

Prova 1 Masc., 1500m Livres Absoluto
09/07/2021 - 19:15 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil A - 14 anos			
1. NEVES, Tiago Brazao	07 Naval do Funchal	19:15.31	6,9
100m: 1:13.66 1:13.66	500m: 6:27.66 1:17.64	900m: 11:36.54 1:17.42	1300m: 16:47.56 1:18.51
200m: 2:32.86 1:19.20	600m: 7:45.25 1:17.59	1000m: 12:53.44 1:16.90	1400m: 18:03.47 1:15.91
300m: 3:50.97 1:18.11	700m: 9:02.13 1:16.88	1100m: 14:11.04 1:17.60	1500m: 19:15.31 1:11.84
400m: 5:10.02 1:19.05	800m: 10:19.12 1:16.99	1200m: 15:29.05 1:18.01	
2. SMIRNOV, Dmytro	07 Desportivo Sao Roque	21:06.52	
100m: 1:15.72 1:15.72	500m: 6:58.67 1:25.79	900m: 12:33.83 1:24.37	1300m: 18:16.60 1:26.26
200m: 2:41.07 1:25.35	600m: 8:22.13 1:23.46	1000m: 13:59.12 1:25.29	1400m: 19:42.94 1:26.34
300m: 4:07.14 1:26.07	700m: 9:45.21 1:23.08	1100m: 15:24.61 1:25.49	1500m: 21:06.52 1:23.58
400m: 5:32.88 1:25.74	800m: 11:09.46 1:24.25	1200m: 16:50.34 1:25.73	

Juvenil B - 15 anos

1. OLIVEIRA, Bernardo Antonio	06 Naval do Funchal	23:02.77	
100m: 1:22.03 1:22.03	500m: 7:25.43 1:32.40	900m: 13:41.98 1:35.38	1300m: 19:59.88 1:34.10
200m: 2:51.19 1:29.16	600m: 8:58.45 1:33.02	1000m: 15:17.03 1:35.05	1400m: 21:31.68 1:31.80
300m: 4:22.04 1:30.85	700m: 10:32.22 1:33.77	1100m: 16:51.61 1:34.58	1500m: 23:02.77 1:31.09
400m: 5:53.03 1:30.99	800m: 12:06.60 1:34.38	1200m: 18:25.78 1:34.17	

Juniores - 17 e 18 anos

1. RODRIGUES, Rodrigo Reis	04 Desportivo Sao Roque	16:48.31	12,6
100m: 1:01.76 1:01.76	500m: 5:28.61 1:07.46	900m: 10:02.45 1:08.62	1300m: 14:34.97 1:08.48
200m: 2:07.91 1:06.15	600m: 6:36.85 1:08.24	1000m: 11:10.99 1:08.54	1400m: 15:43.78 1:08.81
300m: 3:14.46 1:06.55	700m: 7:45.42 1:08.57	1100m: 12:18.95 1:07.96	1500m: 16:48.31 1:04.53
400m: 4:21.15 1:06.69	800m: 8:53.83 1:08.41	1200m: 13:26.49 1:07.54	

Seniores - 19 e mais velhos

1. RODRIGUES, Pedro Reis	02 Desportivo Sao Roque	17:07.25	8,5
100m: 1:01.49 1:01.49	500m: 5:38.65 1:09.74	900m: 10:15.79 1:09.11	1300m: 14:52.56 1:09.10
200m: 2:09.41 1:07.92	600m: 6:47.86 1:09.21	1000m: 11:24.66 1:08.87	1400m: 16:01.22 1:08.66
300m: 3:18.46 1:09.05	700m: 7:57.12 1:09.26	1100m: 12:34.17 1:09.51	1500m: 17:07.25 1:06.03
400m: 4:28.91 1:10.45	800m: 9:06.68 1:09.56	1200m: 13:43.46 1:09.29	

Prova 2 Femin., 1500m Livres Absoluto
09/07/2021 - 19:45 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Juvenil A - 15 anos			
1. SILVA, Silvana Suamade	06 Desportivo Sao Roque	19:36.54	7,0
100m: 1:13.96 1:13.96	500m: 6:26.19 1:16.98	900m: 11:40.22 1:18.82	1300m: 16:59.60 1:20.16
200m: 2:32.34 1:18.38	600m: 7:44.78 1:18.59	1000m: 12:59.62 1:19.40	1400m: 18:19.48 1:19.88
300m: 3:50.75 1:18.41	700m: 9:03.04 1:18.26	1100m: 14:19.47 1:19.85	1500m: 19:36.54 1:17.06
400m: 5:09.21 1:18.46	800m: 10:21.40 1:18.36	1200m: 15:39.44 1:19.97	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Juniores - 17 e 18 anos			
1. VIEIRA, Emanuel Eloi	03 Desportivo Sao Roque	9:36.79	5,2
100m: 1:05.22 1:05.22	300m: 3:32.48 1:14.07	500m: 5:59.43 1:13.49	700m: 8:26.07 1:12.53
200m: 2:18.41 1:13.19	400m: 4:45.94 1:13.46	600m: 7:13.54 1:14.11	800m: 9:36.79 1:10.72

Seniores - 19 e mais velhos

1. FERNANDES, Joao Vitor	00 Escola O Liceu	10:49.94	
100m: 53.61 53.61	300m: 3:59.05 1:28.83	500m: 6:47.29 1:24.61	700m: 9:22.42 1:17.18
200m: 2:30.22 1:36.61	400m: 5:22.68 1:23.63	600m: 8:05.24 1:17.95	800m: 10:49.94 1:27.52
2. JAU, Valter Henriques	01 Escola O Liceu	10:57.52	
100m: 1:13.92 1:13.92	300m: 3:56.42 1:21.90	500m: 6:43.87 1:25.12	700m: 9:34.03 1:24.48
200m: 2:34.52 1:20.60	400m: 5:18.75 1:22.33	600m: 8:09.55 1:25.68	800m: 10:57.52 1:23.49

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil A - 13 anos			
1. NOBREGA, Sara Francisca	08	Desportivo Sao Roque	12:40.31
100m: 1:28.82 1:28.82	300m: 4:41.17 1:36.33	500m: 7:56.08 1:38.25	700m: 11:11.14 1:36.57
200m: 3:04.84 1:36.02	400m: 6:17.83 1:36.66	600m: 9:34.57 1:38.49	800m: 12:40.31 1:29.17

Juvenil B - 14 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	9:53.32	10,4
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>				
100m: 1:10.37 1:10.37	300m: 3:40.15 1:14.41	500m: 6:09.24 1:14.72	700m: 8:40.41 1:15.84	
200m: 2:25.74 1:15.37	400m: 4:54.52 1:14.37	600m: 7:24.57 1:15.33	800m: 9:53.32 1:12.91	
2. GONCALVES, Valentina Jose	07	Desportivo Nacional	10:14.78	7,8
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>				
100m: 1:11.70 1:11.70	300m: 3:45.04 1:17.41	500m: 6:21.51 1:18.46	700m: 8:59.21 1:18.38	
200m: 2:27.63 1:15.93	400m: 5:03.05 1:18.01	600m: 7:40.83 1:19.32	800m: 10:14.78 1:15.57	

Juvenil A - 15 anos

1. COSTA, Maria Jardim	06	Desportivo Nacional	9:41.25	11,1
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>				
100m: 1:07.70 1:07.70	300m: 3:33.13 1:12.96	500m: 6:01.01 1:14.15	700m: 8:30.22 1:14.58	
200m: 2:20.17 1:12.47	400m: 4:46.86 1:13.73	600m: 7:15.64 1:14.63	800m: 9:41.25 1:11.03	
2. FERRO, Maria Leonor	06	Naval do Funchal	10:04.12	8,2
100m: 1:12.01 1:12.01	300m: 3:43.05 1:15.70	500m: 6:15.25 1:16.22	700m: 8:49.26 1:17.14	
200m: 2:27.35 1:15.34	400m: 4:59.03 1:15.98	600m: 7:32.12 1:16.87	800m: 10:04.12 1:14.86	
3. FREITAS, Margarida Ramos	06	Desportivo Nacional	10:15.12	6,8
100m: 1:12.15 1:12.15	300m: 3:47.34 1:17.65	500m: 6:21.63 1:16.96	700m: 8:57.60 1:18.28	
200m: 2:29.69 1:17.54	400m: 5:04.67 1:17.33	600m: 7:39.32 1:17.69	800m: 10:15.12 1:17.52	
4. FREITAS, Beatriz Rodrigues	06	Naval do Funchal	10:25.69	5,5
100m: 1:12.97 1:12.97	300m: 3:47.86 1:17.65	500m: 6:26.61 1:19.85	700m: 9:07.38 1:20.19	
200m: 2:30.21 1:17.24	400m: 5:06.76 1:18.90	600m: 7:47.19 1:20.58	800m: 10:25.69 1:18.31	
5. DIAS, Monica Fernandes	06	Desportivo Sao Roque	11:04.72	
100m: 1:15.97 1:15.97	300m: 4:02.72 1:23.80	500m: 6:52.21 1:24.32	700m: 9:42.42 1:25.43	
200m: 2:38.92 1:22.95	400m: 5:27.89 1:25.17	600m: 8:16.99 1:24.78	800m: 11:04.72 1:22.30	

Juniores - 16 e 17 anos

1. SOUSA, Joana Francisca	04	Desportivo Sao Roque	9:39.72	10,2
100m: 1:07.63 1:07.63	300m: 3:33.02 1:12.83	500m: 5:59.46 1:13.60	700m: 8:26.81 1:13.60	
200m: 2:20.19 1:12.56	400m: 4:45.86 1:12.84	600m: 7:13.21 1:13.75	800m: 9:39.72 1:12.91	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 13 anos									
1.	RODRIGUES, G.	08	Desportivo Sao Roque	2:55.82		34.98	47.03	55.36	38.45
2.	JARDIM, Rodrigo Vieira	08	Naval do Funchal	2:56.39		39.28	45.79	49.87	41.45
3.	JARDIM, Lourenco Almeida	08	Desportivo Nacional	3:03.75		41.00	46.03	52.49	44.23
4.	MEDEIROS, Joao Francis	08	Juventude Atlantico	3:07.26		40.51	48.92	57.39	40.44
5.	NOBREGA, Matias Sargo	08	Naval do Funchal	3:07.31		41.43	48.43	57.11	40.34
6.	CASTRO, Marco Antonio	08	Naval do Funchal	3:07.86		40.75	47.27	1:00.16	39.68
7.	FERNANDEZ, H.	08	Juventude Atlantico	3:09.20		43.71	48.82	55.64	41.03
8.	BARATA, Joao Tomas	08	Juventude Atlantico	3:40.98		51.23	57.21	1:03.53	49.01
DSQ	CORREIA, Joao Luis	08	Juventude Atlantico						
<i>722 - Tocou com uma m�o na parede na viragem aos 125 m - SW 7.6</i>									

Infantil A - 14 anos

1.	COSTA, Guilherme Corte	07	Desportivo Nacional	2:44.76	1,2	35.09	41.32	50.89	37.46
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>									
2.	PENSO, Miguel Reigada	07	Escola O Liceu	3:00.12		41.81	46.70	53.24	38.37

Juvenil B - 15 anos

1.	STEFLEA, Andre Sergio	06	Desportivo Sao Roque	2:52.18		34.23	43.86	53.88	40.21
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Prova 6 Femin., 200m Estilos Absoluto
10/07/2021 - 8:38 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 12 anos									
1.	MATEUS, Eleine Vieira	09	Desportivo Nacional	3:02.15	2,2	40.50	47.14	54.48	40.03
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>									
2.	MELIM, Sara Beatriz	09	Desportivo Nacional	3:02.62	2,0	41.44	50.25	49.95	40.98
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>									
3.	SA, Vanessa Fernandes	09	Naval do Funchal	3:08.71		45.26	48.89	53.12	41.44
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>									

