

1 - Sexta-feira

21/11/2025 - 19:15

Prova 1 Masc., 200m Estilos Absolutos  
21/11/2025 - 19:15 Startlist

Recorde Regional Open	2:04.58	MACHADO, Bernardo Magalhaes	CDN	Funchal	29/07/2025
Recorde Regional Sen	2:04.58	MACHADO, Bernardo Magalhaes	CDN	Funchal	29/07/2025
Recorde Regional Jun18	2:05.78	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recorde Regional Jun17	2:07.45	GOUVEIA, Luis Galvao	CDN	Funchal	08/07/2022
Recorde Regional Juv A	2:10.57	GOUVEIA, Luis Galvao	CDN	Funchal	17/07/2021
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
Recorde Nacional Nat. Adaptada S12	3:15.60	CRUZ, Joao Tanica	PDEM	Guarda	08/12/2024

TAC Zonal Inf B: 2:39.10; Inf A: 2:31.52; Juv B: 2:26.47; Juv A: 2:21.42 / TAC Nacional Inf B: 2:35.31; Inf A: 2:27.74; Jun17: 2:13.85; Jun18: 2:11.32; Sub21: 2:10.06 / TAC Nacional Mar o Juv B: 2:23.95; Juv A: 2:18.90 / TAC Nacional Julho Juv B: 2:21.42; Juv A: 2:16.37 / TAC Nacional Sen. Sen: 2:08.80 / TAC Nacional Abs. Sen: 2:06.27

Ano

S rie 1 de 3, 19:15

3 ABREU, Leo Matias	13	Escola O Liceu	3:43.05
4 SILVA, Francisco Escorcio	10	Desportivo Nacional	3:13.26
5 NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	3:19.88
6 DINIS, Tiago Gouveia	96	Desportivo Nacional	4:54.89

S rie 2 de 3, 19:20

1 MENDONCA, Jorge Lourenco	13	Desportivo Nacional	3:06.33
2 ANTUNES, Francisco Tomas	13	Juventude Atlantico	2:55.34
3 MARTINS, Antonio Freitas	09	Desportivo Nacional	2:50.01
4 ANTUNES, Frederico Luis	08	Juventude Atlantico	2:39.74
5 GONCALVES, Tiago Mauricio	10	Desportivo Nacional	2:40.90
6 CRO, Rodrigo Antonio	11	Desportivo Sao Roque	2:51.04
7 PRUDENTE, Cristian	11	Naval do Funchal	2:57.71
8 MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	3:06.42

S rie 3 de 3, 19:24

1 LUCIO, Lourenco Perestrelo	11	Naval do Funchal	2:28.23
2 ABREU, Pedro Dinis	11	Naval do Funchal	2:27.92
3 MIRANDA, Francisco Guilherme	08	Naval do Funchal	2:14.29
4 SILVA, Tomas Antonio	01	Naval do Funchal	2:05.46
5 ANDRADE, Salvador Freitas	09	Naval do Funchal	2:13.25
6 SOUSA, Eduardo Afonseca	09	Desportivo Nacional	2:25.50
7 FREITAS, Jonas Christian	11	Desportivo Nacional	2:28.23
8 SILVA, Alexandre Antonio	11	Naval do Funchal	2:38.02

Prova 2	Femin., 200m Estilos				Absolutos
21/11/2025 - 19:27					Startlist
Recorde Regional Open	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 Jun18	2:28.88	RODRIGUES, Laura Sofia	JACL	Funchal	02/11/2024
Recorde Regional Jun17	2:25.85	ROSA, Beatriz Jong	CDWT	Funchal	06/05/2017
Recorde Regional Juv A	2:26.86	ROSA, Beatriz Jong	CDN	Funchal	13/05/2016
Recorde Regional Juv B	2:28.06	ROSA, Beatriz Jong	CDN	Funchal	09/05/2015
Recorde Regional Inf A	2:30.06	COSTA, Maria Jardim	CDN	Funchal	08/03/2020
Recorde Regional Inf B	2:31.18	FERRO, Maria Franco	CNF	Pinhal Novo	23/03/2025

TAC Zonal Inf B: 2:50.89; Inf A: 2:45.20; Juv B: 2:40.92; Juv A: 2:36.65 / TAC Nacional Inf B: 2:46.62; Inf A: 2:42.35; Jun17: 2:29.53; Jun18: 2:28.11; Sub21: 2:26.68 / TAC Nacional Mar o Juv B: 2:39.50; Juv A: 2:33.80 / TAC Nacional Julho Juv B: 2:36.65; Juv A: 2:30.95 / TAC Nacional Sen. Sen: 2:25.26 / TAC Nacional Abs. Sen: 2:22.41

Ano

S rie 1 de 3, 19:27

3 COSTA, Juliana Sofia	12	Desportivo Nacional	3:27.24
4 FREITAS, Maria Silva	12	Naval do Funchal	3:05.36
5 TEIXEIRA, Maria Castro	13	Naval do Funchal	3:21.76

S rie 2 de 3, 19:31

2 SILVA, Bruna Jasmins	11	Naval do Funchal	2:58.14
3 ANICETO, Leonor Telo	13	Naval do Funchal	2:51.28
4 MACHADO, Sarah Camila	12	Naval do Funchal	2:50.35
5 JARDIM, Maria Velosa	12	Naval do Funchal	2:50.94
6 FARIA, Beatriz Cunha	13	Desportivo Sao Roque	2:53.84
7 ANDRADE, Nuria Gouveia	13	Desportivo Nacional	3:05.34

S rie 3 de 3, 19:34

1 VIEIRA, Matilde Sofia	11	Desportivo Nacional	2:47.36
2 GONCALVES, Maria Clara	12	Escola O Liceu	2:46.31
3 PEREIRA, Ana Matilde	11	Naval do Funchal	2:35.99
4 FERRO, Maria Franco	12	Naval do Funchal	2:31.18
5 MATEUS, Eleine Vieira	09	Desportivo Nacional	2:33.92
6 ROSA, Clara Sofia	10	Desportivo Nacional	2:39.89
7 FREITAS, Sara Margarida	11	Juventude Atlantico	2:46.48
8 OJKIC, Vera Jose	12	Naval do Funchal	2:47.99

Prova 3 Masc., 1500m Livres Absolutos  
Startlist

21/11/2025 - 19:37

Recorde Regional Open	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Sen	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Jun18	15:38.98	FRANCO, Paulo Fragueiro	CDN	Mealhada	25/03/2000
Recorde Regional Jun17	15:58.37	DEUS, Andre Portugal	CNF	Funchal	13/07/2019
Recorde Regional Juv A	16:31.31	CASTRO, Joao Cruz	CDSR	Funchal	29/07/2016
Recorde Regional Juv B	16:30.75	ALMEIDA, Carlos Alexandre	CDN	Penafiel	21/03/2004
Recorde Regional Inf A	16:57.52	ALMEIDA, Carlos Alexandre	CDN	Funchal	13/07/2003
Recorde Regional Inf B	17:40.06	FREITAS, Tomas Miguel	CDN	Funchal	31/05/2003

