

Prova 1 Masc., 1500m Livres Absoluto  
Startlist

09/07/2021 - 19:15

|                           |          |                           |      |          |            |
|---------------------------|----------|---------------------------|------|----------|------------|
| Recorde Regional Absoluto | 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 |

TAC OPEN Juv B: 18:30.96; Juv A: 17:26.47; Jun17: 16:42.75; Jun18: 16:42.75; Sen: 16:22.58

Ano

S rie 1 de 1, 19:15

|                              |    |                      |          |
|------------------------------|----|----------------------|----------|
| 2 OLIVEIRA, Bernardo Antonio | 06 | Naval do Funchal     | 30:00.00 |
| 3 NEVES, Tiago Brazao        | 07 | Naval do Funchal     | 20:51.94 |
| 4 RODRIGUES, Pedro Reis      | 02 | Desportivo Sao Roque | 16:24.33 |
| 5 RODRIGUES, Rodrigo Reis    | 04 | Desportivo Sao Roque | 16:51.35 |
| 6 SMIRNOV, Dmytro            | 07 | Desportivo Sao Roque | 22:00.00 |

Prova 2 Femin., 1500m Livres Absoluto  
Startlist

09/07/2021 - 19:45

|                           |          |                          |     |         |            |
|---------------------------|----------|--------------------------|-----|---------|------------|
| Recorde Regional Absoluto | 17:37.10 | ANDRADE, Rubina Amaro    | CDN | Funchal | 22/07/1995 |
| Recorde Regional Sen      | 17:55.74 | ANDRADE, Rubina Amaro    | CDN | Funchal | 13/06/1997 |
| Recorde Regional Jun17    | 18:32.01 | HENRIQUES, Luisa Costa   | CNF | Funchal | 29/05/2010 |
| Recorde Regional Jun16    | 17:37.10 | ANDRADE, Rubina Amaro    | CDN | Funchal | 22/07/1995 |
| Recorde Regional Juv A    | 18:48.70 | COSTA, Maria Jardim      | CDN | Funchal | 13/05/2021 |
| Recorde Regional Juv B    | 18:18.70 | ANDRADE, Rubina Amaro    | CDN | Funchal | 05/03/1993 |
| Recorde Regional Inf A    | 19:08.84 | CORREIA, Marta Corte     | CNF | Funchal | 13/06/1997 |
| Recorde Regional Inf B    | 19:43.31 | CORREIA, Lisandra Aguiar | CSM | Funchal | 01/06/2003 |

TAC OPEN Juv B: 19:35.00; Juv A: 19:15.00; Jun16: 18:25.15; Jun17: 18:25.15; Sen: 17:53.31

Ano

S rie 1 de 1, 19:45

|                          |    |                      |          |
|--------------------------|----|----------------------|----------|
| 4 SILVA, Silvana Suamade | 06 | Desportivo Sao Roque | 19:30.00 |
|--------------------------|----|----------------------|----------|

Prova 3 Masc., 800m Livres Absoluto  
Startlist  
09/07/2021 - 20:05

|                           |         |                           |     |          |            |
|---------------------------|---------|---------------------------|-----|----------|------------|
| Recorde Regional Absoluto | 7:59.51 | FRANCO, Paulo Fragueiro   | CDN | Leiria   | 06/12/2009 |
| Recorde Regional Sen      | 7:59.51 | FRANCO, Paulo Fragueiro   | CDN | Leiria   | 06/12/2009 |
| Recorde Regional Jun18    | 8:16.27 | GOUVEIA, Pedro Galvao     | CDN | Funchal  | 09/12/2016 |
| Recorde Regional Jun17    | 8:26.03 | GOUVEIA, Pedro Galvao     | CDN | Funchal  | 05/03/2016 |
| Recorde Regional Juv A    | 8:47.54 | ALMEIDA, Carlos Alexandre | CDN | Funchal  | 11/12/2004 |
| Recorde Regional Juv B    | 8:46.95 | ALMEIDA, Carlos Alexandre | CDN | Penafiel | 21/03/2004 |
| Recorde Regional Inf A    | 8:59.16 | FREITAS, Tomas Miguel     | CDN | Funchal  | 22/05/2004 |
| Recorde Regional Inf B    | 9:18.20 | FREITAS, Tomas Miguel     | CDN | Funchal  | 31/05/2003 |

TAC OPEN Juv B: 9:41.98; Juv A: 9:15.87; Jun17: 8:43.37; Jun18: 8:35.18; Sen: 8:26.90

Ano

S rie 1 de 1, 20:05

|                         |    |                      |          |
|-------------------------|----|----------------------|----------|
| 3 JAU, Valter Henriques | 01 | Escola O Liceu       | 11:00.00 |
| 4 FERNANDES, Joao Vitor | 00 | Escola O Liceu       | 9:03.24  |
| 5 VIEIRA, Emanuel Eloi  | 03 | Desportivo Sao Roque | 9:52.13  |

Prova 4 Femin., 800m Livres Absoluto  
Startlist  
09/07/2021 - 20:17

|                           |          |                       |     |         |            |
|---------------------------|----------|-----------------------|-----|---------|------------|
| Recorde Regional Absoluto | 9:12.66  | ANDRADE, Rubina Amaro | CDN | Alges   | 17/03/1995 |
| Recorde Regional Sen      | 9:21.09  | ANDRADE, Rubina Amaro | CDN | Estoril | 07/03/1997 |
| Recorde Regional Jun17    | 9:13.81  | ANDRADE, Rubina Amaro | CDN | Funchal | 13/07/1996 |
| Recorde Regional Jun16    | 9:12.66  | ANDRADE, Rubina Amaro | CDN | Alges   | 17/03/1995 |
| Recorde Regional Juv A    | 9:14.78  | ANDRADE, Rubina Amaro | CDN | Braga   | 04/03/1994 |
| Recorde Regional Juv B    | 9:15.96  | ANDRADE, Rubina Amaro | CDN | Alges   | 16/02/1993 |
| Recorde Regional Inf A    | 9:40.30  | ANDRADE, Rubina Amaro | CDN | Funchal | 15/02/1992 |
| Recorde Regional Inf B    | 10:13.00 | ANDRADE, Rubina Amaro | CDN | Funchal | 29/06/1991 |

TAC OPEN Juv B: 10:17.45; Juv A: 9:47.35; Jun16: 9:30.39; Jun17: 9:24.92; Sen: 9:16.45

Ano

S rie 1 de 2, 20:17

|                             |    |                      |          |
|-----------------------------|----|----------------------|----------|
| 3 NOBREGA, Sara Francisca   | 08 | Desportivo Sao Roque | 12:30.00 |
| 4 GONCALVES, Valentina Jose | 07 | Desportivo Nacional  | 10:50.34 |
| 5 DIAS, Monica Fernandes    | 06 | Desportivo Sao Roque | 11:30.00 |

S rie 2 de 2, 20:30

|                              |    |                      |          |
|------------------------------|----|----------------------|----------|
| 2 FERRO, Maria Leonor        | 06 | Naval do Funchal     | 10:21.36 |
| 3 FREITAS, Beatriz Rodrigues | 06 | Naval do Funchal     | 10:02.12 |
| 4 SOUSA, Joana Francisca     | 04 | Desportivo Sao Roque | 9:28.98  |
| 5 COSTA, Maria Jardim        | 06 | Desportivo Nacional  | 9:47.35  |
| 6 FREITAS, Margarida Ramos   | 06 | Desportivo Nacional  | 10:10.00 |
| 7 CAMARA, Ines Cruz          | 07 | Desportivo Nacional  | 10:40.47 |

Prova 5 Masc., 200m Estilos Absoluto  
Startlist  
10/07/2021 - 8:30

|                           |         |                        |     |            |            |
|---------------------------|---------|------------------------|-----|------------|------------|
| Recorde Regional Absoluto | 2:05.46 | SILVA, Tomas Antonio   | CNF | Leiria     | 14/12/2019 |
| Recorde Regional Sen      | 2:05.46 | SILVA, Tomas Antonio   | CNF | Leiria     | 14/12/2019 |
| Recorde Regional Jun18    | 2:05.78 | SILVA, Tomas Antonio   | CNF | Felgueiras | 22/12/2018 |
| Recorde Regional Jun17    | 2:09.60 | SILVA, Tomas Antonio   | CNF | Funchal    | 26/03/2018 |
| Recorde Regional Juv A    | 2:10.60 | ALVES, Paulo Rodrigues | CDN | Funchal    | 08/08/2020 |
| Recorde Regional Juv B    | 2:11.24 | ALVES, Paulo Rodrigues | CDN | Funchal    | 17/05/2019 |
| Recorde Regional Inf A    | 2:13.38 | FREITAS, Tomas Miguel  | CDN | Funchal    | 17/07/2004 |
| Recorde Regional Inf B    | 2:20.56 | FREITAS, Tomas Miguel  | CDN | Funchal    | 28/06/2003 |

TAC INFANTIS Inf B: 2:54.00; Inf A: 2:45.22 / TAC OPEN Juv B: 2:21.88; Juv A: 2:18.24; Jun17: 2:11.70; Jun18: 2:09.63;  
Sen: 2:07.68

Ano

S rie 1 de 2, 8:30

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 2 BARATA, Joao Tomas       | 08 | Juventude Atlantico | 3:57.70 |
| 3 JARDIM, Lourenco Almeida | 08 | Desportivo Nacional | 3:10.92 |
| 4 MEDEIROS, Joao Francisco | 08 | Juventude Atlantico | 3:09.08 |
| 5 NOBREGA, Matias Sargo    | 08 | Naval do Funchal    | 3:10.74 |
| 6 CORREIA, Joao Luis       | 08 | Juventude Atlantico | 3:40.00 |

S rie 2 de 2, 8:34

|                                |    |                      |         |
|--------------------------------|----|----------------------|---------|
| 1 CASTRO, Marco Antonio        | 08 | Naval do Funchal     | 3:04.21 |
| 2 RODRIGUES, Guilherme Gomes   | 08 | Desportivo Sao Roque | 3:00.00 |
| 3 STEFLEA, Andre Sergio        | 06 | Desportivo Sao Roque | 2:53.87 |
| 4 COSTA, Guilherme Corte       | 07 | Desportivo Nacional  | 2:44.27 |
| 5 MIRANDA, Francisco Guilherme | 08 | Naval do Funchal     | 2:53.40 |
| 6 PENSO, Miguel Reigada        | 07 | Escola O Liceu       | 2:55.22 |
| 7 JARDIM, Rodrigo Vieira       | 08 | Naval do Funchal     | 3:03.38 |
| 8 FERNANDEZ, Henrique Justino  | 08 | Juventude Atlantico  | 3:05.00 |

Prova 6 Femin., 200m Estilos Absoluto  
Startlist  
10/07/2021 - 8:38

|                           |         |                        |      |         |            |
|---------------------------|---------|------------------------|------|---------|------------|
| Recorde Regional Absoluto | 2:18.16 | QUINTAL, Fabiana Maria | CDN  | Tomar   | 13/12/2008 |
| Recorde Regional Sen      | 2:18.16 | QUINTAL, Fabiana Maria | CDN  | Tomar   | 13/12/2008 |
| Recorde Regional Jun17    | 2:25.85 | ROSA, Beatriz Jong     | CDWT | Funchal | 06/05/2017 |
| Recorde Regional Jun16    | 2:26.86 | ROSA, Beatriz Jong     | CDN  | Funchal | 13/05/2016 |
| Recorde Regional Juv A    | 2:28.06 | ROSA, Beatriz Jong     | CDN  | Funchal | 09/05/2015 |
| Recorde Regional Juv B    | 2:30.06 | COSTA, Maria Jardim    | CDN  | Funchal | 08/03/2020 |
| Recorde Regional Inf A    | 2:31.77 | CAIRES, Joana Costa    | CNF  | Sines   | 12/03/2011 |
| Recorde Regional Inf B    | 2:38.90 | LOPES, Joana Cristina  | CNF  | Funchal | 01/01/1992 |

