

XII Campeonato Nacional Masters de Verão - OPEN  
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 2 Masc., 800m Livres 25 - 89 anos  
3.7.10 - 9:20 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Master Esc A</b>						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	<b>10:01.81</b>		587
	100m: 1:08.31 1:08.31	300m: 3:42.50 1:18.04	500m: 6:15.79 1:15.43	700m: 8:49.68 1:16.93		1:16.93
	200m: 2:24.46 1:16.15	400m: 5:00.36 1:17.86	600m: 7:32.75 1:16.96	800m: 10:01.81 1:12.13		1:12.13
2.	Ivan Mauricio Couras	81	Leixoes	<b>10:42.54</b>		482
	100m: 1:12.21 1:12.21	300m: 3:52.83 1:20.74	500m: 6:35.48 1:20.96	700m: 9:21.65 1:23.40		1:23.40
	200m: 2:32.09 1:19.88	400m: 5:14.52 1:21.69	600m: 7:58.25 1:22.77	800m: 10:42.54 1:20.89		1:20.89
3.	Juan Carlos Briceno	82	Academica de Coimbra	<b>10:53.71</b>		458
	100m: 1:11.46 1:11.46	300m: 3:57.82 1:23.34	500m: 6:45.65 1:24.56	700m: 9:32.50 1:22.73		1:22.73
	200m: 2:34.48 1:23.02	400m: 5:21.09 1:23.27	600m: 8:09.77 1:24.12	800m: 10:53.71 1:21.21		1:21.21
4.	Jorge Jesus Bandeira	82	Ginasio Figueirense	<b>10:56.16</b>		453
	100m: 1:15.29 1:15.29	300m: 4:01.36 1:23.85	500m: 6:49.87 1:24.22	700m: 9:36.85 1:22.83		1:22.83
	200m: 2:37.51 1:22.22	400m: 5:25.65 1:24.29	600m: 8:14.02 1:24.15	800m: 10:56.16 1:19.31		1:19.31
5.	Jose Manuel Antunes	82	Galitos	<b>11:14.80</b>		416
	100m: 1:18.14 1:18.14	300m: 4:06.23 1:24.20	500m: 6:57.65 1:25.85	700m: 9:50.72 1:26.52		1:26.52
	200m: 2:42.03 1:23.89	400m: 5:31.80 1:25.57	600m: 8:24.20 1:26.55	800m: 11:14.80 1:24.08		1:24.08
6.	Pablo Manuel Tavares	84	Masters de Almada	<b>12:33.35</b>		299
	100m: 1:27.63 1:27.63	300m: 4:37.06 1:35.07	500m: 7:51.16 1:35.26	700m: 11:05.09 1:34.68		1:34.68
	200m: 3:01.99 1:34.36	400m: 6:15.90 1:38.84	600m: 9:30.41 1:39.25	800m: 12:33.35 1:28.26		1:28.26

