

XXI Campeonato Nacional Masters de Verão - OPEN
XXI Portuguese Summer Masters Championship - OPEN
Reguengos de Monsaraz ,19- - 21-7-2019



Prova 4
19-07-2019
Masc., 200m Bruços
Master Esc A
Resultados

RN A(25-29) 2:33.13 AMARAL Hugo Alexandre PORTIN Loulé 05-07-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVA Pedro Miguel <i>Rec Nac Esc A</i>	94	Colegio Monte Maior	2:27.30	+0,76	947	9,00
	50m: 34.34 34.34	100m: 1:11.51 37.17	150m: 1:49.78 38.27	200m: 2:27.30 37.52			
2.	CORDEIRO Diogo Andre	90	Masters de Almada	2:42.97	+0,85	699	7,00
	50m: 36.47 36.47	100m: 1:18.17 41.70	150m: 2:01.36 43.19	200m: 2:42.97 41.61			
3.	CARVALHO Joao Carlos	90	Lisboa Poolboys	2:50.64	+0,87	609	6,00
	50m: 38.83 38.83	100m: 1:21.82 42.99	150m: 2:06.65 44.83	200m: 2:50.64 43.99			
4.	FERREIRA Joao Pedro	91	Gesloures	2:59.76	+0,93	521	5,00
	50m: 40.89 40.89	100m: 1:26.79 45.90	150m: 2:13.90 47.11	200m: 2:59.76 45.86			
5.	MENDES Claudio Filipe	90	Luz e Vida	3:03.88	+0,83	487	4,00
	50m: 38.05 38.05	100m: 1:25.03 46.98	150m: 2:14.78 49.75	200m: 3:03.88 49.10			
6.	PIRES Andre Rosa	90	Gesloures	3:15.54	+1,01	405	3,00
	50m: 43.87 43.87	100m: 1:33.72 49.85	150m: 2:24.82 51.10	200m: 3:15.54 50.72			
7.	COSTA Hugo Figueiredo	91	Gesloures	3:35.14	+1,06	304	2,00
	50m: 47.02 47.02	100m: 1:42.33 55.31	150m: 2:38.44 56.11	200m: 3:35.14 56.70			

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Master Esc B
Resultados

RN B(30-34) 2:38.19 MONTEIRO Bruno Daniel LSC Loulé 13-07-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PINOTES Pedro Miguel <i>Rec Nac Esc B</i>	89	Sporting	2:27.06	+0,77	928	9,00
	50m: 33.56 33.56	100m: 1:09.86 36.30	150m: 1:48.44 38.58	200m: 2:27.06 38.62			
2.	NOLASCO Nuno Maria	87	Ginasio Clube	2:40.33	+0,80	716	7,00
	50m: 34.70 34.70	100m: 1:14.76 40.06	150m: 1:57.23 42.47	200m: 2:40.33 43.10			
3.	FERNANDES Daniel Filipe	85	Galitos / Bresimar	2:45.16	+0,82	655	6,00
	50m: 35.92 35.92	100m: 1:18.30 42.38	150m: 2:01.98 43.68	200m: 2:45.16 43.18			
4.	GODINHO Henrique Mira	88	Salesianos	2:46.02	+0,94	645	5,00
	50m: 38.08 38.08	100m: 1:21.13 43.05	150m: 2:04.84 43.71	200m: 2:46.02 41.18			
5.	FERREIRA Duarte Nuno	86	Salesianos	2:59.43	+0,77	511	4,00
	50m: 42.55 42.55	100m: 1:28.32 45.77	150m: 2:14.18 45.86	200m: 2:59.43 45.25			
6.	DAVID Joao Gabriel	87	Masters de Almada	3:15.24	+0,84	396	3,00
	50m: 42.50 42.50	100m: 1:30.92 48.42	150m: 2:22.35 51.43	200m: 3:15.24 52.89			
7.	FERNANDES Andre Manuel	88	Lisboa Poolboys	3:28.04	+1,07	328	2,00
	50m: 46.95 46.95	100m: 1:38.21 51.26	150m: 2:33.04 54.83	200m: 3:28.04 55.00			
DNS	ALVARENGA Jorge Filipe	87	Leixoes				-

