



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

Prova 4
01/03/2025

Masc., 400m Estilos

ANO 1921 - 2000
Resultados

RN A(25-29)	4:33.01	Adriano Miguel NIZ	GDNVNF	Porto	08/11/2014
RN B(30-34)	4:28.91	Pedro Miguel PINOTES	SCP	Sines	04/03/2023
RN C(35-39)	4:33.58	Eduardo Ferreira SEVIERI	FCP	Rio de Janeiro (BRA)	01/12/2021
RN D(40-44)	5:02.24	Andre Barbosa VICENTE	SCP	Sines	07/03/2020
RN E(45-49)	5:14.57	Paulo Paula CARVALHO	EMDS	Inatel	22/12/2008
RN E(45-49)	5:14.57	Paulo Paula CARVALHO	EMDS	Inatel	22/12/2008
RN F(50-54)	5:29.30	Jose Samuel DUARTE	SCP	Porto	28/11/2015
RN G(55-59)	5:35.57	Paulo Paula CARVALHO	SFUAP	Benedita	03/04/2016
RN H(60-64)	5:45.27	Paulo Paula CARVALHO	SCP	Valongo	25/04/2022
RN I(65-69)	6:26.02	Antonio Bessone BASTO	SAD	Lisboa	18/06/2010
RN J(70-74)	6:35.10	Antonio Bessone BASTO	SAD	Pontevedra (ESP)	20/02/2015
RN K(75-79)	7:18.18	Antonio Bessone BASTO	SAD	Sines	07/03/2020
RN L(80-84)	59:00.00	start			01/01/1800
RN M(85-89)	59:00.00	start			01/01/1800

Pontos: DSV Masters 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
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ANO 1996 - 2000

1.	Joao Pedro TARQUINIO	28	Benedita Sport Club Natação	5:29.88	545
	50m: 32.21 32.21	150m: 1:50.10	39.61	250m: 3:17.50	47.74
	100m: 1:10.49 38.28	200m: 2:29.76	39.66	300m: 4:07.00	49.50
				350m: 4:49.13	42.13
				400m: 5:29.88	40.75
2.	Filipe Esteves FOCKE	29	Lagoa Academico Clube	5:46.05	472
	50m: 37.08 37.08	150m: 2:06.64	43.98	250m: 3:39.87	49.47
	100m: 1:22.66 45.58	200m: 2:50.40	43.76	300m: 4:29.46	49.59
				350m: 5:09.54	40.08
				400m: 5:46.05	36.51
3.	Levi Daniel NASCIMENTO	26	O2-Portimao	6:35.96	315
	50m: 41.84 41.84	150m: 2:25.43	51.45	250m: 4:08.46	53.39
	100m: 1:33.98 52.14	200m: 3:15.07	49.64	300m: 5:02.65	54.19
				350m: 5:49.83	47.18
				400m: 6:35.96	46.13

ANO 1991 - 1995

1.	Joao Paulo RIBEIRO	33	CNLeiria - VOID	5:11.51	629
	50m: 33.10 33.10	150m: 1:54.84	42.51	250m: 3:17.40	42.27
	100m: 1:12.33 39.23	200m: 2:35.13	40.29	300m: 4:00.33	42.93
				350m: 4:36.87	36.54
				400m: 5:11.51	34.64
2.	Joao Miguel MESTRE	33	Ba-Leiria	5:56.64	419
	50m: 33.23 33.23	150m: 1:58.96	44.37	250m: 3:33.53	50.21
	100m: 1:14.59 41.36	200m: 2:43.32	44.36	300m: 4:26.85	53.32
				350m: 5:12.54	45.69
				400m: 5:56.64	44.10
3.	Jose Luis ARAUJO	32	Grupo dos Amigos da Natacao-AC	6:12.14	369
	50m: 44.75 44.75	150m: 2:26.14	49.08	250m: 4:00.50	48.19
	100m: 1:37.06 52.31	200m: 3:12.31	46.17	300m: 4:50.62	50.12
				350m: 5:33.59	42.97
				400m: 6:12.14	38.55

