

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

Prova 1 Femin., 400m Estilos 25 - 89 anos
3.7.10 - 9:00 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Catia Marisa Valente	84	Luz e Vida	6:09.44		552
	100m: 1:32.30 1:32.30	200m: 3:04.29 1:31.99	300m: 4:46.86 1:42.57	400m: 6:09.44		1:22.58
Master Esc B						
1.	Joana Isabel Cunha	80	Belenenses	6:26.06		465
	100m: 1:23.25 1:23.25	200m: 3:11.89 1:48.64	300m: 5:07.08 1:55.19	400m: 6:26.06		1:18.98
2.	Ana Carina Guerreiro	77	Belenenses	8:08.56		229
	100m: 1:59.45 1:59.45	200m: 4:06.27 2:06.82	300m: 6:19.50 2:13.23	400m: 8:08.56		1:49.06
Master Esc C						
1.	Fernanda Maria Santinha	72	Masters de Almada	8:53.83		197
	100m: 2:18.49 2:18.49	200m: 4:47.69 2:29.20	300m: 7:02.22 2:14.53	400m: 8:53.83		1:51.61
Master Esc E						
1.	Elena Alarcon Gamonal	61	Natacao de Faro	6:26.04		705
	100m: 1:26.67 1:26.67	200m: 3:08.02 1:41.35	300m: 4:57.25 1:49.23	400m: 6:26.04		1:28.79
2.	Maria Margarida Urbano	63	Academica de Coimbra	7:42.49		410
	100m: 1:52.12 1:52.12	200m: 3:56.69 2:04.57	300m: 5:58.27 2:01.58	400m: 7:42.49		1:44.22
Master Esc F						
1.	Maria Teresa Oliveira	57	Academica de Coimbra	7:36.97		449
	100m: 1:51.52 1:51.52	200m: 3:55.34 2:03.82	300m: 5:57.26 2:01.92	400m: 7:36.97		1:39.71
Master Esc G						
1.	Margarida Morais Torres	55	Academica de Coimbra	9:00.79		319
	100m: 2:23.11 2:23.11	200m: 4:46.63 2:23.52	300m: 6:56.18 2:09.55	400m: 9:00.79		2:04.61
2.	Shigeko Mizuno	52	Pimpoes/Cimai	9:06.32		310
	200m: 4:36.10 4:36.10	300m: 7:05.17 2:29.07	400m: 9:06.32 2:01.15			

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
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	10:01.81		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		1:12.13
	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		
2.	Ivan Mauricio Couras	81	Leixoes	10:42.54		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		1:20.89
	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		
3.	Juan Carlos Briceno	82	Academica de Coimbra	10:53.71		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		1:21.21
	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		
4.	Jorge Jesus Bandeira	82	Ginasio Figueirense	10:56.16		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		1:19.31
	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		
5.	Jose Manuel Antunes	82	Galitos	11:14.80		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		1:24.08
	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		
6.	Pablo Manuel Tavares	84	Masters de Almada	12:33.35		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		1:28.26
	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		

Master Esc B

1.	Pedro Miguel Silva	76	Vilacondense	9:08.38		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		1:08.49
	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		
2.	Rodrigo Marques Costa	76	Litoral Alentejano	10:01.67		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		1:15.94
	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		
3.	Patrick Santos	79	Nageurs De Paris	10:15.14		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		1:16.59
	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		
4.	Rui Manuel Pinto	79	Leixoes	10:16.95		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		1:12.99
	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		
5.	Manuel Fialho Silva	77	Belenenses	10:40.01		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		1:19.55
	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		
6.	Diogo Pedroso Almeida	77	Belenenses	10:51.21		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		1:25.69
	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		
7.	Carlos Chan Cordeiro	77	Portinado	11:01.68		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		1:21.60
	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		

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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	11:07.08		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	11:30.13		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	11:31.79		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	12:04.82		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	10:07.33		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	11:05.17		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	11:16.46		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	11:22.34		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	12:31.52		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	14:44.35		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		
DNS	Vitor Fortes Cunha	71	Belenenses			
DNS	Bruno Miguel Fonseca	73	Nacional de Natacao			

Master Esc D

1.	Eurico Manuel Santos	70	Belenenses	11:00.56		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	11:05.79		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	11:13.05		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		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Pedro Alexandre Fernando	67	Academica de Coimbra	11:29.06		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		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		1:23.21
5.	Jorg Lohken	68	Individual Lisboa	11:38.34		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		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		1:28.57
6.	Jose Manuel Brandao	70	Desportiva de Viana	13:32.25		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		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		1:39.69
7.	Antonio Manuel Santinha	69	Masters de Almada	13:51.81		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		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		1:40.36
8.	Paulo Alexandre Neves	66	Leixoes	14:37.55		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		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		1:43.31
DNS	Marco Santos Carrasco	68	Portinado			

Master Esc E

1.	Jose Carlos Freitas	63	Fluvial Portuense	9:22.53		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		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		1:09.28
2.	Jaime Carlos Bento	61	Alges	10:51.11		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		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		1:20.50
3.	Carlos Jorge Oliveira	64	Portugal Telecom	11:16.41		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		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		1:22.80
4.	Jose Maria Rodriguez Zamora	61	C.N. Huelva	11:21.27		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		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		1:26.32
5.	Joao Manuel Silva	63	Millennium BCP	11:36.47		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		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		1:26.48
6.	Armando Joao Costa	63	Pimpoes/Cimai	11:55.62		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		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		1:22.86
7.	Francisco Jorge Ferreira	62	Academica de Coimbra	12:59.87		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		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		1:35.67
8.	Vitor Borges Carvalho	64	Desportiva de Viana	14:16.38		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		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		1:44.22
9.	Joao Paulo Coroado	63	Academica de Coimbra	14:22.21		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		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		1:45.10

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Fernando Manuel Serra	64	Millennium BCP	14:43.55		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		

Master Esc F

1.	Vitor Manuel Mavioso	56	Alges	11:48.08		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	12:40.06		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	13:22.35		353
	200m: 3:11.70 3:11.70	400m: 6:37.56 1:43.64	600m: 10:03.27 1:42.39	800m: 13:22.35 1:37.12		
	300m: 4:53.92 1:42.22	500m: 8:20.88 1:43.32	700m: 11:45.23 1:41.96			
4.	Jose Luis Correia	59	Nadadores dos Estoris	14:37.00		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	12:21.08		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	15:23.43		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	15:59.92		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

Master Esc J

1.	Antonio Alexandre Rodrigues	39	Academica de Coimbra	17:44.32		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		

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Prova 3 Femin., 100m Costas 25 - 89 anos
3.7.10 - 10:50 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Catia Marisa Valente	84	Luz e Vida	1:16.31		575
2.	Joana Margarida Gaspar	83	Nadadores dos Estoris	1:22.20		460
3.	Ana Filipa Moreto	84	Leixoes	1:23.39		440
4.	Sara Martins Pires	83	Galitos	1:25.46		409
5.	Ana Lucia Rolo	81	Ginasio Figueirense	1:25.76		405
6.	Ana Sofia Gaspar	85	Nadadores dos Estoris	1:27.88		376
7.	Alexandra Adelinovna Inacio	83	Belenenses	1:37.48		276
8.	Susana Jesus Cacao	81	Ginasio Figueirense	1:55.51		165
DSQ	Rita Alexandra Pereira	84	Setubalense			
<i>Após viragem aos 50m deixou a parede na posição ventral</i>						
DNS	Cornelia Schneider	81	Academica de Coimbra			
Master Esc B						
1.	Liliana Elisabete Baptista	78	Leixoes	1:21.95		511
2.	Elsa Maria Fumega	78	Leixoes	1:28.46		406
3.	Marisa Joao Costa	76	Campinho	1:39.25		287
4.	Marta Isabel Duque	76	Setubalense	1:47.33		227
Master Esc C						
1.	Maria Luisa Costa	74	Leixoes	1:19.23		545
2.	Cesarina Isabel Miguens	73	CCD Lagos/Multi	1:35.57		310
3.	Ana Claudia Jorge	72	Academica de Coimbra	1:39.05		279
Master Esc D						
1.	Isabel Batista Ferreira	67	Belenenses	1:19.80		583
2.	Rosalina Bessa Babo	67	Propaganda da Natacao	1:42.30		277
3.	Claudia Pereira Reis	68	Ginasio Figueirense	1:47.01		242
4.	Ana Bernardo Barbara	70	Portinado	2:15.10		120
Master Esc E						
1.	Maria Luisa Oliveira	61	Academica de Coimbra	1:38.91		404
2.	Helena Paula Carvalho	64	Portugal Telecom	2:00.98		220
3.	Wanda Maria Giao	62	CCD Lagos/Multi	2:03.28		208
4.	Paula Margarida Almeida	63	Ginasio Figueirense	2:15.87		155
Master Esc G						
1.	Margarida Morais Torres	55	Academica de Coimbra	2:28.41		168

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Prova 3, Femin., 100m Costas

Master Esc H

1. Ana Maria Ferreira	50	Alges	1:47.51	485
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Master Esc J

1. Nair Gomes Sa	39	Nadadores dos Estoris	2:24.27	345
2. Maria Augusta Azinheira	38	Funcao Publica	2:32.17	294
3. Maria Rosario Martins	40	Academica de Coimbra	3:32.48	108

Prova 4

Masc., 100m Bruços

25 - 89 anos

3.7.10 - 11:05

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Luis Paulo Gomes	82	Nacional	1:15.45		587
2.	Daniel Filipe Fernandes	85	Campinho	1:18.68		518
3.	Ricardo Jorge Silva	82	Galitos	1:20.34		486
4.	Luis Miguel Martinho	84	Nautica do Seixal/Emisa	1:21.74		462
5.	Rogério Filipe Vieira	84	Galitos	1:22.36		451
6.	Joao Tiago Ferraz	84	Galitos	1:23.01		441
7.	Jose Paulo Santos	84	Vitoria de Guimaraes	1:25.21		407
8.	Emanuel David Oliveira	85	Natacao da Maia	1:25.90		398
9.	Joao Carlos Carvalhais	83	Campinho	1:38.48		264
10.	Rui Santos Cacoete	82	Ginasio Figueirense	1:58.65		151

Master Esc B

1.	Silvere Schuster	79	Nageurs De Paris	1:14.82		652
2.	Rodrigo Marques Costa	76	Litoral Alentejano	1:15.12		644
3.	Olivier Collet	78	Nageurs De Paris	1:20.61		521
4.	Ricardo Manuel Lobo	80	Vitoria de Guimaraes	1:26.40		423
5.	Carlos Sobral Silva	77	Setubalense	1:29.03		387
6.	Ricardo Manuel Silvestre	79	Litoral Alentejano	1:29.08		386
7.	Jose Orlando Novais	78	Vitoria de Guimaraes	1:34.16		327
8.	Edgar Manuel Guimaraes	80	Vitoria de Guimaraes	1:34.31		325
9.	Eduardo Jose Amaral	78	Pimpoes/Cimai	1:36.68		302

Master Esc C

1.	Rui Nuno Pereira	74	Galitos	1:23.29		438
2.	Joao Miguel Faria	71	Leixoes	1:25.32		408
3.	Francisco Gonzalez Rodriguez	75	C.N. Huelva	1:26.29		394
4.	Miguel Varela Santos	74	Galitos	1:27.80		374
5.	Paulo Meira Santos	74	Nacional de Natacao	1:29.88		349
6.	Nuno Alexandre Crespo	75	Belenenses	1:35.75		288
7.	Jose Miguel Gomes	72	Belenenses	1:38.43		265
8.	Abilio Manuel Antonio	72	Pimpoes/Cimai	1:38.64		264

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Prova 4, Masc., 100m Bruços, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Nuno Cristiano Pereira	73	Leixoes	1:41.13		245
10.	Norberto Matos Pereira	75	Vitoria de Guimaraes	1:46.52		209
11.	Mario Antonio Caeiro	71	Masters de Almada	1:48.22		200
DNS	Manuel Fernandes Rocha	72	Desportiva de Viana			
DNS	Vitor Fortes Cunha	71	Belenenses			

Master Esc D

1.	Joao Pedro Ventura	69	Masters de Almada	1:31.40		397
2.	Gustavo Ferreira Basto	67	Galitos	1:32.39		384
3.	Marco Paulo Silva	70	Vilacondense	1:32.58		382
4.	Fernando Manuel Mascarenhas	67	Leixoes	1:33.97		365
5.	Carlos Manuel Anjos	66	Galitos	1:37.17		330
6.	Antonio Manuel Santinha	69	Masters de Almada	1:43.92		270
7.	Jose Salvador Faustino	68	Portinado	1:44.64		264
8.	Paulo Jorge Reis	70	Funcao Publica	1:52.57		212

Master Esc E

1.	Ralf Pinto Soares	64	Nadadores dos Estoris	1:26.92		494
2.	Joao Manuel Silva	63	Millennium BCP	1:27.89		478
3.	Martin Bernhard	65	Academico de Leiria	1:32.76		407
4.	Joao Paulo Campos	65	Leixoes	1:33.97		391
5.	Filipe Jose Horta	64	Millennium BCP	1:37.04		355
6.	Joao Paulo Almeida	64	Ginasio Figueirense	1:39.18		333
7.	Joao Paulo Coroado	63	Academica de Coimbra	1:41.51		310
8.	Fernando Manuel Serra	64	Millennium BCP	1:45.64		275
9.	Adriano Manuel Barradas	65	Millennium BCP	1:51.45		234
DNS	Manuel Alberto Pinho	61	Leixoes			

Master Esc F

1.	Jose Santos Silva	57	Natacao da Maia	1:26.56		594
2.	Luis Cavaleiro Madeira	57	Belenenses	1:27.47		575
3.	Manuel Jose Romariz	59	Leixoes	1:29.17		543
4.	Jorge Morais Torres	57	Natacao da Guarda	1:35.95		436
5.	Jose Guilherme Oliveira	60	Belenenses	1:36.93		423
6.	Jose Luis Correia	59	Nadadores dos Estoris	1:49.66		292
7.	Joao Manuel Ruas	60	Belenenses	1:50.14		288
8.	Luis Carlos Felix	60	CCD Lagos/Multi	1:51.28		279
9.	Manuel da Cruz Lima	59	Desportiva de Viana	1:57.73		236

DSQ Hermano Botelho Almeida 56 Portugal Telecom
o atleta durante o percurso não rompia superficie da água em cada ciclo-SW 7.2

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Prova 4, Masc., 100m Bruços

Master Esc G

1.	Rui Manuel Palma	54	Portugal Telecom	1:35.42	471
2.	Walter Emunds	52	Portinado	1:49.45	312
3.	Jose Carlos Neto	53	Ginasio Figueirense	1:50.61	302
4.	Jose Henrique Madail	54	Galitos	1:53.62	279
5.	Domingos Silva Lages	55	Desportiva de Viana	2:02.14	225
6.	Antonio Manuel Tavares	51	Funcao Publica	2:09.62	188
DSQ	Carlos Alberto Serra	55	Luz e Vida		
	<i>Falsa partida-SW.4.4</i>				
DSQ	Mario Jorge Melo	51	Belenenses		
	<i>Falsa partida-SW.4.4</i>				
DNS	Mario Gomes Bairrada	52	Nadadores dos Estoris		

Master Esc H

1.	Joaquim Fidalgo Freitas	47	Academica de Coimbra	1:33.97	593
2.	Jose Jesus Lourenco	47	Portugal Telecom	2:04.73	253
3.	Daniel Sobral Rabiais	50	Pimpoes/Cimai	2:11.95	214

Master Esc I

1.	Antonio Bessone Basto	45	Alges	1:34.04	649
2.	Helder Manuel Moreira	44	Galitos	1:43.36	489
3.	Alexandre Azevedo Gaspar	45	Alges	1:53.28	371
4.	Luis Vidigal Salgueiro	45	Alges	1:58.13	327

Master Esc J

1.	Manuel Monteiro Tenreiro	40	Academica de Coimbra	2:20.44	242
DSQ	Joao Rodrigues Teixeira	37	Academica de Coimbra		
	<i>Chegada com batimento alternado das mãos- SW 7.6</i>				

Master Esc L

1.	Leonel Sousa Gomes	30	Academica de Coimbra	1:59.83	711
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Prova 5
3.7.10 - 11:30

Femin., 50m Bruços

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Susana Margarida Venda	84	Academica de Coimbra	42.99		498
2.	Alexandra Fagundo Raposo	85	Galitos	45.26		427
3.	Ana Sofia Gaspar	85	Nadadores dos Estoris	45.60		417
4.	Silvia Raquel Mendonca	81	Leixoes	50.83		301
5.	Ana Catarina Milhazes	85	Vitoria de Guimaraes	53.02		265
6.	Rita Alexandra Pereira	84	Setubalense	54.91		239

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Prova 5, Femin., 50m Bruços

Master Esc B

1. Isabel Maria Figueira	79	Natacao de Faro	34.56	892
2. Ana Carina Lopes	80	Leixoes	38.28	657
3. Victoria Mandrik	78	Belenenses	47.64	340
4. Patricia Vanessa Rossetto	77	Portinado	49.72	299
5. Ana Vieira Luz	78	Belenenses	51.15	275
6. Marta Martins Ferreira	79	Funcao Publica	51.19	274
7. Carla Alexandra Ferreira	76	Pimpoes/Cimai	51.53	269
8. Ana Carina Guerreiro	77	Belenenses	54.51	227
DNS Joana Araujo Gameiro	78	Belenenses		

Master Esc C

1. Cesarina Isabel Miguens	73	CCD Lagos/Multi	41.96	507
2. Cristina Fernandes Silva	71	Academica de Coimbra	51.95	267
3. Maria Luisa Santos	71	Leixoes	1:01.21	163

Master Esc D

1. Ana Cristina Lobo	66	Natacao da Maia	43.36	483
2. Maria Manuela Sequeira	68	Academica de Coimbra	43.89	465
3. Maria Adriana Viseu	66	Leixoes	44.63	442
4. Isabel Silva Mota	68	Propaganda da Natacao	45.76	410
5. Elizabete Maria Rosa	69	Pimpoes/Cimai	46.88	382
6. Marina Isabel Mendes	68	Masters de Almada	51.02	296
7. Elisa Loureiro Garcia	67	Ginasio Figueirense	1:00.49	177

Master Esc E

1. Amelia Ponte Galhardo	64	CCD Lagos/Multi	42.28	621
2. Maribel Santos Fernandes	65	Leixoes	45.23	507
3. Carla Filomena Peixe	63	Masters de Almada	48.02	424
4. Helena Paula Carvalho	64	Portugal Telecom	49.21	394
5. Maria Santos Fernandes	62	Leixoes	49.75	381
6. Wanda Maria Gao	62	CCD Lagos/Multi	50.69	360
7. Maria Jose Francisco	62	Leixoes	52.74	320
8. Anette Kind	61	Leixoes	53.85	300
9. Maria Teresa Pinto	61	Leixoes	58.32	236
10. Lidia Nikiforova Tantcheva	62	Portugal Telecom	58.81	230
11. Maria Madalena Caninas	63	Masters de Almada	1:00.32	214
12. Maria Gabriela Cardanho	62	Ginasio Figueirense	1:02.87	189
13. Fedora Maria Fonseca	63	Belenenses	1:14.96	111
DNS Maria Helena Mendonca	62	Masters de Almada		

Master Esc F

1. Ana Moura Relvas	56	Academica de Coimbra	44.61	613
2. Leila Castro Esteves	60	Portinado	51.40	401
3. Maria Fatima Coelho	60	Academica de Coimbra	51.92	389

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Prova 5, Femin., 50m Bruços

Master Esc G

1.	Luisa Maria Pintao	54	Nadadores dos Estoris	51.53	416
2.	Isabel Costa Monteiro	53	Academica de Coimbra	54.54	350
3.	Maria Felix Ferreira	54	Alges	55.64	330
4.	Maria Carmo Rocha	54	Leixoes	59.76	266
5.	Eduarda Manuel Correia	54	Vitoria de Guimaraes	1:00.35	259

Master Esc J

1.	Isabel Maria Raimundo	40	Individual Lisboa	1:01.33	383
2.	Nair Gomes Sa	39	Nadadores dos Estoris	1:04.89	323
3.	Maria Augusta Azinheira	38	Funcao Publica	1:31.70	114
4.	Maria Rosario Martins	40	Academica de Coimbra	1:46.03	74

Master Esc L

1.	Marilia Xavier Morais	28	Academica de Coimbra	3:12.01	22
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Prova 6

Masc., 200m Mariposa

25 - 89 anos

3.7.10 - 11:40

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Juan Carlos Briceno	82	Academica de Coimbra	3:02.88		326
	100m: 1:20.85 1:20.85	200m: 3:02.88 1:42.03				
Master Esc B						
1.	Patrick Santos	79	Nageurs De Paris	2:34.58		539
	100m: 1:12.70 1:12.70	200m: 2:34.58 1:21.88				
2.	Rui Manuel Pinto	79	Leixoes	2:40.28		483
	100m: 1:12.20 1:12.20	200m: 2:40.28 1:28.08				
3.	Jorge Miguel Silva	76	Nacional de Natacao	3:00.37		339
	100m: 1:17.36 1:17.36	200m: 3:00.37 1:43.01				
4.	Alexandre Marques Pereira	76	Belenenses	3:49.75		164
	100m: 1:53.22 1:53.22	200m: 3:49.75 1:56.53				
Master Esc C						
DSQ	Urbino Jesus Santos	75	Natacao da Maia			
	<i>Batimento pernas alternado durante percurso-SW 8.3</i>					
Master Esc D						
1.	Christophe Coutanceau	67	Nageurs De Paris	2:40.52		536
	100m: 1:16.56 1:16.56	200m: 2:40.52 1:23.96				

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Prova 6, Masc., 200m Mariposa, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
2.	Carlos Alberto Alves	67	Leixoes	2:57.08		399
	100m: 1:22.12 1:22.12	200m: 2:57.08	1:34.96			
3.	Joao Carlos Pereira	69	Masters de Almada	3:16.00		294
	100m: 1:28.69 1:28.69	200m: 3:16.00	1:47.31			

Master Esc E

1.	Paulo Paula Carvalho	61	Desporto de Setubal	2:32.19		808
	100m: 1:11.45 1:11.45	200m: 2:32.19	1:20.74			
2.	Eduardo Alberto Real	61	Nacional de Natacao	4:03.33		197
	100m: 1:48.57 1:48.57	200m: 4:03.33	2:14.76			

Master Esc G

1.	Rui Manuel Palma	54	Portugal Telecom	3:45.11		309
	100m: 1:49.07 1:49.07	200m: 3:45.11	1:56.04			

Master Esc I

1.	Orlando Gomes Bairrada	45	Nadadores dos Estoris	3:19.53		778
	100m: 1:29.33 1:29.33	200m: 3:19.53	1:50.20			

Prova 7
3.7.10 - 11:50

Femin., 200m Livres

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Mafalda Oliveira	81	Natacao da Maia	2:26.44		591
	100m: 1:11.24 1:11.24	200m: 2:26.44	1:15.20			
2.	Diana Raquel Pacheco	84	Leixoes	2:39.38		458
	100m: 1:16.13 1:16.13	200m: 2:39.38	1:23.25			
3.	Sara Martins Pires	83	Galitos	2:45.98		406
	100m: 1:17.27 1:17.27	200m: 2:45.98	1:28.71			
4.	Alexandra Fagundo Raposo	85	Galitos	2:47.19		397
	100m: 1:18.78 1:18.78	200m: 2:47.19	1:28.41			
5.	Alexandra Adelinovna Inacio	83	Belenenses	2:57.91		329
	100m: 1:23.57 1:23.57	200m: 2:57.91	1:34.34			
6.	Monica Sofia Peixe	81	Belenenses	3:01.12		312
	100m: 1:27.61 1:27.61	200m: 3:01.12	1:33.51			

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Prova 7, Femin., 200m Livres

Master Esc B

1.	Kerstin Bettina Labatzke	77	Galitos	2:31.97	560
	100m: 1:12.73 1:12.73	200m: 2:31.97 1:19.24			
2.	Joana Isabel Cunha	80	Belenenses	2:33.92	539
	100m: 1:12.81 1:12.81	200m: 2:33.92 1:21.11			
3.	Marisa Joao Costa	76	Campinho	2:54.28	371
	100m: 1:23.43 1:23.43	200m: 2:54.28 1:30.85			
4.	Marta Martins Ferreira	79	Funcao Publica	3:08.40	294
	100m: 1:30.93 1:30.93	200m: 3:08.40 1:37.47			
5.	Ana Vieira Luz	78	Belenenses	3:17.73	254
	100m: 1:34.84 1:34.84	200m: 3:17.73 1:42.89			
6.	Marta Isabel Duque	76	Setubalense	3:19.88	246
	100m: 1:34.12 1:34.12	200m: 3:19.88 1:45.76			
7.	Angela Goncalves Tacao	80	Academica de Coimbra	3:20.03	245
	100m: 1:38.42 1:38.42	200m: 3:20.03 1:41.61			

DNS Joana Araujo Gameiro 78 Belenenses

Master Esc C

1.	Cristina Fernandes Silva	71	Academica de Coimbra	3:17.95	256
	100m: 1:33.73 1:33.73	200m: 3:17.95 1:44.22			
2.	Fernanda Maria Santinha	72	Masters de Almada	3:32.38	208
	100m: 1:41.10 1:41.10	200m: 3:32.38 1:51.28			
3.	Susana Paula Simoes	72	Leixoes	3:39.44	188
	100m: 1:44.18 1:44.18	200m: 3:39.44 1:55.26			

Master Esc D

1.	Isabel Batista Ferreira	67	Belenenses	2:33.60	605
	100m: 1:14.28 1:14.28	200m: 2:33.60 1:19.32			
2.	Maria Teresa Brandao	69	Leixoes	2:43.51	501
	100m: 1:18.53 1:18.53	200m: 2:43.51 1:24.98			
3.	Elizabeth Maria Rosa	69	Pimpoes/Cimai	2:54.50	412
	100m: 1:24.13 1:24.13	200m: 2:54.50 1:30.37			
4.	Ana Bernardo Barbara	70	Portinado	3:51.27	177
	100m: 1:45.93 1:45.93	200m: 3:51.27 2:05.34			

Master Esc E

1.	Maria Joao Ribeiro	65	Nadadores dos Estoris	3:07.84	396
	100m: 1:33.00 1:33.00	200m: 3:07.84 1:34.84			
2.	Maria Margarida Urbano	63	Academica de Coimbra	3:08.40	392
	100m: 1:31.30 1:31.30	200m: 3:08.40 1:37.10			
3.	Maria Luisa Oliveira	61	Academica de Coimbra	3:25.50	302
	100m: 1:40.43 1:40.43	200m: 3:25.50 1:45.07			

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Prova 7, Femin., 200m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Maria Madalena Caninas 100m: 1:37.47 1:37.47	63	Masters de Almada	3:26.49 200m: 3:26.49 1:49.02		298
5.	Maria Manuela Neto 100m: 1:43.20 1:43.20	62	Natacao da Maia	3:37.62 200m: 3:37.62 1:54.42		254

Master Esc F

1.	Maria Teresa Oliveira 100m: 1:32.31 1:32.31	57	Academica de Coimbra	3:10.74 200m: 3:10.74 1:38.43		424
2.	Helena Varela Lopes 100m: 3:15.10 3:15.10	56	Belenenses	3:15.10 200m: 3:15.10		396
3.	Leila Castro Esteves 100m: 1:59.13 1:59.13	60	Portinado	4:27.52 200m: 4:27.52 2:28.39		153

