

Prova 2	Masc., 400m Livres				Masters
24/01/2025					Resultados
RN A(25-29)	4:00.23	Adriano Miguel, Niz	GDNVNF	Funchal	17/01/2015
RN B(30-34)	4:01.96	Pedro Miguel, Pinotes	SCP	Albufeira	10/12/2022
RN C(35-39)	4:06.32	Pedro Miguel, Silva	CFV	Ponte de Sor	29/01/2011
RN D(40-44)	4:26.18	David Oliveira, Gorgulho	CNLA	Sines	24/04/2022
RN E(45-49)	4:19.65	Jose Carlos, Freitas	CFP	Ponte de Sor	29/01/2011
RN E(45-49)	4:19.65	Jose Carlos, Freitas	CFP	Ponte de Sor	29/01/2011
RN F(50-54)	4:22.11	Jose Carlos, Freitas	CFP	Felgueiras	26/01/2013
RN G(55-59)	4:25.70	Jose Carlos, Freitas	INDNP	Mealhada	18/01/2019
RN H(60-64)	4:40.55	Jose Carlos, Freitas	CNLA	Sines	04/03/2023
RN I(65-69)	5:27.24	Vitor Manuel, Mavioso	SAD	Albufeira	10/12/2022
RN J(70-74)	5:55.49	Antonio Bessone, Basto	SAD	Recarei	16/05/2015
RN K(75-79)	6:23.33	Stephen Thomas, Dyson	SAD	Albufeira	10/12/2022
RN L(80-84)	9:18.14	Antonio Alexandre, Rodrigues	AAC	Mealhada	18/01/2019
RN M(85-89)	10:39.47	Joao Rodrigues, Teixeira	AAC	Torres Novas	04/02/2022
RN N(90-94)	17:17.49	Virgilio Zacarias, Costa	AAC	Torres Novas	04/02/2022

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Masters A							
1.	Filipe Miguel, Gomes		107284	CNLeiria - VOID	4:23.50	777	9,00
	50m: 28.76 28.76	150m: 1:32.18	32.00	250m: 2:39.46	33.94	350m: 3:48.72	34.90
	100m: 1:00.18 31.42	200m: 2:05.52	33.34	300m: 3:13.82	34.36	400m: 4:23.50	34.78
2.	Miguel Caridade, Gaspar		108624	Academica de Coimbra	4:26.85	748	7,00
	50m: 31.12 31.12	150m: 1:38.51	33.60	250m: 2:46.35	33.88	350m: 3:53.96	33.85
	100m: 1:04.91 33.79	200m: 2:12.47	33.96	300m: 3:20.11	33.76	400m: 4:26.85	32.89
3.	Diogo Ferreira, Neves	+0,93	108221	Natacao de Valongo	4:40.27	645	6,00
	50m: 30.62 30.62	150m: 1:38.74	34.73	250m: 2:50.51	36.43	350m: 4:03.74	36.88
	100m: 1:04.01 33.39	200m: 2:14.08	35.34	300m: 3:26.86	36.35	400m: 4:40.27	36.53
4.	Bruno Pinto, Domingues		119682	CNLeiria - VOID	4:47.13	600	5,00
	50m: 30.27 30.27	150m: 1:40.72	35.65	250m: 2:53.73	36.74	350m: 4:09.57	38.30
	100m: 1:05.07 34.80	200m: 2:16.99	36.27	300m: 3:31.27	37.54	400m: 4:47.13	37.56
5.	David Lopes, Cunha		120608	Lisboa PoolSharks	4:50.55	579	4,00
	50m: 30.70 30.70	150m: 1:40.20	35.66	250m: 2:53.72	37.55	350m: 4:11.39	39.28
	100m: 1:04.54 33.84	200m: 2:16.17	35.97	300m: 3:32.11	38.39	400m: 4:50.55	39.16
6.	Ricardo Luis, Tenreiro	+0,97	107285	CNLeiria - VOID	5:10.38	475	3,00
	50m: 32.37 32.37	150m: 1:45.88	37.61	250m: 3:06.01	40.74	350m: 4:29.35	42.29
	100m: 1:08.27 35.90	200m: 2:25.27	39.39	300m: 3:47.06	41.05	400m: 5:10.38	41.03
7.	Levi Daniel, Nascimento		147141	O2-Portimao	5:54.25	319	2,00
	50m: 38.91 38.91	150m: 2:05.01	44.36	250m: 3:35.27	45.28	350m: 5:07.45	46.15
	100m: 1:20.65 41.74	200m: 2:49.99	44.98	300m: 4:21.30	46.03	400m: 5:54.25	46.80
DSQ	Hugo Rafael, Palricas		218993	Ba-Leiria			-
	<i>102 - O(a) atleta não completou o percurso - SW 10.2</i>						

Masters B							
1.	Joao Duarte, Marafona		20293	Porto	4:32.19	687	9,00
	50m: 29.38 29.38	150m: 1:35.83	33.84	250m: 2:45.31	35.10	350m: 3:56.14	35.62
	100m: 1:01.99 32.61	200m: 2:10.21	34.38	300m: 3:20.52	35.21	400m: 4:32.19	36.05
2.	Bernardo Correia, Silva		15342	Porto	4:37.45	649	7,00
	50m: 29.58 29.58	150m: 1:35.94	34.21	250m: 2:46.83	35.56	350m: 4:01.55	37.60
	100m: 1:01.73 32.15	200m: 2:11.27	35.33	300m: 3:23.95	37.12	400m: 4:37.45	35.90

