

Classificação Coletiva Absoluta

Todas as provas

Todos, Open

1. Clube de Natacao de Valongo	CNV	474,00
2. Clube Fluvial Portuense	CFP	450,00
3. Associação Académica de Coimbra	AAC	448,00
4. Sporting Clube de Braga	SCB	405,00
5. Leixoes Sport Club	LSC	268,00
6. Sport Alges e Dafundo	SAD	189,00
7. Clube Natacao Masters de Almada	CNMAL	171,00
8. Futebol Clube do Porto	FCP	166,00
9. Centro Desp. Universitario do Porto	CDUP	145,00
10. CCD Associacao De Nadadores Dos Estoris	ANE	134,00
11. Clube de Natacao de Alcobaca	CNAL	103,00
12. Clube dos Galitos / Bresimar	CGA	102,00
13. Sporting Clube de Aveiro	SCA	90,00
14. Gafanha da Encarnação	CAPGE	87,00
15. Gesloures - Gestão Equipamentos E.M.	GESL	68,00
16. Clube de Instrucao e Recreio do Laranjeiro	CIRL	63,00
17. Vitória Sport Clube	VSC	62,00
18. Individual ANL	INDANL	59,00
19. Lisboa PoolSharks - All Together 4 Sports	LPS	57,00
20. Soc Instrucao e Recreio Os Pimpoes/Cimai	PIMP	55,00
21. Clube de Natacao da Maia	CNMAIA	50,00
22. Clube Nautico de Leiria - VOID	CNL	46,00
Futebol Clube de Ferreiras	FCF	46,00
Grupo dos Amigos da Natacao-ACD	GAN	46,00
25. Ginásio Clube de Santo Tirso	GCST	43,00
Palmela Desporto, E.M.	PDEM	43,00
27. Sporting Clube de Portugal	SCP	40,00
28. Individual ANNP	INDANNP	32,00
29. CPCD Póvoa de Santa Iria	CPCD	31,00
30. Assoc Desp Rec Cult Colegio Int Monte Maior	ADRCIMM	28,00
31. Viana Natacao Clube	VNC	21,00
32. Sporting Clube de Espinho	SCE	16,00
33. Clube Millennium BCP	CMBCP	15,00
34. Clube Desportivo de Estarreja	CDE	14,00
Associação Desportiva de Penafiel	ADP	14,00
36. Clube Natacao de Rio Maior	CNRM	13,00
Clube Lazer Aventura e Competicao	CLAC	13,00
38. Clube Naval Povoense	CNPO	12,00
CNATRIL - Clube de Nataçao e Triatlo de Lisboa	CNATRIL	12,00
40. Salesianos	FS	10,00

Prova 1 Femin., 400m Estilos Master Resultados
11/04/2026 - 9:30

Recordes Nacionais Masters 50m L	59:00.00	,						01/01/1800
Recordes Nacionais Masters 50m K	59:00.00	,						01/01/1800
Recordes Nacionais Masters 50m J	59:00.00	,						01/01/1800
Recordes Nacionais Masters 50m I	7:52.16		Ana Maria, Ferreira	SAD	Loulé			04/07/2015
Recordes Nacionais Masters 50m H	7:52.39		Ana Maria, Ferreira	SAD	Loulé			30/06/2013
Recordes Nacionais Masters 50m G	6:54.26		Elena Nikolaevna, Kraeva	ADRCIMM	Famalicão			08/07/2017
Recordes Nacionais Masters 50m F	6:26.77		Ana Paula, Grilo	NDCO	Reguengos de Monsaraz			20/07/2019
Recordes Nacionais Masters 50m E	5:48.52		Susana Clara, Gomes	CNF	Reguengos de Monsaraz			10/07/2022
Recordes Nacionais Masters 50m D	5:32.69		Susana Clara, Gomes	CNF	Reguengos de Monsaraz			20/07/2019
Recordes Nacionais Masters 50m C	5:22.50		Ana Paula, Grilo	UDCA	Stanford (USA)			06/08/2006
Recordes Nacionais Masters 50m B	5:28.90		Vania Soares, Neves	VNC	Reguengos de Monsaraz			10/07/2022
Recordes Nacionais Masters 50m A	5:35.92		Bruna Martins, Riesenberger	CIRL	Reguengos de Monsaraz			13/07/2025

Pontos: DSV Masters 22

Lugar Idade Tempo final Pts 100m 200m 300m 400m

Master A

1. B., Riesenberger	29	Laranjeiro	5:33.98	724	1:17.34	1:27.56	1:36.30	1:12.78
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m: 1:17.34		200m: 2:44.90	300m: 4:21.20		400m: 5:33.98			
2. Beatriz Marques, Ferreira	26	Cfp	6:02.62	565	1:22.52	1:36.18	1:41.92	1:22.00
50m:		150m:	250m:		350m:			
100m: 1:22.52		200m: 2:58.70	300m: 4:40.62		400m: 6:02.62			
3. Bruna Elisabete, Paulino	29	Alcobaca	6:10.34	531	1:19.52	1:32.48	1:54.99	1:23.35
50m:		150m:	250m:		350m:			
100m: 1:19.52		200m: 2:52.00	300m: 4:46.99		400m: 6:10.34			
4. Alexandra Jesus, Santos	26	Leixoes Sport Club	6:10.42	530	1:21.38	1:31.95	1:51.99	1:25.10
50m:		150m:	250m:		350m:			
100m: 1:21.38		200m: 2:53.33	300m: 4:45.32		400m: 6:10.42			
5. Catarina Vieira, Correia	27	Leixoes Sport Club	6:25.37	471	1:27.97	1:38.86	1:50.05	1:28.49
50m:		150m:	250m:		350m:			
100m: 1:27.97		200m: 3:06.83	300m: 4:56.88		400m: 6:25.37			
6. Raquel Fernandes, Santo	28	Clube Natacao Masters de	6:40.76	419	1:30.17	1:42.51	1:53.59	1:34.49
50m:		150m:	250m:		350m:			
100m: 1:30.17		200m: 3:12.68	300m: 5:06.27		400m: 6:40.76			
7. Luisa Alves, Dias	29	Natacao de Valongo	7:44.98	268	1:47.68	1:58.13	2:17.96	1:41.21
50m:		150m:	250m:		350m:			
100m: 1:47.68		200m: 3:45.81	300m: 6:03.77		400m: 7:44.98			

Master B

1. Ana Margarida, Rodrigues	30	Galitos / Bresimar	5:49.05	665	1:14.88	1:34.16	1:39.70	1:20.31
50m:		150m:	250m:		350m:			
100m: 1:14.88		200m: 2:49.04	300m: 4:28.74		400m: 5:49.05			
2. Danielle Kisiel, Rosa	32	Natacao de Valongo	5:51.68	650	1:21.11	1:27.52	1:42.94	1:20.11
50m:		150m:	250m:		350m:			
100m: 1:21.11		200m: 2:48.63	300m: 4:31.57		400m: 5:51.68			
3. Alexia Alves, Fernandes	30	Natacao de Valongo	7:12.41	349	1:46.90	1:57.66	1:54.26	1:33.59
50m:		150m:	250m:		350m:			
100m: 1:46.90		200m: 3:44.56	300m: 5:38.82		400m: 7:12.41			
4. Sara Diana, Oliveira	33	Académica de Coimbra	8:11.87	237	1:59.11	2:00.51	2:26.22	1:46.03
50m:		150m:	250m:		350m:			
100m: 1:59.11		200m: 3:59.62	300m: 6:25.84		400m: 8:11.87			

Prova 1, Femin., 400m Estilos

Master C

1. Rafaela Barreiros, Pires	37	Braga	6:36.61	535	1:26.72	1:45.11	1:55.50	1:29.28
50m:		150m:	250m:		350m:			
100m:	1:26.72	200m:	300m:	5:07.33	400m:	6:36.61		

Master D

1. Ana Filipa, Miranda	41	Galitos / Bresimar	6:28.15	584	1:25.47	1:42.94	1:51.48	1:28.26
50m:		150m:	250m:		350m:			
100m:	1:25.47	200m:	300m:	4:59.89	400m:	6:28.15		
2. Joana Margarida, Gaspar	43	Nadadores dos Estoris	6:35.76	551	1:28.68	1:40.30	1:55.85	1:30.93
50m:		150m:	250m:		350m:			
100m:	1:28.68	200m:	300m:	5:04.83	400m:	6:35.76		

Master E

1. Joana Antunes, Ervilha	45	CNLeiria - VOID	7:28.03	409	1:52.70	1:53.16	2:01.85	1:40.32
50m:		150m:	250m:		350m:			
100m:	1:52.70	200m:	300m:	5:47.71	400m:	7:28.03		
2. Isabel Carolina, Neves	46	Cfp	8:35.16	269	2:06.71	2:17.40	2:23.54	1:47.51
50m:		150m:	250m:		350m:			
100m:	2:06.71	200m:	300m:	6:47.65	400m:	8:35.16		

Master F

1. Gisela Barbosa, Coutinho	51	Cfp	6:05.38	764	1:15.00	1:32.99	1:51.96	1:25.43
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m:	1:15.00	200m:	300m:	4:39.95	400m:	6:05.38		
2. Joana Isabel, Arantes	54	Clube Millennium BCP	6:41.51	576	1:26.68	1:43.55	2:00.08	1:31.20
50m:		150m:	250m:		350m:			
100m:	1:26.68	200m:	300m:	5:10.31	400m:	6:41.51		
3. Joana Maria, Faria	52	Leixoes Sport Club	7:06.23	481	1:43.39	1:48.88	1:57.72	1:36.24
50m:		150m:	250m:		350m:			
100m:	1:43.39	200m:	300m:	5:29.99	400m:	7:06.23		
4. Ana Claudia, Gomes	50	Académica de Coimbra	7:46.72	366	1:48.40	2:05.19	2:06.30	1:46.83
50m:		150m:	250m:		350m:			
100m:	1:48.40	200m:	300m:	5:59.89	400m:	7:46.72		
5. Isabel Maria, Mesquita	51	Natacao de Valongo	8:47.99	253	2:14.31	2:11.51	2:21.05	2:01.12
50m:		150m:	250m:		350m:			
100m:	2:14.31	200m:	300m:	6:46.87	400m:	8:47.99		
6. Cristina Nicoleta, Lipciuc	53	Braga	8:52.28	247	2:10.45	2:15.74	2:26.19	1:59.90
50m:		150m:	250m:		350m:			
100m:	2:10.45	200m:	300m:	6:52.38	400m:	8:52.28		
7. Isabel Maria, Pinto	54	Cfp	9:10.65	223	2:24.18	2:20.06	2:34.20	1:52.21
50m:		150m:	250m:		350m:			
100m:	2:24.18	200m:	300m:	7:18.44	400m:	9:10.65		

DSQ Juliana Sanches, Elias 50 Nadadores dos Estoris
6.4 - O(a) atleta nao iniciou a viragem imediatamente apos terminar uma puxada unica ou dupla continua/simultanea dos bracos na viragem aos 150 metros

Master G

1. Paula Margarida, Navarro	58	Natacao de Valongo	7:36.34	411	1:55.55	1:59.95	2:01.20	1:39.64
50m:		150m:	250m:		350m:			
100m:	1:55.55	200m:	300m:	5:56.70	400m:	7:36.34		

Prova 1, Femin., 400m Estilos, Master G

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
2. Maria Paula, Santos	55	Natacao de Valongo	9:20.71	221	2:11.55	2:26.07	2:47.47	1:55.62
	50m:	150m:	250m:			350m:		
	100m: 2:11.55	200m: 4:37.62	300m: 7:25.09			400m: 9:20.71		

Master H

1. Ana Rosa, Palhares	61	Cfp	8:51.84	372	2:08.63	2:15.24	2:24.13	2:03.84
	50m:	150m:	250m:			350m:		
	100m: 2:08.63	200m: 4:23.87	300m: 6:48.00			400m: 8:51.84		
2. Maria Madalena, Caninas	63	Clube Natacao Masters de	10:02.84	255	2:25.74	2:39.00	2:48.64	2:09.46
	50m:	150m:	250m:			350m:		
	100m: 2:25.74	200m: 5:04.74	300m: 7:53.38			400m: 10:02.84		

Master I

1. Maria Teresa, Oliveira	69	Académica de Coimbra	8:46.11	473	2:14.42	2:30.09	2:12.02	1:49.58
	50m:	150m:	250m:			350m:		
	100m: 2:14.42	200m: 4:44.51	300m: 6:56.53			400m: 8:46.11		

Prova 2 Master
11/04/2026 - 10:09 Resultados

Prova 2	Masc., 400m Estilos	Master
RN Masters 50m L	59:00.00	01/01/1800
RN Masters 50m K	10:01.08 Antonio Monteiro, Canelas SCE	13/07/2025
RN Masters 50m J	6:59.74 Antonio Bessone, Basto SAD	08/07/2016
RN Masters 50m I	6:45.48 Vitor Manuel, Mavioso SAD	04/06/2023
RN Masters 50m H	5:58.46 Paulo Paula, Carvalho SCP	11/07/2021
RN Masters 50m G	5:40.75 Paulo Paula, Carvalho SCP	Budapeste (HUN)
RN Masters 50m F	5:36.42 Paulo Paula, Carvalho SFUAP	Loulé
RN Masters 50m E	5:28.47 Luis Daniel, Pacheco CNAL	Loulé
RN Masters 50m D	4:59.81 Eduardo Ferreira, Sevieri FCP	Reguengos de Monsaraz
RN Masters 50m C	4:46.61 Pedro Miguel, Pinotes SCP	Reguengos de Monsaraz
RN Masters 50m B	4:43.37 Pedro Miguel, Pinotes SCP	Reguengos de Monsaraz
RN Masters 50m A	4:47.39 Andre Bras, Goncalves CFB	Loulé

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
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Master A

1. Diogo Ferreira, Neves	28	Natacao de Valongo	5:14.66	746	1:07.67	1:22.72	1:32.16	1:12.11
50m:		150m:	250m:	350m:				
100m: 1:07.67		200m: 2:30.39	300m: 4:02.55	400m: 5:14.66				
2. Diogo Filipe, Rodrigues	28	CNLeiria - VOID	5:20.81	704	1:06.44	1:26.47	1:32.00	1:15.90
50m:		150m:	250m:	350m:				
100m: 1:06.44		200m: 2:32.91	300m: 4:04.91	400m: 5:20.81				
3. João Pedro, Tarquinio	29	Alcobaca	5:30.83	642	1:10.40	1:24.45	1:37.97	1:18.01
50m:		150m:	250m:	350m:				
100m: 1:10.40		200m: 2:34.85	300m: 4:12.82	400m: 5:30.83				
4. Chen, Wang	27	Natacao de Valongo	7:02.84	307	1:35.78	2:05.43	1:43.51	1:38.12
50m:		150m:	250m:	350m:				
100m: 1:35.78		200m: 3:41.21	300m: 5:24.72	400m: 7:02.84				
DSQ Vitor Leis, Leite	27	Braga						
6.5 - O(a) atleta nao terminou a prova na posicao dorsal, no percurso de costas								

Master B

1. D., Domingues	32	Natacao de Valongo	5:37.41	534	1:14.24	1:30.95	1:32.59	1:19.63
50m:		150m:	250m:	350m:				
100m: 1:14.24		200m: 2:45.19	300m: 4:17.78	400m: 5:37.41				
2. G., Meneses	34	Braga	5:37.85	532	1:14.39	1:28.85	1:37.73	1:16.88
50m:		150m:	250m:	350m:				
100m: 1:14.39		200m: 2:43.24	300m: 4:20.97	400m: 5:37.85				
3. Diogo Antonio, Carvalho	33	Natacao de Valongo	5:57.80	448	1:15.11	1:31.07	1:44.67	1:26.95
50m:		150m:	250m:	350m:				
100m: 1:15.11		200m: 2:46.18	300m: 4:30.85	400m: 5:57.80				
4. Goncalo Sampaio, Garcia	33	Centro Desp. Universitario	6:20.96	371	1:33.59	1:33.15	1:45.52	1:28.70
50m:		150m:	250m:	350m:				
100m: 1:33.59		200m: 3:06.74	300m: 4:52.26	400m: 6:20.96				
5. Nuno Duarte, Barbosa	30	Leixoes Sport Club	6:33.87	336	1:16.34	1:51.97	1:52.85	1:32.71
50m:		150m:	250m:	350m:				
100m: 1:16.34		200m: 3:08.31	300m: 5:01.16	400m: 6:33.87				
6. Joao Castro, Rocha	31	Cfp	7:39.03	212	1:46.54	1:49.51	2:04.10	1:58.88
50m:		150m:	250m:	350m:				
100m: 1:46.54		200m: 3:36.05	300m: 5:40.15	400m: 7:39.03				

Prova 2, Masc., 400m Estilos

Master C

1. Diogo Miguel, Paulino	36	Alcobaca	5:12.30	759	1:07.91	1:18.43	1:34.03	1:11.93
50m:		150m:	250m:		350m:			
100m:	1:07.91	200m:	300m:	4:00.37	400m:	5:12.30		
2. Pedro Fragoso, Lopes	36	Porto	5:14.46	744	1:09.14	1:23.12	1:32.36	1:09.84
50m:		150m:	250m:		350m:			
100m:	1:09.14	200m:	300m:	4:04.62	400m:	5:14.46		
3. Filipe Gouveia, Goncalves	39	Lisboa PoolSharks	5:23.04	686	1:10.90	1:26.26	1:31.40	1:14.48
50m:		150m:	250m:		350m:			
100m:	1:10.90	200m:	300m:	4:08.56	400m:	5:23.04		
4. Carlos Octavio, Fernandes	38	Académica de Coimbra	5:53.36	524	1:17.11	1:31.53	1:42.86	1:21.86
50m:		150m:	250m:		350m:			
100m:	1:17.11	200m:	300m:	4:31.50	400m:	5:53.36		
5. Francisco David, Ferreira	37	Cfp	6:02.68	485	1:17.49	1:38.79	1:45.65	1:20.75
50m:		150m:	250m:		350m:			
100m:	1:17.49	200m:	300m:	4:41.93	400m:	6:02.68		
6. Jorge Miguel, Xavier	37	Braga	6:27.36	398	1:25.95	1:41.40	1:45.42	1:34.59
50m:		150m:	250m:		350m:			
100m:	1:25.95	200m:	300m:	4:52.77	400m:	6:27.36		
7. M., Montenegro	38	Centro Desp. Universitario	6:38.52	365	1:32.53	1:46.35	1:50.37	1:29.27
50m:		150m:	250m:		350m:			
100m:	1:32.53	200m:	300m:	5:09.25	400m:	6:38.52		
8. Andre Manuel, Fernandes	38	CPCD Póvoa de Santa Iria	6:45.81	346	1:36.94	1:41.04	1:49.76	1:38.07
50m:		150m:	250m:		350m:			
100m:	1:36.94	200m:	300m:	5:07.74	400m:	6:45.81		
9. Pedro Emanuel, Gomes	38	Natacao de Valongo	7:21.46	269	1:37.51	2:01.86	2:03.50	1:38.59
50m:		150m:	250m:		350m:			
100m:	1:37.51	200m:	300m:	5:42.87	400m:	7:21.46		

Master D

1. Marco Filipe, Duarte	41	FC Ferreiras/AlgarExperien	5:48.94	533	1:11.93	1:33.83	1:41.03	1:22.15
50m:		150m:	250m:		350m:			
100m:	1:11.93	200m:	300m:	4:26.79	400m:	5:48.94		
2. Tiago Miguel, Neves	41	Palmela Desporto	6:14.95	429	1:17.97	1:40.86	1:54.56	1:21.56
50m:		150m:	250m:		350m:			
100m:	1:17.97	200m:	300m:	4:53.39	400m:	6:14.95		
3. Filipe Castro, Alpuim	41	Braga	6:14.98	429	1:19.00	1:36.69	1:47.51	1:31.78
50m:		150m:	250m:		350m:			
100m:	1:19.00	200m:	300m:	4:43.20	400m:	6:14.98		
4. Pedro Joao, Morais	40	Porto	6:23.71	401	1:27.31	1:39.14	1:49.83	1:27.43
50m:		150m:	250m:		350m:			
100m:	1:27.31	200m:	300m:	4:56.28	400m:	6:23.71		
5. Vitor Moreira, Carvalho	40	Braga	6:54.52	318	1:41.08	1:50.29	1:53.11	1:30.04
50m:		150m:	250m:		350m:			
100m:	1:41.08	200m:	300m:	5:24.48	400m:	6:54.52		

DSQ Marcelo Porto, Rodrigues 44 Natacao de Valongo
7.6 - O(a) atleta nao tocou na parede com ambas as maos separadas e simultaneamente na viragem aos 250 metros

Prova 2, Masc., 400m Estilos

Master E

1. Michael, Halika	48	Porto	5:11.29	916	1:11.02	1:21.25	1:29.11	1:09.91
50m:		150m:	250m:		350m:			
100m: 1:11.02		200m: 2:32.27	300m: 4:01.38		400m: 5:11.29			
2. Joao Miguel, Santos	45	CNLeiria - VOID	5:14.16	891	1:06.82	1:27.52	1:28.23	1:11.59
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m: 1:06.82		200m: 2:34.34	300m: 4:02.57		400m: 5:14.16			
3. Jose Pedro, Almeida	48	Clube Desportivo de Estarr	5:57.55	605	1:21.44	1:38.48	1:40.23	1:17.40
50m:		150m:	250m:		350m:			
100m: 1:21.44		200m: 2:59.92	300m: 4:40.15		400m: 5:57.55			
4. Marco Paulo, Ferreira	48	Braga	7:43.78	277	1:44.14	2:08.09	2:04.57	1:46.98
50m:		150m:	250m:		350m:			
100m: 1:44.14		200m: 3:52.23	300m: 5:56.80		400m: 7:43.78			
5. Nuno Silva, Afonso	47	Académica de Coimbra	7:55.33	257	1:52.30	2:11.84	2:10.45	1:40.74
50m:		150m:	250m:		350m:			
100m: 1:52.30		200m: 4:04.14	300m: 6:14.59		400m: 7:55.33			

DSQ Tiago Melo, Pereira 47 Natacao de Valongo
6.4 - O(a) atleta nao realizou movimento continuo ou imediato dos bracos na viragem aos 150 metros

