

Prova 1
30-01-2016 - 9:30

Masc., 400m Livres

Master Esc A
Resultados

Rec Nac Esc A 4:00.23 Adriano Miguel Niz GDNVNF Funchal 17-01-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Francisco Maldonado Freitas	91	Pimpoes/Cimai	4:22.37	+0,74	808
	50m: 29.31 29.31 150m: 1:34.89 33.27 250m: 2:41.91 32.89 350m: 3:49.73 34.19					
	100m: 1:01.62 32.31 200m: 2:09.02 34.13 300m: 3:15.54 33.63 400m: 4:22.37 32.64					
2.	Nuno Maria Nolasco	87	Ginasio Clube	4:23.72	+0,70	796
	50m: 28.66 28.66 150m: 1:33.30 32.90 250m: 2:40.96 34.17 350m: 3:49.82 34.34					
	100m: 1:00.40 31.74 200m: 2:06.79 33.49 300m: 3:15.48 34.52 400m: 4:23.72 33.90					
3.	Luis Filipe Silva	88	Salesianos de Lisboa	4:24.94	+0,97	785
	50m: 29.75 29.75 150m: 1:35.90 33.60 250m: 2:44.03 33.59 350m: 3:51.84 33.78					
	100m: 1:02.30 32.55 200m: 2:10.44 34.54 300m: 3:18.06 34.03 400m: 4:24.94 33.10					
4.	Diogo Miguel Paulino	90	Alcobaca	4:28.05	+0,81	758
	50m: 30.04 30.04 150m: 1:36.64 33.72 250m: 2:45.55 34.64 350m: 3:54.94 34.53					
	100m: 1:02.92 32.88 200m: 2:10.91 34.27 300m: 3:20.41 34.86 400m: 4:28.05 33.11					
5.	Ivo Andre Margarido	88	Litoral Alentejano	4:32.28	+0,73	723
	50m: 30.51 30.51 150m: 1:37.61 33.72 250m: 2:46.19 34.49 350m: 3:56.70 35.55					
	100m: 1:03.89 33.38 200m: 2:11.70 34.09 300m: 3:21.15 34.96 400m: 4:32.28 35.58					
6.	David Alexandre Lopes	89	Nacional de Natacao	4:38.10	+0,86	679
	50m: 30.59 30.59 150m: 1:40.57 35.55 250m: 2:49.31 34.88 350m: 4:02.05 36.51					
	100m: 1:05.02 34.43 200m: 2:14.43 33.86 300m: 3:25.54 36.23 400m: 4:38.10 36.05					
7.	Pedro Lobato Rijo	91	Alges	4:40.78	+0,77	660
	50m: 31.31 31.31 150m: 1:41.48 35.72 250m: 2:52.11 35.00 350m: 4:04.39 36.40					
	100m: 1:05.76 34.45 200m: 2:17.11 35.63 300m: 3:27.99 35.88 400m: 4:40.78 36.39					
8.	Cristiano Almeida Santos	90	Individual ANDS	4:42.33	+0,80	649
	50m: 30.45 30.45 150m: 1:39.23 35.15 250m: 2:52.07 36.70 350m: 4:06.47 37.30					
	100m: 1:04.08 33.63 200m: 2:15.37 36.14 300m: 3:29.17 37.10 400m: 4:42.33 35.86					
9.	Diogo Gil Henriques	88	Alges	4:49.20	+0,85	604
	50m: 32.33 32.33 150m: 1:45.25 37.02 250m: 2:59.69 37.54 350m: 4:14.26 37.28					
	100m: 1:08.23 35.90 200m: 2:22.15 36.90 300m: 3:36.98 37.29 400m: 4:49.20 34.94					
10.	Pedro Miguel Magalhaes	88	Natacao da Maia	5:30.06	+0,84	406
	50m: 35.93 35.93 150m: 1:57.71 41.77 250m: 3:22.99 43.17 350m: 4:49.59 43.03					
	100m: 1:15.94 40.01 200m: 2:39.82 42.11 300m: 4:06.56 43.57 400m: 5:30.06 40.47					
11.	Luis Pedro Falcao	91	A Atletico Montemor	5:50.23	+1,02	340
	50m: 37.41 37.41 150m: 2:03.03 43.93 250m: 3:35.39 46.45 350m: 5:07.02 45.57					
	100m: 1:19.10 41.69 200m: 2:48.94 45.91 300m: 4:21.45 46.06 400m: 5:50.23 43.21					