TAC INFANTIS Inf B: 3:08.87; Inf A: 2:58.80 / TAC OPEN Juv B: 2:36.40; Juv A: 2:32.89; Jun16: 2:28.04; Jun17: 2:25.27;  
Sen: 2:23.38

Ano

S rie 1 de 2, 8:38

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 3 NOBREGA, Sara Francisca  | 08 | Desportivo Sao Roque | 3:47.99 |
| 4 TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional  | 3:22.82 |
| 5 ALVES, Francisca Pereira | 09 | Juventude Atlantico  | 3:36.90 |

Prova 6, Femin., 200m Estilos

S rie 2 de 2, 8:42

|   |                           |    |                     |         |
|---|---------------------------|----|---------------------|---------|
| 1 | SILVA, Carolina Pestana   | 08 | Naval do Funchal    | 3:16.92 |
| 2 | MELIM, Sara Beatriz       | 09 | Desportivo Nacional | 3:05.88 |
| 3 | PEREIRA, Maria Clara      | 08 | Juventude Atlantico | 2:58.80 |
| 4 | ALVES, Juliana Rodrigues  | 08 | Desportivo Nacional | 2:55.46 |
| 5 | GOMES, Sofia Vega         | 08 | Naval do Funchal    | 2:57.42 |
| 6 | MATEUS, Eleine Vieira     | 09 | Desportivo Nacional | 3:03.68 |
| 7 | SA, Vanessa Fernandes     | 09 | Naval do Funchal    | 3:08.06 |
| 8 | FREITAS, Francisca Leonor | 09 | Naval do Funchal    | 3:20.70 |

Prova 7

Masc., 50m Livres

Absoluto  
Startlist

10/07/2021 - 8:46

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

TAC OPEN Juv B: 23.88; Juv A: 23.88; Jun17: 25.25; Jun18: 23.88; Sen: 23.42

Ano

S rie 1 de 3, 8:46

|   |                         |    |                      |       |
|---|-------------------------|----|----------------------|-------|
| 3 | QUADRADO, Luis Miguel   | 08 | Juventude Atlantico  | 46.78 |
| 4 | CRO, Nuno Afonso        | 06 | Desportivo Sao Roque | 42.43 |
| 5 | ANTUNES, Frederico Luis | 08 | Juventude Atlantico  | 42.77 |

S rie 2 de 3, 8:47

|   |                        |    |                      |       |
|---|------------------------|----|----------------------|-------|
| 2 | DRUMOND, Pedro Afonso  | 07 | Desportiva Galomar   | 35.45 |
| 3 | BARBOSA, Joao Camacho  | 07 | Desportivo Nacional  | 34.78 |
| 4 | MENDES, Juan Diego     | 05 | Desportivo Nacional  | 33.91 |
| 5 | GOUVEIA, Martim Jose   | 07 | Desportivo Sao Roque | 34.25 |
| 6 | GOMES, Guilherme Silva | 08 | Desportiva Galomar   | 35.00 |
| 7 | DINIS, Fernando Jose   | 02 | Desportivo Sao Roque | 35.65 |

S rie 3 de 3, 8:48

|   |                               |    |                      |       |
|---|-------------------------------|----|----------------------|-------|
| 1 | ARAUJO, Danilo Joao           | 92 | Desportivo Nacional  | 33.20 |
| 2 | SMIRNOV, Dmytro               | 07 | Desportivo Sao Roque | 31.34 |
| 3 | FREITAS, Bernardo Vasconcelos | 05 | Ludens Machico       | 31.00 |
| 4 | ALVES, Tiago Pires            | 05 | Juventude Atlantico  | 27.50 |
| 5 | KOVAL, Igor                   | 03 | Desportivo Nacional  | 30.11 |
| 6 | CARVALHO, Simao Duarte        | 07 | Ludens Machico       | 31.00 |
| 7 | OLIVEIRA, Afonso Miguel       | 07 | Juventude Atlantico  | 32.08 |
| 8 | JESUS, David Martins          | 07 | Desportivo Sao Roque | 33.51 |

Prova 8 Femin., 50m Livres Absoluto  
Startlist

10/07/2021 - 8:49

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

TAC OPEN Juv B: 27.55; Juv A: 27.55; Jun16: 28.77; Jun17: 27.55; Sen: 27.12

Ano

S rie 1 de 2, 8:49

|                            |    |                      |       |
|----------------------------|----|----------------------|-------|
| 1 RODRIGUES, Ines Costa    | 07 | Desportivo Nacional  | 44.17 |
| 2 NICOLAU, Matilde Olival  | 07 | Ludens Machico       | 39.62 |
| 3 LIMA, Rafaela Camara     | 07 | Desportivo Nacional  | 38.19 |
| 4 MARQUES, Bruna Francisca | 08 | Desportivo Sao Roque | 37.56 |
| 5 ANDRADE, Maria Beatriz   | 05 | Desportivo Nacional  | 37.69 |
| 6 BLANDY, Mischa Blue      | 04 | Juventude Atlantico  | 39.52 |
| 7 ARTIGAS, Valeria Aguiar  | 07 | Naval do Funchal     | 42.29 |
| 8 JESUS, Veronica Martins  | 06 | Desportivo Sao Roque | 44.20 |

S rie 2 de 2, 8:50

|                           |    |                      |       |
|---------------------------|----|----------------------|-------|
| 1 NOBREGA, Maria Trindade | 05 | Desportivo Nacional  | 35.19 |
| 2 SILVA, Gabriela Suamade | 02 | Desportivo Sao Roque | 33.43 |
| 3 PEREIRA, Joana Marques  | 06 | Juventude Atlantico  | 31.00 |
| 4 GONCALVES, Vera Andrade | 09 | Juventude Atlantico  | 29.30 |
| 5 RODRIGUES, Laura Sofia  | 07 | Juventude Atlantico  | 31.00 |
| 6 FRANCA, Ines Matos      | 07 | Juventude Atlantico  | 31.76 |
| 7 GOUVEIA, Mariana Alves  | 03 | Ludens Machico       | 34.70 |
| 8 MARGARIDO, Paula Aguiar | 09 | Juventude Atlantico  | 37.00 |

Prova 9 Masc., 200m Bru os Absoluto  
Startlist

10/07/2021 - 8:51

|                           |         |                        |     |                       |            |
|---------------------------|---------|------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:17.57 | SILVA, Tomas Antonio   | CNF | Felgueiras            | 22/12/2018 |
| Recorde Regional Sen      | 2:19.23 | FIGUEIRA, Andre Temtem | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18    | 2:17.57 | SILVA, Tomas Antonio   | CNF | Felgueiras            | 22/12/2018 |
| Recorde Regional Jun17    | 2:22.69 | SILVA, Tomas Antonio   | CNF | Funchal               | 10/06/2018 |
| Recorde Regional Juv A    | 2:23.49 | ALVES, Paulo Rodrigues | CDN | Funchal               | 08/08/2020 |
| Recorde Regional Juv B    | 2:23.33 | ALVES, Paulo Rodrigues | CDN | Funchal               | 13/07/2019 |
| Recorde Regional Inf A    | 2:29.20 | ALVES, Paulo Rodrigues | CDN | Funchal               | 01/08/2018 |
| Recorde Regional Inf B    | 2:37.57 | FREITAS, Tomas Miguel  | CDN | Funchal               | 13/07/2003 |

TAC INFANTIS Inf B: 3:11.96; Inf A: 3:03.00 / TAC OPEN Juv B: 2:42.20; Juv A: 2:35.28; Jun17: 2:28.72; Jun18: 2:24.78; Sen: 2:21.84

Ano

S rie 1 de 1, 8:51

|                                 |    |                     |         |
|---------------------------------|----|---------------------|---------|
| 1 MARTINS, Tomas Rodrigo        | 07 | Desportivo Nacional | 3:54.79 |
| 2 CORREIA, Joao Luis            | 08 | Juventude Atlantico | 3:45.00 |
| 3 FREITAS, Bernardo Vasconcelos | 05 | Ludens Machico      | 3:25.00 |
| 4 ARAUJO, Joao Caldeira         | 07 | Naval do Funchal    | 3:07.66 |
| 5 CARVALHO, Simao Duarte        | 07 | Ludens Machico      | 3:25.00 |
| 6 NUNES, Henrique Dias          | 07 | Desportivo Nacional | 3:29.34 |
| 7 CARVALHO, Joaquim Eduardo     | 07 | Naval do Funchal    | 3:45.05 |

Prova 10 Femin., 200m Bru os Absoluto  
10/07/2021 - 8:56 Startlist

|                           |         |                        |      |           |            |
|---------------------------|---------|------------------------|------|-----------|------------|
| Recorde Regional Absoluto | 2:32.35 | QUINTAL, Fabiana Maria | CDN  | Guimaraes | 06/12/2008 |
| Recorde Regional Sen      | 2:32.35 | QUINTAL, Fabiana Maria | CDN  | Guimaraes | 06/12/2008 |
| Recorde Regional Jun17    | 2:40.38 | MARQUES, Mariana Sousa | CNF  | Funchal   | 16/07/2005 |
| Recorde Regional Jun16    | 2:38.79 | ABREU, Laura Catarina  | CDN  | Funchal   | 08/07/2016 |
| Recorde Regional Juv A    | 2:41.54 | ABREU, Laura Catarina  | CDN  | Funchal   | 11/07/2015 |
| Recorde Regional Juv B    | 2:43.10 | ABREU, Laura Catarina  | CDN  | Tomar     | 14/12/2013 |
| Recorde Regional Inf A    | 2:47.89 | ABREU, Laura Catarina  | CDN  | Funchal   | 06/04/2003 |
| Recorde Regional Inf B    | 2:56.77 | RODRIGUES, Laura Sofia | JACL | Funchal   | 08/06/2019 |

TAC INFANTIS Inf B: 3:30.01; Inf A: 3:17.83 / TAC OPEN Juv B: 2:55.01; Juv A: 2:50.82; Jun16: 2:46.07; Jun17: 2:43.46;  
Sen: 2:40.92

Ano

S rie 1 de 1, 8:56

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 2 SILVA, Mara Goncalves    | 09 | Juventude Atlantico | 4:10.09 |
| 3 SOUSA, Leonor Rocha      | 09 | Juventude Atlantico | 3:40.00 |
| 4 SOARES, Leonor Silva     | 08 | Desportivo Nacional | 3:22.13 |
| 5 BAPTISTA, Ines Sande     | 08 | Desportivo Nacional | 3:22.97 |
| 6 TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional | 3:41.14 |

Prova 11 Masc., 100m Mariposa Absoluto  
10/07/2021 - 9:10 Startlist

|                           |         |                          |     |                       |            |
|---------------------------|---------|--------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 55.09   | SEQUEIRA, Afonso Meneses | CNF | Funchal               | 10/12/2016 |
| Recorde Regional Sen      | 55.34   | FRANCO, Joao Fragueiro   | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18    | 55.09   | SEQUEIRA, Afonso Meneses | CNF | Funchal               | 10/12/2016 |
| Recorde Regional Jun17    | 56.11   | SEQUEIRA, Afonso Meneses | CNF | Porto                 | 12/12/2015 |
| Recorde Regional Juv A    | 58.04   | SEQUEIRA, Afonso Meneses | CNF | Leiria                | 13/12/2014 |
| Recorde Regional Juv B    | 58.96   | VARGAS, Henrique Luis    | CNF | Funchal               | 24/07/2013 |
| Recorde Regional Inf A    | 1:01.59 | CAIRES, Nuno Costa       | CNF | Funchal               | 12/07/2008 |
| Recorde Regional Inf B    | 1:04.84 | CASTRO, Joao Cruz        | CSM | Funchal               | 24/07/2013 |