TAC Zonal Inf B: 19:46.49; Inf A: 18:49.99; Juv B: 18:12.33; Juv A: 17:34.66 / TAC Nacional Inf B: 19:18.24; Inf A: 18:21.74;  
Jun17: 16:38.16; Jun18: 16:19.33; Sub21: 16:09.91 / TAC Nacional Mar o Juv B: 17:53.49; Juv A: 17:15.83 /  
TAC Nacional Julho Juv B: 17:34.66; Juv A: 16:56.99 / TAC Nacional Sen. Sen: 16:00.49 / TAC Nacional Abs. Sen: 15:41.66

Ano

S rie 1 de 1, 19:37

3 RAPOSO, Mateus Medeiros	10	Desportivo Nacional	17:25.63
4 MIRANDA, Francisco Guilherme	08	Naval do Funchal	16:36.02
5 JESUS, Vasco Franca	08	Naval do Funchal	17:04.36

Prova 4 Femin., 1500m Livres Absolutos  
Startlist

21/11/2025 - 19:55

Recorde Regional Open	17:37.10	ANDRADE, Rubina Amaro	CDN	Funchal	22/07/1995
Recorde Regional Sen	18:33.88	VIEIRA, Rubina Capitaio	CDN	Funchal	26/02/2011
Recorde Regional Jun18	18:11.94	MELIM, Claudia Ramos	CDN		16/12/2001
Recorde Regional Jun17	18:32.01	HENRIQUES, Luisa Costa	CNF	Funchal	29/05/2010
Recorde Regional Juv A	17:37.10	ANDRADE, Rubina Amaro	CDN	Funchal	22/07/1995
Recorde Regional Juv B	18:48.70	COSTA, Maria Jardim	CDN	Funchal	13/05/2021
Recorde Regional Inf A	18:18.70	ANDRADE, Rubina Amaro	CDN	Funchal	05/03/1993
Recorde Regional Inf B	18:56.18	JESUS, Vera Franca	CNF	Funchal	28/06/2024

TAC Zonal Inf B: 20:46.27; Inf A: 20:04.73; Juv B: 19:33.57; Juv A: 19:02.42 / TAC Nacional Inf B: 20:15.12; Inf A: 19:43.96;  
Jun17: 18:10.49; Jun18: 18:00.10; Sub21: 17:49.72 / TAC Nacional Mar o Juv B: 19:23.19; Juv A: 18:41.64 /  
TAC Nacional Julho Juv B: 19:02.42; Juv A: 18:20.87 / TAC Nacional Sen. Sen: 17:39.33 / TAC Nacional Abs. Sen: 17:18.56

Ano

Prova 5 Masc., 100m Bru os Absolutos  
Startlist  
21/11/2025 - 19:55

Recorde Regional Open	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 Zonal Inf B: 1:21.32; Inf A: 1:17.45; Juv B: 1:14.87; Juv A: 1:12.28 / TAC Nacional Inf B: 1:19.38; Inf A: 1:15.51; Jun17: 1:08.41; Jun18: 1:07.02; Sub21: 1:06.48 / TAC Nacional Mar o Juv B: 1:13.58; Juv A: 1:10.99 / TAC Nacional Julho Juv B: 1:12.28; Juv A: 1:09.70 / TAC Nacional Sen. Sen: 1:05.83 / TAC Nacional Abs. Sen: 1:04.54

Ano

S rie 1 de 2, 19:55

1 GOMES, Martim Silva	11	Naval do Funchal	1:34.28
2 PRUDENTE, Cristian	11	Naval do Funchal	1:23.07
3 ROJAS, Juan Josue	08	Naval do Funchal	1:16.08
4 SILVA, Lucas Benjamim	08	Naval do Funchal	1:13.08
5 ROCHA, Tomas Pinto	10	Naval do Funchal	1:14.46
6 GOMES, Gustavo Daniel	12	Desportivo Nacional	1:21.77
7 PEREIRA, Martim Gomes	10	Naval do Funchal	1:28.62
8 ABREU, Leo Matias	13	Escola O Liceu	1:56.43

S rie 2 de 2, 19:58

1 MARTINHO, Joao Miguel	09	Desportivo Nacional	1:10.47
2 ALMEIDA, Joao Francisco	07	Naval do Funchal	1:09.85
3 GONCALVES, Tomas Figueiredo	10	Naval do Funchal	1:06.90
4 BESSA, Pedro Maria	95	Desportivo Sao Roque	1:06.29
5 SANTOS, Diego Felipe	87	Desportivo Nacional	1:06.46
6 ROJAS, Jean Louis	05	Naval do Funchal	1:09.60
7 CRESPO, Joao Jesus	09	Desportivo Nacional	1:10.44
8 GOMES, Joao Abreu	09	Naval do Funchal	1:12.19

Prova 6 Femin., 100m Bru os Absolutos  
Startlist

21/11/2025 - 19:59

Recorde Regional Open	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 Jun18	1:13.02	RODRIGUES, Laura Sofia	JACL	Tomar	13/12/2024
Recorde Regional Jun17	1:13.89	RODRIGUES, Laura Sofia	JACL	Funchal	29/06/2024
Recorde Regional Juv A	1:14.28	ABREU, Laura Catarina	CDN	Porto	12/12/2015
Recorde Regional Juv B	1:13.75	ABREU, Laura Catarina	CDN	Funchal	09/07/2015
Recorde Regional Inf A	1:13.68	ABREU, Laura Catarina	CDN	Tomar	15/12/2013
Recorde Regional Inf B	1:17.24	ABREU, Laura Catarina	CDN	Funchal	24/07/2013

TAC Zonal Inf B: 1:28.69; Inf A: 1:25.74; Juv B: 1:23.52; Juv A: 1:21.30 / TAC Nacional Inf B: 1:26.47; Inf A: 1:24.26; Jun17: 1:17.61; Jun18: 1:16.87; Sub21: 1:16.13 / TAC Nacional Mar o Juv B: 1:22.78; Juv A: 1:19.82 / TAC Nacional Julho Juv B: 1:21.30; Juv A: 1:18.34 / TAC Nacional Sen. Sen: 1:15.39 / TAC Nacional Abs. Sen: 1:13.91

Ano

S rie 1 de 2, 19:59

1 FERNANDES, Ines Vieira	13	Naval do Funchal	1:58.45
2 SILVA, Joana Flor	12	Naval do Funchal	1:42.42
3 TEMTEM, Maria Clara	13	Desportivo Nacional	1:34.13
4 ANICETO, Leonor Telo	13	Naval do Funchal	1:32.53
5 FREITAS, Maria Silva	12	Naval do Funchal	1:32.90
6 CARVALHO, Laura Jardim	09	Juventude Atlantico	1:40.17
7 GOUVEIA, Sofia Isabel	12	Juventude Atlantico	1:47.65

S rie 2 de 2, 20:02

1 ROSA, Clara Sofia	10	Desportivo Nacional	1:23.74
2 SOUSA, Susana Conceicao	10	Desportivo Nacional	1:22.88
3 SA, Vanessa Fernandes	09	Naval do Funchal	1:19.02
4 RINGUE, Pauline	97	Naval do Funchal	1:15.63
5 COSTA, Rafaela Tome	11	Naval do Funchal	1:18.83
6 PEREIRA, Ana Matilde	11	Naval do Funchal	1:21.42
7 MELIM, Sara Beatriz	09	Desportivo Nacional	1:23.36
8 OJKIC, Vera Jose	12	Naval do Funchal	1:26.73

