

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



Prova 8 Masc., 400m Estilos Master Esc A
19-07-2019 Resultados

RN A(25-29) 4:47.39 GONCALVES Andre Bras CFB Loulé 03-07-2015

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----|---------------------|-----------------------|-------|---------------------|------|
| 1. | SILVA Pedro Miguel | 94 | Colegio Monte Maior | 4:49.19 | +0,76 | 961 | 9,00 |
| | 50m: 30.48 30.48 | | 150m: 1:44.75 38.35 | 250m: 3:03.69 40.85 | | 350m: 4:17.38 33.18 | |
| | 100m: 1:06.40 35.92 | | 200m: 2:22.84 38.09 | 300m: 3:44.20 40.51 | | 400m: 4:49.19 31.81 | |
| 2. | CORDEIRO Diogo Andre | 90 | Masters de Almada | 5:30.00 | +0,83 | 646 | 7,00 |
| | 50m: 33.85 33.85 | | 150m: 2:00.70 45.52 | 250m: 3:30.09 44.11 | | 350m: 4:52.77 38.22 | |
| | 100m: 1:15.18 41.33 | | 200m: 2:45.98 45.28 | 300m: 4:14.55 44.46 | | 400m: 5:30.00 37.23 | |
| 3. | CARVALHO Joao Carlos | 90 | Lisboa Poolboys | 5:40.92 | +0,88 | 586 | 6,00 |
| | 50m: 35.03 35.03 | | 150m: 2:04.36 48.27 | 250m: 3:37.14 46.59 | | 350m: 5:03.38 39.32 | |
| | 100m: 1:16.09 41.06 | | 200m: 2:50.55 46.19 | 300m: 4:24.06 46.92 | | 400m: 5:40.92 37.54 | |
| 4. | PIRES Andre Rosa | 90 | Gesloures | 6:17.09 | +0,95 | 433 | 5,00 |
| | 50m: 36.37 36.37 | | 150m: 2:11.09 49.90 | 250m: 3:55.62 54.84 | | 350m: 5:34.83 44.04 | |
| | 100m: 1:21.19 44.82 | | 200m: 3:00.78 49.69 | 300m: 4:50.79 55.17 | | 400m: 6:17.09 42.26 | |
| 5. | COSTA Hugo Figueiredo | 91 | Gesloures | 7:22.87 | +1,06 | 267 | 4,00 |
| | 50m: 47.55 47.55 | | 150m: 2:42.86 55.07 | 250m: 4:38.01 59.08 | | 350m: 6:31.75 53.57 | |
| | 100m: 1:47.79 1:00.24 | | 200m: 3:38.93 56.07 | 300m: 5:38.18 1:00.17 | | 400m: 7:22.87 51.12 | |