TAC INFANTIS Inf B: 1:17.01; Inf A: 1:12.35 / TAC OPEN Juv B: 1:04.21; Juv A: 1:01.45; Jun17: 58.61; Jun18: 56.94; Sen: 56.33

Ano

S rie 1 de 2, 9:10

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 3 JARDIM, Lourenco Almeida | 08 | Desportivo Nacional | 1:32.45 |
| 4 CASTRO, Marco Antonio    | 08 | Naval do Funchal    | 1:28.03 |
| 5 VIEIRA, Luis Henrique    | 07 | Desportivo Nacional | 1:31.37 |
| 6 JESUS, Vasco Franca      | 08 | Naval do Funchal    | 1:40.10 |

S rie 2 de 2, 9:12

|                              |    |                      |         |
|------------------------------|----|----------------------|---------|
| 1 KOVAL, Igor                | 03 | Desportivo Nacional  | 1:16.13 |
| 2 TEMES, Joao Caires         | 06 | Juventude Atlantico  | 1:14.28 |
| 3 FERNANDES, Afonso Berimbau | 07 | Juventude Atlantico  | 1:12.35 |
| 4 ALMEIDA, Joao Francisco    | 07 | Naval do Funchal     | 1:10.63 |
| 5 PEREIRA, Lucas Santos      | 07 | Naval do Funchal     | 1:12.22 |
| 6 COSTA, Guilherme Corte     | 07 | Desportivo Nacional  | 1:13.56 |
| 7 RIBEIRO, Telmo Drumond     | 07 | Naval do Funchal     | 1:15.90 |
| 8 RODRIGUES, Guilherme Gomes | 08 | Desportivo Sao Roque | 1:20.00 |

Prova 12 Femin., 100m Mariposa Absoluto  
10/07/2021 - 9:14 Startlist

|                           |         |                       |     |                       |            |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 1:03.45 | OLIM, Carlota Freitas | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen      | 1:03.70 | ROSA, Beatriz Jong    | CDN | Porto                 | 09/12/2017 |
| Recorde Regional Jun17    | 1:03.45 | OLIM, Carlota Freitas | CNF | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun16    | 1:04.75 | ROSA, Beatriz Jong    | CDN | Porto                 | 12/12/2015 |
| Recorde Regional Juv A    | 1:05.15 | ROSA, Beatriz Jong    | CDN | Funchal               | 11/07/2015 |
| Recorde Regional Juv B    | 1:07.65 | ROSA, Beatriz Jong    | CDN | Tomar                 | 15/12/2013 |
| Recorde Regional Inf A    | 1:09.65 | ROSA, Beatriz Jong    | CDN | Funchal               | 24/07/2013 |
| Recorde Regional Inf B    | 1:11.10 | LOPES, Joana Cristina | CNF | Funchal               | 18/07/1992 |

TAC INFANTIS Inf B: 1:25.71; Inf A: 1:19.62 / TAC OPEN Juv B: 1:12.23; Juv A: 1:09.58; Jun16: 1:08.22; Jun17: 1:05.30;  
Sen: 1:04.10

Ano

S rie 1 de 2, 9:14

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 3 ALVES, Francisca Pereira | 09 | Juventude Atlantico | 1:45.97 |
| 4 PEREIRA, Julia Freitas   | 08 | Naval do Funchal    | 1:39.87 |
| 5 SA, Vanessa Fernandes    | 09 | Naval do Funchal    | 1:43.66 |

S rie 2 de 2, 9:16

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 2 MELIM, Sara Beatriz      | 09 | Desportivo Nacional | 1:31.90 |
| 3 BAPTISTA, Ines Sande     | 08 | Desportivo Nacional | 1:23.20 |
| 4 ANDRADE, Matilde Sousa   | 08 | Naval do Funchal    | 1:14.40 |
| 5 CARICHAS, Joana Medeiros | 06 | Juventude Atlantico | 1:17.31 |
| 6 MATEUS, Eleine Vieira    | 09 | Desportivo Nacional | 1:29.59 |
| 7 MARGARIDO, Paula Aguiar  | 09 | Juventude Atlantico | 1:37.00 |

Prova 13 Masc., 50m Costas Absoluto  
10/07/2021 - 9:18 Startlist

|                           |       |                        |      |         |            |
|---------------------------|-------|------------------------|------|---------|------------|
| Recorde Regional Absoluto | 26.31 | FERNANDES, Joao Manuel | CNF  | Leiria  | 15/12/2019 |
| Recorde Regional Sen      | 26.31 | FERNANDES, Joao Manuel | CNF  | Leiria  | 15/12/2019 |
| Recorde Regional Jun18    | 26.38 | CASTRO, Joao Cruz      | CDSR | Porto   | 09/12/2017 |
| Recorde Regional Jun17    | 26.83 | FERNANDES, Rui Afonso  | CDN  | Funchal | 18/07/2020 |
| Recorde Regional Juv A    | 27.26 | CASTRO, Joao Cruz      | CDSR | Funchal | 17/06/2016 |
| Recorde Regional Juv B    | 28.67 | FERNANDES, Rui Afonso  | CDN  | Funchal | 26/03/2018 |
| Recorde Regional Inf A    | 30.10 | BRITO, Goncalo         | CNF  | Funchal | 23/07/2002 |
| Recorde Regional Inf B    | 32.18 | SOUZA, Pedro Afonso    | CDN  | Funchal | 27/07/2016 |

TAC OPEN Juv B: 27.22; Juv A: 27.22; Jun17: 28.55; Jun18: 27.22; Sen: 26.62

Ano

S rie 1 de 1, 9:18

|                           |    |                      |       |
|---------------------------|----|----------------------|-------|
| 1 CRO, Nuno Afonso        | 06 | Desportivo Sao Roque | 49.64 |
| 2 MENDES, Juan Diego      | 05 | Desportivo Nacional  | 44.01 |
| 3 GOMES, Guilherme Silva  | 08 | Desportiva Galomar   | 42.47 |
| 4 SMIRNOV, Dmytro         | 07 | Desportivo Sao Roque | 35.77 |
| 5 STEFLEA, Andre Sergio   | 06 | Desportivo Sao Roque | 39.98 |
| 6 OLIVEIRA, Afonso Miguel | 07 | Juventude Atlantico  | 43.98 |
| 7 BARBOSA, Joao Camacho   | 07 | Desportivo Nacional  | 45.73 |
| 8 QUADRADO, Luis Miguel   | 08 | Juventude Atlantico  | 59.41 |

Prova 14 Femin., 50m Costas Absoluto  
10/07/2021 - 9:20 Startlist

|                           |       |                        |     |         |            |
|---------------------------|-------|------------------------|-----|---------|------------|
| Recorde Regional Absoluto | 30.46 | QUINTAL, Fabiana Maria | CDN | Funchal | 22/11/2009 |
| Recorde Regional Sen      | 30.46 | QUINTAL, Fabiana Maria | CDN | Funchal | 22/11/2009 |
| Recorde Regional Jun17    | 31.07 | AGUILAR, Vera Ines     | CDN | Funchal | 10/12/2016 |
| Recorde Regional Jun16    | 30.71 | AGUILAR, Vera Ines     | CDN | Funchal | 18/12/2015 |
| Recorde Regional Juv A    | 31.50 | AGUILAR, Vera Ines     | CDN | Funchal | 18/10/2014 |
| Recorde Regional Juv B    | 31.80 | AGUILAR, Vera Ines     | CDN | Funchal | 13/03/2014 |
| Recorde Regional Inf A    | 33.35 | AGUILAR, Vera Ines     | CDN | Funchal | 07/06/2013 |
| Recorde Regional Inf B    | 33.99 | FERREIRA, Maria Leonor | CDN | Funchal | 08/07/2016 |

TAC OPEN Juv B: 31.25; Juv A: 31.25; Jun16: 31.69; Jun17: 31.25; Sen: 30.93

Ano

S rie 1 de 2, 9:20

|                            |    |                      |       |
|----------------------------|----|----------------------|-------|
| 1 SILVA, Mara Goncalves    | 09 | Juventude Atlantico  | 59.98 |
| 2 RODRIGUES, Ines Costa    | 07 | Desportivo Nacional  | 50.30 |
| 3 BLANDY, Mischa Blue      | 04 | Juventude Atlantico  | 47.76 |
| 4 MARQUES, Bruna Francisca | 08 | Desportivo Sao Roque | 46.22 |
| 5 NICOLAU, Matilde Olival  | 07 | Ludens Machico       | 47.74 |
| 6 LIMA, Rafaela Camara     | 07 | Desportivo Nacional  | 48.00 |
| 7 JESUS, Veronica Martins  | 06 | Desportivo Sao Roque | 53.56 |

S rie 2 de 2, 9:21

|                           |    |                      |       |
|---------------------------|----|----------------------|-------|
| 1 ANDRADE, Maria Beatriz  | 05 | Desportivo Nacional  | 44.60 |
| 2 NOBREGA, Maria Trindade | 05 | Desportivo Nacional  | 43.20 |
| 3 FRANCA, Ines Matos      | 07 | Juventude Atlantico  | 38.00 |
| 4 GONCALVES, Vera Andrade | 09 | Juventude Atlantico  | 33.99 |
| 5 RODRIGUES, Laura Sofia  | 07 | Juventude Atlantico  | 34.00 |
| 6 SILVA, Gabriela Suamade | 02 | Desportivo Sao Roque | 41.20 |
| 7 GOUVEIA, Mariana Alves  | 03 | Ludens Machico       | 43.96 |
| 8 NOBREGA, Sara Francisca | 08 | Desportivo Sao Roque | 45.49 |

Prova 15 Masc., 400m Livres Absoluto  
10/07/2021 - 9:22 Startlist

|                           |         |                         |      |                       |            |
|---------------------------|---------|-------------------------|------|-----------------------|------------|
| Recorde Regional Absoluto | 3:50.96 | FRANCO, Paulo Fragueiro | CDN  | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen      | 3:50.96 | FRANCO, Paulo Fragueiro | CDN  | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18    | 3:57.10 | CASTRO, Joao Cruz       | CDSR | Porto                 | 09/12/2017 |
| Recorde Regional Jun17    | 3:57.38 | CASTRO, Joao Cruz       | CDSR | Funchal               | 26/07/2017 |
| Recorde Regional Juv A    | 4:05.44 | CASTRO, Joao Cruz       | CDSR | Penteada              | 09/07/2016 |
| Recorde Regional Juv B    | 4:11.24 | FREITAS, Tomas Miguel   | CDN  | Funchal               | 25/06/2005 |
| Recorde Regional Inf A    | 4:17.08 | FREITAS, Tomas Miguel   | CDN  | Funchal               | 10/07/2004 |
| Recorde Regional Inf B    | 4:27.04 | FREITAS, Tomas Miguel   | CDN  | Funchal               | 12/07/2003 |

TAC INFANTIS Inf B: 5:31.38; Inf A: 5:13.39 / TAC OPEN Juv B: 4:27.96; Juv A: 4:21.64; Jun17: 4:10.09; Jun18: 4:04.87; Sen: 4:00.66

Ano

S rie 1 de 2, 9:22

|                           |    |                      |         |
|---------------------------|----|----------------------|---------|
| 3 ANTUNES, Frederico Luis | 08 | Juventude Atlantico  | 7:17.72 |
| 4 DINIS, Fernando Jose    | 02 | Desportivo Sao Roque | 6:36.64 |
| 5 MARTINS, Tomas Rodrigo  | 07 | Desportivo Nacional  | 7:15.10 |
| 6 BARATA, Joao Tomas      | 08 | Juventude Atlantico  | 7:23.91 |



