

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

Prova 36
4.7.10 - 16:25

Masc., 400m Livres

25 - 89 anos
Resultados

Lugar	Ano	Tempo final	100m	200m	300m	400m
Master Esc A						
1. David Oliveira Gorgulho	82 Litoral Alentejano	4:42.14	1:05.94	1:13.07	1:12.02	1:11.11
50m:	150m:	250m:	350m:			
100m: 1:05.94	200m: 2:19.01	300m: 3:31.03	400m: 4:42.14			
2. Andre Silva Bastos	83 Feirense	4:57.54	1:09.87	1:16.51	1:16.71	1:14.45
50m:	150m:	250m:	350m:			
100m: 1:09.87	200m: 2:26.38	300m: 3:43.09	400m: 4:57.54			
3. Ivan Mauricio Couras	81 Leixoes	5:02.97	1:12.12	1:17.62	1:18.62	1:14.61
50m:	150m:	250m:	350m:			
100m: 1:12.12	200m: 2:29.74	300m: 3:48.36	400m: 5:02.97			
4. Juan Carlos Briceno	82 Academica de Coimbra	5:17.30	1:12.62	1:21.99	1:23.21	1:19.48
50m:	150m:	250m:	350m:			
100m: 1:12.62	200m: 2:34.61	300m: 3:57.82	400m: 5:17.30			
5. Pablo Manuel Tavares	84 Masters de Almada	5:53.35	1:19.77	1:31.41	1:34.99	1:27.18
50m:	150m:	250m:	350m:			
100m: 1:19.77	200m: 2:51.18	300m: 4:26.17	400m: 5:53.35			
Master Esc B						
1. Pedro Miguel Silva	76 Vilacondense	4:24.31	1:02.98	1:06.89	1:07.26	1:07.18
50m:	150m:	250m:	350m:			
100m: 1:02.98	200m: 2:09.87	300m: 3:17.13	400m: 4:24.31			
2. Rodrigo Marques Costa	76 Litoral Alentejano	4:52.92	1:09.95	1:13.67	1:15.41	1:13.89
50m:	150m:	250m:	350m:			
100m: 1:09.95	200m: 2:23.62	300m: 3:39.03	400m: 4:52.92			
3. Rui Manuel Pinto	79 Leixoes	5:00.48	1:11.69	1:19.32	1:18.14	1:11.33
50m:	150m:	250m:	350m:			
100m: 1:11.69	200m: 2:31.01	300m: 3:49.15	400m: 5:00.48			
4. Diogo Pedroso Almeida	77 Belenenses	5:07.20	1:11.88	1:20.13	1:22.14	1:13.05
50m:	150m:	250m:	350m:			
100m: 1:11.88	200m: 2:32.01	300m: 3:54.15	400m: 5:07.20			
5. Carlos Chan Cordeiro	77 Portinado	5:09.13	1:11.96	1:17.48	1:19.26	1:20.43
50m:	150m:	250m:	350m:			
100m: 1:11.96	200m: 2:29.44	300m: 3:48.70	400m: 5:09.13			
6. Manuel Fialho Silva	77 Belenenses	5:10.76	1:11.54	1:20.16	1:21.97	1:17.09
50m:	150m:	250m:	350m:			
100m: 1:11.54	200m: 2:31.70	300m: 3:53.67	400m: 5:10.76			
7. Ricardo Manuel Silvestre	79 Litoral Alentejano	5:12.32	1:17.31	1:17.82	1:18.53	1:18.66
50m:	150m:	250m:	350m:			
100m: 1:17.31	200m: 2:35.13	300m: 3:53.66	400m: 5:12.32			
8. Tiago Goncalo Ribeiro	80 Pimpoes/Cimai	5:24.05	1:14.55	1:22.31	1:24.34	1:22.85
50m:	150m:	250m:	350m:			
100m: 1:14.55	200m: 2:36.86	300m: 4:01.20	400m: 5:24.05			
9. Alexandre Marques Pereira	76 Belenenses	5:30.57	1:17.36	1:26.68	1:24.23	1:22.30
50m:	150m:	250m:	350m:			
100m: 1:17.36	200m: 2:44.04	300m: 4:08.27	400m: 5:30.57			
10. Rui Alexandre Santos	76 Nadadores dos Estoris	5:37.19	1:17.44	1:27.13	1:28.42	1:24.20
50m:	150m:	250m:	350m:			
100m: 1:17.44	200m: 2:44.57	300m: 4:12.99	400m: 5:37.19			

