

Prova 2 Master  
04/07/2024 - 16:15 Resultados  
Masc., 800m Livres

Rec Nac Masters 50m O	59:00.00								
Rec Nac Masters 50m N	42:38.51	COSTA, Virgilio Zacarias	AAC	Reguengos de Monsaraz				08/07/2022	
Rec Nac Masters 50m M	28:07.08	TEIXEIRA, Joao Rodrigues	AAC	Coimbra				25/02/2024	
Rec Nac Masters 50m L	19:35.63	RODRIGUES, Antonio Alexandre	AAC	Reguengos de Monsaraz				19/07/2019	
Rec Nac Masters 50m K	13:28.27	DYSON, Stephen Thomas	SAD	Póvoa de Varzim				26/02/2022	
Rec Nac Masters 50m J	12:08.51	DYSON, Stephen Thomas	SAD	Budapeste (HUN)				14/08/2017	
Rec Nac Masters 50m I	12:03.06	CORREIA, Alberto Vaz	FS	Póvoa de Varzim				22/02/2020	
Rec Nac Masters 50m H	9:50.23	FREITAS, Jose Carlos	CNLA	Kyushu (JPN)				05/08/2023	
Rec Nac Masters 50m G	9:23.23	FREITAS, Jose Carlos	CFP	Loulé				13/07/2018	
Rec Nac Masters 50m F	9:16.56	FREITAS, Jose Carlos	CFP	Montreal (CAN)				03/08/2014	
Rec Nac Masters 50m E	9:11.17	FREITAS, Jose Carlos	CFP	Oeiras				01/07/2011	
Rec Nac Masters 50m D	9:44.98	COSTA, Rodrigo Marques	CNLA	Budapeste (HUN)				14/08/2017	
Rec Nac Masters 50m C	9:06.02	SILVA, Pedro Miguel	CFV	Oeiras				01/07/2011	
Rec Nac Masters 50m B	8:53.01	SILVA, Pedro Miguel	CFV	Coimbra				20/06/2009	
Rec Nac Masters 50m A	8:46.63	SILVA, Pedro Miguel	ADRCIMM	Reguengos de Monsaraz				19/07/2019	

Lugar Nome Tempo Final  
Master A DSV Pts

1. NEVES, Diogo Ferreira	108221	Natacao de Valongo	<b>10:11.67</b>	618	9,00
100m: 1:11.40	300m: 3:43.65	1:16.73 500m: 6:19.14	1:18.25 700m: 8:56.81	1:18.70	
200m: 2:26.92	400m: 5:00.89	1:17.24 600m: 7:38.11	1:18.97 800m: 10:11.67	1:14.86	
2. LAUREANO, Alexandre Miguel	105802	Ba-Leiria	<b>10:50.45</b>	514	7,00
100m: 1:11.01	300m: 3:51.94	1:21.60 500m: 6:39.30	1:24.07 700m: 9:29.03	1:24.88	
200m: 2:30.34	400m: 5:15.23	1:23.29 600m: 8:04.15	1:24.85 800m: 10:50.45	1:21.42	
3. GUIMARAES, Nuno Henrique	119147	Natacao de Valongo	<b>11:03.64</b>	484	6,00
100m: 1:15.24	300m: 3:53.52	1:20.62 500m: 6:43.26	1:26.58 700m: 9:39.14	1:27.46	
200m: 2:32.90	400m: 5:16.68	1:23.16 600m: 8:11.68	1:28.42 800m: 11:03.64	1:24.50	
4. FERREIRA, Joao Pedro	111411	Natacao da Maia	<b>11:38.67</b>	415	5,00
100m: 1:22.10	300m: 4:15.36	1:27.32 500m: 7:12.42	1:28.77 700m: 10:11.08	1:29.96	
200m: 2:48.04	400m: 5:43.65	1:28.29 600m: 8:41.12	1:28.70 800m: 11:38.67	1:27.59	
5. TORRE, Carlos Alberto	216326	Braga	<b>12:24.96</b>	342	4,00
100m: 1:19.83	300m: 4:24.69	1:34.26 500m: 7:37.17	1:36.00 700m: 10:53.39	1:37.28	
200m: 2:50.43	400m: 6:01.17	1:36.48 600m: 9:16.11	1:38.94 800m: 12:24.96	1:31.57	
6. BERNARDES, Jose Pedro	110572	UD Oliveirense/FERSILVA	<b>14:26.01</b>	218	3,00
100m: 1:27.86	300m: 4:52.42	1:46.36 500m: 8:38.20	1:54.62 700m: 12:32.06	1:57.76	
200m: 3:06.06	400m: 6:43.58	1:51.16 600m: 10:34.30	1:56.10 800m: 14:26.01	1:53.95	
7. ROCHA, Joao Castro	212348	Fluvial Portuense	<b>17:18.06</b>	126	2,00
100m: 1:57.29	300m: 6:20.04	2:12.13 500m: 10:45.05	2:12.09 700m: 15:08.17	2:10.81	
200m: 4:07.91	400m: 8:32.96	2:12.92 600m: 12:57.36	2:12.31 800m: 17:18.06	2:09.89	

Master B

1. RIBEIRO, Joao Paulo	10703	CNLeiria	<b>9:57.74</b>	545	9,00
100m: 1:10.32	300m: 3:38.67	1:14.79 500m: 6:09.21	1:15.83 700m: 8:43.43	1:16.93	
200m: 2:23.88	400m: 4:53.38	1:14.71 600m: 7:26.50	1:17.29 800m: 9:57.74	1:14.31	
2. LOPES, Pedro Fragoso	12075	Porto	<b>10:02.54</b>	532	7,00
100m: 1:10.71	300m: 3:40.24	1:15.51 500m: 6:13.31	1:16.58 700m: 8:47.61	1:17.27	
200m: 2:24.73	400m: 4:56.73	1:16.49 600m: 7:30.34	1:17.03 800m: 10:02.54	1:14.93	
3. FELICIO, Mario Nuno	205226	Ginasio Clube Portugues	<b>10:10.62</b>	512	6,00
100m: 1:11.81	300m: 3:43.06	1:16.09 500m: 6:18.95	1:18.32 700m: 8:55.83	1:18.54	
200m: 2:26.97	400m: 5:00.63	1:17.57 600m: 7:37.29	1:18.34 800m: 10:10.62	1:14.79	

