




	Federa�o Portuguesa de Nata�o Moradia do Complexo do Jamor, Estrada da Costa, 1495-688 CRUZ QUEBRADA Tel 21 4158190/91 Fax 21 4191739 E-mail: secretaria@fpnatacao.pt					<i>Data</i> 01/12/27	
							N�44/01
	CIRCULAR						

DISTRIBUI O: Associa es Distritais e Clubes

ASSUNTO: *Recordes de Nata o de Masters*

Na sequ ncia da nossa Circular n 43 de 01/12/26, junto enviamos os Recordes de Nata o de Masters.

Pela Direc o da FPN
O Vice Presidente



Carlos Oliveira

Patrocinadores

SISTERPOOL
Tratamento de  guas

SPEEDO

TABELA DE RECORDES NATAÇÃO MASTERS - PISCINA 25 METROS

ÉPOCA 2001/2002

50 m LIVRES

NOME	CL	TEMPO	DATA	Local	ESCALÃO	NOME	CL	TEMPO	DATA	Local
Luis Mota	UTAD	0:26.29	22.04.01	Portalegre	25-29	Carla Seoane	CL	0:28.85	24.03.01	Inatel
Paulo Trindade	FCP	0:24.39	18.06.00	Guarda	30-34	Ana Grilo	UDCAL	0:29.70	22.01.99	Inatel
João Espadinha	UDCAL	0:26.10	10.05.99	Inatel	35-39	Amélia Galhardo	CML	0:32.16	22.04.01	Portalegre
Luis Madeira	UDCAL	0:28.89	08.04.00	Inatel	40-44	Manuela M Silva	AAC	0:37.49	28.04.01	Coimbra
Carlos Oliveira	SFP	0:27.80	29.05.99	Inatel	45-49	Isabel Monteiro	AAC	0:36.64	22.04.01	Portalegre
António Trabuco	SAD	0:30.12	18.06.00	Guarda	50-54	Ana Mallen	SFP	0:39.29	24.03.01	Inatel
Edardo Horta	SFP	0:34.14	17.02.01	Inatel	55-59	Célia Quartim	SFP	0:41.63	04.07.99	Almada
António Rodrigues	SFP	0:33.84	05.07.99	Almada	60-64	Nair Sá	ANE	0:54.34	24.03.01	Inatel
Leonel Gomes	IND	0:36.10	10.05.99	Inatel	65-69					
Leonel Gomes	IND	0:37.58	17.02.01	Inatel	70-74	Juliete Reis	SFP	1:24.30	05.05.01	Inatel

100 m LIVRES

Luis Mota	UTAD	0:56.82	17.06.00	Guarda	25-29	Carla Seoane	CL	1:03.89	05.07.99	Almada
Alexandre Dias	SCP	0:56.49	04.07.99	Almada	30-34	Ana Grilo	UDCAL	1:02.24	23.06.01	Inatel
Vasco Sousa	SFP	1:00.68	08.04.00	Inatel	35-39	Teresa Silvano	IND	1:17.18	21.04.01	Portalegre
Paulo Carvalho	SFP	0:59.55	23.06.01	Inatel	40-44	Luisa Oliveira	AAC	1:31.06	21.04.01	Portalegre
Carlos Oliveira	SFP	1:04.81	08.04.00	Inatel	45-49	Anabela Gouveia	SFP	1:29.82	24.03.01	Inatel
Jose Cabral	AAC	1:12.90	21.04.01	Portalegre	50-54	Mª.Luisa Capelo	SFP	1:43.70	08.05.99	Inatel
Orlando Bairrada	ANE	1:21.30	24.03.01	Inatel	55-59	Célia Quartim	SFP	1:39.34	05.07.99	Almada
António Rodrigues	SFP	1:18.30	19.02.00	Areeiro	60-64	Nair Sá	ANE	2:11.79	05.07.99	Almada
Lingberg Nunes	UDCAL	1:37.20	27.02.99	Inatel	65-69	Juliete Reis	SFP	3:30.20	16.05.99	Areeiro
Leonel Gomes	SFP	1:26.78	20.01.01	Inatel	70-74	Juliete Reis	SFP	3:35.60	06.01.01	Areeiro

