

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicão, 7- - 9-7-2017

Prova 11 Masc., 400m Livres Master Esc A
08-07-2017 - 9:45 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COSTA Rui Filipe	91	Vitoria Guimaraes	4:21.31	+0,73	885	9,00
	50m: 29.37 29.37		150m: 1:33.73 32.77	250m: 2:40.42 33.69	350m: 3:48.50 34.16		
	100m: 1:00.96 31.59		200m: 2:06.73 33.00	300m: 3:14.34 33.92	400m: 4:21.31 32.81		
2.	SILVA Luis Filipe	88	Salesianos	4:41.46	+0,87	708	7,00
	50m: 31.18 31.18		150m: 1:42.06 35.92	250m: 2:54.71 36.29	350m: 4:07.63 36.11		
	100m: 1:06.14 34.96		200m: 2:18.42 36.36	300m: 3:31.52 36.81	400m: 4:41.46 33.83		
3.	SOTELO Carlos Miguel	91	Individual ANMIN	4:47.32	+0,87	665	6,00
	50m: 30.68 30.68		150m: 1:42.05 36.84	250m: 2:57.42 38.01	350m: 4:12.80 37.05		
	100m: 1:05.21 34.53		200m: 2:19.41 37.36	300m: 3:35.75 38.33	400m: 4:47.32 34.52		
4.	FERREIRA Joao Manuel	92	CLAC-Entroncamento	4:48.12	+0,86	660	5,00
	50m: 30.73 30.73		150m: 1:41.59 36.25	250m: 2:55.39 37.09	350m: 4:10.91 37.74		
	100m: 1:05.34 34.61		200m: 2:18.30 36.71	300m: 3:33.17 37.78	400m: 4:48.12 37.21		
5.	RIJO Pedro Lobato	91	Alges	4:50.87	+0,74	641	4,00
	50m: 32.79 32.79		150m: 1:44.22 36.07	250m: 2:57.88 37.08	350m: 4:13.81 38.22		
	100m: 1:08.15 35.36		200m: 2:20.80 36.58	300m: 3:35.59 37.71	400m: 4:50.87 37.06		
6.	VIDEIRA Marco Andre	88	Funcao Publica	4:51.55	+0,82	637	3,00
	50m: 33.04 33.04		150m: 1:45.70 36.04	250m: 3:00.24 37.33	350m: 4:14.85 37.05		
	100m: 1:09.66 36.62		200m: 2:22.91 37.21	300m: 3:37.80 37.56	400m: 4:51.55 36.70		
7.	ROSA Joao Pedro	90	CLAC-Entroncamento	4:54.95	+0,81	615	2,00
	50m: 33.30 33.30		150m: 1:46.78 37.31	250m: 3:01.35 37.37	350m: 4:17.46 38.22		
	100m: 1:09.47 36.17		200m: 2:23.98 37.20	300m: 3:39.24 37.89	400m: 4:54.95 37.49		
8.	MENESES Goncalo Goncalves	92	Braga	5:08.35	+0,94	538	1,00
	50m: 35.22 35.22		150m: 1:50.78 38.03	250m: 3:09.87 39.42	350m: 4:30.12 40.03		
	100m: 1:12.75 37.53		200m: 2:30.45 39.67	300m: 3:50.09 40.22	400m: 5:08.35 38.23		
9.	HENRIQUES Diogo Gil	88	Alges	5:08.42	+0,90	538	-
	50m: 34.26 34.26		150m: 1:51.61 39.62	250m: 3:11.29 39.47	350m: 4:30.10 39.60		
	100m: 1:11.99 37.73		200m: 2:31.82 40.21	300m: 3:50.50 39.21	400m: 5:08.42 38.32		
10.	BOTAS David Nobre	90	Academica de Coimbra	5:13.37	+0,73	513	-
	50m: 34.18 34.18		150m: 1:51.23 39.00	250m: 3:10.89 39.91	350m: 4:32.98 41.04		
	100m: 1:12.23 38.05		200m: 2:30.98 39.75	300m: 3:51.94 41.05	400m: 5:13.37 40.39		
11.	PERDIGOTO Ruben Tiago	89	Salesianos	5:20.87	+1,03	478	-
	50m: 33.26 33.26		150m: 1:48.83 38.40	250m: 3:11.07 41.72	350m: 4:37.12 42.81		
	100m: 1:10.43 37.17		200m: 2:29.35 40.52	300m: 3:54.31 43.24	400m: 5:20.87 43.75		
12.	PIRES Andre Rosa	90	Geslours	5:27.49	+0,94	449	-
	50m: 34.45 34.45		150m: 1:55.26 41.56	250m: 3:20.26 42.47	350m: 4:46.18 43.07		
	100m: 1:13.70 39.25		200m: 2:37.79 42.53	300m: 4:03.11 42.85	400m: 5:27.49 41.31		
13.	SOUSA Andre Caravela	91	Individual ANMIN	5:32.08	+0,94	431	-
	50m: 34.14 34.14		150m: 1:54.46 40.84	250m: 3:20.27 43.06	350m: 4:48.39 43.63		
	100m: 1:13.62 39.48		200m: 2:37.21 42.75	300m: 4:04.76 44.49	400m: 5:32.08 43.69		
14.	MEDINA Alexandre Augusto	90	Natacao de Lisboa	5:32.92	+0,96	428	-
	50m: 33.55 33.55		150m: 1:52.52 41.22	250m: 3:19.96 44.10	350m: 4:49.26 44.66		
	100m: 1:11.30 37.75		200m: 2:35.86 43.34	300m: 4:04.60 44.64	400m: 5:32.92 43.66		

