Prova 1 — Masc., 200m Costas — 14 - 84 anos
15/02/2025 - 15:00 — Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts
14 - 16 anos					
1.	BEJENAR, Nikita	16	Associacao Naval Amorense	**3:03.66**	316
	50m: 1:28.70 (1:28.70) 100m: 2:18.85 (50.15) 150m: 3:03.92 (45.07) 200m: 3:03.66				
17 - 19 anos					
1.	LOPES, Rafael Filipe	19	Sindicato T.F.Publica	**2:31.57**	563
	50m: 32.21 (32.21) 100m: 1:11.96 (39.75) 150m: 1:51.34 (39.38) 200m: 2:31.57 (40.23)				
2.	PALARE, Rodrigo Franco	19	Sindicato T.F.Publica	**2:42.89**	453
	50m: 36.69 (36.69) 100m: 1:14.43 (37.74) 200m: 2:42.89 (1:28.46)				
3.	FERREIRA, Tiago	18	Sindicato T.F.Publica	**2:46.34**	426
	50m: 38.13 (38.13) 100m: 1:19.63 (41.50) 150m: 2:03.09 (43.46) 200m: 2:46.34 (43.25)				
DSQ	LOURENCO, Diogo Henriques	18	Masters Almada		
	desistiu aos 100 metros				
20 - 24 anos					
1.	UVA, Francisco Monteiro	21	Sport Alges Dafundo	**2:40.06**	478
	50m: 41.76 (41.76) 100m: 1:17.13 (35.37) 150m: 1:58.63 (41.50) 200m: 2:40.06 (41.43)				
45 - 49 anos					
1.	ESTEVENS, Hugo	47	Sindicato T.F.Publica	**3:09.06**	374
	50m: 45.94 (45.94) 100m: 2:22.40 (1:36.46) 150m: 3:08.99 (46.59) 200m: 3:09.06 (0.07)				
2.	SANTOS, Rui Reis	49	Associacao Nadadores Estoris	**3:21.60**	309
	50m: 46.63 (46.63) 100m: 1:36.14 (49.51) 150m: 2:27.33 (51.19) 200m: 3:21.60 (54.27)				
50 - 54 anos					
1.	VELHO, Ricardo Franco	51	Sindicato T.F.Publica	**3:23.36**	362
	50m: 47.99 (47.99) 100m: 1:39.23 (51.24) 150m: 2:32.28 (53.05) 200m: 3:23.36 (51.08)				
2.	GONCALVES, Paulo David	54	Sindicato T.F.Publica	**3:57.09**	228
	50m: 54.33 (54.33) 100m: 1:54.07 (59.74) 150m: 2:56.32 (1:02.25) 200m: 3:57.09 (1:00.77)				
55 - 59 anos					
1.	NEVES, Sergio Carrasco	57	Sport Alges Dafundo	**2:55.37**	690
	50m: 21.37 (21.37) 100m: 1:24.97 (1:03.60) 200m: 2:55.37 (1:30.40)				
2.	FERREIRA, Jorge	57	Masters Almada	**3:50.35**	304
	50m: 54.69 (54.69) 100m: 1:52.95 (58.26) 150m: 2:52.87 (59.92) 200m: 3:50.35 (57.48)				
60 - 64 anos					
1.	OLIVEIRA, Carlos	61	Clube Portugal Telecom	**3:01.06**	763
	50m: 46.24 (46.24) 100m: 1:26.99 (40.75) 200m: 3:01.06 (1:34.07)				
DSQ	ANDRADE, Joao	63	Masters Almada		
	perdeu a posicao dorsal na chegada				

Prova 1, Masc., 200m Costas

65 - 69 anos

1. LUZ, Paulo Brito 66 Sindicato T.F.Publica **3:44.27** 347
   50m: 55.63 55.63 100m: 1:55.95 1:00.32 150m: 2:53.45 57.50 200m: 3:44.27 50.82
2. GOLAIO, Afonso Manuel 65 Masters Almada **4:30.18** 198
   50m: 59.86 59.86 100m: 2:07.19 1:07.33 150m: 3:19.52 1:12.33 200m: 4:30.18 1:10.66

DSQ JESUS, Fernando 66 Sindicato T.F.Publica
puxou a corda com a mao nos ultimos metros

75 - 79 anos

1. ESTEVES, Manuel 75 Masters Almada **4:38.06** 358
   50m: 1:02.99 1:02.99 100m: 2:13.94 1:10.95 150m: 3:26.69 1:12.75 200m: 4:38.06 1:11.37

Prova 2 Femin., 200m Costas 14 - 84 anos
15/02/2025 - 15:20 Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

14 - 16 anos

1. LOPES, Carolina Isabel 16 Associacao Naval Amorense **3:52.92** 235
   50m: 3:52.86 3:52.86 100m: 6:01.77 2:08.91 150m: 6:24.42 22.65 200m: 3:52.92

17 - 19 anos

1. PATO, Luisa Isabel 18 Clube Nacional de Natacao **2:43.38** 682
   50m: 37.98 37.98 100m: 1:20.13 42.15 150m: 2:02.73 42.60 200m: 2:43.38 40.65
2. PINTO, Catarina Leite 18 Clube Nacional de Natacao **3:00.34** 507
   50m: 42.81 42.81 100m: 1:28.09 45.28 150m: 2:14.71 46.62 200m: 3:00.34 45.63
3. GONCALVES, Ana Carolina 17 Associacao Naval Amorense **3:16.92** 389
   50m: 40.95 40.95 100m: 1:29.35 48.40 200m: 3:16.92 1:47.57

DSQ GOMES, Mara Sofia 18 Masters Almada
deu mais uma bracada submersa apos ter terminado a braçada aos 50, 100 e 150 metros

20 - 24 anos

1. REIS, Renata Campos 21 Sindicato T.F.Publica **2:57.93** 528
   50m: 39.86 39.86 100m: 1:24.43 44.57 150m: 2:10.75 46.32 200m: 2:57.93 47.18

40 - 44 anos

1. GONÇALVES, Ana Filipa 43 Clube Nacional de Natacao **3:15.61** 445
   50m: 46.00 46.00 100m: 1:35.61 49.61 150m: 2:26.03 50.42 200m: 3:15.61 49.58

45 - 49 anos

1. MADEIRA, Maria 46 Masters Almada **3:31.24** 385
   50m: 48.46 48.46 100m: 1:41.24 52.78 150m: 2:36.71 55.47 200m: 3:31.24 54.53
2. FERREIRA, Marta 46 Sindicato T.F.Publica **4:00.26** 262
   50m: 55.25 55.25 100m: 1:56.81 1:01.56 150m: 2:59.57 1:02.76 200m: 4:00.26 1:00.69

Prova 2, Femin., 200m Costas

50 - 54 anos

1. PASSOS, Madalena 50 Sindicato T.F.Publica **3:45.15** 341
50m: 55.15 55.15 100m: 1:52.00 56.85 150m: 2:49.57 57.57 200m: 3:45.15 55.58

55 - 59 anos

1. RIBEIRO, Violante Isabel 58 Sport Alges Dafundo **4:19.51** 292
50m: 57.48 57.48 100m: 2:03.56 1:06.08 150m: 3:11.46 1:07.90 200m: 4:19.51 1:08.05

70 - 74 anos

1. PINTAO, Luisa Maria 71 Associacao Nadadores Estoris **4:02.79** 541
50m: 58.20 58.20 100m: 2:00.78 1:02.58 150m: 3:02.40 1:01.62 200m: 4:02.79 1:00.39
2. VELEZ, Maria 74 Sindicato T.F.Publica **7:24.51** 88
50m: 1:45.28 1:45.28 100m: 5:35.10 3:49.82 150m: 7:25.75 1:50.65 200m: 7:24.51