Prova 7 Masc., 50m Livres Absolutos  
21/11/2025 - 20:04 Startlist

Recorde Regional Open	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	23.38	MACHADO, Bernardo Magalhaes	CDN	Funchal	25/07/2024
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
Recorde Nacional Nat. Adaptada S17	30.48	REBOCHO, Pedro Xavier	SCA	Guarda	07/12/2024
Recorde Nacional Nat. Adaptada S12	32.49	CRUZ, Joao Tanica	PDEM	Abrantes	03/07/2022

TAC Zonal Inf B: 29.62; Inf A: 28.21; Juv B: 27.27; Juv A: 26.33 / TAC Nacional Inf B: 28.92; Inf A: 27.51; Jun17: 24.92;  
Jun18: 24.45; Sub21: 24.22 / TAC Nacional Mar o Juv B: 26.80; Juv A: 25.86 / TAC Nacional Julho Juv B: 26.33; Juv A: 25.39 /  
TAC Nacional Sen. Sen: 23.98 / TAC Nacional Abs. Sen: 23.51

Ano

S rie 1 de 7, 20:04

1 TEIXEIRA, Pedro Melim	13	Naval do Funchal	44.45
2 CAMACHO, Goncalo Filipe	13	Desportivo Nacional	43.04
3 GOMES, Santiago Jesus	12	Desportivo Sao Roque	40.31
4 SEGOVIA, Andre Isaac	11	late Santa Cruz	39.26
5 RODRIGUES, Lourenco Serrao	10	late Santa Cruz	40.00
6 DINIS, Tiago Gouveia	96	Desportivo Nacional	42.39
7 FREITAS, Santiago Santollo	13	Desportivo Sao Roque	44.37
8 PEDRAZA, Ricardo Andres	11	Desportivo Nacional	50.00

S rie 2 de 7, 20:05

1 FREITAS, Matias Santiago	11	Naval do Funchal	35.33
2 SILVA, Francisco Escorcio	10	Desportivo Nacional	32.30
3 MENDONCA, Jorge Lourenco	13	Desportivo Nacional	31.86
4 CRO, Rodrigo Antonio	11	Desportivo Sao Roque	31.22
5 DELGADO, Joao Correia	10	Naval do Funchal	31.55
6 MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	32.13
7 JACINTO, Pedro Freitas	10	Juventude Atlantico	33.50
8 FURTADO, Martim Sousa	12	Desportivo Nacional	38.35

S rie 3 de 7, 20:06

1 FERREIRA, Manuel Maria	10	Naval do Funchal	30.92
2 SILVA, Pedro Fernandes	11	Naval do Funchal	30.58
3 TAVARES, Lourenco Carvalhal	10	Naval do Funchal	30.46
4 ROMAO, Santiago Maio	12	Juventude Atlantico	30.14
5 MARTINS, Antonio Freitas	09	Desportivo Nacional	30.31
6 PEREIRA, Pedro Nuno	09	Naval do Funchal	30.58
7 CARVALHO, Joaquim Eduardo	07	Naval do Funchal	30.74
8 FREITAS, Jonas Christian	11	Desportivo Nacional	31.05

S rie 4 de 7, 20:07

1 GONCALVES, Tiago Mauricio	10	Desportivo Nacional	29.97
2 SOUSA, Joao Pedro	12	Desportivo Nacional	29.23
3 JARDIM, Joao Tomas	09	Desportivo Nacional	28.61
4 NUNES, Guilherme Bruno	09	Naval do Funchal	28.52
5 FERNANDES, Salvador Freitas	09	Juventude Atlantico	28.54
6 SANTOS, Daniel Adonis	09	Juventude Atlantico	28.91
7 ABREU, Afonso Henrique	09	Naval do Funchal	29.66
8 RODRIGUES, Joao Henrique	09	Naval do Funchal	30.08

Prova 7, Masc., 50m Livres

Série 5 de 7, 20:08

1	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	28.44
2	MENDONCA, Florival Rodrigo	10	Juventude Atlantico	27.64
3	FERREIRA, Luis Duarte	89	Escola O Liceu	27.44
4	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	27.23
5	LETRA, Francisco Freitas	10	Naval do Funchal	27.38
6	ABREU, Pedro Dinis	11	Naval do Funchal	27.50
7	ROSEIRA, Pedro Henrique	09	Naval do Funchal	27.88
8	SILVA, Alexandre Antonio	11	Naval do Funchal	28.46

Série 6 de 7, 20:09

1	NASCIMENTO, Santiago Santos	10	Juventude Atlantico	27.10
2	SILVA, Samuel Osio	10	Naval do Funchal	26.83
3	ROJAS, Juan Josue	08	Naval do Funchal	26.69
4	SILVA, Joao Bernardo	09	Desportivo Nacional	26.02
5	PESTANA, Andre Pinto	09	Naval do Funchal	26.03
6	CRESPO, Joao Jesus	09	Desportivo Nacional	26.70
7	CANCIO, Vitor Correia	96	Escola O Liceu	26.87
8	MENDES, Salvador Neves	10	Naval do Funchal	27.21

Série 7 de 7, 20:09

1	PESTANA, Pedro Correia	09	Desportivo Nacional	25.62
2	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	25.14
3	ABREU, Sergio Gomes	96	Naval do Funchal	24.38
4	ROJAS, Jean Louis	05	Naval do Funchal	23.38
5	PEREIRA, Lucas Santos	07	Naval do Funchal	24.27
6	ANDRADE, Salvador Freitas	09	Naval do Funchal	25.00
7	CASTRO, Marco Antonio	08	Naval do Funchal	25.53
8	GARANITO, Mateus Silva	10	Naval do Funchal	26.02

Prova 8

Femin., 50m Livres

Absolutos

21/11/2025 - 20:10

Startlist

Recorde Regional Open	25.95	ROJAS, Zara Alejandra	CNF	Albufeira	16/11/2025
Recorde Regional Sen	25.95	ROJAS, Zara Alejandra	CNF	Albufeira	16/11/2025
Recorde Regional Jun18	26.54	ROJAS, Zara Alejandra	ANM	Funchal	03/05/2025
Recorde Regional Jun17	26.71	ROJAS, Zara Alejandra	CDN	Leiria	09/12/2023
Recorde Regional Juv A	26.97	GONCALVES, Vera Andrade	JACL	Tomar	14/12/2024
Recorde Regional Juv B	27.41	GONCALVES, Vera Andrade	JACL	Abrantes	20/01/2024
Recorde Regional Inf A	27.85	GONCALVES, Vera Andrade	JACL	Abrantes	21/01/2023
Recorde Regional Inf B	28.43	AGUILAR, Vera Ines	CDN	Funchal	23/07/2013

TAC Zonal Inf B: 32.46; Inf A: 31.38; Juv B: 30.57; Juv A: 29.75 / TAC Nacional Inf B: 31.65; Inf A: 30.84; Jun17: 28.40; Jun18: 28.13; Sub21: 27.86 / TAC Nacional Março Juv B: 30.30; Juv A: 29.21 / TAC Nacional Julho Juv B: 29.75; Juv A: 28.67 / TAC Nacional Sen. Sen: 27.59 / TAC Nacional Abs. Sen: 27.05

