

Prova 2 Masc., 400m Livres Master Esc A
Resultados
04-02-2022 - 11:50

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	BAPTISTA Filipe Jose	94	Feirense	4:53.51	+0,79	562	30,00
	50m: 32.45 32.45	150m: 1:45.35	36.90	250m: 3:01.09	37.80	350m: 4:16.54	37.58
	100m: 1:08.45 36.00	200m: 2:23.29	37.94	300m: 3:38.96	37.87	400m: 4:53.51	36.97
2.	ROCHA Joao Castro	95	Fluvial Portuense	7:51.78	+1,20	135	26,00
	50m: 50.20 50.20	150m: 2:44.47	57.49	250m: 4:45.42	1:00.55	350m: 6:51.23	1:03.10
	100m: 1:46.98 56.78	200m: 3:44.87	1:00.40	300m: 5:48.13	1:02.71	400m: 7:51.78	1:00.55

Prova 2 Masc., 400m Livres Master Esc B
Resultados
04-02-2022 - 11:50

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ROQUE Jorge Manuel	90	Masters de Almada	4:27.03	+0,76	728	30,00
	50m: 29.18 29.18	150m: 1:35.33	33.59	250m: 2:43.90	34.17	350m: 3:52.79	34.51
	100m: 1:01.74 32.56	200m: 2:09.73	34.40	300m: 3:18.28	34.38	400m: 4:27.03	34.24
2.	FELICIO Mario Nuno	90	Ginasio Clube	4:41.01	+0,72	625	26,00
	50m: 30.83 30.83	150m: 1:39.93	34.93	250m: 2:51.94	36.32	350m: 4:04.95	36.68
	100m: 1:05.00 34.17	200m: 2:15.62	35.69	300m: 3:28.27	36.33	400m: 4:41.01	36.06
3.	FERREIRA Francisco David	89	Fluvial Portuense	5:08.11	+1,04	474	22,00
	50m: 33.66 33.66	150m: 1:47.83	37.68	250m: 3:05.90	39.44	350m: 4:26.99	40.72
	100m: 1:10.15 36.49	200m: 2:26.46	38.63	300m: 3:46.27	40.37	400m: 5:08.11	41.12
4.	RODRIGUES Joao Nogueira	91	Academica de Coimbra	5:16.07	+0,81	439	20,00
	50m: 34.36 34.36	150m: 1:51.94	39.95	250m: 3:13.68	41.26	350m: 4:35.75	40.86
	100m: 1:11.99 37.63	200m: 2:32.42	40.48	300m: 3:54.89	41.21	400m: 5:16.07	40.32
5.	ARRAIANO Nuno Filipe	92	Aminata	6:58.90	+1,87	188	19,00
	50m: 44.29 44.29	150m: 2:25.25	53.52	250m: 4:15.25	54.73	350m: 6:06.14	55.12
	100m: 1:31.73 47.44	200m: 3:20.52	55.27	300m: 5:11.02	55.77	400m: 6:58.90	52.76



Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc C
04-02-2022 - 11:50 Resultados

Rec Nac Esc C 4:06.32 SILVA Pedro Miguel CFV Ponte de Sor 29-01-2011

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	GONCALVES Filipe Gouveia	87	Lisboa PoolSharks	4:51.29	+0,85	575	30,00
	50m: 32.62 32.62	150m: 1:44.95	36.92	250m: 3:00.48	37.87	350m: 4:14.88	37.11
	100m: 1:08.03 35.41	200m: 2:22.61	37.66	300m: 3:37.77	37.29	400m: 4:51.29	36.41
2.	PEIXE Ricardo Luis	83	Aminata	5:22.75	+0,86	423	26,00
	50m: 34.86 34.86	150m: 1:52.62	39.56	250m: 3:15.23	41.57	350m: 4:41.46	43.72
	100m: 1:13.06 38.20	200m: 2:33.66	41.04	300m: 3:57.74	42.51	400m: 5:22.75	41.29
3.	FERREIRA Manuel Filipe	87	Porto	5:53.81	+0,89	321	22,00
	50m: 37.76 37.76	150m: 2:05.50	44.52	250m: 3:37.04	46.04	350m: 5:10.13	46.75
	100m: 1:20.98 43.22	200m: 2:51.00	45.50	300m: 4:23.38	46.34	400m: 5:53.81	43.68
4.	MONTEIRO Rafael Martins	86	Vilacondense	6:47.06	+0,78	211	20,00
	50m: 38.52 38.52	150m: 2:14.21	50.80	250m: 4:02.18	54.02	350m: 5:52.83	55.00
	100m: 1:23.41 44.89	200m: 3:08.16	53.95	300m: 4:57.83	55.65	400m: 6:47.06	54.23

