

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

Prova 34 Masc., 400m Estilos 10 anos e mais velhos  
12/06/2022 Resultados

Rec Nac Adaptada S8	5:31.80	Diogo Luis CANCELA	ALN	Coimbra	06/11/2021
Rec Nac Adaptada S14	5:55.17	Samuel Lima DUARTE	FVCD	Recarei	22/05/2022
Rec Nac Adaptada S15	4:49.95	Tiago Correia NEVES	CFB	Algés	13/07/2019
Rec Nac Adaptada S17	59:00.00	start			
Rec Nac Adaptada S21	6:20.31	Joao Francisco VAZ	POR	Ferrara (ITA)	07/10/2021

Pontos: KNZB NED WPS 2021

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

Classe SM14-Absolutos

1. Samuel Lima DUARTE	04	SM14		Feira Viva	<b>6:05.20</b>	513	9,00
50m: 36.01 36.01	150m: 2:08.57 48.08	250m: 3:52.22 59.26	350m: 5:29.94 40.55				
100m: 1:20.49 44.48	200m: 2:52.96 44.39	300m: 4:49.39 57.17	400m: 6:05.20 35.26				
2. Pedro Miguel RIBEIRO	91	SM14		Seleção da Assoc. Natação	<b>6:38.05</b>	396	7,00
50m: 39.50 39.50	150m: 2:21.85 53.33	250m: 4:11.63 58.74	350m: 5:55.32 44.10				
100m: 1:28.52 49.02	200m: 3:12.89 51.04	300m: 5:11.22 59.59	400m: 6:38.05 42.73				
3. Levi Daniel NASCIMENTO	99	SM14		O2-Portimao	<b>6:40.71</b>	388	6,00
50m: 42.58 42.58	150m: 2:27.96 53.81	250m: 4:11.46 53.70	350m: 5:53.63 46.55				
100m: 1:34.15 51.57	200m: 3:17.76 49.80	300m: 5:07.08 55.62	400m: 6:40.71 47.08				
4. Antonio Joaquin ALVES	97	SM14		Feira Viva	<b>6:57.12</b>	344	5,00
50m: 37.17 37.17	150m: 2:19.64 53.54	250m: 4:12.74 1:00.41	350m: 6:11.48 54.39				
100m: 1:26.10 48.93	200m: 3:12.33 52.69	300m: 5:17.09 1:04.35	400m: 6:57.12 45.64				

Classe SM21 (SDown)-Absolutos

1. Joao Francisco VAZ	92	SM21 S21		Sporting	<b>6:26.78</b>		9,00
50m: 40.06 40.06	150m: 2:21.46 52.07	250m: 4:01.82 49.84	350m: 5:40.91 48.56				
100m: 1:29.39 49.33	200m: 3:11.98 50.52	300m: 4:52.35 50.53	400m: 6:26.78 45.87				
2. Francisco Jose VICENTE	99	SM21		Sporting	<b>7:25.09</b>		7,00
50m: 43.55 43.55	150m: 2:36.07 58.28	250m: 4:38.71 1:03.01	350m: 6:35.28 50.50				
100m: 1:37.79 54.24	200m: 3:35.70 59.63	300m: 5:44.78 1:06.07	400m: 7:25.09 49.81				
3. Diogo Lopes GOMES	96	SM21		Feira Viva	<b>7:30.82</b>		6,00
50m: 55.61 55.61	150m: 2:58.71 58.24	250m: 4:55.17 1:02.09	350m: 6:44.02 49.33				
100m: 2:00.47 1:04.86	200m: 3:53.08 54.37	300m: 5:54.69 59.52	400m: 7:30.82 46.80				
4. Jose Miguel SILVA	95	SM21 S21		Sporting	<b>7:47.09</b>		5,00
50m: 49.29 49.29	150m: 2:54.92 59.46	250m: 4:56.96 1:02.98	350m: 6:55.43 51.29				
100m: 1:55.46 1:06.17	200m: 3:53.98 59.06	300m: 6:04.14 1:07.18	400m: 7:47.09 51.66				
5. Jose Gabriel VIEIRA	83	SM21		Naval de Faro	<b>7:55.79</b>		4,00
50m: 53.80 53.80	150m: 3:02.74 1:05.78	250m: 5:03.81 57.90	350m: 7:01.64 58.95				
100m: 1:56.96 1:03.16	200m: 4:05.91 1:03.17	300m: 6:02.69 58.88	400m: 7:55.79 54.15				