

Prova 18	Masc., 400m Livres				Master Resultados
11/07/2026 - 11:16					
RN 50m O	59:00.00	,			01/01/1800
RN 50m N	20:28.01	COSTA, Virgilio Zacarias	AAC	Reguengos de Monsaraz	08/07/2022
RN 50m M	11:50.57	RODRIGUES, Antonio Alexandre	AAC	Vila Franca de Xira	07/04/2024
RN 50m L	8:09.26	SALGUEIRO, Luis Vidigal	SAD	Vila Franca de Xira	13/04/2025
RN 50m K	6:31.90	DYSON, Stephen Thomas	SAD	Reguengos de Monsaraz	10/07/2022
RN 50m J	5:53.42	DYSON, Stephen Thomas	SAD	Budapest (HUN)	20/08/2017
RN 50m I	5:27.60	BENTO, Jaime Carlos	SAD	Coimbra	17/05/2026
RN 50m H	4:49.01	FREITAS, Jose Carlos	CLIP	Doha (QAT)	28/02/2024
RN 50m G	4:34.69	FREITAS, Jose Carlos	CFP	Loulé	14/07/2018
RN 50m F	4:28.97	FREITAS, Jose Carlos	CFP	Kazan (RUS)	16/08/2015
RN 50m E	4:27.36	FREITAS, Jose Carlos	CFP	Gotemburgo (SWE)	06/08/2010
RN 50m D	4:33.43	CABRITA, Miguel Mendonca	SAD	Évora	05/07/2014
RN 50m C	4:18.63	NIZ, Adriano Miguel	GDNFAMA	Rome (ITA)	29/08/2022
RN 50m B	4:10.56	NIZ, Adriano Miguel	GDNVNF	London (GBR)	27/05/2016
RN 50m A	4:12.44	NIZ, Adriano Miguel	GDNVNF	Kazan (RUS)	16/08/2015

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
Master A							
1.	CARDOSO, Joao Miguel	109124	Gesloures	+0,79	4:31.03	793	16,00
	50m: 30.96 30.96	150m: 1:37.68 33.91	250m: 2:46.64 34.59	350m: 3:56.75 35.13			
	100m: 1:03.77 32.81	200m: 2:12.05 34.37	300m: 3:21.62 34.98	400m: 4:31.03 34.28			
2.	NUNES, Diogo Barbosa	110529	Universitario do Porto	+0,78	4:33.12	775	15,00
	50m: 29.87 29.87	150m: 1:36.74 34.01	250m: 2:47.99 36.06	350m: 3:59.85 35.25			
	100m: 1:02.73 32.86	200m: 2:11.93 35.19	300m: 3:24.60 36.61	400m: 4:33.12 33.27			
3.	MENDES, Joao Santos	111648	Leixoes Sport Club	+0,73	4:36.92	743	14,00
	50m: 30.15 30.15	150m: 1:38.21 34.37	250m: 2:48.66 35.28	350m: 4:00.79 35.75			
	100m: 1:03.84 33.69	200m: 2:13.38 35.17	300m: 3:25.04 36.38	400m: 4:36.92 36.13			
4.	NEVES, Diogo Ferreira	108221	Natacao de Valongo	+0,83	4:38.56	730	13,00
	50m: 30.84 30.84	150m: 1:38.21 34.37	250m: 2:48.66 35.28	350m: 4:00.79 35.75			
	100m: 1:04.94 34.10	200m: 2:15.60 35.17	300m: 3:27.94 36.38	400m: 4:38.56 36.13			
5.	FERREIRA, Antonio Maria	128468	Natacao do Fundao / YesEnergy	+0,82	4:55.67	611	12,00
	50m: 31.75 31.75	150m: 1:43.98 36.64	250m: 3:00.41 38.25	350m: 4:18.13 38.15			
	100m: 1:07.34 35.59	200m: 2:22.16 38.18	300m: 3:39.98 39.57	400m: 4:55.67 37.54			
6.	AFONSECA, Andre Filipe	117795	Gafanha da Encarnação	+0,83	4:58.21	595	11,00
	50m: 32.36 32.36	150m: 1:48.22 38.64	250m: 3:05.85 38.77	350m: 4:22.86 37.92			
	100m: 1:09.58 37.22	200m: 2:27.08 38.86	300m: 3:44.94 39.09	400m: 4:58.21 35.35			
7.	SILVA, Pedro Manuel	104505	Ginásio Sto. Tirso	+0,71	5:12.44	517	10,00
	50m: 33.75 33.75	150m: 1:51.71 39.37	250m: 3:12.00 40.16	350m: 4:34.06 40.93			
	100m: 1:12.34 38.59	200m: 2:31.84 40.13	300m: 3:53.13 41.13	400m: 5:12.44 38.38			
8.	COSTA, Diogo Alexandre	118571	Universitario do Porto	+0,85	5:15.69	502	9,00
	50m: 33.98 33.98	150m: 1:51.48 39.25	250m: 3:12.70 40.77	350m: 4:35.31 41.19			
	100m: 1:12.23 38.25	200m: 2:31.93 40.45	300m: 3:54.12 41.42	400m: 5:15.69 40.38			
9.	TRILLO RODRIGUEZ, Adrian	1039270	C.N. Mos	+0,83	5:19.22	485	8,00
	50m: 34.09 34.09	150m: 1:52.88 40.14	250m: 3:15.07 41.36	350m: 4:38.23 41.38			
	100m: 1:12.74 38.65	200m: 2:33.71 40.83	300m: 3:56.85 41.78	400m: 5:19.22 40.99			
10.	FERNANDO SILVA, Daniel	221768	Ginásio Clube Português	+0,88	5:20.89	478	7,00
	50m: 36.34 36.34	150m: 1:57.58 41.17	250m: 3:19.16 41.00	350m: 4:41.57 41.29			
	100m: 1:16.41 40.07	200m: 2:38.16 40.58	300m: 4:00.28 41.12	400m: 5:20.89 39.32			
11.	BORGES, Joao Rafael	126856	Penafiel	+0,75	5:32.49	429	6,00
	50m: 36.34 36.34	150m: 1:57.58 41.17	250m: 3:19.16 41.00	350m: 4:41.57 41.29			
	100m: 1:13.25 40.07	200m: 2:36.23 40.58	300m: 4:04.96 41.12	400m: 5:32.49 39.32			

Prova 18, Masc., 400m Livres, Master A

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
12.	MAGALHAES, Tiago Novais	205628	Universitario do Porto	+0,81	6:00.55	336	5,00
	50m: 38.74 38.74	150m: 2:07.41 45.39	250m: 3:40.94	47.00	350m: 5:15.42 47.42		
	100m: 1:22.02 43.28	200m: 2:53.94 46.53	300m: 4:28.00	47.06	400m: 6:00.55 45.13		
13.	LIMA, Henrique Goncalves	224552	Braga	+0,80	6:39.61	247	-
	FTL						
	50m: 43.50 43.50	150m: 2:19.29 48.56	250m: 3:59.88 51.26		350m: 5:47.66 54.03		
	100m: 1:30.73 47.23	200m: 3:08.62 49.33	300m: 4:53.63 53.75		400m: 6:39.61 51.95		
14.	MOREIRA, Rui Barbosa	213568	Penafiel	+0,88	7:27.70	176	-
	FTL						
	50m: 43.61 43.61	150m: 2:31.92 57.11	250m: 4:34.95 1:00.40		350m: 6:31.21 57.66		
	100m: 1:34.81 51.20	200m: 3:34.55 1:02.63	300m: 5:33.55 58.60		400m: 7:27.70 56.49		

