

VI OPEN Inverno de Masters  
Tomar, 28- - 29-1-2012

Prova 1	Masc., 400m Livres				25 - 89 anos
28-01-2012 - 10:00					Resultados
RN Esc A(25-29)	4:15.56	David Oliveira Gorgulho	CNLA	Ponte de Sor	29-01-2011
RN Esc B(30-34)	4:07.24	Pedro Miguel Silva	CFV	Fafe	13-06-2009
RN Esc C(35-39)	4:06.32	Pedro Miguel Silva	CFV	Ponte de Sor	29-01-2011
RN Esc D(40-44)	4:30.98	Jorge Eduardo Faria	SAD	Inatel	01-03-2008
RN Esc E(45-49)	4:19.65	Jose Carlos Freitas	CFP	Ponte de Sor	29-01-2011
RN Esc F(50-54)	4:41.85	Paulo Paula Carvalho	SFUAP	Lisboa	20-05-2011
RN Esc G(55-59)	5:17.88	Vitor Manuel Mavioso	SAD	Sines	08-01-2011
RN Esc H(60-64)	5:33.41	Stephen Thomas Dyson	CFB	Torres Novas	31-01-2009
RN Esc I(65-69)	5:48.86	Antonio Bessone Basto	SAD	Lisboa	20-02-2010
RN Esc J(70-74)	7:26.73	Antonio Alexandre Rodrigues	AAC	Lisboa	20-02-2010
RN Esc K(75-79)	7:32.94	Leonel Sousa Gomes	SFP	Pedrolha	21-01-2005
RN Esc L(80-84)	59:00.00				

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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Master Esc A

1.	Alexandre Miguel Mendes	86	25049	Estrelas S. Joao de Brito	<b>4:21.00</b>		791	
	50m: 30.59 30.59			150m: 1:36.58 33.06	250m: 2:42.47	32.86	350m: 3:48.60	33.11
	100m: 1:03.52 32.93			200m: 2:09.61 33.03	300m: 3:15.49	33.02	400m: 4:21.00	32.40
2.	Carlos Fernandes Queiros	86	118205	Ginasio de Vila Real	<b>4:21.57</b>		786	
	50m: 29.90 29.90			150m: 1:35.82 33.27	250m: 2:42.14	32.61	350m: 3:49.01	33.63
	100m: 1:02.55 32.65			200m: 2:09.53 33.71	300m: 3:15.38	33.24	400m: 4:21.57	32.56
3.	Mario Jorge Costa	84	20617	Vilacondense	<b>4:45.30</b>		606	
	50m: 32.81 32.81			150m: 1:44.54 36.02	250m: 2:56.76	35.70	350m: 4:10.01	36.69
	100m: 1:08.52 35.71			200m: 2:21.06 36.52	300m: 3:33.32	36.56	400m: 4:45.30	35.29
4.	Luis Carlos Pinto	83	24787	Ginasio de Vila Real	<b>5:15.72</b>		447	
	50m: 33.68 33.68			150m: 1:52.13 39.56	250m: 3:13.54	40.40	350m: 4:35.44	40.92
	100m: 1:12.57 38.89			200m: 2:33.14 41.01	300m: 3:54.52	40.98	400m: 5:15.72	40.28
5.	Renato Augusto Oliveira	85	124863	Vitoria de Guimaraes	<b>6:01.13</b>		298	
	50m: 42.28 42.28			150m: 2:13.40 45.53	250m: 3:44.68	45.33	350m: 5:18.16	47.19
	100m: 1:27.87 45.59			200m: 2:59.35 45.95	300m: 4:30.97	46.29	400m: 6:01.13	42.97

