

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

Prova 9 Masc., 400m Livres Master Esc A  
04-07-2015 - 9:00 Resultados

RN A(25-29) 4:18.06 Ricardo Sousa Filipe LDC Loulé 29-06-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Adriano Miguel Niz <i>Rec Nac Esc A</i>	86	Famalicao	<b>4:13.83</b>	+0,79	965
	50m: 28.48 28.48 150m: 1:32.15 32.17 250m: 2:36.40 32.03 350m: 3:41.32 32.65					
	100m: 59.98 31.50 200m: 2:04.37 32.22 300m: 3:08.67 32.27 400m: 4:13.83 32.51					
2.	Nuno Maria Nolasco	87	Ginasio Clube	<b>4:35.33</b>	+0,74	756
	50m: 30.47 30.47 150m: 1:39.94 35.36 250m: 2:50.93 35.48 350m: 4:01.46 34.97					
	100m: 1:04.58 34.11 200m: 2:15.45 35.51 300m: 3:26.49 35.56 400m: 4:35.33 33.87					
3.	Cristiano Almeida Santos	90	Cartaxo	<b>4:45.07</b>	+0,74	681
	50m: 31.33 31.33 150m: 1:42.86 36.62 250m: 2:56.68 37.00 350m: 4:09.25 36.25					
	100m: 1:06.24 34.91 200m: 2:19.68 36.82 300m: 3:33.00 36.32 400m: 4:45.07 35.82					
4.	Luis Filipe Silva	88	Salesianos de Lisboa	<b>4:59.36</b>	+0,94	588
	50m: 33.45 33.45 150m: 1:47.79 37.56 250m: 3:04.60 39.00 350m: 4:22.50 38.81					
	100m: 1:10.23 36.78 200m: 2:25.60 37.81 300m: 3:43.69 39.09 400m: 4:59.36 36.86					
5.	Ricardo Pedro Sousa	88	Leixoes	<b>5:00.21</b>	+0,85	583
	50m: 31.92 31.92 150m: 1:43.52 36.28 250m: 2:59.70 38.67 350m: 4:20.49 41.36					
	100m: 1:07.24 35.32 200m: 2:21.03 37.51 300m: 3:39.13 39.43 400m: 5:00.21 39.72					
6.	Duarte Nuno Ferreira	86	Salesianos de Lisboa	<b>5:10.70</b>	+0,78	526
	50m: 34.64 34.64 150m: 1:51.93 39.68 250m: 3:13.68 41.23 350m: 4:35.18 39.82					
	100m: 1:12.25 37.61 200m: 2:32.45 40.52 300m: 3:55.36 41.68 400m: 5:10.70 35.52					
7.	Marco Andre Videira	88	Funcao Publica	<b>5:13.93</b>	+1,10	510
	50m: 32.23 32.23 150m: 1:47.03 38.85 250m: 3:08.99 41.62 350m: 4:33.89 43.01					
	100m: 1:08.18 35.95 200m: 2:27.37 40.34 300m: 3:50.88 41.89 400m: 5:13.93 40.04					
8.	Hugo Miguel Fernandes	90	Fluvial Portuense	<b>5:17.43</b>		493
	50m: 34.75 34.75 150m: 1:53.48 40.55 250m: 3:16.04 40.95 350m: 4:38.54 41.39					
	100m: 1:12.93 38.18 200m: 2:35.09 41.61 300m: 3:57.15 41.11 400m: 5:17.43 38.89					
9.	Carlos Miguel Costa	86	Aquatico Pacense	<b>5:46.72</b>	+0,87	378
	50m: 36.92 36.92 150m: 2:00.13 42.48 250m: 3:28.99 45.67 350m: 5:01.76 46.79					
	100m: 1:17.65 40.73 200m: 2:43.32 43.19 300m: 4:14.97 45.98 400m: 5:46.72 44.96					
10.	Pedro Miguel Magalhaes	88	Natacao da Maia	<b>5:56.69</b>		348
	50m: 38.01 38.01 150m: 2:06.81 45.85 250m: 3:39.45 46.70 350m: 5:13.25 46.98					
	100m: 1:20.96 42.95 200m: 2:52.75 45.94 300m: 4:26.27 46.82 400m: 5:56.69 43.44					
11.	Luis Rosario Figueiredo	89	Ginasio Santo Tirso	<b>6:00.71</b>	+0,93	336
	50m: 38.38 38.38 150m: 2:06.61 45.04 250m: 3:42.27 48.10 350m: 5:16.68 46.49					
	100m: 1:21.57 43.19 200m: 2:54.17 47.56 300m: 4:30.19 47.92 400m: 6:00.71 44.03					
12.	Filipe Bjorcke Santos	88	FC Ferreiras	<b>6:37.65</b>	+0,96	251
	50m: 41.58 41.58 150m: 2:21.74 51.73 250m: 4:03.31 51.57 350m: 5:46.30 51.30					
	100m: 1:30.01 48.43 200m: 3:11.74 50.00 300m: 4:55.00 51.69 400m: 6:37.65 51.35					