Master B

1.	OLIVEIRA, Bernardo Lanca	223336	Lisboa PoolSharks	+0,85	5:00.46	565	16,00
	50m: 33.08 33.08	150m: 1:47.48 37.67	250m: 3:04.55 38.74		350m: 4:21.54 38.62		
	100m: 1:09.81 36.73	200m: 2:25.81 38.33	300m: 3:42.92 38.37		400m: 5:00.46 38.92		
2.	MENESES, Goncalo Goncalves	204349	Braga	+0,88	5:03.16	550	15,00
	50m: 33.89 33.89	150m: 1:48.56 38.02	250m: 3:05.96 38.61		350m: 4:24.34 39.26		
	100m: 1:10.54 36.65	200m: 2:27.35 38.79	300m: 3:45.08 39.12		400m: 5:03.16 38.82		
3.	CUNHA, David Lopes	120608	Lisboa PoolSharks	+0,78	5:10.80	511	14,00
	50m: 32.46 32.46	150m: 1:45.84 37.05	250m: 3:04.09 39.53		350m: 4:27.71 42.21		
	100m: 1:08.79 36.33	200m: 2:24.56 38.72	300m: 3:45.50 41.41		400m: 5:10.80 43.09		
4.	ARAUJO, Nuno Miguel	224778	Braga	+0,73	5:15.94	486	13,00
	50m: 34.63 34.63	150m: 1:53.51 40.34	250m: 3:15.52 41.05		350m: 4:37.29 41.27		
	100m: 1:13.17 38.54	200m: 2:34.47 40.96	300m: 3:56.02 40.50		400m: 5:15.94 38.65		
5.	COBELO REPRESAS, Francis	1037076	C.N. Pontearreas	+0,92	5:18.68	474	12,00
	50m: 35.62 35.62	150m: 1:53.94 39.92	250m: 3:14.79 40.84		350m: 4:37.37 41.66		
	100m: 1:14.02 38.40	200m: 2:33.95 40.01	300m: 3:55.71 40.92		400m: 5:18.68 41.31		
6.	BARBOSA, Nuno Duarte	102929	Leixoes Sport Club	+0,87	5:36.37	403	11,00
	50m: 34.37 34.37	150m: 1:49.60 38.53	250m: 3:13.56 43.36		350m: 4:47.90 47.66		
	100m: 1:11.07 36.70	200m: 2:30.20 40.60	300m: 4:00.24 46.68		400m: 5:36.37 48.47		
7.	GARCIA, Goncalo Sampaio	224446	Universitario do Porto	+0,73	5:55.54	341	10,00
	50m: 38.20 38.20	150m: 2:03.76 43.70	250m: 3:34.91 45.53		350m: 5:09.79 47.58		
	100m: 1:20.06 41.86	200m: 2:49.38 45.62	300m: 4:22.21 47.30		400m: 5:55.54 45.75		
8.	FERREIRA, Tiago Andre	203935	Penafiel	+0,88	6:11.12	300	9,00
	50m: 41.84 41.84	150m: 2:15.01 47.57	250m: 3:51.56 47.90		350m: 5:27.28 47.70		
	100m: 1:27.44 45.60	200m: 3:03.66 48.65	300m: 4:39.58 48.02		400m: 6:11.12 43.84		

Master C

1.	LOPES, Pedro Fragoso	12075	Porto	+0,79	4:40.55	764	16,00
	50m: 31.68 31.68	150m: 1:42.56 35.80	250m: 2:54.00 35.80		350m: 4:06.01 35.75		
	100m: 1:06.76 35.08	200m: 2:18.20 35.64	300m: 3:30.26 36.26		400m: 4:40.55 34.54		
2.	GONCALVES, Filipe Gouveia	215265	Lisboa PoolSharks	+0,83	4:44.83	730	15,00
	50m: 32.57 32.57	150m: 1:44.14 36.11	250m: 2:57.51 36.68		350m: 4:10.06 35.93		
	100m: 1:08.03 35.46	200m: 2:20.83 36.69	300m: 3:34.13 36.62		400m: 4:44.83 34.77		

