

Prova 6 Master
12/04/2026 Resultados
Masc., 1500m Livres

RN Masters 50m N	59:00.00								01/01/1800
RN Masters 50m M	57:23.26	Joao Rodrigues, Teixeira	AAC	Coimbra					25/02/2024
RN Masters 50m L	33:43.89	Luis Vidigal, Salgueiro	SAD	Coimbra					23/02/2025
RN Masters 50m K	25:12.64	Stephen Thomas, Dyson	SAD	Póvoa de Varzim					26/02/2022
RN Masters 50m J	24:35.68	Stephen Thomas, Dyson	SAD	Póvoa de Varzim					23/02/2019
RN Masters 50m I	22:41.37	Alberto Vaz, Correia	FS	Póvoa de Varzim					22/02/2020
RN Masters 50m H	18:52.17	Jose Carlos, Freitas	CNLA	Coimbra					26/02/2023
RN Masters 50m G	18:05.10	Jose Carlos, Freitas	CFP	Coimbra					24/02/2018
RN Masters 50m F	17:51.93	Jose Carlos, Freitas	CFP	Coimbra					18/04/2015
RN Masters 50m E	19:30.07	Joao Pedro, Sousa	CNF	Funchal					22/03/2019
RN Masters 50m D	18:51.41	Ricardo Regufe, Ferreira	CFP	Coimbra					25/02/2024
RN Masters 50m C	17:47.17	Pedro Miguel, Pinotes	SCP	Coimbra					23/02/2025
RN Masters 50m B	17:17.76	Adriano Miguel, Niz	GDNFAMA	Póvoa de Varzim					23/02/2019
RN Masters 50m A	17:25.70	Antonio Rafael, Bessa	CAP	Póvoa de Varzim					23/02/2019

Pontos: DSV Masters 22

Lugar Idade Tempo final Pts

Master A

1. Diogo Ferreira, Neves	28	Natacao de Valongo	18:48.69	672
100m: 1:10.11 1:10.11	500m: 6:10.59 1:15.78	900m: 11:14.54 1:15.70	1300m: 16:18.88 1:16.02	
200m: 2:23.98 1:13.87	600m: 7:26.51 1:15.92	1000m: 12:30.59 1:16.05	1400m: 17:34.90 1:16.02	
300m: 3:38.93 1:14.95	700m: 8:42.57 1:16.06	1100m: 13:46.83 1:16.24	1500m: 18:48.69 1:13.79	
400m: 4:54.81 1:15.88	800m: 9:58.84 1:16.27	1200m: 15:02.86 1:16.03		
2. Andre Filipe, Afonseca	28	Gafanha da Encarnação	20:20.73	531
100m: 1:18.10 1:18.10	500m: 6:47.76 1:22.54	900m: 12:14.64 1:20.83	1300m: 17:42.32 1:22.59	
200m: 2:39.70 1:21.60	600m: 8:09.44 1:21.68	1000m: 13:35.14 1:20.50	1400m: 19:04.37 1:22.05	
300m: 4:02.30 1:22.60	700m: 9:32.33 1:22.89	1100m: 14:56.78 1:21.64	1500m: 20:20.73 1:16.36	
400m: 5:25.22 1:22.92	800m: 10:53.81 1:21.48	1200m: 16:19.73 1:22.95		
3. Vitor Lelis, Leite	27	Braga	23:14.48	356
100m: 1:24.79 1:24.79	500m: 7:44.39 1:35.74	900m: 14:01.99 1:35.29	1300m: 20:17.75 1:33.85	
200m: 2:57.52 1:32.73	600m: 9:18.01 1:33.62	1000m: 15:36.67 1:34.68	1400m: 21:50.31 1:32.56	
300m: 4:32.29 1:34.77	700m: 10:52.82 1:34.81	1100m: 17:10.93 1:34.26	1500m: 23:14.48 1:24.17	
400m: 6:08.65 1:36.36	800m: 12:26.70 1:33.88	1200m: 18:43.90 1:32.97		
4. Henrique Goncalves, Lima	29	Braga	29:05.74	181
<i>FTL</i>				
100m: 1:30.44 1:30.44	500m: 8:50.59 1:57.94	900m: 16:52.90 2:02.79	1300m: 25:03.49 2:04.57	
200m: 3:08.91 1:38.47	600m: 10:49.40 1:58.81	1000m: 18:54.42 2:01.52	1400m: 27:06.96 2:03.47	
300m: 4:56.22 1:47.31	700m: 12:48.43 1:59.03	1100m: 20:56.64 2:02.22	1500m: 29:05.74 1:58.78	
400m: 6:52.65 1:56.43	800m: 14:50.11 2:01.68	1200m: 22:58.92 2:02.28		

Master B

1. Goncalo Goncalves, Meneses	34	Braga	20:44.79	411
100m: 1:17.51 1:17.51	500m: 6:48.79 1:22.07	900m: 12:19.00 1:22.66	1300m: 17:54.54 1:24.16	
200m: 2:40.21 1:22.70	600m: 8:11.37 1:22.58	1000m: 13:42.39 1:23.39	1400m: 19:16.83 1:22.29	
300m: 4:04.06 1:23.85	700m: 9:33.92 1:22.55	1100m: 15:06.31 1:23.92	1500m: 20:44.79 1:27.96	
400m: 5:26.72 1:22.66	800m: 10:56.34 1:22.42	1200m: 16:30.38 1:24.07		
2. Nuno Duarte, Barbosa	30	Leixoes Sport Club	24:11.88	259
100m: 1:27.99 1:27.99	500m: 7:50.01 1:40.80	900m: 14:33.47 1:39.37	1300m: 21:10.06 1:39.33	
200m: 3:00.50 1:32.51	600m: 9:31.33 1:41.32	1000m: 16:12.18 1:38.71	1400m: 22:46.41 1:36.35	
300m: 4:33.67 1:33.17	700m: 11:13.07 1:41.74	1100m: 17:51.32 1:39.14	1500m: 24:11.88 1:25.47	
400m: 6:09.21 1:35.54	800m: 12:54.10 1:41.03	1200m: 19:30.73 1:39.41		

