

OPEN de Inverno para Masters  
Ponte de Sor, 29- - 30-1-2011

Prova 1	Masc., 400m Livres				25 - 89 anos
29-01-2011 - 10:00					Resultados
RN Esc A(25-29)	4:16.50	Miguel Alexandre Roque	SFUAP	Ponte de Sor	27-05-2006
RN Esc B(30-34)	4:07.24	Pedro Miguel Silva	CFV	Fafe	13-06-2009
RN Esc C(35-39)	4:23.00	Rui Fonseca Vaz	CNCVG	Ponte de Sôr	24-02-2007
RN Esc D(40-44)	4:30.98	Jorge Eduardo Faria	SAD	Inatel	01-03-2008
RN Esc E(45-49)	4:24.65	Jose Carlos Freitas	CFP	Fafe	19-06-2010
RN Esc F(50-54)	4:55.10	Paulo Paula Carvalho	SFUAP	Sines	08-01-2011
RN Esc G(55-59)	5:17.88	Vitor Manuel Mavioso	SAD	Sines	08-01-2011
RN Esc H(60-64)	5:33.41	Stephen Thomas Dyson	CFB	Torres Novas	31-01-2009
RN Esc I(65-69)	5:48.86	Antonio Bessone Basto	SAD	Lisboa	20-02-2010
RN Esc J(70-74)	7:26.73	Antonio Alexandre Rodrigues	AAC	Lisboa	20-02-2010
RN Esc K(75-79)	7:32.94	Leonel Sousa Gomes	SFP	Pedrolha	21-01-2005
RN Esc L(80-84)	59:00.00				

Pontos: DSV Masters 04

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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Master Esc A

1.	David Oliveira Gorgulho	82	11302	Litoral Alentejano	<b>4:15.56</b>		843	
	<i>Rec Nac Esc A</i>							
	50m: 28.21 28.21	150m: 1:31.38 31.99	250m: 2:36.90 32.43	350m: 3:43.35 33.31				
	100m: 59.39 31.18	200m: 2:04.47 33.09	300m: 3:10.04 33.14	400m: 4:15.56 32.21				
2.	Andre Silva Bastos	83	24009	Feirense	<b>4:40.43</b>		638	
	50m: 31.04 31.04	150m: 1:41.44 35.58	250m: 2:54.24 36.60	350m: 4:07.36 36.59				
	100m: 1:05.86 34.82	200m: 2:17.64 36.20	300m: 3:30.77 36.53	400m: 4:40.43 33.07				
3.	Juan Carlos Briceno	82	118958	Academica de Coimbra	<b>5:08.31</b>		480	
	50m: 33.01 33.01	150m: 1:48.34 38.65	250m: 3:08.27 40.22	350m: 4:29.35 40.59				
	100m: 1:09.69 36.68	200m: 2:28.05 39.71	300m: 3:48.76 40.49	400m: 5:08.31 38.96				

