



12º Torneio de Masters do Litoral Alentejano
Sines, 1/3/2025

Prova 2
01/03/2025

Masc., 400m Livres

ANO 1921 - 2000
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) | 4:10.09 | Eduardo Ferreira SEVERI | FCP | Torres Novas | 24/01/2025 |
| 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) | 7:42.12 | Luis Vidigal SALGUEIRO | SAD | Torres Novas | 24/01/2025 |
| 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 |

Pontos: DSV Masters 2024

| Lugar | Nome | Idade | Clube | Tempo final | Pontos |
|------------------------|---------------------------|---------------|------------------------------|---------------------|---------------------|
| ANO 1996 - 2000 | | | | | |
| 1. | David Lopes CUNHA | 29 | Lisboa PoolSharks | 4:45.56 | 610 |
| | 50m: 32.46 32.46 | 150m: 1:44.63 | 36.38 | 250m: 350m: | |
| | 100m: 1:08.25 35.79 | 200m: 2:21.11 | 36.48 | 300m: 3:34.36 | 400m: 4:45.56 |
| 2. | Alexandre Miguel LAUREANO | 28 | Ba-Leiria | 4:50.14 | 582 |
| | 50m: 32.42 32.42 | 150m: 1:44.50 | 36.18 | 250m: 350m: | |
| | 100m: 1:08.32 35.90 | 200m: 2:21.46 | 36.96 | 300m: 3:35.53 | 400m: 4:50.14 |
| 3. | Filipe Esteves FOCKE | 29 | Lagoa Academico Clube | 5:08.00 | 486 |
| | 50m: 33.55 33.55 | 150m: 1:51.85 | 40.01 | 250m: 350m: | |
| | 100m: 1:11.84 38.29 | 200m: 2:32.33 | 40.48 | 300m: 3:52.82 | 400m: 5:08.00 |
| 4. | Cesar Goncalves OLIVEIRA | 25 | FC Ferreiras/AlgarExperience | 6:00.02 | 304 |
| | 50m: 35.84 35.84 | 150m: 1:59.92 | 43.55 | 250m: 3:33.81 47.69 | 350m: 5:11.56 49.39 |
| | 100m: 1:16.37 40.53 | 200m: 2:46.12 | 46.20 | 300m: 4:22.17 48.36 | 400m: 6:00.02 48.46 |

ANO 1991 - 1995

| | | | | | |
|----|------------------------|---------------|--------------------------------|----------------|---------------|
| 1. | Joao Paulo RIBEIRO | 33 | CNLeiria - VOID | 4:35.25 | 665 |
| | 50m: 29.93 29.93 | 150m: 1:38.06 | 34.70 | 250m: 350m: | |
| | 100m: 1:03.36 33.43 | 200m: 2:13.29 | 35.23 | 300m: 3:24.00 | 400m: 4:35.25 |
| 2. | David Piteira PEREIRA | 32 | Lisboa PoolSharks | 5:37.23 | 361 |
| | 50m: 36.77 36.77 | 150m: 2:00.34 | 42.44 | 250m: 350m: | |
| | 100m: 1:17.90 41.13 | 200m: 2:43.36 | 43.02 | 300m: 4:10.16 | 400m: 5:37.23 |
| 3. | Andre Filipe RODRIGUES | 31 | Grupo dos Amigos da Natacao-AC | 5:52.89 | 315 |
| | 50m: 37.99 37.99 | 150m: 2:02.26 | 42.89 | 250m: 350m: | |
| | 100m: 1:19.37 41.38 | 200m: 2:48.37 | 46.11 | 300m: 4:21.89 | 400m: 5:52.89 |