Prova 6, Masc., 1500m Livres

Master C

1.	Pedro Fragoso, Lopes	36	Porto	18:42.55	768
	100m: 1:11.60 1:11.60	500m: 6:14.03 1:15.74	900m: 11:17.80 1:15.75	1300m: 16:17.36 1:14.90	
	200m: 2:27.01 1:15.41	600m: 7:30.22 1:16.19	1000m: 12:33.12 1:15.32	1400m: 17:31.78 1:14.42	
	300m: 3:42.47 1:15.46	700m: 8:46.46 1:16.24	1100m: 13:47.65 1:14.53	1500m: 18:42.55 1:10.77	
	400m: 4:58.29 1:15.82	800m: 10:02.05 1:15.59	1200m: 15:02.46 1:14.81		
2.	Bruno Miguel, Ruas	37	Sporting	18:59.31	735
	100m: 1:11.93 1:11.93	500m: 6:13.97 1:15.94	900m: 11:18.21 1:16.32	1300m: 16:27.54 1:18.21	
	200m: 2:26.70 1:14.77	600m: 7:29.72 1:15.75	1000m: 12:34.74 1:16.53	1400m: 17:44.68 1:17.14	
	300m: 3:42.34 1:15.64	700m: 8:45.58 1:15.86	1100m: 13:51.57 1:16.83	1500m: 18:59.31 1:14.63	
	400m: 4:58.03 1:15.69	800m: 10:01.89 1:16.31	1200m: 15:09.33 1:17.76		
3.	Filipe Gouveia, Goncalves	39	Lisboa PoolSharks	19:29.38	679
	100m: 1:16.87 1:16.87	500m: 6:38.42 1:19.59	900m: 11:52.64 1:18.02	1300m: 17:02.36 1:17.30	
	200m: 2:37.27 1:20.40	600m: 7:57.63 1:19.21	1000m: 13:10.70 1:18.06	1400m: 18:18.03 1:15.67	
	300m: 3:58.25 1:20.98	700m: 9:16.15 1:18.52	1100m: 14:28.18 1:17.48	1500m: 19:29.38 1:11.35	
	400m: 5:18.83 1:20.58	800m: 10:34.62 1:18.47	1200m: 15:45.06 1:16.88		
4.	Fabio Andre, Policarpo	36	CPCD Póvoa de Santa Iria	20:19.16	599
	100m: 1:14.30 1:14.30	500m: 6:40.94 1:22.70	900m: 12:11.74 1:22.62	1300m: 17:40.03 1:22.39	
	200m: 2:33.44 1:19.14	600m: 8:04.26 1:23.32	1000m: 13:33.70 1:21.96	1400m: 19:01.57 1:21.54	
	300m: 3:55.88 1:22.44	700m: 9:26.51 1:22.25	1100m: 14:55.10 1:21.40	1500m: 20:19.16 1:17.59	
	400m: 5:18.24 1:22.36	800m: 10:49.12 1:22.61	1200m: 16:17.64 1:22.54		
5.	Miguel Angelo, Carrilho	37	CNATRIL - Clube de Nataçao e Triatlo	23:13.55	401
	100m: 1:26.78 1:26.78	500m: 7:36.40 1:33.90	900m: 13:48.85 1:33.60	1300m: 20:04.68 1:34.54	
	200m: 2:57.63 1:30.85	600m: 9:09.44 1:33.04	1000m: 15:22.40 1:33.55	1400m: 21:40.90 1:36.22	
	300m: 4:29.64 1:32.01	700m: 10:42.42 1:32.98	1100m: 16:56.10 1:33.70	1500m: 23:13.55 1:32.65	
	400m: 6:02.50 1:32.86	800m: 12:15.25 1:32.83	1200m: 18:30.14 1:34.04		
6.	Jorge Miguel, Xavier	37	Braga	23:36.85	382
	100m: 1:22.02 1:22.02	500m: 7:31.16 1:34.15	900m: 13:53.72 1:35.98	1300m: 20:23.39 1:38.33	
	200m: 2:50.84 1:28.82	600m: 9:06.33 1:35.17	1000m: 15:30.14 1:36.42	1400m: 22:03.43 1:40.04	
	300m: 4:23.20 1:32.36	700m: 10:42.23 1:35.90	1100m: 17:07.28 1:37.14	1500m: 23:36.85 1:33.42	
	400m: 5:57.01 1:33.81	800m: 12:17.74 1:35.51	1200m: 18:45.06 1:37.78		
7.	Gustavo Jose, Fresco	39	Académica de Coimbra	25:02.14	320
	100m: 1:25.28 1:25.28	500m: 8:13.29 1:45.19	900m: 15:07.99 1:45.24	1300m: 21:51.16 1:43.64	
	200m: 3:03.69 1:38.41	600m: 9:56.75 1:43.46	1000m: 16:46.06 1:38.07	1400m: 23:32.73 1:41.57	
	300m: 4:45.53 1:41.84	700m: 11:39.33 1:42.58	1100m: 18:26.74 1:40.68	1500m: 25:02.14 1:29.41	
	400m: 6:28.10 1:42.57	800m: 13:22.75 1:43.42	1200m: 20:07.52 1:40.78		
8.	Andre Manuel, Fernandes	38	CPCD Póvoa de Santa Iria	25:42.62	296
	100m: 1:31.37 1:31.37	500m: 8:19.82 1:43.58	900m: 15:16.40 1:43.80	1300m: 22:14.77 1:45.99	
	200m: 3:10.47 1:39.10	600m: 10:04.12 1:44.30	1000m: 17:00.72 1:44.32	1400m: 24:02.18 1:47.41	
	300m: 4:52.43 1:41.96	700m: 11:47.27 1:43.15	1100m: 18:44.83 1:44.11	1500m: 25:42.62 1:40.44	
	400m: 6:36.24 1:43.81	800m: 13:32.60 1:45.33	1200m: 20:28.78 1:43.95		
9.	Jorge Filipe, Cardoso	39	Braga	25:50.98	291
	100m: 1:31.04 1:31.04	500m: 8:23.39 1:46.28	900m: 15:27.14 1:45.04	1300m: 22:30.09 1:46.75	
	200m: 3:09.67 1:38.63	600m: 10:10.47 1:47.08	1000m: 17:12.26 1:45.12	1400m: 24:14.26 1:44.17	
	300m: 4:51.48 1:41.81	700m: 11:57.06 1:46.59	1100m: 18:57.30 1:45.04	1500m: 25:50.98 1:36.72	
	400m: 6:37.11 1:45.63	800m: 13:42.10 1:45.04	1200m: 20:43.34 1:46.04		
10.	Pedro Emanuel, Gomes	38	Natacao de Valongo	26:03.83	284
	100m: 1:33.96 1:33.96	500m: 8:27.83 1:45.62	900m: 15:27.04 1:45.05	1300m: 22:35.26 1:47.98	
	200m: 3:14.16 1:40.20	600m: 10:13.36 1:45.53	1000m: 17:13.04 1:46.00	1400m: 24:23.12 1:47.86	
	300m: 4:57.70 1:43.54	700m: 11:58.62 1:45.26	1100m: 18:59.17 1:46.13	1500m: 26:03.83 1:40.71	
	400m: 6:42.21 1:44.51	800m: 13:41.99 1:43.37	1200m: 20:47.28 1:48.11		