Prova 15, Masc., 400m Livres

Série 2 de 2, 9:30

|   |                             |    |                      |         |
|---|-----------------------------|----|----------------------|---------|
| 1 | MEDEIROS, Joao Francisco    | 08 | Juventude Atlantico  | 5:59.06 |
| 2 | BARRADAS, Rafael Alves      | 08 | Escola O Liceu       | 5:36.38 |
| 3 | JESUS, David Martins        | 07 | Desportivo Sao Roque | 5:30.00 |
| 4 | FERNANDES, Afonso Berimbau  | 07 | Juventude Atlantico  | 5:15.00 |
| 5 | PENSO, Miguel Reigada       | 07 | Escola O Liceu       | 5:23.39 |
| 6 | FERNANDEZ, Henrique Justino | 08 | Juventude Atlantico  | 5:35.00 |
| 7 | NUNES, Duarte Costa         | 07 | Juventude Atlantico  | 5:40.09 |
| 8 | GOUVEIA, Martim Jose        | 07 | Desportivo Sao Roque | 6:03.22 |

Prova 16

Femin., 400m Livres

Absoluto  
Startlist

10/07/2021 - 9:37

|                           |         |                       |     |            |            |
|---------------------------|---------|-----------------------|-----|------------|------------|
| Recorde Regional Absoluto | 4:31.74 | ANDRADE, Rubina Amaro | CDN | Braga      | 05/03/1994 |
| Recorde Regional Sen      | 4:35.08 | MELIM, Claudia Ramos  | CDN | Funchal    | 06/07/2002 |
| Recorde Regional Jun17    | 4:32.13 | ANDRADE, Rubina Amaro | CDN | Felgueiras | 13/07/1996 |
| Recorde Regional Jun16    | 4:31.80 | ANDRADE, Rubina Amaro | CDN | Funchal    | 14/07/1995 |
| Recorde Regional Juv A    | 4:31.74 | ANDRADE, Rubina Amaro | CDN | Braga      | 05/03/1994 |
| Recorde Regional Juv B    | 4:35.00 | ANDRADE, Rubina Amaro | CDN | Funchal    | 29/05/1993 |
| Recorde Regional Inf A    | 4:37.30 | ANDRADE, Rubina Amaro | CDN | Funchal    | 17/07/1992 |
| Recorde Regional Inf B    | 4:56.70 | ANDRADE, Rubina Amaro | CDN | Funchal    | 04/05/1991 |

TAC INFANTIS Inf B: 5:55.32; Inf A: 5:33.89 / TAC OPEN Juv B: 4:54.81; Juv A: 4:43.53; Jun16: 4:34.44; Jun17: 4:31.36;  
Sen: 4:26.04

Ano

Série 1 de 1, 9:37

|   |                          |    |                     |         |
|---|--------------------------|----|---------------------|---------|
| 3 | SOUSA, Leonor Rocha      | 09 | Juventude Atlantico | 6:10.20 |
| 4 | PEREIRA, Joana Marques   | 06 | Juventude Atlantico | 5:14.51 |
| 5 | ALVES, Juliana Rodrigues | 08 | Desportivo Nacional | 5:35.99 |

Prova 29 Masc., 200m Livres Absoluto  
10/07/2021 - 15:30 Startlist

|                           |         |                       |      |                 |            |
|---------------------------|---------|-----------------------|------|-----------------|------------|
| Recorde Regional Absoluto | 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 |
| Recorde Regional Juv A    | 1:54.07 | CASTRO, Joao Cruz     | CDSR | Funchal         | 28/07/2016 |
| Recorde Regional Juv B    | 1:55.77 | CASTRO, Joao Cruz     | CDSR | Funchal         | 10/07/2015 |
| Recorde Regional Inf A    | 1:59.62 | FERNANDES, Joao Vitor | CSM  | Funchal         | 09/07/2014 |
| Recorde Regional Inf B    | 2:07.17 | FREITAS, Tomas Miguel | CDN  | Funchal         | 19/07/2003 |

TAC INFANTIS Inf B: 2:36.18; Inf A: 2:27.01 / TAC OPEN Juv B: 2:05.23; Juv A: 2:02.36; Jun17: 1:57.10; Jun18: 1:54.37;  
Sen: 1:52.78

Ano

S rie 1 de 3, 15:30

|                             |    |                      |         |
|-----------------------------|----|----------------------|---------|
| 1 BERENGUER, Santiago Moura | 07 | Juventude Atlantico  | 3:52.65 |
| 2 ANTUNES, Frederico Luis   | 08 | Juventude Atlantico  | 3:30.92 |
| 3 MARTINS, Tomas Rodrigo    | 07 | Desportivo Nacional  | 3:19.54 |
| 4 VIEIRA, Luis Henrique     | 07 | Desportivo Nacional  | 3:05.96 |
| 5 CRO, Nuno Afonso          | 06 | Desportivo Sao Roque | 3:18.02 |
| 6 CORREIA, Joao Luis        | 08 | Juventude Atlantico  | 3:19.92 |
| 7 BARATA, Joao Tomas        | 08 | Juventude Atlantico  | 3:37.17 |
| 8 SILVA, Francisco Pita     | 08 | Juventude Atlantico  | 4:00.00 |

S rie 2 de 3, 15:34

|                              |    |                      |         |
|------------------------------|----|----------------------|---------|
| 1 PERESTRELO, Pedro Antonio  | 96 | Desportiva Machico   | 3:00.00 |
| 2 JARDIM, Lourenco Almeida   | 08 | Desportivo Nacional  | 2:53.69 |
| 3 CARVALHO, Joaquim Eduardo  | 07 | Naval do Funchal     | 2:51.62 |
| 4 KOVAL, Igor                | 03 | Desportivo Nacional  | 2:49.15 |
| 5 FREITAS, Eduardo Luis      | 99 | Desportiva Machico   | 2:50.00 |
| 6 BARBOSA, Joao Camacho      | 07 | Desportivo Nacional  | 2:52.69 |
| 7 DINIS, Fernando Jose       | 02 | Desportivo Sao Roque | 2:58.56 |
| 8 VIVEIROS, Pedro Perestrelo | 06 | Desportiva Machico   | 3:00.00 |

S rie 3 de 3, 15:38

|                               |    |                      |         |
|-------------------------------|----|----------------------|---------|
| 1 MENDES, Juan Diego          | 05 | Desportivo Nacional  | 2:43.84 |
| 2 NUNES, Duarte Costa         | 07 | Juventude Atlantico  | 2:40.70 |
| 3 RIBEIRO, Telmo Drumond      | 07 | Naval do Funchal     | 2:28.11 |
| 4 PEREIRA, Lucas Santos       | 07 | Naval do Funchal     | 2:19.45 |
| 5 FERNANDES, Afonso Berimbau  | 07 | Juventude Atlantico  | 2:27.00 |
| 6 FERNANDEZ, Henrique Justino | 08 | Juventude Atlantico  | 2:35.00 |
| 7 CASTRO, Marco Antonio       | 08 | Naval do Funchal     | 2:40.70 |
| 8 JESUS, David Martins        | 07 | Desportivo Sao Roque | 2:45.60 |

Prova 30 Femin., 200m Livres Absoluto  
10/07/2021 - 15:41 Startlist

|                           |         |                        |      |         |            |
|---------------------------|---------|------------------------|------|---------|------------|
| Recorde Regional Absoluto | 2:07.77 | QUINTAL, Fabiana Maria | CDN  | Funchal | 22/11/2009 |
| Recorde Regional Sen      | 2:07.77 | QUINTAL, Fabiana Maria | CDN  | Funchal | 22/11/2009 |
| Recorde Regional Jun17    | 2:10.62 | ABREU, Laura Catarina  | CDWT | Funchal | 19/11/2016 |
| Recorde Regional Jun16    | 2:09.59 | AGUILAR, Vera Ines     | CDN  | Funchal | 29/07/2016 |
| Recorde Regional Juv A    | 2:09.23 | ABREU, Laura Catarina  | CDN  | Funchal | 10/07/2015 |
| Recorde Regional Juv B    | 2:11.89 | ANDRADE, Rubina Amaro  | CDN  | Alg s   | 26/02/1993 |
| Recorde Regional Inf A    | 2:14.71 | CAIRES, Joana Costa    | CNF  | Sines   | 13/03/2011 |
| Recorde Regional Inf B    | 2:23.45 | ABREU, Laura Catarina  | CDN  | Funchal | 13/07/2012 |

TAC INFANTIS Inf B: 2:51.35; Inf A: 2:38.27 / TAC OPEN Juv B: 2:19.44; Juv A: 2:15.08; Jun16: 2:11.10; Jun17: 2:08.24; Sen: 2:07.00

Ano

S rie 1 de 2, 15:41

|                          |    |                     |         |
|--------------------------|----|---------------------|---------|
| 3 CARVALHO, Laura Jardim | 09 | Juventude Atlantico | 4:38.65 |
| 4 SILVA, Mara Goncalves  | 09 | Juventude Atlantico | 3:50.84 |
| 5 MENDES, Lidia Pinto    | 09 | Juventude Atlantico | 4:01.99 |

S rie 2 de 2, 15:46

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 1 FREITAS, Filipa Carolina | 09 | Desportiva Machico   | 3:30.00 |
| 2 NOBREGA, Sara Francisca  | 08 | Desportivo Sao Roque | 3:23.06 |
| 3 ALVES, Juliana Rodrigues | 08 | Desportivo Nacional  | 2:43.20 |
| 4 PEREIRA, Joana Marques   | 06 | Juventude Atlantico  | 2:30.15 |
| 5 SILVA, Gabriela Suamade  | 02 | Desportivo Sao Roque | 2:41.00 |
| 6 MARGARIDO, Paula Aguiar  | 09 | Juventude Atlantico  | 2:48.00 |
| 7 CARVALHO, Beatriz Xavier | 09 | Desportiva Machico   | 3:30.00 |
| 8 ERRA, Juliana Franco     | 03 | Desportiva Machico   | 3:30.00 |

Prova 31 Masc., 50m Bru os Absoluto  
10/07/2021 - 15:50 Startlist

|                           |       |                           |      |         |            |
|---------------------------|-------|---------------------------|------|---------|------------|
| Recorde Regional Absoluto | 28.85 | MARQUES, Miguel Freitas   | CEOL | Funchal | 26/03/2018 |
| Recorde Regional Sen      | 28.85 | MARQUES, Miguel Freitas   | CEOL | Funchal | 26/03/2018 |
| Recorde Regional Jun18    | 29.26 | FIGUEIRA, Andre Temtem    | CNF  | Funchal | 12/07/2009 |
| Recorde Regional Jun17    | 30.31 | FERNANDES, Martim Pestana | CNF  | Funchal | 09/05/2021 |
| Recorde Regional Juv A    | 31.17 | DEUS, Andre Portugal      | CNF  | Funchal | 26/03/2018 |
| Recorde Regional Juv B    | 31.51 | ALVES, Paulo Rodrigues    | CDN  | Funchal | 18/05/2019 |
| Recorde Regional Inf A    | 32.93 | ALVES, Paulo Rodrigues    | CDN  | Funchal | 31/07/2018 |
| Recorde Regional Inf B    | 34.34 | FREITAS, Tomas Miguel     | CDN  | Funchal | 19/07/2003 |