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Master Esc C
Resultados

RN C(35-39) 2:43.03 COSTA Rodrigo Marques CNLA Loulé 05-07-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SOUSA Pedro Alexandre	82	Porto	2:54.49	+0,83	652	9,00
	50m: 40.26 40.26		100m: 1:24.86 44.60	150m: 2:10.51	45.65	200m: 2:54.49	43.98
2.	COSTA Rui Filipe	83	Gesloures	3:06.38	+0,89	535	7,00
	50m: 42.71 42.71		100m: 1:29.54 46.83	150m: 2:18.83	49.29	200m: 3:06.38	47.55
3.	FIALHO Andre Filipe	82	Pimpoes/Cimai	3:07.54	+0,79	525	6,00
	50m: 43.29 43.29		100m: 1:30.96 47.67	150m: 2:19.93	48.97	200m: 3:07.54	47.61
4.	ROCHA Pedro Morais	83	Gesloures	3:26.38	+0,98	394	5,00
	50m: 45.92 45.92		100m: 1:38.80 52.88	150m: 2:33.69	54.89	200m: 3:26.38	52.69
5.	GOMES Pedro Alexandre	82	Vila DEste/Gaia	3:48.69	+1,02	289	4,00
	50m: 55.22 55.22		100m: 1:54.75 59.53	150m: 2:54.22	59.47	200m: 3:48.69	54.47

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Master Esc D
Resultados

RN D(40-44) 2:34.20 ROSARIO Vasco Jorge SAD Loulé 10-07-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SANTOS Patrick	79	Salesianos	2:51.38	+0,78	682	9,00
	50m: 40.11 40.11		100m: 1:23.13 43.02	150m: 2:07.24	44.11	200m: 2:51.38	44.14
2.	REIS Gustavo Andre	77	Sporting	2:53.04	+0,80	662	7,00
	50m: 37.50 37.50		100m: 1:22.02 44.52	150m: 2:07.43	45.41	200m: 2:53.04	45.61
3.	CASTANO MALLORCA Raul	77	Sevilla Master	3:01.62	+0,85	573	6,00
	50m: 41.34 41.34		100m: 1:27.88 46.54	150m: 2:15.18	47.30	200m: 3:01.62	46.44
4.	ROSA Artur Jorge	76	Vila DEste/Gaia	3:03.75	+0,91	553	5,00
	50m: 41.70 41.70		100m: 1:28.82 47.12	150m: 2:16.52	47.70	200m: 3:03.75	47.23
5.	SA Filipe Teixeira	78	Porto	3:10.78	+0,89	494	4,00
	50m: 41.32 41.32		100m: 1:30.55 49.23	150m: 2:21.46	50.91	200m: 3:10.78	49.32
6.	SILVA Marcio Oliveira	78	Estarreja	3:20.60	+0,80	425	3,00
	50m: 44.96 44.96		100m: 1:34.81 49.85	150m: 2:28.14	53.33	200m: 3:20.60	52.46
7.	ROSADO Nuno Vaz	78	Academica de Coimbra	3:21.86	+1,12	417	2,00
	50m: 43.94 43.94		100m: 1:34.70 50.76	150m: 2:28.44	53.74	200m: 3:21.86	53.42
8.	GOMES Joao Antonio	75	Leixoes	3:25.81	+0,89	393	1,00
	50m: 45.71 45.71		100m: 1:40.00 54.29	150m: 2:35.28	55.28	200m: 3:25.81	50.53
9.	TEIXEIRA Andre Manuel	78	Estarreja	3:46.25	+0,82	296	-
	50m: 50.88 50.88		100m: 1:46.77 55.89	150m: 2:46.71	59.94	200m: 3:46.25	59.54
10.	OLIVEIRA Carlos Manta	77	Vila DEste/Gaia	3:59.66	+1,09	249	-
	50m: 53.04 53.04		100m: 1:54.40 1:01.36	150m: 2:59.15	1:04.75	200m: 3:59.66	1:00.51