Prova 2 Masc., 400m Livres Master Esc D
04-02-2022 - 11:50 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	GORGULHO David Oliveira	82	Litoral Alentejano	4:33.17	+0,83	683	30,00
	50m: 30.35 30.35	150m: 1:36.84	33.62	250m: 2:46.58	34.86	350m: 3:58.40	35.89
	100m: 1:03.22 32.87	200m: 2:11.72	34.88	300m: 3:22.51	35.93	400m: 4:33.17	34.77
2.	MAIA Bruno Santos	81	Vilacondense	4:48.02	+0,89	583	26,00
	50m: 34.08 34.08	150m: 1:45.37	36.00	250m: 2:58.07	36.28	350m: 4:11.42	36.75
	100m: 1:09.37 35.29	200m: 2:21.79	36.42	300m: 3:34.67	36.60	400m: 4:48.02	36.60
3.	SANTOS Patrick	79	Sporting	4:53.37	+0,80	552	22,00
	50m: 34.28 34.28	150m: 1:47.08	36.67	250m: 3:02.08	37.26	350m: 4:16.72	37.34
	100m: 1:10.41 36.13	200m: 2:24.82	37.74	300m: 3:39.38	37.30	400m: 4:53.37	36.65
4.	RUSSO Daniel Dantas	79	Nautico Academico	5:39.50	+0,88	356	20,00
	50m: 36.04 36.04	150m: 1:57.46	41.77	250m: 3:24.64	43.84	350m: 4:55.10	45.67
	100m: 1:15.69 39.65	200m: 2:40.80	43.34	300m: 4:09.43	44.79	400m: 5:39.50	44.40
5.	MORA Luis Ricardo	78	Academica de Coimbra	6:06.09	+0,88	284	19,00
	50m: 36.93 36.93	150m: 2:06.06	46.10	250m: 3:42.34	48.89	350m: 5:21.00	49.40
	100m: 1:19.96 43.03	200m: 2:53.45	47.39	300m: 4:31.60	49.26	400m: 6:06.09	45.09
DNS	NEVES Jose Pedro	81	Fluvial Portuense				-

Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc E
04-02-2022 - 11:50 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SANTOS Bruno Miguel	76	Porto	4:52.19	+0,76	596	30,00
	50m: 32.62 32.62	150m: 1:44.60	36.32	250m: 2:59.09	37.32	350m: 4:14.89	38.00
	100m: 1:08.28 35.66	200m: 2:21.77	37.17	300m: 3:36.89	37.80	400m: 4:52.19	37.30
2.	AITA Cristian	77	Porto	5:18.14	+0,83	461	26,00
	50m: 32.24 32.24	150m: 1:45.45	37.09	250m: 3:06.72	41.66	350m: 4:34.22	44.55
	100m: 1:08.36 36.12	200m: 2:25.06	39.61	300m: 3:49.67	42.95	400m: 5:18.14	43.92
3.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	5:40.25	+0,88	377	22,00
	50m: 39.33 39.33	150m: 2:06.84	43.77	250m: 3:34.07	43.64	350m: 5:00.47	42.83
	100m: 1:23.07 43.74	200m: 2:50.43	43.59	300m: 4:17.64	43.57	400m: 5:40.25	39.78
4.	COSTA Antonio Goarmon	75	Nacional de Natacao	5:51.48	+1,14	342	20,00
	50m: 40.21 40.21	150m: 2:06.98	44.29	250m: 3:35.76	44.72	350m: 5:07.35	46.18
	100m: 1:22.69 42.48	200m: 2:51.04	44.06	300m: 4:21.17	45.41	400m: 5:51.48	44.13
5.	GONCALVES Nuno Telmo	77	Sporting	6:07.34	+0,92	299	19,00
	50m: 37.71 37.71	150m: 2:06.23	46.14	250m: 3:42.64	48.80	350m: 5:20.65	48.69
	100m: 1:20.09 42.38	200m: 2:53.84	47.61	300m: 4:31.96	49.32	400m: 6:07.34	46.69
6.	ROMAO Joao Filipe	77	Lagoa AC	6:08.80	+1,22	296	18,00
	50m: 39.60 39.60	150m: 2:10.86	45.38	250m: 3:47.92	49.26	350m: 5:24.95	48.37
	100m: 1:25.48 45.88	200m: 2:58.66	47.80	300m: 4:36.58	48.66	400m: 6:08.80	43.85
DNS	MACEDO Joao Miguel	74	Leixoes				-
DNS	GUEDES Jorge Miguel	73	Fluvial Portuense				-