TAC OPEN Juv B: 30.36; Juv A: 30.36; Jun17: 32.56; Jun18: 30.36; Sen: 29.79

Ano

S rie 1 de 1, 15:50

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 2 QUADRADO, Luis Miguel    | 08 | Juventude Atlantico | 1:08.50 |
| 3 MEDEIROS, Joao Francisco | 08 | Juventude Atlantico | 45.00   |
| 4 OLIVEIRA, Afonso Miguel  | 07 | Juventude Atlantico | 40.00   |
| 5 GOMES, Guilherme Silva   | 08 | Desportiva Galomar  | 43.05   |
| 6 DRUMOND, Pedro Afonso    | 07 | Desportiva Galomar  | 49.58   |

| Prova 32  |       | Femin., 50m Bruços     |      |         | Absoluto   |
|---|-------|------------------------|------|---------|------------|
| 10/07/2021 - 15:52  |       |                        |      |         | Startlist  |
| Recorde Regional Absoluto   | 33.10 | QUINTAL, Fabiana Maria | CDN  | Guarda  | 12/12/2010 |
| Recorde Regional Sen  | 33.10 | QUINTAL, Fabiana Maria | CDN  | Guarda  | 12/12/2010 |
| Recorde Regional Jun17  | 34.07 | ABREU, Laura Catarina  | CDWT | Funchal | 11/12/2016 |
| Recorde Regional Jun16  | 33.71 | ABREU, Laura Catarina  | CDN  | Porto   | 13/12/2015 |
| Recorde Regional Juv A  | 34.46 | ABREU, Laura Catarina  | CDN  | Funchal | 09/07/2015 |
| Recorde Regional Juv B  | 34.57 | ABREU, Laura Catarina  | CDN  | Funchal | 15/03/2014 |
| Recorde Regional Inf A  | 35.44 | ABREU, Laura Catarina  | CDN  | Funchal | 05/04/2013 |
| Recorde Regional Inf B  | 37.72 | RODRIGUES, Laura Sofia | JACL | Funchal | 12/07/2019 |
| TAC OPEN Juv B: 35.27; Juv A: 35.27; Jun16: 36.20; Jun17: 35.27; Sen: 34.60 |       |                        |      |         |            |

Ano

Série 1 de 1, 15:52

|   |                          |    |                      |       |
|---|--------------------------|----|----------------------|-------|
| 1 | MARQUES, Bruna Francisca | 08 | Desportivo Sao Roque | 59.09 |
| 2 | CARVALHO, Beatriz Xavier | 09 | Desportiva Machico   | 55.00 |
| 3 | BLANDY, Mischa Blue      | 04 | Juventude Atlantico  | 53.34 |
| 4 | RODRIGUES, Laura Sofia   | 07 | Juventude Atlantico  | 36.50 |
| 5 | ANDRADE, Maria Beatriz   | 05 | Desportivo Nacional  | 47.15 |
| 6 | FREITAS, Filipa Carolina | 09 | Desportiva Machico   | 55.00 |
| 7 | JESUS, Veronica Martins  | 06 | Desportivo Sao Roque | 59.00 |

| Prova 33  |         | Masc., 100m Costas     |     |         | Absoluto   |
|---|---------|------------------------|-----|---------|------------|
| 10/07/2021 - 15:53  |         |                        |     |         | Startlist  |
| Recorde Regional Absoluto   | 57.39   | FERNANDES, Rui Afonso  | CDN | Leiria  | 14/12/2019 |
| Recorde Regional Sen  | 57.93   | PINTO, Luis Marques    | CDN | Funchal | 09/05/2009 |
| Recorde Regional Jun18  | 57.43   | FERNANDES, Joao Manuel | CNF | Porto   | 20/12/2014 |
| Recorde Regional Jun17  | 57.39   | FERNANDES, Rui Afonso  | CDN | Leiria  | 14/12/2019 |
| Recorde Regional Juv A  | 59.07   | FERNANDES, Rui Afonso  | CDN | Tomar   | 14/12/2018 |
| Recorde Regional Juv B  | 1:00.51 | FERNANDES, Rui Afonso  | CDN | Funchal | 26/03/2018 |
| Recorde Regional Inf A  | 1:03.46 | FERNANDES, Rui Afonso  | CDN | Funchal | 27/07/2017 |
| Recorde Regional Inf B  | 1:06.87 | CAMACHO, Afonso Caires | CNF | Sines   | 07/04/2017 |
| TAC INFANTIS Inf B: 1:20.06; Inf A: 1:15.30 / TAC OPEN Juv B: 1:05.23; Juv A: 1:01.94; Jun17: 1:00.23; Jun18: 58.43; Sen: 57.21 |         |                        |     |         |            |

Ano

Série 1 de 2, 15:53

|   |                        |    |                      |         |
|---|------------------------|----|----------------------|---------|
| 3 | BARATA, Joao Tomas     | 08 | Juventude Atlantico  | 1:56.36 |
| 4 | JARDIM, Rodrigo Vieira | 08 | Naval do Funchal     | 1:31.48 |
| 5 | GOUVEIA, Martim Jose   | 07 | Desportivo Sao Roque | 1:35.06 |

Série 2 de 2, 15:55

|   |                       |    |                     |         |
|---|-----------------------|----|---------------------|---------|
| 2 | PENSO, Miguel Reigada | 07 | Escola O Liceu      | 1:25.30 |
| 3 | JESUS, Vasco Franca   | 08 | Naval do Funchal    | 1:20.09 |
| 4 | NEVES, Tiago Brazao   | 07 | Naval do Funchal    | 1:07.37 |
| 5 | ARAUJO, Joao Caldeira | 07 | Naval do Funchal    | 1:16.17 |
| 6 | NUNES, Henrique Dias  | 07 | Desportivo Nacional | 1:25.23 |
| 7 | NOBREGA, Matias Sargo | 08 | Naval do Funchal    | 1:29.96 |

Prova 34 Femin., 100m Costas Absoluto  
Startlist  
10/07/2021 - 15:57

|                           |         |                        |      |         |            |
|---------------------------|---------|------------------------|------|---------|------------|
| Recorde Regional Absoluto | 1:05.05 | QUINTAL, Fabiana Maria | CDN  | Funchal | 12/07/2009 |
| Recorde Regional Sen      | 1:05.05 | QUINTAL, Fabiana Maria | CDN  | Funchal | 12/07/2009 |
| Recorde Regional Jun17    | 1:06.59 | ROSA, Beatriz Jong     | CDWT | Funchal | 11/12/2016 |
| Recorde Regional Jun16    | 1:05.65 | ROSA, Beatriz Jong     | CDN  | Funchal | 05/03/2016 |
| Recorde Regional Juv A    | 1:07.64 | ROSA, Beatriz Jong     | CDN  | Funchal | 09/05/2015 |
| Recorde Regional Juv A    | 1:07.64 | AGUILAR, Vera Ines     | CDN  | Funchal | 11/07/2015 |
| Recorde Regional Juv B    | 1:08.35 | AGUILAR, Vera Ines     | CDN  | Funchal | 10/04/2014 |
| Recorde Regional Inf A    | 1:10.41 | COSTA, Maria Jardim    | CDN  | Funchal | 08/06/2019 |
| Recorde Regional Inf B    | 1:13.20 | LOPES, Joana Cristina  | CNF  | Funchal | 15/02/1992 |

TAC INFANTIS Inf B: 1:26.42; Inf A: 1:21.64 / TAC OPEN Juv B: 1:12.36; Juv A: 1:10.06; Jun16: 1:09.32; Jun17: 1:06.64;  
Sen: 1:06.03

Ano

Série 1 de 2, 15:57

|                             |    |                     |         |
|-----------------------------|----|---------------------|---------|
| 1 ROMAO, Laura Beatriz      | 09 | Naval do Funchal    | 1:55.05 |
| 2 FREITAS, Francisca Leonor | 09 | Naval do Funchal    | 1:39.06 |
| 3 NOBREGA, Maria Trindade   | 05 | Desportivo Nacional | 1:35.36 |
| 4 FREITAS, Viviana Maria    | 03 | Desportiva Machico  | 1:28.00 |
| 5 SA, Vanessa Fernandes     | 09 | Naval do Funchal    | 1:30.01 |
| 6 ALVES, Francisca Pereira  | 09 | Juventude Atlantico | 1:37.18 |
| 7 RINCU, Alexandra          | 07 | Naval do Funchal    | 1:49.90 |

Série 2 de 2, 16:00

|                           |    |                     |         |
|---------------------------|----|---------------------|---------|
| 1 PEREIRA, Maria Clara    | 08 | Juventude Atlantico | 1:22.00 |
| 2 GOMES, Sofia Vega       | 08 | Naval do Funchal    | 1:21.78 |
| 3 PEREIRA, Julia Freitas  | 08 | Naval do Funchal    | 1:19.70 |
| 4 GONCALVES, Vera Andrade | 09 | Juventude Atlantico | 1:13.20 |
| 5 FRANCA, Ines Matos      | 07 | Juventude Atlantico | 1:19.65 |
| 6 BAPTISTA, Ines Sande    | 08 | Desportivo Nacional | 1:21.70 |
| 7 SILVA, Carolina Pestana | 08 | Naval do Funchal    | 1:21.81 |
| 8 SOARES, Leonor Silva    | 08 | Desportivo Nacional | 1:24.15 |

Prova 35 Masc., 200m Mariposa Absoluto  
Startlist  
10/07/2021 - 16:12

|                           |         |                         |     |                       |            |
|---------------------------|---------|-------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:00.44 | FRANCO, Paulo Fragueiro | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen      | 2:00.44 | FRANCO, Paulo Fragueiro | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18    | 2:01.97 | GOUVEIA, Pedro Galvao   | CDN | Funchal               | 11/12/2016 |
| Recorde Regional Jun17    | 2:03.86 | GOUVEIA, Pedro Galvao   | CDN | Funchal               | 17/06/2016 |
| Recorde Regional Juv A    | 2:07.43 | GOUVEIA, Luis Galvao    | CDN | Funchal               | 08/05/2021 |
| Recorde Regional Juv B    | 2:09.52 | GOUVEIA, Luis Galvao    | CDN | Funchal               | 08/08/2020 |
| Recorde Regional Inf A    | 2:12.42 | FREITAS, Tomas Miguel   | CDN | Funchal               | 11/07/2004 |
| Recorde Regional Inf B    | 2:21.67 | FREITAS, Tomas Miguel   | CDN | Funchal               | 28/06/2003 |

TAC INFANTIS Inf B: 2:52.61; Inf A: 2:42.65 / TAC OPEN Juv B: 2:25.72; Juv A: 2:19.79; Jun17: 2:12.65; Jun18: 2:08.55;  
Sen: 2:06.06

Ano

Série 1 de 1, 16:12

|                                |    |                      |         |
|--------------------------------|----|----------------------|---------|
| 1 MIRANDA, Francisco Guilherme | 08 | Naval do Funchal     | 3:30.00 |
| 2 STEFLEA, Andre Sergio        | 06 | Desportivo Sao Roque | 3:15.00 |
| 3 OLIVEIRA, Afonso Miguel      | 07 | Juventude Atlantico  | 3:01.50 |
| 4 ALMEIDA, Joao Francisco      | 07 | Naval do Funchal     | 2:36.61 |
| 5 COSTA, Guilherme Corte       | 07 | Desportivo Nacional  | 2:49.97 |
| 6 RODRIGUES, Guilherme Gomes   | 08 | Desportivo Sao Roque | 3:15.00 |
| 7 TEMES, Joao Caires           | 06 | Juventude Atlantico  | 3:17.87 |

