

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

Prova 15 02-07-2011	Masc., 400m Livres				25 - 89 anos Resultados
RN A(25-29)	4:22.25	Nuno Jose Vicente	CNTN	Estocolmo (SWE)	19-08-2005
RN B(30-34)	4:13.07	Pedro Miguel Silva	CFV	Coimbra	21-06-2009
RN C(35-39)	4:29.20	Miguel Mendonca Cabrita	SAD	Coimbra	21-06-2009
RN D(40-44)	4:53.70	Paulo Paula Carvalho	SFP	Palma Maiorca (ESP)	06-07-2001
RN E(45-49)	4:27.36	Jose Carlos Freitas	CFP	G otemburgo (SWE)	06-08-2010
RN F(50-54)	5:00.22	Paulo Paula Carvalho	SFUAP	Vila Franca Xira	23-06-2011
RN G(55-59)	5:46.93	Vitor Manuel Mavioso	SAD	Oeiras	01-07-2011
RN H(60-64)	5:45.85	Stephen Thomas Dyson	CFB	Faro	31-05-2008
RN I(65-69)	6:02.39	Antonio Bessone Basto	SAD	Oeiras	01-07-2011
RN J(70-74)	7:56.13	Antonio Alexandre Rodrigues	AAC	Oeiras	01-07-2011
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
<b>Master Esc A</b>							
1.	Carlos Fernandes Queiros	86	Ginasio de Vila Real	<b>4:38.16</b>	+0.74	654	9
	50m: 30.73 30.73	150m: 1:41.42 35.28	250m: 2:53.69 36.09	350m: 4:05.36 35.93			
	100m: 1:06.14 35.41	200m: 2:17.60 36.18	300m: 3:29.43 35.74	400m: 4:38.16 32.80			
2.	David Oliveira Gorgulho	82	Litoral Alentejano	<b>4:40.12</b>	+0.85	640	7
	50m: 32.44 32.44	150m: 1:44.82 36.12	250m: 2:54.68 34.34	350m: 4:06.87 36.42			
	100m: 1:08.70 36.26	200m: 2:20.34 35.52	300m: 3:30.45 35.77	400m: 4:40.12 33.25			
3.	Joao Duarte Cruz	86	Masters de Almada	<b>5:08.93</b>	+0.93	477	6
	50m: 34.06 34.06	150m: 1:50.75 39.00	250m: 3:10.56 39.73	350m: 4:31.00 40.30			
	100m: 1:11.75 37.69	200m: 2:30.83 40.08	300m: 3:50.70 40.14	400m: 5:08.93 37.93			
4.	Juan Carlos Briceno	82	Academica de Coimbra	<b>5:14.60</b>	+0.96	452	5
	50m: 33.40 33.40	150m: 1:52.05 40.17	250m: 3:13.37 40.26	350m: 4:35.46 41.36			
	100m: 1:11.88 38.48	200m: 2:33.11 41.06	300m: 3:54.10 40.73	400m: 5:14.60 39.14			
5.	Agostinho Alberto Rego	82	Vitoria de Guimaraes	<b>5:30.37</b>	+1.00	390	4
	50m: 38.05 38.05	150m: 2:01.48 42.21	250m: 3:26.57 42.39	350m: 4:49.77 41.10			
	100m: 1:19.27 41.22	200m: 2:44.18 42.70	300m: 4:08.67 42.10	400m: 5:30.37 40.60			
6.	Luis Carlos Pinto	83	Ginasio de Vila Real	<b>5:31.52</b>	+0.90	386	3
	50m: 36.61 36.61	150m: 1:59.52 42.31	250m: 3:24.08 42.49	350m: 4:49.21 42.40			
	100m: 1:17.21 40.60	200m: 2:41.59 42.07	300m: 4:06.81 42.73	400m: 5:31.52 42.31			

