



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20 Grupo A
01/12/2024 - 16:47 Resultados

Rec. Nac A 4:00.23 Adriano Miguel, NIZ GDNVNF Funchal 17/01/2015

Pontos: DSV Masters 04

Lugar	Ano		Tempo final				Pts	Pts Tor
1. Nuno Goncalo, SANTOS	96	Vieirense	4:31.92				700	7,00
	50m: 28.85	28.85	150m: 1:34.60	33.33	250m: 2:44.10	35.15	350m: 3:56.35	36.22
	100m: 1:01.27	32.42	200m: 2:08.95	34.35	300m: 3:20.13	36.03	400m: 4:31.92	35.57
2. Joao Pedro, TARQUINIO	97	Benedita	4:51.28				569	5,00
	50m: 31.31	31.31	150m: 1:42.29	36.08	250m: 2:56.25	37.29	350m: 4:13.78	38.97
	100m: 1:06.21	34.90	200m: 2:18.96	36.67	300m: 3:34.81	38.56	400m: 4:51.28	37.50
3. David Lopes, CUNHA	96	Lisboa PoolSharks	4:51.84				566	4,00
	50m: 32.16	32.16	150m: 1:44.79	36.88	250m: 3:00.62	38.28	350m: 4:17.22	38.17
	100m: 1:07.91	35.75	200m: 2:22.34	37.55	300m: 3:39.05	38.43	400m: 4:51.84	34.62
4. Ricardo Luis, TENREIRO	98	CNLeiria - VOID	5:02.62				507	-
	50m: 32.65	32.65	150m: 1:47.25	38.10	250m: 3:05.19	39.40	350m: 4:24.55	39.93
	100m: 1:09.15	36.50	200m: 2:25.79	38.54	300m: 3:44.62	39.43	400m: 5:02.62	38.07

Prova 20 Grupo B
01/12/2024 - 16:47 Resultados

Rec. Nac B 4:01.96 Pedro Miguel, PINOTES SCP Albufeira 10/12/2022

Pontos: DSV Masters 04

Lugar	Ano		Tempo final				Pts	Pts Tor
1. Jorge Manuel, ROQUE	90	Porto	4:30.66				702	9,00
	50m: 29.48	29.48	150m: 1:37.63	34.68	250m: 2:47.78	34.87	350m: 3:57.31	34.75
	100m: 1:02.95	33.47	200m: 2:12.91	35.28	300m: 3:22.56	34.78	400m: 4:30.66	33.35
2. David Piteira, PEREIRA	93	Lisboa PoolSharks	5:35.70				368	-
	50m: 36.95	36.95	150m: 2:00.28	42.25	250m: 3:27.13	44.00	350m: 4:55.70	44.72
	100m: 1:18.03	41.08	200m: 2:43.13	42.85	300m: 4:10.98	43.85	400m: 5:35.70	40.00
3. Joao Pedro, FERREIRA	93	Clube Montemor	5:42.85				345	-
	50m: 36.42	36.42	150m: 2:02.13	43.50	250m: 3:31.20	44.57	350m: 5:00.85	44.65
	100m: 1:18.63	42.21	200m: 2:46.63	44.50	300m: 4:16.20	45.00	400m: 5:42.85	42.00
4. Marcelo Henriques, MACHADO	92	Alcobaca	6:45.09				209	-
	50m: 43.44	43.44	150m: 2:20.22	49.81	250m: 4:04.12	52.78	350m: 5:51.69	54.00
	100m: 1:30.41	46.97	200m: 3:11.34	51.12	300m: 4:57.69	53.57	400m: 6:45.09	53.40

