

Prova 2
17-01-2020 - 10:35

Masc., 400m Livres

Master Esc A
Resultados

Rec Nac Esc A 4:00.23 NIZ, Adriano Miguel GDNVNF Funchal 17-01-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SILVA, Pedro Miguel	94	Colegio Monte Maior	4:04.77	+0,71	969	30,00
	50m: 27.14 27.14	150m: 1:28.57 30.89	250m: 2:31.69 31.43	350m: 3:34.52 31.27			
	100m: 57.68 30.54	200m: 2:00.26 31.69	300m: 3:03.25 31.56	400m: 4:04.77 30.25			
2.	SANTOS, Andre Ferreira	95	Olivais e Moscavide	4:55.61	+0,81	550	26,00
	50m: 32.09 32.09	150m: 1:43.44 35.91	250m: 2:58.82 38.19	350m: 4:17.36 39.66			
	100m: 1:07.53 35.44	200m: 2:20.63 37.19	300m: 3:37.70 38.88	400m: 4:55.61 38.25			
3.	RIBEIRO, Luis Manuel	91	Foca Quinta da Lixa CNF	5:34.66	+0,73	379	22,00
	50m: 34.73 34.73	150m: 1:53.59 40.86	250m: 3:22.01 45.09	350m: 4:51.36 44.19			
	100m: 1:12.73 38.00	200m: 2:36.92 43.33	300m: 4:07.17 45.16	400m: 5:34.66 43.30			
4.	FIGUEIRAS, Goncalo Nogueira	92	Leixoes	5:59.24	+0,95	306	20,00
	50m: 37.64 37.64	150m: 2:06.49 45.26	250m: 3:39.41 47.07	350m: 5:14.72 47.59			
	100m: 1:21.23 43.59	200m: 2:52.34 45.85	300m: 4:27.13 47.72	400m: 5:59.24 44.52			

Prova 2
17-01-2020 - 10:35

Masc., 400m Livres

Master Esc B
Resultados

Rec Nac Esc B 4:03.15 NIZ, Adriano Miguel GDNVNF Tomar 30-01-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SILVA, Luis Filipe	88	Leixoes	4:28.42	+0,99	717	30,00
	50m: 30.55 30.55	150m: 1:36.60 32.96	250m: 2:44.43 34.01	350m: 3:53.84 34.92			
	100m: 1:03.64 33.09	200m: 2:10.42 33.82	300m: 3:18.92 34.49	400m: 4:28.42 34.58			
2.	FERREIRA, Duarte Nuno	86	Salesianos	4:34.98	+0,78	667	26,00
	50m: 30.99 30.99	150m: 1:38.80 34.23	250m: 2:48.69 35.02	350m: 4:00.90 36.19			
	100m: 1:04.57 33.58	200m: 2:13.67 34.87	300m: 3:24.71 36.02	400m: 4:34.98 34.08			
3.	FELICIO, Mario Nuno	90	Ginasio Clube	4:35.62	+0,72	662	22,00
	50m: 29.59 29.59	150m: 1:37.99 34.92	250m: 2:49.96 36.06	350m: 4:02.02 35.57			
	100m: 1:03.07 33.48	200m: 2:13.90 35.91	300m: 3:26.45 36.49	400m: 4:35.62 33.60			
4.	RUAS, Bruno Miguel	89	Sporting	4:44.54	+0,79	602	20,00
	50m: 26.57 26.57	150m: 1:43.30 35.75	250m: 2:55.32 36.28	350m: 4:08.88 36.63			
	100m: 1:07.55 40.98	200m: 2:19.04 35.74	300m: 3:32.25 36.93	400m: 4:44.54 35.66			
5.	RAFAEL, Andre Emanuel	86	Salesianos	5:07.36	+0,87	477	19,00
	50m: 32.69 32.69	150m: 1:49.31 39.04	250m: 3:09.52 40.26	350m: 4:28.96 39.78			
	100m: 1:10.27 37.58	200m: 2:29.26 39.95	300m: 3:49.18 39.66	400m: 5:07.36 38.40			
6.	FERREIRA, Francisco David	89	Fluvial Portuense	5:19.23	+1,07	426	18,00
	50m: 33.64 33.64	150m: 1:49.67 38.87	250m: 3:11.85 41.93	350m: 4:37.04 43.14			
	100m: 1:10.80 37.16	200m: 2:29.92 40.25	300m: 3:53.90 42.05	400m: 5:19.23 42.19			
7.	RIBEIRO, Jorge Ricardo	88	Leixoes	5:42.77	+1,13	344	17,00
	50m: 35.76 35.76	150m: 1:56.81 41.57	250m: 3:25.01 44.55	350m: 4:57.45 46.70			
	100m: 1:15.24 39.48	200m: 2:40.46 43.65	300m: 4:10.75 45.74	400m: 5:42.77 45.32			
8.	DOMINGOS, Adriano Luz	88	Litoral Alentejano	6:09.79	+1,16	274	16,00
	50m: 41.87 41.87	150m: 2:12.20 46.00	250m: 3:46.98 47.25	350m: 5:23.20 48.26			
	100m: 1:26.20 44.33	200m: 2:59.73 47.53	300m: 4:34.94 47.96	400m: 6:09.79 46.59			

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XIV OPEN Internacional de Masters de Inverno
Campeonato Nacional de Masters de Inverno
Vila Franca de Xira, 17 a 19 de Janeiro de 2020