Ano

Série 1 de 5, 20:10

1	CORREIA, Catarina Ines	13	late Santa Cruz	43.54
2	NASCIMENTO, Joana Pilar	12	Naval do Funchal	40.54
3	FERREIRA, Gabriela Mata	11	late Santa Cruz	39.35
4	SILVA, Lara Martins	13	Desportivo Sao Roque	37.31
5	COSTA, Juliana Sofia	12	Desportivo Nacional	38.91
6	GREGORIO, Alice Meneses	12	Escola O Liceu	40.48
7	FERNANDES, Beatriz Luz	12	Desportivo Nacional	41.11

Prova 8, Femin., 50m Livres

S rie 2 de 5, 20:11

1 SILVA, Maria Leonor	12	Naval do Funchal	36.52
2 LUIS, Clara Abreu	13	Escola O Liceu	35.30
3 BARRETO, Maria Clara	10	Juventude Atlantico	34.91
4 AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	34.22
5 MACIEL, Constanca Maria	13	Escola O Liceu	34.45
6 TEIXEIRA, Maria Castro	13	Naval do Funchal	34.95
7 ANDRADE, Nuria Gouveia	13	Desportivo Nacional	35.73
8 SILVA, Ana Matilde	11	Desportivo Nacional	37.03

S rie 3 de 5, 20:13

1 FREITAS, Sofia Spinola	11	Desportivo Sao Roque	32.86
2 TSOMKO, Veronika	08	Escola O Liceu	32.66
3 MARQUES, Margarida Paixao	11	Naval do Funchal	31.87
4 LEITAO, Isabel Gouveia	10	Naval do Funchal	31.42
5 FARIA, Beatriz Cunha	13	Desportivo Sao Roque	31.60
6 QUINTAL, Margarida Silva	12	Juventude Atlantico	32.52
7 VIEIRA, Matilde Sofia	11	Desportivo Nacional	32.85
8 JARDIM, Maria Velosa	12	Naval do Funchal	33.78

S rie 4 de 5, 20:13

1 BAPTISTA, Valentina Hermida	11	Juventude Atlantico	31.22
2 JARDIM, Eva Santos	10	Juventude Atlantico	30.74
3 BRITO, Madalena Pinto	10	Naval do Funchal	30.39
4 FERREIRA, Natacha Camacho	09	Juventude Atlantico	30.10
5 VELOSA, Ana Matilde	11	Juventude Atlantico	30.19
6 MATA, Valeria Isabel	11	Naval do Funchal	30.59
7 TEMTEM, Madalena Barbosa	09	Desportivo Nacional	31.06
8 MACHADO, Sarah Camila	12	Naval do Funchal	31.39

S rie 5 de 5, 20:14

1 MATEUS, Eleine Vieira	09	Desportivo Nacional	29.76
2 RODRIGUES, Laura Sofia	07	Juventude Atlantico	29.64
3 NETO, Leonor Rodrigues	07	Naval do Funchal	28.60
4 ROJAS, Zara Alejandra	07	Naval do Funchal	25.95
5 GOMES, Susana Clara	77	Naval do Funchal	27.27
6 JESUS, Vera Franca	11	Naval do Funchal	29.14
7 FERREIRA, Ana Pereira	10	Juventude Atlantico	29.70
8 SA, Vanessa Fernandes	09	Naval do Funchal	30.01

Prova 9 21/11/2025 - 20:25	Masc., 4 x 100m Estilos PROVA N.º 9 JUNTO COM A PROVA N.º 10				Absolutos Startlist
Recorde Regional Open	3:49.71	Clube Desportivo Nacional	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:49.71	Clube Desportivo Nacional	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun	3:52.42	Clube Naval do Funchal	CNF	Funchal	08/07/2022
Recorde Regional Juv A	4:11.58	Clube Naval do Funchal	CNF	Tomar	15/12/2013
Recorde Regional Juv B	4:16.25	Clube Naval do Funchal	CNF	Funchal	17/07/2021
Recorde Regional Inf A	4:27.13	Clube Naval do Funchal	CNF	Funchal	14/07/2007
Recorde Regional Inf B	4:49.91	Clube Naval do Funchal	CNF	Pinhal Novo	31/03/2019

TAC Zonal Inf B: 4:42.21; Inf A: 4:28.78; Juv B: 4:19.82; Juv A: 4:10.86 / TAC Nacional Inf B: 4:35.50; Inf A: 4:22.06; Jun17: 3:57.42; Jun18: 3:52.94; Sub21: 3:50.70 / TAC Nacional Maro Juv B: 4:15.34; Juv A: 4:06.38 / TAC Nacional Julho Juv B: 4:10.86; Juv A: 4:01.90 / TAC Nacional Sen. Sen: 3:48.46 / TAC Nacional Abs. Sen: 3:43.98

#### S rie 1 de 1, 20:25

1 Juventude Atlantico 2	Juventude Atlantico	5:30.00
2 Naval do Funchal 11	Naval do Funchal	4:34.43
3 Juventude Atlantico 1	Juventude Atlantico	5:10.00

Prova 10 21/11/2025 - 20:31	Femin., 4 x 100m Estilos PROVA N.º 9 JUNTO COM A PROVA N.º 10				Absolutos Startlist
Recorde Regional Open	4:28.97	Clube Desportivo Nacional	CDN	Funchal	28/07/2016
Recorde Regional Sen	4:34.50	Clube Desportivo Nacional	CDN	Porto	04/12/2010
Recorde Regional Jun	4:28.97	Tempo Limite			
Recorde Regional Juv A	4:28.97	Clube Desportivo Nacional	CDN	Funchal	28/07/2016
Recorde Regional Juv B	4:31.86	Clube Desportivo Nacional	CDN	Funchal	12/07/2015
Recorde Regional Inf A	4:38.14	Clube Desportivo Nacional	CDN	Funchal	11/04/2014
Recorde Regional Inf B	4:44.68	Clube Desportivo Nacional	CDN	Funchal	23/07/2013

TAC Zonal Inf B: 5:11.22; Inf A: 5:00.85; Juv B: 4:53.07; Juv A: 4:45.28 / TAC Nacional Inf B: 5:03.44; Inf A: 4:55.66; Jun17: 4:32.32; Jun18: 4:29.72; Sub21: 4:27.13 / TAC Nacional Maro Juv B: 2:14.94; Juv A: 4:40.10 / TAC Nacional Julho Juv B: 4:45.28; Juv A: 4:34.91 / TAC Nacional Sen. Sen: 4:24.54 / TAC Nacional Abs. Sen: 4:19.35

#### S rie 1 de 1, 20:31

5 Juventude Atlantico 2	Juventude Atlantico	5:30.00
6 Naval do Funchal 12	Naval do Funchal	5:02.57
7 Juventude Atlantico 1	Juventude Atlantico	5:10.00
8 Juventude Atlantico 3	Juventude Atlantico	6:00.00

