

13º Torneio de Masters do Litoral Alentejano
Sines, 14/3/2026

Prova 2
14/03/2026 - 10:40

Masc., 400m Livres

25 - 104 anos
Resultados

RN A(25-29)	4:00.23	Adriano Miguel NIZ	GDNVNF	Funchal	17/01/2015
RN B(30-34)	4:01.96	Pedro Miguel PINOTES	SCP	Albufeira	10/12/2022
RN C(35-39)	4:06.32	Pedro Miguel SILVA	CFV	Ponte de Sor	29/01/2011
RN D(40-44)	4:10.09	Eduardo Ferreira SEVERI	FCP	Torres Novas	24/01/2025
RN E(45-49)	4:19.65	Jose Carlos FREITAS	CFP	Ponte de Sor	29/01/2011
RN E(45-49)	4:19.65	Jose Carlos FREITAS	CFP	Ponte de Sor	29/01/2011
RN F(50-54)	4:22.11	Jose Carlos FREITAS	CFP	Felgueiras	26/01/2013
RN G(55-59)	4:25.70	Jose Carlos FREITAS	INDNP	Mealhada	18/01/2019
RN H(60-64)	4:40.55	Jose Carlos FREITAS	CNLA	Sines	04/03/2023
RN I(65-69)	5:24.44	Jaime Manuel BENTO	SAD	Torres Novas	23/01/2026
RN J(70-74)	5:54.44	Vitor Manuel MAVIOSO	SAD	Torres Novas	23/01/2026
RN K(75-79)	6:23.33	Stephen Thomas DYSON	SAD	Albufeira	10/12/2022
RN L(80-84)	7:42.12	Luis Vidigal SALGUEIRO	SAD	Torres Novas	24/01/2025
RN M(85-89)	10:39.47	Joao Rodrigues TEIXEIRA	AAC	Torres Novas	04/02/2022

Pontos: DSV Masters 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
25 - 29 anos					
1.	Tiago Manuel AZINHEIRINHA	28	Acmn	4:32.11	705
	50m: 31.23 31.23 150m: 1:39.61 34.39 250m: 2:49.17 34.21 350m: 3:58.32 34.25				
	100m: 1:05.22 33.99 200m: 2:14.96 35.35 300m: 3:24.07 34.90 400m: 4:32.11 33.79				
2.	Rafael Goncalves SOUSA	27	CPCD - Centro Popular de Cultura e	4:38.87	655
	50m: 31.07 31.07 150m: 1:43.06 36.72 250m: 2:55.42 35.47 350m: 4:05.98 34.47				
	100m: 1:06.34 35.27 200m: 2:19.95 36.89 300m: 3:31.51 36.09 400m: 4:38.87 32.89				
3.	Joao Bernardo JORGE	29	Individual de Leiria	4:59.66	528
	50m: 32.46 32.46 150m: 1:46.46 37.72 250m: 3:03.01 38.03 350m: 4:21.12 39.34				
	100m: 1:08.74 36.28 200m: 2:24.98 38.52 300m: 3:41.78 38.77 400m: 4:59.66 38.54				
4.	Pedro Afonso PALHINHA	27	Lisboa PoolSharks	5:29.19	398
	50m: 35.27 35.27 150m: 1:56.07 41.64 250m: 3:21.95 42.86 350m: 4:47.38 42.41				
	100m: 1:14.43 39.16 200m: 2:39.09 43.02 300m: 4:04.97 43.02 400m: 5:29.19 41.81				
5.	Francisco Relvas PIRES	29	Clube Natacao Masters de Almada	7:42.86	143
	50m: 45.82 45.82 150m: 2:41.59 59.82 250m: 4:42.66 1:00.61 350m: 6:44.00 1:00.50				
	100m: 1:41.77 55.95 200m: 3:42.05 1:00.46 300m: 5:43.50 1:00.84 400m: 7:42.86 58.86				
30 - 34 anos					
1.	Bernardo Lanca OLIVEIRA	33	Lisboa PoolSharks	4:56.90	529
	50m: 32.81 32.81 150m: 1:48.53 38.43 250m: 3:04.87 37.98 350m: 4:20.38 37.60				
	100m: 1:10.10 37.29 200m: 2:26.89 38.36 300m: 3:42.78 37.91 400m: 4:56.90 36.52				
2.	Joao Petinga ALMEIDA	32	Lisboa PoolSharks	5:10.70	462
	50m: 34.21 34.21 150m: 1:53.25 39.84 250m: 3:12.42 39.51 350m: 4:32.20 39.85				
	100m: 1:13.41 39.20 200m: 2:32.91 39.66 300m: 3:52.35 39.93 400m: 5:10.70 38.50				
3.	Miguel Alexandre LATOIRA	34	Clube Natacao Masters de Almada	5:19.28	426
	50m: 34.63 34.63 150m: 1:52.17 39.79 250m: 3:11.94 39.15 350m: 4:38.29 41.85				
	100m: 1:12.38 37.75 200m: 2:32.79 40.62 300m: 3:56.44 44.50 400m: 5:19.28 40.99				
4.	Joao Miguel MESTRE	34	Individual AN Algarve	5:19.38	425
	50m: 34.35 34.35 150m: 1:56.04 41.50 250m: 3:18.02 40.32 350m: 4:39.12 40.50				
	100m: 1:14.54 40.19 200m: 2:37.70 41.66 300m: 3:58.62 40.60 400m: 5:19.38 40.26				
5.	Jose Luis ARAUJO	33	Grupo dos Amigos da Natacao-AC	5:21.76	416
	50m: 36.09 36.09 150m: 2:39.66 40.96 350m: 5:21.76				
	100m: 1:16.00 39.91 200m: 2:39.66 300m: 4:01.07 40.45 400m: 5:21.76				
6.	Andre Filipe RODRIGUES	32	Grupo dos Amigos da Natacao-AC	5:47.35	330
	50m: 37.31 37.31 150m: 2:00.75 42.51 250m: 3:30.33 45.07 350m: 5:01.63 45.00				
	100m: 1:18.24 40.93 200m: 2:45.26 44.51 300m: 4:16.63 46.30 400m: 5:47.35 45.72				
7.	Ignacio SURIANI	32	Ndco	6:03.96	287
	50m: 37.19 37.19 150m: 2:53.24 43.26 350m: 6:03.96				
	100m: 1:20.45 43.26 200m: 2:53.24 300m: 4:31.31 400m: 6:03.96				