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

Prova 36, Masc., 400m Livres, Master Esc B

Lugar	Ano	Tempo final	100m	200m	300m	400m
11. Nelson Palma Mestre	80	5:40.97	1:17.65	1:28.69	1:29.30	1:25.33
50m:	150m:	250m:		350m:		
100m: 1:17.65	200m: 2:46.34	300m: 4:15.64		400m: 5:40.97		
12. Eduardo Jose Amaral	78	6:17.09	1:23.29	1:35.30	1:39.37	1:39.13
50m:	150m:	250m:		350m:		
100m: 1:23.29	200m: 2:58.59	300m: 4:37.96		400m: 6:17.09		

Master Esc C

1. Rui Fonseca Vaz	71	4:44.67	1:08.42	1:12.41	1:12.86	1:10.98
50m:	150m:	250m:		350m:		
100m: 1:08.42	200m: 2:20.83	300m: 3:33.69		400m: 4:44.67		
2. Pedro Nuno Braga	74	5:07.75	1:12.60	1:19.61	1:20.22	1:15.32
50m:	150m:	250m:		350m:		
100m: 1:12.60	200m: 2:32.21	300m: 3:52.43		400m: 5:07.75		
3. Eduardo Dias Pratas	75	5:28.10	1:18.07	1:25.20	1:24.03	1:20.80
50m:	150m:	250m:		350m:		
100m: 1:18.07	200m: 2:43.27	300m: 4:07.30		400m: 5:28.10		
4. Nuno Alexandre Crespo	75	5:29.61	1:19.39	1:23.83	1:23.33	1:23.06
50m:	150m:	250m:		350m:		
100m: 1:19.39	200m: 2:43.22	300m: 4:06.55		400m: 5:29.61		
5. Urbino Jesus Santos	75	5:49.12	1:21.69	1:30.13	1:31.51	1:25.79
50m:	150m:	250m:		350m:		
100m: 1:21.69	200m: 2:51.82	300m: 4:23.33		400m: 5:49.12		
6. Nuno Andre Ramalhao	73	6:02.65	1:23.80	1:32.70	1:34.97	1:31.18
50m:	150m:	250m:		350m:		
100m: 1:23.80	200m: 2:56.50	300m: 4:31.47		400m: 6:02.65		
7. Telmo Miguel Veloso	75	6:47.27	1:33.09	1:44.27	1:46.88	1:43.03
50m:	150m:	250m:		350m:		
100m: 1:33.09	200m: 3:17.36	300m: 5:04.24		400m: 6:47.27		
DSQ Mario Antonio Caeiro	71					
<i>Falsa partida-SW 4.4</i>						
50m:	150m:	250m:		350m:		
100m:	200m:	300m:		400m:		

Master Esc D

1. Christophe Coutanceau	67	5:06.69	1:11.25	1:17.30	1:20.11	1:18.03
50m:	150m:	250m:		350m:		
100m: 1:11.25	200m: 2:28.55	300m: 3:48.66		400m: 5:06.69		
2. Rui Jorge Ferreira	68	5:23.98	1:15.99	1:24.61	1:24.36	1:19.02
50m:	150m:	250m:		350m:		
100m: 1:15.99	200m: 2:40.60	300m: 4:04.96		400m: 5:23.98		
3. Luis Paulo Piteira	68	5:27.69	1:17.65	1:23.47	1:23.87	1:22.70
50m:	150m:	250m:		350m:		
100m: 1:17.65	200m: 2:41.12	300m: 4:04.99		400m: 5:27.69		
4. Pedro Alexandre Fernando	67	5:34.63	1:18.52	1:26.07	1:26.87	1:23.17
50m:	150m:	250m:		350m:		
100m: 1:18.52	200m: 2:44.59	300m: 4:11.46		400m: 5:34.63		
5. Jorg Lohken	68	5:42.32	1:17.95	1:27.66	1:29.26	1:27.45
50m:	150m:	250m:		350m:		
100m: 1:17.95	200m: 2:45.61	300m: 4:14.87		400m: 5:42.32		

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

Prova 36, Masc., 400m Livres, Master Esc D

Lugar	Ano	Tempo final	100m	200m	300m	400m
6. Francisco Jose Dias	69 Portinado	6:24.04	1:31.27	1:41.58	1:40.16	1:31.03
50m:	150m:	250m:		350m:		
100m: 1:31.27	200m: 3:12.85	300m: 4:53.01		400m: 6:24.04		
7. Jose Manuel Brandao	70 Desportiva de Viana	6:29.95	1:28.09	1:39.73	1:42.45	1:39.68
50m:	150m:	250m:		350m:		
100m: 1:28.09	200m: 3:07.82	300m: 4:50.27		400m: 6:29.95		
8. Paulo Alexandre Neves	66 Leixoes	7:02.09	1:38.33	1:50.62	1:51.49	1:41.65
50m:	150m:	250m:		350m:		
100m: 1:38.33	200m: 3:28.95	300m: 5:20.44		400m: 7:02.09		
9. Fernando Manuel Santana	68 Belenenses	7:17.08	1:42.53	1:53.23	1:52.09	1:49.23
50m:	150m:	250m:		350m:		
100m: 1:42.53	200m: 3:35.76	300m: 5:27.85		400m: 7:17.08		