Prova 18, Masc., 400m Livres, Master C

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
3.	MARIA NOLASCO, Nuno	26204	Ginásio Clube Português	+0,77	4:51.89	678	14,00
	50m: 31.78 31.78	150m: 1:43.53 36.55	250m: 2:57.69 37.28		350m: 4:13.83 38.13		
	100m: 1:06.98 35.20	200m: 2:20.41 36.88	300m: 3:35.70 38.01		400m: 4:51.89 38.06		
4.	NUNO FELICIO, Mario	205226	Ginásio Clube Português	+0,70	4:52.83	672	13,00
	50m: 32.10 32.10	150m: 1:43.93 36.58	250m: 2:59.55 38.03		350m: 4:15.28 37.97		
	100m: 1:07.35 35.25	200m: 2:21.52 37.59	300m: 3:37.31 37.76		400m: 4:52.83 37.55		
5.	POLICARPO, Fabio Andre	219878	CPCD - Póvoa de Santa Iria	+0,76	5:01.01	619	12,00
	50m: 33.74 33.74	150m: 1:49.43 38.25	250m: 3:06.66 38.48		350m: 4:24.66 38.60		
	100m: 1:11.18 37.44	200m: 2:28.18 38.75	300m: 3:46.06 39.40		400m: 5:01.01 36.35		
6.	RIJO, Pedro Lobato	13025	Geslours	+0,75	5:12.50	553	11,00
	50m: 34.39 34.39	150m: 1:51.80 38.98	250m: 3:12.06 39.92		350m: 4:33.31 40.90		
	100m: 1:12.82 38.43	200m: 2:32.14 40.34	300m: 3:52.41 40.35		400m: 5:12.50 39.19		
7.	FERREIRA, Francisco David	121874	Cfp	+0,81	5:16.24	533	10,00
	50m: 35.47 35.47	150m: 1:54.39 39.56	250m: 3:14.69 40.36		350m: 4:36.70 41.06		
	100m: 1:14.83 39.36	200m: 2:34.33 39.94	300m: 3:55.64 40.95		400m: 5:16.24 39.54		
8.	CAMPOS, Tiago Dourado	23051	Vilacondense	+0,75	5:26.53	484	9,00
	50m: 34.05 34.05	150m: 1:52.93 40.29	250m: 3:17.31 42.51		350m: 4:44.12 43.24		
	100m: 1:12.64 38.59	200m: 2:34.80 41.87	300m: 4:00.88 43.57		400m: 5:26.53 42.41		
9.	LINKOV, Aleksandr	225845	Leixoes Sport Club	+0,88	5:29.84	470	8,00
	50m: 33.15 33.15	150m: 1:53.04 40.90	250m: 3:19.04 43.18		350m: 4:46.54 43.05		
	100m: 1:12.14 38.99	200m: 2:35.86 42.82	300m: 4:03.49 44.45		400m: 5:29.84 43.30		
10.	MACHADO, Pedro Ricardo	216541	Famalicão	+0,76	5:32.74	458	7,00
	50m: 34.85 34.85	150m: 1:52.94 40.15	250m: 3:18.21 43.21		350m: 4:48.63 45.78		
	100m: 1:12.79 37.94	200m: 2:35.00 42.06	300m: 4:02.85 44.64		400m: 5:32.74 44.11		
11.	GOUVEIA, Jose Miguel	105902	Leixoes Sport Club	+0,80	5:43.50	416	6,00
	50m: 34.52 34.52	150m: 1:58.53 43.04	250m: 3:28.03 45.16		350m: 4:59.95 45.81		
	100m: 1:15.49 40.97	200m: 2:42.87 44.34	300m: 4:14.14 46.11		400m: 5:43.50 43.55		
12.	FRESCO, Gustavo Jose	225013	Académica de Coimbra	+0,84	5:43.92	415	5,00
	50m: 36.91 36.91	150m: 2:01.43 43.42	250m: 3:31.53 45.30		350m: 5:03.33 44.35		
	100m: 1:18.01 41.10	200m: 2:46.23 44.80	300m: 4:18.98 47.45		400m: 5:43.92 40.59		
13.	QUINTA, Daniel Ribeiro	204540	Leixoes Sport Club	+0,88	5:48.67	398	4,00
	50m: 35.90 35.90	150m: 2:01.64 44.28	250m: 3:33.27 46.57		350m: 5:03.63 46.09		
	100m: 1:17.36 41.46	200m: 2:46.70 45.06	300m: 4:17.54 44.27		400m: 5:48.67 45.04		
14.	MONTENEGRO, M.	224559	Universitario do Porto		5:57.78	368	3,00
	50m: 39.18 39.18	150m: 2:08.57 45.37	250m: 3:41.37 46.64		350m: 5:14.55 46.19		
	100m: 1:23.20 44.02	200m: 2:54.73 46.16	300m: 4:28.36 46.99		400m: 5:57.78 43.23		
15.	NOVALES BLANCO, Xabier	1076271	Club Natacion Vigo Rias Baixas	+0,76	6:06.23	343	2,00
	50m: 38.42 38.42	150m: 2:06.27 45.24	250m: 3:41.17 47.94		350m: 5:19.08 49.20		
	100m: 1:21.03 42.61	200m: 2:53.23 46.96	300m: 4:29.88 48.71		400m: 6:06.23 47.15		
16.	CARDOSO, Jorge Filipe	224549	Braga	+0,89	6:08.90	336	1,00
	50m: 40.88 40.88	150m: 2:13.64 45.95	250m: 3:48.37 47.97		350m: 5:23.88 47.82		
	100m: 1:27.69 46.81	200m: 3:00.40 46.76	300m: 4:36.06 47.69		400m: 6:08.90 45.02		
17.	FERREIRA, Manuel Filipe	215217	Porto	+0,93	6:14.33	321	-
	50m: 40.55 40.55	150m: 2:11.69 46.29	250m: 3:50.00 47.00		350m: 5:27.11 49.19		
	100m: 1:25.40 44.85	200m: 3:00.06 48.37	300m: 4:37.92 47.92		400m: 6:14.33 47.22		

Prova 18, Masc., 400m Livres

Master D

1. NEVES, Tiago Miguel	228237	Palmela Desporto	+0,92	4:53.18	653	16,00
50m: 33.49 33.49	150m: 1:47.86 37.35	250m: 3:03.25 37.32	350m: 4:17.74 36.59			
100m: 1:10.51 37.02	200m: 2:25.93 38.07	300m: 3:41.15 37.90	400m: 4:53.18 35.44			
2. PRATAS, Diogo Marques	222496	Gafanha da Encarnação	+0,79	5:03.90	586	15,00
50m: 33.39 33.39	150m: 1:47.82 38.14	250m: 3:05.57 39.12	350m: 4:25.44 40.15			
100m: 1:09.68 36.29	200m: 2:26.45 38.63	300m: 3:45.29 39.72	400m: 5:03.90 38.46			
3. MOREIRA, Fabio Rafael	101267	Penafiel		5:09.05	557	14,00
50m: 34.31 34.31	150m: 1:51.67 39.50	250m: 3:12.12 40.33	350m: 4:32.20 39.50			
100m: 1:12.17 37.86	200m: 2:31.79 40.12	300m: 3:52.70 40.58	400m: 5:09.05 36.85			
4. PIMENTEL, Pedro Filipe	101691	Foca	+0,86	5:10.85	547	13,00
50m: 33.09 33.09	150m: 1:50.32 38.90	250m: 3:09.71 40.03	350m: 4:31.01 40.96			
100m: 1:11.42 38.33	200m: 2:29.68 39.36	300m: 3:50.05 40.34	400m: 5:10.85 39.84			
5. GARCIA MUGGIA, Erick Jose	1274569	Club Natacion Vigo Rias Baixas	+0,76	5:11.97	542	12,00
50m: 31.30 31.30	150m: 1:44.57 37.83	250m: 3:04.41 40.82	350m: 4:29.90 43.29			
100m: 1:06.74 35.44	200m: 2:23.59 39.02	300m: 3:46.61 42.20	400m: 5:11.97 42.07			
6. RODRIGUES, Marcelo Porto	205613	Natacao de Valongo		5:31.78	450	11,00
50m: 35.74 35.74	150m: 1:58.74 42.52	250m: 3:25.48 43.61	350m: 4:52.04 42.96			
100m: 1:16.22 40.48	200m: 2:41.87 43.13	300m: 4:09.08 43.60	400m: 5:31.78 39.74			
7. DOMINGUES, Helder Filipe	226824	Leixoes Sport Club	+0,75	5:39.28	421	10,00
50m:	150m:	250m:	350m:			
100m: 1:16.05	200m: 2:43.27	300m: 4:12.50	400m: 5:39.28			
8. CRUZ MAIA, Bruno	130383	Ginásio Clube Português	+0,57	5:40.70	416	9,00
50m:	150m:	250m:	350m:			
100m: 1:19.09	200m: 2:47.78	300m: 4:15.91	400m: 5:40.70			
9. VALENTIM, Tiago Filipe	14827	Grupo dos Amigos da Natacao	+0,40	5:43.66	405	8,00
50m:	150m:	250m:	350m:			
100m: 1:16.74	200m: 2:44.52	300m: 4:13.88	400m: 5:43.66			
10. FANGUEIRO, Rui Neves	217801	Vilacondense	+0,78	5:45.63	398	7,00
50m: 36.38 36.38	150m: 2:00.25 42.89	250m: 3:28.85 44.21	350m: 5:01.17 46.65			
100m: 1:17.36 40.98	200m: 2:44.64 44.39	300m: 4:14.52 45.67	400m: 5:45.63 44.46			
11. MARICATO, Luis Carlos	217939	Clube Naval de Ponta Delgada	+0,80	5:46.52	395	6,00
50m: 39.26 39.26	150m: 2:06.49 44.41	250m: 3:36.08 44.83	350m: 5:06.62 45.35			
100m: 1:22.08 42.82	200m: 2:51.25 44.76	300m: 4:21.27 45.19	400m: 5:46.52 39.90			
12. CARVALHO, Vitor Moreira	218789	Braga	+0,92	5:55.59	366	5,00
50m: 39.58 39.58	150m: 2:05.95 44.43	250m: 3:38.68 46.83	350m: 5:13.01 47.37			
100m: 1:21.52 41.94	200m: 2:51.85 45.90	300m: 4:25.64 46.96	400m: 5:55.59 42.58			
13. FERNANDES, Carlos Gustavo	221036	Cfp	+0,76	6:06.01	335	4,00
50m: 38.25 38.25	150m: 2:04.07 43.80	250m: 3:37.43 47.71	350m: 5:16.52 49.83			
100m: 1:20.27 42.02	200m: 2:49.72 45.65	300m: 4:26.69 49.26	400m: 6:06.01 49.49			
14. REGO, Agostinho Alberto	121476	Vitória Sport Clube	+0,97	6:17.41	306	3,00
50m: 40.26 40.26	150m: 2:13.04 47.46	250m: 3:50.12 48.88	350m: 5:29.34 49.33			
100m: 1:25.58 45.32	200m: 3:01.24 48.20	300m: 4:40.01 49.89	400m: 6:17.41 48.07			
15. PROVOTOROV, Vitalii	224416	Porto	+0,94	6:36.23	264	2,00
50m:	150m: 2:19.54 49.89	250m:	350m:			
100m: 1:29.65	200m: 3:09.63 50.09	300m: 4:53.12	400m: 6:36.23			

