

Prova 2	Masc., 400m Livres				Master
26/01/2024 - 12:10					Resultados
RN A(25-29)	4:00.23	NIZ, Adriano Miguel	GDNVNF	Funchal	17/01/2015
RN B(30-34)	4:01.96	PINOTES, Pedro Miguel	SCP	Albufeira	10/12/2022
RN C(35-39)	4:06.32	SILVA, Pedro Miguel	CFV	Ponte de Sor	29/01/2011
RN D(40-44)	4:26.18	GORGULHO, David Oliveira	CNLA	Sines	24/04/2022
RN E(45-49)	4:19.65	FREITAS, Jose Carlos	CFP	Ponte de Sor	29/01/2011
RN E(45-49)	4:19.65	FREITAS, Jose Carlos	CFP	Ponte de Sor	29/01/2011
RN F(50-54)	4:22.11	FREITAS, Jose Carlos	CFP	Felgueiras	26/01/2013
RN G(55-59)	4:25.70	FREITAS, Jose Carlos	INDNP	Mealhada	18/01/2019
RN H(60-64)	4:40.55	FREITAS, Jose Carlos	CNLA	Sines	04/03/2023
RN I(65-69)	5:27.24	MAVIOSO, Vitor Manuel	SAD	Albufeira	10/12/2022
RN J(70-74)	5:55.49	BASTO, Antonio Bessone	SAD	Recarei	16/05/2015
RN K(75-79)	6:23.33	DYSON, Stephen Thomas	SAD	Albufeira	10/12/2022
RN L(80-84)	9:18.14	RODRIGUES, Antonio Alexandre	AAC	Mealhada	18/01/2019
RN M(85-89)	59:00.00	,			
RN N(90-94)	59:00.00	,			

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Master A							
1.	NEVES, Diogo Ferreira	+0,88	108221	Natacao de Valongo	4:35.12	682	9,00
	50m: 30.18 30.18	150m: 1:38.37	34.72	250m: 2:48.91	35.40	350m: 4:00.93	36.24
	100m: 1:03.65 33.47	200m: 2:13.51	35.14	300m: 3:24.69	35.78	400m: 4:35.12	34.19
2.	TABORDA, Bruno Filipe	+0,71	106711	CNLeiria	4:36.57	672	7,00
	50m: 29.46 29.46	150m: 1:36.58	33.83	250m: 2:46.95	35.74	350m: 4:00.23	36.86
	100m: 1:02.75 33.29	200m: 2:11.21	34.63	300m: 3:23.37	36.42	400m: 4:36.57	36.34
3.	SERRA, Joao Luis	+0,89	123049	Laranjeiro	4:36.82	670	6,00
	50m: 30.10 30.10	150m: 1:38.04	34.62	250m: 2:48.67	35.76	350m: 4:01.75	37.17
	100m: 1:03.42 33.32	200m: 2:12.91	34.87	300m: 3:24.58	35.91	400m: 4:36.82	35.07
4.	SOUSA, Rafael Goncalves	+0,73	153436	Centro Popular de Cultura e Desportos de S. Iri5,00	4:43.01	627	5,00
	50m: 31.70 31.70	150m: 1:44.84	37.30	250m: 2:58.82	36.75	350m: 4:09.18	34.03
	100m: 1:07.54 35.84	200m: 2:22.07	37.23	300m: 3:35.15	36.33	400m: 4:43.01	33.83
5.	MARAFONA, Joao Duarte	+0,76	20293	Porto	4:43.15	626	4,00
	50m: 30.92 30.92	150m: 1:42.82	36.53	250m: 2:55.03	35.80	350m: 4:07.14	36.26
	100m: 1:06.29 35.37	200m: 2:19.23	36.41	300m: 3:30.88	35.85	400m: 4:43.15	36.01
6.	MACHADO, Pedro Afonso	+0,84	117565	Ginasio Clube Portugues	4:55.87	548	3,00
	50m: 32.33 32.33	150m: 1:45.77	36.93	250m: 3:01.81	37.75	350m: 4:19.14	38.32
	100m: 1:08.84 36.51	200m: 2:24.06	38.29	300m: 3:40.82	39.01	400m: 4:55.87	36.73
7.	FERREIRA, Joao Pedro	+0,92	111411	Natacao da Maia	5:27.17	405	2,00
	50m: 37.10 37.10	150m: 1:59.75	41.55	250m: 3:22.92	41.58	350m: 4:46.18	41.61
	100m: 1:18.20 41.10	200m: 2:41.34	41.59	300m: 4:04.57	41.65	400m: 5:27.17	40.99
8.	NASCIMENTO, Levi Daniel		147141	O2-Portimao	6:03.27	296	1,00
	50m: 38.99 38.99	150m: 2:06.34	44.93	250m: 3:39.35	47.05	350m: 5:16.08	48.69
	100m: 1:21.41 42.42	200m: 2:52.30	45.96	300m: 4:27.39	48.04	400m: 6:03.27	47.19
9.	ALVES, Rayan Gava	+0,83	221261	Obidos Criativa, EEM	6:06.76	288	-
	50m: 41.01 41.01	150m: 2:09.67	44.92	250m: 3:45.19	48.76	350m: 5:21.05	47.58
	100m: 1:24.75 43.74	200m: 2:56.43	46.76	300m: 4:33.47	48.28	400m: 6:06.76	45.71

Master B							
1.	RIBEIRO, Joao Paulo	+0,71	10703	CNLeiria	4:28.04	720	9,00
	50m: 29.74 29.74	150m: 1:36.06	33.69	250m: 2:44.42	34.04	350m: 3:54.36	35.10
	100m: 1:02.37 32.63	200m: 2:10.38	34.32	300m: 3:19.26	34.84	400m: 4:28.04	33.68
2.	LOPES, Pedro Fragoso	+0,84	12075	Porto	4:32.89	682	7,00
	50m: 30.97 30.97	150m: 1:40.40	35.04	250m: 2:50.42	34.94	350m: 3:59.68	34.48
	100m: 1:05.36 34.39	200m: 2:15.48	35.08	300m: 3:25.20	34.78	400m: 4:32.89	33.21

