

IV Torneio de Natação Master do CNAC
Coimbra, 17/5/2026

Prova 1 Masc., 400m Livres 25 anos e mais velhos
17/05/2026 - 9:00 Resultados

| | | | | | | | | | | |
|--------------------|----------|------------------------------|---------|-----------------------|--|--|--|--|--|------------|
| Rec Nacional Esc O | 59:00.00 | | | | | | | | | 01/01/1800 |
| Rec Nacional Esc N | 20:28.01 | Virgilio Zacarias, COSTA | AAC | Reguengos de Monsaraz | | | | | | 08/07/2022 |
| Rec Nacional Esc M | 11:50.57 | Antonio Alexandre, RODRIGUES | AAC | Vila Franca de Xira | | | | | | 07/04/2024 |
| Rec Nacional Esc L | 8:09.26 | Luis Vidigal, SALGUEIRO | SAD | Vila Franca de Xira | | | | | | 13/04/2025 |
| Rec Nacional Esc K | 6:31.90 | Stephen Thomas, DYSON | SAD | Reguengos de Monsaraz | | | | | | 10/07/2022 |
| Rec Nacional Esc J | 5:53.42 | Stephen Thomas, DYSON | SAD | Budapeste (HUN) | | | | | | 20/08/2017 |
| Rec Nacional Esc I | 5:31.93 | Jaime Carlos, BENTO | SAD | Coimbra | | | | | | 11/04/2026 |
| Rec Nacional Esc H | 4:49.01 | Jose Carlos, FREITAS | CLIP | Doha (QAT) | | | | | | 28/02/2024 |
| Rec Nacional Esc G | 4:34.69 | Jose Carlos, FREITAS | CFP | Loulé | | | | | | 14/07/2018 |
| Rec Nacional Esc F | 4:28.97 | Jose Carlos, FREITAS | CFP | Kazan (RUS) | | | | | | 16/08/2015 |
| Rec Nacional Esc E | 4:27.36 | Jose Carlos, FREITAS | CFP | Gotemburgo (SWE) | | | | | | 06/08/2010 |
| Rec Nacional Esc D | 4:33.43 | Miguel Mendonca, CABRITA | SAD | Évora | | | | | | 05/07/2014 |
| Rec Nacional Esc C | 4:18.63 | Adriano Miguel, NIZ | GDNFAMA | Rome (ITA) | | | | | | 29/08/2022 |
| Rec Nacional Esc B | 4:10.56 | Adriano Miguel, NIZ | GDNVNF | London (GBR) | | | | | | 27/05/2016 |
| Rec Nacional Esc A | 4:12.44 | Adriano Miguel, NIZ | GDNVNF | Kazan (RUS) | | | | | | 16/08/2015 |

Lugar Idade Tempo final Pts

Master Esc A

| | | | | |
|--------------------------------|---------------------|---------------------|---------------------|-------|
| 1. Andre Pereira, COELHO | 28 | Galitos / Bresimar | 5:08.09 | 12,00 |
| 50m: 31.08 31.08 | 150m: 1:44.89 38.89 | 250m: 3:05.54 40.74 | 350m: 4:27.65 40.16 | |
| 100m: 1:06.00 34.92 | 200m: 2:24.80 39.91 | 300m: 3:47.49 41.95 | 400m: 5:08.09 40.44 | |
| 2. Eduardo Filipe, CARVALHEIRO | 29 | SHARKS - ADSC | 5:26.32 | 8,00 |
| 50m: 34.85 34.85 | 150m: 1:55.05 40.28 | 250m: 3:19.40 42.06 | 350m: 4:45.34 42.73 | |
| 100m: 1:14.77 39.92 | 200m: 2:37.34 42.29 | 300m: 4:02.61 43.21 | 400m: 5:26.32 40.98 | |

