

Prova 18 Masc., 400m Livres Master  
06/07/2024 - 10:37 Resultados

Rec Nac Masters 50m O	59:00.00					
Rec Nac Masters 50m N	20:28.01	COSTA, Virgilio Zacarias	AAC	Reguengos de Monsaraz		08/07/2022
Rec Nac Masters 50m M	13:24.11	TEIXEIRA, Joao Rodrigues	AAC	Coimbra		25/02/2024
Rec Nac Masters 50m L	9:25.42	RODRIGUES, Antonio Alexandre	AAC	Reguengos de Monsaraz		19/07/2019
Rec Nac Masters 50m K	6:31.90	DYSON, Stephen Thomas	SAD	Reguengos de Monsaraz		10/07/2022
Rec Nac Masters 50m J	5:53.42	DYSON, Stephen Thomas	SAD	Budapeste (HUN)		20/08/2017
Rec Nac Masters 50m I	5:51.59	DYSON, Stephen Thomas	INDANL	Reguengos de Monsaraz		30/06/2012
Rec Nac Masters 50m H	4:49.01	FREITAS, Jose Carlos	CLIP Teams	Doha (QAT)		28/02/2024
Rec Nac Masters 50m G	4:34.69	FREITAS, Jose Carlos	CFP	Loulé		14/07/2018
Rec Nac Masters 50m F	4:28.97	FREITAS, Jose Carlos	CFP	Kazan (RUS)		16/08/2015
Rec Nac Masters 50m E	4:27.36	FREITAS, Jose Carlos	CFP	Gotemburgo (SWE)		06/08/2010
Rec Nac Masters 50m D	4:33.43	CABRITA, Miguel Mendonca	SAD	Évora		05/07/2014
Rec Nac Masters 50m C	4:18.63	NIZ, Adriano Miguel	GDNFAMA	Rome (ITA)		29/08/2022
Rec Nac Masters 50m B	4:10.56	NIZ, Adriano Miguel	GDNVNF	London (GBR)		27/05/2016
Rec Nac Masters 50m A	4:12.44	NIZ, Adriano Miguel	GDNVNF	Kazan (RUS)		16/08/2015

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
<b>Master A</b>							
1.	CARDOSO, Joao Miguel		109124	Gesloures	<b>4:48.99</b>	654	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:06.97	200m: 2:19.45		300m: 3:34.33	400m: 4:48.99		
2.	MORIM, Ruben Jose		107935	Vilacondense	<b>4:51.79</b>	635	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:07.96	200m: 2:21.23		300m: 3:38.09	400m: 4:51.79		
3.	NEVES, Diogo Ferreira		108221	Natacao de Valongo	<b>4:53.07</b>	627	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:10.43	200m: 2:24.95		300m: 3:40.04	400m: 4:53.07		
4.	SOUSA, Rafael Goncalves		153436	CPCD Povia Sta Iria	<b>4:55.43</b>	612	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:12.40	200m: 2:29.05		300m: 3:44.64	400m: 4:55.43		
5.	CUNHA, David Lopes		120608	Lisboa PoolSharks	<b>4:57.48</b>	599	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:11.07	200m: 2:26.67		300m: 3:42.94	400m: 4:57.48		
6.	LAUREANO, Alexandre Miguel		105802	Ba-Leiria	<b>5:12.37</b>	518	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:07.63	200m: 2:27.27		300m: 3:50.06	400m: 5:12.37		
7.	SILVA, Daniel Fernando		221768	Ginasio Clube Portugues	<b>5:15.74</b>	501	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:13.71	200m: 2:31.11		300m: 3:53.68	400m: 5:15.74		
8.	NARIGUETA, Jorge Manuel		129549	Acmn	<b>5:17.51</b>	493	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:11.78	200m: 2:32.83		300m: 3:56.86	400m: 5:17.51		
9.	FERREIRA, Joao Pedro		111411	Natacao da Maia	<b>5:43.80</b>	388	-
	50m:	150m:		250m:	350m:		
	100m: 1:17.66	200m: 2:44.11		300m: 4:14.56	400m: 5:43.80		
10.	BORGES, Joao Rafael		126856	Penafiel	<b>5:51.66</b>	363	-
	50m:	150m:		250m:	350m:		
	100m: 1:20.92	200m: 2:48.38		300m: 4:20.40	400m: 5:51.66		
11.	MENDES, Joao Pedro		217057	CNLeiria	<b>6:20.50</b>	286	-
	50m:	150m:		250m:	350m:		
	100m: 1:27.18	200m: 3:05.32		300m: 4:44.83	400m: 6:20.50		