## 2 - S bado de manh 

22/11/2025 - 9:15

Prova 11	Masc., 4 x 50m Livres				Absolutos
22/11/2025 - 9:15					Startlist
Recorde Regional Open	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	1:36.28	Clube Naval do Funchal	CNF	Funchal	08/07/2022
TAC Zonal Inf B: 2:01.06; Inf A: 1:55.30; Juv B: 1:51.45; Juv A: 1:47.61 / TAC Nacional Inf B: 1:58.18; Inf A: 1:52.41; Jun17: 1:41.84; Jun18: 1:39.92; Sub21: 1:38.96 / TAC Nacional Mar�o Juv B: 1:49.53; Juv A: 1:45.69 / TAC Nacional Julho Juv B: 1:47.61; Juv A: 1:43.77 / TAC Nacional Sen. Sen: 1:38.00 / TAC Nacional Abs. Sen: 1:36.08					

### S rie 1 de 2, 9:15

3 Ludens Machico 1	Ludens Machico	2:38.25
4 Desportivo Sao Roque 2	Desportivo Sao Roque	2:14.00
5 Desportiva de Machico 1	Desportiva de Machico	2:14.65

### S rie 2 de 2, 9:18

1 Juventude Atlantico 2	Juventude Atlantico	2:10.00
2 Naval do Funchal 15	Naval do Funchal	2:03.08
3 Naval do Funchal 13	Naval do Funchal	1:54.83
4 Desportivo Sao Roque 1	Desportivo Sao Roque	1:40.00
5 Naval do Funchal 11	Naval do Funchal	1:54.53
6 Juventude Atlantico 1	Juventude Atlantico	2:00.00
7 Naval do Funchal 14	Naval do Funchal	2:06.06

Prova 12	Femin., 4 x 50m Livres				Absolutos
22/11/2025 - 9:21					Startlist
Recorde Regional Open	1:51.07	Clube Desportivo Nacional	CDN	Funchal	09/07/2015
Recorde Regional Sen	1:53.28	Tempo Limite			
Recorde Regional Jun	1:52.88	Tempo Limite			
TAC Zonal Inf B: 2:12.42; Inf A: 2:08.01; Juv B: 2:04.70; Juv A: 2:01.39 / TAC Nacional Inf B: 2:09.11; Inf A: 2:05.80; Jun17: 1:55.87; Jun18: 1:54.76; Sub21: 1:53.66 / TAC Nacional Mar�o Juv B: 2:03.59; Juv A: 1:59.18 / TAC Nacional Julho Juv B: 2:01.39; Juv A: 1:56.97 / TAC Nacional Sen. Sen: 1:52.56 / TAC Nacional Abs. Sen: 1:50.35					

### S rie 1 de 1, 9:21

2 Juventude Atlantico 3	Juventude Atlantico	2:25.00
3 Juventude Atlantico 2	Juventude Atlantico	2:15.00
4 Juventude Atlantico 1	Juventude Atlantico	2:05.00
5 Naval do Funchal 12	Naval do Funchal	2:06.19
6 Naval do Funchal 13	Naval do Funchal	2:23.80
7 Desportivo Sao Roque 1	Desportivo Sao Roque	2:37.80

Prova 13 Masc., 200m Costas Absolutos  
22/11/2025 - 9:29 Startlist

Recorde Regional Open	2:02.04	PITA, Pedro Miguel	CNF	Funchal	29/07/2025
Recorde Regional Sen	2:02.04	PITA, Pedro Miguel	CNF	Funchal	29/07/2025
Recorde Regional Jun18	2:04.86	MACHADO, Bernardo Magalhaes	CDN	Funchal	28/06/2024
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 Zonal Inf B: 2:37.08; Inf A: 2:29.60; Juv B: 2:24.62; Juv A: 2:19.63 / TAC Nacional Inf B: 2:33.34; Inf A: 2:25.86; Jun17: 2:12.15; Jun18: 2:09.66; Sub21: 2:08.41 / TAC Nacional Mar o Juv B: 2:22.12; Juv A: 2:17.14 / TAC Nacional Julho Juv B: 2:19.63; Juv A: 2:14.64 / TAC Nacional Sen. Sen: 2:07.16 / TAC Nacional Abs. Sen: 2:04.67

Ano

S rie 1 de 1, 9:29

2 RODRIGUES, Joao Henrique	09	Naval do Funchal	2:51.51
3 RODRIGUES, David Oliveira	11	Naval do Funchal	2:23.79
4 OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	2:17.42
5 SILVA, Joao Bernardo	09	Desportivo Nacional	2:17.98
6 GOMES, Gustavo Daniel	12	Desportivo Nacional	2:51.05
7 MENDONCA, Jorge Lourenco	13	Desportivo Nacional	2:57.47

Prova 14 Femin., 200m Costas Absolutos  
22/11/2025 - 9:32 Startlist

Recorde Regional Open	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 Jun18	2:21.85	ROSA, Beatriz Jong	CDN	Porto	08/12/2017
Recorde Regional Jun17	2:23.46	QUINTAL, Fabiana Maria	CDN	Funchal	03/02/2001
Recorde Regional Juv A	2:24.91	MATEUS, Eleine Vieira	CDN	Funchal	29/07/2025
Recorde Regional Juv B	2:21.40	GONCALVES, Vera Andrade	JACL	Sines	17/12/2023
Recorde Regional Inf A	2:23.49	GONCALVES, Vera Andrade	JACL	Funchal	09/07/2023
Recorde Regional Inf B	2:29.09	FERRO, Maria Franco	CNF	Funchal	08/03/2025

TAC Zonal Inf B: 2:48.86; Inf A: 2:43.24; Juv B: 2:39.01; Juv A: 2:34.79 / TAC Nacional Inf B: 2:44.64; Inf A: 2:40.42; Jun17: 2:27.76; Jun18: 2:26.35; Sub21: 2:24.94 / TAC Nacional Mar o Juv B: 2:37.61; Juv A: 2:31.98 / TAC Nacional Julho Juv B: 2:34.79; Juv A: 2:29.16 / TAC Nacional Sen. Sen: 2:23.53 / TAC Nacional Abs. Sen: 2:20.72

Ano

S rie 1 de 2, 9:32

3 FREITAS, Sofia Spinola	11	Desportivo Sao Roque	3:15.57
4 MACIEL, Constanca Maria	13	Escola O Liceu	3:05.42
5 TEMTEM, Maria Clara	13	Desportivo Nacional	3:12.36
6 LUIS, Clara Abreu	13	Escola O Liceu	3:18.31

S rie 2 de 2, 9:37

1 JARDIM, Maria Velosa	12	Naval do Funchal	2:44.07
2 BRITO, Madalena Pinto	10	Naval do Funchal	2:29.29
3 GOMES, Sofia Vega	08	Naval do Funchal	2:27.08
4 MATEUS, Eleine Vieira	09	Desportivo Nacional	2:24.91
5 RODRIGUES, Laura Sofia	07	Juventude Atlantico	2:26.78
6 FERRO, Maria Franco	12	Naval do Funchal	2:29.09
7 MARGARIDO, Paula Aguiar	09	Juventude Atlantico	2:34.54
8 CARVALHO, Laura Jardim	09	Juventude Atlantico	2:59.74