Master F

1. Luis Daniel, Pacheco	50	Alcobaca	5:30.88	852	1:13.77	1:27.59	1:33.48	1:16.04
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m: 1:13.77		200m: 2:41.36	300m: 4:14.84		400m: 5:30.88			
2. Nuno Rogerio, Santos	50	Gesloures	5:33.70	830	1:13.40	1:24.87	1:38.42	1:17.01
50m:		150m:	250m:		350m:			
100m: 1:13.40		200m: 2:38.27	300m: 4:16.69		400m: 5:33.70			
3. Filipe Monteiro, Pacheco	52	Leixoes Sport Club	6:36.09	496	1:26.34	1:48.80	1:49.62	1:31.33
50m:		150m:	250m:		350m:			
100m: 1:26.34		200m: 3:15.14	300m: 5:04.76		400m: 6:36.09			
4. Pedro Nuno, Silva	53	Académica de Coimbra	6:36.55	495	1:36.87	1:43.62	1:45.17	1:30.89
50m:		150m:	250m:		350m:			
100m: 1:36.87		200m: 3:20.49	300m: 5:05.66		400m: 6:36.55			
5. Carlos Ferreira, Tomaz	52	Sporting	7:05.72	400	1:32.98	2:06.37	1:54.26	1:32.11
50m:		150m:	250m:		350m:			
100m: 1:32.98		200m: 3:39.35	300m: 5:33.61		400m: 7:05.72			
6. Vitor Manuel, Cardoso	54	Natacao de Valongo	7:27.44	344	1:48.90	1:54.09	2:03.53	1:40.92
50m:		150m:	250m:		350m:			
100m: 1:48.90		200m: 3:42.99	300m: 5:46.52		400m: 7:27.44			
7. Ricardo Jorge, Fernandes	54	Natacao de Valongo	7:32.10	334	1:51.72	1:58.62	2:06.49	1:35.27
50m:		150m:	250m:		350m:			
100m: 1:51.72		200m: 3:50.34	300m: 5:56.83		400m: 7:32.10			

DSQ Rui Alexandre, Santos 50 Nadadores dos Estoris
7.6 - O(a) atleta tocou com uma mao na parede na viragem dos 300 metros

Master G

1. Rui Miguel, Tejo	57	Académica de Coimbra	6:37.33	547	1:34.74	1:48.33	1:45.89	1:28.37
50m:		150m:	250m:		350m:			
100m: 1:34.74		200m: 3:23.07	300m: 5:08.96		400m: 6:37.33			
2. Rui Miguel, Henriques	57	Nadadores dos Estoris	7:59.15	312	1:59.17	2:11.06	2:14.79	1:34.13
50m:		150m:	250m:		350m:			
100m: 1:59.17		200m: 4:10.23	300m: 6:25.02		400m: 7:59.15			

Prova 2, Masc., 400m Estilos, Master G

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
3.	57	Leixoes Sport Club	8:41.88	241	2:11.04	2:19.33	2:06.11	2:05.40
		50m:	250m:			350m:		
		100m: 2:11.04	300m: 6:36.48			400m: 8:41.88		
4.	58	Leixoes Sport Club	8:46.03	235	2:18.67	2:10.21	2:22.76	1:54.39
		50m:	250m:			350m:		
		100m: 2:18.67	300m: 6:51.64			400m: 8:46.03		
5.	59	Braga	9:52.95	164	2:18.73	2:39.24	2:42.78	2:12.20
		50m:	250m:			350m:		
		100m: 2:18.73	300m: 7:40.75			400m: 9:52.95		

Master H

1.	63	Cfp	6:41.30	641	1:28.15	1:46.26	1:54.81	1:32.08
		50m:	250m:			350m:		
		100m: 1:28.15	300m: 5:09.22			400m: 6:41.30		
2.	62	Clube Natacao Masters de	6:49.72	602	1:37.25	1:38.54	2:06.16	1:27.77
		50m:	250m:			350m:		
		100m: 1:37.25	300m: 5:21.95			400m: 6:49.72		
3.	61	Académica de Coimbra	7:15.82	500	1:42.77	1:56.21	2:02.94	1:33.90
		50m:	250m:			350m:		
		100m: 1:42.77	300m: 5:41.92			400m: 7:15.82		
4.	62	Braga	7:39.87	426	1:45.02	2:01.95	2:08.92	1:43.98
		50m:	250m:			350m:		
		100m: 1:45.02	300m: 5:55.89			400m: 7:39.87		
5.	60	Porto	8:05.01	363	1:54.60	2:05.47	2:30.95	1:33.99
		50m:	250m:			350m:		
		100m: 1:54.60	300m: 6:31.02			400m: 8:05.01		
6.	62	Braga	8:17.87	335	1:58.36	2:06.33	2:30.92	1:42.26
		50m:	250m:			350m:		
		100m: 1:58.36	300m: 6:35.61			400m: 8:17.87		
7.	64	Académica de Coimbra	8:33.63	305	1:57.30	2:12.97	2:39.24	1:44.12
		50m:	250m:			350m:		
		100m: 1:57.30	300m: 6:49.51			400m: 8:33.63		
8.	61	Sporting Clube de Aveiro	8:51.01	276	2:34.00	2:17.12	2:12.21	1:47.68
		50m:	250m:			350m:		
		100m: 2:34.00	300m: 7:03.33			400m: 8:51.01		

Master I

1.	65	Cfp	7:34.57	572	1:43.03	2:01.00	2:08.34	1:42.20
		50m:	250m:			350m:		
		100m: 1:43.03	300m: 5:52.37			400m: 7:34.57		
2.	65	Centro Desp. Universitario	7:42.44	543	1:54.88	2:01.50	2:01.55	1:44.51
		50m:	250m:			350m:		
		100m: 1:54.88	300m: 5:57.93			400m: 7:42.44		
3.	68	Cfp	8:00.48	484	1:56.38	2:12.39	2:16.55	1:35.16
		50m:	250m:			350m:		
		100m: 1:56.38	300m: 6:25.32			400m: 8:00.48		
4.	67	Gesloures	8:47.34	366	2:06.35	2:19.01	2:20.85	2:01.13
		50m:	250m:			350m:		
		100m: 2:06.35	300m: 6:46.21			400m: 8:47.34		
5.	67	Cfp	8:47.85	365	2:14.50	2:24.80	2:16.00	1:52.55
		50m:	250m:			350m:		
		100m: 2:14.50	300m: 6:55.30			400m: 8:47.85		

Prova 2, Masc., 400m Estilos, Master I

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
6. Manoel Pinto, Filho	65	Braga	9:28.46	292	2:15.83	2:44.93	2:14.72	2:12.98
50m:		150m:	250m:		350m:			
100m: 2:15.83		200m: 5:00.76	300m: 7:15.48		400m: 9:28.46			
7. Jose Luis, Correia	67	Nadadores dos Estoris	10:13.84	232	2:24.63	2:56.97	2:54.35	1:57.89
50m:		150m:	250m:		350m:			
100m: 2:24.63		200m: 5:21.60	300m: 8:15.95		400m: 10:13.84			

Master J

1. Vitor Manuel, Mavioso	70	Sad	7:00.86	862	1:36.13	1:53.07	2:03.71	1:27.95
50m:		150m:	250m:		350m:			
100m: 1:36.13		200m: 3:29.20	300m: 5:32.91		400m: 7:00.86			
2. Carlos Augusto, Correia	74	Clube Natacao Masters de	8:53.01	424	2:15.21	2:17.94	2:32.99	1:46.87
50m:		150m:	250m:		350m:			
100m: 2:15.21		200m: 4:33.15	300m: 7:06.14		400m: 8:53.01			

Master K

1. A., Canelas	76	Sporting de Espinho	9:33.64	445	2:11.70	2:47.27	2:28.59	2:06.08
50m:		150m:	250m:		350m:			
100m: 2:11.70		200m: 4:58.97	300m: 7:27.56		400m: 9:33.64			

DSQ Antonio Jorge, Marques 75 Cfp
8.4 - O(a) atleta nao tocou na parede com ambas as maos separadas e simultaneamente na viragem aos 50 metros

Prova 3 Femin., 800m Livres Master Resultados
11/04/2026 - 15:00

RN Masters 50m M	59:00.00									01/01/1800
RN Masters 50m L	17:10.12	Luisa Bessone, Basto	SAD	Coimbra						23/02/2025
RN Masters 50m K	15:54.26	Luisa Bessone, Basto	SAD	Póvoa de Varzim						23/02/2019
RN Masters 50m J	13:30.31	Ana Maria, Ferreira	SAD	Póvoa de Varzim						22/02/2020
RN Masters 50m I	13:05.16	Ana Maria, Ferreira	SAD	London (GBR)						25/05/2016
RN Masters 50m H	12:44.03	Maria Claudia, Osorio	CFP	Póvoa de Varzim						22/06/2025
RN Masters 50m G	11:23.82	Isabel Baptista, Ferreira	ADRCIMM	São João da Madeira						04/07/2024
RN Masters 50m F	11:00.47	Gisela Barbosa, Coutinho	CFP	Coimbra						23/02/2025
RN Masters 50m E	10:52.66	Gisela Barbosa, Coutinho	CFP	São João da Madeira						04/07/2024
RN Masters 50m D	10:27.37	Ana Paula, Grilo	INDALEN	Oeiras						01/07/2011
RN Masters 50m C	9:30.91	Ana Paula, Grilo	UDCA	Stanford (USA)						04/08/2006
RN Masters 50m B	9:37.05	Ana Paula, Grilo	UDCA	Millau (FRA)						26/08/2003
RN Masters 50m A	10:12.96	Ana Filipa, Leite	AAC	Oeiras						01/07/2011

Pontos: DSV Masters 22

Lugar Idade Tempo final Pts
Master A

1. Bruna Martins, Riesenberger	29	Laranjeiro	10:06.24	757
<i>Recorde Nacional</i>				
100m:	1:12.79	1:12.79	300m:	3:44.59
200m:	2:28.17	1:15.38	400m:	5:01.11
500m:	6:17.92	1:16.81	600m:	7:34.96
700m:	8:51.42	1:16.46	800m:	10:06.24
1:14.82				
2. Beatriz Marques, Ferreira	26	Cfp	10:56.53	596
100m:	1:15.45	1:15.45	300m:	4:00.64
200m:	2:36.89	1:21.44	400m:	5:25.16
500m:	6:49.60	1:24.44	600m:	8:13.59
700m:	9:36.50	1:22.91	800m:	10:56.53
1:20.03				
3. Raquel Fernandes, Santos	28	Clube Natacao Masters de Almada	11:25.41	524
100m:	1:20.02	1:20.02	300m:	4:12.87
200m:	2:45.89	1:25.87	400m:	5:40.20
500m:	7:08.36	1:28.16	600m:	8:36.80
700m:	10:04.00	1:27.20	800m:	11:25.41
1:21.41				
4. Joana Teixeira, Viana	29	CLAC-Entroncamento	11:25.87	522
100m:	1:18.66	1:18.66	300m:	4:10.41
200m:	2:43.21	1:24.55	400m:	5:37.64
500m:	7:05.67	1:28.03	600m:	8:34.41
700m:	10:02.30	1:27.89	800m:	11:25.87
1:23.57				
5. Maria Beatriz, Dias	27	Clube Naval Povoense	11:33.73	505
100m:	1:17.76	1:17.76	300m:	4:08.49
200m:	2:41.72	1:23.96	400m:	5:36.94
500m:	7:06.48	1:29.54	600m:	8:36.56
700m:	10:06.73	1:30.17	800m:	11:33.73
1:27.00				
6. Ines Florencio, Rodrigues	29	Viana Natacao	12:58.93	357
100m:	1:25.87	1:25.87	300m:	4:40.78
200m:	3:02.40	1:36.53	400m:	6:20.84
500m:	8:01.04	1:40.20	600m:	9:41.97
700m:	11:22.24	1:40.27	800m:	12:58.93
1:36.69				
7. Luisa Alves, Dias	29	Natacao de Valongo	14:12.86	271
100m:	1:37.96	1:37.96	300m:	5:17.34
200m:	3:26.65	1:48.69	400m:	7:05.27
500m:	8:53.79	1:48.52	600m:	10:42.70
700m:	12:31.67	1:48.97	800m:	14:12.86
1:41.19				

Master B

1. Ana Margarida, Rodrigues	30	Galitos / Bresimar	10:56.14	638
100m:	1:16.89	1:16.89	300m:	4:04.39
200m:	2:40.47	1:23.58	400m:	5:27.90
500m:	6:51.73	1:23.83	600m:	8:15.04
700m:	9:37.86	1:22.82	800m:	10:56.14
1:18.28				
2. Carolina Francisco, Gomes	31	Lisboa PoolSharks	11:31.90	544
100m:	1:20.43	1:20.43	300m:	4:15.12
200m:	2:46.82	1:26.39	400m:	5:43.54
500m:	7:11.16	1:27.62	600m:	8:38.96
700m:	10:06.54	1:27.58	800m:	11:31.90
1:25.36				
3. Alexia Alves, Fernandes	30	Natacao de Valongo	12:51.57	392
100m:	1:30.20	1:30.20	300m:	4:46.35
200m:	3:07.51	1:37.31	400m:	6:24.89
500m:	8:02.90	1:38.01	600m:	9:39.75
700m:	11:16.59	1:36.84	800m:	12:51.57
1:34.98				

Prova 3, Femin., 800m Livres, Master B

Lugar	Nome	Idade	Equipa	Tempo final	Pts
4.	Beatriz Manata, Oliveira <i>FTL</i>	32	Gafanha da Encarnação	16:13.44	195
	100m: 1:47.21 1:47.21	300m: 5:51.31 2:03.89	500m: 10:03.19 2:05.42	700m: 14:14.01 2:04.20	
	200m: 3:47.42 2:00.21	400m: 7:57.77 2:06.46	600m: 12:09.81 2:06.62	800m: 16:13.44 1:59.43	

Master C

1.	Joana Isabel, Alves	38	Centro Desp. Universitario do Porto	11:42.82	552
	100m: 1:19.81 1:19.81	300m: 4:16.14 1:28.89	500m: 7:14.91 1:28.96	700m: 10:13.46 1:28.61	
	200m: 2:47.25 1:27.44	400m: 5:45.95 1:29.81	600m: 8:44.85 1:29.94	800m: 11:42.82 1:29.36	
2.	Rafaela Barreiros, Pires	37	Braga	12:20.60	472
	100m: 1:23.67 1:23.67	300m: 4:28.29 1:32.92	500m: 7:36.94 1:34.49	700m: 10:47.06 1:35.32	
	200m: 2:55.37 1:31.70	400m: 6:02.45 1:34.16	600m: 9:11.74 1:34.80	800m: 12:20.60 1:33.54	
3.	Ana Miguel, Goncalves	36	Académica de Coimbra	14:31.25	290
	100m: 1:37.03 1:37.03	300m: 5:14.86 1:51.31	500m: 8:59.92 1:52.79	700m: 12:45.37 1:52.45	
	200m: 3:23.55 1:46.52	400m: 7:07.13 1:52.27	600m: 10:52.92 1:53.00	800m: 14:31.25 1:45.88	
4.	Nádia Filipa, Santos	36	Alcobaca	15:52.29	222
	100m: 1:53.34 1:53.34	300m: 5:57.32 2:02.31	500m: 10:00.39 2:01.55	700m: 13:59.01 1:58.87	
	200m: 3:55.01 2:01.67	400m: 7:58.84 2:01.52	600m: 12:00.14 1:59.75	800m: 15:52.29 1:53.28	
5.	Ines Margarida, Cordeiro <i>FTL</i>	38	CNLeiria - VOID	16:46.54	188
	100m: 1:56.44 1:56.44	300m: 6:09.85 2:08.32	500m: 10:27.32 2:08.97	700m: 14:43.42 2:07.08	
	200m: 4:01.53 2:05.09	400m: 8:18.35 2:08.50	600m: 12:36.34 2:09.02	800m: 16:46.54 2:03.12	
6.	Oksana, Kurtash <i>FTL</i>	35	Braga	18:03.87	150
	100m: 1:58.50 1:58.50	300m: 6:33.14 2:18.62	500m: 11:08.83 2:19.66	700m: 15:53.08 2:22.39	
	200m: 4:14.52 2:16.02	400m: 8:49.17 2:16.03	600m: 13:30.69 2:21.86	800m: 18:03.87 2:10.79	

Master D

1.	Maria Sofia, Martins	42	Cfp	10:45.29	756
	100m: 1:16.14 1:16.14	300m: 3:59.62 1:22.05	500m: 6:41.88 1:21.25	700m: 9:25.63 1:21.96	
	200m: 2:37.57 1:21.43	400m: 5:20.63 1:21.01	600m: 8:03.67 1:21.79	800m: 10:45.29 1:19.66	
2.	Ines Franco, Moreira	41	Nadadores dos Estoris	15:30.79	252
	100m: 1:54.81 1:54.81	300m: 5:51.69 1:58.55	500m: 9:45.51 1:55.93	700m: 13:39.53 1:57.33	
	200m: 3:53.14 1:58.33	400m: 7:49.58 1:57.89	600m: 11:42.20 1:56.69	800m: 15:30.79 1:51.26	

Master E

1.	Tatiana Stankunavicius, Swerts	48	Braga	11:49.22	548
	100m: 1:20.21 1:20.21	300m: 4:18.74 1:29.15	500m: 7:17.79 1:30.21	700m: 10:21.37 1:31.26	
	200m: 2:49.59 1:29.38	400m: 5:47.58 1:28.84	600m: 8:50.11 1:32.32	800m: 11:49.22 1:27.85	
2.	Ana Filipa, Prior	49	Laranjeiro	12:07.92	507
	100m: 1:26.42 1:26.42	300m: 4:30.82 1:31.87	500m: 7:34.40 1:31.76	700m: 10:38.34 1:31.82	
	200m: 2:58.95 1:32.53	400m: 6:02.64 1:31.82	600m: 9:06.52 1:32.12	800m: 12:07.92 1:29.58	
3.	Isabel Carolina, Neves	46	Cfp	14:28.93	298
	100m: 1:39.34 1:39.34	300m: 5:18.01 1:50.69	500m: 9:00.08 1:51.35	700m: 12:41.57 1:49.25	
	200m: 3:27.32 1:47.98	400m: 7:08.73 1:50.72	600m: 10:52.32 1:52.24	800m: 14:28.93 1:47.36	

Prova 3, Femin., 800m Livres, Master E

Lugar	Idade	Tempo final	Pts
4. Vanessa Mendes, Inacio	46 Rio Maior	15:09.31	260
100m: 1:45.43 1:45.43	300m: 5:36.14 1:56.68	500m: 9:26.99 1:55.36	700m: 13:17.38 1:54.37
200m: 3:39.46 1:54.03	400m: 7:31.63 1:55.49	600m: 11:23.01 1:56.02	800m: 15:09.31 1:51.93
5. Ana Maria, Martins	47 Sporting Clube de Aveiro	15:34.68	239
100m: 1:50.32 1:50.32	300m: 5:48.45 1:59.12	500m: 9:47.20 1:59.21	700m: 13:43.91 1:57.27
200m: 3:49.33 1:59.01	400m: 7:47.99 1:59.54	600m: 11:46.64 1:59.44	800m: 15:34.68 1:50.77
6. Carmen Joao, Freitas	46 Natacao de Valongo	16:48.09	191
100m: 1:56.16 1:56.16	300m: 6:08.27 2:07.56	500m: 10:26.84 2:10.70	700m: 14:45.04 2:08.92
200m: 4:00.71 2:04.55	400m: 8:16.14 2:07.87	600m: 12:36.12 2:09.28	800m: 16:48.09 2:03.05
7. Joana Isabel, Leite	46 Cfp	16:58.38	185
100m: 1:55.69 1:55.69	300m: 6:11.43 2:09.59	500m: 10:32.35 2:10.08	700m: 14:51.27 2:08.93
200m: 4:01.84 2:06.15	400m: 8:22.27 2:10.84	600m: 12:42.34 2:09.99	800m: 16:58.38 2:07.11

Master F

1. Juliana Sanches, Elias	50 Nadadores dos Estoris	13:46.26	368
100m: 1:43.93 1:43.93	300m: 5:15.56 1:44.78	500m: 8:43.40 1:43.63	700m: 12:08.62 1:41.79
200m: 3:30.78 1:46.85	400m: 6:59.77 1:44.21	600m: 10:26.83 1:43.43	800m: 13:46.26 1:37.64
2. Ana Claudia, Gomes	50 Académica de Coimbra	14:48.32	296
100m: 1:43.89 1:43.89	300m: 5:30.58 1:52.46	500m: 9:15.74 1:53.18	700m: 13:00.30 1:51.23
200m: 3:38.12 1:54.23	400m: 7:22.56 1:51.98	600m: 11:09.07 1:53.33	800m: 14:48.32 1:48.02
3. Isabel Maria, Pinto	54 Cfp	15:05.44	280
100m: 1:49.53 1:49.53	300m: 5:39.38 1:55.17	500m: 9:27.78 1:54.03	700m: 13:15.82 1:53.64
200m: 3:44.21 1:54.68	400m: 7:33.75 1:54.37	600m: 11:22.18 1:54.40	800m: 15:05.44 1:49.62
4. Cristina Nicoleta, Lipciuc	53 Braga	15:35.82	253
100m: 1:43.76 1:43.76	300m: 5:38.20 1:59.20	500m: 9:38.64 2:01.37	700m: 13:40.34 2:00.34
200m: 3:39.00 1:55.24	400m: 7:37.27 1:59.07	600m: 11:40.00 2:01.36	800m: 15:35.82 1:55.48
5. Paula Nobre, Leitao	52 Grupo dos Amigos da Natacao	16:06.56	230
100m: 1:48.80 1:48.80	300m: 5:55.00 2:04.61	500m: 10:03.25 2:05.45	700m: 14:07.72 2:00.98
200m: 3:50.39 2:01.59	400m: 7:57.80 2:02.80	600m: 12:06.74 2:03.49	800m: 16:06.56 1:58.84
6. Isabel Maria, Mesquita	51 Natacao de Valongo	16:17.56	222
100m: 1:51.21 1:51.21	300m: 5:58.05 2:04.18	500m: 10:09.54 2:04.79	700m: 14:23.08 2:04.26
200m: 3:53.87 2:02.66	400m: 8:04.75 2:06.70	600m: 12:18.82 2:09.28	800m: 16:17.56 1:54.48
7. Teresa Susana, Mota	50 Braga	18:43.66	146
100m: 2:01.95 2:01.95	300m: 6:48.87 2:24.11	500m: 11:38.67 2:25.30	700m: 16:26.51 2:24.18
200m: 4:24.76 2:22.81	400m: 9:13.37 2:24.50	600m: 14:02.33 2:23.66	800m: 18:43.66 2:17.15

