

1 - Sábado de Manhã

27/05/2023 - 9:10

Prova 1	Masc., 200m Mariposa				17 anos e mais velhos	
27/05/2023 - 9:10	JUNIORES & SENIORES				Resultados	
Recorde Regional Open	2:00.44	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009	
Recorde Regional Sen	2:00.44	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009	
Recorde Regional Jun18	2:01.97	GOUVEIA, Pedro Galvao	CDN	Funchal	11/12/2016	
Recorde Regional Jun17	2:03.86	GOUVEIA, Pedro Galvao	CDN	Funchal	17/06/2016	

Júnior 1º Ano Mas. Jun17: 2:13.23 / Júnior 2º Ano Mas. Jun18: 2:12.58 / Sénior 1º Ano Mas. Sen19: 2:09.36 /
Sénior 2º Ano Mas. 20+: 2:08.72

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
EXH GOUVEIA, Luis Galvao	05	2:04.49	657	27.27	31.38	33.03	32.81
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>							

Prova 2	Femin., 400m Estilos				Infantis B, 12 anos	
27/05/2023 - 9:12	INFANTIS B				Resultados	
Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009	
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002	

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. OLIVEIRA, Mariana Lopes	11	6:20.93	314
50m: 43.48 43.48	150m: 2:21.73 49.10	250m: 4:02.53 53.12	350m: 5:39.66 41.93
100m: 1:32.63 49.15	200m: 3:09.41 47.68	300m: 4:57.73 55.20	400m: 6:20.93 41.27
2. JESUS, Vera Franca	11	6:23.88	306
50m: 42.88 42.88	150m: 2:23.48 46.42	250m: 4:07.16 56.88	350m: 5:43.19 40.49
100m: 1:37.06 54.18	200m: 3:10.28 46.80	300m: 5:02.70 55.54	400m: 6:23.88 40.69
3. GONCALVES, Mafalda Beatriz	11	6:27.17	299
50m: 42.65 42.65	150m: 2:23.99 51.64	250m: 4:05.96 52.21	350m: 5:44.37 45.28
100m: 1:32.35 49.70	200m: 3:13.75 49.76	300m: 4:59.09 53.13	400m: 6:27.17 42.80
4. VIEIRA, Matilde Sofia	11	6:27.49	298
50m: 42.79 42.79	150m: 2:21.98 49.41	250m: 4:05.30 55.59	350m: 5:44.27 44.35
100m: 1:32.57 49.78	200m: 3:09.71 47.73	300m: 4:59.92 54.62	400m: 6:27.49 43.22
5. PEREIRA, Ana Matilde	11	6:36.69	278
50m: 43.56 43.56	150m: 2:30.96 53.28	250m: 4:15.05 53.18	350m: 5:54.25 43.99
100m: 1:37.68 54.12	200m: 3:21.87 50.91	300m: 5:10.26 55.21	400m: 6:36.69 42.44
6. MATA, Valeria Isabel	11	6:42.62	266
50m: 43.76 43.76	150m: 2:27.49 51.08	250m: 4:13.97 57.43	350m: 5:58.36 46.81
100m: 1:36.41 52.65	200m: 3:16.54 49.05	300m: 5:11.55 57.58	400m: 6:42.62 44.26
7. SARGO, Leonor Lourenco	11	6:57.30	238
50m: 41.01 41.01	150m: 2:31.39 53.23	250m: 4:20.19 57.75	350m: 6:11.43 48.36
100m: 1:38.16 57.15	200m: 3:22.44 51.05	300m: 5:23.07 1:02.88	400m: 6:57.30 45.87
8. MARQUES, Margarida Paixao	11	7:16.83	208
50m: 47.13 47.13	150m: 2:45.91 54.29	250m: 4:38.80 1:00.38	350m: 6:28.68 51.27
100m: 1:51.62 1:04.49	200m: 3:38.42 52.51	300m: 5:37.41 58.61	400m: 7:16.83 48.15
9. SILVA, Ana Matilde	11	7:19.83	204
50m: 50.72 50.72	150m: 2:51.10 59.47	250m: 4:45.32 57.09	350m: 6:33.03 48.57
100m: 1:51.63 1:00.91	200m: 3:48.23 57.13	300m: 5:44.46 59.14	400m: 7:19.83 46.80
10. FREITAS, Sara Margarida	11	7:19.84	204
50m: 51.29 51.29	150m: 2:44.00 53.01	250m: 4:38.14 1:03.16	350m: 6:31.21 48.76
100m: 1:50.99 59.70	200m: 3:34.98 50.98	300m: 5:42.45 1:04.31	400m: 7:19.84 48.63
11. VELOSA, Ana Matilde	11	7:23.57	198
50m: 49.02 49.02	150m: 2:40.56 49.39	250m: 4:35.92 1:03.38	350m: 6:34.56 53.48
100m: 1:51.17 1:02.15	200m: 3:32.54 51.98	300m: 5:41.08 1:05.16	400m: 7:23.57 49.01

Prova 2, Femin., 400m Estilos, Infantis B, 12 anos

Lugar	Ano	Tempo final	Pts
DSQ SILVA, Matilde Fernandes	11 Desportivo Nacional		
<i>814 - Tocou com uma mão na parede na viragem aos 75 m - SW 8.4</i>			

Prova 3 Femin., 400m Estilos Infantis A, 13 anos Resultados

27/05/2023 - 9:29

Recordes Regionais	Tempo	Nome	Local	Data
Recordes Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	19/02/2009
Recordes Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	11/03/2011

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. LEITAO, Isabel Gouveia	10 Naval do Funchal	5:53.00	394
50m: 37.31 37.31	150m: 2:09.62 44.30	250m: 3:44.28 51.69	350m: 5:13.22 39.38
100m: 1:25.32 48.01	200m: 2:52.59 42.97	300m: 4:33.84 49.56	400m: 5:53.00 39.78
2. BRITO, Madalena Pinto	10 Naval do Funchal	5:53.90	391
50m: 38.67 38.67	150m: 2:11.24 44.65	250m: 3:43.63 49.56	350m: 5:14.26 40.35
100m: 1:26.59 47.92	200m: 2:54.07 42.83	300m: 4:33.91 50.28	400m: 5:53.90 39.64
3. ROSA, Clara Sofia	10 Desportivo Nacional	6:06.47	352
50m: 39.76 39.76	150m: 2:14.87 48.20	250m: 3:52.60 51.15	350m: 5:26.65 42.61
100m: 1:26.67 46.91	200m: 3:01.45 46.58	300m: 4:44.04 51.44	400m: 6:06.47 39.82
4. TEIXEIRA, Maria Leonor	10 Naval do Funchal	6:11.60	338
50m: 36.29 36.29	150m: 2:09.81 50.09	250m: 3:52.08 53.37	350m: 5:28.65 43.69
100m: 1:19.72 43.43	200m: 2:58.71 48.90	300m: 4:44.96 52.88	400m: 6:11.60 42.95
5. JARDIM, Eva Santos	10 Juventude Atlantico	6:19.90	316
50m: 40.45 40.45	150m: 2:16.47 48.43	250m: 4:00.07 54.28	350m: 5:38.83 42.41
100m: 1:28.04 47.59	200m: 3:05.79 49.32	300m: 4:56.42 56.35	400m: 6:19.90 41.07
6. RIBEIRO, Guida Drumond	10 Naval do Funchal	6:58.66	236
50m: 38.46 38.46	150m: 2:20.25 53.64	250m: 4:15.15 59.74	350m: 6:09.40 50.63
100m: 1:26.61 48.15	200m: 3:15.41 55.16	300m: 5:18.77 1:03.62	400m: 6:58.66 49.26
7. SOUSA, Susana Conceicao	10 Desportivo Nacional	7:24.66	197
50m: 51.83 51.83	150m: 2:50.55 59.21	250m: 4:43.66 52.35	350m: 6:31.44 53.87
100m: 1:51.34 59.51	200m: 3:51.31 1:00.76	300m: 5:37.57 53.91	400m: 7:24.66 53.22

Prova 4 Femin., 400m Estilos Juvenis Resultados

27/05/2023 - 9:36

Recordes Regionais	Tempo	Nome	Local	Data
Recordes Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	19/02/2009
Recordes Regional Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	13/07/2019
Recordes Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	11/07/2021

Juv. B Fem. Juv B: 5:37.05 / Juv. A Fem. Juv A: 5:29.24

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B, 14 anos			
1. MATEUS, Eleine Vieira	09 Desportivo Nacional	5:34.60	463
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>			
50m: 33.92 33.92	150m: 1:58.18 44.65	250m: 3:30.06 49.08	350m: 4:57.18 38.16
100m: 1:13.53 39.61	200m: 2:40.98 42.80	300m: 4:19.02 48.96	400m: 5:34.60 37.42
2. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	5:44.88	423
50m: 37.72 37.72	150m: 2:05.97 41.77	250m: 3:37.46 49.83	350m: 5:07.01 39.16
100m: 1:24.20 46.48	200m: 2:47.63 41.66	300m: 4:27.85 50.39	400m: 5:44.88 37.87
3. MELIM, Sara Beatriz	09 Desportivo Nacional	5:48.48	410
50m: 37.90 37.90	150m: 2:06.92 47.24	250m: 3:41.27 48.50	350m: 5:10.64 40.32
100m: 1:19.68 41.78	200m: 2:52.77 45.85	300m: 4:30.32 49.05	400m: 5:48.48 37.84