Prova 2, Masc., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
9.	RAMOS, Rodrigo Alexandre	86	Gafanha da Encarnacao	6:20.77	+1,03	251	14,00
	50m: 40.37 40.37	150m: 2:16.01 48.84	250m: 3:54.87 49.55	350m: 5:30.44 47.73			
	100m: 1:27.17 46.80	200m: 3:05.32 49.31	300m: 4:42.71 47.84	400m: 6:20.77 50.33			
10.	FERNANDES, Andre Manuel	88	Lisboa PoolSharks	6:23.43	+1,14	246	12,00
	50m: 41.05 41.05	150m: 2:13.97 47.65	250m: 3:53.82 50.57	350m: 5:34.17 49.98			
	100m: 1:26.32 45.27	200m: 3:03.25 49.28	300m: 4:44.19 50.37	400m: 6:23.43 49.26			
11.	MONTEIRO, Rafael Martins	86	Vilacondense	6:37.61	+0,91	220	11,00
	50m: 42.76 42.76	150m: 2:19.12 50.03	250m: 4:01.91 51.99	350m: 5:47.09 52.78			
	100m: 1:29.09 46.33	200m: 3:09.92 50.80	300m: 4:54.31 52.40	400m: 6:37.61 50.52			

Prova 2
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Masc., 400m Livres

Master Esc C
Resultados

Rec Nac Esc C	4:06.32	SILVA, Pedro Miguel	CFV	Ponte de Sor	29-01-2011
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	COURAS, Ivan Mauricio	81	Fluvial Portuense	4:36.09	+0,77	676	30,00
	50m: 31.96 31.96	150m: 1:42.40 35.43	250m: 2:52.81 34.91	350m: 4:02.24 34.61			
	100m: 1:06.97 35.01	200m: 2:17.90 35.50	300m: 3:27.63 34.82	400m: 4:36.09 33.85			
2.	NEVES, Jose Pedro	81	Fluvial Portuense	4:45.82	+0,90	609	26,00
	50m: 31.85 31.85	150m: 1:42.73 35.67	250m: 2:54.79 35.92	350m: 4:08.76 37.20			
	100m: 1:07.06 35.21	200m: 2:18.87 36.14	300m: 3:31.56 36.77	400m: 4:45.82 37.06			
3.	MANSO, Sergio Miguel	84	Funcao Publica	4:47.48	+0,80	599	22,00
	50m: 32.08 32.08	150m: 1:42.71 35.48	250m: 2:56.20 36.95	350m: 4:10.96 37.54			
	100m: 1:07.23 35.15	200m: 2:19.25 36.54	300m: 3:33.42 37.22	400m: 4:47.48 36.52			
4.	CARDOSO, Alvaro Miguel	84	Lisboa PoolSharks	4:53.17	+0,85	564	20,00
	50m: 31.94 31.94	150m: 1:43.51 36.05	250m: 2:57.50 37.19	350m: 4:13.64 38.57			
	100m: 1:07.46 35.52	200m: 2:20.31 36.80	300m: 3:35.07 37.57	400m: 4:53.17 39.53			
5.	MAIA, Bruno Santos	81	Vilacondense	4:59.83	+0,84	528	19,00
	50m: 33.74 33.74	150m: 1:45.84 36.38	250m: 3:01.80 38.40	350m: 4:20.85 39.99			
	100m: 1:09.46 35.72	200m: 2:23.40 37.56	300m: 3:40.86 39.06	400m: 4:59.83 38.98			
6.	ROCHA, Pedro Morais	83	Geslours	5:18.74	+0,82	439	18,00
	50m: 34.75 34.75	150m: 1:53.40 40.30	250m: 3:15.24 41.12	350m: 4:39.73 42.18			
	100m: 1:13.10 38.35	200m: 2:34.12 40.72	300m: 3:57.55 42.31	400m: 5:18.74 39.01			
7.	RODRIGUES, Marcelo Porto	82	Natacao de Valongo	5:21.27	+1,00	429	17,00
	50m: 34.73 34.73	150m: 1:55.25 41.29	250m: 3:19.09 42.28	350m: 4:42.85 41.69			
	100m: 1:13.96 39.23	200m: 2:36.81 41.56	300m: 4:01.16 42.07	400m: 5:21.27 38.42			
8.	PEIXE, Ricardo Luis	83	Aminata	5:23.32	+0,84	421	16,00
	50m: 33.73 33.73	150m: 1:51.41 39.65	250m: 3:16.58 43.78	350m: 4:41.88 42.72			
	100m: 1:11.76 38.03	200m: 2:32.80 41.39	300m: 3:59.16 42.58	400m: 5:23.32 41.44			
9.	CAMPOS, Nuno Andre	81	Gafanha da Encarnacao	5:24.20	+0,86	417	14,00
	50m: 35.65 35.65	150m: 1:58.27 42.32	250m: 3:22.98 42.28	350m: 4:45.18 40.70			
	100m: 1:15.95 40.30	200m: 2:40.70 42.43	300m: 4:04.48 41.50	400m: 5:24.20 39.02			
10.	FIGUEIREDO, Francisco Rosario	85	Leixoes	5:44.55	+1,08	347	12,00
	50m: 35.72 35.72	150m: 1:57.78 42.11	250m: 3:26.14 45.21	350m: 4:57.79 46.20			
	100m: 1:15.67 39.95	200m: 2:40.93 43.15	300m: 4:11.59 45.45	400m: 5:44.55 46.76			
DNS	TAVARES, Tiago Sousa	84	Estarreja				-

