

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

Prova 36
21.6.09 - 16:15

Masc., 400m Livres

25 - 84 anos
Resultados

Pontos: DSV Masters 04

Lugar	Ano								Tempo final		Pts	
Master Esc A												
1.	GORGULHO, David Oliveira				82	Litoral Alentejano				4:27.35	736	
	50m:	29.52	29.52	150m:	1:36.01	34.36	250m:	2:45.75	34.69	350m:	3:55.42	34.81
	100m:	1:01.65	32.13	200m:	2:11.06	35.05	300m:	3:20.61	34.86	400m:	4:27.35	31.93
2.	COELHO, Miguel Santos				82	Vilacondense				4:48.68	585	
	50m:	31.57	31.57	150m:	1:45.11	36.88	250m:	2:58.19	36.29	350m:	4:12.22	36.95
	100m:	1:08.23	36.66	200m:	2:21.90	36.79	300m:	3:35.27	37.08	400m:	4:48.68	36.46
3.	PAIVA, Jorge Miguel				82	Belenenses				4:49.56	579	
	50m:	32.78	32.78	150m:	1:46.05	37.32	250m:	3:00.45	37.15	350m:	4:14.13	36.95
	100m:	1:08.73	35.95	200m:	2:23.30	37.25	300m:	3:37.18	36.73	400m:	4:49.56	35.43
4.	COSTA, Mario Jorge				84	Vilacondense				4:56.33	541	
	50m:	31.93	31.93	150m:	1:46.61	38.29	250m:	3:03.78	38.69	350m:	4:20.85	38.41
	100m:	1:08.32	36.39	200m:	2:25.09	38.48	300m:	3:42.44	38.66	400m:	4:56.33	35.48
5.	RAMOS, Luis Filipe				81	Galitos				4:57.77	533	
	50m:	33.22	33.22	150m:	1:47.25	37.72	250m:	3:02.73	37.89	350m:	4:20.17	39.06
	100m:	1:09.53	36.31	200m:	2:24.84	37.59	300m:	3:41.11	38.38	400m:	4:57.77	37.60
6.	COURAS, Ivan Mauricio				81	Maia/Real Seguros				5:14.17	453	
	50m:	35.79	35.79	150m:	1:57.56	41.09	250m:	3:18.64	39.87	350m:	4:36.69	38.44
	100m:	1:16.47	40.68	200m:	2:38.77	41.21	300m:	3:58.25	39.61	400m:	5:14.17	37.48
7.	LIMA, Tiago Miguel				83	Académica de Coimbra				5:18.11	437	
	50m:	34.83	34.83	150m:	1:53.95	40.11	250m:	3:16.79	41.30	350m:	4:39.20	41.01
	100m:	1:13.84	39.01	200m:	2:35.49	41.54	300m:	3:58.19	41.40	400m:	5:18.11	38.91
8.	ANTUNES, Jose Manuel				82	Galitos				5:20.28	428	
	50m:	35.46	35.46	150m:	1:55.94	40.64	250m:	3:17.92	41.42	350m:	4:40.39	40.67
	100m:	1:15.30	39.84	200m:	2:36.50	40.56	300m:	3:59.72	41.80	400m:	5:20.28	39.89
9.	MESTRE, Nelson Palma				80	Académica de Coimbra				5:39.24	360	
	50m:	37.80	37.80	150m:	2:01.76	42.65	250m:	3:29.62	43.77	350m:	5:00.10	44.91
	100m:	1:19.11	41.31	200m:	2:45.85	44.09	300m:	4:15.19	45.57	400m:	5:39.24	39.14