Prova 1, Masc., 400m Livres

Prova 1
30-01-2016 - 9:30
Masc., 400m Livres
Master Esc B
Resultados

Rec Nac Esc B 4:07.24 Pedro Miguel Silva CFV Fafe 13-06-2009

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Adriano Miguel Niz <i>Rec Nacional Esc B</i>	86	Famalicao	4:03.15	+0,87	964
	50m: 27.84 27.84 150m: 1:29.49 31.13 250m: 2:30.54 29.89 350m: 3:32.32 31.03 100m: 58.36 30.52 200m: 2:00.65 31.16 300m: 3:01.29 30.75 400m: 4:03.15 30.83					
2.	Mauro Santos Inacio	84	Litoral Alentejano	4:37.86	+0,96	646
	50m: 31.90 31.90 150m: 1:41.57 35.31 250m: 2:52.90 35.75 350m: 4:03.44 34.81 100m: 1:06.26 34.36 200m: 2:17.15 35.58 300m: 3:28.63 35.73 400m: 4:37.86 34.42					
3.	Sergio Alexandre Lopes	86	Nacional de Natacao	4:41.34	+0,88	622
	50m: 30.46 30.46 150m: 1:39.97 35.42 250m: 2:52.57 36.39 350m: 4:06.31 36.78 100m: 1:04.55 34.09 200m: 2:16.18 36.21 300m: 3:29.53 36.96 400m: 4:41.34 35.03					
4.	Alvaro Miguel Cardoso	84	Salesianos de Lisboa	4:46.98	+0,89	586
	50m: 31.69 31.69 150m: 1:42.39 35.73 250m: 2:55.30 36.52 350m: 4:09.36 37.23 100m: 1:06.66 34.97 200m: 2:18.78 36.39 300m: 3:32.13 36.83 400m: 4:46.98 37.62					
5.	Paulo Jorge Marques	86	Gualdim Pais	5:02.85	+0,96	499
	50m: 32.56 32.56 150m: 1:47.16 37.89 250m: 3:04.69 38.87 350m: 4:24.29 39.97 100m: 1:09.27 36.71 200m: 2:25.82 38.66 300m: 3:44.32 39.63 400m: 5:02.85 38.56					
6.	Joao Carlos Malta	82	Natacao da Maia	5:04.08	+0,85	493
	50m: 33.68 33.68 150m: 1:49.38 38.58 250m: 3:06.72 39.03 350m: 4:25.46 39.20 100m: 1:10.80 37.12 200m: 2:27.69 38.31 300m: 3:46.26 39.54 400m: 5:04.08 38.62					
7.	Agostinho Alberto Rego	82	Vitoria/ Olicargo	5:38.22	+0,95	358
	50m: 37.61 37.61 150m: 2:00.69 42.30 250m: 3:27.85 43.64 350m: 4:55.94 43.90 100m: 1:18.39 40.78 200m: 2:44.21 43.52 300m: 4:12.04 44.19 400m: 5:38.22 42.28					
8.	Francisco Miguel Gaspar	83	Gualdim Pais	6:08.00	+1,21	278
	50m: 42.52 42.52 150m: 2:13.68 46.14 250m: 3:47.98 47.03 350m: 5:25.18 48.92 100m: 1:27.54 45.02 200m: 3:00.95 47.27 300m: 4:36.26 48.28 400m: 6:08.00 42.82					
9.	Pedro Barreira Oliveira	84	Vitoria/ Olicargo	6:18.63	+0,94	255
	50m: 42.30 42.30 150m: 2:15.24 46.73 250m: 3:52.59 49.21 350m: 5:31.15 49.15 100m: 1:28.51 46.21 200m: 3:03.38 48.14 300m: 4:42.00 49.41 400m: 6:18.63 47.48					
10.	Rafael Martins Monteiro	86	Vilacondense	6:43.78	+1,12	210
	50m: 39.89 39.89 150m: 2:15.85 49.41 250m: 4:02.75 53.91 350m: 5:51.46 54.74 100m: 1:26.44 46.55 200m: 3:08.84 52.99 300m: 4:56.72 53.97 400m: 6:43.78 52.32					
11.	Anibal Alberto Costa	83	Penafiel	6:53.81	+1,09	195
	50m: 41.50 41.50 150m: 2:17.69 50.46 250m: 4:07.33 55.23 350m: 5:59.92 56.56 100m: 1:27.23 45.73 200m: 3:12.10 54.41 300m: 5:03.36 56.03 400m: 6:53.81 53.89					
12.	Pedro Manuel Ventura	83	Penafiel	7:01.94	+1,01	184
	50m: 37.11 37.11 150m: 2:12.90 51.62 250m: 4:04.90 57.30 350m: 6:04.12 1:00.03 100m: 1:21.28 44.17 200m: 3:07.60 54.70 300m: 5:04.09 59.19 400m: 7:01.94 57.82					
DNS	Bruno Cruz Maia	82	Ginasio Clube			