Prova 6, Masc., 1500m Livres

Master D

1.	Diogo Marques, Pratas	40	Gafanha da Encarnação	20:32.08	543
	100m: 1:17.34 1:17.34	500m: 6:45.70 1:23.02	900m: 12:17.25 1:22.45	1300m: 17:50.04 1:23.64	
	200m: 2:38.24 1:20.90	600m: 8:08.99 1:23.29	1000m: 13:40.53 1:23.28	1400m: 19:13.46 1:23.42	
	300m: 4:00.37 1:22.13	700m: 9:31.72 1:22.73	1100m: 15:03.40 1:22.87	1500m: 20:32.08 1:18.62	
	400m: 5:22.68 1:22.31	800m: 10:54.80 1:23.08	1200m: 16:26.40 1:23.00		
2.	Armindo Manuel, Lobo	42	Vitória Sport Clube	22:26.67	416
	100m: 1:25.48 1:25.48	500m: 7:22.76 1:30.84	900m: 13:30.39 1:31.27	1300m: 19:31.96 1:29.16	
	200m: 2:54.00 1:28.52	600m: 8:54.72 1:31.96	1000m: 15:01.76 1:31.37	1400m: 21:00.55 1:28.59	
	300m: 4:22.63 1:28.63	700m: 10:26.32 1:31.60	1100m: 16:32.28 1:30.52	1500m: 22:26.67 1:26.12	
	400m: 5:51.92 1:29.29	800m: 11:59.12 1:32.80	1200m: 18:02.80 1:30.52		
3.	Pedro Joao, Morais	40	Porto	22:49.41	395
	100m: 1:21.75 1:21.75	500m: 7:17.81 1:30.86	900m: 13:29.40 1:34.25	1300m: 19:45.83 1:34.54	
	200m: 2:48.43 1:26.68	600m: 8:49.36 1:31.55	1000m: 15:03.26 1:33.86	1400m: 21:19.12 1:33.29	
	300m: 4:16.88 1:28.45	700m: 10:21.98 1:32.62	1100m: 16:37.25 1:33.99	1500m: 22:49.41 1:30.29	
	400m: 5:46.95 1:30.07	800m: 11:55.15 1:33.17	1200m: 18:11.29 1:34.04		
4.	Marcelo Porto, Rodrigues	44	Natacao de Valongo	22:57.50	388
	100m: 1:26.49 1:26.49	500m: 7:35.45 1:33.67	900m: 13:48.64 1:33.26	1300m: 20:00.27 1:31.70	
	200m: 2:57.15 1:30.66	600m: 9:08.19 1:32.74	1000m: 15:22.29 1:33.65	1400m: 21:31.16 1:30.89	
	300m: 4:29.08 1:31.93	700m: 10:41.86 1:33.67	1100m: 16:55.52 1:33.23	1500m: 22:57.50 1:26.34	
	400m: 6:01.78 1:32.70	800m: 12:15.38 1:33.52	1200m: 18:28.57 1:33.05		
5.	Jose Antonio, Cruz	42	Adrcimm	23:29.45	363
	100m: 1:28.63 1:28.63	500m: 7:45.19 1:34.85	900m: 14:06.70 1:35.88	1300m: 20:26.25 1:35.48	
	200m: 3:02.14 1:33.51	600m: 9:21.19 1:36.00	1000m: 15:41.91 1:35.21	1400m: 21:59.76 1:33.51	
	300m: 4:36.46 1:34.32	700m: 10:55.48 1:34.29	1100m: 17:15.88 1:33.97	1500m: 23:29.45 1:29.69	
	400m: 6:10.34 1:33.88	800m: 12:30.82 1:35.34	1200m: 18:50.77 1:34.89		
6.	Ricardo Lourenco, Alves	42	Galitos / Bresimar	23:50.51	347
	100m: 1:26.94 1:26.94	500m: 7:47.98 1:36.59	900m: 14:14.55 1:36.73	1300m: 20:41.36 1:36.15	
	200m: 2:59.77 1:32.83	600m: 9:24.68 1:36.70	1000m: 15:52.31 1:37.76	1400m: 22:17.02 1:35.66	
	300m: 4:35.32 1:35.55	700m: 11:01.26 1:36.58	1100m: 17:29.66 1:37.35	1500m: 23:50.51 1:33.49	
	400m: 6:11.39 1:36.07	800m: 12:37.82 1:36.56	1200m: 19:05.21 1:35.55		
7.	Vitor Moreira, Carvalho	40	Braga	24:44.96	310
	100m: 1:26.87 1:26.87	500m: 7:57.08 1:40.40	900m: 14:39.74 1:41.48	1300m: 21:32.54 1:43.01	
	200m: 3:00.14 1:33.27	600m: 9:36.95 1:39.87	1000m: 16:22.98 1:43.24	1400m: 23:13.71 1:41.17	
	300m: 4:38.46 1:38.32	700m: 11:17.38 1:40.43	1100m: 18:06.41 1:43.43	1500m: 24:44.96 1:31.25	
	400m: 6:16.68 1:38.22	800m: 12:58.26 1:40.88	1200m: 19:49.53 1:43.12		
8.	Agostinho Alberto, Rego	44	Vitória Sport Clube	25:30.04	283
	100m: 1:29.11 1:29.11	500m: 8:09.53 1:44.87	900m: 15:14.44 1:44.91	1300m: 22:08.80 1:44.88	
	200m: 3:05.73 1:36.62	600m: 9:56.44 1:46.91	1000m: 16:57.11 1:42.67	1400m: 23:50.15 1:41.35	
	300m: 4:44.79 1:39.06	700m: 11:43.31 1:46.87	1100m: 18:40.16 1:43.05	1500m: 25:30.04 1:39.89	
	400m: 6:24.66 1:39.87	800m: 13:29.53 1:46.22	1200m: 20:23.92 1:43.76		
9.	Carlos German, Romano	40	Porto	26:37.97	249
	100m: 1:37.30 1:37.30	500m: 8:34.93 1:45.90	900m: 15:45.86 1:48.40	1300m: 23:01.52 1:49.51	
	200m: 3:21.24 1:43.94	600m: 10:21.38 1:46.45	1000m: 17:33.13 1:47.27	1400m: 24:53.89 1:52.37	
	300m: 5:04.28 1:43.04	700m: 12:11.08 1:49.70	1100m: 19:19.95 1:46.82	1500m: 26:37.97 1:44.08	
	400m: 6:49.03 1:44.75	800m: 13:57.46 1:46.38	1200m: 21:12.01 1:52.06		
10.	Pedro Nuno, Boga FTL	41	Porto	28:52.42	195
	100m: 1:41.21 1:41.21	500m: 9:26.54 1:57.53	900m: 17:21.42 1:58.80	1300m: 25:13.97 1:56.58	
	200m: 3:34.08 1:52.87	600m: 11:25.54 1:59.00	1000m: 19:20.56 1:59.14	1400m: 27:09.56 1:55.59	
	300m: 5:31.11 1:57.03	700m: 13:23.39 1:57.85	1100m: 21:19.18 1:58.62	1500m: 28:52.42 1:42.86	
	400m: 7:29.01 1:57.90	800m: 15:22.62 1:59.23	1200m: 23:17.39 1:58.21		

Prova 6, Masc., 1500m Livres, Master D

Lugar	Idade	Tempo final	Pts
11. Amilcar Filipe, Pires <i>FTL</i>	42 CNLeiria - VOID	34:30.88	114
100m: 1:55.68 1:55.68	500m: 11:00.94 2:18.07	900m: 20:19.59 2:19.57	1300m: 29:48.85 2:23.61
200m: 4:08.78 2:13.10	600m: 13:17.98 2:17.04	1000m: 22:41.18 2:21.59	1400m: 32:13.30 2:24.45
300m: 6:24.49 2:15.71	700m: 15:38.95 2:20.97	1100m: 25:01.89 2:20.71	1500m: 34:30.88 2:17.58
400m: 8:42.87 2:18.38	800m: 18:00.02 2:21.07	1200m: 27:25.24 2:23.35	