Prova 2, Masc., 400m Livres, Masters B

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	Joao Paulo, Ribeiro		10703	CNLeiria - VOID	4:44.81	600	6,00
	50m: 30.59 30.59	150m: 1:39.76		35.20 250m: 2:51.95 36.32	350m: 4:07.16	37.85	
	100m: 1:04.56 33.97	200m: 2:15.63		35.87 300m: 3:29.31 37.36	400m: 4:44.81	37.65	
4.	Goncalo Goncalves, Meneses		204349	Braga	4:53.57	548	5,00
	50m: 30.77 30.77	150m: 1:41.74		36.54 250m: 2:57.74 38.34	350m: 4:15.18	38.80	
	100m: 1:05.20 34.43	200m: 2:19.40		37.66 300m: 3:36.38 38.64	400m: 4:53.57	38.39	
5.	Guilherme Araujo, Soares	+0,74	111295	Sporting Clube Sao Joao Ver	4:53.83	546	4,00
	50m: 30.85 30.85	150m: 1:39.63		35.37 250m: 2:53.93 37.63	350m: 4:13.48	40.43	
	100m: 1:04.26 33.41	200m: 2:16.30		36.67 300m: 3:33.05 39.12	400m: 4:53.83	40.35	
6.	Artur Sousa, Ferreira		108511	Sporting Clube Sao Joao Ver	4:57.19	528	3,00
	50m: 31.28 31.28	150m: 1:41.60		35.89 250m: 2:58.19 38.89	350m: 4:17.46	40.14	
	100m: 1:05.71 34.43	200m: 2:19.30		37.70 300m: 3:37.32 39.13	400m: 4:57.19	39.73	
7.	David Piteira, Pereira	+0,76	26335	Lisboa PoolSharks	5:16.59	437	2,00
	50m: 34.39 34.39	150m: 1:54.56		40.83 250m: 3:16.29 40.62	350m: 4:38.65	41.36	
	100m: 1:13.73 39.34	200m: 2:35.67		41.11 300m: 3:57.29 41.00	400m: 5:16.59	37.94	
8.	Joao Pedro, Ferreira		111411	Natacao da Maia	5:25.50	402	1,00
	50m: 37.78 37.78	150m: 1:59.79		41.30 250m: 3:23.24 41.53	350m: 4:45.29	40.96	
	100m: 1:18.49 40.71	200m: 2:41.71		41.92 300m: 4:04.33 41.09	400m: 5:25.50	40.21	

Masters C

1.	Jorge Manuel, Roque		10760	Porto	4:27.03	747	9,00
	50m: 28.86 28.86	150m: 1:34.73		33.40 250m: 2:43.23 34.33	350m: 3:52.99	34.75	
	100m: 1:01.33 32.47	200m: 2:08.90		34.17 300m: 3:18.24 35.01	400m: 4:27.03	34.04	
2.	Diogo Miguel, Paulino	+0,76	10549	Alcobaca	4:35.09	683	7,00
	50m: 31.72 31.72	150m: 1:41.22		34.98 250m: 2:51.97 35.06	350m: 4:01.85	34.54	
	100m: 1:06.24 34.52	200m: 2:16.91		35.69 300m: 3:27.31 35.34	400m: 4:35.09	33.24	
3.	Mario Nuno, Felicio	+0,81	205226	Ginasio Clube Portugues	4:36.55	672	6,00
	50m: 30.90 30.90	150m: 1:38.82		34.18 250m: 2:48.59 35.08	350m: 3:59.86	36.05	
	100m: 1:04.64 33.74	200m: 2:13.51		34.69 300m: 3:23.81 35.22	400m: 4:36.55	36.69	
4.	Bruno Miguel, Ruas		117081	Sporting	4:39.66	650	5,00
	50m: 32.42 32.42	150m: 1:43.01		35.58 250m: 2:54.49 35.96	350m: 4:05.90	35.41	
	100m: 1:07.43 35.01	200m: 2:18.53		35.52 300m: 3:30.49 36.00	400m: 4:39.66	33.76	
5.	Fabio Andre, Policarpo		219878	CPCD	5:00.12	526	4,00
	50m: 33.36 33.36	150m: 1:46.96		37.55 250m: 3:04.07 38.73	350m: 4:22.61	39.15	
	100m: 1:09.41 36.05	200m: 2:25.34		38.38 300m: 3:43.46 39.39	400m: 5:00.12	37.51	
6.	Diogo Marques, Pratas		222496	Gafanha da Encarnacao	5:25.19	413	3,00
	50m: 34.61 34.61	150m: 1:52.31		40.74 250m: 3:17.03 42.46	350m: 4:45.03	42.67	
	100m: 1:11.57 36.96	200m: 2:34.57		42.26 300m: 4:02.36 45.33	400m: 5:25.19	40.16	
7.	Manuel Filipe, Ferreira		215217	Porto	5:46.43	342	2,00
	50m: 40.58 40.58	150m: 2:05.57		43.28 250m: 3:33.77 43.79	350m: 5:02.29	44.41	
	100m: 1:22.29 41.71	200m: 2:49.98		44.41 300m: 4:17.88 44.11	400m: 5:46.43	44.14	
8.	Vitor Moreira, Carvalho	+0,93	218789	Braga	5:55.98	315	1,00
	50m: 40.26 40.26	150m: 2:07.73		44.82 250m: 3:38.87 46.16	350m: 5:11.75	46.87	
	100m: 1:22.91 42.65	200m: 2:52.71		44.98 300m: 4:24.88 46.01	400m: 5:55.98	44.23	

