

Prova 29
09/07/2023

Masc., 400m Livres

25 anos e mais velhos
Resultados

RN A(25-29)	4:12.44	Adriano Miguel Niz	GDNVNF	Kazan (RUS)	16/08/2015
RN B(30-34)	4:10.56	Adriano Miguel Niz	GDNVNF	London (GBR)	27/05/2016
RN C(35-39)	4:18.63	Adriano Miguel Niz	GDNFAMA	Rome (ITA)	29/08/2022
RN D(40-44)	4:33.43	Miguel Mendonca Cabrita	SAD	Évora	05/07/2014
RN E(45-49)	4:27.36	Jose Carlos Freitas	CFP	Gotemburgo (SWE)	06/08/2010
RN F(50-54)	4:28.97	Jose Carlos Freitas	CFP	Kazan (RUS)	16/08/2015
RN G(55-59)	4:34.69	Jose Carlos Freitas	CFP	Loulé	14/07/2018
RN H(60-64)	4:58.00	Jose Carlos Freitas	CNLA	S. Joao da Madeira	07/07/2023
RN I(65-69)	5:51.59	Stephen Thomas Dyson	INDANL	Reguengos de Monsaraz	30/06/2012
RN J(70-74)	5:53.42	Stephen Thomas Dyson	SAD	Budapeste (HUN)	20/08/2017
RN K(75-79)	6:31.90	Stephen Thomas Dyson	SAD	Reguengos de Monsaraz	10/07/2022
RN L(80-84)	9:25.42	Antonio Alexandre Rodrigues	AAC	Reguengos de Monsaraz	19/07/2019
RN M(85-89)	14:09.38	Joao Rodrigues Teixeira	AAC	Coimbra	26/02/2023
RN N(90-94)	20:28.01	Virgilio Zacarias Costa	AAC	Reguengos de Monsaraz	08/07/2022
RN O(95-99)	59:00.00	start			

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
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Master Esc A

1.	Andre Filipe Afonseca	+0,87	117795	98	Gafanha da Encarnacao	4:52.14	633	9,00
	100m: 1:08.16	1:08.16	200m: 2:22.72	1:14.56	300m: 3:37.67	1:14.95	400m: 4:52.14	1:14.47
2.	Bruno Filipe Taborda		106711	95	Nautico de Leiria	4:54.22	620	7,00
	100m: 1:05.74	1:05.74	200m: 2:19.14	1:13.40	300m: 3:36.96	1:17.82	400m: 4:54.22	1:17.26
3.	Daniel Costa Vieira	+0,92	102412	95	Vilacondense	5:12.00	520	6,00
	100m: 1:07.70	1:07.70	200m: 2:25.61	1:17.91	300m: 3:48.46	1:22.85	400m: 5:12.00	1:23.54
4.	Renato Filipe Silva		148373	98	Porto	5:18.58	488	5,00
	100m: 1:13.82	1:13.82	200m: 2:35.57	1:21.75	300m: 3:58.07	1:22.50	400m: 5:18.58	1:20.51
5.	Joao Pedro Ferreira		111411	95	Natacao da Maia	5:40.93	398	4,00
	100m: 1:17.13	1:17.13	200m: 2:42.64	1:25.51	300m: 4:11.66	1:29.02	400m: 5:40.93	1:29.27
6.	Joao Duarte Marafona		20293	95	Porto	5:58.92	341	3,00
	100m: 1:21.59	1:21.59	200m: 2:51.95	1:30.36	300m: 4:24.72	1:32.77	400m: 5:58.92	1:34.20
7.	Daniel Filipe Moreira		148345	97	Vila DEste/Gaia	7:36.04	166	2,00
	100m: 1:49.42	1:49.42	200m: 3:45.67	1:56.25	300m: 5:42.24	1:56.57	400m: 7:36.04	1:53.80
DNS	Joao Pedro Guedes		119754	97	Sao Joao Ver			-