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Prova 11, Masc., 400m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
15.	MOREIRA Diogo Vilela	90	Propaganda da Natacao	5:34.94	+0,84	420	-
	50m: 34.58 34.58	150m: 1:57.17 42.14	250m: 3:24.98	44.22	350m: 4:53.26 44.03		
	100m: 1:15.03 40.45	200m: 2:40.76 43.59	300m: 4:09.23	44.25	400m: 5:34.94 41.68		
16.	FERREIRA Joao Pedro	91	Gesloures	5:39.33	+0,98	404	-
	50m: 38.71 38.71	150m: 2:02.27 42.09	250m: 3:28.61	43.92	350m: 4:56.15 44.54		
	100m: 1:20.18 41.47	200m: 2:44.69 42.42	300m: 4:11.61	43.00	400m: 5:39.33 43.18		
17.	TAVARES Jose Pedro	91	Gesloures	5:39.41	+0,73	403	-
	50m: 36.43 36.43	150m: 2:00.05 43.70	250m: 3:30.10	45.08	350m: 4:58.88 43.61		
	100m: 1:16.35 39.92	200m: 2:45.02 44.97	300m: 4:15.27	45.17	400m: 5:39.41 40.53		
18.	FELICIO Mario Nuno	90	Ginasio Clube	5:50.77	+1,10	365	-
	50m: 36.94 36.94	150m: 2:02.99 44.58	250m: 3:35.60	46.56	350m: 5:08.66 46.64		
	100m: 1:18.41 41.47	200m: 2:49.04 46.05	300m: 4:22.02	46.42	400m: 5:50.77 42.11		
19.	FERREIRA Joao Boavida	91	Desportiva BJWHF	5:50.95	+1,04	365	-
	50m: 32.93 32.93	150m: 1:54.25 42.39	250m: 3:28.27	48.57	350m: 5:05.66 49.09		
	100m: 1:11.86 38.93	200m: 2:39.70 45.45	300m: 4:16.57	48.30	400m: 5:50.95 45.29		
20.	MAGALHAES Pedro Miguel	88	Propaganda da Natacao	5:55.34	+0,86	352	-
	50m: 38.37 38.37	150m: 2:08.84 45.81	250m: 3:42.23	46.78	350m: 5:14.07 45.40		
	100m: 1:23.03 44.66	200m: 2:55.45 46.61	300m: 4:28.67	46.44	400m: 5:55.34 41.27		
21.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	6:13.77	+0,96	302	-
	50m: 37.32 37.32	150m: 2:04.71 44.96	250m: 3:42.30	49.34	350m: 5:25.29 50.90		
	100m: 1:19.75 42.43	200m: 2:52.96 48.25	300m: 4:34.39	52.09	400m: 6:13.77 48.48		

Prova 11 Masc., 400m Livres Master Esc B
08-07-2017 - 9:45 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MANSO Sergio Miguel	84	Funcao Publica	5:02.53	+0,90	554	9,00
	50m: 34.22 34.22	150m: 1:48.34 37.71	250m: 3:05.45	38.98	350m: 4:24.16 39.52		
	100m: 1:10.63 36.41	200m: 2:26.47 38.13	300m: 3:44.64	39.19	400m: 5:02.53 38.37		
2.	FERNANDES Daniel Filipe	85	Galitos/ Bresimar	5:12.87	+0,84	501	7,00
	50m: 33.25 33.25	150m: 1:50.45 39.94	250m: 3:12.17	40.94	350m: 4:34.52 41.23		
	100m: 1:10.51 37.26	200m: 2:31.23 40.78	300m: 3:53.29	41.12	400m: 5:12.87 38.35		
3.	CARDOSO Alvaro Miguel	84	Salesianos	5:26.03	+0,90	442	6,00
	50m: 33.82 33.82	150m: 1:52.18 40.55	250m: 3:16.07	42.53	350m: 4:43.44 43.95		
	100m: 1:11.63 37.81	200m: 2:33.54 41.36	300m: 3:59.49	43.42	400m: 5:26.03 42.59		
4.	MOREIRA Pedro Joaquim	87	Penafiel	5:29.87	+0,90	427	5,00
	50m: 34.32 34.32	150m: 1:53.68 40.85	250m: 3:20.84	44.30	350m: 4:47.85 43.67		
	100m: 1:12.83 38.51	200m: 2:36.54 42.86	300m: 4:04.18	43.34	400m: 5:29.87 42.02		
5.	PIMENTEL Pedro Filipe	84	Foca	5:31.95	+0,85	419	4,00
	50m: 31.75 31.75	150m: 1:51.41 41.75	250m: 3:19.89	44.41	350m: 4:48.48 44.60		
	100m: 1:09.66 37.91	200m: 2:35.48 44.07	300m: 4:03.88	43.99	400m: 5:31.95 43.47		

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Prova 11, Masc., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
6.	ALVES Ricardo Lourenco	84	Galitos/ Bresimar	5:47.07	+1,15	367	3,00
	50m: 35.73 35.73	150m: 2:00.43 44.35	250m: 3:32.08 46.31	350m: 5:03.35 45.42			
	100m: 1:16.08 40.35	200m: 2:45.77 45.34	300m: 4:17.93 45.85	400m: 5:47.07 43.72			
7.	FIGUEIREDO Francisco Rosario	85	Propaganda da Natacao	5:59.99	+0,93	329	2,00
	50m: 37.14 37.14	150m: 2:01.82 43.27	250m: 3:35.55 47.53	350m: 5:14.61 49.32			
	100m: 1:18.55 41.41	200m: 2:48.02 46.20	300m: 4:25.29 49.74	400m: 5:59.99 45.38			
8.	CARVALHO Ricardo Jorge	87	Natacao de Valongo	6:27.70	+0,99	263	1,00
	50m: 39.29 39.29	150m: 2:10.27 47.03	250m: 3:51.00 51.41	350m: 5:36.12 53.23			
	100m: 1:23.24 43.95	200m: 2:59.59 49.32	300m: 4:42.89 51.89	400m: 6:27.70 51.58			
9.	CASTELA Samuel Evora	86	Alges	7:03.74	+0,96	201	-
	50m: 42.22 42.22	150m: 2:23.18 52.43	250m: 4:15.05 56.21	350m: 6:10.81 57.32			
	100m: 1:30.75 48.53	200m: 3:18.84 55.66	300m: 5:13.49 58.44	400m: 7:03.74 52.93			
10.	MONTEIRO Rafael Martins	86	Vilacondense	7:27.27	+1,01	171	-
	50m: 44.92 44.92	150m: 2:29.47 54.43	250m: 4:28.20 1:00.93	350m: 6:29.32 1:00.86			
	100m: 1:35.04 50.12	200m: 3:27.27 57.80	300m: 5:28.46 1:00.26	400m: 7:27.27 57.95			
11.	MORGADO Carlos Manuel	83	Galitos/ Bresimar	7:58.94	+0,94	139	-
	50m: 44.48 44.48	150m: 2:38.23 59.99	250m: 4:45.38 1:05.13	350m: 6:56.75 1:05.70			
	100m: 1:38.24 53.76	200m: 3:40.25 1:02.02	300m: 5:51.05 1:05.67	400m: 7:58.94 1:02.19			
DNS	PEREIRA Fabio Manuel	86	Vilacondense				-
DNS	ROSA Jorge Luis	87	Nacional de Natacao				-