Prova 1, Masc., 400m Livres

Prova 1
30-01-2016 - 9:30 Masc., 400m Livres Master Esc C Resultados

Rec Nac Esc C 4:06.32 Pedro Miguel Silva CFV Ponte de Sor 29-01-2011

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ivan Mauricio Couras	81	Fluvial Portuense	4:37.00	+0,83	669
	50m: 31.86 31.86	150m: 1:42.45 35.70	250m: 2:53.21 35.30	350m: 4:03.48 34.85		
	100m: 1:06.75 34.89	200m: 2:17.91 35.46	300m: 3:28.63 35.42	400m: 4:37.00 33.52		
2.	Diogo Pedroso Almeida	77	Colegio Monte Maior	4:51.75	+1,00	573
	50m: 33.16 33.16	150m: 1:45.83 36.78	250m: 2:59.98 36.96	350m: 4:15.30 37.83		
	100m: 1:09.05 35.89	200m: 2:23.02 37.19	300m: 3:37.47 37.49	400m: 4:51.75 36.45		
3.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	5:17.49	+0,97	444
	50m: 34.77 34.77	150m: 1:53.55 40.12	250m: 3:16.23 41.66	350m: 4:38.87 40.30		
	100m: 1:13.43 38.66	200m: 2:34.57 41.02	300m: 3:58.57 42.34	400m: 5:17.49 38.62		
4.	Antonio Torres Del Cerro	80	Salesianos de Lisboa	5:42.48		354
	50m: 37.11 37.11	150m: 1:58.80 41.91	250m: 3:26.91 44.41	350m: 4:58.36 45.61		
	100m: 1:16.89 39.78	200m: 2:42.50 43.70	300m: 4:12.75 45.84	400m: 5:42.48 44.12		
5.	Mario Nuno Pereira	81	Foca	6:32.56	+1,04	235
	50m: 40.12 40.12	150m: 2:18.30 50.67	250m: 4:01.02 51.04	350m: 5:42.43 50.21		
	100m: 1:27.63 47.51	200m: 3:09.98 51.68	300m: 4:52.22 51.20	400m: 6:32.56 50.13		
6.	Bruno Miguel Lourenco	80	Gualdim Pais	6:53.11	+1,11	201
	50m: 39.54 39.54	150m: 2:14.23 50.08	250m: 4:04.69 56.09	350m: 5:58.06 56.91		
	100m: 1:24.15 44.61	200m: 3:08.60 54.37	300m: 5:01.15 56.46	400m: 6:53.11 55.05		
7.	Nuno Filipe Silva	79	Amigos da Natacao	7:30.78	+1,11	155
	50m: 45.00 45.00	150m: 2:35.39 57.06	250m: 4:32.85 58.82	350m: 6:33.04 1:00.40		
	100m: 1:38.33 53.33	200m: 3:34.03 58.64	300m: 5:32.64 59.79	400m: 7:30.78 57.74		
DNS	Pedro Naia Goncalves	80	Natacao de Beja			