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Prova 9, Masc., 400m Livres

Prova 9 Masc., 400m Livres Master Esc B  
04-07-2015 - 9:00 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Luis Miguel Monteiro	83	Fluvial Portuense	<b>4:44.32</b>	+0,77	667
	50m: 30.06 30.06	150m: 1:40.07 35.94	250m: 2:52.70 36.44	350m: 4:07.96 37.87		37.87
	100m: 1:04.13 34.07	200m: 2:16.26 36.19	300m: 3:30.09 37.39	400m: 4:44.32 36.36		36.36
2.	Ivan Mauricio Couras	81	Fluvial Portuense	<b>4:46.53</b>	+0,80	652
	50m: 32.31 32.31	150m: 1:45.62 36.78	250m: 2:59.36 36.65	350m: 4:11.86 35.95		35.95
	100m: 1:08.84 36.53	200m: 2:22.71 37.09	300m: 3:35.91 36.55	400m: 4:46.53 34.67		34.67
3.	Tiago Narciso Carmo	85	Viana Natacao	<b>4:50.39</b>		626
	50m: 31.50 31.50	150m: 1:42.60 36.79	250m: 2:57.94 38.09	350m: 4:14.02 38.22		38.22
	100m: 1:05.81 34.31	200m: 2:19.85 37.25	300m: 3:35.80 37.86	400m: 4:50.39 36.37		36.37
4.	Mauro Santos Inacio	84	Litoral Alentejano	<b>4:51.83</b>	+0,98	617
	50m: 31.70 31.70	150m: 1:42.65 36.52	250m: 2:57.36 38.28	350m: 4:13.89 38.94		38.94
	100m: 1:06.13 34.43	200m: 2:19.08 36.43	300m: 3:34.95 37.59	400m: 4:51.83 37.94		37.94
5.	Alvaro Miguel Cardoso	84	Nadadores dos Estoris	<b>5:04.14</b>	+0,84	545
	50m: 31.67 31.67	150m: 1:45.02 37.58	250m: 3:02.95 39.33	350m: 4:23.78 40.85		40.85
	100m: 1:07.44 35.77	200m: 2:23.62 38.60	300m: 3:42.93 39.98	400m: 5:04.14 40.36		40.36
6.	Joao Carlos Malta	82	Natacao da Maia	<b>5:19.07</b>	+0,87	472
	50m: 34.83 34.83	150m: 1:54.87 40.46	250m: 3:16.29 40.70	350m: 4:39.18 41.33		41.33
	100m: 1:14.41 39.58	200m: 2:35.59 40.72	300m: 3:57.85 41.56	400m: 5:19.07 39.89		39.89
7.	Bruno Cruz Maia	82	Ginasio Clube	<b>5:22.95</b>	+1,03	455
	50m: 35.31 35.31	150m: 1:56.51 41.77	250m: 3:19.71 41.40	350m: 4:42.49 41.50		41.50
	100m: 1:14.74 39.43	200m: 2:38.31 41.80	300m: 4:00.99 41.28	400m: 5:22.95 40.46		40.46
8.	Igor Lopes Guerreiro	84	Armacenenses	<b>5:39.63</b>	+0,74	391
	50m: 35.58 35.58	150m: 1:59.31 43.25	250m: 3:28.10 45.17	350m: 4:58.20 45.13		45.13
	100m: 1:16.06 40.48	200m: 2:42.93 43.62	300m: 4:13.07 44.97	400m: 5:39.63 41.43		41.43
9.	Agostinho Alberto Rego	82	Vitoria de Guimaraes/Olicargo	<b>5:45.19</b>	+1,02	373
	50m: 39.22 39.22	150m: 2:06.36 44.17	250m: 3:34.53 43.87	350m: 5:02.98 44.26		44.26
	100m: 1:22.19 42.97	200m: 2:50.66 44.30	300m: 4:18.72 44.19	400m: 5:45.19 42.21		42.21
10.	Nuno Andre Campos	81	Galitos	<b>5:47.18</b>	+0,92	366
	50m: 36.13 36.13	150m: 2:00.49 43.29	250m: 3:31.28 45.73	350m: 5:04.29 46.42		46.42
	100m: 1:17.20 41.07	200m: 2:45.55 45.06	300m: 4:17.87 46.59	400m: 5:47.18 42.89		42.89
11.	Bruno Miguel Prospero	82	Natacao da Maia	<b>6:03.57</b>	+0,82	319
	50m: 39.45 39.45	150m: 2:07.31 44.86	250m: 3:40.97 47.24	350m: 5:17.39 48.29		48.29
	100m: 1:22.45 43.00	200m: 2:53.73 46.42	300m: 4:29.10 48.13	400m: 6:03.57 46.18		46.18
12.	Fernando Catarino Pita	82	Portinado	<b>6:17.10</b>	+1,02	286
	50m: 38.24 38.24	150m: 2:09.02 47.61	250m: 3:48.44 50.10	350m: 5:29.77 50.82		50.82
	100m: 1:21.41 43.17	200m: 2:58.34 49.32	300m: 4:38.95 50.51	400m: 6:17.10 47.33		47.33
13.	Renato Augusto Oliveira	85	Vitoria de Guimaraes/Olicargo	<b>6:34.81</b>	+0,85	249
	50m: 42.22 42.22	150m: 2:18.17 49.62	250m: 4:01.37 52.09	350m: 5:47.48 53.48		53.48
	100m: 1:28.55 46.33	200m: 3:09.28 51.11	300m: 4:54.00 52.63	400m: 6:34.81 47.33		47.33

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Prova 9, Masc., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Francisco Rosario Figueiredo	85	Ginasio Santo Tirso	<b>6:41.15</b>	+1,15	237
	50m: 40.72 40.72	150m: 2:18.25 50.29	250m: 4:04.77 54.02	400m: 6:41.15		46.51
	100m: 1:27.96 47.24	200m: 3:10.75 52.50	350m: 5:54.64 1:49.87			
15.	Rui Pedro Pimenta	83	FC Ferreiras	<b>6:55.52</b>	+1,21	213
	50m: 44.48 44.48	150m: 2:27.52 53.52	250m: 4:18.77 56.76	350m: 6:05.50		54.21
	100m: 1:34.00 49.52	200m: 3:22.01 54.49	300m: 5:11.29 52.52	400m: 6:55.52		50.02
16.	Pedro Barreira Oliveira	84	Vitoria de Guimaraes/Olicargo	<b>7:06.20</b>	+0,72	198
	50m: 41.33 41.33	150m: 2:22.32 53.16	250m: 4:17.10 57.40	350m: 6:12.40		58.72
	100m: 1:29.16 47.83	200m: 3:19.70 57.38	300m: 5:13.68 56.58	400m: 7:06.20		53.80
17.	Ricardo Jorge Palma	81	Masters de Almada	<b>7:47.23</b>	+1,17	150
	50m: 50.98 50.98	150m: 2:44.29 58.11	250m: 4:44.28 1:00.03	400m: 7:47.23		2:00.87
	100m: 1:46.18 55.20	200m: 3:44.25 59.96	300m: 5:46.36 1:02.08			

