



Prova 1 Masc., 400m Estilos Juvenis
23/11/2018 - 19:15 Resultados

Recorde Regional Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Juv A	4:41.24	ALMEIDA, Carlos Alexandre	CDN	Funchal	05/06/2005
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005

TAC Zonal Juv B: 5:18.95; Juv A: 5:13.10 / TAC Nacional Juv B: 5:03.73; Juv A: 4:56.53

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Juvenil B, 15 anos			
1. ALVES, Paulo Rodrigues	04 Desportivo Nacional	4:53.27	517
<i>Minimos para o Campeonato Zonal, Minimos para o Campeonato Nacional</i>			
50m: 30.28 30.28	150m: 1:44.50 37.91	250m: 3:02.70 40.95	350m: 4:18.88 34.35
100m: 1:06.59 36.31	200m: 2:21.75 37.25	300m: 3:44.53 41.83	400m: 4:53.27 34.39
2. BARRY, Rafael Francisco	04 Naval do Funchal	5:09.07	442
<i>Minimos para o Campeonato Zonal</i>			
50m: 31.20 31.20	150m: 1:48.99 40.75	250m: 3:13.12 44.11	350m: 4:34.47 36.17
100m: 1:08.24 37.04	200m: 2:29.01 40.02	300m: 3:58.30 45.18	400m: 5:09.07 34.60
3. CAMACHO, Afonso Caires	04 Naval do Funchal	5:14.15	421
<i>Minimos para o Campeonato Zonal</i>			
50m: 32.85 32.85	150m: 1:52.99 38.20	250m: 3:17.52 48.02	350m: 4:39.24 34.66
100m: 1:14.79 41.94	200m: 2:29.50 36.51	300m: 4:04.58 47.06	400m: 5:14.15 34.91
4. RODRIGUES, Rodrigo Reis	04 Desportivo Sao Roque	5:15.41	416
<i>Minimos para o Campeonato Zonal</i>			
50m: 35.62 35.62	150m: 1:54.88 40.09	250m: 3:20.65 44.59	350m: 4:41.57 33.92
100m: 1:14.79 39.17	200m: 2:36.06 41.18	300m: 4:07.65 47.00	400m: 5:15.41 33.84
5. FERREIRA, Leonardo Filipe	04 Naval do Funchal	5:27.43	372
50m: 31.88 31.88	150m: 1:53.09 42.17	250m: 3:22.19 45.64	350m: 4:49.42 38.65
100m: 1:10.92 39.04	200m: 2:36.55 43.46	300m: 4:10.77 48.58	400m: 5:27.43 38.01
6. FERNANDES, Martim Pestana	04 Naval do Funchal	5:28.36	368
50m: 36.34 36.34	150m: 2:03.48 43.62	250m: 3:30.10 42.37	350m: 4:51.54 38.50
100m: 1:19.86 43.52	200m: 2:47.73 44.25	300m: 4:13.04 42.94	400m: 5:28.36 36.82
7. FERNANDES, Diogo Henrique	04 Naval do Funchal	5:34.80	348
50m: 34.95 34.95	150m: 2:03.42 44.59	250m: 3:33.32 46.90	350m: 4:57.99 37.65
100m: 1:18.83 43.88	200m: 2:46.42 43.00	300m: 4:20.34 47.02	400m: 5:34.80 36.81
8. LEAL, Diogo Silva	04 Salesianos do Funchal	5:40.41	331
50m: 36.21 36.21	150m: 1:59.73 40.48	250m: 3:30.29 50.17	350m: 5:00.73 40.94
100m: 1:19.25 43.04	200m: 2:40.12 40.39	300m: 4:19.79 49.50	400m: 5:40.41 39.68
9. AGUILAR, Luis Santos	04 Desportivo Nacional	5:56.79	287
50m: 35.76 35.76	150m: 2:10.82 44.99	250m: 3:46.62 49.23	350m: 5:18.25 40.86
100m: 1:25.83 50.07	200m: 2:57.39 46.57	300m: 4:37.39 50.77	400m: 5:56.79 38.54
10. SILVA, Eduardo Rodrigues	04 Salesianos do Funchal	5:59.59	280
50m: 37.73 37.73	150m: 2:09.65 48.65	250m: 3:47.83 51.59	350m: 5:20.45 40.32
100m: 1:21.00 43.27	200m: 2:56.24 46.59	300m: 4:40.13 52.30	400m: 5:59.59 39.14
11. PEREIRA, Jordao Abreu	04 Salesianos do Funchal	6:02.22	274
50m: 39.62 39.62	150m: 2:09.47 43.76	250m: 3:47.99 55.72	350m: 5:23.91 41.77
100m: 1:25.71 46.09	200m: 2:52.27 42.80	300m: 4:42.14 54.15	400m: 6:02.22 38.31
12. MACHADO, Tiago Magalhaes	04 Desportivo Nacional	6:22.59	233
50m: 36.28 36.28	150m: 2:13.08 50.37	250m: 3:53.94 53.83	350m: 5:37.93 46.90
100m: 1:22.71 46.43	200m: 3:00.11 47.03	300m: 4:51.03 57.09	400m: 6:22.59 44.66
13. GONCALVES, Vitor Afonso	04 Salesianos do Funchal	6:31.07	218
50m: 46.90 46.90	150m: 2:30.31 46.26	250m: 4:11.56 54.15	350m: 5:50.62 42.29
100m: 1:44.05 57.15	200m: 3:17.41 47.10	300m: 5:08.33 56.77	400m: 6:31.07 40.45

Prova 1, Masc., 400m Estilos, Juvenil B, 15 anos

Lugar	Nome		Ano	Clube	Tempo final				Pts			
14.	PEREIRA, Diogo Gameiro		04	Naval do Funchal	6:48.58				191			
	50m:	42.39	42.39	150m:	2:27.51	50.34	250m:	4:18.89	1:01.04	350m:	6:06.09	45.60
	100m:	1:37.17	54.78	200m:	3:17.85	50.34	300m:	5:20.49	1:01.60	400m:	6:48.58	42.49
DSQ	TELES, Artur Corte		04	Desportivo Sao Roque								
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>											

Juvenil A, 16 anos

1.	FERNANDES, Rui Afonso		03	Desportivo Nacional	4:47.77				548			
	<i>Minimos para o Campeonato Zonal, Minimos para o Campeonato Nacional</i>											
	50m:	29.65	29.65	150m:	1:40.22	36.34	250m:	2:59.37	44.05	350m:	4:15.46	33.31
	100m:	1:03.88	34.23	200m:	2:15.32	35.10	300m:	3:42.15	42.78	400m:	4:47.77	32.31
2.	MATOS, Rodrigo Vieira		03	Naval do Funchal	5:07.04				451			
	<i>Minimos para o Campeonato Zonal</i>											
	50m:	31.71	31.71	150m:	1:52.18	43.41	250m:	3:15.79	40.84	350m:	4:33.11	34.90
	100m:	1:08.77	37.06	200m:	2:34.95	42.77	300m:	3:58.21	42.42	400m:	5:07.04	33.93
3.	GOMES, Goncalo Camara		03	Naval do Funchal	5:12.25				429			
	<i>Minimos para o Campeonato Zonal</i>											
	50m:	32.52	32.52	150m:	1:49.09	38.10	250m:	3:14.12	47.30	350m:	4:37.50	34.51
	100m:	1:10.99	38.47	200m:	2:26.82	37.73	300m:	4:02.99	48.87	400m:	5:12.25	34.75
4.	SOUSA, Pedro Afonso		03	Desportivo Nacional	5:17.29				408			
	50m:	30.93	30.93	150m:	1:48.47	41.46	250m:	3:16.65	46.98	350m:	4:40.15	36.14
	100m:	1:07.01	36.08	200m:	2:29.67	41.20	300m:	4:04.01	47.36	400m:	5:17.29	37.14
5.	LOPES, Pedro Henrique		03	Desportivo Sao Roque	5:19.71				399			
	50m:	35.12	35.12	150m:	1:59.33	42.05	250m:	3:23.78	43.44	350m:	4:44.63	35.90
	100m:	1:17.28	42.16	200m:	2:40.34	41.01	300m:	4:08.73	44.95	400m:	5:19.71	35.08
6.	CAMARA, Simao Vieira		03	Desportivo Sao Roque	5:28.89				367			
	50m:	33.83	33.83	150m:	1:57.22	42.37	250m:	3:25.21	46.75	350m:	4:51.25	37.63
	100m:	1:14.85	41.02	200m:	2:38.46	41.24	300m:	4:13.62	48.41	400m:	5:28.89	37.64
7.	RODRIGUES, Renato Correia		03	Salesianos do Funchal	5:32.13				356			
	50m:	34.30	34.30	150m:	2:00.09	43.76	250m:	3:28.94	45.96	350m:	4:56.39	40.40
	100m:	1:16.33	42.03	200m:	2:42.98	42.89	300m:	4:15.99	47.05	400m:	5:32.13	35.74
8.	BAPTISTA, Tiago Ornelas		03	Naval do Funchal	5:33.65				351			
	50m:	33.60	33.60	150m:	1:57.82	45.20	250m:	3:30.70	48.97	350m:	4:58.81	37.23
	100m:	1:12.62	39.02	200m:	2:41.73	43.91	300m:	4:21.58	50.88	400m:	5:33.65	34.84
9.	OLIVEIRA, Jose Alexandre		03	Escola O Liceu	5:37.96				338			
	50m:	36.57	36.57	150m:	2:05.10	44.56	250m:	3:33.75	44.87	350m:	4:59.29	39.68
	100m:	1:20.54	43.97	200m:	2:48.88	43.78	300m:	4:19.61	45.86	400m:	5:37.96	38.67
10.	VIEIRA, Emanuel Eloi		03	Desportivo Sao Roque	5:47.91				310			
	50m:	40.58	40.58	150m:	2:11.26	43.79	250m:	3:40.37	46.35	350m:	5:08.96	39.91
	100m:	1:27.47	46.89	200m:	2:54.02	42.76	300m:	4:29.05	48.68	400m:	5:47.91	38.95
11.	ABREU, Nuno Afonso		03	Naval do Funchal	5:53.48				295			
	50m:	35.75	35.75	150m:	2:09.93	46.76	250m:	3:46.58	50.19	350m:	5:15.73	37.22
	100m:	1:23.17	47.42	200m:	2:56.39	46.46	300m:	4:38.51	51.93	400m:	5:53.48	37.75
12.	ABREU, Tiago Gomes		03	Naval do Funchal	6:47.13				193			
	50m:	48.95	48.95	150m:	2:36.67	51.09	250m:	4:22.10	55.46	350m:	6:05.35	46.34
	100m:	1:45.58	56.63	200m:	3:26.64	49.97	300m:	5:19.01	56.91	400m:	6:47.13	41.78
DSQ	AGUIAR, Pedro Ferreira		03	Naval do Funchal								
	<i>720 - Toque alternado na viragem aos 300 m - SW 7.6</i>											
doente	FARIA, Joao Pedro		03	Naval do Funchal								

