

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

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	

Pista	Nome	NFed	Idade	Cat	Clube	Tempo	Tp inscrição
<b>Série 1 de 18</b>							
3	TEIXEIRA, Joao Rodrigues	100127	87	M	Academica de Coimbra	12:09.50	___:___:___
4	PEREIRA, Antonio Manuel	201104	52	F	Penafiel	9:56.44	___:___:___
5	PIRES, Amilcar Filipe	212773	40	D	Ba-Leiria	9:59.80	___:___:___

<b>Série 2 de 18</b>							
1	AGUIAR, Ricardo Portella	218370	65	I	Porto	9:40.89	___:___:___
DNS2	PEREIRA, Alberto Ribeiro	222557	74	J	Fluvial Portuense	9:10.00	___:___:___
3	COSTA, Francisco Jose	222493	70	J	Fluvial Portuense	8:30.00	___:___:___
4	BORREGO, Hugo Alexandre	205001	52	F	Sporting Clube de Aveiro	8:28.16	___:___:___
5	CUNHA, Carlos Bastos	217800	50	F	Vilacondense	8:30.00	___:___:___
6	DIAS, Hugo Alexandre	213209	44	D	Ba-Leiria	8:38.89	___:___:___
7	NETO, Manuel Filipe	218680	65	I	Estarreja/PROZINCO	9:32.58	___:___:___
8	COSTA, Antonio Goncalves	131590	78	K	Fluvial Portuense	9:52.17	___:___:___

<b>Série 3 de 18</b>							
1	MOURAO, Luis Joao	209692	62	H	Natacao de Valongo	8:16.49	___:___:___
2	SALGUEIRO, Luis Vidigal	119671	79	K	Sport Alges e Dafundo	8:02.99	___:___:___
3	ALVES, Rui Filipe	221965	29	A	CNLeiria	8:00.00	___:___:___
4	SOARES, Manuel Edgar	129129	70	J	O2-Portimao	7:51.88	___:___:___
5	INGOLFSRUD, Geir		81	L	Toensberg	7:57.01	___:___:___
6	PONTES, Carlos Filipe	219965	46	E	Vilacondense	8:00.00	___:___:___
7	SIMOES, Joaquim Manuel	219709	57	G	Famalicao	8:03.39	___:___:___
8	PINTO, Paulo Monteiro	211230	60	H	Porto	8:19.83	___:___:___

<b>Série 4 de 18</b>							
1	ALMEIDA, Luis Filipe	201324	58	G	Lisboa PoolSharks	7:40.87	___:___:___
2	LOUREIRO, Luis Miguel	205536	56	G	Fluvial Portuense	7:30.85	___:___:___
3	COSTA, Andre Vilhena	117247	56	G	Vilacondense	7:29.35	___:___:___
4	GRILLO, Francisco Jose	215966	60	H	Braga	7:27.00	___:___:___
5	TRIGO, Daniel Castro	120704	59	G	Sporting Clube de Aveiro	7:27.43	___:___:___
6	SANTOS, Paulo Viana	122497	49	E	Lagoa Academico Clube	7:29.94	___:___:___
7	FERNANDES, Celso Abreu	213521	57	G	Sporting Clube de Aveiro	7:33.18	___:___:___
8	NEVES, Domingos Marques	202831	63	H	Natacao de Valongo	7:49.97	___:___:___

Prova 18, Masc., 400m Livres

Série 5 de 18

1	ROCHA, Paulo Jorge	208405	65	I	Fluvial Portuense	7:23.81	_____
2	JUNIOR, Edison Mello	211913	74	J	Estarreja/PROZINCO	7:20.28	_____
3	FERREIRA, Jose Antonio	214085	66	I	Leixoes Sport Club	7:12.71	_____
4	ANTUNES, Luis Miguel	206896	56	G	Leixoes Sport Club	7:07.37	_____
5	FERREIRA, Domingos Jose	209351	70	J	Sporting de Espinho	7:11.55	_____
DNS6	GUEDES, Jorge Miguel	131932	51	F	Fluvial Portuense	7:14.64	_____
7	FANGUEIRO, Rui Neves	217801	42	D	Vilacondense	7:21.15	_____
8	CARDOSO, Vitor Manuel	211850	59	G	Geslours	7:24.73	_____

