

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

Prova 15 Masc., 400m Livres Master Esc A
30-06-2012 - 16:20 Resultados

RN A(25-29) 4:22.25 Nuno Jose Vicente CNTN Estocolmo (SWE) 19-08-2005

Pontos: DSV Masters 04

Lugar			Ano			Tempo final			Pts
1.	Carlos Fernandes Queiros		86	Ginasio de Vila Real		4:33.22			690
	50m:	30.38 30.38	150m:	1:38.55 34.53	250m:	2:48.73 35.53	350m:	3:59.57 35.46	
	100m:	1:04.02 33.64	200m:	2:13.20 34.65	300m:	3:24.11 35.38	400m:	4:33.22 33.65	
2.	Vitor Campelo Ramalho		86	Ginasio de Vila Real		5:07.49			484
	50m:	30.84 30.84	150m:	1:47.01 39.60	250m:	3:08.08 40.35	350m:	4:29.43 40.53	
	100m:	1:07.41 36.57	200m:	2:27.73 40.72	300m:	3:48.90 40.82	400m:	5:07.49 38.06	
3.	Joao Duarte Cruz		86	Masters de Almada		5:11.73			464
	50m:	34.44 34.44	150m:	1:51.61 39.05	250m:	3:11.14 39.67	350m:	4:32.14 40.52	
	100m:	1:12.56 38.12	200m:	2:31.47 39.86	300m:	3:51.62 40.48	400m:	5:11.73 39.59	
4.	Luis Carlos Pinto		83	Ginasio de Vila Real		5:27.58			400
	50m:	36.88 36.88	150m:	1:59.22 41.63	250m:	3:23.76 42.40	350m:	4:46.93 41.31	
	100m:	1:17.59 40.71	200m:	2:41.36 42.14	300m:	4:05.62 41.86	400m:	5:27.58 40.65	

Prova 15 Masc., 400m Livres Master Esc B
30-06-2012 - 16:20 Resultados

RN B(30-34) 4:13.07 Pedro Miguel Silva CFV Coimbra 21-06-2009

Pontos: DSV Masters 04

Lugar			Ano			Tempo final			Pts
1.	Ivan Mauricio Couras		81	Fluvial Portuense		4:46.10			595
	50m:	32.24 32.24	150m:	1:42.16 35.61	250m:	2:55.27 37.26	350m:	4:09.34 37.38	
	100m:	1:06.55 34.31	200m:	2:18.01 35.85	300m:	3:31.96 36.69	400m:	4:46.10 36.76	
2.	Paulo Adao Coelho		78	Leixoes		5:22.71			414
	50m:	34.80 34.80	150m:	1:53.98 40.49	250m:	3:17.24 42.15	350m:	4:41.67 42.39	
	100m:	1:13.49 38.69	200m:	2:35.09 41.11	300m:	3:59.28 42.04	400m:	5:22.71 41.04	
3.	Agostinho Alberto Rego		82	Vitoria de Guimaraes		5:42.08			348
	50m:	38.30 38.30	150m:	2:04.76 43.36	250m:	3:33.83 44.75	350m:	5:00.49 42.96	
	100m:	1:21.40 43.10	200m:	2:49.08 44.32	300m:	4:17.53 43.70	400m:	5:42.08 41.59	
4.	Juan Carlos Briceno		82	Academica de Coimbra		5:55.52			310
	50m:	36.42 36.42	150m:	2:00.44 42.95	250m:	3:32.38 47.11	350m:	5:08.00 47.78	
	100m:	1:17.49 41.07	200m:	2:45.27 44.83	300m:	4:20.22 47.84	400m:	5:55.52 47.52	
5.	Joao Carlos Malta		82	Natacao da Maia		5:55.63			309
	50m:	38.29 38.29	150m:	2:04.38 44.79	250m:	3:36.31 45.83	350m:	5:10.07 47.00	
	100m:	1:19.59 41.30	200m:	2:50.48 46.10	300m:	4:23.07 46.76	400m:	5:55.63 45.56	
6.	Pedro Guedes Silva		82	Colegio Monte Maior		6:21.46			251
	50m:	40.19 40.19	150m:	2:14.51 48.44	250m:	3:53.73 49.83	350m:	5:34.82 49.09	
	100m:	1:26.07 45.88	200m:	3:03.90 49.39	300m:	4:45.73 52.00	400m:	6:21.46 46.64	
7.	Daniel Serra Oliveira		81	Feirense		6:41.95			214
	50m:	38.15 38.15	150m:	2:15.43 51.83	250m:	4:03.75 55.11	350m:	5:51.36 54.14	
	100m:	1:23.60 45.45	200m:	3:08.64 53.21	300m:	4:57.22 53.47	400m:	6:41.95 50.59	