Prova 2, Masc., 400m Livres, Master B

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	SILVA, Lucas Monteiro	+0,76	123687	LPS	4:33.40	678	6,00
	50m: 30.74 30.74	150m: 1:38.33	34.34	250m: 2:47.75	34.57	350m: 3:57.92	34.94
	100m: 1:03.99 33.25	200m: 2:13.18	34.85	300m: 3:22.98	35.23	400m: 4:33.40	35.48
4.	QUEIROS, Samuel Patricio	+0,83	15701	Porto	4:39.27	636	5,00
	50m: 30.96 30.96	150m: 1:41.94	35.92	250m: 2:53.26	35.48	350m: 4:04.37	35.52
	100m: 1:06.02 35.06	200m: 2:17.78	35.84	300m: 3:28.85	35.59	400m: 4:39.27	34.90
5.	FELICIO, Mario Nuno	+0,74	205226	Ginasio Clube Portugues	4:41.73	620	4,00
	50m: 31.77 31.77	150m: 1:42.70	35.70	250m: 2:55.18	36.24	350m: 4:07.11	35.86
	100m: 1:07.00 35.23	200m: 2:18.94	36.24	300m: 3:31.25	36.07	400m: 4:41.73	34.62
6.	FERREIRA, Artur Sousa	+0,82	108511	Clube Desportivo Feirense	4:59.74	515	3,00
	50m: 30.81 30.81	150m: 1:42.03	36.33	250m: 2:59.14	39.14	350m: 4:19.85	40.85
	100m: 1:05.70 34.89	200m: 2:20.00	37.97	300m: 3:39.00	39.86	400m: 4:59.74	39.89
7.	POLICARPO, Fabio Andre		219878	Centro Popular de Cultura e Despor	5:11.73a	de S:457 Iri	2,00
	50m: 33.43 33.43	150m: 1:48.82	38.47	250m: 3:08.01	39.37	350m: 4:27.91	40.62
	100m: 1:10.35 36.92	200m: 2:28.64	39.82	300m: 3:47.29	39.28	400m: 5:11.73	43.82

Master C

1.	CARVALHO, Joao Filipe	+0,79	23026	Porto	4:28.39	736	9,00
	50m: 30.62 30.62	150m: 1:37.22	33.58	250m: 2:44.05	33.26	350m: 3:53.40	34.81
	100m: 1:03.64 33.02	200m: 2:10.79	33.57	300m: 3:18.59	34.54	400m: 4:28.39	34.99
2.	RUAS, Bruno Miguel	+0,81	117081	Sporting	4:34.30	689	7,00
	50m: 31.71 31.71	150m: 1:41.61	35.39	250m: 2:52.02	35.14	350m: 4:02.19	35.07
	100m: 1:06.22 34.51	200m: 2:16.88	35.27	300m: 3:27.12	35.10	400m: 4:34.30	32.11
3.	GONCALVES, Filipe Gouveia	+0,90	215265	LPS	4:37.05	669	6,00
	50m: 31.31 31.31	150m: 1:40.55	34.97	250m: 2:51.20	35.31	350m: 4:01.97	35.29
	100m: 1:05.58 34.27	200m: 2:15.89	35.34	300m: 3:26.68	35.48	400m: 4:37.05	35.08
4.	CAMPOS, Tiago Dourado	+0,84	23051	Vilacondense	4:56.24	547	5,00
	50m: 32.72 32.72	150m: 1:45.83	36.96	250m: 3:02.16	38.21	350m: 4:19.68	38.37
	100m: 1:08.87 36.15	200m: 2:23.95	38.12	300m: 3:41.31	39.15	400m: 4:56.24	36.56
5.	FERREIRA, Francisco David	+0,91	121874	Fluvial Portuense	5:10.48	475	4,00
	50m: 34.46 34.46	150m: 1:50.19	38.06	250m: 3:08.54	39.49	350m: 4:29.77	40.73
	100m: 1:12.13 37.67	200m: 2:29.05	38.86	300m: 3:49.04	40.50	400m: 5:10.48	40.71
6.	NEVES, Luis Miguel	+0,78	23046	Vilacondense	5:15.60	452	3,00
	50m: 33.99 33.99	150m: 1:53.00	39.61	250m: 3:13.48	40.50	350m: 4:35.55	41.17
	100m: 1:13.39 39.40	200m: 2:32.98	39.98	300m: 3:54.38	40.90	400m: 5:15.60	40.05
7.	RIBEIRO, Carlos Manuel		101585	Académica de Coimbra	5:20.55	432	2,00
	50m: 36.75 36.75	150m: 1:58.04	41.38	250m: 3:20.20	41.48	350m: 4:41.70	40.89
	100m: 1:16.66 39.91	200m: 2:38.72	40.68	300m: 4:00.81	40.61	400m: 5:20.55	38.85
8.	GALHARDO, Joao Andre	+0,79	219629	RIA Aqua Tavira	5:21.97	426	1,00
	50m: 35.35 35.35	150m: 1:56.29	41.34	250m: 3:19.52	41.76	350m: 4:42.50	41.22
	100m: 1:14.95 39.60	200m: 2:37.76	41.47	300m: 4:01.28	41.76	400m: 5:21.97	39.47
9.	MACHADO, Pedro Ricardo	+0,83	216541	Famalicão	5:22.70	423	-
	50m: 32.97 32.97	150m: 1:49.40	39.58	250m: 3:14.53	42.95	350m: 4:41.14	43.53
	100m: 1:09.82 36.85	200m: 2:31.58	42.18	300m: 3:57.61	43.08	400m: 5:22.70	41.56
10.	PINHO, Jose Pedro	+0,87	10291	Leixoes Sport Club	5:35.16	378	-
	50m: 36.32 36.32	150m: 2:00.92	42.46	250m: 3:26.16	42.60	350m: 4:52.25	42.34
	100m: 1:18.46 42.14	200m: 2:43.56	42.64	300m: 4:09.91	43.75	400m: 5:35.16	42.91
11.	MARICATO, Luis Carlos	+0,79	217939	Clube Naval de Ponta Delgada	5:49.30	333	-
	50m: 38.30 38.30	150m: 2:04.58	44.24	250m: 3:32.60	43.63	350m: 5:04.04	46.19
	100m: 1:20.34 42.04	200m: 2:48.97	44.39	300m: 4:17.85	45.25	400m: 5:49.30	45.26