DNS Pedro Lobato, RIJO 91 Salesianos -

Prova 20 Grupo C
01/12/2024 - 16:47 Resultados

Rec. Nac C 4:06.32 Pedro Miguel, SILVA CFV Ponte de Sor 29/01/2011

Pontos: DSV Masters 04

Lugar	Ano		Tempo final				Pts	Pts Tor
1. Filipe Gouveia, GONCALVES	87	Lisboa PoolSharks	4:39.33				678	6,00
	50m: 31.64	31.64	150m: 1:42.07	35.73	250m: 2:53.57	35.36	350m: 4:04.00	35.10
	100m: 1:06.34	34.70	200m: 2:18.21	36.14	300m: 3:28.90	35.33	400m: 4:39.33	35.33
2. Diogo Gil, HENRIQUES	88	Salesianos	5:00.68				543	1,00
	50m: 32.31	32.31	150m: 1:46.28	37.75	250m: 3:03.53	38.42	350m: 4:22.43	40.65
	100m: 1:08.53	36.22	200m: 2:25.11	38.83	300m: 3:41.78	38.25	400m: 5:00.68	38.25
3. Diogo Marques, PRATAS	86	Gafanha da Encarnacao	5:40.53				374	-
	50m: 36.31	36.31	150m: 1:57.57	40.86	250m: 3:25.59	44.85	350m: 4:56.71	45.37
	100m: 1:16.71	40.40	200m: 2:40.74	43.17	300m: 4:11.34	45.75	400m: 5:40.53	43.82



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20, Masc., 400m Livres, Grupo C

Lugar	Ano	Tempo final	Pts	Pts Tor
4. Arthur Fonseca, MIRANDA	89 Benedita	5:57.91	322	-
50m: 34.53 34.53	150m: 2:02.28 45.80	250m: 3:36.38 47.32	350m: 5:12.23 48.57	
100m: 1:16.48 41.95	200m: 2:49.06 46.78	300m: 4:23.66 47.28	400m: 5:57.91 45.68	
5. Ricardo Jorge, LETRA	85 Vieiraense	6:08.67	295	-
50m: 40.14 40.14	150m: 2:12.82 47.33	250m: 3:48.78 47.25	350m: 5:25.57 47.26	
100m: 1:25.49 45.35	200m: 3:01.53 48.71	300m: 4:38.31 49.53	400m: 6:08.67 43.10	
DNS Bruno Miguel, RUAS	89 Sporting			-

Prova 20 Masc., 400m Livres Grupo D
01/12/2024 - 16:47 Resultados

Rec. Nac D	4:26.18	David Oliveira, GORGULHO	CNLA	Sines	24/04/2022
------------	---------	--------------------------	------	-------	------------

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Ricardo Paulo, CARDOSO	80 Gesloures	5:25.39	460	-
50m: 35.93 35.93	150m: 1:55.86 40.68	250m: 3:19.61 42.00	350m: 4:44.53 42.35	
100m: 1:15.18 39.25	200m: 2:37.61 41.75	300m: 4:02.18 42.57	400m: 5:25.39 40.86	
2. Jair Santos, MOREIRA	82 Benedita	6:26.81	273	-
50m: 43.39 43.39	150m: 2:22.09 50.02	250m: 4:01.89 50.15	350m: 5:40.07 49.00	
100m: 1:32.07 48.68	200m: 3:11.74 49.65	300m: 4:51.07 49.18	400m: 6:26.81 46.74	
3. Amílcar Filipe, PIRES	84 CNLeiria - VOID	8:46.84	108	-
50m: 51.51 51.51	150m: 2:59.66 1:06.72	250m: 5:18.76 1:10.45	350m: 7:38.66 1:09.32	
100m: 1:52.94 1:01.43	200m: 4:08.31 1:08.65	300m: 6:29.34 1:10.58	400m: 8:46.84 1:08.18	

