

RECORDES REGIONAIS MASCULINOS - T. PISCINAS

Prova	Inf B - 13 Anos (99)	Inf A - 14 Anos (98)	Juv B - 15 Anos (97)	Juv A - 16 Anos (96)	Juniores (95-94)	Seniores	Absolutos
50 Livres	CDL 0.26.65 10 Gabriel J Lopes	CNAC 0.26.50 03 Francisco Quintal	CNAC 0.25.66 04 Francisco Quintal	AAC 0.24.48 10 Gustavo A Madureira	AAC 0.23.08 12 Gustavo A Madureira	CNAC 0.23.28 12 Mário A Pereira	AAC 0.23.08 12 Gustavo A Madureira
			AAC 0.25.66 09 Gustavo Madureira				
100 Livres	CDL 0.58.94 10 Gabriel J Lopes	CDL 0.55.64 11 Gabriel J Lopes	CNAC 0.55.36 00 Luis Silva	AAC 0.53.28 10 Gustavo A Madureira	GCF 0.51.21 10 Mário Pereira	CNAC 0.49.49 12 Mário A Pereira	CNAC 0.49.49 12 Mário A Pereira
200 Livres	CDL 2.10.90 10 Gabriel J Lopes	CDL 2.01.34 11 Gabriel J Lopes	CNAC 1.59.25 00 Luis Silva	CNAC 1.56.93 01 Luis Silva	CNAC 1.52.42 09 Miguel Oliveira	CNAC 1.48.63 12 Mário A Pereira	CNAC 1.48.63 12 Mário A Pereira
400 Livres	CDL 4.37.18 10 Gabriel J Lopes	CNAC 4.21.72 11 Francisco X Gonçalves	CNAC 4.11.77 00 Luis Silva	AAC 4.07.72 11 João A Neves	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	CNAC 9.14.93 11 Francisco X Gonçalves	CNM 8.48.40 97 Pedro Matos	CNAC 8.37.45 12 Tomás M Veloso	CNAC 8.24.17 08 Jorge Mendes	CNAC 8.18.89 12 Miguel M Diogo	CNAC 8.18.89 12 Miguel M Diogo
1500 Livres	CNAC 18.14.89 09 Tomás Veloso	17.20.74 Tempo Limite	CNM 16.32.94 97 Pedro Matos	CNAC 16.23.18 12 Tomás M Veloso	CNAC 15.52.44 08 Jorge Mendes	CNAC 15.44.95 12 Miguel M Diogo	CNAC 15.44.95 12 Miguel M Diogo
4 x 50 Livres	SCC 1.57.73 11 Alexandro Portásio Alexandre V Coutinh Eduardo Carvalho Francisco Oliveira	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	AAC 1.39.89 12 Gustavo A Madureira João A Neves João F Lucas Ruben P Carvalho	CNAC 1.33.70 12 Mário A Pereira Miguel S Oliveira Miguel M Diogo João P Almeida	CNAC 1.33.70 12 Mário A Pereira Miguel S Oliveira Miguel M Diogo João P Almeida
4 x 100 Livres	CNAC 4.15.47 11 João N Rodrigues João M Pires Pedro F Pires João M Leitão	SCC 4.02.08 11 Alexandro M Portásio Francisco M Oliveira Alexandre V Coutinho Eduardo F Carvalho	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 3.36.94 08 Miguel Oliveira Nelson Judas João Abrantes Jorge Mendes	CNAC 3.24.13 12 Mário A Pereira Miguel S Oliveira Miguel M Diogo João P Almeida	CNAC 3.24.13 12 Mário A Pereira Miguel S Oliveira Miguel M Diogo João P Almeida
4 x 200 Livres	SCC 9.21.18 10 Alexandro Portásio Eduardo Carvalho Alexandre V Coutinho Francisco Oliveira	SCC 8.47.85 11 Alexandro M Portásio Francisco M Oliveira Alexandre V Coutinho Eduardo F Carvalho	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 7.26.48 12 Mário A Pereira Miguel S Oliveira Miguel M Diogo João P Almeida	CNAC 7.26.48 12 Mário A Pereira Miguel S Oliveira Miguel M Diogo João P Almeida
50 Bruços	CDL 0.35.34 10 Gabriel J Lopes	CDL 0.32.97 11 Gabriel J Lopes	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	CDL 1.16.33 10 Gabriel J Lopes	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	CDL 0.30.56 10 Gabriel J Lopes	CDL 0.29.69 11 Gabriel J Lopes	CNAC 0.29.41 03 Gonçalo Almeida	0.28.17 Tempo Limite	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 H Cardoso	CDL 1.01.91 11 Gabriel J Lopes	AAC 1.02.49 11 Daniel B Relvão	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 H Cardoso	CDL 2.18.32 11 Gabriel J Lopes	GCF 2.12.10 92 António Rolo	CNM 2.09.95 98 Pedro Matos	GCF 2.06.70 11 André D Vaz	CNAC 2.02.40 99 João Tsukagoshi	CNAC 2.02.40 99 João Tsukagoshi
50 Mariposa	CDL 0.29.85 10 Gabriel J Lopes	CNAC 0.28.90 10 Tomás M Veloso	SCC 0.28.46 12 Alexandre V Coutinho	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 Alexandre Gonçalves	CDL 1.02.43 11 Gabriel J Lopes	CNAC 1.01.55 11 Tomás M Veloso	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 M 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 2.01.37 12 Miguel M Diogo	CNAC 2.01.37 12 Miguel M Diogo
100 Estilos	CDL 1.06.87 10 Gabriel J Lopes	CDL 1.02.84 11 Gabriel J Lopes	CDL 1.02.16 12 Gabriel J Lopes	CNAC 1.02.00 12 Tomás M Veloso	CNAC 0.59.32 09 Miguel Oliveira	CNAC 0.58.20 10 Miguel Oliveira	CNAC 0.58.20 10 Miguel Oliveira
200 Estilos	CDL 2.28.35 10 Gabriel J Lopes	CDL 2.16.35 11 Gabriel J Lopes	CNAC 2.11.64 11 Tomás M Veloso	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 M Veloso	CNAC 4.38.66 00 Luis Silva	CNAC 4.36.25 12 Tomás M Veloso	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	SCC 2.14.09 10 Eduardo Carvalho Diogo Gonçalves Alexandre V Coutinh Alexandro Portásio	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	AAC 1.54.16 10 Pedro B Mendes Ruben P Carvalho João F Lucas Gustavo A Madureira	AAC 1.51.16 12 Pedro B Mendes Ruben P Carvalho João A Neves Gustavo A Madureira	CNAC 1.43.00 12 Mário A Pereira João Viola Miguel S Oliveira João P Almeida	CNAC 1.43.00 12 Mário A Pereira João Viola Miguel S Oliveira João P Almeida
4 x 100 Estilos	CNAC 4.47.17 11 João M Pires João M Leitão Pedro F Pires João N Rodrigues	CNAC 4.30.75 04 João Abrantes João D Martins Hugo Ribeiro Daniel Conceição	CNAC 4.17.87 00 João A 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