Prova 2, Masc., 800m Livres, Master B

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	MENESES, Goncalo Goncalves		204349	Braga	<b>10:38.87</b>	447	5,00
	100m: 1:12.20 1:12.20	300m: 3:47.94	1:19.20	500m: 6:32.16 1:22.51	700m: 9:19.71 1:24.14		
	200m: 2:28.74 1:16.54	400m: 5:09.65	1:21.71	600m: 7:55.57 1:23.41	800m: 10:38.87 1:19.16		
5.	COSTA, Mario Joao		15622	Famalicao	<b>10:46.68</b>	431	4,00
	100m: 1:17.70 1:17.70	300m: 3:57.56	1:19.96	500m: 6:40.73 1:22.21	700m: 9:27.14 1:22.67		
	200m: 2:37.60 1:19.90	400m: 5:18.52	1:20.96	600m: 8:04.47 1:23.74	800m: 10:46.68 1:19.54		
6.	MORIARTY, Michael John		222410	Fluvial Portuense	<b>11:04.40</b>	397	3,00
	100m: 1:16.99 1:16.99	300m: 4:03.39	1:24.02	500m: 6:51.93 1:23.86	700m: 9:42.14 1:24.96		
	200m: 2:39.37 1:22.38	400m: 5:28.07	1:24.68	600m: 8:17.18 1:25.25	800m: 11:04.40 1:22.26		
7.	BAPTISTA, Filipe Jose		107614	Sporting Clube Sao Joao Ver	<b>11:04.46</b>	397	2,00
	100m: 1:14.63 1:14.63	300m: 3:57.76	1:22.71	500m: 6:47.62 1:24.99	700m: 9:39.94 1:26.67		
	200m: 2:35.05 1:20.42	400m: 5:22.63	1:24.87	600m: 8:13.27 1:25.65	800m: 11:04.46 1:24.52		
8.	POLICARPO, Fabio Andre		219878	CPCD Povia Sta Iria	<b>11:04.74</b>	396	1,00
	100m: 1:13.66 1:13.66	300m: 3:59.76	1:24.78	500m: 6:51.22 1:26.09	700m: 9:42.58 1:25.21		
	200m: 2:34.98 1:21.32	400m: 5:25.13	1:25.37	600m: 8:17.37 1:26.15	800m: 11:04.74 1:22.16		
9.	SANTOS, Telmo Almeida		103746	Sporting Clube Sao Joao Ver	<b>12:00.75</b>	311	-
	100m: 1:22.17 1:22.17	300m: 4:21.80	1:30.42	500m: 7:25.89 1:32.65	700m: 10:32.27 1:33.52		
	200m: 2:51.38 1:29.21	400m: 5:53.24	1:31.44	600m: 8:58.75 1:32.86	800m: 12:00.75 1:28.48		
10.	MOREIRA, Jose Luis		207903	Natacao da Maia	<b>12:18.91</b>	289	-
	100m: 1:24.43 1:24.43	300m: 4:25.53	1:31.97	500m: 7:37.10 1:36.02	700m: 10:48.15 1:35.91		
	200m: 2:53.56 1:29.13	400m: 6:01.08	1:35.55	600m: 9:12.24 1:35.14	800m: 12:18.91 1:30.76		

Master C

1.	GONCALVES, Filipe Gouveia		215265	Lisboa PoolSharks	<b>10:12.93</b>	667	9,00
	100m: 1:11.55 1:11.55	300m: 3:44.27	1:17.16	500m: 6:19.61 1:17.89	700m: 8:56.75 1:18.67		
	200m: 2:27.11 1:15.56	400m: 5:01.72	1:17.45	600m: 7:38.08 1:18.47	800m: 10:12.93 1:16.18		
2.	SILVA, Luis Filipe		16044	Leixoes Sport Club	<b>10:18.70</b>	648	7,00
	100m: 1:11.00 1:11.00	300m: 3:42.81	1:16.52	500m: 6:19.88 1:18.89	700m: 8:59.68 1:19.92		
	200m: 2:26.29 1:15.29	400m: 5:00.99	1:18.18	600m: 7:39.76 1:19.88	800m: 10:18.70 1:19.02		
3.	NEVES, Luis Miguel		23046	Vilacondense	<b>10:53.17</b>	551	6,00
	100m: 1:19.53 1:19.53	300m: 4:04.75	1:22.42	500m: 6:49.48 1:23.52	700m: 9:33.38 1:22.23		
	200m: 2:42.33 1:22.80	400m: 5:25.96	1:21.21	600m: 8:11.15 1:21.67	800m: 10:53.17 1:19.79		
4.	MAIA, Jorge Manuel		23220	Famalicao	<b>11:14.16</b>	501	5,00
	100m: 1:12.24 1:12.24	300m: 3:55.52	1:24.22	500m: 6:50.58 1:28.72	700m: 9:46.34 1:28.17		
	200m: 2:31.30 1:19.06	400m: 5:21.86	1:26.34	600m: 8:18.17 1:27.59	800m: 11:14.16 1:27.82		
5.	FERREIRA, Francisco David		121874	Fluvial Portuense	<b>11:34.28</b>	458	4,00
	100m: 1:18.65 1:18.65	300m: 4:09.04	1:26.40	500m: 7:05.40 1:29.06	700m: 10:05.48 1:30.43		
	200m: 2:42.64 1:23.99	400m: 5:36.34	1:27.30	600m: 8:35.05 1:29.65	800m: 11:34.28 1:28.80		
6.	MACHADO, Pedro Ricardo		216541	Famalicao	<b>11:46.56</b>	435	3,00
	100m: 1:18.45 1:18.45	300m: 4:10.62	1:27.72	500m: 7:11.15 1:30.63	700m: 10:15.49 1:32.35		
	200m: 2:42.90 1:24.45	400m: 5:40.52	1:29.90	600m: 8:43.14 1:31.99	800m: 11:46.56 1:31.07		
7.	DIAS, Rafael Devesa		222402	Galitos / Bresimar	<b>11:52.88</b>	423	2,00
	100m: 1:19.13 1:19.13	300m: 4:17.48	1:31.30	500m: 7:20.91 1:31.86	700m: 10:24.08 1:31.19		
	200m: 2:46.18 1:27.05	400m: 5:49.05	1:31.57	600m: 8:52.89 1:31.98	800m: 11:52.88 1:28.80		
8.	PRATAS, Diogo Marques		222496	Gafanha da Encarnacao	<b>12:22.68</b>	374	1,00
	100m: 1:23.58 1:23.58	300m: 4:33.30	1:34.52	500m: 7:45.66 1:36.59	700m: 10:51.91 1:32.53		
	200m: 2:58.78 1:35.20	400m: 6:09.07	1:35.77	600m: 9:19.38 1:33.72	800m: 12:22.68 1:30.77		