**Master Esc B**

1.	Ivan Mauricio Couras	81	Leixoes	<b>4:52.91</b>	+0.85	554	9
	50m: 32.42 32.42	150m: 1:47.24 37.57	250m: 3:02.33 37.53	350m: 4:16.97 36.98			
	100m: 1:09.67 37.25	200m: 2:24.80 37.56	300m: 3:39.99 37.66	400m: 4:52.91 35.94			
2.	Rui Manuel Pinto	79	Leixoes	<b>4:58.14</b>	+0.82	525	7
	50m: 34.83 34.83	150m: 1:52.24 39.05	250m: 3:09.04 37.84	350m: 4:22.84 35.62			
	100m: 1:13.19 38.36	200m: 2:31.20 38.96	300m: 3:47.22 38.18	400m: 4:58.14 35.30			
3.	Manuel Fialho Silva	77	Colegio Monte Maior	<b>5:12.27</b>	+1.14	457	6
	50m: 35.72 35.72	150m: 1:54.41 39.80	250m: 3:14.33 40.33	350m: 4:35.18 40.43			
	100m: 1:14.61 38.89	200m: 2:34.00 39.59	300m: 3:54.75 40.42	400m: 5:12.27 37.09			
4.	Diogo Pedroso Almeida	77	Colegio Monte Maior	<b>5:12.37</b>	+0.91	457	5
	50m: 36.25 36.25	150m: 1:55.70 39.58	250m: 3:15.35 40.00	350m: 4:35.02 39.72			
	100m: 1:16.12 39.87	200m: 2:35.35 39.65	300m: 3:55.30 39.95	400m: 5:12.37 37.35			

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Prova 15, Masc., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
5.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	<b>5:21.67</b>	+1.04	418	4
	50m: 35.26 35.26	150m: 1:55.82	41.25 250m: 3:19.33	41.92	350m: 4:42.79	41.19	
	100m: 1:14.57 39.31	200m: 2:37.41	41.59 300m: 4:01.60	42.27	400m: 5:21.67	38.88	
6.	Filipe Estevao Figueiredo	81	Nacional de Natacao	<b>5:54.75</b>	+1.04	312	3
	50m: 40.06 40.06	150m: 2:07.84	44.81 250m: 3:39.22	46.06	350m: 5:12.70	46.33	
	100m: 1:23.03 42.97	200m: 2:53.16	45.32 300m: 4:26.37	47.15	400m: 5:54.75	42.05	
7.	Hugo Miguel Estevens	78	Funcao Publica	<b>6:06.41</b>	+1.00	283	2
	50m: 37.13 37.13	150m: 2:06.86	46.42 250m: 3:42.87	48.48	350m: 5:19.78	48.49	
	100m: 1:20.44 43.31	200m: 2:54.39	47.53 300m: 4:31.29	48.42	400m: 6:06.41	46.63	
8.	Antonio Manuel Ligeiro	79	Galitos	<b>6:13.90</b>	+0.96	266	1
	50m: 38.83 38.83	150m: 2:12.28	48.34 250m: 3:49.99	49.40	350m: 5:28.53	49.44	
	100m: 1:23.94 45.11	200m: 3:00.59	48.31 300m: 4:39.09	49.10	400m: 6:13.90	45.37	
9.	Jose Ramon De La Torre Jimenez	79	C.N. Jerez-DKV	<b>8:14.43</b>		115	
	50m: 49.86 49.86	150m: 2:54.54	1:04.72 250m: 5:04.83	1:05.24	350m: 7:14.12	1:05.37	
	100m: 1:49.82 59.96	200m: 3:59.59	1:05.05 300m: 6:08.75	1:03.92	400m: 8:14.43	1:00.31	