**Master Esc B**

1.	Pedro Miguel Silva	76	Vilacondense	<b>9:08.38</b>		751
	100m: 1:03.42 1:03.42	300m: 3:19.62 1:08.51	500m: 5:38.74 1:09.32	700m: 7:59.89 1:10.93		1:10.93
	200m: 2:11.11 1:07.69	400m: 4:29.42 1:09.80	600m: 6:48.96 1:10.22	800m: 9:08.38 1:08.49		1:08.49
2.	Rodrigo Marques Costa	76	Litoral Alentejano	<b>10:01.67</b>		568
	100m: 1:08.24 1:08.24	300m: 3:37.24 1:15.45	500m: 6:10.98 1:16.74	700m: 8:45.73 1:17.35		1:17.35
	200m: 2:21.79 1:13.55	400m: 4:54.24 1:17.00	600m: 7:28.38 1:17.40	800m: 10:01.67 1:15.94		1:15.94
3.	Patrick Santos	79	Nageurs De Paris	<b>10:15.14</b>		532
	100m: 1:09.73 1:09.73	300m: 3:43.85 1:17.33	500m: 6:20.95 1:18.67	700m: 8:58.55 1:18.99		1:18.99
	200m: 2:26.52 1:16.79	400m: 5:02.28 1:18.43	600m: 7:39.56 1:18.61	800m: 10:15.14 1:16.59		1:16.59
4.	Rui Manuel Pinto	79	Leixoes	<b>10:16.95</b>		527
	100m: 1:12.48 1:12.48	300m: 3:49.36 1:18.70	500m: 6:26.16 1:18.83	700m: 9:03.96 1:18.61		1:18.61
	200m: 2:30.66 1:18.18	400m: 5:07.33 1:17.97	600m: 7:45.35 1:19.19	800m: 10:16.95 1:12.99		1:12.99
5.	Manuel Fialho Silva	77	Belenenses	<b>10:40.01</b>		472
	100m: 1:12.48 1:12.48	300m: 3:52.75 1:20.22	500m: 6:36.18 1:22.18	700m: 9:20.46 1:21.89		1:21.89
	200m: 2:32.53 1:20.05	400m: 5:14.00 1:21.25	600m: 7:58.57 1:22.39	800m: 10:40.01 1:19.55		1:19.55
6.	Diogo Pedroso Almeida	77	Belenenses	<b>10:51.21</b>		448
	100m: 1:12.10 1:12.10	300m: 3:50.24 1:19.78	500m: 6:34.18 1:22.76	700m: 9:25.52 1:25.84		1:25.84
	200m: 2:30.46 1:18.36	400m: 5:11.42 1:21.18	600m: 7:59.68 1:25.50	800m: 10:51.21 1:25.69		1:25.69
7.	Carlos Chan Cordeiro	77	Portinado	<b>11:01.68</b>		427
	100m: 1:09.86 1:09.86	300m: 3:54.94 1:23.81	500m: 6:47.93 1:26.52	700m: 9:40.08 1:24.97		1:24.97
	200m: 2:31.13 1:21.27	400m: 5:21.41 1:26.47	600m: 8:15.11 1:27.18	800m: 11:01.68 1:21.60		1:21.60

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Prova 2, Masc., 800m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Alexandre Marques Pereira	76	Belenenses	<b>11:07.08</b>		417
	100m: 1:17.06 1:17.06	300m: 4:03.84 1:23.83	500m: 6:55.21 1:26.03	700m: 9:46.08 1:25.51		
	200m: 2:40.01 1:22.95	400m: 5:29.18 1:25.34	600m: 8:20.57 1:25.36	800m: 11:07.08 1:21.00		
9.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	<b>11:30.13</b>		377
	100m: 1:18.51 1:18.51	300m: 4:12.35 1:28.15	500m: 7:09.18 1:28.76	700m: 10:05.69 1:28.03		
	200m: 2:44.20 1:25.69	400m: 5:40.42 1:28.07	600m: 8:37.66 1:28.48	800m: 11:30.13 1:24.44		
10.	Rui Alexandre Santos	76	Nadadores dos Estoris	<b>11:31.79</b>		374
	100m: 1:19.48 1:19.48	300m: 4:13.52 1:27.53	500m: 7:10.23 1:28.49	700m: 10:07.30 1:29.08		
	200m: 2:45.99 1:26.51	400m: 5:41.74 1:28.22	600m: 8:38.22 1:27.99	800m: 11:31.79 1:24.49		
11.	Nelson Palma Mestre	80	Academica de Coimbra	<b>12:04.82</b>		325
	100m: 1:17.84 1:17.84	300m: 4:16.95 1:31.49	500m: 7:25.87 1:34.88	700m: 10:35.10 1:34.42		
	200m: 2:45.46 1:27.62	400m: 5:50.99 1:34.04	600m: 9:00.68 1:34.81	800m: 12:04.82 1:29.72		