Prova 20 Masc., 400m Livres Grupo E
01/12/2024 - 16:47 Resultados

Rec. Nac E	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011
Rec. Nac E	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Luis Daniel, PACHECO	76 Alcobaca	4:53.80	715	3,00
50m: 33.09 33.09	150m: 1:45.48 36.82	250m: 3:00.80 37.92	350m: 4:16.70 38.04	
100m: 1:08.66 35.57	200m: 2:22.88 37.40	300m: 3:38.66 37.86	400m: 4:53.80 37.10	
2. Pedro Manuel, FERREIRA	77 Sporting	4:55.61	702	2,00
50m: 33.32 33.32	150m: 1:45.65 36.68	250m: 3:00.61 37.79	350m: 4:17.36 38.54	
100m: 1:08.97 35.65	200m: 2:22.82 37.17	300m: 3:38.82 38.21	400m: 4:55.61 38.25	
3. Bruno Gil, DIAS	77 Benedita	5:20.57	550	-
50m: 34.40 34.40	150m: 1:52.90 40.00	250m: 3:14.25 40.75	350m: 4:39.00 42.75	
100m: 1:12.90 38.50	200m: 2:33.50 40.60	300m: 3:56.25 42.00	400m: 5:20.57 41.57	
4. Eduardo Jose, AMARAL	78 Óbidos	5:41.19	456	-
50m: 35.72 35.72	150m: 1:58.72 42.57	250m: 3:27.20 44.83	350m: 4:58.40 45.57	
100m: 1:16.15 40.43	200m: 2:42.37 43.65	300m: 4:12.83 45.63	400m: 5:41.19 42.79	
5. Andre Rosado, ROCHA	78 Pimpoes/Cimai	5:41.78	454	-
50m: 36.53 36.53	150m: 2:00.65 43.43	250m: 3:28.93 44.50	350m: 4:58.40 44.90	
100m: 1:17.22 40.69	200m: 2:44.43 43.78	300m: 4:13.50 44.57	400m: 5:41.78 43.38	
6. Carlos Soares, GOULAO	75 Galitos / Bresimar	5:44.25	444	-
50m: 37.61 37.61	150m: 2:04.75 44.18	250m: 3:32.78 44.17	350m: 5:02.00 44.89	
100m: 1:20.57 42.96	200m: 2:48.61 43.86	300m: 4:17.11 44.33	400m: 5:44.25 42.25	
7. Bruno Cena, SAEZ	78 Lisboa PoolSharks	5:58.41	394	-
50m: 38.66 38.66	150m: 2:09.19 46.43	250m: 3:44.09 47.79	350m: 5:16.87 44.15	
100m: 1:22.76 44.10	200m: 2:56.30 47.11	300m: 4:32.72 48.63	400m: 5:58.41 41.54	



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20, Masc., 400m Livres

Prova 20	Masc., 400m Livres				Grupo F
01/12/2024 - 16:47					Resultados
Rec. Nac F	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
Pontos: DSV Masters 04					

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Jorge Alexandre, ANASTACIO	73 Benedita	6:44.53	292	-
50m: 42.22 42.22	150m: 2:19.36 50.11	250m: 4:03.75 52.78	350m: 5:51.11 54.26	
100m: 1:29.25 47.03	200m: 3:10.97 51.61	300m: 4:56.85 53.10	400m: 6:44.53 53.42	
2. Paulo Jorge, SILVA	70 CNLeiria - VOID	6:49.34	281	-
50m: 40.41 40.41	150m: 2:14.88 49.15	250m: 3:59.53 53.55	350m: 5:50.73 55.57	
100m: 1:25.73 45.32	200m: 3:05.98 51.10	300m: 4:55.16 55.63	400m: 6:49.34 58.61	
3. Vitor Santos, REIS	70 Alcobaca	8:44.05	134	-
50m: 57.30 57.30	150m: 3:12.59 1:08.93	250m: 5:29.84 1:08.50	350m: 7:42.79 1:06.20	
100m: 2:03.66 1:06.36	200m: 4:21.34 1:08.75	300m: 6:36.59 1:06.75	400m: 8:44.05 1:01.26	

Prova 20	Masc., 400m Livres				Grupo G
01/12/2024 - 16:47					Resultados
Rec. Nac G	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
Pontos: DSV Masters 04					

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Isidro Marcelino, MACEDO	68 Vitória Sport Clube	7:05.58	304	-
50m: 47.97 47.97	150m: 2:33.40 53.90	250m: 4:24.72 55.64	350m: 6:13.83 53.93	
100m: 1:39.50 51.53	200m: 3:29.08 55.68	300m: 5:19.90 55.18	400m: 7:05.58 51.75	
2. Celso Abreu, FERNANDES	67 Sporting Clube de Aveiro	7:05.69	304	-
50m: 44.22 44.22	150m: 2:26.59 52.90	250m: 4:17.59 56.12	350m: 6:11.94 56.75	
100m: 1:33.69 49.47	200m: 3:21.47 54.88	300m: 5:15.19 57.60	400m: 7:05.69 53.75	