Master Esc B

1.	Rui Manuel Pinto	79	106876	Leixoes	<b>4:39.29</b>		639	
	50m: 31.39 31.39	150m: 1:41.25 35.25	250m: 2:53.80 36.23	350m: 4:05.70 35.75				
	100m: 1:06.00 34.61	200m: 2:17.57 36.32	300m: 3:29.95 36.15	400m: 4:39.29 33.59				
2.	Ivan Mauricio Couras	81	10232	Leixoes	<b>4:48.80</b>		578	
	50m: 33.05 33.05	150m: 1:45.91 36.86	250m: 2:59.92 36.95	350m: 4:13.17 36.46				
	100m: 1:09.05 36.00	200m: 2:22.97 37.06	300m: 3:36.71 36.79	400m: 4:48.80 35.63				
3.	Diogo Pedroso Almeida	77	25632	Colegio Monte Maior	<b>4:57.90</b>		527	
	50m: 32.72 32.72	150m: 1:45.93 36.96	250m: 3:01.56 38.17	350m: 4:20.10 39.41				
	100m: 1:08.97 36.25	200m: 2:23.39 37.46	300m: 3:40.69 39.13	400m: 4:57.90 37.80				
4.	Ricardo Manuel Silvestre	79	106655	Litoral Alentejano	<b>5:01.02</b>		510	
	50m: 32.86 32.86	150m: 1:45.78 37.38	250m: 3:03.01 38.85	350m: 4:22.62 40.14				
	100m: 1:08.40 35.54	200m: 2:24.16 38.38	300m: 3:42.48 39.47	400m: 5:01.02 38.40				
5.	Paulo Adao Coelho	78	120507	Leixoes	<b>5:07.90</b>		477	
	50m: 33.63 33.63	150m: 1:48.23 38.23	250m: 3:07.64 40.20	350m: 4:29.04 40.82				
	100m: 1:10.00 36.37	200m: 2:27.44 39.21	300m: 3:48.22 40.58	400m: 5:07.90 38.86				
6.	Manuel Fialho Silva	77	107236	Colegio Monte Maior	<b>5:08.64</b>		474	
	50m: 33.18 33.18	150m: 1:48.01 38.38	250m: 3:07.32 39.62	350m: 4:29.57 41.60				
	100m: 1:09.63 36.45	200m: 2:27.70 39.69	300m: 3:47.97 40.65	400m: 5:08.64 39.07				
7.	Tiago Goncalo Ribeiro	80	112623	Pimpoes/Cimai	<b>5:29.49</b>		389	
	50m: 34.17 34.17	150m: 1:51.97 39.94	250m: 3:16.62 42.84	350m: 4:45.87 45.47				
	100m: 1:12.03 37.86	200m: 2:33.78 41.81	300m: 4:00.40 43.78	400m: 5:29.49 43.62				
8.	Eduardo Jose Amaral	78	12261	Pimpoes/Cimai	<b>5:50.35</b>		324	
	50m: 35.16 35.16	150m: 1:59.32 44.10	250m: 3:31.20 46.43	350m: 5:05.31 47.49				
	100m: 1:15.22 40.06	200m: 2:44.77 45.45	300m: 4:17.82 46.62	400m: 5:50.35 45.04				

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Prova 1, Masc., 400m Livres, Master Esc B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Daniel Jorge Reis	81	122467	Natacao da Maia	<b>6:08.92</b>		277	
	50m: 37.84 37.84		150m: 2:07.75 46.17	250m: 3:44.28 48.33	350m: 5:21.83 48.33			
	100m: 1:21.58 43.74		200m: 2:55.95 48.20	300m: 4:33.50 49.22	400m: 6:08.92 47.09			
10.	Luis Vieira Santos	80	122581	Portinado	<b>6:13.08</b>		268	
	50m: 38.82 38.82		150m: 2:09.59 46.79	250m: 3:45.50 48.02	350m: 5:22.07 49.16			
	100m: 1:22.80 43.98		200m: 2:57.48 47.89	300m: 4:32.91 47.41	400m: 6:13.08 51.01			
11.	Antonio Maria Cumbre	79	122691	Colegio Monte Maior	<b>6:36.03</b>		224	
	50m: 42.68 42.68		150m: 2:18.06 48.94	250m: 3:59.75 51.33	350m: 5:44.45 52.39			
	100m: 1:29.12 46.44		200m: 3:08.42 50.36	300m: 4:52.06 52.31	400m: 6:36.03 51.58			
12.	Pedro Teixeira Pereira	80	105836	Natacao da Maia	<b>6:40.76</b>		216	
	50m: 40.80 40.80		150m: 2:15.04 49.37	250m: 4:00.33 53.05	350m: 5:50.01 55.74			
	100m: 1:25.67 44.87		200m: 3:07.28 52.24	300m: 4:54.27 53.94	400m: 6:40.76 50.75			