Master Esc C

1.	Pedro Miguel Silva <i>Rec. Nac Escalão C</i>	76	Vilacondense	<b>4:24.85</b>	+0.81	795	9
	50m: 29.63 29.63	150m: 1:35.61	33.45 250m: 2:44.04	34.19	350m: 3:51.81	33.02	
	100m: 1:02.16 32.53	200m: 2:09.85	34.24 300m: 3:18.79	34.75	400m: 4:24.85	33.04	
2.	Miguel Mendonca Cabrita	74	Alges	<b>4:35.04</b>	+0.76	710	7
	50m: 32.55 32.55	150m: 1:44.61	36.12 250m: 2:54.00	34.27	350m: 4:01.62	33.72	
	100m: 1:08.49 35.94	200m: 2:19.73	35.12 300m: 3:27.90	33.90	400m: 4:35.04	33.42	
3.	Eduardo Dias Pratas	75	Naval Setubalense	<b>5:02.55</b>	+0.95	533	6
	50m: 35.32 35.32	150m: 1:52.33	38.34 250m: 3:09.37	38.58	350m: 4:25.58	37.82	
	100m: 1:13.99 38.67	200m: 2:30.79	38.46 300m: 3:47.76	38.39	400m: 5:02.55	36.97	
4.	Ruben A. Gutierrez Fuentes	76	C.N. Jerez-DKV	<b>5:07.28</b>	+0.73	509	5
	50m: 33.60 33.60	150m: 1:51.05	39.47 250m: 3:10.92	40.02	350m: 4:29.60	39.38	
	100m: 1:11.58 37.98	200m: 2:30.90	39.85 300m: 3:50.22	39.30	400m: 5:07.28	37.68	
5.	Ricardo Pereira	75	Nageurs de Paris	<b>5:09.18</b>	+0.85	500	4
	50m: 35.81 35.81	150m: 1:54.55	39.79 250m: 3:13.62	39.81	350m: 4:32.75	39.35	
	100m: 1:14.76 38.95	200m: 2:33.81	39.26 300m: 3:53.40	39.78	400m: 5:09.18	36.43	
6.	Nuno Alexandre Crespo	75	Colegio Monte Maior	<b>5:13.85</b>	+0.76	478	3
	50m: 35.22 35.22	150m: 1:53.34	39.73 250m: 3:13.83	40.73	350m: 4:34.81	40.42	
	100m: 1:13.61 38.39	200m: 2:33.10	39.76 300m: 3:54.39	40.56	400m: 5:13.85	39.04	
7.	Alexandre Marques Pereira	76	Colegio Monte Maior	<b>5:19.72</b>	+0.94	452	2
	50m: 37.02 37.02	150m: 1:58.08	40.75 250m: 3:19.01	40.81	350m: 4:40.26	40.97	
	100m: 1:17.33 40.31	200m: 2:38.20	40.12 300m: 3:59.29	40.28	400m: 5:19.72	39.46	
8.	Pedro Nuno Braga	74	Natacao da Maia	<b>5:20.32</b>	+0.92	449	1
	50m: 35.88 35.88	150m: 1:57.34	40.59 250m: 3:19.21	41.27	350m: 4:41.25	40.63	
	100m: 1:16.75 40.87	200m: 2:37.94	40.60 300m: 4:00.62	41.41	400m: 5:20.32	39.07	
9.	Joao Miguel Macedo	74	Leixoes	<b>5:49.48</b>	+0.83	346	
	50m: 38.64 38.64	150m: 2:05.36	44.08 250m: 3:35.77	45.24	350m: 5:07.20	45.38	
	100m: 1:21.28 42.64	200m: 2:50.53	45.17 300m: 4:21.82	46.05	400m: 5:49.48	42.28	

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Prova 15, Masc., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
10.	Francisco Santos Barros	72	Colegio Monte Maior	<b>5:51.29</b>	+1.06	341	
	50m: 38.39 38.39	150m: 2:06.42 45.25	250m: 3:38.40 46.33	350m: 5:09.25 45.05			
	100m: 1:21.17 42.78	200m: 2:52.07 45.65	300m: 4:24.20 45.80	400m: 5:51.29 42.04			
11.	Nuno Andre Ramalhao	73	Gespacos	<b>5:56.35</b>	+0.93	326	
	50m: 40.48 40.48	150m: 2:09.34 45.27	250m: 3:42.28 46.50	350m: 5:13.94 45.40			
	100m: 1:24.07 43.59	200m: 2:55.78 46.44	300m: 4:28.54 46.26	400m: 5:56.35 42.41			
12.	Bruno Miguel Fonseca	73	Nacional de Natacao	<b>6:05.98</b>	+0.91	301	
	50m: 38.53 38.53	150m: 2:09.89 47.42	250m: 3:42.52 46.89	350m: 5:19.79 49.41			
	100m: 1:22.47 43.94	200m: 2:55.63 45.74	300m: 4:30.38 47.86	400m: 6:05.98 46.19			
13.	Nuno Cristiano Pereira	73	Leixoes	<b>6:23.54</b>	+1.14	262	
	50m: 41.97 41.97	150m: 2:16.01 48.10	250m: 3:55.51 50.22	350m: 5:37.06 50.24			
	100m: 1:27.91 45.94	200m: 3:05.29 49.28	300m: 4:46.82 51.31	400m: 6:23.54 46.48			

