

ALGARVE OPEN DE INVERNO|CAMP. REG. MASTERS
Vila Real Stº Antonio , 8 - 9/12/2023

Prova 2 Masc., 400m Livres 25 anos e mais velhos
08/12/2023 - 15:48 Resultados

RN A(25-29)	4:00.23	Adriano Miguel, NIZ	GDNVNF	Funchal	17/01/2015
RN B(30-34)	4:01.96	Pedro Miguel, PINOTES	SCP	Albufeira	10/12/2022
RN C(35-39)	4:06.32	Pedro Miguel, SILVA	CFV	Ponte de Sor	29/01/2011
RN D(40-44)	4:26.18	David Oliveira, GORGULHO	CNLA	Sines	24/04/2022
RN E(45-49)	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011
RN F(50-54)	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
RN G(55-59)	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
RN H(60-64)	4:40.55	Jose Carlos, FREITAS	CNLA	Sines	04/03/2023
RN I(65-69)	5:27.24	Vitor Manuel, MAVIOSO	SAD	Albufeira	10/12/2022
RN J(70-74)	5:55.49	Antonio Bessone, BASTO	SAD	Recarei	16/05/2015
RN K(75-79)	6:23.33	Stephen Thomas, DYSON	SAD	Albufeira	10/12/2022

Pontos: DSV Masters 22

Lugar	Nome do nadador	Ano	Clube	Tempo final	Pts	Open	Camp
Master C							
1.	Mauro Santos, INACIO	84	Litoral Alentejano	4:42.30	632	10,00	-
	50m: 32.74 32.74	150m: 1:44.39 35.93	250m: 2:56.31 36.07	350m: 4:07.71 35.36			
	100m: 1:08.46 35.72	200m: 2:20.24 35.85	300m: 3:32.35 36.04	400m: 4:42.30 34.59			
2.	Joao Andre, GALHARDO	88	RIA Aqua Tavira	5:16.48	449	9,00	9,00
	50m: 32.93 32.93	150m: 1:50.64 39.40	250m: 3:12.49 41.29	350m: 4:35.83 41.92			
	100m: 1:11.24 38.31	200m: 2:31.20 40.56	300m: 3:53.91 41.42	400m: 5:16.48 40.65			
3.	Andre Condeco, ALVES	85	RIA Aqua Tavira	5:30.93	392	8,00	8,00
	50m: 33.89 33.89	150m: 1:53.89 40.75	250m: 3:18.69 42.72	350m: 4:47.92 45.58			
	100m: 1:13.14 39.25	200m: 2:35.97 42.08	300m: 4:02.34 43.65	400m: 5:30.93 43.01			
4.	Nuno Miguel, PINTO	87	Aquatico Silves	6:17.77	264	7,00	7,00
	50m: 41.38 41.38	150m: 2:15.32 47.78	250m: 3:54.16 49.67	350m: 5:33.04 49.22			
	100m: 1:27.54 46.16	200m: 3:04.49 49.17	300m: 4:43.82 49.66	400m: 6:17.77 44.73			

Master E

1.	Ruben A., GUTIERRES FUENTES	76	Lagoa AC	5:01.46	542	10,00	10,00
	50m: 35.36 35.36	150m: 1:53.34 39.67	250m: 3:10.34 38.40	350m: 4:25.49 37.31			
	100m: 1:13.67 38.31	200m: 2:31.94 38.60	300m: 3:48.18 37.84	400m: 5:01.46 35.97			
2.	Joao Filipe, ROMAO	77	Lagoa AC	6:05.28	305	9,00	9,00
	50m: 38.86 38.86	150m: 2:09.87 46.59	250m: 3:45.89 48.02	350m: 5:22.48 47.88			
	100m: 1:23.28 44.42	200m: 2:57.87 48.00	300m: 4:34.60 48.71	400m: 6:05.28 42.80			
3.	Jose Diogo, BORGES	77	FC Ferreiras/AlgarExperience	6:32.26	246	8,00	8,00
	50m: 40.80 40.80	150m: 2:18.02 50.84	250m: 3:59.88 51.32	350m: 5:43.63 51.80			
	100m: 1:27.18 46.38	200m: 3:08.56 50.54	300m: 4:51.83 51.95	400m: 6:32.26 48.63			

Master F

1.	Francisco Santos, BARROS	72	Porto	5:37.34	460	10,00	-
	50m: 36.23 36.23	150m: 2:00.17 42.82	250m: 3:28.07 44.13	350m: 4:56.11 44.27			
	100m: 1:17.35 41.12	200m: 2:43.94 43.77	300m: 4:11.84 43.77	400m: 5:37.34 41.23			
2.	Roberto, ERASO SIERRA	73	C.N. Bahia De Cadiz	6:08.37	353	9,00	-
	50m: 40.66 40.66	150m: 2:13.88 47.63	250m: 3:49.46 47.45	350m: 5:24.93 47.14			
	100m: 1:26.25 45.59	200m: 3:02.01 48.13	300m: 4:37.79 48.33	400m: 6:08.37 43.44			
3.	Jose Manuel, GUTIERREZ MEDINA	69	C.N. Bahia De Cadiz	6:22.41	316	8,00	-
	50m: 43.14 43.14	150m: 2:19.66 49.21	250m: 3:58.36 49.31	350m: 5:35.60 48.54			
	100m: 1:30.45 47.31	200m: 3:09.05 49.39	300m: 4:47.06 48.70	400m: 6:22.41 46.81			
4.	David Alexandre, BAPTISTA	73	O2-Portimao	6:31.38	294	7,00	7,00
	50m: 40.90 40.90	150m: 2:16.06 49.67	250m: 3:58.17 51.05	350m: 5:41.68 51.82			
	100m: 1:26.39 45.49	200m: 3:07.12 51.06	300m: 4:49.86 51.69	400m: 6:31.38 49.70			

