

XIV Campeonato Nacional Masters - OPEN Verão
Reguengos de Monsaraz, 29-6- - 1-7-2012

Prova 1 Masc., 800m Livres Master Esc A
29-06-2012 - 17:00 Resultados

RN A(25-29) 9:03.57 Nuno Jose Vicente CNTN Estocolmo (SWE) 16-08-2005

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carlos Fernandes Queiros	86	Ginasio de Vila Real	9:45.98		636
	100m: 1:07.27 1:07.27	300m: 3:36.56 1:15.06	500m: 6:07.68 1:15.40	700m: 8:38.17 1:15.07		1:15.07
	200m: 2:21.50 1:14.23	400m: 4:52.28 1:15.72	600m: 7:23.10 1:15.42	800m: 9:45.98 1:07.81		1:07.81
2.	Vasco Vieira Lopes	84	Leixoes	10:33.14		504
	100m: 1:04.76 1:04.76	300m: 3:39.58 1:20.03	500m: 6:24.25 1:22.81	700m: 9:10.64 1:22.85		1:22.85
	200m: 2:19.55 1:14.79	400m: 5:01.44 1:21.86	600m: 7:47.79 1:23.54	800m: 10:33.14 1:22.50		1:22.50
3.	Vitor Campelo Ramalho	86	Ginasio de Vila Real	11:09.32		427
	100m: 1:15.85 1:15.85	300m: 4:07.88 1:27.65	500m: 7:04.61 1:28.36	700m: 9:52.16 1:21.76		1:21.76
	200m: 2:40.23 1:24.38	400m: 5:36.25 1:28.37	600m: 8:30.40 1:25.79	800m: 11:09.32 1:17.16		1:17.16
4.	Luis Carlos Pinto	83	Ginasio de Vila Real	11:23.77		400
	100m: 1:21.42 1:21.42	300m: 4:13.92 1:26.38	500m: 7:06.96 1:26.16	700m: 9:59.73 1:26.79		1:26.79
	200m: 2:47.54 1:26.12	400m: 5:40.80 1:26.88	600m: 8:32.94 1:25.98	800m: 11:23.77 1:24.04		1:24.04
5.	Filipe Castro Alpuim	85	Fluvial Portuense	12:43.59		287
	100m: 1:31.88 1:31.88	300m: 4:34.23 1:32.93	500m: 7:54.53 1:43.15	700m: 11:06.24 1:36.06		1:36.06
	200m: 3:01.30 1:29.42	400m: 6:11.38 1:37.15	600m: 9:30.18 1:35.65	800m: 12:43.59 1:37.35		1:37.35
6.	Rogério Filipe Vieira	84	Galitos	13:00.68		269
	100m: 1:20.61 1:20.61	300m: 4:27.43 1:36.54	500m: 7:54.38 1:45.35	700m: 11:20.93 1:43.68		1:43.68
	200m: 2:50.89 1:30.28	400m: 6:09.03 1:41.60	600m: 9:37.25 1:42.87	800m: 13:00.68 1:39.75		1:39.75
7.	Jose Miguel Figueiredo	84	Sporting de Aveiro	13:09.12		260
	100m: 1:29.91 1:29.91	600m: 9:48.83 1:42.60	800m: 13:09.12 1:38.22			
	500m: 8:06.23 6:36.32	700m: 11:30.90 1:42.07				