Prova 4, Femin., 400m Estilos, Juvenis B, 14 anos

Lugar	Ano	Tempo final	Pts
4. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	5:53.81	392
50m: 35.30 35.30 150m: 2:03.01 44.82 250m: 3:41.53 52.97 350m: 5:15.21 39.56			
100m: 1:18.19 42.89 200m: 2:48.56 45.55 300m: 4:35.65 54.12 400m: 5:53.81 38.60			
5. FERREIRA, Natacha Camacho	09 Juventude Atlantico	6:27.26	298
50m: 42.38 42.38 150m: 2:22.62 50.05 250m: 4:03.52 54.72 350m: 5:44.52 46.34			
100m: 1:32.57 50.19 200m: 3:08.80 46.18 300m: 4:58.18 54.66 400m: 6:27.26 42.74			

Juvenis A, 15 anos

1. ALVES, Juliana Rodrigues	08 Desportivo Nacional	5:42.19	433
50m: 35.62 35.62 150m: 2:01.42 44.09 250m: 3:32.95 47.51 350m: 5:02.74 40.39			
100m: 1:17.33 41.71 200m: 2:45.44 44.02 300m: 4:22.35 49.40 400m: 5:42.19 39.45			
2. BAPTISTA, Ines Sande	08 Desportivo Nacional	5:58.72	376
50m: 36.75 36.75 150m: 2:05.58 46.12 250m: 3:42.86 52.18 350m: 5:18.05 42.81			
100m: 1:19.46 42.71 200m: 2:50.68 45.10 300m: 4:35.24 52.38 400m: 5:58.72 40.67			
3. NOBREGA, Sara Francisca	08 Desportivo Sao Roque	6:14.65	330
50m: 41.10 41.10 150m: 2:16.62 45.78 250m: 3:57.13 54.27 350m: 5:33.54 41.87			
100m: 1:30.84 49.74 200m: 3:02.86 46.24 300m: 4:51.67 54.54 400m: 6:14.65 41.11			
4. JESUS, Ligia Maria	08 Desportivo Nacional	6:41.55	268
50m: 41.22 41.22 150m: 2:26.53 50.31 250m: 4:11.40 54.15 350m: 5:55.46 49.19			
100m: 1:36.22 55.00 200m: 3:17.25 50.72 300m: 5:06.27 54.87 400m: 6:41.55 46.09			

Prova 5

27/05/2023 - 9:51

Femin., 400m Estilos
JUNIORES & SENIORES

16 anos e mais velhos
Resultados

Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun17	5:19.30	FERREIRA, Maria Leonor	CDN	Funchal	11/07/2021
Recorde Regional Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006

Júnior 1º Ano Fem. Jun16: 5:21.44 / Júnior 2º Ano Fem. Jun17: 5:19.88 / Sénior 1.º Fem. Sen18: 5:13.64 / Sénior 2.º Fem. 19 +: 5:12.08

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
EXH CAMARA, Ines Cruz	07 Desportivo Nacional	5:16.65	546
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>			
50m: 32.71 32.71 150m: 1:52.48 41.20 250m: 3:18.38 45.84 350m: 4:41.34 36.65			
100m: 1:11.28 38.57 200m: 2:32.54 40.06 300m: 4:04.69 46.31 400m: 5:16.65 35.31			
EXH SILVA, Silvana Suamade	06 Desportivo Sao Roque	5:39.07	445
50m: 34.58 34.58 150m: 1:58.78 44.11 250m: 3:31.74 49.11 350m: 5:00.95 39.40			
100m: 1:14.67 40.09 200m: 2:42.63 43.85 300m: 4:21.55 49.81 400m: 5:39.07 38.12			
EXH CARICHAS, Joana Medeiros	06 Juventude Atlantico	5:47.80	412
50m: 38.09 38.09 150m: 2:06.34 43.17 250m: 3:39.57 50.73 350m: 5:11.39 39.44			
100m: 1:23.17 45.08 200m: 2:48.84 42.50 300m: 4:31.95 52.38 400m: 5:47.80 36.41			
EXH ROJAS, Zara Alejandra	07 Desportivo Nacional	5:48.42	410
50m: 31.30 31.30 150m: 1:57.11 48.27 250m: 3:32.73 51.61 350m: 5:11.07 37.73			
100m: 1:08.84 37.54 200m: 2:41.12 44.01 300m: 4:33.34 1:00.61 400m: 5:48.42 37.35			
EXH MATEUS, Clarisse Vieira	07 Desportivo Nacional	6:01.73	366
50m: 38.26 38.26 150m: 2:10.27 45.33 250m: 3:46.56 50.74 350m: 5:20.36 43.85			
100m: 1:24.94 46.68 200m: 2:55.82 45.55 300m: 4:36.51 49.95 400m: 6:01.73 41.37			

Prova 6 Masc., 1500m Livres Infantis B, 13 anos
27/05/2023 - 9:57 INFANTIS B Resultados

Recorde Regional Open	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Inf B	17:40.06	FREITAS, Tomas Miguel	CDN	Funchal	31/05/2003

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1.	GONCALVES, Tomas Figueiredo 10 Naval do Funchal		19:09.62		399
	100m: 1:12.30	1:12.30	500m: 6:20.27	1:18.06	900m: 11:27.80
	200m: 2:28.84	1:16.54	600m: 7:36.47	1:16.20	1000m: 12:45.35
	300m: 3:45.17	1:16.33	700m: 8:53.64	1:17.17	1100m: 14:02.66
	400m: 5:02.21	1:17.04	800m: 10:10.78	1:17.14	1200m: 15:20.78
					1:18.12
1300m:	16:38.15	1:17.37	1400m:	17:55.20	1:17.05
1500m:	19:09.62	1:14.42			
2.	LETRA, Francisco Freitas 10 Naval do Funchal		19:37.25		372
	100m: 1:12.29	1:12.29	500m: 6:21.09	1:18.45	900m: 11:38.21
	200m: 2:28.66	1:16.37	600m: 7:40.11	1:19.02	1000m: 12:58.37
	300m: 3:45.44	1:16.78	700m: 8:59.28	1:19.17	1100m: 14:19.13
	400m: 5:02.64	1:17.20	800m: 10:18.60	1:19.32	1200m: 15:39.28
					1:20.15
1300m:	17:00.21	1:20.93	1400m:	18:19.77	1:19.56
1500m:	19:37.25	1:17.48			
3.	MENDES, Salvador Neves 10 Naval do Funchal		20:21.15		333
	100m: 1:14.60	1:14.60	500m: 6:34.39	1:21.78	900m: 12:03.70
	200m: 2:34.47	1:19.87	600m: 7:55.86	1:21.47	1000m: 13:24.88
	300m: 3:53.51	1:19.04	700m: 9:17.70	1:21.84	1100m: 14:50.25
	400m: 5:12.61	1:19.10	800m: 10:40.67	1:22.97	1200m: 16:13.44
					1:23.19
1300m:	17:38.45	1:25.01	1400m:	19:00.64	1:22.19
1500m:	20:21.15	1:20.51			
4.	RAPOSO, Mateus Medeiros 10 Desportivo Nacional		21:01.03		302
	100m: 1:16.97	1:16.97	500m: 6:59.76	1:26.44	900m: 12:40.72
	200m: 2:42.07	1:25.10	600m: 8:25.52	1:25.76	1000m: 14:06.01
	300m: 4:08.49	1:26.42	700m: 9:49.88	1:24.36	1100m: 15:30.78
	400m: 5:33.32	1:24.83	800m: 11:15.51	1:25.63	1200m: 16:55.30
					1:24.52
1300m:	18:18.85	1:23.55	1400m:	19:43.67	1:24.82
1500m:	21:01.03	1:17.36			
5.	ROCHA, Tomas Pinto 10 Naval do Funchal		21:20.02		289
	100m: 1:19.10	1:19.10	500m: 7:00.58	1:26.12	900m: 12:44.86
	200m: 2:42.72	1:23.62	600m: 8:24.92	1:24.34	1000m: 14:12.29
	300m: 4:08.06	1:25.34	700m: 9:50.97	1:26.05	1100m: 15:39.39
	400m: 5:34.46	1:26.40	800m: 11:17.31	1:26.34	1200m: 17:07.36
					1:27.97
1300m:	18:34.38	1:27.02	1400m:	20:01.12	1:26.74
1500m:	21:20.02	1:18.90			
6.	JACINTO, Pedro Freitas 10 Juventude Atlantico		21:27.95		284
	100m: 1:23.55	1:23.55	500m: 7:08.43	1:26.68	900m: 12:55.74
	200m: 2:49.33	1:25.78	600m: 8:34.55	1:26.12	1000m: 14:22.08
	300m: 4:15.29	1:25.96	700m: 10:00.71	1:26.16	1100m: 15:48.00
	400m: 5:41.75	1:26.46	800m: 11:27.73	1:27.02	1200m: 17:15.16
					1:27.16
1300m:	18:41.47	1:26.31	1400m:	20:05.95	1:24.48
1500m:	21:27.95	1:22.00			
7.	GARANITO, Mateus Silva 10 Naval do Funchal		21:43.32		274
	100m: 1:24.37	1:24.37	500m: 7:09.72	1:26.28	900m: 12:59.05
	200m: 2:50.54	1:26.17	600m: 8:36.37	1:26.65	1000m: 14:29.10
	300m: 4:16.96	1:26.42	700m: 10:04.69	1:28.32	1100m: 15:55.35
	400m: 5:43.44	1:26.48	800m: 11:31.11	1:26.42	1200m: 17:24.87
					1:29.52
1300m:	18:52.11	1:27.24	1400m:	20:20.02	1:27.91
1500m:	21:43.32	1:23.30			
8.	VIEIRA, Francisco Rodrigues 10 Naval do Funchal		22:29.18		247
	100m: 1:25.14	1:25.14	500m: 7:21.67	1:31.18	900m: 13:25.88
	200m: 2:51.95	1:26.81	600m: 8:51.78	1:30.11	1000m: 14:57.02
	300m: 4:20.97	1:29.02	700m: 10:23.25	1:31.47	1100m: 16:28.10
	400m: 5:50.49	1:29.52	800m: 11:54.43	1:31.18	1200m: 17:59.02
					1:30.92
1300m:	19:31.25	1:32.23	1400m:	21:03.52	1:32.27
1500m:	22:29.18	1:25.66			
9.	MENDONCA, Florival Rodrigo 10 Juventude Atlantico		26:35.08		149
	100m: 1:32.66	1:32.66	500m: 8:33.93	1:48.93	900m: 15:47.66
	200m: 3:13.92	1:41.26	600m: 10:23.32	1:49.39	1000m: 17:37.55
	300m: 4:59.19	1:45.27	700m: 12:11.24	1:47.92	1100m: 19:29.18
	400m: 6:45.00	1:45.81	800m: 13:58.55	1:47.31	1200m: 21:20.65
					1:51.47
1300m:	23:06.22	1:45.57	1400m:	24:48.99	1:42.77
1500m:	26:35.08	1:46.09			

