

# RECORDES REGIONAIS MASCULINOS - T. PISCINAS

Prova	Inf B - 13 Anos	Inf A - 14 Anos	Juv B - 15 Anos	Juv A - 16 Anos	Juniões	Seniores	Absolutos
50 Livres	GCF 0.27.60 91 Ricardo Gaspar	AAC 0.26.50 93 João Cardoso	CNAC 0.25.66 04 Francisco Quintal	AAC 0.24.48 10 Gustavo Madureira	GCF 0.23.52 00 Hugo Gonzalez	CNM 0.23.39 03 Alex. Gonçalves	CNM 0.23.39 03 Alex. Gonçalves
		CNAC 0.26.50 03 Francisco Quintal	AAC 0.25.66 09 Gustavo Madureira				
100 Livres	CDL 1.00.07 10 Gabriel Lopes	AAC 0.57.59 08 Gustavo Madureira	CNAC 0.55.36 00 Luis Silva	AAC 0.53.28 10 Gustavo Madureira	GCF 0.51.21 10 Mário Pereira	CNAC 0.50.12 10 Miguel Oliveira	CNAC 0.50.12 10 Miguel Oliveira
200 Livres	CDL 2.10.90 10 Gabriel Lopes	CNAC 2.04.30 99 Luis Silva	CNAC 1.59.25 00 Luis Silva	CNAC 1.56.93 01 Luis Silva	CNAC 1.52.42 09 Miguel Oliveira	CNAC 1.50.60 10 Miguel Oliveira	CNAC 1.50.60 10 Miguel Oliveira
400 Livres	CNAC 4.37.26 09 Tomás Veloso	CNAC 4.22.18 99 Luis Silva	CNAC 4.11.77 00 Luis Silva	CNAC 4.08.63 01 Luis Silva	CNAC 3.56.55 03 Luis Silva	CNAC 3.54.23 10 Jorge Mendes	CNAC 3.54.23 10 Jorge Mendes
800 Livres	CNAC 9.42.30 85 Helder Santos	CNM 9.15.00 96 Pedro Matos	CNM 8.48.40 97 Pedro Matos	CNAC 8.47.09 07 Miguel Oliveira	CNAC 8.24.17 08 Jorge Mendes	CNAC 8.25.30 09 Jorge Mendes	CNAC 8.24.17 08 Jorge Mendes
1500 Livres	CNAC 18.14.89 09 Tomás Veloso	CNM 17.20.74 96 Pedro Matos	CNM 16.32.94 97 Pedro Matos	CNAC 16.26.91 07 Miguel Oliveira	CNAC 15.52.44 08 Jorge Mendes	CNAC 15.59.42 10 Jorge Mendes	CNAC 15.52.44 08 Jorge Mendes
4 x 50 Livres	AAC 2.00.96 08 Luís de Oliveira Gustavo L Ribeiro José Antº Forte João A Neves	CNAC 1.52.80 05 Nelson Judas Tiago Maranhã Luis Antunes Filipe Furtado	CNAC 1.48.00 05 João Abrantes Daniel Conceição Pedro Conde João Pedro Dias	CNAC 1.45.44 02 João Costa Tiago Reis Filipe Cardoso João Lopes	CNAC 1.40.02 08 Jorge Mendes Nelson Judas João Abrantes Miguel Oliveira	CNAC 1.37.47 10 Jorge Mendes Rui Fonseca Pedro Conde João Abrantes	AAC 1.36.39 02 Hugo Gonzalez António Morais Luis Silva João Silva
4 x 100 Livres	CNAC 4.19.17 02 Samuel Ferreira Bruno Amaral Francisco Quintal Ricardo L. Lopes	AAC 4.03.21 09 João André Neves Gustavo L. Ribeiro José Antº Forte Luís de Oliveira	CNAC 3.51.55 00 Luis Silva João Aires Gomes Filipe Silva João Silva	CNAC 3.49.26 02 Tiago Reis Gonçalo Rodrigues João Lopes João Costa	CNAC 3.36.94 08 Miguel Oliveira Nelson Judas João Abrantes Jorge Mendes	CNAC 3.28.95 10 Jorge Mendes Rui Fonseca João Abrantes Miguel Oliveira	CNAC 3.28.95 10 Jorge Mendes Rui Fonseca João Abrantes Miguel Oliveira
4 x 200 Livres	CNM 9.23.96 98 João Gomes Paulo Póvoa Ricardo Ribeiro João Santos	CNAC 8.48.01 04 Daniel Conceição João Abrantes Pedro Conde João Diogo Martins	CNAC 8.24.94 00 Luis Silva João Aires Gomes Ricardo Abrantes João Silva	CNAC 8.19.79 06 João Abrantes Jorge Mendes Daniel Conceição João Pedro Dias	CNAC 7.52.54 08 Miguel Oliveira Jorge Mendes João Abrantes Nelson Judas	CNAC 7.31.67 10 Miguel Oliveira Jorge Mendes Rui Fonseca João Abrantes	CNAC 7.31.67 10 Miguel Oliveira Jorge Mendes Rui Fonseca João Abrantes
50 Bruços	CNAC 0.35.84 03 João Diogo Martins	CNAC 0.32.99 01 Antonio Pereira	CNAC 0.32.34 02 António Pereira	ACM 0.31.53 98 Helder Lopes	ACM 0.29.70 00 Helder Lopes	ACM 0.29.33 02 Helder Lopes	ACM 0.29.33 02 Helder Lopes