Prova 2, Masc., 800m Livres, Master C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
9.	MARICATO, Luis Carlos		217939	Naval de Ponta Delgada	<b>13:40.70</b>	277	-
	100m: 1:34.28 1:34.28	300m: 4:56.08	1:41.56	500m: 8:21.98 1:44.07	700m: 11:54.57	1:46.99	
	200m: 3:14.52 1:40.24	400m: 6:37.91	1:41.83	600m: 10:07.58 1:45.60	800m: 13:40.70	1:46.13	
10.	LETRA, Ricardo Jorge		212130	Vieirense	<b>13:59.09</b>	260	-
	100m: 1:36.39 1:36.39	300m: 5:10.25	1:48.42	500m: 8:46.27 1:47.98	700m: 12:18.79	1:45.65	
	200m: 3:21.83 1:45.44	400m: 6:58.29	1:48.04	600m: 10:33.14 1:46.87	800m: 13:59.09	1:40.30	
11.	BOGA, Pedro Nuno		221780	Porto	<b>14:27.69</b>	235	-
	100m: 1:40.42 1:40.42	300m: 5:19.83	1:51.35	500m: 9:04.26 1:52.92	700m: 12:47.25	1:50.20	
	200m: 3:28.48 1:48.06	400m: 7:11.34	1:51.51	600m: 10:57.05 1:52.79	800m: 14:27.69	1:40.44	
12.	ROCHA, Helder Tomas		203931	Penafiel	<b>14:49.29</b>	218	-
	100m: 1:39.56 1:39.56	300m: 5:25.65	1:55.26	500m: 9:14.14 1:54.53	700m: 13:01.26	1:53.59	
	200m: 3:30.39 1:50.83	400m: 7:19.61	1:53.96	600m: 11:07.67 1:53.53	800m: 14:49.29	1:48.03	

Master D

1.	FERREIRA, Ricardo Regufe		106877	Fluvial Portuense	<b>9:56.01</b>	689	9,00
	100m: 1:12.01 1:12.01	300m: 3:40.47	1:14.22	500m: 6:10.93 1:15.55	700m: 8:42.56	1:15.99	
	200m: 2:26.25 1:14.24	400m: 4:55.38	1:14.91	600m: 7:26.57 1:15.64	800m: 9:56.01	1:13.45	
2.	PASSOS, Francisco Zamith		18082	Ginasio Sto. Tirso	<b>9:58.84</b>	679	7,00
	100m: 1:10.91 1:10.91	300m: 3:39.87	1:15.02	500m: 6:12.66 1:16.58	700m: 8:46.87	1:16.95	
	200m: 2:24.85 1:13.94	400m: 4:56.08	1:16.21	600m: 7:29.92 1:17.26	800m: 9:58.84	1:11.97	
3.	COURAS, Ivan Mauricio		10232	Fluvial Portuense	<b>10:11.42</b>	638	6,00
	100m: 1:12.48 1:12.48	300m: 3:44.29	1:16.64	500m: 6:19.63 1:18.16	700m: 8:56.63	1:17.82	
	200m: 2:27.65 1:15.17	400m: 5:01.47	1:17.18	600m: 7:38.81 1:19.18	800m: 10:11.42	1:14.79	
4.	NEVES, Jose Pedro		17203	Fluvial Portuense	<b>10:38.04</b>	561	5,00
	100m: 1:13.58 1:13.58	300m: 3:51.69	1:20.21	500m: 6:33.40 1:21.03	700m: 9:16.43	1:21.82	
	200m: 2:31.48 1:17.90	400m: 5:12.37	1:20.68	600m: 7:54.61 1:21.21	800m: 10:38.04	1:21.61	
5.	RODRIGUES, Marcelo Porto		205613	Natacao de Valongo	<b>11:49.40</b>	408	4,00
	100m: 1:23.38 1:23.38	300m: 4:22.80	1:29.85	500m: 7:24.65 1:30.81	700m: 10:26.83	1:30.32	
	200m: 2:52.95 1:29.57	400m: 5:53.84	1:31.04	600m: 8:56.51 1:31.86	800m: 11:49.40	1:22.57	
6.	CRUZ, Jose Antonio		220956	Adrcimm	<b>12:38.82</b>	334	3,00
	100m: 1:30.96 1:30.96	300m: 4:42.76	1:36.82	500m: 7:57.22 1:37.61	700m: 11:04.12	1:31.87	
	200m: 3:05.94 1:34.98	400m: 6:19.61	1:36.85	600m: 9:32.25 1:35.03	800m: 12:38.82	1:34.70	
7.	FERNANDES, Carlos Gustavo		221036	Fluvial Portuense	<b>13:42.04</b>	262	2,00
	100m: 1:24.53 1:24.53	300m: 4:43.66	1:42.89	500m: 8:20.17 1:48.82	700m: 11:58.89	1:49.41	
	200m: 3:00.77 1:36.24	400m: 6:31.35	1:47.69	600m: 10:09.48 1:49.31	800m: 13:42.04	1:43.15	
8.	OLIVEIRA, Gabriel Antero		217754	Estarreja/PROZINCO	<b>15:15.14</b>	190	1,00
	100m: 1:42.43 1:42.43	300m: 5:31.08	1:56.09	500m: 9:24.45 1:57.22	700m: 13:19.31	1:57.55	
	200m: 3:34.99 1:52.56	400m: 7:27.23	1:56.15	600m: 11:21.76 1:57.31	800m: 15:15.14	1:55.83	
9.	DIAS, Hugo Alexandre		213209	Ba-Leiria	<b>17:57.63</b>	116	-
	100m: 2:04.51 2:04.51	300m: 6:37.61	2:16.44	500m: 11:12.19 2:18.56	700m: 15:49.26	2:18.88	
	200m: 4:21.17 2:16.66	400m: 8:53.63	2:16.02	600m: 13:30.38 2:18.19	800m: 17:57.63	2:08.37	
10.	PIRES, Amilcar Filipe		212773	Ba-Leiria	<b>20:45.40</b>	75	-
	100m: 2:12.70 2:12.70	300m: 7:26.29	2:38.08	500m: 12:47.58 2:40.21	700m: 18:10.54	2:39.51	
	200m: 4:48.21 2:35.51	400m: 10:07.37	2:41.08	600m: 15:31.03 2:43.45	800m: 20:45.40	2:34.86	

