

1 - Jornada Única / 1.ª Sessão

12/10/2019 - 9:15

Prova 1	Masc., 100m Mariposa				Absoluto
12/10/2019 - 9:15					Resultados
Recordes Regionais Absoluto	55.09	SEQUEIRA, Afonso Meneses	CNF	Funchal	10/12/2016
Recordes Regionais Sen	55.34	FRANCO, Joao Fragueiro	CNF	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun18	55.09	SEQUEIRA, Afonso Meneses	CNF	Funchal	10/12/2016
Recordes Regionais Jun17	56.11	SEQUEIRA, Afonso Meneses	CNF	Porto	12/12/2015
Recordes Regionais Juv A	58.04	SEQUEIRA, Afonso Meneses	CNF	Leiria	13/12/2014
Recordes Regionais Juv B	58.96	VARGAS, Henrique Luis	CNF	Funchal	24/07/2013
Recordes Regionais Inf A	1:01.59	CAIRES, Nuno Costa	CNF	Funchal	12/07/2008
Recordes Regionais Inf B	1:04.84	CASTRO, Joao Cruz	CSM	Funchal	24/07/2013

TAC Nacionais Inf B: 1:17.10; Inf A: 1:12.30; Juv B: 1:03.49; Juv A: 1:01.39; Jun17: 58.72; Jun18: 58.43; Sen19: 57.53; 20 +: 57.24 /
TAC Zonais Inf B: 1:17.50; Inf A: 1:12.60; Juv B: 1:06.27; Juv A: 1:05.09

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	
Infantil A - 14 anos							
1.	PITA, Pedro Miguel	06	Naval do Funchal	1:10.08	322	32.38	37.70
<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Ponte de Sôr</i>							
2.	ABREU, Joao Francisco	06	Naval do Funchal	1:14.10	273	34.32	39.78
3.	FERRAZ, Luis Afonso	06	Naval do Funchal	1:18.24	232	36.78	41.46
4.	SILVA, Joao Luis	06	CEO Liceu	1:25.66	176	38.09	47.57
5.	CASTRO, Mateus Pereira	06	CEO Liceu	1:35.77	126	43.42	52.35
Juvenil B - 15 anos							
1.	RODRIGUES, Joao Luis	05	Naval do Funchal	1:04.95	405	30.59	34.36
<i>Minimos Campeonato Zonal - Sines</i>							
2.	ALVES, Tiago Pires	05	Salesianos do Funchal	1:13.64	278	34.82	38.82
3.	ALVES, Afonso Pires	05	Salesianos do Funchal	1:20.71	211	37.49	43.22
Juvenil A - 16 anos							
1.	NUNES, Afonso Miguel	04	Salesianos do Funchal	1:08.03	353	32.14	35.89
2.	FERNANDES, Diogo Henrique	04	Naval do Funchal	1:09.41	332	31.47	37.94
3.	TELES, Artur Corte	04	Salesianos do Funchal	1:13.01	285	34.90	38.11
4.	SILVA, Eduardo Rodrigues	04	Salesianos do Funchal	1:17.43	239	35.59	41.84
5.	FERNANDEZ, Joao Guilherme	04	Salesianos do Funchal	1:23.55	190	37.83	45.72
Juniores - 17, 18 anos							
1.	FERNANDES, Rui Afonso	03	CD Nacional	1:01.87	469	28.49	33.38
2.	GRACA, Fernando Guerreiro	02	Naval do Funchal	1:01.95	467	28.59	33.36
3.	CASTRO, Martim Pereira	02	CEO Liceu	1:05.91	388	30.80	35.11
4.	MELIM, Bruno Pontes	03	Salesianos do Funchal	1:07.87	355	31.58	36.29
5.	BAPTISTA, Tiago Ornelas	03	Naval do Funchal	1:08.40	347	31.61	36.79
6.	ABREU, Nuno Afonso	03	Naval do Funchal	1:13.43	280	33.46	39.97
7.	CAMACHO, Joao Simao	03	CS Maritimo	1:18.65	228	36.99	41.66
Seniores - 19 e mais velhos							
1.	FERREIRA, Miguel Goncalves	93	CD Nacional	57.91	572	26.57	31.34
2.	FREITAS, Joao Marcos	01	CEO Liceu	1:03.67	430	29.37	34.30

Prova 2 Femin., 100m Mariposa Absoluto
12/10/2019 - 9:22 Resultados

Recordes Regionais Absoluto	1:03.45	OLIM, Carlota Freitas	CNF	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Sen	1:03.70	ROSA, Beatriz Jong	CDN	Porto	09/12/2017
Recordes Regionais Jun17	1:03.45	OLIM, Carlota Freitas	CNF	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun16	1:04.75	ROSA, Beatriz Jong	CDN	Porto	12/12/2015
Recordes Regionais Juv A	1:05.15	ROSA, Beatriz Jong	CDN	Funchal	11/07/2015
Recordes Regionais Juv B	1:07.65	ROSA, Beatriz Jong	CDN	Tomar	15/12/2013
Recordes Regionais Inf A	1:09.65	ROSA, Beatriz Jong	CDN	Funchal	24/07/2013
Recordes Regionais Inf B	1:11.10	LOPES, Joana Cristina	CNF	Funchal	18/07/1992

TAC Nacionais Inf B: 1:24.73; Inf A: 1:19.73; Juv B: 1:10.72; Juv A: 1:09.49; Jun16: 1:07.35; Jun17: 1:07.01; Sen18: 1:05.61; 19 + 50m: 1:06.17 / TAC Zonais Inf B: 1:25.00; Inf A: 1:20.00; Juv B: 1:12.70; Juv A: 1:11.34

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	
Infantil A - 13 anos							
1.	NETO, Leonor Rodrigues	07	Naval do Funchal	1:22.56	289	37.93	44.63
Juvenil B - 14 anos							
1.	SILVA, Silvana Suamade	06	CD Sao Roque	1:15.34	380	34.85	40.49
2.	FERRO, Maria Leonor	06	Naval do Funchal	1:20.10	316	37.57	42.53
3.	SEQUEIRA, Beatriz Meneses	06	Naval do Funchal	1:20.17	316	36.34	43.83
4.	FREITAS, Margarida Ramos	06	CD Nacional	1:22.02	295	37.31	44.71
5.	BAPTISTA, Constanca Ornelas	06	Naval do Funchal	1:33.31	200	41.30	52.01
Juvenil A - 15 anos							
1.	LUIS, Mariana Capelo	05	Salesianos do Funchal	1:45.49	138	47.07	58.42
Juniores - 16, 17 anos							
1.	FERREIRA, Maria Leonor	04	CD Nacional	1:14.13	399	34.77	39.36
2.	CAMACHO, Laura Fernandes	04	Naval do Funchal	1:18.71	333	36.17	42.54
Seniores - 18 e mais velhos							
1.	BOULHOSA, Carolina Abreu	01	Naval do Funchal	1:10.95	455	32.95	38.00
2.	VICTOR, Joana Isabel	91	Salesianos do Funchal	1:21.02	306	37.42	43.60

Prova 3 Masc., 200m Costas Absoluto
12/10/2019 - 9:27 Resultados

Recordes Regionais Absoluto	2:02.37	MELIM, Oscar Ramos	CDN	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Sen	2:02.37	MELIM, Oscar Ramos	CDN	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun18	2:06.22	MELIM, Oscar Ramos	CDN	Funchal	10/07/2004
Recordes Regionais Jun17	2:08.60	GOMES, Henrique Santos	CNF	Funchal	28/07/2017
Recordes Regionais Juv A	2:06.54	FERNANDES, Rui Afonso	CDN	Tomar	15/12/2018
Recordes Regionais Juv B	2:08.37	FERNANDES, Rui Afonso	CDN	Funchal	01/08/2018
Recordes Regionais Inf A	2:17.56	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2004
Recordes Regionais Inf B	2:23.91	FREITAS, Tomas Miguel	CDN	Funchal	28/06/2003

TAC Nacionais Inf B: 2:39.57; Inf A: 2:29.16; Juv B: 2:21.26; Juv A: 2:17.66; Jun17: 2:12.67; Jun18: 2:12.01; Sen19: 2:08.98; 20 +: 2:08.34 / TAC Zonais Inf B: 2:45.00; Inf A: 2:36.00; Juv B: 2:27.99; Juv A: 2:25.28

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 13 anos									
1.	OLIVEIRA, Afonso Miguel	07	Salesianos do Funchal	2:58.52	207	39.34	45.66	47.83	45.69
2.	NUNES, Duarte Costa	07	Salesianos do Funchal	3:50.42	96	53.47	1:00.46	1:01.48	55.01
DSQ	FERNANDES, Joao Vieira	07	Salesianos do Funchal						
<i>613 - Efetuou deslizamento após conclusão da braçada na viragem aos 75 m - SW 6.4</i>									

Prova 3, Masc., 200m Costas

Infantil A - 14 anos

1. CARREIRA, Ernani Afonsc06 CS Maritimo **3:27.45** 132 50.07 53.83 53.56 49.99

Juvenil B - 15 anos

1. GOUVEIA, Luis Galvao 05 CD Nacional **2:23.73** 396 33.04 37.20 37.77 35.72
Minimos Campeonato Zonal - Sines

2. DIAS, Andre Vicente 05 CD Nacional **2:23.81** 396 33.09 36.26 37.34 37.12
Minimos Campeonato Zonal - Sines

Juvenil A - 16 anos

1. PEREIRA, Jordao Abreu 04 Salesianos do Funchal **2:27.60** 366 35.40 37.73 38.01 36.46

2. GONCALVES, Vitor Afonsc04 Salesianos do Funchal **2:40.84** 283 37.97 40.16 41.68 41.03

3. AGUILAR, Luis Santos 04 CD Nacional **2:43.46** 269 37.25 41.70 42.64 41.87

DSQ ALVES, Paulo Rodrigues 04 CD Nacional

613 - Efectuou deslizamento após conclusão da braçada na viragem aos 100 m - SW 6.4

Juniores - 17, 18 anos

1. RODRIGUES, Pedro Reis02 CD Sao Roque **2:16.02** 468 31.33 33.89 35.15 35.65

2. CALDEIRA, Rodolfo Morai02 Salesianos do Funchal **2:48.68** 245 37.30 42.88 44.75 43.75

Prova 4

Femin., 200m Costas

Absoluto

12/10/2019 - 9:36

Resultados

Recordes Regionais Absoluto	2:21.09	QUINTAL, Fabiana Maria	CDN	Silves	22/12/2007
Recordes Regionais Sen	2:21.09	QUINTAL, Fabiana Maria	CDN	Silves	22/12/2007
Recordes Regionais Jun17	2:23.46	QUINTAL, Fabiana Maria	CDN	Funchal	03/02/2001
Recordes Regionais Jun16	2:25.65	QUINTAL, Fabiana Maria	CDN	Funchal	19/07/2000
Recordes Regionais Juv A	2:24.92	ROSA, Beatriz Jong	CDN	Funchal	10/07/2015
Recordes Regionais Juv B	2:27.90	NUNES, Joannete Vilarejo	CNF	Funchal	07/07/1994
Recordes Regionais Inf A	2:33.29	COSTA, Maria Jardim	CDN	Funchal	08/06/2019
Recordes Regionais Inf B	2:40.09	REIS, Constantina Isabel	CDN	Funchal	12/07/1996

TAC Nacionais Inf B: 2:50.16; Inf A: 2:41.55; Juv B: 2:34.23; Juv A: 2:32.42; Jun16: 2:28.04; Jun17: 2:27.30; Sen18: 2:25.06;
19 + 50m: 2:29.28 / TAC Zonais Inf B: 3:00.00; Inf A: 2:50.00; Juv B: 2:43.15; Juv A: 2:38.58

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 12 anos

1. ROCHA, Vitoria Maria 08 Salesianos do Funchal **3:27.47** 189 48.08 53.42 54.68 51.29

Infantil A - 13 anos

1. RODRIGUES, Laura Sofia07 Salesianos do Funchal **2:48.25** 355 40.50 42.61 42.92 42.22
Minimos Campeonato Zonal - Ponte de Sôr

2. FRANCA, Ines Matos 07 Salesianos do Funchal **3:05.31** 266 43.86 47.59 48.52 45.34

3. ERRA, Clara Patricia 07 Salesianos do Funchal **3:25.99** 193 50.82 51.38 52.51 51.28

Juvenil B - 14 anos

1. DIAS, Julia Alves 06 CD Nacional **2:41.95** 399 38.02 40.95 41.85 41.13
Minimos Campeonato Zonal - Sines

2. CARICHAS, Joana Medeir06 Salesianos do Funchal **2:47.05** 363 39.83 42.94 43.40 40.88

3. CANADA, Maria Elvira 06 CD Nacional **2:50.82** 340 40.45 43.93 44.30 42.14

4. SOUSA, Ivana Valentina 06 CD Nacional **2:58.53** 297 41.90 46.13 46.84 43.66

5. FARIA, Laura Pereira 06 Salesianos do Funchal **3:00.75** 287 42.31 47.57 46.70 44.17

Prova 4, Femin., 200m Costas

Juvenil A - 15 anos

1. ABREU, Maria Eduarda	05	CD Nacional	3:06.22	262	43.27	48.12	48.78	46.05
DSQ CARDOSO, Isabel Maria	05	CS Maritimo						
<i>403 - Falsa partida - SW 4.4</i>								

Juniores - 16, 17 anos

1. PEREIRA, Luisa Tovela	03	CD Nacional	3:01.17	285	42.83	45.75	47.08	45.51
2. LECA, Natasha Maria	03	CD Nacional	3:06.33	262	43.82	46.75	48.55	47.21

Seniores - 18 e mais velhos

1. AGUILAR, Vera Ines	00	CD Nacional	2:36.25	444	34.86	39.37	41.01	41.01
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Prova 5

Masc., 100m Estilos

Absoluto
Resultados

12/10/2019 - 9:44

Recordes Regionais Absoluto	57.76	MARQUES, Miguel Freitas	JACL	Funchal	29/07/2016
Recordes Regionais Sen	57.76	MARQUES, Miguel Freitas	JACL	Funchal	29/07/2016
Recordes Regionais Jun18	58.92	SILVA, Tomas Antonio	CNF	Felgueiras	23/12/2018
Recordes Regionais Jun17	1:00.04	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recordes Regionais Juv A	1:02.11	FERNANDES, Joao Vitor	CDSR	Funchal	29/07/2016
Recordes Regionais Juv B	1:03.82	FREITAS, Tomas Miguel	CDN	Funchal	23/03/2005
Recordes Regionais Inf A	1:03.32	BARRY, Rafael Francisco	CNF	Funchal	31/07/2018
Recordes Regionais Inf B	1:06.89	FREITAS, Tomas Miguel	CDN	Funchal	19/07/2003