100 Bruços	CNAC 1.16.81 03 João Diogo Martins	CNAC 1.09.36 01 Antonio Pereira	CNAC 1.07.85 02 António Pereira	ACM 1.07.20 98 Helder Lopes	ACM 1.03.40 00 Helder Lopes	ACM 1.02.54 01 Helder Lopes	ACM 1.02.54 01 Helder Lopes
200 Bruços	CNAC 2.44.44 03 João Diogo Martins	CNAC 2.34.12 01 Antonio Pereira	CNAC 2.27.67 02 António Pereira	ACM 2.24.15 98 Helder Lopes	ACM 2.15.81 00 Helder Lopes	CNAC 2.14.20 10 Miguel Oliveira	CNAC 2.14.20 10 Miguel Oliveira
50 Costas	CNAC 0.32.45 02 Francisco Quintal	AAC 0.30.70 93 João Cardoso	CNAC 0.29.41 03 Gonçalo Almeida	AAC 0.28.17 94 Alex. Gonçalves	GCF 0.27.66 01 Pedro Oliveira	CNM 0.25.47 00 Alex. Gonçalves	CNM 0.25.47 99 Alex. Gonçalves
100 Costas	AAC 1.06.70 92 João Cardoso	AAC 1.04.80 93 João Cardoso	AAC 1.02.60 93 Alex. Gonçalves	AAC 0.59.73 97 José Cavalheiro	AAC 0.57.04 95 Alex. Gonçalves	CNM 0.55.88 98 Alex. Gonçalves	CNM 0.55.88 98 Alex. Gonçalves
200 Costas	AAC 2.23.60 92 João Cardoso	AAC 2.20.30 93 João Cardoso	GCF 2.12.10 92 António Rolo	CNM 2.09.95 98 Pedro Matos	CNM 2.07.21 99 Pedro Matos	CNAC 2.02.40 99 João Tsukagoshi	CNAC 2.02.40 99 João Tsukagoshi
50 Mariposa	CNAC 0.30.44 09 Tomás Veloso	AAC 0.29.59 02 Gonçalo Almeida	CNAC 0.28.48 03 Gonçalo Almeida	CNAC 0.27.16 04 Gonçalo Almeida	CNAC 0.24.83 09 Miguel Oliveira	CNM 0.24.80 00 Alex. Gonçalves	CNM 0.24.80 00 Alex. Gonçalves
100 Mariposa	AAC 1.06.40 91 Alex. Gonçalves	AAC 1.04.20 92 Alex. Gonçalves	CNAC 1.02.20 00 Luis Silva	CNAC 0.59.72 01 Luis Silva	CNAC 0.55.86 09 Miguel Oliveira	CNM 0.55.20 01 Alex. Gonçalves	CNM 0.55.20 01 Alex. Gonçalves
200 Mariposa	CNAC 2.28.59 09 Tomás Veloso	CNAC 2.16.99 99 Luis Silva	CNAC 2.10.21 00 Luis Silva	CNAC 2.10.86 01 Luis Silva	CNAC 2.05.19 09 Miguel Oliveira	CNAC 2.02.66 10 Miguel Oliveira	CNAC 2.02.66 10 Miguel Oliveira
100 Estilos	ACM 1.11.51 90 Alexandre Santos	CNAC 1.05.76 04 João Diogo Martins	CNAC 1.04.44 00 Luis Silva	CNAC 1.02.98 01 Luis Silva	CNAC 0.59.32 09 Miguel Oliveira	CNAC 0.58.20 10 Miguel Oliveira	CNAC 0.58.20 10 Miguel Oliveira
200 Estilos	CNAC 2.32.59 09 Tomás Veloso	CNAC 2.20.47 99 Luis Silva	CNAC 2.13.65 00 Luis Silva	CNAC 2.11.19 07 Miguel Oliveira	CNAC 2.05.12 09 Miguel Oliveira	CNAC 2.01.78 10 Miguel Oliveira	CNAC 2.01.78 10 Miguel Oliveira
400 Estilos	ACM 5.15.10 90 Alexandre Santos	CNAC 4.53.96 10 Tomás Veloso	CNAC 4.38.66 00 Luis Silva	CNAC 4.43.46 07 Miguel Oliveira	CNAC 4.26.61 09 Miguel Oliveira	CNAC 4.22.67 10 Miguel Oliveira	CNAC 4.22.67 10 Miguel Oliveira
4 x 50 Estilos	CNAC 2.15.85 98 Paulo Nave Bruno Ferreira Luis Silva Filipe Silva	AAC 2.06.50 09 Gustavo L. Ribeiro João A.Neves Luís de Oliveira José Antº Forte	CNAC 2.01.54 05 Pedro Conde João Abrantes Daniel Conceição João Pedro Dias	CNAC 1.55.90 02 Gonçalo Rodrigues Filipe Cardoso João Costa Tiago Reis	CNAC 1.52.79 06 Ricardo Lopes Gonçalo Almeida Bruno Amaral Francisco Quintal	CNAC 1.46.44 10 Pedro Conde João Viola Rui Fonseca Jorge Mendes	CNM 1.46.44 10 Pedro Conde João Viola Rui Fonseca Jorge Mendes
4 x 100 Estilos	CNAC 4.50.19 03 Pedro Conde João Martins Hugo Ribeiro Daniel Conceição	CNAC 4.30.75 04 João Abrantes João Diogo Martins Hugo Ribeiro Daniel Conceição	CNAC 4.17.87 00 João Aires Gomes Paulo Nave Luis Silva João Silva	CNAC 4.09.34 02 Gonçalo Rodrigues Filipe Cardoso João Costa Tiago Reis	CNAC 4.02.72 08 Pedro Conde Miguel Oliveira João Abrantes Jorge Mendes	CNAC 3.48.20 10 Pedro Conde João Viola Rui Fonseca Miguel Oliveira	CNAC 3.48.20 10 Pedro Conde João Viola Rui Fonseca Miguel Oliveira