

**XIII Campeonato Nacional Masters - OPEN Verão**  
Oeiras, 1- - 3-7-2011

Prova 1 Masc., 800m Livres 25 - 89 anos  
01-07-2011 - 17:30 Resultados

|             |          |                             |       |                       |            |
|-------------|----------|-----------------------------|-------|-----------------------|------------|
| RN A(25-29) | 9:03.57  | Nuno Jose Vicente           | CNTN  | Estocolmo (SWE)       | 16-08-2005 |
| RN B(30-34) | 8:53.01  | Pedro Miguel Silva          | CFV   | Coimbra               | 20-06-2009 |
| RN C(35-39) | 9:15.60  | Miguel Mendonca Cabrita     | SAD   | Coimbra               | 20-06-2009 |
| RN D(40-44) | 10:28.52 | Luis Paulo Piteira          | CNS   | Faro                  | 30-05-2008 |
| RN E(45-49) | 9:22.53  | Jose Carlos Freitas         | CFP   | Reguengos de Monsaraz | 03-07-2010 |
| RN F(50-54) | 10:21.72 | Paulo Paula Carvalho        | SFUAP | Vila Franca Xira      | 23-06-2011 |
| RN G(55-59) | 12:21.08 | Carlos Alberto Serra        | CCLV  | Reguengos de Monsaraz | 03-07-2010 |
| RN H(60-64) | 11:49.56 | Stephen Thomas Dyson        | CFB   | Coimbra               | 20-06-2009 |
| RN I(65-69) | 15:57.82 | Antonio Alexandre Rodrigues | AAC   | Faro                  | 30-05-2008 |
| RN J(70-74) | 17:44.32 | Antonio Alexandre Rodrigues | AAC   | Reguengos de Monsaraz | 03-07-2010 |
| RN K(75-79) | 59:00.00 |                             |       |                       |            |
| RN L(80-84) | 59:00.00 |                             |       |                       |            |

Pontos: DSV Masters 04

|       |      |     |       |             |       |     |        |
|-------|------|-----|-------|-------------|-------|-----|--------|
| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------|------|-----|-------|-------------|-------|-----|--------|

**Master Esc A**

|    |                       |                       |                       |                        |  |     |   |
|----|-----------------------|-----------------------|-----------------------|------------------------|--|-----|---|
| 1. | Joao Duarte Cruz      | 86                    | Masters de Almada     | <b>10:50.12</b>        |  | 466 | 9 |
|    | 100m: 1:14.69 1:14.69 | 300m: 3:58.52 1:22.70 | 500m: 6:43.32 1:21.75 | 700m: 9:29.71 1:23.03  |  |     |   |
|    | 200m: 2:35.82 1:21.13 | 400m: 5:21.57 1:23.05 | 600m: 8:06.68 1:23.36 | 800m: 10:50.12 1:20.41 |  |     |   |
| 2. | Juan Carlos Briceno   | 82                    | Academica de Coimbra  | <b>10:52.03</b>        |  | 462 | 7 |
|    | 100m: 1:14.78 1:14.78 | 300m: 4:00.21 1:22.93 | 500m: 6:47.34 1:23.49 | 700m: 9:31.15 1:21.73  |  |     |   |
|    | 200m: 2:37.28 1:22.50 | 400m: 5:23.85 1:23.64 | 600m: 8:09.42 1:22.08 | 800m: 10:52.03 1:20.88 |  |     |   |
| 3. | Sergio Miguel Manso   | 84                    | Funcao Publica        | <b>11:32.54</b>        |  | 385 | 6 |
|    | 100m: 1:18.37 1:18.37 | 300m: 4:09.63 1:27.05 | 500m: 7:06.34 1:28.40 | 700m: 10:07.89 1:30.60 |  |     |   |
|    | 200m: 2:42.58 1:24.21 | 400m: 5:37.94 1:28.31 | 600m: 8:37.29 1:30.95 | 800m: 11:32.54 1:24.65 |  |     |   |