Prova 1
30-01-2016 - 9:30 Masc., 400m Livres Master Esc D Resultados

Rec Nac Esc D 4:30.98 Jorge Eduardo Faria SAD Inatel 01-03-2008

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rodrigo Marques Costa <i>Rec Nacional Esc D</i>	76	Litoral Alentejano	4:29.07	+0,87	715
	50m: 31.97 31.97	150m: 1:39.74 34.02	250m: 2:47.54 33.67	350m: 3:55.56 33.99		
	100m: 1:05.72 33.75	200m: 2:13.87 34.13	300m: 3:21.57 34.03	400m: 4:29.07 33.51		
2.	Nuno Rogerio Santos	76	Gesloures	4:49.38	+0,84	575
	50m: 32.33 32.33	150m: 1:44.29 36.24	250m: 2:57.31 36.38	350m: 4:12.99 37.94		
	100m: 1:08.05 35.72	200m: 2:20.93 36.64	300m: 3:35.05 37.74	400m: 4:49.38 36.39		
3.	Joao Pedro Sousa	74	Sao Roque	4:50.64	+0,80	567
	50m: 31.97 31.97	150m: 1:43.44 36.18	250m: 2:57.88 37.51	350m: 4:13.30 37.87		
	100m: 1:07.26 35.29	200m: 2:20.37 36.93	300m: 3:35.43 37.55	400m: 4:50.64 37.34		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Pedro Nuno Braga	74	Natacao da Maia	4:57.51	+0,94	529
	50m: 33.37 33.37	150m: 1:46.53 36.82	250m: 3:01.83 37.63	350m: 4:19.37 39.16		
	100m: 1:09.71 36.34	200m: 2:24.20 37.67	300m: 3:40.21 38.38	400m: 4:57.51 38.14		
5.	Ricardo Miguel Frias	73	Alges	5:20.39	+0,86	423
	50m: 34.81 34.81	150m: 1:53.80 40.42	250m: 3:16.52 41.64	350m: 4:39.61 41.24		
	100m: 1:13.38 38.57	200m: 2:34.88 41.08	300m: 3:58.37 41.85	400m: 5:20.39 40.78		
6.	Alexandre Marques Pereira	76	Colegio Monte Maior	5:28.31	+0,99	393
	50m: 36.19 36.19	150m: 1:56.44 40.98	250m: 3:21.03 42.43	350m: 4:46.42 42.80		
	100m: 1:15.46 39.27	200m: 2:38.60 42.16	300m: 4:03.62 42.59	400m: 5:28.31 41.89		
7.	Jose Maria Gomes	72	Ginasio Clube	5:37.96	+1,15	361
	50m: 39.21 39.21	150m: 2:04.25 42.95	250m: 3:31.34 43.07	350m: 4:58.93 43.78		
	100m: 1:21.30 42.09	200m: 2:48.27 44.02	300m: 4:15.15 43.81	400m: 5:37.96 39.03		
8.	David Pedro Guerra	76	Benedita	5:40.80	+1,06	352
	50m: 37.08 37.08	150m: 2:00.11 42.03	250m: 3:26.57 43.47	350m: 4:55.81 45.20		
	100m: 1:18.08 41.00	200m: 2:43.10 42.99	300m: 4:10.61 44.04	400m: 5:40.80 44.99		
9.	Francisco Santos Barros	72	Colegio Monte Maior	5:43.70	+0,97	343
	50m: 36.26 36.26	150m: 1:59.96 42.90	250m: 3:30.08 45.28	350m: 5:00.49 45.03		
	100m: 1:17.06 40.80	200m: 2:44.80 44.84	300m: 4:15.46 45.38	400m: 5:43.70 43.21		
10.	Joao Antonio Gomes	75	Leixoes	5:50.16	+1,06	324
	50m: 38.66 38.66	150m: 2:05.73 44.81	250m: 3:36.73 45.22	350m: 5:07.56 44.96		
	100m: 1:20.92 42.26	200m: 2:51.51 45.78	300m: 4:22.60 45.87	400m: 5:50.16 42.60		
11.	Antonio Humberto Goncalves	72	Desportivo Nacional	6:27.13	+0,90	240
	50m: 41.79 41.79	150m: 2:19.32 50.19	250m: 4:00.39 50.79	350m: 5:40.66 50.25		
	100m: 1:29.13 47.34	200m: 3:09.60 50.28	300m: 4:50.41 50.02	400m: 6:27.13 46.47		
12.	Vasco Levita Sousa	73	Masters de Almada	6:50.15	+0,99	202
	50m: 42.84 42.84	150m: 2:20.81 50.53	250m: 4:09.39 54.77	350m: 5:59.86 55.38		
	100m: 1:30.28 47.44	200m: 3:14.62 53.81	300m: 5:04.48 55.09	400m: 6:50.15 50.29		
13.	Fernando Osvaldo Socorro	72	Leixoes	6:53.92	+1,15	196
	50m: 41.73 41.73	150m: 2:19.12 51.35	250m: 4:08.04 54.77	350m: 6:02.02 57.46		
	100m: 1:27.77 46.04	200m: 3:13.27 54.15	300m: 5:04.56 56.52	400m: 6:53.92 51.90		
14.	Vitorino Fernando Faria	73	Foca	7:07.31	+1,25	178
	50m: 45.27 45.27	150m: 2:28.31 53.21	250m: 4:20.45 58.48	350m: 6:11.31 56.09		
	100m: 1:35.10 49.83	200m: 3:21.97 53.66	300m: 5:15.22 54.77	400m: 7:07.31 56.00		
15.	Antonio Manuel Pereira	72	Penafiel	8:18.65	+1,22	112
	50m: 45.33 45.33	150m: 2:49.76 1:04.28	250m: 5:00.91 1:06.49	350m: 7:12.52 1:06.15		
	100m: 1:45.48 1:00.15	200m: 3:54.42 1:04.66	300m: 6:06.37 1:05.46	400m: 8:18.65 1:06.13		

