

1 - 1st Session "A" | INF. [A - B] and JUV. [B]

19/06/2021 - 8:30

Prova 1		Masc., 400m Livres				INF, JUV B
19/06/2021 - 8:30						Lista inscritos
Recorde Regional Absoluto	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009	
Recorde Regional Juv B	4:17.97	FREITAS, Tomas Miguel	CDN	Coimbra	23/07/2005	
Recorde Regional Inf A	4:25.14	ALMEIDA, Carlos Alexandre	CDN	Restelo	26/07/2003	
Recorde Regional Inf B	4:37.33	FRANCO, Paulo Fragueiro	CDN	Olivais	28/07/1995	

Ano

1 OLIVEIRA, Afonso Miguel	07	JACL	5:15.00	12 FERNANDEZ, Henrique Justino	08	JACL	5:50.00
2 ALVES, Diogo Basilio	07	JACL	5:20.00	13 MEDEIROS, Joao Francisco	08	JACL	5:55.00
3 MIRANDA, Francisco Guilherme	08	CNF	5:21.95	14 PIRES, Luis Maria	08	CNPDL	5:55.03
4 NEVES, Tiago Brazao	07	CNF	5:22.71	15 NOBREGA, Matias Sargo	08	CNF	5:59.17
5 PEREIRA, Lucas Santos	07	CNF	5:23.18	16 VIEIRA, Rodrigo Leal	06	ADM	6:00.00
6 ALMEIDA, Joao Francisco	07	CNF	5:24.95	17 VIVEIROS, Pedro Perestrelo	06	ADM	6:00.00
7 JESUS, Vasco Franca	08	CNF	5:26.86	18 JESUS, David Martins	07	CDSR	6:00.00
8 RIBEIRO, Telmo Drumond	07	CNF	5:27.17	19 STEFLEA, Andre Sergio	06	CDSR	6:10.47
9 ARAUJO, Joao Caldeira	07	CNF	5:34.80	20 JARDIM, Rodrigo Vieira	08	CNF	6:12.25
10 CASTRO, Marco Antonio	08	CNF	5:35.21	21 NUNES, Duarte Costa	07	JACL	6:44.37
11 FERNANDES, Afonso Berimbau	07	JACL	5:45.00	22 ANTUNES, Frederico Luis	08	JACL	6:52.00

Prova 2		Femin., 400m Livres				INF, JUV B
19/06/2021 - 8:49						Lista inscritos
Recorde Regional Absoluto	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994	
Recorde Regional Juv B	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993	
Recorde Regional Inf A	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992	
Recorde Regional Inf B	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992	

Ano

1 RODRIGUES, Laura Sofia	07	JACL	5:17.79	6 PEREIRA, Julia Freitas	08	CNF	6:03.29
2 GONCALVES, Vera Andrade	09	JACL	5:20.00	7 SILVA, Carolina Pestana	08	CNF	6:08.11
3 GOMES, Sofia Vega	08	CNF	5:37.10	8 SA, Vanessa Fernandes	09	CNF	6:12.43
4 ANDRADE, Matilde Sousa	08	CNF	5:47.37	9 FREITAS, Francisca Leonor	09	CNF	6:19.63
5 MARGARIDO, Paula Aguiar	09	JACL	5:59.00	10 FREITAS, Filipa Carolina	09	ADM	7:00.00

Prova 3		Masc., 200m Costas				INF, JUV B
19/06/2021 - 9:03						Lista inscritos
Recorde Regional Absoluto	2:06.37	MELIM, Oscar Ramos	CDN	Faro	19/07/2009	
Recorde Regional Juv B	2:15.57	FERNANDES, Rui Afonso	CDN	Oeiras	27/07/2018	
Recorde Regional Inf A	2:21.64	FRIAS, Pedro Daniel	CDN	Povoa do Varzim	24/07/2004	
Recorde Regional Inf B	2:30.83	CAMACHO, Afonso Caires	CNF	Funchal	19/03/2017	

Ano

1 MELO, Lourenco Filipe	06	CNPDL	2:29.83	6 SMIRNOV, Dmytro	07	CDSR	3:04.08
2 SILVA, Joao Luis	06	CEOL	2:32.45	7 COSTA, Guilherme Corte	07	CDN	3:06.68
3 GONCALVES, Martim Luis	06	CDN	2:38.28	8 NUNES, Henrique Dias	07	CDN	3:18.38
4 ALVES, Pedro Miguel	06	CDN	2:42.49	9 VIEIRA, Luis Henrique	07	CDN	3:27.71
5 ARAUJO, Joao Caldeira	07	CNF	2:49.71	10 JARDIM, Lourenco Almeida	08	CDN	3:30.00

Prova 4 Femin., 200m Costas INF, JUV B  
19/06/2021 - 9:11 Lista inscritos

Recorde Regional Absoluto	2:25.94	QUINTAL, Fabiana Maria	CDN	Coimbra	28/03/2008
Recorde Regional Juv B	2:33.42	FERREIRA, Maria Leonor	CDN	Funchal	11/03/2018
Recorde Regional Inf A	2:41.09	SOUSA, Joana Francisca	CDSR	Loule	15/07/2017
Recorde Regional Inf B	2:45.63	SA, Marta Romao	CNF	Funchal	04/07/2015

Ano

1 GONCALVES, Valentina Jose	07	CDN	2:55.66	6 RESENDES, Ana Maria	07	CNPDL	3:12.34
2 MATEUS, Eleine Vieira	09	CDN	3:02.56	7 SILVA, Maria Korina	09	CDN	3:13.54
3 ALVES, Juliana Rodrigues	08	CDN	3:09.84	8 MELIM, Sara Beatriz	09	CDN	3:15.00
4 SOARES, Leonor Silva	08	CDN	3:10.85	9 TEMTEM, Madalena Barbosa	09	CDN	3:24.88
5 REBELO, Frederica Brito	08	CNPDL	3:11.42				

Prova 5 Masc., 100m Bruços INF, JUV B  
19/06/2021 - 9:18 Lista inscritos

Recorde Regional Absoluto	1:05.65	SILVA, Tomas Antonio	CNF	Funchal	01/08/2019
Recorde Regional Juv B	1:08.07	ALVES, Paulo Rodrigues	CDN	Funchal	01/08/2019
Recorde Regional Inf A	1:12.62	DEUS, Andre Portugal	CNF	Famalicao	16/07/2016
Recorde Regional Inf B	1:14.51	FREITAS, Tomas Miguel	CDN	Rio Maior	03/08/2003

Ano

1 CASTRO, Mateus Pereira	06	CEOL	1:34.93	11 PIRES, Luis Maria	08	CNPDL	1:49.05
2 NACHYCHKO, Maximo	06	CNF	1:35.28	12 CARVALHO, Joaquim Eduardo	07	CNF	1:49.70
3 OLIVEIRA, Afonso Miguel	07	JACL	1:38.79	13 GONCALVES, Gabriel Fiqueli	07	CDSR	1:50.00
4 JARDIM, Rodrigo Vieira	08	CNF	1:39.48	14 DRUMOND, Pedro Afonso	07	ADG	1:51.63
5 GOMES, Guilherme Silva	08	ADG	1:40.24	15 MARTINS, Tomas Rodrigo	07	CDN	1:51.74
6 BARRADAS, Rafael Alves	08	CEOL	1:40.24	16 BARATA, Joao Tomas	08	JACL	1:55.00
7 GOUVEIA, Martim Jose	07	CDSR	1:45.00	17 BERENQUER, Santiago Moura	07	JACL	2:10.00
8 RODRIGUES, Guilherme Gomes	08	CDSR	1:45.00	18 SILVA, Francisco Pita	08	JACL	2:10.00
9 FERNANDES, Antonio Maria	08	CNF	1:48.50	19 CARVALHO, Simao Duarte	07	LCM	2:15.00
10 CORREIA, Joao Luis	08	JACL	1:48.76				

Prova 6 Femin., 100m Bruços INF, JUV B  
19/06/2021 - 9:25 Lista inscritos

Recorde Regional Absoluto	1:13.39	QUINTAL, Fabiana Maria	CDN	Faro	18/07/2009
Recorde Regional Juv B	1:15.14	ABREU, Laura Catarina	CDN	Oeiras	24/07/2014
Recorde Regional Inf A	1:19.63	CAIRES, Joana Costa	CNF	Lisboa	24/07/2011
Recorde Regional Inf B	1:21.92	RODRIGUES, Laura Sofia	JACL	Funchal	05/07/2019

Ano

1 CAMARA, Ines Cruz	07	CDN	1:23.21	14 NOBREGA, Sara Francisca	08	CDSR	1:56.85
2 SA, Vanessa Fernandes	09	CNF	1:34.06	15 PASSOS, Carolina Goncalves	09	CNF	1:58.00
3 MATEUS, Clarisse Vieira	07	CDN	1:34.35	16 MARQUES, Bruna Francisca	08	CDSR	2:00.00
4 PEREIRA, Maria Clara	08	JACL	1:35.00	17 GOUVEIA, Joana Alves	08	LCM	2:05.00
5 JESUS, Ligia Maria	08	CEOL	1:35.75	18 GOIS, Margarida Teles	08	LCM	2:05.00
6 FRANCA, Ines Matos	07	JACL	1:35.76	19 ROMAO, Laura Beatriz	09	CNF	2:11.26
7 BAPTISTA, Ines Sande	08	CDN	1:38.15	20 NICOLAU, Matilde Olival	07	LCM	2:13.30
8 FREITAS, Francisca Leonor	09	CNF	1:39.43	21 MENDES, Lidia Pinto	09	JACL	2:18.03
9 PEREIRA, Julia Freitas	08	CNF	1:40.17	22 MARTINS, Clara Luisa	09	JACL	2:20.00
10 MELIM, Ana Luisa	08	JACL	1:48.00	23 CARVALHO, Laura Jardim	09	JACL	2:28.00
11 SILVA, Mara Goncalves	09	JACL	1:50.10	24 NUNES, Ines Freitas	09	JACL	2:28.00
12 MACEDO, Diana Camacho	08	CNF	1:53.09	25 CORREIA, Sofia Costa	09	JACL	2:29.00
13 RINCU, Alexandra	07	CNF	1:55.52				

Prova 7 Masc., 200m Mariposa INF, JUV B  
19/06/2021 - 9:45 Lista inscritos

Recorde Regional Absoluto	2:03.92	GOUVEIA, Pedro Galvao	CDN	Coimbra	30/03/2017
Recorde Regional Juv B	2:12.64	FRANCO, Paulo Fragueiro	CDN	Famalicao	27/07/1997
Recorde Regional Inf A	2:15.77	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	25/07/2004
Recorde Regional Inf B	2:23.00	FREITAS, Tomas Miguel	CDN	Restelo	27/07/2003

Ano

1 ALMEIDA, Joao Francisco 07 CNF 2:40.23

Prova 8 Femin., 200m Mariposa INF, JUV B  
19/06/2021 - 9:48 Lista inscritos

Recorde Regional Absoluto	2:22.94	ROSA, Beatriz Jong	CDN	Funchal	22/03/2018
Recorde Regional Juv B	2:31.39	CERDAS, Sara Rodrigues	CNF	Lisboa	18/05/2003
Recorde Regional Inf A	2:33.93	CERDAS, Sara Rodrigues	CNF	Restelo	20/07/2002
Recorde Regional Inf B	2:48.10	VICTOR, Joana Isabel	CDN	Restelo	26/07/2003