Prova 9 Masc., 400m Livres Master Esc C Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rodrigo Marques Costa	76	Litoral Alentejano	<b>4:48.56</b>	+0,86	702
	50m: 33.43 33.43	150m: 1:46.04 36.50	250m: 2:59.32 36.65	350m: 4:12.22		36.59
	100m: 1:09.54 36.11	200m: 2:22.67 36.63	300m: 3:35.63 36.31	400m: 4:48.56		36.34
2.	Diogo Pedroso Almeida	77	Colegio Monte Maior	<b>4:58.08</b>	+0,93	637
	50m: 34.06 34.06	150m: 1:48.41 37.27	250m: 3:04.12 37.97	350m: 4:20.95		38.33
	100m: 1:11.14 37.08	200m: 2:26.15 37.74	300m: 3:42.62 38.50	400m: 4:58.08		37.13
3.	Rui Manuel Pinto	79	Aquatico Pacense	<b>5:10.65</b>	+0,93	563
	50m: 35.11 35.11	150m: 1:52.84 38.99	250m: 3:13.67 40.59	350m: 4:35.28		40.75
	100m: 1:13.85 38.74	200m: 2:33.08 40.24	300m: 3:54.53 40.86	400m: 5:10.65		35.37
4.	Nuno Rogerio Santos	76	Desportivo Nacional	<b>5:13.18</b>	+0,83	549
	50m: 34.62 34.62	150m: 1:51.20 38.99	250m: 3:10.87 40.39	350m: 4:33.14		41.77
	100m: 1:12.21 37.59	200m: 2:30.48 39.28	300m: 3:51.37 40.50	400m: 5:13.18		40.04
5.	Artur Jorge Rosa	76	Natacao da Maia	<b>5:30.73</b>	+0,88	466
	50m: 35.56 35.56	150m: 1:57.64 41.47	250m: 3:23.21 43.17	350m: 4:49.04		43.30
	100m: 1:16.17 40.61	200m: 2:40.04 42.40	300m: 4:05.74 42.53	400m: 5:30.73		41.69
6.	Eduardo Jose Amaral	78	Pimpoes/Cimai	<b>5:36.18</b>	+0,98	444
	50m: 35.64 35.64	150m: 2:00.38 43.21	250m: 3:28.27 43.95	350m: 4:56.39		43.85
	100m: 1:17.17 41.53	200m: 2:44.32 43.94	300m: 4:12.54 44.27	400m: 5:36.18		39.79
7.	Bruno Calado Camara	77	A Atletico	<b>5:39.24</b>	+0,88	432
	50m: 35.29 35.29	150m: 1:58.15 42.93	250m: 3:26.94 45.09	350m: 4:56.83		45.11
	100m: 1:15.22 39.93	200m: 2:41.85 43.70	300m: 4:11.72 44.78	400m: 5:39.24		42.41
8.	Alexandre Marques Pereira	76	Colegio Monte Maior	<b>5:39.70</b>	+1,01	430
	50m: 38.04 38.04	150m: 2:02.87 43.16	250m: 3:29.98 43.54	350m: 4:57.54		43.47
	100m: 1:19.71 41.67	200m: 2:46.44 43.57	300m: 4:14.07 44.09	400m: 5:39.70		42.16

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Prova 9, Masc., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Andre Tavares Doria	79	Fluvial Portuense	<b>5:46.54</b>	+0,97	405
	50m: 35.92 35.92	150m: 1:58.92 41.96	250m: 3:29.31 46.44	350m: 5:02.68 47.22		
	100m: 1:16.96 41.04	200m: 2:42.87 43.95	300m: 4:15.46 46.15	400m: 5:46.54 43.86		
10.	Pedro Jorge Lemos	76	Estrelas S. Joao de Brito	<b>5:57.34</b>	+0,86	370
	50m: 37.78 37.78	150m: 2:06.99 46.23	250m: 3:40.15 47.11	350m: 5:13.26 46.00		
	100m: 1:20.76 42.98	200m: 2:53.04 46.05	300m: 4:27.26 47.11	400m: 5:57.34 44.08		
11.	Joao Pedro Martins	77	Galitos	<b>7:17.63</b>	+0,92	201
	50m: 47.30 47.30	150m: 2:36.35 55.98	250m: 4:28.83 56.12	350m: 6:22.21 56.71		
	100m: 1:40.37 53.07	200m: 3:32.71 56.36	300m: 5:25.50 56.67	400m: 7:17.63 55.42		
12.	Fernando Faleiro Almeida	76	A Atletico	<b>7:29.91</b>	+1,30	185
	50m: 38.52 38.52	150m: 2:25.45 58.43	250m: 4:31.44 1:03.54	350m: 6:38.35 1:02.05		
	100m: 1:27.02 48.50	200m: 3:27.90 1:02.45	300m: 5:36.30 1:04.86	400m: 7:29.91 51.56		