Prova 1 Masc., 800m Livres Master Esc B
29-06-2012 - 17:00 Resultados

RN B(30-34) 8:53.01 Pedro Miguel Silva CFV Coimbra 20-06-2009

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rui Manuel Pinto	79	Leixoes	10:17.60		526
	100m: 1:11.13 1:11.13	300m: 3:43.66 1:18.55	500m: 6:25.32 1:20.28	700m: 9:03.06 1:18.95		1:18.95
	200m: 2:25.11 1:13.98	400m: 5:05.04 1:21.38	600m: 7:44.11 1:18.79	800m: 10:17.60 1:14.54		1:14.54
2.	Paulo Adao Coelho	78	Leixoes	11:04.11		423
	100m: 1:16.02 1:16.02	300m: 4:04.34 1:24.61	500m: 6:53.30 1:24.42	700m: 9:42.78 1:24.89		1:24.89
	200m: 2:39.73 1:23.71	400m: 5:28.88 1:24.54	600m: 8:17.89 1:24.59	800m: 11:04.11 1:21.33		1:21.33
3.	Nelson Palma Mestre	80	Academica de Coimbra	11:36.30		367
	100m: 1:16.10 1:16.10	300m: 4:05.83 1:25.42	500m: 7:03.74 1:30.64	700m: 10:07.08 1:31.96		1:31.96
	200m: 2:40.41 1:24.31	400m: 5:33.10 1:27.27	600m: 8:35.12 1:31.38	800m: 11:36.30 1:29.22		1:29.22
4.	Ricardo Jorge Silva	82	Galitos	11:45.60		352
	100m: 1:22.07 1:22.07	300m: 4:21.16 1:30.72	500m: 7:20.35 1:28.87	700m: 10:18.39 1:29.26		1:29.26
	200m: 2:50.44 1:28.37	400m: 5:51.48 1:30.32	600m: 8:49.13 1:28.78	800m: 11:45.60 1:27.21		1:27.21
5.	Eduardo Jose Amaral	78	Pimpoes/Cimai	11:56.42		337
	100m: 1:17.57 1:17.57	300m: 4:15.90 1:30.79	500m: 7:20.14 1:32.14	700m: 10:26.30 1:33.03		1:33.03
	200m: 2:45.11 1:27.54	400m: 5:48.00 1:32.10	600m: 8:53.27 1:33.13	800m: 11:56.42 1:30.12		1:30.12

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Reguengos de Monsaraz, 29-6- - 1-7-2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Joao Andre Oliveira	79	Galitos	11:59.04		333
	100m: 1:23.45 1:23.45	300m: 4:25.42 1:31.88	500m: 7:32.10 1:33.51	700m: 10:35.14 1:30.70		
	200m: 2:53.54 1:30.09	400m: 5:58.59 1:33.17	600m: 9:04.44 1:32.34	800m: 11:59.04 1:23.90		
7.	Juan Carlos Briceno	82	Academica de Coimbra	12:21.88		303
	100m: 1:18.42 1:18.42	300m: 4:22.68 1:33.72	500m: 7:35.76 1:35.99	700m: 10:47.48 1:35.50		
	200m: 2:48.96 1:30.54	400m: 5:59.77 1:37.09	600m: 9:11.98 1:36.22	800m: 12:21.88 1:34.40		
8.	Andre Silva Guimaraes	82	Fluvial Portuense	13:47.86		218
	100m: 1:29.96 1:29.96	300m: 4:53.27 1:43.70	500m: 8:26.35 1:46.90	700m: 12:02.21 1:47.97		
	200m: 3:09.57 1:39.61	400m: 6:39.45 1:46.18	600m: 10:14.24 1:47.89	800m: 13:47.86 1:45.65		

