

Prova 18  
08/07/2023

Masc., 200m Costas

25 anos e mais velhos  
Resultados

RN A(25-29)	2:06.30	Adriano Miguel Niz	GDNVNF	Kazan (RUS)	11/08/2015
RN B(30-34)	2:07.34	Adriano Miguel Niz	GDNVNF	London (GBR)	28/05/2016
RN C(35-39)	2:13.11	Adriano Miguel Niz	GDNFAMA	Famalicão	10/07/2021
RN D(40-44)	2:19.31	Mario Moura Carvalho	FCP	Reguengos de Monsaraz	21/07/2019
RN E(45-49)	2:22.03	Jorge Viegas Faria	SAD	Cádiz (ESP)	18/09/2009
RN F(50-54)	2:38.74	Antonio Aderito Chaves	FCP	Reguengos de Monsaraz	09/07/2022
RN G(55-59)	2:45.57	Paulo Paula Carvalho	SFUAP	Coimbra	17/01/2016
RN H(60-64)	2:47.34	Paulo Paula Carvalho	SCP	Famalicão	10/07/2021
RN I(65-69)	3:03.56	Vitor Manuel Mavioso	SAD	Famalicão	10/07/2021
RN J(70-74)	3:07.68	Antonio Bessone Basto	SAD	London (GBR)	28/05/2016
RN K(75-79)	4:41.43	Joao Rodrigues Teixeira	AAC	Reguengos de Monsaraz	01/07/2012
RN L(80-84)	5:48.70	Joao Rodrigues Teixeira	AAC	Reguengos de Monsaraz	21/07/2019

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
<b>Master Esc A</b>								
1.	Andre Filipe Afonseca	+0,81	117795	98	Gafanha da Encarnacao	<b>2:34.37</b>	515	9,00
	50m: 34.97	100m: 1:14.94	39.97	150m: 1:56.02	41.08	200m: 2:34.37	38.35	
2.	Andre Manuel Costa	+0,68	107731	97	Natacao da Maia	<b>2:47.88</b>	401	7,00
	50m: 37.53	100m: 1:21.16	43.63	150m: 2:05.14	43.98	200m: 2:47.88	42.74	
3.	Renato Filipe Silva	+0,66	148373	98	Porto	<b>2:50.85</b>	380	6,00
	50m: 39.61	100m: 1:22.61	43.00	150m: 2:06.27	43.66	200m: 2:50.85	44.58	
4.	Jose Diogo Fonseca	+0,84	104686	97	Penafiel	<b>2:58.50</b>	333	5,00
	50m: 40.93	100m: 1:26.66	45.73	150m: 2:14.44	47.78	200m: 2:58.50	44.06	
5.	Carlos Antunes Barata	+0,86	200158	98	CPCD-Povoa St Iria	<b>3:14.56</b>	257	4,00
	50m: 46.14	100m: 1:34.66	48.52	150m: 2:25.90	51.24	200m: 3:14.56	48.66	
6.	Rui Barbosa Moreira	+0,91	213568	98	Penafiel	<b>4:03.18</b>	131	3,00
	50m: 57.75	100m: 2:02.93	1:05.18	150m: 3:09.01	1:06.08	200m: 4:03.18	54.17	

