

Prova 39 Masc., 400m Estilos Master Resultados
07/07/2024 - 14:25

Rec Nac Masters 50m L	59:00.00									
Rec Nac Masters 50m K	10:04.38	TEIXEIRA, Joao Rodrigues	AAC	Loulé						29/06/2013
Rec Nac Masters 50m J	6:59.74	BASTO, Antonio Bessone	SAD	Loulé						08/07/2016
Rec Nac Masters 50m I	6:45.48	MAVIOSO, Vitor Manuel	SAD	Loulé						04/06/2023
Rec Nac Masters 50m H	5:58.46	CARVALHO, Paulo Paula	SCP	Famalicão						11/07/2021
Rec Nac Masters 50m G	5:40.75	CARVALHO, Paulo Paula	SCP	Budapeste (HUN)						16/08/2017
Rec Nac Masters 50m F	5:36.42	CARVALHO, Paulo Paula	SFUAP	Loulé						03/07/2015
Rec Nac Masters 50m E	5:28.81	FREITAS, Jose Carlos	CFP	Oeiras						02/07/2011
Rec Nac Masters 50m D	5:16.30	NUNES, Rodolfo Pereira	GESP	Montreal (CAN)						05/08/2014
Rec Nac Masters 50m C	5:00.06	SEVIERI, Eduardo Ferreira	FCP	S. Joao da Madeira						09/07/2023
Rec Nac Masters 50m B	4:43.37	PINOTES, Pedro Miguel	SCP	Reguengos de Monsaraz						19/07/2019
Rec Nac Masters 50m A	4:47.39	GONCALVES, Andre Bras	CFB	Loulé						03/07/2015

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Master A							
1.	AFONSECA, Andre Filipe	+0,86	117795	Gafanha da Encarnacao	5:21.36	700	9,00
	50m: 32.50 32.50	150m: 1:53.27	42.63	250m: 3:23.64	48.77	350m: 4:47.61	37.02
	100m: 1:10.64 38.14	200m: 2:34.87	41.60	300m: 4:10.59	46.95	400m: 5:21.36	33.75
2.	NEVES, Diogo Ferreira	+0,88	108221	Natacao de Valongo	5:21.61	698	7,00
	50m: 32.56 32.56	150m: 1:54.00	43.10	250m: 3:22.23	46.79	350m: 4:46.03	36.63
	100m: 1:10.90 38.34	200m: 2:35.44	41.44	300m: 4:09.40	47.17	400m: 5:21.61	35.58
3.	ROCHA, Vitor Samuel	+0,68	107743	Aquatico Pacense	5:23.11	689	6,00
	50m: 31.78 31.78	150m: 1:52.96	43.42	250m: 3:21.17	46.12	350m: 4:46.34	39.10
	100m: 1:09.54 37.76	200m: 2:35.05	42.09	300m: 4:07.24	46.07	400m: 5:23.11	36.77
4.	CUNHA, David Lopes	+0,79	120608	Lisboa PoolSharks	5:40.37	589	5,00
	50m: 32.82 32.82	150m:		250m:		350m: 5:04.39	37.26
	100m: 1:14.25 41.43	200m: 2:43.41		300m: 4:27.13		400m: 5:40.37	35.98
5.	SILVA, Pedro Manuel	+0,76	104505	Ginasio Sto. Tirso	5:57.35	509	4,00
	50m: 32.83 32.83	150m: 2:05.76	52.31	250m: 3:47.80	51.76	350m: 5:19.72	40.63
	100m: 1:13.45 40.62	200m: 2:56.04	50.28	300m: 4:39.09	51.29	400m: 5:57.35	37.63
6.	SILVA, Daniel Fernando	+0,84	221768	Ginasio Clube Portugues	6:00.08	497	3,00
	50m: 37.08 37.08	150m: 2:09.05	46.34	250m: 3:48.29	50.62	350m: 5:22.92	43.64
	100m: 1:22.71 45.63	200m: 2:57.67	48.62	300m: 4:39.28	50.99	400m: 6:00.08	37.16
7.	FOCKE, Filipe Esteves	+0,92	104675	Lagoa Academico Clube	6:17.17	433	2,00
	50m: 37.11 37.11	150m: 2:13.31	50.31	250m: 3:55.15	52.78	350m: 5:35.07	47.19
	100m: 1:23.00 45.89	200m: 3:02.37	49.06	300m: 4:47.88	52.73	400m: 6:17.17	42.10
8.	MACHADO, Pedro Afonso	+0,79	117565	Ginasio Clube Portugues	6:17.80	431	1,00
	50m: 36.27 36.27	150m: 2:11.05	49.80	250m: 3:56.71	56.28	350m: 5:36.04	42.10
	100m: 1:21.25 44.98	200m: 3:00.43	49.38	300m: 4:53.94	57.23	400m: 6:17.80	41.76
9.	TORRE, Carlos Alberto	+0,84	216326	Braga	6:44.82	350	-
	50m: 37.43 37.43	150m: 2:22.30	54.03	250m: 4:14.69	55.26	350m: 6:00.73	48.62
	100m: 1:28.27 50.84	200m: 3:19.43	57.13	300m: 5:12.11	57.42	400m: 6:44.82	44.09
10.	ROCHA, Joao Castro		212348	Fluvial Portuense	7:40.75	237	-
	50m: 50.60 50.60	150m: 2:41.57	54.39	250m: 4:39.44	1:00.65	350m: 6:40.81	1:00.16
	100m: 1:47.18 56.58	200m: 3:38.79	57.22	300m: 5:40.65	1:01.21	400m: 7:40.75	59.94
11.	MARQUES, Alexandre Filipe	+0,92	219820	Naval de Peniche	8:57.46	149	-
	50m: 54.76 54.76	150m: 3:21.50	1:20.07	250m: 5:53.07	1:11.41	350m: 8:03.46	59.69
	100m: 2:01.43 1:06.67	200m: 4:41.66	1:20.16	300m: 7:03.77	1:10.70	400m: 8:57.46	54.00