**Master Esc B**

|    |                           |                       |                        |                        |  |     |   |
|----|---------------------------|-----------------------|------------------------|------------------------|--|-----|---|
| 1. | Rui Manuel Pinto          | 79                    | Leixoes                | <b>10:12.57</b>        |  | 539 | 9 |
|    | 100m: 1:10.80 1:10.80     | 300m: 3:46.21 1:17.76 | 500m: 6:21.76 1:17.46  | 700m: 8:57.99 1:18.14  |  |     |   |
|    | 200m: 2:28.45 1:17.65     | 400m: 5:04.30 1:18.09 | 600m: 7:39.85 1:18.09  | 800m: 10:12.57 1:14.58 |  |     |   |
| 2. | Patrick Santos            | 79                    | Nageurs de Paris       | <b>10:13.82</b>        |  | 535 | 7 |
|    | 100m: 1:12.22 1:12.22     | 300m: 3:46.50 1:17.32 | 500m: 6:22.84 1:18.23  | 700m: 8:59.01 1:17.98  |  |     |   |
|    | 200m: 2:29.18 1:16.96     | 400m: 5:04.61 1:18.11 | 600m: 7:41.03 1:18.19  | 800m: 10:13.82 1:14.81 |  |     |   |
| 3. | Manuel Fialho Silva       | 77                    | Colegio Monte Maior    | <b>10:57.51</b>        |  | 435 | 6 |
|    | 100m: 1:15.95 1:15.95     | 300m: 4:00.17 1:22.83 | 500m: 6:48.29 1:24.27  | 700m: 9:36.27 1:25.27  |  |     |   |
|    | 200m: 2:37.34 1:21.39     | 400m: 5:24.02 1:23.85 | 600m: 8:11.00 1:22.71  | 800m: 10:57.51 1:21.24 |  |     |   |
| 4. | Diogo Pedroso Almeida     | 77                    | Colegio Monte Maior    | <b>10:59.53</b>        |  | 431 | 5 |
|    | 100m: 1:18.61 1:18.61     | 300m: 4:06.10 1:23.73 | 500m: 6:49.68 1:20.80  | 700m: 9:35.96 1:23.81  |  |     |   |
|    | 200m: 2:42.37 1:23.76     | 400m: 5:28.88 1:22.78 | 600m: 8:12.15 1:22.47  | 800m: 10:59.53 1:23.57 |  |     |   |
| 5. | Tiago Goncalo Ribeiro     | 80                    | Pimpoes/Cimai          | <b>11:42.01</b>        |  | 358 | 4 |
|    | 100m: 1:20.42 1:20.42     | 300m: 4:18.73 1:30.37 | 500m: 7:18.90 1:29.84  | 700m: 10:18.84 1:31.21 |  |     |   |
|    | 200m: 2:48.36 1:27.94     | 400m: 5:49.06 1:30.33 | 600m: 8:47.63 1:28.73  | 800m: 11:42.01 1:23.17 |  |     |   |
| 6. | Filipe Estevao Figueiredo | 81                    | Nacional de Natacao    | <b>12:37.97</b>        |  | 284 | 3 |
|    | 100m: 1:24.56 1:24.56     | 300m: 4:33.44 1:37.69 | 500m: 7:50.24 1:38.01  | 700m: 11:07.36 1:38.80 |  |     |   |
|    | 200m: 2:55.75 1:31.19     | 400m: 6:12.23 1:38.79 | 600m: 9:28.56 1:38.32  | 800m: 12:37.97 1:30.61 |  |     |   |
| 7. | Antonio Maria Cumbre      | 79                    | Colegio Monte Maior    | <b>13:28.93</b>        |  | 234 | 2 |
|    | 100m: 1:34.68 1:34.68     | 300m: 4:58.96 1:40.09 | 500m: 8:23.92 1:42.90  | 700m: 11:48.61 1:41.67 |  |     |   |
|    | 200m: 3:18.87 1:44.19     | 400m: 6:41.02 1:42.06 | 600m: 10:06.94 1:43.02 | 800m: 13:28.93 1:40.32 |  |     |   |

**XIII Campeonato Nacional Masters - OPEN Verão**  
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Prova 1, Masc., 800m Livres