**Master Esc B**

1.	Miguel Martins Barroqueiro	+0,69	11534	91	CLAC-Entroncamento	<b>2:35.80</b>	582	9,00
	50m: 35.53	100m: 1:14.92	39.39	150m: 1:55.77	40.85	200m: 2:35.80	40.03	
2.	Christophe Pereira Fernandes	+0,74	15955	91	Famalicao	<b>2:38.50</b>	552	7,00
	50m: 34.93	100m: 1:13.88	38.95	150m: 1:55.56	41.68	200m: 2:38.50	42.94	
3.	Joao Pedro Rosa	+0,78	11317	90	CLAC-Entroncamento	<b>2:43.92</b>	499	6,00
	50m: 36.53	100m: 1:17.45	40.92	150m: 2:01.14	43.69	200m: 2:43.92	42.78	
4.	Joao Miguel Mestre	+0,78	11401	92	Lisboa PoolSharks	<b>2:44.92</b>	490	5,00
	50m: 36.79	100m: 1:18.59	41.80	150m: 2:02.31	43.72	200m: 2:44.92	42.61	
5.	Joao Carlos Carvalho	+0,70	25338	90	Lisboa PoolSharks	<b>2:45.74</b>	483	4,00
	50m: 38.76	100m: 1:19.49	40.73	150m: 2:03.16	43.67	200m: 2:45.74	42.58	
6.	Pedro Miguel Bras	+0,68	23964	91	Vitoria Guimaraes	<b>2:54.46</b>	414	3,00
	50m: 37.99	100m: 1:21.27	43.28	150m: 2:08.13	46.86	200m: 2:54.46	46.33	
7.	Fabio Andre Madureira	+0,90	15910	90	Penafiel	<b>2:57.51</b>	393	2,00
	50m: 40.89	100m: 1:25.08	44.19	150m: 2:11.37	46.29	200m: 2:57.51	46.14	
8.	Francisco David Ferreira	+0,81	121874	89	Fluvial Portuense	<b>3:01.12</b>	370	1,00
	50m: 42.31	100m: 1:27.61	45.30	150m: 2:07.88	40.27	200m: 3:01.12	53.24	
9.	Joao Boavida Ferreira	+0,81	201323	91	Lisboa PoolSharks	<b>3:01.61</b>	367	-
	50m: 42.75	100m: 1:28.41	45.66	150m: 2:17.93	49.52	200m: 3:01.61	43.68	

Prova 18, Masc., 200m Costas

Master Esc C

1.	Eduardo Ferreira Sevieri	+0,85	106806	84	Porto	<b>2:16.71</b>	925	9,00
	50m: 31.00 31.00		100m: 1:04.71 33.71		150m: 1:40.44 35.73	200m: 2:16.71 36.27		
2.	Pedro Filipe Pimentel	+0,73	101691	84	Foca Quinta da Lixa CNF	<b>2:41.50</b>	561	7,00
	50m: 35.90 35.90		100m: 1:16.13 40.23		150m: 1:58.74 42.61	200m: 2:41.50 42.76		
3.	Duarte Nuno Ferreira	+0,68	14742	86	Salesianos	<b>2:49.60</b>	484	6,00
	50m: 39.11 39.11		100m: 1:21.11 42.00		150m: 2:05.61 44.50	200m: 2:49.60 43.99		
4.	Pedro Tiago Gomes	+0,80	206898	86	Fluvial Portuense	<b>2:53.18</b>	455	5,00
	50m: 38.90 38.90		100m: 1:22.42 43.52		150m: 2:07.50 45.08	200m: 2:53.18 45.68		
5.	Pedro Filipe Silva	+0,65	13974	85	Nacional de Natacao	<b>3:06.88</b>	362	4,00
	50m: 42.17 42.17		100m: 1:27.85 45.68		150m: 2:16.94 49.09	200m: 3:06.88 49.94		
6.	Luis Carlos Maricato	+0,76	217939	85	Naval de Ponta Delgada	<b>3:13.90</b>	324	3,00
	50m: 44.71 44.71		100m: 1:33.28 48.57		150m: 2:24.02 50.74	200m: 3:13.90 49.88		
7.	Manuel Filipe Ferreira	+0,98	215217	87	Porto	<b>3:31.51</b>	249	2,00
	50m: 52.38 52.38		100m: 1:46.16 53.78		150m: 2:40.16 54.00	200m: 3:31.51 51.35		
8.	Pedro Emanuel Gomes	+0,73	202830	88	Natacao de Valongo	<b>3:37.88</b>	228	1,00
	50m: 52.08 52.08		100m: 1:50.08 58.00		150m: 2:45.70 55.62	200m: 3:37.88 52.18		
9.	Sandro Ricardo Ferraz	+0,90	215222	86	Porto	<b>4:00.41</b>	170	-
	50m: 56.24 56.24		100m: 1:56.41 1:00.17		150m: 3:00.69 1:04.28	200m: 4:00.41 59.72		
DSQ	Carlos Manuel Ribeiro	+0,69	101585	85	Academica de Coimbra			-
	6.10 - O(A) nadador(a), após a viragem dos 100 metros, não retomou a posição dorsal - SW 6.4							
DSQ	Jaime Antonio Soares	+0,96	208104	87	Penafiel			-
	6.9 - O(A) nadador(a) não começou a executar a viragem dos 100 metros após terminar o movimento contínuo dos braços - SW 6.4							