Prova 8 Masc., 400m Estilos Master Esc B
19-07-2019 Resultados

RN B(30-34) 5:03.79 NIZ Adriano Miguel GDNVNF Famalicão 07-07-2017

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 | 4:43.37 | +0,78 | 903 | 9,00 |
| | 50m: 29.44 29.44 | | 150m: 1:40.26 37.41 | 250m: 2:55.86 38.94 | | 350m: 4:10.58 35.27 | |
| | 100m: 1:02.85 33.41 | | 200m: 2:16.92 36.66 | 300m: 3:35.31 39.45 | | 400m: 4:43.37 32.79 | |
| 2. | GODINHO Henrique Mira | 88 | Salesianos | 5:29.27 | +0,93 | 575 | 7,00 |
| | 50m: 35.15 35.15 | | 150m: 1:58.81 43.42 | 250m: 3:27.00 45.19 | | 350m: 4:51.56 38.81 | |
| | 100m: 1:15.39 40.24 | | 200m: 2:41.81 43.00 | 300m: 4:12.75 45.75 | | 400m: 5:29.27 37.71 | |
| 3. | RUAS Bruno Miguel | 89 | Sporting | 5:40.09 | +0,88 | 522 | 6,00 |
| | 50m: 36.11 36.11 | | 150m: 2:06.46 46.37 | 250m: 3:39.43 47.99 | | 350m: 5:06.11 37.33 | |
| | 100m: 1:20.09 43.98 | | 200m: 2:51.44 44.98 | 300m: 4:28.78 49.35 | | 400m: 5:40.09 33.98 | |
| 4. | CARMO Tiago Narciso | 85 | Ginasio de Santo Tirso | 5:47.33 | +0,86 | 490 | 5,00 |
| | 50m: 31.17 31.17 | | 150m: 1:53.94 44.01 | 250m: 3:29.95 53.78 | | 350m: 5:06.83 42.06 | |
| | 100m: 1:09.93 38.76 | | 200m: 2:36.17 42.23 | 300m: 4:24.77 54.82 | | 400m: 5:47.33 40.50 | |
| 5. | ALMEIDA Jorge Nuno | 89 | Ginasio Clube | 5:58.91 | +0,83 | 444 | 4,00 |
| | 50m: 33.72 33.72 | | 150m: 2:01.61 49.50 | 250m: 3:41.27 50.30 | | 350m: 5:15.81 43.30 | |
| | 100m: 1:12.11 38.39 | | 200m: 2:50.97 49.36 | 300m: 4:32.51 51.24 | | 400m: 5:58.91 43.10 | |
| 6. | FERNANDES Andre Manuel | 88 | Lisboa Poolboys | 7:19.02 | +1,07 | 242 | 3,00 |
| | 50m: 45.37 45.37 | | 150m: 2:32.56 52.56 | 250m: 4:20.87 55.42 | | 350m: 6:19.40 59.54 | |
| | 100m: 1:40.00 54.63 | | 200m: 3:25.45 52.89 | 300m: 5:19.86 58.99 | | 400m: 7:19.02 59.62 | |
| DNS | RAFAEL Andre Emanuel | 86 | Salesianos | | | | - |

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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



Prova 8, Masc., 400m Estilos, Master Esc B

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|------------------------|-----|---------|-------------|-------|---------|-----|
| DNS | ALVARENGA Jorge Filipe | 87 | Leixoes | | | | - |

Prova 8
19-07-2019 Masc., 400m Estilos Master Esc C
Resultados

| RN C(35-39) | 5:17.22 | NUNES Rodolfo Pereira | GESP | Riccione (ITA) | 12-06-2012 |
|-------------|---------|-----------------------|------|----------------|------------|
|-------------|---------|-----------------------|------|----------------|------------|

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-------------------------|---------------------|---------------------|---------------------|-------|---------|------|
| 1. | YOUNG Andrew | 84 | Salesianos | 5:16.67 | +0,87 | 728 | 9,00 |
| | 50m: 30.41 30.41 | 150m: 1:49.25 42.61 | 250m: 3:16.87 46.39 | 350m: 4:40.54 38.14 | | | |
| | 100m: 1:06.64 36.23 | 200m: 2:30.48 41.23 | 300m: 4:02.40 45.53 | 400m: 5:16.67 36.13 | | | |
| 2. | MANSO Sergio Miguel | 84 | Funcao Publica | 5:37.90 | +0,93 | 599 | 7,00 |
| | 50m: 34.55 34.55 | 150m: 2:00.01 46.39 | 250m: 3:34.43 48.66 | 350m: 5:00.53 37.93 | | | |
| | 100m: 1:13.62 39.07 | 200m: 2:45.77 45.76 | 300m: 4:22.60 48.17 | 400m: 5:37.90 37.37 | | | |
| 3. | CARDOSO Alvaro Miguel | 84 | Lisboa Poolboys | 5:49.58 | +0,95 | 541 | 6,00 |
| | 50m: 34.53 34.53 | 150m: 2:00.33 44.85 | 250m: 3:34.86 50.53 | 350m: 5:09.92 42.42 | | | |
| | 100m: 1:15.48 40.95 | 200m: 2:44.33 44.00 | 300m: 4:27.50 52.64 | 400m: 5:49.58 39.66 | | | |
| 4. | FIALHO Andre Filipe | 82 | Pimpoes/Cimai | 6:05.81 | +0,79 | 472 | 5,00 |
| | 50m: 36.46 36.46 | 150m: 2:06.18 49.26 | 250m: 3:47.37 52.20 | 350m: 5:22.88 42.67 | | | |
| | 100m: 1:16.92 40.46 | 200m: 2:55.17 48.99 | 300m: 4:40.21 52.84 | 400m: 6:05.81 42.93 | | | |
| 5. | COSTA Rui Filipe | 83 | Gesloures | 6:20.78 | +0,89 | 419 | 4,00 |
| | 50m: 38.62 38.62 | 150m: 2:15.91 51.51 | 250m: 3:59.25 53.91 | 350m: 5:37.96 45.58 | | | |
| | 100m: 1:24.40 45.78 | 200m: 3:05.34 49.43 | 300m: 4:52.38 53.13 | 400m: 6:20.78 42.82 | | | |
| 6. | RODRIGUES Marcelo Porto | 82 | Natacao de Valongo | 6:31.63 | +0,95 | 385 | 3,00 |
| | 50m: 38.50 38.50 | 150m: 2:21.18 55.33 | 250m: 4:08.92 54.46 | 350m: 5:50.10 46.52 | | | |
| | 100m: 1:25.85 47.35 | 200m: 3:14.46 53.28 | 300m: 5:03.58 54.66 | 400m: 6:31.63 41.53 | | | |

