

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
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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 17 Masc., 200m Estilos Absoluto  
Startlist  
10/07/2021 - 11:15

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 1, 11:15

2 GONCALVES, Martim Luis	06	Desportivo Nacional	2:38.42
3 GOUVEIA, Luis Galvao	05	Desportivo Nacional	2:16.14
4 ALVES, Paulo Rodrigues	04	Desportivo Nacional	2:10.60
5 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	2:12.90
6 PAULOS, Joao Afonso	06	Naval do Funchal	2:26.70

Prova 18 Femin., 200m Estilos Absoluto  
Startlist  
10/07/2021 - 11:18

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 1, 11:18

2 DIAS, Julia Alves	06	Desportivo Nacional	2:38.71
3 SOUSA, Joana Francisca	04	Desportivo Sao Roque	2:32.27
4 COSTA, Maria Jardim	06	Desportivo Nacional	2:30.06
5 FERREIRA, Maria Leonor	04	Desportivo Nacional	2:30.38
6 CAMARA, Ines Cruz	07	Desportivo Nacional	2:37.65

Prova 19 Masc., 50m Livres Absoluto  
Startlist  
10/07/2021 - 11:21

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

Série 1 de 2, 11:21

3 SILVA, Afonso Mar	06	Naval do Funchal	28.98
4 GARANITO, Simao Silva	06	Naval do Funchal	28.20
5 MATOS, Rodrigo Vieira	03	Naval do Funchal	28.60

Série 2 de 2, 11:22

1 CAMACHO, Joao Simao	03	Desportivo Nacional	26.56
2 FERNANDES, Rui Afonso	03	Desportivo Nacional	25.26
3 FERNANDES, Diogo Henrique	04	Naval do Funchal	24.39
4 CASTRO, Joao Cruz	00	Escola O Liceu	23.64
5 FERNANDES, Joao Vitor	00	Escola O Liceu	24.14
6 CAMARA, Joao Vieira	97	Escola O Liceu	24.82
7 VOLOZHENIN, Alexandre	05	Naval do Funchal	26.08

Prova 20 Femin., 50m Livres Absoluto  
Startlist  
10/07/2021 - 11:23

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

Série 1 de 1, 11:23

2 CANADA, Maria Elvira	06	Desportivo Nacional	33.60
3 LUIS, Jessica Santos	00	Desportivo Sao Roque	30.21
4 OLIM, Carlota Freitas	93	Naval do Funchal	27.71
5 LECA, Natasha Maria	03	Desportivo Nacional	29.43
6 BAPTISTA, Constanca Ornelas	06	Naval do Funchal	32.79

Prova 21 Masc., 200m Bru os Absoluto  
Startlist  
10/07/2021 - 11:24

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, 11:24

1 ALVES, Pedro Miguel	06	Desportivo Nacional	2:53.35
2 SOUSA, Lourenco Quintas	05	Naval do Funchal	2:45.90
3 AGUILAR, Luis Santos	04	Desportivo Nacional	2:38.21
4 ALVES, Paulo Rodrigues	04	Desportivo Nacional	2:23.33
5 SILVA, Tony Stefano	05	Desportivo Nacional	2:35.68
6 VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	2:40.67
7 ALVES, Andre Camara	05	Desportivo Nacional	2:46.37

Prova 22 Femin., 200m Bru os Absoluto  
Startlist  
10/07/2021 - 11:27

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, 11:27

3 MATEUS, Clarisse Vieira	07	Desportivo Nacional	3:02.16
4 GONCALVES, Valentina Jose	07	Desportivo Nacional	2:51.46
5 DEUS, Ines Portugal	06	Naval do Funchal	2:55.17
6 FIGUEIRA, Madalena Leonor	07	Naval do Funchal	3:04.00

