

Prova 2	Masc., 400m Livres				Masters
23/01/2026 - 12:00					Resultados
RN A(25-29)	4:00.23	NIZ, Adriano Miguel	GDNVNF	Funchal	17/01/2015
RN B(30-34)	4:01.96	PINOTES, Pedro Miguel	SCP	Albufeira	10/12/2022
RN C(35-39)	4:06.32	SILVA, Pedro Miguel	CFV	Ponte de Sor	29/01/2011
RN D(40-44)	4:10.09	SEVIERI, Eduardo Ferreira	FCP	Torres Novas	24/01/2025
RN E(45-49)	4:19.65	FREITAS, Jose Carlos	CFP	Ponte de Sor	29/01/2011
RN E(45-49)	4:19.65	FREITAS, Jose Carlos	CFP	Ponte de Sor	29/01/2011
RN F(50-54)	4:22.11	FREITAS, Jose Carlos	CFP	Felgueiras	26/01/2013
RN G(55-59)	4:25.70	FREITAS, Jose Carlos	INDNP	Mealhada	18/01/2019
RN H(60-64)	4:40.55	FREITAS, Jose Carlos	CNLA	Sines	04/03/2023
RN I(65-69)	5:27.24	MAVIOSO, Vitor Manuel	SAD	Albufeira	10/12/2022
RN J(70-74)	5:55.49	BASTO, Antonio Bessone	SAD	Recarei	16/05/2015
RN K(75-79)	6:23.33	DYSON, Stephen Thomas	SAD	Albufeira	10/12/2022
RN L(80-84)	7:42.12	SALGUEIRO, Luis Vidigal	SAD	Torres Novas	24/01/2025
RN M(85-89)	10:39.47	TEIXEIRA, Joao Rodrigues	AAC	Torres Novas	04/02/2022
RN N(90-94)	17:17.49	COSTA, Virgilio Zacarias	AAC	Torres Novas	04/02/2022

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
<b>Masters A</b>							
1.	MENDES, Joao Santos		111648	Leixoes Sport Club	<b>4:20.94</b>	800	16,00
	50m: 27.71 27.71	150m: 1:30.18	31.75	250m: 2:36.88	34.10	350m: 3:46.01	34.61
	100m: 58.43 30.72	200m: 2:02.78	32.60	300m: 3:11.40	34.52	400m: 4:20.94	34.93
2.	BARBARA, Goncalo Gualberto		118851	Lagoa Academico Clube	<b>4:21.16</b>	798	15,00
	50m: 28.67 28.67	150m: 1:32.22	32.30	250m: 2:38.94	33.66	350m: 3:47.23	34.36
	100m: 59.92 31.25	200m: 2:05.28	33.06	300m: 3:12.87	33.93	400m: 4:21.16	33.93
3.	GOMES, Filipe Miguel		107284	CNLeiria - VOID	<b>4:23.60</b>	776	14,00
	50m: 28.69 28.69	150m: 1:32.47	32.36	250m: 2:39.27	33.45	350m: 3:48.53	34.53
	100m: 1:00.11 31.42	200m: 2:05.82	33.35	300m: 3:14.00	34.73	400m: 4:23.60	35.07
4.	NEVES, Diogo Ferreira		108221	Natacao de Valongo	<b>4:32.41</b>	703	13,00
	50m: 28.10 28.10	150m: 1:32.38	32.88	250m: 2:42.06		350m: 3:55.46	36.90
	100m: 59.50 31.40	200m:		300m: 3:18.56	36.50	400m: 4:32.41	36.95
5.	NASCIMENTO, Levi Daniel		147141	O2-Portimao	<b>5:54.10</b>	320	12,00
	50m: 38.19 38.19	150m: 2:04.59	43.62	250m: 3:35.08	45.39	350m: 5:08.33	46.79
	100m: 1:20.97 42.78	200m: 2:49.69	45.10	300m: 4:21.54	46.46	400m: 5:54.10	45.77

<b>Masters B</b>							
1.	SANTOS, Nuno Goncalo		101865	Vieirense	<b>4:22.84</b>	763	16,00
	50m: 28.69 28.69	150m: 1:32.63	32.62	250m: 2:39.21	33.34	350m: 3:48.61	34.95
	100m: 1:00.01 31.32	200m: 2:05.87	33.24	300m: 3:13.66	34.45	400m: 4:22.84	34.23
2.	TREMPOLETS, Serhii		225270	Sad	<b>4:33.44</b>	678	15,00
	50m: 30.08 30.08	150m: 1:37.03	34.03	250m: 2:47.06	35.26	350m: 3:58.86	35.63
	100m: 1:03.00 32.92	200m: 2:11.80	34.77	300m: 3:23.23	36.17	400m: 4:33.44	34.58
3.	MENESES, Goncalo Goncalves		204349	Braga	<b>4:52.01</b>	556	14,00
	50m: 31.28 31.28	150m: 1:41.10	35.55	250m: 2:55.69	37.99	350m: 4:14.15	39.51
	100m: 1:05.55 34.27	200m: 2:17.70	36.60	300m: 3:34.64	38.95	400m: 4:52.01	37.86
4.	ARAUJO, Nuno Miguel		224778	Braga	<b>5:08.61</b>	471	13,00
	50m: 33.26 33.26	150m: 1:49.49	38.71	250m: 3:09.05	40.25	350m: 4:29.52	40.23
	100m: 1:10.78 37.52	200m: 2:28.80	39.31	300m: 3:49.29	40.24	400m: 5:08.61	39.09
5.	BARBOSA, Nuno Duarte		102929	Leixoes Sport Club	<b>5:21.04</b>	419	12,00
	50m: 34.43 34.43	150m: 1:51.19	39.02	250m: 3:14.40	42.09	350m: 4:38.53	42.38
	100m: 1:12.17 37.74	200m: 2:32.31	41.12	300m: 3:56.15	41.75	400m: 5:21.04	42.51

