

1 - Jornada Única - 1ª Sessão

26/10/2019 - 9:00

Prova 1 Femin., 800m Livres Absolutos 26/10/2019 - 9:00 Resultados

| | | | | | |
|---------------------------|----------|----------------------|-----|---------|------------|
| Recorde Regional Absoluto | 9:12.66 | ANDRADE Rubina Amaro | CDN | Alges | 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 | Alges | 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 | Alges | 16/02/1993 |
| Recorde Regional Inf A | 9:40.30 | ANDRADE Rubina Amaro | CDN | Funchal | 15/02/1992 |
| Recorde Regional Inf B | 10:13.00 | ANDRADE Rubina Amaro | CDN | Funchal | 29/06/1991 |

TAC Nacionais Inf B: 10:44.28; Inf A: 10:10.09; Juv B: 10:02.02; Juv A: 9:53.10; Jun16: 9:40.74; Jun17: 9:37.85; 18: 9:23.25; 19+: 9:20.44 / TAC Zonais Inf B: 11:36.00; Inf A: 10:45.00; Juv B: 10:27.05; Juv A: 10:09.47

Pontos: FINA 2019

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-----------------------------|-----|---------------------|---------------------------|----------------------|-------|----------|---------|
| 1. | LUIS Jessica Santos | 00 | 111887 | CD Sao Roque | 10:19.28 | +0,72 | 463 | 25,0(-) |
| | 50m: 34.19 34.19 | | 250m: 3:08.53 38.93 | 450m: 5:46.41 39.90 | 650m: 8:24.48 39.18 | | | |
| | 100m: 1:12.18 37.99 | | 300m: 3:47.61 39.08 | 500m: 6:25.93 39.52 | 700m: 9:03.62 39.14 | | | |
| | 150m: 1:51.03 38.85 | | 350m: 4:26.78 39.17 | 550m: 7:05.57 39.64 | 750m: 9:42.30 38.68 | | | |
| | 200m: 2:29.60 38.57 | | 400m: 5:06.51 39.73 | 600m: 7:45.30 39.73 | 800m: 10:19.28 36.98 | | | |
| 2. | ANDRADE Margarida Fernandez | 04 | 200962 | Juventude Atlantico Clube | 11:11.63 | +0,72 | 363 | 23,0(-) |
| | 50m: 36.61 36.61 | | 250m: 3:26.20 42.67 | 450m: 6:17.34 43.48 | 650m: 9:09.85 42.76 | | | |
| | 100m: 1:17.78 41.17 | | 300m: 4:09.23 43.03 | 500m: 7:00.72 43.38 | 700m: 9:51.71 41.86 | | | |
| | 150m: 2:00.83 43.05 | | 350m: 4:51.80 42.57 | 550m: 7:43.88 43.16 | 750m: 10:33.06 41.35 | | | |
| | 200m: 2:43.53 42.70 | | 400m: 5:33.86 42.06 | 600m: 8:27.09 43.21 | 800m: 11:11.63 38.57 | | | |
| EXH | FREITAS Margarida Ramos | 06 | 131345 | Desportivo Nacional | 10:35.62 | +0,73 | 428 | - |
| | 50m: 35.25 35.25 | | 250m: 3:14.36 39.85 | 450m: 5:56.23 41.01 | 650m: 8:37.06 39.83 | | | |
| | 100m: 1:14.37 39.12 | | 300m: 3:54.22 39.86 | 500m: 6:36.73 40.50 | 700m: 9:17.27 40.21 | | | |
| | 150m: 1:54.54 40.17 | | 350m: 4:34.72 40.50 | 550m: 7:17.01 40.28 | 750m: 9:57.41 40.14 | | | |
| | 200m: 2:34.51 39.97 | | 400m: 5:15.22 40.50 | 600m: 7:57.23 40.22 | 800m: 10:35.62 38.21 | | | |
| EXH | CANADA Maria Elvira | 06 | 200544 | Desportivo Nacional | 11:16.08 | +0,63 | 356 | - |
| | 50m: 36.66 36.66 | | 250m: 3:25.79 42.03 | 450m: 6:16.71 42.97 | 650m: 9:10.16 43.45 | | | |
| | 100m: 1:18.85 42.19 | | 300m: 4:08.42 42.63 | 500m: 6:59.62 42.91 | 700m: 9:53.05 42.89 | | | |
| | 150m: 2:01.49 42.64 | | 350m: 4:50.95 42.53 | 550m: 7:43.29 43.67 | 750m: 10:35.14 42.09 | | | |
| | 200m: 2:43.76 42.27 | | 400m: 5:33.74 42.79 | 600m: 8:26.71 43.42 | 800m: 11:16.08 40.94 | | | |
| EXH | LECA Natasha Maria | 03 | 207831 | Desportivo Nacional | 11:35.12 | +0,63 | 327 | - |
| | 50m: 37.82 37.82 | | 250m: 3:30.33 43.27 | 450m: 6:27.84 44.80 | 650m: 9:25.87 44.09 | | | |
| | 100m: 1:19.52 41.70 | | 300m: 4:13.82 43.49 | 500m: 7:12.67 44.83 | 700m: 10:10.13 44.26 | | | |
| | 150m: 2:03.26 43.74 | | 350m: 4:57.86 44.04 | 550m: 7:57.44 44.77 | 750m: 10:53.55 43.42 | | | |
| | 200m: 2:47.06 43.80 | | 400m: 5:43.04 45.18 | 600m: 8:41.78 44.34 | 800m: 11:35.12 41.57 | | | |
| EXH | ABREU Maria Eduarda | 05 | 200958 | Desportivo Nacional | 11:39.63 | +0,69 | 321 | - |
| | 50m: 39.39 39.39 | | 250m: 3:34.69 43.95 | 450m: 6:31.87 44.42 | 650m: 9:28.56 44.27 | | | |
| | 100m: 1:22.48 43.09 | | 300m: 4:18.06 43.37 | 500m: 7:16.31 44.44 | 700m: 10:12.83 44.27 | | | |
| | 150m: 2:06.57 44.09 | | 350m: 5:02.62 44.56 | 550m: 7:59.87 43.56 | 750m: 10:57.26 44.43 | | | |
| | 200m: 2:50.74 44.17 | | 400m: 5:47.45 44.83 | 600m: 8:44.29 44.42 | 800m: 11:39.63 42.37 | | | |

Prova 2 Masc., 100m Mariposa Absolutos
26/10/2019 - 9:14 Resultados

| | | | | | |
|---------------------------|---------|-------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 55.09 | SEQUEIRA Afonso Meneses | CNF | Funchal | 10/12/2016 |
| Recorde Regional Sen | 55.34 | FRANCO Joao Fragueiro | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18 | 55.09 | SEQUEIRA Afonso Meneses | CNF | Funchal | 10/12/2016 |
| Recorde Regional Jun17 | 56.11 | SEQUEIRA Afonso Meneses | CNF | Porto | 12/12/2015 |
| Recorde Regional Juv A | 58.04 | SEQUEIRA Afonso Meneses | CNF | Leiria | 13/12/2014 |
| Recorde Regional Juv B | 58.96 | VARGAS Henrique Luis | CNF | Funchal | 24/07/2013 |
| Recorde Regional Inf A | 1:01.59 | CAIRES Nuno Costa | CNF | Funchal | 12/07/2008 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|---------------------|---------------------------|----------------|-------|----------|-------|
| 1. | FERNANDES Joao Vitor | 00 | 117339 | Escola O Liceu | 1:00.14 | +0,65 | 510 | 23,00 |
| | 50m: 28.59 28.59 | | 100m: 1:00.14 31.55 | | | | | |
| 2. | MELIM Bruno Pontes | 03 | 201593 | Juventude Atlantico Clube | 1:08.82 | +0,74 | 340 | 21,00 |
| | 50m: 31.50 31.50 | | 100m: 1:08.82 37.32 | | | | | |
| DNS | SILVA Tomas Antonio | 01 | 132294 | Naval do Funchal | | | | - |
| EXH | FERRO Henrique Martins | 01 | 117544 | Naval do Funchal | 1:01.27 | +0,65 | 483 | - |
| | 50m: 28.97 28.97 | | 100m: 1:01.27 32.30 | | | | | |
| EXH | CASTRO Joao Cruz | 00 | 116739 | CD Sao Roque | 1:02.02 | +0,68 | 465 | - |
| | 50m: 28.51 28.51 | | 100m: 1:02.02 33.51 | | | | | |
| EXH | BARRY Rafael Francisco | 04 | 128316 | Naval do Funchal | 1:02.43 | +0,57 | 456 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 28.63 28.63 | | 100m: 1:02.43 33.80 | | | | | |
| EXH | GOMES Goncalo Camara | 03 | 124453 | Naval do Funchal | 1:03.02 | +0,61 | 444 | - |
| | 50m: 28.80 28.80 | | 100m: 1:03.02 34.22 | | | | | |
| EXH | GOUVEIA Luis Galvao | 05 | 127884 | Desportivo Nacional | 1:03.31 | +0,70 | 438 | - |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 29.96 29.96 | | 100m: 1:03.31 33.35 | | | | | |
| EXH | DIAS Andre Vicente | 05 | 132697 | Desportivo Nacional | 1:03.36 | | 436 | - |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 29.85 29.85 | | 100m: 1:03.36 33.51 | | | | | |
| EXH | OLIVEIRA Diogo Alexandre | 05 | 130414 | Naval do Funchal | 1:03.67 | +0,70 | 430 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 29.97 29.97 | | 100m: 1:03.67 33.70 | | | | | |
| EXH | DEUS Andre Portugal | 02 | 122429 | Naval do Funchal | 1:04.84 | +0,65 | 407 | - |
| | 50m: 30.79 30.79 | | 100m: 1:04.84 34.05 | | | | | |
| EXH | BAPTISTA Tiago Ornelas | 03 | 128470 | Naval do Funchal | 1:07.35 | +0,55 | 363 | - |
| | 50m: 31.95 31.95 | | 100m: 1:07.35 35.40 | | | | | |
| EXH | PEREIRA Jordao Abreu | 04 | 148424 | Juventude Atlantico Clube | 1:11.60 | +0,83 | 302 | - |
| | 50m: 33.78 33.78 | | 100m: 1:11.60 37.82 | | | | | |
| EXH | ABREU Nuno Afonso | 03 | 129036 | Naval do Funchal | 1:13.28 | +0,66 | 282 | - |
| | 50m: 33.49 33.49 | | 100m: 1:13.28 39.79 | | | | | |
| EXH | ALVES Andre Camara | 05 | 202423 | Desportivo Nacional | 1:13.35 | +0,58 | 281 | - |
| | 50m: 34.36 34.36 | | 100m: 1:13.35 38.99 | | | | | |
| EXH | ABREU Joao Francisco | 06 | 133478 | Naval do Funchal | 1:14.34 | +0,62 | 270 | - |
| | 50m: 34.10 34.10 | | 100m: 1:14.34 40.24 | | | | | |
| EXH | SILVA Eduardo Rodrigues | 04 | 148416 | Juventude Atlantico Clube | 1:16.32 | +0,75 | 250 | - |
| | 50m: 34.37 34.37 | | 100m: 1:16.32 41.95 | | | | | |
| EXH | PEREIRA Lucas Santos | 07 | 207434 | Naval do Funchal | 1:31.48 | +0,73 | 145 | - |
| | 50m: 41.13 41.13 | | 100m: 1:31.48 50.35 | | | | | |
| EXH | NEVES Tiago Brazao | 07 | 204426 | Naval do Funchal | 1:32.58 | +0,60 | 140 | - |
| | 50m: 42.35 42.35 | | 100m: 1:32.58 50.23 | | | | | |

Prova 2, Masc., 100m Mariposa

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|--------|--|----------------|-------|----------|-----|
| EXH | ALMEIDA Joao Francisco 50m: 40.83 40.83 | 07 | 209787 | Naval do Funchal 100m: 1:33.64 52.81 | 1:33.64 | +0,64 | 135 | - |
| EXH | FERNANDES Joao Vieira 50m: 59.71 59.71 | 07 | 208494 | Juventude Atlantico Clube 100m: 2:06.61 1:06.90 | 2:06.61 | | 54 | - |

Prova 3 Femin., 200m Mariposa Absolutos Resultados

| | | | | | |
|---------------------------|---------|-----------------------|------|--------------|------------|
| Recorde Regional Absoluto | 2:21.15 | ROSA Beatriz Jong | CDN | Porto | 10/12/2017 |
| Recorde Regional Sen | 2:21.15 | ROSA Beatriz Jong | CDN | Porto | 10/12/2017 |
| Recorde Regional Jun17 | 2:25.69 | ROSA Beatriz Jong | CDWT | Torres Novas | 21/01/2017 |
| Recorde Regional Jun16 | 2:25.16 | ROSA Beatriz Jong | CDN | Porto | 11/12/2015 |
| Recorde Regional Juv A | 2:25.61 | ROSA Beatriz Jong | CDN | Funchal | 12/07/2015 |
| Recorde Regional Juv B | 2:29.28 | CERDAS Sara Rodrigues | CNF | Braga | 22/03/2003 |
| Recorde Regional Inf A | 2:32.56 | CERDAS Sara Rodrigues | CNF | Rio Maior | 06/07/2002 |
| Recorde Regional 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; 18: 2:26.33; 19+: 2:25.60 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|--|----------------|-------|----------|---------|
| 1. | SOUSA Joana Francisca 50m: 33.71 33.71 | 04 | 130520 | CD Sao Roque 100m: 1:12.10 38.39 150m: 1:51.83 39.73 | 2:33.12 | +0,71 | 476 | 25,0(-) |
| 2. | RAMOS Barbara Emerick 50m: 37.66 37.66 | 04 | 148421 | Juventude Atlantico Clube 100m: 1:22.09 44.43 150m: 2:11.25 49.16 | 3:01.38 | +0,69 | 286 | 23,0(-) |
| DNS | SOUSA Ivana Valentina | 06 | 206590 | Desportivo Nacional | | | | - |
| DNF | GOMES Susana Clara | 77 | 119272 | Naval do Funchal | | | | - |
| EXH | NETO Leonor Rodrigues 50m: 39.68 39.68 | 07 | 201962 | Naval do Funchal 100m: 1:25.30 45.62 150m: 2:12.87 47.57 | 3:02.28 | +0,71 | 282 | - |
| EXH | ERRA Clara Patricia 50m: 53.05 53.05 | 07 | 148422 | Juventude Atlantico Clube 100m: 1:55.90 1:02.85 150m: 2:59.85 1:03.95 | 4:03.39 | +0,79 | 118 | - |
| EXH | ROCHA Vitoria Maria 50m: 56.09 56.09 | 08 | 201047 | Juventude Atlantico Clube 100m: 1:59.98 1:03.89 150m: 3:04.59 1:04.61 | 4:05.54 | | 115 | - |

Prova 4 Masc., 100m Bruços Absolutos Resultados

| | | | | | |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 1:03.47 | FIGUEIRA Andre Temtem | CNF | Funchal | 11/07/2009 |
| Recorde Regional Sen | 1:04.47 | MOURA Vitor Diogo | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18 | 1:03.47 | FIGUEIRA Andre Temtem | CNF | Funchal | 11/07/2009 |
| Recorde Regional Jun17 | 1:06.54 | SILVA Tomas Antonio | CNF | Funchal | 10/06/2018 |
| Recorde Regional Juv A | 1:06.85 | DEUS Andre Portugal | CNF | Funchal | 25/11/2017 |
| Recorde Regional Juv B | 1:06.23 | ALVES Paulo Rodrigues | CDN | Funchal | 18/05/2019 |
| Recorde Regional Inf A | 1:09.94 | ALVES Paulo Rodrigues | CDN | Funchal | 31/07/2018 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|--------|--|----------------|-------|----------|-------|
| 1. | JORGE Andre Camara 50m: 33.04 33.04 | 90 | 11222 | Escola O Liceu 100m: 1:11.62 38.58 | 1:11.62 | +0,69 | 468 | 23,00 |
| 2. | FREITAS Joao Tomas 50m: 35.19 35.19 | 02 | 131520 | Juventude Atlantico Clube 100m: 1:14.99 39.80 | 1:14.99 | +0,67 | 407 | 21,00 |
| DSQ | ABREU Tiago Gomes 403 - Falsa partida - SW 4.4 | 03 | 150816 | Naval do Funchal | | | | - |
| DSQ | AGUIAR Pedro Ferreira 704 - Mais que uma pernada de golfinho durante a braçada submarina após viragem aos 50 m - SW 7.1 | 03 | 204658 | Naval do Funchal | | | | - |

Prova 4, Masc., 100m Bruços, Absolutos

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|--|----------------|-------|----------|-----|
| DSQ | STEFLEA Andre Sergio <i>403 - Falsa partida - SW 4.4</i> | 06 | 209936 | CD Sao Roque | | | | - |
| DNS | SILVA Afonso Mar | 06 | 200948 | Naval do Funchal | | | | - |
| DNS | SILVA Joao Luis | 06 | 148423 | Escola O Liceu | | | | - |
| EXH | SANTOS Diego Felipe 50m: 32.55 32.55 | 87 | 106614 | Desportivo Nacional 100m: 1:08.61 36.06 | 1:08.61 | +0,72 | 532 | - |
| EXH | SILVA Luis Pedro 50m: 31.53 31.53 | 98 | 106400 | Desportivo Nacional 100m: 1:08.88 37.35 | 1:08.88 | +0,69 | 526 | - |
| EXH | FERNANDES Martim Pestana <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> 50m: 33.13 33.13 | 04 | 130526 | Naval do Funchal 100m: 1:09.32 36.19 | 1:09.32 | +0,59 | 516 | - |
| EXH | FERNANDES Pedro Pestana 50m: 33.00 33.00 | 01 | 123311 | Naval do Funchal 100m: 1:09.51 36.51 | 1:09.51 | +0,56 | 512 | - |
| EXH | LOPES Pedro Henrique 50m: 34.67 34.67 | 03 | 129896 | CD Sao Roque 100m: 1:14.44 39.77 | 1:14.44 | +0,71 | 416 | - |
| EXH | PAULOS Francisco Silva 50m: 35.17 35.17 | 02 | 118178 | Naval do Funchal 100m: 1:14.80 39.63 | 1:14.80 | +0,61 | 410 | - |
| EXH | SILVA Tony Stefano 50m: 35.19 35.19 | 05 | 200947 | Naval do Funchal 100m: 1:18.15 42.96 | 1:18.15 | +0,62 | 360 | - |
| EXH | VIEIRA Emanuel Eloi 50m: 37.25 37.25 | 03 | 130582 | CD Sao Roque 100m: 1:18.31 41.06 | 1:18.31 | +0,79 | 358 | - |
| EXH | VOLOZHENIN Alexandre 50m: 36.83 36.83 | 05 | 204548 | Naval do Funchal 100m: 1:18.85 42.02 | 1:18.85 | +0,74 | 350 | - |
| EXH | ALVES Tiago Pires 50m: 37.82 37.82 | 05 | 148362 | Juventude Atlantico Clube 100m: 1:19.21 41.39 | 1:19.21 | +0,79 | 346 | - |
| EXH | NUNES Afonso Miguel 50m: 37.47 37.47 | 04 | 148356 | Juventude Atlantico Clube 100m: 1:20.37 42.90 | 1:20.37 | +0,72 | 331 | - |
| EXH | ALVES Afonso Pires 50m: 38.10 38.10 | 05 | 148357 | Juventude Atlantico Clube 100m: 1:20.83 42.73 | 1:20.83 | +0,69 | 325 | - |
| EXH | SOUSA Lourenco Quintas 50m: 37.74 37.74 | 05 | 133162 | Naval do Funchal 100m: 1:22.42 44.68 | 1:22.42 | +0,70 | 307 | - |
| EXH | BOULHOSA Rodrigo Abreu 50m: 42.28 42.28 | 05 | 133153 | Naval do Funchal 100m: 1:31.02 48.74 | 1:31.02 | +0,66 | 228 | - |
| EXH | GARANITO Simao Silva 50m: 45.17 45.17 | 06 | 204645 | Naval do Funchal 100m: 1:35.12 49.95 | 1:35.12 | +0,47 | 199 | - |
| EXH | FERNANDEZ Joao Guilherme 50m: 44.48 44.48 | 04 | 204311 | Juventude Atlantico Clube 100m: 1:35.36 50.88 | 1:35.36 | +0,79 | 198 | - |
| EXH | CASTRO Mateus Pereira 50m: 45.85 45.85 | 06 | 206597 | Escola O Liceu 100m: 1:36.80 50.95 | 1:36.80 | +0,73 | 189 | - |
| EXH | NACHYCHKO Maximo 50m: 45.82 45.82 | 06 | 209685 | Naval do Funchal 100m: 1:38.25 52.43 | 1:38.25 | +0,53 | 181 | - |
| EXH | ARAUJO Joao Caldeira 50m: 46.56 46.56 | 07 | 203459 | Naval do Funchal 100m: 1:39.02 52.46 | 1:39.02 | +0,53 | 177 | - |
| EXH | GOUVEIA Martim Jose 50m: 51.10 51.10 | 07 | 205160 | CD Sao Roque 100m: 1:47.73 56.63 | 1:47.73 | +0,75 | 137 | - |
| EXH | CARVALHO Joaquim Eduardo 50m: 51.04 51.04 | 07 | 202564 | Naval do Funchal 100m: 1:48.21 57.17 | 1:48.21 | | 135 | - |