Prova 20	Masc., 400m Livres				Grupo H
01/12/2024 - 16:47					Resultados
Rec. Nac H	4:40.55	Jose Carlos, FREITAS	CNLA	Sines	04/03/2023
Pontos: DSV Masters 04					

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Armando Joao, COSTA	63 Sporting de Espinho	6:00.60	548	-
50m: 40.38 40.38	150m: 2:12.10 46.25	250m: 3:45.63 47.25	350m: 5:18.35 46.04	
100m: 1:25.85 45.47	200m: 2:58.38 46.28	300m: 4:32.31 46.68	400m: 6:00.60 42.25	
2. Manuel Fernando, SANTOS	61 Gafanha da Encarnacao	7:13.87	314	-
50m: 44.47 44.47	150m: 2:38.05 55.83	250m: 4:30.79 56.67	350m: 6:21.44 55.36	
100m: 1:42.22 57.75	200m: 3:34.12 56.07	300m: 5:26.08 55.29	400m: 7:13.87 52.43	
3. Josephus Stephanus, LOO	61 Óbidos	7:44.51	256	-
50m: 52.47 52.47	150m: 2:45.97 58.92	250m: 4:47.41 1:01.25	350m: 6:46.47 59.28	
100m: 1:47.05 54.58	200m: 3:46.16 1:00.19	300m: 5:47.19 59.78	400m: 7:44.51 58.04	

DNS Antonio Coelho, MOURA 60 Pimpoes/Cimai -



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20, Masc., 400m Livres

Prova 20	Masc., 400m Livres	Grupo J
01/12/2024 - 16:47		Resultados
Rec. Nac J	5:55.49 Antonio Bessone, BASTO	SAD Recarei 16/05/2015

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Luis Javier, MARRERO	52 Académica de Coimbra	7:50.86	357	-
50m: 48.96 48.96	150m: 2:46.27 1:00.63	250m: 4:47.75 1:01.04	350m: 6:50.61 1:00.61	
100m: 1:45.64 56.68	200m: 3:46.71 1:00.44	300m: 5:50.00 1:02.25	400m: 7:50.86 1:00.25	

Prova 20	Masc., 400m Livres	EXTRA COMPETIÇÃO
01/12/2024 - 16:47		Resultados

Rec. Nac A	4:00.23 Adriano Miguel, NIZ	GDNVNF Funchal	17/01/2015
Rec. Nac B	4:01.96 Pedro Miguel, PINOTES	SCP Albufeira	10/12/2022
Rec. Nac C	4:06.32 Pedro Miguel, SILVA	CFV Ponte de Sor	29/01/2011
Rec. Nac D	4:26.18 David Oliveira, GORGULHO	CNLA Sines	24/04/2022
Rec. Nac E	4:19.65 Jose Carlos, FREITAS	CFP Ponte de Sor	29/01/2011
Rec. Nac E	4:19.65 Jose Carlos, FREITAS	CFP Ponte de Sor	29/01/2011
Rec. Nac F	4:22.11 Jose Carlos, FREITAS	CFP Felgueiras	26/01/2013
Rec. Nac G	4:25.70 Jose Carlos, FREITAS	INDNP Mealhada	18/01/2019
Rec. Nac H	4:40.55 Jose Carlos, FREITAS	CNLA Sines	04/03/2023
Rec. Nac J	5:55.49 Antonio Bessone, BASTO	SAD Recarei	16/05/2015