Master Esc B

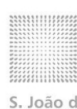
1.	Joao Paulo Ribeiro		10703	92	Nautico de Leiria	4:36.40	726	9,00
	100m: 1:04.51	1:04.51	200m: 2:14.76	1:10.25	300m: 3:25.55	1:10.79	400m: 4:36.40	1:10.85
2.	Jorge Manuel Roque	+0,80	10760	90	Porto	4:43.17	676	7,00
	100m: 1:04.79	1:04.79	200m: 2:17.15	1:12.36	300m: 3:31.10	1:13.95	400m: 4:43.17	1:12.07
3.	Goncalo Goncalves Meneses		204349	92	Braga	4:55.32	596	6,00
	100m: 1:07.55	1:07.55	200m: 2:23.06	1:15.51	300m: 3:40.33	1:17.27	400m: 4:55.32	1:14.99
4.	Mario Nuno Felicio		205226	90	Ginasio Clube	4:57.21	584	5,00
	100m: 1:07.68	1:07.68	200m: 2:23.91	1:16.23	300m: 3:41.15	1:17.24	400m: 4:57.21	1:16.06
5.	Joao Pedro Rosa	+0,85	11317	90	CLAC-Entroncamento	5:00.03	568	4,00
	100m: 1:12.48	1:12.48	200m: 2:27.70	1:15.22	300m: 3:44.49	1:16.79	400m: 5:00.03	1:15.54
6.	Francisco David Ferreira	+0,92	121874	89	Fluvial Portuense	5:29.23	430	3,00
	100m: 1:16.00	1:16.00	200m: 2:37.99	1:21.99	300m: 4:03.60	1:25.61	400m: 5:29.23	1:25.63
7.	Luis Rosario Figueiredo		131311	89	Ginasio de Santo Tirso	5:43.12	380	2,00
	100m: 1:15.69	1:15.69	200m: 2:42.78	1:27.09	300m: 4:15.52	1:32.74	400m: 5:43.12	1:27.60
DNF	Ricardo Duarte Neves		215713	92	Ba-Leiria			-

Splash Meet Manager, 11.77323

Registered to Federacao Portuguesa De Natacao

12/07/2023 11:35 - Página 1

ORGANIZAÇÃO



S. João da Madeira
Câmara Municipal

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



DESPORTO PARA TODOS
PROGRAMA NACIONAL

PARCEIROS



Prova 29, Masc., 400m Livres

Master Esc C

1.	Nuno Maria Nolasco	1:08.99	1:08.99	200m:	2:24.00	1:15.01	Ginasio Clube	300m:	3:38.57	1:14.57	400m:	4:51.26	683	9,00
2.	Luis Alfredo Landi	1:14.20	1:14.20	200m:	2:36.05	1:21.85	Vitoria Guimaraes	300m:	4:01.27	1:25.22	400m:	5:22.97	501	7,00
3.	Tiago Dourado Campos	1:11.38	1:11.38	+0,89	23051	1:21.26	Vilacondense	300m:	3:58.61	1:25.97	400m:	5:24.64	493	6,00
4.	Duarte Nuno Ferreira	1:12.77	1:12.77	200m:	2:38.53	1:25.76	Salesianos	300m:	4:09.74	1:31.21	400m:	5:41.65	423	5,00
5.	Daniel Ribeiro Quinta	1:20.59	1:20.59	+0,82	204540	1:28.08	Leixoes	300m:	4:18.97	1:30.30	400m:	5:45.66	408	4,00
6.	Andre Daniel Pinheiro	1:17.28	1:17.28	+0,92	26068	1:28.25	Natacao da Maia	300m:	4:21.59	1:36.06	400m:	5:56.51	372	3,00
7.	Manuel Filipe Ferreira	1:26.08	1:26.08	+0,94	215217	1:33.89	Porto	300m:	4:34.21	1:34.24	400m:	6:04.78	347	2,00
8.	Luis Carlos Maricato	1:26.03	1:26.03	200m:	2:59.57	1:33.54	Naval de Ponta Delgada	300m:	4:34.71	1:35.14	400m:	6:10.27	332	1,00
9.	Joao Correia Pimentel	1:26.58	1:26.58	200m:	3:03.16	1:36.58	Naval de Ponta Delgada	300m:	4:41.31	1:38.15	400m:	6:12.78	325	-
10.	Fernando Duarte Oliveira	1:42.10	1:42.10	200m:	3:41.02	1:58.92	Gafanha da Encarnacao	300m:	5:44.56	2:03.54	400m:	7:41.33	171	-
11.	Amilcar Filipe Pires	2:14.45	2:14.45	+0,81	212773	2:37.16	Ba-Leiria	300m:	7:39.28	2:47.67	400m:	10:23.61	69	-

