Prova 1 — Femin., 1500m Livres — Master
23/02/2025 — Resultados

RN 50M Masters M	59:00.00	,			01/01/1800
RN 50M Masters L	59:00.00	,			01/01/1800
RN 50M Masters K	30:38.21	Luisa Bessone, Basto	SAD	Póvoa de Varzim	23/02/2019
RN 50M Masters J	25:29.15	Ana Maria, Ferreira	SAD	Póvoa de Varzim	22/02/2020
RN 50M Masters I	24:56.65	Ana Maria, Ferreira	SAD	Rio Maior	25/02/2017
RN 50M Masters H	26:40.98	Maria Santos, Fernandes	LSC	Póvoa de Varzim	26/02/2022
RN 50M Masters G	21:42.69	Isabel Baptista, Ferreira	ADRCIMM	Coimbra	25/02/2024
RN 50M Masters F	21:25.58	Ana Paula, Grilo	NDCO	Vitoria (ESP)	27/04/2019
RN 50M Masters E	20:41.33	Gisela Barbosa, Coutinho	CFP	Coimbra	25/02/2024
RN 50M Masters D	20:45.77	Ines Maria, Rothes	CFP	Rio Maior	20/02/2016
RN 50M Masters C	18:50.82	Ana Paula, Grilo	UDCA	Swansea (GBR)	03/03/2006
RN 50M Masters B	19:08.25	Carolina Santos, Silva	GCST	Póvoa de Varzim	23/02/2019
RN 50M Masters A	19:28.13	Carolina Santos, Silva	CNMAIA	Coimbra	18/04/2015

Master A A: 26:18.22 / Master B B: 28:15.08 / Master C C: 28:59.81 / Master D D: 31:51.05 / Master E E: 29:49.61 / Master F F: 32:52.70 / Master G G: 32:37.00 / Master H H: 35:06.98 / Master I I: 36:42.25 / Master J J: 38:25.94 / Master K K: 39:49.67

Pontos: DSV Masters 22

Lugar — Idade — Tempo final — Pts

Master A

1. Ana Margarida, Rodrigues — 29 — Galitos / Bresimar — **20:56.56** — 699

100m:	1:19.69	1:19.69	500m:	6:56.03	1:24.68	900m:	12:33.30	1:23.98	1300m:	18:10.22	1:24.08
200m:	2:43.21	1:23.52	600m:	8:20.94	1:24.91	1000m:	13:57.32	1:24.02	1400m:	19:31.24	1:21.02
300m:	4:07.11	1:23.90	700m:	9:45.08	1:24.14	1100m:	15:21.63	1:24.31	1500m:	20:56.56	1:25.32
400m:	5:31.35	1:24.24	800m:	11:09.32	1:24.24	1200m:	16:46.14	1:24.51			

2. Maria Beatriz, Dias — 26 — Clube Naval Povoense — **22:24.68** — 570

100m:	1:23.31	1:23.31	500m:	7:18.44	1:30.68	900m:	13:22.28	1:30.82	1300m:	19:25.95	1:31.76
200m:	2:50.02	1:26.71	600m:	8:49.24	1:30.80	1000m:	14:53.07	1:30.79	1400m:	20:57.03	1:31.08
300m:	4:18.13	1:28.11	700m:	10:20.17	1:30.93	1100m:	16:23.52	1:30.45	1500m:	22:24.68	1:27.65
400m:	5:47.76	1:29.63	800m:	11:51.46	1:31.29	1200m:	17:54.19	1:30.67			

3. Alexandra Jesus, Santos — 25 — Leixoes Sport Club — **22:36.85** — 555

100m:	1:24.72	1:24.72	500m:	7:21.09	1:30.12	900m:	13:23.54	1:31.04	1300m:	19:32.95	1:32.42
200m:	2:51.12	1:26.40	600m:	8:51.95	1:30.86	1000m:	14:55.77	1:32.23	1400m:	21:04.62	1:31.67
300m:	4:19.63	1:28.51	700m:	10:21.83	1:29.88	1100m:	16:27.93	1:32.16	1500m:	22:36.85	1:32.23
400m:	5:50.97	1:31.34	800m:	11:52.50	1:30.67	1200m:	18:00.53	1:32.60			

4. Catarina Vieira, Correia — 26 — Leixoes Sport Club — **22:38.21** — 553

100m:	1:25.42	1:25.42	500m:	7:27.40	1:31.52	900m:	13:34.91	1:32.83	1300m:	19:38.41	1:30.64
200m:	2:55.41	1:29.99	600m:	8:58.92	1:31.52	1000m:	15:06.14	1:31.23	1400m:	21:07.89	1:29.48
300m:	4:25.65	1:30.24	700m:	10:30.85	1:31.93	1100m:	16:36.28	1:30.14	1500m:	22:38.21	1:30.32
400m:	5:55.88	1:30.23	800m:	12:02.08	1:31.23	1200m:	18:07.77	1:31.49			

5. Raquel Fernandes, Santos — 27 — Clube Natacao Masters de Almada — **22:44.65** — 546

100m:	1:24.98	1:24.98	500m:	7:23.98	1:32.61	900m:	13:33.12	1:33.56	1300m:	19:44.77	1:31.05
200m:	2:52.74	1:27.76	600m:	8:55.23	1:31.25	1000m:	15:06.46	1:33.34	1400m:	21:15.78	1:31.01
300m:	4:20.79	1:28.05	700m:	10:27.21	1:31.98	1100m:	16:41.74	1:35.28	1500m:	22:44.65	1:28.87
400m:	5:51.37	1:30.58	800m:	11:59.56	1:32.35	1200m:	18:13.72	1:31.98			

6. Maria Saraiva, Ruivaco — 25 — Vieirense — **22:47.83** — 542

100m:	1:21.96	1:21.96	500m:	7:26.03	1:32.82	900m:	13:37.29	1:33.17	1300m:	19:48.23	1:31.81
200m:	2:50.76	1:28.80	600m:	8:58.60	1:32.57	1000m:	15:09.99	1:32.70	1400m:	21:19.14	1:30.91
300m:	4:21.42	1:30.66	700m:	10:31.21	1:32.61	1100m:	16:43.42	1:33.43	1500m:	22:47.83	1:28.69
400m:	5:53.21	1:31.79	800m:	12:04.12	1:32.91	1200m:	18:16.42	1:33.00			

7. Ana Beatriz, Soeiro — 27 — Grupo dos Amigos da Natacao-AC — **26:54.05** — 330
Standard Time

100m:	1:40.86	1:40.86	500m:	8:52.95	1:49.85	900m:	16:14.81	1:48.69	1300m:	23:27.19	1:47.08
200m:	3:27.63	1:46.77	600m:	10:43.63	1:50.68	1000m:	18:03.65	1:48.84	1400m:	25:14.34	1:47.15
300m:	5:14.67	1:47.04	700m:	12:35.49	1:51.86	1100m:	19:52.29	1:48.64	1500m:	26:54.05	1:39.71
400m:	7:03.10	1:48.43	800m:	14:26.12	1:50.63	1200m:	21:40.11	1:47.82			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 1, Femin., 1500m Livres, Master A

Lugar		Idade		Tempo final	Pts
8.	Luisa Alves, Dias *Standard Time*	28	Natacao de Valongo	**29:29.74**	250

100m:	1:47.21	1:47.21	500m:	9:37.91	2:00.22	900m:	17:41.24	1:59.90	1300m:	25:44.41	2:02.75
200m:	3:42.07	1:54.86	600m:	11:39.82	2:01.91	1000m:	19:41.00	1:59.76	1400m:	27:41.80	1:57.39
300m:	5:37.90	1:55.83	700m:	13:40.75	2:00.93	1100m:	21:42.28	2:01.28	1500m:	29:29.74	1:47.94
400m:	7:37.69	1:59.79	800m:	15:41.34	2:00.59	1200m:	23:41.66	1:59.38			

9.	Barbara Pereira, Fernandes *Standard Time*	26	Natacao de Valongo	**31:14.53**	210

100m:	1:56.79	1:56.79	500m:	10:20.41	2:06.35	900m:	18:46.95	2:06.16	1300m:	27:11.60	2:05.70
200m:	4:00.44	2:03.65	600m:	12:27.21	2:06.80	1000m:	20:53.97	2:07.02	1400m:	29:16.10	2:04.50
300m:	6:07.03	2:06.59	700m:	14:34.63	2:07.42	1100m:	22:59.64	2:05.67	1500m:	31:14.53	1:58.43
400m:	8:14.06	2:07.03	800m:	16:40.79	2:06.16	1200m:	25:05.90	2:06.26			

10.	Mariana Guedes, Sousa *Standard Time*	27	Natacao de Valongo	**34:05.11**	162

100m:	2:10.08	2:10.08	500m:	11:18.53	2:18.56	900m:	20:34.58	2:19.35	1300m:	29:49.43	2:15.09
200m:	4:27.34	2:17.26	600m:	13:35.96	2:17.43	1000m:	22:53.83	2:19.25	1400m:	32:01.28	2:11.85
300m:	6:45.68	2:18.34	700m:	15:55.44	2:19.48	1100m:	25:12.66	2:18.83	1500m:	34:05.11	2:03.83
400m:	8:59.97	2:14.29	800m:	18:15.23	2:19.79	1200m:	27:34.34	2:21.68			

Master B

1.	Joana Aguiar, Rodrigues	32	Porto	**20:26.80**	698

100m:	1:18.37	1:18.37	500m:	6:44.89	1:21.88	900m:	12:13.12	1:22.16	1300m:	17:43.92	1:22.60
200m:	2:39.38	1:21.01	600m:	8:06.78	1:21.89	1000m:	13:35.81	1:22.69	1400m:	19:05.82	1:21.90
300m:	4:01.61	1:22.23	700m:	9:29.07	1:22.29	1100m:	14:58.26	1:22.45	1500m:	20:26.80	1:20.98
400m:	5:23.01	1:21.40	800m:	10:50.96	1:21.89	1200m:	16:21.32	1:23.06			

2.	Alexandra Sofia, Monteiro	33	CNLeiria - VOID	**21:00.26**	644

100m:	1:15.88	1:15.88	500m:	6:41.62	1:23.32	900m:	12:21.56	1:25.72	1300m:	18:08.88	1:27.24
200m:	2:34.95	1:19.07	600m:	8:05.19	1:23.57	1000m:	13:48.26	1:26.70	1400m:	19:35.34	1:26.46
300m:	3:56.16	1:21.21	700m:	9:30.48	1:25.29	1100m:	15:15.21	1:26.95	1500m:	21:00.26	1:24.92
400m:	5:18.30	1:22.14	800m:	10:55.84	1:25.36	1200m:	16:41.64	1:26.43			

3.	Irina Filipa, Lousa	30	Porto	**21:16.55**	620

100m:	1:20.15	1:20.15	500m:	6:53.82	1:25.75	900m:	12:35.91	1:26.19	1300m:	18:24.16	1:27.62
200m:	2:40.97	1:20.82	600m:	8:18.34	1:24.52	1000m:	14:02.16	1:26.25	1400m:	19:50.31	1:26.15
300m:	4:03.23	1:22.26	700m:	9:43.60	1:25.26	1100m:	15:29.47	1:27.31	1500m:	21:16.55	1:26.24
400m:	5:28.07	1:24.84	800m:	11:09.72	1:26.12	1200m:	16:56.54	1:27.07			

4.	Carolina Ferreira, Matos	34	Gafanha da Encarnacao	**24:16.88**	417

100m:	1:30.98	1:30.98	500m:	7:58.22	1:37.85	900m:	14:30.48	1:38.31	1300m:	21:05.40	1:39.31
200m:	3:06.19	1:35.21	600m:	9:35.62	1:37.40	1000m:	16:08.91	1:38.43	1400m:	22:43.25	1:37.85
300m:	4:42.81	1:36.62	700m:	11:13.62	1:38.00	1100m:	17:47.85	1:38.94	1500m:	24:16.88	1:33.63
400m:	6:20.37	1:37.56	800m:	12:52.17	1:38.55	1200m:	19:26.09	1:38.24			

5.	Mariana Amendoeira, Duarte	30	Lisboa PoolSharks	**24:17.34**	416

100m:	1:28.22	1:28.22	500m:	7:58.43	1:38.11	900m:	14:31.15	1:38.46	1300m:	21:07.33	1:39.35
200m:	3:03.71	1:35.49	600m:	9:36.76	1:38.33	1000m:	16:10.10	1:38.95	1400m:	22:45.57	1:38.24
300m:	4:41.86	1:38.15	700m:	11:14.68	1:37.92	1100m:	17:49.43	1:39.33	1500m:	24:17.34	1:31.77
400m:	6:20.32	1:38.46	800m:	12:52.69	1:38.01	1200m:	19:27.98	1:38.55			

6.	Gisela Felix, Seixas	31	Sporting	**27:17.72**	293

100m:	1:41.99	1:41.99	500m:	8:50.89	1:48.49	900m:	16:10.08	1:50.94	1300m:	23:42.25	1:52.72
200m:	3:26.68	1:44.69	600m:	10:40.25	1:49.36	1000m:	18:02.63	1:52.55	1400m:	25:33.59	1:51.34
300m:	5:13.77	1:47.09	700m:	12:29.22	1:48.97	1100m:	19:57.37	1:54.74	1500m:	27:17.72	1:44.13
400m:	7:02.40	1:48.63	800m:	14:19.14	1:49.92	1200m:	21:49.53	1:52.16			

Prova 1, Femin., 1500m Livres, Master B

Lugar		Idade		Tempo final	Pts
7.	Daniela Leal, Neves	32	Gafanha da Encarnacao	**27:37.58**	283

100m:	1:36.81	1:36.81	500m:	9:00.90	1:53.42	900m:	16:31.26	1:54.24	1300m:	24:02.76	1:52.12
200m:	3:23.33	1:46.52	600m:	10:52.02	1:51.12	1000m:	18:24.95	1:53.69	1400m:	25:53.22	1:50.46
300m:	5:14.50	1:51.17	700m:	12:43.90	1:51.88	1100m:	20:17.65	1:52.70	1500m:	27:37.58	1:44.36
400m:	7:07.48	1:52.98	800m:	14:37.02	1:53.12	1200m:	22:10.64	1:52.99			

8.	Catarina Oliveira, Cardoso *Standard Time*	32	Gafanha da Encarnacao	**33:37.98**	157

100m:	2:02.46	2:02.46	500m:	11:02.91	2:16.81	900m:	20:08.97	2:17.37	1300m:	29:12.54	2:17.32
200m:	4:16.04	2:13.58	600m:	13:19.90	2:16.99	1000m:	22:24.37	2:15.40	1400m:	31:32.16	2:19.62
300m:	6:30.92	2:14.88	700m:	15:35.37	2:15.47	1100m:	24:38.25	2:13.88	1500m:	33:37.98	2:05.82
400m:	8:46.10	2:15.18	800m:	17:51.60	2:16.23	1200m:	26:55.22	2:16.97			

Master C

1.	Vania Soares, Neves	35	Viana Natacao	**19:26.86**	872

100m:	1:14.57	1:14.57	500m:	6:25.75	1:17.90	900m:	11:37.55	1:17.95	1300m:	16:50.94	1:18.83
200m:	2:32.07	1:17.50	600m:	7:43.13	1:17.38	1000m:	12:55.68	1:18.13	1400m:	18:10.12	1:19.18
300m:	3:49.91	1:17.84	700m:	9:00.93	1:17.80	1100m:	14:13.51	1:17.83	1500m:	19:26.86	1:16.74
400m:	5:07.85	1:17.94	800m:	10:19.60	1:18.67	1200m:	15:32.11	1:18.60			

2.	Rute Sofia, Teixeira	35	Ginásio Sto. Tirso	**22:53.94**	534

100m:	1:27.44	1:27.44	500m:	7:37.83	1:33.03	900m:	13:46.51	1:32.51	1300m:	19:53.94	1:31.84
200m:	2:59.48	1:32.04	600m:	9:09.04	1:31.21	1000m:	15:19.07	1:32.56	1400m:	21:25.29	1:31.35
300m:	4:32.10	1:32.62	700m:	10:41.18	1:32.14	1100m:	16:50.52	1:31.45	1500m:	22:53.94	1:28.65
400m:	6:04.80	1:32.70	800m:	12:14.00	1:32.82	1200m:	18:22.10	1:31.58			

3.	Sara Daniela, Rodrigues	38	Galitos / Bresimar	**22:56.67**	531

100m:	1:26.85	1:26.85	500m:	7:30.75	1:32.44	900m:	13:41.16	1:33.49	1300m:	19:54.02	1:33.51
200m:	2:56.01	1:29.16	600m:	9:03.20	1:32.45	1000m:	15:13.89	1:32.73	1400m:	21:27.32	1:33.30
300m:	4:26.39	1:30.38	700m:	10:35.71	1:32.51	1100m:	16:47.64	1:33.75	1500m:	22:56.67	1:29.35
400m:	5:58.31	1:31.92	800m:	12:07.67	1:31.96	1200m:	18:20.51	1:32.87			

4.	Solange Ramalho, Pereira	35	Ba-Leiria	**24:02.44**	461

100m:	1:27.18	1:27.18	500m:	7:44.59	1:37.25	900m:	14:16.31	1:38.10	1300m:	20:49.06	1:38.57
200m:	2:59.54	1:32.36	600m:	9:22.60	1:38.01	1000m:	15:54.48	1:38.17	1400m:	22:26.69	1:37.63
300m:	4:32.40	1:32.86	700m:	11:00.45	1:37.85	1100m:	17:32.19	1:37.71	1500m:	24:02.44	1:35.75
400m:	6:07.34	1:34.94	800m:	12:38.21	1:37.76	1200m:	19:10.49	1:38.30			

5.	Rafaela Barreiros, Pires	36	Braga	**24:11.10**	453

100m:	1:28.43	1:28.43	500m:	7:42.94	1:35.54	900m:	14:11.04	1:37.97	1300m:	20:50.14	1:39.66
200m:	3:00.09	1:31.66	600m:	9:18.38	1:35.44	1000m:	15:49.82	1:38.78	1400m:	22:31.32	1:41.18
300m:	4:33.11	1:33.02	700m:	10:54.73	1:36.35	1100m:	17:28.23	1:38.41	1500m:	24:11.10	1:39.78
400m:	6:07.40	1:34.29	800m:	12:33.07	1:38.34	1200m:	19:10.48	1:42.25			

6.	Laurelin Lucinda, Molen	38	CCDSerta	**24:58.13**	412

100m:	1:33.16	1:33.16	500m:	8:12.80	1:42.26	900m:	14:57.18	1:41.35	1300m:	21:40.60	1:40.80
200m:	3:10.35	1:37.19	600m:	9:53.30	1:40.50	1000m:	16:37.30	1:40.12	1400m:	23:21.90	1:41.30
300m:	4:49.45	1:39.10	700m:	11:34.60	1:41.30	1100m:	18:17.94	1:40.64	1500m:	24:58.13	1:36.23
400m:	6:30.54	1:41.09	800m:	13:15.83	1:41.23	1200m:	19:59.80	1:41.86			

7.	Ana Miguel, Goncalves	35	Académica de Coimbra	**26:11.92**	356

100m:	1:37.04	1:37.04	500m:	8:37.73	1:46.02	900m:	15:48.44	1:48.11	1300m:	22:52.96	1:45.67
200m:	3:20.01	1:42.97	600m:	10:25.26	1:47.53	1000m:	17:33.83	1:45.39	1400m:	24:36.93	1:43.97
300m:	5:05.19	1:45.18	700m:	12:13.43	1:48.17	1100m:	19:20.69	1:46.86	1500m:	26:11.92	1:34.99
400m:	6:51.71	1:46.52	800m:	14:00.33	1:46.90	1200m:	21:07.29	1:46.60			

8.	Rita Fernandes, Pascoal	37	CNLeiria - VOID	**26:43.12**	336

100m:	1:35.62	1:35.62	500m:	8:45.16	1:47.77	900m:	15:56.53	1:47.80	1300m:	23:12.76	1:49.54
200m:	3:20.73	1:45.11	600m:	10:32.36	1:47.20	1000m:	17:44.96	1:48.43	1400m:	25:02.17	1:49.41
300m:	5:08.91	1:48.18	700m:	12:20.96	1:48.60	1100m:	19:33.86	1:48.90	1500m:	26:43.12	1:40.95
400m:	6:57.39	1:48.48	800m:	14:08.73	1:47.77	1200m:	21:23.22	1:49.36			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
FPN ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA CÂMARA MUNICIPAL COIMBRA GENERALI TRANQUILIDADE ipdj DESPORTO PARA TODOS AQUAPLAY TURBO RPROAUDIO events solutions

Prova 1, Femin., 1500m Livres, Master C

Lugar		Idade		Tempo final	Pts
9.	Filipa Isabel, Reis	38	Leixoes Sport Club	**27:54.22**	295

100m:	1:43.58	1:43.58	500m:	9:07.89	1:52.41	900m:	16:41.44	1:52.75	1300m:	24:17.34	1:53.32
200m:	3:33.08	1:49.50	600m:	11:00.90	1:53.01	1000m:	18:35.44	1:54.00	1400m:	26:10.59	1:53.25
300m:	5:23.96	1:50.88	700m:	12:54.73	1:53.83	1100m:	20:29.62	1:54.18	1500m:	27:54.22	1:43.63
400m:	7:15.48	1:51.52	800m:	14:48.69	1:53.96	1200m:	22:24.02	1:54.40			

10.	Oleksandra, Pais	38	Porto	**28:12.29**	285

100m:	1:39.26	1:39.26	500m:	9:14.63	1:54.88	900m:	16:58.03	1:56.09	1300m:	24:39.52	1:55.90
200m:	3:29.41	1:50.15	600m:	11:09.71	1:55.08	1000m:	18:53.81	1:55.78	1400m:	26:32.79	1:53.27
300m:	5:24.77	1:55.36	700m:	13:07.05	1:57.34	1100m:	20:47.57	1:53.76	1500m:	28:12.29	1:39.50
400m:	7:19.75	1:54.98	800m:	15:01.94	1:54.89	1200m:	22:43.62	1:56.05			

11.	Elizaveta, Romaniuk *Standard Time*	38	Braga	**29:16.93**	255

100m:	1:43.25	1:43.25	500m:	9:33.22	1:58.11	900m:	17:26.57	1:58.96	1300m:	25:26.40	2:00.65
200m:	3:38.86	1:55.61	600m:	11:31.39	1:58.17	1000m:	19:26.31	1:59.74	1400m:	27:25.76	1:59.36
300m:	5:36.16	1:57.30	700m:	13:29.73	1:58.34	1100m:	21:25.04	1:58.73	1500m:	29:16.93	1:51.17
400m:	7:35.11	1:58.95	800m:	15:27.61	1:57.88	1200m:	23:25.75	2:00.71			

12.	Ines Margarida, Cordeiro *Standard Time*	37	CNLeiria - VOID	**32:37.56**	184

100m:	1:56.95	1:56.95	500m:	10:35.09	2:11.30	900m:	19:24.53	2:11.41	1300m:	28:16.46	2:13.02
200m:	4:03.33	2:06.38	600m:	12:47.19	2:12.10	1000m:	21:37.50	2:12.97	1400m:	30:27.26	2:10.80
300m:	6:11.95	2:08.62	700m:	15:00.00	2:12.81	1100m:	23:51.15	2:13.65	1500m:	32:37.56	2:10.30
400m:	8:23.79	2:11.84	800m:	17:13.12	2:13.12	1200m:	26:03.44	2:12.29			

Master D

1.	Mariana Sa, Lucas	41	Litoral Alentejano	**20:55.14**	750

100m:	1:17.28	1:17.28	500m:	6:48.49	1:23.80	900m:	12:24.97	1:24.62	1300m:	18:05.97	1:25.39
200m:	2:38.57	1:21.29	600m:	8:11.59	1:23.10	1000m:	13:49.09	1:24.12	1400m:	19:31.68	1:25.71
300m:	4:01.56	1:22.99	700m:	9:35.85	1:24.26	1100m:	15:15.20	1:26.11	1500m:	20:55.14	1:23.46
400m:	5:24.69	1:23.13	800m:	11:00.35	1:24.50	1200m:	16:40.58	1:25.38			

