

Event 9 Men, 400m Freestyle Master Esc A  
09-07-2016 - 9:00 Results

RN A(25-29) 4:12.44 Adriano Miguel Niz GDNVNF Kazan (RUS) 16-08-2015

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Nuno Maria Nolasco	87			Ginasio Clube	<b>4:33.68</b>	770
	50m: 30.23 30.23	150m: 1:38.67	35.02	250m: 2:49.34	35.50	350m: 4:00.09	35.37
	100m: 1:03.65 33.42	200m: 2:13.84	35.17	300m: 3:24.72	35.38	400m: 4:33.68	33.59
2.	Luis Filipe Silva	88			Fundacao Salesianos	<b>4:37.74</b>	737
	50m: 30.25 30.25	150m: 1:38.37	34.73	250m: 2:50.30	35.91	350m: 4:02.08	35.55
	100m: 1:03.64 33.39	200m: 2:14.39	36.02	300m: 3:26.53	36.23	400m: 4:37.74	35.66
3.	Duarte Lages Silva	88			Viana Natacao	<b>4:56.00</b>	609
	50m: 31.72 31.72	150m: 1:42.24	36.47	250m: 2:58.32	38.89	350m: 4:17.22	40.12
	100m: 1:05.77 34.05	200m: 2:19.43	37.19	300m: 3:37.10	38.78	400m: 4:56.00	38.78
4.	Joao Ribeiro Fernandes	87			Vitoria/ Olicargo	<b>5:03.94</b>	562
	50m: 34.26 34.26	150m: 1:49.38	38.41	250m: 3:08.01	40.02	350m: 4:27.52	39.64
	100m: 1:10.97 36.71	200m: 2:27.99	38.61	300m: 3:47.88	39.87	400m: 5:03.94	36.42
5.	Diogo Gil Henriques	88			Alges	<b>5:04.17</b>	561
	50m: 33.32 33.32	150m: 1:50.27	39.19	250m: 3:09.46	39.56	350m: 4:27.40	37.99
	100m: 1:11.08 37.76	200m: 2:29.90	39.63	300m: 3:49.41	39.95	400m: 5:04.17	36.77
6.	Joao Pedro Ferreira	91			Geslours	<b>5:38.87</b>	405
	50m: 35.80 35.80	150m: 1:56.65	41.54	250m: 3:23.10	44.13	350m: 4:54.19	45.78
	100m: 1:15.11 39.31	200m: 2:38.97	42.32	300m: 4:08.41	45.31	400m: 5:38.87	44.68
7.	Hugo Miguel Fernandes	90			Fluval Portuense	<b>5:45.33</b>	383
	50m: 37.13 37.13	150m: 2:02.32	43.29	250m: 3:33.13	45.47	350m: 5:02.66	44.74
	100m: 1:19.03 41.90	200m: 2:47.66	45.34	300m: 4:17.92	44.79	400m: 5:45.33	42.67
8.	Pedro Miguel Magalhaes	88			Individual ANNP	<b>5:55.40</b>	351
	50m: 38.14 38.14	150m: 2:08.12	45.33	250m: 3:40.65	46.14	350m: 5:13.21	45.45
	100m: 1:22.79 44.65	200m: 2:54.51	46.39	300m: 4:27.76	47.11	400m: 5:55.40	42.19
DNS	Carlos Andre Ribeiro	87			Foca		

Event 9 Men, 400m Freestyle Master Esc B  
09-07-2016 - 9:00 Results

RN B(30-34) 4:10.56 Adriano Miguel Niz GDNVNF London (GBR) 27-05-2016

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Jaime Fernando Costa	86			Litoral Alentejano	<b>4:38.81</b>	708
	50m: 31.30 31.30	150m: 1:40.62	35.54	250m: 2:51.72	35.63	350m: 4:03.67	36.39
	100m: 1:05.08 33.78	200m: 2:16.09	35.47	300m: 3:27.28	35.56	400m: 4:38.81	35.14
2.	Mauro Santos Inacio	84			Litoral Alentejano	<b>4:42.95</b>	677
	50m: 31.64 31.64	150m: 1:41.37	35.98	250m: 2:53.76	36.73	350m: 4:06.81	36.72
	100m: 1:05.39 33.75	200m: 2:17.03	35.66	300m: 3:30.09	36.33	400m: 4:42.95	36.14
3.	Carlos Fernandes Queiros	86			Fluval Portuense	<b>4:44.74</b>	664
	50m: 31.64 31.64	150m: 1:41.21	34.96	250m: 2:51.83	35.06	350m: 4:06.29	38.24
	100m: 1:06.25 34.61	200m: 2:16.77	35.56	300m: 3:28.05	36.22	400m: 4:44.74	38.45
4.	Alvaro Miguel Cardoso	84			Fundacao Salesianos	<b>4:51.24</b>	621
	50m: 31.04 31.04	150m: 1:43.08	36.67	250m: 2:58.04	37.69	350m: 4:14.40	38.34
	100m: 1:06.41 35.37	200m: 2:20.35	37.27	300m: 3:36.06	38.02	400m: 4:51.24	36.84