Master G

1. Marta Sofia, Costa	55 Centro Desp. Universitario do Porto	13:14.95	440
100m: 1:28.59 1:28.59	300m: 4:48.83 1:41.19	500m: 8:10.87 1:40.70	700m: 11:34.27 1:41.41
200m: 3:07.64 1:39.05	400m: 6:30.17 1:41.34	600m: 9:52.86 1:41.99	800m: 13:14.95 1:40.68
2. Maria Manuela, Ferreira	56 Vitória Sport Clube	13:45.65	393
100m: 1:37.62 1:37.62	300m: 5:03.22 1:42.75	500m: 8:34.55 1:46.03	700m: 12:05.18 1:45.88
200m: 3:20.47 1:42.85	400m: 6:48.52 1:45.30	600m: 10:19.30 1:44.75	800m: 13:45.65 1:40.47
3. Paula Margarida, Navarro	58 Natacao de Valongo	13:56.17	378
100m: 1:37.03 1:37.03	300m: 5:11.58 1:48.03	500m: 8:44.08 1:45.82	700m: 12:15.55 1:45.19
200m: 3:23.55 1:46.52	400m: 6:58.26 1:46.68	600m: 10:30.36 1:46.28	800m: 13:56.17 1:40.62

Prova 3, Femin., 800m Livres, Master G

Lugar	Idade	Tempo final	Pts
4. Maria Paula, Santos	55 Natacao de Valongo	15:08.72	294
100m: 1:44.64 1:44.64	300m: 5:43.09 1:57.93	500m: 9:36.48 1:56.09	700m: 13:24.06 1:52.45
200m: 3:45.16 2:00.52	400m: 7:40.39 1:57.30	600m: 11:31.61 1:55.13	800m: 15:08.72 1:44.66

Master H

1. Maria Helena, Carmo	60 Individual ANL	12:00.32	946
<i>Recorde Nacional</i>			
100m: 1:25.91 1:25.91	300m: 4:26.90 1:30.34	500m: 7:26.01 1:29.76	700m: 10:29.21 1:31.77
200m: 2:56.56 1:30.65	400m: 5:56.25 1:29.35	600m: 8:57.44 1:31.43	800m: 12:00.32 1:31.11
2. Maria Madalena, Caninas	63 Clube Natacao Masters de Almada	16:55.45	337
100m: 1:53.64 1:53.64	300m: 6:12.23 2:10.21	500m: 10:32.09 2:08.72	700m: 14:52.65 2:09.71
200m: 4:02.02 2:08.38	400m: 8:23.37 2:11.14	600m: 12:42.94 2:10.85	800m: 16:55.45 2:02.80
3. Helena Maria, Cardoso	60 Cfp	19:01.16	238
100m: 1:57.38 1:57.38	300m: 6:41.01 2:26.80	500m: 11:42.24 2:29.82	700m: 16:35.59 2:26.28
200m: 4:14.21 2:16.83	400m: 9:12.42 2:31.41	600m: 14:09.31 2:27.07	800m: 19:01.16 2:25.57

Master I

1. Maria Teresa, Oliveira	69 Académica de Coimbra	15:17.05	533
100m: 1:49.68 1:49.68	300m: 5:44.07 1:56.48	500m: 9:38.04 1:55.82	700m: 13:27.84 1:54.56
200m: 3:47.59 1:57.91	400m: 7:42.22 1:58.15	600m: 11:33.28 1:55.24	800m: 15:17.05 1:49.21
2. Cristina Maria, Oliveira	66 Natacao de Valongo	17:07.34	379
100m: 1:48.05 1:48.05	300m: 6:08.29 2:12.98	500m: 10:37.05 2:12.76	700m: 15:00.79 2:11.57
200m: 3:55.31 2:07.26	400m: 8:24.29 2:16.00	600m: 12:49.22 2:12.17	800m: 17:07.34 2:06.55

Master J

1. Maria Felix, Ferreira	72 Sad	21:10.22	241
100m: 2:23.19 2:23.19	300m: 7:46.29 2:42.98	500m: 13:09.05 2:45.44	700m: 18:33.53 2:44.65
200m: 5:03.31 2:40.12	400m: 10:23.61 2:37.32	600m: 15:48.88 2:39.83	800m: 21:10.22 2:36.69

Prova 4 11/04/2026 - 16:28	Masc., 800m Livres				Master Resultados
RN Masters 50m O	59:00.00	,			01/01/1800
RN Masters 50m N	42:38.51	Virgilio Zacarias, Costa	AAC	Reguengos de Monsaraz	08/07/2022
RN Masters 50m M	28:07.08	Joao Rodrigues, Teixeira	AAC	Coimbra	25/02/2024
RN Masters 50m L	17:23.11	Luis Vidigal, Salgueiro	SAD	Reguengos de Monsaraz	10/07/2025
RN Masters 50m K	13:28.27	Stephen Thomas, Dyson	SAD	Póvoa de Varzim	26/02/2022
RN Masters 50m J	12:08.51	Stephen Thomas, Dyson	SAD	Budapeste (HUN)	14/08/2017
RN Masters 50m I	12:03.06	Alberto Vaz, Correia	FS	Póvoa de Varzim	22/02/2020
RN Masters 50m H	9:50.23	Jose Carlos, Freitas	CNLA	Kyushu (JPN)	05/08/2023
RN Masters 50m G	9:23.23	Jose Carlos, Freitas	CFP	Loulé	13/07/2018
RN Masters 50m F	9:16.56	Jose Carlos, Freitas	CFP	Montreal (CAN)	03/08/2014
RN Masters 50m E	9:11.17	Jose Carlos, Freitas	CFP	Oeiras	01/07/2011
RN Masters 50m D	9:44.98	Rodrigo Marques, Costa	CNLA	Budapeste (HUN)	14/08/2017
RN Masters 50m C	9:03.11	Pedro Miguel, Pinotes	SCP	Reguengos de Monsaraz	10/07/2025
RN Masters 50m B	8:53.01	Pedro Miguel, Silva	CFV	Coimbra	20/06/2009
RN Masters 50m A	8:46.63	Pedro Miguel, Silva	ADRCIMM	Reguengos de Monsaraz	19/07/2019

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts
Master A			
1. Diogo Ferreira, Neves	28 Natacao de Valongo	9:43.99	711
100m: 1:08.34 1:08.34	300m: 3:37.17 1:14.46	500m: 6:05.61 1:14.17	700m: 8:34.49 1:13.77
200m: 2:22.71 1:14.37	400m: 4:51.44 1:14.27	600m: 7:20.72 1:15.11	800m: 9:43.99 1:09.50
2. João Pedro, Tarquinio	29 Alcobaca	10:27.20	574
100m: 1:11.87 1:11.87	300m: 3:46.83 1:17.69	500m: 6:25.55 1:20.18	700m: 9:08.21 1:21.59
200m: 2:29.14 1:17.27	400m: 5:05.37 1:18.54	600m: 7:46.62 1:21.07	800m: 10:27.20 1:18.99
3. Joao Rafael, Borges	27 Penafiel	11:05.90	479
100m: 1:14.67 1:14.67	300m: 4:01.53 1:23.88	500m: 6:51.91 1:25.02	700m: 9:43.92 1:26.24
200m: 2:37.65 1:22.98	400m: 5:26.89 1:25.36	600m: 8:17.68 1:25.77	800m: 11:05.90 1:21.98
4. Vitor Lelis, Leite	27 Braga	11:51.28	393
100m: 1:16.84 1:16.84	300m: 4:16.87 1:31.58	500m: 7:19.92 1:32.07	700m: 10:26.04 1:32.96
200m: 2:45.29 1:28.45	400m: 5:47.85 1:30.98	600m: 8:53.08 1:33.16	800m: 11:51.28 1:25.24

Master B			
1. Goncalo Goncalves, Meneses	34 Braga	10:43.40	437
100m: 1:13.29 1:13.29	300m: 3:50.13 1:19.45	500m: 6:33.13 1:22.16	700m: 9:20.83 1:23.87
200m: 2:30.68 1:17.39	400m: 5:10.97 1:20.84	600m: 7:56.96 1:23.83	800m: 10:43.40 1:22.57
2. Diogo Antonio, Carvalho	33 Natacao de Valongo	11:09.26	388
100m: 1:14.44 1:14.44	300m: 3:59.73 1:23.75	500m: 6:51.06 1:25.68	700m: 9:45.38 1:26.91
200m: 2:35.98 1:21.54	400m: 5:25.38 1:25.65	600m: 8:18.47 1:27.41	800m: 11:09.26 1:23.88
3. Goncalo Sampaio, Garcia	33 Centro Desp. Universitario do Porto	12:15.11	293
100m: 1:26.39 1:26.39	300m: 4:32.54 1:33.30	500m: 7:39.10 1:33.73	700m: 10:45.15 1:32.97
200m: 2:59.24 1:32.85	400m: 6:05.37 1:32.83	600m: 9:12.18 1:33.08	800m: 12:15.11 1:29.96

Master C			
1. Pedro Frago, Lopes	36 Porto	9:45.35	765
100m: 1:10.03 1:10.03	300m: 3:40.13 1:14.61	500m: 6:06.79 1:13.31	700m: 8:34.14 1:13.46
200m: 2:25.52 1:15.49	400m: 4:53.48 1:13.35	600m: 7:20.68 1:13.89	800m: 9:45.35 1:11.21
2. Diogo Miguel, Paulino	36 Alcobaca	10:02.42	702
100m: 1:09.60 1:09.60	300m: 3:41.50 1:15.89	500m: 6:15.36 1:17.67	700m: 8:49.12 1:15.91
200m: 2:25.61 1:16.01	400m: 4:57.69 1:16.19	600m: 7:33.21 1:17.85	800m: 10:02.42 1:13.30

Prova 4, Masc., 800m Livres, Master C

Lugar	Nome		Idade	Clube	Tempo final	Pts
3.	Filipe Gouveia, Goncalves		39	Lisboa PoolSharks	10:09.20	679
	100m: 1:12.55	1:12.55	300m: 3:47.11	1:17.17	500m: 6:20.39	1:16.64
	200m: 2:29.94	1:17.39	400m: 5:03.75	1:16.64	600m: 7:36.83	1:16.44
					700m: 8:54.24	1:17.41
					800m: 10:09.20	1:14.96
4.	Carlos Octavio, Fernandes		38	Académica de Coimbra	11:01.42	530
	100m: 1:16.01	1:16.01	300m: 4:02.73	1:23.67	500m: 6:51.66	1:24.73
	200m: 2:39.06	1:23.05	400m: 5:26.93	1:24.20	600m: 8:15.91	1:24.25
					700m: 9:40.10	1:24.19
					800m: 11:01.42	1:21.32
5.	Jorge Miguel, Xavier		37	Braga	11:56.59	417
	100m: 1:19.08	1:19.08	300m: 4:17.18	1:30.32	500m: 7:20.42	1:32.27
	200m: 2:46.86	1:27.78	400m: 5:48.15	1:30.97	600m: 8:53.46	1:33.04
					700m: 10:26.87	1:33.41
					800m: 11:56.59	1:29.72
6.	Caio Nunes, Pereira		37	Cfp	11:59.06	413
	100m: 1:21.79	1:21.79	300m: 4:20.60	1:30.36	500m: 7:24.73	1:32.33
	200m: 2:50.24	1:28.45	400m: 5:52.40	1:31.80	600m: 8:57.98	1:33.25
					700m: 10:30.94	1:32.96
					800m: 11:59.06	1:28.12
7.	Miguel Alexandre, Montenegro		38	Centro Desp. Universitario do Porto	12:32.35	360
	100m: 1:24.71	1:24.71	300m: 4:37.72	1:37.43	500m: 7:51.08	1:36.27
	200m: 3:00.29	1:35.58	400m: 6:14.81	1:37.09	600m: 9:25.77	1:34.69
					700m: 11:01.70	1:35.93
					800m: 12:32.35	1:30.65
8.	Gustavo Jose, Fresco		39	Académica de Coimbra	12:42.09	347
	100m: 1:19.64	1:19.64	300m: 4:30.53	1:36.96	500m: 7:49.54	1:39.94
	200m: 2:53.57	1:33.93	400m: 6:09.60	1:39.07	600m: 9:29.88	1:40.34
					700m: 11:11.02	1:41.14
					800m: 12:42.09	1:31.07
9.	Pedro Emanuel, Gomes		38	Natacao de Valongo	13:15.52	305
	100m: 1:28.07	1:28.07	300m: 4:46.54	1:40.04	500m: 8:15.20	1:44.52
	200m: 3:06.50	1:38.43	400m: 6:30.68	1:44.14	600m: 9:59.18	1:43.98
					700m: 11:40.82	1:41.64
					800m: 13:15.52	1:34.70
10.	Jorge Filipe, Cardoso		39	Braga	13:19.39	300
	100m: 1:26.22	1:26.22	300m: 4:45.85	1:41.51	500m: 8:13.72	1:43.36
	200m: 3:04.34	1:38.12	400m: 6:30.36	1:44.51	600m: 9:58.08	1:44.36
					700m: 11:41.23	1:43.15
					800m: 13:19.39	1:38.16
11.	Tiago Filipe, Silva FTL		37	Sporting Clube de Aveiro	15:02.27	209
	100m: 1:38.28	1:38.28	300m: 5:17.78	1:52.51	500m: 9:09.90	1:57.25
	200m: 3:25.27	1:46.99	400m: 7:12.65	1:54.87	600m: 11:09.15	1:59.25
					700m: 13:06.30	1:57.15
					800m: 15:02.27	1:55.97

Master D

1.	Diogo Marques, Pratas		40	Gafanha da Encarnação	10:39.41	558
	100m: 1:12.07	1:12.07	300m: 3:50.54	1:20.13	500m: 6:33.98	1:21.93
	200m: 2:30.41	1:18.34	400m: 5:12.05	1:21.51	600m: 7:56.64	1:22.66
					700m: 9:19.15	1:22.51
					800m: 10:39.41	1:20.26
2.	Marco Filipe, Duarte		41	FC Ferreiras/AlgarExperience	10:53.47	523
	100m: 1:15.67	1:15.67	300m: 4:00.07	1:23.11	500m: 6:48.02	1:23.95
	200m: 2:36.96	1:21.29	400m: 5:24.07	1:24.00	600m: 8:11.57	1:23.55
					700m: 9:34.95	1:23.38
					800m: 10:53.47	1:18.52
3.	Tiago Miguel, Neves		41	Palmela Desporto	10:57.00	514
	100m: 1:16.00	1:16.00	300m: 3:59.72	1:22.39	500m: 6:46.61	1:23.80
	200m: 2:37.33	1:21.33	400m: 5:22.81	1:23.09	600m: 8:10.50	1:23.89
					700m: 9:34.90	1:24.40
					800m: 10:57.00	1:22.10
4.	Pedro Joao, Morais		40	Porto	11:44.81	416
	100m: 1:17.19	1:17.19	300m: 4:12.63	1:28.65	500m: 7:12.46	1:30.51
	200m: 2:43.98	1:26.79	400m: 5:41.95	1:29.32	600m: 8:43.86	1:31.40
					700m: 10:15.49	1:31.63
					800m: 11:44.81	1:29.32
5.	Marcelo Porto, Rodrigues		44	Natacao de Valongo	11:45.83	415
	100m: 1:21.12	1:21.12	300m: 4:20.51	1:30.61	500m: 7:23.01	1:31.67
	200m: 2:49.90	1:28.78	400m: 5:51.34	1:30.83	600m: 8:53.54	1:30.53
					700m: 10:21.87	1:28.33
					800m: 11:45.83	1:23.96
6.	Ricardo Lourenco, Alves		42	Galitos / Bresimar	12:19.10	361
	100m: 1:22.82	1:22.82	300m: 4:28.07	1:34.67	500m: 7:37.45	1:34.91
	200m: 2:53.40	1:30.58	400m: 6:02.54	1:34.47	600m: 9:12.33	1:34.88
					700m: 10:47.08	1:34.75
					800m: 12:19.10	1:32.02

Prova 4, Masc., 800m Livres, Master D

Lugar	Nome	Idade	Local	Tempo final	Pts
7.	Vitor Moreira, Carvalho	40	Braga	12:26.59	350
	100m: 1:22.25 1:22.25	300m: 4:28.32 1:34.79	500m: 7:42.17 1:37.53	700m: 10:58.25 1:38.04	
	200m: 2:53.53 1:31.28	400m: 6:04.64 1:36.32	600m: 9:20.21 1:38.04	800m: 12:26.59 1:28.34	
8.	Amilcar Filipe, Pires	42	CNLeiria - VOID	17:43.21	121
	<i>FTL</i>				
	100m: 1:54.27 1:54.27	300m: 6:19.25 2:14.76	500m: 10:54.73 2:17.70	700m: 15:28.71 2:15.83	
	200m: 4:04.49 2:10.22	400m: 8:37.03 2:17.78	600m: 13:12.88 2:18.15	800m: 17:43.21 2:14.50	

Master E

1.	Goncalo Mano, Bento	49	Gafanha da Encarnação	11:21.34	470
	100m: 1:19.23 1:19.23	300m: 4:09.92 1:25.80	500m: 7:02.05 1:25.86	700m: 9:57.27 1:27.71	
	200m: 2:44.12 1:24.89	400m: 5:36.19 1:26.27	600m: 8:29.56 1:27.51	800m: 11:21.34 1:24.07	
2.	Jorge Miguel, Oliveira	46	Natacao de Valongo	12:25.84	358
	100m: 1:22.21 1:22.21	300m: 4:29.78 1:35.84	500m: 7:42.45 1:36.91	700m: 10:55.95 1:35.88	
	200m: 2:53.94 1:31.73	400m: 6:05.54 1:35.76	600m: 9:20.07 1:37.62	800m: 12:25.84 1:29.89	
3.	Pedro Santos, Gouveia	45	Académica de Coimbra	14:21.93	232
	100m: 1:33.63 1:33.63	300m: 5:10.39 1:48.24	500m: 8:51.60 1:50.76	700m: 12:33.93 1:51.66	
	200m: 3:22.15 1:48.52	400m: 7:00.84 1:50.45	600m: 10:42.27 1:50.67	800m: 14:21.93 1:48.00	
4.	Nuno Silva, Afonso	47	Académica de Coimbra	14:22.53	232
	100m: 1:29.79 1:29.79	300m: 5:05.59 1:49.87	500m: 8:51.34 1:53.37	700m: 12:37.78 1:53.23	
	200m: 3:15.72 1:45.93	400m: 6:57.97 1:52.38	600m: 10:44.55 1:53.21	800m: 14:22.53 1:44.75	
5.	Marco Paulo, Ferreira	48	Braga	14:26.75	228
	100m: 1:33.25 1:33.25	300m: 5:05.52 1:48.14	500m: 8:49.81 1:52.48	700m: 12:37.00 1:53.55	
	200m: 3:17.38 1:44.13	400m: 6:57.33 1:51.81	600m: 10:43.45 1:53.64	800m: 14:26.75 1:49.75	
6.	Hugo Alexandre, Dias	46	Alpha Infiniti Athlete	18:05.38	116
	<i>FTL</i>				
	100m: 1:59.79 1:59.79	300m: 6:29.43 2:17.24	500m: 11:04.81 2:15.04	700m: 15:48.08 2:19.46	
	200m: 4:12.19 2:12.40	400m: 8:49.77 2:20.34	600m: 13:28.62 2:23.81	800m: 18:05.38 2:17.30	

Master F

1.	Antonio Luis, Portela	51	Cfp	10:40.01	638
	100m: 1:15.60 1:15.60	300m: 3:56.53 1:21.06	500m: 6:39.18 1:21.07	700m: 9:21.68 1:21.28	
	200m: 2:35.47 1:19.87	400m: 5:18.11 1:21.58	600m: 8:00.40 1:21.22	800m: 10:40.01 1:18.33	
2.	Rui Alexandre, Santos	50	Nadadores dos Estoris	12:02.67	443
	100m: 1:19.27 1:19.27	300m: 4:23.10 1:33.25	500m: 7:28.77 1:32.90	700m: 10:34.32 1:31.91	
	200m: 2:49.85 1:30.58	400m: 5:55.87 1:32.77	600m: 9:02.41 1:33.64	800m: 12:02.67 1:28.35	
3.	Ricardo Velho, Franco	52	Geslours	12:50.78	365
	100m: 1:25.48 1:25.48	300m: 4:37.02 1:37.38	500m: 7:54.93 1:39.77	700m: 11:14.99 1:39.20	
	200m: 2:59.64 1:34.16	400m: 6:15.16 1:38.14	600m: 9:35.79 1:40.86	800m: 12:50.78 1:35.79	
4.	Vitor Manuel, Cardoso	54	Natacao de Valongo	13:15.48	332
	100m: 1:28.86 1:28.86	300m: 4:52.56 1:41.93	500m: 8:18.99 1:43.11	700m: 11:40.56 1:41.19	
	200m: 3:10.63 1:41.77	400m: 6:35.88 1:43.32	600m: 9:59.37 1:40.38	800m: 13:15.48 1:34.92	
5.	Telmo Eduardo, Ribeiro	51	Natacao de Valongo	16:35.31	169
	<i>FTL</i>				
	100m: 1:37.83 1:37.83	300m: 5:43.45 2:05.99	500m: 10:05.18 2:11.63	700m: 14:33.92 2:13.97	
	200m: 3:37.46 1:59.63	400m: 7:53.55 2:10.10	600m: 12:19.95 2:14.77	800m: 16:35.31 2:01.39	

