

III Torneio Masters CNAC
Coimbra, 10/5/2025

Prova 1 Masc., 400m Livres 25 anos e mais velhos
10/05/2025 - 9:00 Resultados

Recordes Nacionais Masters 50m Esc O	59:00.00				
Recordes Nacionais Masters 50m Esc N	20:28.01	Virgilio Zacarias, COSTA	AAC	Reguengos de Monsaraz	08/07/2022
Recordes Nacionais Masters 50m Esc M	11:50.57	Antonio Alexandre, RODRIGUES	AAC	Vila Franca de Xira	07/04/2024
Recordes Nacionais Masters 50m Esc L	8:09.26	Luis Vidigal, SALGUEIRO	SAD	Vila Franca de Xira	13/04/2025
Recordes Nacionais Masters 50m Esc K	6:31.90	Stephen Thomas, DYSON	SAD	Reguengos de Monsaraz	10/07/2022
Recordes Nacionais Masters 50m Esc J	5:53.42	Stephen Thomas, DYSON	SAD	Budapeste (HUN)	20/08/2017
Recordes Nacionais Masters 50m Esc I	5:46.78	Vitor Manuel, MAVIOSO	INDANL	Vila Franca de Xira	07/04/2024
Recordes Nacionais Masters 50m Esc H	4:49.01	Jose Carlos, FREITAS	CLIP	Doha (QAT)	28/02/2024
Recordes Nacionais Masters 50m Esc G	4:34.69	Jose Carlos, FREITAS	CFP	Loulé	14/07/2018
Recordes Nacionais Masters 50m Esc F	4:28.97	Jose Carlos, FREITAS	CFP	Kazan (RUS)	16/08/2015
Recordes Nacionais Masters 50m Esc E	4:27.36	Jose Carlos, FREITAS	CFP	Gotemburgo (SWE)	06/08/2010
Recordes Nacionais Masters 50m Esc D	4:33.43	Miguel Mendonca, CABRITA	SAD	Évora	05/07/2014
Recordes Nacionais Masters 50m Esc C	4:18.63	Adriano Miguel, NIZ	GDNFAMA	Rome (ITA)	29/08/2022
Recordes Nacionais Masters 50m Esc B	4:10.56	Adriano Miguel, NIZ	GDNVNF	London (GBR)	27/05/2016
Recordes Nacionais Masters 50m Esc A	4:12.44	Adriano Miguel, NIZ	GDNVNF	Kazan (RUS)	16/08/2015

Pontos: AQUA Master 2025

Lugar Ano Tempo final Pts

Master Esc A

1. Nuno Goncalo, SANTOS	96	Vieirense	4:41.84	624
50m:	150m:	250m:	350m:	
100m: 1:04.81	200m: 2:14.49	300m: 3:28.70	400m: 4:41.84	
2. Ricardo Luis, TENREIRO	98	CNLeiria - VOID	5:03.59	500
50m:	150m:	250m:	350m:	
100m: 1:09.59	200m: 2:26.86	300m: 3:45.94	400m: 5:03.59	
3. Ricardo Contreiras, JERONIMO	97	Natação do Fundão	5:05.58	490
50m:	150m:	250m:	350m:	
100m: 1:09.77	200m: 2:27.21	300m: 2:46.96	400m: 5:05.58	
4. David Lopes, CUNHA	96	Lisboa PoolSharks	5:15.07	447
50m:	150m:	250m:	350m:	
100m: 1:11.99	200m: 2:32.99	300m: 3:54.81	400m: 5:15.07	
5. Andre Filipe, MENDES	99	Natação do Fundão	6:21.25	252
50m:	150m:	250m:	350m:	
100m: 1:22.50	200m: 3:00.70	300m: 4:43.92	400m: 6:21.25	

