

Prova 2 Master
11/04/2026 - 10:09 Resultados

Prova 2	Masc., 400m Estilos	Master Resultados
RN Masters 50m L	59:00.00	01/01/1800
RN Masters 50m K	10:01.08 Antonio Monteiro, Canelas SCE	13/07/2025
RN Masters 50m J	6:59.74 Antonio Bessone, Basto SAD	08/07/2016
RN Masters 50m I	6:45.48 Vitor Manuel, Mavioso SAD	04/06/2023
RN Masters 50m H	5:58.46 Paulo Paula, Carvalho SCP	11/07/2021
RN Masters 50m G	5:40.75 Paulo Paula, Carvalho SCP	Budapeste (HUN)
RN Masters 50m F	5:36.42 Paulo Paula, Carvalho SFUAP	Loulé
RN Masters 50m E	5:28.47 Luis Daniel, Pacheco CNAL	Loulé
RN Masters 50m D	4:59.81 Eduardo Ferreira, Sevieri FCP	Reguengos de Monsaraz
RN Masters 50m C	4:46.61 Pedro Miguel, Pinotes SCP	Reguengos de Monsaraz
RN Masters 50m B	4:43.37 Pedro Miguel, Pinotes SCP	Reguengos de Monsaraz
RN Masters 50m A	4:47.39 Andre Bras, Goncalves CFB	Loulé

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
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Master A

1. Diogo Ferreira, Neves	28	Natacao de Valongo	5:14.66	746	1:07.67	1:22.72	1:32.16	1:12.11
50m:		150m:	250m:	350m:				
100m: 1:07.67		200m: 2:30.39	300m: 4:02.55	400m: 5:14.66				
2. Diogo Filipe, Rodrigues	28	CNLeiria - VOID	5:20.81	704	1:06.44	1:26.47	1:32.00	1:15.90
50m:		150m:	250m:	350m:				
100m: 1:06.44		200m: 2:32.91	300m: 4:04.91	400m: 5:20.81				
3. João Pedro, Tarquinio	29	Alcobaca	5:30.83	642	1:10.40	1:24.45	1:37.97	1:18.01
50m:		150m:	250m:	350m:				
100m: 1:10.40		200m: 2:34.85	300m: 4:12.82	400m: 5:30.83				
4. Chen, Wang	27	Natacao de Valongo	7:02.84	307	1:35.78	2:05.43	1:43.51	1:38.12
50m:		150m:	250m:	350m:				
100m: 1:35.78		200m: 3:41.21	300m: 5:24.72	400m: 7:02.84				
DSQ Vitor Leis, Leite	27	Braga						
<i>6.5 - O(a) atleta nao terminou a prova na posicao dorsal, no percurso de costas</i>								

Master B

1. D., Domingues	32	Natacao de Valongo	5:37.41	534	1:14.24	1:30.95	1:32.59	1:19.63
50m:		150m:	250m:	350m:				
100m: 1:14.24		200m: 2:45.19	300m: 4:17.78	400m: 5:37.41				
2. G., Meneses	34	Braga	5:37.85	532	1:14.39	1:28.85	1:37.73	1:16.88
50m:		150m:	250m:	350m:				
100m: 1:14.39		200m: 2:43.24	300m: 4:20.97	400m: 5:37.85				
3. Diogo Antonio, Carvalho	33	Natacao de Valongo	5:57.80	448	1:15.11	1:31.07	1:44.67	1:26.95
50m:		150m:	250m:	350m:				
100m: 1:15.11		200m: 2:46.18	300m: 4:30.85	400m: 5:57.80				
4. Goncalo Sampaio, Garcia	33	Centro Desp. Universitario	6:20.96	371	1:33.59	1:33.15	1:45.52	1:28.70
50m:		150m:	250m:	350m:				
100m: 1:33.59		200m: 3:06.74	300m: 4:52.26	400m: 6:20.96				
5. Nuno Duarte, Barbosa	30	Leixoes Sport Club	6:33.87	336	1:16.34	1:51.97	1:52.85	1:32.71
50m:		150m:	250m:	350m:				
100m: 1:16.34		200m: 3:08.31	300m: 5:01.16	400m: 6:33.87				
6. Joao Castro, Rocha	31	Cfp	7:39.03	212	1:46.54	1:49.51	2:04.10	1:58.88
50m:		150m:	250m:	350m:				
100m: 1:46.54		200m: 3:36.05	300m: 5:40.15	400m: 7:39.03				