Master Esc C

1.	Pedro Miguel Silva	76	104865	Vilacondense	<b>4:06.32</b>		989	
	<i>Rec Nac Esc C, e Rec Nac Esc C aos 200m</i>							
	50m: 27.33 27.33		150m: 1:26.98 29.89	250m: 2:28.64 31.08	350m: 3:33.69 32.77			
	100m: 57.09 29.76		200m: 1:57.56 30.58	300m: 3:00.92 32.28	400m: 4:06.32 32.63			
2.	Eduardo Dias Pratas	75	100706	Naval Setubalense	<b>4:53.92</b>		582	
	50m: 34.84 34.84		150m: 1:49.53 37.28	250m: 3:03.55 36.98	350m: 4:17.88 37.09			
	100m: 1:12.25 37.41		200m: 2:26.57 37.04	300m: 3:40.79 37.24	400m: 4:53.92 36.04			
3.	Pedro Nuno Braga	74	105530	Natacao da Maia	<b>5:00.93</b>		542	
	50m: 31.84 31.84		150m: 1:45.66 37.44	250m: 3:03.13 38.95	350m: 4:22.78 40.16			
	100m: 1:08.22 36.38		200m: 2:24.18 38.52	300m: 3:42.62 39.49	400m: 5:00.93 38.15			
4.	Nuno Alexandre Crespo	75	105396	Colegio Monte Maior	<b>5:11.47</b>		489	
	50m: 34.74 34.74		150m: 1:51.77 38.97	250m: 3:10.88 39.64	350m: 4:31.38 40.52			
	100m: 1:12.80 38.06		200m: 2:31.24 39.47	300m: 3:50.86 39.98	400m: 5:11.47 40.09			
5.	Alexandre Marques Pereira	76	14651	Colegio Monte Maior	<b>5:14.56</b>		474	
	50m: 34.91 34.91		150m: 1:50.49 38.52	250m: 3:10.24 40.30	350m: 4:34.30 42.33			
	100m: 1:11.97 37.06		200m: 2:29.94 39.45	300m: 3:51.97 41.73	400m: 5:14.56 40.26			
6.	Ricardo Antonio Lanca	75	100473	Nacional de Natacao	<b>5:38.05</b>		382	
	50m: 36.90 36.90		150m: 1:58.01 40.86	250m: 3:23.16 43.21	350m: 4:52.99 45.65			
	100m: 1:17.15 40.25		200m: 2:39.95 41.94	300m: 4:07.34 44.18	400m: 5:38.05 45.06			
7.	Bruno Miguel Fonseca	73	120851	Nacional de Natacao	<b>5:41.05</b>		372	
	50m: 35.30 35.30		150m: 1:59.16 43.01	250m: 3:27.61 44.15	350m: 4:57.63 44.87			
	100m: 1:16.15 40.85		200m: 2:43.46 44.30	300m: 4:12.76 45.15	400m: 5:41.05 43.42			
8.	Francisco Santos Barros	72	108661	Colegio Monte Maior	<b>5:44.62</b>		361	
	50m: 34.59 34.59		150m: 1:59.95 44.61	250m: 3:31.85 46.04	350m: 5:03.04 45.14			
	100m: 1:15.34 40.75		200m: 2:45.81 45.86	300m: 4:17.90 46.05	400m: 5:44.62 41.58			
9.	Nuno Andre Ramalhao	73	106424	Gespacos	<b>5:46.68</b>		354	
	50m: 37.20 37.20		150m: 2:02.70 43.97	250m: 3:32.95 45.45	350m: 5:04.74 45.58			
	100m: 1:18.73 41.53		200m: 2:47.50 44.80	300m: 4:19.16 46.21	400m: 5:46.68 41.94			
10.	Rui Alexandre Santos	76	26110	Nadadores dos Estoris	<b>5:47.15</b>		353	
	50m: 36.50 36.50		150m: 2:00.74 44.19	250m: 3:30.94 45.52	350m: 5:01.26 45.47			
	100m: 1:16.55 40.05		200m: 2:45.42 44.68	300m: 4:15.79 44.85	400m: 5:47.15 45.89			