Ano

1 CAMARA, Ines Cruz 07 CDN 2:39.16

Prova 9 Masc., 100m Livres INF, JUV B  
19/06/2021 - 9:51 Lista inscritos

Recorde Regional Absoluto	50.84	PINTO, Luis Marques	CDN	Coimbra	31/05/2009
Recorde Regional Juv B	54.43	CASTRO, Joao Cruz	CDSR	Coimbra	26/07/2015
Recorde Regional Inf A	55.80	CASTRO, Joao Cruz	CSM	Loule	20/07/2014
Recorde Regional Inf B	59.05	DEUS, Andre Portugal	CNF	Oeiras	19/07/2015

Ano

1 MELO, Lourenco Filipe	06	CNPDL	59.83	24 GOMES, Guilherme Silva	08	ADG	1:19.20
2 GONCALVES, Martim Luis	06	CDN	1:04.98	25 STEFLEA, Andre Sergio	06	CDSR	1:20.17
3 NEVES, Tiago Brazao	07	CNF	1:07.34	26 BARRADAS, Rafael Alves	08	CEOL	1:20.45
4 PEREIRA, Lucas Santos	07	CNF	1:08.04	27 NUNES, Henrique Dias	07	CDN	1:20.48
5 JESUS, Vasco Franca	08	CNF	1:08.83	28 JARDIM, Lourenco Almeida	08	CDN	1:20.59
6 RIBEIRO, Telmo Drumond	07	CNF	1:09.28	29 NOBREGA, Matias Sargo	08	CNF	1:21.02
7 ALVES, Pedro Miguel	06	CDN	1:11.38	30 CARVALHO, Joaquim Eduardo	07	CNF	1:23.15
8 PENSO, Miguel Reigada	07	CEOL	1:12.34	31 DRUMOND, Pedro Afonso	07	ADG	1:24.68
9 MEDEIROS, Joao Francisco	08	JACL	1:14.00	32 FERNANDES, Antonio Maria	08	CNF	1:26.90
10 SMIRNOV, Dmytro	07	CDSR	1:14.34	33 CORREIA, Joao Luis	08	JACL	1:27.08
11 RODRIGUES, Guilherme Gomes	08	CDSR	1:15.00	34 VIEIRA, Luis Henrique	07	CDN	1:27.83
12 CASTRO, Marco Antonio	08	CNF	1:15.34	35 NUNES, Duarte Costa	07	JACL	1:29.15
13 JESUS, David Martins	07	CDSR	1:16.00	36 REMESSO, Joao Tomas	06	LCM	1:29.67
14 NACHYCHKO, Maximo	06	CNF	1:16.26	37 MEDEIROS, Goncalo Alexandre	06	CNPDL	1:32.59
15 FERNANDES, Afonso Berimbau	07	JACL	1:16.78	38 MIRANDA, Francisco Guilherme	08	CNF	1:34.39
16 VIEIRA, Rodrigo Leal	06	ADM	1:17.00	39 ANTUNES, Frederico Luis	08	JACL	1:35.00
17 VIVEIROS, Pedro Perestrelo	06	ADM	1:17.00	40 BARATA, Joao Tomas	08	JACL	1:35.00
18 GONCALVES, Gabriel Fiqueli	07	CDSR	1:17.00	41 MARTINS, Tomas Rodrigo	07	CDN	1:35.70
19 COSTA, Guilherme Corte	07	CDN	1:17.15	42 CARVALHO, Simao Duarte	07	LCM	1:45.00
20 ALVES, Diogo Basilio	07	JACL	1:17.83	43 QUADRADO, Luis Miguel	08	JACL	1:45.00
21 FERNANDEZ, Henrique Justino	08	JACL	1:18.00	44 CRO, Nuno Afonso	06	CDSR	1:46.19
22 GOUVEIA, Martim Jose	07	CDSR	1:19.00	45 BERENGUER, Santiago Moura	07	JACL	2:01.00
23 OLIVEIRA, Bernardo Antonio	06	CNF	1:19.19	46 SILVA, Francisco Pita	08	JACL	2:01.00

Prova 10

Femin., 100m Livres

INF, JUV B

19/06/2021 - 10:02

Lista inscritos

Recorde Regional Absoluto	1:00.73	QUINTAL, Fabiana Maria	CDN	Coimbra	09/04/2010
Recorde Regional Juv B	1:02.10	CAIRES, Joana Costa	CNF	Oeiras	29/07/2012
Recorde Regional Inf A	1:02.94	CAIRES, Joana Costa	CNF	Lisboa	23/07/2011
Recorde Regional Inf B	1:05.55	LOPES, Joana Cristina	CNF	Matur	20/07/1992

Ano

1	GONCALVES, Valentina Jose	07	CDN	1:07.80	20	MARQUES, Bruna Francisca	08	CDSR	1:30.00
2	GONCALVES, Vera Andrade	09	JACL	1:10.00	21	SOARES, Leonor Silva	08	CDN	1:30.10
3	RODRIGUES, Laura Sofia	07	JACL	1:10.80	22	MELIM, Ana Luisa	08	JACL	1:32.00
4	GOMES, Sofia Vega	08	CNF	1:12.12	23	FREITAS, Filipa Carolina	09	ADM	1:35.00
5	ANDRADE, Matilde Sousa	08	CNF	1:12.76	24	NOBREGA, Sara Francisca	08	CDSR	1:35.15
6	REBELO, Frederica Brito	08	CNPDL	1:13.03	25	MACEDO, Diana Camacho	08	CNF	1:35.41
7	MATEUS, Clarisse Vieira	07	CDN	1:16.80	26	ROMAO, Laura Beatriz	09	CNF	1:35.41
8	MELIM, Sara Beatriz	09	CDN	1:19.64	27	GOUVEIA, Joana Alves	08	LCM	1:36.13
9	ALVES, Juliana Rodrigues	08	CDN	1:19.70	28	ARTIGAS, Valeria Aguiar	07	CNF	1:38.97
10	SILVA, Carolina Pestana	08	CNF	1:19.82	29	CARVALHO, Beatriz Xavier	09	ADM	1:40.00
11	MARGARIDO, Paula Aguiar	09	JACL	1:20.00	30	GOIS, Margarida Teles	08	LCM	1:40.00
12	ALVES, Francisca Pereira	09	JACL	1:20.10	31	SILVA, Mara Goncalves	09	JACL	1:41.10
13	MATEUS, Eleine Vieira	09	CDN	1:20.79	32	PASSOS, Carolina Goncalves	09	CNF	1:42.09
14	RESENDES, Ana Maria	07	CNPDL	1:20.88	33	RINCU, Alexandra	07	CNF	1:45.32
15	JESUS, Ligia Maria	08	CEOL	1:22.55	34	MARTINS, Clara Luisa	09	JACL	1:58.00
16	BAPTISTA, Ines Sande	08	CDN	1:22.73	35	MENDES, Lidia Pinto	09	JACL	1:58.39
17	NICOLAU, Matilde Olival	07	LCM	1:26.24	36	CARVALHO, Laura Jardim	09	JACL	1:59.00
18	SILVA, Maria Korina	09	CDN	1:28.14	37	NUNES, Ines Freitas	09	JACL	2:01.00
19	TEMTEM, Madalena Barbosa	09	CDN	1:29.67	38	CORREIA, Sofia Costa	09	JACL	2:05.00

2 - 1st Session "B" | JUV. [A], JUN. and SEN.

19/06/2021 - 11:15

Prova 11 Masc., 400m Livres JUV A, JUN, SEN  
19/06/2021 - 11:15 Lista inscritos

Recorde Regional Absoluto	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Sen	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Jun18	4:07.78	GOUVEIA, Pedro Galvao	CDN	Coimbra	02/04/2017
Recorde Regional Jun17	4:07.82	FRANCO, Paulo Fragueiro	CDN	Famalicao	06/08/1999
Recorde Regional Juv A	4:14.87	FRANCO, Paulo Fragueiro	CDN	Jamor	31/07/1998

Ano

1 RODRIGUES, Pedro Reis	02	CDSR	4:18.25	5 CAMACHO, Joao Simao	03	CDN	5:18.34
2 ALVES, Paulo Rodrigues	04	CDN	4:25.22	6 JAU, Valter Henriques	01	CEOL	5:20.12
3 DIAS, Andre Vicente	05	CDN	4:40.18	7 FREITAS, Eduardo Luis	99	ADM	5:45.00
4 GOUVEIA, Miguel Angelo	95	CEOL	4:50.55				

Prova 12 Femin., 400m Livres JUV A, JUN, SEN  
19/06/2021 - 11:21 Lista inscritos

Recorde Regional Absoluto	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Jun16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv A	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994

Ano

1 SOUSA, Joana Francisca	04	CDSR	4:55.58	4 PEREIRA, Joana Marques	06	JACL	5:25.00
2 FREITAS, Margarida Ramos	06	CDN	5:03.89	5 LECA, Natasha Maria	03	CDN	5:33.13
3 SILVA, Silvana Suamade	06	CDSR	5:04.49				

Prova 13 Masc., 200m Costas JUV A, JUN, SEN  
19/06/2021 - 11:27 Lista inscritos

Recorde Regional Absoluto	2:06.37	MELIM, Oscar Ramos	CDN	Faro	19/07/2009
Recorde Regional Sen	2:06.37	MELIM, Oscar Ramos	CDN	Faro	19/07/2009
Recorde Regional Jun18	2:09.13	MELIM, Oscar Ramos	CDN	Lisboa	30/05/2004
Recorde Regional Jun17	2:11.69	MELIM, Oscar Ramos	CDN	Rio Maior	01/08/2003
Recorde Regional Juv A	2:12.11	PEREIRA, Nuno Miguel	CDN	Las Palmas (ESP)	08/07/1992

Ano

1 FERNANDES, Rui Afonso	03	CDN	2:12.15
2 RODRIGUES, Rodrigo Reis	04	CDSR	2:33.92
3 SOARES, Daniel Pacheco	04	CNPDL	2:48.79

Prova 14 Femin., 200m Costas JUV A, JUN, SEN  
19/06/2021 - 11:30 Lista inscritos

Recorde Regional Absoluto	2:25.94	QUINTAL, Fabiana Maria	CDN	Coimbra	28/03/2008
Recorde Regional Sen	2:25.94	QUINTAL, Fabiana Maria	CDN	Coimbra	28/03/2008
Recorde Regional Jun17	2:29.82	ROSA, Beatriz Jong	CDWT	Porto	03/06/2017
Recorde Regional Jun16	2:30.73	FERREIRA, Maria Leonor	CDN	Funchal	01/03/2020
Recorde Regional Juv A	2:30.28	FERREIRA, Maria Leonor	CDN	Funchal	02/08/2019

Ano

1 FERREIRA, Maria Leonor	04	CDN	2:30.28	6 LUIS, Jessica Santos	00	CDSR	2:43.97
2 COSTA, Maria Jardim	06	CDN	2:33.97	7 CANADA, Maria Elvira	06	CDN	2:48.30
3 DIAS, Julia Alves	06	CDN	2:40.87	8 SOUSA, Ivana Valentina	06	CDN	2:57.49
4 CAMACHO, Laura Fernandes	04	CNF	2:41.16	9 TEMBE, Ines Afonso	06	CDN	3:14.25
5 SILVA, Julia Atamas	06	CNPDL	2:43.43				