Master Esc B

1.	Nuno Jose Vicente	78	13302	Torres Novas	<b>4:23.18</b>		764	
	50m: 30.43 30.43			150m: 1:36.10 33.00	250m: 2:43.04	33.41	350m: 3:50.15	33.55
	100m: 1:03.10 32.67			200m: 2:09.63 33.53	300m: 3:16.60	33.56	400m: 4:23.18	33.03
2.	Ivan Mauricio Couras	81	10232	Fluvial Portuense	<b>4:33.90</b>		678	
	50m: 31.62 31.62			150m: 1:41.02 35.01	250m: 2:50.58	34.46	350m: 4:00.29	34.70
	100m: 1:06.01 34.39			200m: 2:16.12 35.10	300m: 3:25.59	35.01	400m: 4:33.90	33.61
3.	Jorge Jesus Bandeira	82	118959	Ginasio Figueirense	<b>4:57.05</b>		531	
	50m: 32.96 32.96			150m: 1:47.19 37.19	250m: 3:03.60	38.05	350m: 4:19.92	38.09
	100m: 1:10.00 37.04			200m: 2:25.55 38.36	300m: 3:41.83	38.23	400m: 4:57.05	37.13
4.	Paulo Adao Coelho	78	120507	Leixoes	<b>4:59.81</b>		517	
	50m: 33.24 33.24			150m: 1:46.57 37.44	250m: 3:03.55	38.68	350m: 4:21.97	39.62
	100m: 1:09.13 35.89			200m: 2:24.87 38.30	300m: 3:42.35	38.80	400m: 4:59.81	37.84
5.	Joao Franca Alves	80	124848	Galitos	<b>5:06.17</b>		485	
	50m: 35.07 35.07			150m: 1:52.71 38.89	250m: 3:11.15	39.05	350m: 4:29.80	39.78
	100m: 1:13.82 38.75			200m: 2:32.10 39.39	300m: 3:50.02	38.87	400m: 5:06.17	36.37
6.	Nelson Palma Mestre	80	111845	Academica de Coimbra	<b>5:12.40</b>		457	
	50m: 33.71 33.71			150m: 1:49.45 38.52	250m: 3:10.10	40.99	350m: 4:32.50	41.70
	100m: 1:10.93 37.22			200m: 2:29.11 39.66	300m: 3:50.80	40.70	400m: 5:12.40	39.90

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Prova 1, Masc., 400m Livres, Master Esc B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Tiago Goncalo Ribeiro	80	112623	Pimpoes/Cimai	<b>5:13.63</b>		451	
	50m: 35.41 35.41		150m: 1:52.22 38.68	250m: 3:12.60 40.45	350m: 4:34.25 40.76			
	100m: 1:13.54 38.13		200m: 2:32.15 39.93	300m: 3:53.49 40.89	400m: 5:13.63 39.38			
8.	Ivan Pinto Silva	79	124846	Feirense	<b>5:14.87</b>		446	
	50m: 35.00 35.00		150m: 1:53.10 39.46	250m: 3:14.13 40.68	350m: 4:36.07 40.90			
	100m: 1:13.64 38.64		200m: 2:33.45 40.35	300m: 3:55.17 41.04	400m: 5:14.87 38.80			
9.	Agostinho Alberto Rego	82	121476	Vitoria de Guimaraes	<b>5:29.19</b>		390	
	50m: 36.47 36.47		150m: 1:57.73 41.15	250m: 3:23.25 41.86	350m: 4:46.95 41.67			
	100m: 1:16.58 40.11		200m: 2:41.39 43.66	300m: 4:05.28 42.03	400m: 5:29.19 42.24			
10.	Tiago Messias Lobo	78	20652	Setubalense	<b>5:43.48</b>		343	
	50m: 38.74 38.74		150m: 2:07.05 44.41	250m: 3:34.87 44.04	350m: 5:01.51 43.15			
	100m: 1:22.64 43.90		200m: 2:50.83 43.78	300m: 4:18.36 43.49	400m: 5:43.48 41.97			
11.	Daniel Jorge Reis	81	122467	Natacao da Maia	<b>6:01.71</b>		294	
	50m: 39.41 39.41		150m: 2:08.85 45.38	250m: 3:42.13 46.72	350m: 5:16.80 47.24			
	100m: 1:23.47 44.06		200m: 2:55.41 46.56	300m: 4:29.56 47.43	400m: 6:01.71 44.91			
12.	Pedro Teixeira Pereira	80	105836	Natacao da Maia	<b>6:15.45</b>		263	
	50m: 41.35 41.35		150m: 2:14.29 47.90	250m: 3:51.21 48.78	350m: 5:28.70 48.47			
	100m: 1:26.39 45.04		200m: 3:02.43 48.14	300m: 4:40.23 49.02	400m: 6:15.45 46.75			
13.	Hugo Campos Gomes	79	122605	Feirense	<b>7:14.66</b>		169	
	50m: 48.53 48.53		150m: 2:34.84 53.79	250m: 4:26.20 56.51	350m: 6:20.50 57.35			
	100m: 1:41.05 52.52		200m: 3:29.69 54.85	300m: 5:23.15 56.95	400m: 7:14.66 54.16			