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Prova 15, Masc., 400m Livres

Prova 15 Masc., 400m Livres Master Esc C
30-06-2012 - 16:20 Resultados

RN C(35-39) 4:24.85 Pedro Miguel Silva CFV Oeiras 02-07-2011

Pontos: DSV Masters 04

Lugar			Ano			Tempo final				Pts	
1.	Ricardo Conceicao Pedroso		77	Alges		4:36.06				702	
	50m:	29.52 29.52	150m:	1:36.90	34.60	250m:	2:47.99	36.13	350m:	4:01.54	36.98
	100m:	1:02.30 32.78	200m:	2:11.86	34.96	300m:	3:24.56	36.57	400m:	4:36.06	34.52
2.	Antonio Joao Matos		75	Alcobaca		5:06.48				513	
	50m:	34.09 34.09	150m:	1:48.75	37.94	250m:	3:07.64	39.71	350m:	4:27.21	39.82
	100m:	1:10.81 36.72	200m:	2:27.93	39.18	300m:	3:47.39	39.75	400m:	5:06.48	39.27
3.	Pedro Nuno Braga		74	Natacao da Maia		5:12.56				484	
	50m:	33.68 33.68	150m:	1:53.05	40.35	250m:	3:13.87	40.67	350m:	4:34.97	40.53
	100m:	1:12.70 39.02	200m:	2:33.20	40.15	300m:	3:54.44	40.57	400m:	5:12.56	37.59
4.	Jorge Miguel Silva		76	Nacional de Natacao		5:24.40				433	
	50m:	37.51 37.51	150m:	1:58.53	41.05	250m:	3:21.55	41.66	350m:	4:45.99	41.61
	100m:	1:17.48 39.97	200m:	2:39.89	41.36	300m:	4:04.38	42.83	400m:	5:24.40	38.41
5.	Eduardo Dias Pratas		75	Setubalense		5:45.62				358	
	50m:	37.25 37.25	150m:	2:03.00	43.74	250m:	3:33.12	45.00	350m:	5:02.86	44.80
	100m:	1:19.26 42.01	200m:	2:48.12	45.12	300m:	4:18.06	44.94	400m:	5:45.62	42.76
6.	Joao Miguel Macedo		74	Leixoes		5:51.02				341	
	50m:	38.76 38.76	150m:	2:08.37	46.35	250m:	3:40.66	46.53	350m:	5:12.82	46.21
	100m:	1:22.02 43.26	200m:	2:54.13	45.76	300m:	4:26.61	45.95	400m:	5:51.02	38.20
7.	Nuno Andre Ramalhao		73	Gespacos		5:52.75				336	
	50m:	40.18 40.18	150m:	2:09.45	45.40	250m:	3:41.20	46.42	350m:	5:11.67	44.07
	100m:	1:24.05 43.87	200m:	2:54.78	45.33	300m:	4:27.60	46.40	400m:	5:52.75	41.08
8.	Nuno Cristiano Pereira		73	Leixoes		6:05.92				301	
	50m:	42.13 42.13	150m:	2:14.75	47.26	250m:	3:48.81	47.35	350m:	5:23.52	48.00
	100m:	1:27.49 45.36	200m:	3:01.46	46.71	300m:	4:35.52	46.71	400m:	6:05.92	42.40
9.	Nuno Manuel Pereira		74	Colegio Monte Maior		6:13.82				283	
	50m:	43.46 43.46	150m:	2:18.88	47.85	250m:	3:54.73	47.55	350m:	5:30.76	47.86
	100m:	1:31.03 47.57	200m:	3:07.18	48.30	300m:	4:42.90	48.17	400m:	6:13.82	43.06
DNS	Alexandre Marques Pereira		76	Colegio Monte Maior							