2.	Maria Manuela, Fonseca	40	Leixoes Sport Club	**22:07.64**	634

100m:	1:24.98	1:24.98	500m:	7:22.55	1:29.41	900m:	13:19.90	1:29.64	1300m:	19:13.71	1:28.94
200m:	2:54.51	1:29.53	600m:	8:51.94	1:29.39	1000m:	14:48.53	1:28.63	1400m:	20:42.45	1:28.74
300m:	4:23.78	1:29.27	700m:	10:21.20	1:29.26	1100m:	16:16.66	1:28.13	1500m:	22:07.64	1:25.19
400m:	5:53.14	1:29.36	800m:	11:50.26	1:29.06	1200m:	17:44.77	1:28.11			

3.	Joana Antunes, Ervilha	44	CNLeiria - VOID	**24:25.72**	471

100m:	1:30.70	1:30.70	500m:	8:07.48	1:38.50	900m:	14:41.76	1:38.61	1300m:	21:13.55	1:37.50
200m:	3:09.59	1:38.89	600m:	9:46.49	1:39.01	1000m:	16:20.07	1:38.31	1400m:	22:51.42	1:37.87
300m:	4:49.35	1:39.76	700m:	11:24.77	1:38.28	1100m:	17:58.10	1:38.03	1500m:	24:25.72	1:34.30
400m:	6:28.98	1:39.63	800m:	13:03.15	1:38.38	1200m:	19:36.05	1:37.95			

4.	Sara Filipa, Cortez	44	Clube Natacao Masters de Almada	**24:36.49**	461

100m:	1:31.92	1:31.92	500m:	8:11.41	1:41.34	900m:	14:53.68	1:41.47	1300m:	21:29.85	1:39.22
200m:	3:09.68	1:37.76	600m:	9:51.45	1:40.04	1000m:	16:33.67	1:39.99	1400m:	23:07.92	1:38.07
300m:	4:49.41	1:39.73	700m:	11:31.49	1:40.04	1100m:	18:12.29	1:38.62	1500m:	24:36.49	1:28.57
400m:	6:30.07	1:40.66	800m:	13:12.21	1:40.72	1200m:	19:50.63	1:38.34			

5.	Ana Cristina, Azevedo	43	Porto	**28:07.31**	309

100m:	1:49.29	1:49.29	500m:	9:33.70	1:55.86	900m:	17:09.92	1:54.92	1300m:	24:31.54	1:50.96
200m:	3:47.16	1:57.87	600m:	11:29.29	1:55.59	1000m:	19:01.63	1:51.71	1400m:	26:24.90	1:53.36
300m:	5:43.01	1:55.85	700m:	13:21.27	1:51.98	1100m:	20:52.91	1:51.28	1500m:	28:07.31	1:42.41
400m:	7:37.84	1:54.83	800m:	15:15.00	1:53.73	1200m:	22:40.58	1:47.67			

Prova 1, Femin., 1500m Livres, Master D

Lugar		Idade		Tempo final	Pts
6.	Carmen Silvia, Luz	44	Litoral Alentejano	**29:40.44**	263

100m:	1:46.63	1:46.63	500m:	9:30.23	1:57.98	900m:	17:32.77	2:01.08	1300m:	25:42.13	2:02.70
200m:	3:40.80	1:54.17	600m:	11:29.92	1:59.69	1000m:	19:33.29	2:00.52	1400m:	27:44.43	2:02.30
300m:	5:36.23	1:55.43	700m:	13:30.62	2:00.70	1100m:	21:36.46	2:03.17	1500m:	29:40.44	1:56.01
400m:	7:32.25	1:56.02	800m:	15:31.69	2:01.07	1200m:	23:39.43	2:02.97			

7.	Ana Sofia, Uhlfelder	42	Fluvial Portuense	**29:51.19**	258

100m:	1:46.62	1:46.62	500m:	9:45.23	2:00.97	900m:	17:50.78	2:00.74	1300m:	25:51.38	1:58.75
200m:	3:43.94	1:57.32	600m:	11:47.77	2:02.54	1000m:	19:51.25	2:00.47	1400m:	27:54.07	2:02.69
300m:	5:44.28	2:00.34	700m:	13:49.66	2:01.89	1100m:	21:51.75	2:00.50	1500m:	29:51.19	1:57.12
400m:	7:44.26	1:59.98	800m:	15:50.04	2:00.38	1200m:	23:52.63	2:00.88			

Master E

1.	Ana DAlte, Guedes	45	Leixoes Sport Club	**24:04.97**	523

100m:	1:28.33	1:28.33	500m:	7:55.37	1:36.81	900m:	14:26.03	1:36.92	1300m:	20:54.36	1:36.83
200m:	3:04.19	1:35.86	600m:	9:03.00	1:07.63	1000m:	16:03.43	1:37.40	1400m:	22:30.72	1:36.36
300m:	4:40.83	1:36.64	700m:	11:10.64	2:07.64	1100m:	17:40.08	1:36.65	1500m:	24:04.97	1:34.25
400m:	6:18.56	1:37.73	800m:	12:49.11	1:38.47	1200m:	19:17.53	1:37.45			

2.	Tatiana Stankunavicius, Swerts	47	Braga	**24:20.39**	507

100m:	1:35.11	1:35.11	500m:	8:10.26	1:39.27	900m:	14:44.28	1:37.98	1300m:	21:12.70	1:37.28
200m:	3:13.70	1:38.59	600m:	9:49.08	1:38.82	1000m:	16:21.81	1:37.53	1400m:	22:49.67	1:36.97
300m:	4:52.40	1:38.70	700m:	11:27.67	1:38.59	1100m:	17:58.85	1:37.04	1500m:	24:20.39	1:30.72
400m:	6:30.99	1:38.59	800m:	13:06.30	1:38.63	1200m:	19:35.42	1:36.57			

3.	Inez Correa, Sa	46	Lagoa Academico Clube	**25:52.83**	421

100m:	1:33.18	1:33.18	500m:	8:25.50	1:44.46	900m:	15:26.66	1:44.06	1300m:	22:28.03	1:47.33
200m:	3:14.05	1:40.87	600m:	10:11.77	1:46.27	1000m:	17:10.87	1:44.21	1400m:	24:13.42	1:45.39
300m:	4:57.25	1:43.20	700m:	11:56.08	1:44.31	1100m:	18:55.49	1:44.62	1500m:	25:52.83	1:39.41
400m:	6:41.04	1:43.79	800m:	13:42.60	1:46.52	1200m:	20:40.70	1:45.21			

4.	Rita Barata, Correia	46	Clube Natacao Masters de Almada	**25:59.53**	416

100m:	1:34.96	1:34.96	500m:	8:28.04	1:44.65	900m:	15:28.58	1:45.18	1300m:	22:30.04	1:45.38
200m:	3:16.47	1:41.51	600m:	10:12.79	1:44.75	1000m:	17:13.70	1:45.12	1400m:	24:14.93	1:44.89
300m:	4:59.52	1:43.05	700m:	11:58.47	1:45.68	1100m:	18:59.59	1:45.89	1500m:	25:59.53	1:44.60
400m:	6:43.39	1:43.87	800m:	13:43.40	1:44.93	1200m:	20:44.66	1:45.07			

5.	Ana Cristina, Oliveira	49	Galitos / Bresimar	**26:41.39**	384

100m:	1:38.50	1:38.50	500m:	8:43.01	1:47.11	900m:	15:50.49	1:47.31	1300m:	23:06.31	1:50.07
200m:	3:23.61	1:45.11	600m:	10:29.79	1:46.78	1000m:	17:38.79	1:48.30	1400m:	24:54.57	1:48.26
300m:	5:09.63	1:46.02	700m:	12:16.40	1:46.61	1100m:	19:26.70	1:47.91	1500m:	26:41.39	1:46.82
400m:	6:55.90	1:46.27	800m:	14:03.18	1:46.78	1200m:	21:16.24	1:49.54			

6.	Joana Rita, Robalo	45	Aminata	**27:18.14**	359

100m:	1:45.35	1:45.35	500m:	9:03.14	1:49.55	900m:	16:20.29	1:49.62	1300m:	23:42.32	1:49.31
200m:	3:35.22	1:49.87	600m:	10:52.60	1:49.46	1000m:	18:11.52	1:51.23	1400m:	25:31.99	1:49.67
300m:	5:24.52	1:49.30	700m:	12:41.35	1:48.75	1100m:	20:01.67	1:50.15	1500m:	27:18.14	1:46.15
400m:	7:13.59	1:49.07	800m:	14:30.67	1:49.32	1200m:	21:53.01	1:51.34			

7.	Isabel Carolina, Neves	45	Fluvial Portuense	**27:45.52**	341

100m:	1:42.84	1:42.84	500m:	9:06.68	1:50.55	900m:	16:32.84	1:52.68	1300m:	24:05.55	1:53.76
200m:	3:33.08	1:50.24	600m:	10:57.82	1:51.14	1000m:	18:24.83	1:51.99	1400m:	25:57.91	1:52.36
300m:	5:24.37	1:51.29	700m:	12:49.10	1:51.28	1100m:	20:18.10	1:53.27	1500m:	27:45.52	1:47.61
400m:	7:16.13	1:51.76	800m:	14:40.16	1:51.06	1200m:	22:11.79	1:53.69			

8.	Ana Claudia, Gomes	49	Académica de Coimbra	**27:59.90**	333

100m:	1:46.87	1:46.87	500m:	9:18.69	1:52.59	900m:	16:48.84	1:53.66	1300m:	24:21.73	1:53.21
200m:	3:39.81	1:52.94	600m:	11:10.43	1:51.74	1000m:	18:42.66	1:53.82	1400m:	26:13.11	1:51.38
300m:	5:33.42	1:53.61	700m:	13:02.62	1:52.19	1100m:	20:34.66	1:52.00	1500m:	27:59.90	1:46.79
400m:	7:26.10	1:52.68	800m:	14:55.18	1:52.56	1200m:	22:28.52	1:53.86			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 1, Femin., 1500m Livres, Master E

Lugar		Idade		Tempo final	Pts
9.	Ana Luis, Reis	45	Fluvial Portuense	**29:14.92**	292

100m:	1:49.56	1:49.56	500m:	9:46.86	1:59.10	900m:	17:39.88	1:57.29	1300m:	25:28.10	1:56.24
200m:	3:48.01	1:58.45	600m:	11:45.65	1:58.79	1000m:	19:38.09	1:58.21	1400m:	27:23.56	1:55.46
300m:	5:48.59	2:00.58	700m:	13:44.20	1:58.55	1100m:	21:35.03	1:56.94	1500m:	29:14.92	1:51.36
400m:	7:47.76	1:59.17	800m:	15:42.59	1:58.39	1200m:	23:31.86	1:56.83			

10.	Ana Maria, Martins	46	Sporting Clube de Aveiro	**29:30.31**	284

100m:	1:51.77	1:51.77	500m:	9:46.96	1:59.21	900m:	17:44.62	1:59.26	1300m:	25:43.17	2:00.43
200m:	3:49.11	1:57.34	600m:	11:46.63	1:59.67	1000m:	19:44.57	1:59.95	1400m:	27:40.71	1:57.54
300m:	5:48.51	1:59.40	700m:	13:46.17	1:59.54	1100m:	21:44.51	1:59.94	1500m:	29:30.31	1:49.60
400m:	7:47.75	1:59.24	800m:	15:45.36	1:59.19	1200m:	23:42.74	1:58.23			

11.	Ana Rita, Fernandes *Standard Time*	46	Académica de Coimbra	**30:58.69**	245

100m:	1:46.65	1:46.65	500m:	10:00.16	2:06.58	900m:	18:26.42	2:05.75	1300m:	26:52.55	2:06.11
200m:	3:44.80	1:58.15	600m:	12:06.53	2:06.37	1000m:	20:31.49	2:05.07	1400m:	28:56.80	2:04.25
300m:	5:47.78	2:02.98	700m:	14:14.17	2:07.64	1100m:	22:38.81	2:07.32	1500m:	30:58.69	2:01.89
400m:	7:53.58	2:05.80	800m:	16:20.67	2:06.50	1200m:	24:46.44	2:07.63			

12.	Catarina Almeida, Reis *Standard Time*	45	Sporting Clube de Aveiro	**32:55.03**	204

100m:	1:57.93	1:57.93	500m:	10:43.21	2:12.07	900m:	19:34.74	2:13.24	1300m:	28:31.79	2:12.85
200m:	4:06.41	2:08.48	600m:	12:56.52	2:13.31	1000m:	21:48.82	2:14.08	1400m:	30:46.10	2:14.31
300m:	6:18.80	2:12.39	700m:	15:09.34	2:12.82	1100m:	24:04.63	2:15.81	1500m:	32:55.03	2:08.93
400m:	8:31.14	2:12.34	800m:	17:21.50	2:12.16	1200m:	26:18.94	2:14.31			

13.	Carmen Sofia, Almeida *Standard Time*	45	CNLeiria - VOID	**37:44.08**	136

100m:	2:06.86	2:06.86	500m:	12:02.33	2:30.52	900m:	22:12.94	2:34.18	1300m:	32:33.77	2:35.43
200m:	4:30.32	2:23.46	600m:	14:33.54	2:31.21	1000m:	24:48.31	2:35.37	1400m:	35:10.44	2:36.67
300m:	7:00.28	2:29.96	700m:	17:06.08	2:32.54	1100m:	27:22.77	2:34.46	1500m:	37:44.08	2:33.64
400m:	9:31.81	2:31.53	800m:	19:38.76	2:32.68	1200m:	29:58.34	2:35.57			

Master F

1.	Gisela Barbosa, Coutinho	50	Fluvial Portuense	**20:38.75**	807

100m:	1:18.57	1:18.57	500m:	6:50.33	1:24.05	900m:	12:23.30	1:22.83	1300m:	17:56.49	1:23.69
200m:	2:40.12	1:21.55	600m:	8:13.91	1:23.58	1000m:	13:45.94	1:22.64	1400m:	19:19.43	1:22.94
300m:	4:02.96	1:22.84	700m:	9:37.33	1:23.42	1100m:	15:09.14	1:23.20	1500m:	20:38.75	1:19.32
400m:	5:26.28	1:23.32	800m:	11:00.47	1:23.14	1200m:	16:32.80	1:23.66			

2.	Carla Santa, Barbara	50	Porto	**22:21.59**	635

100m:	1:21.53	1:21.53	500m:	7:16.99	1:30.36	900m:	13:16.64	1:30.14	1300m:	19:20.03	1:31.46
200m:	2:48.78	1:27.25	600m:	8:47.18	1:30.19	1000m:	14:46.94	1:30.30	1400m:	20:51.92	1:31.89
300m:	4:17.34	1:28.56	700m:	10:17.28	1:30.10	1100m:	16:17.63	1:30.69	1500m:	22:21.59	1:29.67
400m:	5:46.63	1:29.29	800m:	11:46.50	1:29.22	1200m:	17:48.57	1:30.94			

3.	Joana Isabel, Arantes	53	Clube Millennium BCP	**23:13.18**	567

100m:	1:26.14	1:26.14	500m:	7:30.58	1:32.35	900m:	13:42.34	1:33.27	1300m:	20:03.87	1:35.75
200m:	2:56.40	1:30.26	600m:	9:02.65	1:32.07	1000m:	15:16.89	1:34.55	1400m:	21:39.01	1:35.14
300m:	4:26.80	1:30.40	700m:	10:35.12	1:32.47	1100m:	16:52.13	1:35.24	1500m:	23:13.18	1:34.17
400m:	5:58.23	1:31.43	800m:	12:09.07	1:33.95	1200m:	18:28.12	1:35.99			

4.	Sandra Santa, Barbara	50	Ginásio Sto. Tirso	**24:15.86**	497

100m:	1:28.75	1:28.75	500m:	7:56.43	1:38.01	900m:	14:28.40	1:38.15	1300m:	21:02.87	1:38.77
200m:	3:03.43	1:34.68	600m:	9:34.34	1:37.91	1000m:	16:06.81	1:38.41	1400m:	22:40.93	1:38.06
300m:	4:40.02	1:36.59	700m:	11:11.34	1:37.00	1100m:	17:45.21	1:38.40	1500m:	24:15.86	1:34.93
400m:	6:18.42	1:38.40	800m:	12:50.25	1:38.91	1200m:	19:24.10	1:38.89			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
FPN ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA CÂMARA MUNICIPAL COIMBRA GENERALI TRANQUILIDADE ipdj DESPORTO PARA TODOS AQUAPLAY TURBO RPROAUDIO events solutions

Prova 1, Femin., 1500m Livres, Master F

Lugar		Idade		Tempo final	Pts
5.	Susana Isabel, Rego	51	Leixoes Sport Club	**25:47.55**	414

100m:	1:38.03	1:38.03	500m:	8:29.23	1:42.68	900m:	15:21.98	1:43.53	1300m:	22:18.62	1:44.82
200m:	3:21.05	1:43.02	600m:	10:12.02	1:42.79	1000m:	17:05.18	1:43.20	1400m:	24:03.83	1:45.21
300m:	5:04.24	1:43.19	700m:	11:54.89	1:42.87	1100m:	18:49.63	1:44.45	1500m:	25:47.55	1:43.72
400m:	6:46.55	1:42.31	800m:	13:38.45	1:43.56	1200m:	20:33.80	1:44.17			

6.	Fernanda Maria, Santinha	53	Clube Natacao Masters de Almada	**27:29.86**	341						
100m:	1:43.34	1:43.34	500m:	9:02.74	1:50.35	900m:	16:24.07	1:50.11	1300m:	23:48.24	1:51.74
200m:	3:33.06	1:49.72	600m:	10:53.53	1:50.79	1000m:	18:15.08	1:51.01	1400m:	25:39.22	1:50.98
300m:	5:22.69	1:49.63	700m:	12:43.61	1:50.08	1100m:	20:05.79	1:50.71	1500m:	27:29.86	1:50.64
400m:	7:12.39	1:49.70	800m:	14:33.96	1:50.35	1200m:	21:56.50	1:50.71			

7.	Cristina Nicoleta, Lipciuc	52	Braga	**28:51.24**	295						
100m:	1:47.45	1:47.45	500m:	9:25.38	1:54.51	900m:	17:09.46	1:56.94	1300m:	24:58.23	1:56.90
200m:	3:41.04	1:53.59	600m:	11:20.92	1:55.54	1000m:	19:06.63	1:57.17	1400m:	26:53.73	1:55.50
300m:	5:35.36	1:54.32	700m:	13:16.89	1:55.97	1100m:	21:03.57	1:56.94	1500m:	28:51.24	1:57.51
400m:	7:30.87	1:55.51	800m:	15:12.52	1:55.63	1200m:	23:01.33	1:57.76			

8.	Maria Paula, Santos	54	Natacao de Valongo	**29:39.50**	272						
100m:	1:50.01	1:50.01	500m:	9:53.06	2:01.52	900m:	17:47.64	1:58.33	1300m:	25:44.54	1:59.81
200m:	3:49.55	1:59.54	600m:	11:51.66	1:58.60	1000m:	19:47.62	1:59.98	1400m:	27:43.71	1:59.17
300m:	5:50.47	2:00.92	700m:	13:51.49	1:59.83	1100m:	21:44.98	1:57.36	1500m:	29:39.50	1:55.79
400m:	7:51.54	2:01.07	800m:	15:49.31	1:57.82	1200m:	23:44.73	1:59.75			

9.	Raquel Alexandra, Feliz	52	Académica de Coimbra	**29:59.25**	263						
100m:	1:54.86	1:54.86	500m:	9:57.33	1:59.29	900m:	17:58.49	2:00.01	1300m:	26:01.08	1:59.59
200m:	3:56.43	2:01.57	600m:	11:56.47	1:59.14	1000m:	19:59.07	2:00.58	1400m:	28:01.95	2:00.87
300m:	5:58.11	2:01.68	700m:	13:57.42	2:00.95	1100m:	21:59.56	2:00.49	1500m:	29:59.25	1:57.30
400m:	7:58.04	1:59.93	800m:	15:58.48	2:01.06	1200m:	24:01.49	2:01.93			

10.	Isabel Maria, Pinto	53	Fluvial Portuense	**30:10.50**	258						
100m:	1:50.41	1:50.41	500m:	9:40.27	1:58.81	900m:	17:43.48	2:01.90	1300m:	25:59.37	2:05.32
200m:	3:46.86	1:56.45	600m:	11:40.76	2:00.49	1000m:	19:45.55	2:02.07	1400m:	28:05.94	2:06.57
300m:	5:43.13	1:56.27	700m:	13:40.63	1:59.87	1100m:	21:48.68	2:03.13	1500m:	30:10.50	2:04.56
400m:	7:41.46	1:58.33	800m:	15:41.58	2:00.95	1200m:	23:54.05	2:05.37			

11.	Erika Pina, Lopes	53	Braga	**30:19.38**	254						
100m:	1:52.10	1:52.10	500m:	10:06.40	2:02.53	900m:	18:16.95	2:01.14	1300m:	26:22.63	2:01.96
200m:	3:55.36	2:03.26	600m:	12:09.99	2:03.59	1000m:	20:17.95	2:01.00	1400m:	28:26.94	2:04.31
300m:	5:58.75	2:03.39	700m:	14:12.97	2:02.98	1100m:	22:19.30	2:01.35	1500m:	30:19.38	1:52.44
400m:	8:03.87	2:05.12	800m:	16:15.81	2:02.84	1200m:	24:20.67	2:01.37			

12.	Cristina Rodrigues, Carvalho	52	Natacao da Maia	**30:20.46**	254						
100m:	1:56.47	1:56.47	500m:	10:04.34	2:01.16	900m:	18:10.40	2:01.60	1300m:	26:19.41	2:01.83
200m:	3:59.94	2:03.47	600m:	12:06.68	2:02.34	1000m:	20:12.93	2:02.53	1400m:	28:21.49	2:02.08
300m:	6:01.39	2:01.45	700m:	14:07.65	2:00.97	1100m:	22:16.20	2:03.27	1500m:	30:20.46	1:58.97
400m:	8:03.18	2:01.79	800m:	16:08.80	2:01.15	1200m:	24:17.58	2:01.38			

13.	Ana Isabel, Costa	50	Lagoa Academico Clube	**31:49.36**	220						
100m:	1:51.51	1:51.51	500m:	10:20.49	2:07.86	900m:	18:51.41	2:09.47	1300m:	27:34.28	2:10.88
200m:	3:57.62	2:06.11	600m:	12:28.55	2:08.06	1000m:	21:01.84	2:10.43	1400m:	29:45.64	2:11.36
300m:	6:05.60	2:07.98	700m:	14:35.50	2:06.95	1100m:	23:12.23	2:10.39	1500m:	31:49.36	2:03.72
400m:	8:12.63	2:07.03	800m:	16:41.94	2:06.44	1200m:	25:23.40	2:11.17			

14.	Luisa Margarida, Henriques	51	Algés e Águeda XXI	**33:13.57**	193						
	Standard Time										
100m:	2:05.49	2:05.49	500m:	10:49.10	2:11.63	900m:	19:45.99	2:14.88	1300m:	28:47.73	2:15.46
200m:	4:15.24	2:09.75	600m:	13:01.51	2:12.41	1000m:	22:00.61	2:14.62	1400m:	31:00.02	2:12.29
300m:	6:25.48	2:10.24	700m:	15:16.76	2:15.25	1100m:	24:16.33	2:15.72	1500m:	33:13.57	2:13.55
400m:	8:37.47	2:11.99	800m:	17:31.11	2:14.35	1200m:	26:32.27	2:15.94			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 1, Femin., 1500m Livres, Master F

Lugar		Idade		Tempo final	Pts
15.	Isabel Maria, Mesquita *Standard Time*	50	Natacao de Valongo	**38:07.88**	128

100m:	2:15.47	2:15.47	500m:	12:15.39	2:32.00	900m:	22:36.21	2:36.14	1300m:	33:06.94	2:36.93
200m:	4:43.01	2:27.54	600m:	14:48.99	2:33.60	1000m:	25:15.79	2:39.58	1400m:	35:41.84	2:34.90
300m:	7:12.91	2:29.90	700m:	17:23.58	2:34.59	1100m:	27:54.02	2:38.23	1500m:	38:07.88	2:26.04
400m:	9:43.39	2:30.48	800m:	20:00.07	2:36.49	1200m:	30:30.01	2:35.99			