Prova 36 Femin., 200m Mariposa Absoluto  
10/07/2021 - 16:16 Startlist

|                           |         |                        |      |              |            |
|---------------------------|---------|------------------------|------|--------------|------------|
| Recorde Regional Absoluto | 2:21.15 | ROSA, Beatriz Jong     | CDN  | Porto        | 10/12/2017 |
| Recorde Regional Sen      | 2:21.15 | ROSA, Beatriz Jong     | CDN  | Porto        | 10/12/2017 |
| Recorde Regional Jun17    | 2:25.69 | ROSA, Beatriz Jong     | CDWT | Torres Novas | 21/01/2017 |
| Recorde Regional Jun16    | 2:25.16 | ROSA, Beatriz Jong     | CDN  | Porto        | 11/12/2015 |
| Recorde Regional Juv A    | 2:25.61 | ROSA, Beatriz Jong     | CDN  | Funchal      | 12/07/2015 |
| Recorde Regional Juv B    | 2:29.28 | CERDAS, Sara Rodrigues | CNF  | Braga        | 22/03/2003 |
| Recorde Regional Inf A    | 2:32.56 | CERDAS, Sara Rodrigues | CNF  | Rio Maior    | 06/07/2002 |
| Recorde Regional Inf B    | 2:45.26 | VICTOR, Joana Isabel   | CDN  | Funchal      | 12/07/2003 |

TAC INFANTIS Inf B: 3:10.03; Inf A: 2:57.32 / TAC OPEN Juv B: 2:42.30; Juv A: 2:35.60; Jun16: 2:30.12; Jun17: 2:26.15;  
Sen: 2:22.23

Ano

Série 1 de 1, 16:16

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 3 MELIM, Sara Beatriz      | 09 | Desportivo Nacional | 3:20.63 |
| 4 CARICHAS, Joana Medeiros | 06 | Juventude Atlantico | 3:06.10 |
| 5 ANDRADE, Matilde Sousa   | 08 | Naval do Funchal    | 3:19.17 |
| 6 MATEUS, Eleine Vieira    | 09 | Desportivo Nacional | 3:30.00 |

Prova 37 Masc., 100m Estilos Absoluto  
10/07/2021 - 16:20 Startlist

|                           |         |                         |      |            |            |
|---------------------------|---------|-------------------------|------|------------|------------|
| Recorde Regional Absoluto | 57.76   | MARQUES, Miguel Freitas | JACL | Funchal    | 29/07/2016 |
| Recorde Regional Sen      | 57.76   | MARQUES, Miguel Freitas | JACL | Funchal    | 29/07/2016 |
| Recorde Regional Jun18    | 58.92   | SILVA, Tomas Antonio    | CNF  | Felgueiras | 23/12/2018 |
| Recorde Regional Jun17    | 1:00.04 | SILVA, Tomas Antonio    | CNF  | Funchal    | 26/03/2018 |
| Recorde Regional Juv A    | 1:00.15 | ALVES, Paulo Rodrigues  | CDN  | Funchal    | 08/08/2020 |
| Recorde Regional Juv B    | 1:03.82 | FREITAS, Tomas Miguel   | CDN  | Funchal    | 23/03/2005 |
| Recorde Regional Inf A    | 1:03.32 | BARRY, Rafael Francisco | CNF  | Funchal    | 31/07/2018 |
| Recorde Regional Inf B    | 1:06.89 | FREITAS, Tomas Miguel   | CDN  | Funchal    | 19/07/2003 |

Ano

Série 1 de 2, 16:20

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 1 ANTUNES, Frederico Luis  | 08 | Juventude Atlantico  | 1:54.34 |
| 2 MARTINS, Tomas Rodrigo   | 07 | Desportivo Nacional  | 1:44.69 |
| 3 CORREIA, Joao Luis       | 08 | Juventude Atlantico  | 1:42.00 |
| 4 VIEIRA, Luis Henrique    | 07 | Desportivo Nacional  | 1:40.13 |
| 5 JARDIM, Lourenco Almeida | 08 | Desportivo Nacional  | 1:41.43 |
| 6 DINIS, Fernando Jose     | 02 | Desportivo Sao Roque | 1:42.26 |
| 7 SILVA, Francisco Pita    | 08 | Juventude Atlantico  | 1:45.00 |
| 8 QUADRADO, Luis Miguel    | 08 | Juventude Atlantico  | 2:10.00 |

Série 2 de 2, 16:22

|                              |    |                      |         |
|------------------------------|----|----------------------|---------|
| 1 BERENGUER, Santiago Moura  | 07 | Juventude Atlantico  | 1:37.80 |
| 2 KOVAL, Igor                | 03 | Desportivo Nacional  | 1:32.27 |
| 3 GOUVEIA, Martim Jose       | 07 | Desportivo Sao Roque | 1:27.46 |
| 4 MEDEIROS, Joao Francisco   | 08 | Juventude Atlantico  | 1:25.00 |
| 5 VIVEIROS, Pedro Perestrelo | 06 | Desportiva Machico   | 1:25.00 |
| 6 MENDES, Juan Diego         | 05 | Desportivo Nacional  | 1:30.12 |
| 7 BARBOSA, Joao Camacho      | 07 | Desportivo Nacional  | 1:37.58 |
| 8 NUNES, Henrique Dias       | 07 | Desportivo Nacional  | 1:39.36 |

| Prova 38                  | Femin., 100m Estilos |                         |     |          | Absoluto   |
|---------------------------|----------------------|-------------------------|-----|----------|------------|
| 10/07/2021 - 16:24        |                      |                         |     |          | Startlist  |
| Recorde Regional Absoluto | 1:05.01              | QUINTAL, Fabiana Maria  | CDN | Leiria   | 06/12/2009 |
| Recorde Regional Sen      | 1:05.01              | QUINTAL, Fabiana Maria  | CDN | Leiria   | 06/12/2009 |
| Recorde Regional Jun17    | 1:10.03              | SOUSA, Susana Margarida | CFU | M. Campo | 13/03/1994 |
| Recorde Regional Jun16    | 1:08.36              | ABREU, Laura Catarina   | CDN | Funchal  | 14/11/2015 |
| Recorde Regional Juv A    | 1:09.02              | ROSA, Beatriz Jong      | CDN | Funchal  | 13/06/2015 |
| Recorde Regional Juv B    | 1:12.34              | CERDAS, Sara Rodrigues  | CNF | Funchal  | 04/04/2003 |
| Recorde Regional Inf A    | 1:13.40              | CORREIA, Marta Corte    | CNF | Funchal  | 20/04/1997 |
| Recorde Regional Inf B    | 1:16.47              | FERREIRA, Maria Leonor  | CDN | Funchal  | 29/07/2016 |

Ano

S rie 1 de 3, 16:24

|                          |    |                     |         |
|--------------------------|----|---------------------|---------|
| 3 MENDES, Lidia Pinto    | 09 | Juventude Atlantico | 2:15.09 |
| 4 ANDRADE, Maria Beatriz | 05 | Desportivo Nacional | 2:00.19 |
| 5 SILVA, Mara Goncalves  | 09 | Juventude Atlantico | 2:09.07 |

S rie 2 de 3, 16:27

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 1 MARQUES, Bruna Francisca | 08 | Desportivo Sao Roque | 2:00.00 |
| 2 NOBREGA, Sara Francisca  | 08 | Desportivo Sao Roque | 1:47.10 |
| 3 TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional  | 1:40.08 |
| 4 NOBREGA, Maria Trindade  | 05 | Desportivo Nacional  | 1:38.32 |
| 5 SOARES, Leonor Silva     | 08 | Desportivo Nacional  | 1:38.53 |
| 6 BLANDY, Mischa Blue      | 04 | Juventude Atlantico  | 1:46.35 |
| 7 CARVALHO, Laura Jardim   | 09 | Juventude Atlantico  | 1:52.00 |

S rie 3 de 3, 16:29

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 1 ALVES, Juliana Rodrigues | 08 | Desportivo Nacional  | 1:28.69 |
| 2 BAPTISTA, Ines Sande     | 08 | Desportivo Nacional  | 1:26.93 |
| 3 FRANCA, Ines Matos       | 07 | Juventude Atlantico  | 1:21.78 |
| 4 RODRIGUES, Laura Sofia   | 07 | Juventude Atlantico  | 1:12.68 |
| 5 GONCALVES, Vera Andrade  | 09 | Juventude Atlantico  | 1:19.00 |
| 6 SILVA, Gabriela Suamade  | 02 | Desportivo Sao Roque | 1:26.33 |
| 7 MARGARIDO, Paula Aguiar  | 09 | Juventude Atlantico  | 1:27.00 |
| 8 ALVES, Francisca Pereira | 09 | Juventude Atlantico  | 1:35.00 |

Prova 50 Masc., 200m Costas Absoluto  
11/07/2021 - 8:30 Startlist

|                           |         |                       |     |                       |            |
|---------------------------|---------|-----------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 2:02.37 | MELIM, Oscar Ramos    | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen      | 2:02.37 | MELIM, Oscar Ramos    | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun18    | 2:06.22 | MELIM, Oscar Ramos    | CDN | Funchal               | 10/07/2004 |
| Recorde Regional Jun17    | 2:03.83 | FERNANDES, Rui Afonso | CDN | Funchal               | 25/07/2020 |
| Recorde Regional Juv A    | 2:06.54 | FERNANDES, Rui Afonso | CDN | Tomar                 | 15/12/2018 |
| Recorde Regional Juv B    | 2:08.37 | FERNANDES, Rui Afonso | CDN | Funchal               | 01/08/2018 |
| Recorde Regional Inf A    | 2:17.56 | FREITAS, Tomas Miguel | CDN | Funchal               | 25/06/2004 |
| Recorde Regional Inf B    | 2:23.91 | FREITAS, Tomas Miguel | CDN | Funchal               | 28/06/2003 |

TAC INFANTIS Inf B: 2:53.73; Inf A: 2:43.30 / TAC OPEN Juv B: 2:21.79; Juv A: 2:15.31; Jun17: 2:11.05; Jun18: 2:08.96;  
Sen: 2:06.11

Ano

Série 1 de 1, 8:30

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 1 MEDEIROS, Joao Francisco | 08 | Juventude Atlantico  | 3:35.00 |
| 2 GOUVEIA, Martim Jose     | 07 | Desportivo Sao Roque | 3:15.39 |
| 3 STEFLEA, Andre Sergio    | 06 | Desportivo Sao Roque | 3:02.03 |
| 4 NEVES, Tiago Brazao      | 07 | Naval do Funchal     | 2:30.56 |
| 5 PENSO, Miguel Reigada    | 07 | Escola O Liceu       | 2:53.30 |
| 6 JARDIM, Lourenco Almeida | 08 | Desportivo Nacional  | 3:11.17 |
| 7 VIEIRA, Luis Henrique    | 07 | Desportivo Nacional  | 3:27.71 |
| 8 BARATA, Joao Tomas       | 08 | Juventude Atlantico  | 3:49.00 |

Prova 51 Femin., 200m Costas Absoluto  
11/07/2021 - 8:34 Startlist

|                           |         |                          |     |         |            |
|---------------------------|---------|--------------------------|-----|---------|------------|
| Recorde Regional Absoluto | 2:21.09 | QUINTAL, Fabiana Maria   | CDN | Silves  | 22/12/2007 |
| Recorde Regional Sen      | 2:21.09 | QUINTAL, Fabiana Maria   | CDN | Silves  | 22/12/2007 |
| Recorde Regional Jun17    | 2:23.46 | QUINTAL, Fabiana Maria   | CDN | Funchal | 03/02/2001 |
| Recorde Regional Jun16    | 2:24.93 | FERREIRA, Maria Leonor   | CDN | Funchal | 07/03/2020 |
| Recorde Regional Juv A    | 2:24.92 | ROSA, Beatriz Jong       | CDN | Funchal | 10/07/2015 |
| Recorde Regional Juv B    | 2:26.17 | COSTA, Maria Jardim      | CDN | Funchal | 07/03/2020 |
| Recorde Regional Inf A    | 2:33.29 | COSTA, Maria Jardim      | CDN | Funchal | 08/06/2019 |
| Recorde Regional Inf B    | 2:40.09 | REIS, Constantina Isabel | CDN | Funchal | 12/07/1996 |