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
12.	ALVES, Rui Filipe		221965	CNLeiria	<b>8:17.91</b>	127	-
	50m:	150m:		250m:	350m:		
	100m: 1:55.55	200m: 4:06.06		300m: 6:15.85	400m: 8:17.91		

Master B

1.	RIBEIRO, Joao Paulo		10703	CNLeiria	<b>4:43.85</b>	671	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:07.15	200m: 2:18.72		300m: 3:31.49	400m: 4:43.85		
2.	ROQUE, Jorge Manuel		10760	Porto	<b>4:52.12</b>	615	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:10.39	200m: 2:25.22		300m: 3:40.28	400m: 4:52.12		
3.	LOPES, Pedro Frago		12075	Porto	<b>4:52.45</b>	613	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:10.43	200m: 2:25.01		300m: 3:40.14	400m: 4:52.45		
4.	FELICIO, Mario Nuno		205226	Ginasio Clube Portugues	<b>4:56.19</b>	590	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:10.19	200m: 2:24.95		300m: 3:40.50	400m: 4:56.19		
5.	SILVA, Lucas Monteiro		123687	Lisboa PoolSharks	<b>4:56.40</b>	589	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:09.36	200m: 2:22.58		300m: 3:38.30	400m: 4:56.40		
6.	MENESES, Goncalo Goncalves		204349	Braga	<b>5:04.28</b>	544	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:11.20	200m: 2:27.57		300m: 3:46.70	400m: 5:04.28		
7.	POLICARPO, Fabio Andre		219878	CPCD Povia Sta Iria	<b>5:18.73</b>	474	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:15.24	200m: 2:35.55		300m: 3:58.05	400m: 5:18.73		
8.	GOUVEIA, Jose Miguel		105902	Leixoes Sport Club	<b>5:39.49</b>	392	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:20.00	200m: 2:46.11		300m: 4:15.47	400m: 5:39.49		
9.	FREIRE, Tiago Alexandre		220965	Lisboa PoolSharks	<b>5:52.20</b>	351	-
	50m:	150m:		250m:	350m:		
	100m: 1:17.76	200m: 2:45.27		300m: 4:20.88	400m: 5:52.20		
10.	FERREIRA, Joao Pedro		221751	Acmn	<b>5:54.67</b>	344	-
	50m:	150m:		250m:	350m:		
	100m: 1:21.85	200m: 2:51.25		300m: 4:22.39	400m: 5:54.67		
11.	MOREIRA, Jose Luis		207903	Natacao da Maia	<b>6:06.12</b>	312	-
	50m:	150m:		250m:	350m:		
	100m: 1:22.86	200m: 2:55.68		300m: 4:32.14	400m: 6:06.12		
12.	SOUSA, Mauro Filipe		221624	CNLeiria	<b>6:33.11</b>	252	-
	50m:	150m:		250m:	350m:		
	100m: 1:27.46	200m: 3:05.43		300m: 4:49.19	400m: 6:33.11		
13.	FERREIRA, Tiago Andre		203935	Penafiel	<b>6:37.26</b>	244	-
	50m:	150m:		250m:	350m:		
	100m: 1:35.91	200m: 3:16.34		300m: 4:57.82	400m: 6:37.26		
14.	GONCALVES, Jorge Andre		221260	Sporting Clube Sao Joao Ver	<b>6:58.61</b>	209	-
	50m:	150m:		250m:	350m:		
	100m: 1:35.66	200m: 3:21.26		300m: 5:09.55	400m: 6:58.61		