Prova 15 Masc., 400m Livres Master Esc D
30-06-2012 - 16:20 Resultados

RN D(40-44) 4:53.70 Paulo Paula Carvalho SFP Palma Maiorca (ESP) 06-07-2001

Pontos: DSV Masters 04

Lugar			Ano			Tempo final				Pts	
1.	Carlos Guimaraes Goncalves		70	Fluvial Portuense		5:12.05				521	
	50m:	36.62 36.62	150m:	1:55.79	40.08	250m:	3:15.93	40.30	350m:	4:35.15	39.20
	100m:	1:15.71 39.09	200m:	2:35.63	39.84	300m:	3:55.95	40.02	400m:	5:12.05	36.90
2.	Americo Pedro Goncalves		71	Galitos		5:13.12				516	
	50m:	35.24 35.24	150m:	1:55.27	40.45	250m:	3:16.35	40.27	350m:	4:36.68	39.94
	100m:	1:14.82 39.58	200m:	2:36.08	40.81	300m:	3:56.74	40.39	400m:	5:13.12	36.44

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

Lugar			Ano					Tempo final	Pts		
3.	Paulo Alexandre Sousa		72	O2-Portimao				5:35.89	418		
	50m:	37.74 37.74	150m:	1:59.64	41.45	250m:	3:26.40	44.38	350m:	4:53.12	43.28
	100m:	1:18.19 40.45	200m:	2:42.02	42.38	300m:	4:09.84	43.44	400m:	5:35.89	42.77
4.	Francisco Santos Barros		72	Colegio Monte Maior				5:56.00	351		
	50m:	38.44 38.44	150m:	2:06.33	45.51	250m:	3:39.81	47.55	350m:	5:13.86	47.31
	100m:	1:20.82 42.38	200m:	2:52.26	45.93	300m:	4:26.55	46.74	400m:	5:56.00	42.14
5.	Jorge Alberto Figueiredo		71	Academica de Coimbra				5:59.23	342		
	50m:	37.45 37.45	150m:	2:06.88	45.83	250m:	3:40.63	47.95	350m:	5:14.13	47.07
	100m:	1:21.05 43.60	200m:	2:52.68	45.80	300m:	4:27.06	46.43	400m:	5:59.23	45.10
6.	Jose Salvador Faustino		68	Portinado				6:06.40	322		
	50m:	42.27 42.27	150m:	2:15.51	47.99	250m:	3:50.97	48.08	350m:	5:25.44	47.00
	100m:	1:27.52 45.25	200m:	3:02.89	47.38	300m:	4:38.44	47.47	400m:	6:06.40	40.96
7.	Paulo Jorge Reis		70	Funcao Publica				6:34.92	257		
	50m:	39.46 39.46	150m:	2:16.88	50.86	250m:	4:00.02	52.30	350m:	5:45.13	53.07
	100m:	1:26.02 46.56	200m:	3:07.72	50.84	300m:	4:52.06	52.04	400m:	6:34.92	49.79
8.	Jose Manuel Brandao		70	Desportiva de Viana				6:37.98	251		
	50m:	40.86 40.86	150m:	2:16.60	49.45	250m:	3:59.08	51.77	350m:	5:46.35	54.25
	100m:	1:27.15 46.29	200m:	3:07.31	50.71	300m:	4:52.10	53.02	400m:	6:37.98	51.63
9.	Antonio Manuel Santinha		69	Masters de Almada				6:50.41	229		
	50m:	46.39 46.39	150m:	2:29.54	51.70	250m:	4:14.14	52.43	350m:	6:00.55	52.84
	100m:	1:37.84 51.45	200m:	3:21.71	52.17	300m:	5:07.71	53.57	400m:	6:50.41	49.86
10.	Francisco Goncalves Malheiro		69	Desportiva de Viana				6:52.32	226		
	50m:	43.22 43.22	150m:	2:27.07	53.23	250m:	4:15.14	54.45	350m:	6:03.70	54.79
	100m:	1:33.84 50.62	200m:	3:20.69	53.62	300m:	5:08.91	53.77	400m:	6:52.32	48.62
11.	Fernando Manuel Santana		68	Colegio Monte Maior				6:56.19	219		
	50m:	44.79 44.79	150m:	2:27.76	51.71	250m:	4:13.08	52.15	350m:	6:01.51	54.34
	100m:	1:36.05 51.26	200m:	3:20.93	53.17	300m:	5:07.17	54.09	400m:	6:56.19	54.68