Master Esc B

| | | | | |
|-------------------------------|---------------------|----------------------|---------------------|-------|
| 1. Nuno Goncalo, SANTOS | 30 | Vieirense | 4:34.14 | 12,00 |
| 50m: 29.96 29.96 | 150m: 1:36.49 33.84 | 250m: 2:47.06 35.55 | 350m: 3:59.37 36.44 | |
| 100m: 1:02.65 32.69 | 200m: 2:11.51 35.02 | 300m: 3:22.93 35.87 | 400m: 4:34.14 34.77 | |
| 2. Goncalo Goncalves, MENESES | 34 | Braga | 5:08.82 | 8,00 |
| 50m: 32.40 32.40 | 150m: 1:48.35 38.90 | 250m: 3:07.21 39.64 | 350m: 4:28.30 40.78 | |
| 100m: 1:09.45 37.05 | 200m: 2:27.57 39.22 | 300m: 3:47.52 40.31 | 400m: 5:08.82 40.52 | |
| 3. Nuno Duarte, BARBOSA | 30 | Leixões | 5:33.26 | 6,00 |
| 50m: 35.09 35.09 | 150m: 1:52.04 39.81 | 250m: 3:18.01 43.74 | 350m: 4:47.66 45.25 | |
| 100m: 1:12.23 37.14 | 200m: 2:34.27 42.23 | 300m: 4:02.41 44.40 | 400m: 5:33.26 45.60 | |
| 4. Carlos Daniel, NUNES | 34 | Académica de Coimbra | 5:55.85 | 5,00 |
| 50m: 37.03 37.03 | 150m: 2:02.99 44.17 | 250m: 3:36.06 46.95 | 350m: 5:12.13 48.65 | |
| 100m: 1:18.82 41.79 | 200m: 2:49.11 46.12 | 300m: 4:23.48 47.42 | 400m: 5:55.85 43.72 | |
| 5. Andre Filipe, RODRIGUES | 32 | Amigos da Natação | 5:56.40 | 4,00 |
| 50m: 37.59 37.59 | 150m: 2:03.15 44.15 | 250m: 3:35.27 46.63 | 350m: 5:11.25 48.68 | |
| 100m: 1:19.00 41.41 | 200m: 2:48.64 45.49 | 300m: 4:22.57 47.30 | 400m: 5:56.40 45.15 | |

Master Esc C

| | | | | |
|---------------------------|---------------------|-----------------------|---------------------|-------|
| 1. Fabio Andre, POLICARPO | 36 | CDPC - Póvoa Stª Iria | 5:00.02 | 12,00 |
| 50m: 33.62 33.62 | 150m: 1:46.52 37.20 | 250m: 3:04.00 39.28 | 350m: 4:22.57 38.94 | |
| 100m: 1:09.32 35.70 | 200m: 2:24.72 38.20 | 300m: 3:43.63 39.63 | 400m: 5:00.02 37.45 | |
| 2. Aleksandr, LINKOV | 35 | Leixões | 5:26.78 | 8,00 |
| 50m: 33.28 33.28 | 150m: 1:51.23 39.99 | 250m: 3:16.31 42.67 | 350m: 4:45.01 43.92 | |
| 100m: 1:11.24 37.96 | 200m: 2:33.64 42.41 | 300m: 4:01.09 44.78 | 400m: 5:26.78 41.77 | |
| 3. Jose Miguel, GOUVEIA | 35 | Leixões | 5:46.75 | 6,00 |
| 50m: 35.60 35.60 | 150m: 2:00.57 43.78 | 250m: 3:31.78 45.92 | 350m: 5:03.75 46.14 | |
| 100m: 1:16.79 41.19 | 200m: 2:45.86 45.29 | 300m: 4:17.61 45.83 | 400m: 5:46.75 43.00 | |
| 4. Gustavo Jose, FRESCO | 39 | Académica de Coimbra | 5:53.61 | 5,00 |
| 50m: 36.40 36.40 | 150m: 2:03.03 44.79 | 250m: 3:36.58 47.02 | 350m: 5:10.82 45.83 | |
| 100m: 1:18.24 41.84 | 200m: 2:49.56 46.53 | 300m: 4:24.99 48.41 | 400m: 5:53.61 42.79 | |