Master Esc E

1. Jose Carlos Freitas	63 Fluvial Portuense	4:31.22	1:05.54	1:08.71	1:09.37	1:07.60
50m:	150m:	250m:		350m:		
100m: 1:05.54	200m: 2:14.25	300m: 3:23.62		400m: 4:31.22		
2. Jaime Carlos Bento	61 Alges	5:10.26	1:11.43	1:19.77	1:22.16	1:16.90
50m:	150m:	250m:		350m:		
100m: 1:11.43	200m: 2:31.20	300m: 3:53.36		400m: 5:10.26		
3. J. Rodriguez Zamora	61 C.N. Huelva	5:19.40	1:14.27	1:20.80	1:22.55	1:21.78
50m:	150m:	250m:		350m:		
100m: 1:14.27	200m: 2:35.07	300m: 3:57.62		400m: 5:19.40		
4. Armando Joao Costa	63 Pimpoes/Cimai	5:46.83	1:23.52	1:31.02	1:29.73	1:22.56
50m:	150m:	250m:		350m:		
100m: 1:23.52	200m: 2:54.54	300m: 4:24.27		400m: 5:46.83		
5. Francisco Jorge Ferreira	62 Academica de Coimbra	6:19.19	1:29.77	1:37.41	1:37.68	1:34.33
50m:	150m:	250m:		350m:		
100m: 1:29.77	200m: 3:07.18	300m: 4:44.86		400m: 6:19.19		
6. Vitor Borges Carvalho	64 Desportiva de Viana	6:43.11	1:31.71	1:43.17	1:45.92	1:42.31
50m:	150m:	250m:		350m:		
100m: 1:31.71	200m: 3:14.88	300m: 5:00.80		400m: 6:43.11		
7. Fernando Diogo Duarte	62 Individual Aveiro	7:13.76	1:44.50	1:54.61	1:51.12	1:43.53
50m:	150m:	250m:		350m:		
100m: 1:44.50	200m: 3:39.11	300m: 5:30.23		400m: 7:13.76		

Master Esc F

1. Vitor Manuel Mavioso	56 Alges	5:40.10	1:19.77	1:27.51	1:27.82	1:25.00
50m:	150m:	250m:		350m:		
100m: 1:19.77	200m: 2:47.28	300m: 4:15.10		400m: 5:40.10		
2. Antonio Coelho Moura	60 Pimpoes/Cimai	6:29.11	1:29.56	1:40.15	1:41.04	1:38.36
50m:	150m:	250m:		350m:		
100m: 1:29.56	200m: 3:09.71	300m: 4:50.75		400m: 6:29.11		
DSQ Antonio Costa Raposo	58 Portinado	6:15.40	1:30.83	1:34.48	1:35.35	1:34.74
<i>Falsa partida-SW 4.4</i>						
50m:	150m:	250m:		350m:		
100m: 1:30.83	200m: 3:05.31	300m: 4:40.66		400m: 6:15.40		

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

Prova 36, Masc., 400m Livres

Master Esc G

1. Carlos Alberto Serra	55	Luz e Vida	5:49.97	1:21.64	1:29.76	1:29.98	1:28.59
50m:		150m:	250m:	350m:			
100m: 1:21.64		200m: 2:51.40	300m: 4:21.38	400m: 5:49.97			
2. Carlos Augusto Correia	52	Masters de Almada	6:30.51	1:32.75	1:40.72	1:40.66	1:36.38
50m:		150m:	250m:	350m:			
100m: 1:32.75		200m: 3:13.47	300m: 4:54.13	400m: 6:30.51			
3. Hugo Francisco Figueiredo	53	Academica de Coimbra	7:15.27	1:44.71	1:55.67	1:52.27	1:42.62
50m:		150m:	250m:	350m:			
100m: 1:44.71		200m: 3:40.38	300m: 5:32.65	400m: 7:15.27			
4. Domingos Pinto Coelho	52	Individual Lisboa	7:20.83	1:44.60	1:55.21	1:53.46	1:47.56
50m:		150m:	250m:	350m:			
100m: 1:44.60		200m: 3:39.81	300m: 5:33.27	400m: 7:20.83			
5. Jose Carlos Neto	53	Ginasio Figueirense	8:05.45	1:50.52	2:06.70	2:08.10	2:00.13
50m:		150m:	250m:	350m:			
100m: 1:50.52		200m: 3:57.22	300m: 6:05.32	400m: 8:05.45			