Prova 1, Masc., 400m Estilos

Juvenil Geral, 15 e 16 anos

1.	FERNANDES, Rui Afonso	03	Desportivo Nacional	4:47.77	548			
	<i>Minimos para o Campeonato Zonal, Minimos para o Campeonato Nacional</i>							
	50m: 29.65	29.65	150m: 1:40.22	36.34	250m: 2:59.37	44.05	350m: 4:15.46	33.31
	100m: 1:03.88	34.23	200m: 2:15.32	35.10	300m: 3:42.15	42.78	400m: 4:47.77	32.31
2.	ALVES, Paulo Rodrigues	04	Desportivo Nacional	4:53.27	517			
	<i>Minimos para o Campeonato Zonal, Minimos para o Campeonato Nacional</i>							
	50m: 30.28	30.28	150m: 1:44.50	37.91	250m: 3:02.70	40.95	350m: 4:18.88	34.35
	100m: 1:06.59	36.31	200m: 2:21.75	37.25	300m: 3:44.53	41.83	400m: 4:53.27	34.39
3.	MATOS, Rodrigo Vieira	03	Naval do Funchal	5:07.04	451			
	<i>Minimos para o Campeonato Zonal</i>							
	50m: 31.71	31.71	150m: 1:52.18	43.41	250m: 3:15.79	40.84	350m: 4:33.11	34.90
	100m: 1:08.77	37.06	200m: 2:34.95	42.77	300m: 3:58.21	42.42	400m: 5:07.04	33.93
4.	BARRY, Rafael Francisco	04	Naval do Funchal	5:09.07	442			
	<i>Minimos para o Campeonato Zonal</i>							
	50m: 31.20	31.20	150m: 1:48.99	40.75	250m: 3:13.12	44.11	350m: 4:34.47	36.17
	100m: 1:08.24	37.04	200m: 2:29.01	40.02	300m: 3:58.30	45.18	400m: 5:09.07	34.60
5.	GOMES, Goncalo Camara	03	Naval do Funchal	5:12.25	429			
	<i>Minimos para o Campeonato Zonal</i>							
	50m: 32.52	32.52	150m: 1:49.09	38.10	250m: 3:14.12	47.30	350m: 4:37.50	34.51
	100m: 1:10.99	38.47	200m: 2:26.82	37.73	300m: 4:02.99	48.87	400m: 5:12.25	34.75
6.	CAMACHO, Afonso Caires	04	Naval do Funchal	5:14.15	421			
	<i>Minimos para o Campeonato Zonal</i>							
	50m: 32.85	32.85	150m: 1:52.99	38.20	250m: 3:17.52	48.02	350m: 4:39.24	34.66
	100m: 1:14.79	41.94	200m: 2:29.50	36.51	300m: 4:04.58	47.06	400m: 5:14.15	34.91
7.	RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	5:15.41	416			
	<i>Minimos para o Campeonato Zonal</i>							
	50m: 35.62	35.62	150m: 1:54.88	40.09	250m: 3:20.65	44.59	350m: 4:41.57	33.92
	100m: 1:14.79	39.17	200m: 2:36.06	41.18	300m: 4:07.65	47.00	400m: 5:15.41	33.84
8.	SOUSA, Pedro Afonso	03	Desportivo Nacional	5:17.29	408			
	50m: 30.93	30.93	150m: 1:48.47	41.46	250m: 3:16.65	46.98	350m: 4:40.15	36.14
	100m: 1:07.01	36.08	200m: 2:29.67	41.20	300m: 4:04.01	47.36	400m: 5:17.29	37.14
9.	LOPES, Pedro Henrique	03	Desportivo Sao Roque	5:19.71	399			
	50m: 35.12	35.12	150m: 1:59.33	42.05	250m: 3:23.78	43.44	350m: 4:44.63	35.90
	100m: 1:17.28	42.16	200m: 2:40.34	41.01	300m: 4:08.73	44.95	400m: 5:19.71	35.08
10.	FERREIRA, Leonardo Filipe	04	Naval do Funchal	5:27.43	372			
	50m: 31.88	31.88	150m: 1:53.09	42.17	250m: 3:22.19	45.64	350m: 4:49.42	38.65
	100m: 1:10.92	39.04	200m: 2:36.55	43.46	300m: 4:10.77	48.58	400m: 5:27.43	38.01
11.	FERNANDES, Martim Pestana	04	Naval do Funchal	5:28.36	368			
	50m: 36.34	36.34	150m: 2:03.48	43.62	250m: 3:30.10	42.37	350m: 4:51.54	38.50
	100m: 1:19.86	43.52	200m: 2:47.73	44.25	300m: 4:13.04	42.94	400m: 5:28.36	36.82
12.	CAMARA, Simao Vieira	03	Desportivo Sao Roque	5:28.89	367			
	50m: 33.83	33.83	150m: 1:57.22	42.37	250m: 3:25.21	46.75	350m: 4:51.25	37.63
	100m: 1:14.85	41.02	200m: 2:38.46	41.24	300m: 4:13.62	48.41	400m: 5:28.89	37.64
13.	RODRIGUES, Renato Correia	03	Salesianos do Funchal	5:32.13	356			
	50m: 34.30	34.30	150m: 2:00.09	43.76	250m: 3:28.94	45.96	350m: 4:56.39	40.40
	100m: 1:16.33	42.03	200m: 2:42.98	42.89	300m: 4:15.99	47.05	400m: 5:32.13	35.74
14.	BAPTISTA, Tiago Ornelas	03	Naval do Funchal	5:33.65	351			
	50m: 33.60	33.60	150m: 1:57.82	45.20	250m: 3:30.70	48.97	350m: 4:58.81	37.23
	100m: 1:12.62	39.02	200m: 2:41.73	43.91	300m: 4:21.58	50.88	400m: 5:33.65	34.84

Prova 1, Masc., 400m Estilos, Juvenil Geral, 15 e 16 anos

Lugar			Ano							Tempo final	Pts
15.	FERNANDES, Diogo Henrique		04	Naval do Funchal						5:34.80	348
	50m:	34.95 34.95	150m:	2:03.42	44.59	250m:	3:33.32	46.90	350m:	4:57.99	37.65
	100m:	1:18.83 43.88	200m:	2:46.42	43.00	300m:	4:20.34	47.02	400m:	5:34.80	36.81
16.	OLIVEIRA, Jose Alexandre		03	Escola O Liceu						5:37.96	338
	50m:	36.57 36.57	150m:	2:05.10	44.56	250m:	3:33.75	44.87	350m:	4:59.29	39.68
	100m:	1:20.54 43.97	200m:	2:48.88	43.78	300m:	4:19.61	45.86	400m:	5:37.96	38.67
17.	LEAL, Diogo Silva		04	Salesianos do Funchal						5:40.41	331
	50m:	36.21 36.21	150m:	1:59.73	40.48	250m:	3:30.29	50.17	350m:	5:00.73	40.94
	100m:	1:19.25 43.04	200m:	2:40.12	40.39	300m:	4:19.79	49.50	400m:	5:40.41	39.68
18.	VIEIRA, Emanuel Eloi		03	Desportivo Sao Roque						5:47.91	310
	50m:	40.58 40.58	150m:	2:11.26	43.79	250m:	3:40.37	46.35	350m:	5:08.96	39.91
	100m:	1:27.47 46.89	200m:	2:54.02	42.76	300m:	4:29.05	48.68	400m:	5:47.91	38.95
19.	ABREU, Nuno Afonso		03	Naval do Funchal						5:53.48	295
	50m:	35.75 35.75	150m:	2:09.93	46.76	250m:	3:46.58	50.19	350m:	5:15.73	37.22
	100m:	1:23.17 47.42	200m:	2:56.39	46.46	300m:	4:38.51	51.93	400m:	5:53.48	37.75
20.	AGUILAR, Luis Santos		04	Desportivo Nacional						5:56.79	287
	50m:	35.76 35.76	150m:	2:10.82	44.99	250m:	3:46.62	49.23	350m:	5:18.25	40.86
	100m:	1:25.83 50.07	200m:	2:57.39	46.57	300m:	4:37.39	50.77	400m:	5:56.79	38.54
21.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal						5:59.59	280
	50m:	37.73 37.73	150m:	2:09.65	48.65	250m:	3:47.83	51.59	350m:	5:20.45	40.32
	100m:	1:21.00 43.27	200m:	2:56.24	46.59	300m:	4:40.13	52.30	400m:	5:59.59	39.14
22.	PEREIRA, Jordao Abreu		04	Salesianos do Funchal						6:02.22	274
	50m:	39.62 39.62	150m:	2:09.47	43.76	250m:	3:47.99	55.72	350m:	5:23.91	41.77
	100m:	1:25.71 46.09	200m:	2:52.27	42.80	300m:	4:42.14	54.15	400m:	6:02.22	38.31
23.	MACHADO, Tiago Magalhaes		04	Desportivo Nacional						6:22.59	233
	50m:	36.28 36.28	150m:	2:13.08	50.37	250m:	3:53.94	53.83	350m:	5:37.93	46.90
	100m:	1:22.71 46.43	200m:	3:00.11	47.03	300m:	4:51.03	57.09	400m:	6:22.59	44.66
24.	GONCALVES, Vitor Afonso		04	Salesianos do Funchal						6:31.07	218
	50m:	46.90 46.90	150m:	2:30.31	46.26	250m:	4:11.56	54.15	350m:	5:50.62	42.29
	100m:	1:44.05 57.15	200m:	3:17.41	47.10	300m:	5:08.33	56.77	400m:	6:31.07	40.45
25.	ABREU, Tiago Gomes		03	Naval do Funchal						6:47.13	193
	50m:	48.95 48.95	150m:	2:36.67	51.09	250m:	4:22.10	55.46	350m:	6:05.35	46.34
	100m:	1:45.58 56.63	200m:	3:26.64	49.97	300m:	5:19.01	56.91	400m:	6:47.13	41.78
26.	PEREIRA, Diogo Gameiro		04	Naval do Funchal						6:48.58	191
	50m:	42.39 42.39	150m:	2:27.51	50.34	250m:	4:18.89	1:01.04	350m:	6:06.09	45.60
	100m:	1:37.17 54.78	200m:	3:17.85	50.34	300m:	5:20.49	1:01.60	400m:	6:48.58	42.49
DSQ	TELES, Artur Corte		04	Desportivo Sao Roque							
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>										
DSQ	AGUIAR, Pedro Ferreira		03	Naval do Funchal							
	<i>720 - Toque alternado na viragem aos 300 m - SW 7.6</i>										
doente	FARIA, Joao Pedro		03	Naval do Funchal							

Prova 2 Masc., 400m Estilos 17 anos e mais velhos
 23/11/2018 - 19:53 Resultados

Recorde Regional Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Jun18	4:27.91	FRANCO, Paulo Fragueiro	CDN	Mealhada	23/03/2000
Recorde Regional Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018

TAC Nacional Jun: 4:45.97; Sen: 4:39.69

Pontos: FINA 2018

Lugar	Ano		Tempo final						Pts	
Juniores, 17 e 18 anos										
1.	RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	4:57.44						496
	50m: 31.99 31.99	150m: 1:46.68 37.22	250m: 3:06.69 43.10	350m: 4:23.97 34.39						
	100m: 1:09.46 37.47	200m: 2:23.59 36.91	300m: 3:49.58 42.89	400m: 4:57.44 33.47						
2.	FREITAS, Joao Tomas	02	Salesianos do Funchal	5:09.12						442
	50m: 32.02 32.02	150m: 1:50.58 39.32	250m: 3:13.84 44.48	350m: 4:34.72 35.75						
	100m: 1:11.26 39.24	200m: 2:29.36 38.78	300m: 3:58.97 45.13	400m: 5:09.12 34.40						
3.	OLIVEIRA, Pedro Freitas	02	Naval do Funchal	5:12.07						429
	50m: 32.83 32.83	150m: 1:52.04 42.18	250m: 3:20.00 47.11	350m: 4:49.76 42.11						
	100m: 1:09.86 37.03	200m: 2:32.89 40.85	300m: 4:07.65 47.65	400m: 5:12.07 22.31						
4.	CASTRO, Martim Pereira	02	Escola O Liceu	5:20.20						397
	50m: 36.39 36.39	150m: 1:54.95 41.39	250m: 3:20.26 44.59	350m: 4:43.74 38.77						
	100m: 1:13.56 37.17	200m: 2:35.67 40.72	300m: 4:04.97 44.71	400m: 5:20.20 36.46						
5.	NUNES, Goncalo Almada	01	Salesianos do Funchal	5:59.35						281
	50m: 35.64 35.64	150m: 2:05.23 46.08	250m: 3:44.10 54.74	350m: 5:20.71 41.90						
	100m: 1:19.15 43.51	200m: 2:49.36 44.13	300m: 4:38.81 54.71	400m: 5:59.35 38.64						

Prova 3 Femin., 800m Livres Juvenis
 23/11/2018 - 20:00 Resultados

Recorde Regional Absoluto	9:12.66	ANDRADE, Rubina Amaro	CDN	Algés	17/03/1995
Recorde Regional Juv A	9:14.78	ANDRADE, Rubina Amaro	CDN	Braga	04/03/1994
Recorde Regional Juv B	9:15.96	ANDRADE, Rubina Amaro	CDN	Algés	16/02/1993

TAC Zonal Juv B: 10:27.05; Juv A: 10:09.47 / TAC Nacional Juv B: 10:05.21; Juv A: 9:54.10

Pontos: FINA 2018

Lugar	Ano		Tempo final						Pts	
Juvenil B, 14 anos										
1.	ARAUJO, Maria Clara	05	Naval do Funchal	10:27.17						446
	100m: 1:14.89 1:14.89	300m: 3:52.99 1:19.02	500m: 6:32.05 1:19.06	700m: 9:10.60 1:19.21						
	200m: 2:33.97 1:19.08	400m: 5:12.99 1:20.00	600m: 7:51.39 1:19.34	800m: 10:27.17 1:16.57						
2.	NASCIMENTO, Sofia Alexandre	05	Naval do Funchal	10:28.32						444
	100m: 1:16.21 1:16.21	300m: 3:53.78 1:19.63	500m: 6:33.33 1:19.20	700m: 9:11.59 1:18.25						
	200m: 2:34.15 1:17.94	400m: 5:14.13 1:20.35	600m: 7:53.34 1:20.01	800m: 10:28.32 1:16.73						
3.	AVEIRO, Leonor Sofia	05	Naval do Funchal	11:03.89						376
	100m: 1:21.43 1:21.43	300m: 4:12.58 1:25.55	500m: 7:01.38 1:23.95	700m: 9:44.56 1:20.90						
	200m: 2:47.03 1:25.60	400m: 5:37.43 1:24.85	600m: 8:23.66 1:22.28	800m: 11:03.89 1:19.33						
4.	JARDIM, Teresa Vieira	05	Naval do Funchal	11:13.59						360
	100m: 1:18.60 1:18.60	300m: 4:10.06 1:26.66	500m: 7:00.70 1:24.76	700m: 9:50.17 1:24.62						
	200m: 2:43.40 1:24.80	400m: 5:35.94 1:25.88	600m: 8:25.55 1:24.85	800m: 11:13.59 1:23.42						
5.	GOMES, Madalena Sousa	05	Naval do Funchal	11:47.67						310
	100m: 1:24.37 1:24.37	300m: 4:22.79 1:28.83	500m: 7:21.48 1:29.30	700m: 10:20.56 1:29.92						
	200m: 2:53.96 1:29.59	400m: 5:52.18 1:29.39	600m: 8:50.64 1:29.16	800m: 11:47.67 1:27.11						
6.	LUIS, Mariana Capelo	05	Salesianos do Funchal	12:43.01						247
	100m: 1:30.23 1:30.23	300m: 4:38.99 1:34.92	500m: 7:53.96 1:38.19	700m: 11:10.40 1:37.59						
	200m: 3:04.07 1:33.84	400m: 6:15.77 1:36.78	600m: 9:32.81 1:38.85	800m: 12:43.01 1:32.61						

