

Prova 1 Femin., 400m Estilos Juvenis
16/11/2019 - 9:15 Resultados

Recordes Regionais Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recordes Regionais Juv B	5:19.80	SOUSA, Susana Margarida	CFU	Funchal	27/06/1991

TAC Nacionais Juv B: 5:30.74; Juv A: 5:23.44 / TAC Zonais Juv B: 5:47.14; Juv A: 5:37.41

Pontos: FINA 2019

Lugar	Ano		Tempo final								Pts	
Juvenil B, 14 anos												
1.	COSTA, Maria Jardim	06	Nacional	5:34.66								463
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	34.04	34.04	150m:	1:56.91	42.63	250m:	3:26.62	48.10	350m:	4:55.78	40.73
	100m:	1:14.28	40.24	200m:	2:38.52	41.61	300m:	4:15.05	48.43	400m:	5:34.66	38.88
2.	DIAS, Julia Alves	06	Nacional	5:36.83								454
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	36.16	36.16	150m:	2:01.25	43.00	250m:	3:31.61	49.01	350m:	4:59.79	39.37
	100m:	1:18.25	42.09	200m:	2:42.60	41.35	300m:	4:20.42	48.81	400m:	5:36.83	37.04
3.	SILVA, Silvana Suamade	06	Sao Roque	5:38.52								447
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	35.43	35.43	150m:	1:59.50	42.92	250m:	3:31.57	49.70	350m:	5:00.37	38.93
	100m:	1:16.58	41.15	200m:	2:41.87	42.37	300m:	4:21.44	49.87	400m:	5:38.52	38.15
4.	DEUS, Ines Portugal	06	Naval do Funchal	5:41.48								436
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	37.53	37.53	150m:	2:06.17	44.03	250m:	3:36.54	48.22	350m:	5:03.49	38.46
	100m:	1:22.14	44.61	200m:	2:48.32	42.15	300m:	4:25.03	48.49	400m:	5:41.48	37.99
5.	SEQUEIRA, Beatriz Meneses	06	Naval do Funchal	5:47.80								412
	50m:	36.88	36.88	150m:	2:05.71	43.75	250m:	3:38.20	49.18	350m:	5:07.69	40.55
	100m:	1:21.96	45.08	200m:	2:49.02	43.31	300m:	4:27.14	48.94	400m:	5:47.80	40.11
6.	FREITAS, Margarida Ramos	06	Nacional	5:49.77								405
	50m:	37.55	37.55	150m:	2:06.85	44.09	250m:	3:40.55	50.80	350m:	5:12.39	39.87
	100m:	1:22.76	45.21	200m:	2:49.75	42.90	300m:	4:32.52	51.97	400m:	5:49.77	37.38
7.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:52.91								395
	50m:	38.74	38.74	150m:	2:12.00	46.97	250m:	3:47.43	50.00	350m:	5:15.14	38.09
	100m:	1:25.03	46.29	200m:	2:57.43	45.43	300m:	4:37.05	49.62	400m:	5:52.91	37.77
8.	JARDIM, Lara Filipa	06	Naval do Funchal	5:53.87								391
	50m:	33.98	33.98	150m:	2:02.15	46.84	250m:	3:39.04	52.96	350m:	5:12.90	41.04
	100m:	1:15.31	41.33	200m:	2:46.08	43.93	300m:	4:31.86	52.82	400m:	5:53.87	40.97
9.	FERRO, Maria Leonor	06	Naval do Funchal	5:54.12								390
	50m:	38.34	38.34	150m:	2:08.33	45.86	250m:	3:44.43	51.10	350m:	5:15.73	40.27
	100m:	1:22.47	44.13	200m:	2:53.33	45.00	300m:	4:35.46	51.03	400m:	5:54.12	38.39
10.	PEREIRA, Joana Marques	06	Nacional	5:59.23								374
	50m:	38.16	38.16	150m:	2:11.92	45.69	250m:	3:46.48	48.94	350m:	5:18.29	42.31
	100m:	1:26.23	48.07	200m:	2:57.54	45.62	300m:	4:35.98	49.50	400m:	5:59.23	40.94
11.	ABREU, Ana Rodrigues	06	Naval do Funchal	6:03.96								360
	50m:	40.44	40.44	150m:	2:16.27	46.60	250m:	3:52.37	49.78	350m:	5:23.85	40.58
	100m:	1:29.67	49.23	200m:	3:02.59	46.32	300m:	4:43.27	50.90	400m:	6:03.96	40.11
12.	SOUSA, Ivana Valentina	06	Nacional	6:07.29								350
	50m:	37.09	37.09	150m:	2:08.22	47.18	250m:	3:49.11	54.46	350m:	5:27.67	43.01
	100m:	1:21.04	43.95	200m:	2:54.65	46.43	300m:	4:44.66	55.55	400m:	6:07.29	39.62
13.	CANADA, Maria Elvira	06	Nacional	6:08.22								347
	50m:	39.10	39.10	150m:	2:12.92	45.98	250m:	3:52.28	55.29	350m:	5:28.16	41.13
	100m:	1:26.94	47.84	200m:	2:56.99	44.07	300m:	4:47.03	54.75	400m:	6:08.22	40.06

Prova 1, Femin., 400m Estilos, Juvenil B, 14 anos

Lugar	Nome		Ano	Clube		Tempo final				Pts		
14.	CARICHAS, Joana Medeiros		06	Salesianos do Funchal		6:12.92				334		
	50m:	40.99	40.99	150m:	2:15.92	45.37	250m:	3:55.74	55.43	350m:	5:33.11	42.23
	100m:	1:30.55	49.56	200m:	3:00.31	44.39	300m:	4:50.88	55.14	400m:	6:12.92	39.81
15.	FARIA, Laura Pereira		06	Salesianos do Funchal		6:29.59				293		
	50m:	42.03	42.03	150m:	2:24.15	49.87	250m:	4:08.08	55.40	350m:	5:49.92	45.43
	100m:	1:34.28	52.25	200m:	3:12.68	48.53	300m:	5:04.49	56.41	400m:	6:29.59	39.67
16.	TEMBE, Ines Afonso		06	Nacional		6:50.63				250		
	50m:	38.92	38.92	150m:	2:19.11	54.50	250m:	4:12.94	1:03.07	350m:	6:05.84	47.88
	100m:	1:24.61	45.69	200m:	3:09.87	50.76	300m:	5:17.96	1:05.02	400m:	6:50.63	44.79
17.	BAPTISTA, Constanca Ornelas		06	Naval do Funchal		6:54.43				243		
	50m:	44.26	44.26	150m:	2:33.65	52.53	250m:	4:22.25	58.45	350m:	6:09.98	46.44
	100m:	1:41.12	56.86	200m:	3:23.80	50.15	300m:	5:23.54	1:01.29	400m:	6:54.43	44.45

Juvenil A, 15 anos

1.	LUIS, Mariana Capelo		05	Salesianos do Funchal		6:28.46				296		
	50m:	46.80	46.80	150m:	2:32.99	48.57	250m:	4:10.81	49.91	350m:	5:48.28	45.65
	100m:	1:44.42	57.62	200m:	3:20.90	47.91	300m:	5:02.63	51.82	400m:	6:28.46	40.18
2.	NOBREGA, Maria Trindade		05	Nacional		7:42.13				175		
	50m:	48.47	48.47	150m:	2:46.47	1:00.19	250m:	4:48.87	1:03.76	350m:	6:50.54	55.44
	100m:	1:46.28	57.81	200m:	3:45.11	58.64	300m:	5:55.10	1:06.23	400m:	7:42.13	51.59
3.	FERNANDES, Maria Madalena		05	Salesianos do Funchal		7:44.98				172		
	50m:	53.16	53.16	150m:	2:58.64	1:01.09	250m:	4:59.83	1:02.92	350m:	6:57.32	52.99
	100m:	1:57.55	1:04.39	200m:	3:56.91	58.27	300m:	6:04.33	1:04.50	400m:	7:44.98	47.66
4.	DINIS, Maria Antonia		05	Nacional		8:51.57				115		
	50m:	1:01.75	1:01.75	150m:	3:18.49	1:02.34	250m:	5:39.55	1:21.13	350m:	7:57.45	55.47
	100m:	2:16.15	1:14.40	200m:	4:18.42	59.93	300m:	7:01.98	1:22.43	400m:	8:51.57	54.12
dsq total	SILVA, Maria Fabiana		05	Nacional								
dsq total	ARAUJO, Maria Clara		05	Naval do Funchal								
dsq total	AVEIRO, Leonor Sofia		05	Naval do Funchal								

Juvenil Geral, 14 e 15 anos

1.	COSTA, Maria Jardim		06	Nacional		5:34.66				463		
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	34.04	34.04	150m:	1:56.91	42.63	250m:	3:26.62	48.10	350m:	4:55.78	40.73
	100m:	1:14.28	40.24	200m:	2:38.52	41.61	300m:	4:15.05	48.43	400m:	5:34.66	38.88
2.	DIAS, Julia Alves		06	Nacional		5:36.83				454		
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	36.16	36.16	150m:	2:01.25	43.00	250m:	3:31.61	49.01	350m:	4:59.79	39.37
	100m:	1:18.25	42.09	200m:	2:42.60	41.35	300m:	4:20.42	48.81	400m:	5:36.83	37.04
3.	SILVA, Silvana Suamade		06	Sao Roque		5:38.52				447		
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	35.43	35.43	150m:	1:59.50	42.92	250m:	3:31.57	49.70	350m:	5:00.37	38.93
	100m:	1:16.58	41.15	200m:	2:41.87	42.37	300m:	4:21.44	49.87	400m:	5:38.52	38.15
4.	DEUS, Ines Portugal		06	Naval do Funchal		5:41.48				436		
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	37.53	37.53	150m:	2:06.17	44.03	250m:	3:36.54	48.22	350m:	5:03.49	38.46
	100m:	1:22.14	44.61	200m:	2:48.32	42.15	300m:	4:25.03	48.49	400m:	5:41.48	37.99
5.	SEQUEIRA, Beatriz Meneses		06	Naval do Funchal		5:47.80				412		
	50m:	36.88	36.88	150m:	2:05.71	43.75	250m:	3:38.20	49.18	350m:	5:07.69	40.55
	100m:	1:21.96	45.08	200m:	2:49.02	43.31	300m:	4:27.14	48.94	400m:	5:47.80	40.11

Prova 1, Femin., 400m Estilos, Juvenil Geral, 14 e 15 anos

Lugar			Ano							Tempo final	Pts
6.	FREITAS, Margarida Ramos		06	Nacional						5:49.77	405
	50m:	37.55 37.55	150m:	2:06.85	44.09	250m:	3:40.55	50.80	350m:	5:12.39	39.87
	100m:	1:22.76 45.21	200m:	2:49.75	42.90	300m:	4:32.52	51.97	400m:	5:49.77	37.38
7.	FREITAS, Beatriz Rodrigues		06	Naval do Funchal						5:52.91	395
	50m:	38.74 38.74	150m:	2:12.00	46.97	250m:	3:47.43	50.00	350m:	5:15.14	38.09
	100m:	1:25.03 46.29	200m:	2:57.43	45.43	300m:	4:37.05	49.62	400m:	5:52.91	37.77
8.	JARDIM, Lara Filipa		06	Naval do Funchal						5:53.87	391
	50m:	33.98 33.98	150m:	2:02.15	46.84	250m:	3:39.04	52.96	350m:	5:12.90	41.04
	100m:	1:15.31 41.33	200m:	2:46.08	43.93	300m:	4:31.86	52.82	400m:	5:53.87	40.97
9.	FERRO, Maria Leonor		06	Naval do Funchal						5:54.12	390
	50m:	38.34 38.34	150m:	2:08.33	45.86	250m:	3:44.43	51.10	350m:	5:15.73	40.27
	100m:	1:22.47 44.13	200m:	2:53.33	45.00	300m:	4:35.46	51.03	400m:	5:54.12	38.39
10.	PEREIRA, Joana Marques		06	Nacional						5:59.23	374
	50m:	38.16 38.16	150m:	2:11.92	45.69	250m:	3:46.48	48.94	350m:	5:18.29	42.31
	100m:	1:26.23 48.07	200m:	2:57.54	45.62	300m:	4:35.98	49.50	400m:	5:59.23	40.94
11.	ABREU, Ana Rodrigues		06	Naval do Funchal						6:03.96	360
	50m:	40.44 40.44	150m:	2:16.27	46.60	250m:	3:52.37	49.78	350m:	5:23.85	40.58
	100m:	1:29.67 49.23	200m:	3:02.59	46.32	300m:	4:43.27	50.90	400m:	6:03.96	40.11
12.	SOUSA, Ivana Valentina		06	Nacional						6:07.29	350
	50m:	37.09 37.09	150m:	2:08.22	47.18	250m:	3:49.11	54.46	350m:	5:27.67	43.01
	100m:	1:21.04 43.95	200m:	2:54.65	46.43	300m:	4:44.66	55.55	400m:	6:07.29	39.62
13.	CANADA, Maria Elvira		06	Nacional						6:08.22	347
	50m:	39.10 39.10	150m:	2:12.92	45.98	250m:	3:52.28	55.29	350m:	5:28.16	41.13
	100m:	1:26.94 47.84	200m:	2:56.99	44.07	300m:	4:47.03	54.75	400m:	6:08.22	40.06
14.	CARICHAS, Joana Medeiros		06	Salesianos do Funchal						6:12.92	334
	50m:	40.99 40.99	150m:	2:15.92	45.37	250m:	3:55.74	55.43	350m:	5:33.11	42.23
	100m:	1:30.55 49.56	200m:	3:00.31	44.39	300m:	4:50.88	55.14	400m:	6:12.92	39.81
15.	LUIS, Mariana Capelo		05	Salesianos do Funchal						6:28.46	296
	50m:	46.80 46.80	150m:	2:32.99	48.57	250m:	4:10.81	49.91	350m:	5:48.28	45.65
	100m:	1:44.42 57.62	200m:	3:20.90	47.91	300m:	5:02.63	51.82	400m:	6:28.46	40.18
16.	FARIA, Laura Pereira		06	Salesianos do Funchal						6:29.59	293
	50m:	42.03 42.03	150m:	2:24.15	49.87	250m:	4:08.08	55.40	350m:	5:49.92	45.43
	100m:	1:34.28 52.25	200m:	3:12.68	48.53	300m:	5:04.49	56.41	400m:	6:29.59	39.67
17.	TEMBE, Ines Afonso		06	Nacional						6:50.63	250
	50m:	38.92 38.92	150m:	2:19.11	54.50	250m:	4:12.94	1:03.07	350m:	6:05.84	47.88
	100m:	1:24.61 45.69	200m:	3:09.87	50.76	300m:	5:17.96	1:05.02	400m:	6:50.63	44.79
18.	BAPTISTA, Constanca Ornelas		06	Naval do Funchal						6:54.43	243
	50m:	44.26 44.26	150m:	2:33.65	52.53	250m:	4:22.25	58.45	350m:	6:09.98	46.44
	100m:	1:41.12 56.86	200m:	3:23.80	50.15	300m:	5:23.54	1:01.29	400m:	6:54.43	44.45
19.	NOBREGA, Maria Trindade		05	Nacional						7:42.13	175
	50m:	48.47 48.47	150m:	2:46.47	1:00.19	250m:	4:48.87	1:03.76	350m:	6:50.54	55.44
	100m:	1:46.28 57.81	200m:	3:45.11	58.64	300m:	5:55.10	1:06.23	400m:	7:42.13	51.59
20.	FERNANDES, Maria Madalena		05	Salesianos do Funchal						7:44.98	172
	50m:	53.16 53.16	150m:	2:58.64	1:01.09	250m:	4:59.83	1:02.92	350m:	6:57.32	52.99
	100m:	1:57.55 1:04.39	200m:	3:56.91	58.27	300m:	6:04.33	1:04.50	400m:	7:44.98	47.66
21.	DINIS, Maria Antonia		05	Nacional						8:51.57	115
	50m:	1:01.75 1:01.75	150m:	3:18.49	1:02.34	250m:	5:39.55	1:21.13	350m:	7:57.45	55.47
	100m:	2:16.15 1:14.40	200m:	4:18.42	59.93	300m:	7:01.98	1:22.43	400m:	8:51.57	54.12
dsq total	SILVA, Maria Fabiana		05	Nacional							
dsq total	ARAUJO, Maria Clara		05	Naval do Funchal							
dsq total	AVEIRO, Leonor Sofia		05	Naval do Funchal							