Event 9, Men, 400m Freestyle, Master Esc B

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
5.	Tiago Narciso Carmo	85			Viana Natacao	<b>4:57.08</b>	585
	50m: 31.66 31.66	150m: 1:42.39	36.35	250m: 2:57.27	38.01	350m: 4:16.62	40.20
	100m: 1:06.04 34.38	200m: 2:19.26	36.87	300m: 3:36.42	39.15	400m: 4:57.08	40.46
6.	Sergio Miguel Manso	84			Funcao Publica	<b>5:09.72</b>	516
	50m: 34.59 34.59	150m: 1:52.17	39.57	250m: 3:12.62	40.75	350m: 4:33.42	40.23
	100m: 1:12.60 38.01	200m: 2:31.87	39.70	300m: 3:53.19	40.57	400m: 5:09.72	36.30
7.	Joao Duarte Cruz	86			Masters de Almada	<b>5:18.05</b>	477
	50m: 36.73 36.73	150m: 1:57.23	40.47	250m: 3:18.28	40.38	350m: 4:38.05	39.04
	100m: 1:16.76 40.03	200m: 2:37.90	40.67	300m: 3:59.01	40.73	400m: 5:18.05	40.00
8.	Daniel Filipe Fernandes	85			Galitos / Bresimar	<b>5:26.08</b>	442
	50m: 35.54 35.54	150m: 1:59.50	43.33	250m: 3:24.80	42.67	350m: 4:46.74	40.11
	100m: 1:16.17 40.63	200m: 2:42.13	42.63	300m: 4:06.63	41.83	400m: 5:26.08	39.34
9.	Agostinho Alberto Rego	82	S9	12+	Vitoria/ Olicargo	<b>5:54.10</b>	345
	50m: 39.12 39.12	150m: 2:06.70	45.00	250m: 3:37.96	46.36	350m: 5:10.27	46.64
	100m: 1:21.70 42.58	200m: 2:51.60	44.90	300m: 4:23.63	45.67	400m: 5:54.10	43.83
10.	Luis Ricardo Miranda	86			Viana Natacao	<b>6:19.36</b>	281
	50m: 40.49 40.49	150m: 2:12.43	47.81	250m: 3:51.07	50.04	350m: 5:31.60	50.49
	100m: 1:24.62 44.13	200m: 3:01.03	48.60	300m: 4:41.11	50.04	400m: 6:19.36	47.76
11.	Samuel Evora Castela	86			Alges	<b>6:50.69</b>	221
	50m: 43.98 43.98	150m: 2:23.93	52.05	250m: 4:14.88	56.42	350m: 6:04.60	53.61
	100m: 1:31.88 47.90	200m: 3:18.46	54.53	300m: 5:10.99	56.11	400m: 6:50.69	46.09

Event 9 Men, 400m Freestyle Master Esc C Results

09-07-2016 - 9:00 RN C(35-39) 4:24.85 Pedro Miguel Silva CFV Oeiras 02-07-2011

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Jose Pedro Neves	81			Vilacondense	<b>5:09.43</b>	569
	50m: 32.37 32.37	150m: 1:46.92	38.55	250m: 3:08.15	40.56	350m: 4:30.23	40.85
	100m: 1:08.37 36.00	200m: 2:27.59	40.67	300m: 3:49.38	41.23	400m: 5:09.43	39.20
2.	Sergio Miguel Santos	80			Galitos / Bresimar	<b>5:16.62</b>	531
	50m: 34.58 34.58	150m: 1:55.55	41.54	250m: 3:15.56	39.33	350m: 4:36.35	40.44
	100m: 1:14.01 39.43	200m: 2:36.23	40.68	300m: 3:55.91	40.35	400m: 5:16.62	40.27
3.	Daniel Segalerva Peral	78			Mast Murcia	<b>5:18.27</b>	523
	50m: 35.47 35.47	150m: 1:54.48	40.63	250m: 3:18.34	41.90	350m: 4:40.96	41.42
	100m: 1:13.85 38.38	200m: 2:36.44	41.96	300m: 3:59.54	41.20	400m: 5:18.27	37.31
4.	Alexander Ramos Esteves	77			Ginasio de Vila Real	<b>5:34.19</b>	452
	50m: 35.76 35.76	150m: 1:56.06	41.14	250m: 3:22.60	43.72	350m: 4:50.54	44.23
	100m: 1:14.92 39.16	200m: 2:38.88	42.82	300m: 4:06.31	43.71	400m: 5:34.19	43.65
5.	Tiago Goncalo Ribeiro	80			Pimpoes/Cimai	<b>5:37.09</b>	440
	50m: 35.42 35.42	150m: 1:57.51	42.07	250m: 3:25.10	43.68	350m: 4:53.54	44.36
	100m: 1:15.44 40.02	200m: 2:41.42	43.91	300m: 4:09.18	44.08	400m: 5:37.09	43.55
6.	Nuno Silva Afonso	79			Amigos da Natacao	<b>7:20.13</b>	198
	50m: 46.21 46.21	150m: 2:37.45	56.33	250m: 4:31.69	57.71	350m: 6:26.20	57.79
	100m: 1:41.12 54.91	200m: 3:33.98	56.53	300m: 5:28.41	56.72	400m: 7:20.13	53.93

