

II Torneio Masters CNAC
Coimbra, 28/4/2024

Prova 1 Masc., 400m Livres 25 anos e mais velhos
28/04/2024 - 9:30 Resultados

Rec Nac Masters 50m Esc O	59:00.00									
Rec Nac Masters 50m Esc N	20:28.01	Virgilio Zacarias, COSTA	AAC	Reguengos de Monsaraz	08/07/2022					
Rec Nac Masters 50m Esc M	13:24.11	Joao Rodrigues, TEIXEIRA	AAC	Coimbra	25/02/2024					
Rec Nac Masters 50m Esc L	9:25.42	Antonio Alexandre, RODRIGUES	AAC	Reguengos de Monsaraz	19/07/2019					
Rec Nac Masters 50m Esc K	6:31.90	Stephen Thomas, DYSON	SAD	Reguengos de Monsaraz	10/07/2022					
Rec Nac Masters 50m Esc J	5:53.42	Stephen Thomas, DYSON	SAD	Budapeste (HUN)	20/08/2017					
Rec Nac Masters 50m Esc I	5:51.59	Stephen Thomas, DYSON	INDANL	Reguengos de Monsaraz	30/06/2012					
Rec Nac Masters 50m Esc H	4:50.39	Jose Carlos, FREITAS	CNLA	S. Joao da Madeira	09/07/2023					
Rec Nac Masters 50m Esc G	4:34.69	Jose Carlos, FREITAS	CFP	Loulé	14/07/2018					
Rec Nac Masters 50m Esc F	4:28.97	Jose Carlos, FREITAS	CFP	Kazan (RUS)	16/08/2015					
Rec Nac Masters 50m Esc E	4:27.36	Jose Carlos, FREITAS	CFP	Gotemburgo (SWE)	06/08/2010					
Rec Nac Masters 50m Esc D	4:33.43	Miguel Mendonca, CABRITA	SAD	Évora	05/07/2014					
Rec Nac Masters 50m Esc C	4:18.63	Adriano Miguel, NIZ	GDNFAMA	Rome (ITA)	29/08/2022					
Rec Nac Masters 50m Esc B	4:10.56	Adriano Miguel, NIZ	GDNVNF	London (GBR)	27/05/2016					
Rec Nac Masters 50m Esc A	4:12.44	Adriano Miguel, NIZ	GDNVNF	Kazan (RUS)	16/08/2015					

Lugar Ano Tempo final Pts

Master Esc A

1. Pedro Manuel, SILVA	97	Ginásio Sto. Tirso	5:10.87	525
50m: 35.41 35.41	150m: 1:53.24 39.20	250m: 3:13.80 40.20	350m: 4:32.63 38.18	
100m: 1:14.04 38.63	200m: 2:33.60 40.36	300m: 3:54.45 40.65	400m: 5:10.87 38.24	
2. Joao Pedro, MENDES	95	Nautico de Leiria	6:26.39	273
50m: 36.44 36.44	150m: 2:10.96 50.54	250m: 3:54.77 52.24	350m: 5:37.80 51.19	
100m: 1:20.42 43.98	200m: 3:02.53 51.57	300m: 4:46.61 51.84	400m: 6:26.39 48.59	

Master Esc B

1. Pedro Miguel, BRAS	91	Vitoria Clube	5:27.79	435
50m: 35.85 35.85	150m: 1:57.18 41.36	250m: 3:21.06 42.04	350m: 4:46.22 42.82	
100m: 1:15.82 39.97	200m: 2:39.02 41.84	300m: 4:03.40 42.34	400m: 5:27.79 41.57	
2. Andre Filipe, RODRIGUES	94	Amigos da Nataçao	5:57.59	335
50m: 37.84 37.84	150m: 2:06.30 45.42	250m: 3:41.35 48.25	350m: 5:13.31 44.99	
100m: 1:20.88 43.04	200m: 2:53.10 46.80	300m: 4:28.32 46.97	400m: 5:57.59 44.28	

