

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

Prova 20	Masc., 200m Livres				25 - 89 anos
30-01-2011 - 10:00					Resultados
RN Esc A(25-29)	1:57.11	David Oliveira Gorgulho	CNLA	Torres Novas	01-02-2009
RN Esc B(30-34)	1:54.54	Pedro Miguel Silva	CFV	Cantanhede	26-05-2007
RN Esc C(35-39)	1:57.56	Pedro Miguel Silva	CFV	Ponte de Sor	29-01-2011
RN Esc D(40-44)	2:04.25	Jorge Eduardo Faria	ANE	Inatel	14-04-2007
RN Esc E(45-49)	2:03.77	Jorge Eduardo Faria	ANE	Lisboa	17-04-2010
RN Esc F(50-54)	2:19.19	Jaime Carlos Bento	SAD	Abobada	16-01-2010
RN Esc G(55-59)	2:28.54	Vitor Manuel Mavioso	SAD	Abóboda	16-01-2011
RN Esc H(60-64)	2:38.58	Stephen Thomas Dyson	CFB	Torres Novas	01-02-2009
RN Esc I(65-69)	2:37.21	Antonio Bessone Basto	SAD	Lisboa	19-06-2010
RN Esc J(70-74)	3:17.51	Leonel Sousa Gomes	SAD	Inatel	08-04-2000
RN Esc K(75-79)	3:34.50	Leonel Sousa Gomes	SFP	Pedrolha	23-01-2005
RN Esc L(80-84)	59:00.00				
RN Esc M(85-89)	59:00.00				

Lugar	Ano		Tempo final	50m	100m	150m	200m	
Master Esc A								
1.	David Oliveira Gorgulho	82	Litoral Alentejano	1:58.21	27.85	30.36	30.16	29.84
2.	Andre Silva Bastos	83	Feirense	2:09.69	29.74	32.67	34.27	33.01
3.	Emanuel David Oliveira	85	Natacao da Maia	2:14.49	29.98	34.96	34.92	34.63
4.	Juan Carlos Briceno	82	Academica de Coimbra	2:26.49	31.61	36.15	40.01	38.72

Master Esc B								
1.	Rui Manuel Pinto	79	Leixoes	2:10.84	30.78	33.82	33.74	32.50
2.	Ivan Mauricio Couras	81	Leixoes	2:11.99	31.25	34.30	33.92	32.52
3.	Nelson Palma Mestre	80	Academica de Coimbra	2:23.49	32.22	35.66	38.30	37.31
4.	Ricardo Manuel Silvestre	79	Litoral Alentejano	2:25.10	32.97	36.06	37.92	38.15
5.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	2:27.15	32.79	35.95	38.53	39.88
6.	Paulo Adao Coelho	78	Leixoes	2:29.16	33.82	37.48	39.29	38.57
7.	Luis Vieira Santos	80	Portinado	2:42.11	37.20	41.18	43.16	40.57
8.	Antonio Manuel Ligeiro	79	Galitos	2:47.55	36.12	42.66	44.92	43.85
9.	Daniel Jorge Reis	81	Natacao da Maia	2:52.01	37.98	42.69	45.70	45.64
10.	Pedro Teixeira Pereira	80	Natacao da Maia	2:55.43	37.71	41.73	46.99	49.00
11.	Antonio Maria Cumbre	79	Colegio Monte Maior	3:04.96	42.20	46.09	49.13	47.54
12.	Ricardo Jose Quiterio	77	Salvaterra Magos	3:13.50	43.05	47.69	50.76	52.00
13.	Hugo Campos Gomes	79	Feirense	3:24.66	44.26	50.58	53.96	55.86

Master Esc C								
1.	Pedro Miguel Silva	76	Vilacondense	1:54.01	26.73	28.75	28.83	29.70
	Rec Nac Esc C							
2.	Miguel Mendonca Cabrita	74	Alges	2:03.02	29.29	31.87	30.82	31.04
3.	Rodrigo Marques Costa	76	Litoral Alentejano	2:08.63	29.68	31.94	32.93	34.08
4.	Pedro Nuno Braga	74	Natacao da Maia	2:16.65	31.02	34.42	35.51	35.70
5.	Sergio David Silva	73	Natacao da Maia	2:22.90	31.49	35.06	37.90	38.45
6.	Nuno Alexandre Crespo	75	Colegio Monte Maior	2:26.08	32.65	36.80	38.74	37.89
7.	A. Pereira	76	Colegio Monte Maior	2:28.73	33.23	36.75	39.43	39.32
8.	Nuno Andre Ramalhao	73	Gespacos	2:43.42	36.81	40.78	42.87	42.96
9.	Francisco Santos Barros	72	Colegio Monte Maior	2:45.72	34.02	40.09	45.24	46.37
10.	Augusto Mariano Soares	72	Ginasio Santo Tirso	3:53.05	47.36	58.13	1:05.54	1:02.02