Event 9, Men, 400m Freestyle

Event 9 Men, 400m Freestyle Master Esc D  
09-07-2016 - 9:00 Results

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

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Rodrigo Marques Costa	76			Litoral Alentejano	<b>4:43.28</b>	724
	50m: 32.84 32.84	150m: 1:43.92 35.55	250m: 2:56.27 35.90	350m: 4:07.64 35.24			
	100m: 1:08.37 35.53	200m: 2:20.37 36.45	300m: 3:32.40 36.13	400m: 4:43.28 35.64			
2.	Joao Pedro Sousa	74			Sao Roque	<b>4:52.19</b>	659
	50m: 31.87 31.87	150m: 1:44.38 37.07	250m: 3:00.43 38.31	350m: 4:16.81 37.64			
	100m: 1:07.31 35.44	200m: 2:22.12 37.74	300m: 3:39.17 38.74	400m: 4:52.19 35.38			
3.	Bruno Miguel Fonseca	73			Fundacao Salesianos	<b>5:16.61</b>	518
	50m: 34.28 34.28	150m: 1:53.59 40.95	250m: 3:14.02 40.53	350m: 4:36.34 41.70			
	100m: 1:12.64 38.36	200m: 2:33.49 39.90	300m: 3:54.64 40.62	400m: 5:16.61 40.27			
4.	Sergio David Silva	73			Natacao da Maia	<b>5:20.23</b>	501
	50m: 35.24 35.24	150m: 1:53.84 40.22	250m: 3:16.18 41.69	350m: 4:39.68 41.73			
	100m: 1:13.62 38.38	200m: 2:34.49 40.65	300m: 3:57.95 41.77	400m: 5:20.23 40.55			
5.	Paulo Alexandre Sousa	72			FC Ferreiras	<b>5:31.01</b>	453
	50m: 36.83 36.83	150m: 1:57.24 41.25	250m: 3:22.47 43.16	350m: 4:49.11 43.58			
	100m: 1:15.99 39.16	200m: 2:39.31 42.07	300m: 4:05.53 43.06	400m: 5:31.01 41.90			
6.	Ricardo Miguel Frias	73			Alges	<b>5:34.88</b>	438
	50m: 37.07 37.07	150m: 1:59.01 41.91	250m: 3:25.21 43.64	350m: 4:52.43 43.87			
	100m: 1:17.10 40.03	200m: 2:41.57 42.56	300m: 4:08.56 43.35	400m: 5:34.88 42.45			
7.	Jose Maria Gomes	72			Ginasio Clube	<b>5:47.56</b>	392
	50m: 39.28 39.28	150m: 2:05.49 44.16	250m: 3:36.25 46.22	350m: 5:05.14 44.78			
	100m: 1:21.33 42.05	200m: 2:50.03 44.54	300m: 4:20.36 44.11	400m: 5:47.56 42.42			
8.	Joao Miguel Macedo	74			Leixoes	<b>5:47.65</b>	391
	50m: 37.36 37.36	150m: 2:04.64 44.65	250m: 3:35.99 45.92	350m: 5:05.83 44.48			
	100m: 1:19.99 42.63	200m: 2:50.07 45.43	300m: 4:21.35 45.36	400m: 5:47.65 41.82			
9.	Joao Antonio Gomes	75			Leixoes	<b>6:04.60</b>	339
	50m: 37.69 37.69	150m: 2:09.37 47.56	250m: 3:46.60 49.07	350m: 5:22.11 48.02			
	100m: 1:21.81 44.12	200m: 2:57.53 48.16	300m: 4:34.09 47.49	400m: 6:04.60 42.49			
10.	Nuno Manuel Pereira	74			Colegio Monte Maior	<b>6:10.51</b>	323
	50m: 39.89 39.89	150m: 2:14.92 49.84	250m: 3:52.50 49.58	350m: 5:28.40 48.17			
	100m: 1:25.08 45.19	200m: 3:02.92 48.00	300m: 4:40.23 47.73	400m: 6:10.51 42.11			
11.	Rafael Augusto Correia	74			Ginasio de Vila Real	<b>6:17.88</b>	305
	50m: 38.69 38.69	150m: 2:08.61 46.02	250m: 3:47.20 50.62	350m: 5:28.14 51.27			
	100m: 1:22.59 43.90	200m: 2:56.58 47.97	300m: 4:36.87 49.67	400m: 6:17.88 49.74			
12.	David Pedro Guerra	76			Benedita	<b>6:20.48</b>	298
	50m: 39.89 39.89	150m: 2:11.57 47.34	250m: 3:50.59 49.93	350m: 5:31.52 51.04			
	100m: 1:24.23 44.34	200m: 3:00.66 49.09	300m: 4:40.48 49.89	400m: 6:20.48 48.96			
13.	Ricardo Velho Franco	74			Geslours	<b>6:28.10</b>	281
	50m: 41.11 41.11	150m: 2:15.36 48.88	250m: 3:55.11 50.46	350m: 5:38.78 51.92			
	100m: 1:26.48 45.37	200m: 3:04.65 49.29	300m: 4:46.86 51.75	400m: 6:28.10 49.32			
14.	Nuno Miguel Pinto	74			Geslours	<b>6:28.54</b>	280
	50m: 40.60 40.60	150m: 2:15.31 48.93	250m: 3:56.58 50.58	350m: 5:38.15 50.38			
	100m: 1:26.38 45.78	200m: 3:06.00 50.69	300m: 4:47.77 51.19	400m: 6:28.54 50.39			

