

Prova 22 Masc., 200m Bruços Master Esc A  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc A 2:24.75 PEREIRA, Marcelo Goncalo FOCA Sines 29-01-2017

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SILVA, Pedro Miguel <i>Rec Nacional Esc A</i>	94	Colegio Monte Maior	<b>2:19.48</b>	+0,71	977	30,00
	50m: 30.97 30.97	100m: 1:07.08 36.11	150m: 1:43.26 36.18	200m: 2:19.48 36.22			
2.	SANTOS, Bruno Miguel	91	Leixoes	<b>2:42.60</b>	+0,73	616	26,00
	50m: 36.54 36.54	100m: 1:17.74 41.20	150m: 1:59.83 42.09	200m: 2:42.60 42.77			
3.	FERREIRA, Artur Sousa	93	Colegio SMLamas	<b>2:51.99</b>	+0,80	521	22,00
	50m: 39.50 39.50	100m: 1:24.45 44.95	150m: 2:09.87 45.42	200m: 2:51.99 42.12			
4.	SILVA, Hugo Miguel	92	Funcao Publica	<b>2:52.50</b>	+0,81	516	20,00
	50m: 39.14 39.14	100m: 1:23.06 43.92	150m: 2:08.47 45.41	200m: 2:52.50 44.03			
5.	FERREIRA, Joao Pedro	91	Gesloures	<b>2:53.23</b>	+0,88	510	19,00
	50m: 38.47 38.47	100m: 1:21.58 43.11	150m: 2:06.58 45.00	200m: 2:53.23 46.65			
6.	MOREIRA, Jose Luis	93	Natacao da Maia	<b>3:08.50</b>	+0,81	395	18,00
	50m: 40.97 40.97	100m: 1:28.39 47.42	150m: 2:18.64 50.25	200m: 3:08.50 49.86			
7.	COSTA, Hugo Figueiredo	91	Gesloures	<b>3:23.45</b>	+0,98	314	17,00
	50m: 46.35 46.35	100m: 1:37.73 51.38	150m: 2:30.38 52.65	200m: 3:23.45 53.07			

Prova 22 Masc., 200m Bruços Master Esc B  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc B 2:24.34 NIZ, Adriano Miguel GDNVNF Sines 29-01-2017

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	MONTEIRO, Bruno Daniel	88	Leixoes	<b>2:27.46</b>	+0,79	865	30,00
	50m: 32.53 32.53	100m: 1:09.55 37.02	150m: 1:48.35 38.80	200m: 2:27.46 39.11			
2.	NOLASCO, Nuno Maria	87	Ginasio Clube	<b>2:32.06</b>	+0,78	789	26,00
	50m: 33.28 33.28	100m: 1:11.39 38.11	150m: 1:50.96 39.57	200m: 2:32.06 41.10			
3.	CORDEIRO, Diogo Andre	90	Masters de Almada	<b>2:35.30</b>	+0,83	740	22,00
	50m: 34.82 34.82	100m: 1:14.11 39.29	150m: 1:54.61 40.50	200m: 2:35.30 40.69			
4.	GODINHO, Henrique Mira	88	Sporting Caminha	<b>2:39.58</b>	+0,90	682	20,00
	50m: 36.56 36.56	100m: 1:17.95 41.39	150m: 1:59.89 41.94	200m: 2:39.58 39.69			
5.	VIOLA, Joao Albano	89	Porto	<b>2:45.55</b>	+0,72	611	19,00
	50m: 35.47 35.47	100m: 1:17.28 41.81	150m: 2:00.94 43.66	200m: 2:45.55 44.61			
6.	MADUREIRA, Fabio Andre	90	Penafiel	<b>2:45.96</b>	+0,83	607	18,00
	50m: 37.11 37.11	100m: 1:19.00 41.89	150m: 2:01.66 42.66	200m: 2:45.96 44.30			
7.	FIGUEIREDO, Luis Rosario	89	Ginasio Santo Tirso	<b>3:04.16</b>	+0,80	444	17,00
	50m: 40.16 40.16	100m: 1:27.23 47.07	150m: 2:15.66 48.43	200m: 3:04.16 48.50			
8.	PIRES, Andre Rosa	90	Gesloures	<b>3:07.31</b>	+0,91	422	16,00
	50m: 41.42 41.42	100m: 1:29.28 47.86	150m: 2:18.02 48.74	200m: 3:07.31 49.29			
9.	DAVID, Joao Gabriel	87	Masters de Almada	<b>3:15.17</b>	+0,82	373	14,00
	50m: 40.28 40.28	100m: 1:27.02 46.74	150m: 2:18.89 51.87	200m: 3:15.17 56.28			