75 - 79 anos

1. MARQUES, Maria 76 Sindicato T.F.Publica **5:26.15** 442
50m: 1:13.99 1:13.99 100m: 2:39.49 1:25.50 150m: 4:03.34 1:23.85 200m: 5:26.15 1:22.81

Prova 3 Masc., 200m Mariposa 14 - 84 anos
15/02/2025 - 15:35 Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

20 - 24 anos

1. SANTOS, Guilherme Fernandes 21 Masters Almada **2:59.36** 337
50m: 38.25 38.25 100m: 1:23.73 45.48 150m: 2:11.91 48.18 200m: 2:59.36 47.45

30 - 34 anos

1. SILVA, Hugo Miguel 33 Sindicato T.F.Publica **2:47.51** 405
50m: 34.77 34.77 100m: 1:13.80 39.03 150m: 1:58.98 45.18 200m: 2:47.51 48.53

40 - 44 anos

1. FREITAS, Joao Dinis 42 Masters Almada **3:50.13** 164
50m: 49.57 49.57 100m: 1:49.17 59.60 150m: 2:50.69 1:01.52 200m: 3:50.13 59.44

45 - 49 anos

1. CARDOSO, Manuel 48 Masters Almada **3:35.97** 226
50m: 43.41 43.41 100m: 1:39.05 55.64 150m: 2:37.86 58.81 200m: 3:35.97 58.11

50 - 54 anos

1. MOUTINHO, Paulo Saltao 54 Associacao Nadadores Estoris **4:58.54** 110
50m: 1:03.95 1:03.95 100m: 2:18.98 1:15.03 150m: 3:37.98 1:19.00 200m: 4:58.54 1:20.56

55 - 59 anos

1. PEREIRA, Joao 56 Masters Almada **3:31.16** 341
50m: 42.56 42.56 100m: 1:35.20 52.64 150m: 2:33.72 58.52 200m: 3:31.16 57.44
2. LUZ, Fernando Jorge 55 Masters Almada **3:51.71** 258
50m: 45.13 45.13 100m: 1:41.58 56.45 150m: 2:44.00 1:02.42 200m: 3:51.71 1:07.71

Prova 3, Masc., 200m Mariposa

60 - 64 anos

1. OLIVEIRA, Carlos 61 Clube Portugal Telecom **3:22.11** 493
   50m: 44.42 44.42 100m: 1:36.47 52.05 150m: 2:30.30 53.83 200m: 3:22.11 51.81

65 - 69 anos

1. CORREIA, Jose 66 Associacao Nadadores Estoris **4:58.41** 176
   50m: 1:03.47 1:03.47 100m: 2:19.46 1:15.99 150m: 3:39.36 1:19.90 200m: 4:58.41 1:19.05

Prova 4 Femin., 200m Mariposa 14 - 84 anos
15/02/2025 - 15:45 Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

25 - 29 anos

1. SANTOS, Raquel Fernandes 27 Masters Almada **3:11.45** 397
   50m: 42.63 42.63 100m: 1:34.89 52.26 200m: 3:11.45 1:36.56

Prova 5 Masc., 200m Bruços 14 - 84 anos
15/02/2025 - 15:50 Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

14 - 16 anos

1. KUPESSA, Erick Misael 16 Associacao Naval Amorense **3:23.39** 322
   50m: 44.73 44.73 100m: 1:36.93 52.20 150m: 2:31.16 54.23 200m: 3:23.39 52.23
2. SARAIVA, Tiago do Nascimento 16 Associacao Naval Amorense **3:34.58** 274
   50m: 48.19 48.19 100m: 1:43.74 55.55 150m: 2:40.56 56.82 200m: 3:34.58 54.02

17 - 19 anos

1. LOPES, Rafael Filipe 19 Sindicato T.F.Publica **3:00.65** 460
   50m: 39.34 39.34 100m: 1:24.82 45.48 150m: 2:12.42 47.60 200m: 3:00.65 48.23
2. FERREIRA, Tiago 18 Sindicato T.F.Publica **3:02.97** 443
   50m: 41.23 41.23 100m: 1:28.24 47.01 150m: 2:15.44 47.20 200m: 3:02.97 47.53
3. CONCEIÇÃO, Simão Dias 19 Clube Nacional de Natacao **3:07.83** 410
   50m: 40.04 40.04 100m: 1:26.75 46.71 150m: 2:17.17 50.42 200m: 3:07.83 50.66

DSQ VIEIRA, Jorge Carvalho 18 Masters Almada
na viragem dos 50 metros nao tocou com as duas maos

20 - 24 anos

1. ANJOS, Francisco Gomes 23 Masters Almada **3:11.44** 387
   50m: 43.83 43.83 100m: 1:33.62 49.79 150m: 2:23.41 49.79 200m: 3:11.44 48.03

25 - 29 anos

1. SANTIAGO, Duarte Costa 28 Masters Almada **3:42.25** 241
   50m: 50.14 50.14 100m: 1:45.82 55.68 150m: 2:44.31 58.49 200m: 3:42.25 57.94

Prova 5, Masc., 200m Bruços

40 - 44 anos

1. FREITAS, Joao Dinis 42 Masters Almada **3:41.13** 269
50m: 50.15 50.15 100m: 1:48.17 58.02 150m: 2:46.81 58.64 200m: 3:41.13 54.32

45 - 49 anos

1. DIAS, Mario 45 Masters Almada **3:12.12** 469
50m: 42.47 42.47 100m: 1:30.30 47.83 150m: 2:20.22 49.92 200m: 3:12.12 51.90

2. ESTEVENS, Hugo 47 Sindicato T.F.Publica **3:20.73** 411
50m: 44.93 44.93 100m: 1:36.55 51.62 150m: 2:28.65 52.10 200m: 3:20.73 52.08

3. KOKODIY, Dmytro 46 Associacao Naval Amorense **3:42.50** 301
50m: 47.44 47.44 100m: 1:43.32 55.88 150m: 2:43.08 59.76 200m: 3:42.50 59.42

50 - 54 anos

1. MILHEIRAS, Helder 52 Sindicato T.F.Publica **3:36.67** 364
50m: 51.25 51.25 100m: 1:45.78 54.53 150m: 2:41.52 55.74 200m: 3:36.67 55.15

2. CARDOSO, Jose Luis 54 Masters Almada **3:45.64** 322
50m: 49.75 49.75 100m: 1:47.29 57.54 150m: 2:48.64 1:01.35 200m: 3:45.64 57.00

55 - 59 anos

1. NEVES, Sergio Carrasco 57 Sport Alges Dafundo **3:11.02** 617
50m: 42.06 42.06 100m: 1:30.90 48.84 150m: 2:21.47 50.57 200m: 3:11.02 49.55

60 - 64 anos

1. VELEZ, Miguel 62 Sindicato T.F.Publica **4:00.21** 386
50m: 55.64 55.64 100m: 1:57.73 1:02.09 150m: 2:59.85 1:02.12 200m: 4:00.21 1:00.36

2. BARRADAS, Adriano 60 Sindicato T.F.Publica **4:42.01** 238
50m: 1:03.02 1:03.02 100m: 2:16.64 1:13.62 150m: 3:31.26 1:14.62 200m: 4:42.01 1:10.75

DSQ ANDRADE, Joao 63 Masters Almada
na chegada toucou com 1 mao

65 - 69 anos

1. GONCALVES, Jose 69 Masters Almada **4:38.01** 281
50m: 1:04.30 1:04.30 100m: 2:17.07 1:12.77 150m: 3:28.88 1:11.81 200m: 4:38.01 1:09.13

2. GOLAIO, Afonso Manuel 65 Masters Almada **4:42.08** 269
50m: 1:00.68 1:00.68 100m: 2:14.54 1:13.86 150m: 3:33.04 1:18.50 200m: 4:42.08 1:09.04