Prova 11 Masc., 400m Livres Master Esc C Resultados

08-07-2017 - 9:45 RN C(35-39) 4:24.85 SILVA Pedro Miguel CFV Oeiras 02-07-2011

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COURAS Ivan Mauricio	81	Fluvial Portuense	4:51.91	+0,84	678	9,00
	50m: 32.30 32.30	150m: 1:45.14 36.64	250m: 3:00.37 37.65	350m: 4:15.46 36.95			
	100m: 1:08.50 36.20	200m: 2:22.72 37.58	300m: 3:38.51 38.14	400m: 4:51.91 36.45			
2.	NEVES Jose Pedro	81	Vilacondense	4:52.11	+0,93	677	7,00
	50m: 31.78 31.78	150m: 1:43.12 36.20	250m: 2:57.47 37.28	350m: 4:13.87 38.50			
	100m: 1:06.92 35.14	200m: 2:20.19 37.07	300m: 3:35.37 37.90	400m: 4:52.11 38.24			
3.	PEREIRA Ricardo Jorge	80	Braga	4:58.53	+0,91	634	6,00
	50m: 32.54 32.54	150m: 1:44.84 36.64	250m: 3:00.74 38.14	350m: 4:18.68 39.37			
	100m: 1:08.20 35.66	200m: 2:22.60 37.76	300m: 3:39.31 38.57	400m: 4:58.53 39.85			
4.	MALTA Joao Carlos	82	Salesianos	5:14.89	+0,80	540	5,00
	50m: 33.41 33.41	150m: 1:50.29 40.48	250m: 3:12.50 41.47	350m: 4:34.67 41.50			
	100m: 1:09.81 36.40	200m: 2:31.03 40.74	300m: 3:53.17 40.67	400m: 5:14.89 40.22			
5.	MAIA Bruno Cruz	82	Ginasio Clube	5:30.39	+1,09	468	4,00
	50m: 35.33 35.33	150m: 1:56.78 42.56	250m: 3:23.84 44.08	350m: 4:49.86 43.11			
	100m: 1:14.22 38.89	200m: 2:39.76 42.98	300m: 4:06.75 42.91	400m: 5:30.39 40.53			
6.	COSTA Goncalo Miguel	82	Ginasio Clube	5:38.35	+0,91	435	3,00
	50m: 35.96 35.96	150m: 1:59.37 42.65	250m: 3:27.22 44.05	350m: 4:56.39 44.88			
	100m: 1:16.72 40.76	200m: 2:43.17 43.80	300m: 4:11.51 44.29	400m: 5:38.35 41.96			

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Prova 11, Masc., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
7.	PEREIRA Mario Nuno	81	Foca	6:30.76	+1,05	282	2,00
	50m: 41.36 41.36	150m: 2:20.81 50.61	250m: 4:04.50 51.00	350m: 5:42.69 49.24			
	100m: 1:30.20 48.84	200m: 3:13.50 52.69	300m: 4:53.45 48.95	400m: 6:30.76 48.07			
8.	BARROS Telmo Alexandre	79	Natacao de Valongo	6:37.84	+1,17	268	1,00
	50m: 41.69 41.69	150m: 2:22.58 51.94	250m: 4:06.60 51.97	350m: 5:49.68 51.34			
	100m: 1:30.64 48.95	200m: 3:14.63 52.05	300m: 4:58.34 51.74	400m: 6:37.84 48.16			
9.	AFONSO Nuno Silva	79	Academica de Coimbra	7:27.65	+1,15	188	-
	50m: 45.07 45.07	150m: 2:35.66 56.94	250m: 4:34.52 1:00.38	350m: 6:33.50 58.87			
	100m: 1:38.72 53.65	200m: 3:34.14 58.48	300m: 5:34.63 1:00.11	400m: 7:27.65 54.15			