Prova 15 Masc., 50m Mariposa Absolutos  
22/11/2025 - 9:40 Startlist

Recorde Regional Open	24.11	RODRIGUES, Joao Luis	CNF	Funchal	30/07/2025
Recorde Regional Sen	24.11	RODRIGUES, Joao Luis	CNF	Funchal	30/07/2025
Recorde Regional Jun18	24.63	MACHADO, Bernardo Magalhaes	CDN	Funchal	25/07/2024
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	27.00	ANDRADE, Salvador Freitas	CNF	Funchal	25/07/2024
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
Recorde Nacional Nat. Adaptada S17	32.86	OLIVEIRA, Americo Manuel	CPN	Carregal do Sal	13/07/2025

TAC Zonal Inf B: 31.82; Inf A: 30.30; Juv B: 29.29; Juv A: 28.28 / TAC Nacional Inf B: 31.06; Inf A: 29.54; Jun17: 26.77;  
Jun18: 26.26; Sub21: 26.01 / TAC Nacional Mar o Juv B: 28.78; Juv A: 27.78 / TAC Nacional Julho Juv B: 28.28; Juv A: 27.27 /  
TAC Nacional Sen. Sen: 25.76 / TAC Nacional Abs. Sen: 25.25

Ano

S rie 1 de 5, 9:40

1 ABREU, Luis Henrique	12	Ludens Machico	1:00.00
2 FRANCA, Salvador Jose	11	Recreativo Santanense	49.78
3 NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	39.46
4 DELGADO, Joao Correia	10	Naval do Funchal	38.41
5 GONCALVES, Jose Bernardo	09	Desportiva de Machico	39.00
6 SALDANHA, Jose Tomas	12	Ludens Machico	44.27
7 PERESTRELO, Tiago Manuel	12	Ludens Machico	1:00.00

S rie 2 de 5, 9:42

1 CRO, Rodrigo Antonio	11	Desportivo Sao Roque	37.97
2 CASTRO, Rui Carlos	11	Desportiva de Machico	36.00
3 VIEIRA, Rodrigo Leal	06	Desportiva de Machico	35.00
4 GONCALVES, Tiago Mauricio	10	Desportivo Nacional	33.32
5 MARTINS, Antonio Freitas	09	Desportivo Nacional	33.90
6 CARVALHO, Joaquim Eduardo	07	Naval do Funchal	35.10
7 MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	37.43
8 SILVA, Francisco Escorcio	10	Desportivo Nacional	38.38

S rie 3 de 5, 9:43

1 SANTOS, Daniel Adonis	09	Juventude Atlantico	31.55
2 ROSEIRA, Pedro Henrique	09	Naval do Funchal	31.21
3 SILVA, Lucas Benjamim	08	Naval do Funchal	30.77
4 ANTUNES, Frederico Luis	08	Juventude Atlantico	30.45
5 SILVA, Samuel Osio	10	Naval do Funchal	30.59
6 SILVA, Alexandre Antonio	11	Naval do Funchal	31.05
7 FERREIRA, Luis Duarte	89	Escola O Liceu	31.31
8 BARATA, Bernardo Vieira	12	Juventude Atlantico	32.18

S rie 4 de 5, 9:44

1 FREITAS, Jonas Christian	11	Desportivo Nacional	30.18
2 SOUSA, Eduardo Afonseca	09	Desportivo Nacional	29.87
3 GONCALVES, Tomas Figueiredo	10	Naval do Funchal	29.41
4 ABREU, Pedro Dinis	11	Naval do Funchal	29.28
5 CANCIO, Vitor Correia	96	Escola O Liceu	29.31
6 JESUS, Vasco Franca	08	Naval do Funchal	29.51
7 NUNES, Guilherme Bruno	09	Naval do Funchal	29.98
8 MENDONCA, Florival Rodrigo	10	Juventude Atlantico	30.37

Prova 15, Masc., 50m Mariposa

S rie 5 de 5, 9:45

1 SANCHEZ, Santiago Carabali	01	Desportivo Sao Roque	27.50
2 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	26.96
3 ANDRADE, Salvador Freitas	09	Naval do Funchal	26.82
4 ROJAS, Jean Louis	05	Naval do Funchal	25.45
5 RODRIGUES, Guilherme Gomes	08	Naval do Funchal	26.61
6 PESTANA, Andre Pinto	09	Naval do Funchal	26.93
7 PEREIRA, Lucas Santos	07	Naval do Funchal	27.33
8 MENDES, Salvador Neves	10	Naval do Funchal	28.48

Prova 16

Femin., 50m Mariposa

Absolutos

22/11/2025 - 9:45

Startlist

Recorde Regional Open	27.03	ROJAS, Zara Alejandra	CNF	Albufeira	16/11/2025
Recorde Regional Sen	27.03	ROJAS, Zara Alejandra	CNF	Albufeira	16/11/2025
Recorde Regional Jun18	27.06	ROJAS, Zara Alejandra	INDMAD	Funchal	30/07/2025
Recorde Regional Jun17	27.95	ROJAS, Zara Alejandra	CDN	Funchal	02/03/2024
Recorde Regional Juv A	28.39	BOULHOSA, Carolina Abreu	CNF	Funchal	09/12/2016
Recorde Regional Juv B	29.26	BOULHOSA, Carolina Abreu	CNF	Funchal	29/07/2016
Recorde Regional Inf A	30.23	ROSA, Beatriz Jong	CDN	Funchal	13/03/2014
Recorde Regional Inf B	31.46	FERRO, Maria Franco	CNF	Funchal	05/07/2025

TAC Zonal Inf B: 34.85; Inf A: 33.69; Juv B: 32.82; Juv A: 31.94 / TAC Nacional Inf B: 33.98; Inf A: 33.11; Jun17: 30.49;

Jun18: 30.20; Sub21: 29.91 / TAC Nacional Mar o Juv B: 32.52; Juv A: 31.36 / TAC Nacional Julho Juv B: 31.94; Juv A: 30.78 /

TAC Nacional Sen. Sen: 29.62 / TAC Nacional Abs. Sen: 29.04

Ano

S rie 1 de 3, 9:45

3 SILVA, Madalena Franco	13	Ludens Machico	55.00
4 VIEIRA, Sara Rodrigues	13	Naval do Funchal	47.00
5 FREITAS, Sara Beatriz	08	Ludens Machico	53.55

S rie 2 de 3, 9:47

1 SILVA, Maria Leonor	12	Naval do Funchal	45.00
2 AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	42.66
3 TSOMKO, Veronika	08	Escola O Liceu	37.97
4 FARIA, Beatriz Cunha	13	Desportivo Sao Roque	36.36
5 SILVA, Bruna Jasmins	11	Naval do Funchal	36.97
6 BARRETO, Maria Clara	10	Juventude Atlantico	39.72
7 SILVA, Joana Flor	12	Naval do Funchal	45.00
8 GOUVEIA, Sofia Isabel	12	Juventude Atlantico	46.79

S rie 3 de 3, 9:48

1 VIEIRA, Matilde Sofia	11	Desportivo Nacional	34.87
2 FERREIRA, Ana Pereira	10	Juventude Atlantico	33.20
3 FREITAS, Sara Margarida	11	Juventude Atlantico	32.62
4 GOMES, Susana Clara	77	Naval do Funchal	28.91
5 VELOSA, Ana Matilde	11	Juventude Atlantico	31.61
6 QUINTAL, Margarida Silva	12	Juventude Atlantico	33.13
7 JARDIM, Eva Santos	10	Juventude Atlantico	34.32
8 MARQUES, Margarida Paixao	11	Naval do Funchal	35.14