Master Esc G

1.	Luisa Maria Pintao 100m: 1:39.84 1:39.84	54	Nadadores dos Estoris	3:29.70 200m: 3:29.70 1:49.86		369
2.	Isabel Costa Monteiro 100m: 1:48.70 1:48.70	53	Academica de Coimbra	3:46.61 200m: 3:46.61 1:57.91		292
DNF	Maria Felix Ferreira <i>SW 10.1</i>	54	Alges			

Master Esc H

1.	Ana Maria Ferreira 100m: 1:30.02 1:30.02	50	Alges	3:06.41 200m: 3:06.41 1:36.39		655
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Master Esc I

1.	Celia Stichini Quartin 100m: 1:59.01 1:59.01	44	Pimpoes/Cimai	4:09.21 200m: 4:09.21 2:10.20		315
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Prova 8
3.7.10 - 12:15

Masc., 50m Costas

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	32.21		535
2.	Jose Manuel Antunes	82	Galitos	33.35		482
3.	Guilherme Luis Goncalves	83	Nautica do Seixal/Emisa	33.36		481
4.	Miguel Santos Coelho	82	Vilacondense	33.50		475
5.	Emanuel David Oliveira	85	Natacao da Maia	33.80		463
6.	Carlos Granadeiro Dias	81	Portinado	35.39		403

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

Prova 8, Masc., 50m Costas, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Luis Filipe Ramos	81	Galitos	35.46		401
8.	Jorge Jesus Bandeira	82	Ginasio Figueirense	35.53		398
9.	Armindo Manuel Lobo	84	Vitoria de Guimaraes	37.04		351
10.	Tiago Miguel Lima	83	Nautica do Seixal/Emisa	37.53		338
11.	Joao Carlos Malta	82	Natacao da Maia	37.90		328
12.	Daniel Filipe Fernandes	85	Campinho	38.40		315
13.	Jose Paulo Santos	84	Vitoria de Guimaraes	39.29		294
14.	Pablo Manuel Tavares	84	Masters de Almada	39.64		287
15.	Joel Orlando Sarabando	82	Campinho	48.66		155

Master Esc B

1.	Diogo Pedroso Almeida	77	Belenenses	35.50		397
2.	Nuno Miguel Guerra	77	Leixoes	36.14		377
3.	Carlos Chan Cordeiro	77	Portinado	37.33		342
4.	Nelson Palma Mestre	80	Academica de Coimbra	38.97		300
5.	Carlos Sobral Silva	77	Setubalense	39.63		285
6.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	39.91		280
7.	Rui Alexandre Santos	76	Nadadores dos Estoris	43.11		222
8.	Jorge Miguel Silva	76	Nacional de Natacao	43.38		218

Master Esc C

1.	Sergio David Silva	73	Natacao da Maia	36.89		413
2.	Joao Miguel Faria	71	Leixoes	37.62		389
3.	Joao Pedro Matias	74	Academica de Coimbra	37.93		380
4.	Paulo Meira Santos	74	Nacional de Natacao	42.59		268
5.	Nuno Andre Ramalhao	73	Gespacos	44.11		241
6.	Jose Miguel Gomes	72	Belenenses	44.86		229
DNS	Manuel Fernandes Rocha	72	Desportiva de Viana			
DNS	Bruno Miguel Fonseca	73	Nacional de Natacao			

Master Esc D

1.	Paulo Guilherme Martins	68	Ginasio Figueirense	36.35		458
2.	Miguel Jose Ferreira	70	Leixoes	36.64		447
3.	Americo Paulo Sousa	66	Leixoes	39.87		347
4.	Jose Manuel Brandao	70	Desportiva de Viana	42.72		282
5.	Agostinho Rodrigues Oliveira	67	Galitos	44.74		245
6.	Jose Salvador Faustino	68	Portinado	44.88		243
7.	Francisco Jose Dias	69	Portinado	46.40		220
8.	Paulo Jorge Ferreira	67	Pimpoes/Cimai	46.77		215
9.	Carlos Manuel Anjos	66	Galitos	46.94		212
10.	Paulo Jorge Reis	70	Funcao Publica	50.92		166
11.	Francisco Goncalves Malheiro	69	Desportiva de Viana	1:02.08		91
DNS	Marco Santos Carrasco	68	Portinado			

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Prova 8, Masc., 50m Costas

Master Esc E

1.	Jorge Eduardo Faria	64	Alges	30.70	830
2.	Paulo Paula Carvalho	61	Desporto de Setubal	35.36	543
3.	Carlos Jorge Oliveira	64	Portugal Telecom	36.69	486
4.	Joaquim Jorge Ramalhao	65	Gespacos	36.99	474
5.	Joao Forte Pelaio	64	Ginasio Figueirense	38.97	406
6.	Filipe Jose Horta	64	Millennium BCP	40.04	374
7.	Francisco Jorge Ferreira	62	Academica de Coimbra	44.47	273
8.	Pedro Militao Fernandes	61	Nadadores dos Estoris	45.11	261
9.	Eduardo Alberto Real	61	Nacional de Natacao	48.38	212
10.	Paulo Fernando Rodrigues	63	Belenenses	49.93	193
11.	Adriano Manuel Barradas	65	Millennium BCP	54.71	146

Master Esc F

1.	Luis Cavaleiro Madeira	57	Belenenses	37.23	556
2.	Vitor Manuel Mavioso	56	Alges	39.52	465
3.	Joao Manuel Ruas	60	Belenenses	45.39	307
4.	Antonio Costa Raposo	58	Portinado	45.80	298
5.	Goncalo Manuel Torgal	57	Leixoes	52.95	193
6.	Nuno Neves Nunes	58	Setubalense	56.76	157

Master Esc G

1.	Hugo Francisco Figueiredo	53	Academica de Coimbra	47.06	311
2.	Walter Emunds	52	Portinado	53.85	208
3.	Domingos Pinto Coelho	52	Individual Lisboa	59.32	155
4.	Antonio Manuel Tavares	51	Funcao Publica	1:01.59	139

Master Esc H

1.	Stephen Thomas Dyson	47	Belenenses	38.77	641
2.	Daniel Sobral Rabiais	50	Pimpoes/Cimai	58.20	189

Master Esc I

1.	Antonio Bessone Basto	45	Alges	40.91	641
2.	Jose Ferreira Barros	43	Desportiva de Viana	59.26	211
3.	Vasco Camara Pires	43	Belenenses	1:14.53	106

Master Esc J

1.	Antonio Alexandre Rodrigues	39	Academica de Coimbra	48.25	497
2.	Joao Rodrigues Teixeira	37	Academica de Coimbra	1:10.99	156

Master Esc L

1.	Leonel Sousa Gomes	30	Academica de Coimbra	59.94	319
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Prova 8, Masc., 50m Costas

Master Esc M

1. Ilidio Pintadinho Santos 25 Portinado 2:44.98 20

Prova 9

Femin., 4 x 100m Livres

AG 100 - 359

3.7.10 - 12:40

Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Fem Estaf Cat 1				
1.	Leixoes-Cat 1-FEM	4:45.45		
	Ana Carina Lopes 80	1:06.18	Ana Filipa Moreto 84	1:17.37
	Liliana Elisabete Baptista 78	1:11.95	Diana Raquel Pacheco 84	1:09.95

Master Fem Estaf Cat 2

1.	Belenenses-Cat 2-FEM	5:01.47		
	Rita Pereira Sousa 73	1:18.74	Monica Sofia Peixe 81	1:23.15
	Isabel Batista Ferreira 67	1:09.16	Joana Isabel Cunha 80	1:10.42
2.	Leixoes-Cat 2-FEM	5:52.61		
	Elsa Maria Fumega 78	1:22.06	Susana Paula Simoes 72	1:41.75
	Silvia Raquel Mendonca 81	1:30.33	Carla Joana Macieirinha 71	1:18.47
3.	Belenenses-Cat 2-FEM	5:53.45		
	Alexandra Adelinovna Inacio 83	1:22.08	Helena Varela Lopes 56	1:30.79
	Ana Carina Guerreiro 77	1:30.31	Victoria Mandrik 78	1:30.27
4.	Ginasio Figueirense-Cat 2-FEM	6:30.08		
	Claudia Pereira Reis 68	1:27.89	Paula Margarida Almeida 63	1:52.90
	Susana Jesus Cacao 81	1:48.71	Ana Lucia Rolo 81	1:20.58

Master Fem Estaf Cat 3

1.	Leixoes-Cat 3-FEM	5:12.27		
	Maria Luisa Costa 74	1:09.22	Maria Adriana Viseu 66	1:24.29
	Maribel Santos Fernandes 65	1:24.19	Maria Teresa Brandao 69	1:14.57
2.	Masters de Almada-Cat 3-FEM	6:26.98		
	Fernanda Maria Santinha 72	1:36.83	Maria Madalena Caninas 63	1:34.66
	Marina Isabel Mendes 68	1:45.59	Carla Filomena Peixe 63	1:29.90
3.	Leixoes-Cat 3-FEM	7:17.80		
	Maria Santos Fernandes 62	1:31.90	Anette Kind 61	2:04.76
	Maria Teresa Pinto 61	1:52.65	Maria Jose Francisco 62	1:48.49

Master Fem Estaf Cat 4

1.	Academica de Coimbra-Cat 4-FEM	6:00.49		
	Maria Margarida Urbano 63	1:25.79	Maria Teresa Oliveira 57	1:30.89
	Eugenia Maria Cunha 62	1:16.46	Isabel Costa Monteiro 53	1:47.35

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Prova 10 Masc., 4 x 100m Estilos AG 100 - 359
3.7.10 - 12:50 Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Masc Estaf Cat 1				
1. Galitos-Cat 1-MASC	Galitos	4:56.47		
Jose Manuel Antunes 82	1:16.93	Ricardo Jorge Silva 82	1:11.28	
Rogério Filipe Vieira 84	1:22.10	Luis Filipe Ramos 81	1:06.16	
Master Masc Estaf Cat 2				
1. Nageurs De Paris-Cat 2-MASC	Nageurs De Paris	4:41.12		
Olivier Collet 78	1:14.73	Christophe Coutanceau 67	1:07.84	
Patrick Santos 79	1:17.10	Silvere Schuster 79	1:01.45	
2. Vilacondense-Cat 2-MASC	Vilacondense	4:45.53		
Miguel Santos Coelho 82	1:12.99	Bruno Lagorsse Pontes 75	1:17.67	
Pedro Miguel Silva 76	1:13.67	Mario Jorge Costa 84	1:01.20	
3. Leixoes-Cat 2-MASC	Leixoes	4:53.71		
Nuno Miguel Guerra 77	1:18.96	Rui Manuel Pinto 79	1:06.71	
Joao Miguel Faria 71	1:25.15	Ivan Mauricio Couras 81	1:02.89	
4. Belenenses-Cat 2-MASC	Belenenses	5:35.25		
Diogo Pedroso Almeida 77	1:21.02	Manuel Fialho Silva 77	1:34.87	
Luis Cavaleiro Madeira 57	1:28.12	Eurico Manuel Santos 70	1:11.24	
5. Portinado-Cat 2-MASC	Portinado	5:36.19		
Carlos Granadeiro Dias 81	1:18.64	Carlos Chan Cordeiro 77	1:21.83	
Francisco Jose Dias 69	1:39.63	Jose Salvador Faustino 68	1:16.09	
6. Academica de Coimbra-Cat 2-MASC	Academica de Coimbra	5:46.26		
Nelson Palma Mestre 80	1:26.76	Juan Carlos Briceno 82	1:26.68	
Joao Paulo Coroado 63	1:43.50	Pedro Alexandre Fernando 67	1:09.32	
7. Masters de Almada-Cat 2-MASC	Masters de Almada	5:46.61		
Mario Antonio Caoiro 71	1:40.42	Joao Carlos Pereira 69	1:26.64	
Joao Pedro Ventura 69	1:31.29	Pablo Manuel Tavares 84	1:08.26	
DNS Nacional de Natacao-Cat 2-MASC	Nacional de Natacao			
Master Masc Estaf Cat 3				
1. Natacao da Maia-Cat 3-MASC	Natacao da Maia	5:21.13		
Urbino Jesus Santos 75	1:31.75	Pedro Nuno Braga 74	1:17.27	
Jose Santos Silva 57	1:28.61	Sergio David Silva 73	1:03.50	
2. Galitos-Cat 3-MASC	Galitos	5:27.08		
Agostinho Rodrigues Oliveira 67	1:40.50	Rui Jorge Ferreira 68	1:13.20	
Rui Nuno Pereira 74	1:22.93	Gustavo Ferreira Basto 67	1:10.45	
3. Leixoes-Cat 3-MASC	Leixoes	5:31.27		
Miguel Jose Ferreira 70	1:26.50	Carlos Alberto Alves 67	1:16.53	
Fernando Manuel Mascarenhas 67	1:32.87	Nuno Cristiano Pereira 73	1:15.37	
4. Leixoes-Cat 3-MASC	Leixoes	5:53.08		
Eduardo Jorge Cohen 59	1:43.81	Americo Paulo Sousa 66	1:21.96	
Joao Paulo Campos 65	1:34.71	Antonio Gaspar Freitas 56	1:12.60	

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Prova 10, Masc., 4 x 100m Estilos, Master Masc Estaf Cat 3

Lugar	Clube	Tempo Final	TReac	Pts	
5.	Nadadores dos Estoris-Cat 3-MASC	Nadadores dos Estoris	6:01.61		
	Pedro Militao Fernandes 61	1:39.10	Jose Luis Correia	59	1:43.93
	Ralf Pinto Soares 64	1:30.35	Rui Alexandre Santos	76	1:08.23
6.	Galitos-Cat 3-MASC	Galitos	6:05.50		
	Carlos Manuel Anjos 66	1:49.21	Joao Tiago Ferraz	84	1:21.31
	Helder Manuel Moreira 44	1:48.38	Miguel Varela Santos	74	1:06.60
DSQ	Ginasio Figueirense-Cat 3-MASC	Ginasio Figueirense			
	<i>Rendição antecipada ultimo nadador</i>				
	Jorge Jesus Bandeira 82	1:15.73	Paulo Guilherme Martins	68	1:13.34
	Joao Paulo Almeida 64	1:38.46	Joao Forte Pelaio	64	

Master Masc Estaf Cat 5

1.	Alges-Cat 5-MASC	Alges	6:12.59		
	Antonio Bessone Basto 45	1:29.38	Vitor Manuel Mavioso	56	1:25.54
	Alexandre Azevedo Gaspar 45	1:53.40	Luis Vidigal Salgueiro	45	1:24.27

Prova 11
3.7.10 - 16:00

Misto, 4 x 50m Estilos

AG 100 - 359
Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Misto Estaf Cat 1				
1.	Leixoes-Cat 1-MISTO	Leixoes	2:13.96	
	Ana Filipa Moreto 84		Rui Manuel Pinto	79
	Ana Carina Lopes 80		Ivan Mauricio Couras	81
2.	Galitos-Cat 1-MISTO	Galitos	2:15.79	
	Jose Manuel Antunes 82		Ricardo Jorge Silva	82
	Kerstin Bettina Labatzke 77		Sara Martins Pires	83

Master Misto Estaf Cat 2

1.	Leixoes-Cat 2-MISTO	Leixoes	2:19.83	
	Maria Luisa Costa 74		Diana Raquel Pacheco	84
	Fernando Manuel Mascarenhas 67		Nuno Miguel Guerra	77
2.	Academica de Coimbra-Cat 2-MISTO	Academica de Coimbra	2:30.56	
	Nelson Palma Mestre 80		Juan Carlos Briceno	82
	Susana Margarida Venda 84		Catarina Portela Neves	74
3.	Ginasio Figueirense-Cat 2-MISTO	Ginasio Figueirense	2:37.82	
	Claudia Pereira Reis 68		Paulo Guilherme Martins	68
	Jorge Jesus Bandeira 82		Ana Lucia Rolo	81
4.	Belenenses-Cat 2-MISTO	Belenenses	2:42.02	
	Diogo Pedroso Almeida 77		Jose Miguel Gomes	72
	Victoria Mandrik 78		Ana Carina Guerreiro	77
5.	Setubalense-Cat 2-MISTO	Setubalense	2:43.20	
	Marta Isabel Duque 76		Eduardo Dias Pratas	75
	Carlos Sobral Silva 77		Rita Alexandra Pereira	84

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Prova 11, Misto, 4 x 50m Estilos, Master Misto Estaf Cat 2

Lugar	Clube	Tempo Final	TReac	Pts
6.	Leixoes-Cat 2-MISTO	2:47.53		
	Silvia Raquel Mendonca 81	Carlos Alberto Alves	67	
	Maria Adriana Viseu 66	Nuno Cristiano Pereira	73	
7.	Belenenses-Cat 2-MISTO	2:50.07		
	Alexandra Adelinovna Inacio 83	Nuno Alexandre Crespo	75	
	Monica Sofia Peixe 81	Alexandre Marques Pereira	76	

Master Misto Estaf Cat 3

1.	Belenenses-Cat 3-MISTO	2:19.78		
	Isabel Batista Ferreira 67	Eurico Manuel Santos	70	
	Luis Cavaleiro Madeira 57	Joana Isabel Cunha	80	
2.	Natacao da Maia-Cat 3-MISTO	2:23.35		
	Ana Cristina Lobo 66	Pedro Nuno Braga	74	
	Jose Santos Silva 57	Ana Mafalda Oliveira	81	
3.	Leixoes-Cat 3-MISTO	2:23.83		
	Miguel Jose Ferreira 70	Maribel Santos Fernandes	65	
	Joao Miguel Faria 71	Maria Teresa Brandao	69	
4.	Leixoes-Cat 3-MISTO	2:28.11		
	Liliana Elisabete Baptista 78	Americo Paulo Sousa	66	
	Joao Paulo Campos 65	Carla Joana Macieirinha	71	
5.	Academica de Coimbra-Cat3 -MISTO	2:32.35		
	Ana Claudia Jorge 72	Antonio Jorge Martinho	65	
	Maria Manuela Sequeira 68	Pedro Alexandre Fernando	67	
6.	Portinado-Cat 3-MISTO	2:53.63		
	Antonio Costa Raposo 58	Patricia Vanessa Rossetto	77	
	Leila Castro Esteves 60	Carlos Granadeiro Dias	81	
7.	Ginasio Figueirense-Cat 3-MISTO	3:05.53		
	Susana Jesus Cacao 81	Joao Forte Pelaio	64	
	Jose Carlos Neto 53	Paula Margarida Almeida	63	

Master Misto Estaf Cat 4

1.	Leixoes-Cat 4-MISTO	2:48.13		
	Maria Santos Fernandes 62	Antonio Gaspar Freitas	56	
	Manuel Jose Romariz 59	Maria Jose Francisco	62	
2.	Academica de Coimbra-Cat 4-MISTO	2:53.23		
	Maria Teresa Oliveira 57	Hugo Francisco Figueiredo	53	
	Ana Moura Relvas 56	Joaquim Fidalgo Freitas	47	
3.	Belenenses-Cat 4-MISTO	2:55.09		
	Rita Pereira Sousa 73	Stephen Thomas Dyson	47	
	Jose Guilherme Oliveira 60	Helena Varela Lopes	56	
4.	Nadadores dos Estoris-Cat 4-MISTO	3:13.31		
	Pedro Militao Fernandes 61	Jose Luis Correia	59	
	Nair Gomes Sa 39	Luisa Maria Pintao	54	
5.	Funcao Publica-Cat 4-MISTO	3:44.51		
	Paulo Jorge Reis 70	Marta Martins Ferreira	79	
	Antonio Manuel Tavares 51	Maria Augusta Azinheira	38	

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Prova 11, Misto, 4 x 50m Estilos

Master Misto Estaf Cat 5

1. Academica de Coimbra-Cat 5-MISTO	Academica de Coimbra	3:50.79
Margarida Morais Torres 55	Antonio Alexandre Rodrigues 39	
Manuel Monteiro Tenreiro 40	Isabel Costa Monteiro 53	

Master Misto Estaf Cat 6

1. Academica de Coimbra-Cat 6-MISTO	Academica de Coimbra	5:59.95
Marilia Xavier Morais 28	Joao Rodrigues Teixeira 37	
Maria Rosario Martins 40	Leonel Sousa Gomes 30	

Prova 12 Femin., 100m Mariposa 25 - 89 anos
3.7.10 - 16:15 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc C						
DNS	Carla Joana Macieirinha	71	Leixoes			

Master Esc D

DSQ Marina Isabel Mendes 68 Masters de Almada
Na chegada chegou com uma só mão-SW 8.4

Master Esc E

1. Elena Alarcon Gamonal	61	Natacao de Faro	1:23.09	607
2. Eugenia Maria Cunha	62	Academica de Coimbra	1:24.07	586

Master Esc G

1. Shigeko Mizuno	52	Pimpoes/Cimai	2:06.00	229
2. Margarida Morais Torres	55	Academica de Coimbra	2:21.70	161

Prova 13 Masc., 100m Livres 25 - 89 anos
3.7.10 - 16:20 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	56.91		702
2.	Andre Silva Bastos	83	Feirense	58.42		649
3.	Mario Jorge Costa	84	Vilacondense	1:00.56		582
4.	Dario Francisco Vaz	83	Nautica do Seixal/Emisa	1:01.12		566
5.	Guilherme Luis Goncalves	83	Nautica do Seixal/Emisa	1:01.17		565
6.	Emanuel David Oliveira	85	Natacao da Maia	1:01.77		549
7.	Ivan Mauricio Couras	81	Leixoes	1:03.19		512

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Prova 13, Masc., 100m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Joao Tiago Ferraz	84	Galitos	1:03.25		511
9.	Tiago Miguel Lima	83	Nautica do Seixal/Emisa	1:06.22		445
10.	Pablo Manuel Tavares	84	Masters de Almada	1:06.62		437
11.	Armindo Manuel Lobo	84	Vitoria de Guimaraes	1:06.65		437
12.	Rogério Filipe Vieira	84	Galitos	1:07.28		424
13.	Juan Carlos Briceno	82	Academica de Coimbra	1:08.57		401
14.	Jose Paulo Santos	84	Vitoria de Guimaraes	1:10.44		370
15.	Joao Carlos Malta	82	Natacao da Maia	1:11.10		360
16.	Joao Carlos Carvalhais	83	Campinho	1:26.57		199
17.	Rui Santos Cacoete	82	Ginasio Figueirense	1:55.47		84

Master Esc B

1.	Pedro Miguel Silva	76	Vilacondense	55.87		745
2.	Rodrigo Marques Costa	76	Litoral Alentejano	58.78		639
3.	Carlos Chan Cordeiro	77	Portinado	1:02.80		524
4.	Silvere Schuster	79	Nageurs De Paris	1:04.07		494
5.	Nuno Ricardo Antunes	78	Academico de Leiria	1:04.29		489
6.	Nuno Miguel Guerra	77	Leixoes	1:04.52		483
7.	Nelson Palma Mestre	80	Academica de Coimbra	1:04.94		474
8.	Ruben A. Gutierrez Fuentes	76	C.N. Jerez	1:05.09		471
9.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	1:05.66		459
10.	Ricardo Manuel Silvestre	79	Litoral Alentejano	1:06.25		446
11.	Ricardo Manuel Lobo	80	Vitoria de Guimaraes	1:07.16		428
12.	Rui Alexandre Santos	76	Nadadores dos Estoris	1:09.41		388
13.	Nuno Miguel Dias	76	Setubalense	1:09.86		381
14.	Alexandre Marques Pereira	76	Belenenses	1:10.53		370
15.	Edgar Manuel Guimaraes	80	Vitoria de Guimaraes	1:12.80		336
16.	Eduardo Jose Amaral	78	Pimpoes/Cimai	1:15.58		300
17.	Jose Orlando Novais	78	Vitoria de Guimaraes	1:20.45		249
DNS	Jorge Miguel Silva	76	Nacional de Natacao			
DNS	Jorge Barroca Varela	76	Pimpoes/Cimai			

Master Esc C

1.	Rui Fonseca Vaz	71	Colegio Vasco da Gama	1:01.43		586
2.	Pedro Nuno Braga	74	Natacao da Maia	1:01.63		581
3.	Tiago Freitas Teles	75	Alges	1:02.13		567
4.	Sergio David Silva	73	Natacao da Maia	1:03.10		541
5.	Miguel Varela Santos	74	Galitos	1:06.70		458
6.	Eduardo Dias Pratas	75	Setubalense	1:08.64		420
7.	Alfonso Sanchez Fernandez	75	C.N. Jerez	1:09.03		413
8.	Joao Pedro Matias	74	Academica de Coimbra	1:09.32		408
9.	Bruno Lagorsse Pontes	75	Vilacondense	1:11.63		370
10.	Nuno Andre Ramalhao	73	Gespacos	1:14.82		324
11.	Nuno Cristiano Pereira	73	Leixoes	1:16.03		309
12.	Mario Antonio Caeiro	71	Masters de Almada	1:16.99		298
13.	Jose Miguel Gomes	72	Belenenses	1:17.37		293

XII Campeonato Nacional Masters de Verão - OPEN
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Prova 13, Masc., 100m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Telmo Miguel Veloso	75	Leixoes	1:25.14		220
15.	Norberto Matos Pereira	75	Vitoria de Guimaraes	1:31.28		178
16.	Abilio Manuel Antonio	72	Pimpoes/Cimai	1:38.46		142
DNS	Vitor Fortes Cunha	71	Belenenses			
DNS	Bruno Miguel Fonseca	73	Nacional de Natacao			
DNS	Manuel Fernandes Rocha	72	Desportiva de Viana			

Master Esc D

1.	Pedro Alexandre Fernando	67	Academica de Coimbra	1:05.92		532
2.	Rui Jorge Ferreira	68	Galitos	1:06.05		529
3.	Paulo Guilherme Martins	68	Ginasio Figueirense	1:06.28		523
4.	Jorg Lohken	68	Individual Lisboa	1:07.68		491
5.	Miguel Jose Ferreira	70	Leixoes	1:08.86		466
6.	Eurico Manuel Santos	70	Belenenses	1:09.61		451
7.	Francisco Jose Dias	69	Portinado	1:10.85		428
8.	Luis Paulo Piteira	68	Setubalense	1:11.73		413
9.	Gustavo Ferreira Basto	67	Galitos	1:12.12		406
10.	Marco Paulo Silva	70	Vilacondense	1:16.43		341
11.	Carlos Manuel Anjos	66	Galitos	1:17.65		325
12.	Antonio Manuel Santinha	69	Masters de Almada	1:21.01		286
13.	Paulo Jorge Reis	70	Funcao Publica	1:21.26		284
14.	Paulo Jorge Ferreira	67	Pimpoes/Cimai	1:21.49		281
15.	Francisco Goncalves Malheiro	69	Desportiva de Viana	1:28.61		219
16.	Fernando Manuel Santana	68	Belenenses	1:31.20		200
DSQ	Paulo Alexandre Neves <i>Falsa partida-SW 4.4</i>	66	Leixoes			
DNS	Marco Santos Carrasco	68	Portinado			