Prova 2 Femin., 400m Estilos 16 anos e mais velhos
16/11/2019 - 9:37 Resultados

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

TAC Nacionais Jun17: 5:16.24; Jun16: 5:17.82; Sen18: 5:07.90; 19+: 5:06.36

Pontos: FINA 2019

Lugar	Ano		Tempo final								Pts	
Juniores, 16 e 17 anos												
1.	FERREIRA, Maria Leonor	04	Nacional	5:17.45								542
	<i>Minimos Campeonato Nacional</i>											
	50m:	34.54	34.54	150m:	1:54.92	40.56	250m:	3:19.02	45.30	350m:	4:41.13	37.40
	100m:	1:14.36	39.82	200m:	2:33.72	38.80	300m:	4:03.73	44.71	400m:	5:17.45	36.32
2.	SOUSA, Joana Francisca	04	Sao Roque	5:25.90								501
	50m:	34.23	34.23	150m:	1:53.16	39.97	250m:	3:21.46	47.80	350m:	4:48.33	38.06
	100m:	1:13.19	38.96	200m:	2:33.66	40.50	300m:	4:10.27	48.81	400m:	5:25.90	37.57
3.	CAMACHO, Laura Fernandes	04	Naval do Funchal	5:44.60								424
	50m:	35.30	35.30	150m:	2:01.97	44.37	250m:	3:37.04	52.29	350m:	5:07.96	38.49
	100m:	1:17.60	42.30	200m:	2:44.75	42.78	300m:	4:29.47	52.43	400m:	5:44.60	36.64
4.	GOUVEIA, Susana Isabel	04	Salesianos do Funchal	6:27.87								297
	50m:	41.40	41.40	150m:	2:21.10	48.11	250m:	4:05.38	56.28	350m:	5:46.67	45.18
	100m:	1:32.99	51.59	200m:	3:09.10	48.00	300m:	5:01.49	56.11	400m:	6:27.87	41.20

Prova 3 Masc., 1500m Livres Juvenis
16/11/2019 - 9:44 Resultados

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

TAC Nacionais Juv B: 17:43.52; Juv A: 17:16.48 / TAC Zonais Juv B: 18:44.12; Juv A: 18:23.49

Pontos: FINA 2019

Lugar	Ano		Tempo final								Pts	
Juvenil B, 15 anos												
1.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	17:33.03								522
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	100m:	1:05.34	1:05.34	500m:	5:44.66	1:10.38	900m:	10:29.09	1:11.32	1300m:	15:12.93	1:10.75
	200m:	2:14.06	1:08.72	600m:	6:55.57	1:10.91	1000m:	11:39.94	1:10.85	1400m:	16:23.74	1:10.81
	300m:	3:23.95	1:09.89	700m:	8:06.60	1:11.03	1100m:	12:51.08	1:11.14	1500m:	17:33.03	1:09.29
	400m:	4:34.28	1:10.33	800m:	9:17.77	1:11.17	1200m:	14:02.18	1:11.10			
2.	GOUVEIA, Luis Galvao	05	Nacional	18:11.73								468
	<i>Minimos Campeonato Zonal - Sines</i>											
	100m:	1:07.69	1:07.69	500m:	6:01.70	1:14.02	900m:	10:56.89	1:14.86	1300m:	15:51.41	1:13.48
	200m:	2:20.67	1:12.98	600m:	7:15.32	1:13.62	1000m:	12:10.45	1:13.56	1400m:	17:03.15	1:11.74
	300m:	3:33.99	1:13.32	700m:	8:30.08	1:14.76	1100m:	13:24.74	1:14.29	1500m:	18:11.73	1:08.58
	400m:	4:47.68	1:13.69	800m:	9:42.03	1:11.95	1200m:	14:37.93	1:13.19			
3.	DIAS, Andre Vicente	05	Nacional	18:25.24								451
	<i>Minimos Campeonato Zonal - Sines</i>											
	100m:	1:10.37	1:10.37	500m:	6:08.73	1:15.40	900m:	11:07.89	1:13.88	1300m:	16:02.96	1:12.72
	200m:	2:24.49	1:14.12	600m:	7:23.64	1:14.91	1000m:	12:22.54	1:14.65	1400m:	17:15.43	1:12.47
	300m:	3:39.34	1:14.85	700m:	8:38.26	1:14.62	1100m:	13:36.60	1:14.06	1500m:	18:25.24	1:09.81
	400m:	4:53.33	1:13.99	800m:	9:54.01	1:15.75	1200m:	14:50.24	1:13.64			

Prova 3, Masc., 1500m Livres, Juvenil B, 15 anos

Lugar	Nome		Ano	Local	Tempo final	Pts
4.	SANTOS, Nuno Goncalo		05	Sao Roque	18:33.68	441
	<i>Minimos Campeonato Zonal - Sines</i>					
	100m: 1:08.46	1:08.46	500m: 6:07.97	1:14.83	900m: 11:08.15	1:15.74
	200m: 2:23.41	1:14.95	600m: 7:21.64	1:13.67	1000m: 12:23.94	1:15.79
	300m: 3:37.76	1:14.35	700m: 8:36.73	1:15.09	1100m: 13:39.67	1:15.73
	400m: 4:53.14	1:15.38	800m: 9:52.41	1:15.68	1200m: 14:54.58	1:14.91
	1300m: 16:09.54	1:14.96	1400m: 17:23.26	1:13.72	1500m: 18:33.68	1:10.42
5.	RODRIGUES, Joao Luis		05	Naval do Funchal	18:36.71	437
	<i>Minimos Campeonato Zonal - Sines</i>					
	100m: 1:07.54	1:07.54	500m: 6:03.35	1:14.91	900m: 11:04.75	1:15.94
	200m: 2:20.23	1:12.69	600m: 7:18.38	1:15.03	1000m: 12:20.28	1:15.53
	300m: 3:34.32	1:14.09	700m: 8:33.30	1:14.92	1100m: 13:36.01	1:15.73
	400m: 4:48.44	1:14.12	800m: 9:48.81	1:15.51	1200m: 14:51.59	1:15.58
	1300m: 16:07.33	1:15.74	1400m: 17:23.31	1:15.98	1500m: 18:36.71	1:13.40
6.	LEITAO, Andre Freitas		05	Naval do Funchal	18:43.68	429
	<i>Minimos Campeonato Zonal - Sines</i>					
	100m: 1:10.93	1:10.93	500m: 6:10.67	1:15.62	900m: 11:11.68	1:14.67
	200m: 2:24.62	1:13.69	600m: 7:26.79	1:16.12	1000m: 12:27.29	1:15.61
	300m: 3:39.98	1:15.36	700m: 8:41.22	1:14.43	1100m: 13:43.43	1:16.14
	400m: 4:55.05	1:15.07	800m: 9:57.01	1:15.79	1200m: 14:59.66	1:16.23
	1300m: 16:15.08	1:15.42	1400m: 17:30.44	1:15.36	1500m: 18:43.68	1:13.24
7.	SOUSA, Lourenco Quintas		05	Naval do Funchal	19:21.77	388
	100m: 1:10.65	1:10.65	500m: 6:19.11	1:18.34	900m: 11:33.94	1:19.05
	200m: 2:25.94	1:15.29	600m: 7:37.68	1:18.57	1000m: 12:52.41	1:18.47
	300m: 3:43.03	1:17.09	700m: 8:56.10	1:18.42	1100m: 14:11.06	1:18.65
	400m: 5:00.77	1:17.74	800m: 10:14.89	1:18.79	1200m: 15:29.24	1:18.18
	1300m: 16:47.90	1:18.66	1400m: 18:05.77	1:17.87	1500m: 19:21.77	1:16.00
8.	VOLOZHENIN, Alexandre		05	Naval do Funchal	19:33.55	377
	100m: 1:14.10	1:14.10	500m: 6:27.54	1:18.46	900m: 11:42.31	1:17.98
	200m: 2:31.97	1:17.87	600m: 7:46.11	1:18.57	1000m: 13:00.96	1:18.65
	300m: 3:50.59	1:18.62	700m: 9:05.31	1:19.20	1100m: 14:19.75	1:18.79
	400m: 5:09.08	1:18.49	800m: 10:24.33	1:19.02	1200m: 15:39.51	1:19.76
	1300m: 16:58.77	1:19.26	1400m: 18:18.07	1:19.30	1500m: 19:33.55	1:15.48
9.	ALVES, Tiago Pires		05	Salesianos do Funchal	20:02.49	350
	100m: 1:16.45	1:16.45	500m: 6:38.51	1:20.97	900m: 12:05.46	1:21.68
	200m: 2:35.77	1:19.32	600m: 8:00.44	1:21.93	1000m: 13:26.51	1:21.05
	300m: 3:56.89	1:21.12	700m: 9:22.35	1:21.91	1100m: 14:47.01	1:20.50
	400m: 5:17.54	1:20.65	800m: 10:43.78	1:21.43	1200m: 16:07.53	1:20.52
	1300m: 17:27.85	1:20.32	1400m: 18:47.23	1:19.38	1500m: 20:02.49	1:15.26
10.	ALVES, Afonso Pires		05	Salesianos do Funchal	20:27.37	329
	100m: 1:17.00	1:17.00	500m: 6:44.23	1:22.54	900m: 12:15.88	1:22.76
	200m: 2:38.00	1:21.00	600m: 8:07.28	1:23.05	1000m: 13:38.42	1:22.54
	300m: 3:59.60	1:21.60	700m: 9:30.61	1:23.33	1100m: 15:01.12	1:22.70
	400m: 5:21.69	1:22.09	800m: 10:53.12	1:22.51	1200m: 16:24.14	1:23.02
	1300m: 17:46.43	1:22.29	1400m: 19:08.40	1:21.97	1500m: 20:27.37	1:18.97
11.	ALVES, Andre Camara		05	Nacional	20:35.72	323
	100m: 1:15.14	1:15.14	500m: 6:45.79	1:23.33	900m: 12:19.74	1:22.94
	200m: 2:35.98	1:20.84	600m: 8:09.06	1:23.27	1000m: 13:43.84	1:24.10
	300m: 3:58.63	1:22.65	700m: 9:33.36	1:24.30	1100m: 15:07.05	1:23.21
	400m: 5:22.46	1:23.83	800m: 10:56.80	1:23.44	1200m: 16:31.09	1:24.04
	1300m: 17:54.33	1:23.24	1400m: 19:17.44	1:23.11	1500m: 20:35.72	1:18.28
12.	SILVA, Tony Stefano		05	Naval do Funchal	20:49.51	312
	100m: 1:14.23	1:14.23	500m: 6:49.10	1:24.76	900m: 12:27.36	1:25.44
	200m: 2:35.16	1:20.93	600m: 8:14.46	1:25.36	1000m: 13:52.48	1:25.12
	300m: 3:59.33	1:24.17	700m: 9:38.54	1:24.08	1100m: 15:18.48	1:26.00
	400m: 5:24.34	1:25.01	800m: 11:01.92	1:23.38	1200m: 16:43.09	1:24.61
	1300m: 18:07.50	1:24.41	1400m: 19:31.62	1:24.12	1500m: 20:49.51	1:17.89
13.	NUNES, Andre Maltez		05	Nacional	23:58.51	204
	100m: 1:29.84	1:29.84	500m: 7:54.18	1:38.11	900m: 14:20.88	1:37.38
	200m: 3:04.62	1:34.78	600m: 9:30.27	1:36.09	1000m: 15:57.34	1:36.46
	300m: 4:40.19	1:35.57	700m: 11:06.77	1:36.50	1100m: 17:34.79	1:37.45
	400m: 6:16.07	1:35.88	800m: 12:43.50	1:36.73	1200m: 19:11.51	1:36.72
	1300m: 20:49.01	1:37.50	1400m: 22:27.05	1:38.04	1500m: 23:58.51	1:31.46
14.	MENDES, Juan Diego		05	Nacional	24:18.32	196
	100m: 1:29.63	1:29.63	500m: 8:04.26	1:39.19	900m: 14:37.72	1:38.32
	200m: 3:05.74	1:36.11	600m: 9:43.84	1:39.58	1000m: 16:15.74	1:38.02
	300m: 4:45.74	1:40.00	700m: 11:21.70	1:37.86	1100m: 17:53.49	1:37.75
	400m: 6:25.07	1:39.33	800m: 12:59.40	1:37.70	1200m: 19:31.45	1:37.96
	1300m: 21:07.52	1:36.07	1400m: 22:46.34	1:38.82	1500m: 24:18.32	1:31.98