Prova 17	Masc., 400m Estilos				Absolutos
22/11/2025 - 9:49	PROVA N.� 17 JUNTO COM A PROVA N.� 18				Startlist
Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recorde Regional Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recorde Regional Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

TAC Zonal Inf B: 5:40.40; Inf A: 5:24.19; Juv B: 5:13.39; Juv A: 5:02.58 / TAC Nacional Inf B: 5:32.30; Inf A: 5:16.09; Jun17: 4:46.37; Jun18: 4:40.97; Sub21: 4:38.26 / TAC Nacional Mar o Juv B: 5:07.98; Juv A: 4:57.18 / TAC Nacional Julho Juv B: 5:02.58; Juv A: 4:51.77 / TAC Nacional Sen. Sen: 4:35.56 / TAC Nacional Abs. Sen: 4:30.16

Ano

S rie 1 de 1, 9:49

2 SILVA, Tomas Antonio	01	Naval do Funchal	4:26.56
3 MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:46.20

Prova 18	Femin., 400m Estilos				Absolutos
22/11/2025 - 9:54	PROVA N.� 17 JUNTO COM A PROVA N.� 18				Startlist
Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun18	5:08.44	RODRIGUES, Laura Sofia	JACL	S. Antonio Cavaleiros	01/12/2024
Recorde Regional Jun17	5:13.39	RODRIGUES, Laura Sofia	JACL	Funchal	04/05/2024
Recorde Regional Juv A	5:13.99	CAMARA, Ines Cruz	CDN	Funchal	08/07/2023
Recorde Regional Juv B	5:17.32	GONCALVES, Vera Andrade	JACL	Funchal	04/05/2024
Recorde Regional Inf A	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf B	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011

TAC Zonal Inf B: 5:58.43; Inf A: 5:46.48; Juv B: 5:37.52; Juv A: 5:28.56 / TAC Nacional Inf B: 5:49.47; Inf A: 5:40.51; Jun17: 5:13.62; Jun18: 5:10.64; Sub21: 5:07.65 / TAC Nacional Mar o Juv B: 5:34.53; Juv A: 5:22.59 / TAC Nacional Julho Juv B: 5:28.56; Juv A: 5:16.61 / TAC Nacional Sen. Sen: 5:04.66 / TAC Nacional Abs. Sen: 4:58.69

Ano

S rie 1 de 1, 9:54

5 ROSA, Clara Sofia	10	Desportivo Nacional	5:37.00
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Prova 19 Masc., 100m Livres Absolutos  
Startlist  
22/11/2025 - 10:00

Recorde Regional Open	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	51.04	PITA, Pedro Miguel	CNF	Funchal	24/07/2024
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
Recorde Nacional Nat. Adaptada S17	1:05.64	CARVALHO, Joaquim Eduardo	CNF	Funchal	08/03/2025

TAC Zonal Inf B: 1:04.20; Inf A: 1:01.14; Juv B: 59.10; Juv A: 57.06 / TAC Nacional Inf B: 1:02.67; Inf A: 59.61; Jun17: 54.01; Jun18: 52.99; Sub21: 52.48 / TAC Nacional Março Juv B: 58.08; Juv A: 56.05 / TAC Nacional Julho Juv B: 57.06; Juv A: 55.03 / TAC Nacional Sen. Sen: 51.97 / TAC Nacional Abs. Sen: 50.95

Ano

Série 1 de 10, 10:00

3 FREITAS, Cristian Abreu	13	Naval do Funchal	1:46.92
4 CAMACHO, Goncalo Filipe	13	Desportivo Nacional	1:42.41
5 ABREU, Luis Henrique	12	Ludens Machico	1:45.56

Série 2 de 10, 10:02

2 TEIXEIRA, Pedro Melim	13	Naval do Funchal	1:36.04
3 ABREU, Leo Matias	13	Escola O Liceu	1:33.31
4 AUGUSTO, Francisco Xavier	13	late Santa Cruz	1:25.70
5 FURTADO, Martim Sousa	12	Desportivo Nacional	1:32.83
6 FREITAS, Santiago Santollo	13	Desportivo Sao Roque	1:35.21
7 PERESTRELO, Tiago Manuel	12	Ludens Machico	1:41.19

Série 3 de 10, 10:04

1 RODRIGUES, Lourenco Serrao	10	late Santa Cruz	1:25.00
2 GOMES, Santiago Jesus	12	Desportivo Sao Roque	1:24.45
3 FRANCA, Salvador Jose	11	Recreativo Santanense	1:21.56
4 RODRIGUES, Joao Pedro	09	late Santa Cruz	1:20.00
5 SANTOS, Emanuel Jose	09	late Santa Cruz	1:20.00
6 FREITAS, Matias Santiago	11	Naval do Funchal	1:22.19
7 SEGOVIA, Andre Isaac	11	late Santa Cruz	1:24.47
8 SALDANHA, Jose Tomas	12	Ludens Machico	1:25.31

Série 4 de 10, 10:06

1 RODRIGUES, Joao Henrique	09	Naval do Funchal	1:17.67
2 VIEIRA, Jose Manuel	58	Ludens Machico	1:15.00
3 GOMES, Gustavo Daniel	12	Desportivo Nacional	1:13.02
4 SILVA, Francisco Escorcio	10	Desportivo Nacional	1:11.76
5 PEREIRA, Martim Gomes	10	Naval do Funchal	1:12.63
6 GONCALVES, Jose Bernardo	09	Desportiva de Machico	1:13.52
7 DELGADO, Joao Correia	10	Naval do Funchal	1:15.14
8 SOUSA, Pedro Henrique	13	Desportivo Nacional	1:19.60

Prova 19, Masc., 100m Livres

Série 5 de 10, 10:08

1	JACINTO, Pedro Freitas	10	Juventude Atlantico	1:11.43
2	CASTRO, Rui Carlos	11	Desportiva de Machico	1:09.44
3	FERREIRA, Manuel Maria	10	Naval do Funchal	1:08.66
4	GONCALVES, Tiago Mauricio	10	Desportivo Nacional	1:07.65
5	SILVA, Pedro Fernandes	11	Naval do Funchal	1:07.88
6	TAVARES, Lourenco Carvalhal	10	Naval do Funchal	1:09.11
7	MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	1:09.65
8	PEREIRA, Pedro Nuno	09	Naval do Funchal	1:11.74

Série 6 de 10, 10:10

1	ROMAO, Santiago Maio	12	Juventude Atlantico	1:07.43
2	SANTO, Goncalo Tomas	08	Desportiva de Machico	1:07.00
3	FREITAS, Jonas Christian	11	Desportivo Nacional	1:06.50
4	SILVA, Alexandre Antonio	11	Naval do Funchal	1:05.38
5	MARTINS, Antonio Freitas	09	Desportivo Nacional	1:05.96
6	SOL, Tomas Sousa	10	Desportiva de Machico	1:06.55
7	ANTUNES, Francisco Tomas	13	Juventude Atlantico	1:07.19
8	CRO, Rodrigo Antonio	11	Desportivo Sao Roque	1:07.45

