

XI Campeonato Nacional de Masters - Open Verão
Coimbra, 20. - 21.6.2009

Prova 2
20.6.09 - 9:50

Masc., 800m Livres

25 - 84 anos
Resultados

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
Master Esc A			
1. COELHO, Miguel Santos	82 Vilacondense	10:00.46	591
100m: 1:04.77 1:04.77	300m: 3:30.88 1:14.40	500m: 6:04.71 1:17.34	700m: 8:42.81 1:19.37
200m: 2:16.48 1:11.71	400m: 4:47.37 1:16.49	600m: 7:23.44 1:18.73	800m: 10:00.46 1:17.65
2. PAIVA, Jorge Miguel	82 Belenenses	10:10.49	562
100m: 1:07.24 1:07.24	300m: 3:37.21 1:16.28	500m: 6:12.89 1:18.38	700m: 8:51.66 1:19.27
200m: 2:20.93 1:13.69	400m: 4:54.51 1:17.30	600m: 7:32.39 1:19.50	800m: 10:10.49 1:18.83
3. COSTA, Mario Jorge	84 Vilacondense	10:18.29	541
100m: 1:09.50 1:09.50	300m: 3:43.50 1:17.72	500m: 6:21.32 1:18.96	700m: 9:01.20 1:20.38
200m: 2:25.78 1:16.28	400m: 5:02.36 1:18.86	600m: 7:40.82 1:19.50	800m: 10:18.29 1:17.09
4. RAMOS, Luis Filipe	81 Galitos	10:33.73	503
100m: 1:15.07 1:15.07	300m: 3:52.63 1:18.19	500m: 6:31.00 1:19.65	700m: 9:12.46 1:21.82
200m: 2:34.44 1:19.37	400m: 5:11.35 1:18.72	600m: 7:50.64 1:19.64	800m: 10:33.73 1:21.27
5. COURAS, Ivan Mauricio	81 Maia/Real Seguros	11:24.86	398
100m: 1:17.07 1:17.07	300m: 4:08.62 1:26.83	500m: 7:03.66 1:27.85	700m: 10:00.03 1:27.31
200m: 2:41.79 1:24.72	400m: 5:35.81 1:27.19	600m: 8:32.72 1:29.06	800m: 11:24.86 1:24.83
6. JACINTO, Joao Filipe	80 Salvaterra Magos	12:31.46	301
100m: 1:15.14 1:15.14	300m: 4:19.60 1:35.59	500m: 7:38.21 1:40.38	700m: 10:57.70 1:38.99
200m: 2:44.01 1:28.87	400m: 5:57.83 1:38.23	600m: 9:18.71 1:40.50	800m: 12:31.46 1:33.76
7. MESTRE, Nelson Palma	80 Académica de Coimbra	12:34.19	298
100m: 1:25.19 1:25.19	300m: 4:29.80 1:33.59	500m: 7:45.65 1:39.43	700m: 10:59.65 1:36.48
200m: 2:56.21 1:31.02	400m: 6:06.22 1:36.42	600m: 9:23.17 1:37.52	800m: 12:34.19 1:34.54
8. MARQUES, Jose Pedro	80 Portinado	12:57.28	272
100m: 1:20.26 1:20.26	300m: 4:31.09 1:38.03	500m: 7:52.33 1:41.73	700m: 11:17.78 1:41.88
200m: 2:53.06 1:32.80	400m: 6:10.60 1:39.51	600m: 9:35.90 1:43.57	800m: 12:57.28 1:39.50
Master Esc B			
1. SILVA, Pedro Miguel	76 Vilacondense	8:53.01	818
<i>Rec Nac Esc B</i>			
100m: 1:00.69 1:00.69	300m: 3:13.16 1:07.12	500m: 5:27.07 1:07.31	700m: 7:44.52 1:08.99
200m: 2:06.04 1:05.35	400m: 4:19.76 1:06.60	600m: 6:35.53 1:08.46	800m: 8:53.01 1:08.49
2. COSTA, Rodrigo Marques	76 Litoral Alentejano	9:58.54	577
100m: 1:05.99 1:05.99	300m: 3:31.91 1:14.20	500m: 6:03.66 1:16.43	700m: 8:40.58 1:19.29
200m: 2:17.71 1:11.72	400m: 4:47.23 1:15.32	600m: 7:21.29 1:17.63	800m: 9:58.54 1:17.96
3. ALMEIDA, Diogo Pedroso	77 Belenenses	10:23.00	512
100m: 1:12.10 1:12.10	300m: 3:46.15 1:17.92	500m: 6:24.81 1:19.21	700m: 9:05.35 1:20.41
200m: 2:28.23 1:16.13	400m: 5:05.60 1:19.45	600m: 7:44.94 1:20.13	800m: 10:23.00 1:17.65
4. PRATAS, Eduardo Dias	75 Naval Setubalense	10:29.44	496
100m: 1:15.56 1:15.56	300m: 3:56.52 1:19.59	500m: 6:36.48 1:20.17	700m: 9:15.41 1:18.72
200m: 2:36.93 1:21.37	400m: 5:16.31 1:19.79	600m: 7:56.69 1:20.21	800m: 10:29.44 1:14.03
5. SILVA, Manuel Fialho	77 Belenenses	10:59.43	432
100m: 1:15.70 1:15.70	300m: 4:01.82 1:23.68	500m: 6:49.35 1:24.68	700m: 9:38.87 1:25.05
200m: 2:38.14 1:22.44	400m: 5:24.67 1:22.85	600m: 8:13.82 1:24.47	800m: 10:59.43 1:20.56