DSQ COURAS Ivan Mauricio 81 Fluvial Portuense -
718 - Movimento vertical de pernas durante o percurso - SW 7.5

Prova 8
19-07-2019 Masc., 400m Estilos Master Esc D
Resultados

| RN D(40-44) | 5:16.30 | NUNES Rodolfo Pereira | GESP | Montreal (CAN) | 05-08-2014 |
|-------------|---------|-----------------------|------|----------------|------------|
|-------------|---------|-----------------------|------|----------------|------------|

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|---------------------|---------------------|---------------------|-------|---------|------|
| 1. | SANTOS Nuno Rogerio | 76 | Gesloures | 5:23.78 | +0,79 | 667 | 9,00 |
| | 50m: 33.54 33.54 | 150m: 1:52.08 41.06 | 250m: 3:20.05 46.90 | 350m: 4:46.01 38.43 | | | |
| | 100m: 1:11.02 37.48 | 200m: 2:33.15 41.07 | 300m: 4:07.58 47.53 | 400m: 5:23.78 37.77 | | | |
| 2. | COSTA Rodrigo Marques | 76 | Litoral Alentejano | 5:29.59 | +0,86 | 633 | 7,00 |
| | 50m: 33.76 33.76 | 150m: 1:57.26 44.61 | 250m: 3:28.17 47.28 | 350m: 4:54.73 39.56 | | | |
| | 100m: 1:12.65 38.89 | 200m: 2:40.89 43.63 | 300m: 4:15.17 47.00 | 400m: 5:29.59 34.86 | | | |
| 3. | SANTOS Patrick | 79 | Salesianos | 5:35.07 | +0,76 | 602 | 6,00 |
| | 50m: 35.10 35.10 | 150m: 2:02.99 47.67 | 250m: 3:33.49 45.35 | 350m: 4:57.54 38.59 | | | |
| | 100m: 1:15.32 40.22 | 200m: 2:48.14 45.15 | 300m: 4:18.95 45.46 | 400m: 5:35.07 37.53 | | | |

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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



Prova 8, Masc., 400m Estilos, Master Esc D

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|--|-----------------------|-----------------------|---------------------|-------|---------|------|
| 4. | ROSA Artur Jorge | 76 | Vila DEste/Gaia | 5:57.24 | +0,92 | 497 | 5,00 |
| | 50m: 36.46 36.46 | 150m: 2:07.92 48.88 | 250m: 3:44.81 48.98 | 350m: 5:16.43 42.23 | | | |
| | 100m: 1:19.04 42.58 | 200m: 2:55.83 47.91 | 300m: 4:34.20 49.39 | 400m: 5:57.24 40.81 | | | |
| 5. | CASTANO MALLORCA Raul | 77 | Sevilla Master | 6:11.28 | +1,07 | 442 | 4,00 |
| | 50m: 37.18 37.18 | 150m: 2:13.70 52.37 | 250m: 3:56.49 52.49 | 350m: 5:31.33 43.42 | | | |
| | 100m: 1:21.33 44.15 | 200m: 3:04.00 50.30 | 300m: 4:47.91 51.42 | 400m: 6:11.28 39.95 | | | |
| 6. | CUNHA Tiago Filipe | 76 | Amigos da Natacao | 7:02.68 | +1,05 | 300 | 3,00 |
| | 50m: 47.52 47.52 | 150m: 2:41.35 58.23 | 250m: 4:33.65 55.23 | 350m: 6:17.13 47.35 | | | |
| | 100m: 1:43.12 55.60 | 200m: 3:38.42 57.07 | 300m: 5:29.78 56.13 | 400m: 7:02.68 45.55 | | | |
| 7. | AFONSO Nuno Silva | 79 | Amigos da Natacao | 7:42.87 | +1,20 | 228 | 2,00 |
| | 50m: 51.76 51.76 | 150m: 2:56.06 1:04.71 | 250m: 4:58.75 58.43 | 350m: 6:51.14 51.75 | | | |
| | 100m: 1:51.35 59.59 | 200m: 4:00.32 1:04.26 | 300m: 5:59.39 1:00.64 | 400m: 7:42.87 51.73 | | | |
| 8. | PEREIRA Norberto Matos | 75 | Vitoria Guimaraes | 8:59.90 | +1,04 | 144 | 1,00 |
| | 50m: 58.37 58.37 | 150m: 3:25.93 1:18.53 | 250m: 5:56.22 1:12.77 | 350m: 8:04.42 55.16 | | | |
| | 100m: 2:07.40 1:09.03 | 200m: 4:43.45 1:17.52 | 300m: 7:09.26 1:13.04 | 400m: 8:59.90 55.48 | | | |
| DSQ | SEBASTIAO Nuno Andre | 78 | Avancado EUL | | | | - |
| | <i>603 - Após viragem saiu em posição ventral aos 150 m - SW 6.2</i> | | | | | | |
| DNS | TOJO Jose Manuel | 77 | Academica de Coimbra | | | | - |