Prova 4, Masc., 800m Livres

Master G

1. Marcelo Jose, Martins	55	Cfp	11:11.75	601
100m: 1:19.42 1:19.42	300m: 4:09.09 1:25.15	500m: 7:03.35 1:26.86	700m: 9:54.63 1:25.52	
200m: 2:43.94 1:24.52	400m: 5:36.49 1:27.40	600m: 8:29.11 1:25.76	800m: 11:11.75 1:17.12	
2. Flavio Martins, Moreira	56	Académica de Coimbra	12:04.32	480
100m: 1:23.56 1:23.56	300m: 4:25.98 1:32.13	500m: 7:30.78 1:32.30	700m: 10:34.60 1:32.10	
200m: 2:53.85 1:30.29	400m: 5:58.48 1:32.50	600m: 9:02.50 1:31.72	800m: 12:04.32 1:29.72	
3. Rui Miguel, Tejo	57	Académica de Coimbra	12:07.29	474
100m: 1:23.05 1:23.05	300m: 4:26.52 1:32.53	500m: 7:33.13 1:33.51	700m: 10:39.18 1:32.45	
200m: 2:53.99 1:30.94	400m: 5:59.62 1:33.10	600m: 9:06.73 1:33.60	800m: 12:07.29 1:28.11	
4. Oscar Pablo, Iroldi	56	Cfp	13:06.96	374
100m: 1:31.46 1:31.46	300m: 4:46.99 1:38.07	500m: 8:06.25 1:40.18	700m: 11:31.18 1:42.65	
200m: 3:08.92 1:37.46	400m: 6:26.07 1:39.08	600m: 9:48.53 1:42.28	800m: 13:06.96 1:35.78	
5. Rui Miguel, Henriques	57	Nadadores dos Estoris	13:24.33	350
100m: 1:28.83 1:28.83	300m: 4:52.35 1:42.79	500m: 8:21.39 1:45.30	700m: 11:49.04 1:43.13	
200m: 3:09.56 1:40.73	400m: 6:36.09 1:43.74	600m: 10:05.91 1:44.52	800m: 13:24.33 1:35.29	
6. Luis Miguel, Loureiro	58	Cfp	14:41.59	266
100m: 1:45.56 1:45.56	300m: 5:27.58 1:50.72	500m: 9:10.51 1:51.34	700m: 12:54.05 1:51.06	
200m: 3:36.86 1:51.30	400m: 7:19.17 1:51.59	600m: 11:02.99 1:52.48	800m: 14:41.59 1:47.54	
7. Isidro Marcelino, Macedo	58	Vitória Sport Clube	14:41.65	266
100m: 1:41.72 1:41.72	300m: 5:20.66 1:50.13	500m: 9:03.23 1:51.59	700m: 12:52.18 1:58.27	
200m: 3:30.53 1:48.81	400m: 7:11.64 1:50.98	600m: 10:53.91 1:50.68	800m: 14:41.65 1:49.47	
8. Carlos Filipe, Canito	57	Natacao de Valongo	15:54.66	209
100m: 2:00.18 2:00.18	300m: 6:12.81 2:03.29	500m: 10:11.55 1:57.12	700m: 14:02.50 1:55.14	
200m: 4:09.52 2:09.34	400m: 8:14.43 2:01.62	600m: 12:07.36 1:55.81	800m: 15:54.66 1:52.16	
9. Jose Carlos, Ramalho	59	Braga	16:38.04	183
100m: 1:52.53 1:52.53	300m: 6:07.32 2:07.51	500m: 10:22.31 2:08.53	700m: 14:37.68 2:08.20	
200m: 3:59.81 2:07.28	400m: 8:13.78 2:06.46	600m: 12:29.48 2:07.17	800m: 16:38.04 2:00.36	

Master H

1. Jose Carlos, Freitas	63	Individual ANNP	10:04.79	1107
100m: 1:12.60 1:12.60	300m: 3:46.92 1:17.18	500m: 6:19.43 1:16.02	700m: 8:50.74 1:15.62	
200m: 2:29.74 1:17.14	400m: 5:03.41 1:16.49	600m: 7:35.12 1:15.69	800m: 10:04.79 1:14.05	
2. Carlos Jorge, Oliveira	62	Clube Natacao Masters de Almada	11:17.21	788
100m: 1:18.14 1:18.14	300m: 4:09.14 1:25.88	500m: 7:01.24 1:25.66	700m: 9:54.22 1:26.48	
200m: 2:43.26 1:25.12	400m: 5:35.58 1:26.44	600m: 8:27.74 1:26.50	800m: 11:17.21 1:22.99	
3. Nuno Silva, Lobo	63	Cfp	11:48.71	688
100m: 1:21.13 1:21.13	300m: 4:21.76 1:30.82	500m: 7:21.55 1:30.55	700m: 10:23.37 1:30.59	
200m: 2:50.94 1:29.81	400m: 5:51.00 1:29.24	600m: 8:52.78 1:31.23	800m: 11:48.71 1:25.34	
4. Adelino Jose, Casas	60	Individual ANL	11:55.72	668
100m: 1:21.21 1:21.21	300m: 4:18.76 1:29.92	500m: 7:20.84 1:31.67	700m: 10:25.33 1:32.18	
200m: 2:48.84 1:27.63	400m: 5:49.17 1:30.41	600m: 8:53.15 1:32.31	800m: 11:55.72 1:30.39	
5. Antonio Jorge, Martinho	61	Académica de Coimbra	13:06.38	503
100m: 1:28.71 1:28.71	300m: 4:49.90 1:40.92	500m: 8:12.70 1:41.32	700m: 11:33.42 1:40.28	
200m: 3:08.98 1:40.27	400m: 6:31.38 1:41.48	600m: 9:53.14 1:40.44	800m: 13:06.38 1:32.96	
6. Antonio Carlos, Carita	61	Académica de Coimbra	13:43.83	438
100m: 1:34.49 1:34.49	300m: 5:01.75 1:44.86	500m: 8:30.26 1:44.49	700m: 12:01.12 1:45.50	
200m: 3:16.89 1:42.40	400m: 6:45.77 1:44.02	600m: 10:15.62 1:45.36	800m: 13:43.83 1:42.71	

Prova 4, Masc., 800m Livres, Master H

Lugar	Nome		Idade	Local	Tempo final				Pts			
7.	Nuno Carlos, Albuquerque		62	Braga	14:15.95				390			
	100m:	1:37.34	1:37.34	300m:	5:13.10	1:48.06	500m:	8:51.52	1:49.72	700m:	12:30.18	1:48.90
	200m:	3:25.04	1:47.70	400m:	7:01.80	1:48.70	600m:	10:41.28	1:49.76	800m:	14:15.95	1:45.77
8.	Francisco Jose, Grilo		62	Braga	14:27.40				375			
	100m:	1:36.22	1:36.22	300m:	5:14.15	1:51.22	500m:	8:57.84	1:52.75	700m:	12:39.40	1:50.35
	200m:	3:22.93	1:46.71	400m:	7:05.09	1:50.94	600m:	10:49.05	1:51.21	800m:	14:27.40	1:48.00
9.	Rui Manuel, Cunha		62	Académica de Coimbra	14:36.67				363			
	100m:	1:38.34	1:38.34	300m:	5:21.15	1:52.06	500m:	9:05.68	1:51.81	700m:	12:48.72	1:51.00
	200m:	3:29.09	1:50.75	400m:	7:13.87	1:52.72	600m:	10:57.72	1:52.04	800m:	14:36.67	1:47.95
10.	Francisco Jorge, Ferreira		64	Académica de Coimbra	14:48.64				349			
	100m:	1:44.34	1:44.34	300m:	5:30.29	1:53.31	500m:	9:17.68	1:53.76	700m:	13:02.80	1:52.27
	200m:	3:36.98	1:52.64	400m:	7:23.92	1:53.63	600m:	11:10.53	1:52.85	800m:	14:48.64	1:45.84
11.	Daniel Castro, Trigo		61	Sporting Clube de Aveiro	15:19.20				315			
	100m:	1:45.05	1:45.05	300m:	5:37.31	1:57.85	500m:	9:34.07	1:57.95	700m:	13:29.14	1:57.71
	200m:	3:39.46	1:54.41	400m:	7:36.12	1:58.81	600m:	11:31.43	1:57.36	800m:	15:19.20	1:50.06
12.	Vitor Manuel, Cardoso		61	Gesloures	15:55.55				280			
	100m:	1:51.41	1:51.41	300m:	5:56.52	2:02.36	500m:	10:01.67	2:02.42	700m:	14:03.22	2:00.01
	200m:	3:54.16	2:02.75	400m:	7:59.25	2:02.73	600m:	12:03.21	2:01.54	800m:	15:55.55	1:52.33
13.	Luis Joao, Mourao		64	Natacao de Valongo	16:57.29				232			
	100m:	1:51.00	1:51.00	300m:	6:03.86	2:08.98	500m:	10:22.46	2:10.52	700m:	14:49.43	2:14.40
	200m:	3:54.88	2:03.88	400m:	8:11.94	2:08.08	600m:	12:35.03	2:12.57	800m:	16:57.29	2:07.86

Master I

1.	Jaime Carlos, Bento		65	Sad	11:10.43				897			
	<i>Recorde Nacional</i>											
	100m:	1:16.45	1:16.45	300m:	4:06.53	1:25.74	500m:	6:57.47	1:25.54	700m:	9:48.84	1:25.93
	200m:	2:40.79	1:24.34	400m:	5:31.93	1:25.40	600m:	8:22.91	1:25.44	800m:	11:10.43	1:21.59
2.	Oscar Filipe, Goncalves		68	Cfp	12:48.17				596			
	100m:	1:31.86	1:31.86	300m:	4:48.99	1:38.07	500m:	8:02.70	1:36.56	700m:	11:15.78	1:36.57
	200m:	3:10.92	1:39.06	400m:	6:26.14	1:37.15	600m:	9:39.21	1:36.51	800m:	12:48.17	1:32.39
3.	Mario Jose, Pinto		69	Académica de Coimbra	12:50.72				590			
	100m:	1:32.39	1:32.39	300m:	4:47.41	1:37.85	500m:	8:03.05	1:37.82	700m:	11:17.62	1:36.98
	200m:	3:09.56	1:37.17	400m:	6:25.23	1:37.82	600m:	9:40.64	1:37.59	800m:	12:50.72	1:33.10
4.	Henrique Luis, Seabra		65	Cfp	12:59.18				571			
	100m:	1:26.70	1:26.70	300m:	4:39.63	1:37.44	500m:	7:57.80	1:39.46	700m:	11:18.61	1:41.14
	200m:	3:02.19	1:35.49	400m:	6:18.34	1:38.71	600m:	9:37.47	1:39.67	800m:	12:59.18	1:40.57
5.	Joao Castro, Teixeira		65	Grupo dos Amigos da Natacao	15:28.72				337			
	100m:	1:43.12	1:43.12	300m:	5:38.34	1:58.27	500m:	9:34.83	1:58.32	700m:	13:31.90	1:58.82
	200m:	3:40.07	1:56.95	400m:	7:36.51	1:58.17	600m:	11:33.08	1:58.25	800m:	15:28.72	1:56.82
6.	Jose Luis, Correia		67	Nadadores dos Estoris	16:12.97				293			
	100m:	1:48.64	1:48.64	300m:	5:50.11	2:02.69	500m:	9:59.07	2:05.08	700m:	14:11.55	2:06.71
	200m:	3:47.42	1:58.78	400m:	7:53.99	2:03.88	600m:	12:04.84	2:05.77	800m:	16:12.97	2:01.42
7.	Manoel Pinto, Filho		65	Braga	17:22.99				238			
	100m:	1:47.44	1:47.44	300m:	6:00.65	2:08.89	500m:	10:29.38	2:15.77	700m:	15:05.14	2:18.26
	200m:	3:51.76	2:04.32	400m:	8:13.61	2:12.96	600m:	12:46.88	2:17.50	800m:	17:22.99	2:17.85
8.	Arnaldo Silva, Martins		65	Cfp	18:01.88				213			
	100m:	2:05.60	2:05.60	300m:	6:42.77	2:19.60	500m:	11:18.08	2:16.67	700m:	15:49.98	2:16.02
	200m:	4:23.17	2:17.57	400m:	9:01.41	2:18.64	600m:	13:33.96	2:15.88	800m:	18:01.88	2:11.90

Prova 4, Masc., 800m Livres

Master J

1. Vitor Manuel, Mavioso	70	Sad	12:32.55	781
100m: 1:29.50 1:29.50	300m: 4:39.73 1:34.77	500m: 7:49.37 1:34.88	700m: 11:00.76 1:35.55	
200m: 3:04.96 1:35.46	400m: 6:14.49 1:34.76	600m: 9:25.21 1:35.84	800m: 12:32.55 1:31.79	
2. Carlos Augusto, Correia	74	Clube Natacao Masters de Almada	14:39.12	490
100m: 1:43.27 1:43.27	300m: 5:25.39 1:51.00	500m: 9:09.03 1:52.16	700m: 12:51.51 1:50.89	
200m: 3:34.39 1:51.12	400m: 7:16.87 1:51.48	600m: 11:00.62 1:51.59	800m: 14:39.12 1:47.61	
3. Francisco Jose, Costa	72	Cfp	17:48.47	272
100m: 1:58.39 1:58.39	300m: 6:29.19 2:16.50	500m: 11:04.79 2:18.00	700m: 15:39.29 2:16.68	
200m: 4:12.69 2:14.30	400m: 8:46.79 2:17.60	600m: 13:22.61 2:17.82	800m: 17:48.47 2:09.18	
4. Joao Luis, Roseira	71	Cfp	19:37.37	204
100m: 2:15.45 2:15.45	300m: 7:08.43 2:27.53	500m: 12:09.54 2:30.07	700m: 17:11.90 2:32.09	
200m: 4:40.90 2:25.45	400m: 9:39.47 2:31.04	600m: 14:39.81 2:30.27	800m: 19:37.37 2:25.47	

Master K

1. Stephen Thomas, Dyson	79	Sad	13:58.64	672
100m: 1:36.85 1:36.85	300m: 5:13.34 1:48.20	500m: 8:46.09 1:46.15	700m: 12:16.06 1:44.17	
200m: 3:25.14 1:48.29	400m: 6:59.94 1:46.60	600m: 10:31.89 1:45.80	800m: 13:58.64 1:42.58	
2. Carlos Manuel, Porto	75	Sad	16:28.32	410
100m: 1:56.89 1:56.89	300m: 6:04.55 2:04.15	500m: 10:11.73 2:04.59	700m: 14:23.10 2:06.39	
200m: 4:00.40 2:03.51	400m: 8:07.14 2:02.59	600m: 12:16.71 2:04.98	800m: 16:28.32 2:05.22	
3. Luis Pereira, Cabral	77	Académica de Coimbra	21:51.42	175
100m: 2:27.09 2:27.09	300m: 7:58.42 2:46.65	500m: 13:28.92 2:45.06	700m: 19:06.98 2:50.78	
200m: 5:11.77 2:44.68	400m: 10:43.86 2:45.44	600m: 16:16.20 2:47.28	800m: 21:51.42 2:44.44	

Master L

1. Luis Vidigal, Salgueiro	81	Sad	17:35.35	403
100m: 2:05.92 2:05.92	300m: 6:32.93 2:12.74	500m: 11:00.64 2:16.69	700m: 15:30.88 2:13.53	
200m: 4:20.19 2:14.27	400m: 8:43.95 2:11.02	600m: 13:17.35 2:16.71	800m: 17:35.35 2:04.47	

Prova 5 12/04/2026	Femin., 1500m Livres				Master Resultados
RN Masters 50m M	59:00.00				01/01/1800
RN Masters 50m L	33:01.41	Luisa Bessone, Basto	SAD	Coimbra	23/02/2025
RN Masters 50m K	30:38.21	Luisa Bessone, Basto	SAD	Póvoa de Varzim	23/02/2019
RN Masters 50m J	25:29.15	Ana Maria, Ferreira	SAD	Póvoa de Varzim	22/02/2020
RN Masters 50m I	24:56.65	Ana Maria, Ferreira	SAD	Rio Maior	25/02/2017
RN Masters 50m H	26:00.53	Maria Teresa, Andrade	FCP	Coimbra	23/02/2025
RN Masters 50m G	21:42.69	Isabel Baptista, Ferreira	ADRCIMM	Coimbra	25/02/2024
RN Masters 50m F	20:38.75	Gisela Barbosa, Coutinho	CFP	Coimbra	23/02/2025
RN Masters 50m E	20:41.33	Gisela Barbosa, Coutinho	CFP	Coimbra	25/02/2024
RN Masters 50m D	20:45.77	Ines Maria, Rothés	CFP	Rio Maior	20/02/2016
RN Masters 50m C	18:50.82	Ana Paula, Grilo	UDCA	Swansea (GBR)	03/03/2006
RN Masters 50m B	19:08.25	Carolina Santos, Silva	GCST	Póvoa de Varzim	23/02/2019
RN Masters 50m A	19:28.13	Carolina Santos, Silva	CNMAIA	Coimbra	18/04/2015

Pontos: DSV Masters 22

Lugar	Idade		Tempo final		Pts
Master A					
1. Bruna Martins, Riesenberger	29	Laranjeiro	19:38.05	848	
100m: 1:15.38 1:15.38	500m: 6:30.69 1:19.03	900m: 11:46.45 1:18.39	1300m: 17:03.06 1:19.04		
200m: 2:34.11 1:18.73	600m: 7:49.51 1:18.82	1000m: 13:05.64 1:19.19	1400m: 18:22.10 1:19.04		
300m: 3:52.92 1:18.81	700m: 9:08.76 1:19.25	1100m: 14:24.40 1:18.76	1500m: 19:38.05 1:15.95		
400m: 5:11.66 1:18.74	800m: 10:28.06 1:19.30	1200m: 15:44.02 1:19.62			
2. Alexandra Jesus, Santos	26	Leixoes Sport Club	21:25.80	652	
100m: 1:20.71 1:20.71	500m: 7:02.72 1:26.60	900m: 12:48.88 1:26.68	1300m: 18:33.94 1:26.96		
200m: 2:44.50 1:23.79	600m: 8:29.06 1:26.34	1000m: 14:15.37 1:26.49	1400m: 20:00.75 1:26.81		
300m: 4:10.12 1:25.62	700m: 9:55.52 1:26.46	1100m: 15:41.35 1:25.98	1500m: 21:25.80 1:25.05		
400m: 5:36.12 1:26.00	800m: 11:22.20 1:26.68	1200m: 17:06.98 1:25.63			
3. Beatriz Marques, Ferreira	26	Cfp	21:36.59	636	
100m: 1:18.74 1:18.74	500m: 7:01.58 1:26.74	900m: 12:50.63 1:27.54	1300m: 18:42.83 1:28.60		
200m: 2:42.65 1:23.91	600m: 8:28.85 1:27.27	1000m: 14:18.15 1:27.52	1400m: 20:10.59 1:27.76		
300m: 4:08.22 1:25.57	700m: 9:55.43 1:26.58	1100m: 15:46.75 1:28.60	1500m: 21:36.59 1:26.00		
400m: 5:34.84 1:26.62	800m: 11:23.09 1:27.66	1200m: 17:14.23 1:27.48			
4. Raquel Fernandes, Santos	28	Clube Natacao Masters de Almada	22:27.90	566	
100m: 1:24.89 1:24.89	500m: 7:25.75 1:30.56	900m: 13:28.82 1:30.64	1300m: 19:33.67 1:31.01		
200m: 2:49.18 1:24.29	600m: 8:56.43 1:30.68	1000m: 15:00.17 1:31.35	1400m: 21:02.99 1:29.32		
300m: 4:13.57 1:24.39	700m: 10:27.30 1:30.87	1100m: 16:30.87 1:30.70	1500m: 22:27.90 1:24.91		
400m: 5:55.19	800m: 11:58.18 1:30.88	1200m: 18:02.66 1:31.79			
5. Catarina Vieira, Correia	27	Leixoes Sport Club	22:51.39	538	
100m: 1:25.21 1:25.21	500m: 7:33.62 1:33.25	900m: 13:41.17 1:31.37	1300m: 19:52.89 1:32.30		
200m: 2:55.92 1:30.71	600m: 9:06.05 1:32.43	1000m: 15:14.15 1:32.98	1400m: 21:22.62 1:29.73		
300m: 4:27.60 1:31.68	700m: 10:37.42 1:31.37	1100m: 16:48.29 1:34.14	1500m: 22:51.39 1:28.77		
400m: 6:00.37 1:32.77	800m: 12:09.80 1:32.38	1200m: 18:20.59 1:32.30			
6. Rita Oliveira, Rocha	26	Leixoes Sport Club	23:49.71	474	
100m: 1:27.11 1:27.11	500m: 7:44.27 1:36.16	900m: 14:05.85 1:35.24	1300m: 20:35.65 1:37.98		
200m: 2:59.19 1:32.08	600m: 9:20.48 1:36.21	1000m: 15:42.21 1:36.36	1400m: 22:13.42 1:37.77		
300m: 4:32.89 1:33.70	700m: 10:56.03 1:35.55	1100m: 17:20.28 1:38.07	1500m: 23:49.71 1:36.29		
400m: 6:08.11 1:35.22	800m: 12:30.61 1:34.58	1200m: 18:57.67 1:37.39			
7. Ines Florencio, Rodrigues	29	Viana Natacao	25:49.42	373	
100m: 1:35.51 1:35.51	500m: 8:24.87 1:44.14	900m: 15:23.55 1:45.09	1300m: 22:23.75 1:44.33		
200m: 3:15.69 1:40.18	600m: 10:09.97 1:45.10	1000m: 17:09.32 1:45.77	1400m: 24:08.40 1:44.65		
300m: 4:57.57 1:41.88	700m: 11:54.83 1:44.86	1100m: 18:54.79 1:45.47	1500m: 25:49.42 1:41.02		
400m: 6:40.73 1:43.16	800m: 13:38.46 1:43.63	1200m: 20:39.42 1:44.63			