TAC Nacionais Jun17: 1:01.76; Jun18: 1:01.46; Sen19: 1:00.15; 20 +: 59.85

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	
Infantil B - 13 anos							
1.	NEVES, Tiago Brazao	07	Naval do Funchal	1:22.80	223	39.34	43.46
2.	SOUSA, Simao Henrique	07	CD Nacional	1:23.20	220	40.14	43.06
3.	ARAUJO, Joao Caldeira	07	Naval do Funchal	1:25.65	202	39.04	46.61
4.	PEREIRA, Lucas Santos	07	Naval do Funchal	1:26.08	199	40.39	45.69
5.	COSTA, Guilherme Corte	07	CD Nacional	1:26.49	196	40.54	45.95
6.	ALMEIDA, Joao Francisco	07	Naval do Funchal	1:28.88	180	39.94	48.94
7.	SMIRNOV, Dmytro	07	CD Sao Roque	1:33.49	155	46.22	47.27
8.	FERNANDES, Afonso Berimba	07	Salesianos do Funchal	1:39.80	127	46.68	53.12
9.	VIEIRA, Luis Henrique	07	CD Nacional	1:40.13	126	46.30	53.83
10.	GOUVEIA, Martim Jose	07	CD Sao Roque	1:40.51	125	46.89	53.62
11.	NUNES, Henrique Dias	07	CD Nacional	1:40.96	123	47.58	53.38
12.	BARBOSA, Joao Camacho	07	CD Nacional	1:41.10	122	46.60	54.50
13.	MARTINS, Tomas Rodrigo	07	CD Nacional	1:54.44	84	55.26	59.18

Infantil A - 14 anos

1.	MACHADO, Bernardo Magalhaes	06	CD Nacional	1:13.93	314	33.58	40.35
2.	GONCALVES, Martim Luis	06	CD Nacional	1:17.86	268	34.50	43.36
3.	ALVES, Pedro Miguel	06	CD Nacional	1:19.74	250	36.89	42.85
4.	FERRAZ, Luis Afonso	06	Naval do Funchal	1:20.05	247	36.89	43.16
5.	NACHYCHKO, Maximo	06	Naval do Funchal	1:33.82	153	43.97	49.85
6.	STEFLEA, Andre Sergio	06	CD Sao Roque	1:35.82	144	43.42	52.40

Juvenil B - 15 anos

1.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	1:06.74	427	30.68	36.06
2.	SILVA, Tony Stefano	05	Naval do Funchal	1:10.77	358	33.23	37.54
3.	VOLOZHENIN, Alexandre	05	Naval do Funchal	1:12.22	337	34.51	37.71
4.	SOUSA, Lourenco Quintas	05	Naval do Funchal	1:15.12	299	34.85	40.27
5.	ALVES, Luis Fernandez	05	CD Nacional	1:24.35	211	39.32	45.03

Prova 5, Masc., 100m Estilos, Juvenil B - 15 anos

Lugar	Ano	Tempo final	Pts	50m	100m
6. CORREIA, Rodrigo Ramos	05 CD Nacional	1:29.35	177	42.32	47.03
7. MENDES, Juan Diego	05 CD Nacional	1:31.40	166	42.92	48.48

Juvenil A - 16 anos

1. BARRY, Rafael Francisco	04 Naval do Funchal	1:05.57	450	29.53	36.04
2. FERNANDES, Martim Pestana	04 Naval do Funchal	1:05.98	442	31.52	34.46
3. RODRIGUES, Rodrigo Reis	04 CD Sao Roque	1:07.76	408	32.09	35.67
4. LEAL, Diogo Silva	04 Salesianos do Funchal	1:08.47	395	30.75	37.72
5. FERNANDES, Diogo Henrique	04 Naval do Funchal	1:10.41	363	32.80	37.61
6. MACHADO, Tiago Magalhaes	04 CD Nacional	1:12.09	338	32.28	39.81
7. URDANETA, Lisandro Alberto	04 CD Nacional	1:32.19	162	43.36	48.83

Juniores - 17, 18 anos

1. GOMES, Goncalo Camara	03 Naval do Funchal	1:04.25	478	29.08	35.17
2. DEUS, Andre Portugal	02 Naval do Funchal	1:05.44	453	30.40	35.04
3. FREITAS, Joao Tomas	02 Salesianos do Funchal	1:06.42	433	30.03	36.39
4. LOPES, Pedro Henrique	03 CD Sao Roque	1:07.27	417	31.61	35.66
5. PAULO, Francisco Silva	02 Naval do Funchal	1:08.78	390	33.13	35.65
6. RODRIGUES, Renato Correia	03 Salesianos do Funchal	1:08.80	389	31.68	37.12
7. OLIVEIRA, Pedro Freitas	02 Naval do Funchal	1:08.96	387	32.19	36.77
8. FARIA, Joao Pedro	03 Naval do Funchal	1:10.00	370	32.02	37.98
9. AGUIAR, Pedro Ferreira	03 Naval do Funchal	1:10.67	359	32.47	38.20
10. ABREU, Nuno Afonso	03 Naval do Funchal	1:13.53	319	34.73	38.80
11. VIEIRA, Emanuel Eloi	03 CD Sao Roque	1:13.69	317	34.88	38.81
12. BAPTISTA, Tiago Ornelas	03 Naval do Funchal	1:15.27	297	33.98	41.29
13. CAMACHO, Joao Simao	03 CS Maritimo	1:18.73	260	36.55	42.18
14. KOVAL, Igor	03 CD Nacional	1:32.27	161	42.47	49.80
15. DINIS, Fernando Jose	02 CD Sao Roque	1:42.26	118	47.40	54.86

Seniores - 19 e mais velhos

1. SILVA, Tomas Antonio	01 Naval do Funchal	58.52	633	26.91	31.61
<i>Minimos Campeonatos Nacionais</i>					
2. SANTOS, Diego Felipe	87 CD Nacional	1:02.56	518	28.83	33.73
3. VIEIRA, Duarte Nuno	95 Salesianos do Funchal	1:11.53	346	32.74	38.79
4. NUNES, Goncalo Almada	01 Salesianos do Funchal	1:12.69	330	33.44	39.25
5. SILVA, Luis Edmiro	65 CD Nacional	1:14.46	307	33.88	40.58

Prova 6 Femin., 100m Estilos Absoluto
12/10/2019 - 10:00 Resultados

Recordes Regionais Absoluto	1:05.01	QUINTAL, Fabiana Maria	CDN	Leiria	06/12/2009
Recordes Regionais Sen	1:05.01	QUINTAL, Fabiana Maria	CDN	Leiria	06/12/2009
Recordes Regionais Jun17	1:10.03	SOUSA, Susana Margarida	CFU	M. Campo	13/03/1994
Recordes Regionais Jun16	1:08.36	ABREU, Laura Catarina	CDN	Funchal	14/11/2015
Recordes Regionais Juv A	1:09.02	ROSA, Beatriz Jong	CDN	Funchal	13/06/2015
Recordes Regionais Juv B	1:12.34	CERDAS, Sara Rodrigues	CNF	Funchal	04/04/2003
Recordes Regionais Inf A	1:13.40	CORREIA, Marta Corte	CNF	Funchal	20/04/1997
Recordes Regionais Inf B	1:16.47	FERREIRA, Maria Leonor	CDN	Funchal	29/07/2016

TAC Nacionais Jun16: 1:10.66; Jun17: 1:10.31; Sen18: 1:08.66

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	
Infantil B - 12 anos							
1.	08	ALVES, Juliana Rodrigues	CD Nacional	1:28.69	258	41.26	47.43
2.	08	BAPTISTA, Ines Sande	CD Nacional	1:30.70	241	41.92	48.78
3.	08	PEREIRA, Julia Freitas	Naval do Funchal	1:33.64	219	44.70	48.94
4.	08	SILVA, Carolina Pestana	Naval do Funchal	1:35.24	208	42.33	52.91
5.	08	SOARES, Leonor Silva	CD Nacional	1:38.53	188	45.51	53.02
6.	08	PEREIRA, Maria Clara	CD Nacional	1:40.66	176	47.56	53.10
7.	08	ALVES, Margarida Jesus	CD Nacional	1:48.37	141	49.95	58.42
8.	08	PEREIRA, Sofia Jardim	CD Nacional	1:52.17	127	50.53	1:01.64
9.	08	NOBREGA, Sara Francisca	CD Sao Roque	2:00.51	103	57.96	1:02.55
DSQ	08	PERNETA, Mariana Rodrigues	CD Nacional				
<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>							

Infantil A - 13 anos

1.	07	CAMARA, Ines Cruz	CD Nacional	1:19.80	355	36.88	42.92
2.	07	GONCALVES, Valentina Jose	CD Nacional	1:20.18	350	38.17	42.01
3.	07	NETO, Leonor Rodrigues	Naval do Funchal	1:22.93	316	38.08	44.85
4.	07	MATEUS, Clarisse Vieira	CD Nacional	1:25.33	290	40.38	44.95
5.	07	TEMTEM, Sara Maria	CD Nacional	1:29.90	248	41.25	48.65
6.	07	FREITAS, Maria Raquel	Naval do Funchal	1:32.88	225	45.45	47.43
7.	07	RODRIGUES, Beatriz Mendes	Naval do Funchal	1:36.30	202	44.89	51.41
8.	07	ALVES, Beatriz Abreu	Naval do Funchal	1:47.90	143	49.50	58.40
9.	07	RODRIGUES, Ines Costa	CD Nacional	1:54.03	121	55.29	58.74

Juvenil B - 14 anos

1.	06	DEUS, Ines Portugal	Naval do Funchal	1:16.87	397	35.17	41.70
2.	06	JARDIM, Lara Filipa	Naval do Funchal	1:17.72	384	34.93	42.79
3.	06	SEQUEIRA, Beatriz Meneses	Naval do Funchal	1:20.12	350	37.28	42.84
4.	06	ABREU, Ana Rodrigues	Naval do Funchal	1:21.52	333	39.23	42.29
5.	06	FERRO, Maria Leonor	Naval do Funchal	1:22.54	320	38.92	43.62
6.	06	TEMBE, Ines Afonso	CD Nacional	1:30.56	242	39.76	50.80
7.	06	DIAS, Monica Fernandes	CD Sao Roque	1:35.50	207	44.00	51.50
DSQ	06	FREITAS, Beatriz Rodrigues	Naval do Funchal			719	
<i>Movimento alternados de pernas após a viragem aos 50 metros (bruços)</i>							

Juvenil A - 15 anos

1.	05	JARDIM, Teresa Vieira	Naval do Funchal	1:17.26	391	34.96	42.30
2.	05	SILVA, Maria Fabiana	CD Nacional	1:30.33	244	43.00	47.33
3.	05	BARROS, Ana Carolina	Salesianos do Funchal	1:31.30	237	43.17	48.13
4.	05	FERNANDES, Maria Madalena	Salesianos do Funchal	1:41.30	173	48.39	52.91
5.	05	NOBREGA, Maria Trindade	CD Nacional	1:41.74	171	47.40	54.34
6.	05	SOUSA, Beatriz Maria	CD Nacional	1:45.49	153	51.28	54.21
7.	05	DINIS, Maria Antonia	CD Nacional	1:57.67	110	53.96	1:03.71

Prova 6, Femin., 100m Estilos

Juniores - 16, 17 anos

1.	SOUSA, Joana Francisca	04	CD Sao Roque	1:11.99	483	33.34	38.65
2.	FERNANDES, Ana Catarina	03	Naval do Funchal	1:12.56	472	33.63	38.93
3.	GONCALVES, Maria Margarida	04	Naval do Funchal	1:14.90	429	34.43	40.47
4.	OLIVEIRA, Sara Fernandes	04	Salesianos do Funchal	1:16.30	406	35.02	41.28
5.	ANDRADE, Margarida Fernand	04	Salesianos do Funchal	1:21.05	338	37.75	43.30
6.	BETENCOURT, Ana Margarida	03	Naval do Funchal	1:21.51	333	37.00	44.51
7.	OLIVEIRA, Beatriz Camacho	03	Naval do Funchal	1:21.99	327	37.94	44.05
8.	JESUS, Mariana Caires	04	Salesianos do Funchal	1:23.62	308	40.27	43.35
9.	SOARES, Ines Silva	04	CD Nacional	1:29.68	250	42.33	47.35
10.	BLANDY, Mischa Blue	04	Salesianos do Funchal	1:49.68	136	53.40	56.28
DSQ	REBELO, Filipa Margarida	03	CEO Liceu				
	<i>403 - Falsa partida - SW 4.4</i>						
DSQ	GOUVEIA, Susana Isabel	04	Salesianos do Funchal				
	<i>403 - Falsa partida - SW 4.4</i>						

Seniores - 18 e mais velhos

1.	LUIS, Jessica Santos	00	CD Sao Roque	1:17.32	390	35.31	42.01
2.	ALVES, Catarina Andrade	78	CD Nacional	1:20.19	349	38.38	41.81
3.	FERNANDES, Francisca Olivei	02	CEO Liceu	1:29.15	254	40.79	48.36
4.	SILVA, Gabriela Suamade	02	CD Sao Roque	1:30.52	243	42.96	47.56
5.	CRO, Isabel Matilde	00	CEO Liceu	1:37.96	191	40.02	57.94
6.	NOBREGA, Valeria Cardoso	02	CD Nacional	1:44.49	158	50.64	53.85

Prova 7

Masc., 100m Bruços

Absoluto

12/10/2019 - 10:28

Resultados

Recordes Regionais Absoluto	1:03.47	FIGUEIRA, Andre Temtem	CNF	Funchal	11/07/2009
Recordes Regionais Sen	1:04.47	MOURA, Vitor Diogo	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	1:03.47	FIGUEIRA, Andre Temtem	CNF	Funchal	11/07/2009
Recordes Regionais Jun17	1:06.54	SILVA, Tomas Antonio	CNF	Funchal	10/06/2018
Recordes Regionais Juv A	1:06.85	DEUS, Andre Portugal	CNF	Funchal	25/11/2017
Recordes Regionais Juv B	1:06.23	ALVES, Paulo Rodrigues	CDN	Funchal	18/05/2019
Recordes Regionais Inf A	1:09.94	ALVES, Paulo Rodrigues	CDN	Funchal	31/07/2018
Recordes Regionais Inf B	1:11.63	FREITAS, Tomas Miguel	CDN	Funchal	19/07/2003

TAC Nacionais Inf B: 1:27.22; Inf A: 1:21.70; Juv B: 1:13.51; Juv A: 1:11.68; Jun17: 1:08.01; Jun18: 1:07.67; Sen19: 1:05.98; 20+: 1:05.66 / TAC Zonais Inf B: 1:27.50; Inf A: 1:22.00; Juv B: 1:15.54; Juv A: 1:14.16

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m
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Infantil B - 13 anos

1.	SOUSA, Simao Henrique	07	CD Nacional	1:28.84	245	41.14	47.70
2.	COSTA, Guilherme Corte	07	CD Nacional	1:37.45	185	45.70	51.75
3.	SMIRNOV, Dmytro	07	CD Sao Roque	1:38.41	180	46.73	51.68
4.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	1:45.09	148	49.57	55.52
5.	NUNES, Henrique Dias	07	CD Nacional	1:51.89	122	52.14	59.75
6.	VIEIRA, Luis Henrique	07	CD Nacional	1:57.72	105	56.04	1:01.68
7.	MARTINS, Tomas Rodrigo	07	CD Nacional	2:01.73	95	57.16	1:04.57