3. SANTOS, Eduardo Jorge 68 Sindicato T.F.Publica **5:01.21** 221
50m: 1:06.45 1:06.45 100m: 2:23.19 1:16.74 150m: 3:42.22 1:19.03 200m: 5:01.21 1:18.99

75 - 79 anos

1. VIEGAS, Luis 78 Sport Alges Dafundo **4:45.07** 322
50m: 1:08.51 1:08.51 100m: 2:22.31 1:13.80 150m: 3:35.02 1:12.71 200m: 4:45.07 1:10.05

2. HORTA, Jose Manuel 76 Sport Alges Dafundo **5:49.69** 174
50m: 1:22.35 1:22.35 100m: 2:52.87 1:30.52 150m: 4:25.01 1:32.14 200m: 5:49.69 1:24.68

80 - 84 anos

1. FEIO, Antonio Gabriel 80 Masters Almada **6:15.77** 202
50m: 1:27.16 1:27.16 100m: 3:06.39 1:39.23 150m: 4:44.31 1:37.92 200m: 6:15.77 1:31.46

Prova 6 | Femin., 200m Bruços | 14 - 84 anos
15/02/2025 - 16:15 | Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

14 - 16 anos

1. ALVES, Diana Sofia — 16 — Associacao Naval Amorense — **3:58.03** — 259

50m:	53.40	53.40	100m:	1:53.45	1:00.05	150m:	2:56.72	1:03.27	200m:	3:58.03	1:01.31

17 - 19 anos

1. PEIXOTO, Luana Alves — 18 — Clube Nacional de Natacao — **3:51.76** — 281

50m:	48.44	48.44	100m:	1:45.41	56.97	150m:	2:46.80	1:01.39	200m:	3:51.76	1:04.96

DSQ PATO, Luisa Isabel — 18 — Clube Nacional de Natacao
multiplas pernadas de golfinho apos a viragem aos 50 metros

20 - 24 anos

1. RAMOS, Madalena Alves — 22 — Masters Almada — **3:52.20** — 279

50m:	50.08	50.08	100m:	1:49.90	59.82	150m:	2:50.82	1:00.92	200m:	3:52.20	1:01.38

25 - 29 anos

1. SANTOS, Raquel Fernandes — 27 — Masters Almada — **3:22.49** — 437

50m:	47.60	47.60	100m:	1:40.24	52.64	150m:	2:32.50	52.26	200m:	3:22.49	49.99

35 - 39 anos

1. LORY, Susana Pereira — 38 — Masters Almada — **4:02.41** — 302

50m:	56.24	56.24	100m:	1:58.21	1:01.97	150m:	3:00.72	1:02.51	200m:	4:02.41	1:01.69

40 - 44 anos

1. MELNYK, Tetiana — 42 — Associacao Naval Amorense — **3:55.20** — 352

50m:	53.49	53.49	100m:	1:54.41	1:00.92	150m:	2:56.19	1:01.78	200m:	3:55.20	59.01

45 - 49 anos

1. SANTOS, Patricia Alexandra — 47 — Sindicato T.F.Publica — **3:45.43** — 431

50m:	50.80	50.80	100m:	1:47.22	56.42	150m:	2:46.81	59.59	200m:	3:45.43	58.62

2. MADEIRA, Maria — 46 — Masters Almada — **3:46.73** — 424

50m:	49.75	49.75	100m:	1:45.01	55.26	150m:	2:45.33	1:00.32	200m:	3:46.73	1:01.40

3. DAMAS, Corinne — 45 — Sport Alges Dafundo — **4:08.50** — 322

50m:	54.64	54.64	100m:	1:56.95	1:02.31	150m:	3:02.72	1:05.77	200m:	4:08.50	1:05.78

55 - 59 anos

1. MENDES, Marina — 57 — Masters Almada — **4:01.33** — 452

50m:	57.63	57.63	100m:	1:59.94	1:02.31	150m:	3:01.98	1:02.04	200m:	4:01.33	59.35

70 - 74 anos

1. PINTAO, Luisa Maria — 71 — Associacao Nadadores Estoris — **4:06.31** — 648

50m:	55.82	55.82	100m:	1:58.58	1:02.76	150m:	3:03.24	1:04.66	200m:	4:06.31	1:03.07

2. VELEZ, Maria — 74 — Sindicato T.F.Publica — **8:15.00** — 79

50m:	1:58.82	1:58.82	100m:	4:04.66	2:05.84	150m:	6:10.01	2:05.35	200m:	8:15.00	2:04.99

Prova 6, Femin., 200m Bruços

75 - 79 anos

1.	MARQUES, Maria			76	Sindicato T.F.Publica						**6:29.92**	279
	50m:	1:25.89	1:25.89	100m:	3:03.17	1:37.28	150m:	4:47.70	1:44.53	200m:	6:29.92	1:42.22

80 - 84 anos

1.	CARDOSO, Maria Luisa			81	Sport Alges Dafundo						**4:30.99**	1290
	50m:	59.71	59.71	100m:	2:08.63	1:08.92	150m:	3:20.88	1:12.25	200m:	4:30.99	1:10.11
EXH	CARMO, Maria Helena			59	Individual						**3:20.47**	789
	50m:	44.59	44.59	100m:	1:34.40	49.81	150m:	2:25.95	51.55	200m:	3:20.47	54.52

Prova 7 — Masc., 400m Livres — 14 - 84 anos
15/02/2025 - 16:35 — Resultados

Pontos: DSV Masters 13

Lugar				Idade							Tempo final	Pts

17 - 19 anos

1.	PALARE, Rodrigo Franco			19	Sindicato T.F.Publica						**5:13.56**	479
	50m:	33.31	33.31	150m:	1:51.62	39.64	250m:	3:13.05	40.94	350m:	4:36.15	41.48
	100m:	1:11.98	38.67	200m:	2:32.11	40.49	300m:	3:54.67	41.62	400m:	5:13.56	37.41

20 - 24 anos

1.	CANDIDO, Rodrigo Martins			21	Clube Nacional de Natacao						**4:53.00**	587
	50m:	31.54	31.54	150m:	1:43.18	36.50	250m:	2:58.84	38.27	350m:	4:17.01	39.28
	100m:	1:06.68	35.14	200m:	2:20.57	37.39	300m:	3:37.73	38.89	400m:	4:53.00	35.99
2.	FESTAS, Antonio Cinca			22	Clube Nacional de Natacao						**5:09.44**	499
	50m:	35.12	35.12	150m:	1:51.64	39.18	250m:	3:12.21	40.46	350m:	4:32.10	38.87
	100m:	1:12.46	37.34	200m:	2:31.75	40.11	300m:	3:53.23	41.02	400m:	5:09.44	37.34

25 - 29 anos

1.	SANTIAGO, Duarte Costa			28	Masters Almada						**6:16.16**	274
	50m:	38.16	38.16	150m:	2:07.63	46.29	250m:	3:44.09	48.93	350m:	5:24.76	50.70
	100m:	1:21.34	43.18	200m:	2:55.16	47.53	300m:	4:34.06	49.97	400m:	6:16.16	51.40

40 - 44 anos

1.	CRUZ, Jose Antonio			41	Adrcimm						**5:50.54**	323
	50m:	38.59	38.59	150m:	2:05.17	43.57	250m:	3:35.71	45.56	350m:	5:07.29	46.12
	100m:	1:21.60	43.01	200m:	2:50.15	44.98	300m:	4:21.17	45.46	400m:	5:50.54	43.25

45 - 49 anos

1.	CARDOSO, Manuel			48	Masters Almada						**5:50.63**	344
	50m:	38.56	38.56	150m:	2:06.68	44.78	250m:	3:36.41	44.30	350m:	5:06.63	44.85
	100m:	1:21.90	43.34	200m:	2:52.11	45.43	300m:	4:21.78	45.37	400m:	5:50.63	44.00

