

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 1 Masc., 200m Costas 14 - 84 anos
15/02/2020 - 15:00 Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
14 - 16 anos									
1.	SARMENTO, D.	16	CPCD-Centro P.Cultura De	3:00.33	334	43.20	45.14	47.08	44.91
2.	CONCEICAO, R.	16	Clube Nacional de Natacac	3:03.39	317	40.62	44.76	50.25	47.76
3.	AMARAL, Joao Benamor	15	Clube Nacional de Natacac	3:12.24	275	38.91	45.75	57.36	50.22
4.	CADETE, Pedro Oliveira	16	Bela Vista/Dragoes Fantasi	3:13.45	270	40.69	49.81	51.05	51.90
5.	FIGUEIREDO, E.	16	Clube Nacional de Natacac	3:31.15	208	43.52	51.98	58.28	57.37
17 - 19 anos									
1.	BRASIO, Gabriel Simoes	19	Associacao H.B.V.Agualva	2:34.75	529	36.65	39.06	39.74	39.30
2.	SIMOES, Diogo Rafael	18	Associacao H.B.V.Agualva	3:02.19	324	43.70	46.78	47.71	44.00
3.	MARCAL, Jose Luis	17	Clube Desportivo Alto do Pi	3:05.97	304	43.19	46.36	49.02	47.40
4.	MORAIS, Andre Miguel	17	Associacao H.B.V.Agualva	3:25.12	227				
DNS	VALCARCE, Tadeo Cheva	17	Clube Nacional de Natacao						
DNS	SILVA, Manuel Maria	17	Fundacao Salesianos						
DNS	ALCOBIA, Ricardo Jorge	18	Clube Desportivo Alto do Pina						
20 - 24 anos									
1.	SOUSA, Rafael Goncalves	21	CPCD-Centro P.Cultura De	2:29.75	583	33.59	38.88	40.37	36.91
2.	GOMES, Goncalo Miguel	23	Colegio Integrado Monte M	2:34.25	534	37.49	38.88	38.96	38.92
3.	SANTOS, Fabio Caetano	20	CCD Avancado EULX	2:50.10	398	39.59	42.46	44.80	43.25
30 - 34 anos									
1.	VIDEIRA, Marco Morais	32	Sindicato T.F.Publica	2:44.04	359	37.99	41.09	42.29	42.67
2.	PIRES, Andre Rosa	30	Sindicato T.F.Publica	2:55.88	291	41.22	44.63	45.60	44.43
40 - 44 anos									
1.	SANTOS, Rui Reis	44	Associacao Nadadores Est	3:14.31	309	43.43	47.09	51.97	51.82
2.	MARQUES, Tiago Nunes	43	Sindicato T.F.Publica	3:17.40	295	45.81	48.25	52.38	50.96
45 - 49 anos									
1.	GONCALVES, P.	49	Sindicato T.F.Publica	3:55.56	193	56.76	58.65	59.86	1:00.29
55 - 59 anos									
DNS	SIMOES, Paulo Jorge	56	Associacao H.B.V.Agualva Cacem						
60 - 64 anos									
1.	LUZ, Paulo Brito	61	Sindicato T.F.Publica	3:36.97	443	51.60	55.89	57.37	52.11
2.	JESUS, Fernando Sa	61	Sindicato T.F.Publica	4:23.86	246	58.93	1:08.33	1:10.22	1:06.38
65 - 69 anos									
1.	CARINHA, Abel Rebelo	68	Sindicato T.F.Publica	5:01.19	143	1:07.32	1:13.57	1:20.43	1:19.87
70 - 74 anos									
1.	ESTEVEES, Manuel Rodrig	70	Clube N.M.Almada	5:01.75	219	1:05.09	1:17.99	1:19.86	1:18.81

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 2 Femin., 200m Costas 14 - 84 anos
15/02/2020 - 15:20 Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
14 - 16 anos									
1.	SILVA, Bruna Sofia	16	CPCD-Centro P.Cultura De	2:57.40	533	42.15	44.38	46.04	44.83
2.	LOPES, Ines Themudo	15	Bela Vista/Dragoes Fantas	3:01.76	495	42.21	46.37	47.12	46.06
3.	HENRIQUES, Joana Dias	15	Bela Vista/Dragoes Fantas	3:07.33	452	44.32	46.95	49.13	46.93
4.	CAMPOS, Ines Paiva	16	Associacao Naval Amorens	3:38.06	287	49.45	56.79	57.25	54.57
DSQ	MAIA, Joana Beatriz	15	Associacao H.B.V.Agualva	Cacem <i>perdeu a posicao dorsal na viragem aos 125 metros</i>					
DNS	LANCA, Maria Rita	15	Clube N.M.Almada						
DNS	SOUZA, Leonor Branquin	15	CPCD-Centro P.Cultura Desporto						
DNS	ALCOBIA, Catarina Camp	16	Clube Desportivo Alto do Pina						
17 - 19 anos									
1.	JORGE, Bruna Raquel	19	Associacao H.B.V.Agualva	2:56.08	545	43.17	44.23	44.72	43.96
2.	GONCALVES, Joana Olive	18	Associacao H.B.V.Agualva	2:56.94	537	42.18	44.87	45.10	44.79
3.	CARLOTA, Ines Isabel	17	Associacao Naval Amorens	3:22.34	359	48.35	50.57	52.28	51.14
4.	GOMES, Rita Dias	19	Associacao H.B.V.Agualva	3:53.29	234	59.42	1:00.89	58.50	54.48
DSQ	COELHO, Estela Sofia	17	Clube Nacional de Natacao	<i>nao iniciou a viragem apos o terminus da bracada aos 150 metros</i>					
DNS	RAMOS, Leonor Azevedo	17	Associacao Naval Amorense						
20 - 24 anos									
1.	RIBEIRO, Ines Dias	24	CCD Avancado EULX	3:00.42	506	42.10	45.36	46.80	46.16
25 - 29 anos									
1.	SANTOS, Miriam Rodrigue	29	Clube N.M.Almada	3:03.11	413	43.25	46.16	46.55	47.15
35 - 39 anos									
1.	GASPAR, Joana Pombo	37	Associacao Nadadores Est	2:58.42	512	42.49	45.12	46.43	44.38
40 - 44 anos									
1.	FERREIRA, Marta Martins	41	Sindicato T.F.Publica	3:44.72	293	52.59	59.00	58.99	54.14
2.	JORGE, Sonia Raquel	44	Associacao H.B.V.Agualva	4:07.76	219	58.13	1:04.08	1:05.12	1:00.43
50 - 54 anos									
DNS	SOUZA, Maria Dias	52	Clube N.M.Almada						
60 - 64 anos									
DNS	POTTER, Karin	61	Associacao Nadadores Estoris						
70 - 74 anos									
1.	MARQUES, Maria Bento	71	Sindicato T.F.Publica	5:09.99	260	1:12.37	1:21.91	1:19.18	1:16.53
80 - 84 anos									
1.	SA, Nair Gomes	81	Associacao Nadadores Est	5:12.94	165	1:10.45	1:20.25	1:22.91	1:19.33

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 3 Masc., 200m Mariposa 14 - 84 anos
15/02/2020 - 15:40 Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m		
14 - 16 anos										
1.	GUIMARAES, R.	16	Clube N.M.Almada	3:11.35	277	40.32	48.60	52.51	49.92	
17 - 19 anos										
1.	PENELA, Bernardo Quinta	17	Fundacao Salesianos	3:03.32	315	33.87	40.97	49.24	59.24	
DSQ	SEVERINA, Rodrigo Valeri	17	Clube Nacional de Natacao	<i>falsa partida</i>						
DSQ	CARVALHO, Pedro Andrac	17	Bela Vista/Dragoes Fantasticos	<i>efetuou batimento alternado de pernas durante o percurso</i>						
25 - 29 anos										
1.	CALDEIRA, Pedro Miguel	29	Bela Vista/Dragoes Fantasi	3:17.38	268	34.87	44.82	54.18	1:03.51	
30 - 34 anos										
1.	HENRIQUES, Diogo Gil	32	Sport Alges Dafundo	2:32.90	533	31.84	37.52	40.31	43.23	
35 - 39 anos										
1.	RODRIGUES, D.	38	Colegio Integrado Monte M	2:43.19	467	34.00	40.14	43.19	45.86	
DNS	SILVA, Pedro Filipe	35	Clube Nacional de Natacao							
40 - 44 anos										
1.	CARDOSO, Manuel Gome	43	Clube N.M.Almada	3:36.91	196	44.07	55.60	57.81	59.43	
45 - 49 anos										
1.	MOUTINHO, Paulo Saltao	49	Associacao Nadadores Est	4:11.55	143	53.91	1:04.44	1:06.22	1:06.98	
50 - 54 anos										
1.	PEREIRA, Joao Brizido	51	Clube N.M.Almada	3:15.60	392	40.09	50.06	54.12	51.33	
2.	MIRANDA, Nuno Nobre	50	Grupo Amigos Natacao	4:08.97	190	54.97	1:05.37	1:05.59	1:03.04	
3.	SANTANA, Fernando Mani	52	Colegio Integrado Monte M	4:17.43	172	57.25	1:08.89	1:07.74	1:03.55	
55 - 59 anos										
DNS	REAL, Eduardo Corte	59	Clube Nacional de Natacao							
60 - 64 anos										
1.	CORREIA, Jose Luis	61	Associacao Nadadores Est	4:10.90	258	56.00	1:05.17	1:04.91	1:04.82	

Prova 4 Femin., 200m Mariposa 14 - 84 anos
15/02/2020 - 15:55 Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
20 - 24 anos									
1.	ROSA, Claudia Fonseca	20	Clube Nacional de Natacac	3:19.18	314	42.42	50.10	53.31	53.35

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 4, Femin., 200m Mariposa

25 - 29 anos

1. LOPES, Ana Rita	28	CPCD-Centro P.Cultura De	3:24.64	325	42.44	50.69	54.97	56.54
2. ALMEIDA, Eunice	26	Clube Desportivo Alto do Pi	3:41.28	257	46.31	55.55	1:00.25	59.17

35 - 39 anos

DNS LEHMANN, Lilian 37 Associacao Nadadores Estoris

55 - 59 anos

1. VASCONCELOS, M.	56	Clube N.M.Almada	4:16.28	343	55.39	1:06.89	1:08.74	1:05.26
--------------------	----	------------------	----------------	-----	-------	---------	---------	---------

Prova 5

Masc., 200m Bruços

14 - 84 anos

15/02/2020 - 16:00

Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m
-------	-------	--	-------------	-----	-----	------	------	------

14 - 16 anos

1. FERREIRA, Miguel Colimã	16	Associacao H.B.V.Agualva	3:06.62	418	42.31	47.09	48.82	48.40
2. CANDIDO, Rodrigo Martin	16	Clube Nacional de Natacac	3:14.02	372	40.05	46.30	57.64	50.03
3. LOUREIRO, Diogo Repre	15	Fundacao Salesianos	3:29.71	294	47.18	53.96	54.81	53.76
4. VAZ, Joao Francisco	14	Fundacao Salesianos	3:33.15	280	45.51	55.11	56.61	55.92
5. NOUTEL, Filipe Henrique	16	Associacao H.B.V.Agualva	3:39.21	257	47.42	54.98	57.88	58.93
6. CARVALHO, R.	16	Associacao H.B.V.Agualva	3:55.27	208	51.36	58.95	1:02.20	1:02.76
DSQ PRATA, Dinis Perdigao	16	Bela Vista/Dragoes Fantasticos						

