

Prova 4 11/04/2026 - 16:28	Masc., 800m Livres				Master Resultados
RN Masters 50m O	59:00.00	,			01/01/1800
RN Masters 50m N	42:38.51	Virgilio Zacarias, Costa	AAC	Reguengos de Monsaraz	08/07/2022
RN Masters 50m M	28:07.08	Joao Rodrigues, Teixeira	AAC	Coimbra	25/02/2024
RN Masters 50m L	17:23.11	Luis Vidigal, Salgueiro	SAD	Reguengos de Monsaraz	10/07/2025
RN Masters 50m K	13:28.27	Stephen Thomas, Dyson	SAD	Póvoa de Varzim	26/02/2022
RN Masters 50m J	12:08.51	Stephen Thomas, Dyson	SAD	Budapeste (HUN)	14/08/2017
RN Masters 50m I	12:03.06	Alberto Vaz, Correia	FS	Póvoa de Varzim	22/02/2020
RN Masters 50m H	9:50.23	Jose Carlos, Freitas	CNLA	Kyushu (JPN)	05/08/2023
RN Masters 50m G	9:23.23	Jose Carlos, Freitas	CFP	Loulé	13/07/2018
RN Masters 50m F	9:16.56	Jose Carlos, Freitas	CFP	Montreal (CAN)	03/08/2014
RN Masters 50m E	9:11.17	Jose Carlos, Freitas	CFP	Oeiras	01/07/2011
RN Masters 50m D	9:44.98	Rodrigo Marques, Costa	CNLA	Budapeste (HUN)	14/08/2017
RN Masters 50m C	9:03.11	Pedro Miguel, Pinotes	SCP	Reguengos de Monsaraz	10/07/2025
RN Masters 50m B	8:53.01	Pedro Miguel, Silva	CFV	Coimbra	20/06/2009
RN Masters 50m A	8:46.63	Pedro Miguel, Silva	ADRCIMM	Reguengos de Monsaraz	19/07/2019

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts
Master A			
1. Diogo Ferreira, Neves	28 Natacao de Valongo	9:43.99	711
100m: 1:08.34 1:08.34	300m: 3:37.17 1:14.46	500m: 6:05.61 1:14.17	700m: 8:34.49 1:13.77
200m: 2:22.71 1:14.37	400m: 4:51.44 1:14.27	600m: 7:20.72 1:15.11	800m: 9:43.99 1:09.50
2. João Pedro, Tarquinio	29 Alcobaca	10:27.20	574
100m: 1:11.87 1:11.87	300m: 3:46.83 1:17.69	500m: 6:25.55 1:20.18	700m: 9:08.21 1:21.59
200m: 2:29.14 1:17.27	400m: 5:05.37 1:18.54	600m: 7:46.62 1:21.07	800m: 10:27.20 1:18.99
3. Joao Rafael, Borges	27 Penafiel	11:05.90	479
100m: 1:14.67 1:14.67	300m: 4:01.53 1:23.88	500m: 6:51.91 1:25.02	700m: 9:43.92 1:26.24
200m: 2:37.65 1:22.98	400m: 5:26.89 1:25.36	600m: 8:17.68 1:25.77	800m: 11:05.90 1:21.98
4. Vitor Lelis, Leite	27 Braga	11:51.28	393
100m: 1:16.84 1:16.84	300m: 4:16.87 1:31.58	500m: 7:19.92 1:32.07	700m: 10:26.04 1:32.96
200m: 2:45.29 1:28.45	400m: 5:47.85 1:30.98	600m: 8:53.08 1:33.16	800m: 11:51.28 1:25.24

Master B			
1. Goncalo Goncalves, Meneses	34 Braga	10:43.40	437
100m: 1:13.29 1:13.29	300m: 3:50.13 1:19.45	500m: 6:33.13 1:22.16	700m: 9:20.83 1:23.87
200m: 2:30.68 1:17.39	400m: 5:10.97 1:20.84	600m: 7:56.96 1:23.83	800m: 10:43.40 1:22.57
2. Diogo Antonio, Carvalho	33 Natacao de Valongo	11:09.26	388
100m: 1:14.44 1:14.44	300m: 3:59.73 1:23.75	500m: 6:51.06 1:25.68	700m: 9:45.38 1:26.91
200m: 2:35.98 1:21.54	400m: 5:25.38 1:25.65	600m: 8:18.47 1:27.41	800m: 11:09.26 1:23.88
3. Goncalo Sampaio, Garcia	33 Centro Desp. Universitario do Porto	12:15.11	293
100m: 1:26.39 1:26.39	300m: 4:32.54 1:33.30	500m: 7:39.10 1:33.73	700m: 10:45.15 1:32.97
200m: 2:59.24 1:32.85	400m: 6:05.37 1:32.83	600m: 9:12.18 1:33.08	800m: 12:15.11 1:29.96

