

1 - Sábado de Manhã

04/05/2024 - 9:15

Prova 1	Femin., 400m Estilos				Infantis B, 12 anos	
04/05/2024 - 9:15	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 2023

Lugar	Ano		Tempo final		Pts
1. FERRO, Maria Franco	12	Naval do Funchal	5:48.68		409
50m: 36.94 36.94	150m: 2:07.64 43.50	250m: 3:38.13 46.94	350m: 5:09.23 40.67		
100m: 1:24.14 47.20	200m: 2:51.19 43.55	300m: 4:28.56 50.43	400m: 5:48.68 39.45		
2. MACHADO, Sarah Camila	12	Naval do Funchal	6:37.73		275
50m: 43.67 43.67	150m: 2:26.27 51.79	250m: 4:10.76 54.86	350m: 5:54.52 45.98		
100m: 1:34.48 50.81	200m: 3:15.90 49.63	300m: 5:08.54 57.78	400m: 6:37.73 43.21		
3. GONCALVES, Maria Clara	12	Clube Escola O Liceu	6:56.82		239
50m: 45.09 45.09	150m: 2:35.58 54.74	250m: 4:26.47 57.94	350m: 6:13.54 48.54		
100m: 1:40.84 55.75	200m: 3:28.53 52.95	300m: 5:25.00 58.53	400m: 6:56.82 43.28		
4. OJKIC, Vera Jose	12	Juventude Atlantico	7:09.64		218
50m: 51.47 51.47	150m: 2:47.61 51.02	250m: 4:37.65 59.61	350m: 6:21.74 49.33		
100m: 1:56.59 1:05.12	200m: 3:38.04 50.43	300m: 5:32.41 54.76	400m: 7:09.64 47.90		

Prova 2	Femin., 400m Estilos				Infantis A, 13 anos	
04/05/2024 - 9:23	INFANTIS A				Resultados	
Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009	
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011	

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
1. JESUS, Vera Franca	11	Naval do Funchal	5:49.10		408
50m: 36.57 36.57	150m: 2:03.88 44.61	250m: 3:40.82 53.67	350m: 5:11.81 37.64		
100m: 1:19.27 42.70	200m: 2:47.15 43.27	300m: 4:34.17 53.35	400m: 5:49.10 37.29		
2. PEREIRA, Ana Matilde	11	Naval do Funchal	5:57.14		381
50m: 39.83 39.83	150m: 2:12.57 46.00	250m: 3:47.71 50.43	350m: 5:17.43 39.84		
100m: 1:26.57 46.74	200m: 2:57.28 44.71	300m: 4:37.59 49.88	400m: 5:57.14 39.71		
3. COSTA, Rafaela Tome	11	Naval do Funchal	6:12.69		335
50m: 38.64 38.64	150m: 2:14.24 49.58	250m: 3:52.35 50.69	350m: 5:28.93 44.99		
100m: 1:24.66 46.02	200m: 3:01.66 47.42	300m: 4:43.94 51.59	400m: 6:12.69 43.76		
4. MATA, Valeria Isabel	11	Naval do Funchal	6:21.22		313
50m: 40.13 40.13	150m: 2:16.09 48.13	250m: 3:56.18 54.74	350m: 5:37.69 46.43		
100m: 1:27.96 47.83	200m: 3:01.44 45.35	300m: 4:51.26 55.08	400m: 6:21.22 43.53		
5. MARQUES, Margarida Paixao	11	Naval do Funchal	6:23.16		308
50m: 40.84 40.84	150m: 2:19.39 48.76	250m: 4:01.98 54.61	350m: 5:40.66 44.09		
100m: 1:30.63 49.79	200m: 3:07.37 47.98	300m: 4:56.57 54.59	400m: 6:23.16 42.50		
6. VIEIRA, Matilde Sofia	11	Desportivo Nacional	6:28.44		296
50m: 40.33 40.33	150m: 2:19.06 50.84	250m: 4:04.16 55.39	350m: 5:45.18 45.10		
100m: 1:28.22 47.89	200m: 3:08.77 49.71	300m: 5:00.08 55.92	400m: 6:28.44 43.26		
7. FREITAS, Sara Margarida	11	Juventude Atlantico	6:30.87		290
50m: 42.64 42.64	150m: 2:20.60 47.72	250m: 4:03.25 56.87	350m: 5:46.68 46.05		
100m: 1:32.88 50.24	200m: 3:06.38 45.78	300m: 5:00.63 57.38	400m: 6:30.87 44.19		
8. VELOSA, Ana Matilde	11	Juventude Atlantico	6:31.31		289
50m: 39.46 39.46	150m: 2:17.96 47.08	250m: 4:06.43 1:02.93	350m: 5:51.19 46.93		
100m: 1:30.88 51.42	200m: 3:03.50 45.54	300m: 5:04.26 57.83	400m: 6:31.31 40.12		
9. SARGO, Leonor Lourenco	11	Naval do Funchal	6:32.17		287
50m: 39.09 39.09	150m: 2:19.63 51.33	250m: 4:03.42 54.59	350m: 5:47.14 46.87		
100m: 1:28.30 49.21	200m: 3:08.83 49.20	300m: 5:00.27 56.85	400m: 6:32.17 45.03		

Prova 2, Femin., 400m Estilos, Infantis A, 13 anos

Lugar	Ano	Tempo final	Pts
10. BAPTISTA, Valentina Hermida	11 Juventude Atlantico	6:57.85	237
50m: 44.65 44.65 150m: 2:31.16 50.00 250m: 4:25.64 1:03.14 350m: 6:13.69 46.32			
100m: 1:41.16 56.51 200m: 3:22.50 51.34 300m: 5:27.37 1:01.73 400m: 6:57.85 44.16			
DSQ OLIVEIRA, Mariana Lopes	11 Naval do Funchal		
724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 275 m - SW			
7.6			

Prova 3 Femin., 400m Estilos JUVENIS A & B Juvenis Resultados

Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Juv A	5:18.63	MATEUS, Eleine Vieira	CDN	Funchal	03/03/2024
Recorde Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021

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

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Juvenis B, 14 anos			
1. ROSA, Clara Sofia	10 Desportivo Nacional	5:41.75	434
50m: 35.97 35.97 150m: 2:03.46 46.20 250m: 3:36.60 49.26 350m: 5:04.74 39.16			
100m: 1:17.26 41.29 200m: 2:47.34 43.88 300m: 4:25.58 48.98 400m: 5:41.75 37.01			
2. BRITO, Madalena Pinto	10 Naval do Funchal	5:54.30	390
50m: 38.29 38.29 150m: 2:06.54 43.12 250m: 3:40.20 50.68 350m: 5:14.04 42.17			
100m: 1:23.42 45.13 200m: 2:49.52 42.98 300m: 4:31.87 51.67 400m: 5:54.30 40.26			
3. JARDIM, Eva Santos	10 Juventude Atlantico	5:58.90	375
50m: 38.82 38.82 150m: 2:09.39 45.38 250m: 3:46.62 51.06 350m: 5:19.83 39.89			
100m: 1:24.01 45.19 200m: 2:55.56 46.17 300m: 4:39.94 53.32 400m: 5:58.90 39.07			
4. SOUSA, Susana Conceicao	10 Desportivo Nacional	6:31.97	288
50m: 43.95 43.95 150m: 2:29.10 53.44 250m: 4:08.95 47.38 350m: 5:46.06 47.31			
100m: 1:35.66 51.71 200m: 3:21.57 52.47 300m: 4:58.75 49.80 400m: 6:31.97 45.91			
dsq total LEITAO, Isabel Gouveia	10 Naval do Funchal		

Juvenis A, 15 anos

1. GONCALVES, Vera Andrade	09 Juventude Atlantico	5:17.32	543
<i>RECORDE REGIONAL, TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>			
50m: 34.62 34.62 150m: 1:53.04 38.97 250m: 3:19.46 48.20 350m: 4:43.06 35.34			
100m: 1:14.07 39.45 200m: 2:31.26 38.22 300m: 4:07.72 48.26 400m: 5:17.32 34.26			
2. MATEUS, Eleine Vieira	09 Desportivo Nacional	5:26.12	500
<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>			
50m: 34.66 34.66 150m: 1:54.25 40.99 250m: 3:24.51 49.50 350m: 4:49.76 36.83			
100m: 1:13.26 38.60 200m: 2:35.01 40.76 300m: 4:12.93 48.42 400m: 5:26.12 36.36			
3. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	5:28.99	487
<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>			
50m: 35.10 35.10 150m: 1:57.15 40.03 250m: 3:26.20 48.80 350m: 4:52.55 37.20			
100m: 1:17.12 42.02 200m: 2:37.40 40.25 300m: 4:15.35 49.15 400m: 5:28.99 36.44			
4. MELIM, Sara Beatriz	09 Desportivo Nacional	5:41.19	437
50m: 37.05 37.05 150m: 2:04.44 45.67 250m: 3:35.25 47.01 350m: 5:03.36 40.41			
100m: 1:18.77 41.72 200m: 2:48.24 43.80 300m: 4:22.95 47.70 400m: 5:41.19 37.83			
5. FERREIRA, Natacha Camacho	09 Juventude Atlantico	6:00.89	369
50m: 38.16 38.16 150m: 2:09.62 46.26 250m: 3:46.47 52.79 350m: 5:22.40 43.56			
100m: 1:23.36 45.20 200m: 2:53.68 44.06 300m: 4:38.84 52.37 400m: 6:00.89 38.49			