TOQUE ALTERNADO DE MAOS AOS 100 METROS

17 - 19 anos

1. MARQUES, Eduardo Filipe	18	Associacao H.B.V.Agualva	3:15.53	363	44.70	47.82	50.90	52.11
2. LEAL, Pedro Dias	17	Bela Vista/Dragoes Fantasi	3:15.76	362	42.27	50.48	52.97	50.04
3. PINHO, Joao Cruz	17	Fundacao Salesianos	3:17.17	354	41.72	49.68	53.42	52.35
4. NUNES, Joao Ricardo	18	Associacao Naval Amorens	3:19.78	340	46.20	50.58	52.73	50.27
5. MORAIS, Joao Maria	17	Clube Nacional de Natacac	3:22.65	326	46.71	50.93	50.89	54.12
DNS RIBEIRO, Francisco Cunh	19	Clube Nacional de Natacao						
DNS FREITAS, Claudio B.	18	CPCD-Centro P.Cultura Desporto						
DNS SANTOS, Eduardo Filipe	18	CCD Avancado EULX						

20 - 24 anos

1. AFONSO, Diogo Fernandc	20	Associacao H.B.V.Agualva	3:00.65	460	41.39	46.09	47.20	45.97
2. DIAS, Rafael Jose	24	Associacao H.B.V.Agualva	3:20.59	336	44.95	52.08	53.85	49.71
3. FONSECA, Bernardo Vele	21	Fundacao Salesianos	3:50.78	221	50.80	58.44	1:02.30	59.24

25 - 29 anos

1. ARAUJO, Jose Luis	27	Associacao H.B.V.Agualva	3:04.05	425				
2. RODRIGUES, Andre Filipe	26	Associacao H.B.V.Agualva	3:14.55	360	43.48	48.77	50.91	51.39

30 - 34 anos

1. CORDEIRO, Diogo Andre	30	Clube N.M.Almada	2:40.35	672	35.45	41.22	42.13	41.55
2. DAVID, Joao Gabriel	33	Clube N.M.Almada	3:16.86	363	43.62	48.30	51.74	53.20
3. MOURA, Artur Morano	33	Bela Vista/Dragoes Fantasi	4:29.43	141	57.65	1:08.66	1:13.26	1:09.86
DNS ALMEIDA, Tiago Andre	33	Clube Desportivo Alto do Pina						

35 - 39 anos

1. ROCHA, Pedro Romao	37	Sindicato T.F.Publica	3:19.73	363	45.18	51.15	52.93	50.47
-----------------------	----	-----------------------	----------------	-----	-------	-------	-------	-------

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 5, Masc., 200m Bruços

40 - 44 anos

1.	BATISTA, Nelson Duarte	40	CPCD-Centro P.Cultura De	3:02.68	478	39.45	46.09	48.61	48.53
2.	DIAS, Mario Silva	40	Clube N.M.Almada	3:10.91	419	43.81	48.86	49.26	48.98
3.	MONTEIRO, Andre Valente	40	Associacao Nadadores Est	3:14.68	395	42.58	48.85	52.88	50.37
DSQ	ESTEVEENS, Hugo Borralh	42	Sindicato T.F.Publica						

toque alternado das maos na parede testa aos 50m

45 - 49 anos

1.	RASOILLO, Paulo Jorge	46	Associacao H.B.V.Agualva	3:40.34	310	50.93	54.96	57.06	57.39
2.	CARDOSO, Jose Luis	49	Clube N.M.Almada	3:54.89	256	51.57	59.58	1:04.24	59.50

50 - 54 anos

1.	SANTINHA, Antonio Batista	51	Clube N.M.Almada	3:37.90	358	52.27	57.18	56.48	51.97
DSQ	RODRIGUES, Rui Manuel	51	Clube Nacional de Natacao						

TOCOU SO COM 1 MAO NA PAREDE NA VIRAGEM AOS 100 METROS

55 - 59 anos

1.	MATZINGER, Alexandre Jc	56	Sindicato T.F.Publica	3:46.04	372	48.06	58.16	1:00.68	59.14
2.	VELEZ, Miguel Bolou	57	Sindicato T.F.Publica	3:53.12	339	55.92	1:01.09	59.33	56.78

60 - 64 anos

1.	RAFAEL, Jose Piteira	61	Clube N.M.Almada	4:19.69	305	56.96	1:06.51	1:10.48	1:05.74
2.	RODRIGUES, Manuel Antr	62	Associacao H.B.V.Agualva	4:28.42	276	57.39	1:07.52	1:11.96	1:11.55
DSQ	SANTOS, Eduardo Ferreir	63	Individual						

TOQUE DE MAOS ALTERNANDO AOS 200 METROS

65 - 69 anos

1.	MELO, Mario Jorge	69	Colegio Integrado Monte M	3:52.02	483	50.76	58.97	1:01.88	1:00.41
----	-------------------	----	---------------------------	----------------	-----	-------	-------	---------	---------

70 - 74 anos

1.	HORTA, Jose Manuel	71	Sport Alges Dafundo	5:30.34	176	1:10.93	1:24.90		
----	--------------------	----	---------------------	----------------	-----	---------	---------	--	--

Prova 6

Femin., 200m Bruços

14 - 84 anos

15/02/2020 - 16:35

Resultados

Pontos: DSV Masters 13

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m
-------	-------	-------------	-----	-----	------	------	------

14 - 16 anos

1.	NABAIS, Beatriz alexandra	15	Associacao H.B.V.Agualva	3:29.60	380	46.52	52.44	55.49	55.15
2.	ROCHA, Ana Margarida	15	Associacao H.B.V.Agualva	3:44.30	310	50.42	55.20	1:01.02	57.66
3.	ROCHA, Diana Queiroz	16	Associacao H.B.V.Agualva	3:49.02	291	50.57	58.06	1:00.92	59.47
4.	HENRIQUES, Ines Maria	16	Clube Nacional de Natacac	4:11.79	219	54.66	1:03.74	1:09.37	1:04.02
DSQ	MARTINS, Joana Marques	15	Bela Vista/Dragoes Fantasticos						

TOQUE NAO SIMULTANEO DAS MAOS NA VIRAGEM DOS 100M NA PAREDE TESTA

17 - 19 anos

1.	CARGALEIRO, M.	19	Clube N.M.Almada	3:24.88	407	45.70	50.79	53.74	54.65
2.	ROCHA, Mafalda Silva	17	Associacao H.B.V.Agualva	3:53.06	276	53.56	58.53	1:00.29	1:00.68
DSQ	HERDER, Ines Wissmanr	18	Fundacao Salesianos						

TOQUE ALTERNADO DAS MAOS AOS 150 METROS

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 6, Femin., 200m Bruços

20 - 24 anos

1. COSTA, Raquel Lobo	23	CCD Avancado EULX	3:05.84	545	41.97	47.26	48.28	48.33
2. FREITAS, Maria Beatriz	24	Clube Desportivo Alto do Pi	3:22.77	420	45.01	50.40	52.61	54.75
3. GOMES, Beatriz Dias	22	Associacao H.B.V.Agualva	4:36.38	165	1:04.94	1:08.79	1:12.16	1:10.49

30 - 34 anos

1. LORY, Susana Veloso	33	Clube N.M.Almada	4:06.39	254	55.09	1:02.08	1:04.88	1:04.34
------------------------	----	------------------	----------------	-----	-------	---------	---------	---------

40 - 44 anos

1. SANTOS, Patricia Coelho	42	Sindicato T.F.Publica	3:41.65	421	49.40	56.58	58.19	57.48
DNS FARO, Ana Isabel	41	Associacao Nadadores Estoris						

50 - 54 anos

1. COUTTS, Sarah	53	Associacao Nadadores Est	3:15.98	742	42.71	49.91	51.84	51.52
DSQ LENZI, Carla Silva	53	Sport Alges Dafundo						

TOQUE ALTERNADO NA PAREDE AOS 100M

65 - 69 anos

1. PINTAO, Luisa Maria	66	Associacao Nadadores Est	4:01.12	577	52.63	1:02.33	1:04.40	1:01.76
------------------------	----	--------------------------	----------------	-----	-------	---------	---------	---------

Prova 7

Masc., 400m Livres

14 - 84 anos
Resultados

15/02/2020 - 16:45

Pontos: DSV Masters 13

Lugar		Idade			Tempo final	Pts
14 - 16 anos						
1.	RAPOSO, Luis Miguel	16	CPCD-Centro P.Cultura Desporto		5:02.78	532
	50m: 32.68 32.68	150m: 1:47.02	37.84	250m: 3:03.63	38.42	350m: 4:22.89 39.48
	100m: 1:09.18 36.50	200m: 2:25.21	38.19	300m: 3:43.41	39.78	400m: 5:02.78 39.89
2.	DIAS, Afonso Paredes	16	CCD Avancado EULX		5:18.79	456
	50m: 35.47 35.47	150m: 1:54.33	39.62	250m: 3:14.48	40.00	350m: 4:36.84 41.07
	100m: 1:14.71 39.24	200m: 2:34.48	40.15	300m: 3:55.77	41.29	400m: 5:18.79 41.95
3.	SANTOS, Guilherme Fernandes	16	Clube N.M.Almada		5:38.56	381
	50m: 37.02 37.02	150m: 2:02.21	43.51	250m: 3:30.11	43.70	350m: 4:57.35 43.57
	100m: 1:18.70 41.68	200m: 2:46.41	44.20	300m: 4:13.78	43.67	400m: 5:38.56 41.21
17 - 19 anos						
1.	FESTAS, Antonio Cinca	17	Clube Nacional de Natacao		5:11.28	490
	50m: 34.39 34.39	150m: 1:50.62	39.00	250m: 3:10.00	39.48	350m: 4:30.95 40.65
	100m: 1:11.62 37.23	200m: 2:30.52	39.90	300m: 3:50.30	40.30	400m: 5:11.28 40.33
2.	MONTEIRO, Francisco Miguel	17	Associacao Naval Amorense		5:13.87	478
	50m: 32.34 32.34	150m: 1:47.20	38.20	250m: 3:08.67	40.92	350m: 4:33.69 42.70
	100m: 1:09.00 36.66	200m: 2:27.75	40.55	300m: 3:50.99	42.32	400m: 5:13.87 40.18
3.	SEQUEIRA, Antonio Belo	18	Associacao H.B.V.Agualva Cacem		5:26.57	424
	50m: 35.41 35.41	150m: 1:55.94	40.93	250m: 3:21.31	43.02	350m: 4:46.89 42.99
	100m: 1:15.01 39.60	200m: 2:38.29	42.35	300m: 4:03.90	42.59	400m: 5:26.57 39.68
4.	MARTINS, Goncalo Andre	19	CCD Avancado EULX		5:32.10	403
	50m: 35.38 35.38	150m: 1:57.91	42.26	250m: 3:25.07	43.68	350m: 4:51.09 42.45
	100m: 1:15.65 40.27	200m: 2:41.39	43.48	300m: 4:08.64	43.57	400m: 5:32.10 41.01
5.	CAMPOS, Miguel Scotti	19	Clube Nacional de Natacao		5:36.58	387
	50m: 35.72 35.72	150m: 1:59.91	43.62	250m: 3:27.08	43.64	350m: 4:55.31 44.98
	100m: 1:16.29 40.57	200m: 2:43.44	43.53	300m: 4:10.33	43.25	400m: 5:36.58 41.27

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 7, Masc., 400m Livres, 17 - 19 anos