IV Torneio de Natação Master do CNAC
Coimbra, 17/5/2026

Prova 1, Masc., 400m Livres

Master Esc D

| | | | | |
|-----------------------------|---------------|---------------------|---------------------|-------|
| 1. Marcelo Porto, RODRIGUES | 44 | Natacao de Valongo | 5:42.00 | 12,00 |
| 50m: 37.24 37.24 | 150m: 2:01.82 | 43.31 250m: 3:30.66 | 45.05 350m: 5:00.01 | 44.99 |
| 100m: 1:18.51 41.27 | 200m: 2:45.61 | 43.79 300m: 4:15.02 | 44.36 400m: 5:42.00 | 41.99 |
| 2. Tiago Filipe, VALENTIM | 40 | Amigos da Nataçã | 5:48.50 | 8,00 |
| 50m: 35.38 35.38 | 150m: 1:59.45 | 43.78 250m: 3:30.52 | 46.03 350m: 5:03.69 | 46.62 |
| 100m: 1:15.67 40.29 | 200m: 2:44.49 | 45.04 300m: 4:17.07 | 46.55 400m: 5:48.50 | 44.81 |
| 3. Nuno Filipe, MATOS | 40 | SHARKS - ADSC | 5:48.70 | 6,00 |
| 50m: 35.70 35.70 | 150m: 1:58.76 | 43.27 250m: 3:29.73 | 46.35 350m: 5:02.40 | 46.61 |
| 100m: 1:15.49 39.79 | 200m: 2:43.38 | 44.62 300m: 4:15.79 | 46.06 400m: 5:48.70 | 46.30 |
| 4. Helder Filipe, DOMINGUES | 44 | Leixões | 6:00.43 | 5,00 |
| 50m: 41.18 41.18 | 150m: 2:13.68 | 46.58 250m: 3:48.05 | 46.88 350m: 5:21.56 | 46.32 |
| 100m: 1:27.10 45.92 | 200m: 3:01.17 | 47.49 300m: 4:35.24 | 47.19 400m: 6:00.43 | 38.87 |

Master Esc E

| | | | | |
|----------------------------|---------------|-----------------------|-----------------------|---------|
| 1. Jorge Miguel, OLIVEIRA | 46 | Natacao de Valongo | 5:54.68 | 12,00 |
| 50m: 36.88 36.88 | 150m: 2:03.75 | 44.82 250m: 3:36.30 | 46.11 350m: 5:10.45 | 46.51 |
| 100m: 1:18.93 42.05 | 200m: 2:50.19 | 46.44 300m: 4:23.94 | 47.64 400m: 5:54.68 | 44.23 |
| 2. Pedro Santos, GOUVEIA | 45 | Académica de Coimbra | 6:45.17 | 8,00 |
| 50m: 40.72 40.72 | 150m: 2:21.41 | 52.07 250m: 4:07.38 | 53.05 350m: 5:53.49 | 53.50 |
| 100m: 1:29.34 48.62 | 200m: 3:14.33 | 52.92 300m: 4:59.99 | 52.61 400m: 6:45.17 | 51.68 |
| 3. Nuno Silva, AFONSO | 47 | Académica de Coimbra | 7:07.25 | 6,00 |
| 50m: 41.43 41.43 | 150m: 2:22.57 | 53.13 250m: 4:17.10 | 57.75 350m: 6:11.87 | 56.75 |
| 100m: 1:29.44 48.01 | 200m: 3:19.35 | 56.78 300m: 5:15.12 | 58.02 400m: 7:07.25 | 55.38 |
| 4. Telmo Alexandre, BARROS | 47 | Leixões | 8:27.76 | 5,00 |
| 50m: 42.19 42.19 | 150m: 2:37.90 | 1:04.35 250m: 5:02.66 | 1:11.18 350m: 7:23.79 | 1:10.10 |
| 100m: 1:33.55 51.36 | 200m: 3:51.48 | 1:13.58 300m: 6:13.69 | 1:11.03 400m: 8:27.76 | 1:03.97 |

Master Esc F

| | | | | |
|-----------------------------|---------------|-----------------------|-----------------------|---------|
| 1. Ricardo Jorge, FERNANDES | 54 | Natacao de Valongo | 6:33.14 | 12,00 |
| 50m: 41.52 41.52 | 150m: 2:20.17 | 51.16 250m: 4:04.94 | 52.69 350m: 5:47.29 | 50.74 |
| 100m: 1:29.01 47.49 | 200m: 3:12.25 | 52.08 300m: 4:56.55 | 51.61 400m: 6:33.14 | 45.85 |
| 2. Vitor Manuel, CARDOSO | 54 | Natacao de Valongo | 6:36.02 | 8,00 |
| 50m: 40.42 40.42 | 150m: 2:20.40 | 51.97 250m: 4:06.09 | 53.29 350m: 5:50.06 | 51.28 |
| 100m: 1:28.43 48.01 | 200m: 3:12.80 | 52.40 300m: 4:58.78 | 52.69 400m: 6:36.02 | 45.96 |
| 3. Luis Miguel, PEREIRA | 53 | Fluvial Portuense | 7:21.44 | 6,00 |
| 50m: 46.82 46.82 | 150m: 2:36.47 | 55.74 250m: 4:30.38 | 57.37 350m: 6:26.10 | 57.77 |
| 100m: 1:40.73 53.91 | 200m: 3:33.01 | 56.54 300m: 5:28.33 | 57.95 400m: 7:21.44 | 55.34 |
| 4. Carlos Miguel, RODRIGUES | 50 | Algés e Águeda XXI | 8:10.73 | 5,00 |
| 50m: 53.52 53.52 | 150m: 2:56.62 | 1:03.43 250m: 5:02.70 | 1:03.96 350m: 7:10.60 | 1:03.81 |
| 100m: 1:53.19 59.67 | 200m: 3:58.74 | 1:02.12 300m: 6:06.79 | 1:04.09 400m: 8:10.73 | 1:00.13 |

