

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

Prova 4 Masc., 400m Estilos 25 - 104 anos
14/03/2026 - 12:15 Resultados

RN A(25-29)	4:33.01	Adriano Miguel NIZ	GDNVNF	Porto	08/11/2014
RN B(30-34)	4:28.91	Pedro Miguel PINOTES	SCP	Sines	04/03/2023
RN C(35-39)	4:33.58	Eduardo Ferreira SEVIERI	FCP	Rio de Janeiro (BRA)	01/12/2021
RN D(40-44)	5:02.24	Andre Barbosa VICENTE	SCP	Sines	07/03/2020
RN E(45-49)	5:10.35	Luis Daniel PACHECO	CNAL	Sines	01/03/2025
RN F(50-54)	5:29.30	Jose Samuel DUARTE	SCP	Porto	28/11/2015
RN G(55-59)	5:35.57	Paulo Paula CARVALHO	SFUAP	Benedita	03/04/2016
RN H(60-64)	5:45.27	Paulo Paula CARVALHO	SCP	Valongo	25/04/2022
RN I(65-69)	6:26.02	Antonio Bessone BASTO	SAD	Lisboa	18/06/2010
RN J(70-74)	6:35.10	Antonio Bessone BASTO	SAD	Pontevedra (ESP)	20/02/2015
RN K(75-79)	7:18.18	Antonio Bessone BASTO	SAD	Sines	07/03/2020
RN L(80-84)	59:00.00	start			01/01/1800
RN M(85-89)	59:00.00	start			01/01/1800

Pontos: DSV Masters 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
25 - 29 anos					
1.	Diogo Filipe RODRIGUES	28	CNLeiria - VOID	5:01.14	717
	50m: 31.41 31.41	150m: 1:46.70	39.91	250m: 3:07.06	41.59
	100m: 1:06.79 35.38	200m: 2:25.47	38.77	300m: 3:49.53	42.47
				350m: 4:26.67	37.14
				400m: 5:01.14	34.47
2.	Artur Rafael SARAMAGO	29	BUZIOS - Coruche	5:03.57	700
	50m: 29.94 29.94	150m: 1:45.73	39.60	250m: 3:09.20	43.54
	100m: 1:06.13 36.19	200m: 2:25.66	39.93	300m: 3:53.04	43.84
				350m: 4:28.60	35.56
				400m: 5:03.57	34.97
3.	João Pedro TARQUINIO	29	Alcobaca	5:23.81	576
	50m: 30.66 30.66	150m: 1:46.40	39.83	250m: 3:14.02	47.87
	100m: 1:06.57 35.91	200m: 2:26.15	39.75	300m: 4:03.39	49.37
				350m: 4:44.89	41.50
				400m: 5:23.81	38.92
30 - 34 anos					
1.	Miguel GOMES PEREIRA	31	Ginásio Clube Portugues	5:11.44	630
	50m: 31.62 31.62	150m: 1:48.55	40.77	250m: 3:14.68	46.23
	100m: 1:07.78 36.16	200m: 2:28.45	39.90	300m: 3:59.71	45.03
				350m: 4:36.17	36.46
				400m: 5:11.44	35.27
35 - 39 anos					
1.	Diogo Miguel PAULINO	36	Alcobaca	5:06.31	707
	50m: 31.67 31.67	150m: 1:47.50	39.05	250m: 3:10.51	45.26
	100m: 1:08.45 36.78	200m: 2:25.25	37.75	300m: 3:55.31	44.80
				350m: 4:31.43	36.12
				400m: 5:06.31	34.88
2.	Joao Carlos CARVALHO	36	Lisboa PoolSharks	5:28.27	574
	50m: 33.37 33.37	150m: 1:55.57	43.55	250m: 3:24.04	45.58
	100m: 1:12.02 38.65	200m: 2:38.46	42.89	300m: 4:11.04	47.00
				350m: 4:50.62	39.58
				400m: 5:28.27	37.65
3.	Ricardo Sousa FILIPE	38	Louletano / Loule Aqui e Agora	5:31.55	558
	50m: 31.52 31.52	150m: 1:52.80	43.14	250m: 3:24.18	49.16
	100m: 1:09.66 38.14	200m: 2:35.02	42.22	300m: 4:12.21	48.03
				350m: 4:52.45	40.24
				400m: 5:31.55	39.10
4.	Humberto Melo SALUSTIANO	35	Lisboa PoolSharks	5:59.65	437
	50m: 36.18 36.18	150m: 2:09.43	51.15	250m: 3:49.17	50.16
	100m: 1:18.28 42.10	200m: 2:59.01	49.58	300m: 4:40.44	51.27
				350m: 5:21.02	40.58
				400m: 5:59.65	38.63
40 - 44 anos					
1.	Marco Filipe DUARTE	41	FC Ferreiras/AlgarExperience	5:46.96	476
	50m: 37.48 37.48	150m: 2:05.81	47.22	250m:	
	100m: 1:18.59 41.11	200m: 2:51.36	45.55	300m: 4:29.95	
				350m: 5:09.64	39.69
				400m: 5:46.96	37.32
2.	Tiago Miguel NEVES	41	Palmela Desporto	5:59.85	427
	50m: 35.62 35.62	150m: 2:04.03	47.70	250m: 3:44.88	54.80
	100m: 1:16.33 40.71	200m: 2:50.08	46.05	300m: 4:40.06	55.18
				350m: 5:20.65	40.59
				400m: 5:59.85	39.20
3.	Ruben Filipe COELHO	44	Geslours	7:20.00	233
	50m: 43.41 43.41	150m: 2:36.82	1:00.75	250m: 4:35.39	1:02.96
	100m: 1:36.07 52.66	200m: 3:32.43	55.61	300m: 5:36.71	1:01.32
				350m: 6:29.23	52.52
				400m: 7:20.00	50.77