Lugar	Idade	Tempo final	Pts
6. COSTA, Afonso Brito	17	6:47.93	217
50m: 42.64 42.64 150m: 2:22.31 51.18 250m: 4:10.01 54.01 350m: 5:58.86 52.53			
100m: 1:31.13 48.49 200m: 3:16.00 53.69 300m: 5:06.33 56.32 400m: 6:47.93 49.07			
DSQ MORAIS, Guilherme Gigante	18	CCD Avancado EULX	
<i>NAO COMPLETOU O PERCURSO</i>			
DNS COSTA, Goncalo Borges	19	Clube Nacional de Natacao	
DNS ANJOS, Francisco Gomes	18	Clube N.M.Almada	
DNS FERNANDES, Rodrigo Rosa	18	CPCD-Centro P.Cultura Desporto	

20 - 24 anos

1. RODRIGUES, Miguel Formosinho	22	CCD Avancado EULX	4:56.63	566
50m: 33.33 33.33 150m: 1:46.15 37.25 250m: 3:02.33 37.97 350m: 4:19.07 38.82				
100m: 1:08.90 35.57 200m: 2:24.36 38.21 300m: 3:40.25 37.92 400m: 4:56.63 37.56				
2. QUEIROZ, Joao Bernardo	20	CPCD-Centro P.Cultura Desporto	5:00.69	543
50m: 32.65 32.65 150m: 1:48.73 38.58 250m: 3:05.91 38.51 350m: 4:22.51 38.27				
100m: 1:10.15 37.50 200m: 2:27.40 38.67 300m: 3:44.24 38.33 400m: 5:00.69 38.18				
3. PEREIRA, Rafael Gomes	23	Associacao H.B.V.Agualva Cacem	5:12.34	485
50m: 31.39 31.39 150m: 1:44.90 38.33 250m: 3:07.06 41.69 350m: 4:30.80 42.34				
100m: 1:06.57 35.18 200m: 2:25.37 40.47 300m: 3:48.46 41.40 400m: 5:12.34 41.54				
4. PEREIRA, Goncalo Cardoso	20	Associacao H.B.V.Agualva Cacem	5:44.35	362
50m: 36.31 36.31 150m: 1:58.26 41.49 250m: 3:27.03 44.97 350m: 4:59.48 46.61				
100m: 1:16.77 40.46 200m: 2:42.06 43.80 300m: 4:12.87 45.84 400m: 5:44.35 44.87				
5. ABRANTES, Rui Miguel	20	Associacao H.B.V.Agualva Cacem	5:48.55	349
50m: 38.61 38.61 150m: 2:04.74 44.08 250m: 3:34.44 45.16 350m: 5:06.66 46.20				
100m: 1:20.66 42.05 200m: 2:49.28 44.54 300m: 4:20.46 46.02 400m: 5:48.55 41.89				
6. HENRIQUES, Ruben Ameixinha	20	Associacao Naval Amorense	6:07.05	299
50m: 40.44 40.44 150m: 2:11.90 46.30 250m: 3:45.77 47.02 350m: 5:20.65 47.83				
100m: 1:25.60 45.16 200m: 2:58.75 46.85 300m: 4:32.82 47.05 400m: 6:07.05 46.40				

25 - 29 anos

1. SILVA, Hugo Grancho	28	Sindicato T.F.Publica	4:45.93	625
50m: 32.02 32.02 150m: 1:42.20 35.79 250m: 2:55.56 36.92 350m: 4:10.27 37.42				
100m: 1:06.41 34.39 200m: 2:18.64 36.44 300m: 3:32.85 37.29 400m: 4:45.93 35.66				
2. SANTOS, Miguel Nascimento	28	Grupo Amigos Natacao	5:01.78	531
50m: 30.91 30.91 150m: 1:41.62 35.98 250m: 2:56.91 38.18 350m: 4:18.73 42.27				
100m: 1:05.64 34.73 200m: 2:18.73 37.11 300m: 3:36.46 39.55 400m: 5:01.78 43.05				
3. ALVES, Renato Manuel	25	CPCD-Centro P.Cultura Desporto	5:55.91	324
50m: 38.59 38.59 150m: 2:05.34 44.74 250m: 3:38.65 47.11 350m: 5:11.17 45.78				
100m: 1:20.60 42.01 200m: 2:51.54 46.20 300m: 4:25.39 46.74 400m: 5:55.91 44.74				

30 - 34 anos

1. FERREIRA, Duarte Nuno	34	Fundacao Salesianos	4:57.82	525
50m: 33.92 33.92 150m: 1:47.37 37.04 250m: 3:02.99 38.26 350m: 4:19.71 37.97				
100m: 1:10.33 36.41 200m: 2:24.73 37.36 300m: 3:41.74 38.75 400m: 4:57.82 38.11				
2. BARTOLOMEU, Ricardo Manuel	31	Bela Vista/Dragoes Fantasticos	6:02.91	290
50m: 35.90 35.90 150m: 2:00.91 45.35 250m: 3:34.96 48.28 350m: 5:15.26 51.73				
100m: 1:15.56 39.66 200m: 2:46.68 45.77 300m: 4:23.53 48.57 400m: 6:02.91 47.65				
DSQ RODRIGUEZ, Sidney Lucio	34	Grupo Amigos Natacao		
<i>NAO COMPLETOU O PERCURSO</i>				

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 7, Masc., 400m Livres

35 - 39 anos

1. AIRES, Luis Verissimo	35	Clube N.M.Almada	5:39.52	363
50m: 38.43 38.43	150m: 2:03.10	43.34 250m: 3:31.95	44.67 350m: 5:00.92	44.47
100m: 1:19.76 41.33	200m: 2:47.28	44.18 300m: 4:16.45	44.50 400m: 5:39.52	38.60

40 - 44 anos

1. COSTA, Eduardo Manuel	44	Associacao H.B.V.Agualva Cacem	4:46.68	591
50m: 33.40 33.40	150m: 1:45.81	36.45 250m: 3:00.56	37.25 350m: 4:12.71	35.62
100m: 1:09.36 35.96	200m: 2:23.31	37.50 300m: 3:37.09	36.53 400m: 4:46.68	33.97
2. NUNES, Rui Reis	41	Individual	6:48.43	204
50m: 39.20 39.20	150m: 2:19.69	52.12 250m: 4:07.63	54.33 350m: 5:57.44	54.99
100m: 1:27.57 48.37	200m: 3:13.30	53.61 300m: 5:02.45	54.82 400m: 6:48.43	50.99
3. SEBASTIAO, Nuno Andre	42	CCD Avancado EULX	6:52.86	198
50m: 43.58 43.58	150m: 2:21.20	50.11 250m: 4:08.33	54.13 350m: 5:59.57	55.13
100m: 1:31.09 47.51	200m: 3:14.20	53.00 300m: 5:04.44	56.11 400m: 6:52.86	53.29

DNS PEREIRA, Alexandre Marques 44 Colegio Integrado Monte Maior

45 - 49 anos

1. BARROS, Francisco Santos	48	Individual	5:39.34	380
50m: 38.48 38.48	150m: 2:03.12	43.16 250m: 3:31.06	43.97 350m: 4:57.65	43.15
100m: 1:19.96 41.48	200m: 2:47.09	43.97 300m: 4:14.50	43.44 400m: 5:39.34	41.69
2. FONSECA, Bruno	47	Fundacao Salesianos	5:40.14	377
50m: 35.86 35.86	150m: 1:59.07	42.51 250m: 3:26.88	43.34 350m: 4:56.15	44.86
100m: 1:16.56 40.70	200m: 2:43.54	44.47 300m: 4:11.29	44.41 400m: 5:40.14	43.99
3. CAEIRO, Mario Gomes	49	Clube N.M.Almada	6:32.01	246
50m: 42.69 42.69	150m: 2:21.04	49.83 250m: 4:02.78	51.39 350m: 5:46.18	51.79
100m: 1:31.21 48.52	200m: 3:11.39	50.35 300m: 4:54.39	51.61 400m: 6:32.01	45.83

DNS MATOS, Pedro Rocha 48 Sindicato T.F.Publica

50 - 54 anos

1. LOHKEN, Jorg	52	Sindicato T.F.Publica	5:44.78	461
50m: 36.71 36.71	150m: 2:01.39	43.03 250m: 3:30.06	43.98 350m: 5:00.56	45.41
100m: 1:18.36 41.65	200m: 2:46.08	44.69 300m: 4:15.15	45.09 400m: 5:44.78	44.22
2. FEITEIRA, Luis Dinis	54	Clube N.M.Almada	6:15.36	357
50m: 43.26 43.26	150m: 2:18.48	48.58 250m: 3:53.84	47.99 350m: 5:29.50	47.90
100m: 1:29.90 46.64	200m: 3:05.85	47.37 300m: 4:41.60	47.76 400m: 6:15.36	45.86
3. REIS, Paulo Jorge	50	Sindicato T.F.Publica	6:29.95	318
50m: 41.51 41.51	150m: 2:16.66	48.48 250m: 3:56.29	49.93 350m: 5:38.67	51.81
100m: 1:28.18 46.67	200m: 3:06.36	49.70 300m: 4:46.86	50.57 400m: 6:29.95	51.28

55 - 59 anos

1. DANTAS, Paulo Marcos	57	Individual	5:54.34	542
50m: 40.24 40.24	150m: 2:09.82	44.96 250m: 3:39.83	44.56 350m: 5:11.51	46.60
100m: 1:24.86 44.62	200m: 2:55.27	45.45 300m: 4:24.91	45.08 400m: 5:54.34	42.83
2. MARTINHO, Antonio Ferreira	55	Associacao Nadadores Estoris	6:07.86	484
50m: 39.23 39.23	150m: 2:10.26	46.65 250m: 3:45.62	48.19 350m:	
100m: 1:23.61 44.38	200m: 2:57.43	47.17 300m: 4:34.00	48.38 400m: 6:07.86	
3. MARQUES, Antonio Higinio	59	Associacao Nadadores Estoris	6:36.96	385
50m: 41.64 41.64	150m: 2:21.96	51.06 250m: 4:04.17	51.07 350m: 5:46.04	51.05
100m: 1:30.90 49.26	200m: 3:13.10	51.14 300m: 4:54.99	50.82 400m: 6:36.96	50.92

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 7, Masc., 400m Livres

60 - 64 anos

1. MAVIOSO, Vitor Manuel	64	Sindicato T.F.Publica	5:26.45	782
50m: 36.66 36.66	150m: 2:00.11	41.87 250m: 3:24.41	42.18 350m: 4:47.40	41.14
100m: 1:18.24 41.58	200m: 2:42.23	42.12 300m: 4:06.26	41.85 400m: 5:26.45	39.05

65 - 69 anos

1. CORREIA, Carlos Barata	68	Clube N.M.Almada	6:35.74	467
50m: 44.24 44.24	150m: 2:24.15	51.09 250m: 4:05.31	50.36 350m: 5:46.53	50.53
100m: 1:33.06 48.82	200m: 3:14.95	50.80 300m: 4:56.00	50.69 400m: 6:35.74	49.21
2. TAVARES, Antonio Ferreira	69	Sindicato T.F.Publica	8:09.24	247
50m: 57.46 57.46	150m: 3:03.81	1:03.83 250m: 5:09.15	1:02.71 350m: 7:10.67	1:01.00
100m: 1:59.98 1:02.52	200m: 4:06.44	1:02.63 300m: 6:09.67	1:00.52 400m: 8:09.24	58.57