Master C			
1. Pedro Frago, Lopes	36 Porto	9:45.35	765
100m: 1:10.03 1:10.03	300m: 3:40.13 1:14.61	500m: 6:06.79 1:13.31	700m: 8:34.14 1:13.46
200m: 2:25.52 1:15.49	400m: 4:53.48 1:13.35	600m: 7:20.68 1:13.89	800m: 9:45.35 1:11.21
2. Diogo Miguel, Paulino	36 Alcobaca	10:02.42	702
100m: 1:09.60 1:09.60	300m: 3:41.50 1:15.89	500m: 6:15.36 1:17.67	700m: 8:49.12 1:15.91
200m: 2:25.61 1:16.01	400m: 4:57.69 1:16.19	600m: 7:33.21 1:17.85	800m: 10:02.42 1:13.30

Prova 4, Masc., 800m Livres, Master C

Lugar	Nome		Idade	Clube	Tempo final	Pts
3.	Filipe Gouveia, Goncalves		39	Lisboa PoolSharks	10:09.20	679
	100m: 1:12.55	1:12.55	300m: 3:47.11	1:17.17	500m: 6:20.39	1:16.64
	200m: 2:29.94	1:17.39	400m: 5:03.75	1:16.64	600m: 7:36.83	1:16.44
					700m: 8:54.24	1:17.41
					800m: 10:09.20	1:14.96
4.	Carlos Octavio, Fernandes		38	Académica de Coimbra	11:01.42	530
	100m: 1:16.01	1:16.01	300m: 4:02.73	1:23.67	500m: 6:51.66	1:24.73
	200m: 2:39.06	1:23.05	400m: 5:26.93	1:24.20	600m: 8:15.91	1:24.25
					700m: 9:40.10	1:24.19
					800m: 11:01.42	1:21.32
5.	Jorge Miguel, Xavier		37	Braga	11:56.59	417
	100m: 1:19.08	1:19.08	300m: 4:17.18	1:30.32	500m: 7:20.42	1:32.27
	200m: 2:46.86	1:27.78	400m: 5:48.15	1:30.97	600m: 8:53.46	1:33.04
					700m: 10:26.87	1:33.41
					800m: 11:56.59	1:29.72
6.	Caio Nunes, Pereira		37	Cfp	11:59.06	413
	100m: 1:21.79	1:21.79	300m: 4:20.60	1:30.36	500m: 7:24.73	1:32.33
	200m: 2:50.24	1:28.45	400m: 5:52.40	1:31.80	600m: 8:57.98	1:33.25
					700m: 10:30.94	1:32.96
					800m: 11:59.06	1:28.12
7.	Miguel Alexandre, Montenegro		38	Centro Desp. Universitario do Porto	12:32.35	360
	100m: 1:24.71	1:24.71	300m: 4:37.72	1:37.43	500m: 7:51.08	1:36.27
	200m: 3:00.29	1:35.58	400m: 6:14.81	1:37.09	600m: 9:25.77	1:34.69
					700m: 11:01.70	1:35.93
					800m: 12:32.35	1:30.65
8.	Gustavo Jose, Fresco		39	Académica de Coimbra	12:42.09	347
	100m: 1:19.64	1:19.64	300m: 4:30.53	1:36.96	500m: 7:49.54	1:39.94
	200m: 2:53.57	1:33.93	400m: 6:09.60	1:39.07	600m: 9:29.88	1:40.34
					700m: 11:11.02	1:41.14
					800m: 12:42.09	1:31.07
9.	Pedro Emanuel, Gomes		38	Natacao de Valongo	13:15.52	305
	100m: 1:28.07	1:28.07	300m: 4:46.54	1:40.04	500m: 8:15.20	1:44.52
	200m: 3:06.50	1:38.43	400m: 6:30.68	1:44.14	600m: 9:59.18	1:43.98
					700m: 11:40.82	1:41.64
					800m: 13:15.52	1:34.70
10.	Jorge Filipe, Cardoso		39	Braga	13:19.39	300
	100m: 1:26.22	1:26.22	300m: 4:45.85	1:41.51	500m: 8:13.72	1:43.36
	200m: 3:04.34	1:38.12	400m: 6:30.36	1:44.51	600m: 9:58.08	1:44.36
					700m: 11:41.23	1:43.15
					800m: 13:19.39	1:38.16
11.	Tiago Filipe, Silva FTL		37	Sporting Clube de Aveiro	15:02.27	209
	100m: 1:38.28	1:38.28	300m: 5:17.78	1:52.51	500m: 9:09.90	1:57.25
	200m: 3:25.27	1:46.99	400m: 7:12.65	1:54.87	600m: 11:09.15	1:59.25
					700m: 13:06.30	1:57.15
					800m: 15:02.27	1:55.97