Master Esc C

1. Paulo Jorge, MARQUES	86	Gualdim Pais	5:12.16	555
50m: 33.22 33.22	150m: 1:50.60 39.23	250m: 3:10.78 40.23	350m: 4:32.04 40.68	
100m: 1:11.37 38.15	200m: 2:30.55 39.95	300m: 3:51.36 40.58	400m: 5:12.16 40.12	
2. Rafael Devesa, DIAS	85	Galitos / Bresimar	5:33.84	453
50m: 34.25 34.25	150m: 1:55.31 42.89	250m: 3:23.95 45.05	350m: 4:52.95 44.96	
100m: 1:12.42 38.17	200m: 2:38.90 43.59	300m: 4:07.99 44.04	400m: 5:33.84 40.89	
3. Jose Pedro, PINHO	86	Leixoes	5:43.11	417
50m: 35.50 35.50	150m: 1:59.16 42.77	250m: 3:27.17 44.45	350m: 4:57.81 45.73	
100m: 1:16.39 40.89	200m: 2:42.72 43.56	300m: 4:12.08 44.91	400m: 5:43.11 45.30	
4. Pedro Emanuel, GOMES	88	Natacao de Valongo	6:17.98	312
50m: 42.54 42.54	150m: 2:16.03 47.53	250m: 3:53.01 48.96	350m: 5:32.86 50.07	
100m: 1:28.50 45.96	200m: 3:04.05 48.02	300m: 4:42.79 49.78	400m: 6:17.98 45.12	
5. Tiago Miguel, APARICIO	89	Amigos da Nataçao	6:41.25	261
50m: 41.91 41.91	150m: 2:17.87 49.80	250m: 3:59.51 50.98	350m: 5:49.12 56.03	
100m: 1:28.07 46.16	200m: 3:08.53 50.66	300m: 4:53.09 53.58	400m: 6:41.25 52.13	
6. Nuno Ricardo, FERREIRA	85	Estarreja	6:43.49	257
50m: 43.37 43.37	150m: 2:20.67 49.99	250m: 4:05.84 52.90	350m: 5:53.37 54.32	
100m: 1:30.68 47.31	200m: 3:12.94 52.27	300m: 4:59.05 53.21	400m: 6:43.49 50.12	

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Master Esc D

1. Francisco Zamith, PASSOS	83	Ginásio Sto. Tirso	4:42.26	731
50m: 32.15 32.15	150m: 1:43.87	36.39 250m: 2:55.03	34.46 350m: 4:07.52	35.95
100m: 1:07.48 35.33	200m: 2:20.57	36.70 300m: 3:31.57	36.54 400m: 4:42.26	34.74
2. Mauro Santos, INACIO	84	Litoral Alentejano	4:47.73	690
50m: 33.44 33.44	150m: 1:45.60	36.40 250m: 2:59.14	36.47 350m: 4:12.22	36.40
100m: 1:09.20 35.76	200m: 2:22.67	37.07 300m: 3:35.82	36.68 400m: 4:47.73	35.51
3. Marcelo Porto, RODRIGUES	82	Natacao de Valongo	5:28.81	462
50m: 36.03 36.03	150m: 1:58.03	41.67 250m: 3:23.03	42.79 350m: 4:49.27	42.68
100m: 1:16.36 40.33	200m: 2:40.24	42.21 300m: 4:06.59	43.56 400m: 5:28.81	39.54
4. Pedro Santos, GOUVEIA	81	Académica de Coimbra	6:53.13	233
50m: 39.65 39.65	150m: 2:21.19	53.07 250m: 4:10.66	54.80 350m: 6:00.28	55.03
100m: 1:28.12 48.47	200m: 3:15.86	54.67 300m: 5:05.25	54.59 400m: 6:53.13	52.85
5. Jorge Jose, COSTA	80	Vitoria Clube	6:54.05	231
50m: 44.71 44.71	150m: 2:28.43	52.99 250m: 4:16.74	53.19 350m: 6:05.57	53.85
100m: 1:35.44 50.73	200m: 3:23.55	55.12 300m: 5:11.72	54.98 400m: 6:54.05	48.48

