



## CAMPEONATO NACIONAL MASTER DE INVERNO/OPEN MASTER DE INVERNO

### WINTER MASTERS OPEN

### TEMPOS DE REFERÊNCIA 2026/ ENTRY TIMES 2026

| FEMININO/WOMEN |       |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
|----------------|-------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| ESCALÕES       |       | 50L      | 100L     | 200L     | 400L     | 50C      | 100C     | 200C     | 50B      | 100B     | 200B     | 50M      | 100M     | 200M     | 100E*    | 200E     |
| A              | 25-29 | 00:44,20 | 01:32,69 | 03:25,92 | 07:20,18 | 00:52,00 | 01:49,40 | 03:59,40 | 00:57,85 | 02:02,27 | 04:26,44 | 00:48,75 | 01:44,26 | 04:01,93 | 01:58,40 | 03:56,79 |
| B              | 30-34 | 00:45,50 | 01:36,53 | 03:32,35 | 07:33,05 | 00:54,34 | 01:52,00 | 04:01,93 | 00:59,80 | 02:04,86 | 04:31,57 | 00:50,05 | 01:48,10 | 04:12,26 | 02:01,62 | 04:03,23 |
| C              | 35-39 | 00:46,80 | 01:39,12 | 03:42,69 | 07:52,36 | 00:57,20 | 01:58,43 | 04:17,40 | 01:02,40 | 02:07,40 | 04:43,14 | 00:50,65 | 01:53,23 | 04:27,67 | 02:09,35 | 04:13,70 |
| D              | 40-44 | 00:49,40 | 01:42,96 | 03:51,66 | 08:02,53 | 01:00,45 | 02:04,86 | 04:36,70 | 01:05,00 | 02:16,44 | 04:56,01 | 00:55,90 | 01:59,67 | 04:40,54 | 02:14,48 | 04:28,97 |
| E              | 45-49 | 00:52,00 | 01:50,59 | 04:10,97 | 08:34,80 | 01:04,09 | 02:12,54 | 04:49,57 | 01:07,60 | 02:21,57 | 05:08,38 | 00:59,15 | 02:11,30 | 05:05,04 | 02:19,65 | 04:39,30 |
| F              | 50-54 | 00:55,38 | 01:58,43 | 04:30,27 | 09:19,85 | 01:07,60 | 02:18,97 | 05:08,88 | 01:12,15 | 02:29,30 | 05:21,75 | 01:01,75 | 02:25,40 | 05:42,36 | 02:33,14 | 05:06,28 |
| G              | 55-59 | 00:59,15 | 02:04,86 | 04:43,14 | 09:58,46 | 01:11,24 | 02:30,60 | 05:28,19 | 01:15,40 | 02:38,27 | 05:41,06 | 01:06,95 | 02:35,74 | 06:00,36 | 02:38,31 | 05:16,62 |
| H              | 60-64 | 01:02,40 | 02:11,30 | 05:02,45 | 10:30,63 | 01:15,40 | 02:40,87 | 05:38,46 | 01:20,60 | 02:48,61 | 06:00,36 | 01:14,10 | 02:52,35 | 06:38,97 | 02:47,31 | 05:34,62 |
| I              | 65-69 | 01:07,34 | 02:24,17 | 05:26,88 | 11:28,55 | 01:21,90 | 02:56,35 | 06:13,23 | 01:28,40 | 03:04,02 | 06:32,54 | 01:23,85 | 03:15,65 | 07:11,14 | 03:07,92 | 06:15,83 |
| J              | 70-74 | 01:14,00 | 02:35,00 | 05:42,36 | 12:26,46 | 01:28,40 | 03:05,32 | 06:36,37 | 01:43,00 | 03:25,00 | 07:04,71 | 01:38,15 | 03:45,23 | 08:28,37 | 03:22,70 | 06:45,41 |
| K              | 75-79 | 01:30,00 | 02:49,91 | 06:22,27 | 13:50,12 | 01:37,50 | 03:24,62 | 07:17,58 | 01:50,50 | 03:52,96 | 07:56,19 | 01:59,60 | 04:30,27 | 10:04,39 | 03:51,66 | 07:43,32 |
| L              | 80-84 | 01:50,00 | 03:30,00 | 07:43,32 | 15:52,38 | 01:58,30 | 04:04,53 | 08:54,11 | 02:13,90 | 04:56,01 | 09:32,72 | 03:17,60 | 05:21,75 | 11:34,98 | 04:20,62 | 08:41,24 |
| M              | 85-89 | 02:10,00 | 03:51,66 | 08:41,24 | 17:48,21 | 03:00,00 | 04:49,57 | 10:56,37 | 03:00,00 | 06:06,79 | 11:54,28 | 04:25,20 | 06:26,10 | 13:50,12 | 05:08,88 | 10:17,76 |
| N              | 90-94 | 02:25,60 | 04:36,70 | 10:17,76 | 20:22,65 | 03:44,90 | 06:00,36 | 12:13,59 | 03:57,90 | 07:30,45 | 14:09,42 | 05:38,00 | 09:19,85 | 18:01,08 | 06:06,79 | 12:13,59 |

\* Tempos dos 100E são cerca de 50% dos tempos dos 200E.