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

29-06-2012 - 17:00 RN C(35-39) 9:06.02 Pedro Miguel Silva CFV Oeiras 01-07-2011

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Antonio Joao Matos	75	Alcobaca	10:33.10		538
	100m: 1:14.22 1:14.22	300m: 3:52.68 1:20.10	500m: 6:33.66 1:20.35	700m: 9:15.11 1:20.48		
	200m: 2:32.58 1:18.36	400m: 5:13.31 1:20.63	600m: 7:54.63 1:20.97	800m: 10:33.10 1:17.99		
2.	Pedro Nuno Braga	74	Natacao da Maia	11:03.22		468
	100m: 1:15.82 1:15.82	300m: 4:01.00 1:23.28	500m: 6:52.62 1:26.57	700m: 9:41.63 1:24.07		
	200m: 2:37.72 1:21.90	400m: 5:26.05 1:25.05	600m: 8:17.56 1:24.94	800m: 11:03.22 1:21.59		
3.	Alexander Ramos Esteves	77	Ginasio de Vila Real	11:05.08		464
	100m: 1:13.85 1:13.85	300m: 3:58.90 1:23.60	500m: 6:51.79 1:27.36	700m: 9:45.98 1:26.85		
	200m: 2:35.30 1:21.45	400m: 5:24.43 1:25.53	600m: 8:19.13 1:27.34	800m: 11:05.08 1:19.10		
4.	Tiago Graca Costa	76	Leixoes	11:24.91		425
	100m: 1:15.91 1:15.91	500m: 4:04.84 1:25.85	700m: 9:57.04 1:28.58			
	300m: 2:38.99 1:23.08	600m: 8:28.46 4:23.62	800m: 11:24.91 1:27.87			
5.	Alexandre Marques Pereira	76	Colegio Monte Maior	11:28.96		417
	100m: 1:20.71 1:20.71	300m: 4:11.79 1:25.97	500m: 7:06.14 1:27.23	700m: 10:02.73 1:28.62		
	200m: 2:45.82 1:25.11	400m: 5:38.91 1:27.12	600m: 8:34.11 1:27.97	800m: 11:28.96 1:26.23		
6.	Joao Miguel Macedo	74	Leixoes	12:16.63		341
	100m: 1:20.83 1:20.83	300m: 4:26.66 1:34.42	500m: 7:37.98 1:35.81	700m: 10:48.04 1:34.74		
	200m: 2:52.24 1:31.41	400m: 6:02.17 1:35.51	600m: 9:13.30 1:35.32	800m: 12:16.63 1:28.59		
7.	Nuno Cristiano Pereira	73	Leixoes	12:48.38		301
	100m: 1:28.25 1:28.25	300m: 4:40.54 1:37.26	500m: 8:00.66 1:40.69	700m: 11:17.03 1:38.19		
	200m: 3:03.28 1:35.03	400m: 6:19.97 1:39.43	600m: 9:38.84 1:38.18	800m: 12:48.38 1:31.35		
8.	Nuno Manuel Pereira	74	Colegio Monte Maior	12:56.23		292
	100m: 1:33.34 1:33.34	300m: 4:53.40 1:39.95	500m: 8:09.99 1:38.29	700m: 11:23.28 1:36.70		
	200m: 3:13.45 1:40.11	400m: 6:31.70 1:38.30	600m: 9:46.58 1:36.59	800m: 12:56.23 1:32.95		
9.	Joao Antonio Gomes	75	Leixoes	13:00.72		287
	100m: 1:27.90 1:27.90	300m: 4:46.92 1:40.59	500m: 8:07.22 1:40.31	700m: 11:27.20 1:39.75		
	200m: 3:06.33 1:38.43	400m: 6:26.91 1:39.99	600m: 9:47.45 1:40.23	800m: 13:00.72 1:33.52		
10.	Antonio Goarmon Costa	75	Nacional de Natacao	13:09.60		277
	100m: 1:32.54 1:32.54	300m: 4:50.55 1:39.46	500m: 8:11.43 1:40.61	700m: 11:33.66 1:41.07		
	200m: 3:11.09 1:38.55	400m: 6:30.82 1:40.27	600m: 9:52.59 1:41.16	800m: 13:09.60 1:35.94		