200 m LIVRES

Luis Mota	UTAD	2:06.17	22.04.01	Portalegre	25-29	Joana Arantes	GCDB	2:25.47	08.04.00	Inatel
João M. Cabeças	SFP	2:24.95	24.11.01	Inatel	30-34	Ana Grilo	UDCAL	2:14.10	23.06.01	Inatel
Mannuel P Barroso	SFP	2:14.84	16.12.00	Inatel	35-39	Teresa Silvano	IND	2:49.63	23.06.01	Inatel
Paulo Carvalho	SFP	2:12.86	22.04.01	Portalegre	40-44	Ana Caeiro	UDCAL	3:40.29	18.06.00	Guarda
Carlos Oliveira	SFP	2:28.50	08.04.00	Inatel	45-49	Anabela Gouveia	SFP	3:21.45	08.04.00	Inatel
António Meyralls	SFP	2:50.36	29.04.00	Inatel	50-54	Mª.Luisa Capelo	SFP	3:49.52	24.03.01	Inatel
Vitor Gouveia Martins	UDCAL	3:11.49	24.11.01	Inatel	55-59	Célia Quartim	SFP	3:41.10	29.03.99	Inatel
António Rodrigues	SFP	3:10.30	25.07.99	Inatel	60-64	Mª. Augusta Azinhreira	SFP	5:23.85	23.06.01	Inatel
Lingberg Nunes	UDCAL	3:38.70	29.03.99	Inatel	65-69					
Leonel Gomes	IND	3:17.51	08.04.00	Inatel	70-74					

400 m LIVRES

Luis Mota	AUTAD	4:27.30	21.04.01	Portalegre	25-29	Joana Arantes	GCDB	5:04.99	29.04.00	Inatel
Miguel Madeira	ESUB	4:50.58	24.03.01	Inatel	30-34	Ana Grilo	UDCAL	4:41.5	06.10.01	Rolândia
Paulo Carvalho	SFP	4:56.90	08.01.00	Inatel	35-39	Mª. João Ribeiro	UDCAL	6:42.86	17.06.00	Guarda
Paulo Carvalho	SFP	4:37.96	23.06.01	Inatel	40-44	Ana Caeiro	UDCAL	7:56.22	17.06.00	Guarda
Jose Guerra	AMINATA	6:21.29	21.04.01	Portalegre	45-49					
Jorge Bastos	CPT	6:52.76	24.03.01	Inatel	50-54					

800 m LIVRES

Abel Martins	GCDB	09:29:56	24.11.01	Inatel	25-29	Joana Arantes	GCDB	10:39:59	16.12.00	Inatel
Carlos Cabrita	UDCAL	10:10:26	24.11.01	Inatel	30-34	Ana Grilo	UDCAL	09:37:41	24.11.01	Inatel
João Espadinha	UDCAL	11:02:50	24.11.01	Inatel	35-39	Mª. João Ribeiro	UDCAL	13:47:46	24.11.01	Inatel
Paulo Carvalho	SFP	10:21:72	16.12.00	Inatel	40-44					
Luis Madeira	UDCAL	11:20:12	24.11.01	Inatel	45-49					
Orlando Bairrada	ANE	13:59:28	24.11.01	Inatel	50-54					
					55-59					
					60-64					
					65-69					
					70-74					

4x50 m LIVRES

Recarei-Fortunato-Rothes-Gonçalves	CFP	1 50.03	21.04.01	Portalegre	1 (100-119)	Aranes-Pacheco-Correa-Sousa	CDB	2 14.69	21.04.01	Portalegre
Campano-Viana-Correa-Mota	AUTAD	1 50.41	21.04.01	Portalegre	2 (120-159)	Carrington-Miguelis-MJSantos-Couc	AAC	2 29.87	28.04.01	Coimbra
Aleixo-Ribeiro-Azevedo-Palma	SFP	2 01.76	03.07.99	Inatel	3 (160-199)	Rekvas-Silva-Carrington-Monteiro	AAC	2 34.90	21.04.01	Portalegre
Freitas-Magalhaes-Nunes-Cabral	AAC	2 24.07	21.04.01	Portalegre	4 (200-239)					