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	GARCIA, Goncalo Sampaio		224446	Universitario do Porto	<b>5:35.81</b>	366	11,00
	50m: 35.63 35.63	150m: 1:57.04	41.55	250m: 3:23.16	43.51	350m: 4:52.70	45.26
	100m: 1:15.49 39.86	200m: 2:39.65	42.61	300m: 4:07.44	44.28	400m: 5:35.81	43.11
7.	DIOGO, Joao Pedro		118048	Cfp	<b>6:31.63</b>	230	10,00
	50m: 39.56 39.56	150m: 2:12.89	48.72	250m: 3:54.43	51.36	350m: 5:41.12	53.23
	100m: 1:24.17 44.61	200m: 3:03.07	50.18	300m: 4:47.89	53.46	400m: 6:31.63	50.51

Masters C

1.	LOPES, Pedro Fragoso		12075	Porto	<b>4:28.56</b>	734	16,00
	50m: 29.89 29.89	150m: 1:37.01	34.05	250m: 2:46.80	34.90	350m: 3:55.74	33.87
	100m: 1:02.96 33.07	200m: 2:11.90	34.89	300m: 3:21.87	35.07	400m: 4:28.56	32.82
2.	ROQUE, Jorge Manuel		10760	Porto	<b>4:30.71</b>	717	15,00
	50m: 29.15 29.15	150m: 1:35.63	33.99	250m: 2:45.11	35.15	350m: 3:55.93	35.67
	100m: 1:01.64 32.49	200m: 2:09.96	34.33	300m: 3:20.26	35.15	400m: 4:30.71	34.78
3.	QUEIROS, Samuel Patricio		15701	Porto	<b>4:31.41</b>	711	14,00
	50m: 30.88 30.88	150m: 1:38.62	34.42	250m: 2:47.74	34.43	350m: 3:57.13	34.73
	100m: 1:04.20 33.32	200m: 2:13.31	34.69	300m: 3:22.40	34.66	400m: 4:31.41	34.28
4.	NOLASCO, Nuno Maria		26204	Ginásio Clube Português	<b>4:41.32</b>	639	13,00
	50m: 30.93 30.93	150m: 1:40.48	35.66	250m: 2:52.95	36.41	350m: 4:06.69	36.56
	100m: 1:04.82 33.89	200m: 2:16.54	36.06	300m: 3:30.13	37.18	400m: 4:41.32	34.63
5.	FELICIO, Mario Nuno		205226	Ginásio Clube Português	<b>4:41.46</b>	638	12,00
	50m: 31.11 31.11	150m: 1:40.31	35.14	250m: 2:52.24	36.17	350m: 4:05.51	36.44
	100m: 1:05.17 34.06	200m: 2:16.07	35.76	300m: 3:29.07	36.83	400m: 4:41.46	35.95
6.	POLICARPO, Fabio Andre		219878	CPCD Póvoa de Santa Iria	<b>4:54.02</b>	560	11,00
	50m: 33.09 33.09	150m: 1:44.89	36.40	250m: 2:59.98	38.00	350m: 4:16.84	38.71
	100m: 1:08.49 35.40	200m: 2:21.98	37.09	300m: 3:38.13	38.15	400m: 4:54.02	37.18
7.	FERREIRA, Francisco David		121874	Cfp	<b>5:11.89</b>	469	10,00
	50m: 34.31 34.31	150m: 1:50.48	38.59	250m: 3:10.20	40.24	350m: 4:31.75	40.59
	100m: 1:11.89 37.58	200m: 2:29.96	39.48	300m: 3:51.16	40.96	400m: 5:11.89	40.14
8.	MACHADO, Pedro Ricardo		216541	Famalicão	<b>5:15.79</b>	451	9,00
	50m: 34.95 34.95	150m: 1:50.62	37.84	250m: 3:11.61	41.49	350m: 4:34.29	40.98
	100m: 1:12.78 37.83	200m: 2:30.12	39.50	300m: 3:53.31	41.70	400m: 5:15.79	41.50
9.	XAVIER, Jorge Miguel		222531	Braga	<b>5:32.13</b>	388	8,00
	50m: 35.24 35.24	150m: 1:56.02	41.55	250m: 3:21.48	43.20	350m: 4:49.59	44.52
	100m: 1:14.47 39.23	200m: 2:38.28	42.26	300m: 4:05.07	43.59	400m: 5:32.13	42.54
10.	MONTENEGRO, M.		224559	Universitario do Porto	<b>6:04.97</b>	292	7,00
	50m: 38.02 38.02	150m: 2:04.00	44.79	250m: 3:39.03	48.11	350m: 5:16.09	49.06
	100m: 1:19.21 41.19	200m: 2:50.92	46.92	300m: 4:27.03	48.00	400m: 6:04.97	48.88

