

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

Prova 23 Masc., 400m Estilos 25 - 84 anos
21.6.09 - 9:10 Resultados

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts
Master Esc A			
1. PAIVA, Jorge Miguel	82 Belenenses	5:38.81	516
50m: 32.39 32.39	150m: 1:59.99 46.93	250m: 3:34.21 48.75	350m: 5:01.31 39.27
100m: 1:13.06 40.67	200m: 2:45.46 45.47	300m: 4:22.04 47.83	400m: 5:38.81 37.50
2. JACINTO, Joao Filipe	80 Salvaterra Magos	6:41.40	310
50m: 40.55 40.55	150m: 2:23.44 52.97	250m: 4:13.70 57.72	350m: 5:58.48 46.59
100m: 1:30.47 49.92	200m: 3:15.98 52.54	300m: 5:11.89 58.19	400m: 6:41.40 42.92
3. MESTRE, Nelson Palma	80 Académica de Coimbra	6:45.95	300
50m: 38.97 38.97	150m: 2:21.52 56.84	250m: 4:14.46 56.01	350m: 6:02.46 49.99
100m: 1:24.68 45.71	200m: 3:18.45 56.93	300m: 5:12.47 58.01	400m: 6:45.95 43.49
Master Esc B			
1. COSTA, Rodrigo Marques	76 Litoral Alentejano	5:31.38	569
<i>Rec Nac Esc B</i>			
50m: 33.78 33.78	150m: 1:56.95 44.94	250m: 3:26.80 46.06	350m: 4:53.31 40.22
100m: 1:12.01 38.23	200m: 2:40.74 43.79	300m: 4:13.09 46.29	400m: 5:31.38 38.07
2. SILVA, Carlos Sobral	77 Naval Setubalense	6:25.64	361
50m: 36.65 36.65	150m: 2:14.33 55.63	250m: 4:00.07 54.62	350m: 5:41.90 45.10
100m: 1:18.70 42.05	200m: 3:05.45 51.12	300m: 4:56.80 56.73	400m: 6:25.64 43.74
3. LOPES, Miguel Pereira	79 Académica de Coimbra	7:29.73	227
50m: 46.69 46.69	150m: 2:37.21 56.54	250m: 4:42.51 1:07.83	350m: 6:39.96 51.63
100m: 1:40.67 53.98	200m: 3:34.68 57.47	300m: 5:48.33 1:05.82	400m: 7:29.73 49.77
4. AMORIM, Renato Costa	76 Académica de Coimbra	7:50.45	199
50m: 47.93 47.93	150m: 2:43.65 56.72	250m: 5:00.90 57.25	350m: 6:55.95 56.34
100m: 1:47.29 59.36	200m: 4:03.65 58.71	300m: 5:59.61 58.71	400m: 7:50.45 54.50
Master Esc C			
1. NUNES, Rodolfo Pereira	73 Gespaços	5:23.25	688
<i>Rec Nac Esc C</i>			
50m: 31.91 31.91	150m: 1:52.02 43.99	250m: 3:22.24 47.23	350m: 4:46.55 37.95
100m: 1:08.03 36.12	200m: 2:35.01 42.99	300m: 4:08.60 46.36	400m: 5:23.25 36.70
2. PEREIRA, Rui Nuno	74 Galitos	5:50.88	538
50m: 36.25 36.25	150m: 2:07.37 47.19	250m: 3:41.01 47.46	350m: 5:10.80 41.82
100m: 1:20.18 43.93	200m: 2:53.55 46.18	300m: 4:28.98 47.97	400m: 5:50.88 40.08
3. NASCIMENTO, Rui Filipe	74 Associação de Gouveia	5:55.55	517
50m: 34.27 34.27	150m: 2:04.18 50.17	250m: 3:40.42 49.58	350m: 5:15.01 43.84
100m: 1:14.01 39.74	200m: 2:50.84 46.66	300m: 4:31.17 50.75	400m: 5:55.55 40.54
4. SOUSA, Paulo Alexandre	72 Portinado	6:15.82	437
50m: 39.70 39.70	150m: 2:16.42 50.75	250m: 3:57.78 52.21	350m: 5:32.58 42.76
100m: 1:25.67 45.97	200m: 3:05.57 49.15	300m: 4:49.82 52.04	400m: 6:15.82 43.24
5. SANTOS, Paulo Meira	74 Telecom	7:00.09	313
50m: 45.60 45.60	150m: 2:40.34 57.11	250m: 4:30.40 56.02	350m: 6:00.09 44.69
100m: 1:43.23 57.63	200m: 3:34.38 54.04	300m: 5:26.87 56.47	400m: 7:00.09 43.22



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

Prova 23, Masc., 400m Estilos

Master Esc D

1. CAPELO, Rui Ricardo	65	CCD Lagos/Multi	6:29.01	428
<i>Rec Nac Esc D</i>				
50m: 39.36	39.36	150m: 2:19.11	52.31	250m: 4:05.47
100m: 1:26.80	47.44	200m: 3:09.32	50.21	300m: 5:00.22
			56.15	350m: 5:45.15
			54.75	400m: 6:29.01
				44.93
				43.86
2. PEREIRA, Joao Carlos	69	Masters de Almada	6:53.57	356
50m: 41.04	41.04	150m: 2:29.18	56.36	250m: 4:25.98
100m: 1:32.82	51.78	200m: 3:25.47	56.29	300m: 5:27.31
				1:00.51
				1:01.33
				350m: 6:12.17
				44.86
				41.40

Master Esc E

1. CARVALHO, Paulo Paula	61	Desporto de Setúbal	5:36.12	738
<i>Rec Nac Esc E</i>				
50m: 31.74	31.74	150m: 1:52.90	44.43	250m: 3:29.21
100m: 1:08.47	36.73	200m: 2:37.20	44.30	300m: 4:21.41
				52.01
				350m: 4:59.20
				37.79
				36.92
2. PINHO, Manuel Alberto	61	Maia/Real Seguros	6:31.49	467
50m: 38.09	38.09	150m: 2:21.39	55.35	250m: 4:06.35
100m: 1:26.04	47.95	200m: 3:12.52	51.13	300m: 5:00.39
				53.83
				350m: 5:45.96
				45.57
				45.53

Master Esc F

1. MADEIRA, Luis Cavaleiro	57	Belenenses	6:51.57	453
50m: 40.69	40.69	150m: 2:33.64	53.34	250m: 4:23.46
100m: 1:40.30	59.61	200m: 3:26.68	53.04	300m: 5:19.39
				56.78
				350m: 6:05.59
				46.20
				45.98

Master Esc G

1. PALMA, Rui Manuel	54	Telecom	7:30.36	422
<i>Rec Nac Esc G</i>				
50m: 48.37	48.37	150m: 2:45.71	1:01.32	250m: 4:48.28
100m: 1:44.39	56.02	200m: 3:45.26	59.55	300m: 5:49.87
				1:03.02
				1:01.59
				350m: 6:39.85
				49.98
				50.51
2. FIGUEIREDO, Hugo Francisco	53	Académica de Coimbra	8:01.04	346
50m: 54.65	54.65	150m: 3:02.82	1:06.28	250m: 5:13.41
100m: 1:56.54	1:01.89	200m: 4:06.22	1:03.40	300m: 6:19.31
				1:07.19
				350m: 7:11.82
				52.51
				49.22