Prova 2, Masc., 400m Livres

Masters D

1. Eduardo Ferreira, Sevieri <i>Rec Nac Esc D</i>	106806	Porto	4:10.09	891	9,00	
50m: 28.44 28.44	150m: 1:30.18	31.03	250m: 2:33.55	31.93	350m: 3:38.03	32.32
100m: 59.15 30.71	200m: 2:01.62	31.44	300m: 3:05.71	32.16	400m: 4:10.09	32.06
2. Mauro Santos, Inacio	+0,93 14030	Litoral Alentejano	4:44.59	604	7,00	
50m: 31.95 31.95	150m: 1:42.22	35.50	250m: 2:54.81	36.15	350m: 4:08.67	37.09
100m: 1:06.72 34.77	200m: 2:18.66	36.44	300m: 3:31.58	36.77	400m: 4:44.59	35.92
3. Ivan Mauricio, Couras	+0,82 10232	Fluvial Portuense	4:45.39	599	6,00	
50m: 32.52 32.52	150m: 1:44.87	35.94	250m: 2:57.48	36.36	350m: 4:10.02	35.93
100m: 1:08.93 36.41	200m: 2:21.12	36.25	300m: 3:34.09	36.61	400m: 4:45.39	35.37
4. Jose Pedro, Neves	17203	Fluvial Portuense	4:57.70	528	5,00	
50m: 32.70 32.70	150m: 1:45.89	36.94	250m: 3:02.59	38.64	350m: 4:19.30	38.42
100m: 1:08.95 36.25	200m: 2:23.95	38.06	300m: 3:40.88	38.29	400m: 4:57.70	38.40
5. Rafael Devesa, Dias	222402	Galitos / Bresimar	5:16.44	439	4,00	
50m: 32.80 32.80	150m: 1:48.84	39.35	250m: 3:10.69	41.42	350m: 4:34.58	42.15
100m: 1:09.49 36.69	200m: 2:29.27	40.43	300m: 3:52.43	41.74	400m: 5:16.44	41.86
6. David Miguel, Francisco	100710	Clube Nacional de Natacao	5:25.42	404	3,00	
50m: 33.03 33.03	150m: 1:51.45	40.33	250m: 3:16.58	42.71	350m: 4:43.22	43.57
100m: 1:11.12 38.09	200m: 2:33.87	42.42	300m: 3:59.65	43.07	400m: 5:25.42	42.20
7. Bruno Cruz, Maia	130383	Ginasio Clube Portugues	5:27.24	397	2,00	
50m: 36.48 36.48	150m: 1:56.74	41.12	250m: 3:21.12	42.38	350m: 4:46.49	42.56
100m: 1:15.62 39.14	200m: 2:38.74	42.00	300m: 4:03.93	42.81	400m: 5:27.24	40.75
8. Marcelo Porto, Rodrigues	205613	Natacao de Valongo	5:28.04	394	1,00	
50m: 35.73 35.73	150m: 1:55.08	40.48	250m: 3:19.25	42.26	350m: 4:45.17	43.45
100m: 1:14.60 38.87	200m: 2:36.99	41.91	300m: 4:01.72	42.47	400m: 5:28.04	42.87
9. Jose Antonio, Cruz	+0,95 220956	Adrcimm	6:01.89	294	-	
50m: 40.56 40.56	150m: 2:08.87	45.28	250m: 3:41.54	45.97	350m: 5:16.66	47.79
100m: 1:23.59 43.03	200m: 2:55.57	46.70	300m: 4:28.87	47.33	400m: 6:01.89	45.23
10. Carlos Gustavo, Fernandes	221036	Fluvial Portuense	6:02.52	292	-	
50m: 37.96 37.96	150m: 2:03.54	44.04	250m: 3:37.14	47.56	350m: 5:14.45	48.43
100m: 1:19.50 41.54	200m: 2:49.58	46.04	300m: 4:26.02	48.88	400m: 6:02.52	48.07
11. Ricardo Jorge, Letra	212130	Vieirense	6:08.33	278	-	
50m: 40.37 40.37	150m: 2:10.79	46.69	250m: 3:46.33	47.47	350m: 5:24.02	48.94
100m: 1:24.10 43.73	200m: 2:58.86	48.07	300m: 4:35.08	48.75	400m: 6:08.33	44.31
12. Pedro Nuno, Boga	221780	Porto	6:30.27	234	-	
50m: 41.44 41.44	150m: 2:15.95	48.38	250m: 3:57.58	50.87	350m: 5:41.05	51.80
100m: 1:27.57 46.13	200m: 3:06.71	50.76	300m: 4:49.25	51.67	400m: 6:30.27	49.22
13. Pedro Miguel, Goncalves	+0,78 217808	Vilacondense	6:33.78	228	-	
50m: 40.37 40.37	150m: 2:17.15	49.35	250m: 3:59.37	52.53	350m: 5:43.11	52.35
100m: 1:27.80 47.43	200m: 3:06.84	49.69	300m: 4:50.76	51.39	400m: 6:33.78	50.67
14. Nuno Ricardo, Ferreira	213021	Clube Desportivo de Estarreja	6:46.98	206	-	
50m: 43.07 43.07	150m: 2:21.84	50.26	250m: 4:06.75	52.91	350m: 5:53.68	54.58
100m: 1:31.58 48.51	200m: 3:13.84	52.00	300m: 4:59.10	52.35	400m: 6:46.98	53.30
15. Amilcar Filipe, Pires	+0,95 212773	CNLeiria - VOID	8:40.93	98	-	
50m: 51.54 51.54	150m: 3:02.70	1:06.76	250m: 5:17.96	1:07.89	350m: 7:34.33	1:08.54
100m: 1:55.94 1:04.40	200m: 4:10.07	1:07.37	300m: 6:25.79	1:07.83	400m: 8:40.93	1:06.60