Prova 3, Masc., 1500m Livres, Juvenil B, 15 anos

Lugar			Ano				Tempo final				Pts
15.	ALVES, Luis Fernandez		05 Nacional				24:23.32				194
	100m:	1:27.50 1:27.50	500m:	7:55.14 1:38.53	900m:	14:30.91 1:40.00	1300m:	21:12.36 1:39.07	1500m:	24:23.32 1:32.57	
	200m:	3:03.15 1:35.65	600m:	9:32.05 1:36.91	1000m:	16:10.43 1:39.52	1400m:	22:50.75 1:38.39			
	300m:	4:38.95 1:35.80	700m:	11:11.61 1:39.56	1100m:	17:51.15 1:40.72					
	400m:	6:16.61 1:37.66	800m:	12:50.91 1:39.30	1200m:	19:33.29 1:42.14					
16.	CORREIA, Rodrigo Ramos		05 Nacional				24:40.76				187
	100m:	1:31.48 1:31.48	500m:	8:08.43 1:39.95	900m:	14:45.22 1:40.02	1300m:	21:27.85 1:40.70	1500m:	24:40.76 1:34.47	
	200m:	3:10.67 1:39.19	600m:	9:47.58 1:39.15	1000m:	16:25.61 1:40.39	1400m:	23:06.29 1:38.44			
	300m:	4:49.03 1:38.36	700m:	11:26.72 1:39.14	1100m:	18:07.48 1:41.87					
	400m:	6:28.48 1:39.45	800m:	13:05.20 1:38.48	1200m:	19:47.15 1:39.67					

Juvenil A, 16 anos

1.	ALVES, Paulo Rodrigues		04 Nacional				17:03.22				569
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>										
	100m:	1:05.52 1:05.52	500m:	5:40.81 1:09.07	900m:	10:15.47 1:08.34	1300m:	14:48.62 1:07.64	1500m:	17:03.22 1:06.58	
	200m:	2:14.00 1:08.48	600m:	6:49.49 1:08.68	1000m:	11:24.04 1:08.57	1400m:	15:56.64 1:08.02			
	300m:	3:22.91 1:08.91	700m:	7:57.96 1:08.47	1100m:	12:32.90 1:08.86					
	400m:	4:31.74 1:08.83	800m:	9:07.13 1:09.17	1200m:	13:40.98 1:08.08					
2.	RODRIGUES, Rodrigo Reis		04 Sao Roque				17:04.00				568
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>										
	100m:	1:05.13 1:05.13	500m:	5:39.77 1:08.96	900m:	10:15.17 1:08.66	1300m:	14:49.45 1:08.51	1500m:	17:04.00 1:05.64	
	200m:	2:13.01 1:07.88	600m:	6:48.74 1:08.97	1000m:	11:23.75 1:08.58	1400m:	15:58.36 1:08.91			
	300m:	3:21.81 1:08.80	700m:	7:57.49 1:08.75	1100m:	12:32.38 1:08.63					
	400m:	4:30.81 1:09.00	800m:	9:06.51 1:09.02	1200m:	13:40.94 1:08.56					
3.	FERNANDES, Diogo Henrique		04 Naval do Funchal				18:18.26				460
	<i>Minimos Campeonato Zonal - Sines</i>										
	100m:	1:07.00 1:07.00	500m:	5:58.86 1:14.08	900m:	10:54.71 1:13.28	1300m:	15:53.72 1:14.93	1500m:	18:18.26 1:10.21	
	200m:	2:18.41 1:11.41	600m:	7:13.54 1:14.68	1000m:	12:10.02 1:15.31	1400m:	17:08.05 1:14.33			
	300m:	3:31.70 1:13.29	700m:	8:27.83 1:14.29	1100m:	13:25.23 1:15.21					
	400m:	4:44.78 1:13.08	800m:	9:41.43 1:13.60	1200m:	14:38.79 1:13.56					
4.	AGUILAR, Luis Santos		04 Nacional				18:51.30				421
	100m:	1:09.25 1:09.25	500m:	6:10.61 1:15.96	900m:	11:16.45 1:16.41	1300m:	16:25.00 1:16.04	1500m:	18:51.30 1:11.36	
	200m:	2:24.03 1:14.78	600m:	7:26.54 1:15.93	1000m:	12:33.68 1:17.23	1400m:	17:39.94 1:14.94			
	300m:	3:38.95 1:14.92	700m:	8:43.02 1:16.48	1100m:	13:51.60 1:17.92					
	400m:	4:54.65 1:15.70	800m:	10:00.04 1:17.02	1200m:	15:08.96 1:17.36					
5.	NUNES, Afonso Miguel		04 Salesianos do Funchal				19:06.44				404
	100m:	1:10.89 1:10.89	500m:	6:13.04 1:17.05	900m:	11:23.22 1:16.77	1300m:	16:34.14 1:17.93	1500m:	19:06.44 1:14.88	
	200m:	2:24.70 1:13.81	600m:	7:30.76 1:17.72	1000m:	12:40.91 1:17.69	1400m:	17:51.56 1:17.42			
	300m:	3:39.42 1:14.72	700m:	8:48.63 1:17.87	1100m:	13:58.32 1:17.41					
	400m:	4:55.99 1:16.57	800m:	10:06.45 1:17.82	1200m:	15:16.21 1:17.89					
6.	SILVA, Eduardo Rodrigues		04 Salesianos do Funchal				19:13.25				397
	100m:	1:14.66 1:14.66	500m:	6:24.86 1:18.51	900m:	11:35.07 1:16.96	1300m:	16:41.32 1:16.42	1500m:	19:13.25 1:15.85	
	200m:	2:32.00 1:17.34	600m:	7:42.42 1:17.56	1000m:	12:51.98 1:16.91	1400m:	17:57.40 1:16.08			
	300m:	3:48.92 1:16.92	700m:	9:00.41 1:17.99	1100m:	14:08.24 1:16.26					
	400m:	5:06.35 1:17.43	800m:	10:18.11 1:17.70	1200m:	15:24.90 1:16.66					
7.	PEREIRA, Jordao Abreu		04 Salesianos do Funchal				19:30.72				380
	100m:	1:12.82 1:12.82	500m:	6:25.34 1:18.30	900m:	11:37.68 1:18.14	1300m:	16:57.72 1:20.65	1500m:	19:30.72 1:15.34	
	200m:	2:31.45 1:18.63	600m:	7:42.95 1:17.61	1000m:	12:56.68 1:19.00	1400m:	18:15.38 1:17.66			
	300m:	3:49.78 1:18.33	700m:	9:01.45 1:18.50	1100m:	14:17.23 1:20.55					
	400m:	5:07.04 1:17.26	800m:	10:19.54 1:18.09	1200m:	15:37.07 1:19.84					
8.	LEAL, Diogo Silva		04 Salesianos do Funchal				21:23.72				288
	100m:	1:15.40 1:15.40	500m:	6:52.59 1:26.54	900m:	12:43.41 1:28.23	1300m:	18:38.13 1:27.84	1500m:	21:23.72 1:21.62	
	200m:	2:36.79 1:21.39	600m:	8:19.36 1:26.77	1000m:	14:12.10 1:28.69	1400m:	20:02.10 1:23.97			
	300m:	4:01.52 1:24.73	700m:	9:46.99 1:27.63	1100m:	15:42.08 1:29.98					
	400m:	5:26.05 1:24.53	800m:	11:15.18 1:28.19	1200m:	17:10.29 1:28.21					

Prova 3, Masc., 1500m Livres, Juvenil A, 16 anos

Lugar	Nome		Ano	Equipa				Tempo final	Pts			
9.	FERNANDEZ, Joao Guilherme		04	Salesianos do Funchal				22:00.63	264			
	100m:	1:17.61	1:17.61	500m:	7:09.48	1:27.98	900m:	13:04.75	1:28.57	1300m:	19:07.26	1:30.03
	200m:	2:44.04	1:26.43	600m:	8:38.87	1:29.39	1000m:	14:35.16	1:30.41	1400m:	20:35.86	1:28.60
	300m:	4:12.24	1:28.20	700m:	10:07.50	1:28.63	1100m:	16:05.99	1:30.83	1500m:	22:00.63	1:24.77
	400m:	5:41.50	1:29.26	800m:	11:36.18	1:28.68	1200m:	17:37.23	1:31.24			
10.	MACHADO, Tiago Magalhaes		04	Nacional				22:17.33	255			
	100m:	1:14.75	1:14.75	500m:	7:09.90	1:31.20	900m:	13:15.74	1:32.02	1300m:	19:24.27	1:29.89
	200m:	2:38.66	1:23.91	600m:	8:41.24	1:31.34	1000m:	14:48.15	1:32.41	1400m:	20:52.88	1:28.61
	300m:	4:07.46	1:28.80	700m:	10:12.55	1:31.31	1100m:	16:20.72	1:32.57	1500m:	22:17.33	1:24.45
	400m:	5:38.70	1:31.24	800m:	11:43.72	1:31.17	1200m:	17:54.38	1:33.66			
11.	GOMES, Alexandre Monteiro		04	Salesianos do Funchal				22:30.79	247			
	100m:	1:17.28	1:17.28	500m:	7:17.52	1:29.43	900m:	13:21.72	1:31.87	1300m:	19:38.28	1:34.37
	200m:	2:44.53	1:27.25	600m:	8:45.43	1:27.91	1000m:	14:55.26	1:33.54	1400m:	21:10.39	1:32.11
	300m:	4:15.56	1:31.03	700m:	10:18.06	1:32.63	1100m:	16:30.49	1:35.23	1500m:	22:30.79	1:20.40
	400m:	5:48.09	1:32.53	800m:	11:49.85	1:31.79	1200m:	18:03.91	1:33.42			
12.	URDANETA, Lisandro Alberto		04	Nacional				28:24.30	123			
	100m:	1:33.56	1:33.56	500m:	8:59.04	1:54.87	900m:	16:49.96	1:59.23	1300m:	24:46.98	1:55.66
	200m:	3:20.67	1:47.11	600m:	10:54.92	1:55.88	1000m:	18:50.01	2:00.05	1400m:	26:38.51	1:51.53
	300m:	5:12.18	1:51.51	700m:	12:53.06	1:58.14	1100m:	20:49.76	1:59.75	1500m:	28:24.30	1:45.79
	400m:	7:04.17	1:51.99	800m:	14:50.73	1:57.67	1200m:	22:51.32	2:01.56			

Juvenil Geral, 15 e 16 anos

1.	ALVES, Paulo Rodrigues		04	Nacional				17:03.22	569			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	100m:	1:05.52	1:05.52	500m:	5:40.81	1:09.07	900m:	10:15.47	1:08.34	1300m:	14:48.62	1:07.64
	200m:	2:14.00	1:08.48	600m:	6:49.49	1:08.68	1000m:	11:24.04	1:08.57	1400m:	15:56.64	1:08.02
	300m:	3:22.91	1:08.91	700m:	7:57.96	1:08.47	1100m:	12:32.90	1:08.86	1500m:	17:03.22	1:06.58
	400m:	4:31.74	1:08.83	800m:	9:07.13	1:09.17	1200m:	13:40.98	1:08.08			
2.	RODRIGUES, Rodrigo Reis		04	Sao Roque				17:04.00	568			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	100m:	1:05.13	1:05.13	500m:	5:39.77	1:08.96	900m:	10:15.17	1:08.66	1300m:	14:49.45	1:08.51
	200m:	2:13.01	1:07.88	600m:	6:48.74	1:08.97	1000m:	11:23.75	1:08.58	1400m:	15:58.36	1:08.91
	300m:	3:21.81	1:08.80	700m:	7:57.49	1:08.75	1100m:	12:32.38	1:08.63	1500m:	17:04.00	1:05.64
	400m:	4:30.81	1:09.00	800m:	9:06.51	1:09.02	1200m:	13:40.94	1:08.56			
3.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal				17:33.03	522			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	100m:	1:05.34	1:05.34	500m:	5:44.66	1:10.38	900m:	10:29.09	1:11.32	1300m:	15:12.93	1:10.75
	200m:	2:14.06	1:08.72	600m:	6:55.57	1:10.91	1000m:	11:39.94	1:10.85	1400m:	16:23.74	1:10.81
	300m:	3:23.95	1:09.89	700m:	8:06.60	1:11.03	1100m:	12:51.08	1:11.14	1500m:	17:33.03	1:09.29
	400m:	4:34.28	1:10.33	800m:	9:17.77	1:11.17	1200m:	14:02.18	1:11.10			
4.	GOUVEIA, Luis Galvao		05	Nacional				18:11.73	468			
	<i>Minimos Campeonato Zonal - Sines</i>											
	100m:	1:07.69	1:07.69	500m:	6:01.70	1:14.02	900m:	10:56.89	1:14.86	1300m:	15:51.41	1:13.48
	200m:	2:20.67	1:12.98	600m:	7:15.32	1:13.62	1000m:	12:10.45	1:13.56	1400m:	17:03.15	1:11.74
	300m:	3:33.99	1:13.32	700m:	8:30.08	1:14.76	1100m:	13:24.74	1:14.29	1500m:	18:11.73	1:08.58
	400m:	4:47.68	1:13.69	800m:	9:42.03	1:11.95	1200m:	14:37.93	1:13.19			
5.	FERNANDES, Diogo Henrique		04	Naval do Funchal				18:18.26	460			
	<i>Minimos Campeonato Zonal - Sines</i>											
	100m:	1:07.00	1:07.00	500m:	5:58.86	1:14.08	900m:	10:54.71	1:13.28	1300m:	15:53.72	1:14.93
	200m:	2:18.41	1:11.41	600m:	7:13.54	1:14.68	1000m:	12:10.02	1:15.31	1400m:	17:08.05	1:14.33
	300m:	3:31.70	1:13.29	700m:	8:27.83	1:14.29	1100m:	13:25.23	1:15.21	1500m:	18:18.26	1:10.21
	400m:	4:44.78	1:13.08	800m:	9:41.43	1:13.60	1200m:	14:38.79	1:13.56			