Prova 18, Masc., 400m Livres

Master C

1. SILVA, Luis Filipe	16044	Leixoes Sport Club	<b>4:49.96</b>	692	9,00
50m:	150m:	250m:	350m:		
100m: 1:08.72	200m: 2:21.43	300m: 3:36.04	400m: 4:49.96		
2. GONCALVES, Filipe Gouveia	215265	Lisboa PoolSharks	<b>4:53.42</b>	668	7,00
50m:	150m:	250m:	350m:		
100m: 1:09.40	200m: 2:22.39	300m: 3:37.65	400m: 4:53.42		
3. NOLASCO, Nuno Maria	26204	Ginasio Clube Portugues	<b>4:56.20</b>	649	6,00
50m:	150m:	250m:	350m:		
100m: 1:09.88	200m: 2:24.17	300m: 3:40.01	400m: 4:56.20		
4. CAMPOS, Tiago Dourado	23051	Vilacondense	<b>5:24.59</b>	493	5,00
50m:	150m:	250m:	350m:		
100m: 1:15.10	200m: 2:37.69	300m: 4:01.86	400m: 5:24.59		
5. FERREIRA, Miguel Silva	23064	Vilacondense	<b>5:26.41</b>	485	4,00
50m:	150m:	250m:	350m:		
100m: 1:17.81	200m: 2:41.02	300m: 4:05.36	400m: 5:26.41		
6. FERREIRA, Francisco David	121874	Fluvial Portuense	<b>5:30.55</b>	467	3,00
50m:	150m:	250m:	350m:		
100m: 1:17.85	200m: 2:41.05	300m: 4:05.81	400m: 5:30.55		
7. MACHADO, Pedro Ricardo	216541	Famalicao	<b>5:35.80</b>	445	2,00
50m:	150m:	250m:	350m:		
100m: 1:17.38	200m: 2:40.35	300m: 4:07.31	400m: 5:35.80		
8. BELCHIOR, Bruno Miguel	222256	Benedita Sport Club Natacao	<b>5:40.44</b>	427	1,00
50m:	150m:	250m:	350m:		
100m: 1:18.53	200m: 2:46.02	300m: 4:15.57	400m: 5:40.44		
9. PINHO, Jose Pedro	10291	Leixoes Sport Club	<b>5:44.32</b>	413	-
50m:	150m:	250m:	350m:		
100m: 1:17.89	200m: 2:44.01	300m: 4:13.90	400m: 5:44.32		
10. ROSA, Jorge Luis	204882	Clube Nacional de Natacao	<b>5:45.26</b>	410	-
50m:	150m:	250m:	350m:		
100m: 1:22.93	200m: 2:50.89	300m: 4:19.48	400m: 5:45.26		
11. PRATAS, Diogo Marques	222496	Gafanha da Encarnacao	<b>6:01.55</b>	357	-
50m:	150m:	250m:	350m:		
100m: 1:18.77	200m: 2:51.32	300m: 4:28.80	400m: 6:01.55		
12. PINHEIRO, Andre Daniel	26068	Natacao da Maia	<b>6:09.75</b>	333	-
50m:	150m:	250m:	350m:		
100m: 1:22.34	200m: 2:51.58	300m: 4:29.18	400m: 6:09.75		
13. FERREIRA, Nuno Ricardo	213021	Estarreja/PROZINCO	<b>6:54.95</b>	236	-
50m:	150m:	250m:	350m:		
100m: 1:35.29	200m: 3:22.01	300m: 5:10.11	400m: 6:54.95		
14. BOGA, Pedro Nuno	221780	Porto	<b>7:05.26</b>	219	-
50m:	150m:	250m:	350m:		
100m: 1:38.06	200m: 3:28.71	300m: 5:20.14	400m: 7:05.26		