Prova 6, Femin., 200m Estilos, Infantil B - 12 anos

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
4. TEMTEM, Madalena Barbc09	Desportivo Nacional	3:16.91		46.86	50.62	52.63	46.80
5. ALVES, Francisca Pereira 09	Juventude Atlantico	3:18.77		42.41	52.42	56.00	47.94
6. FREITAS, Francisca Leon09	Naval do Funchal	3:20.15		50.79	50.44	54.28	44.64

Infantil A - 13 anos

1. ALVES, Juliana Rodrigues08	Desportivo Nacional	2:49.44	5,4	35.51	44.06	50.16	39.71
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>							
2. PEREIRA, Maria Clara 08	Juventude Atlantico	3:02.44		41.50	47.15	52.56	41.23
3. SILVA, Carolina Pestana 08	Naval do Funchal	3:04.77		40.28	44.65	57.38	42.46
DSQ NOBREGA, Sara Francisc08	Desportivo Sao Roque						
<i>403 - Falsa partida - SW 4.4</i>							
DSQ GOMES, Sofia Vega 08	Naval do Funchal						
<i>730 - V�rios movimentos verticais de pernas ap�s viragem aos 125 m - SW 7.1</i>							

Prova 7

Masc., 50m Livres

Absoluto

10/07/2021 - 8:46

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil B - 13 anos			
1. GOMES, Guilherme Silva	08	Desportiva Galomar	32.70
2. ANTUNES, Frederico Luis	08	Juventude Atlantico	40.77
3. QUADRADO, Luis Miguel	08	Juventude Atlantico	45.54

Infantil A - 14 anos

1. OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	28.44	6,8
2. CARVALHO, Simao Duarte	07	Ludens Machico	29.76	3,2
3. SMIRNOV, Dmytro	07	Desportivo Sao Roque	30.62	
4. JESUS, David Martins	07	Desportivo Sao Roque	31.88	
5. GOUVEIA, Martim Jose	07	Desportivo Sao Roque	32.70	
6. BARBOSA, Joao Camacho	07	Desportivo Nacional	34.44	
7. DRUMOND, Pedro Afonso	07	Desportiva Galomar	35.23	

Juvenil B - 15 anos

1. CRO, Nuno Afonso	06	Desportivo Sao Roque	39.88
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Juvenil A - 16 anos

1. ALVES, Tiago Pires	05	Juventude Atlantico	27.71	5,5
2. FREITAS, Bernardo Vasconcelos	05	Ludens Machico	30.46	
3. MENDES, Juan Diego	05	Desportivo Nacional	31.69	

Prova 7, Masc., 50m Livres

Juniores - 17 e 18 anos

1. KOVAL, Igor 03 Desportivo Nacional **29.84**

Seniores - 19 e mais velhos

1. ARAUJO, Danilo Joao 92 Desportivo Nacional **30.54**
DSQ DINIS, Fernando Jose 02 Desportivo Sao Roque
403 - Falsa partida - SW 4.4

Prova 8

Femin., 50m Livres

Absoluto

10/07/2021 - 8:49

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Infantil B - 12 anos				
1.	09	GONCALVES, Vera Andrade Juventude Atlantico	31.29	9,6
2.	09	MARGARIDO, Paula Aguiar Juventude Atlantico	34.86	1,0
Infantil A - 13 anos				
1.	08	MARQUES, Bruna Francisca Desportivo Sao Roque	36.67	
Juvenil B - 14 anos				
1.	07	RODRIGUES, Laura Sofia Juventude Atlantico	30.45	7,4
2.	07	FRANCA, Ines Matos Juventude Atlantico	30.84	6,4
3.	07	NICOLAU, Matilde Olival Ludens Machico	36.60	
4.	07	LIMA, Rafaela Camara Desportivo Nacional	37.24	
5.	07	RODRIGUES, Ines Costa Desportivo Nacional	41.29	
Juvenil A - 15 anos				
1.	06	PEREIRA, Joana Marques Juventude Atlantico	30.90	4,8
2.	06	JESUS, Veronica Martins Desportivo Sao Roque	42.47	
Juniores - 16 e 17 anos				
1.	05	NOBREGA, Maria Trindade Desportivo Nacional	34.83	
2.	04	BLANDY, Mischa Blue Juventude Atlantico	35.88	
3.	05	ANDRADE, Maria Beatriz Desportivo Nacional	36.93	
Seniores - 18 anos e mais velhos				
1.	02	SILVA, Gabriela Suamade Desportivo Sao Roque	34.16	
2.	03	GOUVEIA, Mariana Alves Ludens Machico	34.50	

Prova 9 Absoluto
10/07/2021 - 8:51 Resultados

Masc., 200m Bruços

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 13 anos

DSQ CORREIA, Joao Luis 08 Juventude Atlantico
722 - Tocou com uma mao na parede na viragem aos 25 m - SW 7.6

Infantil A - 14 anos

1. ARAUJO, Joao Caldeira	07	Naval do Funchal	3:07.72	41.05	48.82	49.93	47.92
2. NUNES, Henrique Dias	07	Desportivo Nacional	3:20.30	44.00	49.11	53.61	53.58
3. CARVALHO, J.	07	Naval do Funchal	3:32.00	48.97	54.29	54.88	53.86
4. MARTINS, Tomas Rodrigoc	07	Desportivo Nacional	3:53.19	51.05	59.17	1:01.74	1:01.23

Prova 10 Absoluto
10/07/2021 - 8:56 Resultados

Femin., 200m Bruços

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 12 anos

1. SOUSA, Leonor Rocha	09	Juventude Atlantico	3:31.20	48.32	54.81	54.63	53.44
2. TEMTEM, Madalena Barbo	09	Desportivo Nacional	3:34.55	48.28	55.96	56.40	53.91
3. SILVA, Mara Goncalves	09	Juventude Atlantico	4:03.32	55.94	1:02.17	1:03.31	1:01.90

Infantil A - 13 anos

1. SOARES, Leonor Silva	08	Desportivo Nacional	3:17.16	1,3	45.66	50.32	50.43	50.75
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Mínimos Camp. Nacional Infantis - Setúbal

DSQ BAPTISTA, Ines Sande 08 Desportivo Nacional
718 - Movimento vertical de pernas durante o percurso - SW 7.5

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
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Infantil B - 13 anos

1.	RODRIGUES, Guilherme Gom08	Desportivo Sao Roque	1:23.48		37.25	46.23
2.	JESUS, Vasco Franca 08	Naval do Funchal	1:24.24		37.96	46.28
3.	CASTRO, Marco Antonio 08	Naval do Funchal	1:29.56		41.94	47.62
4.	JARDIM, Lourenco Almeida 08	Desportivo Nacional	1:29.60		41.82	47.78

Infantil A - 14 anos

1.	ALMEIDA, Joao Francisco 07	Naval do Funchal	1:06.75	7,5	30.89	35.86
	<i>Mínimos Camp. Nacional Infantis - Setúbal</i>					
2.	PEREIRA, Lucas Santos 07	Naval do Funchal	1:10.33	3,3	32.23	38.10
	<i>Mínimos Camp. Nacional Infantis - Setúbal</i>					
3.	RIBEIRO, Telmo Drumond 07	Naval do Funchal	1:13.92		35.12	38.80
4.	FERNANDES, Afonso Berimba07	Juventude Atlantico	1:15.77		34.42	41.35
5.	COSTA, Guilherme Corte 07	Desportivo Nacional	1:16.08		35.16	40.92
6.	VIEIRA, Luis Henrique 07	Desportivo Nacional	1:35.62		43.85	51.77

Juvenil B - 15 anos

1.	TEMES, Joao Caires 06	Juventude Atlantico	1:14.79		34.48	40.31
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Juniores - 17 e 18 anos

1.	KOVAL, Igor 03	Desportivo Nacional	1:10.35		33.86	36.49
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Prova 12 Femin., 100m Mariposa Absoluto
10/07/2021 - 9:14 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
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Infantil B - 12 anos

1.	MATEUS, Eleine Vieira 09	Desportivo Nacional	1:28.65		41.04	47.61
2.	MELIM, Sara Beatriz 09	Desportivo Nacional	1:31.87		43.48	48.39
3.	SA, Vanessa Fernandes 09	Naval do Funchal	1:36.10		44.31	51.79
4.	ALVES, Francisca Pereira 09	Juventude Atlantico	1:38.82		43.63	55.19
5.	MARGARIDO, Paula Aguiar 09	Juventude Atlantico	1:41.35		46.37	54.98

Prova 12, Femin., 100m Mariposa

Infantil A - 13 anos

1.	ANDRADE, Matilde Sousa	08	Naval do Funchal	1:14.68	6,2	34.39	40.29
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>							
2.	PEREIRA, Julia Freitas	08	Naval do Funchal	1:19.31	1,3	36.85	42.46
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>							
3.	BAPTISTA, Ines Sande	08	Desportivo Nacional	1:23.36		39.67	43.69

Juvenil A - 15 anos

1.	CARICHAS, Joana Medeiros	06	Juventude Atlantico	1:18.78		35.66	43.12
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Prova 13

Masc., 50m Costas

Absoluto

10/07/2021 - 9:18

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts		
Infantil B - 13 anos					
1.	GOMES, Guilherme Silva	08	Desportiva Galomar	38.55	
2.	QUADRADO, Luis Miguel	08	Juventude Atlantico	51.16	
Infantil A - 14 anos					
1.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	33.40	5,1
2.	SMIRNOV, Dmytro	07	Desportivo Sao Roque	35.25	
3.	BARBOSA, Joao Camacho	07	Desportivo Nacional	42.81	
Juvenil B - 15 anos					
1.	STEFLEA, Andre Sergio	06	Desportivo Sao Roque	37.26	
2.	CRO, Nuno Afonso	06	Desportivo Sao Roque	48.60	
Juvenil A - 16 anos					
1.	MENDES, Juan Diego	05	Desportivo Nacional	41.02	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Infantil B - 12 anos				
1.	09	GONCALVES, Vera Andrade Juventude Atlantico	35.53	8,9
2.	09	SILVA, Mara Goncalves Juventude Atlantico	51.86	
Infantil A - 13 anos				
1.	08	MARQUES, Bruna Francisca Desportivo Sao Roque	45.49	
2.	08	NOBREGA, Sara Francisca Desportivo Sao Roque	46.34	
Juvenil B - 14 anos				
1.	07	RODRIGUES, Laura Sofia Juventude Atlantico	33.10	10,5
2.	07	FRANCA, Ines Matos Juventude Atlantico	36.81	2,1
3.	07	RODRIGUES, Ines Costa Desportivo Nacional	44.82	
4.	07	NICOLAU, Matilde Olival Ludens Machico	48.65	
5.	07	LIMA, Rafaela Camara Desportivo Nacional	50.08	
Juvenil A - 15 anos				
1.	06	JESUS, Veronica Martins Desportivo Sao Roque	53.00	
Juniores - 16 e 17 anos				
1.	05	NOBREGA, Maria Trindade Desportivo Nacional	44.96	
2.	05	ANDRADE, Maria Beatriz Desportivo Nacional	46.76	
3.	04	BLANDY, Mischa Blue Juventude Atlantico	47.82	
Seniores - 18 anos e mais velhos				
1.	03	GOUVEIA, Mariana Alves Ludens Machico	41.34	
2.	02	SILVA, Gabriela Suamade Desportivo Sao Roque	43.02	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil B - 13 anos			
1. BARRADAS, Rafael Alves	08	Escola O Liceu	5:37.53
50m: 37.31 37.31 150m: 2:01.74 42.33 250m: 3:29.15 44.01 350m: 4:56.09 43.73			
100m: 1:19.41 42.10 200m: 2:45.14 43.40 300m: 4:12.36 43.21 400m: 5:37.53 41.44			
2. FERNANDEZ, Henrique Justino	08	Juventude Atlantico	5:48.92
50m: 37.89 37.89 150m: 2:06.92 45.22 250m: 3:37.04 45.13 350m: 5:07.13 44.80			
100m: 1:21.70 43.81 200m: 2:51.91 44.99 300m: 4:22.33 45.29 400m: 5:48.92 41.79			
3. MEDEIROS, Joao Francisco	08	Juventude Atlantico	5:55.78
50m: 39.37 39.37 150m: 2:10.14 45.82 250m: 3:42.95 47.06 350m: 5:13.96 45.19			
100m: 1:24.32 44.95 200m: 2:55.89 45.75 300m: 4:28.77 45.82 400m: 5:55.78 41.82			
4. BARATA, Joao Tomas	08	Juventude Atlantico	6:50.61
50m: 46.04 46.04 150m: 2:29.07 53.22 250m: 4:16.54 55.06 350m: 6:00.97 52.97			
100m: 1:35.85 49.81 200m: 3:21.48 52.41 300m: 5:08.00 51.46 400m: 6:50.61 49.64			
5. ANTUNES, Frederico Luis	08	Juventude Atlantico	7:01.28
50m: 45.28 45.28 150m: 2:31.05 54.02 250m: 4:19.35 54.33 350m: 6:08.92 54.85			
100m: 1:37.03 51.75 200m: 3:25.02 53.97 300m: 5:14.07 54.72 400m: 7:01.28 52.36			