Prova 15 Masc., 100m Bruços JUV A, JUN, SEN  
19/06/2021 - 11:37 Lista inscritos

Recorde Regional Absoluto	1:05.65	SILVA, Tomas Antonio	CNF	Funchal	01/08/2019
Recorde Regional Sen	1:07.30	MOURA, Vitor Diogo	CDN	Oeiras	26/07/2012
Recorde Regional Jun18	1:05.65	SILVA, Tomas Antonio	CNF	Funchal	01/08/2019
Recorde Regional Jun17	1:07.65	SILVA, Tomas Antonio	CNF	Oeiras	26/07/2018
Recorde Regional Juv A	1:09.14	FERNANDES, Martim Pestana	CNF	Funchal	22/02/2020

Ano

1 SILVA, Tony Stefano	05	CDN	1:13.43	6 LOPES, Pedro Henrique	03	CDSR	1:16.66
2 ALVES, Afonso Pires	05	JACL	1:14.00	7 VIEIRA, Emanuel Eloi	03	CDSR	1:19.81
3 GOUVEIA, Luis Galvao	05	CDN	1:14.36	8 BRAZ, Romao Noronha	04	CNPDL	1:23.14
4 AGUILAR, Luis Santos	04	CDN	1:15.20	9 DINIS, Fernando Jose	02	CDSR	2:00.00
5 ALVES, Andre Camara	05	CDN	1:16.10				

Prova 16 Femin., 100m Bruços JUV A, JUN, SEN  
19/06/2021 - 11:41 Lista inscritos

Recorde Regional Absoluto	1:13.39	QUINTAL, Fabiana Maria	CDN	Faro	18/07/2009
Recorde Regional Sen	1:13.39	QUINTAL, Fabiana Maria	CDN	Faro	18/07/2009
Recorde Regional Jun17	1:16.93	MARQUES, Mariana Sousa	CNF	Lisboa	28/05/2005
Recorde Regional Jun16	1:15.42	ABREU, Laura Catarina	CDN	Oeiras	07/02/2016
Recorde Regional Juv A	1:14.35	ABREU, Laura Catarina	CDN	Coimbra	23/07/2015

Ano

1 IVENS, Luciana Amorim	06	CNPDL	1:35.85
2 SILVA, Gabriela Suamade	02	CDSR	1:39.91
3 GOUVEIA, Mariana Alves	03	LCM	1:49.86

Prova 17 Masc., 200m Mariposa JUV A, JUN, SEN  
19/06/2021 - 11:53 Lista inscritos

Recorde Regional Absoluto	2:03.92	GOUVEIA, Pedro Galvao	CDN	Coimbra	30/03/2017
Recorde Regional Sen	2:04.96	FRANCO, Paulo Fragueiro	CDN	Campanha	16/06/2002
Recorde Regional Jun18	2:03.92	GOUVEIA, Pedro Galvao	CDN	Coimbra	30/03/2017
Recorde Regional Jun17	2:07.18	GOUVEIA, Pedro Galvao	CDN	Oeiras	11/03/2016
Recorde Regional Juv A	2:09.66	GOUVEIA, Luis Galvao	CDN	Rio Maior	29/05/2021

Ano

1 GOUVEIA, Luis Galvao 05 CDN 2:09.66

Prova 18 Femin., 200m Mariposa JUV A, JUN, SEN  
19/06/2021 - 11:56 Lista inscritos

Recorde Regional Absoluto	2:22.94	ROSA, Beatriz Jong	CDN	Funchal	22/03/2018
Recorde Regional Sen	2:22.94	ROSA, Beatriz Jong	CDN	Funchal	22/03/2018
Recorde Regional Jun17	2:28.87	VICTOR, Joana Isabel	CDN	Coimbra	30/03/2008
Recorde Regional Jun16	2:27.23	CERDAS, Sara Rodrigues	CNF	Lisboa	28/05/2005
Recorde Regional Juv A	2:27.49	CERDAS, Sara Rodrigues	CNF	Lisboa	29/05/2004

Ano

1 SANTOS, Sofia Isabel 04 CNPDL 2:48.64  
2 SOUSA, Ivana Valentina 06 CDN 2:55.38  
3 CARICHAS, Joana Medeiros 06 JAACL 3:00.00

Prova 19 Masc., 100m Livres JUV A, JUN, SEN  
19/06/2021 - 11:59 Lista inscritos

Recorde Regional Absoluto	50.84	PINTO, Luis Marques	CDN	Coimbra	31/05/2009
Recorde Regional Sen	50.84	PINTO, Luis Marques	CDN	Coimbra	31/05/2009
Recorde Regional Jun18	53.04	CASTRO, Joao Cruz	CDSR	Funchal	22/03/2018
Recorde Regional Jun17	53.00	CASTRO, Joao Cruz	CDSR	Coimbra	28/05/2017
Recorde Regional Juv A	53.61	CASTRO, Joao Cruz	CDSR	Oeiras	24/07/2016

Ano

1 FERNANDES, Joao Vitor	00	CEOL	54.96	11 SOARES, Daniel Pacheco	04	CNPDL	1:03.15
2 RODRIGUES, Pedro Reis	02	CDSR	56.72	12 SILVA, Tony Stefano	05	CDN	1:03.32
3 FERNANDES, Rui Afonso	03	CDN	56.80	13 VIEIRA, Emanuel Eloi	03	CDSR	1:04.53
4 ALVES, Paulo Rodrigues	04	CDN	57.20	14 CAMACHO, Joao Simao	03	CDN	1:04.57
5 BRAZ, Romao Noronha	04	CNPDL	59.13	15 ALVES, Andre Camara	05	CDN	1:05.20
6 RODRIGUES, Rodrigo Reis	04	CDSR	1:00.09	16 FREITAS, Eduardo Luis	99	ADM	1:06.00
7 AGUILAR, Luis Santos	04	CDN	1:00.50	17 SANTOS, Nuno Goncalo	05	CDSR	1:10.91
8 DIAS, Andre Vicente	05	CDN	1:00.62	18 PERESTRELO, Pedro Antonio	96	ADM	1:15.00
9 LOPES, Pedro Henrique	03	CDSR	1:00.66	19 FREITAS, B.	05	LCM	1:16.48
10 GOUVEIA, Miguel Angelo	95	CEOL	1:00.80	20 DINIS, Fernando Jose	02	CDSR	1:27.60

Prova 20  
19/06/2021 - 12:03

Femin., 100m Livres

JUV A, JUN, SEN  
Lista inscritos

Recorde Regional Absoluto	1:00.73	QUINTAL, Fabiana Maria	CDN	Coimbra	09/04/2010
Recorde Regional Sen	1:00.73	QUINTAL, Fabiana Maria	CDN	Coimbra	09/04/2010
Recorde Regional Jun17	1:02.05	ANDRADE, Rubina Amaro	CDN		01/01/1996
Recorde Regional Jun16	1:01.63	AGUILAR, Vera Ines	CDN	Funchal	11/03/2016
Recorde Regional Juv A	1:01.06	AGUILAR, Vera Ines	CDN	Funchal	14/02/2015

Ano

1	Brites, Marta Lopes	06	CNPDL	1:01.45	13	PEREIRA, Joana Marques	06	JACL	1:12.00
2	COSTA, Maria Jardim	06	CDN	1:03.96	14	SILVA, Silvana Suamade	06	CDSR	1:12.75
3	SOUSA, Joana Francisca	04	CDSR	1:05.44	15	SILVA, Julia Atamas	06	CNPDL	1:14.21
4	GOMES, Maria Isabel	06	CNPDL	1:05.64	16	SILVA, Gabriela Suamade	02	CDSR	1:16.59
5	LUIS, Jessica Santos	00	CDSR	1:06.69	17	PASCOAL, Maria Manuel	05	CNPDL	1:17.00
6	DIAS, Julia Alves	06	CDN	1:07.69	18	TEMBE, Ines Afonso	06	CDN	1:18.82
7	FERREIRA, Maria Leonor	04	CDN	1:08.03	19	FREITAS, Viviana Maria	03	ADM	1:20.00
8	FREITAS, Margarida Ramos	06	CDN	1:08.23	20	GOUVEIA, Mariana Alves	03	LCM	1:25.39
9	IVENS, Luciana Amorim	06	CNPDL	1:08.84	21	BLANDY, Mischa Blue	04	JACL	1:30.00
10	LECA, Natasha Maria	03	CDN	1:09.93	22	ERRA, Juliana Franco	03	ADM	1:35.00
11	SANTOS, Sofia Isabel	04	CNPDL	1:10.32	23	JESUS, Veronica Martins	06	CDSR	2:00.00
12	CANADA, Maria Elvira	06	CDN	1:11.21					

3 - 2nd Session "A" | INF. [A - B] and JUV. [B]

19/06/2021 - 15:30

Prova 21		Masc., 200m Estilos			INF, JUV B
19/06/2021 - 15:30					Lista inscritos
Recorde Regional Absoluto	2:07.28	SILVA, Tomas Antonio	CNF	Funchal	04/08/2019
Recorde Regional Juv B	2:13.25	ALVES, Paulo Rodrigues	CDN	Funchal	04/08/2019
Recorde Regional Inf A	2:17.91	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	25/07/2004
Recorde Regional Inf B	2:23.06	FREITAS, Tomas Miguel	CDN	Rio Maior	01/08/2003

Ano

1 GONCALVES, Martim Luis	06	CDN	2:39.55	13 SMIRNOV, Dmytro	07	CDSR	3:08.76
2 RIBEIRO, Telmo Drumond	07	CNF	2:47.36	14 NOBREGA, Matias Sargo	08	CNF	3:10.74
3 NEVES, Tiago Brazao	07	CNF	2:48.96	15 RODRIGUES, Guilherme Gomes	08	CDSR	3:20.00
4 JESUS, Vasco Franca	08	CNF	2:50.31	16 STEFLEA, Andre Sergio	06	CDSR	3:20.00
5 ARAUJO, Joao Caldeira	07	CNF	2:52.09	17 FERNANDEZ, Henrique Justino	08	JACL	3:20.00
6 MIRANDA, Francisco Guilherme	08	CNF	2:53.40	18 PIRES, Luis Maria	08	CNPDL	3:27.79
7 ALMEIDA, Joao Francisco	07	CNF	2:55.14	19 VIEIRA, Luis Henrique	07	CDN	3:33.79
8 OLIVEIRA, Afonso Miguel	07	JACL	2:55.65	20 ANTUNES, Frederico Luis	08	JACL	3:35.00
9 PEREIRA, Lucas Santos	07	CNF	3:01.17	21 BARATA, Joao Tomas	08	JACL	3:35.00
10 COSTA, Guilherme Corte	07	CDN	3:03.24	22 FERNANDES, Afonso Berimbau	07	JACL	3:38.98
11 JARDIM, Rodrigo Vieira	08	CNF	3:03.38	23 FERNANDES, Antonio Maria	08	CNF	4:00.00
12 CASTRO, Marco Antonio	08	CNF	3:04.21	24 NUNES, Duarte Costa	07	JACL	4:05.60