Prova 11
08-07-2017 - 9:45
Masc., 400m Livres
Master Esc D
Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COSTA Rodrigo Marques	76	Litoral Alentejano	4:41.38	+0,82	738	9,00
	50m: 32.49 32.49	150m: 1:42.96 35.30	250m: 2:54.92 35.85	350m: 4:06.23 35.25			
	100m: 1:07.66 35.17	200m: 2:19.07 36.11	300m: 3:30.98 36.06	400m: 4:41.38 35.15			
2.	SOUSA Joao Pedro	74	Sao Roque	4:49.35	+0,80	679	7,00
	50m: 32.16 32.16	150m: 1:44.09 36.61	250m: 2:59.04 37.88	350m: 4:14.41 37.69			
	100m: 1:07.48 35.32	200m: 2:21.16 37.07	300m: 3:36.72 37.68	400m: 4:49.35 34.94			
3.	SANTOS Nuno Rogerio	76	Geslours	4:54.58	+0,78	643	6,00
	50m: 32.78 32.78	150m: 1:45.61 37.04	250m: 3:01.25 38.29	350m: 4:17.69 38.36			
	100m: 1:08.57 35.79	200m: 2:22.96 37.35	300m: 3:39.33 38.08	400m: 4:54.58 36.89			
4.	FONSECA Bruno Miguel	73	Salesianos	5:26.35	+0,99	473	5,00
	50m: 34.62 34.62	150m: 1:56.71 42.95	250m: 3:21.86 42.48	350m: 4:46.00 42.00			
	100m: 1:13.76 39.14	200m: 2:39.38 42.67	300m: 4:04.00 42.14	400m: 5:26.35 40.35			
5.	SANTOS Bruno Miguel	76	Porto	5:42.87	+0,71	408	4,00
	50m: 36.19 36.19	150m: 1:57.10 41.27	250m: 3:25.30 44.87	350m: 4:56.90 46.17			
	100m: 1:15.83 39.64	200m: 2:40.43 43.33	300m: 4:10.73 45.43	400m: 5:42.87 45.97			
6.	MACEDO Joao Miguel	74	Leixoes	5:43.26	+0,82	406	3,00
	50m: 37.28 37.28	150m: 2:03.98 44.34	250m: 3:33.28 44.69	350m: 5:01.79 43.83			
	100m: 1:19.64 42.36	200m: 2:48.59 44.61	300m: 4:17.96 44.68	400m: 5:43.26 41.47			
7.	TRISTAO David Brito	75	Portinado	5:51.62	+0,93	378	2,00
	50m: 36.53 36.53	150m: 2:00.42 43.54	250m: 3:32.36 46.58	350m: 5:05.58 46.95			
	100m: 1:16.88 40.35	200m: 2:45.78 45.36	300m: 4:18.63 46.27	400m: 5:51.62 46.04			
8.	GOMES Joao Antonio	75	Leixoes	6:08.72	+0,86	328	1,00
	50m: 38.51 38.51	150m: 2:10.35 47.50	250m: 3:47.44 48.29	350m: 5:23.96 47.64			
	100m: 1:22.85 44.34	200m: 2:59.15 48.80	300m: 4:36.32 48.88	400m: 6:08.72 44.76			
9.	LIMA Joao Pedro	77	Geslours	6:38.98	+1,19	259	-
	50m: 42.42 42.42	150m: 2:22.53 52.52	250m: 4:06.84 52.37	350m: 5:49.97 52.14			
	100m: 1:30.01 47.59	200m: 3:14.47 51.94	300m: 4:57.83 50.99	400m: 6:38.98 49.01			

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Prova 11, Masc., 400m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
10.	FRANCO Ricardo Velho	74	Gesloures	6:40.45	+0,85	256	-
	50m: 41.21 41.21	150m: 2:19.56 50.92	250m: 4:02.72	52.08	350m: 5:49.60	53.00	
	100m: 1:28.64 47.43	200m: 3:10.64 51.08	300m: 4:56.60	53.88	400m: 6:40.45	50.85	
11.	SILVA Filipe Miguel	74	Fluval Portuense	7:06.19	+1,15	212	-
	50m: 40.67 40.67	150m: 2:19.64 51.65	250m: 4:09.38	55.35	350m: 6:04.71	58.78	
	100m: 1:27.99 47.32	200m: 3:14.03 54.39	300m: 5:05.93	56.55	400m: 7:06.19	1:01.48	
12.	VELOSO Telmo Miguel	75	Leixoes	7:18.32		195	-
	50m: 44.57 44.57	150m: 2:32.02 55.13	250m: 4:26.98	57.64	350m: 6:22.15	57.47	
	100m: 1:36.89 52.32	200m: 3:29.34 57.32	300m: 5:24.68	57.70	400m: 7:18.32	56.17	
13.	FARIA Vitorino Fernando	73	Foca	7:24.00	+1,02	188	-
	50m: 47.17 47.17	150m: 2:35.55 56.59	250m: 4:30.03	57.08	350m: 6:26.85	58.07	
	100m: 1:38.96 51.79	200m: 3:32.95 57.40	300m: 5:28.78	58.75	400m: 7:24.00	57.15	
14.	CARVALHO Joao Quaresma	74	Gesloures	7:31.12	+1,24	179	-
	50m: 41.94 41.94	150m: 2:32.32 57.42	250m: 4:32.68	1:01.01	350m: 6:34.79	1:01.57	
	100m: 1:34.90 52.96	200m: 3:31.67 59.35	300m: 5:33.22	1:00.54	400m: 7:31.12	56.33	
15.	NEVES Paulo Jorge	77	Alges	7:59.82	+1,34	148	-
	50m: 46.92 46.92	150m: 2:40.95 59.65	250m: 4:45.58	1:02.47	350m: 6:59.21	1:09.32	
	100m: 1:41.30 54.38	200m: 3:43.11 1:02.16	300m: 5:49.89	1:04.31	400m: 7:59.82	1:00.61	

Prova 11 Masc., 400m Livres Master Esc E
08-07-2017 - 9:45 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	VANTAGGIATO Marco	71	Litoral Alentejano	5:06.13	+0,88	586	9,00
	50m: 32.92 32.92	150m: 1:46.92 37.81	250m: 3:05.83	39.99	350m: 4:26.35	40.37	
	100m: 1:09.11 36.19	200m: 2:25.84 38.92	300m: 3:45.98	40.15	400m: 5:06.13	39.78	
2.	CHAVES Antonio Aderito	70	Porto	5:15.37	+0,79	536	7,00
	50m: 35.45 35.45	150m: 1:53.64 39.71	250m: 3:15.56	41.34	350m: 4:37.38	40.54	
	100m: 1:13.93 38.48	200m: 2:34.22 40.58	300m: 3:56.84	41.28	400m: 5:15.37	37.99	
3.	PILEIRA Luis Paulo	68	Palmela	5:16.74	+0,97	529	6,00
	50m: 35.26 35.26	150m: 1:53.77 40.02	250m: 3:15.98	41.19	350m: 4:37.97	40.95	
	100m: 1:13.75 38.49	200m: 2:34.79 41.02	300m: 3:57.02	41.04	400m: 5:16.74	38.77	
4.	GONCALVES Carlos Guimaraes	70	Fluval Portuense	5:18.13	+0,92	522	5,00
	50m: 35.19 35.19	150m: 1:53.47 39.87	250m: 3:15.75	41.40	350m: 4:38.98	41.63	
	100m: 1:13.60 38.41	200m: 2:34.35 40.88	300m: 3:57.35	41.60	400m: 5:18.13	39.15	
5.	SANTOS Eurico Manuel	70	Colegio Monte Maior	5:20.83	+0,72	509	4,00
	50m: 35.20 35.20	150m: 1:53.52 40.01	250m: 3:14.29	40.76	350m: 4:38.50	42.85	
	100m: 1:13.51 38.31	200m: 2:33.53 40.01	300m: 3:55.65	41.36	400m: 5:20.83	42.33	
6.	FERREIRA Miguel Jose	70	Leixoes	5:49.02	+0,83	395	3,00
	50m: 36.21 36.21	150m: 2:02.75 44.87	250m: 3:34.27	46.10	350m: 5:06.97	45.92	
	100m: 1:17.88 41.67	200m: 2:48.17 45.42	300m: 4:21.05	46.78	400m: 5:49.02	42.05	