4x100 m LIVRES

Recarei-Fortunato-Rothes-Gonçalves	CFP	4 08.06	21.04.01	Portalegre	1 (100-119)	Joana-Adriana-Sonia-SoniaSousa	GCDB	2 14.69	21.04.01	Portalegre
Silva-Santos-Ferreira-Velha	ANE	4 32.32	21.04.01	Portalegre	2 (120-159)	Carrington-Oliveira-Miguelis-Couceir	AAC	2 35.71	21.04.01	Portalegre
Tejo-Fernando-Miguelis-Cabral	AAC	4 27.95	21.04.01	Portalegre	3 (160-199)	Rekvas-Mannuela-Carrington-Monteir	AAC	2 34.90	21.04.01	Portalegre

4x50 m LIVRES - misto

1 (100-119)
2 (120-159)
3 (160-199)
4 (200-239)

50 m COSTAS

Rafael Correia	AUTAD	0 29.82	21.04.01	Portalegre	25-29	Carla Secane	CPT	0 33.29	24.03.01	Inatel
Paulo Trindade	SFP	0 30.15	24.03.01	Inatel	30-34	Ana Grilo	UDCAL	0 34.05	24.03.01	Inatel
Pedro Carvalho	SFP	0 32.33	23.06.01	Inatel	35-39	Vera Branco	CPT	0 38.28	24.03.01	Inatel
Paulo Carvalho	SFP	0 33.87	24.03.01	Inatel	40-44	Cristina Carrington	AAC	0 43.53	21.04.01	Portalegre
Carlos Oliveira	SFP	0 33.76	04.07.99	Almada	45-49	Ana Patacas	ANE	0 43.25	21.04.01	Portalegre
Antonio Meyrelles	SFP	0 38.19	08.04.00	Inatel	50-54	Maria Luisa Capelo	SFP	0 52.70	08.05.99	Inatel
Eduardo Horta	SFP	0 43.26	23.06.01	Inatel	55-59	Celia Quartin	SFP	0 51.08	05.07.99	Inatel
Antonio Padez	SFP	0 44.26	29.04.00	Inatel	60-64	Augusta Azinheira	SFP	1 05.49	23.06.01	Inatel
					65-69	Juliete Reis	SFP	1 29.10	10.01.99	Areiro
					70-74	Juliete Reis	SFP	1 40.60	19.02.00	Areiro

100 m COSTAS

Rafael Correia	UTAD	1 05.13	22.04.01	Portalegre	25-29	Carla Soeane	CPT	1 11.72	23.06.01	Inatel
Miguel Madeira	ESJB	1 05.30	23.06.01	Inatel	30-34	Ana Grilo	UDCAL	1 13.29	23.06.01	Inatel
Pedro Carvalho	SFP	1 11.72	23.06.01	Inatel	35-39	Vera Branco	CPT	1 24.80	24.03.01	Inatel
Paulo Carvalho	SFP	1 13.94	24.03.01	Inatel	40-44	Fernanda Martins	SFP	1 49.55	05.07.99	Almada
Carlos Oliveira	SFP	1 12.70	09.06.99	Inatel	45-49	Anabela Courveia	SFP	1 49.60	29.01.00	Inatel
Carlos Oliveira	SFP	1 17.44	24.11.01	Inatel	50-54	Mª Luisa Capelo	SFP	2 02.83	24.11.01	Inatel
Antonio Meyrelles	SFP	1 30.91	24.11.01	Inatel	55-59	Celia Quartin	SFP	1 59.60	29.03.99	Inatel
Antonio Rodrigues	SFP	1 48.10	07.03.99	Areiro	60-64	Mª Augusta Azinheira	SFP	2 26.20	07.03.99	areiro
					65-69	Juliete Reis	SFP	3 40.80	07.03.99	Areiro
					70-74	Quitéria Vieira	SFP	3 51.26	23.06.01	Inatel

