

11º Torneio Masters do Litoral Alentejano
Sines, 9/3/2024

Prova 2 Masc., 400m Livres 25 anos e mais velhos
09/03/2024 - 9:25 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 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
RN L(80-84)	9:18.14	Antonio Alexandre RODRIGUES	AAC	Mealhada	18/01/2019
RN M(85-89)	12:09.50	Joao Rodrigues TEIXEIRA	AAC	Caldas da Rainha	26/01/2024
RN N(90-94)	59:00.00				

Pontos: FINA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo	Pontos
25 - 34 anos						
1.	Rafael Filipe NUNES	28	108344	Laranjeiro	4:25.93	4:28.21
	50m: 30.91 30.91	150m:		250m:	350m:	
	100m: 1:04.46 33.55	200m: 2:12.89		300m:	400m: 4:25.93	
2.	Lucas Monteiro SILVA	30	123687	Lps	4:38.41	4:33.40
	50m: 31.18 31.18	150m:		250m:	350m:	
	100m: 1:04.69 33.51	200m: 2:13.06		300m:	400m: 4:38.41	
3.	Rafael Goncalves SOUSA	25	153436	C.Pop.Cultura e Desporto Da Povo	Si4:40.40	4:43.01
	50m: 32.18 32.18	150m:		250m:	350m:	
	100m: 1:07.96 35.78	200m: 2:21.90		300m:	400m: 4:40.40	
4.	Goncalo Passos CIDONCHA	26	126109	Ndco	4:56.96	5:06.04
	50m: 32.67 32.67	150m:		250m:	350m:	
	100m: 1:08.41 35.74	200m: 2:23.75		300m:	400m: 4:56.96	
5.	Jorge Manuel NARIGUETA	26	129549	Acmn	4:57.13	4:48.55
	50m: 34.08 34.08	150m:		250m:	350m:	
	100m: 1:10.81 36.73	200m: 2:24.93		300m:	400m: 4:57.13	
6.	Filipe Esteves FOCKE	28		Lagoa Academico Clube	5:32.64	5:15.47
	50m: 34.73 34.73	150m:		250m:	350m:	
	100m: 1:15.02 40.29	200m: 2:39.10		300m:	400m: 5:32.64	
7.	Levi Daniel NASCIMENTO	25	147141	O2-Portimao	5:52.60	5:46.14
	50m: 40.59 40.59	150m:		250m:	350m:	
	100m: 1:23.70 43.11	200m: 3:36.64		300m:	400m: 5:52.60	
8.	Andre Filipe RODRIGUES	30	221723	Grupo dos Amigos da Natacao-AC	6:05.91	6:00.00
	50m: 37.92 37.92	150m:		250m:	350m:	
	100m: 1:18.81 40.89	200m: 2:52.55		300m:	400m: 6:05.91	
35 - 44 anos						
1.	Mauro Santos INACIO	40	14030	Litoral Alentejano	4:45.96	4:42.30
	50m: 33.18 33.18	150m:		250m:	350m:	
	100m: 1:08.38 35.20	200m: 2:21.38		300m:	400m: 4:45.96	
2.	Sergio Miguel MANSO	40	103981	Sfp	5:01.95	5:08.05
	50m: 34.82 34.82	150m:		250m:	350m:	
	100m: 1:11.68 36.86	200m: 2:26.81		300m:	400m: 5:01.95	
3.	Joao Andre GALHARDO	36	219629	RIA Aqua Tavira	5:14.68	5:16.48
	50m: 35.58 35.58	150m:		250m:	350m:	
	100m: 1:14.61 39.03	200m: 2:34.54		300m:	400m: 5:14.68	
4.	Carlos Emanuel GASPAR	38	216504	Litoral Alentejano	6:03.78	NT
	50m: 40.42 40.42	150m:		250m:	350m:	
	100m: 1:22.89 42.47	200m: 2:53.75		300m:	400m: 6:03.78	

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Prova 2, Masc., 400m Livres, 35 - 44 anos

Lugar	Nome	Idade	Licença	Clube	Tempo	Pontos
5.	Tiago Miguel APARICIO	35	218457	Grupo dos Amigos da Natacao-AC	6:27.88	6:34.76
	50m: 40.66 40.66	150m:		250m:	350m:	
	100m: 1:25.79 45.13	200m: 3:03.92		300m:	400m: 6:27.88	
6.	Ricardo Jorge PALMA	43	119378	Clube Natacao Masters de Almada	7:31.55	7:53.92
	50m: 47.16 47.16	150m:		250m:	350m:	
	100m: 1:42.54 55.38	200m: 3:38.04		300m:	400m: 7:31.55	
7.	Joao Pedro ANTUNES	37	204258	Lagoa Academico Clube	8:25.31	8:04.08
	50m: 56.79 56.79	150m:		250m:	350m:	
	100m: 2:00.32 1:03.53	200m: 4:09.98		300m:	400m: 8:25.31	
8.	Amilcar Filipe PIRES	40	212773	Ba-Leiria	9:38.33	9:15.83
	50m: 57.06 57.06	150m:		250m:	350m:	
	100m: 2:05.98 1:08.92	200m: 4:36.79		300m:	400m: 9:38.33	

