

RECORDES REGIONAIS MASCULINOS - PISCINA 50

Prova	Inf B - 13 Anos	Inf A - 14 Anos	Juv B - 15 Anos	Juv A - 16 Anos	Juniores	Seniores	Absolutos
50 Livres	CNAC 0.28.10 86 Pedro Leandro	CNAC 0.27.15 87 Pedro Leandro	AAC 0.25.99 09 Gustavo Madureira	GCF 0.25.22 98 Hugo Gonzalez	IND 0.24.43 00 Hugo Gonzalez	CNAC 0.23.50 02 Hugo Gonzalez	CNAC 0.23.50 02 Hugo Gonzalez
100 Livres	CNAC 1.02.10 04 Nelson Judas	AAC 0.57.59 08 Gustavo Madureira	CAC 0.55.90 76 Rui Abreu	CAC 0.53.89 77 Rui Abreu	IND 0.53.51 00 Hugo Gonzalez	CNAC 0.51.33 02 Hugo Gonzalez	CNAC 0.51.33 02 Hugo Gonzalez
200 Livres	CDL 2.16.32 09 Francisco Fernandes	CNAC 2.04.30 99 Luis Silva	CNAC 2.01.89 00 Luis Silva	CAC 1.57.74 77 Rui Abreu	CNAC 1.54.81 02 Luis Silva	CNAC 1.53.40 02 Hugo Gonzalez	CNAC 1.53.40 02 Hugo Gonzalez
400 Livres	CNAC 4.43.34 09 Tomás Veloso	CNAC 4.22.18 99 Luis Silva	CNM 4.17.07 97 Pedro Matos	CNAC 4.08.63 01 Luis Silva	CNAC 4.02.54 02 Luis Silva	CNAC 4.08.73 10 Miguel Oliveira	CNAC 4.02.54 02 Luis Silva
800 Livres	CNAC 9.53.39 09 Tomás Veloso	CNM 9.15.00 96 Pedro Matos	CNM 8.55.47 97 Pedro Matos	CNAC 8.54.14 10 João Nuno Pires	CNAC 8.33.91 08 Jorge Mendes	CNAC 8.42.42 09 Jorge Mendes	CNAC 8.33.91 08 Jorge Mendes
1500 Livres	CNAC 18.40.96 09 Tomás Veloso	CNM 17.20.74 96 Pedro Matos	CNM 16.45.13 97 Pedro Matos	CNAC 16.44.53 10 João Nuno Pires	CNAC 16.18.20 08 Jorge Mendes	GCF 16.27.12 02 Pedro Oliveira	CNAC 16.18.20 08 Jorge Mendes
4 x 50 Livres	AAC 2.00.96 08 Luís de Oliveira Gustavo L Ribeiro José Antº Forte João A Neves	AAC 1.52.86 09 João A Neves Luís de Oliveira Gustavo L Ribeiro José A Forte	AAC 1.49.54 09 Gustavo Madureira Francisco L Alves Pedro B Mendes João F Lucas	AAC 1.47.59 10 Gustavo A Madureira João F Lucas Francisco L Alves Pedro B Mendes	CNAC 1.41.43 06 Bruno Amaral Gonçalo Almeida Ricardo Lopes Francisco Quintal	CNAC 1.41.78 10 Miguel Oliveira João Abrantes Rui Fonseca Jorge Mendes	CNAC 1.39.81 09 Miguel Oliveira Rui Fonseca Bruno Amaral Pedro Conde
4 x 100 Livres	CNAC 4.19.17 02 Samuel Ferreira Bruno Amaral Francisco Quintal Ricardo L. Lopes	AAC 4.03.92 09 João A Neves Luís de Oliveira José A Forte Gustavo L Ribeiro	CNAC 3.56.16 00 Luis Silva João Aires Gomes Filipe Silva João Silva	AAC 3.51.21 10 João F Lucas Pedro B Mendes Ruben P Carvalho Gustavo A Madureira	CNAC 3.40.74 08 Miguel Oliveira Jorge Mendes João Abrantes Nelson Judas	CNAC 3.41.49 10 Jorge Mendes Rui Fonseca João Abrantes Miguel Oliveira	CNAC 3.34.68 02 Luis Silva Antonio Morais João Silva Hugo Gonzalez
4 x 200 Livres	CNAC 9.24.31 03 João Diogo Martins João Abrantes Pedro Conde Daniel Conceição	CNAC 8.56.90 99 Luis Silva Ricardo Abrantes Filipe Silva João Silva	CNAC 8.39.50 05 Daniel Conceição João Pedro Dias Pedro Conde João Abrantes	CNAC 8.23.18 06 João Abrantes Daniel Conceição João Pedro Dias Jorge Mendes	CNAC 8.03.58 08 Miguel Oliveira João Abrantes Nelson Judas Jorge Mendes	CNAC 8.03.43 09 Jorge Mendes Rui Fonseca Pedro Conde João Aires Gomes	CNAC 7.56.54 08 Jorge Mendes Nelson Judas Rui Fonseca Miguel Oliveira
50 Bruços	SSC 0.35.94 06 Renan Pereira	CNAC 0.32.99 01 Antonio Pereira	CNAC 0.33.20 02 Antonio Pereira	ACM 0.31.65 98 Helder Lopes	ACM 0.29.70 00 Helder Lopes	ACM 0.29.72 02 Helder Lopes	ACM 0.29.70 00 Helder Lopes