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Prova 1, Masc., 800m Livres

Prova 1 Masc., 800m Livres Master Esc D
29-06-2012 - 17:00 Resultados

RN D(40-44) 10:28.52 Luis Paulo Piteira CNS Faro 30-05-2008

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Jose Pedro Viana	69	Ginasio de Vila Real	11:35.74		411
	100m: 1:18.35 1:18.35	300m: 4:09.57 1:27.02	500m: 7:07.28 1:29.03	700m: 10:08.43 1:30.59		
	200m: 2:42.55 1:24.20	400m: 5:38.25 1:28.68	600m: 8:37.84 1:30.56	800m: 11:35.74 1:27.31		
2.	Paulo Alexandre Sousa	72	O2-Portimao	11:46.95		392
	100m: 1:19.58 1:19.58	300m: 4:15.65 1:29.44	500m: 7:16.33 1:30.55	700m: 10:18.27 1:31.13		
	200m: 2:46.21 1:26.63	400m: 5:45.78 1:30.13	600m: 8:47.14 1:30.81	800m: 11:46.95 1:28.68		
3.	Americo Pedro Goncalves	71	Galitos	11:50.51		386
	100m: 1:18.37 1:18.37	300m: 4:12.93 1:28.53	500m: 7:15.34 1:31.81	700m: 10:21.06 1:32.75		
	200m: 2:44.40 1:26.03	400m: 5:43.53 1:30.60	600m: 8:48.31 1:32.97	800m: 11:50.51 1:29.45		
4.	Fernando Antonio Rothes	70	Fluvial Portuense	12:03.24		366
	100m: 1:19.60 1:19.60	600m: 8:59.95 4:41.52	800m: 12:03.24 1:28.80			
	500m: 4:18.43 2:58.83	700m: 10:34.44 1:34.49				
5.	Jorge Alberto Figueiredo	71	Academica de Coimbra	12:19.52		343
	100m: 1:21.89 1:21.89	300m: 4:29.08 1:34.57	500m: 7:38.82 1:35.15	700m: 10:48.00 1:33.84		
	200m: 2:54.51 1:32.62	400m: 6:03.67 1:34.59	600m: 9:14.16 1:35.34	800m: 12:19.52 1:31.52		
6.	Francisco Santos Barros	72	Colegio Monte Maior	12:20.39		341
	100m: 1:19.59 1:19.59	300m: 4:26.63 1:34.67	500m: 7:39.45 1:36.62	700m: 10:50.04 1:33.91		
	200m: 2:51.96 1:32.37	400m: 6:02.83 1:36.20	600m: 9:16.13 1:36.68	800m: 12:20.39 1:30.35		
7.	Miguel Freitas Fontes	72	Fluvial Portuense	12:24.22		336
	100m: 1:15.38 1:15.38	300m: 4:20.16 1:34.42	500m: 7:32.46 1:37.18	700m: 10:50.39 1:38.06		
	200m: 2:45.74 1:30.36	400m: 5:55.28 1:35.12	600m: 9:12.33 1:39.87	800m: 12:24.22 1:33.83		
8.	Miguel Jose Ferreira	70	Leixoes	12:40.67		315
	100m: 1:23.49 1:23.49	300m: 4:32.07 1:36.51	500m: 7:48.52 1:39.32	700m: 11:07.88 1:39.49		
	200m: 2:55.56 1:32.07	400m: 6:09.20 1:37.13	600m: 9:28.39 1:39.87	800m: 12:40.67 1:32.79		
9.	Paulo Guilherme Martins	68	Ginasio Figueirense	12:44.25		310
	100m: 1:22.31 1:22.31	300m: 4:32.55 1:37.38	500m: 7:50.60 1:39.18	700m: 11:07.44 1:36.93		
	200m: 2:55.17 1:32.86	400m: 6:11.42 1:38.87	600m: 9:30.51 1:39.91	800m: 12:44.25 1:36.81		
10.	Miguel Ferreira Santos	72	Porto	13:28.47		262
	100m: 1:26.16 1:26.16	300m: 4:43.96 1:41.41	500m: 8:11.15 1:44.18	700m: 11:42.80 1:45.20		
	200m: 3:02.55 1:36.39	400m: 6:26.97 1:43.01	600m: 9:57.60 1:46.45	800m: 13:28.47 1:45.67		
11.	Luis Miguel Xavier	72	Estrelas S. Joao de Brito	13:28.82		262
	100m: 1:29.77 1:29.77	300m: 4:50.87 1:42.01	500m: 8:21.52 1:44.89	700m: 11:49.28 1:43.86		
	200m: 3:08.86 1:39.09	400m: 6:36.63 1:45.76	600m: 10:05.42 1:43.90	800m: 13:28.82 1:39.54		
12.	Jose Manuel Brandao	70	Desportiva de Viana	13:29.37		261
	100m: 1:28.76 1:28.76	300m: 4:49.71 1:41.72	500m: 8:18.26 1:44.11	700m: 11:48.34 1:44.72		
	200m: 3:07.99 1:39.23	400m: 6:34.15 1:44.44	600m: 10:03.62 1:45.36	800m: 13:29.37 1:41.03		
13.	Nuno Alexandre Serra	72	Porto	13:43.09		248
	100m: 1:30.28 1:30.28	300m: 4:57.16 1:44.29	500m: 8:32.72 1:48.43	700m: 12:04.29 1:45.70		
	200m: 3:12.87 1:42.59	400m: 6:44.29 1:47.13	600m: 10:18.59 1:45.87	800m: 13:43.09 1:38.80		
14.	Marco Santos Carrasco	68	Portinado	15:06.11		186
	100m: 1:40.16 1:40.16	300m: 5:32.84 1:58.03	500m: 9:29.71 1:58.81	700m: 13:22.12 1:53.95		
	200m: 3:34.81 1:54.65	400m: 7:30.90 1:58.06	600m: 11:28.17 1:58.46	800m: 15:06.11 1:43.99		