Master Esc D

1.	Jose Eduardo Gomes	+0,73	207823	81	Salesianos	<b>2:51.90</b>	472	9,00
	50m: 37.61 37.61		100m: 1:21.26 43.65		150m: 2:07.86 46.60	200m: 2:51.90 44.04		
2.	Ricardo Jorge Antunes	+0,63	25680	80	Alges	<b>3:04.00</b>	385	7,00
	50m: 42.07 42.07		100m: 1:27.81 45.74		150m: 2:16.75 48.94	200m: 3:04.00 47.25		
3.	Rui Manuel Pinto	+0,74	106876	79	Fluvial Portuense	<b>3:05.22</b>	377	6,00
	50m: 41.14 41.14		100m: 1:26.84 45.70		150m: 2:16.84 50.00	200m: 3:05.22 48.38		
4.	Marcelo Porto Rodrigues	+0,82	205613	82	Natacao de Valongo	<b>3:11.81</b>	339	5,00
	50m: 45.41 45.41		100m: 1:34.27 48.86		150m: 2:24.45 50.18	200m: 3:11.81 47.36		
5.	Eliseu Samuel Faria	+0,77	110372	79	Vitoria Guimaraes	<b>3:14.89</b>	324	4,00
	50m: 43.93 43.93		100m: 1:32.69 48.76		150m: 2:25.20 52.51	200m: 3:14.89 49.69		
6.	Jorge Miguel Oliveira	+0,90	127982	80	Natacao de Valongo	<b>3:17.14</b>	313	3,00
	50m: 47.10 47.10		100m: 1:38.61 51.51		150m: 2:30.39 51.78	200m: 3:17.14 46.75		
7.	Tiago Melo Pereira	+0,75	208402	79	Natacao de Valongo	<b>3:49.07</b>	199	2,00
	50m: 50.29 50.29		100m: 1:47.22 56.93		150m: 2:48.37 1:01.15	200m: 3:49.07 1:00.70		
8.	Joao Dinis Freitas		204149	83	Masters de Almada	<b>3:50.52</b>	195	1,00
	50m: 53.84 53.84		100m: 1:55.37 1:01.53		150m: 2:55.67 1:00.30	200m: 3:50.52 54.85		
DSQ	Daniel Dantas Russo	+0,65	215747	79	Ginasio Figueirense			-
	6.2 - O(A) nadador(a) abandonou a posição dorsal durante o percurso - SW 6.2							
DSQ	Nuno Andre Campos		127154	81	Gafanha da Encarnacao			-
	4.2 - Falsa Partida – SW 4.4							