Master Esc C

|     |                           |                       |                        |                        |     |   |
|-----|---------------------------|-----------------------|------------------------|------------------------|-----|---|
| 1.  | Pedro Miguel Silva        | 76                    | Vilacondense           | <b>9:06.02</b>         | 839 | 9 |
|     | <i>Rec. Nac Escalão C</i> |                       |                        |                        |     |   |
|     | 100m: 1:04.22 1:04.22     | 300m: 3:22.96 1:09.96 | 500m: 5:44.64 1:10.95  | 700m: 7:58.65 1:07.83  |     |   |
|     | 200m: 2:13.00 1:08.78     | 400m: 4:33.69 1:10.73 | 600m: 6:50.82 1:06.18  | 800m: 9:06.02 1:07.37  |     |   |
| 2.  | Miguel Mendonca Cabrita   | 74                    | Alges                  | <b>9:14.61</b>         | 801 | 7 |
|     | 100m: 1:04.88 1:04.88     | 300m: 3:23.55 1:10.01 | 500m: 5:44.96 1:11.01  | 700m: 8:04.80 1:10.28  |     |   |
|     | 200m: 2:13.54 1:08.66     | 400m: 4:33.95 1:10.40 | 600m: 6:54.52 1:09.56  | 800m: 9:14.61 1:09.81  |     |   |
| 3.  | Eduardo Dias Pratas       | 75                    | Naval Setubalense      | <b>10:31.47</b>        | 542 | 6 |
|     | 100m: 1:13.93 1:13.93     | 300m: 3:51.73 1:19.44 | 500m: 6:32.46 1:20.81  | 700m: 9:13.19 1:20.38  |     |   |
|     | 200m: 2:32.29 1:18.36     | 400m: 5:11.65 1:19.92 | 600m: 7:52.81 1:20.35  | 800m: 10:31.47 1:18.28 |     |   |
| 4.  | Ricardo Pereira           | 75                    | Nageurs de Paris       | <b>10:43.58</b>        | 512 | 5 |
|     | 100m: 1:17.21 1:17.21     | 300m: 3:58.57 1:20.84 | 500m: 6:42.63 1:22.24  | 700m: 9:25.61 1:20.70  |     |   |
|     | 200m: 2:37.73 1:20.52     | 400m: 5:20.39 1:21.82 | 600m: 8:04.91 1:22.28  | 800m: 10:43.58 1:17.97 |     |   |
| 5.  | Nuno Alexandre Crespo     | 75                    | Colegio Monte Maior    | <b>11:01.51</b>        | 472 | 4 |
|     | 100m: 1:14.68 1:14.68     | 300m: 3:58.99 1:22.95 | 500m: 6:47.23 1:24.87  | 700m: 9:38.98 1:26.18  |     |   |
|     | 200m: 2:36.04 1:21.36     | 400m: 5:22.36 1:23.37 | 600m: 8:12.80 1:25.57  | 800m: 11:01.51 1:22.53 |     |   |
| 6.  | Paulo Alexandre Sousa     | 72                    | O2 Portimao            | <b>11:19.07</b>        | 436 | 3 |
|     | 100m: 1:14.82 1:14.82     | 300m: 4:03.28 1:25.66 | 500m: 6:58.54 1:27.68  | 700m: 9:54.31 1:27.63  |     |   |
|     | 200m: 2:37.62 1:22.80     | 400m: 5:30.86 1:27.58 | 600m: 8:26.68 1:28.14  | 800m: 11:19.07 1:24.76 |     |   |
| 7.  | Pedro Nuno Braga          | 74                    | Natacao da Maia        | <b>11:21.50</b>        | 431 | 2 |
|     | 100m: 1:14.13 1:14.13     | 300m: 3:59.07 1:23.09 | 500m: 6:50.19 1:26.99  | 700m: 9:49.92 1:30.34  |     |   |
|     | 200m: 2:35.98 1:21.85     | 400m: 5:23.20 1:24.13 | 600m: 8:19.58 1:29.39  | 800m: 11:21.50 1:31.58 |     |   |
| 8.  | Alexandre Marques Pereira | 76                    | Colegio Monte Maior    | <b>11:27.96</b>        | 419 | 1 |
|     | 100m: 1:18.42 1:18.42     | 300m: 4:04.36 1:24.46 | 500m: 7:04.22 1:30.62  | 700m: 10:02.79 1:28.75 |     |   |
|     | 200m: 2:39.90 1:21.48     | 400m: 5:33.60 1:29.24 | 600m: 8:34.04 1:29.82  | 800m: 11:27.96 1:25.17 |     |   |
| 9.  | Joao Pedro Matias         | 74                    | Academica de Coimbra   | <b>11:28.28</b>        | 419 |   |
|     | 100m: 1:18.38 1:18.38     | 300m: 4:09.94 1:26.22 | 500m: 7:04.17 1:26.93  | 700m: 10:02.96 1:29.82 |     |   |
|     | 200m: 2:43.72 1:25.34     | 400m: 5:37.24 1:27.30 | 600m: 8:33.14 1:28.97  | 800m: 11:28.28 1:25.32 |     |   |
| 10. | Rui Gabriel Custodio      | 75                    | Naval da Nazare        | <b>11:47.38</b>        | 386 |   |
|     | 100m: 1:18.36 1:18.36     | 300m: 4:12.50 1:27.70 | 500m: 7:15.75 1:32.67  | 700m: 10:19.43 1:31.09 |     |   |
|     | 200m: 2:44.80 1:26.44     | 400m: 5:43.08 1:30.58 | 600m: 8:48.34 1:32.59  | 800m: 11:47.38 1:27.95 |     |   |
| 11. | Bruno Miguel Fonseca      | 73                    | Nacional de Natacao    | <b>13:09.67</b>        | 277 |   |
|     | 100m: 1:21.59 1:21.59     | 300m: 4:38.27 1:40.51 | 500m: 8:08.32 1:46.30  | 700m: 11:35.48 1:44.31 |     |   |
|     | 200m: 2:57.76 1:36.17     | 400m: 6:22.02 1:43.75 | 600m: 9:51.17 1:42.85  | 800m: 13:09.67 1:34.19 |     |   |
| 12. | Paulo Meira Santos        | 74                    | Nacional de Natacao    | <b>13:16.21</b>        | 270 |   |
|     | 100m: 1:28.86 1:28.86     | 300m: 4:49.51 1:41.62 | 500m: 8:15.41 1:44.38  | 700m: 11:40.53 1:40.60 |     |   |
|     | 200m: 3:07.89 1:39.03     | 400m: 6:31.03 1:41.52 | 600m: 9:59.93 1:44.52  | 800m: 13:16.21 1:35.68 |     |   |
| 13. | Antonio Goarmon Costa     | 75                    | Nacional de Natacao    | <b>13:19.68</b>        | 267 |   |
|     | 100m: 1:24.31 1:24.31     | 300m: 4:41.11 1:41.23 | 500m: 8:11.83 1:46.66  | 700m: 11:41.42 1:43.85 |     |   |
|     | 200m: 2:59.88 1:35.57     | 400m: 6:25.17 1:44.06 | 600m: 9:57.57 1:45.74  | 800m: 13:19.68 1:38.26 |     |   |
| 14. | Nuno Cristiano Pereira    | 73                    | Leixoes                | <b>13:26.48</b>        | 260 |   |
|     | 100m: 1:29.73 1:29.73     | 300m: 4:48.72 1:41.88 | 500m: 8:17.82 1:45.32  | 700m: 11:49.39 1:44.91 |     |   |
|     | 200m: 3:06.84 1:37.11     | 400m: 6:32.50 1:43.78 | 600m: 10:04.48 1:46.66 | 800m: 13:26.48 1:37.09 |     |   |