Prova 8 Masc., 400m Estilos Master Esc E
19-07-2019 Resultados

RN E(45-49) 5:28.81 FREITAS Jose Carlos CFP Oeiras 02-07-2011

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|---------------------------|-----------------------|-----------------------|---------------------|-------|---------|------|
| 1. | NUNES Rodolfo Pereira | 73 | Individual ANNP | 5:30.58 | +0,87 | 817 | 9,00 |
| | 50m: 33.93 33.93 | 150m: 1:57.01 45.33 | 250m: 3:28.43 47.32 | 350m: 4:54.07 39.10 | | | |
| | 100m: 1:11.68 37.75 | 200m: 2:41.11 44.10 | 300m: 4:14.97 46.54 | 400m: 5:30.58 36.51 | | | |
| 2. | CHAVES Antonio Aderito | 70 | Porto | 5:45.48 | +0,78 | 716 | 7,00 |
| | 50m: 34.89 34.89 | 150m: 2:01.30 47.01 | 250m: 3:38.16 53.13 | 350m: 5:07.64 39.64 | | | |
| | 100m: 1:14.29 39.40 | 200m: 2:45.03 43.73 | 300m: 4:28.00 49.84 | 400m: 5:45.48 37.84 | | | |
| 3. | NUNES Miguel Angelo | 73 | Estarreja | 6:21.42 | +0,82 | 532 | 6,00 |
| | 50m: 38.97 38.97 | 150m: 2:15.60 52.15 | 250m: 4:01.95 56.00 | 350m: 5:40.63 43.79 | | | |
| | 100m: 1:23.45 44.48 | 200m: 3:05.95 50.35 | 300m: 4:56.84 54.89 | 400m: 6:21.42 40.79 | | | |
| 4. | FERNANDES Ricardo Jorge | 72 | Natacao de Valongo | 6:56.85 | +0,99 | 407 | 5,00 |
| | 50m: 47.28 47.28 | 150m: 2:36.29 56.14 | 250m: 4:30.15 58.36 | 350m: 6:14.99 47.08 | | | |
| | 100m: 1:40.15 52.87 | 200m: 3:31.79 55.50 | 300m: 5:27.91 57.76 | 400m: 6:56.85 41.86 | | | |
| 5. | SANTOS Paulo Meira | 74 | Laranjeiro | 7:16.45 | +0,94 | 355 | 4,00 |
| | 50m: 41.51 41.51 | 150m: 2:39.02 1:02.24 | 250m: 4:37.20 1:00.52 | 350m: 6:28.11 53.54 | | | |
| | 100m: 1:36.78 55.27 | 200m: 3:36.68 57.66 | 300m: 5:34.57 57.37 | 400m: 7:16.45 48.34 | | | |
| 6. | OLIVEIRA Sergio Frederico | 74 | Ginasio Clube | 7:21.10 | +1,03 | 344 | 3,00 |
| | 50m: 42.00 42.00 | 150m: 2:37.30 1:01.58 | 250m: 4:36.74 56.40 | 350m: 6:30.54 52.87 | | | |
| | 100m: 1:35.72 53.72 | 200m: 3:40.34 1:03.04 | 300m: 5:37.67 1:00.93 | 400m: 7:21.10 50.56 | | | |
| 7. | FERRAZ Francisco Antonio | 70 | Pimpoes/Cimai | 7:35.99 | +1,02 | 311 | 2,00 |
| | 50m: 53.08 53.08 | 150m: 2:59.68 1:05.02 | 250m: 4:59.39 56.09 | 350m: 6:49.06 52.66 | | | |
| | 100m: 1:54.66 1:01.58 | 200m: 4:03.30 1:03.62 | 300m: 5:56.40 57.01 | 400m: 7:35.99 46.93 | | | |