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Master Esc E

1.	Mario Moura Carvalho		+0,85	15378	78	Porto		<b>2:22.06</b>	871	9,00
	50m: 33.12	33.12	100m: 1:09.04	35.92		150m: 1:45.92	36.88	200m: 2:22.06	36.14	
2.	Antonio Luis Portela		+0,78	218039	75	Fluvial Portuense		<b>2:50.48</b>	504	7,00
	50m: 39.79	39.79	100m: 1:22.89	43.10		150m: 2:07.52	44.63	200m: 2:50.48	42.96	
3.	Hugo Lourenco Torres		+0,71	103598	75	Portinado		<b>2:50.84</b>	500	6,00
	50m: 37.29	37.29	100m: 1:19.27	41.98		150m: 2:05.09	45.82	200m: 2:50.84	45.75	
4.	Nuno Daniel Neto		+0,64	209714	77	Lisboa PoolSharks		<b>3:08.66</b>	371	5,00
	50m: 40.05	40.05	100m: 1:25.32	45.27		150m: 2:16.13	50.81	200m: 3:08.66	52.53	
5.	Carlos Soares Goulao		+0,70	212344	75	Galitos / Bresimar		<b>3:21.94</b>	303	4,00
	50m: 45.79	45.79	100m: 1:37.87	52.08		150m: 2:31.75	53.88	200m: 3:21.94	50.19	
6.	Rui Alberto Mendes		+0,72	202097	75	Fluvial Portuense		<b>3:23.28</b>	297	3,00
	50m: 45.49	45.49	100m: 1:37.13	51.64		150m: 2:31.39	54.26	200m: 3:23.28	51.89	
7.	Rui Alexandre Santos		+0,79	26110	76	Nadadores dos Estoris		<b>3:24.39</b>	292	2,00
	50m: 47.84	47.84	100m: 1:37.54	49.70		150m: 2:31.30	53.76	200m: 3:24.39	53.09	
8.	Rui Gomes Antoninho		+0,62	213338	78	Feirense		<b>3:38.10</b>	240	1,00
	50m: 49.72	49.72	100m: 1:44.15	54.43		150m: 2:42.20	58.05	200m: 3:38.10	55.90	
9.	Ricardo Velho Franco		+0,82	201506	74	Geslours		<b>3:38.17</b>	240	-
	50m: 49.17	49.17	100m: 1:44.37	55.20		150m: 2:42.18	57.81	200m: 3:38.17	55.99	
10.	Filipe Miguel Silva		+0,79	201375	74	Fluvial Portuense		<b>3:45.54</b>	217	-
	50m: 50.68	50.68	100m: 1:47.74	57.06		150m: 2:47.32	59.58	200m: 3:45.54	58.22	
11.	Pedro Fonseca Oliveira		+0,89	207947	74	Fluvial Portuense		<b>3:51.45</b>	201	-
	50m: 52.30	52.30	100m: 1:53.30	1:01.00		150m: 2:54.28	1:00.98	200m: 3:51.45	57.17	
12.	Luis Miguel Rodrigues		+0,98	212927	76	Aquatico Silves		<b>5:04.66</b>	88	-
	50m: 1:04.29	1:04.29	100m: 2:19.41	1:15.12		150m: 3:41.51	1:22.10	200m: 5:04.66	1:23.15	
DSQ	Filipe Teixeira Sa		+0,99	206936	78	Porto				-
	4.2 - Falsa Partida – SW 4.4									
DSQ	Carlos Miguel Rodrigues		+0,88	132165	76	Alges e Agueda XXI				-
	10.5 - O(A) nadador(a), na viragem aos 150 metros, não tocou na parede - SW 10.4									