Prova 18, Masc., 400m Livres, Master D

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
16.	ROCHA, Helder Tomas FTL	203931	Penafiel	+0,86	7:04.72	214	-
	50m:	150m:	250m:	350m:			
	100m: 1:36.71	200m: 3:25.68	300m: 5:18.80	400m: 7:04.72			

Master E

1.	HALIKA, Michael	226687	Porto	+0,79	4:37.61	786	16,00
	50m: 31.24 31.24	150m: 1:42.08 35.54	250m: 2:53.08 35.59	350m: 4:03.60 35.48			
	100m: 1:06.54 35.30	200m: 2:17.49 35.41	300m: 3:28.12 35.04	400m: 4:37.61 34.01			
2.	FERREIRA, Ricardo Regufe	106877	Cfp	+0,73	4:45.84	720	15,00
	50m: 32.43 32.43	150m: 1:43.77 36.17	250m: 2:57.20 36.87	350m: 4:10.90 36.71			
	100m: 1:07.60 35.17	200m: 2:20.33 36.56	300m: 3:34.19 36.99	400m: 4:45.84 34.94			
3.	ROQUE, Miguel Alexandre	100505	Nacional de Natação	+0,70	5:00.88	617	14,00
	50m: 33.46 33.46	150m: 1:50.08 38.85	250m: 3:08.09 39.11	350m: 4:25.51 37.96			
	100m: 1:11.23 37.77	200m: 2:28.98 38.90	300m: 3:47.55 39.46	400m: 5:00.88 35.37			
4.	NEVES, Jose Pedro	17203	Cfp	+0,97	5:02.44	607	13,00
	50m: 34.14 34.14	150m: 1:49.82 38.74	250m: 3:07.63 39.32	350m: 4:25.51 37.96			
	100m: 1:11.08 36.94	200m: 2:28.31 38.49	300m: 3:46.18 38.55	400m: 5:02.44 35.37			
5.	SANTOS, Patrick	26609	Louletano / Loule Aqui e Agora	+0,84	5:18.47	520	12,00
	50m: 35.87 35.87	150m: 1:55.35 40.08	250m: 3:15.99 39.73	350m: 4:38.14 40.60			
	100m: 1:15.27 39.40	200m: 2:36.26 40.91	300m: 3:57.54 41.55	400m: 5:18.47 40.33			
6.	TROVISCO, Pedro Nuno	217791	Natacao da Maia	+0,91	5:32.95	455	11,00
	50m: 36.58 36.58	150m: 2:00.34 42.43	250m: 3:26.11 42.27	350m: 4:52.29 42.97			
	100m: 1:17.91 41.33	200m: 2:43.84 43.50	300m: 4:09.32 43.21	400m: 5:32.95 40.66			
7.	FERNANDES GONCALVES, F226594	Cfp		+0,83	5:47.33	401	10,00
	50m: 37.48 37.48	150m: 2:02.30 43.91	250m: 3:32.65 46.01	350m: 5:04.03 46.17			
	100m: 1:18.39 40.91	200m: 2:46.64 44.34	300m: 4:17.86 45.21	400m: 5:47.33 43.30			
8.	OLIVEIRA, Jorge Miguel	127982	Natacao de Valongo	+0,86	5:56.11	372	9,00
	50m: 37.17 37.17	150m: 2:05.74 45.44	250m: 3:38.30 46.43	350m: 5:12.43 47.06			
	100m: 1:20.30 43.13	200m: 2:51.87 46.13	300m: 4:25.37 47.07	400m: 5:56.11 43.68			
9.	LIMA, Joao Pedro	203990	Grupo dos Amigos da Natacao-AC		5:59.26	362	8,00
	50m: 39.13 39.13	150m: 2:07.40 44.84	250m: 3:40.93 46.63	350m: 5:15.52 47.14			
	100m: 1:22.56 43.43	200m: 2:54.30 46.90	300m: 4:28.38 47.45	400m: 5:59.26 43.74			
10.	PEREIRA, Mario Nuno	200652	Foca	+0,95	6:03.55	349	7,00
	50m: 39.16 39.16	150m: 2:12.05 47.52	250m: 3:46.44 46.87	350m: 5:20.00 46.36			
	100m: 1:24.53 45.37	200m: 2:59.57 47.52	300m: 4:33.64 47.20	400m: 6:03.55 43.55			
11.	KRASTIN, Andrei	209238	Cfp	+0,82	6:08.51	336	-
	50m: 39.46 39.46	150m: 2:14.57 48.21	250m: 3:50.20 47.18	350m: 5:22.92 44.94			
	100m: 1:26.36 46.90	200m: 3:03.02 48.45	300m: 4:37.98 47.78	400m: 6:08.51 45.59			
12.	PICARRA, Vitor Manuel	218468	Cnbe	+0,79	6:08.52	336	6,00
	50m: 40.56 40.56	150m: 2:13.48 47.38	250m: 3:49.43 47.71	350m: 5:24.20 47.54			
	100m: 1:26.10 45.54	200m: 3:01.72 48.24	300m: 4:36.66 47.23	400m: 6:08.52 44.32			
13.	CARDOSO, Manuel Evaristo	17494	Clube Natacao Masters de Almã	+0,91	6:10.21	331	5,00
	50m:	150m:	250m:	350m:			
	100m: 1:24.87	200m: 2:59.73	300m: 4:36.23	400m: 6:10.21			
14.	JORGE, Rui Albino	106807	Clube Desportivo Feirense	+0,95	6:16.90	314	4,00
	50m: 39.32 39.32	150m: 2:10.59 46.71	250m: 3:48.09 48.87	350m: 5:29.14 50.51			
	100m: 1:23.88 44.56	200m: 2:59.22 48.63	300m: 4:38.63 50.54	400m: 6:16.90 47.76			