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
11.	GUEDES Hugo Rafael	76	Leixoes	4:00.27	+0,96	247	-
	50m: 57.29 57.29	100m: 2:01.08 1:03.79	150m: 3:02.73	1:01.65	200m: 4:00.27	57.54	
12.	WISEU Nuno Alexandre	77	Leixoes	4:04.17	+0,90	235	-
	50m: 54.43 54.43	100m: 1:55.65 1:01.22	150m: 3:00.58	1:04.93	200m: 4:04.17	1:03.59	

Prova 4 Masc., 200m Bruços Master Esc E
19-07-2019 Resultados

RN E(45-49) 2:44.19 DUARTE Jose Samuel SCP Reguengos de Monsaraz 30-06-2012

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	NUNES Rodolfo Pereira	73	Individual ANNP	2:46.49	+0,87	787	9,00
	50m: 38.10 38.10	100m: 1:19.61 41.51	150m: 2:02.47	42.86	200m: 2:46.49	44.02	
2.	AGUIAR Luis Miguel	74	Alges	3:02.14	+0,88	601	7,00
	50m: 41.00 41.00	100m: 1:26.98 45.98	150m: 2:15.49	48.51	200m: 3:02.14	46.65	
3.	MELO Nuno Filipe	70	Galitos / Bresimar	3:14.49	+0,96	493	6,00
	50m: 42.88 42.88	100m: 1:31.70 48.82	150m: 2:23.31	51.61	200m: 3:14.49	51.18	
4.	CAMACHO Ricardo Paulo	72	Feirense	3:21.89	+0,87	441	5,00
	50m: 40.92 40.92	100m: 1:27.35 46.43	150m: 2:22.21	54.86	200m: 3:21.89	59.68	
5.	OLIVEIRA Sergio Frederico	74	Ginasio Clube	3:25.40	+1,03	419	4,00
	50m: 45.19 45.19	100m: 1:37.92 52.73	150m: 2:32.63	54.71	200m: 3:25.40	52.77	
6.	FERRAZ Francisco Antonio	70	Pimpoes/Cimai	3:25.45	+0,97	419	3,00
	50m: 45.70 45.70	100m: 1:38.01 52.31	150m: 2:31.82	53.81	200m: 3:25.45	53.63	
7.	SANTOS Paulo Meira	74	Laranjeiro	3:26.95	+0,99	409	2,00
	50m: 46.70 46.70	100m: 1:39.56 52.86	150m: 2:34.92	55.36	200m: 3:26.95	52.03	
8.	CASTRO Rui Fernando	73	Vila DEste/Gaia	3:34.17	+1,05	369	1,00
	50m: 50.17 50.17	100m: 1:43.72 53.55	150m: 2:39.20	55.48	200m: 3:34.17	54.97	
9.	ROCHA Mario Xavier	70	Feirense	3:41.69	+1,06	333	-
	50m: 49.34 49.34	100m: 1:45.92 56.58	150m: 2:44.60	58.68	200m: 3:41.69	57.09	
10.	SILVA Marco Paulo	70	Naval Povoense	3:44.39	+1,14	321	-
	50m: 48.85 48.85	100m: 1:45.55 56.70	150m: 2:45.60	1:00.05	200m: 3:44.39	58.79	
11.	CARVALHO Luis Duarte	70	Sporting de Aveiro	3:54.52	+1,04	281	-
	50m: 55.22 55.22	100m: 1:55.99 1:00.77	150m: 2:59.36	1:03.37	200m: 3:54.52	55.16	
12.	BARROS Francisco Santos	72	Porto	4:00.19	+1,01	262	-
	50m: 55.69 55.69	100m: 1:56.56 1:00.87	150m: 2:58.51	1:01.95	200m: 4:00.19	1:01.68	
13.	ANTONIO Abilio Manuel	72	Individual ANDL	4:05.79	+0,98	244	-
	50m: 56.03 56.03	100m: 1:58.13 1:02.10	150m: 3:02.90	1:04.77	200m: 4:05.79	1:02.89	
14.	RODRIGUES Jacinto Jose	71	Portinado	4:36.59	+0,95	171	-
	50m: 58.05 58.05	100m: 2:10.07 1:12.02	150m: 3:24.65	1:14.58	200m: 4:36.59	1:11.94	
DNS	SANTOS Manuel Duran	73	Porto				-