Prova 3, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar			Ano			Tempo final	Pts
6.	DIAS, Andre Vicente		05	Nacional		18:25.24	451
<i>Minimos Campeonato Zonal - Sines</i>							
100m:	1:10.37	1:10.37	500m:	6:08.73	1:15.40	900m:	11:07.89 1:13.88
200m:	2:24.49	1:14.12	600m:	7:23.64	1:14.91	1000m:	12:22.54 1:14.65
300m:	3:39.34	1:14.85	700m:	8:38.26	1:14.62	1100m:	13:36.60 1:14.06
400m:	4:53.33	1:13.99	800m:	9:54.01	1:15.75	1200m:	14:50.24 1:13.64
1300m:	16:02.96		1:12.72				
1400m:	17:15.43		1:12.47				
1500m:	18:25.24		1:09.81				
7.	SANTOS, Nuno Goncalo		05	Sao Roque		18:33.68	441
<i>Minimos Campeonato Zonal - Sines</i>							
100m:	1:08.46	1:08.46	500m:	6:07.97	1:14.83	900m:	11:08.15 1:15.74
200m:	2:23.41	1:14.95	600m:	7:21.64	1:13.67	1000m:	12:23.94 1:15.79
300m:	3:37.76	1:14.35	700m:	8:36.73	1:15.09	1100m:	13:39.67 1:15.73
400m:	4:53.14	1:15.38	800m:	9:52.41	1:15.68	1200m:	14:54.58 1:14.91
1300m:	16:09.54		1:14.96				
1400m:	17:23.26		1:13.72				
1500m:	18:33.68		1:10.42				
8.	RODRIGUES, Joao Luis		05	Naval do Funchal		18:36.71	437
<i>Minimos Campeonato Zonal - Sines</i>							
100m:	1:07.54	1:07.54	500m:	6:03.35	1:14.91	900m:	11:04.75 1:15.94
200m:	2:20.23	1:12.69	600m:	7:18.38	1:15.03	1000m:	12:20.28 1:15.53
300m:	3:34.32	1:14.09	700m:	8:33.30	1:14.92	1100m:	13:36.01 1:15.73
400m:	4:48.44	1:14.12	800m:	9:48.81	1:15.51	1200m:	14:51.59 1:15.58
1300m:	16:07.33		1:15.74				
1400m:	17:23.31		1:15.98				
1500m:	18:36.71		1:13.40				
9.	LEITAO, Andre Freitas		05	Naval do Funchal		18:43.68	429
<i>Minimos Campeonato Zonal - Sines</i>							
100m:	1:10.93	1:10.93	500m:	6:10.67	1:15.62	900m:	11:11.68 1:14.67
200m:	2:24.62	1:13.69	600m:	7:26.79	1:16.12	1000m:	12:27.29 1:15.61
300m:	3:39.98	1:15.36	700m:	8:41.22	1:14.43	1100m:	13:43.43 1:16.14
400m:	4:55.05	1:15.07	800m:	9:57.01	1:15.79	1200m:	14:59.66 1:16.23
1300m:	16:15.08		1:15.42				
1400m:	17:30.44		1:15.36				
1500m:	18:43.68		1:13.24				
10.	AGUILAR, Luis Santos		04	Nacional		18:51.30	421
100m:	1:09.25	1:09.25	500m:	6:10.61	1:15.96	900m:	11:16.45 1:16.41
200m:	2:24.03	1:14.78	600m:	7:26.54	1:15.93	1000m:	12:33.68 1:17.23
300m:	3:38.95	1:14.92	700m:	8:43.02	1:16.48	1100m:	13:51.60 1:17.92
400m:	4:54.65	1:15.70	800m:	10:00.04	1:17.02	1200m:	15:08.96 1:17.36
1300m:	16:25.00		1:16.04				
1400m:	17:39.94		1:14.94				
1500m:	18:51.30		1:11.36				
11.	NUNES, Afonso Miguel		04	Salesianos do Funchal		19:06.44	404
100m:	1:10.89	1:10.89	500m:	6:13.04	1:17.05	900m:	11:23.22 1:16.77
200m:	2:24.70	1:13.81	600m:	7:30.76	1:17.72	1000m:	12:40.91 1:17.69
300m:	3:39.42	1:14.72	700m:	8:48.63	1:17.87	1100m:	13:58.32 1:17.41
400m:	4:55.99	1:16.57	800m:	10:06.45	1:17.82	1200m:	15:16.21 1:17.89
1300m:	16:34.14		1:17.93				
1400m:	17:51.56		1:17.42				
1500m:	19:06.44		1:14.88				
12.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal		19:13.25	397
100m:	1:14.66	1:14.66	500m:	6:24.86	1:18.51	900m:	11:35.07 1:16.96
200m:	2:32.00	1:17.34	600m:	7:42.42	1:17.56	1000m:	12:51.98 1:16.91
300m:	3:48.92	1:16.92	700m:	9:00.41	1:17.99	1100m:	14:08.24 1:16.26
400m:	5:06.35	1:17.43	800m:	10:18.11	1:17.70	1200m:	15:24.90 1:16.66
1300m:	16:41.32		1:16.42				
1400m:	17:57.40		1:16.08				
1500m:	19:13.25		1:15.85				
13.	SOUSA, Lourenco Quintas		05	Naval do Funchal		19:21.77	388
100m:	1:10.65	1:10.65	500m:	6:19.11	1:18.34	900m:	11:33.94 1:19.05
200m:	2:25.94	1:15.29	600m:	7:37.68	1:18.57	1000m:	12:52.41 1:18.47
300m:	3:43.03	1:17.09	700m:	8:56.10	1:18.42	1100m:	14:11.06 1:18.65
400m:	5:00.77	1:17.74	800m:	10:14.89	1:18.79	1200m:	15:29.24 1:18.18
1300m:	16:47.90		1:18.66				
1400m:	18:05.77		1:17.87				
1500m:	19:21.77		1:16.00				
14.	PEREIRA, Jordao Abreu		04	Salesianos do Funchal		19:30.72	380
100m:	1:12.82	1:12.82	500m:	6:25.34	1:18.30	900m:	11:37.68 1:18.14
200m:	2:31.45	1:18.63	600m:	7:42.95	1:17.61	1000m:	12:56.68 1:19.00
300m:	3:49.78	1:18.33	700m:	9:01.45	1:18.50	1100m:	14:17.23 1:20.55
400m:	5:07.04	1:17.26	800m:	10:19.54	1:18.09	1200m:	15:37.07 1:19.84
1300m:	16:57.72		1:20.65				
1400m:	18:15.38		1:17.66				
1500m:	19:30.72		1:15.34				
15.	VOLOZHENIN, Alexandre		05	Naval do Funchal		19:33.55	377
100m:	1:14.10	1:14.10	500m:	6:27.54	1:18.46	900m:	11:42.31 1:17.98
200m:	2:31.97	1:17.87	600m:	7:46.11	1:18.57	1000m:	13:00.96 1:18.65
300m:	3:50.59	1:18.62	700m:	9:05.31	1:19.20	1100m:	14:19.75 1:18.79
400m:	5:09.08	1:18.49	800m:	10:24.33	1:19.02	1200m:	15:39.51 1:19.76
1300m:	16:58.77		1:19.26				
1400m:	18:18.07		1:19.30				
1500m:	19:33.55		1:15.48				

Prova 3, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar			Ano				Tempo final		Pts
16.	ALVES, Tiago Pires		05 Salesianos do Funchal				20:02.49		350
	100m:	1:16.45 1:16.45	500m:	6:38.51 1:20.97	900m:	12:05.46 1:21.68	1300m:	17:27.85 1:20.32	
	200m:	2:35.77 1:19.32	600m:	8:00.44 1:21.93	1000m:	13:26.51 1:21.05	1400m:	18:47.23 1:19.38	
	300m:	3:56.89 1:21.12	700m:	9:22.35 1:21.91	1100m:	14:47.01 1:20.50	1500m:	20:02.49 1:15.26	
	400m:	5:17.54 1:20.65	800m:	10:43.78 1:21.43	1200m:	16:07.53 1:20.52			
17.	ALVES, Afonso Pires		05 Salesianos do Funchal				20:27.37		329
	100m:	1:17.00 1:17.00	500m:	6:44.23 1:22.54	900m:	12:15.88 1:22.76	1300m:	17:46.43 1:22.29	
	200m:	2:38.00 1:21.00	600m:	8:07.28 1:23.05	1000m:	13:38.42 1:22.54	1400m:	19:08.40 1:21.97	
	300m:	3:59.60 1:21.60	700m:	9:30.61 1:23.33	1100m:	15:01.12 1:22.70	1500m:	20:27.37 1:18.97	
	400m:	5:21.69 1:22.09	800m:	10:53.12 1:22.51	1200m:	16:24.14 1:23.02			
18.	ALVES, Andre Camara		05 Nacional				20:35.72		323
	100m:	1:15.14 1:15.14	500m:	6:45.79 1:23.33	900m:	12:19.74 1:22.94	1300m:	17:54.33 1:23.24	
	200m:	2:35.98 1:20.84	600m:	8:09.06 1:23.27	1000m:	13:43.84 1:24.10	1400m:	19:17.44 1:23.11	
	300m:	3:58.63 1:22.65	700m:	9:33.36 1:24.30	1100m:	15:07.05 1:23.21	1500m:	20:35.72 1:18.28	
	400m:	5:22.46 1:23.83	800m:	10:56.80 1:23.44	1200m:	16:31.09 1:24.04			
19.	SILVA, Tony Stefano		05 Naval do Funchal				20:49.51		312
	100m:	1:14.23 1:14.23	500m:	6:49.10 1:24.76	900m:	12:27.36 1:25.44	1300m:	18:07.50 1:24.41	
	200m:	2:35.16 1:20.93	600m:	8:14.46 1:25.36	1000m:	13:52.48 1:25.12	1400m:	19:31.62 1:24.12	
	300m:	3:59.33 1:24.17	700m:	9:38.54 1:24.08	1100m:	15:18.48 1:26.00	1500m:	20:49.51 1:17.89	
	400m:	5:24.34 1:25.01	800m:	11:01.92 1:23.38	1200m:	16:43.09 1:24.61			
20.	LEAL, Diogo Silva		04 Salesianos do Funchal				21:23.72		288
	100m:	1:15.40 1:15.40	500m:	6:52.59 1:26.54	900m:	12:43.41 1:28.23	1300m:	18:38.13 1:27.84	
	200m:	2:36.79 1:21.39	600m:	8:19.36 1:26.77	1000m:	14:12.10 1:28.69	1400m:	20:02.10 1:23.97	
	300m:	4:01.52 1:24.73	700m:	9:46.99 1:27.63	1100m:	15:42.08 1:29.98	1500m:	21:23.72 1:21.62	
	400m:	5:26.05 1:24.53	800m:	11:15.18 1:28.19	1200m:	17:10.29 1:28.21			
21.	FERNANDEZ, Joao Guilherme		04 Salesianos do Funchal				22:00.63		264
	100m:	1:17.61 1:17.61	500m:	7:09.48 1:27.98	900m:	13:04.75 1:28.57	1300m:	19:07.26 1:30.03	
	200m:	2:44.04 1:26.43	600m:	8:38.87 1:29.39	1000m:	14:35.16 1:30.41	1400m:	20:35.86 1:28.60	
	300m:	4:12.24 1:28.20	700m:	10:07.50 1:28.63	1100m:	16:05.99 1:30.83	1500m:	22:00.63 1:24.77	
	400m:	5:41.50 1:29.26	800m:	11:36.18 1:28.68	1200m:	17:37.23 1:31.24			
22.	MACHADO, Tiago Magalhaes		04 Nacional				22:17.33		255
	100m:	1:14.75 1:14.75	500m:	7:09.90 1:31.20	900m:	13:15.74 1:32.02	1300m:	19:24.27 1:29.89	
	200m:	2:38.66 1:23.91	600m:	8:41.24 1:31.34	1000m:	14:48.15 1:32.41	1400m:	20:52.88 1:28.61	
	300m:	4:07.46 1:28.80	700m:	10:12.55 1:31.31	1100m:	16:20.72 1:32.57	1500m:	22:17.33 1:24.45	
	400m:	5:38.70 1:31.24	800m:	11:43.72 1:31.17	1200m:	17:54.38 1:33.66			
23.	GOMES, Alexandre Monteiro		04 Salesianos do Funchal				22:30.79		247
	100m:	1:17.28 1:17.28	500m:	7:17.52 1:29.43	900m:	13:21.72 1:31.87	1300m:	19:38.28 1:34.37	
	200m:	2:44.53 1:27.25	600m:	8:45.43 1:27.91	1000m:	14:55.26 1:33.54	1400m:	21:10.39 1:32.11	
	300m:	4:15.56 1:31.03	700m:	10:18.06 1:32.63	1100m:	16:30.49 1:35.23	1500m:	22:30.79 1:20.40	
	400m:	5:48.09 1:32.53	800m:	11:49.85 1:31.79	1200m:	18:03.91 1:33.42			
24.	NUNES, Andre Maltez		05 Nacional				23:58.51		204
	100m:	1:29.84 1:29.84	500m:	7:54.18 1:38.11	900m:	14:20.88 1:37.38	1300m:	20:49.01 1:37.50	
	200m:	3:04.62 1:34.78	600m:	9:30.27 1:36.09	1000m:	15:57.34 1:36.46	1400m:	22:27.05 1:38.04	
	300m:	4:40.19 1:35.57	700m:	11:06.77 1:36.50	1100m:	17:34.79 1:37.45	1500m:	23:58.51 1:31.46	
	400m:	6:16.07 1:35.88	800m:	12:43.50 1:36.73	1200m:	19:11.51 1:36.72			
25.	MENDES, Juan Diego		05 Nacional				24:18.32		196
	100m:	1:29.63 1:29.63	500m:	8:04.26 1:39.19	900m:	14:37.72 1:38.32	1300m:	21:07.52 1:36.07	
	200m:	3:05.74 1:36.11	600m:	9:43.84 1:39.58	1000m:	16:15.74 1:38.02	1400m:	22:46.34 1:38.82	
	300m:	4:45.74 1:40.00	700m:	11:21.70 1:37.86	1100m:	17:53.49 1:37.75	1500m:	24:18.32 1:31.98	
	400m:	6:25.07 1:39.33	800m:	12:59.40 1:37.70	1200m:	19:31.45 1:37.96			
26.	ALVES, Luis Fernandez		05 Nacional				24:23.32		194
	100m:	1:27.50 1:27.50	500m:	7:55.14 1:38.53	900m:	14:30.91 1:40.00	1300m:	21:12.36 1:39.07	
	200m:	3:03.15 1:35.65	600m:	9:32.05 1:36.91	1000m:	16:10.43 1:39.52	1400m:	22:50.75 1:38.39	
	300m:	4:38.95 1:35.80	700m:	11:11.61 1:39.56	1100m:	17:51.15 1:40.72	1500m:	24:23.32 1:32.57	
	400m:	6:16.61 1:37.66	800m:	12:50.91 1:39.30	1200m:	19:33.29 1:42.14			