Master Esc B

1. SILVA, Pedro Miguel	76	Vilacondense			4:13.07	859			
<i>Rec Nac Esc B</i>									
50m: 28.07 28.07	150m: 1:30.67	31.89	250m: 2:35.32	32.50	350m: 3:40.86	32.36			
100m: 58.78 30.71	200m: 2:02.82	32.15	300m: 3:08.50	33.18	400m: 4:13.07	32.21			
2. ALMEIDA, Diogo Pedrosa	77	Belenenses			4:57.59	528			
50m: 33.47 33.47	150m: 1:49.77	38.64	250m: 3:06.18	38.23	350m: 4:22.47	37.56			
100m: 1:11.13 37.66	200m: 2:27.95	38.18	300m: 3:44.91	38.73	400m: 4:57.59	35.12			
3. SILVA, Manuel Fialho	77	Belenenses			5:16.00	441			
50m: 35.00 35.00	150m: 1:54.30	40.39	250m: 3:16.78	41.45	350m: 4:38.98	40.97			
100m: 1:13.91 38.91	200m: 2:35.33	41.03	300m: 3:58.01	41.23	400m: 5:16.00	37.02			
4. CORDEIRO, Carlos Chan	77	Portinado			5:20.47	423			
50m: 35.64 35.64	150m: 1:56.88	41.51	250m: 3:21.70	42.39	350m: 4:44.00	40.45			
100m: 1:15.37 39.73	200m: 2:39.31	42.43	300m: 4:03.55	41.85	400m: 5:20.47	36.47			

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Lugar	Ano				Tempo final				Pts
5. PEREIRA, Alexandre Marques	76	Belenenses			5:25.45				404
50m: 35.07 35.07	150m: 1:57.47	42.21	250m: 3:23.02	42.48	350m: 4:46.07	41.12			
100m: 1:15.26 40.19	200m: 2:40.54	43.07	300m: 4:04.95	41.93	400m: 5:25.45	39.38			
6. SANTOS, Rui Alexandre	76	Nadadores dos Estoris			5:27.55				396
50m: 36.05 36.05	150m: 1:57.16	41.24	250m: 3:22.37	43.00	350m: 4:47.50	42.40			
100m: 1:15.92 39.87	200m: 2:39.37	42.21	300m: 4:05.10	42.73	400m: 5:27.55	40.05			
7. ENGENHEIRO, Nuno Emanuel	79	Salvaterra Magos			6:12.22				270
50m: 40.69 40.69	150m: 2:14.49	48.02	250m: 3:50.30	48.04	350m: 5:26.96	48.12			
100m: 1:26.47 45.78	200m: 3:02.26	47.77	300m: 4:38.84	48.54	400m: 6:12.22	45.26			
8. LOPES, Miguel Pereira	79	Académica de Coimbra			6:34.91				226
50m: 40.75 40.75	150m: 2:17.34	50.55	250m: 4:01.70	52.62	350m: 5:47.18	52.95			
100m: 1:26.79 46.04	200m: 3:09.08	51.74	300m: 4:54.23	52.53	400m: 6:34.91	47.73			
9. QUITERIO, Ricardo Jose	77	Salvaterra Magos			7:22.05				161
50m: 42.63 42.63	150m:		250m: 4:24.87	59.05	350m: 6:24.00	1:00.13			
100m: 1:33.09 50.46	200m: 3:25.82		300m: 5:23.87	59.00	400m: 7:22.05	58.05			
10. FLORENCIO, Filipe Arez	78	Portinado			7:45.11				138
50m: 49.45 49.45	150m: 2:46.53	58.68	250m: 4:48.07	1:00.51	350m: 6:49.60	59.59			
100m: 1:47.85 58.40	200m: 3:47.56	1:01.03	300m: 5:50.01	1:01.94	400m: 7:45.11	55.51			

Master Esc C

1. CABRITA, Miguel Mendonca	74	Algés			4:29.20				757
<i>Rec Nac Esc C</i>									
50m: 30.46 30.46	150m: 1:39.39	34.91	250m: 2:49.65	35.10	350m: 3:56.55	33.19			
100m: 1:04.48 34.02	200m: 2:14.55	35.16	300m: 3:23.36	33.71	400m: 4:29.20	32.65			
2. VAZ, Rui Carlos	71	Colégio Vasco da Gama			4:45.21				637
50m: 32.55 32.55	150m: 1:46.07	36.99	250m: 2:59.77	36.74	350m: 4:12.18	35.45			
100m: 1:09.08 36.53	200m: 2:23.03	36.96	300m: 3:36.73	36.96	400m: 4:45.21	33.03			
3. BARROS, Nuno Filipe	71	Maia/Real Seguros			6:02.72				309
50m: 36.76 36.76	150m: 2:06.62	46.24	250m: 3:41.87	47.20	350m: 5:18.20	47.54			
100m: 1:20.38 43.62	200m: 2:54.67	48.05	300m: 4:30.66	48.79	400m: 6:02.72	44.52			
4. RAMALHAO, Nuno Andre	73	Individual Norte de Portugal			6:21.67				265
50m: 41.63 41.63	150m: 2:17.04	49.31	250m: 3:57.47	50.64	350m: 5:37.11	49.22			
100m: 1:27.73 46.10	200m: 3:06.83	49.79	300m: 4:47.89	50.42	400m: 6:21.67	44.56			

