/04/2022
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21	24:40.51	Francisco Pessanha, MONTES	ADADA	Campanha		10/04/2022

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final
Classe S21 -Seniores						
1.	Francisco Pessanha, MONTES	M	133450	02	ADADA	26:17.73
	<i>Recorde Regional</i>					
	100m: 1:31.97	1:31.97	500m: 8:26.80	1:42.97	900m: 15:28.35	1:45.95
	200m: 6:44.13	5:12.16	600m: 10:11.06	1:44.26	1000m: 17:13.74	1:45.39
	300m: 5:00.63		700m: 11:56.39	1:45.33	1100m: 19:00.90	1:47.16
	400m: 6:43.83	1:43.20	800m: 13:42.40	1:46.01	1200m: 20:48.28	1:47.38

Prova 38, Masc., 1500m Livres

EXH	Samuel Lima, DUARTE	M	207426	04	Feira Viva						19:41.76	
	<i>Recorde Nacional</i>											
	100m:	1:11.73	1:11.73	500m:	6:26.41	1:18.54	900m:	11:43.21	1:20.67	1300m:	17:01.15	1:18.83
	200m:	2:31.25	1:19.52	600m:	7:45.11	1:18.70	1000m:	13:03.02	1:19.81	1400m:	18:21.09	1:19.94
	300m:	3:49.61	1:18.36	700m:	9:03.80	1:18.69	1100m:	14:22.77	1:19.75	1500m:	19:41.76	1:20.67
	400m:	5:07.87	1:18.26	800m:	10:22.54	1:18.74	1200m:	15:42.32	1:19.55			
EXH	Andre Reis, ALMEIDA	M	201716	00	Sporting						24:52.47	
	100m:	1:23.97	1:23.97	500m:	7:59.07	1:37.82	900m:	14:47.36	1:43.65	1300m:	21:34.62	1:44.55
	200m:	3:02.16	1:38.19	600m:	9:40.55	1:41.48	1000m:	16:31.03	1:43.67	1400m:	23:16.16	1:41.54
	300m:	4:42.21	1:40.05	700m:	11:21.06	1:40.51	1100m:	18:12.26	1:41.23	1500m:	24:52.47	1:36.31
	400m:	6:21.25	1:39.04	800m:	13:03.71	1:42.65	1200m:	19:50.07	1:37.81			
EXH	Joao Francisco, VAZ	M	133323	92	Sporting						25:01.13	
	100m:	1:28.36	1:28.36	500m:	8:01.92	1:39.04	900m:	14:44.45	1:43.13	1300m:	21:38.80	1:44.98
	200m:	3:06.36	1:38.00	600m:	9:41.10	1:39.18	1000m:	16:27.48	1:43.03	1400m:	23:19.60	1:40.80
	300m:	4:44.90	1:38.54	700m:	11:21.10	1:40.00	1100m:	18:10.92	1:43.44	1500m:	25:01.13	1:41.53
	400m:	6:22.88	1:37.98	800m:	13:01.32	1:40.22	1200m:	19:53.82	1:42.90			
EXH	Diogo Lopes, GOMES	M	147098	96	Feira Viva						26:54.28	
	100m:	1:33.83	1:33.83	500m:	8:41.06	1:48.36	900m:	15:55.91	1:49.89	1300m:	23:05.79	1:42.95
	200m:	3:17.53	1:43.70	600m:	10:29.43	1:48.37	1000m:	17:46.34	1:50.43	1400m:	25:07.22	2:01.43
	300m:	5:04.78	1:47.25	700m:	12:18.13	1:48.70	1100m:	19:35.34	1:49.00	1500m:	26:54.28	1:47.06
	400m:	6:52.70	1:47.92	800m:	14:06.02	1:47.89	1200m:	21:22.84	1:47.50			
EXH	Francisco Jose, VICENTE	M	148269	99	Sporting						27:56.95	
	100m:	1:34.57	1:34.57	500m:	9:07.12	1:53.07	900m:	16:46.44	1:54.87	1300m:	24:14.67	1:51.68
	200m:	3:25.00	1:50.43	600m:	11:01.11	1:53.99	1000m:	18:39.67	1:53.23	1400m:	26:06.53	1:51.86
	300m:	5:19.17	1:54.17	700m:	12:55.43	1:54.32	1100m:	20:32.37	1:52.70	1500m:	27:56.95	1:50.42
	400m:	7:14.05	1:54.88	800m:	14:51.57	1:56.14	1200m:	22:22.99	1:50.62			