Prova 15 Masc., 400m Livres Master Esc E Resultados

30-06-2012 - 16:20 RN E(45-49) 4:27.36 Jose Carlos Freitas CFP Gotemburgo (SWE) 06-08-2010

Pontos: DSV Masters 04

Lugar			Ano					Tempo final	Pts		
1.	Jose Carlos Freitas		63	Fluvial Portuense				4:39.30	832		
	50m:	31.92 31.92	150m:	1:41.63	35.32	250m:	2:52.30	35.39	350m:	4:04.11	36.28
	100m:	1:06.31 34.39	200m:	2:16.91	35.28	300m:	3:27.83	35.53	400m:	4:39.30	35.19
2.	Pedro Alexandre Fernando		67	Academica de Coimbra				5:25.59	525		
	50m:	37.89 37.89	150m:	2:02.18	42.81	250m:	3:26.99	42.51	350m:	4:48.87	41.16
	100m:	1:19.37 41.48	200m:	2:44.48	42.30	300m:	4:07.71	40.72	400m:	5:25.59	36.72
3.	Armando Joao Costa		63	Pimpoes/Cimai				5:44.11	445		
	50m:	37.49 37.49	150m:	2:04.56	43.96	250m:	3:34.42	44.88	350m:	5:02.75	43.62
	100m:	1:20.60 43.11	200m:	2:49.54	44.98	300m:	4:19.13	44.71	400m:	5:44.11	41.36
4.	Paulo Alexandre Neves		66	Leixoes				6:23.81	320		
	50m:	41.31 41.31	150m:	2:15.67	48.05	250m:	3:54.72	49.70	350m:	5:35.88	51.07
	100m:	1:27.62 46.31	200m:	3:05.02	49.35	300m:	4:44.81	50.09	400m:	6:23.81	47.93

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

Lugar	Ano		Tempo final						Pts			
5.	Carlos Sousa Gomes		65	Portinado		8:12.13						152
	50m:	50.80	50.80	150m:	2:53.15	1:04.24	250m:	5:03.43	1:05.47	350m:	7:13.45	1:05.45
	100m:	1:48.91	58.11	200m:	3:57.96	1:04.81	300m:	6:08.00	1:04.57	400m:	8:12.13	58.68