Prova 23 Masc., 100m Mariposa Absoluto  
Startlist  
10/07/2021 - 11:41

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

Série 1 de 2, 11:41

1 ALVES, Andre Camara	05	Desportivo Nacional	1:11.20
2 AGUILAR, Luis Santos	04	Desportivo Nacional	1:09.09
3 CAMACHO, Joao Simao	03	Desportivo Nacional	1:05.53
4 SILVA, Joao Luis	06	Escola O Liceu	1:04.12
5 FERRAZ, Luis Afonso	06	Naval do Funchal	1:04.77
6 ABREU, Joao Francisco	06	Naval do Funchal	1:08.34
7 SILVA, Tony Stefano	05	Desportivo Nacional	1:10.05

Série 2 de 2, 11:42

1 MATOS, Rodrigo Vieira	03	Naval do Funchal	1:01.55
2 GOMES, Goncalo Camara	03	Naval do Funchal	1:01.17
3 RODRIGUES, Joao Luis	05	Naval do Funchal	59.69
4 GOUVEIA, Luis Galvao	05	Desportivo Nacional	58.18
5 BARRY, Rafael Francisco	04	Naval do Funchal	59.56
6 DIAS, Andre Vicente	05	Desportivo Nacional	1:00.58
7 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	1:01.49
8 GONCALVES, Martim Luis	06	Desportivo Nacional	1:02.84

Prova 24 Femin., 100m Mariposa Absoluto  
Startlist  
10/07/2021 - 11:44

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

Série 1 de 1, 11:44

1 AVEIRO, Leonor Sofia	05	Naval do Funchal	1:16.44
2 NETO, Leonor Rodrigues	07	Naval do Funchal	1:11.34
3 CAMARA, Ines Cruz	07	Desportivo Nacional	1:08.92
4 OLIM, Carlota Freitas	93	Naval do Funchal	1:03.45
5 GOMES, Susana Clara	77	Naval do Funchal	1:05.89
6 JARDIM, Lara Filipa	06	Naval do Funchal	1:09.75
7 TEMBE, Ines Afonso	06	Desportivo Nacional	1:13.50
8 SOUSA, Ivana Valentina	06	Desportivo Nacional	1:16.64

Prova 25 Masc., 50m Costas Absoluto  
Startlist  
10/07/2021 - 11:45

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	SOUSA, 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

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S rie 1 de 1, 11:45

2 VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	36.93
3 FERNANDES, Joao Vitor	00	Escola O Liceu	28.07
4 CASTRO, Joao Cruz	00	Escola O Liceu	26.38
5 FERNANDES, Rui Afonso	03	Desportivo Nacional	26.83
6 ALVES, Pedro Miguel	06	Desportivo Nacional	34.34

Prova 26 Femin., 50m Costas Absoluto  
Startlist  
10/07/2021 - 11:46

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

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S rie 1 de 1, 11:46

2 DIAS, Julia Alves	06	Desportivo Nacional	34.03
3 GONCALVES, Maria Margarida	04	Naval do Funchal	32.84
4 COSTA, Maria Jardim	06	Desportivo Nacional	31.87
5 FERREIRA, Maria Leonor	04	Desportivo Nacional	32.33
6 LUIS, Jessica Santos	00	Desportivo Sao Roque	33.89
7 CANADA, Maria Elvira	06	Desportivo Nacional	35.15

Prova 27 Masc., 400m Livres Absoluto  
Startlist  
10/07/2021 - 11:47

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

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S rie 1 de 1, 11:47

4 RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	4:08.90
5 OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:20.21

Prova 28 Femin., 400m Livres Absoluto  
Startlist  
10/07/2021 - 11:52

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

S rie 1 de 1, 11:52

2 SILVA, Silvana Suamade	06	Desportivo Sao Roque	5:03.44
3 FREITAS, Margarida Ramos	06	Desportivo Nacional	4:57.42
4 ARAUJO, Maria Clara	05	Naval do Funchal	4:44.77
5 FERRO, Maria Leonor	06	Naval do Funchal	4:53.96
6 FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:01.11
7 LECA, Natasha Maria	03	Desportivo Nacional	5:08.72