Splash Meet Manager, 11.62141

Registered to Federacao Portuguesa de Natacao

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Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc D
17-01-2020 - 10:35 Resultados

Rec Nac Esc D 4:29.07 COSTA, Rodrigo Marques CNLA Tomar 30-01-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	COSTA, Rodrigo Marques	76	Litoral Alentejano	4:34.84	+0,89	671	30,00
	50m: 30.96 30.96	150m: 1:36.97 33.69	250m: 2:46.23 35.04	350m: 3:58.50 36.88			
	100m: 1:03.28 32.32	200m: 2:11.19 34.22	300m: 3:21.62 35.39	400m: 4:34.84 36.34			
2.	CORREIA, Ricardo Jorge	80	Aquatico Silves	4:43.03	+0,93	614	26,00
	50m: 30.82 30.82	150m: 1:39.61 34.94	250m: 2:52.17 36.46	350m: 4:06.59 37.40			
	100m: 1:04.67 33.85	200m: 2:15.71 36.10	300m: 3:29.19 37.02	400m: 4:43.03 36.44			
3.	SANTOS, Patrick	79	Sporting	4:47.07	+0,77	589	22,00
	50m: 33.79 33.79	150m: 1:44.90 35.72	250m: 2:57.78 36.58	350m: 4:11.13 36.53			
	100m: 1:09.18 35.39	200m: 2:21.20 36.30	300m: 3:34.60 36.82	400m: 4:47.07 35.94			
4.	SANTOS, Bruno Miguel	76	Porto	4:48.53	+0,82	580	20,00
	50m: 32.09 32.09	150m: 1:43.46 36.05	250m: 2:57.29 36.97	350m: 4:11.93 37.61			
	100m: 1:07.41 35.32	200m: 2:20.32 36.86	300m: 3:34.32 37.03	400m: 4:48.53 36.60			
5.	OLIVEIRA, Carlos Miguel	78	Estarreja	5:07.17	+0,83	480	19,00
	50m: 33.86 33.86	150m: 1:48.39 37.86	250m: 3:04.36 38.54	350m: 4:25.82 41.33			
	100m: 1:10.53 36.67	200m: 2:25.82 37.43	300m: 3:44.49 40.13	400m: 5:07.17 41.35			
6.	SANTOS, Hugo Pedro	78	Penafiel	5:26.54	+0,82	400	18,00
	50m: 36.83 36.83	150m: 1:57.85 41.30	250m: 3:21.67 41.75	350m: 4:46.52 42.38			
	100m: 1:16.55 39.72	200m: 2:39.92 42.07	300m: 4:04.14 42.47	400m: 5:26.54 40.02			
7.	PEREIRA, Alexandre Marques	76	Colegio Monte Maior	5:35.01	+0,97	370	17,00
	50m: 37.27 37.27	150m: 1:59.83 42.11	250m: 3:26.27 43.55	350m: 4:52.98 43.21			
	100m: 1:17.72 40.45	200m: 2:42.72 42.89	300m: 4:09.77 43.50	400m: 5:35.01 42.03			
8.	AFONSO, Hugo Andre	76	Sporting	5:45.32	+0,93	338	16,00
	50m: 36.58 36.58	150m: 2:03.14 44.44	250m: 3:33.06 45.37	350m: 5:03.40 44.74			
	100m: 1:18.70 42.12	200m: 2:47.69 44.55	300m: 4:18.66 45.60	400m: 5:45.32 41.92			
9.	OLIVEIRA, Jorge Miguel	80	Natacao de Valongo	5:49.98	+0,87	325	14,00
	50m: 37.25 37.25	150m: 2:02.98 44.06	250m: 3:33.25 45.60	350m: 5:06.47 46.78			
	100m: 1:18.92 41.67	200m: 2:47.65 44.67	300m: 4:19.69 46.44	400m: 5:49.98 43.51			
10.	CUNHA, Tiago Filipe	76	Amigos da Natacao	5:58.37	+0,89	302	12,00
	50m: 39.26 39.26	150m: 2:08.99 45.83	250m: 3:40.77 45.94	350m: 5:13.43 46.06			
	100m: 1:23.16 43.90	200m: 2:54.83 45.84	300m: 4:27.37 46.60	400m: 5:58.37 44.94			
11.	MORA, Luis Ricardo	78	Academica de Coimbra	6:01.77	+1,08	294	11,00
	50m: 38.56 38.56	150m: 2:07.87 44.79	250m: 3:41.60 47.57	350m: 5:15.84 47.43			
	100m: 1:23.08 44.52	200m: 2:54.03 46.16	300m: 4:28.41 46.81	400m: 6:01.77 45.93			
12.	NEVES, Leonardo Silva	77	Desportivo de Odemira	6:33.03	+1,05	229	10,00
	50m: 41.35 41.35	150m: 2:19.37 50.52	250m: 4:04.30 52.24	350m: 5:47.31 50.42			
	100m: 1:28.85 47.50	200m: 3:12.06 52.69	300m: 4:56.89 52.59	400m: 6:33.03 45.72			
13.	WISEU, Nuno Alexandre	77	Leixoes	7:02.44	+1,03	184	9,00
	50m: 44.05 44.05	150m: 2:25.22 51.26	250m: 4:13.50 53.43	350m: 6:05.34 55.12			
	100m: 1:33.96 49.91	200m: 3:20.07 54.85	300m: 5:10.22 56.72	400m: 7:02.44 57.10			
DNS	ABRAHAMSSON, Sven Stellan	76	Porto				-
DNS	LOBO, Tiago Messias	78	Penafiel				-

