Prova 33 — Masc., 400m Estilos — 25 anos e mais velhos
04/06/2023 - 15:57 — Resultados

RN A(25-29)	4:47.39	Andre Bras, GONCALVES	CFB	Loulé	03/07/2015
RN B(30-34)	4:43.37	Pedro Miguel, PINOTES	SCP	Reguengos de Monsaraz	19/07/2019
RN C(35-39)	5:11.00	Adriano Miguel, NIZ	GDNFAMA	Famalicão	11/07/2021
RN D(40-44)	5:16.30	Rodolfo Pereira, NUNES	GESP	Montreal (CAN)	05/08/2014
RN E(45-49)	5:28.81	Jose Carlos, FREITAS	CFP	Oeiras	02/07/2011
RN F(50-54)	5:36.42	Paulo Paula, CARVALHO	SFUAP	Loulé	03/07/2015
RN G(55-59)	5:40.75	Paulo Paula, CARVALHO	SCP	Budapeste (HUN)	16/08/2017
RN H(60-64)	5:58.46	Paulo Paula, CARVALHO	SCP	Famalicão	11/07/2021
RN I(65-69)	6:57.05	Antonio Bessone, BASTO	SAD	Loulé	29/06/2013
RN J(70-74)	6:59.74	Antonio Bessone, BASTO	SAD	Loulé	08/07/2016
RN K(75-79)	10:04.38	Joao Rodrigues, TEIXEIRA	AAC	Loulé	29/06/2013
RN L(80-84)	59:00.00	start,			

Pontos: DSV Masters 22

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m

Master B

1. Bruno Miguel, RUAS — 89 — Sporting — **5:34.18** — 550 — 1:18.81 — 1:30.84 — 1:35.06 — 1:09.47
   50m: — 150m: — 250m: — 350m:
   100m: 1:18.81 — 200m: 2:49.65 — 300m: 4:24.71 — 400m: 5:34.18
2. Joao Carlos, CARVALHO — 90 — Lisboa PoolSharks — **5:40.34** — 521 — 1:14.58 — 1:32.14 — 1:35.60 — 1:18.02
   50m: — 150m: — 250m: — 350m:
   100m: 1:14.58 — 200m: 2:46.72 — 300m: 4:22.32 — 400m: 5:40.34
3. Joao Miguel, MESTRE — 92 — Lisboa PoolSharks — **6:20.72** — 372 — 1:25.04 — 1:35.98 — 1:49.75 — 1:29.95
   50m: — 150m: — 250m: — 350m:
   100m: 1:25.04 — 200m: 3:01.02 — 300m: 4:50.77 — 400m: 6:20.72
4. Jose Luis, ARAUJO — 93 — Amigos da Natacao — **6:34.43** — 334 — 1:36.75 — 1:45.27 — 1:43.54 — 1:28.87
   50m: — 150m: — 250m: — 350m:
   100m: 1:36.75 — 200m: 3:22.02 — 300m: 5:05.56 — 400m: 6:34.43

Master C

1. F., GONCALVES — 87 — Lisboa PoolSharks — **5:24.26** — 678 — 1:11.75 — 1:25.69 — 1:33.74 — 1:13.08
   50m: — 150m: — 250m: — 350m:
   100m: 1:11.75 — 200m: 2:37.44 — 300m: 4:11.18 — 400m: 5:24.26

Master E

1. Ivo Claudino, CALHA — 77 — Monte Maior — **6:49.32** — 403 — 1:38.11 — 1:49.46 — 1:50.71 — 1:31.04
   50m: — 150m: — 250m: — 350m:
   100m: 1:38.11 — 200m: 3:27.57 — 300m: 5:18.28 — 400m: 6:49.32
2. Joao Filipe, ROMAO — 77 — Lagoa AC — **7:14.50** — 337 — 1:40.30 — 2:05.58 — 1:58.87 — 1:29.75
   50m: — 150m: — 250m: — 350m:
   100m: 1:40.30 — 200m: 3:45.88 — 300m: 5:44.75 — 400m: 7:14.50

Master F

1. Paulo Alexandre, SOUSA — 72 — Lagoa AC — **6:35.44** — 499 — 1:39.50 — 1:42.61 — 1:52.45 — 1:20.88
   50m: — 150m: — 250m: — 350m:
   100m: 1:39.50 — 200m: 3:22.11 — 300m: 5:14.56 — 400m: 6:35.44
2. Nuno Nobre, MIRANDA — 70 — Amigos da Natacao — **8:31.52** — 230 — 2:04.21 — 2:15.84 — 2:26.36 — 1:45.11
   50m: — 150m: — 250m: — 350m:
   100m: 2:04.21 — 200m: 4:20.05 — 300m: 6:46.41 — 400m: 8:31.52

Master G

1. Gustavo Ferreira, BASTO — 67 — Galitos / Bresimar — **6:38.32** — 543 — 1:32.09 — 1:48.13 — 1:47.88 — 1:30.22
   50m: — 150m: — 250m: — 350m:
   100m: 1:32.09 — 200m: 3:20.22 — 300m: 5:08.10 — 400m: 6:38.32
2. Jose Salvador, FAUSTINO — 68 — Portinado — **7:27.85** — 382 — 1:47.60 — 1:59.28 — 2:02.62 — 1:38.35
   50m: — 150m: — 250m: — 350m:
   100m: 1:47.60 — 200m: 3:46.88 — 300m: 5:49.50 — 400m: 7:27.85
3. Luis Filipe, ALMEIDA — 66 — Lisboa PoolSharks — **8:23.41** — 269 — 2:05.90 — 2:16.09 — 2:06.74 — 1:54.68
   50m: — 150m: — 250m: — 350m:
   100m: 2:05.90 — 200m: 4:21.99 — 300m: 6:28.73 — 400m: 8:23.41

Prova 33, Masc., 400m Estilos

Master I

1.	Vitor Manuel, MAVIOSO *RN*	56	Alges	**6:45.48**	806	1:24.74	1:49.52	2:01.31	1:29.91

50m:		150m:		250m:		350m:	
100m:	1:24.74	200m:	3:14.26	300m:	5:15.57	400m:	6:45.48