Prova 2, Masc., 800m Livres

Master E

1. PACHECO, Luis Daniel	14613	Alcobaca	<b>10:34.64</b>	582	9,00
100m: 1:14.64 1:14.64	300m: 3:53.58 1:20.21	500m: 6:34.86 1:20.54	700m: 9:17.28 1:21.11	800m: 10:34.64 1:17.36	
200m: 2:33.37 1:18.73	400m: 5:14.32 1:20.74	600m: 7:56.17 1:21.31			
2. PORTELA, Antonio Luis	218039	Fluvial Portuense	<b>10:37.12</b>	575	7,00
100m: 1:12.62 1:12.62	300m: 3:47.84 1:18.67	500m: 6:30.28 1:21.69	700m: 9:16.37 1:23.64	800m: 10:37.12 1:20.75	
200m: 2:29.17 1:16.55	400m: 5:08.59 1:20.75	600m: 7:52.73 1:22.45			
3. SANTOS, Alexandre Miguel	219470	Fluvial Portuense	<b>10:40.54</b>	566	6,00
100m: 1:16.17 1:16.17	300m: 3:53.90 1:19.31	500m: 6:35.70 1:21.11	700m: 9:18.77 1:21.33	800m: 10:40.54 1:21.77	
200m: 2:34.59 1:18.42	400m: 5:14.59 1:20.69	600m: 7:57.44 1:21.74			
4. SANTOS, Bruno Miguel	14631	Universitario do Porto	<b>11:19.78</b>	474	5,00
100m: 1:16.44 1:16.44	300m: 4:02.62 1:24.94	500m: 6:57.89 1:28.25	700m: 9:54.56 1:27.55	800m: 11:19.78 1:25.22	
200m: 2:37.68 1:21.24	400m: 5:29.64 1:27.02	600m: 8:27.01 1:29.12			
5. RUSSO, Daniel Dantas	215747	CPCD Povia Sta Iria	<b>11:28.90</b>	455	4,00
100m: 1:19.18 1:19.18	300m: 4:08.85 1:25.53	500m: 7:03.07 1:28.03	700m: 10:00.47 1:29.31	800m: 11:28.90 1:28.43	
200m: 2:43.32 1:24.14	400m: 5:35.04 1:26.19	600m: 8:31.16 1:28.09			
6. TROVISCO, Pedro Nuno	217791	Natacao da Maia	<b>12:15.39</b>	374	3,00
100m: 1:23.03 1:23.03	300m: 4:27.57 1:33.79	500m: 7:38.24 1:35.81	700m: 10:46.51 1:33.71	800m: 12:15.39 1:28.88	
200m: 2:53.78 1:30.75	400m: 6:02.43 1:34.86	600m: 9:12.80 1:34.56			
7. REIS, Marcio Leandro	216076	Fluvial Portuense	<b>12:21.45</b>	365	2,00
100m: 1:26.92 1:26.92	300m: 4:29.83 1:32.58	500m: 7:42.00 1:36.02	700m: 10:50.63 1:34.39	800m: 12:21.45 1:30.82	
200m: 2:57.25 1:30.33	400m: 6:05.98 1:36.15	600m: 9:16.24 1:34.24			
8. GOULAO, Carlos Soares	212344	Galitos / Bresimar	<b>12:26.30</b>	358	1,00
100m: 1:23.12 1:23.12	300m: 4:28.96 1:33.75	500m: 7:39.92 1:35.94	700m: 10:54.22 1:36.88	800m: 12:26.30 1:32.08	
200m: 2:55.21 1:32.09	400m: 6:03.98 1:35.02	600m: 9:17.34 1:37.42			
9. SANTOS, Urbino Jesus	20649	Penafiel	<b>12:50.45</b>	325	-
100m: 1:30.51 1:30.51	300m: 4:47.83 1:39.55	500m: 8:04.34 1:37.56	700m: 11:16.50 1:35.83	800m: 12:50.45 1:33.95	
200m: 3:08.28 1:37.77	400m: 6:26.78 1:38.95	600m: 9:40.67 1:36.33			
10. SERENO, Carlos Nuno	218559	Galitos / Bresimar	<b>14:02.27</b>	249	-
100m: 1:33.96 1:33.96	300m: 5:05.98 1:48.31	500m: 8:47.11 1:49.62	700m: 12:20.12 1:46.57	800m: 14:02.27 1:42.15	
200m: 3:17.67 1:43.71	400m: 6:57.49 1:51.51	600m: 10:33.55 1:46.44			
11. OLIVEIRA, David Jose	203952	Alcobaca	<b>16:15.05</b>	160	-
100m: 1:49.43 1:49.43	300m: 5:53.20 2:03.04	500m: 10:01.03 2:04.33	700m: 14:10.68 2:05.20	800m: 16:15.05 2:04.37	
200m: 3:50.16 2:00.73	400m: 7:56.70 2:03.50	600m: 12:05.48 2:04.45			