Event 9, Men, 400m Freestyle, Master Esc D

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
15.	Rui Alberto Mendes	75			Fluval Portuense	<b>6:38.37</b>	260
	50m: 39.39 39.39	150m: 2:16.97	51.35	250m: 4:04.72	55.59	350m: 5:51.81	54.04
	100m: 1:25.62 46.23	200m: 3:09.13	52.16	300m: 4:57.77	53.05	400m: 6:38.37	46.56
16.	Luis Miguel Oliveira	74			Pimpoes/Cimai	<b>6:44.28</b>	249
	50m: 44.56 44.56	150m: 2:25.20	51.95	250m: 4:10.04	51.89	350m: 5:55.08	52.32
	100m: 1:33.25 48.69	200m: 3:18.15	52.95	300m: 5:02.76	52.72	400m: 6:44.28	49.20
17.	Fernando Osvaldo Socorro	72			Leixoes	<b>6:51.64</b>	235
	50m: 43.00 43.00	150m: 2:25.11	53.29	250m: 4:13.85	53.95	350m: 6:02.08	53.94
	100m: 1:31.82 48.82	200m: 3:19.90	54.79	300m: 5:08.14	54.29	400m: 6:51.64	49.56
18.	Vitorino Fernando Faria	73			Foca	<b>7:13.74</b>	201
	50m: 47.36 47.36	150m: 2:33.13	54.07	250m: 4:24.67	56.04	350m: 6:19.27	57.29
	100m: 1:39.06 51.70	200m: 3:28.63	55.50	300m: 5:21.98	57.31	400m: 7:13.74	54.47

Event 9 Men, 400m Freestyle Master Esc E  
09-07-2016 - 9:00 Results

RN E(45-49)	4:27.36	Jose Carlos Freitas	CFP	Gotemburgo (SWE)	06-08-2010
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Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Marco Vantaggiato	71			Litoral Alentejano	<b>5:04.02</b>	598
	50m: 33.81 33.81	150m: 1:49.79	38.97	250m: 3:07.60	39.40	350m: 4:27.06	40.06
	100m: 1:10.82 37.01	200m: 2:28.20	38.41	300m: 3:47.00	39.40	400m: 5:04.02	36.96
2.	Antonio Aderito Chaves	70			Porto	<b>5:10.43</b>	562
	50m: 35.01 35.01	150m: 1:52.00	39.09	250m: 3:11.59	39.80	350m: 4:31.09	39.70
	100m: 1:12.91 37.90	200m: 2:31.79	39.79	300m: 3:51.39	39.80	400m: 5:10.43	39.34
3.	Eurico M. Pereira Dos Santos	70			Olympique Courbevoie	<b>5:21.46</b>	506
	50m: 36.01 36.01	150m: 1:56.58	40.60	250m: 3:18.45	41.01	350m: 4:41.01	41.08
	100m: 1:15.98 39.97	200m: 2:37.44	40.86	300m: 3:59.93	41.48	400m: 5:21.46	40.45
4.	Luis Miguel Vasconcelos	68			Geslours	<b>5:42.22</b>	419
	50m: 38.47 38.47	150m: 2:04.37	43.74	250m: 3:32.32	44.51	350m: 4:59.83	43.98
	100m: 1:20.63 42.16	200m: 2:47.81	43.44	300m: 4:15.85	43.53	400m: 5:42.22	42.39
5.	Jorg Lohken	68			Funcao Publica	<b>5:48.43</b>	397
	50m: 37.19 37.19	150m: 2:03.20	44.74	250m: 3:33.46	46.05	350m: 5:04.63	45.84
	100m: 1:18.46 41.27	200m: 2:47.41	44.21	300m: 4:18.79	45.33	400m: 5:48.43	43.80
6.	Pedro Leal Martins	68			FC Ferreiras	<b>5:54.12</b>	378
	50m: 37.68 37.68	150m: 2:02.92	43.93	250m: 3:34.19	46.55	350m: 5:09.90	49.42
	100m: 1:18.99 41.31	200m: 2:47.64	44.72	300m: 4:20.48	46.29	400m: 5:54.12	44.22
7.	Fernando Manuel Santana	68			Colegio Monte Maior	<b>6:35.86</b>	271
	50m: 47.24 47.24	150m: 2:30.40	51.46	250m: 4:11.92	50.47	350m: 5:50.86	49.56
	100m: 1:38.94 51.70	200m: 3:21.45	51.05	300m: 5:01.30	49.38	400m: 6:35.86	45.00
8.	Antonio Manuel Santinha	69			Masters de Almada	<b>6:36.97</b>	268
	50m: 42.64 42.64	150m: 2:24.79	51.85	250m: 4:09.33	52.15	350m: 5:50.73	49.68
	100m: 1:32.94 50.30	200m: 3:17.18	52.39	300m: 5:01.05	51.72	400m: 6:36.97	46.24
9.	Antonio Manuel Ribeiro	69			Leixoes	<b>6:43.85</b>	255
	50m: 44.25 44.25	150m: 2:25.12	51.02	250m: 4:10.00	52.46	350m: 5:55.38	52.56
	100m: 1:34.10 49.85	200m: 3:17.54	52.42	300m: 5:02.82	52.82	400m: 6:43.85	48.47