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Master Esc F
Resultados

RN F(50-54) 2:47.07 DUARTE Jose Samuel SCP Famalicão 09-07-2017

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	DUARTE Jose Samuel	65	Sporting	2:48.40	+0,79	858	9,00
	50m: 38.08 38.08	100m: 1:21.80 43.72	150m: 2:05.18 43.38	200m: 2:48.40 43.22			
2.	LIMA Jorge Sequeira	67	Electrico Clube	3:07.36	+0,86	623	7,00
	50m: 41.63 41.63	100m: 1:29.26 47.63	150m: 2:19.05 49.79	200m: 3:07.36 48.31			
3.	TEJO Rui Miguel	69	Academica de Coimbra	3:08.87	+1,07	608	6,00
	50m: 41.45 41.45	100m: 1:28.79 47.34	150m: 2:18.54 49.75	200m: 3:08.87 50.33			
4.	MONTEIRO Jorge Manuel	67	Fluvial Portuense	3:14.70	+0,83	555	5,00
	50m: 43.71 43.71	100m: 1:32.31 48.60	150m: 2:24.95 52.64	200m: 3:14.70 49.75			
5.	SOUSA Antonio Fernando	65	Porto	3:14.75	+0,88	555	4,00
	50m: 43.19 43.19	100m: 1:31.77 48.58	150m: 2:22.48 50.71	200m: 3:14.75 52.27			
6.	NEVES Mario Antonio	68	Geslours	3:15.47	+0,98	548	3,00
	50m: 43.28 43.28	100m: 1:31.26 47.98	150m: 2:23.28 52.02	200m: 3:15.47 52.19			
7.	SILVA Fernando Manuel	69	Feirense	3:38.10	+1,22	395	2,00
	50m: 48.91 48.91	100m: 1:44.12 55.21	150m: 2:42.60 58.48	200m: 3:38.10 55.50			
8.	SEQUEIRA Francisco Manuel	66	Vila DEste/Gaia	3:41.87	+1,12	375	1,00
	50m: 50.63 50.63	100m: 1:47.22 56.59	150m: 2:44.63 57.41	200m: 3:41.87 57.24			
9.	TRIGO Daniel Castro	65	Sporting de Aveiro	3:41.98	+0,92	374	-
	50m: 51.42 51.42	100m: 1:47.93 56.51	150m: 2:46.61 58.68	200m: 3:41.98 55.37			
10.	PEREIRA Artur Jose	69	Geslours	3:42.96	+1,01	369	-
	50m: 50.85 50.85	100m: 1:46.63 55.78	150m: 2:45.95 59.32	200m: 3:42.96 57.01			
11.	SANTINHA Antonio Manuel	69	Masters de Almada	3:44.14	+1,15	364	-
	50m: 53.09 53.09	100m: 1:52.34 59.25	150m: 2:50.78 58.44	200m: 3:44.14 53.36			
12.	AFONSO Antonio Eduardo	65	Ginasio de Santo Tirso	3:45.26	+0,95	358	-
	50m: 49.40 49.40	100m: 1:46.46 57.06	150m: 2:44.78 58.32	200m: 3:45.26 1:00.48			
13.	BAPTISTA Jose Manuel	69	Leixoes	3:45.69	+1,17	356	-
	50m: 52.23 52.23	100m: 1:50.53 58.30	150m: 2:50.68 1:00.15	200m: 3:45.69 55.01			
14.	CARMO Fernando Manuel	67	Alges	3:52.41	+1,24	326	-
	50m: 53.10 53.10	100m: 1:53.66 1:00.56	150m: 2:54.84 1:01.18	200m: 3:52.41 57.57			
15.	PAIVA Henrique Silva	67	Feirense	4:22.97	+1,22	225	-
	50m: 58.19 58.19	100m: 2:05.62 1:07.43	150m: 3:15.94 1:10.32	200m: 4:22.97 1:07.03			