Master Esc E

1. Antonio Luis, PORTELA	75	Fluvial Portuense	5:00.93	617
50m: 33.22 33.22	150m: 1:48.33	38.11 250m: 3:04.82	38.33 350m: 4:22.87	39.07
100m: 1:10.22 37.00	200m: 2:26.49	38.16 300m: 3:43.80	38.98 400m: 5:00.93	38.06
2. Miguel Pinheiro, PIRES	78	Fluvial Portuense	5:17.75	524
50m: 34.01 34.01	150m: 1:52.61	40.28 250m: 3:14.52	41.06 350m: 4:37.92	41.87
100m: 1:12.33 38.32	200m: 2:33.46	40.85 300m: 3:56.05	41.53 400m: 5:17.75	39.83
3. Hugo Miguel, SILVA	77	BUZIOS - Coruche	5:29.19	471
50m: 37.31 37.31	150m: 2:02.12	43.15 250m: 3:28.10	42.84 350m: 4:53.19	42.53
100m: 1:18.97 41.66	200m: 2:45.26	43.14 300m: 4:10.66	42.56 400m: 5:29.19	36.00
4. Gustav Jens, KULENKAMP	77	SHARKS - ADSC	5:33.26	454
50m: 32.71 32.71	150m: 1:49.82	40.65 250m: 3:18.18	45.22 350m: 4:49.77	45.73
100m: 1:09.17 36.46	200m: 2:32.96	43.14 300m: 4:04.04	45.86 400m: 5:33.26	43.49
5. Jose Alexandre, VIEIRA	76	Campinho	5:49.16	395
50m: 37.56 37.56	150m: 2:01.81	43.34 250m: 3:31.37	45.53 350m: 5:03.78	46.38
100m: 1:18.47 40.91	200m: 2:45.84	44.03 300m: 4:17.40	46.03 400m: 5:49.16	45.38
6. Carlos Soares, GOULAO	75	Galitos / Bresimar	5:53.20	381
50m: 37.20 37.20	150m: 2:06.66	45.90 250m: 3:38.08	45.54 350m: 5:08.88	45.26
100m: 1:20.76 43.56	200m: 2:52.54	45.88 300m: 4:23.62	45.54 400m: 5:53.20	44.32
7. Andre Manuel, TEIXEIRA	78	Estarreja	6:44.34	254
50m: 44.44 44.44	150m: 2:22.71	50.19 250m: 4:05.39	51.64 350m: 5:51.15	53.08
100m: 1:32.52 48.08	200m: 3:13.75	51.04 300m: 4:58.07	52.68 400m: 6:44.34	53.19
8. Nuno Silva, AFONSO	79	Académica de Coimbra	7:00.97	225
50m: 42.93 42.93	150m: 2:26.83	54.07 250m: 4:18.69	56.48 350m: 6:09.49	54.36
100m: 1:32.76 49.83	200m: 3:22.21	55.38 300m: 5:15.13	56.44 400m: 7:00.97	51.48

Master Esc F

1. Miguel Jose, FERREIRA	70	Leixoes	5:52.97	433
50m: 40.80 40.80	150m: 2:10.70	45.50 250m: 3:40.52	44.77 350m: 5:11.29	45.53
100m: 1:25.20 44.40	200m: 2:55.75	45.05 300m: 4:25.76	45.24 400m: 5:52.97	41.68
2. Pedro Nuno, SILVA	73	Académica de Coimbra	6:03.32	397
50m: 42.52 42.52	150m: 2:13.92	45.86 250m: 3:46.67	46.86 350m: 5:18.74	46.31
100m: 1:28.06 45.54	200m: 2:59.81	45.89 300m: 4:32.43	45.76 400m: 6:03.32	44.58
3. Hamilton Kenji, IDA	73	Vitoria Clube	6:06.00	389
50m: 39.13 39.13	150m: 2:07.45	45.68 250m: 3:43.61	48.80 350m: 5:19.52	47.29
100m: 1:21.77 42.64	200m: 2:54.81	47.36 300m: 4:32.23	48.62 400m: 6:06.00	46.48