**XIII Campeonato Nacional Masters - OPEN Verão**  
Oeiras, 1- - 3-7-2011

**Prova 1, Masc., 800m Livres, Master Esc C**

| Lugar | Nome                   | Ano                   | Clube                  | Tempo Final            | TReac | Pts | Pontos |
|-------|------------------------|-----------------------|------------------------|------------------------|-------|-----|--------|
| 15.   | Pedro Afonso Rodrigues | 73                    | O2 Portimao            | <b>16:02.01</b>        |       | 153 |        |
|       | 100m: 1:41.38 1:41.38  | 300m: 5:47.03 2:06.22 | 500m: 9:54.79 2:04.95  | 700m: 14:06.57 2:06.58 |       |     |        |
|       | 200m: 3:40.81 1:59.43  | 400m: 7:49.84 2:02.81 | 600m: 11:59.99 2:05.20 | 800m: 16:02.01 1:55.44 |       |     |        |

**Master Esc D**

|    |                          |                       |                        |                        |  |     |   |
|----|--------------------------|-----------------------|------------------------|------------------------|--|-----|---|
| 1. | Vitor Fortes Cunha       | 71                    | Colegio Monte Maior    | <b>11:03.47</b>        |  | 475 | 9 |
|    | 100m: 1:19.14 1:19.14    | 300m: 4:06.00 1:23.61 | 500m: 6:54.58 1:24.55  | 700m: 9:44.52 1:24.49  |  |     |   |
|    | 200m: 2:42.39 1:23.25    | 400m: 5:30.03 1:24.03 | 600m: 8:20.03 1:25.45  | 800m: 11:03.47 1:18.95 |  |     |   |
| 2. | Luis Paulo Piteira       | 68                    | Naval Setubalense      | <b>11:05.64</b>        |  | 470 | 7 |
|    | 100m: 1:18.47 1:18.47    | 300m: 4:05.18 1:23.65 | 500m: 6:54.21 1:24.94  | 700m: 9:43.70 1:24.80  |  |     |   |
|    | 200m: 2:41.53 1:23.06    | 400m: 5:29.27 1:24.09 | 600m: 8:18.90 1:24.69  | 800m: 11:05.64 1:21.94 |  |     |   |
| 3. | Pedro Alexandre Fernando | 67                    | Academica de Coimbra   | <b>11:17.47</b>        |  | 446 | 6 |
|    | 100m: 1:18.90 1:18.90    | 300m: 4:08.10 1:25.29 | 500m: 7:02.38 1:27.85  | 700m: 9:55.55 1:25.78  |  |     |   |
|    | 200m: 2:42.81 1:23.91    | 400m: 5:34.53 1:26.43 | 600m: 8:29.77 1:27.39  | 800m: 11:17.47 1:21.92 |  |     |   |
| 4. | Francisco Jose Dias      | 69                    | Portinado              | <b>12:45.07</b>        |  | 309 | 5 |
|    | 100m: 1:19.33 1:19.33    | 300m: 4:36.13 1:39.24 | 500m: 7:55.02 1:39.48  | 700m: 11:13.46 1:38.30 |  |     |   |
|    | 200m: 2:56.89 1:37.56    | 400m: 6:15.54 1:39.41 | 600m: 9:35.16 1:40.14  | 800m: 12:45.07 1:31.61 |  |     |   |
| 5. | Jose Salvador Faustino   | 68                    | Portinado              | <b>13:00.57</b>        |  | 291 | 4 |
|    | 100m: 1:24.15 1:24.15    | 300m: 4:39.45 1:39.29 | 500m: 8:02.06 1:41.14  | 700m: 11:26.46 1:42.04 |  |     |   |
|    | 200m: 3:00.16 1:36.01    | 400m: 6:20.92 1:41.47 | 600m: 9:44.42 1:42.36  | 800m: 13:00.57 1:34.11 |  |     |   |
| 6. | Antonio Manuel Santinha  | 69                    | Masters de Almada      | <b>13:52.36</b>        |  | 240 | 3 |
|    | 100m: 1:35.02 1:35.02    | 300m: 5:04.97 1:46.45 | 500m: 8:38.65 1:46.45  | 700m: 12:14.35 1:48.21 |  |     |   |
|    | 200m: 3:18.52 1:43.50    | 400m: 6:52.20 1:47.23 | 600m: 10:26.14 1:47.49 | 800m: 13:52.36 1:38.01 |  |     |   |
| 7. | Paulo Jorge Reis         | 70                    | Funcao Publica         | <b>14:27.22</b>        |  | 212 | 2 |
|    | 100m: 1:34.14 1:34.14    | 300m: 5:09.59 1:49.66 | 500m: 8:54.19 1:52.68  | 700m: 12:38.80 1:52.62 |  |     |   |
|    | 200m: 3:19.93 1:45.79    | 400m: 7:01.51 1:51.92 | 600m: 10:46.18 1:51.99 | 800m: 14:27.22 1:48.42 |  |     |   |
| 8. | Marco Santos Carrasco    | 68                    | Portinado              | <b>15:27.39</b>        |  | 173 | 1 |
|    | 100m: 1:45.36 1:45.36    | 300m: 5:46.26 2:01.19 | 500m: 9:43.67 1:57.91  | 700m: 13:39.65 2:01.69 |  |     |   |
|    | 200m: 3:45.07 1:59.71    | 400m: 7:45.76 1:59.50 | 600m: 11:37.96 1:54.29 | 800m: 15:27.39 1:47.74 |  |     |   |
| 9. | Nuno Filipe Ferreira     | 70                    | Ordem de Cristo        | <b>17:05.66</b>        |  | 128 |   |
|    | 100m: 1:41.17 1:41.17    | 300m: 5:48.78 2:06.23 | 500m: 10:07.39 2:09.56 | 700m: 14:41.03 2:24.28 |  |     |   |
|    | 200m: 3:42.55 2:01.38    | 400m: 7:57.83 2:09.05 | 600m: 12:16.75 2:09.36 | 800m: 17:05.66 2:24.63 |  |     |   |