Prova 39 Masc., 200m Livres Absoluto  
Startlist  
10/07/2021 - 18:15

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

Série 1 de 2, 18:15

3 MAROTE, Joao Nuno	03	Desportivo Sao Roque	2:15.40
4 VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	2:14.09
5 PAULOS, Joao Afonso	06	Naval do Funchal	2:14.55

Série 2 de 2, 18:18

1 SANTOS, Nuno Goncalo	05	Desportivo Sao Roque	2:13.61
2 CAMACHO, Joao Simao	03	Desportivo Nacional	2:11.09
3 DIAS, Andre Vicente	05	Desportivo Nacional	2:02.45
4 FERNANDES, Diogo Henrique	04	Naval do Funchal	1:58.28
5 RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	1:59.80
6 FERRAZ, Luis Afonso	06	Naval do Funchal	2:05.23
7 GARANITO, Simao Silva	06	Naval do Funchal	2:12.55

Prova 40 Femin., 200m Livres Absoluto  
Startlist  
10/07/2021 - 18:20

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	Algés	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

Série 1 de 1, 18:20

1 SILVA, Silvana Suamade	06	Desportivo Sao Roque	2:26.78
2 FREITAS, Beatriz Rodrigues	06	Naval do Funchal	2:23.77
3 FREITAS, Margarida Ramos	06	Desportivo Nacional	2:19.69
4 ARAUJO, Maria Clara	05	Naval do Funchal	2:16.51
5 GONCALVES, Valentina Jose	07	Desportivo Nacional	2:19.40
6 FERRO, Maria Leonor	06	Naval do Funchal	2:22.90
7 LECA, Natasha Maria	03	Desportivo Nacional	2:24.01

Prova 41 Masc., 50m Bruços Absoluto  
Startlist  
10/07/2021 - 18:23

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

Série 1 de 1, 18:23

1 SILVA, Afonso Mar	06	Naval do Funchal	36.06
2 MATOS, Rodrigo Vieira	03	Naval do Funchal	32.46
3 SILVA, Tony Stefano	05	Desportivo Nacional	31.43
4 MARQUES, Miguel Freitas	96	Escola O Liceu	28.85
5 ALVES, Paulo Rodrigues	04	Desportivo Nacional	30.89
6 FERNANDES, Joao Vitor	00	Escola O Liceu	32.10
7 ALVES, Andre Camara	05	Desportivo Nacional	34.30

Prova 42 Femin., 50m Bruços Absoluto  
Startlist  
10/07/2021 - 18:24

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

Prova 43 Masc., 100m Costas Absoluto  
Startlist  
10/07/2021 - 18:24

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

S rie 1 de 1, 18:24

2 AGUILAR, Luis Santos	04	Desportivo Nacional	1:08.06
3 PITA, Pedro Miguel	06	Naval do Funchal	1:01.82
4 FERNANDES, Rui Afonso	03	Desportivo Nacional	57.39
5 GOMES, Goncalo Camara	03	Naval do Funchal	59.19
6 SILVA, Joao Luis	06	Escola O Liceu	1:05.56
7 ALVES, Pedro Miguel	06	Desportivo Nacional	1:10.16

Prova 44 Femin., 100m Costas Absoluto  
Startlist  
10/07/2021 - 18:26

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	CDW/T	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

S rie 1 de 2, 18:26

3 MATEUS, Clarisse Vieira	07	Desportivo Nacional	1:22.88
4 CANADA, Maria Elvira	06	Desportivo Nacional	1:14.15
5 AVEIRO, Leonor Sofia	05	Naval do Funchal	1:17.75

S rie 2 de 2, 18:28

1 NETO, Leonor Rodrigues	07	Naval do Funchal	1:11.74
2 DIAS, Julia Alves	06	Desportivo Nacional	1:10.71
3 COSTA, Maria Jardim	06	Desportivo Nacional	1:08.48
4 CAMACHO, Laura Fernandes	04	Naval do Funchal	1:02.57
5 FERREIRA, Maria Leonor	04	Desportivo Nacional	1:07.77
6 GONCALVES, Maria Margarida	04	Naval do Funchal	1:10.15
7 JARDIM, Lara Filipa	06	Naval do Funchal	1:11.25
8 LUIS, Jessica Santos	00	Desportivo Sao Roque	1:13.18