Série 6 de 18

1	GONCALVES, Vitor Hugo	221037	51	F	Fluvial Portuense	7:03.18	_____
2	DYSON, Stephen Thomas	109270	77	K	Sport Alges e Dafundo	7:00.78	_____
3	GONCALVES, Oscar Filipe	219154	66	I	Fluvial Portuense	6:56.70	_____
4	PEREIRA, Paulo Manuel	221162	62	H	Associacao Nadadores Estoris	6:55.00	_____
5	AMBRUS, Attila-Janos	213595	50	F	Universitario do Porto	6:56.62	_____
6	CORREIA, Carlos Augusto	100466	72	J	Natacao Masters de Almada	6:59.93	_____
7	GONCALVES, Pedro Miguel	217808	41	D	Vilacondense	7:01.99	_____
8	SANTINHA, Antonio Manuel	100477	55	G	Natacao Masters de Almada	7:07.35	_____

Série 7 de 18

1	VIEIRA, Luis Filipe	221307	66	I	Obidos Criativa	6:50.33	_____
2	FERREIRA, Nuno Ricardo	213021	39	C	Estarreja/PROZINCO	6:43.49	_____
3	CARDOSO, Vitor Manuel	207728	52	F	Natacao de Valongo	6:35.17	_____
4	MOREIRA, Jose Luis	207903	31	B	Natacao da Maia	6:33.02	_____
5	BOGA, Pedro Nuno	221780	39	C	Porto	6:34.28	_____
6	SERENO, Carlos Nuno	218559	47	E	Galitos / Bresimar	6:40.77	_____
DNS7	ALMEIDA, Francisco Olazabal	214049	55	G	Fluvial Portuense	6:49.58	_____
8	FERREIRA, Tiago Andre	203935	32	B	Penafiel	6:51.82	_____

Série 8 de 18

1	PEREIRA, Artur Jose	201508	55	G	Geslours	6:32.03	_____
2	SOUSA, Manuel Reis	220066	52	F	Aquatico Silves	6:30.50	_____
3	FERREIRA, Joao Pedro	221751	31	B	Acmn	6:30.00	_____
4	DIAS, Francisco Jose	117476	55	G	Lagoa Academico Clube	6:28.95	_____
5	OLIVEIRA, Luis Miguel	100486	41	D	Lisboa PoolSharks	6:29.74	_____
6	GONCALVES, Jorge Andre	221260	34	B	Sporting Clube Sao Joao Ver	6:30.00	_____
7	MORA, Luis Ricardo	212335	46	E	Academica de Coimbra	6:30.88	_____
8	ALVES, Fernando Jose	208179	55	G	Salesianos	6:32.18	_____

Série 9 de 18

1	OLIVEIRA, Paulo Fernando	220911	57	G	Nautico Marinha Grande	6:28.76	_____
2	MENDES, Joao Pedro	217057	29	A	CNLeiria	6:26.39	_____
3	AZEVEDO, Pedro Jorge	215218	52	F	Porto	6:23.06	_____
4	MARTINHO, Antonio Jorge	11176	59	G	Academica de Coimbra	6:20.92	_____
5	SOUSA, Luis Manuel	14630	58	G	Fluvial Portuense	6:22.41	_____
6	OLIVEIRA, Gabriel Antero	217754	44	D	Estarreja/PROZINCO	6:25.00	_____
7	CARITA, Antonio Carlos	26503	59	G	Academica de Coimbra	6:26.74	_____
8	VITORIANO, Francisco Miguel	14397	53	F	Sporting Club Caminhense	6:28.93	_____