Master Esc C

1.	Rui Fonseca Vaz	71	Colegio Vasco da Gama	<b>10:07.33</b>		610
	100m: 1:11.16 1:11.16	300m: 3:47.45 1:18.81	500m: 6:22.39 1:17.11	700m: 8:53.69 1:15.25		
	200m: 2:28.64 1:17.48	400m: 5:05.28 1:17.83	600m: 7:38.44 1:16.05	800m: 10:07.33 1:13.64		
2.	Pedro Nuno Braga	74	Natacao da Maia	<b>11:05.17</b>		464
	100m: 1:11.40 1:11.40	300m: 3:56.04 1:23.25	500m: 6:46.61 1:25.94	700m: 9:39.04 1:26.70		
	200m: 2:32.79 1:21.39	400m: 5:20.67 1:24.63	600m: 8:12.34 1:25.73	800m: 11:05.17 1:26.13		
3.	Eduardo Dias Pratas	75	Setubalense	<b>11:16.46</b>		441
	100m: 1:18.95 1:18.95	300m: 4:08.33 1:25.26	500m: 7:00.30 1:25.95	700m: 9:53.63 1:26.06		
	200m: 2:43.07 1:24.12	400m: 5:34.35 1:26.02	600m: 8:27.57 1:27.27	800m: 11:16.46 1:22.83		
4.	Nuno Alexandre Crespo	75	Belenenses	<b>11:22.34</b>		430
	100m: 1:15.59 1:15.59	300m: 4:06.27 1:25.61	500m: 6:58.77 1:26.44	700m: 9:57.09 1:29.71		
	200m: 2:40.66 1:25.07	400m: 5:32.33 1:26.06	600m: 8:27.38 1:28.61	800m: 11:22.34 1:25.25		
5.	Urbino Jesus Santos	75	Natacao da Maia	<b>12:31.52</b>		322
	100m: 1:25.52 1:25.52	300m: 4:31.27 1:33.69	500m: 7:42.27 1:36.06	700m: 10:56.08 1:36.32		
	200m: 2:57.58 1:32.06	400m: 6:06.21 1:34.94	600m: 9:19.76 1:37.49	800m: 12:31.52 1:35.44		
6.	Telmo Miguel Veloso	75	Leixoes	<b>14:44.35</b>		197
	100m: 1:42.73 1:42.73	300m: 5:32.22 1:54.76	500m: 9:16.93 1:51.50	700m: 12:58.18 1:50.42		
	200m: 3:37.46 1:54.73	400m: 7:25.43 1:53.21	600m: 11:07.76 1:50.83	800m: 14:44.35 1:46.17		

Master Esc D

1.	Eurico Manuel Santos	70	Belenenses	<b>11:00.56</b>		481
	100m: 1:15.17 1:15.17	300m: 3:57.67 1:21.71	500m: 6:44.55 1:24.18	700m: 9:35.38 1:25.92		
	200m: 2:35.96 1:20.79	400m: 5:20.37 1:22.70	600m: 8:09.46 1:24.91	800m: 11:00.56 1:25.18		
2.	Luis Paulo Piteira	68	Setubalense	<b>11:05.79</b>		470
	100m: 1:18.93 1:18.93	300m: 4:06.99 1:24.15	500m: 6:55.16 1:23.73	700m: 9:45.39 1:24.81		
	200m: 2:42.84 1:23.91	400m: 5:31.43 1:24.44	600m: 8:20.58 1:25.42	800m: 11:05.79 1:20.40		
3.	Rui Jorge Ferreira	68	Galitos	<b>11:13.05</b>		455
	100m: 1:16.68 1:16.68	300m: 4:06.27 1:25.75	500m: 7:01.20 1:27.61	700m: 9:54.71 1:26.25		
	200m: 2:40.52 1:23.84	400m: 5:33.59 1:27.32	600m: 8:28.46 1:27.26	800m: 11:13.05 1:18.34		
4.	Pedro Alexandre Fernando	67	Academica de Coimbra	<b>11:29.06</b>		424
	100m: 1:17.37 1:17.37	300m: 4:11.48 1:27.87	500m: 7:08.97 1:29.01	700m: 10:05.85 1:28.52		
	200m: 2:43.61 1:26.24	400m: 5:39.96 1:28.48	600m: 8:37.33 1:28.36	800m: 11:29.06 1:23.21		

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Prova 2, Masc., 800m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Jorg Lohken	68	Individual Lisboa	<b>11:38.34</b>		407
	100m: 1:15.43 1:15.43	300m: 4:09.99 1:28.80	500m: 7:09.31 1:30.06	700m: 10:09.77 1:30.06		
	200m: 2:41.19 1:25.76	400m: 5:39.25 1:29.26	600m: 8:39.71 1:30.40	800m: 11:38.34 1:28.57		
6.	Jose Manuel Brandao	70	Desportiva de Viana	<b>13:32.25</b>		258
	100m: 1:32.00 1:32.00	300m: 4:53.79 1:41.79	500m: 8:22.98 1:44.02	700m: 11:52.56 1:45.79		
	200m: 3:12.00 1:40.00	400m: 6:38.96 1:45.17	600m: 10:06.77 1:43.79	800m: 13:32.25 1:39.69		
7.	Antonio Manuel Santinha	69	Masters de Almada	<b>13:51.81</b>		241
	100m: 1:34.23 1:34.23	300m: 5:02.18 1:45.23	500m: 8:36.53 1:47.46	700m: 12:11.45 1:47.53		
	200m: 3:16.95 1:42.72	400m: 6:49.07 1:46.89	600m: 10:23.92 1:47.39	800m: 13:51.81 1:40.36		
8.	Paulo Alexandre Neves	66	Leixoes	<b>14:37.55</b>		205
	100m: 1:39.96 1:39.96	300m: 5:23.68 1:52.64	500m: 9:09.11 1:52.05	700m: 12:54.24 1:52.19		
	200m: 3:31.04 1:51.08	400m: 7:17.06 1:53.38	600m: 11:02.05 1:52.94	800m: 14:37.55 1:43.31		