Prova 5

Femin., 200m Bruços

Absolutos

26/10/2019 - 9:37

Resultados

| | | | | | |
|---------------------------|---------|-----------------------|------|-----------|------------|
| Recorde Regional Absoluto | 2:32.35 | QUINTAL Fabiana Maria | CDN | Guimaraes | 06/12/2008 |
| Recorde Regional Sen | 2:32.35 | QUINTAL Fabiana Maria | CDN | Guimaraes | 06/12/2008 |
| Recorde Regional Jun17 | 2:40.38 | MARQUES Mariana Sousa | CNF | Funchal | 16/07/2005 |
| Recorde Regional Jun16 | 2:38.79 | ABREU Laura Catarina | CDN | Funchal | 08/07/2016 |
| Recorde Regional Juv A | 2:41.54 | ABREU Laura Catarina | CDN | Funchal | 11/07/2015 |
| Recorde Regional Juv B | 2:43.10 | ABREU Laura Catarina | CDN | Tomar | 14/12/2013 |
| Recorde Regional Inf A | 2:47.89 | ABREU Laura Catarina | CDN | Funchal | 06/04/2003 |
| Recorde Regional 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; 18: 2:43.50; 19+: 2:42.69 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----------------------|-----------------------|---------------------------|----------------|-------|----------|---------|
| 1. | RODRIGUES Laura Sofia | 07 | 148425 | Juventude Atlantico Clube | 2:55.04 | +0,72 | 454 | 25,0(-) |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Ponte de Sôr</i> | | | | | | | |
| | 50m: 39.55 39.55 | 100m: 1:23.95 44.40 | 150m: 2:09.38 45.43 | 200m: 2:55.04 45.66 | | | | |
| 2. | SILVA Silvana Suamade | 06 | 131322 | CD Sao Roque | 3:05.08 | +0,70 | 384 | 23,0(-) |
| | 50m: 41.78 41.78 | 100m: 1:28.95 47.17 | 150m: 2:16.72 47.77 | 200m: 3:05.08 48.36 | | | | |
| DSQ | LUIS Mariana Capelo | 05 | 201592 | Juventude Atlantico Clube | | | | - |
| | <i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i> | | | | | | | |
| DNS | FERNANDES Maria Madalena | 05 | 207291 | Juventude Atlantico Clube | | | | - |
| EXH | FERREIRA Maria Leonor | 04 | 130410 | Desportivo Nacional | 2:49.71 | +0,55 | 498 | - |
| | 50m: 38.28 38.28 | 100m: 1:21.06 42.78 | 150m: 2:05.06 44.00 | 200m: 2:49.71 44.65 | | | | |
| EXH | COSTA Maria Jardim | 06 | 205248 | Desportivo Nacional | 2:55.49 | +0,82 | 450 | - |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 39.30 39.30 | 100m: 1:24.44 45.14 | 150m: 2:09.90 45.46 | 200m: 2:55.49 45.59 | | | | |
| EXH | PEREIRA Joana Marques | 06 | 131193 | Desportivo Nacional | 3:03.81 | +0,77 | 392 | - |
| | 50m: 40.52 40.52 | 100m: 1:27.02 46.50 | 150m: 2:16.02 49.00 | 200m: 3:03.81 47.79 | | | | |
| EXH | DIAS Julia Alves | 06 | 133479 | Desportivo Nacional | 3:05.65 | +0,76 | 380 | - |
| | 50m: 42.12 42.12 | 100m: 1:29.76 47.64 | 150m: 2:18.10 48.34 | 200m: 3:05.65 47.55 | | | | |
| EXH | ABREU Ana Rodrigues | 06 | 130412 | Naval do Funchal | 3:14.16 | +0,75 | 332 | - |
| | 50m: 42.36 42.36 | 100m: 1:31.26 48.90 | 150m: 2:22.58 51.32 | 200m: 3:14.16 51.58 | | | | |
| EXH | GOUVEIA Susana Isabel | 04 | 207109 | Juventude Atlantico Clube | 3:19.99 | +0,78 | 304 | - |
| | 50m: 44.16 44.16 | 100m: 1:35.40 51.24 | 150m: 2:30.31 54.91 | 200m: 3:19.99 49.68 | | | | |
| EXH | FIGUEIRA Madalena Leonor | 07 | 206519 | Naval do Funchal | 3:20.99 | +0,79 | 300 | - |
| | 50m: 44.57 44.57 | 100m: 1:36.45 51.88 | 150m: 2:28.97 52.52 | 200m: 3:20.99 52.02 | | | | |
| EXH | SILVA Gabriela Suamade | 02 | 131327 | CD Sao Roque | 3:30.99 | +0,69 | 259 | - |
| | 50m: 48.26 48.26 | 100m: 1:42.62 54.36 | 150m: 2:37.48 54.86 | 200m: 3:30.99 53.51 | | | | |
| EXH | FREITAS Maria Raquel | 07 | 207116 | Naval do Funchal | 3:36.17 | +0,83 | 241 | - |
| | 50m: 49.04 49.04 | 100m: 1:45.19 56.15 | 150m: 2:41.74 56.55 | 200m: 3:36.17 54.43 | | | | |
| EXH | PEREIRA Julia Freitas | 08 | 206800 | Naval do Funchal | 3:38.35 | +0,76 | 234 | - |
| | 50m: 49.19 49.19 | 100m: 1:45.01 55.82 | 150m: 2:41.57 56.56 | 200m: 3:38.35 56.78 | | | | |
| EXH | BLANDY Mischa Blue | 04 | 207653 | Juventude Atlantico Clube | 4:10.11 | +0,78 | 155 | - |
| | 50m: 55.18 55.18 | 100m: 2:01.68 1:06.50 | 150m: 3:07.05 1:05.37 | 200m: 4:10.11 1:03.06 | | | | |

Prova 6 Masc., 50m Livres Absolutos Resultados
26/10/2019 - 9:47

| | | | | | |
|---------------------------|-------|--------------------|------|-----------------------|------------|
| Recorde Regional Absoluto | 22.77 | PINTO Luis Marques | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen | 22.77 | PINTO Luis Marques | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18 | 23.64 | CASTRO Joao Cruz | CDSR | Porto | 09/12/2017 |
| Recorde Regional Jun17 | 23.82 | CASTRO Joao Cruz | CDSR | Funchal | 10/12/2016 |
| Recorde Regional Juv A | 24.00 | CASTRO Joao Cruz | CDSR | Funchal | 27/07/2016 |
| Recorde Regional Juv B | 24.46 | CASTRO Joao Cruz | CDSR | Funchal | 11/07/2015 |
| Recorde Regional Inf A | 25.30 | CASTRO Joao Cruz | CSM | Funchal | 12/04/2014 |
| Recorde Regional Inf B | 27.30 | CASTRO Joao Cruz | CSM | Funchal | 06/04/2013 |

TAC Nacionais Juv B: 24.66; Juv A: 24.66; Jun17: 24.66; Jun18: 24.53; 19: 24.16; 20+: 24.04

Pontos: FINA 2019

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------|-----|--------|---------------------------|--------------|-------|----------|-------|
| 1. | MARQUES Miguel Freitas | 96 | 24979 | Escola O Liceu | 24.58 | | 559 | 23,00 |
| 2. | RODRIGUES Renato Correia | 03 | 204444 | Juventude Atlantico Clube | 27.11 | +0,73 | 417 | 21,00 |
| DNS | SMIRNOV Dmytro | 07 | 207538 | CD Sao Roque | | | | - |
| EXH | SOUSA Tiago Ferreira | 91 | 106684 | Desportivo Nacional | 24.88 | +0,65 | 539 | - |
| EXH | CASTRO Joao Cruz | 00 | 116739 | CD Sao Roque | 24.89 | +0,63 | 539 | - |
| EXH | DEUS Andre Portugal | 02 | 122429 | Naval do Funchal | 25.89 | +0,60 | 479 | - |
| EXH | FARIA Joao Pedro | 03 | 126384 | Naval do Funchal | 27.45 | +0,73 | 402 | - |
| EXH | MACHADO Tiago Magalhaes | 04 | 128396 | Desportivo Nacional | 27.93 | +0,67 | 381 | - |
| EXH | CALDEIRA Rodolfo Morais | 02 | 131521 | Juventude Atlantico Clube | 28.40 | +0,70 | 363 | - |
| EXH | MAROTE Joao Nuno | 03 | 200969 | CD Sao Roque | 28.52 | +0,74 | 358 | - |
| EXH | GOMES Alexandre Monteiro | 04 | 204308 | Juventude Atlantico Clube | 28.88 | +0,81 | 345 | - |
| EXH | ALVES Afonso Pires | 05 | 148357 | Juventude Atlantico Clube | 29.41 | +0,70 | 326 | - |
| EXH | LUIS Francisco Sousa | 03 | 207984 | Desportivo Nacional | 29.63 | +0,68 | 319 | - |
| EXH | URDANETA Lisandro Alberto | 04 | 210215 | Desportivo Nacional | 30.23 | +0,64 | 301 | - |
| EXH | ALVES Luis Fernandez | 05 | 201594 | Desportivo Nacional | 31.77 | +0,67 | 259 | - |
| EXH | KOVAL Igor | 03 | 206767 | Desportivo Nacional | 33.32 | +0,84 | 224 | - |
| EXH | CORREIA Rodrigo Ramos | 05 | 207073 | Desportivo Nacional | 33.59 | +0,71 | 219 | - |
| EXH | MENDES Juan Diego | 05 | 206768 | Desportivo Nacional | 33.91 | +0,85 | 213 | - |
| EXH | STEFLEA Andre Sergio | 06 | 209936 | CD Sao Roque | 37.10 | +0,60 | 162 | - |
| EXH | BARBOSA Joao Camacho | 07 | 133375 | Desportivo Nacional | 37.23 | +0,73 | 161 | - |
| EXH | GOUVEIA Martim Jose | 07 | 205160 | CD Sao Roque | 38.27 | +0,81 | 148 | - |

Prova 7 Femin., 100m Livres Absolutos Resultados
26/10/2019 - 9:52

| | | | | | |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 57.97 | QUINTAL Fabiana Maria | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen | 57.97 | QUINTAL Fabiana Maria | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun17 | 59.96 | AGUILAR Vera Ines | CDN | Funchal | 09/12/2016 |
| Recorde Regional Jun16 | 59.93 | ABREU Laura Catarina | CDN | Funchal | 19/12/2015 |
| Recorde Regional Juv A | 59.90 | ABREU Laura Catarina | CDN | Funchal | 10/07/2015 |
| Recorde Regional Juv B | 1:01.04 | AGUILAR Vera Ines | CDN | Funchal | 12/04/2014 |
| Recorde Regional Inf A | 1:02.04 | CAIRES Joana Costa | CNF | Sines | 12/03/2011 |
| Recorde Regional 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; 18: 59.48; 19+: 59.19 /
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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-------------------------|-----|--------|---------------------------|----------------|-------|----------|---------|
| 1. | OLIVEIRA Sara Fernandes | 04 | 202386 | Juventude Atlantico Clube | 1:04.25 | +0,71 | 478 | 25,0(-) |
| | 50m: 30.38 30.38 | | | 100m: 1:04.25 33.87 | | | | |
| 2. | LUIS Catarina Fernandes | 97 | 109602 | CD Sao Roque | 1:07.92 | +0,75 | 404 | 23,0(-) |
| | 50m: 32.06 32.06 | | | 100m: 1:07.92 35.86 | | | | |
| DNS | AVEIRO Leonor Sofia | 05 | 201597 | Naval do Funchal | | | | - |
| EXH | AGUILAR Vera Ines | 00 | 112452 | Desportivo Nacional | 1:02.75 | +0,67 | 513 | - |
| | 50m: 29.49 29.49 | | | 100m: 1:02.75 33.26 | | | | |
| EXH | FERNANDES Ana Catarina | 03 | 128612 | Naval do Funchal | 1:05.02 | +0,59 | 461 | - |
| | 50m: 30.43 30.43 | | | 100m: 1:05.02 34.59 | | | | |

Prova 7, Femin., 100m Livres

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|--------|--|----------------|-------|----------|-----|
| EXH | BOULHOSA Carolina Abreu 50m: 31.03 31.03 | 01 | 123395 | Naval do Funchal 100m: 1:05.17 34.14 | 1:05.17 | +0,67 | 458 | - |
| EXH | REBELO Filipa Margarida 50m: 31.58 31.58 | 03 | 133160 | Escola O Liceu 100m: 1:07.06 35.48 | 1:07.06 | +0,74 | 420 | - |
| EXH | FREITAS Beatriz Rodrigues 50m: 32.38 32.38 | 06 | 200543 | Naval do Funchal 100m: 1:07.38 35.00 | 1:07.38 | +0,55 | 414 | - |
| EXH | SEQUEIRA Beatriz Meneses 50m: 32.46 32.46 | 06 | 132695 | Naval do Funchal 100m: 1:08.30 35.84 | 1:08.30 | +0,52 | 398 | - |
| EXH | JESUS Filipa Mafalda 50m: 33.07 33.07 | 03 | 148582 | CD Sao Roque 100m: 1:08.76 35.69 | 1:08.76 | +0,79 | 390 | - |
| EXH | DEUS Ines Portugal 50m: 32.66 32.66 | 06 | 203091 | Naval do Funchal 100m: 1:09.01 36.35 | 1:09.01 | +0,63 | 386 | - |
| EXH | JESUS Mariana Caires 50m: 33.33 33.33 | 04 | 202229 | Juventude Atlantico Clube 100m: 1:09.89 36.56 | 1:09.89 | +0,72 | 371 | - |
| EXH | BETENCOURT Ana Margarida 50m: 33.09 33.09 | 03 | 125091 | Naval do Funchal 100m: 1:10.07 36.98 | 1:10.07 | +0,71 | 368 | - |
| EXH | LECA Natasha Maria 50m: 34.15 34.15 | 03 | 207831 | Desportivo Nacional 100m: 1:11.22 37.07 | 1:11.22 | +0,71 | 351 | - |
| EXH | GOMES Madalena Sousa 50m: 34.21 34.21 | 05 | 200542 | Naval do Funchal 100m: 1:12.71 38.50 | 1:12.71 | +0,68 | 330 | - |
| EXH | FARIA Laura Pereira 50m: 35.54 35.54 | 06 | 202151 | Juventude Atlantico Clube 100m: 1:12.93 37.39 | 1:12.93 | +0,73 | 327 | - |
| EXH | VICTOR Joana Isabel 50m: 35.36 35.36 | 91 | 10404 | Juventude Atlantico Clube 100m: 1:14.04 38.68 | 1:14.04 | +0,78 | 312 | - |
| EXH | ABREU Maria Eduarda 50m: 35.19 35.19 | 05 | 200958 | Desportivo Nacional 100m: 1:14.35 39.16 | 1:14.35 | +0,69 | 308 | - |
| EXH | ANDRADE Matilde Sousa 50m: 36.11 36.11 | 08 | 205152 | Naval do Funchal 100m: 1:14.71 38.60 | 1:14.71 | +0,63 | 304 | - |
| EXH | BAPTISTA Constanca Ornelas 50m: 36.71 36.71 | 06 | 206799 | Naval do Funchal 100m: 1:16.30 39.59 | 1:16.30 | +0,72 | 285 | - |
| EXH | RODRIGUES Beatriz Mendes 50m: 38.85 38.85 | 07 | 207099 | Naval do Funchal 100m: 1:23.72 44.87 | 1:23.72 | +0,59 | 216 | - |
| EXH | ALVES Carolina Alexandra 50m: 40.38 40.38 | 04 | 207113 | Naval do Funchal 100m: 1:24.72 44.34 | 1:24.72 | +0,87 | 208 | - |
| EXH | QUINTAL Madalena Saldanha 50m: 45.40 45.40 | 08 | 200536 | Naval do Funchal 100m: 1:37.71 52.31 | 1:37.71 | | 136 | - |
| EXH | MACEDO Diana Camacho 50m: 47.95 47.95 | 08 | 206522 | Naval do Funchal 100m: 1:43.24 55.29 | 1:43.24 | | 115 | - |
| EXH | NOBREGA Sara Francisca 50m: 51.35 51.35 | 08 | 209056 | CD Sao Roque 100m: 1:51.45 1:00.10 | 1:51.45 | | 91 | - |