Master Esc B

1. Humberto Melo, SALUSTIANO	91	Lisboa PoolSharks	5:36.22	355
50m:	150m:	250m:	350m:	
100m: 1:12.97	200m: 2:36.75	300m: 4:04.97	400m: 5:36.22	
2. Jose Miguel, GOUVEIA	91	Leixões	5:43.15	334
50m:	150m:	250m:	350m:	
100m: 1:18.91	200m: 2:45.33	300m: 4:15.21	400m: 5:43.15	
3. Andre Filipe, RODRIGUES	94	Amigos da Natacao-ACD	6:13.91	258
50m:	150m:	250m:	350m:	
100m: 1:23.95	200m: 2:59.00	300m: 4:37.76	400m: 6:13.91	
4. Isaac Manuel, FONSECA	95	Natação do Fundão	6:19.82	246
50m:	150m:	250m:	350m:	
100m: 1:22.65	200m: 3:00.93	300m: 4:42.32	400m: 6:19.82	
5. Joao Pedro, MENDES	95	CNLeiria - VOID	6:34.69	219
50m:	150m:	250m:	350m:	
100m: 1:27.01	200m: 3:07.85	300m: 4:54.43	400m: 6:34.69	
6. Iliia, BELTIUKOV	94	Académica de Coimbra	7:35.81	142
50m:	150m:	250m:	350m:	
100m: 1:49.07	200m: 3:48.03	300m: 5:46.67	400m: 7:35.81	

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Prova 1, Masc., 400m Livres

Master Esc C

1.	Diogo Miguel, PAULINO	90	Alcobaca	4:56.62	534
	50m:	150m:	250m:	350m:	
	100m: 1:07.79	200m: 2:23.25	300m: 3:40.97	400m: 4:56.62	
2.	Carlos Filipe, OLIVEIRA	88	Piscina dos Bébés	5:17.99	434
	50m:	150m:	250m:	350m:	
	100m: 1:10.51	200m: 2:29.47	300m: 3:53.22	400m: 5:17.99	
3.	Andre Branquinho, GOMES	87	Sporting de Aveiro	5:25.16	406
	50m:	150m:	250m:	350m:	
	100m: 1:16.59	200m: 2:39.02	300m: 4:02.22	400m: 5:25.16	
4.	Diogo Marques, PRATAS	86	Gafanha da Encarnacao	5:37.71	362
	50m:	150m:	250m:	350m:	
	100m: 1:17.11	200m: 2:44.36	300m: 4:11.78	400m: 5:37.71	
5.	Marco Rafael, FERREIRA	86	Fisica Torres Vedras	5:57.05	306
	50m:	150m:	250m:	350m:	
	100m: 1:19.03	200m: 2:49.03	300m: 4:22.45	400m: 5:57.05	
6.	Jorge Miguel, XAVIER	89	Sporting de Braga	5:59.73	299
	50m:	150m:	250m:	350m:	
	100m: 1:17.41	200m: 2:47.91	300m: 4:23.63	400m: 5:59.73	
7.	Gustavo Jose, FRESCO	87	Académica de Coimbra	6:03.03	291
	50m:	150m:	250m:	350m:	
	100m: 1:17.38	200m: 2:51.34	300m: 4:32.13	400m: 6:03.03	
8.	Tiago Filipe, SILVA	89	Sporting de Aveiro	7:18.65	165
	50m:	150m:	250m:	350m:	
	100m: 1:35.50	200m: 3:26.34	300m: 5:22.15	400m: 7:18.65	
9.	Tiago Miguel, APARICIO	89	Amigos da Natacao-ACD	7:22.36	161
	50m:	150m:	250m:	350m:	
	100m: 1:31.50	200m: 3:21.86	300m: 5:18.00	400m: 7:22.36	

Master Esc D

1.	Francisco Zamith, PASSOS	83	Ginásio Sto. Tirso	4:42.06	669
	50m:	150m:	250m:	350m:	
	100m: 1:05.81	200m: 2:18.67	300m: 3:32.53	400m: 4:42.06	
2.	Joao Miguel, SANTOS	81	CNLeiria - VOID	4:43.72	657
	50m:	150m:	250m:	350m:	
	100m: 1:04.44	200m: 2:16.84	300m: 3:31.55	400m: 4:43.72	
3.	Bruno Miguel, BELCHIOR	85	Benedita	5:24.33	440
	50m:	150m:	250m:	350m:	
	100m: 1:13.18	200m: 2:35.06	300m: 4:01.90	400m: 5:24.33	
4.	Rafael Devesa, DIAS	85	Galitos / Bresimar	5:40.78	379
	50m:	150m:	250m:	350m:	
	100m: 1:17.28	200m: 2:43.81	300m: 4:12.18	400m: 5:40.78	
5.	Luis Miguel, OLIVEIRA	83	Lisboa PoolSharks	6:06.00	306
	50m:	150m:	250m:	350m:	
	100m: 1:21.11	200m: 2:53.08	300m: 4:29.25	400m: 6:06.00	
6.	Agostinho Alberto, REGO	82	Vitoria Sport Clube	6:07.02	303
	50m:	150m:	250m:	350m:	
	100m: 1:25.20	200m: 2:59.29	300m: 4:34.84	400m: 6:07.02	
7.	Amilcar Filipe, PIRES	84	CNLeiria - VOID	8:45.48	103
	50m:	150m:	250m:	350m:	
	100m: 1:53.41	200m: 4:05.34	300m: 6:25.13	400m: 8:45.48	