Event 9, Men, 400m Freestyle, Master Esc E

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
10.	Paulo Marques Costa	68			Galitos / Bresimar	<b>7:04.66</b>	219
	50m: 42.09 42.09	150m: 2:21.36	51.72	250m: 4:11.51	55.85	350m: 6:08.15	57.65
	100m: 1:29.64 47.55	200m: 3:15.66	54.30	300m: 5:10.50	58.99	400m: 7:04.66	56.51
11.	Fernando Manuel Carmo	67			Alges	<b>7:04.90</b>	219
	50m: 46.13 46.13	150m: 2:32.43	54.33	250m: 4:21.99	55.34	350m: 6:13.18	55.21
	100m: 1:38.10 51.97	200m: 3:26.65	54.22	300m: 5:17.97	55.98	400m: 7:04.90	51.72
12.	Pedro Alexandre Inverneiro	71			Fluval Portuense	<b>7:09.43</b>	212
	50m: 44.63 44.63	150m: 2:34.08	57.31	250m: 4:28.16	57.07	350m: 6:20.69	54.91
	100m: 1:36.77 52.14	200m: 3:31.09	57.01	300m: 5:25.78	57.62	400m: 7:09.43	48.74
13.	Jose Luis Cardoso	71			Masters de Almada	<b>7:38.14</b>	174
	50m: 44.94 44.94	150m: 2:35.76	58.03	250m: 4:37.02	1:01.08	350m: 6:40.64	1:02.05
	100m: 1:37.73 52.79	200m: 3:35.94	1:00.18	300m: 5:38.59	1:01.57	400m: 7:38.14	57.50
14.	Alexandre Augusto Monteiro	71			Leixoes	<b>8:47.98</b>	114
	50m: 57.55 57.55	150m: 3:11.01	1:08.02	250m: 5:28.37	1:09.31	350m: 7:48.73	1:11.00
	100m: 2:02.99 1:05.44	200m: 4:19.06	1:08.05	300m: 6:37.73	1:09.36	400m: 8:47.98	59.25

Event 9 Men, 400m Freestyle Master Esc F  
09-07-2016 - 9:00 Results

RN F(50-54) 4:28.97 Jose Carlos Freitas CFP Kazan (RUS) 16-08-2015

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Jose Carlos Freitas	63			Fluval Portuense	<b>4:33.72</b>	987
	50m: 31.96 31.96	150m: 1:41.08	34.90	250m: 2:51.16	35.08	350m: 4:01.09	35.05
	100m: 1:06.18 34.22	200m: 2:16.08	35.00	300m: 3:26.04	34.88	400m: 4:33.72	32.63
2.	Jose Samuel Duarte	65			Sporting	<b>5:12.39</b>	664
	50m: 36.75 36.75	150m: 1:56.75	40.31	250m: 3:16.56	39.35	350m: 4:34.54	39.17
	100m: 1:16.44 39.69	200m: 2:37.21	40.46	300m: 3:55.37	38.81	400m: 5:12.39	37.85
3.	Marco Proietti	63			Circolo Canottieri Aniene	<b>5:12.45</b>	663
	50m: 34.15 34.15	150m: 1:51.45	39.87	250m: 3:11.97	40.65	350m: 4:33.31	40.52
	100m: 1:11.58 37.43	200m: 2:31.32	39.87	300m: 3:52.79	40.82	400m: 5:12.45	39.14
4.	Ralf Pinto Soares	64			Nadadores dos Estoris	<b>5:20.92</b>	612
	50m: 34.38 34.38	150m: 1:54.90	40.51	250m: 3:17.28	41.21	350m: 4:40.51	41.13
	100m: 1:14.39 40.01	200m: 2:36.07	41.17	300m: 3:59.38	42.10	400m: 5:20.92	40.41
5.	Armando Joao Costa	63			Colegio SMLamas	<b>5:55.63</b>	450
	50m: 37.93 37.93	150m: 2:08.35	46.18	250m: 3:42.13	46.97	350m: 5:14.43	45.41
	100m: 1:22.17 44.24	200m: 2:55.16	46.81	300m: 4:29.02	46.89	400m: 5:55.63	41.20
6.	Antonio Jorge Martinho	65			Academica de Coimbra	<b>6:12.62</b>	391
	50m: 40.73 40.73	150m: 2:14.17	48.58	250m: 3:51.05	49.64	350m: 5:28.90	49.14
	100m: 1:25.59 44.86	200m: 3:01.41	47.24	300m: 4:39.76	48.71	400m: 6:12.62	43.72
7.	Alexander Graham	63			Fluval Portuense	<b>6:37.03</b>	323
	50m: 43.81 43.81	150m: 2:21.61	49.61	250m: 4:04.49	51.19	350m: 5:47.79	52.00
	100m: 1:32.00 48.19	200m: 3:13.30	51.69	300m: 4:55.79	51.30	400m: 6:37.03	49.24
8.	Rui Manuel Velez	64			Luz e Vida	<b>6:48.46</b>	297
	50m: 43.20 43.20	150m: 2:26.47	52.35	250m: 4:13.15	54.13	350m: 5:59.23	52.57
	100m: 1:34.12 50.92	200m: 3:19.02	52.55	300m: 5:06.66	53.51	400m: 6:48.46	49.23