Prova 9 Masc., 400m Livres Master Esc D Resultados

RN D(40-44) 4:33.43 Miguel Mendonca Cabrita SAD Évora 05-07-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Miguel Mendonca Cabrita	74	Alges	<b>4:34.99</b>	+0,82	791
	50m: 31.22 31.22	150m: 1:40.28 35.24	250m: 2:50.65 35.43	350m: 4:00.98 35.16		
	100m: 1:05.04 33.82	200m: 2:15.22 34.94	300m: 3:25.82 35.17	400m: 4:34.99 34.01		
2.	Joao Pedro Sousa	74	Sao Roque	<b>4:56.15</b>	+0,80	633
	50m: 31.97 31.97	150m: 1:43.50 36.41	250m: 3:00.14 38.82	350m: 4:18.79 39.41		
	100m: 1:07.09 35.12	200m: 2:21.32 37.82	300m: 3:39.38 39.24	400m: 4:56.15 37.36		
3.	Pedro Nuno Braga	74	Natacao da Maia	<b>5:14.47</b>	+0,98	529
	50m: 35.84 35.84	150m: 1:55.26 40.07	250m: 3:17.48 41.28	350m: 4:37.69 40.20		
	100m: 1:15.19 39.35	200m: 2:36.20 40.94	300m: 3:57.49 40.01	400m: 5:14.47 36.78		
4.	Nuno Alexandre Crespo	75	Colegio Monte Maior	<b>5:22.97</b>	+0,81	488
	50m: 36.89 36.89	150m: 1:57.24 40.04	250m: 3:18.21 40.32	350m: 4:41.68 41.69		
	100m: 1:17.20 40.31	200m: 2:37.89 40.65	300m: 3:59.99 41.78	400m: 5:22.97 41.29		
5.	Sergio David Silva	73	Natacao da Maia	<b>5:24.16</b>	+0,96	483
	50m: 35.17 35.17	150m: 1:55.65 41.50	250m: 3:20.10 42.08	350m: 4:44.64 42.05		
	100m: 1:14.15 38.98	200m: 2:38.02 42.37	300m: 4:02.59 42.49	400m: 5:24.16 39.52		
6.	Paulo Alexandre Sousa	72	FC Ferreiras	<b>5:24.54</b>	+0,96	481
	50m: 35.41 35.41	150m: 1:53.45 40.04	250m: 3:17.23 42.34	350m: 4:42.81 43.33		
	100m: 1:13.41 38.00	200m: 2:34.89 41.44	300m: 3:59.48 42.25	400m: 5:24.54 41.73		
7.	Bruno Miguel Fonseca	73	Salesianos de Lisboa	<b>5:27.33</b>	+0,90	469
	50m: 34.13 34.13	150m: 1:55.96 42.41	250m: 3:20.95 41.72	350m: 4:47.53 43.92		
	100m: 1:13.55 39.42	200m: 2:39.23 43.27	300m: 4:03.61 42.66	400m: 5:27.33 39.80		
8.	Nuno Miguel Recarei	73	Universitario do Porto	<b>5:27.47</b>	+0,87	468
	50m: 33.72 33.72	150m: 1:52.04 40.20	250m: 3:17.67 43.16	350m: 4:44.81 43.19		
	100m: 1:11.84 38.12	200m: 2:34.51 42.47	300m: 4:01.62 43.95	400m: 5:27.47 42.66		

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Prova 9, Masc., 400m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Ricardo Miguel Frias	73	Alges	<b>5:28.63</b>	+0,81	463
	50m: 36.54 36.54	150m: 1:58.17 41.38	250m: 3:23.00 42.75	350m: 4:47.46 42.36		
	100m: 1:16.79 40.25	200m: 2:40.25 42.08	300m: 4:05.10 42.10	400m: 5:28.63 41.17		
10.	Nuno Filipe Barros	71	Natacao da Maia	<b>5:48.99</b>	+0,99	387
	50m: 37.26 37.26	150m: 2:03.77 44.82	250m: 3:36.77 46.99	350m: 5:10.33 47.03		
	100m: 1:18.95 41.69	200m: 2:49.78 46.01	300m: 4:23.30 46.53	400m: 5:48.99 38.66		
11.	Joao Miguel Macedo	74	Leixoes	<b>5:49.64</b>	+0,84	385
	50m: 37.39 37.39	150m: 2:04.12 44.30	250m: 3:34.53 45.25	350m: 5:07.10 46.25		
	100m: 1:19.82 42.43	200m: 2:49.28 45.16	300m: 4:20.85 46.32	400m: 5:49.64 42.54		
12.	Jorge Alberto Figueiredo	71	Galitos	<b>5:50.13</b>	+1,05	383
	50m: 34.84 34.84	150m: 2:01.17 44.98	250m: 3:33.69 46.24	350m: 5:06.52 45.72		
	100m: 1:16.19 41.35	200m: 2:47.45 46.28	300m: 4:20.80 47.11	400m: 5:50.13 43.61		
13.	Nuno Manuel Pereira	74	Colegio Monte Maior	<b>6:06.39</b>	+0,90	334
	50m: 39.26 39.26	150m: 2:10.91 47.38	250m: 3:44.19 47.02	350m: 5:20.42 48.45		
	100m: 1:23.53 44.27	200m: 2:57.17 46.26	300m: 4:31.97 47.78	400m: 6:06.39 45.97		
14.	Joao Antonio Gomes	75	Leixoes	<b>6:06.48</b>	+0,89	334
	50m: 38.11 38.11	150m: 2:10.14 47.42	250m: 3:48.39 49.04	350m: 5:24.46 48.19		
	100m: 1:22.72 44.61	200m: 2:59.35 49.21	300m: 4:36.27 47.88	400m: 6:06.48 42.02		
15.	Luis Miguel Xavier	72	Individual ANALG	<b>6:11.98</b>	+1,00	319
	50m: 42.20 42.20	150m: 2:17.44 48.70	250m: 3:53.24 47.56	350m: 5:28.10 47.25		
	100m: 1:28.74 46.54	200m: 3:05.68 48.24	300m: 4:40.85 47.61	400m: 6:11.98 43.88		
16.	Pedro Mota Costa	71	Fluvial Portuense	<b>6:19.31</b>	+0,88	301
	50m: 36.73 36.73	150m: 2:06.03 45.96	250m: 3:46.41 50.69	350m: 5:29.20 51.72		
	100m: 1:20.07 43.34	200m: 2:55.72 49.69	300m: 4:37.48 51.07	400m: 6:19.31 50.11		
17.	Jorge Miguel Gaspar	72	FC Ferreiras	<b>7:37.61</b>	+1,03	171
	50m: 46.39 46.39	150m: 2:38.98 58.30	250m: 4:38.93 1:00.94	350m: 6:39.53 1:00.35		
	100m: 1:40.68 54.29	200m: 3:37.99 59.01	300m: 5:39.18 1:00.25	400m: 7:37.61 58.08		
18.	Joao Carlos Valente	74	FC Ferreiras	<b>7:53.15</b>	+1,16	155
	50m: 49.73 49.73	150m: 2:46.96 1:00.34	250m: 4:49.25 1:00.84	350m: 6:52.33 1:01.38		
	100m: 1:46.62 56.89	200m: 3:48.41 1:01.45	300m: 5:50.95 1:01.70	400m: 7:53.15 1:00.82		
19.	Oscar Jose Malheiros	71	Litoral Alentejano	<b>8:07.11</b>	+1,16	142
	50m: 54.83 54.83	150m: 3:02.01 1:04.57	250m: 5:08.28 1:02.61	350m: 7:11.85 1:01.36		
	100m: 1:57.44 1:02.61	200m: 4:05.67 1:03.66	300m: 6:10.49 1:02.21	400m: 8:07.11 55.26		
20.	Cristiano Rocha Ferreira	73	Ginasio Santo Tirso	<b>8:50.04</b>	+0,93	110
	50m: 47.43 47.43	150m: 2:56.14 1:08.38	250m: 5:16.48 1:09.87	350m: 7:41.89 1:11.90		
	100m: 1:47.76 1:00.33	200m: 4:06.61 1:10.47	300m: 6:29.99 1:13.51	400m: 8:50.04 1:08.15		