Infantil A - 14 anos

1. FERNANDES, Afonso Berimbau	07	Juventude Atlantico	5:22.68
50m: 36.67 36.67 150m: 1:58.19 40.56 250m: 3:21.72 41.28 350m: 4:45.46 41.01			
100m: 1:17.63 40.96 200m: 2:40.44 42.25 300m: 4:04.45 42.73 400m: 5:22.68 37.22			
2. PENSO, Miguel Reigada	07	Escola O Liceu	5:27.33
50m: 36.64 36.64 150m: 1:58.48 41.05 250m: 3:24.51 41.79 350m: 4:49.00 42.01			
100m: 1:17.43 40.79 200m: 2:42.72 44.24 300m: 4:06.99 42.48 400m: 5:27.33 38.33			
3. JESUS, David Martins	07	Desportivo Sao Roque	5:39.67
50m: 36.52 36.52 150m: 2:02.26 43.90 250m: 3:29.59 43.83 350m: 4:56.69 43.17			
100m: 1:18.36 41.84 200m: 2:45.76 43.50 300m: 4:13.52 43.93 400m: 5:39.67 42.98			
4. NUNES, Duarte Costa	07	Juventude Atlantico	5:40.03
50m: 36.46 36.46 150m: 2:04.64 44.87 250m: 3:34.30 44.88 350m: 5:00.80 42.67			
100m: 1:19.77 43.31 200m: 2:49.42 44.78 300m: 4:18.13 43.83 400m: 5:40.03 39.23			
5. GOUVEIA, Martim Jose	07	Desportivo Sao Roque	5:45.67
50m: 36.71 36.71 150m: 2:03.99 44.73 250m: 3:33.45 44.87 350m: 5:02.45 44.45			
100m: 1:19.26 42.55 200m: 2:48.58 44.59 300m: 4:18.00 44.55 400m: 5:45.67 43.22			
6. MARTINS, Tomas Rodrigo	07	Desportivo Nacional	6:43.03
50m: 45.03 45.03 150m: 2:28.01 52.41 250m: 4:10.31 52.74 350m: 5:51.35 50.02			
100m: 1:35.60 50.57 200m: 3:17.57 49.56 300m: 5:01.33 51.02 400m: 6:43.03 51.68			

Seniores - 19 e mais velhos

1. DINIS, Fernando Jose	02	Desportivo Sao Roque	6:14.24
50m: 39.07 39.07 150m: 2:10.08 46.65 250m: 3:47.44 49.52 350m: 5:25.43 48.99			
100m: 1:23.43 44.36 200m: 2:57.92 47.84 300m: 4:36.44 49.00 400m: 6:14.24 48.81			

Prova 16 Femin., 400m Livres Absoluto
10/07/2021 - 9:37 Resultados

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

Pontos: Rudolph Table 2020

Lugar			Ano			Tempo final			Pts			
Infantil B - 12 anos												
1.	SOUSA, Leonor Rocha		09	Juventude Atlantico		5:52.23						
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>											
	50m:	39.69	39.69	150m:	2:10.37	45.75	250m:	3:41.61	45.63	350m:	5:11.68	43.77
	100m:	1:24.62	44.93	200m:	2:55.98	45.61	300m:	4:27.91	46.30	400m:	5:52.23	40.55
Infantil A - 13 anos												
1.	ALVES, Juliana Rodrigues		08	Desportivo Nacional		5:28.21			2,4			
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>											
	50m:	35.86	35.86	150m:	1:58.63	41.60	250m:	3:23.51	41.99	350m:	4:47.87	42.12
	100m:	1:17.03	41.17	200m:	2:41.52	42.89	300m:	4:05.75	42.24	400m:	5:28.21	40.34
Juvenil A - 15 anos												
1.	PEREIRA, Joana Marques		06	Juventude Atlantico		5:14.30			2,6			
	50m:	34.05	34.05	150m:	1:52.16	40.06	250m:	3:12.80	40.34	350m:	4:34.52	40.74
	100m:	1:12.10	38.05	200m:	2:32.46	40.30	300m:	3:53.78	40.98	400m:	5:14.30	39.78

Prova 17 Absoluto
10/07/2021 - 11:15 Resultados

Masc., 200m Estilos

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
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Juvenil B - 15 anos

1.	GONCALVES, Martim Luis06	Desportivo Nacional	2:21.50	11,1	28.85	35.81	43.88	32.96
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								
2.	PAULOS, Joao Afonso 06	Naval do Funchal	2:25.06	9,2	30.63	39.15	41.16	34.12

Juvenil A - 16 anos

1.	GOUVEIA, Luis Galvao 05	Desportivo Nacional	2:10.67	15,6	27.59	33.31	39.61	30.16
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								

Juniores - 17 e 18 anos

1.	ALVES, Paulo Rodrigues 04	Desportivo Nacional	2:08.03	16,0	27.82	32.93	36.37	30.91
<i>Recorde Regional, M�nimos OPEN DE PORTUGAL - Jamor</i>								
2.	RODRIGUES, Rodrigo Re04	Desportivo Sao Roque	2:11.41	14,2	28.56	34.21	38.60	30.04
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								

Prova 18 Absoluto
10/07/2021 - 11:18 Resultados

Femin., 200m Estilos

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
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Juvenil A - 15 anos

1.	COSTA, Maria Jardim 06	Desportivo Nacional	2:29.47	11,8	32.86	37.32	43.96	35.33
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								
2.	DIAS, Julia Alves 06	Desportivo Nacional	2:39.44	6,9	34.26	40.10	48.69	36.39

Juniores - 16 e 17 anos

1.	FERREIRA, Maria Leonor 04	Desportivo Nacional	2:32.68	9,1	32.66	37.35	46.00	36.67
2.	SOUSA, Joana Francisca 04	Desportivo Sao Roque	2:37.47	6,7	32.45	40.56	46.81	37.65

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil B - 15 anos				
1.	06	GARANITO, Simao Silva Naval do Funchal	26.16	11,2
2.	06	SILVA, Afonso Mar Naval do Funchal	28.52	4,5
Juvenil A - 16 anos				
1.	05	VOLOZHENIN, Alexandre Naval do Funchal	26.50	9,0
Juniores - 17 e 18 anos				
1.	04	FERNANDES, Diogo Henrique Naval do Funchal <i>Mínimos OPEN DE PORTUGAL - Jamor</i>	24.59	13,7
2.	03	FERNANDES, Rui Afonso Desportivo Nacional	24.70	12,4
3.	03	MATOS, Rodrigo Vieira Naval do Funchal	26.04	8,4
4.	03	CAMACHO, Joao Simao Desportivo Nacional	26.37	7,5
Seniores - 19 e mais velhos				
1.	00	FERNANDES, Joao Vitor Escola O Liceu	23.67	12,9
2.	00	CASTRO, Joao Cruz Escola O Liceu	23.97	12,0
3.	97	CAMARA, Joao Vieira Escola O Liceu	25.53	7,3

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil A - 15 anos				
1.	06	BAPTISTA, Constanca Ornelas Naval do Funchal	31.24	3,9
2.	06	CANADA, Maria Elvira Desportivo Nacional	31.53	3,2
Seniores - 18 anos e mais velhos				
1.	93	OLIM, Carlota Freitas Naval do Funchal	28.54	8,2
2.	03	LECA, Natasha Maria Desportivo Nacional	29.50	7,1
3.	00	LUIS, Jessica Santos Desportivo Sao Roque	31.35	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenil B - 15 anos									
1.	ALVES, Pedro Miguel	06	Desportivo Nacional	2:55.96	2,6	38.69	44.84	46.01	46.42
Juvenil A - 16 anos									
1.	SILVA, Tony Stefano	05	Desportivo Nacional	2:36.82	9,5	33.15	39.46	42.17	42.04
2.	ALVES, Andre Camara	05	Desportivo Nacional	2:45.89	5,2	36.36	41.46	43.45	44.62
3.	SOUSA, Lourenco Quintas	05	Naval do Funchal	2:51.08	2,7	36.68	43.25	45.49	45.66
Juniores - 17 e 18 anos									
1.	ALVES, Paulo Rodrigues	04	Desportivo Nacional	2:34.77	9,0	32.95	39.25	41.17	41.40
2.	VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	2:37.44	6,5	34.94	39.64	41.44	41.42
3.	AGUILAR, Luis Santos	04	Desportivo Nacional	2:42.10	5,4	35.13	40.37	42.32	44.28

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenil B - 14 anos									
1.	GONCALVES, Valentina J07	07	Desportivo Nacional	2:50.90	11,2	37.62	42.84	45.21	45.23
	<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								
2.	MATEUS, Clarisse Vieira	07	Desportivo Nacional	3:00.16	7,2	40.00	44.93	47.13	48.10
3.	FIGUEIRA, Madalena Leor	07	Naval do Funchal	3:08.56	3,6	41.24	47.13	49.60	50.59
Juvenil A - 15 anos									
1.	DEUS, Ines Portugal	06	Naval do Funchal	2:52.85	8,8	38.74	43.75	44.51	45.85

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m
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Juvenil B - 15 anos

1.	GONCALVES, Martim Luis	06	Desportivo Nacional	1:02.51	9,8	29.29	33.22
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>							
2.	FERRAZ, Luis Afonso	06	Naval do Funchal	1:04.99	6,8	30.87	34.12
3.	SILVA, Joao Luis	06	Escola O Liceu	1:05.31	6,4	30.27	35.04
4.	ABREU, Joao Francisco	06	Naval do Funchal	1:08.06	3,1	31.77	36.29

Juvenil A - 16 anos

1.	GOUVEIA, Luis Galvao	05	Desportivo Nacional	58.38	13,6	27.57	30.81
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>							
2.	RODRIGUES, Joao Luis	05	Naval do Funchal	59.85	11,9	27.81	32.04
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>							
3.	DIAS, Andre Vicente	05	Desportivo Nacional	59.87	11,8	27.49	32.38
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>							
4.	ALVES, Andre Camara	05	Desportivo Nacional	1:07.24	2,9	31.09	36.15
5.	SILVA, Tony Stefano	05	Desportivo Nacional	1:09.65		30.36	39.29

Juniiores - 17 e 18 anos

1.	GOMES, Goncalo Camara	03	Naval do Funchal	57.85	12,4	26.33	31.52
2.	MATOS, Rodrigo Vieira	03	Naval do Funchal	1:00.58	9,0	28.37	32.21
3.	BARRY, Rafael Francisco	04	Naval do Funchal	1:00.96	9,8	27.62	33.34
4.	RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	1:01.28	9,4	28.80	32.48
5.	CAMACHO, Joao Simao	03	Desportivo Nacional	1:05.50	2,9	31.12	34.38
6.	AGUILAR, Luis Santos	04	Desportivo Nacional	1:05.80	3,9	29.35	36.45