50 - 54 anos

1.	VELHO, Ricardo Franco			51	Sindicato T.F.Publica						**6:01.50**	400
	50m:	38.27	38.27	150m:	2:06.74	45.49	250m:	3:40.04	47.13	350m:	5:15.13	47.78
	100m:	1:21.25	42.98	200m:	2:52.91	46.17	300m:	4:27.35	47.31	400m:	6:01.50	46.37
2.	GONCALVES, Paulo David			54	Sindicato T.F.Publica						**7:48.86**	183
	50m:	49.78	49.78	200m:	3:48.28	2:02.06	400m:	7:48.86	1:54.36			
	100m:	1:46.22	56.44	300m:	5:54.50	2:06.22						

Prova 7, Masc., 400m Livres

55 - 59 anos

1. LUZ, Fernando Jorge 55 Masters Almada **6:44.19** 365

50m:	42.65	42.65	150m:	2:21.89	51.34	250m:	4:06.75	52.85	350m:	5:54.22	54.64
100m:	1:30.55	47.90	200m:	3:13.90	52.01	300m:	4:59.58	52.83	400m:	6:44.19	49.97

2. FERREIRA, Jorge 57 Masters Almada **7:11.06** 301

50m:	47.05	47.05	150m:	2:32.47	55.19	250m:	4:26.30	57.54	350m:	6:19.17	56.73
100m:	1:37.28	50.23	200m:	3:28.76	56.29	300m:	5:22.44	56.14	400m:	7:11.06	51.89

60 - 64 anos

1. BENTO, Jaime 64 Sport Alges Dafundo **5:15.29** 868

50m:	35.34	35.34	150m:	1:54.37	39.83	250m:	3:15.67	40.56	350m:	4:36.67	40.42
100m:	1:14.54	39.20	200m:	2:35.11	40.74	300m:	3:56.25	40.58	400m:	5:15.29	38.62

2. DANTAS, Paulo Marcos 62 Sport Alges Dafundo **5:41.08** 686

50m:	36.06	36.06	150m:	1:59.67	42.63	250m:	3:27.97	44.54	350m:	4:58.60	44.67
100m:	1:17.04	40.98	200m:	2:43.43	43.76	300m:	4:13.93	45.96	400m:	5:41.08	42.48

3. MARTINHO, Antonio Ferreira 60 Associacao Nadadores Estoris **6:00.65** 580

50m:	38.47	38.47	150m:	2:08.34	45.48	250m:	3:42.79	47.45	350m:	5:16.15	46.25
100m:	1:22.86	44.39	200m:	2:55.34	47.00	300m:	4:29.90	47.11	400m:	6:00.65	44.50

4. VELEZ, Miguel 62 Sindicato T.F.Publica **7:50.43** 261

50m:	48.54	48.54	150m:	2:45.52	59.89	250m:	4:47.92	1:01.00	350m:	6:50.40	1:00.29
100m:	1:45.63	57.09	200m:	3:46.92	1:01.40	300m:	5:50.11	1:02.19	400m:	7:50.43	1:00.03

65 - 69 anos

1. SIMOES, Pedro Martins 67 Clube Nacional de Natacao **6:52.88** 411

50m:	42.04	42.04	150m:	2:23.40	52.10	250m:	4:12.43	55.12	350m:	6:01.58	54.40
100m:	1:31.30	49.26	200m:	3:17.31	53.91	300m:	5:07.18	54.75	400m:	6:52.88	51.30

70 - 74 anos

1. TAVARES, Antonio 74 Sindicato T.F.Publica **8:14.63** 310

50m:	57.28	57.28	150m:	4:09.09	2:07.89	250m:	6:14.32	1:02.18	350m:	8:14.62	58.13
100m:	2:01.20	1:03.92	200m:	5:12.14	1:03.05	300m:	7:16.49	1:02.17	400m:	8:14.63	0.01

Prova 8 — Femin., 400m Livres — 14 - 84 anos
15/02/2025 - 16:55 — Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

14 - 16 anos

1. LOPES, Carolina Isabel 16 Associacao Naval Amorense **7:09.07** 219

50m:	42.78	42.78	150m:	2:32.49	56.32	250m:	4:25.57	56.33	350m:	6:20.39	57.22
100m:	1:36.17	53.39	200m:	3:29.24	56.75	300m:	5:23.17	57.60	400m:	7:09.07	48.68

20 - 24 anos

1. RAMOS, Madalena Alves 22 Masters Almada **7:33.02** 186

50m:	49.62	49.62	150m:	2:42.49	56.85	250m:	4:39.95	58.86	350m:	6:37.47	58.84
100m:	1:45.64	56.02	200m:	3:41.09	58.60	300m:	5:38.63	58.68	400m:	7:33.02	55.55

40 - 44 anos

1. CORTEZ, Sara Filipa 44 Masters Almada **6:11.99** 412

50m:	42.37	42.37	150m:	2:15.91	47.46	250m:	3:53.18	48.49	350m:	5:31.17	48.76
100m:	1:28.45	46.08	200m:	3:04.69	48.78	300m:	4:42.41	49.23	400m:	6:11.99	40.82

Prova 8, Femin., 400m Livres, 40 - 44 anos

Lugar		Idade			Tempo final	Pts
2.	GONÇALVES, Ana Filipa	43	Clube Nacional de Natacao		**6:12.07**	412
	50m: 40.22 40.22 150m: 2:10.84 46.49 250m: 3:46.64 47.99 350m: 5:24.32 49.24					
	100m: 1:24.35 44.13 200m: 2:58.65 47.81 300m: 4:35.08 48.44 400m: 6:12.07 47.75					

45 - 49 anos

1.	ELIAS, Juliana Sanches	49	Associacao Nadadores Estoris		**6:33.71**	374
	50m: 44.85 44.85 150m: 2:24.77 50.46 250m: 4:06.51 50.71 350m: 5:46.36 49.41					
	100m: 1:34.31 49.46 200m: 3:15.80 51.03 300m: 4:56.95 50.44 400m: 6:33.71 47.35					
2.	FERREIRA, Marta	46	Sindicato T.F.Publica		**7:27.53**	255
	50m: 46.45 46.45 150m: 2:36.66 55.78 250m: 4:31.91 54.13 350m: 6:29.34 57.45					
	100m: 1:40.88 54.43 200m: 3:37.78 1:01.12 300m: 5:31.89 59.98 400m: 7:27.53 58.19					

55 - 59 anos

1.	MENDES, Marina	57	Masters Almada		**7:16.69**	399
	50m: 48.87 48.87 200m: 3:32.13 1:50.29 400m: 7:16.69 1:52.53					
	100m: 1:41.84 52.97 300m: 5:24.16 1:52.03					
2.	RIBEIRO, Violante Isabel	58	Sport Alges Dafundo		**9:07.86**	202
	50m: 56.70 56.70 150m: 3:12.42 1:08.23 250m: 5:34.88 1:11.24 350m: 7:58.16 1:11.29					
	100m: 2:04.19 1:07.49 200m: 4:23.64 1:11.22 300m: 6:46.87 1:11.99 400m: 9:07.86 1:09.70					

60 - 64 anos

1.	VASCONCELOS, Maria Rosario	61	Masters Almada		**7:17.29**	517
	50m: 47.83 47.83 150m: 2:38.06 56.48 250m: 4:32.20 57.65 350m: 6:25.40 56.27					
	100m: 1:41.58 53.75 200m: 3:34.55 56.49 300m: 5:29.13 56.93 400m: 7:17.29 51.89					

80 - 84 anos

1.	CARDOSO, Maria Luisa	81	Sport Alges Dafundo		**7:59.28**	1073
	50m: 50.44 50.44 150m: 2:50.28 1:01.39 250m: 5:55.96 2:03.61 350m: 8:51.33 1:52.84					
	100m: 1:48.89 58.45 200m: 3:52.35 1:02.07 300m: 6:58.49 1:02.53 400m: 7:59.28					