Prova 22		Femin., 200m Estilos			INF, JUV B
19/06/2021 - 15:41					Lista inscritos
Recorde Regional Absoluto	2:20.84	QUINTAL, Fabiana Maria	CDN	Coimbra	30/05/2009
Recorde Regional Juv B	2:32.87	CAIRES, Joana Costa	CNF	Povoa de Varzim	24/03/2012
Recorde Regional Inf A	2:34.63	CAIRES, Joana Costa	CNF	Lisboa	23/07/2011
Recorde Regional Inf B	2:38.31	LOPES, Joana Cristina	CNF	Las Palmas (ESP)	09/07/1992

Ano

1 RODRIGUES, Laura Sofia	07	JACL	2:39.86	7 MARGARIDO, Paula Aguiar	09	JACL	3:13.00
2 PEREIRA, Julia Freitas	08	CNF	2:53.77	8 REBELO, Frederica Brito	08	CNPDL	3:13.82
3 GOMES, Sofia Vega	08	CNF	2:57.42	9 PEREIRA, Maria Clara	08	JACL	3:15.00
4 ANDRADE, Matilde Sousa	08	CNF	3:02.28	10 SILVA, Carolina Pestana	08	CNF	3:16.92
5 SA, Vanessa Fernandes	09	CNF	3:08.06	11 FREITAS, Francisca Leonor	09	CNF	3:20.70
6 BAPTISTA, Ines Sande	08	CDN	3:11.40				

Prova 23		Masc., 100m Costas			INF, JUV B
19/06/2021 - 15:49					Lista inscritos
Recorde Regional Absoluto	58.98	MARQUES, Miguel Freitas	CSM	Oeiras	27/07/2014
Recorde Regional Juv B	1:02.38	FERNANDES, Rui Afonso	CDN	Oeiras	28/07/2018
Recorde Regional Inf A	1:06.62	GOMES, Henrique Santos	CNF	Loule	18/07/2014
Recorde Regional Inf B	1:08.50	CAMACHO, Afonso Caires	CNF	Vila Franca de Xira	21/05/2017

Ano

1 MELO, Lourenco Filipe	06	CNPDL	1:08.61	11 JESUS, David Martins	07	CDSR	1:35.00
2 ALVES, Pedro Miguel	06	CDN	1:15.97	12 OLIVEIRA, Bernardo Antonio	06	CNF	1:40.86
3 JESUS, Vasco Franca	08	CNF	1:20.09	13 GONCALVES, Gabriel Fiqueli	07	CDSR	1:45.00
4 NEVES, Tiago Brazao	07	CNF	1:22.91	14 CORREIA, Joao Luis	08	JACL	1:47.39
5 GOMES, Guilherme Silva	08	ADG	1:28.70	15 QUADRADO, Luis Miguel	08	JACL	1:58.00
6 MEDEIROS, Joao Francisco	08	JACL	1:30.00	16 CRO, Nuno Afonso	06	CDSR	2:00.00
7 PENSO, Miguel Reigada	07	CEOL	1:30.24	17 SILVA, Francisco Pita	08	JACL	2:03.00
8 NUNES, Henrique Dias	07	CDN	1:32.41	18 MEDEIROS, Goncalo Alexandre	06	CNPDL	2:10.00
9 JARDIM, Lourenco Almeida	08	CDN	1:34.87	19 BERENGUER, Santiago Moura	07	JACL	2:21.00
10 GOUVEIA, Martim Jose	07	CDSR	1:35.00				

Prova 24 Femin., 100m Costas INF, JUV B  
19/06/2021 - 15:56 Lista inscritos

Recorde Regional Absoluto	1:06.63	QUINTAL, Fabiana Maria	CDN	Funchal	06/06/2009
Recorde Regional Juv B	1:11.35	NUNES, Jeanette Vilarejo	CNF	Olivais	30/01/1994
Recorde Regional Inf A	1:13.06	COSTA, Maria Jardim	CDN	Funchal	15/06/2019
Recorde Regional Inf B	1:15.90	LOPES, Joana Cristina	CNF	Evora	25/07/1992

Ano

1 GONCALVES, Valentina Jose	07	CDN	1:16.20	11 MARQUES, Bruna Francisca	08	CDSR	1:50.00
2 GONCALVES, Vera Andrade	09	JACL	1:18.00	12 PASSOS, Carolina Goncalves	09	CNF	1:52.33
3 GOMES, Sofia Vega	08	CNF	1:21.78	13 MENDES, Lidia Pinto	09	JACL	1:52.40
4 ALVES, Francisca Pereira	09	JACL	1:26.10	14 RINCU, Alexandra	07	CNF	1:54.77
5 SILVA, Carolina Pestana	08	CNF	1:26.82	15 ROMAO, Laura Beatriz	09	CNF	1:55.05
6 PEREIRA, Julia Freitas	08	CNF	1:29.68	16 MARTINS, Clara Luisa	09	JACL	1:59.00
7 SILVA, Maria Korina	09	CDN	1:32.55	17 CARVALHO, Laura Jardim	09	JACL	2:02.00
8 NOBREGA, Sara Francisca	08	CDSR	1:45.54	18 NUNES, Ines Freitas	09	JACL	2:04.09
9 MELIM, Sara Beatriz	09	CDN	1:48.40	19 CORREIA, Sofia Costa	09	JACL	2:32.00
10 ARTIGAS, Valeria Aguiar	07	CNF	1:50.00				

Prova 25 Masc., 200m Bruços INF, JUV B  
19/06/2021 - 16:03 Lista inscritos

Recorde Regional Absoluto	2:21.89	SILVA, Tomas Antonio	CNF	Funchal	03/08/2019
Recorde Regional Juv B	2:27.37	ALVES, Paulo Rodrigues	CDN	Funchal	03/08/2019
Recorde Regional Inf A	2:37.91	FREITAS, Tomas Miguel	CDN	Povoa Varzim	25/07/2004
Recorde Regional Inf B	2:41.52	FREITAS, Tomas Miguel	CDN	Restelo	27/07/2003

Ano

1 ARAUJO, Joao Caldeira	07	CNF	3:21.07	6 ALVES, Diogo Basilio	07	JACL	3:40.45
2 FERNANDEZ, Henrique Justino	08	JACL	3:35.00	7 CARVALHO, Joaquim Eduardo	07	CNF	3:48.28
3 NACHYCHKO, Maximo	06	CNF	3:35.20	8 MARTINS, Tomas Rodrigo	07	CDN	3:54.79
4 BARATA, Joao Tomas	08	JACL	3:38.00	9 GOMES, Guilherme Silva	08	ADG	3:55.00
5 ANTUNES, Frederico Luis	08	JACL	3:40.00	10 NUNES, Duarte Costa	07	JACL	4:11.38

Prova 26 Femin., 200m Bruços INF, JUV B  
19/06/2021 - 16:12 Lista inscritos

Recorde Regional Absoluto	2:37.87	QUINTAL, Fabiana Maria	CDN	Coimbra	31/07/2010
Recorde Regional Juv B	2:45.80	ABREU, Laura Catarina	CDN	Oeiras	26/07/2014
Recorde Regional Inf A	2:52.09	ABREU, Laura Catarina	CDN	Funchal	27/06/2013
Recorde Regional Inf B	2:59.60	RODRIGUES, Laura Sofia	JACL	Funchal	06/07/2019

Ano

1 CAMARA, Ines Cruz	07	CDN	3:10.30	6 FRANCA, Ines Matos	07	JACL	3:28.48
2 PEREIRA, Maria Clara	08	JACL	3:18.00	7 MATEUS, Eleine Vieira	09	CDN	3:35.00
3 SOARES, Leonor Silva	08	CDN	3:22.13	8 MELIM, Ana Luisa	08	JACL	3:36.00
4 MATEUS, Clarisse Vieira	07	CDN	3:26.17	9 SILVA, Mara Goncalves	09	JACL	3:38.10
5 ALVES, Juliana Rodrigues	08	CDN	3:28.25	10 TEMTEM, Madalena Barbosa	09	CDN	3:41.14

Prova 27 Masc., 100m Mariposa INF, JUV B  
19/06/2021 - 16:30 Lista inscritos

Recorde Regional Absoluto	56.41	SEQUEIRA, Afonso Meneses	CNF	Funchal	03/08/2019
Recorde Regional Juv B	59.81	VARGAS, Henrique Luis	CNF	Famalicao	20/07/2013
Recorde Regional Inf A	1:02.42	CASTANHEIRO, Vitor Goncalo	CDN	S. Joao da Madeira	22/07/2006
Recorde Regional Inf B	1:04.44	VARGAS, Henrique Luis	CNF	Lisboa	23/07/2011

Ano

1 GONCALVES, Martim Luis	06	CDN	1:03.21	8 OLIVEIRA, Afonso Miguel	07	JACL	1:25.35
2 RIBEIRO, Telmo Drumond	07	CNF	1:15.90	9 CASTRO, Marco Antonio	08	CNF	1:28.03
3 MIRANDA, Francisco Guilherme	08	CNF	1:19.24	10 STEFLEA, Andre Sergio	06	CDSR	1:28.05
4 COSTA, Guilherme Corte	07	CDN	1:19.79	11 JARDIM, Lourenco Almeida	08	CDN	1:32.45
5 FERNANDES, Afonso Berimbau	07	JACL	1:20.00	12 VIEIRA, Luis Henrique	07	CDN	1:32.78
6 MELO, Lourenco Filipe	06	CNPDL	1:20.86	13 NOBREGA, Matias Sargo	08	CNF	1:33.78
7 PEREIRA, Lucas Santos	07	CNF	1:21.95	14 NUNES, Henrique Dias	07	CDN	1:48.42

Prova 28 Femin., 100m Mariposa INF, JUV B  
19/06/2021 - 16:34 Lista inscritos

Recorde Regional Absoluto	1:03.25	OLIM, Carlota Freitas	CNF	Faro	20/07/2009
Recorde Regional Juv B	1:07.58	BOULHOSA, Carolina Abreu	CNF	Coimbra	25/07/2015
Recorde Regional Inf A	1:09.93	ROSA, Beatriz Jong	CDN	S. Joao da Madeira	14/07/2013
Recorde Regional Inf B	1:12.42	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

Ano

1 CAMARA, Ines Cruz	07	CDN	1:10.72	5 RESENDES, Ana Maria	07	CNPDL	1:40.73
2 ANDRADE, Matilde Sousa	08	CNF	1:22.86	6 MARGARIDO, Paula Aguiar	09	JACL	1:42.00
3 BAPTISTA, Ines Sande	08	CDN	1:26.94	7 SOARES, Leonor Silva	08	CDN	1:53.01
4 GONCALVES, Vera Andrade	09	JACL	1:28.00	8 TEMTEM, Madalena Barbosa	09	CDN	1:55.13

Prova 29 Masc., 200m Livres INF, JUV B  
19/06/2021 - 16:36 Lista inscritos

Recorde Regional Absoluto	1:50.78	PINTO, Luis Marques	CDN	Faro	19/07/2009
Recorde Regional Juv B	1:58.42	CASTRO, Joao Cruz	CDSR	Coimbra	24/07/2015
Recorde Regional Inf A	2:02.04	CASTRO, Joao Cruz	CSM	Loule	19/07/2014
Recorde Regional Inf B	2:10.64	SOUZA, Pedro Afonso	CDN	Famalicao	16/07/2016