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Prova 4, Masc., 400m Estilos

45 - 49 anos

1.	Joao Miguel SANTOS	45	CNLeiria - VOID	4:59.56	898
	<i>Recorde Nacional</i>				
	50m: 30.52 30.52	150m: 1:47.44	41.41	250m: 3:09.19	41.86
	100m: 1:06.03 35.51	200m: 2:27.33	39.89	300m: 3:50.82	41.63
				350m: 4:26.22	35.40
				400m: 4:59.56	33.34
2.	Philippe Nicolas INFANTE	49	Lisboa PoolSharks	5:26.08	696
	50m: 32.45 32.45	150m: 1:53.84	43.32	250m: 3:23.15	47.18
	100m: 1:10.52 38.07	200m: 2:35.97	42.13	300m: 4:10.84	47.69
				350m: 4:49.40	38.56
				400m: 5:26.08	36.68
3.	Diogo Pedroso ALMEIDA	49	Adrccimm	5:48.67	569
	50m: 36.84 36.84	150m: 2:05.05	44.30	250m: 3:41.48	51.63
	100m: 1:20.75 43.91	200m: 2:49.85	44.80	300m: 4:31.55	50.07
				350m: 5:10.87	39.32
				400m: 5:48.67	37.80
4.	Hugo Miguel SILVA	49	BUZIOS - Coruche	6:17.32	449
	50m: 43.61 43.61	150m: 2:25.85	49.57	250m: 4:04.55	51.79
	100m: 1:36.28 52.67	200m: 3:12.76	46.91	300m: 4:56.86	52.31
				350m: 5:39.43	42.57
				400m: 6:17.32	37.89