Prova 22, Masc., 200m Bruços, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
10.	VIEDMA, Luis Martinez	87	Pimpoes/Cimai	<b>3:17.16</b>	+0,88	362	12,00
	50m: 42.83 42.83	100m: 1:32.45	49.62	150m: 2:24.85	52.40	200m: 3:17.16	52.31
11.	ALVARENGA, Jorge Filipe	87	Leixoes	<b>3:19.18</b>	+0,85	351	11,00
	50m: 44.43 44.43	100m: 1:33.98	49.55	150m: 2:26.55	52.57	200m: 3:19.18	52.63
12.	FERNANDES, Andre Manuel	88	Lisboa PoolSharks	<b>3:19.99</b>	+0,97	346	10,00
	50m: 44.96 44.96	100m: 1:35.09	50.13	150m: 2:27.61	52.52	200m: 3:19.99	52.38
DSQ	MONTEIRO, Rafael Martins	86	Vilacondense				-
	<i>725 - Movimento alternado pernas percurso subaquático após viragem aos 50 m - SW 7.4</i>						
DNS	PINOTES, Pedro Miguel	89	Sporting				-

Prova 22 Masc., 200m Bruços Master Esc C Resultados

18-01-2020 - 15:35 Rec Nac Esc C 2:26.33 REGO, Ricardo Amorim LSC Mealhada 19-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SOUSA, Pedro Alexandre	82	Porto	<b>2:40.20</b>	+0,75	675	30,00
	50m: 36.59 36.59	100m: 1:17.82	41.23	150m: 2:00.10	42.28	200m: 2:40.20	40.10
2.	COSTA, Rui Filipe	83	Gesloures	<b>2:56.20</b>	+0,82	507	26,00
	50m: 38.22 38.22	100m: 1:22.50	44.28	150m: 2:09.83	47.33	200m: 2:56.20	46.37
3.	FIALHO, Andre Filipe	82	Pimpoes/Cimai	<b>2:58.56</b>	+0,74	488	22,00
	50m: 39.43 39.43	100m: 1:24.45	45.02	150m: 2:11.38	46.93	200m: 2:58.56	47.18
4.	MARTINS, Ricardo Morais	85	Aquatico Silves	<b>3:02.59</b>	+0,95	456	20,00
	50m: 40.69 40.69	100m: 1:26.56	45.87	150m: 2:13.78	47.22	200m: 3:02.59	48.81
5.	DABRIO, Miguel Andre	82	Salesianos	<b>3:04.55</b>	+0,93	442	19,00
	50m: 41.31 41.31	100m: 1:28.58	47.27	150m: 2:17.84	49.26	200m: 3:04.55	46.71
6.	SOUSA, Jose Miguel	81	Gesloures	<b>3:06.70</b>	+0,83	427	18,00
	50m: 41.26 41.26	100m: 1:28.92	47.66	150m: 2:18.73	49.81	200m: 3:06.70	47.97
7.	ROCHA, Pedro Morais	83	Gesloures	<b>3:15.47</b>	+0,89	372	17,00
	50m: 44.15 44.15	100m: 1:34.17	50.02	150m: 2:25.46	51.29	200m: 3:15.47	50.01
8.	SATURNINO, Renato Andre	81	Alcobaca	<b>3:16.74</b>	+0,80	364	16,00
	50m: 41.70 41.70	100m: 1:31.03	49.33	150m: 2:24.22	53.19	200m: 3:16.74	52.52
9.	FIGUEIREDO, Nuno Miguel	81	Alcobaca	<b>3:24.37</b>	+0,98	325	14,00
	50m: 45.14 45.14	100m: 1:36.42	51.28	150m: 2:30.35	53.93	200m: 3:24.37	54.02
10.	FREITAS, Joao Dinis	83	Masters de Almada	<b>3:28.95</b>	+0,90	304	12,00
	50m: 48.58 48.58	100m: 1:42.78	54.20	150m: 2:37.77	54.99	200m: 3:28.95	51.18
11.	MARTINS, Bruno Alexandre	83	Salesianos	<b>3:40.25</b>	+1,03	260	11,00
	50m: 49.94 49.94	100m: 1:45.07	55.13	150m: 2:42.96	57.89	200m: 3:40.25	57.29
DNS	SILVA, Pedro Guedes	82	Colegio Monte Maior				-
DNS	SHER, David Julio	84	Ginasio Clube				-