Prova 3, Femin., 800m Livres, Juvenil B, 14 anos

Lugar	Nome		Ano	Equipa				Tempo final	Pts
7.	BARROS, Ana Carolina		05	Salesianos do Funchal				13:07.81	225
	100m:	1:32.21 1:32.21	300m:	4:50.90 1:40.64	500m:	8:12.28 1:42.39	700m:	11:31.95 1:39.23	
	200m:	3:10.26 1:38.05	400m:	6:29.89 1:38.99	600m:	9:52.72 1:40.44	800m:	13:07.81 1:35.86	
8.	ABREU, Maria Eduarda		05	Desportivo Nacional				13:09.37	223
	100m:	1:33.03 1:33.03	300m:	4:55.97 1:42.31	500m:	8:17.63 1:41.55	700m:	11:38.48 1:40.21	
	200m:	3:13.66 1:40.63	400m:	6:36.08 1:40.11	600m:	9:58.27 1:40.64	800m:	13:09.37 1:30.89	
9.	SILVA, Maria Fabiana		05	Desportivo Nacional				13:31.26	206
	100m:	1:35.06 1:35.06	300m:	4:57.84 1:41.85	500m:	8:24.33 1:41.24	700m:	11:53.47 1:44.95	
	200m:	3:15.99 1:40.93	400m:	6:43.09 1:45.25	600m:	10:08.52 1:44.19	800m:	13:31.26 1:37.79	

Juvenil A, 15 anos

1.	SOUSA, Joana Francisca		04	Desportivo Sao Roque				10:04.72	498
	<i>Minimos para o Campeonato Zonal</i>								
	100m:	1:12.12 1:12.12	300m:	3:45.40 1:17.03	500m:	6:18.08 1:16.24	700m:	8:51.62 1:16.90	
	200m:	2:28.37 1:16.25	400m:	5:01.84 1:16.44	600m:	7:34.72 1:16.64	800m:	10:04.72 1:13.10	
2.	FERREIRA, Maria Leonor		04	Desportivo Nacional				10:15.09	473
	100m:	1:12.37 1:12.37	300m:	3:46.23 1:17.31	500m:	6:23.41 1:19.11	700m:	9:00.09 1:17.75	
	200m:	2:28.92 1:16.55	400m:	5:04.30 1:18.07	600m:	7:42.34 1:18.93	800m:	10:15.09 1:15.00	
3.	RAMOS, Barbara Emerick		04	Salesianos do Funchal				10:15.41	472
	100m:	1:14.85 1:14.85	300m:	3:49.77 1:18.08	500m:	6:27.21 1:18.73	700m:	9:01.78 1:16.57	
	200m:	2:31.69 1:16.84	400m:	5:08.48 1:18.71	600m:	7:45.21 1:18.00	800m:	10:15.41 1:13.63	
4.	CAMACHO, Laura Fernandes		04	Naval do Funchal				10:44.84	410
	100m:	1:17.40 1:17.40	300m:	4:00.08 1:21.48	500m:	6:43.40 1:21.16	700m:	9:26.38 1:21.23	
	200m:	2:38.60 1:21.20	400m:	5:22.24 1:22.16	600m:	8:05.15 1:21.75	800m:	10:44.84 1:18.46	
5.	OLIVEIRA, Sara Fernandes		04	Salesianos do Funchal				11:01.44	380
	100m:	1:19.86 1:19.86	300m:	4:06.73 1:23.70	500m:	6:53.68 1:23.72	700m:	9:41.25 1:23.96	
	200m:	2:43.03 1:23.17	400m:	5:29.96 1:23.23	600m:	8:17.29 1:23.61	800m:	11:01.44 1:20.19	
6.	ANDRADE, Margarida Fernandes		04	Salesianos do Funchal				11:03.01	377
	100m:	1:20.04 1:20.04	300m:	4:05.35 1:22.78	500m:	6:54.58 1:24.67	700m:	9:42.47 1:23.71	
	200m:	2:42.57 1:22.53	400m:	5:29.91 1:24.56	600m:	8:18.76 1:24.18	800m:	11:03.01 1:20.54	
7.	JESUS, Mariana Caires		04	Salesianos do Funchal				11:31.91	332
	100m:	1:20.15 1:20.15	300m:	4:13.70 1:28.16	500m:	7:12.72 1:29.05	700m:	10:09.82 1:27.90	
	200m:	2:45.54 1:25.39	400m:	5:43.67 1:29.97	600m:	8:41.92 1:29.20	800m:	11:31.91 1:22.09	
8.	FREITAS, Beatriz Castro		04	Naval do Funchal				12:13.36	279
	100m:	1:27.29 1:27.29	300m:	4:31.70 1:33.29	500m:	7:39.12 1:33.86	700m:	10:44.64 1:32.28	
	200m:	2:58.41 1:31.12	400m:	6:05.26 1:33.56	600m:	9:12.36 1:33.24	800m:	12:13.36 1:28.72	
9.	SOARES, Ines Silva		04	Desportivo Nacional				12:26.63	264
	100m:	1:29.17 1:29.17	300m:	4:36.37 1:33.91	500m:	7:46.01 1:34.98	700m:	10:54.90 1:34.51	
	200m:	3:02.46 1:33.29	400m:	6:11.03 1:34.66	600m:	9:20.39 1:34.38	800m:	12:26.63 1:31.73	
10.	RODRIGUES, Maria Carolina		04	Desportivo Nacional				13:55.17	189
	100m:	1:33.09 1:33.09	300m:	5:02.14 1:45.94	500m:	8:36.30 1:47.02	700m:	12:14.12 1:48.81	
	200m:	3:16.20 1:43.11	400m:	6:49.28 1:47.14	600m:	10:25.31 1:49.01	800m:	13:55.17 1:41.05	

Juvenil Geral, 14 e 15 anos

1.	SOUSA, Joana Francisca		04	Desportivo Sao Roque				10:04.72	498
	<i>Minimos para o Campeonato Zonal</i>								
	100m:	1:12.12 1:12.12	300m:	3:45.40 1:17.03	500m:	6:18.08 1:16.24	700m:	8:51.62 1:16.90	
	200m:	2:28.37 1:16.25	400m:	5:01.84 1:16.44	600m:	7:34.72 1:16.64	800m:	10:04.72 1:13.10	
2.	FERREIRA, Maria Leonor		04	Desportivo Nacional				10:15.09	473
	100m:	1:12.37 1:12.37	300m:	3:46.23 1:17.31	500m:	6:23.41 1:19.11	700m:	9:00.09 1:17.75	
	200m:	2:28.92 1:16.55	400m:	5:04.30 1:18.07	600m:	7:42.34 1:18.93	800m:	10:15.09 1:15.00	

Prova 3, Femin., 800m Livres, Juvenil Geral, 14 e 15 anos

Lugar			Ano			Tempo final	Pts	
3.	RAMOS, Barbara Emerick		04	Salesianos do Funchal		10:15.41	472	
	100m: 1:14.85	1:14.85	300m: 3:49.77	1:18.08	500m: 6:27.21	1:18.73	700m: 9:01.78	1:16.57
	200m: 2:31.69	1:16.84	400m: 5:08.48	1:18.71	600m: 7:45.21	1:18.00	800m: 10:15.41	1:13.63
4.	ARAUJO, Maria Clara		05	Naval do Funchal		10:27.17	446	
	100m: 1:14.89	1:14.89	300m: 3:52.99	1:19.02	500m: 6:32.05	1:19.06	700m: 9:10.60	1:19.21
	200m: 2:33.97	1:19.08	400m: 5:12.99	1:20.00	600m: 7:51.39	1:19.34	800m: 10:27.17	1:16.57
5.	NASCIMENTO, Sofia Alexandre		05	Naval do Funchal		10:28.32	444	
	100m: 1:16.21	1:16.21	300m: 3:53.78	1:19.63	500m: 6:33.33	1:19.20	700m: 9:11.59	1:18.25
	200m: 2:34.15	1:17.94	400m: 5:14.13	1:20.35	600m: 7:53.34	1:20.01	800m: 10:28.32	1:16.73
6.	CAMACHO, Laura Fernandes		04	Naval do Funchal		10:44.84	410	
	100m: 1:17.40	1:17.40	300m: 4:00.08	1:21.48	500m: 6:43.40	1:21.16	700m: 9:26.38	1:21.23
	200m: 2:38.60	1:21.20	400m: 5:22.24	1:22.16	600m: 8:05.15	1:21.75	800m: 10:44.84	1:18.46
7.	OLIVEIRA, Sara Fernandes		04	Salesianos do Funchal		11:01.44	380	
	100m: 1:19.86	1:19.86	300m: 4:06.73	1:23.70	500m: 6:53.68	1:23.72	700m: 9:41.25	1:23.96
	200m: 2:43.03	1:23.17	400m: 5:29.96	1:23.23	600m: 8:17.29	1:23.61	800m: 11:01.44	1:20.19
8.	ANDRADE, Margarida Fernandes		04	Salesianos do Funchal		11:03.01	377	
	100m: 1:20.04	1:20.04	300m: 4:05.35	1:22.78	500m: 6:54.58	1:24.67	700m: 9:42.47	1:23.71
	200m: 2:42.57	1:22.53	400m: 5:29.91	1:24.56	600m: 8:18.76	1:24.18	800m: 11:03.01	1:20.54
9.	AVEIRO, Leonor Sofia		05	Naval do Funchal		11:03.89	376	
	100m: 1:21.43	1:21.43	300m: 4:12.58	1:25.55	500m: 7:01.38	1:23.95	700m: 9:44.56	1:20.90
	200m: 2:47.03	1:25.60	400m: 5:37.43	1:24.85	600m: 8:23.66	1:22.28	800m: 11:03.89	1:19.33
10.	JARDIM, Teresa Vieira		05	Naval do Funchal		11:13.59	360	
	100m: 1:18.60	1:18.60	300m: 4:10.06	1:26.66	500m: 7:00.70	1:24.76	700m: 9:50.17	1:24.62
	200m: 2:43.40	1:24.80	400m: 5:35.94	1:25.88	600m: 8:25.55	1:24.85	800m: 11:13.59	1:23.42
11.	JESUS, Mariana Caires		04	Salesianos do Funchal		11:31.91	332	
	100m: 1:20.15	1:20.15	300m: 4:13.70	1:28.16	500m: 7:12.72	1:29.05	700m: 10:09.82	1:27.90
	200m: 2:45.54	1:25.39	400m: 5:43.67	1:29.97	600m: 8:41.92	1:29.20	800m: 11:31.91	1:22.09
12.	GOMES, Madalena Sousa		05	Naval do Funchal		11:47.67	310	
	100m: 1:24.37	1:24.37	300m: 4:22.79	1:28.83	500m: 7:21.48	1:29.30	700m: 10:20.56	1:29.92
	200m: 2:53.96	1:29.59	400m: 5:52.18	1:29.39	600m: 8:50.64	1:29.16	800m: 11:47.67	1:27.11
13.	FREITAS, Beatriz Castro		04	Naval do Funchal		12:13.36	279	
	100m: 1:27.29	1:27.29	300m: 4:31.70	1:33.29	500m: 7:39.12	1:33.86	700m: 10:44.64	1:32.28
	200m: 2:58.41	1:31.12	400m: 6:05.26	1:33.56	600m: 9:12.36	1:33.24	800m: 12:13.36	1:28.72
14.	SOARES, Ines Silva		04	Desportivo Nacional		12:26.63	264	
	100m: 1:29.17	1:29.17	300m: 4:36.37	1:33.91	500m: 7:46.01	1:34.98	700m: 10:54.90	1:34.51
	200m: 3:02.46	1:33.29	400m: 6:11.03	1:34.66	600m: 9:20.39	1:34.38	800m: 12:26.63	1:31.73
15.	LUIS, Mariana Capelo		05	Salesianos do Funchal		12:43.01	247	
	100m: 1:30.23	1:30.23	300m: 4:38.99	1:34.92	500m: 7:53.96	1:38.19	700m: 11:10.40	1:37.59
	200m: 3:04.07	1:33.84	400m: 6:15.77	1:36.78	600m: 9:32.81	1:38.85	800m: 12:43.01	1:32.61
16.	BARROS, Ana Carolina		05	Salesianos do Funchal		13:07.81	225	
	100m: 1:32.21	1:32.21	300m: 4:50.90	1:40.64	500m: 8:12.28	1:42.39	700m: 11:31.95	1:39.23
	200m: 3:10.26	1:38.05	400m: 6:29.89	1:38.99	600m: 9:52.72	1:40.44	800m: 13:07.81	1:35.86
17.	ABREU, Maria Eduarda		05	Desportivo Nacional		13:09.37	223	
	100m: 1:33.03	1:33.03	300m: 4:55.97	1:42.31	500m: 8:17.63	1:41.55	700m: 11:38.48	1:40.21
	200m: 3:13.66	1:40.63	400m: 6:36.08	1:40.11	600m: 9:58.27	1:40.64	800m: 13:09.37	1:30.89
18.	SILVA, Maria Fabiana		05	Desportivo Nacional		13:31.26	206	
	100m: 1:35.06	1:35.06	300m: 4:57.84	1:41.85	500m: 8:24.33	1:41.24	700m: 11:53.47	1:44.95
	200m: 3:15.99	1:40.93	400m: 6:43.09	1:45.25	600m: 10:08.52	1:44.19	800m: 13:31.26	1:37.79
19.	RODRIGUES, Maria Carolina		04	Desportivo Nacional		13:55.17	189	
	100m: 1:33.09	1:33.09	300m: 5:02.14	1:45.94	500m: 8:36.30	1:47.02	700m: 12:14.12	1:48.81
	200m: 3:16.20	1:43.11	400m: 6:49.28	1:47.14	600m: 10:25.31	1:49.01	800m: 13:55.17	1:41.05