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

Prova 20, Masc., 200m Livres

Master Esc D

1. Americo Pedro Goncalves	71	Galitos	<b>2:22.76</b>	32.90	36.08	37.00	36.78
2. Pedro Alexandre Fernando	67	Academica de Coimbra	<b>2:23.18</b>	32.98	36.44	37.20	36.56
3. Luis Paulo Piteira	68	Naval Setubalense	<b>2:27.10</b>	33.35	36.66	38.46	38.63
4. Jorg Lohken	68	Alges	<b>2:33.75</b>	34.76	39.09	39.91	39.99
5. Nuno Filipe Barros	71	Natacao da Maia	<b>2:43.46</b>	36.28	40.54	44.10	42.54
6. Antonio Manuel Santinha	69	Masters de Almada	<b>2:56.96</b>	41.00	45.08	46.47	44.41
7. Jose Manuel Brandao	70	Desportiva de Viana	<b>2:59.43</b>	40.82	43.28	47.77	47.56
8. F. Malheiro	69	Desportiva de Viana	<b>3:27.26</b>	43.73	50.98	56.95	55.60

Master Esc E

1. Jose Carlos Freitas	63	Fluvial Portuense	<b>2:04.45</b>	29.99	31.65	31.72	31.09
2. Armando Joao Costa	63	Pimpoes/Cimai	<b>2:39.59</b>	36.11	41.99	42.11	39.38
3. Rui Araujo Paulo	63	Portinado	<b>2:48.57</b>	38.70	42.42	43.13	44.32
4. Fernando Diogo Duarte	62	Feirense	<b>2:59.34</b>	39.57	45.62	48.14	46.01
5. Emanuel Araujo Marques	64	Natacao da Maia	<b>3:01.07</b>	41.06	45.41	47.53	47.07
6. Paulo Alexandre Neves	66	Leixoes	<b>3:02.28</b>	40.14	45.16	48.44	48.54
7. Fernando Manuel Serra	64	Millennium BCP	<b>3:07.74</b>	42.61	47.04	49.09	49.00

Master Esc F

1. Paulo Paula Carvalho	61	Uniao Piedense	<b>2:11.76</b>	30.78	33.33	33.96	33.69
<i>Rec Nac Esc F</i>							
2. Jaime Carlos Bento	61	Alges	<b>2:18.10</b>	30.53	34.34	36.48	36.75
3. Mario Jose Pinto	57	Individual Coimbra	<b>2:37.45</b>	35.29	38.70	41.47	41.99
4. Jose Santos Silva	57	Natacao da Maia	<b>2:38.96</b>	37.61	41.51	40.45	39.39
5. Manuel Alberto Pinho	61	Natacao da Maia	<b>2:49.93</b>	37.73	41.07	45.27	45.86
6. Antonio Costa Raposo	58	Portinado	<b>2:52.41</b>	38.26	43.16	45.39	45.60
7. Antonio Coelho Moura	60	Pimpoes/Cimai	<b>3:00.19</b>	40.65	44.64	47.31	47.59
8. Luis Carlos Felix	60	CCD Lagos/Multi	<b>3:07.78</b>	42.17	46.15	49.61	49.85
9. Jose Guilherme Oliveira	60	Colegio Monte Maior	<b>3:12.53</b>	42.36	48.13	52.28	49.76
10. Nuno Neves Nunes	58	Naval Setubalense	<b>3:19.81</b>	44.34	49.87	53.90	51.70
11. Jorge Casimiro Bravo	60	Portinado	<b>3:30.97</b>	41.95	52.38	1:00.79	55.85
DSQ Teofilo Manuel Relvas	58	Vilacondense					
<i>403 - Falsa partida – SW 4.4</i>							

Master Esc G

1. Vitor Manuel Mavioso	56	Alges	<b>2:28.47</b>	33.59	37.25	39.18	38.45
<i>Rec Nac Esc G</i>							
2. Carlos Alberto Serra	55	Luz e Vida	<b>2:40.04</b>	36.23	40.09	41.84	41.88
3. Antonio Prestes Pires	56	Academica de Coimbra	<b>2:45.03</b>	36.23	42.84	44.44	41.52
4. Domingos Duarte Pinto	52	Leixoes	<b>3:22.39</b>	41.31	48.33	53.98	58.77
5. Jose Carlos Neto	53	Ginasio Figueirense	<b>3:40.99</b>	43.02	53.65	1:01.24	1:03.08

Master Esc I

1. Luis Vidigal Salgueiro	45	Alges	<b>3:06.43</b>	40.26	46.70	49.42	50.05
2. Jose Joaquim Marreiros	46	Alges	<b>3:31.57</b>	49.24	51.84	54.68	55.81
3. Helder Manuel Moreira	44	Millennium BCP	<b>4:02.40</b>	53.45	1:00.88	1:04.39	1:03.68

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

Prova 20, Masc., 200m Livres

Master Esc L

1. Leonel Sousa Gomes	30	Academica de Coimbra	<b>3:55.06</b>	48.95	59.33	1:04.90	1:01.88
<i>Rec Nac Esc L</i>							