Master Esc C

1.	Diogo Pedroso Almeida	77	25632	Colegio Monte Maior	<b>4:58.72</b>		554	
	50m: 33.73 33.73		150m: 1:47.97 37.81	250m: 3:04.91 38.98	350m: 4:23.34 38.63			
	100m: 1:10.16 36.43		200m: 2:25.93 37.96	300m: 3:44.71 39.80	400m: 4:58.72 35.38			
2.	Antonio Joao Matos	75	125325	Alcobaca	<b>4:58.92</b>		553	
	50m: 34.01 34.01		150m: 1:48.15 37.36	250m: 3:04.48 38.24	350m: 4:21.82 38.92			
	100m: 1:10.79 36.78		200m: 2:26.24 38.09	300m: 3:42.90 38.42	400m: 4:58.92 37.10			
3.	Pedro Nuno Braga	74	105530	Natacao da Maia	<b>5:02.29</b>		535	
	50m: 32.58 32.58		150m: 1:46.53 37.53	250m: 3:03.82 39.03	350m: 4:23.81 40.61			
	100m: 1:09.00 36.42		200m: 2:24.79 38.26	300m: 3:43.20 39.38	400m: 5:02.29 38.48			
4.	Manuel Fialho Silva	77	107236	Colegio Monte Maior	<b>5:04.58</b>		523	
	50m: 33.65 33.65		150m: 1:48.78 38.17	250m: 3:07.15 39.65	350m: 4:27.12 39.82			
	100m: 1:10.61 36.96		200m: 2:27.50 38.72	300m: 3:47.30 40.15	400m: 5:04.58 37.46			
5.	Alexandre Marques Pereira	76	14651	Colegio Monte Maior	<b>5:05.70</b>		517	
	50m: 35.53 35.53		150m: 1:51.41 38.19	250m: 3:09.54 39.20	350m: 4:28.24 39.43			
	100m: 1:13.22 37.69		200m: 2:30.34 38.93	300m: 3:48.81 39.27	400m: 5:05.70 37.46			
6.	Nuno Alexandre Crespo	75	105396	Colegio Monte Maior	<b>5:08.54</b>		503	
	50m: 35.11 35.11		150m: 1:51.90 38.76	250m: 3:09.96 38.80	350m: 4:29.23 39.86			
	100m: 1:13.14 38.03		200m: 2:31.16 39.26	300m: 3:49.37 39.41	400m: 5:08.54 39.31			
7.	Rui Alexandre Santos	76	26110	Nadadores dos Estoris	<b>5:19.95</b>		451	
	50m: 35.91 35.91		150m: 1:53.85 40.13	250m: 3:15.32 40.95	350m: 4:38.10 41.74			
	100m: 1:13.72 37.81		200m: 2:34.37 40.52	300m: 3:56.36 41.04	400m: 5:19.95 41.85			
8.	Antonio Goarmon Costa	75	105543	Nacional de Natacao	<b>5:46.25</b>		356	
	50m: 38.27 38.27		150m: 2:02.10 42.22	250m: 3:31.48 45.15	350m: 5:02.21 45.24			
	100m: 1:19.88 41.61		200m: 2:46.33 44.23	300m: 4:16.97 45.49	400m: 5:46.25 44.04			
9.	Nuno Andre Ramalhao	73	106424	Gespacos	<b>5:50.05</b>		344	
	50m: 37.41 37.41		150m: 2:02.03 43.76	250m: 3:32.41 45.44	350m: 5:05.95 46.65			
	100m: 1:18.27 40.86		200m: 2:46.97 44.94	300m: 4:19.30 46.89	400m: 5:50.05 44.10			