Prova 5, Femin., 1500m Livres, Master A

Lugar	Idade	Tempo final	Pts
8. Luisa Alves, Dias	29 Natacao de Valongo	27:51.70	297
100m: 1:42.22 1:42.22	500m: 9:13.85 1:53.72	900m: 16:48.20 1:52.30	1300m: 24:14.06 1:53.32
200m: 3:31.90 1:49.68	600m: 11:07.97 1:54.12	1000m: 18:38.65 1:50.45	1400m: 26:06.57 1:52.51
300m: 5:25.61 1:53.71	700m: 13:01.99 1:54.02	1100m: 20:29.35 1:50.70	1500m: 27:51.70 1:45.13
400m: 7:20.13 1:54.52	800m: 14:55.90 1:53.91	1200m: 22:20.74 1:51.39	

Master B

1. Ana Margarida, Rodrigues	30 Galitos / Bresimar	21:10.07	629
100m: 1:19.32 1:19.32	500m: 6:58.94 1:25.64	900m: 12:38.94 1:25.05	1300m: 18:23.44 1:26.34
200m: 2:43.06 1:23.74	600m: 8:23.83 1:24.89	1000m: 14:04.88 1:25.94	1400m: 19:49.21 1:25.77
300m: 4:07.98 1:24.92	700m: 9:48.63 1:24.80	1100m: 15:31.03 1:26.15	1500m: 21:10.07 1:20.86
400m: 5:33.30 1:25.32	800m: 11:13.89 1:25.26	1200m: 16:57.10 1:26.07	
2. Laura, Pola	34 Porto	23:29.30	461
100m: 1:27.19 1:27.19	500m: 7:41.41 1:34.43	900m: 14:08.28 1:36.02	1300m: 20:26.77 1:34.13
200m: 2:59.12 1:31.93	600m: 9:17.91 1:36.50	1000m: 15:44.21 1:35.93	1400m: 22:01.01 1:34.24
300m: 4:32.07 1:32.95	700m: 10:55.17 1:37.26	1100m: 17:18.09 1:33.88	1500m: 23:29.30 1:28.29
400m: 6:06.98 1:34.91	800m: 12:32.26 1:37.09	1200m: 18:52.64 1:34.55	
3. Alexia Alves, Fernandes	30 Natacao de Valongo	24:41.15	397
100m: 1:32.38 1:32.38	500m: 8:08.58 1:38.87	900m: 14:46.80 1:39.51	1300m: 21:24.96 1:39.51
200m: 3:11.69 1:39.31	600m: 9:48.10 1:39.52	1000m: 16:25.92 1:39.12	1400m: 23:04.22 1:39.26
300m: 4:50.61 1:38.92	700m: 11:27.74 1:39.64	1100m: 18:05.95 1:40.03	1500m: 24:41.15 1:36.93
400m: 6:29.71 1:39.10	800m: 13:07.29 1:39.55	1200m: 19:45.45 1:39.50	

Master C

1. Joana Isabel, Alves	38 Centro Desp. Universitario do Porto	22:41.70	548
100m: 1:25.98 1:25.98	500m: 7:27.13 1:30.97	900m: 13:32.87 1:30.73	1300m: 19:39.65 1:31.51
200m: 2:54.78 1:28.80	600m: 8:58.94 1:31.81	1000m: 15:04.40 1:31.53	1400m: 21:11.33 1:31.68
300m: 4:25.38 1:30.60	700m: 10:30.78 1:31.84	1100m: 16:35.94 1:31.54	1500m: 22:41.70 1:30.37
400m: 5:56.16 1:30.78	800m: 12:02.14 1:31.36	1200m: 18:08.14 1:32.20	
2. Ana Raquel, Lirio	36 Ginásio Sto. Tirso	25:11.42	401
100m: 1:34.02 1:34.02	500m: 8:14.17 1:40.32	900m: 14:59.43 1:41.83	1300m: 21:49.31 1:42.37
200m: 3:13.06 1:39.04	600m: 9:54.09 1:39.92	1000m: 16:42.28 1:42.85	1400m: 23:32.02 1:42.71
300m: 4:53.38 1:40.32	700m: 11:35.64 1:41.55	1100m: 18:24.61 1:42.33	1500m: 25:11.42 1:39.40
400m: 6:33.85 1:40.47	800m: 13:17.60 1:41.96	1200m: 20:06.94 1:42.33	
3. Oleksandra, Pais	39 Porto	27:11.13	319
100m: 1:37.10 1:37.10	500m: 8:48.56 1:49.22	900m: 16:11.03 1:50.72	1300m: 23:39.33 1:51.09
200m: 3:22.89 1:45.79	600m: 10:39.90 1:51.34	1000m: 18:03.53 1:52.50	1400m: 25:28.19 1:48.86
300m: 5:10.95 1:48.06	700m: 12:31.60 1:51.70	1100m: 19:54.79 1:51.26	1500m: 27:11.13 1:42.94
400m: 6:59.34 1:48.39	800m: 14:20.31 1:48.71	1200m: 21:48.24 1:53.45	
4. Ana Miguel, Goncalves	36 Académica de Coimbra	28:01.93	291
100m: 1:42.08 1:42.08	500m: 9:14.77 1:54.00	900m: 16:50.88 1:54.06	1300m: 24:25.15 1:53.01
200m: 3:31.95 1:49.87	600m: 11:08.26 1:53.49	1000m: 18:44.23 1:53.35	1400m: 26:17.24 1:52.09
300m: 5:26.01 1:54.06	700m: 13:02.20 1:53.94	1100m: 20:38.09 1:53.86	1500m: 28:01.93 1:44.69
400m: 7:20.77 1:54.76	800m: 14:56.82 1:54.62	1200m: 22:32.14 1:54.05	
5. Filipa Isabel, Reis	39 Leixoes Sport Club	29:34.19	248
100m: 1:51.66 1:51.66	500m: 9:49.95 2:00.01	900m: 17:50.66 1:59.64	1300m: 25:44.17 1:58.34
200m: 3:50.07 1:58.41	600m: 11:51.22 2:01.27	1000m: 19:49.45 1:58.79	1400m: 27:41.85 1:57.68
300m: 5:49.20 1:59.13	700m: 13:51.78 2:00.56	1100m: 21:47.81 1:58.36	1500m: 29:34.19 1:52.34
400m: 7:49.94 2:00.74	800m: 15:51.02 1:59.24	1200m: 23:45.83 1:58.02	

Prova 5, Femin., 1500m Livres, Master C

Lugar	Idade	Tempo final	Pts
DSQ Rafaela Barreiros, Pires 4.4 - Falsa Partida	37 Braga		

Master D

1. Ana Filipa, Miranda	41 Galitos / Bresimar	24:54.02	445
100m: 1:29.84 1:29.84	500m: 8:09.34 1:40.25	900m: 14:50.10 1:40.25	1300m: 21:37.98 1:44.44
200m: 3:07.92 1:38.08	600m: 9:49.82 1:40.48	1000m: 16:31.09 1:40.99	1400m: 23:20.13 1:42.15
300m: 4:49.09 1:41.17	700m: 11:30.03 1:40.21	1100m: 18:11.07 1:39.98	1500m: 24:54.02 1:33.89
400m: 6:29.09 1:40.00	800m: 13:09.85 1:39.82	1200m: 19:53.54 1:42.47	

Master E

1. Tatiana Stankunavicius, Swerts	48 Braga	22:33.68	636
100m: 1:30.00 1:30.00	500m: 7:37.65 1:31.77	900m: 13:40.05 1:30.40	1300m: 19:38.62 1:29.43
200m: 3:02.53 1:32.53	600m: 9:08.80 1:31.15	1000m: 15:09.67 1:29.62	1400m: 21:07.16 1:28.54
300m: 4:34.91 1:32.38	700m: 10:39.34 1:30.54	1100m: 16:39.66 1:29.99	1500m: 22:33.68 1:26.52
400m: 6:05.88 1:30.97	800m: 12:09.65 1:30.31	1200m: 18:09.19 1:29.53	
2. Ana DALte, Guedes	46 Leixoes Sport Club	24:40.14	486
100m: 1:28.55 1:28.55	500m: 8:07.44 1:41.18	900m: 14:46.33 1:39.36	1300m: 21:24.47 1:39.27
200m: 3:06.44 1:37.89	600m: 9:47.85 1:40.41	1000m: 16:25.57 1:39.24	1400m: 23:03.45 1:38.98
300m: 4:46.11 1:39.67	700m: 11:27.48 1:39.63	1100m: 18:05.27 1:39.70	1500m: 24:40.14 1:36.69
400m: 6:26.26 1:40.15	800m: 13:06.97 1:39.49	1200m: 19:45.20 1:39.93	
3. Isabel Carolina, Neves	46 Cfp	28:15.12	324
100m: 1:44.31 1:44.31	500m: 9:18.85 1:54.20	900m: 16:53.01 1:53.67	1300m: 24:32.01 1:55.15
200m: 3:37.31 1:53.00	600m: 11:12.23 1:53.38	1000m: 18:48.15 1:55.14	1400m: 26:26.82 1:54.81
300m: 5:30.26 1:52.95	700m: 13:05.80 1:53.57	1100m: 20:43.70 1:55.55	1500m: 28:15.12 1:48.30
400m: 7:24.65 1:54.39	800m: 14:59.34 1:53.54	1200m: 22:36.86 1:53.16	
4. Ana Maria, Martins	47 Sporting Clube de Aveiro	30:02.36	269
100m: 1:52.89 1:52.89	500m: 9:56.67 2:01.80	900m: 18:04.38 2:03.01	1300m: 26:10.98 2:01.99
200m: 3:51.84 1:58.95	600m: 11:57.99 2:01.32	1000m: 20:05.61 2:01.23	1400m: 28:09.67 1:58.69
300m: 5:53.62 2:01.78	700m: 13:58.95 2:00.96	1100m: 22:07.27 2:01.66	1500m: 30:02.36 1:52.69
400m: 7:54.87 2:01.25	800m: 16:01.37 2:02.42	1200m: 24:08.99 2:01.72	
5. Catarina Almeida, Reis	46 Sporting Clube de Aveiro	32:13.02	218
100m: 1:57.25 1:57.25	500m: 10:29.33 2:09.34	900m: 19:13.88 2:11.89	1300m: 28:00.55 2:11.26
200m: 4:02.18 2:04.93	600m: 12:40.05 2:10.72	1000m: 21:25.22 2:11.34	1400m: 30:11.93 2:11.38
300m: 6:11.30 2:09.12	700m: 14:51.08 2:11.03	1100m: 23:38.19 2:12.97	1500m: 32:13.02 2:01.09
400m: 8:19.99 2:08.69	800m: 17:01.99 2:10.91	1200m: 25:49.29 2:11.10	

Master F

1. Sandra Santa, Barbara	51 Ginásio Sto. Tirso	25:00.80	453
100m: 1:27.97 1:27.97	500m: 8:05.02 1:40.88	900m: 14:49.72 1:42.00	1300m: 21:38.66 1:42.82
200m: 3:04.78 1:36.81	600m: 9:45.59 1:40.57	1000m: 16:31.17 1:41.45	1400m: 23:21.31 1:42.65
300m: 4:44.29 1:39.51	700m: 11:26.27 1:40.68	1100m: 18:12.89 1:41.72	1500m: 25:00.80 1:39.49
400m: 6:24.14 1:39.85	800m: 13:07.72 1:41.45	1200m: 19:55.84 1:42.95	
2. Ana Claudia, Gomes	50 Académica de Coimbra	28:12.17	316
100m: 1:48.40 1:48.40	500m: 9:27.68 1:54.91	900m: 17:00.69 1:53.38	1300m: 24:33.90 1:53.22
200m: 3:43.21 1:54.81	600m: 11:21.18 1:53.50	1000m: 18:54.84 1:54.15	1400m: 26:26.70 1:52.80
300m: 5:38.94 1:55.73	700m: 13:14.31 1:53.13	1100m: 20:47.24 1:52.40	1500m: 28:12.17 1:45.47
400m: 7:32.77 1:53.83	800m: 15:07.31 1:53.00	1200m: 22:40.68 1:53.44	

Prova 5, Femin., 1500m Livres, Master F

Lugar	Nome		Idade	Local		Tempo final					Pts	
3.	Cristina Nicoleta, Lipciuc		53	Braga		29:48.91					268	
	100m:	1:45.78	1:45.78	500m:	9:39.51	1:59.43	900m:	17:42.19	2:01.76	1300m:	25:49.80	2:02.11
	200m:	3:43.12	1:57.34	600m:	11:41.25	2:01.74	1000m:	19:44.23	2:02.04	1400m:	27:52.59	2:02.79
	300m:	5:41.47	1:58.35	700m:	13:40.97	1:59.72	1100m:	21:45.68	2:01.45	1500m:	29:48.91	1:56.32
	400m:	7:40.08	1:58.61	800m:	15:40.43	1:59.46	1200m:	23:47.69	2:02.01			
4.	Cristina Rodrigues, Carvalho		53	Natacao da Maia		30:18.34					255	
	100m:	1:53.18	1:53.18	500m:	9:57.69	2:01.19	900m:	18:05.05	2:01.71	1300m:	26:14.89	2:02.38
	200m:	3:53.84	2:00.66	600m:	11:58.92	2:01.23	1000m:	20:07.31	2:02.26	1400m:	28:17.63	2:02.74
	300m:	5:55.65	2:01.81	700m:	14:01.12	2:02.20	1100m:	22:10.36	2:03.05	1500m:	30:18.34	2:00.71
	400m:	7:56.50	2:00.85	800m:	16:03.34	2:02.22	1200m:	24:12.51	2:02.15			
5.	Paula Nobre, Leitao		52	Grupo dos Amigos da Natacao		31:09.57					234	
	100m:	1:54.21	1:54.21	500m:	10:20.50	2:06.98	900m:	18:42.61	2:04.39	1300m:	27:02.70	2:05.26
	200m:	3:59.00	2:04.79	600m:	12:27.13	2:06.63	1000m:	20:46.80	2:04.19	1400m:	29:08.03	2:05.33
	300m:	6:06.78	2:07.78	700m:	14:33.07	2:05.94	1100m:	22:52.06	2:05.26	1500m:	31:09.57	2:01.54
	400m:	8:13.52	2:06.74	800m:	16:38.22	2:05.15	1200m:	24:57.44	2:05.38			
6.	Isabel Maria, Mesquita		51	Natacao de Valongo		32:36.03					205	
	100m:	1:54.77	1:54.77	500m:	10:38.86	2:12.67	900m:	19:32.41	2:15.41	1300m:	28:22.08	2:14.52
	200m:	4:02.23	2:07.46	600m:	12:51.31	2:12.45	1000m:	21:44.54	2:12.13	1400m:	30:33.16	2:11.08
	300m:	6:13.48	2:11.25	700m:	15:06.44	2:15.13	1100m:	23:58.99	2:14.45	1500m:	32:36.03	2:02.87
	400m:	8:26.19	2:12.71	800m:	17:17.00	2:10.56	1200m:	26:07.56	2:08.57			
7.	Sandra Cristina, Roma FTL		52	CNLeiria - VOID		41:24.15					100	
	100m:	2:30.38	2:30.38	500m:	13:15.83	2:46.78	900m:	24:18.22	2:53.36	1300m:	35:41.96	2:52.34
	200m:	5:11.25	2:40.87	600m:	15:59.59	2:43.76	1000m:	27:04.41	2:46.19	1400m:	38:33.68	2:51.72
	300m:	7:49.99	2:38.74	700m:	18:43.35	2:43.76	1100m:	29:56.81	2:52.40	1500m:	41:24.15	2:50.47
	400m:	10:29.05	2:39.06	800m:	21:24.86	2:41.51	1200m:	32:49.62	2:52.81			

Master G

1.	Patricia Diogenes, Pereira		57	Nadadores dos Estoris		23:36.39					584	
	100m:	1:28.58	1:28.58	500m:	7:47.45	1:35.27	900m:	14:08.36	1:35.36	1300m:	20:28.21	1:35.43
	200m:	3:02.23	1:33.65	600m:	9:23.10	1:35.65	1000m:	15:43.21	1:34.85	1400m:	22:04.10	1:35.89
	300m:	4:37.00	1:34.77	700m:	10:57.96	1:34.86	1100m:	17:18.82	1:35.61	1500m:	23:36.39	1:32.29
	400m:	6:12.18	1:35.18	800m:	12:33.00	1:35.04	1200m:	18:52.78	1:33.96			
2.	Elisabete Maria, Rosa		57	Pimpoes/Cimai		25:13.02					479	
	100m:	1:33.03	1:33.03	500m:	8:15.30	1:41.14	900m:	15:03.10	1:42.45	1300m:	21:53.25	1:42.39
	200m:	3:12.89	1:39.86	600m:	9:57.18	1:41.88	1000m:	16:45.19	1:42.09	1400m:	23:34.58	1:41.33
	300m:	4:53.42	1:40.53	700m:	11:38.70	1:41.52	1100m:	18:28.13	1:42.94	1500m:	25:13.02	1:38.44
	400m:	6:34.16	1:40.74	800m:	13:20.65	1:41.95	1200m:	20:10.86	1:42.73			
3.	Marta Sofia, Costa		55	Centro Desp. Universitario do Porto		26:26.95					415	
	100m:	1:37.87	1:37.87	500m:	8:46.80	1:48.39	900m:	15:56.82	1:48.09	1300m:	23:01.87	1:44.90
	200m:	3:22.94	1:45.07	600m:	10:33.73	1:46.93	1000m:	17:44.60	1:47.78	1400m:	24:45.66	1:43.79
	300m:	5:10.57	1:47.63	700m:	12:21.03	1:47.30	1100m:	19:30.78	1:46.18	1500m:	26:26.95	1:41.29
	400m:	6:58.41	1:47.84	800m:	14:08.73	1:47.70	1200m:	21:16.97	1:46.19			
4.	Maria Manuela, Ferreira		56	Vitória Sport Clube		26:32.79					410	
	100m:	1:43.15	1:43.15	500m:	8:45.83	1:45.80	900m:	15:50.18	1:47.51	1300m:	22:59.88	1:46.80
	200m:	3:28.54	1:45.39	600m:	10:31.30	1:45.47	1000m:	17:38.47	1:48.29	1400m:	24:49.70	1:49.82
	300m:	5:14.58	1:46.04	700m:	12:16.96	1:45.66	1100m:	19:25.76	1:47.29	1500m:	26:32.79	1:43.09
	400m:	7:00.03	1:45.45	800m:	14:02.67	1:45.71	1200m:	21:13.08	1:47.32			
5.	Margarida Bleck, Reis		58	Cfp		26:50.93					397	
	100m:	1:41.90	1:41.90	500m:	8:52.63	1:47.82	900m:	16:06.10	1:48.13	1300m:	23:19.69	1:48.54
	200m:	3:29.13	1:47.23	600m:	10:41.34	1:48.71	1000m:	17:53.97	1:47.87	1400m:	25:07.58	1:47.89
	300m:	5:17.02	1:47.89	700m:	12:29.74	1:48.40	1100m:	19:42.29	1:48.32	1500m:	26:50.93	1:43.35
	400m:	7:04.81	1:47.79	800m:	14:17.97	1:48.23	1200m:	21:31.15	1:48.86			

Prova 5, Femin., 1500m Livres, Master G

Lugar	Idade	Tempo final	Pts
6. Maria Manuela, Sequeira	58	28:06.76	345
100m: 1:44.93 1:44.93	500m: 9:19.64 1:53.45	900m: 16:51.70 1:53.34	1300m: 24:24.22 1:53.09
200m: 3:37.35 1:52.42	600m: 11:12.71 1:53.07	1000m: 18:44.46 1:52.76	1400m: 26:17.70 1:53.48
300m: 5:31.93 1:54.58	700m: 13:05.15 1:52.44	1100m: 20:37.21 1:52.75	1500m: 28:06.76 1:49.06
400m: 7:26.19 1:54.26	800m: 14:58.36 1:53.21	1200m: 22:31.13 1:53.92	
7. Maria Paula, Santos	55	28:49.89	320
100m: 1:47.22 1:47.22	500m: 9:40.90 1:58.47	900m: 17:25.69 1:56.16	1300m: 25:08.78 1:56.21
200m: 3:45.67 1:58.45	600m: 11:37.62 1:56.72	1000m: 19:22.27 1:56.58	1400m: 27:00.70 1:51.92
300m: 5:44.01 1:58.34	700m: 13:34.18 1:56.56	1100m: 21:17.69 1:55.42	1500m: 28:49.89 1:49.19
400m: 7:42.43 1:58.42	800m: 15:29.53 1:55.35	1200m: 23:12.57 1:54.88	
8. Susana Maria, Soares	56	31:09.87	253
100m: 1:55.70 1:55.70	500m: 10:11.53 2:05.53	900m: 18:34.53 2:05.91	1300m: 27:02.09 2:07.28
200m: 3:58.05 2:02.35	600m: 12:17.08 2:05.55	1000m: 20:41.45 2:06.92	1400m: 29:09.57 2:07.48
300m: 6:01.86 2:03.81	700m: 14:22.61 2:05.53	1100m: 22:47.65 2:06.20	1500m: 31:09.87 2:00.30
400m: 8:06.00 2:04.14	800m: 16:28.62 2:06.01	1200m: 24:54.81 2:07.16	
9. Ana Luisa, Garcia	56	31:41.66	241
100m: 2:02.49 2:02.49	500m: 10:36.03 2:08.80	900m: 19:05.98 2:07.02	1300m: 27:32.38 2:06.19
200m: 4:11.81 2:09.32	600m: 12:43.71 2:07.68	1000m: 21:12.78 2:06.80	1400m: 29:39.95 2:07.57
300m: 6:19.45 2:07.64	700m: 14:51.95 2:08.24	1100m: 23:19.61 2:06.83	1500m: 31:41.66 2:01.71
400m: 8:27.23 2:07.78	800m: 16:58.96 2:07.01	1200m: 25:26.19 2:06.58	
10. Eliana Marta, Castro	56	31:57.00	235
100m: 1:58.16 1:58.16	500m: 10:28.85 2:09.95	900m: 19:05.33 2:09.18	1300m: 27:45.09 2:10.43
200m: 4:03.97 2:05.81	600m: 12:37.75 2:08.90	1000m: 21:15.91 2:10.58	1400m: 29:56.81 2:11.72
300m: 6:10.69 2:06.72	700m: 14:46.96 2:09.21	1100m: 23:24.91 2:09.00	1500m: 31:57.00 2:00.19
400m: 8:18.90 2:08.21	800m: 16:56.15 2:09.19	1200m: 25:34.66 2:09.75	
11. Conceicao Baptista, Tavares	57	38:09.90	138
100m: 2:05.43 2:05.43	500m: 12:07.22 2:33.91	900m: 22:39.00 2:40.06	1300m: 33:10.93 2:35.76
200m: 4:30.31 2:24.88	600m: 14:40.36 2:33.14	1000m: 25:17.29 2:38.29	1400m: 35:43.32 2:32.39
300m: 7:01.01 2:30.70	700m: 17:18.33 2:37.97	1100m: 27:55.28 2:37.99	1500m: 38:09.90 2:26.58
400m: 9:33.31 2:32.30	800m: 19:58.94 2:40.61	1200m: 30:35.17 2:39.89	