Prova 8 Masc., 100m Costas Absolutos
26/10/2019 - 10:02 Resultados

| | | | | | |
|---------------------------|---------|-----------------------|-----|------------|------------|
| Recorde Regional Absoluto | 57.43 | FERNANDES Joao Manuel | CNF | Porto | 20/12/2014 |
| Recorde Regional Sen | 57.93 | PINTO Luis Marques | CDN | Funchal | 09/05/2009 |
| Recorde Regional Jun18 | 57.43 | FERNANDES Joao Manuel | CNF | Porto | 20/12/2014 |
| Recorde Regional Jun17 | 58.60 | SILVA Luis Henrique | CNF | Felgueiras | 22/12/2013 |
| Recorde Regional Juv A | 59.07 | FERNANDES Rui Afonso | CDN | Tomar | 14/12/2018 |
| Recorde Regional Juv B | 1:00.51 | FERNANDES Rui Afonso | CDN | Funchal | 26/03/2018 |
| Recorde Regional Inf A | 1:03.46 | FERNANDES Rui Afonso | CDN | Funchal | 27/07/2017 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|---------------------------|----------------|-------|----------|-------|
| 1. | SILVA Joao Jesus 50m: 29.62 29.62 | 02 | 118177 | Juventude Atlantico Clube | 1:01.83 | +0,63 | 494 | 23,00 |
| 2. | MARCOS Joao Freitas 50m: 30.76 30.76 | 01 | 123161 | Escola O Liceu | 1:04.80 | +0,70 | 429 | 21,00 |
| DSQ | CARVALHO Joaquim Eduardo 613 - Não efectuou a viragem aos 50 m logo após terminar movimento continuo dos braços - SW 6.4 | 07 | 202564 | Naval do Funchal | | | | - |
| DNS | LEAL Diogo Silva | 04 | 133042 | Juventude Atlantico Clube | | | | - |
| DNS | LEITAO Andre Freitas | 05 | 130739 | Naval do Funchal | | | | - |
| DNS | SILVA Afonso Mar | 06 | 200948 | Naval do Funchal | | | | - |
| DNS | SMIRNOV Dmytro | 07 | 207538 | CD Sao Roque | | | | - |
| EXH | FERNANDES Rui Afonso <i>Minimos Campeonato Nacional</i> 50m: 28.51 28.51 | 03 | 125395 | Desportivo Nacional | 59.32 | +0,68 | 559 | - |
| EXH | RODRIGUES Pedro Reis 50m: 30.18 30.18 | 02 | 123672 | CD Sao Roque | 1:03.64 | +0,56 | 453 | - |
| EXH | GRACA Fernando Guerreiro 50m: 32.20 32.20 | 02 | 121665 | Naval do Funchal | 1:06.87 | +0,66 | 390 | - |
| EXH | DIAS Andre Vicente <i>Minimos Camp. Zonal - Sines</i> 50m: 32.85 32.85 | 05 | 132697 | Desportivo Nacional | 1:07.25 | +0,71 | 383 | - |
| EXH | NASCIMENTO Diogo Andre 50m: 32.49 32.49 | 02 | 128888 | Naval do Funchal | 1:07.75 | +0,66 | 375 | - |
| EXH | PEREIRA Jordao Abreu 50m: 35.00 35.00 | 04 | 148424 | Juventude Atlantico Clube | 1:09.49 | +0,75 | 348 | - |
| EXH | FARIA Joao Pedro 50m: 33.41 33.41 | 03 | 126384 | Naval do Funchal | 1:11.49 | +0,74 | 319 | - |
| EXH | AGUILAR Luis Santos 50m: 36.13 36.13 | 04 | 124011 | Desportivo Nacional | 1:13.85 | +0,64 | 289 | - |
| EXH | VIEIRA Duarte Nuno 50m: 36.04 36.04 | 95 | 104151 | Juventude Atlantico Clube | 1:15.64 | +0,80 | 269 | - |
| EXH | SOUSA Lourenco Quintas 50m: 37.03 37.03 | 05 | 133162 | Naval do Funchal | 1:16.87 | +0,71 | 257 | - |
| EXH | SILVA Eduardo Rodrigues 50m: 38.38 38.38 | 04 | 148416 | Juventude Atlantico Clube | 1:20.27 | +0,78 | 225 | - |
| EXH | SILVA Joao Luis 50m: 39.93 39.93 | 06 | 148423 | Escola O Liceu | 1:21.89 | | 212 | - |
| EXH | NACHYCHKO Maximo 50m: 44.32 44.32 | 06 | 209685 | Naval do Funchal | 1:30.45 | +0,68 | 157 | - |
| EXH | CASTRO Mateus Pereira 50m: 48.56 48.56 | 06 | 206597 | Escola O Liceu | 1:35.18 | +0,64 | 135 | - |
| EXH | BARBOSA Joao Camacho 50m: 49.71 49.71 | 07 | 133375 | Desportivo Nacional | 1:39.86 | +0,79 | 117 | - |

Prova 9 Femin., 200m Costas Absolutos
26/10/2019 - 10:10 Resultados

| | | | | | |
|---------------------------|---------|--------------------------|-----|---------|------------|
| Recorde Regional Absoluto | 2:21.09 | QUINTAL Fabiana Maria | CDN | Silves | 22/12/2007 |
| Recorde Regional Sen | 2:21.09 | QUINTAL Fabiana Maria | CDN | Silves | 22/12/2007 |
| Recorde Regional Jun17 | 2:23.46 | QUINTAL Fabiana Maria | CDN | Funchal | 03/02/2001 |
| Recorde Regional Jun16 | 2:25.65 | QUINTAL Fabiana Maria | CDN | Funchal | 19/07/2000 |
| Recorde Regional Juv A | 2:24.92 | ROSA Beatriz Jong | CDN | Funchal | 10/07/2015 |
| Recorde Regional Juv B | 2:27.90 | NUNES Joannette Vilarejo | CNF | Funchal | 07/07/1994 |
| Recorde Regional Inf A | 2:33.29 | COSTA Maria Jardim | CDN | Funchal | 08/06/2019 |
| Recorde Regional 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; 18: 2:25.06; 19+: 2:24.33 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|-----------------------|---------------------------|---------------------|-------|----------|---------|
| 1. | LUIS Jessica Santos | 00 | 111887 | CD Sao Roque | 2:40.97 | +0,78 | 406 | 25,0(-) |
| | 50m: 36.07 36.07 | | 100m: 1:16.65 40.58 | 150m: 1:59.07 42.42 | 200m: 2:40.97 41.90 | | | |
| 2. | CARICHAS Joana Medeiros | 06 | 200965 | Juventude Atlantico Clube | 2:44.42 | +0,76 | 381 | 23,0(-) |
| | 50m: 38.18 38.18 | | 100m: 1:20.58 42.40 | 150m: 2:03.40 42.82 | 200m: 2:44.42 41.02 | | | |
| DSQ | CANADA Maria Elvira | 06 | 200544 | Desportivo Nacional | | | | - |
| | <i>613 - Não efectuou a viragem aos 100 m logo após terminar movimento continuo dos braços - SW 6.4</i> | | | | | | | |
| DNS | ARAUJO Maria Clara | 05 | 133482 | Naval do Funchal | | | | - |
| EXH | FERREIRA Maria Leonor | 04 | 130410 | Desportivo Nacional | 2:28.12 | +0,65 | 521 | - |
| | 50m: 34.37 34.37 | | 100m: 1:11.63 37.26 | 150m: 1:50.23 38.60 | 200m: 2:28.12 37.89 | | | |
| EXH | FREITAS Margarida Ramos | 06 | 131345 | Desportivo Nacional | 2:42.96 | +0,79 | 391 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 38.62 38.62 | | 100m: 1:19.43 40.81 | 150m: 2:01.32 41.89 | 200m: 2:42.96 41.64 | | | |
| EXH | SOUSA Maria Beatriz | 06 | 150815 | Naval do Funchal | 2:59.42 | +0,76 | 293 | - |
| | 50m: 41.41 41.41 | | 100m: 1:26.88 45.47 | 150m: 2:13.92 47.04 | 200m: 2:59.42 45.50 | | | |
| EXH | SILVA Carolina Pestana | 08 | 206840 | Naval do Funchal | 3:06.49 | +0,85 | 261 | - |
| | 50m: 43.45 43.45 | | 100m: 1:31.74 48.29 | 150m: 2:20.87 49.13 | 200m: 3:06.49 45.62 | | | |
| EXH | BARROS Ana Carolina | 05 | 127881 | Juventude Atlantico Clube | 3:16.54 | +0,89 | 223 | - |
| | 50m: 45.17 45.17 | | 100m: 1:35.17 50.00 | 150m: 2:26.04 50.87 | 200m: 3:16.54 50.50 | | | |
| EXH | BLANDY Mischa Blue | 04 | 207653 | Juventude Atlantico Clube | 3:59.96 | +0,75 | 122 | - |
| | 50m: 57.08 57.08 | | 100m: 2:00.48 1:03.40 | 150m: 3:01.42 1:00.94 | 200m: 3:59.96 58.54 | | | |

Prova 10 Masc., 400m Livres Absolutos
26/10/2019 - 10:19 Resultados

| | | | | | |
|---------------------------|---------|------------------------|------|-----------------------|------------|
| Recorde Regional Absoluto | 3:50.96 | FRANCO Paulo Fragueiro | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen | 3:50.96 | FRANCO Paulo Fragueiro | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18 | 3:57.10 | CASTRO Joao Cruz | CDSR | Porto | 09/12/2017 |
| Recorde Regional Jun17 | 3:57.38 | CASTRO Joao Cruz | CDSR | Funchal | 26/07/2017 |
| Recorde Regional Juv A | 4:05.44 | CASTRO Joao Cruz | CDSR | Penteada | 09/07/2016 |
| Recorde Regional Juv B | 4:11.24 | FREITAS Tomas Miguel | CDN | Funchal | 25/06/2005 |
| Recorde Regional Inf A | 4:17.08 | FREITAS Tomas Miguel | CDN | Funchal | 10/07/2004 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|-----|---------------------|---------------------------|---------------------|-------|----------|-------|
| 1. | CASTRO Martim Pereira | 02 | 124907 | Escola O Liceu | 4:33.94 | +0,71 | 465 | 23,00 |
| | 50m: 29.62 29.62 | | 150m: 1:36.88 34.19 | 250m: 2:47.65 35.71 | 350m: 3:59.16 35.86 | | | |
| | 100m: 1:02.69 33.07 | | 200m: 2:11.94 35.06 | 300m: 3:23.30 35.65 | 400m: 4:33.94 34.78 | | | |
| 2. | TELES Artur Corte | 04 | 127508 | Juventude Atlantico Clube | 4:36.21 | +0,63 | 453 | 21,00 |
| | 50m: 30.47 30.47 | | 150m: 1:39.12 34.24 | 250m: 2:50.20 35.90 | 350m: 4:01.77 35.50 | | | |
| | 100m: 1:04.88 34.41 | | 200m: 2:14.30 35.18 | 300m: 3:26.27 36.07 | 400m: 4:36.21 34.44 | | | |
| DNS | GOMES Alexandre Monteiro | 04 | 204308 | Juventude Atlantico Clube | | | | - |

Prova 10, Masc., 400m Livres

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|---------------|--------|---------------------------|----------------|---------------|----------|-----|
| EXH | RODRIGUES Rodrigo Reis <i>Minimos Camp. Zonal - Sines</i> | 04 | 124155 | CD Sao Roque | 4:28.12 | +0,62 | 496 | - |
| | 50m: 29.72 29.72 | 150m: 1:35.99 | 33.66 | 250m: 2:45.41 | 34.82 | 350m: 3:54.44 | 34.23 | |
| | 100m: 1:02.33 32.61 | 200m: 2:10.59 | 34.60 | 300m: 3:20.21 | 34.80 | 400m: 4:28.12 | 33.68 | |
| EXH | FERNANDES Diogo Henrique | 04 | 133152 | Naval do Funchal | 4:33.50 | +0,69 | 467 | - |
| | 50m: 29.85 29.85 | 150m: 1:38.29 | 34.49 | 250m: 2:48.48 | 34.74 | 350m: 3:58.84 | 35.50 | |
| | 100m: 1:03.80 33.95 | 200m: 2:13.74 | 35.45 | 300m: 3:23.34 | 34.86 | 400m: 4:33.50 | 34.66 | |
| EXH | RODRIGUES Joao Luis | 05 | 130527 | Naval do Funchal | 4:40.08 | +0,62 | 435 | - |
| | 50m: 30.66 30.66 | 150m: 1:40.43 | 35.50 | 250m: 2:52.52 | 36.25 | 350m: 4:05.17 | 36.18 | |
| | 100m: 1:04.93 34.27 | 200m: 2:16.27 | 35.84 | 300m: 3:28.99 | 36.47 | 400m: 4:40.08 | 34.91 | |
| EXH | PITA Pedro Miguel | 06 | 201963 | Naval do Funchal | 4:57.11 | +0,66 | 364 | - |
| | 50m: 33.03 33.03 | 150m: 1:47.73 | 37.74 | 250m: 3:03.65 | 38.34 | 350m: 4:20.29 | 38.14 | |
| | 100m: 1:09.99 36.96 | 200m: 2:25.31 | 37.58 | 300m: 3:42.15 | 38.50 | 400m: 4:57.11 | 36.82 | |
| EXH | VIEIRA Emanuel Eloi | 03 | 130582 | CD Sao Roque | 4:58.39 | +0,80 | 359 | - |
| | 50m: 32.20 32.20 | 150m: 1:47.48 | 38.55 | 250m: 3:04.56 | 38.57 | 350m: 4:20.97 | 38.14 | |
| | 100m: 1:08.93 36.73 | 200m: 2:25.99 | 38.51 | 300m: 3:42.83 | 38.27 | 400m: 4:58.39 | 37.42 | |
| EXH | PAULOS Joao Afonso | 06 | 150813 | Naval do Funchal | 4:58.82 | +0,67 | 358 | - |
| | 50m: 31.67 31.67 | 150m: 1:46.26 | 38.17 | 250m: 3:03.83 | 38.74 | 350m: 4:21.98 | 39.27 | |
| | 100m: 1:08.09 36.42 | 200m: 2:25.09 | 38.83 | 300m: 3:42.71 | 38.88 | 400m: 4:58.82 | 36.84 | |
| EXH | FERRAZ Luis Afonso | 06 | 133164 | Naval do Funchal | 4:59.11 | +0,65 | 357 | - |
| | 50m: 33.99 33.99 | 150m: 1:50.79 | 39.04 | 250m: 3:08.11 | 38.67 | 350m: 4:23.88 | 37.65 | |
| | 100m: 1:11.75 37.76 | 200m: 2:29.44 | 38.65 | 300m: 3:46.23 | 38.12 | 400m: 4:59.11 | 35.23 | |
| EXH | ABREU Joao Francisco | 06 | 133478 | Naval do Funchal | 4:59.18 | +0,66 | 357 | - |
| | 50m: 34.03 34.03 | 150m: 1:50.21 | 38.24 | 250m: 3:07.20 | 38.17 | 350m: 4:23.25 | 37.94 | |
| | 100m: 1:11.97 37.94 | 200m: 2:29.03 | 38.82 | 300m: 3:45.31 | 38.11 | 400m: 4:59.18 | 35.93 | |
| EXH | MAROTE Joao Nuno | 03 | 200969 | CD Sao Roque | 5:02.92 | +0,70 | 344 | - |
| | 50m: 32.79 32.79 | 150m: 1:48.03 | 38.08 | 250m: 3:06.22 | 39.26 | 350m: 4:24.15 | 38.91 | |
| | 100m: 1:09.95 37.16 | 200m: 2:26.96 | 38.93 | 300m: 3:45.24 | 39.02 | 400m: 5:02.92 | 38.77 | |
| EXH | ALVES Tiago Pires | 05 | 148362 | Juventude Atlantico Clube | 5:04.12 | +0,76 | 339 | - |
| | 50m: 34.60 34.60 | 150m: 1:50.18 | 38.31 | 250m: 3:08.84 | 39.51 | 350m: 4:26.98 | 39.27 | |
| | 100m: 1:11.87 37.27 | 200m: 2:29.33 | 39.15 | 300m: 3:47.71 | 38.87 | 400m: 5:04.12 | 37.14 | |
| EXH | SETIM Joao Oliveira | 06 | 205151 | Naval do Funchal | 5:20.59 | +0,59 | 290 | - |
| | 50m: 35.26 35.26 | 150m: 1:56.07 | 41.18 | 250m: 3:19.17 | 41.20 | 350m: 4:41.45 | 40.78 | |
| | 100m: 1:14.89 39.63 | 200m: 2:37.97 | 41.90 | 300m: 4:00.67 | 41.50 | 400m: 5:20.59 | 39.14 | |
| EXH | GARANITO Simao Silva | 06 | 204645 | Naval do Funchal | 5:31.64 | +0,56 | 262 | - |
| | 50m: 35.93 35.93 | 150m: 2:01.58 | 43.42 | 250m: 3:28.08 | 43.45 | 350m: 4:50.42 | 38.56 | |
| | 100m: 1:18.16 42.23 | 200m: 2:44.63 | 43.05 | 300m: 4:11.86 | 43.78 | 400m: 5:31.64 | 41.22 | |
| EXH | ARAUJO Joao Caldeira | 07 | 203459 | Naval do Funchal | 5:37.72 | +0,44 | 248 | - |
| | 50m: 36.90 36.90 | 150m: 2:03.46 | 43.48 | 250m: 3:30.67 | 43.47 | 350m: 4:57.47 | 43.21 | |
| | 100m: 1:19.98 43.08 | 200m: 2:47.20 | 43.74 | 300m: 4:14.26 | 43.59 | 400m: 5:37.72 | 40.25 | |
| EXH | NEVES Tiago Brazao | 07 | 204426 | Naval do Funchal | 5:38.90 | +0,71 | 245 | - |
| | 50m: 37.58 37.58 | 150m: 2:04.97 | 43.85 | 250m: 3:33.12 | 44.41 | 350m: 5:00.16 | 43.14 | |
| | 100m: 1:21.12 43.54 | 200m: 2:48.71 | 43.74 | 300m: 4:17.02 | 43.90 | 400m: 5:38.90 | 38.74 | |
| EXH | OLIVEIRA Afonso Miguel | 07 | 148420 | Juventude Atlantico Clube | 5:42.20 | +0,55 | 238 | - |
| | 50m: 38.30 38.30 | 150m: 2:06.02 | 44.23 | 250m: 3:35.72 | 45.25 | 350m: 5:05.64 | 44.75 | |
| | 100m: 1:21.79 43.49 | 200m: 2:50.47 | 44.45 | 300m: 4:20.89 | 45.17 | 400m: 5:42.20 | 36.56 | |
| EXH | PEREIRA Lucas Santos | 07 | 207434 | Naval do Funchal | 5:42.59 | +0,71 | 237 | - |
| | 50m: 39.14 39.14 | 150m: 2:07.10 | 44.34 | 250m: 3:36.87 | 45.04 | 350m: 5:06.17 | 44.82 | |
| | 100m: 1:22.76 43.62 | 200m: 2:51.83 | 44.73 | 300m: 4:21.35 | 44.48 | 400m: 5:42.59 | 36.42 | |
| EXH | ALVES Diogo Basilio | 07 | 201709 | Juventude Atlantico Clube | 5:59.88 | +0,46 | 205 | - |
| | 50m: 40.12 40.12 | 150m: 2:12.41 | 46.58 | 250m: 3:45.73 | 46.44 | 350m: 5:17.95 | 45.83 | |
| | 100m: 1:25.83 45.71 | 200m: 2:59.29 | 46.88 | 300m: 4:32.12 | 46.39 | 400m: 5:59.88 | 41.93 | |
| EXH | ALMEIDA Joao Francisco | 07 | 209787 | Naval do Funchal | 6:00.89 | +0,70 | 203 | - |
| | 50m: 42.04 42.04 | 150m: 2:14.23 | 46.59 | 250m: 3:47.34 | 46.66 | 350m: 5:20.19 | 46.28 | |
| | 100m: 1:27.64 45.60 | 200m: 3:00.68 | 46.45 | 300m: 4:33.91 | 46.57 | 400m: 6:00.89 | 40.70 | |
| EXH | FERNANDES Afonso Freitas | 06 | 148418 | Juventude Atlantico Clube | 6:59.11 | +0,66 | 129 | - |
| | 50m: 45.50 45.50 | 150m: 2:31.72 | 53.13 | 250m: 4:21.32 | 55.01 | 350m: 6:09.51 | 53.17 | |
| | 100m: 1:38.59 53.09 | 200m: 3:26.31 | 54.59 | 300m: 5:16.34 | 55.02 | 400m: 6:59.11 | 49.60 | |
| EXH | FERNANDES Joao Vieira | 07 | 208494 | Juventude Atlantico Clube | 7:22.99 | | 109 | - |
| | 50m: 49.54 49.54 | 150m: 2:42.72 | 56.21 | 250m: 4:38.70 | 58.26 | 350m: 6:33.35 | 54.87 | |
| | 100m: 1:46.51 56.97 | 200m: 3:40.44 | 57.72 | 300m: 5:38.48 | 59.78 | 400m: 7:22.99 | 49.64 | |