Prova 2, Masc., 400m Livres

Masters E

1. Ricardo Regufe, Ferreira	106877	Fluvial Portuense	4:31.26	744	9,00
50m: 31.29 31.29	150m: 1:39.52	34.74	250m: 2:49.26	34.89	350m: 3:58.32
100m: 1:04.78 33.49	200m: 2:14.37	34.85	300m: 3:23.92	34.66	400m: 4:31.26
32.94					
2. Bruno Miguel, Santos	14631	Universitario do Porto	4:50.74	605	7,00
50m: 31.42 31.42	150m: 1:42.71	36.27	250m: 2:57.24	37.40	350m: 4:12.92
100m: 1:06.44 35.02	200m: 2:19.84	37.13	300m: 3:35.14	37.90	400m: 4:50.74
37.82					
3. David Paiva, Lopes	213610	Sporting	5:07.86	509	6,00
50m: 33.36 33.36	150m: 1:48.69	38.74	250m: 3:07.58	40.12	350m: 4:28.43
100m: 1:09.95 36.59	200m: 2:27.46	38.77	300m: 3:47.99	40.41	400m: 5:07.86
39.43					
4. Patrick, Santos	26609	Sporting	5:17.40	465	5,00
50m: 34.94 34.94	150m: 1:53.41	40.15	250m: 3:14.44	40.80	350m: 4:36.70
100m: 1:13.26 38.32	200m: 2:33.64	40.23	300m: 3:54.96	40.52	400m: 5:17.40
41.74					
41.74					
5. Pedro Nuno, Trovisco	217791	Natacao da Maia	5:19.12	457	4,00
50m: 35.74 35.74	150m: 1:57.20	40.93	250m: 3:19.16	41.05	350m: 4:40.25
100m: 1:16.27 40.53	200m: 2:38.11	40.91	300m: 4:00.22	41.06	400m: 5:19.12
40.03					
38.87					
6. Ricardo Paulo, Cardoso	224406	Geslours	5:22.69	442	3,00
50m: 32.42 32.42	150m: 1:47.72	39.10	250m: 3:11.69	43.35	350m: 4:40.55
100m: 1:08.62 36.20	200m: 2:28.34	40.62	300m: 3:56.19	44.50	400m: 5:22.69
44.36					
42.14					
7. Paulo Ernesto, Osorio	102919	Universitario do Porto	5:34.47	397	2,00
50m: 37.56 37.56	150m: 2:00.86	41.56	250m: 3:26.16	42.63	350m: 4:52.44
100m: 1:19.30 41.74	200m: 2:43.53	42.67	300m: 4:09.38	43.22	400m: 5:34.47
43.06					
42.03					
8. Bruno Cena, Saez	220964	Lisboa PoolSharks	5:54.73	333	1,00
50m: 38.00 38.00	150m: 2:05.31	44.95	250m: 3:35.94	45.17	350m: 5:10.93
100m: 1:20.36 42.36	200m: 2:50.77	45.46	300m: 4:22.86	46.92	400m: 5:54.73
48.07					
43.80					
9. Antonio Manuel, Ligeiro	119181	Galitos / Bresimar	6:04.13	307	-
50m: 40.28 40.28	150m: 2:11.72	46.73	250m: 3:44.17	46.72	350m: 5:18.27
100m: 1:24.99 44.71	200m: 2:57.45	45.73	300m: 4:31.10	46.93	400m: 6:04.13
47.17					
45.86					
10. Joao Filipe, Romao	+0,89 107138	Lagoa Academico Clube	6:18.75	273	-
50m: 41.77 41.77	150m: 2:17.00	48.59	250m: 3:55.93	49.56	350m: 5:33.47
100m: 1:28.41 46.64	200m: 3:06.37	49.37	300m: 4:44.37	48.44	400m: 6:18.75
49.10					
45.28					

Masters F

1. Marco, Vantaggiato	+0,87 129821	Litoral Alentejano	4:45.33	760	9,00
50m: 32.79 32.79	150m: 1:43.29	35.57	250m: 2:55.77	36.30	350m: 4:09.65
100m: 1:07.72 34.93	200m: 2:19.47	36.18	300m: 3:32.51	36.74	400m: 4:45.33
37.14					
35.68					
2. Antonio Luis, Portela	218039	Fluvial Portuense	4:48.01	739	7,00
50m: 30.77 30.77	150m: 1:41.61	36.22	250m: 2:55.27	37.03	350m: 4:10.58
100m: 1:05.39 34.62	200m: 2:18.24	36.63	300m: 3:32.50	37.23	400m: 4:48.01
38.08					
37.43					
3. Marcelo Jose, Martins	+0,97 219556	Fluvial Portuense	5:15.72	561	6,00
50m: 34.17 34.17	150m: 1:52.89	40.70	250m: 3:16.09	41.96	350m: 4:38.08
100m: 1:12.19 38.02	200m: 2:34.13	41.24	300m: 3:57.12	41.03	400m: 5:15.72
40.96					
37.64					
4. Carlos Soares, Goulao	+0,80 212344	Galitos / Bresimar	5:38.43	455	5,00
50m: 36.15 36.15	150m: 2:00.80	43.05	250m: 3:27.76	43.25	350m: 4:56.16
100m: 1:17.75 41.60	200m: 2:44.51	43.71	300m: 4:11.71	43.95	400m: 5:38.43
44.45					
42.27					
5. Francisco Santos, Barros	+0,88 108661	Porto	5:38.72	454	4,00
50m: 35.15 35.15	150m: 1:58.52	43.13	250m: 3:28.76	45.30	350m: 4:57.85
100m: 1:15.39 40.24	200m: 2:43.46	44.94	300m: 4:13.93	45.17	400m: 5:38.72
43.92					
40.87					