Master H

1. Maria Helena, Carmo	60	23:06.23	948
<i>Recorde Nacional</i>			
100m: 1:31.60 1:31.60	500m: 7:40.60 1:31.59	900m: 13:47.49 1:32.24	1300m: 20:03.03 1:34.07
200m: 3:05.32 1:33.72	600m: 9:12.45 1:31.85	1000m: 15:20.90 1:33.41	1400m: 21:35.86 1:32.83
300m: 4:37.39 1:32.07	700m: 10:43.97 1:31.52	1100m: 16:54.81 1:33.91	1500m: 23:06.23 1:30.37
400m: 6:09.01 1:31.62	800m: 12:15.25 1:31.28	1200m: 18:28.96 1:34.15	
2. Maria Santos, Fernandes	64	28:19.43	514
100m: 1:42.34 1:42.34	500m: 9:01.76 1:51.75	900m: 16:38.17 1:55.50	1300m: 24:23.98 1:57.66
200m: 3:29.50 1:47.16	600m: 10:55.03 1:53.27	1000m: 18:33.67 1:55.50	1400m: 26:21.77 1:57.79
300m: 5:19.09 1:49.59	700m: 12:48.65 1:53.62	1100m: 20:29.73 1:56.06	1500m: 28:19.43 1:57.66
400m: 7:10.01 1:50.92	800m: 14:42.67 1:54.02	1200m: 22:26.32 1:56.59	
3. Maria Trigueiros, Cunha	62	28:30.38	504
100m: 1:43.81 1:43.81	500m: 9:23.67 1:55.89	900m: 17:05.62 1:54.19	1300m: 24:46.05 1:53.99
200m: 3:36.48 1:52.67	600m: 11:19.45 1:55.78	1000m: 19:02.03 1:56.41	1400m: 26:41.05 1:55.00
300m: 5:31.38 1:54.90	700m: 13:14.78 1:55.33	1100m: 20:57.58 1:55.55	1500m: 28:30.38 1:49.33
400m: 7:27.78 1:56.40	800m: 15:11.43 1:56.65	1200m: 22:52.06 1:54.48	
4. Maria Madalena, Caninas	63	33:09.21	320
100m: 1:59.62 1:59.62	500m: 10:49.45 2:12.40	900m: 19:44.03 2:14.44	1300m: 28:44.51 2:15.62
200m: 4:08.77 2:09.15	600m: 13:01.24 2:11.79	1000m: 21:58.62 2:14.59	1400m: 30:59.22 2:14.71
300m: 6:22.18 2:13.41	700m: 15:14.86 2:13.62	1100m: 24:14.14 2:15.52	1500m: 33:09.21 2:09.99
400m: 8:37.05 2:14.87	800m: 17:29.59 2:14.73	1200m: 26:28.89 2:14.75	

Prova 5, Femin., 1500m Livres, Master H

Lugar	Idade	Tempo final	Pts
5. Delfina Maria, Martins	60	35:23.63	263
100m: 2:08.42 2:08.42	500m: 11:35.17 2:22.09	900m: 21:02.28 2:22.14	1300m: 30:36.15 2:24.98
200m: 4:27.16 2:18.74	600m: 13:55.64 2:20.47	1000m: 23:23.30 2:21.02	1400m: 33:01.61 2:25.46
300m: 6:49.91 2:22.75	700m: 16:18.73 2:23.09	1100m: 25:48.41 2:25.11	1500m: 35:23.63 2:22.02
400m: 9:13.08 2:23.17	800m: 18:40.14 2:21.41	1200m: 28:11.17 2:22.76	
6. Cidalia Conceicao, Maria	62	51:25.43	85
<i>FTL</i>			
100m: 2:54.47 2:54.47	500m: 17:03.35 3:31.95	900m: 30:49.68 3:29.92	1300m: 44:38.55 3:27.70
200m: 6:18.97 3:24.50	600m: 20:32.48 3:29.13	1000m: 34:15.37 3:25.69	1400m: 48:06.53 3:27.98
300m: 9:55.71 3:36.74	700m: 23:56.48 3:24.00	1100m: 37:42.14 3:26.77	1500m: 51:25.43 3:18.90
400m: 13:31.40 3:35.69	800m: 27:19.76 3:23.28	1200m: 41:10.85 3:28.71	

Master I

1. Maria Teresa, Oliveira	69	Académica de Coimbra	29:44.19	578
100m: 1:54.75 1:54.75	500m: 9:49.80 1:59.26	900m: 17:46.69 2:00.58	1300m: 25:49.91 2:00.79	
200m: 3:53.85 1:59.10	600m: 11:48.27 1:58.47	1000m: 19:47.06 2:00.37	1400m: 27:50.41 2:00.50	
300m: 5:52.46 1:58.61	700m: 13:47.11 1:58.84	1100m: 21:48.30 2:01.24	1500m: 29:44.19 1:53.78	
400m: 7:50.54 1:58.08	800m: 15:46.11 1:59.00	1200m: 23:49.12 2:00.82		
2. Cristina Maria, Oliveira	66	Natacao de Valongo	31:51.46	470
100m: 1:55.14 1:55.14	500m: 10:25.23 2:09.72	900m: 19:02.64 2:09.91	1300m: 27:36.63 2:09.38	
200m: 3:59.96 2:04.82	600m: 12:34.73 2:09.50	1000m: 21:11.26 2:08.62	1400m: 29:46.14 2:09.51	
300m: 6:06.53 2:06.57	700m: 14:43.30 2:08.57	1100m: 23:18.76 2:07.50	1500m: 31:51.46 2:05.32	
400m: 8:15.51 2:08.98	800m: 16:52.73 2:09.43	1200m: 25:27.25 2:08.49		
3. Maria Giraldo, Wernicke	66	Cfp	32:39.27	436
100m: 2:00.29 2:00.29	500m: 10:50.23 2:14.02	900m: 19:39.70 2:12.59	1300m: 28:23.18 2:11.53	
200m: 4:11.50 2:11.21	600m: 13:03.39 2:13.16	1000m: 21:51.82 2:12.12	1400m: 30:34.71 2:11.53	
300m: 6:24.27 2:12.77	700m: 15:13.48 2:10.09	1100m: 24:02.78 2:10.96	1500m: 32:39.27 2:04.56	
400m: 8:36.21 2:11.94	800m: 17:27.11 2:13.63	1200m: 26:11.65 2:08.87		

Prova 6 Masc., 1500m Livres Master Resultados
12/04/2026

RN Masters 50m N	59:00.00								01/01/1800
RN Masters 50m M	57:23.26	Joao Rodrigues, Teixeira	AAC	Coimbra					25/02/2024
RN Masters 50m L	33:43.89	Luis Vidigal, Salgueiro	SAD	Coimbra					23/02/2025
RN Masters 50m K	25:12.64	Stephen Thomas, Dyson	SAD	Póvoa de Varzim					26/02/2022
RN Masters 50m J	24:35.68	Stephen Thomas, Dyson	SAD	Póvoa de Varzim					23/02/2019
RN Masters 50m I	22:41.37	Alberto Vaz, Correia	FS	Póvoa de Varzim					22/02/2020
RN Masters 50m H	18:52.17	Jose Carlos, Freitas	CNLA	Coimbra					26/02/2023
RN Masters 50m G	18:05.10	Jose Carlos, Freitas	CFP	Coimbra					24/02/2018
RN Masters 50m F	17:51.93	Jose Carlos, Freitas	CFP	Coimbra					18/04/2015
RN Masters 50m E	19:30.07	Joao Pedro, Sousa	CNF	Funchal					22/03/2019
RN Masters 50m D	18:51.41	Ricardo Regufe, Ferreira	CFP	Coimbra					25/02/2024
RN Masters 50m C	17:47.17	Pedro Miguel, Pinotes	SCP	Coimbra					23/02/2025
RN Masters 50m B	17:17.76	Adriano Miguel, Niz	GDNFAMA	Póvoa de Varzim					23/02/2019
RN Masters 50m A	17:25.70	Antonio Rafael, Bessa	CAP	Póvoa de Varzim					23/02/2019

Pontos: DSV Masters 22

Lugar Idade Tempo final Pts

Master A

1. Diogo Ferreira, Neves	28	Natacao de Valongo	18:48.69	672
100m: 1:10.11 1:10.11	500m: 6:10.59 1:15.78	900m: 11:14.54 1:15.70	1300m: 16:18.88 1:16.02	
200m: 2:23.98 1:13.87	600m: 7:26.51 1:15.92	1000m: 12:30.59 1:16.05	1400m: 17:34.90 1:16.02	
300m: 3:38.93 1:14.95	700m: 8:42.57 1:16.06	1100m: 13:46.83 1:16.24	1500m: 18:48.69 1:13.79	
400m: 4:54.81 1:15.88	800m: 9:58.84 1:16.27	1200m: 15:02.86 1:16.03		
2. Andre Filipe, Afonseca	28	Gafanha da Encarnação	20:20.73	531
100m: 1:18.10 1:18.10	500m: 6:47.76 1:22.54	900m: 12:14.64 1:20.83	1300m: 17:42.32 1:22.59	
200m: 2:39.70 1:21.60	600m: 8:09.44 1:21.68	1000m: 13:35.14 1:20.50	1400m: 19:04.37 1:22.05	
300m: 4:02.30 1:22.60	700m: 9:32.33 1:22.89	1100m: 14:56.78 1:21.64	1500m: 20:20.73 1:16.36	
400m: 5:25.22 1:22.92	800m: 10:53.81 1:21.48	1200m: 16:19.73 1:22.95		
3. Vitor Lelis, Leite	27	Braga	23:14.48	356
100m: 1:24.79 1:24.79	500m: 7:44.39 1:35.74	900m: 14:01.99 1:35.29	1300m: 20:17.75 1:33.85	
200m: 2:57.52 1:32.73	600m: 9:18.01 1:33.62	1000m: 15:36.67 1:34.68	1400m: 21:50.31 1:32.56	
300m: 4:32.29 1:34.77	700m: 10:52.82 1:34.81	1100m: 17:10.93 1:34.26	1500m: 23:14.48 1:24.17	
400m: 6:08.65 1:36.36	800m: 12:26.70 1:33.88	1200m: 18:43.90 1:32.97		
4. Henrique Goncalves, Lima	29	Braga	29:05.74	181
<i>FTL</i>				
100m: 1:30.44 1:30.44	500m: 8:50.59 1:57.94	900m: 16:52.90 2:02.79	1300m: 25:03.49 2:04.57	
200m: 3:08.91 1:38.47	600m: 10:49.40 1:58.81	1000m: 18:54.42 2:01.52	1400m: 27:06.96 2:03.47	
300m: 4:56.22 1:47.31	700m: 12:48.43 1:59.03	1100m: 20:56.64 2:02.22	1500m: 29:05.74 1:58.78	
400m: 6:52.65 1:56.43	800m: 14:50.11 2:01.68	1200m: 22:58.92 2:02.28		

Master B

1. Goncalo Goncalves, Meneses	34	Braga	20:44.79	411
100m: 1:17.51 1:17.51	500m: 6:48.79 1:22.07	900m: 12:19.00 1:22.66	1300m: 17:54.54 1:24.16	
200m: 2:40.21 1:22.70	600m: 8:11.37 1:22.58	1000m: 13:42.39 1:23.39	1400m: 19:16.83 1:22.29	
300m: 4:04.06 1:23.85	700m: 9:33.92 1:22.55	1100m: 15:06.31 1:23.92	1500m: 20:44.79 1:27.96	
400m: 5:26.72 1:22.66	800m: 10:56.34 1:22.42	1200m: 16:30.38 1:24.07		
2. Nuno Duarte, Barbosa	30	Leixoes Sport Club	24:11.88	259
100m: 1:27.99 1:27.99	500m: 7:50.01 1:40.80	900m: 14:33.47 1:39.37	1300m: 21:10.06 1:39.33	
200m: 3:00.50 1:32.51	600m: 9:31.33 1:41.32	1000m: 16:12.18 1:38.71	1400m: 22:46.41 1:36.35	
300m: 4:33.67 1:33.17	700m: 11:13.07 1:41.74	1100m: 17:51.32 1:39.14	1500m: 24:11.88 1:25.47	
400m: 6:09.21 1:35.54	800m: 12:54.10 1:41.03	1200m: 19:30.73 1:39.41		

Prova 6, Masc., 1500m Livres

Master C

1. Pedro Fragoso, Lopes	36	Porto	18:42.55	768
100m: 1:11.60 1:11.60	500m: 6:14.03 1:15.74	900m: 11:17.80 1:15.75	1300m: 16:17.36 1:14.90	
200m: 2:27.01 1:15.41	600m: 7:30.22 1:16.19	1000m: 12:33.12 1:15.32	1400m: 17:31.78 1:14.42	
300m: 3:42.47 1:15.46	700m: 8:46.46 1:16.24	1100m: 13:47.65 1:14.53	1500m: 18:42.55 1:10.77	
400m: 4:58.29 1:15.82	800m: 10:02.05 1:15.59	1200m: 15:02.46 1:14.81		
2. Bruno Miguel, Ruas	37	Sporting	18:59.31	735
100m: 1:11.93 1:11.93	500m: 6:13.97 1:15.94	900m: 11:18.21 1:16.32	1300m: 16:27.54 1:18.21	
200m: 2:26.70 1:14.77	600m: 7:29.72 1:15.75	1000m: 12:34.74 1:16.53	1400m: 17:44.68 1:17.14	
300m: 3:42.34 1:15.64	700m: 8:45.58 1:15.86	1100m: 13:51.57 1:16.83	1500m: 18:59.31 1:14.63	
400m: 4:58.03 1:15.69	800m: 10:01.89 1:16.31	1200m: 15:09.33 1:17.76		
3. Filipe Gouveia, Goncalves	39	Lisboa PoolSharks	19:29.38	679
100m: 1:16.87 1:16.87	500m: 6:38.42 1:19.59	900m: 11:52.64 1:18.02	1300m: 17:02.36 1:17.30	
200m: 2:37.27 1:20.40	600m: 7:57.63 1:19.21	1000m: 13:10.70 1:18.06	1400m: 18:18.03 1:15.67	
300m: 3:58.25 1:20.98	700m: 9:16.15 1:18.52	1100m: 14:28.18 1:17.48	1500m: 19:29.38 1:11.35	
400m: 5:18.83 1:20.58	800m: 10:34.62 1:18.47	1200m: 15:45.06 1:16.88		
4. Fabio Andre, Policarpo	36	CPCD Póvoa de Santa Iria	20:19.16	599
100m: 1:14.30 1:14.30	500m: 6:40.94 1:22.70	900m: 12:11.74 1:22.62	1300m: 17:40.03 1:22.39	
200m: 2:33.44 1:19.14	600m: 8:04.26 1:23.32	1000m: 13:33.70 1:21.96	1400m: 19:01.57 1:21.54	
300m: 3:55.88 1:22.44	700m: 9:26.51 1:22.25	1100m: 14:55.10 1:21.40	1500m: 20:19.16 1:17.59	
400m: 5:18.24 1:22.36	800m: 10:49.12 1:22.61	1200m: 16:17.64 1:22.54		
5. Miguel Angelo, Carrilho	37	CNATRIL - Clube de Nataçao e Triatlo	23:13.55	401
100m: 1:26.78 1:26.78	500m: 7:36.40 1:33.90	900m: 13:48.85 1:33.60	1300m: 20:04.68 1:34.54	
200m: 2:57.63 1:30.85	600m: 9:09.44 1:33.04	1000m: 15:22.40 1:33.55	1400m: 21:40.90 1:36.22	
300m: 4:29.64 1:32.01	700m: 10:42.42 1:32.98	1100m: 16:56.10 1:33.70	1500m: 23:13.55 1:32.65	
400m: 6:02.50 1:32.86	800m: 12:15.25 1:32.83	1200m: 18:30.14 1:34.04		
6. Jorge Miguel, Xavier	37	Braga	23:36.85	382
100m: 1:22.02 1:22.02	500m: 7:31.16 1:34.15	900m: 13:53.72 1:35.98	1300m: 20:23.39 1:38.33	
200m: 2:50.84 1:28.82	600m: 9:06.33 1:35.17	1000m: 15:30.14 1:36.42	1400m: 22:03.43 1:40.04	
300m: 4:23.20 1:32.36	700m: 10:42.23 1:35.90	1100m: 17:07.28 1:37.14	1500m: 23:36.85 1:33.42	
400m: 5:57.01 1:33.81	800m: 12:17.74 1:35.51	1200m: 18:45.06 1:37.78		
7. Gustavo Jose, Fresco	39	Académica de Coimbra	25:02.14	320
100m: 1:25.28 1:25.28	500m: 8:13.29 1:45.19	900m: 15:07.99 1:45.24	1300m: 21:51.16 1:43.64	
200m: 3:03.69 1:38.41	600m: 9:56.75 1:43.46	1000m: 16:46.06 1:38.07	1400m: 23:32.73 1:41.57	
300m: 4:45.53 1:41.84	700m: 11:39.33 1:42.58	1100m: 18:26.74 1:40.68	1500m: 25:02.14 1:29.41	
400m: 6:28.10 1:42.57	800m: 13:22.75 1:43.42	1200m: 20:07.52 1:40.78		
8. Andre Manuel, Fernandes	38	CPCD Póvoa de Santa Iria	25:42.62	296
100m: 1:31.37 1:31.37	500m: 8:19.82 1:43.58	900m: 15:16.40 1:43.80	1300m: 22:14.77 1:45.99	
200m: 3:10.47 1:39.10	600m: 10:04.12 1:44.30	1000m: 17:00.72 1:44.32	1400m: 24:02.18 1:47.41	
300m: 4:52.43 1:41.96	700m: 11:47.27 1:43.15	1100m: 18:44.83 1:44.11	1500m: 25:42.62 1:40.44	
400m: 6:36.24 1:43.81	800m: 13:32.60 1:45.33	1200m: 20:28.78 1:43.95		
9. Jorge Filipe, Cardoso	39	Braga	25:50.98	291
100m: 1:31.04 1:31.04	500m: 8:23.39 1:46.28	900m: 15:27.14 1:45.04	1300m: 22:30.09 1:46.75	
200m: 3:09.67 1:38.63	600m: 10:10.47 1:47.08	1000m: 17:12.26 1:45.12	1400m: 24:14.26 1:44.17	
300m: 4:51.48 1:41.81	700m: 11:57.06 1:46.59	1100m: 18:57.30 1:45.04	1500m: 25:50.98 1:36.72	
400m: 6:37.11 1:45.63	800m: 13:42.10 1:45.04	1200m: 20:43.34 1:46.04		
10. Pedro Emanuel, Gomes	38	Natacao de Valongo	26:03.83	284
100m: 1:33.96 1:33.96	500m: 8:27.83 1:45.62	900m: 15:27.04 1:45.05	1300m: 22:35.26 1:47.98	
200m: 3:14.16 1:40.20	600m: 10:13.36 1:45.53	1000m: 17:13.04 1:46.00	1400m: 24:23.12 1:47.86	
300m: 4:57.70 1:43.54	700m: 11:58.62 1:45.26	1100m: 18:59.17 1:46.13	1500m: 26:03.83 1:40.71	
400m: 6:42.21 1:44.51	800m: 13:41.99 1:43.37	1200m: 20:47.28 1:48.11		