Master Esc D

1. PITEIRA, Luis Paulo	68	Naval Setubalense			5:12.01				521
50m: 36.51 36.51	150m: 1:55.88	39.97	250m: 3:15.25	39.50	350m: 4:34.64	39.35			
100m: 1:15.91 39.40	200m: 2:35.75	39.87	300m: 3:55.29	40.04	400m: 5:12.01	37.37			
2. FERNANDO, Pedro Alexandre	67	Académica de Coimbra			5:13.76				513
50m: 34.88 34.88	150m: 1:54.84	41.20	250m: 3:16.87	41.27	350m: 4:37.91	40.21			
100m: 1:13.64 38.76	200m: 2:35.60	40.76	300m: 3:57.70	40.83	400m: 5:13.76	35.85			
3. FERREIRA, Rui Jorge	68	Galitos			5:33.38				427
50m: 35.87 35.87	150m: 1:57.74	42.34	250m: 3:25.59	44.26	350m: 4:53.39	43.89			
100m: 1:15.40 39.53	200m: 2:41.33	43.59	300m: 4:09.50	43.91	400m: 5:33.38	39.99			

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Lugar	Ano								Tempo final	Pts
4.	MARTINHO, Antonio Jorge	65	Académica de Coimbra						6:05.65	324
	50m: 38.64 38.64	150m: 2:07.95	45.69	250m: 3:42.77	47.65	350m: 5:19.62	48.38			
	100m: 1:22.26 43.62	200m: 2:55.12	47.17	300m: 4:31.24	48.47	400m: 6:05.65	46.03			
5.	NEVES, Paulo Alexandre	66	Maia/Real Seguros						6:50.24	229
	50m: 44.01 44.01	150m: 2:27.23	52.12	250m: 4:13.69	52.36	350m: 6:02.86	54.02			
	100m: 1:35.11 51.10	200m: 3:21.33	54.10	300m: 5:08.84	55.15	400m: 6:50.24	47.38			

Master Esc E

1.	FREITAS, Jose Carlos	63	Fluvial Portuense						4:33.77	884
	<i>Rec Nac Esc E</i>									
	50m: 32.31 32.31	150m: 1:42.39	35.40	250m: 2:52.28	35.17	350m: 4:01.14	34.46			
	100m: 1:06.99 34.68	200m: 2:17.11	34.72	300m: 3:26.68	34.40	400m: 4:33.77	32.63			
2.	COSTA, Armando Joao	63	Pimpões/Cimai						5:36.72	475
	50m: 37.93 37.93	150m: 2:05.05	44.50	250m: 3:33.32	43.69	350m: 4:58.70	41.67			
	100m: 1:20.55 42.62	200m: 2:49.63	44.58	300m: 4:17.03	43.71	400m: 5:36.72	38.02			
3.	LÓPEZ BARBERA, Jose Ignacio	63	Cuatro Caminos						5:52.83	413
	50m: 35.98 35.98	150m: 2:02.00	44.87	250m: 3:34.94	46.66	350m: 5:08.93	46.99			
	100m: 1:17.13 41.15	200m: 2:48.28	46.28	300m: 4:21.94	47.00	400m: 5:52.83	43.90			
4.	FERREIRA, Francisco Jorge	62	Académica de Coimbra						6:14.69	344
	50m: 41.59 41.59	150m: 2:15.94	47.35	250m:		350m:				
	100m: 1:28.59 47.00	200m: 3:04.81	48.87	300m: 4:41.57		400m: 6:14.69				
5.	MOURA, Antonio Coelho	60	Pimpões/Cimai						6:21.97	325
	50m: 41.19 41.19	150m: 2:15.43	48.00	250m: 3:54.39	49.49	350m: 5:34.19	50.14			
	100m: 1:27.43 46.24	200m: 3:04.90	49.47	300m: 4:44.05	49.66	400m: 6:21.97	47.78			
6.	MARQUES, Emanuel Araujo	64	Maia/Real Seguros						6:35.56	293
	50m: 42.58 42.58	150m: 2:18.36	48.53	250m: 4:00.06	51.24	350m: 5:45.86	52.26			
	100m: 1:29.83 47.25	200m: 3:08.82	50.46	300m: 4:53.60	53.54	400m: 6:35.56	49.70			

