

XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 12
08/07/2022

Masc., 200m Livres

Master Esc A
Resultados

RN A(25-29) 1:56.22 NIZ Adriano Miguel GDNVNF Kazan (RUS) 12/08/2015

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	FERREIRA Artur Sousa	93	Feirense	2:21.38	+0,81	540	9,00
	50m: 32.10 32.10	100m: 1:07.79 35.69	150m: 1:44.26 36.47	200m: 2:21.38 37.12			
2.	BAPTISTA Filipe Jose	94	Feirense	2:22.52	+0,78	527	7,00
	50m: 31.41 31.41	100m: 1:06.13 34.72	150m: 1:43.71 37.58	200m: 2:22.52 38.81			
3.	COSTA Andre Manuel	97	Natacao da Maia	2:28.47	+0,67	466	6,00
	50m: 32.21 32.21	100m: 1:08.95 36.74	150m: 1:47.99 39.04	200m: 2:28.47 40.48			
4.	FERREIRA Joao Pedro	95	Natacao da Maia	2:36.48	+0,84	398	5,00
	50m: 35.58 35.58	100m: 1:15.21 39.63	150m: 1:56.02 40.81	200m: 2:36.48 40.46			
5.	MOREIRA Jose Luis	93	Natacao da Maia	2:41.32	+0,73	363	4,00
	50m: 36.65 36.65	100m: 1:18.53 41.88	150m: 1:59.57 41.04	200m: 2:41.32 41.75			
DNS	ROCHA Joao Castro	95	Fluvial Portuense				-

Prova 12
08/07/2022

Masc., 200m Livres

Master Esc B
Resultados

RN B(30-34) 1:55.26 NIZ Adriano Miguel GDNVNF London (GBR) 26/05/2016

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVA Luis Filipe	88	Leixoes	2:11.45	+0,96	682	9,00
	50m: 30.53 30.53	100m: 1:03.97 33.44	150m: 1:38.92 34.95	200m: 2:11.45 32.53			
2.	ROQUE Jorge Manuel	90	Masters de Almada	2:11.48	+0,81	681	7,00
	50m: 30.88 30.88	100m: 1:04.79 33.91	150m: 1:38.73 33.94	200m: 2:11.48 32.75			
3.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	2:18.44	+0,77	583	6,00
	50m: 31.14 31.14	100m: 1:06.39 35.25	150m: 1:42.63 36.24	200m: 2:18.44 35.81			
4.	COUTO Andre Filipe	91	Leixoes	2:18.52	+0,83	582	5,00
	50m: 30.48 30.48	100m: 1:04.71 34.23	150m: 1:41.33 36.62	200m: 2:18.52 37.19			
5.	FERREIRA Renato Rebelo	92	Naval de Ponta Delgada	2:51.86	+0,85	305	4,00
	50m: 37.98 37.98	100m: 1:22.15 44.17	150m: 2:08.97 46.82	200m: 2:51.86 42.89			
6.	ARRAIANO Nuno Filipe	92	Aminata	3:06.36	+0,91	239	3,00
	50m: 39.84 39.84	100m: 1:25.08 45.24	150m: 2:14.84 49.76	200m: 3:06.36 51.52			

Splash Meet Manager, 11.73591

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Prova 12, Masc., 200m Livres

Prova 12 Masc., 200m Livres Master Esc C
08/07/2022 Resultados

RN C(35-39) 1:59.68 SILVA Pedro Miguel CFV Oeiras 02/07/2011

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PASSOS Francisco Zamith	83	Famalicao	2:12.08	+0,85	671	9,00
	50m: 30.29 30.29	100m: 1:03.24 32.95	150m: 1:37.79 34.55	200m: 2:12.08 34.29			
2.	INACIO Mauro Santos	84	Litoral Alentejano	2:12.73	+0,88	662	7,00
	50m: 30.02 30.02	100m: 1:02.61 32.59	150m: 1:36.87 34.26	200m: 2:12.73 35.86			
3.	MARQUES Paulo Jorge	86	Gualdim Pais	2:23.76	+0,84	521	6,00
	50m: 31.99 31.99	100m: 1:08.42 36.43	150m: 1:46.29 37.87	200m: 2:23.76 37.47			
4.	MARTINS Rui Carvalho	84	CLAC-Entroncamento	2:30.75	+0,95	451	5,00
	50m: 33.78 33.78	100m: 1:11.36 37.58	150m: 1:50.99 39.63	200m: 2:30.75 39.76			
5.	FERREIRA Manuel Filipe	87	Porto	2:42.08	+0,77	363	4,00
	50m: 37.31 37.31	100m: 1:18.72 41.41	150m: 2:02.96 44.24	200m: 2:42.08 39.12			
6.	FERRAZ Sandro Ricardo	86	Porto	3:06.50	+0,96	238	3,00
	50m: 39.95 39.95	100m: 1:27.33 47.38	150m: 2:19.71 52.38	200m: 3:06.50 46.79			
DNS	YOUNG Andrew	84	Salesianos				-