XIV Campeonato Nacional Masters - OPEN Verão
Reguengos de Monsaraz, 29-6- - 1-7-2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Carlos Guimaraes Goncalves	70	Fluvial Portuense			

Prova 1
29-06-2012 - 17:00
Masc., 800m Livres
Master Esc E
Resultados

RN E(45-49)	9:11.17	Jose Carlos Freitas	CFP	Oeiras	01-07-2011
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Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Jose Carlos Freitas	63	Fluvial Portuense	9:33.99		880
	100m: 1:10.84 1:10.84	300m: 3:36.82 1:12.62	500m: 6:01.90 1:12.55	700m: 8:26.47 1:12.28		1:21.28
	200m: 2:24.20 1:13.36	400m: 4:49.35 1:12.53	600m: 7:14.19 1:12.29	800m: 9:33.99		1:07.52
2.	Jose Samuel Duarte	65	Sporting	10:53.50		596
	100m: 1:17.90 1:17.90	300m: 4:04.99 1:23.43	500m: 6:51.01 1:22.63	700m: 9:34.39 1:21.50		1:21.50
	200m: 2:41.56 1:23.66	400m: 5:28.38 1:23.39	600m: 8:12.89 1:21.88	800m: 10:53.50		1:19.11
3.	Pedro Alexandre Fernando	67	Academica de Coimbra	11:21.24		526
	100m: 1:18.07 1:18.07	300m: 4:11.38 1:27.18	500m: 7:05.41 1:27.06	700m: 10:00.80 1:27.33		1:27.33
	200m: 2:44.20 1:26.13	400m: 5:38.35 1:26.97	600m: 8:33.47 1:28.06	800m: 11:21.24		1:20.44
4.	Armando Joao Costa	63	Pimpoes/Cimai	11:51.28		462
	100m: 1:21.78 1:21.78	300m: 4:23.48 1:31.23	500m: 7:26.73 1:32.08	700m: 10:27.87 1:30.11		1:30.11
	200m: 2:52.25 1:30.47	400m: 5:54.65 1:31.17	600m: 8:57.76 1:31.03	800m: 11:51.28		1:23.41
5.	Ralf Pinto Soares	64	Nadadores dos Estoris	12:06.96		433
	100m: 1:20.95 1:20.95	300m: 4:20.22 1:31.06	500m: 7:25.12 1:32.67	700m: 10:34.71 1:35.33		1:35.33
	200m: 2:49.16 1:28.21	400m: 5:52.45 1:32.23	600m: 8:59.38 1:34.26	800m: 12:06.96		1:32.25
6.	Fernando Antonio Xavier	65	Porto	12:22.12		407
	500m: 4:26.06 4:26.06	600m: 9:14.19 4:48.13	700m: 10:50.63 1:36.44	800m: 12:22.12		1:31.49
7.	Paulo Alexandre Neves	66	Leixoes	13:03.04		346
	100m: 1:28.33 1:28.33	300m: 4:45.57 1:38.86	500m: 8:07.12 1:40.95	700m: 11:27.22 1:40.13		1:40.13
	200m: 3:06.71 1:38.38	400m: 6:26.17 1:40.60	600m: 9:47.09 1:39.97	800m: 13:03.04		1:35.82
8.	Gustavo Ferreira Basto	67	Galitos	13:37.52		304
	100m: 1:23.31 1:23.31	300m: 4:49.65 1:46.48	500m: 8:26.64 1:49.18	700m: 12:01.47 1:48.88		1:48.88
	200m: 3:03.17 1:39.86	400m: 6:37.46 1:47.81	600m: 10:12.59 1:45.95	800m: 13:37.52		1:36.05
9.	Joao Paulo Campos	65	Leixoes	13:42.15		299
	100m: 1:26.45 1:26.45	600m: 10:11.19 1:47.45	800m: 13:42.15 1:43.73			
	500m: 8:23.74 6:57.29	700m: 11:58.42 1:47.23				
10.	Carlos Manuel Anjos	66	Galitos	13:59.33		281
	100m: 1:31.40 1:31.40	600m: 10:32.44 1:49.83	800m: 13:59.33 1:39.74			
	500m: 8:42.61 7:11.21	700m: 12:19.59 1:47.15				
11.	Rui Manuel Velez	64	Luz e Vida	13:59.48		281
	100m: 1:38.13 1:38.13	300m: 5:10.17 1:45.94	500m: 8:43.76 1:46.55	700m: 12:19.09 1:48.00		1:48.00
	200m: 3:24.23 1:46.10	400m: 6:57.21 1:47.04	600m: 10:31.09 1:47.33	800m: 13:59.48		1:40.39
12.	Daniel Castro Trigo	65	Sporting de Aveiro	14:13.44		267
	100m: 1:39.22 1:39.22	300m: 5:18.12 1:50.55	500m: 8:56.81 1:50.02	700m: 12:33.73 1:49.59		1:49.59
	200m: 3:27.57 1:48.35	400m: 7:06.79 1:48.67	600m: 10:44.14 1:47.33	800m: 14:13.44		1:39.71
13.	Vitor Borges Carvalho	64	Desportiva de Viana	14:22.24		259
	100m: 1:37.67 1:37.67	300m: 5:16.42 1:50.19	500m: 8:54.82 1:49.08	700m: 12:34.56 1:49.18		1:49.18
	200m: 3:26.23 1:48.56	400m: 7:05.74 1:49.32	600m: 10:45.38 1:50.56	800m: 14:22.24		1:47.68

