

XVII Campeonato Nacional Masters de Verão - OPEN  
Loulé, 3- - 5-7-2015

Prova 8 Masc., 400m Estilos Master Esc A  
03-07-2015 - 18:20 Resultados

RN A(25-29) 4:59.69 Adriano Miguel Niz GDNVNF Évora 04-07-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Andre Bras Goncalves <i>Rec Nac Esc A</i>	88	Belenenses	<b>4:47.39</b>	+0,70	979
	50m: 29.31 29.31	150m: 1:41.68 38.39	250m: 3:00.22 41.14	350m: 4:15.04 33.77		
	100m: 1:03.29 33.98	200m: 2:19.08 37.40	300m: 3:41.27 41.05	400m: 4:47.39 32.35		
2.	Adriano Miguel Niz	86	Famalicao	<b>5:04.42</b>	+0,78	824
	50m: 29.11 29.11	150m: 1:41.68 37.77	250m: 3:02.77 43.10	350m: 4:24.92 38.65		
	100m: 1:03.91 34.80	200m: 2:19.67 37.99	300m: 3:46.27 43.50	400m: 5:04.42 39.50		

DSQ Filipe Bjorcke Santos 88 FC Ferreiras  
*615 - Não efectuou movimento continuo e imediato na viragem aos 150 - SW 6.4*

Prova 8 Masc., 400m Estilos Master Esc B  
03-07-2015 - 18:20 Resultados

RN B(30-34) 5:20.54 Rodrigo Marques Costa CNLA Gotemburgo (SWE) 01-08-2010

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Andrew Young	84	Fluvial Portuense	<b>5:20.48</b>	+0,86	624
	50m: 30.14 30.14	150m: 1:47.78 41.76	250m: 3:16.53 47.45	350m: 4:43.38 39.03		
	100m: 1:06.02 35.88	200m: 2:29.08 41.30	300m: 4:04.35 47.82	400m: 5:20.48 37.10		
2.	Ivan Mauricio Couras	81	Fluvial Portuense	<b>5:35.57</b>	+0,81	543
	50m: 34.60 34.60	150m: 2:02.19 46.62	250m: 3:34.07 47.77	350m: 4:59.77 37.20		
	100m: 1:15.57 40.97	200m: 2:46.30 44.11	300m: 4:22.57 48.50	400m: 5:35.57 35.80		
3.	Alvaro Miguel Cardoso	84	Nadadores dos Estoris	<b>5:46.46</b>	+0,85	494
	50m: 32.39 32.39	150m: 1:57.37 44.73	250m: 3:32.55 50.72	350m: 5:06.23 41.40		
	100m: 1:12.64 40.25	200m: 2:41.83 44.46	300m: 4:24.83 52.28	400m: 5:46.46 40.23		
4.	Emanuel David Oliveira	85	Natacao da Maia	<b>5:52.74</b>	+0,83	468
	50m: 33.15 33.15	150m: 2:02.39 49.03	250m: 3:42.42 51.93	350m: 5:15.39 40.64		
	100m: 1:13.36 40.21	200m: 2:50.49 48.10	300m: 4:34.75 52.33	400m: 5:52.74 37.35		

Prova 8 Masc., 400m Estilos Master Esc C  
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RN C(35-39) 5:17.22 Rodolfo Pereira Nunes GESP Riccione (ITA) 12-06-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Nuno Rogerio Santos	76	Desportivo Nacional	<b>5:36.90</b>	+0,81	650
	50m: 35.33 35.33	150m: 1:58.10 42.72	250m: 3:29.84 50.02	350m: 4:58.83 39.04		
	100m: 1:15.38 40.05	200m: 2:39.82 41.72	300m: 4:19.79 49.95	400m: 5:36.90 38.07		
2.	Jose Eduardo Couteiro	76	Viana Natacao	<b>5:45.93</b>	+0,96	601
	50m: 35.75 35.75	150m: 2:04.67 45.99	250m: 3:38.96 49.04	350m: 5:07.87 39.69		
	100m: 1:18.68 42.93	200m: 2:49.92 45.25	300m: 4:28.18 49.22	400m: 5:45.93 38.06		