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m
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Juvenil B - 14 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	1:08.26	10,7	31.38	36.88
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						
2. NETO, Leonor Rodrigues	07	Naval do Funchal	1:11.66	7,1	33.00	38.66
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						

Juvenil A - 15 anos

1. JARDIM, Lara Filipa	06	Naval do Funchal	1:12.35	5,4	32.95	39.40
2. TEMBE, Ines Afonso	06	Desportivo Nacional	1:13.89	3,7	33.46	40.43
3. SOUSA, Ivana Valentina	06	Desportivo Nacional	1:17.99		36.29	41.70

Juniores - 16 e 17 anos

1. AVEIRO, Leonor Sofia	05	Naval do Funchal	1:14.31	2,0	34.21	40.10
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Seniores - 18 anos e mais velhos

1. GOMES, Susana Clara	77	Naval do Funchal	1:08.88	5,9	31.10	37.78
2. OLIM, Carlota Freitas	93	Naval do Funchal	1:10.61	3,9	31.52	39.09

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
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Juvenil B - 15 anos

1. ALVES, Pedro Miguel	06	Desportivo Nacional	33.59	2,5
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Juniores - 17 e 18 anos

1. FERNANDES, Rui Afonso	03	Desportivo Nacional	26.47	16,1
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>				
2. VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	33.41	

Prova 25, Masc., 50m Costas

Seniores - 19 e mais velhos

1. CASTRO, Joao Cruz	00	Escola O Liceu	27.21	12,0
FERNANDES, Joao Vitor	00	Escola O Liceu	27.21	12,0

Prova 26

Femin., 50m Costas

Absoluto

10/07/2021 - 11:46

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil A - 15 anos				
1. COSTA, Maria Jardim	06	Desportivo Nacional	31.57	12,8
2. DIAS, Julia Alves	06	Desportivo Nacional	32.97	9,6
3. CANADA, Maria Elvira	06	Desportivo Nacional	35.47	3,9

Juniores - 16 e 17 anos

1. FERREIRA, Maria Leonor	04	Desportivo Nacional	32.05	10,4
2. GONCALVES, Maria Margarida	04	Naval do Funchal	35.63	2,1

Seniores - 18 anos e mais velhos

1. LUIS, Jessica Santos	00	Desportivo Sao Roque	35.01	2,0
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Prova 27

Masc., 400m Livres

Absoluto

10/07/2021 - 11:47

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts							
Juvenil A - 16 anos											
1. OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:15.48	13,2							
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>											
50m:	28.32	28.32	150m:	1:32.08	32.43	250m:	2:37.80	32.84	350m:	3:43.38	32.68
100m:	59.65	31.33	200m:	2:04.96	32.88	300m:	3:10.70	32.90	400m:	4:15.48	32.10

Prova 27, Masc., 400m Livres

Seniores - 19 e mais velhos

1. RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	4:19.94	8,2
50m: 28.45 28.45	150m: 1:32.30 32.27	250m: 2:38.33 33.23	350m: 3:46.19 34.14	
100m: 1:00.03 31.58	200m: 2:05.10 32.80	300m: 3:12.05 33.72	400m: 4:19.94 33.75	

Prova 28

Femin., 400m Livres

Absoluto

10/07/2021 - 11:52

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
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Juvenil A - 15 anos

1. FERRO, Maria Leonor	06	Naval do Funchal	4:54.70	7,7
50m: 32.63 32.63	150m: 1:47.57 37.98	250m: 3:03.12 37.73	350m: 4:18.48 37.44	
100m: 1:09.59 36.96	200m: 2:25.39 37.82	300m: 3:41.04 37.92	400m: 4:54.70 36.22	
2. FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:00.97	6,1
50m: 33.76 33.76	150m: 1:48.90 37.96	250m: 3:05.73 38.69	350m: 4:23.12 38.78	
100m: 1:10.94 37.18	200m: 2:27.04 38.14	300m: 3:44.34 38.61	400m: 5:00.97 37.85	
3. FREITAS, Margarida Ramos	06	Desportivo Nacional	5:06.73	4,6
50m: 33.27 33.27	150m: 1:48.78 38.19	250m: 3:06.98 39.58	350m: 4:27.09 40.14	
100m: 1:10.59 37.32	200m: 2:27.40 38.62	300m: 3:46.95 39.97	400m: 5:06.73 39.64	
4. SILVA, Silvana Suamade	06	Desportivo Sao Roque	5:08.35	4,1
50m: 33.96 33.96	150m: 1:51.69 39.34	250m: 3:11.53 39.67	350m: 4:30.43 39.56	
100m: 1:12.35 38.39	200m: 2:31.86 40.17	300m: 3:50.87 39.34	400m: 5:08.35 37.92	

Juniores - 16 e 17 anos

1. ARAUJO, Maria Clara	05	Naval do Funchal	4:53.37	7,3
50m: 31.43 31.43	150m: 1:43.07 36.37	250m: 2:59.73 38.20	350m: 4:16.51 37.87	
100m: 1:06.70 35.27	200m: 2:21.53 38.46	300m: 3:38.64 38.91	400m: 4:53.37 36.86	

Seniores - 18 anos e mais velhos

1. LECA, Natasha Maria	03	Desportivo Nacional	5:14.05	1,3
50m: 34.26 34.26	150m: 1:50.02 38.44	250m: 3:11.03 41.01	350m: 4:33.52 41.01	
100m: 1:11.58 37.32	200m: 2:30.02 40.00	300m: 3:52.51 41.48	400m: 5:14.05 40.53	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 13 anos									
1.	CASTRO, Marco Antonio	08	Naval do Funchal	2:38.70		36.36	41.95	41.89	38.50
2.	FERNANDEZ, H.	08	Juventude Atlantico	2:44.25		37.15	42.05	43.42	41.63
3.	JARDIM, Lourenco Almeida	08	Desportivo Nacional	2:48.63		39.12	42.12	44.84	42.55
4.	ANTUNES, Frederico Luis	08	Juventude Atlantico	3:13.56		42.94	48.56	51.84	50.22
5.	BARATA, Joao Tomas	08	Juventude Atlantico	3:16.59		44.60	50.90	51.33	49.76
6.	CORREIA, Joao Luis	08	Juventude Atlantico	3:30.32		44.03	54.27	56.95	55.07
7.	SILVA, Francisco Pita	08	Juventude Atlantico	4:01.66		54.55	1:02.84	1:03.32	1:00.95
Infantil A - 14 anos									
1.	PEREIRA, Lucas Santos	07	Naval do Funchal	2:14.77	8,0	30.63	33.21	35.81	35.12
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>								
2.	RIBEIRO, Telmo Drumonc	07	Naval do Funchal	2:26.21	1,5	33.79	36.83	38.59	37.00
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>								
3.	FERNANDES, A.	07	Juventude Atlantico	2:26.27	1,4	34.44	37.02	38.25	36.56
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>								
4.	JESUS, David Martins	07	Desportivo Sao Roque	2:33.92		33.92	39.04	40.77	40.19
5.	NUNES, Duarte Costa	07	Juventude Atlantico	2:41.73		35.20	41.82	44.21	40.50
6.	BARBOSA, Joao Camachr	07	Desportivo Nacional	2:48.87		37.68	45.67	45.75	39.77
7.	VIEIRA, Luis Henrique	07	Desportivo Nacional	3:01.47		41.40	47.01	48.05	45.01
8.	MARTINS, Tomas Rodrigoc	07	Desportivo Nacional	3:20.19		43.92	53.15	54.25	48.87
9.	BERENQUER, S.	07	Juventude Atlantico	3:23.95		44.67	50.98	55.22	53.08
DSQ	CARVALHO, J.	07	Naval do Funchal						
	<i>403 - Falsa partida - SW 4.4</i>								
Juvenil B - 15 anos									
1.	CRO, Nuno Afonso	06	Desportivo Sao Roque	3:17.13		44.34	53.56	53.19	46.04
Juvenil A - 16 anos									
1.	MENDES, Juan Diego	05	Desportivo Nacional	2:43.76		36.30	42.75	44.55	40.16
Juniores - 17 e 18 anos									
1.	KOVAL, Igor	03	Desportivo Nacional	2:32.62		35.46	38.50	40.36	38.30
Seniores - 19 e mais velhos									
1.	DINIS, Fernando Jose	02	Desportivo Sao Roque	2:57.09		39.80	45.67	46.88	44.74

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
Infantil B - 12 anos								
1.	MARGARIDO, Paula Aguiar09	Juventude Atlantico	2:41.95	3,2	36.99	41.49	43.03	40.44
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>								
2.	SILVA, Mara Goncalves 09	Juventude Atlantico	3:35.21		47.98	55.88	57.74	53.61
3.	MENDES, Lidia Pinto 09	Juventude Atlantico	3:53.53		51.03	1:01.15	1:01.67	59.68
4.	CARVALHO, Laura Jardim09	Juventude Atlantico	4:02.72		52.78	1:03.06	1:04.74	1:02.14

Infantil A - 13 anos

1.	ALVES, Juliana Rodrigues08	Desportivo Nacional	2:33.99	3,3	34.80	39.25	40.38	39.56
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>								
2.	NOBREGA, Sara Francisc08	Desportivo Sao Roque	2:59.35		41.24	46.32	46.66	45.13

Juvenil A - 15 anos

1.	PEREIRA, Joana Marques06	Juventude Atlantico	2:24.60	5,0	32.36	36.27	37.89	38.08
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Seniores - 18 anos e mais velhos

1.	SILVA, Gabriela Suamade02	Desportivo Sao Roque	2:43.41		36.31	42.04	43.22	41.84
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Prova 31 Masc., 50m Bruços Absoluto
10/07/2021 - 15:50 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Infantil B - 13 anos				
1.	GOMES, Guilherme Silva	08 Desportiva Galomar	42.84	
2.	MEDEIROS, Joao Francisco	08 Juventude Atlantico	46.38	
Infantil A - 14 anos				
1.	OLIVEIRA, Afonso Miguel	07 Juventude Atlantico	40.28	
2.	DRUMOND, Pedro Afonso	07 Desportiva Galomar	47.83	

Prova 32 Femin., 50m Bruços Absoluto
10/07/2021 - 15:52 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil A - 13 anos			
1. MARQUES, Bruna Francisca	08	Desportivo Sao Roque	54.86
Juvenil B - 14 anos			
1. RODRIGUES, Laura Sofia	07	Juventude Atlantico	35.61 12,7
Juvenil A - 15 anos			
DSQ JESUS, Veronica Martins	06	Desportivo Sao Roque	734
<i>Efectou mais que uma pernada de golfinho durante percurso subaquático após a partida</i>			
Juniores - 16 e 17 anos			
1. BLANDY, Mischa Blue	04	Juventude Atlantico	48.52
2. ANDRADE, Maria Beatriz	05	Desportivo Nacional	50.93

Prova 33 Masc., 100m Costas Absoluto
10/07/2021 - 15:53 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m
Infantil B - 13 anos					
1. JARDIM, Rodrigo Vieira	08	Naval do Funchal	1:18.55	37.66	40.89
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>					
2. JESUS, Vasco Franca	08	Naval do Funchal	1:22.47	40.69	41.78
3. NOBREGA, Matias Sargo	08	Naval do Funchal	1:25.12	42.75	42.37
4. BARATA, Joao Tomas	08	Juventude Atlantico	1:41.70	50.06	51.64
Infantil A - 14 anos					
1. NEVES, Tiago Brazao	07	Naval do Funchal	1:06.44 10,8	33.15	33.29
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>					
2. PENSO, Miguel Reigada	07	Escola O Liceu	1:19.90	39.21	40.69
3. GOUVEIA, Martim Jose	07	Desportivo Sao Roque	1:23.69	40.00	43.69
4. NUNES, Henrique Dias	07	Desportivo Nacional	1:26.69	42.41	44.28