Prova 2, Masc., 400m Livres, Masters F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	Marcio Leandro, Reis	+0,93	216076	Fluvial Portuense	5:39.90	450	3,00
	50m: 38.78 38.78	150m: 2:05.16	44.06	250m: 3:30.57	42.30	350m: 4:57.52	43.62
	100m: 1:21.10 42.32	200m: 2:48.27	43.11	300m: 4:13.90	43.33	400m: 5:39.90	42.38
7.	Urbino Jesus, Santos		20649	Penafiel	5:53.54	399	2,00
	50m: 38.65 38.65	150m: 2:03.64	43.65	250m: 3:34.80	45.97	350m: 5:07.74	46.43
	100m: 1:19.99 41.34	200m: 2:48.83	45.19	300m: 4:21.31	46.51	400m: 5:53.54	45.80
8.	Pedro Fonseca, Oliveira		207947	Fluvial Portuense	5:57.19	387	1,00
	50m: 40.62 40.62	150m: 2:06.38	43.01	250m: 3:34.74	44.78	350m: 5:09.59	47.49
	100m: 1:23.37 42.75	200m: 2:49.96	43.58	300m: 4:22.10	47.36	400m: 5:57.19	47.60
9.	Jose Sizenando, Cunha		26841	Fluvial Portuense	6:04.41	365	-
	50m: 39.58 39.58	150m: 2:08.63	45.66	250m: 3:42.59	47.60	350m: 5:19.60	48.35
	100m: 1:22.97 43.39	200m: 2:54.99	46.36	300m: 4:31.25	48.66	400m: 6:04.41	44.81
10.	Pedro Jorge, Azevedo	+0,72	215218	Porto	6:09.46	350	-
	50m: 41.76 41.76	150m: 2:13.58	46.25	250m: 3:48.28	47.38	350m: 5:22.78	46.29
	100m: 1:27.33 45.57	200m: 3:00.90	47.32	300m: 4:36.49	48.21	400m: 6:09.46	46.68
11.	Joao Maria, Barbosa		219155	Fluvial Portuense	6:12.79	341	-
	50m: 42.16 42.16	150m: 2:14.76	47.08	250m:		350m: 5:27.65	48.16
	100m: 1:27.68 45.52	200m: 3:03.44	48.68	300m: 4:39.49		400m: 6:12.79	45.14
12.	Vitor Manuel, Cardoso	+0,97	207728	Natacao de Valongo	6:14.80	335	-
	50m: 39.73 39.73	150m: 2:11.76	47.49	250m: 3:49.71	49.32	350m: 5:29.11	49.54
	100m: 1:24.27 44.54	200m: 3:00.39	48.63	300m: 4:39.57	49.86	400m: 6:14.80	45.69
13.	Antonio Maria, Cunha		204079	Fluvial Portuense	6:15.14	334	-
	50m: 38.69 38.69	150m: 2:10.24	47.08	250m: 3:48.71	49.43	350m: 5:27.86	49.73
	100m: 1:23.16 44.47	200m: 2:59.28	49.04	300m: 4:38.13	49.42	400m: 6:15.14	47.28
14.	Vasco Santos, Adriaio		117357	O2-Portimao	6:18.47	326	-
	50m: 40.86 40.86	150m: 2:12.12	46.47	250m: 3:46.86	47.57	350m: 5:26.38	50.53
	100m: 1:25.65 44.79	200m: 2:59.29	47.17	300m: 4:35.85	48.99	400m: 6:18.47	52.09
15.	Attila-Janos, Ambrus	+0,97	213595	Universitario do Porto	6:21.82	317	-
	50m: 42.33 42.33	150m: 2:15.93	46.37	250m: 3:55.17	50.21	350m: 5:34.41	51.06
	100m: 1:29.56 47.23	200m: 3:04.96	49.03	300m: 4:43.35	48.18	400m: 6:21.82	47.41
16.	Luis Miguel, Nunes		209668	Natacao de Valongo	7:11.21	220	-
	50m: 45.26 45.26	150m: 2:28.28	53.43	250m: 4:17.76	55.34	350m: 6:13.51	59.41
	100m: 1:34.85 49.59	200m: 3:22.42	54.14	300m: 5:14.10	56.34	400m: 7:11.21	57.70
17.	Paulo Viana, Santos	+0,96	122497	Lagoa Academico Clube	7:13.91	216	-
	50m: 44.39 44.39	150m: 2:27.84	54.32	250m: 4:21.77	57.14	350m: 6:18.49	58.46
	100m: 1:33.52 49.13	200m: 3:24.63	56.79	300m: 5:20.03	58.26	400m: 7:13.91	55.42
DSQ	Filipe Miguel, Tomas		130382	Ginasio Clube Portugues			-
	<i>105 - Não tocou na parede na viragem aos 25 metros - SW 10.5</i>						

Masters G

1.	Gustavo Ferreira, Basto	+0,97	103219	Galitos / Bresimar	5:31.44	539	9,00
	50m: 35.02 35.02	150m: 1:56.96	42.10	250m: 3:22.36	43.03	350m: 4:49.00	43.08
	100m: 1:14.86 39.84	200m: 2:39.33	42.37	300m: 4:05.92	43.56	400m: 5:31.44	42.44
2.	Adelino Jose, Casas		203882	Individual ANL	5:43.00	486	7,00
	50m: 38.53 38.53	150m: 2:04.24	43.72	250m: 3:32.68	44.07	350m: 5:00.22	43.76
	100m: 1:20.52 41.99	200m: 2:48.61	44.37	300m: 4:16.46	43.78	400m: 5:43.00	42.78