Masters D

1.	PRATAS, Diogo Marques		222496	Gafanha da Encarnação	<b>5:05.35</b>	489	16,00
	50m: 32.51 32.51	150m: 1:45.05	37.18	250m: 3:03.76	39.80	350m: 4:25.57	41.13
	100m: 1:07.87 35.36	200m: 2:23.96	38.91	300m: 3:44.44	40.68	400m: 5:05.35	39.78
2.	BELCHIOR, Bruno Miguel		222256	Alcobaca	<b>5:06.90</b>	482	15,00
	50m: 33.77 33.77	150m: 1:48.30	37.77	250m: 3:07.14	39.75	350m: 4:27.30	39.78
	100m: 1:10.53 36.76	200m: 2:27.39	39.09	300m: 3:47.52	40.38	400m: 5:06.90	39.60

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	DIAS, Rafael Devesa		222402	Galitos / Bresimar	<b>5:17.55</b>	435	14,00
	50m: 33.84 33.84	150m: 1:50.22		39.19 250m: 3:12.65	41.45	350m: 4:36.52	42.13
	100m: 1:11.03 37.19	200m: 2:31.20		40.98 300m: 3:54.39	41.74	400m: 5:17.55	41.03
4.	RODRIGUES, Marcelo Porto		205613	Natacao de Valongo	<b>5:27.87</b>	395	13,00
	50m: 35.05 35.05	150m: 1:54.86		40.80 250m: 3:19.49	42.68	350m: 4:45.29	43.03
	100m: 1:14.06 39.01	200m: 2:36.81		41.95 300m: 4:02.26	42.77	400m: 5:27.87	42.58
5.	MARICATO, Luis Carlos		217939	Clube Naval de Ponta Delgada	<b>5:38.57</b>	359	12,00
	50m: 37.22 37.22	150m: 2:04.48		44.28 250m: 3:29.87	41.43	350m: 4:55.80	43.34
	100m: 1:20.20 42.98	200m: 2:48.44		43.96 300m: 4:12.46	42.59	400m: 5:38.57	42.77
6.	CARVALHO, Vitor Moreira		218789	Braga	<b>5:40.14</b>	354	11,00
	50m: 36.99 36.99	150m: 1:57.43		40.84 250m: 3:24.86	44.32	350m: 4:56.09	45.68
	100m: 1:16.59 39.60	200m: 2:40.54		43.11 300m: 4:10.41	45.55	400m: 5:40.14	44.05
7.	ALMEIDA, Pedro Miguel		223371	Porto	<b>5:41.35</b>	350	10,00
	50m: 35.13 35.13	150m: 1:55.90		41.54 250m: 3:23.94	43.95	350m: 4:52.08	44.07
	100m: 1:14.36 39.23	200m: 2:39.99		44.09 300m: 4:08.01	44.07	400m: 5:41.35	49.27
8.	CRUZ, Jose Antonio		220956	Adrcimm	<b>5:42.65</b>	346	9,00
	50m: 39.56 39.56	150m: 2:05.68		43.06 250m: 3:32.36	43.06	350m: 4:59.99	43.91
	100m: 1:22.62 43.06	200m: 2:49.30		43.62 300m: 4:16.08	43.72	400m: 5:42.65	42.66
9.	PEREIRA, João Luis		112657	Litoral Alentejano	<b>5:51.45</b>	321	8,00
	50m: 35.98 35.98	150m: 1:57.51		41.81 250m: 3:28.72	46.60	350m: 5:03.86	47.86
	100m: 1:15.70 39.72	200m: 2:42.12		44.61 300m: 4:16.00	47.28	400m: 5:51.45	47.59
10.	FERNANDES, Carlos Gustavo		221036	Cfp	<b>6:05.33</b>	285	7,00
	50m: 37.70 37.70	150m: 2:04.52		44.72 250m: 3:37.94	47.15	350m: 5:16.40	49.29
	100m: 1:19.80 42.10	200m: 2:50.79		46.27 300m: 4:27.11	49.17	400m: 6:05.33	48.93
11.	PROVOTOROV, Vitalii		224416	Porto	<b>6:13.14</b>	268	6,00
	50m: 41.38 41.38	150m: 2:15.59		47.66 250m: 3:51.17	48.00	350m: 5:28.21	48.29
	100m: 1:27.93 46.55	200m: 3:03.17		47.58 300m: 4:39.92	48.75	400m: 6:13.14	44.93
12.	BOGA, Pedro Nuno		221780	Porto	<b>6:46.57</b>	207	5,00
	50m: 43.94 43.94	150m: 2:24.40		51.67 250m: 4:13.09	54.80	350m: 6:00.22	52.71
	100m: 1:32.73 48.79	200m: 3:18.29		53.89 300m: 5:07.51	54.42	400m: 6:46.57	46.35
13.	PIRES, Amilcar Filipe FTL		212773	CNLeiria - VOID	<b>8:18.64</b>	112	-
	50m: 50.32 50.32	150m: 2:52.21		1:03.39 250m: 5:02.68	1:06.55	350m: 7:13.17	1:05.33
	100m: 1:48.82 58.50	200m: 3:56.13		1:03.92 300m: 6:07.84	1:05.16	400m: 8:18.64	1:05.47