Prova 18, Masc., 400m Livres

Master D

1. FERREIRA, Ricardo Regufe	106877	Fluvial Portuense	<b>4:45.35</b>	708	9,00
50m:	150m:	250m:	350m:		
100m: 1:09.07	200m: 2:21.84	300m: 3:34.57	400m: 4:45.35		
2. PASSOS, Francisco Zamith	18082	Ginasio Sto. Tirso	<b>4:52.86</b>	655	7,00
50m:	150m:	250m:	350m:		
100m: 1:10.00	200m: 2:26.16	300m: 3:41.08	400m: 4:52.86		
3. NEVES, Jose Pedro	17203	Fluvial Portuense	<b>5:04.69</b>	581	6,00
50m:	150m:	250m:	350m:		
100m: 1:13.49	200m: 2:30.83	300m: 3:48.47	400m: 5:04.69		
4. MAIA, Bruno Cruz	130383	Ginasio Clube Portugues	<b>5:43.78</b>	405	5,00
50m:	150m:	250m:	350m:		
100m: 1:20.65	200m: 2:48.76	300m: 4:17.34	400m: 5:43.78		
5. RODRIGUES, Marcelo Porto	205613	Natacao de Valongo	<b>5:44.70</b>	401	4,00
50m:	150m:	250m:	350m:		
100m: 1:23.49	200m: 2:52.09	300m: 4:20.67	400m: 5:44.70		
6. CRUZ, Jose Antonio	220956	Adrcimm	<b>6:12.11</b>	319	3,00
50m:	150m:	250m:	350m:		
100m: 1:31.33	200m: 3:06.81	300m: 4:41.14	400m: 6:12.11		
7. RIBEIRO, Tiago Goncalo	112623	Pimpoes/Cimai	<b>6:12.35</b>	318	2,00
50m:	150m:	250m:	350m:		
100m: 1:23.28	200m: 2:58.03	300m: 4:34.91	400m: 6:12.35		
8. OLIVEIRA, Jorge Miguel	127982	Natacao de Valongo	<b>6:12.99</b>	317	1,00
50m:	150m:	250m:	350m:		
100m: 1:24.97	200m: 2:59.91	300m: 4:38.10	400m: 6:12.99		
9. REGO, Agostinho Alberto	121476	Vitoria Sport Clube	<b>6:17.83</b>	305	-
50m:	150m:	250m:	350m:		
100m: 1:27.40	200m: 3:03.74	300m: 4:41.77	400m: 6:17.83		
10. FANGUEIRO, Rui Neves	217801	Vilacondense	<b>6:35.46</b>	266	-
50m:	150m:	250m:	350m:		
100m: 1:32.09	200m: 3:13.80	300m: 4:58.03	400m: 6:35.46		
11. OLIVEIRA, Luis Miguel	100486	Lisboa PoolSharks	<b>6:39.85</b>	257	-
50m:	150m:	250m:	350m:		
100m: 1:27.82	200m: 3:06.79	300m: 4:53.71	400m: 6:39.85		
12. GONCALVES, Pedro Miguel	217808	Vilacondense	<b>7:00.49</b>	221	-
50m:	150m:	250m:	350m:		
100m: 1:33.27	200m: 3:19.35	300m: 5:10.51	400m: 7:00.49		
13. OLIVEIRA, Gabriel Antero	217754	Estarreja/PROZINCO	<b>7:21.61</b>	191	-
50m:	150m:	250m:	350m:		
100m: 1:39.95	200m: 3:32.21	300m: 5:27.12	400m: 7:21.61		
14. DIAS, Hugo Alexandre	213209	Ba-Leiria	<b>8:32.42</b>	122	-
50m:	150m:	250m:	350m:		
100m: 2:00.99	200m: 4:13.66	300m: 6:26.82	400m: 8:32.42		
15. PIRES, Amilcar Filipe	212773	Ba-Leiria	<b>10:20.09</b>	69	-
50m:	150m:	250m:	350m:		
100m: 2:19.72	200m: 4:59.88	300m: 7:45.09	400m: 10:20.09		

Prova 18, Masc., 400m Livres

Master E

1. BARBOSA, Celso Ruben	201888	Porto	<b>4:57.23</b>	640	9,00
50m:	150m:	250m:	350m:		
100m: 1:13.31	200m: 2:29.99	300m: 3:44.80	400m: 4:57.23		
2. PORTELA, Antonio Luis	218039	Fluvial Portuense	<b>5:04.79</b>	593	7,00
50m:	150m:	250m:	350m:		
100m: 1:12.15	200m: 2:28.65	300m: 3:47.41	400m: 5:04.79		
3. KULENKAMP, Gustav Jens	222180	ADSC	<b>5:26.69</b>	482	6,00
50m:	150m:	250m:	350m:		
100m: 1:11.10	200m: 2:34.42	300m: 4:02.54	400m: 5:26.69		
4. RUSSO, Daniel Dantas	215747	CPCD Povia Sta Iria	<b>5:30.95</b>	463	5,00
50m:	150m:	250m:	350m:		
100m: 1:17.71	200m: 2:40.02	300m: 4:05.14	400m: 5:30.95		
5. AITA, Cristian	213924	UD Oliveirense/FERSILVA	<b>5:48.74</b>	396	4,00
50m:	150m:	250m:	350m:		
100m: 1:25.66	200m: 2:54.91	300m: 4:23.72	400m: 5:48.74		
6. REIS, Marcio Leandro	216076	Fluvial Portuense	<b>5:56.86</b>	370	3,00
50m:	150m:	250m:	350m:		
100m: 1:25.79	200m: 2:56.14	300m: 4:27.73	400m: 5:56.86		
7. GOULAO, Carlos Soares	212344	Galitos / Bresimar	<b>6:02.01</b>	354	2,00
50m:	150m:	250m:	350m:		
100m: 1:22.45	200m: 2:53.17	300m: 4:27.81	400m: 6:02.01		
8. ROCHA, Andre Rosado	221749	Pimpoes/Cimai	<b>6:02.34</b>	353	1,00
50m:	150m:	250m:	350m:		
100m: 1:20.96	200m: 2:53.38	300m: 4:30.45	400m: 6:02.34		
9. SANTOS, Rui Alexandre	26110	Associacao Nadadores Estoris	<b>6:03.24</b>	350	-
50m:	150m:	250m:	350m:		
100m: 1:23.28	200m: 2:56.93	300m: 4:30.78	400m: 6:03.24		
10. SAEZ, Bruno Cena	220964	Lisboa PoolSharks	<b>6:04.65</b>	346	-
50m:	150m:	250m:	350m:		
100m: 1:25.03	200m: 2:58.46	300m: 4:35.10	400m: 6:04.65		
11. SANTOS, Urbino Jesus	20649	Penafiel	<b>6:09.58</b>	333	-
50m:	150m:	250m:	350m:		
100m: 1:27.95	200m: 3:01.93	300m: 4:36.97	400m: 6:09.58		
12. MORA, Luis Ricardo	212335	Academica de Coimbra	<b>6:18.45</b>	310	-
50m:	150m:	250m:	350m:		
100m: 1:24.02	200m: 3:01.52	300m: 4:40.95	400m: 6:18.45		
13. PONTES, Carlos Filipe	219965	Vilacondense	<b>6:27.45</b>	289	-
50m:	150m:	250m:	350m:		
100m: 1:31.51	200m: 3:08.32	300m: 4:48.64	400m: 6:27.45		
14. SERENO, Carlos Nuno	218559	Galitos / Bresimar	<b>6:52.86</b>	238	-
50m:	150m:	250m:	350m:		
100m: 1:29.79	200m: 3:14.55	300m: 5:04.49	400m: 6:52.86		
15. SANTOS, Paulo Viana	122497	Lagoa Academico Clube	<b>7:34.16</b>	179	-
50m:	150m:	250m:	350m:		
100m: 1:40.20	200m: 3:37.62	300m: 5:38.68	400m: 7:34.16		