Infantil A - 14 anos

1.	PAULOS, Joao Afonso	06	Naval do Funchal	1:23.56	294	39.40	44.16
2.	MACHADO, Bernardo Magalha	06	CD Nacional	1:23.65	293	39.71	43.94
3.	SETIM, Joao Oliveira	06	Naval do Funchal	1:24.82	281	39.72	45.10
4.	ALVES, Pedro Miguel	06	CD Nacional	1:26.97	261	40.81	46.16
5.	GONCALVES, Martim Luis	06	CD Nacional	1:33.10	213	44.78	48.32
6.	GARANITO, Simao Silva	06	Naval do Funchal	1:36.50	191	44.83	51.67
7.	CARREIRA, Ernani Afonso	06	CS Maritimo	1:52.25	121	52.26	59.99

Prova 7, Masc., 100m Bruços

Juvenil B - 15 anos

1.	ALVES, Tiago Pires	05	Salesianos do Funchal	1:19.46	342	37.51	41.95
2.	ALVES, Afonso Pires	05	Salesianos do Funchal	1:21.28	320	38.55	42.73

Juvenil A - 16 anos

1.	FERNANDES, Martim Pestana	04	Naval do Funchal	1:09.22	518	32.72	36.50
	<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Sines</i>						
2.	FERREIRA, Leonardo Filipe	04	Naval do Funchal	1:19.10	347	36.47	42.63

Juniiores - 17, 18 anos

1.	PAULOS, Francisco Silva	02	Naval do Funchal	1:14.52	415	34.98	39.54
2.	CASTRO, Martim Pereira	02	CEO Liceu	1:14.55	415	35.04	39.51
3.	DEUS, Andre Portugal	02	Naval do Funchal	1:15.27	403	35.19	40.08
4.	VIEIRA, Emanuel Eloi	03	CD Sao Roque	1:20.54	329	37.11	43.43
5.	DINIS, Fernando Jose	02	CD Sao Roque	1:54.90	113	54.14	1:00.76

Seniores - 19 e mais velhos

1.	SANTOS, Diego Felipe	87	CD Nacional	1:07.97	547	32.00	35.97
2.	FREITAS, Joao Marcos	01	CEO Liceu	1:12.62	449	34.24	38.38

Prova 8

Femin., 100m Bruços

Absoluto
Resultados

12/10/2019 - 10:38

Recordes Regionais Absoluto	1:10.92	QUINTAL, Fabiana Maria	CDN	Guarda	11/12/2010
Recordes Regionais Sen	1:10.92	QUINTAL, Fabiana Maria	CDN	Guarda	11/12/2010
Recordes Regionais Jun17	1:14.11	ABREU, Laura Catarina	CDWT	Funchal	09/12/2016
Recordes Regionais Jun16	1:14.28	ABREU, Laura Catarina	CDN	Porto	12/12/2015
Recordes Regionais Juv A	1:13.75	ABREU, Laura Catarina	CDN	Funchal	09/07/2015
Recordes Regionais Juv B	1:13.68	ABREU, Laura Catarina	CDN	Tomar	15/12/2013
Recordes Regionais Inf A	1:17.24	ABREU, Laura Catarina	CDN	Funchal	24/07/2013
Recordes Regionais Inf B	1:21.89	RODRIGUES, Laura Sofia	JACL	Funchal	12/07/2019

TAC Nacionais Inf B: 1:34.70; Inf A: 1:30.20; Juv B: 1:21.61; Juv A: 1:20.47; Jun16: 1:18.00; Jun17: 1:17.61; Sen18: 1:15.79; 19 + 50m: 1:17.57 / TAC Zonais Inf B: 1:35.00; Inf A: 1:30.50; Juv B: 1:24.57; Juv A: 1:22.99

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m
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Infantil B - 12 anos

1.	ALVES, Juliana Rodrigues	08	CD Nacional	1:37.71	259	47.52	50.19
2.	PEREIRA, Maria Clara	08	CD Nacional	1:42.41	225	48.37	54.04
3.	BAPTISTA, Ines Sande	08	CD Nacional	1:46.09	203	51.85	54.24
4.	SOARES, Leonor Silva	08	CD Nacional	1:48.57	189	51.39	57.18
5.	MACEDO, Diana Camacho	08	Naval do Funchal	1:59.04	143	56.21	1:02.83
6.	NOBREGA, Sara Francisca	08	CD Sao Roque	2:11.81	105	1:02.30	1:09.51

Infantil A - 13 anos

1.	RODRIGUES, Laura Sofia	07	Salesianos do Funchal	1:22.76	427	38.88	43.88
	<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Ponte de Sôr</i>						
2.	GONCALVES, Valentina Jose	07	CD Nacional	1:25.82	383	39.89	45.93
	<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Ponte de Sôr</i>						
3.	CAMARA, Ines Cruz	07	CD Nacional	1:30.96	322	43.34	47.62
4.	FIGUEIRA, Madalena Leonor	07	Naval do Funchal	1:32.48	306	43.26	49.22
5.	MATEUS, Clarisse Vieira	07	CD Nacional	1:34.10	291	44.29	49.81
6.	FRANCA, Ines Matos	07	Salesianos do Funchal	1:35.28	280	46.08	49.20
7.	TEMTEM, Sara Maria	07	CD Nacional	1:45.69	205	50.47	55.22

Prova 8, Femin., 100m Bruços

Juvenil B - 14 anos

1.	ROVERI, Isabel Vasconcelos	06	Naval do Funchal	1:38.08	257	45.70	52.38
2.	FARIA, Laura Pereira	06	Salesianos do Funchal	1:40.21	240	46.28	53.93
3.	SOUSA, Maria Beatriz	06	Naval do Funchal	1:44.85	210	48.58	56.27

Juvenil A - 15 anos

1.	LUIS, Mariana Capelo	05	Salesianos do Funchal	1:35.53	278	44.24	51.29
2.	GOMES, Madalena Sousa	05	Naval do Funchal	1:38.30	255	45.53	52.77
3.	BARROS, Ana Carolina	05	Salesianos do Funchal	1:50.77	178	51.50	59.27

Juniores - 16, 17 anos

1.	FERNANDES, Ana Catarina	03	Naval do Funchal	1:20.06	472	37.80	42.26
2.	REBELO, Filipa Margarida	03	CEO Liceu	1:27.88	357	40.79	47.09
3.	GOUVEIA, Susana Isabel	04	Salesianos do Funchal	1:40.38	239	46.53	53.85
4.	ALVES, Carolina Alexandra	04	Naval do Funchal	1:45.11	208	48.70	56.41
5.	BLANDY, Mischa Blue	04	Salesianos do Funchal	1:59.01	143	56.24	1:02.77

Seniores - 18 e mais velhos

1.	ALVES, Catarina Andrade	78	CD Nacional	1:29.83	334	42.76	47.07
2.	LUIS, Catarina Fernandes	97	CD Sao Roque	1:30.30	329	42.33	47.97

Prova 9

Masc., 200m Livres

Absoluto

12/10/2019 - 10:48

Resultados

Recordes Regionais Absoluto	1:46.65	PINTO, Luis Marques	CDN	Stockholm (SWE)	11/11/2009
Recordes Regionais Sen	1:46.65	PINTO, Luis Marques	CDN	Stockholm (SWE)	11/11/2009
Recordes Regionais Jun18	1:50.17	CASTRO, Joao Cruz	CDSR	Porto	10/12/2017
Recordes Regionais Jun17	1:51.83	CASTRO, Joao Cruz	CDSR	Funchal	27/07/2017
Recordes Regionais Juv A	1:54.07	CASTRO, Joao Cruz	CDSR	Funchal	28/07/2016
Recordes Regionais Juv B	1:55.77	CASTRO, Joao Cruz	CDSR	Funchal	10/07/2015
Recordes Regionais Inf A	1:59.62	FERNANDES, Joao Vitor	CSM	Funchal	09/07/2014
Recordes Regionais Inf B	2:07.17	FREITAS, Tomas Miguel	CDN	Funchal	19/07/2003

TAC Nacionais Inf B: 2:20.33; Inf A: 2:11.45; Juv B: 2:05.62; Juv A: 2:01.83; Jun17: 1:57.46; Jun18: 1:56.88; Sen19: 1:54.97; 20+: 1:54.40 / TAC Zonais Inf B: 2:26.50; Inf A: 2:20.20; Juv B: 2:10.76; Juv A: 2:08.36

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 13 anos

1.	FERNANDES, A.	07	Salesianos do Funchal	3:06.01	152	42.62	50.38	49.13	43.88
2.	BARBOSA, Joao Camacho	07	CD Nacional	3:16.12	130	43.94	52.06	52.21	47.91
3.	GOUVEIA, Martim Jose	07	CD Sao Roque	3:22.11	118	45.76	55.03	53.57	47.75
4.	NUNES, Duarte Costa	07	Salesianos do Funchal	3:29.11	107	49.36	54.52	56.32	48.91
5.	FERNANDES, Joao Vieira	07	Salesianos do Funchal	3:29.40	106	48.18	56.69	56.75	47.78

Infantil A - 14 anos

1.	PITA, Pedro Miguel	06	Naval do Funchal	2:26.28	313	33.57	37.50	38.30	36.91
2.	STEFLEA, Andre Sergio	06	CD Sao Roque	3:14.96	132	40.23	46.97	50.55	57.21

Juvenil B - 15 anos

1.	OLIVEIRA, Diogo Alexandr	05	Naval do Funchal	2:09.20	454	29.89	32.83	33.50	32.98
<i>Minimos Campeonato Zonal - Sines</i>									
2.	GOUVEIA, Luis Galvao	05	CD Nacional	2:13.25	414	30.79	34.24	34.93	33.29
3.	DIAS, Andre Vicente	05	CD Nacional	2:13.33	413	30.57	34.01	34.56	34.19
4.	VOLOZHENIN, Alexandre	05	Naval do Funchal	2:22.78	337	33.03	36.30	36.85	36.60
5.	SOUSA, Lourenco Quintas	05	Naval do Funchal	2:25.62	317	32.05	37.38	38.59	37.60
6.	ALVES, Luis Fernandez	05	CD Nacional	2:44.05	222	36.71	42.20	43.68	41.46

Prova 9, Masc., 200m Livres, Juvenil B - 15 anos

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
7. CORREIA, Rodrigo Ramo	05 CD Nacional	2:53.86	186	38.76	45.17	47.32	42.61
8. MENDES, Juan Diego	05 CD Nacional	2:56.00	179	40.67	45.15	46.88	43.30
9. SOUSA, Luis Miguel	05 CS Maritimo	3:03.08	159	39.63	47.77	50.33	45.35

Juvenil A - 16 anos

1. ALVES, Paulo Rodrigues	04 CD Nacional	2:07.93	468	28.63	32.09	33.39	33.82
<i>Minimos Campeonato Zonal - Sines</i>							
2. CAMACHO, Afonso Caires	04 CD Nacional	2:12.23	424	30.08	34.92	34.93	32.30
3. TELES, Artur Corte	04 Salesianos do Funchal	2:15.63	393	30.19	34.02	35.30	36.12
4. MACHADO, Tiago Magalhães	04 CD Nacional	2:17.78	375	29.90	34.20	36.90	36.78
5. FERREIRA, Leonardo Filipe	04 Naval do Funchal	2:17.82	374	30.21	35.38	36.35	35.88
6. GONCALVES, Vitor Afonso	04 Salesianos do Funchal	2:25.44	318	32.30	37.73	38.03	37.38
7. PEREIRA, Jordao Abreu	04 Salesianos do Funchal	2:25.70	317	33.48	38.17	38.21	35.84
8. AGUILAR, Luis Santos	04 CD Nacional	2:26.14	314	32.76	37.67	39.01	36.70
9. SILVA, Eduardo Rodrigues	04 Salesianos do Funchal	2:29.56	293	34.47	38.66	39.56	36.87
10. FERNANDEZ, Joao Guilherme	04 Salesianos do Funchal	2:39.48	241	36.25	40.01	42.23	40.99
11. URDANETA, Lisandro Alberto	04 CD Nacional	3:04.40	156	40.14	45.60	50.53	48.13

Juniores - 17, 18 anos

1. FERNANDES, Rui Afonso	03 CD Nacional	2:04.67	506	28.46	30.98	32.42	32.81
2. FREITAS, Joao Tomas	02 Salesianos do Funchal	2:11.08	435	30.29	33.33	34.50	32.96
3. LOPES, Pedro Henrique	03 CD Sao Roque	2:13.40	413	30.24	33.52	34.65	34.99
4. MELIM, Bruno Pontes	03 Salesianos do Funchal	2:14.16	406	30.91	34.75	35.03	33.47
5. GONCALVES, Cesar Rodrigues	02 CS Maritimo	2:50.70	197	36.36	41.90	46.37	46.07
6. KOVAL, Igor	03 CD Nacional	2:53.60	187	38.76	44.20	47.01	43.63

Seniores - 19 e mais velhos

1. SILVA, Tomas Antonio	01 Naval do Funchal	1:56.61	618	26.85	29.99	29.93	29.84
2. FERRO, Henrique Martins	01 Naval do Funchal	2:02.11	538	29.07	31.42	30.83	30.79
3. NUNES, Goncalo Almada	01 Salesianos do Funchal	2:19.61	360	30.86	35.85	37.96	34.94

Prova 10

Femin., 200m Livres

Absoluto

12/10/2019 - 11:07

Resultados

Recordes Regionais Absoluto	2:07.77	QUINTAL, Fabiana Maria	CDN	Funchal	22/11/2009
Recordes Regionais Sen	2:07.77	QUINTAL, Fabiana Maria	CDN	Funchal	22/11/2009
Recordes Regionais Jun17	2:10.62	ABREU, Laura Catarina	CDWTT	Funchal	19/11/2016
Recordes Regionais Jun16	2:09.59	AGUILAR, Vera Ines	CDN	Funchal	29/07/2016
Recordes Regionais Juv A	2:09.23	ABREU, Laura Catarina	CDN	Funchal	10/07/2015
Recordes Regionais Juv B	2:11.89	ANDRADE, Rubina Amaro	CDN	Algés	26/02/1993
Recordes Regionais Inf A	2:14.71	CAIRES, Joana Costa	CNF	Sines	13/03/2011
Recordes Regionais Inf B	2:23.45	ABREU, Laura Catarina	CDN	Funchal	13/07/2012

TAC Nacionais Inf B: 2:33.75; Inf A: 2:21.88; Juv B: 2:17.82; Juv A: 2:15.71; Jun16: 2:11.97; Jun17: 2:11.32; Sen18: 2:08.45; 19 + 50m: 2:10.40 / TAC Zonais Inf B: 2:38.00; Inf A: 2:31.00; Juv B: 2:25.23; Juv A: 2:21.16

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
Infantil B - 12 anos							
1. ALVES, Margarida Jesus	08 CD Nacional	3:32.23	140	46.29	57.14	55.89	52.91
2. PERNETA, M.	08 CD Nacional	4:16.73	79	56.58	1:08.06	1:08.87	1:03.22

