

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



Event 8 Men, 400m Medley Master Esc A
19-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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			

Event 8 Men, 400m Medley Master Esc B
19-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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				-

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Event 8, Men, 400m Medley, Master Esc B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
DNS	ALVARENGA Jorge Filipe	87	Leixoes				-

Event 8
19-07-2019
Men, 400m Medley
Master Esc C
Results

RN C(35-39)	5:17.22	NUNES Rodolfo Pereira	GESP	Riccione (ITA)	12-06-2012
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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	Geslours	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

Event 8
19-07-2019
Men, 400m Medley
Master Esc D
Results

RN D(40-44)	5:16.30	NUNES Rodolfo Pereira	GESP	Montreal (CAN)	05-08-2014
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	SANTOS Nuno Rogerio	76	Geslours	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			

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Event 8, Men, 400m Medley, Master Esc D

Rank	Nome	YB	Clube	Tempo Final	RT	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				-

Event 8 Men, 400m Medley Master Esc E Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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

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Event 8, Men, 400m Medley, Master Esc E

Rank	Nome	YB	Clube	Tempo Final	RT	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				-

Event 8
19-07-2019
Men, 400m Medley
Master Esc F
Results

RN F(50-54)	5:36.42	CARVALHO Paulo Paula	SFUAP	Loulé	03-07-2015
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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			

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Reguengos de Monsaraz ,19- - 21-7-2019



Event 8, Men, 400m Medley

Event 8 Men, 400m Medley Master Esc G
19-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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			

Event 8 Men, 400m Medley Master Esc H
19-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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			

Event 8 Men, 400m Medley Master Esc I
19-07-2019 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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 -

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



Event 8, Men, 400m Medley

Event 8 19-07-2019	Men, 400m Medley				Master Esc J Results
RN J(70-74)	6:59.74	BASTO Antonio Bessone	SAD	Loulé	08-07-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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

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