Prova 12 Masc., 200m Livres Master Esc D
08/07/2022 Resultados

RN D(40-44) 2:06.98 CABRITA Miguel Mendonca SAD Évora 06/07/2014

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	GORGULHO David Oliveira	82	Litoral Alentejano	2:08.75	+0,82	779	9,00
	50m: 30.77 30.77	100m: 1:03.98 33.21	150m: 1:36.83 32.85	200m: 2:08.75 31.92			
2.	NEVES Jose Pedro	81	Fluvial Portuense	2:26.97	+0,97	524	7,00
	50m: 32.94 32.94	100m: 1:08.84 35.90	150m: 1:48.01 39.17	200m: 2:26.97 38.96			
3.	CALDINHAS Joao Pedro	79	Academica de Coimbra	2:31.30	+0,96	480	6,00
	50m: 34.34 34.34	100m: 1:11.43 37.09	150m: 1:51.91 40.48	200m: 2:31.30 39.39			
4.	RODRIGUES Marcelo Porto	82	Valongo	2:34.58	+0,95	450	5,00
	50m: 34.33 34.33	100m: 1:13.20 38.87	150m: 1:54.03 40.83	200m: 2:34.58 40.55			
5.	MATOS Bernardo Gaspar	80	Desportivo de Odemira	2:55.16	+0,91	309	4,00
	50m: 39.62 39.62	100m: 1:24.53 44.91	150m: 2:11.20 46.67	200m: 2:55.16 43.96			
6.	COELHO Ruben Filipe	82	Geslours	3:06.06	+0,89	258	3,00
	50m: 42.26 42.26	100m: 1:30.08 47.82	150m: 2:20.18 50.10	200m: 3:06.06 45.88			
7.	AFONSO Nuno Silva	79	Amigos da Natacao	3:11.13	+0,97	238	2,00
	50m: 40.47 40.47	100m: 1:28.04 47.57	150m: 2:20.02 51.98	200m: 3:11.13 51.11			

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Prova 12, Masc., 200m Livres