Prova 39, Masc., 400m Estilos

Master B

1. RIBEIRO, Joao Paulo	+0,73	10703	CNLeiria	5:22.68	611	9,00	
50m: 31.87	31.87	150m: 1:56.35	46.02	250m: 3:25.51	45.02	350m: 4:48.88	37.36
100m: 1:10.33	38.46	200m: 2:40.49	44.14	300m: 4:11.52	46.01	400m: 5:22.68	33.80
2. MENESES, Goncalo Goncalve	+0,87	204349	Braga	5:40.32	521	7,00	
50m: 32.48	32.48	150m: 1:55.62	43.69	250m: 3:28.13	49.12	350m: 5:00.12	40.58
100m: 1:11.93	39.45	200m: 2:39.01	43.39	300m: 4:19.54	51.41	400m: 5:40.32	40.20
3. FELICIO, Mario Nuno	+0,87	205226	Ginasio Clube Portugues	5:40.33	521	6,00	
50m: 33.73	33.73	150m: 1:59.47	45.94	250m: 3:35.37	48.90	350m: 5:02.87	37.76
100m: 1:13.53	39.80	200m: 2:46.47	47.00	300m: 4:25.11	49.74	400m: 5:40.33	37.46
4. CARVALHO, Joao Carlos	+0,86	25338	Lisboa PoolSharks	5:47.50	489	5,00	
50m: 33.45	33.45	150m: 2:02.03	48.36	250m: 3:38.49	47.64	350m: 5:07.97	39.98
100m: 1:13.67	40.22	200m: 2:50.85	48.82	300m: 4:27.99	49.50	400m: 5:47.50	39.53
5. BRAS, Pedro Miguel	+0,72	23964	Vitoria Sport Clube	6:12.02	399	4,00	
50m: 35.50	35.50	150m: 2:06.94	51.36	250m: 3:50.38	54.16	350m: 5:27.77	42.37
100m: 1:15.58	40.08	200m: 2:56.22	49.28	300m: 4:45.40	55.02	400m: 6:12.02	44.25
6. MOREIRA, Jose Luis	+0,83	207903	Natacao da Maia	6:45.00	309	3,00	
50m: 42.81	42.81	150m: 2:33.86	57.55	250m: 4:24.61	52.24	350m: 6:02.53	42.68
100m: 1:36.31	53.50	200m: 3:32.37	58.51	300m: 5:19.85	55.24	400m: 6:45.00	42.47