Prova 45 Masc., 200m Mariposa Absoluto  
Startlist  
10/07/2021 - 18:39

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

S rie 1 de 1, 18:39

2 ABREU, Joao Francisco	06	Naval do Funchal	2:30.35
3 DIAS, Andre Vicente	05	Desportivo Nacional	2:16.50
4 GOUVEIA, Luis Galvao	05	Desportivo Nacional	2:07.43
5 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	2:13.21
6 GONCALVES, Martim Luis	06	Desportivo Nacional	2:20.12

Prova 46 Femin., 200m Mariposa Absoluto  
Startlist  
10/07/2021 - 18:42

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

S rie 1 de 1, 18:42

3 SOUSA, Ivana Valentina	06	Desportivo Nacional	2:49.29
4 SOUSA, Joana Francisca	04	Desportivo Sao Roque	2:32.61
5 CAMARA, Ines Cruz	07	Desportivo Nacional	2:33.73
6 TEMBE, Ines Afonso	06	Desportivo Nacional	2:49.63

Prova 47 Masc., 100m Estilos Absoluto  
Startlist  
10/07/2021 - 18:46

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, 18:46

3 ALVES, Andre Camara	05	Desportivo Nacional	1:35.46
4 CAMACHO, Joao Simao	03	Desportivo Nacional	1:12.93
5 OLIVEIRA, Bernardo Antonio	06	Naval do Funchal	1:30.00

Série 2 de 2, 18:48

2 VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	1:10.91
3 AGUILAR, Luis Santos	04	Desportivo Nacional	1:10.15
4 ALVES, Paulo Rodrigues	04	Desportivo Nacional	1:00.15
5 RODRIGUES, Joao Luis	05	Naval do Funchal	1:03.09
6 SILVA, Tony Stefano	05	Desportivo Nacional	1:10.31
7 FERNANDES, Rui Afonso	03	Desportivo Nacional	1:12.72

Prova 48 Femin., 100m Estilos Absoluto  
Startlist  
10/07/2021 - 18:49

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

Série 1 de 1, 18:49

2 COSTA, Maria Jardim	06	Desportivo Nacional	1:30.17
3 LECA, Natasha Maria	03	Desportivo Nacional	1:20.00
4 FERREIRA, Maria Leonor	04	Desportivo Nacional	1:11.44
5 LUIS, Jessica Santos	00	Desportivo Sao Roque	1:17.32
6 GONCALVES, Valentina Jose	07	Desportivo Nacional	1:20.18
7 DIAS, Julia Alves	06	Desportivo Nacional	1:31.56

Prova 49	Masc., 4 x 50m Estilos			Absoluto - 15 e mais velhos	
10/07/2021 - 18:51	Startlist				
Recorde Regional Absoluto	1:46.19	Clube Naval do Funchal	CNF	Pacos de Ferreira	22/11/2003
Recorde Regional Sen	1:46.19	Clube Naval do Funchal	CNF	Paços de Ferreira	22/11/2003
Recorde Regional Jun	1:48.64	Clube Naval do Funchal	CNF	Porto	12/11/2005

Série 1 de 1, 18:51

3 Desportivo Nacional 1	Desportivo Nacional	1:50.00
4 Escola O Liceu 1	Escola O Liceu	1:46.18
5 Naval do Funchal 1	Naval do Funchal	1:48.82

Prova 60 Masc., 200m Costas Absoluto  
11/07/2021 - 11:15 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, 11:15