Ano

1 SILVA, Joao Luis	06	CEOL	2:15.33	12 JESUS, David Martins	07	CDSR	2:55.00
2 ALVES, Pedro Miguel	06	CDN	2:33.72	13 CARVALHO, Joaquim Eduardo	07	CNF	2:59.41
3 ALMEIDA, Joao Francisco	07	CNF	2:36.97	14 RODRIGUES, Guilherme Gomes	08	CDSR	3:00.00
4 MEDEIROS, Joao Francisco	08	JACL	2:45.00	15 JARDIM, Rodrigo Vieira	08	CNF	3:03.26
5 OLIVEIRA, Bernardo Antonio	06	CNF	2:47.43	16 GONCALVES, Gabriel Fiqueli	07	CDSR	3:15.00
6 SMIRNOV, Dmytro	07	CDSR	2:49.53	17 FERNANDES, Antonio Maria	08	CNF	3:27.27
7 ALVES, Diogo Basilio	07	JACL	2:49.70	18 CORREIA, Joao Luis	08	JACL	3:31.16
8 NACHYCHKO, Maximo	06	CNF	2:51.21	19 MARTINS, Tomas Rodrigo	07	CDN	3:38.98
9 CASTRO, Mateus Pereira	06	CEOL	2:51.42	20 CRO, Nuno Afonso	06	CDSR	3:45.00
10 PIRES, Luis Maria	08	CNPDL	2:51.84	21 BERENGUER, Santiago Moura	07	JACL	4:09.00
11 GOUVEIA, Martim Jose	07	CDSR	2:55.00	22 SILVA, Francisco Pita	08	JACL	4:09.00

Prova 30

Femin., 200m Livres

INF, JUV B

19/06/2021 - 16:47

Lista inscritos

Recorde Regional Absoluto	2:12.46	AGUILAR, Vera Ines	CDN	Funchal	22/07/2016
Recorde Regional Juv B	2:14.71	ANDRADE, Rubina Amaro	CDN	Istambul (TUR)	08/07/1993
Recorde Regional Inf A	2:17.75	CERDAS, Sara Rodrigues	CNF	Restelo	21/07/2002
Recorde Regional Inf B	2:22.47	VASCONCELOS, Matilde Cotrim	CNF	S. Joao da Madeira	26/07/2009

Ano

1 RODRIGUES, Laura Sofia	07	JACL	2:28.00	14 MELIM, Ana Luisa	08	JACL	3:20.00
2 GONCALVES, Valentina Jose	07	CDN	2:34.60	15 SILVA, Mara Goncalves	09	JACL	3:20.10
3 RESENDES, Ana Maria	07	CNPDL	2:46.40	16 ROMAO, Laura Beatriz	09	CNF	3:28.78
4 REBELO, Frederica Brito	08	CNPDL	2:47.07	17 NOBREGA, Sara Francisca	08	CDSR	3:36.82
5 MATEUS, Clarisse Vieira	07	CDN	2:49.25	18 MARQUES, Bruna Francisca	08	CDSR	3:45.00
6 MATEUS, Eleine Vieira	09	CDN	2:52.36	19 ARTIGAS, Valeria Aguiar	07	CNF	4:00.00
7 SA, Vanessa Fernandes	09	CNF	2:54.41	20 MENDES, Lidia Pinto	09	JACL	4:08.70
8 MELIM, Sara Beatriz	09	CDN	2:54.46	21 CORREIA, Sofia Costa	09	JACL	4:09.00
9 ALVES, Juliana Rodrigues	08	CDN	2:56.07	22 PASSOS, Carolina Goncalves	09	CNF	4:12.01
10 FREITAS, Francisca Leonor	09	CNF	3:02.40	23 MARTINS, Clara Luisa	09	JACL	4:25.00
11 ALVES, Francisca Pereira	09	JACL	3:05.10	24 CARVALHO, Laura Jardim	09	JACL	4:30.00
12 SILVA, Maria Korina	09	CDN	3:12.65	25 NUNES, Ines Freitas	09	JACL	4:30.00
13 RINCU, Alexandra	07	CNF	3:13.53				

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19/06/2021 - 18:15

Prova 31 Masc., 200m Estilos JUV A, JUN, SEN  
19/06/2021 - 18:15 Lista inscritos

Recorde Regional Absoluto	2:07.28	SILVA, Tomas Antonio	CNF	Funchal	04/08/2019
Recorde Regional Sen	2:10.47	MENDONCA, Duarte Alves	CDN	Famalicao	06/08/1999
Recorde Regional Jun18	2:07.28	SILVA, Tomas Antonio	CNF	Funchal	04/08/2019
Recorde Regional Jun17	2:11.49	SILVA, Tomas Antonio	CNF	Funchal	24/03/2018
Recorde Regional Juv A	2:15.68	FREITAS, Tomas Miguel	CDN	Coimbra	30/07/2006

Ano

1 ALVES, Paulo Rodrigues	04	CDN	2:13.25	5 AGUILAR, Luis Santos	04	CDN	2:37.41
2 GOUVEIA, Luis Galvao	05	CDN	2:16.51	6 VIEIRA, Emanuel Eloi	03	CDSR	2:38.11
3 SILVA, Tony Stefano	05	CDN	2:32.00	7 SOARES, Daniel Pacheco	04	CNPDL	2:44.90
4 LOPES, Pedro Henrique	03	CDSR	2:32.88	8 JAU, Valter Henriques	01	CEOL	2:45.34

Prova 32 Femin., 200m Estilos JUV A, JUN, SEN  
19/06/2021 - 18:18 Lista inscritos

Recorde Regional Absoluto	2:20.84	QUINTAL, Fabiana Maria	CDN	Coimbra	30/05/2009
Recorde Regional Sen	2:20.84	QUINTAL, Fabiana Maria	CDN	Coimbra	30/05/2009
Recorde Regional Jun17	2:31.69	ROSA, Beatriz Jong	CDWT	Coimbra	30/03/2017
Recorde Regional Jun16	2:32.15	ABREU, Laura Catarina	CDN	Funchal	27/02/2016
Recorde Regional Juv A	2:32.53	ROSA, Beatriz Jong	CDN	Funchal	05/07/2015

Ano

1 COSTA, Maria Jardim	06	CDN	2:34.95	4 SILVA, Julia Atamas	06	CNPDL	2:47.98
2 SOUSA, Joana Francisca	04	CDSR	2:39.13	5 GOMES, Maria Isabel	06	CNPDL	2:52.04
3 SILVA, Silvana Suamade	06	CDSR	2:46.22	6 IVENS, Luciana Amorim	06	CNPDL	2:58.84

Prova 33 Masc., 100m Costas JUV A, JUN, SEN  
19/06/2021 - 18:21 Lista inscritos

Recorde Regional Absoluto	58.98	MARQUES, Miguel Freitas	CSM	Oeiras	27/07/2014
Recorde Regional Sen	59.76	PINTO, Luis Marques	CDN	Funchal	06/06/2009
Recorde Regional Jun18	58.98	MARQUES, Miguel Freitas	CSM	Oeiras	27/07/2014
Recorde Regional Jun17	1:00.88	FERNANDES, Joao Manuel	CNF	Oeiras	26/07/2014
Recorde Regional Juv A	1:01.58	MARQUES, Miguel Freitas	CSM	Oeiras	28/07/2012

Ano

1 FERNANDES, Rui Afonso	03	CDN	1:00.67	3 RODRIGUES, Rodrigo Reis	04	CDSR	1:13.04
2 DIAS, Andre Vicente	05	CDN	1:04.66	4 DINIS, Fernando Jose	02	CDSR	1:39.35

Prova 34 Femin., 100m Costas JUV A, JUN, SEN  
19/06/2021 - 18:23 Lista inscritos

Recorde Regional Absoluto	1:06.63	QUINTAL, Fabiana Maria	CDN	Funchal	06/06/2009
Recorde Regional Sen	1:06.63	QUINTAL, Fabiana Maria	CDN	Funchal	06/06/2009
Recorde Regional Jun17	1:08.30	ROSA, Beatriz Jong	CDWT	Coimbra	31/03/2017
Recorde Regional Jun16	1:09.92	FREITAS, Monica Alexandra	CDN	Olivais	14/05/1989
Recorde Regional Juv A	1:09.27	ROSA, Beatriz Jong	CDN	Coimbra	25/07/2015

Ano

1 BRITES, Marta Lopes	06	CNPDL	1:08.88	7 FREITAS, Margarida Ramos	06	CDN	1:19.84
2 FERREIRA, Maria Leonor	04	CDN	1:10.27	8 SOUSA, Ivana Valentina	06	CDN	1:24.87
3 DIAS, Julia Alves	06	CDN	1:12.91	9 LECA, Natasha Maria	03	CDN	1:26.95
4 LUIS, Jessica Santos	00	CDSR	1:16.96	10 TEMBE, Ines Afonso	06	CDN	1:30.75
5 SILVA, Julia Atamas	06	CNPDL	1:17.53	11 SILVA, Gabriela Suamade	02	CDSR	1:35.35
6 CANADA, Maria Elvira	06	CDN	1:18.31				

Prova 35 Masc., 200m Bruços JUV A, JUN, SEN  
19/06/2021 - 18:27 Lista inscritos

Recorde Regional Absoluto	2:21.89	SILVA, Tomas Antonio	CNF	Funchal	03/08/2019
Recorde Regional Sen	2:27.23	MOURA, Vitor Diogo	CDN	Rio Maior	01/04/2011
Recorde Regional Jun18	2:21.89	SILVA, Tomas Antonio	CNF	Funchal	03/08/2019
Recorde Regional Jun17	2:25.61	SILVA, Tomas Antonio	CNF	Oeiras	28/07/2018
Recorde Regional Juv A	2:31.11	SILVA, Tomas Antonio	CNF	Oeiras	22/07/2017

Ano

1 BRAZ, Romao Noronha	04	CNPDL	2:42.38
2 ALVES, Andre Camara	05	CDN	2:58.13

Prova 36 Femin., 200m Bruços JUV A, JUN, SEN  
19/06/2021 - 18:31 Lista inscritos

Recorde Regional Absoluto	2:37.87	QUINTAL, Fabiana Maria	CDN	Coimbra	31/07/2010
Recorde Regional Sen	2:37.87	QUINTAL, Fabiana Maria	CDN	Coimbra	31/07/2010
Recorde Regional Jun17	2:45.24	MARQUES, Mariana Sousa	CNF	Funchal	08/07/2005
Recorde Regional Jun16	2:45.52	ABREU, Laura Catarina	CDN	Oeiras	11/03/2016
Recorde Regional Juv A	2:47.95	ABREU, Laura Catarina	CDN	Coimbra	30/05/2015

Ano

Prova 37 Masc., 100m Mariposa JUV A, JUN, SEN  
19/06/2021 - 18:41 Lista inscritos

Recorde Regional Absoluto	56.41	SEQUEIRA, Afonso Meneses	CNF	Funchal	03/08/2019
Recorde Regional Sen	56.41	SEQUEIRA, Afonso Meneses	CNF	Funchal	03/08/2019
Recorde Regional Jun18	56.74	GOUVEIA, Pedro Galvao	CDN	Coimbra	27/05/2017
Recorde Regional Jun17	57.17	SEQUEIRA, Afonso Meneses	CNF	Oeiras	23/07/2016
Recorde Regional Juv A	58.49	SEQUEIRA, Afonso Meneses	CNF	Coimbra	30/05/2015

