

Algarve Open Masters|Campeonato Regional Masters
Albufeira , 10 - 11/12/2022

Prova 2 Masc., 400m Livres 25 anos e mais velhos
10/12/2022 - 15:45 Resultados

RN A(25-29)	4:00.23	Adriano Miguel, NIZ	GDNVNF	Funchal	17/01/2015
RN M(85-89)	10:39.47	Joao Rodrigues, TEIXEIRA	AAC	Torres Novas	04/02/2022
RN L(80-84)	9:18.14	Antonio Alexandre, RODRIGUES	AAC	Mealhada	18/01/2019
RN K(75-79)	7:32.94	Leonel Sousa, GOMES	SFP	Pedrulha	21/01/2005
RN J(70-74)	5:55.49	Antonio Bessone, BASTO	SAD	Recarei	16/05/2015
RN I(65-69)	5:33.34	Alberto Vaz, CORREIA	FS	Vila Franca de Xira	17/01/2020
RN H(60-64)	4:56.69	Paulo Paula, CARVALHO	SCP	Torres Novas	04/02/2022
RN G(55-59)	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
RN F(50-54)	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
RN E(45-49)	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011
RN D(40-44)	4:26.18	David Oliveira, GORGULHO	CNLA	Sines	24/04/2022
RN C(35-39)	4:06.32	Pedro Miguel, SILVA	CFV	Ponte de Sor	29/01/2011
RN B(30-34)	4:03.15	Adriano Miguel, NIZ	GDNVNF	Tomar	30/01/2016

Pontos: FINA 2022

Lugar Ano Tempo final Pts

Master A

DSQ	Jose Luis, ARAUJO	93	Amigos da Natacao									
	<i>SW 10.3 - O (a) atleta não terminou a prova</i>											
	50m:	35.19	35.19	150m:	1:54.30	41.04	250m:	3:22.67	44.58	350m:	4:50.76	43.03
	100m:	1:13.26	38.07	200m:	2:38.09	43.79	300m:	4:07.73	45.06	400m:		

Master B

1.	Pedro Miguel, PINOTES	89	Sporting									
	<i>Rec. Nac</i>											
	50m:	27.80	27.80	150m:	1:29.74	31.08	250m:	2:31.10	30.27	350m:	3:32.16	30.65
	100m:	58.66	30.86	200m:	2:00.83	31.09	300m:	3:01.51	30.41	400m:	4:01.96	29.80

Master C

1.	Filipe Gouveia, GONÇALVES	87	Lisboa PoolSharks									
	50m:	32.12	32.12	150m:	1:43.72	36.35	250m:	2:58.21	37.58	350m:	4:13.57	37.41
	100m:	1:07.37	35.25	200m:	2:20.63	36.91	300m:	3:36.16	37.95	400m:	4:49.60	36.03
2.	Andre Condeco, ALVES	85	RIA Aqua Tavira									
	50m:	36.07	36.07	150m:	2:04.93	45.93	250m:	3:40.80	48.08	350m:	5:16.13	47.27
	100m:	1:19.00	42.93	200m:	2:52.72	47.79	300m:	4:28.86	48.06	400m:	6:00.69	44.56
3.	Joao Luis, PEREIRA	83	Litoral Alentejano									
	50m:	35.80	35.80	150m:	2:00.41	44.08	250m:	3:36.58	48.99	350m:	5:17.95	51.19
	100m:	1:16.33	40.53	200m:	2:47.59	47.18	300m:	4:26.76	50.18	400m:	6:05.83	47.88
4.	Nuno, PINTO	87	Aquatico Silves									
	50m:	38.88	38.88	150m:	2:08.92	46.13	250m:	3:44.42	48.39	350m:	5:20.16	47.98
	100m:	1:22.79	43.91	200m:	2:56.03	47.11	300m:	4:32.18	47.76	400m:	6:07.73	47.57
5.	James d'Orey, CHARLTON	86	Lagoa AC									
	50m:	40.83	40.83	150m:	2:18.08	50.17	250m:	4:03.47	53.66	350m:	5:56.15	59.05
	100m:	1:27.91	47.08	200m:	3:09.81	51.73	300m:	4:57.10	53.63	400m:	6:51.34	55.19

Master D

1.	Pedro Naia, GONCALVES	80	O2-Portimao									
	50m:	37.03	37.03	150m:	2:05.56	46.68	250m:	3:41.17	48.17	350m:	5:18.58	48.60
	100m:	1:18.88	41.85	200m:	2:53.00	47.44	300m:	4:29.98	48.81	400m:	6:04.56	45.98
2.	Sandro Marcelo, NOBREGA	80	Lagoa AC									
	50m:	37.03	37.03	150m:	2:04.02	44.66	250m:	3:37.90	47.08	350m:	5:18.86	47.32
	100m:	1:19.36	42.33	200m:	2:50.82	46.80	300m:	4:31.54	53.64	400m:	6:08.36	49.50
3.	Paulo Humberto, VIEGAS	82	Lisboa PoolSharks									
	50m:	40.07	40.07	150m:	2:15.41	48.59	250m:	3:57.21	50.79	350m:	5:36.01	48.20
	100m:	1:26.82	46.75	200m:	3:06.42	51.01	300m:	4:47.81	50.60	400m:	6:24.00	47.99

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Prova 2, Masc., 400m Livres, Master D