Prova 2, Masc., 400m Livres, Master C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
12.	IEMELIANOV, Igor		218710	Sccam	6:19.47	260	-
	50m: 37.01 37.01	150m: 2:06.31	46.06	250m: 3:45.16	50.40	350m: 5:31.35	53.52
	100m: 1:20.25 43.24	200m: 2:54.76	48.45	300m: 4:37.83	52.67	400m: 6:19.47	48.12
13.	LETRA, Ricardo Jorge	+0,94	212130	Vieirense	6:20.18	259	-
	50m: 40.41 40.41	150m: 2:12.71	48.47	250m: 3:54.58	52.15	350m: 5:34.41	50.34
	100m: 1:24.24 43.83	200m: 3:02.43	49.72	300m: 4:44.07	49.49	400m: 6:20.18	45.77
14.	FERREIRA, Nuno Ricardo		213021	Estarreja/PROZINCO	6:31.03	238	-
	50m: 43.56 43.56	150m: 2:19.16	49.30	250m: 3:59.36	50.20	350m: 5:40.86	51.24
	100m: 1:29.86 46.30	200m: 3:09.16	50.00	300m: 4:49.62	50.26	400m: 6:31.03	50.17

Master D

1.	PASSOS, Francisco Zamith	+0,96	18082	Ginásio Sto. Tirso	4:28.67	718	9,00
	50m: 29.51 29.51	150m: 1:36.06	33.70	250m: 2:44.68	34.49	350m: 3:54.60	35.49
	100m: 1:02.36 32.85	200m: 2:10.19	34.13	300m: 3:19.11	34.43	400m: 4:28.67	34.07
2.	FERREIRA, Ricardo Regufe	+0,75	106877	Fluvial Portuense	4:31.04	700	7,00
	50m: 30.22 30.22	150m: 1:37.45	34.05	250m: 2:47.22	34.96	350m: 3:56.99	34.78
	100m: 1:03.40 33.18	200m: 2:12.26	34.81	300m: 3:22.21	34.99	400m: 4:31.04	34.05
3.	RODRIGUES, Marcelo Porto	+0,91	205613	Natacao de Valongo	5:21.24	420	6,00
	50m: 36.39 36.39	150m: 1:57.73	41.17	250m: 3:20.58	40.72	350m: 4:41.75	40.32
	100m: 1:16.56 40.17	200m: 2:39.86	42.13	300m: 4:01.43	40.85	400m: 5:21.24	39.49
4.	FERREIRA, Miguel Angelo	+0,89	119679	Pimpoes/Cimai	5:45.49	338	5,00
	50m: 34.65 34.65	150m: 1:53.61	40.62	250m: 3:22.92	45.81	350m: 4:57.94	48.18
	100m: 1:12.99 38.34	200m: 2:37.11	43.50	300m: 4:09.76	46.84	400m: 5:45.49	47.55
5.	RIBEIRO, Tiago Goncalo		112623	Pimpoes/Cimai	5:51.72	320	4,00
	50m: 37.19 37.19	150m: 2:02.86	44.11	250m: 3:34.52	46.77	350m: 5:07.58	46.08
	100m: 1:18.75 41.56	200m: 2:47.75	44.89	300m: 4:21.50	46.98	400m: 5:51.72	44.14
6.	AMIM, Caio Herculano	+0,96	221759	Pimpoes/Cimai	5:55.02	311	3,00
	50m: 37.26 37.26	150m: 2:03.29	44.15	250m: 3:35.73	46.81	350m: 5:09.69	46.48
	100m: 1:19.14 41.88	200m: 2:48.92	45.63	300m: 4:23.21	47.48	400m: 5:55.02	45.33
7.	FERNANDES, Carlos Gustavo	+0,94	221036	Fluvial Portuense	6:13.43	267	2,00
	50m: 38.00 38.00	150m: 2:06.91	46.17	250m: 3:43.38	48.91	350m: 5:23.06	50.44
	100m: 1:20.74 42.74	200m: 2:54.47	47.56	300m: 4:32.62	49.24	400m: 6:13.43	50.37
8.	CRUZ, Jose Antonio	+0,96	220956	Adrcimm	6:17.23	259	1,00
	50m: 41.48 41.48	150m: 2:15.24	48.63	250m: 3:52.66	48.29	350m: 5:29.77	48.51
	100m: 1:26.61 45.13	200m: 3:04.37	49.13	300m: 4:41.26	48.60	400m: 6:17.23	47.46
9.	GONCALVES, Pedro Miguel	+0,88	217808	Vilacondense	6:29.20	236	-
	50m: 40.51 40.51	150m: 2:13.60	47.86	250m: 3:54.84	51.63	350m: 5:39.32	51.29
	100m: 1:25.74 45.23	200m: 3:03.21	49.61	300m: 4:48.03	53.19	400m: 6:29.20	49.88
10.	PIRES, Amilcar Filipe		212773	Ba-Leiria	9:15.83	81	-
	50m: 57.21 57.21	150m: 3:15.16	1:10.31	250m: 5:38.07	1:12.34	350m: 8:02.70	1:12.32
	100m: 2:04.85 1:07.64	200m: 4:25.73	1:10.57	300m: 6:50.38	1:12.31	400m: 9:15.83	1:13.13