Prova 6, Masc., 1500m Livres

Master D

1. Diogo Marques, Pratas	40	Gafanha da Encarnação	20:32.08	543
100m: 1:17.34 1:17.34	500m: 6:45.70 1:23.02	900m: 12:17.25 1:22.45	1300m: 17:50.04 1:23.64	
200m: 2:38.24 1:20.90	600m: 8:08.99 1:23.29	1000m: 13:40.53 1:23.28	1400m: 19:13.46 1:23.42	
300m: 4:00.37 1:22.13	700m: 9:31.72 1:22.73	1100m: 15:03.40 1:22.87	1500m: 20:32.08 1:18.62	
400m: 5:22.68 1:22.31	800m: 10:54.80 1:23.08	1200m: 16:26.40 1:23.00		
2. Armindo Manuel, Lobo	42	Vitória Sport Clube	22:26.67	416
100m: 1:25.48 1:25.48	500m: 7:22.76 1:30.84	900m: 13:30.39 1:31.27	1300m: 19:31.96 1:29.16	
200m: 2:54.00 1:28.52	600m: 8:54.72 1:31.96	1000m: 15:01.76 1:31.37	1400m: 21:00.55 1:28.59	
300m: 4:22.63 1:28.63	700m: 10:26.32 1:31.60	1100m: 16:32.28 1:30.52	1500m: 22:26.67 1:26.12	
400m: 5:51.92 1:29.29	800m: 11:59.12 1:32.80	1200m: 18:02.80 1:30.52		
3. Pedro Joao, Morais	40	Porto	22:49.41	395
100m: 1:21.75 1:21.75	500m: 7:17.81 1:30.86	900m: 13:29.40 1:34.25	1300m: 19:45.83 1:34.54	
200m: 2:48.43 1:26.68	600m: 8:49.36 1:31.55	1000m: 15:03.26 1:33.86	1400m: 21:19.12 1:33.29	
300m: 4:16.88 1:28.45	700m: 10:21.98 1:32.62	1100m: 16:37.25 1:33.99	1500m: 22:49.41 1:30.29	
400m: 5:46.95 1:30.07	800m: 11:55.15 1:33.17	1200m: 18:11.29 1:34.04		
4. Marcelo Porto, Rodrigues	44	Natacao de Valongo	22:57.50	388
100m: 1:26.49 1:26.49	500m: 7:35.45 1:33.67	900m: 13:48.64 1:33.26	1300m: 20:00.27 1:31.70	
200m: 2:57.15 1:30.66	600m: 9:08.19 1:32.74	1000m: 15:22.29 1:33.65	1400m: 21:31.16 1:30.89	
300m: 4:29.08 1:31.93	700m: 10:41.86 1:33.67	1100m: 16:55.52 1:33.23	1500m: 22:57.50 1:26.34	
400m: 6:01.78 1:32.70	800m: 12:15.38 1:33.52	1200m: 18:28.57 1:33.05		
5. Jose Antonio, Cruz	42	Adrcimm	23:29.45	363
100m: 1:28.63 1:28.63	500m: 7:45.19 1:34.85	900m: 14:06.70 1:35.88	1300m: 20:26.25 1:35.48	
200m: 3:02.14 1:33.51	600m: 9:21.19 1:36.00	1000m: 15:41.91 1:35.21	1400m: 21:59.76 1:33.51	
300m: 4:36.46 1:34.32	700m: 10:55.48 1:34.29	1100m: 17:15.88 1:33.97	1500m: 23:29.45 1:29.69	
400m: 6:10.34 1:33.88	800m: 12:30.82 1:35.34	1200m: 18:50.77 1:34.89		
6. Ricardo Lourenco, Alves	42	Galitos / Bresimar	23:50.51	347
100m: 1:26.94 1:26.94	500m: 7:47.98 1:36.59	900m: 14:14.55 1:36.73	1300m: 20:41.36 1:36.15	
200m: 2:59.77 1:32.83	600m: 9:24.68 1:36.70	1000m: 15:52.31 1:37.76	1400m: 22:17.02 1:35.66	
300m: 4:35.32 1:35.55	700m: 11:01.26 1:36.58	1100m: 17:29.66 1:37.35	1500m: 23:50.51 1:33.49	
400m: 6:11.39 1:36.07	800m: 12:37.82 1:36.56	1200m: 19:05.21 1:35.55		
7. Vitor Moreira, Carvalho	40	Braga	24:44.96	310
100m: 1:26.87 1:26.87	500m: 7:57.08 1:40.40	900m: 14:39.74 1:41.48	1300m: 21:32.54 1:43.01	
200m: 3:00.14 1:33.27	600m: 9:36.95 1:39.87	1000m: 16:22.98 1:43.24	1400m: 23:13.71 1:41.17	
300m: 4:38.46 1:38.32	700m: 11:17.38 1:40.43	1100m: 18:06.41 1:43.43	1500m: 24:44.96 1:31.25	
400m: 6:16.68 1:38.22	800m: 12:58.26 1:40.88	1200m: 19:49.53 1:43.12		
8. Agostinho Alberto, Rego	44	Vitória Sport Clube	25:30.04	283
100m: 1:29.11 1:29.11	500m: 8:09.53 1:44.87	900m: 15:14.44 1:44.91	1300m: 22:08.80 1:44.88	
200m: 3:05.73 1:36.62	600m: 9:56.44 1:46.91	1000m: 16:57.11 1:42.67	1400m: 23:50.15 1:41.35	
300m: 4:44.79 1:39.06	700m: 11:43.31 1:46.87	1100m: 18:40.16 1:43.05	1500m: 25:30.04 1:39.89	
400m: 6:24.66 1:39.87	800m: 13:29.53 1:46.22	1200m: 20:23.92 1:43.76		
9. Carlos German, Romano	40	Porto	26:37.97	249
100m: 1:37.30 1:37.30	500m: 8:34.93 1:45.90	900m: 15:45.86 1:48.40	1300m: 23:01.52 1:49.51	
200m: 3:21.24 1:43.94	600m: 10:21.38 1:46.45	1000m: 17:33.13 1:47.27	1400m: 24:53.89 1:52.37	
300m: 5:04.28 1:43.04	700m: 12:11.08 1:49.70	1100m: 19:19.95 1:46.82	1500m: 26:37.97 1:44.08	
400m: 6:49.03 1:44.75	800m: 13:57.46 1:46.38	1200m: 21:12.01 1:52.06		
10. Pedro Nuno, Boga	41	Porto	28:52.42	195
<i>FTL</i>				
100m: 1:41.21 1:41.21	500m: 9:26.54 1:57.53	900m: 17:21.42 1:58.80	1300m: 25:13.97 1:56.58	
200m: 3:34.08 1:52.87	600m: 11:25.54 1:59.00	1000m: 19:20.56 1:59.14	1400m: 27:09.56 1:55.59	
300m: 5:31.11 1:57.03	700m: 13:23.39 1:57.85	1100m: 21:19.18 1:58.62	1500m: 28:52.42 1:42.86	
400m: 7:29.01 1:57.90	800m: 15:22.62 1:59.23	1200m: 23:17.39 1:58.21		

Prova 6, Masc., 1500m Livres, Master D

Lugar	Idade	Tempo final	Pts
11. Amilcar Filipe, Pires <i>FTL</i>	42 CNLeiria - VOID	34:30.88	114
100m: 1:55.68 1:55.68	500m: 11:00.94 2:18.07	900m: 20:19.59 2:19.57	1300m: 29:48.85 2:23.61
200m: 4:08.78 2:13.10	600m: 13:17.98 2:17.04	1000m: 22:41.18 2:21.59	1400m: 32:13.30 2:24.45
300m: 6:24.49 2:15.71	700m: 15:38.95 2:20.97	1100m: 25:01.89 2:20.71	1500m: 34:30.88 2:17.58
400m: 8:42.87 2:18.38	800m: 18:00.02 2:21.07	1200m: 27:25.24 2:23.35	

Master E

1. Diogo Pedroso, Almeida	49 Adrcimm	21:04.20	543
100m: 1:18.34 1:18.34	500m: 6:54.37 1:24.99	900m: 12:32.13 1:23.88	1300m: 18:13.47 1:25.81
200m: 2:40.90 1:22.56	600m: 8:18.92 1:24.55	1000m: 13:56.71 1:24.58	1400m: 19:40.41 1:26.94
300m: 4:04.59 1:23.69	700m: 9:43.84 1:24.92	1100m: 15:21.77 1:25.06	1500m: 21:04.20 1:23.79
400m: 5:29.38 1:24.79	800m: 11:08.25 1:24.41	1200m: 16:47.66 1:25.89	
2. Andre Rosado, Rocha	48 Pimpoes/Cimai	23:20.91	399
100m: 1:21.09 1:21.09	500m: 7:21.48 1:32.93	900m: 13:45.11 1:36.97	1300m: 20:16.02 1:36.98
200m: 2:47.77 1:26.68	600m: 8:54.92 1:33.44	1000m: 15:23.07 1:37.96	1400m: 21:51.17 1:35.15
300m: 4:17.15 1:29.38	700m: 10:32.21 1:37.29	1100m: 17:01.34 1:38.27	1500m: 23:20.91 1:29.74
400m: 5:48.55 1:31.40	800m: 12:08.14 1:35.93	1200m: 18:39.04 1:37.70	
3. Tiago Goncalo, Ribeiro	46 Pimpoes/Cimai	25:47.85	295
100m: 1:34.85 1:34.85	500m: 8:30.97 1:45.53	900m: 15:29.35 1:44.19	1300m: 22:26.68 1:43.60
200m: 3:15.71 1:40.86	600m: 10:17.10 1:46.13	1000m: 17:14.60 1:45.25	1400m: 24:08.16 1:41.48
300m: 5:00.39 1:44.68	700m: 12:01.22 1:44.12	1100m: 18:58.89 1:44.29	1500m: 25:47.85 1:39.69
400m: 6:45.44 1:45.05	800m: 13:45.16 1:43.94	1200m: 20:43.08 1:44.19	
4. Hugo Manuel, Ferreira	47 Natacao da Maia	26:07.03	285
100m: 1:35.18 1:35.18	500m: 8:33.74 1:43.80	900m: 15:34.03 1:44.95	1300m: 22:36.50 1:45.68
200m: 3:20.05 1:44.87	600m: 10:17.97 1:44.23	1000m: 17:18.59 1:44.56	1400m: 24:23.30 1:46.80
300m: 5:04.61 1:44.56	700m: 12:02.13 1:44.16	1100m: 19:03.76 1:45.17	1500m: 26:07.03 1:43.73
400m: 6:49.94 1:45.33	800m: 13:49.08 1:46.95	1200m: 20:50.82 1:47.06	
5. Pedro Santos, Gouveia	45 Académica de Coimbra	27:57.71	232
100m: 1:37.38 1:37.38	500m: 9:04.16 1:52.44	900m: 16:36.88 1:52.72	1300m: 24:14.03 1:53.60
200m: 3:27.55 1:50.17	600m: 10:57.62 1:53.46	1000m: 18:30.77 1:53.89	1400m: 26:07.84 1:53.81
300m: 5:18.87 1:51.32	700m: 12:51.56 1:53.94	1100m: 20:25.21 1:54.44	1500m: 27:57.71 1:49.87
400m: 7:11.72 1:52.85	800m: 14:44.16 1:52.60	1200m: 22:20.43 1:55.22	
6. Nuno Silva, Afonso <i>FTL</i>	47 Académica de Coimbra	28:43.38	214
100m: 1:37.70 1:37.70	500m: 9:18.50 1:57.91	900m: 17:07.97 1:57.86	1300m: 24:59.06 1:58.27
200m: 3:28.93 1:51.23	600m: 11:14.69 1:56.19	1000m: 19:05.67 1:57.70	1400m: 26:55.09 1:56.03
300m: 5:24.08 1:55.15	700m: 13:12.52 1:57.83	1100m: 21:02.86 1:57.19	1500m: 28:43.38 1:48.29
400m: 7:20.59 1:56.51	800m: 15:10.11 1:57.59	1200m: 23:00.79 1:57.93	
7. Jose Alexandre, Onofre <i>FTL</i>	45 Clube Desportivo de Estarreja	30:16.16	183
100m: 1:45.55 1:45.55	500m: 9:51.17 2:02.80	900m: 18:06.19 2:03.53	1300m: 26:21.53 2:03.79
200m: 3:43.60 1:58.05	600m: 11:54.13 2:02.96	1000m: 20:09.68 2:03.49	1400m: 28:24.26 2:02.73
300m: 5:45.95 2:02.35	700m: 13:57.91 2:03.78	1100m: 22:14.59 2:04.91	1500m: 30:16.16 1:51.90
400m: 7:48.37 2:02.42	800m: 16:02.66 2:04.75	1200m: 24:17.74 2:03.15	

Prova 6, Masc., 1500m Livres

Master F

1. Pedro Nuno, Silva	53	Académica de Coimbra	23:42.72	410
100m: 1:34.19 1:34.19	500m: 7:55.79 1:35.39	900m: 14:18.18 1:35.81	1300m: 20:37.00 1:34.59	
200m: 3:09.91 1:35.72	600m: 9:31.21 1:35.42	1000m: 15:53.32 1:35.14	1400m: 22:10.91 1:33.91	
300m: 4:45.11 1:35.20	700m: 11:06.21 1:35.00	1100m: 17:27.90 1:34.58	1500m: 23:42.72 1:31.81	
400m: 6:20.40 1:35.29	800m: 12:42.37 1:36.16	1200m: 19:02.41 1:34.51		
2. Filipe Monteiro, Pacheco	52	Leixoes Sport Club	23:44.35	409
100m: 1:23.70 1:23.70	500m: 7:40.13 1:35.44	900m: 14:04.31 1:36.44	1300m: 20:34.33 1:37.90	
200m: 2:55.03 1:31.33	600m: 9:15.16 1:35.03	1000m: 15:41.12 1:36.81	1400m: 22:11.77 1:37.44	
300m: 4:28.97 1:33.94	700m: 10:51.64 1:36.48	1100m: 17:18.69 1:37.57	1500m: 23:44.35 1:32.58	
400m: 6:04.69 1:35.72	800m: 12:27.87 1:36.23	1200m: 18:56.43 1:37.74		
3. Ricardo Velho, Franco	52	Geslours	24:39.34	365
100m: 1:29.58 1:29.58	500m: 8:01.05 1:39.03	900m: 14:40.93 1:40.78	1300m: 21:23.54 1:39.78	
200m: 3:05.54 1:35.96	600m: 9:39.80 1:38.75	1000m: 16:22.15 1:41.22	1400m: 23:04.27 1:40.73	
300m: 4:43.71 1:38.17	700m: 11:19.86 1:40.06	1100m: 18:04.34 1:42.19	1500m: 24:39.34 1:35.07	
400m: 6:22.02 1:38.31	800m: 13:00.15 1:40.29	1200m: 19:43.76 1:39.42		
4. Vitor Manuel, Cardoso	54	Natacao de Valongo	25:24.19	334
100m: 1:32.00 1:32.00	500m: 8:27.18 1:42.29	900m: 15:14.27 1:42.58	1300m: 22:04.78 1:43.41	
200m: 3:16.11 1:44.11	600m: 10:09.08 1:41.90	1000m: 16:57.37 1:43.10	1400m: 23:47.85 1:43.07	
300m: 5:01.59 1:45.48	700m: 11:50.78 1:41.70	1100m: 18:39.67 1:42.30	1500m: 25:24.19 1:36.34	
400m: 6:44.89 1:43.30	800m: 13:31.69 1:40.91	1200m: 20:21.37 1:41.70		
5. Rui Miguel, Pinheiro	50	Natacao da Maia	29:12.36	219
100m: 1:37.47 1:37.47	500m: 9:35.99 2:02.00	900m: 17:26.56 1:57.50	1300m: 25:21.65 1:58.32	
200m: 3:32.61 1:55.14	600m: 11:36.74 2:00.75	1000m: 19:25.68 1:59.12	1400m: 27:19.41 1:57.76	
300m: 5:31.40 1:58.79	700m: 13:32.82 1:56.08	1100m: 21:25.70 2:00.02	1500m: 29:12.36 1:52.95	
400m: 7:33.99 2:02.59	800m: 15:29.06 1:56.24	1200m: 23:23.33 1:57.63		
6. Joao Pedro, Oliveira	52	Natacao de Valongo	32:42.14	156
<i>FTL</i>				
100m: 1:48.60 1:48.60	500m: 10:21.78 2:14.26	900m: 19:19.66 2:12.71	1300m: 28:19.32 2:15.70	
200m: 3:50.27 2:01.67	600m: 12:37.91 2:16.13	1000m: 21:33.21 2:13.55	1400m: 30:34.43 2:15.11	
300m: 5:58.00 2:07.73	700m: 14:51.11 2:13.20	1100m: 23:49.10 2:15.89	1500m: 32:42.14 2:07.71	
400m: 8:07.52 2:09.52	800m: 17:06.95 2:15.84	1200m: 26:03.62 2:14.52		
7. Hugo Alexandre, Borrego	54	Sporting Clube de Aveiro	36:25.90	113
<i>FTL</i>				
100m: 1:58.64 1:58.64	500m: 11:28.15 2:28.33	900m: 21:25.83 2:31.01	1300m: 31:30.92 2:32.17	
200m: 4:16.73 2:18.09	600m: 13:56.36 2:28.21	1000m: 23:55.23 2:29.40	1400m: 34:03.01 2:32.09	
300m: 6:36.67 2:19.94	700m: 16:26.44 2:30.08	1100m: 26:27.09 2:31.86	1500m: 36:25.90 2:22.89	
400m: 8:59.82 2:23.15	800m: 18:54.82 2:28.38	1200m: 28:58.75 2:31.66		

Master G

1. Flavio Martins, Moreira	56	Académica de Coimbra	23:07.04	494
100m: 1:29.34 1:29.34	500m: 7:38.25 1:32.53	900m: 13:50.21 1:33.46	1300m: 20:03.69 1:32.77	
200m: 3:00.92 1:31.58	600m: 9:10.96 1:32.71	1000m: 15:23.83 1:33.62	1400m: 21:36.96 1:33.27	
300m: 4:33.14 1:32.22	700m: 10:43.82 1:32.86	1100m: 16:57.95 1:34.12	1500m: 23:07.04 1:30.08	
400m: 6:05.72 1:32.58	800m: 12:16.75 1:32.93	1200m: 18:30.92 1:32.97		
2. Rui Miguel, Tejo	57	Académica de Coimbra	23:20.74	480
100m: 1:27.15 1:27.15	500m: 7:44.76 1:35.17	900m: 14:04.41 1:34.65	1300m: 20:21.19 1:33.94	
200m: 2:59.79 1:32.64	600m: 9:20.00 1:35.24	1000m: 15:38.59 1:34.18	1400m: 21:54.79 1:33.60	
300m: 4:34.63 1:34.84	700m: 10:54.93 1:34.93	1100m: 17:13.14 1:34.55	1500m: 23:20.74 1:25.95	
400m: 6:09.59 1:34.96	800m: 12:29.76 1:34.83	1200m: 18:47.25 1:34.11		

Prova 6, Masc., 1500m Livres, Master G

Lugar	Idade		Tempo final		Pts
3.	Jose Manuel, Pereira	56	Palmela Desporto	23:23.46	477
	100m: 1:26.17 1:26.17	500m: 7:37.00 1:34.56	900m: 13:56.47 1:35.44	1300m: 20:17.24 1:34.79	
	200m: 2:57.39 1:31.22	600m: 9:11.34 1:34.34	1000m: 15:31.47 1:35.00	1400m: 21:52.34 1:35.10	
	300m: 4:29.30 1:31.91	700m: 10:45.77 1:34.43	1100m: 17:07.14 1:35.67	1500m: 23:23.46 1:31.12	
	400m: 6:02.44 1:33.14	800m: 12:21.03 1:35.26	1200m: 18:42.45 1:35.31		
4.	Miguel Jose, Ferreira	56	Leixoes Sport Club	23:44.40	456
	100m: 1:30.79 1:30.79	500m: 7:55.10 1:35.77	900m: 14:17.23 1:35.01	1300m: 20:36.80 1:34.92	
	200m: 3:06.73 1:35.94	600m: 9:31.59 1:36.49	1000m: 15:51.25 1:34.02	1400m: 22:12.85 1:36.05	
	300m: 4:43.16 1:36.43	700m: 11:07.12 1:35.53	1100m: 17:26.37 1:35.12	1500m: 23:44.40 1:31.55	
	400m: 6:19.33 1:36.17	800m: 12:42.22 1:35.10	1200m: 19:01.88 1:35.51		
5.	Antonio Manuel, Ribeiro	57	Natacao da Maia	25:55.88	350
	100m: 1:36.49 1:36.49	500m: 8:35.56 1:45.22	900m: 15:33.22 1:44.03	1300m: 22:30.97 1:43.79	
	200m: 3:20.70 1:44.21	600m: 10:20.13 1:44.57	1000m: 17:18.32 1:45.10	1400m: 24:14.77 1:43.80	
	300m: 5:05.59 1:44.89	700m: 12:04.83 1:44.70	1100m: 19:02.78 1:44.46	1500m: 25:55.88 1:41.11	
	400m: 6:50.34 1:44.75	800m: 13:49.19 1:44.36	1200m: 20:47.18 1:44.40		
6.	Francisco Antonio, Ferraz	56	Pimpoes/Cimai	27:39.79	288
	100m: 1:43.42 1:43.42	500m: 9:15.80 1:50.86	900m: 16:37.74 1:50.49	1300m: 24:04.03 1:51.84	
	200m: 3:36.91 1:53.49	600m: 11:07.10 1:51.30	1000m: 18:28.42 1:50.68	1400m: 25:57.23 1:53.20	
	300m: 5:30.72 1:53.81	700m: 12:58.65 1:51.55	1100m: 20:19.85 1:51.43	1500m: 27:39.79 1:42.56	
	400m: 7:24.94 1:54.22	800m: 14:47.25 1:48.60	1200m: 22:12.19 1:52.34		
7.	Fernando Jose, Alves	57	Salesianos	28:06.23	275
	100m: 1:42.73 1:42.73	500m: 9:12.22 1:53.06	900m: 16:50.59 1:55.85	1300m: 24:23.07 1:53.96	
	200m: 3:33.93 1:51.20	600m: 11:05.77 1:53.55	1000m: 18:46.42 1:55.83	1400m: 26:18.50 1:55.43	
	300m: 5:26.53 1:52.60	700m: 13:01.08 1:55.31	1100m: 20:37.43 1:51.01	1500m: 28:06.23 1:47.73	
	400m: 7:19.16 1:52.63	800m: 14:54.74 1:53.66	1200m: 22:29.11 1:51.68		
8.	Celso Abreu, Fernandes	59	Sporting Clube de Aveiro	30:07.90	223
	100m: 1:45.04 1:45.04	500m: 9:41.21 2:00.88	900m: 17:49.06 2:02.29	1300m: 26:05.90 2:03.84	
	200m: 3:42.11 1:57.07	600m: 11:43.20 2:01.99	1000m: 19:52.69 2:03.63	1400m: 28:11.09 2:05.19	
	300m: 5:40.64 1:58.53	700m: 13:45.02 2:01.82	1100m: 21:57.46 2:04.77	1500m: 30:07.90 1:56.81	
	400m: 7:40.33 1:59.69	800m: 15:46.77 2:01.75	1200m: 24:02.06 2:04.60		
9.	Carlos Filipe, Canito	57	Natacao de Valongo	30:59.02	205
	100m: 2:08.66 2:08.66	500m: 10:36.73 2:03.69	900m: 18:53.49 2:05.99	1300m: 27:01.52 1:58.79	
	200m: 4:22.49 2:13.83	600m: 12:40.90 2:04.17	1000m: 20:56.49 2:03.00	1400m: 29:02.15 2:00.63	
	300m: 6:28.66 2:06.17	700m: 14:42.90 2:02.00	1100m: 23:00.33 2:03.84	1500m: 30:59.02 1:56.87	
	400m: 8:33.04 2:04.38	800m: 16:47.50 2:04.60	1200m: 25:02.73 2:02.40		
10.	Jose Manuel, Baptista	57	Leixoes Sport Club	31:42.89	191
	100m: 1:53.64 1:53.64	500m: 10:17.17 2:06.67	900m: 18:48.60 2:11.95	1300m: 27:28.32 2:11.14	
	200m: 3:59.47 2:05.83	600m: 12:22.31 2:05.14	1000m: 20:57.62 2:09.02	1400m: 29:44.06 2:15.74	
	300m: 6:04.36 2:04.89	700m: 14:29.90 2:07.59	1100m: 23:06.92 2:09.30	1500m: 31:42.89 1:58.83	
	400m: 8:10.50 2:06.14	800m: 16:36.65 2:06.75	1200m: 25:17.18 2:10.26		
11.	Alberto Carlos, Alves	58	Braga	31:54.24	188
	<i>FTL</i>				
	100m: 1:57.66 1:57.66	500m: 10:39.28 2:09.84	900m: 19:14.21 2:07.32	1300m: 27:46.58 2:05.69	
	200m: 4:08.19 2:10.53	600m: 12:48.98 2:09.70	1000m: 21:21.66 2:07.45	1400m: 29:50.42 2:03.84	
	300m: 6:17.65 2:09.46	700m: 14:56.84 2:07.86	1100m: 23:31.22 2:09.56	1500m: 31:54.24 2:03.82	
	400m: 8:29.44 2:11.79	800m: 17:06.89 2:10.05	1200m: 25:40.89 2:09.67		
12.	Jose Carlos, Ramalho	59	Braga	32:08.44	184
	<i>FTL</i>				
	100m: 1:54.98 1:54.98	500m: 10:27.69 2:07.35	900m: 19:09.46 2:11.52	1300m: 27:53.48 2:10.76	
	200m: 4:02.92 2:07.94	600m: 12:36.89 2:09.20	1000m: 21:20.86 2:11.40	1400m: 30:03.91 2:10.43	
	300m: 6:10.49 2:07.57	700m: 14:47.84 2:10.95	1100m: 23:31.20 2:10.34	1500m: 32:08.44 2:04.53	
	400m: 8:20.34 2:09.85	800m: 16:57.94 2:10.10	1200m: 25:42.72 2:11.52		