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Infantil B - 12 anos						
1.	09	GONCALVES, Vera Andrade <i>Juventude Atlantico</i> <i>M�nimos Camp. Nacional Infantis - Set�bal</i>	1:15.35	10,0	37.61	37.74
2.	09	SA, Vanessa Fernandes <i>Naval do Funchal</i>	1:27.78		43.13	44.65
3.	09	ALVES, Francisca Pereira <i>Juventude Atlantico</i>	1:32.43		45.19	47.24
4.	09	FREITAS, Francisca Leonor <i>Naval do Funchal</i>	1:34.99		47.58	47.41
5.	09	ROMAO, Laura Beatriz <i>Naval do Funchal</i>	1:39.82		48.30	51.52
Infantil A - 13 anos						
1.	08	PEREIRA, Julia Freitas <i>Naval do Funchal</i> <i>M�nimos Camp. Nacional Infantis - Set�bal</i>	1:14.54	8,3	37.00	37.54
2.	08	GOMES, Sofia Vega <i>Naval do Funchal</i> <i>M�nimos Camp. Nacional Infantis - Set�bal</i>	1:19.11	3,6	38.20	40.91
3.	08	SILVA, Carolina Pestana <i>Naval do Funchal</i> <i>M�nimos Camp. Nacional Infantis - Set�bal</i>	1:20.23	2,4	38.93	41.30
4.	08	BAPTISTA, Ines Sande <i>Desportivo Nacional</i> <i>M�nimos Camp. Nacional Infantis - Set�bal</i>	1:20.27	2,4	38.96	41.31
5.	08	PEREIRA, Maria Clara <i>Juventude Atlantico</i>	1:25.10		41.05	44.05
6.	08	SOARES, Leonor Silva <i>Desportivo Nacional</i>	1:25.76		41.95	43.81
Juvenil B - 14 anos						
1.	07	FRANCA, Ines Matos <i>Juventude Atlantico</i>	1:17.41	3,5	37.17	40.24
2.	07	RINCU, Alexandra <i>Naval do Funchal</i>	1:35.86		47.02	48.84
Juniores - 16 e 17 anos						
1.	05	NOBREGA, Maria Trindade <i>Desportivo Nacional</i>	1:32.58		45.26	47.32

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 13 anos									
1.	MIRANDA, F.	08	Naval do Funchal	2:49.09		36.58	41.49	42.75	48.27
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>								
2.	RODRIGUES, G.	08	Desportivo Sao Roque	3:09.23		39.01	47.18	51.32	51.72
Infantil A - 14 anos									
1.	ALMEIDA, Joao Francisco	07	Naval do Funchal	2:30.72	7,1	32.01	37.20	40.49	41.02
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>								
2.	COSTA, Guilherme Corte	07	Desportivo Nacional	2:48.63		35.41	42.54	44.42	46.26
3.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	2:49.82		35.72	42.65	44.63	46.82
Juvenil B - 15 anos									
1.	TEMES, Joao Caires	06	Juventude Atlantico	2:51.74		41.03	45.58	42.13	43.00
2.	STEFLEA, Andre Sergio	06	Desportivo Sao Roque	3:05.75		34.78	42.30	50.26	58.41

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Infantil B - 12 anos									
1.	MELIM, Sara Beatriz	09	Desportivo Nacional	3:13.56		41.48	49.83	51.44	50.81
2.	MATEUS, Eleine Vieira	09	Desportivo Nacional	3:17.34		43.42	51.79	53.48	48.65
Infantil A - 13 anos									
1.	ANDRADE, Matilde Sousa	08	Naval do Funchal	2:50.63	4,2	33.87	40.59	45.30	50.87
	<i>M�nimos Camp. Nacional Infantis - Set�bal</i>								

Prova 36, Femin., 200m Mariposa

Juvenil A - 15 anos

1. CARICHAS, Joana Medeir06	Juventude Atlantico	2:54.06	37.24	45.12	46.62	45.08
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Prova 37

Masc., 100m Estilos

Absoluto

10/07/2021 - 16:20

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
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Infantil B - 13 anos

1. MEDEIROS, Joao Francisco	08	Juventude Atlantico	1:25.73		38.92	46.81
2. JARDIM, Lourenco Almeida	08	Desportivo Nacional	1:29.62		42.23	47.39
3. ANTUNES, Frederico Luis	08	Juventude Atlantico	1:42.76		48.50	54.26
4. SILVA, Francisco Pita	08	Juventude Atlantico	2:05.03		57.05	1:07.98
DSQ CORREIA, Joao Luis	08	Juventude Atlantico				

723 - Na chegada tocou com uma mão - SW 7.6

Infantil A - 14 anos

1. GOUVEIA, Martim Jose	07	Desportivo Sao Roque	1:23.65		37.83	45.82
2. NUNES, Henrique Dias	07	Desportivo Nacional	1:26.62		42.17	44.45
3. VIEIRA, Luis Henrique	07	Desportivo Nacional	1:38.83		45.47	53.36
4. MARTINS, Tomas Rodrigo	07	Desportivo Nacional	1:43.65		51.14	52.51
5. BERENQUER, Santiago Moura07	07	Juventude Atlantico	1:45.52		51.02	54.50
DSQ BARBOSA, Joao Camacho	07	Desportivo Nacional				

809 - Movimento alternado de pernas durante o percurso - SW 8.3

Juvenil A - 16 anos

1. MENDES, Juan Diego	05	Desportivo Nacional	1:24.57		40.54	44.03
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Juniores - 17 e 18 anos

1. KOVAL, Igor	03	Desportivo Nacional	1:22.43		36.90	45.53
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Seniores - 19 e mais velhos

1. DINIS, Fernando Jose	02	Desportivo Sao Roque	1:30.70		45.53	45.17
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Prova 38 Femin., 100m Estilos Absoluto
10/07/2021 - 16:24 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
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Infantil B - 12 anos

1.	GONCALVES, Vera Andrade	09	Juventude Atlantico	1:19.08	36.77	42.31
2.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	1:26.47	41.32	45.15
3.	ALVES, Francisca Pereira	09	Juventude Atlantico	1:30.00	42.50	47.50
4.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	1:34.40	45.26	49.14
5.	SILVA, Mara Goncalves	09	Juventude Atlantico	1:49.28	51.67	57.61
6.	MENDES, Lidia Pinto	09	Juventude Atlantico	1:56.93	54.86	1:02.07
7.	CARVALHO, Laura Jardim	09	Juventude Atlantico	2:05.16	56.52	1:08.64

Infantil A - 13 anos

1.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	1:19.35	36.93	42.42
2.	BAPTISTA, Ines Sande	08	Desportivo Nacional	1:21.20	37.76	43.44
3.	SOARES, Leonor Silva	08	Desportivo Nacional	1:27.60	41.46	46.14
4.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	1:34.80	46.33	48.47
5.	MARQUES, Bruna Francisca	08	Desportivo Sao Roque	1:41.68	46.94	54.74

Juvenil B - 14 anos

1.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	1:11.86	32.70	39.16
	<i>Recorde Regional</i>					
2.	FRANCA, Ines Matos	07	Juventude Atlantico	1:17.12	34.86	42.26

Juniores - 16 e 17 anos

1.	NOBREGA, Maria Trindade	05	Desportivo Nacional	1:30.08	42.35	47.73
2.	BLANDY, Mischa Blue	04	Juventude Atlantico	1:39.16	47.21	51.95
3.	ANDRADE, Maria Beatriz	05	Desportivo Nacional	1:41.13	46.40	54.73

Seniores - 18 anos e mais velhos

1.	SILVA, Gabriela Suamade	02	Desportivo Sao Roque	1:26.67	41.21	45.46
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Prova 39 Masc., 200m Livres Absoluto
10/07/2021 - 18:15 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenil B - 15 anos									
1.	FERRAZ, Luis Afonso	06	Naval do Funchal	2:05.63	10,7	28.72	31.45	33.00	32.46
2.	PAULOS, Joao Afonso	06	Naval do Funchal	2:07.06	9,8	29.05	31.86	33.23	32.92
3.	GARANITO, Simao Silva	06	Naval do Funchal	2:08.23	9,2	29.27	32.64	33.89	32.43

Juvenil A - 16 anos

1.	SANTOS, Nuno Goncalo	05	Desportivo Sao Roque	2:12.36	5,8	29.68	33.23	34.89	34.56
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Juniores - 17 e 18 anos

1.	FERNANDES, Diogo Henri	04	Naval do Funchal	1:59.94	12,4	27.79	30.50	31.44	30.21
2.	VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	2:11.41	4,5	29.53	32.51	34.73	34.64
3.	CAMACHO, Joao Simao	03	Desportivo Nacional	2:11.49	4,4	29.69	33.26	34.63	33.91
4.	MAROTE, Joao Nuno	03	Desportivo Sao Roque	2:13.82	3,0	29.02	33.39	35.41	36.00

Seniores - 19 e mais velhos

1.	RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	1:59.89	9,7	27.57	30.41	31.45	30.46
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Prova 40 Femin., 200m Livres Absoluto
10/07/2021 - 18:20 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenil B - 14 anos									
1.	GONCALVES, Valentina	07	Desportivo Nacional	2:18.57	9,4	31.78	35.71	36.04	35.04
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>									

Juvenil A - 15 anos

1.	FREITAS, Margarida Ram	06	Desportivo Nacional	2:21.14	6,9	31.94	35.60	36.96	36.64
2.	FERRO, Maria Leonor	06	Naval do Funchal	2:21.93	6,4	32.70	36.45	37.06	35.72
3.	FREITAS, Beatriz Rodrigu	06	Naval do Funchal	2:22.17	6,3	32.72	36.19	37.10	36.16
4.	SILVA, Silvana Suamade	06	Desportivo Sao Roque	2:29.07	2,5	33.88	37.97	38.89	38.33

Prova 40, Femin., 200m Livres

Juniores - 16 e 17 anos

1. ARAUJO, Maria Clara 05 Naval do Funchal **2:17.58** 8,1 31.77 35.67 35.97 34.17

Seniores - 18 anos e mais velhos

1. LECA, Natasha Maria 03 Desportivo Nacional **2:24.25** 3,5 33.21 36.93 37.33 36.78

Prova 41

Masc., 50m Bru os

Absoluto

10/07/2021 - 18:23

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil B - 15 anos				
1.	SILVA, Afonso Mar	06 Naval do Funchal	35.90	5,0
Juvenil A - 16 anos				
1.	SILVA, Tony Stefano	05 Desportivo Nacional	31.58	13,3
2.	ALVES, Andre Camara	05 Desportivo Nacional	33.83	8,2
Juniores - 17 e 18 anos				
1.	ALVES, Paulo Rodrigues	04 Desportivo Nacional	30.29	14,6
	<i>Recorde Regional, M�nimos OPEN DE PORTUGAL - Jamor</i>			
2.	MATOS, Rodrigo Vieira	03 Naval do Funchal	31.90	9,5
Seniores - 19 e mais velhos				
1.	MARQUES, Miguel Freitas	96 Escola O Liceu	29.25	13,8
	<i>M�nimos OPEN DE PORTUGAL - Jamor</i>			
2.	FERNANDES, Joao Vitor	00 Escola O Liceu	30.35	11,1

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenil B - 15 anos						
1.	PITA, Pedro Miguel	06 Naval do Funchal	1:00.80	15,4	29.23	31.57
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						
2.	ALVES, Pedro Miguel	06 Desportivo Nacional	1:08.70	6,4	33.92	34.78
3.	SILVA, Joao Luis	06 Escola O Liceu	1:09.80	5,1	34.34	35.46

Juniores - 17 e 18 anos

1.	FERNANDES, Rui Afonso	03 Desportivo Nacional	57.10	16,0	27.09	30.01
<i>Recorde Regional, Mínimos OPEN DE PORTUGAL - Jamor</i>						
2.	GOMES, Goncalo Camara	03 Naval do Funchal	57.81	15,2	27.60	30.21
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						
3.	AGUILAR, Luis Santos	04 Desportivo Nacional	1:06.28	5,9	31.13	35.15