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Série 10 de 18

1	ALMEIDA, Joao Ferrand	219517	55	G	Fluvial Portuense	6:18.59	___:___:___
2	CRUZ, Jose Antonio	220956	40	D	Adrcimm	6:15.25	___:___:___
3	PINTO, Mario Jose	12387	67	I	Clube Uniao 1919	6:11.79	___:___:___
4	OLIVEIRA, Jorge Miguel	127982	44	D	Natacao de Valongo	6:02.58	___:___:___
5	SOUSA, Mauro Filipe	221624	34	B	CNLeiria	6:10.00	___:___:___
6	SANTOS, Urbino Jesus	20649	49	E	Penafiel	6:12.80	___:___:___
7	COSTA, Armando Joao	12262	61	H	Clube Desportivo Feirense	6:16.84	___:___:___
DNS8	CUNHA, Antonio Maria	204079	53	F	Fluvial Portuense	6:19.61	___:___:___

Série 11 de 18

1	MAVIOSO, Vitor Manuel	100689	68	I	Individual ANL	6:00.00	___:___:___
2	ROCHA, Andre Rosado	221749	46	E	Pimpoes/Cimai	5:57.13	___:___:___
3	PEREIRA, Jose Manuel	203991	54	F	Pdem	5:56.75	___:___:___
4	REIS, Marcio Leandro	216076	49	E	Fluvial Portuense	5:56.50	___:___:___
5	PINHEIRO, Andre Daniel	26068	36	C	Natacao da Maia	5:56.51	___:___:___
6	MARTINS, Marcelo Jose	219556	53	F	Fluvial Portuense	5:56.94	___:___:___
7	MACHADO, Pedro Ricardo	216541	37	C	Famalicao	5:58.01	___:___:___
8	BELCHIOR, Bruno Miguel	222256	39	C	Benedita Sport Club Natacao	6:00.00	___:___:___

Série 12 de 18

1	FERREIRA, Miguel Jose	119657	54	F	Leixoes Sport Club	5:52.97	___:___:___
2	SEABRA, Henrique Luis	125467	63	H	Fluvial Portuense	5:52.62	___:___:___
3	NETO, Mario Assumpcao	218523	53	F	CNLeiria	5:50.00	___:___:___
4	BARROS, Francisco Santos	108661	52	F	Porto	5:48.47	___:___:___
5	SAEZ, Bruno Cena	220964	46	E	Lisboa PoolSharks	5:50.00	___:___:___
6	MAIA, Bruno Cruz	130383	42	D	Ginasio Clube Portugues	5:50.14	___:___:___
7	IDA, Hamilton Kenji	212656	51	F	Vitoria Sport Clube	5:52.96	___:___:___
8	GOULAO, Carlos Soares	212344	49	E	Galitos / Bresimar	5:53.20	___:___:___

Série 13 de 18

DNS1	AITA, Aleksandro	214136	50	F	UD Oliveirense/FERSILVA	5:45.14	___:___:___
2	PINHO, Jose Pedro	10291	38	C	Leixoes Sport Club	5:43.11	___:___:___
3	FREIRE, Tiago Alexandre	220965	31	B	Lisboa PoolSharks	5:40.00	___:___:___
4	BRAGA, Pedro Nuno	105530	50	F	Vilacondense	5:39.75	___:___:___
5	SOARES, Ralf Pinto	26786	60	H	Associacao Nadadores Estoris	5:39.90	___:___:___
6	CAMPOS, Tiago Dourado	23051	36	C	Vilacondense	5:41.87	___:___:___
7	AITA, Cristian	213924	47	E	UD Oliveirense/FERSILVA	5:45.00	___:___:___
8	GOUVEIA, Jose Miguel	105902	33	B	Leixoes Sport Club	5:46.39	___:___:___

Série 14 de 18

1	FERREIRA, Joao Pedro	111411	29	A	Natacao da Maia	5:36.61	___:___:___
2	KULENKAMP, Gustav Jens	222180	47	E	ADSC	5:33.26	___:___:___
3	REGO, Agostinho Alberto	121476	42	D	Vitoria Sport Clube	5:30.37	___:___:___
4	SANTOS, Rui Alexandre	26110	48	E	Associacao Nadadores Estoris	5:29.00	___:___:___
5	LAUREANO, Alexandre Miguel	105802	27	A	Ba-Leiria	5:30.00	___:___:___
6	ROSA, Jorge Luis	204882	37	C	Clube Nacional de Natacao	5:33.18	___:___:___
7	RUSSO, Daniel Dantas	215747	45	E	CPCD Povia Sta Iria	5:33.54	___:___:___
8	BORGES, Joao Rafael	126856	25	A	Penafiel	5:38.41	___:___:___