Prova 18, Masc., 400m Livres

Master F

1. TEJO, Paulo Jorge	10830	Academica de Coimbra	<b>5:27.05</b>	545	9,00
50m:	150m:	250m:	350m:		
100m: 1:19.82	200m: 2:43.17	300m: 4:06.47	400m: 5:27.05		
2. BRAGA, Pedro Nuno	105530	Vilacondense	<b>5:36.59</b>	500	7,00
50m:	150m:	250m:	350m:		
100m: 1:22.15	200m: 2:46.76	300m: 4:13.10	400m: 5:36.59		
3. MACEDO, Joao Miguel	121593	Leixoes Sport Club	<b>5:36.76</b>	499	6,00
50m:	150m:	250m:	350m:		
100m: 1:17.21	200m: 2:44.16	300m: 4:12.27	400m: 5:36.76		
4. MARTINS, Marcelo Jose	219556	Fluvial Portuense	<b>5:38.79</b>	490	5,00
50m:	150m:	250m:	350m:		
100m: 1:18.73	200m: 2:45.60	300m: 4:15.59	400m: 5:38.79		
5. BARROS, Francisco Santos	108661	Porto	<b>5:51.95</b>	437	4,00
50m:	150m:	250m:	350m:		
100m: 1:22.19	200m: 2:51.99	300m: 4:22.64	400m: 5:51.95		
6. FERREIRA, Miguel Jose	119657	Leixoes Sport Club	<b>6:00.30</b>	407	3,00
50m:	150m:	250m:	350m:		
100m: 1:22.46	200m: 2:53.76	300m: 4:28.07	400m: 6:00.30		
7. PEREIRA, Jose Manuel	203991	Pdem	<b>6:06.10</b>	388	2,00
50m:	150m:	250m:	350m:		
100m: 1:24.35	200m: 2:58.96	300m: 4:32.64	400m: 6:06.10		
8. IDA, Hamilton Kenji	212656	Vitoria Sport Clube	<b>6:10.00</b>	376	1,00
50m:	150m:	250m:	350m:		
100m: 1:22.80	200m: 2:55.44	300m: 4:32.35	400m: 6:10.00		
9. NETO, Mario Assumpcao	218523	CNLeiria	<b>6:10.82</b>	374	-
50m:	150m:	250m:	350m:		
100m: 1:21.63	200m: 2:55.52	300m: 4:32.95	400m: 6:10.82		
10. VITORIANO, Francisco Miguel	14397	Sporting Club Caminhense	<b>6:11.51</b>	371	-
50m:	150m:	250m:	350m:		
100m: 1:27.12	200m: 3:03.20	300m: 4:39.53	400m: 6:11.51		
11. SOUSA, Manuel Reis	220066	Aquatico Silves	<b>6:13.22</b>	366	-
50m:	150m:	250m:	350m:		
100m: 1:25.32	200m: 3:00.34	300m: 4:37.78	400m: 6:13.22		
12. AZEVEDO, Pedro Jorge	215218	Porto	<b>6:41.29</b>	295	-
50m:	150m:	250m:	350m:		
100m: 1:31.63	200m: 3:11.84	300m: 4:57.23	400m: 6:41.29		
13. AMBRUS, Attila-Janos	213595	Universitario do Porto	<b>6:52.57</b>	271	-
50m:	150m:	250m:	350m:		
100m: 1:30.91	200m: 3:15.29	300m: 5:04.74	400m: 6:52.57		
14. GONCALVES, Vitor Hugo	221037	Fluvial Portuense	<b>7:03.25</b>	251	-
50m:	150m:	250m:	350m:		
100m: 1:39.55	200m: 3:28.93	300m: 5:18.94	400m: 7:03.25		
15. CARDOSO, Vitor Manuel	207728	Natacao de Valongo	<b>7:17.40</b>	227	-
50m:	150m:	250m:	350m:		
100m: 1:32.38	200m: 3:28.87	300m: 5:27.27	400m: 7:17.40		
16. CUNHA, Carlos Bastos	217800	Vilacondense	<b>7:42.91</b>	192	-
50m:	150m:	250m:	350m:		
100m: 1:42.29	200m: 3:43.19	300m: 5:46.16	400m: 7:42.91		