Master D

1.	Diogo Marques, Pratas		40	Gafanha da Encarnação	10:39.41	558
	100m: 1:12.07	1:12.07	300m: 3:50.54	1:20.13	500m: 6:33.98	1:21.93
	200m: 2:30.41	1:18.34	400m: 5:12.05	1:21.51	600m: 7:56.64	1:22.66
					700m: 9:19.15	1:22.51
					800m: 10:39.41	1:20.26
2.	Marco Filipe, Duarte		41	FC Ferreiras/AlgarExperience	10:53.47	523
	100m: 1:15.67	1:15.67	300m: 4:00.07	1:23.11	500m: 6:48.02	1:23.95
	200m: 2:36.96	1:21.29	400m: 5:24.07	1:24.00	600m: 8:11.57	1:23.55
					700m: 9:34.95	1:23.38
					800m: 10:53.47	1:18.52
3.	Tiago Miguel, Neves		41	Palmela Desporto	10:57.00	514
	100m: 1:16.00	1:16.00	300m: 3:59.72	1:22.39	500m: 6:46.61	1:23.80
	200m: 2:37.33	1:21.33	400m: 5:22.81	1:23.09	600m: 8:10.50	1:23.89
					700m: 9:34.90	1:24.40
					800m: 10:57.00	1:22.10
4.	Pedro Joao, Morais		40	Porto	11:44.81	416
	100m: 1:17.19	1:17.19	300m: 4:12.63	1:28.65	500m: 7:12.46	1:30.51
	200m: 2:43.98	1:26.79	400m: 5:41.95	1:29.32	600m: 8:43.86	1:31.40
					700m: 10:15.49	1:31.63
					800m: 11:44.81	1:29.32
5.	Marcelo Porto, Rodrigues		44	Natacao de Valongo	11:45.83	415
	100m: 1:21.12	1:21.12	300m: 4:20.51	1:30.61	500m: 7:23.01	1:31.67
	200m: 2:49.90	1:28.78	400m: 5:51.34	1:30.83	600m: 8:53.54	1:30.53
					700m: 10:21.87	1:28.33
					800m: 11:45.83	1:23.96
6.	Ricardo Lourenco, Alves		42	Galitos / Bresimar	12:19.10	361
	100m: 1:22.82	1:22.82	300m: 4:28.07	1:34.67	500m: 7:37.45	1:34.91
	200m: 2:53.40	1:30.58	400m: 6:02.54	1:34.47	600m: 9:12.33	1:34.88
					700m: 10:47.08	1:34.75
					800m: 12:19.10	1:32.02

Prova 4, Masc., 800m Livres, Master D

Lugar	Nome	Idade	Local	Tempo final	Pts
7.	Vitor Moreira, Carvalho	40	Braga	12:26.59	350
	100m: 1:22.25 1:22.25	300m: 4:28.32 1:34.79	500m: 7:42.17 1:37.53	700m: 10:58.25 1:38.04	
	200m: 2:53.53 1:31.28	400m: 6:04.64 1:36.32	600m: 9:20.21 1:38.04	800m: 12:26.59 1:28.34	
8.	Amilcar Filipe, Pires	42	CNLeiria - VOID	17:43.21	121
	<i>FTL</i>				
	100m: 1:54.27 1:54.27	300m: 6:19.25 2:14.76	500m: 10:54.73 2:17.70	700m: 15:28.71 2:15.83	
	200m: 4:04.49 2:10.22	400m: 8:37.03 2:17.78	600m: 13:12.88 2:18.15	800m: 17:43.21 2:14.50	

