

| Prova 13           | Masc., 200m Bruços |                          |         |                         | Masters Resultados |
|--------------------|--------------------|--------------------------|---------|-------------------------|--------------------|
| 24/01/2026 - 11:35 |                    |                          |         |                         |                    |
| RN A(25-29)        | 2:19.48            | SILVA, Pedro Miguel      | ADRCIMM | Vila Franca de Xira     | 18/01/2020         |
| RN B(30-34)        | 2:19.59            | PINOTES, Pedro Miguel    | SCP     | Funchal                 | 21/11/2023         |
| RN C(35-39)        | 2:24.93            | SANTOS, Diego Felipe     | CDN     | Funchal                 | 21/11/2023         |
| RN D(40-44)        | 2:22.69            | ROSARIO, Vasco Jorge     | SAD     | Palma de Mallorca (ESP) | 02/02/2017         |
| RN E(45-49)        | 2:38.17            | COSTA, Rodrigo Marques   | CNLA    | Torres Novas            | 05/02/2022         |
| RN F(50-54)        | 2:39.50            | DUARTE, Jose Samuel      | SCP     | Algés                   | 29/03/2015         |
| RN G(55-59)        | 2:41.09            | DUARTE, Jose Samuel      | SCP     | Vila Franca de Xira     | 18/01/2020         |
| RN H(60-64)        | 2:58.10            | BARROSO, Jose Miguel     | CFP     | Caldas da Rainha        | 28/01/2023         |
| RN I(65-69)        | 3:18.46            | BASTO, Antonio Bessone   | SAD     | Lisboa                  | 26/02/2011         |
| RN J(70-74)        | 3:20.44            | BASTO, Antonio Bessone   | SAD     | Pontevedra (ESP)        | 21/02/2015         |
| RN K(75-79)        | 3:44.78            | GOMES, Leonel Sousa      | SFP     | Ponte da Barca          | 11/06/2005         |
| RN L(80-84)        | 4:11.52            | GOMES, Leonel Sousa      | AAC     | Caldas da Rainha        | 24/04/2010         |
| RN M(85-89)        | 6:09.33            | TEIXEIRA, Joao Rodrigues | AAC     | Torres Novas            | 05/02/2022         |
| RN N(90-94)        | 7:50.22            | COSTA, Virgilio Zacarias | AAC     | Torres Novas            | 05/02/2022         |

Pontos: DSV Masters 22

| Lugar     | Nome                 | TReac  | Licença | Clube | Tempo Final    | DSV | Pts   | 50m   | 100m  | 150m  | 200m  |
|-----------|----------------------|--------|---------|-------|----------------|-----|-------|-------|-------|-------|-------|
| Masters A |                      |        |         |       |                |     |       |       |       |       |       |
| 1.        | MERUJE, Joaquim Agra | 121807 | AAC     |       | <b>2:22.92</b> | 908 | 16,00 | 31.54 | 36.29 | 37.27 | 37.82 |
| 2.        | BARBARA, G.          | 118851 | LAGAC   |       | <b>2:28.25</b> | 813 | 15,00 | 33.22 | 36.98 | 38.30 | 39.75 |
| 3.        | DOMINGUES, B.        | 119682 | IDV     |       | <b>2:30.63</b> | 776 | 14,00 | 33.45 | 38.88 | 39.45 | 38.85 |
| 4.        | LEMOS, Jose Pedro    | 117156 | CDUP    |       | <b>2:38.31</b> | 668 | 13,00 | 35.17 | 39.95 | 41.52 | 41.67 |
| 5.        | JORGE, Joao Bernardo | 109162 | INDLE   |       | <b>2:42.06</b> | 623 | 12,00 | 36.03 | 41.67 | 42.40 | 41.96 |
| 6.        | WANG, Chen           | 227374 | CNV     |       | <b>2:46.38</b> | 575 | 11,00 | 35.31 | 40.74 | 44.08 | 46.25 |
| 7.        | LEITE, Vitor Lelis   | 222530 | SCB     |       | <b>2:52.13</b> | 520 | 10,00 | 38.46 | 44.06 | 45.29 | 44.32 |
| 8.        | BORGES, Joao Rafael  | 126856 | ADP     |       | <b>2:53.92</b> | 504 | 9,00  | 39.99 | 43.89 | 44.74 | 45.30 |
| 9.        | MENDES, Andre Filipe | 221102 | CNFU    |       | <b>3:02.82</b> | 434 | 8,00  | 39.59 | 48.50 | 47.98 | 46.75 |
| 10.       | RODRIGUES, H.        | 225749 | CNL     |       | <b>3:29.18</b> | 289 | 7,00  | 43.45 | 51.64 | 56.31 | 57.78 |
| 11.       | NASCIMENTO, L.       | 147141 | O2ADCP  |       | <b>3:29.49</b> | 288 | 6,00  | 49.47 | 53.88 | 53.46 | 52.68 |