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Master Esc E

1.	Ricardo Paulo, CARDOSO	80	Geslours	5:24.75	454
	50m:	150m:	250m:	350m:	
	100m: 1:17.22	200m: 2:42.00	300m: 4:06.00	400m: 5:24.75	
2.	Andre Rosado, ROCHA	78	Pimpoes/Cimai	5:42.34	387
	50m:	150m:	250m:	350m:	
	100m: 1:13.38	200m: 2:40.13	300m: 4:11.91	400m: 5:42.34	
3.	Carlos Nuno, SERENO	77	Galitos / Bresimar	6:31.41	259
	50m:	150m:	250m:	350m:	
	100m: 1:26.66	200m: 3:04.48	300m: 4:49.30	400m: 6:31.41	
4.	Ricardo Manuel, CALVARIO	79	Natação do Fundão	7:12.75	192
	50m:	150m:	250m:	350m:	
	100m: 1:32.96	200m: 3:21.53	300m: 5:18.11	400m: 7:12.75	
5.	Nelson Jesus, GUERRA	76	Vieirense	7:22.15	180
	50m:	150m:	250m:	350m:	
	100m: 1:37.97	200m: 3:32.75	300m: 5:30.15	400m: 7:22.15	
6.	Luis Miguel, PAIS	80	Natação do Fundão	8:36.96	112
	50m:	150m:	250m:	350m:	
	100m: 1:48.43	200m: 4:04.95	300m: 6:26.63	400m: 8:36.96	
7.	Hugo Alexandre, DIAS	80	Bairro dos Anjos	8:39.50	110
	50m:	150m:	250m: 6:07.43	350m:	
	100m: 1:55.75	200m: 4:07.00	300m: 2:00.43	400m: 8:39.50	
8.	Leonardo Jose, MARTINHO	80	Natação do Fundão	9:37.68	80
	50m:	150m:	250m:	350m:	
	100m: 2:10.93	200m: 4:41.58	300m: 7:12.60	400m: 9:37.68	
9.	Filipe Andre, NABAIS	80	Natação do Fundão	10:15.20	66
	50m:	150m:	250m:	350m:	
	100m: 2:25.74	200m: 5:04.62	300m: 7:44.95	400m: 10:15.20	
DSQ	Asa Edward, SCOTT	76	Sporting de Espinho		
	SW 10.2 - O/A atleta não completou o percurso.				

Master Esc F

1.	Urbino Jesus, SANTOS	75	Penafiel	6:05.39	343
	50m:	150m:	250m:	350m:	
	100m: 1:25.31	200m: 2:58.67	300m: 4:33.74	400m: 6:05.39	
2.	Ricardo Velho, FRANCO	74	Geslours	6:16.20	314
	50m:	150m:	250m:	350m:	
	100m: 1:22.51	200m: 2:57.42	300m: 4:37.36	400m: 6:16.20	
3.	Joao Maria, BARBOSA	73	Fluvial Portuense	6:36.54	268
	50m:	150m:	250m:	350m:	
	100m: 1:31.74	200m: 3:14.87	300m: 4:58.09	400m: 6:36.54	
4.	Paulo Jorge, RASOILLO	74	Amigos da Natacao-ACD	6:45.34	251
	50m:	150m:	250m:	350m:	
	100m: 1:38.95	200m: 3:24.66	300m: 5:09.73	400m: 6:45.34	
5.	Hugo Alexandre, BORREGO	72	Sporting de Aveiro	8:28.15	127
	50m:	150m:	250m:	350m:	
	100m: 1:51.46	200m: 4:03.96	300m: 6:21.37	400m: 8:28.15	