Master Esc G

| | | | | |
|-----------------------------|---------------|---------------------|---------------------|-------|
| 1. Marcelo Jose, MARTINS | 55 | Fluvial Portuense | 5:16.77 | 12,00 |
| 50m: 34.02 34.02 | 150m: 1:51.71 | 39.08 250m: 3:15.14 | 41.86 350m: 4:38.08 | 41.27 |
| 100m: 1:12.63 38.61 | 200m: 2:33.28 | 41.57 300m: 3:56.81 | 41.67 400m: 5:16.77 | 38.69 |
| 2. Miguel Jose, FERREIRA | 56 | Leixões | 6:09.40 | 8,00 |
| 50m: 40.38 40.38 | 150m: 2:13.99 | 47.78 250m: 3:50.06 | 48.21 350m: 5:24.63 | 47.09 |
| 100m: 1:26.21 45.83 | 200m: 3:01.85 | 47.86 300m: 4:37.54 | 47.48 400m: 6:09.40 | 44.77 |
| 3. Isidro Marcelino, MACEDO | 58 | Vitória Guimarães | 7:17.03 | 6,00 |
| 50m: 47.14 47.14 | 150m: 2:35.07 | 54.71 250m: 4:27.21 | 56.02 350m: 6:21.31 | 56.69 |
| 100m: 1:40.36 53.22 | 200m: 3:31.19 | 56.12 300m: 5:24.62 | 57.41 400m: 7:17.03 | 55.72 |

IV Torneio de Natação Master do CNAC
Coimbra, 17/5/2026

Prova 1, Masc., 400m Livres, Master Esc G

| Lugar | Idade | Tempo final | Pts |
|-------------------------|-------------------------|---------------------|---------------------|
| 4. Ricardo Jorge, MINAS | 56 Académica de Coimbra | 7:18.96 | 5,00 |
| 50m: 48.72 48.72 | 150m: 2:36.72 55.30 | 250m: 4:30.61 57.70 | 350m: 6:23.72 56.21 |
| 100m: 1:41.42 52.70 | 200m: 3:32.91 56.19 | 300m: 5:27.51 56.90 | 400m: 7:18.96 55.24 |

Master Esc H

| | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|
| 1. Xose Anxo, GONZALEZ | 60 Porto | 6:36.97 | 12,00 |
| 50m: 42.33 42.33 | 150m: 2:22.52 51.70 | 250m: 4:07.17 52.37 | 350m: 5:51.97 51.27 |
| 100m: 1:30.82 48.49 | 200m: 3:14.80 52.28 | 300m: 5:00.70 53.53 | 400m: 6:36.97 45.00 |
| 2. Daniel Castro, TRIGO | 61 Sporting de Aveiro | 7:08.47 | 8,00 |
| 50m: 47.69 47.69 | 150m: 2:36.45 55.40 | 250m: 4:27.65 55.46 | 350m: 6:18.17 55.68 |
| 100m: 1:41.05 53.36 | 200m: 3:32.19 55.74 | 300m: 5:22.49 54.84 | 400m: 7:08.47 50.30 |
| 3. Jose Domingues, SILVA | 61 Braga | 9:00.71 | 6,00 |
| 50m: 59.94 59.94 | 150m: 3:22.20 1:11.31 | 250m: 5:42.97 1:10.03 | 350m: 8:00.69 1:08.12 |
| 100m: 2:10.89 1:10.95 | 200m: 4:32.94 1:10.74 | 300m: 6:52.57 1:09.60 | 400m: 9:00.71 1:00.02 |