Prova 2 Masc., 400m Livres Master Esc F
04-02-2022 - 11:50 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	VANTAGGIATO Marco	71	Litoral Alentejano	4:39.61	+0,84	808	30,00
	50m: 32.18 32.18	150m: 1:41.28	34.69	250m: 2:53.07	36.05	350m: 4:04.46	35.53
	100m: 1:06.59 34.41	200m: 2:17.02	35.74	300m: 3:28.93	35.86	400m: 4:39.61	35.15
2.	TEJO Paulo Jorge	71	Academica de Coimbra	5:14.57	+0,88	567	26,00
	50m: 36.46 36.46	150m: 1:54.38	39.08	250m: 3:14.13	40.08	350m: 4:35.05	40.59
	100m: 1:15.30 38.84	200m: 2:34.05	39.67	300m: 3:54.46	40.33	400m: 5:14.57	39.52
3.	PITEIRA Luis Paulo	68	Palmela Desporto EEM	5:16.48	+0,94	557	22,00
	50m: 36.19 36.19	150m: 1:55.09	40.01	250m: 3:16.42	40.41	350m: 4:37.13	40.58
	100m: 1:15.08 38.89	200m: 2:36.01	40.92	300m: 3:56.55	40.13	400m: 5:16.48	39.35
4.	PEREIRA Jose Manuel	70	Palmela Desporto EEM	5:31.18	+0,87	486	20,00
	50m: 36.39 36.39	150m: 1:58.49	41.82	250m: 3:24.12	42.73	350m: 4:49.72	42.56
	100m: 1:16.67 40.28	200m: 2:41.39	42.90	300m: 4:07.16	43.04	400m: 5:31.18	41.46