Prova 7 Masc., 200m Livres 17 anos e mais velhos
27/05/2023 - 10:59 JUNIORES & SENIORES Resultados

Recorde Regional Open	1:46.65	PINTO, Luis Marques	CDN	Stockholm (SWE)	11/11/2009
Recorde Regional Sen	1:46.65	PINTO, Luis Marques	CDN	Stockholm (SWE)	11/11/2009
Recorde Regional Jun18	1:50.17	CASTRO, Joao Cruz	CDSR	Porto	10/12/2017
Recorde Regional Jun17	1:51.83	CASTRO, Joao Cruz	CDSR	Funchal	27/07/2017

Júnior 1º Ano Mas. Jun17: 1:58.75 / Júnior 2º Ano Mas. Jun18: 1:58.17 / Sénior 1º Ano Mas. Sen19: 1:55.30 /
Sénior 2º Ano Mas. 20+: 1:54.73

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
EXH GOUVEIA, Luis Galvao	05	Desportivo Nacional	1:59.99	567	26.98	30.54	32.27	30.20
EXH SANTOS, Diego Felipe	87	Desportivo Nacional	2:01.36	548	28.25	31.03	30.64	31.44

Prova 8 Masc., 1500m Livres Infantis A, 14 anos
27/05/2023 - 11:01 INFANTIS A Resultados

Recorde Regional Open	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Inf A	16:57.52	ALMEIDA, Carlos Alexandre	CDN	Funchal	13/07/2003

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts			
1. ANDRADE, Salvador Freitas	09	Naval do Funchal	18:51.89	418			
100m: 1:10.64	1:10.64	500m: 6:13.99	1:16.03	900m: 11:19.48	1:15.81	1300m: 16:23.74	1:16.04
200m: 2:25.63	1:14.99	600m: 7:30.77	1:16.78	1000m: 12:35.40	1:15.92	1400m: 17:39.22	1:15.48
300m: 3:41.78	1:16.15	700m: 8:47.27	1:16.50	1100m: 13:51.56	1:16.16	1500m: 18:51.89	1:12.67
400m: 4:57.96	1:16.18	800m: 10:03.67	1:16.40	1200m: 15:07.70	1:16.14		
2. SILVA, Joao Bernardo	09	Desportivo Nacional	19:45.66	364			
100m: 1:12.93	1:12.93	500m: 6:29.59	1:19.60	900m: 11:47.92	1:18.54	1300m: 17:06.28	1:19.80
200m: 2:30.15	1:17.22	600m: 7:48.98	1:19.39	1000m: 13:07.30	1:19.38	1400m: 18:26.13	1:19.85
300m: 3:49.74	1:19.59	700m: 9:09.31	1:20.33	1100m: 14:27.15	1:19.85	1500m: 19:45.66	1:19.53
400m: 5:09.99	1:20.25	800m: 10:29.38	1:20.07	1200m: 15:46.48	1:19.33		
3. GONCALVES, Pedro Martim	09	Juventude Atlantico	19:47.10	363			
100m: 1:13.28	1:13.28	500m: 6:33.78	1:21.88	900m: 11:56.58	1:19.70	1300m: 17:15.06	1:19.80
200m: 2:32.35	1:19.07	600m: 7:55.12	1:21.34	1000m: 13:15.01	1:18.43	1400m: 18:32.88	1:17.82
300m: 3:52.97	1:20.62	700m: 9:16.31	1:21.19	1100m: 14:34.86	1:19.85	1500m: 19:47.10	1:14.22
400m: 5:11.90	1:18.93	800m: 10:36.88	1:20.57	1200m: 15:55.26	1:20.40		
4. FARIA, Afonso Cunha	09	Desportivo Sao Roque	20:16.41	337			
100m: 1:13.44	1:13.44	500m: 6:33.01	1:21.68	900m: 12:00.26	1:21.49	1300m: 17:34.48	1:24.14
200m: 2:30.82	1:17.38	600m: 7:55.26	1:22.25	1000m: 13:22.14	1:21.88	1400m: 18:56.57	1:22.09
300m: 3:50.84	1:20.02	700m: 9:16.61	1:21.35	1100m: 14:46.13	1:23.99	1500m: 20:16.41	1:19.84
400m: 5:11.33	1:20.49	800m: 10:38.77	1:22.16	1200m: 16:10.34	1:24.21		
5. PESTANA, Pedro Correia	09	Desportivo Nacional	20:18.02	336			
100m: 1:14.61	1:14.61	500m: 6:41.05	1:21.95	900m: 12:11.65	1:23.11	1300m: 17:40.02	1:22.91
200m: 2:35.51	1:20.90	600m: 8:04.94	1:23.89	1000m: 13:33.90	1:22.25	1400m: 19:01.06	1:21.04
300m: 3:57.45	1:21.94	700m: 9:26.82	1:21.88	1100m: 14:56.25	1:22.35	1500m: 20:18.02	1:16.96
400m: 5:19.10	1:21.65	800m: 10:48.54	1:21.72	1200m: 16:17.11	1:20.86		
6. ABREU, Afonso Henrique	09	Naval do Funchal	21:02.29	301			
100m: 1:23.23	1:23.23	500m: 7:08.04	1:26.16	900m: 12:46.00	1:24.97	1300m: 18:20.87	1:22.90
200m: 2:49.75	1:26.52	600m: 8:32.88	1:24.84	1000m: 14:10.62	1:24.62	1400m: 19:43.30	1:22.43
300m: 4:15.50	1:25.75	700m: 9:57.19	1:24.31	1100m: 15:34.75	1:24.13	1500m: 21:02.29	1:18.99
400m: 5:41.88	1:26.38	800m: 11:21.03	1:23.84	1200m: 16:57.97	1:23.22		
7. MARTINS, Antonio Freitas	09	Desportivo Nacional	21:04.62	300			
100m: 1:23.44	1:23.44	500m: 7:06.77	1:25.69	900m: 12:45.56	1:25.14	1300m: 18:21.57	1:23.79
200m: 2:49.06	1:25.62	600m: 8:31.41	1:24.64	1000m: 14:09.97	1:24.41	1400m: 19:44.57	1:23.00
300m: 4:15.35	1:26.29	700m: 9:56.11	1:24.70	1100m: 15:33.97	1:24.00	1500m: 21:04.62	1:20.05
400m: 5:41.08	1:25.73	800m: 11:20.42	1:24.31	1200m: 16:57.78	1:23.81		
8. MARTINHO, Joao Miguel	09	Desportivo Nacional	21:47.53	271			
100m: 1:24.21	1:24.21	500m: 7:15.30	1:26.94	900m: 13:08.96	1:29.41	1300m: 19:00.23	1:25.99
200m: 2:52.99	1:28.78	600m: 8:43.48	1:28.18	1000m: 14:37.10	1:28.14	1400m: 20:26.85	1:26.62
300m: 4:20.50	1:27.51	700m: 10:11.42	1:27.94	1100m: 16:06.69	1:29.59	1500m: 21:47.53	1:20.68
400m: 5:48.36	1:27.86	800m: 11:39.55	1:28.13	1200m: 17:34.24	1:27.55		