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Prova 1, Masc., 400m Livres

Master Esc D

1.	Vitor Fortes Cunha			71	26123	Colegio Monte Maior			5:04.24		563	
	50m:	32.23	32.23	150m:	1:46.44	38.33	250m:	3:05.79	39.91	350m:	4:26.39	40.19
	100m:	1:08.11	35.88	200m:	2:25.88	39.44	300m:	3:46.20	40.41	400m:	5:04.24	37.85
2.	Luis Paulo Piteira			68	100511	Naval Setubalense			5:04.41		562	
	50m:	34.82	34.82	150m:	1:50.82	38.43	250m:	3:07.75	38.84	350m:	4:25.94	39.28
	100m:	1:12.39	37.57	200m:	2:28.91	38.09	300m:	3:46.66	38.91	400m:	5:04.41	38.47
3.	Pedro Alexandre Fernando			67	11177	Academica de Coimbra			5:09.88		532	
	50m:	33.80	33.80	150m:	1:51.24	39.28	250m:	3:11.63	40.62	350m:	4:32.77	40.70
	100m:	1:11.96	38.16	200m:	2:31.01	39.77	300m:	3:52.07	40.44	400m:	5:09.88	37.11
4.	Nuno Filipe Barros			71	105839	Natacao da Maia			5:56.88		348	
	50m:	37.95	37.95	150m:	2:05.53	44.94	250m:	3:39.21	47.16	350m:	5:13.40	47.19
	100m:	1:20.59	42.64	200m:	2:52.05	46.52	300m:	4:26.21	47.00	400m:	5:56.88	43.48
5.	Francisco Jose Dias			69	117476	Portinado			5:58.22		344	
	50m:	36.65	36.65	150m:	2:08.71	46.37	250m:	3:41.58	46.50	350m:	5:15.56	47.34
	100m:	1:22.34	45.69	200m:	2:55.08	46.37	300m:	4:28.22	46.64	400m:	5:58.22	42.66
6.	Paulo Freitas Teles			71	122604	Alges			6:15.83		298	
	50m:	40.50	40.50	150m:	2:13.12	47.26	250m:	3:50.00	48.46	350m:	5:28.04	49.00
	100m:	1:25.86	45.36	200m:	3:01.54	48.42	300m:	4:39.04	49.04	400m:	6:15.83	47.79
7.	Antonio Manuel Santinha			69	100477	Masters de Almada			6:22.43		283	
	50m:	40.84	40.84	150m:	2:14.44	47.92	250m:	3:53.54	50.29	350m:	5:35.42	50.85
	100m:	1:26.52	45.68	200m:	3:03.25	48.81	300m:	4:44.57	51.03	400m:	6:22.43	47.01
8.	Jose Manuel Brandao			70	14395	Desportiva de Viana			6:23.02		282	
	50m:	39.87	39.87	150m:	2:12.13	46.64	250m:	3:52.30	50.90	350m:	5:33.96	51.62
	100m:	1:25.49	45.62	200m:	3:01.40	49.27	300m:	4:42.34	50.04	400m:	6:23.02	49.06
9.	Paulo Jorge Reis			70	117165	Funcao Publica			6:41.71		244	
	50m:	42.16	42.16	150m:	2:19.15	50.22	250m:	4:02.52	52.00	350m:	5:48.90	53.86
	100m:	1:28.93	46.77	200m:	3:10.52	51.37	300m:	4:55.04	52.52	400m:	6:41.71	52.81
10.	Fernando Manuel Carmo			67	110389	Colegio Vasco da Gama			6:44.51		239	
	50m:	44.04	44.04	150m:	2:25.35	51.72	250m:	4:09.44	52.06	350m:	5:53.65	52.17
	100m:	1:33.63	49.59	200m:	3:17.38	52.03	300m:	5:01.48	52.04	400m:	6:44.51	50.86
11.	Fernando Manuel Santana			68	120532	Colegio Monte Maior			6:53.29		224	
	50m:	44.94	44.94	150m:	2:28.50	52.88	250m:	4:15.00	53.73	350m:	6:01.20	52.82
	100m:	1:35.62	50.68	200m:	3:21.27	52.77	300m:	5:08.38	53.38	400m:	6:53.29	52.09

Master Esc E

1.	Jose Carlos Freitas <i>Rec Nac Esc E</i>	63	111877	Fluvial Portuense					4:19.65		1036								
												50m: 31.10	31.10	150m: 1:35.48	32.50	250m: 2:41.20	32.83	350m: 3:47.57	33.13
												100m: 1:02.98	31.88	200m: 2:08.37	32.89	300m: 3:14.44	33.24	400m: 4:19.65	32.08
2.	Ralf Pinto Soares	64	26786	Nadadores dos Estoris					5:29.68		506								
												50m: 36.06	36.06	150m: 1:57.40	41.24	250m: 3:22.28	42.98	350m: 4:48.23	43.21
												100m: 1:16.16	40.10	200m: 2:39.30	41.90	300m: 4:05.02	42.74	400m: 5:29.68	41.45
3.	Armando Joao Costa	63	12262	Pimpoes/Cimai					5:39.66		463								
												50m: 37.32	37.32	150m: 2:03.76	44.18	250m: 3:31.75	44.07	350m: 4:59.14	43.51
												100m: 1:19.58	42.26	200m: 2:47.68	43.92	300m: 4:15.63	43.88	400m: 5:39.66	40.52
4.	Rui Araujo Paulo	63	122498	Portinado					6:02.48		381								
												50m: 38.32	38.32	150m: 2:08.49	46.77	250m: 3:41.87	45.77	350m: 5:15.65	47.41
												100m: 1:21.72	43.40	200m: 2:56.10	47.61	300m: 4:28.24	46.37	400m: 6:02.48	46.83
5.	Paulo Alexandre Neves	66	112616	Leixoes					6:24.19		319								
												50m: 41.84	41.84	150m: 2:17.46	48.58	250m: 3:56.53	49.83	350m: 5:36.98	50.58
												100m: 1:28.88	47.04	200m: 3:06.70	49.24	300m: 4:46.40	49.87	400m: 6:24.19	47.21