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Prova 2, Masc., 800m Livres, Master Esc B

Lugar	Ano	Tempo final	Pts
6. CORDEIRO, Carlos Chan	77 Portinado	11:10.73	410
100m: 1:15.22 1:15.22	300m: 4:02.10 1:25.50	500m: 6:54.86 1:26.05	700m: 9:48.23 1:26.91
200m: 2:36.60 1:21.38	400m: 5:28.81 1:26.71	600m: 8:21.32 1:26.46	800m: 11:10.73 1:22.50
7. PEREIRA, Alexandre Marques	76 Belenenses	11:19.45	395
100m: 1:13.36 1:13.36	300m: 4:02.46 1:26.51	500m: 6:58.26 1:28.53	700m: 9:54.91 1:28.55
200m: 2:35.95 1:22.59	400m: 5:29.73 1:27.27	600m: 8:26.36 1:28.10	800m: 11:19.45 1:24.54
8. ENGENHEIRO, Nuno Emanuel	79 Salvaterra Magos	12:28.21	295
100m: 1:16.60 1:16.60	300m: 4:21.64 1:34.69	500m: 7:35.00 1:37.21	700m: 10:52.91 1:38.67
200m: 2:46.95 1:30.35	400m: 5:57.79 1:36.15	600m: 9:14.24 1:39.24	800m: 12:28.21 1:35.30
9. ALMEIDA, Nuno Miguel	76 Pimpões/Cimai	12:55.28	265
100m: 1:25.91 1:25.91	300m: 4:42.78 1:39.44	500m: 8:02.43 1:40.00	700m: 11:21.01 1:39.38
200m: 3:03.34 1:37.43	400m: 6:22.43 1:39.65	600m: 9:41.63 1:39.20	800m: 12:55.28 1:34.27
10. QUITERIO, Ricardo Jose	77 Salvaterra Magos	15:20.48	158
100m: 1:33.71 1:33.71	300m: 5:00.00	500m: 9:28.69 2:01.65	700m: 13:25.09 1:58.25
200m: 3:25.63 1:51.92	400m: 7:27.04	600m: 11:26.84 1:58.15	800m: 15:20.48 1:55.39
11. FLORENCIO, Filipe Arez	78 Portinado	16:35.48	125
100m: 1:51.47 1:51.47	300m: 5:00.00	500m: 9:00.00	700m: 14:37.33 2:05.45
200m: 6:04.81 4:13.34	400m: 8:11.84	600m: 12:31.88	800m: 16:35.48 1:58.15