Prova 8
15/02/2020 - 17:40

Femin., 400m Livres

14 - 84 anos
Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts
14 - 16 anos				
1. PEREIRA, Margarida Martins	15	CPCD-Centro P.Cultura Desporto	5:31.38	475
50m: 37.71 37.71	150m: 2:01.70	42.32 250m: 3:26.49	41.94 350m: 4:50.72	40.83
100m: 1:19.38 41.67	200m: 2:44.55	42.85 300m: 4:09.89	43.40 400m: 5:31.38	40.66
17 - 19 anos				
1. ALVES, Ines Sofia	17	CPCD-Centro P.Cultura Desporto	5:34.43	462
50m: 35.81 35.81	150m: 1:58.91	42.51 250m: 3:25.63	43.55 350m: 4:52.05	43.07
100m: 1:16.40 40.59	200m: 2:42.08	43.17 300m: 4:08.98	43.35 400m: 5:34.43	42.38
2. FIGUEIREDO, Rita Esteves	19	Associacao H.B.V.Agualva Cacem	5:42.70	429
50m: 39.43 39.43	150m: 2:05.01	44.02 250m: 3:33.73	44.18 350m: 5:00.95	43.29
100m: 1:20.99 41.56	200m: 2:49.55	44.54 300m: 4:17.66	43.93 400m: 5:42.70	41.75
3. OLIVEIRA, Constança Rufino	18	Clube Nacional de Natacao	6:29.03	293
50m: 40.20 40.20	150m: 2:14.01	48.22 250m: 3:57.46	52.34 350m: 5:41.21	52.61
100m: 1:25.79 45.59	200m: 3:05.12	51.11 300m: 4:48.60	51.14 400m: 6:29.03	47.82
20 - 24 anos				
1. SANTOS, Raquel Fernandes	22	Clube N.M.Almada	5:05.64	605
50m: 33.83 33.83	150m: 1:50.15	38.51 250m: 3:09.28	39.48 350m: 4:28.15	39.23
100m: 1:11.64 37.81	200m: 2:29.80	39.65 300m: 3:48.92	39.64 400m: 5:05.64	37.49
2. RENTE, Filipa Oliveira	24	CCD Avancado EULX	5:20.97	523
50m: 36.46 36.46	150m: 1:56.39	40.45 250m: 3:18.29	41.23 350m: 4:41.00	41.10
100m: 1:15.94 39.48	200m: 2:37.06	40.67 300m: 3:59.90	41.61 400m: 5:20.97	39.97
DSQ LEITAO, Beatriz Nazare	24	Associacao H.B.V.Agualva Cacem		
<i>FALSA PARTIDA</i>				
DNS CORREIA, Alexandra Lucas	22	CCD Avancado EULX		
25 - 29 anos				
1. GRATTAN, Gilmer Wareing	28	Associacao Nadadores Estoris	5:41.08	484
50m: 35.81 35.81	150m: 1:58.84	42.68 250m: 3:27.88	44.43 350m: 4:57.39	44.73
100m: 1:16.16 40.35	200m: 2:43.45	44.61 300m: 4:12.66	44.78 400m: 5:41.08	43.69

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 8, Femin., 400m Livres

40 - 44 anos

1. ROCHA, Maria Joao	40	Sindicato T.F.Publica	7:02.98	280
50m: 47.59 47.59	150m: 2:34.57	54.44 250m: 4:24.54	54.99 350m: 6:12.83	53.67
100m: 1:40.13 52.54	200m: 3:29.55	54.98 300m: 5:19.16	54.62 400m: 7:02.98	50.15

45 - 49 anos

1. SANTINHA, Fernanda Marques	48	Clube N.M.Almada	6:46.67	340
50m: 44.37 44.37	150m: 2:25.77	50.26 250m: 4:10.98	53.26 350m: 5:55.40	52.08
100m: 1:35.51 51.14	200m: 3:17.72	51.95 300m: 5:03.32	52.34 400m: 6:46.67	51.27
2. SEQUEIRA, Carla Sofia	45	Colegio Integrado Monte Maior	7:16.68	274
50m: 50.81 50.81	150m: 2:40.99	55.69 250m: 4:32.05	55.58 350m: 6:23.04	55.36
100m: 1:45.30 54.49	200m: 3:36.47	55.48 300m: 5:27.68	55.63 400m: 7:16.68	53.64
3. ALVES, Rita Rodrigues	49	CPCD-Centro P.Cultura Desporto	8:53.90	150
50m: 53.51 53.51	150m: 3:06.27	1:08.16 250m: 5:25.34	1:10.36 350m: 7:48.95	1:11.74
100m: 1:58.11 1:04.60	200m: 4:14.98	1:08.71 300m: 6:37.21	1:11.87 400m: 8:53.90	1:04.95
4. ALMEIDA, Simone Rodrigues	45	Clube N.M.Almada	9:15.28	133
50m: 1:02.39 1:02.39	150m: 3:18.97	1:09.60 250m: 5:42.78	1:13.16 350m: 8:10.78	1:13.33
100m: 2:09.37 1:06.98	200m: 4:29.62	1:10.65 300m: 6:57.45	1:14.67 400m: 9:15.28	1:04.50

50 - 54 anos

DNS MENDES, Marina Saavedra 52 Clube N.M.Almada

55 - 59 anos

1. CANINAS, Maria Madalena	57	Clube N.M.Almada	7:15.13	403
50m: 48.99 48.99	150m: 2:37.78	55.18 250m: 4:29.89	56.06 350m: 6:22.99	56.11
100m: 1:42.60 53.61	200m: 3:33.83	56.05 300m: 5:26.88	56.99 400m: 7:15.13	52.14

60 - 64 anos

1. CAEIRO, Ana Maria	61	Grupo Amigos Natacao	7:45.32	429
50m: 53.07 53.07	150m: 2:51.58	59.94 250m: 4:50.40	59.39 350m: 6:48.78	59.09
100m: 1:51.64 58.57	200m: 3:51.01	59.43 300m: 5:49.69	59.29 400m: 7:45.32	56.54

65 - 69 anos

1. FERREIRA, Maria Helena	66	Sindicato T.F.Publica	9:15.73	254
50m: 58.39 58.39	150m: 3:17.52	1:11.30 250m: 5:42.37	1:12.82 350m: 8:06.07	1:10.47
100m: 2:06.22 1:07.83	200m: 4:29.55	1:12.03 300m: 6:55.60	1:13.23 400m: 9:15.73	1:09.66
2. MOTA, Maria Teresa	69	Grupo Amigos Natacao	9:18.99	250
50m: 58.87 58.87	150m: 3:18.69	1:11.15 250m: 5:43.13	1:12.58 350m: 8:09.25	1:13.44
100m: 2:07.54 1:08.67	200m: 4:30.55	1:11.86 300m: 6:55.81	1:12.68 400m: 9:18.99	1:09.74
3. CRUZ, Maria Parreira	65	Ginasio Clube Portugues	9:41.56	222
50m: 1:04.18 1:04.18	150m: 3:36.75	1:16.85 250m: 6:06.41	1:14.65 350m: 8:33.41	1:13.41
100m: 2:19.90 1:15.72	200m: 4:51.76	1:15.01 300m: 7:20.00	1:13.59 400m: 9:41.56	1:08.15

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 9 Masc., 400m Estilos 14 - 84 anos
16/02/2020 - 14:30 Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final		Pts
14 - 16 anos					
1.	GUIMARAES, Rodrigo Almeida	16	Clube N.M.Almada	6:08.02	387
	50m: 37.51 37.51 150m: 2:08.27 46.32 250m: 3:47.30 54.05 350m: 5:28.61 44.48				
	100m: 1:21.95 44.44 200m: 2:53.25 44.98 300m: 4:44.13 56.83 400m: 6:08.02 39.41				
2.	FERREIRA, Miguel Colimao	16	Associacao H.B.V.Agualva Cacem	6:36.34	310
	50m: 39.15 39.15 150m: 2:16.91 50.75 250m: 4:01.33 53.29 350m: 5:47.08 50.96				
	100m: 1:26.16 47.01 200m: 3:08.04 51.13 300m: 4:56.12 54.79 400m: 6:36.34 49.26				
3.	AMARAL, Joao Benamor	15	Clube Nacional de Natacao	6:42.08	297
	50m: 39.30 39.30 150m: 2:22.44 55.56 250m: 4:11.55 53.72 350m: 5:56.87 49.12				
	100m: 1:26.88 47.58 200m: 3:17.83 55.39 300m: 5:07.75 56.20 400m: 6:42.08 45.21				
4.	FIGUEIREDO, Eduardo Quaresma	16	Clube Nacional de Natacao	7:37.97	201
	50m: 45.51 45.51 150m: 2:42.18 1:01.45 250m: 4:51.03 1:07.62 350m: 6:53.37 52.08				
	100m: 1:40.73 55.22 200m: 3:43.41 1:01.23 300m: 6:01.29 1:10.26 400m: 7:37.97 44.60				
DSQ	CANDIDO, Rodrigo Martins	16	Clube Nacional de Natacao		
	<i>AOS 250 METROS EFETUOU DUPLA PERNADA DE MARIPOSA</i>				
DSQ	CONCEICAO, Rodrigo Mendes	16	Clube Nacional de Natacao		
	<i>O ATLETA NAO TOCOU COM AS DUAS MAOS NA PAREDE AOS 50M, ABANDONOU A PISCIONA AOS 62,5M</i>				
17 - 19 anos					
1.	BRASIO, Gabriel Simoes	19	Associacao H.B.V.Agualva Cacem	5:50.69	447
	50m: 37.00 37.00 150m: 2:01.93 43.43 250m: 3:36.08 51.33 350m: 5:10.71 41.94				
	100m: 1:18.50 41.50 200m: 2:44.75 42.82 300m: 4:28.77 52.69 400m: 5:50.69 39.98				
2.	MARTINS, Goncalo Andre	19	CCD Avancado EULX	5:57.93	421
	50m: 34.75 34.75 150m: 2:03.08 45.72 250m: 3:40.62 53.29 350m: 5:16.01 41.78				
	100m: 1:17.36 42.61 200m: 2:47.33 44.25 300m: 4:34.23 53.61 400m: 5:57.93 41.92				
3.	RIBEIRO, Francisco Cunha	19	Clube Nacional de Natacao	6:22.20	346
	50m: 36.53 36.53 150m: 2:14.99 52.56 250m: 3:59.96 53.00 350m: 5:38.94 45.05				
	100m: 1:22.43 45.90 200m: 3:06.96 51.97 300m: 4:53.89 53.93 400m: 6:22.20 43.26				
4.	LEAL, Pedro Dias	17	Bela Vista/Dragoes Fantasticos	6:42.09	297
	50m: 38.71 38.71 150m: 2:16.34 50.08 250m: 3:56.50 50.31 350m: 6:22.12 1:32.66				
	100m: 1:26.26 47.55 200m: 3:06.19 49.85 300m: 4:49.46 52.96 400m: 6:42.09 19.97				
5.	COSTA, Afonso Brito	17	Clube Nacional de Natacao	8:02.21	172
	50m: 51.04 51.04 150m: 2:53.67 1:00.74 250m: 5:05.74 1:13.60 350m: 7:11.64 53.07				
	100m: 1:52.93 1:01.89 200m: 3:52.14 58.47 300m: 6:18.57 1:12.83 400m: 8:02.21 50.57				
DSQ	FESTAS, Antonio Cinca	17	Clube Nacional de Natacao		
	<i>NA VIRAGEM AOS 250 M EFETUOU TOQUE ALTERNADO NA PAREDE, BATIMENTO ALTERNANDO DE PERNAS PERCURSO MARIPOSA</i>				
DSQ	MARCOS, Antonio Sa	18	Clube Nacional de Natacao		
	<i>VIRAGEM AOS 50 M EFETUOU TOQUE ALTERNADO, BATIMENTO ALTERNADO DE PERCURSO DE MARIPOSA</i>				
DSQ	MORAIS, Joao Maria	17	Clube Nacional de Natacao		
	<i>NA VIRAGEM AOS 100M, INICIOU O PERCURSO NA POSICAO VENTRAL</i>				
DSQ	SEVERINA, Rodrigo Valerio	17	Clube Nacional de Natacao		
	<i>FALSA PARTIDA</i>				
DNS	COSTA, Goncalo Borges	19	Clube Nacional de Natacao		
DNS	VALCARCE, Tadeo Chevance	17	Clube Nacional de Natacao		
DNS	NUNES, Joao Ricardo	18	Associacao Naval Amorense		