Infantil A - 13 anos

1. RODRIGUES, Ines Costa	07 CD Nacional	3:40.96	124	50.24	57.11	59.83	53.78
2. RONDON, Maria Victoria	07 CS Maritimo	3:52.77	106	48.63	59.99	1:04.57	59.58

Prova 10, Femin., 200m Livres

Juvenil B - 14 anos

1.	FREITAS, Beatriz Rodrigu	06	Naval do Funchal	2:27.42	420	33.73	37.34	38.56	37.79
2.	DEUS, Ines Portugal	06	Naval do Funchal	2:28.21	413	34.10	37.67	38.96	37.48
3.	DIAS, Julia Alves	06	CD Nacional	2:28.55	410	34.21	38.00	38.94	37.40
4.	JARDIM, Lara Filipa	06	Naval do Funchal	2:28.67	409	34.14	37.92	39.10	37.51
5.	SILVA, Silvana Suamade	06	CD Sao Roque	2:29.80	400	34.66	38.16	39.70	37.28
6.	CANADA, Maria Elvira	06	CD Nacional	2:39.44	332	37.15	41.73	41.35	39.21
7.	CARICHAS, Joana Medeir	06	Salesianos do Funchal	2:41.80	317	36.41	41.75	43.49	40.15
8.	SOUSA, Ivana Valentina	06	CD Nacional	2:45.40	297	36.98	42.84	44.45	41.13
9.	TEMBE, Ines Afonso	06	CD Nacional	2:49.46	276	38.57	44.08	46.43	40.38
10.	DIAS, Monica Fernandes	06	CD Sao Roque	2:58.75	235	40.25	45.88	47.21	45.41

Juvenil A - 15 anos

1.	ARAUJO, Maria Clara	05	Naval do Funchal	2:22.35	466	32.17	36.63	37.65	35.90
2.	ABREU, Maria Eduarda	05	CD Nacional	2:42.83	311	38.27	42.11	42.59	39.86
3.	CARDOSO, Isabel Maria	05	CS Maritimo	3:01.23	226	42.59	46.19	47.56	44.89
4.	SILVA, Maria Fabiana	05	CD Nacional	3:02.52	221	41.01	46.70	48.68	46.13
5.	NOBREGA, Maria Trindad	05	CD Nacional	3:21.40	164	47.52	51.35	53.52	49.01
6.	VIEIRA, Sara Patricia	05	CS Maritimo	3:22.22	162	42.65	53.05	55.15	51.37
7.	SOUSA, Beatriz Maria	05	CD Nacional	3:31.57	142	45.21	54.85	55.41	56.10
8.	DINIS, Maria Antonia	05	CD Nacional	3:31.76	141	47.33	55.58	55.39	53.46
9.	FERNANDES, M.	05	Salesianos do Funchal	3:37.44	130	48.01	56.08	59.27	54.08

Juniores - 16, 17 anos

1.	SOUSA, Joana Francisca	04	CD Sao Roque	2:21.66	473	32.31	35.99	36.95	36.41
2.	FERREIRA, Maria Leonor	04	CD Nacional	2:22.04	469	32.66	35.99	37.11	36.28
3.	JESUS, Filipa Mafalda	03	CD Sao Roque	2:30.00	399	34.33	38.86	39.90	36.91
4.	JESUS, Mariana Caires	04	Salesianos do Funchal	2:39.65	330	36.20	40.88	42.73	39.84
5.	LECA, Natasha Maria	03	CD Nacional	2:41.37	320	37.53	40.16	43.06	40.62
6.	PEREIRA, Luisa Tovela	03	CD Nacional	2:43.54	307	38.13	41.97	43.13	40.31
7.	SOARES, Ines Silva	04	CD Nacional	2:49.21	277	38.56	42.79	44.47	43.39

Seniores - 18 e mais velhos

1.	AGUILAR, Vera Ines	00	CD Nacional	2:19.87	492	31.87	35.55	36.57	35.88
2.	LUIS, Jessica Santos	00	CD Sao Roque	2:28.03	415	33.46	37.88	39.03	37.66
3.	FERNANDES, F.	02	CEO Liceu	2:54.70	252	38.51	44.54	46.79	44.86
4.	SILVA, Gabriela Suamade	02	CD Sao Roque	2:57.47	240	39.56	45.31	46.45	46.15
5.	CRO, Isabel Matilde	00	CEO Liceu	3:01.54	225	42.12	46.26	47.80	45.36
6.	NOBREGA, Valeria Cardo	02	CD Nacional	3:27.08	151	45.96	53.27	56.40	51.45

Prova 11 Masc., 400m Estilos Absoluto
12/10/2019 - 11:27 Resultados

Recordes Regionais Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recordes Regionais Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recordes Regionais Juv A	4:41.24	ALMEIDA, Carlos Alexandre	CDN	Funchal	05/06/2005
Recordes Regionais Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recordes Regionais Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recordes Regionais Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

TAC Nacionais Inf B: 5:41.48; Inf A: 5:20.42; Juv B: 5:02.59; Juv A: 4:55.34; Jun17: 4:46.65; Jun18: 4:45.22; Sen19: 4:39.12;
20+: 4:37.73 / TAC Zonais Inf B: 5:50.00; Inf A: 5:35.00; Juv B: 5:18.95; Juv A: 5:13.10

Pontos: FINA 2019

Lugar Ano Tempo final Pts
Infantil B - 13 anos

1. OLIVEIRA, Afonso Miguel	07	Salesianos do Funchal	6:33.94	213
50m: 40.45 40.45	150m: 2:22.96	50.83 250m: 4:09.46	57.67 350m: 5:52.70	44.78
100m: 1:32.13 51.68	200m: 3:11.79	48.83 300m: 5:07.92	58.46 400m: 6:33.94	41.24

Infantil A - 14 anos

1. SILVA, Joao Luis	06	CEO Liceu	6:30.46	219
50m: 42.85 42.85	150m: 2:28.53	52.06 250m: 4:12.83	52.96 350m: 5:50.04	43.15
100m: 1:36.47 53.62	200m: 3:19.87	51.34 300m: 5:06.89	54.06 400m: 6:30.46	40.42
2. CASTRO, Mateus Pereira	06	CEO Liceu	7:03.89	171
50m: 46.05 46.05	150m: 2:40.25	57.37 250m: 4:30.59	57.10 350m: 6:17.87	49.19
100m: 1:42.88 56.83	200m: 3:33.49	53.24 300m: 5:28.68	58.09 400m: 7:03.89	46.02

Juvenil A - 16 anos

1. RODRIGUES, Rodrigo Reis	04	CD Sao Roque	5:06.96	451
<i>Minimos Campeonato Zonal - Sines</i>				
50m: 32.55 32.55	150m: 1:49.29	39.69 250m: 3:13.71	45.50 350m: 4:33.61	34.33
100m: 1:09.60 37.05	200m: 2:28.21	38.92 300m: 3:59.28	45.57 400m: 5:06.96	33.35
2. NUNES, Afonso Miguel	04	Salesianos do Funchal	5:17.99	406
50m: 32.93 32.93	150m: 1:51.55	39.95 250m: 3:16.92	46.45 350m: 4:41.15	37.40
100m: 1:11.60 38.67	200m: 2:30.47	38.92 300m: 4:03.75	46.83 400m: 5:17.99	36.84

Juniores - 17, 18 anos

1. RODRIGUES, Pedro Reis	02	CD Sao Roque	4:52.96	519
50m: 32.15 32.15	150m: 1:45.78	37.03 250m: 3:05.21	42.93 350m: 4:21.23	33.33
100m: 1:08.75 36.60	200m: 2:22.28	36.50 300m: 3:47.90	42.69 400m: 4:52.96	31.73

Prova 12 Femin., 400m Estilos Absoluto
12/10/2019 - 11:35 Resultados

Recordes Regionais Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Jun17	5:20.63	QUINTAL, Fabiana Maria	CDN	Funchal	01/03/2001
Recordes Regionais Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006
Recordes Regionais Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recordes Regionais Juv B	5:19.80	SOUSA, Susana Margarida	CFU	Funchal	27/06/1991
Recordes Regionais Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recordes Regionais Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

TAC Nacionais Inf B: 6:03.61; Inf A: 5:46.71; Juv B: 5:30.74; Juv A: 5:23.44; Jun16: 5:17.82; Jun17: 5:16.24; Sen18: 5:07.90;
19 + 50m: 5:16.57 / TAC Zonais Inf B: 6:23.00; Inf A: 6:03.50; Juv B: 5:47.14; Juv A: 5:37.41

Pontos: FINA 2019

Lugar	Ano		Tempo final						Pts		
Infantil B - 12 anos											
1.	ROCHA, Vitoria Maria		08	Salesianos do Funchal			7:24.36	197			
	50m:	57.05 57.05	150m:	2:56.13	54.69	250m:	4:49.00	58.84	350m:	6:39.93	50.31
	100m:	2:01.44 1:04.39	200m:	3:50.16	54.03	300m:	5:49.62	1:00.62	400m:	7:24.36	44.43
Infantil A - 13 anos											
1.	ERRA, Clara Patricia		07	Salesianos do Funchal			7:25.83	195			
	50m:	49.67 49.67	150m:	2:48.00	57.55	250m:	4:42.26	1:00.04	350m:	6:35.72	52.76
	100m:	1:50.45 1:00.78	200m:	3:42.22	54.22	300m:	5:42.96	1:00.70	400m:	7:25.83	50.11
Juvenil B - 14 anos											
1.	FREITAS, Margarida Ramos		06	CD Nacional			5:51.17	400			
	50m:	37.73 37.73	150m:	2:07.99	44.67	250m:	3:40.90	50.09	350m:	5:12.61	41.24
	100m:	1:23.32 45.59	200m:	2:50.81	42.82	300m:	4:31.37	50.47	400m:	5:51.17	38.56

2 - Jornada Única / 2.^a Sessão

12/10/2019 - 16:30

Prova 13 Femin., 200m Mariposa Absoluto
12/10/2019 - 16:30 Resultados

Recordes Regionais Absoluto	2:21.15	ROSA, Beatriz Jong	CDN	Porto	10/12/2017
Recordes Regionais Sen	2:21.15	ROSA, Beatriz Jong	CDN	Porto	10/12/2017
Recordes Regionais Jun17	2:25.69	ROSA, Beatriz Jong	CDWT	Torres Novas	21/01/2017
Recordes Regionais Jun16	2:25.16	ROSA, Beatriz Jong	CDN	Porto	11/12/2015
Recordes Regionais Juv A	2:25.61	ROSA, Beatriz Jong	CDN	Funchal	12/07/2015
Recordes Regionais Juv B	2:29.28	CERDAS, Sara Rodrigues	CNF	Braga	22/03/2003
Recordes Regionais Inf A	2:32.56	CERDAS, Sara Rodrigues	CNF	Rio Maior	06/07/2002
Recordes Regionais Inf B	2:45.26	VICTOR, Joana Isabel	CDN	Funchal	12/07/2003

TAC Nacionais Inf B: 3:07.16; Inf A: 2:55.05; Juv B: 2:41.39; Juv A: 2:37.62; Jun16: 2:32.18; Jun17: 2:31.42; Sen18: 2:26.33;
19 + 50m: 2:26.33 / TAC Zonais Inf B: 3:09.00; Inf A: 2:57.00; Juv B: 2:49.48; Juv A: 2:42.48

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil A - 13 anos

1. RODRIGUES, Laura Sofia	07	Salesianos do Funchal	3:08.34	256	40.13	48.65	50.58	48.98
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Juvenil B - 14 anos

1. SILVA, Silvana Suamade	06	CD Sao Roque	2:49.34	352	36.78	42.93	44.87	44.76
<i>Minimos Campeonato Zonal - Sines</i>								
2. SOUSA, Ivana Valentina	06	CD Nacional	2:54.68	321	38.81	45.13	45.91	44.83
3. CARICHAS, Joana Medeir	06	Salesianos do Funchal	3:06.10	265	40.64	47.61	51.14	46.71
4. FARIA, Laura Pereira	06	Salesianos do Funchal	3:17.04	223	41.02	50.84	53.79	51.39

Juniores - 16, 17 anos

1. RAMOS, Barbara Emerick	04	Salesianos do Funchal	3:07.09	261	39.09	47.41	49.66	50.93
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Prova 14 Masc., 200m Mariposa Absoluto
12/10/2019 - 16:35 Resultados

Recordes Regionais Absoluto	2:00.44	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Sen	2:00.44	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	2:01.97	GOUVEIA, Pedro Galvao	CDN	Funchal	11/12/2016
Recordes Regionais Jun17	2:03.86	GOUVEIA, Pedro Galvao	CDN	Funchal	17/06/2016
Recordes Regionais Juv A	2:08.54	MIGUEL, Goncalves Ferreira	CDN	Funchal	12/07/2009
Recordes Regionais Juv B	2:11.93	FERNANDES, Rui Afonso	CDN	Funchal	31/07/2018
Recordes Regionais Inf A	2:12.42	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2004
Recordes Regionais Inf B	2:21.67	FREITAS, Tomas Miguel	CDN	Funchal	28/06/2003

TAC Nacionais Inf B: 2:48.80; Inf A: 2:40.57; Juv B: 2:26.20; Juv A: 2:20.53; Jun17: 2:12.71; Jun18: 2:12.05; Sen19: 2:09.11;
20 + : 2:08.47 / TAC Zonais Inf B: 2:50.00; Inf A: 2:41.50; Juv B: 2:29.02; Juv A: 2:26.36

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil A - 14 anos

1. SILVA, Joao Luis	06	CEO Liceu	3:31.13	134	47.10	57.03	55.85	51.15
2. CASTRO, Mateus Pereira	06	CEO Liceu	3:40.58	118	47.97	57.42	57.88	57.31

Juvenil B - 15 anos

1. GOUVEIA, Luis Galvao	05	CD Nacional	2:19.31	469	31.08	35.42	36.12	36.69
<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Sines</i>								
2. DIAS, Andre Vicente	05	CD Nacional	2:29.05	382	31.63	37.26	39.35	40.81

Prova 14, Masc., 200m Mariposa

Juvenil A - 16 anos

1. ALVES, Paulo Rodrigues	04	CD Nacional	2:17.91	483	30.43	35.43	36.23	35.82
<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Sines</i>								

Juniores - 17, 18 anos

1. FERNANDES, Rui Afonso	03	CD Nacional	2:16.18	502	30.18	36.05	34.74	35.21
2. GRACA, Fernando Guerre	02	Naval do Funchal	2:22.07	442	31.06	35.32	36.73	38.96
3. MELIM, Bruno Pontes	03	Salesianos do Funchal	2:32.31	358	33.70	38.83	40.45	39.33
4. FREITAS, Joao Tomas	02	Salesianos do Funchal	2:33.64	349	31.57	38.04	42.80	41.23

Seniores - 19 e mais velhos

1. SILVA, Tomas Antonio	01	Naval do Funchal	2:07.45	612	27.58	32.76	33.87	33.24
<i>Minimos Campeonatos Nacionais</i>								
2. FERRO, Henrique Martins	01	Naval do Funchal	2:17.31	489	30.17	35.03	36.31	35.80