16.	Sandra Cristina, Roma *Standard Time*	51	CNLeiria - VOID	**40:08.03**	109

100m:	2:30.27	2:30.27	500m:	13:10.33	2:39.90	900m:	24:00.81	2:44.43	1300m:	34:55.19	2:45.22
200m:	5:08.16	2:37.89	600m:	15:51.59	2:41.26	1000m:	26:44.58	2:43.77	1400m:	37:36.28	2:41.09
300m:	7:47.58	2:39.42	700m:	18:33.69	2:42.10	1100m:	29:27.12	2:42.54	1500m:	40:08.03	2:31.75
400m:	10:30.43	2:42.85	800m:	21:16.38	2:42.69	1200m:	32:09.97	2:42.85			

Master G

1.	Maria Helena, Carmo	59	INDANL	**23:24.22**	599

100m:	1:28.15	1:28.15	500m:	7:36.59	1:31.60	900m:	13:49.89	1:34.64	1300m:	20:13.73	1:36.44
200m:	3:00.39	1:32.24	600m:	9:08.63	1:32.04	1000m:	15:24.64	1:34.75	1400m:	21:49.85	1:36.12
300m:	4:32.27	1:31.88	700m:	10:41.71	1:33.08	1100m:	17:00.88	1:36.24	1500m:	23:24.22	1:34.37
400m:	6:04.99	1:32.72	800m:	12:15.25	1:33.54	1200m:	18:37.29	1:36.41			

2.	Elisabete Maria, Rosa	56	Pimpoes/Cimai	**25:22.84**	470

100m:	1:36.01	1:36.01	500m:	8:25.23	1:43.03	900m:	15:12.63	1:41.68	1300m:	22:01.80	1:42.71
200m:	3:17.73	1:41.72	600m:	10:06.73	1:41.50	1000m:	16:54.91	1:42.28	1400m:	23:44.28	1:42.48
300m:	5:00.48	1:42.75	700m:	11:48.73	1:42.00	1100m:	18:36.84	1:41.93	1500m:	25:22.84	1:38.56
400m:	6:42.20	1:41.72	800m:	13:30.95	1:42.22	1200m:	20:19.09	1:42.25			

3.	Maria Manuela, Ferreira	55	Vitória Sport Clube	**26:11.24**	427

100m:	1:37.64	1:37.64	500m:	8:36.20	1:44.91	900m:	15:36.59	1:44.77	1300m:	22:41.31	1:47.25
200m:	3:21.53	1:43.89	600m:	10:21.20	1:45.00	1000m:	17:21.76	1:45.17	1400m:	24:28.93	1:47.62
300m:	5:06.66	1:45.13	700m:	12:06.35	1:45.15	1100m:	19:07.16	1:45.40	1500m:	26:11.24	1:42.31
400m:	6:51.29	1:44.63	800m:	13:51.82	1:45.47	1200m:	20:54.06	1:46.90			

4.	Ana Paula, Sequeira	57	Sporting Clube de Aveiro	**26:27.79**	414

100m:	1:37.67	1:37.67	500m:	8:46.22	1:47.06	900m:	15:52.47	1:45.67	1300m:	22:58.92	1:47.48
200m:	3:23.76	1:46.09	600m:	10:33.22	1:47.00	1000m:	17:38.66	1:46.19	1400m:	24:45.54	1:46.62
300m:	5:11.83	1:48.07	700m:	12:20.13	1:46.91	1100m:	19:24.81	1:46.15	1500m:	26:27.79	1:42.25
400m:	6:59.16	1:47.33	800m:	14:06.80	1:46.67	1200m:	21:11.44	1:46.63			

5.	Inger, Arctander	59	Lagoa Academico Clube	**26:33.76**	410

100m:	1:34.55	1:34.55	500m:	8:28.31	1:44.92	900m:	15:41.34	1:49.58	1300m:	23:03.04	1:49.01
200m:	3:15.67	1:41.12	600m:	10:15.45	1:47.14	1000m:	17:31.28	1:49.94	1400m:	24:50.72	1:47.68
300m:	4:59.31	1:43.64	700m:	12:05.37	1:49.92	1100m:	19:22.57	1:51.29	1500m:	26:33.76	1:43.04
400m:	6:43.39	1:44.08	800m:	13:51.76	1:46.39	1200m:	21:14.03	1:51.46			

6.	Maria Manuela, Sequeira	57	Gafanha da Encarnacao	**27:39.19**	363

100m:	1:46.17	1:46.17	500m:	9:19.07	1:52.05	900m:	16:42.76	1:49.97	1300m:	24:02.62	1:49.61
200m:	3:40.22	1:54.05	600m:	11:10.35	1:51.28	1000m:	18:33.27	1:50.51	1400m:	25:52.32	1:49.70
300m:	5:34.43	1:54.21	700m:	13:02.42	1:52.07	1100m:	20:23.22	1:49.95	1500m:	27:39.19	1:46.87
400m:	7:27.02	1:52.59	800m:	14:52.79	1:50.37	1200m:	22:13.01	1:49.79			

7.	Margarida Bleck, Reis	57	Fluvial Portuense	**27:43.74**	360

100m:	1:42.54	1:42.54	500m:	9:07.91	1:51.74	900m:	16:34.65	1:52.39	1300m:	24:04.72	1:52.27
200m:	3:32.77	1:50.23	600m:	10:58.90	1:50.99	1000m:	18:26.87	1:52.22	1400m:	25:56.62	1:51.90
300m:	5:24.69	1:51.92	700m:	12:50.40	1:51.50	1100m:	20:19.30	1:52.43	1500m:	27:43.74	1:47.12
400m:	7:16.17	1:51.48	800m:	14:42.26	1:51.86	1200m:	22:12.45	1:53.15			

Prova 1, Femin., 1500m Livres, Master G

Lugar		Idade		Tempo final	Pts
8.	Paula Margarida, Navarro	57	Natacao de Valongo	**30:23.99**	273

100m:	1:56.35	1:56.35	500m:	10:06.74	2:02.80	900m:	18:18.91	2:03.13	1300m:	26:26.69	2:01.21
200m:	3:57.90	2:01.55	600m:	12:09.45	2:02.71	1000m:	20:22.03	2:03.12	1400m:	28:27.96	2:01.27
300m:	6:00.36	2:02.46	700m:	14:12.28	2:02.83	1100m:	22:23.93	2:01.90	1500m:	30:23.99	1:56.03
400m:	8:03.94	2:03.58	800m:	16:15.78	2:03.50	1200m:	24:25.48	2:01.55			

9.	Ana Luisa, Garcia	55	Leixoes Sport Club	**32:21.04**	227

100m:	2:01.82	2:01.82	500m:	10:42.77	2:10.03	900m:	19:23.04	2:08.30	1300m:	28:02.75	2:09.50
200m:	4:10.87	2:09.05	600m:	12:53.03	2:10.26	1000m:	21:31.21	2:08.17	1400m:	30:10.61	2:07.86
300m:	6:22.21	2:11.34	700m:	15:02.40	2:09.37	1100m:	23:42.54	2:11.33	1500m:	32:21.04	2:10.43
400m:	8:32.74	2:10.53	800m:	17:14.74	2:12.34	1200m:	25:53.25	2:10.71			

10.	Delfina Maria, Martins *Standard Time*	59	Ginásio Sto. Tirso	**34:37.45**	185

100m:	2:07.93	2:07.93	500m:	11:22.26	2:19.10	900m:	20:41.24	2:19.64	1300m:	29:59.97	2:18.43
200m:	4:24.67	2:16.74	600m:	13:41.78	2:19.52	1000m:	23:00.76	2:19.52	1400m:	32:22.38	2:22.41
300m:	6:44.10	2:19.43	700m:	16:01.03	2:19.25	1100m:	25:20.27	2:19.51	1500m:	34:37.45	2:15.07
400m:	9:03.16	2:19.06	800m:	18:21.60	2:20.57	1200m:	27:41.54	2:21.27			

11.	Conceicao Batista, Tavares *Standard Time*	56	Gafanha da Encarnacao	**39:43.59**	122

100m:	2:08.14	2:08.14	500m:	12:36.53	2:38.69	900m:	23:25.50	2:48.74	1300m:	34:33.31	2:40.41
200m:	4:37.24	2:29.10	600m:	15:13.22	2:36.69	1000m:	26:15.19	2:49.69	1400m:	37:14.59	2:41.28
300m:	7:15.89	2:38.65	700m:	17:52.12	2:38.90	1100m:	29:05.01	2:49.82	1500m:	39:43.59	2:29.00
400m:	9:57.84	2:41.95	800m:	20:36.76	2:44.64	1200m:	31:52.90	2:47.89			

Master H

1.	Maria Teresa, Andrade	62	Porto	**26:00.53**	664

100m:	1:30.38	1:30.38	500m:	8:18.30	1:44.13	900m:	15:23.21	1:46.79	1300m:	22:29.90	1:46.84
200m:	3:09.69	1:39.31	600m:	10:03.57	1:45.27	1000m:	17:11.06	1:47.85	1400m:	24:15.17	1:45.27
300m:	4:51.55	1:41.86	700m:	11:49.95	1:46.38	1100m:	18:56.76	1:45.70	1500m:	26:00.53	1:45.36
400m:	6:34.17	1:42.62	800m:	13:36.42	1:46.47	1200m:	20:43.06	1:46.30			

2.	Maria Santos, Fernandes	63	Leixoes Sport Club	**27:55.99**	536

100m:	1:40.78	1:40.78	500m:	9:03.25	1:51.50	900m:	16:33.27	1:53.58	1300m:	24:09.87	1:54.65
200m:	3:29.71	1:48.93	600m:	10:54.77	1:51.52	1000m:	18:26.36	1:53.09	1400m:	26:04.31	1:54.44
300m:	5:20.03	1:50.32	700m:	12:47.14	1:52.37	1100m:	20:20.87	1:54.51	1500m:	27:55.99	1:51.68
400m:	7:11.75	1:51.72	800m:	14:39.69	1:52.55	1200m:	22:15.22	1:54.35			

3.	Maria Trigueiros, Cunha	61	Leixoes Sport Club	**28:19.83**	514

100m:	1:41.89	1:41.89	500m:	9:19.14	1:58.08	900m:	16:55.44	1:54.98	1300m:	24:35.40	1:54.55
200m:	3:32.59	1:50.70	600m:	11:12.89	1:53.75	1000m:	18:51.97	1:56.53	1400m:	26:31.61	1:56.21
300m:	5:26.78	1:54.19	700m:	13:05.93	1:53.04	1100m:	20:46.43	1:54.46	1500m:	28:19.83	1:48.22
400m:	7:21.06	1:54.28	800m:	15:00.46	1:54.53	1200m:	22:40.85	1:54.42			

4.	Eugenia Maria, Cunha	63	Académica de Coimbra	**28:36.25**	499

100m:	1:41.40	1:41.40	500m:	9:19.55	1:55.54	900m:	17:03.39	1:58.23	1300m:	24:48.22	1:57.84
200m:	3:32.60	1:51.20	600m:	11:16.75	1:57.20	1000m:	18:58.76	1:55.37	1400m:	26:44.02	1:55.80
300m:	5:26.98	1:54.38	700m:	13:11.78	1:55.03	1100m:	20:54.37	1:55.61	1500m:	28:36.25	1:52.23
400m:	7:24.01	1:57.03	800m:	15:05.16	1:53.38	1200m:	22:50.38	1:56.01			

5.	Maria Madalena, Caninas	62	Clube Natacao Masters de Almada	**31:36.52**	370

100m:	1:52.53	1:52.53	500m:	10:17.13	2:07.75	900m:	18:48.08	2:10.04	1300m:	27:22.54	2:09.04
200m:	3:55.85	2:03.32	600m:	12:24.26	2:07.13	1000m:	20:57.61	2:09.53	1400m:	29:31.49	2:08.95
300m:	6:02.69	2:06.84	700m:	14:31.53	2:07.27	1100m:	23:06.03	2:08.42	1500m:	31:36.52	2:05.03
400m:	8:09.38	2:06.69	800m:	16:38.04	2:06.51	1200m:	25:13.50	2:07.47			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 1, Femin., 1500m Livres, Master H

Lugar		Idade		Tempo final	Pts
6.	Carla Luisa, Gonzalez *Standard Time*	64	Clube Desportivo de Estarreja	**36:11.04**	246

100m:	2:03.54	2:03.54	500m:	11:27.10	2:18.98	900m:	21:02.75	2:27.85	1300m:	31:06.87	2:31.63
200m:	4:23.40	2:19.86	600m:	13:48.41	2:21.31	1000m:	23:33.61	2:30.86	1400m:	33:40.24	2:33.37
300m:	6:44.53	2:21.13	700m:	16:10.77	2:22.36	1100m:	26:04.64	2:31.03	1500m:	36:11.04	2:30.80
400m:	9:08.12	2:23.59	800m:	18:34.90	2:24.13	1200m:	28:35.24	2:30.60			

7.	Cidalia Conceicao, Maria *Standard Time*	61	CNLeiria - VOID	**51:06.38**	87

100m:	3:03.35	3:03.35	500m:	17:46.55	3:30.53	900m:	31:29.08	3:21.47	1300m:	44:46.01	3:16.20
200m:	6:48.47	3:45.12	600m:	21:14.76	3:28.21	1000m:	34:49.68	3:20.60	1400m:	48:00.72	3:14.71
300m:	10:37.92	3:49.45	700m:	24:39.78	3:25.02	1100m:	38:10.40	3:20.72	1500m:	51:06.38	3:05.66
400m:	14:16.02	3:38.10	800m:	28:07.61	3:27.83	1200m:	41:29.81	3:19.41			

Master I

1.	Maria Teresa, Oliveira	68	Académica de Coimbra	**28:49.62**	634

100m:	1:50.95	1:50.95	500m:	9:27.14	1:54.59	900m:	17:08.74	1:56.75	1300m:	24:57.81	1:57.43
200m:	3:44.83	1:53.88	600m:	11:21.42	1:54.28	1000m:	19:06.10	1:57.36	1400m:	26:56.56	1:58.75
300m:	5:38.71	1:53.88	700m:	13:16.55	1:55.13	1100m:	21:02.70	1:56.60	1500m:	28:49.62	1:53.06
400m:	7:32.55	1:53.84	800m:	15:11.99	1:55.44	1200m:	23:00.38	1:57.68			

2.	Maria Isabel, Torres	65	Académica de Coimbra	**30:22.73**	542

100m:	1:48.49	1:48.49	500m:	10:01.15	2:03.64	900m:	18:19.50	2:04.69	1300m:	26:30.72	2:03.16
200m:	3:48.78	2:00.29	600m:	12:04.72	2:03.57	1000m:	20:21.16	2:01.66	1400m:	28:27.28	1:56.56
300m:	5:52.39	2:03.61	700m:	14:09.19	2:04.47	1100m:	22:25.24	2:04.08	1500m:	30:22.73	1:55.45
400m:	7:57.51	2:05.12	800m:	16:14.81	2:05.62	1200m:	24:27.56	2:02.32			

3.	Maria Giraldo, Wernicke	65	Fluvial Portuense	**30:46.46**	521

100m:	1:54.28	1:54.28	500m:	10:15.20	2:05.59	900m:	18:30.91	2:04.56	1300m:	26:43.92	2:03.20
200m:	3:58.56	2:04.28	600m:	12:17.98	2:02.78	1000m:	20:34.99	2:04.08	1400m:	28:47.47	2:03.55
300m:	6:02.80	2:04.24	700m:	14:21.95	2:03.97	1100m:	22:37.50	2:02.51	1500m:	30:46.46	1:58.99
400m:	8:09.61	2:06.81	800m:	16:26.35	2:04.40	1200m:	24:40.72	2:03.22			

4.	Ana Maria, Caeiro	66	Grupo dos Amigos da Natacao-AC	**31:36.44**	481

100m:	2:00.38	2:00.38	500m:	10:31.00	2:07.73	900m:	18:55.77	2:07.29	1300m:	27:26.25	2:08.55
200m:	4:06.00	2:05.62	600m:	12:36.59	2:05.59	1000m:	21:03.36	2:07.59	1400m:	29:34.44	2:08.19
300m:	6:13.15	2:07.15	700m:	14:42.80	2:06.21	1100m:	23:10.30	2:06.94	1500m:	31:36.44	2:02.00
400m:	8:23.27	2:10.12	800m:	16:48.48	2:05.68	1200m:	25:17.70	2:07.40			

5.	Maria Fatima, Coelho	65	Académica de Coimbra	**32:03.13**	461

100m:	1:58.54	1:58.54	500m:	10:35.52	2:10.18	900m:	19:12.82	2:10.30	1300m:	27:50.09	2:10.19
200m:	4:07.11	2:08.57	600m:	12:45.16	2:09.64	1000m:	21:21.17	2:08.35	1400m:	29:58.71	2:08.62
300m:	6:15.90	2:08.79	700m:	14:54.24	2:09.08	1100m:	23:30.09	2:08.92	1500m:	32:03.13	2:04.42
400m:	8:25.34	2:09.44	800m:	17:02.52	2:08.28	1200m:	25:39.90	2:09.81			

6.	Cristina Maria, Oliveira	65	Natacao de Valongo	**32:24.47**	446

100m:	1:54.75	1:54.75	500m:	10:36.02	2:09.64	900m:	19:17.35	2:11.98	1300m:	28:05.42	2:12.91
200m:	4:02.79	2:08.04	600m:	12:44.84	2:08.82	1000m:	21:28.85	2:11.50	1400m:	30:18.05	2:12.63
300m:	6:14.66	2:11.87	700m:	14:54.51	2:09.67	1100m:	23:40.46	2:11.61	1500m:	32:24.47	2:06.42
400m:	8:26.38	2:11.72	800m:	17:05.37	2:10.86	1200m:	25:52.51	2:12.05			

Master J

1.	Isabel Costa, Monteiro *Standard Time*	72	Académica de Coimbra	**38:34.19**	362

100m:	2:09.76	2:09.76	500m:	11:45.25	2:23.31	900m:	21:56.40	2:45.25	1300m:	33:11.12	2:47.98
200m:	4:33.77	2:24.01	600m:	14:10.59	2:25.34	1000m:	24:29.36	2:32.96	1400m:	36:05.02	2:53.90
300m:	6:59.03	2:25.26	700m:	16:39.20	2:28.61	1100m:	27:18.85	2:49.49	1500m:	38:34.19	2:29.17
400m:	9:21.94	2:22.91	800m:	19:11.15	2:31.95	1200m:	30:23.14	3:04.29			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
FPN ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA CÂMARA MUNICIPAL COIMBRA GENERALI TRANQUILIDADE ipdj DESPORTO PARA TODOS AQUAPLAY TURBO RPROAUDIO events solutions

Prova 1, Femin., 1500m Livres

Master L

1. Luisa Bessone, Basto 81 Sport Alges e Dafundo **33:01.41** 634

100m:	1:53.63	1:53.63	500m:	10:36.01	2:13.98	900m:	19:25.19	2:15.07	1300m:	28:34.08	2:18.70
200m:	4:02.19	2:08.56	600m:	12:47.01	2:11.00	1000m:	21:40.15	2:14.96	1400m:	30:51.00	2:16.92
300m:	6:11.35	2:09.16	700m:	14:59.22	2:12.21	1100m:	23:56.49	2:16.34	1500m:	33:01.41	2:10.41
400m:	8:22.03	2:10.68	800m:	17:10.12	2:10.90	1200m:	26:15.38	2:18.89			

ORGANIZAÇÃO
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PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2 | Masc., 1500m Livres | Master
23/02/2025 | Resultados

RN 50M Masters N	59:00.00	,			01/01/1800
RN 50M Masters M	57:23.26	Joao Rodrigues, Teixeira	AAC	Coimbra	25/02/2024
RN 50M Masters L	40:29.31	Joao Rodrigues, Teixeira	AAC	Coimbra	24/02/2018
RN 50M Masters K	25:12.64	Stephen Thomas, Dyson	SAD	Póvoa de Varzim	26/02/2022
RN 50M Masters J	24:35.68	Stephen Thomas, Dyson	SAD	Póvoa de Varzim	23/02/2019
RN 50M Masters I	22:41.37	Alberto Vaz, Correia	FS	Póvoa de Varzim	22/02/2020
RN 50M Masters H	18:52.17	Jose Carlos, Freitas	CNLA	Coimbra	26/02/2023
RN 50M Masters G	18:05.10	Jose Carlos, Freitas	CFP	Coimbra	24/02/2018
RN 50M Masters F	17:51.93	Jose Carlos, Freitas	CFP	Coimbra	18/04/2015
RN 50M Masters E	19:30.07	Joao Pedro, Sousa	CNF	Funchal	22/03/2019
RN 50M Masters D	18:51.41	Ricardo Regufe, Ferreira	CFP	Coimbra	25/02/2024
RN 50M Masters C	18:48.57	Bruno Miguel, Ruas	SCP	Coimbra	25/02/2024
RN 50M Masters B	17:17.76	Adriano Miguel, Niz	GDNFAMA	Póvoa de Varzim	23/02/2019
RN 50M Masters A	17:25.70	Antonio Rafael, Bessa	CAP	Póvoa de Varzim	23/02/2019

Master A A: 25:44.15 / Master B B: 27:31.54 / Master C C: 28:52.82 / Master D D: 30:08.48 / Master E E: 29:59.32 / Master F F: 32:41.75 / Master G G: 31:50.93 / Master H H: 32:30.23 / Master I I: 34:36.14 / Master J J: 37:50.03 / Master K K: 47:05.33 / Master L L: 48:35.17 / Master M M: 1:08:52.00

Pontos: DSV Masters 22

Lugar | Idade | Tempo final | Pts

Master A

1. Diogo Barbosa, Nunes — 25 — Centro Desp. Universitario do Porto — **18:14.62** — 736

100m:	1:09.02	1:09.02	500m:	5:53.06	1:12.57	900m:	10:47.58	1:13.58	1300m:	15:48.43	1:14.81
200m:	2:18.40	1:09.38	600m:	7:06.62	1:13.56	1000m:	12:02.83	1:15.25	1400m:	17:02.33	1:13.90
300m:	3:29.26	1:10.86	700m:	8:20.36	1:13.74	1100m:	13:17.63	1:14.80	1500m:	18:14.62	1:12.29
400m:	4:40.49	1:11.23	800m:	9:34.00	1:13.64	1200m:	14:33.62	1:15.99			

2. Andre Filipe, Afonseca — 27 — Gafanha da Encarnacao — **19:22.62** — 614

100m:	1:14.67	1:14.67	500m:	6:27.25	1:18.14	900m:	11:38.24	1:17.84	1300m:	16:52.10	1:17.62
200m:	2:33.63	1:18.96	600m:	7:44.71	1:17.46	1000m:	12:56.63	1:18.39	1400m:	18:09.94	1:17.84
300m:	3:51.53	1:17.90	700m:	9:02.29	1:17.58	1100m:	14:15.88	1:19.25	1500m:	19:22.62	1:12.68
400m:	5:09.11	1:17.58	800m:	10:20.40	1:18.11	1200m:	15:34.48	1:18.60			

3. Nuno Goncalo, Santos — 29 — Vieirense — **19:27.83** — 606

100m:	1:10.67	1:10.67	500m:	6:15.59	1:17.79	900m:	11:32.36	1:17.79	1300m:	16:50.42	1:20.24
200m:	2:24.34	1:13.67	600m:	7:34.99	1:19.40	1000m:	12:51.10	1:18.74	1400m:	18:10.67	1:20.25
300m:	3:40.84	1:16.50	700m:	8:55.16	1:20.17	1100m:	14:10.49	1:19.39	1500m:	19:27.83	1:17.16
400m:	4:57.80	1:16.96	800m:	10:14.57	1:19.41	1200m:	15:30.18	1:19.69			

4. Joao Santos, Mendes — 27 — Leixoes Sport Club — **19:31.59** — 600

100m:	1:13.21	1:13.21	500m:	6:19.66	1:16.73	900m:	11:39.75	1:20.37	1300m:	16:59.85	1:17.18
200m:	2:29.10	1:15.89	600m:	7:38.03	1:18.37	1000m:	13:00.16	1:20.41	1400m:	18:16.99	1:17.14
300m:	3:46.51	1:17.41	700m:	8:58.51	1:20.48	1100m:	14:21.23	1:21.07	1500m:	19:31.59	1:14.60
400m:	5:02.93	1:16.42	800m:	10:19.38	1:20.87	1200m:	15:42.67	1:21.44			