Master Esc D

1.	Ricardo Regufe Ferreira	1:07.15	1:07.15	200m:	2:20.35	1:13.20	Fluvial Portuense	300m:	3:35.60	1:15.25	400m:	4:48.98	682	9,00
2.	Jose Pedro Neves	1:10.19	1:10.19	+0,96	17203	1:16.20	Fluvial Portuense	300m:	3:44.51	1:18.12	400m:	5:01.31	601	7,00
3.	Marcelo Porto Rodrigues	1:21.34	1:21.34	200m:	2:50.04	1:28.70	Natacao de Valongo	300m:	4:17.48	1:27.44	400m:	5:40.44	417	6,00
4.	Bruno Cruz Maia	1:21.33	1:21.33	+0,74	130383	1:31.16	Ginasio Clube	300m:	4:24.20	1:31.71	400m:	5:50.14	383	5,00
5.	Jorge Miguel Oliveira	1:22.29	1:22.29	+0,89	127982	1:33.18	Natacao de Valongo	300m:	4:30.77	1:35.30	400m:	6:02.58	345	4,00
6.	Tiago Goncalo Ribeiro	1:24.33	1:24.33	200m:	2:58.77	1:34.44	Pimpoes/Cimai	300m:	4:33.60	1:34.83	400m:	6:04.99	338	3,00
7.	Agostinho Alberto Rego	1:27.32	1:27.32	200m:	3:00.67	1:33.35	Vitoria Guimaraes	300m:	4:36.54	1:35.87	400m:	6:09.16	327	2,00
8.	Andrei Krastin	1:26.97	1:26.97	200m:	3:06.18	1:39.21	Fluvial Portuense	300m:	4:42.99	1:36.81	400m:	6:15.75	310	1,00
9.	Joao Dinis Freitas	1:34.67	1:34.67	200m:	3:21.23	1:46.56	Masters de Almada	300m:	5:06.97	1:45.74	400m:	6:55.01	230	-
10.	Jorge Jose Costa	1:43.58	1:43.58	200m:	3:42.20	1:58.62	Vitoria Guimaraes	300m:	5:38.16	1:55.96	400m:	7:30.76	179	-
11.	Pedro Miguel Goncalves	1:37.16	1:37.16	+0,97	217808	2:00.72	Vilacondense	300m:	5:44.03	2:06.15	400m:	7:45.79	162	-
12.	Sergio Manuel Neves	1:48.27	1:48.27	200m:	3:53.91	2:05.64	Fluvial Portuense	300m:	5:58.79	2:04.88	400m:	7:51.23	157	-
DNS	Ricardo Rodrigues Santos				219329	81	Nacional de Natacao							-

Prova 29, Masc., 400m Livres, Master Esc D

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
DNS	Daniel Dantas Russo		215747	79	Ginasio Figueirense			-
DNS	Ricardo Jorge Antunes		25680	80	Alges			-