Master E

1. Diogo Pedroso, Almeida	49 Adrcimm	21:04.20	543
100m: 1:18.34 1:18.34	500m: 6:54.37 1:24.99	900m: 12:32.13 1:23.88	1300m: 18:13.47 1:25.81
200m: 2:40.90 1:22.56	600m: 8:18.92 1:24.55	1000m: 13:56.71 1:24.58	1400m: 19:40.41 1:26.94
300m: 4:04.59 1:23.69	700m: 9:43.84 1:24.92	1100m: 15:21.77 1:25.06	1500m: 21:04.20 1:23.79
400m: 5:29.38 1:24.79	800m: 11:08.25 1:24.41	1200m: 16:47.66 1:25.89	
2. Andre Rosado, Rocha	48 Pimpoes/Cimai	23:20.91	399
100m: 1:21.09 1:21.09	500m: 7:21.48 1:32.93	900m: 13:45.11 1:36.97	1300m: 20:16.02 1:36.98
200m: 2:47.77 1:26.68	600m: 8:54.92 1:33.44	1000m: 15:23.07 1:37.96	1400m: 21:51.17 1:35.15
300m: 4:17.15 1:29.38	700m: 10:32.21 1:37.29	1100m: 17:01.34 1:38.27	1500m: 23:20.91 1:29.74
400m: 5:48.55 1:31.40	800m: 12:08.14 1:35.93	1200m: 18:39.04 1:37.70	
3. Tiago Goncalo, Ribeiro	46 Pimpoes/Cimai	25:47.85	295
100m: 1:34.85 1:34.85	500m: 8:30.97 1:45.53	900m: 15:29.35 1:44.19	1300m: 22:26.68 1:43.60
200m: 3:15.71 1:40.86	600m: 10:17.10 1:46.13	1000m: 17:14.60 1:45.25	1400m: 24:08.16 1:41.48
300m: 5:00.39 1:44.68	700m: 12:01.22 1:44.12	1100m: 18:58.89 1:44.29	1500m: 25:47.85 1:39.69
400m: 6:45.44 1:45.05	800m: 13:45.16 1:43.94	1200m: 20:43.08 1:44.19	
4. Hugo Manuel, Ferreira	47 Natacao da Maia	26:07.03	285
100m: 1:35.18 1:35.18	500m: 8:33.74 1:43.80	900m: 15:34.03 1:44.95	1300m: 22:36.50 1:45.68
200m: 3:20.05 1:44.87	600m: 10:17.97 1:44.23	1000m: 17:18.59 1:44.56	1400m: 24:23.30 1:46.80
300m: 5:04.61 1:44.56	700m: 12:02.13 1:44.16	1100m: 19:03.76 1:45.17	1500m: 26:07.03 1:43.73
400m: 6:49.94 1:45.33	800m: 13:49.08 1:46.95	1200m: 20:50.82 1:47.06	
5. Pedro Santos, Gouveia	45 Académica de Coimbra	27:57.71	232
100m: 1:37.38 1:37.38	500m: 9:04.16 1:52.44	900m: 16:36.88 1:52.72	1300m: 24:14.03 1:53.60
200m: 3:27.55 1:50.17	600m: 10:57.62 1:53.46	1000m: 18:30.77 1:53.89	1400m: 26:07.84 1:53.81
300m: 5:18.87 1:51.32	700m: 12:51.56 1:53.94	1100m: 20:25.21 1:54.44	1500m: 27:57.71 1:49.87
400m: 7:11.72 1:52.85	800m: 14:44.16 1:52.60	1200m: 22:20.43 1:55.22	
6. Nuno Silva, Afonso <i>FTL</i>	47 Académica de Coimbra	28:43.38	214
100m: 1:37.70 1:37.70	500m: 9:18.50 1:57.91	900m: 17:07.97 1:57.86	1300m: 24:59.06 1:58.27
200m: 3:28.93 1:51.23	600m: 11:14.69 1:56.19	1000m: 19:05.67 1:57.70	1400m: 26:55.09 1:56.03
300m: 5:24.08 1:55.15	700m: 13:12.52 1:57.83	1100m: 21:02.86 1:57.19	1500m: 28:43.38 1:48.29
400m: 7:20.59 1:56.51	800m: 15:10.11 1:57.59	1200m: 23:00.79 1:57.93	
7. Jose Alexandre, Onofre <i>FTL</i>	45 Clube Desportivo de Estarreja	30:16.16	183
100m: 1:45.55 1:45.55	500m: 9:51.17 2:02.80	900m: 18:06.19 2:03.53	1300m: 26:21.53 2:03.79
200m: 3:43.60 1:58.05	600m: 11:54.13 2:02.96	1000m: 20:09.68 2:03.49	1400m: 28:24.26 2:02.73
300m: 5:45.95 2:02.35	700m: 13:57.91 2:03.78	1100m: 22:14.59 2:04.91	1500m: 30:16.16 1:51.90
400m: 7:48.37 2:02.42	800m: 16:02.66 2:04.75	1200m: 24:17.74 2:03.15	

Prova 6, Masc., 1500m Livres

Master F

1. Pedro Nuno, Silva	53	Académica de Coimbra	23:42.72	410
100m: 1:34.19 1:34.19	500m: 7:55.79 1:35.39	900m: 14:18.18 1:35.81	1300m: 20:37.00 1:34.59	
200m: 3:09.91 1:35.72	600m: 9:31.21 1:35.42	1000m: 15:53.32 1:35.14	1400m: 22:10.91 1:33.91	
300m: 4:45.11 1:35.20	700m: 11:06.21 1:35.00	1100m: 17:27.90 1:34.58	1500m: 23:42.72 1:31.81	
400m: 6:20.40 1:35.29	800m: 12:42.37 1:36.16	1200m: 19:02.41 1:34.51		
2. Filipe Monteiro, Pacheco	52	Leixoes Sport Club	23:44.35	409
100m: 1:23.70 1:23.70	500m: 7:40.13 1:35.44	900m: 14:04.31 1:36.44	1300m: 20:34.33 1:37.90	
200m: 2:55.03 1:31.33	600m: 9:15.16 1:35.03	1000m: 15:41.12 1:36.81	1400m: 22:11.77 1:37.44	
300m: 4:28.97 1:33.94	700m: 10:51.64 1:36.48	1100m: 17:18.69 1:37.57	1500m: 23:44.35 1:32.58	
400m: 6:04.69 1:35.72	800m: 12:27.87 1:36.23	1200m: 18:56.43 1:37.74		
3. Ricardo Velho, Franco	52	Geslours	24:39.34	365
100m: 1:29.58 1:29.58	500m: 8:01.05 1:39.03	900m: 14:40.93 1:40.78	1300m: 21:23.54 1:39.78	
200m: 3:05.54 1:35.96	600m: 9:39.80 1:38.75	1000m: 16:22.15 1:41.22	1400m: 23:04.27 1:40.73	
300m: 4:43.71 1:38.17	700m: 11:19.86 1:40.06	1100m: 18:04.34 1:42.19	1500m: 24:39.34 1:35.07	
400m: 6:22.02 1:38.31	800m: 13:00.15 1:40.29	1200m: 19:43.76 1:39.42		
4. Vitor Manuel, Cardoso	54	Natacao de Valongo	25:24.19	334
100m: 1:32.00 1:32.00	500m: 8:27.18 1:42.29	900m: 15:14.27 1:42.58	1300m: 22:04.78 1:43.41	
200m: 3:16.11 1:44.11	600m: 10:09.08 1:41.90	1000m: 16:57.37 1:43.10	1400m: 23:47.85 1:43.07	
300m: 5:01.59 1:45.48	700m: 11:50.78 1:41.70	1100m: 18:39.67 1:42.30	1500m: 25:24.19 1:36.34	
400m: 6:44.89 1:43.30	800m: 13:31.69 1:40.91	1200m: 20:21.37 1:41.70		
5. Rui Miguel, Pinheiro	50	Natacao da Maia	29:12.36	219
100m: 1:37.47 1:37.47	500m: 9:35.99 2:02.00	900m: 17:26.56 1:57.50	1300m: 25:21.65 1:58.32	
200m: 3:32.61 1:55.14	600m: 11:36.74 2:00.75	1000m: 19:25.68 1:59.12	1400m: 27:19.41 1:57.76	
300m: 5:31.40 1:58.79	700m: 13:32.82 1:56.08	1100m: 21:25.70 2:00.02	1500m: 29:12.36 1:52.95	
400m: 7:33.99 2:02.59	800m: 15:29.06 1:56.24	1200m: 23:23.33 1:57.63		
6. Joao Pedro, Oliveira	52	Natacao de Valongo	32:42.14	156
<i>FTL</i>				
100m: 1:48.60 1:48.60	500m: 10:21.78 2:14.26	900m: 19:19.66 2:12.71	1300m: 28:19.32 2:15.70	
200m: 3:50.27 2:01.67	600m: 12:37.91 2:16.13	1000m: 21:33.21 2:13.55	1400m: 30:34.43 2:15.11	
300m: 5:58.00 2:07.73	700m: 14:51.11 2:13.20	1100m: 23:49.10 2:15.89	1500m: 32:42.14 2:07.71	
400m: 8:07.52 2:09.52	800m: 17:06.95 2:15.84	1200m: 26:03.62 2:14.52		
7. Hugo Alexandre, Borrego	54	Sporting Clube de Aveiro	36:25.90	113
<i>FTL</i>				
100m: 1:58.64 1:58.64	500m: 11:28.15 2:28.33	900m: 21:25.83 2:31.01	1300m: 31:30.92 2:32.17	
200m: 4:16.73 2:18.09	600m: 13:56.36 2:28.21	1000m: 23:55.23 2:29.40	1400m: 34:03.01 2:32.09	
300m: 6:36.67 2:19.94	700m: 16:26.44 2:30.08	1100m: 26:27.09 2:31.86	1500m: 36:25.90 2:22.89	
400m: 8:59.82 2:23.15	800m: 18:54.82 2:28.38	1200m: 28:58.75 2:31.66		