Prova 18, Masc., 400m Livres

Série 15 de 18

1	BENTO, Jaime Carlos	118614	63	H	Sport Alges e Dafundo	5:25.10	_:._.
2	FERREIRA, Miguel Silva	23064	35	C	Vilacondense	5:25.00	_:._.
3	SILVA, Lucas Monteiro	123687	30	B	Lisboa PoolSharks	5:21.99	_:._.
4	FERREIRA, Francisco David	121874	35	C	Fluvial Portuense	5:20.15	_:._.
5	RIBEIRO, Tiago Goncalo	112623	44	D	Pimpoes/Cimai	5:21.23	_:._.
6	MACEDO, Joao Miguel	121593	50	F	Leixoes Sport Club	5:22.45	_:._.
7	CUNHA, David Lopes	120608	28	A	Lisboa PoolSharks	5:25.00	_:._.
8	RODRIGUES, Marcelo Porto	205613	42	D	Natacao de Valongo	5:28.81	_:._.

Série 16 de 18

1	PRATAS, Diogo Marques	222496	38	C	Gafanha da Encarnacao	5:15.00	_:._.
2	NARIGUETA, Jorge Manuel	129549	26	A	Acmn	5:09.91	_:._.
3	SILVA, Daniel Fernando	221768	26	A	Ginasio Clube Portugues	5:05.00	_:._.
4	NEVES, Jose Pedro	17203	43	D	Fluvial Portuense	5:01.31	_:._.
5	BARBOSA, Celso Ruben	201888	47	E	Porto	5:03.51	_:._.
6	LETCHER, Richard Roy	221523	55	G	Associacao Nadadores Estoris	5:05.62	_:._.
7	POLICARPO, Fabio Andre	219878	34	B	CPCD Povia Sta Iria	5:11.85	_:._.
8	TEJO, Paulo Jorge	10830	53	F	Academica de Coimbra	5:16.90	_:._.

Série 17 de 18

1	CARDOSO, Joao Miguel	109124	27	A	Geslours	5:00.00	_:._.
2	FELICIO, Mario Nuno	205226	34	B	Ginasio Clube Portugues	4:55.00	_:._.
3	LOPES, Pedro Fragoso	12075	34	B	Porto	4:53.89	_:._.
4	NOLASCO, Nuno Maria	26204	37	C	Ginasio Clube Portugues	4:51.26	_:._.
5	SOUSA, Rafael Goncalves	153436	25	A	CPCD Povia Sta Iria	4:53.58	_:._.
6	GONCALVES, Filipe Gouveia	215265	37	C	Lisboa PoolSharks	4:54.09	_:._.
7	MENESES, Goncalo Goncalves	204349	32	B	Braga	4:55.32	_:._.
8	PORTELA, Antonio Luis	218039	49	E	Fluvial Portuense	5:00.93	_:._.

Série 18 de 18

1	FERREIRA, Ricardo Regufe	106877	44	D	Fluvial Portuense	4:48.98	_:._.
2	ROQUE, Jorge Manuel	10760	34	B	Porto	4:43.17	_:._.
3	NEVES, Diogo Ferreira	108221	26	A	Natacao de Valongo	4:35.12	_:._.
4	MORIM, Ruben Jose	107935	27	A	Vilacondense	4:32.06	_:._.
5	PASSOS, Francisco Zamith	18082	41	D	Ginasio Sto. Tirso	4:32.28	_:._.
6	RIBEIRO, Joao Paulo	10703	32	B	CNLeiria	4:36.40	_:._.
7	SILVA, Luis Filipe	16044	36	C	Leixoes Sport Club	4:44.90	_:._.
8	FREITAS, Jose Carlos	111877	61	H	Individual ANNP	4:49.01	_:._.