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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
17.	BORREGO, Hugo Alexandre		205001	Sporting Clube de Aveiro	<b>8:29.78</b>	143	-
	50m:	150m:		250m:	350m:		
	100m: 1:56.45	200m: 4:08.99		300m: 6:20.60	400m: 8:29.78		
18.	PEREIRA, Antonio Manuel		201104	Penafiel	<b>9:20.83</b>	108	-
	50m:	150m:		250m:	350m:		
	100m: 2:01.97	200m: 4:27.06		300m: 6:56.39	400m: 9:20.83		

Master G

1.	LETCHER, Richard Roy		221523	Associacao Nadadores Estoris	<b>5:19.16</b>	648	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:12.89	200m: 2:31.43		300m: 3:54.50	400m: 5:19.16		
2.	MARTINHO, Antonio Jorge		11176	Academica de Coimbra	<b>6:13.54</b>	404	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:25.29	200m: 3:00.00		300m: 4:38.43	400m: 6:13.54		
3.	ALMEIDA, Joao Ferrand		219517	Fluvial Portuense	<b>6:26.37</b>	365	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:31.40	200m: 3:10.18		300m: 4:48.53	400m: 6:26.37		
4.	SOUSA, Luis Manuel		14630	Fluvial Portuense	<b>6:30.16</b>	355	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:31.83	200m: 3:11.40		300m: 4:54.02	400m: 6:30.16		
5.	CARITA, Antonio Carlos		26503	Academica de Coimbra	<b>6:32.39</b>	349	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:31.64	200m: 3:12.37		300m: 4:54.94	400m: 6:32.39		
6.	OLIVEIRA, Paulo Fernando		220911	Nautico Marinha Grande	<b>6:40.33</b>	328	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:36.48	200m: 3:16.06		300m: 4:57.54	400m: 6:40.33		
7.	DIAS, Francisco Jose		117476	Lagoa Academico Clube	<b>6:40.40</b>	328	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:27.62	200m: 3:10.76		300m: 4:57.22	400m: 6:40.40		
8.	ALVES, Fernando Jose		208179	Salesianos	<b>6:43.20</b>	321	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:35.01	200m: 3:19.37		300m: 5:00.61	400m: 6:43.20		
9.	PEREIRA, Artur Jose		201508	Gesloures	<b>6:50.83</b>	304	-
	50m:	150m:		250m:	350m:		
	100m: 1:36.69	200m: 3:20.69		300m: 5:08.46	400m: 6:50.83		
10.	SANTINHA, Antonio Manuel		100477	Natacao Masters de Almada	<b>6:58.50</b>	287	-
	50m:	150m:		250m:	350m:		
	100m: 1:40.20	200m: 3:26.95		300m: 5:14.60	400m: 6:58.50		
11.	SIMOES, Joaquim Manuel		219709	Famalicao	<b>7:09.11</b>	266	-
	50m:	150m:		250m:	350m:		
	100m: 1:37.16	200m: 3:27.48		300m: 5:22.41	400m: 7:09.11		
12.	COSTA, Andre Vilhena		117247	Vilacondense	<b>7:18.77</b>	249	-
	50m:	150m:		250m:	350m:		
	100m: 1:38.95	200m: 3:33.10		300m: 5:29.78	400m: 7:18.77		
13.	ANTUNES, Luis Miguel		206896	Leixoes Sport Club	<b>7:20.86</b>	246	-
	50m:	150m:		250m:	350m:		
	100m: 1:44.25	200m: 3:39.96		300m: 5:32.80	400m: 7:20.86		