45 - 54 anos

1.	Rodrigo Marques COSTA	48	11306	Litoral Alentejano	4:42.32	4:39.19
	50m: 32.04 32.04	150m:		250m:	350m:	
	100m: 1:06.86 34.82	200m: 2:18.49		300m:	400m: 4:42.32	
2.	João Paulo CANCELA	45		Clube Natacao Masters de Almada	5:05.41	5:00.00
	50m: 34.78 34.78	150m:		250m:	350m:	
	100m: 1:13.19 38.41	200m: 2:30.61		300m:	400m: 5:05.41	
3.	Carlos Neves CABRITA	53	212500	Ndco	5:12.53	5:11.49
	50m: 35.42 35.42	150m:		250m:	350m:	
	100m: 1:14.03 38.61	200m: 2:34.07		300m:	400m: 5:12.53	
4.	Paulo Alexandre SOUSA	52	106650	Lagoa Academico Clube	5:17.64	5:15.37
	50m: 35.67 35.67	150m:		250m:	350m:	
	100m: 1:13.92 38.25	200m: 2:33.89		300m:	400m: 5:17.64	
5.	Jose Manuel PEREIRA	54	203991	Pdem	5:38.69	5:34.65
	50m: 38.27 38.27	150m:		250m:	350m:	
	100m: 1:18.94 40.67	200m: 2:44.85		300m:	400m: 5:38.69	
6.	Joao Pedro LIMA	47	203990	Grupo dos Amigos da Natacao-AC	5:59.28	5:56.95
	50m: 40.23 40.23	150m:		250m:	350m:	
	100m: 1:24.31 44.08	200m: 2:54.66		300m:	400m: 5:59.28	
7.	Manuel Reis SOUSA	52	220066	Aquatico Silves	6:02.78	NT
	50m: 37.90 37.90	150m:		250m:	350m:	
	100m: 1:20.62 42.72	200m: 2:51.67		300m:	400m: 6:02.78	
8.	Nuno Telmo GONÇALVES	47	153534	Sporting	6:03.55	6:03.56
	50m: 39.31 39.31	150m:		250m:	350m:	
	100m: 1:22.17 42.86	200m: 2:53.55		300m:	400m: 6:03.55	
9.	Vitor Manuel PICARRA	47	218468	CNBE	6:17.15	6:20.28
	50m: 42.56 42.56	150m:		250m:	350m:	
	100m: 1:29.74 47.18	200m: 3:07.84		300m:	400m: 6:17.15	
10.	Nuno Silva AFONSO	45	201498	Académica de Coimbra	6:40.56	6:41.71
	50m: 40.98 40.98	150m:		250m:	350m:	
	100m: 1:28.08 47.10	200m: 3:09.63		300m:	400m: 6:40.56	
11.	Carlos Alberto MOTA	50	215806	Lagoa Academico Clube	7:09.22	7:33.58
	50m: 46.14 46.14	150m:		250m:	350m:	
	100m: 1:39.07 52.93	200m: 3:31.66		300m:	400m: 7:09.22	
12.	Paulo David GONCALVES	53	203884	Sfp	7:55.38	7:40.54
	50m: 50.43 50.43	150m:		250m:	350m:	
	100m: 1:47.26 56.83	200m: 3:49.85		300m:	400m: 7:55.38	