Prova 2, Masc., 400m Livres, Masters G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	Francisco Jose, Dias		117476	Lagoa Academico Clube	5:59.73	421	6,00
	50m: 38.74 38.74	150m: 2:09.33		46.15 250m: 3:42.61 46.30	350m: 5:16.86	47.18	
	100m: 1:23.18 44.44	200m: 2:56.31		46.98 300m: 4:29.68 47.07	400m: 5:59.73	42.87	
4.	Joao Ferrand, Almeida		219517	Fluvial Portuense	6:09.45	389	5,00
	50m: 39.53 39.53	150m: 2:10.50		46.31 250m: 3:43.01 46.58	350m: 5:19.66	48.47	
	100m: 1:24.19 44.66	200m: 2:56.43		45.93 300m: 4:31.19 48.18	400m: 6:09.45	49.79	
5.	Francisco Olazabal, Almeida		214049	Fluvial Portuense	6:32.36	325	4,00
	50m: 41.76 41.76	150m: 2:18.05		49.26 250m: 3:58.51 50.89	350m: 5:40.57	51.37	
	100m: 1:28.79 47.03	200m: 3:07.62		49.57 300m: 4:49.20 50.69	400m: 6:32.36	51.79	
6.	Antonio Manuel, Santinha		100477	Clube Natacao Masters Almada	6:33.44	322	3,00
	50m: 44.28 44.28	150m: 2:22.55		49.39 250m: 4:02.36 50.22	350m: 5:43.47	50.68	
	100m: 1:33.16 48.88	200m: 3:12.14		49.59 300m: 4:52.79 50.43	400m: 6:33.44	49.97	
7.	Fernando Jose, Alves		208179	Salesianos	6:44.52	296	2,00
	50m: 44.83 44.83	150m: 2:23.17		50.47 250m: 4:07.44 52.49	350m: 5:53.48	53.21	
	100m: 1:32.70 47.87	200m: 3:14.95		51.78 300m: 5:00.27 52.83	400m: 6:44.52	51.04	
8.	Isidro Marcelino, Macedo		222747	Vitoria Sport Clube	6:50.82	283	1,00
	50m: 43.17 43.17	150m: 2:23.41		51.65 250m: 4:10.69 54.25	350m: 5:59.41	54.38	
	100m: 1:31.76 48.59	200m: 3:16.44		53.03 300m: 5:05.03 54.34	400m: 6:50.82	51.41	
9.	Luis Miguel, Loureiro		205536	Fluvial Portuense	7:03.91	257	-
	50m: 45.77 45.77	150m: 2:28.46		52.85 250m: 4:16.23 54.40	350m: 6:08.30	56.33	
	100m: 1:35.61 49.84	200m: 3:21.83		53.37 300m: 5:11.97 55.74	400m: 7:03.91	55.61	
10.	Luis Miguel, Antunes		206896	Leixoes Sport Club	7:10.97	245	-
	50m: 47.75 47.75	150m: 2:33.85		53.91 250m: 4:23.74 55.48	350m: 6:14.75	55.38	
	100m: 1:39.94 52.19	200m: 3:28.26		54.41 300m: 5:19.37 55.63	400m: 7:10.97	56.22	
11.	Celso Abreu, Fernandes		213521	Sporting Clube de Aveiro	7:21.80	227	-
	50m: 44.09 44.09	150m: 2:29.46		55.12 250m: 4:24.76 59.86	350m: 6:23.99	59.52	
	100m: 1:34.34 50.25	200m: 3:24.90		55.44 300m: 5:24.47 59.71	400m: 7:21.80	57.81	
12.	Luis Duarte, Carvalho		152640	Sporting Clube de Aveiro	7:59.11	178	-
	50m: 53.47 53.47	150m: 2:54.42		1:01.51 250m: 4:57.49 1:01.29	350m: 7:01.43	1:02.00	
	100m: 1:52.91 59.44	200m: 3:56.20		1:01.78 300m: 5:59.43 1:01.94	400m: 7:59.11	57.68	
13.	Carlos Filipe, Canito		216373	Natacao de Valongo	8:01.60	175	-
	50m: 51.67 51.67	150m: 2:56.50		1:03.71 250m: 5:01.72 1:01.98	350m: 7:03.31	1:01.16	
	100m: 1:52.79 1:01.12	200m: 3:59.74		1:03.24 300m: 6:02.15 1:00.43	400m: 8:01.60	58.29	
DSQ	Oscar Pablo, Iroldi 404 - Falsa partida - SW 4.4		224878	Fluvial Portuense			-

Masters H

1.	Jose Carlos, Freitas	+0,72	111877	Individual ANNP	4:41.94	1102	9,00
	50m: 32.37 32.37	150m: 1:43.42		35.81 250m: 2:55.11 35.94	350m: 4:06.93	35.90	
	100m: 1:07.61 35.24	200m: 2:19.17		35.75 300m: 3:31.03 35.92	400m: 4:41.94	35.01	
2.	Carlos Jorge, Oliveira	+0,98	11360	Clube Natacao Masters Almada	5:20.35	751	7,00
	50m: 35.85 35.85	150m: 1:54.21		40.08 250m: 3:17.70 41.33	350m: 4:40.53	41.36	
	100m: 1:14.13 38.28	200m: 2:36.37		42.16 300m: 3:59.17 41.47	400m: 5:20.35	39.82	
3.	Jaime Carlos, Bento		118614	Sport Alges e Dafundo	5:28.74	695	6,00
	50m: 35.76 35.76	150m: 1:57.69		41.67 250m: 3:23.45 42.72	350m: 4:49.13	42.51	
	100m: 1:16.02 40.26	200m: 2:40.73		43.04 300m: 4:06.62 43.17	400m: 5:28.74	39.61	