XVII Campeonato Nacional Masters de Verão - OPEN  
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Prova 9, Masc., 400m Livres

Prova 9 Masc., 400m Livres Master Esc E  
04-07-2015 - 9:00 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carlos Guimaraes Goncalves	70	Fluvial Portuense	<b>5:10.88</b>	+0,94	559
	50m: 32.61 32.61 150m: 1:46.26 37.85 250m: 3:06.16 40.23 350m: 4:29.45 41.75					
	100m: 1:08.41 35.80 200m: 2:25.93 39.67 300m: 3:47.70 41.54 400m: 5:10.88 41.43					
2.	Georgios Stratoudakis	70	Alges	<b>5:28.75</b>	+0,87	473
	50m: 35.63 35.63 150m: 1:55.84 41.32 250m: 3:20.77 43.59 350m: 4:46.69 44.40					
	100m: 1:14.52 38.89 200m: 2:37.18 41.34 300m: 4:02.29 41.52 400m: 5:28.75 42.06					
3.	Luis Paulo Piteira	68	Naval Setubalense	<b>5:28.85</b>	+0,99	472
	50m: 36.71 36.71 150m: 1:58.38 41.55 250m: 3:22.99 42.45 350m: 4:48.20 42.90					
	100m: 1:16.83 40.12 200m: 2:40.54 42.16 300m: 4:05.30 42.31 400m: 5:28.85 40.65					
4.	James Edward Marshall	68	FC Ferreiras	<b>5:29.42</b>	+0,92	470
	50m: 35.71 35.71 150m: 1:56.69 42.08 250m: 3:22.58 43.05 350m: 4:48.75 43.49					
	100m: 1:14.61 38.90 200m: 2:39.53 42.84 300m: 4:05.26 42.68 400m: 5:29.42 40.67					
5.	Pedro Leal Martins	68	FC Ferreiras	<b>5:38.01</b>	+1,14	435
	50m: 36.74 36.74 150m: 1:59.51 42.44 250m: 3:27.59 44.24 350m: 4:56.20 44.48					
	100m: 1:17.07 40.33 200m: 2:43.35 43.84 300m: 4:11.72 44.13 400m: 5:38.01 41.81					
6.	Rui Miguel Tejo	69	Academica de Coimbra	<b>5:54.34</b>	+1,03	377
	50m: 38.42 38.42 150m: 2:05.36 43.79 250m: 3:37.97 46.01 350m: 5:10.83 46.42					
	100m: 1:21.57 43.15 200m: 2:51.96 46.60 300m: 4:24.41 46.44 400m: 5:54.34 43.51					
7.	Miguel Jose Ferreira	70	Leixoes	<b>6:14.75</b>	+0,82	319
	50m: 39.05 39.05 150m: 2:12.28 48.06 250m: 3:50.73 49.22 350m: 5:29.94 48.46					
	100m: 1:24.22 45.17 200m: 3:01.51 49.23 300m: 4:41.48 50.75 400m: 6:14.75 44.81					
8.	Francisco Jose Dias	69	Portinado	<b>6:14.94</b>	+0,91	319
	50m: 38.09 38.09 150m: 2:13.88 50.33 250m: 3:53.46 49.77 350m: 5:31.37 48.51					
	100m: 1:23.55 45.46 200m: 3:03.69 49.81 300m: 4:42.86 49.40 400m: 6:14.94 43.57					
9.	Jose Rodrigues Dinis	69	Benedita	<b>6:28.93</b>	+0,86	285
	50m: 42.53 42.53 150m: 2:22.23 51.45 250m: 4:04.81 52.25 350m: 5:45.88 50.85					
	100m: 1:30.78 48.25 200m: 3:12.56 50.33 300m: 4:55.03 50.22 400m: 6:28.93 43.05					
10.	Francisco Goncalves Malheiro	69	Desportiva Viana	<b>6:39.69</b>	+1,14	263
	50m: 41.15 41.15 150m: 2:21.78 52.64 250m: 4:08.06 54.15 350m: 5:53.63 52.81					
	100m: 1:29.14 47.99 200m: 3:13.91 52.13 300m: 5:00.82 52.76 400m: 6:39.69 46.06					
11.	Paulo Alexandre Neves	66	Leixoes	<b>6:40.03</b>	+1,01	262
	50m: 42.78 42.78 150m: 2:21.41 51.72 250m: 4:06.48 53.13 350m: 5:52.31 53.77					
	100m: 1:29.69 46.91 200m: 3:13.35 51.94 300m: 4:58.54 52.06 400m: 6:40.03 47.72					
12.	Paulo Marques Costa	68	Galitos	<b>6:40.45</b>	+0,93	261
	50m: 40.53 40.53 150m: 2:18.35 51.41 250m: 4:04.61 53.86 350m: 5:52.85 54.30					
	100m: 1:26.94 46.41 200m: 3:10.75 52.40 300m: 4:58.55 53.94 400m: 6:40.45 47.60					
13.	Antonio Manuel Santinha	69	Masters de Almada	<b>6:46.76</b>	+1,13	249
	50m: 44.17 44.17 150m: 2:26.54 51.94 250m: 4:12.06 52.93 350m: 5:58.26 52.86					
	100m: 1:34.60 50.43 200m: 3:19.13 52.59 300m: 5:05.40 53.34 400m: 6:46.76 48.50					