Master E

1.	Goncalo Mano, Bento	49	Gafanha da Encarnação	11:21.34	470
	100m: 1:19.23 1:19.23	300m: 4:09.92 1:25.80	500m: 7:02.05 1:25.86	700m: 9:57.27 1:27.71	
	200m: 2:44.12 1:24.89	400m: 5:36.19 1:26.27	600m: 8:29.56 1:27.51	800m: 11:21.34 1:24.07	
2.	Jorge Miguel, Oliveira	46	Natacao de Valongo	12:25.84	358
	100m: 1:22.21 1:22.21	300m: 4:29.78 1:35.84	500m: 7:42.45 1:36.91	700m: 10:55.95 1:35.88	
	200m: 2:53.94 1:31.73	400m: 6:05.54 1:35.76	600m: 9:20.07 1:37.62	800m: 12:25.84 1:29.89	
3.	Pedro Santos, Gouveia	45	Académica de Coimbra	14:21.93	232
	100m: 1:33.63 1:33.63	300m: 5:10.39 1:48.24	500m: 8:51.60 1:50.76	700m: 12:33.93 1:51.66	
	200m: 3:22.15 1:48.52	400m: 7:00.84 1:50.45	600m: 10:42.27 1:50.67	800m: 14:21.93 1:48.00	
4.	Nuno Silva, Afonso	47	Académica de Coimbra	14:22.53	232
	100m: 1:29.79 1:29.79	300m: 5:05.59 1:49.87	500m: 8:51.34 1:53.37	700m: 12:37.78 1:53.23	
	200m: 3:15.72 1:45.93	400m: 6:57.97 1:52.38	600m: 10:44.55 1:53.21	800m: 14:22.53 1:44.75	
5.	Marco Paulo, Ferreira	48	Braga	14:26.75	228
	100m: 1:33.25 1:33.25	300m: 5:05.52 1:48.14	500m: 8:49.81 1:52.48	700m: 12:37.00 1:53.55	
	200m: 3:17.38 1:44.13	400m: 6:57.33 1:51.81	600m: 10:43.45 1:53.64	800m: 14:26.75 1:49.75	
6.	Hugo Alexandre, Dias	46	Alpha Infiniti Athlete	18:05.38	116
	<i>FTL</i>				
	100m: 1:59.79 1:59.79	300m: 6:29.43 2:17.24	500m: 11:04.81 2:15.04	700m: 15:48.08 2:19.46	
	200m: 4:12.19 2:12.40	400m: 8:49.77 2:20.34	600m: 13:28.62 2:23.81	800m: 18:05.38 2:17.30	

Master F

1.	Antonio Luis, Portela	51	Cfp	10:40.01	638
	100m: 1:15.60 1:15.60	300m: 3:56.53 1:21.06	500m: 6:39.18 1:21.07	700m: 9:21.68 1:21.28	
	200m: 2:35.47 1:19.87	400m: 5:18.11 1:21.58	600m: 8:00.40 1:21.22	800m: 10:40.01 1:18.33	
2.	Rui Alexandre, Santos	50	Nadadores dos Estoris	12:02.67	443
	100m: 1:19.27 1:19.27	300m: 4:23.10 1:33.25	500m: 7:28.77 1:32.90	700m: 10:34.32 1:31.91	
	200m: 2:49.85 1:30.58	400m: 5:55.87 1:32.77	600m: 9:02.41 1:33.64	800m: 12:02.67 1:28.35	
3.	Ricardo Velho, Franco	52	Geslours	12:50.78	365
	100m: 1:25.48 1:25.48	300m: 4:37.02 1:37.38	500m: 7:54.93 1:39.77	700m: 11:14.99 1:39.20	
	200m: 2:59.64 1:34.16	400m: 6:15.16 1:38.14	600m: 9:35.79 1:40.86	800m: 12:50.78 1:35.79	
4.	Vitor Manuel, Cardoso	54	Natacao de Valongo	13:15.48	332
	100m: 1:28.86 1:28.86	300m: 4:52.56 1:41.93	500m: 8:18.99 1:43.11	700m: 11:40.56 1:41.19	
	200m: 3:10.63 1:41.77	400m: 6:35.88 1:43.32	600m: 9:59.37 1:40.38	800m: 13:15.48 1:34.92	
5.	Telmo Eduardo, Ribeiro	51	Natacao de Valongo	16:35.31	169
	<i>FTL</i>				
	100m: 1:37.83 1:37.83	300m: 5:43.45 2:05.99	500m: 10:05.18 2:11.63	700m: 14:33.92 2:13.97	
	200m: 3:37.46 1:59.63	400m: 7:53.55 2:10.10	600m: 12:19.95 2:14.77	800m: 16:35.31 2:01.39	