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 9, Masc., 400m Estilos

20 - 24 anos

1.	RODRIGUES, Miguel Formosinho	22	CCD Avancado EULX	5:43.57	476
	50m: 35.09 35.09	150m: 2:00.91	43.60 250m: 3:35.87	51.02 350m: 5:06.61	38.51
	100m: 1:17.31 42.22	200m: 2:44.85	43.94 300m: 4:28.10	52.23 400m: 5:43.57	36.96
2.	PEREIRA, Rafael Gomes	23	Associacao H.B.V.Agualha Cacem	6:06.65	391
	50m: 32.63 32.63	150m: 1:57.07	44.89 250m: 3:38.33	56.17 350m: 5:22.99	44.93
	100m: 1:12.18 39.55	200m: 2:42.16	45.09 300m: 4:38.06	59.73 400m: 6:06.65	43.66

25 - 29 anos

DNS RIJO, Pedro Lobato 29 Sport Alges Dafundo

30 - 34 anos

1.	CORDEIRO, Diogo Andre	30	Clube N.M.Almada	5:12.20	625
	50m: 33.62 33.62	150m: 1:54.70	43.20 250m: 3:17.37	41.26 350m: 4:36.42	37.01
	100m: 1:11.50 37.88	200m: 2:36.11	41.41 300m: 3:59.41	42.04 400m: 5:12.20	35.78

40 - 44 anos

1.	CARDOSO, Manuel Gomes	43	Clube N.M.Almada	7:03.39	262
	50m: 41.85 41.85	150m: 2:31.20	54.05 250m: 4:26.79	1:01.70 350m: 6:18.00	47.05
	100m: 1:37.15 55.30	200m: 3:25.09	53.89 300m: 5:30.95	1:04.16 400m: 7:03.39	45.39
2.	SEBASTIAO, Nuno Andre	42	CCD Avancado EULX	7:40.43	204
	50m: 48.83 48.83	150m: 2:45.48	1:00.47 250m: 4:49.92	1:04.41 350m: 6:48.65	54.82
	100m: 1:45.01 56.18	200m: 3:45.51	1:00.03 300m: 5:53.83	1:03.91 400m: 7:40.43	51.78

45 - 49 anos

DNS MATOS, Pedro Rocha 48 Sindicato T.F.Publica

50 - 54 anos

1.	PEREIRA, Joao Brizado	51	Clube N.M.Almada	7:12.52	362
	50m: 38.66 38.66	150m: 2:24.04	55.82 250m: 4:26.32	1:07.02 350m: 6:21.69	49.69
	100m: 1:28.22 49.56	200m: 3:19.30	55.26 300m: 5:32.00	1:05.68 400m: 7:12.52	50.83
2.	ALMEIDA, Luis Filipe	54	L.P.B.Lisboa Poolsharks	7:36.70	307
	50m: 50.32 50.32	150m: 2:52.71	1:02.26 250m: 4:53.37	1:00.43 350m: 6:46.90	52.83
	100m: 1:50.45 1:00.13	200m: 3:52.94	1:00.23 300m: 5:54.07	1:00.70 400m: 7:36.70	49.80
3.	SANTANA, Fernando Manuel	52	Colegio Integrado Monte Maior	7:44.66	292
	50m: 56.32 56.32	150m: 3:00.77	1:00.34 250m: 5:07.12	1:03.78 350m: 6:58.36	49.02
	100m: 2:00.43 1:04.11	200m: 4:03.34	1:02.57 300m: 6:09.34	1:02.22 400m: 7:44.66	46.30

DNS LOPES, Carlos Manuel 54 Sport Alges Dafundo

55 - 59 anos

1.	REAL, Eduardo Corte	59	Clube Nacional de Natacao	7:05.54	441
	50m: 44.62 44.62	150m: 2:38.91	59.64 250m: 4:35.62	59.71 350m: 6:21.30	47.06
	100m: 1:39.27 54.65	200m: 3:35.91	57.00 300m: 5:34.24	58.62 400m: 7:05.54	44.24

60 - 64 anos

1.	MAVIOSO, Vitor Manuel	64	Sindicato T.F.Publica	6:14.17	810
	50m: 36.71 36.71	150m: 2:10.24	51.28 250m: 3:54.33	55.48 350m: 5:33.74	43.43
	100m: 1:18.96 42.25	200m: 2:58.85	48.61 300m: 4:50.31	55.98 400m: 6:14.17	40.43

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 10 Femin., 400m Estilos 14 - 84 anos
16/02/2020 - 15:20 Resultados

Pontos: DSV Masters 13

Lugar			Idade			Tempo final	Pts	
14 - 16 anos								
1.	HENRIQUES, Ines Maria		16	Clube Nacional de Natacao		7:58.66	250	
	50m:	59.16 59.16	150m:	3:08.39 1:01.49	250m:	5:14.78 1:06.83	350m:	7:10.87 51.40
	100m:	2:06.90 1:07.74	200m:	4:07.95 59.56	300m:	6:19.47 1:04.69	400m:	7:58.66 47.79
17 - 19 anos								
1.	JORGE, Bruna Raquel		19	Associacao H.B.V.Agualva Cacem		6:22.86	489	
	50m:	44.16 44.16	150m:	2:24.06 50.05	250m:	4:03.78 52.00	350m:	5:40.53 44.46
	100m:	1:34.01 49.85	200m:	3:11.78 47.72	300m:	4:56.07 52.29	400m:	6:22.86 42.33
2.	FIGUEIREDO, Rita Esteves		19	Associacao H.B.V.Agualva Cacem		6:28.08	469	
	50m:	43.08 43.08	150m:	2:20.64 49.02	250m:	4:03.75 56.58	350m:	5:45.65 44.66
	100m:	1:31.62 48.54	200m:	3:07.17 46.53	300m:	5:00.99 57.24	400m:	6:28.08 42.43
3.	GONCALVES, Joana Oliveira		18	Associacao H.B.V.Agualva Cacem		6:54.93	384	
	50m:	44.51 44.51	150m:	2:26.99 50.74	250m:	4:12.36 57.08	350m:	6:04.34 53.59
	100m:	1:36.25 51.74	200m:	3:15.28 48.29	300m:	5:10.75 58.39	400m:	6:54.93 50.59
DSQ	OLIVEIRA, Constança Rufino		18	Clube Nacional de Natacao				
	<i>VIRAGEM DOS 250M PARA 275 TOCOU COM AS MAOS ALTERNADAMENTE</i>							
DSQ	CARGALEIRO, Margarida Pires		19	Clube N.M.Almada				
	<i>NA VIRAGEM AOS 150 NO PERCURSO DE COSTAS NAO TOCOU PAREDE TESTA</i>							
20 - 24 anos								
1.	RENTE, Filipa Oliveira		24	CCD Avancado EULX		6:10.10	541	
	50m:	39.72 39.72	150m:	2:16.67 49.33	250m:	3:54.63 50.44	350m:	5:28.58 42.39
	100m:	1:27.34 47.62	200m:	3:04.19 47.52	300m:	4:46.19 51.56	400m:	6:10.10 41.52
DNS	ROSA, Claudia Fonseca		20	Clube Nacional de Natacao				
DNS	CORREIA, Alexandra Lucas		22	CCD Avancado EULX				
25 - 29 anos								
1.	LOPES, Ana Rita		28	CPCD-Centro P.Cultura Desporto		6:44.42	427	
	50m:	43.22 43.22	150m:	2:27.80 53.63	250m:	4:14.48 54.15	350m:	5:59.00 48.87
	100m:	1:34.17 50.95	200m:	3:20.33 52.53	300m:	5:10.13 55.65	400m:	6:44.42 45.42
DNS	GRATTAN, Gilmer Wareing		28	Associacao Nadadores Estoris				
35 - 39 anos								
1.	GASPAR, Joana Pombo		37	Associacao Nadadores Estoris		6:37.00	502	
	50m:	40.85 40.85	150m:	2:19.33 50.96	250m:	4:06.68 58.01	350m:	5:51.37 46.74
	100m:	1:28.37 47.52	200m:	3:08.67 49.34	300m:	5:04.63 57.95	400m:	6:37.00 45.63
2.	PATO, Ana Henriques		37	Clube N.M.Almada		7:03.74	413	
	50m:	48.24 48.24	150m:	2:38.34 53.44	250m:	4:27.95 57.87	350m:	6:16.67 50.09
	100m:	1:44.90 56.66	200m:	3:30.08 51.74	300m:	5:26.58 58.63	400m:	7:03.74 47.07
50 - 54 anos								
1.	LENZI, Carla Silva		53	Sport Alges Dafundo		8:00.79	341	
	50m:	58.72 58.72	150m:	3:09.56 1:03.72	250m:	5:13.03 1:02.67	350m:	7:11.16 53.99
	100m:	2:05.84 1:07.12	200m:	4:10.36 1:00.80	300m:	6:17.17 1:04.14	400m:	8:00.79 49.63

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 10, Femin., 400m Estilos

55 - 59 anos

1. VASCONCELOS, Maria Rosario	56	Clube N.M.Almada	8:51.91	335
50m: 53.15	53.15	150m: 3:21.01	1:18.54	250m: 5:51.39
100m: 2:02.47	1:09.32	200m: 4:43.65	1:22.64	300m: 6:59.18
				1:07.74
				350m: 7:56.15
				400m: 8:51.91
				56.97
				55.76

Prova 11

16/02/2020 - 15:45

Masc., 200m Livres

14 - 84 anos

Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m
14 - 16 anos								
1. LUKASHEVSKYY, Alexand	16	Despertarecord Clube Nata	2:31.14	385	33.99	38.07	40.95	38.13
2. CADETE, Pedro Oliveira	16	Bela Vista/Dragoes Fantasi	2:42.91	308	36.87	42.71	44.49	38.84
3. SARMENTO, D.	16	CPCD-Centro P.Cultura De	2:52.43	259	39.40	43.21	45.69	44.13
4. PRATA, Dinis Perdigao	16	Bela Vista/Dragoes Fantasi	2:57.78	237	40.35	44.80	45.96	46.67
5. CARVALHO, R.	16	Associacao H.B.V.Agualva	3:20.94	164	43.23	51.59	54.73	51.39
6. RODRIGUES, Miguel Ferr	16a	Despertarecord Clube Nata	3:21.31	163	42.30	51.00	55.71	52.30
DSQ PODVIRNYY, Vasy	15	Despertarecord Clube Nata	3:10.59		40.53	48.21	51.42	50.43
<i>FALSA PARTIDA</i>								

17 - 19 anos

1. ANJOS, Francisco Gomes	18	Clube N.M.Almada	2:29.33	400	34.23	38.29	39.86	36.95
2. PIRES, Antonio Matias	18	Despertarecord Clube Nata	2:36.10	350	35.05	39.08	41.29	40.68
3. CARVALHO, Pedro Andr	17	Bela Vista/Dragoes Fantasi	2:39.75	326	36.85	41.15	42.43	39.32
4. SIMOES, Diogo Rafael	18	Associacao H.B.V.Agualva	2:58.29	235	39.89	44.79	47.95	45.66
5. MORAIS, Andre Miguel	17	Associacao H.B.V.Agualva	2:59.12	231	38.12	45.53	48.59	46.88
6. MARCAL, Jose Luis	17	Clube Desportivo Alto do Pi	3:12.44	186	37.90	47.31	53.55	53.68
DNS CAMPOS, Miguel Scotti	19	Clube Nacional de Natacao						
DNS FREITAS, Claudio B.	18	CPCD-Centro P.Cultura Desporto						
DNS ALCOBIA, Ricardo Jorge	18	Clube Desportivo Alto do Pina						