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc E
17-01-2020 - 10:35 Resultados

Rec Nac Esc E 4:19.65 FREITAS, Jose Carlos CFP Ponte de Sor 29-01-2011

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	VANTAGGIATO, Marco	71	Litoral Alentejano	4:38.77	+0,83	686	30,00
	50m: 31.63 31.63	150m: 1:40.08 34.63	250m: 2:50.44 35.05	350m: 4:03.02 36.83			
	100m: 1:05.45 33.82	200m: 2:15.39 35.31	300m: 3:26.19 35.75	400m: 4:38.77 35.75			
2.	SOUSA, Paulo Alexandre	72	O2 Portimao	5:22.58	+1,02	442	26,00
	50m: 35.43 35.43	150m: 1:51.62 38.87	250m: 3:13.96 41.52	350m: 4:39.29 43.39			
	100m: 1:12.75 37.32	200m: 2:32.44 40.82	300m: 3:55.90 41.94	400m: 5:22.58 43.29			
3.	MACEDO, Joao Miguel	74	Leixoes	5:24.80	+0,71	433	22,00
	50m: 35.53 35.53	150m: 1:56.21 41.15	250m: 3:21.35 42.75	350m: 4:45.51 41.91			
	100m: 1:15.06 39.53	200m: 2:38.60 42.39	300m: 4:03.60 42.25	400m: 5:24.80 39.29			
4.	MATOS, Pedro Frederico	72	Funcao Publica	5:29.03	+0,88	417	20,00
	50m: 37.59 37.59	150m: 1:58.68 41.40	250m: 3:23.75 42.47	350m: 4:48.39 42.02			
	100m: 1:17.28 39.69	200m: 2:41.28 42.60	300m: 4:06.37 42.62	400m: 5:29.03 40.64			
5.	FONSECA, Bruno Miguel	73	Salesianos	5:29.92	+0,88	414	19,00
	50m: 35.25 35.25	150m: 1:57.55 42.06	250m: 3:22.24 42.70	350m: 4:49.11 43.76			
	100m: 1:15.49 40.24	200m: 2:39.54 41.99	300m: 4:05.35 43.11	400m: 5:29.92 40.81			
6.	BARROS, Francisco Santos	72	Porto	5:40.70	+0,89	375	18,00
	50m: 35.15 35.15	150m: 1:57.74 42.57	250m: 3:27.41 45.08	350m: 4:58.11 44.94			
	100m: 1:15.17 40.02	200m: 2:42.33 44.59	300m: 4:13.17 45.76	400m: 5:40.70 42.59			
7.	FERNANDES, Ricardo Jorge	72	Natacao de Valongo	5:55.86	+0,95	329	17,00
	50m: 39.49 39.49	150m: 2:10.12 45.67	250m: 3:42.47 46.00	350m: 5:14.70 46.47			
	100m: 1:24.45 44.96	200m: 2:56.47 46.35	300m: 4:28.23 45.76	400m: 5:55.86 41.16			
8.	OLIVEIRA, Pedro Fonseca	74	Fluvial Portuense	6:08.20	+0,98	297	16,00
	50m: 41.46 41.46	150m: 2:14.29 46.64	250m: 3:48.64 47.59	350m: 5:25.11 48.08			
	100m: 1:27.65 46.19	200m: 3:01.05 46.76	300m: 4:37.03 48.39	400m: 6:08.20 43.09			
9.	INVERNEIRO, Pedro Alexandre	71	Fluvial Portuense	6:31.15	+1,11	248	14,00
	50m: 43.00 43.00	150m: 2:18.28 49.01	250m: 4:00.48 52.03	350m: 5:43.13 51.82			
	100m: 1:29.27 46.27	200m: 3:08.45 50.17	300m: 4:51.31 50.83	400m: 6:31.15 48.02			
10.	PEREIRA, Nuno Cristiano	73	Leixoes	6:54.24	+0,84	209	12,00
	50m: 44.35 44.35	150m: 2:21.60 50.21	250m: 4:05.54 53.24	350m: 5:57.37 56.70			
	100m: 1:31.39 47.04	200m: 3:12.30 50.70	300m: 5:00.67 55.13	400m: 6:54.24 56.87			
11.	CUNHA, Antonio Maria	71	Fluvial Portuense	7:01.12	+1,38	199	11,00
	50m: 40.85 40.85	150m: 2:23.22 54.69	250m: 4:18.64 58.84	350m: 6:10.70 55.34			
	100m: 1:28.53 47.68	200m: 3:19.80 56.58	300m: 5:15.36 56.72	400m: 7:01.12 50.42			
12.	GONCALVES, Pedro Nuno	72	Fluvial Portuense	7:13.78	+1,27	182	10,00
	50m: 49.71 49.71	150m: 2:38.37 54.74	250m: 4:29.60 55.89	350m: 6:22.39 56.53			
	100m: 1:43.63 53.92	200m: 3:33.71 55.34	300m: 5:25.86 56.26	400m: 7:13.78 51.39			
DNS	COSTA, Antonio Goarman	75	Nacional de Natacao				-
DNS	GASPAR, Jorge Miguel	72	FC Ferreiras/AlgarExperience				-