Master Esc D

1.	Christophe Coutanceau	67	Nageurs de Paris	<b>5:02.03</b>	+0.91	575	9
	50m: 35.82 35.82	150m: 1:52.66 38.66	250m: 3:09.54 38.43	350m: 4:25.36 37.48			
	100m: 1:14.00 38.18	200m: 2:31.11 38.45	300m: 3:47.88 38.34	400m: 5:02.03 36.67			
2.	Luis Paulo Piteira	68	Naval Setubalense	<b>5:15.98</b>	+0.97	502	7
	50m: 37.35 37.35	150m: 1:56.72 39.93	250m: 3:16.83 39.99	350m: 4:37.13 40.40			
	100m: 1:16.79 39.44	200m: 2:36.84 40.12	300m: 3:56.73 39.90	400m: 5:15.98 38.85			
3.	Antonio Jimenez Lamiquiz	67	C.N. Jerez-DKV	<b>5:19.71</b>	+0.81	485	6
	50m: 35.62 35.62	150m: 1:52.89 39.16	250m: 3:12.93 40.75	350m: 4:37.29 42.82			
	100m: 1:13.73 38.11	200m: 2:32.18 39.29	300m: 3:54.47 41.54	400m: 5:19.71 42.42			
4.	Pedro Alexandre Fernando	67	Academica de Coimbra	<b>5:24.42</b>	+1.06	464	5
	50m: 36.49 36.49	150m: 1:59.32 41.81	250m: 3:23.26 42.33	350m: 4:45.73 41.48			
	100m: 1:17.51 41.02	200m: 2:40.93 41.61	300m: 4:04.25 40.99	400m: 5:24.42 38.69			
5.	Jesus Rodriguez Oliva	69	C.N. Jerez-DKV	<b>5:26.18</b>	+0.96	456	4
	50m: 36.74 36.74	150m: 1:58.23 41.87	250m: 3:23.01 42.49	350m: 4:46.45 41.71			
	100m: 1:16.36 39.62	200m: 2:40.52 42.29	300m: 4:04.74 41.73	400m: 5:26.18 39.73			
6.	Americo Pedro Goncalves	71	Galitos	<b>5:34.77</b>	+0.92	422	3
	50m: 37.70 37.70	150m: 2:02.48 42.90	250m: 3:29.29 43.28	350m: 4:55.44 42.80			
	100m: 1:19.58 41.88	200m: 2:46.01 43.53	300m: 4:12.64 43.35	400m: 5:34.77 39.33			
7.	Jose Pedro Viana	69	Ginasio de Vila Real	<b>5:35.03</b>	+0.95	421	2
	50m: 38.17 38.17	150m: 2:04.30 43.54	250m: 3:30.81 42.66	350m: 4:56.06 41.25			
	100m: 1:20.76 42.59	200m: 2:48.15 43.85	300m: 4:14.81 44.00	400m: 5:35.03 38.97			
8.	Jose Maria Martinez Luque	67	C.N. Jerez-DKV	<b>6:09.23</b>	+0.92	314	1
	50m: 41.81 41.81	150m: 2:14.33 46.33	250m: 3:49.02 47.30	350m: 5:24.78 47.64			
	100m: 1:28.00 46.19	200m: 3:01.72 47.39	300m: 4:37.14 48.12	400m: 6:09.23 44.45			
9.	Paulo Freitas Teles	71	Alges	<b>6:30.31</b>	+1.11	266	
	50m: 45.12 45.12	150m: 2:24.04 49.20	250m: 4:01.83 48.48	350m: 5:41.75 50.03			
	100m: 1:34.84 49.72	200m: 3:13.35 49.31	300m: 4:51.72 49.89	400m: 6:30.31 48.56			
10.	Jose Manuel Brandao	70	Desportiva de Viana	<b>6:35.80</b>	+1.20	255	
	50m: 42.32 42.32	150m: 2:17.77 48.77	250m: 4:00.30 51.84	350m: 5:45.31 52.67			
	100m: 1:29.00 46.68	200m: 3:08.46 50.69	300m: 4:52.64 52.34	400m: 6:35.80 50.49			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
11.	Antonio Manuel Santinha	69	Masters de Almada	<b>6:38.02</b>	+1.02	251	
	50m: 44.51 44.51	150m: 2:25.54 50.96	250m: 4:07.75 51.37	350m: 5:50.23 51.23			
	100m: 1:34.58 50.07	200m: 3:16.38 50.84	300m: 4:59.00 51.25	400m: 6:38.02 47.79			
12.	Paulo Jorge Reis	70	Funcao Publica	<b>6:52.45</b>	+0.88	225	
	50m: 42.40 42.40	150m: 2:25.18 52.53	250m: 4:12.17 53.66	350m: 6:01.04 54.41			
	100m: 1:32.65 50.25	200m: 3:18.51 53.33	300m: 5:06.63 54.46	400m: 6:52.45 51.41			
13.	Fernando Manuel Santana	68	Colegio Monte Maior	<b>6:59.84</b>	+0.94	214	
	50m: 45.85 45.85	150m: 2:30.30 53.22	250m: 4:18.66 54.47	350m: 6:08.10 54.59			
	100m: 1:37.08 51.23	200m: 3:24.19 53.89	300m: 5:13.51 54.85	400m: 6:59.84 51.74			