Prova 12 Masc., 200m Livres Master Esc E
08/07/2022 Resultados

RN E(45-49) 2:06.94 FREITAS Jose Carlos CFP Gotemburgo (SWE) 02/08/2010

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COSTA Rodrigo Marques	76	Litoral Alentejano	2:13.58	+0,87	713	9,00
	50m: 31.35 31.35	100m: 1:04.87 33.52	150m: 1:39.08 34.21	200m: 2:13.58 34.50			
2.	VICENTE Andre Barbosa	77	Sporting	2:14.01	+0,65	706	7,00
	50m: 31.18 31.18	100m: 1:04.83 33.65	150m: 1:40.60 35.77	200m: 2:14.01 33.41			
3.	BARBOSA Celso Ruben	77	Porto	2:14.36	+0,74	701	6,00
	50m: 32.40 32.40	100m: 1:07.06 34.66	150m: 1:41.20 34.14	200m: 2:14.36 33.16			
4.	SOUSA Joao Pedro	74	Naval do Funchal	2:18.62	+0,72	638	5,00
	50m: 32.39 32.39	100m: 1:07.32 34.93	150m: 1:43.62 36.30	200m: 2:18.62 35.00			
5.	SANTOS Bruno Miguel	76	Porto	2:22.32	+0,79	590	4,00
	50m: 32.43 32.43	100m: 1:08.14 35.71	150m: 1:45.26 37.12	200m: 2:22.32 37.06			
6.	AMBRUS Attila-Janus	74	Valongo	2:50.07		345	3,00
	50m: 39.55 39.55	100m: 1:22.57 43.02	150m: 2:07.99 45.42	200m: 2:50.07 42.08			
7.	AMARAL Horacio Maciel	76	Lagoa AC	2:52.39	+0,93	332	2,00
	50m: 38.25 38.25	100m: 1:21.19 42.94	150m: 2:07.78 46.59	200m: 2:52.39 44.61			
8.	REIS Marcio Leandro	75	Fluvial Portuense	2:52.68	+0,89	330	1,00
	50m: 40.03 40.03	100m: 1:23.83 43.80	150m: 2:08.91 45.08	200m: 2:52.68 43.77			
9.	GOMES Joao Antonio	75	Leixoes	2:53.73	+0,85	324	-
	50m: 38.76 38.76	100m: 1:22.74 43.98	150m: 2:09.53 46.79	200m: 2:53.73 44.20			
10.	CAMPOS Bruno Goncalo	76	Luz e Vida	3:01.26	+0,94	285	-
	50m: 39.41 39.41	100m: 1:24.13 44.72	150m: 2:15.15 51.02	200m: 3:01.26 46.11			
11.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	3:03.55		275	-
	50m: 39.22 39.22	100m: 1:24.23 45.01	150m: 2:13.18 48.95	200m: 3:03.55 50.37			
12.	PEREIRA Paulo Sergio	74	Fluvial Portuense	3:10.31	+0,95	246	-
	50m: 42.09 42.09	100m: 1:32.60 50.51	150m: 2:23.62 51.02	200m: 3:10.31 46.69			
13.	FARIA Vitorino Fernando	73	Foca Quinta da Lixa CNF	3:15.61	+0,95	227	-
	50m: 44.53 44.53	100m: 1:33.54 49.01	150m: 2:26.31 52.77	200m: 3:15.61 49.30			
14.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	3:17.31	+0,97	221	-
	50m: 39.00 39.00	100m: 1:25.03 46.03	150m: 2:19.57 54.54	200m: 3:17.31 57.74			
15.	GUEDES Jorge Miguel	73	Fluvial Portuense	3:24.62		198	-
	50m: 42.86 42.86	100m: 1:34.18 51.32	150m: 2:30.16 55.98	200m: 3:24.62 54.46			
DNS	FONSECA Bruno Miguel	73	Salesianos				-

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XXIII Campeonato Nacional Masters de Verão , OPEN
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Prova 12, Masc., 200m Livres