Prova 3, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar	Ano		Tempo final						Pts		
27. CORREIA, Rodrigo Ramos	05 Nacional		24:40.76						187		
100m:	1:31.48	1:31.48	500m:	8:08.43	1:39.95	900m:	14:45.22	1:40.02	1300m:	21:27.85	1:40.70
200m:	3:10.67	1:39.19	600m:	9:47.58	1:39.15	1000m:	16:25.61	1:40.39	1400m:	23:06.29	1:38.44
300m:	4:49.03	1:38.36	700m:	11:26.72	1:39.14	1100m:	18:07.48	1:41.87	1500m:	24:40.76	1:34.47
400m:	6:28.48	1:39.45	800m:	13:05.20	1:38.48	1200m:	19:47.15	1:39.67			
28. URDANETA, Lisandro Alberto	04 Nacional		28:24.30						123		
100m:	1:33.56	1:33.56	500m:	8:59.04	1:54.87	900m:	16:49.96	1:59.23	1300m:	24:46.98	1:55.66
200m:	3:20.67	1:47.11	600m:	10:54.92	1:55.88	1000m:	18:50.01	2:00.05	1400m:	26:38.51	1:51.53
300m:	5:12.18	1:51.51	700m:	12:53.06	1:58.14	1100m:	20:49.76	1:59.75	1500m:	28:24.30	1:45.79
400m:	7:04.17	1:51.99	800m:	14:50.73	1:57.67	1200m:	22:51.32	2:01.56			

Prova 4 Masc., 1500m Livres 17 anos e mais velhos
16/11/2019 - 11:16 Resultados

Recordes Regionais Absoluto	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recordes Regionais Sen	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recordes Regionais Jun18	15:38.98	FRANCO, Paulo Fragueiro	CDN	Mealhada	25/03/2000
Recordes Regionais Jun17	15:58.37	DEUS, Andre Portugal	CNF	Funchal	13/07/2019

TAC Nacionais Jun17: 16:57.69; Jun18: 16:52.63; Sen19: 16:28.48; 20 +: 16:23.57

Pontos: FINA 2019

Lugar	Ano		Tempo final						Pts		
Juniores, 17 e 18 anos											
1. RODRIGUES, Pedro Reis	02 Sao Roque		16:55.10						583		
100m:	1:02.79	1:02.79	500m:	5:33.33	1:08.45	900m:	10:11.43	1:09.68	1300m:	14:45.77	1:07.34
200m:	2:10.00	1:07.21	600m:	6:42.56	1:09.23	1000m:	11:21.28	1:09.85	1400m:	15:51.57	1:05.80
300m:	3:16.86	1:06.86	700m:	7:52.37	1:09.81	1100m:	12:30.87	1:09.59	1500m:	16:55.10	1:03.53
400m:	4:24.88	1:08.02	800m:	9:01.75	1:09.38	1200m:	13:38.43	1:07.56			
2. FERNANDES, Rui Afonso	03 Nacional		17:41.65						509		
100m:	1:03.91	1:03.91	500m:	5:44.37	1:11.26	900m:	10:31.41	1:11.64	1300m:	15:20.26	1:12.24
200m:	2:13.57	1:09.66	600m:	6:56.22	1:11.85	1000m:	11:43.56	1:12.15	1400m:	16:31.69	1:11.43
300m:	3:22.92	1:09.35	700m:	8:07.92	1:11.70	1100m:	12:55.84	1:12.28	1500m:	17:41.65	1:09.96
400m:	4:33.11	1:10.19	800m:	9:19.77	1:11.85	1200m:	14:08.02	1:12.18			
3. DEUS, Andre Portugal	02 Naval do Funchal		17:52.47						494		
100m:	1:03.48	1:03.48	500m:	5:36.67	1:10.93	900m:	10:35.16	1:15.08	1300m:	15:21.62	1:14.43
200m:	2:10.66	1:07.18	600m:	6:50.69	1:14.02	1000m:	11:45.51	1:10.35	1400m:	16:38.02	1:16.40
300m:	3:17.84	1:07.18	700m:	8:05.81	1:15.12	1100m:	12:56.11	1:10.60	1500m:	17:52.47	1:14.45
400m:	4:25.74	1:07.90	800m:	9:20.08	1:14.27	1200m:	14:07.19	1:11.08			
4. LOPES, Pedro Henrique	03 Sao Roque		18:27.10						449		
100m:	1:07.89	1:07.89	500m:	6:05.28	1:14.85	900m:	11:02.80	1:14.38	1300m:	15:58.93	1:14.15
200m:	2:21.69	1:13.80	600m:	7:19.18	1:13.90	1000m:	12:17.28	1:14.48	1400m:	17:13.99	1:15.06
300m:	3:35.87	1:14.18	700m:	8:33.83	1:14.65	1100m:	13:31.26	1:13.98	1500m:	18:27.10	1:13.11
400m:	4:50.43	1:14.56	800m:	9:48.42	1:14.59	1200m:	14:44.78	1:13.52			
5. BELO, Francisco Miguel	02 Nacional		19:20.24						390		
100m:	1:10.05	1:10.05	500m:	6:20.67	1:18.62	900m:	11:32.72	1:18.23	1300m:	16:46.35	1:18.79
200m:	2:26.34	1:16.29	600m:	7:38.89	1:18.22	1000m:	12:50.90	1:18.18	1400m:	18:04.85	1:18.50
300m:	3:43.95	1:17.61	700m:	8:56.83	1:17.94	1100m:	14:09.59	1:18.69	1500m:	19:20.24	1:15.39
400m:	5:02.05	1:18.10	800m:	10:14.49	1:17.66	1200m:	15:27.56	1:17.97			
6. RODRIGUES, Renato Correia	03 Salesianos do Funchal		20:26.51						330		
100m:	1:12.35	1:12.35	500m:	6:34.35	1:21.25	900m:	12:05.63	1:23.46	1300m:	17:42.54	1:24.53
200m:	2:31.72	1:19.37	600m:	7:56.57	1:22.22	1000m:	13:29.84	1:24.21	1400m:	19:06.60	1:24.06
300m:	3:52.07	1:20.35	700m:	9:19.05	1:22.48	1100m:	14:53.98	1:24.14	1500m:	20:26.51	1:19.91
400m:	5:13.10	1:21.03	800m:	10:42.17	1:23.12	1200m:	16:18.01	1:24.03			
7. RAMALHO, Joao Caires	02 Sao Roque		20:54.92						308		
100m:	1:14.73	1:14.73	500m:	6:44.81	1:24.91	900m:	12:23.08	1:24.49	1300m:	18:05.71	1:26.07
200m:	2:34.72	1:19.99	600m:	8:09.62	1:24.81	1000m:	13:48.13	1:25.05	1400m:	19:31.21	1:25.50
300m:	3:56.19	1:21.47	700m:	9:34.13	1:24.51	1100m:	15:14.21	1:26.08	1500m:	20:54.92	1:23.71
400m:	5:19.90	1:23.71	800m:	10:58.59	1:24.46	1200m:	16:39.64	1:25.43			

Prova 4, Masc., 1500m Livres, Juniores, 17 e 18 anos

Lugar			Ano				Tempo final	Pts
8.	KOVAL, Igor		03	Nacional			24:56.58	181
	100m:	1:27.38 1:27.38	500m:	8:13.46 1:40.81	900m:	14:58.93 1:41.68	1300m:	21:42.38 1:39.73
	200m:	3:09.02 1:41.64	600m:	9:55.94 1:42.48	1000m:	16:40.45 1:41.52	1400m:	23:20.33 1:37.95
	300m:	4:51.32 1:42.30	700m:	11:37.01 1:41.07	1100m:	18:20.43 1:39.98	1500m:	24:56.58 1:36.25
	400m:	6:32.65 1:41.33	800m:	13:17.25 1:40.24	1200m:	20:02.65 1:42.22		
9.	LUIS, Francisco Sousa		03	Nacional			25:39.15	167
	100m:	1:32.34 1:32.34	500m:	8:22.41 1:44.16	900m:	15:16.38 1:44.45	1300m:	22:17.25 1:44.85
	200m:	3:13.07 1:40.73	600m:	10:04.48 1:42.07	1000m:	17:02.56 1:46.18	1400m:	24:02.48 1:45.23
	300m:	4:54.40 1:41.33	700m:	11:47.71 1:43.23	1100m:	18:47.95 1:45.39	1500m:	25:39.15 1:36.67
	400m:	6:38.25 1:43.85	800m:	13:31.93 1:44.22	1200m:	20:32.40 1:44.45		

Seniores, 19 anos e mais velhos

1.	FERRO, Henrique Martins		01	Naval do Funchal			16:59.81	575
	100m:	1:03.78 1:03.78	500m:	5:30.84 1:06.38	900m:	10:03.29 1:09.83	1300m:	14:42.07 1:09.20
	200m:	2:10.95 1:07.17	600m:	6:37.98 1:07.14	1000m:	11:12.15 1:08.86	1400m:	15:51.48 1:09.41
	300m:	3:17.57 1:06.62	700m:	7:45.04 1:07.06	1100m:	12:22.12 1:09.97	1500m:	16:59.81 1:08.33
	400m:	4:24.46 1:06.89	800m:	8:53.46 1:08.42	1200m:	13:32.87 1:10.75		
2.	NUNES, Goncalo Almada		01	Salesianos do Funchal			20:34.50	324
	100m:	1:15.78 1:15.78	500m:	6:47.36 1:23.46	900m:	12:19.36 1:22.95	1300m:	17:56.59 1:23.81
	200m:	2:37.96 1:22.18	600m:	8:10.55 1:23.19	1000m:	13:43.38 1:24.02	1400m:	19:17.70 1:21.11
	300m:	4:00.23 1:22.27	700m:	9:33.92 1:23.37	1100m:	15:08.15 1:24.77	1500m:	20:34.50 1:16.80
	400m:	5:23.90 1:23.67	800m:	10:56.41 1:22.49	1200m:	16:32.78 1:24.63		

Prova 5 Masc., 400m Estilos Juvenis
17/11/2019 - 9:15 Resultados

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

TAC Nacionais Juv B: 5:02.59; Juv A: 4:55.34 / TAC Zonais Juv B: 5:18.95; Juv A: 5:13.10

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
Juvenil B, 15 anos			
1. GOUVEIA, Luis Galvao	05 Nacional	4:56.51	501
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 30.78 30.78	150m: 1:45.82 39.38	250m: 3:05.12 42.28	350m: 4:23.11 34.74
100m: 1:06.44 35.66	200m: 2:22.84 37.02	300m: 3:48.37 43.25	400m: 4:56.51 33.40
2. OLIVEIRA, Diogo Alexandre	05 Naval do Funchal	5:01.83	474
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 30.97 30.97	150m: 1:46.91 39.88	250m: 3:09.12 43.48	350m: 4:28.34 34.87
100m: 1:07.03 36.06	200m: 2:25.64 38.73	300m: 3:53.47 44.35	400m: 5:01.83 33.49
3. RODRIGUES, Joao Luis	05 Naval do Funchal	5:09.20	441
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 31.72 31.72	150m: 1:48.73 40.12	250m: 3:12.98 44.57	350m: 4:35.20 36.49
100m: 1:08.61 36.89	200m: 2:28.41 39.68	300m: 3:58.71 45.73	400m: 5:09.20 34.00
4. DIAS, Andre Vicente	05 Nacional	5:13.36	424
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 31.28 31.28	150m: 1:47.00 39.80	250m: 3:11.58 46.36	350m: 4:37.30 38.19
100m: 1:07.20 35.92	200m: 2:25.22 38.22	300m: 3:59.11 47.53	400m: 5:13.36 36.06
5. LEITAO, Andre Freitas	05 Naval do Funchal	5:14.91	418
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 33.32 33.32	150m: 1:49.24 37.99	250m: 3:13.54 46.59	350m: 4:37.96 36.94
100m: 1:11.25 37.93	200m: 2:26.95 37.71	300m: 4:01.02 47.48	400m: 5:14.91 36.95
6. VOLOZHENIN, Alexandre	05 Naval do Funchal	5:26.90	373
50m: 34.62 34.62	150m: 1:58.84 43.90	250m: 3:26.44 44.49	350m: 4:50.57 38.88
100m: 1:14.94 40.32	200m: 2:41.95 43.11	300m: 4:11.69 45.25	400m: 5:26.90 36.33
7. SILVA, Tony Stefano	05 Naval do Funchal	5:41.67	327
50m: 35.13 35.13	150m: 2:04.15 44.84	250m: 3:32.47 44.97	350m: 5:02.23 41.50
100m: 1:19.31 44.18	200m: 2:47.50 43.35	300m: 4:20.73 48.26	400m: 5:41.67 39.44
8. ALVES, Andre Camara	05 Nacional	5:42.63	324
50m: 33.85 33.85	150m: 1:58.39 44.78	250m: 3:30.22 47.81	350m: 5:02.86 44.26
100m: 1:13.61 39.76	200m: 2:42.41 44.02	300m: 4:18.60 48.38	400m: 5:42.63 39.77
9. SOUSA, Lourenco Quintas	05 Naval do Funchal	5:44.13	320
50m: 35.76 35.76	150m: 2:04.05 45.17	250m: 3:35.22 47.21	350m: 5:06.10 41.26
100m: 1:18.88 43.12	200m: 2:48.01 43.96	300m: 4:24.84 49.62	400m: 5:44.13 38.03
10. ALVES, Afonso Pires	05 Salesianos do Funchal	5:44.26	320
50m: 36.98 36.98	150m: 2:07.85 45.92	250m: 3:39.38 46.63	350m: 5:07.92 40.25
100m: 1:21.93 44.95	200m: 2:52.75 44.90	300m: 4:27.67 48.29	400m: 5:44.26 36.34
11. ALVES, Tiago Pires	05 Salesianos do Funchal	5:44.98	318
50m: 36.62 36.62	150m: 2:06.08 47.11	250m: 3:39.28 46.82	350m: 5:07.73 39.85
100m: 1:18.97 42.35	200m: 2:52.46 46.38	300m: 4:27.88 48.60	400m: 5:44.98 37.25
12. ALVES, Luis Fernandez	05 Nacional	6:38.88	205
50m: 42.62 42.62	150m: 2:27.01 53.36	250m: 4:14.00 56.02	350m: 5:56.52 44.43
100m: 1:33.65 51.03	200m: 3:17.98 50.97	300m: 5:12.09 58.09	400m: 6:38.88 42.36
13. MENDES, Juan Diego	05 Nacional	7:04.74	170
50m: 43.99 43.99	150m: 2:33.20 55.70	250m: 4:28.59 1:00.64	350m: 6:19.40 50.01
100m: 1:37.50 53.51	200m: 3:27.95 54.75	300m: 5:29.39 1:00.80	400m: 7:04.74 45.34