Master Esc I

| | | | |
|---------------------------|-------------------------|-----------------------|-----------------------|
| 1. Jaime Carlos, BENTO | 65 Algés | 5:27.60 | 12,00 |
| <i>Recorde Nacional</i> | | | |
| 50m: 36.17 36.17 | 150m: 1:58.20 41.65 | 250m: 3:23.10 42.42 | 350m: 4:47.58 42.02 |
| 100m: 1:16.55 40.38 | 200m: 2:40.68 42.48 | 300m: 4:05.56 42.46 | 400m: 5:27.60 40.02 |
| 2. Mario Jose, PINTO | 69 Académica de Coimbra | 6:18.24 | 8,00 |
| 50m: 43.81 43.81 | 150m: 2:18.05 47.25 | 250m: 3:54.26 48.03 | 350m: 5:31.03 48.36 |
| 100m: 1:30.80 46.99 | 200m: 3:06.23 48.18 | 300m: 4:42.67 48.41 | 400m: 6:18.24 47.21 |
| 3. Jose Antonio, FERREIRA | 68 Leixões | 7:04.13 | 6,00 |
| 50m: 45.10 45.10 | 150m: 2:28.87 53.19 | 250m: 4:18.79 55.35 | 350m: 6:10.23 55.37 |
| 100m: 1:35.68 50.58 | 200m: 3:23.44 54.57 | 300m: 5:14.86 56.07 | 400m: 7:04.13 53.90 |
| 4. Pedro Nuno, OLIVEIRA | 69 Fluvial Portuense | 8:57.88 | 5,00 |
| 50m: 51.79 51.79 | 150m: 3:03.69 1:08.15 | 250m: 5:24.64 1:10.86 | 350m: 7:49.43 1:13.99 |
| 100m: 1:55.54 1:03.75 | 200m: 4:13.78 1:10.09 | 300m: 6:35.44 1:10.80 | 400m: 8:57.88 1:08.45 |

Master Esc J

| | | | |
|----------------------------|-----------------------|-----------------------|-----------------------|
| 1. Domingos Jose, FERREIRA | 72 Leixões | 7:16.42 | 12,00 |
| 50m: 45.08 45.08 | 150m: 2:33.70 56.55 | 250m: 4:28.48 57.62 | 350m: 6:22.45 56.75 |
| 100m: 1:37.15 52.07 | 200m: 3:30.86 57.16 | 300m: 5:25.70 57.22 | 400m: 7:16.42 53.97 |
| 2. Manuel Edgar, SOARES | 72 O2-Portimao | 7:48.52 | 8,00 |
| 50m: 48.44 48.44 | 150m: 2:49.58 1:03.26 | 250m: 4:53.76 1:02.05 | 350m: 6:55.32 1:00.70 |
| 100m: 1:46.32 57.88 | 200m: 3:51.71 1:02.13 | 300m: 5:54.62 1:00.86 | 400m: 7:48.52 53.20 |
| 3. Jose Alexandre, RAPOSO | 71 Sporting de Aveiro | 8:14.45 | 6,00 |
| 50m: 54.72 54.72 | 150m: 2:59.97 1:03.92 | 250m: 5:08.90 1:04.54 | 350m: 7:16.54 1:03.20 |
| 100m: 1:56.05 1:01.33 | 200m: 4:04.36 1:04.39 | 300m: 6:13.34 1:04.44 | 400m: 8:14.45 57.91 |
| 4. Jose Henrique, MADAIL | 72 Galitos / Bresimar | 8:18.64 | 5,00 |
| 50m: 56.80 56.80 | 150m: 3:03.18 1:04.26 | 250m: 5:12.76 1:05.61 | 350m: 7:19.38 1:03.72 |
| 100m: 1:58.92 1:02.12 | 200m: 4:07.15 1:03.97 | 300m: 6:15.66 1:02.90 | 400m: 8:18.64 59.26 |

Master Esc K

| | | | |
|------------------------------|----------------------------------|-----------------------|-----------------------|
| 1. Francisco Manuel, PEREIRA | 78 Natacao do Fundao / YesEnergy | 9:41.97 | 12,00 |
| 50m: 57.33 57.33 | 150m: 3:25.70 1:16.45 | 250m: 5:58.19 1:15.43 | 350m: 8:28.80 1:14.77 |
| 100m: 2:09.25 1:11.92 | 200m: 4:42.76 1:17.06 | 300m: 7:14.03 1:15.84 | 400m: 9:41.97 1:13.17 |