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
14.	LOUREIRO, Luis Miguel		205536	Fluvial Portuense	<b>7:27.74</b>	235	-
	50m:	150m:		250m:	350m:		
	100m: 1:44.06	200m: 3:38.33		300m: 5:34.10	400m: 7:27.74		
15.	FERNANDES, Celso Abreu		213521	Sporting Clube de Aveiro	<b>7:33.15</b>	226	-
	50m:	150m:		250m:	350m:		
	100m: 1:41.76	200m: 3:36.90		300m: 5:37.86	400m: 7:33.15		
16.	TRIGO, Daniel Castro		120704	Sporting Clube de Aveiro	<b>7:34.00</b>	225	-
	50m:	150m:		250m:	350m:		
	100m: 1:46.28	200m: 3:41.57		300m: 5:40.31	400m: 7:34.00		
17.	ALMEIDA, Luis Filipe		201324	Lisboa PoolSharks	<b>7:41.64</b>	214	-
	50m:	150m:		250m:	350m:		
	100m: 1:43.67	200m: 3:41.03		300m: 5:42.01	400m: 7:41.64		
18.	CARDOSO, Vitor Manuel		211850	Gesloures	<b>7:44.88</b>	209	-
	50m:	150m:		250m:	350m:		
	100m: 1:48.70	200m: 3:48.25		300m: 5:47.96	400m: 7:44.88		

Master H

1.	FREITAS, Jose Carlos		111877	Individual ANNP	<b>4:54.07</b>	1059	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:11.09	200m: 2:25.97		300m: 3:41.11	400m: 4:54.07		
2.	BENTO, Jaime Carlos		118614	Sport Alges e Dafundo	<b>5:33.68</b>	725	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:17.46	200m: 2:42.99		300m: 4:09.44	400m: 5:33.68		
3.	SOARES, Ralf Pinto		26786	Associacao Nadadores Estoris	<b>5:37.41</b>	701	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:19.01	200m: 2:43.45		300m: 4:10.65	400m: 5:37.41		
4.	SEABRA, Henrique Luis		125467	Fluvial Portuense	<b>6:09.75</b>	533	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:28.05	200m: 3:02.63		300m: 4:37.80	400m: 6:09.75		
5.	COSTA, Armando Joao		12262	Clube Desportivo Feirense	<b>6:19.56</b>	492	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:29.57	200m: 3:06.99		300m: 4:46.30	400m: 6:19.56		
6.	GRILO, Francisco Jose		215966	Braga	<b>7:03.14</b>	355	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:34.52	200m: 3:22.28		300m: 5:15.16	400m: 7:03.14		
7.	PINTO, Paulo Monteiro		211230	Porto	<b>8:13.24</b>	224	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:54.36	200m: 4:01.10		300m: 6:08.37	400m: 8:13.24		
8.	NEVES, Domingos Marques		202831	Natacao de Valongo	<b>8:23.64</b>	210	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:59.67	200m: 4:07.42		300m: 6:16.49	400m: 8:23.64		
9.	PEREIRA, Paulo Manuel		221162	Associacao Nadadores Estoris	<b>8:38.18</b>	193	-
	50m:	150m:		250m:	350m:		
	100m: 1:54.91	200m: 4:09.54		300m: 6:28.45	400m: 8:38.18		
10.	MOURAO, Luis Joao		209692	Natacao de Valongo	<b>8:45.09</b>	186	-
	50m:	150m:		250m:	350m:		
	100m: 2:00.95	200m: 4:15.34		300m: 6:35.78	400m: 8:45.09		