**Master Esc E**

|    |                                                  |                       |                       |                        |  |     |   |
|----|--------------------------------------------------|-----------------------|-----------------------|------------------------|--|-----|---|
| 1. | Jose Carlos Freitas<br><i>Rec. Nac Escalão E</i> | 63                    | Fluvial Portuense     | <b>9:11.17</b>         |  | 994 | 9 |
|    | 100m: 1:08.06 1:08.06                            | 300m: 3:27.42 1:09.38 | 500m: 5:45.82 1:08.93 | 700m: 8:04.04 1:09.29  |  |     |   |
|    | 200m: 2:18.04 1:09.98                            | 400m: 4:36.89 1:09.47 | 600m: 6:54.75 1:08.93 | 800m: 9:11.17 1:07.13  |  |     |   |
| 2. | Jose Samuel Duarte                               | 65                    | Sporting              | <b>10:43.49</b>        |  | 625 | 7 |
|    | 100m: 1:18.59 1:18.59                            | 300m: 4:03.27 1:21.52 | 500m: 6:45.33 1:20.72 | 700m: 9:26.26 1:20.05  |  |     |   |
|    | 200m: 2:41.75 1:23.16                            | 400m: 5:24.61 1:21.34 | 600m: 8:06.21 1:20.88 | 800m: 10:43.49 1:17.23 |  |     |   |
| 3. | Joao Manuel Silva                                | 63                    | Millennium BCP        | <b>11:37.40</b>        |  | 490 | 6 |
|    | 100m: 1:17.15 1:17.15                            | 300m: 4:10.18 1:27.96 | 500m: 7:10.80 1:30.10 | 700m: 10:10.11 1:28.33 |  |     |   |
|    | 200m: 2:42.22 1:25.07                            | 400m: 5:40.70 1:30.52 | 600m: 8:41.78 1:30.98 | 800m: 11:37.40 1:27.29 |  |     |   |

**XIII Campeonato Nacional Masters - OPEN Verão**  
Oeiras, 1- - 3-7-2011

**Prova 1, Masc., 800m Livres, Master Esc E**

| Lugar | Nome                     | Ano                   | Clube                  | Tempo Final            | TReac | Pts | Pontos |
|-------|--------------------------|-----------------------|------------------------|------------------------|-------|-----|--------|
| 4.    | Armando Joao Costa       | 63                    | Pimpoes/Cimai          | <b>11:57.09</b>        |       | 451 | 5      |
|       | 100m: 1:24.20 1:24.20    | 300m: 4:28.45 1:32.63 | 500m: 7:31.98 1:31.54  | 700m: 10:33.45 1:30.09 |       |     |        |
|       | 200m: 2:55.82 1:31.62    | 400m: 6:00.44 1:31.99 | 600m: 9:03.36 1:31.38  | 800m: 11:57.09 1:23.64 |       |     |        |
| 5.    | Luis Filipe Feiteira     | 66                    | Masters de Almada      | <b>12:15.82</b>        |       | 418 | 4      |
|       | 100m: 1:23.78 1:23.78    | 300m: 4:31.12 1:34.26 | 500m: 7:38.90 1:33.80  | 700m: 10:46.27 1:33.45 |       |     |        |
|       | 200m: 2:56.86 1:33.08    | 400m: 6:05.10 1:33.98 | 600m: 9:12.82 1:33.92  | 800m: 12:15.82 1:29.55 |       |     |        |
| 6.    | Jose Pedro Dias          | 63                    | Nacional de Natacao    | <b>12:44.73</b>        |       | 372 | 3      |
|       | 100m: 1:30.29 1:30.29    | 300m: 4:46.87 1:39.17 | 500m: 8:02.99 1:37.56  | 700m: 11:15.41 1:36.22 |       |     |        |
|       | 200m: 3:07.70 1:37.41    | 400m: 6:25.43 1:38.56 | 600m: 9:39.19 1:36.20  | 800m: 12:44.73 1:29.32 |       |     |        |
| 7.    | Francisco Jorge Ferreira | 62                    | Academica de Coimbra   | <b>13:19.38</b>        |       | 326 | 2      |
|       | 100m: 1:28.23 1:28.23    | 300m: 4:46.49 1:40.35 | 500m: 8:11.55 1:43.39  | 700m: 11:40.28 1:44.21 |       |     |        |
|       | 200m: 3:06.14 1:37.91    | 400m: 6:28.16 1:41.67 | 600m: 9:56.07 1:44.52  | 800m: 13:19.38 1:39.10 |       |     |        |
| 8.    | Rui Manuel Velez         | 64                    | Luz e Vida             | <b>15:02.00</b>        |       | 226 | 1      |
|       | 100m: 1:44.62 1:44.62    | 300m: 5:39.45 1:58.27 | 500m: 9:31.12 1:55.35  | 700m: 13:19.06 1:52.72 |       |     |        |
|       | 200m: 3:41.18 1:56.56    | 400m: 7:35.77 1:56.32 | 600m: 11:26.34 1:55.22 | 800m: 15:02.00 1:42.94 |       |     |        |
| 9.    | Paulo Fernando Rodrigues | 63                    | Colegio Monte Maior    | <b>15:28.05</b>        |       | 208 |        |
|       | 100m: 1:40.47 1:40.47    | 300m: 5:37.65 2:01.52 | 500m: 9:37.13 1:59.06  | 700m: 13:36.23 1:59.33 |       |     |        |
|       | 200m: 3:36.13 1:55.66    | 400m: 7:38.07 2:00.42 | 600m: 11:36.90 1:59.77 | 800m: 15:28.05 1:51.82 |       |     |        |