ANO 1986 - 1990

| | | | | | |
|----|-----------------------|---------------|------------------------------|---------------------|---------------------|
| 1. | Diogo Miguel PAULINO | 35 | Alcobaca | 4:55.03 | 554 |
| | 50m: 32.29 32.29 | 150m: 1:46.42 | 37.32 | 250m: 350m: | |
| | 100m: 1:09.10 36.81 | 200m: 2:23.90 | 37.48 | 300m: 3:39.29 | 400m: 4:55.03 |
| 2. | Jaime Gonzalez OTAOLA | 38 | Lisboa PoolSharks | 5:01.97 | 516 |
| | 50m: 32.07 32.07 | 150m: 1:46.50 | 38.97 | 250m: 3:05.40 39.13 | 350m: 4:22.75 38.53 |
| | 100m: 1:07.53 35.46 | 200m: 2:26.27 | 39.77 | 300m: 3:44.22 38.82 | 400m: 5:01.97 39.22 |
| 3. | Andre Filipe VIOLA | 38 | FC Ferreiras/AlgarExperience | 5:29.31 | 398 |
| | 50m: 36.03 36.03 | 150m: | | 250m: 350m: | |
| | 100m: 1:16.78 40.75 | 200m: 2:42.04 | | 300m: 4:07.11 | 400m: 5:29.31 |



12º Torneio de Masters do Litoral Alentejano
Sines, 1/3/2025

Prova 2, Masc., 400m Livres

ANO 1981 - 1985

| | | | | |
|---------------------------|---------------|------------------------------|-----------------------|-----------------------|
| 1. Mauro Santos INACIO | 41 | Litoral Alentejano | 4:36.65 | 658 |
| 50m: 32.00 32.00 | 150m: 1:40.33 | 34.36 | 250m: | 350m: |
| 100m: 1:05.97 33.97 | 200m: 2:14.99 | 34.66 | 300m: 3:25.75 | 400m: 4:36.65 |
| 2. Marco Filipe DUARTE | 40 | FC Ferreiras/AlgarExperience | 4:58.90 | 522 |
| 50m: 32.83 32.83 | 150m: 1:45.69 | 36.92 | 250m: 3:02.33 38.64 | 350m: 4:20.87 39.15 |
| 100m: 1:08.77 35.94 | 200m: 2:23.69 | 38.00 | 300m: 3:41.72 39.39 | 400m: 4:58.90 38.03 |
| 3. Bruno Miguel BELCHIOR | 40 | Benedita Sport Club Natação | 5:06.50 | 484 |
| 50m: 34.04 34.04 | 150m: 1:48.94 | 38.34 | 250m: | 350m: |
| 100m: 1:10.60 36.56 | 200m: 2:28.06 | 39.12 | 300m: 3:48.86 | 400m: 5:06.50 |
| 4. Ricardo Jorge FERREIRA | 43 | Benedita Sport Club Natação | 5:12.44 | 457 |
| 50m: 33.60 33.60 | 150m: 1:48.88 | 38.31 | 250m: | 350m: |
| 100m: 1:10.57 36.97 | 200m: 2:28.35 | 39.47 | 300m: 3:49.05 | 400m: 5:12.44 |
| 5. Miguel MARCELO BEJA | 41 | A Onda Azeitão | 5:28.87 | 391 |
| 50m: 35.38 35.38 | 150m: 1:55.98 | 41.21 | 250m: | 350m: |
| 100m: 1:14.77 39.39 | 200m: 2:38.77 | 42.79 | 300m: 4:05.58 | 400m: 5:28.87 |
| 6. Joao Luis PEREIRA | 42 | Litoral Alentejano | 5:43.13 | 345 |
| 50m: 37.76 37.76 | 150m: 2:00.74 | 41.87 | 250m: | 350m: |
| 100m: 1:18.87 41.11 | 200m: 2:43.96 | 43.22 | 300m: 4:12.91 | 400m: 5:43.13 |
| 7. Ruben Filipe COELHO | 43 | Geslours | 6:25.59 | 243 |
| 50m: 39.03 39.03 | 150m: 2:12.06 | 48.63 | 250m: | 350m: |
| 100m: 1:23.43 44.40 | 200m: 3:02.65 | 50.59 | 300m: 4:44.16 | 400m: 6:25.59 |
| 8. Ricardo Jorge MANO | 44 | Geslours | 7:43.59 | 139 |
| 50m: 49.08 49.08 | 150m: 2:44.37 | 59.40 | 250m: 2:44.45 | 350m: 6:50.13 1:00.35 |
| 100m: 1:44.97 55.89 | 200m: 3:45.41 | 1:01.04 | 300m: 5:49.78 3:05.33 | 400m: 7:43.59 53.46 |
| 9. Amilcar Filipe PIRES | 41 | CNLeiria - VOID | 8:33.21 | 103 |
| 50m: 52.52 52.52 | 150m: 2:59.87 | 1:04.16 | 250m: 5:13.95 1:05.42 | 350m: 7:28.81 1:06.64 |
| 100m: 1:55.71 1:03.19 | 200m: 4:08.53 | 1:08.66 | 300m: 6:22.17 1:08.22 | 400m: 8:33.21 1:04.40 |