Master Esc E

1.	Gustavo Volkart		219700	77	Colegio Monte Maior	4:38.73	776	9,00
	100m: 1:04.91	1:04.91	200m: 2:15.43	1:10.52	300m: 3:27.13	1:11.70	400m: 4:38.73	1:11.60
2.	Rui Jorge Pereira		201296	77	Academica de Coimbra	5:05.45	590	7,00
	100m: 1:11.07	1:11.07	200m: 2:28.74	1:17.67	300m: 3:47.63	1:18.89	400m: 5:05.45	1:17.82
3.	Antonio Luis Portela	+0,93	218039	75	Fluvial Portuense	5:09.34	568	6,00
	100m: 1:12.48	1:12.48	200m: 2:31.65	1:19.17	300m: 3:52.02	1:20.37	400m: 5:09.34	1:17.32
4.	Bruno Miguel Santos		14631	76	Individual ANNP	5:10.36	562	5,00
	100m: 1:10.46	1:10.46	200m: 2:29.17	1:18.71	300m: 3:50.10	1:20.93	400m: 5:10.36	1:20.26
5.	Celso Ruben Barbosa	+0,87	201888	77	Porto	5:10.89	559	4,00
	100m: 1:10.73	1:10.73	200m: 2:32.73	1:22.00	300m: 3:53.67	1:20.94	400m: 5:10.89	1:17.22
6.	Joao Miguel Macedo	+0,78	121593	74	Leixoes	5:22.45	501	3,00
	100m: 1:16.72	1:16.72	200m: 2:40.20	1:23.48	300m: 4:03.61	1:23.41	400m: 5:22.45	1:18.84
7.	Hugo Lourenco Torres		103598	75	Portinado	5:35.07	447	2,00
	100m: 1:12.07	1:12.07	200m: 2:36.38	1:24.31	300m: 4:04.71	1:28.33	400m: 5:35.07	1:30.36
8.	Pedro Nuno Braga		105530	74	Vilacondense	5:39.75	428	1,00
	100m: 1:21.99	1:21.99	200m: 2:48.25	1:26.26	300m: 4:15.34	1:27.09	400m: 5:39.75	1:24.41
9.	Nuno Pedro Ferraz		105148	77	Fluvial Portuense	5:43.36	415	-
	100m: 1:16.90	1:16.90	200m: 2:42.82	1:25.92	300m: 4:12.52	1:29.70	400m: 5:43.36	1:30.84
10.	Ivo Claudino Calha		219336	77	Colegio Monte Maior	5:49.32	394	-
	100m: 1:21.28	1:21.28	200m: 2:51.19	1:29.91	300m: 4:22.40	1:31.21	400m: 5:49.32	1:26.92
11.	Marcio Leandro Reis	+0,80	216076	75	Fluvial Portuense	5:56.50	371	-
	100m: 1:24.90	1:24.90	200m: 2:55.88	1:30.98	300m: 4:27.49	1:31.61	400m: 5:56.50	1:29.01
12.	Filipe Monteiro Pacheco		130750	74	Leixoes	5:56.63	370	-
	100m: 1:22.43	1:22.43	200m: 2:52.61	1:30.18	300m: 4:25.13	1:32.52	400m: 5:56.63	1:31.50
13.	Joao Filipe Romao		107138	77	Lagoa AC	6:08.94	334	-
	100m: 1:25.22	1:25.22	200m: 3:00.47	1:35.25	300m: 4:39.22	1:38.75	400m: 6:08.94	1:29.72
14.	Carlos Soares Goulao		212344	75	Galitos / Bresimar	6:11.62	327	-
	100m: 1:23.65	1:23.65	200m: 2:58.68	1:35.03	300m: 4:35.70	1:37.02	400m: 6:11.62	1:35.92
15.	Rui Albino Jorge		106807	78	Feirense	6:22.40	300	-
	100m: 1:26.34	1:26.34	200m: 3:04.36	1:38.02	300m: 4:45.28	1:40.92	400m: 6:22.40	1:37.12
16.	Ricardo Velho Franco		201506	74	Geslours	6:23.69	297	-
	100m: 1:25.72	1:25.72	200m: 3:08.85	1:43.13	300m: 4:49.00	1:40.15	400m: 6:23.69	1:34.69
17.	Horacio Maciel Amaral	+0,87	215608	76	Lagoa AC	6:31.15	281	-
	100m: 1:30.00	1:30.00	200m: 3:12.21	1:42.21	300m: 4:55.27	1:43.06	400m: 6:31.15	1:35.88
18.	Jose Sizenando Cunha		26841	74	Fluvial Portuense	6:32.89	277	-
	100m: 1:28.10	1:28.10	200m: 3:09.15	1:41.05	300m: 4:53.19	1:44.04	400m: 6:32.89	1:39.70
19.	Jose Diogo Borges		215807	77	Lagoa AC	7:09.18	212	-
	100m: 1:35.41	1:35.41	200m: 3:24.26	1:48.85	300m: 5:17.68	1:53.42	400m: 7:09.18	1:51.50
20.	Joao Pedro Oliveira		218046	74	Natacao de Valongo	7:49.60	162	-
	100m: 1:42.29	1:42.29	200m: 3:40.34	1:58.05	300m: 5:45.59	2:05.25	400m: 7:49.60	2:04.01
21.	Diogo Folhadela Brandao		219553	74	Fluvial Portuense	7:52.85	159	-
	100m: 1:46.43	1:46.43	200m: 3:48.17	2:01.74	300m: 5:52.45	2:04.28	400m: 7:52.85	2:00.40
22.	Carlos Miguel Rodrigues		132165	76	Alges e Agueda XXI	8:13.08	140	-
	100m: 1:53.97	1:53.97	200m: 3:57.13	2:03.16	300m: 6:04.19	2:07.06	400m: 8:13.08	2:08.89
23.	Jose Manuel Matos	+0,91	215784	74	Leixoes	8:53.48	110	-
	100m: 2:03.58	2:03.58	200m: 4:22.68	2:19.10	300m: 6:42.83	2:20.15	400m: 8:53.48	2:10.65