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Prova 8, Masc., 400m Estilos, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Jorge Miguel Silva	76	Salesianos de Lisboa	<b>6:02.91</b>	+0,90	520
	50m: 34.45 34.45	150m: 2:07.48 50.12	250m: 3:48.58 51.02	350m: 5:21.40 42.60		
	100m: 1:17.36 42.91	200m: 2:57.56 50.08	300m: 4:38.80 50.22	400m: 6:02.91 41.51		
4.	Tiago Graca Costa	76	Leixoes	<b>6:06.05</b>	+0,82	507
	50m: 35.24 35.24	150m: 2:07.65 52.14	250m: 3:49.58 47.89	350m: 5:22.54 44.35		
	100m: 1:15.51 40.27	200m: 3:01.69 54.04	300m: 4:38.19 48.61	400m: 6:06.05 43.51		
5.	Miguel Pinheiro Pires	78	Foca	<b>7:00.13</b>	+0,82	335
	50m: 35.11 35.11	150m: 2:16.07 54.74	250m: 4:11.45 1:01.93	350m: 6:07.23 53.12		
	100m: 1:21.33 46.22	200m: 3:09.52 53.45	300m: 5:14.11 1:02.66	400m: 7:00.13 52.90		

Prova 8

Masc., 400m Estilos

Master Esc D

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Resultados

RN D(40-44) 5:16.30 Rodolfo Pereira Nunes GESP Montréal (CAN) 05-08-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rodolfo Pereira Nunes	73	Aquatico Pacense	<b>5:29.89</b>	+0,82	631
	50m: 33.09 33.09	150m: 1:54.74 44.61	250m: 3:26.27 47.59	350m: 4:51.89 38.74		
	100m: 1:10.13 37.04	200m: 2:38.68 43.94	300m: 4:13.15 46.88	400m: 5:29.89 38.00		
2.	Paulo Alexandre Sousa	72	FC Ferreiras	<b>6:08.14</b>	+0,94	454
	50m: 40.55 40.55	150m: 2:13.54 47.70	250m: 3:53.05 52.10	350m: 5:27.76 42.18		
	100m: 1:25.84 45.29	200m: 3:00.95 47.41	300m: 4:45.58 52.53	400m: 6:08.14 40.38		
3.	Filipe Pinheiro Pires	73	Foca	<b>6:13.32</b>	+0,76	435
	50m: 35.40 35.40	150m: 2:07.68 48.50	250m: 3:48.50 54.05	350m: 5:29.40 46.34		
	100m: 1:19.18 43.78	200m: 2:54.45 46.77	300m: 4:43.06 54.56	400m: 6:13.32 43.92		
4.	Nuno Alexandre Crespo	75	Colegio Monte Maior	<b>6:14.81</b>	+0,84	430
	50m: 36.13 36.13	150m: 2:15.13 54.55	250m: 3:58.51 51.74	350m: 5:33.94 42.44		
	100m: 1:20.58 44.45	200m: 3:06.77 51.64	300m: 4:51.50 52.99	400m: 6:14.81 40.87		
5.	Ricardo Miguel Frias	73	Alges	<b>6:16.84</b>	+0,82	423
	50m: 39.11 39.11	150m: 2:17.32 51.56	250m: 3:57.95 53.16	350m: 5:36.10 44.53		
	100m: 1:25.76 46.65	200m: 3:04.79 47.47	300m: 4:51.57 53.62	400m: 6:16.84 40.74		
6.	Frederico Gomes Carvalho	74	Naval Setubalense	<b>6:32.79</b>	+0,66	374
	50m: 41.59 41.59	150m: 2:27.87 58.19	250m: 4:17.56 53.82	350m: 5:54.01 43.98		
	100m: 1:29.68 48.09	200m: 3:23.74 55.87	300m: 5:10.03 52.47	400m: 6:32.79 38.78		
7.	Ricardo Jorge Fernandes	72	Leixoes	<b>7:09.71</b>	+0,99	285
	50m: 47.96 47.96	150m: 2:40.90 57.06	250m: 4:35.38 58.15	350m: 6:22.93 48.43		
	100m: 1:43.84 55.88	200m: 3:37.23 56.33	300m: 5:34.50 59.12	400m: 7:09.71 46.78		
8.	Norberto Matos Pereira	75	Vitoria de Guimaraes/Olicargo	<b>8:50.03</b>	+1,00	152
	50m: 54.22 54.22	150m: 3:21.25 1:21.23	250m: 5:48.71 1:10.82	350m: 7:55.75 57.16		
	100m: 2:00.02 1:05.80	200m: 4:37.89 1:16.64	300m: 6:58.59 1:09.88	400m: 8:50.03 54.28		