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc F
17-01-2020 - 10:35 Resultados

Rec Nac Esc F 4:22.11 FREITAS, Jose Carlos CFP Felgueiras 26-01-2013

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	GONCALVES, Carlos Guimaraes	70	Fluvial Portuense	4:57.82	+0,91	669	30,00
	50m: 33.84 33.84 150m: 1:47.12 37.22 250m: 3:03.36 38.34 350m: 4:20.61 38.66						
	100m: 1:09.90 36.06 200m: 2:25.02 37.90 300m: 3:41.95 38.59 400m: 4:57.82 37.21						
2.	SANTOS, Eurico Manuel	70	Colegio Monte Maior	5:10.63	+0,71	589	26,00
	50m: 35.25 35.25 150m: 1:52.04 38.72 250m: 3:10.55 39.04 350m: 4:30.30 39.94						
	100m: 1:13.32 38.07 200m: 2:31.51 39.47 300m: 3:50.36 39.81 400m: 5:10.63 40.33						
3.	TEJO, Rui Miguel	69	Academica de Coimbra	5:33.14	+0,95	478	22,00
	50m: 37.19 37.19 150m: 1:59.80 41.72 250m: 3:25.41 42.98 350m: 4:51.89 43.25						
	100m: 1:18.08 40.89 200m: 2:42.43 42.63 300m: 4:08.64 43.23 400m: 5:33.14 41.25						
4.	PEREIRA, Jose Manuel	70	Palmela Desporto	5:39.12	+0,91	453	20,00
	50m: 35.58 35.58 150m: 1:58.86 42.76 250m: 3:26.88 44.42 350m: 4:55.16 43.98						
	100m: 1:16.10 40.52 200m: 2:42.46 43.60 300m: 4:11.18 44.30 400m: 5:39.12 43.96						
5.	LOHKEN, Jorg	68	Funcao Publica	5:42.25	+1,21	440	19,00
	50m: 35.91 35.91 150m: 1:59.91 43.19 250m: 3:27.96 44.32 350m: 4:58.03 45.06						
	100m: 1:16.72 40.81 200m: 2:43.64 43.73 300m: 4:12.97 45.01 400m: 5:42.25 44.22						
6.	FERREIRA, Miguel Jose	70	Leixoes	5:42.62	+0,85	439	18,00
	50m: 35.99 35.99 150m: 2:00.87 42.98 250m: 3:28.87 44.32 350m: 4:58.75 44.66						
	100m: 1:17.89 41.90 200m: 2:44.55 43.68 300m: 4:14.09 45.22 400m: 5:42.62 43.87						
7.	FEITEIRA, Luis Filipe	66	Masters de Almada	5:58.12	+0,94	384	17,00
	50m: 40.02 40.02 150m: 2:10.59 45.75 250m: 3:42.48 45.85 350m: 5:14.54 45.84						
	100m: 1:24.84 44.82 200m: 2:56.63 46.04 300m: 4:28.70 46.22 400m: 5:58.12 43.58						
8.	ALFERES, Rui Manuel	69	Aminata	6:06.85	+1,11	357	16,00
	50m: 39.71 39.71 150m: 2:09.96 46.43 250m: 3:45.45 47.33 350m: 5:21.64 48.27						
	100m: 1:23.53 43.82 200m: 2:58.12 48.16 300m: 4:33.37 47.92 400m: 6:06.85 45.21						
9.	ALVES, Fernando Jose	69	Salesianos	6:14.95	+1,17	335	14,00
	50m: 40.58 40.58 150m: 2:12.33 46.38 300m: 4:38.60 1:37.94 400m: 6:14.95 47.89						
	100m: 1:25.95 45.37 200m: 3:00.66 48.33 350m: 5:27.06 48.46						
10.	SANTINHA, Antonio Manuel	69	Masters de Almada	6:27.74	+1,10	303	12,00
	50m: 42.72 42.72 150m: 2:19.41 48.92 250m: 3:59.28 50.05 350m: 5:39.44 50.25						
	100m: 1:30.49 47.77 200m: 3:09.23 49.82 300m: 4:49.19 49.91 400m: 6:27.74 48.30						
11.	QUARESMA, Paulo Miguel	67	Aminata	6:30.32	+0,95	297	11,00
	50m: 37.48 37.48 150m: 2:10.47 48.93 250m: 3:54.73 52.39 350m: 5:40.61 53.11						
	100m: 1:21.54 44.06 200m: 3:02.34 51.87 300m: 4:47.50 52.77 400m: 6:30.32 49.71						
12.	BAPTISTA, Jose Manuel	69	Leixoes	7:34.76	+1,06	187	10,00
	50m: 45.21 45.21 150m: 2:33.81 56.75 250m: 4:34.23 1:00.85 350m: 6:35.05 1:00.45						
	100m: 1:37.06 51.85 200m: 3:33.38 59.57 300m: 5:34.60 1:00.37 400m: 7:34.76 59.71						
13.	CARVALHO, Luis Duarte	70	Sporting de Aveiro	7:37.12	+0,87	185	9,00
	50m: 50.77 50.77 150m: 2:43.87 57.13 250m: 4:40.98 58.99 350m: 6:38.94 58.85						
	100m: 1:46.74 55.97 200m: 3:41.99 58.12 300m: 5:40.09 59.11 400m: 7:37.12 58.18						
14.	LOUREIRO, Luis Miguel	68	Fluvial Portuense	7:37.38	+1,12	184	8,00
	50m: 50.54 50.54 150m: 2:41.15 57.00 250m: 4:38.96 59.59 350m: 6:38.20 59.44						
	100m: 1:44.15 53.61 200m: 3:39.37 58.22 300m: 5:38.76 59.80 400m: 7:37.38 59.18						