1 JAU, Valter Henriques	01	Escola O Liceu	2:42.50
2 ALVES, Pedro Miguel	06	Desportivo Nacional	2:27.96
3 PITA, Pedro Miguel	06	Naval do Funchal	2:15.74
4 FERNANDES, Rui Afonso	03	Desportivo Nacional	2:03.83
5 DIAS, Andre Vicente	05	Desportivo Nacional	2:14.28
6 GONCALVES, Martim Luis	06	Desportivo Nacional	2:25.47
7 SILVA, Joao Luis	06	Escola O Liceu	2:37.41

Prova 61 Femin., 200m Costas Absoluto  
11/07/2021 - 11:18 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 2, 11:18

3 TEMBE, Ines Afonso	06	Desportivo Nacional	2:55.01
4 CANADA, Maria Elvira	06	Desportivo Nacional	2:39.71
5 SOUSA, Ivana Valentina	06	Desportivo Nacional	2:53.37

Série 2 de 2, 11:22

1 JARDIM, Lara Filipa	06	Naval do Funchal	2:35.78
2 GONCALVES, Maria Margarida	04	Naval do Funchal	2:32.39
3 CAMACHO, Laura Fernandes	04	Naval do Funchal	2:29.15
4 FERREIRA, Maria Leonor	04	Desportivo Nacional	2:24.93
5 COSTA, Maria Jardim	06	Desportivo Nacional	2:26.17
6 DIAS, Julia Alves	06	Desportivo Nacional	2:31.90
7 FREITAS, Margarida Ramos	06	Desportivo Nacional	2:34.37

Prova 62 Masc., 50m Mariposa Absoluto  
Startlist  
11/07/2021 - 11:25

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, 11:25

1 CAMACHO, Joao Simao	03	Desportivo Nacional	28.78
2 BARRY, Rafael Francisco	04	Naval do Funchal	26.87
3 FERNANDES, Rui Afonso	03	Desportivo Nacional	25.85
4 MARQUES, Miguel Freitas	96	Escola O Liceu	24.91
5 FERNANDES, Joao Vitor	00	Escola O Liceu	25.39
6 RODRIGUES, Joao Luis	05	Naval do Funchal	26.64
7 GOMES, Goncalo Camara	03	Naval do Funchal	28.08
8 SILVA, Afonso Mar	06	Naval do Funchal	30.89

Prova 63 Femin., 50m Mariposa Absoluto  
Startlist  
11/07/2021 - 11:26

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, 11:26

2 SILVA, Silvana Suamade	06	Desportivo Sao Roque	37.13
3 SOUSA, Joana Francisca	04	Desportivo Sao Roque	30.85
4 GOMES, Susana Clara	77	Naval do Funchal	28.91
5 OLIM, Carlota Freitas	93	Naval do Funchal	28.91
6 AVEIRO, Leonor Sofia	05	Naval do Funchal	34.13



Prova 64 Masc., 100m Bruços Absoluto  
Startlist  
11/07/2021 - 11:27

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 1, 11:27

2 ALVES, Andre Camara	05	Desportivo Nacional	1:13.63
3 SILVA, Tony Stefano	05	Desportivo Nacional	1:09.79
4 ALVES, Paulo Rodrigues	04	Desportivo Nacional	1:05.91
5 MATOS, Rodrigo Vieira	03	Naval do Funchal	1:09.63
6 AGUILAR, Luis Santos	04	Desportivo Nacional	1:11.21
7 VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	1:14.11

Prova 65 Femin., 100m Bruços Absoluto  
Startlist  
11/07/2021 - 11:28

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, 11:28

2 FREITAS, Maria Raquel	07	Naval do Funchal	1:30.21
3 MATEUS, Clarisse Vieira	07	Desportivo Nacional	1:23.96
4 GONCALVES, Valentina Jose	07	Desportivo Nacional	1:18.66
5 FIGUEIRA, Madalena Leonor	07	Naval do Funchal	1:23.28
6 LUIS, Jessica Santos	00	Desportivo Sao Roque	1:29.41

Prova 66 Masc., 400m Estilos Absoluto  
11/07/2021 - 11:40 Startlist

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, 11:40

3 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	4:50.18
4 ALVES, Paulo Rodrigues	04	Desportivo Nacional	4:38.48
5 GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:45.23
6 OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	5:01.83