Prova 4 Femin., 800m Livres 13 anos e mais velhos
23/11/2018 - 20:41 Resultados

Recorde Regional Absoluto	9:12.66	ANDRADE, Rubina Amaro	CDN	Algés	17/03/1995
Recorde Regional Sen	9:21.09	ANDRADE, Rubina Amaro	CDN	Estoril	07/03/1997
Recorde Regional Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recorde Regional Jun16	9:12.66	ANDRADE, Rubina Amaro	CDN	Algés	17/03/1995
Recorde Regional Juv A	9:14.78	ANDRADE, Rubina Amaro	CDN	Braga	04/03/1994
Recorde Regional Juv B	9:15.96	ANDRADE, Rubina Amaro	CDN	Algés	16/02/1993
Recorde Regional Inf A	9:40.30	ANDRADE, Rubina Amaro	CDN	Funchal	15/02/1992

TAC Nacional Jun: 9:40.82; Sen: 9:24.06

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
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Juniores, 16 e 17 anos

1. GONCALVES, Joana Marques	02	Salesianos do Funchal	10:39.49	421
100m: 1:15.29 1:15.29	300m: 3:55.63 1:20.63	500m: 6:38.53 1:21.66	700m: 9:20.74 1:20.89	800m: 10:39.49 1:18.75
200m: 2:35.00 1:19.71	400m: 5:16.87 1:21.24	600m: 7:59.85 1:21.32		
2. JESUS, Filipa Mafalda	03	Desportivo Sao Roque	10:49.04	402
100m: 1:17.73 1:17.73	300m: 4:03.07 1:22.20	500m: 6:47.25 1:21.46	700m: 9:29.24 1:21.16	800m: 10:49.04 1:19.80
200m: 2:40.87 1:23.14	400m: 5:25.79 1:22.72	600m: 8:08.08 1:20.83		
3. LAMEIRAS, Beatriz Andreia	03	Escola O Liceu	11:34.99	328
100m: 1:18.99 1:18.99	300m: 4:14.88 1:28.89	500m: 7:14.32 1:30.46	700m: 10:13.27 1:30.24	800m: 11:34.99 1:21.72
200m: 2:45.99 1:27.00	400m: 5:43.86 1:28.98	600m: 8:43.03 1:28.71		
4. LECA, Natasha Maria	03	Desportivo Nacional	12:20.88	270
100m: 1:23.41 1:23.41	300m: 4:30.49 1:34.13	500m: 7:43.10 1:36.28	700m: 10:53.74 1:34.05	800m: 12:20.88 1:27.14
200m: 2:56.36 1:32.95	400m: 6:06.82 1:36.33	600m: 9:19.69 1:36.59		

Seniores, 18 anos e mais velhas

1. LUIS, Jessica Santos	00	Desportivo Sao Roque	10:18.34	465
100m: 1:12.02 1:12.02	300m: 3:48.58 1:18.33	500m: 6:25.14 1:17.99	700m: 9:01.86 1:18.18	800m: 10:18.34 1:16.48
200m: 2:30.25 1:18.23	400m: 5:07.15 1:18.57	600m: 7:43.68 1:18.54		
2. DORIA, Madalena Melim	00	Desportivo Nacional	10:25.38	450
100m: 1:15.71 1:15.71	300m: 3:53.08 1:18.62	500m: 6:30.05 1:17.85	700m: 9:07.69 1:18.74	800m: 10:25.38 1:17.69
200m: 2:34.46 1:18.75	400m: 5:12.20 1:19.12	600m: 7:48.95 1:18.90		
3. TELES, Anabela Corte	01	Desportivo Sao Roque	10:43.80	412
100m: 1:14.53 1:14.53	300m: 3:56.35 1:21.37	500m: 6:39.87 1:21.92	700m: 9:23.03 1:21.76	800m: 10:43.80 1:20.77
200m: 2:34.98 1:20.45	400m: 5:17.95 1:21.60	600m: 8:01.27 1:21.40		
EXH COSTA, Maria Jardim	06	Desportivo Nacional	10:35.90	428
100m: 1:14.54 1:14.54	300m: 3:56.22 1:20.74	500m: 6:39.07 1:21.46	700m: 9:21.03 1:21.14	800m: 10:35.90 1:14.87
200m: 2:35.48 1:20.94	400m: 5:17.61 1:21.39	600m: 7:59.89 1:20.82		



Prova 5 Femin., 400m Estilos Juvenis Resultados
24/11/2018 - 16:30

Recorde Regional Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Juv A	5:21.90	ANDRADE, Rubina Amaro	CDN	Funchal	08/12/1993
Recorde Regional Juv B	5:19.80	SOUSA, Susana Margarida	CFU	Funchal	27/06/1991

TAC Zonal Juv B: 5:47.14; Juv A: 5:37.41 / TAC Nacional Juv B: 5:32.00; Juv A: 5:26.20

Pontos: FINA 2018

Lugar			Ano							Tempo final	Pts
Juvenil B, 14 anos											
1.	ARAUJO, Maria Clara		05	Naval do Funchal						5:49.56	406
	50m:	39.38 39.38	150m:	2:09.45	42.96	250m:	3:41.63	47.62	350m:	5:10.71	39.46
	100m:	1:26.49 47.11	200m:	2:54.01	44.56	300m:	4:31.25	49.62	400m:	5:49.56	38.85
2.	AVEIRO, Leonor Sofia		05	Naval do Funchal						6:01.53	367
	50m:	39.09 39.09	150m:	2:14.12	47.87	250m:	3:53.65	49.48	350m:	5:23.83	39.04
	100m:	1:26.25 47.16	200m:	3:04.17	50.05	300m:	4:44.79	51.14	400m:	6:01.53	37.70
3.	NASCIMENTO, Sofia Alexandre		05	Naval do Funchal						6:03.78	360
	50m:	38.60 38.60	150m:	2:11.72	45.63	250m:	3:51.04	54.43	350m:	5:25.32	39.58
	100m:	1:26.09 47.49	200m:	2:56.61	44.89	300m:	4:45.74	54.70	400m:	6:03.78	38.46
4.	JARDIM, Teresa Vieira		05	Naval do Funchal						6:20.15	316
	50m:	41.20 41.20	150m:	2:22.14	45.11	250m:	4:02.79	55.86	350m:	5:40.95	42.29
	100m:	1:37.03 55.83	200m:	3:06.93	44.79	300m:	4:58.66	55.87	400m:	6:20.15	39.20
5.	GOMES, Madalena Sousa		05	Naval do Funchal						6:43.59	264
	50m:	46.24 46.24	150m:	2:34.00	51.99	250m:	4:18.70	55.32	350m:	6:00.84	45.78
	100m:	1:42.01 55.77	200m:	3:23.38	49.38	300m:	5:15.06	56.36	400m:	6:43.59	42.75
6.	LUIS, Mariana Capelo		05	Salesianos do Funchal						7:04.03	227
	50m:	51.67 51.67	150m:	2:44.93	51.56	250m:	4:32.20	53.99	350m:	6:17.20	47.58
	100m:	1:53.37 1:01.70	200m:	3:38.21	53.28	300m:	5:29.62	57.42	400m:	7:04.03	46.83
7.	ABREU, Maria Eduarda		05	Desportivo Nacional						7:06.25	224
	50m:	47.55 47.55	150m:	2:42.19	57.10	250m:	4:33.71	57.20	350m:	6:20.31	48.93
	100m:	1:45.09 57.54	200m:	3:36.51	54.32	300m:	5:31.38	57.67	400m:	7:06.25	45.94
8.	BARROS, Ana Carolina		05	Salesianos do Funchal						7:20.22	203
	50m:	50.56 50.56	150m:	2:40.59	52.33	250m:	4:38.47	1:01.31	350m:	6:32.61	50.88
	100m:	1:48.26 57.70	200m:	3:37.16	56.57	300m:	5:41.73	1:03.26	400m:	7:20.22	47.61
9.	SILVA, Maria Fabiana		05	Desportivo Nacional						7:27.87	193
	50m:	47.43 47.43	150m:	2:45.30	58.99	250m:	4:45.23	1:01.66	350m:	6:39.75	52.81
	100m:	1:46.31 58.88	200m:	3:43.57	58.27	300m:	5:46.94	1:01.71	400m:	7:27.87	48.12

Juvenil A, 15 anos

1.	SOUSA, Joana Francisca		04	Desportivo Sao Roque						5:28.07	491
	<i>Minimos para o Campeonato Zonal</i>										
	50m:	35.86 35.86	150m:	1:57.85	40.60	250m:	3:26.41	47.44	350m:	4:52.94	38.51
	100m:	1:17.25 41.39	200m:	2:38.97	41.12	300m:	4:14.43	48.02	400m:	5:28.07	35.13
2.	FERREIRA, Maria Leonor		04	Desportivo Nacional						5:29.08	487
	<i>Minimos para o Campeonato Zonal</i>										
	50m:	36.56 36.56	150m:	2:01.81	41.54	250m:	3:29.39	46.78	350m:	4:53.09	38.21
	100m:	1:20.27 43.71	200m:	2:42.61	40.80	300m:	4:14.88	45.49	400m:	5:29.08	35.99
3.	OLIVEIRA, Sara Fernandes		04	Salesianos do Funchal						5:47.35	414
	50m:	38.65 38.65	150m:	2:08.26	42.90	250m:	3:40.48	48.57	350m:	5:08.82	39.22
	100m:	1:25.36 46.71	200m:	2:51.91	43.65	300m:	4:29.60	49.12	400m:	5:47.35	38.53
4.	RAMOS, Barbara Emerick		04	Salesianos do Funchal						5:54.53	389
	50m:	38.82 38.82	150m:	2:08.52	46.37	250m:	3:42.93	48.10	350m:	5:14.57	40.73
	100m:	1:22.15 43.33	200m:	2:54.83	46.31	300m:	4:33.84	50.91	400m:	5:54.53	39.96

Prova 5, Femin., 400m Estilos, Juvenil A, 15 anos

Lugar	Nome		Ano	Clube	Tempo final				Pts
5.	CAMACHO, Laura Fernandes		04	Naval do Funchal	5:55.23				387
	50m:	38.28 38.28	150m:	2:07.78 45.14	250m:	3:45.89 52.97	350m:	5:16.89 39.25	
	100m:	1:22.64 44.36	200m:	2:52.92 45.14	300m:	4:37.64 51.75	400m:	5:55.23 38.34	
6.	ANDRADE, Margarida Fernandes		04	Salesianos do Funchal	6:20.57				314
	50m:	41.30 41.30	150m:	2:17.38 46.80	250m:	4:02.01 58.86	350m:	5:40.54 40.79	
	100m:	1:30.58 49.28	200m:	3:03.15 45.77	300m:	4:59.75 57.74	400m:	6:20.57 40.03	
7.	JESUS, Mariana Caires		04	Salesianos do Funchal	6:34.69				282
	50m:	41.38 41.38	150m:	2:25.13 50.63	250m:	4:13.65 58.13	350m:	5:55.87 44.99	
	100m:	1:34.50 53.12	200m:	3:15.52 50.39	300m:	5:10.88 57.23	400m:	6:34.69 38.82	
8.	SOARES, Ines Silva		04	Desportivo Nacional	6:47.55				256
	50m:	43.18 43.18	150m:	2:27.89 51.82	250m:	4:18.39 57.92	350m:	6:02.97 46.48	
	100m:	1:36.07 52.89	200m:	3:20.47 52.58	300m:	5:16.49 58.10	400m:	6:47.55 44.58	
9.	RODRIGUES, Maria Carolina		04	Desportivo Nacional	7:33.83				185
	50m:	45.87 45.87	150m:	2:48.60 1:00.51	250m:	4:46.83 57.52	350m:	6:42.38 55.32	
	100m:	1:48.09 1:02.22	200m:	3:49.31 1:00.71	300m:	5:47.06 1:00.23	400m:	7:33.83 51.45	