Prova 5, Masc., 400m Estilos, Juvenil B, 15 anos

Lugar	Ano	Tempo final	Pts
14. NUNES, Andre Maltez	05 Nacional	7:20.86	152
50m: 47.23 47.23 150m: 2:45.53 1:00.19 250m: 4:45.70 1:00.46 350m: 6:36.55 48.88			
100m: 1:45.34 58.11 200m: 3:45.24 59.71 300m: 5:47.67 1:01.97 400m: 7:20.86 44.31			
DSQ CORREIA, Rodrigo Ramos	05 Nacional		
<i>810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3</i>			
dsq total SANTOS, Nuno Goncalo	05 Sao Roque		

Juvenil A, 16 anos

1. ALVES, Paulo Rodrigues	04 Nacional	4:49.19	540
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 29.42 29.42 150m: 1:43.39 39.24 250m: 3:01.10 40.09 350m: 4:16.64 34.54			
100m: 1:04.15 34.73 200m: 2:21.01 37.62 300m: 3:42.10 41.00 400m: 4:49.19 32.55			
2. RODRIGUES, Rodrigo Reis	04 Sao Roque	4:54.99	508
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 31.85 31.85 150m: 1:45.33 37.52 250m: 3:05.50 42.95 350m: 4:22.53 33.83			
100m: 1:07.81 35.96 200m: 2:22.55 37.22 300m: 3:48.70 43.20 400m: 4:54.99 32.46			
3. FERNANDES, Diogo Henrique	04 Naval do Funchal	5:15.47	416
50m: 32.06 32.06 150m: 1:52.55 42.67 250m: 3:20.48 46.65 350m: 4:42.00 35.30			
100m: 1:09.88 37.82 200m: 2:33.83 41.28 300m: 4:06.70 46.22 400m: 5:15.47 33.47			
4. NUNES, Afonso Miguel	04 Salesianos do Funchal	5:16.88	410
50m: 31.93 31.93 150m: 1:50.40 40.49 250m: 3:17.28 46.78 350m: 4:41.39 36.86			
100m: 1:09.91 37.98 200m: 2:30.50 40.10 300m: 4:04.53 47.25 400m: 5:16.88 35.49			
5. PEREIRA, Jordao Abreu	04 Salesianos do Funchal	5:22.77	388
50m: 33.66 33.66 150m: 1:53.50 40.85 250m: 3:21.12 48.92 350m: 4:47.41 38.14			
100m: 1:12.65 38.99 200m: 2:32.20 38.70 300m: 4:09.27 48.15 400m: 5:22.77 35.36			
6. SILVA, Eduardo Rodrigues	04 Salesianos do Funchal	5:28.56	368
50m: 34.18 34.18 150m: 1:56.40 42.88 250m: 3:26.56 47.64 350m: 4:52.69 38.16			
100m: 1:13.52 39.34 200m: 2:38.92 42.52 300m: 4:14.53 47.97 400m: 5:28.56 35.87			
7. AGUILAR, Luis Santos	04 Nacional	5:35.32	346
50m: 34.34 34.34 150m: 2:02.27 43.88 250m: 3:31.93 47.45 350m: 4:57.54 38.43			
100m: 1:18.39 44.05 200m: 2:44.48 42.21 300m: 4:19.11 47.18 400m: 5:35.32 37.78			
8. MACHADO, Tiago Magalhaes	04 Nacional	6:22.70	233
50m: 32.10 32.10 150m: 2:06.07 51.46 250m: 3:52.92 56.52 350m: 5:38.16 47.03			
100m: 1:14.61 42.51 200m: 2:56.40 50.33 300m: 4:51.13 58.21 400m: 6:22.70 44.54			
9. FERNANDEZ, Joao Guilherme	04 Salesianos do Funchal	6:25.01	228
50m: 38.20 38.20 150m: 2:17.22 52.28 250m: 4:01.50 54.78 350m: 5:43.82 46.60			
100m: 1:24.94 46.74 200m: 3:06.72 49.50 300m: 4:57.22 55.72 400m: 6:25.01 41.19			
DSQ GOMES, Alexandre Monteiro	04 Salesianos do Funchal		
<i>611 - Perdeu posição dorsal antes da viragem aos 200 metros SW 6.2</i>			
DSQ LEAL, Diogo Silva	04 Salesianos do Funchal		
<i>722 - Tocou com uma mão na parede na viragem aos 275 m - SW 7.6</i>			
dsq total URDANETA, Lisandro Alberto	04 Nacional		

Juvenil Geral, 15 e 16 anos

1. ALVES, Paulo Rodrigues	04 Nacional	4:49.19	540
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 29.42 29.42 150m: 1:43.39 39.24 250m: 3:01.10 40.09 350m: 4:16.64 34.54			
100m: 1:04.15 34.73 200m: 2:21.01 37.62 300m: 3:42.10 41.00 400m: 4:49.19 32.55			

Prova 5, Masc., 400m Estilos, Juvenil Geral, 15 e 16 anos

Lugar	Ano		Tempo final		Pts
2.	RODRIGUES, Rodrigo Reis	04	Sao Roque	4:54.99	508
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>				
	50m: 31.85 31.85	150m: 1:45.33 37.52	250m: 3:05.50 42.95	350m: 4:22.53 33.83	
	100m: 1:07.81 35.96	200m: 2:22.55 37.22	300m: 3:48.70 43.20	400m: 4:54.99 32.46	
3.	GOUVEIA, Luis Galvao	05	Nacional	4:56.51	501
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>				
	50m: 30.78 30.78	150m: 1:45.82 39.38	250m: 3:05.12 42.28	350m: 4:23.11 34.74	
	100m: 1:06.44 35.66	200m: 2:22.84 37.02	300m: 3:48.37 43.25	400m: 4:56.51 33.40	
4.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	5:01.83	474
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>				
	50m: 30.97 30.97	150m: 1:46.91 39.88	250m: 3:09.12 43.48	350m: 4:28.34 34.87	
	100m: 1:07.03 36.06	200m: 2:25.64 38.73	300m: 3:53.47 44.35	400m: 5:01.83 33.49	
5.	RODRIGUES, Joao Luis	05	Naval do Funchal	5:09.20	441
	<i>Minimos Campeonato Zonal - Sines</i>				
	50m: 31.72 31.72	150m: 1:48.73 40.12	250m: 3:12.98 44.57	350m: 4:35.20 36.49	
	100m: 1:08.61 36.89	200m: 2:28.41 39.68	300m: 3:58.71 45.73	400m: 5:09.20 34.00	
6.	DIAS, Andre Vicente	05	Nacional	5:13.36	424
	<i>Minimos Campeonato Zonal - Sines</i>				
	50m: 31.28 31.28	150m: 1:47.00 39.80	250m: 3:11.58 46.36	350m: 4:37.30 38.19	
	100m: 1:07.20 35.92	200m: 2:25.22 38.22	300m: 3:59.11 47.53	400m: 5:13.36 36.06	
7.	LEITAO, Andre Freitas	05	Naval do Funchal	5:14.91	418
	<i>Minimos Campeonato Zonal - Sines</i>				
	50m: 33.32 33.32	150m: 1:49.24 37.99	250m: 3:13.54 46.59	350m: 4:37.96 36.94	
	100m: 1:11.25 37.93	200m: 2:26.95 37.71	300m: 4:01.02 47.48	400m: 5:14.91 36.95	
8.	FERNANDES, Diogo Henrique	04	Naval do Funchal	5:15.47	416
	50m: 32.06 32.06	150m: 1:52.55 42.67	250m: 3:20.48 46.65	350m: 4:42.00 35.30	
	100m: 1:09.88 37.82	200m: 2:33.83 41.28	300m: 4:06.70 46.22	400m: 5:15.47 33.47	
9.	NUNES, Afonso Miguel	04	Salesianos do Funchal	5:16.88	410
	50m: 31.93 31.93	150m: 1:50.40 40.49	250m: 3:17.28 46.78	350m: 4:41.39 36.86	
	100m: 1:09.91 37.98	200m: 2:30.50 40.10	300m: 4:04.53 47.25	400m: 5:16.88 35.49	
10.	PEREIRA, Jordao Abreu	04	Salesianos do Funchal	5:22.77	388
	50m: 33.66 33.66	150m: 1:53.50 40.85	250m: 3:21.12 48.92	350m: 4:47.41 38.14	
	100m: 1:12.65 38.99	200m: 2:32.20 38.70	300m: 4:09.27 48.15	400m: 5:22.77 35.36	
11.	VOLOZHENIN, Alexandre	05	Naval do Funchal	5:26.90	373
	50m: 34.62 34.62	150m: 1:58.84 43.90	250m: 3:26.44 44.49	350m: 4:50.57 38.88	
	100m: 1:14.94 40.32	200m: 2:41.95 43.11	300m: 4:11.69 45.25	400m: 5:26.90 36.33	
12.	SILVA, Eduardo Rodrigues	04	Salesianos do Funchal	5:28.56	368
	50m: 34.18 34.18	150m: 1:56.40 42.88	250m: 3:26.56 47.64	350m: 4:52.69 38.16	
	100m: 1:13.52 39.34	200m: 2:38.92 42.52	300m: 4:14.53 47.97	400m: 5:28.56 35.87	
13.	AGUILAR, Luis Santos	04	Nacional	5:35.32	346
	50m: 34.34 34.34	150m: 2:02.27 43.88	250m: 3:31.93 47.45	350m: 4:57.54 38.43	
	100m: 1:18.39 44.05	200m: 2:44.48 42.21	300m: 4:19.11 47.18	400m: 5:35.32 37.78	
14.	SILVA, Tony Stefano	05	Naval do Funchal	5:41.67	327
	50m: 35.13 35.13	150m: 2:04.15 44.84	250m: 3:32.47 44.97	350m: 5:02.23 41.50	
	100m: 1:19.31 44.18	200m: 2:47.50 43.35	300m: 4:20.73 48.26	400m: 5:41.67 39.44	
15.	ALVES, Andre Camara	05	Nacional	5:42.63	324
	50m: 33.85 33.85	150m: 1:58.39 44.78	250m: 3:30.22 47.81	350m: 5:02.86 44.26	
	100m: 1:13.61 39.76	200m: 2:42.41 44.02	300m: 4:18.60 48.38	400m: 5:42.63 39.77	
16.	SOUSA, Lourenco Quintas	05	Naval do Funchal	5:44.13	320
	50m: 35.76 35.76	150m: 2:04.05 45.17	250m: 3:35.22 47.21	350m: 5:06.10 41.26	
	100m: 1:18.88 43.12	200m: 2:48.01 43.96	300m: 4:24.84 49.62	400m: 5:44.13 38.03	