Master Esc E

1.	Jorge Eduardo Faria	64	Alges	58.77		809
2.	Jose Carlos Freitas	63	Fluvial Portuense	59.23		790
3.	Paulo Paula Carvalho	61	Desporto de Setubal	1:02.97		658
4.	Jaime Carlos Bento	61	Alges	1:04.19		621
5.	Joao Manuel Silva	63	Millennium BCP	1:08.16		518
6.	Filipe Jose Horta	64	Millennium BCP	1:08.38		513
7.	Joaquim Jorge Ramalhao	65	Gespacos	1:12.78		426
8.	Joao Paulo Campos	65	Leixoes	1:12.79		426
9.	Armando Joao Costa	63	Pimpoes/Cimai	1:13.18		419
10.	Antonio Jorge Martinho	65	Academica de Coimbra	1:14.09		403
11.	Martin Bernhard	65	Academico de Leiria	1:20.77		311
12.	Paulo Fernando Rodrigues	63	Belenenses	1:21.26		306
13.	Joao Paulo Coroado	63	Academica de Coimbra	1:21.82		299
14.	Fernando Manuel Serra	64	Millennium BCP	1:21.84		299
15.	Fernando Diogo Duarte	62	Individual Aveiro	1:22.53		292
16.	Adriano Manuel Barradas	65	Millennium BCP	1:41.27		158
17.	Rogério Castro Almeida	64	Individual Aveiro	1:47.50		132
DNS	Manuel Alberto Pinho	61	Leixoes			

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Prova 13, Masc., 100m Livres

Master Esc F

1. Vitor Manuel Mavioso	56	Alges	1:08.71	567
2. Antonio Costa Raposo	58	Portinado	1:19.51	366
3. Jose Luis Correia	59	Nadadores dos Estoris	1:19.67	364
4. Jose Guilherme Oliveira	60	Belenenses	1:21.64	338
5. Antonio Coelho Moura	60	Pimpoes/Cimai	1:21.77	336
6. Luis Carlos Felix	60	CCD Lagos/Multi	1:22.67	325
7. Nuno Neves Nunes	58	Setubalense	1:26.18	287
8. Hermano Botelho Almeida	56	Portugal Telecom	1:28.03	269
9. Teofilo Manuel Relvas	58	Vilacondense	1:34.15	220
10. Goncalo Manuel Torgal	57	Leixoes	1:38.26	194
11. Manuel da Cruz Lima	59	Desportiva de Viana	1:46.33	153

Master Esc G

1. Carlos Alberto Serra	55	Luz e Vida	1:13.07	518
2. Mario Jorge Melo	51	Belenenses	1:30.42	273
3. Jose Henrique Madail	54	Galitos	1:36.15	227
4. Antonio Manuel Tavares	51	Funcao Publica	1:38.72	210
5. Jose Carlos Neto	53	Ginasio Figueirense	1:38.90	208
6. Domingos Silva Lages	55	Desportiva de Viana	1:44.93	174

Master Esc H

1. Jose Sarsfield Cabral	49	Academica de Coimbra	1:13.97	599
2. Jorge Sobral Bastos	49	Portugal Telecom	1:27.52	361
3. Luis Antonio Viegas	47	Nadadores dos Estoris	1:35.71	276
4. Jose Quiroga Vazquez	47	C.N. Huelva	1:38.55	253
5. Daniel Sobral Rabiais	50	Pimpoes/Cimai	1:42.61	224
6. Jose Jesus Lourenco	47	Portugal Telecom	1:58.57	145

Master Esc I

1. Luis Vidigal Salgueiro	45	Alges	1:25.26	464
2. Helder Manuel Moreira	44	Galitos	1:47.29	233
3. Vasco Camara Pires	43	Belenenses	2:10.93	128

Master Esc J

1. Antonio Alexandre Rodrigues	39	Academica de Coimbra	1:26.15	471
2. Joao Rodrigues Teixeira	37	Academica de Coimbra	1:56.11	192

Master Esc L

1. Leonel Sousa Gomes	30	Academica de Coimbra	1:42.43	431
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XII Campeonato Nacional Masters de Verão - OPEN
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 14 Femin., 400m Livres 25 - 89 anos
3.7.10 - 16:50 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Ana Mafalda Oliveira	81	Natacao da Maia	5:05.20		662
	100m: 1:13.69 1:13.69	200m: 2:31.50 1:17.81	300m: 3:49.67 1:18.17	400m: 5:05.20 1:15.53		
2.	Alexandra Adelinovna Inacio	83	Belenenses	6:20.96		340
	100m: 1:29.35 1:29.35	200m: 3:08.10 1:38.75	300m: 4:47.19 1:39.09	400m: 6:20.96 1:33.77		
3.	Monica Sofia Peixe	81	Belenenses	6:25.85		327
	100m: 1:30.26 1:30.26	200m: 3:10.67 1:40.41	300m: 4:50.80 1:40.13	400m: 6:25.85 1:35.05		
DNS	Cornelia Schneider	81	Academica de Coimbra			
Master Esc B						
1.	Joana Isabel Cunha	80	Belenenses	5:23.40		569
	100m: 1:16.00 1:16.00	200m: 2:37.85 1:21.85	300m: 4:02.10 1:24.25	400m: 5:23.40 1:21.30		
2.	Kerstin Bettina Labatzke	77	Galitos	5:31.10		530
	100m: 1:15.70 1:15.70	200m: 2:39.90 1:24.20	300m: 4:05.47 1:25.57	400m: 5:31.10 1:25.63		
3.	Marisa Joao Costa	76	Campinho	6:16.85		360
	100m: 1:26.70 1:26.70	200m: 3:02.00 1:35.30	300m: 4:40.18 1:38.18	400m: 6:16.85 1:36.67		
4.	Marta Martins Ferreira	79	Funcao Publica	6:39.67		301
	100m: 1:33.36 1:33.36	200m: 3:16.59 1:43.23	300m: 4:59.51 1:42.92	400m: 6:39.67 1:40.16		
5.	Ana Vieira Luz	78	Belenenses	6:53.32		272
	100m: 1:33.71 1:33.71	200m: 3:17.53 1:43.82	300m: 5:04.95 1:47.42	400m: 6:53.32 1:48.37		
6.	Angela Goncalves Tacao	80	Academica de Coimbra	7:02.44		255
	100m: 1:42.39 1:42.39	200m: 3:31.69 1:49.30	300m: 5:20.63 1:48.94	400m: 7:02.44 1:41.81		
DNS	Joana Araujo Gameiro	78	Belenenses			
Master Esc C						
1.	Miriam Gomez Gomez	75	C.N. Jerez	5:55.27		428
	100m: 1:20.19 1:20.19	200m: 2:51.72 1:31.53	300m: 4:24.42 1:32.70	400m: 5:55.27 1:30.85		
2.	Rita Pereira Sousa	73	Belenenses	6:40.71		298
	100m: 1:30.65 1:30.65	200m: 3:14.32 1:43.67	300m: 4:58.85 1:44.53	400m: 6:40.71 1:41.86		
3.	Catarina Portela Neves	74	Academica de Coimbra	7:03.59		252
	100m: 1:39.92 1:39.92	200m: 3:30.80 1:50.88	300m: 5:21.79 1:50.99	400m: 7:03.59 1:41.80		
4.	Cristina Fernandes Silva	71	Academica de Coimbra	7:07.11		246
	100m: 1:39.53 1:39.53	200m: 3:30.94 1:51.41	300m: 5:22.05 1:51.11	400m: 7:07.11 1:45.06		
5.	Fernanda Maria Santinha	72	Masters de Almada	7:23.65		220
	100m: 1:43.44 1:43.44	200m: 3:37.71 1:54.27	300m: 5:32.05 1:54.34	400m: 7:23.65 1:51.60		
6.	Susana Paula Simoes	72	Leixoes	7:55.49		178
	100m: 1:49.42 1:49.42	200m: 3:51.79 2:02.37	300m: 5:56.87 2:05.08	400m: 7:55.49 1:58.62		

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

Prova 14, Femin., 400m Livres

Master Esc D

1. Isabel Batista Ferreira	67	Belenenses	5:38.01	521
100m: 1:20.00 1:20.00	200m: 2:45.67 1:25.67	300m: 4:12.51 1:26.84	400m: 5:38.01 1:25.50	
2. Maria Teresa Brandao	69	Leixoes	5:50.38	468
100m: 1:23.77 1:23.77	200m: 2:52.05 1:28.28	300m: 4:21.17 1:29.12	400m: 5:50.38 1:29.21	
3. Elizabete Maria Rosa	69	Pimpoes/Cimai	5:59.61	432
100m: 1:25.70 1:25.70	200m: 2:57.51 1:31.81	300m: 4:29.94 1:32.43	400m: 5:59.61 1:29.67	
4. Ana Bernardo Barbara	70	Portinado	8:14.99	166
100m: 1:53.61 1:53.61	200m: 4:02.28 2:08.67	300m: 6:12.81 2:10.53	400m: 8:14.99 2:02.18	

Master Esc E

1. Maria Joao Ribeiro	65	Nadadores dos Estoris	6:31.93	417
100m: 1:34.40 1:34.40	200m: 3:15.46 1:41.06	300m: 4:55.15 1:39.69	400m: 6:31.93 1:36.78	
2. Maria Luisa Oliveira	61	Academica de Coimbra	7:16.32	302
100m: 1:42.34 1:42.34	200m: 3:35.75 1:53.41	300m: 5:27.22 1:51.47	400m: 7:16.32 1:49.10	
3. Maria Manuela Neto	62	Natacao da Maia	7:42.13	254
100m: 1:45.40 1:45.40	200m: 3:45.99 2:00.59	300m: 5:46.06 2:00.07	400m: 7:42.13 1:56.07	

Master Esc F

1. Helena Varela Lopes	56	Belenenses	7:04.34	386
100m: 1:40.15 1:40.15	200m: 3:30.98 1:50.83	300m: 5:21.17 1:50.19	400m: 7:04.34 1:43.17	

Master Esc G

1. Luisa Maria Pintao	54	Nadadores dos Estoris	7:21.27	431
100m: 1:44.32 1:44.32	200m: 3:38.50 1:54.18	300m: 5:32.17 1:53.67	400m: 7:21.27 1:49.10	
2. Isabel Costa Monteiro	53	Academica de Coimbra	7:50.67	355
100m: 1:48.87 1:48.87	200m: 3:50.89 2:02.02	300m: 5:53.25 2:02.36	400m: 7:50.67 1:57.42	

Master Esc H

1. Ana Maria Ferreira	50	Alges	6:30.23	685
100m: 1:30.86 1:30.86	200m: 3:12.23 1:41.37	300m: 4:53.39 1:41.16	400m: 6:30.23 1:36.84	

Master Esc I

1. Celia Stichini Quartin	44	Pimpoes/Cimai	8:54.24	293
100m: 2:02.26 2:02.26	200m: 4:18.93 2:16.67	300m: 6:36.77 2:17.84	400m: 8:54.24 2:17.47	

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

Prova 15 Masc., 200m Costas 25 - 89 anos
3.7.10 - 17:20 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	2:29.56		583
	100m: 1:14.18 1:14.18	200m: 2:29.56 1:15.38				
2.	Jorge Jesus Bandeira	82	Ginasio Figueirense	2:44.77		436
	100m: 1:20.84 1:20.84	200m: 2:44.77 1:23.93				
3.	Jose Manuel Antunes	82	Galitos	2:48.35		408
	100m: 1:21.73 1:21.73	200m: 2:48.35 1:26.62				
4.	Armindo Manuel Lobo	84	Vitoria de Guimaraes	2:59.85		335
	100m: 1:29.59 1:29.59	200m: 2:59.85 1:30.26				
5.	Tiago Miguel Lima	83	Nautica do Seixal/Emisa	3:05.25		306
	100m: 1:27.49 1:27.49	200m: 3:05.25 1:37.76				
6.	Daniel Filipe Fernandes	85	Campinho	3:15.51		261
	100m: 1:33.52 1:33.52	200m: 3:15.51 1:41.99				
Master Esc B						
1.	Rui Manuel Pinto	79	Leixoes	2:46.68		436
	100m: 1:23.38 1:23.38	200m: 2:46.68 1:23.30				
2.	Diogo Pedroso Almeida	77	Belenenses	2:48.66		421
	100m: 1:24.43 1:24.43	200m: 2:48.66 1:24.23				
3.	Patrick Santos	79	Nageurs De Paris	2:54.96		377
	100m: 1:24.61 1:24.61	200m: 2:54.96 1:30.35				
4.	Carlos Sobral Silva	77	Setubalense	2:58.75		353
	100m: 1:27.37 1:27.37	200m: 2:58.75 1:31.38				
Master Esc C						
1.	Rui Nuno Pereira	74	Galitos	2:43.68		469
	100m: 1:18.71 1:18.71	200m: 2:43.68 1:24.97				
2.	Joao Miguel Faria	71	Leixoes	3:07.02		314
	100m: 1:31.69 1:31.69	200m: 3:07.02 1:35.33				
Master Esc D						
1.	Jose Manuel Brandao	70	Desportiva de Viana	3:30.55		266
	100m: 1:40.96 1:40.96	200m: 3:30.55 1:49.59				
2.	Manuel Vasques Quintino	68	Portugal Telecom	3:31.98		261
	100m: 1:44.10 1:44.10	200m: 3:31.98 1:47.88				
3.	Francisco Jose Dias	69	Portinado	3:36.25		246
	100m: 1:47.65 1:47.65	200m: 3:36.25 1:48.60				
4.	Agostinho Rodrigues Oliveira	67	Galitos	3:54.99		191
	100m: 3:54.99 3:54.99	200m: 3:54.99				

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Prova 15, Masc., 200m Costas

Master Esc E

1.	Jorge Eduardo Faria	64	Alges	2:32.14	794
	100m: 1:14.77 1:14.77	200m:	2:32.14 1:17.37		
2.	Paulo Paula Carvalho	61	Desporto de Setubal	2:45.51	617
	100m: 1:21.53 1:21.53	200m:	2:45.51 1:23.98		
3.	Carlos Jorge Oliveira	64	Portugal Telecom	2:55.21	520
	100m: 1:23.42 1:23.42	200m:	2:55.21 1:31.79		
4.	Francisco Jorge Ferreira	62	Academica de Coimbra	3:30.29	300
	100m: 1:42.51 1:42.51	200m:	3:30.29 1:47.78		
5.	Pedro Militao Fernandes	61	Nadadores dos Estoris	3:45.00	245
6.	Adriano Manuel Barradas	65	Millennium BCP	4:33.94	136

Master Esc F

1.	Luis Cavaleiro Madeira	57	Belenenses	3:04.48	526
	100m: 1:28.84 1:28.84	200m:	3:04.48 1:35.64		
2.	Vitor Manuel Mavioso	56	Alges	3:04.65	525
	100m: 1:30.68 1:30.68	200m:	3:04.65 1:33.97		
3.	Joao Manuel Ruas	60	Belenenses	3:43.66	295
	100m: 1:48.67 1:48.67	200m:	3:43.66 1:54.99		

Master Esc G

1.	Hugo Francisco Figueiredo	53	Academica de Coimbra	4:03.22	237
	100m: 1:58.46 1:58.46	200m:	4:03.22 2:04.76		
2.	Walter Emunds	52	Portinado	4:29.80	173
	100m: 2:09.46 2:09.46	200m:	4:29.80 2:20.34		
3.	Domingos Pinto Coelho	52	Individual Lisboa	4:52.07	137

Master Esc I

DNS Antonio Bessone Basto 45 Alges

Prova 16

3.7.10 - 17:35

Femin., 200m Bruços

25 - 89 anos

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catia Marisa Valente	84	Luz e Vida	3:09.99		573
	100m: 1:31.47 1:31.47	200m:	3:09.99 1:38.52			

Master Esc A

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Reguengos de Monsaraz, 3. - 4.7.2010

Prova 16, Femin., 200m Bruços

Master Esc B

1. Isabel Maria Figueira	79	Natacao de Faro	2:52.21	731
100m: 1:23.86 1:23.86	200m: 2:52.21 1:28.35			
2. Ana Carina Lopes	80	Leixoes	3:01.25	627
100m: 1:26.03 1:26.03	200m: 3:01.25 1:35.22			
3. Elsa Maria Fumega	78	Leixoes	3:30.44	400
100m: 1:42.59 1:42.59	200m: 3:30.44 1:47.85			
4. Victoria Mandrik	78	Belenenses	3:40.34	349
100m: 1:47.15 1:47.15	200m: 3:40.34 1:53.19			

Master Esc C

1. Cesarina Isabel Miguens	73	CCD Lagos/Multi	3:28.58	454
100m: 1:39.62 1:39.62	200m: 3:28.58 1:48.96			
2. Fernanda Maria Santinha	72	Masters de Almada	4:13.57	253
100m: 2:04.70 2:04.70	200m: 4:13.57 2:08.87			

Master Esc D

1. Maria Manuela Sequeira	68	Academica de Coimbra	3:24.81	507
100m: 1:38.60 1:38.60	200m: 3:24.81 1:46.21			
2. Ana Bernardo Barbara	70	Portinado	4:36.48	206
100m: 2:15.10 2:15.10	200m: 4:36.48 2:21.38			

Master Esc E

1. Amelia Ponte Galhardo	64	CCD Lagos/Multi	3:23.08	599
100m: 1:35.25 1:35.25	200m: 3:23.08 1:47.83			
2. Carla Filomena Peixe	63	Masters de Almada	3:43.42	449
100m: 1:45.24 1:45.24	200m: 3:43.42 1:58.18			
3. Maria Joao Ribeiro	65	Nadadores dos Estoris	3:46.55	431
100m: 1:53.39 1:53.39	200m: 3:46.55 1:53.16			
4. Helena Paula Carvalho	64	Portugal Telecom	3:47.87	424
100m: 1:47.28 1:47.28	200m: 3:47.87 2:00.59			
5. Maria Margarida Urbano	63	Academica de Coimbra	3:51.24	405
100m: 1:51.01 1:51.01	200m: 3:51.24 2:00.23			
6. Maria Jose Francisco	62	Leixoes	4:09.74	322
100m: 2:01.59 2:01.59	200m: 4:09.74 2:08.15			
7. Wanda Maria Giao	62	CCD Lagos/Multi	4:13.51	307
100m: 2:07.25 2:07.25	200m: 4:13.51 2:06.26			
8. Anette Kind	61	Leixoes	4:14.56	304
100m: 2:00.93 2:00.93	200m: 4:14.56 2:13.63			
9. Maria Luisa Oliveira	61	Academica de Coimbra	4:15.43	301
100m: 2:05.92 2:05.92	200m: 4:15.43 2:09.51			

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Prova 16, Femin., 200m Bruços, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Maria Gabriela Cardanho	62	Ginasio Figueirense	5:05.34		176
	100m: 2:27.45 2:27.45	200m: 5:05.34 2:37.89				

Master Esc F

1.	Maria Teresa Oliveira	57	Academica de Coimbra	3:47.67		481
	100m: 1:51.13 1:51.13	200m: 3:47.67 1:56.54				
2.	Ana Moura Relvas	56	Academica de Coimbra	3:56.31		430
	100m: 1:56.57 1:56.57	200m: 3:56.31 1:59.74				
3.	Leila Castro Esteves	60	Portinado	4:23.86		309
	100m: 2:01.97 2:01.97	200m: 4:23.86 2:21.89				

Master Esc G

1.	Luisa Maria Pintao	54	Nadadores dos Estoris	4:03.23		475
	100m: 1:58.08 1:58.08	200m: 4:03.23 2:05.15				
2.	Margarida Morais Torres	55	Academica de Coimbra	4:14.89		413
	100m: 2:06.46 2:06.46	200m: 4:14.89 2:08.43				
3.	Maria Felix Ferreira	54	Alges	4:26.92		360
	100m: 2:10.00 2:10.00	200m: 4:26.92 2:16.92				

Prova 17

Masc., 50m Mariposa

25 - 89 anos

3.7.10 - 17:55

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Luis Paulo Gomes	82	Nacional	28.19		728
2.	Ricardo Jorge Silva	82	Galitos	29.38		643
3.	Dario Francisco Vaz	83	Nautica do Seixal/Emisa	29.71		621
4.	Mario Jorge Costa	84	Vilacondense	30.37		582
5.	Luis Filipe Ramos	81	Galitos	30.99		548
6.	Emanuel David Oliveira	85	Natacao da Maia	31.02		546
7.	Carlos Granadeiro Dias	81	Portinado	31.62		515
8.	Joao Carlos Malta	82	Natacao da Maia	33.02		453
9.	Jose Paulo Santos	84	Vitoria de Guimaraes	33.18		446
10.	Juan Carlos Briceno	82	Academica de Coimbra	34.55		395
11.	Joel Orlando Sarabando	82	Campinho	41.47		228

XII Campeonato Nacional Masters de Verão - OPEN
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Prova 17, Masc., 50m Mariposa

Master Esc B

1. Nuno Ricardo Antunes	78	Academico de Leiria	31.19	531
Ruben A. Gutierrez Fuentes	76	C.N. Jerez	31.19	531
3. Nuno Miguel Dias	76	Setubalense	33.56	426
4. Ricardo Manuel Silvestre	79	Litoral Alentejano	35.42	362
5. Eduardo Jose Amaral	78	Pimpoes/Cimai	35.59	357
6. Rui Alexandre Santos	76	Nadadores dos Estoris	37.82	297
7. Edgar Manuel Guimaraes	80	Vitoria de Guimaraes	39.30	265
DNS Jorge Miguel Silva	76	Nacional de Natacao		
DNS Jorge Barroca Varela	76	Pimpoes/Cimai		

Master Esc C

1. Bruno Lagorsse Pontes	75	Vilacondense	30.11	582
2. Pedro Nuno Braga	74	Natacao da Maia	30.72	548
3. Eduardo Dias Pratas	75	Setubalense	31.77	495
4. Urbino Jesus Santos	75	Natacao da Maia	33.31	429
5. Miguel Varela Santos	74	Galitos	33.65	417
6. Paulo Meira Santos	74	Nacional de Natacao	34.38	391
7. Nuno Alexandre Crespo	75	Belenenses	35.00	370
8. Alfonso Sanchez Fernandez	75	C.N. Jerez	35.65	350
9. Mario Antonio Caeiro	71	Masters de Almada	36.95	314
10. Abilio Manuel Antonio	72	Pimpoes/Cimai	45.49	168
11. Norberto Matos Pereira	75	Vitoria de Guimaraes	52.69	108
DNS Emilio Nuno Frischknecht	71	Alges		
DNS Miguel Mendonca Cabrita	74	Alges		
DNS Vitor Fortes Cunha	71	Belenenses		
DNS Manuel Fernandes Rocha	72	Desportiva de Viana		
DNS Bruno Miguel Fonseca	73	Nacional de Natacao		

Master Esc D

1. Paulo Guilherme Martins	68	Ginasio Figueirense	31.43	610
2. Eurico Manuel Santos	70	Belenenses	31.86	585
3. Luis Paulo Piteira	68	Setubalense	34.14	476
4. Carlos Alberto Alves	67	Leixoes	34.40	465
5. Gustavo Ferreira Basto	67	Galitos	34.60	457
6. Americo Paulo Sousa	66	Leixoes	34.91	445
7. Jose Salvador Faustino	68	Portinado	36.37	393
8. Jorg Lohken	68	Individual Lisboa	37.94	346
9. Manuel Vasques Quintino	68	Portugal Telecom	38.38	335
10. Paulo Jorge Reis	70	Funcao Publica	42.93	239
11. Antonio Manuel Santinha	69	Masters de Almada	44.50	215
12. Fernando Manuel Santana	68	Belenenses	49.15	159

XII Campeonato Nacional Masters de Verão - OPEN
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Prova 17, Masc., 50m Mariposa

Master Esc E

1. Filipe Jose Horta	64	Millennium BCP	32.89	577
2. Antonio Jorge Martinho	65	Academica de Coimbra	35.27	468
3. Joao Forte Pelaio	64	Ginasio Figueirense	36.01	440
4. Armando Joao Costa	63	Pimpoes/Cimai	36.30	429
5. Joao Paulo Campos	65	Leixoes	37.35	394
6. Vitor Borges Carvalho	64	Desportiva de Viana	38.31	365
7. Paulo Fernando Rodrigues	63	Belenenses	42.62	265

Master Esc F

1. Jose Santos Silva	57	Natacao da Maia	34.52	518
2. Antonio Gaspar Freitas	56	Leixoes	34.94	499
3. Jose Luis Correia	59	Nadadores dos Estoris	39.92	335
4. Luis Carlos Felix	60	CCD Lagos/Multi	46.21	216

Master Esc G

1. Rui Manuel Palma	54	Portugal Telecom	34.04	561
2. Hugo Francisco Figueiredo	53	Academica de Coimbra	41.67	306
3. Domingos Pinto Coelho	52	Individual Lisboa	51.80	159
4. Antonio Alves Cecilio	54	Gespacos	52.62	151
5. Walter Emunds	52	Portinado	56.90	120

Master Esc H

1. Stephen Thomas Dyson	47	Belenenses	35.18	643
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Master Esc I

1. Orlando Gomes Bairrada	45	Nadadores dos Estoris	36.81	647
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Master Esc J

1. Antonio Alexandre Rodrigues	39	Academica de Coimbra	45.30	426
2. Joao Rodrigues Teixeira	37	Academica de Coimbra	56.50	220

Prova 18

3.7.10 - 18:10

Femin., 50m Livres

25 - 89 anos

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Catia Marisa Valente	84	Luz e Vida	31.54		586
2.	Diana Raquel Pacheco	84	Leixoes	31.69		578
3.	Sara Martins Pires	83	Galitos	33.04		510
4.	Alexandra Fagundo Raposo	85	Galitos	34.02		467
5.	Susana Margarida Venda	84	Academica de Coimbra	34.51		447
6.	Ana Filipa Moreto	84	Leixoes	34.99		429

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Reguengos de Monsaraz, 3. - 4.7.2010

Prova 18, Femin., 50m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ana Lucia Rolo	81	Ginasio Figueirense	35.66		405
8.	Alexandra Adelinovna Inacio	83	Belenenses	37.17		358
9.	Monica Sofia Peixe	81	Belenenses	38.02		334
10.	Ana Catarina Milhazes	85	Vitoria de Guimaraes	42.14		245
11.	Rita Alexandra Pereira	84	Setubalense	44.22		212
12.	Susana Jesus Cacao	81	Ginasio Figueirense	47.63		170

Master Esc B

1.	Sonia Oliveira Vilar	79	Vilacondense	30.39		669
2.	Joana Isabel Cunha	80	Belenenses	30.96		632
3.	Marisa Joao Costa	76	Campinho	35.20		430
4.	Ana Carina Guerreiro	77	Belenenses	36.97		371
5.	Patricia Vanessa Rossetto	77	Portinado	36.98		371
6.	Marta Martins Ferreira	79	Funcao Publica	37.78		348
7.	Marta Isabel Duque	76	Setubalense	38.05		340
8.	Victoria Mandrik	78	Belenenses	39.12		313
9.	Ana Vieira Luz	78	Belenenses	39.37		307
10.	Angela Goncalves Tacao	80	Academica de Coimbra	40.07		291
11.	Carla Alexandra Ferreira	76	Pimpoes/Cimai	47.12		179
DNS	Joana Araujo Gameiro	78	Belenenses			