Master C

1. GONCALVES, Filipe Gouveia	+0,86	215265	Lisboa PoolSharks	5:23.94	680	9,00	
50m: 33.37	33.37	150m: 1:57.72	44.40	250m: 3:27.26	45.69	350m: 4:49.43	36.08
100m: 1:13.32	39.95	200m: 2:41.57	43.85	300m: 4:13.35	46.09	400m: 5:23.94	34.51
2. NEVES, Luis Miguel	+0,78	23046	Vilacondense	5:51.48	533	7,00	
50m: 33.51	33.51	150m: 2:02.22	49.62	250m: 3:43.47	52.59	350m: 5:14.45	39.81
100m: 1:12.60	39.09	200m: 2:50.88	48.66	300m: 4:34.64	51.17	400m: 5:51.48	37.03
3. ROSA, Jorge Luis	+0,90	204882	Clube Nacional de Natacao	6:06.80	468	6,00	
50m: 38.67	38.67	150m: 2:14.00	51.52	250m: 3:53.33	49.87	350m: 5:26.59	43.50
100m: 1:22.48	43.81	200m: 3:03.46	49.46	300m: 4:43.09	49.76	400m: 6:06.80	40.21
4. CAMPOS, Tiago Dourado	+0,79	23051	Vilacondense	6:09.83	457	5,00	
50m: 34.69	34.69	150m: 2:10.09	49.04	250m: 3:54.01	54.08	350m: 5:28.72	41.36
100m: 1:21.05	46.36	200m: 2:59.93	49.84	300m: 4:47.36	53.35	400m: 6:09.83	41.11
5. FERREIRA, Francisco David	+0,98	121874	Fluvial Portuense	6:12.95	446	4,00	
50m: 36.65	36.65	150m: 2:10.06	50.73	250m: 3:52.97	53.14	350m: 5:30.51	43.08
100m: 1:19.33	42.68	200m: 2:59.83	49.77	300m: 4:47.43	54.46	400m: 6:12.95	42.44
6. FERNANDES, Andre Manuel	+0,99	208967	Lisboa PoolSharks	6:40.23	361	3,00	
50m: 40.42	40.42	150m: 2:22.16	50.52	250m: 4:06.74	53.32	350m: 5:51.22	49.52
100m: 1:31.64	51.22	200m: 3:13.42	51.26	300m: 5:01.70	54.96	400m: 6:40.23	49.01
7. FIGUEIREDO, Luis Rosario	+0,84	131311	Ginasio Sto. Tirso	6:45.10	348	2,00	
50m: 40.26	40.26	150m: 2:22.91	51.52	250m: 4:14.17	58.66	350m: 6:00.83	48.11
100m: 1:31.39	51.13	200m: 3:15.51	52.60	300m: 5:12.72	58.55	400m: 6:45.10	44.27
8. XAVIER, Jorge Miguel	+0,95	222531	Braga	7:10.82	289	1,00	
50m: 42.68	42.68	150m: 2:30.79	57.58	250m: 4:31.01	1:00.17	350m: 6:23.26	52.02
100m: 1:33.21	50.53	200m: 3:30.84	1:00.05	300m: 5:31.24	1:00.23	400m: 7:10.82	47.56
9. CASTRO, Francisco Leite	+0,96	218818	CNLeiria	7:47.78	226	-	
50m: 44.36	44.36	150m: 2:48.72	1:06.44	250m: 4:51.09	58.91	350m: 6:54.18	1:00.13
100m: 1:42.28	57.92	200m: 3:52.18	1:03.46	300m: 5:54.05	1:02.96	400m: 7:47.78	53.60

Prova 39, Masc., 400m Estilos, Master C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
10.	FERRAZ, Sandro Ricardo	+0,72	215222	Porto	8:10.41	196	-
	50m: 47.97 47.97	150m: 2:52.81	1:08.65	250m: 5:17.20	1:12.67	350m: 7:19.52	50.08
	100m: 1:44.16 56.19	200m: 4:04.53	1:11.72	300m: 6:29.44	1:12.24	400m: 8:10.41	50.89