100 Bruços	GCF 1.17.87 99 Rui Carrito	CNAC 1.10.43 01 Antonio Pereira	CNAC 1.10.48 02 Antonio Pereira	ACM 1.07.37 98 Helder Lopes	ACM 1.04.30 00 Helder Lopes	ACM 1.03.97 02 Helder Lopes	ACM 1.03.97 02 Helder Lopes
200 Bruços	ACM 2.48.39 90 Alexandre Santos	CNAC 2.35.25 01 Antonio Pereira	AAC 2.32.15 10 João A. Neves	ACM 2.25.56 98 Helder Lopes	ACM 2.18.79 00 Helder Lopes	ACM 2.20.71 01 Helder Lopes	ACM 2.18.79 00 Helder Lopes
50 Costas	CNMC 0.33.08 07 Diogo Santos	AAC 0.30.70 93 João Cardoso	CNAC 0.31.18 06 Nelson Judas	AAC 0.29.94 97 José Cavalheiro	GCF 0.27.66 01 Pedro Oliveira	CNM 0.27.22 00 Alex. Gonçalves	CNM 0.27.22 00 Alex. Gonçalves
100 Costas	AAC 1.09.70 92 João Cardoso	AAC 1.06.99 93 João Cardoso	CNAC 1.04.46 01 Gonçalo Rodrigues	AAC 1.01.98 97 José Cavalheiro	GCF 1.00.28 01 Pedro Oliveira	CNM 0.58.98 97 Alex. Gonçalves	CNM 0.58.98 97 Alex. Gonçalves
200 Costas	AAC 2.31.60 92 João Cardoso	AAC 2.24.90 93 João Cardoso	GCF 2.16.49 92 António Rolo	AAC 2.12.56 97 José Cavalheiro	GCF 2.08.43 01 Pedro Oliveira	GCF 2.07.13 03 Pedro Oliveira	GCF 2.07.13 03 Pedro Oliveira
50 Mariposa	CNAC 0.30.44 09 Tomás Veloso	AAC 0.29.59 02 Gonçalo Almeida	CNMC 0.28.60 07 Mário Martins	GCF 0.27.83 98 Hugo Gonzalez	CNAC 0.25.44 09 Miguel Oliveira	CNM 0.25.43 00 Alex. Gonçalves	CNM 0.25.43 00 Alex. Gonçalves
100 Mariposa	AAC 1.06.40 91 Alex. Gonçalves	CNM 1.04.23 01 Nuno Silva	CNM 1.02.13 02 Nuno Silva	CNAC 0.59.72 01 Luis Silva	CNAC 0.55.86 09 Miguel Oliveira	CNM 0.56.90 00 Alex. Gonçalves	CNAC 0.55.86 09 Miguel Oliveira
200 Mariposa	CNAC 2.32.23 09 Tomás Veloso	CNAC 2.16.99 99 Luis Silva	CNAC 2.14.55 00 Luis Silva	CNAC 2.10.86 01 Luis Silva	CNAC 2.05.19 09 Miguel Oliveira	CNAC 2.07.23 09 Rui Fonseca	CNAC 2.05.19 09 Miguel Oliveira
200 Estilos	AAC 2.33.82 91 Alexandre Gonçalves	CNAC 2.20.47 99 Luis Silva	CAC 2.19.80 76 Rui Abreu	CNAC 2.14.77 07 Miguel Oliveira	CNAC 2.06.36 09 Miguel Oliveira	CNAC 2.11.88 10 Miguel Oliveira	CNAC 2.06.36 09 Miguel Oliveira
400 Estilos	ACM 5.23.42 90 Alexandre Santos	CNAC 4.56.99 99 Luis Silva	CNAC 4.51.68 00 Luis Silva	CNAC 4.46.21 07 Miguel Oliveira	CNAC 4.33.43 09 Miguel Oliveira	CNAC 4.35.99 10 Miguel Oliveira	CNAC 4.33.43 09 Miguel Oliveira
4 x 50 Estilos	CNAC 2.20.38 09 João P Cardoso Pedr C Silva Tomás Veloso João M Belchior	AAC 2.08.88 09 Gustavo L Ribeiro João A Neves Luís de Oliveira José A Forte	AAC 2.02.11 09 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo Madureira	AAC 1.59.40 10 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	CNAC 1.54.48 06 Bruno Amaral Ricardo Lopes Gonçalo Almeida Francisco Quintal	CNAC 1.52.33 10 Pedro Conde João Viola Rui Fonseca Miguel Oliveira	CNAC 1.49.95 09 Bruno Amaral Pedro Conde Miguel Oliveira Rui Fonseca
4 x 100 Estilos	CNM 4.50.99 98 João Santos Paulo Póvoa Lineu Palmeira João A. Gomes	CNAC 4.32.14 03 Francisco Quintal Samuel Ferreira Bruno Amaral Ricardo Lopes	CNAC 4.20.72 01 Gonçalo Rodrigues Filipe Cardoso João Costa Tiago Reis	AAC 4.19.85 10 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	CNAC 4.08.10 08 Pedro Conde Miguel Oliveira João Abrantes Jorge Mendes	CNAC 4.03.05 10 Pedro Conde João Viola Rui Fonseca Miguel Oliveira	CNAC 4.03.05 10 Pedro Conde João Viola Rui Fonseca Miguel Oliveira