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
5.	RIBEIRO Celso Fernando	69	Porto	5:34.79	+0,74	470	19,00
	50m: 39.54 39.54	150m: 2:05.58	43.24	250m: 3:31.59	42.98	350m: 4:55.01	41.40
	100m: 1:22.34 42.80	200m: 2:48.61	43.03	300m: 4:13.61	42.02	400m: 5:34.79	39.78
6.	BARROS Francisco Santos	72	Porto	5:38.66	+0,86	455	18,00
	50m: 35.25 35.25	150m: 1:59.09	43.03	250m: 3:28.48	44.72	350m: 4:57.63	44.56
	100m: 1:16.06 40.81	200m: 2:43.76	44.67	300m: 4:13.07	44.59	400m: 5:38.66	41.03
7.	MOREIRA Flavio Martins	70	Academica de Coimbra	5:43.27	+0,75	436	17,00
	50m: 37.21 37.21	150m: 2:01.22	42.73	250m: 3:29.16	44.27	350m: 4:59.53	45.38
	100m: 1:18.49 41.28	200m: 2:44.89	43.67	300m: 4:14.15	44.99	400m: 5:43.27	43.74
8.	NEVES Sergio Ferreira	68	Alges	5:59.44	+0,85	380	16,00
	50m: 36.44 36.44	150m: 2:02.89	44.79	250m: 3:36.53	47.13	350m: 5:13.12	48.98
	100m: 1:18.10 41.66	200m: 2:49.40	46.51	300m: 4:24.14	47.61	400m: 5:59.44	46.32
9.	RIBEIRO Antonio Manuel	69	Natacao da Maia	6:16.54	+0,99	331	14,00
	50m: 41.25 41.25	150m: 2:14.34	47.91	250m: 3:51.43	48.25	350m: 5:29.33	49.02
	100m: 1:26.43 45.18	200m: 3:03.18	48.84	300m: 4:40.31	48.88	400m: 6:16.54	47.21
10.	SANTINHA Antonio Manuel	69	Masters de Almada	6:35.14	+1,10	286	12,00
	50m: 42.97 42.97	150m: 2:21.83	50.12	250m: 4:03.54	50.68	350m: 5:45.60	50.88
	100m: 1:31.71 48.74	200m: 3:12.86	51.03	300m: 4:54.72	51.18	400m: 6:35.14	49.54
11.	CUNHA Antonio Maria	71	Fluvial Portuense	6:39.33	+1,41	277	11,00
	50m: 41.48 41.48	150m: 2:20.15	50.78	250m: 4:05.60	52.82	350m: 5:52.08	51.91
	100m: 1:29.37 47.89	200m: 3:12.78	52.63	300m: 5:00.17	54.57	400m: 6:39.33	47.25
12.	OLIVEIRA Filipe Serra	72	Salesianos	7:04.22	+1,21	231	10,00
	50m: 44.27 44.27	150m: 2:27.32	54.13	250m: 4:19.25	55.49	350m: 6:10.73	55.89
	100m: 1:33.19 48.92	200m: 3:23.76	56.44	300m: 5:14.84	55.59	400m: 7:04.22	53.49
13.	ALMEIDA Francisco Olazabal	69	Fluvial Portuense	7:07.72	+1,36	225	9,00
	50m: 45.84 45.84	150m: 2:33.53	54.90	250m: 4:21.72	53.86	350m: 6:11.10	55.25
	100m: 1:38.63 52.79	200m: 3:27.86	54.33	300m: 5:15.85	54.13	400m: 7:07.72	56.62
14.	GONCALVES Pedro Nuno	72	Fluvial Portuense	7:20.28	+1,45	207	8,00
	50m: 49.31 49.31	150m: 2:39.73	56.43	250m: 4:35.53	58.04	350m: 6:28.90	56.79
	100m: 1:43.30 53.99	200m: 3:37.49	57.76	300m: 5:32.11	56.58	400m: 7:20.28	51.38
15.	LOUREIRO Luis Miguel	68	Fluvial Portuense	7:28.39	+1,10	196	7,00
	50m: 48.58 48.58	150m: 2:37.03	54.51	250m: 4:31.05	57.80	350m: 6:28.80	59.01
	100m: 1:42.52 53.94	200m: 3:33.25	56.22	300m: 5:29.79	58.74	400m: 7:28.39	59.59
16.	CARVALHO Luis Duarte	70	Sporting de Aveiro	7:58.69	+1,00	161	6,00
	50m: 53.04 53.04	150m: 2:55.64	1:02.29	250m: 4:55.74	59.96	350m: 6:58.00	1:02.16
	100m: 1:53.35 1:00.31	200m: 3:55.78	1:00.14	300m: 5:55.84	1:00.10	400m: 7:58.69	1:00.69
DNS	SOUSA Paulo Alexandre	72	Lagoa AC				-
DNS	LOHKEN Jorg	68	Funcao Publica				-
DNS	MEDEIROS Vitor Almeida	69	Fluvial Portuense				-
DNS	AZEVEDO Pedro Jorge	72	Porto				-