|           |                         |        |         |  |                |     |       |       |       |       |       |
|-----------|-------------------------|--------|---------|--|----------------|-----|-------|-------|-------|-------|-------|
| Masters B |                         |        |         |  |                |     |       |       |       |       |       |
| 1.        | ROCHA, Vitor Samuel     | 107743 | CAP     |  | <b>2:30.01</b> | 821 | 16,00 | 32.47 | 37.91 | 39.23 | 40.40 |
| 2.        | SILVA, Pedro Miguel     | 100227 | ADRCIMM |  | <b>2:31.82</b> | 792 | 15,00 | 33.58 | 38.23 | 39.31 | 40.70 |
| 3.        | SOUSA, Frederico Renato | 105734 | CNV     |  | <b>2:35.87</b> | 732 | 14,00 | 34.72 | 39.14 | 40.39 | 41.62 |
| 4.        | MOREIRA, A.             | 23490  | ADP     |  | <b>2:36.54</b> | 723 | 13,00 | 34.95 | 39.68 | 40.60 | 41.31 |
| 5.        | DOMINGUES, D.           | 102327 | CNV     |  | <b>2:38.48</b> | 697 | 12,00 | 35.33 | 39.65 | 41.41 | 42.09 |
| 6.        | PEREIRA, Diogo Filipe   | 24332  | LSC     |  | <b>2:45.46</b> | 612 | 11,00 | 36.20 | 41.67 | 43.02 | 44.57 |
| 7.        | MENESES, G.             | 204349 | SCB     |  | <b>2:52.57</b> | 539 | 10,00 | 38.12 | 43.74 | 45.96 | 44.75 |
| 8.        | DOMINGUES, T.           | 224445 | CDUP    |  | <b>3:07.88</b> | 418 | 9,00  | 42.02 | 47.67 | 50.09 | 48.10 |
| 9.        | ROCHA, Joao Castro      | 212348 | CFP     |  | <b>3:39.37</b> | 262 | 8,00  | 50.71 | 54.17 | 57.40 | 57.09 |

|           |                        |        |      |  |                |     |       |       |       |       |       |
|-----------|------------------------|--------|------|--|----------------|-----|-------|-------|-------|-------|-------|
| Masters C |                        |        |      |  |                |     |       |       |       |       |       |
| 1.        | CASIMIRO, Telmo Filipe | 10261  | GCP  |  | <b>2:33.92</b> | 762 | 16,00 | 34.74 | 39.74 | 39.60 | 39.84 |
| 2.        | NOLASCO, Nuno Maria    | 26204  | GCP  |  | <b>2:41.10</b> | 664 | 15,00 | 35.06 | 40.12 | 42.36 | 43.56 |
| 3.        | LOPES, Pedro Fragoso   | 12075  | FCP  |  | <b>2:43.07</b> | 640 | 14,00 | 36.42 | 40.76 | 42.44 | 43.45 |
| 4.        | SECO, Hugo Figueiredo  | 15957  | FCP  |  | <b>2:43.41</b> | 636 | 13,00 | 37.12 | 40.34 | 43.17 | 42.78 |
| 5.        | CARVALHO, Joao Carlos  | 25338  | LPS  |  | <b>2:48.59</b> | 579 | 12,00 | 36.85 | 42.12 | 43.98 | 45.64 |
| 6.        | PINTO, Andre Santos    | 103997 | CDF  |  | <b>2:58.99</b> | 484 | 11,00 | 38.28 | 43.61 | 46.55 | 50.55 |
| 7.        | NETO, F.               | 226617 | FCP  |  | <b>3:01.17</b> | 467 | 10,00 | 40.12 | 46.18 | 48.40 | 46.47 |
| 8.        | FERNANDES, A.          | 208967 | CPCD |  | <b>3:07.72</b> | 420 | 9,00  | 42.48 | 45.62 | 48.23 | 51.39 |
| 9.        | GOMES, Pedro Emanuel   | 202830 | CNV  |  | <b>3:16.12</b> | 368 | 8,00  | 44.34 | 51.31 | 51.58 | 48.89 |
| 10.       | SILVA, Afonso Vilaca   | 222178 | FCP  |  | <b>3:32.07</b> | 291 | -     | 46.34 | 53.81 | 56.45 | 55.47 |

Prova 13, Masc., 200m Bruços

Masters D

|                           |        |         |                |     |       |       |         |         |         |
|---------------------------|--------|---------|----------------|-----|-------|-------|---------|---------|---------|
| 1. REGO, Ricardo Amorim   | 15954  | LSC     | <b>2:36.48</b> | 761 | 16,00 | 34.56 | 39.19   | 40.73   | 42.00   |
| 2. FERNANDES, J.          | 108195 | FCP     | <b>2:39.46</b> | 719 | 15,00 | 35.20 | 40.17   | 40.81   | 43.28   |
| 3. SHER, David Julio      | 206916 | GCP     | <b>2:40.96</b> | 699 | 14,00 | 35.80 | 41.12   | 42.31   | 41.73   |
| 4. BAETA, Nelson Correia  | 25402  | LDC     | <b>2:57.95</b> | 517 | 13,00 | 38.39 | 42.84   | 47.21   | 49.51   |
| 5. RODRIGUES, M.          | 205613 | CNV     | <b>2:58.90</b> | 509 | 12,00 | 41.10 | 45.71   | 46.14   | 45.95   |
| 6. COSTA, Antonio Sergio  | 214235 | GNDFAMA | <b>2:59.45</b> | 504 | 11,00 | 40.23 | 45.14   | 46.70   | 47.38   |
| 7. FANGUEIRO, Rui Neves   | 217801 | CFV     | <b>3:03.79</b> | 469 | 10,00 | 41.26 | 47.07   | 48.46   | 47.00   |
| 8. MARICATO, Luis Carlos  | 217939 | CNPDL   | <b>3:06.36</b> | 450 | 9,00  | 42.19 | 47.88   | 48.80   | 47.49   |
| 9. DABRIO, Miguel Andre   | 112063 | FS      | <b>3:17.25</b> | 380 | 8,00  | 44.18 | 51.04   | 52.18   | 49.85   |
| 10. MARTELO, Filipe Velez | 221238 | LDC     | <b>3:17.48</b> | 378 | 7,00  | 44.39 | 49.76   | 51.77   | 51.56   |
| 11. CRUZ, Jose Antonio    | 220956 | ADRCIMM | <b>3:24.40</b> | 341 | 6,00  | 45.91 | 51.51   | 52.84   | 54.14   |
| 12. LOUREIRO, Joao Miguel | 204172 | PDEM    | <b>3:26.33</b> | 332 | 5,00  | 46.09 | 52.42   | 54.47   | 53.35   |
| 13. BOGA, Pedro Nuno      | 221780 | FCP     | <b>4:09.78</b> | 187 | 4,00  | 56.53 | 1:03.78 | 1:06.90 | 1:02.57 |
| 14. PIRES, Amilcar Filipe | 212773 | CNL     | <b>4:17.80</b> | 170 | -     | 58.18 | 1:05.60 | 1:07.32 | 1:06.70 |

FTL

DSQ RODRIGUEZ, Luis Alberto 222867 FCP -

7.1 - O(a) atleta realizou mais do que uma pernada de mariposa durante a fase subaquatica anterior a pernada de brucos apos a viragem aos 25 metros

DSQ ROCHA, Helder Tomas 203931 ADP -

7.1 - O(a) atleta realizou mais do que uma pernada de mariposa durante a fase subaquatica anterior a pernada de brucos apos a partida

Masters E

|                          |        |        |                |     |       |       |       |         |       |
|--------------------------|--------|--------|----------------|-----|-------|-------|-------|---------|-------|
| 1. SANTOS, Joao Miguel   | 216395 | CNL    | <b>2:30.95</b> | 935 | 16,00 | 33.91 | 38.38 | 38.88   | 39.78 |
| <i>Recorde Nacional</i>  |        |        |                |     |       |       |       |         |       |
| 2. FERREIRA, R.          | 106877 | CFP    | <b>2:45.82</b> | 705 | 15,00 | 37.81 | 41.52 | 43.27   | 43.22 |
| 3. SANTOS, Patrick       | 26609  | LDC    | <b>2:57.35</b> | 577 | 14,00 | 40.08 | 44.42 | 45.94   | 46.91 |
| 4. SILVA, Hugo Miguel    | 206966 | BUZIOS | <b>3:06.61</b> | 495 | 13,00 | 41.82 | 48.05 | 49.39   | 47.35 |
| 5. PEREIRA, Tiago Melo   | 208402 | CNV    | <b>3:13.13</b> | 446 | 12,00 | 44.36 | 49.51 | 50.18   | 49.08 |
| 6. SA, Filipe Teixeira   | 206936 | FCP    | <b>3:16.67</b> | 423 | 11,00 | 42.84 | 49.53 | 52.25   | 52.05 |
| 7. JORGE, Rui Albino     | 106807 | CDF    | <b>3:24.85</b> | 374 | 10,00 | 43.17 | 53.06 | 56.11   | 52.51 |
| 8. SOBRAL SILVA, Carlos  | 100497 | AONDA  | <b>3:25.94</b> | 368 | 9,00  | 45.50 | 52.39 | 54.53   | 53.52 |
| 9. BORGES, Jose Diogo    | 215807 | LAGAC  | <b>3:46.78</b> | 275 | 8,00  | 50.96 | 57.38 | 58.72   | 59.72 |
| 10. DIAS, Hugo Alexandre | 213209 | ADBA   | <b>3:52.17</b> | 257 | 7,00  | 53.69 | 59.29 | 1:00.48 | 58.71 |

Masters F

|                           |        |       |                |     |       |       |         |         |         |
|---------------------------|--------|-------|----------------|-----|-------|-------|---------|---------|---------|
| 1. SANTOS, A.             | 219470 | CFP   | <b>2:44.67</b> | 829 | 16,00 | 36.58 | 41.16   | 43.84   | 43.09   |
| 2. SILVA, Pedro Nuno      | 121480 | AAC   | <b>2:55.00</b> | 691 | 15,00 | 40.34 | 44.29   | 45.04   | 45.33   |
| 3. RODRIGUES, H.          | 220844 | LSC   | <b>3:08.63</b> | 552 | 14,00 | 41.81 | 48.10   | 49.84   | 48.88   |
| 4. CUNHA, Tiago Filipe    | 204756 | GAN   | <b>3:13.35</b> | 512 | 13,00 | 44.65 | 49.63   | 50.08   | 48.99   |
| 5. OLIVEIRA, Nuno Filipe  | 222774 | LAGAC | <b>3:13.97</b> | 507 | 12,00 | 41.26 | 48.88   | 52.71   | 51.12   |
| 6. OLIVEIRA, S.           | 129047 | GCP   | <b>3:20.48</b> | 459 | 11,00 | 44.14 | 51.92   | 53.65   | 50.77   |
| 7. REIS, Marcio Leandro   | 216076 | CFP   | <b>3:30.58</b> | 396 | 10,00 | 46.26 | 57.49   | 54.81   | 52.02   |
| 8. CARDOSO, Vitor Manuel  | 207728 | CNV   | <b>3:34.09</b> | 377 | 9,00  | 45.26 | 54.80   | 57.88   | 56.15   |
| 9. MOTA, Carlos Alberto   | 215806 | LAGAC | <b>3:43.38</b> | 332 | 8,00  | 51.87 | 58.32   | 57.54   | 55.65   |
| 10. BRANDAO, D.           | 219553 | CFP   | <b>3:49.48</b> | 306 | 7,00  | 50.52 | 57.70   | 1:00.39 | 1:00.87 |
| 11. ANDRADE, Tiago Branco | 219151 | FCP   | <b>3:56.19</b> | 281 | 6,00  | 51.53 | 1:00.07 | 1:02.94 | 1:01.65 |
| 12. GONCALVES, Vitor Hugo | 221037 | CFP   | <b>3:56.66</b> | 279 | -     | 54.27 | 1:03.45 | 1:00.84 | 58.10   |

DSQ MONTEIRO, Filipe Andre 219352 ADBA -

7.1 - O(a) atleta realizou mais do que uma pernada de mariposa durante a fase subaquatica anterior a pernada de brucos apos a partida

Prova 13, Masc., 200m Bruços

Masters G

|                            |        |       |                |           |         |         |         |         |
|----------------------------|--------|-------|----------------|-----------|---------|---------|---------|---------|
| 1. TESTAGROSSA, J.         | 128318 | GCP   | <b>2:54.35</b> | 802 16,00 | 39.16   | 43.95   | 45.41   | 45.83   |
| 2. TEJO, Rui Miguel        | 104306 | AAC   | <b>3:01.61</b> | 710 15,00 | 40.60   | 45.87   | 47.62   | 47.52   |
| 3. LIMA, Jorge Sequeira    | 10524  | EFC   | <b>3:09.17</b> | 628 14,00 | 41.95   | 48.11   | 50.88   | 48.23   |
| 4. BASTO, Gustavo Ferreira | 103219 | CGA   | <b>3:09.90</b> | 621 13,00 | 41.62   | 48.01   | 50.28   | 49.99   |
| 5. NEVES, Sergio Ferreira  | 101577 | GAN   | <b>3:15.01</b> | 573 12,00 | 44.38   | 52.28   | 52.13   | 46.22   |
| 6. AMARAL, Joao Gunther    | 209669 | CFP   | <b>3:19.10</b> | 538 11,00 | 43.16   | 48.17   | 51.73   | 56.04   |
| 7. SOARES, Joao Tiago      | 201938 | FCP   | <b>3:36.02</b> | 421 10,00 | 47.77   | 53.75   | 57.45   | 57.05   |
| 8. CARDOSO, Jose Luis      | 130669 | CNMAL | <b>3:40.79</b> | 395 9,00  | 48.84   | 57.23   | 58.85   | 55.87   |
| 9. BAPTISTA, Jose Manuel   | 130027 | LSC   | <b>3:47.02</b> | 363 8,00  | 51.85   | 57.57   | 59.40   | 58.20   |
| 10. SANTINHA, A.           | 100477 | CNMAL | <b>3:47.76</b> | 359 7,00  | 51.74   | 58.81   | 59.59   | 57.62   |
| 11. CARVALHO, Luis Duarte  | 152640 | SCA   | <b>3:55.34</b> | 326 6,00  | 53.96   | 1:02.37 | 1:00.81 | 58.20   |
| 12. LOUREIRO, Luis Miguel  | 205536 | CFP   | <b>4:20.66</b> | 240 5,00  | 1:01.38 | 1:08.01 | 1:08.27 | 1:03.00 |
| DSQ ARCANGELO, L.          | 223684 | CNMAL | -              | -         | -       | -       | -       | -       |

7.6 - O(a) atleta nao tocou na parede com ambas as maos separadas e simultaneamente na viragem aos 175 metros

DSQ COSTA, Andre Vilhena 117247 CFV -

7.1 - O(a) atleta realizou mais do que uma pernada de mariposa durante a fase subaquatica anterior a pernada de brucos apos a viragem aos 50 metros

Masters H

|                           |        |        |                |           |         |         |         |         |
|---------------------------|--------|--------|----------------|-----------|---------|---------|---------|---------|
| 1. SOUSA, A.              | 202718 | FCP    | <b>3:07.64</b> | 691 16,00 | 42.21   | 47.86   | 49.35   | 48.22   |
| 2. BARROSO, Jose Miguel   | 208445 | CFP    | <b>3:08.37</b> | 683 15,00 | 43.71   | 47.99   | 48.12   | 48.55   |
| 3. DANTAS, Paulo Marcos   | 206918 | SAD    | <b>3:19.01</b> | 579 14,00 | 44.87   | 50.56   | 52.58   | 51.00   |
| 4. SILVA, Joao Manuel     | 13256  | CMBPCP | <b>3:34.86</b> | 460 13,00 | 45.54   | 54.76   | 58.18   | 56.38   |
| 5. ALMEIDA, Luis Filipe   | 201324 | LPS    | <b>3:40.88</b> | 423 12,00 | 52.61   | 57.30   | 57.88   | 53.09   |
| 6. TRIGO, Daniel Castro   | 120704 | SCA    | <b>3:47.75</b> | 386 11,00 | 54.50   | 59.60   | 58.89   | 54.76   |
| 7. CUNHA, Rui Manuel      | 109826 | AAC    | <b>3:48.04</b> | 385 10,00 | 48.86   | 56.40   | 1:02.38 | 1:00.40 |
| 8. FLORIANO, Fabio        | 207665 | SCE    | <b>3:51.11</b> | 370 9,00  | 50.58   | 58.60   | 1:01.68 | 1:00.25 |
| 9. PEREIRA, Paulo Manuel  | 221162 | ANE    | <b>4:10.94</b> | 289 8,00  | 54.40   | 1:04.96 | 1:07.33 | 1:04.25 |
| 10. DIAS, Paulo Abreu     | 219827 | CFP    | <b>4:12.34</b> | 284 7,00  | 55.62   | 1:01.76 | 1:06.65 | 1:08.31 |
| 11. RAPOSO, Ricardo Jaime | 220028 | CNLA   | <b>4:12.68</b> | 283 6,00  | 57.25   | 1:03.65 | 1:05.89 | 1:05.89 |
| 12. ANDRADE, Joao Jose    | 108551 | CNMAL  | <b>4:15.71</b> | 273 5,00  | 56.42   | 1:04.52 | 1:08.20 | 1:06.57 |
| 13. ALVES, Joao Cesar     | 214253 | CFP    | <b>4:15.76</b> | 273 4,00  | 58.78   | 1:05.49 | 1:08.21 | 1:03.28 |
| 14. SEARA, Joao Henrique  | 131833 | LSC    | <b>4:26.94</b> | 240 3,00  | 59.97   | 1:06.05 | 1:05.06 | 1:15.86 |
| 15. MOURAO, Luis Joao     | 209692 | CNV    | <b>4:56.76</b> | 174 2,00  | 1:06.84 | 1:13.70 | 1:18.61 | 1:17.61 |
| 16. PINTO, Paulo Monteiro | 211230 | FCP    | <b>5:01.00</b> | 167 1,00  | 1:10.41 | 1:16.69 | 1:18.55 | 1:15.35 |
| 17. NASCIMENTO, J.        | 131910 | O2ADCP | <b>5:09.07</b> | 154 -     | 1:07.67 | 1:16.71 | 1:23.24 | 1:21.45 |

FTL

DSQ MAGRO, Joaquim Matos 220870 CDE -

7.6 - O(a) atleta tocou na parede apenas com uma mao na chegada

Masters I

|                          |        |      |                |           |         |         |         |         |
|--------------------------|--------|------|----------------|-----------|---------|---------|---------|---------|
| 1. BERNARDO, Luis Miguel | 201380 | CFP  | <b>3:15.79</b> | 799 16,00 | 43.91   | 49.66   | 51.38   | 50.84   |
| Recorde Nacional         |        |      |                |           |         |         |         |         |
| 2. PINHO, Manuel Alberto | 26833  | CDUP | <b>3:33.00</b> | 621 15,00 | 46.77   | 53.63   | 56.97   | 55.63   |
| 3. FONSECA, Luis Miguel  | 221652 | FCP  | <b>3:41.28</b> | 554 14,00 | 49.63   | 56.91   | 58.85   | 55.89   |
| 4. ROCHA, Paulo Jorge    | 208405 | CFP  | <b>4:04.12</b> | 412 13,00 | 55.81   | 1:03.49 | 1:04.30 | 1:00.52 |
| 5. FILHO, Manoel Pinto   | 217979 | SCB  | <b>4:11.34</b> | 378 12,00 | 54.35   | 1:04.08 | 1:06.24 | 1:06.67 |
| 6. PINTO, F.             | 131365 | CFP  | <b>4:48.69</b> | 249 11,00 | 1:08.32 | 1:10.80 | 1:17.29 | 1:12.28 |
| 7. REMA, Jose Alberto    | 206963 | NDCO | <b>4:53.42</b> | 237 10,00 | 1:09.24 | 1:18.10 | 1:17.20 | 1:08.88 |

Prova 13, Masc., 200m Bruços, Masters I

| Lugar | Nome        | TReac | Licença | Clube | Tempo Final    | DSV | Pts  | 50m     | 100m    | 150m    | 200m    |
|-------|-------------|-------|---------|-------|----------------|-----|------|---------|---------|---------|---------|
| 8.    | MARTINS, H. |       | 216595  | LAGAC | <b>5:25.98</b> | 173 | 9,00 | 1:14.44 | 1:22.80 | 1:25.84 | 1:22.90 |

Masters J

|    |                        |  |        |       |                |     |       |         |         |         |         |
|----|------------------------|--|--------|-------|----------------|-----|-------|---------|---------|---------|---------|
| 1. | LETTARI, E.            |  | 215753 | ANE   | <b>3:40.72</b> | 591 | 16,00 | 48.48   | 56.52   | 58.42   | 57.30   |
| 2. | BARROS, Mario Jorge    |  | 128252 | FCP   | <b>3:53.19</b> | 501 | 15,00 | 51.80   | 59.59   | 1:01.88 | 59.92   |
| 3. | OSORIO, Ricardo Jorge  |  | 102095 | CDUP  | <b>4:14.02</b> | 387 | 14,00 | 59.24   | 1:05.15 | 1:05.98 | 1:03.65 |
| 4. | BAIRRADA, Mario Gomes  |  | 100885 | SAD   | <b>4:14.18</b> | 387 | 13,00 | 56.13   | 1:05.10 | 1:08.27 | 1:04.68 |
| 5. | MADAIL, Jose Henrique  |  | 119658 | CGA   | <b>4:24.06</b> | 345 | 12,00 | 57.19   | 1:04.83 | 1:10.56 | 1:11.48 |
| 6. | GONCALVES, J.          |  | 14660  | CNMAL | <b>4:47.74</b> | 266 | 11,00 | 1:05.61 | 1:14.32 | 1:16.31 | 1:11.50 |
| 7. | RAMALHO, Jose Maria    |  | 211689 | ADP   | <b>4:58.42</b> | 239 | 10,00 | 1:02.83 | 1:12.78 | 1:17.30 | 1:25.51 |
| 8. | ROSEIRA, Joao Luis     |  | 142204 | CFP   | <b>5:30.84</b> | 175 | 9,00  | 1:12.65 | 1:24.05 | 1:27.29 | 1:26.85 |
| 9. | PEREIRA, Americo Rocha |  | 216703 | FCP   | <b>5:33.79</b> | 171 | 8,00  | 1:19.35 | 1:24.60 | 1:25.00 | 1:24.84 |

Masters K

|    |             |  |        |     |                |     |       |       |         |         |         |
|----|-------------|--|--------|-----|----------------|-----|-------|-------|---------|---------|---------|
| 1. | CANELAS, A. |  | 148547 | SCE | <b>4:12.29</b> | 465 | 16,00 | 59.04 | 1:07.30 | 1:03.79 | 1:02.16 |
|----|-------------|--|--------|-----|----------------|-----|-------|-------|---------|---------|---------|

Masters L

|    |                     |  |        |     |                |     |       |         |         |         |         |
|----|---------------------|--|--------|-----|----------------|-----|-------|---------|---------|---------|---------|
| 1. | GASPAR, A.          |  | 119670 | SAD | <b>4:50.07</b> | 419 | 16,00 | 1:06.77 | 1:12.83 | 1:17.07 | 1:13.40 |
| 2. | SOUZA, Antero Silva |  | 205243 | CFP | <b>5:11.64</b> | 338 | 15,00 | 1:11.23 | 1:19.83 | 1:21.23 | 1:19.35 |
|    | DSQ COUTEIRO, C.    |  | 201514 | VNC |                |     | -     |         |         |         |         |

7.4 - O(a) atleta efetuou movimento alternado de pernas durante o percurso

Masters M

|    |              |  |       |     |                |     |       |         |         |         |         |
|----|--------------|--|-------|-----|----------------|-----|-------|---------|---------|---------|---------|
| 1. | TENREIRO, M. |  | 11175 | AAC | <b>6:58.90</b> | 225 | 16,00 | 1:39.57 | 1:50.28 | 1:49.20 | 1:39.85 |
|----|--------------|--|-------|-----|----------------|-----|-------|---------|---------|---------|---------|