Master Esc C

1. CABRITA, Miguel Mendonca	74 Algés	9:15.60	796
<i>Rec Nac Esc C</i>			
100m: 1:02.86 1:02.86	300m: 3:21.19 1:09.98	500m: 5:43.00 1:10.88	700m: 8:05.86 1:11.16
200m: 2:11.21 1:08.35	400m: 4:32.12 1:10.93	600m: 6:54.70 1:11.70	800m: 9:15.60 1:09.74
2. VAZ, Rui Carlos	71 Colégio Vasco da Gama	9:53.24	654
100m: 1:08.30 1:08.30	300m: 3:36.39 1:15.20	500m: 6:07.43 1:15.56	700m: 8:38.21 1:15.81
200m: 2:21.19 1:12.89	400m: 4:51.87 1:15.48	600m: 7:22.40 1:14.97	800m: 9:53.24 1:15.03
3. SOUSA, Paulo Alexandre	72 Portinado	10:41.61	517
100m: 1:10.06 1:10.06	300m: 3:51.26 1:21.42	500m: 6:35.58 1:22.09	700m: 9:20.67 1:23.02
200m: 2:29.84 1:19.78	400m: 5:13.49 1:22.23	600m: 7:57.65 1:22.07	800m: 10:41.61 1:20.94
4. SANTOS, Eurico Manuel	70 Belenenses	10:49.62	498
100m: 1:14.97 1:14.97	300m: 3:54.10 1:19.91	500m: 6:39.02 1:23.27	700m: 9:26.85 1:23.50
200m: 2:34.19 1:19.22	400m: 5:15.75 1:21.65	600m: 8:03.35 1:24.33	800m: 10:49.62 1:22.77
5. CUNHA, Vitor Fortes	71 Belenenses	11:01.03	473
100m: 1:12.24 1:12.24	300m: 3:57.43 1:23.92	500m: 6:46.64 1:24.83	700m: 9:37.19 1:25.56
200m: 2:33.51 1:21.27	400m: 5:21.81 1:24.38	600m: 8:11.63 1:24.99	800m: 11:01.03 1:23.84
6. FERREIRA, Luis Miguel	71 Função Pública	12:00.80	364
100m: 1:15.96 1:15.96	300m: 4:13.30 1:30.97	500m: 7:22.76 1:35.26	700m: 10:32.14 1:34.90
200m: 2:42.33 1:26.37	400m: 5:47.50 1:34.20	600m: 8:57.24 1:34.48	800m: 12:00.80 1:28.66
7. BARROS, Nuno Filipe	71 Maia/Real Seguros	12:34.63	318
100m: 1:24.66 1:24.66	300m: 4:38.27 1:37.89	500m: 7:51.30 1:36.69	700m: 11:04.91 1:35.73
200m: 3:00.38 1:35.72	400m: 6:14.61 1:36.34	600m: 9:29.18 1:37.88	800m: 12:34.63 1:29.72
8. BRANDAO, Jose Manuel	70 Desportiva de Viana	13:04.80	282
100m: 1:26.46 1:26.46	300m: 6:26.11 3:21.51	500m: 9:47.29 1:41.16	700m: 11:00.00
200m: 3:04.60 1:38.14	400m: 8:06.13 1:40.02	600m: 11:27.20 1:39.91	800m: 13:04.80