Prova 2, Masc., 400m Livres

Prova 2
04-02-2022 - 11:50

Masc., 400m Livres

Master Esc G
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SOARES Ralf Pinto	64	Nadadores dos Estoris	5:16.30	+0,93	620	30,00
	50m: 35.78 35.78	150m: 1:53.03	38.83	250m: 3:13.38	40.31	350m: 4:36.05	41.65
	100m: 1:14.20 38.42	200m: 2:33.07	40.04	300m: 3:54.40	41.02	400m: 5:16.30	40.25
2.	OLIVEIRA Carlos Jorge	64	Masters de Almada	5:23.92	+1,07	577	26,00
	50m: 36.66 36.66	150m: 1:57.35	41.05	250m: 3:20.41	41.28	350m: 4:43.88	42.05
	100m: 1:16.30 39.64	200m: 2:39.13	41.78	300m: 4:01.83	41.42	400m: 5:23.92	40.04
3.	DANTAS Paulo Marcos	63	Alges	5:31.33	+1,13	539	22,00
	50m: 36.24 36.24	150m: 1:59.03	42.28	250m: 3:24.50	42.99	350m: 4:50.99	43.37
	100m: 1:16.75 40.51	200m: 2:41.51	42.48	300m: 4:07.62	43.12	400m: 5:31.33	40.34
4.	MARTINHO Antonio Jorge	65	Academica de Coimbra	6:09.00	+0,86	390	20,00
	50m: 37.97 37.97	150m: 2:06.28	45.56	250m: 3:42.58	48.06	350m: 5:20.44	50.00
	100m: 1:20.72 42.75	200m: 2:54.52	48.24	300m: 4:30.44	47.86	400m: 6:09.00	48.56
5.	CARVALHO Vitor Borges	64	Viana Natacao	6:10.00	+0,98	387	19,00
	50m: 40.02 40.02	150m: 2:12.40	47.42	250m: 3:48.70	48.39	350m: 5:25.44	48.35
	100m: 1:24.98 44.96	200m: 3:00.31	47.91	300m: 4:37.09	48.39	400m: 6:10.00	44.56
6.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	6:10.81	+1,07	385	18,00
	50m: 41.57 41.57	150m: 2:13.10	45.82	250m: 3:46.09	46.47	350m: 5:23.72	49.41
	100m: 1:27.28 45.71	200m: 2:59.62	46.52	300m: 4:34.31	48.22	400m: 6:10.81	47.09
7.	CARITA Antonio Carlos	65	Academica de Coimbra	6:19.91	+1,14	358	17,00
	50m: 40.30 40.30	150m: 2:12.05	46.67	250m: 3:50.08	49.60	350m: 5:30.73	50.50
	100m: 1:25.38 45.08	200m: 3:00.48	48.43	300m: 4:40.23	50.15	400m: 6:19.91	49.18
8.	AMARAL Jose Rui	63	Fluvial Portuense	6:26.67	+1,08	339	16,00
	50m: 42.76 42.76	150m: 2:19.52	49.71	250m: 3:59.62	50.43	350m: 5:40.24	49.59
	100m: 1:29.81 47.05	200m: 3:09.19	49.67	300m: 4:50.65	51.03	400m: 6:26.67	46.43
9.	BARKA Youssef-andre	63	Salesianos	6:26.87	+0,97	339	14,00
	50m: 41.96 41.96	150m: 2:20.03	49.56	250m: 3:59.91	49.66	350m: 5:38.59	49.03
	100m: 1:30.47 48.51	200m: 3:10.25	50.22	300m: 4:49.56	49.65	400m: 6:26.87	48.28
10.	QUARESMA Paulo Miguel	67	Aminata	6:32.18	+0,99	325	12,00
	50m: 38.68 38.68	150m: 2:12.47	49.33	250m: 3:57.06	52.67	350m: 5:42.21	52.55
	100m: 1:23.14 44.46	200m: 3:04.39	51.92	300m: 4:49.66	52.60	400m: 6:32.18	49.97
11.	ALBUQUERQUE Nuno Carlos	64	Braga	7:01.30	+1,06	262	11,00
	50m: 46.36 46.36	150m: 2:31.46	53.88	250m: 4:18.24	54.09	350m: 6:07.24	56.19
	100m: 1:37.58 51.22	200m: 3:24.15	52.69	300m: 5:11.05	52.81	400m: 7:01.30	54.06
12.	SEQUEIRA Francisco Manuel	66	Vila D'Este/Gaia	7:45.12	+1,13	195	10,00
	50m: 49.66 49.66	150m: 2:45.00	58.63	250m: 4:44.30	59.81	350m: 6:45.35	1:01.05
	100m: 1:46.37 56.71	200m: 3:44.49	59.49	300m: 5:44.30	1:00.00	400m: 7:45.12	59.77

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc H
04-02-2022 - 11:50 Resultados