Prova 22, Masc., 200m Bruços

Prova 22 Masc., 200m Bruços Master Esc D  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc D 2:22.69 ROSARIO, Vasco Jorge SAD Palma de Mallorca (ESP) 02-02-2017

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	COSTA, Rodrigo Marques 50m: 34.74 34.74	76	Litoral Alentejano	<b>2:34.18</b> 39.90	+0,87	796	30,00
2.	PACHECO, Luis Daniel 50m: 37.23 37.23	76	Alcobaca	<b>2:42.07</b> 41.67	+0,81	685	26,00
3.	SANTOS, Patrick 50m: 38.32 38.32	79	Sporting	<b>2:46.71</b> 42.70	+0,76	629	22,00
4.	ROSA, Artur Jorge 50m: 39.89 39.89	76	Vila DEste/Gaia	<b>2:51.42</b> 44.49	+0,90	579	20,00
5.	ASSUNCAO, Celso Filipe 50m: 35.85 35.85	78	Galitos / Bresimar	<b>2:51.75</b> 45.85	+0,79	575	19,00
6.	SILVA, Marcio Oliveira 50m: 42.33 42.33	78	Estarreja	<b>3:10.02</b> 50.27	+0,91	425	18,00
7.	AMARAL, Eduardo Jose 50m: 43.19 43.19	78	Obidos Criativa	<b>3:13.13</b> 50.92	+1,00	405	17,00
8.	SILVA, Carlos Sobral 50m: 44.88 44.88	77	AONDA-Azeitao	<b>3:16.65</b> 51.52	+1,01	383	16,00
9.	ROSADO, Nuno Vaz 50m: 42.11 42.11	78	Academica de Coimbra	<b>3:18.25</b> 51.25	+1,02	374	14,00
10.	PEREIRA, Alexandre Marques 50m: 46.00 46.00	76	Colegio Monte Maior	<b>3:24.85</b> 53.19	+1,05	339	12,00
11.	AFONSO, Nuno Silva 50m: 47.95 47.95	79	Amigos da Natacao	<b>3:36.44</b> 56.92	+1,14	287	11,00
12.	PINTO, Sergio Manuel 50m: 48.71 48.71	78	Geslours	<b>3:41.62</b> 59.86	+1,01	268	10,00

Prova 22 Masc., 200m Bruços Master Esc E  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc E 2:38.21 NUNES, Rodolfo Pereira CAP Vila Franca de Xira 20-01-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	NUNES, Rodolfo Pereira 50m: 36.04 36.04	73	Individual ANNP	<b>2:42.95</b> 42.34	+0,87	743	30,00
2.	CAMACHO, Ricardo Paulo 50m: 41.77 41.77	72	Desportivo Nacional	<b>3:07.09</b> 49.10	+0,88	491	26,00
3.	CUSTODIO, Rui Gabriel 50m: 41.92 41.92	75	Alcobaca	<b>3:07.95</b> 49.09	+0,86	484	22,00
4.	COSTA, Antonio Goarman 50m: 46.55 46.55	75	Nacional de Natacao	<b>3:19.26</b> 52.24	+1,09	406	20,00