Prova 5, Masc., 400m Estilos, Juvenil Geral, 15 e 16 anos

Lugar	Ano	Tempo final	Pts
17. ALVES, Afonso Pires	05 Salesianos do Funchal	5:44.26	320
50m: 36.98 36.98 150m: 2:07.85 45.92 250m: 3:39.38 46.63 350m: 5:07.92 40.25			
100m: 1:21.93 44.95 200m: 2:52.75 44.90 300m: 4:27.67 48.29 400m: 5:44.26 36.34			
18. ALVES, Tiago Pires	05 Salesianos do Funchal	5:44.98	318
50m: 36.62 36.62 150m: 2:06.08 47.11 250m: 3:39.28 46.82 350m: 5:07.73 39.85			
100m: 1:18.97 42.35 200m: 2:52.46 46.38 300m: 4:27.88 48.60 400m: 5:44.98 37.25			
19. MACHADO, Tiago Magalhaes	04 Nacional	6:22.70	233
50m: 32.10 32.10 150m: 2:06.07 51.46 250m: 3:52.92 56.52 350m: 5:38.16 47.03			
100m: 1:14.61 42.51 200m: 2:56.40 50.33 300m: 4:51.13 58.21 400m: 6:22.70 44.54			
20. FERNANDEZ, Joao Guilherme	04 Salesianos do Funchal	6:25.01	228
50m: 38.20 38.20 150m: 2:17.22 52.28 250m: 4:01.50 54.78 350m: 5:43.82 46.60			
100m: 1:24.94 46.74 200m: 3:06.72 49.50 300m: 4:57.22 55.72 400m: 6:25.01 41.19			
21. ALVES, Luis Fernandez	05 Nacional	6:38.88	205
50m: 42.62 42.62 150m: 2:27.01 53.36 250m: 4:14.00 56.02 350m: 5:56.52 44.43			
100m: 1:33.65 51.03 200m: 3:17.98 50.97 300m: 5:12.09 58.09 400m: 6:38.88 42.36			
22. MENDES, Juan Diego	05 Nacional	7:04.74	170
50m: 43.99 43.99 150m: 2:33.20 55.70 250m: 4:28.59 1:00.64 350m: 6:19.40 50.01			
100m: 1:37.50 53.51 200m: 3:27.95 54.75 300m: 5:29.39 1:00.80 400m: 7:04.74 45.34			
23. NUNES, Andre Maltez	05 Nacional	7:20.86	152
50m: 47.23 47.23 150m: 2:45.53 1:00.19 250m: 4:45.70 1:00.46 350m: 6:36.55 48.88			
100m: 1:45.34 58.11 200m: 3:45.24 59.71 300m: 5:47.67 1:01.97 400m: 7:20.86 44.31			
DSQ CORREIA, Rodrigo Ramos	05 Nacional		
<i>810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3</i>			
DSQ GOMES, Alexandre Monteiro	04 Salesianos do Funchal		
<i>611 - Perdeu posição dorsal antes da viragem aos 200 metros SW 6.2</i>			
DSQ LEAL, Diogo Silva	04 Salesianos do Funchal		
<i>722 - Tocou com uma mão na parede na viragem aos 275 m - SW 7.6</i>			
dsq total	URDANETA, Lisandro Alberto	04 Nacional	
dsq total	SANTOS, Nuno Goncalo	05 Sao Roque	

Prova 6 Masc., 400m Estilos 17 anos e mais velhos Resultados

Recordes Regionais Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recordes Regionais Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018

TAC Nacionais Jun17: 4:46.65; Jun18: 4:45.22; Sen19: 4:39.12; 20 +: 4:37.73

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
Juniors, 17 e 18 anos			
1. RODRIGUES, Pedro Reis	02 Sao Roque	4:51.11	529
50m: 31.89 31.89 150m: 1:45.24 36.51 250m: 3:04.06 41.87 350m: 4:19.04 32.60			
100m: 1:08.73 36.84 200m: 2:22.19 36.95 300m: 3:46.44 42.38 400m: 4:51.11 32.07			
2. SILVA, Joao Jesus	02 Salesianos do Funchal	5:00.93	479
50m: 29.49 29.49 150m: 1:41.62 37.41 250m: 3:03.58 45.36 350m: 4:25.66 36.30			
100m: 1:04.21 34.72 200m: 2:18.22 36.60 300m: 3:49.36 45.78 400m: 5:00.93 35.27			
3. FREITAS, Joao Tomas	02 Salesianos do Funchal	5:04.06	464
50m: 30.92 30.92 150m: 1:45.80 38.39 250m: 3:07.70 44.57 350m: 4:30.29 36.82			
100m: 1:07.41 36.49 200m: 2:23.13 37.33 300m: 3:53.47 45.77 400m: 5:04.06 33.77			
4. MELIM, Bruno Pontes	03 Salesianos do Funchal	5:25.94	377
50m: 32.86 32.86 150m: 1:56.49 45.14 250m: 3:26.17 47.46 350m: 4:52.40 38.44			
100m: 1:11.35 38.49 200m: 2:38.71 42.22 300m: 4:13.96 47.79 400m: 5:25.94 33.54			

Prova 6, Masc., 400m Estilos, Juniores, 17 e 18 anos

Lugar	Ano	Tempo final	Pts
DSQ LOPES, Pedro Henrique	03 Sao Roque		
<i>730 - Vários movimentos verticais de pernas após viragem aos 200 m - SW 7.1</i>			

Seniores, 19 anos e mais velhos

1. FERRO, Henrique Martins	01	Naval do Funchal	4:54.85	509
50m: 30.28 30.28	150m: 1:43.69	39.06	250m: 3:04.77	42.55
100m: 1:04.63 34.35	200m: 2:22.22	38.53	300m: 3:47.91	43.14
			400m: 4:54.85	32.55
2. VIEIRA, Duarte Nuno	95	Salesianos do Funchal	5:25.71	377
50m: 32.51 32.51	150m: 1:54.08	42.88	250m: 3:24.31	47.97
100m: 1:11.20 38.69	200m: 2:36.34	42.26	300m: 4:13.23	48.92
			400m: 5:25.71	35.10

Prova 7

Femin., 800m Livres

Juvenis
Resultados

17/11/2019 - 9:55

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

TAC Nacionais Juv B: 10:02.02; Juv A: 9:53.10 / TAC Zonais Juv B: 10:27.05; Juv A: 10:09.47

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	
Juvenil B, 14 anos				
1. COSTA, Maria Jardim	06	Nacional	10:05.66	495
<i>Minimos Campeonato Zonal - Sines</i>				
100m: 1:13.25 1:13.25	300m: 3:47.23	1:17.10	500m: 6:20.53	1:16.28
200m: 2:30.13 1:16.88	400m: 5:04.25	1:17.02	600m: 7:37.18	1:16.65
			700m: 8:52.77	1:15.59
			800m: 10:05.66	1:12.89
2. SILVA, Silvana Suamade	06	Sao Roque	10:09.47	486
<i>Minimos Campeonato Zonal - Sines</i>				
100m: 1:15.00 1:15.00	300m: 3:48.92	1:17.08	500m: 6:21.47	1:16.29
200m: 2:31.84 1:16.84	400m: 5:05.18	1:16.26	600m: 7:38.46	1:16.99
			700m: 8:55.06	1:16.60
			800m: 10:09.47	1:14.41
3. DIAS, Julia Alves	06	Nacional	10:19.72	462
<i>Minimos Campeonato Zonal - Sines</i>				
100m: 1:14.53 1:14.53	300m: 3:51.48	1:18.73	500m: 6:29.27	1:19.12
200m: 2:32.75 1:18.22	400m: 5:10.15	1:18.67	600m: 7:47.74	1:18.47
			700m: 9:05.28	1:17.54
			800m: 10:19.72	1:14.44
4. FREITAS, Beatriz Rodrigues	06	Naval do Funchal	10:20.89	460
<i>Minimos Campeonato Zonal - Sines</i>				
100m: 1:14.28 1:14.28	300m: 3:48.65	1:17.31	500m: 6:24.90	1:18.92
200m: 2:31.34 1:17.06	400m: 5:05.98	1:17.33	600m: 7:45.01	1:20.11
			700m: 9:04.88	1:19.87
			800m: 10:20.89	1:16.01
5. SEQUEIRA, Beatriz Meneses	06	Naval do Funchal	10:37.75	424
100m: 1:14.87 1:14.87	300m: 3:56.52	1:21.10	500m: 6:38.43	1:20.94
200m: 2:35.42 1:20.55	400m: 5:17.49	1:20.97	600m: 7:59.77	1:21.34
			700m: 9:19.82	1:20.05
			800m: 10:37.75	1:17.93
6. DEUS, Ines Portugal	06	Naval do Funchal	10:38.54	423
100m: 1:15.44 1:15.44	300m: 3:54.56	1:20.73	500m: 6:36.83	1:21.18
200m: 2:33.83 1:18.39	400m: 5:15.65	1:21.09	600m: 7:58.34	1:21.51
			700m: 9:19.32	1:20.98
			800m: 10:38.54	1:19.22
7. FREITAS, Margarida Ramos	06	Nacional	10:41.23	417
100m: 1:16.42 1:16.42	300m: 3:59.28	1:21.95	500m: 6:41.66	1:21.10
200m: 2:37.33 1:20.91	400m: 5:20.56	1:21.28	600m: 8:02.64	1:20.98
			700m: 9:23.77	1:21.13
			800m: 10:41.23	1:17.46
8. JARDIM, Lara Filipa	06	Naval do Funchal	10:51.86	397
100m: 1:17.19 1:17.19	300m: 4:01.68	1:22.25	500m: 6:46.26	1:22.66
200m: 2:39.43 1:22.24	400m: 5:23.60	1:21.92	600m: 8:09.76	1:23.50
			700m: 9:33.97	1:24.21
			800m: 10:51.86	1:17.89

Prova 7, Femin., 800m Livres, Juvenil B, 14 anos

Lugar	Nome		Ano	Clube	Tempo final				Pts	
9.	ABREU, Ana Rodrigues		06	Naval do Funchal	10:58.67				385	
	100m:	1:17.61 1:17.61	300m:	4:06.55 1:25.78	500m:	6:51.55 1:22.16	700m:	9:37.42 1:22.56	800m:	10:58.67 1:21.25
	200m:	2:40.77 1:23.16	400m:	5:29.39 1:22.84	600m:	8:14.86 1:23.31				
10.	FERRO, Maria Leonor		06	Naval do Funchal	11:03.13				377	
	100m:	1:20.29 1:20.29	300m:	4:08.33 1:24.13	500m:	6:56.38 1:23.49	700m:	9:44.14 1:24.17	800m:	11:03.13 1:18.99
	200m:	2:44.20 1:23.91	400m:	5:32.89 1:24.56	600m:	8:19.97 1:23.59				
11.	PEREIRA, Joana Marques		06	Nacional	11:09.77				366	
	100m:	1:21.58 1:21.58	300m:	4:13.22 1:25.88	500m:	7:04.03 1:25.48	700m:	9:53.21 1:24.46	800m:	11:09.77 1:16.56
	200m:	2:47.34 1:25.76	400m:	5:38.55 1:25.33	600m:	8:28.75 1:24.72				
12.	CARICHAS, Joana Medeiros		06	Salesianos do Funchal	11:10.97				364	
	100m:	1:18.22 1:18.22	300m:	4:06.33 1:25.25	500m:	6:56.31 1:25.89	700m:	9:49.55 1:25.77	800m:	11:10.97 1:21.42
	200m:	2:41.08 1:22.86	400m:	5:30.42 1:24.09	600m:	8:23.78 1:27.47				
13.	CANADA, Maria Elvira		06	Nacional	11:13.70				360	
	100m:	1:21.32 1:21.32	300m:	4:13.03 1:25.72	500m:	7:03.51 1:25.03	700m:	9:52.74 1:24.09	800m:	11:13.70 1:20.96
	200m:	2:47.31 1:25.99	400m:	5:38.48 1:25.45	600m:	8:28.65 1:25.14				
14.	SOUSA, Ivana Valentina		06	Nacional	11:30.94				333	
	100m:	1:19.66 1:19.66	300m:	4:13.45 1:26.91	500m:	7:08.93 1:28.35	700m:	10:05.68 1:28.06	800m:	11:30.94 1:25.26
	200m:	2:46.54 1:26.88	400m:	5:40.58 1:27.13	600m:	8:37.62 1:28.69				
15.	FARIA, Laura Pereira		06	Salesianos do Funchal	11:41.61				318	
	100m:	1:21.05 1:21.05	300m:	4:19.04 1:28.98	500m:	7:19.30 1:31.15	700m:	10:19.04 1:29.77	800m:	11:41.61 1:22.57
	200m:	2:50.06 1:29.01	400m:	5:48.15 1:29.11	600m:	8:49.27 1:29.97				
16.	TEMBE, Ines Afonso		06	Nacional	12:09.75				283	
	100m:	1:25.60 1:25.60	300m:	4:31.39 1:32.97	500m:	7:38.62 1:33.57	700m:	10:43.39 1:32.48	800m:	12:09.75 1:26.36
	200m:	2:58.42 1:32.82	400m:	6:05.05 1:33.66	600m:	9:10.91 1:32.29				
17.	BAPTISTA, Constanca Ornelas		06	Naval do Funchal	12:15.79				276	
	100m:	1:30.15 1:30.15	300m:	4:36.27 1:32.89	500m:	7:41.67 1:32.60	700m:	10:49.63 1:33.37	800m:	12:15.79 1:26.16
	200m:	3:03.38 1:33.23	400m:	6:09.07 1:32.80	600m:	9:16.26 1:34.59				

Juvenil A, 15 anos

1.	LUIS, Mariana Capelo		05	Salesianos do Funchal	11:38.00				323	
	100m:	1:24.97 1:24.97	300m:	4:22.25 1:28.68	500m:	7:15.99 1:27.21	700m:	10:12.40 1:28.35	800m:	11:38.00 1:25.60
	200m:	2:53.57 1:28.60	400m:	5:48.78 1:26.53	600m:	8:44.05 1:28.06				
2.	FERNANDES, Maria Madalena		05	Salesianos do Funchal	14:11.10				178	
	100m:	1:43.31 1:43.31	300m:	5:19.76 1:47.37	500m:	8:54.02 1:47.55	700m:	12:29.69 1:47.94	800m:	14:11.10 1:41.41
	200m:	3:32.39 1:49.08	400m:	7:06.47 1:46.71	600m:	10:41.75 1:47.73				
3.	NOBREGA, Maria Trindade		05	Nacional	14:30.14				167	
	100m:	1:43.32 1:43.32	300m:	5:20.27 1:47.71	500m:	9:01.99 1:52.86	700m:	12:46.57 1:50.66	800m:	14:30.14 1:43.57
	200m:	3:32.56 1:49.24	400m:	7:09.13 1:48.86	600m:	10:55.91 1:53.92				
4.	DINIS, Maria Antonia		05	Nacional	15:36.02				134	
	100m:	1:48.89 1:48.89	300m:	5:47.27 1:58.60	500m:	9:49.31 2:01.89	700m:	13:47.00 1:56.99	800m:	15:36.02 1:49.02
	200m:	3:48.67 1:59.78	400m:	7:47.42 2:00.15	600m:	11:50.01 2:00.70				
dsq total	SILVA, Maria Fabiana		05	Nacional						
dsq total	ARAUJO, Maria Clara		05	Naval do Funchal						
dsq total	AVEIRO, Leonor Sofia		05	Naval do Funchal						