Master E

1.	PORTELA, Antonio Luis	+0,85	218039	Fluvial Portuense	4:45.23	640	9,00
	50m: 31.74 31.74	150m: 1:43.41	36.35	250m: 2:56.76	36.60	350m: 4:10.90	37.27
	100m: 1:07.06 35.32	200m: 2:20.16	36.75	300m: 3:33.63	36.87	400m: 4:45.23	34.33
2.	BARBOSA, Celso Ruben	+0,87	201888	Porto	4:48.44	619	7,00
	50m: 32.34 32.34	150m: 1:43.98	36.41	250m: 2:59.83	38.28	350m: 4:14.48	36.87
	100m: 1:07.57 35.23	200m: 2:21.55	37.57	300m: 3:37.61	37.78	400m: 4:48.44	33.96
3.	SANTOS, Bruno Miguel	+0,80	14631	Universitario do Porto	4:48.75	617	6,00
	50m: 31.96 31.96	150m: 1:44.36	36.87	250m: 2:59.05	37.32	350m: 4:13.24	36.81
	100m: 1:07.49 35.53	200m: 2:21.73	37.37	300m: 3:36.43	37.38	400m: 4:48.75	35.51

Prova 2, Masc., 400m Livres, Master E

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	PEREIRA, Rui Jorge	+0,90	201296	Académica de Coimbra	4:48.89	616	5,00
	50m: 32.21 32.21	150m: 1:42.62	35.50	250m: 2:55.98	36.71	350m: 4:10.86	37.81
	100m: 1:07.12 34.91	200m: 2:19.27	36.65	300m: 3:33.05	37.07	400m: 4:48.89	38.03
5.	TROVISCO, Pedro Nuno	+0,83	217791	Natacao da Maia	5:20.08	453	4,00
	50m: 34.55 34.55	150m: 1:55.91	41.02	250m: 3:18.08	41.43	350m: 4:41.19	41.42
	100m: 1:14.89 40.34	200m: 2:36.65	40.74	300m: 3:59.77	41.69	400m: 5:20.08	38.89
6.	CALDINHAS, Joao Pedro	+0,62	203012	Académica de Coimbra	5:31.27	409	3,00
	50m: 35.14 35.14	150m: 1:55.81	40.45	250m: 3:20.04	41.95	350m: 4:47.01	43.65
	100m: 1:15.36 40.22	200m: 2:38.09	42.28	300m: 4:03.36	43.32	400m: 5:31.27	44.26
7.	OSORIO, Paulo Ernesto		102919	Universitario do Porto	5:36.00	391	2,00
	50m: 37.12 37.12	150m: 2:04.35	44.09	250m: 3:31.56	44.02	350m: 4:55.95	42.23
	100m: 1:20.26 43.14	200m: 2:47.54	43.19	300m: 4:13.72	42.16	400m: 5:36.00	40.05
8.	REIS, Marcio Leandro		216076	Fluvial Portuense	5:40.14	377	1,00
	50m: 39.02 39.02	150m: 2:03.82	43.34	250m: 3:30.91	43.78	350m: 4:58.03	44.07
	100m: 1:20.48 41.46	200m: 2:47.13	43.31	300m: 4:13.96	43.05	400m: 5:40.14	42.11
9.	GOULAO, Carlos Soares	+0,78	212344	Galitos / Bresimar	5:42.61	369	-
	50m: 36.92 36.92	150m: 2:03.52	44.29	250m: 3:31.22	43.44	350m: 5:00.32	44.75
	100m: 1:19.23 42.31	200m: 2:47.78	44.26	300m: 4:15.57	44.35	400m: 5:42.61	42.29
10.	CALHA, Ivo Claudino	+0,88	219336	Adrcimm	5:45.67	359	-
	50m: 38.90 38.90	150m: 2:04.63	43.75	250m: 3:33.41	44.48	350m: 5:02.55	45.02
	100m: 1:20.88 41.98	200m: 2:48.93	44.30	300m: 4:17.53	44.12	400m: 5:45.67	43.12
11.	GONCALVES, Nuno Telmo	+0,98	153534	Sporting	6:03.56	309	-
	50m: 39.30 39.30	150m: 2:08.30	46.07	250m: 3:43.00	48.07	350m: 5:18.40	47.43
	100m: 1:22.23 42.93	200m: 2:54.93	46.63	300m: 4:30.97	47.97	400m: 6:03.56	45.16
12.	ROMAO, Joao Filipe	+0,91	107138	Lagoa Academico Clube	6:03.67	309	-
	50m: 38.21 38.21	150m: 2:07.41	45.93	250m: 3:43.50	47.73	350m: 5:20.60	48.38
	100m: 1:21.48 43.27	200m: 2:55.77	48.36	300m: 4:32.22	48.72	400m: 6:03.67	43.07
13.	LEMONS, Goncalo Martins	+0,83	203959	Pimpoes/Cimai	6:04.09	308	-
	50m: 40.87 40.87	150m: 2:11.38	45.14	250m: 3:45.94	47.03	350m: 5:21.04	46.79
	100m: 1:26.24 45.37	200m: 2:58.91	47.53	300m: 4:34.25	48.31	400m: 6:04.09	43.05
14.	BORGES, Jose Diogo		215807	FC Ferreiras/AlgarExperience	6:29.25	252	-
	50m: 40.74 40.74	150m: 2:16.18	48.81	250m: 3:56.35	50.36	350m: 5:38.16	50.94
	100m: 1:27.37 46.63	200m: 3:05.99	49.81	300m: 4:47.22	50.87	400m: 6:29.25	51.09