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Prova 2, Masc., 400m Livres

35 - 39 anos

1.	Diogo Miguel PAULINO	36	Alcobaca	4:37.39	666
	50m: 30.40 30.40	150m: 1:39.33	35.24 250m: 2:50.28 35.34	350m: 4:02.38	36.00
	100m: 1:04.09 33.69	200m: 2:14.94	35.61 300m: 3:26.38 36.10	400m: 4:37.39	35.01
2.	Pedro Lobato RIJO	35	Gesloures	4:46.88	602
	50m: 30.98 30.98	150m:	250m: 2:56.84 36.44	350m:	
	100m: 1:43.25 1:12.27	200m: 2:20.40	300m: 3:33.93 37.09	400m: 4:46.88	
3.	Fabio Andre POLICARPO	36	CPCD - Centro Popular de Cultura e	4:52.91	566
	50m: 33.18 33.18	150m: 1:45.73	36.78 250m: 3:00.91 37.53	350m: 4:17.01	37.79
	100m: 1:08.95 35.77	200m: 2:23.38	37.65 300m: 3:39.22 38.31	400m: 4:52.91	35.90
4.	Carlos Octavio FERNANDES	38	Académica de Coimbra	4:53.77	561
	50m: 32.96 32.96	150m: 1:45.66	36.30 250m: 3:00.18 37.18	350m: 4:16.88	38.73
	100m: 1:09.36 36.40	200m: 2:23.00	37.34 300m: 3:38.15 37.97	400m: 4:53.77	36.89
5.	Andre Manuel DIAS	39	Louletano / Loule Aqui e Agora	5:03.23	510
	50m: 33.84 33.84	150m: 1:48.40	37.88 250m: 3:05.37 39.00	350m: 4:24.72	39.57
	100m: 1:10.52 36.68	200m: 2:26.37	37.97 300m: 3:45.15 39.78	400m: 5:03.23	38.51