Master Esc C

1.	Maria Luisa Costa	74	Leixoes	30.68		666
2.	Carla Alexandra Seoane	73	Masters de Almada	31.59		610
3.	Miriam Gomez Gomez	75	C.N. Jerez	33.54		510
4.	Carla Joana Macieirinha	71	Leixoes	34.91		452
5.	Rita Pereira Sousa	73	Belenenses	36.24		404
6.	Raquel Joana Rodrigues	75	Gespacos	36.50		395
7.	Ana Claudia Jorge	72	Academica de Coimbra	38.13		347
8.	Cristina Fernandes Silva	71	Academica de Coimbra	38.35		341
9.	Susana Paula Simoes	72	Leixoes	43.91		227

Master Esc D

1.	Isabel Batista Ferreira	67	Belenenses	31.95		617
2.	Alexandra Maria Silva	67	Propaganda da Natacao	33.33		543
3.	Maria Teresa Brandao	69	Leixoes	33.43		538
4.	Ana Cristina Lobo	66	Natacao da Maia	35.33		456
5.	Maria Adriana Viseu	66	Leixoes	35.41		453
6.	Elizabete Maria Rosa	69	Pimpoes/Cimai	36.66		408
7.	Claudia Pereira Reis	68	Ginasio Figueirense	38.73		346
8.	Maria Clara Sousa	68	Masters de Almada	38.85		343
9.	Marina Isabel Mendes	68	Masters de Almada	40.03		313
10.	Elisa Loureiro Garcia	67	Ginasio Figueirense	49.14		169
11.	Ana Paula Pinto	67	Natacao da Maia	1:03.06		80
DNF	Fatima Sousa Silva	67	Natacao da Maia			

SW 10.1

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Prova 18, Femin., 50m Livres

Master Esc E

1.	Amelia Ponte Galhardo	64	CCD Lagos/Multi	32.62	643
2.	Maribel Santos Fernandes	65	Leixoes	35.69	491
3.	Carla Filomena Peixe	63	Masters de Almada	36.70	451
4.	Maria Madalena Caninas	63	Masters de Almada	38.73	384
5.	Helena Paula Carvalho	64	Portugal Telecom	41.27	317
6.	Maria Santos Fernandes	62	Leixoes	41.28	317
7.	Wanda Maria Gao	62	CCD Lagos/Multi	42.87	283
8.	Maria Helena Mendonca	62	Masters de Almada	43.91	263
9.	Lidia Nikiforova Tantcheva	62	Portugal Telecom	46.44	222
10.	Maria Teresa Pinto	61	Leixoes	47.39	209
11.	Paula Margarida Almeida	63	Ginasio Figueirense	49.07	189
12.	Maria Gabriela Cardanho	62	Ginasio Figueirense	55.53	130
13.	Fedora Maria Fonseca	63	Belenenses	1:01.91	94

Master Esc F

1.	Maria Teresa Oliveira	57	Academica de Coimbra	36.85	494
2.	Ana Moura Relvas	56	Academica de Coimbra	38.90	420
3.	Helena Varela Lopes	56	Belenenses	40.74	365
4.	Leila Castro Esteves	60	Portinado	46.39	247
5.	Arminda Alves Ferreira	60	Ginasio Figueirense	59.14	119

Master Esc G

1.	Isabel Costa Monteiro	53	Academica de Coimbra	41.45	419
2.	Shigeko Mizuno	52	Pimpoes/Cimai	45.14	324
3.	Maria Felix Ferreira	54	Alges	51.92	213
4.	Eduarda Manuel Correia	54	Vitoria de Guimaraes	54.16	187

Master Esc H

1.	Ana Maria Ferreira	50	Alges	37.52	629
2.	Maria Amelia Barros	50	Desportiva de Viana	1:00.02	153

Master Esc I

DSQ	Celia Stichini Quartin	44	Pimpoes/Cimai		
	<i>Falsa Partida-SW 4.4</i>				

Master Esc J

1.	Isabel Maria Raimundo	40	Individual Lisboa	54.89	323
2.	Maria Augusta Azinheira	38	Funcao Publica	1:06.69	180
3.	Nair Gomes Sa	39	Nadadores dos Estoris	1:07.60	173
4.	Maria Rosario Martins	40	Academica de Coimbra	1:36.74	59

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Prova 18, Femin., 50m Livres

Master Esc L

1. Marília Xavier Morais	28	Academica de Coimbra	1:58.90	54
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Prova 19

Masc., 200m Estilos

25 - 89 anos

3.7.10 - 18:25

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Miguel Santos Coelho	82	Vilacondense	2:40.61		519
	100m: 1:10.27 1:10.27	200m: 2:40.61 1:30.34				
2.	Ivan Mauricio Couras	81	Leixoes	2:44.55		483
	100m: 1:22.10 1:22.10	200m: 2:44.55 1:22.45				
3.	Jorge Jesus Bandeira	82	Ginasio Figueirense	2:45.13		477
	100m: 1:15.65 1:15.65	200m: 2:45.13 1:29.48				
4.	Joao Tiago Ferraz	84	Galitos	2:48.37		450
	100m: 1:19.56 1:19.56	200m: 2:48.37 1:28.81				
5.	Daniel Filipe Fernandes	85	Campinho	2:58.71		377
	100m: 1:28.44 1:28.44	200m: 2:58.71 1:30.27				
6.	Rogério Filipe Vieira	84	Galitos	2:59.29		373
	100m: 1:23.11 1:23.11	200m: 2:59.29 1:36.18				
7.	Jose Manuel Antunes	82	Galitos	3:00.47		366
	100m: 1:23.88 1:23.88	200m: 3:00.47 1:36.59				

Master Esc B

1.	Rodrigo Marques Costa	76	Litoral Alentejano	2:28.26		653
	100m: 1:10.76 1:10.76	200m: 2:28.26 1:17.50				
2.	Rui Manuel Pinto	79	Leixoes	2:37.94		540
	100m: 1:15.30 1:15.30	200m: 2:37.94 1:22.64				
3.	Patrick Santos	79	Nageurs De Paris	2:39.41		526
	100m: 1:19.67 1:19.67	200m: 2:39.41 1:19.74				
4.	Olivier Collet	78	Nageurs De Paris	2:40.36		516
	100m: 1:17.44 1:17.44	200m: 2:40.36 1:22.92				
5.	Diogo Pedroso Almeida	77	Belenenses	2:51.15		425
	100m: 1:22.06 1:22.06	200m: 2:51.15 1:29.09				
6.	Ricardo Manuel Lobo	80	Vitoria de Guimaraes	2:56.24		389
	100m: 1:25.28 1:25.28	200m: 2:56.24 1:30.96				
7.	Nelson Palma Mestre	80	Academica de Coimbra	2:58.71		373
	100m: 1:24.98 1:24.98	200m: 2:58.71 1:33.73				
8.	Carlos Sobral Silva	77	Setubalense	2:59.64		367
	100m: 1:24.99 1:24.99	200m: 2:59.64 1:34.65				

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

Prova 19, Masc., 200m Estilos, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Alexandre Marques Pereira	76	Belenenses	3:15.75		284
	100m: 1:43.93 1:43.93	200m: 3:15.75 1:31.82				

Master Esc C

1.	Tiago Freitas Teles	75	Alges	2:39.22		489
	100m: 1:15.23 1:15.23	200m: 2:39.22 1:23.99				
2.	Rui Nuno Pereira	74	Galitos	2:39.50		486
	100m: 1:14.35 1:14.35	200m: 2:39.50 1:25.15				
3.	Sergio David Silva	73	Natacao da Maia	2:57.99		350
	100m: 1:24.16 1:24.16	200m: 2:57.99 1:33.83				
4.	Urbino Jesus Santos	75	Natacao da Maia	3:03.80		317
	100m: 1:26.13 1:26.13	200m: 3:03.80 1:37.67				
5.	Paulo Meira Santos	74	Nacional de Natacao	3:03.95		317
	100m: 1:28.34 1:28.34	200m: 3:03.95 1:35.61				
6.	Francisco Gonzalez Rodriguez	75	C.N. Huelva	3:07.45		299
	100m: 1:29.52 1:29.52	200m: 3:07.45 1:37.93				

DSQ Nuno Alexandre Crespo 75 Belenenses
o nadador durante percurso braços efectuou pernada golfinho após pernada braços-SW 7.5

DSQ Jose Miguel Gomes 72 Belenenses
Após a partida ultrapassou os 15m submerso-SW 5.3

Master Esc D

1.	Rui Jorge Ferreira	68	Galitos	2:50.88		508
	100m: 1:22.75 1:22.75	200m: 2:50.88 1:28.13				
2.	Carlos Alberto Alves	67	Leixoes	2:58.23		448
	100m: 1:26.06 1:26.06	200m: 2:58.23 1:32.17				
3.	Joao Carlos Pereira	69	Masters de Almada	3:12.31		356
	100m: 1:30.46 1:30.46	200m: 3:12.31 1:41.85				
4.	Jose Salvador Faustino	68	Portinado	3:20.00		317
	100m: 1:36.91 1:36.91	200m: 3:20.00 1:43.09				

Master Esc E

1.	Jose Carlos Freitas	63	Fluvial Portuense	2:33.15		761
	100m: 1:16.08 1:16.08	200m: 2:33.15 1:17.07				
2.	Jose Maria Rodriguez Zamora	61	C.N. Huelva	2:49.12		565
	100m: 1:21.39 1:21.39	200m: 2:49.12 1:27.73				
3.	Jaime Carlos Bento	61	Alges	2:50.33		553
	100m: 1:19.18 1:19.18	200m: 2:50.33 1:31.15				
4.	Carlos Jorge Oliveira	64	Portugal Telecom	2:56.20		499
	100m: 1:19.12 1:19.12	200m: 2:56.20 1:37.08				
5.	Joao Manuel Silva	63	Millennium BCP	2:59.59		472
	100m: 1:31.37 1:31.37	200m: 2:59.59 1:28.22				

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Reguengos de Monsaraz, 3. - 4.7.2010

Prova 19, Masc., 200m Estilos, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Joaquim Jorge Ramalhao 100m: 1:28.07 1:28.07 200m: 3:10.91 1:42.84	65	Gespacos	3:10.91		393
7.	Francisco Jorge Ferreira 100m: 1:37.99 1:37.99 200m: 3:30.10 1:52.11	62	Academica de Coimbra	3:30.10		294
8.	Fernando Manuel Serra 100m: 2:11.54 2:11.54 200m: 4:06.91 1:55.37	64	Millennium BCP	4:06.91		181
DNS	Manuel Alberto Pinho	61	Leixoes			

Master Esc F

1.	Luis Cavaleiro Madeira 100m: 1:28.96 1:28.96 200m: 3:13.85 1:44.89	57	Belenenses	3:13.85		450
DSQ	Joao Manuel Ruas <i>No percurso subaquático efectuou batimento pernas golfinho-SW 7.1</i>	60	Belenenses			

Master Esc G

1.	Rui Manuel Palma 100m: 1:42.36 1:42.36 200m: 3:26.27 1:43.91	54	Portugal Telecom	3:26.27		422
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Master Esc H

1.	Jose Sarsfield Cabral 100m: 1:30.01 1:30.01 200m: 3:07.16 1:37.15	49	Academica de Coimbra	3:07.16		637
2.	Stephen Thomas Dyson 100m: 1:31.52 1:31.52 200m: 3:19.00 1:47.48	47	Belenenses	3:19.00		530

Master Esc I

DNS	Antonio Bessone Basto	45	Alges			
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Prova 20

Femin., 4 x 50m Estilos

AG 100 - 359

3.7.10 - 18:55

Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
1.	Leixoes-Cat 1-FEM	2:22.60		
	Ana Filipa Moreto 84	Diana Raquel Pacheco 84		
	Ana Carina Lopes 80	Liliana Elisabete Baptista 78		

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

Prova 20, Femin., 4 x 50m Estilos

Master Fem Estaf Cat 2

1. Belenenses-Cat 2-FEM		Belenenses	2:54.16
Rita Pereira Sousa	73	Isabel Batista Ferreira	67
Victoria Mandrik	78	Ana Carina Guerreiro	77
2. Leixoes-Cat 2-FEM		Leixoes	3:00.56
Elsa Maria Fumega	78	Carla Joana Macieirinha	71
Silvia Raquel Mendonca	81	Susana Paula Simoes	72
3. Belenenses-Cat 2-FEM		Belenenses	3:15.57
Ana Vieira Luz	78	Alexandra Adelinovna Inacio	83
Monica Sofia Peixe	81	Helena Varela Lopes	56

Master Fem Estaf Cat 3

1. Leixoes-Cat 3-FEM		Leixoes	2:32.65
Maria Luisa Costa	74	Maribel Santos Fernandes	65
Maria Adriana Viseu	66	Maria Teresa Brandao	69
2. Propaganda da Natacao-Cat 3-FEM		Propaganda da Natacao	2:43.81
Maria Fernanda Goncalves	66	Alexandra Maria Silva	67
Isabel Silva Mota	68	Rosalina Bessa Babo	67
3. Academica de Coimbra-Cat 3-FEM		Academica de Coimbra	2:47.63
Ana Claudia Jorge	72	Maria Margarida Urbano	63
Maria Manuela Sequeira	68	Cristina Fernandes Silva	71
4. Masters de Almada-Cat 3-FEM		Masters de Almada	2:50.81
Carla Alexandra Seoane	73	Carla Filomena Peixe	63
Maria Clara Sousa	68	Maria Madalena Caninas	63
5. Ginasio Figueirense-Cat 3-FEM		Ginasio Figueirense	3:20.25
Claudia Pereira Reis	68	Ana Lucia Rolo	81
Elisa Loureiro Garcia	67	Paula Margarida Almeida	63

Master Fem Estaf Cat 4

1. Academica de Coimbra-Cat 4-FEM		Academica de Coimbra	2:44.22
Maria Luisa Oliveira	61	Eugenia Maria Cunha	62
Ana Moura Relvas	56	Maria Teresa Oliveira	57
2. Leixoes-Cat 4-FEM		Leixoes	3:38.27
Maria Santos Fernandes	62	Maria Jose Francisco	62
Maria Carmo Rocha	54	Maria Teresa Pinto	61

Master Fem Estaf Cat 5

DNS Academica de Coimbra-Cat 5-FEM Academica de Coimbra

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

Prova 21
3.7.10 - 19:10

Masc., 4 x 50m Livres

AG 100 - 359
Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Masc Estaf Cat 1				
1. Galitos-Cat 1-MASC	Galitos	1:51.07		
Jose Manuel Antunes 82	Luis Filipe Ramos 81			
Rogério Filipe Vieira 84	Ricardo Jorge Silva 82			
2. Nautica do Seixal/Emisa-Cat 1-MASC	Nautica do Seixal/Emisa	1:52.32		
Dario Francisco Vaz 83	Tiago Miguel Lima 83			
Luis Miguel Martinho 84	Guilherme Luis Goncalves 83			
3. Vitoria de Guimaraes-Cat 1-MASC	Vitoria de Guimaraes	2:00.53		
Ricardo Manuel Lobo 80	Jose Paulo Santos 84			
Edgar Manuel Guimaraes 80	Armindo Manuel Lobo 84			
Master Masc Estaf Cat 2				
1. Vilacondense-Cat 2-MASC	Vilacondense	1:49.02		
Pedro Miguel Silva 76	Mario Jorge Costa 84			
Bruno Lagorsse Pontes 75	Miguel Santos Coelho 82			
2. Natacao da Maia-Cat 2-MASC	Natacao da Maia	1:54.37		
Emanuel David Oliveira 85	Joao Carlos Malta 82			
Pedro Nuno Braga 74	Sergio David Silva 73			
3. Leixoes-Cat 2-MASC	Leixoes	1:55.08		
Nuno Miguel Guerra 77	Ivan Mauricio Couras 81			
Miguel Jose Ferreira 70	Rui Manuel Pinto 79			
4. Galitos-Cat 2-MASC	Galitos	1:57.52		
Joao Tiago Ferraz 84	Miguel Varela Santos 74			
Rui Nuno Pereira 74	Rui Jorge Ferreira 68			
5. Academica de Coimbra-Cat 2-MASC	Academica de Coimbra	2:01.70		
Nelson Palma Mestre 80	Joao Pedro Matias 74			
Juan Carlos Briceno 82	Antonio Jorge Martinho 65			
6. Setubalense-Cat 2-MASC	Setubalense	2:05.13		
Luis Paulo Piteira 68	Nuno Miguel Dias 76			
Carlos Sobral Silva 77	Eduardo Dias Pratas 75			
7. Masters de Almada-Cat 2-MASC	Masters de Almada	2:06.88		
Joao Carlos Pereira 69	Antonio Manuel Santinha 69			
Mario Antonio Caeiro 71	Pablo Manuel Tavares 84			
8. Belenenses-Cat 2-MASC	Belenenses	2:07.84		
Manuel Fialho Silva 77	Eurico Manuel Santos 70			
Diogo Pedroso Almeida 77	Joao Manuel Ruas 60			
9. Belenenses-Cat 2-MASC	Belenenses	2:14.12		
Alexandre Marques Pereira 76	Paulo Fernando Rodrigues 63			
Nuno Alexandre Crespo 75	Jose Miguel Gomes 72			

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Prova 21, Masc., 4 x 50m Livres

Master Masc Estaf Cat 3

1. Alges-Cat 3-MASC		Alges	1:55.26
Vitor Manuel Mavioso	56	Tiago Freitas Teles	75
Jaime Carlos Bento	61	Jorge Eduardo Faria	64
2. Ginasio Figueirense-Cat 3-MASC		Ginasio Figueirense	2:03.09
Joao Forte Pelaido	64	Paulo Guilherme Martins	68
Joao Paulo Almeida	64	Jorge Jesus Bandeira	82
3. Leixoes-Cat 3-MASC		Leixoes	2:13.12
Carlos Alberto Alves	67	Joao Miguel Faria	71
Nuno Cristiano Pereira	73	Fernando Manuel Mascarenhas	67
4. Nadadores dos Estoris-Cat 3-MASC		Nadadores dos Estoris	2:15.59
Rui Alexandre Santos	76	Pedro Militao Fernandes	61
Orlando Gomes Bairrada	45	Jose Luis Correia	59
5. Portinado-Cat 3-MASC		Portinado	2:16.28
Francisco Jose Dias	69	Jose Salvador Faustino	68
Walter Emunds	52	Carlos Chan Cordeiro	77
6. Leixoes-Cat 3-MASC		Leixoes	2:16.56
Paulo Alexandre Neves	66	Americo Paulo Sousa	66
Joao Paulo Campos	65	Telmo Miguel Veloso	75
7. Millennium BCP-Cat 3-MASC		Millennium BCP	2:21.62
Joao Manuel Silva	63	Fernando Manuel Serra	64
Adriano Manuel Barradas	65	Filipe Jose Horta	64
8. Galitos-Cat 3-MASC		Galitos	2:22.87
Gustavo Ferreira Basto	67	Agostinho Rodrigues Oliveira	67
Carlos Manuel Anjos	66	Jose Henrique Madail	54
9. Desportiva de Viana-Cat 3-MASC		Desportiva de Viana	2:30.38
Vitor Borges Carvalho	64	Jose Manuel Brandao	70
Domingos Silva Lages	55	Francisco Goncalves Malheiro	69

Master Masc Estaf Cat 4

1. Leixoes-Cat 4-MASC		Leixoes	2:11.01
Eduardo Jorge Cohen	59	Antonio Gaspar Freitas	56
Rolando Manuel Freitas	59	Manuel Jose Romariz	59
2. Portugal Telecom-Cat 4-MASC		Portugal Telecom	2:13.27
Jorge Sobral Bastos	49	Carlos Jorge Oliveira	64
Rui Manuel Palma	54	Manuel Vasques Quintino	68

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Prova 21, Masc., 4 x 50m Livres

Master Masc Estaf Cat 5

1. Belenenses-Cat 5-MASC	Belenenses	2:33.39
Luis Cavaleiro Madeira 57	Vasco Camara Pires 43	
Mario Jorge Melo 51	Stephen Thomas Dyson 47	
2. Academica de Coimbra-Cat 5-MASC	Academica de Coimbra	2:37.51
Jose Sarsfield Cabral 49	Antonio Alexandre Rodrigues 39	
Joaquim Fidalgo Freitas 47	Joao Rodrigues Teixeira 37	

DNS Alges-Cat 5-MASC Alges

Prova 22 Femin., 800m Livres 25 - 89 anos
4.7.10 - 9:00 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ana Mafalda Oliveira	81	Natacao da Maia	10:29.35		687
	100m: 1:15.13 1:15.13	300m: 3:54.49 1:19.79	500m: 6:33.13 1:18.87	700m: 9:12.24 1:19.57		1:19.57
	200m: 2:34.70 1:19.57	400m: 5:14.26 1:19.77	600m: 7:52.67 1:19.54	800m: 10:29.35		1:17.11
2.	Alexandra Adelinovna Inacio	83	Belenenses	12:45.74		381
	100m: 1:28.59 1:28.59	300m: 4:41.28 1:35.60	500m: 7:56.20 1:37.95	700m: 11:13.11 1:38.27		1:38.27
	200m: 3:05.68 1:37.09	400m: 6:18.25 1:36.97	600m: 9:34.84 1:38.64	800m: 12:45.74		1:32.63
3.	Ana Lucia Rolo	81	Ginasio Figueirense	13:24.73		329
	100m: 1:28.68 1:28.68	300m: 4:49.49 1:41.87	500m: 8:18.52 1:44.15	700m: 11:46.62 1:43.87		1:43.87
	200m: 3:07.62 1:38.94	400m: 6:34.37 1:44.88	600m: 10:02.75 1:44.23	800m: 13:24.73		1:38.11
4.	Monica Sofia Peixe	81	Belenenses	13:33.52		318
	100m: 1:35.61 1:35.61	300m: 5:04.87 1:44.29	500m: 8:32.51 1:43.83	700m: 11:56.67 1:39.74		1:39.74
	200m: 3:20.58 1:44.97	400m: 6:48.68 1:43.81	600m: 10:16.93 1:44.42	800m: 13:33.52		1:36.85

Master Esc B

1.	Joana Isabel Cunha	80	Belenenses	11:12.31		594
	100m: 1:17.80 1:17.80	300m: 4:08.45 1:25.50	500m: 6:58.37 1:23.62	700m: 9:50.75 1:26.56		1:26.56
	200m: 2:42.95 1:25.15	400m: 5:34.75 1:26.30	600m: 8:24.19 1:25.82	800m: 11:12.31		1:21.56
2.	Marisa Joao Costa	76	Campinho	13:17.66		356
	100m: 1:36.03 1:36.03	300m: 5:02.96 1:44.71	500m: 8:25.83 1:40.62	700m: 13:17.66 1:34.16		1:34.16
	200m: 3:18.25 1:42.22	400m: 6:45.21 1:42.25	600m: 11:43.50 3:17.67	800m: 13:17.66		
3.	Ana Carina Guerreiro	77	Belenenses	14:29.79		274
	100m: 1:39.65 1:39.65	300m: 5:20.20 1:51.16	500m: 9:03.32 1:50.87	700m: 12:45.31 1:49.99		1:49.99
	200m: 3:29.04 1:49.39	400m: 7:12.45 1:52.25	600m: 10:55.32 1:52.00	800m: 14:29.79		1:44.48
4.	Ana Vieira Luz	78	Belenenses	14:35.43		269
	100m: 1:37.96 1:37.96	300m: 5:12.95 1:49.77	500m: 9:01.28 1:53.99	700m: 12:46.11 1:52.33		1:52.33
	200m: 3:23.18 1:45.22	400m: 7:07.29 1:54.34	600m: 10:53.78 1:52.50	800m: 14:35.43		1:49.32
5.	Angela Goncalves Tacao	80	Academica de Coimbra	14:48.42		257
	100m: 1:44.63 1:44.63	300m: 5:30.22 1:54.01	500m: 9:17.49 1:53.18	700m: 13:02.28 1:52.49		1:52.49
	200m: 3:36.21 1:51.58	400m: 7:24.31 1:54.09	600m: 11:09.79 1:52.30	800m: 14:48.42		1:46.14

DNS Joana Araujo Gameiro 78 Belenenses

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Prova 22, Femin., 800m Livres

Master Esc C

1. Rita Pereira Sousa	73	Belenenses	13:55.33	301
100m: 1:34.52 1:34.52	300m: 5:07.22 1:46.66	500m: 8:39.58 1:46.64	700m: 12:11.37 1:45.80	
200m: 3:20.56 1:46.04	400m: 6:52.94 1:45.72	600m: 10:25.57 1:45.99	800m: 13:55.33 1:43.96	
2. Fernanda Maria Santinha	72	Masters de Almada	15:39.77	211
100m: 1:50.09 1:50.09	300m: 5:44.32 1:57.56	500m: 9:44.25 2:01.07	700m: 13:44.64 1:58.65	
200m: 3:46.76 1:56.67	400m: 7:43.18 1:58.86	600m: 11:45.99 2:01.74	800m: 15:39.77 1:55.13	
3. Ana Claudia Jorge	72	Academica de Coimbra	15:47.50	206
100m: 1:50.58 1:50.58	300m: 5:51.56 2:01.07	500m: 9:56.00 2:01.83	700m: 13:55.88 1:59.45	
200m: 3:50.49 1:59.91	400m: 7:54.17 2:02.61	600m: 11:56.43 2:00.43	800m: 15:47.50 1:51.62	

DNS Catarina Portela Neves 74 Academica de Coimbra

Master Esc D

1. Isabel Batista Ferreira	67	Belenenses	11:53.16	500
100m: 1:23.33 1:23.33	300m: 4:23.85 1:30.68	500m: 7:25.72 1:30.75	700m: 10:24.32 1:29.41	
200m: 2:53.17 1:29.84	400m: 5:54.97 1:31.12	600m: 8:54.91 1:29.19	800m: 11:53.16 1:28.84	
2. Maria Teresa Brandao	69	Leixoes	12:14.67	457
100m: 1:25.40 1:25.40	300m: 4:29.77 1:32.59	500m: 7:36.32 1:33.48	700m: 10:44.55 1:33.88	
200m: 2:57.18 1:31.78	400m: 6:02.84 1:33.07	600m: 9:10.67 1:34.35	800m: 12:14.67 1:30.12	
3. Ana Bernardo Barbara	70	Portinado	16:50.86	175
100m: 1:53.39 1:53.39	300m: 6:09.62 2:09.74	500m: 10:26.80 2:08.68	700m: 14:45.17 2:08.75	
200m: 3:59.88 2:06.49	400m: 8:18.12 2:08.50	600m: 12:36.42 2:09.62	800m: 16:50.86 2:05.69	

Master Esc E

1. Maria Joao Ribeiro	65	Nadadores dos Estoris	13:39.05	426
100m: 1:37.54 1:37.54	300m: 5:05.72 1:44.02	500m: 8:32.48 1:43.48	700m: 11:59.24 1:43.51	
200m: 3:21.70 1:44.16	400m: 6:49.00 1:43.28	600m: 10:15.73 1:43.25	800m: 13:39.05 1:39.81	

Master Esc F

1. Helena Varela Lopes	56	Belenenses	14:26.14	385
100m: 1:40.81 1:40.81	300m: 5:21.50 1:50.28	500m: 9:02.04 1:49.64	700m: 12:43.36 1:50.13	
200m: 3:31.22 1:50.41	400m: 7:12.40 1:50.90	600m: 10:53.23 1:51.19	800m: 14:26.14 1:42.78	