Prova 22, Masc., 200m Bruços, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
5.	GOMES, Joao Antonio	75	Leixoes	<b>3:23.10</b>	+0,90	384	19,00
	50m: 44.72 44.72	100m: 1:35.99 51.27	150m: 2:30.15	54.16	200m: 3:23.10	52.95	
6.	FRANCA, Nuno Avila	72	Academica de Coimbra	<b>3:23.79</b>	+0,88	380	18,00
	50m: 44.75 44.75	100m: 1:36.98 52.23	150m: 2:31.14	54.16	200m: 3:23.79	52.65	
7.	CASTRO, Rui Fernando	73	Vila DEste/Gaia	<b>3:34.66</b>	+0,95	325	17,00
	50m: 49.42 49.42	100m: 1:44.18 54.76	150m: 2:40.30	56.12	200m: 3:34.66	54.36	
8.	CARDOSO, Jose Luis	71	Masters de Almada	<b>3:52.15</b>	+1,12	257	16,00
	50m: 49.63 49.63	100m: 1:48.18 58.55	150m: 2:50.44	1:02.26	200m: 3:52.15	1:01.71	
9.	ANTONIO, Abilio Manuel	72	Obidos Criativa	<b>3:57.61</b>	+0,96	239	14,00
	50m: 52.15 52.15	100m: 1:53.12 1:00.97	150m: 2:55.96	1:02.84	200m: 3:57.61	1:01.65	
10.	GONCALVES, Paulo David	71	Funcao Publica	<b>4:03.26</b>	+1,08	223	12,00
	50m: 55.40 55.40	100m: 1:57.94 1:02.54	150m: 3:01.46	1:03.52	200m: 4:03.26	1:01.80	
DNS	BORREGO, Hugo Alexandre	72	Sporting de Aveiro				-

Prova 22 Masc., 200m Bruços Master Esc F Resultados

18-01-2020 - 15:35 Rec Nac Esc F 2:39.50 DUARTE, Jose Samuel SCP Algés 29-03-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	TEJO, Rui Miguel	69	Academica de Coimbra	<b>3:00.38</b>	+0,98	631	30,00
	50m: 40.67 40.67	100m: 1:27.24 46.57	150m: 2:14.64	47.40	200m: 3:00.38	45.74	
2.	LIMA, Jorge Sequeira	67	Sporting	<b>3:03.46</b>	+0,86	600	26,00
	50m: 40.19 40.19	100m: 1:25.08 44.89	150m: 2:08.07	42.99	200m: 3:03.46	55.39	
3.	NEVES, Mario Antonio	68	Geslours	<b>3:15.55</b>	+0,88	495	22,00
	50m: 43.69 43.69	100m: 1:31.77 48.08	150m: 2:23.30	51.53	200m: 3:15.55	52.25	
4.	DIAS, Francisco Jose	69	Portinado	<b>3:18.93</b>	+0,96	470	20,00
	50m: 44.30 44.30	100m: 1:35.60 51.30	150m: 2:28.57	52.97	200m: 3:18.93	50.36	
5.	FERRAZ, Francisco Antonio	70	Pimpoes/Cimai	<b>3:21.70</b>	+0,85	451	19,00
	50m: 43.70 43.70	100m: 1:34.65 50.95	150m: 2:28.79	54.14	200m: 3:21.70	52.91	
6.	SOARES, Joao Tiago	70	Porto	<b>3:27.74</b>	+0,76	413	18,00
	50m: 44.96 44.96	100m: 1:39.50 54.54	150m: 2:35.59	56.09	200m: 3:27.74	52.15	
7.	PEREIRA, Artur Jose	69	Geslours	<b>3:35.24</b>	+1,00	371	17,00
	50m: 49.55 49.55	100m: 1:43.98 54.43	150m: 2:40.03	56.05	200m: 3:35.24	55.21	
8.	SANTINHA, Antonio Manuel	69	Masters de Almada	<b>3:38.05</b>	+1,13	357	16,00
	50m: 50.40 50.40	100m: 1:46.64 56.24	150m: 2:43.24	56.60	200m: 3:38.05	54.81	
9.	ROCHA, Mario Xavier	70	Feirense	<b>3:38.72</b>	+0,91	354	14,00
	50m: 46.02 46.02	100m: 1:40.52 54.50	150m: 2:39.73	59.21	200m: 3:38.72	58.99	
10.	SEQUEIRA, Francisco Manuel	66	Vila DEste/Gaia	<b>3:39.58</b>	+1,03	349	12,00
	50m: 49.15 49.15	100m: 1:44.32 55.17	150m: 2:41.74	57.42	200m: 3:39.58	57.84	
11.	SOARES, Paulo Jose	66	Salesianos	<b>3:43.31</b>	+1,00	332	11,00
	50m: 49.34 49.34	100m: 1:46.13 56.79	150m: 2:45.63	59.50	200m: 3:43.31	57.68	
12.	BAPTISTA, Jose Manuel	69	Leixoes	<b>3:47.92</b>	+1,24	312	10,00
	50m: 48.83 48.83	100m: 1:43.45 54.62	150m: 2:44.20	1:00.75	200m: 3:47.92	1:03.72	