Lugar			Ano					Tempo final	Pts		
4.	Ruben Filipe, COELHO		82	Gesloures				6:31.03	159		
	50m:	42.04 42.04	150m:	2:18.86	49.57	250m:	3:59.83	50.50	350m:	5:40.93	50.65
	100m:	1:29.29 47.25	200m:	3:09.33	50.47	300m:	4:50.28	50.45	400m:	6:31.03	50.10

Master E

1.	Ruben A., GUTIERRES FUENTES		76	Lagoa AC				4:56.45	367		
	50m:	34.28 34.28	150m:	1:48.66	37.57	250m:	3:04.63	37.93	350m:	4:20.21	37.55
	100m:	1:11.09 36.81	200m:	2:26.70	38.04	300m:	3:42.66	38.03	400m:	4:56.45	36.24
2.	Jose Diogo, BORGES		77	Lagoa AC				7:17.84	113		
	50m:	41.88 41.88	150m:	2:25.64	53.74	250m:	4:22.23	58.17	350m:	6:18.31	57.93
	100m:	1:31.90 50.02	200m:	3:24.06	58.42	300m:	5:20.38	58.15	400m:	7:17.84	59.53

Master F

1.	Paulo Alexandre, SOUSA		72	Lagoa AC				5:24.04	281		
	50m:	36.00 36.00	150m:	1:53.43	39.57	250m:	3:16.32	41.94	350m:	4:41.30	42.74
	100m:	1:13.86 37.86	200m:	2:34.38	40.95	300m:	3:58.56	42.24	400m:	5:24.04	42.74

Master G

1.	Hans Dieter, THIEMANN		66	O2-Portimao				8:12.11	80		
	50m:	48.57 48.57	150m:	2:52.25	1:05.10	250m:	5:00.05	1:04.81	350m:	7:10.66	1:05.61
	100m:	1:47.15 58.58	200m:	3:55.24	1:02.99	300m:	6:05.05	1:05.00	400m:	8:12.11	1:01.45

Master H

1.	Antonio Costa, RAPOSO		58	O2-Portimao				6:56.57	132		
	50m:	45.49 45.49	150m:	2:27.21	50.42	250m:	4:16.13	54.21	350m:	6:03.97	53.37
	100m:	1:36.79 51.30	200m:	3:21.92	54.71	300m:	5:10.60	54.47	400m:	6:56.57	52.60

Master I

1.	Vitor Manuel, MAVIOSO		56	Alges				5:27.24	272		
	<i>Rec. Nac</i>										
	50m:	35.51 35.51	150m:	1:59.22	42.25	250m:	3:23.87	42.08	350m:	4:47.76	41.73
	100m:	1:16.97 41.46	200m:	2:41.79	42.57	300m:	4:06.03	42.16	400m:	5:27.24	39.48
2.	Manuel Edgar, SOARES		54	O2-Portimao				7:23.60	109		
	50m:	44.96 44.96	150m:	2:34.87	57.41	250m:	4:31.58	58.93	350m:	6:29.53	58.62
	100m:	1:37.46 52.50	200m:	3:32.65	57.78	300m:	5:30.91	59.33	400m:	7:23.60	54.07

Master J

1.	António Carlos, BATISTA		49	FC Ferreiras/AlgarExperience				6:51.51	137		
	50m:	41.89 41.89	150m:	2:21.24	50.70	250m:	4:09.01	54.45	350m:	5:58.71	54.87
	100m:	1:30.54 48.65	200m:	3:14.56	53.32	300m:	5:03.84	54.83	400m:	6:51.51	52.80
2.	Jose Manuel, HORTA		49	Alges				11:35.75	28		
	50m:	1:12.12 1:12.12	150m:	4:10.64	1:29.59	250m:	7:14.51	1:32.90	350m:	10:11.51	1:27.67
	100m:	2:41.05 1:28.93	200m:	5:41.61	1:30.97	300m:	8:43.84	1:29.33	400m:	11:35.75	1:24.24

Master K

1.	Stephen Thomas, DYSON		47	Alges				6:23.33	169		
	<i>Rec. Nac</i>										
	50m:	43.84 43.84	150m:	2:20.80	49.30	250m:	3:59.59	49.28	350m:	5:36.25	48.35
	100m:	1:31.50 47.66	200m:	3:10.31	49.51	300m:	4:47.90	48.31	400m:	6:23.33	47.08

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Prova 2, Masc., 400m Livres

70 anos e mais velhos

1.	Stephen Thomas, DYSON	47	Alges						6:23.33	169
	<i>Rec. Nac</i>									
	50m: 43.84	43.84	150m: 2:20.80	49.30	250m: 3:59.59	49.28	350m: 5:36.25	48.35		
	100m: 1:31.50	47.66	200m: 3:10.31	49.51	300m: 4:47.90	48.31	400m: 6:23.33	47.08		
2.	António Carlos, BATISTA	49	FC Ferreiras/AlgarExperience						6:51.51	137
	50m: 41.89	41.89	150m: 2:21.24	50.70	250m: 4:09.01	54.45	350m: 5:58.71	54.87		
	100m: 1:30.54	48.65	200m: 3:14.56	53.32	300m: 5:03.84	54.83	400m: 6:51.51	52.80		
3.	Jose Manuel, HORTA	49	Alges						11:35.75	28
	50m: 1:12.12	1:12.12	150m: 4:10.64	1:29.59	250m: 7:14.51	1:32.90	350m: 10:11.51	1:27.67		
	100m: 2:41.05	1:28.93	200m: 5:41.61	1:30.97	300m: 8:43.84	1:29.33	400m: 11:35.75	1:24.24		