Ano

1 GOUVEIA, Luis Galvao	05	CDN	58.85	6 SILVA, Tony Stefano	05	CDN	1:10.05
2 FERNANDES, Rui Afonso	03	CDN	58.95	7 FERREIRA, Luis Duarte	89	CEOL	1:10.13
3 ALVES, Paulo Rodrigues	04	CDN	1:01.26	8 ALVES, Andre Camara	05	CDN	1:13.01
4 RODRIGUES, Rodrigo Reis	04	CDSR	1:06.16	9 AGUILAR, Luis Santos	04	CDN	1:15.00
5 PEREIRA, Jordao Abreu	04	JACL	1:09.78	10 CAMACHO, Joao Simao	03	CDN	1:15.00

Prova 38 Femin., 100m Mariposa JUV A, JUN, SEN  
19/06/2021 - 18:44 Lista inscritos

Recorde Regional Absoluto	1:03.25	OLIM, Carlota Freitas	CNF	Faro	20/07/2009
Recorde Regional Sen	1:04.74	OLIM, Carlota Freitas	CNF	Oeiras	28/07/2012
Recorde Regional Jun17	1:06.27	OLIM, Carlota Freitas	CNF	Coimbra	11/04/2010
Recorde Regional Jun16	1:03.25	OLIM, Carlota Freitas	CNF	Faro	20/07/2009
Recorde Regional Juv A	1:06.30	ROSA, Beatriz Jong	CDN	Funchal	04/07/2015

Ano

1 SOUSA, Joana Francisca	04	CDSR	1:11.79	6 SOUSA, Ivana Valentina	06	CDN	1:19.37
2 SILVA, Silvana Suamade	06	CDSR	1:15.66	7 CANADA, Maria Elvira	06	CDN	1:21.51
3 SANTOS, Sofia Isabel	04	CNPDL	1:16.63	8 CARICHAS, Joana Medeiros	06	JACL	1:28.56
4 DIAS, Julia Alves	06	CDN	1:17.18	9 BLANDY, Mischa Blue	04	JACL	1:50.00
5 TEMBE, Ines Afonso	06	CDN	1:18.85				

Prova 39 Masc., 200m Livres JUV A, JUN, SEN  
19/06/2021 - 18:47 Lista inscritos

Recorde Regional Absoluto	1:50.78	PINTO, Luis Marques	CDN	Faro	19/07/2009
Recorde Regional Sen	1:50.78	PINTO, Luis Marques	CDN	Faro	19/07/2009
Recorde Regional Jun18	1:53.84	CASTRO, Joao Cruz	CDSR	Funchal	24/03/2018
Recorde Regional Jun17	1:53.94	CASTRO, Joao Cruz	CDSR	Porto	03/06/2017
Recorde Regional Juv A	1:55.96	CASTRO, Joao Cruz	CDSR	Oeiras	22/07/2016

Ano

1 BRAZ, Romao Noronha	04	CNPDL	2:05.40	4 VIEIRA, Emanuel Eloi	03	CDSR	2:17.24
2 DIAS, Andre Vicente	05	CDN	2:07.41	5 DINIS, Fernando Jose	02	CDSR	3:05.81
3 SOARES, Daniel Pacheco	04	CNPDL	2:15.58				

Prova 40 Femin., 200m Livres JUV A, JUN, SEN  
19/06/2021 - 18:51 Lista inscritos

Recorde Regional Absoluto	2:12.46	AGUILAR, Vera Ines	CDN	Funchal	22/07/2016
Recorde Regional Sen	2:13.28	MELIM, Claudia Sofia	CDN	Jamor	25/07/2002
Recorde Regional Jun17	2:12.84	ROSA, Beatriz Jong	CDWT	Oeiras	18/02/2017
Recorde Regional Jun16	2:12.46	AGUILAR, Vera Ines	CDN	Funchal	22/07/2016
Recorde Regional Juv A	2:14.97	ANDRADE, Rubina Amaro	CDN	Restelo	29/07/1994

Ano

1 COSTA, Maria Jardim	06	CDN	2:18.40	6 PEREIRA, Joana Marques	06	JACL	2:28.00
2 GOMES, Maria Isabel	06	CNPDL	2:21.41	7 SANTOS, Sofia Isabel	04	CNPDL	2:32.95
3 FERREIRA, Maria Leonor	04	CDN	2:22.99	8 LECA, Natasha Maria	03	CDN	2:34.29
4 FREITAS, Margarida Ramos	06	CDN	2:26.17	9 SILVA, Gabriela Suamade	02	CDSR	2:49.14
5 LUIS, Jessica Santos	00	CDSR	2:26.25				

5 - 3rd Session "A" | INF. [A - B] and JUV. [B]

20/06/2021 - 8:30

Prova 41 Masc., 50m Mariposa Infantis [A - B] and Juvenis [B]  
20/06/2021 - 8:30 Lista inscritos Elimin

Recorde Regional Absoluto	25.36	FERNANDES, Joao Vitor	CEOL	Funchal	01/08/2019
Recorde Regional Juv B	27.58	CAIRES, Nuno Costa	CNF	Faro	20/07/2009
Recorde Regional Inf A	28.73	VARGAS, Henrique Luis	CNF	Rio Maior	21/07/2012
Recorde Regional Inf B	29.47	CASTANHEIRO, Vitor Goncalo	CDN	Funchal	21/05/2005

Ano

1 GONCALVES, Martim Luis	06	CDN	29.45	15 GOUVEIA, Martim Jose	07	CDSR	40.00
2 SILVA, Joao Luis	06	CEOL	30.44	16 NOBREGA, Matias Sargo	08	CNF	40.31
3 SILVA, Afonso Mar	06	CNF	32.10	17 OLIVEIRA, Bernardo Antonio	06	CNF	40.56
4 FERRAZ, Luis Afonso	06	CNF	33.25	18 MEDEIROS, Joao Francisco	08	JACL	41.00
5 ABREU, Joao Francisco	06	CNF	33.51	19 VIEIRA, Luis Henrique	07	CDN	41.97
6 ALMEIDA, Joao Francisco	07	CNF	34.25	20 FERNANDEZ, Henrique Justino	08	JACL	42.00
7 PEREIRA, Lucas Santos	07	CNF	34.50	21 NUNES, Duarte Costa	07	JACL	42.00
8 RODRIGUES, Guilherme Gomes	08	CDSR	36.00	22 MIRANDA, Francisco Guilherme	08	CNF	44.78
9 OLIVEIRA, Afonso Miguel	07	JACL	36.00	23 GOMES, Guilherme Silva	08	ADG	45.25
10 COSTA, Guilherme Corte	07	CDN	36.38	24 BARATA, Joao Tomas	08	JACL	48.00
11 RIBEIRO, Telmo Drumond	07	CNF	37.07	25 QUADRADO, Luis Miguel	08	JACL	48.00
12 FERNANDES, Afonso Berimbau	07	JACL	38.26	26 ANTUNES, Frederico Luis	08	JACL	50.00
13 STEFLEA, Andre Sergio	06	CDSR	38.66	27 MARTINS, Tomas Rodrigo	07	CDN	54.32
14 CASTRO, Marco Antonio	08	CNF	38.84	28 JARDIM, Lourenco Almeida	08	CDN	59.50

Prova 42 Femin., 50m Mariposa Infantis [A - B] and Juvenis [B]  
20/06/2021 - 8:35 Lista inscritos Elimin

Recorde Regional Absoluto	29.17	OLIM, Carlota Freitas	CNF	Oeiras	24/07/2014
Recorde Regional Juv B	30.44	ROSA, Beatriz Jong	CDN	Oeiras	24/07/2014
Recorde Regional Inf A	32.05	ROSA, Beatriz Jong	CDN	Funchal	19/01/2013
Recorde Regional Inf B	32.46	LOPES, Joana Cristina	CNF	Las Palmas (ESP)	09/07/1992

Ano

1 CAMARA, Ines Cruz	07	CDN	32.55	9 RESENDES, Ana Maria	07	CNPDL	45.75
2 NETO, Leonor Rodrigues	07	CNF	33.86	10 MELIM, Ana Luisa	08	JACL	47.00
3 RODRIGUES, Laura Sofia	07	JACL	35.62	11 MARGARIDO, Paula Aguiar	09	JACL	48.00
4 ALVES, Juliana Rodrigues	08	CDN	36.55	12 SOARES, Leonor Silva	08	CDN	49.38
5 ANDRADE, Matilde Sousa	08	CNF	38.43	13 ROMAO, Laura Beatriz	09	CNF	51.37
6 FRANCA, Ines Matos	07	JACL	39.00	14 MELIM, Sara Beatriz	09	CDN	57.13
7 GONCALVES, Vera Andrade	09	JACL	42.00	15 TEMTEM, Madalena Barbosa	09	CDN	57.21
8 PEREIRA, Maria Clara	08	JACL	45.00	16 MATEUS, Eleine Vieira	09	CDN	1:04.58

Prova 43 Masc., 50m Costas Infantis [A - B] and Juvenis [B]  
20/06/2021 - 8:37 Lista inscritos Elimin

Recorde Regional Absoluto	27.26	FERNANDES, Joao Manuel	CNF	Coimbra	01/04/2015
Recorde Regional Juv B	29.92	FERNANDES, Rui Afonso	CDN	Funchal	29/06/2018
Recorde Regional Inf A	31.16	CAMACHO, Afonso Caires	CNF	Funchal	04/05/2018
Recorde Regional Inf B	33.53	DEUS, Andre Portugal	CNF	Funchal	07/06/2015

Ano

1 MELO, Lourenco Filipe	06	CNPDL	31.12	9 NUNES, Henrique Dias	07	CDN	43.98
2 SILVA, Joao Luis	06	CEOL	33.65	10 ALVES, Diogo Basilio	07	JACL	45.00
3 ALVES, Pedro Miguel	06	CDN	36.21	11 JARDIM, Rodrigo Vieira	08	CNF	47.57
4 NEVES, Tiago Brazao	07	CNF	36.22	12 BARBOSA, Joao Camacho	07	CDN	47.70
5 ARAUJO, Joao Caldeira	07	CNF	37.42	13 FERNANDES, Antonio Maria	08	CNF	47.81
6 JESUS, Vasco Franca	08	CNF	39.91	14 CRO, Nuno Afonso	06	CDSR	55.00
7 JESUS, David Martins	07	CDSR	40.00	15 MEDEIROS, Goncalo Alexandre	06	CNPDL	55.58
8 SMIRNOV, Dmytro	07	CDSR	40.96				

Prova 44 Femin., 50m Costas Infantis [A - B] and Juvenis [B]  
20/06/2021 - 8:40 Lista inscritos Elimin

Recorde Regional Absoluto	31.51	QUINTAL, Fabiana Maria	CDN	Funchal	06/06/2009
Recorde Regional Juv B	33.06	AGUILAR, Vera Ines	CDN	Oeiras	24/07/2014
Recorde Regional Inf A	33.70	COSTA, Maria Jardim	CDN	Funchal	14/06/2019
Recorde Regional Inf B	36.09	COSTA, Maria Jardim	CDN	Funchal	04/05/2018

Ano

1	NETO, Leonor Rodrigues	07	CNF	36.26	8	MARQUES, Bruna Francisca	08	CDSR	50.00
2	SILVA, Carolina Pestana	08	CNF	39.35	9	ARTIGAS, Valeria Aguiar	07	CNF	50.49
3	BAPTISTA, Ines Sande	08	CDN	40.15	10	NOBREGA, Sara Francisca	08	CDSR	51.04
4	PEREIRA, Julia Freitas	08	CNF	43.56	11	MACEDO, Diana Camacho	08	CNF	51.95
5	SILVA, Maria Korina	09	CDN	44.52	12	RINCU, Alexandra	07	CNF	53.84
6	ALVES, Francisca Pereira	09	JACL	46.00	13	PASSOS, Carolina Goncalves	09	CNF	56.47
7	GOMES, Sofia Vega	08	CNF	47.37					