Master D

1.	MONTEIRO, Luis Miguel	+0,92	23043	Fluvial Portuense	5:22.17	677	9,00
	50m: 30.64 30.64	150m: 1:49.28	42.34	250m: 3:22.44	50.26	350m: 4:47.57	35.18
	100m: 1:06.94 36.30	200m: 2:32.18	42.90	300m: 4:12.39	49.95	400m: 5:22.17	34.60
2.	PASSOS, Francisco Zamith	+0,94	18082	Ginasio Sto. Tirso	5:22.26	677	7,00
	50m: 31.52 31.52	150m: 1:51.35	43.34	250m: 3:21.83	48.59	350m: 4:47.80	37.93
	100m: 1:08.01 36.49	200m: 2:33.24	41.89	300m: 4:09.87	48.04	400m: 5:22.26	34.46
3.	FERREIRA, Ricardo Regufe	+0,77	106877	Fluvial Portuense	5:24.97	660	6,00
	50m: 33.09 33.09	150m: 1:56.03	45.52	250m: 3:24.99	44.98	350m: 4:48.92	37.10
	100m: 1:10.51 37.42	200m: 2:40.01	43.98	300m: 4:11.82	46.83	400m: 5:24.97	36.05
4.	SHER, David Julio	+0,95	206916	Ginasio Clube Portugues	5:58.79	490	5,00
	50m: 36.71 36.71	150m: 2:11.45	47.55	250m: 3:47.48	49.05	350m: 5:19.30	42.21
	100m: 1:23.90 47.19	200m: 2:58.43	46.98	300m: 4:37.09	49.61	400m: 5:58.79	39.49
5.	RODRIGUES, Marcelo Porto	+0,95	205613	Natacao de Valongo	6:34.89	368	4,00
	50m: 40.95 40.95	150m: 2:24.43	55.11	250m: 4:12.69	53.74	350m: 5:54.96	46.52
	100m: 1:29.32 48.37	200m: 3:18.95	54.52	300m: 5:08.44	55.75	400m: 6:34.89	39.93
6.	FANGUEIRO, Rui Neves	+0,89	217801	Vilacondense	7:14.44	276	3,00
	50m: 45.88 45.88	150m: 2:47.91	1:04.14	250m: 4:43.33	54.92	350m: 6:28.71	48.73
	100m: 1:43.77 57.89	200m: 3:48.41	1:00.50	300m: 5:39.98	56.65	400m: 7:14.44	45.73
7.	COELHO, Ruben Filipe	+0,91	203172	Gesloures	7:21.32	263	2,00
	50m: 44.97 44.97	150m: 2:40.63	58.92	250m: 4:39.78	59.84	350m: 6:33.63	51.83
	100m: 1:41.71 56.74	200m: 3:39.94	59.31	300m: 5:41.80	1:02.02	400m: 7:21.32	47.69

Master E

1.	SANTOS, Alexandre Miguel	+0,86	219470	Fluvial Portuense	5:51.97	634	9,00
	50m: 34.67 34.67	150m: 2:05.78	50.00	250m: 3:43.67	48.26	350m: 5:12.10	39.37
	100m: 1:15.78 41.11	200m: 2:55.41	49.63	300m: 4:32.73	49.06	400m: 5:51.97	39.87
2.	PIRES, Miguel Pinheiro	+0,80	153288	Fluvial Portuense	6:14.03	528	7,00
	50m: 34.85 34.85	150m: 2:07.15	50.34	250m: 3:51.12	54.27	350m: 5:31.41	44.15
	100m: 1:16.81 41.96	200m: 2:56.85	49.70	300m: 4:47.26	56.14	400m: 6:14.03	42.62
3.	FARIA, Eliseu Samuel	+0,95	110372	Vitoria Sport Clube	6:40.83	429	6,00
	50m: 40.63 40.63	150m: 2:20.11	52.06	250m: 4:08.99	55.37	350m: 5:52.43	48.49
	100m: 1:28.05 47.42	200m: 3:13.62	53.51	300m: 5:03.94	54.95	400m: 6:40.83	48.40
4.	SA, Filipe Teixeira		206936	Porto	6:57.26	380	5,00
	50m: 44.13 44.13	150m: 2:34.26	55.21	250m: 4:25.68	53.48	350m: 6:12.64	51.57
	100m: 1:39.05 54.92	200m: 3:32.20	57.94	300m: 5:21.07	55.39	400m: 6:57.26	44.62
5.	PICCOLI, Simone	+0,74	222203	Obidos Criativa	7:07.30	354	4,00
	50m: 37.20 37.20	150m: 2:23.76	1:00.53	250m: 4:29.84	1:05.13	350m: 6:21.97	46.48
	100m: 1:23.23 46.03	200m: 3:24.71	1:00.95	300m: 5:35.49	1:05.65	400m: 7:07.30	45.33
6.	MORA, Luis Ricardo	+0,95	212335	Academica de Coimbra	7:08.36	351	3,00
	50m: 40.34 40.34	150m: 2:30.69	1:01.13	250m: 4:30.13	1:00.94	350m: 6:21.58	50.18
	100m: 1:29.56 49.22	200m: 3:29.19	58.50	300m: 5:31.40	1:01.27	400m: 7:08.36	46.78