XVII Campeonato Nacional Masters de Verão - OPEN  
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Prova 9, Masc., 400m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Fernando Manuel Santana	68	Colegio Monte Maior	<b>6:46.82</b>	+1,05	249
	50m: 45.54 45.54	150m: 2:28.44 51.66	250m: 4:11.79 51.60	350m: 5:55.21 51.19		
	100m: 1:36.78 51.24	200m: 3:20.19 51.75	300m: 5:04.02 52.23	400m: 6:46.82 51.61		
15.	Fernando Manuel Carmo	67	Alges	<b>6:48.99</b>	+1,17	245
	50m: 44.05 44.05	150m: 2:25.72 52.59	250m: 4:12.17 53.93	350m: 5:58.41 53.32		
	100m: 1:33.13 49.08	200m: 3:18.24 52.52	300m: 5:05.09 52.92	400m: 6:48.99 50.58		
16.	Joao Henrique Silva	67	Atletico	<b>7:07.62</b>	+1,10	215
	50m: 43.41 43.41	150m: 2:25.02 53.30	250m: 4:18.41 56.94	350m: 6:15.16 58.81		
	100m: 1:31.72 48.31	200m: 3:21.47 56.45	300m: 5:16.35 57.94	400m: 7:07.62 52.46		
17.	Vitor Almeida Medeiros	69	Fluvial Portuense	<b>7:31.04</b>	+1,65	183
	50m: 49.27 49.27	150m: 2:44.52 58.58	250m: 4:40.92 57.62	350m: 6:35.42 56.92		
	100m: 1:45.94 56.67	200m: 3:43.30 58.78	300m: 5:38.50 57.58	400m: 7:31.04 55.62		
18.	Hans Dieter Thiemann	66	O2-Portimao	<b>8:03.78</b>	+1,30	148
	50m: 43.77 43.77	150m: 2:41.98 1:02.08	250m: 4:52.34 1:04.81	350m: 7:02.19 1:04.97		
	100m: 1:39.90 56.13	200m: 3:47.53 1:05.55	300m: 5:57.22 1:04.88	400m: 8:03.78 1:01.59		

Prova 9 Masc., 400m Livres Master Esc F Resultados

RN F(50-54) 4:29.21 Jose Carlos Freitas CFP Montréal (CAN) 09-08-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Jose Carlos Freitas	63	Fluvial Portuense	<b>4:36.39</b>	+0,77	959
	50m: 31.79 31.79	150m: 1:41.03 35.37	250m: 2:51.90 35.87	350m: 4:03.31 36.00		
	100m: 1:05.66 33.87	200m: 2:16.03 35.00	300m: 3:27.31 35.41	400m: 4:36.39 33.08		
2.	Carlos Rodrigues Serra	62	Alges	<b>5:12.22</b>	+1,02	665
	50m: 34.70 34.70	150m: 1:51.09 39.33	250m: 3:11.85 40.79	350m: 4:33.28 40.94		
	100m: 1:11.76 37.06	200m: 2:31.06 39.97	300m: 3:52.34 40.49	400m: 5:12.22 38.94		
3.	Ralf Pinto Soares	64	Nadadores dos Estoris	<b>5:28.79</b>	+0,93	569
	50m: 34.18 34.18	150m: 1:55.00 41.20	250m: 3:20.01 42.70	350m: 4:46.80 43.93		
	100m: 1:13.80 39.62	200m: 2:37.31 42.31	300m: 4:02.87 42.86	400m: 5:28.79 41.99		
4.	Gobel Volker	65	SC Chemnitz von 1892	<b>5:44.38</b>	+0,78	495
	50m: 34.72 34.72	150m: 1:58.17 42.27	250m: 3:27.46 45.23	350m: 4:59.83 46.06		
	100m: 1:15.90 41.18	200m: 2:42.23 44.06	300m: 4:13.77 46.31	400m: 5:44.38 44.55		
5.	Armando Joao Costa	63	Colegio SMLamas	<b>5:56.13</b>	+0,92	448
	50m: 39.44 39.44	150m: 2:10.19 46.50	250m: 3:43.49 46.97	350m: 5:15.58 45.25		
	100m: 1:23.69 44.25	200m: 2:56.52 46.33	300m: 4:30.33 46.84	400m: 5:56.13 40.55		
6.	Henrique Luis Seabra	61	Fluvial Portuense	<b>6:07.91</b>	+0,88	406
	50m: 39.77 39.77	150m: 2:10.78 46.45	250m: 3:45.69 47.88	350m: 5:21.97 48.36		
	100m: 1:24.33 44.56	200m: 2:57.81 47.03	300m: 4:33.61 47.92	400m: 6:07.91 45.94		
7.	Joao Paulo Campos	65	Leixoes	<b>6:19.52</b>	+0,92	370
	50m: 40.45 40.45	150m: 2:13.88 47.55	250m: 3:52.08 50.28	350m: 5:32.73 49.48		
	100m: 1:26.33 45.88	200m: 3:01.80 47.92	300m: 4:43.25 51.17	400m: 6:19.52 46.79		