TAC INFANTIS Inf B: 3:06.68; Inf A: 2:56.87 / TAC OPEN Juv B: 2:37.01; Juv A: 2:30.56; Jun16: 2:27.76; Jun17: 2:25.51;  
Sen: 2:23.08

Ano

Série 1 de 1, 8:34

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 1 JESUS, Ligia Maria       | 08 | Escola O Liceu      | 3:25.00 |
| 2 SOARES, Leonor Silva     | 08 | Desportivo Nacional | 2:58.38 |
| 3 GONCALVES, Vera Andrade  | 09 | Juventude Atlantico | 2:40.09 |
| 4 RODRIGUES, Laura Sofia   | 07 | Juventude Atlantico | 2:39.97 |
| 5 CARICHAS, Joana Medeiros | 06 | Juventude Atlantico | 2:40.02 |
| 6 GOMES, Sofia Vega        | 08 | Naval do Funchal    | 2:51.62 |
| 7 ALVES, Francisca Pereira | 09 | Juventude Atlantico | 3:08.00 |



Prova 52 Masc., 50m Mariposa Absoluto  
Startlist  
11/07/2021 - 8:38

|                           |       |                          |      |         |            |
|---------------------------|-------|--------------------------|------|---------|------------|
| Recorde Regional Absoluto | 24.91 | MARQUES, Miguel Freitas  | CEOL | Funchal | 26/03/2018 |
| Recorde Regional Sen      | 24.91 | MARQUES, Miguel Freitas  | CEOL | Funchal | 26/03/2018 |
| Recorde Regional Jun18    | 25.13 | SEQUEIRA, Afonso Meneses | CNF  | Funchal | 09/12/2016 |
| Recorde Regional Jun17    | 25.56 | SEQUEIRA, Afonso Meneses | CNF  | Porto   | 13/12/2015 |
| Recorde Regional Juv A    | 26.20 | CASTRO, Joao Cruz        | CDSR | Funchal | 09/07/2016 |
| Recorde Regional Juv B    | 27.07 | VARGAS, Henrique Luis    | CNF  | Funchal | 24/07/2013 |
| Recorde Regional Inf A    | 28.39 | BARRY, Rafael Francisco  | CNF  | Funchal | 01/08/2018 |
| Recorde Regional Inf B    | 29.59 | SOUSA, Pedro Afonso      | CDN  | Funchal | 09/07/2016 |

TAC OPEN Juv B: 25.61; Juv A: 25.61; Jun17: 26.73; Jun18: 25.61; Sen: 25.25

Ano

S rie 1 de 1, 8:38

|                              |    |                      |       |
|------------------------------|----|----------------------|-------|
| 1 BARBOSA, Joao Camacho      | 07 | Desportivo Nacional  | 46.18 |
| 2 MENDES, Juan Diego         | 05 | Desportivo Nacional  | 38.47 |
| 3 TEMES, Joao Caires         | 06 | Juventude Atlantico  | 33.66 |
| 4 OLIVEIRA, Afonso Miguel    | 07 | Juventude Atlantico  | 30.00 |
| 5 KOVAL, Igor                | 03 | Desportivo Nacional  | 32.51 |
| 6 FERNANDES, Afonso Berimbau | 07 | Juventude Atlantico  | 34.31 |
| 7 JESUS, David Martins       | 07 | Desportivo Sao Roque | 38.66 |

Prova 53 Femin., 50m Mariposa Absoluto  
Startlist  
11/07/2021 - 8:39

|                           |       |                          |     |            |            |
|---------------------------|-------|--------------------------|-----|------------|------------|
| Recorde Regional Absoluto | 28.39 | BOULHOSA, Carolina Abreu | CNF | Funchal    | 09/12/2016 |
| Recorde Regional Sen      | 28.91 | OLIM, Carlota Freitas    | CNF | Funchal    | 22/03/2012 |
| Recorde Regional Sen      | 28.91 | GOMES, Susana Clara      | CNF | Felgueiras | 22/12/2013 |
| Recorde Regional Jun17    | 29.28 | OLIM, Carlota Freitas    | CNF | Funchal    | 24/10/2009 |
| Recorde Regional Jun16    | 28.39 | BOULHOSA, Carolina Abreu | CNF | Funchal    | 09/12/2016 |
| Recorde Regional Juv A    | 29.26 | BOULHOSA, Carolina Abreu | CNF | Funchal    | 29/07/2016 |
| Recorde Regional Juv B    | 30.23 | ROSA, Beatriz Jong       | CDN | Funchal    | 13/03/2014 |
| Recorde Regional Inf A    | 32.11 | ROSA, Beatriz Jong       | CDN | Funchal    | 24/07/2013 |
| Recorde Regional Inf B    | 32.20 | LOPES, Joana Cristina    | CNF | Funchal    | 01/01/1992 |

TAC OPEN Juv B: 29.75; Juv A: 29.75; Jun16: 30.95; Jun17: 29.75; Sen: 29.30

Ano

S rie 1 de 1, 8:39

|                            |    |                      |       |
|----------------------------|----|----------------------|-------|
| 1 MARQUES, Bruna Francisca | 08 | Desportivo Sao Roque | 53.32 |
| 2 BLANDY, Mischa Blue      | 04 | Juventude Atlantico  | 47.43 |
| 3 NOBREGA, Maria Trindade  | 05 | Desportivo Nacional  | 42.73 |
| 4 SILVA, Gabriela Suamade  | 02 | Desportivo Sao Roque | 39.16 |
| 5 SOUSA, Leonor Rocha      | 09 | Juventude Atlantico  | 42.00 |
| 6 ANDRADE, Maria Beatriz   | 05 | Desportivo Nacional  | 43.49 |
| 7 NOBREGA, Sara Francisca  | 08 | Desportivo Sao Roque | 48.68 |
| 8 RODRIGUES, Ines Costa    | 07 | Desportivo Nacional  | 59.32 |

Prova 54 Masc., 100m Bruços Absoluto  
Startlist  
11/07/2021 - 8:41

|                           |         |                           |     |                       |            |
|---------------------------|---------|---------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 1:03.47 | FIGUEIRA, Andre Temtem    | CNF | Funchal               | 11/07/2009 |
| Recorde Regional Sen      | 1:04.47 | MOURA, Vitor Diogo        | CDN | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18    | 1:03.47 | FIGUEIRA, Andre Temtem    | CNF | Funchal               | 11/07/2009 |
| Recorde Regional Jun17    | 1:04.77 | FERNANDES, Martim Pestana | CNF | Funchal               | 09/05/2021 |
| Recorde Regional Juv A    | 1:05.91 | ALVES, Paulo Rodrigues    | CDN | Funchal               | 08/08/2020 |
| Recorde Regional Juv B    | 1:06.23 | ALVES, Paulo Rodrigues    | CDN | Funchal               | 18/05/2019 |
| Recorde Regional Inf A    | 1:09.94 | ALVES, Paulo Rodrigues    | CDN | Funchal               | 31/07/2018 |
| Recorde Regional Inf B    | 1:11.63 | FREITAS, Tomas Miguel     | CDN | Funchal               | 19/07/2003 |

TAC INFANTIS Inf B: 1:29.49; Inf A: 1:24.17 / TAC OPEN Juv B: 1:13.69; Juv A: 1:10.92; Jun17: 1:08.68; Jun18: 1:05.85;  
Sen: 1:04.47

Ano

Série 1 de 2, 8:41

|                           |    |                     |         |
|---------------------------|----|---------------------|---------|
| 3 QUADRADO, Luis Miguel   | 08 | Juventude Atlantico | 2:34.86 |
| 4 SILVA, Francisco Pita   | 08 | Juventude Atlantico | 2:10.00 |
| 5 ANTUNES, Frederico Luis | 08 | Juventude Atlantico | 2:18.50 |

Série 2 de 2, 8:44

|                             |    |                      |         |
|-----------------------------|----|----------------------|---------|
| 1 MARTINS, Tomas Rodrigo    | 07 | Desportivo Nacional  | 1:51.31 |
| 2 DINIS, Fernando Jose      | 02 | Desportivo Sao Roque | 1:46.76 |
| 3 NUNES, Henrique Dias      | 07 | Desportivo Nacional  | 1:37.34 |
| 4 ARAUJO, Joao Caldeira     | 07 | Naval do Funchal     | 1:25.45 |
| 5 BARRADAS, Rafael Alves    | 08 | Escola O Liceu       | 1:31.49 |
| 6 JARDIM, Rodrigo Vieira    | 08 | Naval do Funchal     | 1:39.48 |
| 7 CORREIA, Joao Luis        | 08 | Juventude Atlantico  | 1:48.76 |
| 8 BERENQUER, Santiago Moura | 07 | Juventude Atlantico  | 1:58.03 |

Prova 55 Femin., 100m Bruços Absoluto  
Startlist  
11/07/2021 - 8:46

|                           |         |                        |      |         |            |
|---------------------------|---------|------------------------|------|---------|------------|
| Recorde Regional Absoluto | 1:10.92 | QUINTAL, Fabiana Maria | CDN  | Guarda  | 11/12/2010 |
| Recorde Regional Sen      | 1:10.92 | QUINTAL, Fabiana Maria | CDN  | Guarda  | 11/12/2010 |
| Recorde Regional Jun17    | 1:14.11 | ABREU, Laura Catarina  | CDWT | Funchal | 09/12/2016 |
| Recorde Regional Jun16    | 1:14.28 | ABREU, Laura Catarina  | CDN  | Porto   | 12/12/2015 |
| Recorde Regional Juv A    | 1:13.75 | ABREU, Laura Catarina  | CDN  | Funchal | 09/07/2015 |
| Recorde Regional Juv B    | 1:13.68 | ABREU, Laura Catarina  | CDN  | Tomar   | 15/12/2013 |
| Recorde Regional Inf A    | 1:17.24 | ABREU, Laura Catarina  | CDN  | Funchal | 24/07/2013 |
| Recorde Regional Inf B    | 1:21.89 | RODRIGUES, Laura Sofia | JACL | Funchal | 12/07/2019 |

TAC INFANTIS Inf B: 1:37.81; Inf A: 1:31.87 / TAC OPEN Juv B: 1:21.18; Juv A: 1:19.00; Jun16: 1:17.56; Jun17: 1:15.90;  
Sen: 1:14.39

Ano

Série 1 de 1, 8:46

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 1 MENDES, Lidia Pinto      | 09 | Juventude Atlantico | 2:16.52 |
| 2 SILVA, Mara Goncalves    | 09 | Juventude Atlantico | 1:55.94 |
| 3 MARGARIDO, Paula Aguiar  | 09 | Juventude Atlantico | 1:38.56 |
| 4 RODRIGUES, Laura Sofia   | 07 | Juventude Atlantico | 1:17.72 |
| 5 SOARES, Leonor Silva     | 08 | Desportivo Nacional | 1:36.50 |
| 6 TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional | 1:42.47 |
| 7 ROMAO, Laura Beatriz     | 09 | Naval do Funchal    | 2:11.26 |
| 8 CARVALHO, Laura Jardim   | 09 | Juventude Atlantico | 2:42.03 |

Prova 56 Masc., 400m Estilos Absoluto  
Startlist  
11/07/2021 - 8:59

|                           |         |                         |     |            |            |
|---------------------------|---------|-------------------------|-----|------------|------------|
| Recorde Regional Absoluto | 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    | 4:38.48 | ALVES, Paulo Rodrigues  | CDN | Leiria     | 15/12/2019 |
| 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 |

TAC OPEN Juv B: 5:04.63; Juv A: 4:56.65; Jun17: 4:41.06; Jun18: 4:39.62; Sen: 4:33.15