Prova 1, Masc., 400m Livres

Prova 1
30-01-2016 - 9:30

Masc., 400m Livres

Master Esc E
Resultados

Rec Nac Esc E 4:19.65 Jose Carlos Freitas CFP Ponte de Sor 29-01-2011

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carlos Guimaraes Goncalves	70	Fluvial Portuense	4:50.68	+0,85	605
	50m: 33.05 33.05 150m: 1:44.69 36.28 250m: 2:58.99 37.44 350m: 4:14.48 37.85					
	100m: 1:08.41 35.36 200m: 2:21.55 36.86 300m: 3:36.63 37.64 400m: 4:50.68 36.20					
2.	Fernando Manuel Santana	68	Colegio Monte Maior	6:23.30	+1,03	264
	50m: 46.12 46.12 150m: 2:25.45 49.75 250m: 4:00.61 46.87 350m: 5:35.08 47.36					
	100m: 1:35.70 49.58 200m: 3:13.74 48.29 300m: 4:47.72 47.11 400m: 6:23.30 48.22					
3.	Antonio Manuel Ribeiro	69	Leixoes	6:23.95	+1,09	262
	50m: 42.08 42.08 150m: 2:17.47 49.02 250m: 3:57.27 49.73 350m: 5:37.58 50.57					
	100m: 1:28.45 46.37 200m: 3:07.54 50.07 300m: 4:47.01 49.74 400m: 6:23.95 46.37					
4.	Antonio Manuel Santinha	69	Masters de Almada	6:25.46	+1,05	259
	50m: 42.23 42.23 150m: 2:19.29 48.88 250m: 3:59.31 50.34 350m: 5:39.45 50.09					
	100m: 1:30.41 48.18 200m: 3:08.97 49.68 300m: 4:49.36 50.05 400m: 6:25.46 46.01					
5.	Francisco Goncalves Malheiro	69	Desportiva de Viana	6:41.73	+1,16	229
	50m: 42.01 42.01 150m: 2:23.04 52.23 250m: 4:06.29 51.85 350m: 5:52.72 53.78					
	100m: 1:30.81 48.80 200m: 3:14.44 51.40 300m: 4:58.94 52.65 400m: 6:41.73 49.01					
6.	Nuno Manuel Sa	71	Fluvial Portuense	7:00.84	+0,92	199
	50m: 42.56 42.56 150m: 2:17.43 49.25 250m: 4:03.08 55.04 350m: 6:02.54 1:01.24					
	100m: 1:28.18 45.62 200m: 3:08.04 50.61 300m: 5:01.30 58.22 400m: 7:00.84 58.30					
7.	Sebastiao Ferreira Santos	67	Individual ANDS	7:28.83	+0,90	164
	50m: 44.71 44.71 150m: 2:34.84 56.70 250m: 4:34.53 1:00.99 350m: 6:36.97 1:02.19					
	100m: 1:38.14 53.43 200m: 3:33.54 58.70 300m: 5:34.78 1:00.25 400m: 7:28.83 51.86					
8.	Oscar Jose Malheiros	71	Litoral Alentejano	7:30.69	+1,22	162
	50m: 46.09 46.09 150m: 2:35.96 57.28 250m: 4:33.77 59.27 350m: 6:33.82 1:00.57					
	100m: 1:38.68 52.59 200m: 3:34.50 58.54 300m: 5:33.25 59.48 400m: 7:30.69 56.87					
9.	Pedro Jorge Monteiro	70	Pimpoes/Cimai	8:03.69	+1,01	131
	50m: 43.19 43.19 150m: 2:32.92 57.35 250m: 4:42.36 1:06.43 350m: 6:59.89 1:08.65					
	100m: 1:35.57 52.38 200m: 3:35.93 1:03.01 300m: 5:51.24 1:08.88 400m: 8:03.69 1:03.80					
10.	Alexandre Augusto Monteiro	71	Leixoes	8:17.36		120
	50m: 52.36 52.36 150m: 2:56.66 1:03.75 250m: 5:08.36 1:07.26 350m: 7:22.62 1:06.54					
	100m: 1:52.91 1:00.55 200m: 4:01.10 1:04.44 300m: 6:16.08 1:07.72 400m: 8:17.36 54.74					