Prova 9 — Masc., 4 x 200m Livres — 56 anos e mais velhos
16/02/2025 - 15:00 — Resultados

Pontos: DSV Masters 13

Lugar						Tempo final
56 anos e mais velhos						
1.	Masters Almada 3		Masters Almada			**10:59.37**
	LOURENCO, Diogo Henriques	18	38.95	45.78	50.95	50.36	3:06.04
	SANTOS, Guilherme Fernandes	21	35.72	39.68	40.22	39.56	2:35.18
	VIEIRA, Jorge Carvalho	18	34.62	38.18	41.39	46.61	2:40.80
	ANJOS, Francisco Gomes	23	35.74	41.79	41.71	38.11	2:37.35

Prova 9, Masc., 4 x 200m Livres

AG 200 - 239

1.	Associacao Nadadores Estoris 1		Associacao Nadadores Estoris				**11:52.16**
	SANTOS, Rui Reis	49	36.12	41.90	1:26.48	38.63	3:23.13
	MARTINHO, Antonio Ferreira	60	44.09	46.55	45.12	37.68	2:53.44
	MOUTINHO, Paulo Saltao	54	43.37	44.34	45.91	44.47	2:58.09
	CORREIA, Jose	66	53.59	54.01	50.11		2:37.50
2.	Masters Almada 4		Masters Almada				**12:27.59**
	PEREIRA, Joao	56	40.13	49.67	52.84	53.66	3:16.30
	CARDOSO, Jose Luis	54	45.85	53.81	57.22	52.40	3:29.28
	CAEIRO, Mario	54	39.69	46.77	48.94	46.04	3:01.44
	DIAS, Mario	45	36.86	40.24	41.99	41.48	2:40.57
3.	Sindicato T.F.Publica 1		Sindicato T.F.Publica				**13:26.98**
	TAVARES, Antonio	74	54.16				3:52.20
	JESUS, Fernando	66					3:50.96
	LUZ, Paulo Brito	66					3:22.18
	SILVA, Hugo Miguel	33					2:21.64

AG 240 - 279

1.	Masters Almada 5		Masters Almada				**13:58.34**
	GONCALVES, Jose	69	49.27	58.75	1:01.26	1:00.60	3:49.88
	ESTEVES, Manuel	75	50.27	59.09	1:03.94	1:06.78	4:00.08
	SANTINHA, Antonio	56	42.78	49.01	49.69	48.39	3:09.87
	FEITEIRA, Luis	59	40.18	45.33	47.45	45.55	2:58.51

Prova 10 — Femin., 4 x 200m Livres — 56 anos e mais velhos
16/02/2025 - 15:15 — Resultados

Pontos: DSV Masters 13

Lugar — Tempo final — Pts

AG 120 - 159

1.	Masters Almada 1		Masters Almada				**12:13.10**
	CORTEZ, Sara Filipa	44	41.62	45.32	45.94	43.55	2:56.43
	LORY, Susana Pereira	38	50.98	56.63	59.91	57.56	3:45.08
	CANTO, Anastacia Silva	36	39.17	44.29	46.21	45.71	2:55.38
	SANTOS, Raquel Fernandes	27	36.01	40.11	40.94	39.15	2:36.21

AG 200 - 239

1.	Masters Almada 2		Masters Almada				**13:56.86**
	SANTINHA, Fernanda	53	48.77	53.08	54.94	52.88	3:29.67
	PEIXE, Carla	62	45.75	54.50	59.87	1:00.65	3:40.77
	VASCONCELOS, Maria Rosario	61	48.34	53.87	55.07	54.45	3:31.73
	GONCALVES, Ana Paula	60	41.51	1:42.09	51.11		3:14.69

Prova 11 — Masc., 400m Estilos — 14 - 84 anos
16/02/2025 - 15:30 — Resultados

Pontos: DSV Masters 13

Lugar — Idade — Tempo final — Pts

20 - 24 anos

1.	SANTOS, Guilherme Fernandes		21	Masters Almada							**6:06.19**	393
	50m:	38.19	38.19	150m:	2:12.95	48.35	250m:	3:51.49	52.15	350m:	5:27.83	43.07
	100m:	1:24.60	46.41	200m:	2:59.34	46.39	300m:	4:44.76	53.27	400m:	6:06.19	38.36

Prova 11, Masc., 400m Estilos

50 - 54 anos

1. MOUTINHO, Paulo Saltao 54 Associacao Nadadores Estoris **7:05.73** 380

50m:	47.26	47.26	150m:	2:38.21	56.78	250m:	4:32.16	58.17	350m:	6:20.44	48.44
100m:	1:41.43	54.17	200m:	3:33.99	55.78	300m:	5:32.00	59.84	400m:	7:05.73	45.29

2. CAEIRO, Mario 54 Masters Almada **7:30.27** 321

50m:	47.66	47.66	150m:	2:47.89	1:00.31	250m:	4:50.03	1:05.22	350m:	6:40.00	49.01
100m:	1:47.58	59.92	200m:	3:44.81	56.92	300m:	5:50.99	1:00.96	400m:	7:30.27	50.27

55 - 59 anos

1. PEREIRA, Joao 56 Masters Almada **7:36.23** 358

50m:	45.57	45.57	150m:	2:40.58	58.69	250m:	4:46.83	1:06.03	350m:	6:43.64	50.67
100m:	1:41.89	56.32	200m:	3:40.80	1:00.22	300m:	5:52.97	1:06.14	400m:	7:36.23	52.59

60 - 64 anos

DNF MARQUES, Antonio Higinho 64 Associacao Nadadores Estoris
desistiu aos 250 metros

Prova 12 Femin., 400m Estilos 14 - 84 anos
16/02/2025 - 15:50 Resultados

Pontos: DSV Masters 13

Lugar Idade Tempo final Pts

17 - 19 anos

1. PINTO, Catarina Leite 18 Clube Nacional de Natacao **6:48.56** 402

50m:	44.22	44.22	150m:	2:31.57	53.79	250m:	4:19.96	57.55	350m:	6:04.77	46.03
100m:	1:37.78	53.56	200m:	3:22.41	50.84	300m:	5:18.74	58.78	400m:	6:48.56	43.79

2. PEIXOTO, Luana Alves 18 Clube Nacional de Natacao **7:41.00** 280

50m:	46.82	46.82	150m:	3:49.77	2:06.23	250m:	5:56.75	1:02.81	350m:	7:41.28	49.26
100m:	1:43.54	56.72	200m:	4:53.94	1:04.17	300m:	6:52.02	55.27	400m:	7:41.00	

35 - 39 anos

1. CANTO, Anastacia Silva 36 Masters Almada **7:05.77** 407

50m:	47.81	47.81	150m:	2:34.68	52.67	250m:	4:26.77	1:00.62	350m:	6:19.10	48.70
100m:	1:42.01	54.20	200m:	3:26.15	51.47	300m:	5:30.40	1:03.63	400m:	7:05.77	46.67

45 - 49 anos

1. ELIAS, Juliana Sanches 49 Associacao Nadadores Estoris **7:10.89** 439

50m:	48.29	48.29	150m:	2:43.52	56.21	250m:	4:37.02	59.68	350m:	6:25.12	50.21
100m:	1:47.31	59.02	200m:	3:37.34	53.82	300m:	5:34.91	57.89	400m:	7:10.89	45.77

50 - 54 anos

1. SANTINHA, Fernanda 53 Masters Almada **8:43.29** 264

50m:	1:07.27	1:07.27	150m:	3:31.30	1:14.55	250m:	5:53.41	1:06.73	350m:	7:50.98	53.23
100m:	2:16.75	1:09.48	200m:	4:46.68	1:15.38	300m:	6:57.75	1:04.34	400m:	8:43.29	52.31