Prova 10, Masc., 400m Livres

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------|---------------|--------|---------------------------|----------------|---------------|----------|-----|
| EXH | NUNES Duarte Costa | 07 | 206934 | Juventude Atlantico Clube | 7:25.49 | +0,98 | 108 | - |
| | 50m: 49.68 49.68 | 150m: 2:42.99 | 58.54 | 250m: 4:37.85 | 56.97 | 350m: 6:35.19 | 57.96 | |
| | 100m: 1:44.45 54.77 | 200m: 3:40.88 | 57.89 | 300m: 5:37.23 | 59.38 | 400m: 7:25.49 | 50.30 | |

Prova 11

Femin., 200m Estilos

Absolutos Resultados

26/10/2019 - 10:40

| | | | | | |
|---------------------------|---------|------------------------|------|---------|------------|
| Recorde Regional Absoluto | 2:18.16 | QUINTAL Fabiana Maria | CDN | Tomar | 13/12/2008 |
| Recorde Regional Sen | 2:18.16 | QUINTAL Fabiana Maria | CDN | Tomar | 13/12/2008 |
| Recorde Regional Jun17 | 2:25.85 | ROSA Beatriz Jong | CDWT | Funchal | 06/05/2017 |
| Recorde Regional Jun16 | 2:26.86 | ROSA Beatriz Jong | CDN | Funchal | 13/05/2016 |
| Recorde Regional Juv A | 2:28.06 | ROSA Beatriz Jong | CDN | Funchal | 09/05/2015 |
| Recorde Regional Juv B | 2:30.10 | SOUSA Susana Margarida | CFU | Funchal | 28/06/1991 |
| Recorde Regional Inf A | 2:31.77 | CAIRES Joana Costa | CNF | Sines | 12/03/2011 |
| Recorde Regional 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; 18: 2:25.29; 19+: 2:24.57 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------|--------|---------------------------|----------------|---------------|----------|---------|
| 1. | SOUSA Joana Francisca | 04 | 130520 | CD Sao Roque | 2:34.18 | +0,73 | 493 | 25,0(-) |
| | 50m: 32.45 32.45 | 100m: 1:10.72 | 38.27 | 150m: 1:57.31 | 46.59 | 200m: 2:34.18 | 36.87 | |
| 2. | OLIVEIRA Sara Fernandes | 04 | 202386 | Juventude Atlantico Clube | 2:42.26 | +0,73 | 423 | 23,0(-) |
| | 50m: 33.39 33.39 | 100m: 1:16.46 | 43.07 | 150m: 2:03.88 | 47.42 | 200m: 2:42.26 | 38.38 | |
| DNS | FERNANDES Maria Madalena | 05 | 207291 | Juventude Atlantico Clube | | | | - |
| EXH | GONCALVES Maria Margarida | 04 | 130411 | Naval do Funchal | 2:42.27 | +0,69 | 423 | - |
| | 50m: 34.66 34.66 | 100m: 1:14.98 | 40.32 | 150m: 2:03.67 | 48.69 | 200m: 2:42.27 | 38.60 | |
| EXH | CAMACHO Laura Fernandes | 04 | 147183 | Naval do Funchal | 2:44.00 | | 410 | - |
| | 50m: 34.80 34.80 | 100m: 1:17.17 | 42.37 | 150m: 2:07.53 | 50.36 | 200m: 2:44.00 | 36.47 | |
| EXH | JARDIM Lara Filipa | 06 | 200830 | Naval do Funchal | 2:44.34 | +0,70 | 407 | - |
| | 50m: 33.65 33.65 | 100m: 1:16.19 | 42.54 | 150m: 2:07.02 | 50.83 | 200m: 2:44.34 | 37.32 | |
| EXH | JARDIM Teresa Vieira | 05 | 201596 | Naval do Funchal | 2:44.86 | +0,48 | 403 | - |
| | 50m: 34.98 34.98 | 100m: 1:16.54 | 41.56 | 150m: 2:06.79 | 50.25 | 200m: 2:44.86 | 38.07 | |
| EXH | FERRO Maria Leonor | 06 | 132696 | Naval do Funchal | 2:50.67 | +0,74 | 364 | - |
| | 50m: 37.36 37.36 | 100m: 1:21.63 | 44.27 | 150m: 2:12.33 | 50.70 | 200m: 2:50.67 | 38.34 | |
| EXH | NETO Leonor Rodrigues | 07 | 201962 | Naval do Funchal | 2:56.06 | +0,68 | 331 | - |
| | 50m: 37.90 37.90 | 100m: 1:22.22 | 44.32 | 150m: 2:15.48 | 53.26 | 200m: 2:56.06 | 40.58 | |
| EXH | ANDRADE Matilde Sousa | 08 | 205152 | Naval do Funchal | 3:02.47 | +0,77 | 297 | - |
| | 50m: 40.94 40.94 | 100m: 1:27.37 | 46.43 | 150m: 2:20.18 | 52.81 | 200m: 3:02.47 | 42.29 | |
| EXH | BAPTISTA Constanca Ornelas | 06 | 206799 | Naval do Funchal | 3:11.13 | +0,73 | 259 | - |
| | 50m: 41.74 41.74 | 100m: 1:32.17 | 50.43 | 150m: 2:30.43 | 58.26 | 200m: 3:11.13 | 40.70 | |
| EXH | FIGUEIRA Madalena Leonor | 07 | 206519 | Naval do Funchal | 3:12.33 | +0,82 | 254 | - |
| | 50m: 43.31 43.31 | 100m: 1:37.80 | 54.49 | 150m: 2:29.95 | 52.15 | 200m: 3:12.33 | 42.38 | |
| EXH | CRO Isabel Matilde | 00 | 204436 | Escola O Liceu | 3:23.59 | +0,76 | 214 | - |
| | 50m: 37.39 37.39 | 100m: 1:29.38 | 51.99 | 150m: 2:32.11 | 1:02.73 | 200m: 3:23.59 | 51.48 | |
| EXH | PEREIRA Julia Freitas | 08 | 206800 | Naval do Funchal | 3:25.17 | +0,73 | 209 | - |
| | 50m: 47.35 47.35 | 100m: 1:40.99 | 53.64 | 150m: 2:38.03 | 57.04 | 200m: 3:25.17 | 47.14 | |
| EXH | FREITAS Maria Raquel | 07 | 207116 | Naval do Funchal | 3:30.00 | +0,86 | 195 | - |
| | 50m: 48.25 48.25 | 100m: 1:46.51 | 58.26 | 150m: 2:41.96 | 55.45 | 200m: 3:30.00 | 48.04 | |
| EXH | RODRIGUES Beatriz Mendes | 07 | 207099 | Naval do Funchal | 3:30.67 | +0,69 | 193 | - |
| | 50m: 49.53 49.53 | 100m: 1:42.18 | 52.65 | 150m: 2:44.22 | 1:02.04 | 200m: 3:30.67 | 46.45 | |
| EXH | ERRA Clara Patricia | 07 | 148422 | Juventude Atlantico Clube | 3:34.14 | +0,68 | 184 | - |
| | 50m: 51.57 51.57 | 100m: 1:48.72 | 57.15 | 150m: 2:46.97 | 58.25 | 200m: 3:34.14 | 47.17 | |
| EXH | ROCHA Vitoria Maria | 08 | 201047 | Juventude Atlantico Clube | 3:34.33 | | 183 | - |
| | 50m: 55.98 55.98 | 100m: 1:48.64 | 52.66 | 150m: 2:47.76 | 59.12 | 200m: 3:34.33 | 46.57 | |

Prova 11, Femin., 200m Estilos

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------|-----|---------------|---------------------------|----------------|---------|---------------|-------|
| EXH | GOUVEIA Ines Mendes | 07 | 208493 | Juventude Atlantico Clube | 3:50.53 | +0,89 | 147 | - |
| | 50m: 56.00 56.00 | | 100m: 1:52.46 | 56.46 | 150m: 2:58.79 | 1:06.33 | 200m: 3:50.53 | 51.74 |

Prova 12

Masc., 4 x 100m Livres

Absolutos
Resultados

26/10/2019 - 10:53

| | | | | | |
|---------------------------|---------|---------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 3:25.10 | Clube Desportivo Nacional | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen | 3:25.10 | Clube Desportivo Nacional | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun | 3:34.51 | Clube Naval do Funchal | CNF | Felgueiras | 22/12/2013 |
| Recorde Regional Juv A | 3:34.94 | Clube Naval do Funchal | CNF | Funchal | 11/07/2014 |
| Recorde Regional Juv B | 3:46.97 | Clube Naval do Funchal | CNF | Funchal | 11/07/2009 |
| Recorde Regional Inf A | 3:54.59 | Clube Naval do Funchal | CNF | Funchal | 23/06/2007 |
| Recorde Regional Inf B | 4:12.91 | Clube Naval do Funchal | CNF | Funchal | 14/07/2007 |

TAC Zonais Inf B: 4:43.00; Inf A: 4:32.00; Juv B: 4:18.37; Juv A: 4:08.68

Pontos: FINA 2019

| Lugar | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|---------------------------------|---------------------------------------|---------------------------|---------------------------------------|---------|----------|-------|
| 1. Escola O Liceu 1 | | Escola O Liceu | 3:47.27 | +0,65 | 522 | 23,00 |
| | FERNANDES Joao Vitor +0,65 26.73 | 54.75 | CAMARA Joao Vieira +0,36 26.09 | 56.67 | | |
| | JORGE Andre Camara +0,39 29.21 | 1:00.83 | MARQUES Miguel Freitas +0,04 25.85 | 55.02 | | |
| 2. Juventude Atlantico Clube 1 | | Juventude Atlantico Clube | 3:56.69 | +0,68 | 462 | 21,00 |
| | NUNES Goncalo Almada +0,68 29.23 | 1:00.78 | FREITAS Joao Tomas +0,45 28.13 | 59.40 | | |
| | RODRIGUES Renato Correia +0,40 28.71 | 1:00.30 | SILVA Joao Jesus +0,32 26.67 | 56.21 | | |
| EXH Desportivo Nacional 7 | | Desportivo Nacional | 3:44.80 | +0,64 | 539 | - |
| | FERREIRA Miguel Goncalves +0,64 25.87 | 55.00 | SOUSA Tiago Ferreira +0,37 26.36 | 56.50 | | |
| | SANTOS Diego Felipe +0,23 26.56 | 55.64 | FREITAS Tomas Miguel +0,18 27.42 | 57.66 | | |
| EXH Naval do Funchal 1 | | Naval do Funchal | 3:47.62 | +0,61 | 519 | - |
| | FERNANDES Martim Pestana +0,61 27.95 | 59.54 | GOMES Goncalo Camara +0,24 26.54 | 55.82 | | |
| | FERRO Henrique Martins +0,17 26.94 | 56.84 | DEUS Andre Portugal +0,19 26.51 | 55.42 | | |
| EXH CD Sao Roque 1 | | CD Sao Roque | 3:48.88 | +0,62 | 511 | - |
| | CASTRO Joao Cruz +0,62 26.14 | 54.21 | LOPES Pedro Henrique +0,36 27.87 | 58.72 | | |
| | RODRIGUES Pedro Reis +0,46 26.87 | 56.29 | RODRIGUES Rodrigo Reis +0,19 28.43 | 59.66 | | |
| EXH Desportivo Nacional 8 | | Desportivo Nacional | 3:56.84 | +0,62 | 461 | - |
| | FERNANDES Rui Afonso +0,62 27.02 | 56.19 | DIAS Andre Vicente +0,59 29.29 | 1:00.86 | | |
| | GOUVEIA Luis Galvao +0,28 28.46 | 1:01.09 | SILVA Luis Pedro +0,32 27.51 | 58.70 | | |
| EXH Desportivo Nacional 9 | | Desportivo Nacional | 4:49.69 | +0,68 | 252 | - |
| | MACHADO Tiago Magalhaes +0,68 29.00 | 1:01.31 | CORREIA Rodrigo Ramos +0,53 38.05 | 1:19.98 | | |
| | ALVES Luis Fernandez +0,45 34.51 | 1:12.86 | MENDES Juan Diego +0,63 35.92 | 1:15.54 | | |
| EXH CD Sao Roque 2 | | CD Sao Roque | 5:01.72 | +0,68 | 223 | - |
| | MAROTE Joao Nuno +0,68 29.56 | 1:02.29 | STEFLEA Andre Sergio +0,73 39.32 | 1:23.05 | | |
| | VIEIRA Emanuel Eloi +0,49 31.42 | 1:06.50 | GOUVEIA Martim Jose +0,54 41.60 | 1:29.88 | | |
| EXH Juventude Atlantico Clube 2 | | Juventude Atlantico Clube | 5:46.92 | | 146 | - |
| | ALVES Diogo Basilio 38.49 | 1:20.97 | FERNANDES Afonso Berimbau +0,64 40.78 | 1:26.06 | | |
| | NUNES Duarte Costa +0,67 50.18 | 1:44.79 | OLIVEIRA Afonso Miguel +0,33 34.68 | 1:15.10 | | |

Prova 13

Femin., 4 x 100m Estilos

Absolutos

26/10/2019 - 11:05

Resultados

| | | | | | |
|---------------------------|---------|---------------------------|-----|---------|------------|
| Recorde Regional Absoluto | 4:28.97 | Clube Desportivo Nacional | CDN | Funchal | 28/07/2016 |
| Recorde Regional Sen | 4:34.50 | Clube Desportivo Nacional | CDN | Porto | 04/12/2010 |
| Recorde Regional Jun | 4:28.97 | Clube Desportivo Nacional | CDN | Funchal | 28/07/2016 |
| Recorde Regional Juv A | 4:31.86 | Clube Desportivo Nacional | CDN | Funchal | 12/07/2015 |
| Recorde Regional Juv B | 4:38.14 | Clube Desportivo Nacional | CDN | Funchal | 11/04/2014 |
| Recorde Regional Inf A | 4:44.68 | Clube Desportivo Nacional | CDN | Funchal | 23/07/2013 |
| Recorde Regional Inf B | 5:21.61 | Clube Naval do Funchal | CNF | Funchal | 12/07/2015 |

TAC Zonais Inf B: 5:53.00; Inf A: 5:37.00; Juv B: 5:15.95; Juv A: 5:09.33

Pontos: FINA 2019

| Lugar | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts | |
|-------|-------|-----------------------------|----------------|-----------------------------|------------|----------------|---------|
| 1. | | CD Sao Roque | 5:03.19 | +0,77 | 409 | 25,0(-) | |
| | +0,77 | 35.92 | 1:15.78 | SOUZA Joana Francisca | +0,42 | 32.82 | 1:11.36 |
| | +0,39 | 41.71 | 1:28.95 | JESUS Filipa Mafalda | +0,41 | 31.80 | 1:07.10 |
| 2. | | Juventude Atlantico Clube 1 | 5:09.01 | +0,77 | 387 | 23,0(-) | |
| | +0,77 | 39.01 | 1:20.15 | RAMOS Barbara Emerick | +0,31 | 35.62 | 1:16.28 |
| | +0,49 | 38.29 | 1:23.06 | ANDRADE Margarida Fernandes | +0,49 | 32.29 | 1:09.52 |
| EXH | | Desportivo Nacional 1 | 4:50.35 | +0,67 | 466 | - | |
| | +0,67 | 33.53 | 1:09.49 | DIAS Julia Alves | +0,55 | 35.18 | 1:15.71 |
| | +0,09 | 37.45 | 1:20.63 | AGUILAR Vera Ines | +0,53 | 30.43 | 1:04.52 |
| EXH | | Desportivo Nacional 2 | 5:28.20 | +0,94 | 323 | - | |
| | +0,94 | 39.18 | 1:21.19 | FREITAS Margarida Ramos | +0,28 | 38.17 | 1:23.40 |
| | +0,29 | 40.67 | 1:27.77 | ABREU Maria Eduarda | +0,52 | 36.41 | 1:15.84 |
| EXH | | Desportivo Nacional 11 | 6:57.35 | +0,80 | 157 | - | |
| | +0,80 | 48.25 | 1:41.53 | NOBREGA Maria Trindade | +0,33 | 46.95 | 1:45.71 |
| | +0,71 | 1:03.41 | 2:18.24 | LECA Natasha Maria | +0,27 | 33.29 | 1:11.87 |

2 - Jornada Única - 2ª Sessão

26/10/2019 - 16:30

| Prova 14 | Masc., 800m Livres | | | | Absolutos |
|---------------------------|--------------------|--------------------------|-----|----------|------------|
| 26/10/2019 - 16:30 | | | | | Resultados |
| Recorde Regional Absoluto | 7:59.51 | FRANCO Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Sen | 7:59.51 | FRANCO Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Jun18 | 8:16.27 | GOUVEIA Pedro Galvao | CDN | Funchal | 09/12/2016 |
| Recorde Regional Jun17 | 8:26.03 | GOUVEIA Pedro Galvao | CDN | Funchal | 05/03/2016 |
| Recorde Regional Juv A | 8:47.54 | ALMEIDA Carlos Alexandre | CDN | Funchal | 11/12/2004 |
| Recorde Regional Juv B | 8:46.95 | ALMEIDA Carlos Alexandre | CDN | Penafiel | 21/03/2004 |
| Recorde Regional Inf A | 8:59.16 | FREITAS Tomas Miguel | CDN | Funchal | 22/05/2004 |
| Recorde Regional Inf B | 9:18.20 | FREITAS Tomas Miguel | CDN | Funchal | 31/05/2003 |

