

XII Campeonato Nacional Masters de Verão - OPEN
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 23
4.7.10 - 9:45

Masc., 400m Estilos

25 - 89 anos
Resultados

Lugar	Ano		Tempo final	100m	200m	300m	400m
Master Esc B							
1. Rodrigo Marques Costa	76	Litoral Alentejano	5:25.00	1:12.07	1:24.52	1:33.21	1:15.20
			50m:		350m:		
			100m:	1:12.07	200m:	2:36.59	400m:
			250m:		300m:	4:09.80	5:25.00
2. Patrick Santos	79	Nageurs De Paris	5:28.24	1:13.07	1:33.40	1:24.59	1:17.18
			50m:		350m:		
			100m:	1:13.07	200m:	2:46.47	400m:
			250m:		300m:	5:28.24	
3. Rui Manuel Pinto	79	Leixoes	5:45.22	1:11.17	1:35.24	1:39.22	1:19.59
			50m:		350m:		
			100m:	1:11.17	200m:	2:46.41	400m:
			250m:		300m:	4:25.63	5:45.22
4. Carlos Sobral Silva	77	Setubalense	6:20.28	1:20.09	1:41.84	1:48.46	1:29.89
			50m:		350m:		
			100m:	1:20.09	200m:	3:01.93	400m:
			250m:		300m:	4:50.39	6:20.28
5. Nelson Palma Mestre	80	Academica de Coimbra	6:40.06	1:26.17	1:50.52	1:53.01	1:30.36
			50m:		350m:		
			100m:	1:26.17	200m:	3:16.69	400m:
			250m:		300m:	5:09.70	6:40.06
6. Rui Alexandre Santos	76	Nadadores dos Estoris	6:48.57	1:41.43	1:44.38	2:03.39	1:19.37
			50m:		350m:		
			100m:	1:41.43	200m:	3:25.81	400m:
			250m:		300m:	5:29.20	6:48.57
7. Alexandre Marques Pereira	76	Belenenses	6:51.19	1:41.77	1:55.33	1:48.52	1:25.57
			50m:		350m:		
			100m:	1:41.77	200m:	3:37.10	400m:
			250m:		300m:	5:25.62	6:51.19

Master Esc C

1. Rui Nuno Pereira	74	Galitos	5:58.06	1:21.50	1:33.92	1:38.65	1:23.99
			50m:		350m:		
			100m:	1:21.50	200m:	2:55.42	400m:
			250m:		300m:	4:34.07	5:58.06
2. Urbino Jesus Santos	75	Natacao da Maia	6:39.77	1:25.27	1:44.55	1:58.54	1:31.41
			50m:		350m:		
			100m:	1:25.27	200m:	3:09.82	400m:
			250m:		300m:	5:08.36	6:39.77

Master Esc D

1. Rui Jorge Ferreira	68	Galitos	6:19.68	1:21.51	1:48.08	1:49.70	1:20.39
			50m:		350m:		
			100m:	1:21.51	200m:	3:09.59	400m:
			250m:		300m:	4:59.29	6:19.68
2. Joao Carlos Pereira	69	Masters de Almada	7:00.04	1:33.40	1:51.47	2:03.92	1:31.25
			50m:		350m:		
			100m:	1:33.40	200m:	3:24.87	400m:
			250m:		300m:	5:28.79	7:00.04

Master Esc E

1. J. Rodriguez Zamora	61	C.N. Huelva	5:56.87	1:15.61	1:36.05	1:41.44	1:23.77
			50m:		350m:		
			100m:	1:15.61	200m:	2:51.66	400m:
			250m:		300m:	4:33.10	5:56.87
2. Filipe Jose Horta	64	Millennium BCP	7:07.05	1:36.69	1:56.58	2:00.72	1:33.06
			50m:		350m:		
			100m:	1:36.69	200m:	3:33.27	400m:
			250m:		300m:	5:33.99	7:07.05

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Master Esc F

1. Vitor Manuel Mavioso	56	Alges	6:43.76	1:29.19	1:49.68	1:57.17	1:27.72
50m:		150m:	250m:	350m:			
100m: 1:29.19		200m: 3:18.87	300m: 5:16.04	400m: 6:43.76			
2. Jose Luis Correia	59	Nadadores dos Estoris	8:38.10	1:49.93	2:43.99	2:17.18	1:47.00
50m:		150m:	250m:	350m:			
100m: 1:49.93		200m: 4:33.92	300m: 6:51.10	400m: 8:38.10			

Master Esc G

1. Rui Manuel Palma	54	Portugal Telecom	7:25.45	1:44.18	1:55.48	2:03.31	1:42.48
50m:		150m:	250m:	350m:			
100m: 1:44.18		200m: 3:39.66	300m: 5:42.97	400m: 7:25.45			
2. Walter Emunds	52	Portinado	9:14.71	2:12.17	2:34.61	2:20.98	2:06.95
50m:		150m:	250m:	350m:			
100m: 2:12.17		200m: 4:46.78	300m: 7:07.76	400m: 9:14.71			
DSQ Carlos Augusto Correia	52	Masters de Almada					
<i>Falsa Partida - SW 4.4</i>							
50m:		150m:	250m:	350m:			
100m:		200m:	300m:	400m:			