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenil B - 14 anos						
1.	NETO, Leonor Rodrigues	07 Naval do Funchal	1:11.82	9,4	34.52	37.30
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						
2.	MATEUS, Clarisse Vieira	07 Desportivo Nacional	1:20.29		38.81	41.48

Juvenil A - 15 anos

1.	COSTA, Maria Jardim	06 Desportivo Nacional	1:07.56	13,2	32.21	35.35
<i>Recorde Regional, Mínimos OPEN DE PORTUGAL - Jamor</i>						
2.	DIAS, Julia Alves	06 Desportivo Nacional	1:09.99	10,6	33.82	36.17
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						
3.	JARDIM, Lara Filipa	06 Naval do Funchal	1:10.19	10,4	33.32	36.87
4.	CANADA, Maria Elvira	06 Desportivo Nacional	1:14.91	5,4	36.16	38.75

Prova 44, Femin., 100m Costas

Juniores - 16 e 17 anos

1.	FERREIRA, Maria Leonor	04	Desportivo Nacional	1:08.75	10,4	33.01	35.74
2.	CAMACHO, Laura Fernandes	04	Naval do Funchal	1:09.70	9,4	34.56	35.14
3.	GONCALVES, Maria Margarida	04	Naval do Funchal	1:15.27	3,4	36.36	38.91
4.	AVEIRO, Leonor Sofia	05	Naval do Funchal	1:15.67	4,1	36.89	38.78

Seniores - 18 anos e mais velhos

1.	LUIS, Jessica Santos	00	Desportivo Sao Roque	1:16.38		36.54	39.84
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Prova 45

Masc., 200m Mariposa

Absoluto

10/07/2021 - 18:39

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Juvenil B - 15 anos

1.	GONCALVES, Martim Luis	06	Desportivo Nacional	2:16.14	12,3	29.86	34.01	36.34	35.93
	<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								
2.	ABREU, Joao Francisco	06	Naval do Funchal	2:24.27	8,0	32.49	35.87	37.45	38.46
	<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								

Juvenil A - 16 anos

1.	GOUVEIA, Luis Galvao	05	Desportivo Nacional	2:04.72	17,1	27.44	31.56	32.88	32.84
	<i>Recorde Regional, M�nimos OPEN DE PORTUGAL - Jamor</i>								
2.	DIAS, Andre Vicente	05	Desportivo Nacional	2:15.82	11,0	28.13	33.52	36.21	37.96
	<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								

Juniores - 17 e 18 anos

1.	RODRIGUES, Rodrigo Re	04	Desportivo Sao Roque	2:10.17	12,9	29.32	32.79	33.97	34.09
	<i>M�nimos OPEN DE PORTUGAL - Jamor</i>								

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Juvenil B - 14 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	2:28.89	12,3	32.22	37.67	39.47	39.53
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Recorde Regional, M nimos OPEN DE PORTUGAL - Jamor

Juvenil A - 15 anos

1. TEMBE, Ines Afonso	06	Desportivo Nacional	2:48.30	1,1	34.94	42.15	44.91	46.30
2. SOUSA, Ivana Valentina	06	Desportivo Nacional	2:50.94		36.54	43.52	45.31	45.57

Juniores - 16 e 17 anos

1. SOUSA, Joana Francisca	04	Desportivo Sao Roque	2:36.96	5,9	33.17	38.21	41.65	43.93
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Prova 47 Masc., 100m Estilos Absoluto
10/07/2021 - 18:46 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m
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Juvenil B - 15 anos

1. OLIVEIRA, Bernardo Antonio	06	Naval do Funchal	1:24.31	38.26	46.05
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Juvenil A - 16 anos

1. RODRIGUES, Joao Luis	05	Naval do Funchal	1:02.55	27.67	34.88
2. SILVA, Tony Stefano	05	Desportivo Nacional	1:04.86	30.79	34.07
3. ALVES, Andre Camara	05	Desportivo Nacional	1:09.20	32.61	36.59

Juniores - 17 e 18 anos

1. ALVES, Paulo Rodrigues	04	Desportivo Nacional	58.99	27.12	31.87
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Recorde Regional

2. AGUILAR, Luis Santos	04	Desportivo Nacional	1:04.94	29.80	35.14
3. CAMACHO, Joao Simao	03	Desportivo Nacional	1:08.29	31.86	36.43
4. VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	1:09.98	33.64	36.34

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

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	1:11.86	RODRIGUES, Laura Sofia	JACL	Funchal	10/07/2021
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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenil B - 14 anos						
1.	GONCALVES, Valentina Jose	07	Desportivo Nacional	1:14.43	35.16	39.27
Juvenil A - 15 anos						
1.	COSTA, Maria Jardim	06	Desportivo Nacional	1:09.05	32.05	37.00
2.	DIAS, Julia Alves	06	Desportivo Nacional	1:13.57	33.82	39.75
Juniores - 16 e 17 anos						
1.	FERREIRA, Maria Leonor	04	Desportivo Nacional	1:11.79	32.44	39.35
Seniores - 18 anos e mais velhos						
1.	LUIS, Jessica Santos	00	Desportivo Sao Roque	1:18.27	36.05	42.22
2.	LECA, Natasha Maria	03	Desportivo Nacional	1:18.28	37.06	41.22

Prova 49 Masc., 4 x 50m Estilos Absoluto - 15 e mais velhos
10/07/2021 - 18:51 Resultados

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

Pontos: Rudolph Table 2020

Lugar				Tempo final	Pts
1.	Escola O Liceu 1		Escola O Liceu	1:46.21	
	CASTRO, Joao Cruz	00	+0,74 26.97	FERNANDES, Joao Vitor	00 +0,33 25.07
	MARQUES, Miguel Freitas	96	+0,24 29.23	CAMARA, Joao Vieira	97 +0,35 24.94
2.	Naval do Funchal 1		Naval do Funchal	1:47.22	
	<i>Recorde Regional</i>				
	GOMES, Goncalo Camara	03	+0,56 26.69	BARRY, Rafael Francisco	04 +0,38 26.59
	FERNANDES, Martim Pestana	04	+0,03 29.87	FERNANDES, Diogo Henrique	04 +0,25 24.07
3.	Desportivo Nacional 1		Desportivo Nacional	1:49.59	
	FERNANDES, Rui Afonso	03	+0,62 26.65	DIAS, Andre Vicente	05 +0,37 26.16
	ALVES, Paulo Rodrigues	04	+0,41 30.68	CAMACHO, Joao Simao	03 +0,20 26.10

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 13 anos

1. JARDIM, Lourenco Almeida	08	Desportivo Nacional	3:07.94	45.15	47.42	48.92	46.45
2. BARATA, Joao Tomas	08	Juventude Atlantico	3:38.60	53.42	56.16	55.86	53.16

Infantil A - 14 anos

1. NEVES, Tiago Brazao	07	Naval do Funchal	2:24.55	10,6	34.59	36.97	37.62	35.37
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>								
2. PENSO, Miguel Reigada	07	Escola O Liceu	2:52.12		39.59	44.15	45.82	42.56
3. GOUVEIA, Martim Jose	07	Desportivo Sao Roque	3:00.94		41.58	46.56	46.83	45.97
4. VIEIRA, Luis Henrique	07	Desportivo Nacional	3:20.54		49.61	51.67	51.49	47.77

Juvenil B - 15 anos

1. STEFLEA, Andre Sergio	06	Desportivo Sao Roque	2:48.99		38.85	42.75	43.95	43.44
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Prova 51 Femin., 200m Costas Absoluto
11/07/2021 - 8:34 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Infantil B - 12 anos

1. GONCALVES, Vera Andra	09	Juventude Atlantico	2:37.35	12,6	36.81	40.90	41.41	38.23
<i>Recorde Regional, Mínimos Camp. Nacional Infantis - Setúbal</i>								
2. ALVES, Francisca Pereira	09	Juventude Atlantico	3:24.53		47.73	53.62	53.58	49.60

Infantil A - 13 anos

1. GOMES, Sofia Vega	08	Naval do Funchal	2:48.35	4,8	39.17	42.93	44.15	42.10
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>								
2. SOARES, Leonor Silva	08	Desportivo Nacional	2:56.70		41.81	44.07	45.51	45.31
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>								
3. JESUS, Ligia Maria	08	Escola O Liceu	3:12.45		44.04	49.37	50.71	48.33

Prova 51, Femin., 200m Costas

Juvenil B - 14 anos

1. RODRIGUES, Laura Sofia07	Juventude Atlantico	2:33.81	9,9	35.41	38.38	39.77	40.25
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M nimos OPEN DE PORTUGAL - Jamor

Juvenil A - 15 anos

1. CARICHAS, Joana Medeir06	Juventude Atlantico	2:43.78	3,7	37.02	42.21	42.77	41.78
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Prova 52

Masc., 50m Mariposa

Absoluto

11/07/2021 - 8:38

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil A - 14 anos			
1. OLIVEIRA, Afonso Miguel	07 Juventude Atlantico	31.19	4,6
2. FERNANDES, Afonso Berimbau	07 Juventude Atlantico	34.26	
3. JESUS, David Martins	07 Desportivo Sao Roque	34.89	
4. BARBOSA, Joao Camacho	07 Desportivo Nacional	41.75	
Juvenil B - 15 anos			
1. TEMES, Joao Caires	06 Juventude Atlantico	32.34	
Juvenil A - 16 anos			
1. MENDES, Juan Diego	05 Desportivo Nacional	35.23	
Juniores - 17 e 18 anos			
1. KOVAL, Igor	03 Desportivo Nacional	30.72	

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Infantil B - 12 anos				
1.	09	SOUSA, Leonor Rocha Juventude Atlantico	39.97	
Infantil A - 13 anos				
1.	08	NOBREGA, Sara Francisca Desportivo Sao Roque	44.75	
2.	08	MARQUES, Bruna Francisca Desportivo Sao Roque	48.61	
Juvenil B - 14 anos				
1.	07	RODRIGUES, Ines Costa Desportivo Nacional	52.33	
Juniores - 16 e 17 anos				
1.	05	NOBREGA, Maria Trindade Desportivo Nacional	39.00	
2.	04	BLANDY, Mischa Blue Juventude Atlantico	43.25	
3.	05	ANDRADE, Maria Beatriz Desportivo Nacional	44.30	
Seniores - 18 anos e mais velhos				
1.	02	SILVA, Gabriela Suamade Desportivo Sao Roque	40.44	

Prova 54 Masc., 100m Bru os Absoluto
11/07/2021 - 8:41 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Infantil B - 13 anos						
1.	08	BARRADAS, Rafael Alves Escola O Liceu	1:32.01		43.66	48.35
2.	08	JARDIM, Rodrigo Vieira Naval do Funchal	1:33.80		44.47	49.33
3.	08	ANTUNES, Frederico Luis Juventude Atlantico	2:13.95		1:03.25	1:10.70
4.	08	SILVA, Francisco Pita Juventude Atlantico	2:21.72		1:08.66	1:13.06
DSQ		CORREIA, Joao Luis Juventude Atlantico				
<i>722 - Tocou com uma m�o na parede na viragem aos 25 m - SW 7.6</i>						

Prova 54, Masc., 100m Bra os

Infantil A - 14 anos

1.	ARAUJO, Joao Caldeira	07	Naval do Funchal	1:27.34	40.04	47.30
2.	NUNES, Henrique Dias	07	Desportivo Nacional	1:35.27	45.04	50.23
3.	MARTINS, Tomas Rodrigo	07	Desportivo Nacional	1:42.70	48.62	54.08
4.	BERENGUER, Santiago Moura	07	Juventude Atlantico	1:54.02	55.25	58.77

Seniores - 19 e mais velhos

1.	DINIS, Fernando Jose	02	Desportivo Sao Roque	1:40.71	46.04	54.67
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Prova 55