Prova 18, Masc., 400m Livres, Master E

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
15.	MARQUES, Joao Pedro	206630	Grupo dos Amigos da Natacao	-/+0,53	6:42.62	257	3,00
	50m: 41.66 41.66	150m: 2:21.58 51.78	250m: 4:07.18 52.60	350m: 5:54.35 53.23			
	100m: 1:29.80 48.14	200m: 3:14.58 53.00	300m: 5:01.12 53.94	400m: 6:42.62 48.27			
16.	FERREIRA, Marco Paulo	211914	Braga	+0,88	6:45.30	252	2,00
	50m: 45.41 45.41	150m: 2:23.67 50.29	250m: 4:07.16 52.62	350m: 5:54.77 54.64			
	100m: 1:33.38 47.97	200m: 3:14.54 50.87	300m: 5:00.13 52.97	400m: 6:45.30 50.53			
17.	TEIXEIRA, Andre Manuel	208841	Clube Desportivo de Estarreja	+0,95	6:53.34	238	1,00
	50m: 43.84 43.84	150m: 2:26.65 52.77	250m: 4:13.72 53.63	350m: 6:02.03 53.77			
	100m: 1:33.88 50.04	200m: 3:20.09 53.44	300m: 5:08.26 54.54	400m: 6:53.34 51.31			
18.	DIAS, Hugo Alexandre FTL	213209	Alpha Infiniti Athlete		8:04.08	148	-
	50m: 53.31 53.31	150m: 2:55.45 1:02.25	250m: 5:00.99 1:02.01	350m: 7:04.66 1:01.71			
	100m: 1:53.20 59.89	200m: 3:58.98 1:03.53	300m: 6:02.95 1:01.96	400m: 8:04.08 59.42			

Master F

1.	PACHECO, Luis Daniel	14613	Alcobaca	+0,87	5:00.86	700	16,00
	50m: 33.76 33.76	150m: 1:49.17 38.28	250m: 3:07.14 38.94	350m: 4:24.45 38.14			
	100m: 1:10.89 37.13	200m: 2:28.20 39.03	300m: 3:46.31 39.17	400m: 5:00.86 36.41			
2.	PORTELA, Antonio Luis	218039	Cfp	+0,92	5:01.67	694	15,00
	50m: 32.85 32.85	150m: 1:47.70 38.01	250m: 3:05.03 38.97	350m: 4:24.27 40.05			
	100m: 1:09.69 36.84	200m: 2:26.06 38.36	300m: 3:44.22 39.19	400m: 5:01.67 37.40			
3.	ARROBAS, Miguel Maria	14650	CCD Associacao Dos Nadadores	+0,83	5:11.29	632	14,00
	50m: 33.69 33.69	150m: 1:52.10 39.97	250m: 3:12.67 40.48	350m: 4:33.29 40.10			
	100m: 1:12.13 38.44	200m: 2:32.19 40.09	300m: 3:53.19 40.52	400m: 5:11.29 38.00			
4.	BRAGA, Pedro Nuno	105530	Universitario do Porto	+0,71	5:33.86	512	13,00
	50m: 38.66 38.66	150m: 2:03.29 42.34	250m: 3:29.30 43.39	350m: 4:54.12 42.53			
	100m: 1:20.95 42.29	200m: 2:45.91 42.62	300m: 4:11.59 42.29	400m: 5:33.86 39.74			
5.	MACEDO, Joao Miguel	121593	Leixoes Sport Club	+0,89	5:37.83	494	12,00
	50m: 36.54 36.54	150m: 2:01.70 43.34	250m: 3:31.37 45.10	350m: 4:56.84 42.02			
	100m: 1:18.36 41.82	200m: 2:46.27 44.57	300m: 4:14.82 43.45	400m: 5:37.83 40.99			
6.	SILVA, Sergio David	101281	Universitario do Porto	+0,96	5:46.66	457	11,00
	50m: 36.19 36.19	150m: 2:01.53 43.84	250m: 3:32.48 45.60	350m: 5:04.05 45.93			
	100m: 1:17.69 41.50	200m: 2:46.88 45.35	300m: 4:18.12 45.64	400m: 5:46.66 42.61			
7.	BARROS, Francisco Santos	108661	Porto	+0,96	5:49.47	446	10,00
	50m: 37.86 37.86	150m: 2:05.30 45.13	250m: 3:36.73 45.33	350m: 5:07.31 45.03			
	100m: 1:20.17 42.31	200m: 2:51.40 46.10	300m: 4:22.28 45.55	400m: 5:49.47 42.16			
8.	SOUSA, Manuel Reis	220066	Aquatico Silves	+0,85	5:49.73	445	9,00
	50m: 36.85 36.85	150m: 2:02.54 44.68	250m: 3:35.13 46.74	350m: 5:07.80 45.78			
	100m: 1:17.86 41.01	200m: 2:48.39 45.85	300m: 4:22.02 46.89	400m: 5:49.73 41.93			
9.	REIS, Marcio Leandro	216076	Cfp	+0,80	5:50.72	442	8,00
	50m: 39.10 39.10	150m: 2:07.94 44.72	250m: 3:38.56 45.35	350m: 5:08.35 44.76			
	100m: 1:23.22 44.12	200m: 2:53.21 45.27	300m: 4:23.59 45.03	400m: 5:50.72 42.37			
10.	SANTOS, Urbino Jesus	20649	Penafiel		6:11.04	373	7,00
	50m: 40.39 40.39	150m: 2:12.53 47.04	250m: 3:47.93 47.94	350m: 5:24.20 48.12			
	100m: 1:25.49 45.10	200m: 2:59.99 47.46	300m: 4:36.08 48.15	400m: 6:11.04 46.84			
11.	CUNHA, Tiago Filipe	204756	Grupo dos Amigos da Natacao	-/+0,83	6:15.60	359	6,00
	50m: 42.61 42.61	150m: 2:18.61 48.44	250m: 3:55.69 48.13	350m: 5:30.59 47.47			
	100m: 1:30.17 47.56	200m: 3:07.56 48.95	300m: 4:43.12 47.43	400m: 6:15.60 45.01			