5. Bruno Pinto, Domingues — 25 — CNLeiria - VOID — **19:37.59** — 591

100m:	1:13.62	1:13.62	500m:	6:20.85	1:17.81	900m:	11:34.38	1:18.85	1300m:	16:59.51	1:19.68
200m:	2:28.74	1:15.12	600m:	7:39.35	1:18.50	1000m:	12:55.79	1:21.41	1400m:	18:20.27	1:20.76
300m:	3:45.45	1:16.71	700m:	8:57.54	1:18.19	1100m:	14:17.73	1:21.94	1500m:	19:37.59	1:17.32
400m:	5:03.04	1:17.59	800m:	10:15.53	1:17.99	1200m:	15:39.83	1:22.10			

6. Diogo Filipe, Rodrigues — 27 — CNLeiria - VOID — **19:59.32** — 560

100m:	1:14.17	1:14.17	500m:	6:31.10	1:20.54	900m:	11:55.68	1:20.14	1300m:	17:21.98	1:21.43
200m:	2:31.49	1:17.32	600m:	7:53.22	1:22.12	1000m:	13:16.61	1:20.93	1400m:	18:40.81	1:18.83
300m:	3:50.15	1:18.66	700m:	9:14.87	1:21.65	1100m:	14:38.52	1:21.91	1500m:	19:59.32	1:18.51
400m:	5:10.56	1:20.41	800m:	10:35.54	1:20.67	1200m:	16:00.55	1:22.03			

7. Jorge Gabriel, Fonseca — 25 — INDANL — **22:13.12** — 407

100m:	1:22.18	1:22.18	500m:	7:18.64	1:30.65	900m:	13:19.18	1:30.27	1300m:	19:22.18	1:30.52
200m:	2:49.86	1:27.68	600m:	8:47.65	1:29.01	1000m:	14:49.38	1:30.20	1400m:	20:48.81	1:26.63
300m:	4:18.98	1:29.12	700m:	10:17.97	1:30.32	1100m:	16:20.03	1:30.65	1500m:	22:13.12	1:24.31
400m:	5:47.99	1:29.01	800m:	11:48.91	1:30.94	1200m:	17:51.66	1:31.63			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 1500m Livres, Master A

Lugar		Idade		Tempo final	Pts
8.	Diogo Miguel, Nelas	28	Braga	**22:25.31**	396

100m:	1:22.03	1:22.03	500m:	7:21.44	1:31.93	900m:	13:27.17	1:31.80	1300m:	19:31.00	1:30.48
200m:	2:49.61	1:27.58	600m:	8:52.68	1:31.24	1000m:	14:58.75	1:31.58	1400m:	21:00.78	1:29.78
300m:	4:19.22	1:29.61	700m:	10:23.86	1:31.18	1100m:	16:29.82	1:31.07	1500m:	22:25.31	1:24.53
400m:	5:49.51	1:30.29	800m:	11:55.37	1:31.51	1200m:	18:00.52	1:30.70			

9.	David Lopes, Cunha	29	Lisboa PoolSharks	**22:33.00**	390

100m:	1:22.66	1:22.66	500m:	7:26.33	1:31.46	900m:	13:31.58	1:31.43	1300m:	19:39.20	1:32.08
200m:	2:51.76	1:29.10	600m:	8:57.95	1:31.62	1000m:	15:03.20	1:31.62	1400m:	21:11.11	1:31.91
300m:	4:22.74	1:30.98	700m:	10:29.31	1:31.36	1100m:	16:34.81	1:31.61	1500m:	22:33.00	1:21.89
400m:	5:54.87	1:32.13	800m:	12:00.15	1:30.84	1200m:	18:07.12	1:32.31			

10.	Daniel Fernando, Silva	27	Ginásio Clube Português	**23:14.21**	356

100m:	1:30.35	1:30.35	500m:	7:48.77	1:34.84	900m:	14:02.65	1:32.05	1300m:	20:13.47	1:34.14
200m:	3:04.12	1:33.77	600m:	9:23.18	1:34.41	1000m:	15:35.65	1:33.00	1400m:	21:47.58	1:34.11
300m:	4:38.66	1:34.54	700m:	10:56.88	1:33.70	1100m:	17:07.14	1:31.49	1500m:	23:14.21	1:26.63
400m:	6:13.93	1:35.27	800m:	12:30.60	1:33.72	1200m:	18:39.33	1:32.19			

11.	Vitor Lelis, Leite	26	Braga	**23:59.94**	323

100m:	1:29.07	1:29.07	500m:	8:00.67	1:38.36	900m:	14:32.56	1:36.84	1300m:	21:01.24	1:34.71
200m:	3:05.03	1:35.96	600m:	9:38.66	1:37.99	1000m:	16:11.28	1:38.72	1400m:	22:35.07	1:33.83
300m:	4:43.97	1:38.94	700m:	11:17.52	1:38.86	1100m:	17:50.38	1:39.10	1500m:	23:59.94	1:24.87
400m:	6:22.31	1:38.34	800m:	12:55.72	1:38.20	1200m:	19:26.53	1:36.15			

12.	Carlos Alberto, Torre	29	Braga	**24:15.68**	313

100m:	1:25.34	1:25.34	500m:	7:45.30	1:37.41	900m:	14:20.22	1:39.10	1300m:	21:02.58	1:40.16
200m:	2:57.61	1:32.27	600m:	9:23.49	1:38.19	1000m:	16:02.41	1:42.19	1400m:	22:41.75	1:39.17
300m:	4:31.92	1:34.31	700m:	11:02.58	1:39.09	1100m:	17:41.41	1:39.00	1500m:	24:15.68	1:33.93
400m:	6:07.89	1:35.97	800m:	12:41.12	1:38.54	1200m:	19:22.42	1:41.01			

13.	Nuno Duarte, Barbosa	29	Leixoes Sport Club	**24:36.15**	300

100m:	1:36.27	1:36.27	500m:	8:18.10	1:38.80	900m:	14:55.83	1:38.90	1300m:	21:27.84	1:38.02
200m:	3:17.51	1:41.24	600m:	9:56.86	1:38.76	1000m:	16:34.76	1:38.93	1400m:	23:04.10	1:36.26
300m:	4:58.97	1:41.46	700m:	11:37.21	1:40.35	1100m:	18:15.39	1:40.63	1500m:	24:36.15	1:32.05
400m:	6:39.30	1:40.33	800m:	13:16.93	1:39.72	1200m:	19:49.82	1:34.43			

14.	Henrique Goncalves, Lima *Standard Time*	28	Braga	**29:40.77**	171

100m:	1:36.69	1:36.69	500m:	9:00.76	1:59.41	900m:	17:12.78	2:07.64	1300m:	25:37.32	2:06.81
200m:	3:21.37	1:44.68	600m:	11:00.82	2:00.06	1000m:	19:17.13	2:04.35	1400m:	27:43.30	2:05.98
300m:	5:09.89	1:48.52	700m:	13:03.28	2:02.46	1100m:	21:23.76	2:06.63	1500m:	29:40.77	1:57.47
400m:	7:01.35	1:51.46	800m:	15:05.14	2:01.86	1200m:	23:30.51	2:06.75			

Master B

1.	Pedro Miguel, Silva	31	Adrcimm	**17:55.54**	637

100m:	1:10.74	1:10.74	500m:	5:56.45	1:11.34	900m:	10:43.81	1:12.00	1300m:	15:33.04	1:11.72
200m:	2:22.21	1:11.47	600m:	7:07.79	1:11.34	1000m:	11:56.66	1:12.85	1400m:	16:44.58	1:11.54
300m:	3:33.97	1:11.76	700m:	8:19.75	1:11.96	1100m:	13:08.92	1:12.26	1500m:	17:55.54	1:10.96
400m:	4:45.11	1:11.14	800m:	9:31.81	1:12.06	1200m:	14:21.32	1:12.40			

2.	Joao Paulo, Ribeiro	33	CNLeiria - VOID	**18:49.02**	551

100m:	1:11.80	1:11.80	500m:	6:08.60	1:15.31	900m:	11:13.00	1:16.78	1300m:	16:19.52	1:16.55
200m:	2:24.12	1:12.32	600m:	7:24.14	1:15.54	1000m:	12:30.49	1:17.49	1400m:	17:33.97	1:14.45
300m:	3:38.21	1:14.09	700m:	8:39.96	1:15.82	1100m:	13:46.71	1:16.22	1500m:	18:49.02	1:15.05
400m:	4:53.29	1:15.08	800m:	9:56.22	1:16.26	1200m:	15:02.97	1:16.26			

3.	Samuel Patricio, Queiros	34	Porto	**19:17.96**	511

100m:	1:12.99	1:12.99	500m:	6:21.06	1:17.24	900m:	11:30.92	1:17.54	1300m:	16:42.06	1:18.10
200m:	2:29.06	1:16.07	600m:	7:38.78	1:17.72	1000m:	12:48.50	1:17.58	1400m:	18:00.13	1:18.07
300m:	3:46.04	1:16.98	700m:	8:56.08	1:17.30	1100m:	14:06.42	1:17.92	1500m:	19:17.96	1:17.83
400m:	5:03.82	1:17.78	800m:	10:13.38	1:17.30	1200m:	15:23.96	1:17.54			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 1500m Livres, Master B

Lugar		Idade		Tempo final	Pts
4.	Goncalo Goncalves, Meneses	33	Braga	**20:42.64**	413

100m:	1:15.88	1:15.88	500m:	6:37.70	1:21.52	900m:	12:11.75	1:24.80	1300m:	17:53.41	1:26.23
200m:	2:34.97	1:19.09	600m:	8:00.10	1:22.40	1000m:	13:35.99	1:24.24	1400m:	19:19.10	1:25.69
300m:	3:54.98	1:20.01	700m:	9:23.12	1:23.02	1100m:	15:01.34	1:25.35	1500m:	20:42.64	1:23.54
400m:	5:16.18	1:21.20	800m:	10:46.95	1:23.83	1200m:	16:27.18	1:25.84			

5.	Andre Filipe, Couto	34	Leixoes Sport Club	**21:07.40**	389

100m:	1:20.06	1:20.06	500m:	7:00.89	1:25.31	900m:	12:40.59	1:24.82	1300m:	18:21.85	1:25.17
200m:	2:44.08	1:24.02	600m:	8:26.01	1:25.12	1000m:	14:05.93	1:25.34	1400m:	19:46.16	1:24.31
300m:	4:09.16	1:25.08	700m:	9:51.00	1:24.99	1100m:	15:31.39	1:25.46	1500m:	21:07.40	1:21.24
400m:	5:35.58	1:26.42	800m:	11:15.77	1:24.77	1200m:	16:56.68	1:25.29			

6.	Nuno Miguel, Araujo	31	Braga	**22:25.37**	325

100m:	1:22.39	1:22.39	500m:	7:21.36	1:31.62	900m:	13:27.02		1300m:	19:30.84	1:30.43
200m:	2:49.67	1:27.28	600m:	8:52.65	1:31.29	1000m:	14:58.69	1:31.67	1400m:	21:00.69	1:29.85
300m:	4:19.47	1:29.80	700m:	10:24.12	1:31.47	1100m:	16:29.87	1:31.18	1500m:	22:25.37	1:24.68
400m:	5:49.74	1:30.27	800m:			1200m:	18:00.41	1:30.54			

7.	Luis Miguel, Matos	33	Vitória Sport Clube	**22:41.65**	314

100m:	1:20.79	1:20.79	500m:	7:22.56	1:32.20	900m:	13:32.95	1:33.21	1300m:	19:44.74	1:32.39
200m:	2:48.87	1:28.08	600m:	8:55.09	1:32.53	1000m:	15:06.41	1:33.46	1400m:	21:16.22	1:31.48
300m:	4:18.91	1:30.04	700m:	10:27.31	1:32.22	1100m:	16:39.34	1:32.93	1500m:	22:41.65	1:25.43
400m:	5:50.36	1:31.45	800m:	11:59.74	1:32.43	1200m:	18:12.35	1:33.01			

8.	Humberto Melo, Salustiano	34	Lisboa PoolSharks	**22:56.62**	304

100m:	1:26.45	1:26.45	500m:	7:37.95	1:34.29	900m:	13:50.71	1:32.92	1300m:	19:59.38	1:33.79
200m:	2:56.75	1:30.30	600m:	9:11.13	1:33.18	1000m:	15:22.31	1:31.60	1400m:	21:31.34	1:31.96
300m:	4:29.73	1:32.98	700m:	10:44.56	1:33.43	1100m:	16:53.30	1:30.99	1500m:	22:56.62	1:25.28
400m:	6:03.66	1:33.93	800m:	12:17.79	1:33.23	1200m:	18:25.59	1:32.29			

9.	Jose Miguel, Gouveia	34	Leixoes Sport Club	**23:19.81**	289

100m:	1:26.42	1:26.42	500m:	7:40.38	1:34.45	900m:	14:00.09	1:36.14	1300m:	20:19.02	1:34.28
200m:	2:58.73	1:32.31	600m:	9:14.63	1:34.25	1000m:	15:34.92	1:34.83	1400m:	21:51.67	1:32.65
300m:	4:32.24	1:33.51	700m:	10:49.35	1:34.72	1100m:	17:10.13	1:35.21	1500m:	23:19.81	1:28.14
400m:	6:05.93	1:33.69	800m:	12:23.95	1:34.60	1200m:	18:44.74	1:34.61			

10.	Tiago Alexandre, Freire	32	Lisboa PoolSharks	**23:40.79**	276

100m:	1:22.26	1:22.26	500m:	7:38.58	1:38.01	900m:	14:11.00	1:37.73	1300m:	20:39.60	1:38.42
200m:	2:50.35	1:28.09	600m:	9:16.57	1:37.99	1000m:	15:47.46	1:36.46	1400m:	22:16.99	1:37.39
300m:	4:24.26	1:33.91	700m:	10:55.58	1:39.01	1100m:	17:24.70	1:37.24	1500m:	23:40.79	1:23.80
400m:	6:00.57	1:36.31	800m:	12:33.27	1:37.69	1200m:	19:01.18	1:36.48			

11.	Tiago Santos, Figueira	30	Ba-Leiria	**23:59.93**	265

100m:	1:22.23	1:22.23	500m:	7:44.11	1:37.55	900m:	14:15.13	1:38.91	1300m:	20:53.28	1:40.56
200m:	2:53.81	1:31.58	600m:	9:20.98	1:36.87	1000m:	15:55.53	1:40.40	1400m:	22:30.39	1:37.11
300m:	4:29.87	1:36.06	700m:	10:57.69	1:36.71	1100m:	17:34.51	1:38.98	1500m:	23:59.93	1:29.54
400m:	6:06.56	1:36.69	800m:	12:36.22	1:38.53	1200m:	19:12.72	1:38.21			

12.	Goncalo Sampaio, Garcia	32	Centro Desp. Universitario do Porto	**24:10.35**	260

100m:	1:27.81	1:27.81	500m:	7:50.43	1:36.20	900m:	14:19.31	1:38.72	1300m:	20:53.86	1:38.84
200m:	3:02.26	1:34.45	600m:	9:26.50	1:36.07	1000m:	15:57.38	1:38.07	1400m:	22:32.75	1:38.89
300m:	4:38.32	1:36.06	700m:	11:03.83	1:37.33	1100m:	17:36.85	1:39.47	1500m:	24:10.35	1:37.60
400m:	6:14.23	1:35.91	800m:	12:40.59	1:36.76	1200m:	19:15.02	1:38.17			

13.	Joao Pedro, Mendes	30	CNLeiria - VOID	**24:51.93**	238

100m:	1:24.18	1:24.18	500m:	8:00.53	1:41.62	900m:	14:50.39	1:42.21	1300m:	21:40.84	1:41.82
200m:	2:59.78	1:35.60	600m:	9:43.72	1:43.19	1000m:	16:32.88	1:42.49	1400m:	23:21.48	1:40.64
300m:	4:38.21	1:38.43	700m:	11:26.01	1:42.29	1100m:	18:15.57	1:42.69	1500m:	24:51.93	1:30.45
400m:	6:18.91	1:40.70	800m:	13:08.18	1:42.17	1200m:	19:59.02	1:43.45			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
FPN ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA CÂMARA MUNICIPAL COIMBRA GENERALI TRANQUILIDADE ipdj DESPORTO PARA TODOS AQUAPLAY TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master B

Lugar		Idade		Tempo final	Pts
DNF	Ilia, Beltiukov	31	Académica de Coimbra		
	102 - O(a) atleta não completou o percurso - SW 10.2				

Master C

1. Pedro Miguel, Pinotes — 36 — Sporting — **17:47.17** — 894

100m:	1:10.10	1:10.10	500m:	5:55.70	1:11.24	900m:	10:39.74	1:11.58	1300m:	15:26.70	1:11.40
200m:	2:21.68	1:11.58	600m:	7:06.18	1:10.48	1000m:	11:51.75	1:12.01	1400m:	16:38.44	1:11.74
300m:	3:33.24	1:11.56	700m:	8:16.59	1:10.41	1100m:	13:03.52	1:11.77	1500m:	17:47.17	1:08.73
400m:	4:44.46	1:11.22	800m:	9:28.16	1:11.57	1200m:	14:15.30	1:11.78			

2. Pedro Fragoso, Lopes — 35 — Porto — **18:35.79** — 782

100m:	1:13.32	1:13.32	500m:	6:13.88	1:14.91	900m:	11:12.50	1:14.84	1300m:	16:10.78	1:15.23
200m:	2:28.69	1:15.37	600m:	7:28.50	1:14.62	1000m:	12:26.56	1:14.06	1400m:	17:25.02	1:14.24
300m:	3:44.08	1:15.39	700m:	8:43.46	1:14.96	1100m:	13:40.63	1:14.07	1500m:	18:35.79	1:10.77
400m:	4:58.97	1:14.89	800m:	9:57.66	1:14.20	1200m:	14:55.55	1:14.92			

3. Bruno Miguel, Ruas — 36 — Sporting — **18:49.42** — 754

100m:	1:13.06	1:13.06	500m:	6:13.35	1:15.51	900m:	11:17.11	1:16.12	1300m:	16:22.45	1:16.16
200m:	2:28.09	1:15.03	600m:	7:29.06	1:15.71	1000m:	12:33.13	1:16.02	1400m:	17:40.28	1:17.83
300m:	3:42.91	1:14.82	700m:	8:44.85	1:15.79	1100m:	13:49.86	1:16.73	1500m:	18:49.42	1:09.14
400m:	4:57.84	1:14.93	800m:	10:00.99	1:16.14	1200m:	15:06.29	1:16.43			

4. Bruno Daniel, Monteiro — 37 — Leixoes Sport Club — **18:49.75** — 753

100m:	1:13.27	1:13.27	500m:	6:17.09	1:15.37	900m:	11:16.35	1:14.60	1300m:	16:19.29	1:16.28
200m:	2:29.69	1:16.42	600m:	7:31.87	1:14.78	1000m:	12:32.06	1:15.71	1400m:	17:35.38	1:16.09
300m:	3:46.10	1:16.41	700m:	8:47.08	1:15.21	1100m:	13:47.53	1:15.47	1500m:	18:49.75	1:14.37
400m:	5:01.72	1:15.62	800m:	10:01.75	1:14.67	1200m:	15:03.01	1:15.48			

5. Mario Nuno, Felicio — 35 — Ginásio Clube Português — **19:39.38** — 662

100m:	1:16.00	1:16.00	500m:	6:37.42	1:20.40	900m:	11:57.31	1:20.48	1300m:	17:09.21	1:16.96
200m:	2:35.56	1:19.56	600m:	7:57.51	1:20.09	1000m:	13:16.45	1:19.14	1400m:	18:25.80	1:16.59
300m:	3:56.29	1:20.73	700m:	9:16.92	1:19.41	1100m:	14:34.86	1:18.41	1500m:	19:39.38	1:13.58
400m:	5:17.02	1:20.73	800m:	10:36.83	1:19.91	1200m:	15:52.25	1:17.39			

6. Nuno Maria, Nolasco — 38 — Ginásio Clube Português — **20:05.26** — 620

100m:	1:13.97	1:13.97	500m:	6:25.20	1:18.75	900m:	11:51.78	1:23.19	1300m:	17:26.45	1:24.01
200m:	2:30.75	1:16.78	600m:	7:45.24	1:20.04	1000m:	13:15.28	1:23.50	1400m:	18:48.95	1:22.50
300m:	3:48.30	1:17.55	700m:	9:05.47	1:20.23	1100m:	14:38.79	1:23.51	1500m:	20:05.26	1:16.31
400m:	5:06.45	1:18.15	800m:	10:28.59	1:23.12	1200m:	16:02.44	1:23.65			

7. Joao Filipe, Carvalho — 38 — Porto — **20:08.45** — 616

100m:	1:17.60	1:17.60	500m:	6:34.59	1:18.98	900m:	11:57.18	1:21.87	1300m:	17:25.31	1:22.67
200m:	2:37.65	1:20.05	600m:	7:54.09	1:19.50	1000m:	13:17.80	1:20.62	1400m:	18:47.41	1:22.10
300m:	3:56.97	1:19.32	700m:	9:14.45	1:20.36	1100m:	14:39.76	1:21.96	1500m:	20:08.45	1:21.04
400m:	5:15.61	1:18.64	800m:	10:35.31	1:20.86	1200m:	16:02.64	1:22.88			

8. Joao Carlos, Carvalho — 35 — Lisboa PoolSharks — **20:15.10** — 605

100m:	1:18.32	1:18.32	500m:	6:43.30	1:22.09	900m:	12:09.52	1:21.72	1300m:	17:34.40	1:21.56
200m:	2:38.55	1:20.23	600m:	8:04.82	1:21.52	1000m:	13:30.18	1:20.66	1400m:	18:55.58	1:21.18
300m:	3:59.92	1:21.37	700m:	9:26.67	1:21.85	1100m:	14:51.11	1:20.93	1500m:	20:15.10	1:19.52
400m:	5:21.21	1:21.29	800m:	10:47.80	1:21.13	1200m:	16:12.84	1:21.73			

9. Miguel Duarte, Henriques — 37 — CNLeiria - VOID — **20:32.98** — 579

100m:	1:17.28	1:17.28	500m:	6:42.22	1:22.05	900m:	12:11.27	1:22.03	1300m:	17:44.45	1:24.24
200m:	2:37.83	1:20.55	600m:	8:04.63	1:22.41	1000m:	13:33.20	1:21.93	1400m:	19:09.54	1:25.09
300m:	3:58.38	1:20.55	700m:	9:26.88	1:22.25	1100m:	14:56.44	1:23.24	1500m:	20:32.98	1:23.44
400m:	5:20.17	1:21.79	800m:	10:49.24	1:22.36	1200m:	16:20.21	1:23.77			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS
CÂMARA MUNICIPAL COIMBRA
GENERALI TRANQUILIDADE
TURBO
RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master C

Lugar		Idade		Tempo final	Pts
10.	Fabio Andre, Policarpo	35	Centro Popular de Cultura e Desporto	**20:33.96**	578

100m:	1:17.46	1:17.46	500m:	6:46.28	1:23.71	900m:	12:20.60	1:24.07	1300m:	17:54.28	1:23.40
200m:	2:36.96	1:19.50	600m:	8:09.19	1:22.91	1000m:	13:44.65	1:24.05	1400m:	19:16.96	1:22.68
300m:	3:58.65	1:21.69	700m:	9:32.95	1:23.76	1100m:	15:07.45	1:22.80	1500m:	20:33.96	1:17.00
400m:	5:22.57	1:23.92	800m:	10:56.53	1:23.58	1200m:	16:30.88	1:23.43			

11.	Carlos Filipe, Oliveira	37	AANB-Associação dos Amigos Natação	**21:09.59**	bés531

100m:	1:15.56	1:15.56	500m:	6:49.54	1:25.52	900m:	12:32.61	1:25.70	1300m:	18:18.03	1:26.53
200m:	2:35.23	1:19.67	600m:	8:15.21	1:25.67	1000m:	13:58.69	1:26.08	1400m:	19:44.73	1:26.70
300m:	3:58.84	1:23.61	700m:	9:40.74	1:25.53	1100m:	15:24.53	1:25.84	1500m:	21:09.59	1:24.86
400m:	5:24.02	1:25.18	800m:	11:06.91	1:26.17	1200m:	16:51.50	1:26.97			