XIV Campeonato Nacional Masters - OPEN Verão
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Prova 1, Masc., 800m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Paulo Fernando Rodrigues	63	Colegio Monte Maior	16:07.17		184
	100m: 1:36.83 1:36.83	300m: 5:40.70 2:04.84	500m: 9:52.58 2:05.80	700m: 14:05.41 2:01.62		
	200m: 3:35.86 1:59.03	400m: 7:46.78 2:06.08	600m: 12:03.79 2:11.21	800m: 16:07.17 2:01.76		
15.	Carlos Sousa Gomes	65	Portinado	17:36.11		141
	100m: 1:53.23 1:53.23	300m: 6:13.98 2:12.74	500m: 10:55.91 2:18.76	700m: 15:25.77 2:15.36		
	200m: 4:01.24 2:08.01	400m: 8:37.15 2:23.17	600m: 13:10.41 2:14.50	800m: 17:36.11 2:10.34		
DNS	Antonio Jorge Martinho	65	Academica de Coimbra			

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

RN F(50-54)	10:21.72	Paulo Paula Carvalho	SFUAP	Vila Franca Xira	23-06-2011
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Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Antonio Costa Raposo	58	Portinado	12:49.95		399
	100m: 1:27.97 1:27.97	300m: 4:40.31 1:37.43	500m: 7:59.52 1:39.68	700m: 11:16.87 1:38.40		
	200m: 3:02.88 1:34.91	400m: 6:19.84 1:39.53	600m: 9:38.47 1:38.95	800m: 12:49.95 1:33.08		
2.	Eduardo Alberto Real	61	Nacional de Natacao	13:22.39		353
	100m: 1:31.24 1:31.24	300m: 4:49.01 1:39.91	500m: 8:13.12 1:42.35	700m: 11:41.70 1:42.86		
	200m: 3:09.10 1:37.86	400m: 6:30.77 1:41.76	600m: 9:58.84 1:45.72	800m: 13:22.39 1:40.69		
3.	Francisco Jorge Ferreira	62	Academica de Coimbra	13:28.47		345
	100m: 1:32.39 1:32.39	300m: 4:55.15 1:42.01	500m: 8:19.60 1:42.17	700m: 11:46.89 1:44.04		
	200m: 3:13.14 1:40.75	400m: 6:37.43 1:42.28	600m: 10:02.85 1:43.25	800m: 13:28.47 1:41.58		
4.	Pedro Militao Fernandes	61	Academica de Coimbra	14:09.40		297
	100m: 1:38.19 1:38.19	300m: 5:14.70 1:48.25	500m: 8:50.41 1:47.50	700m: 12:24.64 1:47.67		
	200m: 3:26.45 1:48.26	400m: 7:02.91 1:48.21	600m: 10:36.97 1:46.56	800m: 14:09.40 1:44.76		
5.	Henrique Luis Seabra	61	Fluvial Portuense	14:51.25		257
	100m: 1:34.21 1:34.21	300m: 5:20.63 1:54.41	500m: 9:12.07 1:54.30	700m: 13:02.02 1:54.76		
	200m: 3:26.22 1:52.01	400m: 7:17.77 1:57.14	600m: 11:07.26 1:55.19	800m: 14:51.25 1:49.23		
DNS	Luis Lopes Santos	59	Fluvial Portuense			