Prova 4, Masc., 800m Livres

Master G

1.	Marcelo Jose, Martins	55	Cfp	11:11.75	601
	100m: 1:19.42 1:19.42	300m: 4:09.09 1:25.15	500m: 7:03.35 1:26.86	700m: 9:54.63 1:25.52	
	200m: 2:43.94 1:24.52	400m: 5:36.49 1:27.40	600m: 8:29.11 1:25.76	800m: 11:11.75 1:17.12	
2.	Flavio Martins, Moreira	56	Académica de Coimbra	12:04.32	480
	100m: 1:23.56 1:23.56	300m: 4:25.98 1:32.13	500m: 7:30.78 1:32.30	700m: 10:34.60 1:32.10	
	200m: 2:53.85 1:30.29	400m: 5:58.48 1:32.50	600m: 9:02.50 1:31.72	800m: 12:04.32 1:29.72	
3.	Rui Miguel, Tejo	57	Académica de Coimbra	12:07.29	474
	100m: 1:23.05 1:23.05	300m: 4:26.52 1:32.53	500m: 7:33.13 1:33.51	700m: 10:39.18 1:32.45	
	200m: 2:53.99 1:30.94	400m: 5:59.62 1:33.10	600m: 9:06.73 1:33.60	800m: 12:07.29 1:28.11	
4.	Oscar Pablo, Iroldi	56	Cfp	13:06.96	374
	100m: 1:31.46 1:31.46	300m: 4:46.99 1:38.07	500m: 8:06.25 1:40.18	700m: 11:31.18 1:42.65	
	200m: 3:08.92 1:37.46	400m: 6:26.07 1:39.08	600m: 9:48.53 1:42.28	800m: 13:06.96 1:35.78	
5.	Rui Miguel, Henriques	57	Nadadores dos Estoris	13:24.33	350
	100m: 1:28.83 1:28.83	300m: 4:52.35 1:42.79	500m: 8:21.39 1:45.30	700m: 11:49.04 1:43.13	
	200m: 3:09.56 1:40.73	400m: 6:36.09 1:43.74	600m: 10:05.91 1:44.52	800m: 13:24.33 1:35.29	
6.	Luis Miguel, Loureiro	58	Cfp	14:41.59	266
	100m: 1:45.56 1:45.56	300m: 5:27.58 1:50.72	500m: 9:10.51 1:51.34	700m: 12:54.05 1:51.06	
	200m: 3:36.86 1:51.30	400m: 7:19.17 1:51.59	600m: 11:02.99 1:52.48	800m: 14:41.59 1:47.54	
7.	Isidro Marcelino, Macedo	58	Vitória Sport Clube	14:41.65	266
	100m: 1:41.72 1:41.72	300m: 5:20.66 1:50.13	500m: 9:03.23 1:51.59	700m: 12:52.18 1:58.27	
	200m: 3:30.53 1:48.81	400m: 7:11.64 1:50.98	600m: 10:53.91 1:50.68	800m: 14:41.65 1:49.47	
8.	Carlos Filipe, Canito	57	Natacao de Valongo	15:54.66	209
	100m: 2:00.18 2:00.18	300m: 6:12.81 2:03.29	500m: 10:11.55 1:57.12	700m: 14:02.50 1:55.14	
	200m: 4:09.52 2:09.34	400m: 8:14.43 2:01.62	600m: 12:07.36 1:55.81	800m: 15:54.66 1:52.16	
9.	Jose Carlos, Ramalho	59	Braga	16:38.04	183
	100m: 1:52.53 1:52.53	300m: 6:07.32 2:07.51	500m: 10:22.31 2:08.53	700m: 14:37.68 2:08.20	
	200m: 3:59.81 2:07.28	400m: 8:13.78 2:06.46	600m: 12:29.48 2:07.17	800m: 16:38.04 2:00.36	