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Prova 1, Masc., 400m Livres, Master Esc E

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Emanuel Araujo Marques	64	109267	Natacao da Maia	<b>6:24.43</b>		319	
	50m: 42.19 42.19		150m: 2:16.83 47.88	250m: 3:56.90 50.54	350m: 5:36.99 50.25			
	100m: 1:28.95 46.76		200m: 3:06.36 49.53	300m: 4:46.74 49.84	400m: 6:24.43 47.44			
7.	Fernando Diogo Duarte	62	119707	Feirense	<b>6:29.80</b>		306	
	50m: 42.64 42.64		150m: 2:20.50 49.88	250m: 4:00.80 50.15	350m: 5:41.10 50.38			
	100m: 1:30.62 47.98		200m: 3:10.65 50.15	300m: 4:50.72 49.92	400m: 6:29.80 48.70			
8.	Fernando Manuel Serra	64	100451	Millennium BCP	<b>6:51.63</b>		260	
	50m: 43.47 43.47		150m: 2:23.55 51.20	250m: 4:09.80 53.40	350m: 5:59.33 55.08			
	100m: 1:32.35 48.88		200m: 3:16.40 52.85	300m: 5:04.25 54.45	400m: 6:51.63 52.30			

Master Esc F

1.	Jaime Carlos Bento	61	118614	Alges	<b>4:54.34</b>		758	
	<i>Rec Nac Esc F</i>							
	50m: 32.77 32.77		150m: 1:45.71 36.67	250m: 3:01.21 37.72	350m: 4:17.67 38.41			
	100m: 1:09.04 36.27		200m: 2:23.49 37.78	300m: 3:39.26 38.05	400m: 4:54.34 36.67			
2.	Mario Jose Pinto	57	12387	Individual Coimbra	<b>5:30.95</b>		533	
	50m: 36.14 36.14		150m: 1:57.35 41.25	250m: 3:22.55 42.67	350m: 4:49.51 43.18			
	100m: 1:16.10 39.96		200m: 2:39.88 42.53	300m: 4:06.33 43.78	400m: 5:30.95 41.44			
3.	Antonio Costa Raposo	58	112606	Portinado	<b>6:09.23</b>		384	
	50m: 40.52 40.52		150m: 2:11.82 46.56	250m: 3:46.57 47.17	350m: 5:23.01 48.50			
	100m: 1:25.26 44.74		200m: 2:59.40 47.58	300m: 4:34.51 47.94	400m: 6:09.23 46.22			
4.	Manuel Alberto Pinho	61	26833	Natacao da Maia	<b>6:11.84</b>		376	
	50m: 37.70 37.70		150m: 2:04.97 45.27	250m: 3:39.47 47.63	350m: 5:20.93 53.11			
	100m: 1:19.70 42.00		200m: 2:51.84 46.87	300m: 4:27.82 48.35	400m: 6:11.84 50.91			
5.	Antonio Coelho Moura	60	109037	Pimpoes/Cimai	<b>6:20.74</b>		350	
	50m: 40.09 40.09		150m: 2:12.06 47.05	250m: 3:51.09 49.87	350m: 5:32.19 50.93			
	100m: 1:25.01 44.92		200m: 3:01.22 49.16	300m: 4:41.26 50.17	400m: 6:20.74 48.55			
6.	Jose Luis Correia	59	14648	Nadadores dos Estoris	<b>6:29.36</b>		327	
	50m: 41.21 41.21		150m: 2:15.96 48.21	250m: 3:56.67 50.70	350m: 5:39.49 51.20			
	100m: 1:27.75 46.54		200m: 3:05.97 50.01	300m: 4:48.29 51.62	400m: 6:29.36 49.87			
7.	Jose Guilherme Oliveira	60	118530	Colegio Monte Maior	<b>6:40.72</b>		300	
	50m: 44.60 44.60		150m: 2:28.01 53.08	250m: 4:14.13 52.17	350m: 5:53.78 49.29			
	100m: 1:34.93 50.33		200m: 3:21.96 53.95	300m: 5:04.49 50.36	400m: 6:40.72 46.94			
8.	Nuno Neves Nunes	58	112537	Naval Setubalense	<b>7:12.67</b>		238	
	50m: 44.88 44.88		150m: 2:29.17 54.24	250m: 4:22.34 57.06	350m: 6:17.70 57.45			
	100m: 1:34.93 50.05		200m: 3:25.28 56.11	300m: 5:20.25 57.91	400m: 7:12.67 54.97			
9.	Jorge Casimiro Bravo	60	122494	Portinado	<b>7:41.71</b>		196	
	50m: 43.81 43.81		150m: 2:33.04 57.65	250m: 4:36.75 1:02.21	350m: 6:36.68 57.61			
	100m: 1:35.39 51.58		200m: 3:34.54 1:01.50	300m: 5:39.07 1:02.32	400m: 7:41.71 1:05.03			