Prova 8, Masc., 1500m Livres, Infantis A, 14 anos

Lugar			Ano							Tempo final	Pts	
9.	VELOZA, Tomas Ramos		09	Desportivo Nacional						22:10.06	258	
	100m:	1:26.65	1:26.65	500m:	7:26.86	1:30.08	900m:	13:21.28	1:28.67	1300m:	19:13.66	1:28.13
	200m:	2:56.50	1:29.85	600m:	8:56.01	1:29.15	1000m:	14:49.52	1:28.24	1400m:	20:42.61	1:28.95
	300m:	4:26.66	1:30.16	700m:	10:23.75	1:27.74	1100m:	16:17.64	1:28.12	1500m:	22:10.06	1:27.45
	400m:	5:56.78	1:30.12	800m:	11:52.61	1:28.86	1200m:	17:45.53	1:27.89			
10.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional						22:13.03	256	
	100m:	1:26.02	1:26.02	500m:	7:27.95	1:30.81	900m:	13:28.02	1:29.41	1300m:	19:25.07	1:27.56
	200m:	2:56.10	1:30.08	600m:	8:58.16	1:30.21	1000m:	14:58.92	1:30.90	1400m:	20:52.00	1:26.93
	300m:	4:26.52	1:30.42	700m:	10:28.68	1:30.52	1100m:	16:27.45	1:28.53	1500m:	22:13.03	1:21.03
	400m:	5:57.14	1:30.62	800m:	11:58.61	1:29.93	1200m:	17:57.51	1:30.06			
11.	CAMACHO, Santiago Bettencourt		09	Juventude Atlantico						22:14.33	255	
	100m:	1:25.75	1:25.75	500m:	7:27.98	1:30.33	900m:	13:26.22	1:27.74	1300m:	19:24.52	1:30.09
	200m:	2:56.28	1:30.53	600m:	8:57.86	1:29.88	1000m:	14:57.13	1:30.91	1400m:	20:52.00	1:27.48
	300m:	4:26.86	1:30.58	700m:	10:28.14	1:30.28	1100m:	16:25.13	1:28.00	1500m:	22:14.33	1:22.33
	400m:	5:57.65	1:30.79	800m:	11:58.48	1:30.34	1200m:	17:54.43	1:29.30			
12.	CRESPO, Joao Jesus		09	Desportivo Nacional						22:45.71	238	
	100m:	1:25.18	1:25.18	500m:	7:29.33	1:30.96	900m:	13:34.73	1:32.66	1300m:	19:44.33	1:32.89
	200m:	2:55.30	1:30.12	600m:	8:59.54	1:30.21	1000m:	15:07.18	1:32.45	1400m:	21:16.74	1:32.41
	300m:	4:25.98	1:30.68	700m:	10:30.10	1:30.56	1100m:	16:39.28	1:32.10	1500m:	22:45.71	1:28.97
	400m:	5:58.37	1:32.39	800m:	12:02.07	1:31.97	1200m:	18:11.44	1:32.16			
13.	GOMES, Joao Abreu		09	Naval do Funchal						22:47.11	237	
	100m:	1:18.57	1:18.57	500m:	7:25.16	1:32.22	900m:	13:39.55	1:32.40	1300m:	19:46.95	1:31.31
	200m:	2:47.31	1:28.74	600m:	8:59.50	1:34.34	1000m:	15:12.52	1:32.97	1400m:	21:17.96	1:31.01
	300m:	4:19.98	1:32.67	700m:	10:33.94	1:34.44	1100m:	16:43.71	1:31.19	1500m:	22:47.11	1:29.15
	400m:	5:52.94	1:32.96	800m:	12:07.15	1:33.21	1200m:	18:15.64	1:31.93			
14.	ALVES, Mateus Basilio		09	Juventude Atlantico						22:47.17	237	
	100m:	1:26.86	1:26.86	500m:	7:34.31	1:32.13	900m:	13:41.93	1:31.69	1300m:	19:47.48	1:31.51
	200m:	2:58.15	1:31.29	600m:	9:06.22	1:31.91	1000m:	15:13.81	1:31.88	1400m:	21:18.50	1:31.02
	300m:	4:30.35	1:32.20	700m:	10:38.05	1:31.83	1100m:	16:44.93	1:31.12	1500m:	22:47.17	1:28.67
	400m:	6:02.18	1:31.83	800m:	12:10.24	1:32.19	1200m:	18:15.97	1:31.04			
15.	JARDIM, Joao Tomas		09	Desportivo Nacional						24:23.70	193	
	100m:	1:29.89	1:29.89	500m:	8:05.89	1:40.28	900m:	14:47.03	1:39.12	1300m:	21:22.11	1:36.87
	200m:	3:10.16	1:40.27	600m:	9:45.37	1:39.48	1000m:	16:27.04	1:40.01	1400m:	22:55.88	1:33.77
	300m:	4:48.37	1:38.21	700m:	11:25.92	1:40.55	1100m:	18:06.72	1:39.68	1500m:	24:23.70	1:27.82
	400m:	6:25.61	1:37.24	800m:	13:07.91	1:41.99	1200m:	19:45.24	1:38.52			

Prova 9 Masc., 1500m Livres Juvenis
27/05/2023 - 11:49 JUVENIS A & B Resultados

Recorde Regional Open	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Juv A	16:31.31	CASTRO, Joao Cruz	CDSR	Funchal	29/07/2016
Recorde Regional Juv B	16:30.75	ALMEIDA, Carlos Alexandre	CDN	Penafiel	21/03/2004
Recorde Nacional	20:58.32	CARVALHO, Joaquim Eduardo	CNF	Funchal	28/10/2022

Juv. B Mas. Juv B: 18:15.67 / Juv. A Mas. Juv A: 17:50.54

Pontos: FINA 2022

Lugar			Ano							Tempo final	Pts	
Juvenis B, 15 anos												
1.	JESUS, Vasco Franca		08	Naval do Funchal						18:12.85	465	
	<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>											
	100m:	1:09.99	1:09.99	500m:	6:01.68	1:13.76	900m:	10:57.98	1:13.98	1300m:	15:52.57	1:13.15
	200m:	2:22.56	1:12.57	600m:	7:15.55	1:13.87	1000m:	12:12.06	1:14.08	1400m:	17:04.96	1:12.39
	300m:	3:35.29	1:12.73	700m:	8:30.13	1:14.58	1100m:	13:26.06	1:14.00	1500m:	18:12.85	1:07.89
	400m:	4:47.92	1:12.63	800m:	9:44.00	1:13.87	1200m:	14:39.42	1:13.36			

Prova 9, Masc., 1500m Livres, Juvenis B, 15 anos

Lugar			Ano							Tempo final	Pts	
2.	RODRIGUES, Guilherme Gomes		08	Desportivo Sao Roque						18:18.56	458	
	100m:	1:08.68	1:08.68	500m:	5:57.85	1:13.25	900m:	10:53.31	1:13.69	1300m:	15:51.18	1:15.09
	200m:	2:19.84	1:11.16	600m:	7:11.50	1:13.65	1000m:	12:07.31	1:14.00	1400m:	17:04.82	1:13.64
	300m:	3:31.84	1:12.00	700m:	8:25.37	1:13.87	1100m:	13:21.81	1:14.50	1500m:	18:18.56	1:13.74
	400m:	4:44.60	1:12.76	800m:	9:39.62	1:14.25	1200m:	14:36.09	1:14.28			
3.	FERNANDEZ, Henrique Justino		08	Juventude Atlantico						19:19.53	389	
	100m:	1:15.43	1:15.43	500m:	6:29.93	1:18.95	900m:	11:43.47	1:18.92	1300m:	16:51.83	1:16.40
	200m:	2:33.98	1:18.55	600m:	7:48.09	1:18.16	1000m:	13:00.90	1:17.43	1400m:	18:07.15	1:15.32
	300m:	3:52.24	1:18.26	700m:	9:06.84	1:18.75	1100m:	14:18.17	1:17.27	1500m:	19:19.53	1:12.38
	400m:	5:10.98	1:18.74	800m:	10:24.55	1:17.71	1200m:	15:35.43	1:17.26			
4.	GOMES, Guilherme Silva		08	Desportivo Nacional						20:16.47	337	
	100m:	1:14.20	1:14.20	500m:	6:38.78	1:22.99	900m:	12:06.78	1:22.00	1300m:	17:36.33	1:22.31
	200m:	2:33.76	1:19.56	600m:	8:00.09	1:21.31	1000m:	13:28.73	1:21.95	1400m:	18:59.04	1:22.71
	300m:	3:54.18	1:20.42	700m:	9:22.46	1:22.37	1100m:	14:51.32	1:22.59	1500m:	20:16.47	1:17.43
	400m:	5:15.79	1:21.61	800m:	10:44.78	1:22.32	1200m:	16:14.02	1:22.70			
5.	ROJAS, Juan Josue		08	Desportivo Nacional						20:31.48	325	
	100m:	1:12.19	1:12.19	500m:	6:35.50	1:22.88	900m:	12:14.56	1:26.16	1300m:	17:52.45	1:25.70
	200m:	2:31.71	1:19.52	600m:	7:59.49	1:23.99	1000m:	13:38.87	1:24.31	1400m:	19:17.60	1:25.15
	300m:	3:51.95	1:20.24	700m:	9:22.67	1:23.18	1100m:	15:02.20	1:23.33	1500m:	20:31.48	1:13.88
	400m:	5:12.62	1:20.67	800m:	10:48.40	1:25.73	1200m:	16:26.75	1:24.55			