60 - 64 anos

1. GONCALVES, Ana Paula 60 Masters Almada **7:21.85** 642

50m:	50.11	50.11	150m:	2:45.37	56.52	250m:	4:40.52	1:01.30	350m:	6:33.21	51.65
100m:	1:48.85	58.74	200m:	3:39.22	53.85	300m:	5:41.56	1:01.04	400m:	7:21.85	48.64

Prova 13 | Masc., 200m Livres | 14 - 84 anos
16/02/2025 - 16:00 | Resultados

Pontos: DSV Masters 13

Lugar		Idade									Tempo final	Pts
14 - 16 anos												
1.	KUPESSA, Erick Misael	16	Associacao Naval Amorense								**2:39.02**	331
	50m: 35.52	35.52	100m: 1:17.07	41.55	150m: 2:00.71	43.64	200m: 2:39.02	38.31				
2.	SARAIVA, Tiago do Nascimento	16	Associacao Naval Amorense								**3:05.41**	208
	50m: 44.04	44.04	100m: 1:32.71	48.67	150m: 2:21.42	48.71	200m: 3:05.41	43.99				
17 - 19 anos												
1.	VIEIRA, Jorge Carvalho	18	Masters Almada								**2:32.56**	375
	50m: 33.50	33.50	100m: 1:11.08	37.58	150m: 1:52.12	41.04	200m: 2:32.56	40.44				
2.	LOURENCO, Diogo Henriques	18	Masters Almada								**3:07.68**	201
	50m: 38.21	38.21	100m: 1:25.18	46.97	150m: 2:17.78	52.60	200m: 3:07.68	49.90				
20 - 24 anos												
1.	UVA, Francisco Monteiro	21	Sport Alges Dafundo								**2:25.54**	432
	50m: 32.51	32.51	100m: 1:09.20	36.69	150m: 1:46.93	37.73	200m: 2:25.54	38.61				
30 - 34 anos												
1.	SILVA, Hugo Miguel	33	Sindicato T.F.Publica								**2:19.70**	443
	50m: 32.52	32.52	100m: 1:07.83	35.31	150m: 1:44.20	36.37	200m: 2:19.70	35.50				
45 - 49 anos												
1.	DIAS, Mario	45	Masters Almada								**2:35.93**	398
	50m: 34.66	34.66	100m: 1:12.66	38.00	150m: 1:53.57	40.91	200m: 2:35.93	42.36				
2.	SANTOS, Rui Reis	49	Associacao Nadadores Estoris								**2:44.31**	340
	50m: 36.35	36.35	100m: 1:18.08	41.73	150m: 2:44.76	1:26.68	200m: 2:44.31					
50 - 54 anos												
1.	IVAS, Paulo Miguel	52	Masters Almada								**3:16.96**	260
	50m: 1:29.98	1:29.98	100m: 2:24.31	54.33	150m: 3:17.38	53.07	200m: 3:16.96					
2.	CARDOSO, Jose Luis	54	Masters Almada								**3:28.53**	219
	50m: 45.51	45.51	100m: 1:38.78	53.27	150m: 2:36.62	57.84	200m: 3:28.53	51.91				
55 - 59 anos												
1.	HENRIQUES, Rui Miguel	56	Associacao Nadadores Estoris								**2:46.48**	513
	50m: 38.66	38.66	100m: 1:21.07	42.41	150m: 2:06.05	44.98	200m: 2:46.48	40.43				
2.	FEITEIRA, Luis	59	Masters Almada								**2:57.47**	424
	50m: 39.12	39.12	100m: 1:24.75	45.63	150m: 2:12.20	47.45	200m: 2:57.47	45.27				
3.	SANTINHA, Antonio	56	Masters Almada								**3:09.67**	347
	50m: 44.34	44.34	100m: 1:32.71	48.37	150m: 2:21.86	49.15	200m: 3:09.67	47.81				
60 - 64 anos												
1.	DANTAS, Paulo Marcos	62	Sport Alges Dafundo								**2:33.38**	726
	50m: 34.50	34.50	100m: 1:13.96	39.46	150m: 1:54.73	40.77	200m: 2:33.38	38.65				
2.	MARTINHO, Antonio Ferreira	60	Associacao Nadadores Estoris								**2:46.31**	569
	50m: 37.85	37.85	100m: 1:19.99	42.14	150m: 2:04.56	44.57	200m: 2:46.31	41.75				

Prova 13, Masc., 200m Livres, 60 - 64 anos

Lugar		Idade		Tempo final	Pts
3.	BARRADAS, Adriano	60	Sindicato T.F.Publica	**3:48.85**	218
	50m: 49.38 49.38 100m: 1:48.75 59.37 150m: 2:49.92 1:01.17 200m: 3:48.85 58.93				

65 - 69 anos

1.	CORREIA, Jose	66	Associacao Nadadores Estoris	**3:20.61**	385
	50m: 44.88 44.88 100m: 1:36.18 51.30 150m: 2:29.82 53.64 200m: 3:20.61 50.79				
2.	LUZ, Paulo Brito	66	Sindicato T.F.Publica	**3:21.30**	381
	50m: 44.00 44.00 100m: 1:35.71 51.71 150m: 2:30.06 54.35 200m: 3:21.30 51.24				
3.	GONCALVES, Jose	69	Masters Almada	**3:43.59**	278
	50m: 48.96 48.96 100m: 1:45.27 56.31 150m: 2:44.92 59.65 200m: 3:43.59 58.67				
4.	JESUS, Fernando	66	Sindicato T.F.Publica	**3:46.01**	269
	50m: 50.64 50.64 100m: 1:49.28 58.64 150m: 2:50.93 1:01.65 200m: 3:46.01 55.08				

70 - 74 anos

1.	TAVARES, Antonio	74	Sindicato T.F.Publica	**4:00.74**	244
	50m: 56.70 56.70 100m: 1:59.37 1:02.67 150m: 3:01.80 1:02.43 200m: 4:00.74 58.94				

75 - 79 anos

1.	ESTEVES, Manuel	75	Masters Almada	**4:02.77**	280
	50m: 52.43 52.43 100m: 1:52.23 59.80 150m: 2:57.23 1:05.00 200m: 4:02.77 1:05.54				
2.	HORTA, Jose Manuel	76	Sport Alges Dafundo	**5:30.04**	111
	50m: 1:14.34 1:14.34 100m: 2:39.23 1:24.89 150m: 4:07.24 1:28.01 200m: 5:30.04 1:22.80				

Prova 14 — Femin., 200m Livres — 14 - 84 anos
16/02/2025 - 16:20 — Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts
14 - 16 anos					
1.	ALVES, Diana Sofia	16	Associacao Naval Amorense	**3:04.65**	296
	50m: 38.72 38.72 100m: 1:25.46 46.74 150m: 2:16.22 50.76 200m: 3:04.65 48.43				
17 - 19 anos					
1.	GONCALVES, Ana Carolina	17	Associacao Naval Amorense	**2:55.96**	342
	50m: 37.30 37.30 100m: 1:20.53 43.23 150m: 2:08.11 47.58 200m: 2:55.96 47.85				
2.	GOMES, Mara Sofia	18	Masters Almada	**3:08.68**	278
	50m: 43.81 43.81 100m: 1:31.65 47.84 150m: 2:22.19 50.54 200m: 3:08.68 46.49				
20 - 24 anos					
1.	REIS, Renata Campos	21	Sindicato T.F.Publica	**2:39.07**	464
	50m: 36.40 36.40 100m: 1:16.58 40.18 150m: 1:57.69 41.11 200m: 2:39.07 41.38				
2.	SILVA, Lorena Daria	24	Masters Almada	**3:28.17**	207
	50m: 42.98 42.98 100m: 1:34.33 51.35 150m: 2:30.34 56.01 200m: 3:28.17 57.83				