**Master Esc F**

|    |                         |                       |                        |                        |  |     |   |
|----|-------------------------|-----------------------|------------------------|------------------------|--|-----|---|
| 1. | Jaime Carlos Bento      | 61                    | Alges                  | <b>10:47.85</b>        |  | 670 | 9 |
|    | 100m: 1:15.70 1:15.70   | 300m: 3:58.43 1:21.41 | 500m: 6:42.41 1:22.12  | 700m: 9:28.37 1:23.14  |  |     |   |
|    | 200m: 2:37.02 1:21.32   | 400m: 5:20.29 1:21.86 | 600m: 8:05.23 1:22.82  | 800m: 10:47.85 1:19.48 |  |     |   |
| 2. | Antonio Costa Raposo    | 58                    | Portinado              | <b>12:20.11</b>        |  | 449 | 7 |
|    | 100m: 1:24.84 1:24.84   | 300m: 4:32.66 1:34.17 | 500m: 7:41.32 1:34.50  | 700m: 10:49.18 1:33.76 |  |     |   |
|    | 200m: 2:58.49 1:33.65   | 400m: 6:06.82 1:34.16 | 600m: 9:15.42 1:34.10  | 800m: 12:20.11 1:30.93 |  |     |   |
| 3. | Eduardo Alberto Real    | 61                    | Nacional de Natacao    | <b>13:15.98</b>        |  | 361 | 6 |
|    | 100m: 1:33.26 1:33.26   | 300m: 4:53.93 1:41.32 | 500m: 8:16.02 1:40.90  | 700m: 11:39.32 1:41.62 |  |     |   |
|    | 200m: 3:12.61 1:39.35   | 400m: 6:35.12 1:41.19 | 600m: 9:57.70 1:41.68  | 800m: 13:15.98 1:36.66 |  |     |   |
| 4. | Antonio Coelho Moura    | 60                    | Pimpoes/Cimai          | <b>13:37.79</b>        |  | 333 | 5 |
|    | 100m: 1:33.89 1:33.89   | 300m: 5:01.85 1:44.27 | 500m: 8:30.57 1:44.28  | 700m: 11:54.42 1:39.60 |  |     |   |
|    | 200m: 3:17.58 1:43.69   | 400m: 6:46.29 1:44.44 | 600m: 10:14.82 1:44.25 | 800m: 13:37.79 1:43.37 |  |     |   |
| 5. | Pedro Militao Fernandes | 61                    | Academica de Coimbra   | <b>14:03.39</b>        |  | 303 | 4 |
|    | 100m: 1:36.81 1:36.81   | 300m: 5:09.94 1:48.64 | 500m: 8:47.44 1:48.60  | 700m: 12:23.02 1:47.67 |  |     |   |
|    | 200m: 3:21.30 1:44.49   | 400m: 6:58.84 1:48.90 | 600m: 10:35.35 1:47.91 | 800m: 14:03.39 1:40.37 |  |     |   |
| 6. | Jose Luis Correia       | 59                    | Nadadores dos Estoris  | <b>14:06.01</b>        |  | 301 | 3 |
|    | 100m: 1:33.67 1:33.67   | 300m: 5:08.34 1:48.62 | 500m: 8:46.88 1:49.51  | 700m: 12:22.69 1:46.56 |  |     |   |
|    | 200m: 3:19.72 1:46.05   | 400m: 6:57.37 1:49.03 | 600m: 10:36.13 1:49.25 | 800m: 14:06.01 1:43.32 |  |     |   |
| 7. | Jorge Casimiro Bravo    | 60                    | Portinado              | <b>16:03.99</b>        |  | 203 | 2 |
|    | 100m: 1:42.92 1:42.92   | 300m: 5:45.55 2:03.17 | 500m: 9:55.88 2:05.58  | 700m: 14:03.99 2:03.78 |  |     |   |
|    | 200m: 3:42.38 1:59.46   | 400m: 7:50.30 2:04.75 | 600m: 12:00.21 2:04.33 | 800m: 16:03.99 2:00.00 |  |     |   |
| 8. | Carlos Alberto Jesus    | 59                    | Masters de Almada      | <b>16:23.21</b>        |  | 191 | 1 |
|    | 100m: 1:45.25 1:45.25   | 300m: 5:42.80 2:00.08 | 500m: 9:56.61 2:07.55  | 700m: 14:13.24 2:07.73 |  |     |   |
|    | 200m: 3:42.72 1:57.47   | 400m: 7:49.06 2:06.26 | 600m: 12:05.51 2:08.90 | 800m: 16:23.21 2:09.97 |  |     |   |