Juvenis A, 16 anos

1.	OLIVEIRA, Afonso Miguel		07	Juventude Atlantico						17:46.41	500	
	<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>											
	100m:	1:04.02	1:04.02	500m:	5:48.08	1:12.95	900m:	10:41.85	1:13.35	1300m:	15:30.77	1:11.62
	200m:	2:13.41	1:09.39	600m:	7:01.27	1:13.19	1000m:	11:54.67	1:12.82	1400m:	16:41.54	1:10.77
	300m:	3:24.10	1:10.69	700m:	8:15.21	1:13.94	1100m:	13:07.32	1:12.65	1500m:	17:46.41	1:04.87
	400m:	4:35.13	1:11.03	800m:	9:28.50	1:13.29	1200m:	14:19.15	1:11.83			
2.	COSTA, Guilherme Corte		07	Desportivo Nacional						17:48.79	497	
	<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>											
	100m:	1:04.09	1:04.09	500m:	5:44.93	1:10.87	900m:	10:34.75	1:12.68	1300m:	15:27.44	1:12.82
	200m:	2:13.39	1:09.30	600m:	6:56.64	1:11.71	1000m:	11:48.00	1:13.25	1400m:	16:40.64	1:13.20
	300m:	3:23.69	1:10.30	700m:	8:09.56	1:12.92	1100m:	13:01.08	1:13.08	1500m:	17:48.79	1:08.15
	400m:	4:34.06	1:10.37	800m:	9:22.07	1:12.51	1200m:	14:14.62	1:13.54			
3.	JESUS, David Martins		07	Desportivo Sao Roque						18:20.68	455	
	100m:	1:05.71	1:05.71	500m:	5:53.94	1:13.25	900m:	10:51.42	1:13.96	1300m:	15:51.01	1:15.64
	200m:	2:15.94	1:10.23	600m:	7:08.40	1:14.46	1000m:	12:05.32	1:13.90	1400m:	17:06.48	1:15.47
	300m:	3:28.19	1:12.25	700m:	8:23.01	1:14.61	1100m:	13:20.07	1:14.75	1500m:	18:20.68	1:14.20
	400m:	4:40.69	1:12.50	800m:	9:37.46	1:14.45	1200m:	14:35.37	1:15.30			
4.	FERNANDES, Afonso Berimbau		07	Juventude Atlantico						18:46.07	425	
	100m:	1:09.14	1:09.14	500m:	6:12.44	1:15.96	900m:	11:17.20	1:15.92	1300m:	16:21.11	1:16.12
	200m:	2:24.24	1:15.10	600m:	7:29.04	1:16.60	1000m:	12:33.06	1:15.86	1400m:	17:36.54	1:15.43
	300m:	3:40.95	1:16.71	700m:	8:45.14	1:16.10	1100m:	13:49.05	1:15.99	1500m:	18:46.07	1:09.53
	400m:	4:56.48	1:15.53	800m:	10:01.28	1:16.14	1200m:	15:04.99	1:15.94			
5.	ALVES, Diogo Basilio		07	Juventude Atlantico						18:46.32	425	
	100m:	1:10.74	1:10.74	500m:	6:12.75	1:16.05	900m:	11:16.95	1:15.85	1300m:	16:20.91	1:15.87
	200m:	2:25.79	1:15.05	600m:	7:29.10	1:16.35	1000m:	12:32.92	1:15.97	1400m:	17:36.44	1:15.53
	300m:	3:41.44	1:15.65	700m:	8:45.15	1:16.05	1100m:	13:49.17	1:16.25	1500m:	18:46.32	1:09.88
	400m:	4:56.70	1:15.26	800m:	10:01.10	1:15.95	1200m:	15:05.04	1:15.87			
6.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal						19:44.77	365	
	<i>Recorde Nacional de S17, 100, 200, 400, 800 e 1500 metros livres.</i>											
	100m:	1:13.41	1:13.41	500m:	6:29.55	1:19.70	900m:	11:50.18	1:20.72	1300m:	17:08.57	1:19.83
	200m:	2:32.43	1:19.02	600m:	7:49.11	1:19.56	1000m:	13:09.12	1:18.94	1400m:	18:27.91	1:19.34
	300m:	3:51.94	1:19.51	700m:	9:09.35	1:20.24	1100m:	14:28.57	1:19.45	1500m:	19:44.77	1:16.86
	400m:	5:09.85	1:17.91	800m:	10:29.46	1:20.11	1200m:	15:48.74	1:20.17			

Prova 9, Masc., 1500m Livres, Juvenis A, 16 anos

Lugar	Ano		Tempo final								Pts	
7. NUNES, Duarte Costa	07		Juventude Atlantico								20:22.52	332
100m:	1:13.50	1:13.50	500m:	6:37.69	1:23.10	900m:	12:12.86	1:23.67	1300m:	17:46.98	1:23.12	
200m:	2:32.44	1:18.94	600m:	8:01.56	1:23.87	1000m:	13:37.25	1:24.39	1400m:	19:05.70	1:18.72	
300m:	3:52.86	1:20.42	700m:	9:25.39	1:23.83	1100m:	15:01.89	1:24.64	1500m:	20:22.52	1:16.82	
400m:	5:14.59	1:21.73	800m:	10:49.19	1:23.80	1200m:	16:23.86	1:21.97				
8. BERENGUER, Santiago Moura	07		Juventude Atlantico								20:26.63	329
100m:	1:14.28	1:14.28	500m:	6:43.87	1:23.77	900m:	12:18.53	1:22.30	1300m:	17:47.20	1:23.04	
200m:	2:35.56	1:21.28	600m:	8:07.98	1:24.11	1000m:	13:39.87	1:21.34	1400m:	19:10.16	1:22.96	
300m:	3:57.02	1:21.46	700m:	9:31.00	1:23.02	1100m:	15:01.60	1:21.73	1500m:	20:26.63	1:16.47	
400m:	5:20.10	1:23.08	800m:	10:56.23	1:25.23	1200m:	16:24.16	1:22.56				
9. NUNES, Henrique Dias	07		Desportivo Nacional								20:58.72	304
100m:	1:15.83	1:15.83	500m:	6:53.48	1:25.55	900m:	12:38.56	1:26.95	1300m:	18:21.29	1:24.29	
200m:	2:38.91	1:23.08	600m:	8:17.65	1:24.17	1000m:	14:04.77	1:26.21	1400m:	19:43.70	1:22.41	
300m:	4:02.65	1:23.74	700m:	9:44.09	1:26.44	1100m:	15:32.67	1:27.90	1500m:	20:58.72	1:15.02	
400m:	5:27.93	1:25.28	800m:	11:11.61	1:27.52	1200m:	16:57.00	1:24.33				

Prova 10

27/05/2023 - 12:32

Masc., 1500m Livres
JUNIORES & SENIORES

17 anos e mais velhos

Resultados

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

Júnior 1º Ano Mas. Jun17: 17:20.38 / Júnior 2º Ano Mas. Jun18: 17:15.36 / Sénior 1º Ano Mas. Sen19: 16:50.23 /

Sénior 2º Ano Mas. 20+: 16:45.20

Pontos: FINA 2022

Lugar	Ano		Tempo final								Pts	
EXH RODRIGUES, Rodrigo Reis	04		Desportivo Sao Roque								17:15.71	546
100m:	1:01.07	1:01.07	500m:	5:28.77	1:08.06	900m:	10:08.34	1:10.86	1300m:	14:54.06	1:11.67	
200m:	2:07.25	1:06.18	600m:	6:37.91	1:09.14	1000m:	11:19.64	1:11.30	1400m:	16:05.60	1:11.54	
300m:	3:13.73	1:06.48	700m:	7:47.65	1:09.74	1100m:	12:30.85	1:11.21	1500m:	17:15.71	1:10.11	
400m:	4:20.71	1:06.98	800m:	8:57.48	1:09.83	1200m:	13:42.39	1:11.54				
EXH ROJAS, Jean Louis	05		Desportivo Nacional								18:12.36	465
100m:	1:03.76	1:03.76	500m:	5:51.72	1:13.14	900m:	10:47.09	1:14.06	1300m:	15:47.23	1:14.73	
200m:	2:14.34	1:10.58	600m:	7:05.27	1:13.55	1000m:	12:01.65	1:14.56	1400m:	17:02.01	1:14.78	
300m:	3:25.66	1:11.32	700m:	8:19.89	1:14.62	1100m:	13:16.61	1:14.96	1500m:	18:12.36	1:10.35	
400m:	4:38.58	1:12.92	800m:	9:33.03	1:13.14	1200m:	14:32.50	1:15.89				

2 - Domingo de Manhã

28/05/2023 - 9:10

Prova 11	Masc., 200m Costas				17 anos e mais velhos	
28/05/2023 - 9:10	JUNIORES & SENIORES				Resultados	
Recorde Regional Open	2:02.37	MELIM, Oscar Ramos	CDN	S. Antonio Cavaleiros	20/12/2009	
Recorde Regional Sen	2:02.37	MELIM, Oscar Ramos	CDN	S. Antonio Cavaleiros	20/12/2009	
Recorde Regional Jun18	2:06.22	MELIM, Oscar Ramos	CDN	Funchal	10/07/2004	
Recorde Regional Jun17	2:03.83	FERNANDES, Rui Afonso	CDN	Funchal	25/07/2020	
Júnior 1º Ano Mas. Jun17: 2:13.46 / Júnior 2º Ano Mas. Jun18: 2:12.82 / Sénior 1º Ano Mas. Sen19: 2:09.59 / Sénior 2º Ano Mas. 20+: 2:08.95						

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m	
EXH GOUVEIA, Luis Galvao	05	Desportivo Nacional	2:10.37	531	29.40	32.85	34.20	33.92
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>								

Prova 12	Masc., 400m Estilos				Infantis B, 13 anos	
28/05/2023 - 9:12	INFANTIS B				Resultados	
Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002	
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003	