Femin., 100m Bra os

Absoluto

11/07/2021 - 8:46

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m
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Infantil B - 12 anos

1.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	1:35.23	1,5	44.93	50.30
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>							
2.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	1:38.50		45.81	52.69
3.	SILVA, Mara Goncalves	09	Juventude Atlantico	1:55.20		54.90	1:00.30
4.	ROMAO, Laura Beatriz	09	Naval do Funchal	1:58.11		54.67	1:03.44
DSQ	CARVALHO, Laura Jardim	09	Juventude Atlantico				
<i>709 - Movimento alternado de bra�os durante o percurso - SW 7.2</i>							
DSQ	MENDES, Lidia Pinto	09	Juventude Atlantico				
<i>734 - Efectuou mais que uma pernada golfinho durante percurso subaqu�tico ap�s a partida - SW 7.1</i>							

Infantil A - 13 anos

1.	SOARES, Leonor Silva	08	Desportivo Nacional	1:35.28		45.29	49.99
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Juvenil B - 14 anos

1.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	1:18.86	11,4	36.54	42.32
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>							

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil A - 14 anos			
1. OLIVEIRA, Afonso Miguel	07 Juventude Atlantico	5:46.94	2,1
50m: 35.34 35.34	150m: 2:01.42 44.63	250m: 3:37.43 52.34	350m: 5:07.68 39.71
100m: 1:16.79 41.45	200m: 2:45.09 43.67	300m: 4:27.97 50.54	400m: 5:46.94 39.26
2. COSTA, Guilherme Corte	07 Desportivo Nacional	5:51.15	1,1
50m: 35.45 35.45	150m: 2:01.35 43.46	250m: 3:36.21 51.85	350m: 5:10.31 41.90
100m: 1:17.89 42.44	200m: 2:44.36 43.01	300m: 4:28.41 52.20	400m: 5:51.15 40.84

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Infantil B - 12 anos			
1. MELIM, Sara Beatriz	09 Desportivo Nacional	6:18.00	4,7
50m: 41.35 41.35	150m: 2:21.29 51.23	250m: 4:00.70 50.69	350m: 5:36.35 44.45
100m: 1:30.06 48.71	200m: 3:10.01 48.72	300m: 4:51.90 51.20	400m: 6:18.00 41.65
2. MATEUS, Eleine Vieira	09 Desportivo Nacional	6:32.23	1,7
50m: 43.89 43.89	150m: 2:24.93 50.33	250m: 4:07.57 55.96	350m: 5:49.13 45.99
100m: 1:34.60 50.71	200m: 3:11.61 46.68	300m: 5:03.14 55.57	400m: 6:32.23 43.10
3. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	6:35.16	1,1
50m: 46.98 46.98	150m: 2:30.67 47.56	250m: 4:12.33 54.64	350m: 5:51.58 43.33
100m: 1:43.11 56.13	200m: 3:17.69 47.02	300m: 5:08.25 55.92	400m: 6:35.16 43.58

Infantil A - 13 anos

1. ANDRADE, Matilde Sousa	08 Naval do Funchal	5:49.05	7,4
50m: 34.43 34.43	150m: 2:00.19 44.82	250m: 3:35.63 51.70	350m: 5:08.37 41.27
100m: 1:15.37 40.94	200m: 2:43.93 43.74	300m: 4:27.10 51.47	400m: 5:49.05 40.68
2. ALVES, Juliana Rodrigues	08 Desportivo Nacional	6:03.77	4,2
50m: 36.52 36.52	150m: 2:07.51 47.25	250m: 3:44.87 51.59	350m: 5:21.32 43.85
100m: 1:20.26 43.74	200m: 2:53.28 45.77	300m: 4:37.47 52.60	400m: 6:03.77 42.45
3. BAPTISTA, Ines Sande	08 Desportivo Nacional	6:20.36	
50m: 41.54 41.54	150m: 2:17.36 48.51	250m: 3:59.25 53.91	350m: 5:37.73 44.20
100m: 1:28.85 47.31	200m: 3:05.34 47.98	300m: 4:53.53 54.28	400m: 6:20.36 42.63

Prova 57, Femin., 400m Estilos

Juvenil A - 15 anos

1. CARICHAS, Joana Medeiros	06	Juventude Atlantico	6:00.38	2,1
50m: 39.22 39.22	150m: 2:09.86	43.19	250m: 3:47.46	55.05
100m: 1:26.67 47.45	200m: 2:52.41	42.55	300m: 4:41.34	53.88
			350m: 5:21.47	40.13
			400m: 6:00.38	38.91

Prova 58

Masc., 100m Livres

Absoluto

11/07/2021 - 9:13

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Infantil B - 13 anos						
1. MIRANDA, Francisco Guilherm	08	Naval do Funchal	1:07.92	2,8	32.84	35.08
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>						
2. JESUS, Vasco Franca	08	Naval do Funchal	1:09.90		32.92	36.98
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>						
3. CASTRO, Marco Antonio	08	Naval do Funchal	1:12.55		34.81	37.74
4. NOBREGA, Matias Sargo	08	Naval do Funchal	1:14.63		36.77	37.86
5. FERNANDEZ, Henrique Justin	08	Juventude Atlantico	1:17.05		36.70	40.35
6. JARDIM, Lourenco Almeida	08	Desportivo Nacional	1:18.20		38.37	39.83
7. BARATA, Joao Tomas	08	Juventude Atlantico	1:30.81		43.66	47.15
8. ANTUNES, Frederico Luis	08	Juventude Atlantico	1:35.89		45.87	50.02
9. CORREIA, Joao Luis	08	Juventude Atlantico	1:36.00		42.68	53.32
10. SILVA, Francisco Pita	08	Juventude Atlantico	1:53.31		57.52	55.79

Infantil A - 14 anos

1. ALMEIDA, Joao Francisco	07	Naval do Funchal	1:00.45	9,3	28.57	31.88
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>						
2. PEREIRA, Lucas Santos	07	Naval do Funchal	1:01.01	8,6	29.31	31.70
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>						
3. RIBEIRO, Telmo Drumond	07	Naval do Funchal	1:05.75	2,7	32.14	33.61
<i>M�nimos Camp. Nacional Infantis - Set�bal</i>						
4. FERNANDES, Afonso Berimba	07	Juventude Atlantico	1:07.60		34.03	33.57
5. JESUS, David Martins	07	Desportivo Sao Roque	1:09.97		33.30	36.67
6. NUNES, Duarte Costa	07	Juventude Atlantico	1:12.44		34.55	37.89
7. GOUVEIA, Martim Jose	07	Desportivo Sao Roque	1:14.68		35.33	39.35
8. BARBOSA, Joao Camacho	07	Desportivo Nacional	1:15.19		36.58	38.61
9. CARVALHO, Joaquim Eduardo	07	Naval do Funchal	1:16.13		36.93	39.20
10. NUNES, Henrique Dias	07	Desportivo Nacional	1:17.11		37.26	39.85
11. VIEIRA, Luis Henrique	07	Desportivo Nacional	1:23.48		40.00	43.48
12. MARTINS, Tomas Rodrigo	07	Desportivo Nacional	1:27.62		42.30	45.32
13. BERENGUER, Santiago Moura	07	Juventude Atlantico	1:37.50		48.51	48.99

Juvenil B - 15 anos

1. TEMES, Joao Caires	06	Juventude Atlantico	1:05.80		31.94	33.86
2. STEFLEA, Andre Sergio	06	Desportivo Sao Roque	1:08.91		32.99	35.92
3. CRO, Nuno Afonso	06	Desportivo Sao Roque	1:30.09		42.86	47.23

Prova 58, Masc., 100m Livres

Juvenil A - 16 anos

1. MENDES, Juan Diego	05	Desportivo Nacional	1:11.62	34.68	36.94
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Juniores - 17 e 18 anos

1. KOVAL, Igor	03	Desportivo Nacional	1:07.22	32.40	34.82
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Prova 59

Femin., 100m Livres

Absoluto

11/07/2021 - 9:21

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
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Infantil B - 12 anos

1. GONCALVES, Vera Andrade	09	Juventude Atlantico	1:08.17	9,5	33.04	35.13
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>						
2. SA, Vanessa Fernandes	09	Naval do Funchal	1:16.83		37.01	39.82
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>						
3. SOUSA, Leonor Rocha	09	Juventude Atlantico	1:18.33		37.94	40.39
4. FREITAS, Francisca Leonor	09	Naval do Funchal	1:21.76		39.37	42.39
5. ALVES, Francisca Pereira	09	Juventude Atlantico	1:24.90		41.43	43.47
6. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	1:25.17		40.81	44.36
7. ROMAO, Laura Beatriz	09	Naval do Funchal	1:33.79		46.43	47.36
8. SILVA, Mara Goncalves	09	Juventude Atlantico	1:38.25		46.20	52.05
9. CARVALHO, Laura Jardim	09	Juventude Atlantico	1:50.32		52.85	57.47
10. MENDES, Lidia Pinto	09	Juventude Atlantico	1:51.01		52.20	58.81

Infantil A - 13 anos

1. PEREIRA, Julia Freitas	08	Naval do Funchal	1:09.82	4,7	33.47	36.35
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>						
2. PEREIRA, Maria Clara	08	Juventude Atlantico	1:12.79	1,3	35.11	37.68
<i>Mínimos Camp. Nacional Infantis - Setúbal</i>						
3. SILVA, Carolina Pestana	08	Naval do Funchal	1:13.51		35.44	38.07
4. NOBREGA, Sara Francisca	08	Desportivo Sao Roque	1:21.68		38.86	42.82
5. JESUS, Ligia Maria	08	Escola O Liceu	1:21.75		39.23	42.52
6. MARQUES, Bruna Francisca	08	Desportivo Sao Roque	1:25.73		40.09	45.64

Juvenil B - 14 anos

1. FRANCA, Ines Matos	07	Juventude Atlantico	1:06.97	5,9	31.96	35.01
2. RINCU, Alexandra	07	Naval do Funchal	1:24.59		40.22	44.37
3. RODRIGUES, Ines Costa	07	Desportivo Nacional	1:34.33		44.65	49.68

Juvenil A - 15 anos

1. PEREIRA, Joana Marques	06	Juventude Atlantico	1:08.78	2,5	32.43	36.35
2. JESUS, Veronica Martins	06	Desportivo Sao Roque	1:40.49		45.19	55.30

Prova 59, Femin., 100m Livres

Juniores - 16 e 17 anos

1.	NOBREGA, Maria Trindade	05	Desportivo Nacional	1:21.02	38.46	42.56
2.	BLANDY, Mischa Blue	04	Juventude Atlantico	1:25.18	38.17	47.01
3.	ANDRADE, Maria Beatriz	05	Desportivo Nacional	1:28.17	42.88	45.29

Seniores - 18 anos e mais velhos

1.	SILVA, Gabriela Suamade	02	Desportivo Sao Roque	1:16.05	35.48	40.57
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Prova 60 Masc., 200m Costas Absoluto
11/07/2021 - 11:15 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Juvenil B - 15 anos

1. GONCALVES, Martim Luis06	Desportivo Nacional	2:20.84	10,8	32.40	35.54	37.09	35.81
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>							
2. ALVES, Pedro Miguel	06 Desportivo Nacional	2:28.53	6,7	34.72	36.61	38.68	38.52
3. SILVA, Joao Luis	06 Escola O Liceu	2:29.91	6,0	34.60	38.45	38.75	38.11

Juvenil A - 16 anos

1. DIAS, Andre Vicente	05 Desportivo Nacional	2:14.54	12,5	30.41	33.67	34.94	35.52
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>							

Juniores - 17 e 18 anos

1. FERNANDES, Rui Afonso	03 Desportivo Nacional	2:53.18		26.54	50.80	47.81	48.03
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Prova 61 Femin., 200m Costas Absoluto
11/07/2021 - 11:18 Resultados