Prova 45 Masc., 50m Bruços Infantis [A - B] and Juvenis [B]  
20/06/2021 - 8:43 Lista inscritos Elimin

Recorde Regional Absoluto	29.74	MARQUES, Miguel Freitas	INDMAD	Coimbra	24/07/2015
Recorde Regional Juv B	31.49	DEUS, Andre Portugal	CNF	Coimbra	27/05/2017
Recorde Regional Inf A	33.94	DEUS, Andre Portugal	CNF	Famalicao	16/07/2016
Recorde Regional Inf B	34.98	FREITAS, Tomas Miguel	CDN	Restelo	26/07/2003

Ano

1	NACHYCHKO, Maximo	06	CNF	42.45	7	GOUVEIA, Martim Jose	07	CDSR	50.00
2	ARAUJO, Joao Caldeira	07	CNF	43.51	8	CARVALHO, Joaquim Eduardo	07	CNF	50.07
3	SMIRNOV, Dmytro	07	CDSR	45.48	9	DRUMOND, Pedro Afonso	07	ADG	50.27
4	GOMES, Guilherme Silva	08	ADG	45.62	10	JARDIM, Rodrigo Vieira	08	CNF	53.40
5	PIRES, Luis Maria	08	CNPDL	49.99	11	MARTINS, Tomas Rodrigo	07	CDN	53.51
6	GONCALVES, Gabriel Fiqueli	07	CDSR	50.00	12	ARAUJO, Goncalo Magalhaes	08	CDSR	1:00.00

Prova 46 Femin., 50m Bruços Infantis [A - B] and Juvenis [B]  
20/06/2021 - 8:45 Lista inscritos Elimin

Recorde Regional Absoluto	33.95	QUINTAL, Fabiana Maria	CDN	Coimbra	30/07/2010
Recorde Regional Juv B	34.80	ABREU, Laura Catarina	CDN	Oeiras	25/07/2014
Recorde Regional Inf A	36.70	ABREU, Laura Catarina	CDN	Funchal	19/01/2013
Recorde Regional Inf B	38.45	RODRIGUES, Laura Sofia	JACL	Funchal	14/06/2019

Ano

1	GONCALVES, Valentina Jose	07	CDN	38.49	8	REBELO, Frederica Brito	08	CNPDL	52.12
2	CAMARA, Ines Cruz	07	CDN	39.03	9	FREITAS, Francisca Leonor	09	CNF	53.06
3	MATEUS, Clarisse Vieira	07	CDN	43.01	10	SILVA, Mara Goncalves	09	JACL	55.00
4	SA, Vanessa Fernandes	09	CNF	44.27	11	NOBREGA, Sara Francisca	08	CDSR	55.30
5	PEREIRA, Maria Clara	08	JACL	45.00	12	MELIM, Sara Beatriz	09	CDN	56.09
6	MARGARIDO, Paula Aguiar	09	JACL	46.00	13	TEMTEM, Madalena Barbosa	09	CDN	59.05
7	SOARES, Leonor Silva	08	CDN	50.04					

Prova 47

Masc., 50m Livres

Infantis [A - B] and Juvenis [B]

20/06/2021 - 8:48

Lista inscritos Elimin

Recorde Regional Absoluto	23.63	GONZALEZ, Hugo Miguel	CDN	Campanha	21/06/2003
Recorde Regional Juv B	25.87	CASTRO, Joao Cruz	CDSR	Funchal	06/06/2015
Recorde Regional Inf A	26.32	CASTRO, Joao Cruz	CSM	Coimbra	31/05/2014
Recorde Regional Inf B	27.85	DEUS, Andre Portugal	CNF	Funchal	06/06/2015

Ano

1	MELO, Lourenco Filipe	06	CNPDL	27.83	24	STEFLEA, Andre Sergio	06	CDSR	36.51
2	FERRAZ, Luis Afonso	06	CNF	28.50	25	FERNANDEZ, Henrique Justino	08	JACL	37.00
3	ABREU, Joao Francisco	06	CNF	30.31	26	NOBREGA, Matias Sargo	08	CNF	37.40
4	NEVES, Tiago Brazao	07	CNF	30.43	27	CARVALHO, Joaquim Eduardo	07	CNF	37.92
5	OLIVEIRA, Afonso Miguel	07	JACL	30.50	28	JESUS, David Martins	07	CDSR	38.00
6	SILVA, Afonso Mar	06	CNF	30.58	29	MEDEIROS, Goncalo Alexandre	06	CNPDL	38.27
7	PEREIRA, Lucas Santos	07	CNF	31.49	30	DRUMOND, Pedro Afonso	07	ADG	38.39
8	ALMEIDA, Joao Francisco	07	CNF	31.69	31	NUNES, Henrique Dias	07	CDN	38.63
9	GONCALVES, Martim Luis	06	CDN	32.71	32	GONCALVES, Gabriel Fiqueli	07	CDSR	39.00
10	FERNANDES, Afonso Berimbau	07	JACL	33.00	33	MIRANDA, Francisco Guilherme	08	CNF	39.69
11	JESUS, Vasco Franca	08	CNF	33.28	34	FERNANDES, Antonio Maria	08	CNF	39.93
12	ALVES, Pedro Miguel	06	CDN	33.70	35	VIEIRA, Luis Henrique	07	CDN	40.12
13	RODRIGUES, Guilherme Gomes	08	CDSR	34.00	36	CASTRO, Marco Antonio	08	CNF	40.31
14	ALVES, Diogo Basilio	07	JACL	34.00	37	ANTUNES, Frederico Luis	08	JACL	42.00
15	CASTRO, Mateus Pereira	06	CEOL	34.05	38	BARATA, Joao Tomas	08	JACL	42.00
16	NACHYCHKO, Maximo	06	CNF	34.12	39	PENSO, Miguel Reigada	07	CEOL	42.40
17	RIBEIRO, Telmo Drumond	07	CNF	34.56	40	REMESSO, Joao Tomas	06	LCM	42.50
18	MEDEIROS, Joao Francisco	08	JACL	35.00	41	CARVALHO, Simao Duarte	07	LCM	45.00
19	NUNES, Duarte Costa	07	JACL	35.00	42	QUADRADO, Luis Miguel	08	JACL	45.00
20	OLIVEIRA, Bernardo Antonio	06	CNF	35.03	43	BARRADAS, Rafael Alves	08	CEOL	46.11
21	PIRES, Luis Maria	08	CNPDL	35.32	44	ARAUJO, Goncalo Magalhaes	08	CDSR	50.00
22	COSTA, Guilherme Corte	07	CDN	35.83	45	CRO, Nuno Afonso	06	CDSR	50.07
23	BARBOSA, Joao Camacho	07	CDN	36.38	46	JARDIM, Lourenco Almeida	08	CDN	53.69

Prova 48

Femin., 50m Livres

Infantis [A - B] and Juvenis [B]

20/06/2021 - 8:54

Lista inscritos Elimin

Recorde Regional Absoluto	27.47	QUINTAL, Fabiana Maria	CDN	Coimbra	29/07/2010
Recorde Regional Juv B	28.51	AGUILAR, Vera Ines	CDN	Coimbra	05/04/2014
Recorde Regional Inf A	29.50	ANDRADE, Rubina Amaro	CDN		01/01/1992
Recorde Regional Inf B	30.05	NUNES, Jeanette Vilarejo	CNF	Matur	21/07/1992

Ano

1	RODRIGUES, Laura Sofia	07	JACL	31.50	16	NICOLAU, Matilde Olival	07	LCM	41.89
2	GONCALVES, Valentina Jose	07	CDN	31.81	17	MATEUS, Eleine Vieira	09	CDN	41.93
3	FRANCA, Ines Matos	07	JACL	32.00	18	ROMAO, Laura Beatriz	09	CNF	42.31
4	GONCALVES, Vera Andrade	09	JACL	32.00	19	MACEDO, Diana Camacho	08	CNF	42.68
5	ANDRADE, Matilde Sousa	08	CNF	33.59	20	MELIM, Ana Luisa	08	JACL	43.00
6	REBELO, Frederica Brito	08	CNPDL	33.82	21	LIMA, Rafaela Camara	07	CDN	45.00
7	RESENDES, Ana Maria	07	CNPDL	35.37	22	GOMES, Sofia Vega	08	CNF	45.75
8	SILVA, Carolina Pestana	08	CNF	35.95	23	FREITAS, Francisca Leonor	09	CNF	45.98
9	BAPTISTA, Ines Sande	08	CDN	36.13	24	GOUVEIA, Joana Alves	08	LCM	46.39
10	ALVES, Juliana Rodrigues	08	CDN	36.28	25	RINCU, Alexandra	07	CNF	46.50
11	PEREIRA, Julia Freitas	08	CNF	37.06	26	GOIS, Margarida Teles	08	LCM	46.78
12	JESUS, Ligia Maria	08	CEOL	37.20	27	SILVA, Mara Goncalves	09	JACL	48.10
13	ALVES, Francisca Pereira	09	JACL	38.10	28	SA, Vanessa Fernandes	09	CNF	48.73
14	MARQUES, Bruna Francisca	08	CDSR	40.00	29	PASSOS, Carolina Goncalves	09	CNF	49.00
15	ARTIGAS, Valeria Aguiar	07	CNF	41.08	30	SILVA, Maria Korina	09	CDN	51.71

6 - 3rd Session "B" | JUV. [A], JUN. and SEN.