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Prova 1, Masc., 400m Livres, Master Esc C

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Nuno Cristiano Pereira	73	119664	Leixoes	<b>6:05.96</b>		301	
	50m: 40.89 40.89	150m: 2:13.74	47.75	250m: 3:48.80	47.45	350m: 5:21.73	45.61	
	100m: 1:25.99 45.10	200m: 3:01.35	47.61	300m: 4:36.12	47.32	400m: 6:05.96	44.23	

Master Esc D

1.	Americo Pedro Goncalves	71	121758	Galitos	<b>5:06.73</b>		549	
	50m: 34.00 34.00	150m: 1:49.38	38.46	250m: 3:08.27	39.55	350m: 4:28.02	40.30	
	100m: 1:10.92 36.92	200m: 2:28.72	39.34	300m: 3:47.72	39.45	400m: 5:06.73	38.71	
2.	Vitor Fortes Cunha	71	26123	Colegio Monte Maior	<b>5:13.55</b>		514	
	50m: 33.92 33.92	150m: 1:51.33	39.82	250m: 3:13.64	41.15	350m: 4:34.22	39.49	
	100m: 1:11.51 37.59	200m: 2:32.49	41.16	300m: 3:54.73	41.09	400m: 5:13.55	39.33	
3.	Carlos Guimaraes Goncalves	70	123664	Fluvial Portuense	<b>5:14.12</b>		511	
	50m: 35.02 35.02	150m: 1:50.25	37.93	250m: 3:09.28	39.45	350m: 4:31.62	41.70	
	100m: 1:12.32 37.30	200m: 2:29.83	39.58	300m: 3:49.92	40.64	400m: 5:14.12	42.50	
4.	Luis Paulo Piteira	68	100511	Setubalense	<b>5:14.83</b>		508	
	50m: 35.06 35.06	150m: 1:51.41	38.78	250m: 3:11.59	40.10	350m: 4:33.84	41.32	
	100m: 1:12.63 37.57	200m: 2:31.49	40.08	300m: 3:52.52	40.93	400m: 5:14.83	40.99	
5.	Francisco Santos Barros	72	108661	Colegio Monte Maior	<b>5:41.59</b>		397	
	50m: 35.50 35.50	150m: 1:58.23	43.16	250m: 3:29.06	45.35	350m: 5:00.47	46.06	
	100m: 1:15.07 39.57	200m: 2:43.71	45.48	300m: 4:14.41	45.35	400m: 5:41.59	41.12	
6.	Jose Salvador Faustino	68	119678	Portinado	<b>5:43.45</b>		391	
	50m: 35.13 35.13	150m: 2:00.27	43.80	250m: 3:31.39	45.85	350m: 5:03.75	46.08	
	100m: 1:16.47 41.34	200m: 2:45.54	45.27	300m: 4:17.67	46.28	400m: 5:43.45	39.70	
7.	Miguel Jose Ferreira	70	119657	Leixoes	<b>5:47.66</b>		377	