ANO 1976 - 1980

| | | | | |
|--------------------------|---------------|------------------------------|-----------------------|-----------------------|
| 1. Ricardo Paulo CARDOSO | 45 | Geslours | 5:14.81 | 476 |
| 50m: 34.36 34.36 | 150m: 1:53.41 | 40.56 | 250m: | 350m: |
| 100m: 1:12.85 38.49 | 200m: 2:34.76 | 41.35 | 300m: 3:54.50 | 400m: 5:14.81 |
| 2. Jose Diogo BORGES | 48 | FC Ferreiras/AlgarExperience | 6:25.23 | 260 |
| 50m: 42.15 42.15 | 150m: 2:18.32 | 48.96 | 250m: 3:57.73 49.89 | 350m: 5:38.06 50.40 |
| 100m: 1:29.36 47.21 | 200m: 3:07.84 | 49.52 | 300m: 4:47.66 49.93 | 400m: 6:25.23 47.17 |
| 3. Hugo Alexandre DIAS | 45 | Ba-Leiria | 8:13.31 | 123 |
| 50m: 56.26 56.26 | 150m: 3:01.83 | 1:03.12 | 250m: 5:09.36 1:02.89 | 350m: 7:12.68 1:01.40 |
| 100m: 1:58.71 1:02.45 | 200m: 4:06.47 | 1:04.64 | 300m: 6:11.28 1:01.92 | 400m: 8:13.31 1:00.63 |

DSQ Ricardo Jorge PEREIRA 46 Nautico Abrantes
Nadou com um acessório (relógio)

ANO 1971 - 1975

| | | | | |
|-----------------------------|---------------|--------------------|---------------------|---------------------|
| 1. Marco VANTAGGIATO | 54 | Litoral Alentejano | 4:40.65 | 731 |
| 50m: 32.23 32.23 | 150m: 1:43.80 | 35.86 | 250m: | 350m: |
| 100m: 1:07.94 35.71 | 200m: 2:19.57 | 35.77 | 300m: 3:30.47 | 400m: 4:40.65 |
| 2. Frederico Gomes CARVALHO | 51 | Litoral Alentejano | 5:43.21 | 400 |
| 50m: 37.15 37.15 | 150m: 2:03.86 | 44.40 | 250m: | 350m: |
| 100m: 1:19.46 42.31 | 200m: 2:48.52 | 44.66 | 300m: 4:17.24 | 400m: 5:43.21 |
| 3. Ricardo Velho FRANCO | 51 | Geslours | 6:02.76 | 338 |
| 50m: 37.09 37.09 | 150m: 2:04.95 | 44.93 | 250m: 3:37.94 47.32 | 350m: 5:15.06 48.47 |
| 100m: 1:20.02 42.93 | 200m: 2:50.62 | 45.67 | 300m: 4:26.59 48.65 | 400m: 6:02.76 47.70 |



12º Torneio de Masters do Litoral Alentejano
Sines, 1/3/2025

Prova 2, Masc., 400m Livres, ANO 1971 - 1975

| Lugar | Nome | Idade | Clube | Tempo final | Pontos | | |
|-------|-----------------------|---------------|-----------------------|----------------|--------|---------------|-------|
| 4. | Pedro NUNO ANTUNES | 52 | A Onda Azeitão | 6:28.07 | 276 | | |
| | 50m: 39.60 39.60 | 150m: 2:15.29 | 49.13 | 250m: 3:59.56 | 52.50 | 350m: 5:40.31 | 50.24 |
| | 100m: 1:26.16 46.56 | 200m: 3:07.06 | 51.77 | 300m: 4:50.07 | 50.51 | 400m: 6:28.07 | 47.76 |
| 5. | Nuno Filipe OLIVEIRA | 51 | Lagoa Academico Clube | 7:02.63 | 214 | | |
| | 50m: 43.13 43.13 | 150m: 2:26.39 | 53.53 | 250m: 4:16.05 | 55.35 | 350m: 6:09.75 | 56.87 |
| | 100m: 1:32.86 49.73 | 200m: 3:20.70 | 54.31 | 300m: 5:12.88 | 56.83 | 400m: 7:02.63 | 52.88 |
| 6. | Paulo David GONCALVES | 54 | Sfp | 7:54.43 | 151 | | |
| | 50m: 52.88 52.88 | 150m: 2:53.36 | 1:00.99 | 250m: | | 350m: | |
| | 100m: 1:52.37 59.49 | 200m: 3:55.01 | 1:01.65 | 300m: 5:58.91 | | 400m: 7:54.43 | |