Master Esc F

1.	Antonio Aderito Chaves		+0,72	127786	70	Porto		<b>2:39.79</b>	799	9,00
	50m: 36.96	36.96	100m: 1:17.87	40.91		150m: 1:59.31	41.44	200m: 2:39.79	40.48	
2.	Rodolfo Pereira Nunes		+0,81	25137	73	Individual ANNP		<b>2:41.58</b>	773	7,00
	50m: 38.41	38.41	100m: 1:18.01	39.60		150m: 1:59.34	41.33	200m: 2:41.58	42.24	
3.	Filipe Pinheiro Pires		+0,84	117638	73	Foca Quinta da Lixa CNF		<b>3:02.04</b>	540	6,00
	50m: 44.61	44.61	100m: 1:30.86	46.25		150m: 2:17.79	46.93	200m: 3:02.04	44.25	
4.	Paulo Jorge Tejo		+0,94	10830	71	Academica de Coimbra		<b>3:05.91</b>	507	5,00
	50m: 45.48	45.48	100m: 1:33.20	47.72		150m: 2:20.08	46.88	200m: 3:05.91	45.83	
5.	Rui Miguel Tejo		+0,92	104306	69	Academica de Coimbra		<b>3:08.48</b>	487	4,00
	50m: 43.66	43.66	100m: 1:30.58	46.92		150m: 2:19.67	49.09	200m: 3:08.48	48.81	
6.	Joao Saldanha Festas		+0,84	218809	73	Nacional de Natacao		<b>3:08.56</b>	486	3,00
	50m: 44.86	44.86	100m: 1:32.25	47.39		150m: 2:20.32	48.07	200m: 3:08.56	48.24	
7.	Ricardo Manuel Figueiredo		+0,82	202193	69	Nadadores dos Estoris		<b>3:14.24</b>	445	2,00
	50m: 44.97	44.97	100m: 1:35.48	50.51		150m: 2:26.08	50.60	200m: 3:14.24	48.16	
8.	Flavio Martins Moreira		+0,99	212334	70	Academica de Coimbra		<b>3:17.77</b>	421	1,00
	50m: 45.97	45.97	100m: 1:34.74	48.77		150m: 2:26.40	51.66	200m: 3:17.77	51.37	
9.	Miguel Jose Ferreira		+0,71	119657	70	Leixoes		<b>3:18.96</b>	414	-
	50m: 45.11	45.11	100m: 1:36.15	51.04		150m: 2:29.56	53.41	200m: 3:18.96	49.40	

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Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
10.	Joao Gunther Amaral 50m: 46.13 46.13	+0,98	209669	69	Fluvial Portuense 150m: 2:30.20 54.86	<b>3:23.15</b> 200m: 3:23.15	389	-
11.	Francisco Jose Dias 50m: 47.86 47.86	+0,98	117476	69	Lagoa AC 150m: 2:34.29 55.54	<b>3:26.85</b> 200m: 3:26.85	368	-
12.	Ricardo Jorge Fernandes 50m: 49.31 49.31	+0,72	14684	72	Natacao de Valongo 150m: 2:39.43 55.14	<b>3:32.31</b> 200m: 3:32.31	340	-
13.	Marco Miguel Arantes 50m: 46.76 46.76	+0,76	204575	69	Gesloures 150m: 2:50.27 1:02.54	<b>3:51.42</b> 200m: 3:51.42	263	-
14.	Vitorino Fernando Faria 50m: 57.52 57.52	+0,99	147080	73	Foca Quinta da Lixa CNF 150m: 3:07.06 1:06.25	<b>4:09.90</b> 200m: 4:09.90	209	-
DNS	Pedro Nuno Goncalves		205032	72	Fluvial Portuense			-
DNS	Pedro Alexandre Inverneiro		153118	71	Fluvial Portuense			-
DNS	Rui Abel Pereira		153155	73	Fluvial Portuense			-