Master Esc E

1.	Jose Carlos Freitas	63	Fluvial Portuense	<b>4:28.61</b>	+0.79	936	9
	50m: 31.77 31.77	150m: 1:40.77 34.27	250m: 2:49.13 34.06	350m: 3:56.71 33.63			
	100m: 1:06.50 34.73	200m: 2:15.07 34.30	300m: 3:23.08 33.95	400m: 4:28.61 31.90			
2.	Jose Samuel Duarte	65	Sporting	<b>5:20.89</b>	+0.80	549	7
	50m: 36.05 36.05	150m: 1:58.52 41.87	250m: 3:20.65 40.74	350m: 4:41.48 40.39			
	100m: 1:16.65 40.60	200m: 2:39.91 41.39	300m: 4:01.09 40.44	400m: 5:20.89 39.41			
3.	Carlos Jorge Oliveira	64	Portugal Telecom	<b>5:26.73</b>	+0.89	520	6
	50m: 36.32 36.32	150m: 1:57.80 41.43	250m: 3:22.40 42.50	350m: 4:47.30 42.47			
	100m: 1:16.37 40.05	200m: 2:39.90 42.10	300m: 4:04.83 42.43	400m: 5:26.73 39.43			
4.	Armando Joao Costa	63	Pimpoes/Cimai	<b>5:51.47</b>	+0.96	417	5
	50m: 39.92 39.92	150m: 2:10.55 45.74	250m: 3:42.01 45.24	350m: 5:11.31 43.76			
	100m: 1:24.81 44.89	200m: 2:56.77 46.22	300m: 4:27.55 45.54	400m: 5:51.47 40.16			
5.	Luis Filipe Feiteira	66	Masters de Almada	<b>5:54.25</b>	+0.92	408	4
	50m: 39.44 39.44	150m: 2:10.44 46.71	250m: 3:42.29 46.22	350m: 5:13.29 45.55			
	100m: 1:23.73 44.29	200m: 2:56.07 45.63	300m: 4:27.74 45.45	400m: 5:54.25 40.96			
6.	Francisco Jorge Ferreira	62	Academica de Coimbra	<b>6:24.64</b>	+1.07	318	3
	50m: 42.10 42.10	150m: 2:17.86 48.91	250m: 3:57.09 49.49	350m: 5:37.87 51.20			
	100m: 1:28.95 46.85	200m: 3:07.60 49.74	300m: 4:46.67 49.58	400m: 6:24.64 46.77			
7.	Fernando Diogo Duarte	62	Feirense	<b>6:44.08</b>	+1.00	275	2
	50m: 44.46 44.46	150m: 2:27.41 52.19	250m: 4:12.30 52.97	350m: 5:57.29 52.49			
	100m: 1:35.22 50.76	200m: 3:19.33 51.92	300m: 5:04.80 52.50	400m: 6:44.08 46.79			
8.	Daniel Castro Trigo	65	Sporting de Aveiro	<b>6:56.93</b>	+1.05	250	1
	50m: 46.43 46.43	150m: 2:31.75 53.15	250m: 4:19.13 53.39	350m: 6:07.02 53.54			
	100m: 1:38.60 52.17	200m: 3:25.74 53.99	300m: 5:13.48 54.35	400m: 6:56.93 49.91			
9.	Paulo Fernando Rodrigues	63	Colegio Monte Maior	<b>7:31.49</b>		197	
	50m: 44.83 44.83	150m: 2:30.53 55.03	250m: 4:31.13 59.93	350m: 6:33.43 1:00.29			
	100m: 1:35.50 50.67	200m: 3:31.20 1:00.67	300m: 5:33.14 1:02.01	400m: 7:31.49 58.06			
10.	Rui Manuel Velez	64	Luz e Vida	<b>7:34.93</b>	+1.21	192	
	50m: 49.86 49.86	150m: 2:42.67 59.10	250m: 4:42.79 1:00.16	350m: 6:42.65 59.23			
	100m: 1:43.57 53.71	200m: 3:42.63 59.96	300m: 5:43.42 1:00.63	400m: 7:34.93 52.28			
11.	Jose Ignacio Monje Coello	65	C.N. Jerez-DKV	<b>7:37.39</b>	+1.22	189	
	50m: 46.30 46.30	150m: 2:35.47 56.54	250m: 4:33.81 58.68	350m: 6:38.91 1:02.68			
	100m: 1:38.93 52.63	200m: 3:35.13 59.66	300m: 5:36.23 1:02.42	400m: 7:37.39 58.48			