Master Esc G

1. Luisa Maria Pintao	54	Nadadores dos Estoris	15:27.89	404
100m: 1:48.65 1:48.65	300m: 5:42.37 1:57.52	500m: 9:37.22 1:57.46	700m: 13:34.49 1:57.97	
200m: 3:44.85 1:56.20	400m: 7:39.76 1:57.39	600m: 11:36.52 1:59.30	800m: 15:27.89 1:53.40	
2. Isabel Costa Monteiro	53	Academica de Coimbra	16:22.38	340
100m: 1:49.73 1:49.73	300m: 6:00.11 2:06.53	500m: 10:10.22 2:04.27	700m: 14:20.22 2:05.45	
200m: 3:53.58 2:03.85	400m: 8:05.95 2:05.84	600m: 12:14.77 2:04.55	800m: 16:22.38 2:02.16	

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Prova 22, Femin., 800m Livres

Master Esc H

1. Ana Maria Ferreira	50	Alges	13:42.86	672
100m: 1:35.51 1:35.51	300m: 5:05.19 1:43.63	500m: 8:32.48 1:43.57	700m: 12:00.94 1:43.43	
200m: 3:21.56 1:46.05	400m: 6:48.91 1:43.72	600m: 10:17.51 1:45.03	800m: 13:42.86 1:41.92	

Prova 23
4.7.10 - 9:45

Masc., 400m Estilos

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc B						
1.	Rodrigo Marques Costa	76	Litoral Alentejano	5:25.00		603
	100m: 1:12.07 1:12.07	200m: 2:36.59 1:24.52	300m: 4:09.80 1:33.21	400m: 5:25.00 1:15.20		
2.	Patrick Santos	79	Nageurs De Paris	5:28.24		586
	100m: 1:13.07 1:13.07	200m: 2:46.47 1:33.40	300m: 4:11.06 1:24.59	400m: 5:28.24 1:17.18		
3.	Rui Manuel Pinto	79	Leixoes	5:45.22		503
	100m: 1:11.17 1:11.17	200m: 2:46.41 1:35.24	300m: 4:25.63 1:39.22	400m: 5:45.22 1:19.59		
4.	Carlos Sobral Silva	77	Setubalense	6:20.28		377
	100m: 1:20.09 1:20.09	200m: 3:01.93 1:41.84	300m: 4:50.39 1:48.46	400m: 6:20.28 1:29.89		
5.	Nelson Palma Mestre	80	Academica de Coimbra	6:40.06		323
	100m: 1:26.17 1:26.17	200m: 3:16.69 1:50.52	300m: 5:09.70 1:53.01	400m: 6:40.06 1:30.36		
6.	Rui Alexandre Santos	76	Nadadores dos Estoris	6:48.57		303
	100m: 1:41.43 1:41.43	200m: 3:25.81 1:44.38	300m: 5:29.20 2:03.39	400m: 6:48.57 1:19.37		
7.	Alexandre Marques Pereira	76	Belenenses	6:51.19		298
	100m: 1:41.77 1:41.77	200m: 3:37.10 1:55.33	300m: 5:25.62 1:48.52	400m: 6:51.19 1:25.57		

Master Esc C

1.	Rui Nuno Pereira	74	Galitos	5:58.06		506
	100m: 1:21.50 1:21.50	200m: 2:55.42 1:33.92	300m: 4:34.07 1:38.65	400m: 5:58.06 1:23.99		
2.	Urbino Jesus Santos	75	Natacao da Maia	6:39.77		363
	100m: 1:25.27 1:25.27	200m: 3:09.82 1:44.55	300m: 5:08.36 1:58.54	400m: 6:39.77 1:31.41		
DNS	Vitor Fortes Cunha	71	Belenenses			

Master Esc D

1.	Rui Jorge Ferreira	68	Galitos	6:19.68		461
	100m: 1:21.51 1:21.51	200m: 3:09.59 1:48.08	300m: 4:59.29 1:49.70	400m: 6:19.68 1:20.39		
2.	Joao Carlos Pereira	69	Masters de Almada	7:00.04		340
	100m: 1:33.40 1:33.40	200m: 3:24.87 1:51.47	300m: 5:28.79 2:03.92	400m: 7:00.04 1:31.25		

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Prova 23, Masc., 400m Estilos

Master Esc E

1.	Jose Maria Rodriguez Zamora	61	C.N. Huelva	5:56.87	616
	100m: 1:15.61 1:15.61	200m: 2:51.66 1:36.05	300m: 4:33.10 1:41.44	400m: 5:56.87	1:23.77
2.	Filipe Jose Horta	64	Millennium BCP	7:07.05	359
	100m: 1:36.69 1:36.69	200m: 3:33.27 1:56.58	300m: 5:33.99 2:00.72	400m: 7:07.05	1:33.06
DNS	Eduardo Alberto Real	61	Nacional de Natacao		
DNS	Manuel Alberto Pinho	61	Leixoes		

Master Esc F

1.	Vitor Manuel Mavioso	56	Alges	6:43.76	480
	100m: 1:29.19 1:29.19	200m: 3:18.87 1:49.68	300m: 5:16.04 1:57.17	400m: 6:43.76	1:27.72
2.	Jose Luis Correia	59	Nadadores dos Estoris	8:38.10	227
	100m: 1:49.93 1:49.93	200m: 4:33.92 2:43.99	300m: 6:51.10 2:17.18	400m: 8:38.10	1:47.00

Master Esc G

1.	Rui Manuel Palma	54	Portugal Telecom	7:25.45	436
	100m: 1:44.18 1:44.18	200m: 3:39.66 1:55.48	300m: 5:42.97 2:03.31	400m: 7:25.45	1:42.48
2.	Walter Emunds	52	Portinado	9:14.71	226
	100m: 2:12.17 2:12.17	200m: 4:46.78 2:34.61	300m: 7:07.76 2:20.98	400m: 9:14.71	2:06.95
DSQ	Carlos Augusto Correia	52	Masters de Almada		
	<i>Falsa Partida - SW 4.4</i>				

Master Esc I

DNS	Antonio Bessone Basto	45	Alges		
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Prova 24

Femin., 100m Bruços

25 - 89 anos

4.7.10 - 10:15

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catia Marisa Valente	84	Luz e Vida	1:27.66		524
2.	Alexandra Fagundo Raposo	85	Galitos	1:40.06		352
3.	Silvia Raquel Mendonca	81	Leixoes	1:54.26		237
4.	Ana Catarina Milhazes	85	Vitoria de Guimaraes	1:57.92		215
5.	Rita Alexandra Pereira	84	Setubalense	2:00.20		203
DNS	Susana Margarida Venda	84	Academica de Coimbra			

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Prova 24, Femin., 100m Bruços

Master Esc B

1.	Isabel Maria Figueira	79	Natacao de Faro	1:16.01	828
2.	Ana Carina Lopes	80	Leixoes	1:24.57	601
3.	Sonia Oliveira Vilar	79	Vilacondense	1:30.07	498
4.	Kerstin Bettina Labatzke	77	Galitos	1:30.86	485
5.	Liliana Elisabete Baptista	78	Leixoes	1:35.04	424
6.	Elsa Maria Fumega	78	Leixoes	1:39.56	368
7.	Victoria Mandrik	78	Belenenses	1:42.93	333
8.	Olga Isabel Abade	79	Salvaterra Magos	2:08.95	169
DNS	Carla Alexandra Ferreira	76	Pimpoes/Cimai		

Master Esc C

1.	Cesarina Isabel Miguens	73	CCD Lagos/Multi	1:34.85	478
2.	Cristina Fernandes Silva	71	Academica de Coimbra	2:00.27	234
DSQ	Maria Luisa Santos	71	Leixoes		

Na chegada efectuou batimento com uma só mão-SW 7.6

Master Esc D

1.	Maria Manuela Sequeira	68	Academica de Coimbra	1:35.28	490
2.	Maria Adriana Viseu	66	Leixoes	1:39.77	427
3.	Candida Maria Rodrigues	69	Salvaterra Magos	1:45.86	357
4.	Marina Isabel Mendes	68	Masters de Almada	1:55.35	276
5.	Ana Bernardo Barbara	70	Portinado	2:10.72	189
6.	Elisa Loureiro Garcia	67	Ginasio Figueirense	2:14.07	176
DSQ	Elizabete Maria Rosa	69	Pimpoes/Cimai		

Na chegada efectuou batimento com uma só mão-SW 7.6

Master Esc E

1.	Amelia Ponte Galhardo	64	CCD Lagos/Multi	1:33.40	611
2.	Carla Filomena Peixe	63	Masters de Almada	1:44.73	433
3.	Maria Margarida Urbano	63	Academica de Coimbra	1:45.81	420
4.	Maria Santos Fernandes	62	Leixoes	1:46.80	409
5.	Maria Joao Ribeiro	65	Nadadores dos Estoris	1:52.96	345
6.	Wanda Maria Gao	62	CCD Lagos/Multi	1:55.96	319
7.	Maria Luisa Oliveira	61	Academica de Coimbra	1:56.68	313
8.	Anette Kind	61	Leixoes	1:57.11	310
9.	Maria Jose Francisco	62	Leixoes	1:57.62	306
10.	Maria Helena Mendonca	62	Masters de Almada	2:01.67	276
11.	Lidia Nikiforova Tantcheva	62	Portugal Telecom	2:10.07	226
12.	Maria Gabriela Cardanho	62	Ginasio Figueirense	2:22.66	171
13.	Fedora Maria Fonseca	63	Belenenses	2:46.08	108

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Prova 24, Femin., 100m Bruços

Master Esc F

1. Ana Moura Relvas	56	Academica de Coimbra	1:42.15	543
2. Maria Teresa Oliveira	57	Academica de Coimbra	1:46.75	476
3. Leila Castro Esteves	60	Portinado	1:59.96	335
4. Maria Fatima Coelho	60	Academica de Coimbra	2:01.07	326

Master Esc G

1. Luisa Maria Pintao	54	Nadadores dos Estoris	1:59.66	388
2. Maria Felix Ferreira	54	Alges	2:01.98	366
3. Margarida Morais Torres	55	Academica de Coimbra	2:03.45	353
4. Shigeko Mizuno	52	Pimpoes/Cimai	2:09.43	306
5. Eduarda Manuel Correia	54	Vitoria de Guimaraes	2:15.00	270
6. Maria Carmo Rocha	54	Leixoes	2:17.96	253

Master Esc H

1. Ana Maria Ferreira	50	Alges	2:00.38	370
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Master Esc J

1. Nair Gomes Sa	39	Nadadores dos Estoris	2:29.06	299
2. Maria Rosario Martins	40	Academica de Coimbra	4:10.80	62

Prova 25
4.7.10 - 10:35

Masc., 100m Costas

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	1:06.38		607
2.	Andre Silva Bastos	83	Feirense	1:11.39		488
3.	Guilherme Luis Goncalves	83	Nautica do Seixal/Emisa	1:12.79		460
4.	Miguel Santos Coelho	82	Vilacondense	1:12.97		457
5.	Jose Manuel Antunes	82	Galitos	1:14.04		437
6.	Jorge Jesus Bandeira	82	Ginasio Figueirense	1:15.12		419
7.	Carlos Granadeiro Dias	81	Portinado	1:17.91		375
8.	Tiago Miguel Lima	83	Nautica do Seixal/Emisa	1:22.88		312
9.	Pedro Guedes Silva	82	Belenenses	1:28.24		258

Master Esc B

1. Nuno Miguel Guerra	77	Leixoes	1:18.92	370
2. Diogo Pedroso Almeida	77	Belenenses	1:19.81	358
3. Carlos Sobral Silva	77	Setubalense	1:25.79	288
4. Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	1:26.83	278

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Prova 25, Masc., 100m Costas

Master Esc C

1. Rui Nuno Pereira	74	Galitos	1:14.17	498
2. Joao Pedro Matias	74	Academica de Coimbra	1:25.86	321
3. Joao Miguel Faria	71	Leixoes	1:27.27	306

Master Esc D

1. Paulo Guilherme Martins	68	Ginasio Figueirense	1:22.24	402
2. Miguel Jose Ferreira	70	Leixoes	1:22.44	399
3. Eurico Manuel Santos	70	Belenenses	1:29.82	309
4. Americo Paulo Sousa	66	Leixoes	1:30.43	302
5. Jorg Lohken	68	Individual Lisboa	1:31.20	295
6. Joao Carlos Pereira	69	Masters de Almada	1:32.97	278
7. Jose Manuel Brandao	70	Desportiva de Viana	1:35.43	257
8. Manuel Vasques Quintino	68	Portugal Telecom	1:35.76	255
9. Jose Salvador Faustino	68	Portinado	1:38.07	237
DNS Marco Santos Carrasco	68	Portinado		
DNS Agostinho Rodrigues Oliveira	67	Galitos		
DNS Paulo Jorge Ferreira	67	Pimpoes/Cimai		

Master Esc E

1. Jorge Eduardo Faria	64	Alges	1:06.60	932
2. Joaquim Jorge Ramalhao	65	Gespacos	1:26.44	426
3. Francisco Jorge Ferreira	62	Academica de Coimbra	1:36.56	306
4. Pedro Militao Fernandes	61	Nadadores dos Estoris	1:37.66	295
DSQ Adriano Manuel Barradas	65	Millennium BCP		

nadador deu mais uma braçada na posição ventral- SW 6.4

Master Esc F

1. Luis Cavaleiro Madeira	57	Belenenses	1:28.83	432
2. Antonio Costa Raposo	58	Portinado	1:38.91	313
3. Joao Manuel Ruas	60	Belenenses	1:42.66	280

Master Esc G

1. Hugo Francisco Figueiredo	53	Academica de Coimbra	1:51.37	223
2. Domingos Pinto Coelho	52	Individual Lisboa	2:12.49	132

Master Esc H

1. Daniel Sobral Rabiais	50	Pimpoes/Cimai	2:16.58	156
2. Jose Quiroga Vazquez	47	C.N. Huelva	2:39.01	99

Master Esc I

1. Vasco Camara Pires	43	Belenenses	2:38.50	128
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Prova 25, Masc., 100m Costas

Master Esc J

1. Antonio Alexandre Rodrigues 39 Academica de Coimbra **2:03.65** 319

Prova 26

Femin., 200m Mariposa

25 - 89 anos

4.7.10 - 10:50

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
DSQ	Ana Mafalda Oliveira	81	Natacao da Maia			
	<i>batimentos pés alternados durante percurso-SW 8.3</i>					

Master Esc B

1. Joana Isabel Cunha 80 Belenenses **3:12.34** 417
100m: 1:30.88 1:30.88 200m: 3:12.34 1:41.46

Master Esc C

1. Fernanda Maria Santinha 72 Masters de Almada **4:52.76** 118
100m: 2:20.85 2:20.85 200m: 4:52.76 2:31.91

Master Esc D

1. Ana Paula Grilo 69 Individual do Alentejo **2:42.94** 722
100m: 1:20.48 1:20.48 200m: 2:42.94 1:22.46

Master Esc E

1. Eugenia Maria Cunha 62 Academica de Coimbra **3:16.59** 578
100m: 1:31.12 1:31.12 200m: 3:16.59 1:45.47

Prova 27

Masc., 50m Bruços

25 - 89 anos

4.7.10 - 10:55

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Luis Paulo Gomes	82	Nacional	32.92		634
2.	Daniel Filipe Fernandes	85	Campinho	33.99		576
3.	Ricardo Jorge Silva	82	Galitos	34.63		545
4.	Rogério Filipe Vieira	84	Galitos	35.31		514
5.	Joao Tiago Ferraz	84	Galitos	35.79		493
6.	Luis Miguel Martinho	84	Nautica do Seixal/Emisa	35.96		486
7.	Jose Paulo Santos	84	Vitoria de Guimaraes	37.51		429
8.	Jose Manuel Antunes	82	Galitos	40.34		344

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Prova 27, Masc., 50m Bruços, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Pablo Manuel Tavares	84	Masters de Almada	40.71		335
10.	Joao Carlos Carvalhais	83	Campinho	42.48		295
11.	Joao Carlos Malta	82	Natacao da Maia	44.19		262
12.	Pedro Guedes Silva	82	Belenenses	45.92		233
13.	Rui Santos Cacoete	82	Ginasio Figueirense	52.55		156

Master Esc B

1.	Silvere Schuster	79	Nageurs De Paris	33.01		710
2.	Olivier Collet	78	Nageurs De Paris	35.76		559
3.	Ricardo Manuel Lobo	80	Vitoria de Guimaraes	38.72		440
4.	Ricardo Manuel Silvestre	79	Litoral Alentejano	39.01		430
5.	Carlos Chan Cordeiro	77	Portinado	39.02		430
6.	Eduardo Jose Amaral	78	Pimpoes/Cimai	41.29		363
7.	Goncalo Jorge Romao	79	Litoral Alentejano	41.39		360
8.	Jose Orlando Novais	78	Vitoria de Guimaraes	42.02		344
9.	Edgar Manuel Guimaraes	80	Vitoria de Guimaraes	42.56		331
DSQ	Ricardo Jose Quiterio	77	Salvaterra Magos			

Efectuou pernada tesoura durante o percurso-SW 7.5

Master Esc C

1.	Joao Miguel Faria	71	Leixoes	37.47		454
2.	Francisco Gonzalez Rodriguez	75	C.N. Huelva	38.08		433
3.	Miguel Varela Santos	74	Galitos	38.64		414
4.	Nuno Alexandre Crespo	75	Belenenses	41.71		329
5.	Jose Miguel Gomes	72	Belenenses	44.64		268
6.	Abilio Manuel Antonio	72	Pimpoes/Cimai	44.86		264
7.	Norberto Matos Pereira	75	Vitoria de Guimaraes	46.05		244
8.	Jose Antonio Vilao	72	Salvaterra Magos	46.62		236
9.	Helder Manuel Galvao	74	Salvaterra Magos	46.97		230
10.	Paulo Alexandre Soares	75	Salvaterra Magos	47.63		221
11.	Telmo Miguel Veloso	75	Leixoes	49.04		202
DNS	Vitor Fortes Cunha	71	Belenenses			
DNS	Manuel Fernandes Rocha	72	Desportiva de Viana			

Master Esc D

1.	Marco Paulo Silva	70	Vilacondense	40.13		397
2.	Joao Pedro Ventura	69	Masters de Almada	40.94		374
3.	Manuel Vasques Quintino	68	Portugal Telecom	41.30		364
4.	Fernando Manuel Mascarenhas	67	Leixoes	41.69		354
5.	Gustavo Ferreira Basto	67	Galitos	42.85		326
6.	Francisco Jose Dias	69	Portinado	44.04		300
7.	Carlos Manuel Anjos	66	Galitos	44.18		297
8.	Antonio Manuel Santinha	69	Masters de Almada	44.19		297
9.	Paulo Alexandre Neves	66	Leixoes	47.83		234

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Prova 27, Masc., 50m Bruços

Master Esc E

1.	Germano Oliveira Velha	62	Alges	34.89	682
2.	Joao Forte Pelaio	64	Ginasio Figueirense	38.12	523
3.	Ralf Pinto Soares	64	Nadadores dos Estoris	39.00	488
4.	Joao Manuel Silva	63	Millennium BCP	39.17	482
5.	Joao Paulo Campos	65	Leixoes	40.27	443
6.	Martin Bernhard	65	Academico de Leiria	40.64	431
7.	Joao Paulo Almeida	64	Ginasio Figueirense	42.29	383
8.	Vitor Borges Carvalho	64	Desportiva de Viana	43.31	356
9.	Filipe Jose Horta	64	Millennium BCP	44.43	330
10.	Fernando Manuel Serra	64	Millennium BCP	44.85	321
11.	Joao Paulo Coroado	63	Academica de Coimbra	45.75	302
12.	Adriano Manuel Barradas	65	Millennium BCP	49.01	246
DNS	Manuel Alberto Pinho	61	Leixoes		
DNS	Eduardo Alberto Real	61	Nacional de Natacao		

Master Esc F

1.	Manuel Jose Romariz	59	Leixoes	37.19	649
2.	Jose Santos Silva	57	Natacao da Maia	38.59	580
3.	Jorge Morais Torres	57	Natacao da Guarda	40.59	499
4.	Jose Guilherme Oliveira	60	Belenenses	43.42	407
5.	Goncalo Manuel Torgal	57	Leixoes	47.92	303
6.	Joao Manuel Ruas	60	Belenenses	49.35	277
7.	Luis Carlos Felix	60	CCD Lagos/Multi	49.65	272
8.	Hermano Botelho Almeida	56	Portugal Telecom	50.55	258
9.	Manuel da Cruz Lima	59	Desportiva de Viana	51.47	244
10.	Teofilo Manuel Relvas	58	Vilacondense	54.86	202

Master Esc G

1.	Rui Manuel Palma	54	Portugal Telecom	40.74	541
2.	Antonio Alves Cecilio	54	Gespacos	43.69	439
3.	Carlos Alberto Serra	55	Luz e Vida	44.58	413
4.	Mario Gomes Bairrada	52	Nadadores dos Estoris	46.78	357
5.	Jose Henrique Madail	54	Galitos	47.88	333
6.	Mario Jorge Melo	51	Belenenses	48.14	328
7.	Jose Carlos Neto	53	Ginasio Figueirense	49.10	309
8.	Walter Emunds	52	Portinado	49.99	293
9.	Domingos Silva Lages	55	Desportiva de Viana	51.96	261
DSQ	Carlos Augusto Correia	52	Masters de Almada		
<i>Efectuou pernada tesoura durante o percurso-SW 7.5</i>					

Master Esc H

1.	Jose Sarsfield Cabral	49	Academica de Coimbra	39.93	631
2.	Joaquim Fidalgo Freitas	47	Academica de Coimbra	40.45	607
3.	Luis Antonio Viegas	47	Nadadores dos Estoris	48.79	346
4.	Jose Jesus Lourenco	47	Portugal Telecom	55.58	234

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Prova 27, Masc., 50m Bruços

Master Esc I

1. Antonio Bessone Basto	45	Alges	41.82	648
2. Helder Manuel Moreira	44	Galitos	43.89	560
3. Alexandre Azevedo Gaspar	45	Alges	50.80	361
4. Jose Ferreira Barros	43	Desportiva de Viana	1:02.94	190

Master Esc J

1. Joao Rodrigues Teixeira	37	Academica de Coimbra	51.20	416
2. Manuel Monteiro Tenreiro	40	Academica de Coimbra	1:00.44	253

Master Esc L

1. Leonel Sousa Gomes	30	Academica de Coimbra	54.78	555
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Master Esc M

1. Ilidio Pintadinho Santos	25	Portinado	2:26.30	38
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Prova 28
4.7.10 - 11:15

Femin., 50m Costas

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Catia Marisa Valente	84	Luz e Vida	35.19		647
2.	Ana Filipa Moreto	84	Leixoes	36.92		561
3.	Sara Martins Pires	83	Galitos	39.54		456
4.	Ana Lucia Rolo	81	Ginasio Figueirense	40.36		429
5.	Alexandra Adelinovna Inacio	83	Belenenses	46.07		288
6.	Susana Jesus Cacao	81	Ginasio Figueirense	52.00		200
7.	Ana Catarina Milhazes	85	Vitoria de Guimaraes	54.91		170
8.	Carla Marques Figueira	82	Leixoes	55.86		161
9.	Rita Alexandra Pereira	84	Setubalense	1:03.12		112
Master Esc B						
1.	Liliana Elisabete Baptista	78	Leixoes	38.00		516
2.	Elsa Maria Fumega	78	Leixoes	41.80		388
3.	Marisa Joao Costa	76	Campinho	47.93		257
4.	Ana Vieira Luz	78	Belenenses	47.94		257
5.	Ana Carina Guerreiro	77	Belenenses	49.02		240
6.	Victoria Mandrik	78	Belenenses	49.10		239
7.	Patricia Vanessa Rossetto	77	Portinado	49.86		228
8.	Marta Isabel Duque	76	Setubalense	50.86		215
9.	Angela Goncalves Tacao	80	Academica de Coimbra	55.92		162
DNS	Joana Araujo Gameiro	78	Belenenses			

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Prova 28, Femin., 50m Costas

Master Esc C

1. Maria Luisa Costa	74	Leixoes	36.45	633
2. Carla Alexandra Seoane	73	Masters de Almada	37.99	559
3. Raquel Joana Rodrigues	75	Gespacos	42.39	402
4. Ana Claudia Jorge	72	Academica de Coimbra	43.20	380
5. Cesarina Isabel Miguens	73	CCD Lagos/Multi	43.24	379
6. Cristina Fernandes Silva	71	Academica de Coimbra	54.46	190
7. Susana Paula Simoes	72	Leixoes	1:09.69	90

Master Esc D

1. Ana Paula Grilo	69	Individual do Alentejo	35.80	676
2. Isabel Batista Ferreira	67	Belenenses	36.57	634
3. Maria Fernanda Goncalves	66	Propaganda da Natacao	41.47	435
4. Ana Cristina Lobo	66	Natacao da Maia	41.54	433
5. Rosalina Bessa Babo	67	Propaganda da Natacao	43.14	386
6. Candida Maria Rodrigues	69	Salvaterra Magos	45.14	337
7. Maria Clara Sousa	68	Masters de Almada	46.57	307
8. Claudia Pereira Reis	68	Ginasio Figueirense	49.67	253
9. Marina Isabel Mendes	68	Masters de Almada	57.75	161
10. Elisa Loureiro Garcia	67	Ginasio Figueirense	1:07.78	99
DNS Fatima Sousa Silva	67	Natacao da Maia		

Master Esc E

1. Maribel Santos Fernandes	65	Leixoes	42.90	470
2. Maria Margarida Urbano	63	Academica de Coimbra	49.84	300
3. Maria Santos Fernandes	62	Leixoes	53.29	245
4. Lidia Nikiforova Tantcheva	62	Portugal Telecom	53.62	241
5. Wanda Maria Giau	62	CCD Lagos/Multi	56.42	206
6. Maria Manuela Neto	62	Natacao da Maia	59.55	175
7. Paula Margarida Almeida	63	Ginasio Figueirense	1:00.16	170
8. Maria Madalena Caninas	63	Masters de Almada	1:01.40	160
9. Maria Teresa Pinto	61	Leixoes	1:03.66	144
10. Maria Gabriela Cardanho	62	Ginasio Figueirense	1:06.76	124

Master Esc F

1. Maria Teresa Oliveira	57	Academica de Coimbra	47.78	379
2. Leila Castro Esteves	60	Portinado	56.27	232
3. Arminda Alves Ferreira	60	Ginasio Figueirense	1:25.90	65

Master Esc G

1. Isabel Costa Monteiro	53	Academica de Coimbra	56.98	275
2. Shigeko Mizuno	52	Pimpoes/Cimai	58.72	251
3. Eduarda Manuel Correia	54	Vitoria de Guimaraes	1:01.76	216
4. Maria Felix Ferreira	54	Alges	1:03.42	199

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Prova 28, Femin., 50m Costas

Master Esc H

1. Maria Amelia Barros	50	Desportiva de Viana	1:09.96	165
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Master Esc I

1. Celia Stichini Quartin	44	Pimpoes/Cimai	1:03.06	277
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Master Esc J

1. Isabel Maria Raimundo	40	Individual Lisboa	59.44	392
2. Nair Gomes Sa	39	Nadadores dos Estoris	1:03.70	319
3. Maria Rosario Martins	40	Academica de Coimbra	1:39.91	82

Master Esc L

1. Marilia Xavier Morais	28	Academica de Coimbra	2:07.55	80
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Prova 29
4.7.10 - 11:30