Master Esc E

1.	Jose Carlos Freitas	63	Fluvial Portuense	<b>9:22.53</b>		935
	100m: 1:06.50 1:06.50	300m: 3:27.13 1:10.68	500m: 5:49.71 1:11.42	700m: 8:13.25 1:11.72		
	200m: 2:16.45 1:09.95	400m: 4:38.29 1:11.16	600m: 7:01.53 1:11.82	800m: 9:22.53 1:09.28		
2.	Jaime Carlos Bento	61	Alges	<b>10:51.11</b>		603
	100m: 1:14.00 1:14.00	300m: 3:55.62 1:21.66	500m: 6:42.47 1:24.12	700m: 9:30.61 1:23.92		
	200m: 2:33.96 1:19.96	400m: 5:18.35 1:22.73	600m: 8:06.69 1:24.22	800m: 10:51.11 1:20.50		
3.	Carlos Jorge Oliveira	64	Portugal Telecom	<b>11:16.41</b>		538
	100m: 1:17.41 1:17.41	300m: 4:07.12 1:26.11	500m: 7:01.22 1:27.16	700m: 9:53.61 1:25.83		
	200m: 2:41.01 1:23.60	400m: 5:34.06 1:26.94	600m: 8:27.78 1:26.56	800m: 11:16.41 1:22.80		
4.	Jose Maria Rodriguez Zamora	61	C.N. Huelva	<b>11:21.27</b>		526
	100m: 1:14.30 1:14.30	300m: 3:58.12 1:23.01	500m: 6:52.40 1:28.96	700m: 9:54.95 1:31.13		
	200m: 2:35.11 1:20.81	400m: 5:23.44 1:25.32	600m: 8:23.82 1:31.42	800m: 11:21.27 1:26.32		
5.	Joao Manuel Silva	63	Millennium BCP	<b>11:36.47</b>		492
	100m: 1:17.54 1:17.54	300m: 4:11.22 1:27.93	500m: 7:10.11 1:29.59	700m: 10:09.99 1:29.80		
	200m: 2:43.29 1:25.75	400m: 5:40.52 1:29.30	600m: 8:40.19 1:30.08	800m: 11:36.47 1:26.48		
6.	Armando Joao Costa	63	Pimpoes/Cimai	<b>11:55.62</b>		454
	100m: 1:22.96 1:22.96	300m: 4:25.67 1:31.74	500m: 7:30.71 1:32.49	700m: 10:32.76 1:30.28		
	200m: 2:53.93 1:30.97	400m: 5:58.22 1:32.55	600m: 9:02.48 1:31.77	800m: 11:55.62 1:22.86		
7.	Francisco Jorge Ferreira	62	Academica de Coimbra	<b>12:59.87</b>		351
	100m: 1:30.55 1:30.55	300m: 4:47.63 1:40.27	500m: 8:05.98 1:39.20	700m: 11:24.20 1:39.25		
	200m: 3:07.36 1:36.81	400m: 6:26.78 1:39.15	600m: 9:44.95 1:38.97	800m: 12:59.87 1:35.67		
8.	Vitor Borges Carvalho	64	Desportiva de Viana	<b>14:16.38</b>		265
	100m: 1:36.94 1:36.94	300m: 5:17.83 1:51.13	500m: 8:56.68 1:48.92	700m: 12:32.16 1:47.99		
	200m: 3:26.70 1:49.76	400m: 7:07.76 1:49.93	600m: 10:44.17 1:47.49	800m: 14:16.38 1:44.22		
9.	Joao Paulo Coroado	63	Academica de Coimbra	<b>14:22.21</b>		259
	100m: 1:39.67 1:39.67	300m: 5:20.72 1:51.00	500m: 8:59.36 1:48.23	700m: 12:37.11 1:48.06		
	200m: 3:29.72 1:50.05	400m: 7:11.13 1:50.41	600m: 10:49.05 1:49.69	800m: 14:22.21 1:45.10		
10.	Fernando Manuel Serra	64	Millennium BCP	<b>14:43.55</b>		241
	100m: 1:32.16 1:32.16	300m: 5:11.75 1:52.43	500m: 9:02.70 1:56.22	700m: 12:56.25 1:57.08		
	200m: 3:19.32 1:47.16	400m: 7:06.48 1:54.73	600m: 10:59.17 1:56.47	800m: 14:43.55 1:47.30		

