

## RECORDES REGIONAIS MASCULINOS - PISCINA 50

Prova	Inf B - 13 Anos	Inf A - 14 Anos	Juv B - 15 Anos	Juv A - 16 Anos	Juniiores	Seniores	Absolutos
50 Livres	CDL 0.27.33 10 Gabriel J Lopes	CDL 0.26.89 11 Gabriel J Lopes	AAC 0.25.99 09 Gustavo A Madureira	AAC 0.24.66 10 Gustavo A Madureira	AAC 0.24.13 11 Gustavo A Madureira	CNAC 0.23.50 02 Hugo Gonzalez	CNAC 0.23.50 02 Hugo Gonzalez
100 Livres	CDL 1.00.14 10 Gabriel J Lopes	CDL 0.55.64 11 Gabriel J Lopes	CAC 0.55.90 76 Rui Abreu	AAC 0.53.74 10 Gustavo A Madureira	CNAC 0.52.32 09 Miguel S Oliveira	CNAC 0.51.33 02 Hugo Gonzalez	CNAC 0.51.33 02 Hugo Gonzalez
200 Livres	CDL 2.11.08 10 Gabriel J Lopes	CDL 2.02.56 11 Gabriel J Lopes	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	FBSC 4.40.31 10 Francisco X Gonçalves	CNAC 4.22.18 99 Luis Silva	CNAC 4.15.74 11 Tomás M Veloso	CNAC 4.08.63 01 Luis Silva	CNAC 4.02.54 02 Luis Silva	AAC 4.05.18 12 Mário A Pereira	CNAC 4.02.54 02 Luis Silva
800 Livres	FBSC 9.52.98 10 Francisco X Gonçalves	CNM 9.15.00 96 Pedro Matos	CNM 8.55.47 97 Pedro Matos	CNAC 8.44.57 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	FBSC 18.31.79 10 Francisco X Gonçalves	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
3 km Livres							
5 km Livres					SCC 1:01.13.91 11 Hugo N Neto	GCF 0:58.45.72 10 Alexandre Medina	GCF 0:58.45.72 10 Alexandre Medina
4 x 50 Livres	AAC 2.00.96 08 Luís de Oliveira Gustavo L Ribeiro José Ant <sup>o</sup> Forte João A Neves	AAC 1.52.86 09 João A Neves Luís de Oliveira Gustavo L Ribeiro José A Forte	AAC 1.49.33 10 João A Neves Gustavo L Ribeiro Francisco X Rodrigues Luís de Oliveira	AAC 1.46.75 11 João A Neves Francisco X Rodrigues Luís de Oliveira Gustavo L Ribeiro	AAC 1.41.25 11 Gustavo A Madureira João F Lucas Ruben P Carvalho Pedro B Mendes	CNAC 1.38.20 11 Mário A Pereira Miguel S Oliveira João P Almeida Jorge M Mendes	CNAC 1.38.20 11 Mário A Pereira Miguel S Oliveira João P Almeida Jorge M Mendes
4 x 100 Livres	CNAC 4.15.78 11 João M Pires João N Rodrigues Pedro F Pires João M Leitão	AAC 4.03.92 09 João A Neves Luís de Oliveira José A Forte Gustavo L Ribeiro	AAC 3.50.88 10 João A Neves Francisco X Rodrigues Luís de Oliveira Gustavo L Ribeiro	AAC 3.45.98 10 Gustavo A Madureira João F Lucas Ruben P Carvalho Pedro B Mendes	CNAC 3.40.74 08 Miguel Oliveira Jorge Mendes João Abrantes Nelson Judas	CNAC 3.35.54 11 Miguel S Oliveira Jorge M Mendes João P Almeida Mário A Pereira	CNAC 3.34.58 11 Mário A Pereira Miguel S Oliveira João P Almeida Tomás M Veloso
4 x 200 Livres	SCC 9.21.18 10 Alexando M Protásio Eduardo F Carvalho Alexandre V Coutinho Francisco M Oliveira	CNAC 8.51.16 11 José M Santos Francisco X Gonçalves Luís H Oliveira Hugo V Pereira	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 8.01.17 11 João P Almeida Miguel S Oliveira Jorge M Mendes Mário A Pereira	CNAC 7.55.62 11 Miguel S Oliveira Tomás M Veloso Mário A Pereira João P Almeida