Masc., 200m Livres

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	2:08.32		641
	100m: 1:02.75 1:02.75	200m: 2:08.32	1:05.57			
2.	Ivan Mauricio Couras	81	Leixoes	2:17.44		522
	100m: 1:06.98 1:06.98	200m: 2:17.44	1:10.46			
3.	Mario Jorge Costa	84	Vilacondense	2:18.18		513
	100m: 1:06.72 1:06.72	200m: 2:18.18	1:11.46			
4.	Juan Carlos Briceno	82	Academica de Coimbra	2:27.25		424
	100m: 1:09.60 1:09.60	200m: 2:27.25	1:17.65			
5.	Armindo Manuel Lobo	84	Vitoria de Guimaraes	2:30.85		394
	100m: 1:11.09 1:11.09	200m: 2:30.85	1:19.76			
6.	Joao Tiago Ferraz	84	Galitos	2:32.53		382
	100m: 1:10.43 1:10.43	200m: 2:32.53	1:22.10			
7.	Pablo Manuel Tavares	84	Masters de Almada	2:36.64		352
	100m: 1:11.85 1:11.85	200m: 2:36.64	1:24.79			
8.	Rogério Filipe Vieira	84	Galitos	2:46.98		291
	100m: 1:16.98 1:16.98	200m: 2:46.98	1:30.00			

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Prova 29, Masc., 200m Livres

Master Esc B

1.	Pedro Miguel Silva	76	Vilacondense	2:03.56	738
	100m: 59.62 59.62	200m: 2:03.56 1:03.94			
2.	Rodrigo Marques Costa	76	Litoral Alentejano	2:17.25	538
	100m: 1:05.57 1:05.57	200m: 2:17.25 1:11.68			
3.	Carlos Chan Cordeiro	77	Portinado	2:22.03	485
	100m: 1:06.57 1:06.57	200m: 2:22.03 1:15.46			
4.	Diogo Pedroso Almeida	77	Belenenses	2:26.36	444
	100m: 1:12.61 1:12.61	200m: 2:26.36 1:13.75			
5.	Ricardo Manuel Silvestre	79	Litoral Alentejano	2:26.38	443
	100m: 1:09.67 1:09.67	200m: 2:26.38 1:16.71			
6.	Rui Manuel Pinto	79	Leixoes	2:27.32	435
	100m: 1:07.80 1:07.80	200m: 2:27.32 1:19.52			
7.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	2:29.48	416
	100m: 1:11.36 1:11.36	200m: 2:29.48 1:18.12			
8.	Alexandre Marques Pereira	76	Belenenses	2:35.67	369
	100m: 1:13.89 1:13.89	200m: 2:35.67 1:21.78			
9.	Nelson Palma Mestre	80	Academica de Coimbra	2:35.79	368
	100m: 1:15.45 1:15.45	200m: 2:35.79 1:20.34			
10.	Rui Alexandre Santos	76	Nadadores dos Estoris	2:39.37	343
	100m: 1:13.54 1:13.54	200m: 2:39.37 1:25.83			
11.	Eduardo Jose Amaral	78	Pimpoes/Cimai	2:51.25	277
	100m: 1:19.41 1:19.41	200m: 2:51.25 1:31.84			
12.	Jose Orlando Novais	78	Vitoria de Guimaraes	3:03.14	226
	100m: 1:25.52 1:25.52	200m: 3:03.14 1:37.62			
13.	Ricardo Jose Quiterio	77	Salvaterra Magos	3:28.36	153
	100m: 1:37.20 1:37.20	200m: 3:28.36 1:51.16			

Master Esc C

1.	Rui Fonseca Vaz	71	Colegio Vasco da Gama	2:14.95	638
	100m: 1:06.01 1:06.01	200m: 2:14.95 1:08.94			
2.	Pedro Nuno Braga	74	Natacao da Maia	2:20.84	561
	100m: 1:06.67 1:06.67	200m: 2:20.84 1:14.17			
3.	Sergio David Silva	73	Natacao da Maia	2:27.34	490
	100m: 1:09.61 1:09.61	200m: 2:27.34 1:17.73			
4.	Nuno Alexandre Crespo	75	Belenenses	2:36.48	409
	100m: 1:14.17 1:14.17	200m: 2:36.48 1:22.31			
5.	Miguel Varela Santos	74	Galitos	2:38.46	394
	100m: 1:15.06 1:15.06	200m: 2:38.46 1:23.40			
6.	Urbino Jesus Santos	75	Natacao da Maia	2:43.78	356
	100m: 1:17.73 1:17.73	200m: 2:43.78 1:26.05			

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Prova 29, Masc., 200m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Nuno Andre Ramalhao 100m: 1:19.41 1:19.41	73	Gespacos	2:47.96		330
8.	Nuno Cristiano Pereira 100m: 1:22.83 1:22.83	73	Leixoes	2:54.39		295
9.	Jose Miguel Gomes 100m: 1:23.40 1:23.40	72	Belenenses	2:56.33		286
10.	Mario Antonio Caeiro 100m: 1:33.40 1:33.40	71	Masters de Almada	3:08.22		235
11.	Telmo Miguel Veloso 100m: 1:35.42 1:35.42	75	Leixoes	3:17.98		202
12.	Helder Manuel Galvao 100m: 1:44.03 1:44.03	74	Salvaterra Magos	4:06.58		104

Master Esc D

1.	Christophe Coutanceau 100m: 1:10.13 1:10.13	67	Nageurs De Paris	2:21.59		584
2.	Eurico Manuel Santos 100m: 1:11.49 1:11.49	70	Belenenses	2:27.43		517
3.	Rui Jorge Ferreira 100m: 1:11.77 1:11.77	68	Galitos	2:29.16		499
4.	Pedro Alexandre Fernando 100m: 1:15.31 1:15.31	67	Academica de Coimbra	2:33.47		458
5.	Carlos Alberto Alves 100m: 1:13.59 1:13.59	67	Leixoes	2:33.70		456
6.	Luis Paulo Piteira 100m: 1:14.40 1:14.40	68	Setubalense	2:35.60		440
7.	Jorg Lohken 100m: 1:14.51 1:14.51	68	Individual Lisboa	2:36.10		436
8.	Francisco Jose Dias 100m: 1:20.13 1:20.13	69	Portinado	2:53.30		318
9.	Jose Salvador Faustino 100m: 1:23.72 1:23.72	68	Portinado	2:58.03		294
10.	Jose Manuel Brandao 100m: 1:26.78 1:26.78	70	Desportiva de Viana	2:59.95		284
11.	Carlos Manuel Anjos 100m: 1:25.06 1:25.06	66	Galitos	3:00.24		283
12.	Antonio Manuel Santinha 100m: 1:30.45 1:30.45	69	Masters de Almada	3:05.55		259
13.	Paulo Alexandre Neves 100m: 1:33.63 1:33.63	66	Leixoes	3:15.72		221
14.	Francisco Goncalves Malheiro 100m: 1:34.60 1:34.60	69	Desportiva de Viana	3:27.43		185

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Prova 29, Masc., 200m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Marco Santos Carrasco	68	Portinado			

Master Esc E

1.	Jose Carlos Freitas	63	Fluvial Portuense	2:07.54		887
	100m: 1:02.93 1:02.93	200m: 2:07.54 1:04.61				
2.	Jaime Carlos Bento	61	Alges	2:23.37		624
	100m: 1:07.73 1:07.73	200m: 2:23.37 1:15.64				
3.	Joao Manuel Silva	63	Millennium BCP	2:36.80		477
	100m: 1:16.17 1:16.17	200m: 2:36.80 1:20.63				
4.	Germano Oliveira Velha	62	Alges	2:38.10		465
	100m: 1:14.92 1:14.92	200m: 2:38.10 1:23.18				
5.	Armando Joao Costa	63	Pimpoes/Cimai	2:41.86		434
	100m: 1:19.10 1:19.10	200m: 2:41.86 1:22.76				
6.	Ralf Pinto Soares	64	Nadadores dos Estoris	2:42.02		432
	100m: 1:17.38 1:17.38	200m: 2:42.02 1:24.64				
7.	Antonio Jorge Martinho	65	Academica de Coimbra	2:54.64		345
	100m: 1:22.18 1:22.18	200m: 2:54.64 1:32.46				
8.	Francisco Jorge Ferreira	62	Academica de Coimbra	2:57.00		332
	100m: 1:26.40 1:26.40	200m: 2:57.00 1:30.60				
9.	Fernando Manuel Serra	64	Millennium BCP	3:09.46		270
	100m: 1:31.73 1:31.73	200m: 3:09.46 1:37.73				
10.	Paulo Fernando Rodrigues	63	Belenenses	3:10.73		265
	100m: 1:30.19 1:30.19	200m: 3:10.73 1:40.54				
11.	Joao Paulo Coroado	63	Academica de Coimbra	3:11.21		263
	100m: 1:30.65 1:30.65	200m: 3:11.21 1:40.56				
12.	Fernando Diogo Duarte	62	Individual Aveiro	3:12.85		256
	100m: 1:29.77 1:29.77	200m: 3:12.85 1:43.08				

Master Esc F

1.	Vitor Manuel Mavioso	56	Alges	2:38.62		481
	100m: 1:17.01 1:17.01	200m: 2:38.62 1:21.61				
2.	Jose Santos Silva	57	Natacao da Maia	2:48.98		398
	100m: 1:24.92 1:24.92	200m: 2:48.98 1:24.06				
3.	Antonio Costa Raposo	58	Portinado	2:52.32		375
	100m: 1:21.82 1:21.82	200m: 2:52.32 1:30.50				
4.	Antonio Coelho Moura	60	Pimpoes/Cimai	3:04.25		307
	100m: 1:27.09 1:27.09	200m: 3:04.25 1:37.16				
5.	Luis Carlos Felix	60	CCD Lagos/Multi	3:08.18		288
	100m: 1:30.38 1:30.38	200m: 3:08.18 1:37.80				
6.	Jose Luis Correia	59	Nadadores dos Estoris	3:11.02		275
	100m: 1:30.75 1:30.75	200m: 3:11.02 1:40.27				

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Prova 29, Masc., 200m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Hermano Botelho Almeida	56	Portugal Telecom	3:27.83		213
	100m: 1:36.14 1:36.14	200m: 3:27.83 1:51.69				

Master Esc G

1.	Carlos Alberto Serra	55	Luz e Vida	2:43.64		522
	100m: 1:19.45 1:19.45	200m: 2:43.64 1:24.19				
2.	Hugo Francisco Figueiredo	53	Academica de Coimbra	3:21.10		281
	100m: 1:38.12 1:38.12	200m: 3:21.10 1:42.98				
3.	Domingos Pinto Coelho	52	Individual Lisboa	3:28.73		251
	100m: 1:40.54 1:40.54	200m: 3:28.73 1:48.19				
4.	Mario Jorge Melo	51	Belenenses	3:29.93		247
	100m: 1:39.95 1:39.95	200m: 3:29.93 1:49.98				
5.	Jose Carlos Neto	53	Ginasio Figueirense	3:43.98		203
	100m: 1:44.12 1:44.12	200m: 3:43.98 1:59.86				

Master Esc H

1.	Jose Sarsfield Cabral	49	Academica de Coimbra	2:50.02		572
	100m: 1:20.70 1:20.70	200m: 2:50.02 1:29.32				
2.	Stephen Thomas Dyson	47	Belenenses	2:50.82		564
	100m: 1:20.91 1:20.91	200m: 2:50.82 1:29.91				
3.	Daniel Sobral Rabiais	50	Pimpoes/Cimai	3:57.11		211
	100m: 1:49.01 1:49.01	200m: 3:57.11 2:08.10				
4.	Jose Jesus Lourenco	47	Portugal Telecom	4:38.20		130
	100m: 2:10.05 2:10.05	200m: 4:38.20 2:28.15				
DNS	Luis Antonio Viegas	47	Nadadores dos Estoris			

Master Esc I

1.	Orlando Gomes Bairrada	45	Nadadores dos Estoris	2:58.35		579
	100m: 1:23.48 1:23.48	200m: 2:58.35 1:34.87				
2.	Luis Vidigal Salgueiro	45	Alges	3:20.54		407
	100m: 1:37.28 1:37.28	200m: 3:20.54 1:43.26				
3.	Helder Manuel Moreira	44	Galitos	4:06.34		219
	100m: 1:58.23 1:58.23	200m: 4:06.34 2:08.11				

Master Esc J

1.	Joao Rodrigues Teixeira	37	Academica de Coimbra	4:20.20		210
	100m: 2:13.24 2:13.24	200m: 4:20.20 2:06.96				

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Prova 30 Femin., 4 x 100m Estilos AG 100 - 359
4.7.10 - 12:15 Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Fem Estaf Cat 1				
1. Leixoes-Cat 1-FEM	Leixoes	5:23.55		
Ana Filipa Moreto 84	1:24.09	Diana Raquel Pacheco 84	1:19.51	
Ana Carina Lopes 80	1:25.82	Liliana Elisabete Baptista 78	1:14.13	
Master Fem Estaf Cat 2				
1. Leixoes-Cat 2-FEM	Leixoes	6:49.18		
Elsa Maria Fumega 78	1:32.98	Carla Joana Macieirinha 71	1:38.29	
Silvia Raquel Mendonca 81	1:54.12	Susana Paula Simoes 72	1:43.79	
Master Fem Estaf Cat 3				
1. Leixoes-Cat 3-FEM	Leixoes	5:45.70		
Maria Luisa Costa 74	1:20.80	Maribel Santos Fernandes 65	1:29.05	
Maria Adriana Viseu 66	1:38.67	Maria Teresa Brandao 69	1:17.18	
2. Academica de Coimbra-Cat 3-FEM	Academica de Coimbra	6:35.20		
Ana Claudia Jorge 72	1:42.31	Maria Margarida Urbano 63	1:44.55	
Maria Manuela Sequeira 68	1:38.08	Maria Teresa Oliveira 57	1:30.26	
3. Belenenses-Cat 3-FEM	Belenenses	6:39.79		
Rita Pereira Sousa 73	1:54.60	Isabel Batista Ferreira 67	1:25.22	
Victoria Mandrik 78	1:48.82	Helena Varela Lopes 56	1:31.15	
4. Masters de Almada-Cat 3-FEM	Masters de Almada	7:19.63		
Maria Clara Sousa 68	1:45.98	Fernanda Maria Santinha 72	2:11.59	
Maria Helena Mendonca 62	2:03.65	Carla Alexandra Seoane 73	1:18.41	
Master Fem Estaf Cat 4				
1. Academica de Coimbra-Cat 4-FEM	Academica de Coimbra	6:22.55		
Maria Luisa Oliveira 61	1:38.79	Eugenia Maria Cunha 62	1:26.69	
Ana Moura Relvas 56	1:43.85	Maria Teresa Oliveira 57	1:33.22	
2. Leixoes-Cat 4-FEM	Leixoes	8:19.88		
Maria Santos Fernandes 62	2:22.60	Maria Jose Francisco 62	1:43.12	
Maria Carmo Rocha 54	2:25.43	Maria Teresa Pinto 61	1:48.73	

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Prova 31
4.7.10 - 12:25

Masc., 4 x 100m Livres

AG 100 - 359
Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Masc Estaf Cat 1				
1. Galitos-Cat 1-MASC	Galitos	4:15.59		
Jose Manuel Antunes 82	1:05.46 Luis Filipe Ramos 81			1:03.28
Joao Tiago Ferraz 84	1:03.25 Ricardo Jorge Silva 82			1:03.60
Master Masc Estaf Cat 2				
1. Vilacondense-Cat 2-MASC	Vilacondense	4:06.97		
Miguel Santos Coelho 82	1:00.37 Bruno Lagorsse Pontes 75			1:05.35
Mario Jorge Costa 84	1:01.89 Pedro Miguel Silva 76			59.36
2. Natacao da Maia-Cat 2-MASC	Natacao da Maia	4:16.26		
Emanuel David Oliveira 85	1:02.34 Sergio David Silva 73			1:02.32
Joao Carlos Malta 82	1:10.28 Pedro Nuno Braga 74			1:01.32
3. Leixoes-Cat 2-MASC	Leixoes	4:18.80		
Nuno Miguel Guerra 77	1:04.79 Ivan Mauricio Couras 81			1:02.09
Miguel Jose Ferreira 70	1:09.66 Rui Manuel Pinto 79			1:02.26
4. Galitos-Cat 2-MASC	Galitos	4:27.83		
Rogério Filipe Vieira 84	1:07.20 Miguel Varela Santos 74			1:07.24
Rui Nuno Pereira 74	1:07.58 Rui Jorge Ferreira 68			1:05.81
5. Litoral Alentejano-Cat 2-MASC	Litoral Alentejano	4:34.04		
Goncalo Jorge Romao 79	1:20.96 Ricardo Manuel Silvestre 79			1:08.00
Rodrigo Marques Costa 76	1:03.64 David Oliveira Gorgulho 82			1:01.44
6. Portinado-Cat 2-MASC	Portinado	4:34.68		
Carlos Granadeiro Dias 81	1:02.67 Francisco Jose Dias 69			1:11.31
Jose Salvador Faustino 68	1:17.62 Carlos Chan Cordeiro 77			1:03.08
7. Belenenses-Cat 2-MASC	Belenenses	4:37.16		
Manuel Fialho Silva 77	1:08.69 Eurico Manuel Santos 70			1:10.14
Diogo Pedroso Almeida 77	1:05.20 Luis Cavaleiro Madeira 57			1:13.13
8. Academica de Coimbra-Cat 2-MASC	Academica de Coimbra	4:38.46		
Juan Carlos Briceno 82	1:11.58 Antonio Jorge Martinho 65			1:13.76
Nelson Palma Mestre 80	1:06.86 Pedro Alexandre Fernando 67			1:06.26
9. Vitoria de Guimaraes-Cat 2-MASC	Vitoria de Guimaraes	5:03.07		
Ricardo Manuel Lobo 80	1:08.07 Edgar Manuel Guimaraes 80			1:13.25
Norberto Matos Pereira 75	1:31.67 Jose Paulo Santos 84			1:10.08
10. Belenenses-Cat 2-MASC	Belenenses	5:09.08		
Nuno Alexandre Crespo 75	1:12.16 Alexandre Marques Pereira 76			1:20.00
Jose Miguel Gomes 72	1:17.97 Pedro Guedes Silva 82			1:18.95

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Prova 31, Masc., 4 x 100m Livres

Master Masc Estaf Cat 3

1. Ginasio Figueirense-Cat 3-MASC	Ginasio Figueirense	4:41.62		
Joao Forte Pelaio 64	1:12.15	Paulo Guilherme Martins 68	1:08.51	
Joao Paulo Almeida 64	1:16.74	Jorge Jesus Bandeira 82	1:04.22	
2. Leixoes-Cat 3-MASC	Leixoes	4:58.02		
Carlos Alberto Alves 67	1:11.59	Joao Miguel Faria 71	1:12.13	
Nuno Cristiano Pereira 73	1:16.42	Fernando Manuel Mascarenhas 67	1:17.88	
3. Nadadores dos Estoris-Cat 3-MASC	Nadadores dos Estoris	5:14.11		
Rui Alexandre Santos 76	1:10.14	Ralf Pinto Soares 64	1:15.07	
Orlando Gomes Bairrada 45	1:23.81	Jose Luis Correia 59	1:25.09	
4. Masters de Almada-Cat 3-MASC	Masters de Almada	5:27.98		
Antonio Manuel Santinha 69	1:21.45	Joao Carlos Pereira 69	1:18.12	
Joao Pedro Ventura 69	1:23.33	Carlos Augusto Correia 52	1:25.08	
5. Galitos-Cat 3-MASC	Galitos	5:41.21		
Gustavo Ferreira Basto 67	1:16.04	Agostinho Rodrigues Oliveira 67	1:27.74	
Carlos Manuel Anjos 66	1:22.23	Jose Henrique Madail 54	1:35.20	

Master Masc Estaf Cat 4

DNS Belenenses-Cat 4-MASC Belenenses

Master Masc Estaf Cat 5

1. Alges-Cat 5-MASC	Alges	5:38.72		
Antonio Bessone Basto 45	1:13.57	Vitor Manuel Mavioso 56	1:10.80	
Alexandre Azevedo Gaspar 45	1:49.28	Luis Vidigal Salgueiro 45	1:25.07	

Prova 32
4.7.10 - 15:30

Misto, 4 x 50m Livres

AG 100 - 359
Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Misto Estaf Cat 1				
1. Galitos-Cat 1-MISTO	Galitos	1:57.07		
Kerstin Bettina Labatzke 77		Luis Filipe Ramos 81		
Ricardo Jorge Silva 82		Sara Martins Pires 83		
2. Leixoes-Cat 1-MISTO	Leixoes	1:58.78		
Ivan Mauricio Couras 81		Rui Manuel Pinto 79		
Diana Raquel Pacheco 84		Ana Carina Lopes 80		

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Prova 32, Misto, 4 x 50m Livres

Master Misto Estaf Cat 2

1. Natacao da Maia-Cat 2-MISTO	Natacao da Maia	2:03.57
Emanuel David Oliveira 85	Ana Mafalda Oliveira 81	
Ana Cristina Lobo 66	Sergio David Silva 73	
2. Leixoes-Cat 2-MISTO	Leixoes	2:07.14
Maria Luisa Costa 74	Joao Miguel Faria 71	
Ana Filipa Moreto 84	Miguel Jose Ferreira 70	
3. Ginasio Figueirense-Cat 2-MISTO	Ginasio Figueirense	2:15.60
Joao Forte Pelaio 64	Ana Lucia Rolo 81	
Claudia Pereira Reis 68	Paulo Guilherme Martins 68	
4. Academica de Coimbra-Cat 2-MISTO	Academica de Coimbra	2:17.22
Ana Claudia Jorge 72	Juan Carlos Briceno 82	
Cristina Fernandes Silva 71	Nelson Palma Mestre 80	
5. Portinado-Cat 2-MISTO	Portinado	2:18.21
Carlos Granadeiro Dias 81	Patricia Vanessa Rossetto 77	
Ana Bernardo Barbara 70	Carlos Chan Cordeiro 77	
6. Belenenses-Cat 2-MISTO	Belenenses	2:19.05
Diogo Pedroso Almeida 77	Pedro Guedes Silva 82	
Ana Carina Guerreiro 77	Alexandra Adelinovna Inacio 83	
7. Leixoes-Cat 2-MISTO	Leixoes	2:23.24
Carlos Alberto Alves 67	Maria Adriana Viseu 66	
Silvia Raquel Mendonca 81	Nuno Cristiano Pereira 73	
8. Belenenses-Cat 2-MISTO	Belenenses	2:34.60
Nuno Alexandre Crespo 75	Paulo Fernando Rodrigues 63	
Ana Vieira Luz 78	Victoria Mandrik 78	
9. Salvaterra Magos-Cat 2-MISTO	Salvaterra Magos	2:45.87
Candida Maria Rodrigues 69	Ricardo Jose Quiterio 77	
Olga Isabel Abade 79	Jose Antonio Vilao 72	
10. Vitoria de Guimaraes-Cat 2-MISTO	Vitoria de Guimaraes	2:52.02
Jose Orlando Novais 78	Norberto Matos Pereira 75	
Eduarda Manuel Correia 54	Ana Catarina Milhazes 85	
DNS Belenenses-Cat 2-MISTO	Belenenses	
DNS Setubalense-Cat 2-MISTO	Setubalense	

Master Misto Estaf Cat 3

1. Leixoes-Cat 3-MISTO	Leixoes	2:10.46
Nuno Miguel Guerra 77	Fernando Manuel Mascarenhas 67	
Maribel Santos Fernandes 65	Maria Teresa Brandao 69	
2. Belenenses-Cat 3-MISTO	Belenenses	2:13.39
Jose Miguel Gomes 72	Luis Cavaleiro Madeira 57	
Isabel Batista Ferreira 67	Joana Isabel Cunha 80	
3. Leixoes-Cat 3-MISTO	Leixoes	2:16.52
Carla Joana Macieirinha 71	Liliana Elisabete Baptista 78	
Paulo Alexandre Neves 66	Joao Paulo Campos 65	
4. Academica de Coimbra-Cat 3-MISTO	Academica de Coimbra	2:19.34
Maria Margarida Urbano 63	Pedro Alexandre Fernando 67	
Eugenia Maria Cunha 62	Antonio Jorge Martinho 65	

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Prova 32, Misto, 4 x 50m Livres, Master Misto Estaf Cat 3

Lugar	Clube	Tempo Final	TReac	Pts
5. Nadadores dos Estoris-Cat 3-MISTO	Nadadores dos Estoris	2:23.29		
Joana Margarida Gaspar 83	Luisa Maria Pintao 54			
Jose Luis Correia 59	Rui Alexandre Santos 76			
6. Masters de Almada-Cat 3-MISTO	Masters de Almada	2:36.36		
Carlos Augusto Correia 52	Antonio Manuel Santinha 69			
Fernanda Maria Santinha 72	Maria Madalena Caninas 63			
7. Ginasio Figueirense-Cat 3-MISTO	Ginasio Figueirense	2:55.16		
Elisa Loureiro Garcia 67	Jose Carlos Neto 53			
Paula Margarida Almeida 63	Jorge Jesus Bandeira 82			

Master Misto Estaf Cat 4

1. Leixoes-Cat 4-MISTO	Leixoes	2:29.50		
Manuel Jose Romariz 59	Maria Jose Francisco 62			
Maria Santos Fernandes 62	Antonio Gaspar Freitas 56			
2. Belenenses-Cat 4-MISTO	Belenenses	2:58.20		
Joao Manuel Ruas 60	Helena Varela Lopes 56			
Mario Jorge Melo 51	Fedora Maria Fonseca 63			

Master Misto Estaf Cat 5

1. Academica de Coimbra-Cat 6-MISTO	Academica de Coimbra	3:00.17		
Margarida Morais Torres 55	Joaquim Fidalgo Freitas 47			
Isabel Costa Monteiro 53	Antonio Alexandre Rodrigues 39			

Master Misto Estaf Cat 6

1. Academica de Coimbra-Cat 5-MISTO	Academica de Coimbra	5:47.66		
Marilia Xavier Morais 28	Joao Rodrigues Teixeira 37			
Maria Rosario Martins 40	Leonel Sousa Gomes 30			

Prova 33

Femin., 100m Livres

25 - 89 anos

4.7.10 - 15:45

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diana Raquel Pacheco	84	Leixoes	1:13.59		476
2.	Sara Martins Pires	83	Galitos	1:14.95		450
3.	Ana Sofia Gaspar	85	Nadadores dos Estoris	1:17.70		404
4.	Alexandra Adelinovna Inacio	83	Belenenses	1:20.58		362
5.	Ana Catarina Milhazes	85	Vitoria de Guimaraes	1:37.21		206
6.	Carla Marques Figueira	82	Leixoes	1:40.24		188
DSQ	Alexandra Fagundo Raposo	85	Galitos			
	<i>Falsa partida-SW 4.4</i>					
DNS	Rita Alexandra Pereira	84	Setubalense			
DNS	Monica Sofia Peixe	81	Belenenses			

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Prova 33, Femin., 100m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Susana Jesus Cacao	81	Ginasio Figueirense			
DNS	Cornelia Schneider	81	Academica de Coimbra			