Prova 2, Masc., 400m Livres, Masters H

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	Ralf Pinto, Soares		26786	Associacao Nadadores Estoris	5:33.03	668	5,00
	50m: 36.59 36.59	150m: 1:59.47		42.35 250m: 3:24.45 42.40	350m: 4:50.52	43.16	
	100m: 1:17.12 40.53	200m: 2:42.05		42.58 300m: 4:07.36 42.91	400m: 5:33.03	42.51	
5.	Armando Joao, Costa	+0,92	12262	Sporting de Espinho	5:50.45	573	4,00
	50m: 37.87 37.87	150m: 2:07.24		45.95 250m: 3:39.07 45.70	350m: 5:06.35	42.80	
	100m: 1:21.29 43.42	200m: 2:53.37		46.13 300m: 4:23.55 44.48	400m: 5:50.45	44.10	
6.	Henrique Luis, Seabra	+0,85	125467	Fluvial Portuense	5:58.90	534	3,00
	50m: 37.82 37.82	150m: 2:05.18		44.73 250m: 3:37.76 46.55	350m: 5:12.94	47.42	
	100m: 1:20.45 42.63	200m: 2:51.21		46.03 300m: 4:25.52 47.76	400m: 5:58.90	45.96	
7.	Antonio Carlos, Carita		26503	Academica de Coimbra	6:21.69	444	2,00
	50m: 42.18 42.18	150m: 2:15.75		47.64 250m: 3:54.55 49.14	350m: 5:34.00	50.15	
	100m: 1:28.11 45.93	200m: 3:05.41		49.66 300m: 4:43.85 49.30	400m: 6:21.69	47.69	
8.	Francisco Jose, Grilo		215966	Braga	6:35.29	399	1,00
	50m: 40.74 40.74	150m: 2:15.52		48.72 250m: 3:57.79 51.69	350m: 5:42.59	53.02	
	100m: 1:26.80 46.06	200m: 3:06.10		50.58 300m: 4:49.57 51.78	400m: 6:35.29	52.70	
9.	Nuno Carlos, Albuquerque		210412	Braga	6:45.55	370	-
	50m: 44.99 44.99	150m: 2:24.73		51.25 250m: 4:09.05 52.07	350m: 5:54.53	53.11	
	100m: 1:33.48 48.49	200m: 3:16.98		52.25 300m: 5:01.42 52.37	400m: 6:45.55	51.02	
10.	Jose Rui, Amaral		206897	Fluvial Portuense	6:47.40	365	-
	50m: 45.19 45.19	150m: 2:25.26		50.57 250m: 4:12.68 53.94	350m: 5:56.28	51.93	
	100m: 1:34.69 49.50	200m: 3:18.74		53.48 300m: 5:04.35 51.67	400m: 6:47.40	51.12	
11.	Daniel Castro, Trigo		120704	Sporting Clube de Aveiro	7:13.22	303	-
	50m: 47.56 47.56	150m: 2:35.85		55.04 250m: 4:26.76 55.11	350m: 6:20.43	56.57	
	100m: 1:40.81 53.25	200m: 3:31.65		55.80 300m: 5:23.86 57.10	400m: 7:13.22	52.79	
12.	Manuel Fernando, Santos		204895	Gafanha da Encarnacao	7:13.81	302	-
	50m: 47.54 47.54	150m: 2:35.13		54.99 250m: 4:27.40 55.66	350m: 6:17.73	54.58	
	100m: 1:40.14 52.60	200m: 3:31.74		56.61 300m: 5:23.15 55.75	400m: 7:13.81	56.08	
13.	Vitor Manuel, Cardoso		211850	Geslours	7:18.31	293	-
	50m: 44.21 44.21	150m: 2:34.93		56.05 250m: 4:28.28 56.34	350m: 6:23.80	57.45	
	100m: 1:38.88 54.67	200m: 3:31.94		57.01 300m: 5:26.35 58.07	400m: 7:18.31	54.51	
14.	Joao Carlos, Nascimento		131910	O2-Portimao	8:24.13	192	-
	50m: 53.03 53.03	150m: 2:57.65		1:03.91 250m: 5:11.15 1:06.66	350m: 7:21.91	1:04.46	
	100m: 1:53.74 1:00.71	200m: 4:04.49		1:06.84 300m: 6:17.45 1:06.30	400m: 8:24.13	1:02.22	

Masters I

1.	Vitor Manuel, Mavioso		100689	Sport Alges e Dafundo	5:35.12	754	9,00
	50m: 37.45 37.45	150m: 2:01.41		42.43 250m: 3:27.74 43.06	350m: 4:54.26	43.29	
	100m: 1:18.98 41.53	200m: 2:44.68		43.27 300m: 4:10.97 43.23	400m: 5:35.12	40.86	
2.	Mario Jose, Pinto		12387	Sharks - Adsc	6:17.72	526	7,00
	50m: 43.64 43.64	150m:		250m: 3:52.81 47.65	350m: 5:30.42	48.64	
	100m: 1:29.31 45.67	200m: 3:05.16		300m: 4:41.78 48.97	400m: 6:17.72	47.30	
3.	Oscar Filipe, Goncalves	+0,92	219154	Fluvial Portuense	6:30.65	476	6,00
	50m: 43.46 43.46	150m: 2:23.19		51.30 250m: 4:04.80 50.07	350m: 5:44.57	49.56	
	100m: 1:31.89 48.43	200m: 3:14.73		51.54 300m: 4:55.01 50.21	400m: 6:30.65	46.08	
4.	Joao Manuel, Ruas		108663	Sporting	6:38.22	449	5,00
	50m: 44.28 44.28	150m: 2:22.82		49.86 250m: 4:04.51 51.66	350m: 5:48.03	52.18	
	100m: 1:32.96 48.68	200m: 3:12.85		50.03 300m: 4:55.85 51.34	400m: 6:38.22	50.19	