Event 9, Men, 400m Freestyle, Master Esc F

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
9.	Alberto Sergio Sousa	63			Natacao da Maia	<b>7:16.85</b>	242
	50m: 43.37 43.37	150m: 2:29.01 53.99	250m: 4:24.07 58.59	350m: 6:23.88 59.79			
	100m: 1:35.02 51.65	200m: 3:25.48 56.47	300m: 5:24.09 1:00.02	400m: 7:16.85 52.97			
10.	Hans Dieter Thiemann	66			O2-Portimao	<b>7:27.71</b>	225
	50m: 47.18 47.18	150m: 2:34.81 55.13	250m: 4:34.31 1:00.65	350m: 6:33.56 59.98			
	100m: 1:39.68 52.50	200m: 3:33.66 58.85	300m: 5:33.58 59.27	400m: 7:27.71 54.15			
11.	Rui Pedro Ferreira	64			Natacao da Maia	<b>7:58.50</b>	184
	50m: 47.09 47.09	150m: 2:47.33 1:02.66	250m: 4:56.24 1:04.95	350m: 7:02.20 1:03.14			
	100m: 1:44.67 57.58	200m: 3:51.29 1:03.96	300m: 5:59.06 1:02.82	400m: 7:58.50 56.30			
12.	Joao Carlos Nascimento	63			O2-Portimao	<b>8:54.29</b>	132
	50m: 52.45 52.45	150m: 3:02.94 1:09.16	250m: 5:24.21 1:11.37	350m: 7:47.02 1:10.40			
	100m: 1:53.78 1:01.33	200m: 4:12.84 1:09.90	300m: 6:36.62 1:12.41	400m: 8:54.29 1:07.27			
13.	Mario Jorge Ribeiro	65			Alges	<b>10:44.20</b>	75
	50m: 55.59 55.59	150m: 3:32.54 1:18.49	250m: 6:22.54 1:19.12	350m: 9:12.36 1:17.36			
	100m: 2:14.05 1:18.46	200m: 5:03.42 1:30.88	300m: 7:55.00 1:32.46	400m: 10:44.20 1:31.84			

Event 9 Men, 400m Freestyle Master Esc G Results

RN G(55-59) 5:07.78 Paulo Paula Carvalho SFUAP Coimbra 17-01-2016

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Jaime Carlos Bento	61			Alges	<b>5:26.24</b>	739
	50m: 35.54 35.54	150m: 1:56.54 41.39	250m: 3:20.58 42.26	350m: 4:46.47 43.36			
	100m: 1:15.15 39.61	200m: 2:38.32 41.78	300m: 4:03.11 42.53	400m: 5:26.24 39.77			
2.	Mario Jose Pinto	57			Sporting de Aveiro	<b>5:56.24</b>	568
	50m: 40.04 40.04	150m: 2:08.92 45.59	250m: 3:41.83 46.64	350m: 5:14.98 46.52			
	100m: 1:23.33 43.29	200m: 2:55.19 46.27	300m: 4:28.46 46.63	400m: 5:56.24 41.26			
3.	Henrique Luis Seabra	61			Fluival Portuense	<b>6:03.79</b>	533
	50m: 38.26 38.26	150m: 2:07.77 46.71	250m: 3:42.77 47.40	350m: 5:16.92 46.70			
	100m: 1:21.06 42.80	200m: 2:55.37 47.60	300m: 4:30.22 47.45	400m: 6:03.79 46.87			
4.	Antonio Costa Raposo	58			O2-Portimao	<b>6:39.17</b>	403
	50m: 43.07 43.07	150m: 2:22.00 50.64	250m: 4:06.93 52.79	350m: 5:50.10 50.95			
	100m: 1:31.36 48.29	200m: 3:14.14 52.14	300m: 4:59.15 52.22	400m: 6:39.17 49.07			
5.	Paulo Jose Patrao	60			Alges	<b>7:57.40</b>	236
	50m: 52.83 52.83	150m: 2:53.55 1:02.09	250m: 4:59.98 1:03.03	350m: 7:02.33 1:00.61			
	100m: 1:51.46 58.63	200m: 3:56.95 1:03.40	300m: 6:01.72 1:01.74	400m: 7:57.40 55.07			
6.	Carlos Alberto Jesus	59			Masters de Almada	<b>8:14.86</b>	211
	50m: 46.96 46.96	150m: 2:47.04 1:02.26	250m: 4:58.52 1:06.99	350m: 7:11.06 1:05.78			
	100m: 1:44.78 57.82	200m: 3:51.53 1:04.49	300m: 6:05.28 1:06.76	400m: 8:14.86 1:03.80			