DSQ FREITAS, Beatriz Castro 04 Naval do Funchal
722 - Tocou com uma mão na parede na viragem aos 225 m - SW 7.6

Juvenil Geral, 14 e 15 anos

1.	SOUSA, Joana Francisca		04	Desportivo Sao Roque	5:28.07				491
	<i>Minimos para o Campeonato Zonal</i>								
	50m:	35.86 35.86	150m:	1:57.85 40.60	250m:	3:26.41 47.44	350m:	4:52.94 38.51	
	100m:	1:17.25 41.39	200m:	2:38.97 41.12	300m:	4:14.43 48.02	400m:	5:28.07 35.13	
2.	FERREIRA, Maria Leonor		04	Desportivo Nacional	5:29.08				487
	<i>Minimos para o Campeonato Zonal</i>								
	50m:	36.56 36.56	150m:	2:01.81 41.54	250m:	3:29.39 46.78	350m:	4:53.09 38.21	
	100m:	1:20.27 43.71	200m:	2:42.61 40.80	300m:	4:14.88 45.49	400m:	5:29.08 35.99	
3.	OLIVEIRA, Sara Fernandes		04	Salesianos do Funchal	5:47.35				414
	50m:	38.65 38.65	150m:	2:08.26 42.90	250m:	3:40.48 48.57	350m:	5:08.82 39.22	
	100m:	1:25.36 46.71	200m:	2:51.91 43.65	300m:	4:29.60 49.12	400m:	5:47.35 38.53	
4.	ARAUJO, Maria Clara		05	Naval do Funchal	5:49.56				406
	50m:	39.38 39.38	150m:	2:09.45 42.96	250m:	3:41.63 47.62	350m:	5:10.71 39.46	
	100m:	1:26.49 47.11	200m:	2:54.01 44.56	300m:	4:31.25 49.62	400m:	5:49.56 38.85	
5.	RAMOS, Barbara Emerick		04	Salesianos do Funchal	5:54.53				389
	50m:	38.82 38.82	150m:	2:08.52 46.37	250m:	3:42.93 48.10	350m:	5:14.57 40.73	
	100m:	1:22.15 43.33	200m:	2:54.83 46.31	300m:	4:33.84 50.91	400m:	5:54.53 39.96	
6.	CAMACHO, Laura Fernandes		04	Naval do Funchal	5:55.23				387
	50m:	38.28 38.28	150m:	2:07.78 45.14	250m:	3:45.89 52.97	350m:	5:16.89 39.25	
	100m:	1:22.64 44.36	200m:	2:52.92 45.14	300m:	4:37.64 51.75	400m:	5:55.23 38.34	
7.	AVEIRO, Leonor Sofia		05	Naval do Funchal	6:01.53				367
	50m:	39.09 39.09	150m:	2:14.12 47.87	250m:	3:53.65 49.48	350m:	5:23.83 39.04	
	100m:	1:26.25 47.16	200m:	3:04.17 50.05	300m:	4:44.79 51.14	400m:	6:01.53 37.70	
8.	NASCIMENTO, Sofia Alexandre		05	Naval do Funchal	6:03.78				360
	50m:	38.60 38.60	150m:	2:11.72 45.63	250m:	3:51.04 54.43	350m:	5:25.32 39.58	
	100m:	1:26.09 47.49	200m:	2:56.61 44.89	300m:	4:45.74 54.70	400m:	6:03.78 38.46	
9.	JARDIM, Teresa Vieira		05	Naval do Funchal	6:20.15				316
	50m:	41.20 41.20	150m:	2:22.14 45.11	250m:	4:02.79 55.86	350m:	5:40.95 42.29	
	100m:	1:37.03 55.83	200m:	3:06.93 44.79	300m:	4:58.66 55.87	400m:	6:20.15 39.20	
10.	ANDRADE, Margarida Fernandes		04	Salesianos do Funchal	6:20.57				314
	50m:	41.30 41.30	150m:	2:17.38 46.80	250m:	4:02.01 58.86	350m:	5:40.54 40.79	
	100m:	1:30.58 49.28	200m:	3:03.15 45.77	300m:	4:59.75 57.74	400m:	6:20.57 40.03	

Prova 5, Femin., 400m Estilos, Juvenil Geral, 14 e 15 anos

Lugar			Ano					Tempo final	Pts
11.	JESUS, Mariana Caires		04	Salesianos do Funchal				6:34.69	282
	50m:	41.38 41.38	150m:	2:25.13	50.63	250m:	4:13.65 58.13	350m:	5:55.87 44.99
	100m:	1:34.50 53.12	200m:	3:15.52	50.39	300m:	5:10.88 57.23	400m:	6:34.69 38.82
12.	GOMES, Madalena Sousa		05	Naval do Funchal				6:43.59	264
	50m:	46.24 46.24	150m:	2:34.00	51.99	250m:	4:18.70 55.32	350m:	6:00.84 45.78
	100m:	1:42.01 55.77	200m:	3:23.38	49.38	300m:	5:15.06 56.36	400m:	6:43.59 42.75
13.	SOARES, Ines Silva		04	Desportivo Nacional				6:47.55	256
	50m:	43.18 43.18	150m:	2:27.89	51.82	250m:	4:18.39 57.92	350m:	6:02.97 46.48
	100m:	1:36.07 52.89	200m:	3:20.47	52.58	300m:	5:16.49 58.10	400m:	6:47.55 44.58
14.	LUIS, Mariana Capelo		05	Salesianos do Funchal				7:04.03	227
	50m:	51.67 51.67	150m:	2:44.93	51.56	250m:	4:32.20 53.99	350m:	6:17.20 47.58
	100m:	1:53.37 1:01.70	200m:	3:38.21	53.28	300m:	5:29.62 57.42	400m:	7:04.03 46.83
15.	ABREU, Maria Eduarda		05	Desportivo Nacional				7:06.25	224
	50m:	47.55 47.55	150m:	2:42.19	57.10	250m:	4:33.71 57.20	350m:	6:20.31 48.93
	100m:	1:45.09 57.54	200m:	3:36.51	54.32	300m:	5:31.38 57.67	400m:	7:06.25 45.94
16.	BARROS, Ana Carolina		05	Salesianos do Funchal				7:20.22	203
	50m:	50.56 50.56	150m:	2:40.59	52.33	250m:	4:38.47 1:01.31	350m:	6:32.61 50.88
	100m:	1:48.26 57.70	200m:	3:37.16	56.57	300m:	5:41.73 1:03.26	400m:	7:20.22 47.61
17.	SILVA, Maria Fabiana		05	Desportivo Nacional				7:27.87	193
	50m:	47.43 47.43	150m:	2:45.30	58.99	250m:	4:45.23 1:01.66	350m:	6:39.75 52.81
	100m:	1:46.31 58.88	200m:	3:43.57	58.27	300m:	5:46.94 1:01.71	400m:	7:27.87 48.12
18.	RODRIGUES, Maria Carolina		04	Desportivo Nacional				7:33.83	185
	50m:	45.87 45.87	150m:	2:48.60	1:00.51	250m:	4:46.83 57.52	350m:	6:42.38 55.32
	100m:	1:48.09 1:02.22	200m:	3:49.31	1:00.71	300m:	5:47.06 1:00.23	400m:	7:33.83 51.45
DSQ	FREITAS, Beatriz Castro		04	Naval do Funchal					
	<i>722 - Tocou com uma mão na parede na viragem aos 225 m - SW 7.6</i>								

Prova 6 Femin., 400m Estilos 16 anos e mais velhos
24/11/2018 - 16:53 Resultados

Recorde Regional Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun17	5:20.63	QUINTAL, Fabiana Maria	CDN	Funchal	01/03/2001
Recorde Regional Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006

TAC Nacional Jun: 5:19.73; Sen: 5:09.44

Pontos: FINA 2018

Lugar			Ano					Tempo final	Pts
Juniores, 16 e 17 anos									
1.	GONCALVES, Joana Marques		02	Salesianos do Funchal				6:05.15	356
	50m:	39.04 39.04	150m:	2:14.97	46.49	250m:	3:51.79 50.08	350m:	5:25.75 40.91
	100m:	1:28.48 49.44	200m:	3:01.71	46.74	300m:	4:44.84 53.05	400m:	6:05.15 39.40



Prova 7 Masc., 1500m Livres Juvenis
24/11/2018 - 16:59 Resultados

Recorde Regional Absoluto	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Juv A	16:31.31	CASTRO, Joao Cruz	CDSR	Funchal	29/07/2016
Recorde Regional Juv B	16:30.75	ALMEIDA, Carlos Alexandre	CDN	Penafiel	21/03/2004

TAC Zonal Juv B: 18:44.12; Juv A: 18:23.49 / TAC Nacional Juv B: 17:43.31; Juv A: 17:21.59

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Juvenil B, 15 anos			
1. ALVES, Paulo Rodrigues	04 Desportivo Nacional	17:47.63	501
<i>Minimos para o Campeonato Zonal</i>			
100m: 1:06.06 1:06.06	500m: 5:46.74 1:11.50	900m: 10:32.24 1:11.88	1300m: 15:21.83 1:13.11
200m: 2:15.78 1:09.72	600m: 6:58.13 1:11.39	1000m: 11:44.31 1:12.07	1400m: 16:34.85 1:13.02
300m: 3:24.93 1:09.15	700m: 8:09.11 1:10.98	1100m: 12:56.27 1:11.96	1500m: 17:47.63 1:12.78
400m: 4:35.24 1:10.31	800m: 9:20.36 1:11.25	1200m: 14:08.72 1:12.45	
2. CAMACHO, Afonso Caires	04 Naval do Funchal	18:16.79	462
<i>Minimos para o Campeonato Zonal</i>			
100m: 1:08.03 1:08.03	500m: 6:01.39 1:15.07	900m: 10:58.81 1:14.68	1300m: 15:53.69 1:13.05
200m: 2:19.65 1:11.62	600m: 7:15.04 1:13.65	1000m: 12:12.24 1:13.43	1400m: 17:06.59 1:12.90
300m: 3:32.53 1:12.88	700m: 8:28.97 1:13.93	1100m: 13:25.82 1:13.58	1500m: 18:16.79 1:10.20
400m: 4:46.32 1:13.79	800m: 9:44.13 1:15.16	1200m: 14:40.64 1:14.82	
3. RODRIGUES, Rodrigo Reis	04 Desportivo Sao Roque	18:24.92	452
<i>Minimos para o Campeonato Zonal</i>			
100m: 1:10.63 1:10.63	500m: 6:07.47 1:13.89	900m: 11:03.25 1:14.16	1300m: 15:58.47 1:13.49
200m: 2:24.78 1:14.15	600m: 7:21.27 1:13.80	1000m: 12:17.06 1:13.81	1400m: 17:12.88 1:14.41
300m: 3:39.31 1:14.53	700m: 8:35.28 1:14.01	1100m: 13:30.98 1:13.92	1500m: 18:24.92 1:12.04
400m: 4:53.58 1:14.27	800m: 9:49.09 1:13.81	1200m: 14:44.98 1:14.00	
4. FERNANDES, Diogo Henrique	04 Naval do Funchal	18:36.92	437
<i>Minimos para o Campeonato Zonal</i>			
100m: 1:13.85 1:13.85	500m: 6:16.10 1:15.27	900m: 11:16.15 1:13.97	1300m: 16:13.35 1:14.07
200m: 2:30.13 1:16.28	600m: 7:31.94 1:15.84	1000m: 12:30.81 1:14.66	1400m: 17:26.79 1:13.44
300m: 3:44.90 1:14.77	700m: 8:47.72 1:15.78	1100m: 13:45.18 1:14.37	1500m: 18:36.92 1:10.13
400m: 5:00.83 1:15.93	800m: 10:02.18 1:14.46	1200m: 14:59.28 1:14.10	
5. TELES, Artur Corte	04 Desportivo Sao Roque	18:44.46	428
100m: 1:12.82 1:12.82	500m: 6:09.43 1:15.27	900m: 11:13.28 1:16.13	1300m: 16:15.19 1:15.63
200m: 2:26.03 1:13.21	600m: 7:24.90 1:15.47	1000m: 12:29.02 1:15.74	1400m: 17:30.57 1:15.38
300m: 3:39.83 1:13.80	700m: 8:40.95 1:16.05	1100m: 13:44.47 1:15.45	1500m: 18:44.46 1:13.89
400m: 4:54.16 1:14.33	800m: 9:57.15 1:16.20	1200m: 14:59.56 1:15.09	
6. BARRY, Rafael Francisco	04 Naval do Funchal	18:51.06	421
100m: 1:13.82 1:13.82	500m: 6:16.50 1:16.19	900m: 11:19.37 1:15.71	1300m: 16:22.13 1:16.02
200m: 2:29.96 1:16.14	600m: 7:31.94 1:15.44	1000m: 12:34.96 1:15.59	1400m: 17:37.92 1:15.79
300m: 3:44.86 1:14.90	700m: 8:47.84 1:15.90	1100m: 13:50.24 1:15.28	1500m: 18:51.06 1:13.14
400m: 5:00.31 1:15.45	800m: 10:03.66 1:15.82	1200m: 15:06.11 1:15.87	
7. FERNANDES, Martim Pestana	04 Naval do Funchal	19:10.98	400
100m: 1:14.74 1:14.74	500m: 6:23.65 1:16.84	900m: 11:32.66 1:17.29	1300m: 16:40.47 1:16.38
200m: 2:31.72 1:16.98	600m: 7:41.14 1:17.49	1000m: 12:49.99 1:17.33	1400m: 17:57.35 1:16.88
300m: 3:48.83 1:17.11	700m: 8:58.34 1:17.20	1100m: 14:07.03 1:17.04	1500m: 19:10.98 1:13.63
400m: 5:06.81 1:17.98	800m: 10:15.37 1:17.03	1200m: 15:24.09 1:17.06	
8. FERREIRA, Leonardo Filipe	04 Naval do Funchal	19:36.82	374
100m: 1:11.58 1:11.58	500m: 6:21.79 1:18.71	900m: 11:39.26 1:20.83	1300m: 17:01.47 1:20.36
200m: 2:27.50 1:15.92	600m: 7:40.30 1:18.51	1000m: 13:00.66 1:21.40	1400m: 18:20.82 1:19.35
300m: 3:44.90 1:17.40	700m: 8:58.48 1:18.18	1100m: 14:20.62 1:19.96	1500m: 19:36.82 1:16.00
400m: 5:03.08 1:18.18	800m: 10:18.43 1:19.95	1200m: 15:41.11 1:20.49	
9. AGUILAR, Luis Santos	04 Desportivo Nacional	20:08.18	345
100m: 1:15.03 1:15.03	500m: 6:35.56 1:20.81	900m: 12:03.58 1:22.28	1300m: 17:30.00 1:21.88
200m: 2:34.14 1:19.11	600m: 7:57.28 1:21.72	1000m: 13:24.47 1:20.89	1400m: 18:51.01 1:21.01
300m: 3:53.48 1:19.34	700m: 9:19.31 1:22.03	1100m: 14:45.94 1:21.47	1500m: 20:08.18 1:17.17
400m: 5:14.75 1:21.27	800m: 10:41.30 1:21.99	1200m: 16:08.12 1:22.18	