Prova 67 Femin., 400m Estilos Absoluto  
11/07/2021 - 11:46 Startlist

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, 11:46

3 CAMARA, Ines Cruz	07	Desportivo Nacional	5:28.70
4 FERREIRA, Maria Leonor	04	Desportivo Nacional	5:14.87
5 COSTA, Maria Jardim	06	Desportivo Nacional	5:20.50

Prova 68	Masc., 100m Livres				Absoluto
11/07/2021 - 11:52					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 3, 11:52

3 ALVES, Pedro Miguel	06	Desportivo Nacional	1:07.42
4 GONCALVES, Martim Luis	06	Desportivo Nacional	1:02.11
5 ALVES, Andre Camara	05	Desportivo Nacional	1:03.51

S rie 2 de 3, 11:53

1 SILVA, Tony Stefano	05	Desportivo Nacional	1:01.13
2 VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	59.41
3 PAULOS, Joao Afonso	06	Naval do Funchal	59.10
4 GARANITO, Simao Silva	06	Naval do Funchal	58.95
5 SILVA, Joao Luis	06	Escola O Liceu	59.04
6 SOUSA, Lourenco Quintas	05	Naval do Funchal	59.34
7 SETIM, Joao Oliveira	06	Naval do Funchal	59.96

S rie 3 de 3, 11:54

1 CAMACHO, Joao Simao	03	Desportivo Nacional	58.47
2 DIAS, Andre Vicente	05	Desportivo Nacional	57.73
3 RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	54.63
4 GOMES, Goncalo Camara	03	Naval do Funchal	52.68
5 FERNANDES, Diogo Henrique	04	Naval do Funchal	53.25
6 VOLOZHENIN, Alexandre	05	Naval do Funchal	57.68
7 FERRAZ, Luis Afonso	06	Naval do Funchal	57.93
8 AGUILAR, Luis Santos	04	Desportivo Nacional	58.78

Prova 69 Femin., 100m Livres Absoluto  
11/07/2021 - 11:56 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

Série 1 de 2, 11:56

2	TEMBE, Ines Afonso	06	Desportivo Nacional	1:13.67
3	CANADA, Maria Elvira	06	Desportivo Nacional	1:11.16
4	SILVA, Silvana Suamade	06	Desportivo Sao Roque	1:09.03
5	AVEIRO, Leonor Sofia	05	Naval do Funchal	1:09.15
6	MATEUS, Clarisse Vieira	07	Desportivo Nacional	1:12.58
7	SOUSA, Ivana Valentina	06	Desportivo Nacional	1:16.47

Série 2 de 2, 11:58

1	FERRO, Maria Leonor	06	Naval do Funchal	1:06.76
2	FREITAS, Margarida Ramos	06	Desportivo Nacional	1:06.39
3	ARAUJO, Maria Clara	05	Naval do Funchal	1:05.34
4	LECA, Natasha Maria	03	Desportivo Nacional	1:03.53
5	GONCALVES, Valentina Jose	07	Desportivo Nacional	1:04.77
6	LUIS, Jessica Santos	00	Desportivo Sao Roque	1:05.57
7	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	1:06.52
8	BAPTISTA, Constanca Ornelas	06	Naval do Funchal	1:08.03

Prova 70 Masc., 4 x 50m Livres Absoluto - 15 e mais velhos  
11/07/2021 - 11:59 Startlist

Recorde Regional Absoluto	1:33.79	Clube Naval do Funchal	CNF	Felgueiras	22/11/2002
Recorde Regional Sen	1:33.79	Clube Naval do Funchal	CNF	Felgueiras	22/11/2002
Recorde Regional Jun	1:37.45	Clube Naval do Funchal	CNF	Felgueiras	20/12/2003

Série 1 de 1, 11:59

4	Escola O Liceu 2	Escola O Liceu	1:33.78
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