Master F

1. TEJO, Paulo Jorge	10830	Academica de Coimbra	<b>11:15.69</b>	542	9,00
100m: 1:20.18 1:20.18	300m: 4:08.44 1:24.83	500m: 6:59.10 1:25.86	700m: 9:52.87 1:26.94	800m: 11:15.69 1:22.82	
200m: 2:43.61 1:23.43	400m: 5:33.24 1:24.80	600m: 8:25.93 1:26.83			
2. BRAGA, Pedro Nuno	105530	Vilacondense	<b>11:44.68</b>	478	7,00
100m: 1:20.58 1:20.58	300m: 4:15.76 1:28.65	500m: 7:15.79 1:30.48	700m: 10:17.31 1:30.54	800m: 11:44.68 1:27.37	
200m: 2:47.11 1:26.53	400m: 5:45.31 1:29.55	600m: 8:46.77 1:30.98			
3. FESTAS, Joao Saldanha	218809	Clube Nacional de Natacao	<b>12:01.20</b>	446	6,00
100m: 1:18.05 1:18.05	300m: 4:09.19 1:26.46	500m: 7:09.37 1:32.19	700m: 10:22.02 1:37.07	800m: 12:01.20 1:39.18	
200m: 2:42.73 1:24.68	400m: 5:37.18 1:27.99	600m: 8:44.95 1:35.58			
4. BARROS, Francisco Santos	108661	Porto	<b>12:01.42</b>	445	5,00
100m: 1:23.41 1:23.41	300m: 4:27.15 1:32.47	500m: 7:31.69 1:31.97	700m: 10:35.00 1:31.61	800m: 12:01.42 1:26.42	
200m: 2:54.68 1:31.27	400m: 5:59.72 1:32.57	600m: 9:03.39 1:31.70			

Prova 2, Masc., 800m Livres, Master F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
5.	AITA, Aleksandro		214136	UD Oliveirense/FERSILVA	<b>12:09.26</b>	431	4,00
	100m: 1:25.92 1:25.92	300m: 4:27.65	1:31.18	500m: 7:30.87	1:31.66	700m: 10:38.42	1:34.34
	200m: 2:56.47 1:30.55	400m: 5:59.21	1:31.56	600m: 9:04.08	1:33.21	800m: 12:09.26	1:30.84
6.	FERREIRA, Miguel Jose		119657	Leixoes Sport Club	<b>12:35.60</b>	388	3,00
	100m: 1:28.05 1:28.05	300m: 4:41.55	1:37.48	500m: 7:53.43	1:35.35	700m: 11:03.14	1:34.06
	200m: 3:04.07 1:36.02	400m: 6:18.08	1:36.53	600m: 9:29.08	1:35.65	800m: 12:35.60	1:32.46
7.	IDA, Hamilton Kenji		212656	Vitoria Sport Clube	<b>12:41.69</b>	378	2,00
	100m: 1:29.69 1:29.69	300m: 4:41.74	1:36.36	500m: 7:58.03	1:38.56	700m: 11:10.56	1:35.43
	200m: 3:05.38 1:35.69	400m: 6:19.47	1:37.73	600m: 9:35.13	1:37.10	800m: 12:41.69	1:31.13
8.	SA, Nuno Manuel		201376	Fluvial Portuense	<b>13:02.36</b>	349	1,00
	100m: 1:33.87 1:33.87	300m: 4:50.75	1:37.41	500m: 8:10.78	1:40.67	700m: 11:28.67	1:38.31
	200m: 3:13.34 1:39.47	400m: 6:30.11	1:39.36	600m: 9:50.36	1:39.58	800m: 13:02.36	1:33.69
9.	BARBOSA, Joao Maria		219155	Fluvial Portuense	<b>13:02.67</b>	349	-
	100m: 1:30.63 1:30.63	300m: 4:49.82	1:39.80	500m: 8:08.98	1:39.53	700m: 11:28.82	1:39.88
	200m: 3:10.02 1:39.39	400m: 6:29.45	1:39.63	600m: 9:48.94	1:39.96	800m: 13:02.67	1:33.85
10.	AZEVEDO, Pedro Jorge		215218	Porto	<b>13:22.98</b>	323	-
	100m: 1:33.17 1:33.17	300m: 4:52.68	1:41.60	500m: 8:17.52	1:42.89	700m: 11:44.01	1:43.18
	200m: 3:11.08 1:37.91	400m: 6:34.63	1:41.95	600m: 10:00.83	1:43.31	800m: 13:22.98	1:38.97
11.	GONCALVES, Camilo Moreira		106812	UD Oliveirense/FERSILVA	<b>14:24.53</b>	259	-
	100m: 1:33.67 1:33.67	300m: 5:07.70	1:50.38	500m: 8:53.55	1:53.36	700m: 12:37.52	1:51.98
	200m: 3:17.32 1:43.65	400m: 7:00.19	1:52.49	600m: 10:45.54	1:51.99	800m: 14:24.53	1:47.01
12.	AMBRUS, Attila-Janos		213595	Universitario do Porto	<b>14:30.94</b>	253	-
	100m: 1:37.01 1:37.01	300m: 5:11.25	1:49.91	500m: 8:59.05	1:54.54	700m: 12:49.12	1:54.85
	200m: 3:21.34 1:44.33	400m: 7:04.51	1:53.26	600m: 10:54.27	1:55.22	800m: 14:30.94	1:41.82
13.	RUAO, Nelson Vergilio		221724	Natacao da Maia	<b>14:38.12</b>	247	-
	100m: 1:42.25 1:42.25	300m: 5:19.67	1:49.52	500m: 9:04.74	1:53.03	700m: 12:50.97	1:52.60
	200m: 3:30.15 1:47.90	400m: 7:11.71	1:52.04	600m: 10:58.37	1:53.63	800m: 14:38.12	1:47.15
14.	BRANDAO, Diogo Folhadela		219553	Fluvial Portuense	<b>14:44.96</b>	241	-
	100m: 1:39.47 1:39.47	300m: 5:22.72	1:53.55	500m: 9:08.88	1:52.67	700m: 12:54.90	1:52.96
	200m: 3:29.17 1:49.70	400m: 7:16.21	1:53.49	600m: 11:01.94	1:53.06	800m: 14:44.96	1:50.06
15.	GUEDES, Jorge Miguel		131932	Fluvial Portuense	<b>15:30.66</b>	207	-
	100m: 1:43.68 1:43.68	300m: 5:36.76	1:57.90	500m: 9:35.75	1:59.67	700m: 13:35.72	2:00.09
	200m: 3:38.86 1:55.18	400m: 7:36.08	1:59.32	600m: 11:35.63	1:59.88	800m: 15:30.66	1:54.94
16.	REIS, Vitor Santos		210274	Alcobaca	<b>18:16.71</b>	126	-
	100m: 2:10.07 2:10.07	300m: 6:47.33	2:18.43	500m: 11:22.64	2:16.55	700m: 16:01.06	2:18.28
	200m: 4:28.90 2:18.83	400m: 9:06.09	2:18.76	600m: 13:42.78	2:20.14	800m: 18:16.71	2:15.65