Prova 39, Masc., 400m Estilos, Master E

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
7.	AFONSO, Nuno Silva	+0,96	201498	Academica de Coimbra	7:54.14	259	2,00
	50m: 52.44 52.44	150m: 3:04.83	1:06.03	250m: 5:08.10	1:01.34	350m: 7:02.80	52.13
	100m: 1:58.80 1:06.36	200m: 4:06.76	1:01.93	300m: 6:10.67	1:02.57	400m: 7:54.14	51.34
8.	PEREIRA, Norberto Matos		111733	Vitoria Sport Clube	8:44.51	191	1,00
	50m: 58.27 58.27	150m: 3:28.15	1:17.61	250m: 5:52.51	1:06.67	350m: 7:54.77	53.57
	100m: 2:10.54 1:12.27	200m: 4:45.84	1:17.69	300m: 7:01.20	1:08.69	400m: 8:44.51	49.74
DSQ	REIS, Marcio Leandro		216076	Fluvial Portuense			-
	<i>806 - Braçada subaquática durante o percurso - SW 8.2, Percurso de Mariposa.</i>						

Master F

1.	NUNES, Rodolfo Pereira	+0,99	25137	Individual ANNP	6:00.75	657	9,00
	50m: 36.30 36.30	150m: 2:08.00	50.43	250m: 3:50.46	52.58	350m: 5:21.52	40.57
	100m: 1:17.57 41.27	200m: 2:57.88	49.88	300m: 4:40.95	50.49	400m: 6:00.75	39.23
2.	FESTAS, Joao Saldanha	+0,75	218809	Clube Nacional de Natacao	6:28.18	527	7,00
	50m: 40.07 40.07	150m: 2:22.32	55.07	250m: 4:11.62	56.66	350m: 5:49.37	42.25
	100m: 1:27.25 47.18	200m: 3:14.96	52.64	300m: 5:07.12	55.50	400m: 6:28.18	38.81
3.	PIRES, Filipe Pinheiro	+0,95	117638	Foca	6:28.98	524	6,00
	50m: 38.65 38.65	150m: 2:20.24	52.21	250m: 4:05.27	54.69	350m: 5:46.25	46.37
	100m: 1:28.03 49.38	200m: 3:10.58	50.34	300m: 4:59.88	54.61	400m: 6:28.98	42.73
4.	SILVA, Pedro Nuno	+0,66	121480	Academica de Coimbra	6:34.93	501	5,00
	50m: 44.52 44.52	150m: 2:31.36	53.35	250m: 4:15.46	50.69	350m: 5:51.41	45.78
	100m: 1:38.01 53.49	200m: 3:24.77	53.41	300m: 5:05.63	50.17	400m: 6:34.93	43.52
5.	MACEDO, Joao Miguel	+0,98	121593	Leixoes Sport Club	6:58.65	420	4,00
	50m: 39.82 39.82	150m: 2:30.53	59.87	250m: 4:26.89	58.43	350m: 6:14.64	46.38
	100m: 1:30.66 50.84	200m: 3:28.46	57.93	300m: 5:28.26	1:01.37	400m: 6:58.65	44.01
6.	MOUTINHO, Paulo Saltao		119477	Associacao Nadadores Estoris	7:06.24	398	3,00
	50m: 48.23 48.23	150m: 2:39.71	55.35	250m: 4:34.21	1:00.41	350m: 6:22.28	47.46
	100m: 1:44.36 56.13	200m: 3:33.80	54.09	300m: 5:34.82	1:00.61	400m: 7:06.24	43.96
7.	OLIVEIRA, Pedro Fonseca		207947	Fluvial Portuense	7:30.71	337	2,00
	50m: 43.72 43.72	150m: 2:42.20	1:04.32	250m: 4:47.05	1:04.71	350m: 6:44.52	49.47
	100m: 1:37.88 54.16	200m: 3:42.34	1:00.14	300m: 5:55.05	1:08.00	400m: 7:30.71	46.19
8.	JUNIOR, Eduardo Alexandre		127940	Leixoes Sport Club	7:45.10	306	1,00
	50m: 50.96 50.96	150m: 3:01.30	1:06.81	250m: 5:02.13	1:00.83	350m: 6:56.13	52.81
	100m: 1:54.49 1:03.53	200m: 4:01.30	1:00.00	300m: 6:03.32	1:01.19	400m: 7:45.10	48.97
9.	AMBRUS, Attila-Janos	+0,81	213595	Universitario do Porto	8:07.97	265	-
	50m: 54.31 54.31	150m: 3:10.12	1:10.50	250m: 5:20.13	1:04.92	350m: 7:21.21	54.69
	100m: 1:59.62 1:05.31	200m: 4:15.21	1:05.09	300m: 6:26.52	1:06.39	400m: 8:07.97	46.76
DSQ	PACHECO, Filipe Monteiro		130750	Leixoes Sport Club			-
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5, Aos 200 metros.</i>						