Prova 15 Masc., 400m Livres Master Esc F Resultados

RN F(50-54) 5:00.22 Paulo Paula Carvalho SFUAP Vila Franca Xira 23-06-2011

Pontos: DSV Masters 04

Lugar	Ano		Tempo final						Pts			
1.	Jaime Carlos Bento		61	Alges		5:18.65						597
	50m:	35.34	35.34	150m:	1:53.20	39.91	250m:	3:15.40	41.56	350m:	4:38.75	42.22
	100m:	1:13.29	37.95	200m:	2:33.84	40.64	300m:	3:56.53	41.13	400m:	5:18.65	39.90
2.	Antonio Costa Raposo		58	Portinado		6:11.55						377
	50m:	41.18	41.18	150m:	2:16.04	48.47	250m:	3:52.17	48.92	350m:	5:27.74	48.06
	100m:	1:27.57	46.39	200m:	3:03.25	47.21	300m:	4:39.68	47.51	400m:	6:11.55	43.81
3.	Francisco Jorge Ferreira		62	Academica de Coimbra		6:26.16						335
	50m:	43.25	43.25	150m:	2:21.47	50.44	250m:	4:01.25	49.46	350m:	5:40.19	49.06
	100m:	1:31.03	47.78	200m:	3:11.79	50.32	300m:	4:51.13	49.88	400m:	6:26.16	45.97
4.	Pedro Militao Fernandes		61	Academica de Coimbra		6:36.64						309
	50m:	46.19	46.19	150m:	2:28.90	52.44	250m:	4:09.14	50.34	350m:	5:50.14	50.53
	100m:	1:36.46	50.27	200m:	3:18.80	49.90	300m:	4:59.61	50.47	400m:	6:36.64	46.50
5.	Henrique Luis Seabra		61	Fluvial Portuense		7:02.23						256
	50m:	39.64	39.64	150m:	2:22.15	54.52	250m:	4:13.31	55.49	350m:	6:06.01	56.57
	100m:	1:27.63	47.99	200m:	3:17.82	55.67	300m:	5:09.44	56.13	400m:	7:02.23	56.22
6.	Teofilo Manuel Relvas		58	Vilacondense		7:11.81						240
	50m:	44.42	44.42	150m:	2:29.93	54.87	250m:	4:23.33	57.27	350m:	6:18.86	57.69
	100m:	1:35.06	50.64	200m:	3:26.06	56.13	300m:	5:21.17	57.84	400m:	7:11.81	52.95
DSQ	Fernando Diogo Duarte		62	Feirense								
	<i>403 - Falsa partida - SW 4.4</i>											

Prova 15 Masc., 400m Livres Master Esc G Resultados

RN G(55-59) 5:33.98 Vitor Manuel Mavioso SAD Coimbra 18-12-2011

Pontos: DSV Masters 04

Lugar	Ano		Tempo final						Pts			
1.	Antonio Prestes Pires		56	Academica de Coimbra		6:25.86						408
	50m:	43.84	43.84	150m:	2:22.87	50.87	250m:	4:03.83	49.83	350m:	5:41.34	47.38
	100m:	1:32.00	48.16	200m:	3:14.00	51.13	300m:	4:53.96	50.13	400m:	6:25.86	44.52
2.	Hugo Francisco Figueiredo		53	Academica de Coimbra		7:05.43						304
	50m:	48.65	48.65	150m:	2:37.21	54.91	250m:	4:28.20	55.52	350m:	6:17.67	54.55
	100m:	1:42.30	53.65	200m:	3:32.68	55.47	300m:	5:23.12	54.92	400m:	7:05.43	47.76
3.	Jose Antonio Teixeira		53	Academica de Coimbra		7:06.06						303
	50m:	47.25	47.25	150m:	2:34.71	55.76	250m:	4:25.97	56.26	350m:	6:15.18	54.98
	100m:	1:38.95	51.70	200m:	3:29.71	55.00	300m:	5:20.20	54.23	400m:	7:06.06	50.88

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

Lugar	Ano		Tempo final								Pts
4. Fernando Manuel Damas	53 Alges		7:26.38								263
	50m: 49.30	49.30	150m: 2:42.35	57.03	250m: 4:36.04	57.61	350m: 6:31.61	58.34	400m: 7:26.38	54.77	
	100m: 1:45.32	56.02	200m: 3:38.43	56.08	300m: 5:33.27	57.23					

Prova 15 Masc., 400m Livres Master Esc H Resultados

RN H(60-64)	5:45.85	Stephen Thomas Dyson	CFB	Faro	31-05-2008
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Pontos: DSV Masters 04