200 m COSTAS

Hugo Lourenço	UDCAL	2 33.84	24.11.01	Inatel	25-29	Carla Secane	CPT	2 41.78	23.06.01	Inatel
Miguel Madeira	ESTB	2 22.43	16.12.00	Inatel	30-34	Ana Grilo	UDCAL	2 34.80	23.06.01	Inatel
Pedro Carvalho	SFP	2 37.06	17.06.00	Inatel	35-39	Mª João Ribeiro	UDCAL	3 43.06	16.12.00	Inatel
Paulo Carvalho	SFP	2 36.73	23.06.01	Inatel	40-44	Fernanda Martins	SFP	4 02.26	04.07.99	Almada
Carlos Oliveira	SFP	2 51.02	21.04.01	Portalegre	45-49	Ana Patacas	ANE	3 49.32	21.04.01	Portalegre
Antonio Meyrelles	SFP	3 27.37	16.12.00	Inatel	50-54	Maria Andreia Velez	UDCAL	5 26.26	16.12.00	Inatel
Antonio Padez	SFP	4 27.10	24.03.01	Inatel	60-64	Celia Quartin	SFP	4 45.31	21.04.01	Portalegre
					65-69	Juliete Reis	SFP	8 23.34	16.12.00	Inatel
					70-74	Juliete Reis	SFP	8 23.34	16.12.00	Inatel

50 m BRUCOS

Nuno Guerra	GCCB	0,32,26	20,01,01	Inatel	25-29	Isilda Gonçalves	ANE	0,41,72	17,02,01	Inatel
Diogo Madera	ESTB	0,32,68	08,04,00	Inatel	30-34	Vera Branco	CPT	0,42,04	18,03,00	Inatel
Vasco Sousa	SFP	0,32,55	21,04,01	Portalegre	35-39	M ^o Jose Santos	AAC	0,42,25	21,04,01	Portalegre
Jose Silva	MAIA	0,36,83	21,04,01	Portalegre	40-44	Isabel Torres	AAC	0,44,35	21,04,01	Portalegre
Carlos Oliveira	SFP	0,36,03	29,04,00	Inatel	45-49	Ana Relvas	AAC	0,43,13	21,04,01	Portalegre
Vitor Cerqueira	SFP	0,38,63	17,02,01	Inatel	50-54	Maria Sampaio Foster	SFP	0,50,02	24,03,01	Inatel
Helder Moreira	BPAA	0,42,71	29,04,00	Inatel	55-59	Fernanda Pires	SFP	1,09,60	17,02,01	Inatel
Antono Rodrigues	SFP	0,48,80	07,03,99	Areeiro	60-64	Nair Sá	ANE	0,52,20	30,01,00	Inatel
Lingberg Nunes	UDCAL	0,42,60	08,01,00	Inatel	65-69					
Leonel Gomes	SAD	0,43,07	16,06,00	Guarda	70-74					

100 m BRUCOS

Nuno Guerra	GCCB	1,11,09	23,06,01	Inatel	25-29	Ana Souto	GCCB	1,32,67	17,06,00	Guarda
Carlos Cabrita	UDCAL	1,17,68	20,01,01	Inatel	30-34	Vera Branco	CPT	1,34,50	08,01,00	Inatel
Vasco Sousa	SFP	1,12,35	24,03,01	Inatel	35-39	M ^o Jose Santos	AAC	1,29,79	21,04,01	Portalegre
Luis Madera	UDCAL	1,21,81	21,04,01	Portalegre	40-44	Isabel Torres	AAC	1,38,42	21,04,01	Portalegre
Carlos Oliveira	SFP	1,20,63	29,04,00	Inatel	45-49	Ana Relvas	AAC	1,43,13	21,04,01	Portalegre
Jose Cabral	AAC	1,28,49	21,04,01	Portalegre	50-54	Maria Sampaio Foster	SFP	1,51,94	24,03,01	Inatel
Helder Moreira	UDCAL	1,38,41	23,06,01	Inatel	55-59	Celia Quartim	SFP	2,39,38	08,04,00	Inatel
Antonio Padez	SFP	2,00,58	05,07,99	Almada	60-64	Nair Sá	ANE	2,02,70	27,02,99	Inatel
Lingberg Nunes	UDCAL	1,36,50	01,03,99	Inatel	65-69					
Leonel Gomes	SAD	1,37,71	17,06,00	Guarda	70-74					