12.	Pedro Joao, Morais	39	Algés e Águeda XXI	**22:25.77**	446

100m:	1:19.56	1:19.56	500m:	7:15.61	1:30.60	900m:	13:21.70	1:31.48	1300m:	19:26.20	1:31.95
200m:	2:45.71	1:26.15	600m:	8:46.50	1:30.89	1000m:	14:52.64	1:30.94	1400m:	20:58.34	1:32.14
300m:	4:14.66	1:28.95	700m:	10:18.07	1:31.57	1100m:	16:23.27	1:30.63	1500m:	22:25.77	1:27.43
400m:	5:45.01	1:30.35	800m:	11:50.22	1:32.15	1200m:	17:54.25	1:30.98			

13.	Diogo Marques, Pratas	39	Gafanha da Encarnacao	**22:46.71**	425

100m:	1:24.19	1:24.19	500m:	7:23.57	1:30.63	900m:	13:29.94	1:32.45	1300m:	19:44.91	1:35.29
200m:	2:52.26	1:28.07	600m:	8:54.17	1:30.60	1000m:	15:02.44	1:32.50	1400m:	21:18.08	1:33.17
300m:	4:22.22	1:29.96	700m:	10:25.74	1:31.57	1100m:	16:35.84	1:33.40	1500m:	22:46.71	1:28.63
400m:	5:52.94	1:30.72	800m:	11:57.49	1:31.75	1200m:	18:09.62	1:33.78			

14.	Tiago Filipe, Valentim	39	Grupo dos Amigos da Natacao-AC	**23:30.84**	387

100m:	1:21.96	1:21.96	500m:	7:33.98	1:34.87	900m:	13:56.94	1:36.18	1300m:	20:19.35	1:35.71
200m:	2:52.81	1:30.85	600m:	9:08.88	1:34.90	1000m:	15:31.27	1:34.33	1400m:	21:57.39	1:38.04
300m:	4:25.80	1:32.99	700m:	10:44.82	1:35.94	1100m:	17:07.41	1:36.14	1500m:	23:30.84	1:33.45
400m:	5:59.11	1:33.31	800m:	12:20.76	1:35.94	1200m:	18:43.64	1:36.23			

15.	Miguel Angelo, Carrilho	36	Cnatril	**23:45.67**	375

100m:	1:21.63	1:21.63	500m:	7:31.75	1:35.77	900m:	13:54.70	1:36.43	1300m:	20:30.77	1:40.07
200m:	2:49.11	1:27.48	600m:	9:07.03	1:35.28	1000m:	15:32.62	1:37.92	1400m:	22:10.30	1:39.53
300m:	4:21.16	1:32.05	700m:	10:42.95	1:35.92	1100m:	17:11.37	1:38.75	1500m:	23:45.67	1:35.37
400m:	5:55.98	1:34.82	800m:	12:18.27	1:35.32	1200m:	18:50.70	1:39.33			

16.	Vitor Moreira, Carvalho	39	Braga	**23:57.70**	365

100m:	1:21.64	1:21.64	500m:	7:40.11	1:37.05	900m:	14:10.73	1:38.38	1300m:	20:46.15	1:40.17
200m:	2:52.12	1:30.48	600m:	9:17.74	1:37.63	1000m:	15:49.32	1:38.59	1400m:	22:25.12	1:38.97
300m:	4:26.30	1:34.18	700m:	10:54.38	1:36.64	1100m:	17:27.91	1:38.59	1500m:	23:57.70	1:32.58
400m:	6:03.06	1:36.76	800m:	12:32.35	1:37.97	1200m:	19:05.98	1:38.07			

17.	Jorge Miguel, Xavier	36	Braga	**24:03.24**	361

100m:	1:27.18	1:27.18	500m:	7:51.62	1:37.45	900m:	14:19.60	1:36.23	1300m:	20:50.58	1:38.72
200m:	3:00.95	1:33.77	600m:	9:29.27	1:37.65	1000m:	15:56.64	1:37.04	1400m:	22:29.28	1:38.70
300m:	4:37.27	1:36.32	700m:	11:06.37	1:37.10	1100m:	17:34.27	1:37.63	1500m:	24:03.24	1:33.96
400m:	6:14.17	1:36.90	800m:	12:43.37	1:37.00	1200m:	19:11.86	1:37.59			

18.	Andre Manuel, Fernandes	37	Lisboa PoolSharks	**24:57.27**	323

100m:	1:33.84	1:33.84	500m:	8:11.86	1:41.37	900m:	14:56.02	1:40.65	1300m:	21:40.78	1:40.59
200m:	3:11.93	1:38.09	600m:	9:53.40	1:41.54	1000m:	16:37.31	1:41.29	1400m:	23:22.52	1:41.74
300m:	4:51.52	1:39.59	700m:	11:33.52	1:40.12	1100m:	18:19.83	1:42.52	1500m:	24:57.27	1:34.75
400m:	6:30.49	1:38.97	800m:	13:15.37	1:41.85	1200m:	20:00.19	1:40.36			

19.	Ricardo Madeira, Gaspar	36	Ba-Leiria	**25:03.35**	319

100m:	1:29.71	1:29.71	500m:	8:21.69	1:42.77	900m:	15:06.89	1:40.80	1300m:	21:50.70	1:41.79
200m:	3:10.93	1:41.22	600m:	10:03.21	1:41.52	1000m:	16:47.40	1:40.51	1400m:	23:31.16	1:40.46
300m:	4:55.53	1:44.60	700m:	11:44.97	1:41.76	1100m:	18:28.01	1:40.61	1500m:	25:03.35	1:32.19
400m:	6:38.92	1:43.39	800m:	13:26.09	1:41.12	1200m:	20:08.91	1:40.90			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master C

Lugar		Idade		Tempo final	Pts
20.	Gustavo Jose, Fresco	38	Académica de Coimbra	**25:54.25**	289
21.	Rui Jorge, Isabel	36	Pimpoes/Cimai	**26:07.98**	282
22.	Carlos German, Romano	39	Porto	**26:22.67**	274
23.	Mauro Filipe, Sousa	35	CNLeiria - VOID	**27:42.58**	236
24.	Jorge Filipe, Cardoso	38	Braga	**28:46.02**	211
25.	Tiago Miguel, Aparicio *Standard Time*	36	Grupo dos Amigos da Natacao-AC	**30:52.38**	171
26.	Ricardo Andre, Pires *Standard Time*	35	CNLeiria - VOID	**34:47.67**	119
DSQ	Luis Rosario, Figueiredo *404 - Falsa partida - SW 4.4*	36	Ginásio Sto. Tirso		

100m:	1:24.88	1:24.88	500m:	8:18.08	1:45.46	900m:	15:18.93	1:45.75	1300m:	22:24.99	1:49.13
200m:	3:03.25	1:38.37	600m:	10:04.03	1:45.95	1000m:	17:04.56	1:45.63	1400m:	24:15.59	1:50.60
300m:	4:47.68	1:44.43	700m:	11:47.31	1:43.28	1100m:	18:52.10	1:47.54	1500m:	25:54.25	1:38.66
400m:	6:32.62	1:44.94	800m:	13:33.18	1:45.87	1200m:	20:35.86	1:43.76			

100m:	1:37.33	1:37.33	500m:	8:34.67	1:44.68	900m:	15:40.20	1:46.18	1300m:	22:43.65	1:45.52
200m:	3:20.22	1:42.89	600m:	10:20.29	1:45.62	1000m:	17:26.19	1:45.99	1400m:	24:27.50	1:43.85
300m:	5:04.59	1:44.37	700m:	12:07.32	1:47.03	1100m:	19:11.62	1:45.43	1500m:	26:07.98	1:40.48
400m:	6:49.99	1:45.40	800m:	13:54.02	1:46.70	1200m:	20:58.13	1:46.51			

100m:	1:39.76	1:39.76	500m:	8:30.75	1:43.61	900m:	15:36.22	1:46.57	1300m:	22:50.34	1:49.58
200m:	3:22.23	1:42.47	600m:	10:16.26	1:45.51	1000m:	17:24.75	1:48.53	1400m:	24:38.35	1:48.01
300m:	5:04.64	1:42.41	700m:	12:02.03	1:45.77	1100m:	19:12.74	1:47.99	1500m:	26:22.67	1:44.32
400m:	6:47.14	1:42.50	800m:	13:49.65	1:47.62	1200m:	21:00.76	1:48.02			

100m:	1:29.39	1:29.39	500m:	8:46.14	1:57.14	900m:	16:26.80	1:54.47	1300m:	24:02.04	1:54.47
200m:	3:10.34	1:40.95	600m:	10:39.87	1:53.73	1000m:	18:20.47	1:53.67	1400m:	25:55.98	1:53.94
300m:	4:57.66	1:47.32	700m:	12:33.99	1:54.12	1100m:	20:10.13	1:49.66	1500m:	27:42.58	1:46.60
400m:	6:49.00	1:51.34	800m:	14:32.33	1:58.34	1200m:	22:07.57	1:57.44			

100m:	1:39.74	1:39.74	500m:	9:19.05	1:57.78	900m:	17:09.13	1:57.47	1300m:	25:01.03	1:58.27
200m:	3:29.21	1:49.47	600m:	11:15.09	1:56.04	1000m:	19:07.91	1:58.78	1400m:	27:00.60	1:59.57
300m:	5:24.45	1:55.24	700m:	13:12.34	1:57.25	1100m:	21:05.05	1:57.14	1500m:	28:46.02	1:45.42
400m:	7:21.27	1:56.82	800m:	15:11.66	1:59.32	1200m:	23:02.76	1:57.71			

100m:	1:37.19	1:37.19	500m:	9:31.41	2:05.96	900m:	18:04.86	2:08.54	1300m:	26:39.97	2:08.83
200m:	3:25.53	1:48.34	600m:	11:38.60	2:07.19	1000m:	20:11.66	2:06.80	1400m:	28:48.31	2:08.34
300m:	5:22.83	1:57.30	700m:	13:46.38	2:07.78	1100m:	22:25.20	2:13.54	1500m:	30:52.38	2:04.07
400m:	7:25.45	2:02.62	800m:	15:56.32	2:09.94	1200m:	24:31.14	2:05.94			

100m:	1:54.32	1:54.32	500m:	11:07.12	2:23.15	900m:	20:40.23	2:22.26	1300m:	30:09.60	2:23.75
200m:	4:06.77	2:12.45	600m:	13:29.85	2:22.73	1000m:	22:58.59	2:18.36	1400m:	32:29.67	2:20.07
300m:	6:23.08	2:16.31	700m:	15:52.39	2:22.54	1100m:	25:21.35	2:22.76	1500m:	34:47.67	2:18.00
400m:	8:43.97	2:20.89	800m:	18:17.97	2:25.58	1200m:	27:45.85	2:24.50			

Master D

1.	Francisco Zamith, Passos	42	Ginásio Sto. Tirso	**19:27.11**	639						
100m:	1:13.41	1:13.41	500m:	6:21.76	1:16.34	900m:	11:38.72	1:20.26	1300m:	16:55.49	1:18.48
200m:	2:31.05	1:17.64	600m:	7:39.47	1:17.71	1000m:	12:57.48	1:18.76	1400m:	18:13.90	1:18.41
300m:	3:47.79	1:16.74	700m:	8:58.47	1:19.00	1100m:	14:17.76	1:20.28	1500m:	19:27.11	1:13.21
400m:	5:05.42	1:17.63	800m:	10:18.46	1:19.99	1200m:	15:37.01	1:19.25			

2.	Joao Miguel, Santos	44	CNLeiria - VOID	**19:33.06**	629						
100m:	1:12.97	1:12.97	500m:	6:25.29	1:18.59	900m:	11:42.53	1:19.27	1300m:	16:58.91	1:18.91
200m:	2:31.34	1:18.37	600m:	7:44.17	1:18.88	1000m:	13:02.18	1:19.65	1400m:	18:17.07	1:18.16
300m:	3:49.50	1:18.16	700m:	9:03.47	1:19.30	1100m:	14:21.13	1:18.95	1500m:	19:33.06	1:15.99
400m:	5:06.70	1:17.20	800m:	10:23.26	1:19.79	1200m:	15:40.00	1:18.87			

Prova 2, Masc., 1500m Livres, Master D

Lugar		Idade		Tempo final	Pts
3.	Ivan Mauricio, Couras	44	Fluvial Portuense	**19:39.32**	619

100m:	1:16.21	1:16.21	500m:	6:32.63	1:19.13	900m:	11:49.79	1:19.46	1300m:	17:09.14	1:19.23
200m:	2:34.93	1:18.72	600m:	7:51.93	1:19.30	1000m:	13:09.96	1:20.17	1400m:	18:26.52	1:17.38
300m:	3:53.91	1:18.98	700m:	9:11.08	1:19.15	1100m:	14:30.00	1:20.04	1500m:	19:39.32	1:12.80
400m:	5:13.50	1:19.59	800m:	10:30.33	1:19.25	1200m:	15:49.91	1:19.91			

4.	Mauro Santos, Inacio	41	Litoral Alentejano	**19:41.03**	617						
100m:	1:14.46	1:14.46	500m:	6:26.92	1:18.71	900m:	11:44.36	1:19.71	1300m:	17:03.00	1:19.59
200m:	2:31.57	1:17.11	600m:	7:45.80	1:18.88	1000m:	13:03.95	1:19.59	1400m:	18:22.58	1:19.58
300m:	3:49.58	1:18.01	700m:	9:05.02	1:19.22	1100m:	14:23.41	1:19.46	1500m:	19:41.03	1:18.45
400m:	5:08.21	1:18.63	800m:	10:24.65	1:19.63	1200m:	15:43.41	1:20.00			

5.	Rafael Devesa, Dias	40	Galitos / Bresimar	**21:55.94**	446						
100m:	1:19.10	1:19.10	500m:	7:06.06	1:27.48	900m:	12:57.00	1:27.90	1300m:	18:59.13	1:31.09
200m:	2:44.62	1:25.52	600m:	8:33.42	1:27.36	1000m:	14:26.73	1:29.73	1400m:		
300m:	4:11.49	1:26.87	700m:	10:01.89	1:28.47	1100m:	15:56.93	1:30.20	1500m:	21:55.94	
400m:	5:38.58	1:27.09	800m:	11:29.10	1:27.21	1200m:	17:28.04	1:31.11			

6.	David Julio, Sher	41	Ginásio Clube Português	**22:04.79**	437						
100m:	1:23.27	1:23.27	500m:	7:12.84	1:28.73	900m:	13:08.94	1:29.87	1300m:	19:07.24	1:31.12
200m:	2:49.53	1:26.26	600m:	8:41.03	1:28.19	1000m:	14:38.13	1:29.19	1400m:	20:37.35	1:30.11
300m:	4:17.43	1:27.90	700m:	10:09.24	1:28.21	1100m:	16:07.13	1:29.00	1500m:	22:04.79	1:27.44
400m:	5:44.11	1:26.68	800m:	11:39.07	1:29.83	1200m:	17:36.12	1:28.99			

7.	Marcelo Porto, Rodrigues	43	Natacao de Valongo	**23:18.22**	371						
100m:	1:29.02	1:29.02	500m:	7:38.48	1:33.06	900m:	13:52.14	1:33.39	1300m:	20:13.87	1:35.17
200m:	3:01.59	1:32.57	600m:	9:11.83	1:33.35	1000m:	15:27.49	1:35.35	1400m:	21:48.34	1:34.47
300m:	4:32.81	1:31.22	700m:	10:45.34	1:33.51	1100m:	17:02.61	1:35.12	1500m:	23:18.22	1:29.88
400m:	6:05.42	1:32.61	800m:	12:18.75	1:33.41	1200m:	18:38.70	1:36.09			

8.	Ricardo Lourenco, Alves	41	Galitos / Bresimar	**23:36.80**	357						
100m:	1:27.27	1:27.27	500m:	7:48.25	1:36.83	900m:	14:10.34	1:35.94	1300m:	20:31.56	1:34.71
200m:	3:01.19	1:33.92	600m:	9:23.82	1:35.57	1000m:	15:45.36	1:35.02	1400m:	22:04.92	1:33.36
300m:	4:36.13	1:34.94	700m:	10:59.46	1:35.64	1100m:	17:21.76	1:36.40	1500m:	23:36.80	1:31.88
400m:	6:11.42	1:35.29	800m:	12:34.40	1:34.94	1200m:	18:56.85	1:35.09			

9.	Jose Antonio, Cruz	41	Adrcimm	**23:40.23**	354						
100m:	1:28.96	1:28.96	500m:	7:46.06	1:36.26	900m:	14:08.54	1:35.32	1300m:	20:33.75	1:36.48
200m:	3:02.04	1:33.08	600m:	9:21.34	1:35.28	1000m:	15:45.53	1:36.99	1400m:	22:09.45	1:35.70
300m:	4:35.71	1:33.67	700m:	10:58.07	1:36.73	1100m:	17:21.84	1:36.31	1500m:	23:40.23	1:30.78
400m:	6:09.80	1:34.09	800m:	12:33.22	1:35.15	1200m:	18:57.27	1:35.43			

10.	Caio Herculano, Amim	42	Pimpoes/Cimai	**24:35.08**	316						
100m:	1:28.55	1:28.55	500m:	7:59.22	1:38.71	900m:	14:36.26	1:39.89	1300m:	21:18.86	1:41.37
200m:	3:04.26	1:35.71	600m:	9:37.55	1:38.33	1000m:	16:15.87	1:39.61	1400m:	22:57.71	1:38.85
300m:	4:42.13	1:37.87	700m:	11:17.25	1:39.70	1100m:	17:56.24	1:40.37	1500m:	24:35.08	1:37.37
400m:	6:20.51	1:38.38	800m:	12:56.37	1:39.12	1200m:	19:37.49	1:41.25			

11.	Rui Neves, Fangueiro	43	Vilacondense	**24:46.52**	309						
100m:	1:28.79	1:28.79	500m:	8:07.01	1:40.58	900m:	14:46.26	1:40.66	1300m:	21:29.17	1:41.07
200m:	3:05.74	1:36.95	600m:	9:46.49	1:39.48	1000m:	16:26.44	1:40.18	1400m:	23:11.05	1:41.88
300m:	4:46.02	1:40.28	700m:	11:25.87	1:39.38	1100m:	18:06.90	1:40.46	1500m:	24:46.52	1:35.47
400m:	6:26.43	1:40.41	800m:	13:05.60	1:39.73	1200m:	19:48.10	1:41.20			

12.	Vitalii, Provotorov	41	Porto	**25:56.82**	269						
100m:	1:35.64	1:35.64	500m:	8:32.21	1:44.98	900m:	15:32.93	1:45.28	1300m:	22:35.01	1:45.09
200m:	3:17.79	1:42.15	600m:	10:17.03	1:44.82	1000m:	17:18.26	1:45.33	1400m:	24:19.46	1:44.45
300m:	5:02.14	1:44.35	700m:	12:03.33	1:46.30	1100m:	19:04.40	1:46.14	1500m:	25:56.82	1:37.36
400m:	6:47.23	1:45.09	800m:	13:47.65	1:44.32	1200m:	20:49.92	1:45.52			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA CÂMARA MUNICIPAL COIMBRA GENERALI TRANQUILIDADE DESPORTO PARA TODOS AQUAPLAY TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master D

Lugar		Idade		Tempo final	Pts
13.	Ricardo Jorge, Letra	40	Vieirense	**26:46.75**	245

100m:	1:37.25	1:37.25	500m:	8:46.70	1:48.10	900m:	16:01.50	1:48.62	1300m:	23:19.67	1:49.41
200m:	3:23.47	1:46.22	600m:	10:35.21	1:48.51	1000m:	17:50.46	1:48.96	1400m:	25:07.10	1:47.43
300m:	5:11.79	1:48.32	700m:	12:23.95	1:48.74	1100m:	19:40.39	1:49.93	1500m:	26:46.75	1:39.65
400m:	6:58.60	1:46.81	800m:	14:12.88	1:48.93	1200m:	21:30.26	1:49.87			

14.	Pedro Nuno, Boga	40	Porto	**27:21.05**	230						
100m:	1:36.81	1:36.81	500m:	8:53.13	1:52.47	900m:	16:24.31	1:52.43	1300m:	23:48.44	1:51.81
200m:	3:22.65	1:45.84	600m:	10:46.44	1:53.31	1000m:	18:14.93	1:50.62	1400m:	25:38.92	1:50.48
300m:	5:11.17	1:48.52	700m:	12:39.00	1:52.56	1100m:	20:05.57	1:50.64	1500m:	27:21.05	1:42.13
400m:	7:00.66	1:49.49	800m:	14:31.88	1:52.88	1200m:	21:56.63	1:51.06			

15.	Pedro Santos, Gouveia	44	Académica de Coimbra	**27:47.31**	219						
100m:	1:36.22	1:36.22	500m:	8:54.61	1:52.10	900m:	16:29.53	1:52.68	1300m:	24:06.58	1:53.05
200m:	3:22.94	1:46.72	600m:	10:48.69	1:54.08	1000m:	18:22.81	1:53.28	1400m:	25:59.29	1:52.71
300m:	5:11.59	1:48.65	700m:	12:43.07	1:54.38	1100m:	20:19.13	1:56.32	1500m:	27:47.31	1:48.02
400m:	7:02.51	1:50.92	800m:	14:36.85	1:53.78	1200m:	22:13.53	1:54.40			

16.	Bruno Gabriel, Leite	41	Braga	**27:52.55**	217						
100m:	1:37.43	1:37.43	500m:	9:06.46	1:53.59	900m:	16:38.90	1:52.49	1300m:	24:13.75	1:54.24
200m:	3:27.06	1:49.63	600m:	10:59.50	1:53.04	1000m:	18:31.68	1:52.78	1400m:	26:06.21	1:52.46
300m:	5:20.74	1:53.68	700m:	12:53.23	1:53.73	1100m:	20:25.00	1:53.32	1500m:	27:52.55	1:46.34
400m:	7:12.87	1:52.13	800m:	14:46.41	1:53.18	1200m:	22:19.51	1:54.51			

17.	Bruno Daniel, Serra	40	Braga	**28:43.25**	198						
100m:	1:34.89	1:34.89	500m:	9:06.88	1:56.34	900m:	17:07.35	2:00.59	1300m:	25:00.63	1:57.56
200m:	3:23.87	1:48.98	600m:	11:05.99	1:59.11	1000m:	19:07.29	1:59.94	1400m:	26:56.10	1:55.47
300m:	5:16.15	1:52.28	700m:	13:06.10	2:00.11	1100m:	21:06.12	1:58.83	1500m:	28:43.25	1:47.15
400m:	7:10.54	1:54.39	800m:	15:06.76	2:00.66	1200m:	23:03.07	1:56.95			

18.	Duarte Miguel, Gaspar	41	INDANL	**29:08.45**	190						
100m:	1:40.69	1:40.69	500m:	9:24.63	1:58.07	900m:	17:14.26	1:58.39	1300m:	25:19.16	1:59.65
200m:	3:33.44	1:52.75	600m:	11:22.16	1:57.53	1000m:	19:14.19	1:59.93	1400m:	27:16.23	1:57.07
300m:	5:29.41	1:55.97	700m:	13:18.66	1:56.50	1100m:	21:17.23	2:03.04	1500m:	29:08.45	1:52.22
400m:	7:26.56	1:57.15	800m:	15:15.87	1:57.21	1200m:	23:19.51	2:02.28			

19.	Tiago Moniz, Guedes	40	Gafanha da Encarnacao	**29:53.25**	176						
100m:	1:44.40	1:44.40	500m:	9:43.50	2:00.87	900m:	17:58.45	2:03.94	1300m:	26:17.18	2:05.46
200m:	3:40.86	1:56.46	600m:	11:46.78	2:03.28	1000m:	20:02.21	2:03.76	1400m:	28:14.51	1:57.33
300m:	5:40.87	2:00.01	700m:	13:52.51	2:05.73	1100m:	22:03.72	2:01.51	1500m:	29:53.25	1:38.74
400m:	7:42.63	2:01.76	800m:	15:54.51	2:02.00	1200m:	24:11.72	2:08.00			