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Lugar	Ano		Tempo final						Pts
4. Nuno Manuel, SA	71	Fluvial Portuense	6:21.75						342
50m: 43.21 43.21	150m: 2:20.19 49.72	250m: 3:59.01 49.33	350m: 5:34.92 48.63						
100m: 1:30.47 47.26	200m: 3:09.68 49.49	300m: 4:46.29 47.28	400m: 6:21.75 46.83						
5. Paulo Jorge, SILVA	70	Nautico de Leiria	6:55.30						266
50m: 42.01 42.01	150m: 2:21.55 53.35	250m: 4:11.97 56.30	350m: 6:05.19 57.28						
100m: 1:28.20 46.19	200m: 3:15.67 54.12	300m: 5:07.91 55.94	400m: 6:55.30 50.11						
6. Vitor Hugo, GONCALVES	73	Fluvial Portuense	7:03.18						251
50m: 43.81 43.81	150m: 2:29.73 54.27	250m: 4:20.35 55.68	350m: 6:11.09 55.51						
100m: 1:35.46 51.65	200m: 3:24.67 54.94	300m: 5:15.58 55.23	400m: 7:03.18 52.09						
7. Rinat, KAMOLOV	71	Algés e Águeda XXI	7:19.47						224
50m: 38.27 38.27	150m: 2:11.38 49.53	250m: 4:08.32 1:01.32	350m: 6:18.79 1:05.30						
100m: 1:21.85 43.58	200m: 3:07.00 55.62	300m: 5:13.49 1:05.17	400m: 7:19.47 1:00.68						

Master Esc G

1. Richard Roy, LETCHER	69	Nadadores dos Estoris	5:05.62						739
50m: 33.60 33.60	150m: 1:48.39 38.15	250m: 3:06.76 39.10	350m: 4:26.40 40.07						
100m: 1:10.24 36.64	200m: 2:27.66 39.27	300m: 3:46.33 39.57	400m: 5:05.62 39.22						
2. Gustavo Ferreira, BASTO	67	Galitos / Bresimar	5:48.16						499
50m: 36.82 36.82	150m: 2:06.61 46.01	250m: 3:37.37 44.76	350m: 5:06.79 43.66						
100m: 1:20.60 43.78	200m: 2:52.61 46.00	300m: 4:23.13 45.76	400m: 5:48.16 41.37						
3. Rui Miguel, TEJO	69	Académica de Coimbra	5:49.03						496
50m: 39.71 39.71	150m: 2:07.37 44.37	250m: 3:37.33 45.05	350m: 5:06.74 44.39						
100m: 1:23.00 43.29	200m: 2:52.28 44.91	300m: 4:22.35 45.02	400m: 5:49.03 42.29						
4. Joao Ferrand, ALMEIDA	69	Fluvial Portuense	6:18.59						388
50m: 42.68 42.68	150m: 2:16.88 48.76	250m: 3:54.92 48.82	350m: 5:31.56 47.36						
100m: 1:28.12 45.44	200m: 3:06.10 49.22	300m: 4:44.20 49.28	400m: 6:18.59 47.03						
5. Jorge Sequeira, LIMA	67	Eletrico Clube	6:19.41						386
50m: 42.13 42.13	150m: 2:16.92 48.76	250m: 3:53.62 48.67	350m: 5:33.26 50.08						
100m: 1:28.16 46.03	200m: 3:04.95 48.03	300m: 4:43.18 49.56	400m: 6:19.41 46.15						
6. Antonio Carlos, CARITA	65	Académica de Coimbra	6:26.74						364
50m: 41.77 41.77	150m: 2:17.78 48.45	250m: 3:56.97 49.86	350m: 5:37.99 50.14						
100m: 1:29.33 47.56	200m: 3:07.11 49.33	300m: 4:47.85 50.88	400m: 6:26.74 48.75						
7. Paulo Fernando, OLIVEIRA	67	Marinha Grande	6:28.76						359
50m: 42.39 42.39	150m: 2:18.75 49.10	250m: 3:58.15 50.21	350m: 5:39.22 50.17						
100m: 1:29.65 47.26	200m: 3:07.94 49.19	300m: 4:49.05 50.90	400m: 6:28.76 49.54						
8. Luis Miguel, ANTUNES	68	Leixoes	7:07.37						270
50m: 47.65 47.65	150m: 2:35.23 56.34	250m: 4:26.44 54.66	350m: 6:15.09 54.74						
100m: 1:38.89 51.24	200m: 3:31.78 56.55	300m: 5:20.35 53.91	400m: 7:07.37 52.28						
9. Raul Antonio, MOREIRA	69	Vieirense	7:28.81						233
50m: 44.75 44.75	150m: 2:34.40 57.32	250m: 4:33.16 58.79	350m: 6:32.69 59.76						
100m: 1:37.08 52.33	200m: 3:34.37 59.97	300m: 5:32.93 59.77	400m: 7:28.81 56.12						
10. Daniel Castro, TRIGO	65	Sporting Aveiro	7:38.15						219
50m: 48.88 48.88	150m: 2:45.60 59.64	250m: 4:44.53 59.14	350m: 6:44.10 59.04						
100m: 1:45.96 57.08	200m: 3:45.39 59.79	300m: 5:45.06 1:00.53	400m: 7:38.15 54.05						