	50m: 37.48 37.48	150m: 2:02.23	43.73	250m: 3:32.39	45.02	350m: 5:05.00	46.62	
	100m: 1:18.50 41.02	200m: 2:47.37	45.14	300m: 4:18.38	45.99	400m: 5:47.66	42.66	
8.	Nuno Filipe Barros	71	105839	Natacao da Maia	<b>6:01.74</b>		334	
	50m: 39.00 39.00	150m: 2:08.42	46.00	250m: 3:42.73	47.28	350m: 5:17.85	47.28	
	100m: 1:22.42 43.42	200m: 2:55.45	47.03	300m: 4:30.57	47.84	400m: 6:01.74	43.89	
9.	Paulo Freitas Teles	71	122604	Alges	<b>6:11.68</b>		308	
	50m: 41.84 41.84	150m: 2:13.67	47.07	250m: 3:48.76	47.39	350m: 5:24.87	48.17	
	100m: 1:26.60 44.76	200m: 3:01.37	47.70	300m: 4:36.70	47.94	400m: 6:11.68	46.81	
10.	Fernando Manuel Santana	68	120532	Colegio Monte Maior	<b>6:30.41</b>		266	
	50m: 42.57 42.57	150m: 2:19.63	49.31	250m: 3:59.51	49.52	350m: 5:40.10	49.96	
	100m: 1:30.32 47.75	200m: 3:09.99	50.36	300m: 4:50.14	50.63	400m: 6:30.41	50.31	
11.	Jose Manuel Brandao	70	14395	Desportiva de Viana	<b>6:30.51</b>		266	
	50m: 40.20 40.20	150m: 2:14.06	48.51	250m: 3:56.21	51.77	350m: 5:41.46	52.34	
	100m: 1:25.55 45.35	200m: 3:04.44	50.38	300m: 4:49.12	52.91	400m: 6:30.51	49.05	
12.	Marco Santos Carrasco	68	119626	Portinado	<b>7:01.55</b>		211	
	50m: 42.70 42.70	150m: 2:26.51	53.41	250m: 4:18.26	55.45	350m: 6:09.79	55.23	
	100m: 1:33.10 50.40	200m: 3:22.81	56.30	300m: 5:14.56	56.30	400m: 7:01.55	51.76	
13.	Dionisio Miguel Silva	71	110458	Vitoria de Guimaraes	<b>7:04.52</b>		207	
	50m: 42.32 42.32	150m: 2:24.01	53.34	250m: 4:16.55	56.71	350m: 6:10.39	57.14	
	100m: 1:30.67 48.35	200m: 3:19.84	55.83	300m: 5:13.25	56.70	400m: 7:04.52	54.13	
14.	Antonio Humberto Goncalves	72	119499	Nacional da Madeira	<b>7:08.54</b>		201	
	50m: 44.29 44.29	150m: 2:30.02	54.48	250m: 4:22.82	55.91	350m: 6:15.26	55.77	
	100m: 1:35.54 51.25	200m: 3:26.91	56.89	300m: 5:19.49	56.67	400m: 7:08.54	53.28	