Prova 3, Femin., 400m Estilos, Juvenis A, 15 anos

Lugar	Ano		Tempo final		Pts
6. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	6:23.49	307	
50m: 41.01 41.01	150m: 2:20.39 48.83	250m: 4:02.02 52.41	350m: 5:41.37 45.33		
100m: 1:31.56 50.55	200m: 3:09.61 49.22	300m: 4:56.04 54.02	400m: 6:23.49 42.12		
7. CARVALHO, Laura Jardim	09	Juventude Atlantico	6:43.04	265	
50m: 42.26 42.26	150m: 2:22.60 50.66	250m: 4:12.40 1:00.55	350m: 5:57.72 46.53		
100m: 1:31.94 49.68	200m: 3:11.85 49.25	300m: 5:11.19 58.79	400m: 6:43.04 45.32		

Prova 4

04/05/2024 - 9:52

Femin., 400m Estilos

PC - JUNIORES & SENIORES

Absoluto

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	5:13.99	CAMARA, Ines Cruz	CDN	Funchal	08/07/2023
Recorde Regional Juv A	5:17.32	GONCALVES, Vera Andrade	JACL	Funchal	04/05/2024
Recorde Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

Juv. B Fem. Juv B: 5:37.05 / Juv. A Fem. Juv A: 5:29.24 / 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 2023

Lugar	Ano		Tempo final		Pts
EXH RODRIGUES, Laura Sofia	07	Juventude Atlantico	5:13.39	564	
<i>RECORDE REGIONAL, TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>					
50m: 34.19 34.19	150m: 1:52.68 38.42	250m: 3:15.78 43.91	350m: 4:36.98 37.99		
100m: 1:14.26 40.07	200m: 2:31.87 39.19	300m: 3:58.99 43.21	400m: 5:13.39 36.41		
EXH ANDRADE, Matilde Sousa	08	Naval do Funchal	5:26.68	498	
50m: 33.28 33.28	150m: 1:53.94 41.83	250m: 3:23.83 49.49	350m: 4:50.82 37.23		
100m: 1:12.11 38.83	200m: 2:34.34 40.40	300m: 4:13.59 49.76	400m: 5:26.68 35.86		
EXH CARICHAS, Joana Medeiros	06	Juventude Atlantico	5:48.63	409	
50m: 35.60 35.60	150m: 2:03.82 44.38	250m: 3:39.01 52.40	350m: 5:11.19 40.04		
100m: 1:19.44 43.84	200m: 2:46.61 42.79	300m: 4:31.15 52.14	400m: 5:48.63 37.44		

Prova 5

04/05/2024 - 9:58

Masc., 1500m Livres

INFANTIS B

Infantis B, 13 anos

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 2023

Lugar	Ano		Tempo final		Pts
1. PENSO, Tiago Daniel	11	Desportivo Sao Roque	20:35.74	321	
100m: 1:17.84 1:17.84	500m: 6:44.42 1:22.04	900m: 12:16.72 1:24.49	1300m: 17:52.08 1:23.79		
200m: 2:39.93 1:22.09	600m: 8:06.09 1:21.67	1000m: 13:39.70 1:22.98	1400m: 19:13.82 1:21.74		
300m: 4:02.32 1:22.39	700m: 9:28.50 1:22.41	1100m: 15:03.77 1:24.07	1500m: 20:35.74 1:21.92		
400m: 5:22.38 1:20.06	800m: 10:52.23 1:23.73	1200m: 16:28.29 1:24.52			
2. ABREU, Pedro Dinis	11	Naval do Funchal	20:54.22	307	
100m: 1:15.91 1:15.91	500m: 6:48.82 1:23.81	900m: 12:26.77 1:25.08	1300m: 18:06.94 1:25.39		
200m: 2:37.71 1:21.80	600m: 8:13.11 1:24.29	1000m: 13:51.76 1:24.99	1400m: 19:31.66 1:24.72		
300m: 4:00.99 1:23.28	700m: 9:37.39 1:24.28	1100m: 15:16.16 1:24.40	1500m: 20:54.22 1:22.56		
400m: 5:25.01 1:24.02	800m: 11:01.69 1:24.30	1200m: 16:41.55 1:25.39			
3. SILVA, Alexandre Antonio	11	Naval do Funchal	21:08.51	297	
100m: 1:21.03 1:21.03	500m: 6:58.24 1:25.17	900m: 12:42.37 1:25.86	1300m: 18:24.13 1:24.38		
200m: 2:44.37 1:23.34	600m: 8:24.12 1:25.88	1000m: 14:08.32 1:25.95	1400m: 19:47.49 1:23.36		
300m: 4:07.87 1:23.50	700m: 9:50.03 1:25.91	1100m: 15:34.16 1:25.84	1500m: 21:08.51 1:21.02		
400m: 5:33.07 1:25.20	800m: 11:16.51 1:26.48	1200m: 16:59.75 1:25.59			

Prova 5, Masc., 1500m Livres, Infantis B, 13 anos

Lugar	Ano		Tempo final								Pts	
4. VARELA, Alvaro Antonio	11		Ginasio de Porto Santo								21:37.95	277
100m:	1:17.03	1:17.03	500m:	6:57.38	1:26.93	900m:	12:48.30	1:27.58	1300m:	18:44.25	1:29.81	
200m:	2:39.14	1:22.11	600m:	8:25.61	1:28.23	1000m:	14:15.89	1:27.59	1400m:	20:14.35	1:30.10	
300m:	4:04.49	1:25.35	700m:	9:52.60	1:26.99	1100m:	15:46.01	1:30.12	1500m:	21:37.95	1:23.60	
400m:	5:30.45	1:25.96	800m:	11:20.72	1:28.12	1200m:	17:14.44	1:28.43				
5. FREITAS, Jonas Christian	11		Desportivo Nacional								21:46.50	272
100m:	1:18.39	1:18.39	500m:	7:05.34	1:27.94	900m:	12:58.03	1:28.15	1300m:	18:53.62	1:28.77	
200m:	2:43.11	1:24.72	600m:	8:33.88	1:28.54	1000m:	14:27.04	1:29.01	1400m:	20:21.92	1:28.30	
300m:	4:09.79	1:26.68	700m:	10:01.30	1:27.42	1100m:	15:56.33	1:29.29	1500m:	21:46.50	1:24.58	
400m:	5:37.40	1:27.61	800m:	11:29.88	1:28.58	1200m:	17:24.85	1:28.52				
6. FERNANDES, Francisco Miguel	11		Desportivo Sao Roque								21:50.23	270
100m:	1:22.68	1:22.68	500m:	7:09.90	1:26.79	900m:	12:59.71	1:28.42	1300m:	18:54.84	1:28.82	
200m:	2:49.00	1:26.32	600m:	8:35.98	1:26.08	1000m:	14:28.23	1:28.52	1400m:	20:24.70	1:29.86	
300m:	4:15.88	1:26.88	700m:	10:03.26	1:27.28	1100m:	15:57.41	1:29.18	1500m:	21:50.23	1:25.53	
400m:	5:43.11	1:27.23	800m:	11:31.29	1:28.03	1200m:	17:26.02	1:28.61				
7. LUCIO, Lourenco Perestrelo	11		Naval do Funchal								22:03.73	261
100m:	1:22.31	1:22.31	500m:	7:07.32	1:27.06	900m:	13:08.08	1:30.32	1300m:	19:08.40	1:29.13	
200m:	2:46.66	1:24.35	600m:	8:37.16	1:29.84	1000m:	14:36.18	1:28.10	1400m:	20:38.87	1:30.47	
300m:	4:13.12	1:26.46	700m:	10:08.10	1:30.94	1100m:	16:07.98	1:31.80	1500m:	22:03.73	1:24.86	
400m:	5:40.26	1:27.14	800m:	11:37.76	1:29.66	1200m:	17:39.27	1:31.29				
8. CRO, Rodrigo Antonio	11		Desportivo Sao Roque								22:15.28	255
100m:	1:22.99	1:22.99	500m:	7:25.49	1:30.93	900m:	13:29.79	1:26.74	1300m:	19:20.33	1:29.48	
200m:	2:51.05	1:28.06	600m:	8:57.04	1:31.55	1000m:	14:57.59	1:27.80	1400m:	20:48.60	1:28.27	
300m:	4:23.10	1:32.05	700m:	10:29.76	1:32.72	1100m:	16:24.50	1:26.91	1500m:	22:15.28	1:26.68	
400m:	5:54.56	1:31.46	800m:	12:03.05	1:33.29	1200m:	17:50.85	1:26.35				
9. PEREIRA, Duarte Afonso	11		Desportivo Sao Roque								23:26.64	218
100m:	1:26.85	1:26.85	500m:	7:41.81	1:34.99	900m:	14:02.58	1:35.43	1300m:	20:22.82	1:35.20	
200m:	2:59.43	1:32.58	600m:	9:15.06	1:33.25	1000m:	15:37.65	1:35.07	1400m:	21:55.41	1:32.59	
300m:	4:33.28	1:33.85	700m:	10:50.67	1:35.61	1100m:	17:12.70	1:35.05	1500m:	23:26.64	1:31.23	
400m:	6:06.82	1:33.54	800m:	12:27.15	1:36.48	1200m:	18:47.62	1:34.92				
dsq total	SILVA, Pedro Fernandes		11 Naval do Funchal									

Prova 6 Masc., 1500m Livres Infantis A, 14 anos Resultados

04/05/2024 - 10:24	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Record Regional Open	16:57.52	ALMEIDA, Carlos Alexandre	CDN	Funchal	13/07/2003
Record Regional Inf A					