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Prova 22, Masc., 200m Bruços, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
13.	PAIVA, Henrique Silva	67	Feirense	<b>4:06.67</b>	+1,16	246	9,00
	50m: 53.31 53.31	100m: 1:56.32 1:03.01	150m: 3:02.74 1:06.42	200m: 4:06.67 1:03.93			
DSQ	AMARAL, Joao Gunther	69	Fluvial Portuense				-
	<i>720 - Toque alternado na viragem aos 150 m - SW 7.6</i>						
DNS	CARVALHO, Luis Duarte	70	Sporting de Aveiro				-

Prova 22 Masc., 200m Bruços Master Esc G Resultados

Rec Nac Esc G	3:04.12	BARROSO, Jose Miguel	CFP	Mealhada	19-01-2019
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	DUARTE, Jose Samuel	65	Sporting	<b>2:41.09</b>	+0,72	1017	30,00
	<i>Rec Nacional Esc G</i>						
	50m: 36.75 36.75	100m: 1:18.20 41.45	150m: 1:59.69 41.49	200m: 2:41.09 41.40			
2.	SOARES, Ralf Pinto	64	Nadadores dos Estoris	<b>3:03.94</b>	+0,92	683	26,00
	50m: 40.62 40.62	100m: 1:27.72 47.10	150m: 2:16.54 48.82	200m: 3:03.94 47.40			
3.	BARROSO, Jose Miguel	62	Fluvial Portuense	<b>3:05.53</b>	+0,85	665	22,00
	50m: 41.42 41.42	100m: 1:28.59 47.17	150m: 2:16.89 48.30	200m: 3:05.53 48.64			
4.	SOUSA, Antonio Fernando	65	Porto	<b>3:06.72</b>	+0,75	653	20,00
	50m: 43.57 43.57	100m: 1:32.26 48.69	150m: 2:21.75 49.49	200m: 3:06.72 44.97			
5.	BERNARDO, Luis Miguel	61	Fluvial Portuense	<b>3:09.17</b>	+1,05	628	19,00
	50m: 42.51 42.51	100m: 1:31.54 49.03	150m: 2:22.04 50.50	200m: 3:09.17 47.13			
6.	CAMPOS, Joao Paulo	65	Leixoes	<b>3:28.61</b>	+0,84	468	18,00
	50m: 46.43 46.43	100m: 1:39.75 53.32	150m: 2:34.08 54.33	200m: 3:28.61 54.53			
7.	ESPINHEIRO, Alberto Nuno	62	Colegio SMLamas	<b>3:37.41</b>	+0,93	413	17,00
	50m: 47.59 47.59	100m: 1:42.03 54.44	150m: 2:39.77 57.74	200m: 3:37.41 57.64			
8.	AFONSO, Antonio Eduardo	65	Ginasio Santo Tirso	<b>3:38.30</b>	+0,84	408	16,00
	50m: 45.75 45.75	100m: 1:40.47 54.72	150m: 2:38.99 58.52	200m: 3:38.30 59.31			
9.	TRIGO, Daniel Castro	65	Sporting de Aveiro	<b>3:39.23</b>	+0,94	403	14,00
	50m: 47.77 47.77	100m: 1:42.61 54.84	150m: 2:41.69 59.08	200m: 3:39.23 57.54			
10.	MADUREIRA, Pedro Marcos	64	Porto	<b>3:40.88</b>	+0,93	394	12,00
	50m: 49.62 49.62	100m: 1:45.91 56.29	150m: 2:44.99 59.08	200m: 3:40.88 55.89			
11.	SILVA, Rui Manuel	64	Academica de Coimbra	<b>3:45.39</b>	+0,96	371	11,00
	50m: 48.46 48.46	100m: 1:44.91 56.45	150m: 2:44.35 59.44	200m: 3:45.39 1:01.04			
12.	SEARA, Joao Henrique	63	Leixoes	<b>4:02.20</b>	+0,94	299	10,00
	50m: 53.23 53.23	100m: 1:53.73 1:00.50	150m: 2:56.97 1:03.24	200m: 4:02.20 1:05.23			
13.	TEIXEIRA, Albano Couto	63	Foca Quinta da Lixa CNF	<b>4:08.21</b>	+1,19	278	9,00
	50m: 53.63 53.63	100m: 1:56.43 1:02.80	150m: 3:03.90 1:07.47	200m: 4:08.21 1:04.31			
14.	BARRETO, Marcelino Joao	65	Aminata	<b>4:13.91</b>	+1,18	259	8,00
	50m: 59.41 59.41	100m: 2:05.10 1:05.69	150m: 3:10.09 1:04.99	200m: 4:13.91 1:03.82			
15.	PINTO, Fernando Manuel	61	Fluvial Portuense	<b>4:34.10</b>	+0,90	206	7,00
	50m: 1:02.26 1:02.26	100m: 2:11.32 1:09.06	150m: 3:22.98 1:11.66	200m: 4:34.10 1:11.12			