TAC Nacionais Juv B: 9:16.09; Juv A: 9:02.19; Jun17: 8:28.76; Jun18: 8:26.23; 19: 8:17.69; 20 +: 8:15.21

Pontos: FINA 2019

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|-----|--------|---------------------------|---------------------|---------------------|----------|-------|
| 1. | CASTRO Martim Pereira | 02 | 124907 | Escola O Liceu | 9:20.46 | +0,72 | 495 | 23,00 |
| | 50m: 31.28 31.28 | | | 250m: 2:50.60 35.14 | 450m: 5:13.39 35.91 | 650m: 7:35.89 35.69 | | |
| | 100m: 1:05.35 34.07 | | | 300m: 3:26.21 35.61 | 500m: 5:49.02 35.63 | 700m: 8:11.65 35.76 | | |
| | 150m: 1:40.18 34.83 | | | 350m: 4:01.83 35.62 | 550m: 6:24.72 35.70 | 750m: 8:47.13 35.48 | | |
| | 200m: 2:15.46 35.28 | | | 400m: 4:37.48 35.65 | 600m: 7:00.20 35.48 | 800m: 9:20.46 33.33 | | |
| 2. | TELES Artur Corte | 04 | 127508 | Juventude Atlantico Clube | 9:33.83 | +0,69 | 461 | 21,00 |
| | 50m: 31.50 31.50 | | | 250m: 2:53.65 35.96 | 450m: 5:18.14 36.66 | 650m: 7:45.16 36.47 | | |
| | 100m: 1:06.30 34.80 | | | 300m: 3:29.35 35.70 | 500m: 5:54.51 36.37 | 700m: 8:21.85 36.69 | | |
| | 150m: 1:42.09 35.79 | | | 350m: 4:05.60 36.25 | 550m: 6:31.70 37.19 | 750m: 8:58.38 36.53 | | |
| | 200m: 2:17.69 35.60 | | | 400m: 4:41.48 35.88 | 600m: 7:08.69 36.99 | 800m: 9:33.83 35.45 | | |
| EXH | FERNANDES Rui Afonso | 03 | 125395 | Desportivo Nacional | 8:51.84 | +0,66 | 579 | - |
| | 50m: 29.54 29.54 | | | 250m: 2:43.17 33.81 | 450m: 4:58.57 33.86 | 650m: 7:13.30 34.14 | | |
| | 100m: 1:02.45 32.91 | | | 300m: 3:16.90 33.73 | 500m: 5:32.23 33.66 | 700m: 7:47.53 34.23 | | |
| | 150m: 1:35.76 33.31 | | | 350m: 3:50.77 33.87 | 550m: 6:05.67 33.44 | 750m: 8:20.09 32.56 | | |
| | 200m: 2:09.36 33.60 | | | 400m: 4:24.71 33.94 | 600m: 6:39.16 33.49 | 800m: 8:51.84 31.75 | | |
| EXH | FERRO Henrique Martins | 01 | 117544 | Naval do Funchal | 8:54.78 | +0,65 | 570 | - |
| | 50m: 29.13 29.13 | | | 250m: 2:41.61 33.76 | 450m: 4:56.54 33.99 | 650m: 7:12.77 34.02 | | |
| | 100m: 1:01.40 32.27 | | | 300m: 3:15.44 33.83 | 500m: 5:30.47 33.93 | 700m: 7:47.12 34.35 | | |
| | 150m: 1:34.40 33.00 | | | 350m: 3:48.87 33.43 | 550m: 6:04.68 34.21 | 750m: 8:21.21 34.09 | | |
| | 200m: 2:07.85 33.45 | | | 400m: 4:22.55 33.68 | 600m: 6:38.75 34.07 | 800m: 8:54.78 33.57 | | |
| EXH | RODRIGUES Pedro Reis | 02 | 123672 | CD Sao Roque | 8:59.41 | +0,74 | 555 | - |
| | 50m: 29.85 29.85 | | | 250m: 2:42.04 33.17 | 450m: 4:57.75 34.13 | 650m: 7:16.20 35.03 | | |
| | 100m: 1:02.52 32.67 | | | 300m: 3:15.70 33.66 | 500m: 5:32.08 34.33 | 700m: 7:51.11 34.91 | | |
| | 150m: 1:35.56 33.04 | | | 350m: 3:49.70 34.00 | 550m: 6:06.57 34.49 | 750m: 8:25.90 34.79 | | |
| | 200m: 2:08.87 33.31 | | | 400m: 4:23.62 33.92 | 600m: 6:41.17 34.60 | 800m: 8:59.41 33.51 | | |
| EXH | FERNANDES Diogo Henrique | 04 | 133152 | Naval do Funchal | 9:26.90 | +0,71 | 478 | - |
| | 50m: 31.37 31.37 | | | 250m: 2:54.93 36.31 | 450m: 5:19.63 35.52 | 650m: 7:41.11 35.72 | | |
| | 100m: 1:06.44 35.07 | | | 300m: 3:31.30 36.37 | 500m: 5:54.39 34.76 | 700m: 8:17.20 36.09 | | |
| | 150m: 1:42.45 36.01 | | | 350m: 4:07.77 36.47 | 550m: 6:29.92 35.53 | 750m: 8:52.99 35.79 | | |
| | 200m: 2:18.62 36.17 | | | 400m: 4:44.11 36.34 | 600m: 7:05.39 35.47 | 800m: 9:26.90 33.91 | | |

Prova 15 Femin., 100m Mariposa Absolutos
26/10/2019 - 16:41 Resultados

| | | | | | |
|---------------------------|---------|----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 1:03.45 | OLIM Carlota Freitas | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen | 1:03.70 | ROSA Beatriz Jong | CDN | Porto | 09/12/2017 |
| Recorde Regional Jun17 | 1:03.45 | OLIM Carlota Freitas | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun16 | 1:04.75 | ROSA Beatriz Jong | CDN | Porto | 12/12/2015 |
| Recorde Regional Juv A | 1:05.15 | ROSA Beatriz Jong | CDN | Funchal | 11/07/2015 |
| Recorde Regional Juv B | 1:07.65 | ROSA Beatriz Jong | CDN | Tomar | 15/12/2013 |
| Recorde Regional Inf A | 1:09.65 | ROSA Beatriz Jong | CDN | Funchal | 24/07/2013 |
| Recorde Regional 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; 18: 1:05.61; 19+: 1:05.28 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|-----|---------------------|---------------------------|----------------|-------|----------|---------|
| 1. | SILVA Silvana Suamade | 06 | 131322 | CD Sao Roque | 1:13.51 | +0,71 | 409 | 25,0(-) |
| | 50m: 34.32 34.32 | | 100m: 1:13.51 39.19 | | | | | |
| 2. | VICTOR Joana Isabel | 91 | 10404 | Juventude Atlantico Clube | 1:19.90 | +0,72 | 319 | 23,0(-) |
| | 50m: 36.20 36.20 | | 100m: 1:19.90 43.70 | | | | | |
| DNS | FERNANDES Maria Madalena | 05 | 207291 | Juventude Atlantico Clube | | | | - |
| DNS | AVEIRO Leonor Sofia | 05 | 201597 | Naval do Funchal | | | | - |
| DNS | GOMES Susana Clara | 77 | 119272 | Naval do Funchal | | | | - |
| DNS | SOUSA Ivana Valentina | 06 | 206590 | Desportivo Nacional | | | | - |
| DNS | TEMBE Ines Afonso | 06 | 207504 | Desportivo Nacional | | | | - |
| EXH | BOULHOSA Carolina Abreu | 01 | 123395 | Naval do Funchal | 1:09.80 | +0,67 | 478 | - |
| | 50m: 32.40 32.40 | | 100m: 1:09.80 37.40 | | | | | |
| EXH | JARDIM Lara Filipa | 06 | 200830 | Naval do Funchal | 1:14.66 | +0,74 | 391 | - |
| | 50m: 34.35 34.35 | | 100m: 1:14.66 40.31 | | | | | |
| EXH | DIAS Julia Alves | 06 | 133479 | Desportivo Nacional | 1:14.85 | +0,78 | 388 | - |
| | 50m: 35.07 35.07 | | 100m: 1:14.85 39.78 | | | | | |
| EXH | CAMACHO Laura Fernandes | 04 | 147183 | Naval do Funchal | 1:14.97 | +0,52 | 386 | - |
| | 50m: 34.85 34.85 | | 100m: 1:14.97 40.12 | | | | | |
| EXH | FERRO Maria Leonor | 06 | 132696 | Naval do Funchal | 1:21.03 | +0,76 | 306 | - |
| | 50m: 38.28 38.28 | | 100m: 1:21.03 42.75 | | | | | |
| EXH | FARIA Laura Pereira | 06 | 202151 | Juventude Atlantico Clube | 1:25.63 | +0,68 | 259 | - |
| | 50m: 38.67 38.67 | | 100m: 1:25.63 46.96 | | | | | |
| EXH | GOUVEIA Susana Isabel | 04 | 207109 | Juventude Atlantico Clube | 1:28.91 | +0,77 | 231 | - |
| | 50m: 39.72 39.72 | | 100m: 1:28.91 49.19 | | | | | |

Prova 16 Masc., 200m Mariposa Absolutos
26/10/2019 - 16:46 Resultados

| | | | | | |
|---------------------------|---------|---------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:00.44 | FRANCO Paulo Fragueiro | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen | 2:00.44 | FRANCO Paulo Fragueiro | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18 | 2:01.97 | GOUVEIA Pedro Galvao | CDN | Funchal | 11/12/2016 |
| Recorde Regional Jun17 | 2:03.86 | GOUVEIA Pedro Galvao | CDN | Funchal | 17/06/2016 |
| Recorde Regional Juv A | 2:08.54 | MIGUEL Goncalves Ferreira | CDN | Funchal | 12/07/2009 |
| Recorde Regional Juv B | 2:11.93 | FERNANDES Rui Afonso | CDN | Funchal | 31/07/2018 |
| Recorde Regional Inf A | 2:12.42 | FREITAS Tomas Miguel | CDN | Funchal | 11/07/2004 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|-----------------------|---------------------------|-----------------------|-------|----------|-------|
| 1. | MARCOS Joao Freitas | 01 | 123161 | Escola O Liceu | 2:25.75 | +0,66 | 409 | 23,00 |
| | 50m: 30.18 30.18 | | 100m: 1:05.95 35.77 | 150m: 1:44.69 38.74 | 200m: 2:25.75 41.06 | | | |
| 2. | MELIM Bruno Pontes | 03 | 201593 | Juventude Atlantico Clube | 2:31.22 | +0,72 | 366 | 21,00 |
| | 50m: 32.99 32.99 | | 100m: 1:10.63 37.64 | 150m: 1:50.33 39.70 | 200m: 2:31.22 40.89 | | | |
| DNS | FERRAZ Luis Afonso | 06 | 133164 | Naval do Funchal | | | | - |
| EXH | FERREIRA Miguel Goncalves | 93 | 11223 | Desportivo Nacional | 2:08.51 | +0,67 | 597 | - |
| | 50m: 27.41 27.41 | | 100m: 59.55 32.14 | 150m: 1:33.55 34.00 | 200m: 2:08.51 34.96 | | | |
| EXH | RODRIGUES Rodrigo Reis | 04 | 124155 | CD Sao Roque | 2:24.33 | +0,63 | 421 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 32.73 32.73 | | 100m: 1:10.18 37.45 | 150m: 1:47.62 37.44 | 200m: 2:24.33 36.71 | | | |
| EXH | PAULOS Joao Afonso | 06 | 150813 | Naval do Funchal | 2:37.42 | +0,67 | 325 | - |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Ponte de Sôr</i> | | | | | | | |
| | 50m: 33.29 33.29 | | 100m: 1:12.19 38.90 | 150m: 1:53.20 41.01 | 200m: 2:37.42 44.22 | | | |
| EXH | PITA Pedro Miguel | 06 | 201963 | Naval do Funchal | 2:43.64 | +0,66 | 289 | - |
| | 50m: 33.21 33.21 | | 100m: 1:13.76 40.55 | 150m: 1:58.53 44.77 | 200m: 2:43.64 45.11 | | | |
| EXH | ABREU Joao Francisco | 06 | 133478 | Naval do Funchal | 2:45.82 | +0,64 | 278 | - |
| | 50m: 34.95 34.95 | | 100m: 1:15.16 40.21 | 150m: 1:59.13 43.97 | 200m: 2:45.82 46.69 | | | |
| EXH | ALVES Diogo Basilio | 07 | 201709 | Juventude Atlantico Clube | 3:52.01 | +0,42 | 101 | - |
| | 50m: 46.67 46.67 | | 100m: 1:46.54 59.87 | 150m: 2:49.59 1:03.05 | 200m: 3:52.01 1:02.42 | | | |
| EXH | FERNANDES Afonso Berimbat | 07 | 204768 | Juventude Atlantico Clube | 4:03.85 | +0,78 | 87 | - |
| | 50m: 49.82 49.82 | | 100m: 1:53.10 1:03.28 | 150m: 2:58.76 1:05.66 | 200m: 4:03.85 1:05.09 | | | |

Prova 17 Femin., 100m Bruços Absolutos
26/10/2019 - 16:55 Resultados

| | | | | | |
|---------------------------|---------|-----------------------|------|---------|------------|
| Recorde Regional Absoluto | 1:10.92 | QUINTAL Fabiana Maria | CDN | Guarda | 11/12/2010 |
| Recorde Regional Sen | 1:10.92 | QUINTAL Fabiana Maria | CDN | Guarda | 11/12/2010 |
| Recorde Regional Jun17 | 1:14.11 | ABREU Laura Catarina | CDWT | Funchal | 09/12/2016 |
| Recorde Regional Jun16 | 1:14.28 | ABREU Laura Catarina | CDN | Porto | 12/12/2015 |
| Recorde Regional Juv A | 1:13.75 | ABREU Laura Catarina | CDN | Funchal | 09/07/2015 |
| Recorde Regional Juv B | 1:13.68 | ABREU Laura Catarina | CDN | Tomar | 15/12/2013 |
| Recorde Regional Inf A | 1:17.24 | ABREU Laura Catarina | CDN | Funchal | 24/07/2013 |
| Recorde Regional 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; 18: 1:15.79; 19+: 1:15.41 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|---------------------------|----------------|-------|----------|---------|
| 1. | RODRIGUES Laura Sofia | 07 | 148425 | Juventude Atlantico Clube | 1:23.21 | +0,76 | 420 | 25,0(-) |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Ponte de Sôr</i> | | | | | | | |
| | 50m: 38.56 38.56 | | | 100m: 1:23.21 44.65 | | | | |
| 2. | LUIS Catarina Fernandes | 97 | 109602 | CD Sao Roque | 1:28.58 | +0,78 | 348 | 23,0(-) |
| | 50m: 41.41 41.41 | | | 100m: 1:28.58 47.17 | | | | |
| DSQ | ANDRADE Maria Beatriz | 05 | 202422 | Desportivo Nacional | | | | - |
| | <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 50 m - SW 7.6</i> | | | | | | | |
| EXH | COSTA Maria Jardim | 06 | 205248 | Desportivo Nacional | 1:19.31 | +0,78 | 486 | - |
| | <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 38.23 38.23 | | | 100m: 1:19.31 41.08 | | | | |
| EXH | PEREIRA Joana Marques | 06 | 131193 | Desportivo Nacional | 1:25.77 | +0,73 | 384 | - |
| | 50m: 41.21 41.21 | | | 100m: 1:25.77 44.56 | | | | |
| EXH | REBELO Filipa Margarida | 03 | 133160 | Escola O Liceu | 1:26.07 | +0,74 | 380 | - |
| | 50m: 39.56 39.56 | | | 100m: 1:26.07 46.51 | | | | |
| EXH | DEUS Ines Portugal | 06 | 203091 | Naval do Funchal | 1:26.33 | +0,67 | 376 | - |
| | 50m: 41.09 41.09 | | | 100m: 1:26.33 45.24 | | | | |
| EXH | SEQUEIRA Beatriz Meneses | 06 | 132695 | Naval do Funchal | 1:26.46 | +0,61 | 375 | - |
| | 50m: 41.43 41.43 | | | 100m: 1:26.46 45.03 | | | | |
| EXH | OLIVEIRA Beatriz Camacho | 03 | 130409 | Naval do Funchal | 1:29.13 | +0,78 | 342 | - |
| | 50m: 41.67 41.67 | | | 100m: 1:29.13 47.46 | | | | |
| EXH | ABREU Ana Rodrigues | 06 | 130412 | Naval do Funchal | 1:30.15 | +0,68 | 330 | - |
| | 50m: 41.72 41.72 | | | 100m: 1:30.15 48.43 | | | | |
| EXH | LUIS Mariana Capelo | 05 | 201592 | Juventude Atlantico Clube | 1:31.70 | +0,90 | 314 | - |
| | 50m: 42.49 42.49 | | | 100m: 1:31.70 49.21 | | | | |
| EXH | GOMES Madalena Sousa | 05 | 200542 | Naval do Funchal | 1:33.70 | +0,59 | 294 | - |
| | 50m: 43.34 43.34 | | | 100m: 1:33.70 50.36 | | | | |
| EXH | FREITAS Maria Raquel | 07 | 207116 | Naval do Funchal | 1:40.49 | +0,71 | 238 | - |
| | 50m: 47.22 47.22 | | | 100m: 1:40.49 53.27 | | | | |
| EXH | GOIS Mariana Teles | 05 | 204454 | CD Sao Roque | 1:40.56 | +0,75 | 238 | - |
| | 50m: 47.30 47.30 | | | 100m: 1:40.56 53.26 | | | | |
| EXH | PEREIRA Julia Freitas | 08 | 206800 | Naval do Funchal | 1:42.21 | +0,79 | 227 | - |
| | 50m: 49.01 49.01 | | | 100m: 1:42.21 53.20 | | | | |
| EXH | ALVES Carolina Alexandra | 04 | 207113 | Naval do Funchal | 1:44.14 | +0,86 | 214 | - |
| | 50m: 49.71 49.71 | | | 100m: 1:44.14 54.43 | | | | |
| EXH | RODRIGUES Beatriz Mendes | 07 | 207099 | Naval do Funchal | 1:49.74 | +0,66 | 183 | - |
| | 50m: 51.64 51.64 | | | 100m: 1:49.74 58.10 | | | | |
| EXH | SILVA Carolina Pestana | 08 | 206840 | Naval do Funchal | 1:51.34 | +0,75 | 175 | - |
| | 50m: 52.96 52.96 | | | 100m: 1:51.34 58.38 | | | | |
| EXH | MACEDO Diana Camacho | 08 | 206522 | Naval do Funchal | 1:55.99 | +0,88 | 155 | - |
| | 50m: 54.82 54.82 | | | 100m: 1:55.99 1:01.17 | | | | |
| EXH | QUINTAL Madalena Saldanha | 08 | 200536 | Naval do Funchal | 1:57.29 | +0,77 | 150 | - |
| | 50m: 53.54 53.54 | | | 100m: 1:57.29 1:03.75 | | | | |