ANO 1966 - 1970

| | | | | | | | |
|----|------------------------|---------------|-----------------------------------|----------------|-----|---------------|--|
| 1. | Gustavo Ferreira BASTO | 58 | Galitos / Bresimar | 5:39.57 | 501 | | |
| | 50m: 35.45 35.45 | 150m: 1:59.01 | 42.79 | 250m: | | 350m: | |
| | 100m: 1:16.22 40.77 | 200m: 2:42.02 | 43.01 | 300m: 4:10.42 | | 400m: 5:39.57 | |
| 2. | Francisco Jose DIAS | 56 | Lagoa Academico Clube | 5:51.34 | 452 | | |
| | 50m: 37.49 37.49 | 150m: 2:04.53 | 44.49 | 250m: | | 350m: | |
| | 100m: 1:20.04 42.55 | 200m: 2:49.96 | 45.43 | 300m: 4:22.38 | | 400m: 5:51.34 | |
| 3. | Rui Miguel HENRIQUES | 56 | Associação De Nadadores Dos Estor | 5:54.38 | 441 | | |
| | 50m: 37.91 37.91 | 150m: 2:04.00 | 43.98 | 250m: | | 350m: | |
| | 100m: 1:20.02 42.11 | 200m: 2:49.91 | 45.91 | 300m: 4:23.31 | | 400m: 5:54.38 | |
| 4. | Julio Cesar RAMOS | 58 | Clube Natacao Masters de Almada | 6:06.39 | 399 | | |
| | 50m: 40.41 40.41 | 150m: 2:09.92 | 45.90 | 250m: | | 350m: | |
| | 100m: 1:24.02 43.61 | 200m: 2:56.86 | 46.94 | 300m: 4:31.64 | | 400m: 6:06.39 | |

ANO 1961 - 1965

| | | | | | | | |
|----|------------------------|---------------|---------------------------------|----------------|---------|---------------|---------|
| 1. | Carlos Jorge OLIVEIRA | 61 | Clube Natacao Masters de Almada | 5:27.72 | 604 | | |
| | 50m: 36.72 36.72 | 150m: 1:57.71 | 41.29 | 250m: | | 350m: | |
| | 100m: 1:16.42 39.70 | 200m: 2:39.74 | 42.03 | 300m: 4:04.11 | | 400m: 5:27.72 | |
| 2. | Antonio Jorge MARTINHO | 60 | Académica de Coimbra | 5:57.99 | 463 | | |
| | 50m: 37.95 37.95 | 150m: 2:06.08 | 45.09 | 250m: | | 350m: | |
| | 100m: 1:20.99 43.04 | 200m: 2:52.47 | 46.39 | 300m: 4:26.24 | | 400m: 5:57.99 | |
| 3. | Daniel Castro TRIGO | 60 | Sporting Clube de Aveiro | 7:01.99 | 283 | | |
| | 50m: 45.88 45.88 | 150m: 2:32.49 | 53.96 | 250m: 4:19.60 | 53.71 | 350m: 6:11.20 | 55.39 |
| | 100m: 1:38.53 52.65 | 200m: 3:25.89 | 53.40 | 300m: 5:15.81 | 56.21 | 400m: 7:01.99 | 50.79 |
| 4. | Vitor Manuel CARDOSO | 60 | Geslours | 7:17.81 | 253 | | |
| | 50m: 46.07 46.07 | 150m: 2:36.91 | 56.48 | 250m: 4:29.24 | 56.86 | 350m: 6:24.09 | 57.60 |
| | 100m: 1:40.43 54.36 | 200m: 3:32.38 | 55.47 | 300m: 5:26.49 | 57.25 | 400m: 7:17.81 | 53.72 |
| 5. | Ricardo Jaime RAPOSO | 62 | Litoral Alentejano | 7:43.12 | 214 | | |
| | 50m: 47.49 47.49 | 150m: 2:41.58 | 58.41 | 250m: | | 350m: | |
| | 100m: 1:43.17 55.68 | 200m: 3:41.04 | 59.46 | 300m: 5:42.79 | | 400m: 7:43.12 | |
| 6. | Joao Carlos NASCIMENTO | 62 | O2-Portimao | 8:20.37 | 169 | | |
| | 50m: 50.68 50.68 | 150m: 2:53.59 | 1:03.59 | 250m: 5:04.09 | 1:05.36 | 350m: 7:16.56 | 1:06.57 |
| | 100m: 1:50.00 59.32 | 200m: 3:58.73 | 1:05.14 | 300m: 6:09.99 | 1:05.90 | 400m: 8:20.37 | 1:03.81 |
| 7. | Andre ARCTANDER | 63 | Lagoa Academico Clube | 8:33.89 | 156 | | |
| | 50m: 50.93 50.93 | 150m: 2:59.39 | 1:07.09 | 250m: | | 350m: | |
| | 100m: 1:52.30 1:01.37 | 200m: 4:08.71 | 1:09.32 | 300m: 6:26.55 | | 400m: 8:33.89 | |