40 - 44 anos

1.	Mauro Santos INACIO	42	Litoral Alentejano	4:43.25	613
	50m: 32.07 32.07	150m: 1:42.91	35.60 250m: 2:54.98 36.24	350m: 4:07.96	36.35
	100m: 1:07.31 35.24	200m: 2:18.74	35.83 300m: 3:31.61 36.63	400m: 4:43.25	35.29
2.	Marco Filipe DUARTE	41	FC Ferreiras/AlgarExperience	4:58.38	524
	50m: 35.08 35.08	150m: 1:50.09	37.39 250m: 3:06.17 37.92	350m: 4:21.63	37.61
	100m: 1:12.70 37.62	200m: 2:28.25	38.16 300m: 3:44.02 37.85	400m: 4:58.38	36.75
3.	Nelson Correia BAETA	43	Louletano / Loule Aqui e Agora	5:03.45	498
	50m: 34.68 34.68	150m: 1:50.97	38.29 250m: 3:08.67 39.03	350m: 4:26.62	38.80
	100m: 1:12.68 38.00	200m: 2:29.64	38.67 300m: 3:47.82 39.15	400m: 5:03.45	36.83
4.	Ivo Emanuel CARNEIRO	42	Louletano / Loule Aqui e Agora	5:04.93	491
	50m: 32.66 32.66	150m: 1:44.56	36.51 250m: 3:00.26 38.09	350m: 4:21.76	41.71
	100m: 1:08.05 35.39	200m: 2:22.17	37.61 300m: 3:40.05 39.79	400m: 5:04.93	43.17
5.	Tiago Miguel NEVES	41	Palmela Desporto	5:13.21	453
	50m: 34.95 34.95	150m: 1:52.91	39.83 250m: 3:13.09 40.22	350m: 4:34.60	41.04
	100m: 1:13.08 38.13	200m: 2:32.87	39.96 300m: 3:53.56 40.47	400m: 5:13.21	38.61
6.	Tiago Filipe VALENTIM	40	Grupo dos Amigos da Natacao-AC	5:37.82	361
	50m: 36.20 36.20	150m: 1:59.62	42.63 250m: 3:25.64 42.90	350m: 4:54.29	44.43
	100m: 1:16.99 40.79	200m: 2:42.74	43.12 300m: 4:09.86 44.22	400m: 5:37.82	43.53
7.	Gabriel Jose MARRICO	43	Louletano / Loule Aqui e Agora	5:46.14	336
	50m: 38.81 38.81	150m: 2:03.94	43.16 250m: 3:33.62 45.05	350m: 5:03.25	44.25
	100m: 1:20.78 41.97	200m: 2:48.57	44.63 300m: 4:19.00 45.38	400m: 5:46.14	42.89
8.	Filipe Velez MARTELO	43	Louletano / Loule Aqui e Agora	5:48.83	328
	50m: 38.82 38.82	150m: 2:06.49	45.02 250m: 3:36.34 44.90	350m: 5:06.49	45.30
	100m: 1:21.47 42.65	200m: 2:51.44	44.95 300m: 4:21.19 44.85	400m: 5:48.83	42.34
9.	Bruno Miguel MESQUITA	40	Louletano / Loule Aqui e Agora	5:49.54	326
	50m: 37.63 37.63	150m: 2:01.84	42.86 250m: 3:31.16 45.22	350m: 5:03.88	46.66
	100m: 1:18.98 41.35	200m: 2:45.94	44.10 300m: 4:17.22 46.06	400m: 5:49.54	45.66
10.	Eduardo Jorge ALVARO	44	Palmela Desporto	5:59.12	300
	50m: 38.97 38.97	150m: 2:05.04	43.43 250m: 3:36.70 45.84	350m: 5:11.97	48.02
	100m: 1:21.61 42.64	200m: 2:50.86	45.82 300m: 4:23.95 47.25	400m: 5:59.12	47.15

13º Torneio de Masters do Litoral Alentejano
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Prova 2, Masc., 400m Livres