Prova 1 Masc., 800m Livres Master Esc G Resultados

RN G(55-59)	11:43.01	Vitor Manuel Mavioso	SAD	Oeiras	01-07-2011
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Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Vitor Manuel Mavioso	56	Alges	11:48.30		611
	100m: 1:21.14 1:21.14	300m: 4:19.10 1:29.57	500m: 7:19.50 1:30.31	700m: 10:21.01 1:30.70		
	200m: 2:49.53 1:28.39	400m: 5:49.19 1:30.09	600m: 8:50.31 1:30.81	800m: 11:48.30 1:27.29		
2.	Antonio Prestes Pires	56	Academica de Coimbra	12:51.67		472
	100m: 1:25.62 1:25.62	300m: 4:41.66 1:38.71	500m: 8:00.12 1:39.19	700m: 11:19.87 1:39.96		
	200m: 3:02.95 1:37.33	400m: 6:20.93 1:39.27	600m: 9:39.91 1:39.79	800m: 12:51.67 1:31.80		
3.	Jose Antonio Teixeira	53	Academica de Coimbra	14:40.28		318
	500m: 9:03.55 9:03.55	600m: 10:58.12 1:54.57	700m: 12:51.75 1:53.63	800m: 14:40.28 1:48.53		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Hugo Francisco Figueiredo	53	Academica de Coimbra	14:48.84		309
	100m: 1:46.22 1:46.22	300m: 5:34.07 1:54.14	500m: 9:19.85 1:52.22	700m: 13:05.60 1:54.11		
	200m: 3:39.93 1:53.71	400m: 7:27.63 1:53.56	600m: 11:11.49 1:51.64	800m: 14:48.84 1:43.24		
5.	Jose Luis Morgado	54	Fluvial Portuense	15:07.66		290
	100m: 1:41.74 1:41.74	300m: 5:29.75 1:55.12	500m: 9:22.05 1:56.94	700m: 13:13.80 1:55.34		
	200m: 3:34.63 1:52.89	400m: 7:25.11 1:55.36	600m: 11:18.46 1:56.41	800m: 15:07.66 1:53.86		
6.	Jose Henrique Madail	54	Galitos	15:48.27		254
	100m: 1:51.85 1:51.85	300m: 5:52.57 2:01.20	500m: 9:56.20 2:02.51	700m: 13:58.06 2:00.14		
	200m: 3:51.37 1:59.52	400m: 7:53.69 2:01.12	600m: 11:57.92 2:01.72	800m: 15:48.27 1:50.21		
DNS	Fernando Manuel Damas	53	Alges			