Prova 7, Masc., 1500m Livres, Juvenil B, 15 anos

Lugar			Ano				Tempo final		Pts			
10.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal		20:36.05		322				
	100m:	1:19.79	1:19.79	500m:	6:49.17	1:22.31	900m:	12:22.83	1:22.86	1300m:	17:54.92	1:23.33
	200m:	2:42.57	1:22.78	600m:	8:12.46	1:23.29	1000m:	13:45.39	1:22.56	1400m:	19:17.46	1:22.54
	300m:	4:04.33	1:21.76	700m:	9:36.86	1:24.40	1100m:	15:08.57	1:23.18	1500m:	20:36.05	1:18.59
	400m:	5:26.86	1:22.53	800m:	10:59.97	1:23.11	1200m:	16:31.59	1:23.02			
11.	GONCALVES, Vitor Afonso		04	Salesianos do Funchal		21:16.58		293				
	100m:	1:20.05	1:20.05	500m:	7:01.73	1:24.84	900m:	12:44.44	1:25.93	1300m:	18:30.29	1:26.22
	200m:	2:45.57	1:25.52	600m:	8:26.79	1:25.06	1000m:	14:12.01	1:27.57	1400m:	19:56.55	1:26.26
	300m:	4:11.25	1:25.68	700m:	9:52.29	1:25.50	1100m:	15:38.17	1:26.16	1500m:	21:16.58	1:20.03
	400m:	5:36.89	1:25.64	800m:	11:18.51	1:26.22	1200m:	17:04.07	1:25.90			
12.	LEAL, Diogo Silva		04	Salesianos do Funchal		21:35.15		280				
	100m:	1:15.88	1:15.88	500m:	6:57.90	1:28.05	900m:	12:50.60	1:28.25	1300m:	18:46.38	1:28.91
	200m:	2:38.29	1:22.41	600m:	8:25.85	1:27.95	1000m:	14:19.56	1:28.96	1400m:	20:14.87	1:28.49
	300m:	4:02.57	1:24.28	700m:	9:54.32	1:28.47	1100m:	15:47.98	1:28.42	1500m:	21:35.15	1:20.28
	400m:	5:29.85	1:27.28	800m:	11:22.35	1:28.03	1200m:	17:17.47	1:29.49			
13.	MACHADO, Tiago Magalhaes		04	Desportivo Nacional		21:55.28		268				
	100m:	1:24.98	1:24.98	500m:	7:18.09	1:29.50	900m:	13:15.90	1:29.81	1300m:	19:10.69	1:27.14
	200m:	2:52.27	1:27.29	600m:	8:47.48	1:29.39	1000m:	14:45.27	1:29.37	1400m:	20:36.13	1:25.44
	300m:	4:19.69	1:27.42	700m:	10:17.18	1:29.70	1100m:	16:15.21	1:29.94	1500m:	21:55.28	1:19.15
	400m:	5:48.59	1:28.90	800m:	11:46.09	1:28.91	1200m:	17:43.55	1:28.34			
14.	PEREIRA, Diogo Gameiro		04	Naval do Funchal		21:58.85		265				
	100m:	1:23.24	1:23.24	500m:	7:17.97	1:29.86	900m:	13:15.62	1:29.34	1300m:	19:10.59	1:27.60
	200m:	2:50.54	1:27.30	600m:	8:47.43	1:29.46	1000m:	14:45.21	1:29.59	1400m:	20:36.23	1:25.64
	300m:	4:19.47	1:28.93	700m:	10:17.80	1:30.37	1100m:	16:14.72	1:29.51	1500m:	21:58.85	1:22.62
	400m:	5:48.11	1:28.64	800m:	11:46.28	1:28.48	1200m:	17:42.99	1:28.27			

Juvenil A, 16 anos

1.	FERNANDES, Rui Afonso		03	Desportivo Nacional		17:10.37		557				
	<i>Minimos para o Campeonato Zonal, Minimos para o Campeonato Nacional</i>											
	100m:	1:05.02	1:05.02	500m:	5:37.24	1:08.55	900m:	10:14.48	1:09.50	1300m:	14:53.90	1:10.43
	200m:	2:12.78	1:07.76	600m:	6:46.32	1:09.08	1000m:	11:23.98	1:09.50	1400m:	16:03.57	1:09.67
	300m:	3:20.67	1:07.89	700m:	7:55.42	1:09.10	1100m:	12:33.76	1:09.78	1500m:	17:10.37	1:06.80
	400m:	4:28.69	1:08.02	800m:	9:04.98	1:09.56	1200m:	13:43.47	1:09.71			
2.	GOMES, Goncalo Camara		03	Naval do Funchal		17:42.12		509				
	<i>Minimos para o Campeonato Zonal</i>											
	100m:	1:07.57	1:07.57	500m:	5:51.08	1:10.79	900m:	10:34.58	1:11.30	1300m:	15:19.93	1:11.51
	200m:	2:18.14	1:10.57	600m:	7:02.06	1:10.98	1000m:	11:45.22	1:10.64	1400m:	16:31.89	1:11.96
	300m:	3:29.14	1:11.00	700m:	8:12.72	1:10.66	1100m:	12:56.89	1:11.67	1500m:	17:42.12	1:10.23
	400m:	4:40.29	1:11.15	800m:	9:23.28	1:10.56	1200m:	14:08.42	1:11.53			
3.	LOPES, Pedro Henrique		03	Desportivo Sao Roque		18:40.54		433				
	100m:	1:11.12	1:11.12	500m:	6:05.18	1:13.78	900m:	11:06.01	1:15.51	1300m:	16:10.64	1:16.21
	200m:	2:24.18	1:13.06	600m:	7:19.70	1:14.52	1000m:	12:22.17	1:16.16	1400m:	17:26.40	1:15.76
	300m:	3:37.98	1:13.80	700m:	8:34.76	1:15.06	1100m:	13:38.53	1:16.36	1500m:	18:40.54	1:14.14
	400m:	4:51.40	1:13.42	800m:	9:50.50	1:15.74	1200m:	14:54.43	1:15.90			
4.	SOUSA, Pedro Afonso		03	Desportivo Nacional		19:07.86		403				
	100m:	1:05.38	1:05.38	500m:	6:09.65	1:18.68	900m:	11:28.45	1:20.43	1300m:	16:38.27	1:16.24
	200m:	2:14.75	1:09.37	600m:	7:25.33	1:15.68	1000m:	12:49.60	1:21.15	1400m:	17:54.15	1:15.88
	300m:	3:32.04	1:17.29	700m:	8:45.87	1:20.54	1100m:	14:08.49	1:18.89	1500m:	19:07.86	1:13.71
	400m:	4:50.87	1:18.83	800m:	10:08.02	1:22.15	1200m:	15:22.03	1:13.54			
5.	BAPTISTA, Tiago Ornelas		03	Naval do Funchal		19:11.55		399				
	100m:	1:09.48	1:09.48	500m:	6:19.88	1:19.30	900m:	11:30.91	1:17.46	1300m:	16:39.99	1:17.63
	200m:	2:26.49	1:17.01	600m:	7:37.60	1:17.72	1000m:	12:48.77	1:17.86	1400m:	17:57.41	1:17.42
	300m:	3:43.59	1:17.10	700m:	8:56.25	1:18.65	1100m:	14:05.79	1:17.02	1500m:	19:11.55	1:14.14
	400m:	5:00.58	1:16.99	800m:	10:13.45	1:17.20	1200m:	15:22.36	1:16.57			