Prova 29, Masc., 400m Livres, Master Esc E

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
24.	Armando Manuel Triunfante 100m: 2:08.27 2:08.27	200m: 2:23.85 2:15.58	219091	76	Porto	9:00.61 400m: 9:00.61	106	-
DNS	Hugo Andre Afonso		204884	76	CCDSerta			-
DNS	Alexandre Miguel Santos		219470	75	Fluvial Portuense			-

Master Esc F

1.	Paulo Jorge Tejo 100m: 1:15.83 1:15.83	+0,95 200m: 2:36.70 1:20.87	10830	71	Academica de Coimbra	5:16.90 400m: 5:16.90	599	9,00
2.	Celso Fernando Ribeiro 100m: 1:21.28 1:21.28	+0,76 200m: 2:46.56 1:25.28	127787	69	Porto	5:40.96 400m: 5:40.96	481	7,00
3.	Marcelo Jose Martins 100m: 1:21.71 1:21.71	200m: 2:55.20 1:33.49	219556	71	Fluvial Portuense	5:56.94 400m: 5:56.94	419	6,00
4.	Miguel Jose Ferreira 100m: 1:24.22 1:24.22	200m: 2:56.93 1:32.71	119657	70	Leixoes	5:58.06 400m: 5:58.06	415	5,00
5.	Francisco Santos Barros 100m: 1:21.46 1:21.46	200m: 2:53.92 1:32.46	108661	72	Porto	5:58.27 400m: 5:58.27	414	4,00
6.	Hamilton Kenji Ida 100m: 1:24.16 1:24.16	200m: 2:57.19 1:33.03	212656	73	Vitoria Guimaraes	6:01.52 400m: 6:01.52	403	3,00
7.	Flavio Martins Moreira 100m: 1:23.34 1:23.34	200m: 2:58.92 1:35.58	212334	70	Academica de Coimbra	6:10.89 400m: 6:10.89	373	2,00
8.	Nuno Manuel Sa 100m: 1:27.90 1:27.90	+0,94 200m: 3:03.59 1:35.69	201376	71	Fluvial Portuense	6:12.84 400m: 6:12.84	367	1,00
9.	Fernando Jose Alves 100m: 1:30.22 1:30.22	200m: 3:12.90 1:42.68	208179	69	Salesianos	6:37.31 400m: 6:37.31	304	-
10.	Rinat Kamolov 100m: 1:32.64 1:32.64	200m: 3:11.29 1:38.65	204774	71	Alges e Agueda XXI	6:41.04 400m: 6:41.04	295	-
11.	Filipe Serra Oliveira 100m: 1:35.84 1:35.84	200m: 3:21.55 1:45.71	214561	72	Salesianos	7:00.74 400m: 7:00.74	256	-
12.	Carlos Filipe Canito 100m: 1:46.92 1:46.92	200m: 3:44.25 1:57.33	216373	69	Natacao de Valongo	7:33.32 400m: 7:33.32	204	-
13.	Hugo Alexandre Borrego 100m: 1:53.88 1:53.88	200m: 4:10.80 2:16.92	205001	72	Sporting de Aveiro	8:45.94 400m: 8:45.94	131	-
DNS	Nuno Miguel Silva		206943	72	Naval Povoense			-
DNF	Rui Miguel Pinto		106906	69	Viana Natacao			-
<i>10.1 - O(A) nadador(a) não completou o percurso - SW 10.2</i>								
DNF	Rui Viegas Faria		207940	71	Alges			-