Master H

1.	Jose Carlos, Freitas	63	Individual ANNP	10:04.79	1107
	100m: 1:12.60 1:12.60	300m: 3:46.92 1:17.18	500m: 6:19.43 1:16.02	700m: 8:50.74 1:15.62	
	200m: 2:29.74 1:17.14	400m: 5:03.41 1:16.49	600m: 7:35.12 1:15.69	800m: 10:04.79 1:14.05	
2.	Carlos Jorge, Oliveira	62	Clube Natacao Masters de Almada	11:17.21	788
	100m: 1:18.14 1:18.14	300m: 4:09.14 1:25.88	500m: 7:01.24 1:25.66	700m: 9:54.22 1:26.48	
	200m: 2:43.26 1:25.12	400m: 5:35.58 1:26.44	600m: 8:27.74 1:26.50	800m: 11:17.21 1:22.99	
3.	Nuno Silva, Lobo	63	Cfp	11:48.71	688
	100m: 1:21.13 1:21.13	300m: 4:21.76 1:30.82	500m: 7:21.55 1:30.55	700m: 10:23.37 1:30.59	
	200m: 2:50.94 1:29.81	400m: 5:51.00 1:29.24	600m: 8:52.78 1:31.23	800m: 11:48.71 1:25.34	
4.	Adelino Jose, Casas	60	Individual ANL	11:55.72	668
	100m: 1:21.21 1:21.21	300m: 4:18.76 1:29.92	500m: 7:20.84 1:31.67	700m: 10:25.33 1:32.18	
	200m: 2:48.84 1:27.63	400m: 5:49.17 1:30.41	600m: 8:53.15 1:32.31	800m: 11:55.72 1:30.39	
5.	Antonio Jorge, Martinho	61	Académica de Coimbra	13:06.38	503
	100m: 1:28.71 1:28.71	300m: 4:49.90 1:40.92	500m: 8:12.70 1:41.32	700m: 11:33.42 1:40.28	
	200m: 3:08.98 1:40.27	400m: 6:31.38 1:41.48	600m: 9:53.14 1:40.44	800m: 13:06.38 1:32.96	
6.	Antonio Carlos, Carita	61	Académica de Coimbra	13:43.83	438
	100m: 1:34.49 1:34.49	300m: 5:01.75 1:44.86	500m: 8:30.26 1:44.49	700m: 12:01.12 1:45.50	
	200m: 3:16.89 1:42.40	400m: 6:45.77 1:44.02	600m: 10:15.62 1:45.36	800m: 13:43.83 1:42.71	