Prova 14, Femin., 200m Livres

35 - 39 anos

1. LORY, Susana Pereira 38 Masters Almada **3:40.93** 195
50m: 49.73 49.73 100m: 1:45.95 56.22 150m: 2:44.11 58.16 200m: 3:40.93 56.82

45 - 49 anos

1. DUPONT, Celine 47 Associacao Naval Amorense **3:32.97** 247
50m: 47.17 47.17 100m: 2:35.57 1:48.40 150m: 3:33.41 57.84 200m: 3:32.97

2. DAMAS, Corinne 45 Sport Alges Dafundo **4:09.44** 154
50m: 56.24 56.24 100m: 1:59.39 1:03.15 150m: 3:04.68 1:05.29 200m: 4:09.44 1:04.76

55 - 59 anos

1. LENZI, Carla 58 Sport Alges Dafundo **3:23.93** 419
50m: 45.12 45.12 100m: 1:38.44 53.32 150m: 2:32.22 53.78 200m: 3:23.93 51.71

60 - 64 anos

1. GONCALVES, Ana Paula 60 Masters Almada **3:10.88** 577
50m: 41.93 41.93 100m: 1:31.12 49.19 150m: 2:22.04 50.92 200m: 3:10.88 48.84

2. VASCONCELOS, Maria Rosario 61 Masters Almada **3:28.33** 443
50m: 46.72 46.72 100m: 1:40.21 53.49 150m: 2:36.53 56.32 200m: 3:28.33 51.80

3. PEIXE, Carla 62 Masters Almada **3:53.91** 313
50m: 45.75 45.75 100m: 1:43.25 57.50 150m: 3:54.45 2:11.20 200m: 3:53.91

70 - 74 anos

1. FERREIRA, Maria 71 Sport Alges Dafundo **4:35.60** 225
50m: 58.82 58.82 100m: 2:08.96 1:10.14 150m: 3:22.12 1:13.16 200m: 4:35.60 1:13.48

Prova 15 Masc., 800m Livres 14 - 84 anos
16/02/2025 - 16:35 Resultados

Pontos: DSV Masters 13

Lugar Idade Tempo final Pts

20 - 24 anos

1. CANDIDO, Rodrigo Martins 21 Clube Nacional de Natacao **10:22.53** 533
50m: 33.38 33.38 250m: 3:06.84 39.40 450m: 5:48.45 39.87 650m: 8:30.26 40.12
100m: 1:10.54 37.16 300m: 3:47.01 40.17 500m: 6:28.71 40.26 700m: 9:10.22 39.96
150m: 1:48.75 38.21 350m: 4:27.83 40.82 550m: 7:09.06 40.35 750m: 9:49.31 39.09
200m: 2:27.44 38.69 400m: 5:08.58 40.75 600m: 7:50.14 41.08 800m: 10:22.53 33.22

2. FESTAS, Antonio Cinca 22 Clube Nacional de Natacao **10:46.41** 476
50m: 36.93 36.93 250m: 3:16.42 39.63 450m: 6:00.25 41.14 650m: 8:45.35 41.84
100m: 1:17.31 40.38 300m: 3:56.49 40.07 500m: 6:41.49 41.24 700m: 9:26.72 41.37
150m: 1:57.85 40.54 350m: 4:37.96 41.47 550m: 7:23.11 41.62 750m: 10:07.90 41.18
200m: 2:36.79 38.94 400m: 5:19.11 41.15 600m: 8:03.51 40.40 800m: 10:46.41 38.51

3. ANJOS, Francisco Gomes 23 Masters Almada **12:21.28** 316
50m: 37.52 37.52 250m: 3:36.20 46.61 450m: 6:48.06 48.61 650m: 10:03.00 49.78
100m: 1:20.07 42.55 300m: 4:23.13 46.93 500m: 7:36.40 48.34 700m: 10:51.00 48.00
150m: 2:04.13 44.06 350m: 5:10.59 47.46 550m: 8:24.50 48.10 750m: 11:39.40 48.40
200m: 2:49.59 45.46 400m: 5:59.45 48.86 600m: 9:13.22 48.72 800m: 12:21.28 41.88

Prova 15, Masc., 800m Livres

40 - 44 anos

1. CRUZ, Jose Antonio 41 Adrcimm **12:06.02** 350

50m:	41.13	41.13	250m:	3:41.89	46.39	450m:	6:47.23	46.78	650m:	9:52.15	46.68
100m:	1:25.17	44.04	300m:	4:28.20	46.31	500m:	7:33.10	45.87	700m:	10:38.94	46.79
150m:	2:09.46	44.29	350m:	5:14.27	46.07	550m:	8:18.95	45.85	750m:	11:23.82	44.88
200m:	2:55.50	46.04	400m:	6:00.45	46.18	600m:	9:05.47	46.52	800m:	12:06.02	42.20

45 - 49 anos

1. ALMEIDA, Diogo Pedroso 48 Adrcimm **10:33.67** 552

50m:	35.19	35.19	250m:	3:11.32	39.57	450m:	5:49.62	39.44	650m:	8:29.97	39.91
100m:	1:13.35	38.16	300m:	3:51.00	39.68	500m:	6:29.51	39.89	700m:	9:10.49	40.52
150m:	1:52.25	38.90	350m:	4:30.56	39.56	550m:	7:09.65	40.14	750m:	9:51.59	41.10
200m:	2:31.75	39.50	400m:	5:10.18	39.62	600m:	7:50.06	40.41	800m:	10:33.67	42.08

2. KOKODIY, Dmytro 46 Associacao Naval Amorense **16:32.27** 143

50m:	48.00	48.00	250m:	4:52.82	1:03.51	450m:	9:10.82	1:04.26	650m:	13:27.51	1:03.19
100m:	1:45.07	57.07	300m:	5:56.55	1:03.73	500m:	10:15.57	1:04.75	700m:	14:31.23	1:03.72
150m:	2:46.60	1:01.53	350m:	7:01.60	1:05.05	550m:	11:19.97	1:04.40	750m:	15:34.04	1:02.81
200m:	3:49.31	1:02.71	400m:	8:06.56	1:04.96	600m:	12:24.32	1:04.35	800m:	16:32.27	58.23

50 - 54 anos

1. CAEIRO, Mario 54 Masters Almada **13:50.95** 290

50m:	44.38	44.38	250m:	4:14.49	53.65	450m:	7:48.73	53.57	650m:	11:20.63	51.40
100m:	1:34.41	50.03	300m:	5:07.49	53.00	500m:	8:42.66	53.93	700m:	12:13.16	52.53
150m:	2:27.38	52.97	350m:	6:01.80	54.31	550m:	9:36.03	53.37	750m:	13:03.56	50.40
200m:	3:20.84	53.46	400m:	6:55.16	53.36	600m:	10:29.23	53.20	800m:	13:50.95	47.39

2. IVAS, Paulo Miguel 52 Masters Almada **15:06.01** 223

50m:	47.29	47.29	250m:	4:34.18	59.20	450m:	8:28.53	58.93	650m:	12:19.88	56.05
100m:	1:39.96	52.67	300m:	5:33.41	59.23	500m:	9:26.71	58.18	700m:	13:16.08	56.20
150m:	2:36.22	56.26	350m:	6:31.66	58.25	550m:	10:25.42	58.71	750m:	14:13.19	57.11
200m:	3:34.98	58.76	400m:	7:29.60	57.94	600m:	11:23.83	58.41	800m:	15:06.01	52.82