**XIII Campeonato Nacional Masters - OPEN Verão**  
Oeiras, 1- - 3-7-2011

**Prova 1, Masc., 800m Livres, Master Esc F**

| Lugar | Nome                        | Ano                   | Clube                  | Tempo Final            | TReac | Pts | Pontos |
|-------|-----------------------------|-----------------------|------------------------|------------------------|-------|-----|--------|
| 9.    | Antonio Francisco Guimaraes | 58                    | Portinado              | <b>18:47.31</b>        |       | 127 |        |
|       | 100m: 1:50.77 1:50.77       | 300m: 6:26.82 2:22.68 | 500m: 11:22.58 2:28.47 | 700m: 16:25.44 2:33.52 |       |     |        |
|       | 200m: 4:04.14 2:13.37       | 400m: 8:54.11 2:27.29 | 600m: 13:51.92 2:29.34 | 800m: 18:47.31 2:21.87 |       |     |        |

**Master Esc G**

|    |                           |                       |                        |                        |  |     |   |
|----|---------------------------|-----------------------|------------------------|------------------------|--|-----|---|
| 1. | Vitor Manuel Mavioso      | 56                    | Alges                  | <b>11:43.01</b>        |  | 625 | 9 |
|    | <i>Rec. Nac Escalão G</i> |                       |                        |                        |  |     |   |
|    | 100m: 1:20.71 1:20.71     | 300m: 4:17.79 1:28.74 | 500m: 7:16.32 1:29.39  | 700m: 10:16.29 1:30.04 |  |     |   |
|    | 200m: 2:49.05 1:28.34     | 400m: 5:46.93 1:29.14 | 600m: 8:46.25 1:29.93  | 800m: 11:43.01 1:26.72 |  |     |   |
| 2. | Antonio Prestes Pires     | 56                    | Academica de Coimbra   | <b>12:54.37</b>        |  | 467 | 7 |
|    | 100m: 1:22.21 1:22.21     | 300m: 4:39.80 1:39.79 | 500m: 7:59.13 1:40.17  | 700m: 11:21.66 1:41.56 |  |     |   |
|    | 200m: 3:00.01 1:37.80     | 400m: 6:18.96 1:39.16 | 600m: 9:40.10 1:40.97  | 800m: 12:54.37 1:32.71 |  |     |   |
| 3. | Carlos Augusto Correia    | 52                    | Masters de Almada      | <b>13:16.03</b>        |  | 430 | 6 |
|    | 100m: 1:31.81 1:31.81     | 300m: 4:53.56 1:41.26 | 500m: 8:15.58 1:41.04  | 700m: 11:38.42 1:41.16 |  |     |   |
|    | 200m: 3:12.30 1:40.49     | 400m: 6:34.54 1:40.98 | 600m: 9:57.26 1:41.68  | 800m: 13:16.03 1:37.61 |  |     |   |
| 4. | Domingos Pinto Coelho     | 52                    | Alges                  | <b>15:11.30</b>        |  | 286 | 5 |
|    | 100m: 1:45.70 1:45.70     | 300m: 5:38.95 1:56.90 | 500m: 9:32.11 1:56.03  | 700m: 13:24.36 1:56.17 |  |     |   |
|    | 200m: 3:42.05 1:56.35     | 400m: 7:36.08 1:57.13 | 600m: 11:28.19 1:56.08 | 800m: 15:11.30 1:46.94 |  |     |   |
| 5. | Jose Manuel Goncalves     | 56                    | Masters de Almada      | <b>15:31.99</b>        |  | 268 | 4 |
|    | 100m: 1:43.85 1:43.85     | 300m: 5:39.55 1:59.15 | 500m: 9:38.83 1:59.66  | 700m: 13:39.30 2:00.15 |  |     |   |
|    | 200m: 3:40.40 1:56.55     | 400m: 7:39.17 1:59.62 | 600m: 11:39.15 2:00.32 | 800m: 15:31.99 1:52.69 |  |     |   |
| 6. | Jose Henrique Madail      | 54                    | Galitos                | <b>16:05.62</b>        |  | 241 | 3 |
|    | 100m: 1:57.78 1:57.78     | 300m: 6:08.37 2:04.40 | 500m: 10:13.78 2:02.52 | 700m: 14:15.43 1:59.71 |  |     |   |
|    | 200m: 4:03.97 2:06.19     | 400m: 8:11.26 2:02.89 | 600m: 12:15.72 2:01.94 | 800m: 16:05.62 1:50.19 |  |     |   |
| 7. | Walter Emunds             | 52                    | Portinado              | <b>18:41.31</b>        |  | 154 | 2 |
|    | 100m: 1:59.97 1:59.97     | 300m: 6:39.17 2:22.78 | 500m: 11:30.14 2:26.00 | 700m: 16:22.26 2:26.24 |  |     |   |
|    | 200m: 4:16.39 2:16.42     | 400m: 9:04.14 2:24.97 | 600m: 13:56.02 2:25.88 | 800m: 18:41.31 2:19.05 |  |     |   |