50 Bruços	SSC 0.35.94 06 Renan Pereira	CNAC 0.32.99 01 Antonio Pereira	CNAC 0.32.61 11 Tomás M Veloso	ACM 0.31.65 98 Hélder Lopes	ACM 0.29.70 00 Helder Lopes	ACM 0.29.72 02 Helder Lopes	ACM 0.29.70 00 Hélder Lopes
100 Bruços	GCF 1.17.87 99 Rui Carrito	CNAC 1.10.43 01 Antonio Pereira	CNAC 1.09.17 11 Tomás M Veloso	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	IND 2.46.34 11 Tiago M Dinis	CNAC 2.35.25 01 Antonio Pereira	CNAC 2.29.15 11 Tomás M Veloso	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	CDL 0.29.93 11 Gabriel J Lopes	AAC 0.29.87 11 Daniel B Relvão	AAC 0.29.94 97 José Cavalheiro	GCF 0.27.66 01 Pedro Oliveira	CNAC 0.26.89 11 Mário A Pereira	CNAC 0.26.89 11 Mário A Pereira
100 Costas	AAC 1.09.70 92 João H Cardoso	CDL 1.02.97 11 Gabriel J Lopes	AAC 1.04.35 11 Daniel B Relvão	AAC 1.01.98 97 José Cavalheiro	GCF 1.00.28 01 Pedro Oliveira	CNAC 0.58.52 11 Mário A Pereira	CNAC 0.58.52 11 Mário A Pereira
200 Costas	CNAC 2.31.15 11 João M Pires	CDL 2.18.74 11 Gabriel J Lopes	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 M Veloso	CNAC 0.28.90 10 Tomás M Veloso	CNMC 0.28.60 07 Mário Martins	AAC 0.27.72 10 João F Lucas	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 Alexandre Gonçalves	CDL 1.03.97 10 Francisco J Fernandes	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 M Veloso	CNAC 2.16.99 99 Luis Silva	CNAC 2.13.46 11 Tomás M Veloso	CNAC 2.10.86 01 Luis Silva	CNAC 2.05.19 09 Miguel Oliveira	CNAC 2.06.59 10 Miguel Oliveira	CNAC 2.05.19 09 Miguel Oliveira
200 Estilos	IND 2.29.06 11 Tiago M Dinis	CDL 2.17.28 11 Gabriel J Lopes	CNAC 2.14.57 11 Tomás M Veloso	CNAC 2.14.77 07 Miguel Oliveira	CNAC 2.06.36 09 Miguel Oliveira	CNAC 2.09.29 10 Miguel Oliveira	CNAC 2.06.36 09 Miguel Oliveira
400 Estilos	CDL 5.15.55 10 Gabriel J Lopes	CNAC 4.54.04 10 Tomás M Veloso	CNAC 4.43.28 11 Tomás M Veloso	CNAC 4.46.21 07 Miguel Oliveira	CNAC 4.33.43 09 Miguel Oliveira	CNAC 4.34.12 10 Miguel Oliveira	CNAC 4.33.43 09 Miguel Oliveira
4 x 50 Estilos	CNAC 2.20.38 09 João P Cardoso Pedro C Silva Tomás M Veloso João M Belchior	CNAC 2.08.49 12 João M Pires Tiago M Dinis João M Leitão João N Rodrigues	AAC 2.01.63 10 Gustavo L Ribeiro João A Neves Luís de Oliveira Francisco X Rodrigues	AAC 1.54.16 10 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	AAC 1.51.98 11 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	CNAC 1.46.70 11 Mário A Pereira João A Viola Miguel S Oliveira João P Almeida	CNAC 1.46.70 11 Mário A Pereira João A Viola Miguel S Oliveira João P Almeida
4 x 100 Estilos	CNM 4.47.50 11 João M Pires João M Leitão Pedro F Pires João N Rodrigues	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 4.13.12 10 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	AAC 4.07.73 11 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	CNAC 3.59.49 11 Mário A Pereira João A Viola Miguel S Oliveira João P Almeida	CNAC 3.59.49 11 Mário A Pereira João A Viola Miguel S Oliveira João P Almeida