Master F

1.	VANTAGGIATO, Marco	+0,87	129821	Litoral Alentejano	4:48.68	734	9,00
	50m: 32.57 32.57	150m: 1:43.00	35.67	250m: 2:56.81	37.35	350m: 4:11.48	37.47
	100m: 1:07.33 34.76	200m: 2:19.46	36.46	300m: 3:34.01	37.20	400m: 4:48.68	37.20
2.	TEJO, Paulo Jorge		10830	Académica de Coimbra	5:12.17	580	7,00
	50m: 36.87 36.87	150m: 1:55.66	39.53	250m: 3:13.96	39.51	350m: 4:33.30	39.78
	100m: 1:16.13 39.26	200m: 2:34.45	38.79	300m: 3:53.52	39.56	400m: 5:12.17	38.87
3.	BRAGA, Pedro Nuno		105530	Vilacondense	5:19.10	543	6,00
	50m: 35.79 35.79	150m: 1:54.42	39.69	250m: 3:15.92	40.91	350m: 4:38.63	41.30
	100m: 1:14.73 38.94	200m: 2:35.01	40.59	300m: 3:57.33	41.41	400m: 5:19.10	40.47
4.	PEREIRA, Jose Manuel	+0,98	203991	Pdem	5:34.65	471	5,00
	50m: 35.82 35.82	150m: 1:58.69	42.46	250m: 3:25.96	43.43	350m: 4:53.21	43.31
	100m: 1:16.23 40.41	200m: 2:42.53	43.84	300m: 4:09.90	43.94	400m: 5:34.65	41.44
5.	BARROS, Francisco Santos	+0,92	108661	Porto	5:36.11	465	4,00
	50m: 36.04 36.04	150m: 1:59.11	42.52	250m: 3:26.49	43.93	350m: 4:54.71	44.13
	100m: 1:16.59 40.55	200m: 2:42.56	43.45	300m: 4:10.58	44.09	400m: 5:36.11	41.40

Prova 2, Masc., 400m Livres, Master F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	MARTINS, Marcelo Jose	+0,84	219556	Fluvial Portuense	5:39.01	453	3,00
	50m: 33.86 33.86	150m: 1:58.56	44.18	250m: 3:27.26	43.91	350m: 4:55.19	43.37
	100m: 1:14.38 40.52	200m: 2:43.35	44.79	300m: 4:11.82	44.56	400m: 5:39.01	43.82
7.	IDA, Hamilton Kenji	+0,91	212656	Vitoria Sport Clube	5:43.84	434	2,00
	50m: 38.32 38.32	150m: 2:00.58	41.82	250m: 3:28.87	44.49	350m: 4:59.91	45.84
	100m: 1:18.76 40.44	200m: 2:44.38	43.80	300m: 4:14.07	45.20	400m: 5:43.84	43.93
8.	CUNHA, Jose Sizenando	+0,95	26841	Fluvial Portuense	6:17.37	328	1,00
	50m: 39.54 39.54	150m: 2:12.89	47.13	250m: 3:50.90	49.11	350m: 5:29.93	49.22
	100m: 1:25.76 46.22	200m: 3:01.79	48.90	300m: 4:40.71	49.81	400m: 6:17.37	47.44
9.	CUNHA, Antonio Maria		204079	Fluvial Portuense	6:19.61	323	-
	50m: 37.81 37.81	150m: 2:07.65	47.36	250m: 3:49.66	51.51	350m: 5:32.21	50.68
	100m: 1:20.29 42.48	200m: 2:58.15	50.50	300m: 4:41.53	51.87	400m: 6:19.61	47.40
10.	AZEVEDO, Pedro Jorge	+0,83	215218	Porto	6:20.93	319	-
	50m: 40.81 40.81	150m: 2:13.70	47.56	250m: 3:51.94	49.25	350m: 5:32.65	50.34
	100m: 1:26.14 45.33	200m: 3:02.69	48.99	300m: 4:42.31	50.37	400m: 6:20.93	48.28
11.	AMBRUS, Attila-Janos	+0,92	213595	Universitario do Porto	6:22.30	316	-
	50m: 39.58 39.58	150m: 2:10.34	47.05	250m: 3:50.77	50.34	350m: 5:33.22	50.94
	100m: 1:23.29 43.71	200m: 3:00.43	50.09	300m: 4:42.28	51.51	400m: 6:22.30	49.08
12.	CARDOSO, Vitor Manuel	+0,94	207728	Natacao de Valongo	6:29.65	298	-
	50m: 38.48 38.48	150m: 2:14.65	50.28	250m: 3:58.02	51.96	350m: 5:43.18	52.25
	100m: 1:24.37 45.89	200m: 3:06.06	51.41	300m: 4:50.93	52.91	400m: 6:29.65	46.47
13.	BARBOSA, Joao Maria		219155	Fluvial Portuense	6:32.96	291	-
	50m: 39.74 39.74	150m: 2:15.19	48.84	250m: 3:58.32	51.64	350m: 5:42.07	51.83
	100m: 1:26.35 46.61	200m: 3:06.68	51.49	300m: 4:50.24	51.92	400m: 6:32.96	50.89
14.	INVERNEIRO, P.	+0,75	153118	Fluvial Portuense	6:43.11	269	-
	50m: 45.42 45.42	150m: 2:23.81	50.40	250m: 4:06.02	51.58	350m: 5:52.11	53.31
	100m: 1:33.41 47.99	200m: 3:14.44	50.63	300m: 4:58.80	52.78	400m: 6:43.11	51.00
15.	BRANDAO, Diogo Folhadela		219553	Fluvial Portuense	6:59.50	239	-
	50m: 40.41 40.41	150m: 2:18.45	49.86	250m: 4:07.53	54.80	350m: 5:59.73	56.69
	100m: 1:28.59 48.18	200m: 3:12.73	54.28	300m: 5:03.04	55.51	400m: 6:59.50	59.77
16.	CARVALHO, Luis Duarte		152640	Sporting Clube de Aveiro SCA	7:45.48	175	-
	50m: 49.11 49.11	150m: 2:44.30	58.34	250m: 4:44.42	1:00.86	350m: 6:46.68	1:00.44
	100m: 1:45.96 56.85	200m: 3:43.56	59.26	300m: 5:46.24	1:01.82	400m: 7:45.48	58.80
DSQ	FARIA, Rui Viegas		207940	Sport Alges e Dafundo			-
	<i>404 - Falsa partida - SW 4.4</i>						