Master G

1.	LETCHER, Richard Roy		221523	Associacao Nadadores Estoris	<b>10:40.05</b>	695	9,00
	100m: 1:12.49 1:12.49	300m: 3:48.63	1:18.80	500m: 6:30.31	1:21.34	700m: 9:16.89	1:23.49
	200m: 2:29.83 1:17.34	400m: 5:08.97	1:20.34	600m: 7:53.40	1:23.09	800m: 10:40.05	1:23.16
2.	BASTO, Gustavo Ferreira		103219	Galitos / Bresimar	<b>12:35.37</b>	423	7,00
	100m: 1:24.12 1:24.12	300m: 4:30.59	1:34.95	500m: 7:45.38	1:37.99	700m: 11:02.36	1:38.92
	200m: 2:55.64 1:31.52	400m: 6:07.39	1:36.80	600m: 9:23.44	1:38.06	800m: 12:35.37	1:33.01
3.	CARITA, Antonio Carlos		26503	Academica de Coimbra	<b>13:07.01</b>	374	6,00
	100m: 1:30.02 1:30.02	300m: 4:48.35	1:39.48	500m: 8:09.32	1:40.89	700m: 11:29.49	1:39.89
	200m: 3:08.87 1:38.85	400m: 6:28.43	1:40.08	600m: 9:49.60	1:40.28	800m: 13:07.01	1:37.52

Prova 2, Masc., 800m Livres, Master G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	ALMEIDA, Joao Ferrand		219517	Fluvial Portuense	<b>13:08.66</b>	371	5,00
	100m: 1:26.81 1:26.81	300m: 4:42.49	1:39.46	500m: 8:04.29	1:41.43	700m: 11:29.17	1:42.68
	200m: 3:03.03 1:36.22	400m: 6:22.86	1:40.37	600m: 9:46.49	1:42.20	800m: 13:08.66	1:39.49
5.	SOUSA, Luis Manuel		14630	Fluvial Portuense	<b>13:33.83</b>	338	4,00
	100m: 1:32.73 1:32.73	300m: 4:54.50	1:42.53	500m: 8:22.52	1:44.84	700m: 11:56.60	1:45.15
	200m: 3:11.97 1:39.24	400m: 6:37.68	1:43.18	600m: 10:11.45	1:48.93	800m: 13:33.83	1:37.23
6.	ALVES, Fernando Jose		208179	Salesianos	<b>13:54.27</b>	314	3,00
	100m: 1:38.19 1:38.19	300m: 5:12.44	1:47.16	500m: 8:42.27	1:42.90	700m: 12:12.05	1:45.50
	200m: 3:25.28 1:47.09	400m: 6:59.37	1:46.93	600m: 10:26.55	1:44.28	800m: 13:54.27	1:42.22
7.	ALMEIDA, Francisco Olazabal		214049	Fluvial Portuense	<b>14:49.97</b>	258	2,00
	100m: 1:39.36 1:39.36	300m: 5:21.66	1:51.22	500m: 9:08.86	1:53.71	700m: 12:58.12	1:54.98
	200m: 3:30.44 1:51.08	400m: 7:15.15	1:53.49	600m: 11:03.14	1:54.28	800m: 14:49.97	1:51.85
8.	LOUREIRO, Luis Miguel		205536	Fluvial Portuense	<b>14:54.83</b>	254	1,00
	100m: 1:42.08 1:42.08	300m: 5:26.38	1:52.27	500m: 9:15.15	1:54.26	700m: 13:02.42	1:53.82
	200m: 3:34.11 1:52.03	400m: 7:20.89	1:54.51	600m: 11:08.60	1:53.45	800m: 14:54.83	1:52.41
9.	FERNANDES, Celso Abreu		213521	Sporting Clube de Aveiro	<b>15:36.85</b>	221	-
	100m: 1:44.79 1:44.79	300m: 5:38.70	1:59.42	500m: 9:41.53	2:02.29	700m: 13:43.21	2:01.04
	200m: 3:39.28 1:54.49	400m: 7:39.24	2:00.54	600m: 11:42.17	2:00.64	800m: 15:36.85	1:53.64