Pontos: FINA 2023

Lugar	Ano		Tempo final								Pts	
1. GONCALVES, Tomas Figueiredo	10		Naval do Funchal								18:19.80	456
100m:	1:10.91	1:10.91	500m:	6:03.76	1:14.05	900m:	11:00.32	1:13.92	1300m:	15:58.12	1:14.46	
200m:	2:24.19	1:13.28	600m:	7:17.81	1:14.05	1000m:	12:15.15	1:14.83	1400m:	17:11.11	1:12.99	
300m:	3:36.78	1:12.59	700m:	8:31.92	1:14.11	1100m:	13:27.98	1:12.83	1500m:	18:19.80	1:08.69	
400m:	4:49.71	1:12.93	800m:	9:46.40	1:14.48	1200m:	14:43.66	1:15.68				
2. MENDES, Salvador Neves	10		Naval do Funchal								19:30.20	379
100m:	1:14.85	1:14.85	500m:	6:22.43	1:17.31	900m:	11:35.07	1:17.96	1300m:	16:54.13	1:20.33	
200m:	2:31.47	1:16.62	600m:	7:39.17	1:16.74	1000m:	12:53.33	1:18.26	1400m:	18:15.05	1:20.92	
300m:	3:48.14	1:16.67	700m:	8:58.36	1:19.19	1100m:	14:12.74	1:19.41	1500m:	19:30.20	1:15.15	
400m:	5:05.12	1:16.98	800m:	10:17.11	1:18.75	1200m:	15:33.80	1:21.06				
3. RAPOSO, Mateus Medeiros	10		Desportivo Nacional								19:31.26	378
100m:	1:11.97	1:11.97	500m:	6:26.20	1:18.96	900m:	11:41.52	1:18.27	1300m:	16:58.65	1:18.85	
200m:	2:29.68	1:17.71	600m:	7:44.56	1:18.36	1000m:	13:01.35	1:19.83	1400m:	18:18.25	1:19.60	
300m:	3:48.37	1:18.69	700m:	9:04.58	1:20.02	1100m:	14:20.00	1:18.65	1500m:	19:31.26	1:13.01	
400m:	5:07.24	1:18.87	800m:	10:23.25	1:18.67	1200m:	15:39.80	1:19.80				

Prova 6, Masc., 1500m Livres, Infantis A, 14 anos

Lugar			Ano							Tempo final	Pts	
4.	LETRA, Francisco Freitas		10	Naval do Funchal						20:21.43	333	
	100m:	1:18.05	1:18.05	500m:	6:42.00	1:20.56	900m:	12:10.46	1:21.81	1300m:	17:39.84	1:21.99
	200m:	2:38.65	1:20.60	600m:	8:04.20	1:22.20	1000m:	13:33.50	1:23.04	1400m:	19:02.52	1:22.68
	300m:	3:59.86	1:21.21	700m:	9:26.42	1:22.22	1100m:	14:55.45	1:21.95	1500m:	20:21.43	1:18.91
	400m:	5:21.44	1:21.58	800m:	10:48.65	1:22.23	1200m:	16:17.85	1:22.40			
5.	JACINTO, Pedro Freitas		10	Juventude Atlantico						20:54.78	307	
	100m:	1:17.56	1:17.56	500m:	6:58.67	1:26.62	900m:	12:31.33	1:21.17	1300m:	18:08.32	1:24.95
	200m:	2:41.27	1:23.71	600m:	8:23.61	1:24.94	1000m:	13:54.76	1:23.43	1400m:	19:33.09	1:24.77
	300m:	4:06.69	1:25.42	700m:	9:47.07	1:23.46	1100m:	15:19.16	1:24.40	1500m:	20:54.78	1:21.69
	400m:	5:32.05	1:25.36	800m:	11:10.16	1:23.09	1200m:	16:43.37	1:24.21			
6.	ROCHA, Tomas Pinto		10	Naval do Funchal						20:57.71	305	
	100m:	1:16.93	1:16.93	500m:	6:42.99	1:23.71	900m:	12:32.77	1:27.31	1300m:	18:16.18	1:22.37
	200m:	2:36.87	1:19.94	600m:	8:10.28	1:27.29	1000m:	13:59.29	1:26.52	1400m:	19:40.22	1:24.04
	300m:	3:57.78	1:20.91	700m:	9:40.23	1:29.95	1100m:	15:26.91	1:27.62	1500m:	20:57.71	1:17.49
	400m:	5:19.28	1:21.50	800m:	11:05.46	1:25.23	1200m:	16:53.81	1:26.90			
7.	VIEIRA, Francisco Rodrigues		10	Naval do Funchal						21:00.73	303	
	100m:	1:17.38	1:17.38	500m:	6:53.65	1:24.78	900m:	12:31.73	1:23.84	1300m:	18:11.45	1:25.96
	200m:	2:39.27	1:21.89	600m:	8:19.12	1:25.47	1000m:	13:55.65	1:23.92	1400m:	19:37.66	1:26.21
	300m:	4:03.34	1:24.07	700m:	9:43.21	1:24.09	1100m:	15:21.18	1:25.53	1500m:	21:00.73	1:23.07
	400m:	5:28.87	1:25.53	800m:	11:07.89	1:24.68	1200m:	16:45.49	1:24.31			
8.	NASCIMENTO, Santiago Santos		10	Individual Madeira						22:14.51	255	
	100m:	1:19.62	1:19.62	500m:	7:15.88	1:30.55	900m:	13:18.37	1:30.78	1300m:	19:21.10	1:29.16
	200m:	2:46.47	1:26.85	600m:	8:46.58	1:30.70	1000m:	14:49.83	1:31.46	1400m:	20:51.16	1:30.06
	300m:	4:15.51	1:29.04	700m:	10:15.31	1:28.73	1100m:	16:21.54	1:31.71	1500m:	22:14.51	1:23.35
	400m:	5:45.33	1:29.82	800m:	11:47.59	1:32.28	1200m:	17:51.94	1:30.40			
9.	MENDONCA, Florival Rodrigo		10	Juventude Atlantico						22:30.68	246	
	100m:	1:22.30	1:22.30	500m:	7:20.22	1:30.52	900m:	13:27.82	1:32.84	1300m:	19:34.67	1:30.75
	200m:	2:49.23	1:26.93	600m:	8:51.67	1:31.45	1000m:	14:58.92	1:31.10	1400m:	21:04.40	1:29.73
	300m:	4:18.96	1:29.73	700m:	10:23.36	1:31.69	1100m:	16:31.33	1:32.41	1500m:	22:30.68	1:26.28
	400m:	5:49.70	1:30.74	800m:	11:54.98	1:31.62	1200m:	18:03.92	1:32.59			

Prova 7	Masc., 1500m Livres				Juvenis
04/05/2024 - 10:48	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

Pontos: FINA 2023

Lugar			Ano							Tempo final	Pts	
Juvenis B, 15 anos												
1.	ANDRADE, Salvador Freitas		09	Naval do Funchal						17:52.42	492	
	100m:	1:07.69	1:07.69	500m:	5:54.07	1:12.17	900m:	10:40.28	1:11.37	1300m:	15:29.25	1:12.29
	200m:	2:18.71	1:11.02	600m:	7:06.00	1:11.93	1000m:	11:52.42	1:12.14	1400m:	16:41.20	1:11.95
	300m:	3:30.80	1:12.09	700m:	8:17.73	1:11.73	1100m:	13:04.38	1:11.96	1500m:	17:52.42	1:11.22
	400m:	4:41.90	1:11.10	800m:	9:28.91	1:11.18	1200m:	14:16.96	1:12.58			
2.	SILVA, Joao Bernardo		09	Desportivo Nacional						18:03.36	477	
	100m:	1:06.82	1:06.82	500m:	5:51.87	1:11.68	900m:	10:41.81	1:12.57	1300m:	15:37.67	1:14.43
	200m:	2:17.66	1:10.84	600m:	7:04.48	1:12.61	1000m:	11:55.07	1:13.26	1400m:	16:52.11	1:14.44
	300m:	3:28.75	1:11.09	700m:	8:16.40	1:11.92	1100m:	13:08.79	1:13.72	1500m:	18:03.36	1:11.25
	400m:	4:40.19	1:11.44	800m:	9:29.24	1:12.84	1200m:	14:23.24	1:14.45			
3.	GONCALVES, Pedro Martim		09	Juventude Atlantico						18:06.54	473	
	100m:	1:07.49	1:07.49	500m:	5:58.21	1:13.86	900m:	10:54.32	1:14.22	1300m:	15:46.73	1:12.17
	200m:	2:19.27	1:11.78	600m:	7:12.35	1:14.14	1000m:	12:07.25	1:12.93	1400m:	16:59.31	1:12.58
	300m:	3:31.92	1:12.65	700m:	8:26.59	1:14.24	1100m:	13:21.45	1:14.20	1500m:	18:06.54	1:07.23
	400m:	4:44.35	1:12.43	800m:	9:40.10	1:13.51	1200m:	14:34.56	1:13.11			