Prova 18, Masc., 400m Livres, Master F

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
12.	RUAO, Nelson Vergilio	221724	Natacao da Maia	+0,85	6:58.63	259	5,00
	50m: 46.56 46.56	150m: 2:31.63 53.25	250m: 4:18.95 53.54		350m: 6:07.60 54.33		
	100m: 1:38.38 51.82	200m: 3:25.41 53.78	300m: 5:13.27 54.32		400m: 6:58.63 51.03		
13.	PEREIRA, Luis Miguel	225572	Cfp	+0,92	7:12.67	235	4,00
	50m:	150m:	250m: 4:29.05 55.18		350m: 6:21.82 56.58		
	100m: 1:42.93	200m: 3:33.87	300m: 5:25.24 56.19		400m: 7:12.67 50.85		
14.	OLIVEIRA, Filipe Serra	214561	Nacional de Natação	+0,90	7:13.38	234	3,00
	50m: 47.46 47.46	150m: 2:33.41 53.88	250m: 4:22.81 55.16		350m: 6:17.06 57.38		
	100m: 1:39.53 52.07	200m: 3:27.65 54.24	300m: 5:19.68 56.87		400m: 7:13.38 56.32		
15.	NUNES, Luis Miguel	209668	Natacao de Valongo	+0,75	7:18.11	226	2,00
	50m: 47.58 47.58	150m: 2:33.59 53.94	250m: 4:30.60 58.58		350m: 6:26.00 57.00		
	100m: 1:39.65 52.07	200m: 3:32.02 58.43	300m: 5:29.00 58.40		400m: 7:18.11 52.11		
16.	MIGUEL TOMAS, Filipe	130382	Ginásio Clube Português		7:28.51	211	1,00
	50m:	150m: 2:32.10 56.05	250m:		350m:		
	100m: 1:36.05	200m: 3:30.86 58.76	300m: 5:30.46		400m: 7:28.51		
17.	LOPES, Ulisses Manuel	218363	Penafiel		8:16.81	155	-
	<i>FTL</i>						
	50m: 53.21 53.21	150m: 2:56.39 1:03.32	250m: 5:05.65 1:04.11		350m: 7:15.64 1:04.80		
	100m: 1:53.07 59.86	200m: 4:01.54 1:05.15	300m: 6:10.84 1:05.19		400m: 8:16.81 1:01.17		
18.	BORREGO, Hugo Alexandre	205001	Sporting Clube de Aveiro		8:49.32	128	-
	<i>FTL</i>						
	50m: 53.69 53.69	150m: 3:05.99 1:10.60	250m: 5:26.43 1:10.51		350m: 7:47.47 1:10.61		
	100m: 1:55.39 1:01.70	200m: 4:15.92 1:09.93	300m: 6:36.86 1:10.43		400m: 8:49.32 1:01.85		

Master G

1.	MARTINS, Marcelo Jose	219556	Cfp	+0,86	5:31.41	579	16,00
	50m: 35.66 35.66	150m: 1:59.09 42.99	250m:		350m:		
	100m: 1:16.10 40.44	200m: 2:41.86 42.77	300m: 4:07.97		400m: 5:31.41		
2.	MOREIRA, Flavio Martins	212334	Académica de Coimbra	+0,75	5:39.50	539	15,00
	50m: 36.50 36.50	150m: 1:59.53 42.51	250m: 3:27.93 44.54		350m: 4:57.82 44.14		
	100m: 1:17.02 40.52	200m: 2:43.39 43.86	300m: 4:13.68 45.75		400m: 5:39.50 41.68		
3.	FERREIRA, Miguel Jose	119657	Leixoes Sport Club	+0,74	5:55.25	470	14,00
	50m:	150m: 2:10.89 46.97	250m:		350m:		
	100m: 1:23.92	200m: 2:57.31 46.42	300m: 4:30.14		400m: 5:55.25		
4.	OLIVEIRA, Paulo Fernando	220911	Nautico Marinha Grande		6:21.49	379	13,00
	50m: 41.56 41.56	150m:	250m:		350m:		
	100m: 1:30.03 48.47	200m: 3:08.38	300m: 4:45.83		400m: 6:21.49		
5.	IROLDI, Oscar Pablo	224878	Cfp	+0,73	6:23.24	374	12,00
	50m: 43.64 43.64	150m: 2:20.35 48.53	250m: 3:57.44 47.72		350m: 5:35.23 49.06		
	100m: 1:31.82 48.18	200m: 3:09.72 49.37	300m: 4:46.17 48.73		400m: 6:23.24 48.01		
6.	MITT, Joao Marcos	210500	Porto	+0,97	6:47.31	312	11,00
	50m: 43.17 43.17	150m: 2:21.09 49.61	250m: 4:03.27 51.15		350m: 5:52.68 55.11		
	100m: 1:31.48 48.31	200m: 3:12.12 51.03	300m: 4:57.57 54.30		400m: 6:47.31 54.63		
7.	JUNIOR, Eduardo Alexandre	127940	Leixoes Sport Club	+0,97	6:58.66	287	10,00
	50m: 47.43 47.43	150m:	250m:		350m:		
	100m: 1:37.71 50.28	200m: 3:23.83	300m: 5:11.88		400m: 6:58.66		

Prova 18, Masc., 400m Livres, Master G

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
8.	MINAS, Ricardo Jorge	227408	Académica de Coimbra	+0,94	7:03.92	276	9,00
	50m: 49.45 49.45	150m: 2:34.94 53.88	250m: 4:23.82 54.55	350m: 6:14.68 55.90			
	100m: 1:41.56 52.11	200m: 3:29.27 54.33	300m: 5:18.78 54.96	400m: 7:03.92 49.24			
9.	MACEDO, Isidro Marcelino	222747	Vitória Sport Clube	+0,88	7:16.23	254	8,00
	50m: 49.13 49.13	150m: 2:37.64 54.55	250m: 4:27.47 55.20	350m: 6:21.80 57.24			
	100m: 1:43.09 53.96	200m: 3:32.27 54.63	300m: 5:24.56 57.09	400m: 7:16.23 54.43			
10.	FERNANDES, Celso Abreu	213521	Sporting Clube de Aveiro	+0,65	7:23.02	242	7,00
	50m: 47.48 47.48	150m: 2:33.62 54.82	250m: 4:27.14 57.80	350m: 6:26.10 1:00.22			
	100m: 1:38.80 51.32	200m: 3:29.34 55.72	300m: 5:25.88 58.74	400m: 7:23.02 56.92			
11.	LOUREIRO, Luis Miguel	205536	Cfp	+0,91	7:24.42	240	6,00
	50m: 49.21 49.21	150m: 2:38.14 55.79	250m: 4:32.60 57.86	350m: 6:28.10 57.33			
	100m: 1:42.35 53.14	200m: 3:34.74 56.60	300m: 5:30.77 58.17	400m: 7:24.42 56.32			
12.	CANITO, Carlos Filipe	216373	Natacao de Valongo		7:54.87	197	5,00
	50m:	150m:	250m:	350m:			
	100m: 1:50.49	200m: 3:53.48	300m: 5:55.87	400m: 7:54.87			
13.	RAMALHO, Jose Carlos	215958	Braga		7:55.81	195	4,00
	50m: 52.82 52.82	150m:	250m:	350m:			
	100m: 1:53.22 1:00.40	200m: 3:56.44	300m: 6:00.22	400m: 7:55.81			