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Prova 9, Masc., 400m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Ricardo Manuel Fernandes	63	Pimpoes/Cimai	<b>6:31.97</b>	+0,87	336
	50m: 42.57 42.57	150m: 2:19.28 50.06	250m: 4:00.52 51.27	350m: 5:43.48 52.17		
	100m: 1:29.22 46.65	200m: 3:09.25 49.97	300m: 4:51.31 50.79	400m: 6:31.97 48.49		
9.	Rui Manuel Velez	64	Luz e Vida	<b>6:52.75</b>	+1,14	287
	50m: 44.56 44.56	150m: 2:28.79 52.82	250m: 4:16.08 53.74	350m: 6:03.61 53.71		
	100m: 1:35.97 51.41	200m: 3:22.34 53.55	300m: 5:09.90 53.82	400m: 6:52.75 49.14		
10.	Vitor Borges Carvalho	64	Desportiva Viana	<b>6:55.80</b>	+0,93	281
	50m: 43.66 43.66	150m: 2:27.70 54.10	250m: 4:16.40 54.50	350m: 6:04.51 53.94		
	100m: 1:33.60 49.94	200m: 3:21.90 54.20	300m: 5:10.57 54.17	400m: 6:55.80 51.29		
11.	Emanuel Araujo Marques	64	Natacao da Maia	<b>6:57.05</b>		279
	50m: 49.85 49.85	150m: 2:33.88 53.23	250m: 4:20.63 53.78	350m: 6:06.50 53.31		
	100m: 1:40.65 50.80	200m: 3:26.85 52.97	300m: 5:13.19 52.56	400m: 6:57.05 50.55		
12.	Joao Carlos Nascimento	63	O2-Portimao	<b>9:16.16</b>	+1,03	117
	50m: 52.14 52.14	150m: 3:08.69 1:12.43	250m: 5:34.97 1:13.23	350m: 8:03.01 1:14.49		
	100m: 1:56.26 1:04.12	200m: 4:21.74 1:13.05	300m: 6:48.52 1:13.55	400m: 9:16.16 1:13.15		

Prova 9 Masc., 400m Livres Master Esc G Resultados

RN G(55-59) 5:22.90 Vitor Manuel Mavioso SAD Coimbra 02-06-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Jozef Kr ík	57	J&T Sportteam Bratislava	<b>5:47.64</b>	+1,01	611
	50m: 37.67 37.67	150m: 2:03.19 44.28	250m: 3:33.19 45.42	350m: 5:04.12 45.61		
	100m: 1:18.91 41.24	200m: 2:47.77 44.58	300m: 4:18.51 45.32	400m: 5:47.64 43.52		
2.	Antonio Barrocas Albardeiro	56	Alges	<b>6:30.31</b>	+0,97	431
	50m: 43.32 43.32	150m: 2:20.55 49.28	250m: 3:59.39 49.79	350m: 5:40.91 51.02		
	100m: 1:31.27 47.95	200m: 3:09.60 49.05	300m: 4:49.89 50.50	400m: 6:30.31 49.40		
3.	Nelson Hermerson Kemmer	59	Vitoria de Guimaraes/Olicargo	<b>6:47.66</b>	+1,11	379
	50m: 42.95 42.95	150m: 2:25.11 52.28	250m: 4:12.81 54.07	350m: 5:58.08 52.52		
	100m: 1:32.83 49.88	200m: 3:18.74 53.63	300m: 5:05.56 52.75	400m: 6:47.66 49.58		
4.	Teofilo Manuel Relvas	58	Leixoes	<b>7:29.18</b>	+1,11	283
	50m: 48.07 48.07	150m: 2:39.93 58.26	300m: 5:39.19 2:00.81			
	100m: 1:41.67 53.60	200m: 3:38.38 58.45	400m: 7:29.18 1:49.99			
5.	Paulo Jose Patrao	60	Alges	<b>7:29.61</b>	+1,07	282
	50m: 50.25 50.25	150m: 2:45.54 58.21	250m: 4:45.54 58.55	350m: 6:38.72 54.47		
	100m: 1:47.33 57.08	200m: 3:46.99 1:01.45	300m: 5:44.25 58.71	400m: 7:29.61 50.89		





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Prova 9, Masc., 400m Livres

Prova 9 Masc., 400m Livres Master Esc H  
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RN H(60-64) 5:45.85 Stephen Thomas Dyson CFB Faro 31-05-2008