XIX Campeonato Nacional Masters de Verão - OPEN
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Prova 11, Masc., 400m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
7.	GOMES Jose Maria	72	Ginasio Clube	6:00.73	+1,12	358	2,00
	50m: 41.15 41.15	150m: 2:12.96 46.21	250m: 3:47.02 47.44	350m: 5:19.68 45.95	400m: 6:00.73 41.05		
	100m: 1:26.75 45.60	200m: 2:59.58 46.62	300m: 4:33.73 46.71				
8.	LOHKEN Jorg	68	Funcao Publica	6:02.71	+1,12	352	1,00
	50m: 36.41 36.41	150m: 2:04.14 45.28	250m: 3:38.70 47.67	350m: 5:14.90 47.98	400m: 6:02.71 47.81		
	100m: 1:18.86 42.45	200m: 2:51.03 46.89	300m: 4:26.92 48.22				
9.	PEREIRA Jose Manuel	70	Palmela	6:19.03	+1,08	308	-
	50m: 39.38 39.38	150m: 2:14.51 49.22	250m: 3:54.00 49.30	350m: 5:32.70 49.14	400m: 6:19.03 46.33		
	100m: 1:25.29 45.91	200m: 3:04.70 50.19	300m: 4:43.56 49.56				
10.	SA Nuno Manuel	71	Fluval Portuense	6:36.47	+0,85	269	-
	50m: 40.83 40.83	150m: 2:16.60 49.14	250m: 3:59.28 51.93	350m: 5:47.15 54.60	400m: 6:36.47 49.32		
	100m: 1:27.46 46.63	200m: 3:07.35 50.75	300m: 4:52.55 53.27				
11.	SANTANA Fernando Manuel	68	Colegio Monte Maior	6:45.19	+1,13	252	-
	50m: 47.65 47.65	150m: 2:31.73 52.67	250m: 4:14.98 51.20	350m: 5:56.71 51.31	400m: 6:45.19 48.48		
	100m: 1:39.06 51.41	200m: 3:23.78 52.05	300m: 5:05.40 50.42				
12.	SANTINHA Antonio Manuel	69	Masters de Almada	6:46.72	+1,14	249	-
	50m: 43.80 43.80	150m: 2:23.85 50.79	250m: 4:08.13 52.22	350m: 5:54.31 52.86	400m: 6:46.72 52.41		
	100m: 1:33.06 49.26	200m: 3:15.91 52.06	300m: 5:01.45 53.32				
13.	SOCORRO Fernando Osvaldo	72	Leixoes	6:46.78	+1,28	249	-
	50m: 41.69 41.69	150m: 2:22.02 51.79	250m: 4:08.49 53.47	350m: 5:54.87 53.24	400m: 6:46.78 51.91		
	100m: 1:30.23 48.54	200m: 3:15.02 53.00	300m: 5:01.63 53.14				
14.	MALHEIRO Francisco Goncalves	69	Desportiva de Viana	6:47.37	+1,04	248	-
	50m: 43.74 43.74	150m: 2:25.45 51.36	250m: 4:10.15 52.55	350m: 5:57.80 53.72	400m: 6:47.37 49.57		
	100m: 1:34.09 50.35	200m: 3:17.60 52.15	300m: 5:04.08 53.93				
15.	RIBEIRO Antonio Manuel	69	Leixoes	6:48.07	+0,94	247	-
	50m: 43.19 43.19	150m: 2:23.72 51.76	250m: 4:09.20 52.79	350m: 5:55.65 53.41	400m: 6:48.07 52.42		
	100m: 1:31.96 48.77	200m: 3:16.41 52.69	300m: 5:02.24 53.04				
16.	MEDEIROS Vitor Almeida	69	Fluval Portuense	6:52.21	+1,31	240	-
	50m: 45.31 45.31	150m: 2:26.84 51.69	250m: 4:11.89 52.83	350m: 5:59.76 54.48	400m: 6:52.21 52.45		
	100m: 1:35.15 49.84	200m: 3:19.06 52.22	300m: 5:05.28 53.39				
17.	RIBEIRO Pedro Cunha	70	Foca	7:23.29	+1,35	193	-
	50m: 46.69 46.69	150m: 2:35.53 56.02	250m: 4:32.49 59.19	350m: 6:30.28 58.80	400m: 7:23.29 53.01		
	100m: 1:39.51 52.82	200m: 3:33.30 57.77	300m: 5:31.48 58.99				
18.	INVERNEIRO Pedro Alexandre	71	Fluval Portuense	7:34.72	+1,02	178	-
	50m: 45.99 45.99	150m: 2:35.19 57.09	250m: 4:35.58 1:01.70	350m: 6:35.70 59.47	400m: 7:34.72 59.02		
	100m: 1:38.10 52.11	200m: 3:33.88 58.69	300m: 5:36.23 1:00.65				
19.	BAPTISTA Jose Manuel	69	Leixoes	7:55.31	+1,03	156	-
	50m: 46.12 46.12	150m: 2:39.47 57.99	250m: 4:44.29 1:02.69	350m: 6:54.05 1:05.04	400m: 7:55.31 1:01.26		
	100m: 1:41.48 55.36	200m: 3:41.60 1:02.13	300m: 5:49.01 1:04.72				
20.	MALHEIROS Oscar Jose	71	Litoral Alentejano	8:08.71	+1,17	144	-
	50m: 50.04 50.04	150m: 2:53.18 1:04.90	250m: 5:05.87 1:06.02	350m: 7:11.61 1:02.83	400m: 8:08.71 57.10		
	100m: 1:48.28 58.24	200m: 3:59.85 1:06.67	300m: 6:08.78 1:02.91				
21.	GONCALVES Pedro Nuno	72	Fluval Portuense	8:09.82	+1,30	143	-
	50m: 52.67 52.67	150m: 2:56.27 1:03.54	250m: 5:06.52 1:05.20	350m: 7:10.94 1:01.73	400m: 8:09.82 58.88		
	100m: 1:52.73 1:00.06	200m: 4:01.32 1:05.05	300m: 6:09.21 1:02.69				