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Jorge Manuel, ROQUE	90 Porto	4:30.66	702	9,00
50m: 29.48 29.48	150m: 1:37.63 34.68	250m: 2:47.78 34.87	350m: 3:57.31 34.75	
100m: 1:02.95 33.47	200m: 2:12.91 35.28	300m: 3:22.56 34.78	400m: 4:30.66 33.35	
2. Nuno Goncalo, SANTOS	96 Vieiraense	4:31.92	700	7,00
50m: 28.85 28.85	150m: 1:34.60 33.33	250m: 2:44.10 35.15	350m: 3:56.35 36.22	
100m: 1:01.27 32.42	200m: 2:08.95 34.35	300m: 3:20.13 36.03	400m: 4:31.92 35.57	
3. Filipe Gouveia, GONCALVES	87 Lisboa PoolSharks	4:39.33	678	6,00
50m: 31.64 31.64	150m: 1:42.07 35.73	250m: 2:53.57 35.36	350m: 4:04.00 35.10	
100m: 1:06.34 34.70	200m: 2:18.21 36.14	300m: 3:28.90 35.33	400m: 4:39.33 35.33	
4. Joao Pedro, TARQUINIO	97 Benedita	4:51.28	569	5,00
50m: 31.31 31.31	150m: 1:42.29 36.08	250m: 2:56.25 37.29	350m: 4:13.78 38.97	
100m: 1:06.21 34.90	200m: 2:18.96 36.67	300m: 3:34.81 38.56	400m: 4:51.28 37.50	
5. David Lopes, CUNHA	96 Lisboa PoolSharks	4:51.84	566	4,00
50m: 32.16 32.16	150m: 1:44.79 36.88	250m: 3:00.62 38.28	350m: 4:17.22 38.17	
100m: 1:07.91 35.75	200m: 2:22.34 37.55	300m: 3:39.05 38.43	400m: 4:51.84 34.62	
6. Luis Daniel, PACHECO	76 Alcobaca	4:53.80	715	3,00
50m: 33.09 33.09	150m: 1:45.48 36.82	250m: 3:00.80 37.92	350m: 4:16.70 38.04	
100m: 1:08.66 35.57	200m: 2:22.88 37.40	300m: 3:38.66 37.86	400m: 4:53.80 37.10	
7. Pedro Manuel, FERREIRA	77 Sporting	4:55.61	702	2,00
50m: 33.32 33.32	150m: 1:45.65 36.68	250m: 3:00.61 37.79	350m: 4:17.36 38.54	
100m: 1:08.97 35.65	200m: 2:22.82 37.17	300m: 3:38.82 38.21	400m: 4:55.61 38.25	
8. Diogo Gil, HENRIQUES	88 Salesianos	5:00.68	543	1,00
50m: 32.31 32.31	150m: 1:46.28 37.75	250m: 3:03.53 38.42	350m: 4:22.43 40.65	
100m: 1:08.53 36.22	200m: 2:25.11 38.83	300m: 3:41.78 38.25	400m: 5:00.68 38.25	
9. Ricardo Luis, TENREIRO	98 CNLeiria - VOID	5:02.62	507	-
50m: 32.65 32.65	150m: 1:47.25 38.10	250m: 3:05.19 39.40	350m: 4:24.55 39.93	
100m: 1:09.15 36.50	200m: 2:25.79 38.54	300m: 3:44.62 39.43	400m: 5:02.62 38.07	
10. Bruno Gil, DIAS	77 Benedita	5:20.57	550	-
50m: 34.40 34.40	150m: 1:52.90 40.00	250m: 3:14.25 40.75	350m: 4:39.00 42.75	
100m: 1:12.90 38.50	200m: 2:33.50 40.60	300m: 3:56.25 42.00	400m: 5:20.57 41.57	



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20, Masc., 400m Livres, EXTRA COMPETIÇÃO