50 - 54 anos

1.	Luis Daniel PACHECO	50	Alcobaca	5:14.19	755
	<i>Recorde Nacional</i>				
	50m: 33.41 33.41	150m: 1:53.73	41.47	250m: 3:17.75	43.67
	100m: 1:12.26 38.85	200m: 2:34.08	40.35	300m: 4:01.88	44.13
				350m: 4:38.08	36.20
				400m: 5:14.19	36.11
2.	Tiago Filipe CUNHA	50	Grupo dos Amigos da Natacao-AC	6:26.55	405
	50m: 44.59 44.59	150m: 2:26.29	51.65	250m: 4:07.03	50.69
	100m: 1:34.64 50.05	200m: 3:16.34	50.05	300m: 4:58.27	51.24
				350m: 5:43.03	44.76
				400m: 6:26.55	43.52
3.	Rui Alexandre SANTOS	50	CCD Associacao De Nadadores Dos	7:07.94	298
	50m: 49.32 49.32	150m: 2:42.48	53.33	250m: 4:38.19	1:04.16
	100m: 1:49.15 59.83	200m: 3:34.03	51.55	300m: 5:43.20	1:05.01
				350m: 6:25.60	42.40
				400m: 7:07.94	42.34
4.	Paulo Jorge RASOILLO	52	Grupo dos Amigos da Natacao-AC	7:21.05	273
	50m: 52.15 52.15	150m: 2:50.49	1:01.34	250m: 4:46.46	56.38
	100m: 1:49.15 57.00	200m: 3:50.08	59.59	300m: 5:45.38	58.92
				350m: 6:36.28	50.90
				400m: 7:21.05	44.77
5.	Luis Miguel RODRIGUES	50	Aquatico Silves	8:32.52	174
	50m: 51.60 51.60	150m: 3:02.04	1:11.49	250m: 5:21.05	1:07.77
	100m: 1:50.55 58.95	200m: 4:13.28	1:11.24	300m: 6:31.50	1:10.45
				350m: 7:35.88	1:04.38
				400m: 8:32.52	56.64

55 - 59 anos

1.	Rui Miguel TEJO	57	Académica de Coimbra	6:23.24	499
	50m: 43.19 43.19	150m: 2:22.78	51.71	250m: 4:04.76	51.87
	100m: 1:31.07 47.88	200m: 3:12.89	50.11	300m: 4:55.71	50.95
				350m: 5:40.32	44.61
				400m: 6:23.24	42.92
2.	Francisco Jose DIAS	57	Lagoa Academico Clube	6:44.90	423
	50m: 42.55 42.55	150m: 2:30.80	56.96	250m: 4:19.31	53.43
	100m: 1:33.84 51.29	200m: 3:25.88	55.08	300m: 5:14.73	55.42
				350m: 6:01.48	46.75
				400m: 6:44.90	43.42
3.	Jose Manuel PEREIRA	56	Palmela Desporto	6:52.72	399
	50m: 43.54 43.54	150m: 2:33.98	1:00.15	250m: 4:28.48	57.60
	100m: 1:33.83 50.29	200m: 3:30.88	56.90	300m: 5:26.98	58.50
				350m: 6:10.71	43.73
				400m: 6:52.72	42.01
4.	Joao Carlos PEREIRA	57	Clube Natacao Masters de Almada	7:08.22	357
	50m: 42.53 42.53	150m: 2:29.59	56.16	250m: 4:30.22	1:03.59
	100m: 1:33.43 50.90	200m: 3:26.63	57.04	300m: 5:32.16	1:01.94
				350m: 6:21.98	49.82
				400m: 7:08.22	46.24
5.	Mário António CAEIRO	55	Clube Natacao Masters de Almada	7:33.50	301
	50m: 45.68 45.68	150m: 2:47.88	1:02.23	250m: 4:50.65	1:04.12
	100m: 1:45.65 59.97	200m: 3:46.53	58.65	300m: 5:54.27	1:03.62
				350m: 6:44.79	50.52
				400m: 7:33.50	48.71
6.	Rui Miguel HENRIQUES	57	CCD Associacao De Nadadores Dos	7:45.96	277
	50m: 53.50 53.50	150m: 3:02.13	1:05.68	250m: 5:09.49	1:03.78
	100m: 1:56.45 1:02.95	200m: 4:05.71	1:03.58	300m: 6:13.77	1:04.28
				350m: 7:02.08	48.31
				400m: 7:45.96	43.88