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Prova 1, Masc., 400m Livres

Master Esc G

1.	Richard Roy, LETCHER	69	Nadadores dos Estoris	5:00.79	664
	50m:	150m:	250m:	350m:	
	100m: 1:08.33	200m: 2:23.61	300m: 3:41.65	400m: 5:00.79	
2.	Gustavo Ferreira, BASTO	67	Galitos / Bresimar	5:58.95	391
	50m:	150m:	250m:	350m:	
	100m: 1:18.64	200m: 2:50.98	300m: 4:26.06	400m: 5:58.95	
3.	Rui Miguel, HENRIQUES	69	Nadadores dos Estoris	6:07.00	365
	50m:	150m:	250m:	350m:	
	100m: 1:24.43	200m: 3:01.07	300m: 4:38.97	400m: 6:07.00	
4.	Oscar Pablo, IROLDI	70	Fluvial Portuense	6:14.44	344
	50m:	150m:	250m:	350m:	
	100m: 1:22.44	200m: 2:57.02	300m: 4:36.15	400m: 6:14.44	
5.	Paulo Fernando, OLIVEIRA	67	Nautico Marinha Grande	6:24.57	317
	50m:	150m:	250m:	350m:	
	100m: 1:25.78	200m: 3:04.11	300m: 4:45.03	400m: 6:24.57	
6.	Luis Miguel, ANTUNES	68	Leixões	7:21.40	210
	50m:	150m:	250m:	350m:	
	100m: 1:42.55	200m: 3:36.97	300m: 5:30.87	400m: 7:21.40	
7.	Isidro, MARCELINO MACEDO	68	Vitoria Sport Clube	7:21.49	210
	50m:	150m:	250m:	350m:	
	100m: 1:43.89	200m: 3:35.57	300m: 5:29.07	400m: 7:21.49	
8.	Antonio Alberto, CERIEIRO	68	Natação do Fundão	10:46.00	67
	50m:	150m:	250m:	350m:	
	100m: 2:22.97	200m: 5:19.22	300m: 8:07.55	400m: 10:46.00	

Master Esc H

1.	Paulo Paula, CARVALHO	61	Sporting	5:41.19	496
	50m:	150m:	250m:	350m:	
	100m: 1:20.61	200m: 2:50.19	300m: 4:17.22	400m: 5:41.19	
2.	Jose Miguel, BARROSO	62	Fluvial Portuense	5:46.17	475
	50m:	150m:	250m:	350m:	
	100m: 1:18.07	200m: 2:46.53	300m: 4:15.34	400m: 5:46.17	
3.	Armando Joao, COSTA	63	Sporting de Espinho	6:03.00	412
	50m:	150m:	250m:	350m:	
	100m: 1:21.72	200m: 2:56.50	300m: 4:32.08	400m: 6:03.00	
4.	Jose Alberto, PEREIRA	62	Natação do Fundão	10:30.50	78
	50m:	150m:	250m:	350m:	
	100m: 2:22.48	200m: 5:06.03	300m: 7:55.67	400m: 10:30.50	
5.	Armando Santos, OLIVEIRA	63	Natação do Fundão	11:36.82	58
	50m:	150m:	250m:	350m:	
	100m: 2:43.50	200m: 5:49.06	300m: 8:52.88	400m: 11:36.82	

Master Esc I

1.	Jose Antonio, FERREIRA	58	Leixões	7:09.13	270
	50m:	150m:	250m:	350m:	
	100m: 1:39.03	200m: 3:28.75	300m: 5:21.37	400m: 7:09.13	

Master Esc J

1.	Domingos Jose, FERREIRA	54	Leixões	7:08.68	335
	50m:	150m:	250m:	350m:	
	100m: 1:35.98	200m: 3:27.51	300m: 5:20.65	400m: 7:08.68	

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Prova 1, Masc., 400m Livres, Master Esc J

Lugar			Ano		Tempo final	Pts
2.	Jose Henrique, MADAIL		54	Galitos / Bresimar	8:26.77	203
	50m:	150m:		250m:	350m:	
	100m: 2:02.84	200m: 4:14.16		300m: 6:24.78	400m: 8:26.77	
3.	Jose Alexandre, RAPOSO		55	Sporting de Aveiro	8:28.62	200
	50m:	150m:		250m:	350m:	
	100m: 2:00.13	200m: 4:11.21		300m: 6:24.14	400m: 8:28.62	

Master Esc K

1.	Francisco Manuel, PEREIRA		48	Natação do Fundão	9:01.18	202
	50m:	150m:		250m:	350m:	
	100m: 2:03.11	200m: 4:23.11		300m: 6:44.18	400m: 9:01.18	
2.	Luis Pereira, CABRAL		49	Académica de Coimbra	10:03.10	146
	50m:	150m:		250m:	350m:	
	100m: 2:19.25	200m: 4:54.85		300m: 7:31.70	400m: 10:03.10	