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Prova 1, Masc., 400m Livres

Master Esc E

1. Jose Carlos Freitas	63 111877	Fluvial Portuense	<b>4:24.08</b>	985
50m: 30.86 30.86	150m: 1:37.34 33.34	250m: 2:44.38 33.46	350m: 3:51.68 33.56	
100m: 1:04.00 33.14	200m: 2:10.92 33.58	300m: 3:18.12 33.74	400m: 4:24.08 32.40	
2. Pedro Alexandre Fernando	67 11177	Academica de Coimbra	<b>5:06.46</b>	630
50m: 34.67 34.67	150m: 1:53.05 39.49	250m: 3:11.65 39.17	350m: 4:31.01 39.59	
100m: 1:13.56 38.89	200m: 2:32.48 39.43	300m: 3:51.42 39.77	400m: 5:06.46 35.45	
3. Ralf Pinto Soares	64 26786	Nadadores dos Estoris	<b>5:30.40</b>	503
50m: 36.00 36.00	150m: 1:55.94 40.89	250m: 3:20.42 42.00	350m: 4:46.97 43.57	
100m: 1:15.05 39.05	200m: 2:38.42 42.48	300m: 4:03.40 42.98	400m: 5:30.40 43.43	
4. Armando Joao Costa	63 12262	Pimpoes/Cimai	<b>5:33.81</b>	487
50m: 35.56 35.56	150m: 1:57.97 42.36	250m: 3:24.40 43.71	350m: 4:52.19 43.59	
100m: 1:15.61 40.05	200m: 2:40.69 42.72	300m: 4:08.60 44.20	400m: 5:33.81 41.62	
5. Paulo Alexandre Neves	66 112616	Leixoes	<b>6:09.83</b>	358
50m: 40.49 40.49	150m: 2:14.66 48.42	250m: 3:50.72 48.50	350m: 5:26.01 47.45	
100m: 1:26.24 45.75	200m: 3:02.22 47.56	300m: 4:38.56 47.84	400m: 6:09.83 43.82	
6. Daniel Castro Trigo	65 120704	Sporting de Aveiro	<b>6:21.09</b>	327
50m: 41.43 41.43	150m: 2:14.39 47.74	250m: 3:52.04 48.90	350m: 5:31.94 50.57	
100m: 1:26.65 45.22	200m: 3:03.14 48.75	300m: 4:41.37 49.33	400m: 6:21.09 49.15	
7. Emanuel Araujo Marques	64 109267	Natacao da Maia	<b>6:26.76</b>	313
50m: 42.28 42.28	150m: 2:16.49 47.95	250m: 3:57.02 50.54	350m: 5:38.91 51.11	
100m: 1:28.54 46.26	200m: 3:06.48 49.99	300m: 4:47.80 50.78	400m: 6:26.76 47.85	
8. Rui Manuel Velez	64 122972	Luz e Vida	<b>6:42.63</b>	278
50m: 44.12 44.12	150m: 2:26.29 52.26	250m: 4:11.52 52.45	350m: 5:55.18 51.52	
100m: 1:34.03 49.91	200m: 3:19.07 52.78	300m: 5:03.66 52.14	400m: 6:42.63 47.45	

Master Esc F

1. Paulo Paula Carvalho	61 25645	Uniao Piedense	<b>4:48.72</b>	803
50m: 32.11 32.11	150m: 1:42.86 35.77	250m: 2:56.31 36.83	350m: 4:10.26 37.35	
100m: 1:07.09 34.98	200m: 2:19.48 36.62	300m: 3:32.91 36.60	400m: 4:48.72 38.46	
2. Jaime Carlos Bento	61 118614	Alges	<b>4:56.84</b>	739
50m: 33.07 33.07	150m: 1:45.68 36.68	250m: 3:01.69 38.57	350m: 4:19.32 38.60	
100m: 1:09.00 35.93	200m: 2:23.12 37.44	300m: 3:40.72 39.03	400m: 4:56.84 37.52	
3. Jose Manuel Vieira	58 109259	Nacional da Madeira	<b>5:46.76</b>	463
50m: 35.20 35.20	150m: 2:00.25 44.16	250m: 3:31.66 46.14	350m: 5:04.76 46.09	
100m: 1:16.09 40.89	200m: 2:45.52 45.27	300m: 4:18.67 47.01	400m: 5:46.76 42.00	
4. Antonio Costa Raposo	58 112606	Portinado	<b>6:02.97</b>	404
50m: 39.77 39.77	150m: 2:09.40 46.18	250m: 3:43.46 46.85	350m: 5:17.25 46.64	
100m: 1:23.22 43.45	200m: 2:56.61 47.21	300m: 4:30.61 47.15	400m: 6:02.97 45.72	
5. Antonio Coelho Moura	60 109037	Pimpoes/Cimai	<b>6:23.47</b>	342
50m: 42.07 42.07	150m: 2:14.98 47.69	250m: 3:52.97 49.18	350m: 5:34.09 50.53	
100m: 1:27.29 45.22	200m: 3:03.79 48.81	300m: 4:43.56 50.59	400m: 6:23.47 49.38	
6. Fernando Diogo Duarte	62 119707	Feirense	<b>6:25.39</b>	337
50m: 42.39 42.39	150m: 2:18.05 48.54	250m: 3:56.50 49.20	350m: 5:38.06 50.80	
100m: 1:29.51 47.12	200m: 3:07.30 49.25	300m: 4:47.26 50.76	400m: 6:25.39 47.33	
7. Teofilo Manuel Relvas	58 120556	Vilacondense	<b>6:55.73</b>	269
50m: 44.40 44.40	150m: 2:25.91 51.76	250m: 4:13.23 54.49	350m: 6:04.85 56.51	
100m: 1:34.15 49.75	200m: 3:18.74 52.83	300m: 5:08.34 55.11	400m: 6:55.73 50.88	