Master Esc G

1.	Vitor Manuel Mavioso	56	100689	Alges	<b>5:18.04</b>		729	
	50m: 34.42 34.42		150m: 1:52.48 39.92	250m: 3:14.04 40.90	350m: 4:37.49 41.92			
	100m: 1:12.56 38.14		200m: 2:33.14 40.66	300m: 3:55.57 41.53	400m: 5:18.04 40.55			
2.	Carlos Alberto Serra	55	116884	Luz e Vida	<b>5:45.62</b>		568	
	50m: 38.71 38.71		150m: 2:04.72 43.44	250m: 3:32.39 44.09	350m: 5:01.89 44.91			
	100m: 1:21.28 42.57		200m: 2:48.30 43.58	300m: 4:16.98 44.59	400m: 5:45.62 43.73			
3.	Antonio Prestes Pires	56	120943	Academica de Coimbra	<b>6:00.59</b>		500	
	50m: 37.80 37.80		150m: 2:07.23 46.87	250m: 3:42.59 47.97	350m: 5:15.51 47.60			
	100m: 1:20.36 42.56		200m: 2:54.62 47.39	300m: 4:27.91 45.32	400m: 6:00.59 45.08			

OPEN de Inverno para Masters  
Ponte de Sor, 29- - 30-1-2011

Prova 1, Masc., 400m Livres, Master Esc G

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Jose Carlos Neto	53	14471	Ginasio Figueirense	<b>7:45.53</b>		232	
	50m: 44.59 44.59	150m: 2:35.03 57.93	250m: 4:36.76 1:00.94	350m: 6:44.16 1:03.81				
	100m: 1:37.10 52.51	200m: 3:35.82 1:00.79	300m: 5:40.35 1:03.59	400m: 7:45.53 1:01.37				

Master Esc H

1.	Antonio Manuel Tavares	51	100700	Funcao Publica	<b>7:20.62</b>		300	
	50m: 47.11 47.11	150m: 2:35.51 55.42	250m: 4:29.26 56.68	350m: 6:23.07 55.53				
	100m: 1:40.09 52.98	200m: 3:32.58 57.07	300m: 5:27.54 58.28	400m: 7:20.62 57.55				

Master Esc I

1.	Luis Vidigal Salgueiro	45	119671	Alges	<b>6:38.71</b>		552	
	50m: 41.37 41.37	150m: 2:19.70 51.06	250m: 4:01.31 51.16	350m: 5:47.73 53.66				
	100m: 1:28.64 47.27	200m: 3:10.15 50.45	300m: 4:54.07 52.76	400m: 6:38.71 50.98				
2.	Jose Joaquim Marreiros	46	120970	Alges	<b>7:25.27</b>		396	
	50m: 47.28 47.28	150m: 2:36.01 55.58	250m: 4:30.71 57.69	350m: 6:28.13 59.74				
	100m: 1:40.43 53.15	200m: 3:33.02 57.01	300m: 5:28.39 57.68	400m: 7:25.27 57.14				
3.	Helder Manuel Moreira	44	25646	Millennium BCP	<b>8:32.54</b>		260	
	50m: 53.57 53.57	150m: 3:00.91 1:05.36	250m: 5:13.59 1:06.19	350m: 7:26.52 1:06.71				
	100m: 1:55.55 1:01.98	200m: 4:07.40 1:06.49	300m: 6:19.81 1:06.22	400m: 8:32.54 1:06.02				