45 - 49 anos

1.	Miguel Alexandre ROQUE	46	Nacional de Natação	4:51.92	597
	50m: 31.96 31.96	150m: 1:44.03	36.75 250m: 2:58.68	37.30	350m: 4:13.74
	100m: 1:07.28 35.32	200m: 2:21.38	37.35 300m: 3:36.03	37.35	400m: 4:51.92
					37.71
					38.18
2.	Diogo Pedroso ALMEIDA	49	Adrcimm	5:00.27	549
	50m: 33.76 33.76	150m: 1:48.34	38.14 250m: 3:05.28	38.39	350m: 4:23.26
	100m: 1:10.20 36.44	200m: 2:26.89	38.55 300m: 3:44.57	39.29	400m: 5:00.27
					38.69
					37.01
3.	Ricardo Paulo CARDOSO	46	Gesloures	5:14.99	475
	50m: 34.35 34.35	150m: 1:50.61	38.60 250m: 3:11.49	40.73	350m: 4:35.44
	100m: 1:12.01 37.66	200m: 2:30.76	40.15 300m: 3:53.16	41.67	400m: 5:14.99
					42.28
					39.55
4.	Hugo Miguel SILVA	49	BUZIOS - Coruche	5:19.61	455
	50m: 37.28 37.28	150m: 2:00.39	41.73 250m: 3:24.43	41.80	350m: 4:44.32
	100m: 1:18.66 41.38	200m: 2:42.63	42.24 300m: 4:05.45	41.02	400m: 5:19.61
					38.87
					35.29
5.	Nuno Miguel NEVES	47	Louletano / Loule Aqui e Agora	5:39.02	381
	50m: 35.85 35.85	150m: 1:59.30	43.15 250m: 3:27.26	44.07	350m:
	100m: 1:16.15 40.30	200m: 2:43.19	43.89 300m: 4:11.59	44.33	400m: 5:39.02
6.	Bruno Cena SAEZ	48	Lisboa PoolSharks	6:00.43	317
	50m: 38.14 38.14	150m: 2:06.82	45.20 250m: 3:40.65	47.40	350m: 5:17.25
	100m: 1:21.62 43.48	200m: 2:53.25	46.43 300m: 4:28.84	48.19	400m: 6:00.43
					48.41
					43.18
7.	Joao Filipe ROMAO	49	Lagoa Academico Clube	6:01.14	315
	50m: 39.04 39.04	150m: 2:08.34	45.84 250m: 3:43.00	46.75	350m: 5:18.08
	100m: 1:22.50 43.46	200m: 2:56.25	47.91 300m: 4:31.23	48.23	400m: 6:01.14
					46.85
					43.06
8.	Vitor Manuel PICARRA	49	Cnbe	6:11.46	290
	50m: 41.38 41.38	150m: 2:14.65	47.19 250m: 3:50.54	47.25	350m: 5:27.19
	100m: 1:27.46 46.08	200m: 3:03.29	48.64 300m: 4:39.02	48.48	400m: 6:11.46
					48.17
					44.27
9.	Jose Romao VALENTE	47	Grupo dos Amigos da Natacao-AC	6:18.39	274
	50m: 43.77 43.77	150m: 2:19.23	48.77 250m: 3:59.53	50.75	350m: 5:34.61
	100m: 1:30.46 46.69	200m: 3:08.78	49.55 300m: 4:48.43	48.90	400m: 6:18.39
					46.18
					43.78
10.	Joao Pedro MARQUES	49	Grupo dos Amigos da Natacao-AC	6:25.09	260
	50m: 38.84 38.84	150m: 2:13.84	49.21 250m: 3:55.98	51.35	350m: 5:40.05
	100m: 1:24.63 45.79	200m: 3:04.63	50.79 300m: 4:49.30	53.32	400m: 6:25.09
					50.75
					45.04
11.	Ricardo jorge MANO	45	Gesloures	7:43.09	149
	50m: 49.31 49.31	150m: 2:46.76	1:01.44 250m: 4:46.40	1:00.20	350m: 6:48.86
	100m: 1:45.32 56.01	200m: 3:46.20	59.44 300m: 5:47.70	1:01.30	400m: 7:43.09
					1:01.16
					54.23
12.	Hugo Alexandre DIAS	46	Individual de Leiria	8:24.75	115
	50m: 54.75 54.75	150m: 2:59.36	1:02.71 250m: 5:07.45	1:03.42	350m: 7:20.28
	100m: 1:56.65 1:01.90	200m: 4:04.03	1:04.67 300m: 6:12.73	1:05.28	400m: 8:24.75
					1:07.55
					1:04.47