Lugar	Ano		Tempo final								Pts
1. Carlos Augusto Correia	52 Masters de Almada		6:44.94								386
	50m: 44.38	44.38	150m: 2:28.51	51.61	250m: 4:13.17	52.18	350m: 5:55.26	50.62	400m: 6:44.94	49.68	
	100m: 1:36.90	52.52	200m: 3:20.99	52.48	300m: 5:04.64	51.47					
2. Antonio Manuel Tavares	51 Funcao Publica		7:21.00								299
	50m: 49.31	49.31	150m: 2:39.92	56.35	250m: 4:33.93	57.92	350m: 6:26.52	56.73	400m: 7:21.00	54.48	
	100m: 1:43.57	54.26	200m: 3:36.01	56.09	300m: 5:29.79	55.86					
3. Domingos Pinto Coelho	52 Alges		7:24.59								292
	50m: 48.43	48.43	150m: 2:41.41	57.29	250m: 4:38.44	59.18	350m: 6:31.88	55.87	400m: 7:24.59	52.71	
	100m: 1:44.12	55.69	200m: 3:39.26	57.85	300m: 5:36.01	57.57					
4. Mario Jorge Melo	51 Colegio Monte Maior		7:28.93								284
	50m: 47.31	47.31	150m: 2:37.51	57.39	250m: 4:35.24	59.85	350m: 6:34.29	59.69	400m: 7:28.93	54.64	
	100m: 1:40.12	52.81	200m: 3:35.39	57.88	300m: 5:34.60	59.36					

Prova 15 Masc., 400m Livres Master Esc I Resultados

RN I(65-69)	5:59.41	Stephen Thomas Dyson	INDANL	Reguengos de Monsaraz	29-06-2012
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Pontos: DSV Masters 04

Lugar	Ano		Tempo final								Pts
1. Stephen Thomas Dyson	47 Individual Lisboa		5:51.59								805
	50m: 39.36	39.36	150m: 2:07.88	45.81	250m: 3:40.47	47.27	350m: 5:10.32	45.55	400m: 5:51.59	41.27	
	100m: 1:22.07	42.71	200m: 2:53.20	45.32	300m: 4:24.77	44.30					
2. Jose Joaquim Marreiros	46 Alges		8:04.12								308
	50m: 52.77	52.77	150m: 2:51.23	59.90	250m: 4:56.75	1:02.54	350m: 7:04.23	1:01.74	400m: 8:04.12	59.89	
	100m: 1:51.33	58.56	200m: 3:54.21	1:02.98	300m: 6:02.49	1:05.74					

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

Prova 15, Masc., 400m Livres

Prova 15 Masc., 400m Livres Master Esc J
30-06-2012 - 16:20 Resultados

RN J(70-74) 7:56.13 Antonio Alexandre Rodrigues AAC Oeiras 01-07-2011

Pontos: DSV Masters 04

Lugar			Ano					Tempo final	Pts
1.	Antonio Alexandre Rodrigues		39	Academica de Coimbra				8:07.71	321
	50m:	51.52 51.52	150m:	2:55.00 1:04.00	250m:	5:03.38 1:04.65	350m:	7:10.64 1:03.34	
	100m:	1:51.00 59.48	200m:	3:58.73 1:03.73	300m:	6:07.30 1:03.92	400m:	8:07.71 57.07	

Prova 15 Masc., 400m Livres Master Esc K
30-06-2012 - 16:20 Resultados

RN K(75-79) 9:14.92 Joao Rodrigues Teixeira AAC Reguengos de Monsaraz 29-06-2012

Pontos: DSV Masters 04

Lugar			Ano					Tempo final	Pts
1.	Joao Rodrigues Teixeira		37	Academica de Coimbra				8:40.11	339
	<i>Rec Nac Esc K</i>								
	50m:	58.45 58.45	150m:	3:10.21 1:07.21	250m:	5:22.28 1:07.00	350m:	7:35.89 1:07.87	
	100m:	2:03.00 1:04.55	200m:	4:15.28 1:05.07	300m:	6:28.02 1:05.74	400m:	8:40.11 1:04.22	