Prova 15

Femin., 100m Livres

Absoluto

12/10/2019 - 16:43

Resultados

Recordes Regionais Absoluto	57.97	QUINTAL, Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Sen	57.97	QUINTAL, Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun17	59.96	AGUILAR, Vera Ines	CDN	Funchal	09/12/2016
Recordes Regionais Jun16	59.93	ABREU, Laura Catarina	CDN	Funchal	19/12/2015
Recordes Regionais Juv A	59.90	ABREU, Laura Catarina	CDN	Funchal	10/07/2015
Recordes Regionais Juv B	1:01.04	AGUILAR, Vera Ines	CDN	Funchal	12/04/2014
Recordes Regionais Inf A	1:02.04	CAIRES, Joana Costa	CNF	Sines	12/03/2011
Recordes Regionais Inf B	1:05.20	LOPES, Joana Cristina	CNF	Funchal	10/05/1992

TAC Nacionais Inf B: 1:12.75; Inf A: 1:09.72; Juv B: 1:03.30; Juv A: 1:02.41; Jun16: 1:00.73; Jun17: 1:00.43; Sen18: 59.48;
19 + 50m: 1:00.47 / TAC Zonais Inf B: 1:13.00; Inf A: 1:10.00; Juv B: 1:06.98; Juv A: 1:05.10

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	
Infantil B - 12 anos							
1.	ALVES, Juliana Rodrigues	08	CD Nacional	1:21.29	236	38.48	42.81
2.	BAPTISTA, Ines Sande	08	CD Nacional	1:22.14	228	39.40	42.74
3.	PEREIRA, Maria Clara	08	CD Nacional	1:29.43	177	42.20	47.23
4.	ALVES, Margarida Jesus	08	CD Nacional	1:38.38	133	44.89	53.49
5.	PEREIRA, Sofia Jardim	08	CD Nacional	1:40.05	126	46.75	53.30
6.	MACEDO, Diana Camacho	08	Naval do Funchal	1:40.99	123	46.55	54.44
7.	PERNETA, Mariana Rodrigues	08	CD Nacional	1:52.38	89	50.10	1:02.28
8.	ARAUJO, Daniela Denise	08	AD Machico	1:52.44	89	50.99	1:01.45
9.	NOBREGA, Sara Francisca	08	CD Sao Roque	1:58.41	76	55.00	1:03.41
DSQ	SOARES, Leonor Silva	08	CD Nacional				
<i>403 - Falsa partida - SW 4.4</i>							

Infantil A - 13 anos

1.	NETO, Leonor Rodrigues	07	Naval do Funchal	1:10.85	356	33.72	37.13
2.	CAMARA, Ines Cruz	07	CD Nacional	1:10.97	354	33.41	37.56
3.	GONCALVES, Valentina Jose	07	CD Nacional	1:13.23	323	35.31	37.92
4.	FIGUEIRA, Madalena Leonor	07	Naval do Funchal	1:14.93	301	36.59	38.34
5.	MATEUS, Clarisse Vieira	07	CD Nacional	1:20.08	247	38.94	41.14
6.	TEMTEM, Sara Maria	07	CD Nacional	1:22.24	228	40.10	42.14
7.	RONDON, Maria Victoria	07	CS Maritimo	1:39.06	130	47.06	52.00
8.	RODRIGUES, Ines Costa	07	CD Nacional	1:47.62	101	50.15	57.47

Prova 15, Femin., 100m Livres

Juvenil B - 14 anos

1.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	1:07.26	417	32.69	34.57
2.	JARDIM, Lara Filipa	06	Naval do Funchal	1:07.77	407	32.42	35.35
3.	SEQUEIRA, Beatriz Meneses	06	Naval do Funchal	1:08.18	400	32.45	35.73
4.	DEUS, Ines Portugal	06	Naval do Funchal	1:08.38	396	33.32	35.06
5.	FERRO, Maria Leonor	06	Naval do Funchal	1:10.41	363	34.34	36.07
6.	ABREU, Ana Rodrigues	06	Naval do Funchal	1:10.79	357	33.31	37.48
7.	ROVERI, Isabel Vasconcelos	06	Naval do Funchal	1:13.06	325	34.44	38.62
8.	CANADA, Maria Elvira	06	CD Nacional	1:14.11	311	36.23	37.88
9.	TEMBE, Ines Afonso	06	CD Nacional	1:15.27	297	35.47	39.80
10.	BAPTISTA, Constanca Ornelas	06	Naval do Funchal	1:18.59	261	39.05	39.54
11.	DIAS, Monica Fernandes	06	CD Sao Roque	1:18.98	257	37.62	41.36

Juvenil A - 15 anos

1.	ARAUJO, Maria Clara	05	Naval do Funchal	1:05.34	454	31.30	34.04
2.	JARDIM, Teresa Vieira	05	Naval do Funchal	1:08.69	391	33.03	35.66
3.	GOIS, Mariana Teles	05	CD Sao Roque	1:13.96	313	35.40	38.56
4.	ABREU, Maria Eduarda	05	CD Nacional	1:14.15	311	35.85	38.30
5.	LUIS, Mariana Capelo	05	Salesianos do Funchal	1:17.64	271	37.62	40.02
6.	BARROS, Ana Carolina	05	Salesianos do Funchal	1:19.91	248	38.74	41.17
7.	CARDOSO, Isabel Maria	05	CS Maritimo	1:25.73	201	41.21	44.52
8.	FERNANDES, Maria Madalena	05	Salesianos do Funchal	1:29.90	174	43.15	46.75
9.	NOBREGA, Maria Trindade	05	CD Nacional	1:31.43	166	43.53	47.90
10.	VIEIRA, Sara Patricia	05	CS Maritimo	1:32.85	158	42.54	50.31
11.	SOUSA, Beatriz Maria	05	CD Nacional	1:34.97	148	44.65	50.32
12.	DINIS, Maria Antonia	05	CD Nacional	1:37.37	137	45.00	52.37

Juniores - 16, 17 anos

1.	OLIVEIRA, Sara Fernandes	04	Salesianos do Funchal	1:05.27	456	31.15	34.12
2.	SOUSA, Joana Francisca	04	CD Sao Roque	1:05.51	451	31.23	34.28
3.	REBELO, Filipa Margarida	03	CEO Liceu	1:07.42	414	31.64	35.78
4.	GONCALVES, Maria Margarida	04	Naval do Funchal	1:07.64	410	32.17	35.47
5.	ANDRADE, Margarida Fernand	04	Salesianos do Funchal	1:08.10	401	32.21	35.89
6.	CAMACHO, Laura Fernandes	04	Naval do Funchal	1:08.44	395	33.38	35.06
7.	BETENCOURT, Ana Margarida	03	Naval do Funchal	1:08.56	393	32.32	36.24
8.	JESUS, Filipa Mafalda	03	CD Sao Roque	1:08.63	392	33.27	35.36
9.	LECA, Natasha Maria	03	CD Nacional	1:10.69	359	33.84	36.85
10.	JESUS, Mariana Caires	04	Salesianos do Funchal	1:11.46	347	34.56	36.90
11.	SOARES, Ines Silva	04	CD Nacional	1:17.10	276	37.38	39.72
12.	PEREIRA, Luisa Tovela	03	CD Nacional	1:17.65	271	37.58	40.07
13.	FREITAS, Viviana Maria	03	AD Machico	1:22.15	228	38.28	43.87
14.	GOIS, Vitoria Abreu	04	CD Sao Roque	1:25.98	199	41.40	44.58
15.	ERRA, Juliana Franco	03	AD Machico	1:30.55	170	42.20	48.35
16.	BLANDY, Mischa Blue	04	Salesianos do Funchal	1:35.00	147	45.61	49.39

Seniores - 18 e mais velhos

1.	AGUILAR, Vera Ines	00	CD Nacional	1:03.62	492	30.36	33.26
2.	BOULHOSA, Carolina Abreu	01	Naval do Funchal	1:03.63	492	30.21	33.42
3.	LUIS, Jessica Santos	00	CD Sao Roque	1:07.71	408	32.33	35.38
4.	LUIS, Catarina Fernandes	97	CD Sao Roque	1:08.76	390	32.78	35.98
5.	HERNANDES, Marcelis Nativid	99	CS Maritimo	1:13.08	325	34.20	38.88
6.	ALVES, Tania Raquel	02	CD Sao Roque	1:13.27	322	33.79	39.48
7.	VICTOR, Joana Isabel	91	Salesianos do Funchal	1:14.61	305	35.87	38.74
8.	SILVA, Gabriela Suamade	02	CD Sao Roque	1:18.10	266	37.68	40.42
9.	SOUSA, Joana Camacho	01	CD Sao Roque	1:21.30	236	39.20	42.10
10.	FERNANDES, Francisca Olivei	02	CEO Liceu	1:21.46	234	38.18	43.28
11.	CRO, Isabel Matilde	00	CEO Liceu	1:25.01	206	40.09	44.92

Prova 16 Masc., 100m Livres Absoluto
12/10/2019 - 17:05 Resultados

Recordes Regionais Absoluto	49.20	PINTO, Luis Marques	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Sen	49.20	PINTO, Luis Marques	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	51.05	CASTRO, Joao Cruz	CDSR	Porto	08/12/2017
Recordes Regionais Jun17	51.79	CASTRO, Joao Cruz	CDSR	Funchal	28/07/2017
Recordes Regionais Juv A	52.66	CASTRO, Joao Cruz	CDSR	Funchal	29/07/2016
Recordes Regionais Juv B	52.96	CASTRO, Joao Cruz	CDSR	Funchal	12/07/2015
Recordes Regionais Inf A	54.93	CASTRO, Joao Cruz	CSM	Funchal	12/04/2014
Recordes Regionais Inf B	58.44	CASTRO, Joao Cruz	CSM	Funchal	23/07/2013

TAC Nacionais Inf B: 1:06.20; Inf A: 1:02.70; Juv B: 57.29; Juv A: 55.68; Jun17: 53.48; Jun18: 53.21; Sen19: 52.54; 20+: 52.28 /
TAC Zonais Inf B: 1:06.50; Inf A: 1:03.00; Juv B: 1:00.07; Juv A: 58.97

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m
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Infantil B - 13 anos

1.	NEVES, Tiago Brazao	07	Naval do Funchal	1:11.37	249	34.01	37.36
2.	OLIVEIRA, Afonso Miguel	07	Salesianos do Funchal	1:13.25	230	34.37	38.88
3.	COSTA, Guilherme Corte	07	CD Nacional	1:16.52	202	36.39	40.13
4.	SOUSA, Simao Henrique	07	CD Nacional	1:19.30	182	39.09	40.21
5.	SMIRNOV, Dmytro	07	CD Sao Roque	1:19.79	178	37.05	42.74
6.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	1:21.65	166	39.08	42.57
7.	FERNANDES, Afonso Berimba	07	Salesianos do Funchal	1:24.81	148	40.84	43.97
8.	NUNES, Henrique Dias	07	CD Nacional	1:27.32	136	41.00	46.32
9.	VIEIRA, Luis Henrique	07	CD Nacional	1:30.12	124	44.79	45.33
10.	GOUVEIA, Martim Jose	07	CD Sao Roque	1:30.91	120	43.89	47.02
11.	ABREU, Tiago Jose	07	AD Machico	1:38.44	95	45.28	53.16
12.	FRANCISCO, David Rebocho	07	CS Maritimo	1:40.64	89	44.44	56.20
13.	MARTINS, Tomas Rodrigo	07	CD Nacional	1:44.95	78	50.05	54.90

Infantil A - 14 anos

1.	PAULOS, Joao Afonso	06	Naval do Funchal	1:02.40	373	29.76	32.64
<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Ponte de Sôr</i>							
2.	MACHADO, Bernardo Magalhaes	06	CD Nacional	1:06.63	306	32.06	34.57
3.	ABREU, Joao Francisco	06	Naval do Funchal	1:07.19	299	32.59	34.60
4.	SETIM, Joao Oliveira	06	Naval do Funchal	1:07.63	293	32.98	34.65
5.	GARANITO, Simao Silva	06	Naval do Funchal	1:07.72	292	33.00	34.72
6.	GONCALVES, Martim Luis	06	CD Nacional	1:09.40	271	33.81	35.59
	NEVES, Joao Pedro	06	CD Sao Roque	1:09.40	271	32.48	36.92
8.	FERRAZ, Luis Afonso	06	Naval do Funchal	1:09.70	268	34.08	35.62
9.	ALVES, Pedro Miguel	06	CD Nacional	1:11.19	251	34.26	36.93
10.	VIEIRA, Rodrigo Leal	06	AD Machico	1:19.84	178	37.07	42.77
11.	STEFLEA, Andre Sergio	06	CD Sao Roque	1:24.07	152	39.88	44.19
12.	VIVEIROS, Pedro Perestrelo	06	AD Machico	1:24.54	150	40.09	44.45
13.	CARREIRA, Ernani Afonso	06	CS Maritimo	1:32.39	115	43.86	48.53

Juvenil B - 15 anos

1.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	58.52	452	28.17	30.35
<i>Minimos Campeonato Zonal - Sines</i>							
2.	RODRIGUES, Joao Luis	05	Naval do Funchal	1:00.34	413	28.95	31.39
3.	VOLOZHENIN, Alexandre	05	Naval do Funchal	1:02.67	368	30.63	32.04
4.	SANTOS, Nuno Goncalo	05	CD Sao Roque	1:03.44	355	30.12	33.32
5.	SILVA, Tony Stefano	05	Naval do Funchal	1:05.17	327	29.94	35.23
6.	SOUSA, Lourenco Quintas	05	Naval do Funchal	1:05.27	326	31.34	33.93
7.	ALVES, Luis Fernandez	05	CD Nacional	1:13.34	230	34.59	38.75
8.	MENDES, Juan Diego	05	CD Nacional	1:18.89	184	38.16	40.73
9.	CORREIA, Rodrigo Ramos	05	CD Nacional	1:18.90	184	37.46	41.44
10.	SOUSA, Luis Miguel	05	CS Maritimo	1:21.52	167	38.67	42.85

Prova 16, Masc., 100m Livres

Juvenil A - 16 anos

1.	BARRY, Rafael Francisco	04	Naval do Funchal	59.07	440	27.92	31.15
2.	MACHADO, Tiago Magalhaes	04	CD Nacional	1:00.25	414	28.54	31.71
3.	RODRIGUES, Rodrigo Reis	04	CD Sao Roque	1:00.28	414	29.00	31.28
4.	CAMACHO, Afonso Caires	04	CD Nacional	1:01.32	393	28.78	32.54
5.	LEAL, Diogo Silva	04	Salesianos do Funchal	1:02.52	371	30.09	32.43
6.	TELES, Artur Corte	04	Salesianos do Funchal	1:02.64	369	30.10	32.54
7.	NUNES, Afonso Miguel	04	Salesianos do Funchal	1:03.63	352	30.77	32.86
8.	PEREIRA, Jordao Abreu	04	Salesianos do Funchal	1:05.76	319	32.68	33.08
9.	SILVA, Eduardo Rodrigues	04	Salesianos do Funchal	1:09.74	267	34.04	35.70