Prova 17, Femin., 100m Bruços

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|---------------------------|---------------------------|-------|----------|-----|
| EXH | BLANDY Mischa Blue 50m: 54.00 54.00 | 04 | 207653 | Juventude Atlantico Clube | 1:57.55 1:03.55 | +0,85 | 149 | - |
| EXH | NOBREGA Sara Francisca 50m: 59.06 59.06 | 08 | 209056 | CD Sao Roque | 2:05.33 1:06.27 | +0,50 | 123 | - |
| EXH | PERNETA Mariana Rodrigues 50m: 1:01.96 1:01.96 | 08 | 206527 | Desportivo Nacional | 2:14.13 1:12.17 | +0,96 | 100 | - |

Prova 18

Masc., 200m Bruços

Absolutos
Resultados

26/10/2019 - 17:04

| | | | | | |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:17.57 | SILVA Tomas Antonio | CNF | Felgueiras | 22/12/2018 |
| Recorde Regional Sen | 2:19.23 | FIGUEIRA Andre Temtem | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18 | 2:17.57 | SILVA Tomas Antonio | CNF | Felgueiras | 22/12/2018 |
| Recorde Regional Jun17 | 2:22.69 | SILVA Tomas Antonio | CNF | Funchal | 10/06/2018 |
| Recorde Regional Juv A | 2:24.33 | DEUS Andre Portugal | CNF | Funchal | 24/11/2017 |
| Recorde Regional Juv B | 2:23.33 | ALVES Paulo Rodrigues | CDN | Funchal | 13/07/2019 |
| Recorde Regional Inf A | 2:29.20 | ALVES Paulo Rodrigues | CDN | Funchal | 01/08/2018 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|--------|---------------------------|---|-------|----------|-------|
| 1. | FREITAS Joao Tomas 50m: 35.94 35.94 | 02 | 131520 | Juventude Atlantico Clube | 2:42.85 1:17.68 41.74 150m: 2:01.19 43.51 | +0,67 | 401 | 23,00 |
| 2. | FERREIRA Luis Duarte 50m: 35.82 35.82 | 89 | 25800 | Escola O Liceu | 2:45.22 1:17.66 41.84 150m: 2:01.37 43.71 | +0,68 | 384 | 21,00 |
| DSQ | ALVES Afonso Pires <i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 150 m - SW 7.6</i> | 05 | 148357 | Juventude Atlantico Clube | | | | - |
| DNS | SILVA Tomas Antonio | 01 | 132294 | Naval do Funchal | | | | - |
| DNS | SMIRNOV Dmytro | 07 | 207538 | CD Sao Roque | | | | - |
| EXH | SANTOS Diego Felipe 50m: 35.25 35.25 | 87 | 106614 | Desportivo Nacional | 2:31.51 1:15.03 39.78 150m: 1:53.72 38.69 | +0,74 | 498 | - |
| EXH | FERNANDES Martim Pestana <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> | 04 | 130526 | Naval do Funchal | 2:32.25 1:14.10 39.45 150m: 1:54.14 40.04 | +0,61 | 491 | - |
| EXH | SILVA Luis Pedro 50m: 34.58 34.58 | 98 | 106400 | Desportivo Nacional | 2:35.31 1:14.97 40.39 150m: 1:55.35 40.38 | +0,68 | 463 | - |
| EXH | GOUVEIA Luis Galvao <i>Minimos Campeonato Nacional, Minimos Camp. Zonal - Sines</i> | 05 | 127884 | Desportivo Nacional | 2:37.98 1:16.09 40.40 150m: 1:57.32 41.23 | +0,70 | 440 | - |
| EXH | PAULOS Francisco Silva 50m: 35.72 35.72 | 02 | 118178 | Naval do Funchal | 2:42.74 1:16.20 40.48 150m: 1:58.84 42.64 | +0,59 | 402 | - |
| EXH | LOPES Pedro Henrique 50m: 37.20 37.20 | 03 | 129896 | CD Sao Roque | 2:44.88 1:19.53 42.33 150m: 2:02.36 42.83 | +0,74 | 387 | - |
| EXH | SILVA Tony Stefano 50m: 36.62 36.62 | 05 | 200947 | Naval do Funchal | 2:46.33 1:18.09 41.47 150m: 2:01.63 43.54 | +0,63 | 377 | - |
| EXH | VOLOZHENIN Alexandre 50m: 38.20 38.20 | 05 | 204548 | Naval do Funchal | 2:49.25 1:20.92 42.72 150m: 2:04.82 43.90 | +0,75 | 357 | - |
| EXH | ALVES Andre Camara 50m: 39.39 39.39 | 05 | 202423 | Desportivo Nacional | 2:55.26 1:24.07 44.68 150m: 2:10.41 46.34 | +0,62 | 322 | - |
| EXH | AGUILAR Luis Santos 50m: 37.87 37.87 | 04 | 124011 | Desportivo Nacional | 2:55.72 1:22.33 44.46 150m: 2:09.41 47.08 | +0,69 | 319 | - |
| EXH | VIEIRA Emanuel Eloi 50m: 38.20 38.20 | 03 | 130582 | CD Sao Roque | 3:00.53 1:22.90 44.70 150m: 2:11.19 48.29 | +0,81 | 294 | - |

Prova 18, Masc., 200m Bruços

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|-----|---------------|---------------------------|----------------|---------------|----------|-----|
| EXH | SETIM Joao Oliveira | 06 | 205151 | Naval do Funchal | 3:03.21 | +0,65 | 282 | - |
| | 50m: 40.86 40.86 | | 100m: 1:27.62 | 46.76 150m: 2:16.10 | 48.48 | 200m: 3:03.21 | 47.11 | |
| EXH | FERNANDES Pedro Pestana | 01 | 123311 | Naval do Funchal | 3:05.17 | +0,61 | 273 | - |
| | 50m: 31.28 31.28 | | 100m: 1:22.15 | 50.87 150m: 2:14.35 | 52.20 | 200m: 3:05.17 | 50.82 | |
| EXH | CARVALHO Joaquim Eduardo | 07 | 202564 | Naval do Funchal | 3:45.05 | | 152 | - |
| | 50m: 49.30 49.30 | | 100m: 1:46.35 | 57.05 150m: 2:46.51 | 1:00.16 | 200m: 3:45.05 | 58.54 | |
| EXH | FERNANDES Afonso Freitas | 06 | 148418 | Juventude Atlantico Clube | 3:46.32 | +0,59 | 149 | - |
| | 50m: 51.31 51.31 | | 100m: 1:49.62 | 58.31 150m: 2:48.90 | 59.28 | 200m: 3:46.32 | 57.42 | |

Prova 19

Femin., 50m Livres

Absolutos
Resultados

26/10/2019 - 17:16

| | | | | | |
|---------------------------|-------|-------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 26.39 | QUINTAL Fabiana Maria | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen | 26.39 | QUINTAL Fabiana Maria | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun17 | 27.71 | OLIM Carlota Freitas | CNF | Funchal | 21/11/2009 |
| Recorde Regional Jun16 | 27.57 | AGUILAR Vera Ines | CDN | Porto | 12/12/2015 |
| Recorde Regional Juv A | 27.55 | ABREU Laura Catarina | CDN | Funchal | 09/07/2015 |
| Recorde Regional Juv B | 28.33 | AGUILAR Vera Ines | CDN | Funchal | 12/04/2014 |
| Recorde Regional Inf A | 28.43 | AGUILAR Vera Ines | CDN | Funchal | 23/07/2013 |
| Recorde Regional Inf B | 29.30 | NUNES Jeanette Vilarejo | CNF | Funchal | 23/05/1992 |

TAC Nacionais Juv B: 28.30; Juv A: 28.30; Jun16: 28.30; Jun17: 28.16; 18: 27.82; 19 +: 27.68

Pontos: FINA 2019

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|--------|---------------------------|--------------|-------|----------|---------|
| 1. | OLIVEIRA Sara Fernandes | 04 | 202386 | Juventude Atlantico Clube | 29.27 | +0,71 | 480 | 25,0(-) |
| 2. | JESUS Filipa Mafalda | 03 | 148582 | CD Sao Roque | 31.26 | +0,75 | 394 | 23,0(-) |
| DSQ | JARDIM Teresa Vieira 403 - Falsa partida - SW 4.4 | 05 | 201596 | Naval do Funchal | | | | - |
| DNS | ARAUJO Maria Clara | 05 | 133482 | Naval do Funchal | | | | - |
| DNS | AVEIRO Leonor Sofia | 05 | 201597 | Naval do Funchal | | | | - |
| DNS | GOMES Susana Clara | 77 | 119272 | Naval do Funchal | | | | - |
| DNS | DINIS Maria Antonia | 05 | 206792 | Desportivo Nacional | | | | - |
| DNS | TEMBE Ines Afonso | 06 | 207504 | Desportivo Nacional | | | | - |
| EXH | AGUILAR Vera Ines | 00 | 112452 | Desportivo Nacional | 28.83 | +0,66 | 503 | - |
| EXH | BOULHOSA Carolina Abreu | 01 | 123395 | Naval do Funchal | 29.11 | +0,65 | 488 | - |
| EXH | REBELO Filipa Margarida | 03 | 133160 | Escola O Liceu | 29.96 | +0,72 | 448 | - |
| EXH | FERNANDES Ana Catarina | 03 | 128612 | Naval do Funchal | 30.63 | | 419 | - |
| EXH | GOUVEIA Susana Isabel | 04 | 207109 | Juventude Atlantico Clube | 31.19 | +0,76 | 397 | - |
| EXH | BETENCOURT Ana Margarida | 03 | 125091 | Naval do Funchal | 31.58 | +0,71 | 382 | - |
| EXH | GOUVEIA Laura Ines | 01 | 124179 | Naval do Funchal | 32.97 | +0,78 | 336 | - |
| EXH | GOMES Madalena Sousa | 05 | 200542 | Naval do Funchal | 33.59 | +0,74 | 318 | - |
| EXH | GOIS Mariana Teles | 05 | 204454 | CD Sao Roque | 34.16 | +0,74 | 302 | - |
| EXH | DIAS Monica Fernandes | 06 | 133029 | CD Sao Roque | 34.47 | +0,81 | 294 | - |
| EXH | SILVA Maria Fabiana | 05 | 206765 | Desportivo Nacional | 34.51 | +0,75 | 293 | - |
| EXH | BARROS Ana Carolina | 05 | 127881 | Juventude Atlantico Clube | 34.68 | +0,71 | 289 | - |
| EXH | SILVA Gabriela Suamade | 02 | 131327 | CD Sao Roque | 34.83 | +0,69 | 285 | - |
| EXH | CRO Isabel Matilde | 00 | 204436 | Escola O Liceu | 36.63 | +0,73 | 245 | - |
| EXH | NOBREGA Maria Trindade | 05 | 203465 | Desportivo Nacional | 38.49 | +0,84 | 211 | - |
| EXH | BLANDY Mischa Blue | 04 | 207653 | Juventude Atlantico Clube | 39.52 | +0,75 | 195 | - |
| EXH | ANDRADE Maria Beatriz | 05 | 202422 | Desportivo Nacional | 39.88 | | 190 | - |
| EXH | BAPTISTA Rita Teixeira | 04 | 208919 | Desportivo Nacional | 41.57 | +0,66 | 167 | - |
| EXH | ALVES Margarida Jesus | 08 | 200530 | Desportivo Nacional | 43.60 | +0,81 | 145 | - |
| EXH | PERNETA Mariana Rodrigues | 08 | 206527 | Desportivo Nacional | 48.09 | +0,82 | 108 | - |
| EXH | NOBREGA Sara Francisca | 08 | 209056 | CD Sao Roque | 51.70 | | 87 | - |

Prova 20 Masc., 100m Livres Absolutos
26/10/2019 - 17:23 Resultados

| | | | | | |
|---------------------------|-------|--------------------|------|-----------------------|------------|
| Recorde Regional Absoluto | 49.20 | PINTO Luis Marques | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen | 49.20 | PINTO Luis Marques | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18 | 51.05 | CASTRO Joao Cruz | CDSR | Porto | 08/12/2017 |
| Recorde Regional Jun17 | 51.79 | CASTRO Joao Cruz | CDSR | Funchal | 28/07/2017 |
| Recorde Regional Juv A | 52.66 | CASTRO Joao Cruz | CDSR | Funchal | 29/07/2016 |
| Recorde Regional Juv B | 52.96 | CASTRO Joao Cruz | CDSR | Funchal | 12/07/2015 |
| Recorde Regional Inf A | 54.93 | CASTRO Joao Cruz | CSM | Funchal | 12/04/2014 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|---------------------|---------------------------|----------------|-------|----------|-------|
| 1. | FERNANDES Joao Vitor | 00 | 117339 | Escola O Liceu | 53.63 | +0,64 | 588 | 23,00 |
| | 50m: 25.92 25.92 | | 100m: 53.63 27.71 | | | | | |
| 2. | RODRIGUES Renato Correia | 03 | 204444 | Juventude Atlantico Clube | 59.98 | +0,72 | 420 | 21,00 |
| | 50m: 28.73 28.73 | | 100m: 59.98 31.25 | | | | | |
| DSQ | AGUIAR Pedro Ferreira <i>403 - Falsa partida - SW 4.4</i> | 03 | 204658 | Naval do Funchal | | | | - |
| DNS | LEITAO Andre Freitas | 05 | 130739 | Naval do Funchal | | | | - |
| DNS | SILVA Tomas Antonio | 01 | 132294 | Naval do Funchal | | | | - |
| DNS | FREITAS Tomas Miguel | 90 | 23135 | Desportivo Nacional | | | | - |
| EXH | CASTRO Joao Cruz | 00 | 116739 | CD Sao Roque | 53.71 | +0,63 | 585 | - |
| | 50m: 25.91 25.91 | | 100m: 53.71 27.80 | | | | | |
| EXH | DEUS Andre Portugal | 02 | 122429 | Naval do Funchal | 56.33 | +0,60 | 507 | - |
| | 50m: 27.53 27.53 | | 100m: 56.33 28.80 | | | | | |
| EXH | FERNANDES Diogo Henrique <i>Minimos Camp. Zonal - Sines</i> | 04 | 133152 | Naval do Funchal | 58.23 | +0,71 | 459 | - |
| | 50m: 27.88 27.88 | | 100m: 58.23 30.35 | | | | | |
| EXH | NUNES Goncalo Almada | 01 | 119328 | Juventude Atlantico Clube | 1:01.23 | +0,65 | 395 | - |
| | 50m: 29.86 29.86 | | 100m: 1:01.23 31.37 | | | | | |
| EXH | FARIA Joao Pedro | 03 | 126384 | Naval do Funchal | 1:01.58 | +0,76 | 388 | - |
| | 50m: 29.04 29.04 | | 100m: 1:01.58 32.54 | | | | | |
| EXH | VIEIRA Duarte Nuno | 95 | 104151 | Juventude Atlantico Clube | 1:01.98 | +0,70 | 381 | - |
| | 50m: 29.27 29.27 | | 100m: 1:01.98 32.71 | | | | | |
| EXH | VOLOZHENIN Alexandre | 05 | 204548 | Naval do Funchal | 1:02.24 | +0,75 | 376 | - |
| | 50m: 29.87 29.87 | | 100m: 1:02.24 32.37 | | | | | |
| EXH | BAPTISTA Tiago Ornelas | 03 | 128470 | Naval do Funchal | 1:02.37 | +0,73 | 374 | - |
| | 50m: 29.90 29.90 | | 100m: 1:02.37 32.47 | | | | | |
| EXH | NASCIMENTO Diogo Andre | 02 | 128888 | Naval do Funchal | 1:04.45 | +0,58 | 339 | - |
| | 50m: 30.63 30.63 | | 100m: 1:04.45 33.82 | | | | | |
| EXH | ABREU Nuno Afonso | 03 | 129036 | Naval do Funchal | 1:04.49 | +0,67 | 338 | - |
| | 50m: 30.72 30.72 | | 100m: 1:04.49 33.77 | | | | | |
| EXH | SOUSA Lourenco Quintas | 05 | 133162 | Naval do Funchal | 1:04.92 | +0,70 | 331 | - |
| | 50m: 30.72 30.72 | | 100m: 1:04.92 34.20 | | | | | |
| EXH | PAULOS Joao Afonso | 06 | 150813 | Naval do Funchal | 1:05.01 | +0,67 | 330 | - |
| | 50m: 30.19 30.19 | | 100m: 1:05.01 34.82 | | | | | |
| EXH | SILVA Joao Luis | 06 | 148423 | Escola O Liceu | 1:07.73 | +0,79 | 292 | - |
| | 50m: 32.09 32.09 | | 100m: 1:07.73 35.64 | | | | | |
| EXH | LUIS Francisco Sousa | 03 | 207984 | Desportivo Nacional | 1:09.05 | +0,68 | 275 | - |
| | 50m: 31.15 31.15 | | 100m: 1:09.05 37.90 | | | | | |
| EXH | BOULHOSA Rodrigo Abreu | 05 | 133153 | Naval do Funchal | 1:09.69 | +0,61 | 268 | - |
| | 50m: 32.54 32.54 | | 100m: 1:09.69 37.15 | | | | | |
| EXH | ABREU Tiago Gomes | 03 | 150816 | Naval do Funchal | 1:11.03 | | 253 | - |
| | 50m: 34.06 34.06 | | 100m: 1:11.03 36.97 | | | | | |

Prova 20, Masc., 100m Livres

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|--|----------------|-------|----------|-----|
| EXH | SILVA Afonso Mar 50m: 34.51 34.51 | 06 | 200948 | Naval do Funchal 100m: 1:11.46 36.95 | 1:11.46 | +0,70 | 248 | - |
| EXH | ALVES Luis Fernandez 50m: 34.41 34.41 | 05 | 201594 | Desportivo Nacional 100m: 1:12.83 38.42 | 1:12.83 | +0,80 | 234 | - |
| EXH | ALMEIDA Joao Francisco 50m: 35.28 35.28 | 07 | 209787 | Naval do Funchal 100m: 1:14.34 39.06 | 1:14.34 | +0,50 | 220 | - |
| EXH | URDANETA Lisandro Alberto 50m: 34.99 34.99 | 04 | 210215 | Desportivo Nacional 100m: 1:14.70 39.71 | 1:14.70 | +0,68 | 217 | - |
| EXH | CORREIA Rodrigo Ramos 50m: 35.94 35.94 | 05 | 207073 | Desportivo Nacional 100m: 1:16.79 40.85 | 1:16.79 | +0,71 | 200 | - |
| EXH | CASTRO Mateus Pereira 50m: 36.61 36.61 | 06 | 206597 | Escola O Liceu 100m: 1:16.92 40.31 | 1:16.92 | +0,78 | 199 | - |
| EXH | MENDES Juan Diego 50m: 37.34 37.34 | 05 | 206768 | Desportivo Nacional 100m: 1:18.05 40.71 | 1:18.05 | +0,87 | 190 | - |
| EXH | KOVAL Igor 50m: 38.13 38.13 | 03 | 206767 | Desportivo Nacional 100m: 1:18.49 40.36 | 1:18.49 | +0,82 | 187 | - |
| EXH | NACHYCHKO Maximo 50m: 37.23 37.23 | 06 | 209685 | Naval do Funchal 100m: 1:18.68 41.45 | 1:18.68 | +0,61 | 186 | - |
| EXH | BARBOSA Joao Camacho 50m: 42.75 42.75 | 07 | 133375 | Desportivo Nacional 100m: 1:31.64 48.89 | 1:31.64 | | 117 | - |
| EXH | NUNES Duarte Costa 50m: 44.46 44.46 | 07 | 206934 | Juventude Atlantico Clube 100m: 1:36.31 51.85 | 1:36.31 | +0,94 | 101 | - |