Event 9, Men, 400m Freestyle

Event 9 Men, 400m Freestyle Master Esc H  
09-07-2016 - 9:00 Results

RN H(60-64) 5:23.91 Vitor Manuel Mavioso SAD Coimbra 17-01-2016

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Alberto Vaz Correia	55			Alges	<b>5:39.46</b>	759
	50m: 36.84 36.84	150m: 2:01.33	43.25	250m: 3:28.44	43.74	350m: 4:57.74	44.69
	100m: 1:18.08 41.24	200m: 2:44.70	43.37	300m: 4:13.05	44.61	400m: 5:39.46	41.72
2.	Ricardo Antonio Mendes	55			Fundacao Salesianos	<b>6:06.85</b>	601
	50m: 39.54 39.54	150m: 2:12.85	48.80	250m: 3:50.31	49.37	350m: 5:24.66	46.86
	100m: 1:24.05 44.51	200m: 3:00.94	48.09	300m: 4:37.80	47.49	400m: 6:06.85	42.19
3.	Marco Antonio Pinho	55			Leixoes	<b>6:16.24</b>	557
	50m: 40.65 40.65	150m: 2:13.36	47.60	250m: 3:49.93	47.91	350m: 5:28.02	48.91
	100m: 1:25.76 45.11	200m: 3:02.02	48.66	300m: 4:39.11	49.18	400m: 6:16.24	48.22
4.	Carlos Augusto Correia	52			Masters de Almada	<b>6:37.56</b>	472
	50m: 45.97 45.97	150m: 2:28.18	52.19	250m: 4:10.05	51.57	350m: 5:50.32	50.19
	100m: 1:35.99 50.02	200m: 3:18.48	50.30	300m: 5:00.13	50.08	400m: 6:37.56	47.24
5.	Antonio Barrocas Albardeiro	56			Alges	<b>6:46.32</b>	442
	50m: 42.05 42.05	150m: 2:21.50	52.20	250m: 4:08.90	54.34	350m: 5:56.72	54.76
	100m: 1:29.30 47.25	200m: 3:14.56	53.06	300m: 5:01.96	53.06	400m: 6:46.32	49.60
6.	Jose Luis Morgado	54			Fluvial Portuense	<b>7:11.76</b>	368
	50m: 50.89 50.89	150m: 2:42.44	57.09	250m: 4:35.29	57.48	350m: 6:26.25	55.45
	100m: 1:45.35 54.46	200m: 3:37.81	55.37	300m: 5:30.80	55.51	400m: 7:11.76	45.51
7.	Fernando Manuel Damas	53			Alges	<b>7:16.96</b>	355
	50m: 50.26 50.26	150m: 2:40.31	55.54	250m: 4:33.04	56.35	350m: 6:24.53	55.66
	100m: 1:44.77 54.51	200m: 3:36.69	56.38	300m: 5:28.87	55.83	400m: 7:16.96	52.43
8.	Jose Alexandre Raposo	55			Sporting de Aveiro	<b>8:09.49</b>	253
	50m: 53.62 53.62	150m: 2:58.93	1:02.88	250m: 5:05.21	1:02.40	350m: 7:08.98	1:01.31
	100m: 1:56.05 1:02.43	200m: 4:02.81	1:03.88	300m: 6:07.67	1:02.46	400m: 8:09.49	1:00.51
9.	Joao Luis Roseira	55			Fluvial Portuense	<b>8:36.92</b>	214
	50m: 53.41 53.41	150m: 3:03.04	1:06.84	250m: 5:17.79	1:07.75	350m: 7:33.57	1:07.15
	100m: 1:56.20 1:02.79	200m: 4:10.04	1:07.00	300m: 6:26.42	1:08.63	400m: 8:36.92	1:03.35

Event 9 Men, 400m Freestyle Master Esc I  
09-07-2016 - 9:00 Results

RN I(65-69) 5:51.59 Stephen Thomas Dyson INDANL Reguengos de Monsaraz 30-06-2012

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Stephen Thomas Dyson	47			Alges	<b>6:09.92</b>	655
	50m: 41.27 41.27	150m: 2:16.13	47.98	250m: 3:52.32	47.75	350m: 5:26.39	46.92
	100m: 1:28.15 46.88	200m: 3:04.57	48.44	300m: 4:39.47	47.15	400m: 6:09.92	43.53
2.	Mario Jorge Melo	51			Colegio Monte Maior	<b>7:15.70</b>	401
	50m: 48.04 48.04	150m: 2:40.93	57.48	250m: 4:36.16	57.71	350m: 6:28.13	55.27
	100m: 1:43.45 55.41	200m: 3:38.45	57.52	300m: 5:32.86	56.70	400m: 7:15.70	47.57
3.	Luis Silveira Viegas	47			Alges	<b>7:50.56</b>	318
	50m: 51.09 51.09	150m: 2:51.64	1:01.90	250m: 4:56.11	1:02.99	350m: 6:57.35	59.90
	100m: 1:49.74 58.65	200m: 3:53.12	1:01.48	300m: 5:57.45	1:01.34	400m: 7:50.56	53.21