Prova 1, Masc., 400m Livres

Prova 1
30-01-2016 - 9:30
Masc., 400m Livres
Master Esc F
Resultados

Rec Nac Esc F 4:22.11 Jose Carlos Freitas CFP Felgueiras 26-01-2013

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Jose Carlos Freitas	63	Fluvial Portuense	4:28.74	+0,79	974
	50m: 30.75 30.75	150m: 1:37.61 33.36	250m: 2:45.80 34.21	350m: 3:55.02 34.82		
	100m: 1:04.25 33.50	200m: 2:11.59 33.98	300m: 3:20.20 34.40	400m: 4:28.74 33.72		
2.	Armando Joao Costa	63	Colegio SMLamas	5:38.98	+0,98	485
	50m: 37.15 37.15	150m: 2:04.08 44.43	250m: 3:33.22 44.39	350m: 4:57.85 40.84		
	100m: 1:19.65 42.50	200m: 2:48.83 44.75	300m: 4:17.01 43.79	400m: 5:38.98 41.13		
3.	Paulo Alexandre Neves	66	Leixoes	6:11.27	+0,99	369
	50m: 40.16 40.16	150m: 2:11.25 47.18	250m: 3:48.85 48.75	350m: 5:25.51 48.18		
	100m: 1:24.07 43.91	200m: 3:00.10 48.85	300m: 4:37.33 48.48	400m: 6:11.27 45.76		
4.	Joaquim Jose Dias	64	Leixoes	6:18.84	+1,13	347
	50m: 42.54 42.54	150m: 2:16.24 48.08	250m: 3:54.76 49.35	350m: 5:34.03 49.31		
	100m: 1:28.16 45.62	200m: 3:05.41 49.17	300m: 4:44.72 49.96	400m: 6:18.84 44.81		
5.	Vitor Borges Carvalho	64	Individual ANMIN	6:20.53	+0,97	343
	50m: 40.92 40.92	150m: 2:16.10 48.31	250m: 3:54.07 48.87	350m: 5:32.54 49.27		
	100m: 1:27.79 46.87	200m: 3:05.20 49.10	300m: 4:43.27 49.20	400m: 6:20.53 47.99		
6.	Rui Manuel Velez	64	Luz e Vida	6:23.85	+1,14	334
	50m: 44.17 44.17	150m: 2:22.63 49.50	250m: 4:01.35 49.23	350m: 5:37.91 47.76		
	100m: 1:33.13 48.96	200m: 3:12.12 49.49	300m: 4:50.15 48.80	400m: 6:23.85 45.94		
7.	Hans Dieter Thiemann	66	O2-Portimao	7:20.13	+1,11	221
	50m: 44.36 44.36	150m: 2:35.86 57.35	250m: 4:32.73 58.42	350m: 6:29.02 57.64		
	100m: 1:38.51 54.15	200m: 3:34.31 58.45	300m: 5:31.38 58.65	400m: 7:20.13 51.11		
8.	Joao Carlos Nascimento	63	O2-Portimao	9:04.48	+1,05	117
	50m: 50.22 50.22	150m: 2:58.04 1:06.78	250m: 5:18.78 1:12.45	350m: 7:48.59 1:15.37		
	100m: 1:51.26 1:01.04	200m: 4:06.33 1:08.29	300m: 6:33.22 1:14.44	400m: 9:04.48 1:15.89		