Master G

1. Flavio Martins, Moreira	56	Académica de Coimbra	23:07.04	494
100m: 1:29.34 1:29.34	500m: 7:38.25 1:32.53	900m: 13:50.21 1:33.46	1300m: 20:03.69 1:32.77	
200m: 3:00.92 1:31.58	600m: 9:10.96 1:32.71	1000m: 15:23.83 1:33.62	1400m: 21:36.96 1:33.27	
300m: 4:33.14 1:32.22	700m: 10:43.82 1:32.86	1100m: 16:57.95 1:34.12	1500m: 23:07.04 1:30.08	
400m: 6:05.72 1:32.58	800m: 12:16.75 1:32.93	1200m: 18:30.92 1:32.97		
2. Rui Miguel, Tejo	57	Académica de Coimbra	23:20.74	480
100m: 1:27.15 1:27.15	500m: 7:44.76 1:35.17	900m: 14:04.41 1:34.65	1300m: 20:21.19 1:33.94	
200m: 2:59.79 1:32.64	600m: 9:20.00 1:35.24	1000m: 15:38.59 1:34.18	1400m: 21:54.79 1:33.60	
300m: 4:34.63 1:34.84	700m: 10:54.93 1:34.93	1100m: 17:13.14 1:34.55	1500m: 23:20.74 1:25.95	
400m: 6:09.59 1:34.96	800m: 12:29.76 1:34.83	1200m: 18:47.25 1:34.11		

Prova 6, Masc., 1500m Livres, Master G

Lugar	Idade		Tempo final		Pts
3.	Jose Manuel, Pereira	56	Palmela Desporto	23:23.46	477
	100m: 1:26.17 1:26.17	500m: 7:37.00 1:34.56	900m: 13:56.47 1:35.44	1300m: 20:17.24 1:34.79	
	200m: 2:57.39 1:31.22	600m: 9:11.34 1:34.34	1000m: 15:31.47 1:35.00	1400m: 21:52.34 1:35.10	
	300m: 4:29.30 1:31.91	700m: 10:45.77 1:34.43	1100m: 17:07.14 1:35.67	1500m: 23:23.46 1:31.12	
	400m: 6:02.44 1:33.14	800m: 12:21.03 1:35.26	1200m: 18:42.45 1:35.31		
4.	Miguel Jose, Ferreira	56	Leixoes Sport Club	23:44.40	456
	100m: 1:30.79 1:30.79	500m: 7:55.10 1:35.77	900m: 14:17.23 1:35.01	1300m: 20:36.80 1:34.92	
	200m: 3:06.73 1:35.94	600m: 9:31.59 1:36.49	1000m: 15:51.25 1:34.02	1400m: 22:12.85 1:36.05	
	300m: 4:43.16 1:36.43	700m: 11:07.12 1:35.53	1100m: 17:26.37 1:35.12	1500m: 23:44.40 1:31.55	
	400m: 6:19.33 1:36.17	800m: 12:42.22 1:35.10	1200m: 19:01.88 1:35.51		
5.	Antonio Manuel, Ribeiro	57	Natacao da Maia	25:55.88	350
	100m: 1:36.49 1:36.49	500m: 8:35.56 1:45.22	900m: 15:33.22 1:44.03	1300m: 22:30.97 1:43.79	
	200m: 3:20.70 1:44.21	600m: 10:20.13 1:44.57	1000m: 17:18.32 1:45.10	1400m: 24:14.77 1:43.80	
	300m: 5:05.59 1:44.89	700m: 12:04.83 1:44.70	1100m: 19:02.78 1:44.46	1500m: 25:55.88 1:41.11	
	400m: 6:50.34 1:44.75	800m: 13:49.19 1:44.36	1200m: 20:47.18 1:44.40		
6.	Francisco Antonio, Ferraz	56	Pimpoes/Cimai	27:39.79	288
	100m: 1:43.42 1:43.42	500m: 9:15.80 1:50.86	900m: 16:37.74 1:50.49	1300m: 24:04.03 1:51.84	
	200m: 3:36.91 1:53.49	600m: 11:07.10 1:51.30	1000m: 18:28.42 1:50.68	1400m: 25:57.23 1:53.20	
	300m: 5:30.72 1:53.81	700m: 12:58.65 1:51.55	1100m: 20:19.85 1:51.43	1500m: 27:39.79 1:42.56	
	400m: 7:24.94 1:54.22	800m: 14:47.25 1:48.60	1200m: 22:12.19 1:52.34		
7.	Fernando Jose, Alves	57	Salesianos	28:06.23	275
	100m: 1:42.73 1:42.73	500m: 9:12.22 1:53.06	900m: 16:50.59 1:55.85	1300m: 24:23.07 1:53.96	
	200m: 3:33.93 1:51.20	600m: 11:05.77 1:53.55	1000m: 18:46.42 1:55.83	1400m: 26:18.50 1:55.43	
	300m: 5:26.53 1:52.60	700m: 13:01.08 1:55.31	1100m: 20:37.43 1:51.01	1500m: 28:06.23 1:47.73	
	400m: 7:19.16 1:52.63	800m: 14:54.74 1:53.66	1200m: 22:29.11 1:51.68		
8.	Celso Abreu, Fernandes	59	Sporting Clube de Aveiro	30:07.90	223
	100m: 1:45.04 1:45.04	500m: 9:41.21 2:00.88	900m: 17:49.06 2:02.29	1300m: 26:05.90 2:03.84	
	200m: 3:42.11 1:57.07	600m: 11:43.20 2:01.99	1000m: 19:52.69 2:03.63	1400m: 28:11.09 2:05.19	
	300m: 5:40.64 1:58.53	700m: 13:45.02 2:01.82	1100m: 21:57.46 2:04.77	1500m: 30:07.90 1:56.81	
	400m: 7:40.33 1:59.69	800m: 15:46.77 2:01.75	1200m: 24:02.06 2:04.60		
9.	Carlos Filipe, Canito	57	Natacao de Valongo	30:59.02	205
	100m: 2:08.66 2:08.66	500m: 10:36.73 2:03.69	900m: 18:53.49 2:05.99	1300m: 27:01.52 1:58.79	
	200m: 4:22.49 2:13.83	600m: 12:40.90 2:04.17	1000m: 20:56.49 2:03.00	1400m: 29:02.15 2:00.63	
	300m: 6:28.66 2:06.17	700m: 14:42.90 2:02.00	1100m: 23:00.33 2:03.84	1500m: 30:59.02 1:56.87	
	400m: 8:33.04 2:04.38	800m: 16:47.50 2:04.60	1200m: 25:02.73 2:02.40		
10.	Jose Manuel, Baptista	57	Leixoes Sport Club	31:42.89	191
	100m: 1:53.64 1:53.64	500m: 10:17.17 2:06.67	900m: 18:48.60 2:11.95	1300m: 27:28.32 2:11.14	
	200m: 3:59.47 2:05.83	600m: 12:22.31 2:05.14	1000m: 20:57.62 2:09.02	1400m: 29:44.06 2:15.74	
	300m: 6:04.36 2:04.89	700m: 14:29.90 2:07.59	1100m: 23:06.92 2:09.30	1500m: 31:42.89 1:58.83	
	400m: 8:10.50 2:06.14	800m: 16:36.65 2:06.75	1200m: 25:17.18 2:10.26		
11.	Alberto Carlos, Alves	58	Braga	31:54.24	188
	<i>FTL</i>				
	100m: 1:57.66 1:57.66	500m: 10:39.28 2:09.84	900m: 19:14.21 2:07.32	1300m: 27:46.58 2:05.69	
	200m: 4:08.19 2:10.53	600m: 12:48.98 2:09.70	1000m: 21:21.66 2:07.45	1400m: 29:50.42 2:03.84	
	300m: 6:17.65 2:09.46	700m: 14:56.84 2:07.86	1100m: 23:31.22 2:09.56	1500m: 31:54.24 2:03.82	
	400m: 8:29.44 2:11.79	800m: 17:06.89 2:10.05	1200m: 25:40.89 2:09.67		
12.	Jose Carlos, Ramalho	59	Braga	32:08.44	184
	<i>FTL</i>				
	100m: 1:54.98 1:54.98	500m: 10:27.69 2:07.35	900m: 19:09.46 2:11.52	1300m: 27:53.48 2:10.76	
	200m: 4:02.92 2:07.94	600m: 12:36.89 2:09.20	1000m: 21:20.86 2:11.40	1400m: 30:03.91 2:10.43	
	300m: 6:10.49 2:07.57	700m: 14:47.84 2:10.95	1100m: 23:31.20 2:10.34	1500m: 32:08.44 2:04.53	
	400m: 8:20.34 2:09.85	800m: 16:57.94 2:10.10	1200m: 25:42.72 2:11.52		