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Master Esc F

1.	Jaime Carlos Bento	61	Alges	<b>5:11.39</b>	+0.94	640	9
	50m: 35.42 35.42	150m: 1:53.72 39.97	250m: 3:13.88 40.14	350m: 4:34.13 40.05			
	100m: 1:13.75 38.33	200m: 2:33.74 40.02	300m: 3:54.08 40.20	400m: 5:11.39 37.26			
2.	Carlos Rigual De Heredia	57	C.N. Jerez-DKV	<b>5:51.72</b>	+1.23	444	7
	50m: 39.04 39.04	150m: 2:05.49 44.05	250m: 3:35.59 45.31	350m: 5:06.09 45.88			
	100m: 1:21.44 42.40	200m: 2:50.28 44.79	300m: 4:20.21 44.62	400m: 5:51.72 45.63			
3.	Antonio Costa Raposo	58	Portinado	<b>6:08.95</b>	+1.14	385	6
	50m: 41.78 41.78	150m: 2:14.67 47.83	250m: 3:49.00 47.29	350m: 5:23.93 47.25			
	100m: 1:26.84 45.06	200m: 3:01.71 47.04	300m: 4:36.68 47.68	400m: 6:08.95 45.02			
4.	Antonio Coelho Moura	60	Pimpoes/Cimai	<b>6:41.25</b>	+1.17	299	5
	50m: 42.77 42.77	150m: 2:22.36 50.66	250m: 4:06.54 52.95	350m: 5:52.71 52.68			
	100m: 1:31.70 48.93	200m: 3:13.59 51.23	300m: 5:00.03 53.49	400m: 6:41.25 48.54			
5.	Pedro Militao Fernandes	61	Academica de Coimbra	<b>6:41.96</b>	+1.01	297	4
	50m: 44.57 44.57	150m: 2:27.43 51.77	250m: 4:10.48 51.45	350m: 5:53.51 51.28			
	100m: 1:35.66 51.09	200m: 3:19.03 51.60	300m: 5:02.23 51.75	400m: 6:41.96 48.45			
6.	Fernando Marin Jimenez	61	C.N. Jerez-DKV	<b>6:52.71</b>	+1.08	275	3
	50m: 45.86 45.86	150m: 2:28.45 53.02	250m: 4:15.39 53.77	350m: 6:03.89 54.43			
	100m: 1:35.43 49.57	200m: 3:21.62 53.17	300m: 5:09.46 54.07	400m: 6:52.71 48.82			
7.	Carlos Alberto Jesus	59	Masters de Almada	<b>7:57.70</b>	+1.14	177	2
	50m: 46.87 46.87	150m: 2:44.20 1:00.78	250m: 4:51.17 1:03.88	350m: 6:57.54 1:03.67			
	100m: 1:43.42 56.55	200m: 3:47.29 1:03.09	300m: 5:53.87 1:02.70	400m: 7:57.70 1:00.16			