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc G
17-01-2020 - 10:35 Resultados

Rec Nac Esc G 4:25.70 FREITAS, Jose Carlos INDNP Mealhada 18-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	FREITAS, Jose Carlos	63	Individual ANNP	4:31.79	+0,77	1019	30,00
	50m: 31.48 31.48	150m: 1:39.50 34.03	250m: 2:48.73 34.85	350m: 3:58.19 34.65			
	100m: 1:05.47 33.99	200m: 2:13.88 34.38	300m: 3:23.54 34.81	400m: 4:31.79 33.60			
2.	LOBO, Nuno Silva	63	Fluvial Portuense	5:13.02	+1,10	667	26,00
	50m: 35.49 35.49	150m: 1:54.33 40.06	250m: 3:15.84 40.21	350m: 4:36.65 39.91			
	100m: 1:14.27 38.78	200m: 2:35.63 41.30	300m: 3:56.74 40.90	400m: 5:13.02 36.37			
3.	SOARES, Ralf Pinto	64	Nadadores dos Estoris	5:14.72	+0,89	656	22,00
	50m: 35.20 35.20	150m: 1:52.72 39.68	250m: 3:13.14 40.19	350m: 4:34.92 40.57			
	100m: 1:13.04 37.84	200m: 2:32.95 40.23	300m: 3:54.35 41.21	400m: 5:14.72 39.80			
4.	SEABRA, Henrique Luis	61	Fluvial Portuense	5:46.59	+0,79	491	20,00
	50m: 36.22 36.22	150m: 2:01.22 43.78	250m: 3:31.23 45.64	350m: 5:02.01 45.65			
	100m: 1:17.44 41.22	200m: 2:45.59 44.37	300m: 4:16.36 45.13	400m: 5:46.59 44.58			
5.	COSTA, Armando Joao	63	Colegio SMLamas	5:48.13	+0,90	485	19,00
	50m: 38.14 38.14	150m: 2:07.49 45.17	250m: 3:38.03 45.26	350m: 5:06.90 44.11			
	100m: 1:22.32 44.18	200m: 2:52.77 45.28	300m: 4:22.79 44.76	400m: 5:48.13 41.23			
6.	SALAS-SABINA, Juan-Manuel	63	Tenerife Masters	5:48.44	+1,04	483	-
	50m: 37.61 37.61	150m: 2:05.03 44.89	250m: 3:35.29 44.75	350m: 5:05.47 45.22			
	100m: 1:20.14 42.53	200m: 2:50.54 45.51	300m: 4:20.25 44.96	400m: 5:48.44 42.97			
7.	MARTINHO, Antonio Jorge	65	Academica de Coimbra	6:05.98	+0,95	417	18,00
	50m: 39.11 39.11	150m: 2:09.19 45.96	250m: 3:44.03 47.20	350m: 5:20.40 48.20			
	100m: 1:23.23 44.12	200m: 2:56.83 47.64	300m: 4:32.20 48.17	400m: 6:05.98 45.58			
8.	MARTINS, Joao Gao	65	Colegio Monte Maior	6:08.12	+0,92	410	17,00
	50m: 41.43 41.43	150m: 2:12.87 46.38	250m: 3:48.12 47.84	350m: 5:22.58 47.01			
	100m: 1:26.49 45.06	200m: 3:00.28 47.41	300m: 4:35.57 47.45	400m: 6:08.12 45.54			
9.	CARITA, Antonio Carlos	65	Nadadores dos Estoris	6:11.28	+1,14	399	16,00
	50m: 40.58 40.58	150m: 2:11.91 46.50	250m: 3:48.42 47.94	350m: 5:24.82 47.93			
	100m: 1:25.41 44.83	200m: 3:00.48 48.57	300m: 4:36.89 48.47	400m: 6:11.28 46.46			
10.	RIBEIRO, Jorge Vieira	64	Sporting de Aveiro	6:11.99	+1,02	397	14,00
	50m: 42.13 42.13	150m: 2:14.11 46.69	250m: 3:47.99 46.52	350m: 5:25.37 49.17			
	100m: 1:27.42 45.29	200m: 3:01.47 47.36	300m: 4:36.20 48.21	400m: 6:11.99 46.62			
11.	BARKA, Youssef-andre	63	Salesianos	6:12.02	+0,85	397	12,00
	50m: 40.94 40.94	150m: 2:13.34 46.93	250m: 3:49.01 48.17	350m: 5:24.72 47.61			
	100m: 1:26.41 45.47	200m: 3:00.84 47.50	300m: 4:37.11 48.10	400m: 6:12.02 47.30			
12.	AMARAL, Jose Rui	63	Fluvial Portuense	6:16.96	+1,08	382	11,00
	50m: 42.27 42.27	150m: 2:17.64 48.46	250m: 3:54.49 48.91	350m: 5:30.20 48.06			
	100m: 1:29.18 46.91	200m: 3:05.58 47.94	300m: 4:42.14 47.65	400m: 6:16.96 46.76			
13.	GULLON NIETO, Juvenal	62	Tenerife Masters	7:00.64	+1,20	275	-
	50m: 45.34 45.34	150m: 2:28.07 52.64	250m: 4:17.13 54.96	350m: 6:08.42 54.93			
	100m: 1:35.43 50.09	200m: 3:22.17 54.10	300m: 5:13.49 56.36	400m: 7:00.64 52.22			
14.	JUNIOR, Jose Raposo	63	Obidos Criativa	7:00.77	+1,18	274	10,00
	50m: 44.66 44.66	150m: 2:24.35 52.48	250m: 4:12.05 54.20	350m: 6:04.56 56.16			
	100m: 1:31.87 47.21	200m: 3:17.85 53.50	300m: 5:08.40 56.35	400m: 7:00.77 56.21			