Master Esc G

1.	Ralf Pinto Soares 100m: 1:15.91 1:15.91	200m: 2:41.20 1:25.29	26786	64	Nadadores dos Estoris	5:39.18 400m: 5:39.18	540	9,00
2.	Antonio Carlos Matos 100m: 1:16.42 1:16.42	200m: 2:44.63 1:28.21	216196	66	Famalicao	5:46.46 400m: 5:46.46	507	7,00
3.	Antonio Jorge Martinho 100m: 1:25.14 1:25.14	200m: 3:01.73 1:36.59	11176	65	Academica de Coimbra	6:21.10 400m: 6:21.10	381	6,00
4.	Gonzalo Delgado Diez 100m: 1:28.37 1:28.37	200m: 3:06.23 1:37.86	1184489	66	C. Tennis Chamartin	6:31.75 400m: 6:31.75	350	5,00
5.	Luis Manuel Sousa 100m: 1:32.43 1:32.43	200m: 3:16.84 1:44.41	14630	66	Fluvial Portuense	6:34.04 400m: 6:34.04	344	4,00

Prova 29, Masc., 400m Livres, Master Esc G

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
6.	Nuno Carlos Albuquerque 100m: 1:40.91 1:40.91	200m: 3:35.42	210412	64	Braga 300m: 5:30.10 1:54.68	400m: 7:22.87 1:52.77	242	3,00
7.	Luis Miguel Loureiro 100m: 1:43.72 1:43.72	200m: 3:41.82	205536	68	Fluvial Portuense 300m: 5:43.32 2:01.50	400m: 7:44.19 2:00.87	210	2,00
8.	Celso Abreu Fernandes 100m: 1:46.58 1:46.58	200m: 3:46.92	213521	67	Sporting de Aveiro 300m: 5:48.91 2:01.99	400m: 7:45.13 1:56.22	209	1,00
9.	Vitor Manuel Cardoso 100m: 1:53.53 1:53.53	200m: 4:01.85	211850	65	Gesloures 300m: 6:05.61 2:03.76	400m: 8:03.03 1:57.42	187	-
10.	Jorge Fernando Monteiro 100m: 2:30.52 2:30.52	200m: 5:14.65	204873	65	Vila DEste/Gaia 300m: 7:57.78 2:43.13	400m: 10:32.26 2:34.48	83	-

Master Esc H

1.	Jose Carlos Freitas Rec Nac Esc H 100m: 1:09.48 1:09.48	200m: 2:24.37	111877	63	Litoral Alentejano 300m: 3:39.22 1:14.85	400m: 4:50.39 1:11.17	1100	9,00
2.	Jaime Carlos Bento 100m: 1:16.06 1:16.06	+0,98 200m: 2:41.73	118614	61	Alges 300m: 4:08.24 1:26.51	400m: 5:30.46 1:22.22	746	7,00
3.	Joao Manuel Silva 100m: 1:19.04 1:19.04	200m: 2:47.86	13256	63	Millennium BCP 300m: 4:18.85 1:30.99	400m: 5:46.77 1:27.92	646	6,00
4.	Henrique Luis Seabra 100m: 1:22.27 1:22.27	200m: 2:54.26	125467	61	Fluvial Portuense 300m: 4:27.15 1:32.89	400m: 6:00.19 1:33.04	576	5,00
5.	Armando Joao Costa 100m: 1:27.97 1:27.97	+0,99 200m: 3:04.83	12262	63	Feirense 300m: 4:43.53 1:38.70	400m: 6:16.84 1:33.31	503	4,00
6.	Jose Rui Amaral 100m: 1:36.13 1:36.13	200m: 3:21.25	206897	63	Fluvial Portuense 300m: 5:08.24 1:46.99	400m: 6:51.33 1:43.09	387	3,00
7.	Antonio Higino Marques 100m: 1:34.97 1:34.97	200m: 3:23.54	153116	61	Nadadores dos Estoris 300m: 5:12.29 1:48.75	400m: 6:53.50 1:41.21	381	2,00
8.	Paolo Sarvia 100m: 1:40.52 1:40.52	200m: 3:32.49	216437	59	Individual ANNP 300m: 5:22.02 1:49.53	400m: 7:10.63 1:48.61	337	1,00
9.	Alexandre Jose Carreira 100m: 1:39.82 1:39.82	200m: 3:42.18	206940	62	Fluvial Portuense 300m: 5:45.62 2:03.44	400m: 7:38.93 1:53.31	278	-
10.	Fernando Manuel Pinto 100m: 2:06.79 2:06.79	200m: 4:30.66	131365	61	Fluvial Portuense 300m: 6:55.73 2:25.07	400m: 9:13.75 2:18.02	158	-
DNS	Dmitri Khodko		215607	59	Lagoa AC			-