Ano

S rie 1 de 1, 8:59

|                           |    |                     |         |
|---------------------------|----|---------------------|---------|
| 4 OLIVEIRA, Afonso Miguel | 07 | Juventude Atlantico | 5:45.00 |
| 5 COSTA, Guilherme Corte  | 07 | Desportivo Nacional | 6:06.45 |

Prova 57 Femin., 400m Estilos Absoluto  
Startlist  
11/07/2021 - 9:06

|                           |         |                            |     |         |            |
|---------------------------|---------|----------------------------|-----|---------|------------|
| Recorde Regional Absoluto | 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    | 5:20.63 | QUINTAL, Fabiana Maria     | CDN | Funchal | 01/03/2001 |
| Recorde Regional Jun16    | 5:14.13 | FERNANDES, Isabel Catarina | CNF | Funchal | 17/06/2006 |
| Recorde Regional Juv A    | 5:20.04 | FERREIRA, Maria Leonor     | CDN | Funchal | 13/07/2019 |
| Recorde Regional Juv B    | 5:19.80 | SOUSA, Susana Margarida    | CFU | Funchal | 27/06/1991 |
| 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 |

TAC OPEN Juv B: 5:31.04; Juv A: 5:21.75; Jun16: 5:15.10; Jun17: 5:09.74; Sen: 5:04.54

Ano

S rie 1 de 1, 9:06

|                            |    |                     |         |
|----------------------------|----|---------------------|---------|
| 1 MARGARIDO, Paula Aguiar  | 09 | Juventude Atlantico | 7:05.88 |
| 2 MELIM, Sara Beatriz      | 09 | Desportivo Nacional | 6:45.00 |
| 3 ALVES, Juliana Rodrigues | 08 | Desportivo Nacional | 6:17.27 |
| 4 ANDRADE, Matilde Sousa   | 08 | Naval do Funchal    | 6:06.78 |
| 5 CARICHAS, Joana Medeiros | 06 | Juventude Atlantico | 6:12.92 |
| 6 BAPTISTA, Ines Sande     | 08 | Desportivo Nacional | 6:29.45 |
| 7 MATEUS, Eleine Vieira    | 09 | Desportivo Nacional | 6:45.00 |

Prova 58 Masc., 100m Livres Absoluto  
11/07/2021 - 9:13 Startlist

|                           |       |                     |      |                       |            |
|---------------------------|-------|---------------------|------|-----------------------|------------|
| Recorde Regional Absoluto | 49.20 | PINTO, Luis Marques | CDN  | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Sen      | 49.20 | PINTO, Luis Marques | CDN  | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional Jun18    | 51.05 | CASTRO, Joao Cruz   | CDSR | Porto                 | 08/12/2017 |
| Recorde Regional Jun17    | 51.79 | CASTRO, Joao Cruz   | CDSR | Funchal               | 28/07/2017 |
| Recorde Regional Juv A    | 52.66 | CASTRO, Joao Cruz   | CDSR | Funchal               | 29/07/2016 |
| Recorde Regional Juv B    | 52.96 | CASTRO, Joao Cruz   | CDSR | Funchal               | 12/07/2015 |
| Recorde Regional Inf A    | 54.93 | CASTRO, Joao Cruz   | CSM  | Funchal               | 12/04/2014 |
| Recorde Regional Inf B    | 58.44 | CASTRO, Joao Cruz   | CSM  | Funchal               | 23/07/2013 |

TAC INFANTIS Inf B: 1:11.39; Inf A: 1:07.14 / TAC OPEN Juv B: 57.93; Juv A: 56.12; Jun17: 53.68; Jun18: 51.77; Sen: 50.97

Ano

S rie 1 de 4, 9:13

|                             |    |                     |         |
|-----------------------------|----|---------------------|---------|
| 2 QUADRADO, Luis Miguel     | 08 | Juventude Atlantico | 1:51.34 |
| 3 ANTUNES, Frederico Luis   | 08 | Juventude Atlantico | 1:34.85 |
| 4 MARTINS, Tomas Rodrigo    | 07 | Desportivo Nacional | 1:33.61 |
| 5 BARATA, Joao Tomas        | 08 | Juventude Atlantico | 1:34.33 |
| 6 BERENQUER, Santiago Moura | 07 | Juventude Atlantico | 1:40.72 |
| 7 SILVA, Francisco Pita     | 08 | Juventude Atlantico | 1:56.56 |

S rie 2 de 4, 9:16

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 1 CORREIA, Joao Luis       | 08 | Juventude Atlantico  | 1:27.08 |
| 2 NUNES, Henrique Dias     | 07 | Desportivo Nacional  | 1:22.25 |
| 3 JARDIM, Lourenco Almeida | 08 | Desportivo Nacional  | 1:20.59 |
| 4 BARBOSA, Joao Camacho    | 07 | Desportivo Nacional  | 1:18.66 |
| 5 GOUVEIA, Martim Jose     | 07 | Desportivo Sao Roque | 1:19.65 |
| 6 NOBREGA, Matias Sargo    | 08 | Naval do Funchal     | 1:21.02 |
| 7 VIEIRA, Luis Henrique    | 07 | Desportivo Nacional  | 1:23.70 |
| 8 CRO, Nuno Afonso         | 06 | Desportivo Sao Roque | 1:33.10 |

S rie 3 de 4, 9:18

|                               |    |                      |         |
|-------------------------------|----|----------------------|---------|
| 1 JESUS, David Martins        | 07 | Desportivo Sao Roque | 1:16.59 |
| 2 MENDES, Juan Diego          | 05 | Desportivo Nacional  | 1:13.86 |
| 3 MEDEIROS, Joao Francisco    | 08 | Juventude Atlantico  | 1:12.43 |
| 4 FERNANDES, Afonso Berimbau  | 07 | Juventude Atlantico  | 1:11.46 |
| 5 FERNANDEZ, Henrique Justino | 08 | Juventude Atlantico  | 1:12.00 |
| 6 NUNES, Duarte Costa         | 07 | Juventude Atlantico  | 1:12.50 |
| 7 CASTRO, Marco Antonio       | 08 | Naval do Funchal     | 1:15.34 |
| 8 CARVALHO, Joaquim Eduardo   | 07 | Naval do Funchal     | 1:17.78 |

S rie 4 de 4, 9:19

|                                |    |                      |         |
|--------------------------------|----|----------------------|---------|
| 1 KOVAL, Igor                  | 03 | Desportivo Nacional  | 1:10.13 |
| 2 JESUS, Vasco Franca          | 08 | Naval do Funchal     | 1:08.83 |
| 3 TEMES, Joao Caires           | 06 | Juventude Atlantico  | 1:05.70 |
| 4 ALMEIDA, Joao Francisco      | 07 | Naval do Funchal     | 1:00.65 |
| 5 PEREIRA, Lucas Santos        | 07 | Naval do Funchal     | 1:02.18 |
| 6 MIRANDA, Francisco Guilherme | 08 | Naval do Funchal     | 1:08.09 |
| 7 RIBEIRO, Telmo Drumond       | 07 | Naval do Funchal     | 1:09.28 |
| 8 STEFLEA, Andre Sergio        | 06 | Desportivo Sao Roque | 1:10.75 |

Prova 59 Femin., 100m Livres Absoluto  
11/07/2021 - 9:21 Startlist

|                           |         |                        |     |                       |            |
|---------------------------|---------|------------------------|-----|-----------------------|------------|
| Recorde Regional Absoluto | 57.97   | QUINTAL, Fabiana Maria | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Sen      | 57.97   | QUINTAL, Fabiana Maria | CDN | S. Antonio Cavaleiros | 20/12/2009 |
| Recorde Regional Jun17    | 59.96   | AGUILAR, Vera Ines     | CDN | Funchal               | 09/12/2016 |
| Recorde Regional Jun16    | 59.93   | ABREU, Laura Catarina  | CDN | Funchal               | 19/12/2015 |
| Recorde Regional Juv A    | 59.90   | ABREU, Laura Catarina  | CDN | Funchal               | 10/07/2015 |
| Recorde Regional Juv B    | 1:01.04 | AGUILAR, Vera Ines     | CDN | Funchal               | 12/04/2014 |
| Recorde Regional Inf A    | 1:02.04 | CAIRES, Joana Costa    | CNF | Sines                 | 12/03/2011 |
| Recorde Regional Inf B    | 1:05.20 | LOPES, Joana Cristina  | CNF | Funchal               | 10/05/1992 |

TAC INFANTIS Inf B: 1:17.88; Inf A: 1:13.03 / TAC OPEN Juv B: 1:04.37; Juv A: 1:02.57; Jun16: 1:00.36; Jun17: 59.41; Sen: 58.64

Ano

S rie 1 de 4, 9:21

|                          |    |                     |         |
|--------------------------|----|---------------------|---------|
| 3 CARVALHO, Laura Jardim | 09 | Juventude Atlantico | 2:01.00 |
| 4 SILVA, Mara Goncalves  | 09 | Juventude Atlantico | 1:42.12 |
| 5 MENDES, Lidia Pinto    | 09 | Juventude Atlantico | 1:55.08 |

S rie 2 de 4, 9:23

|                            |    |                      |         |
|----------------------------|----|----------------------|---------|
| 2 ROMAO, Laura Beatriz     | 09 | Naval do Funchal     | 1:35.41 |
| 3 RODRIGUES, Ines Costa    | 07 | Desportivo Nacional  | 1:33.75 |
| 4 BLANDY, Mischa Blue      | 04 | Juventude Atlantico  | 1:28.22 |
| 5 TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional  | 1:29.67 |
| 6 NOBREGA, Sara Francisca  | 08 | Desportivo Sao Roque | 1:34.39 |
| 7 JESUS, Veronica Martins  | 06 | Desportivo Sao Roque | 1:42.02 |

S rie 3 de 4, 9:25

|                             |    |                      |         |
|-----------------------------|----|----------------------|---------|
| 1 RINCU, Alexandra          | 07 | Naval do Funchal     | 1:26.90 |
| 2 FREITAS, Francisca Leonor | 09 | Naval do Funchal     | 1:24.78 |
| 3 SOUSA, Leonor Rocha       | 09 | Juventude Atlantico  | 1:21.28 |
| 4 SILVA, Carolina Pestana   | 08 | Naval do Funchal     | 1:19.56 |
| 5 NOBREGA, Maria Trindade   | 05 | Desportivo Nacional  | 1:20.72 |
| 6 MARQUES, Bruna Francisca  | 08 | Desportivo Sao Roque | 1:23.17 |
| 7 ALVES, Francisca Pereira  | 09 | Juventude Atlantico  | 1:26.29 |
| 8 ANDRADE, Maria Beatriz    | 05 | Desportivo Nacional  | 1:27.93 |

S rie 4 de 4, 9:27

|                           |    |                      |         |
|---------------------------|----|----------------------|---------|
| 1 JESUS, Ligia Maria      | 08 | Escola O Liceu       | 1:15.50 |
| 2 PEREIRA, Maria Clara    | 08 | Juventude Atlantico  | 1:13.00 |
| 3 FRANCA, Ines Matos      | 07 | Juventude Atlantico  | 1:11.00 |
| 4 GONCALVES, Vera Andrade | 09 | Juventude Atlantico  | 1:05.20 |
| 5 PEREIRA, Joana Marques  | 06 | Juventude Atlantico  | 1:09.21 |
| 6 PEREIRA, Julia Freitas  | 08 | Naval do Funchal     | 1:11.26 |
| 7 SILVA, Gabriela Suamade | 02 | Desportivo Sao Roque | 1:13.16 |
| 8 SA, Vanessa Fernandes   | 09 | Naval do Funchal     | 1:17.37 |