Prova 7, Masc., 1500m Livres, Juvenis B, 15 anos

Lugar	Nome		Ano	Clube		Tempo final		Pts	
4.	PESTANA, Pedro Correia		09	Desportivo Nacional		18:25.20		449	
	100m:	1:10.25	1:10.25	500m:	6:05.19	1:13.88	900m:	11:03.37	1:15.17
	200m:	2:23.42	1:13.17	600m:	7:19.29	1:14.10	1000m:	12:17.87	1:14.50
	300m:	3:37.04	1:13.62	700m:	8:33.89	1:14.60	1100m:	13:32.15	1:14.28
	400m:	4:51.31	1:14.27	800m:	9:48.20	1:14.31	1200m:	14:46.02	1:13.87
5.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional		18:39.32		433	
	100m:	1:13.21	1:13.21	500m:	6:13.77	1:14.67	900m:	11:12.36	1:14.43
	200m:	2:29.34	1:16.13	600m:	7:28.16	1:14.39	1000m:	12:27.49	1:15.13
	300m:	3:44.72	1:15.38	700m:	8:43.26	1:15.10	1100m:	13:43.31	1:15.82
	400m:	4:59.10	1:14.38	800m:	9:57.93	1:14.67	1200m:	14:57.90	1:14.59
6.	MARTINS, Antonio Freitas		09	Desportivo Nacional		18:41.17		430	
	100m:	1:11.66	1:11.66	500m:	6:10.73	1:14.45	900m:	11:11.20	1:15.32
	200m:	2:26.39	1:14.73	600m:	7:25.72	1:14.99	1000m:	12:26.66	1:15.46
	300m:	3:41.28	1:14.89	700m:	8:41.16	1:15.44	1100m:	13:42.75	1:16.09
	400m:	4:56.28	1:15.00	800m:	9:55.88	1:14.72	1200m:	14:58.33	1:15.58
7.	MARTINHO, Joao Miguel		09	Desportivo Nacional		19:26.06		383	
	100m:	1:13.52	1:13.52	500m:	6:24.03	1:18.76	900m:	11:41.79	1:19.67
	200m:	2:29.23	1:15.71	600m:	7:42.37	1:18.34	1000m:	13:01.88	1:20.09
	300m:	3:47.21	1:17.98	700m:	9:02.47	1:20.10	1100m:	14:21.63	1:19.75
	400m:	5:05.27	1:18.06	800m:	10:22.12	1:19.65	1200m:	15:39.96	1:18.33
8.	CRESPO, Joao Jesus		09	Desportivo Nacional		19:58.67		352	
	100m:	1:15.53	1:15.53	500m:	6:37.73	1:20.93	900m:	12:04.15	1:21.20
	200m:	2:36.65	1:21.12	600m:	7:58.87	1:21.14	1000m:	13:24.83	1:20.68
	300m:	3:56.37	1:19.72	700m:	9:20.83	1:21.96	1100m:	14:46.57	1:21.74
	400m:	5:16.80	1:20.43	800m:	10:42.95	1:22.12	1200m:	16:07.32	1:20.75
9.	PESTANA, Andre Pinto		09	Naval do Funchal		20:29.73		326	
	100m:	1:14.95	1:14.95	500m:	6:38.60	1:22.40	900m:	12:14.85	1:25.34
	200m:	2:34.19	1:19.24	600m:	8:01.39	1:22.79	1000m:	13:39.81	1:24.96
	300m:	3:55.37	1:21.18	700m:	9:25.11	1:23.72	1100m:	15:04.21	1:24.40
	400m:	5:16.20	1:20.83	800m:	10:49.51	1:24.40	1200m:	16:29.55	1:25.34
10.	JARDIM, Joao Tomas		09	Desportivo Nacional		21:04.93		300	
	100m:	1:18.41	1:18.41	500m:	7:00.36	1:25.06	900m:	12:43.64	1:26.71
	200m:	2:43.76	1:25.35	600m:	8:24.96	1:24.60	1000m:	14:07.79	1:24.15
	300m:	4:08.75	1:24.99	700m:	9:51.46	1:26.50	1100m:	15:33.13	1:25.34
	400m:	5:35.30	1:26.55	800m:	11:16.93	1:25.47	1200m:	16:57.96	1:24.83
11.	ALVES, Mateus Basilio		09	Juventude Atlantico		21:54.88		267	
	100m:	1:22.89	1:22.89	500m:	7:16.98	1:28.91	900m:	13:13.72	1:28.68
	200m:	2:51.25	1:28.36	600m:	8:46.34	1:29.36	1000m:	14:41.64	1:27.92
	300m:	4:19.16	1:27.91	700m:	10:15.74	1:29.40	1100m:	16:08.90	1:27.26
	400m:	5:48.07	1:28.91	800m:	11:45.04	1:29.30	1200m:	17:36.77	1:27.87
12.	SANTOS, Daniel Adonis		09	Individual Madeira		23:15.49		223	
	100m:	1:25.74	1:25.74	500m:	7:40.03	1:34.31	900m:	13:55.31	1:33.65
	200m:	2:58.69	1:32.95	600m:	9:14.38	1:34.35	1000m:	15:29.98	1:34.67
	300m:	4:32.10	1:33.41	700m:	10:47.74	1:33.36	1100m:	17:04.33	1:34.35
	400m:	6:05.72	1:33.62	800m:	12:21.66	1:33.92	1200m:	18:39.56	1:35.23
dsq total	FARIA, Afonso Cunha		09	Naval do Funchal					

Juvenis A, 16 anos

1.	MIRANDA, Francisco Guilherme		08	Naval do Funchal		17:06.81		561	
	100m:	1:04.43	1:04.43	500m:	5:38.72	1:08.95	900m:	10:13.52	1:08.75
	200m:	2:12.39	1:07.96	600m:	6:47.44	1:08.72	1000m:	11:22.72	1:09.20
	300m:	3:20.97	1:08.58	700m:	7:56.34	1:08.90	1100m:	12:32.19	1:09.47
	400m:	4:29.77	1:08.80	800m:	9:04.77	1:08.43	1200m:	13:41.25	1:09.06
2.	CASTRO, Marco Antonio		08	Naval do Funchal		17:25.53		531	
	100m:	1:05.95	1:05.95	500m:	5:40.78	1:09.02	900m:	10:23.90	1:11.78
	200m:	2:14.02	1:08.07	600m:	6:50.85	1:10.07	1000m:	11:34.60	1:10.70
	300m:	3:22.47	1:08.45	700m:	8:01.38	1:10.53	1100m:	12:47.02	1:12.42
	400m:	4:31.76	1:09.29	800m:	9:12.12	1:10.74	1200m:	13:57.23	1:10.21

Prova 7, Masc., 1500m Livres, Juvenis A, 16 anos

Lugar	Ano		Tempo final								Pts	
3. JESUS, Vasco Franca	08		Naval do Funchal								17:28.89	526
100m:	1:05.05	1:05.05	500m:	5:42.73	1:10.44	900m:	10:25.82	1:10.91	1300m:	15:10.07	1:10.78	
200m:	2:13.40	1:08.35	600m:	6:53.67	1:10.94	1000m:	11:36.94	1:11.12	1400m:	16:20.61	1:10.54	
300m:	3:22.70	1:09.30	700m:	8:04.22	1:10.55	1100m:	12:48.24	1:11.30	1500m:	17:28.89	1:08.28	
400m:	4:32.29	1:09.59	800m:	9:14.91	1:10.69	1200m:	13:59.29	1:11.05				
4. RODRIGUES, Guilherme Gomes	08		Naval do Funchal								18:10.22	468
100m:	1:09.24	1:09.24	500m:	5:56.91	1:12.06	900m:	10:49.31	1:13.13	1300m:	15:44.97	1:13.97	
200m:	2:20.68	1:11.44	600m:	7:09.59	1:12.68	1000m:	12:03.44	1:14.13	1400m:	16:58.96	1:13.99	
300m:	3:32.64	1:11.96	700m:	8:22.82	1:13.23	1100m:	13:17.43	1:13.99	1500m:	18:10.22	1:11.26	
400m:	4:44.85	1:12.21	800m:	9:36.18	1:13.36	1200m:	14:31.00	1:13.57				
5. GOMES, Guilherme Silva	08		Desportivo Nacional								19:09.66	399
100m:	1:09.33	1:09.33	500m:	6:15.12	1:17.15	900m:	11:29.34	1:17.03	1300m:	16:40.05	1:17.59	
200m:	2:24.57	1:15.24	600m:	7:34.64	1:19.52	1000m:	12:48.79	1:19.45	1400m:	17:57.14	1:17.09	
300m:	3:41.57	1:17.00	700m:	8:52.32	1:17.68	1100m:	14:03.63	1:14.84	1500m:	19:09.66	1:12.52	
400m:	4:57.97	1:16.40	800m:	10:12.31	1:19.99	1200m:	15:22.46	1:18.83				
6. FERNANDEZ, Henrique Justino	08		Juventude Atlantico								19:11.20	398
100m:	1:11.19	1:11.19	500m:	6:18.71	1:18.17	900m:	11:29.13	1:17.43	1300m:	16:40.46	1:17.63	
200m:	2:27.17	1:15.98	600m:	7:36.41	1:17.70	1000m:	12:47.26	1:18.13	1400m:	17:56.91	1:16.45	
300m:	3:43.07	1:15.90	700m:	8:53.88	1:17.47	1100m:	14:05.02	1:17.76	1500m:	19:11.20	1:14.29	
400m:	5:00.54	1:17.47	800m:	10:11.70	1:17.82	1200m:	15:22.83	1:17.81				
7. ROJAS, Juan Josue	08		Desportivo Nacional								20:18.06	336
100m:	1:12.67	1:12.67	500m:	6:37.63	1:23.23	900m:	12:04.79	1:22.82	1300m:	17:40.60	1:27.03	
200m:	2:31.60	1:18.93	600m:	7:58.05	1:20.42	1000m:	13:25.57	1:20.78	1400m:	18:57.37	1:16.77	
300m:	3:52.69	1:21.09	700m:	9:21.03	1:22.98	1100m:	14:47.91	1:22.34	1500m:	20:18.06	1:20.69	
400m:	5:14.40	1:21.71	800m:	10:41.97	1:20.94	1200m:	16:13.57	1:25.66				