Prova 22, Masc., 200m Bruços, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
DNS	SILVA, Joao Manuel	63	Millennium BCP				-

Prova 22 Masc., 200m Bruços Master Esc H  
 18-01-2020 - 15:35 Resultados

Rec	Nac	Esc	H	Tempo	Clube	CPN	Sines	Resultados
3:13.87	SILVA, Jose Santos	CPN	Sines	29-01-2017				

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SILVA, Jose Santos	57	Ginasio Santo Tirso	<b>3:14.07</b>	+0,88	625	30,00
	50m: 42.66 42.66	100m: 1:32.84 50.18	150m: 2:24.24	51.40	200m: 3:14.07	49.83	
2.	LETTARI, Enrico	56	SG Westthueringen	<b>3:25.75</b>	+0,96	524	-
	50m: 44.56 44.56	100m: 1:37.37 52.81	150m: 2:32.49	55.12	200m: 3:25.75	53.26	
3.	BARROS, Mario Jorge	56	Porto	<b>3:33.48</b>	+0,97	469	26,00
	50m: 49.50 49.50	100m: 1:43.61 54.11	150m: 2:39.29	55.68	200m: 3:33.48	54.19	
4.	LUZ, Paulo Filipe	59	Gesloures	<b>3:34.17</b>	+1,02	465	22,00
	50m: 46.05 46.05	100m: 1:41.35 55.30	150m: 2:37.36	56.01	200m: 3:34.17	56.81	
5.	DUARTE, Sergio Antonio	59	Colegio Monte Maior	<b>3:48.02</b>	+0,88	385	20,00
	50m: 51.10 51.10	100m: 1:49.69 58.59	150m: 2:49.63	59.94	200m: 3:48.02	58.39	
6.	ROCHA, Paulo Jorge	59	Fluvial Portuense	<b>4:03.29</b>	+1,29	317	19,00
	50m: 56.42 56.42	100m: 1:59.81 1:03.39	150m: 3:03.86	1:04.05	200m: 4:03.29	59.43	
7.	RAFAEL, Jose Joao	59	Masters de Almada	<b>4:24.83</b>	+1,28	245	18,00
	50m: 1:01.40 1:01.40	100m: 2:09.47 1:08.07	150m: 3:17.90	1:08.43	200m: 4:24.83	1:06.93	
8.	REMA, Jose Alberto	59	Desportivo de Odemira	<b>4:44.15</b>	+1,11	199	17,00
	50m: 1:02.32 1:02.32	100m: 2:16.23 1:13.91	150m: 3:32.27	1:16.04	200m: 4:44.15	1:11.88	
9.	FERRARIA, Alfredo Gouveia	57	Porto	<b>5:21.18</b>	+1,12	137	16,00
	50m: 1:12.20 1:12.20	100m: 2:36.81 1:24.61	150m: 4:02.26	1:25.45	200m: 5:21.18	1:18.92	