Rec Nac Esc H 5:09.41 BENTO Jaime Carlos SAD Albufeira 12-12-2021

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CARVALHO Paulo Paula <i>Rec Nacional Esc H</i>	61	Sporting	4:56.69	+0,82	945	30,00
	50m: 34.49 34.49	150m: 1:49.86	37.88	250m: 3:06.43	38.16	350m: 4:21.40	36.73
	100m: 1:11.98 37.49	200m: 2:28.27	38.41	300m: 3:44.67	38.24	400m: 4:56.69	35.29
2.	BENTO Jaime Carlos	61	Alges	5:09.76	+0,93	830	26,00
	50m: 35.26 35.26	150m: 1:52.45	38.74	250m: 3:12.00	39.81	350m: 4:31.73	39.82
	100m: 1:13.71 38.45	200m: 2:32.19	39.74	300m: 3:51.91	39.91	400m: 5:09.76	38.03
3.	SEABRA Henrique Luis	61	Fluvial Portuense	5:43.77	+0,90	607	22,00
	50m: 38.77 38.77	150m: 2:05.25	43.60	250m: 3:32.55	43.82	350m: 5:00.51	43.63
	100m: 1:21.65 42.88	200m: 2:48.73	43.48	300m: 4:16.88	44.33	400m: 5:43.77	43.26
4.	COHEN Eduardo Jorge	59	Porto	7:06.68	+1,15	317	20,00
	50m: 38.21 38.21	150m: 2:10.10	48.66	250m: 4:03.56	59.78	350m: 6:05.19	1:02.40
	100m: 1:21.44 43.23	200m: 3:03.78	53.68	300m: 5:02.79	59.23	400m: 7:06.68	1:01.49
5.	ROCHA Paulo Jorge	59	Fluvial Portuense	7:17.01	+1,38	295	19,00
	50m: 49.49 49.49	150m: 2:41.42	56.07	250m: 4:35.43	56.64	350m: 6:28.43	55.80
	100m: 1:45.35 55.86	200m: 3:38.79	57.37	300m: 5:32.63	57.20	400m: 7:17.01	48.58
6.	MARTINS Arnaldo Silva	61	Fluvial Portuense	7:57.53	+1,15	226	18,00
	50m: 50.90 50.90	150m: 2:47.59	59.95	250m: 4:51.41	1:02.49	350m: 6:57.02	1:02.37
	100m: 1:47.64 56.74	200m: 3:48.92	1:01.33	300m: 5:54.65	1:03.24	400m: 7:57.53	1:00.51

Prova 2 Masc., 400m Livres Master Esc I
04-02-2022 - 11:50 Resultados

Rec Nac Esc I 5:33.34 CORREIA Alberto Vaz FS Vila Franca de Xira 17-01-2020

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	FERREIRA Domingos Jose	54	Sporting de Espinho	7:06.53	+1,46	365	30,00
	50m: 43.19 43.19	150m: 2:28.83	56.10	250m: 4:22.29	56.67	350m: 6:14.07	54.38
	100m: 1:32.73 49.54	200m: 3:25.62	56.79	300m: 5:19.69	57.40	400m: 7:06.53	52.46
2.	SANTOS Jose Goncalves	54	Sporting de Aveiro	7:47.03	+1,21	278	26,00
	50m: 52.68 52.68	150m: 2:50.31	59.68	250m: 4:51.43	1:00.08	350m: 6:52.65	1:00.61
	100m: 1:50.63 57.95	200m: 3:51.35	1:01.04	300m: 5:52.04	1:00.61	400m: 7:47.03	54.38
3.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	7:48.35	+1,08	276	22,00
	50m: 53.44 53.44	150m: 2:54.91	1:00.78	250m: 4:54.57	59.37	350m: 6:52.26	58.16
	100m: 1:54.13 1:00.69	200m: 3:55.20	1:00.29	300m: 5:54.10	59.53	400m: 7:48.35	56.09
4.	ROSEIRA Joao Luis	55	Fluvial Portuense	8:49.41	+1,29	191	20,00
	50m: 1:00.22 1:00.22	150m: 3:12.60	1:06.86	250m: 5:29.94	1:07.39	350m: 7:47.37	1:09.36
	100m: 2:05.74 1:05.52	200m: 4:22.55	1:09.95	300m: 6:38.01	1:08.07	400m: 8:49.41	1:02.04



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
DNS	BORGES Daniel Jorge	53	Naval de Ponta Delgada				-