Prova 4, Masc., 800m Livres, Master H

Lugar	Nome		Idade	Local	Tempo final				Pts			
7.	Nuno Carlos, Albuquerque		62	Braga	14:15.95				390			
	100m:	1:37.34	1:37.34	300m:	5:13.10	1:48.06	500m:	8:51.52	1:49.72	700m:	12:30.18	1:48.90
	200m:	3:25.04	1:47.70	400m:	7:01.80	1:48.70	600m:	10:41.28	1:49.76	800m:	14:15.95	1:45.77
8.	Francisco Jose, Grilo		62	Braga	14:27.40				375			
	100m:	1:36.22	1:36.22	300m:	5:14.15	1:51.22	500m:	8:57.84	1:52.75	700m:	12:39.40	1:50.35
	200m:	3:22.93	1:46.71	400m:	7:05.09	1:50.94	600m:	10:49.05	1:51.21	800m:	14:27.40	1:48.00
9.	Rui Manuel, Cunha		62	Académica de Coimbra	14:36.67				363			
	100m:	1:38.34	1:38.34	300m:	5:21.15	1:52.06	500m:	9:05.68	1:51.81	700m:	12:48.72	1:51.00
	200m:	3:29.09	1:50.75	400m:	7:13.87	1:52.72	600m:	10:57.72	1:52.04	800m:	14:36.67	1:47.95
10.	Francisco Jorge, Ferreira		64	Académica de Coimbra	14:48.64				349			
	100m:	1:44.34	1:44.34	300m:	5:30.29	1:53.31	500m:	9:17.68	1:53.76	700m:	13:02.80	1:52.27
	200m:	3:36.98	1:52.64	400m:	7:23.92	1:53.63	600m:	11:10.53	1:52.85	800m:	14:48.64	1:45.84
11.	Daniel Castro, Trigo		61	Sporting Clube de Aveiro	15:19.20				315			
	100m:	1:45.05	1:45.05	300m:	5:37.31	1:57.85	500m:	9:34.07	1:57.95	700m:	13:29.14	1:57.71
	200m:	3:39.46	1:54.41	400m:	7:36.12	1:58.81	600m:	11:31.43	1:57.36	800m:	15:19.20	1:50.06
12.	Vitor Manuel, Cardoso		61	Geslours	15:55.55				280			
	100m:	1:51.41	1:51.41	300m:	5:56.52	2:02.36	500m:	10:01.67	2:02.42	700m:	14:03.22	2:00.01
	200m:	3:54.16	2:02.75	400m:	7:59.25	2:02.73	600m:	12:03.21	2:01.54	800m:	15:55.55	1:52.33
13.	Luis Joao, Mourao		64	Natacao de Valongo	16:57.29				232			
	100m:	1:51.00	1:51.00	300m:	6:03.86	2:08.98	500m:	10:22.46	2:10.52	700m:	14:49.43	2:14.40
	200m:	3:54.88	2:03.88	400m:	8:11.94	2:08.08	600m:	12:35.03	2:12.57	800m:	16:57.29	2:07.86

Master I

1.	Jaime Carlos, Bento		65	Sad	11:10.43				897			
	<i>Recorde Nacional</i>											
	100m:	1:16.45	1:16.45	300m:	4:06.53	1:25.74	500m:	6:57.47	1:25.54	700m:	9:48.84	1:25.93
	200m:	2:40.79	1:24.34	400m:	5:31.93	1:25.40	600m:	8:22.91	1:25.44	800m:	11:10.43	1:21.59
2.	Oscar Filipe, Goncalves		68	Cfp	12:48.17				596			
	100m:	1:31.86	1:31.86	300m:	4:48.99	1:38.07	500m:	8:02.70	1:36.56	700m:	11:15.78	1:36.57
	200m:	3:10.92	1:39.06	400m:	6:26.14	1:37.15	600m:	9:39.21	1:36.51	800m:	12:48.17	1:32.39
3.	Mario Jose, Pinto		69	Académica de Coimbra	12:50.72				590			
	100m:	1:32.39	1:32.39	300m:	4:47.41	1:37.85	500m:	8:03.05	1:37.82	700m:	11:17.62	1:36.98
	200m:	3:09.56	1:37.17	400m:	6:25.23	1:37.82	600m:	9:40.64	1:37.59	800m:	12:50.72	1:33.10
4.	Henrique Luis, Seabra		65	Cfp	12:59.18				571			
	100m:	1:26.70	1:26.70	300m:	4:39.63	1:37.44	500m:	7:57.80	1:39.46	700m:	11:18.61	1:41.14
	200m:	3:02.19	1:35.49	400m:	6:18.34	1:38.71	600m:	9:37.47	1:39.67	800m:	12:59.18	1:40.57
5.	Joao Castro, Teixeira		65	Grupo dos Amigos da Natacao	15:28.72				337			
	100m:	1:43.12	1:43.12	300m:	5:38.34	1:58.27	500m:	9:34.83	1:58.32	700m:	13:31.90	1:58.82
	200m:	3:40.07	1:56.95	400m:	7:36.51	1:58.17	600m:	11:33.08	1:58.25	800m:	15:28.72	1:56.82
6.	Jose Luis, Correia		67	Nadadores dos Estoris	16:12.97				293			
	100m:	1:48.64	1:48.64	300m:	5:50.11	2:02.69	500m:	9:59.07	2:05.08	700m:	14:11.55	2:06.71
	200m:	3:47.42	1:58.78	400m:	7:53.99	2:03.88	600m:	12:04.84	2:05.77	800m:	16:12.97	2:01.42
7.	Manoel Pinto, Filho		65	Braga	17:22.99				238			
	100m:	1:47.44	1:47.44	300m:	6:00.65	2:08.89	500m:	10:29.38	2:15.77	700m:	15:05.14	2:18.26
	200m:	3:51.76	2:04.32	400m:	8:13.61	2:12.96	600m:	12:46.88	2:17.50	800m:	17:22.99	2:17.85
8.	Arnaldo Silva, Martins		65	Cfp	18:01.88				213			
	100m:	2:05.60	2:05.60	300m:	6:42.77	2:19.60	500m:	11:18.08	2:16.67	700m:	15:49.98	2:16.02
	200m:	4:23.17	2:17.57	400m:	9:01.41	2:18.64	600m:	13:33.96	2:15.88	800m:	18:01.88	2:11.90