Prova 22 Masc., 200m Bruços Master Esc I  
 18-01-2020 - 15:35 Resultados

Rec	Nac	Esc	I	Tempo	Clube	SAD	Lisboa	Resultados
3:18.46	BASTO, Antonio Bessone	SAD	Lisboa	26-02-2011				

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	FALGAYRAT-CHAVEROCHE, Re	52	JeaGinasio Clube	<b>3:38.11</b>	+0,91	582	30,00
	50m: 48.76 48.76	100m: 1:44.78 56.02	150m: 2:42.24	57.46	200m: 3:38.11	55.87	
2.	CECILIO, Antonio Alves	54	Fluvial Portuense	<b>3:39.46</b>	+0,97	571	26,00
	50m: 49.42 49.42	100m: 1:45.45 56.03	150m: 2:43.59	58.14	200m: 3:39.46	55.87	
3.	MELO, Mario Jorge	51	Colegio Monte Maior	<b>3:44.44</b>	+0,85	534	22,00
	50m: 50.57 50.57	100m: 1:48.72 58.15	150m: 2:48.05	59.33	200m: 3:44.44	56.39	
4.	MADAIL, Jose Henrique	54	Galitos / Bresimar	<b>4:02.91</b>	+0,98	421	20,00
	50m: 56.75 56.75	100m: 1:58.74 1:01.99	150m: 3:01.40	1:02.66	200m: 4:02.91	1:01.51	
5.	MAGALHAES, Alfredo Coelho	53	Porto	<b>4:41.52</b>		270	19,00
	50m: 1:04.97 1:04.97	100m: 2:16.33 1:11.36	150m: 3:31.34	1:15.01	200m: 4:41.52	1:10.18	
DNS	MENDES, Ricardo Antonio	55	Salesianos				-

Prova 22, Masc., 200m Bruços

Prova 22 Masc., 200m Bruços Master Esc J  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc J 3:20.44 BASTO, Antonio Bessone SAD Pontevedra (ESP) 21-02-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	LEITE, Jose	48	Foca Quinta da Lixa CNF	<b>4:21.06</b>	+1,21	357	30,00
	50m: 55.04 55.04	100m: 2:03.36 1:08.32	150m: 3:12.94	1:09.58	200m: 4:21.06	1:08.12	
2.	HORTA, Jose Manuel	49	Alges	<b>5:25.27</b>	+1,46	184	26,00
	50m: 1:14.21 1:14.21	100m: 2:38.26 1:24.05	150m: 4:03.19	1:24.93	200m: 5:25.27	1:22.08	

Prova 22 Masc., 200m Bruços Master Esc K  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc K 3:44.78 GOMES, Leonel Sousa SFP Ponte da Barca 11-06-2005

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	GASPAR, Alexandre Azevedo	45	Alges	<b>4:05.55</b>	+1,22	505	30,00
	50m: 55.72 55.72	100m: 1:59.59 1:03.87	150m: 3:04.35	1:04.76	200m: 4:05.55	1:01.20	
2.	SOUSA, Antero Silva	43	Fluvial Portuense	<b>4:58.80</b>	+1,25	280	26,00
	50m: 1:04.95 1:04.95	100m: 2:19.79 1:14.84	150m: 3:39.15	1:19.36	200m: 4:58.80	1:19.65	

Prova 22 Masc., 200m Bruços Master Esc L  
 18-01-2020 - 15:35 Resultados

Rec Nac Esc L 4:11.52 GOMES, Leonel Sousa AAC Caldas da Rainha 24-04-2010

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	TENREIRO, Manuel Monteiro	40	Academica de Coimbra	<b>5:26.77</b>	+1,26	302	30,00
	50m: 1:13.25 1:13.25	100m: 2:39.21 1:25.96	150m: 4:07.15	1:27.94	200m: 5:26.77	1:19.62	
2.	TEIXEIRA, Joao Rodrigues	37	Academica de Coimbra	<b>6:01.68</b>	+1,20	222	26,00
	50m: 1:26.98 1:26.98	100m: 3:01.40 1:34.42	150m: 4:30.97	1:29.57	200m: 6:01.68	1:30.71	