Juniiores - 17, 18 anos

1.	DEUS, Andre Portugal	02	Naval do Funchal	56.94	491	27.26	29.68
2.	RODRIGUES, Pedro Reis	02	CD Sao Roque	57.76	470	27.56	30.20
3.	RODRIGUES, Renato Correia	03	Salesianos do Funchal	59.76	425	29.18	30.58
4.	CASTRO, Martim Pereira	02	CEO Liceu	59.82	423	29.05	30.77
5.	LOPES, Pedro Henrique	03	CD Sao Roque	1:00.03	419	28.74	31.29
6.	FARIA, Joao Pedro	03	Naval do Funchal	1:00.79	404	28.30	32.49
7.	AGUIAR, Pedro Ferreira	03	Naval do Funchal	1:01.36	392	29.61	31.75
8.	MAROTE, Joao Nuno	03	CD Sao Roque	1:02.73	367	29.91	32.82
9.	BAPTISTA, Tiago Ornelas	03	Naval do Funchal	1:03.14	360	30.44	32.70
10.	CALDEIRA, Rodolfo Moraes	02	Salesianos do Funchal	1:03.20	359	29.52	33.68
11.	ABREU, Nuno Afonso	03	Naval do Funchal	1:04.51	338	30.91	33.60
12.	VIEIRA, Emanuel Eloi	03	CD Sao Roque	1:05.50	322	31.25	34.25
13.	CAMACHO, Joao Simao	03	CS Maritimo	1:09.96	265	33.61	36.35
14.	GONCALVES, Cesar Rodrigo	02	CS Maritimo	1:13.22	231	34.86	38.36
15.	KOVAL, Igor	03	CD Nacional	1:16.70	201	36.27	40.43
16.	DINIS, Fernando Jose	02	CD Sao Roque	1:31.17	119	42.50	48.67

Seniores - 19 e mais velhos

1.	CASTRO, Joao Cruz	00	CD Sao Roque	53.65	587	25.44	28.21
2.	FERREIRA, Miguel Goncalves	93	CD Nacional	54.92	547	25.93	28.99
3.	FREITAS, Joao Marcos	01	CEO Liceu	58.19	460	27.96	30.23
4.	NUNES, Goncalo Almada	01	Salesianos do Funchal	1:02.21	376	30.13	32.08
5.	PRIOSTE, Pedro Danilo	01	CD Sao Roque	1:03.19	359	30.24	32.95
6.	PERESTRELO, Pedro Antonio	96	AD Machico	1:20.97	170	38.05	42.92

Prova 17 Absoluto
12/10/2019 - 17:23 Resultados
Femin., 200m Bruços

Recordes Regionais Absoluto	2:32.35	QUINTAL, Fabiana Maria	CDN	Guimaraes	06/12/2008
Recordes Regionais Sen	2:32.35	QUINTAL, Fabiana Maria	CDN	Guimaraes	06/12/2008
Recordes Regionais Jun17	2:40.38	MARQUES, Mariana Sousa	CNF	Funchal	16/07/2005
Recordes Regionais Jun16	2:38.79	ABREU, Laura Catarina	CDN	Funchal	08/07/2016
Recordes Regionais Juv A	2:41.54	ABREU, Laura Catarina	CDN	Funchal	11/07/2015
Recordes Regionais Juv B	2:43.10	ABREU, Laura Catarina	CDN	Tomar	14/12/2013
Recordes Regionais Inf A	2:47.89	ABREU, Laura Catarina	CDN	Funchal	06/04/2003
Recordes Regionais Inf B	2:56.77	RODRIGUES, Laura Sofia	JACL	Funchal	08/06/2019

TAC Nacionais Inf B: 3:19.69; Inf A: 3:10.41; Juv B: 2:57.14; Juv A: 2:54.45; Jun16: 2:49.43; Jun17: 2:48.59; Sen18: 2:43.50; 19 + 50m: 2:47.29 / TAC Zonais Inf B: 3:22.00; Inf A: 3:14.50; Juv B: 3:02.55; Juv A: 2:59.14

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 12 anos									
1.	ROCHA, Vitoria Maria	08	Salesianos do Funchal	3:48.70	203	54.51	59.26	59.07	55.86
Infantil A - 13 anos									
1.	FRANCA, Ines Matos	07	Salesianos do Funchal	3:21.66	297	47.36	52.26	51.58	50.46
2.	ERRA, Clara Patricia	07	Salesianos do Funchal	3:49.17	202	54.14	59.45	58.92	56.66
Juvenil B - 14 anos									
1.	DIAS, Julia Alves	06	CD Nacional	3:06.27	377	42.17	47.35	48.23	48.52
2.	FREITAS, Margarida Ram	06	CD Nacional	3:13.67	335	43.23	49.33	51.09	50.02
Juvenil A - 15 anos									
1.	GOMES, Madalena Sousa	05	Naval do Funchal	3:22.17	294	45.18	52.19	52.86	51.94
Juniores - 16, 17 anos									
1.	FERREIRA, Maria Leonor	04	CD Nacional	2:54.27	460	39.54	43.90	45.18	45.65
2.	GOUVEIA, Susana Isabel	04	Salesianos do Funchal	3:30.07	262	46.58	53.45	55.51	54.53

Prova 18 Absoluto
12/10/2019 - 17:32 Resultados
Masc., 200m Bruços

Recordes Regionais Absoluto	2:17.57	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recordes Regionais Sen	2:19.23	FIGUEIRA, Andre Temtem	CNF	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun18	2:17.57	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recordes Regionais Jun17	2:22.69	SILVA, Tomas Antonio	CNF	Funchal	10/06/2018
Recordes Regionais Juv A	2:24.33	DEUS, Andre Portugal	CNF	Funchal	24/11/2017
Recordes Regionais Juv B	2:23.33	ALVES, Paulo Rodrigues	CDN	Funchal	13/07/2019
Recordes Regionais Inf A	2:29.20	ALVES, Paulo Rodrigues	CDN	Funchal	01/08/2018
Recordes Regionais Inf B	2:37.57	FREITAS, Tomas Miguel	CDN	Funchal	13/07/2003

TAC Nacionais Inf B: 3:03.94; Inf A: 2:55.05; Juv B: 2:42.26; Juv A: 2:38.44; Jun17: 2:30.02; Jun18: 2:29.27; Sen19: 2:25.15; 20 +: 2:24.42 / TAC Zonais Inf B: 3:09.00; Inf A: 2:59.00; Juv B: 2:44.27; Juv A: 2:41.26

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 13 anos									
1.	ARAUJO, Joao Caldeira	07	Naval do Funchal	3:29.47	188	46.30	54.78	55.08	53.31
2.	NUNES, Duarte Costa	07	Salesianos do Funchal	4:31.58	86	1:00.75	1:09.92	1:10.86	1:10.05
Infantil A - 14 anos									
1.	VIEIRA, Rodrigo Leal	06	AD Machico	3:41.84	158	46.07	53.00	1:00.43	1:02.34

Prova 18, Masc., 200m Bruços

Juvenil B - 15 anos

1. ALVES, Afonso Pires	05	Salesianos do Funchal	3:00.81	293	39.63	46.31	47.60	47.27
2. ALVES, Tiago Pires	05	Salesianos do Funchal	3:02.94	283	40.79	46.34	47.86	47.95

Juvenil A - 16 anos

1. FERNANDES, Martim Pes04	1a	Naval do Funchal	2:30.29	511	34.11	38.31	39.56	38.31
<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Sines</i>								
2. AGUILAR, Luis Santos	04	CD Nacional	3:00.15	296	39.70	46.18	47.58	46.69
3. GONCALVES, Vitor Afonsc04		Salesianos do Funchal	3:02.69	284	39.80	47.25	48.21	47.43

Juniores - 17, 18 anos

1. PAULOS, Francisco Silva	02	Naval do Funchal	2:40.84	416	35.06	40.29	42.27	43.22
2. FREITAS, Joao Tomas	02	Salesianos do Funchal	2:47.74	367	37.10	42.87	44.76	43.01

Seniores - 19 e mais velhos

1. SANTOS, Diego Felipe	87	CD Nacional	2:30.37	510	35.06	39.40	38.28	37.63
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Prova 19

Femin., 100m Costas

Absoluto

12/10/2019 - 17:52

Resultados

Recordes Regionais Absoluto	1:05.05	QUINTAL, Fabiana Maria	CDN	Funchal	12/07/2009
Recordes Regionais Sen	1:05.05	QUINTAL, Fabiana Maria	CDN	Funchal	12/07/2009
Recordes Regionais Jun17	1:06.59	ROSA, Beatriz Jong	CDWT	Funchal	11/12/2016
Recordes Regionais Jun16	1:05.65	ROSA, Beatriz Jong	CDN	Funchal	05/03/2016
Recordes Regionais Juv A	1:07.64	ROSA, Beatriz Jong	CDN	Funchal	09/05/2015
Recordes Regionais Juv A	1:07.64	AGUILAR, Vera Ines	CDN	Funchal	11/07/2015
Recordes Regionais Juv B	1:08.35	AGUILAR, Vera Ines	CDN	Funchal	10/04/2014
Recordes Regionais Inf A	1:10.41	COSTA, Maria Jardim	CDN	Funchal	08/06/2019
Recordes Regionais Inf B	1:13.20	LOPES, Joana Cristina	CNF	Funchal	15/02/1992

TAC Nacionais Inf B: 1:23.71; Inf A: 1:18.10; Juv B: 1:11.31; Juv A: 1:10.08; Jun16: 1:08.45; Jun17: 1:08.11; Sen18: 1:06.78; 19 + 50m: 1:08.93 / TAC Zonais Inf B: 1:24.00; Inf A: 1:18.50; Juv B: 1:15.93; Juv A: 1:13.80

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m
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Infantil B - 12 anos

1. SILVA, Carolina Pestana	08	Naval do Funchal	1:26.51	257	41.88	44.63
2. BAPTISTA, Ines Sande	08	CD Nacional	1:29.44	232	43.25	46.19
3. ALVES, Juliana Rodrigues	08	CD Nacional	1:33.81	201	46.15	47.66
4. SOARES, Leonor Silva	08	CD Nacional	1:39.92	167	48.86	51.06
5. PEREIRA, Maria Clara	08	CD Nacional	1:42.97	152	51.40	51.57
6. PEREIRA, Sofia Jardim	08	CD Nacional	1:50.78	122	53.52	57.26
7. NOBREGA, Sara Francisca	08	CD Sao Roque	2:02.09	91	59.77	1:02.32
8. ARAUJO, Daniela Denise	08	AD Machico	2:17.22	64	1:05.22	1:12.00

Infantil A - 13 anos

1. GONCALVES, Valentina Jose	07	CD Nacional	1:21.52	307	39.62	41.90
2. CAMARA, Ines Cruz	07	CD Nacional	1:22.43	297	39.82	42.61
3. MATEUS, Clarisse Vieira	07	CD Nacional	1:24.94	271	42.34	42.60
4. TEMTEM, Sara Maria	07	CD Nacional	1:30.07	228	44.74	45.33
5. RODRIGUES, Beatriz Mendes	07	Naval do Funchal	1:35.73	189	46.70	49.03
6. FREITAS, Maria Raquel	07	Naval do Funchal	1:37.37	180	47.00	50.37

Juvenil A - 15 anos

1. ARAUJO, Maria Clara	05	Naval do Funchal	1:14.67	400	36.07	38.60
2. JARDIM, Teresa Vieira	05	Naval do Funchal	1:18.38	346	37.77	40.61
3. CARDOSO, Isabel Maria	05	CS Maritimo	1:39.11	171	47.79	51.32

Prova 19, Femin., 100m Costas

Juniores - 16, 17 anos

1.	GONCALVES, Maria Margarida	04	Naval do Funchal	1:14.69	399	36.13	38.56
2.	BETENCOURT, Ana Margarida	03	Naval do Funchal	1:17.80	353	37.17	40.63
3.	RAMOS, Barbara Emerick	04	Salesianos do Funchal	1:20.48	319	39.73	40.75
4.	OLIVEIRA, Beatriz Camacho	03	Naval do Funchal	1:27.47	249	42.65	44.82
5.	FREITAS, Viviana Maria	03	AD Machico	1:30.82	222	44.33	46.49
6.	BLANDY, Mischa Blue	04	Salesianos do Funchal	1:49.80	125	53.85	55.95

Seniores - 18 e mais velhos

1.	AGUILAR, Vera Ines	00	CD Nacional	1:12.51	437	34.30	38.21
2.	BOULHOSA, Carolina Abreu	01	Naval do Funchal	1:12.77	432	35.31	37.46
3.	LUIS, Jessica Santos	00	CD Sao Roque	1:17.27	361	37.04	40.23

Prova 20
12/10/2019 - 18:02
Masc., 100m Costas

Absoluto
Resultados

Recordes Regionais Absoluto	57.43	FERNANDES, Joao Manuel	CNF	Porto	20/12/2014
Recordes Regionais Sen	57.93	PINTO, Luis Marques	CDN	Funchal	09/05/2009
Recordes Regionais Jun18	57.43	FERNANDES, Joao Manuel	CNF	Porto	20/12/2014
Recordes Regionais Jun17	58.60	SILVA, Luis Henrique	CNF	Felgueiras	22/12/2013
Recordes Regionais Juv A	59.07	FERNANDES, Rui Afonso	CDN	Tomar	14/12/2018
Recordes Regionais Juv B	1:00.51	FERNANDES, Rui Afonso	CDN	Funchal	26/03/2018
Recordes Regionais Inf A	1:03.46	FERNANDES, Rui Afonso	CDN	Funchal	27/07/2017
Recordes Regionais Inf B	1:06.87	CAMACHO, Afonso Caires	CNF	Sines	07/04/2017

TAC Nacionais Inf B: 1:16.75; Inf A: 1:12.40; Juv B: 1:04.49; Juv A: 1:02.85; Jun17: 1:00.48; Jun18: 1:00.18; Sen19: 58.65; 20+: 58.36 / TAC Zonais Inf B: 1:17.00; Inf A: 1:12.70; Juv B: 1:08.48; Juv A: 1:07.23

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m
Infantil B - 13 anos						
1.	PEREIRA, Lucas Santos	07	Naval do Funchal	1:28.98	165	45.01 43.97
2.	SOUSA, Simao Henrique	07	CD Nacional	1:30.77	156	44.01 46.76
3.	ALMEIDA, Joao Francisco	07	Naval do Funchal	1:30.96	155	44.46 46.50
4.	COSTA, Guilherme Corte	07	CD Nacional	1:32.88	145	45.81 47.07
5.	NUNES, Henrique Dias	07	CD Nacional	1:40.88	113	49.44 51.44
6.	ABREU, Tiago Jose	07	AD Machico	1:42.13	109	50.64 51.49
	VIEIRA, Luis Henrique	07	CD Nacional	1:42.13	109	52.22 49.91
8.	FERNANDES, Afonso Berimba	07	Salesianos do Funchal	1:42.58	108	50.73 51.85
9.	FERNANDES, Joao Vieira	07	Salesianos do Funchal	1:45.80	98	52.63 53.17
10.	MARTINS, Tomas Rodrigo	07	CD Nacional	1:58.05	70	57.02 1:01.03
11.	FRANCISCO, David Rebocho	07	CS Maritimo	2:00.13	67	57.66 1:02.47