Masters E

1.	HALIKA, Michael		226687	Porto	<b>4:27.87</b>	773	16,00
	50m: 30.82 30.82	150m: 1:38.82		34.04 250m: 2:46.74	33.88	350m: 3:54.95	33.89
	100m: 1:04.78 33.96	200m: 2:12.86		34.04 300m: 3:21.06	34.32	400m: 4:27.87	32.92
2.	FERREIRA, Ricardo Regufe		106877	Cfp	<b>4:32.82</b>	732	15,00
	50m: 30.35 30.35	150m: 1:38.72		34.85 250m: 2:48.98	35.15	350m: 3:59.16	34.95
	100m: 1:03.87 33.52	200m: 2:13.83		35.11 300m: 3:24.21	35.23	400m: 4:32.82	33.66
3.	ALMEIDA, Diogo Pedroso		25632	Adrcimm	<b>5:01.65</b>	541	14,00
	50m: 33.78 33.78	150m: 1:49.88		38.58 250m: 3:06.75	38.42	350m: 4:22.79	37.83
	100m: 1:11.30 37.52	200m: 2:28.33		38.45 300m: 3:44.96	38.21	400m: 5:01.65	38.86
4.	SANTOS, Patrick		26609	Louletano / Loule Aqui e Agora	<b>5:04.58</b>	526	13,00
	50m: 35.13 35.13	150m: 1:51.64		38.64 250m: 3:08.98	38.47	350m: 4:25.80	38.32
	100m: 1:13.00 37.87	200m: 2:30.51		38.87 300m: 3:47.48	38.50	400m: 5:04.58	38.78

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
5.	CARDOSO, Ricardo Paulo		224406	Gesloures	<b>5:09.80</b>	500	12,00
	50m: 33.98 33.98	150m: 1:50.65		38.46 250m: 3:10.49	40.20 350m: 4:30.92		40.20
	100m: 1:12.19 38.21	200m: 2:30.29		39.64 300m: 3:50.72	40.23 400m: 5:09.80		38.88
6.	BENTO, Goncalo Mano		148710	Gafanha da Encarnação	<b>5:28.35</b>	420	11,00
	50m: 35.28 35.28	150m: 1:55.79		40.98 250m: 3:19.40	42.07 350m: 4:45.38		42.74
	100m: 1:14.81 39.53	200m: 2:37.33		41.54 300m: 4:02.64	43.24 400m: 5:28.35		42.97
7.	BORGES, Jose Diogo		215807	Lagoa Academico Clube	<b>6:28.02</b>	254	10,00
	50m: 41.70 41.70	150m: 2:17.54		48.85 250m: 3:56.30	49.84 350m: 5:38.54		49.86
	100m: 1:28.69 46.99	200m: 3:06.46		48.92 300m: 4:48.68	52.38 400m: 6:28.02		49.48
8.	BARROS, Telmo Alexandre		204174	Leixoes Sport Club	<b>6:36.96</b>	237	9,00
	50m: 42.33 42.33	150m: 2:17.47		48.89 250m: 3:58.42	50.06 350m: 5:46.23		54.12
	100m: 1:28.58 46.25	200m: 3:08.36		50.89 300m: 4:52.11	53.69 400m: 6:36.96		50.73

Masters F

1.	CARACA, Gustavo Hachmeister		26787	Nacional de Nataçã	<b>4:40.02</b>	804	16,00
	50m: 30.87 30.87	150m: 1:39.99		35.07 250m: 2:51.52	35.86 350m: 4:04.52		36.45
	100m: 1:04.92 34.05	200m: 2:15.66		35.67 300m: 3:28.07	36.55 400m: 4:40.02		35.50
2.	PORTELA, Antonio Luis		218039	Cfp	<b>4:48.50</b>	736	15,00
	50m: 31.84 31.84	150m: 1:42.39		35.95 250m: 2:55.97	37.17 350m: 4:11.05		37.73
	100m: 1:06.44 34.60	200m: 2:18.80		36.41 300m: 3:33.32	37.35 400m: 4:48.50		37.45
3.	SANTOS, Alexandre Miguel		219470	Cfp	<b>4:55.43</b>	685	14,00
	50m: 33.48 33.48	150m: 1:46.54		36.62 250m: 3:01.31	37.68 350m: 4:17.72		38.39
	100m: 1:09.92 36.44	200m: 2:23.63		37.09 300m: 3:39.33	38.02 400m: 4:55.43		37.71
4.	SANTOS, Bruno Miguel		14631	Universitario do Porto	<b>4:57.46</b>	671	13,00
	50m: 32.99 32.99	150m: 1:47.08		37.29 250m: 3:02.73	37.74 350m: 4:19.36		38.60
	100m: 1:09.79 36.80	200m: 2:24.99		37.91 300m: 3:40.76	38.03 400m: 4:57.46		38.10
5.	ARROBAS, Miguel Maria		14650	CCD Associacao De Nadadores	<b>5:06.43</b>	614	12,00
	50m: 33.77 33.77	150m: 1:49.92		38.75 250m: 3:08.71	39.23 350m: 4:27.53		39.23
	100m: 1:11.17 37.40	200m: 2:29.48		39.56 300m: 3:48.30	39.59 400m: 5:06.43		38.90
6.	BRAGA, Pedro Nuno		105530	Universitario do Porto	<b>5:25.10</b>	514	11,00
	50m: 35.71 35.71	150m: 1:55.41		40.62 250m: 3:18.38	41.46 350m: 4:42.29		42.14
	100m: 1:14.79 39.08	200m: 2:36.92		41.51 300m: 4:00.15	41.77 400m: 5:25.10		42.81
7.	GOULAO, Carlos Soares		212344	Galitos / Bresimar	<b>5:35.57</b>	467	10,00
	50m: 35.91 35.91	150m: 1:58.45		41.87 250m: 3:24.61	42.99 350m: 4:51.79		44.22
	100m: 1:16.58 40.67	200m: 2:41.62		43.17 300m: 4:07.57	42.96 400m: 5:35.57		43.78
8.	REIS, Marcio Leandro		216076	Cfp	<b>5:43.32</b>	436	9,00
	50m: 37.47 37.47	150m: 2:03.82		43.84 250m: 3:32.56	44.39 350m: 5:00.04		43.86
	100m: 1:19.98 42.51	200m: 2:48.17		44.35 300m: 4:16.18	43.62 400m: 5:43.32		43.28
9.	BARROS, Francisco Santos		108661	Porto	<b>5:48.23</b>	418	8,00
	50m: 36.30 36.30	150m: 2:01.29		43.86 250m: 3:32.64	45.68 350m: 5:04.21		45.40
	100m: 1:17.43 41.13	200m: 2:46.96		45.67 300m: 4:18.81	46.17 400m: 5:48.23		44.02
10.	SOUSA, Manuel Reis		220066	Aquatico Silves	<b>5:49.27</b>	414	7,00
	50m: 37.41 37.41	150m: 2:01.28		42.54 250m: 3:31.05	45.55 350m: 5:03.84		46.29
	100m: 1:18.74 41.33	200m: 2:45.50		44.22 300m: 4:17.55	46.50 400m: 5:49.27		45.43
11.	AZEVEDO, Pedro Jorge		215218	Porto	<b>6:08.91</b>	352	6,00
	50m: 41.39 41.39	150m: 2:12.68		46.73 250m: 3:47.52	47.98 350m: 5:21.87		46.85
	100m: 1:25.95 44.56	200m: 2:59.54		46.86 300m: 4:35.02	47.50 400m: 6:08.91		47.04