Master Esc B

1.	Ana Carina Lopes	80	Leixoes	1:06.07		678
2.	Sonia Oliveira Vilar	79	Vilacondense	1:07.76		629
3.	Joana Isabel Cunha	80	Belenenses	1:08.18		617
4.	Kerstin Bettina Labatzke	77	Galitos	1:09.21		590
5.	Marisa Joao Costa	76	Campinho	1:17.92		413
6.	Victoria Mandrik	78	Belenenses	1:27.65		290
7.	Ana Carina Guerreiro	77	Belenenses	1:28.43		283
8.	Marta Isabel Duque	76	Setubalense	1:28.51		282
9.	Angela Goncalves Tacao	80	Academica de Coimbra	1:31.82		252
10.	Ana Vieira Luz	78	Belenenses	1:32.60		246
11.	Olga Isabel Abade	79	Salvaterra Magos	2:12.62		83
DNS	Joana Araujo Gameiro	78	Belenenses			
DNS	Carla Alexandra Ferreira	76	Pimpoes/Cimai			

Master Esc C

1.	Maria Luisa Costa	74	Leixoes	1:07.80		617
2.	Carla Alexandra Seoane	73	Masters de Almada	1:16.73		425
3.	Carla Joana Macieirinha	71	Leixoes	1:17.87		407
4.	Rita Pereira Sousa	73	Belenenses	1:20.11		374
5.	Raquel Joana Rodrigues	75	Gespacos	1:28.75		275
6.	Susana Paula Simoes	72	Leixoes	1:42.79		177
7.	Maria Luisa Santos	71	Leixoes	2:07.66		92

Master Esc D

1.	Ana Paula Grilo	69	Individual do Alentejo	1:06.11		709
2.	Maria Teresa Brandao	69	Leixoes	1:15.33		479
3.	Elizabete Maria Rosa	69	Pimpoes/Cimai	1:19.44		409
4.	Maria Adriana Viseu	66	Leixoes	1:25.42		329
5.	Candida Maria Rodrigues	69	Salvaterra Magos	1:25.50		328
6.	Maria Manuela Sequeira	68	Academica de Coimbra	1:26.95		311
7.	Claudia Pereira Reis	68	Ginasio Figueirense	1:31.98		263
8.	Marina Isabel Mendes	68	Masters de Almada	1:43.91		182
9.	Elisa Loureiro Garcia	67	Ginasio Figueirense	2:04.66		105

Master Esc E

1.	Amelia Ponte Galhardo	64	CCD Lagos/Multi	1:14.94		609
2.	Maria Margarida Urbano	63	Academica de Coimbra	1:25.85		405
3.	Maria Madalena Caninas	63	Masters de Almada	1:31.23		337
4.	Maria Manuela Neto	62	Natacao da Maia	1:37.47		276
5.	Wanda Maria Giau	62	CCD Lagos/Multi	1:44.13		227
6.	Maria Teresa Pinto	61	Leixoes	1:46.09		214

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

Prova 33, Femin., 100m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Paula Margarida Almeida	63	Ginasio Figueirense	1:54.80		169
8.	Anette Kind	61	Leixoes	2:06.33		127
9.	Maria Gabriela Cardanho	62	Ginasio Figueirense	2:17.97		97
10.	Fedora Maria Fonseca	63	Belenenses	2:42.61		59

Master Esc F

1.	Maria Teresa Oliveira	57	Academica de Coimbra	1:25.00		448
2.	Helena Varela Lopes	56	Belenenses	1:27.61		409

Master Esc G

1.	Luisa Maria Pintao	54	Nadadores dos Estoris	1:35.20		373
2.	Isabel Costa Monteiro	53	Academica de Coimbra	1:39.13		330
3.	Shigeko Mizuno	52	Pimpoes/Cimai	1:40.64		315
4.	Maria Felix Ferreira	54	Alges	2:00.41		184
5.	Eduarda Manuel Correia	54	Vitoria de Guimaraes	2:12.29		139

Master Esc H

1.	Ana Maria Ferreira	50	Alges	1:24.93		594
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Master Esc I

1.	Celia Stichini Quartin	44	Pimpoes/Cimai	1:54.11		307
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Master Esc J

1.	Nair Gomes Sa	39	Nadadores dos Estoris	2:32.91		179
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Prova 34 Masc., 100m Mariposa 25 - 89 anos
4.7.10 - 16:05 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Luis Paulo Gomes	82	Nacional	1:03.74		661
2.	Mario Jorge Costa	84	Vilacondense	1:10.39		491
3.	Jorge Jesus Bandeira	82	Ginasio Figueirense	1:13.54		431
4.	Juan Carlos Briceno	82	Academica de Coimbra	1:19.89		336

Master Esc B

1.	Rui Manuel Pinto	79	Leixoes	1:09.52		514
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XII Campeonato Nacional Masters de Verão - OPEN
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 34, Masc., 100m Mariposa

Master Esc C

1. Bruno Lagorsse Pontes	75	Vilacondense	1:14.21	455
2. Sergio David Silva	73	Natacao da Maia	1:20.36	358
3. Urbino Jesus Santos	75	Natacao da Maia	1:23.46	319
DNS Vitor Fortes Cunha	71	Belenenses		

Master Esc D

1. Eurico Manuel Santos	70	Belenenses	1:09.80	593
2. Paulo Guilherme Martins	68	Ginasio Figueirense	1:13.28	513
3. Carlos Alberto Alves	67	Leixoes	1:18.52	417
4. Joao Carlos Pereira	69	Masters de Almada	1:24.64	333
5. Jose Salvador Faustino	68	Portinado	1:35.18	234

Master Esc E

1. Jorge Eduardo Faria	64	Alges	1:02.27	955
2. Filipe Jose Horta	64	Millennium BCP	1:30.70	309

Master Esc F

1. Jose Luis Correia	59	Nadadores dos Estoris	1:40.31	249
2. Joao Manuel Ruas	60	Belenenses	1:45.70	213

Master Esc G

1. Rui Manuel Palma	54	Portugal Telecom	1:25.05	433
2. Walter Emunds	52	Portinado	2:08.87	124

Master Esc I

1. Orlando Gomes Bairrada	45	Nadadores dos Estoris	1:24.90	719
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Prova 35

Femin., 200m Costas

25 - 89 anos

4.7.10 - 16:15

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Catia Marisa Valente	84	Luz e Vida	2:48.64		515
	100m: 1:22.51 1:22.51	200m: 2:48.64 1:26.13				
2.	Joana Margarida Gaspar	83	Nadadores dos Estoris	2:59.05		430
	100m: 1:28.18 1:28.18	200m: 2:59.05 1:30.87				
3.	Ana Filipa Moreto	84	Leixoes	2:59.37		428
	100m: 1:28.32 1:28.32	200m: 2:59.37 1:31.05				
4.	Sara Martins Pires	83	Galitos	3:10.85		355
	100m: 1:33.15 1:33.15	200m: 3:10.85 1:37.70				
5.	Ana Lucia Rolo	81	Ginasio Figueirense	3:10.89		355
	100m: 1:32.32 1:32.32	200m: 3:10.89 1:38.57				

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Reguengos de Monsaraz, 3. - 4.7.2010

Prova 35, Femin., 200m Costas

Master Esc B

1. Elsa Maria Fumega	78	Leixoes	3:13.36	372
100m: 1:33.99 1:33.99	200m: 3:13.36 1:39.37			
2. Marta Isabel Duque	76	Setubalense	3:56.98	202
100m: 1:58.22 1:58.22	200m: 3:56.98 1:58.76			

Master Esc C

DSQ Fernanda Maria Santinha 72 Masters de Almada
Na viragem ao 100 m efectuou duas braçadas após assumir posição ventral-SW 6.4

Master Esc D

1. Isabel Batista Ferreira	67	Belenenses	3:00.02	527
100m: 1:27.82 1:27.82	200m: 3:00.02 1:32.20			
2. Claudia Pereira Reis	68	Ginasio Figueirense	4:06.88	204
100m: 2:01.69 2:01.69	200m: 4:06.88 2:05.19			

DNS Ana Paula Grilo 69 Individual do Alentejo

Master Esc E

1. Maria Luisa Oliveira	61	Academica de Coimbra	3:42.13	390
100m: 1:48.84 1:48.84	200m: 3:42.13 1:53.29			
2. Paula Margarida Almeida	63	Ginasio Figueirense	5:23.16	126
100m: 2:43.94 2:43.94	200m: 5:23.16 2:39.22			

Master Esc G

1. Margarida Morais Torres	55	Academica de Coimbra	5:13.63	207
100m: 2:35.34 2:35.34	200m: 5:13.63 2:38.29			

Prova 36
4.7.10 - 16:25

Masc., 400m Livres

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	David Oliveira Gorgulho	82	Litoral Alentejano	4:42.14		626
	100m: 1:05.94 1:05.94	200m: 2:19.01 1:13.07	300m: 3:31.03 1:12.02	400m: 4:42.14 1:11.11		
2.	Andre Silva Bastos	83	Feirense	4:57.54		534
	100m: 1:09.87 1:09.87	200m: 2:26.38 1:16.51	300m: 3:43.09 1:16.71	400m: 4:57.54 1:14.45		
3.	Ivan Mauricio Couras	81	Leixoes	5:02.97		506
	100m: 1:12.12 1:12.12	200m: 2:29.74 1:17.62	300m: 3:48.36 1:18.62	400m: 5:02.97 1:14.61		
4.	Juan Carlos Briceno	82	Academica de Coimbra	5:17.30		440
	100m: 1:12.62 1:12.62	200m: 2:34.61 1:21.99	300m: 3:57.82 1:23.21	400m: 5:17.30 1:19.48		

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

Prova 36, Masc., 400m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Pablo Manuel Tavares	84	Masters de Almada	5:53.35		319
	100m: 1:19.77 1:19.77	200m: 2:51.18 1:31.41	300m: 4:26.17 1:34.99	400m: 5:53.35		1:27.18

Master Esc B

1.	Pedro Miguel Silva	76	Vilacondense	4:24.31		754
	100m: 1:02.98 1:02.98	200m: 2:09.87 1:06.89	300m: 3:17.13 1:07.26	400m: 4:24.31		1:07.18
2.	Rodrigo Marques Costa	76	Litoral Alentejano	4:52.92		554
	100m: 1:09.95 1:09.95	200m: 2:23.62 1:13.67	300m: 3:39.03 1:15.41	400m: 4:52.92		1:13.89
3.	Rui Manuel Pinto	79	Leixoes	5:00.48		513
	100m: 1:11.69 1:11.69	200m: 2:31.01 1:19.32	300m: 3:49.15 1:18.14	400m: 5:00.48		1:11.33
4.	Diogo Pedroso Almeida	77	Belenenses	5:07.20		480
	100m: 1:11.88 1:11.88	200m: 2:32.01 1:20.13	300m: 3:54.15 1:22.14	400m: 5:07.20		1:13.05
5.	Carlos Chan Cordeiro	77	Portinado	5:09.13		471
	100m: 1:11.96 1:11.96	200m: 2:29.44 1:17.48	300m: 3:48.70 1:19.26	400m: 5:09.13		1:20.43
6.	Manuel Fialho Silva	77	Belenenses	5:10.76		464
	100m: 1:11.54 1:11.54	200m: 2:31.70 1:20.16	300m: 3:53.67 1:21.97	400m: 5:10.76		1:17.09
7.	Ricardo Manuel Silvestre	79	Litoral Alentejano	5:12.32		457
	100m: 1:17.31 1:17.31	200m: 2:35.13 1:17.82	300m: 3:53.66 1:18.53	400m: 5:12.32		1:18.66
8.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	5:24.05		409
	100m: 1:14.55 1:14.55	200m: 2:36.86 1:22.31	300m: 4:01.20 1:24.34	400m: 5:24.05		1:22.85
9.	Alexandre Marques Pereira	76	Belenenses	5:30.57		385
	100m: 1:17.36 1:17.36	200m: 2:44.04 1:26.68	300m: 4:08.27 1:24.23	400m: 5:30.57		1:22.30
10.	Rui Alexandre Santos	76	Nadadores dos Estoris	5:37.19		363
	100m: 1:17.44 1:17.44	200m: 2:44.57 1:27.13	300m: 4:12.99 1:28.42	400m: 5:37.19		1:24.20
11.	Nelson Palma Mestre	80	Academica de Coimbra	5:40.97		351
	100m: 1:17.65 1:17.65	200m: 2:46.34 1:28.69	300m: 4:15.64 1:29.30	400m: 5:40.97		1:25.33
12.	Eduardo Jose Amaral	78	Pimpoes/Cimai	6:17.09		259
	100m: 1:23.29 1:23.29	200m: 2:58.59 1:35.30	300m: 4:37.96 1:39.37	400m: 6:17.09		1:39.13

Master Esc C

1.	Rui Fonseca Vaz	71	Colegio Vasco da Gama	4:44.67		640
	100m: 1:08.42 1:08.42	200m: 2:20.83 1:12.41	300m: 3:33.69 1:12.86	400m: 4:44.67		1:10.98
2.	Pedro Nuno Braga	74	Natacao da Maia	5:07.75		507
	100m: 1:12.60 1:12.60	200m: 2:32.21 1:19.61	300m: 3:52.43 1:20.22	400m: 5:07.75		1:15.32
3.	Eduardo Dias Pratas	75	Setubalense	5:28.10		418
	100m: 1:18.07 1:18.07	200m: 2:43.27 1:25.20	300m: 4:07.30 1:24.03	400m: 5:28.10		1:20.80
4.	Nuno Alexandre Crespo	75	Belenenses	5:29.61		412
	100m: 1:19.39 1:19.39	200m: 2:43.22 1:23.83	300m: 4:06.55 1:23.33	400m: 5:29.61		1:23.06
5.	Urbino Jesus Santos	75	Natacao da Maia	5:49.12		347
	100m: 1:21.69 1:21.69	200m: 2:51.82 1:30.13	300m: 4:23.33 1:31.51	400m: 5:49.12		1:25.79

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Reguengos de Monsaraz, 3. - 4.7.2010

Prova 36, Masc., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Nuno Andre Ramalhao	73	Gespacos	6:02.65		309
	100m: 1:23.80 1:23.80	200m: 2:56.50 1:32.70	300m: 4:31.47 1:34.97	400m: 6:02.65		1:31.18
7.	Telmo Miguel Veloso	75	Leixoes	6:47.27		218
	100m: 1:33.09 1:33.09	200m: 3:17.36 1:44.27	300m: 5:04.24 1:46.88	400m: 6:47.27		1:43.03
DSQ	Mario Antonio Caeiro	71	Masters de Almada			
	<i>Falsa partida-SW 4.4</i>					

Master Esc D

1.	Christophe Coutanceau	67	Nageurs De Paris	5:06.69		549
	100m: 1:11.25 1:11.25	200m: 2:28.55 1:17.30	300m: 3:48.66 1:20.11	400m: 5:06.69		1:18.03
2.	Rui Jorge Ferreira	68	Galitos	5:23.98		466
	100m: 1:15.99 1:15.99	200m: 2:40.60 1:24.61	300m: 4:04.96 1:24.36	400m: 5:23.98		1:19.02
3.	Luis Paulo Piteira	68	Setubalense	5:27.69		450
	100m: 1:17.65 1:17.65	200m: 2:41.12 1:23.47	300m: 4:04.99 1:23.87	400m: 5:27.69		1:22.70
4.	Pedro Alexandre Fernando	67	Academica de Coimbra	5:34.63		423
	100m: 1:18.52 1:18.52	200m: 2:44.59 1:26.07	300m: 4:11.46 1:26.87	400m: 5:34.63		1:23.17
5.	Jorg Lohken	68	Individual Lisboa	5:42.32		395
	100m: 1:17.95 1:17.95	200m: 2:45.61 1:27.66	300m: 4:14.87 1:29.26	400m: 5:42.32		1:27.45
6.	Francisco Jose Dias	69	Portinado	6:24.04		279
	100m: 1:31.27 1:31.27	200m: 3:12.85 1:41.58	300m: 4:53.01 1:40.16	400m: 6:24.04		1:31.03
7.	Jose Manuel Brandao	70	Desportiva de Viana	6:29.95		267
	100m: 1:28.09 1:28.09	200m: 3:07.82 1:39.73	300m: 4:50.27 1:42.45	400m: 6:29.95		1:39.68
8.	Paulo Alexandre Neves	66	Leixoes	7:02.09		210
	100m: 1:38.33 1:38.33	200m: 3:28.95 1:50.62	300m: 5:20.44 1:51.49	400m: 7:02.09		1:41.65
9.	Fernando Manuel Santana	68	Belenenses	7:17.08		189
	100m: 1:42.53 1:42.53	200m: 3:35.76 1:53.23	300m: 5:27.85 1:52.09	400m: 7:17.08		1:49.23
DNS	Marco Santos Carrasco	68	Portinado			

Master Esc E

1.	Jose Carlos Freitas	63	Fluvial Portuense	4:31.22		909
	100m: 1:05.54 1:05.54	200m: 2:14.25 1:08.71	300m: 3:23.62 1:09.37	400m: 4:31.22		1:07.60
2.	Jaime Carlos Bento	61	Alges	5:10.26		607
	100m: 1:11.43 1:11.43	200m: 2:31.20 1:19.77	300m: 3:53.36 1:22.16	400m: 5:10.26		1:16.90
3.	Jose Maria Rodriguez Zamora	61	C.N. Huelva	5:19.40		556
	100m: 1:14.27 1:14.27	200m: 2:35.07 1:20.80	300m: 3:57.62 1:22.55	400m: 5:19.40		1:21.78
4.	Armando Joao Costa	63	Pimpoes/Cimai	5:46.83		434
	100m: 1:23.52 1:23.52	200m: 2:54.54 1:31.02	300m: 4:24.27 1:29.73	400m: 5:46.83		1:22.56
5.	Francisco Jorge Ferreira	62	Academica de Coimbra	6:19.19		332
	100m: 1:29.77 1:29.77	200m: 3:07.18 1:37.41	300m: 4:44.86 1:37.68	400m: 6:19.19		1:34.33
6.	Vitor Borges Carvalho	64	Desportiva de Viana	6:43.11		277
	100m: 1:31.71 1:31.71	200m: 3:14.88 1:43.17	300m: 5:00.80 1:45.92	400m: 6:43.11		1:42.31

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Prova 36, Masc., 400m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Fernando Diogo Duarte	62	Individual Aveiro	7:13.76		222
	100m: 1:44.50 1:44.50	200m: 3:39.11 1:54.61	300m: 5:30.23 1:51.12	400m: 7:13.76		1:43.53

Master Esc F

1.	Vitor Manuel Mavioso	56	Alges	5:40.10		491
	100m: 1:19.77 1:19.77	200m: 2:47.28 1:27.51	300m: 4:15.10 1:27.82	400m: 5:40.10		1:25.00
2.	Antonio Coelho Moura	60	Pimpoes/Cimai	6:29.11		328
	100m: 1:29.56 1:29.56	200m: 3:09.71 1:40.15	300m: 4:50.75 1:41.04	400m: 6:29.11		1:38.36
DSQ	Antonio Costa Raposo	58	Portinado			
	<i>Falsa partida-SW 4.4</i>					

Master Esc G

1.	Carlos Alberto Serra	55	Luz e Vida	5:49.97		547
	100m: 1:21.64 1:21.64	200m: 2:51.40 1:29.76	300m: 4:21.38 1:29.98	400m: 5:49.97		1:28.59
2.	Carlos Augusto Correia	52	Masters de Almada	6:30.51		394
	100m: 1:32.75 1:32.75	200m: 3:13.47 1:40.72	300m: 4:54.13 1:40.66	400m: 6:30.51		1:36.38
3.	Hugo Francisco Figueiredo	53	Academica de Coimbra	7:15.27		284
	100m: 1:44.71 1:44.71	200m: 3:40.38 1:55.67	300m: 5:32.65 1:52.27	400m: 7:15.27		1:42.62
4.	Domingos Pinto Coelho	52	Individual Lisboa	7:20.83		273
	100m: 1:44.60 1:44.60	200m: 3:39.81 1:55.21	300m: 5:33.27 1:53.46	400m: 7:20.83		1:47.56
5.	Jose Carlos Neto	53	Ginasio Figueirense	8:05.45		205
	100m: 1:50.52 1:50.52	200m: 3:57.22 2:06.70	300m: 6:05.32 2:08.10	400m: 8:05.45		2:00.13

Master Esc H

DNS	Stephen Thomas Dyson	47	Belenenses			
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Prova 37

Femin., 50m Mariposa

25 - 89 anos

4.7.10 - 17:10

Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diana Raquel Pacheco	84	Leixoes	33.28		672
2.	Ana Mafalda Oliveira	81	Natacao da Maia	33.89		636
3.	Joana Margarida Gaspar	83	Nadadores dos Estoris	35.00		577
4.	Silvia Raquel Mendonca	81	Leixoes	39.91		389

Master Esc B

1.	Sonia Oliveira Vilar	79	Vilacondense	34.41		588
2.	Elsa Maria Fumega	78	Leixoes	36.87		478
3.	Patricia Vanessa Rossetto	77	Portinado	48.78		206

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

Prova 37, Femin., 50m Mariposa

Master Esc C

1. Carla Alexandra Seoane	73	Masters de Almada	35.75	547
2. Cesarina Isabel Miguens	73	CCD Lagos/Multi	38.67	432
3. Carla Joana Macieirinha	71	Leixoes	39.23	414
4. Cristina Fernandes Silva	71	Academica de Coimbra	51.55	182

Master Esc D

1. Isabel Batista Ferreira	67	Belenenses	34.75	621
2. Maria Adriana Viseu	66	Leixoes	40.47	393
3. Rosalina Bessa Babo	67	Propaganda da Natacao	42.16	348
4. Maria Clara Sousa	68	Masters de Almada	45.23	281
5. Marina Isabel Mendes	68	Masters de Almada	49.67	212
6. Ana Bernardo Barbara	70	Portinado	58.49	130

Master Esc E

1. Eugenia Maria Cunha	62	Academica de Coimbra	36.40	588
2. Amelia Ponte Galhardo	64	CCD Lagos/Multi	36.86	566
3. Maribel Santos Fernandes	65	Leixoes	37.78	526
4. Maria Santos Fernandes	62	Leixoes	45.19	307
5. Maria Luisa Oliveira	61	Academica de Coimbra	52.88	191
6. Maria Jose Francisco	62	Leixoes	54.76	172

Master Esc F

1. Maria Teresa Oliveira	57	Academica de Coimbra	43.26	443
2. Leila Castro Esteves	60	Portinado	54.65	219

Master Esc G

1. Shigeko Mizuno	52	Pimpoes/Cimai	55.37	222
2. Isabel Costa Monteiro	53	Academica de Coimbra	56.09	214
3. Maria Felix Ferreira	54	Alges	59.15	182

Master Esc H

1. Ana Maria Ferreira	50	Alges	43.59	591
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Master Esc I

1. Celia Stichini Quartin	44	Pimpoes/Cimai	1:07.32	198
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XII Campeonato Nacional Masters de Verão - OPEN
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 38 Masc., 200m Bruços 25 - 89 anos
4.7.10 - 17:15 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Daniel Filipe Fernandes	85	Campinho	2:57.19		514
	100m: 1:24.53 1:24.53	200m: 2:57.19 1:32.66				
2.	Luis Miguel Martinho	84	Nautica do Seixal/Emisa	3:03.78		460
	100m: 1:27.78 1:27.78	200m: 3:03.78 1:36.00				
3.	Joao Tiago Ferraz	84	Galitos	3:07.88		431
	100m: 1:29.13 1:29.13	200m: 3:07.88 1:38.75				
4.	Rogério Filipe Vieira	84	Galitos	3:14.95		386
	100m: 1:33.17 1:33.17	200m: 3:14.95 1:41.78				
5.	Jose Manuel Antunes	82	Galitos	3:18.22		367
	100m: 1:34.97 1:34.97	200m: 3:18.22 1:43.25				
6.	Pedro Guedes Silva	82	Belenenses	3:39.46		270
	100m: 1:49.24 1:49.24	200m: 3:39.46 1:50.22				

Master Esc B

1.	Patrick Santos	79	Nageurs De Paris	2:44.58		622
	100m: 1:19.05 1:19.05	200m: 2:44.58 1:25.53				
2.	Rodrigo Marques Costa	76	Litoral Alentejano	2:44.70		621
	100m: 1:18.06 1:18.06	200m: 2:44.70 1:26.64				
3.	Nuno Ricardo Antunes	78	Academico de Leiria	3:01.72		462
	100m: 1:27.39 1:27.39	200m: 3:01.72 1:34.33				
4.	Carlos Sobral Silva	77	Setubalense	3:15.74		370
	100m: 1:37.32 1:37.32	200m: 3:15.74 1:38.42				
5.	Alexandre Marques Pereira	76	Belenenses	3:27.59		310
	100m: 1:42.97 1:42.97	200m: 3:27.59 1:44.62				
6.	Jose Orlando Novais	78	Vitoria de Guimaraes	3:28.22		307
	100m: 1:39.72 1:39.72	200m: 3:28.22 1:48.50				
7.	Ricardo Jose Quiterio	77	Salvaterra Magos	4:08.01		181
	100m: 1:57.20 1:57.20	200m: 4:08.01 2:10.81				

Master Esc C

1.	Rui Nuno Pereira	74	Galitos	2:59.32		494
	100m: 1:26.35 1:26.35	200m: 2:59.32 1:32.97				
2.	Joao Miguel Faria	71	Leixoes	3:16.38		376
	100m: 1:34.97 1:34.97	200m: 3:16.38 1:41.41				
3.	Miguel Varela Santos	74	Galitos	3:22.65		342
	100m: 1:34.75 1:34.75	200m: 3:22.65 1:47.90				
4.	Nuno Alexandre Crespo	75	Belenenses	3:25.71		327
	100m: 1:38.68 1:38.68	200m: 3:25.71 1:47.03				

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

Prova 38, Masc., 200m Bruços, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Jose Miguel Gomes 100m: 1:44.05 1:44.05	72	Belenenses	3:32.12	1:48.07	298
6.	Abilio Manuel Antonio 100m: 1:43.44 1:43.44	72	Pimpoes/Cimai	3:39.26	1:55.82	270
7.	Jose Antonio Vilao 100m: 1:55.02 1:55.02	72	Salvaterra Magos	3:58.71	2:03.69	209
8.	Helder Manuel Galvao 100m: 2:02.32 2:02.32	74	Salvaterra Magos	4:28.05	2:25.73	148

Master Esc D

1.	Joao Pedro Ventura 100m: 1:37.73 1:37.73	69	Masters de Almada	3:20.24	1:42.51	423
2.	Manuel Vasques Quintino 100m: 1:46.13 1:46.13	68	Portugal Telecom	3:33.88	1:47.75	347
3.	Carlos Manuel Anjos 100m: 1:44.07 1:44.07	66	Galitos	3:36.69	1:52.62	333
4.	Antonio Manuel Santinha 100m: 1:55.96 1:55.96	69	Masters de Almada	3:54.03	1:58.07	265