ANO 1986 - 1990

1.	Pedro Miguel PINOTES	36	Sporting	4:38.27	943
	50m: 29.54 29.54	150m: 1:39.84	36.52	250m: 2:54.32	38.56
	100m: 1:03.32 33.78	200m: 2:15.76	35.92	300m: 3:33.58	39.26
				350m: 4:06.93	33.35
				400m: 4:38.27	31.34
2.	Diogo Miguel PAULINO	35	Alcobaca	5:02.13	737
	50m: 31.83 31.83	150m: 1:44.56	36.90	250m: 3:05.96	45.03
	100m: 1:07.66 35.83	200m: 2:20.93	36.37	300m: 3:51.18	45.22
				350m: 4:27.59	36.41
				400m: 5:02.13	34.54
3.	Rafael Andre TORPES	36	Litoral Alentejano	6:00.72	433
	50m: 35.33 35.33	150m: 1:59.54	45.58	250m: 3:38.65	54.53
	100m: 1:13.96 38.63	200m: 2:44.12	44.58	300m: 4:35.34	56.69
				350m: 5:18.43	43.09
				400m: 6:00.72	42.29

ANO 1981 - 1985

1.	Joao Luis PEREIRA	42	Litoral Alentejano	6:55.68	277
	50m: 40.27 40.27	150m: 2:28.31	58.78	250m: 4:22.95	57.92
	100m: 1:29.53 49.26	200m: 3:25.03	56.72	300m: 5:20.92	57.97
				350m: 6:09.30	48.38
				400m: 6:55.68	46.38



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ANO 1976 - 1980

1.	Luis Daniel PACHECO	49	Alcobaca	5:10.35	808
	<i>Recorde Nacional</i>				
	50m: 32.74 32.74	150m: 1:51.34 40.73	250m: 3:15.04 43.57	350m: 4:35.45 36.07	
	100m: 1:10.61 37.87	200m: 2:31.47 40.13	300m: 3:59.38 44.34	400m: 5:10.35 34.90	
2.	Rodrigo Marques COSTA	49	Litoral Alentejano	5:21.97	723
	50m: 33.20 33.20	150m: 1:55.61 43.83	250m: 3:22.54 45.30	350m: 4:45.69 38.00	
	100m: 1:11.78 38.58	200m: 2:37.24 41.63	300m: 4:07.69 45.15	400m: 5:21.97 36.28	
3.	Patrick SANTOS	46	Sporting	5:44.89	588
	50m: 36.21 36.21	150m: 2:06.57 47.68	250m: 3:39.11 46.14	350m: 5:06.02 39.81	
	100m: 1:18.89 42.68	200m: 2:52.97 46.40	300m: 4:26.21 47.10	400m: 5:44.89 38.87	
4.	Ricardo Paulo CARDOSO	45	Gesloures	6:03.05	504
	50m: 39.02 39.02	150m: 2:12.62 47.64	250m: 3:50.59 51.02	350m: 5:24.65 41.49	
	100m: 1:24.98 45.96	200m: 2:59.57 46.95	300m: 4:43.16 52.57	400m: 6:03.05 38.40	
5.	Tiago Filipe CUNHA	49	Grupo dos Amigos da Natacao-AC	6:31.02	404
	50m: 43.77 43.77	150m: 2:25.24 52.29	250m: 4:08.43 52.07	350m: 5:46.38 45.76	
	100m: 1:32.95 49.18	200m: 3:16.36 51.12	300m: 5:00.62 52.19	400m: 6:31.02 44.64	

ANO 1971 - 1975

1.	Jean Alexandre TESTAGROSSA	54	Salesianos	5:50.39	544
	50m: 36.92 36.92	150m: 2:02.97 44.64	250m: 3:37.23 49.42	350m: 5:09.95 42.64	
	100m: 1:18.33 41.41	200m: 2:47.81 44.84	300m: 4:27.31 50.08	400m: 5:50.39 40.44	
2.	Paulo Jorge RASOIL	51	Grupo dos Amigos da Natacao-AC	6:56.52	324
	50m: 48.90 48.90	150m: 2:40.80 57.18	250m: 4:29.31 53.67	350m: 6:12.70 49.04	
	100m: 1:43.62 54.72	200m: 3:35.64 54.84	300m: 5:23.66 54.35	400m: 6:56.52 43.82	
3.	Vasco Santos ADRIAO	50	O2-Portimao	7:10.06	294
	50m: 41.00 41.00	150m: 2:28.24 57.98	250m: 4:28.68 1:03.32	350m: 6:21.27 48.45	
	100m: 1:30.26 49.26	200m: 3:25.36 57.12	300m: 5:32.82 1:04.14	400m: 7:10.06 48.79	
4.	Pedro NUNO ANTUNES	52	A Onda Azeitão	7:17.95	278
	50m: 46.28 46.28	150m: 2:44.45 57.75	250m: 4:41.53 1:00.34	350m: 6:30.45 51.25	
	100m: 1:46.70 1:00.42	200m: 3:41.19 56.74	300m: 5:39.20 57.67	400m: 7:17.95 47.50	
5.	Carlos Alberto MOTA	51	Lagoa Academico Clube	7:43.23	235
	50m: 52.76 52.76	150m: 2:57.37 1:01.11	250m: 5:01.50 1:03.72	350m: 6:55.99 54.99	
	100m: 1:56.26 1:03.50	200m: 3:57.78 1:00.41	300m: 6:01.00 59.50	400m: 7:43.23 47.24	