PARCEIROS INSTITUCIONAIS



PARCEIRO OFICIAL



PARCEIROS



Moradia Complexo do Jamor, Estrada da Costa, 1495-688 Cruz Quebrada

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## CAMPEONATO NACIONAL MASTER DE INVERNO/OPEN MASTER DE INVERNO WINTER MASTERS OPEN TEMPOS DE REFERÊNCIA 2026/ ENTRY TIMES 2026

| MASCULINO/MEN |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| ESCALÕES      | 50L      | 100L     | 200L     | 400L     | 50C      | 100C     | 200C     | 50B      | 100B     | 200B     | 50M      | 100M     | 200M     | 100E     | 200E     |
| A 25-29       | 00:38,22 | 01:22,10 | 03:02,78 | 06:32,54 | 00:45,63 | 01:34,57 | 03:25,92 | 00:49,14 | 01:44,26 | 03:52,96 | 00:41,60 | 01:28,79 | 03:37,00 | 01:42,96 | 03:25,92 |
| B 30-34       | 00:39,13 | 01:23,66 | 03:07,27 | 06:42,81 | 00:46,80 | 01:38,47 | 03:32,35 | 00:50,44 | 01:47,86 | 03:56,79 | 00:42,12 | 01:30,09 | 03:37,94 | 01:46,18 | 03:32,35 |
| C 35-39       | 00:40,43 | 01:24,95 | 03:10,45 | 06:53,14 | 00:48,88 | 01:40,88 | 03:38,79 | 00:51,74 | 01:51,73 | 04:03,23 | 00:43,55 | 01:33,00 | 03:45,00 | 01:49,40 | 03:38,79 |
| D 40-44       | 00:42,50 | 01:27,49 | 03:16,88 | 07:04,71 | 00:51,09 | 01:44,26 | 03:50,36 | 00:53,04 | 01:54,53 | 04:13,57 | 00:45,89 | 01:37,82 | 03:54,26 | 01:54,53 | 03:49,06 |
| E 45-49       | 00:43,55 | 01:32,04 | 03:23,32 | 07:21,42 | 00:55,25 | 01:55,83 | 04:17,40 | 00:58,89 | 02:00,96 | 04:30,27 | 00:49,40 | 01:45,56 | 04:25,13 | 02:02,92 | 04:05,83 |
| F 50-54       | 00:45,24 | 01:36,91 | 03:34,96 | 07:30,45 | 00:56,00 | 01:39,50 | 03:53,00 | 00:59,00 | 02:05,00 | 04:06,00 | 00:48,00 | 01:40,00 | 04:11,00 | 02:00,00 | 03:52,00 |
| G 55-59       | 00:47,19 | 01:40,36 | 03:52,96 | 07:56,19 | 00:57,85 | 02:02,27 | 04:30,27 | 01:01,49 | 02:13,84 | 04:49,57 | 00:53,95 | 01:59,00 | 04:49,57 | 02:08,70 | 04:17,40 |
| H 60-64       | 00:49,79 | 01:46,80 | 04:05,83 | 08:38,64 | 01:02,14 | 02:13,84 | 04:56,01 | 01:04,35 | 02:16,44 | 05:03,75 | 00:56,29 | 02:09,93 | 05:06,28 | 02:19,65 | 04:34,50 |
| I 65-69       | 00:53,04 | 01:54,53 | 04:25,13 | 09:19,85 | 01:05,39 | 02:24,17 | 05:15,31 | 01:08,25 | 02:25,40 | 05:32,02 | 01:01,10 | 02:25,40 | 05:47,49 | 02:33,14 | 05:06,28 |
| J 70-74       | 00:56,94 | 02:06,10 | 04:49,57 | 10:17,76 | 01:11,50 | 02:30,22 | 05:41,06 | 01:13,84 | 02:42,18 | 06:00,36 | 01:08,64 | 02:34,44 | 06:26,00 | 02:44,09 | 05:28,19 |
| K 75-79       | 01:05,00 | 02:30,00 | 05:21,75 | 11:09,24 | 01:22,29 | 02:53,75 | 06:26,10 | 01:21,90 | 03:01,48 | 06:45,41 | 01:30,00 | 03:22,08 | 07:24,02 | 03:08,40 | 06:06,79 |
| L 80-84       | 01:30,00 | 03:10,00 | 05:45,00 | 12:39,33 | 01:31,00 | 03:06,62 | 07:30,45 | 01:36,20 | 03:29,57 | 07:49,32 | 01:55,70 | 04:04,53 | 08:34,80 | 03:29,14 | 06:58,28 |
| M 85-89       | 01:40,00 | 03:30,00 | 07:10,00 | 14:28,00 | 01:53,10 | 04:04,53 | 09:30,00 | 02:13,90 | 04:49,00 | 09:39,15 | 02:43,80 | 05:08,88 | 10:56,37 | 04:30,27 | 09:00,54 |
| N 90-94       | 02:00,00 | 04:15,00 | 08:35,00 | 15:26,64 | 02:20,40 | 04:56,01 | 11:34,98 | 02:50,30 | 05:56,53 | 11:34,98 | 03:33,20 | 06:13,23 | 13:30,81 | 05:34,62 | 11:09,24 |
| O 95-99       | 02:10,00 | 04:40,00 | 09:30,00 | 00:00,00 | 02:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 | 00:00,00 |

\* Tempos dos 100E são cerca de 50% dos tempos dos 200E.

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