Master G

1.	RIBEIRO, Celso Fernando	+0,79	127787	Porto	5:24.33	575	9,00
	50m: 37.82 37.82	150m: 1:59.97	41.29	250m: 3:22.22	41.39	350m: 4:44.64	41.22
	100m: 1:18.68 40.86	200m: 2:40.83	40.86	300m: 4:03.42	41.20	400m: 5:24.33	39.69
2.	MARTINHO, Antonio Jorge	+0,72	11176	Académica de Coimbra	5:54.12	442	7,00
	50m: 37.68 37.68	150m: 2:04.74	44.30	250m: 3:36.47	46.44	350m: 5:09.39	46.44
	100m: 1:20.44 42.76	200m: 2:50.03	45.29	300m: 4:22.95	46.48	400m: 5:54.12	44.73
3.	CARITA, Antonio Carlos		26503	Académica de Coimbra	6:15.91	369	6,00
	50m: 40.81 40.81	150m: 2:12.95	46.88	250m: 3:50.03	49.07	350m: 5:27.94	48.84
	100m: 1:26.07 45.26	200m: 3:00.96	48.01	300m: 4:39.10	49.07	400m: 6:15.91	47.97
4.	ALVES, Fernando Jose		208179	Salesianos	6:20.08	357	5,00
	50m: 41.50 41.50	150m: 2:17.69	49.34	250m: 3:56.64	49.29	350m: 5:30.86	46.71
	100m: 1:28.35 46.85	200m: 3:07.35	49.66	300m: 4:44.15	47.51	400m: 6:20.08	49.22
5.	SANTINHA, Antonio Manuel		100477	Clube Natacao Masters de Almada	6:30.98	328	4,00
	50m: 43.34 43.34	150m: 2:21.23	49.52	250m: 4:01.10	49.95	350m: 5:41.32	50.44
	100m: 1:31.71 48.37	200m: 3:11.15	49.92	300m: 4:50.88	49.78	400m: 6:30.98	49.66

Prova 2, Masc., 400m Livres, Master G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	ALMEIDA, Joao Ferrand	+0,99	219517	Fluvial Portuense	6:31.82	326	3,00
	50m: 37.90 37.90	150m: 2:09.98	47.87	250m: 3:52.63	52.25	350m: 5:39.08	53.75
	100m: 1:22.11 44.21	200m: 3:00.38	50.40	300m: 4:45.33	52.70	400m: 6:31.82	52.74
7.	FERNANDES, Celso Abreu	+0,86	213521	Sporting Clube de Aveiro SCA	7:14.01	240	2,00
	50m: 44.88 44.88	150m: 2:29.25	53.36	250m: 4:20.71	56.35	350m: 6:16.89	57.78
	100m: 1:35.89 51.01	200m: 3:24.36	55.11	300m: 5:19.11	58.40	400m: 7:14.01	57.12
8.	CANITO, Carlos Filipe		216373	Natacao de Valongo	7:26.14	221	1,00
	50m: 50.57 50.57	150m: 2:45.69	57.95	250m: 4:40.13	56.12	350m: 6:27.16	51.52
	100m: 1:47.74 57.17	200m: 3:44.01	58.32	300m: 5:35.64	55.51	400m: 7:26.14	58.98
9.	VITORINO, Antonio Jose		202572	Naval de Peniche	7:28.89	217	-
	50m: 48.23 48.23	150m: 2:40.54	57.14	250m: 4:36.37	58.57	350m: 6:32.41	57.10
	100m: 1:43.40 55.17	200m: 3:37.80	57.26	300m: 5:35.31	58.94	400m: 7:28.89	56.48

Master H

1.	FREITAS, Jose Carlos	+0,80	111877	CLIP Teams	4:44.58	1071	9,00
	50m: 32.94 32.94	150m: 1:44.74	36.22	250m: 2:57.77	36.68	350m: 4:10.14	35.93
	100m: 1:08.52 35.58	200m: 2:21.09	36.35	300m: 3:34.21	36.44	400m: 4:44.58	34.44
2.	OLIVEIRA, Carlos Jorge		11360	Clube Natacao Masters de Almada	5:17.50	771	7,00
	50m: 34.77 34.77	150m: 1:52.50	39.77	250m: 3:13.95	40.74	350m: 4:37.11	41.68
	100m: 1:12.73 37.96	200m: 2:33.21	40.71	300m: 3:55.43	41.48	400m: 5:17.50	40.39
3.	SOARES, Ralf Pinto	+0,93	26786	Associacao De Nadadores Dos Est	5:24.35	723	6,00
	50m: 35.64 35.64	150m: 1:55.48	40.75	250m: 3:17.81	41.32	350m: 4:41.93	42.14
	100m: 1:14.73 39.09	200m: 2:36.49	41.01	300m: 3:59.79	41.98	400m: 5:24.35	42.42
4.	BLICK, Kevin David		219856	Obidos Criativa, EEM	5:39.15	633	5,00
	50m: 35.93 35.93	150m: 2:00.24	43.22	250m: 3:28.84	44.55	350m: 4:57.17	44.06
	100m: 1:17.02 41.09	200m: 2:44.29	44.05	300m: 4:13.11	44.27	400m: 5:39.15	41.98
5.	COSTA, Armando Joao	+0,89	12262	Clube Desportivo Feirense	5:43.41	609	4,00
	50m: 37.99 37.99	150m: 2:05.62	44.73	250m: 3:34.94	44.54	350m: 5:03.42	43.91
	100m: 1:20.89 42.90	200m: 2:50.40	44.78	300m: 4:19.51	44.57	400m: 5:43.41	39.99
6.	SEABRA, Henrique Luis	+0,88	125467	Fluvial Portuense	5:49.99	576	3,00
	50m: 36.97 36.97	150m: 2:01.01	43.21	250m: 3:30.58	45.13	350m: 5:03.13	46.72
	100m: 1:17.80 40.83	200m: 2:45.45	44.44	300m: 4:16.41	45.83	400m: 5:49.99	46.86
7.	SILVA, Rui Manuel		109826	Académica de Coimbra	6:34.49	402	2,00
	50m: 39.77 39.77	150m: 2:11.30	47.23	250m: 3:52.72	52.09	350m: 5:40.58	53.86
	100m: 1:24.07 44.30	200m: 3:00.63	49.33	300m: 4:46.72	54.00	400m: 6:34.49	53.91
8.	RUAS, Joao Manuel		108663	Sporting	6:38.48	390	1,00
	50m: 45.95 45.95	150m: 2:27.27	51.17	250m: 4:08.37	50.48	350m: 5:49.38	50.20
	100m: 1:36.10 50.15	200m: 3:17.89	50.62	300m: 4:59.18	50.81	400m: 6:38.48	49.10
9.	AMARAL, Jose Rui		206897	Fluvial Portuense	6:51.38	354	-
	50m: 43.75 43.75	150m: 2:24.88	51.73	250m: 4:11.74	53.23	350m: 5:59.44	53.99
	100m: 1:33.15 49.40	200m: 3:18.51	53.63	300m: 5:05.45	53.71	400m: 6:51.38	51.94
10.	ALBUQUERQUE, Nuno Carlos		210412	Braga	6:53.30	349	-
	50m: 44.70 44.70	150m: 2:24.30	50.82	250m: 4:10.59	53.74	350m: 5:59.18	54.29
	100m: 1:33.48 48.78	200m: 3:16.85	52.55	300m: 5:04.89	54.30	400m: 6:53.30	54.12
11.	LOO, Josephus Stephanus		214813	Obidos Criativa, EEM	7:34.65	262	-
	50m: 49.64 49.64	150m: 2:42.09	57.20	250m: 4:38.83	58.78	350m: 6:39.28	59.64
	100m: 1:44.89 55.25	200m: 3:40.05	57.96	300m: 5:39.64	1:00.81	400m: 7:34.65	55.37
12.	PINTO, Paulo Monteiro		211230	Porto	7:59.64	223	-
	50m: 51.73 51.73	150m: 2:47.79	1:00.24	250m: 4:51.92	1:03.19	350m: 6:58.12	1:03.33
	100m: 1:47.55 55.82	200m: 3:48.73	1:00.94	300m: 5:54.79	1:02.87	400m: 7:59.64	1:01.52