Master G

1.	BASTO, Gustavo Ferreira		103219	Galitos / Bresimar	6:34.48	559	9,00
	50m: 39.24 39.24	150m: 2:20.00	52.89	250m: 4:08.22	52.72	350m: 5:51.64	47.20
	100m: 1:27.11 47.87	200m: 3:15.50	55.50	300m: 5:04.44	56.22	400m: 6:34.48	42.84
2.	DIAS, Francisco Jose	+0,97	117476	Lagoa Academico Clube	7:11.17	428	7,00
	50m: 47.18 47.18	150m: 2:43.84	58.96	250m: 4:38.08	57.00	350m: 6:25.01	47.85
	100m: 1:44.88 57.70	200m: 3:41.08	57.24	300m: 5:37.16	59.08	400m: 7:11.17	46.16

Prova 39, Masc., 400m Estilos, Master G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	GONZALEZ, Xose Anxo	+0,99	219712	Porto	8:00.35	309	6,00
	50m: 47.77 47.77	150m: 2:54.41	1:05.33	250m: 5:09.30	1:09.96	350m: 7:14.03	50.63
	100m: 1:49.08 1:01.31	200m: 3:59.34	1:04.93	300m: 6:23.40	1:14.10	400m: 8:00.35	46.32
4.	SOUSA, Luis Manuel	+0,87	14630	Fluvial Portuense	8:02.24	306	5,00
	50m: 50.85 50.85	150m: 3:04.48	1:08.75	250m: 5:16.99	1:11.30	350m: 7:16.62	45.96
	100m: 1:55.73 1:04.88	200m: 4:05.69	1:01.21	300m: 6:30.66	1:13.67	400m: 8:02.24	45.62
5.	ALMEIDA, Luis Filipe		201324	Lisboa PoolSharks	8:21.49	272	4,00
	50m: 58.06 58.06	150m: 3:13.82	1:09.30	250m: 5:25.68	1:02.17	350m: 7:24.02	56.12
	100m: 2:04.52 1:06.46	200m: 4:23.51	1:09.69	300m: 6:27.90	1:02.22	400m: 8:21.49	57.47
6.	BAPTISTA, Jose Manuel	+0,73	130027	Leixoes Sport Club	8:36.09	249	3,00
	50m: 57.99 57.99	150m: 3:16.79	1:08.08	250m: 5:29.83	1:03.74	350m: 7:36.63	58.89
	100m: 2:08.71 1:10.72	200m: 4:26.09	1:09.30	300m: 6:37.74	1:07.91	400m: 8:36.09	59.46

