

Campeonato Nacional Inverno - Natação Adaptada  
Porto, 29 e 30 de Janeiro de 2022

Prova 26 Masc., 400m Livres 10 anos e mais velhos  
12/06/2022 Resultados

Rec Nac Adaptada S6	5:22.26	Daniel Carlos VIDEIRA	GESL	Guarda	17/02/2019
Rec Nac Adaptada S7	5:26.37	Daniel Carlos VIDEIRA	GESL	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S8	4:49.09	Diogo Luis CANCELA	ALN	Coimbra	20/02/2022
Rec Nac Adaptada S9	4:20.60	David Realista GRACHAT	GESL	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S10	4:23.44	Emanuel Luis GONCALVES	CDN	Funchal	14/03/2014
Rec Nac Adaptada S11	4:52.85	Marco Ribeiro MENESES	CRASTO	Santa Maria da Feira	16/01/2022
Rec Nac Adaptada S13	4:24.15	Vitor Hugo ENCARNACAO	CDN	Funchal	05/07/2013
Rec Nac Adaptada S14	4:53.21	Samuel Lima DUARTE	FVCD	Recarei	22/05/2022
Rec Nac Adaptada S15	4:20.31	Tiago Correia NEVES	CFB	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S16	5:03.78	Andre Camara JORGE	CEOL	Funchal	01/12/2018
Rec Nac Adaptada S17	6:03.18	Miguel Paiva BRANCO	APPDAC	Coimbra	30/04/2022
Rec Nac Adaptada S21	5:52.77	Andre Reis ALMEIDA	SCP	Quarteira	11/06/2022
Rec Nac Adaptada S12	6:24.01	Joao Tanica CRUZ	PDEM	Recarei	22/05/2022

Pontos: KNZB NED WPS 2021

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

Classe S8-Absolutos

1. Bruno Ferreira REIS 00 S8 12+ Selecção da Assoc. Natação **15:14.89** 637 9,00  
50m: 36.72 36.72 150m: 1:55.73 40.01 250m: 3:15.76 39.54 350m: 4:35.66 39.94  
100m: 1:15.72 39.00 200m: 2:36.22 40.49 300m: 3:55.72 39.96 400m: 5:14.89 39.23

Classe S9-Absolutos

1. Renato Filipe SILVA 98 S9 -9 Selecção da Assoc. Natação **15:04.32** 600 9,00  
50m: 33.83 33.83 150m: 1:50.56 39.04 250m: 3:08.12 38.82 350m: 4:26.78 39.40  
100m: 1:11.52 37.69 200m: 2:29.30 38.74 300m: 3:47.38 39.26 400m: 5:04.32 37.54

Classe S10-Absolutos

1. Alexandre Costa COUTO 01 S10 Sporting **6:46.89** 215 9,00  
50m: 42.41 42.41 150m: 2:18.98 49.27 250m: 4:03.84 52.48 350m: 5:53.65 54.90  
100m: 1:29.71 47.30 200m: 3:11.36 52.38 300m: 4:58.75 54.91 400m: 6:46.89 53.24

Classe S110-Absolutos

1. João Paulo FARRIM 72 S110 Alhandra **9:32.92** -  
50m: 1:00.51 1:00.51 150m: 3:20.90 1:11.63 250m: 5:52.04 1:15.90 350m: 8:21.06 1:13.21  
100m: 2:09.27 1:08.76 200m: 4:36.14 1:15.24 300m: 7:07.85 1:15.81 400m: 9:32.92 1:11.86

Classe S14-Absolutos

1. Samuel Lima DUARTE 04 S14 Feira Viva **5:02.28** 581 9,00  
50m: 33.13 33.13 150m: 1:50.16 38.90 250m: 3:07.69 39.02 350m: 4:25.36 38.47  
100m: 1:11.26 38.13 200m: 2:28.67 38.51 300m: 3:46.89 39.20 400m: 5:02.28 36.92

2. Antonio Joaquin ALVES 97 S14 Feira Viva **5:43.60** 396 7,00  
50m: 35.11 35.11 150m: 1:56.83 42.10 250m: 3:27.38 45.62 350m: 4:59.80 45.34  
100m: 1:14.73 39.62 200m: 2:41.76 44.93 300m: 4:14.46 47.08 400m: 5:43.60 43.80

3. Levi Daniel NASCIMENTO 99 S14 O2-Portimao **5:54.06** 362 6,00  
50m: 38.70 38.70 150m: 2:05.12 43.80 250m: 3:35.88 45.46 350m: 5:09.07 46.84  
100m: 1:21.32 42.62 200m: 2:50.42 45.30 300m: 4:22.23 46.35 400m: 5:54.06 44.99

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Classe S21 (SDown)-Absolutos

1. Andre Reis ALMEIDA	00	S21	Sporting						<b>6:05.58</b>	9,00
50m: 37.54	37.54	150m: 2:07.49	46.72	250m: 3:40.93	45.82	350m: 5:15.59	46.16			
100m: 1:20.77	43.23	200m: 2:55.11	47.62	300m: 4:29.43	48.50	400m: 6:05.58	49.99			
2. Francisco Pessanha MONTES	02	S21	Seleção da Assoc. Natação						<b>6:15.58</b>	7,00
50m: 39.79	39.79	150m: 2:12.65	47.75	250m: 3:50.17	49.11	350m: 5:27.51	48.48			
100m: 1:24.90	45.11	200m: 3:01.06	48.41	300m: 4:39.03	48.86	400m: 6:15.58	48.07			
3. Francisco Jose VICENTE	99	S21	Sporting						<b>6:41.69</b>	6,00
50m: 41.59	41.59	150m: 2:18.10	49.40	250m: 4:02.87	52.89	350m: 5:50.52	55.19			
100m: 1:28.70	47.11	200m: 3:09.98	51.88	300m: 4:55.33	52.46	400m: 6:41.69	51.17			