Prova 2, Masc., 400m Estilos

Master C

1. Diogo Miguel, Paulino	36	Alcobaca	5:12.30	759	1:07.91	1:18.43	1:34.03	1:11.93
50m:		150m:	250m:		350m:			
100m:	1:07.91	200m:	300m:	4:00.37	400m:	5:12.30		
2. Pedro Fragoso, Lopes	36	Porto	5:14.46	744	1:09.14	1:23.12	1:32.36	1:09.84
50m:		150m:	250m:		350m:			
100m:	1:09.14	200m:	300m:	4:04.62	400m:	5:14.46		
3. Filipe Gouveia, Goncalves	39	Lisboa PoolSharks	5:23.04	686	1:10.90	1:26.26	1:31.40	1:14.48
50m:		150m:	250m:		350m:			
100m:	1:10.90	200m:	300m:	4:08.56	400m:	5:23.04		
4. Carlos Octavio, Fernandes	38	Académica de Coimbra	5:53.36	524	1:17.11	1:31.53	1:42.86	1:21.86
50m:		150m:	250m:		350m:			
100m:	1:17.11	200m:	300m:	4:31.50	400m:	5:53.36		
5. Francisco David, Ferreira	37	Cfp	6:02.68	485	1:17.49	1:38.79	1:45.65	1:20.75
50m:		150m:	250m:		350m:			
100m:	1:17.49	200m:	300m:	4:41.93	400m:	6:02.68		
6. Jorge Miguel, Xavier	37	Braga	6:27.36	398	1:25.95	1:41.40	1:45.42	1:34.59
50m:		150m:	250m:		350m:			
100m:	1:25.95	200m:	300m:	4:52.77	400m:	6:27.36		
7. M., Montenegro	38	Centro Desp. Universitario	6:38.52	365	1:32.53	1:46.35	1:50.37	1:29.27
50m:		150m:	250m:		350m:			
100m:	1:32.53	200m:	300m:	5:09.25	400m:	6:38.52		
8. Andre Manuel, Fernandes	38	CPCD Póvoa de Santa Iria	6:45.81	346	1:36.94	1:41.04	1:49.76	1:38.07
50m:		150m:	250m:		350m:			
100m:	1:36.94	200m:	300m:	5:07.74	400m:	6:45.81		
9. Pedro Emanuel, Gomes	38	Natacao de Valongo	7:21.46	269	1:37.51	2:01.86	2:03.50	1:38.59
50m:		150m:	250m:		350m:			
100m:	1:37.51	200m:	300m:	5:42.87	400m:	7:21.46		

Master D

1. Marco Filipe, Duarte	41	FC Ferreiras/AlgarExperien	5:48.94	533	1:11.93	1:33.83	1:41.03	1:22.15
50m:		150m:	250m:		350m:			
100m:	1:11.93	200m:	300m:	4:26.79	400m:	5:48.94		
2. Tiago Miguel, Neves	41	Palmela Desporto	6:14.95	429	1:17.97	1:40.86	1:54.56	1:21.56
50m:		150m:	250m:		350m:			
100m:	1:17.97	200m:	300m:	4:53.39	400m:	6:14.95		
3. Filipe Castro, Alpuim	41	Braga	6:14.98	429	1:19.00	1:36.69	1:47.51	1:31.78
50m:		150m:	250m:		350m:			
100m:	1:19.00	200m:	300m:	4:43.20	400m:	6:14.98		
4. Pedro Joao, Morais	40	Porto	6:23.71	401	1:27.31	1:39.14	1:49.83	1:27.43
50m:		150m:	250m:		350m:			
100m:	1:27.31	200m:	300m:	4:56.28	400m:	6:23.71		
5. Vitor Moreira, Carvalho	40	Braga	6:54.52	318	1:41.08	1:50.29	1:53.11	1:30.04
50m:		150m:	250m:		350m:			
100m:	1:41.08	200m:	300m:	5:24.48	400m:	6:54.52		