Master H

1.	FREITAS, Jose Carlos		111877	Individual ANNP	<b>9:58.40</b>	1143	9,00
	100m: 1:12.26 1:12.26	300m: 3:42.72	1:15.63	500m: 6:14.74	1:16.14	700m: 8:46.45	1:15.59
	200m: 2:27.09 1:14.83	400m: 4:58.60	1:15.88	600m: 7:30.86	1:16.12	800m: 9:58.40	1:11.95
2.	BENTO, Jaime Carlos		118614	Sport Alges e Dafundo	<b>11:15.59</b>	794	7,00
	100m: 1:18.96 1:18.96	300m: 4:08.14	1:25.36	500m: 7:01.45	1:26.39	700m: 9:54.17	1:25.50
	200m: 2:42.78 1:23.82	400m: 5:35.06	1:26.92	600m: 8:28.67	1:27.22	800m: 11:15.59	1:21.42
3.	OLIVEIRA, Carlos Jorge		11360	Natacao Masters de Almada	<b>11:20.95</b>	775	6,00
	100m: 1:19.49 1:19.49	300m: 4:10.74	1:26.54	500m: 7:03.64	1:26.15	700m: 9:57.28	1:26.85
	200m: 2:44.20 1:24.71	400m: 5:37.49	1:26.75	600m: 8:30.43	1:26.79	800m: 11:20.95	1:23.67
4.	SOARES, Ralf Pinto		26786	Associacao Nadadores Estoris	<b>11:40.20</b>	713	5,00
	100m: 1:18.43 1:18.43	300m: 4:11.59	1:27.52	500m: 7:10.66	1:29.75	700m: 10:11.17	1:30.48
	200m: 2:44.07 1:25.64	400m: 5:40.91	1:29.32	600m: 8:40.69	1:30.03	800m: 11:40.20	1:29.03
5.	SEABRA, Henrique Luis		125467	Fluvial Portuense	<b>12:40.00</b>	558	4,00
	100m: 1:24.47 1:24.47	300m: 4:34.21	1:35.18	500m: 7:46.95	1:36.57	700m: 11:01.78	1:37.98
	200m: 2:59.03 1:34.56	400m: 6:10.38	1:36.17	600m: 9:23.80	1:36.85	800m: 12:40.00	1:38.22
6.	COSTA, Armando Joao		12262	Clube Desportivo Feirense	<b>12:55.32</b>	525	3,00
	100m: 1:28.98 1:28.98	300m: 4:47.93	1:40.00	500m: 8:05.65	1:38.39	700m: 11:22.41	1:38.00
	200m: 3:07.93 1:38.95	400m: 6:27.26	1:39.33	600m: 9:44.41	1:38.76	800m: 12:55.32	1:32.91
7.	CARVALHO, Vitor Borges		14392	Viana Natacao	<b>14:34.86</b>	365	2,00
	100m: 1:39.82 1:39.82	300m: 5:21.19	1:51.86	500m: 9:04.48	1:51.10	700m: 12:46.70	1:50.78
	200m: 3:29.33 1:49.51	400m: 7:13.38	1:52.19	600m: 10:55.92	1:51.44	800m: 14:34.86	1:48.16
8.	AMARAL, Jose Rui		206897	Fluvial Portuense	<b>14:44.06</b>	354	1,00
	100m: 1:42.04 1:42.04	300m: 5:27.01	1:52.69	500m: 9:12.57	1:53.09	700m: 12:59.88	1:52.18
	200m: 3:34.32 1:52.28	400m: 7:19.48	1:52.47	600m: 11:07.70	1:55.13	800m: 14:44.06	1:44.18
9.	SANTOS, Manuel Fernando		204895	Gafanha da Encarnacao	<b>15:50.04</b>	285	-
	100m: 1:49.07 1:49.07	300m: 5:45.92	1:57.75	500m: 9:49.26	2:02.05	700m: 13:51.81	2:01.06
	200m: 3:48.17 1:59.10	400m: 7:47.21	2:01.29	600m: 11:50.75	2:01.49	800m: 15:50.04	1:58.23

Prova 2, Masc., 800m Livres, Master H

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
10.	NEVES, Domingos Marques		202831	Natacao de Valongo	<b>16:18.29</b>	261	-
	100m: 1:50.21 1:50.21	300m: 5:58.24	2:05.36	500m: 10:06.34	2:04.15	700m: 14:17.14	2:05.49
	200m: 3:52.88 2:02.67	400m: 8:02.19	2:03.95	600m: 12:11.65	2:05.31	800m: 16:18.29	2:01.15
11.	MOURAO, Luis Joao		209692	Natacao de Valongo	<b>17:39.94</b>	205	-
	100m: 2:04.17 2:04.17	300m: 6:29.86	2:14.75	500m: 10:58.68	2:13.55	700m: 15:29.93	2:14.60
	200m: 4:15.11 2:10.94	400m: 8:45.13	2:15.27	600m: 13:15.33	2:16.65	800m: 17:39.94	2:10.01
12.	PINTO, Fernando Manuel		131365	Fluvial Portuense	<b>18:36.80</b>	175	-
	100m: 2:06.74 2:06.74	300m: 6:51.02	2:22.78	500m: 11:40.77	2:24.33	700m: 16:25.18	2:22.08
	200m: 4:28.24 2:21.50	400m: 9:16.44	2:25.42	600m: 14:03.10	2:22.33	800m: 18:36.80	2:11.62
13.	ALVES, Joao Cesar		214253	Fluvial Portuense	<b>19:05.39</b>	163	-
	100m: 2:13.98 2:13.98	300m: 6:57.12	2:22.12	500m: 11:49.23	2:26.39	700m: 16:44.29	2:29.82
	200m: 4:35.00 2:21.02	400m: 9:22.84	2:25.72	600m: 14:14.47	2:25.24	800m: 19:05.39	2:21.10