Prova 6, Masc., 1500m Livres

Master H

1.	Jose Carlos, Freitas	63	Individual ANNP	19:22.69	1115
	100m: 1:14.24 1:14.24	500m: 6:26.77 1:18.16	900m: 11:39.57 1:17.70	1300m: 16:51.16 1:18.13	
	200m: 2:32.05 1:17.81	600m: 7:44.87 1:18.10	1000m: 12:57.56 1:17.99	1400m: 18:08.73 1:17.57	
	300m: 3:50.42 1:18.37	700m: 9:03.29 1:18.42	1100m: 14:15.22 1:17.66	1500m: 19:22.69 1:13.96	
	400m: 5:08.61 1:18.19	800m: 10:21.87 1:18.58	1200m: 15:33.03 1:17.81		
2.	Carlos Jorge, Oliveira	62	Clube Natacao Masters de Almada	21:47.03	785
	100m: 1:21.94 1:21.94	500m: 7:12.80 1:27.42	900m: 13:05.32 1:27.97	1300m: 18:54.78 1:27.87	
	200m: 2:48.74 1:26.80	600m: 8:41.21 1:28.41	1000m: 14:33.11 1:27.79	1400m: 20:22.48 1:27.70	
	300m: 4:16.80 1:28.06	700m: 10:09.42 1:28.21	1100m: 16:00.30 1:27.19	1500m: 21:47.03 1:24.55	
	400m: 5:45.38 1:28.58	800m: 11:37.35 1:27.93	1200m: 17:26.91 1:26.61		
3.	Adelino Jose, Casas	60	Individual ANL	22:49.13	683
	100m: 1:26.38 1:26.38	500m: 7:29.54 1:30.85	900m: 13:34.54 1:31.67	1300m: 19:45.00 1:33.30	
	200m: 2:56.12 1:29.74	600m: 9:00.80 1:31.26	1000m: 15:05.97 1:31.43	1400m: 21:18.29 1:33.29	
	300m: 4:27.59 1:31.47	700m: 10:31.93 1:31.13	1100m: 16:38.65 1:32.68	1500m: 22:49.13 1:30.84	
	400m: 5:58.69 1:31.10	800m: 12:02.87 1:30.94	1200m: 18:11.70 1:33.05		
4.	Paulo Alexandre, Neves	60	Leixoes Sport Club	26:09.83	453
	100m: 1:36.38 1:36.38	500m: 8:39.10 1:45.39	900m: 15:44.82 1:46.96	1300m: 22:42.76 1:44.68	
	200m: 3:21.59 1:45.21	600m: 10:24.44 1:45.34	1000m: 17:29.65 1:44.83	1400m: 24:28.81 1:46.05	
	300m: 5:08.24 1:46.65	700m: 12:11.23 1:46.79	1100m: 19:14.22 1:44.57	1500m: 26:09.83 1:41.02	
	400m: 6:53.71 1:45.47	800m: 13:57.86 1:46.63	1200m: 20:58.08 1:43.86		
5.	Nuno Carlos, Albuquerque	62	Braga	27:06.02	407
	100m: 1:39.88 1:39.88	500m: 8:54.42 1:49.52	900m: 16:11.77 1:49.14	1300m: 23:30.80 1:49.77	
	200m: 3:27.45 1:47.57	600m: 10:43.77 1:49.35	1000m: 18:01.37 1:49.60	1400m: 25:20.09 1:49.29	
	300m: 5:16.01 1:48.56	700m: 12:33.54 1:49.77	1100m: 19:51.24 1:49.87	1500m: 27:06.02 1:45.93	
	400m: 7:04.90 1:48.89	800m: 14:22.63 1:49.09	1200m: 21:41.03 1:49.79		
6.	Antonio Carlos, Carita	61	Académica de Coimbra	27:10.25	404
	100m: 1:43.05 1:43.05	500m: 9:01.32 1:50.03	900m: 16:20.29 1:50.28	1300m: 23:38.18 1:50.11	
	200m: 3:32.65 1:49.60	600m: 10:51.10 1:49.78	1000m: 18:10.45 1:50.16	1400m: 25:26.17 1:47.99	
	300m: 5:21.52 1:48.87	700m: 12:40.28 1:49.18	1100m: 19:59.48 1:49.03	1500m: 27:10.25 1:44.08	
	400m: 7:11.29 1:49.77	800m: 14:30.01 1:49.73	1200m: 21:48.07 1:48.59		
7.	Francisco Jose, Grilo	62	Braga	27:14.16	401
	100m: 1:38.28 1:38.28	500m: 8:54.54 1:49.66	900m: 16:13.06 1:50.07	1300m: 23:33.20 1:48.71	
	200m: 3:25.60 1:47.32	600m: 10:44.13 1:49.59	1000m: 18:02.97 1:49.91	1400m: 25:23.81 1:50.61	
	300m: 5:15.00 1:49.40	700m: 12:33.92 1:49.79	1100m: 19:54.07 1:51.10	1500m: 27:14.16 1:50.35	
	400m: 7:04.88 1:49.88	800m: 14:22.99 1:49.07	1200m: 21:44.49 1:50.42		
8.	Daniel Castro, Trigo	61	Sporting Clube de Aveiro	28:36.03	347
	100m: 1:47.24 1:47.24	500m: 9:26.60 1:54.38	900m: 17:04.91 1:54.87	1300m: 24:49.51 1:56.19	
	200m: 3:41.72 1:54.48	600m: 11:22.00 1:55.40	1000m: 19:00.47 1:55.56	1400m: 26:44.48 1:54.97	
	300m: 5:36.69 1:54.97	700m: 13:16.68 1:54.68	1100m: 20:56.37 1:55.90	1500m: 28:36.03 1:51.55	
	400m: 7:32.22 1:55.53	800m: 15:10.04 1:53.36	1200m: 22:53.32 1:56.95		
9.	Francisco Jorge, Ferreira	64	Académica de Coimbra	28:53.20	336
	100m: 1:49.81 1:49.81	500m: 9:38.07 1:56.72	900m: 17:26.03 1:57.31	1300m: 25:08.82 1:56.15	
	200m: 3:46.96 1:57.15	600m: 11:34.64 1:56.57	1000m: 19:20.92 1:54.89	1400m: 27:04.28 1:55.46	
	300m: 5:44.08 1:57.12	700m: 13:31.60 1:56.96	1100m: 21:18.51 1:57.59	1500m: 28:53.20 1:48.92	
	400m: 7:41.35 1:57.27	800m: 15:28.72 1:57.12	1200m: 23:12.67 1:54.16		
10.	Vitor Manuel, Cardoso	61	Geslours	31:23.50	262
	100m: 1:54.85 1:54.85	500m: 10:15.50 2:06.00	900m: 18:38.92 2:06.53	1300m: 27:11.36 2:09.33	
	200m: 3:59.35 2:04.50	600m: 12:20.80 2:05.30	1000m: 20:46.37 2:07.45	1400m: 29:20.94 2:09.58	
	300m: 6:04.02 2:04.67	700m: 14:27.47 2:06.67	1100m: 22:53.51 2:07.14	1500m: 31:23.50 2:02.56	
	400m: 8:09.50 2:05.48	800m: 16:32.39 2:04.92	1200m: 25:02.03 2:08.52		

Prova 6, Masc., 1500m Livres

Master I

1.	Jaime Carlos, Bento	65	Sad	21:58.00	864
	<i>Recorde Nacional</i>				
	100m: 1:21.34	1:21.34	500m: 7:09.00	1:27.34	900m: 13:05.20
	200m: 2:47.47	1:26.13	600m: 8:36.93	1:27.93	1000m: 14:34.08
	300m: 4:14.79	1:27.32	700m: 10:05.83	1:28.90	1100m: 16:03.12
	400m: 5:41.66	1:26.87	800m: 11:35.42	1:29.59	1200m: 17:32.23
					1:29.11
					1300m: 19:01.93
					1:29.70
					1400m: 20:32.74
					1:30.81
					1500m: 21:58.00
					1:25.26
2.	Oscar Filipe, Goncalves	68	Cfp	24:38.74	612
	100m: 1:34.26	1:34.26	500m: 8:12.33	1:38.48	900m: 14:48.70
	200m: 3:13.83	1:39.57	600m: 9:51.54	1:39.21	1000m: 16:29.15
	300m: 4:54.30	1:40.47	700m: 11:30.15	1:38.61	1100m: 18:07.98
	400m: 6:33.85	1:39.55	800m: 13:09.21	1:39.06	1200m: 19:47.11
					1:39.13
					1300m: 21:26.40
					1:39.29
					1400m: 23:05.38
					1:38.98
					1500m: 24:38.74
					1:33.36
3.	Mario Jose, Pinto	69	Académica de Coimbra	24:49.49	599
	100m: 1:35.84	1:35.84	500m: 8:11.90	1:40.29	900m: 14:54.26
	200m: 3:14.09	1:38.25	600m: 9:53.18	1:41.28	1000m: 16:35.72
	300m: 4:52.77	1:38.68	700m: 11:34.25	1:41.07	1100m: 18:17.94
	400m: 6:31.61	1:38.84	800m: 13:14.70	1:40.45	1200m: 19:58.45
					1:40.51
					1300m: 21:36.52
					1:38.07
					1400m: 23:15.24
					1:38.72
					1500m: 24:49.49
					1:34.25
4.	Joao Manuel, Ruas	66	Sporting	25:59.56	521
	100m: 1:38.32	1:38.32	500m: 8:31.98	1:44.16	900m: 15:31.13
	200m: 3:20.46	1:42.14	600m: 10:16.55	1:44.57	1000m: 17:17.20
	300m: 5:03.63	1:43.17	700m: 12:01.10	1:44.55	1100m: 19:03.30
	400m: 6:47.82	1:44.19	800m: 13:45.63	1:44.53	1200m: 20:48.36
					1:45.06
					1300m: 22:33.91
					1:45.55
					1400m: 24:18.78
					1:44.87
					1500m: 25:59.56
					1:40.78
5.	Manuel Alberto, Pinho	65	Centro Desp. Universitario do Porto	27:53.58	422
	100m: 1:39.20	1:39.20	500m: 9:06.90	1:54.60	900m: 16:39.07
	200m: 3:27.94	1:48.74	600m: 11:00.85	1:53.95	1000m: 18:31.41
	300m: 5:19.49	1:51.55	700m: 12:53.51	1:52.66	1100m: 20:24.18
	400m: 7:12.30	1:52.81	800m: 14:46.90	1:53.39	1200m: 22:17.71
					1:53.53
					1300m: 24:11.41
					1:53.70
					1400m: 26:04.72
					1:53.31
					1500m: 27:53.58
					1:48.86
6.	Jose Antonio, Ferreira	68	Leixoes Sport Club	29:24.01	360
	100m: 1:41.88	1:41.88	500m: 9:34.24	2:00.17	900m: 17:33.94
	200m: 3:36.90	1:55.02	600m: 11:34.03	1:59.79	1000m: 19:32.68
	300m: 5:34.73	1:57.83	700m: 13:33.84	1:59.81	1100m: 21:31.93
	400m: 7:34.07	1:59.34	800m: 15:33.79	1:59.95	1200m: 23:30.84
					1:58.91
					1300m: 25:30.77
					1:59.93
					1400m: 27:29.55
					1:58.78
					1500m: 29:24.01
					1:54.46
7.	Joao Castro, Teixeira	65	Grupo dos Amigos da Natacao	29:49.80	345
	100m: 1:44.26	1:44.26	500m: 9:40.73	2:00.15	900m: 17:43.53
	200m: 3:42.44	1:58.18	600m: 11:42.88	2:02.15	1000m: 19:43.51
	300m: 5:40.79	1:58.35	700m: 13:42.74	1:59.86	1100m: 21:43.99
	400m: 7:40.58	1:59.79	800m: 15:42.99	2:00.25	1200m: 23:45.07
					2:01.08
					1300m: 25:45.72
					2:00.65
					1400m: 27:48.39
					2:02.67
					1500m: 29:49.80
					2:01.41
8.	Jose Luis, Correia	67	Nadadores dos Estoris	30:30.41	322
	100m: 1:49.97	1:49.97	500m: 9:57.13	2:04.23	900m: 18:12.76
	200m: 3:48.44	1:58.47	600m: 12:00.29	2:03.16	1000m: 20:17.69
	300m: 5:49.85	2:01.41	700m: 14:03.75	2:03.46	1100m: 22:21.45
	400m: 7:52.90	2:03.05	800m: 16:07.52	2:03.77	1200m: 24:25.41
					2:03.96
					1300m: 26:28.86
					2:03.45
					1400m: 28:30.89
					2:02.03
					1500m: 30:30.41
					1:59.52
9.	Domingos Marques, Neves	65	Natacao de Valongo	30:55.10	310
	100m: 1:51.77	1:51.77	500m: 10:01.40	2:02.85	900m: 18:19.25
	200m: 3:52.96	2:01.19	600m: 12:05.05	2:03.65	1000m: 20:24.66
	300m: 5:55.70	2:02.74	700m: 14:09.40	2:04.35	1100m: 22:29.96
	400m: 7:58.55	2:02.85	800m: 16:13.92	2:04.52	1200m: 24:37.42
					2:07.46
					1300m: 26:45.24
					2:07.82
					1400m: 28:51.93
					2:06.69
					1500m: 30:55.10
					2:03.17
10.	Manuel Fernando, Santos	65	Gafanha da Encarnação	31:12.56	301
	100m: 1:55.47	1:55.47	500m: 10:17.90	2:06.32	900m: 18:42.08
	200m: 4:00.03	2:04.56	600m: 12:23.63	2:05.73	1000m: 20:49.53
	300m: 6:05.75	2:05.72	700m: 14:29.75	2:06.12	1100m: 22:57.23
	400m: 8:11.58	2:05.83	800m: 16:35.36	2:05.61	1200m: 25:04.51
					2:07.28
					1300m: 27:10.60
					2:06.09
					1400m: 29:13.94
					2:03.34
					1500m: 31:12.56
					1:58.62

Prova 6, Masc., 1500m Livres, Master I

Lugar	Idade		Tempo final		Pts
11. Manoel Pinto, Filho	65 Braga		34:15.77		227
100m:	1:49.69	1:49.69	500m:	10:41.83	2:17.12
200m:	3:56.78	2:07.09	600m:	12:59.13	2:17.30
300m:	6:09.90	2:13.12	700m:	15:17.13	2:18.00
400m:	8:24.71	2:14.81	800m:	17:36.60	2:19.47
			900m:	19:56.73	2:20.13
			1000m:	22:16.14	2:19.41
			1100m:	24:37.50	2:21.36
			1200m:	27:00.32	2:22.82
			1300m:	29:25.47	2:25.15
			1400m:	31:51.45	2:25.98
			1500m:	34:15.77	2:24.32

Master J

1. Vitor Manuel, Mavioso	70 Sad		24:13.53		731
<i>Recorde Nacional</i>					
100m:	1:33.60	1:33.60	500m:	8:04.41	1:37.71
200m:	3:10.72	1:37.12	600m:	9:42.41	1:38.00
300m:	4:48.83	1:38.11	700m:	11:20.25	1:37.84
400m:	6:26.70	1:37.87	800m:	12:57.99	1:37.74
			900m:	14:35.60	1:37.61
			1000m:	16:12.55	1:36.95
			1100m:	17:50.08	1:37.53
			1200m:	19:27.56	1:37.48
			1300m:	21:04.57	1:37.01
			1400m:	22:41.71	1:37.14
			1500m:	24:13.53	1:31.82
2. Carlos Augusto, Correia	74 Clube Natacao Masters de Almada		28:36.35		444
100m:	1:48.63	1:48.63	500m:	9:26.26	1:55.84
200m:	3:43.12	1:54.49	600m:	11:22.36	1:56.10
300m:	5:36.54	1:53.42	700m:	13:19.23	1:56.87
400m:	7:30.42	1:53.88	800m:	15:14.24	1:55.01
			900m:	17:09.26	1:55.02
			1000m:	19:04.79	1:55.53
			1100m:	20:59.59	1:54.80
			1200m:	22:54.98	1:55.39
			1300m:	24:49.84	1:54.86
			1400m:	26:44.84	1:55.00
			1500m:	28:36.35	1:51.51
3. Mario Jorge, Barros	70 Porto		33:28.55		277
100m:	2:07.75	2:07.75	500m:	11:08.65	2:13.82
200m:	4:24.26	2:16.51	600m:	13:24.71	2:16.06
300m:	6:40.20	2:15.94	700m:	15:41.32	2:16.61
400m:	8:54.83	2:14.63	800m:	17:57.60	2:16.28
			900m:	20:14.94	2:17.34
			1000m:	22:31.57	2:16.63
			1100m:	24:45.89	2:14.32
			1200m:	27:00.84	2:14.95
			1300m:	29:14.60	2:13.76
			1400m:	31:30.60	2:16.00
			1500m:	33:28.55	1:57.95
4. Jose Alexandre, Raposo	71 Sporting Clube de Aveiro		33:41.11		272
100m:	2:09.42	2:09.42	500m:	11:08.09	2:15.32
200m:	4:24.87	2:15.45	600m:	13:24.89	2:16.80
300m:	6:39.05	2:14.18	700m:	15:41.35	2:16.46
400m:	8:52.77	2:13.72	800m:	17:57.91	2:16.56
			900m:	20:15.48	2:17.57
			1000m:	22:32.48	2:17.00
			1100m:	24:50.07	2:17.59
			1200m:	27:04.76	2:14.69
			1300m:	29:21.28	2:16.52
			1400m:	31:37.11	2:15.83
			1500m:	33:41.11	2:04.00

Master K

1. Stephen Thomas, Dyson	79 Sad		26:34.17		694
100m:	1:44.24	1:44.24	500m:	8:59.16	1:47.41
200m:	3:34.03	1:49.79	600m:	10:47.33	1:48.17
300m:	5:23.60	1:49.57	700m:	12:34.16	1:46.83
400m:	7:11.75	1:48.15	800m:	14:20.56	1:46.40
			900m:	16:06.01	1:45.45
			1000m:	17:50.14	1:44.13
			1100m:	19:35.10	1:44.96
			1200m:	21:20.65	1:45.55
			1300m:	23:05.89	1:45.24
			1400m:	24:50.78	1:44.89
			1500m:	26:34.17	1:43.39
2. Antonio Carlos, Batista	77 FC Ferreiras/AlgarExperience		29:18.11		517
100m:	1:40.96	1:40.96	500m:	9:21.84	1:56.88
200m:	3:34.00	1:53.04	600m:	11:18.92	1:57.08
300m:	5:28.75	1:54.75	700m:	13:16.74	1:57.82
400m:	7:24.96	1:56.21	800m:	15:15.97	1:59.23
			900m:	17:15.45	1:59.48
			1000m:	19:16.11	2:00.66
			1100m:	21:16.98	2:00.87
			1200m:	23:17.35	2:00.37
			1300m:	25:18.25	2:00.90
			1400m:	27:19.72	2:01.47
			1500m:	29:18.11	1:58.39
3. Carlos Manuel, Porto	75 Sad		31:42.54		408
100m:	1:56.94	1:56.94	500m:	10:18.77	2:05.49
200m:	4:01.01	2:04.07	600m:	12:25.40	2:06.63
300m:	6:06.51	2:05.50	700m:	14:32.93	2:07.53
400m:	8:13.28	2:06.77	800m:	16:39.53	2:06.60
			900m:	18:46.75	2:07.22
			1000m:	20:54.67	2:07.92
			1100m:	23:03.24	2:08.57
			1200m:	25:13.03	2:09.79
			1300m:	27:22.43	2:09.40
			1400m:	29:34.02	2:11.59
			1500m:	31:42.54	2:08.52

Master L

1. Alexandre Azevedo, Gaspar	81 Sad		39:21.34		257
100m:	2:27.31	2:27.31	500m:	13:00.69	2:38.34
200m:	5:06.76	2:39.45	600m:	15:39.80	2:39.11
300m:	7:44.58	2:37.82	700m:	18:19.86	2:40.06
400m:	10:22.35	2:37.77	800m:	20:58.24	2:38.38
			900m:	23:34.93	2:36.69
			1000m:	26:15.48	2:40.55
			1100m:	28:58.59	2:43.11
			1200m:	31:37.91	2:39.32
			1300m:	34:16.07	2:38.16
			1400m:	36:52.68	2:36.61
			1500m:	39:21.34	2:28.66