Prova 8
04/05/2024 - 11:33

Masc., 1500m Livres
PC - JUNIORES & SENIORES

Absoluto
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
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 Regional Inf A	16:57.52	ALMEIDA, Carlos Alexandre	CDN	Funchal	13/07/2003
Recorde Regional Inf B	17:40.06	FREITAS, Tomas Miguel	CDN	Funchal	31/05/2003
Recorde Nacional Adaptada	19:44.77	CARVALHO, Joaquim Eduardo	CNF	Funchal	27/05/2023

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 2023

Lugar	Ano		Tempo final								Pts	
EXH NEVES, Tiago Brazao	07		Naval do Funchal								17:01.59	569
<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>												
100m:	1:03.22	1:03.22	500m:	5:37.22	1:09.06	900m:	10:12.44	1:09.13	1300m:	14:47.40	1:08.49	
200m:	2:11.31	1:08.09	600m:	6:45.41	1:08.19	1000m:	11:21.36	1:08.92	1400m:	15:55.66	1:08.26	
300m:	3:19.53	1:08.22	700m:	7:54.41	1:09.00	1100m:	12:30.28	1:08.92	1500m:	17:01.59	1:05.93	
400m:	4:28.16	1:08.63	800m:	9:03.31	1:08.90	1200m:	13:38.91	1:08.63				
EXH OLIVEIRA, Afonso Miguel	07		Juventude Atlantico								17:48.16	498
100m:	1:03.87	1:03.87	500m:	5:49.82	1:13.06	900m:	10:41.12	1:12.39	1300m:	15:29.77	1:11.79	
200m:	2:13.10	1:09.23	600m:	7:03.10	1:13.28	1000m:	11:53.53	1:12.41	1400m:	16:40.91	1:11.14	
300m:	3:24.79	1:11.69	700m:	8:16.45	1:13.35	1100m:	13:05.71	1:12.18	1500m:	17:48.16	1:07.25	
400m:	4:36.76	1:11.97	800m:	9:28.73	1:12.28	1200m:	14:17.98	1:12.27				
EXH ALMEIDA, Joao Francisco	07		Naval do Funchal								17:58.57	484
100m:	1:04.03	1:04.03	500m:	5:46.27	1:10.55	900m:	10:32.59	1:11.38	1300m:	15:29.50	1:15.21	
200m:	2:13.91	1:09.88	600m:	6:57.58	1:11.31	1000m:	11:45.83	1:13.24	1400m:	16:45.70	1:16.20	
300m:	3:25.33	1:11.42	700m:	8:09.39	1:11.81	1100m:	12:59.56	1:13.73	1500m:	17:58.57	1:12.87	
400m:	4:35.72	1:10.39	800m:	9:21.21	1:11.82	1200m:	14:14.29	1:14.73				

Prova 8, Masc., 1500m Livres

Lugar			Ano							Tempo final	Pts	
EXH	FERNANDES, Afonso Berimbau		07	Juventude Atlantico						18:40.64	431	
	100m:	1:09.82	1:09.82	500m:	6:12.55	1:15.77	900m:	11:14.61	1:14.68	1300m:	16:17.04	1:14.88
	200m:	2:25.52	1:15.70	600m:	7:28.95	1:16.40	1000m:	12:30.09	1:15.48	1400m:	17:31.71	1:14.67
	300m:	3:40.79	1:15.27	700m:	8:44.11	1:15.16	1100m:	13:45.68	1:15.59	1500m:	18:40.64	1:08.93
	400m:	4:56.78	1:15.99	800m:	9:59.93	1:15.82	1200m:	15:02.16	1:16.48			
EXH	ALVES, Diogo Basilio		07	Juventude Atlantico						18:43.46	428	
	100m:	1:09.65	1:09.65	500m:	6:12.76	1:16.06	900m:	11:14.71	1:15.04	1300m:	16:17.47	1:14.85
	200m:	2:25.60	1:15.95	600m:	7:28.78	1:16.02	1000m:	12:30.65	1:15.94	1400m:	17:32.63	1:15.16
	300m:	3:41.54	1:15.94	700m:	8:44.36	1:15.58	1100m:	13:47.03	1:16.38	1500m:	18:43.46	1:10.83
	400m:	4:56.70	1:15.16	800m:	9:59.67	1:15.31	1200m:	15:02.62	1:15.59			
EXH	BERENGUER, Santiago Moura		07	Juventude Atlantico						19:38.31	371	
	100m:	1:11.07	1:11.07	500m:	6:25.79	1:17.96	900m:	11:43.87	1:20.01	1300m:	17:02.73	1:20.79
	200m:	2:29.47	1:18.40	600m:	7:44.84	1:19.05	1000m:	13:02.14	1:18.27	1400m:	18:22.55	1:19.82
	300m:	3:48.87	1:19.40	700m:	9:05.00	1:20.16	1100m:	14:23.32	1:21.18	1500m:	19:38.31	1:15.76
	400m:	5:07.83	1:18.96	800m:	10:23.86	1:18.86	1200m:	15:41.94	1:18.62			
EXH	CARVALHO, Joaquim Eduardo		07	Naval do Funchal						20:01.64	350	
	<i>RECORDE NACIONAL NAT. ADAPTADA S17</i>											
	100m:	1:11.72	1:11.72	500m:	6:30.04	1:20.11	900m:	11:54.37	1:21.14	1300m:	17:22.66	1:21.50
	200m:	2:29.81	1:18.09	600m:	7:50.82	1:20.78	1000m:	13:16.76	1:22.39	1400m:	18:44.02	1:21.36
	300m:	3:49.80	1:19.99	700m:	9:11.94	1:21.12	1100m:	14:38.95	1:22.19	1500m:	20:01.64	1:17.62
	400m:	5:09.93	1:20.13	800m:	10:33.23	1:21.29	1200m:	16:01.16	1:22.21			
EXH	PENSO, Miguel Reigada		07	Desportivo Sao Roque						20:17.93	336	
	100m:	1:11.54	1:11.54	500m:	6:27.69	1:20.78	900m:	12:01.15	1:24.59	1300m:	17:38.91	1:23.91
	200m:	2:28.97	1:17.43	600m:	7:49.21	1:21.52	1000m:	13:24.81	1:23.66	1400m:	19:01.27	1:22.36
	300m:	3:47.14	1:18.17	700m:	9:12.56	1:23.35	1100m:	14:49.41	1:24.60	1500m:	20:17.93	1:16.66
	400m:	5:06.91	1:19.77	800m:	10:36.56	1:24.00	1200m:	16:15.00	1:25.59			
EXH	PESTANA, Luis Emanuel		07	Clube Escola O Liceu						22:20.82	251	
	100m:	1:19.43	1:19.43	500m:	7:17.32	1:30.21	900m:	13:20.89	1:29.98	1300m:	19:26.85	1:30.06
	200m:	2:48.06	1:28.63	600m:	8:49.06	1:31.74	1000m:	14:54.21	1:33.32	1400m:	20:48.07	1:21.22
	300m:	4:17.74	1:29.68	700m:	10:19.38	1:30.32	1100m:	16:26.96	1:32.75	1500m:	22:20.82	1:32.75
	400m:	5:47.11	1:29.37	800m:	11:50.91	1:31.53	1200m:	17:56.79	1:29.83			

2 - Domingo de Manhã

05/05/2024 - 9:15

Prova 9
05/05/2024 - 9:15

Masc., 400m Estilos
INFANTIS B

Infantis B, 13 anos
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 2023

Lugar			Ano							Tempo final	Pts
1.	PENSO, Tiago Daniel		11	Desportivo Sao Roque						5:36.60	339
	50m:	34.67 34.67	150m:	2:00.32	43.56	250m:	3:30.75	49.13	350m:	4:59.07	39.15
	100m:	1:16.76 42.09	200m:	2:41.62	41.30	300m:	4:19.92	49.17	400m:	5:36.60	37.53
2.	ABREU, Pedro Dinis		11	Naval do Funchal						5:52.17	296
	50m:	36.67 36.67	150m:	2:04.21	43.17	250m:	3:39.59	51.64	350m:	5:12.26	41.55
	100m:	1:21.04 44.37	200m:	2:47.95	43.74	300m:	4:30.71	51.12	400m:	5:52.17	39.91
3.	FREITAS, Jonas Christian		11	Desportivo Nacional						6:05.65	264
	50m:	37.71 37.71	150m:	2:14.08	47.78	250m:	3:50.26	51.38	350m:	5:25.76	41.99
	100m:	1:26.30 48.59	200m:	2:58.88	44.80	300m:	4:43.77	53.51	400m:	6:05.65	39.89
4.	SILVA, Alexandre Antonio		11	Naval do Funchal						6:06.47	263
	50m:	37.58 37.58	150m:	2:11.62	47.50	250m:	3:50.94	53.98	350m:	5:26.90	40.45
	100m:	1:24.12 46.54	200m:	2:56.96	45.34	300m:	4:46.45	55.51	400m:	6:06.47	39.57
5.	LUCIO, Lourenco Perestrelo		11	Naval do Funchal						6:10.77	254
	50m:	42.40 42.40	150m:	2:20.04	46.43	250m:	3:57.36	50.74	350m:	5:31.02	41.98
	100m:	1:33.61 51.21	200m:	3:06.62	46.58	300m:	4:49.04	51.68	400m:	6:10.77	39.75
6.	VARELA, Alvaro Antonio		11	Ginasio de Porto Santo						6:11.02	253
	50m:	40.47 40.47	150m:	2:13.90	46.09	250m:	3:53.21	55.40	350m:	5:31.68	43.22
	100m:	1:27.81 47.34	200m:	2:57.81	43.91	300m:	4:48.46	55.25	400m:	6:11.02	39.34
7.	FERNANDES, Francisco Miguel		11	Desportivo Sao Roque						6:18.74	238
	50m:	42.30 42.30	150m:	2:19.93	47.51	250m:	4:01.03	55.45	350m:	5:38.92	42.65
	100m:	1:32.42 50.12	200m:	3:05.58	45.65	300m:	4:56.27	55.24	400m:	6:18.74	39.82
8.	CRO, Rodrigo Antonio		11	Desportivo Sao Roque						6:33.44	212
	50m:	43.97 43.97	150m:	2:28.72	48.78	250m:	4:10.36	54.10	350m:	5:49.79	43.92
	100m:	1:39.94 55.97	200m:	3:16.26	47.54	300m:	5:05.87	55.51	400m:	6:33.44	43.65
dsq total	PEREIRA, Duarte Afonso		11	Desportivo Sao Roque							
dsq total	SILVA, Pedro Fernandes		11	Naval do Funchal							

