

Event 9	Men, 400m Freestyle				Open Startlist
09-07-2016 - 9:00					
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				

Pista Nome Nadador YB Classe Cod Exc Clube Obs. Tempo Inscr.

Heat 1 of 12, 9:00

2	Mario Jorge Ribeiro	65			Alges	10:30.00
3	Joao Carlos Nascimento	63			O2-Portimao	9:04.48
4	Antonio Alexandre Rodrigues	39			Academica de Coimbra	8:42.80
5	Jose Joaquim Marreiros	46			Alges	8:53.12
6	Antonio Jorge Marques	51			Fluval Portuense	9:13.29
7	Jose Manuel Horta	49			Alges	11:00.20

Heat 2 of 12, 9:10

1	Jose Luis Cardoso	71			Masters de Almada	8:25.89
2	Luis Silveira Viegas	47			Alges	8:00.67
3	Carlos Alberto Jesus	59			Masters de Almada	7:49.06
4	Vitorino Fernando Faria	73			Foca	7:39.00
5	Fernando Osvaldo Socorro	72			Leixoes	7:45.53
6	Joao Luis Roseira	55			Fluval Portuense	7:59.69
7	Jose Alexandre Raposo	55			Sporting de Aveiro	8:16.06
8	Alexandre Augusto Monteiro	71			Leixoes	8:37.28

Heat 3 of 12, 9:20

1	Fernando Manuel Damas	53			Alges	7:31.89
2	Paulo Jose Patrao	60			Alges	7:29.21
3	Alberto Sergio Sousa	63			Natacao da Maia	7:20.14
4	Pedro Alexandre Inverneiro	71			Fluval Portuense	6:59.69
5	Hans Dieter Thiemann	66			O2-Portimao	7:14.66
6	Mario Jorge Melo	51			Colegio Monte Maior	7:28.93
7	Nuno Silva Afonso	79			Amigos da Natacao	7:30.78
8	Rui Pedro Ferreira	64			Natacao da Maia	7:37.91

Event 9, Men, 400m Freestyle

Heat 4 of 12, 9:30

1 Rui Manuel Velez	64	Luz e Vida	6:52.75
2 Fernando Manuel Carmo	67	Alges	6:48.99
3 Antonio Manuel Santinha	69	Masters de Almada	6:46.76
4 Alexander Graham	63	Fluvial Portuense	6:40.06
5 Paulo Marques Costa	68	Galitos / Bresimar	6:40.45
6 Fernando Manuel Santana	68	Colegio Monte Maior	6:46.82
7 Carlos Augusto Correia	52	Masters de Almada	6:50.29
8 Jose Luis Morgado	54	Fluvial Portuense	6:56.08

Heat 5 of 12, 9:40

1 Antonio Manuel Ribeiro	69	Leixoes	6:35.71
2 Luis Miguel Oliveira	74	Pimpoes/Cimai	6:32.76
3 Marco Antonio Pinho	55	Leixoes	6:30.00
4 Ricardo Velho Franco	74	Gesloures	6:15.00
5 Antonio Jorge Martinho	65	Academica de Coimbra	6:24.27
6 Antonio Barrocas Albardeiro	56	Alges	6:30.31
7 Ricardo Antonio Mendes	55	Fundacao Salesianos	6:32.90
8 Orlando Gomes Bairrada	45	Alges	6:38.62

Heat 6 of 12, 9:50

1 Henrique Luis Seabra	61	Fluvial Portuense	6:07.91
2 Joao Antonio Gomes	75	Leixoes	6:06.48
3 Eurico M. Pereira Dos Santos	70	Olympique Courbevoie	6:05.76
4 Stephen Thomas Dyson	47	Alges	5:59.18
5 Samuel Evora Castela	86	Alges	6:00.00
6 Nuno Manuel Pereira	74	Colegio Monte Maior	6:06.39
7 Antonio Costa Raposo	58	O2-Portimao	6:06.82
8 Rui Alberto Mendes	75	Fluvial Portuense	6:10.55