Prova 6, Masc., 1500m Livres

Master H

1.	Jose Carlos, Freitas	63	Individual ANNP	19:22.69	1115
	100m: 1:14.24 1:14.24	500m: 6:26.77 1:18.16	900m: 11:39.57 1:17.70	1300m: 16:51.16 1:18.13	
	200m: 2:32.05 1:17.81	600m: 7:44.87 1:18.10	1000m: 12:57.56 1:17.99	1400m: 18:08.73 1:17.57	
	300m: 3:50.42 1:18.37	700m: 9:03.29 1:18.42	1100m: 14:15.22 1:17.66	1500m: 19:22.69 1:13.96	
	400m: 5:08.61 1:18.19	800m: 10:21.87 1:18.58	1200m: 15:33.03 1:17.81		
2.	Carlos Jorge, Oliveira	62	Clube Natacao Masters de Almada	21:47.03	785
	100m: 1:21.94 1:21.94	500m: 7:12.80 1:27.42	900m: 13:05.32 1:27.97	1300m: 18:54.78 1:27.87	
	200m: 2:48.74 1:26.80	600m: 8:41.21 1:28.41	1000m: 14:33.11 1:27.79	1400m: 20:22.48 1:27.70	
	300m: 4:16.80 1:28.06	700m: 10:09.42 1:28.21	1100m: 16:00.30 1:27.19	1500m: 21:47.03 1:24.55	
	400m: 5:45.38 1:28.58	800m: 11:37.35 1:27.93	1200m: 17:26.91 1:26.61		
3.	Adelino Jose, Casas	60	Individual ANL	22:49.13	683
	100m: 1:26.38 1:26.38	500m: 7:29.54 1:30.85	900m: 13:34.54 1:31.67	1300m: 19:45.00 1:33.30	
	200m: 2:56.12 1:29.74	600m: 9:00.80 1:31.26	1000m: 15:05.97 1:31.43	1400m: 21:18.29 1:33.29	
	300m: 4:27.59 1:31.47	700m: 10:31.93 1:31.13	1100m: 16:38.65 1:32.68	1500m: 22:49.13 1:30.84	
	400m: 5:58.69 1:31.10	800m: 12:02.87 1:30.94	1200m: 18:11.70 1:33.05		
4.	Paulo Alexandre, Neves	60	Leixoes Sport Club	26:09.83	453
	100m: 1:36.38 1:36.38	500m: 8:39.10 1:45.39	900m: 15:44.82 1:46.96	1300m: 22:42.76 1:44.68	
	200m: 3:21.59 1:45.21	600m: 10:24.44 1:45.34	1000m: 17:29.65 1:44.83	1400m: 24:28.81 1:46.05	
	300m: 5:08.24 1:46.65	700m: 12:11.23 1:46.79	1100m: 19:14.22 1:44.57	1500m: 26:09.83 1:41.02	
	400m: 6:53.71 1:45.47	800m: 13:57.86 1:46.63	1200m: 20:58.08 1:43.86		
5.	Nuno Carlos, Albuquerque	62	Braga	27:06.02	407
	100m: 1:39.88 1:39.88	500m: 8:54.42 1:49.52	900m: 16:11.77 1:49.14	1300m: 23:30.80 1:49.77	
	200m: 3:27.45 1:47.57	600m: 10:43.77 1:49.35	1000m: 18:01.37 1:49.60	1400m: 25:20.09 1:49.29	
	300m: 5:16.01 1:48.56	700m: 12:33.54 1:49.77	1100m: 19:51.24 1:49.87	1500m: 27:06.02 1:45.93	
	400m: 7:04.90 1:48.89	800m: 14:22.63 1:49.09	1200m: 21:41.03 1:49.79		
6.	Antonio Carlos, Carita	61	Académica de Coimbra	27:10.25	404
	100m: 1:43.05 1:43.05	500m: 9:01.32 1:50.03	900m: 16:20.29 1:50.28	1300m: 23:38.18 1:50.11	
	200m: 3:32.65 1:49.60	600m: 10:51.10 1:49.78	1000m: 18:10.45 1:50.16	1400m: 25:26.17 1:47.99	
	300m: 5:21.52 1:48.87	700m: 12:40.28 1:49.18	1100m: 19:59.48 1:49.03	1500m: 27:10.25 1:44.08	
	400m: 7:11.29 1:49.77	800m: 14:30.01 1:49.73	1200m: 21:48.07 1:48.59		
7.	Francisco Jose, Grilo	62	Braga	27:14.16	401
	100m: 1:38.28 1:38.28	500m: 8:54.54 1:49.66	900m: 16:13.06 1:50.07	1300m: 23:33.20 1:48.71	
	200m: 3:25.60 1:47.32	600m: 10:44.13 1:49.59	1000m: 18:02.97 1:49.91	1400m: 25:23.81 1:50.61	
	300m: 5:15.00 1:49.40	700m: 12:33.92 1:49.79	1100m: 19:54.07 1:51.10	1500m: 27:14.16 1:50.35	
	400m: 7:04.88 1:49.88	800m: 14:22.99 1:49.07	1200m: 21:44.49 1:50.42		
8.	Daniel Castro, Trigo	61	Sporting Clube de Aveiro	28:36.03	347
	100m: 1:47.24 1:47.24	500m: 9:26.60 1:54.38	900m: 17:04.91 1:54.87	1300m: 24:49.51 1:56.19	
	200m: 3:41.72 1:54.48	600m: 11:22.00 1:55.40	1000m: 19:00.47 1:55.56	1400m: 26:44.48 1:54.97	
	300m: 5:36.69 1:54.97	700m: 13:16.68 1:54.68	1100m: 20:56.37 1:55.90	1500m: 28:36.03 1:51.55	
	400m: 7:32.22 1:55.53	800m: 15:10.04 1:53.36	1200m: 22:53.32 1:56.95		
9.	Francisco Jorge, Ferreira	64	Académica de Coimbra	28:53.20	336
	100m: 1:49.81 1:49.81	500m: 9:38.07 1:56.72	900m: 17:26.03 1:57.31	1300m: 25:08.82 1:56.15	
	200m: 3:46.96 1:57.15	600m: 11:34.64 1:56.57	1000m: 19:20.92 1:54.89	1400m: 27:04.28 1:55.46	
	300m: 5:44.08 1:57.12	700m: 13:31.60 1:56.96	1100m: 21:18.51 1:57.59	1500m: 28:53.20 1:48.92	
	400m: 7:41.35 1:57.27	800m: 15:28.72 1:57.12	1200m: 23:12.67 1:54.16		
10.	Vitor Manuel, Cardoso	61	Geslours	31:23.50	262
	100m: 1:54.85 1:54.85	500m: 10:15.50 2:06.00	900m: 18:38.92 2:06.53	1300m: 27:11.36 2:09.33	
	200m: 3:59.35 2:04.50	600m: 12:20.80 2:05.30	1000m: 20:46.37 2:07.45	1400m: 29:20.94 2:09.58	
	300m: 6:04.02 2:04.67	700m: 14:27.47 2:06.67	1100m: 22:53.51 2:07.14	1500m: 31:23.50 2:02.56	
	400m: 8:09.50 2:05.48	800m: 16:32.39 2:04.92	1200m: 25:02.03 2:08.52		