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. GONCALVES, Tomas Figueiredo	10	Naval do Funchal	5:31.07 356
50m: 34.78 34.78 150m: 1:59.21 42.21 250m: 3:26.79 46.27 350m: 4:54.56 40.39			
100m: 1:17.00 42.22 200m: 2:40.52 41.31 300m: 4:14.17 47.38 400m: 5:31.07 36.51			
2. LETRA, Francisco Freitas	10	Naval do Funchal	5:45.11 314
50m: 35.52 35.52 150m: 2:04.80 44.25 250m: 3:39.31 50.49 350m: 5:08.45 38.44			
100m: 1:20.55 45.03 200m: 2:48.82 44.02 300m: 4:30.01 50.70 400m: 5:45.11 36.66			
3. MENDES, Salvador Neves	10	Naval do Funchal	5:46.28 311
50m: 32.98 32.98 150m: 1:59.55 46.75 250m: 3:37.36 54.28 350m: 5:10.27 39.28			
100m: 1:12.80 39.82 200m: 2:43.08 43.53 300m: 4:30.99 53.63 400m: 5:46.28 36.01			
4. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	5:55.63 287
50m: 37.30 37.30 150m: 2:07.82 46.12 250m: 3:43.82 52.51 350m: 5:18.02 41.38			
100m: 1:21.70 44.40 200m: 2:51.31 43.49 300m: 4:36.64 52.82 400m: 5:55.63 37.61			
5. ROCHA, Tomas Pinto	10	Naval do Funchal	6:02.73 271
50m: 36.74 36.74 150m: 2:09.52 47.58 250m: 3:46.48 50.66 350m: 5:22.49 43.32			
100m: 1:21.94 45.20 200m: 2:55.82 46.30 300m: 4:39.17 52.69 400m: 6:02.73 40.24			
6. JACINTO, Pedro Freitas	10	Juventude Atlantico	6:23.58 229
50m: 41.97 41.97 150m: 2:24.56 49.96 250m: 4:05.40 53.51 350m: 5:43.66 43.39			
100m: 1:34.60 52.63 200m: 3:11.89 47.33 300m: 5:00.27 54.87 400m: 6:23.58 39.92			
7. GARANITO, Mateus Silva	10	Naval do Funchal	6:28.16 221
50m: 42.43 42.43 150m: 2:26.07 49.55 250m: 4:10.43 54.93 350m: 5:48.11 42.32			
100m: 1:36.52 54.09 200m: 3:15.50 49.43 300m: 5:05.79 55.36 400m: 6:28.16 40.05			
8. VIEIRA, Francisco Rodrigues	10	Naval do Funchal	6:45.18 194
50m: 45.25 45.25 150m: 2:26.24 50.07 250m: 4:17.98 59.83 350m: 6:02.46 44.18			
100m: 1:36.17 50.92 200m: 3:18.15 51.91 300m: 5:18.28 1:00.30 400m: 6:45.18 42.72			
9. MENDONCA, Florival Rodrigo	10	Juventude Atlantico	7:44.44 129
50m: 47.69 47.69 150m: 2:44.44 57.33 250m: 4:55.43 1:12.66 350m: 6:57.92 49.44			
100m: 1:47.11 59.42 200m: 3:42.77 58.33 300m: 6:08.48 1:13.05 400m: 7:44.44 46.52			

Prova 13 Masc., 400m Estilos Infantis A, 14 anos
28/05/2023 - 9:28 INFANTIS A Resultados

Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. ANDRADE, Salvador Freitas	09 Naval do Funchal	5:22.36	386
50m: 35.35 35.35 150m: 1:58.17 42.43 250m: 3:24.59 45.93 350m: 4:47.70 36.61			
100m: 1:15.74 40.39 200m: 2:38.66 40.49 300m: 4:11.09 46.50 400m: 5:22.36 34.66			
2. SILVA, Joao Bernardo	09 Desportivo Nacional	5:28.94	363
50m: 34.31 34.31 150m: 1:57.50 41.60 250m: 3:25.19 46.94 350m: 4:52.15 37.95			
100m: 1:15.90 41.59 200m: 2:38.25 40.75 300m: 4:14.20 49.01 400m: 5:28.94 36.79			
3. GONCALVES, Pedro Martim	09 Juventude Atlantico	5:37.32	337
50m: 33.95 33.95 150m: 2:00.32 44.84 250m: 3:33.07 49.19 350m: 5:01.81 38.23			
100m: 1:15.48 41.53 200m: 2:43.88 43.56 300m: 4:23.58 50.51 400m: 5:37.32 35.51			
4. FARIA, Afonso Cunha	09 Desportivo Sao Roque	5:37.62	336
50m: 34.91 34.91 150m: 2:00.23 43.47 250m: 3:32.22 49.58 350m: 5:01.32 38.92			
100m: 1:16.76 41.85 200m: 2:42.64 42.41 300m: 4:22.40 50.18 400m: 5:37.62 36.30			
5. PESTANA, Pedro Correia	09 Desportivo Nacional	5:56.97	284
50m: 37.75 37.75 150m: 2:10.52 43.67 250m: 3:45.20 51.52 350m: 5:18.54 39.92			
100m: 1:26.85 49.10 200m: 2:53.68 43.16 300m: 4:38.62 53.42 400m: 5:56.97 38.43			
6. SOUSA, Eduardo Afonseca	09 Desportivo Nacional	6:05.48	265
50m: 40.84 40.84 150m: 2:17.96 47.56 250m: 3:53.59 48.36 350m: 5:27.76 44.98			
100m: 1:30.40 49.56 200m: 3:05.23 47.27 300m: 4:42.78 49.19 400m: 6:05.48 37.72			
7. MARTINHO, Joao Miguel	09 Desportivo Nacional	6:06.23	263
50m: 36.82 36.82 150m: 2:11.34 48.38 250m: 3:48.15 49.12 350m: 5:23.40 44.60			
100m: 1:22.96 46.14 200m: 2:59.03 47.69 300m: 4:38.80 50.65 400m: 6:06.23 42.83			
8. CAMACHO, Santiago Bettencourt	09 Juventude Atlantico	6:19.56	236
50m: 44.67 44.67 150m: 2:25.12 48.09 250m: 4:00.13 49.91 350m: 5:36.59 44.92			
100m: 1:37.03 52.36 200m: 3:10.22 45.10 300m: 4:51.67 51.54 400m: 6:19.56 42.97			
9. CRESPO, Joao Jesus	09 Desportivo Nacional	6:24.43	227
50m: 39.39 39.39 150m: 2:21.94 51.19 250m: 4:04.14 52.55 350m: 5:41.86 44.89			
100m: 1:30.75 51.36 200m: 3:11.59 49.65 300m: 4:56.97 52.83 400m: 6:24.43 42.57			
10. MARTINS, Antonio Freitas	09 Desportivo Nacional	6:31.17	216
50m: 45.06 45.06 150m: 2:26.75 51.14 250m: 4:14.38 59.27 350m: 5:53.81 41.34			
100m: 1:35.61 50.55 200m: 3:15.11 48.36 300m: 5:12.47 58.09 400m: 6:31.17 37.36			
11. ALVES, Mateus Basilio	09 Juventude Atlantico	6:33.05	213
50m: 45.92 45.92 150m: 2:28.68 49.75 250m: 4:12.28 55.74 350m: 5:51.89 43.37			
100m: 1:38.93 53.01 200m: 3:16.54 47.86 300m: 5:08.52 56.24 400m: 6:33.05 41.16			
12. ABREU, Afonso Henrique	09 Naval do Funchal	6:35.06	209
50m: 43.42 43.42 150m: 2:29.30 52.60 250m: 4:17.28 55.88 350m: 5:56.25 42.44			
100m: 1:36.70 53.28 200m: 3:21.40 52.10 300m: 5:13.81 56.53 400m: 6:35.06 38.81			
13. JARDIM, Joao Tomas	09 Desportivo Nacional	6:57.99	177
50m: 47.87 47.87 150m: 2:41.04 52.84 250m: 4:29.39 57.90 350m: 6:13.50 46.03			
100m: 1:48.20 1:00.33 200m: 3:31.49 50.45 300m: 5:27.47 58.08 400m: 6:57.99 44.49			
DSQ VELOZA, Tomas Ramos	09 Desportivo Nacional		
<i>613 - Efectuou deslizamento após conclusão da braçada na viragem aos 150 m - SW 6.4, costas.</i>			
dsq total GOMES, Joao Abreu	09 Naval do Funchal		

Prova 14 Masc., 400m Estilos Juvénis
28/05/2023 - 9:43 JUVENIS A & B Resultados

Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Juv A	4:37.61	GOUBEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Nacional	59:00.00	, start			

Juv. B Mas. Juv B: 5:05.79 / Juv. A Mas. Juv A: 4:58.78

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B, 15 anos			
1. RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	5:08.76 439
50m: 31.26 31.26	150m: 1:47.42 40.64	250m: 3:13.45 46.76	350m: 4:35.59 35.34
100m: 1:06.78 35.52	200m: 2:26.69 39.27	300m: 4:00.25 46.80	400m: 5:08.76 33.17
2. JESUS, Vasco Franca	08	Naval do Funchal	5:21.64 389
50m: 33.54 33.54	150m: 1:56.81 41.80	250m: 3:24.40 47.69	350m: 4:47.91 35.60
100m: 1:15.01 41.47	200m: 2:36.71 39.90	300m: 4:12.31 47.91	400m: 5:21.64 33.73
3. GOMES, Guilherme Silva	08	Desportivo Nacional	5:38.91 332
50m: 36.44 36.44	150m: 2:01.26 41.31	250m: 3:32.03 49.91	350m: 5:02.59 39.34
100m: 1:19.95 43.51	200m: 2:42.12 40.86	300m: 4:23.25 51.22	400m: 5:38.91 36.32
4. FERNANDEZ, Henrique Justino	08	Juventude Atlantico	5:41.14 326
50m: 36.50 36.50	150m: 2:04.07 44.73	250m: 3:36.29 48.61	350m: 5:04.55 38.96
100m: 1:19.34 42.84	200m: 2:47.68 43.61	300m: 4:25.59 49.30	400m: 5:41.14 36.59
5. ROJAS, Juan Josue	08	Desportivo Nacional	5:59.57 278
50m: 35.11 35.11	150m: 2:03.56 46.32	250m: 3:40.47 50.15	350m: 5:17.15 45.05
100m: 1:17.24 42.13	200m: 2:50.32 46.76	300m: 4:32.10 51.63	400m: 5:59.57 42.42