Juvenil Geral, 14 e 15 anos

1.	COSTA, Maria Jardim		06	Nacional	10:05.66				495	
	<i>Minimos Campeonato Zonal - Sines</i>									
	100m:	1:13.25 1:13.25	300m:	3:47.23 1:17.10	500m:	6:20.53 1:16.28	700m:	8:52.77 1:15.59	800m:	10:05.66 1:12.89
	200m:	2:30.13 1:16.88	400m:	5:04.25 1:17.02	600m:	7:37.18 1:16.65				

Prova 7, Femin., 800m Livres, Juvenil Geral, 14 e 15 anos

Lugar	Nome		Ano	Local	Tempo final	Pts
2.	SILVA, Silvana Suamade		06	Sao Roque	10:09.47	486
	<i>Minimos Campeonato Zonal - Sines</i>					
	100m:	1:15.00	1:15.00	300m:	3:48.92	1:17.08
	200m:	2:31.84	1:16.84	400m:	5:05.18	1:16.26
				500m:	6:21.47	1:16.29
				600m:	7:38.46	1:16.99
				700m:	8:55.06	1:16.60
				800m:	10:09.47	1:14.41
3.	DIAS, Julia Alves		06	Nacional	10:19.72	462
	<i>Minimos Campeonato Zonal - Sines</i>					
	100m:	1:14.53	1:14.53	300m:	3:51.48	1:18.73
	200m:	2:32.75	1:18.22	400m:	5:10.15	1:18.67
				500m:	6:29.27	1:19.12
				600m:	7:47.74	1:18.47
				700m:	9:05.28	1:17.54
				800m:	10:19.72	1:14.44
4.	FREITAS, Beatriz Rodrigues		06	Naval do Funchal	10:20.89	460
	<i>Minimos Campeonato Zonal - Sines</i>					
	100m:	1:14.28	1:14.28	300m:	3:48.65	1:17.31
	200m:	2:31.34	1:17.06	400m:	5:05.98	1:17.33
				500m:	6:24.90	1:18.92
				600m:	7:45.01	1:20.11
				700m:	9:04.88	1:19.87
				800m:	10:20.89	1:16.01
5.	SEQUEIRA, Beatriz Meneses		06	Naval do Funchal	10:37.75	424
	100m:	1:14.87	1:14.87	300m:	3:56.52	1:21.10
	200m:	2:35.42	1:20.55	400m:	5:17.49	1:20.97
				500m:	6:38.43	1:20.94
				600m:	7:59.77	1:21.34
				700m:	9:19.82	1:20.05
				800m:	10:37.75	1:17.93
6.	DEUS, Ines Portugal		06	Naval do Funchal	10:38.54	423
	100m:	1:15.44	1:15.44	300m:	3:54.56	1:20.73
	200m:	2:33.83	1:18.39	400m:	5:15.65	1:21.09
				500m:	6:36.83	1:21.18
				600m:	7:58.34	1:21.51
				700m:	9:19.32	1:20.98
				800m:	10:38.54	1:19.22
7.	FREITAS, Margarida Ramos		06	Nacional	10:41.23	417
	100m:	1:16.42	1:16.42	300m:	3:59.28	1:21.95
	200m:	2:37.33	1:20.91	400m:	5:20.56	1:21.28
				500m:	6:41.66	1:21.10
				600m:	8:02.64	1:20.98
				700m:	9:23.77	1:21.13
				800m:	10:41.23	1:17.46
8.	JARDIM, Lara Filipa		06	Naval do Funchal	10:51.86	397
	100m:	1:17.19	1:17.19	300m:	4:01.68	1:22.25
	200m:	2:39.43	1:22.24	400m:	5:23.60	1:21.92
				500m:	6:46.26	1:22.66
				600m:	8:09.76	1:23.50
				700m:	9:33.97	1:24.21
				800m:	10:51.86	1:17.89
9.	ABREU, Ana Rodrigues		06	Naval do Funchal	10:58.67	385
	100m:	1:17.61	1:17.61	300m:	4:06.55	1:25.78
	200m:	2:40.77	1:23.16	400m:	5:29.39	1:22.84
				500m:	6:51.55	1:22.16
				600m:	8:14.86	1:23.31
				700m:	9:37.42	1:22.56
				800m:	10:58.67	1:21.25
10.	FERRO, Maria Leonor		06	Naval do Funchal	11:03.13	377
	100m:	1:20.29	1:20.29	300m:	4:08.33	1:24.13
	200m:	2:44.20	1:23.91	400m:	5:32.89	1:24.56
				500m:	6:56.38	1:23.49
				600m:	8:19.97	1:23.59
				700m:	9:44.14	1:24.17
				800m:	11:03.13	1:18.99
11.	PEREIRA, Joana Marques		06	Nacional	11:09.77	366
	100m:	1:21.58	1:21.58	300m:	4:13.22	1:25.88
	200m:	2:47.34	1:25.76	400m:	5:38.55	1:25.33
				500m:	7:04.03	1:25.48
				600m:	8:28.75	1:24.72
				700m:	9:53.21	1:24.46
				800m:	11:09.77	1:16.56
12.	CARICHAS, Joana Medeiros		06	Salesianos do Funchal	11:10.97	364
	100m:	1:18.22	1:18.22	300m:	4:06.33	1:25.25
	200m:	2:41.08	1:22.86	400m:	5:30.42	1:24.09
				500m:	6:56.31	1:25.89
				600m:	8:23.78	1:27.47
				700m:	9:49.55	1:25.77
				800m:	11:10.97	1:21.42
13.	CANADA, Maria Elvira		06	Nacional	11:13.70	360
	100m:	1:21.32	1:21.32	300m:	4:13.03	1:25.72
	200m:	2:47.31	1:25.99	400m:	5:38.48	1:25.45
				500m:	7:03.51	1:25.03
				600m:	8:28.65	1:25.14
				700m:	9:52.74	1:24.09
				800m:	11:13.70	1:20.96
14.	SOUSA, Ivana Valentina		06	Nacional	11:30.94	333
	100m:	1:19.66	1:19.66	300m:	4:13.45	1:26.91
	200m:	2:46.54	1:26.88	400m:	5:40.58	1:27.13
				500m:	7:08.93	1:28.35
				600m:	8:37.62	1:28.69
				700m:	10:05.68	1:28.06
				800m:	11:30.94	1:25.26
15.	LUIS, Mariana Capelo		05	Salesianos do Funchal	11:38.00	323
	100m:	1:24.97	1:24.97	300m:	4:22.25	1:28.68
	200m:	2:53.57	1:28.60	400m:	5:48.78	1:26.53
				500m:	7:15.99	1:27.21
				600m:	8:44.05	1:28.06
				700m:	10:12.40	1:28.35
				800m:	11:38.00	1:25.60
16.	FARIA, Laura Pereira		06	Salesianos do Funchal	11:41.61	318
	100m:	1:21.05	1:21.05	300m:	4:19.04	1:28.98
	200m:	2:50.06	1:29.01	400m:	5:48.15	1:29.11
				500m:	7:19.30	1:31.15
				600m:	8:49.27	1:29.97
				700m:	10:19.04	1:29.77
				800m:	11:41.61	1:22.57
17.	TEMBE, Ines Afonso		06	Nacional	12:09.75	283
	100m:	1:25.60	1:25.60	300m:	4:31.39	1:32.97
	200m:	2:58.42	1:32.82	400m:	6:05.05	1:33.66
				500m:	7:38.62	1:33.57
				600m:	9:10.91	1:32.29
				700m:	10:43.39	1:32.48
				800m:	12:09.75	1:26.36

Prova 7, Femin., 800m Livres, Juvenil Geral, 14 e 15 anos

Lugar	Ano		Tempo final		Pts
18. BAPTISTA, Constanca Ornelas	06	Naval do Funchal	12:15.79	276	
100m: 1:30.15 1:30.15	300m: 4:36.27 1:32.89	500m: 7:41.67 1:32.60	700m: 10:49.63 1:33.37		
200m: 3:03.38 1:33.23	400m: 6:09.07 1:32.80	600m: 9:16.26 1:34.59	800m: 12:15.79 1:26.16		
19. FERNANDES, Maria Madalena	05	Salesianos do Funchal	14:11.10	178	
100m: 1:43.31 1:43.31	300m: 5:19.76 1:47.37	500m: 8:54.02 1:47.55	700m: 12:29.69 1:47.94		
200m: 3:32.39 1:49.08	400m: 7:06.47 1:46.71	600m: 10:41.75 1:47.73	800m: 14:11.10 1:41.41		
20. NOBREGA, Maria Trindade	05	Nacional	14:30.14	167	
100m: 1:43.32 1:43.32	300m: 5:20.27 1:47.71	500m: 9:01.99 1:52.86	700m: 12:46.57 1:50.66		
200m: 3:32.56 1:49.24	400m: 7:09.13 1:48.86	600m: 10:55.91 1:53.92	800m: 14:30.14 1:43.57		
21. DINIS, Maria Antonia	05	Nacional	15:36.02	134	
100m: 1:48.89 1:48.89	300m: 5:47.27 1:58.60	500m: 9:49.31 2:01.89	700m: 13:47.00 1:56.99		
200m: 3:48.67 1:59.78	400m: 7:47.42 2:00.15	600m: 11:50.01 2:00.70	800m: 15:36.02 1:49.02		
dsq total SILVA, Maria Fabiana	05	Nacional			
dsq total ARAUJO, Maria Clara	05	Naval do Funchal			
dsq total AVEIRO, Leonor Sofia	05	Naval do Funchal			

Prova 8 Femin., 800m Livres 16 anos e mais velhos Resultados

Recordes Regionais Absoluto	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recordes Regionais Sen	9:21.09	ANDRADE, Rubina Amaro	CDN	Estoril	07/03/1997
Recordes Regionais Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recordes Regionais Jun16	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995

TAC Nacionais Jun17: 9:37.85; Jun16: 9:40.74; Sen18: 9:23.25; 19 +: 9:20.44

Pontos: FINA 2019

Lugar	Ano		Tempo final		Pts
Juniores, 16 e 17 anos					
1. SOUSA, Joana Francisca	04	Sao Roque	9:52.26	530	
100m: 1:08.86 1:08.86	300m: 3:38.12 1:15.08	500m: 6:09.50 1:15.98	700m: 8:40.10 1:14.86		
200m: 2:23.04 1:14.18	400m: 4:53.52 1:15.40	600m: 7:25.24 1:15.74	800m: 9:52.26 1:12.16		
2. CAMACHO, Laura Fernandes	04	Naval do Funchal	10:08.38	489	
100m: 1:12.06 1:12.06	300m: 3:45.98 1:17.59	500m: 6:21.07 1:17.31	700m: 8:55.52 1:17.44		
200m: 2:28.39 1:16.33	400m: 5:03.76 1:17.78	600m: 7:38.08 1:17.01	800m: 10:08.38 1:12.86		
3. RAMOS, Barbara Emerick	04	Salesianos do Funchal	10:25.46	450	
100m: 1:12.69 1:12.69	300m: 3:49.31 1:18.75	500m: 6:28.01 1:19.70	700m: 9:07.70 1:19.92		
200m: 2:30.56 1:17.87	400m: 5:08.31 1:19.00	600m: 7:47.78 1:19.77	800m: 10:25.46 1:17.76		
4. JESUS, Filipa Mafalda	03	Sao Roque	10:50.58	399	
100m: 1:14.30 1:14.30	300m: 3:57.10 1:21.97	500m: 6:43.39 1:22.99	700m: 9:30.40 1:23.77		
200m: 2:35.13 1:20.83	400m: 5:20.40 1:23.30	600m: 8:06.63 1:23.24	800m: 10:50.58 1:20.18		
5. LECA, Natasha Maria	03	Nacional	11:45.18	314	
100m: 1:21.20 1:21.20	300m: 4:20.62 1:30.55	500m: 7:21.13 1:30.28	700m: 10:21.42 1:29.65		
200m: 2:50.07 1:28.87	400m: 5:50.85 1:30.23	600m: 8:51.77 1:30.64	800m: 11:45.18 1:23.76		
6. GOUVEIA, Susana Isabel	04	Salesianos do Funchal	11:50.96	306	
100m: 1:20.92 1:20.92	300m: 4:21.98 1:30.89	500m: 7:25.29 1:31.44	700m: 10:29.12 1:31.24		
200m: 2:51.09 1:30.17	400m: 5:53.85 1:31.87	600m: 8:57.88 1:32.59	800m: 11:50.96 1:21.84		
7. SOARES, Ines Silva	04	Nacional	12:54.71	236	
100m: 1:28.53 1:28.53	300m: 4:42.84 1:37.84	500m: 8:01.50 1:39.63	700m: 11:19.06 1:38.69		
200m: 3:05.00 1:36.47	400m: 6:21.87 1:39.03	600m: 9:40.37 1:38.87	800m: 12:54.71 1:35.65		

Prova 8, Femin., 800m Livres

Seniores, 18 anos e mais velhas

1.	LUIS, Jessica Santos	00	Sao Roque					10:31.74	436
	100m: 1:12.63	1:12.63	300m: 3:53.47	1:20.44	500m: 6:34.48	1:20.20	700m: 9:14.34	1:19.54	
	200m: 2:33.03	1:20.40	400m: 5:14.28	1:20.81	600m: 7:54.80	1:20.32	800m: 10:31.74	1:17.40	
2.	VICTOR, Joana Isabel	91	Salesianos do Funchal					11:54.35	302
	100m: 1:24.52	1:24.52	300m: 4:22.92	1:29.43	500m: 7:24.82	1:31.65	700m: 10:26.62	1:31.35	
	200m: 2:53.49	1:28.97	400m: 5:53.17	1:30.25	600m: 8:55.27	1:30.45	800m: 11:54.35	1:27.73	
3.	NOBREGA, Valeria Cardoso	02	Nacional					15:20.74	141
	100m: 1:40.20	1:40.20	300m: 5:33.56	1:58.32	500m: 9:32.43	1:59.59	700m: 13:29.51	1:57.31	
	200m: 3:35.24	1:55.04	400m: 7:32.84	1:59.28	600m: 11:32.20	1:59.77	800m: 15:20.74	1:51.23	