Prova 2, Masc., 400m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
15.	SANTOS, Manuel Fernando	61	Gafanha da Encarnacao	7:03.07	+1,05	270	9,00
	50m: 44.71 44.71	150m: 2:30.20 54.87	250m: 4:22.85 56.37	350m: 6:11.54 53.65			
	100m: 1:35.33 50.62	200m: 3:26.48 56.28	300m: 5:17.89 55.04	400m: 7:03.07 51.53			
16.	CARDOSO, Vitor Manuel	65	Geslours	7:18.44	+1,27	242	8,00
	50m: 45.09 45.09	150m: 2:33.73 55.91	250m: 4:27.51 57.20	350m: 6:23.25 57.69			
	100m: 1:37.82 52.73	200m: 3:30.31 56.58	300m: 5:25.56 58.05	400m: 7:18.44 55.19			
17.	MARTINS, Arnaldo Silva	61	Fluvial Portuense	7:24.93	+1,13	232	7,00
	50m: 47.50 47.50	150m: 2:37.58 56.62	250m: 4:32.48 57.60	350m: 6:27.95 57.29			
	100m: 1:40.96 53.46	200m: 3:34.88 57.30	300m: 5:30.66 58.18	400m: 7:24.93 56.98			
18.	PINTO, Fernando Manuel	61	Fluvial Portuense	8:03.29	+0,71	181	6,00
	50m: 53.03 53.03	150m: 2:54.04 1:02.34	250m: 4:59.61 1:03.43	350m: 7:03.95 1:02.01			
	100m: 1:51.70 58.67	200m: 3:56.18 1:02.14	300m: 6:01.94 1:02.33	400m: 8:03.29 59.34			
19.	NASCIMENTO, Joao Carlos	63	O2 Portimao	8:07.09	+0,71	177	5,00
	50m: 53.57 53.57	150m: 2:56.99 1:02.17	250m: 5:02.92 1:03.57	350m: 7:08.60 1:02.43			
	100m: 1:54.82 1:01.25	200m: 3:59.35 1:02.36	300m: 6:06.17 1:03.25	400m: 8:07.09 58.49			

Prova 2 Masc., 400m Livres Master Esc H Resultados

Rec Nac Esc H 5:11.27 MAVIOSO, Vitor Manuel SAD Tomar 30-01-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CABRERA, Marcos	60	Tenerife Masters	5:32.22	+0,89	673	-
	50m: 37.07 37.07	150m: 1:59.09 41.43	250m: 3:23.93 42.78	350m: 4:50.38 43.07			
	100m: 1:17.66 40.59	200m: 2:41.15 42.06	300m: 4:07.31 43.38	400m: 5:32.22 41.84			
2.	MORENO PEREZ, Jose Andres	58	Tenerife Masters	6:35.79	+1,38	398	-
	50m: 44.68 44.68	150m: 2:22.12 49.86	250m: 4:05.58 52.10	350m: 5:48.27 50.53			
	100m: 1:32.26 47.58	200m: 3:13.48 51.36	300m: 4:57.74 52.16	400m: 6:35.79 47.52			
3.	ROCHA, Paulo Jorge	59	Fluvial Portuense	7:06.68	+1,38	317	30,00
	50m: 44.74 44.74	150m: 2:30.60 53.99	250m: 4:23.14 56.48	350m: 6:14.60 55.53			
	100m: 1:36.61 51.87	200m: 3:26.66 56.06	300m: 5:19.07 55.93	400m: 7:06.68 52.08			
4.	RAFAEL, Jose Joao	59	Masters de Almada	7:14.84	+1,19	300	26,00
	50m: 43.44 43.44	150m: 2:29.84 56.11	250m: 4:24.79 57.40	350m: 6:20.10 57.35			
	100m: 1:33.73 50.29	200m: 3:27.39 57.55	300m: 5:22.75 57.96	400m: 7:14.84 54.74			