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Master Esc G
Resultados

RN G(55-59) 3:18.09 SILVA Jose Santos CNMAIA Reguengos de Monsaraz 30-06-2012

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SOARES Ralf Pinto <i>Rec Nac Esc G</i>	64	Nadadores dos Estoris	3:07.15	+0,96	666	9,00
	50m: 41.36 41.36	100m: 1:29.22 47.86	150m: 2:19.49 50.27	200m: 3:07.15 47.66			
2.	BARROSO Jose Miguel	62	Fluvial Portuense	3:15.01	+1,19	589	7,00
	50m: 42.86 42.86	100m: 1:31.35 48.49	150m: 2:22.27 50.92	200m: 3:15.01 52.74			
3.	BERNARDO Luis Miguel	61	Fluvial Portuense	3:17.90	+1,17	563	6,00
	50m: 42.70 42.70	100m: 1:33.24 50.54	150m: 2:26.89 53.65	200m: 3:17.90 51.01			
4.	DANTAS Paulo Marcos	63	Alges	3:22.34	+0,85	527	5,00
	50m: 45.08 45.08	100m: 1:36.73 51.65	150m: 2:30.76 54.03	200m: 3:22.34 51.58			
5.	ESPINHEIRO Alberto Nuno	62	Colegio SMLamas	3:38.71	+1,03	417	4,00
	50m: 47.18 47.18	100m: 1:41.75 54.57	150m: 2:41.39 59.64	200m: 3:38.71 57.32			
6.	SILVA Rui Manuel	64	Academica de Coimbra	3:50.10	+1,23	358	3,00
	50m: 50.50 50.50	100m: 1:47.30 56.80	150m: 2:46.96 59.66	200m: 3:50.10 1:03.14			
7.	SEARA Joao Henrique	63	Leixoes	4:12.42	+1,04	271	2,00
	50m: 54.61 54.61	100m: 1:57.53 1:02.92	150m: 3:04.42 1:06.89	200m: 4:12.42 1:08.00			

Prova 4
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Master Esc H
Resultados

RN H(60-64) 3:11.56 SILVA Carlos Roberto SAD Loulé 10-07-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVA Jose Santos	57	Ginasio de Santo Tirso	3:27.50	+1,05	557	9,00
	50m: 44.47 44.47	100m: 1:38.81 54.34	150m: 2:34.15 55.34	200m: 3:27.50 53.35			
2.	LETTARI Enrico	56	SG Westthueringen	3:35.46	+1,13	497	7,00
	50m: 47.88 47.88	100m: 1:41.47 53.59	150m: 2:39.42 57.95	200m: 3:35.46 56.04			
3.	BARROS Mario Jorge	56	Porto	3:40.17	+1,08	466	6,00
	50m: 51.10 51.10	100m: 1:47.79 56.69	150m: 2:45.57 57.78	200m: 3:40.17 54.60			
4.	DUARTE Sergio Antonio	59	Colegio Monte Maior	3:58.36	+0,97	367	5,00
	50m: 53.50 53.50	100m: 1:55.10 1:01.60	150m: 2:59.51 1:04.41	200m: 3:58.36 58.85			
5.	GONCALVES Jose Manuel	56	Masters de Almada	4:47.67	+1,33	209	4,00
	50m: 1:04.32 1:04.32	100m: 2:20.25 1:15.93	150m: 3:35.88 1:15.63	200m: 4:47.67 1:11.79			
6.	FERRARIA Alfredo Gouveia	57	Porto	5:24.44	+1,27	145	3,00
	50m: 1:15.19 1:15.19	100m: 2:41.38 1:26.19	150m: 4:07.95 1:26.57	200m: 5:24.44 1:16.49			