20/06/2021 - 11:15

Prova 49 Masc., 50m Mariposa Juvenis [A], Juniores e Seniores  
20/06/2021 - 11:15 Lista inscritos Elimin

Recorde Regional Absoluto	25.36	FERNANDES, Joao Vitor	CEOL	Funchal	01/08/2019
Recorde Regional Sen	25.36	FERNANDES, Joao Vitor	CEOL	Funchal	01/08/2019
Recorde Regional Jun18	25.84	MARQUES, Miguel Freitas	CSM	Coimbra	04/04/2014
Recorde Regional Jun17	25.97	GOMES, Miguel Camara	CNF	Oeiras	13/03/2016
Recorde Regional Juv A	26.49	VARGAS, Henrique Luis	CNF	Coimbra	04/04/2014

Ano

1 FERREIRA, Miguel Goncalves	93	CDN	25.95	8 CAMACHO, Joao Simao	03	CDN	31.83
2 FERNANDES, Rui Afonso	03	CDN	26.77	9 AGUILAR, Luis Santos	04	CDN	32.39
3 GOUVEIA, Luis Galvao	05	CDN	27.58	10 SOARES, Daniel Pacheco	04	CNPDL	32.92
4 DIAS, Andre Vicente	05	CDN	27.68	11 ALVES, Andre Camara	05	CDN	33.32
5 ALVES, Paulo Rodrigues	04	CDN	28.08	12 SILVA, Tony Stefano	05	CDN	36.35
6 RODRIGUES, Rodrigo Reis	04	CDSR	31.60	13 ALVES, Luis Fernandez	05	CDN	36.96
7 FERREIRA, Luis Duarte	89	CEOL	31.62	14 DINIS, Fernando Jose	02	CDSR	42.09

Prova 50 Femin., 50m Mariposa Juvenis [A], Juniores e Seniores  
20/06/2021 - 11:17 Lista inscritos Elimin

Recorde Regional Absoluto	29.17	OLIM, Carlota Freitas	CNF	Oeiras	24/07/2014
Recorde Regional Sen	29.17	OLIM, Carlota Freitas	CNF	Oeiras	24/07/2014
Recorde Regional Jun17	29.85	ROSA, Beatriz Jong	CDWT	Coimbra	02/04/2017
Recorde Regional Jun16	29.48	ROSA, Beatriz Jong	CDN	Oeiras	13/03/2016
Recorde Regional Juv A	29.76	ROSA, Beatriz Jong	CDN	Funchal	03/07/2015

Ano

1 GOMES, Susana Clara	77	CNF	29.35	6 SANTOS, Sofia Isabel	04	CNPDL	35.34
2 SOUSA, Joana Francisca	04	CDSR	31.37	7 SOUSA, Ivana Valentina	06	CDN	35.49
3 BRITES, Marta Lopes	06	CNPDL	32.26	8 TEMBE, Ines Afonso	06	CDN	35.61
4 JARDIM, Lara Filipa	06	CNF	32.52	9 SILVA, Julia Atamas	06	CNPDL	35.82
5 SILVA, Silvana Suamade	06	CDSR	34.05	10 CARICHAS, Joana Medeiros	06	JACL	36.76

Prova 51 Masc., 50m Costas Juvenis [A], Juniores e Seniores  
20/06/2021 - 11:19 Lista inscritos Elimin

Recorde Regional Absoluto	27.26	FERNANDES, Joao Manuel	CNF	Coimbra	01/04/2015
Recorde Regional Sen	27.78	MARQUES, Miguel Freitas	CDSR	Coimbra	03/04/2015
Recorde Regional Jun18	27.26	FERNANDES, Joao Manuel	CNF	Coimbra	01/04/2015
Recorde Regional Jun17	28.14	FERNANDES, Joao Manuel	CNF	Oeiras	24/07/2014
Recorde Regional Juv A	28.32	FERNANDES, Rui Afonso	CDN	Funchal	03/08/2019

Ano

1 FERNANDES, Rui Afonso	03	CDN	28.32
2 RODRIGUES, Pedro Reis	02	CDSR	30.64
3 MENDES, Juan Diego	05	CDN	42.20

Prova 52 Femin., 50m Costas Juvénis [A], Júniores e Séniores  
20/06/2021 - 11:20 Lista inscritos Elimin

Recorde Regional Absoluto	31.51	QUINTAL, Fabiana Maria	CDN	Funchal	06/06/2009
Recorde Regional Sen	31.51	QUINTAL, Fabiana Maria	CDN	Funchal	06/06/2009
Recorde Regional Jun17	31.61	ROSA, Beatriz Jong	CDWT	Coimbra	30/03/2017
Recorde Regional Jun16	32.44	AGUILAR, Vera Ines	CDN	Oeiras	07/02/2016
Recorde Regional Juv A	32.40	AGUILAR, Vera Ines	CDN	Coimbra	01/04/2015

Ano

1 FERREIRA, Maria Leonor	04	CDN	33.26	8 CANADA, Maria Elvira	06	CDN	37.86
2 COSTA, Maria Jardim	06	CDN	33.41	9 FREITAS, Margarida Ramos	06	CDN	37.88
3 GONCALVES, Maria Margarida	04	CNF	33.91	10 LECA, Natasha Maria	03	CDN	40.16
4 GOMES, Maria Isabel	06	CNPDL	34.64	11 NOBREGA, Maria Trindade	05	CDN	43.35
5 DIAS, Julia Alves	06	CDN	35.19	12 SOARES, Ines Silva	04	CDN	43.44
6 LUIS, Jessica Santos	00	CDSR	35.38	13 BATISTA, Rita Teixeira	04	CDN	49.19
7 JARDIM, Lara Filipa	06	CNF	35.92	14 JESUS, Veronica Martins	06	CDSR	55.00

Prova 53 Masc., 50m Bruços Juvénis [A], Júniores e Séniores  
20/06/2021 - 11:22 Lista inscritos Elimin

Recorde Regional Absoluto	29.74	MARQUES, Miguel Freitas	INDMAD	Coimbra	24/07/2015
Recorde Regional Sen	29.74	MARQUES, Miguel Freitas	INDMAD	Coimbra	24/07/2015
Recorde Regional Jun18	29.80	FIGUEIRA, Andre Temtem	CNF	Faro	19/07/2009
Recorde Regional Jun17	31.18	FERNANDES, Martim Pestana	CNF	Rio Maior	29/05/2021
Recorde Regional Juv A	31.92	FERNANDES, Martim Pestana	CNF	Funchal	29/02/2020

Ano

1 MARQUES, Miguel Freitas	96	CEOL	29.74	8 DIAS, Andre Vicente	05	CDN	35.80
2 SILVA, Luis Pedro	98	CDN	30.85	9 VIEIRA, Emanuel Eloi	03	CDSR	36.44
3 ALVES, Paulo Rodrigues	04	CDN	31.82	10 AGUILAR, Luis Santos	04	CDN	37.76
4 SILVA, Tony Stefano	05	CDN	32.84	11 ALVES, Andre Camara	05	CDN	40.08
5 ALVES, Afonso Pires	05	JACL	33.00	12 CORREIA, Rodrigo Ramos	05	CDN	41.17
6 BRAZ, Romao Noronha	04	CNPDL	33.13	13 RODRIGUES, Rodrigo Reis	04	CDSR	41.64
7 LOPES, Pedro Henrique	03	CDSR	35.53				

Prova 54 Femin., 50m Bruços Juvénis [A], Júniores e Séniores  
20/06/2021 - 11:25 Lista inscritos Elimin

Recorde Regional Absoluto	33.95	QUINTAL, Fabiana Maria	CDN	Coimbra	30/07/2010
Recorde Regional Sen	33.95	QUINTAL, Fabiana Maria	CDN	Coimbra	30/07/2010
Recorde Regional Jun17	34.92	ABREU, Laura Catarina	CDWT	Coimbra	01/04/2017
Recorde Regional Jun16	34.67	ABREU, Laura Catarina	CDN	Funchal	23/01/2016
Recorde Regional Juv A	34.45	ABREU, Laura Catarina	CDN	Funchal	14/02/2015

Ano

1 DEUS, Ines Portugal	06	CNF	38.92	4 IVENS, Luciana Amorim	06	CNPDL	45.27
2 FERREIRA, Maria Leonor	04	CDN	38.99	5 SILVA, Gabriela Suamade	02	CDSR	45.72
3 PASCOAL, Maria Manuel	05	CNPDL	41.08	6 ANDRADE, Maria Beatriz	05	CDN	49.89

Prova 55 Masc., 50m Livres Juvenis [A], Juniores e Seniores  
20/06/2021 - 11:26 Lista inscritos Elimin

Recorde Regional Absoluto	23.63	GONZALEZ, Hugo Miguel	CDN	Campanha	21/06/2003
Recorde Regional Sen	23.63	GONZALEZ, Hugo Miguel	CDN	Campanha	21/06/2003
Recorde Regional Jun18	24.50	CASTRO, Joao Cruz	CDSR	Funchal	23/03/2018
Recorde Regional Jun17	24.40	CASTRO, Joao Cruz	CDSR	Coimbra	31/03/2017
Recorde Regional Juv A	25.05	CASTRO, Joao Cruz	CDSR	Coimbra	29/05/2016

Ano

1 SOUSA, Tiago Ferreira	91	CDN	24.15	10 BRAZ, Romao Noronha	04	CNPDL	28.50
2 CASTRO, Joao Cruz	00	CEOL	24.40	11 CAMACHO, Joao Simao	03	CDN	28.56
3 FERNANDES, Diogo Henrique	04	CNF	25.25	12 VIEIRA, Emanuel Eloi	03	CDSR	29.07
4 FERNANDES, Joao Vitor	00	CEOL	25.39	13 SOARES, Daniel Pacheco	04	CNPDL	29.27
5 CAMARA, Joao Vieira	97	CEOL	25.84	14 ALVES, Luis Fernandez	05	CDN	30.92
6 GOUVEIA, Luis Galvao	05	CDN	26.80	15 MENDES, Juan Diego	05	CDN	33.47
7 RODRIGUES, Pedro Reis	02	CDSR	26.93	16 CORREIA, Rodrigo Ramos	05	CDN	34.61
8 FERREIRA, Luis Duarte	89	CEOL	28.37	17 DINIS, Fernando Jose	02	CDSR	37.12
9 LOPES, Pedro Henrique	03	CDSR	28.46	18 FREITAS, B.	05	LCM	38.27

Prova 56 Femin., 50m Livres Juvenis [A], Juniores e Seniores  
20/06/2021 - 11:29 Lista inscritos Elimin

Recorde Regional Absoluto	27.47	QUINTAL, Fabiana Maria	CDN	Coimbra	29/07/2010
Recorde Regional Sen	27.47	QUINTAL, Fabiana Maria	CDN	Coimbra	29/07/2010
Recorde Regional Jun17	28.11	AGUILAR, Vera Ines	CDN	Coimbra	31/03/2017
Recorde Regional Jun16	28.18	BOULHOSA, Carolina Abreu	CNF	Coimbra	31/03/2017
Recorde Regional Juv A	28.01	AGUILAR, Vera Ines	CDN	Coimbra	03/04/2015

Ano

1 GOMES, Susana Clara	77	CNF	27.91	15 SOARES, Ines Silva	04	CDN	33.64
2 BRITES, Marta Lopes	06	CNPDL	28.20	16 CARICHAS, Joana Medeiros	06	JACL	33.64
3 COSTA, Maria Jardim	06	CDN	29.71	17 SILVA, Julia Atamas	06	CNPDL	33.70
4 GOMES, Maria Isabel	06	CNPDL	30.10	18 SILVA, Gabriela Suamade	02	CDSR	34.22
5 SOUSA, Joana Francisca	04	CDSR	31.11	19 SOUSA, Ivana Valentina	06	CDN	34.59
6 LUIS, Jessica Santos	00	CDSR	31.15	20 TEMBE, Ines Afonso	06	CDN	34.62
7 IVENS, Luciana Amorim	06	CNPDL	31.28	21 SILVA, Silvana Suamade	06	CDSR	35.55
8 DEUS, Ines Portugal	06	CNF	31.43	22 PASCOAL, Maria Manuel	05	CNPDL	36.12
9 LECA, Natasha Maria	03	CDN	31.46	23 ANDRADE, Maria Beatriz	05	CDN	36.36
10 PEREIRA, Joana Marques	06	JACL	32.00	24 NOBREGA, Maria Trindade	05	CDN	36.41
11 FREITAS, Margarida Ramos	06	CDN	32.03	25 BATISTA, Rita Teixeira	04	CDN	41.04
12 DIAS, Julia Alves	06	CDN	32.07	26 GOUVEIA, Mariana Alves	03	LCM	41.17
13 CANADA, Maria Elvira	06	CDN	33.42	27 BARRETO, Ana Paula	64	CDN	45.00
14 SANTOS, Sofia Isabel	04	CNPDL	33.56	28 JESUS, Veronica Martins	06	CDSR	50.00