Prova 2
04-02-2022 - 11:50 Masc., 400m Livres Master Esc J Resultados

Rec Nac Esc J	5:55.49	BASTO Antonio Bessone	SAD	Recarei	16-05-2015
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	BATISTA Antonio Carlos	49	FC Ferreiras/AlgarExperience	7:09.26	+1,09	445	30,00
	50m: 43.67 43.67	150m: 2:27.56	53.72	250m: 4:20.34	56.90	350m: 6:13.86	56.50
	100m: 1:33.84 50.17	200m: 3:23.44	55.88	300m: 5:17.36	57.02	400m: 7:09.26	55.40
2.	JUNIOR Edison Melo	50	Braga	7:17.99	+0,94	419	26,00
	50m: 50.11 50.11	150m: 2:43.24	56.85	250m: 4:36.45	56.97	350m: 6:24.84	54.51
	100m: 1:46.39 56.28	200m: 3:39.48	56.24	300m: 5:30.33	53.88	400m: 7:17.99	53.15
3.	PORTO Carlos Manuel	51	Alges	7:20.29		412	22,00
	50m: 50.25 50.25	150m: 2:41.02	55.90	250m: 4:32.35	55.56	350m: 6:26.01	56.96
	100m: 1:45.12 54.87	200m: 3:36.79	55.77	300m: 5:29.05	56.70	400m: 7:20.29	54.28
4.	CABRAL Luis Pereira	49	Academica de Coimbra	9:24.45		195	20,00
	50m: 1:04.80 1:04.80	150m: 3:28.85	1:12.28	250m: 5:51.86	1:11.16	350m: 8:16.44	1:12.95
	100m: 2:16.57 1:11.77	200m: 4:40.70	1:11.85	300m: 7:03.49	1:11.63	400m: 9:24.45	1:08.01

Prova 2
04-02-2022 - 11:50 Masc., 400m Livres Master Esc K Resultados

Rec Nac Esc K	7:32.94	GOMES Leonel Sousa	SFP	Pedrulha	21-01-2005
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SALGUEIRO Luis Vidigal	45	Alges	7:43.27		433	30,00
	50m: 52.82 52.82	150m: 2:50.41	58.82	250m: 4:50.03	59.76	350m: 6:49.41	58.10
	100m: 1:51.59 58.77	200m: 3:50.27	59.86	300m: 5:51.31	1:01.28	400m: 7:43.27	53.86
2.	VIEGAS Luis Silveira	47	Alges	8:41.51	+1,30	303	26,00
	50m: 52.95 52.95	150m: 2:58.08	1:05.10	250m: 5:16.50	1:09.93	350m: 7:36.04	1:09.54
	100m: 1:52.98 1:00.03	200m: 4:06.57	1:08.49	300m: 6:26.50	1:10.00	400m: 8:41.51	1:05.47

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Prova 2, Masc., 400m Livres

Prova 2 Masc., 400m Livres Master Esc M
04-02-2022 - 11:50 Resultados

Rec Nac Esc M 14:40.04 COSTA Virgilio Zacarias AAC Mealhada 01-12-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	TEIXEIRA Joao Rodrigues <i>Rec Nacional Esc M</i>	37	Academica de Coimbra	10:39.47		343	30,00
	50m: 1:15.14 1:15.14	150m: 3:55.81 1:20.93	250m: 6:38.74 1:22.93	350m: 9:19.10 1:20.20			
	100m: 2:34.88 1:19.74	200m: 5:15.81 1:20.00	300m: 7:58.90 1:20.16	400m: 10:39.47 1:20.37			

Prova 2 Masc., 400m Livres Master Esc N
04-02-2022 - 11:50 Resultados

Rec Nac Esc N 59:00.00

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	COSTA Virgilio Zacarias <i>Rec Nacional Esc N</i>	31	Academica de Coimbra	17:17.49		94	30,00
	50m: 1:38.74 1:38.74	150m: 5:56.12 2:10.88	250m: 10:25.03 2:14.18	350m: 15:02.21 2:18.88			
	100m: 3:45.24 2:06.50	200m: 8:10.85 2:14.73	300m: 12:43.33 2:18.30	400m: 17:17.49 2:15.28			

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