Event 9, Men, 400m Freestyle, Master Esc I

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
4.	Antonio Jorge Marques	51			Fluval Portuense	<b>8:32.03</b>	247
	50m: 57.01 57.01	150m: 3:09.05 1:07.03	250m: 5:21.80 1:06.37	350m: 7:32.39 1:04.35			
	100m: 2:02.02 1:05.01	200m: 4:15.43 1:06.38	300m: 6:28.04 1:06.24	400m: 8:32.03 59.64			
5.	Jose Manuel Horta	49			Alges	<b>10:32.19</b>	131
	50m: 1:09.83 1:09.83	150m: 3:49.19 1:21.15	250m: 6:32.28 1:22.26	350m: 9:16.54 1:22.81			
	100m: 2:28.04 1:18.21	200m: 5:10.02 1:20.83	300m: 7:53.73 1:21.45	400m: 10:32.19 1:15.65			

Event 9 Men, 400m Freestyle Master Esc J Results

09-07-2016 - 9:00 RN J(70-74) 6:07.65 Antonio Bessone Basto SAD Loulé 04-07-2015

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Orlando Gomes Bairrada	45			Alges	<b>7:08.14</b>	440
	50m: 47.27 47.27	150m: 2:33.71 54.60	250m: 4:24.31 55.19	350m: 6:15.06 55.19			
	100m: 1:39.11 51.84	200m: 3:29.12 55.41	300m: 5:19.87 55.56	400m: 7:08.14 53.08			
2.	Jose Joaquim Marreiros	46			Alges	<b>9:07.18</b>	210
	50m: 1:05.80 1:05.80	150m: 3:23.77 1:11.06	250m: 5:40.93 1:09.10	350m: 8:00.20 1:08.91			
	100m: 2:12.71 1:06.91	200m: 4:31.83 1:08.06	300m: 6:51.29 1:10.36	400m: 9:07.18 1:06.98			

Event 9 Men, 400m Freestyle Master Esc K Results

09-07-2016 - 9:00 RN K(75-79) 8:40.11 Joao Rodrigues Teixeira AAC Reguengos de Monsaraz 30-06-2012

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Antonio Alexandre Rodrigues 39 <i>Rec Nac Esc K</i>				Academica de Coimbra	<b>8:25.07</b>	315
	50m: 52.27 52.27	150m: 2:55.39 1:03.74	250m: 5:07.17 1:06.51	350m: 7:21.55 1:06.97			
	100m: 1:51.65 59.38	200m: 4:00.66 1:05.27	300m: 6:14.58 1:07.41	400m: 8:25.07 1:03.52			



Event 9, Men, 400m Freestyle

Event 9	Men, 400m Freestyle					S9
09-07-2016 - 9:00						Results
RN A(25-29)	4:12.44	Adriano Miguel Niz	GDNVNF	Kazan (RUS)	16-08-2015	
RN B(30-34)	4:10.56	Adriano Miguel Niz	GDNVNF	London (GBR)	27-05-2016	
RN C(35-39)	4:24.85	Pedro Miguel Silva	CFV	Oeiras	02-07-2011	
RN D(40-44)	4:33.43	Miguel Mendonca Cabrita	SAD	Évora	05-07-2014	
RN E(45-49)	4:27.36	Jose Carlos Freitas	CFP	Gotemburgo (SWE)	06-08-2010	
RN F(50-54)	4:28.97	Jose Carlos Freitas	CFP	Kazan (RUS)	16-08-2015	
RN G(55-59)	5:07.78	Paulo Paula Carvalho	SFUAP	Coimbra	17-01-2016	
RN H(60-64)	5:23.91	Vitor Manuel Mavioso	SAD	Coimbra	17-01-2016	
RN I(65-69)	5:51.59	Stephen Thomas Dyson	INDANL	Reguengos de Monsaraz	30-06-2012	
RN J(70-74)	6:07.65	Antonio Bessone Basto	SAD	Loulé	04-07-2015	
RN K(75-79)	8:40.11	Joao Rodrigues Teixeira	AAC	Reguengos de Monsaraz	30-06-2012	
RN L(80-84)	59:00.00					

Points: DSV Masters 13

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	Pts
1.	Agostinho Alberto Rego	82	S9	12+	Vitoria/ Olicargo	<b>5:54.10</b>	345
	50m: 39.12 39.12	150m: 2:06.70	45.00	250m: 3:37.96	46.36	350m: 5:10.27	46.64
	100m: 1:21.70 42.58	200m: 2:51.60	44.90	300m: 4:23.63	45.67	400m: 5:54.10	43.83