55 - 59 anos

1. FEITEIRA, Luis 59 Masters Almada **12:56.26** 459

50m:	42.41	42.41	250m:	3:57.97	49.63	450m:	7:17.09	50.00	650m:	10:32.72	48.56
100m:	1:30.05	47.64	300m:	4:47.97	50.00	500m:	8:05.97	48.88	700m:	11:22.09	49.37
150m:	2:19.19	49.14	350m:	5:37.62	49.65	550m:	8:55.02	49.05	750m:	12:11.19	49.10
200m:	3:08.34	49.15	400m:	6:27.09	49.47	600m:	9:44.16	49.14	800m:	12:56.26	45.07

2. HENRIQUES, Rui Miguel 56 Associacao Nadadores Estoris **13:05.22** 444

50m:	41.66	41.66	250m:	3:55.21	50.90	450m:	7:20.22	50.59	650m:	10:42.75	50.34
100m:	1:26.80	45.14	300m:	4:46.97	51.76	500m:	8:11.54	51.32	700m:	11:32.24	49.49
150m:	2:15.55	48.75	350m:	5:38.66	51.69	550m:	9:01.73	50.19	750m:	12:23.41	51.17
200m:	3:04.31	48.76	400m:	6:29.63	50.97	600m:	9:52.41	50.68	800m:	13:05.22	41.81

3. SANTINHA, Antonio 56 Masters Almada **13:24.76** 412

50m:	45.49	45.49	250m:	4:07.35	51.58	450m:	7:33.14	50.99	650m:	10:55.89	50.43
100m:	1:34.75	49.26	300m:	4:59.32	51.97	500m:	8:24.36	51.22	700m:	11:46.28	50.39
150m:	2:24.54	49.79	350m:	5:51.27	51.95	550m:	9:14.78	50.42	750m:	12:36.22	49.94
200m:	3:15.77	51.23	400m:	6:42.15	50.88	600m:	10:05.46	50.68	800m:	13:24.76	48.54

60 - 64 anos

1. BENTO, Jaime 64 Sport Alges Dafundo **10:52.43** 868

50m:	34.89	34.89	250m:	3:17.81	40.88	450m:	6:03.54	41.71	650m:	8:49.73	41.34
100m:	1:14.63	39.74	300m:	3:58.91	41.10	500m:	6:45.04	41.50	700m:	9:31.58	41.85
150m:	1:55.38	40.75	350m:	4:40.36	41.45	550m:	7:26.66	41.62	750m:	10:12.95	41.37
200m:	2:36.93	41.55	400m:	5:21.83	41.47	600m:	8:08.39	41.73	800m:	10:52.43	39.48

Prova 15, Masc., 800m Livres, 60 - 64 anos

Lugar		Idade		Tempo final	Pts
2.	MARQUES, Antonio Higinho	64	Associacao Nadadores Estoris	**13:36.79**	442

50m:	45.27	45.27	250m:	4:11.70	52.25	450m:	7:37.35	51.34	650m:	11:02.67	50.69
100m:	1:35.69	50.42	300m:	5:03.47	51.77	500m:	8:28.48	51.13	700m:	11:54.73	52.06
150m:	2:27.88	52.19	350m:	5:55.02	51.55	550m:	9:20.13	51.65	750m:	12:46.21	51.48
200m:	3:19.45	51.57	400m:	6:46.01	50.99	600m:	10:11.98	51.85	800m:	13:36.79	50.58

65 - 69 anos

DSQ	SANTOS, Eduardo Jorge *falsa partida*	68	Sindicato T.F.Publica	

70 - 74 anos

DSQ	PORTO, Carlos *falsa partida*	74	Sport Alges Dafundo	

Prova 16 — Femin., 800m Livres — 14 - 84 anos
16/02/2025 - 17:20 — Resultados

Pontos: DSV Masters 13

Lugar		Idade		Tempo final	Pts

20 - 24 anos

1.	FREITAS, Barbara Madalena	24	Masters Almada	**14:16.17**	262

50m:	42.26	42.26	250m:	4:12.50	54.48	450m:	7:52.46	54.57	650m:	11:35.24	55.48
100m:	1:31.77	49.51	300m:	5:08.10	55.60	500m:	8:47.36	54.90	700m:	12:30.19	54.95
150m:	2:24.30	52.53	350m:	6:03.20	55.10	550m:	9:43.01	55.65	750m:	13:25.07	54.88
200m:	3:18.02	53.72	400m:	6:57.89	54.69	600m:	10:39.76	56.75	800m:	14:16.17	51.10

35 - 39 anos

1.	CANTO, Anastacia Silva	36	Masters Almada	**12:45.09**	405

50m:	42.38	42.38	250m:	4:42.74	1:37.08	450m:	7:57.35	48.81	650m:	11:12.44	48.14
100m:	1:29.08	46.70	300m:	5:31.44	48.70	500m:	8:46.13	48.78	700m:	11:59.93	47.49
150m:	2:17.11	48.03	350m:	6:20.04	48.60	550m:	9:35.00	48.87	750m:	12:45.29	45.36
200m:	3:05.66	48.55	400m:	7:08.54	48.50	600m:	10:24.30	49.30	800m:	12:45.09	

40 - 44 anos

1.	CORTEZ, Sara Filipa	44	Masters Almada	**12:50.24**	416

50m:	42.53	42.53	250m:	3:57.57	49.87	450m:	7:14.40	49.15	650m:	10:30.22	48.82
100m:	1:29.59	47.06	300m:	4:46.66	49.09	500m:	8:03.46	49.06	700m:	11:18.25	48.03
150m:	2:18.55	48.96	350m:	5:36.39	49.73	550m:	8:53.24	49.78	750m:	12:06.79	48.54
200m:	3:07.70	49.15	400m:	6:25.25	48.86	600m:	9:41.40	48.16	800m:	12:50.24	43.45

2.	MELNYK, Tetiana	42	Associacao Naval Amorense	**15:12.11**	250

50m:	48.55	48.55	250m:	4:41.65	58.42	450m:	8:33.86	59.04	650m:	12:27.82	58.32
100m:	1:45.22	56.67	300m:	5:38.15	56.50	500m:	9:31.36	57.50	700m:	13:26.22	58.40
150m:	2:44.83	59.61	350m:	6:37.40	59.25	550m:	10:30.28	58.92	750m:	14:23.50	57.28
200m:	3:43.23	58.40	400m:	7:34.82	57.42	600m:	11:29.50	59.22	800m:	15:12.11	48.61

50 - 54 anos

1.	SANTINHA, Fernanda	53	Masters Almada	**14:17.76**	317

50m:	49.18	49.18	250m:	4:26.94	54.21	450m:	8:03.35	53.86	650m:	11:39.04	54.61
100m:	1:43.07	53.89	300m:	5:21.68	54.74	500m:	8:57.97	54.62	700m:	12:32.04	53.00
150m:	2:37.55	54.48	350m:	6:15.47	53.79	550m:	9:51.67	53.70	750m:	13:26.45	54.41
200m:	3:32.73	55.18	400m:	7:09.49	54.02	600m:	10:44.43	52.76	800m:	14:17.76	51.31

Prova 16, Femin., 800m Livres, 50 - 54 anos

Lugar		Idade		Tempo final	Pts
2.	REBELO, Susana Miranda	54	Associacao Naval Amorense	**17:01.75**	187

50m:	52.95	52.95	250m:	5:13.35	1:06.01	450m:	9:35.50	1:06.58	650m:	13:57.95	1:05.11
100m:	1:56.00	1:03.05	300m:	6:18.94	1:05.59	500m:	10:40.54	1:05.04	700m:	15:03.25	1:05.30
150m:	3:00.97	1:04.97	350m:	7:23.53	1:04.59	550m:	11:46.45	1:05.91	750m:	16:08.00	1:04.75
200m:	4:07.34	1:06.37	400m:	8:28.92	1:05.39	600m:	12:52.84	1:06.39	800m:	17:01.75	53.75