Heat 7 of 12, 9:55

1 Pedro Miguel Magalhaes	88	Individual ANNP	5:56.69
2 Rafael Augusto Correia	74	Ginasio de Vila Real	5:53.55
3 Joao Miguel Macedo	74	Leixoes	5:49.64
4 Armando Joao Costa	63	Colegio SMLamas	5:47.08
5 Daniel Filipe Fernandes	85	Galitos / Bresimar	5:48.79
6 Mario Jose Pinto	57	Sporting de Aveiro	5:50.68
7 Nuno Miguel Pinto	74	Gesloures	5:55.00
8 Luis Ricardo Miranda	86	Viana Natacao	5:58.50

Event 9, Men, 400m Freestyle

Heat 8 of 12, 10:00

1	Alberto Vaz Correia	55		Alges	5:45.23
2	Agostinho Alberto Rego	82	S9 12+	Vitoria/ Olicargo	5:38.22
3	Jose Maria Gomes	72		Ginasio Clube	5:32.65
4	Sergio Miguel Santos	80		Galitos / Bresimar	5:29.40
5	Jaime Carlos Bento	61		Alges	5:31.20
6	Pedro Leal Martins	68		FC Ferreiras	5:38.01
7	David Pedro Guerra	76		Benedita	5:40.80
8	Jorg Lohken	68		Funcao Publica	5:46.28

Heat 9 of 12, 10:10

1	Ralf Pinto Soares	64		Nadadores dos Estoris	5:29.00
2	Jose Pedro Neves	81		Vilacondense	5:28.37
3	Sergio Miguel Manso	84		Funcao Publica	5:26.35
4	Sergio David Silva	73		Natacao da Maia	5:24.16
5	Paulo Alexandre Sousa	72		FC Ferreiras	5:24.54
6	Bruno Miguel Fonseca	73		Fundacao Salesianos	5:27.33
7	Ricardo Miguel Frias	73		Alges	5:28.63
8	Tiago Goncalo Ribeiro	80		Pimpoes/Cimai	5:29.30

Heat 10 of 12, 10:15

1	Antonio Aderito Chaves	70		Porto	5:20.00
2	Daniel Segalerva Peral	78		Mast Murcia	5:15.00
3	Alexander Ramos Esteves	77		Ginasio de Vila Real	5:12.30
4	Jose Samuel Duarte	65		Sporting	5:06.42
5	Joao Duarte Cruz	86		Masters de Almada	5:10.81
6	Luis Miguel Vasconcelos	68		Gesloures	5:15.00
7	Hugo Miguel Fernandes	90		Fluvial Portuense	5:17.43
8	Diogo Gil Henriques	88		Alges	5:20.25

Heat 11 of 12, 10:25

1	Alvaro Miguel Cardoso	84		Fundacao Salesianos	5:00.68
2	Joao Pedro Sousa	74		Sao Roque	4:56.15
3	Marco Vantaggiato	71		Litoral Alentejano	4:54.05
4	Joao Ribeiro Fernandes	87		Vitoria/ Olicargo	4:50.51
5	Mauro Santos Inacio	84		Litoral Alentejano	4:51.83
6	Duarte Lages Silva	88		Viana Natacao	4:55.50
7	Luis Filipe Silva	88		Fundacao Salesianos	4:59.36
8	Marco Proietti	63		Circolo Canottieri Aniene	5:06.10

Event 9, Men, 400m Freestyle

Heat 12 of 12, 10:30

1	Joao Pedro Ferreira	91	Gesloures	4:50.00
2	Jaime Fernando Costa	86	Litoral Alentejano	4:45.37
3	Jose Carlos Freitas	63	Fluvial Portuense	4:36.33
4	Carlos Fernandes Queiros	86	Fluvial Portuense	4:33.22
5	Nuno Maria Nolasco	87	Ginasio Clube	4:35.33
6	Carlos Andre Ribeiro	87	Foca	DNS 4:40.00
7	Rodrigo Marques Costa	76	Litoral Alentejano	4:46.21
8	Tiago Narciso Carmo	85	Viana Natacao	4:50.39