Juvenis A, 16 anos

1. OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	5:03.07 465
50m: 30.41 30.41	150m: 1:45.57 39.89	250m: 3:09.29 44.35	350m: 4:29.36 35.26
100m: 1:05.68 35.27	200m: 2:24.94 39.37	300m: 3:54.10 44.81	400m: 5:03.07 33.71
2. COSTA, Guilherme Corte	07	Desportivo Nacional	5:04.24 459
50m: 30.50 30.50	150m: 1:44.21 38.61	250m: 3:08.66 46.52	350m: 4:31.08 35.46
100m: 1:05.60 35.10	200m: 2:22.14 37.93	300m: 3:55.62 46.96	400m: 5:04.24 33.16
3. JESUS, David Martins	07	Desportivo Sao Roque	5:11.84 426
50m: 29.63 29.63	150m: 1:44.10 40.26	250m: 3:12.17 48.53	350m: 4:35.91 36.35
100m: 1:03.84 34.21	200m: 2:23.64 39.54	300m: 3:59.56 47.39	400m: 5:11.84 35.93
4. ALVES, Diogo Basilio	07	Juventude Atlantico	5:25.86 374
50m: 33.99 33.99	150m: 1:55.75 42.56	250m: 3:25.20 47.88	350m: 4:51.18 36.94
100m: 1:13.19 39.20	200m: 2:37.32 41.57	300m: 4:14.24 49.04	400m: 5:25.86 34.68
5. FERNANDES, Afonso Berimbau	07	Juventude Atlantico	5:32.27 352
50m: 32.36 32.36	150m: 1:53.35 44.21	250m: 3:25.52 49.00	350m: 4:56.96 39.95
100m: 1:09.14 36.78	200m: 2:36.52 43.17	300m: 4:17.01 51.49	400m: 5:32.27 35.31
6. BERENQUER, Santiago Moura	07	Juventude Atlantico	5:48.15 306
50m: 35.06 35.06	150m: 2:04.37 47.77	250m: 3:41.13 50.73	350m: 5:10.99 39.13
100m: 1:16.60 41.54	200m: 2:50.40 46.03	300m: 4:31.86 50.73	400m: 5:48.15 37.16
7. NUNES, Henrique Dias	07	Desportivo Nacional	5:49.39 303
50m: 37.12 37.12	150m: 2:09.96 46.94	250m: 3:43.05 48.81	350m: 5:12.75 41.32
100m: 1:23.02 45.90	200m: 2:54.24 44.28	300m: 4:31.43 48.38	400m: 5:49.39 36.64
8. NUNES, Duarte Costa	07	Juventude Atlantico	6:08.59 258
50m: 36.13 36.13	150m: 2:12.91 49.25	250m: 3:54.79 53.02	350m: 5:30.07 41.38
100m: 1:23.66 47.53	200m: 3:01.77 48.86	300m: 4:48.69 53.90	400m: 6:08.59 38.52
9. CARVALHO, Joaquim Eduardo	07	Naval do Funchal	6:13.97 247
<i>Recorde Nacional de S17, 100 mariposa (passagem) e 400EST (tempo final).</i>			
50m: 40.79 40.79	150m: 2:22.42 46.96	250m: 4:00.68 51.04	350m: 5:35.32 39.35
100m: 1:35.46 54.67	200m: 3:09.64 47.22	300m: 4:55.97 55.29	400m: 6:13.97 38.65

Prova 15 Masc., 400m Estilos 17 anos e mais velhos
28/05/2023 - 9:56 JUNIORES & SENIORES Resultados

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

Júnior 1º Ano Mas. Jun17: 4:50.36 / Júnior 2º Ano Mas. Jun18: 4:48.96 / Sénior 1º Ano Mas. Sen19: 4:41.94 /
Sénior 2º Ano Mas. 20+: 4:40.54

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
EXH RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	4:45.72		555
50m:	29.72	150m:	1:39.74	350m:	4:13.14
100m:	1:02.82	200m:	2:16.32	400m:	4:45.72
EXH ROJAS, Jean Louis	05	Desportivo Nacional	5:08.77		439
50m:	29.66	150m:	1:43.93	350m:	4:32.62
100m:	1:04.23	200m:	2:22.99	400m:	5:08.77

Prova 16 Femin., 800m Livres Infantis B, 12 anos
28/05/2023 - 10:01 INFANTIS B Resultados

Recorde Regional Open	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Inf B	10:13.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/06/1991

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
1. JESUS, Vera Franca	11	Naval do Funchal	11:16.29		356
100m:	1:23.33	300m:	4:14.88	700m:	9:55.39
200m:	2:49.46	400m:	5:41.42	800m:	11:16.29
2. OLIVEIRA, Mariana Lopes	11	Naval do Funchal	11:30.68		334
100m:	1:24.46	300m:	4:17.31	700m:	10:04.51
200m:	2:51.35	400m:	5:43.90	800m:	11:30.68
3. PEREIRA, Ana Matilde	11	Naval do Funchal	12:15.25		277
100m:	1:29.16	300m:	4:36.72	700m:	10:50.65
200m:	3:02.55	400m:	6:09.99	800m:	12:15.25
4. GONCALVES, Mafalda Beatriz	11	Desportivo Nacional	12:23.18		268
100m:	1:29.71	300m:	4:37.26	700m:	10:53.15
200m:	3:03.26	400m:	6:11.90	800m:	12:23.18
5. MATA, Valeria Isabel	11	Naval do Funchal	12:38.02		252
100m:	1:28.53	300m:	4:38.40	700m:	11:06.06
200m:	3:02.46	400m:	6:15.63	800m:	12:38.02
6. VIEIRA, Matilde Sofia	11	Desportivo Nacional	12:40.19		250
100m:	1:27.92	300m:	4:37.85	700m:	11:06.07
200m:	3:02.42	400m:	6:13.44	800m:	12:40.19
7. SARGO, Leonor Lourenco	11	Desportivo Sao Roque	13:01.90		230
100m:	1:28.86	300m:	4:48.02	700m:	11:30.56
200m:	3:07.61	400m:	6:30.66	800m:	13:01.90
8. SILVA, Ana Matilde	11	Desportivo Nacional	13:06.61		226
100m:	1:35.35	300m:	4:55.48	700m:	11:33.89
200m:	3:15.85	400m:	6:37.42	800m:	13:06.61
9. MARQUES, Margarida Paixao	11	Naval do Funchal	13:08.20		224
100m:	1:34.81	300m:	4:52.83	700m:	11:32.64
200m:	3:13.79	400m:	6:33.38	800m:	13:08.20
10. VELOSA, Ana Matilde	11	Juventude Atlantico	13:29.34		207
100m:	1:31.08	300m:	4:58.86	700m:	11:52.29
200m:	3:15.07	400m:	6:43.54	800m:	13:29.34

Prova 16, Femin., 800m Livres, Infantis B, 12 anos

Lugar	Ano	Tempo final	Pts
11. FREITAS, Sara Margarida	11 Juventude Atlantico	13:32.26	205
100m: 1:35.90 1:35.90	300m: 5:01.79 1:43.10	500m: 8:29.60 1:42.88	700m: 11:55.60 1:42.97
200m: 3:18.69 1:42.79	400m: 6:46.72 1:44.93	600m: 10:12.63 1:43.03	800m: 13:32.26 1:36.66
12. SILVA, Matilde Fernandes	11 Desportivo Nacional	14:25.20	170
100m: 1:39.68 1:39.68	300m: 5:15.60 1:47.53	500m: 8:56.55 1:49.69	700m: 12:41.99 1:52.65
200m: 3:28.07 1:48.39	400m: 7:06.86 1:51.26	600m: 10:49.34 1:52.79	800m: 14:25.20 1:43.21

Prova 17

Masc., 200m Braços

17 anos e mais velhos

28/05/2023 - 10:42

JUNIORES & SENIORES

Resultados

Recorde Regional Open	2:17.57	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recorde Regional Sen	2:19.23	FIGUEIRA, Andre Temtem	CNF	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun18	2:17.57	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recorde Regional Jun17	2:21.49	ALVES, Paulo Rodrigues	CDN	Funchal	17/07/2021

Júnior 1º Ano Mas. Jun17: 2:29.70 / Júnior 2º Ano Mas. Jun18: 2:28.98 / Sénior 1º Ano Mas. Sen19: 2:25.36 /
Sénior 2º Ano Mas. 20+: 2:24.64

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
EXH SANTOS, Diego Felipe	87 Desportivo Nacional	2:27.65	538	33.77	37.53	37.19	39.16
EXH GOUVEIA, Luis Galvao	05 Desportivo Nacional	2:30.49	509	33.62	38.58	39.36	38.93

Prova 18

Femin., 800m Livres

Infantis A, 13 anos

28/05/2023 - 10:45

INFANTIS A

Resultados

Recorde Regional Open	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Inf A	9:40.30	ANDRADE, Rubina Amaro	CDN	Funchal	15/02/1992