Master Esc G

1.	Jose Pedro Soares 50m: 42.97 42.97	+0,98	130450	67	Porto 150m: 2:17.59 47.44	<b>2:59.29</b> 200m: 2:59.29	597	9,00
2.	Antonio Fernando Sousa 50m: 43.36 43.36	+0,89	202718	65	Porto 150m: 2:18.15 48.23	<b>3:03.64</b> 200m: 3:03.64	555	7,00
3.	Jose Pedro Santana 50m: 46.64 46.64	+0,88	124877	66	Fluvial Portuense 150m: 2:26.81 50.47	<b>3:12.78</b> 200m: 3:12.78	480	6,00
4.	Jorge Vieira Ribeiro 50m: 50.88 50.88	+0,86	128894	64	Sporting de Aveiro 150m: 2:44.85 57.36	<b>3:39.03</b> 200m: 3:39.03	327	5,00
5.	Luis Manuel Sousa 50m: 52.42 52.42	+0,77	14630	66	Fluvial Portuense 150m: 2:55.23 1:02.18	<b>3:52.42</b> 200m: 3:52.42	274	4,00
6.	Rui Manuel Silva 50m: 51.60 51.60	+0,78	109826	64	Academica de Coimbra 150m: 2:53.16 1:02.75	<b>3:52.64</b> 200m: 3:52.64	273	3,00
7.	Luis Miguel Antunes 50m: 57.11 57.11	+0,88	206896	68	Leixoes 150m: 3:01.93 1:01.63	<b>3:59.47</b> 200m: 3:59.47	250	2,00
8.	Francisco Manuel Sequeira 50m: 51.67 51.67		201740	66	Vila DEste/Gaia 150m: 2:59.34 1:04.75	<b>4:04.62</b> 200m: 4:04.62	235	1,00
9.	Daniel Castro Trigo 50m: 58.98 58.98	+0,88	120704	65	Sporting de Aveiro 150m: 3:09.25 1:04.68	<b>4:10.65</b> 200m: 4:10.65	218	-
10.	Celso Abreu Fernandes 50m: 1:01.61 1:01.61		213521	67	Sporting de Aveiro 150m: 3:22.29 1:11.32	<b>4:31.69</b> 200m: 4:31.69	171	-
11.	Paulo Monteiro Pinto 50m: 1:07.14 1:07.14		211230	64	Porto 150m: 3:32.94 1:12.99	<b>4:47.50</b> 200m: 4:47.50	144	-
12.	Carlos Manuel Lopes 50m: 1:18.05 1:18.05	+0,85	202483	66	Alges 150m: 4:04.05 1:23.16	<b>5:24.55</b> 200m: 5:24.55	100	-
DSQ	Carlos Jorge Oliveira 4.2 - Falsa Partida – SW 4.4	+0,72	11360	64	Masters de Almada			-

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Master Esc H

1.	Vitor Viana Pinto		+0,74	128023	63	Salesianos		<b>2:55.52</b>	757	9,00
	50m: 41.81	41.81	100m: 1:27.13	45.32	150m: 2:11.78	44.65	200m: 2:55.52	43.74		
2.	Nuno Silva Lobo		+0,95	102544	63	Fluvial Portuense		<b>3:12.17</b>	577	7,00
	50m: 44.78	44.78	100m: 1:32.45	47.67	150m: 2:23.02	50.57	200m: 3:12.17	49.15		
3.	Luis Lopes Santos		+0,77	124875	59	Fluvial Portuense		<b>3:27.55</b>	458	6,00
	50m: 49.54	49.54	100m: 1:42.30	52.76	150m: 2:35.90	53.60	200m: 3:27.55	51.65		
4.	Luis Miguel Bernardo		+0,87	201380	61	Fluvial Portuense		<b>3:31.29</b>	434	5,00
	50m: 50.90	50.90	100m: 1:45.91	55.01	150m: 2:41.51	55.60	200m: 3:31.29	49.78		
5.	Pedro Bruno Meneses		+0,78	132358	62	Leixoes		<b>3:35.01</b>	412	4,00
	50m: 51.20	51.20	100m: 1:47.87	56.67	150m: 2:45.10	57.23	200m: 3:35.01	49.91		
6.	Francisco Jorge Ferreira		+0,85	100124	62	Academica de Coimbra		<b>3:43.56</b>	366	3,00
	50m: 53.21	53.21	100m: 1:50.64	57.43	150m: 2:49.09	58.45	200m: 3:43.56	54.47		
7.	Alexandre Jose Carreira		+0,98	206940	62	Fluvial Portuense		<b>4:11.30</b>	258	2,00
	50m: 58.19	58.19	100m: 2:02.16	1:03.97	150m: 3:09.24	1:07.08	200m: 4:11.30	1:02.06		
8.	Carlos Jorge Vaz		+0,91	209660	62	Fluvial Portuense		<b>4:13.33</b>	252	1,00
	50m: 58.92	58.92	100m: 2:03.11	1:04.19	150m: 3:10.22	1:07.11	200m: 4:13.33	1:03.11		
9.	Antonio Graca Barbosa		+0,86	125452	62	Leixoes		<b>4:17.90</b>	238	-
	50m: 54.74	54.74	100m: 2:00.05	1:05.31	150m: 3:13.56	1:13.51	200m: 4:17.90	1:04.34		
10.	Joao Henrique Seara		+0,92	131833	63	Leixoes		<b>4:25.66</b>	218	-
	50m: 1:07.14	1:07.14	100m: 2:14.42	1:07.28	150m: 3:20.72	1:06.30	200m: 4:25.66	1:04.94		
11.	Joao Cesar Alves			214253	63	Fluvial Portuense		<b>4:52.09</b>	164	-
	50m: 1:05.48	1:05.48	100m: 2:21.14	1:15.66	150m: 3:30.90	1:09.76	200m: 4:52.09	1:21.19		
12.	Luis Joao Mourao			209692	62	Natacao de Valongo		<b>5:32.79</b>	111	-
	50m: 1:14.38	1:14.38	100m: 2:38.95	1:24.57	150m: 4:09.35	1:30.40	200m: 5:32.79	1:23.44		