Prova 2, Masc., 400m Livres, Master H

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
13.	MOURAO, Luis Joao		209692	Natacao de Valongo	8:10.92	208	-
	50m: 49.34 49.34	150m: 2:52.47	1:02.68	250m: 5:01.47	1:03.46	350m: 7:07.44	1:02.31
	100m: 1:49.79 1:00.45	200m: 3:58.01	1:05.54	300m: 6:05.13	1:03.66	400m: 8:10.92	1:03.48
14.	NASCIMENTO, Joao Carlos		131910	O2-Portimao	8:14.91	203	-
	50m: 51.82 51.82	150m: 2:53.42	1:02.76	250m: 5:02.07	1:04.37	350m: 7:11.91	1:05.46
	100m: 1:50.66 58.84	200m: 3:57.70	1:04.28	300m: 6:06.45	1:04.38	400m: 8:14.91	1:03.00
15.	ALVES, Joao Cesar		214253	Fluvial Portuense	9:01.84	155	-
	50m: 1:00.52 1:00.52	150m: 3:16.04	1:09.06	250m: 5:32.72	1:08.90	350m: 7:52.05	1:09.95
	100m: 2:06.98 1:06.46	200m: 4:23.82	1:07.78	300m: 6:42.10	1:09.38	400m: 9:01.84	1:09.79

Master I

1.	MAVIOSO, Vitor Manuel	+0,96	100689	Individual ANL	5:32.44	772	9,00
	50m: 36.91 36.91	150m: 2:01.61	43.23	250m: 3:27.71	42.62	350m: 4:53.39	42.70
	100m: 1:18.38 41.47	200m: 2:45.09	43.48	300m: 4:10.69	42.98	400m: 5:32.44	39.05
2.	MENDES, Ricardo Antonio		132928	Salesianos	6:11.35	554	7,00
	50m: 40.17 40.17	150m: 2:13.73	47.50	250m: 3:50.11	48.26	350m: 5:26.54	48.03
	100m: 1:26.23 46.06	200m: 3:01.85	48.12	300m: 4:38.51	48.40	400m: 6:11.35	44.81
3.	GONCALVES, Oscar Filipe		219154	Fluvial Portuense	6:25.54	495	6,00
	50m: 42.70 42.70	150m: 2:21.03	50.17	250m: 4:01.52	49.59	350m: 5:39.75	48.81
	100m: 1:30.86 48.16	200m: 3:11.93	50.90	300m: 4:50.94	49.42	400m: 6:25.54	45.79
4.	QUECEDO, Jose Gerardo		219033	Obidos Criativa, EEM	6:52.92	403	5,00
	50m: 44.47 44.47	150m: 2:28.14	52.85	250m: 4:14.83	53.42	350m: 6:03.31	54.58
	100m: 1:35.29 50.82	200m: 3:21.41	53.27	300m: 5:08.73	53.90	400m: 6:52.92	49.61
5.	SARVIA, Paolo		216437	Universitario do Porto	6:56.18	393	4,00
	50m: 44.88 44.88	150m: 2:27.40	52.37	250m: 4:15.46	54.46	350m: 6:04.71	54.49
	100m: 1:35.03 50.15	200m: 3:21.00	53.60	300m: 5:10.22	54.76	400m: 6:56.18	51.47
6.	FABIAO, Fernando Paulo		215799	Porto	7:36.11	299	3,00
	50m: 49.20 49.20	150m: 2:42.93	59.02	250m: 4:40.44	58.60	350m: 6:38.28	58.74
	100m: 1:43.91 54.71	200m: 3:41.84	58.91	300m: 5:39.54	59.10	400m: 7:36.11	57.83
7.	ROSEIRA, Joao Luis		142204	Fluvial Portuense	9:12.12	168	2,00
	50m: 1:00.83 1:00.83	150m: 3:20.83	1:12.43	250m: 5:41.14	1:10.70	350m: 8:05.30	1:09.84
	100m: 2:08.40 1:07.57	200m: 4:30.44	1:09.61	300m: 6:55.46	1:14.32	400m: 9:12.12	1:06.82
8.	NETO, Manuel Filipe		218680	Estarreja/PROZINCO	9:20.47	161	1,00
	50m: 53.07 53.07	150m: 3:13.97	1:13.53	250m: 5:43.89	1:15.49	350m: 8:11.22	1:12.31
	100m: 2:00.44 1:07.37	200m: 4:28.40	1:14.43	300m: 6:58.91	1:15.02	400m: 9:20.47	1:09.25
DSQ	RAPOSO, Jose Alexandre		131484	Sporting Clube de Aveiro SCA			-
	102 - O(a) atleta não completou o percurso - SW 10.2						