Prova 1 Masc., 800m Livres Master Esc H Resultados

RN H(60-64) 11:49.56 Stephen Thomas Dyson CFB Coimbra 20-06-2009

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carlos Augusto Correia	52	Masters de Almada	13:41.65		403
	100m: 1:34.98 1:34.98	300m: 5:00.45 1:42.55	500m: 8:29.02 1:45.00	700m: 11:58.36 1:45.13		
	200m: 3:17.90 1:42.92	400m: 6:44.02 1:43.57	600m: 10:13.23 1:44.21	800m: 13:41.65 1:43.29		
2.	Domingos Pinto Coelho	52	Alges	15:08.45		298
	100m: 1:45.40 1:45.40	300m: 5:35.60 1:55.32	500m: 9:30.10 1:56.88	700m: 13:21.18 1:54.47		
	200m: 3:40.28 1:54.88	400m: 7:33.22 1:57.62	600m: 11:26.71 1:56.61	800m: 15:08.45 1:47.27		
3.	Mario Jorge Melo	51	Colegio Monte Maior	15:23.24		284
	100m: 1:40.75 1:40.75	300m: 5:35.33 1:58.98	500m: 9:33.61 1:58.55	700m: 13:30.35 1:57.74		
	200m: 3:36.35 1:55.60	400m: 7:35.06 1:59.73	600m: 11:32.61 1:59.00	800m: 15:23.24 1:52.89		
4.	Walter Emunds	52	Portinado	18:23.21		166
	100m: 1:58.43 1:58.43	300m: 6:31.73 2:19.97	500m: 11:14.48 2:22.22	700m: 16:02.77 2:24.75		
	200m: 4:11.76 2:13.33	400m: 8:52.26 2:20.53	600m: 13:38.02 2:23.54	800m: 18:23.21 2:20.44		

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

RN I(65-69) 12:26.38 Antonio Bessone Basto SAD Oeiras 01-07-2011

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Stephen Thomas Dyson <i>Rec Nac Esc I</i>	47	Individual Lisboa	12:04.30		825
	100m: 1:24.00 1:24.00	300m: 4:27.29 1:32.03	500m: 7:32.02 1:32.61	700m: 10:34.73 1:30.73		
	200m: 2:55.26 1:31.26	400m: 5:59.41 1:32.12	600m: 9:04.00 1:31.98	800m: 12:04.30 1:29.57		
2.	Antonio Bessone Basto	45	Alges	13:13.61		627
	100m: 1:32.55 1:32.55	300m: 4:54.22 1:42.06	500m: 8:18.89 1:42.43	700m: 11:42.67 1:40.78		
	200m: 3:12.16 1:39.61	400m: 6:36.46 1:42.24	600m: 10:01.89 1:43.00	800m: 13:13.61 1:30.94		
3.	Alexandre Azevedo Gaspar	45	Alges	16:15.10		338
	100m: 1:53.97 1:53.97	300m: 6:04.01 2:04.95	500m: 10:09.62 2:02.70	700m: 14:16.55 2:03.18		
	200m: 3:59.06 2:05.09	400m: 8:06.92 2:02.91	600m: 12:13.37 2:03.75	800m: 16:15.10 1:58.55		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Jose Joaquim Marreiros	46	Alges	16:39.36		314
	100m: 1:50.32 1:50.32	300m: 6:01.08 2:07.97	500m: 10:20.92 2:08.85	700m: 14:37.08 2:08.27		
	200m: 3:53.11 2:02.79	400m: 8:12.07 2:10.99	600m: 12:28.81 2:07.89	800m: 16:39.36 2:02.28		
5.	Helder Manuel Moreira	44	Galitos	19:34.25		193
	100m: 2:11.13 2:11.13	300m: 7:06.60 2:28.89	500m: 12:07.66 2:32.08	700m: 17:06.78 2:29.42		
	200m: 4:37.71 2:26.58	400m: 9:35.58 2:28.98	600m: 14:37.36 2:29.70	800m: 19:34.25 2:27.47		

Prova 1
29-06-2012 - 17:00

Masc., 800m Livres

Master Esc K Resultados

RN K(75-79) 59:00.00

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joao Rodrigues Teixeira <i>Rec Nac Esc K</i>	37	Academica de Coimbra	18:39.88		343
	100m: 2:15.49 2:15.49	300m: 6:53.41 2:18.44	500m: 11:35.58 2:20.66	700m: 16:21.39 2:23.70		
	200m: 4:34.97 2:19.48	400m: 9:14.92 2:21.51	600m: 13:57.69 2:22.11	800m: 18:39.88 2:18.49		