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

Prova 4, Masc., 400m Estilos, 55 - 59 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
7.	Nuno Nobre MIRANDA	56	Grupo dos Amigos da Natacao-AC	8:03.85	247
	50m: 52.90 52.90	150m: 3:00.36 1:05.71	250m: 5:11.03 1:07.89	350m: 7:13.35	53.36
	100m: 1:54.65 1:01.75	200m: 4:03.14 1:02.78	300m: 6:19.99 1:08.96	400m: 8:03.85	50.50

60 - 64 anos

1.	Carlos Jorge OLIVEIRA	62	Clube Natacao Masters de Almada	6:37.58	540
	50m: 46.83 46.83	150m: 2:28.70 47.47	250m: 4:14.81 58.41	350m: 5:55.94	41.13
	100m: 1:41.23 54.40	200m: 3:16.40 47.70	300m: 5:14.81 1:00.00	400m: 6:37.58	41.64
2.	Paulo Marcos DANTAS	63	Sad	6:45.93	508
	50m: 44.08 44.08	150m: 2:33.09 59.43	250m: 4:22.76 54.45	350m: 6:04.03	46.26
	100m: 1:33.66 49.58	200m: 3:28.31 55.22	300m: 5:17.77 55.01	400m: 6:45.93	41.90
3.	Antonio Fernando SOUSA	61	Porto	6:51.92	486
	50m: 48.19 48.19	150m: 2:36.93 53.39	250m: 4:21.30 54.43	350m: 6:04.95	49.70
	100m: 1:43.54 55.35	200m: 3:26.87 49.94	300m: 5:15.25 53.95	400m: 6:51.92	46.97
4.	Luis Filipe ALMEIDA	60	Lisboa PoolSharks	7:53.52	320
	50m: 58.24 58.24	150m: 3:02.67 58.25	250m: 5:03.63 1:01.51	350m: 6:59.47	56.02
	100m: 2:04.42 1:06.18	200m: 4:02.12 59.45	300m: 6:03.45 59.82	400m: 7:53.52	54.05
DSQ	Daniel Castro TRIGO	61	Sporting Clube de Aveiro		
	<i>102 - Não completou a prova - SW 10.2</i>				

65 - 69 anos

1.	Paulo Paula CARVALHO	65	Sporting	6:40.63	698
	50m: 38.27 38.27	150m: 2:14.57 52.91	250m: 4:08.26 1:09.54	350m: 5:56.71	46.69
	100m: 1:21.66 43.39	200m: 2:58.72 44.15	300m: 5:10.02 1:01.76	400m: 6:40.63	43.92
2.	Paulo Filipe LUZ	67	Gesloures	8:18.51	362
	50m: 54.41 54.41	150m: 3:05.11 1:09.32	250m: 5:20.73 1:05.93	350m: 7:24.85	56.01
	100m: 1:55.79 1:01.38	200m: 4:14.80 1:09.69	300m: 6:28.84 1:08.11	400m: 8:18.51	53.66
3.	Jose Luis CORREIA	67	CCD Associacao De Nadadores Dos	9:07.86	273
	50m: 1:00.50 1:00.50	150m: 3:31.41 1:18.60	250m: 6:02.29 1:13.42	350m: 8:15.81	57.29
	100m: 2:12.81 1:12.31	200m: 4:48.87 1:17.46	300m: 7:18.52 1:16.23	400m: 9:07.86	52.05

70 - 74 anos

1.	Carlos Augusto CORREIA	74	Clube Natacao Masters de Almada	8:40.14	441
	50m: 1:02.06 1:02.06	150m: 3:19.57 1:08.06	250m: 5:39.82 1:13.66	350m: 7:47.74	53.86
	100m: 2:11.51 1:09.45	200m: 4:26.16 1:06.59	300m: 6:53.88 1:14.06	400m: 8:40.14	52.40
DSQ	Jose Goncalves SANTOS	72	Sporting Clube de Aveiro		
	<i>614 - Nadador não efectuou viragem aos 175 m após terminar movimento contínuo de braços - SW 6.4</i>				