20 - 24 anos

1. GOMES, Goncalo Miguel	23	Colegio Integrado Monte M	2:15.48	535	31.70	33.82	34.82	35.14
2. ABRANTES, Rui Miguel	20	Associacao H.B.V.Agualva	2:32.74	373	36.22	39.43	39.74	37.35
3. AFONSO, Diogo Fernand	20	Associacao H.B.V.Agualva	2:36.97	344	35.11	39.55	42.11	40.20
4. DIAS, Rafael Jose	24	Associacao H.B.V.Agualva	2:38.03	337	34.21	39.28	42.10	42.44

25 - 29 anos

1. SANTOS, Miguel Nascime	28	Grupo Amigos Natacao	2:15.34	575	30.71	34.00	34.90	35.73
2. RODRIGUES, Andre Filipe	26	Associacao H.B.V.Agualva	2:38.96	354	35.30	39.49	41.51	42.66
3. ALVES, Renato Manuel	25	CPCD-Centro P.Cultura De	2:39.09	354	34.16	38.10	42.09	44.74
4. CALDEIRA, Pedro Miguel	29	Bela Vista/Dragoes Fantasi	2:46.39	309	38.61	42.24	45.94	39.60

30 - 34 anos

1. PERDIGOTO, Ruben Pinh	31	Associacao Nadadores Est	2:18.83	451	32.43	35.15	36.37	34.88
2. PIRES, Andre Rosa	30	Sindicato T.F.Publica	2:26.03	388	34.86	37.71	37.99	35.47
3. BARTOLOMEU, R.	31	Bela Vista/Dragoes Fantasi	2:38.52	303	34.98	39.32	42.56	41.66
DNS DAVID, Joao Gabriel	33	Clube N.M.Almada						

35 - 39 anos

1. RODRIGUES, D.	38	Colegio Integrado Monte M	2:24.36	460	31.12	36.00	37.64	39.60
2. SILVA, Pedro Filipe	35	Clube Nacional de Natacac	2:30.56	405	33.12	37.23	39.04	41.17
3. AIRES, Luis Verissimo	35	Clube N.M.Almada	2:32.75	388	34.65	38.21	40.69	39.20
4. SILVA, Daniel	37	Associacao Nadadores Est	2:34.42	376	34.47	39.06	40.19	40.70

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 11, Masc., 200m Livres

40 - 44 anos

1. BATISTA, Nelson Duarte	40	CPCD-Centro P.Cultura De	2:32.05	410	34.68	38.56	39.58	39.23
2. DIAS, Mario Silva	40	Clube N.M.Almada	2:37.83	367	35.46	38.47	41.33	42.57
3. ESTEVENS, Hugo Borralh	42	Sindicato T.F.Publica	2:39.01	359	35.32	39.07	42.07	42.55
4. MARQUES, Tiago Nunes	43	Sindicato T.F.Publica	2:50.14	293	36.58	42.25	45.75	45.56
5. FERNANDES, Carlos Migt	41	Associacao H.B.V.Agualva	3:04.36	230	36.87	45.11	50.78	51.60

45 - 49 anos

1. RASOILLO, Paulo Jorge	46	Associacao H.B.V.Agualva	3:25.62	173	47.78	51.42	53.56	52.86
--------------------------	----	--------------------------	----------------	-----	-------	-------	-------	-------

50 - 54 anos

1. LOHKEN, Jorg	52	Sindicato T.F.Publica	2:39.08	494	35.61	40.37	41.78	41.32
2. REIS, Paulo Jorge	50	Sindicato T.F.Publica	2:56.12	364	40.05	44.12	46.62	45.33
3. INACIO, Luis Fernando	52	CPCD-Centro P.Cultura De	3:18.28	255	40.17	49.25	55.24	53.62
DNS OLIVEIRA, Carlos Jose	54	Clube Nacional de Natacao						

55 - 59 anos

1. MARTINHO, Antonio Ferre	55	Associacao Nadadores Est	2:50.55	477	37.77	43.05	45.68	44.05
2. VELEZ, Miguel Bolou	57	Sindicato T.F.Publica	3:33.03	245	47.09	53.94	56.75	55.25
3. SIMOES, Paulo Jorge	56	Associacao H.B.V.Agualva	4:02.40	166	45.17	59.86	1:08.80	1:08.57

60 - 64 anos

1. PEREIRA, Joao Martins	60	L.P.B.Lisboa Poolsharks	3:34.78	264	44.79	51.29	1:00.03	58.67
2. JESUS, Fernando Sa	61	Sindicato T.F.Publica	3:44.63	231	46.92	57.23	1:03.26	57.22
3. GONCALVES, Jose Santo	64	Clube N.M.Almada	3:50.22	214	51.20	58.04	1:01.50	59.48
4. RODRIGUES, Manuel Antr	62	Associacao H.B.V.Agualva	4:29.02	134	57.03	1:07.97	1:11.24	1:12.78
DNS RAFAEL, Jose Piteira	61	Clube N.M.Almada						

65 - 69 anos

1. TAVARES, Antonio Ferreir	69	Sindicato T.F.Publica	3:50.40	254	52.96	58.52	1:00.21	58.71
-----------------------------	----	-----------------------	----------------	-----	-------	-------	---------	-------

70 - 74 anos

1. ESTEVES, Manuel Rodrig	70	Clube N.M.Almada	4:00.12	246	48.25	1:00.14	1:05.86	1:05.87
---------------------------	----	------------------	----------------	-----	-------	---------	---------	---------

Prova 12

Femin., 200m Livres

14 - 84 anos

16/02/2020 - 16:20

Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m
14 - 16 anos								
1. PEREIRA, Margarida Marti	15	CPCD-Centro P.Cultura De	2:41.47	443	38.60	41.67	42.13	39.07
2. SILVA, Bruna Sofia	16	CPCD-Centro P.Cultura De	2:45.61	411	37.88	42.46	44.35	40.92
3. HENRIQUES, Joana Dias	15	Bela Vista/Dragoes Fantasi	3:02.52	307	41.50	44.89	48.28	47.85
4. NABAIS, Beatriz alexandra	15	Associacao H.B.V.Agualva	3:05.22	294	41.39	46.76	49.07	48.00
5. CAMPOS, Ines Paiva	16	Associacao Naval Amorens	3:07.69	282	40.62	47.35	51.57	48.15
6. ROCHA, Diana Queiroz	16	Associacao H.B.V.Agualva	3:13.46	258	42.73	48.59	51.59	50.55
7. SANTOS, Rita Charrao	15	Associacao H.B.V.Agualva	3:20.02	233	43.39	48.63	53.44	54.56
8. ROCHA, Ana Margarida	15	Associacao H.B.V.Agualva	3:20.60	231	42.52	48.77	52.63	56.68
9. MAIA, Joana Beatriz	15	Associacao H.B.V.Agualva	3:20.94	230	43.61	51.73	53.91	51.69
10. MARTINS, Joana Marques	15	Bela Vista/Dragoes Fantasi	3:27.92	207	47.96	53.27	55.32	51.37
DNS LANCA, Maria Rita	15	Clube N.M.Almada						
DNS SOUSA, Leonor Branquin	15	CPCD-Centro P.Cultura Desporto						

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 12, Femin., 200m Livres

17 - 19 anos

1. CARLOTA, Ines Isabel	17	Associacao Naval Amorens	2:57.37	334	40.30	44.27	46.94	45.86
2. LOPES, Joana Filipa	18	CPCD-Centro P.Cultura De	3:01.61	311	41.31	46.12	47.70	46.48
3. SILVA, Maria Luisa	18	Clube N.M.Almada	3:10.24	271	42.26	47.61	50.64	49.73
4. PAZ, Carolina Vilares	17	Associacao H.B.V.Agualva	3:12.14	263	43.04	48.23	51.23	49.64
5. GOMES, Rita Dias	19	Associacao H.B.V.Agualva	3:18.53	238	46.96	51.45	50.38	49.74
6. GOMES, Mariana Isabel	17	Despertarecord Clube Nata	3:31.81	196	47.46	54.21	57.62	52.52
DNS RAMOS, Leonor Azevedo	17	Associacao Naval Amorens						
DNS MELNIC, Tatiana Alexandr	17	Despertarecord Clube Natacao						

20 - 24 anos

1. COSTA, Raquel Lobo	23	CCD Avancado EULX	2:35.92	492	35.62	39.54	40.87	39.89
2. LEITAO, Beatriz Nazare	24	Associacao H.B.V.Agualva	2:50.23	378	37.83	42.49	45.70	44.21
3. SOEIRO, Ana Beatriz	22	Associacao H.B.V.Agualva	2:54.97	348	39.78	44.02	46.29	44.88
4. GOMES, Beatriz Dias	22	Associacao H.B.V.Agualva	4:11.26	117	1:03.61	1:04.03	1:05.89	57.73

25 - 29 anos

1. SANTOS, Miriam Rodriguez	29	Clube N.M.Almada	2:47.23	428	36.20	41.87	45.26	43.90
2. VISVESHUMAR, Bianca	26	Clube N.M.Almada	3:21.72	244	48.32	49.11	53.30	50.99
DNS MAURICIO, Iris Cristiana	28	Associacao Naval Amorens						
DNS ALMEIDA, Eunice	26	Clube Desportivo Alto do Pina						

30 - 34 anos

DNS LORY, Susana Veloso 33 Clube N.M.Almada

35 - 39 anos

DNS LEHMANN, Lilian 37 Associacao Nadadores Estoris

40 - 44 anos

1. ROCHA, Maria Joao	40	Sindicato T.F.Publica	3:10.69	318	43.96	49.10	50.60	47.03
2. JORGE, Sonia Raquel	44	Associacao H.B.V.Agualva	3:56.62	166	49.49	57.07	1:04.50	1:05.56
DNS FARO, Ana Isabel	41	Associacao Nadadores Estoris						

45 - 49 anos

1. PASSOS, Madalena Cruz	45	Sindicato T.F.Publica	3:14.47	325	42.68	48.42	51.58	51.79
2. ALVES, Rita Rodrigues	49	CPCD-Centro P.Cultura De	4:09.06	154	51.93	1:03.92	1:07.51	1:05.70
3. ALMEIDA, Simone Rodrigu	45	Clube N.M.Almada	4:14.26	145	54.19	1:04.07	1:09.29	1:06.71

50 - 54 anos

DNS MENDES, Marina Saavedr52 Clube N.M.Almada

65 - 69 anos

1. FERREIRA, Maria Helena	66	Sindicato T.F.Publica	4:30.04	224	1:00.78	1:06.89	1:10.79	1:11.58
DNS TEHMURASP, A.	65	CPCD-Centro P.Cultura Desporto						

70 - 74 anos

1. MARQUES, Maria Bento	71	Sindicato T.F.Publica	4:58.70	177	1:04.37	1:16.58	1:20.53	1:17.22
-------------------------	----	-----------------------	----------------	-----	---------	---------	---------	---------

75 - 79 anos

1. QUARTIN, Celia	76	Associacao H.B.V.Agualva	4:48.21	298	1:06.93	1:12.22	1:14.86	1:14.20
-------------------	----	--------------------------	----------------	-----	---------	---------	---------	---------