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Master G

1. Hans Dieter, THIEMANN	66	O2-Portimao	8:11.56	165	10,00	10,00
50m: 54.62 54.62	150m: 2:56.10 1:01.66	250m: 5:03.79 1:05.07	350m: 7:12.41 1:05.21			
100m: 1:54.44 59.82	200m: 3:58.72 1:02.62	300m: 6:07.20 1:03.41	400m: 8:11.56 59.15			

Master H

1. Paulo Paula, CARVALHO	61	Sporting	5:13.58	800	10,00	-
50m: 36.28 36.28	150m: 1:56.74 40.67	250m: 3:17.76 40.27	350m: 4:36.84 38.71			
100m: 1:16.07 39.79	200m: 2:37.49 40.75	300m: 3:58.13 40.37	400m: 5:13.58 36.74			
2. Jaime Carlos, BENTO	61	Alges	5:14.81	791	9,00	-
50m: 35.24 35.24	150m: 1:55.01 40.48	250m: 3:16.50 40.73	350m: 4:37.08 40.31			
100m: 1:14.53 39.29	200m: 2:35.77 40.76	300m: 3:56.77 40.27	400m: 5:14.81 37.73			
3. Antonio, RODRIGUEZ GESTOSO	62	C.N. Bahia De Cadiz	6:37.58	392	8,00	-
50m: 44.08 44.08	150m: 2:26.83 52.24	250m: 4:10.20 50.80	350m: 5:49.89 49.30			
100m: 1:34.59 50.51	200m: 3:19.40 52.57	300m: 5:00.59 50.39	400m: 6:37.58 47.69			
4. Joao Carlos, NASCIMENTO	63	O2-Portimao	8:18.60	199	7,00	7,00
50m: 51.24 51.24	150m: 2:55.36 1:03.81	250m: 5:04.72 1:04.75	350m: 7:14.73 1:04.87			
100m: 1:51.55 1:00.31	200m: 3:59.97 1:04.61	300m: 6:09.86 1:05.14	400m: 8:18.60 1:03.87			

Master I

1. Vitor Manuel, MAVIOSO	56	Individual ANL	5:38.21	733	10,00	-
50m: 36.77 36.77	150m: 2:00.68 42.53	250m: 3:27.61 43.50	350m: 4:55.97 44.45			
100m: 1:18.15 41.38	200m: 2:44.11 43.43	300m: 4:11.52 43.91	400m: 5:38.21 42.24			
2. Parrado Ramos, ANTONIO	56	C.N. Bahia De Cadiz	6:53.96	400	9,00	-
50m: 46.62 46.62	150m: 2:27.41 51.69	250m: 4:13.99 53.52	350m: 6:01.93 53.72			
100m: 1:35.72 49.10	200m: 3:20.47 53.06	300m: 5:08.21 54.22	400m: 6:53.96 52.03			
3. Antonio Costa, RAPOSO	58	O2-Portimao	6:57.00	391	8,00	8,00
50m: 46.12 46.12	150m: 2:29.67 52.56	250m: 4:17.35 53.74	350m: 6:04.95 54.55			
100m: 1:37.11 50.99	200m: 3:23.61 53.94	300m: 5:10.40 53.05	400m: 6:57.00 52.05			
4. Manuel Edgar, SOARES	54	O2-Portimao	7:33.58	304	7,00	7,00
50m: 48.62 48.62	150m: 2:39.35 56.82	250m: 4:39.53 59.63	350m: 6:38.88 59.37			
100m: 1:42.53 53.91	200m: 3:39.90 1:00.55	300m: 5:39.51 59.98	400m: 7:33.58 54.70			

Master J

1. Jose Manuel, HORTA	49	Alges	11:59.73	94	9,00	-
50m: 1:23.22 1:23.22	150m: 4:25.70 1:31.67	250m: 7:32.35 1:33.28	350m: 10:34.60 1:32.49			
100m: 2:54.03 1:30.81	200m: 5:59.07 1:33.37	300m: 9:02.11 1:29.76	400m: 11:59.73 1:25.13			

Master K

1. Alexandre Azevedo, GASPAR	45	Alges	9:28.65	234	10,00	-
50m: 1:03.04 1:03.04	150m: 3:29.02 1:13.60	250m: 5:53.92 1:12.88	350m:			
100m: 2:15.42 1:12.38	200m: 4:41.04 1:12.02	300m: 7:06.99 1:13.07	400m: 9:28.65			

70 anos e mais velhos

1. Alexandre Azevedo, GASPAR	45	Alges	9:28.65	234	10,00	-
50m: 1:03.04 1:03.04	150m: 3:29.02 1:13.60	250m: 5:53.92 1:12.88	350m:			
100m: 2:15.42 1:12.38	200m: 4:41.04 1:12.02	300m: 7:06.99 1:13.07	400m: 9:28.65			
2. Jose Manuel, HORTA	49	Alges	11:59.73	94	9,00	-
50m: 1:23.22 1:23.22	150m: 4:25.70 1:31.67	250m: 7:32.35 1:33.28	350m: 10:34.60 1:32.49			
100m: 2:54.03 1:30.81	200m: 5:59.07 1:33.37	300m: 9:02.11 1:29.76	400m: 11:59.73 1:25.13			