Prova 1
30-01-2016 - 9:30
Masc., 400m Livres
Master Esc G
Resultados

Rec Nac Esc G 5:11.79 Vitor Manuel Mavioso SAD Porto 15-06-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paulo Paula Carvalho <i>Rec Nacional Esc G</i>	61	Uniao Piedense	4:48.71	+0,98	1003
	50m: 32.53 32.53	150m: 1:45.12 36.51	250m: 2:58.30 37.10	350m: 4:12.62 37.46		
	100m: 1:08.61 36.08	200m: 2:21.20 36.08	300m: 3:35.16 36.86	400m: 4:48.71 36.09		
2.	Jaime Carlos Bento	61	Alges	5:09.23	+0,93	816
	50m: 34.52 34.52	150m: 1:50.44 38.65	250m: 3:09.77 39.82	350m: 4:30.43 40.19		
	100m: 1:11.79 37.27	200m: 2:29.95 39.51	300m: 3:50.24 40.47	400m: 5:09.23 38.80		
3.	Jose Manuel Vieira	58	Desportivo Nacional	5:38.40	+0,92	622
	50m: 36.01 36.01	150m: 1:59.28 42.43	250m: 3:27.36 44.02	350m: 4:56.97 44.46		
	100m: 1:16.85 40.84	200m: 2:43.34 44.06	300m: 4:12.51 45.15	400m: 5:38.40 41.43		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Henrique Luis Seabra	61	Fluvial Portuense	6:01.26	+0,86	512
	50m: 38.87 38.87	150m: 2:08.00 44.91	250m: 3:40.43 46.62	350m: 5:14.40 46.92		
	100m: 1:23.09 44.22	200m: 2:53.81 45.81	300m: 4:27.48 47.05	400m: 6:01.26 46.86		
5.	Arnaldo Silva Martins	61	Fluvial Portuense	7:27.00	+1,08	270
	50m: 50.13 50.13	150m: 2:41.23 56.85	250m: 4:36.49 58.22	350m: 6:30.14 56.77		
	100m: 1:44.38 54.25	200m: 3:38.27 57.04	300m: 5:33.37 56.88	400m: 7:27.00 56.86		

Prova 1 Masc., 400m Livres Master Esc H Resultados

30-01-2016 - 9:30 Rec Nac Esc H 5:31.71 Alberto Vaz Correia SAD Mealhada 06-12-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Vitor Manuel Mavioso	56	Alges	5:11.27	+0,79	902
	<i>Rec Nacional Esc H</i>					
	50m: 34.12 34.12	150m: 1:51.59 39.46	250m: 3:12.05 40.42	350m: 4:32.96 40.55		
	100m: 1:12.13 38.01	200m: 2:31.63 40.04	300m: 3:52.41 40.36	400m: 5:11.27 38.31		
2.	Alberto Vaz Correia	55	Alges	5:28.67	+1,07	766
	50m: 35.11 35.11	150m: 1:57.43 42.16	250m: 3:22.55 42.90	350m: 4:48.84 43.31		
	100m: 1:15.27 40.16	200m: 2:39.65 42.22	300m: 4:05.53 42.98	400m: 5:28.67 39.83		
3.	Ricardo Antonio Mendes	55	Salesianos de Lisboa	6:00.77	+1,31	579
	50m: 40.59 40.59	150m: 2:11.56 46.72	250m: 3:44.35 46.10	350m: 5:17.22 46.55		
	100m: 1:24.84 44.25	200m: 2:58.25 46.69	300m: 4:30.67 46.32	400m: 6:00.77 43.55		
4.	Carlos Augusto Correia	52	Masters de Almada	6:20.01	+1,17	496
	50m: 42.97 42.97	150m: 2:20.52 48.61	250m: 3:57.20 48.42	350m: 5:34.26 48.09		
	100m: 1:31.91 48.94	200m: 3:08.78 48.26	300m: 4:46.17 48.97	400m: 6:20.01 45.75		
5.	Antonio Barrocas Albardeiro	56	Alges	6:25.48	+1,02	475
	50m: 41.80 41.80	150m: 2:15.17 47.32	250m: 3:54.18 50.20	350m: 5:35.60 51.34		
	100m: 1:27.85 46.05	200m: 3:03.98 48.81	300m: 4:44.26 50.08	400m: 6:25.48 49.88		
6.	Jose Luis Morgado	54	Fluvial Portuense	6:41.57	+1,19	420
	50m: 47.56 47.56	150m: 2:29.80 51.85	250m: 4:13.18 51.49	350m: 5:55.67 50.70		
	100m: 1:37.95 50.39	200m: 3:21.69 51.89	300m: 5:04.97 51.79	400m: 6:41.57 45.90		
7.	Joao Represas Brandao	54	Ginasio Clube	7:16.56	+0,85	327
	50m: 43.34 43.34	150m: 2:31.88 56.90	250m: 4:27.38 58.67	350m: 6:25.31 1:00.04		
	100m: 1:34.98 51.64	200m: 3:28.71 56.83	300m: 5:25.27 57.89	400m: 7:16.56 51.25		
8.	Jose Henrique Madail	54	Galitos/Bresimar	7:21.81	+1,21	315
	50m: 48.54 48.54	150m: 2:36.66 55.97	250m: 4:29.33 56.59	350m: 6:26.79 58.83		
	100m: 1:40.69 52.15	200m: 3:32.74 56.08	300m: 5:27.96 58.63	400m: 7:21.81 55.02		
9.	Jose Alexandre Raposo	55	Sporting de Aveiro	7:58.20	+1,25	249
	50m: 52.40 52.40	150m: 2:53.64 1:01.64	250m: 4:56.62 1:01.89	350m: 6:59.72 1:01.34		
	100m: 1:52.00 59.60	200m: 3:54.73 1:01.09	300m: 5:58.38 1:01.76	400m: 7:58.20 58.48		
10.	Jose Luis Romao	55	Salesianos de Lisboa	8:45.80	+1,15	187
	50m: 51.28 51.28	150m: 2:56.75 1:04.46	250m: 5:14.95 1:10.82	350m: 7:37.59 1:11.02		
	100m: 1:52.29 1:01.01	200m: 4:04.13 1:07.38	300m: 6:26.57 1:11.62	400m: 8:45.80 1:08.21		