ANO 1966 - 1970

1.	Gustavo Ferreira BASTO	58	Galitos / Bresimar	6:27.69	482
	50m: 41.62 41.62	150m: 2:24.58 51.96	250m: 4:06.41 52.03	350m: 5:45.67 46.81	
	100m: 1:32.62 51.00	200m: 3:14.38 49.80	300m: 4:58.86 52.45	400m: 6:27.69 42.02	
2.	Francisco Jose DIAS	56	Lagoa Academico Clube	6:40.72	436
	50m: 45.06 45.06	150m: 2:33.49 54.35	250m: 4:19.34 52.94	350m: 5:57.85 44.85	
	100m: 1:39.14 54.08	200m: 3:26.40 52.91	300m: 5:13.00 53.66	400m: 6:40.72 42.87	
3.	Adelino Jose CASAS	59	Sport Alges e Dafundo	6:48.43	412
	50m: 46.02 46.02	150m: 2:31.79 55.22	250m: 4:22.72 57.47	350m: 6:04.96 43.93	
	100m: 1:36.57 50.55	200m: 3:25.25 53.46	300m: 5:21.03 58.31	400m: 6:48.43 43.47	
4.	Luis Filipe ALMEIDA	59	Lisboa PoolSharks	7:49.72	271
	50m: 59.96 59.96	150m: 3:05.71 59.63	250m: 5:05.61 1:00.72	350m: 6:57.53 53.24	
	100m: 2:06.08 1:06.12	200m: 4:04.89 59.18	300m: 6:04.29 58.68	400m: 7:49.72 52.19	

ANO 1961 - 1965

1.	Carlos Jorge OLIVEIRA	61	Clube Natacao Masters de Almada	6:40.02	531
	50m: 42.05 42.05	150m: 2:18.92 47.36	250m: 4:08.54 1:02.43	350m: 5:56.67 45.29	
	100m: 1:31.56 49.51	200m: 3:06.11 47.19	300m: 5:11.38 1:02.84	400m: 6:40.02 43.35	



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

Prova 4, Masc., 400m Estilos

ANO 1956 - 1960

1. Vitor Manuel MAVIOSO	69	Sport Alges e Dafundo	6:34.29	732
50m: 40.37 40.37	150m: 2:19.21 53.59	250m: 4:09.29 59.73	350m: 5:54.46 45.07	
100m: 1:25.62 45.25	200m: 3:09.56 50.35	300m: 5:09.39 1:00.10	400m: 6:34.29 39.83	
2. Paulo Filipe LUZ	66	Gesloures	8:25.02	348
50m: 55.44 55.44	150m: 3:06.72 1:09.61	250m: 5:24.63 1:05.32	350m: 7:31.21 59.32	
100m: 1:57.11 1:01.67	200m: 4:19.31 1:12.59	300m: 6:31.89 1:07.26	400m: 8:25.02 53.81	

ANO 1951 - 1955

1. Jose Goncalves SANTOS	71	Sporting Clube de Aveiro	10:18.03	263
50m: 1:10.21 1:10.21	150m: 3:47.65 1:14.49	250m: 6:41.84 1:38.71	350m: 9:17.62 58.41	
100m: 2:33.16 1:22.95	200m: 5:03.13 1:15.48	300m: 8:19.21 1:37.37	400m: 10:18.03 1:00.41	