200 m BRUCOS

Abel Martins	GCCB	2,36,55	24,11,01	Inatel	25-29	Ana Souto	GCCB	3,24,90	29,01,00	Inatel
Diogo Madera	ESJB	2,45,40	29,01,00	Inatel	30-34	Carla Lenzi	UDCAL	3,30,84	16,12,00	Inatel
Germano da Veilha	ANE	2,45,49	24,03,01	Inatel	35-39	Carla Peixe	UDCAL	3,34,3	06,10,01	Rolerdão
Carlos Oliveira	ANE	2,49,42	24,11,01	Inatel	40-44					
Fidalgo Freitas	SFP	2,52,10	09,06,99	Inatel	45-49	Luisa Pintão	ANE	3,54,82	24,11,01	Inatel
Luis Vaz Jorge	AAC	3,25,56	22,04,01	Portalegre	50-54	M ^o Luisa Capelo	SFP	4,30,64	24,11,01	Inatel
	SFP	3,32,56	24,11,01	Inatel	55-59					
					60-64	Nair Sá	ANE	4,27,1	06,10,01	Rolerdão
					65-69					
Lingberg Nunes	UDCAL	3,37,88	24,03,01	Inatel	70-74					
Leonel Gomes	SAD	3,41,27	16,12,00	Inatel	70-74					

50 m MARIPOSA

Diogo Madeira	ESJB	0 27.20	23 07 99	Inatel	25-29	Carla Secane	CPT	0 31.75	17 02 01	Inatel
Paulo Trindade	FCP	0 27.07	17 06 00	Guarda	30-34	Ana Grilo	UDCAL	0 34.00	30 01 99	Inatel
Vasco Sousa	SFP	0 27.94	24 03 01	Inatel	35-39	Vera Branco	CPT	0 36.01	20 01 01	Inatel
Paulo Carvalho	SFP	0 29.50	05 05 01	Inatel	40-44	Paula Couceiro	AAC	0 36.39	21 04 01	Portalegre
Vitor Cerqueira	SFP	0 32.69	21 04 01	Portalegre	45-49	Anabela Couveia	SFP	0 49.27	24 03 01	Inatel
Vitor Cerqueira	SFP	0 33.68	20 01 01	Inatel	50-54					
Orlando Bartrada	ANE	0 37.58	23 06 01	Inatel	55-59					
António Rodrigues	ANE	0 38.30	08 05 99	Inatel	60-64	Nar S4	ANE	1 03.46	29 04 00	
					65-69					
					70-74					

100 m MARIPOSA

Diogo Madeira	ESJB	1 02.50	22 01 99	Inatel	25-29	Joana Arianes	GCDB	1 08.93	08 04 00	Inatel
Diogo Madeira	ESJB	1 01.76	24 03 01	Inatel	30-34					
Vasco Sousa	SFP	1 03.70	24 03 01	Inatel	35-39	Mª João Ribeiro	UDCAL	1 52.31	23 06 01	Inatel
Paulo Carvalho	SFP	1 03.21	23 06 01	Inatel	40-44					
Luis Madeira	UDCAL	1 15.68	23 06 01	Inatel	45-49					
Vitor Cerqueira	SFP	1 23.70	05 05 01	Inatel	50-54					
Orlando Bartrada	ANE	1 35.77	23 06 01	Inatel	55-59					
António Rodrigues	SFP	1 40.90	29 01 00	Inatel	60-64					
					65-69					
					70-74					

200 m MARIPOSA

Diogo Madeira	ESJB	2 30.76	22 01 99	Inatel	25-29	Joana Arianes	GCDB	2 33.86	22 04 01	Portalegre
Diogo Madeira	ESJB	2 30.76	08 04 00	Inatel	30-34	Ana Grilo	UDCAL	2 49.45	24 03 01	Inatel
Paulo Carvalho	SFP	2 36.91	17 06 00	Guarda	35-39					
Paulo Carvalho	SFP	2 22.74	23 06 01	Inatel	40-44					
Rui Palma	CPT	3 59.38	24 03 01	Inatel	45-49					