DNS Gustavo Ferreira Basto 67 Galitos

Master Esc E

1.	Germano Oliveira Velha 100m: 1:28.76 1:28.76	62	Alges	3:06.58	1:37.82	562
2.	Ralf Pinto Soares 100m: 1:32.08 1:32.08	64	Nadadores dos Estoris	3:11.37	1:39.29	521
3.	Joao Manuel Silva 100m: 1:32.00 1:32.00	63	Millennium BCP	3:14.64	1:42.64	495
4.	Martin Bernhard 100m: 1:40.28 1:40.28	65	Academico de Leiria	3:27.44	1:47.16	409
5.	Joao Paulo Campos 100m: 1:39.52 1:39.52	65	Leixoes	3:29.99	1:50.47	394
6.	Joao Paulo Coroado 100m: 1:43.83 1:43.83	63	Academica de Coimbra	3:36.12	1:52.29	361
7.	Fernando Manuel Serra 100m: 1:49.78 1:49.78	64	Millennium BCP	3:52.64	2:02.86	290
8.	Adriano Manuel Barradas 100m: 2:03.57 2:03.57	65	Millennium BCP	4:11.56	2:07.99	229

DSQ Joao Paulo Almeida 64 Ginasio Figueirense

Falsa partida-SW 4.4

DNS Manuel Alberto Pinho 61 Leixoes

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Reguengos de Monsaraz, 3. - 4.7.2010

Prova 38, Masc., 200m Bruços

Master Esc F

1.	Jose Santos Silva	57	Natacao da Maia	3:13.16	581
	100m: 1:35.66 1:35.66	200m: 3:13.16 1:37.50			
2.	Luis Cavaleiro Madeira	57	Belenenses	3:27.07	471
	100m: 1:38.58 1:38.58	200m: 3:27.07 1:48.49			
3.	Jose Guilherme Oliveira	60	Belenenses	3:27.57	468
	100m: 1:41.03 1:41.03	200m: 3:27.57 1:46.54			
4.	Hermano Botelho Almeida	56	Portugal Telecom	4:22.70	231
	100m: 2:07.41 2:07.41	200m: 4:22.70 2:15.29			

DNS Jorge Morais Torres 57 Natacao da Guarda

Master Esc G

1.	Carlos Alberto Serra	55	Luz e Vida	3:20.49	554
	100m: 1:38.66 1:38.66	200m: 3:20.49 1:41.83			
2.	Mario Jorge Melo	51	Belenenses	3:59.72	324
	100m: 1:56.99 1:56.99	200m: 3:59.72 2:02.73			
3.	Antonio Alves Cecilio	54	Gespacos	4:02.79	312
	100m: 1:55.34 1:55.34	200m: 4:02.79 2:07.45			
4.	Walter Emunds	52	Portinado	4:13.50	274
	100m: 2:03.52 2:03.52	200m: 4:13.50 2:09.98			
5.	Jose Henrique Madail	54	Galitos	4:24.96	240
	100m: 2:07.33 2:07.33	200m: 4:24.96 2:17.63			

Master Esc H

1.	Joaquim Fidalgo Freitas	47	Academica de Coimbra	3:39.98	516
	100m: 1:45.72 1:45.72	200m: 3:39.98 1:54.26			
2.	Jose Jesus Lourenco	47	Portugal Telecom	4:39.49	252
	100m: 2:13.01 2:13.01	200m: 4:39.49 2:26.48			

Master Esc I

1.	Antonio Bessone Basto	45	Alges	3:27.08	707
	100m: 1:41.77 1:41.77	200m: 3:27.08 1:45.31			
2.	Helder Manuel Moreira	44	Galitos	4:02.50	440
	100m: 1:56.21 1:56.21	200m: 4:02.50 2:06.29			

DNF Alexandre Azevedo Gaspar 45 Alges
SW 10.1

Master Esc J

1.	Joao Rodrigues Teixeira	37	Academica de Coimbra	4:33.92	360
	100m: 2:16.37 2:16.37	200m: 4:33.92 2:17.55			
2.	Manuel Monteiro Tenreiro	40	Academica de Coimbra	5:08.37	252
	100m: 2:33.26 2:33.26	200m: 5:08.37 2:35.11			

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Prova 38, Masc., 200m Bruços

Master Esc L

1. Leonel Sousa Gomes	30	Academica de Coimbra	4:25.28	774
100m: 2:08.06 2:08.06	200m: 4:25.28 2:17.22			

Prova 39
4.7.10 - 17:45

Femin., 200m Estilos

25 - 89 anos
Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Catia Marisa Valente	84	Luz e Vida	2:47.96		603
	100m: 1:21.49 1:21.49	200m: 2:47.96 1:26.47				
2.	Alexandra Adelinovna Inacio	83	Belenenses	3:21.27		350
	100m: 1:39.31 1:39.31	200m: 3:21.27 1:41.96				
3.	Ana Lucia Rolo	81	Ginasio Figueirense	3:21.63		349
	100m: 1:29.89 1:29.89	200m: 3:21.63 1:51.74				
4.	Silvia Raquel Mendonca	81	Leixoes	3:45.12		250
	100m: 1:46.46 1:46.46	200m: 3:45.12 1:58.66				
DNS	Cornelia Schneider	81	Academica de Coimbra			

Master Esc B

1.	Ana Carina Lopes	80	Leixoes	2:46.69		630
	100m: 1:19.61 1:19.61	200m: 2:46.69 1:27.08				
2.	Liliana Elisabete Baptista	78	Leixoes	2:59.46		505
	100m: 1:25.06 1:25.06	200m: 2:59.46 1:34.40				
	Joana Isabel Cunha	80	Belenenses	2:59.46		505
	100m: 1:27.08 1:27.08	200m: 2:59.46 1:32.38				
4.	Marisa Joao Costa	76	Campinho	3:24.01		343
	100m: 1:39.76 1:39.76	200m: 3:24.01 1:44.25				
5.	Victoria Mandrik	78	Belenenses	3:36.03		289
	100m: 1:52.17 1:52.17	200m: 3:36.03 1:43.86				
6.	Ana Carina Guerreiro	77	Belenenses	3:45.90		253
	100m: 1:53.50 1:53.50	200m: 3:45.90 1:52.40				
7.	Ana Vieira Luz	78	Belenenses	3:47.24		248
	100m: 1:56.30 1:56.30	200m: 3:47.24 1:50.94				
DNS	Joana Araujo Gameiro	78	Belenenses			

Master Esc C

1.	Maria Luisa Costa	74	Leixoes	2:49.20		593
	100m: 1:17.42 1:17.42	200m: 2:49.20 1:31.78				
2.	Ana Claudia Jorge	72	Academica de Coimbra	3:48.15		241
	100m: 1:50.03 1:50.03	200m: 3:48.15 1:58.12				

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

Prova 39, Femin., 200m Estilos, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Raquel Joana Rodrigues 100m: 1:51.73 1:51.73 200m: 3:48.84 1:57.11	75	Gespacos	3:48.84		239
4.	Fernanda Maria Santinha 100m: 2:09.50 2:09.50 200m: 4:08.27 1:58.77	72	Masters de Almada	4:08.27		187
DNS	Cristina Fernandes Silva	71	Academica de Coimbra			

Master Esc D

1.	Maria Manuela Sequeira 100m: 1:43.11 1:43.11 200m: 3:24.43 1:41.32	68	Academica de Coimbra	3:24.43		377
2.	Ana Bernardo Barbara 100m: 2:17.66 2:17.66 200m: 4:32.60 2:14.94	70	Portinado	4:32.60		159

Master Esc E

1.	Maribel Santos Fernandes 100m: 1:33.74 1:33.74 200m: 3:18.74 1:45.00	65	Leixoes	3:18.74		513
2.	Maria Margarida Urbano 100m: 1:50.28 1:50.28 200m: 3:38.32 1:48.04	63	Academica de Coimbra	3:38.32		387
3.	Maria Joao Ribeiro 100m: 1:59.49 1:59.49 200m: 3:43.25 1:43.76	65	Nadadores dos Estoris	3:43.25		362
4.	Maria Madalena Caninas 100m: 2:14.81 2:14.81 200m: 4:25.49 2:10.68	63	Masters de Almada	4:25.49		215
5.	Wanda Maria Gao 100m: 2:14.35 2:14.35 200m: 4:28.76 2:14.41	62	CCD Lagos/Multi	4:28.76		207

Master Esc F

1.	Leila Castro Esteves 100m: 2:05.83 2:05.83 200m: 4:17.02 2:11.19	60	Portinado	4:17.02		255
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Master Esc G

1.	Margarida Morais Torres 100m: 2:16.01 2:16.01 200m: 4:18.54 2:02.53	55	Academica de Coimbra	4:18.54		296
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XII Campeonato Nacional Masters de Verão - OPEN
Reguengos de Monsaraz, 3. - 4.7.2010

Prova 40 Masc., 50m Livres 25 - 89 anos
4.7.10 - 18:05 Resultados

Pontos: DSV Masters 04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Master Esc A						
1.	Andre Silva Bastos	83	Feirense	25.74		689
2.	David Oliveira Gorgulho	82	Litoral Alentejano	26.25		650
3.	Dario Francisco Vaz	83	Nautica do Seixal/Emisa	26.63		622
4.	Mario Jorge Costa	84	Vilacondense	26.99		598
5.	Ricardo Jorge Silva	82	Galitos	27.51		564
6.	Guilherme Luis Goncalves	83	Nautica do Seixal/Emisa	27.53		563
7.	Emanuel David Oliveira	85	Natacao da Maia	27.61		558
8.	Miguel Santos Coelho	82	Vilacondense	27.66		555
9.	Joao Tiago Ferraz	84	Galitos	27.93		539
10.	Carlos Granadeiro Dias	81	Portinado	28.39		513
11.	Pablo Manuel Tavares	84	Masters de Almada	28.67		499
12.	Ivan Mauricio Couras	81	Leixoes	28.87		488
13.	Luis Filipe Ramos	81	Galitos	28.92		486
14.	Armindo Manuel Lobo	84	Vitoria de Guimaraes	29.03		480
15.	Tiago Miguel Lima	83	Nautica do Seixal/Emisa	30.07		432
16.	Daniel Filipe Fernandes	85	Campinho	30.16		428
17.	Jorge Jesus Bandeira	82	Ginasio Figueirense	30.19		427
18.	Jose Paulo Santos	84	Vitoria de Guimaraes	30.25		424
19.	Joao Carlos Malta	82	Natacao da Maia	30.61		410
20.	Joao Carlos Carvalhais	83	Campinho	31.95		360
21.	Joel Orlando Sarabando	82	Campinho	39.14		196
DNS	Rui Santos Cacoete	82	Ginasio Figueirense			
DNS	Pedro Guedes Silva	82	Belenenses			

Master Esc B

1.	Silvere Schuster	79	Nageurs De Paris	27.11		616
2.	Nuno Miguel Guerra	77	Leixoes	28.01		558
3.	Nelson Palma Mestre	80	Academica de Coimbra	28.32		540
4.	Nuno Ricardo Antunes	78	Academico de Leiria	28.42		534
5.	Olivier Collet	78	Nageurs De Paris	28.51		529
6.	Carlos Chan Cordeiro	77	Portinado	28.55		527
7.	Ricardo Manuel Lobo	80	Vitoria de Guimaraes	29.67		470
8.	Nuno Miguel Dias	76	Setubalense	29.90		459
9.	Tiago Goncalo Ribeiro	80	Pimpoes/Cimai	29.97		456
10.	Ricardo Manuel Silvestre	79	Litoral Alentejano	30.47		434
11.	Rui Alexandre Santos	76	Nadadores dos Estoris	30.95		414
12.	Edgar Manuel Guimaraes	80	Vitoria de Guimaraes	32.90		344
13.	Goncalo Jorge Romao	79	Litoral Alentejano	33.29		332
14.	Eduardo Jose Amaral	78	Pimpoes/Cimai	33.64		322
15.	Jose Orlando Novais	78	Vitoria de Guimaraes	35.93		264
16.	Ricardo Jose Quiterio	77	Salvaterra Magos	36.57		251
DNS	Jorge Barroca Varela	76	Pimpoes/Cimai			

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Prova 40, Masc., 50m Livres

Master Esc C

1.	Pedro Nuno Braga	74	Natacao da Maia	27.56	592
2.	Sergio David Silva	73	Natacao da Maia	28.20	553
3.	Bruno Lagorsse Pontes	75	Vilacondense	28.84	517
4.	Miguel Varela Santos	74	Galitos	29.56	480
5.	Joao Pedro Matias	74	Academica de Coimbra	29.87	465
6.	Francisco Gonzalez Rodriguez	75	C.N. Huelva	31.54	395
7.	Mario Antonio Caeiro	71	Masters de Almada	32.35	366
8.	Paulo Alexandre Soares	75	Salvaterra Magos	34.71	296
9.	Nuno Cristiano Pereira	73	Leixoes	34.99	289
10.	Telmo Miguel Veloso	75	Leixoes	36.78	249
11.	Jose Antonio Vilao	72	Salvaterra Magos	37.18	241
12.	Norberto Matos Pereira	75	Vitoria de Guimaraes	37.44	236
13.	Helder Manuel Galvao	74	Salvaterra Magos	37.94	227
14.	Abilio Manuel Antonio	72	Pimpoes/Cimai	40.47	187
DNS	Nuno Andre Ramalhao	73	Gespacos		
DNS	Vitor Fortes Cunha	71	Belenenses		
DNS	Jose Miguel Gomes	72	Belenenses		
DNS	Manuel Fernandes Rocha	72	Desportiva de Viana		

Master Esc D

1.	Pedro Alexandre Fernando	67	Academica de Coimbra	28.64	619
2.	Rui Jorge Ferreira	68	Galitos	29.51	566
3.	Paulo Guilherme Martins	68	Ginasio Figueirense	30.26	525
4.	Gustavo Ferreira Basto	67	Galitos	30.44	516
5.	Francisco Jose Dias	69	Portinado	30.67	504
6.	Jorg Lohken	68	Individual Lisboa	31.23	478
7.	Luis Paulo Piteira	68	Setubalense	32.07	441
8.	Jose Salvador Faustino	68	Portinado	32.35	430
9.	Marco Paulo Silva	70	Vilacondense	33.12	400
10.	Manuel Vasques Quintino	68	Portugal Telecom	33.26	395
11.	Fernando Manuel Mascarenhas	67	Leixoes	33.45	389
12.	Carlos Manuel Anjos	66	Galitos	34.42	357
13.	Antonio Manuel Santinha	69	Masters de Almada	34.65	350
14.	Fernando Manuel Santana	68	Belenenses	38.88	247
15.	Francisco Goncalves Malheiro	69	Desportiva de Viana	39.75	231
DSQ	Miguel Jose Ferreira	70	Leixoes		
	<i>Falsa Partida - SW 4.4</i>				
DSQ	Paulo Jorge Ferreira	67	Pimpoes/Cimai		
	<i>Falsa Partida - SW 4.4</i>				
DNS	Marco Santos Carrasco	68	Portinado		
DNS	Eurico Manuel Santos	70	Belenenses		

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Prova 40, Masc., 50m Livres

Master Esc E

1.	Jorge Eduardo Faria	64	Alges	26.29	812
2.	Jaime Carlos Bento	61	Alges	29.47	576
3.	Joao Forte Pelaio	64	Ginasio Figueirense	29.88	553
4.	Joao Manuel Silva	63	Millennium BCP	30.46	522
5.	Filipe Jose Horta	64	Millennium BCP	30.58	516
6.	Joaquim Jorge Ramalhao	65	Gespacos	30.80	505
7.	Antonio Jorge Martinho	65	Academica de Coimbra	31.30	481
8.	Armando Joao Costa	63	Pimpoes/Cimai	32.38	434
9.	Fernando Diogo Duarte	62	Individual Aveiro	34.55	357
10.	Fernando Manuel Serra	64	Millennium BCP	35.08	341
11.	Francisco Jorge Ferreira	62	Academica de Coimbra	35.11	341
12.	Joao Paulo Coroado	63	Academica de Coimbra	35.54	328
13.	Rogério Castro Almeida	64	Individual Aveiro	38.97	249
14.	Adriano Manuel Barradas	65	Millennium BCP	44.79	164

Master Esc F

1.	Vitor Manuel Mavioso	56	Alges	31.14	540
2.	Eduardo Jorge Cohen	59	Leixoes	31.46	524
3.	Antonio Gaspar Freitas	56	Leixoes	31.90	503
4.	Rolando Manuel Freitas	59	Leixoes	33.24	444
5.	Jose Luis Correia	59	Nadadores dos Estoris	35.58	362
6.	Joao Manuel Ruas	60	Belenenses	35.86	354
7.	Antonio Coelho Moura	60	Pimpoes/Cimai	36.10	347
8.	Nuno Neves Nunes	58	Setubalense	36.32	340
9.	Hermano Botelho Almeida	56	Portugal Telecom	36.96	323
10.	Luis Carlos Felix	60	CCD Lagos/Multi	37.14	318
11.	Antonio Costa Raposo	58	Portinado	37.36	313
12.	Teofilo Manuel Relvas	58	Vilacondense	39.45	265
13.	Goncalo Manuel Torgal	57	Leixoes	40.41	247
14.	Manuel da Cruz Lima	59	Desportiva de Viana	43.51	198

Master Esc G

1.	Rui Manuel Palma	54	Portugal Telecom	32.80	504
2.	Hugo Francisco Figueiredo	53	Academica de Coimbra	36.35	370
3.	Carlos Augusto Correia	52	Masters de Almada	36.98	351
4.	Mario Jorge Melo	51	Belenenses	38.03	323
5.	Domingos Pinto Coelho	52	Individual Lisboa	40.89	260
6.	Jose Henrique Madail	54	Galitos	41.37	251
7.	Domingos Silva Lages	55	Desportiva de Viana	43.83	211
8.	Jose Carlos Neto	53	Ginasio Figueirense	47.32	167

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Prova 40, Masc., 50m Livres

Master Esc H

1. Jose Sarsfield Cabral	49	Academica de Coimbra	32.88	571
2. Daniel Sobral Rabiais	50	Pimpoes/Cimai	41.69	280
3. Jose Quiroga Vazquez	47	C.N. Huelva	43.55	246
4. Jose Jesus Lourenco	47	Portugal Telecom	51.76	146
DNS Stephen Thomas Dyson	47	Belenenses		

Master Esc I

1. Antonio Bessone Basto	45	Alges	33.19	617
2. Luis Vidigal Salgueiro	45	Alges	36.25	474
3. Helder Manuel Moreira	44	Galitos	46.00	232
4. Vasco Camara Pires	43	Belenenses	47.58	209
5. Jose Ferreira Barros	43	Desportiva de Viana	1:00.80	100

Master Esc J

1. Antonio Alexandre Rodrigues	39	Academica de Coimbra	36.92	544
2. Joao Rodrigues Teixeira	37	Academica de Coimbra	53.80	176

Master Esc L

1. Leonel Sousa Gomes	30	Academica de Coimbra	42.86	462
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Master Esc M

1. Ilidio Pintadinho Santos	25	Portinado	2:30.27	15
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Prova 41
4.7.10 - 18:35

Femin., 4 x 50m Livres

AG 100 - 359
Resultados

Pontos: DSV Masters 04

Lugar	Clube	Tempo Final	TReac	Pts
Master Fem Estaf Cat 1				
1. Leixoes-Cat 1-FEM	Leixoes	2:07.64		
Ana Carina Lopes	80	Ana Filipa Moreto	84	
Liliana Elisabete Baptista	78	Diana Raquel Pacheco	84	
Master Fem Estaf Cat 2				
1. Leixoes-Cat 2-FEM	Leixoes	2:39.18		
Carla Joana Macieirinha	71	Silvia Raquel Mendonca	81	
Elsa Maria Fumega	78	Susana Paula Simoes	72	
2. Belenenses-Cat 2-FEM	Belenenses	2:39.83		
Ana Carina Guerreiro	77	Alexandra Adelinovna Inacio	83	
Ana Vieira Luz	78	Victoria Mandrik	78	

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Prova 41, Femin., 4 x 50m Livres

Master Fem Estaf Cat 3

1. Leixoes-Cat 3-FEM		Leixoes	2:15.47
Maria Luisa Costa	74	Maribel Santos Fernandes	65
Maria Adriana Viseu	66	Maria Teresa Brandao	69
2. Belenenses-Cat 3-FEM		Belenenses	2:19.03
Rita Pereira Sousa	73	Joana Isabel Cunha	80
Isabel Batista Ferreira	67	Helena Varela Lopes	56
3. Propaganda da Natacao-Cat 3-FEM		Propaganda da Natacao	2:21.12
Rosalina Bessa Babo	67	Isabel Silva Mota	68
Maria Fernanda Goncalves	66	Alexandra Maria Silva	67
4. Academica de Coimbra-Cat 3-FEM		Academica de Coimbra	2:31.13
Maria Manuela Sequeira	68	Eugenia Maria Cunha	62
Maria Margarida Urbano	63	Maria Luisa Oliveira	61
5. Masters de Almada-Cat 3-FEM		Masters de Almada	2:34.67
Maria Helena Mendonca	62	Marina Isabel Mendes	68
Maria Clara Sousa	68	Carla Alexandra Seoane	73
6. Ginasio Figueirense-Cat 3-FEM		Ginasio Figueirense	2:55.82
Ana Lucia Rolo	81	Elisa Loureiro Garcia	67
Paula Margarida Almeida	63	Claudia Pereira Reis	68

Master Fem Estaf Cat 4

1. Academica de Coimbra-Cat 4-FEM		Academica de Coimbra	2:46.65
Maria Teresa Oliveira	57	Margarida Morais Torres	55
Ana Moura Relvas	56	Isabel Costa Monteiro	53
2. Leixoes-Cat 4-FEM		Leixoes	3:14.34
Maria Santos Fernandes	62	Maria Teresa Pinto	61
Maria Carmo Rocha	54	Maria Jose Francisco	62

Prova 42
4.7.10 - 18:45

Masc., 4 x 50m Estilos

AG 100 - 359
Resultados

Pontos: DSV Masters 04

Lugar		Clube	Tempo Final	TReac	Pts
Master Masc Estaf Cat 1					
1. Galitos-Cat 1-MASC		Galitos	2:04.62		
Jose Manuel Antunes	82	Ricardo Jorge Silva	82		
Rogério Filipe Vieira	84	Luis Filipe Ramos	81		
2. Nautica do Seixal/Emisa-Cat 1-MASC		Nautica do Seixal/Emisa	2:08.04		
Guilherme Luis Goncalves	83	Dario Francisco Vaz	83		
Luis Miguel Martinho	84	Tiago Miguel Lima	83		
3. Vitoria de Guimaraes-Cat 1-MASC		Vitoria de Guimaraes	2:24.29		
Armindo Manuel Lobo	84	Ricardo Manuel Lobo	80		
Jose Paulo Santos	84	Edgar Manuel Guimaraes	80		

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Prova 42, Masc., 4 x 50m Estilos

Master Masc Estaf Cat 2

1. Vilacondense-Cat 2-MASC	Vilacondense	2:03.36
Miguel Santos Coelho 82	Bruno Lagorsse Pontes 75	
Pedro Miguel Silva 76	Mario Jorge Costa 84	
2. Natacao da Maia-Cat 2-MASC	Natacao da Maia	2:08.60
Emanuel David Oliveira 85	Pedro Nuno Braga 74	
Jose Santos Silva 57	Sergio David Silva 73	
3. Leixoes-Cat 2-MASC	Leixoes	2:10.21
Nuno Miguel Guerra 77	Rui Manuel Pinto 79	
Joao Miguel Faria 71	Ivan Mauricio Couras 81	
4. Litoral Alentejano-Cat 2-MASC	Litoral Alentejano	2:10.41
David Oliveira Gorgulho 82	Rodrigo Marques Costa 76	
Goncalo Jorge Romao 79	Ricardo Manuel Silvestre 79	
5. Galitos-Cat 2-MASC	Galitos	2:12.66
Rui Nuno Pereira 74	Miguel Varela Santos 74	
Joao Tiago Ferraz 84	Rui Jorge Ferreira 68	
6. Setubalense-Cat 2-MASC	Setubalense	2:19.50
Carlos Sobral Silva 77	Nuno Miguel Dias 76	
Luis Paulo Piteira 68	Eduardo Dias Pratas 75	
7. Belenenses-Cat 2-MASC	Belenenses	2:26.85
Jose Miguel Gomes 72	Eurico Manuel Santos 70	
Alexandre Marques Pereira 76	Manuel Fialho Silva 77	
8. Academica de Coimbra-Cat 2-MASC	Academica de Coimbra	2:27.18
Nelson Palma Mestre 80	Juan Carlos Briceno 82	
Joao Paulo Coroado 63	Pedro Alexandre Fernando 67	
9. Masters de Almada-Cat 2-MASC	Masters de Almada	2:29.48
Mario Antonio Caeiro 71	Joao Carlos Pereira 69	
Joao Pedro Ventura 69	Pablo Manuel Tavares 84	

Master Masc Estaf Cat 3

1. Ginasio Figueirense-Cat 3-MASC	Ginasio Figueirense	2:19.32
Jorge Jesus Bandeira 82	Paulo Guilherme Martins 68	
Joao Paulo Almeida 64	Joao Forte Pelaio 64	
2. Belenenses-Cat 3-MASC	Belenenses	2:29.36
Luis Cavaleiro Madeira 57	Diogo Pedroso Almeida 77	
Jose Guilherme Oliveira 60	Paulo Fernando Rodrigues 63	
3. Leixoes-Cat 3-MASC	Leixoes	2:31.37
Miguel Jose Ferreira 70	Carlos Alberto Alves 67	
Fernando Manuel Mascarenhas 67	Nuno Cristiano Pereira 73	
4. Galitos-Cat 3-MASC	Galitos	2:36.36
Agostinho Rodrigues Oliveira 67	Gustavo Ferreira Basto 67	
Helder Manuel Moreira 44	Carlos Manuel Anjos 66	
5. Portinado-Cat 3-MASC	Portinado	2:36.47
Antonio Costa Raposo 58	Carlos Chan Cordeiro 77	
Walter Emunds 52	Carlos Granadeiro Dias 81	

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Prova 42, Masc., 4 x 50m Estilos, Master Masc Estaf Cat 3

Lugar	Clube	Tempo Final	TReac	Pts
6.	Nadadores dos Estoris-Cat 3-MASC	2:39.74		
	Pedro Militao Fernandes 61	Orlando Gomes Bairrada 45		
	Jose Luis Correia 59	Rui Alexandre Santos 76		
7.	Belenenses-Cat 3-MASC	2:50.54		
	Joao Manuel Ruas 60	Nuno Alexandre Crespo 75		
	Mario Jorge Melo 51	Fernando Manuel Santana 68		
DNS	Millennium BCP-Cat 3-MASC	Millennium BCP		

Master Masc Estaf Cat 4

1.	Leixoes-Cat 4-MASC	2:28.52		
	Eduardo Jorge Cohen 59	Antonio Gaspar Freitas 56		
	Manuel Jose Romariz 59	Rolando Manuel Freitas 59		
2.	Academica de Coimbra-Cat 4-MASC	2:38.39		
	Francisco Jorge Ferreira 62	Hugo Francisco Figueiredo 53		
	Joaquim Fidalgo Freitas 47	Jose Sarsfield Cabral 49		

Master Masc Estaf Cat 5

1.	Alges-Cat 5-MASC	2:39.19		
	Antonio Bessone Basto 45	Germano Oliveira Velha 62		
	Alexandre Azevedo Gaspar 45	Luis Vidigal Salgueiro 45		

Master Masc Estaf Cat 6

1.	Academica de Coimbra-Cat 6-MASC	3:46.53		
	Joao Rodrigues Teixeira 37	Antonio Alexandre Rodrigues 39		
	Manuel Monteiro Tenreiro 40	Leonel Sousa Gomes 30		