Prova 10
05/05/2024 - 9:23

Masc., 400m Estilos
INFANTIS A

Infantis A, 14 anos
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 2023

Lugar			Ano							Tempo final	Pts
1.	GONCALVES, Tomas Figueiredo		10	Naval do Funchal						5:18.66	400
	50m:	32.25 32.25	150m:	1:53.25	41.99	250m:	3:18.43	42.40	350m:	4:42.61	38.68
	100m:	1:11.26 39.01	200m:	2:36.03	42.78	300m:	4:03.93	45.50	400m:	5:18.66	36.05
2.	MENDES, Salvador Neves		10	Naval do Funchal						5:37.33	337
	50m:	32.77 32.77	150m:	1:57.30	44.84	250m:	3:32.14	51.77	350m:	5:00.10	36.67
	100m:	1:12.46 39.69	200m:	2:40.37	43.07	300m:	4:23.43	51.29	400m:	5:37.33	37.23
3.	LETRA, Francisco Freitas		10	Naval do Funchal						5:39.33	331
	50m:	35.07 35.07	150m:	2:02.61	45.23	250m:	3:35.78	49.65	350m:	5:02.53	37.36
	100m:	1:17.38 42.31	200m:	2:46.13	43.52	300m:	4:25.17	49.39	400m:	5:39.33	36.80
4.	RAPOSO, Mateus Medeiros		10	Desportivo Nacional						5:45.04	315
	50m:	36.03 36.03	150m:	2:06.28	45.85	250m:	3:39.84	49.80	350m:	5:09.29	39.99
	100m:	1:20.43 44.40	200m:	2:50.04	43.76	300m:	4:29.30	49.46	400m:	5:45.04	35.75

Prova 10, Masc., 400m Estilos, Infantis A, 14 anos

Lugar			Ano			Tempo final	Pts	
5.	ROCHA, Tomas Pinto		10	Naval do Funchal		5:50.34	301	
	50m:	34.38 34.38	150m:	2:00.15 44.09	250m:	3:35.04 50.69	350m:	5:09.36 43.46
	100m:	1:16.06 41.68	200m:	2:44.35 44.20	300m:	4:25.90 50.86	400m:	5:50.34 40.98
6.	NASCIMENTO, Santiago Santos		10	Individual Madeira		6:12.55	250	
	50m:	40.40 40.40	150m:	2:17.06 47.66	250m:	3:58.64 54.25	350m:	5:35.03 41.71
	100m:	1:29.40 49.00	200m:	3:04.39 47.33	300m:	4:53.32 54.68	400m:	6:12.55 37.52
7.	VIEIRA, Francisco Rodrigues		10	Naval do Funchal		6:18.51	238	
	50m:	41.01 41.01	150m:	2:22.16 50.72	250m:	4:03.53 52.62	350m:	5:37.84 40.05
	100m:	1:31.44 50.43	200m:	3:10.91 48.75	300m:	4:57.79 54.26	400m:	6:18.51 40.67
8.	JACINTO, Pedro Freitas		10	Juventude Atlantico		6:18.89	238	
	50m:	40.57 40.57	150m:	2:18.67 46.16	250m:	4:01.16 55.84	350m:	5:39.99 42.03
	100m:	1:32.51 51.94	200m:	3:05.32 46.65	300m:	4:57.96 56.80	400m:	6:18.89 38.90
dsq total	MENDONCA, Florival Rodrigo		10	Juventude Atlantico				

Prova 11

05/05/2024 - 9:31

Masc., 400m Estilos
JUVENIS A & B

Juvenis
Resultados

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

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

Pontos: FINA 2023

Lugar			Ano			Tempo final	Pts	
Juvenis B, 15 anos								
1.	ANDRADE, Salvador Freitas		09	Naval do Funchal		5:01.77	471	
	<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>							
	50m:	31.51 31.51	150m:	1:48.16 40.51	250m:	3:10.60 42.60	350m:	4:29.88 35.15
	100m:	1:07.65 36.14	200m:	2:28.00 39.84	300m:	3:54.73 44.13	400m:	5:01.77 31.89
2.	SILVA, Joao Bernardo		09	Desportivo Nacional		5:01.78	471	
	<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>							
	50m:	31.92 31.92	150m:	1:47.79 39.19	250m:	3:09.29 43.32	350m:	4:28.12 35.03
	100m:	1:08.60 36.68	200m:	2:25.97 38.18	300m:	3:53.09 43.80	400m:	5:01.78 33.66
3.	GONCALVES, Pedro Martim		09	Juventude Atlantico		5:17.05	406	
	50m:	32.48 32.48	150m:	1:53.10 42.01	250m:	3:21.26 46.79	350m:	4:43.50 35.92
	100m:	1:11.09 38.61	200m:	2:34.47 41.37	300m:	4:07.58 46.32	400m:	5:17.05 33.55
4.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional		5:21.30	390	
	50m:	32.68 32.68	150m:	1:55.16 42.84	250m:	3:22.57 44.77	350m:	4:45.04 38.10
	100m:	1:12.32 39.64	200m:	2:37.80 42.64	300m:	4:06.94 44.37	400m:	5:21.30 36.26
5.	MARTINHO, Joao Miguel		09	Desportivo Nacional		5:28.96	363	
	50m:	33.49 33.49	150m:	1:55.45 43.45	250m:	3:22.82 44.51	350m:	4:49.03 40.22
	100m:	1:12.00 38.51	200m:	2:38.31 42.86	300m:	4:08.81 45.99	400m:	5:28.96 39.93
6.	PESTANA, Pedro Correia		09	Desportivo Nacional		5:33.27	349	
	50m:	34.25 34.25	150m:	1:59.81 42.98	250m:	3:30.65 49.47	350m:	4:57.03 37.17
	100m:	1:16.83 42.58	200m:	2:41.18 41.37	300m:	4:19.86 49.21	400m:	5:33.27 36.24
7.	CRESPO, Joao Jesus		09	Desportivo Nacional		5:34.10	347	
	50m:	35.88 35.88	150m:	2:02.55 44.99	250m:	3:32.19 46.88	350m:	4:58.09 38.96
	100m:	1:17.56 41.68	200m:	2:45.31 42.76	300m:	4:19.13 46.94	400m:	5:34.10 36.01
8.	PESTANA, Andre Pinto		09	Naval do Funchal		5:35.78	341	
	50m:	32.39 32.39	150m:	1:55.92 45.19	250m:	3:31.09 49.76	350m:	4:59.76 38.32
	100m:	1:10.73 38.34	200m:	2:41.33 45.41	300m:	4:21.44 50.35	400m:	5:35.78 36.02

Prova 11, Masc., 400m Estilos, Juvenis B, 15 anos

Lugar			Ano					Tempo final	Pts		
9.	MARTINS, Antonio Freitas		09	Desportivo Nacional				5:59.10	279		
	50m:	38.20 38.20	150m:	2:12.05	47.80	250m:	3:53.22	54.90	350m:	5:24.55	37.73
	100m:	1:24.25 46.05	200m:	2:58.32	46.27	300m:	4:46.82	53.60	400m:	5:59.10	34.55
10.	JARDIM, Joao Tomas		09	Desportivo Nacional				6:07.35	261		
	50m:	36.53 36.53	150m:	2:13.45	47.65	250m:	3:51.32	52.38	350m:	5:28.73	43.85
	100m:	1:25.80 49.27	200m:	2:58.94	45.49	300m:	4:44.88	53.56	400m:	6:07.35	38.62
11.	ALVES, Mateus Basilio		09	Juventude Atlantico				6:22.66	231		
	50m:	43.94 43.94	150m:	2:24.86	48.33	250m:	4:05.66	54.01	350m:	5:42.14	42.23
	100m:	1:36.53 52.59	200m:	3:11.65	46.79	300m:	4:59.91	54.25	400m:	6:22.66	40.52
12.	SANTOS, Daniel Adonis		09	Individual Madeira				6:52.43	184		
	50m:	45.07 45.07	150m:	2:35.42	52.44	250m:	4:24.21	57.24	350m:	6:08.23	47.09
	100m:	1:42.98 57.91	200m:	3:26.97	51.55	300m:	5:21.14	56.93	400m:	6:52.43	44.20
dsq total	FARIA, Afonso Cunha		09	Naval do Funchal							

