

Torneio de Primavera_Catg_Adap_Masters
Silves, 6 - 7/5/2023

Prova 27 Masc., 400m Livres 25 anos e mais velhos
06/05/2023 - 18:39 Resultados

RN A(25-29)	4:00.23	Adriano Miguel, NIZ	GDNVNF	Funchal	17/01/2015
RN B(30-34)	4:01.96	Pedro Miguel, PINOTES	SCP	Albufeira	10/12/2022
RN C(35-39)	4:06.32	Pedro Miguel, SILVA	CFV	Ponte de Sor	29/01/2011
RN D(40-44)	4:26.18	David Oliveira, GORGULHO	CNLA	Sines	24/04/2022
RN E(45-49)	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011
RN F(50-54)	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
RN G(55-59)	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
RN H(60-64)	4:40.55	Jose Carlos, FREITAS	CNLA	Sines	04/03/2023
RN J(70-74)	5:55.49	Antonio Bessone, BASTO	SAD	Recarei	16/05/2015

Pontos: FINA 2022

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Master A

1. Filipe Esteves, FOCKE	96	Lagoa AC	5:15.47	304
50m: 33.03 33.03	150m: 1:51.90 40.68	250m: 3:15.63 42.39	350m: 4:39.35 41.35	
100m: 1:11.22 38.19	200m: 2:33.24 41.34	300m: 3:58.00 42.37	400m: 5:15.47 36.12	

Master C

1. Andre Filipe, VIOLA	87	FC Ferreiras/AlgarExperience	5:36.75	250
50m: 36.82 36.82	150m: 1:59.84 42.68	250m: 3:27.23 43.83	350m: 4:54.60 43.55	
100m: 1:17.16 40.34	200m: 2:43.40 43.56	300m: 4:11.05 43.82	400m: 5:36.75 42.15	
2. Nuno Miguel, PINTO	87	Aquatico Silves	6:12.17	185
50m: 38.68 38.68	150m: 2:08.97 46.27	250m: 3:46.20 48.89	350m: 5:25.32 49.36	
100m: 1:22.70 44.02	200m: 2:57.31 48.34	300m: 4:35.96 49.76	400m: 6:12.17 46.85	

Master E

1. Vitor Manuel, PICARRA	77	Beja	6:20.28	173
50m: 41.80 41.80	150m: 2:16.39 47.66	250m: 3:54.80 49.12	350m: 5:33.83 49.17	
100m: 1:28.73 46.93	200m: 3:05.68 49.29	300m: 4:44.66 49.86	400m: 6:20.28 46.45	
2. Carlos Alberto, MOTA	74	Lagoa AC	7:33.58	102
50m: 46.03 46.03	150m: 2:38.03 58.05	250m: 4:35.28 58.21	350m: 6:34.16 1:00.69	
100m: 1:39.98 53.95	200m: 3:37.07 59.04	300m: 5:33.47 58.19	400m: 7:33.58 59.42	

Master F

1. Paulo Alexandre, SOUSA	72	Lagoa AC	5:15.96	303
50m: 35.24 35.24	150m: 1:50.94 38.52	250m: 3:11.96 41.11	350m: 4:35.54 41.73	
100m: 1:12.42 37.18	200m: 2:30.85 39.91	300m: 3:53.81 41.85	400m: 5:15.96 40.42	
2. Marco Jose, PEREIRA	73	Aquatico Silves	7:45.82	94
50m: 46.42 46.42	150m: 2:38.52 58.60	250m: 4:39.02 1:00.07	350m: 6:44.06 1:02.05	
100m: 1:39.92 53.50	200m: 3:38.95 1:00.43	300m: 5:42.01 1:02.99	400m: 7:45.82 1:01.76	