Splash Meet Manager, 11.60220

Registered to Federacao Portuguesa de Natacao

20-07-2019 11:18 - Página 3

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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



Prova 8, Masc., 400m Estilos, Master Esc E

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----------------------|-----------------------|---------------------|-------|---------|------|
| 8. | CARVALHO Luis Duarte | 70 | Sporting de Aveiro | 8:56.51 | +0,95 | 191 | 1,00 |
| | 50m: 58.34 58.34 | 150m: 3:35.14 1:25.19 | 250m: 5:59.54 1:02.85 | 350m: 8:02.51 57.96 | | | |
| | 100m: 2:09.95 1:11.61 | 200m: 4:56.69 1:21.55 | 300m: 7:04.55 1:05.01 | 400m: 8:56.51 54.00 | | | |
| DNS | SOUSA Paulo Alexandre | 72 | O2 Portimao | | | | - |

Prova 8 Masc., 400m Estilos Master Esc F
19-07-2019 Resultados

| | | | | | |
|-------------|---------|----------------------|-------|-------|------------|
| RN F(50-54) | 5:36.42 | CARVALHO Paulo Paula | SFUAP | Loulé | 03-07-2015 |
|-------------|---------|----------------------|-------|-------|------------|

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-------------------------|-----------------------|------------------------|------------------------|-------|---------|------|
| 1. | DUARTE Jose Samuel | 65 | Sporting | 5:47.57 | +0,73 | 761 | 9,00 |
| | 50m: 35.30 35.30 | 150m: 2:07.20 50.63 | 250m: 3:40.16 45.11 | 350m: 5:08.01 41.73 | | | |
| | 100m: 1:16.57 41.27 | 200m: 2:55.05 47.85 | 300m: 4:26.28 46.12 | 400m: 5:47.57 39.56 | | | |
| 2. | BASTO Gustavo Ferreira | 67 | Galitos / Bresimar | 6:35.92 | +0,96 | 514 | 7,00 |
| | 50m: 36.60 36.60 | 150m: 2:17.89 54.43 | 250m: 4:05.40 53.84 | 350m: 5:49.33 47.30 | | | |
| | 100m: 1:23.46 46.86 | 200m: 3:11.56 53.67 | 300m: 5:02.03 56.63 | 400m: 6:35.92 46.59 | | | |
| 3. | MUELLER Jiri | 67 | STV Limbach-Oberfrohna | 6:42.20 | +0,87 | 491 | 6,00 |
| | 50m: 37.76 37.76 | 150m: 2:19.34 55.30 | 250m: 4:10.23 56.02 | 350m: 5:55.82 47.56 | | | |
| | 100m: 1:24.04 46.28 | 200m: 3:14.21 54.87 | 300m: 5:08.26 58.03 | 400m: 6:42.20 46.38 | | | |
| 4. | RIBEIRO Celso Fernando | 69 | Porto | 6:42.91 | +0,76 | 488 | 5,00 |
| | 50m: 44.39 44.39 | 150m: 2:27.04 53.71 | 250m: 4:16.52 57.89 | 350m: 5:57.65 46.29 | | | |
| | 100m: 1:33.33 48.94 | 200m: 3:18.63 51.59 | 300m: 5:11.36 54.84 | 400m: 6:42.91 45.26 | | | |
| 5. | CORDEIRO Pedro Miguel | 67 | Alges | 6:43.10 | +0,97 | 487 | 4,00 |
| | 50m: 42.25 42.25 | 150m: 2:31.13 1:00.04 | 250m: 4:22.07 52.17 | 350m: 6:01.61 46.48 | | | |
| | 100m: 1:31.09 48.84 | 200m: 3:29.90 58.77 | 300m: 5:15.13 53.06 | 400m: 6:43.10 41.49 | | | |
| 6. | FAUSTINO Jose Salvador | 68 | Portinado | 6:56.03 | +0,90 | 443 | 3,00 |
| | 50m: 41.29 41.29 | 150m: 2:32.71 56.08 | 250m: 4:25.94 58.39 | 350m: 6:11.38 47.07 | | | |