Master Esc F

1.	PINTO, Mario Jose	57	Académica de Coimbra						5:36.30	508
	<i>Rec Nac Esc F</i>									
	50m: 37.49 37.49	150m: 2:01.98	43.56	250m: 3:29.25	43.79	350m: 4:56.95	43.81			
	100m: 1:18.42 40.93	200m: 2:45.46	43.48	300m: 4:13.14	43.89	400m: 5:36.30	39.35			
2.	MENENDEZ CUELLAR, Manuel	58	Cuatro Caminos						5:39.46	494
	50m: 37.23 37.23	150m: 2:01.59	43.37	250m: 3:29.30	43.74	350m: 4:57.86	44.08			
	100m: 1:18.22 40.99	200m: 2:45.56	43.97	300m: 4:13.78	44.48	400m: 5:39.46	41.60			
3.	SERRA, Carlos Alberto	55	Luz e Vida						5:57.08	424
	50m: 39.73 39.73	150m: 2:10.02	45.98	250m: 3:42.63	46.75	350m: 5:14.28	45.56			
	100m: 1:24.04 44.31	200m: 2:55.88	45.86	300m: 4:28.72	46.09	400m: 5:57.08	42.80			
4.	RAPOSO, Antonio Costa	58	Portinado						6:13.87	370
	50m: 43.15 43.15	150m: 2:15.96	47.62	250m: 3:51.67	48.48	350m: 5:27.48	48.53			
	100m: 1:28.34 45.19	200m: 3:03.19	47.23	300m: 4:38.95	47.28	400m: 6:13.87	46.39			

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Master Esc G

1.	FIGUEIREDO, Hugo Francisco				53	Académica de Coimbra				6:28.20	401	
	50m:	42.57	42.57	150m:	2:21.99	50.49	250m:	4:01.57	50.06	350m:	5:41.31	49.57
	100m:	1:31.50	48.93	200m:	3:11.51	49.52	300m:	4:51.74	50.17	400m:	6:28.20	46.89
2.	TEIXEIRA, Jose Antonio				53	Académica de Coimbra				7:08.14	298	
	50m:	46.47	46.47	150m:	2:31.35	53.22	250m:	4:21.76	55.29	350m:	6:13.74	56.41
	100m:	1:38.13	51.66	200m:	3:26.47	55.12	300m:	5:17.33	55.57	400m:	7:08.14	54.40
3.	COELHO, Domingos Pinto				52	Algés				7:34.48	249	
	50m:	46.80	46.80	150m:	2:42.14	58.38	250m:	4:41.84	59.57	350m:	6:40.73	58.90
	100m:	1:43.76	56.96	200m:	3:42.27	1:00.13	300m:	5:41.83	59.99	400m:	7:34.48	53.75

Master Esc H

1.	DYSON, Stephen Thomas				47	Belenenses				5:46.66	616	
	Rec Nac Esc H											
	50m:	39.33	39.33	150m:	2:05.98	44.84	250m:	3:36.03	45.22	350m:	5:04.85	44.02
	100m:	1:21.14	41.81	200m:	2:50.81	44.83	300m:	4:20.83	44.80	400m:	5:46.66	41.81

Master Esc I

1.	MOREIRA, Helder Manuel			44	Galitos				8:46.72	239		
	50m:	55.28	55.28	150m:	3:06.56	1:06.03	250m:	5:21.95	1:08.02	350m:	7:40.80	1:09.49
	100m:	2:00.53	1:05.25	200m:	4:13.93	1:07.37	300m:	6:31.31	1:09.36	400m:	8:46.72	1:05.92

Master Esc J

1.	TEIXEIRA, Joao Rodrigues		37	Académica de Coimbra				8:59.76	237			
	Rec Nac Esc J											
	50m:	1:00.14	1:00.14	150m:	3:17.96	1:10.63	250m:	5:42.26	1:12.24	350m:	7:56.50	1:05.67
	100m:	2:07.33	1:07.19	200m:	4:30.02	1:12.06	300m:	6:50.83	1:08.57	400m:	8:59.76	1:03.26