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 12, Femin., 200m Livres

80 - 84 anos

DNS SA, Nair Gomes 81 Associacao Nadadores Estoris

Prova 13

Masc., 800m Livres

14 - 84 anos

16/02/2020 - 17:00

Resultados

Pontos: DSV Masters 13

Lugar	Idade		Tempo final	Pts
14 - 16 anos				
1.	RAPOSO, Luis Miguel	16 CPCD-Centro P.Cultura Desporto	10:30.25	514
	100m: 1:14.15 1:14.15 300m: 3:55.50 1:20.12 500m: 6:35.18 1:19.67 700m: 9:17.30 1:21.82			
	200m: 2:35.38 1:21.23 400m: 5:15.51 1:20.01 600m: 7:55.48 1:20.30 800m: 10:30.25 1:12.95			
2.	DIAS, Afonso Paredes	16 CCD Avancado EULX	10:51.39	465
	100m: 1:15.35 1:15.35 300m: 3:55.61 1:21.18 500m: 6:42.11 1:23.32 700m: 9:29.80 1:23.31			
	200m: 2:34.43 1:19.08 400m: 5:18.79 1:23.18 600m: 8:06.49 1:24.38 800m: 10:51.39 1:21.59			
3.	SANTOS, Guilherme Fernandes	16 Clube N.M.Almada	11:35.41	382
	100m: 1:21.19 1:21.19 300m: 4:17.24 1:28.99 500m: 7:15.77 1:29.13 700m: 10:13.04 1:29.33			
	200m: 2:48.25 1:27.06 400m: 5:46.64 1:29.40 600m: 8:43.71 1:27.94 800m: 11:35.41 1:22.37			
17 - 19 anos				
1.	MORAIS, Guilherme Gigante	18 CCD Avancado EULX	10:17.29	547
	100m: 1:12.54 1:12.54 300m: 3:49.51 1:19.22 500m: 6:26.83 1:17.97 700m: 9:03.68 1:17.43			
	200m: 2:30.29 1:17.75 400m: 5:08.86 1:19.35 600m: 7:46.25 1:19.42 800m: 10:17.29 1:13.61			
2.	MONTEIRO, Francisco Miguel	17 Associacao Naval Amorense	10:51.14	466
	100m: 1:11.70 1:11.70 300m: 3:52.59 1:22.09 500m: 6:40.57 700m: 9:29.30 1:24.33			
	200m: 2:30.50 1:18.80 400m: 5:38.14 1:29.15 600m: 8:04.97 1:24.40 800m: 10:51.14 1:21.84			
3.	COSTA, Duarte Vasconcelos	18 Clube N.M.Almada	10:51.23	466
	100m: 1:18.67 1:18.67 300m: 4:03.70 1:22.44 500m: 6:52.01 1:24.72 700m: 9:36.86 1:22.12			
	200m: 2:41.26 1:22.59 400m: 5:27.29 1:23.59 600m: 8:14.74 1:22.73 800m: 10:51.23 1:14.37			
4.	SEQUEIRA, Antonio Belo	18 Associacao H.B.V.Agualva Cacem	11:35.55	382
	100m: 1:19.27 1:19.27 300m: 4:08.99 1:24.99 500m: 7:08.85 1:30.71 700m: 10:10.32 1:30.65			
	200m: 2:44.00 1:24.73 400m: 5:38.14 1:29.15 600m: 8:39.67 1:30.82 800m: 11:35.55 1:25.23			
5.	MARQUES, Eduardo Filipe	18 Associacao H.B.V.Agualva Cacem	12:58.06	273
	100m: 1:26.03 1:26.03 300m: 4:38.67 1:36.80 500m: 7:57.01 1:38.86 700m: 11:19.81 1:41.84			
	200m: 3:01.87 1:35.84 400m: 6:18.15 1:39.48 600m: 9:37.97 1:40.96 800m: 12:58.06 1:38.25			
DNS	FERNANDES, Rodrigo Rosa	18 CPCD-Centro P.Cultura Desporto		
DNS	SANTOS, Eduardo Filipe	18 CCD Avancado EULX		
20 - 24 anos				
1.	SOUSA, Rafael Goncalves	21 CPCD-Centro P.Cultura Desporto	9:41.01	656
	100m: 1:08.88 1:08.88 300m: 3:36.64 1:13.73 500m: 6:04.94 1:14.09 700m: 8:31.65 1:12.00			
	200m: 2:22.91 1:14.03 400m: 4:50.85 1:14.21 600m: 7:19.65 1:14.71 800m: 9:41.01 1:09.36			
2.	QUEIROZ, Joao Bernardo	20 CPCD-Centro P.Cultura Desporto	10:14.98	553
	100m: 1:10.91 1:10.91 300m: 3:48.11 1:18.91 500m: 6:23.46 1:16.76 700m: 8:58.47 1:17.55			
	200m: 2:29.20 1:18.29 400m: 5:06.70 1:18.59 600m: 7:40.92 1:17.46 800m: 10:14.98 1:16.51			
3.	PEREIRA, Goncalo Cardoso	20 Associacao H.B.V.Agualva Cacem	12:09.13	332
	100m: 1:22.88 1:22.88 300m: 4:23.99 1:32.24 500m: 7:31.06 1:33.76 700m: 10:38.85 1:33.54			
	200m: 2:51.75 1:28.87 400m: 5:57.30 1:33.31 600m: 9:05.31 1:34.25 800m: 12:09.13 1:30.28			
4.	HENRIQUES, Ruben Ameixinha	20 Associacao Naval Amorense	12:57.19	274
	100m: 1:29.22 1:29.22 300m: 4:44.30 1:38.93 500m: 8:01.99 1:38.46 700m: 11:19.37 1:39.45			
	200m: 3:05.37 1:36.15 400m: 6:23.53 1:39.23 600m: 9:39.92 1:37.93 800m: 12:57.19 1:37.82			

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 13, Masc., 800m Livres

25 - 29 anos

1. ARAUJO, Jose Luis 27 Associacao H.B.V.Agualva Cacem **11:16.61** 439
 100m: 1:22.09 1:22.09 300m: 4:13.58 1:27.43 500m: 7:09.43 1:28.23 700m: 9:56.48 1:22.28
 200m: 2:46.15 1:24.06 400m: 5:41.20 1:27.62 600m: 8:34.20 1:24.77 800m: 11:16.61 1:20.13

DNS PINA, Miguel Duarte 27 CCD Avancado EULX

30 - 34 anos

1. FERREIRA, Duarte Nuno 34 Fundacao Salesianos **9:53.16** 595
 100m: 1:09.15 1:09.15 300m: 3:38.52 1:15.12 500m: 6:08.21 1:14.81 700m: 8:39.76 1:15.70
 200m: 2:23.40 1:14.25 400m: 4:53.40 1:14.88 600m: 7:24.06 1:15.85 800m: 9:53.16 1:13.40

2. ALMEIDA, Tiago Andre 33 Clube Desportivo Alto do Pina **10:49.81** 453
 100m: 1:09.12 1:09.12 300m: 3:45.50 1:21.09 500m: 6:34.79 1:25.73 700m: 9:29.12 1:27.19
 200m: 2:24.41 1:15.29 400m: 5:09.06 1:23.56 600m: 8:01.93 1:27.14 800m: 10:49.81 1:20.69

3. VIDEIRA, Marco Morais 32 Sindicato T.F.Publica **10:50.10** 452
 100m: 1:14.91 1:14.91 300m: 4:01.58 1:23.44 500m: 6:50.43 1:24.28 700m: 9:32.99 1:21.07
 200m: 2:38.14 1:23.23 400m: 5:26.15 1:24.57 600m: 8:11.92 1:21.49 800m: 10:50.10 1:17.11

4. RODRIGUEZ, Sidney Lucio 34 Grupo Amigos Natacao **15:55.97** 142
 100m: 1:49.54 1:49.54 300m: 5:51.18 2:02.24 500m: 9:58.54 2:03.26 700m: 14:05.89 2:02.19
 200m: 3:48.94 1:59.40 400m: 7:55.28 2:04.10 600m: 12:03.70 2:05.16 800m: 15:55.97 1:50.08

35 - 39 anos

1. ROCHA, Pedro Romao 37 Sindicato T.F.Publica **11:32.49** 407
 100m: 1:19.73 1:19.73 300m: 4:15.18 1:27.91 500m: 7:12.34 1:28.40 700m: 10:08.31 1:27.74
 200m: 2:47.27 1:27.54 400m: 5:43.94 1:28.76 600m: 8:40.57 1:28.23 800m: 11:32.49 1:24.18

2. SANTOS, Goncalo Nuno 39 Associacao Nadadores Estoris **12:40.80** 307
 100m: 1:26.99 1:26.99 300m: 4:39.66 1:38.52 500m: 7:57.77 1:39.89 700m: 11:10.35 1:35.94
 200m: 3:01.14 1:34.15 400m: 6:17.88 1:38.22 600m: 9:34.41 1:36.64 800m: 12:40.80 1:30.45

3. FREITAS, Joao Colaco 37 Clube N.M.Almada **13:01.55** 283
 100m: 1:27.94 1:27.94 300m: 4:47.32 1:40.50 500m: 8:07.73 1:39.97 700m: 11:28.42 1:42.55
 200m: 3:06.82 1:38.88 400m: 6:27.76 1:40.44 600m: 9:45.87 1:38.14 800m: 13:01.55 1:33.13

40 - 44 anos

1. COSTA, Eduardo Manuel 44 Associacao H.B.V.Agualva Cacem **10:00.95** 617
 100m: 1:11.38 1:11.38 300m: 3:44.30 1:16.88 500m: 6:17.44 1:15.68 700m: 8:46.40 1:14.51
 200m: 2:27.42 1:16.04 400m: 5:01.76 1:17.46 600m: 7:31.89 1:14.45 800m: 10:00.95 1:14.55

2. ALMEIDA, Diogo Pedroso 43 Colegio Integrado Monte Maior **10:19.81** 562
 100m: 1:10.42 1:10.42 300m: 3:43.78 1:17.28 500m: 6:19.53 1:18.05 700m: 9:00.13 1:20.82
 200m: 2:26.50 1:16.08 400m: 5:01.48 1:17.70 600m: 7:39.31 1:19.78 800m: 10:19.81 1:19.68

3. NUNES, Rui Reis 41 Individual **14:07.79** 219
 100m: 1:34.11 1:34.11 300m: 5:03.59 1:45.32 500m: 8:40.92 1:50.33 700m: 12:20.35 1:50.16
 200m: 3:18.27 1:44.16 400m: 6:50.59 1:47.00 600m: 10:30.19 1:49.27 800m: 14:07.79 1:47.44

DNS PEREIRA, Alexandre Marques 44 Colegio Integrado Monte Maior

DNS AFONSO, Nuno Silva 41 Grupo Amigos Natacao

45 - 49 anos

1. BARROS, Francisco Santos 48 Individual **11:55.84** 382
 100m: 1:22.38 1:22.38 300m: 4:24.76 1:32.26 500m: 7:28.15 1:31.74 700m: 10:29.88 1:30.31
 200m: 2:52.50 1:30.12 400m: 5:56.41 1:31.65 600m: 8:59.57 1:31.42 800m: 11:55.84 1:25.96

2. GONCALVES, Paulo Vasconcelos 49 Sindicato T.F.Publica **15:32.18** 173
 100m: 1:41.08 1:41.08 300m: 5:39.87 2:00.71 500m: 9:41.22 2:00.60 700m: 13:41.80 2:01.07
 200m: 3:39.16 1:58.08 400m: 7:40.62 2:00.75 600m: 11:40.73 1:59.51 800m: 15:32.18 1:50.38