Lugar	Ano	Tempo final	Pts	Pts Tor
11. Ricardo Paulo, CARDOSO	80 Gesloures	5:25.39	460	-
50m: 35.93 35.93	150m: 1:55.86 40.68	250m: 3:19.61 42.00	350m: 4:44.53 42.35	
100m: 1:15.18 39.25	200m: 2:37.61 41.75	300m: 4:02.18 42.57	400m: 5:25.39 40.86	
12. David Piteira, PEREIRA	93 Lisboa PoolSharks	5:35.70	368	-
50m: 36.95 36.95	150m: 2:00.28 42.25	250m: 3:27.13 44.00	350m: 4:55.70 44.72	
100m: 1:18.03 41.08	200m: 2:43.13 42.85	300m: 4:10.98 43.85	400m: 5:35.70 40.00	
13. Diogo Marques, PRATAS	86 Gafanha da Encarnacao	5:40.53	374	-
50m: 36.31 36.31	150m: 1:57.57 40.86	250m: 3:25.59 44.85	350m: 4:56.71 45.37	
100m: 1:16.71 40.40	200m: 2:40.74 43.17	300m: 4:11.34 45.75	400m: 5:40.53 43.82	
14. Eduardo Jose, AMARAL	78 Óbidos	5:41.19	456	-
50m: 35.72 35.72	150m: 1:58.72 42.57	250m: 3:27.20 44.83	350m: 4:58.40 45.57	
100m: 1:16.15 40.43	200m: 2:42.37 43.65	300m: 4:12.83 45.63	400m: 5:41.19 42.79	
15. Andre Rosado, ROCHA	78 Pimpoes/Cimai	5:41.78	454	-
50m: 36.53 36.53	150m: 2:00.65 43.43	250m: 3:28.93 44.50	350m: 4:58.40 44.90	
100m: 1:17.22 40.69	200m: 2:44.43 43.78	300m: 4:13.50 44.57	400m: 5:41.78 43.38	
16. Joao Pedro, FERREIRA	93 Clube Montemor	5:42.85	345	-
50m: 36.42 36.42	150m: 2:02.13 43.50	250m: 3:31.20 44.57	350m: 5:00.85 44.65	
100m: 1:18.63 42.21	200m: 2:46.63 44.50	300m: 4:16.20 45.00	400m: 5:42.85 42.00	
17. Carlos Soares, GOULAO	75 Galitos / Bresimar	5:44.25	444	-
50m: 37.61 37.61	150m: 2:04.75 44.18	250m: 3:32.78 44.17	350m: 5:02.00 44.89	
100m: 1:20.57 42.96	200m: 2:48.61 43.86	300m: 4:17.11 44.33	400m: 5:44.25 42.25	
18. Arthur Fonseca, MIRANDA	89 Benedita	5:57.91	322	-
50m: 34.53 34.53	150m: 2:02.28 45.80	250m: 3:36.38 47.32	350m: 5:12.23 48.57	
100m: 1:16.48 41.95	200m: 2:49.06 46.78	300m: 4:23.66 47.28	400m: 5:57.91 45.68	
19. Bruno Cena, SAEZ	78 Lisboa PoolSharks	5:58.41	394	-
50m: 38.66 38.66	150m: 2:09.19 46.43	250m: 3:44.09 47.79	350m: 5:16.87 44.15	
100m: 1:22.76 44.10	200m: 2:56.30 47.11	300m: 4:32.72 48.63	400m: 5:58.41 41.54	
20. Armando Joao, COSTA	63 Sporting de Espinho	6:00.60	548	-
50m: 40.38 40.38	150m: 2:12.10 46.25	250m: 3:45.63 47.25	350m: 5:18.35 46.04	
100m: 1:25.85 45.47	200m: 2:58.38 46.28	300m: 4:32.31 46.68	400m: 6:00.60 42.25	
21. Ricardo Jorge, LETRA	85 Vieiraense	6:08.67	295	-
50m: 40.14 40.14	150m: 2:12.82 47.33	250m: 3:48.78 47.25	350m: 5:25.57 47.26	
100m: 1:25.49 45.35	200m: 3:01.53 48.71	300m: 4:38.31 49.53	400m: 6:08.67 43.10	
22. Jair Santos, MOREIRA	82 Benedita	6:26.81	273	-
50m: 43.39 43.39	150m: 2:22.09 50.02	250m: 4:01.89 50.15	350m: 5:40.07 49.00	
100m: 1:32.07 48.68	200m: 3:11.74 49.65	300m: 4:51.07 49.18	400m: 6:26.81 46.74	
23. Jorge Alexandre, ANASTACIO	73 Benedita	6:44.53	292	-
50m: 42.22 42.22	150m: 2:19.36 50.11	250m: 4:03.75 52.78	350m: 5:51.11 54.26	
100m: 1:29.25 47.03	200m: 3:10.97 51.61	300m: 4:56.85 53.10	400m: 6:44.53 53.42	
24. Marcelo Henriques, MACHADO	92 Alcobaca	6:45.09	209	-
50m: 43.44 43.44	150m: 2:20.22 49.81	250m: 4:04.12 52.78	350m: 5:51.69 54.00	
100m: 1:30.41 46.97	200m: 3:11.34 51.12	300m: 4:57.69 53.57	400m: 6:45.09 53.40	
25. Paulo Jorge, SILVA	70 CNLeiria - VOID	6:49.34	281	-
50m: 40.41 40.41	150m: 2:14.88 49.15	250m: 3:59.53 53.55	350m: 5:50.73 55.57	
100m: 1:25.73 45.32	200m: 3:05.98 51.10	300m: 4:55.16 55.63	400m: 6:49.34 58.61	
26. Isidro Marcelino, MACEDO	68 Vitória Sport Clube	7:05.58	304	-
50m: 47.97 47.97	150m: 2:33.40 53.90	250m: 4:24.72 55.64	350m: 6:13.83 53.93	
100m: 1:39.50 51.53	200m: 3:29.08 55.68	300m: 5:19.90 55.18	400m: 7:05.58 51.75	
27. Celso Abreu, FERNANDES	67 Sporting Clube de Aveiro	7:05.69	304	-
50m: 44.22 44.22	150m: 2:26.59 52.90	250m: 4:17.59 56.12	350m: 6:11.94 56.75	
100m: 1:33.69 49.47	200m: 3:21.47 54.88	300m: 5:15.19 57.60	400m: 7:05.69 53.75	