Master H

1.	FREITAS, Jose Carlos	111877	Individual ANNP	+0,72	4:56.55	1033	16,00
	50m: 34.64 34.64	150m: 1:50.17 37.53	250m: 3:06.04 37.69	350m: 4:21.19 37.02			
	100m: 1:12.64 38.00	200m: 2:28.35 38.18	300m: 3:44.17 38.13	400m: 4:56.55 35.36			
2.	OLIVEIRA, Carlos Jorge	11360	Clube Natacao Masters de Almada		5:32.56	732	15,00
	50m: 36.67 36.67	150m: 1:59.47 42.38	250m: 3:25.77 43.31	350m: 4:51.93 43.29			
	100m: 1:17.09 40.42	200m: 2:42.46 42.99	300m: 4:08.64 42.87	400m: 5:32.56 40.63			
3.	SOARES, Ralf Pinto	26786	CCD Associacao Dos Nadadores Dos E		6:03.01	563	14,00
	50m: 38.05 38.05	150m: 2:07.60 45.58	250m: 3:41.74 46.64	350m: 5:16.89 47.56			
	100m: 1:22.02 43.97	200m: 2:55.10 47.50	300m: 4:29.33 47.59	400m: 6:03.01 46.12			
4.	COSTA, Armando Joao	12262	Sporting de Espinho		6:09.50	534	13,00
	50m: 40.23 40.23	150m: 2:12.99 47.11	250m: 3:49.36 48.35	350m: 5:25.13 47.69			
	100m: 1:25.88 45.65	200m: 3:01.01 48.02	300m: 4:37.44 48.08	400m: 6:09.50 44.37			
5.	MARTINHO, Antonio Jorge	11176	Académica de Coimbra	+0,93	6:12.11	523	12,00
	50m:	150m:	250m: 3:47.77 48.56	350m: 5:25.46 48.45			
	100m: 1:23.63	200m: 2:59.21	300m: 4:37.01 49.24	400m: 6:12.11 46.65			
6.	GONZALEZ, Xose Anxo	219712	Porto	+0,74	6:26.81	465	11,00
	50m: 41.57 41.57	150m:	250m: 4:03.47 51.16	350m: 5:43.86 50.35			
	100m: 1:30.75 49.18	200m: 3:12.31	300m: 4:53.51 50.04	400m: 6:26.81 42.95			
7.	SOUSA, Luis Manuel	14630	Cfp	+0,83	6:28.10	461	10,00
	50m:	150m:	250m:	350m:			
	100m: 1:28.04	200m: 3:08.94	300m: 4:51.14	400m: 6:28.10			
8.	CARITA, Antonio Carlos	26503	Académica de Coimbra		6:47.19	399	9,00
	50m: 46.15 46.15	150m: 2:30.19 53.19	250m: 4:14.82 53.57	350m: 5:58.15 52.79			
	100m: 1:37.00 50.85	200m: 3:21.25 51.06	300m: 5:05.36 50.54	400m: 6:47.19 49.04			
9.	ALBUQUERQUE, Nuno Carlos	210412	Braga	+0,92	6:49.26	393	8,00
	50m: 44.84 44.84	150m: 2:26.24 51.58	250m: 4:09.93 51.71	350m: 5:56.51 53.37			
	100m: 1:34.66 49.82	200m: 3:18.22 51.98	300m: 5:03.14 53.21	400m: 6:49.26 52.75			

Prova 18, Masc., 400m Livres, Master H

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
10.	GRILLO, Francisco Jose	215966	Braga	+0,98	6:58.88	366	7,00
	50m: 43.73 43.73	150m: 2:27.53 53.13	250m: 4:15.66 54.47		350m: 6:05.04 54.47		
	100m: 1:34.40 50.67	200m: 3:21.19 53.66	300m: 5:10.57 54.91		400m: 6:58.88 53.84		
11.	AMARAL, Jose Rui	206897	Cfp		7:09.88	339	6,00
	50m:	150m:	250m:		350m:		
	100m: 1:39.93	200m: 3:29.56	300m: 5:21.51		400m: 7:09.88		
12.	FERREIRA, Francisco Jorge	100124	Académica de Coimbra		7:11.45	335	5,00
	50m: 47.10 47.10	150m: 2:35.14 55.07	250m: 4:27.88 56.02		350m: 6:19.92 54.92		
	100m: 1:40.07 52.97	200m: 3:31.86 56.72	300m: 5:25.00 57.12		400m: 7:11.45 51.53		
13.	TRIGO, Daniel Castro	120704	Sporting Clube de Aveiro	+0,48	7:14.87	327	4,00
	50m: 46.40 46.40	150m: 2:35.34 55.15	250m: 4:26.94 56.14		350m: 6:21.57 57.44		
	100m: 1:40.19 53.79	200m: 3:30.80 55.46	300m: 5:24.13 57.19		400m: 7:14.87 53.30		
14.	CARDOSO, Vitor Manuel	211850	Geslours		7:55.90	250	3,00
	50m: 49.73 49.73	150m: 2:50.76 1:02.80	250m: 4:53.10 1:02.42		350m: 6:58.01 1:04.04		
	100m: 1:47.96 58.23	200m: 3:50.68 59.92	300m: 5:53.97 1:00.87		400m: 7:55.90 57.89		
15.	MOURAO, Luis Joao	209692	Natacao de Valongo		8:29.31	204	2,00
	50m: 55.34 55.34	150m: 3:00.25 1:04.32	250m:		350m:		
	100m: 1:55.93 1:00.59	200m: 4:04.35 1:04.10	300m: 6:17.11		400m: 8:29.31		
16.	SILVA, Jose Domingues FTL	218183	Braga		8:42.71	188	-
	50m: 58.24 58.24	150m: 3:13.41 1:08.53	250m: 5:27.40 1:07.30		350m: 7:42.49 1:07.30		
	100m: 2:04.88 1:06.64	200m: 4:20.10 1:06.69	300m: 6:35.19 1:07.79		400m: 8:42.71 1:00.22		