| | 100m: 1:36.63 55.34 | 200m: 3:27.55 54.84 | 300m: 5:24.31 58.37 | 400m: 6:56.03 44.65 | | | |
| 7. | NEVES Mario Antonio | 68 | Gesloures | 6:59.18 | +0,97 | 433 | 2,00 |
| | 50m: 40.08 40.08 | 150m: 2:31.24 1:02.35 | 250m: 4:26.25 54.93 | 350m: 6:11.06 49.63 | | | |
| | 100m: 1:28.89 48.81 | 200m: 3:31.32 1:00.08 | 300m: 5:21.43 55.18 | 400m: 6:59.18 48.12 | | | |
| 8. | IBANEZ ALMENDRO Carlos | 67 | Sevilla Master | 7:14.30 | +1,07 | 390 | 1,00 |
| | 50m: 51.97 51.97 | 150m: 2:45.09 54.72 | 250m: 4:39.70 58.75 | 350m: 6:27.25 47.35 | | | |
| | 100m: 1:50.37 58.40 | 200m: 3:40.95 55.86 | 300m: 5:39.90 1:00.20 | 400m: 7:14.30 47.05 | | | |
| 9. | SANTANA Fernando Manuel | 68 | Colegio Monte Maior | 7:56.76 | +1,09 | 294 | - |
| | 50m: 1:00.37 1:00.37 | 150m: 3:11.19 1:02.75 | 250m: 5:14.74 1:03.79 | 350m: 7:06.43 48.99 | | | |
| | 100m: 2:08.44 1:08.07 | 200m: 4:10.95 59.76 | 300m: 6:17.44 1:02.70 | 400m: 7:56.76 50.33 | | | |
| 10. | LOPES Carlos Manuel | 66 | Alges | 10:35.85 | +0,82 | 124 | - |
| | 50m: 55.84 55.84 | 150m: 3:46.84 1:35.34 | 250m: 6:43.51 1:23.90 | 350m: 9:22.37 1:13.22 | | | |
| | 100m: 2:11.50 1:15.66 | 200m: 5:19.61 1:32.77 | 300m: 8:09.15 1:25.64 | 400m: 10:35.85 1:13.48 | | | |

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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



Prova 8, Masc., 400m Estilos

Prova 8 Masc., 400m Estilos Master Esc G
19-07-2019 Resultados

RN G(55-59) 5:40.75 CARVALHO Paulo Paula SCP Budapeste (HUN) 16-08-2017

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----------------------|-----------------------|---------------------|-------|---------|------|
| 1. | LOBO Nuno Silva | 63 | Fluval Portuense | 6:31.30 | +1,05 | 605 | 9,00 |
| | 50m: 36.00 36.00 | 150m: 2:18.04 56.02 | 250m: 4:05.08 53.60 | 350m: 5:47.80 48.15 | | | |
| | 100m: 1:22.02 46.02 | 200m: 3:11.48 53.44 | 300m: 4:59.65 54.57 | 400m: 6:31.30 43.50 | | | |
| 2. | CARVALHO Vitor Borges | 64 | Viana Natacao | 7:42.54 | +1,02 | 366 | 7,00 |
| | 50m: 48.58 48.58 | 150m: 2:55.79 1:06.58 | 250m: 5:01.05 58.93 | 350m: 6:53.54 50.40 | | | |
| | 100m: 1:49.21 1:00.63 | 200m: 4:02.12 1:06.33 | 300m: 6:03.14 1:02.09 | 400m: 7:42.54 49.00 | | | |
| 3. | RIBEIRO Jorge Vieira | 64 | Sporting de Aveiro | 7:58.95 | +1,08 | 330 | 6,00 |
| | 50m: 53.30 53.30 | 150m: 2:57.65 1:01.21 | 250m: 5:04.54 1:09.27 | 350m: 7:09.20 55.21 | | | |
| | 100m: 1:56.44 1:03.14 | 200m: 3:55.27 57.62 | 300m: 6:13.99 1:09.45 | 400m: 7:58.95 49.75 | | | |
| 4. | VELEZ Rui Manuel | 64 | Luz e Vida | 8:41.54 | +1,15 | 255 | 5,00 |
| | 50m: 1:03.76 1:03.76 | 150m: 3:26.51 1:11.55 | 250m: 5:47.37 1:10.26 | 350m: 7:54.13 55.15 | | | |
| | 100m: 2:14.96 1:11.20 | 200m: 4:37.11 1:10.60 | 300m: 6:58.98 1:11.61 | 400m: 8:41.54 47.41 | | | |