Prova 18, Masc., 400m Livres

Master I

1. MAVIOSO, Vitor Manuel	100689	Individual ANL	<b>6:01.00</b>	659	9,00
50m:	150m:	250m:	350m:		
100m: 1:24.35	200m: 2:55.59	300m: 4:31.78	400m: 6:01.00		
2. PINTO, Mario Jose	12387	Clube Uniao 1919	<b>6:24.25</b>	547	7,00
50m:	150m:	250m:	350m:		
100m: 1:32.16	200m: 3:11.13	300m: 4:49.22	400m: 6:24.25		
3. GONCALVES, Oscar Filipe	219154	Fluvial Portuense	<b>6:44.64</b>	468	6,00
50m:	150m:	250m:	350m:		
100m: 1:37.92	200m: 3:23.32	300m: 5:06.91	400m: 6:44.64		
4. ROCHA, Paulo Jorge	208405	Fluvial Portuense	<b>7:14.39</b>	378	5,00
50m:	150m:	250m:	350m:		
100m: 1:40.56	200m: 3:32.14	300m: 5:27.58	400m: 7:14.39		
5. VIEIRA, Luis Filipe	221307	Obidos Criativa	<b>7:19.66</b>	365	4,00
50m:	150m:	250m:	350m:		
100m: 1:37.94	200m: 3:25.39	300m: 5:23.18	400m: 7:19.66		
6. FERREIRA, Jose Antonio	214085	Leixoes Sport Club	<b>7:21.11</b>	361	3,00
50m:	150m:	250m:	350m:		
100m: 1:44.42	200m: 3:37.60	300m: 5:33.32	400m: 7:21.11		
7. AGUIAR, Ricardo Portella	218370	Porto	<b>8:24.24</b>	242	2,00
50m:	150m:	250m:	350m:		
100m: 2:06.08	200m: 4:20.13	300m: 6:26.82	400m: 8:24.24		
8. NETO, Manuel Filipe	218680	Estarreja/PROZINCO	<b>9:44.20</b>	155	1,00
50m:	150m:	250m:	350m:		
100m: 2:09.93	200m: 4:45.61	300m: 7:20.87	400m: 9:44.20		

Master J

1. CORREIA, Carlos Augusto	100466	Natacao Masters de Almada	<b>7:05.74</b>	447	9,00
50m:	150m:	250m:	350m:		
100m: 1:43.68	200m: 3:33.13	300m: 5:21.58	400m: 7:05.74		
2. FERREIRA, Domingos Jose	209351	Sporting de Espinho	<b>7:06.55</b>	445	7,00
50m:	150m:	250m:	350m:		
100m: 1:35.94	200m: 3:27.64	300m: 5:20.58	400m: 7:06.55		
3. SOARES, Manuel Edgar	129129	O2-Portimao	<b>7:30.22</b>	378	6,00
50m:	150m:	250m:	350m:		
100m: 1:46.26	200m: 3:42.94	300m: 5:40.36	400m: 7:30.22		
4. JUNIOR, Edison Mello	211913	Estarreja/PROZINCO	<b>7:41.53</b>	351	5,00
50m:	150m:	250m:	350m:		
100m: 1:53.66	200m: 3:53.67	300m: 5:50.90	400m: 7:41.53		
5. COSTA, Francisco Jose	222493	Fluvial Portuense	<b>9:14.32</b>	202	4,00
50m:	150m:	250m:	350m:		
100m: 2:04.90	200m: 4:28.39	300m: 6:53.03	400m: 9:14.32		

Master K

1. DYSON, Stephen Thomas	109270	Sport Alges e Dafundo	<b>7:08.82</b>	515	9,00
50m:	150m:	250m:	350m:		
100m: 1:43.77	200m: 3:34.54	300m: 5:22.79	400m: 7:08.82		

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
2.	SALGUEIRO, Luis Vidigal		119671	Sport Alges e Dafundo	<b>8:39.79</b>	289	7,00
	50m:	150m:		250m:	350m:		
	100m: 2:05.20	200m: 4:21.18		300m: 6:36.27	400m: 8:39.79		
3.	COSTA, Antonio Goncalves		131590	Fluvial Portuense	<b>11:37.49</b>	119	6,00
	50m:	150m:		250m:	350m:		
	100m: 2:45.61	200m: 5:50.06		300m: 8:51.05	400m: 11:37.49		

Master L

1.	INGOLFSRUD, Geir			Toensberg	<b>7:59.48</b>	442	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:55.29	200m: 3:57.25		300m: 6:00.12	400m: 7:59.48		

Master M

DSQ	TEIXEIRA, Joao Rodrigues		100127	Academica de Coimbra			-
	404 - Falsa partida - SW 4.4						