Master Esc I

1.	Luis Cavaleiro Madeira		+0,63	25641	57	Alges		<b>3:33.60</b>	427	9,00
	50m: 49.47	49.47	100m: 1:44.82	55.35	150m: 2:42.18	57.36	200m: 3:33.60	51.42		
2.	Enrico Palmiro Lettrari		+0,76	215753	56	Nadadores dos Estoris		<b>3:48.50</b>	349	7,00
	50m: 49.80	49.80	100m: 1:46.59	56.79	150m: 2:46.40	59.81	200m: 3:48.50	1:02.10		
3.	Mario Jorge Barros		+0,88	128252	56	Porto		<b>4:02.22</b>	293	6,00
	50m: 56.22	56.22	100m: 1:58.77	1:02.55	150m: 3:03.01	1:04.24	200m: 4:02.22	59.21		
4.	Oscar Filipe Goncalves		+0,88	219154	58	Fluvial Portuense		<b>4:14.93</b>	251	5,00
	50m: 59.80	59.80	100m: 2:06.53	1:06.73	150m: 3:13.44	1:06.91	200m: 4:14.93	1:01.49		
5.	Jose Antonio Ferreira			214085	58	Leixoes		<b>4:18.69</b>	240	4,00
	50m: 59.23	59.23	100m: 2:05.70	1:06.47	150m: 3:15.45	1:09.75	200m: 4:18.69	1:03.24		
6.	Ricardo Jorge Osorio		+0,83	102095	56	Universitario do Porto		<b>4:23.59</b>	227	3,00
	50m: 58.83	58.83	100m: 2:03.20	1:04.37	150m: 3:10.93	1:07.73	200m: 4:23.59	1:12.66		
7.	Jose Luis Morgado		+0,95	124934	54	Fluvial Portuense		<b>4:26.01</b>	221	2,00
	50m: 1:04.48	1:04.48	100m: 2:13.32	1:08.84	150m: 3:20.76	1:07.44	200m: 4:26.01	1:05.25		
8.	Antonio Alves Cecilio		+0,95	100919	54	Fluvial Portuense		<b>4:33.28</b>	204	1,00
	50m: 1:05.39	1:05.39	100m: 2:16.77	1:11.38	150m: 3:29.18	1:12.41	200m: 4:33.28	1:04.10		
9.	Jose Alexandre Raposo		+0,82	131484	55	Sporting de Aveiro		<b>4:41.73</b>	186	-
	50m: 1:04.81	1:04.81	100m: 2:16.75	1:11.94	150m: 3:30.80	1:14.05	200m: 4:41.73	1:10.93		
10.	Joao Luis Roseira		+0,92	142204	55	Fluvial Portuense		<b>5:43.11</b>	103	-
	50m: 1:21.61	1:21.61	100m: 2:52.91	1:31.30	150m: 4:19.38	1:26.47	200m: 5:43.11	1:23.73		
11.	Alfredo Gouveia Ferraria		+0,85	102458	57	Porto		<b>6:12.97</b>	80	-
	50m: 1:26.83	1:26.83	100m: 3:00.99	1:34.16	150m: 4:38.06	1:37.07	200m: 6:12.97	1:34.91		