DSQ Marcelo Porto, Rodrigues 44 Natacao de Valongo
7.6 - O(a) atleta nao tocou na parede com ambas as maos separadas e simultaneamente na viragem aos 250 metros

Prova 2, Masc., 400m Estilos

Master E

1. Michael, Halika	48	Porto	5:11.29	916	1:11.02	1:21.25	1:29.11	1:09.91
50m:		150m:	250m:		350m:			
100m: 1:11.02		200m: 2:32.27	300m: 4:01.38		400m: 5:11.29			
2. Joao Miguel, Santos	45	CNLeiria - VOID	5:14.16	891	1:06.82	1:27.52	1:28.23	1:11.59
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m: 1:06.82		200m: 2:34.34	300m: 4:02.57		400m: 5:14.16			
3. Jose Pedro, Almeida	48	Clube Desportivo de Estarr	5:57.55	605	1:21.44	1:38.48	1:40.23	1:17.40
50m:		150m:	250m:		350m:			
100m: 1:21.44		200m: 2:59.92	300m: 4:40.15		400m: 5:57.55			
4. Marco Paulo, Ferreira	48	Braga	7:43.78	277	1:44.14	2:08.09	2:04.57	1:46.98
50m:		150m:	250m:		350m:			
100m: 1:44.14		200m: 3:52.23	300m: 5:56.80		400m: 7:43.78			
5. Nuno Silva, Afonso	47	Académica de Coimbra	7:55.33	257	1:52.30	2:11.84	2:10.45	1:40.74
50m:		150m:	250m:		350m:			
100m: 1:52.30		200m: 4:04.14	300m: 6:14.59		400m: 7:55.33			

DSQ Tiago Melo, Pereira 47 Natacao de Valongo
6.4 - O(a) atleta nao realizou movimento continuo ou imediato dos bracos na viragem aos 150 metros

Master F

1. Luis Daniel, Pacheco	50	Alcobaca	5:30.88	852	1:13.77	1:27.59	1:33.48	1:16.04
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m: 1:13.77		200m: 2:41.36	300m: 4:14.84		400m: 5:30.88			
2. Nuno Rogerio, Santos	50	Geslours	5:33.70	830	1:13.40	1:24.87	1:38.42	1:17.01
50m:		150m:	250m:		350m:			
100m: 1:13.40		200m: 2:38.27	300m: 4:16.69		400m: 5:33.70			
3. Filipe Monteiro, Pacheco	52	Leixoes Sport Club	6:36.09	496	1:26.34	1:48.80	1:49.62	1:31.33
50m:		150m:	250m:		350m:			
100m: 1:26.34		200m: 3:15.14	300m: 5:04.76		400m: 6:36.09			
4. Pedro Nuno, Silva	53	Académica de Coimbra	6:36.55	495	1:36.87	1:43.62	1:45.17	1:30.89
50m:		150m:	250m:		350m:			
100m: 1:36.87		200m: 3:20.49	300m: 5:05.66		400m: 6:36.55			
5. Carlos Ferreira, Tomaz	52	Sporting	7:05.72	400	1:32.98	2:06.37	1:54.26	1:32.11
50m:		150m:	250m:		350m:			
100m: 1:32.98		200m: 3:39.35	300m: 5:33.61		400m: 7:05.72			
6. Vitor Manuel, Cardoso	54	Natacao de Valongo	7:27.44	344	1:48.90	1:54.09	2:03.53	1:40.92
50m:		150m:	250m:		350m:			
100m: 1:48.90		200m: 3:42.99	300m: 5:46.52		400m: 7:27.44			
7. Ricardo Jorge, Fernandes	54	Natacao de Valongo	7:32.10	334	1:51.72	1:58.62	2:06.49	1:35.27
50m:		150m:	250m:		350m:			
100m: 1:51.72		200m: 3:50.34	300m: 5:56.83		400m: 7:32.10			

DSQ Rui Alexandre, Santos 50 Nadadores dos Estoris
7.6 - O(a) atleta tocou com uma mao na parede na viragem dos 300 metros