Prova 21

Femin., 100m Costas

Absolutos
Resultados

26/10/2019 - 17:34

| | | | | | |
|---------------------------|---------|-----------------------|------|---------|------------|
| Recorde Regional Absoluto | 1:05.05 | QUINTAL Fabiana Maria | CDN | Funchal | 12/07/2009 |
| Recorde Regional Sen | 1:05.05 | QUINTAL Fabiana Maria | CDN | Funchal | 12/07/2009 |
| Recorde Regional Jun17 | 1:06.59 | ROSA Beatriz Jong | CDWT | Funchal | 11/12/2016 |
| Recorde Regional Jun16 | 1:05.65 | ROSA Beatriz Jong | CDN | Funchal | 05/03/2016 |
| Recorde Regional Juv A | 1:07.64 | ROSA Beatriz Jong | CDN | Funchal | 09/05/2015 |
| Recorde Regional Juv A | 1:07.64 | AGUILAR Vera Ines | CDN | Funchal | 11/07/2015 |
| Recorde Regional Juv B | 1:08.35 | AGUILAR Vera Ines | CDN | Funchal | 10/04/2014 |
| Recorde Regional Inf A | 1:10.41 | COSTA Maria Jardim | CDN | Funchal | 08/06/2019 |
| Recorde Regional 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; 18: 1:06.78; 19+: 1:06.45 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|--|----------------|-------|----------|---------|
| 1. | LUIS Jessica Santos 50m: 35.71 35.71 | 00 | 111887 | CD Sao Roque 100m: 1:15.04 39.33 | 1:15.04 | +0,81 | 394 | 25,0(-) |
| 2. | CARICHAS Joana Medeiros 50m: 37.08 37.08 | 06 | 200965 | Juventude Atlantico Clube 100m: 1:16.15 39.07 | 1:16.15 | +0,71 | 377 | 23,0(-) |
| DSQ | ALVES Carolina Alexandra <i>603 - Após viragem saiu em posição ventral aos 50 m - SW 6.2</i> | 04 | 207113 | Naval do Funchal | | | | - |
| DNS | ARAUJO Maria Clara | 05 | 133482 | Naval do Funchal | | | | - |
| DNS | DINIS Maria Antonia | 05 | 206792 | Desportivo Nacional | | | | - |
| DNS | SOUSA Ivana Valentina | 06 | 206590 | Desportivo Nacional | | | | - |
| DNS | DIAS Monica Fernandes | 06 | 133029 | CD Sao Roque | | | | - |
| EXH | FERREIRA Maria Leonor 50m: 33.45 33.45 | 04 | 130410 | Desportivo Nacional 100m: 1:09.18 35.73 | 1:09.18 | +0,70 | 503 | - |
| EXH | AGUILAR Vera Ines 50m: 34.11 34.11 | 00 | 112452 | Desportivo Nacional 100m: 1:12.01 37.90 | 1:12.01 | +0,71 | 446 | - |
| EXH | GONCALVES Maria Margarida 50m: 35.82 35.82 | 04 | 130411 | Naval do Funchal 100m: 1:13.26 37.44 | 1:13.26 | +0,74 | 423 | - |

Prova 21, Femin., 100m Costas

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|--|----------------|-------|----------|-----|
| EXH | JARDIM Lara Filipa 50m: 36.55 36.55 | 06 | 200830 | Naval do Funchal 100m: 1:16.33 39.78 | 1:16.33 | +0,74 | 374 | - |
| EXH | DEUS Ines Portugal 50m: 37.80 37.80 | 06 | 203091 | Naval do Funchal 100m: 1:16.67 38.87 | 1:16.67 | +0,60 | 369 | - |
| EXH | FREITAS Margarida Ramos 50m: 37.77 37.77 | 06 | 131345 | Desportivo Nacional 100m: 1:17.59 39.82 | 1:17.59 | +0,79 | 356 | - |
| EXH | SEQUEIRA Beatriz Meneses 50m: 38.53 38.53 | 06 | 132695 | Naval do Funchal 100m: 1:19.20 40.67 | 1:19.20 | +0,68 | 335 | - |
| EXH | CANADA Maria Elvira 50m: 39.35 39.35 | 06 | 200544 | Desportivo Nacional 100m: 1:20.51 41.16 | 1:20.51 | +0,96 | 319 | - |
| EXH | FERRO Maria Leonor 50m: 41.58 41.58 | 06 | 132696 | Naval do Funchal 100m: 1:24.48 42.90 | 1:24.48 | +0,85 | 276 | - |
| EXH | ABREU Maria Eduarda 50m: 41.87 41.87 | 05 | 200958 | Desportivo Nacional 100m: 1:25.98 44.11 | 1:25.98 | +0,69 | 262 | - |
| EXH | FARIA Laura Pereira 50m: 42.27 42.27 | 06 | 202151 | Juventude Atlantico Clube 100m: 1:26.21 43.94 | 1:26.21 | +0,82 | 260 | - |
| EXH | SILVA Carolina Pestana 50m: 41.28 41.28 | 08 | 206840 | Naval do Funchal 100m: 1:27.23 45.95 | 1:27.23 | +0,91 | 251 | - |
| EXH | SILVA Maria Fabiana 50m: 46.90 46.90 | 05 | 206765 | Desportivo Nacional 100m: 1:37.59 50.69 | 1:37.59 | +0,70 | 179 | - |
| EXH | NOBREGA Maria Trindade 50m: 50.55 50.55 | 05 | 203465 | Desportivo Nacional 100m: 1:42.02 51.47 | 1:42.02 | +0,97 | 156 | - |
| EXH | GOUVEIA Ines Mendes 50m: 52.02 52.02 | 07 | 208493 | Juventude Atlantico Clube 100m: 1:42.36 50.34 | 1:42.36 | +0,76 | 155 | - |
| EXH | BAPTISTA Rita Teixeira 50m: 51.70 51.70 | 04 | 208919 | Desportivo Nacional 100m: 1:45.63 53.93 | 1:45.63 | +0,88 | 141 | - |
| EXH | ALVES Margarida Jesus 50m: 52.94 52.94 | 08 | 200530 | Desportivo Nacional 100m: 1:48.74 55.80 | 1:48.74 | +0,80 | 129 | - |
| EXH | QUINTAL Madalena Saldanha 50m: 53.06 53.06 | 08 | 200536 | Naval do Funchal 100m: 1:53.17 1:00.11 | 1:53.17 | +0,95 | 114 | - |
| EXH | MACEDO Diana Camacho 50m: 57.17 57.17 | 08 | 206522 | Naval do Funchal 100m: 1:56.73 59.56 | 1:56.73 | +0,80 | 104 | - |

Prova 22

Masc., 200m Costas

Absolutos
Resultados

26/10/2019 - 17:46

| | | | | | |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:02.37 | MELIM Oscar Ramos | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen | 2:02.37 | MELIM Oscar Ramos | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18 | 2:06.22 | MELIM Oscar Ramos | CDN | Funchal | 10/07/2004 |
| Recorde Regional Jun17 | 2:08.60 | GOMES Henrique Santos | CNF | Funchal | 28/07/2017 |
| Recorde Regional Juv A | 2:06.54 | FERNANDES Rui Afonso | CDN | Tomar | 15/12/2018 |
| Recorde Regional Juv B | 2:08.37 | FERNANDES Rui Afonso | CDN | Funchal | 01/08/2018 |
| Recorde Regional Inf A | 2:17.56 | FREITAS Tomas Miguel | CDN | Funchal | 25/06/2004 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|--------|--|----------------|-------|----------|-------|
| 1. | SILVA Joao Jesus 50m: 31.19 31.19 | 02 | 118177 | Juventude Atlantico Clube 100m: 1:05.25 34.06 150m: 1:40.73 35.48 | 2:16.19 | +0,60 | 466 | 23,00 |
| 2. | CASTRO Martim Pereira 50m: 34.71 34.71 | 02 | 124907 | Escola O Liceu 100m: 1:12.16 37.45 150m: 1:50.14 37.98 | 2:27.71 | +0,81 | 365 | 21,00 |
| DNS | LEAL Diogo Silva | 04 | 133042 | Juventude Atlantico Clube | | | | - |
| EXH | FERNANDES Rui Afonso 50m: 30.61 30.61 | 03 | 125395 | Desportivo Nacional 100m: 1:05.51 34.90 150m: 1:41.03 35.52 | 2:14.41 | +0,70 | 485 | - |

Prova 22, Masc., 200m Costas

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---|-----|---------------------|---------------------------|---------------------|-------|----------|-----|
| EXH | RODRIGUES Pedro Reis | 02 | 123672 | CD Sao Roque | 2:18.68 | +0,69 | 441 | - |
| | 50m: 32.36 32.36 | | 100m: 1:07.56 35.20 | 150m: 1:43.38 35.82 | 200m: 2:18.68 35.30 | | | |
| EXH | PEREIRA Jordao Abreu | 04 | 148424 | Juventude Atlantico Clube | 2:26.10 | +0,68 | 377 | - |
| | 50m: 34.47 34.47 | | 100m: 1:12.35 37.88 | 150m: 1:50.27 37.92 | 200m: 2:26.10 35.83 | | | |
| EXH | PITA Pedro Miguel | 06 | 201963 | Naval do Funchal | 2:35.07 | +0,68 | 316 | - |
| | <i>Minimos Camp. Zonal - Ponte de Sôr</i> | | | | | | | |
| | 50m: 35.85 35.85 | | 100m: 1:15.62 39.77 | 150m: 1:55.43 39.81 | 200m: 2:35.07 39.64 | | | |
| EXH | OLIVEIRA Afonso Miguel | 07 | 148420 | Juventude Atlantico Clube | 2:54.24 | +0,65 | 222 | - |
| | 50m: 39.36 39.36 | | 100m: 1:23.93 44.57 | 150m: 2:10.05 46.12 | 200m: 2:54.24 44.19 | | | |
| EXH | FERNANDEZ Joao Guilherme | 04 | 204311 | Juventude Atlantico Clube | 2:55.17 | +0,71 | 219 | - |
| | 50m: 40.96 40.96 | | 100m: 1:24.72 43.76 | 150m: 2:11.17 46.45 | 200m: 2:55.17 44.00 | | | |
| EXH | FERNANDES Afonso Freitas | 06 | 148418 | Juventude Atlantico Clube | 3:37.30 | +0,64 | 114 | - |
| | 50m: 50.31 50.31 | | 100m: 1:47.01 56.70 | 150m: 2:43.59 56.58 | 200m: 3:37.30 53.71 | | | |
| EXH | FERNANDES Joao Vieira | 07 | 208494 | Juventude Atlantico Clube | 3:46.46 | | 101 | - |
| | 50m: 55.01 55.01 | | 100m: 1:53.55 58.54 | 150m: 2:52.09 58.54 | 200m: 3:46.46 54.37 | | | |

Prova 23

Femin., 400m Livres

Absolutos
Resultados

26/10/2019 - 17:54

| | | | | | |
|---------------------------|---------|----------------------|-----|------------|------------|
| Recorde Regional Absoluto | 4:31.74 | ANDRADE Rubina Amaro | CDN | Braga | 05/03/1994 |
| Recorde Regional Sen | 4:35.08 | MELIM Claudia Ramos | CDN | Funchal | 06/07/2002 |
| Recorde Regional Jun17 | 4:32.13 | ANDRADE Rubina Amaro | CDN | Felgueiras | 13/07/1996 |
| Recorde Regional Jun16 | 4:31.80 | ANDRADE Rubina Amaro | CDN | Funchal | 14/07/1995 |
| Recorde Regional Juv A | 4:31.74 | ANDRADE Rubina Amaro | CDN | Braga | 05/03/1994 |
| Recorde Regional Juv B | 4:35.00 | ANDRADE Rubina Amaro | CDN | Funchal | 29/05/1993 |
| Recorde Regional Inf A | 4:37.30 | ANDRADE Rubina Amaro | CDN | Funchal | 17/07/1992 |
| Recorde Regional 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; 18: 4:31.05; 19 +: 4:29.70 / 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------------------------------------|-----|---------------------|---------------------------|---------------------|-------|----------|---------|
| 1. | SOUSA Joana Francisca | 04 | 130520 | CD Sao Roque | 4:52.94 | +0,71 | 509 | 25,0(-) |
| | 50m: 32.68 32.68 | | 150m: 1:45.83 37.02 | 250m: 3:01.32 37.93 | 350m: 4:16.61 37.52 | | | |
| | 100m: 1:08.81 36.13 | | 200m: 2:23.39 37.56 | 300m: 3:39.09 37.77 | 400m: 4:52.94 36.33 | | | |
| 2. | RAMOS Barbara Emerick | 04 | 148421 | Juventude Atlantico Clube | 5:01.42 | +0,72 | 467 | 23,0(-) |
| | 50m: 34.03 34.03 | | 150m: 1:49.51 38.19 | 250m: 3:06.41 38.65 | 350m: 4:24.28 38.86 | | | |
| | 100m: 1:11.32 37.29 | | 200m: 2:27.76 38.25 | 300m: 3:45.42 39.01 | 400m: 5:01.42 37.14 | | | |
| EXH | COSTA Maria Jardim | 06 | 205248 | Desportivo Nacional | 4:54.73 | +0,81 | 499 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 33.32 33.32 | | 150m: 1:47.73 37.35 | 250m: 3:03.44 38.05 | 350m: 4:18.90 37.43 | | | |
| | 100m: 1:10.38 37.06 | | 200m: 2:25.39 37.66 | 300m: 3:41.47 38.03 | 400m: 4:54.73 35.83 | | | |
| EXH | FREITAS Beatriz Rodrigues | 06 | 200543 | Naval do Funchal | 5:02.41 | +0,55 | 462 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 33.85 33.85 | | 150m: 1:48.51 37.63 | 250m: 3:04.87 38.56 | 350m: 4:23.72 39.64 | | | |
| | 100m: 1:10.88 37.03 | | 200m: 2:26.31 37.80 | 300m: 3:44.08 39.21 | 400m: 5:02.41 38.69 | | | |
| EXH | DIAS Julia Alves | 06 | 133479 | Desportivo Nacional | 5:15.07 | +0,87 | 409 | - |
| | 50m: 35.29 35.29 | | 150m: 1:54.14 40.17 | 250m: 3:15.16 40.75 | 350m: 4:36.06 40.50 | | | |
| | 100m: 1:13.97 38.68 | | 200m: 2:34.41 40.27 | 300m: 3:55.56 40.40 | 400m: 5:15.07 39.01 | | | |
| EXH | PEREIRA Joana Marques | 06 | 131193 | Desportivo Nacional | 5:26.73 | +0,72 | 366 | - |
| | 50m: 36.27 36.27 | | 150m: 1:59.99 42.10 | 250m: 3:23.77 41.61 | 350m: 4:47.26 40.70 | | | |
| | 100m: 1:17.89 41.62 | | 200m: 2:42.16 42.17 | 300m: 4:06.56 42.79 | 400m: 5:26.73 39.47 | | | |
| EXH | NETO Leonor Rodrigues | 07 | 201962 | Naval do Funchal | 5:34.23 | +0,71 | 342 | - |
| | 50m: 37.45 37.45 | | 150m: 2:00.91 41.99 | 250m: 3:26.82 42.77 | 350m: 4:52.19 42.92 | | | |
| | 100m: 1:18.92 41.47 | | 200m: 2:44.05 43.14 | 300m: 4:09.27 42.45 | 400m: 5:34.23 42.04 | | | |

Prova 23, Femin., 400m Livres

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|-----|---------------------|---------------------------|---------------------|---------------------|----------|-----|
| EXH | LECA Natasha Maria | 03 | 207831 | Desportivo Nacional | 5:41.26 | +0,72 | 322 | - |
| | 50m: 36.95 36.95 | | 150m: 2:01.18 43.01 | 250m: 3:28.54 44.22 | 350m: 4:58.97 45.24 | 400m: 5:41.26 42.29 | | |
| | 100m: 1:18.17 41.22 | | 200m: 2:44.32 43.14 | 300m: 4:13.73 45.19 | | | | |
| EXH | FIGUEIRA Madalena Leonor | 07 | 206519 | Naval do Funchal | 5:41.60 | +0,79 | 321 | - |
| | 50m: 38.70 38.70 | | 150m: 2:05.57 43.45 | 250m: 3:33.55 44.37 | 350m: 5:02.02 44.56 | 400m: 5:41.60 39.58 | | |
| | 100m: 1:22.12 43.42 | | 200m: 2:49.18 43.61 | 300m: 4:17.46 43.91 | | | | |
| EXH | DIAS Monica Fernandes | 06 | 133029 | CD Sao Roque | 5:49.57 | +0,74 | 299 | - |
| | 50m: 38.69 38.69 | | 150m: 2:06.85 44.49 | 250m: 3:37.44 45.39 | 350m: 5:07.47 45.07 | 400m: 5:49.57 42.10 | | |
| | 100m: 1:22.36 43.67 | | 200m: 2:52.05 45.20 | 300m: 4:22.40 44.96 | | | | |
| EXH | ANDRADE Matilde Sousa | 08 | 205152 | Naval do Funchal | 5:51.41 | +0,65 | 294 | - |
| | 50m: 38.53 38.53 | | 150m: 2:07.18 45.28 | 250m: 3:37.78 45.45 | 350m: 5:08.07 45.10 | 400m: 5:51.41 43.34 | | |
| | 100m: 1:21.90 43.37 | | 200m: 2:52.33 45.15 | 300m: 4:22.97 45.19 | | | | |
| EXH | BAPTISTA Constanca Ornelas | 06 | 206799 | Naval do Funchal | 5:53.01 | +0,54 | 290 | - |
| | 50m: 39.66 39.66 | | 150m: 2:08.24 45.12 | 250m: 3:37.23 44.77 | 350m: 5:08.09 45.51 | 400m: 5:53.01 44.92 | | |
| | 100m: 1:23.12 43.46 | | 200m: 2:52.46 44.22 | 300m: 4:22.58 45.35 | | | | |
| EXH | CRO Isabel Matilde | 00 | 204436 | Escola O Liceu | 6:28.62 | +0,74 | 218 | - |
| | 50m: 41.94 41.94 | | 150m: 2:18.66 49.51 | 250m: 4:00.13 51.34 | 350m: 5:41.50 50.70 | 400m: 6:28.62 47.12 | | |
| | 100m: 1:29.15 47.21 | | 200m: 3:08.79 50.13 | 300m: 4:50.80 50.67 | | | | |
| EXH | ERRA Clara Patricia | 07 | 148422 | Juventude Atlantico Clube | 6:49.87 | +0,75 | 185 | - |
| | 50m: 43.73 43.73 | | 150m: 2:28.01 52.97 | 250m: 4:14.55 53.53 | 350m: 6:01.63 54.03 | 400m: 6:49.87 48.24 | | |
| | 100m: 1:35.04 51.31 | | 200m: 3:21.02 53.01 | 300m: 5:07.60 53.05 | | | | |
| EXH | ROCHA Vitoria Maria | 08 | 201047 | Juventude Atlantico Clube | 6:49.96 | | 185 | - |
| | 50m: 45.59 45.59 | | 150m: 2:28.74 52.34 | 250m: 4:15.72 53.84 | 350m: 6:03.72 53.86 | 400m: 6:49.96 46.24 | | |
| | 100m: 1:36.40 50.81 | | 200m: 3:21.88 53.14 | 300m: 5:09.86 54.14 | | | | |
| EXH | GOUVEIA Ines Mendes | 07 | 208493 | Juventude Atlantico Clube | 7:16.30 | +0,94 | 154 | - |
| | 50m: 51.00 51.00 | | 150m: 2:42.99 55.98 | 250m: 4:36.12 57.06 | 350m: 6:26.99 54.41 | 400m: 7:16.30 49.31 | | |
| | 100m: 1:47.01 56.01 | | 200m: 3:39.06 56.07 | 300m: 5:32.58 56.46 | | | | |