20.	Amilcar Filipe, Pires *Standard Time*	41	CNLeiria - VOID	**35:36.90**	104						
100m:	2:03.92	2:03.92	500m:	11:46.80	2:22.95	900m:	21:17.30	2:22.89	1300m:	30:49.33	2:20.61
200m:	4:27.47	2:23.55	600m:	14:08.76	2:21.96	1000m:	23:38.80	2:21.50	1400m:	33:13.27	2:23.94
300m:	6:58.36	2:30.89	700m:	16:30.46	2:21.70	1100m:	26:04.69	2:25.89	1500m:	35:36.90	2:23.63
400m:	9:23.85	2:25.49	800m:	18:54.41	2:23.95	1200m:	28:28.72	2:24.03			

Master E

1.	Rodrigo Marques, Costa	49	Litoral Alentejano	**19:44.50**	660						
100m:	1:13.86	1:13.86	500m:	6:20.84	1:16.72	900m:	11:34.68	1:21.12	1300m:	17:03.64	1:23.24
200m:	2:28.66	1:14.80	600m:	7:37.69	1:16.85	1000m:	12:55.90	1:21.22	1400m:	18:25.27	1:21.63
300m:	3:47.29	1:18.63	700m:	8:55.09	1:17.40	1100m:	14:17.55	1:21.65	1500m:	19:44.50	1:19.23
400m:	5:04.12	1:16.83	800m:	10:13.56	1:18.47	1200m:	15:40.40	1:22.85			

2.	Joao Franca, Alves	45	Galitos / Bresimar	**20:59.25**	549						
100m:	1:18.91	1:18.91	500m:	6:57.02	1:25.11	900m:	12:38.35	1:24.70	1300m:	18:15.73	1:24.29
200m:	2:42.67	1:23.76	600m:	8:22.44	1:25.42	1000m:	14:03.23	1:24.88	1400m:	19:39.26	1:23.53
300m:	4:07.51	1:24.84	700m:	9:47.35	1:24.91	1100m:	15:27.14	1:23.91	1500m:	20:59.25	1:19.99
400m:	5:31.91	1:24.40	800m:	11:13.65	1:26.30	1200m:	16:51.44	1:24.30			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 1500m Livres, Master E

Lugar		Idade		Tempo final	Pts
3.	Diogo Pedroso, Almeida	48	Adrcimm	**21:01.58**	546

100m:	1:19.34	1:19.34	500m:	6:57.55	1:23.77	900m:	12:32.93	1:24.10	1300m:	18:13.38	1:25.51
200m:	2:43.49	1:24.15	600m:	8:21.23	1:23.68	1000m:	13:58.23	1:25.30	1400m:	19:39.00	1:25.62
300m:	4:08.42	1:24.93	700m:	9:44.95	1:23.72	1100m:	15:22.70	1:24.47	1500m:	21:01.58	1:22.58
400m:	5:33.78	1:25.36	800m:	11:08.83	1:23.88	1200m:	16:47.87	1:25.17			

4.	Andre Rosado, Rocha	47	Pimpoes/Cimai	**22:30.62**	445						
100m:	1:22.16	1:22.16	500m:	7:16.05	1:29.47	900m:	13:28.59	1:35.16	1300m:	19:32.32	1:28.31
200m:	2:49.11	1:26.95	600m:	8:47.60	1:31.55	1000m:	14:59.37	1:30.78	1400m:	21:04.86	1:32.54
300m:	4:17.70	1:28.59	700m:	10:19.79	1:32.19	1100m:	16:30.60	1:31.23	1500m:	22:30.62	1:25.76
400m:	5:46.58	1:28.88	800m:	11:53.43	1:33.64	1200m:	18:04.01	1:33.41			

5.	Hugo Miguel, Silva	48	BUZIOS - Coruche	**22:41.20**	435						
100m:	1:24.56	1:24.56	500m:	7:28.37	1:31.60	900m:	13:37.41	1:33.24	1300m:	19:45.77	1:31.34
200m:	2:54.48	1:29.92	600m:	9:00.88	1:32.51	1000m:	15:10.21	1:32.80	1400m:	21:17.06	1:31.29
300m:	4:25.45	1:30.97	700m:	10:33.32	1:32.44	1100m:	16:42.73	1:32.52	1500m:	22:41.20	1:24.14
400m:	5:56.77	1:31.32	800m:	12:04.17	1:30.85	1200m:	18:14.43	1:31.70			

6.	Mario Moura, Carvalho	47	Porto	**23:16.68**	402						
100m:	1:27.01	1:27.01	500m:	7:40.24	1:32.78	900m:	13:58.67	1:35.64	1300m:	20:17.22	1:33.74
200m:	2:59.95	1:32.94	600m:	9:14.52	1:34.28	1000m:	15:33.96	1:35.29	1400m:	21:50.87	1:33.65
300m:	4:34.08	1:34.13	700m:	10:48.40	1:33.88	1100m:	17:09.11	1:35.15	1500m:	23:16.68	1:25.81
400m:	6:07.46	1:33.38	800m:	12:23.03	1:34.63	1200m:	18:43.48	1:34.37			

7.	Hugo Andre, Afonso	49	CCDSerta	**23:42.01**	381						
100m:	1:27.67	1:27.67	500m:	7:48.09	1:36.06	900m:	14:10.58	1:35.86	1300m:	20:34.54	1:36.39
200m:	3:01.99	1:34.32	600m:	9:23.54	1:35.45	1000m:	15:46.26	1:35.68	1400m:	22:09.82	1:35.28
300m:	4:36.80	1:34.81	700m:	10:59.11	1:35.57	1100m:	17:22.27	1:36.01	1500m:	23:42.01	1:32.19
400m:	6:12.03	1:35.23	800m:	12:34.72	1:35.61	1200m:	18:58.15	1:35.88			

8.	Joao Pedro, Lima	48	Grupo dos Amigos da Natacao-AC	**24:14.69**	356						
100m:	1:29.29	1:29.29	500m:	7:54.24	1:37.05	900m:	14:24.53	1:37.83	1300m:	20:59.29	1:39.91
200m:	3:03.85	1:34.56	600m:	9:31.85	1:37.61	1000m:	16:03.05	1:38.52	1400m:	22:39.57	1:40.28
300m:	4:40.53	1:36.68	700m:	11:08.47	1:36.62	1100m:	17:41.01	1:37.96	1500m:	24:14.69	1:35.12
400m:	6:17.19	1:36.66	800m:	12:46.70	1:38.23	1200m:	19:19.38	1:38.37			

9.	Jorge Miguel, Oliveira	45	Natacao de Valongo	**24:15.73**	355						
100m:	1:31.00	1:31.00	500m:	7:58.09	1:38.38	900m:	14:28.46	1:38.09	1300m:	21:01.52	1:38.07
200m:	3:05.58	1:34.58	600m:	9:36.15	1:38.06	1000m:	16:06.39	1:37.93	1400m:	22:40.24	1:38.72
300m:	4:42.55	1:36.97	700m:	11:13.66	1:37.51	1100m:	17:44.80	1:38.41	1500m:	24:15.73	1:35.49
400m:	6:19.71	1:37.16	800m:	12:50.37	1:36.71	1200m:	19:23.45	1:38.65			

10.	Bruno Cena, Saez	47	Lisboa PoolSharks	**24:33.48**	342						
100m:	1:29.40	1:29.40	500m:	8:09.62	1:40.02	900m:	14:45.16	1:39.76	1300m:	21:26.97	1:40.80
200m:	3:07.83	1:38.43	600m:	9:49.03	1:39.41	1000m:	16:25.11	1:39.95	1400m:	23:07.26	1:40.29
300m:	4:48.80	1:40.97	700m:	11:27.05	1:38.02	1100m:	18:05.55	1:40.44	1500m:	24:33.48	1:26.22
400m:	6:29.60	1:40.80	800m:	13:05.40	1:38.35	1200m:	19:46.17	1:40.62			

11.	Marco Andre, Viola	45	CNLeiria - VOID	**24:56.62**	327						
100m:	1:25.76	1:25.76	500m:	8:04.96	1:43.16	900m:	14:51.57	1:40.99	1300m:	21:39.55	1:43.68
200m:	3:01.78	1:36.02	600m:	9:46.95	1:41.99	1000m:	16:32.04	1:40.47	1400m:	23:21.93	1:42.38
300m:	4:39.01	1:37.23	700m:	11:29.18	1:42.23	1100m:	18:13.55	1:41.51	1500m:	24:56.62	1:34.69
400m:	6:21.80	1:42.79	800m:	13:10.58	1:41.40	1200m:	19:55.87	1:42.32			

12.	Tiago Goncalo, Ribeiro	45	Pimpoes/Cimai	**24:58.20**	326						
100m:	1:29.78	1:29.78	500m:	8:12.99	1:42.65	900m:	14:59.38	1:42.59	1300m:	21:44.02	1:39.85
200m:	3:09.14	1:39.36	600m:	9:54.16	1:41.17	1000m:	16:41.62	1:42.24	1400m:	23:22.65	1:38.63
300m:	4:49.09	1:39.95	700m:	11:35.28	1:41.12	1100m:	18:24.01	1:42.39	1500m:	24:58.20	1:35.55
400m:	6:30.34	1:41.25	800m:	13:16.79	1:41.51	1200m:	20:04.17	1:40.16			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master E

Lugar		Idade		Tempo final	Pts
13.	Joao Filipe, Romao	48	Lagoa Academico Clube	**25:19.14**	312

100m:	1:30.62	1:30.62	500m:	8:15.31	1:42.72	900m:	15:09.28	1:44.12	1300m:	22:02.90	1:43.63
200m:	3:08.58	1:37.96	600m:	9:58.73	1:43.42	1000m:	16:52.40	1:43.12	1400m:	23:43.98	1:41.08
300m:	4:50.31	1:41.73	700m:	11:41.99	1:43.26	1100m:	18:36.44	1:44.04	1500m:	25:19.14	1:35.16
400m:	6:32.59	1:42.28	800m:	13:25.16	1:43.17	1200m:	20:19.27	1:42.83			

14.	Pedro Miguel, Batalha	49	Sporting	**25:27.55**	307						
100m:	1:34.11	1:34.11	500m:	8:29.23	1:45.33	900m:	15:28.92	1:43.27	1300m:	22:15.66	1:42.13
200m:	3:15.15	1:41.04	600m:	10:13.19	1:43.96	1000m:	17:13.14	1:44.22	1400m:	23:54.64	1:38.98
300m:	4:57.03	1:41.88	700m:	12:03.33	1:50.14	1100m:	18:54.58	1:41.44	1500m:	25:27.55	1:32.91
400m:	6:43.90	1:46.87	800m:	13:45.65	1:42.32	1200m:	20:33.53	1:38.95			

15.	Helder Ricardo, Machado	49	Leixoes Sport Club	**26:38.28**	268						
100m:	1:36.65	1:36.65	500m:	8:31.16	1:45.78	900m:	15:40.10	1:47.74	1300m:	22:57.73	1:51.49
200m:	3:18.34	1:41.69	600m:	10:17.52	1:46.36	1000m:	17:29.78	1:49.68	1400m:	24:49.18	1:51.45
300m:	5:01.79	1:43.45	700m:	12:04.66	1:47.14	1100m:	19:17.58	1:47.80	1500m:	26:38.28	1:49.10
400m:	6:45.38	1:43.59	800m:	13:52.36	1:47.70	1200m:	21:06.24	1:48.66			

16.	Hugo Manuel, Ferreira	46	Natacao da Maia	**26:47.05**	264						
100m:	1:36.87	1:36.87	500m:	8:50.77	1:47.67	900m:	15:57.61	1:46.03	1300m:	23:12.77	1:48.55
200m:	3:24.72	1:47.85	600m:	10:37.75	1:46.98	1000m:	17:45.83	1:48.22	1400m:	25:01.20	1:48.43
300m:	5:14.07	1:49.35	700m:	12:24.53	1:46.78	1100m:	19:35.28	1:49.45	1500m:	26:47.05	1:45.85
400m:	7:03.10	1:49.03	800m:	14:11.58	1:47.05	1200m:	21:24.22	1:48.94			

17.	Luis Ricardo, Mora	47	Académica de Coimbra	**26:49.04**	263						
100m:	1:32.13	1:32.13	500m:	8:34.81	1:48.07	900m:	15:51.37	1:49.97	1300m:	23:13.54	1:50.30
200m:	3:14.13	1:42.00	600m:	10:23.32	1:48.51	1000m:	17:42.32	1:50.95	1400m:	25:02.78	1:49.24
300m:	4:59.71	1:45.58	700m:	12:12.90	1:49.58	1100m:	19:32.83	1:50.51	1500m:	26:49.04	1:46.26
400m:	6:46.74	1:47.03	800m:	14:01.40	1:48.50	1200m:	21:23.24	1:50.41			

18.	Joao Pedro, Marques	48	Grupo dos Amigos da Natacao-AC	**28:00.80**	231						
100m:	1:36.83	1:36.83	500m:	9:09.43	1:54.39	900m:	16:40.61	1:53.67	1300m:	24:17.95	1:55.16
200m:	3:24.97	1:48.14	600m:	11:02.73	1:53.30	1000m:	18:34.30	1:53.69	1400m:	26:13.66	1:55.71
300m:	5:18.36	1:53.39	700m:	12:55.00	1:52.27	1100m:	20:28.68	1:54.38	1500m:	28:00.80	1:47.14
400m:	7:15.04	1:56.68	800m:	14:46.94	1:51.94	1200m:	22:22.79	1:54.11			

19.	Jose Orlando, Novais	47	Vitória Sport Clube	**29:16.39**	202						
100m:	1:39.54	1:39.54	500m:	9:10.99	1:55.45	900m:	17:07.22	2:00.51	1300m:	25:16.68	2:04.90
200m:	3:28.80	1:49.26	600m:	11:09.38	1:58.39	1000m:	19:07.07	1:59.85	1400m:	27:20.65	2:03.97
300m:	5:21.83	1:53.03	700m:	13:06.86	1:57.48	1100m:	21:08.96	2:01.89	1500m:	29:16.39	1:55.74
400m:	7:15.54	1:53.71	800m:	15:06.71	1:59.85	1200m:	23:11.78	2:02.82			

20.	Filipe Ribeiro, Santos	49	Pimpoes/Cimai	**29:18.66**	201						
100m:	1:40.95	1:40.95	500m:	9:26.14	1:58.84	900m:	17:28.02	2:00.96	1300m:	25:30.50	2:01.54
200m:	3:32.20	1:51.25	600m:	11:25.49	1:59.35	1000m:	19:26.20	1:58.18	1400m:	27:26.80	1:56.30
300m:	5:28.83	1:56.63	700m:	13:25.28	1:59.79	1100m:	21:27.62	2:01.42	1500m:	29:18.66	1:51.86
400m:	7:27.30	1:58.47	800m:	15:27.06	2:01.78	1200m:	23:28.96	2:01.34			

21.	Manuel Jose, Moutinho	48	Natacao da Maia	**29:30.60**	197						
100m:	1:41.21	1:41.21	500m:	9:32.87	2:00.86	900m:	17:37.37	2:01.28	1300m:	25:37.71	1:58.82
200m:	3:33.55	1:52.34	600m:	11:33.86	2:00.99	1000m:	19:38.12	2:00.75	1400m:	27:35.96	1:58.25
300m:	5:31.60	1:58.05	700m:	13:34.95	2:01.09	1100m:	21:38.45	2:00.33	1500m:	29:30.60	1:54.64
400m:	7:32.01	2:00.41	800m:	15:36.09	2:01.14	1200m:	23:38.89	2:00.44			

22.	Nelson Jesus, Guerra	49	Vieirense	**29:51.61**	190						
100m:	1:45.09	1:45.09	500m:	9:47.44	2:01.17	900m:	17:51.03	2:00.51	1300m:	25:55.36	2:01.49
200m:	3:43.87	1:58.78	600m:	11:49.10	2:01.66	1000m:	19:52.08	2:01.05	1400m:	27:56.86	2:01.50
300m:	5:45.70	2:01.83	700m:	13:49.52	2:00.42	1100m:	21:53.04	2:00.96	1500m:	29:51.61	1:54.75
400m:	7:46.27	2:00.57	800m:	15:50.52	2:01.00	1200m:	23:53.87	2:00.83			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
FPN ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA CÂMARA MUNICIPAL COIMBRA GENERALI TRANQUILIDADE ipdj DESPORTO PARA TODOS AQUAPLAY TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master E

Lugar		Idade		Tempo final	Pts
23.	Gabriel Antero, Oliveira *Standard Time*	45	Clube Desportivo de Estarreja	**30:32.61**	178

100m:	1:47.42	1:47.42	500m:	9:50.23	2:03.46	900m:	18:05.07	2:04.02	1300m:	26:24.63	2:04.87
200m:	3:44.65	1:57.23	600m:	11:54.52	2:04.29	1000m:	20:09.71	2:04.64	1400m:	28:30.28	2:05.65
300m:	5:44.36	1:59.71	700m:	13:58.91	2:04.39	1100m:	22:13.28	2:03.57	1500m:	30:32.61	2:02.33
400m:	7:46.77	2:02.41	800m:	16:01.05	2:02.14	1200m:	24:19.76	2:06.48			

24.	Leandro Joel, Vieira *Standard Time*	45	Natacao de Valongo	**32:26.10**	148

100m:	1:48.27	1:48.27	500m:	10:28.09	2:11.86	900m:	19:14.91	2:12.33	1300m:	28:08.29	2:13.47
200m:	3:51.68	2:03.41	600m:	12:39.50	2:11.41	1000m:	21:28.12	2:13.21	1400m:	30:21.90	2:13.61
300m:	6:02.33	2:10.65	700m:	14:51.77	2:12.27	1100m:	23:41.15	2:13.03	1500m:	32:26.10	2:04.20
400m:	8:16.23	2:13.90	800m:	17:02.58	2:10.81	1200m:	25:54.82	2:13.67			

25.	Hugo Alexandre, Dias *Standard Time*	45	Ba-Leiria	**34:27.18**	124

100m:	2:03.48	2:03.48	500m:	11:08.66	2:18.59	900m:	20:27.58	2:19.57	1300m:	29:49.66	2:18.65
200m:	4:14.55	2:11.07	600m:	13:29.07	2:20.41	1000m:	22:49.20	2:21.62	1400m:	32:08.76	2:19.10
300m:	6:30.44	2:15.89	700m:	15:48.37	2:19.30	1100m:	25:08.87	2:19.67	1500m:	34:27.18	2:18.42
400m:	8:50.07	2:19.63	800m:	18:08.01	2:19.64	1200m:	27:31.01	2:22.14			

DNF	Andre Manuel, Teixeira	47	Clube Desportivo de Estarreja	

102 - O(a) atleta não completou o percurso - SW 10.2

Master F

1.	Marco, Vantaggiato	54	Litoral Alentejano	**19:25.25**	747

100m:	1:15.04	1:15.04	500m:	6:25.10	1:17.50	900m:	11:32.09	1:17.97	1300m:	16:50.14	1:20.25
200m:	2:31.62	1:16.58	600m:	7:41.39	1:16.29	1000m:	12:50.60	1:18.51	1400m:	18:10.44	1:20.30
300m:	3:49.47	1:17.85	700m:	8:57.79	1:16.40	1100m:	14:10.07	1:19.47	1500m:	19:25.25	1:14.81
400m:	5:07.60	1:18.13	800m:	10:14.12	1:16.33	1200m:	15:29.89	1:19.82			

2.	Miguel Maria, Arrobas	51	CCD Associacao De Nadadores Dos Es	**21:42.49**	535

100m:	1:19.21	1:19.21	500m:	7:05.96	1:28.33	900m:	12:57.12	1:28.01	1300m:	18:50.06	1:28.18
200m:	2:44.69	1:25.48	600m:	8:34.03	1:28.07	1000m:	14:24.08	1:26.96	1400m:	20:17.42	1:27.36
300m:	4:10.37	1:25.68	700m:	10:01.64	1:27.61	1100m:	15:53.41	1:29.33	1500m:	21:42.49	1:25.07
400m:	5:37.63	1:27.26	800m:	11:29.11	1:27.47	1200m:	17:21.88	1:28.47			

3.	Hugo Lourenco, Torres	50	Portinado	**22:20.03**	491

100m:	1:18.65	1:18.65	500m:	7:06.79	1:30.19	900m:	13:10.10	1:31.79	1300m:	19:19.20	1:32.87
200m:	2:44.01	1:25.36	600m:	8:37.08	1:30.29	1000m:	14:41.80	1:31.70	1400m:	20:50.77	1:31.57
300m:	4:09.59	1:25.58	700m:	10:07.18	1:30.10	1100m:	16:14.65	1:32.85	1500m:	22:20.03	1:29.26
400m:	5:36.60	1:27.01	800m:	11:38.31	1:31.13	1200m:	17:46.33	1:31.68			

4.	Joao Miguel, Macedo	51	Leixoes Sport Club	**22:33.26**	477

100m:	1:24.44	1:24.44	500m:	7:31.02	1:32.15	900m:	13:38.67	1:31.77	1300m:	19:41.03	1:30.90
200m:	2:55.10	1:30.66	600m:	9:02.86	1:31.84	1000m:	15:09.14	1:30.47	1400m:	21:10.59	1:29.56
300m:	4:27.14	1:32.04	700m:	10:35.20	1:32.34	1100m:	16:40.08	1:30.94	1500m:	22:33.26	1:22.67
400m:	5:58.87	1:31.73	800m:	12:06.90	1:31.70	1200m:	18:10.13	1:30.05			

5.	Aleksandro, Aita	51	UD Oliveirense/FERSILVA	**22:36.01**	474

100m:	1:27.06	1:27.06	500m:	7:32.55	1:31.13	900m:	13:37.69	1:31.42	1300m:	19:40.97	1:30.76
200m:	2:57.68	1:30.62	600m:	9:04.11	1:31.56	1000m:	15:08.74	1:31.05	1400m:	21:10.86	1:29.89
300m:	4:29.84	1:32.16	700m:	10:34.89	1:30.78	1100m:	16:39.01	1:30.27	1500m:	22:36.01	1:25.15
400m:	6:01.42	1:31.58	800m:	12:06.27	1:31.38	1200m:	18:10.21	1:31.20			

6.	Fernando Klein, Goidanich	51	Litoral Alentejano	**22:42.32**	467

100m:	1:21.05	1:21.05	500m:	7:24.68	1:32.05	900m:	13:32.56	1:32.49	1300m:	19:44.58	1:32.91
200m:	2:49.92	1:28.87	600m:	8:56.44	1:31.76	1000m:	15:05.52	1:32.96	1400m:	21:17.35	1:32.77
300m:	4:20.23	1:30.31	700m:	10:28.58	1:32.14	1100m:	16:38.02	1:32.50	1500m:	22:42.32	1:24.97
400m:	5:52.63	1:32.40	800m:	12:00.07	1:31.49	1200m:	18:11.67	1:33.65			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master F

Lugar		Idade		Tempo final	Pts
7.	Carlos Soares, Goulao	50	Galitos / Bresimar	**23:14.38**	436
8.	Pedro Nuno, Silva	52	Académica de Coimbra	**23:48.76**	405
9.	Filipe Monteiro, Pacheco	51	Leixoes Sport Club	**23:55.55**	399
10.	Luis Miguel, Gomes	54	Natacao da Maia	**24:43.13**	362
11.	Hamilton Kenji, Ida	52	Vitória Sport Clube	**24:59.05**	351
12.	Vitor Manuel, Cardoso	53	Natacao de Valongo	**26:01.08**	310
13.	Nuno Manuel, Sa	54	Fluvial Portuense	**26:08.75**	306
14.	Norberto Matos, Pereira	50	Vitória Sport Clube	**26:15.49**	302
15.	Sergio Frederico, Oliveira	51	Ginásio Clube Português	**26:34.25**	291
16.	Attila-Janos, Ambrus	51	Centro Desp. Universitario do Porto	**27:34.33**	261

100m:	1:27.94	1:27.94	500m:	7:38.56	1:33.06	900m:	13:51.93	1:33.34	1300m:	20:09.04	1:34.43
200m:	2:59.74	1:31.80	600m:	9:11.34	1:32.78	1000m:	15:26.13	1:34.20	1400m:	21:43.92	1:34.88
300m:	4:32.56	1:32.82	700m:	10:44.92	1:33.58	1100m:	17:00.26	1:34.13	1500m:	23:14.38	1:30.46
400m:	6:05.50	1:32.94	800m:	12:18.59	1:33.67	1200m:	18:34.61	1:34.35			