Prova 7, Masc., 1500m Livres, Juvenil A, 16 anos

Lugar	Nome		Ano	Clube				Tempo final	Pts
6.	CAMARA, Simao Vieira		03	Desportivo Sao Roque				19:22.48	388
	100m:	1:09.14 1:09.14	500m:	6:16.30 1:18.18	900m:	11:35.90 1:18.78	1300m:	16:48.13 1:18.60	
	200m:	2:24.99 1:15.85	600m:	7:35.57 1:19.27	1000m:	12:54.49 1:18.59	1400m:	18:07.01 1:18.88	
	300m:	3:41.69 1:16.70	700m:	8:56.99 1:21.42	1100m:	14:12.94 1:18.45	1500m:	19:22.48 1:15.47	
	400m:	4:58.12 1:16.43	800m:	10:17.12 1:20.13	1200m:	15:29.53 1:16.59			
7.	ABREU, Nuno Afonso		03	Naval do Funchal				19:57.55	355
	100m:	1:13.97 1:13.97	500m:	6:31.46 1:20.60	900m:	11:56.80 1:21.40	1300m:	17:19.29 1:19.02	
	200m:	2:31.48 1:17.51	600m:	7:52.17 1:20.71	1000m:	13:17.75 1:20.95	1400m:	18:39.44 1:20.15	
	300m:	3:50.28 1:18.80	700m:	9:13.78 1:21.61	1100m:	14:39.01 1:21.26	1500m:	19:57.55 1:18.11	
	400m:	5:10.86 1:20.58	800m:	10:35.40 1:21.62	1200m:	16:00.27 1:21.26			
8.	AGUIAR, Pedro Ferreira		03	Naval do Funchal				20:09.06	345
	100m:	1:16.26 1:16.26	500m:	6:40.14 1:20.96	900m:	12:04.08 1:20.96	1300m:	17:29.49 1:22.18	
	200m:	2:37.19 1:20.93	600m:	8:00.93 1:20.79	1000m:	13:25.03 1:20.95	1400m:	18:50.49 1:21.00	
	300m:	3:58.21 1:21.02	700m:	9:22.04 1:21.11	1100m:	14:46.09 1:21.06	1500m:	20:09.06 1:18.57	
	400m:	5:19.18 1:20.97	800m:	10:43.12 1:21.08	1200m:	16:07.31 1:21.22			
9.	VIEIRA, Emanuel Eloi		03	Desportivo Sao Roque				20:31.46	326
	100m:	1:15.87 1:15.87	500m:	6:45.13 1:22.66	900m:	12:19.37 1:23.97	1300m:	17:48.80 1:21.45	
	200m:	2:37.11 1:21.24	600m:	8:08.75 1:23.62	1000m:	13:41.89 1:22.52	1400m:	19:11.20 1:22.40	
	300m:	3:58.24 1:21.13	700m:	9:32.12 1:23.37	1100m:	15:05.34 1:23.45	1500m:	20:31.46 1:20.26	
	400m:	5:22.47 1:24.23	800m:	10:55.40 1:23.28	1200m:	16:27.35 1:22.01			
10.	RODRIGUES, Renato Correia		03	Salesianos do Funchal				20:50.33	312
	100m:	1:14.85 1:14.85	500m:	6:38.78 1:22.88	900m:	12:17.67 1:25.39	1300m:	18:02.36 1:26.57	
	200m:	2:33.97 1:19.12	600m:	8:02.22 1:23.44	1000m:	13:44.17 1:26.50	1400m:	19:27.49 1:25.13	
	300m:	3:53.92 1:19.95	700m:	9:26.43 1:24.21	1100m:	15:09.96 1:25.79	1500m:	20:50.33 1:22.84	
	400m:	5:15.90 1:21.98	800m:	10:52.28 1:25.85	1200m:	16:35.79 1:25.83			
11.	OLIVEIRA, Jose Alexandre		03	Escola O Liceu				21:00.14	304
	100m:	1:20.01 1:20.01	500m:	6:47.14 1:21.32	900m:	12:22.81 1:25.27	1300m:	18:09.33 1:25.91	
	200m:	2:42.89 1:22.88	600m:	8:09.68 1:22.54	1000m:	13:50.25 1:27.44	1400m:	19:36.77 1:27.44	
	300m:	4:03.95 1:21.06	700m:	9:32.17 1:22.49	1100m:	15:16.62 1:26.37	1500m:	21:00.14 1:23.37	
	400m:	5:25.82 1:21.87	800m:	10:57.54 1:25.37	1200m:	16:43.42 1:26.80			
12.	ABREU, Tiago Gomes		03	Naval do Funchal				23:17.03	223
	100m:	1:27.93 1:27.93	500m:	7:37.10 1:32.26	900m:	13:52.15 1:34.63	1300m:	20:08.99 1:36.50	
	200m:	3:00.66 1:32.73	600m:	9:10.57 1:33.47	1000m:	15:24.96 1:32.81	1400m:	21:45.07 1:36.08	
	300m:	4:32.43 1:31.77	700m:	10:44.95 1:34.38	1100m:	16:57.98 1:33.02	1500m:	23:17.03 1:31.96	
	400m:	6:04.84 1:32.41	800m:	12:17.52 1:32.57	1200m:	18:32.49 1:34.51			
doente	FARIA, Joao Pedro		03	Naval do Funchal					

Juvenil Geral, 15 e 16 anos

1.	FERNANDES, Rui Afonso		03	Desportivo Nacional				17:10.37	557
	<i>Minimos para o Campeonato Zonal, Minimos para o Campeonato Nacional</i>								
	100m:	1:05.02 1:05.02	500m:	5:37.24 1:08.55	900m:	10:14.48 1:09.50	1300m:	14:53.90 1:10.43	
	200m:	2:12.78 1:07.76	600m:	6:46.32 1:09.08	1000m:	11:23.98 1:09.50	1400m:	16:03.57 1:09.67	
	300m:	3:20.67 1:07.89	700m:	7:55.42 1:09.10	1100m:	12:33.76 1:09.78	1500m:	17:10.37 1:06.80	
	400m:	4:28.69 1:08.02	800m:	9:04.98 1:09.56	1200m:	13:43.47 1:09.71			
2.	GOMES, Goncalo Camara		03	Naval do Funchal				17:42.12	509
	<i>Minimos para o Campeonato Zonal</i>								
	100m:	1:07.57 1:07.57	500m:	5:51.08 1:10.79	900m:	10:34.58 1:11.30	1300m:	15:19.93 1:11.51	
	200m:	2:18.14 1:10.57	600m:	7:02.06 1:10.98	1000m:	11:45.22 1:10.64	1400m:	16:31.89 1:11.96	
	300m:	3:29.14 1:11.00	700m:	8:12.72 1:10.66	1100m:	12:56.89 1:11.67	1500m:	17:42.12 1:10.23	
	400m:	4:40.29 1:11.15	800m:	9:23.28 1:10.56	1200m:	14:08.42 1:11.53			
3.	ALVES, Paulo Rodrigues		04	Desportivo Nacional				17:47.63	501
	<i>Minimos para o Campeonato Zonal</i>								
	100m:	1:06.06 1:06.06	500m:	5:46.74 1:11.50	900m:	10:32.24 1:11.88	1300m:	15:21.83 1:13.11	
	200m:	2:15.78 1:09.72	600m:	6:58.13 1:11.39	1000m:	11:44.31 1:12.07	1400m:	16:34.85 1:13.02	
	300m:	3:24.93 1:09.15	700m:	8:09.11 1:10.98	1100m:	12:56.27 1:11.96	1500m:	17:47.63 1:12.78	
	400m:	4:35.24 1:10.31	800m:	9:20.36 1:11.25	1200m:	14:08.72 1:12.45			

Prova 7, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar			Ano			Tempo final	Pts
4.	CAMACHO, Afonso Caires		04	Naval do Funchal		18:16.79	462
	<i>Minimos para o Campeonato Zonal</i>						
	100m:	1:08.03	1:08.03	500m:	6:01.39	1:15.07	900m: 10:58.81 1:14.68
	200m:	2:19.65	1:11.62	600m:	7:15.04	1:13.65	1000m: 12:12.24 1:13.43
	300m:	3:32.53	1:12.88	700m:	8:28.97	1:13.93	1100m: 13:25.82 1:13.58
	400m:	4:46.32	1:13.79	800m:	9:44.13	1:15.16	1200m: 14:40.64 1:14.82
							1300m: 15:53.69 1:13.05
							1400m: 17:06.59 1:12.90
							1500m: 18:16.79 1:10.20
5.	RODRIGUES, Rodrigo Reis		04	Desportivo Sao Roque		18:24.92	452
	<i>Minimos para o Campeonato Zonal</i>						
	100m:	1:10.63	1:10.63	500m:	6:07.47	1:13.89	900m: 11:03.25 1:14.16
	200m:	2:24.78	1:14.15	600m:	7:21.27	1:13.80	1000m: 12:17.06 1:13.81
	300m:	3:39.31	1:14.53	700m:	8:35.28	1:14.01	1100m: 13:30.98 1:13.92
	400m:	4:53.58	1:14.27	800m:	9:49.09	1:13.81	1200m: 14:44.98 1:14.00
							1300m: 15:58.47 1:13.49
							1400m: 17:12.88 1:14.41
							1500m: 18:24.92 1:12.04
6.	FERNANDES, Diogo Henrique		04	Naval do Funchal		18:36.92	437
	<i>Minimos para o Campeonato Zonal</i>						
	100m:	1:13.85	1:13.85	500m:	6:16.10	1:15.27	900m: 11:16.15 1:13.97
	200m:	2:30.13	1:16.28	600m:	7:31.94	1:15.84	1000m: 12:30.81 1:14.66
	300m:	3:44.90	1:14.77	700m:	8:47.72	1:15.78	1100m: 13:45.18 1:14.37
	400m:	5:00.83	1:15.93	800m:	10:02.18	1:14.46	1200m: 14:59.28 1:14.10
							1300m: 16:13.35 1:14.07
							1400m: 17:26.79 1:13.44
							1500m: 18:36.92 1:10.13
7.	LOPES, Pedro Henrique		03	Desportivo Sao Roque		18:40.54	433
	100m:	1:11.12	1:11.12	500m:	6:05.18	1:13.78	900m: 11:06.01 1:15.51
	200m:	2:24.18	1:13.06	600m:	7:19.70	1:14.52	1000m: 12:22.17 1:16.16
	300m:	3:37.98	1:13.80	700m:	8:34.76	1:15.06	1100m: 13:38.53 1:16.36
	400m:	4:51.40	1:13.42	800m:	9:50.50	1:15.74	1200m: 14:54.43 1:15.90
							1300m: 16:10.64 1:16.21
							1400m: 17:26.40 1:15.76
							1500m: 18:40.54 1:14.14
8.	TELES, Artur Corte		04	Desportivo Sao Roque		18:44.46	428
	100m:	1:12.82	1:12.82	500m:	6:09.43	1:15.27	900m: 11:13.28 1:16.13
	200m:	2:26.03	1:13.21	600m:	7:24.90	1:15.47	1000m: 12:29.02 1:15.74
	300m:	3:39.83	1:13.80	700m:	8:40.95	1:16.05	1100m: 13:44.47 1:15.45
	400m:	4:54.16	1:14.33	800m:	9:57.15	1:16.20	1200m: 14:59.56 1:15.09
							1300m: 16:15.19 1:15.63
							1400m: 17:30.57 1:15.38
							1500m: 18:44.46 1:13.89
9.	BARRY, Rafael Francisco		04	Naval do Funchal		18:51.06	421
	100m:	1:13.82	1:13.82	500m:	6:16.50	1:16.19	900m: 11:19.37 1:15.71
	200m:	2:29.96	1:16.14	600m:	7:31.94	1:15.44	1000m: 12:34.96 1:15.59
	300m:	3:44.86	1:14.90	700m:	8:47.84	1:15.90	1100m: 13:50.24 1:15.28
	400m:	5:00.31	1:15.45	800m:	10:03.66	1:15.82	1200m: 15:06.11 1:15.87
							1300m: 16:22.13 1:16.02
							1400m: 17:37.92 1:15.79
							1500m: 18:51.06 1:13.14
10.	SOUSA, Pedro Afonso		03	Desportivo Nacional		19:07.86	403
	100m:	1:05.38	1:05.38	500m:	6:09.65	1:18.78	900m: 11:28.45 1:20.43
	200m:	2:14.75	1:09.37	600m:	7:25.33	1:15.68	1000m: 12:49.60 1:21.15
	300m:	3:32.04	1:17.29	700m:	8:45.87	1:20.54	1100m: 14:08.49 1:18.89
	400m:	4:50.87	1:18.83	800m:	10:08.02	1:22.15	1200m: 15:22.03 1:13.54
							1300m: 16:38.27 1:16.24
							1400m: 17:54.15 1:15.88
							1500m: 19:07.86 1:13.71
11.	FERNANDES, Martim Pestana		04	Naval do Funchal		19:10.98	400
	100m:	1:14.74	1:14.74	500m:	6:23.65	1:16.84	900m: 11:32.66 1:17.29
	200m:	2:31.72	1:16.98	600m:	7:41.14	1:17.49	1000m: 12:49.99 1:17.33
	300m:	3:48.83	1:17.11	700m:	8:58.34	1:17.20	1100m: 14:07.03 1:17.04
	400m:	5:06.81	1:17.98	800m:	10:15.37	1:17.03	1200m: 15:24.09 1:17.06
							1300m: 16:40.47 1:16.38
							1400m: 17:57.35 1:16.88
							1500m: 19:10.98 1:13.63
12.	BAPTISTA, Tiago Ornelas		03	Naval do Funchal		19:11.55	399
	100m:	1:09.48	1:09.48	500m:	6:19.88	1:19.30	900m: 11:30.91 1:17.46
	200m:	2:26.49	1:17.01	600m:	7:37.60	1:17.72	1000m: 12:48.77 1:17.86
	300m:	3:43.59	1:17.10	700m:	8:56.25	1:18.65	1100m: 14:05.79 1:17.02
	400m:	5:00.58	1:16.99	800m:	10:13.45	1:17.20	1200m: 15:22.36 1:16.57
							1300m: 16:39.99 1:17.63
							1400m: 17:57.41 1:17.42
							1500m: 19:11.55 1:14.14
13.	CAMARA, Simao Vieira		03	Desportivo Sao Roque		19:22.48	388
	100m:	1:09.14	1:09.14	500m:	6:16.30	1:18.18	900m: 11:35.90 1:18.78
	200m:	2:24.99	1:15.85	600m:	7:35.57	1:19.27	1000m: 12:54.49 1:18.59
	300m:	3:41.69	1:16.70	700m:	8:56.99	1:21.42	1100m: 14:12.94 1:18.45
	400m:	4:58.12	1:16.43	800m:	10:17.12	1:20.13	1200m: 15:29.53 1:16.59
							1300m: 16:48.13 1:18.60
							1400m: 18:07.01 1:18.88
							1500m: 19:22.48 1:15.47
14.	FERREIRA, Leonardo Filipe		04	Naval do Funchal		19:36.82	374
	100m:	1:11.58	1:11.58	500m:	6:21.79	1:18.71	900m: 11:39.26 1:20.83
	200m:	2:27.50	1:15.92	600m:	7:40.30	1:18.51	1000m: 13:00.66 1:21.40
	300m:	3:44.90	1:17.40	700m:	8:58.48	1:18.18	1100m: 14:20.62 1:19.96
	400m:	5:03.08	1:18.18	800m:	10:18.43	1:19.95	1200m: 15:41.11 1:20.49
							1300m: 17:01.47 1:20.36
							1400m: 18:20.82 1:19.35
							1500m: 19:36.82 1:16.00