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alberto Vaz Correia <i>Rec Nac Esc H</i>	55	Alges	<b>5:45.23</b>	+1,08	721
	50m: 36.41 36.41 150m: 2:01.79 44.01 250m: 3:32.24 45.58 350m: 5:02.97 45.61					
	100m: 1:17.78 41.37 200m: 2:46.66 44.87 300m: 4:17.36 45.12 400m: 5:45.23 42.26					
2.	Ricardo Antonio Mendes	55	Salesianos de Lisboa	<b>6:32.90</b>	+1,18	489
	50m: 43.06 43.06 150m: 2:25.06 52.17 250m: 4:07.41 51.23 350m: 5:48.19 50.16					
	100m: 1:32.89 49.83 200m: 3:16.18 51.12 300m: 4:58.03 50.62 400m: 6:32.90 44.71					
3.	Carlos Augusto Correia	52	Masters de Almada	<b>6:41.11</b>	+1,04	460
	50m: 46.16 46.16 150m: 2:27.90 52.70 250m: 4:10.57 51.40 350m: 5:52.58 51.24					
	100m: 1:35.20 49.04 200m: 3:19.17 51.27 300m: 5:01.34 50.77 400m: 6:41.11 48.53					
4.	Jose Luis Morgado	54	Fluvial Portuense	<b>6:56.08</b>	+1,14	412
	50m: 49.40 49.40 150m: 2:36.54 54.39 250m: 4:25.32 55.23 350m: 6:12.05 53.40					
	100m: 1:42.15 52.75 200m: 3:30.09 53.55 300m: 5:18.65 53.33 400m: 6:56.08 44.03					
5.	Peter Nahálka	53	Slovakia	<b>7:07.72</b>	+0,94	379
	50m: 43.70 43.70 150m: 2:32.22 56.06 250m: 4:26.16 56.37 350m: 6:18.02 55.13					
	100m: 1:36.16 52.46 200m: 3:29.79 57.57 300m: 5:22.89 56.73 400m: 7:07.72 49.70					
6.	Jose Henrique Madail	54	Galitos	<b>7:31.15</b>	+1,19	323
	50m: 52.94 52.94 150m: 2:48.41 57.65 250m: 4:44.07 57.15 350m: 6:39.20 57.26					
	100m: 1:50.76 57.82 200m: 3:46.92 58.51 300m: 5:41.94 57.87 400m: 7:31.15 51.95					
7.	Fernando Manuel Damas	53	Alges	<b>7:31.89</b>	+1,17	321
	50m: 49.78 49.78 150m: 2:45.01 58.78 250m: 4:41.91 59.07 350m: 6:38.58 58.10					
	100m: 1:46.23 56.45 200m: 3:42.84 57.83 300m: 5:40.48 58.57 400m: 7:31.89 53.31					
8.	Jose Antonio Teixeira	53	Galitos	<b>7:46.25</b>	+1,11	292
	50m: 48.30 48.30 150m: 2:42.05 58.90 250m: 4:43.53 1:00.88 350m: 6:46.32 1:01.85					
	100m: 1:43.15 54.85 200m: 3:42.65 1:00.60 300m: 5:44.47 1:00.94 400m: 7:46.25 59.93					
9.	Jose Alexandre Raposo	55	Sporting de Aveiro	<b>8:18.07</b>		240
	50m: 58.11 58.11 150m: 3:03.87 1:03.07 250m: 5:10.47 1:02.62 350m: 7:16.64 1:02.16					
	100m: 2:00.80 1:02.69 200m: 4:07.85 1:03.98 300m: 6:14.48 1:04.01 400m: 8:18.07 1:01.43					
10.	Antonio Jorge Marques	51	Fluvial Portuense	<b>9:13.29</b>	+0,98	175
	50m: 1:02.64 1:02.64 150m: 3:26.16 1:13.70 250m: 5:47.14 1:11.14 350m: 8:07.58 1:09.81					
	100m: 2:12.46 1:09.82 200m: 4:36.00 1:09.84 300m: 6:57.77 1:10.63 400m: 9:13.29 1:05.71					
11.	Jose Carlos Neto	53	Ginasio Figueirense	<b>9:30.27</b>	+1,09	160
	50m: 52.84 52.84 150m: 3:00.79 1:08.10 250m: 5:27.03 1:14.94 350m: 8:18.56 1:32.82					
	100m: 1:52.69 59.85 200m: 4:12.09 1:11.30 300m: 6:45.74 1:18.71 400m: 9:30.27 1:11.71					



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Prova 9, Masc., 400m Livres

Prova 9 Masc., 400m Livres Master Esc I  
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RN I(65-69) 5:51.59 Stephen Thomas Dyson INDANL Reguengos de Monsaraz 30-06-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Stephen Thomas Dyson	47	Alges	<b>5:59.18</b>	+1,04	716
	50m: 39.47 39.47	150m: 2:08.14 46.04	250m: 3:42.07 47.08	350m: 5:15.16 46.35		
	100m: 1:22.10 42.63	200m: 2:54.99 46.85	300m: 4:28.81 46.74	400m: 5:59.18 44.02		
2.	Luis Silveira Viegas	47	Alges	<b>8:00.67</b>	+1,54	298
	50m: 53.20 53.20	150m: 2:54.04 1:02.54	250m: 4:59.25 1:02.39	350m: 7:03.71 1:02.43		
	100m: 1:51.50 58.30	200m: 3:56.86 1:02.82	300m: 6:01.28 1:02.03	400m: 8:00.67 56.96		
3.	Jose Joaquim Marreiros	46	Alges	<b>8:54.74</b>		217
	50m: 58.46 58.46	150m: 3:09.20 1:06.12	250m: 5:26.59 1:09.18	350m: 7:48.29 1:11.27		
	100m: 2:03.08 1:04.62	200m: 4:17.41 1:08.21	300m: 6:37.02 1:10.43	400m: 8:54.74 1:06.45		

Prova 9 Masc., 400m Livres Master Esc J  
04-07-2015 - 9:00 Resultados

RN J(70-74) 6:25.72 Antonio Bessone Basto SAD Loulé 03-07-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Antonio Bessone Basto <i>Rec Nac Esc J</i>	45	Alges	<b>6:07.65</b>	+1,01	695
	50m: 39.84 39.84	150m: 2:12.35 47.36	250m: 3:48.08 47.26	350m: 5:22.34 47.61		
	100m: 1:24.99 45.15	200m: 3:00.82 48.47	300m: 4:34.73 46.65	400m: 6:07.65 45.31		
2.	Luis Vidigal Salgueiro	45	Alges	<b>7:42.23</b>	+1,20	349
	50m: 51.28 51.28	150m: 2:49.46 1:01.19	250m: 4:50.44 1:00.51	350m: 6:52.45 1:02.03		
	100m: 1:48.27 56.99	200m: 3:49.93 1:00.47	300m: 5:50.42 59.98	400m: 7:42.23 49.78		

Prova 9 Masc., 400m Livres Master Esc K  
04-07-2015 - 9:00 Resultados

RN K(75-79) 8:40.11 Joao Rodrigues Teixeira AAC Reguengos de Monsaraz 30-06-2012

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNF	Antonio Alexandre Rodrigues	39	Academica de Coimbra			