Prova 6, Masc., 1500m Livres

Master I

1.	Jaime Carlos, Bento	65	Sad	21:58.00	864
	<i>Recorde Nacional</i>				
	100m: 1:21.34	1:21.34	500m: 7:09.00	1:27.34	900m: 13:05.20
	200m: 2:47.47	1:26.13	600m: 8:36.93	1:27.93	1000m: 14:34.08
	300m: 4:14.79	1:27.32	700m: 10:05.83	1:28.90	1100m: 16:03.12
	400m: 5:41.66	1:26.87	800m: 11:35.42	1:29.59	1200m: 17:32.23
					1:29.11
					1300m: 19:01.93
					1:29.70
					1400m: 20:32.74
					1:30.81
					1500m: 21:58.00
					1:25.26
2.	Oscar Filipe, Goncalves	68	Cfp	24:38.74	612
	100m: 1:34.26	1:34.26	500m: 8:12.33	1:38.48	900m: 14:48.70
	200m: 3:13.83	1:39.57	600m: 9:51.54	1:39.21	1000m: 16:29.15
	300m: 4:54.30	1:40.47	700m: 11:30.15	1:38.61	1100m: 18:07.98
	400m: 6:33.85	1:39.55	800m: 13:09.21	1:39.06	1200m: 19:47.11
					1:39.13
					1300m: 21:26.40
					1:39.29
					1400m: 23:05.38
					1:38.98
					1500m: 24:38.74
					1:33.36
3.	Mario Jose, Pinto	69	Académica de Coimbra	24:49.49	599
	100m: 1:35.84	1:35.84	500m: 8:11.90	1:40.29	900m: 14:54.26
	200m: 3:14.09	1:38.25	600m: 9:53.18	1:41.28	1000m: 16:35.72
	300m: 4:52.77	1:38.68	700m: 11:34.25	1:41.07	1100m: 18:17.94
	400m: 6:31.61	1:38.84	800m: 13:14.70	1:40.45	1200m: 19:58.45
					1:40.51
					1300m: 21:36.52
					1:38.07
					1400m: 23:15.24
					1:38.72
					1500m: 24:49.49
					1:34.25
4.	Joao Manuel, Ruas	66	Sporting	25:59.56	521
	100m: 1:38.32	1:38.32	500m: 8:31.98	1:44.16	900m: 15:31.13
	200m: 3:20.46	1:42.14	600m: 10:16.55	1:44.57	1000m: 17:17.20
	300m: 5:03.63	1:43.17	700m: 12:01.10	1:44.55	1100m: 19:03.30
	400m: 6:47.82	1:44.19	800m: 13:45.63	1:44.53	1200m: 20:48.36
					1:45.06
					1300m: 22:33.91
					1:45.55
					1400m: 24:18.78
					1:44.87
					1500m: 25:59.56
					1:40.78
5.	Manuel Alberto, Pinho	65	Centro Desp. Universitario do Porto	27:53.58	422
	100m: 1:39.20	1:39.20	500m: 9:06.90	1:54.60	900m: 16:39.07
	200m: 3:27.94	1:48.74	600m: 11:00.85	1:53.95	1000m: 18:31.41
	300m: 5:19.49	1:51.55	700m: 12:53.51	1:52.66	1100m: 20:24.18
	400m: 7:12.30	1:52.81	800m: 14:46.90	1:53.39	1200m: 22:17.71
					1:53.53
					1300m: 24:11.41
					1:53.70
					1400m: 26:04.72
					1:53.31
					1500m: 27:53.58
					1:48.86
6.	Jose Antonio, Ferreira	68	Leixoes Sport Club	29:24.01	360
	100m: 1:41.88	1:41.88	500m: 9:34.24	2:00.17	900m: 17:33.94
	200m: 3:36.90	1:55.02	600m: 11:34.03	1:59.79	1000m: 19:32.68
	300m: 5:34.73	1:57.83	700m: 13:33.84	1:59.81	1100m: 21:31.93
	400m: 7:34.07	1:59.34	800m: 15:33.79	1:59.95	1200m: 23:30.84
					1:58.91
					1300m: 25:30.77
					1:59.93
					1400m: 27:29.55
					1:58.78
					1500m: 29:24.01
					1:54.46
7.	Joao Castro, Teixeira	65	Grupo dos Amigos da Natacao	29:49.80	345
	100m: 1:44.26	1:44.26	500m: 9:40.73	2:00.15	900m: 17:43.53
	200m: 3:42.44	1:58.18	600m: 11:42.88	2:02.15	1000m: 19:43.51
	300m: 5:40.79	1:58.35	700m: 13:42.74	1:59.86	1100m: 21:43.99
	400m: 7:40.58	1:59.79	800m: 15:42.99	2:00.25	1200m: 23:45.07
					2:01.08
					1300m: 25:45.72
					2:00.65
					1400m: 27:48.39
					2:02.67
					1500m: 29:49.80
					2:01.41
8.	Jose Luis, Correia	67	Nadadores dos Estoris	30:30.41	322
	100m: 1:49.97	1:49.97	500m: 9:57.13	2:04.23	900m: 18:12.76
	200m: 3:48.44	1:58.47	600m: 12:00.29	2:03.16	1000m: 20:17.69
	300m: 5:49.85	2:01.41	700m: 14:03.75	2:03.46	1100m: 22:21.45
	400m: 7:52.90	2:03.05	800m: 16:07.52	2:03.77	1200m: 24:25.41
					2:03.96
					1300m: 26:28.86
					2:03.45
					1400m: 28:30.89
					2:02.03
					1500m: 30:30.41
					1:59.52
9.	Domingos Marques, Neves	65	Natacao de Valongo	30:55.10	310
	100m: 1:51.77	1:51.77	500m: 10:01.40	2:02.85	900m: 18:19.25
	200m: 3:52.96	2:01.19	600m: 12:05.05	2:03.65	1000m: 20:24.66
	300m: 5:55.70	2:02.74	700m: 14:09.40	2:04.35	1100m: 22:29.96
	400m: 7:58.55	2:02.85	800m: 16:13.92	2:04.52	1200m: 24:37.42
					2:07.46
					1300m: 26:45.24
					2:07.82
					1400m: 28:51.93
					2:06.69
					1500m: 30:55.10
					2:03.17
10.	Manuel Fernando, Santos	65	Gafanha da Encarnação	31:12.56	301
	100m: 1:55.47	1:55.47	500m: 10:17.90	2:06.32	900m: 18:42.08
	200m: 4:00.03	2:04.56	600m: 12:23.63	2:05.73	1000m: 20:49.53
	300m: 6:05.75	2:05.72	700m: 14:29.75	2:06.12	1100m: 22:57.23
	400m: 8:11.58	2:05.83	800m: 16:35.36	2:05.61	1200m: 25:04.51
					2:07.28
					1300m: 27:10.60
					2:06.09
					1400m: 29:13.94
					2:03.34
					1500m: 31:12.56
					1:58.62