Prova 2, Masc., 400m Livres, Masters I

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
5.	Fernando Paulo, Fabiao		215799	Porto	7:52.72	268	4,00
	50m: 48.00 48.00	150m: 2:41.62	59.45	250m: 4:46.84	1:03.42	350m: 6:52.36	1:03.07
	100m: 1:42.17 54.17	200m: 3:43.42	1:01.80	300m: 5:49.29	1:02.45	400m: 7:52.72	1:00.36
6.	Ricardo Portella, Aguiar		218370	Porto	8:17.91	229	3,00
	50m: 1:00.24 1:00.24	150m: 3:14.80	1:10.26	250m: 5:21.94	1:02.34	350m: 7:20.59	57.46
	100m: 2:04.54 1:04.30	200m: 4:19.60	1:04.80	300m: 6:23.13	1:01.19	400m: 8:17.91	57.32
7.	Pedro Nuno, Oliveira		224894	Fluvial Portuense	8:43.79	197	2,00
	50m: 58.32 58.32	150m: 3:09.07	1:06.69	250m: 5:24.08	1:07.39	350m: 7:38.41	1:06.88
	100m: 2:02.38 1:04.06	200m: 4:16.69	1:07.62	300m: 6:31.53	1:07.45	400m: 8:43.79	1:05.38

Masters J

1.	Ricardo Antonio, Mendes		132928	Salesianos	6:02.96	736	9,00
	50m: 37.63 37.63	150m: 2:08.14	47.15	250m: 3:43.58	48.01	350m: 5:18.54	46.98
	100m: 1:20.99 43.36	200m: 2:55.57	47.43	300m: 4:31.56	47.98	400m: 6:02.96	44.42
2.	Domingos Jose, Ferreira		209351	Leixoes Sport Club	6:54.10	496	7,00
	50m: 44.88 44.88	150m: 2:29.51	53.32	250m: 4:17.23	53.81	350m: 6:04.15	52.91
	100m: 1:36.19 51.31	200m: 3:23.42	53.91	300m: 5:11.24	54.01	400m: 6:54.10	49.95
3.	Carlos Augusto, Correia		100466	Clube Natacao Masters Almada	6:56.03	489	6,00
	50m: 45.61 45.61	150m: 2:31.45	54.27	250m: 4:18.18	53.65	350m: 6:04.07	52.90
	100m: 1:37.18 51.57	200m: 3:24.53	53.08	300m: 5:11.17	52.99	400m: 6:56.03	51.96
4.	Carlos Manuel, Porto		207570	Sport Alges e Dafundo	7:46.09	348	5,00
	50m: 54.44 54.44	150m: 2:49.35	57.27	250m: 4:49.55	59.84	350m: 6:48.52	59.38
	100m: 1:52.08 57.64	200m: 3:49.71	1:00.36	300m: 5:49.14	59.59	400m: 7:46.09	57.57
5.	Jose Alexandre, Raposo	+0,83	131484	Sporting Clube de Aveiro	8:13.69	292	4,00
	50m: 56.24 56.24	150m: 3:03.07	1:03.96	250m: 5:09.51	1:02.86	350m: 7:14.29	1:02.28
	100m: 1:59.11 1:02.87	200m: 4:06.65	1:03.58	300m: 6:12.01	1:02.50	400m: 8:13.69	59.40
6.	Jose Goncalves, Santos		133236	Sporting Clube de Aveiro	8:21.20	279	3,00
	50m: 54.04 54.04	150m: 2:58.84	1:03.10	250m: 5:08.23	1:04.04	350m: 7:20.21	1:06.21
	100m: 1:55.74 1:01.70	200m: 4:04.19	1:05.35	300m: 6:14.00	1:05.77	400m: 8:21.20	1:00.99
7.	Francisco Jose, Costa		222493	Fluvial Portuense	8:45.33	243	2,00
	50m: 59.56 59.56	150m: 3:10.81	1:06.79	250m: 5:26.45	1:07.86	350m: 7:43.82	1:09.52
	100m: 2:04.02 1:04.46	200m: 4:18.59	1:07.78	300m: 6:34.30	1:07.85	400m: 8:45.33	1:01.51

Masters K

1.	Antonio Carlos, Batista		205092	FC Ferreiras/AlgarExperience	7:07.79	550	9,00
	50m: 43.98 43.98	150m: 2:27.13	52.69	250m: 4:18.05	55.63	350m: 6:11.71	56.94
	100m: 1:34.44 50.46	200m: 3:22.42	55.29	300m: 5:14.77	56.72	400m: 7:07.79	56.08
2.	Steven Bruce, Seligson		219656	Porto	8:08.39	370	7,00
	50m: 53.79 53.79	150m: 2:56.94	1:02.47	250m: 5:01.48	1:01.69	350m: 7:06.00	1:02.40
	100m: 1:54.47 1:00.68	200m: 3:59.79	1:02.85	300m: 6:03.60	1:02.12	400m: 8:08.39	1:02.39
3.	Luis Silveira, Viegas		104917	Sport Alges e Dafundo	8:44.07	299	6,00
	50m: 54.05 54.05	150m: 3:02.61	1:06.69	250m: 5:19.48	1:08.43	350m: 7:35.83	1:08.83
	100m: 1:55.92 1:01.87	200m: 4:11.05	1:08.44	300m: 6:27.00	1:07.52	400m: 8:44.07	1:08.24

Prova 2, Masc., 400m Livres

Masters L

1. Luis Vidigal, Salgueiro	119671	Sport Alges e Dafundo	7:42.12	473	9,00						
<i>Rec Nac Esc L</i>											
50m:	52.00	52.00	150m:	2:52.14	1:00.09	250m:	4:51.17	1:00.10	350m:	6:48.13	58.51
100m:	1:52.05	1:00.05	200m:	3:51.07	58.93	300m:	5:49.62	58.45	400m:	7:42.12	53.99