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Prova 11, Masc., 400m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
22.	MONTEIRO Alexandre Augusto	71	Leixoes	8:17.75	+1,62	136	-	
	50m: 54.56 54.56	150m: 3:00.50 1:03.48	250m: 5:10.23 1:04.65	350m: 7:21.30 1:05.75	100m: 1:57.02 1:02.46	200m: 4:05.58 1:05.08	300m: 6:15.55 1:05.32	400m: 8:17.75 56.45
23.	PEREIRA Antonio Manuel	72	Penafiel	8:24.66	+1,17	130	-	
	50m: 45.03 45.03	150m: 2:46.65 1:03.30	250m: 5:03.36 1:08.95	350m: 7:18.83 1:04.44	100m: 1:43.35 58.32	200m: 3:54.41 1:07.76	300m: 6:14.39 1:11.03	400m: 8:24.66 1:05.83

Prova 11 Masc., 400m Livres Master Esc F
08-07-2017 - 9:45 Resultados

RN F(50-54)	4:28.97	FREITAS Jose Carlos	CFP	Kazan (RUS)	16-08-2015
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Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
1.	FREITAS Jose Carlos	63	Fluval Portuense	4:40.59	+0,78	863	9,00	
	50m: 32.06 32.06	150m: 1:42.70 35.67	250m: 2:54.85 36.16	350m: 4:07.12 35.90	100m: 1:07.03 34.97	200m: 2:18.69 35.99	300m: 3:31.22 36.37	400m: 4:40.59 33.47
2.	SOARES Ralf Pinto	64	Nadadores dos Estoris	5:26.23	+0,93	549	7,00	
	50m: 34.31 34.31	150m: 1:54.05 40.83	250m: 3:18.07 42.84	350m: 4:43.61 43.23	100m: 1:13.22 38.91	200m: 2:35.23 41.18	300m: 4:00.38 42.31	400m: 5:26.23 42.62
3.	CORDEIRO Pedro Miguel	67	Alges	5:28.69	+0,94	537	6,00	
	50m: 36.72 36.72	150m: 1:58.80 41.83	250m: 3:23.37 42.57	350m: 4:48.62 42.41	100m: 1:16.97 40.25	200m: 2:40.80 42.00	300m: 4:06.21 42.84	400m: 5:28.69 40.07
4.	VAZ Jose Augusto	65	Fluval Portuense	5:36.41	+0,76	500	5,00	
	50m: 37.96 37.96	150m: 2:03.44 43.42	250m: 3:28.05 41.37	350m: 4:54.04 42.98	100m: 1:20.02 42.06	200m: 2:46.68 43.24	300m: 4:11.06 43.01	400m: 5:36.41 42.37
5.	FERNANDO Pedro Alexandre	67	Academica de Coimbra	5:48.70	+1,01	449	4,00	
	50m: 37.66 37.66	150m: 2:05.53 45.02	250m: 3:36.21 45.30	350m: 5:06.20 44.91	100m: 1:20.51 42.85	200m: 2:50.91 45.38	300m: 4:21.29 45.08	400m: 5:48.70 42.50
6.	COSTA Armando Joao	63	Colegio SMLamas	5:59.53	+1,02	410	3,00	
	50m: 37.65 37.65	150m: 2:07.71 46.08	250m: 3:41.73 47.67	350m: 5:16.13 46.86	100m: 1:21.63 43.98	200m: 2:54.06 46.35	300m: 4:29.27 47.54	400m: 5:59.53 43.40
7.	LIMA Jorge Sequeira	67	Electrico Clube	6:21.09	+1,08	344	2,00	
	50m: 40.39 40.39	150m: 2:10.86 46.08	250m: 3:51.81 51.57	350m: 5:34.78 51.18	100m: 1:24.78 44.39	200m: 3:00.24 49.38	300m: 4:43.60 51.79	400m: 6:21.09 46.31
8.	VELEZ Rui Manuel	64	Luz e Vida	6:21.69	+1,10	342	1,00	
	50m: 43.33 43.33	150m: 2:20.83 49.66	250m: 4:00.65 49.43	350m: 5:39.30 48.67	100m: 1:31.17 47.84	200m: 3:11.22 50.39	300m: 4:50.63 49.98	400m: 6:21.69 42.39
9.	BARKA Youssef-Andre	63	Salesianos	6:24.39	+0,89	335	-	
	50m: 40.49 40.49	150m: 2:15.44 48.52	250m: 3:53.81 49.51	350m: 5:36.30 51.55	100m: 1:26.92 46.43	200m: 3:04.30 48.86	300m: 4:44.75 50.94	400m: 6:24.39 48.09
10.	CARVALHO Vitor Borges	64	Viana Natacao	6:33.08	+1,09	314	-	
	50m: 41.29 41.29	150m: 2:20.41 50.62	250m: 4:04.07 51.77	350m: 5:46.90 51.09	100m: 1:29.79 48.50	200m: 3:12.30 51.89	300m: 4:55.81 51.74	400m: 6:33.08 46.18