100m:	1:33.03	1:33.03	500m:	7:57.14	1:35.67	900m:	14:21.88	1:36.49	1300m:	20:43.40	1:35.06
200m:	3:08.96	1:35.93	600m:	9:32.91	1:35.77	1000m:	15:57.68	1:35.80	1400m:	22:17.30	1:33.90
300m:	4:45.10	1:36.14	700m:	11:09.09	1:36.18	1100m:	17:33.56	1:35.88	1500m:	23:48.76	1:31.46
400m:	6:21.47	1:36.37	800m:	12:45.39	1:36.30	1200m:	19:08.34	1:34.78			

100m:	1:26.74	1:26.74	500m:	7:46.87	1:36.54	900m:	14:11.51	1:36.50	1300m:	20:40.96	1:38.34
200m:	2:59.54	1:32.80	600m:	9:23.03	1:36.16	1000m:	15:48.33	1:36.82	1400m:	22:18.67	1:37.71
300m:	4:34.83	1:35.29	700m:	10:58.74	1:35.71	1100m:	17:25.85	1:37.52	1500m:	23:55.55	1:36.88
400m:	6:10.33	1:35.50	800m:	12:35.01	1:36.27	1200m:	19:02.62	1:36.77			

100m:	1:31.52	1:31.52	500m:	8:10.52	1:40.31	900m:	14:50.27	1:39.60	1300m:	21:27.71	1:39.80
200m:	3:09.46	1:37.94	600m:	9:50.43	1:39.91	1000m:	16:30.39	1:40.12	1400m:	23:07.51	1:39.80
300m:	4:50.07	1:40.61	700m:	11:30.71	1:40.28	1100m:	18:09.18	1:38.79	1500m:	24:43.13	1:35.62
400m:	6:30.21	1:40.14	800m:	13:10.67	1:39.96	1200m:	19:47.91	1:38.73			

100m:	1:31.22	1:31.22	500m:	8:09.12	1:39.81	900m:	14:54.61	1:40.56	1300m:	21:40.77	1:42.61
200m:	3:08.56	1:37.34	600m:	9:50.77	1:41.65	1000m:	16:36.87	1:42.26	1400m:	23:21.32	1:40.55
300m:	4:49.11	1:40.55	700m:	11:32.78	1:42.01	1100m:	18:18.45	1:41.58	1500m:	24:59.05	1:37.73
400m:	6:29.31	1:40.20	800m:	13:14.05	1:41.27	1200m:	19:58.16	1:39.71			

100m:	1:33.66	1:33.66	500m:	8:35.93	1:46.87	900m:	15:37.45	1:44.25	1300m:	22:37.49	1:45.35
200m:	3:17.69	1:44.03	600m:	10:22.36	1:46.43	1000m:	17:22.26	1:44.81	1400m:	24:22.14	1:44.65
300m:	5:03.84	1:46.15	700m:	12:07.82	1:45.46	1100m:	19:07.29	1:45.03	1500m:	26:01.08	1:38.94
400m:	6:49.06	1:45.22	800m:	13:53.20	1:45.38	1200m:	20:52.14	1:44.85			

100m:	1:38.17	1:38.17	500m:	8:37.89	1:46.24	900m:	15:39.86	1:45.45	1300m:	22:44.42	1:46.31
200m:	3:23.62	1:45.45	600m:	10:23.98	1:46.09	1000m:	17:25.03	1:45.17	1400m:	24:28.83	1:44.41
300m:	5:06.85	1:43.23	700m:	12:08.85	1:44.87	1100m:	19:11.17	1:46.14	1500m:	26:08.75	1:39.92
400m:	6:51.65	1:44.80	800m:	13:54.41	1:45.56	1200m:	20:58.11	1:46.94			

100m:	1:34.96	1:34.96	500m:	8:36.38	1:46.71	900m:	15:37.97	1:45.09	1300m:	22:45.63	1:47.37
200m:	3:18.64	1:43.68	600m:	10:22.18	1:45.80	1000m:	17:23.76	1:45.79	1400m:	24:32.21	1:46.58
300m:	5:03.57	1:44.93	700m:	12:08.24	1:46.06	1100m:	19:11.16	1:47.40	1500m:	26:15.49	1:43.28
400m:	6:49.67	1:46.10	800m:	13:52.88	1:44.64	1200m:	20:58.26	1:47.10			

100m:	1:31.09	1:31.09	500m:	8:24.28	1:46.52	900m:	15:38.29	1:50.40	1300m:	22:56.61	1:49.26
200m:	3:09.93	1:38.84	600m:	10:11.07	1:46.79	1000m:	17:27.91	1:49.62	1400m:	24:47.35	1:50.74
300m:	4:52.29	1:42.36	700m:	11:59.40	1:48.33	1100m:	19:17.49	1:49.58	1500m:	26:34.25	1:46.90
400m:	6:37.76	1:45.47	800m:	13:47.89	1:48.49	1200m:	21:07.35	1:49.86			

100m:	1:39.04	1:39.04	500m:	9:08.43	1:52.59	900m:	16:38.26	1:50.37	1300m:	24:00.09	1:50.85
200m:	3:28.76	1:49.72	600m:	11:01.37	1:52.94	1000m:	18:30.41	1:52.15	1400m:	25:52.97	1:52.88
300m:	5:21.66	1:52.90	700m:	12:56.39	1:55.02	1100m:	20:19.52	1:49.11	1500m:	27:34.33	1:41.36
400m:	7:15.84	1:54.18	800m:	14:47.89	1:51.50	1200m:	22:09.24	1:49.72			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 1500m Livres, Master F

Lugar		Idade		Tempo final	Pts
17.	Filipe Miguel, Tomas	51	Ginásio Clube Português	**28:04.98**	247

100m:	1:38.96	1:38.96	500m:	8:58.52	1:51.44	900m:	16:33.16	1:54.21	1300m:	24:17.23	1:56.08
200m:	3:26.33	1:47.37	600m:	10:51.53	1:53.01	1000m:	18:28.39	1:55.23	1400m:	26:14.22	1:56.99
300m:	5:16.36	1:50.03	700m:	12:45.17	1:53.64	1100m:	20:23.66	1:55.27	1500m:	28:04.98	1:50.76
400m:	7:07.08	1:50.72	800m:	14:38.95	1:53.78	1200m:	22:21.15	1:57.49			

18.	Nelson Vergilio, Ruao	52	Natacao da Maia	**29:00.06**	224						
100m:	1:43.32	1:43.32	500m:	9:24.44	1:57.32	900m:	17:11.03	1:56.49	1300m:	25:05.64	1:58.29
200m:	3:35.49	1:52.17	600m:	11:21.82	1:57.38	1000m:	19:09.81	1:58.78	1400m:	27:06.67	2:01.03
300m:	5:30.03	1:54.54	700m:	13:20.17	1:58.35	1100m:	21:07.64	1:57.83	1500m:	29:00.06	1:53.39
400m:	7:27.12	1:57.09	800m:	15:14.54	1:54.37	1200m:	23:07.35	1:59.71			

19.	Carlos Alberto, Mota	51	Lagoa Academico Clube	**30:45.18**	188						
100m:	1:48.13	1:48.13	500m:	10:05.04	2:07.64	900m:	18:33.39	2:09.47	1300m:	26:48.32	2:03.56
200m:	3:48.69	2:00.56	600m:	12:10.04	2:05.00	1000m:	20:39.39	2:06.00	1400m:	28:52.70	2:04.38
300m:	5:51.19	2:02.50	700m:	14:16.68	2:06.64	1100m:	22:41.70	2:02.31	1500m:	30:45.18	1:52.48
400m:	7:57.40	2:06.21	800m:	16:23.92	2:07.24	1200m:	24:44.76	2:03.06			

20.	David Manuel, Almeida	53	Natacao da Maia	**31:12.43**	180						
100m:	1:46.07	1:46.07	500m:	9:56.04	2:04.50	900m:	18:22.00	2:06.94	1300m:	26:52.57	2:08.06
200m:	3:43.65	1:57.58	600m:	12:02.25	2:06.21	1000m:	20:28.88	2:06.88	1400m:	29:01.48	2:08.91
300m:	5:46.62	2:02.97	700m:	14:09.16	2:06.91	1100m:	22:37.02	2:08.14	1500m:	31:12.43	2:10.95
400m:	7:51.54	2:04.92	800m:	16:15.06	2:05.90	1200m:	24:44.51	2:07.49			

21.	Joao Pedro, Oliveira *Standard Time*	51	Natacao de Valongo	**33:08.35**	150						
100m:	1:48.55	1:48.55	500m:	10:21.99	2:13.39	900m:	19:23.27	2:18.28	1300m:	28:40.03	2:21.43
200m:	3:49.69	2:01.14	600m:	12:34.56	2:12.57	1000m:	21:42.20	2:18.93	1400m:	30:58.56	2:18.53
300m:	5:57.61	2:07.92	700m:	14:49.13	2:14.57	1100m:	23:59.27	2:17.07	1500m:	33:08.35	2:09.79
400m:	8:08.60	2:10.99	800m:	17:04.99	2:15.86	1200m:	26:18.60	2:19.33			

22.	Hugo Alexandre, Borrego *Standard Time*	53	Sporting Clube de Aveiro	**34:32.69**	132						
100m:	1:57.68	1:57.68	500m:	11:10.38	2:22.55	900m:	20:28.97	2:18.39	1300m:	29:56.24	2:20.88
200m:	4:11.51	2:13.83	600m:	13:33.26	2:22.88	1000m:	22:48.50	2:19.53	1400m:	32:20.41	2:24.17
300m:	6:28.26	2:16.75	700m:	15:53.74	2:20.48	1100m:	25:11.57	2:23.07	1500m:	34:32.69	2:12.28
400m:	8:47.83	2:19.57	800m:	18:10.58	2:16.84	1200m:	27:35.36	2:23.79			

Master G

1.	Adelino Jose, Casas	59	Sport Alges e Dafundo	**23:01.56**	500						
100m:	1:29.66	1:29.66	500m:	7:39.68	1:32.79	900m:	13:48.48	1:31.87	1300m:	20:00.01	1:32.30
200m:	3:02.51	1:32.85	600m:	9:12.65	1:32.97	1000m:	15:21.06	1:32.58	1400m:	21:33.34	1:33.33
300m:	4:34.86	1:32.35	700m:	10:44.13	1:31.48	1100m:	16:54.16	1:33.10	1500m:	23:01.56	1:28.22
400m:	6:06.89	1:32.03	800m:	12:16.61	1:32.48	1200m:	18:27.71	1:33.55			

2.	Rui Miguel, Tejo	56	Académica de Coimbra	**23:15.92**	485						
100m:	1:27.56	1:27.56	500m:	7:40.96	1:33.76	900m:	13:56.58	1:34.09	1300m:	20:11.93	1:33.17
200m:	3:00.13	1:32.57	600m:	9:14.66	1:33.70	1000m:	15:30.14	1:33.56	1400m:	21:45.86	1:33.93
300m:	4:33.65	1:33.52	700m:	10:48.89	1:34.23	1100m:	17:04.66	1:34.52	1500m:	23:15.92	1:30.06
400m:	6:07.20	1:33.55	800m:	12:22.49	1:33.60	1200m:	18:38.76	1:34.10			

3.	Miguel Jose, Ferreira	55	Leixoes Sport Club	**23:43.65**	457						
100m:	1:28.53	1:28.53	500m:	7:51.07	1:35.48	900m:	14:09.33	1:35.24	1300m:	20:32.69	1:35.64
200m:	3:04.15	1:35.62	600m:	9:25.98	1:34.91	1000m:	15:45.20	1:35.87	1400m:	22:09.77	1:37.08
300m:	4:40.22	1:36.07	700m:	10:59.73	1:33.75	1100m:	17:21.33	1:36.13	1500m:	23:43.65	1:33.88
400m:	6:15.59	1:35.37	800m:	12:34.09	1:34.36	1200m:	18:57.05	1:35.72			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
Câmara Municipal Coimbra · Generali Tranquilidade · Aquaplay · Turbo · RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master G

Lugar		Idade		Tempo final	Pts
4.	Paulo Alexandre, Neves	59	Leixoes Sport Club	**24:21.17**	423

100m:	1:32.01	1:32.01	500m:	8:03.96	1:37.41	900m:	14:33.71	1:37.94	1300m:	21:08.30	1:38.78
200m:	3:10.81	1:38.80	600m:	9:40.66	1:36.70	1000m:	16:12.00	1:38.29	1400m:	22:47.51	1:39.21
300m:	4:49.32	1:38.51	700m:	11:18.52	1:37.86	1100m:	17:51.35	1:39.35	1500m:	24:21.17	1:33.66
400m:	6:26.55	1:37.23	800m:	12:55.77	1:37.25	1200m:	19:29.52	1:38.17			

5.	Gustavo Ferreira, Basto	58	Galitos / Bresimar	**24:32.51**	413

100m:	1:26.71	1:26.71	500m:	7:49.95	1:37.49	900m:	14:31.91	1:40.80	1300m:	21:16.70	1:39.85
200m:	3:00.01	1:33.30	600m:	9:29.26	1:39.31	1000m:	16:13.43	1:41.52	1400m:	22:56.49	1:39.79
300m:	4:35.14	1:35.13	700m:	11:09.60	1:40.34	1100m:	17:54.61	1:41.18	1500m:	24:32.51	1:36.02
400m:	6:12.46	1:37.32	800m:	12:51.11	1:41.51	1200m:	19:36.85	1:42.24			

6.	Rui Miguel, Henriques	56	CCD Associacao De Nadadores Dos Es	**25:32.75**	366

100m:	1:29.32	1:29.32	500m:	8:15.63	1:43.05	900m:	15:11.34	1:44.35	1300m:	22:12.46	1:45.18
200m:	3:06.97	1:37.65	600m:	9:59.45	1:43.82	1000m:	16:56.73	1:45.39	1400m:	23:57.31	1:44.85
300m:	4:47.90	1:40.93	700m:	11:42.90	1:43.45	1100m:	18:41.66	1:44.93	1500m:	25:32.75	1:35.44
400m:	6:32.58	1:44.68	800m:	13:26.99	1:44.09	1200m:	20:27.28	1:45.62			

7.	Francisco Jose, Dias	56	Lagoa Academico Clube	**25:37.07**	363

100m:	1:31.20	1:31.20	500m:	8:21.86	1:43.81	900m:	15:21.32	1:45.00	1300m:	22:14.90	1:45.03
200m:	3:11.93	1:40.73	600m:	10:07.85	1:45.99	1000m:	17:03.43	1:42.11	1400m:	23:58.95	1:44.05
300m:	4:55.06	1:43.13	700m:	11:51.86	1:44.01	1100m:	18:46.42	1:42.99	1500m:	25:37.07	1:38.12
400m:	6:38.05	1:42.99	800m:	13:36.32	1:44.46	1200m:	20:29.87	1:43.45			

8.	Oscar Pablo, Iroldi	55	Fluvial Portuense	**25:43.20**	359

100m:	1:34.57	1:34.57	500m:	8:22.18	1:44.80	900m:	15:18.69	1:43.27	1300m:	22:19.61	1:44.53
200m:	3:14.50	1:39.93	600m:	10:06.10	1:43.92	1000m:	17:04.71	1:46.02	1400m:	24:04.37	1:44.76
300m:	4:56.40	1:41.90	700m:	11:49.93	1:43.83	1100m:	18:48.20	1:43.49	1500m:	25:43.20	1:38.83
400m:	6:37.38	1:40.98	800m:	13:35.42	1:45.49	1200m:	20:35.08	1:46.88			

9.	Joao Marcos, Mitt	57	Porto	**26:00.65**	347

100m:	1:35.74	1:35.74	500m:	8:28.13	1:44.26	900m:	15:27.89	1:44.25	1300m:	22:31.54	1:46.27
200m:	3:18.19	1:42.45	600m:	10:12.40	1:44.27	1000m:	17:12.47	1:44.58	1400m:	24:17.02	1:45.48
300m:	4:59.72	1:41.53	700m:	11:57.98	1:45.58	1100m:	18:58.78	1:46.31	1500m:	26:00.65	1:43.63
400m:	6:43.87	1:44.15	800m:	13:43.64	1:45.66	1200m:	20:45.27	1:46.49			

10.	Fernando Jose, Alves	56	Salesianos	**26:46.38**	318

100m:	1:37.77	1:37.77	500m:	8:47.88	1:48.51	900m:	16:03.14	1:49.64	1300m:	23:17.66	1:47.28
200m:	3:22.80	1:45.03	600m:	10:36.15	1:48.27	1000m:	17:52.61	1:49.47	1400m:	25:01.68	1:44.02
300m:	5:11.23	1:48.43	700m:	12:24.65	1:48.50	1100m:	19:40.44	1:47.83	1500m:	26:46.38	1:44.70
400m:	6:59.37	1:48.14	800m:	14:13.50	1:48.85	1200m:	21:30.38	1:49.94			

11.	Antonio Manuel, Santinha	56	Clube Natacao Masters de Almada	**26:59.36**	310

100m:	1:43.79	1:43.79	500m:	9:04.63	1:49.49	900m:	16:19.95	1:48.51	1300m:	23:31.21	1:47.52
200m:	3:33.90	1:50.11	600m:	10:54.17	1:49.54	1000m:	18:08.19	1:48.24	1400m:	25:17.29	1:46.08
300m:	5:25.94	1:52.04	700m:	12:43.00	1:48.83	1100m:	19:56.38	1:48.19	1500m:	26:59.36	1:42.07
400m:	7:15.14	1:49.20	800m:	14:31.44	1:48.44	1200m:	21:43.69	1:47.31			

12.	Francisco Antonio, Ferraz	55	Pimpoes/Cimai	**27:43.02**	287

100m:	1:37.02	1:37.02	500m:	9:00.15	1:56.47	900m:	16:37.98	1:52.82	1300m:	24:11.46	1:51.85
200m:	3:23.18	1:46.16	600m:	10:58.32	1:58.17	1000m:	18:30.86	1:52.88	1400m:	26:01.97	1:50.51
300m:	5:12.62	1:49.44	700m:	12:54.91	1:56.59	1100m:	20:24.58	1:53.72	1500m:	27:43.02	1:41.05
400m:	7:03.68	1:51.06	800m:	14:45.16	1:50.25	1200m:	22:19.61	1:55.03			

13.	Paulo Jorge, Silva	55	CNLeiria - VOID	**28:34.46**	262

100m:	1:33.91	1:33.91	500m:	9:06.58	1:55.84	900m:	16:51.40	1:56.56	1300m:	24:43.81	1:59.86
200m:	3:22.57	1:48.66	600m:	11:01.65	1:55.07	1000m:	18:47.31	1:55.91	1400m:	26:38.65	1:54.84
300m:	5:15.83	1:53.26	700m:	12:58.19	1:56.54	1100m:	20:45.34	1:58.03	1500m:	28:34.46	1:55.81
400m:	7:10.74	1:54.91	800m:	14:54.84	1:56.65	1200m:	22:43.95	1:58.61			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 1500m Livres, Master G

Lugar		Idade		Tempo final	Pts
14.	Luis Miguel, Loureiro	57	Fluvial Portuense	**28:53.21**	253

100m:	1:49.74	1:49.74	500m:	9:29.17	1:55.54	900m:	17:15.09	1:55.85	1300m:	25:01.79	1:58.35
200m:	3:42.01	1:52.27	600m:	11:25.96	1:56.79	1000m:	19:12.20	1:57.11	1400m:	26:59.32	1:57.53
300m:	5:36.95	1:54.94	700m:	13:23.15	1:57.19	1100m:	21:07.53	1:55.33	1500m:	28:53.21	1:53.89
400m:	7:33.63	1:56.68	800m:	15:19.24	1:56.09	1200m:	23:03.44	1:55.91			

15.	Celso Abreu, Fernandes	58	Sporting Clube de Aveiro	**29:47.01**	231						
100m:	1:44.43	1:44.43	500m:	9:37.47	2:01.31	900m:	17:40.95	2:00.79	1300m:	25:47.60	2:02.94
200m:	3:38.07	1:53.64	600m:	11:39.56	2:02.09	1000m:	19:42.44	2:01.49	1400m:	27:50.61	2:03.01
300m:	5:36.27	1:58.20	700m:	13:40.32	2:00.76	1100m:	21:44.30	2:01.86	1500m:	29:47.01	1:56.40
400m:	7:36.16	1:59.89	800m:	15:40.16	1:59.84	1200m:	23:44.66	2:00.36			

16.	Jose Carlos, Ramalho	58	Braga	**30:37.04**	213						
100m:	1:46.77	1:46.77	500m:	9:56.58	2:03.76	900m:	18:14.62	2:04.79	1300m:	26:34.50	2:03.81
200m:	3:47.24	2:00.47	600m:	12:00.69	2:04.11	1000m:	20:19.37	2:04.75	1400m:	28:38.30	2:03.80
300m:	5:49.20	2:01.96	700m:	14:05.94	2:05.25	1100m:	22:24.75	2:05.38	1500m:	30:37.04	1:58.74
400m:	7:52.82	2:03.62	800m:	16:09.83	2:03.89	1200m:	24:30.69	2:05.94			

17.	Raul Antonio, Moreira	56	Vieirense	**31:13.59**	200						
100m:	1:51.95	1:51.95	500m:	10:11.06	2:04.86	900m:	18:35.29	2:06.67	1300m:	27:05.87	2:06.61
200m:	3:55.19	2:03.24	600m:	12:16.82	2:05.76	1000m:	20:43.53	2:08.24	1400m:	29:13.62	2:07.75
300m:	6:00.79	2:05.60	700m:	14:23.83	2:07.01	1100m:	22:51.41	2:07.88	1500m:	31:13.59	1:59.97
400m:	8:06.20	2:05.41	800m:	16:28.62	2:04.79	1200m:	24:59.26	2:07.85			

18.	Jose Manuel, Baptista	56	Leixoes Sport Club	**31:16.98**	199						
100m:	1:53.76	1:53.76	500m:	10:14.36	2:08.20	900m:	18:39.69	2:04.64	1300m:	27:08.86	2:06.13
200m:	3:55.96	2:02.20	600m:	12:19.52	2:05.16	1000m:	20:45.16	2:05.47	1400m:	29:12.60	2:03.74
300m:	6:00.71	2:04.75	700m:	14:26.34	2:06.82	1100m:	22:54.55	2:09.39	1500m:	31:16.98	2:04.38
400m:	8:06.16	2:05.45	800m:	16:35.05	2:08.71	1200m:	25:02.73	2:08.18			

19.	Alberto Carlos, Alves	57	Braga	**33:25.74**	163						
	Standard Time										
100m:	2:02.51	2:02.51	500m:	10:59.95	2:14.80	900m:	20:02.58	2:15.44	1300m:	28:59.40	2:13.91
200m:	4:14.92	2:12.41	600m:	13:15.11	2:15.16	1000m:	22:17.83	2:15.25	1400m:	31:11.78	2:12.38
300m:	6:28.06	2:13.14	700m:	15:29.92	2:14.81	1100m:	24:33.06	2:15.23	1500m:	33:25.74	2:13.96
400m:	8:45.15	2:17.09	800m:	17:47.14	2:17.22	1200m:	26:45.49	2:12.43			

20.	Vitor Manuel, Machado	56	CNLeiria - VOID	**44:57.00**	67						
	Standard Time										
100m:	2:56.76	2:56.76	500m:	15:02.96	2:58.72	900m:	26:48.29	2:55.86	1300m:	39:04.70	2:55.76
200m:	6:01.54	3:04.78	600m:	18:01.40	2:58.44	1000m:	30:04.73	3:16.44	1400m:	42:01.74	2:57.04
300m:	9:04.16	3:02.62	700m:	20:55.51	2:54.11	1100m:	33:12.15	3:07.42	1500m:	44:57.00	2:55.26
400m:	12:04.24	3:00.08	800m:	23:52.43	2:56.92	1200m:	36:08.94	2:56.79			

Master H

1.	Jose Carlos, Freitas	62	Individual ANNP	**19:08.93**	1156						
100m:	1:13.91	1:13.91	500m:	6:20.74	1:16.72	900m:	11:29.36	1:16.99	1300m:	16:37.48	1:17.07
200m:	2:30.44	1:16.53	600m:	7:37.60	1:16.86	1000m:	12:46.34	1:16.98	1400m:	17:54.84	1:17.36
300m:	3:47.13	1:16.69	700m:	8:54.79	1:17.19	1100m:	14:03.21	1:16.87	1500m:	19:08.93	1:14.09
400m:	5:04.02	1:16.89	800m:	10:12.37	1:17.58	1200m:	15:20.41	1:17.20			