Prova 12
08/07/2022

Masc., 200m Livres

Master Esc F
Resultados

RN F(50-54) 2:07.64 FREITAS Jose Carlos CFP Montreal (CAN) 05/08/2014

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	VANTAGGIATO Marco	71	Litoral Alentejano	2:18.34	+0,86	710	9,00
	50m: 32.18 32.18	100m: 1:06.66 34.48	150m: 1:42.30 35.64	200m: 2:18.34 36.04			
2.	CAMACHO Duarte Nuno	69	Escola O Liceu	2:22.45	+0,70	650	7,00
	50m: 32.70 32.70	100m: 1:08.12 35.42	150m: 1:45.28 37.16	200m: 2:22.45 37.17			
3.	CASTRO Rui David	70	Fluvial Portuense	2:27.00	+0,93	591	6,00
	50m: 34.49 34.49	100m: 1:12.23 37.74	150m: 1:50.86 38.63	200m: 2:27.00 36.14			
4.	SANTOS Eurico Manuel	70	Colegio Monte Maior	2:33.15	+0,76	523	5,00
	50m: 36.16 36.16	100m: 1:15.59 39.43	150m: 1:55.14 39.55	200m: 2:33.15 38.01			
5.	RIBEIRO Celso Fernando	69	Porto	2:35.00	+0,71	504	4,00
	50m: 35.64 35.64	100m: 1:15.23 39.59	150m: 1:54.93 39.70	200m: 2:35.00 40.07			
6.	MOREIRA Flavio Martins	70	Academica de Coimbra	2:43.50	+0,73	430	3,00
	50m: 36.91 36.91	100m: 1:17.79 40.88	150m: 2:01.68 43.89	200m: 2:43.50 41.82			
7.	BARROS Francisco Santos	72	Porto	2:44.60	+0,91	421	2,00
	50m: 37.31 37.31	100m: 1:18.51 41.20	150m: 2:02.48 43.97	200m: 2:44.60 42.12			
8.	FRANCA Nuno Avila	72	Academica de Coimbra	3:01.79	+0,99	313	1,00
	50m: 42.31 42.31	100m: 1:30.09 47.78	150m: 2:17.64 47.55	200m: 3:01.79 44.15			
9.	CUNHA Antonio Maria	71	Fluvial Portuense	3:02.68	+0,92	308	-
	50m: 38.06 38.06	100m: 1:23.13 45.07	150m: 2:12.54 49.41	200m: 3:02.68 50.14			
10.	ALVES Fernando Jose	69	Salesianos	3:06.74		288	-
	50m: 42.95 42.95	100m: 1:32.41 49.46	150m: 2:21.20 48.79	200m: 3:06.74 45.54			
11.	SANTINHA Antonio Manuel	69	Masters de Almada	3:14.60	+0,81	255	-
	50m: 44.31 44.31	100m: 1:34.41 50.10	150m: 2:25.81 51.40	200m: 3:14.60 48.79			
12.	OLIVEIRA Filipe Serra	72	Salesianos	3:19.11	+0,86	238	-
	50m: 46.24 46.24	100m: 1:35.92 49.68	150m: 2:28.28 52.36	200m: 3:19.11 50.83			
13.	ANTUNES Luis Miguel	68	Leixoes	3:21.86	+0,99	228	-
	50m: 44.10 44.10	100m: 1:33.72 49.62	150m: 2:28.08 54.36	200m: 3:21.86 53.78			
14.	CARDOSO Jose Luis	71	Masters de Almada	3:26.02	+0,89	215	-
	50m: 43.96 43.96	100m: 1:36.46 52.50	150m: 2:32.95 56.49	200m: 3:26.02 53.07			
15.	LOUREIRO Luis Miguel	68	Fluvial Portuense	3:28.58		207	-
	50m: 46.66 46.66	100m: 1:39.59 52.93	150m: 2:34.93 55.34	200m: 3:28.58 53.65			
16.	COSTA Nuno Ramalho	72	Luz e Vida	3:35.97		186	-
	50m: 47.79 47.79	100m: 1:42.97 55.18	150m: 2:41.73 58.76	200m: 3:35.97 54.24			

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XXIII Campeonato Nacional Masters de Verão , OPEN
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Prova 12, Masc., 200m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
17.	MALHEIROS Oscar Jose	71	Litoral Alentejano	4:01.36	+0,99	133	-
	50m: 52.85 52.85	100m: 1:53.58 1:00.73	150m: 2:59.46	1:05.88	200m: 4:01.36	1:01.90	
DNS	GONCALVES Pedro Nuno	72	Fluvial Portuense				-