Prova 24

Masc., 200m Estilos

Absolutos
Resultados

26/10/2019 - 18:10

| | | | | | |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:05.78 | SILVA Tomas Antonio | CNF | Felgueiras | 22/12/2018 |
| Recorde Regional Sen | 2:05.93 | FREITAS Tomas Miguel | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18 | 2:05.78 | SILVA Tomas Antonio | CNF | Felgueiras | 22/12/2018 |
| Recorde Regional Jun17 | 2:09.60 | SILVA Tomas Antonio | CNF | Funchal | 26/03/2018 |
| Recorde Regional Juv A | 2:12.30 | PEREIRA Nuno Miguel | CDN | Funchal | 17/07/1992 |
| Recorde Regional Juv B | 2:11.24 | ALVES Paulo Rodrigues | CDN | Funchal | 17/05/2019 |
| Recorde Regional Inf A | 2:13.38 | FREITAS Tomas Miguel | CDN | Funchal | 17/07/2004 |
| Recorde Regional 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; 19: 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 | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|---------------------|---------------------------|---------------------|-------|----------|-------|
| 1. | CAMARA Joao Vieira | 97 | 101035 | Escola O Liceu | 2:21.17 | +0,67 | 468 | 23,00 |
| | 50m: 28.26 28.26 | | 100m: 1:04.73 36.47 | 150m: 1:46.80 42.07 | 200m: 2:21.17 34.37 | | | |
| 2. | NUNES Afonso Miguel | 04 | 148356 | Juventude Atlantico Clube | 2:30.76 | +0,70 | 384 | 21,00 |
| | 50m: 31.20 31.20 | | 100m: 1:09.31 38.11 | 150m: 1:54.88 45.57 | 200m: 2:30.76 35.88 | | | |
| DSQ | GOUVEIA Martim Jose | 07 | 205160 | CD Sao Roque | | | | - |
| | <i>603 - Após viragem saiu em posição ventral aos 50 m - SW 6.2</i> | | | | | | | |
| DSQ | STEFLEA Andre Sergio | 06 | 209936 | CD Sao Roque | | | | - |
| | <i>O nadador não tocou na parede na chegada do estilos de costas</i> | | | | | | | |
| EXH | SANTOS Diego Felipe | 87 | 106614 | Desportivo Nacional | 2:16.77 | +0,73 | 515 | - |
| | 50m: 29.98 29.98 | | 100m: 1:06.14 36.16 | 150m: 1:45.06 38.92 | 200m: 2:16.77 31.71 | | | |
| EXH | GOUVEIA Luis Galvao | 05 | 127884 | Desportivo Nacional | 2:21.58 | +0,73 | 464 | - |
| | <i>Minimos Camp. Zonal - Sines</i> | | | | | | | |
| | 50m: 30.18 30.18 | | 100m: 1:07.78 37.60 | 150m: 1:49.08 41.30 | 200m: 2:21.58 32.50 | | | |

Prova 24, Masc., 200m Estilos

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--|-----|---------------------|---------------------------|---------------------------------|---------------------|----------|-----|
| EXH | GOMES Goncalo Camara 50m: 30.16 30.16 | 03 | 124453 | Naval do Funchal | 2:21.76 1:49.14 43.81 | | 462 | - |
| | | | 100m: 1:05.33 35.17 | 150m: | | 200m: 2:21.76 32.62 | | |
| EXH | OLIVEIRA Diogo Alexandre <i>Minimos Camp. Zonal - Sines</i> 50m: 30.50 30.50 | 05 | 130414 | Naval do Funchal | 2:22.71 1:49.58 43.17 | +0,68 | 453 | - |
| | | | 100m: 1:06.41 35.91 | 150m: | | 200m: 2:22.71 33.13 | | |
| EXH | BARRY Rafael Francisco <i>Minimos Camp. Zonal - Sines</i> 50m: 30.12 30.12 | 04 | 128316 | Naval do Funchal | 2:23.91 1:48.61 41.75 | +0,58 | 442 | - |
| | | | 100m: 1:06.86 36.74 | 150m: | | 200m: 2:23.91 35.30 | | |
| EXH | SILVA Luis Pedro 50m: 29.84 29.84 | 98 | 106400 | Desportivo Nacional | 2:24.18 1:50.21 40.81 | +0,67 | 439 | - |
| | | | 100m: 1:09.40 39.56 | 150m: | | 200m: 2:24.18 33.97 | | |
| EXH | RODRIGUES Rodrigo Reis <i>Minimos Camp. Zonal - Sines</i> 50m: 32.73 32.73 | 04 | 124155 | CD Sao Roque | 2:24.96 1:52.19 43.07 | +0,61 | 432 | - |
| | | | 100m: 1:09.12 36.39 | 150m: | | 200m: 2:24.96 32.77 | | |
| EXH | RODRIGUES Joao Luis <i>Minimos Camp. Zonal - Sines</i> 50m: 31.37 31.37 | 05 | 130527 | Naval do Funchal | 2:25.92 1:53.66 43.50 | +0,72 | 424 | - |
| | | | 100m: 1:10.16 38.79 | 150m: | | 200m: 2:25.92 32.26 | | |
| EXH | FERNANDES Martim Pestana <i>Minimos Camp. Zonal - Sines</i> 50m: 31.04 31.04 | 04 | 130526 | Naval do Funchal | 2:26.42 1:52.89 40.08 | +0,63 | 419 | - |
| | | | 100m: 1:12.81 41.77 | 150m: | | 200m: 2:26.42 33.53 | | |
| EXH | DIAS Andre Vicente <i>Minimos Camp. Zonal - Sines</i> 50m: 31.29 31.29 | 05 | 132697 | Desportivo Nacional | 2:27.84 1:53.97 44.49 | +0,69 | 407 | - |
| | | | 100m: 1:09.48 38.19 | 150m: | | 200m: 2:27.84 33.87 | | |
| EXH | VIEIRA Emanuel Eloi 50m: 37.98 37.98 | 03 | 130582 | CD Sao Roque | 2:38.37 2:01.88 43.37 | +0,80 | 331 | - |
| | | | 100m: 1:18.51 40.53 | 150m: | | 200m: 2:38.37 36.49 | | |
| EXH | ALVES Andre Camara 50m: 34.51 34.51 | 05 | 202423 | Desportivo Nacional | 2:41.47 2:04.16 45.94 | +0,61 | 312 | - |
| | | | 100m: 1:18.22 43.71 | 150m: | | 200m: 2:41.47 37.31 | | |
| EXH | ALVES Tiago Pires 50m: 35.49 35.49 | 05 | 148362 | Juventude Atlantico Clube | 2:41.65 2:05.58 45.46 | +0,76 | 311 | - |
| | | | 100m: 1:20.12 44.63 | 150m: | | 200m: 2:41.65 36.07 | | |
| EXH | NUNES Goncalo Almada 50m: 32.67 32.67 | 01 | 119328 | Juventude Atlantico Clube | 2:42.60 2:04.60 50.64 | +0,73 | 306 | - |
| | | | 100m: 1:13.96 41.29 | 150m: | | 200m: 2:42.60 38.00 | | |
| EXH | AGUILAR Luis Santos 50m: 35.96 35.96 | 04 | 124011 | Desportivo Nacional | 2:43.94 2:06.63 48.17 | +0,69 | 299 | - |
| | | | 100m: 1:18.46 42.50 | 150m: | | 200m: 2:43.94 37.31 | | |
| EXH | FERRAZ Luis Afonso 50m: 35.88 35.88 | 06 | 133164 | Naval do Funchal | 2:47.70 2:10.96 51.92 | +0,69 | 279 | - |
| | | | 100m: 1:19.04 43.16 | 150m: | | 200m: 2:47.70 36.74 | | |
| EXH | SETIM Joao Oliveira 50m: 38.30 38.30 | 06 | 205151 | Naval do Funchal | 2:47.92 2:12.39 47.20 | +0,70 | 278 | - |
| | | | 100m: 1:25.19 46.89 | 150m: | | 200m: 2:47.92 35.53 | | |
| EXH | GOMES Alexandre Monteiro 50m: 35.34 35.34 | 04 | 204308 | Juventude Atlantico Clube | 2:48.60 2:12.95 50.69 | +0,81 | 274 | - |
| | | | 100m: 1:22.26 46.92 | 150m: | | 200m: 2:48.60 35.65 | | |
| EXH | GARANITO Simao Silva 50m: 38.92 38.92 | 06 | 204645 | Naval do Funchal | 2:56.30 2:20.41 55.10 | +0,48 | 240 | - |
| | | | 100m: 1:25.31 46.39 | 150m: | | 200m: 2:56.30 35.89 | | |
| EXH | NEVES Tiago Brazao 50m: 39.66 39.66 | 07 | 204426 | Naval do Funchal | 2:56.83 2:18.63 51.88 | +0,63 | 238 | - |
| | | | 100m: 1:26.75 47.09 | 150m: | | 200m: 2:56.83 38.20 | | |
| EXH | ARAÚJO Joao Caldeira 50m: 39.74 39.74 | 07 | 203459 | Naval do Funchal | 3:00.04 2:20.69 54.77 | +0,51 | 225 | - |
| | | | 100m: 1:25.92 46.18 | 150m: | | 200m: 3:00.04 39.35 | | |
| EXH | PEREIRA Lucas Santos 50m: 40.98 40.98 | 07 | 207434 | Naval do Funchal | 3:06.48 2:26.24 56.61 | +0,72 | 203 | - |
| | | | 100m: 1:29.63 48.65 | 150m: | | 200m: 3:06.48 40.24 | | |

Prova 25 Femin., 4 x 100m Livres Absolutos
26/10/2019 - 18:26 Resultados

| | | | | | |
|---------------------------|---------|---------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 4:03.77 | Clube Naval do Funchal | CNF | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen | 4:06.46 | Clube Naval do Funchal | CNF | Porto | 04/12/2010 |
| Recorde Regional Jun | 4:10.74 | Clube Desportivo Nacional | CDN | Funchal | 27/07/2016 |
| Recorde Regional Juv A | 4:11.49 | Clube Desportivo Nacional | CDN | Leiria | 14/12/2014 |
| Recorde Regional Juv B | 4:12.63 | Clube Desportivo Nacional | CDN | Tomar | 15/12/2013 |
| Recorde Regional Inf A | 4:14.93 | Clube Desportivo Nacional | CDN | Funchal | 25/07/2013 |
| Recorde Regional Inf B | 4:41.49 | Clube Naval do Funchal | CNF | Funchal | 10/07/2015 |

TAC Zonais Inf B: 5:10.00; Inf A: 4:58.00; Juv B: 4:36.71; Juv A: 4:31.62

Pontos: FINA 2019

| Lugar | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------|------------------------------------|---------------------|--------------|------------|----------------|
| 1. | | CD Sao Roque | 4:28.46 | +0,72 | 455 | 25,0(-) |
| | | SOUZA Joana Francisca | +0,72 31.96 1:06.22 | | 455 | 1:07.91 |
| | | LUIS Jessica Santos | +0,47 31.80 1:07.07 | | 32.16 | 1:07.26 |
| 2. | | Juventude Atlantico Clube 1 | 4:33.24 | +0,70 | 431 | 23,0(-) |
| | | JESUS Mariana Caires | +0,70 33.40 1:09.11 | | 431 | 1:07.72 |
| | | ANDRADE Margarida Fernandes | +0,36 32.99 1:10.62 | | 30.99 | 1:05.79 |
| EXH | | Desportivo Nacional 4 | 4:33.89 | +0,74 | 428 | - |
| | | PEREIRA Joana Marques | +0,74 34.72 1:13.28 | | 428 | 1:03.98 |
| | | AGUILAR Vera Ines | +0,32 29.73 1:03.66 | | 34.76 | 1:12.97 |
| EXH | | Desportivo Nacional 3 | 4:36.83 | +0,74 | 415 | - |
| | | FREITAS Margarida Ramos | +0,74 33.10 1:08.95 | | 415 | 1:11.44 |
| | | FERREIRA Maria Leonor | +0,69 31.27 1:05.08 | | 34.07 | 1:11.36 |
| EXH | | Juventude Atlantico Clube 2 | 4:55.30 | +0,80 | 342 | - |
| | | GOUVEIA Susana Isabel | +0,80 34.28 1:10.59 | | 342 | 1:14.31 |
| | | LUIS Mariana Capelo | +0,42 36.19 1:17.11 | | 34.45 | 1:13.29 |
| EXH | | CD Sao Roque 2 | 5:03.67 | +0,71 | 314 | - |
| | | SILVA Silvana Suamade | +0,71 34.63 1:11.76 | | 314 | 1:19.13 |
| | | GOIS Mariana Teles | +0,50 35.19 1:15.03 | | 36.66 | 1:17.75 |

Prova 26 Masc., 4 x 100m Estilos Absolutos
26/10/2019 - 18:33 Resultados

| | | | | | |
|---------------------------|---------|---------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 3:49.71 | Clube Desportivo Nacional | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen | 3:49.71 | Clube Desportivo Nacional | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun | 3:55.68 | Clube Naval do Funchal | CNF | Funchal | 09/12/2016 |
| Recorde Regional Juv A | 4:11.58 | Clube Naval do Funchal | CNF | Tomar | 15/12/2013 |
| Recorde Regional Juv B | 4:16.87 | Clube Naval do Funchal | CNF | Funchal | 13/07/2019 |
| Recorde Regional Inf A | 4:27.13 | Clube Naval do Funchal | CNF | Funchal | 14/07/2007 |
| Recorde Regional Inf B | 4:51.67 | Clube Naval do Funchal | CNF | Funchal | 25/06/2006 |

TAC Zonais Inf B: 5:26.00; Inf A: 5:07.00; Juv B: 4:51.49; Juv A: 4:40.28

Pontos: FINA 2019

| Lugar | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------|------------------------------------|---------------------|--------------|------------|--------------|
| 1. | | Escola O Liceu 1 | 4:15.70 | +0,68 | 472 | 23,00 |
| | | MARCOS Joao Freitas | +0,68 31.37 1:04.97 | | 472 | 59.87 |
| | | FERREIRA Luis Duarte | +0,39 35.10 1:15.82 | | 26.25 | 55.04 |
| 2. | | Juventude Atlantico Clube 1 | 4:27.93 | +0,66 | 410 | 21,00 |
| | | SILVA Joao Jesus | +0,66 30.20 1:02.24 | | 410 | 1:07.64 |
| | | FREITAS Joao Tomas | +0,40 35.99 1:18.17 | | 28.89 | 59.88 |
| DNS | | Juventude Atlantico Clube 4 | | | | - |
| EXH | | Desportivo Nacional 6 | 4:09.01 | +0,70 | 511 | - |
| | | DIAS Andre Vicente | +0,70 31.65 1:05.53 | | 511 | 57.03 |
| | | SILVA Luis Pedro | +0,37 32.10 1:11.46 | | 26.19 | 54.99 |
| EXH | | Naval do Funchal 1 | 4:13.84 | +0,56 | 482 | - |
| | | GOMES Goncalo Camara | +0,56 30.88 1:03.63 | | 482 | 1:02.45 |
| | | FERNANDES Pedro Pestana | +0,09 33.21 1:11.95 | | 26.57 | 55.81 |
| EXH | | Desportivo Nacional 5 | 4:19.38 | +0,67 | 452 | - |
| | | FERNANDES Rui Afonso | +0,67 29.62 1:02.04 | | 452 | 1:02.37 |
| | | SANTOS Diego Felipe | +0,24 32.05 1:08.59 | | 30.97 | 1:06.38 |

Prova 26, Masc., 4 x 100m Estilos

| Lugar | | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts | |
|-------|-----------------------------|-------|---------------------------|----------------|-------------------------|------------|-------|---------|
| EXH | CD Sao Roque 1 | | CD Sao Roque | 4:22.11 | +0,66 | 438 | - | |
| | RODRIGUES Pedro Reis | +0,66 | 30.99 | 1:04.07 | RODRIGUES Rodrigo Reis | +0,23 | 31.99 | 1:08.11 |
| | LOPES Pedro Henrique | +0,47 | 34.64 | 1:15.12 | CASTRO Joao Cruz | +0,29 | 26.06 | 54.81 |
| EXH | Juventude Atlantico Clube 2 | | Juventude Atlantico Clube | 4:41.45 | +0,71 | 354 | - | |
| | PEREIRA Jordao Abreu | +0,71 | 34.39 | 1:10.12 | NUNES Afonso Miguel | +0,65 | 32.28 | 1:10.15 |
| | ALVES Tiago Pires | +0,19 | 36.92 | 1:20.09 | TELES Artur Corte | +0,14 | 28.70 | 1:01.09 |
| EXH | Juventude Atlantico Clube 3 | | Juventude Atlantico Clube | 4:57.55 | +0,81 | 299 | - | |
| | VIEIRA Duarte Nuno | +0,81 | 35.90 | 1:17.71 | SILVA Eduardo Rodrigues | +0,79 | 34.68 | 1:14.37 |
| | ALVES Afonso Pires | +0,09 | 37.90 | 1:21.72 | NUNES Goncalo Almada | +0,13 | 30.74 | 1:03.75 |