Infantil A - 14 anos

1.	PITA, Pedro Miguel	06	Naval do Funchal	1:10.66	331	34.00 36.66
<i>Minimos Campeonatos Nacionais, Minimos Campeonato Zonal - Ponte de Sôr</i>						
2.	MACHADO, Bernardo Magalhaes	06	CD Nacional	1:13.43	294	35.79 37.64
3.	GONCALVES, Martim Luis	06	CD Nacional	1:16.71	258	37.24 39.47
4.	ALVES, Pedro Miguel	06	CD Nacional	1:19.29	234	38.67 40.62
5.	NACHYCHKO, Maximo	06	Naval do Funchal	1:32.30	148	44.85 47.45
6.	STEFLEA, Andre Sergio	06	CD Sao Roque	1:35.15	135	46.75 48.40
7.	CARREIRA, Ernani Afonso	06	CS Maritimo	1:44.30	102	52.01 52.29

Juvenil B - 15 anos

1.	RODRIGUES, Joao Luis	05	Naval do Funchal	1:07.64	377	32.62 35.02
<i>Minimos Campeonato Zonal - Sines</i>						

Prova 20, Masc., 100m Costas

Juniores - 17, 18 anos

1. GOMES, Goncalo Camara	03	Naval do Funchal	1:01.12	511	28.86	32.26
2. VIEIRA, Emanuel Eloi	03	CD Sao Roque	1:19.00	236	38.66	40.34

Seniores - 19 e mais velhos

1. SILVA, Tomas Antonio	01	Naval do Funchal	59.51	554	28.77	30.74
2. FERREIRA, Miguel Goncalves	93	CD Nacional	1:03.92	447	29.59	34.33
3. FREITAS, Joao Marcos	01	CEO Liceu	1:07.08	386	32.29	34.79

Prova 21

Femin., 200m Estilos

Absoluto

12/10/2019 - 18:13

Resultados

Recordes Regionais Absoluto	2:18.16	QUINTAL, Fabiana Maria	CDN	Tomar	13/12/2008
Recordes Regionais Sen	2:18.16	QUINTAL, Fabiana Maria	CDN	Tomar	13/12/2008
Recordes Regionais Jun17	2:25.85	ROSA, Beatriz Jong	CDWT	Funchal	06/05/2017
Recordes Regionais Jun16	2:26.86	ROSA, Beatriz Jong	CDN	Funchal	13/05/2016
Recordes Regionais Juv A	2:28.06	ROSA, Beatriz Jong	CDN	Funchal	09/05/2015
Recordes Regionais Juv B	2:30.10	SOUSA, Susana Margarida	CFU	Funchal	28/06/1991
Recordes Regionais Inf A	2:31.77	CAIRES, Joana Costa	CNF	Sines	12/03/2011
Recordes Regionais Inf B	2:38.90	LOPES, Joana Cristina	CNF	Funchal	01/01/1992

TAC Nacionais Inf B: 2:50.35; Inf A: 2:41.70; Juv B: 2:35.01; Juv A: 2:32.60; Jun16: 2:28.85; Jun17: 2:28.11; Sen18: 2:25.29; 19 + 50m: 2:28.26 / TAC Zonais Inf B: 3:00.00; Inf A: 2:52.00; Juv B: 2:43.70; Juv A: 2:39.11

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 12 anos

1. ALVES, Margarida Jesus	08	CD Nacional	3:46.56	155	49.15	57.04	1:09.38	50.99
2. PERNETA, M.	08	CD Nacional	4:41.83	80	1:08.90	1:11.45	1:18.42	1:03.06

Infantil A - 13 anos

1. RODRIGUES, Laura Sofia	07	Salesianos do Funchal	2:47.97	381	37.39	44.40	46.44	39.74
<i>Minimos Campeonato Zonal - Ponte de Sôr</i>								
2. FRANCA, Ines Matos	07	Salesianos do Funchal	3:05.70	282	43.80	48.44	51.62	41.84
3. RODRIGUES, Ines Costa	07	CD Nacional	4:05.72	121	1:04.07	1:01.16	1:05.48	55.01

Juvenil B - 14 anos

1. FREITAS, Margarida Ram	06	CD Nacional	2:47.54	384	37.52	42.98	49.45	37.59
2. SILVA, Silvana Suamade	06	CD Sao Roque	2:50.18	367	36.49	44.34	50.78	38.57
3. CARICHAS, Joana Medeir	06	Salesianos do Funchal	3:03.80	291	41.40	44.72	56.13	41.55
4. TEMBE, Ines Afonso	06	CD Nacional	3:18.26	232	37.66	52.97	1:04.95	42.68

Juvenil A - 15 anos

1. NOBREGA, Maria Trindad	05	CD Nacional	3:49.48	149	52.05	59.24	1:07.06	51.13
2. SOUSA, Beatriz Maria	05	CD Nacional	3:55.06	139	53.92	1:00.54	1:04.17	56.43
3. DINIS, Maria Antonia	05	CD Nacional	4:15.13	108	1:02.55	1:02.24	1:17.11	53.23

Juniores - 16, 17 anos

1. SOUSA, Joana Francisca	04	CD Sao Roque	2:39.16	448	33.79	40.46	46.94	37.97
2. REBELO, Filipa Margarida	03	CEO Liceu	3:03.29	293	43.01	48.01	50.23	42.04
3. SOARES, Ines Silva	04	CD Nacional	3:14.63	245	44.04	50.02	56.95	43.62

Seniores - 18 e mais velhos

1. HERNANDES, M.	99	CS Maritimo	3:03.40	293	38.04	47.85	55.01	42.50
2. FERNANDES, F.	02	CEO Liceu	3:18.02	233	40.71	52.20	58.45	46.66

Prova 22 Masc., 200m Estilos Absoluto
12/10/2019 - 18:28 Resultados

Recordes Regionais Absoluto	2:05.78	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recordes Regionais Sen	2:05.93	FREITAS, Tomas Miguel	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	2:05.78	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recordes Regionais Jun17	2:09.60	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recordes Regionais Juv A	2:12.30	PEREIRA, Nuno Miguel	CDN	Funchal	17/07/1992
Recordes Regionais Juv B	2:11.24	ALVES, Paulo Rodrigues	CDN	Funchal	17/05/2019
Recordes Regionais Inf A	2:13.38	FREITAS, Tomas Miguel	CDN	Funchal	17/07/2004
Recordes Regionais Inf B	2:20.56	FREITAS, Tomas Miguel	CDN	Funchal	28/06/2003

TAC Nacionais Inf B: 2:39.29; Inf A: 2:30.30; Juv B: 2:21.00; Juv A: 2:17.04; Jun17: 2:12.79; Jun18: 2:12.13; Sen19: 2:09.62; 20+: 2:08.98 / TAC Zonais Inf B: 2:45.00; Inf A: 2:38.00; Juv B: 2:30.83; Juv A: 2:28.26

Pontos: FINA 2019

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil A - 14 anos									
1.	PAULOS, Joao Afonso	06	Naval do Funchal	2:36.85	341	33.16	41.70	46.10	35.89
<i>Minimos Campeonato Zonal - Ponte de Sôr</i>									
Juvenil B - 15 anos									
1.	ALVES, Luis Fernandez	05	CD Nacional	3:16.76	172	44.23	53.54	56.74	42.25
2.	CORREIA, Rodrigo Ramo	05	CD Nacional	3:18.84	167	39.09	58.07	57.70	43.98
3.	MENDES, Juan Diego	05	CD Nacional	3:24.62	153	45.45	52.34	1:01.14	45.69
Juvenil A - 16 anos									
1.	FERNANDES, Diogo Henri	04	Naval do Funchal	2:32.99	367	31.52	40.96	45.36	35.15
2.	PEREIRA, Jordao Abreu	04	Salesianos do Funchal	2:38.19	332	33.34	39.05	50.05	35.75
3.	SILVA, Eduardo Rodrigues	04	Salesianos do Funchal	2:43.89	299	35.67	44.00	48.15	36.07
4.	MACHADO, Tiago Magalhães	04	CD Nacional	2:45.81	289	33.57	43.41	50.58	38.25
Juniores - 17, 18 anos									
1.	DEUS, Andre Portugal	02	Naval do Funchal	2:23.61	444	30.67	39.20	41.22	32.52
2.	CASTRO, Martim Pereira	02	CEO Liceu	2:26.33	420	31.25	39.82	40.94	34.32
3.	CAMACHO, Joao Simao	03	CS Maritimo	2:57.60	235	36.25	45.88	54.15	41.32
4.	KOVAL, Igor	03	CD Nacional	3:28.63	145	39.02	58.00	1:05.32	46.29
Seniores - 19 e mais velhos									
1.	SANTOS, Diego Felipe	87	CD Nacional	2:17.51	506	30.16	37.36	38.85	31.14

Prova 23 Femin., 400m Livres Absoluto
12/10/2019 - 18:36 Resultados

Recordes Regionais Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Sen	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recordes Regionais Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recordes Regionais Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regionais Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regionais Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recordes Regionais Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

TAC Nacionais Inf B: 5:14.91; Inf A: 5:00.57; Juv B: 4:49.23; Juv A: 4:45.52; Jun16: 4:38.56; Jun17: 4:37.18; Sen18: 4:31.05; 19 + 50m: 4:36.03 / TAC Zonais Inf B: 5:32.00; Inf A: 5:16.50; Juv B: 5:05.93; Juv A: 4:57.35

Pontos: FINA 2019

Lugar	Ano		Tempo final				Pts
Infantil B - 12 anos							
1.	ROCHA, Vitoria Maria	08	Salesianos do Funchal		6:47.95		188
	50m: 45.62 45.62	150m: 2:30.76	53.02	250m: 4:17.19	53.07	350m: 6:00.28	50.84
	100m: 1:37.74 52.12	200m: 3:24.12	53.36	300m: 5:09.44	52.25	400m: 6:47.95	47.67

Infantil A - 13 anos							
1.	ERRA, Clara Patricia	07	Salesianos do Funchal		7:15.95		154
	50m: 49.55 49.55	150m: 2:41.22	56.47	250m: 4:33.43	56.43	350m: 6:24.16	54.89
	100m: 1:44.75 55.20	200m: 3:37.00	55.78	300m: 5:29.27	55.84	400m: 7:15.95	51.79

Juvenil B - 14 anos							
1.	DIAS, Julia Alves	06	CD Nacional		5:13.40		415
	50m: 35.02 35.02	150m: 1:53.75	39.94	250m: 3:14.14	39.86	350m: 4:34.97	40.40
	100m: 1:13.81 38.79	200m: 2:34.28	40.53	300m: 3:54.57	40.43	400m: 5:13.40	38.43
2.	CANADA, Maria Elvira	06	CD Nacional		5:23.80		377
	50m: 37.96 37.96	150m: 2:02.10	42.35	250m: 3:23.81	41.19	350m: 4:44.96	39.94
	100m: 1:19.75 41.79	200m: 2:42.62	40.52	300m: 4:05.02	41.21	400m: 5:23.80	38.84
3.	SOUSA, Ivana Valentina	06	CD Nacional		5:40.25		324
	50m: 38.14 38.14	150m: 2:05.40	43.65	250m: 3:33.46	43.97	350m: 4:59.54	42.29
	100m: 1:21.75 43.61	200m: 2:49.49	44.09	300m: 4:17.25	43.79	400m: 5:40.25	40.71
4.	FARIA, Laura Pereira	06	Salesianos do Funchal		5:51.32		295
	50m: 39.22 39.22	150m: 2:10.31	45.50	250m: 3:40.98	44.94	350m: 5:11.41	45.08
	100m: 1:24.81 45.59	200m: 2:56.04	45.73	300m: 4:26.33	45.35	400m: 5:51.32	39.91
5.	DIAS, Monica Fernandes	06	CD Sao Roque		6:07.41		258
	50m: 39.31 39.31	150m: 2:09.69	46.29	250m: 3:44.28	47.00	350m: 5:20.71	48.61
	100m: 1:23.40 44.09	200m: 2:57.28	47.59	300m: 4:32.10	47.82	400m: 6:07.41	46.70

Juvenil A - 15 anos							
1.	ABREU, Maria Eduarda	05	CD Nacional		5:40.56		324
	50m: 40.05 40.05	150m: 2:06.66	44.26	250m: 3:34.52	43.90	350m: 5:00.08	42.50
	100m: 1:22.40 42.35	200m: 2:50.62	43.96	300m: 4:17.58	43.06	400m: 5:40.56	40.48
2.	LUIS, Mariana Capelo	05	Salesianos do Funchal		5:47.53		304
	50m: 38.28 38.28	150m: 2:05.63	44.05	250m: 3:35.09	44.99	350m: 5:05.07	45.09
	100m: 1:21.58 43.30	200m: 2:50.10	44.47	300m: 4:19.98	44.89	400m: 5:47.53	42.46
3.	BARROS, Ana Carolina	05	Salesianos do Funchal		6:15.59		241
	50m: 40.53 40.53	150m: 2:14.48	47.31	250m: 3:51.66	48.35	350m: 5:28.84	47.99
	100m: 1:27.17 46.64	200m: 3:03.31	48.83	300m: 4:40.85	49.19	400m: 6:15.59	46.75
4.	FERNANDES, Maria Madalena	05	Salesianos do Funchal		6:56.94		176
	50m: 49.10 49.10	150m: 2:39.17	55.05	250m: 4:27.91	54.63	350m: 6:10.57	50.09
	100m: 1:44.12 55.02	200m: 3:33.28	54.11	300m: 5:20.48	52.57	400m: 6:56.94	46.37

Prova 23, Femin., 400m Livres, Juvenil A - 15 anos

Lugar	Ano	Tempo final	Pts
DSQ GOIS, Mariana Teles 403 - Falsa partida - SW 4.4	05 CD Sao Roque		