Master G

1. Rui Miguel, Tejo	57	Académica de Coimbra	6:37.33	547	1:34.74	1:48.33	1:45.89	1:28.37
50m:		150m:	250m:		350m:			
100m: 1:34.74		200m: 3:23.07	300m: 5:08.96		400m: 6:37.33			
2. Rui Miguel, Henriques	57	Nadadores dos Estoris	7:59.15	312	1:59.17	2:11.06	2:14.79	1:34.13
50m:		150m:	250m:		350m:			
100m: 1:59.17		200m: 4:10.23	300m: 6:25.02		400m: 7:59.15			

Prova 2, Masc., 400m Estilos, Master G

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
3.	57	Leixoes Sport Club	8:41.88	241	2:11.04	2:19.33	2:06.11	2:05.40
		50m:	250m:			350m:		
		100m:	200m:	6:36.48		400m:	8:41.88	
4.	58	Leixoes Sport Club	8:46.03	235	2:18.67	2:10.21	2:22.76	1:54.39
		50m:	250m:			350m:		
		100m:	200m:	6:51.64		400m:	8:46.03	
5.	59	Braga	9:52.95	164	2:18.73	2:39.24	2:42.78	2:12.20
		50m:	250m:			350m:		
		100m:	200m:	7:40.75		400m:	9:52.95	

Master H

1.	63	Cfp	6:41.30	641	1:28.15	1:46.26	1:54.81	1:32.08
		50m:	250m:			350m:		
		100m:	200m:	5:09.22		400m:	6:41.30	
2.	62	Clube Natacao Masters de	6:49.72	602	1:37.25	1:38.54	2:06.16	1:27.77
		50m:	250m:			350m:		
		100m:	200m:	5:21.95		400m:	6:49.72	
3.	61	Académica de Coimbra	7:15.82	500	1:42.77	1:56.21	2:02.94	1:33.90
		50m:	250m:			350m:		
		100m:	200m:	5:41.92		400m:	7:15.82	
4.	62	Braga	7:39.87	426	1:45.02	2:01.95	2:08.92	1:43.98
		50m:	250m:			350m:		
		100m:	200m:	5:55.89		400m:	7:39.87	
5.	60	Porto	8:05.01	363	1:54.60	2:05.47	2:30.95	1:33.99
		50m:	250m:			350m:		
		100m:	200m:	6:31.02		400m:	8:05.01	
6.	62	Braga	8:17.87	335	1:58.36	2:06.33	2:30.92	1:42.26
		50m:	250m:			350m:		
		100m:	200m:	6:35.61		400m:	8:17.87	
7.	64	Académica de Coimbra	8:33.63	305	1:57.30	2:12.97	2:39.24	1:44.12
		50m:	250m:			350m:		
		100m:	200m:	6:49.51		400m:	8:33.63	
8.	61	Sporting Clube de Aveiro	8:51.01	276	2:34.00	2:17.12	2:12.21	1:47.68
		50m:	250m:			350m:		
		100m:	200m:	7:03.33		400m:	8:51.01	

Master I

1.	65	Cfp	7:34.57	572	1:43.03	2:01.00	2:08.34	1:42.20
		50m:	250m:			350m:		
		100m:	200m:	5:52.37		400m:	7:34.57	
2.	65	Centro Desp. Universitario	7:42.44	543	1:54.88	2:01.50	2:01.55	1:44.51
		50m:	250m:			350m:		
		100m:	200m:	5:57.93		400m:	7:42.44	
3.	68	Cfp	8:00.48	484	1:56.38	2:12.39	2:16.55	1:35.16
		50m:	250m:			350m:		
		100m:	200m:	6:25.32		400m:	8:00.48	
4.	67	Gesloures	8:47.34	366	2:06.35	2:19.01	2:20.85	2:01.13
		50m:	250m:			350m:		
		100m:	200m:	6:46.21		400m:	8:47.34	
5.	67	Cfp	8:47.85	365	2:14.50	2:24.80	2:16.00	1:52.55
		50m:	250m:			350m:		
		100m:	200m:	6:55.30		400m:	8:47.85	