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Prova 8 Masc., 400m Estilos Master Esc E  
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RN E(45-49) 5:28.81 Jose Carlos Freitas CFP Oeiras 02-07-2011

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	James Edward Marshall	68	FC Ferreiras	<b>6:12.59</b>	+0,94	589
	50m: 37.84 37.84	150m: 2:16.95 52.87	250m: 3:58.28 52.00	350m: 5:32.94 42.55		
	100m: 1:24.08 46.24	200m: 3:06.28 49.33	300m: 4:50.39 52.11	400m: 6:12.59 39.65		
2.	Gustavo Ferreira Basto	67	Galitos	<b>6:41.08</b>	+0,97	472
	50m: 33.95 33.95	150m: 2:18.30 58.19	250m: 4:07.99 55.36	350m: 5:53.42 49.71		
	100m: 1:20.11 46.16	200m: 3:12.63 54.33	300m: 5:03.71 55.72	400m: 6:41.08 47.66		
3.	Pedro Leal Martins	68	FC Ferreiras	<b>6:44.94</b>	+1,11	458
	50m: 40.29 40.29	150m: 2:24.20 54.66	250m: 4:19.41 1:01.21	350m: 6:03.08 45.12		
	100m: 1:29.54 49.25	200m: 3:18.20 54.00	300m: 5:17.96 58.55	400m: 6:44.94 41.86		
4.	Jose Salvador Faustino	68	Portinado	<b>6:45.77</b>	+0,82	456
	50m: 40.43 40.43	150m: 2:30.56 58.45	250m: 4:24.64 58.79	350m: 6:06.90 44.85		
	100m: 1:32.11 51.68	200m: 3:25.85 55.29	300m: 5:22.05 57.41	400m: 6:45.77 38.87		
5.	Manuel Vasques Quintino	68	Naval Setubalense	<b>7:39.08</b>	+0,99	314
	50m: 46.27 46.27	150m: 2:49.23 1:09.79	250m: 4:52.86 1:01.62	350m: 6:50.79 55.52		
	100m: 1:39.44 53.17	200m: 3:51.24 1:02.01	300m: 5:55.27 1:02.41	400m: 7:39.08 48.29		
6.	Nuno Filipe Ferreira	70	Alges	<b>8:27.81</b>	+1,33	232
	50m: 59.52 59.52	150m: 3:08.95 1:07.01	250m: 5:26.92 1:09.76	350m: 7:32.50 56.31		
	100m: 2:01.94 1:02.42	200m: 4:17.16 1:08.21	300m: 6:36.19 1:09.27	400m: 8:27.81 55.31		