Master H

1.	SEABRA, Henrique Luis	+0,88	125467	Fluvial Portuense	7:38.83	429	9,00
	50m: 46.02 46.02	150m: 2:43.37	1:00.67	250m: 4:54.39	1:06.21	350m: 6:48.54	49.63
	100m: 1:42.70 56.68	200m: 3:48.18	1:04.81	300m: 5:58.91	1:04.52	400m: 7:38.83	50.29
2.	PINHO, Manuel Alberto		26833	Natacao da Maia	7:48.86	402	7,00
	50m: 51.00 51.00	150m: 3:04.03	1:06.93	250m: 5:09.73	59.88	350m: 7:00.04	49.78
	100m: 1:57.10 1:06.10	200m: 4:09.85	1:05.82	300m: 6:10.26	1:00.53	400m: 7:48.86	48.82
3.	CARVALHO, Vitor Borges	+0,96	14392	Viana Natacao	7:55.08	386	6,00
	50m: 48.24 48.24	150m: 3:00.44	1:08.47	250m: 5:12.00	1:00.56	350m: 7:06.10	49.90
	100m: 1:51.97 1:03.73	200m: 4:11.44	1:11.00	300m: 6:16.20	1:04.20	400m: 7:55.08	48.98
4.	ALBUQUERQUE, Nuno Carlos		210412	Braga	8:43.33	289	5,00
	50m: 58.36 58.36	150m: 3:14.83	1:04.61	250m: 5:36.86	1:17.75	350m: 7:48.80	53.17
	100m: 2:10.22 1:11.86	200m: 4:19.11	1:04.28	300m: 6:55.63	1:18.77	400m: 8:43.33	54.53
5.	ALVES, Joao Cesar		214253	Fluvial Portuense	9:39.22	213	4,00
	50m: 1:03.99 1:03.99	150m: 3:35.66	1:19.63	250m: 6:05.40	1:10.47	350m: 8:29.75	1:12.80
	100m: 2:16.03 1:12.04	200m: 4:54.93	1:19.27	300m: 7:16.95	1:11.55	400m: 9:39.22	1:09.47

Master I

1.	GONCALVES, Oscar Filipe	+0,98	219154	Fluvial Portuense	8:25.08	417	9,00
	50m: 59.60 59.60	150m: 3:21.86	1:14.74	250m: 5:34.92	1:08.43	350m: 7:36.96	52.70
	100m: 2:07.12 1:07.52	200m: 4:26.49	1:04.63	300m: 6:44.26	1:09.34	400m: 8:25.08	48.12
2.	ROCHA, Paulo Jorge		208405	Fluvial Portuense	8:38.38	385	7,00
	50m: 58.42 58.42	150m: 3:25.24	1:11.78	250m: 5:47.57	1:08.07	350m: 7:50.06	55.52
	100m: 2:13.46 1:15.04	200m: 4:39.50	1:14.26	300m: 6:54.54	1:06.97	400m: 8:38.38	48.32
3.	LUZ, Paulo Filipe	+0,85	201293	Geslours	9:36.64	280	6,00
	50m: 55.82 55.82	150m: 3:21.83	1:20.51	250m: 5:59.30	1:12.36	350m: 8:23.92	1:09.00
	100m: 2:01.32 1:05.50	200m: 4:46.94	1:25.11	300m: 7:14.92	1:15.62	400m: 9:36.64	1:12.72
4.	ROSEIRA, Joao Luis		142204	Fluvial Portuense	12:14.71	135	5,00
	50m: 1:28.95 1:28.95	150m: 4:47.83	1:40.20	250m: 8:06.22	1:40.33	350m: 11:01.41	1:16.11
	100m: 3:07.63 1:38.68	200m: 6:25.89	1:38.06	300m: 9:45.30	1:39.08	400m: 12:14.71	1:13.30

Prova 39, Masc., 400m Estilos

Master J

1. CANELAS, Antonio Monteiro	148547	Sporting de Espinho	9:36.63	335	9,00
50m: 57.51 57.51	150m: 3:42.69 1:31.95	250m: 6:13.94 1:11.35	350m: 8:32.96 1:06.14		
100m: 2:10.74 1:13.23	200m: 5:02.59 1:19.90	300m: 7:26.82 1:12.88	400m: 9:36.63 1:03.67		
2. COELHO, Domingos Pinto	100453	Sport Alges e Dafundo	10:04.90	290	7,00
50m: 1:15.01 1:15.01	150m: 3:54.40 1:19.99	250m: 6:43.01 1:27.17	350m: 9:05.83 1:01.33		
100m: 2:34.41 1:19.40	200m: 5:15.84 1:21.44	300m: 8:04.50 1:21.49	400m: 10:04.90 59.07		
3. MARQUES, Antonio Jorge	130679	Fluvial Portuense	10:37.16	248	6,00
50m: 1:08.47 1:08.47	150m: 3:51.49 1:20.45	250m: 6:42.39 1:29.15	350m: 9:22.59 1:13.07		
100m: 2:31.04 1:22.57	200m: 5:13.24 1:21.75	300m: 8:09.52 1:27.13	400m: 10:37.16 1:14.57		