Master I

1.	MAVIOSO, Vitor Manuel		100689	Individual ANL	<b>12:24.28</b>	656	9,00
	100m: 1:23.36 1:23.36	300m: 4:27.58	1:33.33	500m: 7:39.02	1:36.68	700m: 10:53.06	1:36.95
	200m: 2:54.25 1:30.89	400m: 6:02.34	1:34.76	600m: 9:16.11	1:37.09	800m: 12:24.28	1:31.22
2.	PINTO, Mario Jose		12387	Clube Uniao 1919	<b>13:01.50</b>	566	7,00
	100m: 1:32.00 1:32.00	300m: 4:47.76	1:38.64	500m: 8:08.68	1:40.89	700m: 11:26.42	1:37.26
	200m: 3:09.12 1:37.12	400m: 6:27.79	1:40.03	600m: 9:49.16	1:40.48	800m: 13:01.50	1:35.08
3.	ROCHA, Paulo Jorge		208405	Fluvial Portuense	<b>14:54.97</b>	377	6,00
	100m: 1:45.39 1:45.39	300m: 5:33.92	1:54.57	500m: 9:24.21	1:55.68	700m: 13:11.74	1:53.81
	200m: 3:39.35 1:53.96	400m: 7:28.53	1:54.61	600m: 11:17.93	1:53.72	800m: 14:54.97	1:43.23
4.	RAPOSO, Jose Alexandre		131484	Sporting Clube de Aveiro	<b>17:13.72</b>	244	5,00
	100m: 2:05.61 2:05.61	300m: 6:27.41	2:12.31	500m: 10:50.24	2:12.14	700m: 15:09.73	2:09.22
	200m: 4:15.10 2:09.49	400m: 8:38.10	2:10.69	600m: 13:00.51	2:10.27	800m: 17:13.72	2:03.99

Master J

1.	CORREIA, Carlos Augusto		100466	Natacao Masters de Almada	<b>14:36.62</b>	494	9,00
	100m: 1:42.28 1:42.28	300m: 5:22.76	1:50.84	500m: 9:07.37	1:52.66	700m: 12:49.56	1:52.02
	200m: 3:31.92 1:49.64	400m: 7:14.71	1:51.95	600m: 10:57.54	1:50.17	800m: 14:36.62	1:47.06
2.	FERREIRA, Domingos Jose		209351	Sporting de Espinho	<b>14:39.77</b>	488	7,00
	100m: 1:42.66 1:42.66	300m: 5:23.36	1:51.49	500m: 9:07.46	1:52.40	700m: 12:50.24	1:50.57
	200m: 3:31.87 1:49.21	400m: 7:15.06	1:51.70	600m: 10:59.67	1:52.21	800m: 14:39.77	1:49.53
3.	PORTO, Carlos Manuel		207570	Sport Alges e Dafundo	<b>15:40.61</b>	400	6,00
	100m: 1:52.30 1:52.30	300m: 5:51.32	1:59.56	500m: 9:50.41	1:58.65	700m: 13:45.99	1:57.29
	200m: 3:51.76 1:59.46	400m: 7:51.76	2:00.44	600m: 11:48.70	1:58.29	800m: 15:40.61	1:54.62
4.	SANTOS, Jose Goncalves		133236	Sporting Clube de Aveiro	<b>17:50.02</b>	271	5,00
	100m: 2:01.37 2:01.37	300m: 6:29.79	2:15.69	500m: 11:08.94	2:20.08	700m: 15:40.98	2:15.78
	200m: 4:14.10 2:12.73	400m: 8:48.86	2:19.07	600m: 13:25.20	2:16.26	800m: 17:50.02	2:09.04
5.	COSTA, Francisco Jose		222493	Fluvial Portuense	<b>19:28.37</b>	208	4,00
	100m: 2:12.83 2:12.83	300m: 7:12.01	2:27.93	500m: 12:16.07	2:31.73	700m: 17:13.78	2:29.24
	200m: 4:44.08 2:31.25	400m: 9:44.34	2:32.33	600m: 14:44.54	2:28.47	800m: 19:28.37	2:14.59
6.	PEREIRA, Alberto Ribeiro		222557	Fluvial Portuense	<b>22:33.71</b>	134	3,00
	100m: 2:28.40 2:28.40	300m: 8:09.28	2:53.03	500m: 14:00.25	2:55.77	700m: 19:48.14	2:52.92
	200m: 5:16.25 2:47.85	400m: 11:04.48	2:55.20	600m: 16:55.22	2:54.97	800m: 22:33.71	2:45.57

Prova 2, Masc., 800m Livres

Master K

1. SALGUEIRO, Luis Vidigal	119671	Sport Alges e Dafundo	<b>17:50.42</b>	323	9,00
100m: 2:10.05 2:10.05	300m: 6:40.35 2:15.39	500m: 11:14.25 2:17.87	700m: 15:46.93 2:17.26		
200m: 4:24.96 2:14.91	400m: 8:56.38 2:16.03	600m: 13:29.67 2:15.42	800m: 17:50.42 2:03.49		
2. VIEGAS, Luis Silveira	104917	Sport Alges e Dafundo	<b>18:32.12</b>	288	7,00
100m: 2:11.65 2:11.65	300m: 6:56.81 2:23.13	500m: 11:41.64 2:22.18	700m: 16:23.45 2:19.52		
200m: 4:33.68 2:22.03	400m: 9:19.46 2:22.65	600m: 14:03.93 2:22.29	800m: 18:32.12 2:08.67		
3. CABRAL, Luis Pereira	129152	Academica de Coimbra	<b>20:34.55</b>	210	6,00
100m: 2:20.48 2:20.48	300m: 7:33.45 2:37.41	500m: 12:46.71 2:38.60	700m: 18:02.10 2:37.18		
200m: 4:56.04 2:35.56	400m: 10:08.11 2:34.66	600m: 15:24.92 2:38.21	800m: 20:34.55 2:32.45		

Master L

1. INGOLFSRUD, Geir		Toensberg	<b>16:17.04</b>	508	9,00
100m: 1:54.84 1:54.84	300m: 6:00.91 2:03.81	500m: 10:10.83 2:04.47	700m: 14:19.86 2:04.22		
200m: 3:57.10 2:02.26	400m: 8:06.36 2:05.45	600m: 12:15.64 2:04.81	800m: 16:17.04 1:57.18		