100 m ESTILOS

Nuno Guerra	GCDB	1 06.72	05 05 01	Inatel	25-29	Carla Secane	CPT	1 14.59	17 02 01	Inatel
Paulo Trindade	FCP	1 02.76	17 06 00	Guarda	30-34	Carla Lenzi	UDCAL	1 28.80	29 05 99	Inatel
Vasco Sousa	SFP	1 06.78	24 03 01	Inatel	35-39	Vera Branco	CPT	1 23.85	21 04 01	Portalegre
Paulo Carvalho	SFP	1 12.85	12 05 01	Arcuro	40-44	Paula Couceiro	AAC	1 25.70	21 04 01	Portalegre
Carlos Oliveira	SFP	1 10.65	05 07 99	Almada	45-49	Ana Palacas	ANE	1 34.00	21 04 01	Portalegre
Vitor Cerqueira	SFP	1 20.17	24 03 01	Inatel	50-54	Maria Saampiao Foster	SFP	1 50 05	17 02 01	Inatel
Eduardo Hora	SFP	1 29.33	23 06 01	Inatel	55-59	Célia Quartim	SFP	2 05.22	05 05 01	Inatel
António Rodrigues	SFP	1 32.17	05 07 99	Almada	60-64	Nair S4	ANE	2 20.78	23 06 01	Inatel
Leonel Gomes	IND	1 34.90	29 05 99	Inatel	65-69					
Leonel Gomes	IND	1 36.73	08 04 00	Inatel	70-74					

200 m ESTILOS

Diogo Madeira	ESJB	2 26.80	30 01 99	Inatel	25-29	Joana Arianes	CDB	2 45.36	24 03 01	Inatel
Miguel Madeira	ESJB	2 26.10	30 01 99	Inatel	30-34	Ana Grilo	UDCAL	2 55.25	05 05 01	Inatel
Vasco Sousa	SFP	2 30.35	22 04 01	Portalegre	35-39	Vera Branco	CPT	3 05.50	22 04 01	Portalegre
Paulo Carvalho	SFP	2 37.88	05 05 01	Inatel	40-44	Paula Couceiro	AAC	3 07.85	30 04 01	Coimbra
José Guerra	AMINATA	3 23.21	22 04 01	Portalegre	45-49	Luis Pinhão	ANE	3 52.14	24 11 01	Inatel
António Meyrelles	SFP	3 16.53	16 12 00	Inatel	50-54					
António Meyrelles	SFP	3 25.90	24 11 01	Inatel	55-59					
António Rodrigues	SFP	3 55.24	16 12 00	Inatel	60-64					
					65-69					
					70-74					

400 m ESTILOS

NOME	CL	TEMPO	DATA	ESCALÃO	NOME	CL	TEMPO	DATA
João Barros	UDCAL	5:30.90	21.04.01	Portalegre 25-29	Joana Aranes	GCD8	5:41.87	21.04.01
Carlos Cabrita	UDCAL	5:44.63	21.04.01	Portalegre 30-34	Ana Grilo	UDCAL	6:30.17	17.06.00
Paulo Carvalho	SFP	5:44.93	17.06.00	Guarda 35-39				Guarda

4X50 m ESTILOS

NOME	CL	TEMPO	DATA	ESCALÃO	NOME	CL	TEMPO	DATA
Gonçalves-Recarei-Rothes-Fortunato	CFP	2:06.95	22.04.01	Portalegre 1 (100-119)	Sonia-Pacheco-Aranes-Sousa	GCD8	2:28.48	22.04.01
Oliveira-Sousa-Trindade-Esteves	SFP	2:01.75	22.04.01	Portalegre 2 (120-159)	Santos-Tomes-Couceiro-Migueis	AAC	2:36.16	22.04.01
Velha-Aves-Barrada-Raimundo	ANE	2:26.96	18.06.00	Guarda 3 (160-199)	Carrington-Relvas-Silva-Monteiro	AAC	2:40.04	22.04.01
Magalhães-Freitas-Figueiredo-Cabral	AAC	2:29.63	22.04.01	Portalegre 4 (200-239)				Portalegre
Padéz-Comes-Rodrigues-Horta	SFP	2:47.70	22.04.01	Portalegre 5 (240-279)				

4X50 m ESTILOS - Misto

- 1 (100-119)
- 2 (120-159)
- 3 (160-199)
- 4 (200-239)
- 5 (240-279)

4X100 m ESTILOS

Brandão-Mota-Araujo-Rocha	EDV	6:09.98	04.07.99	1 (100-119)
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