Prova 8 Masc., 400m Estilos Master Esc F  
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RN F(50-54) 5:41.59 Jose Carlos Freitas CFP Loulé 29-06-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paulo Paula Carvalho <i>Rec Nac Esc F</i>	61	Uniao Piedense	<b>5:36.42</b>	+0,84	849
	50m: 32.86 32.86	150m: 1:54.38 44.75	250m: 3:28.73 51.06	350m: 4:59.92 39.59		
	100m: 1:09.63 36.77	200m: 2:37.67 43.29	300m: 4:20.33 51.60	400m: 5:36.42 36.50		
2.	Jose Samuel Duarte	65	Sporting	<b>5:49.49</b>	+0,81	757
	50m: 35.28 35.28	150m: 2:06.66 48.77	250m: 3:40.81 46.37	350m: 5:09.70 41.94		
	100m: 1:17.89 42.61	200m: 2:54.44 47.78	300m: 4:27.76 46.95	400m: 5:49.49 39.79		
3.	Fernando Antonio Xavier	65	Porto	<b>6:20.29</b>	+0,92	588
	50m: 34.92 34.92	150m: 2:12.94 53.08	250m: 3:56.81 53.39	350m: 5:36.24 46.17		
	100m: 1:19.86 44.94	200m: 3:03.42 50.48	300m: 4:50.07 53.26	400m: 6:20.29 44.05		

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Prova 8 Masc., 400m Estilos Master Esc G  
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RN G(55-59) 6:33.06 Vitor Manuel Mavioso SAD Loulé 29-06-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mario Jorge Barros	56	Porto	<b>7:39.02</b>	+1,15	380
	50m: 53.13 53.13	150m: 2:56.72 1:05.31	250m: 4:55.10 59.35	350m: 6:49.19 54.62		
	100m: 1:51.41 58.28	200m: 3:55.75 59.03	300m: 5:54.57 59.47	400m: 7:39.02 49.83		
2.	Joao Pedro Botelho	57	Fluvial Portuense	<b>7:51.07</b>		352
	50m: 56.16 56.16	150m: 3:04.56 1:07.90	250m: 5:17.23 1:03.41	350m: 7:06.72 48.39		
	100m: 1:56.66 1:00.50	200m: 4:13.82 1:09.26	300m: 6:18.33 1:01.10	400m: 7:51.07 44.35		

Prova 8 Masc., 400m Estilos Master Esc H  
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RN H(60-64) 8:04.50 Carlos Augusto Correia CNMAL Loulé 29-06-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carlos Augusto Correia <i>Rec Nac Esc H</i>	52	Masters de Almada	<b>8:02.04</b>	+1,08	391
	50m: 55.40 55.40	150m: 3:05.00 1:06.42	250m: 5:15.87 1:06.93	350m: 7:14.09 49.69		
	100m: 1:58.58 1:03.18	200m: 4:08.94 1:03.94	300m: 6:24.40 1:08.53	400m: 8:02.04 47.95		
2.	Jose Alvaro Silva	54	Porto	<b>8:16.04</b>	+1,17	359
	50m: 52.83 52.83	150m: 3:04.41 1:12.61	250m: 5:17.04 1:02.06	350m: 7:20.49 1:01.15		
	100m: 1:51.80 58.97	200m: 4:14.98 1:10.57	300m: 6:19.34 1:02.30	400m: 8:16.04 55.55		
3.	Domingos Pinto Coelho	52	Alges	<b>8:43.38</b>		306
	50m: 56.84 56.84	150m: 3:14.11 1:11.03	250m: 5:39.39 1:13.47	350m: 7:48.81 56.18		
	100m: 2:03.08 1:06.24	200m: 4:25.92 1:11.81	300m: 6:52.63 1:13.24	400m: 8:43.38 54.57		

Prova 8 Masc., 400m Estilos Master Esc J  
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RN J(70-74) 59:00.00

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Orlando Gomes Bairrada <i>Rec Nac Esc J</i>	45	Alges	<b>7:55.34</b>	+0,90	671
	50m: 52.06 52.06	150m: 2:54.32 1:03.26	250m: 5:04.21 1:07.87	350m: 7:04.53 53.16		
	100m: 1:51.06 59.00	200m: 3:56.34 1:02.02	300m: 6:11.37 1:07.16	400m: 7:55.34 50.81		