Prova 1, Masc., 400m Livres

Prova 1
30-01-2016 - 9:30 Masc., 400m Livres Master Esc I Resultados

Rec Nac Esc I 5:48.86 Antonio Bessone Basto SAD Lisboa 20-02-2010

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Antonio Manuel Tavares	51	Funcao Publica	7:14.85	+1,13	352
	50m: 50.44 50.44	150m: 2:41.75 56.45	250m: 4:33.25 55.66	350m: 6:23.88 55.33		
	100m: 1:45.30 54.86	200m: 3:37.59 55.84	300m: 5:28.55 55.30	400m: 7:14.85 50.97		
2.	Mario Jorge Melo	51	Colegio Monte Maior	7:30.21	+1,26	317
	50m: 49.14 49.14	150m: 2:42.12 58.04	250m: 4:41.10 59.15	350m: 6:39.71 58.81		
	100m: 1:44.08 54.94	200m: 3:41.95 59.83	300m: 5:40.90 59.80	400m: 7:30.21 50.50		
3.	Luis Silveira Viegas	47	Alges	7:59.98	+1,34	261
	50m: 51.28 51.28	150m: 2:50.32 1:00.98	250m: 4:58.93 1:04.98	350m: 7:03.79 1:03.00		
	100m: 1:49.34 58.06	200m: 3:53.95 1:03.63	300m: 6:00.79 1:01.86	400m: 7:59.98 56.19		

Prova 1
30-01-2016 - 9:30 Masc., 400m Livres Master Esc J Resultados

Rec Nac Esc J 5:55.49 Antonio Bessone Basto SAD Recarei 16-05-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alexandre Azevedo Gaspar	45	Alges	7:31.53	+1,25	407
	50m: 50.51 50.51	150m: 2:47.59 59.56	250m: 4:44.04 57.79	350m: 6:38.75 57.30		
	100m: 1:48.03 57.52	200m: 3:46.25 58.66	300m: 5:41.45 57.41	400m: 7:31.53 52.78		
2.	Jose Joaquim Marreiros	46	Alges	8:15.80		307
	50m: 55.56 55.56	150m: 2:59.39 1:01.92	250m: 5:03.06 1:02.61	350m: 7:11.46 1:03.37		
	100m: 1:57.47 1:01.91	200m: 4:00.45 1:01.06	300m: 6:08.09 1:05.03	400m: 8:15.80 1:04.34		