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Prova 2, Masc., 800m Livres

Master Esc F

1. Vitor Manuel Mavioso	56	Alges	<b>11:48.08</b>	513
100m: 1:20.46 1:20.46	300m: 4:16.62 1:29.19	500m: 7:16.73 1:30.52	700m: 10:19.64 1:31.52	
200m: 2:47.43 1:26.97	400m: 5:46.21 1:29.59	600m: 8:48.12 1:31.39	800m: 11:48.08 1:28.44	
2. Antonio Costa Raposo	58	Portinado	<b>12:40.06</b>	415
100m: 1:29.55 1:29.55	300m: 4:40.77 1:36.87	500m: 7:54.67 1:37.43	700m: 11:07.00 1:35.55	
200m: 3:03.90 1:34.35	400m: 6:17.24 1:36.47	600m: 9:31.45 1:36.78	800m: 12:40.06 1:33.06	
3. Antonio Coelho Moura	60	Pimpoes/Cimai	<b>13:22.35</b>	353
100m:	300m: 4:53.92 1:42.22	500m: 8:20.88 1:43.32	700m: 11:45.23 1:41.96	
200m: 3:11.70	400m: 6:37.56 1:43.64	600m: 10:03.27 1:42.39	800m: 13:22.35 1:37.12	
4. Jose Luis Correia	59	Nadadores dos Estoris	<b>14:37.00</b>	270
100m: 1:34.95 1:34.95	300m: 5:15.12 1:51.26	500m: 8:59.85 1:52.33	700m: 12:45.79 1:53.40	
200m: 3:23.86 1:48.91	400m: 7:07.52 1:52.40	600m: 10:52.39 1:52.54	800m: 14:37.00 1:51.21	

Master Esc G

1. Carlos Alberto Serra	55	Luz e Vida	<b>12:21.08</b>	533
100m: 1:26.78 1:26.78	300m: 4:34.44 1:34.25	500m: 7:41.78 1:34.04	700m: 10:50.41 1:34.53	
200m: 3:00.19 1:33.41	400m: 6:07.74 1:33.30	600m: 9:15.88 1:34.10	800m: 12:21.08 1:30.67	
2. Hugo Francisco Figueiredo	53	Academica de Coimbra	<b>15:23.43</b>	275
100m: 1:49.22 1:49.22	300m: 5:46.24 1:58.75	500m: 9:41.22 1:56.84	700m: 13:29.39 1:53.57	
200m: 3:47.49 1:58.27	400m: 7:44.38 1:58.14	600m: 11:35.82 1:54.60	800m: 15:23.43 1:54.04	
3. Domingos Pinto Coelho	52	Individual Lisboa	<b>15:59.92</b>	245
100m: 1:48.39 1:48.39	300m: 5:54.66 2:02.54	500m: 10:00.81 2:03.86	700m: 14:05.27 2:01.08	
200m: 3:52.12 2:03.73	400m: 7:56.95 2:02.29	600m: 12:04.19 2:03.38	800m: 15:59.92 1:54.65	

Master Esc H

DNF Jose Quiroga Vazquez	47	C.N. Huelva		
100m: 2:03.05 2:03.05	300m: 6:55.62 2:30.04	500m: 12:12.23 2:40.86	700m:	
200m: 4:25.58 2:22.53	400m: 9:31.37 2:35.75	600m:	800m:	

Master Esc J

1. Antonio Alexandre Rodrigues	39	Academica de Coimbra	<b>17:44.32</b>	283
100m: 1:44.12 1:44.12	300m: 5:51.54 2:07.31	500m: 11:21.80 3:22.24	700m: 15:40.97 2:09.03	
200m: 3:44.23 2:00.11	400m: 7:59.56 2:08.02	600m: 13:31.94 2:10.14	800m: 17:44.32 2:03.35	