Juvenis A, 16 anos

1.	MIRANDA, Francisco Guilherme		08	Naval do Funchal				4:53.22	513		
	<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>										
	50m:	31.07 31.07	150m:	1:44.67	38.09	250m:	3:03.35	41.37	350m:	4:19.73	34.81
	100m:	1:06.58 35.51	200m:	2:21.98	37.31	300m:	3:44.92	41.57	400m:	4:53.22	33.49
2.	JESUS, Vasco Franca		08	Naval do Funchal				5:03.61	462		
	50m:	31.28 31.28	150m:	1:48.26	39.56	250m:	3:10.86	44.32	350m:	4:31.02	34.82
	100m:	1:08.70 37.42	200m:	2:26.54	38.28	300m:	3:56.20	45.34	400m:	5:03.61	32.59
3.	CASTRO, Marco Antonio		08	Naval do Funchal				5:08.17	442		
	50m:	30.69 30.69	150m:	1:49.38	40.94	250m:	3:16.01	47.51	350m:	4:37.12	33.30
	100m:	1:08.44 37.75	200m:	2:28.50	39.12	300m:	4:03.82	47.81	400m:	5:08.17	31.05
4.	RODRIGUES, Guilherme Gomes		08	Naval do Funchal				5:08.40	441		
	50m:	31.12 31.12	150m:	1:47.69	40.95	250m:	3:14.75	47.08	350m:	4:35.43	34.04
	100m:	1:06.74 35.62	200m:	2:27.67	39.98	300m:	4:01.39	46.64	400m:	5:08.40	32.97
5.	FERNANDEZ, Henrique Justino		08	Juventude Atlantico				5:22.59	385		
	50m:	33.69 33.69	150m:	1:54.69	42.03	250m:	3:21.68	46.30	350m:	4:46.78	37.73
	100m:	1:12.66 38.97	200m:	2:35.38	40.69	300m:	4:09.05	47.37	400m:	5:22.59	35.81
6.	GOMES, Guilherme Silva		08	Desportivo Nacional				5:31.94	353		
	50m:	34.54 34.54	150m:	1:59.27	42.80	250m:	3:28.06	47.56	350m:	4:55.95	37.11
	100m:	1:16.47 41.93	200m:	2:40.50	41.23	300m:	4:18.84	50.78	400m:	5:31.94	35.99
7.	ROJAS, Juan Josue		08	Desportivo Nacional				6:01.18	274		
	50m:	33.51 33.51	150m:	2:01.40	46.53	250m:	3:39.54	50.65	350m:	5:18.69	44.72
	100m:	1:14.87 41.36	200m:	2:48.89	47.49	300m:	4:33.97	54.43	400m:	6:01.18	42.49

Prova 12	Masc., 400m Estilos				Absoluto
05/05/2024 - 9:44	PC - 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
Recorde Regional Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003
Recorde Nacional Adaptada	6:13.97	CARVALHO, Joaquim Eduardo	CNF	Funchal	28/05/2023

Juv. B Mas. Juv B: 5:05.79 / Juv. A Mas. Juv A: 4:58.78 / 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 2023

Lugar	Ano		Tempo final		Pts
EXH NEVES, Tiago Brazao	07	Naval do Funchal	4:48.53	538	
<i>TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho</i>					
50m:	29.81	29.81	150m:	1:42.31	37.60
100m:	1:04.71	34.90	200m:	2:18.84	36.53
250m:	3:01.71	42.87	300m:	3:44.35	42.64
350m:	4:17.86	33.51	400m:	4:48.53	30.67
EXH ALMEIDA, Joao Francisco	07	Naval do Funchal	4:54.06	509	
50m:	30.66	30.66	150m:	1:43.62	38.02
100m:	1:05.60	34.94	200m:	2:22.81	39.19
250m:	3:05.11	42.30	300m:	3:48.43	43.32
350m:	4:20.90	32.47	400m:	4:54.06	33.16
EXH OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	5:03.13	464	
50m:	30.42	30.42	150m:	1:43.50	38.88
100m:	1:04.62	34.20	200m:	2:22.19	38.69
250m:	3:07.57	45.38	300m:	3:53.52	45.95
350m:	4:28.78	35.26	400m:	5:03.13	34.35
EXH FERNANDES, Afonso Berimbau	07	Juventude Atlantico	5:21.52	389	
50m:	32.13	32.13	150m:	1:53.28	44.14
100m:	1:09.14	37.01	200m:	2:35.54	42.26
250m:	3:23.21	47.67	300m:	4:11.75	48.54
350m:	4:47.83	36.08	400m:	5:21.52	33.69
EXH BERENGUER, Santiago Moura	07	Juventude Atlantico	5:24.25	379	
50m:	33.03	33.03	150m:	1:54.01	43.77
100m:	1:10.24	37.21	200m:	2:36.37	42.36
250m:	3:23.66	47.29	300m:	4:10.26	46.60
350m:	4:47.52	37.26	400m:	5:24.25	36.73
EXH ALVES, Diogo Basilio	07	Juventude Atlantico	5:28.23	366	
50m:	34.23	34.23	150m:	1:57.27	41.76
100m:	1:15.51	41.28	200m:	2:39.23	41.96
250m:	3:27.14	47.91	300m:	4:15.92	48.78
350m:	4:53.18	37.26	400m:	5:28.23	35.05
EXH PENSO, Miguel Reigada	07	Desportivo Sao Roque	5:37.65	336	
50m:	34.45	34.45	150m:	1:59.34	43.76
100m:	1:15.58	41.13	200m:	2:44.09	44.75
250m:	3:33.94	49.85	300m:	4:24.83	50.89
350m:	5:02.94	38.11	400m:	5:37.65	34.71
EXH PESTANA, Luis Emanuel	07	Clube Escola O Liceu	5:57.59	283	
50m:	34.01	34.01	150m:	2:04.63	48.74
100m:	1:15.89	41.88	200m:	2:51.65	47.02
250m:	3:41.82	50.17	300m:	4:33.36	51.54
350m:	5:17.98	44.62	400m:	5:57.59	39.61
EXH CARVALHO, Joaquim Eduardo	07	Naval do Funchal	6:05.52	265	
<i>RECORDE NACIONAL NAT. ADAPTADA S17</i>					
50m:	40.06	40.06	150m:	2:13.53	46.84
100m:	1:26.69	46.63	200m:	2:57.77	44.24
250m:	3:52.17	54.40	300m:	4:46.64	54.47
350m:	5:26.98	40.34	400m:	6:05.52	38.54

Prova 13 Femin., 800m Livres Infantis B, 12 anos
05/05/2024 - 9:51 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 2023

Lugar	Ano						Tempo final	Pts
1. FERRO, Maria Franco	12	Naval do Funchal					11:05.81	368
100m: 1:20.98 1:20.98	300m: 4:10.01 1:24.08	500m: 6:59.25 1:24.54	700m: 9:46.71 1:22.58	800m: 11:05.81 1:19.10				
200m: 2:45.93 1:24.95	400m: 5:34.71 1:24.70	600m: 8:24.13 1:24.88						
2. JARDIM, Maria Velosa	12	Naval do Funchal					12:01.49	289
100m: 1:26.55 1:26.55	300m: 4:27.74 1:30.49	500m: 7:29.30 1:30.17	700m: 10:31.66 1:30.56	800m: 12:01.49 1:29.83				
200m: 2:57.25 1:30.70	400m: 5:59.13 1:31.39	600m: 9:01.10 1:31.80						
3. MACHADO, Sarah Camila	12	Naval do Funchal					12:15.38	273
100m: 1:25.82 1:25.82	300m: 4:27.29 1:31.55	500m: 7:31.05 1:31.68	700m: 10:41.09 1:35.07	800m: 12:15.38 1:34.29				
200m: 2:55.74 1:29.92	400m: 5:59.37 1:32.08	600m: 9:06.02 1:34.97						
4. GONCALVES, Maria Clara	12	Clube Escola O Liceu					12:34.48	253
100m: 1:28.25 1:28.25	300m: 4:40.04 1:36.51	500m: 7:54.47 1:36.33	700m: 11:06.11 1:35.20	800m: 12:34.48 1:28.37				
200m: 3:03.53 1:35.28	400m: 6:18.14 1:38.10	600m: 9:30.91 1:36.44						
5. OJKIC, Vera Jose	12	Juventude Atlantico					13:15.22	216
100m: 1:31.55 1:31.55	300m: 4:51.17 1:40.70	500m: 8:14.78 1:41.44	700m: 11:39.23 1:41.81	800m: 13:15.22 1:35.99				
200m: 3:10.47 1:38.92	400m: 6:33.34 1:42.17	600m: 9:57.42 1:42.64						

Prova 14 Femin., 800m Livres Infantis A, 13 anos
05/05/2024 - 10:05 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 2023