ANO 1951 - 1955

| | | | | | | | |
|----|---------------------|---------------|----------------------|----------------|---------|---------------|---------|
| 1. | Luis Javier MARRERO | 73 | Académica de Coimbra | 7:46.91 | 326 | | |
| | 50m: 44.78 44.78 | 150m: 2:38.89 | 1:00.64 | 250m: 4:41.44 | 1:01.32 | 350m: 6:45.26 | 1:02.42 |
| | 100m: 1:38.25 53.47 | 200m: 3:40.12 | 1:01.23 | 300m: 5:42.84 | 1:01.40 | 400m: 7:46.91 | 1:01.65 |



12º Torneio de Masters do Litoral Alentejano
Sines, 1/3/2025

Prova 2, Masc., 400m Livres, ANO 1951 - 1955

| Lugar | Nome | Idade | Clube | Tempo final | Pontos |
|-------|------------------------|-----------------------|--------------------------|-----------------------|--------|
| 2. | Jose Alexandre RAPOSO | 70 | Sporting Clube de Aveiro | 8:03.83 | 293 |
| | 50m: 54.32 54.32 | 150m: 2:57.67 1:02.16 | 250m: 5:01.19 1:02.11 | 350m: 7:05.30 1:01.65 | |
| | 100m: 1:55.51 1:01.19 | 200m: 3:59.08 1:01.41 | 300m: 6:03.65 1:02.46 | 400m: 8:03.83 58.53 | |
| 3. | Antonio Manuel TAVARES | 74 | Sfp | 8:08.87 | 284 |
| | 50m: 57.40 57.40 | 150m: 3:01.70 1:02.03 | 250m: 5:07.17 1:02.24 | 350m: 7:10.87 1:01.35 | |
| | 100m: 1:59.67 1:02.27 | 200m: 4:04.93 1:03.23 | 300m: 6:09.52 1:02.35 | 400m: 8:08.87 58.00 | |

ANO 1946 - 1950

| | | | | | |
|----|------------------------|-----------------------|------------------------------|-----------------------|-----|
| 1. | Antonio Carlos BATISTA | 76 | FC Ferreiras/AlgarExperience | 6:57.80 | 591 |
| | 50m: 45.00 45.00 | 150m: 2:27.57 52.67 | 250m: 4:14.51 53.48 | 350m: 6:03.13 54.97 | |
| | 100m: 1:34.90 49.90 | 200m: 3:21.03 53.46 | 300m: 5:08.16 53.65 | 400m: 6:57.80 54.67 | |
| 2. | Luis Silveira VIEGAS | 78 | Sport Alges e Dafundo | 8:31.07 | 322 |
| | 50m: 56.50 56.50 | 150m: 3:04.10 1:04.38 | 250m: 5:13.92 1:04.61 | 350m: 7:25.14 1:06.18 | |
| | 100m: 1:59.72 1:03.22 | 200m: 4:09.31 1:05.21 | 300m: 6:18.96 1:05.04 | 400m: 8:31.07 1:05.93 | |