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Prova 2, Masc., 400m Livres

55 - 64 anos

1. Jaime Carlos BENTO	63	118614	Sport Algés e Dafundo	5:09.61	5:25.00
50m: 34.19 34.19	150m:		250m:	350m:	
100m: 1:11.96 37.77	200m: 2:31.28		300m:	400m: 5:09.61	
2. Paulo Paula CARVALHO	63	25645	Sporting	5:11.93	5:13.58
50m: 35.59 35.59	150m:		250m:	350m:	
100m: 1:14.89 39.30	200m: 2:36.11		300m:	400m: 5:11.93	
3. Carlos Jorge OLIVEIRA	60	11360	Clube Natacao Masters de Almada	5:18.07	5:17.50
50m: 35.39 35.39	150m:		250m:	350m:	
100m: 1:14.76 39.37	200m: 2:35.76		300m:	400m: 5:18.07	
4. Rui Miguel TEJO	55	104306	Académica de Coimbra	5:34.74	5:40.14
50m: 37.53 37.53	150m:		250m:	350m:	
100m: 1:18.34 40.81	200m: 2:43.47		300m:	400m: 5:34.74	
5. Gustavo Ferreira BASTO	57	103219	Galitos / Bresimar	5:40.51	5:45.41
50m: 35.80 35.80	150m:		250m:	350m:	
100m: 1:17.57 41.77	200m: 2:43.96		300m:	400m: 5:40.51	
6. Jorge Sequeira LIMA	57	10524	Eléctrico	5:59.03	5:50.00
50m: 38.53 38.53	150m:		250m:	350m:	
100m: 1:21.43 42.90	200m: 2:51.67		300m:	400m: 5:59.03	
7. Rui Manuel SILVA	60	109826	Académica de Coimbra	6:30.25	6:34.29
50m: 40.94 40.94	150m:		250m:	350m:	
100m: 1:26.51 45.57	200m: 3:02.97		300m:	400m: 6:30.25	
8. Paulo Miguel QUARESMA	57	209696	Aminata	6:40.50	6:42.72
50m: 39.96 39.96	150m:		250m:	350m:	
100m: 1:26.33 46.37	200m: 3:09.23		300m:	400m: 6:40.50	
9. Luis Filipe ALMEIDA	58	201324	Lps	7:09.46	7:40.87
50m: 49.68 49.68	150m:		250m:	350m:	
100m: 1:42.08 52.40	200m: 3:33.39		300m:	400m: 7:09.46	
10. Vitor Manuel CARDOSO	59	211850	Gesloures	7:17.51	8:03.03
50m: 45.17 45.17	150m:		250m:	350m:	
100m: 1:39.70 54.53	200m: 3:29.42		300m:	400m: 7:17.51	
11. Andre ARCTANDER	62		Lagoa Academico Clube	8:06.09	NT
50m: 53.48 53.48	150m:		250m:	350m:	
100m: 1:54.92 1:01.44	200m: 3:59.68		300m:	400m: 8:06.09	
12. Hans Dieter THIEMANN	58	153529	O2-Portimao	8:09.01	8:05.54
50m: 53.38 53.38	150m:		250m:	350m:	
100m: 1:56.26 1:02.88	200m: 4:01.70		300m:	400m: 8:09.01	
13. Paulo José Patrão PATRÃO	64	131909	Sport Algés e Dafundo	8:23.97	8:09.28
50m: 56.62 56.62	150m:		250m:	350m:	
100m: 1:59.65 1:03.03	200m: 4:12.81		300m:	400m: 8:23.97	
14. Joao Carlos NASCIMENTO	61	131910	O2-Portimao	8:26.38	8:07.09
50m: 53.33 53.33	150m:		250m:	350m:	
100m: 1:53.71 1:00.38	200m: 4:02.79		300m:	400m: 8:26.38	

65 - 74 anos

1. Vitor Manuel MAVIOSO	68	100689	Individual ANL	5:34.65	5:40.00
50m: 36.48 36.48	150m:		250m:	350m:	
100m: 1:17.38 40.90	200m: 2:43.14		300m:	400m: 5:34.65	
2. Carlos Manuel PORTO	73	207570	Sport Algés e Dafundo	7:28.01	7:57.00
50m: 51.30 51.30	150m:		250m:	350m:	
100m: 1:45.83 54.53	200m: 3:38.31		300m:	400m: 7:28.01	
3. Antonio Manuel TAVARES	73	100700	Sfp	8:00.95	8:12.76
50m: 56.02 56.02	150m:		250m:	350m:	
100m: 1:56.46 1:00.44	200m: 3:58.30		300m:	400m: 8:00.95	

11º Torneio Masters do Litoral Alentejano
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Prova 2, Masc., 400m Livres

75 anos e mais velhos

1. Antonio Carlos BATISTA	75	205092	FC Ferreiras/AlgarExperience	6:57.98	6:53.87
50m: 42.14 42.14	150m:		250m:	350m:	
100m: 1:32.12 49.98	200m: 3:18.12		300m:	400m: 6:57.98	
2. Luis Vidigal SALGUEIRO	79	119671	Sport Algés e Dafundo	7:46.53	8:00.00
50m: 52.70 52.70	150m:		250m:	350m:	
100m: 1:52.87 1:00.17	200m: 3:52.85		300m:	400m: 7:46.53	