2.	Jaime Carlos, Bento	64	Sport Alges e Dafundo	**21:27.02**	822						
100m:	1:19.81	1:19.81	500m:	7:02.34	1:25.87	900m:	12:48.80	1:27.11	1300m:	18:36.94	1:26.65
200m:	2:43.92	1:24.11	600m:	8:28.81	1:26.47	1000m:	14:16.15	1:27.35	1400m:	20:03.98	1:27.04
300m:	4:09.43	1:25.51	700m:	9:55.04	1:26.23	1100m:	15:42.95	1:26.80	1500m:	21:27.02	1:23.04
400m:	5:36.47	1:27.04	800m:	11:21.69	1:26.65	1200m:	17:10.29	1:27.34			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master H

Lugar		Idade		Tempo final	Pts
3.	Carlos Jorge, Oliveira	61	Clube Natacao Masters de Almada	**21:37.91**	802

100m:	1:19.78	1:19.78	500m:	7:05.87	1:27.35	900m:	12:55.21	1:26.67	1300m:	18:45.75	1:28.42
200m:	2:45.22	1:25.44	600m:	8:33.18	1:27.31	1000m:	14:21.91	1:26.70	1400m:	20:13.19	1:27.44
300m:	4:11.36	1:26.14	700m:	10:00.89	1:27.71	1100m:	15:48.97	1:27.06	1500m:	21:37.91	1:24.72
400m:	5:38.52	1:27.16	800m:	11:28.54	1:27.65	1200m:	17:17.33	1:28.36			

4.	Armando Joao, Costa	62	Sporting de Espinho	**23:54.68**	593						
100m:	1:27.63	1:27.63	500m:	7:58.06	1:36.68	900m:	14:27.17	1:37.32	1300m:	20:51.96	1:35.68
200m:	3:04.32	1:36.69	600m:	9:35.53	1:37.47	1000m:	16:03.43	1:36.26	1400m:	22:26.88	1:34.92
300m:	4:42.73	1:38.41	700m:	11:12.82	1:37.29	1100m:	17:40.01	1:36.58	1500m:	23:54.68	1:27.80
400m:	6:21.38	1:38.65	800m:	12:49.85	1:37.03	1200m:	19:16.28	1:36.27			

5.	Henrique Luis, Seabra	64	Fluvial Portuense	**24:31.55**	550						
100m:	1:29.51	1:29.51	500m:	8:00.79	1:38.49	900m:	14:33.88	1:37.92	1300m:	21:13.53	1:41.37
200m:	3:05.49	1:35.98	600m:	9:39.51	1:38.72	1000m:	16:12.47	1:38.59	1400m:	22:53.39	1:39.86
300m:	4:43.53	1:38.04	700m:	11:17.82	1:38.31	1100m:	17:51.64	1:39.17	1500m:	24:31.55	1:38.16
400m:	6:22.30	1:38.77	800m:	12:55.96	1:38.14	1200m:	19:32.16	1:40.52			

6.	Antonio Fernando, Sousa	60	Porto	**24:37.38**	543						
100m:	1:29.72	1:29.72	500m:	8:01.29	1:37.68	900m:	14:36.64	1:37.96	1300m:	21:15.83	1:43.60
200m:	3:06.55	1:36.83	600m:	9:40.61	1:39.32	1000m:	16:15.70	1:39.06	1400m:	22:57.28	1:41.45
300m:	4:45.19	1:38.64	700m:	11:19.96	1:39.35	1100m:	17:53.22	1:37.52	1500m:	24:37.38	1:40.10
400m:	6:23.61	1:38.42	800m:	12:58.68	1:38.72	1200m:	19:32.23	1:39.01			

7.	Antonio Jorge, Martinho	60	Académica de Coimbra	**25:00.78**	518						
100m:	1:30.31	1:30.31	500m:	8:15.27	1:41.81	900m:	14:57.33	1:39.43	1300m:	21:42.65	1:42.45
200m:	3:09.42	1:39.11	600m:	9:56.49	1:41.22	1000m:	16:37.71	1:40.38	1400m:	23:23.01	1:40.36
300m:	4:51.71	1:42.29	700m:	11:37.54	1:41.05	1100m:	18:18.87	1:41.16	1500m:	25:00.78	1:37.77
400m:	6:33.46	1:41.75	800m:	13:17.90	1:40.36	1200m:	20:00.20	1:41.33			

8.	Youssef Andre, Barka	62	Salesianos	**26:27.88**	438						
100m:	1:37.47	1:37.47	500m:	8:43.22	1:46.07	900m:	15:51.20	1:48.06	1300m:	23:00.16	1:45.41
200m:	3:24.02	1:46.55	600m:	10:29.88	1:46.66	1000m:	17:39.82	1:48.62	1400m:	24:44.46	1:44.30
300m:	5:11.35	1:47.33	700m:	12:16.43	1:46.55	1100m:	19:27.81	1:47.99	1500m:	26:27.88	1:43.42
400m:	6:57.15	1:45.80	800m:	14:03.14	1:46.71	1200m:	21:14.75	1:46.94			

9.	Manuel Alberto, Pinho	64	Natacao da Maia	**27:07.77**	406						
100m:	1:40.61	1:40.61	500m:	8:52.15	1:47.98	900m:	16:08.56	1:49.29	1300m:	23:29.80	1:51.08
200m:	3:26.32	1:45.71	600m:	10:41.18	1:49.03	1000m:	17:58.61	1:50.05	1400m:	25:21.54	1:51.74
300m:	5:15.85	1:49.53	700m:	12:30.13	1:48.95	1100m:	19:49.82	1:51.21	1500m:	27:07.77	1:46.23
400m:	7:04.17	1:48.32	800m:	14:19.27	1:49.14	1200m:	21:38.72	1:48.90			

10.	Francisco Jose, Grilo	61	Braga	**27:38.78**	384						
100m:	1:40.84	1:40.84	500m:	9:04.24	1:52.29	900m:	16:33.53	1:51.44	1300m:	23:58.92	1:51.42
200m:	3:29.20	1:48.36	600m:	10:56.48	1:52.24	1000m:	18:25.23	1:51.70	1400m:	25:50.91	1:51.99
300m:	5:20.59	1:51.39	700m:	12:49.30	1:52.82	1100m:	20:16.35	1:51.12	1500m:	27:38.78	1:47.87
400m:	7:11.95	1:51.36	800m:	14:42.09	1:52.79	1200m:	22:07.50	1:51.15			

11.	Nuno Carlos, Albuquerque	61	Braga	**28:06.54**	365						
100m:	1:40.56	1:40.56	500m:	9:09.75	1:53.14	900m:	16:44.75	1:54.00	1300m:	24:21.34	1:54.52
200m:	3:31.43	1:50.87	600m:	11:03.56	1:53.81	1000m:	18:38.34	1:53.59	1400m:	26:17.67	1:56.33
300m:	5:23.61	1:52.18	700m:	12:57.07	1:53.51	1100m:	20:32.39	1:54.05	1500m:	28:06.54	1:48.87
400m:	7:16.61	1:53.00	800m:	14:50.75	1:53.68	1200m:	22:26.82	1:54.43			

12.	Francisco Jorge, Ferreira	63	Académica de Coimbra	**28:25.12**	353						
100m:	1:47.26	1:47.26	500m:	9:14.94	1:52.03	900m:	16:52.33	1:54.03	1300m:	24:31.39	1:55.66
200m:	3:40.26	1:53.00	600m:	11:10.70	1:55.76	1000m:	18:47.19	1:54.86	1400m:	26:26.96	1:55.57
300m:	5:31.13	1:50.87	700m:	13:05.33	1:54.63	1100m:	20:41.65	1:54.46	1500m:	28:25.12	1:58.16
400m:	7:22.91	1:51.78	800m:	14:58.30	1:52.97	1200m:	22:35.73	1:54.08			

Prova 2, Masc., 1500m Livres, Master H

Lugar		Idade		Tempo final	Pts
13.	Joao Paulo, Campos	60	Natacao da Maia	**28:55.50**	335

100m:	1:39.58	1:39.58	500m:	9:24.18	1:59.71	900m:	17:14.50	1:58.39	1300m:	25:08.35	1:59.33
200m:	3:29.02	1:49.44	600m:	11:22.72	1:58.54	1000m:	19:13.42	1:58.92	1400m:	27:04.49	1:56.14
300m:	5:26.40	1:57.38	700m:	13:19.87	1:57.15	1100m:	21:11.55	1:58.13	1500m:	28:55.50	1:51.01
400m:	7:24.47	1:58.07	800m:	15:16.11	1:56.24	1200m:	23:09.02	1:57.47			

14.	Manuel Fernando, Santos	64	Gafanha da Encarnacao	**29:32.73**	314						
100m:	1:51.94	1:51.94	500m:	9:41.58	1:59.56	900m:	17:41.14	1:57.58	1300m:	25:35.93	1:59.88
200m:	3:48.31	1:56.37	600m:	11:42.29	2:00.71	1000m:	19:38.31	1:57.17	1400m:	27:37.46	2:01.53
300m:	5:44.51	1:56.20	700m:	13:42.72	2:00.43	1100m:	21:36.15	1:57.84	1500m:	29:32.73	1:55.27
400m:	7:42.02	1:57.51	800m:	15:43.56	2:00.84	1200m:	23:36.05	1:59.90			

15.	Daniel Castro, Trigo	60	Sporting Clube de Aveiro	**29:46.39**	307						
100m:	1:52.17	1:52.17	500m:	9:52.10	2:00.64	900m:	17:51.99	2:00.44	1300m:	25:48.83	1:59.82
200m:	3:50.94	1:58.77	600m:	11:52.07	1:59.97	1000m:	19:50.46	1:58.47	1400m:	27:49.60	2:00.77
300m:	5:52.74	2:01.80	700m:	13:52.19	2:00.12	1100m:	21:49.71	1:59.25	1500m:	29:46.39	1:56.79
400m:	7:51.46	1:58.72	800m:	15:51.55	1:59.36	1200m:	23:49.01	1:59.30			

16.	Alberto Sergio, Sousa	62	Porto	**30:06.21**	297						
100m:	1:43.14	1:43.14	500m:	9:35.07	2:00.93	900m:	17:46.05	2:04.55	1300m:	26:00.01	2:02.95
200m:	3:36.03	1:52.89	600m:	11:36.29	2:01.22	1000m:	19:51.95	2:05.90	1400m:	28:05.84	2:05.83
300m:	5:33.09	1:57.06	700m:	13:39.63	2:03.34	1100m:	21:56.99	2:05.04	1500m:	30:06.21	2:00.37
400m:	7:34.14	2:01.05	800m:	15:41.50	2:01.87	1200m:	23:57.06	2:00.07			

17.	Manoel Pinto, Filho	64	Braga	**32:22.85**	239						
100m:	1:49.35	1:49.35	500m:	10:23.84	2:10.40	900m:	19:10.29	2:11.66	1300m:	27:57.17	2:11.73
200m:	3:54.77	2:05.42	600m:	12:35.55	2:11.71	1000m:	21:21.79	2:11.50	1400m:	30:09.49	2:12.32
300m:	6:03.52	2:08.75	700m:	14:47.04	2:11.49	1100m:	23:33.90	2:12.11	1500m:	32:22.85	2:13.36
400m:	8:13.44	2:09.92	800m:	16:58.63	2:11.59	1200m:	25:45.44	2:11.54			

18.	Luis Joao, Mourao	63	Natacao de Valongo	**33:08.59**	223						
	Standard Time										
100m:	2:02.25	2:02.25	500m:	10:47.62	2:12.23	900m:	19:43.14	2:14.07	1300m:	28:45.27	2:17.45
200m:	4:11.34	2:09.09	600m:	13:00.30	2:12.68	1000m:	21:56.37	2:13.23	1400m:	30:58.19	2:12.92
300m:	6:21.89	2:10.55	700m:	15:14.83	2:14.53	1100m:	24:09.77	2:13.40	1500m:	33:08.59	2:10.40
400m:	8:35.39	2:13.50	800m:	17:29.07	2:14.24	1200m:	26:27.82	2:18.05			

Master I

1.	Mario Jose, Pinto	68	Associacao Desportos Subaquati	**24:31.02**	621						
100m:	1:33.70	1:33.70	500m:	8:06.21	1:39.38	900m:	14:42.83	1:40.48	1300m:	21:20.10	1:38.17
200m:	3:10.26	1:36.56	600m:	9:44.39	1:38.18	1000m:	16:23.05	1:40.22	1400m:	22:57.86	1:37.76
300m:	4:48.05	1:37.79	700m:	11:22.52	1:38.13	1100m:	18:02.70	1:39.65	1500m:	24:31.02	1:33.16
400m:	6:26.83	1:38.78	800m:	13:02.35	1:39.83	1200m:	19:41.93	1:39.23			

2.	Oscar Filipe, Goncalves	67	Fluvial Portuense	**24:49.11**	599						
100m:	1:31.58	1:31.58	500m:	8:12.34	1:40.21	900m:	14:52.45	1:39.21	1300m:	21:32.50	1:40.76
200m:	3:12.00	1:40.42	600m:	9:53.06	1:40.72	1000m:	16:32.34	1:39.89	1400m:	23:13.14	1:40.64
300m:	4:52.20	1:40.20	700m:	11:33.33	1:40.27	1100m:	18:11.95	1:39.61	1500m:	24:49.11	1:35.97
400m:	6:32.13	1:39.93	800m:	13:13.24	1:39.91	1200m:	19:51.74	1:39.79			

3.	Joao Manuel, Ruas	65	Sporting	**26:01.37**	520						
100m:	1:38.48	1:38.48	500m:	8:36.27	1:45.86	900m:	15:37.45	1:45.66	1300m:	22:38.72	1:45.38
200m:	3:21.68	1:43.20	600m:	10:21.47	1:45.20	1000m:	17:22.59	1:45.14	1400m:	24:24.43	1:45.71
300m:	5:05.75	1:44.07	700m:	12:06.09	1:44.62	1100m:	19:08.18	1:45.59	1500m:	26:01.37	1:36.94
400m:	6:50.41	1:44.66	800m:	13:51.79	1:45.70	1200m:	20:53.34	1:45.16			

4.	Mario Jorge, Barros	69	Porto	**32:00.55**	279						
100m:	2:02.40	2:02.40	500m:	10:46.24	2:11.23	900m:	19:33.66	2:11.74	1300m:	28:06.07	2:03.37
200m:	4:12.48	2:10.08	600m:	12:56.86	2:10.62	1000m:	21:45.46	2:11.80	1400m:	30:07.59	2:01.52
300m:	6:22.94	2:10.46	700m:	15:10.53	2:13.67	1100m:	23:54.51	2:09.05	1500m:	32:00.55	1:52.96
400m:	8:35.01	2:12.07	800m:	17:21.92	2:11.39	1200m:	26:02.70	2:08.19			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 1500m Livres, Master I

Lugar		Idade		Tempo final	Pts
5.	Fernando Paulo, Fabiao	67	Porto	**33:31.98**	243

100m:	1:56.59	1:56.59	500m:	10:51.61	2:14.76	900m:	19:51.80	2:15.46	1300m:	29:02.73	2:16.66
200m:	4:07.52	2:10.93	600m:	13:05.35	2:13.74	1000m:	22:09.11	2:17.31	1400m:	31:20.87	2:18.14
300m:	6:21.73	2:14.21	700m:	15:19.98	2:14.63	1100m:	24:26.69	2:17.58	1500m:	33:31.98	2:11.11
400m:	8:36.85	2:15.12	800m:	17:36.34	2:16.36	1200m:	26:46.07	2:19.38			

Master J

1.	Ricardo Antonio, Mendes	70	Salesianos	**25:31.12**	625

100m:	1:31.05	1:31.05	500m:	8:21.28	1:43.62	900m:	15:15.62	1:43.12	1300m:	22:11.03	1:44.60
200m:	3:11.70	1:40.65	600m:	10:05.56	1:44.28	1000m:	16:58.56	1:42.94	1400m:	23:55.25	1:44.22
300m:	4:54.66	1:42.96	700m:	11:48.77	1:43.21	1100m:	18:42.15	1:43.59	1500m:	25:31.12	1:35.87
400m:	6:37.66	1:43.00	800m:	13:32.50	1:43.73	1200m:	20:26.43	1:44.28			

2.	Domingos Jose, Ferreira	71	Leixoes Sport Club	**27:58.58**	475

100m:	1:41.50	1:41.50	500m:	9:03.68	1:51.57	900m:	16:36.07	1:53.89	1300m:	24:14.63	1:53.72
200m:	3:32.31	1:50.81	600m:	10:55.93	1:52.25	1000m:	18:30.21	1:54.14	1400m:	26:09.40	1:54.77
300m:	5:22.53	1:50.22	700m:	12:48.40	1:52.47	1100m:	20:26.05	1:55.84	1500m:	27:58.58	1:49.18
400m:	7:12.11	1:49.58	800m:	14:42.18	1:53.78	1200m:	22:20.91	1:54.86			

3.	Carlos Augusto, Correia	73	Clube Natacao Masters de Almada	**28:11.19**	464

100m:	1:43.83	1:43.83	500m:	9:13.31	1:51.72	900m:	16:46.78	1:52.07	1300m:	24:25.14	1:56.06
200m:	3:35.78	1:51.95	600m:	11:05.43	1:52.12	1000m:	18:40.77	1:53.99	1400m:	26:19.23	1:54.09
300m:	5:27.68	1:51.90	700m:	12:58.51	1:53.08	1100m:	20:35.44	1:54.67	1500m:	28:11.19	1:51.96
400m:	7:21.59	1:53.91	800m:	14:54.71	1:56.20	1200m:	22:29.08	1:53.64			

4.	Carlos Manuel, Porto	74	Sport Alges e Dafundo	**30:52.45**	353

100m:	1:53.72	1:53.72	500m:	10:04.19	2:05.02	900m:	18:18.91	2:03.20	1300m:	26:37.84	2:05.19
200m:	3:54.13	2:00.41	600m:	12:08.66	2:04.47	1000m:	20:23.26	2:04.35	1400m:	28:45.36	2:07.52
300m:	5:56.07	2:01.94	700m:	14:11.65	2:02.99	1100m:	22:28.77	2:05.51	1500m:	30:52.45	2:07.09
400m:	7:59.17	2:03.10	800m:	16:15.71	2:04.06	1200m:	24:32.65	2:03.88			

5.	Luis Javier, Marrero	73	Académica de Coimbra	**31:32.67**	331

100m:	1:46.45	1:46.45	500m:	10:15.20	2:07.65	900m:	18:42.22	2:07.54	1300m:	27:18.19	2:09.94
200m:	3:50.06	2:03.61	600m:	12:19.78	2:04.58	1000m:	20:52.66	2:10.44	1400m:	29:26.02	2:07.83
300m:	5:59.69	2:09.63	700m:	14:29.00	2:09.22	1100m:	23:00.63	2:07.97	1500m:	31:32.67	2:06.65
400m:	8:07.55	2:07.86	800m:	16:34.68	2:05.68	1200m:	25:08.25	2:07.62			

6.	Jose Alexandre, Raposo	70	Sporting Clube de Aveiro	**34:37.03**	250

100m:	2:07.74	2:07.74	500m:	10:55.69	2:13.77	900m:	20:00.00	2:16.09	1300m:	29:43.67	2:49.52
200m:	4:17.26	2:09.52	600m:	13:12.04	2:16.35	1000m:	22:16.60	2:16.60	1400m:	32:16.52	2:32.85
300m:	6:29.09	2:11.83	700m:	15:28.22	2:16.18	1100m:	24:34.55	2:17.95	1500m:	34:37.03	2:20.51
400m:	8:41.92	2:12.83	800m:	17:43.91	2:15.69	1200m:	26:54.15	2:19.60			

7.	Joao Luis, Roseira	70	Fluvial Portuense	**37:15.35**	201

100m:	2:15.55	2:15.55	500m:	12:04.35	2:29.22	900m:	22:08.19	2:33.21	1300m:	32:19.45	2:32.95
200m:	4:39.59	2:24.04	600m:	14:33.06	2:28.71	1000m:	24:40.27	2:32.08	1400m:	34:50.21	2:30.76
300m:	7:05.49	2:25.90	700m:	17:04.40	2:31.34	1100m:	27:13.69	2:33.42	1500m:	37:15.35	2:25.14
400m:	9:35.13	2:29.64	800m:	19:34.98	2:30.58	1200m:	29:46.50	2:32.81			

Master K

1.	Stephen Thomas, Dyson	78	Sport Alges e Dafundo	**26:41.45**	684

100m:	1:43.22	1:43.22	500m:	8:57.70	1:48.57	900m:	16:06.32	1:46.43	1300m:	23:09.64	1:46.11
200m:	3:32.16	1:48.94	600m:	10:45.27	1:47.57	1000m:	17:51.88	1:45.56	1400m:	24:55.46	1:45.82
300m:	5:21.00	1:48.84	700m:	12:32.59	1:47.32	1100m:	19:38.07	1:46.19	1500m:	26:41.45	1:45.99
400m:	7:09.13	1:48.13	800m:	14:19.89	1:47.30	1200m:	21:23.53	1:45.46			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS
TURBO RPROAUDIO events solutions

Prova 2, Masc., 1500m Livres, Master K

Lugar		Idade		Tempo final	Pts
2.	Luis Pereira, Cabral	76	Académica de Coimbra	**40:36.87**	194

100m:	2:29.75	2:29.75	500m:	13:13.10	2:42.04	900m:	24:13.61	2:43.05	1300m:	35:11.03	2:46.32
200m:	5:09.46	2:39.71	600m:	15:58.17	2:45.07	1000m:	26:57.45	2:43.84	1400m:	37:58.09	2:47.06
300m:	7:50.24	2:40.78	700m:	18:45.00	2:46.83	1100m:	29:41.38	2:43.93	1500m:	40:36.87	2:38.78
400m:	10:31.06	2:40.82	800m:	21:30.56	2:45.56	1200m:	32:24.71	2:43.33			

Master L

1.	Luis Vidigal, Salgueiro	80	Sport Alges e Dafundo	**35:53.78**	340

100m:	1:58.52	1:58.52	500m:	10:42.30	2:16.91	900m:	22:03.16	2:17.53	1300m:	31:24.65	2:21.48
200m:	4:02.67	2:04.15	600m:	12:57.94	2:15.64	1000m:	24:23.05	2:19.89	1400m:	33:43.89	2:19.24
300m:	6:13.97	2:11.30	700m:	17:28.84	4:30.90	1100m:	26:43.80	2:20.75	1500m:	35:53.78	2:09.89
400m:	8:25.39	2:11.42	800m:	19:45.63	2:16.79	1200m:	29:03.17	2:19.37			

2.	Alexandre Azevedo, Gaspar	80	Sport Alges e Dafundo	**38:03.25**	285

100m:	2:16.84	2:16.84	500m:	12:21.94	2:32.52	900m:	22:39.51	2:36.30	1300m:	33:01.20	2:37.48
200m:	4:48.42	2:31.58	600m:	14:53.65	2:31.71	1000m:	25:13.56	2:34.05	1400m:	35:36.55	2:35.35
300m:	7:17.46	2:29.04	700m:	17:27.54	2:33.89	1100m:	27:48.62	2:35.06	1500m:	38:03.25	2:26.70
400m:	9:49.42	2:31.96	800m:	20:03.21	2:35.67	1200m:	30:23.72	2:35.10			

Master M

1.	Joao Rodrigues, Teixeira *Standard Time*	88	Académica de Coimbra	**1:13:26.65**	235

100m:	4:41.98	4:41.98	500m:	24:07.54	5:16.42	900m:	43:51.85	4:52.42	1300m	1:03:41.31	5:06.16
200m:	9:11.14	4:29.16	600m:	29:14.45	5:06.91	1000m:	48:41.97	4:50.12	1400m	1:08:43.58	5:02.27
300m:	13:49.55	4:38.41	700m:	34:07.79	4:53.34	1100m:	53:31.17	4:49.20	1500m	1:13:26.65	4:43.07
400m:	18:51.12	5:01.57	800m:	38:59.43	4:51.64	1200m:	58:35.15	5:03.98			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
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AQUAPLAY
TURBO
RPROAUDIO events solutions