Master Esc I

1.	Ricardo Antonio Mendes 100m: 1:24.65 1:24.65	200m: 3:04.39	132928	55	Salesianos 300m: 4:46.86 1:42.47	400m: 6:23.50 1:36.64	550	9,00
2.	Domingos Jose Ferreira 100m: 1:43.20 1:43.20	200m: 3:38.45	209351	54	Sporting de Espinho 300m: 5:32.43 1:53.98	400m: 7:24.05 1:51.62	354	7,00
3.	Jose Antonio Ferreira 100m: 1:43.67 1:43.67	200m: 3:40.27	214085	58	Leixoes 300m: 5:37.95 1:57.68	400m: 7:34.05 1:56.10	331	6,00
4.	Jose Luis Morgado 100m: 1:58.45 1:58.45	200m: 4:04.35	124934	54	Fluvial Portuense 300m: 6:08.51 2:04.16	400m: 7:56.58 1:48.07	286	5,00
5.	Jose Alexandre Raposo 100m: 1:55.54 1:55.54	200m: 4:04.19	131484	55	Sporting de Aveiro 300m: 6:10.98 2:06.79	400m: 8:14.65 2:03.67	256	4,00
6.	Joao Luis Roseira 100m: 2:16.44 2:16.44	200m: 4:46.13	142204	55	Fluvial Portuense 300m: 7:14.18 2:28.05	400m: 9:40.93 2:26.75	158	3,00

Prova 29, Masc., 400m Livres

Master Esc J

1.	Carlos Augusto Correia	100466	52	Masters de Almada	6:59.93	466	9,00
	100m: 1:39.58 1:39.58	200m: 3:27.98 1:48.40	300m: 5:16.20 1:48.22	400m: 6:59.93 1:43.73			
2.	Jose Manuel Horta	141654	49	Alges	11:45.07	98	7,00
	100m: 2:43.74 2:43.74	200m: 5:47.53 3:03.79	300m: 8:49.91 3:02.38	400m: 11:45.07 2:55.16			
DNS	Edison Mello Junior	211913	50	Braga			-

Master Esc K

1.	Steven Bruce Seligson	219656	47	Porto	7:52.29	386	9,00
	100m: 1:49.07 1:49.07	200m: 3:51.56 2:02.49	300m: 5:54.05 2:02.49	400m: 7:52.29 1:58.24			
2.	Luis Vidigal Salgueiro	119671	45	Alges	8:02.99	361	7,00
	100m: 1:51.70 1:51.70	200m: 3:58.80 2:07.10	300m: 6:07.13 2:08.33	400m: 8:02.99 1:55.86			
3.	Luis Silveira Viegas	104917	47	Alges	8:55.29	265	6,00
	100m: 2:03.95 2:03.95	200m: 4:24.07 2:20.12	300m: 6:41.88 2:17.81	400m: 8:55.29 2:13.41			
DNS	Stephen Thomas Dyson	109270	47	Alges			-

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