Prova 6, Masc., 1500m Livres, Master I

Lugar	Idade		Tempo final		Pts
11. Manoel Pinto, Filho	65	Braga	34:15.77		227
100m:	1:49.69	1:49.69	500m:	10:41.83	2:17.12
200m:	3:56.78	2:07.09	600m:	12:59.13	2:17.30
300m:	6:09.90	2:13.12	700m:	15:17.13	2:18.00
400m:	8:24.71	2:14.81	800m:	17:36.60	2:19.47
			900m:	19:56.73	2:20.13
			1000m:	22:16.14	2:19.41
			1100m:	24:37.50	2:21.36
			1200m:	27:00.32	2:22.82
			1300m:	29:25.47	2:25.15
			1400m:	31:51.45	2:25.98
			1500m:	34:15.77	2:24.32

Master J

1. Vitor Manuel, Mavioso	70	Sad	24:13.53		731
<i>Recorde Nacional</i>					
100m:	1:33.60	1:33.60	500m:	8:04.41	1:37.71
200m:	3:10.72	1:37.12	600m:	9:42.41	1:38.00
300m:	4:48.83	1:38.11	700m:	11:20.25	1:37.84
400m:	6:26.70	1:37.87	800m:	12:57.99	1:37.74
			900m:	14:35.60	1:37.61
			1000m:	16:12.55	1:36.95
			1100m:	17:50.08	1:37.53
			1200m:	19:27.56	1:37.48
			1300m:	21:04.57	1:37.01
			1400m:	22:41.71	1:37.14
			1500m:	24:13.53	1:31.82
2. Carlos Augusto, Correia	74	Clube Natacao Masters de Almada	28:36.35		444
100m:	1:48.63	1:48.63	500m:	9:26.26	1:55.84
200m:	3:43.12	1:54.49	600m:	11:22.36	1:56.10
300m:	5:36.54	1:53.42	700m:	13:19.23	1:56.87
400m:	7:30.42	1:53.88	800m:	15:14.24	1:55.01
			900m:	17:09.26	1:55.02
			1000m:	19:04.79	1:55.53
			1100m:	20:59.59	1:54.80
			1200m:	22:54.98	1:55.39
			1300m:	24:49.84	1:54.86
			1400m:	26:44.84	1:55.00
			1500m:	28:36.35	1:51.51
3. Mario Jorge, Barros	70	Porto	33:28.55		277
100m:	2:07.75	2:07.75	500m:	11:08.65	2:13.82
200m:	4:24.26	2:16.51	600m:	13:24.71	2:16.06
300m:	6:40.20	2:15.94	700m:	15:41.32	2:16.61
400m:	8:54.83	2:14.63	800m:	17:57.60	2:16.28
			900m:	20:14.94	2:17.34
			1000m:	22:31.57	2:16.63
			1100m:	24:45.89	2:14.32
			1200m:	27:00.84	2:14.95
			1300m:	29:14.60	2:13.76
			1400m:	31:30.60	2:16.00
			1500m:	33:28.55	1:57.95
4. Jose Alexandre, Raposo	71	Sporting Clube de Aveiro	33:41.11		272
100m:	2:09.42	2:09.42	500m:	11:08.09	2:15.32
200m:	4:24.87	2:15.45	600m:	13:24.89	2:16.80
300m:	6:39.05	2:14.18	700m:	15:41.35	2:16.46
400m:	8:52.77	2:13.72	800m:	17:57.91	2:16.56
			900m:	20:15.48	2:17.57
			1000m:	22:32.48	2:17.00
			1100m:	24:50.07	2:17.59
			1200m:	27:04.76	2:14.69
			1300m:	29:21.28	2:16.52
			1400m:	31:37.11	2:15.83
			1500m:	33:41.11	2:04.00

Master K

1. Stephen Thomas, Dyson	79	Sad	26:34.17		694
100m:	1:44.24	1:44.24	500m:	8:59.16	1:47.41
200m:	3:34.03	1:49.79	600m:	10:47.33	1:48.17
300m:	5:23.60	1:49.57	700m:	12:34.16	1:46.83
400m:	7:11.75	1:48.15	800m:	14:20.56	1:46.40
			900m:	16:06.01	1:45.45
			1000m:	17:50.14	1:44.13
			1100m:	19:35.10	1:44.96
			1200m:	21:20.65	1:45.55
			1300m:	23:05.89	1:45.24
			1400m:	24:50.78	1:44.89
			1500m:	26:34.17	1:43.39
2. Antonio Carlos, Batista	77	FC Ferreiras/AlgarExperience	29:18.11		517
100m:	1:40.96	1:40.96	500m:	9:21.84	1:56.88
200m:	3:34.00	1:53.04	600m:	11:18.92	1:57.08
300m:	5:28.75	1:54.75	700m:	13:16.74	1:57.82
400m:	7:24.96	1:56.21	800m:	15:15.97	1:59.23
			900m:	17:15.45	1:59.48
			1000m:	19:16.11	2:00.66
			1100m:	21:16.98	2:00.87
			1200m:	23:17.35	2:00.37
			1300m:	25:18.25	2:00.90
			1400m:	27:19.72	2:01.47
			1500m:	29:18.11	1:58.39
3. Carlos Manuel, Porto	75	Sad	31:42.54		408
100m:	1:56.94	1:56.94	500m:	10:18.77	2:05.49
200m:	4:01.01	2:04.07	600m:	12:25.40	2:06.63
300m:	6:06.51	2:05.50	700m:	14:32.93	2:07.53
400m:	8:13.28	2:06.77	800m:	16:39.53	2:06.60
			900m:	18:46.75	2:07.22
			1000m:	20:54.67	2:07.92
			1100m:	23:03.24	2:08.57
			1200m:	25:13.03	2:09.79
			1300m:	27:22.43	2:09.40
			1400m:	29:34.02	2:11.59
			1500m:	31:42.54	2:08.52

Master L

1. Alexandre Azevedo, Gaspar	81	Sad	39:21.34		257
100m:	2:27.31	2:27.31	500m:	13:00.69	2:38.34
200m:	5:06.76	2:39.45	600m:	15:39.80	2:39.11
300m:	7:44.58	2:37.82	700m:	18:19.86	2:40.06
400m:	10:22.35	2:37.77	800m:	20:58.24	2:38.38
			900m:	23:34.93	2:36.69
			1000m:	26:15.48	2:40.55
			1100m:	28:58.59	2:43.11
			1200m:	31:37.91	2:39.32
			1300m:	34:16.07	2:38.16
			1400m:	36:52.68	2:36.61
			1500m:	39:21.34	2:28.66