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20, Masc., 400m Livres, EXTRA COMPETIÇÃO

Lugar	Ano	Tempo final	Pts	Pts Tor
28. Manuel Fernando, SANTOS	61 Gafanha da Encarnacao	7:13.87	314	-
50m: 44.47 44.47	150m: 2:38.05 55.83	250m: 4:30.79 56.67	350m: 6:21.44 55.36	
100m: 1:42.22 57.75	200m: 3:34.12 56.07	300m: 5:26.08 55.29	400m: 7:13.87 52.43	
29. Josephus Stephanus, LOO	61 Óbidos	7:44.51	256	-
50m: 52.47 52.47	150m: 2:45.97 58.92	250m: 4:47.41 1:01.25	350m: 6:46.47 59.28	
100m: 1:47.05 54.58	200m: 3:46.16 1:00.19	300m: 5:47.19 59.78	400m: 7:44.51 58.04	
30. Luis Javier, MARRERO	52 Académica de Coimbra	7:50.86	357	-
50m: 48.96 48.96	150m: 2:46.27 1:00.63	250m: 4:47.75 1:01.04	350m: 6:50.61 1:00.61	
100m: 1:45.64 56.68	200m: 3:46.71 1:00.44	300m: 5:50.00 1:02.25	400m: 7:50.86 1:00.25	
31. Vitor Santos, REIS	70 Alcobaca	8:44.05	134	-
50m: 57.30 57.30	150m: 3:12.59 1:08.93	250m: 5:29.84 1:08.50	350m: 7:42.79 1:06.20	
100m: 2:03.66 1:06.36	200m: 4:21.34 1:08.75	300m: 6:36.59 1:06.75	400m: 8:44.05 1:01.26	
32. Amilcar Filipe, PIRES	84 CNLeiria - VOID	8:46.84	108	-
50m: 51.51 51.51	150m: 2:59.66 1:06.72	250m: 5:18.76 1:10.45	350m: 7:38.66 1:09.32	
100m: 1:52.94 1:01.43	200m: 4:08.31 1:08.65	300m: 6:29.34 1:10.58	400m: 8:46.84 1:08.18	
DNS Antonio Coelho, MOURA	60 Pimpoes/Cimai			-
DNS Pedro Lobato, RIJO	91 Salesianos			-
DNS Bruno Miguel, RUAS	89 Sporting			-