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. LEITAO, Isabel Gouveia	10 Naval do Funchal	10:47.77	405
100m: 1:16.71 1:16.71	300m: 3:58.38 1:21.56	500m: 6:42.73 1:22.18	700m: 9:28.07 1:22.35
200m: 2:36.82 1:20.11	400m: 5:20.55 1:22.17	600m: 8:05.72 1:22.99	800m: 10:47.77 1:19.70
2. TEIXEIRA, Maria Leonor	10 Naval do Funchal	11:18.21	353
100m: 1:16.91 1:16.91	300m: 4:06.18 1:25.34	500m: 7:02.43 1:27.96	700m: 9:56.26 1:26.26
200m: 2:40.84 1:23.93	400m: 5:34.47 1:28.29	600m: 8:30.00 1:27.57	800m: 11:18.21 1:21.95
3. BRITO, Madalena Pinto	10 Naval do Funchal	11:18.30	352
100m: 1:19.97 1:19.97	300m: 4:14.01 1:27.01	500m: 7:07.96 1:26.92	700m: 9:59.14 1:24.14
200m: 2:47.00 1:27.03	400m: 5:41.04 1:27.03	600m: 8:35.00 1:27.04	800m: 11:18.30 1:19.16
4. JARDIM, Eva Santos	10 Juventude Atlantico	11:26.53	340
100m: 1:20.99 1:20.99	300m: 4:14.26 1:25.84	500m: 7:10.35 1:27.84	700m: 10:04.69 1:26.84
200m: 2:48.42 1:27.43	400m: 5:42.51 1:28.25	600m: 8:37.85 1:27.50	800m: 11:26.53 1:21.84
5. ROSA, Clara Sofia	10 Desportivo Nacional	11:26.57	340
100m: 1:22.51 1:22.51	300m: 4:17.65 1:28.05	500m: 7:12.51 1:26.97	700m: 10:06.06 1:25.86
200m: 2:49.60 1:27.09	400m: 5:45.54 1:27.89	600m: 8:40.20 1:27.69	800m: 11:26.57 1:20.51
6. SOUSA, Susana Conceicao	10 Desportivo Nacional	13:53.16	190
100m: 1:38.21 1:38.21	300m: 5:06.33 1:44.79	500m: 8:38.13 1:46.49	700m: 12:08.86 1:45.91
200m: 3:21.54 1:43.33	400m: 6:51.64 1:45.31	600m: 10:22.95 1:44.82	800m: 13:53.16 1:44.30
DSQ RIBEIRO, Guida Drumond	10 Naval do Funchal		
<i>403 - Falsa partida - SW 4.4</i>			

Prova 19 Femin., 800m Livres Juvenis
28/05/2023 - 11:01 JUVENIS A & B Resultados

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

Juv. B Fem. Juv B: 10:10.91 / Juv. A Fem. Juv A: 9:56.77

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B, 14 anos			
1. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	10:11.39	481
100m: 1:13.19 1:13.19	300m: 3:45.44 1:16.65	500m: 6:18.54 1:17.97	700m: 8:55.44 1:18.41
200m: 2:28.79 1:15.60	400m: 5:00.57 1:15.13	600m: 7:37.03 1:18.49	800m: 10:11.39 1:15.95
2. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	10:18.78	464
100m: 1:14.11 1:14.11	300m: 3:47.86 1:17.34	500m: 6:24.34 1:18.49	700m: 9:02.07 1:18.92
200m: 2:30.52 1:16.41	400m: 5:05.85 1:17.99	600m: 7:43.15 1:18.81	800m: 10:18.78 1:16.71
3. MATEUS, Eleine Vieira	09 Desportivo Nacional	10:20.52	460
100m: 1:13.49 1:13.49	300m: 3:49.47 1:18.50	500m: 6:27.69 1:18.21	700m: 9:06.02 1:18.39
200m: 2:30.97 1:17.48	400m: 5:09.48 1:20.01	600m: 7:47.63 1:19.94	800m: 10:20.52 1:14.50
4. MELIM, Sara Beatriz	09 Desportivo Nacional	10:25.10	450
100m: 1:16.51 1:16.51	300m: 3:52.64 1:18.46	500m: 6:30.02 1:18.81	700m: 9:08.56 1:19.35
200m: 2:34.18 1:17.67	400m: 5:11.21 1:18.57	600m: 7:49.21 1:19.19	800m: 10:25.10 1:16.54
5. FERREIRA, Natacha Camacho	09 Juventude Atlantico	12:05.77	288
100m: 1:26.28 1:26.28	300m: 4:29.74 1:32.12	500m: 7:34.95 1:32.49	700m: 10:41.28 1:32.82
200m: 2:57.62 1:31.34	400m: 6:02.46 1:32.72	600m: 9:08.46 1:33.51	800m: 12:05.77 1:24.49

Juvenis A, 15 anos

1. ALVES, Juliana Rodrigues	08 Desportivo Nacional	10:31.62	437
100m: 1:16.28 1:16.28	300m: 3:53.18 1:18.62	500m: 6:31.80 1:19.94	700m: 9:13.90 1:21.46
200m: 2:34.56 1:18.28	400m: 5:11.86 1:18.68	600m: 7:52.44 1:20.64	800m: 10:31.62 1:17.72
2. NOBREGA, Sara Francisca	08 Desportivo Sao Roque	11:11.38	363
100m: 1:19.05 1:19.05	300m: 4:06.34 1:23.99	500m: 6:56.90 1:25.25	700m: 9:48.36 1:25.30
200m: 2:42.35 1:23.30	400m: 5:31.65 1:25.31	600m: 8:23.06 1:26.16	800m: 11:11.38 1:23.02
3. BAPTISTA, Ines Sande	08 Desportivo Nacional	11:19.54	350
100m: 1:16.65 1:16.65	300m: 4:03.51 1:24.53	500m: 6:58.01 1:28.05	700m: 9:54.56 1:28.09
200m: 2:38.98 1:22.33	400m: 5:29.96 1:26.45	600m: 8:26.47 1:28.46	800m: 11:19.54 1:24.98
4. JESUS, Ligia Maria	08 Desportivo Nacional	12:05.37	288
100m: 1:23.49 1:23.49	300m: 4:26.91 1:33.03	500m: 7:31.78 1:33.12	700m: 10:39.29 1:34.02
200m: 2:53.88 1:30.39	400m: 5:58.66 1:31.75	600m: 9:05.27 1:33.49	800m: 12:05.37 1:26.08

Prova 20	Femin., 800m Livres				16 anos e mais velhos
28/05/2023 - 11:26	JUNIORES & SENIORES				Resultados
Recorde Regional Open	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Sen	9:21.09	ANDRADE, Rubina Amaro	CDN	Estoril	07/03/1997
Recorde Regional Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recorde Regional Jun16	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Júnior 1.º Ano Fem. Jun16: 9:42.63 / Júnior 2.º Ano Fem. Jun17: 9:39.80 / Sénior 1.º Fem. Sen18: 9:28.49 / Sénior 2.º Fem. 19 +: 9:25.66					

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
EXH CAMARA, Ines Cruz	07	Desportivo Nacional	9:36.89	573	
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>					
100m:	1:09.04	1:09.04	300m:	3:35.08	1:12.96
200m:	2:22.12	1:13.08	400m:	4:48.17	1:13.09
500m:	6:00.70	1:12.53	600m:	7:13.93	1:13.23
700m:	8:26.66	1:12.73	800m:	9:36.89	1:10.23
EXH ROJAS, Zara Alejandra	07	Desportivo Nacional	10:19.86	462	
100m:	1:08.51	1:08.51	300m:	3:41.88	1:17.24
200m:	2:24.64	1:16.13	400m:	4:59.36	1:17.48
500m:	6:21.21	1:21.85	600m:	7:41.09	1:19.88
700m:	9:01.89	1:20.80	800m:	10:19.86	1:17.97
EXH SILVA, Silvana Suamade	06	Desportivo Sao Roque	10:22.96	455	
100m:	1:10.62	1:10.62	300m:	3:45.92	1:18.08
200m:	2:27.84	1:17.22	400m:	5:05.07	1:19.15
500m:	6:24.26	1:19.19	600m:	7:44.40	1:20.14
700m:	9:04.71	1:20.31	800m:	10:22.96	1:18.25
EXH CARICHAS, Joana Medeiros	06	Juventude Atlantico	10:34.83	430	
100m:	1:12.84	1:12.84	300m:	3:53.19	1:20.98
200m:	2:32.21	1:19.37	400m:	5:14.73	1:21.54
500m:	6:35.82	1:21.09	600m:	7:56.60	1:20.78
700m:	9:18.50	1:21.90	800m:	10:34.83	1:16.33
EXH FRANCA, Ines Matos	07	Juventude Atlantico	10:35.56	429	
100m:	1:13.08	1:13.08	300m:	3:52.82	1:20.40
200m:	2:32.42	1:19.34	400m:	5:14.41	1:21.59
500m:	6:35.65	1:21.24	600m:	7:57.37	1:21.72
700m:	9:17.99	1:20.62	800m:	10:35.56	1:17.57
EXH MATEUS, Clarisse Vieira	07	Desportivo Nacional	11:05.64	373	
100m:	1:15.83	1:15.83	300m:	4:02.75	1:24.24
200m:	2:38.51	1:22.68	400m:	5:27.90	1:25.15
500m:	6:53.95	1:26.05	600m:	8:19.26	1:25.31
700m:	9:44.94	1:25.68	800m:	11:05.64	1:20.70
EXH BLANDY, Mischa Blue	04	Desportivo Nacional	13:56.32	188	
100m:	1:33.56	1:33.56	300m:	5:06.06	1:47.11
200m:	3:18.95	1:45.39	400m:	6:52.22	1:46.16
500m:	8:40.35	1:48.13	600m:	10:28.28	1:47.93
700m:	12:14.03	1:45.75	800m:	13:56.32	1:42.29