Master Esc H

1. Nuno Silva, LOBO	63	Fluvial Portuense	5:49.99						628
50m: 37.62 37.62	150m: 2:05.27 44.62	250m: 3:36.96 46.09	350m: 5:07.81 44.91						
100m: 1:20.65 43.03	200m: 2:50.87 45.60	300m: 4:22.90 45.94	400m: 5:49.99 42.18						
2. Rui Manuel, SILVA	64	Académica de Coimbra	6:43.26						411
50m: 43.79 43.79	150m: 2:24.96 51.63	250m: 4:08.80 51.48	350m: 5:53.89 52.34						
100m: 1:33.33 49.54	200m: 3:17.32 52.36	300m: 5:01.55 52.75	400m: 6:43.26 49.37						

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Prova 1, Masc., 400m Livres

Master Esc I

1. Mario Jose, PINTO	57	Uniao de Coimbra	6:11.79	604
50m: 43.56 43.56	150m: 2:15.58 46.87	250m: 3:51.26 48.09	350m: 5:26.31 47.57	
100m: 1:28.71 45.15	200m: 3:03.17 47.59	300m: 4:38.74 47.48	400m: 6:11.79 45.48	
2. Jose Antonio, FERREIRA	58	Leixoes	7:21.22	361
50m: 46.31 46.31	150m: 2:32.56 55.17	250m: 4:25.91 57.41	350m: 6:23.10 58.68	
100m: 1:37.39 51.08	200m: 3:28.50 55.94	300m: 5:24.42 58.51	400m: 7:21.22 58.12	
3. Manuel Filipe, NETO	59	Estarreja	9:32.58	165
50m: 50.94 50.94	150m: 3:05.69 1:10.65	250m: 5:39.67 1:18.13	350m: 8:16.80 1:18.50	
100m: 1:55.04 1:04.10	200m: 4:21.54 1:15.85	300m: 6:58.30 1:18.63	400m: 9:32.58 1:15.78	

Master Esc J

1. Domingos Jose, FERREIRA	54	Sporting de Espinho	7:11.55	429
50m: 44.85 44.85	150m: 2:33.46 57.02	250m: 4:28.06 56.99	350m: 6:19.96 56.22	
100m: 1:36.44 51.59	200m: 3:31.07 57.61	300m: 5:23.74 55.68	400m: 7:11.55 51.59	
2. Carlos Manuel, PORTO	51	Algés	8:00.67	311
50m: 52.30 52.30	150m: 2:52.53 1:01.52	250m: 4:57.13 1:03.12	350m: 7:01.03 1:01.65	
100m: 1:51.01 58.71	200m: 3:54.01 1:01.48	300m: 5:59.38 1:02.25	400m: 8:00.67 59.64	
3. Jose Goncalves, SANTOS	54	Sporting Aveiro	8:24.16	269
50m: 51.60 51.60	150m: 2:57.63 1:05.07	250m: 5:09.94 1:06.83	350m: 7:22.99 1:06.18	
100m: 1:52.56 1:00.96	200m: 4:03.11 1:05.48	300m: 6:16.81 1:06.87	400m: 8:24.16 1:01.17	

Master Esc K

1. Luis Pereira, CABRAL	49	Académica de Coimbra	9:49.25	198
50m: 1:05.50 1:05.50	150m: 3:35.33 1:15.52	250m: 4:42.07	350m: 6:06.98	
100m: 2:19.81 1:14.31	200m: 4:51.04 1:15.71	300m: 7:22.25 2:40.18	400m: 9:49.25 3:42.27	