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Prova 11, Masc., 400m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
11.	DIAS Joaquim Jose	64	Leixoes	6:35.66	+1,10	307	-
	50m: 42.66 42.66	150m: 2:20.45 50.35	250m: 4:04.24 52.05	350m: 5:47.71 50.99			
	100m: 1:30.10 47.44	200m: 3:12.19 51.74	300m: 4:56.72 52.48	400m: 6:35.66 47.95			
12.	SOUSA Alberto Sergio	63	Natacao da Maia	6:45.48	+1,12	286	-
	50m: 40.82 40.82	150m: 2:19.15 50.54	250m: 4:05.61 53.62	350m: 5:53.56 53.92			
	100m: 1:28.61 47.79	200m: 3:11.99 52.84	300m: 4:59.64 54.03	400m: 6:45.48 51.92			
13.	CASAS Adelino Jose	66	Alges	6:46.23	+0,88	284	-
	50m: 44.27 44.27	150m: 2:27.96 53.38	250m: 4:12.68 52.82	350m: 5:56.69 52.17			
	100m: 1:34.58 50.31	200m: 3:19.86 51.90	300m: 5:04.52 51.84	400m: 6:46.23 49.54			
14.	FERREIRA Rui Pedro	64	Natacao da Maia	7:49.90	+1,22	183	-
	50m: 48.72 48.72	150m: 2:48.57 1:02.57	250m: 4:53.83 1:02.86	350m: 6:56.75 1:00.54			
	100m: 1:46.00 57.28	200m: 3:50.97 1:02.40	300m: 5:56.21 1:02.38	400m: 7:49.90 53.15			
15.	GOMES Carlos Sousa	65	Portinado	8:06.60	+0,90	165	-
	50m: 47.69 47.69	150m: 2:49.27 1:03.24	250m: 4:55.31 1:03.14	350m: 7:04.31 1:03.60			
	100m: 1:46.03 58.34	200m: 3:52.17 1:02.90	300m: 6:00.71 1:05.40	400m: 8:06.60 1:02.29			
DNS	MARTINS Joao Gao	65	Alges				-

Prova 11 Masc., 400m Livres Master Esc G
08-07-2017 - 9:45 Resultados

RN G(55-59)	5:06.35	CARVALHO Paulo Paula	SFUAP	London (GBR)	25-05-2016
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Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BENTO Jaime Carlos	61	Alges	5:20.64	+1,04	714	9,00
	50m: 35.16 35.16	150m: 1:54.58 40.21	250m: 3:17.41 41.41	350m: 4:40.89 41.71			
	100m: 1:14.37 39.21	200m: 2:36.00 41.42	300m: 3:59.18 41.77	400m: 5:20.64 39.75			
2.	TORRES Paulo Francisco	62	Fluvial Portuense	5:42.23	+0,99	587	7,00
	50m: 38.22 38.22	150m: 2:01.40 42.15	250m: 3:29.72 44.39	350m: 4:59.34 45.18			
	100m: 1:19.25 41.03	200m: 2:45.33 43.93	300m: 4:14.16 44.44	400m: 5:42.23 42.89			
3.	SEABRA Henrique Luis	61	Fluvial Portuense	6:19.57	+1,00	430	6,00
	50m: 35.90 35.90	150m: 2:06.87 48.13	250m: 3:47.54 50.98	350m: 5:30.37 51.15			
	100m: 1:18.74 42.84	200m: 2:56.56 49.69	300m: 4:39.22 51.68	400m: 6:19.57 49.20			
4.	CAMPANICO Jorge Manuel	58	Academica de Coimbra	6:38.30	+1,13	372	5,00
	50m: 39.28 39.28	150m: 2:13.29 48.68	250m: 3:59.08 53.92	350m: 5:46.09 53.76			
	100m: 1:24.61 45.33	200m: 3:05.16 51.87	300m: 4:52.33 53.25	400m: 6:38.30 52.21			
5.	DUARTE Fernando Diogo	62	Feirense	7:08.12	+1,10	300	4,00
	50m: 43.66 43.66	150m: 2:30.30 55.14	250m: 4:21.89 55.74	350m: 6:14.61 56.08			
	100m: 1:35.16 51.50	200m: 3:26.15 55.85	300m: 5:18.53 56.64	400m: 7:08.12 53.51			
6.	TEIXEIRA Joao Castro	61	Natacao de Lisboa	7:14.33	+1,12	287	3,00
	50m: 45.58 45.58	150m: 2:30.83 53.04	250m: 4:22.35 55.72	350m: 6:18.93 58.17			
	100m: 1:37.79 52.21	200m: 3:26.63 55.80	300m: 5:20.76 58.41	400m: 7:14.33 55.40			
7.	MARTINS Arnaldo Silva	61	Fluvial Portuense	7:43.66	+1,22	236	2,00
	50m: 50.88 50.88	150m: 2:47.53 59.04	250m: 4:47.25 59.74	350m: 6:46.88 59.24			
	100m: 1:48.49 57.61	200m: 3:47.51 59.98	300m: 5:47.64 1:00.39	400m: 7:43.66 56.78			

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Prova 11, Masc., 400m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
8.	PINTO Fernando Manuel	61	Fluval Portuense	8:25.55	+1,13	182	1,00	
	50m: 53.21 53.21	150m: 3:02.98 1:06.78	250m: 5:14.51 1:05.53	350m: 7:25.45 1:06.32	100m: 1:56.20 1:02.99	200m: 4:08.98 1:06.00	300m: 6:19.13 1:04.62	400m: 8:25.55 1:00.10
DNS	MORAIS Alexandre Joaquim	58	O2 Portimao				-	