VI OPEN Inverno de Masters  
Tomar, 28- - 29-1-2012

Prova 1, Masc., 400m Livres

Master Esc G

1. Vitor Manuel Mavioso	56	100689	Alges			<b>5:22.82</b>		697
50m: 34.58 34.58	150m: 1:53.96	40.55	250m: 3:17.00	41.72	350m: 4:41.75	42.44		
100m: 1:13.41 38.83	200m: 2:35.28	41.32	300m: 3:59.31	42.31	400m: 5:22.82	41.07		
2. Mario Jose Pinto	57	12387	Individual Coimbra			<b>5:26.28</b>		675
50m: 36.28 36.28	150m: 1:57.04	41.77	250m: 3:21.71	42.59	350m: 4:46.19	42.11		
100m: 1:15.27 38.99	200m: 2:39.12	42.08	300m: 4:04.08	42.37	400m: 5:26.28	40.09		
3. Antonio Prestes Pires	56	120943	Academica de Coimbra			<b>5:52.02</b>		537
50m: 35.31 35.31	150m: 2:01.05	44.86	250m: 3:33.52	46.66	350m: 5:06.72	46.10		
100m: 1:16.19 40.88	200m: 2:46.86	45.81	300m: 4:20.62	47.10	400m: 5:52.02	45.30		
4. Fernando Manuel Damas	53	125441	Alges			<b>7:05.87</b>		303
50m: 48.56 48.56	150m: 2:36.11	54.36	250m: 4:26.23	55.66	350m: 6:15.44	54.50		
100m: 1:41.75 53.19	200m: 3:30.57	54.46	300m: 5:20.94	54.71	400m: 7:05.87	50.43		
5. Jose Henrique Madail	54	119658	Galitos			<b>7:17.19</b>		280
50m: 50.54 50.54	150m: 2:40.53	55.88	250m: 4:32.64	56.10	350m: 6:23.22	55.25		
100m: 1:44.65 54.11	200m: 3:36.54	56.01	300m: 5:27.97	55.33	400m: 7:17.19	53.97		

Master Esc I

1. Luis Vidigal Salgueiro	45	119671	Alges			<b>6:28.01</b>		599
50m: 41.60 41.60	150m: 2:19.71	49.58	250m: 3:59.88	49.68	350m: 5:41.21	50.74		
100m: 1:30.13 48.53	200m: 3:10.20	50.49	300m: 4:50.47	50.59	400m: 6:28.01	46.80		
2. Jose Joaquim Marreiros	46	120970	Alges			<b>8:17.39</b>		284
50m: 52.67 52.67	150m: 2:55.73	1:04.00	250m: 5:07.16	1:06.63	350m: 7:16.77	1:05.10		
100m: 1:51.73 59.06	200m: 4:00.53	1:04.80	300m: 6:11.67	1:04.51	400m: 8:17.39	1:00.62		
3. Helder Manuel Moreira	44	25646	Galitos			<b>9:24.93</b>		194
50m: 58.82 58.82	150m: 3:18.03	1:11.58	250m: 5:44.92	1:13.26	350m: 8:13.27	1:14.08		
100m: 2:06.45 1:07.63	200m: 4:31.66	1:13.63	300m: 6:59.19	1:14.27	400m: 9:24.93	1:11.66		