Prova 4, Masc., 800m Livres

Master J

1. Vitor Manuel, Mavioso	70	Sad						12:32.55	781
100m: 1:29.50 1:29.50	300m: 4:39.73 1:34.77	500m: 7:49.37 1:34.88	700m: 11:00.76 1:35.55	800m: 12:32.55 1:31.79					
200m: 3:04.96 1:35.46	400m: 6:14.49 1:34.76	600m: 9:25.21 1:35.84							
2. Carlos Augusto, Correia	74	Clube Natacao Masters de Almada						14:39.12	490
100m: 1:43.27 1:43.27	300m: 5:25.39 1:51.00	500m: 9:09.03 1:52.16	700m: 12:51.51 1:50.89	800m: 14:39.12 1:47.61					
200m: 3:34.39 1:51.12	400m: 7:16.87 1:51.48	600m: 11:00.62 1:51.59							
3. Francisco Jose, Costa	72	Cfp						17:48.47	272
100m: 1:58.39 1:58.39	300m: 6:29.19 2:16.50	500m: 11:04.79 2:18.00	700m: 15:39.29 2:16.68	800m: 17:48.47 2:09.18					
200m: 4:12.69 2:14.30	400m: 8:46.79 2:17.60	600m: 13:22.61 2:17.82							
4. Joao Luis, Roseira	71	Cfp						19:37.37	204
100m: 2:15.45 2:15.45	300m: 7:08.43 2:27.53	500m: 12:09.54 2:30.07	700m: 17:11.90 2:32.09	800m: 19:37.37 2:25.47					
200m: 4:40.90 2:25.45	400m: 9:39.47 2:31.04	600m: 14:39.81 2:30.27							

Master K

1. Stephen Thomas, Dyson	79	Sad						13:58.64	672
100m: 1:36.85 1:36.85	300m: 5:13.34 1:48.20	500m: 8:46.09 1:46.15	700m: 12:16.06 1:44.17	800m: 13:58.64 1:42.58					
200m: 3:25.14 1:48.29	400m: 6:59.94 1:46.60	600m: 10:31.89 1:45.80							
2. Carlos Manuel, Porto	75	Sad						16:28.32	410
100m: 1:56.89 1:56.89	300m: 6:04.55 2:04.15	500m: 10:11.73 2:04.59	700m: 14:23.10 2:06.39	800m: 16:28.32 2:05.22					
200m: 4:00.40 2:03.51	400m: 8:07.14 2:02.59	600m: 12:16.71 2:04.98							
3. Luis Pereira, Cabral	77	Académica de Coimbra						21:51.42	175
100m: 2:27.09 2:27.09	300m: 7:58.42 2:46.65	500m: 13:28.92 2:45.06	700m: 19:06.98 2:50.78	800m: 21:51.42 2:44.44					
200m: 5:11.77 2:44.68	400m: 10:43.86 2:45.44	600m: 16:16.20 2:47.28							

Master L

1. Luis Vidigal, Salgueiro	81	Sad						17:35.35	403
100m: 2:05.92 2:05.92	300m: 6:32.93 2:12.74	500m: 11:00.64 2:16.69	700m: 15:30.88 2:13.53	800m: 17:35.35 2:04.47					
200m: 4:20.19 2:14.27	400m: 8:43.95 2:11.02	600m: 13:17.35 2:16.71							