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Master Esc D

1. PITEIRA, Luis Paulo	68	Naval Setubalense	10:39.11	531
100m: 1:15.82 1:15.82	300m: 3:55.64 1:19.39	500m: 6:35.72 1:20.42	700m: 9:17.81 1:21.51	
200m: 2:36.25 1:20.43	400m: 5:15.30 1:19.66	600m: 7:56.30 1:20.58	800m: 10:39.11 1:21.30	
2. FERNANDO, Pedro Alexandre	67	Académica de Coimbra	11:01.23	479
100m: 1:15.46 1:15.46	300m: 4:03.85 1:25.66	500m: 6:55.56 1:25.96	700m: 9:45.30 1:24.59	
200m: 2:38.19 1:22.73	400m: 5:29.60 1:25.75	600m: 8:20.71 1:25.15	800m: 11:01.23 1:15.93	
3. FERREIRA, Rui Jorge	68	Galitos	11:36.64	410
100m: 1:13.18 1:13.18	300m: 4:07.80 1:28.28	500m: 7:09.25 1:32.02	700m: 10:11.39 1:30.81	
200m: 2:39.52 1:26.34	400m: 5:37.23 1:29.43	600m: 8:40.58 1:31.33	800m: 11:36.64 1:25.25	
4. MARTINS, Paulo Guilherme	68	Ginásio Figueirense	12:24.30	336
100m: 1:20.06 1:20.06	300m: 4:27.79 1:36.15	500m: 7:43.59 1:37.98	700m: 10:52.29 1:32.92	
200m: 2:51.64 1:31.58	400m: 6:05.61 1:37.82	600m: 9:19.37 1:35.78	800m: 12:24.30 1:32.01	
5. MARTINHO, Antonio Jorge	65	Académica de Coimbra	12:38.45	318
100m: 1:22.38 1:22.38	300m: 4:30.78 1:36.03	500m: 9:25.55 1:38.39	700m:	
200m: 2:54.75 1:32.37	400m: 7:47.16 3:16.38	600m: 11:03.36 1:37.81	800m: 12:38.45	
6. FIGUEIREDO, Francisco Jose	68	Propaganda da Natação	12:55.56	297
100m: 1:23.17 1:23.17	300m: 4:42.15 1:40.23	500m: 8:04.35 1:40.53	700m: 11:22.11 1:38.90	
200m: 3:01.92 1:38.75	400m: 6:23.82 1:41.67	600m: 9:43.21 1:38.86	800m: 12:55.56 1:33.45	
7. SANTINHA, Antonio Manuel	69	Masters de Almada	14:05.03	229
100m: 1:35.81 1:35.81	300m: 5:06.12 1:45.94	500m: 8:43.23 1:48.52	700m: 12:20.48 1:47.90	
200m: 3:20.18 1:44.37	400m: 6:54.71 1:48.59	600m: 10:32.58 1:49.35	800m: 14:05.03 1:44.55	
8. NEVES, Paulo Alexandre	66	Maia/Real Seguros	14:22.33	216
100m: 1:38.18 1:38.18	300m:	500m:	700m: 12:49.92	
200m:	400m:	600m:	800m: 14:22.33 1:32.41	

Master Esc E

1. FREITAS, Jose Carlos	63	Fluvial Portuense	9:27.90	909
<i>Rec Nac Esc E</i>				
100m: 1:08.66 1:08.66	300m: 3:31.87 1:11.28	500m: 5:53.47 1:10.92	700m: 8:17.22 1:12.16	
200m: 2:20.59 1:11.93	400m: 4:42.55 1:10.68	600m: 7:05.06 1:11.59	800m: 9:27.90 1:10.68	
2. COSTA, Armando Joao	63	Pimpões/Cimai	11:31.85	502
100m: 1:18.76 1:18.76	300m: 4:12.34 1:27.62	500m: 7:10.72 1:29.94	700m: 10:07.52 1:28.11	
200m: 2:44.72 1:25.96	400m: 5:40.78 1:28.44	600m: 8:39.41 1:28.69	800m: 11:31.85 1:24.33	
3. PINHO, Manuel Alberto	61	Maia/Real Seguros	11:44.73	475
100m: 1:18.75 1:18.75	300m: 4:14.70 1:28.51	500m: 7:14.72 1:30.32	700m: 10:16.86 1:30.14	
200m: 2:46.19 1:27.44	400m: 5:44.40 1:29.70	600m: 8:46.72 1:32.00	800m: 11:44.73 1:27.87	
4. LÓPEZ BARBERA, Jose Ignacio	63	Cuatro Caminos	12:20.83	409
100m: 1:20.40 1:20.40	300m: 4:27.35 1:34.95	500m: 7:39.39 1:35.47	700m: 10:50.33 1:34.49	
200m: 2:52.40 1:32.00	400m: 6:03.92 1:36.57	600m: 9:15.84 1:36.45	800m: 12:20.83 1:30.50	
5. FERREIRA, Francisco Jorge	62	Académica de Coimbra	12:53.08	360
100m: 1:27.56 1:27.56	300m: 8:01.24 4:56.75	500m:	700m:	
200m: 3:04.49 1:36.93	400m:	600m: 9:39.96	800m: 12:53.08	
6. CARVALHO, Vitor Borges	64	Desportiva de Viana	13:10.94	336
100m: 1:25.88 1:25.88	300m: 4:43.40 1:40.67	500m: 8:07.19 1:41.46	700m: 11:29.56 1:41.10	
200m: 3:02.73 1:36.85	400m: 6:25.73 1:42.33	600m: 9:48.46 1:41.27	800m: 13:10.94 1:41.38	