Prova 11 Masc., 400m Livres Master Esc H
08-07-2017 - 9:45 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
1.	MAVIOSO Vitor Manuel	56	Alges	5:36.82	+0,89	705	9,00	
	50m: 37.00 37.00	150m: 2:02.03 43.35	250m: 3:28.65 43.55	350m: 4:55.44 43.36	100m: 1:18.68 41.68	200m: 2:45.10 43.07	300m: 4:12.08 43.43	400m: 5:36.82 41.38
2.	CORREIA Alberto Vaz	55	Alges	5:49.43	+1,08	631	7,00	
	50m: 37.62 37.62	150m: 2:05.09 44.62	250m: 3:36.02 45.51	350m: 5:07.26 45.67	100m: 1:20.47 42.85	200m: 2:50.51 45.42	300m: 4:21.59 45.57	400m: 5:49.43 42.17
3.	MENDES Ricardo Antonio	55	Salesianos	6:10.77	+1,13	528	6,00	
	50m: 40.27 40.27	150m: 2:14.62 48.73	250m: 3:51.96 48.50	350m: 5:26.86 46.79	100m: 1:25.89 45.62	200m: 3:03.46 48.84	300m: 4:40.07 48.11	400m: 6:10.77 43.91
4.	ROSEIRA Joao Luis	55	Fluval Portuense	8:31.88	+1,22	200	5,00	
	50m: 54.19 54.19	150m: 3:04.60 1:06.50	250m: 5:18.80 1:07.28	350m: 7:31.23 1:06.26	100m: 1:58.10 1:03.91	200m: 4:11.52 1:06.92	300m: 6:24.97 1:06.17	400m: 8:31.88 1:00.65

Prova 11 Masc., 400m Livres Master Esc I
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RN I(65-69) 5:51.59 DYSON Stephen Thomas INDANL Reguengos de Monsaraz 30-06-2012

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts	
1.	CORREIA Carlos Augusto	52	Masters de Almada	6:48.54	+1,25	486	9,00	
	50m: 47.71 47.71	150m: 2:31.49 53.15	250m: 4:16.00 52.11	350m: 5:58.34 51.32	100m: 1:38.34 50.63	200m: 3:23.89 52.40	300m: 5:07.02 51.02	400m: 6:48.54 50.20
2.	TAVARES Antonio Manuel	51	Funcao Publica	8:05.53	+1,26	289	7,00	
	50m: 54.35 54.35	150m: 2:58.10 1:02.56	250m: 5:03.70 1:02.32	350m: 7:06.61 1:00.36	100m: 1:55.54 1:01.19	200m: 4:01.38 1:03.28	300m: 6:06.25 1:02.55	400m: 8:05.53 58.92
3.	MARQUES Antonio Jorge	51	Fluval Portuense	8:36.91	+1,02	240	6,00	
	50m: 56.99 56.99	150m: 3:11.55 1:08.45	250m: 5:25.67 1:07.08	350m: 7:36.00 1:04.58	100m: 2:03.10 1:06.11	200m: 4:18.59 1:07.04	300m: 6:31.42 1:05.75	400m: 8:36.91 1:00.91
4.	HORTA Jose Manuel	49	Alges	10:32.40	+1,21	131	5,00	
	50m: 1:06.54 1:06.54	150m: 3:49.38 1:22.02	250m: 6:35.15 1:23.26	350m: 9:19.00 1:22.50	100m: 2:27.36 1:20.82	200m: 5:11.89 1:22.51	300m: 7:56.50 1:21.35	400m: 10:32.40 1:13.40

XIX Campeonato Nacional Masters de Verão - OPEN
Famalicão, 7 - - 9-7-2017

Prova 11, Masc., 400m Livres

Prova 11 Masc., 400m Livres Master Esc J
08-07-2017 - 9:45 Resultados

RN J(70-74) 6:07.65 BASTO Antonio Bessone SAD Loulé 04-07-2015

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	DYSON Stephen Thomas <i>Rec Nac Esc J</i>	47	Alges	6:04.16	+1,00	715	9,00
	50m: 39.29 39.29 150m: 2:10.09 46.07 250m: 3:43.42 46.12 350m: 5:17.83 46.97 100m: 1:24.02 44.73 200m: 2:57.30 47.21 300m: 4:30.86 47.44 400m: 6:04.16 46.33						
2.	VIEGAS Luis Silveira	47	Alges	7:50.17	+1,06	332	7,00
	50m: 50.32 50.32 150m: 2:50.81 1:02.36 250m: 4:52.05 1:01.36 350m: 6:54.06 1:00.35 100m: 1:48.45 58.13 200m: 3:50.69 59.88 300m: 5:53.71 1:01.66 400m: 7:50.17 56.11						
3.	SALGUEIRO Luis Vidigal	45	Alges	8:04.60		303	6,00
	50m: 53.90 53.90 150m: 3:00.89 1:05.03 250m: 5:06.96 1:02.79 350m: 7:09.76 1:00.97 100m: 1:55.86 1:01.96 200m: 4:04.17 1:03.28 300m: 6:08.79 1:01.83 400m: 8:04.60 54.84						
4.	MARREIROS Jose Joaquim	46	Alges	9:16.29		200	5,00
	50m: 1:01.80 1:01.80 150m: 3:19.43 1:08.74 250m: 5:42.54 1:13.24 350m: 8:05.59 1:11.04 100m: 2:10.69 1:08.89 200m: 4:29.30 1:09.87 300m: 6:54.55 1:12.01 400m: 9:16.29 1:10.70						

Prova 11 Masc., 400m Livres Master Esc L
08-07-2017 - 9:45 Resultados

RN L(80-84) 59:00.00

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	TEIXEIRA Joao Rodrigues <i>Rec Nac Esc L</i>	37	Academica de Coimbra	10:29.09		196	9,00
	50m: 1:08.53 1:08.53 150m: 3:46.53 1:18.51 250m: 6:27.84 1:21.92 350m: 9:07.55 1:19.74 100m: 2:28.02 1:19.49 200m: 5:05.92 1:19.39 300m: 7:47.81 1:19.97 400m: 10:29.09 1:21.54						