50 - 54 anos

1.	Rui Miguel DUARTE	51	Louletano / Loule Aqui e Agora	5:00.28	597
	50m: 33.58 33.58	150m: 1:48.43	37.43 250m: 3:05.74	38.71	350m: 4:23.85
	100m: 1:11.00 37.42	200m: 2:27.03	38.60 300m: 3:44.67	38.93	400m: 5:00.28
					39.18
					36.43
2.	Carlos Soares GOULAO	51	Galitos / Bresimar	5:32.67	439
	50m: 35.09 35.09	150m: 1:55.63	40.89 250m: 3:19.98	42.49	350m: 4:48.76
	100m: 1:14.74 39.65	200m: 2:37.49	41.86 300m: 4:03.96	43.98	400m: 5:32.67
					44.80
					43.91
3.	Rui Alexandre SANTOS	50	CCD Associacao De Nadadores Dos	5:43.35	399
	50m: 37.51 37.51	150m: 2:02.52	43.44 250m: 3:30.68	44.24	350m: 5:00.04
	100m: 1:19.08 41.57	200m: 2:46.44	43.92 300m: 4:15.20	44.52	400m: 5:43.35
					44.84
					43.31
4.	Eduardo Jose CORREIA	50	Porto	5:53.07	367
	50m: 37.20 37.20	150m: 2:03.63	44.21 250m: 3:35.48	46.39	350m: 5:08.73
	100m: 1:19.42 42.22	200m: 2:49.09	45.46 300m: 4:22.68	47.20	400m: 5:53.07
					46.05
					44.34
5.	Ricardo Velho FRANCO	52	Gesloures	5:55.93	358
	50m: 38.09 38.09	150m: 2:06.04	44.77 250m: 3:36.34	45.26	350m: 5:09.50
	100m: 1:21.27 43.18	200m: 2:51.08	45.04 300m: 4:22.50	46.16	400m: 5:55.93
					47.00
					46.43

13º Torneio de Masters do Litoral Alentejano
Sines, 14/3/2026

Prova 2, Masc., 400m Livres, 50 - 54 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
6.	Vasco Santos ADRIAO	51	O2-Portimao	6:17.07	301
	50m: 40.42 40.42	150m: 2:10.39	46.29	250m: 3:46.68	48.56
	100m: 1:24.10 43.68	200m: 2:58.12	47.73	300m: 4:36.19	49.51
				350m: 5:27.07	50.88
				400m: 6:17.07	50.00
7.	Rui Miguel BEJA	50	Académica de Coimbra	6:42.89	247
	50m: 39.71 39.71	150m: 2:09.46	46.67	250m: 3:54.55	54.62
	100m: 1:22.79 43.08	200m: 2:59.93	50.47	300m: 4:50.99	56.44
				400m: 6:42.89	
8.	Bruno Miguel SILVA	54	Clube Natacao Masters de Almada	6:52.21	230
	50m: 39.83 39.83	150m: 2:15.78	49.88	250m: 4:03.80	55.93
	100m: 1:25.90 46.07	200m: 3:07.87	52.09	300m: 5:00.33	56.53
				400m: 6:52.21	
9.	Nuno Filipe OLIVEIRA	52	Lagoa Academico Clube	6:57.90	221
	50m: 43.39 43.39	150m: 2:25.95	52.72	250m: 4:16.33	56.25
	100m: 1:33.23 49.84	200m: 3:20.08	54.13	300m: 5:12.03	55.70
				350m: 6:07.77	55.74
				400m: 6:57.90	50.13
10.	David Alexandre BAPTISTA	53	O2-Portimao	7:01.91	215
	50m: 43.81 43.81	150m: 2:27.46	53.18	250m: 4:16.97	54.99
	100m: 1:34.28 50.47	200m: 3:21.98	54.52	300m: 5:13.31	56.34
				400m: 7:01.91	
11.	Paulo Miguel IVAS	53	Clube Natacao Masters de Almada	7:02.57	214
	50m: 42.42 42.42	150m: 2:31.43	56.71	250m: 4:23.95	55.83
	100m: 1:34.72 52.30	200m: 3:28.12	56.69	300m: 5:19.89	55.94
				400m: 7:02.57	46.26