**Master Esc H**

|    |                       |                       |                        |                        |  |     |   |
|----|-----------------------|-----------------------|------------------------|------------------------|--|-----|---|
| 1. | Stephen Thomas Dyson  | 47                    | Individual Lisboa      | <b>12:08.74</b>        |  | 578 | 9 |
|    | 100m: 1:22.74 1:22.74 | 300m: 4:27.79 1:32.50 | 500m: 7:32.00 1:31.99  | 700m: 10:36.87 1:32.10 |  |     |   |
|    | 200m: 2:55.29 1:32.55 | 400m: 6:00.01 1:32.22 | 600m: 9:04.77 1:32.77  | 800m: 12:08.74 1:31.87 |  |     |   |
| 2. | Carlos Alberto Silva  | 51                    | Nacional de Natacao    | <b>13:55.17</b>        |  | 384 | 7 |
|    | 100m: 1:30.12 1:30.12 | 300m: 5:01.53 1:47.53 | 500m: 8:39.00 1:49.02  | 700m: 12:14.22 1:47.71 |  |     |   |
|    | 200m: 3:14.00 1:43.88 | 400m: 6:49.98 1:48.45 | 600m: 10:26.51 1:47.51 | 800m: 13:55.17 1:40.95 |  |     |   |
| 3. | Mario Jorge Melo      | 51                    | Colegio Monte Maior    | <b>15:11.73</b>        |  | 295 | 6 |
|    | 100m: 1:41.05 1:41.05 | 300m: 5:35.77 1:58.21 | 500m: 9:30.31 1:58.15  | 700m: 13:23.23 1:55.77 |  |     |   |
|    | 200m: 3:37.56 1:56.51 | 400m: 7:32.16 1:56.39 | 600m: 11:27.46 1:57.15 | 800m: 15:11.73 1:48.50 |  |     |   |

**Master Esc I**

|    |                           |                       |                       |                        |  |     |   |
|----|---------------------------|-----------------------|-----------------------|------------------------|--|-----|---|
| 1. | Antonio Bessone Basto     | 45                    | Alges                 | <b>12:26.38</b>        |  | 754 | 9 |
|    | <i>Rec. Nac Escalão I</i> |                       |                       |                        |  |     |   |
|    | 100m: 1:23.55 1:23.55     | 300m: 4:28.71 1:32.84 | 500m: 7:37.33 1:34.94 | 700m: 10:49.98 1:36.67 |  |     |   |
|    | 200m: 2:55.87 1:32.32     | 400m: 6:02.39 1:33.68 | 600m: 9:13.31 1:35.98 | 800m: 12:26.38 1:36.40 |  |     |   |

XIII Campeonato Nacional Masters - OPEN Verão  
Oeiras, 1- - 3-7-2011

Prova 1, Masc., 800m Livres, Master Esc I

| Lugar | Nome                     | Ano                   | Clube                  | Tempo Final            | TReac | Pts | Pontos |
|-------|--------------------------|-----------------------|------------------------|------------------------|-------|-----|--------|
| 2.    | Alexandre Azevedo Gaspar | 45                    | Alges                  | <b>16:02.77</b>        |       | 351 | 7      |
|       | 100m: 1:51.18 1:51.18    | 300m: 5:56.31 2:02.74 | 500m: 10:03.50 2:04.82 | 700m: 14:05.98 2:01.29 |       |     |        |
|       | 200m: 3:53.57 2:02.39    | 400m: 7:58.68 2:02.37 | 600m: 12:04.69 2:01.19 | 800m: 16:02.77 1:56.79 |       |     |        |
| 3.    | Helder Manuel Moreira    | 44                    | Millennium BCP         | <b>18:35.69</b>        |       | 225 | 6      |
|       | 100m: 2:07.54 2:07.54    | 300m: 6:51.38 2:21.97 | 500m: 11:37.11 2:23.85 | 700m: 16:20.36 2:19.76 |       |     |        |
|       | 200m: 4:29.41 2:21.87    | 400m: 9:13.26 2:21.88 | 600m: 14:00.60 2:23.49 | 800m: 18:35.69 2:15.33 |       |     |        |

Master Esc J

|    |                             |                       |                        |                        |  |     |   |
|----|-----------------------------|-----------------------|------------------------|------------------------|--|-----|---|
| 1. | Antonio Alexandre Rodrigues | 39                    | Academica de Coimbra   | <b>16:26.83</b>        |  | 356 | 9 |
|    | <i>Rec. Nac Escalão J</i>   |                       |                        |                        |  |     |   |
|    | 100m: 1:48.86 1:48.86       | 300m: 5:53.41 2:02.72 | 500m: 10:07.54 2:11.41 | 700m: 14:23.76 2:08.98 |  |     |   |
|    | 200m: 3:50.69 2:01.83       | 400m: 7:56.13 2:02.72 | 600m: 12:14.78 2:07.24 | 800m: 16:26.83 2:03.07 |  |     |   |
| 2. | Joao Rodrigues Teixeira     | 37                    | Academica de Coimbra   | <b>17:48.59</b>        |  | 280 | 7 |
|    | 100m: 2:08.72 2:08.72       | 300m: 6:32.59 2:12.42 | 500m: 11:02.87 2:16.25 | 700m: 15:38.74 2:17.08 |  |     |   |
|    | 200m: 4:20.17 2:11.45       | 400m: 8:46.62 2:14.03 | 600m: 13:21.66 2:18.79 | 800m: 17:48.59 2:09.85 |  |     |   |