Master J

1.	CORREIA, Carlos Augusto		100466	Clube Natacao Masters de Almada	6:43.69	535	9,00
	50m: 44.57 44.57	150m: 2:25.66	50.97	250m: 4:09.49	52.41	350m: 5:53.58	52.05
	100m: 1:34.69 50.12	200m: 3:17.08	51.42	300m: 5:01.53	52.04	400m: 6:43.69	50.11
2.	FERREIRA, Domingos Jose	+0,80	209351	Sporting de Espinho	7:04.70	460	7,00
	50m: 42.86 42.86	150m: 2:25.32	53.34	250m: 4:17.77	56.30	350m: 6:10.51	56.32
	100m: 1:31.98 49.12	200m: 3:21.47	56.15	300m: 5:14.19	56.42	400m: 7:04.70	54.19
3.	SOARES, Manuel Edgar		129129	O2-Portimao	7:27.41	393	6,00
	50m: 51.97 51.97	150m: 2:44.02	56.95	250m: 4:37.87	55.70	350m: 6:34.43	58.74
	100m: 1:47.07 55.10	200m: 3:42.17	58.15	300m: 5:35.69	57.82	400m: 7:27.41	52.98
4.	MADAIL, Jose Henrique		119658	Galitos / Bresimar	7:34.55	375	5,00
	50m: 53.65 53.65	150m: 2:46.11	57.05	250m: 4:41.39	57.83	350m: 6:36.49	56.37
	100m: 1:49.06 55.41	200m: 3:43.56	57.45	300m: 5:40.12	58.73	400m: 7:34.55	58.06

Prova 2, Masc., 400m Livres, Master J

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
5.	SANTOS, Jose Goncalves		133236	Sporting Clube de Aveiro SCA	8:07.93	303	4,00
	50m: 52.90 52.90	150m: 2:55.67	1:02.42	250m: 4:58.22	1:00.94	350m: 7:06.95	1:06.63
	100m: 1:53.25 1:00.35	200m: 3:57.28	1:01.61	300m: 6:00.32	1:02.10	400m: 8:07.93	1:00.98
6.	TAVARES, Antonio Manuel		100700	Sfp	8:12.76	294	3,00
	50m: 57.29 57.29	150m: 3:01.33	1:02.68	250m: 5:06.70	1:02.70	350m: 7:12.91	1:03.07
	100m: 1:58.65 1:01.36	200m: 4:04.00	1:02.67	300m: 6:09.84	1:03.14	400m: 8:12.76	59.85
7.	RAMOS, Armando Jose	+0,83	204602	Naval de Peniche	8:58.50	225	2,00
	50m: 58.24 58.24	150m: 3:16.73	1:10.91	250m: 5:36.70	1:08.44	350m: 7:55.76	1:10.61
	100m: 2:05.82 1:07.58	200m: 4:28.26	1:11.53	300m: 6:45.15	1:08.45	400m: 8:58.50	1:02.74

Master K

1.	BATISTA, Antonio Carlos		205092	FC Ferreiras/AlgarExperience	6:53.87	608	9,00
	50m: 42.50 42.50	150m: 2:23.81	52.03	250m: 4:11.99	54.27	350m: 6:00.49	54.59
	100m: 1:31.78 49.28	200m: 3:17.72	53.91	300m: 5:05.90	53.91	400m: 6:53.87	53.38
2.	SELIGSON, Steven Bruce		219656	Porto	7:28.61	477	7,00
	50m: 50.58 50.58	150m: 2:43.11	57.38	250m: 4:38.78	58.08	350m: 6:33.09	56.16
	100m: 1:45.73 55.15	200m: 3:40.70	57.59	300m: 5:36.93	58.15	400m: 7:28.61	55.52
3.	VIEGAS, Luis Silveira		104917	Sport Alges e Dafundo	8:39.32	307	6,00
	50m: 55.16 55.16	150m: 3:04.88	1:06.65	250m: 5:19.80	1:07.86	350m: 7:32.85	1:05.89
	100m: 1:58.23 1:03.07	200m: 4:11.94	1:07.06	300m: 6:26.96	1:07.16	400m: 8:39.32	1:06.47
4.	CABRAL, Luis Pereira		129152	Académica de Coimbra	9:28.52	234	5,00
	50m: 1:03.63 1:03.63	150m: 3:27.30	1:12.99	250m: 5:54.61	1:13.98	350m: 8:20.79	1:13.38
	100m: 2:14.31 1:10.68	200m: 4:40.63	1:13.33	300m: 7:07.41	1:12.80	400m: 9:28.52	1:07.73

Master M

1.	TEIXEIRA, Joao Rodrigues		100127	Académica de Coimbra	12:09.50	231	9,00
	<i>Rec Nac Esc M</i>						
	50m: 1:31.71 1:31.71	150m: 4:39.77	1:36.82	250m: 7:46.27	1:28.70	350m: 10:44.36	1:29.26
	100m: 3:02.95 1:31.24	200m: 6:17.57	1:37.80	300m: 9:15.10	1:28.83	400m: 12:09.50	1:25.14