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Master Esc I
Resultados

RN I(65-69) 3:25.11 BASTO Antonio Bessone SAD Loulé 29-06-2013

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	CECILIO Antonio Alves	54	Fluvial Portuense	3:38.16	+1,16	642	9,00
	50m: 48.68 48.68	100m: 1:44.92 56.24	150m: 2:42.40 57.48	200m: 3:38.16 55.76			
2.	MELO Mario Jorge	51	Colegio Monte Maior	3:52.44	+1,14	531	7,00
	50m: 52.28 52.28	100m: 1:51.44 59.16	150m: 2:53.76 1:02.32	200m: 3:52.44 58.68			
3.	BAIRRADA Mario Gomes	52	Alges	3:58.08	+1,07	494	6,00
	50m: 54.14 54.14	100m: 1:54.12 59.98	150m: 2:56.12 1:02.00	200m: 3:58.08 1:01.96			
4.	SOARES Manuel Edgar	54	O2 Portimao	4:15.35	+1,08	400	5,00
	50m: 56.43 56.43	100m: 2:03.04 1:06.61	150m: 3:11.32 1:08.28	200m: 4:15.35 1:04.03			
5.	MARQUES Antonio Jorge	51	Fluvial Portuense	4:44.96	+1,02	288	4,00
	50m: 1:02.91 1:02.91	100m: 2:16.77 1:13.86	150m: 3:31.92 1:15.15	200m: 4:44.96 1:13.04			
6.	MAGALHAES Alfredo Coelho	53	Porto	4:54.07		262	3,00
	50m: 1:08.81 1:08.81	100m: 2:23.34 1:14.53	150m: 3:42.59 1:19.25	200m: 4:54.07 1:11.48			

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Master Esc J
Resultados

RN J(70-74) 3:33.87 BASTO Antonio Bessone SAD Loulé 05-07-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	GASPAR Alexandre Azevedo	45	Alges	4:18.45	+1,29	413	9,00
	50m: 56.80 56.80	100m: 2:04.15 1:07.35	150m: 3:13.57 1:09.42	200m: 4:18.45 1:04.88			
2.	VIEGAS Luis Silveira	47	Alges	4:59.60	+1,55	265	7,00
	50m: 1:12.84 1:12.84	100m: 2:30.67 1:17.83	150m: 3:45.13 1:14.46	200m: 4:59.60 1:14.47			

Prova 4
19-07-2019

Masc., 200m Bruços

Master Esc K
Resultados

RN K(75-79) 4:38.17 TEIXEIRA Joao Rodrigues AAC Coimbra 21-01-2012

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SOUSA Antero Silva	43	Fluvial Portuense	4:54.32	+1,30	333	9,00
	50m: 1:05.00 1:05.00	100m: 2:18.51 1:13.51	150m: 3:38.04 1:19.53	200m: 4:54.32 1:16.28			
2.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	5:22.10	+1,32	254	7,00
	50m: 1:10.72 1:10.72	100m: 2:32.44 1:21.72	150m: 3:59.29 1:26.85	200m: 5:22.10 1:22.81			

Prova 4, Masc., 200m Bruços

Prova 4 Masc., 200m Bruços Master Esc L
19-07-2019 Resultados

RN L(80-84) 4:25.28 GOMES Leonel Sousa AAC Reguengos de Monsaraz 04-07-2010

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	TEIXEIRA Joao Rodrigues	37	Academica de Coimbra	5:54.37	+1,69	238	9,00
	50m: 1:26.32 1:26.32	100m: 2:58.42 1:32.10	150m: 4:28.76 1:30.34	200m: 5:54.37 1:25.61			

Prova 4 Masc., 200m Bruços Master Esc M
19-07-2019 Resultados

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COSTA Virgilio Zacarias <i>Rec Nac Esc M</i>	31	Academica de Coimbra	6:18.23	+1,61	302	9,00
	50m: 1:29.85 1:29.85	100m: 3:07.90 1:38.05	150m: 4:44.47 1:36.57	200m: 6:18.23 1:33.76			