55 - 59 anos

1.	Marco VANTAGGIATO	55	Litoral Alentejano	4:41.78	877
	50m: 32.53 32.53	150m: 1:43.58	35.72	250m: 2:55.74	36.15
	100m: 1:07.86 35.33	200m: 2:19.59	36.01	300m: 3:31.98	36.24
				350m: 4:08.34	36.36
				400m: 4:41.78	33.44
2.	Carlos Neves CABRITA	55	Ndco	5:13.64	636
	50m: 35.80 35.80	150m: 1:52.84	39.42	250m: 3:13.37	40.65
	100m: 1:13.42 37.62	200m: 2:32.72	39.88	300m: 3:54.17	40.80
				400m: 5:13.64	38.60
3.	Jose Manuel PEREIRA	56	Palmela Desporto	5:38.74	505
	50m: 37.90 37.90	150m: 2:02.53	42.70	250m: 3:28.93	43.06
	100m: 1:19.83 41.93	200m: 2:45.87	43.34	300m: 4:12.67	43.74
				400m: 5:38.74	42.44
4.	Sjoerd Anko DRENTJE	55	Louletano / Loule Aqui e Agora	5:55.12	438
	50m: 40.58 40.58	150m: 2:10.15	45.10	250m: 3:41.64	45.20
	100m: 1:25.05 44.47	200m: 2:56.44	46.29	300m: 4:27.33	45.69
				400m: 5:55.12	42.33
5.	Rui Miguel HENRIQUES	57	CCD Associacao De Nadadores Dos	6:05.19	403
	50m: 38.88 38.88	150m: 2:06.82	45.42	250m: 3:43.79	48.49
	100m: 1:21.40 42.52	200m: 2:55.30	48.48	300m: 4:32.38	48.59
				400m: 6:05.19	44.92
6.	Fernando Jorge LUZ	56	Clube Natacao Masters de Almada	6:32.78	323
	50m: 40.18 40.18	150m: 2:15.89	49.77	250m: 3:58.25	51.38
	100m: 1:26.12 45.94	200m: 3:06.87	50.98	300m: 4:49.74	51.49
				400m: 6:32.78	51.23
7.	Antonio Jose VITORINO	58	Naval de Peniche	7:35.47	207
	50m: 46.91 46.91	150m: 2:40.04	58.02	250m: 4:39.77	59.86
	100m: 1:42.02 55.11	200m: 3:39.91	59.87	300m: 5:39.28	59.51
				400m: 7:35.47	56.37
8.	Luis Miguel ARCANGELO	56	Clube Natacao Masters de Almada	7:50.56	188
	50m: 48.36 48.36	150m: 2:42.34	58.26	250m: 4:46.68	1:02.41
	100m: 1:44.08 55.72	200m: 3:44.27	1:01.93	300m: 5:49.61	1:02.93
				400m: 7:50.56	58.63

60 - 64 anos

1.	Carlos Jorge OLIVEIRA	62	Clube Natacao Masters de Almada	5:32.36	579
	50m: 37.90 37.90	150m: 2:01.57	41.98	250m: 3:26.10	42.14
	100m: 1:19.59 41.69	200m: 2:43.96	42.39	300m: 4:08.20	42.10
				400m: 5:32.36	41.84
2.	Antonio Fernando SOUSA	61	Porto	5:58.01	463
	50m: 38.84 38.84	150m: 2:08.70	45.68	250m: 3:40.02	45.91
	100m: 1:23.02 44.18	200m: 2:54.11	45.41	300m: 4:25.71	45.69
				400m: 5:58.01	46.51