Prova 2 Masc., 400m Livres Master Esc I Resultados

Rec Nac Esc I 5:48.86 BASTO, Antonio Bessone SAD Lisboa 20-02-2010

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CORREIA, Alberto Vaz <i>Rec Nacional Esc I</i>	55	Salesianos	5:33.34	+1,04	766	30,00
	50m: 36.77 36.77	150m: 2:00.41 42.33	250m: 3:26.60 43.32	350m: 4:52.98 43.21			
	100m: 1:18.08 41.31	200m: 2:43.28 42.87	300m: 4:09.77 43.17	400m: 5:33.34 40.36			
2.	CORREIA, Carlos Augusto	52	Masters de Almada	6:36.18	+1,24	456	26,00
	50m: 45.74 45.74	150m: 2:26.18 50.81	250m: 4:07.73 50.94	350m: 5:47.49 49.58			
	100m: 1:35.37 49.63	200m: 3:16.79 50.61	300m: 4:57.91 50.18	400m: 6:36.18 48.69			

Prova 2, Masc., 400m Livres, Master Esc I

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
3.	FERREIRA, Domingos Jose	54	Sporting de Espinho	6:55.88	+1,28	394	22,00
	50m: 43.28 43.28	150m: 2:27.21 53.48	250m: 4:16.22 54.92	350m: 6:04.94 53.67			
	100m: 1:33.73 50.45	200m: 3:21.30 54.09	300m: 5:11.27 55.05	400m: 6:55.88 50.94			
4.	MADAIL, Jose Henrique	54	Galitos / Bresimar	7:35.14	+1,00	301	20,00
	50m: 52.41 52.41	150m: 2:45.59 57.94	250m: 4:42.94 58.36	350m: 6:40.71 59.55			
	100m: 1:47.65 55.24	200m: 3:44.58 58.99	300m: 5:41.16 58.22	400m: 7:35.14 54.43			
5.	RAPOSO, Jose Alexandre	55	Sporting de Aveiro	7:42.28	+1,26	287	19,00
	50m: 52.62 52.62	150m: 2:50.10 58.67	250m: 4:48.41 59.20	350m: 6:45.52 58.49			
	100m: 1:51.43 58.81	200m: 3:49.21 59.11	300m: 5:47.03 58.62	400m: 7:42.28 56.76			
6.	TAVARES, Antonio Manuel	51	Funcao Publica	7:53.01	+1,33	268	18,00
	50m: 53.40 53.40	150m: 2:54.27 1:01.30	250m: 4:54.08 59.18	350m: 6:55.39 1:00.49			
	100m: 1:52.97 59.57	200m: 3:54.90 1:00.63	300m: 5:54.90 1:00.82	400m: 7:53.01 57.62			
7.	ROSEIRA, Joao Luis	55	Fluvial Portuense	9:00.02	+1,43	180	17,00
	50m: 58.30 58.30	150m: 3:16.75 1:10.95	250m: 5:34.15 1:07.19	350m: 7:49.87 1:11.36			
	100m: 2:05.80 1:07.50	200m: 4:26.96 1:10.21	300m: 6:38.51 1:04.36	400m: 9:00.02 1:10.15			

Prova 2 Masc., 400m Livres Master Esc J Resultados
17-01-2020 - 10:35

Rec Nac Esc J	5:55.49	BASTO, Antonio Bessone	SAD	Recarei	16-05-2015
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	TRABUCO, Antonio Jose	50	Alges	7:08.84	+1,07	475	30,00
	50m: 46.34 46.34	150m: 2:33.97 54.66	250m: 4:23.27 54.39	350m: 6:13.70 55.65			
	100m: 1:39.31 52.97	200m: 3:28.88 54.91	300m: 5:18.05 54.78	400m: 7:08.84 55.14			
2.	BARRETO, Mario Jose	48	FC Ferreiras/AlgarExperience	9:03.58	+1,35	233	26,00
	50m: 59.35 59.35	150m: 3:18.03 1:11.36	250m: 5:37.87 1:09.40	350m: 7:57.08 1:09.02			
	100m: 2:06.67 1:07.32	200m: 4:28.47 1:10.44	300m: 6:48.06 1:10.19	400m: 9:03.58 1:06.50			
3.	HORTA, Jose Manuel	49	Alges	10:24.41	+1,24	154	22,00
	50m: 1:09.52 1:09.52	150m: 3:48.11 1:20.84	250m: 6:31.43 1:21.19	350m: 9:11.01 1:19.02			
	100m: 2:27.27 1:17.75	200m: 5:10.24 1:22.13	300m: 7:51.99 1:20.56	400m: 10:24.41 1:13.40			
4.	DALMEIDA, Jorge Manuel	49	Ginasio Clube	10:29.91		150	20,00
	50m: 1:01.85 1:01.85	150m: 3:32.46 1:18.44	250m: 6:19.21 1:24.66	350m: 9:08.28 1:24.44			
	100m: 2:14.02 1:12.17	200m: 4:54.55 1:22.09	300m: 7:43.84 1:24.63	400m: 10:29.91 1:21.63			

Prova 2 Masc., 400m Livres Master Esc K Resultados
17-01-2020 - 10:35

Rec Nac Esc K	7:32.94	GOMES, Leonel Sousa	SFP	Pedrulha	21-01-2005
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SALGUEIRO, Luis Vidigal	45	Alges	7:40.48		441	30,00
	50m: 49.36 49.36	150m: 2:44.70 59.32	250m: 4:43.80 59.69	350m: 6:45.13 1:00.53			
	100m: 1:45.38 56.02	200m: 3:44.11 59.41	300m: 5:44.60 1:00.80	400m: 7:40.48 55.35			