Prova 8 Masc., 400m Estilos Master Esc H
19-07-2019 Resultados

RN H(60-64) 6:20.79 MAVIOSO Vitor Manuel SAD Loulé 08-07-2016

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----------------------|-----------------------|---------------------|-------|---------|------|
| 1. | BARROS Mario Jorge | 56 | Porto | 8:11.40 | +0,99 | 349 | 9,00 |
| | 50m: 57.56 57.56 | 150m: 3:11.25 1:10.71 | 250m: 5:17.31 1:03.26 | 350m: 7:17.45 57.32 | | | |
| | 100m: 2:00.54 1:02.98 | 200m: 4:14.05 1:02.80 | 300m: 6:20.13 1:02.82 | 400m: 8:11.40 53.95 | | | |

Prova 8 Masc., 400m Estilos Master Esc I
19-07-2019 Resultados

RN I(65-69) 6:57.05 BASTO Antonio Bessone SAD Loulé 29-06-2013

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 1. | BILRO Joaquim Mendes | 53 | Alges | 7:58.92 | +1,16 | 489 | 9,00 |
| | 50m: 45.02 45.02 | 150m: 2:57.03 1:08.10 | 250m: 5:10.42 1:06.27 | 350m: 7:06.31 49.84 | | | |
| | 100m: 1:48.93 1:03.91 | 200m: 4:04.15 1:07.12 | 300m: 6:16.47 1:06.05 | 400m: 7:58.92 52.61 | | | |
| 2. | COELHO Domingos Pinto | 52 | Alges | 9:08.97 | +1,37 | 324 | 7,00 |
| | 50m: 1:04.86 1:04.86 | 150m: 3:29.33 1:12.85 | 250m: 5:57.31 1:16.37 | 350m: 8:12.74 1:00.00 | | | |
| | 100m: 2:16.48 1:11.62 | 200m: 4:40.94 1:11.61 | 300m: 7:12.74 1:15.43 | 400m: 9:08.97 56.23 | | | |
| 3. | SILVA Jose Alvaro | 54 | Porto | 9:12.75 | +1,14 | 318 | 6,00 |
| | 50m: 54.33 54.33 | 150m: 3:15.78 1:20.90 | 250m: 5:47.98 1:07.81 | 350m: 8:05.62 1:08.82 | | | |
| | 100m: 1:54.88 1:00.55 | 200m: 4:40.17 1:24.39 | 300m: 6:56.80 1:08.82 | 400m: 9:12.75 1:07.13 | | | |

DNS CANELAS Antonio Monteiro 50 Sporting de Espinho -

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



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



Prova 8, Masc., 400m Estilos

| | | | | | |
|-----------------------|---------------------|-----------------------|-----|-------|----------------------------|
| Prova 8 19-07-2019 | Masc., 400m Estilos | | | | Master Esc J Resultados |
| RN J(70-74) | 6:59.74 | BASTO Antonio Bessone | SAD | Loulé | 08-07-2016 |

Pontos: DSV Masters 19

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|--------------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 1. | GASPAR Alexandre Azevedo | 45 | Alges | 9:07.45 | +1,24 | 392 | 9,00 |
| | 50m: 1:05.49 1:05.49 | 150m: 3:33.19 1:18.75 | 250m: 5:57.37 1:11.22 | 350m: 8:10.02 1:03.80 | | | |
| | 100m: 2:14.44 1:08.95 | 200m: 4:46.15 1:12.96 | 300m: 7:06.22 1:08.85 | 400m: 9:07.45 57.43 | | | |

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS