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
12.	PEREIRA, Luis Miguel		225572	Cfp	<b>7:05.15</b>	229	-
	50m: 44.18 44.18	150m: 2:25.37	52.12	250m: 4:14.26	55.52	350m: 6:07.88	57.85
	100m: 1:33.25 49.07	200m: 3:18.74	53.37	300m: 5:10.03	55.77	400m: 7:05.15	57.27
13.	AMBRUS, Attila-Janos		213595	Universitario do Porto	<b>7:07.00</b>	227	4,00
	50m: 47.76 47.76	150m: 2:31.84	53.70	250m: 4:23.45	55.86	350m: 6:16.03	56.64
	100m: 1:38.14 50.38	200m: 3:27.59	55.75	300m: 5:19.39	55.94	400m: 7:07.00	50.97
14.	RIBEIRO, Telmo Eduardo		226405	Natacao de Valongo	<b>7:23.11</b>	203	3,00
	50m: 44.56 44.56	150m: 2:29.84	55.28	250m: 4:25.26	58.52	350m: 6:24.20	59.55
	100m: 1:34.56 50.00	200m: 3:26.74	56.90	300m: 5:24.65	59.39	400m: 7:23.11	58.91

Masters G

1.	MARTINS, Marcelo Jose		219556	Cfp	<b>5:12.12</b>	645	16,00
	50m: 34.00 34.00	150m: 1:52.96	39.80	250m: 3:15.36	41.05	350m: 4:34.95	39.63
	100m: 1:13.16 39.16	200m: 2:34.31	41.35	300m: 3:55.32	39.96	400m: 5:12.12	37.17
2.	MOREIRA, Flavio Martins		212334	Académica de Coimbra	<b>5:47.70</b>	467	15,00
	50m: 39.19 39.19	150m: 2:06.50	44.14	250m: 3:36.11	44.98	350m: 5:05.72	44.09
	100m: 1:22.36 43.17	200m: 2:51.13	44.63	300m: 4:21.63	45.52	400m: 5:47.70	41.98
3.	IROLDI, Oscar Pablo		224878	Cfp	<b>6:12.30</b>	380	14,00
	50m: 41.50 41.50	150m: 2:13.11	46.65	250m: 3:48.62	48.54	350m: 5:25.48	48.46
	100m: 1:26.46 44.96	200m: 3:00.08	46.97	300m: 4:37.02	48.40	400m: 6:12.30	46.82
4.	OLIVEIRA, Paulo Fernando		220911	Nautico Marinha Grande	<b>6:24.74</b>	344	13,00
	50m: 39.47 39.47	150m: 2:09.15	46.53	250m: 3:48.50	50.33	350m: 5:32.56	52.36
	100m: 1:22.62 43.15	200m: 2:58.17	49.02	300m: 4:40.20	51.70	400m: 6:24.74	52.18
5.	MITT, Joao Marcos		210500	Porto	<b>6:28.02</b>	336	12,00
	50m: 40.88 40.88	150m: 2:14.71	47.76	250m: 3:55.56	51.14	350m: 5:38.06	51.07
	100m: 1:26.95 46.07	200m: 3:04.42	49.71	300m: 4:46.99	51.43	400m: 6:28.02	49.96
6.	SANTINHA, Antonio Manuel		100477	Clube Natacao Masters de Almas	<b>6:50.89</b>	283	11,00
	50m: 44.92 44.92	150m: 2:23.75	49.50	250m: 4:08.43	52.60	350m: 5:57.87	55.45
	100m: 1:34.25 49.33	200m: 3:15.83	52.08	300m: 5:02.42	53.99	400m: 6:50.89	53.02
7.	MACEDO, Isidro Marcelino		222747	Vitória Sport Clube	<b>6:52.04</b>	280	10,00
	50m: 45.88 45.88	150m: 2:27.62	51.29	250m: 4:12.34	53.22	350m: 5:59.48	53.50
	100m: 1:36.33 50.45	200m: 3:19.12	51.50	300m: 5:05.98	53.64	400m: 6:52.04	52.56
8.	ALMEIDA, Francisco Olazabal		214049	Cfp	<b>6:58.34</b>	268	9,00
	50m: 43.43 43.43	150m: 2:25.69	52.18	250m: 4:12.42	53.42	350m: 6:02.64	55.89
	100m: 1:33.51 50.08	200m: 3:19.00	53.31	300m: 5:06.75	54.33	400m: 6:58.34	55.70
9.	CANITO, Carlos Filipe		216373	Natacao de Valongo	<b>7:27.37</b>	219	8,00
	50m: 48.33 48.33	150m: 2:41.53	56.94	250m: 4:36.90	57.91	350m: 6:32.38	57.44
	100m: 1:44.59 56.26	200m: 3:38.99	57.46	300m: 5:34.94	58.04	400m: 7:27.37	54.99
10.	RAMALHO, Jose Carlos		215958	Braga	<b>7:44.34</b>	196	7,00
	50m: 48.52 48.52	150m: 2:46.32	1:00.57	250m: 4:47.63	1:00.77	350m: 6:50.99	1:01.61
	100m: 1:45.75 57.23	200m: 3:46.86	1:00.54	300m: 5:49.38	1:01.75	400m: 7:44.34	53.35
11.	CARVALHO, Luis Duarte		152640	Sporting Clube de Aveiro	<b>7:53.06</b>	185	6,00
	50m: 51.22 51.22	150m: 2:52.77	1:02.32	250m: 4:55.85	1:00.85	350m: 6:53.57	58.61
	100m: 1:50.45 59.23	200m: 3:55.00	1:02.23	300m: 5:54.96	59.11	400m: 7:53.06	59.49

Prova 2, Masc., 400m Livres

Masters H

1.	OLIVEIRA, Carlos Jorge	11360	Clube Natacao Masters de Alma	<b>5:22.58</b>	735	16,00	
	50m: 35.57 35.57	150m: 1:55.06	40.57	250m: 3:18.62	42.10	350m: 4:42.63	41.86
	100m: 1:14.49 38.92	200m: 2:36.52	41.46	300m: 4:00.77	42.15	400m: 5:22.58	39.95
2.	CASAS, Adelino Jose	203882	Individual ANL	<b>5:29.86</b>	688	15,00	
	50m: 35.84 35.84	150m: 1:56.32	40.92	250m: 3:20.17	41.94	350m: 4:46.30	43.37
	100m: 1:15.40 39.56	200m: 2:38.23	41.91	300m: 4:02.93	42.76	400m: 5:29.86	43.56
3.	SOARES, Ralf Pinto	26786	CCD Associacao De Nadadores	<b>5:35.11</b>	toris 656	14,00	
	50m: 35.64 35.64	150m: 1:58.53	42.27	250m: 3:24.75	43.30	350m: 4:51.62	43.56
	100m: 1:16.26 40.62	200m: 2:41.45	42.92	300m: 4:08.06	43.31	400m: 5:35.11	43.49
4.	COSTA, Armando Joao	12262	Sporting de Espinho	<b>5:56.97</b>	542	13,00	
	50m: 37.90 37.90	150m: 2:08.67	45.79	250m: 3:41.94	46.25	350m: 5:13.44	45.17
	100m: 1:22.88 44.98	200m: 2:55.69	47.02	300m: 4:28.27	46.33	400m: 5:56.97	43.53
5.	MARTINHO, Antonio Jorge	11176	Académica de Coimbra	<b>6:08.15</b>	494	12,00	
	50m: 36.74 36.74	150m: 2:04.25	45.36	250m: 3:39.54	48.16	350m: 5:18.30	49.84
	100m: 1:18.89 42.15	200m: 2:51.38	47.13	300m: 4:28.46	48.92	400m: 6:08.15	49.85
6.	SOUSA, Luis Manuel	14630	Cfp	<b>6:24.37</b>	434	11,00	
	50m: 39.59 39.59	150m: 2:15.27	48.84	250m: 3:57.76	51.58	350m: 5:37.93	50.11
	100m: 1:26.43 46.84	200m: 3:06.18	50.91	300m: 4:47.82	50.06	400m: 6:24.37	46.44
7.	GRILO, Francisco Jose	215966	Braga	<b>6:44.02</b>	374	10,00	
	50m: 44.34 44.34	150m: 2:24.03	51.24	250m: 4:07.51	51.75	350m: 5:52.92	52.85
	100m: 1:32.79 48.45	200m: 3:15.76	51.73	300m: 5:00.07	52.56	400m: 6:44.02	51.10
8.	ALBUQUERQUE, Nuno Carlos	210412	Braga	<b>6:45.67</b>	369	9,00	
	50m: 45.67 45.67	150m: 2:25.73	51.45	250m: 4:09.22	51.87	350m: 5:54.76	52.32
	100m: 1:34.28 48.61	200m: 3:17.35	51.62	300m: 5:02.44	53.22	400m: 6:45.67	50.91
9.	MOURAO, Luis Joao	209692	Natacao de Valongo	<b>8:04.01</b>	217	8,00	
	50m: 51.48 51.48	150m: 2:49.18	1:00.89	250m: 4:53.37	1:02.12	350m: 7:01.76	1:04.19
	100m: 1:48.29 56.81	200m: 3:51.25	1:02.07	300m: 5:57.57	1:04.20	400m: 8:04.01	1:02.25
10.	NASCIMENTO, Joao Carlos	131910	O2-Portimao	<b>8:47.16</b>	168	-	
	<i>FTL</i>						
	50m: 55.69 55.69	150m: 3:05.81	1:06.33	250m: 5:24.58	1:09.46	350m: 7:42.75	1:09.14
	100m: 1:59.48 1:03.79	200m: 4:15.12	1:09.31	300m: 6:33.61	1:09.03	400m: 8:47.16	1:04.41
DSQ	FREITAS, Jose Carlos	111877	Individual ANNP			-	
	<i>10.2 - O(a) atleta nao completou o percurso</i>						

Masters I

1.	BENTO, Jaime Carlos	118614	Sad	<b>5:24.44</b>	831	16,00	
	<i>Recorde Nacional</i>						
	50m: 35.95 35.95	150m: 1:58.16	41.68	250m: 3:22.03	42.33	350m: 4:45.36	41.71
	100m: 1:16.48 40.53	200m: 2:39.70	41.54	300m: 4:03.65	41.62	400m: 5:24.44	39.08
2.	VIEIRA, Jose Manuel	109259	Ludens Clube de Machico	<b>6:06.57</b>	576	15,00	
	50m: 38.70 38.70	150m: 2:07.91	46.00	250m: 3:43.92	48.14	350m: 5:20.73	48.30
	100m: 1:21.91 43.21	200m: 2:55.78	47.87	300m: 4:32.43	48.51	400m: 6:06.57	45.84
3.	PINTO, Mario Jose	12387	Académica de Coimbra	<b>6:11.21</b>	555	14,00	
	50m: 44.72 44.72	150m: 2:18.47	47.04	250m: 3:52.28	46.75	350m: 5:25.60	46.35
	100m: 1:31.43 46.71	200m: 3:05.53	47.06	300m: 4:39.25	46.97	400m: 6:11.21	45.61

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

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	SEABRA, Henrique Luis		125467	Cfp	<b>6:14.49</b>	540	13,00
	50m: 38.28 38.28	150m: 2:07.27	45.74	250m: 3:43.02	48.39	350m: 5:23.57	50.91
	100m: 1:21.53 43.25	200m: 2:54.63	47.36	300m: 4:32.66	49.64	400m: 6:14.49	50.92
5.	GONCALVES, Oscar Filipe		219154	Cfp	<b>6:24.36</b>	499	12,00
	50m: 40.95 40.95	150m: 2:15.90	49.15	250m: 3:56.80	50.60	350m: 5:38.00	50.54
	100m: 1:26.75 45.80	200m: 3:06.20	50.30	300m: 4:47.46	50.66	400m: 6:24.36	46.36
6.	SARVIA, Paolo		216437	Universitario do Porto	<b>7:10.08</b>	356	11,00
	50m: 46.65 46.65	150m: 2:32.70	54.48	250m: 4:24.66	56.41	350m: 6:16.37	56.36
	100m: 1:38.22 51.57	200m: 3:28.25	55.55	300m: 5:20.01	55.35	400m: 7:10.08	53.71
7.	SANTOS, Manuel Fernando		204895	Gafanha da Encarnação	<b>7:22.20</b>	328	10,00
	50m: 49.78 49.78	150m: 2:42.09	56.85	250m: 4:35.33	56.07	350m: 6:27.48	56.38
	100m: 1:45.24 55.46	200m: 3:39.26	57.17	300m: 5:31.10	55.77	400m: 7:22.20	54.72
8.	AGUIAR, Ricardo Portella		218370	Porto	<b>7:51.31</b>	271	9,00
	50m: 56.02 56.02	150m: 2:59.79	1:02.92	250m: 5:01.23	1:01.11	350m: 6:58.52	57.69
	100m: 1:56.87 1:00.85	200m: 4:00.12	1:00.33	300m: 6:00.83	59.60	400m: 7:51.31	52.79
9.	FILHO, Manoel Pinto		217979	Braga	<b>8:08.89</b>	242	8,00
	50m: 47.70 47.70	150m: 2:43.37	59.45	250m: 4:48.60	1:03.63	350m: 7:01.18	1:05.68
	100m: 1:43.92 56.22	200m: 3:44.97	1:01.60	300m: 5:55.50	1:06.90	400m: 8:08.89	1:07.71
10.	OLIVEIRA, Pedro Nuno		224894	Cfp	<b>8:51.01</b>	189	7,00
	50m: 57.29 57.29	150m: 3:12.84	1:08.24	250m: 5:28.36	1:07.47	350m: 7:44.39	1:09.04
	100m: 2:04.60 1:07.31	200m: 4:20.89	1:08.05	300m: 6:35.35	1:06.99	400m: 8:51.01	1:06.62

Masters J

1.	MAVIOSO, Vitor Manuel		100689	Sad	<b>5:54.44</b>	791	16,00
	<i>Recorde Nacional</i>						
	50m: 38.82 38.82	150m: 2:03.68	43.27	250m: 3:33.94	45.65	350m: 5:09.05	48.22
	100m: 1:20.41 41.59	200m: 2:48.29	44.61	300m: 4:20.83	46.89	400m: 5:54.44	45.39
2.	MENDES, Ricardo Antonio		132928	Salesianos	<b>6:46.90</b>	523	15,00
	50m: 40.20 40.20	150m: 2:14.52	48.95	250m: 4:07.85	56.30	350m: 5:56.91	55.35
	100m: 1:25.57 45.37	200m: 3:11.55	57.03	300m: 5:01.56	53.71	400m: 6:46.90	49.99
3.	FERREIRA, Domingos Jose		209351	Leixoes Sport Club	<b>6:55.64</b>	490	14,00
	50m: 43.68 43.68	150m: 2:27.19	53.18	250m: 4:15.08	54.53	350m: 6:02.69	53.99
	100m: 1:34.01 50.33	200m: 3:20.55	53.36	300m: 5:08.70	53.62	400m: 6:55.64	52.95
4.	CORREIA, Carlos Augusto		100466	Clube Natacao Masters de Almaraz	<b>7:15.53</b>	426	13,00
	50m: 48.82 48.82	150m: 2:39.69	56.08	250m: 4:31.82	55.69	350m: 6:21.82	53.45
	100m: 1:43.61 54.79	200m: 3:36.13	56.44	300m: 5:28.37	56.55	400m: 7:15.53	53.71
5.	RAPOSO, Jose Alexandre		131484	Sporting Clube de Aveiro	<b>8:03.70</b>	311	12,00
	50m: 52.94 52.94	150m: 2:57.03	1:02.09	250m: 5:01.74	1:01.95	350m: 7:05.83	1:01.80
	100m: 1:54.94 1:02.00	200m: 3:59.79	1:02.76	300m: 6:04.03	1:02.29	400m: 8:03.70	57.87
6.	SOARES, Manuel Edgar		129129	O2-Portimao	<b>8:10.59</b>	298	11,00
	50m: 51.68 51.68	150m: 2:56.27	1:03.82	250m: 5:03.79	1:03.58	350m: 7:13.68	1:05.41
	100m: 1:52.45 1:00.77	200m: 4:00.21	1:03.94	300m: 6:08.27	1:04.48	400m: 8:10.59	56.91
7.	COSTA, Francisco Jose		222493	Cfp	<b>8:52.76</b>	233	10,00
	50m: 56.77 56.77	150m: 3:12.73	1:09.34	250m: 5:30.39	1:08.88	350m: 7:48.17	1:07.87
	100m: 2:03.39 1:06.62	200m: 4:21.51	1:08.78	300m: 6:40.30	1:09.91	400m: 8:52.76	1:04.59

Prova 2, Masc., 400m Livres

Masters K

1. FERNANDES, Manuel Carlos	225565	Sad	<b>7:13.45</b>	529	16,00
50m: 45.88 45.88	150m: 2:31.46 53.84	250m: 4:22.41 55.95	350m: 6:16.37 57.05		
100m: 1:37.62 51.74	200m: 3:26.46 55.00	300m: 5:19.32 56.91	400m: 7:13.45 57.08		
2. SELIGSON, Steven Bruce	219656	Porto	<b>7:57.76</b>	395	15,00
50m: 50.73 50.73	150m: 2:47.43 1:00.89	250m: 4:51.44 1:02.09	350m: 6:55.59 1:01.56		
100m: 1:46.54 55.81	200m: 3:49.35 1:01.92	300m: 5:54.03 1:02.59	400m: 7:57.76 1:02.17		
3. PORTO, Carlos Manuel	207570	Sad	<b>8:04.70</b>	378	14,00
50m: 54.99 54.99	150m: 2:58.22 1:02.99	250m: 5:00.83 1:00.49	350m: 7:03.37 1:00.98		
100m: 1:55.23 1:00.24	200m: 4:00.34 1:02.12	300m: 6:02.39 1:01.56	400m: 8:04.70 1:01.33		
4. VIEGAS, Luis Silveira	104917	Sad	<b>9:12.89</b>	255	13,00
50m: 57.73 57.73	150m: 3:13.83 1:09.84	250m: 5:35.34 1:09.86	350m: 8:00.24 1:12.37		
100m: 2:03.99 1:06.26	200m: 4:25.48 1:11.65	300m: 6:47.87 1:12.53	400m: 9:12.89 1:12.65		
5. CABRAL, Luis Pereira	129152	Académica de Coimbra	<b>10:02.69</b>	196	12,00
50m: 1:04.89 1:04.89	150m: 3:31.71 1:14.77	250m: 6:05.31 1:17.69	350m: 8:46.20 1:21.37		
100m: 2:16.94 1:12.05	200m: 4:47.62 1:15.91	300m: 7:24.83 1:19.52	400m: 10:02.69 1:16.49		

Masters L

1. SALGUEIRO, Luis Vidigal	119671	Sad	<b>8:14.24</b>	387	16,00
50m: 56.18 56.18	150m: 3:01.63 1:03.24	250m: 5:06.82 1:02.11	350m: 7:12.27 1:03.17		
100m: 1:58.39 1:02.21	200m: 4:04.71 1:03.08	300m: 6:09.10 1:02.28	400m: 8:14.24 1:01.97		