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Prova 2, Masc., 800m Livres, Master Esc E

Lugar			Ano					Tempo final	Pts			
7.	MOURA, Antonio Coelho		60	Pimpões/Cimai				13:18.33	327			
	100m:	1:28.93	1:28.93	300m:	4:51.72	58.82	500m:	8:16.46	1:42.27	700m:	11:40.69	1:41.67
	200m:	3:52.90	2:23.97	400m:	6:34.19	1:42.47	600m:	9:59.02	1:42.56	800m:	13:18.33	1:37.64
8.	COROADO, Joao Paulo		63	Académica de Coimbra				13:23.92	320			
	100m:	1:33.52	1:33.52	300m:	4:57.76	1:42.30	500m:	8:22.81	1:42.30	700m:	11:46.30	1:41.98
	200m:	3:15.46	1:41.94	400m:	6:40.51	1:42.75	600m:	10:04.32	1:41.51	800m:	13:23.92	1:37.62
9.	MARQUES, Emanuel Araujo		64	Maia/Real Seguros				13:32.61	310			
	100m:	1:27.34	1:27.34	300m:	4:50.51	1:44.31	500m:	8:22.35	1:46.20	700m:	11:53.05	1:45.13
	200m:	3:06.20	1:38.86	400m:	6:36.15	1:45.64	600m:	10:07.92	1:45.57	800m:	13:32.61	1:39.56
10.	RODRIGUES, Paulo Fernando		63	Belenenses				15:56.62	190			
	100m:	1:34.13	1:34.13	300m:	5:37.27	2:04.90	500m:	9:50.68	2:04.84	700m:	13:58.75	2:02.08
	200m:	3:32.37	1:58.24	400m:	7:45.84	2:08.57	600m:	11:56.67	2:05.99	800m:	15:56.62	1:57.87

Master Esc F

1.	MAVIOSO, Vitor Manuel		56	Função Pública				11:24.30	569			
	100m:	1:19.49	1:19.49	300m:	4:13.92	1:27.60	500m:	7:07.60	1:26.96	700m:	10:00.57	1:26.59
	200m:	2:46.32	1:26.83	400m:	5:40.64	1:26.72	600m:	8:33.98	1:26.38	800m:	11:24.30	1:23.73
2.	PINTO, Mario Jose		57	Académica de Coimbra				11:26.83	562			
	100m:	1:18.02	1:18.02	300m:	4:10.95	1:27.11	500m:	7:06.76	1:28.02	700m:	10:02.24	1:27.55
	200m:	2:43.84	1:25.82	400m:	5:38.74	1:27.79	600m:	8:34.69	1:27.93	800m:	11:26.83	1:24.59
3.	MENENDEZ CUELLAR, Manuel		59	Cuatro Caminos				12:17.84	454			
	100m:	1:22.08	1:22.08	300m:	4:27.45	1:35.13	500m:	7:38.27	1:35.85	700m:	10:47.52	1:33.87
	200m:	2:52.32	1:30.24	400m:	6:02.42	1:34.97	600m:	9:13.65	1:35.38	800m:	12:17.84	1:30.32
4.	SERRA, Carlos Alberto		55	Luz e Vida				12:53.29	394			
	100m:	1:31.54	1:31.54	300m:	4:48.76	1:39.06	500m:	8:04.12	1:37.21	700m:	11:19.59	1:37.00
	200m:	3:09.70	1:38.16	400m:	6:26.91	1:38.15	600m:	9:42.59	1:38.47	800m:	12:53.29	1:33.70
5.	RAPOSO, Antonio Costa		58	Portinado				12:59.08	385			
	100m:	1:30.67	1:30.67	300m:	4:47.79	1:39.50	500m:	8:06.11	1:39.02	700m:	11:20.99	1:37.12
	200m:	3:08.29	1:37.62	400m:	6:27.09	1:39.30	600m:	9:43.87	1:37.76	800m:	12:59.08	1:38.09