Master I

1.	BENTO, Jaime Carlos	118614	Sad	+0,96	5:31.95	848	16,00
	50m: 36.02 36.02	150m: 1:59.68 42.90	250m: 3:26.98 43.56		350m: 4:53.43 42.92		
	100m: 1:16.78 40.76	200m: 2:43.42 43.74	300m: 4:10.51 43.53		400m: 5:31.95 38.52		
2.	PINTO, Mario Jose	12387	Académica de Coimbra	+0,72	6:13.95	593	15,00
	50m: 43.77 43.77	150m: 2:17.93 47.44	250m: 3:53.34 47.38		350m: 5:28.81 48.06		
	100m: 1:30.49 46.72	200m: 3:05.96 48.03	300m: 4:40.75 47.41		400m: 6:13.95 45.14		
3.	GONCALVES, Oscar Filipe	219154	Cfp	+0,99	6:32.65	512	14,00
	50m: 41.61 41.61	150m: 2:21.72 50.29	250m: 4:04.51 51.16		350m: 5:45.04 49.53		
	100m: 1:31.43 49.82	200m: 3:13.35 51.63	300m: 4:55.51 51.00		400m: 6:32.65 47.61		
4.	FERREIRA, Jose Antonio	214085	Leixoes Sport Club	+0,65	7:12.62	383	13,00
	50m: 45.16 45.16	150m: 2:29.37 53.32	250m: 4:22.83 56.90		350m: 6:18.67 57.94		
	100m: 1:36.05 50.89	200m: 3:25.93 56.56	300m: 5:20.73 57.90		400m: 7:12.62 53.95		
5.	TEIXEIRA, Joao Castro	130468	Grupo dos Amigos da Natacao-AC		7:37.33	324	12,00
	50m: 46.12 46.12	150m: 2:37.65 58.07	250m: 4:36.30 59.92		350m: 6:37.24 1:00.47		
	100m: 1:39.58 53.46	200m: 3:36.38 58.73	300m: 5:36.77 1:00.47		400m: 7:37.33 1:00.09		
6.	SANTOS, Manuel Fernando	204895	Gafanha da Encarnação		7:42.43	313	11,00
	50m: 50.08 50.08	150m:	250m:		350m: 6:45.68 1:01.94		
	100m: 1:45.85 55.77	200m: 3:42.95	300m: 5:43.74		400m: 7:42.43 56.75		
7.	NEVES, Domingos Marques	202831	Natacao de Valongo		8:10.87	262	10,00
	50m: 54.76 54.76	150m: 2:57.35 1:01.88	250m: 5:03.22 1:03.26		350m: 7:10.90 1:04.92		
	100m: 1:55.47 1:00.71	200m: 3:59.96 1:02.61	300m: 6:05.98 1:02.76		400m: 8:10.87 59.97		
8.	FILHO, Manoel Pinto	217979	Braga		8:19.91	248	9,00
	50m: 50.53 50.53	150m: 2:47.30 59.40	250m: 4:54.19 1:04.39		350m: 7:09.76 1:07.91		
	100m: 1:47.90 57.37	200m: 3:49.80 1:02.50	300m: 6:01.85 1:07.66		400m: 8:19.91 1:10.15		

Prova 18, Masc., 400m Livres, Master I

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
9.	MARTINS, Arnaldo Silva	129911	Cfp		8:25.93	239	8,00
	50m: 57.94 57.94	150m: 3:05.43 1:03.90	250m: 5:13.91 1:04.05		350m: 7:24.69 1:04.96		
	100m: 2:01.53 1:03.59	200m: 4:09.86 1:04.43	300m: 6:19.73 1:05.82		400m: 8:25.93 1:01.24		
10.	OLIVEIRA, Pedro Nuno	224894	Cfp	+0,99	8:42.88	217	7,00
	50m: 57.31 57.31	150m: 3:07.22 1:09.17	250m: 5:24.82 1:10.91		350m: 7:41.64 1:09.86		
	100m: 1:58.05 1:00.74	200m: 4:13.91 1:06.69	300m: 6:31.78 1:06.96		400m: 8:42.88 1:01.24		

Master J

1.	BILRO, Joaquim Mendes	148720	Sad		6:57.66	474	16,00
	50m: 42.44 42.44	150m: 2:28.09 53.74	250m: 4:18.37 55.52		350m: 6:06.97 53.14		
	100m: 1:34.35 51.91	200m: 3:22.85 54.76	300m: 5:13.83 55.46		400m: 6:57.66 50.69		
2.	FERREIRA, Domingos Jose	209351	Leixoes Sport Club	+0,93	7:10.21	433	15,00
	50m: 46.00 46.00	150m: 2:34.54 55.66	250m: 4:26.49 55.94		350m: 6:18.27 54.78		
	100m: 1:38.88 52.88	200m: 3:30.55 56.01	300m: 5:23.49 57.00		400m: 7:10.21 51.94		
3.	CORREIA, Carlos Augusto	100466	Clube Natacao Masters de Almada		7:12.39	427	14,00
	50m: 47.62 47.62	150m: 2:37.22 55.14	250m: 4:29.23 55.65		350m: 6:20.00 55.16		
	100m: 1:42.08 54.46	200m: 3:33.58 56.36	300m: 5:24.84 55.61		400m: 7:12.39 52.39		
4.	MADAIL, Jose Henrique	119658	Galitos / Bresimar	+0,73	8:20.75	275	13,00
	50m: 59.79 59.79	150m: 3:07.27 1:04.72	250m: 5:16.49 1:04.62		350m: 7:22.64 1:01.66		
	100m: 2:02.55 1:02.76	200m: 4:11.87 1:04.60	300m: 6:20.98 1:04.49		400m: 8:20.75 58.11		
5.	COSTA, Francisco Jose	222493	Cfp		9:05.17	213	12,00
	50m: 59.18 59.18	150m: 3:16.58 1:11.03	250m: 5:39.18 1:12.50		350m: 8:01.43 1:12.28		
	100m: 2:05.55 1:06.37	200m: 4:26.68 1:10.10	300m: 6:49.15 1:09.97		400m: 9:05.17 1:03.74		

Master K

1.	PEREIRA, Francisco Manuel	224613	Natacao do Fundao / YesEnergy	+0,96	9:11.36	242	16,00
	50m: 59.02 59.02	150m: 3:18.00 1:10.59	250m: 5:39.92 1:11.46		350m: 8:03.13 1:11.84		
	100m: 2:07.41 1:08.39	200m: 4:28.46 1:10.46	300m: 6:51.29 1:11.37		400m: 9:11.36 1:08.23		

Master L

1.	SALGUEIRO, Luis Vidigal	119671	Sad		8:31.37	365	16,00
	50m: 56.95 56.95	150m: 3:11.19 1:09.13	250m: 5:24.94 1:06.92		350m: 7:37.31 1:06.97		
	100m: 2:02.06 1:05.11	200m: 4:18.02 1:06.83	300m: 6:30.34 1:05.40		400m: 8:31.37 54.06		

Master M

1.	TEIXEIRA, Joao Rodrigues	100127	Académica de Coimbra		14:07.48	136	16,00
	50m: 1:50.74 1:50.74	150m: 5:22.66 1:47.42	250m: 8:53.80 1:47.03		350m: 12:25.82 1:45.99		
	100m: 3:35.24 1:44.50	200m: 7:06.77 1:44.11	300m: 10:39.83 1:46.03		400m: 14:07.48 1:41.66		