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 13, Masc., 800m Livres, 45 - 49 anos

Lugar	Idade	Tempo final	Pts
3. MOUTINHO, Paulo Saltao	49 Associacao Nadadores Estoris	16:53.75	134
100m: 1:52.87 1:52.87	300m: 6:03.45 2:06.98	500m: 10:22.80 2:11.58	700m: 14:49.44 2:14.06
200m: 3:56.47 2:03.60	400m: 8:11.22 2:07.77	600m: 12:35.38 2:12.58	800m: 16:53.75 2:04.31
DNS CAEIRO, Mario Gomes	49 Clube N.M.Almada		
DNS FONSECA, Bruno	47 Fundacao Salesianos		

50 - 54 anos

1. FEITEIRA, Luis Dinis	54 Clube N.M.Almada	12:50.07	364
100m: 1:30.23 1:30.23	300m: 4:44.53 1:36.80	500m: 8:00.29 1:37.81	700m: 11:15.12 1:36.56
200m: 3:07.73 1:37.50	400m: 6:22.48 1:37.95	600m: 9:38.56 1:38.27	800m: 12:50.07 1:34.95
2. SANTINHA, Antonio Batista	51 Clube N.M.Almada	13:28.44	314
100m: 1:35.65 1:35.65	300m: 5:01.39 1:43.08	500m: 8:26.77 1:42.77	700m: 11:51.66 1:42.96
200m: 3:18.31 1:42.66	400m: 6:44.00 1:42.61	600m: 10:08.70 1:41.93	800m: 13:28.44 1:36.78

55 - 59 anos

1. DANTAS, Paulo Marcos	57 Individual	12:01.63	572
100m: 1:22.49 1:22.49	300m: 4:24.68 1:32.36	500m: 7:28.13 1:31.06	700m: 10:33.33 1:32.77
200m: 2:52.32 1:29.83	400m: 5:57.07 1:32.39	600m: 9:00.56 1:32.43	800m: 12:01.63 1:28.30
2. MARQUES, Antonio Higino	59 Associacao Nadadores Estoris	13:28.85	406
100m: 1:35.69 1:35.69	300m: 5:01.24 1:42.32	500m: 8:26.49 1:42.33	700m: 11:52.17 1:42.81
200m: 3:18.92 1:43.23	400m: 6:44.16 1:42.92	600m: 10:09.36 1:42.87	800m: 13:28.85 1:36.68
3. MATZINGER, Alexandre Jose	56 Sindicato T.F.Publica	15:45.98	253
100m: 1:42.22 1:42.22	300m: 5:34.88 1:58.02	500m: 9:38.41 2:00.33	700m: 13:47.30 2:04.99
200m: 3:36.86 1:54.64	400m: 7:38.08 2:03.20	600m: 11:42.31 2:03.90	800m: 15:45.98 1:58.68
4. RODRIGUES, Paulo Fernando	57 Colegio Integrado Monte Maior	17:08.00	197
100m: 1:37.16 1:37.16	300m: 5:41.56 2:08.90	500m: 10:16.82 2:19.42	700m: 14:54.82 2:18.31
200m: 3:32.66 1:55.50	400m: 7:57.40 2:15.84	600m: 12:36.51 2:19.69	800m: 17:08.00 2:13.18

60 - 64 anos

1. CORREIA, Jose Luis	61 Associacao Nadadores Estoris	14:14.21	386
100m: 1:37.09 1:37.09	300m: 5:08.44 1:47.02	500m: 8:45.81 1:48.48	700m: 12:25.85 1:50.65
200m: 3:21.42 1:44.33	400m: 6:57.33 1:48.89	600m: 10:35.20 1:49.39	800m: 14:14.21 1:48.36
2. LUZ, Paulo Brito	61 Sindicato T.F.Publica	14:58.25	332
100m: 1:44.91 1:44.91	300m: 5:30.36 1:53.18	500m: 9:18.41 1:54.13	700m: 13:10.69 1:55.72
200m: 3:37.18 1:52.27	400m: 7:24.28 1:53.92	600m: 11:14.97 1:56.56	800m: 14:58.25 1:47.56
3. SANTOS, Eduardo Ferreira	63 Individual	18:23.55	179
100m: 2:08.65 2:08.65	300m: 6:38.31 2:11.36	500m: 11:08.41 2:15.53	700m: 15:48.27 2:19.50
200m: 4:26.95 2:18.30	400m: 8:52.88 2:14.57	600m: 13:28.77 2:20.36	800m: 18:23.55 2:35.28

65 - 69 anos

1. CORREIA, Carlos Barata	68 Clube N.M.Almada	13:34.75	471
100m: 1:36.00 1:36.00	300m: 5:03.48 1:43.23	500m: 8:29.32 1:42.76	700m: 11:55.00 1:42.21
200m: 3:20.25 1:44.25	400m: 6:46.56 1:43.08	600m: 10:12.79 1:43.47	800m: 13:34.75 1:39.75
2. MELO, Mario Jorge	69 Colegio Integrado Monte Maior	15:30.05	317
100m: 1:47.83 1:47.83	300m: 5:47.61 2:01.62	500m: 9:49.02 2:00.32	700m: 13:41.37 1:55.63
200m: 3:45.99 1:58.16	400m: 7:48.70 2:01.09	600m: 11:45.74 1:56.72	800m: 15:30.05 1:48.68

70 - 74 anos

1. ALMEIDA, Jorge Manuel	71 Ginasio Clube Portugues	21:48.40	145
100m: 2:19.14 2:19.14	300m: 7:40.65 2:43.79	500m: 13:20.78 2:49.21	700m: 19:05.91 2:51.11
200m: 4:56.86 2:37.72	400m: 10:31.57 2:50.92	600m: 16:14.80 2:54.02	800m: 21:48.40 2:42.49

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 13, Masc., 800m Livres, 70 - 74 anos

Lugar	Idade	Tempo final	Pts
2. HORTA, Jose Manuel	71 Sport Alges Dafundo	22:33.05	131
100m: 2:42.15 2:42.15	300m: 8:31.36 2:54.85	500m: 14:18.21 2:52.17	700m: 19:53.70 2:46.48
200m: 5:36.51 2:54.36	400m: 11:26.04 2:54.68	600m: 17:07.22 2:49.01	800m: 22:33.05 2:39.35

Prova 14
16/02/2020 - 18:55
Femin., 800m Livres
14 - 84 anos
Resultados

Pontos: DSV Masters 13

Lugar	Idade	Tempo final	Pts
14 - 16 anos			
DNS ALCOBIA, Catarina Campos	16 Clube Desportivo Alto do Pina		
17 - 19 anos			
1. ALVES, Ines Sofia	17 CPCD-Centro P.Cultura Desporto	11:22.53	517
100m: 1:18.49 1:18.49	300m: 4:12.85 1:27.60	500m: 7:06.12 1:26.91	700m: 9:59.57 1:26.24
200m: 2:45.25 1:26.76	400m: 5:39.21 1:26.36	600m: 8:33.33 1:27.21	800m: 11:22.53 1:22.96

20 - 24 anos

1. SANTOS, Raquel Fernandes	22 Clube N.M.Almada	10:34.62	643
100m: 1:11.97 1:11.97	300m: 3:49.47 1:19.47	500m: 6:32.04 1:22.03	700m: 9:15.00 1:20.93
200m: 2:30.00 1:18.03	400m: 5:10.01 1:20.54	600m: 7:54.07 1:22.03	800m: 10:34.62 1:19.62
2. RIBEIRO, Ines Dias	24 CCD Avancado EULX	11:25.41	510
100m: 1:20.39 1:20.39	300m: 4:11.44 1:25.39	500m: 7:04.59 1:26.55	700m: 9:59.79 1:28.03
200m: 2:46.05 1:25.66	400m: 5:38.04 1:26.60	600m: 8:31.76 1:27.17	800m: 11:25.41 1:25.62
3. FREITAS, Maria Beatriz	24 Clube Desportivo Alto do Pina	11:37.15	485
100m: 1:16.97 1:16.97	300m: 4:07.33 1:26.71	500m: 7:05.57 1:29.63	700m: 10:07.74 1:31.13
200m: 2:40.62 1:23.65	400m: 5:35.94 1:28.61	600m: 8:36.61 1:31.04	800m: 11:37.15 1:29.41

25 - 29 anos

1. ALMEIDA, Eunice	26 Clube Desportivo Alto do Pina	12:19.38	426
100m: 1:16.62 1:16.62	300m: 4:24.02 1:36.47	500m: 7:37.13 1:35.89	700m: 10:44.23 1:31.67
200m: 2:47.55 1:30.93	400m: 6:01.24 1:37.22	600m: 9:12.56 1:35.43	800m: 12:19.38 1:35.15

40 - 44 anos

1. CORREIA, Rita Barata	41 Clube N.M.Almada	13:12.16	382
100m: 1:30.38 1:30.38	300m: 4:54.34 1:42.52	500m: 8:15.07 1:39.08	700m: 11:33.66 1:38.57
200m: 3:11.82 1:41.44	400m: 6:35.99 1:41.65	600m: 9:55.09 1:40.02	800m: 13:12.16 1:38.50
2. FERREIRA, Marta Martins	41 Sindicato T.F.Publica	13:56.52	324
100m: 1:37.57 1:37.57	300m: 5:10.17 1:45.81	500m: 8:40.61 1:45.03	700m: 12:13.13 1:46.07
200m: 3:24.36 1:46.79	400m: 6:55.58 1:45.41	600m: 10:27.06 1:46.45	800m: 13:56.52 1:43.39

45 - 49 anos

1. SANTINHA, Fernanda Marques	48 Clube N.M.Almada	13:45.77	339
100m: 1:37.55 1:37.55	300m: 5:07.82 1:44.37	500m: 8:36.81 1:44.52	700m: 12:04.21 1:43.62
200m: 3:23.45 1:45.90	400m: 6:52.29 1:44.47	600m: 10:20.59 1:43.78	800m: 13:45.77 1:41.56
2. SEQUEIRA, Carla Sofia	45 Colegio Integrado Monte Maior	15:03.91	258
100m: 1:45.56 1:45.56	300m: 5:32.50 1:54.47	500m: 9:21.91 1:54.58	700m: 13:11.60 1:55.68
200m: 3:38.03 1:52.47	400m: 7:27.33 1:54.83	600m: 11:15.92 1:54.01	800m: 15:03.91 1:52.31

TORNEIO FUNDO NATACAO INATEL 2019-2020
LISBOA , 15 - 16/2/2020

Prova 14, Femin., 800m Livres

55 - 59 anos

1.	CANINAS, Maria Madalena	57	Clube N.M.Almada	15:26.24	380
	100m: 1:51.72 1:51.72	300m: 5:47.04 1:57.33	500m: 9:41.46 1:58.46	700m: 13:34.92 1:55.73	
	200m: 3:49.71 1:57.99	400m: 7:43.00 1:55.96	600m: 11:39.19 1:57.73	800m: 15:26.24 1:51.32	

60 - 64 anos

1.	CAEIRO, Ana Maria	61	Grupo Amigos Natacao	15:34.00	469
	100m: 1:50.94 1:50.94	300m: 5:46.23 1:56.95	500m: 9:44.95 1:59.25	700m: 13:40.09 1:57.14	
	200m: 3:49.28 1:58.34	400m: 7:45.70 1:59.47	600m: 11:42.95 1:58.00	800m: 15:34.00 1:53.91	

65 - 69 anos

DNS	PINTAO, Luisa Maria	66	Associacao Nadadores Estoris		
-----	---------------------	----	------------------------------	--	--