13º Torneio de Masters do Litoral Alentejano
Sines, 14/3/2026

Prova 2, Masc., 400m Livres, 60 - 64 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
3.	Antonio Jorge MARTINHO	61	Académica de Coimbra	6:04.95	437
	50m: 39.93 39.93	150m: 2:09.08	45.84	250m: 3:43.97	47.31
	100m: 1:23.24 43.31	200m: 2:56.66	47.58	300m: 4:31.14	47.17
				350m: 5:18.78	47.64
				400m: 6:04.95	46.17
4.	Daniel Castro TRIGO	61	Sporting Clube de Aveiro	7:08.66	270
	50m: 48.25 48.25	150m: 2:36.99	54.80	250m: 4:26.42	54.72
	100m: 1:42.19 53.94	200m: 3:31.70	54.71	300m: 5:21.19	54.77
				350m: 6:17.13	55.94
				400m: 7:08.66	51.53
5.	Paulo Manuel MARTINS	64	Louletano / Loule Aqui e Agora	7:13.78	260
	50m: 42.68 42.68	150m: 2:28.31	54.61	250m: 4:23.41	57.41
	100m: 1:33.70 51.02	200m: 3:26.00	57.69	300m: 5:20.18	56.77
				350m: 6:16.97	56.79
				400m: 7:13.78	56.81
6.	Vitor Manuel CARDOSO	61	Gesloures	7:30.07	233
	50m: 45.24 45.24	150m: 2:40.25	58.43	250m: 4:39.71	59.52
	100m: 1:41.82 56.58	200m: 3:40.19	59.94	300m: 5:38.10	58.39
				350m: 6:35.91	57.81
				400m: 7:30.07	54.16
7.	Paulo Manuel PEREIRA	64	CCD Associacao De Nadadores Dos	7:47.94	207
	50m: 50.90 50.90	150m: 2:50.89	1:01.33	250m: 4:52.75	1:00.97
	100m: 1:49.56 58.66	200m: 3:51.78	1:00.89	300m: 5:54.58	1:01.83
				350m: 6:53.08	58.50
				400m: 7:47.94	54.86
8.	Hans Dieter THIEMANN	60	O2-Portimao	8:36.77	154
	50m: 54.43 54.43	150m: 3:06.44	1:07.88	250m: 5:24.19	1:08.77
	100m: 1:58.56 1:04.13	200m: 4:15.42	1:08.98	300m: 6:30.72	1:06.53
				350m: 7:37.25	1:06.53
				400m: 8:36.77	59.52
9.	Joao Carlos NASCIMENTO	63	O2-Portimao	8:37.71	153
	50m: 54.87 54.87	150m: 3:02.41	1:05.12	250m:	
	100m: 1:57.29 1:02.42	200m: 4:09.73	1:07.32	300m: 6:25.59	
				350m:	
				400m: 8:37.71	

65 - 69 anos

1.	Jaime Carlos BENTO	65	Sad	5:17.22	889
	<i>Recorde Nacional</i>				
	50m: 34.56 34.56	150m: 1:53.37	39.98	250m: 3:14.97	40.73
	100m: 1:13.39 38.83	200m: 2:34.24	40.87	300m: 3:56.84	41.87
				350m: 4:38.10	41.26
				400m: 5:17.22	39.12
2.	Jose Luis CORREIA	67	CCD Associacao De Nadadores Dos	7:17.39	339
	50m: 47.68 47.68	150m: 2:37.32	55.38	250m: 4:31.71	57.67
	100m: 1:41.94 54.26	200m: 3:34.04	56.72	300m: 5:29.07	57.36
				350m: 6:24.76	55.69
				400m: 7:17.39	52.63

70 - 74 anos

1.	Manuel Edgar SOARES	72	O2-Portimao	7:48.10	323
	50m: 52.47 52.47	150m: 2:54.32	1:02.45	250m: 4:56.17	1:00.46
	100m: 1:51.87 59.40	200m: 3:55.71	1:01.39	300m: 5:58.09	1:01.92
				350m: 6:57.07	58.98
				400m: 7:48.10	51.03
2.	Jose Alexandre RAPOSO	71	Sporting Clube de Aveiro	8:03.72	293
	50m: 53.84 53.84	150m: 2:58.00	1:02.84	250m: 5:04.00	1:02.80
	100m: 1:55.16 1:01.32	200m: 4:01.20	1:03.20	300m: 6:06.32	1:02.32
				350m: 7:06.63	1:00.31
				400m: 8:03.72	57.09
3.	Jose Goncalves SANTOS	72	Sporting Clube de Aveiro	8:11.01	280
	50m: 54.17 54.17	150m: 2:59.01	1:02.71	250m: 5:07.65	1:03.69
	100m: 1:56.30 1:02.13	200m: 4:03.96	1:04.95	300m: 6:10.66	1:03.01
				350m: 7:12.64	1:01.98
				400m: 8:11.01	58.37

75 - 79 anos

1.	Luis Silveira VIEGAS	79	Sad	8:38.84	308
	50m: 54.86 54.86	150m: 3:04.88	1:06.10	250m: 5:22.33	1:07.92
	100m: 1:58.78 1:03.92	200m: 4:14.41	1:09.53	300m: 6:28.67	1:06.34
				350m: 7:35.06	1:06.39
				400m: 8:38.84	1:03.78