Juniores - 16, 17 anos

1. FERREIRA, Maria Leonor	04	CD Nacional	4:52.52	511
50m: 32.92 32.92 150m: 1:47.25 37.52 250m: 3:02.63 37.56 350m: 4:17.35 37.04				
100m: 1:09.73 36.81 200m: 2:25.07 37.82 300m: 3:40.31 37.68 400m: 4:52.52 35.17				
2. JESUS, Filipa Mafalda	03	CD Sao Roque	5:16.58	403
50m: 35.63 35.63 150m: 1:55.92 40.46 250m: 3:17.16 40.77 350m: 4:37.65 40.19				
100m: 1:15.46 39.83 200m: 2:36.39 40.47 300m: 3:57.46 40.30 400m: 5:16.58 38.93				
3. OLIVEIRA, Sara Fernandes	04	Salesianos do Funchal	5:18.47	396
50m: 34.24 34.24 150m: 1:54.94 41.39 250m: 3:18.41 42.19 350m: 4:40.60 41.16				
100m: 1:13.55 39.31 200m: 2:36.22 41.28 300m: 3:59.44 41.03 400m: 5:18.47 37.87				
4. ANDRADE, Margarida Fernandes	04	Salesianos do Funchal	5:18.79	395
50m: 33.99 33.99 150m: 1:55.20 41.05 250m: 3:17.98 41.19 350m: 4:40.74 41.14				
100m: 1:14.15 40.16 200m: 2:36.79 41.59 300m: 3:59.60 41.62 400m: 5:18.79 38.05				
5. PEREIRA, Luisa Tovela	03	CD Nacional	5:37.31	333
50m: 38.94 38.94 150m: 2:04.88 43.14 250m: 3:30.93 42.68 350m: 4:57.31 43.36				
100m: 1:21.74 42.80 200m: 2:48.25 43.37 300m: 4:13.95 43.02 400m: 5:37.31 40.00				
6. JESUS, Mariana Caires	04	Salesianos do Funchal	5:39.31	327
50m: 36.19 36.19 150m: 2:02.42 43.60 250m: 3:30.59 44.00 350m: 4:57.88 43.74				
100m: 1:18.82 42.63 200m: 2:46.59 44.17 300m: 4:14.14 43.55 400m: 5:39.31 41.43				
7. LECA, Natasha Maria	03	CD Nacional	5:40.82	323
50m: 39.27 39.27 150m: 2:05.89 43.66 250m: 3:34.16 44.44 350m: 5:00.66 42.47				
100m: 1:22.23 42.96 200m: 2:49.72 43.83 300m: 4:18.19 44.03 400m: 5:40.82 40.16				
8. GOUVEIA, Susana Isabel	04	Salesianos do Funchal	5:56.11	283
50m: 38.54 38.54 150m: 2:09.60 46.72 250m: 3:41.62 45.42 350m: 5:13.41 46.53				
100m: 1:22.88 44.34 200m: 2:56.20 46.60 300m: 4:26.88 45.26 400m: 5:56.11 42.70				
9. GOIS, Vitoria Abreu	04	CD Sao Roque	6:57.77	175
50m: 47.06 47.06 150m: 2:33.41 53.89 250m: 4:23.02 55.42 350m: 6:10.44 51.29				
100m: 1:39.52 52.46 200m: 3:27.60 54.19 300m: 5:19.15 56.13 400m: 6:57.77 47.33				

Seniores - 18 e mais velhos

1. SOUSA, Joana Camacho	01	CD Sao Roque	5:56.75	281
50m: 39.82 39.82 150m: 2:08.75 45.25 250m: 3:40.23 46.25 350m: 5:12.31 46.13				
100m: 1:23.50 43.68 200m: 2:53.98 45.23 300m: 4:26.18 45.95 400m: 5:56.75 44.44				
2. SILVA, Gabriela Suamade	02	CD Sao Roque	5:57.43	280
50m: 39.45 39.45 150m: 2:09.61 45.52 250m: 3:41.71 46.19 350m: 5:12.91 45.52				
100m: 1:24.09 44.64 200m: 2:55.52 45.91 300m: 4:27.39 45.68 400m: 5:57.43 44.52				
3. ALVES, Tania Raquel	02	CD Sao Roque	6:00.39	273
50m: 36.26 36.26 150m: 2:02.73 44.97 250m: 3:35.30 46.92 350m: 5:13.09 49.19				
100m: 1:17.76 41.50 200m: 2:48.38 45.65 300m: 4:23.90 48.60 400m: 6:00.39 47.30				

Prova 24 Masc., 400m Livres Absoluto
12/10/2019 - 19:05 Resultados

Recordes Regionais Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recordes Regionais Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recordes Regionais Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recordes Regionais Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recordes Regionais Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recordes Regionais Inf B	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

TAC Nacionais Inf B: 4:54.07; Inf A: 4:31.75; Juv B: 4:27.09; Juv A: 4:19.30; Jun17: 4:10.51; Jun18: 4:09.26; Sen19: 4:03.91; 20+: 4:02.70 / TAC Zonais Inf B: 5:05.00; Inf A: 4:53.50; Juv B: 4:38.55; Juv A: 4:33.44

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
Infantil B - 13 anos			
1. OLIVEIRA, Afonso Miguel	07 Salesianos do Funchal	5:58.03	208
50m: 39.14 39.14	150m: 2:11.56 46.52	250m: 3:46.20 47.23	350m: 5:18.17 45.37
100m: 1:25.04 45.90	200m: 2:58.97 47.41	300m: 4:32.80 46.60	400m: 5:58.03 39.86
2. SMIRNOV, Dmytro	07 CD Sao Roque	6:35.42	154
50m: 45.05 45.05	150m: 2:28.58 51.96	250m: 4:08.88 48.87	350m: 5:47.95 48.90
100m: 1:36.62 51.57	200m: 3:20.01 51.43	300m: 4:59.05 50.17	400m: 6:35.42 47.47
3. GOUVEIA, Martim Jose	07 CD Sao Roque	7:14.46	116
50m: 46.81 46.81	150m: 2:37.73 56.29	250m: 4:29.82 55.77	350m: 6:21.27 55.49
100m: 1:41.44 54.63	200m: 3:34.05 56.32	300m: 5:25.78 55.96	400m: 7:14.46 53.19
4. NUNES, Duarte Costa	07 Salesianos do Funchal	7:22.42	110
50m: 49.70 49.70	150m: 2:44.54 57.07	250m: 4:38.22 57.20	350m: 6:33.66 57.86
100m: 1:47.47 57.77	200m: 3:41.02 56.48	300m: 5:35.80 57.58	400m: 7:22.42 48.76
5. FERNANDES, Joao Vieira	07 Salesianos do Funchal	7:32.99	102
50m: 50.60 50.60	150m: 2:46.37 57.75	250m: 4:45.40 56.93	350m: 6:43.63 1:01.35
100m: 1:48.62 58.02	200m: 3:48.47 1:02.10	300m: 5:42.28 56.88	400m: 7:32.99 49.36

Infantil A - 14 anos

1. SILVA, Joao Luis	06 CEO Liceu	5:38.15	247
50m: 37.08 37.08	150m: 2:04.26 44.98	250m: 3:31.57 41.88	350m: 4:58.46 44.54
100m: 1:19.28 42.20	200m: 2:49.69 45.43	300m: 4:13.92 42.35	400m: 5:38.15 39.69
2. CASTRO, Mateus Pereira	06 CEO Liceu	6:28.42	163
50m: 43.17 43.17	150m: 2:21.50 50.09	250m: 4:02.23 48.68	350m: 5:43.38 50.10
100m: 1:31.41 48.24	200m: 3:13.55 52.05	300m: 4:53.28 51.05	400m: 6:28.42 45.04
3. VIVEIROS, Pedro Perestrelo	06 AD Machico	6:47.15	141
50m: 43.85 43.85	150m: 2:27.07 52.63	250m: 4:12.15 52.28	350m: 5:56.48 51.65
100m: 1:34.44 50.59	200m: 3:19.87 52.80	300m: 5:04.83 52.68	400m: 6:47.15 50.67
DSQ NEVES, Joao Pedro	06 CD Sao Roque		
<i>403 - Falsa partida - SW 4.4</i>			

Juvenil B - 15 anos

1. GOUVEIA, Luis Galvao	05 CD Nacional	4:38.31	443
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 30.76 30.76	150m: 1:41.72 35.50	250m: 2:53.89 35.72	350m: 4:04.72 34.45
100m: 1:06.22 35.46	200m: 2:18.17 36.45	300m: 3:30.27 36.38	400m: 4:38.31 33.59
2. DIAS, Andre Vicente	05 CD Nacional	4:39.92	435
50m: 31.25 31.25	150m: 1:41.70 35.83	250m: 2:54.38 36.32	350m: 4:05.84 36.03
100m: 1:05.87 34.62	200m: 2:18.06 36.36	300m: 3:29.81 35.43	400m: 4:39.92 34.08
3. SANTOS, Nuno Goncalo	05 CD Sao Roque	4:52.77	381
50m: 32.13 32.13	150m: 1:44.52 36.59	250m: 2:59.37 37.36	350m: 4:16.27 37.88
100m: 1:07.93 35.80	200m: 2:22.01 37.49	300m: 3:38.39 39.02	400m: 4:52.77 36.50

Prova 24, Masc., 400m Livres, Juvenil B - 15 anos

Lugar			Ano					Tempo final	Pts
4.	ALVES, Tiago Pires		05	Salesianos do Funchal				5:07.95	327
	50m:	34.94 34.94	150m:	1:52.24	39.43	250m:	3:10.95 39.13	350m:	4:30.93 40.81
	100m:	1:12.81 37.87	200m:	2:31.82	39.58	300m:	3:50.12 39.17	400m:	5:07.95 37.02
5.	ALVES, Afonso Pires		05	Salesianos do Funchal				5:20.80	289
	50m:	35.80 35.80	150m:	1:57.02	40.90	250m:	3:19.33 41.41	350m:	4:40.58 40.67
	100m:	1:16.12 40.32	200m:	2:37.92	40.90	300m:	3:59.91 40.58	400m:	5:20.80 40.22
6.	SOUSA, Luis Miguel		05	CS Maritimo				6:55.40	133
	50m:	43.26 43.26	150m:	2:26.50	52.83	250m:	4:17.24 56.27	350m:	6:07.58 53.83
	100m:	1:33.67 50.41	200m:	3:20.97	54.47	300m:	5:13.75 56.51	400m:	6:55.40 47.82

Juvenil A - 16 anos

1.	ALVES, Paulo Rodrigues		04	CD Nacional				4:29.63	487
	<i>Minimos Campeonato Zonal - Sines</i>								
	50m:	29.85 29.85	150m:	1:37.49	34.25	250m:	2:45.63 34.13	350m:	3:55.58 35.47
	100m:	1:03.24 33.39	200m:	2:11.50	34.01	300m:	3:20.11 34.48	400m:	4:29.63 34.05
2.	RODRIGUES, Rodrigo Reis		04	CD Sao Roque				4:30.18	484
	<i>Minimos Campeonato Zonal - Sines</i>								
	50m:	30.61 30.61	150m:	1:38.34	34.45	250m:	2:48.56 35.25	350m:	3:57.64 34.46
	100m:	1:03.89 33.28	200m:	2:13.31	34.97	300m:	3:23.18 34.62	400m:	4:30.18 32.54
3.	TELES, Artur Corte		04	Salesianos do Funchal				4:43.76	418
	50m:	30.77 30.77	150m:	1:41.10	36.23	250m:	2:54.03 36.52	350m:	4:08.02 37.31
	100m:	1:04.87 34.10	200m:	2:17.51	36.41	300m:	3:30.71 36.68	400m:	4:43.76 35.74
4.	NUNES, Afonso Miguel		04	Salesianos do Funchal				4:53.84	376
	50m:	32.42 32.42	150m:	1:46.76	37.72	250m:	3:02.43 37.70	350m:	4:17.81 37.63
	100m:	1:09.04 36.62	200m:	2:24.73	37.97	300m:	3:40.18 37.75	400m:	4:53.84 36.03
5.	GONCALVES, Vitor Afonso		04	Salesianos do Funchal				4:54.37	374
	50m:	32.93 32.93	150m:	1:47.37	37.61	250m:	3:02.63 37.64	350m:	4:18.24 37.75
	100m:	1:09.76 36.83	200m:	2:24.99	37.62	300m:	3:40.49 37.86	400m:	4:54.37 36.13
6.	AGUILAR, Luis Santos		04	CD Nacional				5:06.76	331
	50m:	33.52 33.52	150m:	1:52.95	40.38	250m:	3:13.03 40.88	350m:	4:30.91 38.80
	100m:	1:12.57 39.05	200m:	2:32.15	39.20	300m:	3:52.11 39.08	400m:	5:06.76 35.85

Juniores - 17, 18 anos

1.	RODRIGUES, Pedro Reis		02	CD Sao Roque				4:15.87	570
	50m:	29.25 29.25	150m:	1:34.69	32.87	250m:	2:40.05 32.25	350m:	3:44.68 32.37
	100m:	1:01.82 32.57	200m:	2:07.80	33.11	300m:	3:12.31 32.26	400m:	4:15.87 31.19
2.	FERNANDES, Rui Afonso		03	CD Nacional				4:22.83	526
	50m:	29.35 29.35	150m:	1:36.08	33.84	250m:	2:43.20 33.36	350m:	3:50.32 33.60
	100m:	1:02.24 32.89	200m:	2:09.84	33.76	300m:	3:16.72 33.52	400m:	4:22.83 32.51
3.	LOPES, Pedro Henrique		03	CD Sao Roque				4:39.59	437
	50m:	31.09 31.09	150m:	1:41.51	35.59	250m:	2:52.86 35.49	350m:	4:04.85 36.03
	100m:	1:05.92 34.83	200m:	2:17.37	35.86	300m:	3:28.82 35.96	400m:	4:39.59 34.74
4.	MAROTE, Joao Nuno		03	CD Sao Roque				4:59.53	355
	50m:	32.45 32.45	150m:	1:46.03	37.60	250m:	3:02.89 38.64	350m:	4:20.83 39.21
	100m:	1:08.43 35.98	200m:	2:24.25	38.22	300m:	3:41.62 38.73	400m:	4:59.53 38.70
5.	GONCALVES, Cesar Rodrigo		02	CS Maritimo				6:13.58	183
	50m:	39.76 39.76	150m:	2:12.17	46.70	250m:	3:50.75 50.51	350m:	5:27.92 49.01
	100m:	1:25.47 45.71	200m:	3:00.24	48.07	300m:	4:38.91 48.16	400m:	6:13.58 45.66

Prova 24, Masc., 400m Livres

Seniores - 19 e mais velhos

1.	FERRO, Henrique Martins	01	Naval do Funchal	4:16.18	568
	50m: 29.50 29.50	150m: 1:34.33	32.38 250m: 2:39.62	32.68	350m: 3:44.65 32.25
	100m: 1:01.95 32.45	200m: 2:06.94	32.61 300m: 3:12.40	32.78	400m: 4:16.18 31.53
2.	VIEIRA, Duarte Nuno	95	Salesianos do Funchal	5:03.88	340
	50m: 31.70 31.70	150m: 1:47.89	39.63 250m: 3:07.70	39.70	350m: 4:26.77 39.27
	100m: 1:08.26 36.56	200m: 2:28.00	40.11 300m: 3:47.50	39.80	400m: 5:03.88 37.11
3.	PRIOSTE, Pedro Danilo	01	CD Sao Roque	5:05.51	335
	50m: 32.47 32.47	150m: 1:45.45	36.86 250m: 3:03.27	39.78	350m: 4:25.59 40.93
	100m: 1:08.59 36.12	200m: 2:23.49	38.04 300m: 3:44.66	41.39	400m: 5:05.51 39.92
4.	NUNES, Goncalo Almada	01	Salesianos do Funchal	5:07.96	327
	50m: 33.68 33.68	150m: 1:51.67	39.15 250m: 3:11.98	39.77	350m: 4:30.98 39.25
	100m: 1:12.52 38.84	200m: 2:32.21	40.54 300m: 3:51.73	39.75	400m: 5:07.96 36.98
5.	PERESTRELO, Pedro Antonio	96	AD Machico	7:09.92	120
	50m: 47.22 47.22	150m: 2:33.86	54.99 250m: 4:25.67	55.72	350m: 6:15.59 54.95
	100m: 1:38.87 51.65	200m: 3:29.95	56.09 300m: 5:20.64	54.97	400m: 7:09.92 54.33