Prova 12 Masc., 200m Livres Master Esc G
08/07/2022 Resultados

RN G(55-59)	2:09.87	FREITAS Jose Carlos	CFP	Loulé	13/07/2018
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Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	FREITAS Jose Carlos	63	Litoral Alentejano	2:17.73	+0,76	832	9,00
	50m: 32.16 32.16	100m: 1:07.30 35.14	150m: 1:43.28	35.98	200m: 2:17.73	34.45	
2.	LOBO Nuno Silva	63	Fluvial Portuense	2:31.16	+0,95	629	7,00
	50m: 32.83 32.83	100m: 1:10.64 37.81	150m: 1:50.87	40.23	200m: 2:31.16	40.29	
3.	DANTAS Paulo Marcos	63	Alges	2:34.42	+0,82	590	6,00
	50m: 34.78 34.78	100m: 1:12.92 38.14	150m: 1:54.52	41.60	200m: 2:34.42	39.90	
4.	SOARES Ralf Pinto	64	Nadadores dos Estoris	2:34.54	+0,85	589	5,00
	50m: 34.83 34.83	100m: 1:14.29 39.46	150m: 1:54.57	40.28	200m: 2:34.54	39.97	
5.	SILVA Joao Manuel	63	Millennium BCP	2:43.77	+0,90	495	4,00
	50m: 37.30 37.30	100m: 1:19.21 41.91	150m: 2:03.31	44.10	200m: 2:43.77	40.46	
6.	COSTA Armando Joao	63	Feirense	2:49.15	+0,81	449	3,00
	50m: 38.73 38.73	100m: 1:23.26 44.53	150m: 2:06.72	43.46	200m: 2:49.15	42.43	
7.	NEVES Paulo Alexandre	66	Leixoes	2:50.42	+0,95	439	2,00
	50m: 39.04 39.04	100m: 1:21.51 42.47	150m: 2:06.64	45.13	200m: 2:50.42	43.78	
8.	MARTINHO Antonio Jorge	65	Academica de Coimbra	2:52.01	+0,92	427	1,00
	50m: 37.95 37.95	100m: 1:21.82 43.87	150m: 2:07.76	45.94	200m: 2:52.01	44.25	
9.	LIMA Jorge Sequeira	67	Sporting	2:54.14	+0,91	411	-
	50m: 37.65 37.65	100m: 1:21.92 44.27	150m: 2:09.39	47.47	200m: 2:54.14	44.75	
10.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	2:58.58	+0,80	381	-
	50m: 41.89 41.89	100m: 1:26.93 45.04	150m: 2:14.37	47.44	200m: 2:58.58	44.21	
11.	CARVALHO Vitor Borges	64	Viana Natacao	3:01.60	+0,94	363	-
	50m: 39.03 39.03	100m: 1:25.05 46.02	150m: 2:14.13	49.08	200m: 3:01.60	47.47	
12.	QUARESMA Paulo Miguel	67	Aminata	3:01.81		361	-
	50m: 38.55 38.55	100m: 1:24.33 45.78	150m: 2:12.98	48.65	200m: 3:01.81	48.83	
13.	AMARAL Jose Rui	63	Fluvial Portuense	3:10.90	+0,81	312	-
	50m: 43.68 43.68	100m: 1:32.69 49.01	150m: 2:24.11	51.42	200m: 3:10.90	46.79	
14.	DIAS Joaquim Jose	64	Viana Natacao	3:15.42	+0,91	291	-
	50m: 45.90 45.90	100m: 1:35.81 49.91	150m: 2:26.55	50.74	200m: 3:15.42	48.87	

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Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 12, Masc., 200m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
15.	VELEZ Rui Manuel	64	Luz e Vida	3:19.88	+0,85	272	-
	50m: 47.13 47.13	100m: 1:39.73 52.60	150m: 2:32.87 53.14	200m: 3:19.88 47.01			
16.	FERREIRA Rui Pedro	64	Natacao da Maia	3:22.12	+0,99	263	-
	50m: 44.64 44.64	100m: 1:35.66 51.02	150m: 2:29.72 54.06	200m: 3:22.12 52.40			
17.	SEQUEIRA Francisco Manuel	66	Vila DEste/Gaia	3:56.21		165	-
	50m: 50.78 50.78	100m: 1:50.16 59.38	150m: 2:53.39 1:03.23	200m: 3:56.21 1:02.82			
18.	LOPES Carlos Manuel	66	Alges	4:13.84	+0,89	132	-
	50m: 47.73 47.73	100m: 1:51.72 1:03.99	150m: 3:03.14 1:11.42	200m: 4:13.84 1:10.70			

Prova 12 Masc., 200m Livres Master Esc H
08/07/2022 Resultados

RN H(60-64)	2:28.64	MAVIO SO Vitor Manuel	SAD	Loulé	10/07/2016
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Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	CARVALHO Paulo Paula <i>Rec Nac Esc H</i>	61	Sporting	2:27.89	+0,81	846	9,00
	50m: 33.99 33.99	100m: 1:12.27 38.28	150m: 1:51.07 38.80	200m: 2:27.89 36.82			
2.	BENTO Jaime Carlos	61	Alges	2:30.77	+0,99	798	7,00
	50m: 34.09 34.09	100m: 1:11.03 36.94	150m: 1:51.18 40.15	200m: 2:30.77 39.59			
3.	SEABRA Henrique Luis	61	Fluvial Portuense	2:44.86	+0,74	610	6,00
	50m: 36.66 36.66	100m: 1:16.81 40.15	150m: 2:00.79 43.98	200m: 2:44.86 44.07			
4.	VAZ Carlos Jorge	62	Fluvial Portuense	3:35.61	+0,99	273	5,00
	50m: 41.16 41.16	100m: 1:34.51 53.35	150m: 2:35.80 1:01.29	200m: 3:35.61 59.81			
5.	PINTO Fernando Manuel	61	Fluvial Portuense	4:00.27		197	4,00
	50m: 55.87 55.87	100m: 1:57.86 1:01.99	150m: 3:02.59 1:04.73	200m: 4:00.27 57.68			
DNS	ROCHA Paulo Jorge	59	Fluvial Portuense				-