Prova 7, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar			Ano				Tempo final	Pts
15.	ABREU, Nuno Afonso		03	Naval do Funchal		19:57.55	355	
	100m:	1:13.97 1:13.97	500m:	6:31.46 1:20.60	900m:	11:56.80 1:21.40	1300m:	17:19.29 1:19.02
	200m:	2:31.48 1:17.51	600m:	7:52.17 1:20.71	1000m:	13:17.75 1:20.95	1400m:	18:39.44 1:20.15
	300m:	3:50.28 1:18.80	700m:	9:13.78 1:21.61	1100m:	14:39.01 1:21.26	1500m:	19:57.55 1:18.11
	400m:	5:10.86 1:20.58	800m:	10:35.40 1:21.62	1200m:	16:00.27 1:21.26		
16.	AGUILAR, Luis Santos		04	Desportivo Nacional		20:08.18	345	
	100m:	1:15.03 1:15.03	500m:	6:35.56 1:20.81	900m:	12:03.58 1:22.28	1300m:	17:30.00 1:21.88
	200m:	2:34.14 1:19.11	600m:	7:57.28 1:21.72	1000m:	13:24.47 1:20.89	1400m:	18:51.01 1:21.01
	300m:	3:53.48 1:19.34	700m:	9:19.31 1:22.03	1100m:	14:45.94 1:21.47	1500m:	20:08.18 1:17.17
	400m:	5:14.75 1:21.27	800m:	10:41.30 1:21.99	1200m:	16:08.12 1:22.18		
17.	AGUIAR, Pedro Ferreira		03	Naval do Funchal		20:09.06	345	
	100m:	1:16.26 1:16.26	500m:	6:40.14 1:20.96	900m:	12:04.08 1:20.96	1300m:	17:29.49 1:22.18
	200m:	2:37.19 1:20.93	600m:	8:00.93 1:20.79	1000m:	13:25.03 1:20.95	1400m:	18:50.49 1:21.00
	300m:	3:58.21 1:21.02	700m:	9:22.04 1:21.11	1100m:	14:46.09 1:21.06	1500m:	20:09.06 1:18.57
	400m:	5:19.18 1:20.97	800m:	10:43.12 1:21.08	1200m:	16:07.31 1:21.22		
18.	VIEIRA, Emanuel Eloi		03	Desportivo Sao Roque		20:31.46	326	
	100m:	1:15.87 1:15.87	500m:	6:45.13 1:22.66	900m:	12:19.37 1:23.97	1300m:	17:48.80 1:21.45
	200m:	2:37.11 1:21.24	600m:	8:08.75 1:23.62	1000m:	13:41.89 1:22.52	1400m:	19:11.20 1:22.40
	300m:	3:58.24 1:21.13	700m:	9:32.12 1:23.37	1100m:	15:05.34 1:23.45	1500m:	20:31.46 1:20.26
	400m:	5:22.47 1:24.23	800m:	10:55.40 1:23.28	1200m:	16:27.35 1:22.01		
19.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal		20:36.05	322	
	100m:	1:19.79 1:19.79	500m:	6:49.17 1:22.31	900m:	12:22.83 1:22.86	1300m:	17:54.92 1:23.33
	200m:	2:42.57 1:22.78	600m:	8:12.46 1:23.29	1000m:	13:45.39 1:22.56	1400m:	19:17.46 1:22.54
	300m:	4:04.33 1:21.76	700m:	9:36.86 1:24.40	1100m:	15:08.57 1:23.18	1500m:	20:36.05 1:18.59
	400m:	5:26.86 1:22.53	800m:	10:59.97 1:23.11	1200m:	16:31.59 1:23.02		
20.	RODRIGUES, Renato Correia		03	Salesianos do Funchal		20:50.33	312	
	100m:	1:14.85 1:14.85	500m:	6:38.78 1:22.88	900m:	12:17.67 1:25.39	1300m:	18:02.36 1:26.57
	200m:	2:33.97 1:19.12	600m:	8:02.22 1:23.44	1000m:	13:44.17 1:26.50	1400m:	19:27.49 1:25.13
	300m:	3:53.92 1:19.95	700m:	9:26.43 1:24.21	1100m:	15:09.96 1:25.79	1500m:	20:50.33 1:22.84
	400m:	5:15.90 1:21.98	800m:	10:52.28 1:25.85	1200m:	16:35.79 1:25.83		
21.	OLIVEIRA, Jose Alexandre		03	Escola O Liceu		21:00.14	304	
	100m:	1:20.01 1:20.01	500m:	6:47.14 1:21.32	900m:	12:22.81 1:25.27	1300m:	18:09.33 1:25.91
	200m:	2:42.89 1:22.88	600m:	8:09.68 1:22.54	1000m:	13:50.25 1:27.44	1400m:	19:36.77 1:27.44
	300m:	4:03.95 1:21.06	700m:	9:32.17 1:22.49	1100m:	15:16.62 1:26.37	1500m:	21:00.14 1:23.37
	400m:	5:25.82 1:21.87	800m:	10:57.54 1:25.37	1200m:	16:43.42 1:26.80		
22.	GONCALVES, Vitor Afonso		04	Salesianos do Funchal		21:16.58	293	
	100m:	1:20.05 1:20.05	500m:	7:01.73 1:24.84	900m:	12:44.44 1:25.93	1300m:	18:30.29 1:26.22
	200m:	2:45.57 1:25.52	600m:	8:26.79 1:25.06	1000m:	14:12.01 1:27.57	1400m:	19:56.55 1:26.26
	300m:	4:11.25 1:25.68	700m:	9:52.29 1:25.50	1100m:	15:38.17 1:26.16	1500m:	21:16.58 1:20.03
	400m:	5:36.89 1:25.64	800m:	11:18.51 1:26.22	1200m:	17:04.07 1:25.90		
23.	LEAL, Diogo Silva		04	Salesianos do Funchal		21:35.15	280	
	100m:	1:15.88 1:15.88	500m:	6:57.90 1:28.05	900m:	12:50.60 1:28.25	1300m:	18:46.38 1:28.91
	200m:	2:38.29 1:22.41	600m:	8:25.85 1:27.95	1000m:	14:19.56 1:28.96	1400m:	20:14.87 1:28.49
	300m:	4:02.57 1:24.28	700m:	9:54.32 1:28.47	1100m:	15:47.98 1:28.42	1500m:	21:35.15 1:20.28
	400m:	5:29.85 1:27.28	800m:	11:22.35 1:28.03	1200m:	17:17.47 1:29.49		
24.	MACHADO, Tiago Magalhaes		04	Desportivo Nacional		21:55.28	268	
	100m:	1:24.98 1:24.98	500m:	7:18.09 1:29.50	900m:	13:15.90 1:29.81	1300m:	19:10.69 1:27.14
	200m:	2:52.27 1:27.29	600m:	8:47.48 1:29.39	1000m:	14:45.27 1:29.37	1400m:	20:36.13 1:25.44
	300m:	4:19.69 1:27.42	700m:	10:17.18 1:29.70	1100m:	16:15.21 1:29.94	1500m:	21:55.28 1:19.15
	400m:	5:48.59 1:28.90	800m:	11:46.09 1:28.91	1200m:	17:43.55 1:28.34		
25.	PEREIRA, Diogo Gameiro		04	Naval do Funchal		21:58.85	265	
	100m:	1:23.24 1:23.24	500m:	7:17.97 1:29.86	900m:	13:15.62 1:29.34	1300m:	19:10.59 1:27.60
	200m:	2:50.54 1:27.30	600m:	8:47.43 1:29.46	1000m:	14:45.21 1:29.59	1400m:	20:36.23 1:25.64
	300m:	4:19.47 1:28.93	700m:	10:17.80 1:30.37	1100m:	16:14.72 1:29.51	1500m:	21:58.85 1:22.62
	400m:	5:48.11 1:28.64	800m:	11:46.28 1:28.48	1200m:	17:42.99 1:28.27		

Prova 7, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar	Ano		Tempo final		Pts
26. ABREU, Tiago Gomes	03	Naval do Funchal	23:17.03		223
100m: 1:27.93 1:27.93	500m: 7:37.10 1:32.26	900m: 13:52.15 1:34.63	1300m: 20:08.99 1:36.50		
200m: 3:00.66 1:32.73	600m: 9:10.57 1:33.47	1000m: 15:24.96 1:32.81	1400m: 21:45.07 1:36.08		
300m: 4:32.43 1:31.77	700m: 10:44.95 1:34.38	1100m: 16:57.98 1:33.02	1500m: 23:17.03 1:31.96		
400m: 6:04.84 1:32.41	800m: 12:17.52 1:32.57	1200m: 18:32.49 1:34.51			

doente FARIA, Joao Pedro 03 Naval do Funchal

Prova 8 Masc., 1500m Livres 17 anos e mais velhos
 24/11/2018 - 18:25 Resultados

Recorde Regional Absoluto	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Sen	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Jun18	15:38.98	FRANCO, Paulo Fragueiro	CDN	Mealhada	25/03/2000
Recorde Regional Jun17	16:11.50	GOUVEIA, Pedro Galvao	CDN	Funchal	09/07/2016

TAC Nacional Jun: 16:50.32; Sen: 16:24.57

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts
Juniorees, 17 e 18 anos					
1. RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	17:15.57		549
100m: 1:03.19 1:03.19	500m: 5:40.30 1:09.79	900m: 10:21.52 1:10.56	1300m: 15:00.28 1:09.05		
200m: 2:12.09 1:08.90	600m: 6:50.54 1:10.24	1000m: 11:31.60 1:10.08	1400m: 16:09.12 1:08.84		
300m: 3:20.87 1:08.78	700m: 8:00.77 1:10.23	1100m: 12:41.51 1:09.91	1500m: 17:15.57 1:06.45		
400m: 4:30.51 1:09.64	800m: 9:10.96 1:10.19	1200m: 13:51.23 1:09.72			
2. OLIVEIRA, Pedro Freitas	02	Naval do Funchal	17:41.97		509
100m: 1:04.86 1:04.86	500m: 5:45.66 1:11.62	900m: 10:32.90 1:11.74	1300m: 15:21.32 1:11.93		
200m: 2:13.70 1:08.84	600m: 6:57.45 1:11.79	1000m: 11:45.24 1:12.34	1400m: 16:33.18 1:11.86		
300m: 3:23.10 1:09.40	700m: 8:09.35 1:11.90	1100m: 12:57.32 1:12.08	1500m: 17:41.97 1:08.79		
400m: 4:34.04 1:10.94	800m: 9:21.16 1:11.81	1200m: 14:09.39 1:12.07			
3. FREITAS, Joao Tomas	02	Salesianos do Funchal	18:49.24		423
100m: 1:06.19 1:06.19	500m: 6:02.72 1:15.35	900m: 11:07.46 1:16.65	1300m: 16:15.78 1:17.41		
200m: 2:18.72 1:12.53	600m: 7:18.41 1:15.69	1000m: 12:24.63 1:17.17	1400m: 17:33.42 1:17.64		
300m: 3:32.76 1:14.04	700m: 8:34.56 1:16.15	1100m: 13:41.43 1:16.80	1500m: 18:49.24 1:15.82		
400m: 4:47.37 1:14.61	800m: 9:50.81 1:16.25	1200m: 14:58.37 1:16.94			
4. NUNES, Goncalo Almada	01	Salesianos do Funchal	20:48.62		313
100m: 1:14.19 1:14.19	500m: 6:47.84 1:24.90	900m: 12:27.46 1:25.49	1300m: 18:06.32 1:24.39		
200m: 2:35.95 1:21.76	600m: 8:11.68 1:23.84	1000m: 13:52.41 1:24.95	1400m: 19:30.33 1:24.01		
300m: 3:58.67 1:22.72	700m: 9:36.53 1:24.85	1100m: 15:17.48 1:25.07	1500m: 20:48.62 1:18.29		
400m: 5:22.94 1:24.27	800m: 11:01.97 1:25.44	1200m: 16:41.93 1:24.45			

Seniores, 19 anos e mais velhos

1. QUINTAL, Nuno Alexandre	99	Desportivo Nacional	19:00.80		410
100m: 1:05.45 1:05.45	500m: 6:04.71 1:16.55	900m: 11:18.13 1:18.69	1300m: 16:32.60 1:17.65		
200m: 2:17.97 1:12.52	600m: 7:22.65 1:17.94	1000m: 12:37.39 1:19.26	1400m: 17:50.18 1:17.58		
300m: 3:32.68 1:14.71	700m: 8:41.21 1:18.56	1100m: 13:56.34 1:18.95	1500m: 19:00.80 1:10.62		
400m: 4:48.16 1:15.48	800m: 9:59.44 1:18.23	1200m: 15:14.95 1:18.61			