Master Esc G

1.	Vitor Manuel Mavioso <i>Rec. Nac Escalão G</i>	56	Alges	<b>5:38.39</b>	+0.81	605	9
	50m: 36.84 36.84	150m: 2:02.52 43.41	250m: 3:29.56 43.25	350m: 4:56.49 43.42			
	100m: 1:19.11 42.27	200m: 2:46.31 43.79	300m: 4:13.07 43.51	400m: 5:38.39 41.90			
2.	Emiliano Fabregas Gonzalez	52	C.N. Jerez-DKV	<b>5:43.64</b>	+1.15	578	7
	50m: 39.31 39.31	150m: 2:05.54 44.36	250m: 3:34.09 44.59	350m: 5:01.32 43.66			
	100m: 1:21.18 41.87	200m: 2:49.50 43.96	300m: 4:17.66 43.57	400m: 5:43.64 42.32			
3.	Carlos Alberto Serra	55	Luz e Vida	<b>5:52.92</b>	+1.02	533	6
	50m: 40.53 40.53	150m: 2:09.83 44.97	250m: 3:41.09 45.41	350m: 5:10.71 44.75			
	100m: 1:24.86 44.33	200m: 2:55.68 45.85	300m: 4:25.96 44.87	400m: 5:52.92 42.21			
4.	Antonio Prestes Pires	56	Academica de Coimbra	<b>6:09.63</b>	+1.15	464	5
	50m: 39.20 39.20	150m: 2:11.09 47.39	250m: 3:49.78 49.21	350m: 5:27.49 48.30			
	100m: 1:23.70 44.50	200m: 3:00.57 49.48	300m: 4:39.19 49.41	400m: 6:09.63 42.14			
5.	Jose Antonio Teixeira	53	Academica de Coimbra	<b>7:22.52</b>	+1.11	270	4
	50m: 48.61 48.61	150m: 2:40.55 57.31	250m: 4:36.87 58.26	350m: 6:30.90 56.34			
	100m: 1:43.24 54.63	200m: 3:38.61 58.06	300m: 5:34.56 57.69	400m: 7:22.52 51.62			
6.	Jose Manuel Goncalves	56	Masters de Almada	<b>7:33.24</b>	+1.21	252	3
	50m: 49.30 49.30	150m: 2:43.01 57.44	250m: 4:41.02 59.11	350m: 6:38.54 58.07			
	100m: 1:45.57 56.27	200m: 3:41.91 58.90	300m: 5:40.47 59.45	400m: 7:33.24 54.70			

XIII Campeonato Nacional Masters - OPEN Verão  
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Prova 15, Masc., 400m Livres

Master Esc H

1.	Stephen Thomas Dyson	47	Individual Lisboa	<b>5:56.29</b>	+0.93	568	9
	50m: 39.92 39.92	150m: 2:12.21 45.85	250m: 3:45.69 46.31	350m: 5:14.51 43.76			
	100m: 1:26.36 46.44	200m: 2:59.38 47.17	300m: 4:30.75 45.06	400m: 5:56.29 41.78			
2.	Antonio Manuel Tavares	51	Funcao Publica	<b>7:24.41</b>	+1.08	292	7
	50m: 50.15 50.15	150m: 2:40.64 56.08	250m: 4:37.32 59.09	350m: 6:30.78 57.20			
	100m: 1:44.56 54.41	200m: 3:38.23 57.59	300m: 5:33.58 56.26	400m: 7:24.41 53.63			

Master Esc I

1.	Luis Vidigal Salgueiro	45	Alges	<b>7:05.08</b>	+1.05	455	9
	50m: 47.60 47.60	150m: 2:37.46 55.72	250m: 4:26.96 54.63	350m: 6:15.88 54.96			
	100m: 1:41.74 54.14	200m: 3:32.33 54.87	300m: 5:20.92 53.96	400m: 7:05.08 49.20			
2.	Manuel Mestre Morales	45	C.N. Jerez-DKV	<b>7:21.82</b>	+1.05	406	7
	50m: 46.88 46.88	150m: 2:38.95 57.20	250m: 4:33.42 56.74	350m: 6:26.28 56.24			
	100m: 1:41.75 54.87	200m: 3:36.68 57.73	300m: 5:30.04 56.62	400m: 7:21.82 55.54			
3.	Alexandre Azevedo Gaspar	45	Alges	<b>7:59.40</b>	+1.21	317	6
	50m: 52.61 52.61	150m: 2:56.26 1:01.66	250m: 4:59.98 1:01.65	350m: 7:00.83 1:00.17			
	100m: 1:54.60 1:01.99	200m: 3:58.33 1:02.07	300m: 6:00.66 1:00.68	400m: 7:59.40 58.57			