Splash Meet Manager, 11.73591

Registered to Federacao Portuguesa De Natacao

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Prova 12, Masc., 200m Livres

Prova 12 Masc., 200m Livres Master Esc I
08/07/2022 Resultados

RN I(65-69) 2:47.31 DYSON Stephen Thomas SAD Loulé 29/06/2013

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MENDES Ricardo Antonio	55	Salesianos	2:50.60	+0,93	633	9,00
	50m: 39.14 39.14	100m: 1:21.97 42.83	150m: 2:07.66 45.69	200m: 2:50.60 42.94			
2.	BORGES Daniel Jorge	53	Naval de Ponta Delgada	4:39.76	+0,92	143	7,00
	50m: 56.57 56.57	100m: 2:08.77 1:12.20	150m: 3:27.17 1:18.40	200m: 4:39.76 1:12.59			

Prova 12 Masc., 200m Livres Master Esc J
08/07/2022 Resultados

RN J(70-74) 2:47.60 DYSON Stephen Thomas SAD Budapeste (HUN) 16/08/2017

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BATISTA Antonio Carlos	49	FC Ferreiras/AlgarExperience	3:08.25	+0,97	536	9,00
	50m: 41.15 41.15	100m: 1:29.05 47.90	150m: 2:19.68 50.63	200m: 3:08.25 48.57			
DNS	ESTEVEES Manuel Jose	50	Masters de Almada				-

Prova 12 Masc., 200m Livres Master Esc K
08/07/2022 Resultados

RN K(75-79) 3:20.64 BASTO Antonio Bessone SAD Póvoa de Varzim 22/02/2020

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	DYSON Stephen Thomas Rec Nac Esc K	47	Alges	3:03.06	+0,83	665	9,00
	50m: 42.64 42.64	100m: 1:27.44 44.80	150m: 2:15.61 48.17	200m: 3:03.06 47.45			
2.	SALGUEIRO Luis Vidigal	45	Alges	3:44.29		362	7,00
	50m: 53.20 53.20	100m: 1:54.08 1:00.88	150m: 2:55.49 1:01.41	200m: 3:44.29 48.80			
3.	VIEGAS Luis Silveira	47	Alges	3:57.05		306	6,00
	50m: 53.41 53.41	100m: 1:54.86 1:01.45	150m: 2:58.37 1:03.51	200m: 3:57.05 58.68			
4.	COSTA Antonio Goncalves	46	Fluvial Portuense	4:24.35		221	5,00
	50m: 1:02.30 1:02.30	100m: 2:12.31 1:10.01	150m: 3:23.57 1:11.26	200m: 4:24.35 1:00.78			

XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 12, Masc., 200m Livres

Prova 12 Masc., 200m Livres Master Esc M
08/07/2022 Resultados

RN M(85-89) 7:19.31 COSTA Virgilio Zacarias AAC Reguengos de Monsaraz 20/07/2019

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MOURA Jose Vicente	37	Alges	4:20.34		403	9,00
	<i>Rec Nac Esc M</i>						
	50m: 55.21 55.21	100m: 2:00.59 1:05.38	150m: 3:09.88 1:09.29	200m: 4:20.34 1:10.46			
EXH	RUSSO Daniel Dantas	79	Nautico Academico	2:34.39	+0,86	452	-
	50m: 34.20 34.20	100m: 1:12.06 37.86	150m: 1:52.94 40.88	200m: 2:34.39 41.45			
EXH	ANTUNES Pedro Alexandre	90	CPCD-Povoa St Iria	2:52.21	+0,80	303	-
	50m: 36.07 36.07	100m: 1:15.81 39.74	150m: 2:02.75 46.94	200m: 2:52.21 49.46			
EXH	QUARESMA Carlos Goulao	78	Luz e Vida	2:55.74	+0,93	306	-
	50m: 36.40 36.40	100m: 1:20.48 44.08	150m: 2:09.09 48.61	200m: 2:55.74 46.65			