Prova 18, Masc., 200m Costas

Master Esc J

1.	Francisco Alencar		+0,74	51	APEA Prudentina	<b>3:40.29</b>	458	9,00
	50m: 50.15	50.15	100m: 1:45.59	55.44	150m: 2:44.65	59.06	200m: 3:40.29	55.64
2.	Joaquim Mendes Bilro		+0,97	148720	Alges	<b>3:58.77</b>	359	7,00
	50m: 50.93	50.93	100m: 1:52.19	1:01.26	150m: 2:58.74	1:06.55	200m: 3:58.77	1:00.03
3.	Carlos Augusto Correia		+0,97	100466	Masters de Almada	<b>4:20.74</b>	276	6,00
	50m: 1:03.12	1:03.12	100m: 2:10.13	1:07.01	150m: 3:15.93	1:05.80	200m: 4:20.74	1:04.81
4.	Domingos Pinto Coelho		+0,96	100453	Alges	<b>4:42.60</b>	217	5,00
	50m: 1:06.48	1:06.48	100m: 2:22.67	1:16.19	150m: 3:36.48	1:13.81	200m: 4:42.60	1:06.12
5.	Alfredo Coelho Magalhaes			210499	Porto	<b>4:43.32</b>	215	4,00
	50m: 1:02.15	1:02.15	100m: 2:15.01	1:12.86	150m: 3:32.11	1:17.10	200m: 4:43.32	1:11.21
6.	Antonio Jorge Marques		+0,96	130679	Fluvial Portuense	<b>4:52.35</b>	196	3,00
	50m: 1:04.65	1:04.65	100m: 2:22.20	1:17.55	150m: 3:39.37	1:17.17	200m: 4:52.35	1:12.98
DSQ	Americo Rocha Pereira			216703	Porto			-
	6.10 - O(A) nadador(a), após a viragem dos ... metros, não retomou a posição dorsal - SW 6.4							
DSQ	Manuel Jose Esteves		+0,90	119370	Masters de Almada	<b>4:44.09</b>		-
	6.10 - O(A) nadador(a), após a viragem dos 50 metros, não retomou a posição dorsal - SW 6.4							
	50m: 1:03.58	1:03.58	100m: 2:15.50	1:11.92	150m: 3:30.93	1:15.43	200m: 4:44.09	1:13.16

Master Esc K

1.	Antonio Bessone Basto		+0,80	119672	Alges	<b>3:42.24</b>	529	9,00
	Rec Nac Esc K							
	50m: 51.82	51.82	100m: 1:49.75	57.93	150m: 2:46.11	56.36	200m: 3:42.24	56.13
2.	Luis Vidigal Salgueiro		+0,81	119671	Alges	<b>4:21.68</b>	324	7,00
	50m: 1:03.22	1:03.22	100m: 2:09.11	1:05.89	150m: 3:16.81	1:07.70	200m: 4:21.68	1:04.87
3.	Jose Leite			204547	Foca Quinta da Lixa CNF	<b>4:26.47</b>	306	6,00
	50m: 59.82	59.82	100m: 2:08.75	1:08.93	150m: 3:20.04	1:11.29	200m: 4:26.47	1:06.43
4.	Steven Bruce Seligson		+0,97	219656	Porto	<b>4:55.17</b>	225	5,00
	50m: 1:11.30	1:11.30	100m: 2:27.59	1:16.29	150m: 3:44.95	1:17.36	200m: 4:55.17	1:10.22
5.	Carlos Alberto Couteiro		+0,82	201514	Viana Natacao	<b>6:02.05</b>	122	4,00
	50m: 1:18.52	1:18.52	100m: 2:51.37	1:32.85	150m: 4:30.82	1:39.45	200m: 6:02.05	1:31.23

Master Esc L

1.	Antero Silva Sousa		+0,74	205243	Fluvial Portuense	<b>5:18.16</b>	264	9,00
	Rec Nac Esc L							
	50m: 1:12.29	1:12.29	100m: 2:32.68	1:20.39	150m: 3:56.19	1:23.51	200m: 5:18.16	1:21.97