Lugar	Ano						Tempo final	Pts
1. JESUS, Vera Franca	11	Naval do Funchal					10:05.40	490
100m: 1:15.02 1:15.02	300m: 3:47.49 1:16.26	500m: 6:20.46 1:16.23	700m: 8:51.72 1:14.90	800m: 10:05.40 1:13.68				
200m: 2:31.23 1:16.21	400m: 5:04.23 1:16.74	600m: 7:36.82 1:16.36						
2. PEREIRA, Ana Matilde	11	Naval do Funchal					11:12.15	358
100m: 1:21.22 1:21.22	300m: 4:11.98 1:25.75	500m: 7:02.46 1:25.01	700m: 9:51.35 1:24.50	800m: 11:12.15 1:20.80				
200m: 2:46.23 1:25.01	400m: 5:37.45 1:25.47	600m: 8:26.85 1:24.39						
3. OLIVEIRA, Mariana Lopes	11	Naval do Funchal					11:13.22	356
100m: 1:20.12 1:20.12	300m: 4:09.79 1:25.05	500m: 6:59.87 1:24.63	700m: 9:50.50 1:24.55	800m: 11:13.22 1:22.72				
200m: 2:44.74 1:24.62	400m: 5:35.24 1:25.45	600m: 8:25.95 1:26.08						
4. COSTA, Rafaela Tome	11	Naval do Funchal					11:42.32	314
100m: 1:25.56 1:25.56	300m: 4:22.56 1:28.40	500m: 7:19.95 1:29.24	700m: 10:18.26 1:29.35	800m: 11:42.32 1:24.06				
200m: 2:54.16 1:28.60	400m: 5:50.71 1:28.15	600m: 8:48.91 1:28.96						
5. MARQUES, Margarida Paixao	11	Naval do Funchal					11:44.99	310
100m: 1:25.67 1:25.67	300m: 4:22.29 1:28.46	500m: 7:20.58 1:29.35	700m: 10:21.03 1:30.21	800m: 11:44.99 1:23.96				
200m: 2:53.83 1:28.16	400m: 5:51.23 1:28.94	600m: 8:50.82 1:30.24						
6. MATA, Valeria Isabel	11	Naval do Funchal					11:45.31	310
100m: 1:22.61 1:22.61	300m: 4:17.57 1:27.30	500m: 7:16.08 1:29.63	700m: 10:16.63 1:30.42	800m: 11:45.31 1:28.68				
200m: 2:50.27 1:27.66	400m: 5:46.45 1:28.88	600m: 8:46.21 1:30.13						
7. VIEIRA, Matilde Sofia	11	Desportivo Nacional					11:51.00	302
100m: 1:25.34 1:25.34	300m: 4:26.72 1:30.60	500m: 7:28.01 1:30.16	700m: 10:26.95 1:28.75	800m: 11:51.00 1:24.05				
200m: 2:56.12 1:30.78	400m: 5:57.85 1:31.13	600m: 8:58.20 1:30.19						
8. SARGO, Leonor Lourenco	11	Naval do Funchal					12:16.49	272
100m: 1:21.10 1:21.10	300m: 4:22.53 1:32.74	500m: 7:32.48 1:35.01	700m: 10:43.89 1:35.77	800m: 12:16.49 1:32.60				
200m: 2:49.79 1:28.69	400m: 5:57.47 1:34.94	600m: 9:08.12 1:35.64						

Prova 14, Femin., 800m Livres, Infantis A, 13 anos

Lugar	Ano	Tempo final	Pts
9. BAPTISTA, Valentina Hermida	11 Juventude Atlantico	12:30.87	257
100m: 1:26.42 1:26.42	300m: 4:36.00 1:36.36	500m: 7:49.41 1:38.52	700m: 11:02.98 1:36.51
200m: 2:59.64 1:33.22	400m: 6:10.89 1:34.89	600m: 9:26.47 1:37.06	800m: 12:30.87 1:27.89
10. FREITAS, Sara Margarida	11 Juventude Atlantico	12:50.80	237
100m: 1:32.43 1:32.43	300m: 4:47.28 1:37.90	500m: 8:04.55 1:38.23	700m: 11:20.00 1:37.09
200m: 3:09.38 1:36.95	400m: 6:26.32 1:39.04	600m: 9:42.91 1:38.36	800m: 12:50.80 1:30.80
dsq total VELOSA, Ana Matilde	11 Juventude Atlantico		

Prova 15 Femin., 800m Livres Juvenis Resultados

05/05/2024 - 10:32	JUVENIS A & B	Juvenis 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

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Juvenis B, 14 anos			
1. ROSA, Clara Sofia	10 Desportivo Nacional	10:33.74	427
100m: 1:18.02 1:18.02	300m: 3:57.82 1:20.25	500m: 6:38.10 1:20.15	700m: 9:17.80 1:20.15
200m: 2:37.57 1:19.55	400m: 5:17.95 1:20.13	600m: 7:57.65 1:19.55	800m: 10:33.74 1:15.94
2. BRITO, Madalena Pinto	10 Naval do Funchal	10:56.63	384
100m: 1:16.38 1:16.38	300m: 4:00.72 1:23.09	500m: 6:50.88 1:25.06	700m: 9:38.20 1:23.32
200m: 2:37.63 1:21.25	400m: 5:25.82 1:25.10	600m: 8:14.88 1:24.00	800m: 10:56.63 1:18.43
3. JARDIM, Eva Santos	10 Juventude Atlantico	11:07.72	365
100m: 1:19.69 1:19.69	300m: 4:07.40 1:24.10	500m: 6:58.14 1:26.13	700m: 9:46.65 1:24.13
200m: 2:43.30 1:23.61	400m: 5:32.01 1:24.61	600m: 8:22.52 1:24.38	800m: 11:07.72 1:21.07
4. SOUSA, Susana Conceicao	10 Desportivo Nacional	12:03.56	287
100m: 1:28.31 1:28.31	300m: 4:29.03 1:30.43	500m: 7:30.32 1:30.73	700m: 10:34.21 1:32.64
200m: 2:58.60 1:30.29	400m: 5:59.59 1:30.56	600m: 9:01.57 1:31.25	800m: 12:03.56 1:29.35
dsq total LEITAO, Isabel Gouveia	10 Naval do Funchal		

Juvenis A, 15 anos

1. GONCALVES, Vera Andrade	09 Juventude Atlantico	9:51.92	524
100m: 1:10.03 1:10.03	300m: 3:39.22 1:15.15	500m: 6:09.52 1:15.11	700m: 8:40.57 1:15.22
200m: 2:24.07 1:14.04	400m: 4:54.41 1:15.19	600m: 7:25.35 1:15.83	800m: 9:51.92 1:11.35
2. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	9:55.70	514
100m: 1:11.37 1:11.37	300m: 3:39.34 1:14.82	500m: 6:10.27 1:15.86	700m: 8:42.41 1:15.91
200m: 2:24.52 1:13.15	400m: 4:54.41 1:15.07	600m: 7:26.50 1:16.23	800m: 9:55.70 1:13.29
3. MATEUS, Eleine Vieira	09 Desportivo Nacional	9:55.73	514
100m: 1:11.23 1:11.23	300m: 3:41.34 1:15.68	500m: 6:11.35 1:14.65	700m: 8:42.90 1:15.43
200m: 2:25.66 1:14.43	400m: 4:56.70 1:15.36	600m: 7:27.47 1:16.12	800m: 9:55.73 1:12.83
4. MELIM, Sara Beatriz	09 Desportivo Nacional	10:14.72	468
100m: 1:16.31 1:16.31	300m: 3:50.59 1:16.95	500m: 6:25.00 1:16.89	700m: 8:59.90 1:17.37
200m: 2:33.64 1:17.33	400m: 5:08.11 1:17.52	600m: 7:42.53 1:17.53	800m: 10:14.72 1:14.82
5. TEMTEM, Madalena Barbosa	09 Desportivo Nacional	11:24.10	339
100m: 1:22.70 1:22.70	300m: 4:16.04 1:26.51	500m: 7:08.36 1:26.01	700m: 10:00.62 1:25.92
200m: 2:49.53 1:26.83	400m: 5:42.35 1:26.31	600m: 8:34.70 1:26.34	800m: 11:24.10 1:23.48
6. FERREIRA, Natacha Camacho	09 Juventude Atlantico	11:36.84	321
100m: 1:24.52 1:24.52	300m: 4:23.17 1:28.37	500m: 7:18.73 1:26.49	700m: 10:14.04 1:27.73
200m: 2:54.80 1:30.28	400m: 5:52.24 1:29.07	600m: 8:46.31 1:27.58	800m: 11:36.84 1:22.80

Prova 15, Femin., 800m Livres, Juvenis A, 15 anos

Lugar			Ano					Tempo final	Pts			
7.	CARVALHO, Laura Jardim		09	Juventude Atlantico				12:11.62	277			
	100m:	1:27.04	1:27.04	300m:	4:29.84	1:32.30	500m:	7:36.19	1:33.07	700m:	10:42.92	1:32.95
	200m:	2:57.54	1:30.50	400m:	6:03.12	1:33.28	600m:	9:09.97	1:33.78	800m:	12:11.62	1:28.70

Prova 16

05/05/2024 - 10:58

Femin., 800m Livres
PC - JUNIORES & SENIORES

Absoluto
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
Recorde Regional Juv A	9:14.78	ANDRADE, Rubina Amaro	CDN	Braga	04/03/1994
Recorde Regional Juv B	9:15.96	ANDRADE, Rubina Amaro	CDN	Alges	16/02/1993
Recorde Regional Inf A	9:40.30	ANDRADE, Rubina Amaro	CDN	Funchal	15/02/1992
Recorde Regional Inf B	10:13.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/06/1991

Júnior 1º Ano Fem. Jun16: 9:42.63 / Júnior 2º Ano Fem. Jun17: 9:39.80 / Sénior 1.º Fem. Sen18: 9:28.49 /
Sénior 2.º Fem. 19 +: 9:25.66

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts			
EXH	RODRIGUES, Laura Sofia		07	Juventude Atlantico				9:46.75	538			
	100m:	1:09.92	1:09.92	300m:	3:36.56	1:13.59	500m:	6:04.54	1:14.15	700m:	8:34.06	1:14.86
	200m:	2:22.97	1:13.05	400m:	4:50.39	1:13.83	600m:	7:19.20	1:14.66	800m:	9:46.75	1:12.69
EXH	CARICHAS, Joana Medeiros		06	Juventude Atlantico				10:28.41	438			
	100m:	1:09.93	1:09.93	300m:	3:49.90	1:21.38	500m:	6:31.90	1:20.60	700m:	9:11.66	1:20.02
	200m:	2:28.52	1:18.59	400m:	5:11.30	1:21.40	600m:	7:51.64	1:19.74	800m:	10:28.41	1:16.75