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	2:37.35	GONCALVES, Vera Andrade	JACL	Funchal	11/07/2021

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
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Juvenil A - 15 anos

1. COSTA, Maria Jardim	06 Desportivo Nacional	2:28.24	11,4	33.57	37.00	38.18	39.49
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>							
2. DIAS, Julia Alves	06 Desportivo Nacional	2:31.78	9,7	34.54	38.23	39.76	39.25
3. FREITAS, Margarida Ram	06 Desportivo Nacional	2:35.54	7,8	36.42	39.25	40.22	39.65
4. JARDIM, Lara Filipa	06 Naval do Funchal	2:40.21	5,5	33.01	36.36	47.30	43.54
5. CANADA, Maria Elvira	06 Desportivo Nacional	2:41.51	4,9	36.82	41.05	42.50	41.14
6. SOUSA, Ivana Valentina	06 Desportivo Nacional	2:57.55		41.38	45.04	46.09	45.04
DSQ TEMBE, Ines Afonso	06 Desportivo Nacional						

614 - Nadador n o efectuou viragem aos 75 m ap s terminar movimento cont nuo de bra os - SW 6.4

Prova 61, Femin., 200m Costas

Juniores - 16 e 17 anos

1. CAMACHO, Laura Fernan04;	Naval do Funchal	2:29.56	9,7	35.13	37.52	38.80	38.11
2. GONCALVES, M. 04	Naval do Funchal	2:44.87	2,0	37.15	41.95	42.92	42.85

Prova 62

Masc., 50m Mariposa

Absoluto

11/07/2021 - 11:25

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil B - 15 anos				
1. SILVA, Afonso Mar	06	Naval do Funchal	29.85	6,0
Juvenil A - 16 anos				
1. RODRIGUES, Joao Luis	05	Naval do Funchal	26.38	14,0
Juniores - 17 e 18 anos				
1. FERNANDES, Rui Afonso	03	Desportivo Nacional	26.00	13,1
2. BARRY, Rafael Francisco	04	Naval do Funchal	27.32	10,4
3. CAMACHO, Joao Simao	03	Desportivo Nacional	28.49	6,3
Seniores - 19 e mais velhos				
1. FERNANDES, Joao Vitor	00	Escola O Liceu	24.60	14,7
<i>Recorde Regional, M�nimos OPEN DE PORTUGAL - Jamor</i>				
2. MARQUES, Miguel Freitas	96	Escola O Liceu	25.34	12,6

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil A - 15 anos				
1. SILVA, Silvana Suamade	06	Desportivo Sao Roque	35.24	
Juniores - 16 e 17 anos				
1. SOUSA, Joana Francisca	04	Desportivo Sao Roque	31.61	7,6
2. AVEIRO, Leonor Sofia	05	Naval do Funchal	32.81	4,1
Seniores - 18 anos e mais velhos				
1. OLIM, Carlota Freitas	93	Naval do Funchal	29.75	9,3
2. GOMES, Susana Clara	77	Naval do Funchal	30.38	7,7

Prova 64 Masc., 100m Bru os Absoluto
11/07/2021 - 11:27 Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenil A - 16 anos						
1. ALVES, Andre Camara	05	Desportivo Nacional	1:13.35	8,6	34.29	39.06
2. SILVA, Tony Stefano	05	Desportivo Nacional	1:18.53	3,3	31.56	46.97
Juniores - 17 e 18 anos						
1. ALVES, Paulo Rodrigues	04	Desportivo Nacional	1:04.90	16,3	30.31	34.59
<i>M�nimos OPEN DE PORTUGAL - Jamor</i>						
2. AGUILAR, Luis Santos	04	Desportivo Nacional	1:13.07	7,7	33.68	39.39
3. VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	1:13.22	5,9	34.18	39.04
DSQ MATOS, Rodrigo Vieira	03	Naval do Funchal				
<i>722 - Tocou com uma m�o na parede na viragem aos 25 m - SW 7.6</i>						

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

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenil B - 14 anos						
1.	GONCALVES, Valentina Jose 07	Desportivo Nacional	1:18.98	11,3	36.61	42.37
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>						
2.	MATEUS, Clarisse Vieira 07	Desportivo Nacional	1:23.96	6,7	39.59	44.37
3.	FIGUEIRA, Madalena Leonor 07	Naval do Funchal	1:25.62	5,2	40.20	45.42
4.	FREITAS, Maria Raquel 07	Naval do Funchal	1:30.33		41.03	49.30

Seniores - 18 anos e mais velhos

1.	LUIS, Jessica Santos 00	Desportivo Sao Roque	1:28.51		41.41	47.10
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Prova 66 Absoluto
11/07/2021 - 11:40 Resultados
Masc., 400m Estilos

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts
Juvenil A - 16 anos				
1.	GOUVEIA, Luis Galvao 05	Desportivo Nacional	4:37.61	15,7
<i>Recorde Regional, Mínimos OPEN DE PORTUGAL - Jamor</i>				
50m: 28.31 28.31 150m: 1:37.92 36.56 250m: 2:54.01 40.34 350m: 4:06.42 32.18				
100m: 1:01.36 33.05 200m: 2:13.67 35.75 300m: 3:34.24 40.23 400m: 4:37.61 31.19				
2.	OLIVEIRA, Diogo Alexandre 05	Naval do Funchal	4:52.44	12,0
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>				
50m: 29.28 29.28 150m: 1:42.57 38.40 250m: 3:03.17 42.52 350m: 4:20.33 33.31				
100m: 1:04.17 34.89 200m: 2:20.65 38.08 300m: 3:47.02 43.85 400m: 4:52.44 32.11				

Juniores - 17 e 18 anos

1.	ALVES, Paulo Rodrigues 04	Desportivo Nacional	4:37.15	15,0
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>				
50m: 28.95 28.95 150m: 1:39.90 36.56 250m: 2:55.16 38.01 350m: 4:05.88 32.31				
100m: 1:03.34 34.39 200m: 2:17.15 37.25 300m: 3:33.57 38.41 400m: 4:37.15 31.27				
2.	RODRIGUES, Rodrigo Reis 04	Desportivo Sao Roque	4:41.92	13,8
50m: 29.83 29.83 150m: 1:40.39 37.06 250m: 2:58.37 41.70 350m: 4:11.63 31.19				
100m: 1:03.33 33.50 200m: 2:16.67 36.28 300m: 3:40.44 42.07 400m: 4:41.92 30.29				

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
Juvenil B - 14 anos			
1. CAMARA, Ines Cruz	07 Desportivo Nacional	5:19.42	12,6
<i>Recorde Regional, Mínimos OPEN DE PORTUGAL - Jamor</i>			
50m: 32.18 32.18	150m: 1:52.57 41.87	250m: 3:20.01 45.80	350m: 4:44.01 37.78
100m: 1:10.70 38.52	200m: 2:34.21 41.64	300m: 4:06.23 46.22	400m: 5:19.42 35.41

Juniores - 16 e 17 anos

1. FERREIRA, Maria Leonor	04 Desportivo Nacional	5:19.30	10,2
<i>Recorde Regional</i>			
50m: 33.58 33.58	150m: 1:53.06 40.00	250m: 3:19.34 46.91	350m: 4:43.31 37.74
100m: 1:13.06 39.48	200m: 2:32.43 39.37	300m: 4:05.57 46.23	400m: 5:19.30 35.99

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

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

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts	50m	100m
Juvenil B - 15 anos					
1. PAULOS, Joao Afonso	06 Naval do Funchal	57.14	11,4	27.33	29.81
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>					
2. GARANITO, Simao Silva	06 Naval do Funchal	57.46	11,0	27.52	29.94
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>					
3. FERRAZ, Luis Afonso	06 Naval do Funchal	58.29	9,9	28.10	30.19
4. GONCALVES, Martim Luis	06 Desportivo Nacional	59.67	8,1	28.82	30.85
5. SETIM, Joao Oliveira	06 Naval do Funchal	59.69	8,1	28.96	30.73
6. SILVA, Joao Luis	06 Escola O Liceu	1:00.14	7,5	29.48	30.66
7. ALVES, Pedro Miguel	06 Desportivo Nacional	1:04.65	1,7	30.80	33.85

Juvenil A - 16 anos

1. DIAS, Andre Vicente	05 Desportivo Nacional	57.05	10,5	27.53	29.52
2. VOLOZHENIN, Alexandre	05 Naval do Funchal	57.43	10,0	27.05	30.38
3. SOUSA, Lourenco Quintas	05 Naval do Funchal	58.67	8,4	27.71	30.96
4. SILVA, Tony Stefano	05 Desportivo Nacional	58.69	8,4	27.06	31.63

Prova 68, Masc., 100m Livres, Juvenil A - 16 anos

Lugar	Ano		Tempo final	Pts	50m	100m	
5.	ALVES, Andre Camara	05	Desportivo Nacional	1:01.60	4,6	29.65	31.95

Juniiores - 17 e 18 anos

1.	GOMES, Goncalo Camara	03	Naval do Funchal	52.08	14,8	24.94	27.14
2.	FERNANDES, Diogo Henrique	04	Naval do Funchal	53.41	14,2	25.77	27.64
<i>Mínimos OPEN DE PORTUGAL - Jamor</i>							
3.	AGUILAR, Luis Santos	04	Desportivo Nacional	57.96	8,2	27.32	30.64
4.	CAMACHO, Joao Simao	03	Desportivo Nacional	59.48	4,9	27.99	31.49
5.	VIEIRA, Emanuel Eloi	03	Desportivo Sao Roque	1:00.58	3,4	29.06	31.52

Seniores - 19 e mais velhos

1.	RODRIGUES, Pedro Reis	02	Desportivo Sao Roque	55.67	8,3	26.86	28.81
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Prova 69

Femin., 100m Livres

Absoluto

11/07/2021 - 11:56

Resultados

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

Pontos: Rudolph Table 2020

Lugar	Ano		Tempo final	Pts	50m	100m
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Juvenil B - 14 anos

1.	GONCALVES, Valentina Jose	07	Desportivo Nacional	1:04.40	8,9	30.88	33.52
2.	MATEUS, Clarisse Vieira	07	Desportivo Nacional	1:09.04	3,5	33.11	35.93

Juvenil A - 15 anos

1.	FERRO, Maria Leonor	06	Naval do Funchal	1:06.16	5,6	32.13	34.03
2.	FREITAS, Margarida Ramos	06	Desportivo Nacional	1:06.37	5,4	31.72	34.65
3.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	1:06.70	5,0	32.21	34.49
4.	BAPTISTA, Constanca Ornelas	06	Naval do Funchal	1:07.03	4,6	32.45	34.58
5.	CANADA, Maria Elvira	06	Desportivo Nacional	1:09.76	1,3	33.45	36.31
6.	SILVA, Silvana Suamade	06	Desportivo Sao Roque	1:10.51		33.68	36.83
7.	TEMBE, Ines Afonso	06	Desportivo Nacional	1:10.74		33.72	37.02
8.	SOUSA, Ivana Valentina	06	Desportivo Nacional	1:13.20		35.07	38.13

Juniiores - 16 e 17 anos

1.	ARAUJO, Maria Clara	05	Naval do Funchal	1:03.35	8,8	30.36	32.99
2.	AVEIRO, Leonor Sofia	05	Naval do Funchal	1:08.82	2,2	33.55	35.27

Seniores - 18 anos e mais velhos

1.	LECA, Natasha Maria	03	Desportivo Nacional	1:04.96	5,9	30.77	34.19
2.	LUIS, Jessica Santos	00	Desportivo Sao Roque	1:09.11		32.94	36.17

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

Pontos: Rudolph Table 2020

Lugar					Tempo final	Pts
1.	Escola O Liceu 2				1:36.14	
	CASTRO, Joao Cruz	00	+0,69	23.94	CAMARA, Joao Vieira	97 +0,42 25.02
	MARQUES, Miguel Freitas	96	+0,21	23.44	FERNANDES, Joao Vitor	00 +0,39 23.74