Master Esc G

1.	MENDEZ FERNANDEZ, Edmundo		50	Fluvial de Lugo				12:52.57	470			
	100m:	1:30.57	1:30.57	300m:	4:44.99	1:38.01	500m:	8:02.63	1:38.84	700m:	11:18.34	1:37.22
	200m:	3:06.98	1:36.41	400m:	6:23.79	1:38.80	600m:	9:41.12	1:38.49	800m:	12:52.57	1:34.23
2.	CORREIA, Carlos Augusto		52	Masters de Almada				13:16.60	429			
	<i>Rec Nac Esc G</i>											
	100m:	1:32.87	1:32.87	300m:	4:55.47	1:41.34	500m:	8:16.74	1:39.87	700m:	11:37.98	1:41.15
	200m:	3:14.13	1:41.26	400m:	6:36.87	1:41.40	600m:	9:56.83	1:40.09	800m:	13:16.60	1:38.62
3.	FIGUEIREDO, Hugo Francisco		53	Académica de Coimbra				14:17.22	344			
	100m:	1:46.17	1:46.17	300m:	5:28.29	1:50.51	500m:	9:07.57	1:48.45	700m:	12:37.04	1:43.87
	200m:	3:37.78	1:51.61	400m:	7:19.12	1:50.83	600m:	10:53.17	1:45.60	800m:	14:17.22	1:40.18
4.	MELO, Mario Jorge		51	Belenenses				14:54.35	303			
	100m:	1:36.52	1:36.52	300m:	5:28.64	1:57.51	500m:	9:19.99	1:54.48	700m:	13:06.62	1:52.91
	200m:	3:31.13	1:54.61	400m:	7:25.51	1:56.87	600m:	11:13.71	1:53.72	800m:	14:54.35	1:47.73

XI Campeonato Nacional de Masters - Open Verão
Coimbra, 20. - 21.6.2009

Prova 2, Masc., 800m Livres, Master Esc G

Lugar	Ano	Tempo final	Pts
5. COELHO, Domingos Pinto	52 Algés	14:56.95	300
100m: 1:42.80 1:42.80	300m: 5:34.29 1:55.70	500m: 9:22.31 1:53.48	700m: 13:09.59 1:53.63
200m: 3:38.59 1:55.79	400m: 7:28.83 1:54.54	600m: 11:15.96 1:53.65	800m: 14:56.95 1:47.36
6. NETO, Jose Carlos	53 Ginásio Figueirense	17:03.79	202
100m: 1:49.02 1:49.02	300m: 6:11.40 2:13.39	500m: 10:40.77 2:14.47	700m: 15:04.21 2:11.39
200m: 3:58.01 2:08.99	400m: 8:26.30 2:14.90	600m: 12:52.82 2:12.05	800m: 17:03.79 1:59.58

Master Esc H

1. DYSON, Stephen Thomas	47 Belenenses	11:49.56	626
<i>Rec Nac Esc H</i>			
100m: 1:24.56 1:24.56	300m: 4:24.65 1:30.59	500m: 7:25.87 1:30.55	700m: 10:23.71 1:28.20
200m: 2:54.06 1:29.50	400m: 5:55.32 1:30.67	600m: 8:55.51 1:29.64	800m: 11:49.56 1:25.85

Master Esc J

1. TEIXEIRA, Joao Rodrigues	37 Académica de Coimbra	18:58.10	232
<i>Rec Nac Esc J</i>			
100m: 2:08.82 2:08.82	300m: 6:56.34 2:25.72	500m: 11:51.27 2:28.75	700m: 16:42.08 2:24.03
200m: 4:30.62 2:21.80	400m: 9:22.52 2:26.18	600m: 14:18.05 2:26.78	800m: 18:58.10 2:16.02