Série 7 de 10, 10:11

1	SANCHEZ, Santiago Carabali	01	Desportivo Sao Roque	1:05.00
2	ABREU, Afonso Henrique	09	Naval do Funchal	1:04.86
3	SOUSA, Joao Pedro	12	Desportivo Nacional	1:03.96
4	BARATA, Bernardo Vieira	12	Juventude Atlantico	1:03.76
5	JARDIM, Joao Tomas	09	Desportivo Nacional	1:03.90
6	ROSEIRA, Pedro Henrique	09	Naval do Funchal	1:04.73
7	VIEIRA, Rodrigo Leal	06	Desportiva de Machico	1:04.89
8	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	1:05.01

Série 8 de 10, 10:13

1	ROJAS, Juan Josue	08	Naval do Funchal	1:03.60
2	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	1:02.19
3	NUNES, Guilherme Bruno	09	Naval do Funchal	1:02.04
4	RODRIGUES, David Oliveira	11	Naval do Funchal	1:00.54
5	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	1:01.94
6	FERNANDES, Salvador Freitas	09	Juventude Atlantico	1:02.17
7	SILVA, Samuel Osio	10	Naval do Funchal	1:02.94
8	SANTOS, Joao Dinis	09	Desportiva de Machico	1:03.75

Série 9 de 10, 10:14

1	ABREU, Pedro Dinis	11	Naval do Funchal	59.69
2	NASCIMENTO, Santiago Santos	10	Juventude Atlantico	59.07
3	PESTANA, Pedro Correia	09	Desportivo Nacional	57.76
4	PESTANA, Andre Pinto	09	Naval do Funchal	57.65
5	CRESPO, Joao Jesus	09	Desportivo Nacional	57.70
6	GOMES, Joao Abreu	09	Naval do Funchal	58.12
7	LETRA, Francisco Freitas	10	Naval do Funchal	59.48
8	ROCHA, Tomas Pinto	10	Naval do Funchal	1:00.05

Prova 19, Masc., 100m Livres

S rie 10 de 10, 10:16

1	RODRIGUES, Guilherme Gomes	08	Naval do Funchal	56.64
2	SILVA, Joao Bernardo	09	Desportivo Nacional	56.00
3	PEREIRA, Lucas Santos	07	Naval do Funchal	54.68
4	ROJAS, Jean Louis	05	Naval do Funchal	50.91
5	ABREU, Sergio Gomes	96	Naval do Funchal	52.38
6	ANDRADE, Salvador Freitas	09	Naval do Funchal	54.98
7	GARANITO, Mateus Silva	10	Naval do Funchal	56.55
8	GONCALVES, Tomas Figueiredo	10	Naval do Funchal	56.79

Prova 20

Femin., 100m Livres

Absolutos

22/11/2025 - 10:17

Startlist

Recorde Regional Open	57.21	ROJAS, Zara Alejandra	CNF	Funchal	08/11/2025
Recorde Regional Sen	57.21	ROJAS, Zara Alejandra	CNF	Funchal	08/11/2025
Recorde Regional Jun18	58.15	ROJAS, Zara Alejandra	INDANMAD	Tomar	13/12/2024
Recorde Regional Jun17	57.30	ROJAS, Zara Alejandra	CDN	Funchal	02/03/2024
Recorde Regional Juv A	57.99	GONCALVES, Vera Andrade	JACL	Tomar	13/12/2024
Recorde Regional Juv B	58.90	GONCALVES, Vera Andrade	JACL	Funchal	03/03/2024
Recorde Regional Inf A	59.81	GONCALVES, Vera Andrade	JACL	Funchal	09/07/2023
Recorde Regional Inf B	1:02.04	CAIRES, Joana Costa	CNF	Sines	12/03/2011

TAC Zonal Inf B: 1:09.54; Inf A: 1:07.22; Juv B: 1:05.48; Juv A: 1:03.75 / TAC Nacional Inf B: 1:07.80; Inf A: 1:06.06; Jun17: 1:00.85; Jun18: 1:00.27; Sub21: 59.69 / TAC Nacional Mar o Juv B: 1:04.90; Juv A: 1:02.59 / TAC Nacional Julho Juv B: 1:03.75; Juv A: 1:01.43 / TAC Nacional Sen. Sen: 59.11 / TAC Nacional Abs. Sen: 57.95

Ano

S rie 1 de 6, 10:17

3	NASCIMENTO, Joana Pilar	12	Naval do Funchal	1:38.55
4	NIPO, Joana Caldeira	13	Recreativo Santanense	1:35.48
5	GOUVEIA, Juliana Caires	13	Recreativo Santanense	1:37.29
6	LECA, Margarida Goncalves	13	Recreativo Santanense	1:39.72

S rie 2 de 6, 10:19

1	PEREIRA, Ana Rosa	12	Naval do Funchal	1:33.41
2	BARRETO, Mariana Osorio	10	Desportivo Nacional	1:30.22
3	SILVA, Joana Flor	12	Naval do Funchal	1:27.64
4	FREITAS, Sara Beatriz	08	Ludens Machico	1:26.19
5	FERNANDES, Ines Vieira	13	Naval do Funchal	1:27.46
6	SILVA, Madalena Franco	13	Ludens Machico	1:27.86
7	FERNANDES, Beatriz Luz	12	Desportivo Nacional	1:31.38
8	GREGORIO, Alice Meneses	12	Escola O Liceu	1:34.23

S rie 3 de 6, 10:21

1	FERREIRA, Gabriela Mata	11	Iate Santa Cruz	1:24.29
2	GOUVEIA, Sofia Isabel	12	Juventude Atlantico	1:21.09
3	SILVA, Lara Martins	13	Desportivo Sao Roque	1:19.66
4	FREITAS, Maria Silva	12	Naval do Funchal	1:15.45
5	MACIEL, Constanca Maria	13	Escola O Liceu	1:18.45
6	SILVA, Ana Matilde	11	Desportivo Nacional	1:20.46
7	SILVA, Maria Leonor	12	Naval do Funchal	1:23.05
8	COSTA, Juliana Sofia	12	Desportivo Nacional	1:25.89

Prova 20, Femin., 100m Livres

S rie 4 de 6, 10:23

1	AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	1:15.04
2	ANDRADE, Nuria Gouveia	13	Desportivo Nacional	1:14.30
3	SILVA, Bruna Jasmins	11	Naval do Funchal	1:12.95
4	MARQUES, Margarida Paixao	11	Naval do Funchal	1:10.26
5	FREITAS, Sofia Spinola	11	Desportivo Sao Roque	1:12.77
6	VIEIRA, Matilde Sofia	11	Desportivo Nacional	1:13.23
7	T SOMKO, Veronika	08	Escola O Liceu	1:14.56
8	TEIXEIRA, Maria Castro	13	Naval do Funchal	1:15.06

S rie 5 de 6, 10:25

1	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	1:08.53
2	GONCALVES, Maria Clara	12	Escola O Liceu	1:08.04
3	OJKIC, Vera Jose	12	Naval do Funchal	1:07.82
4	MATA, Valeria Isabel	11	Naval do Funchal	1:07.78
5	MELIM, Sara Beatriz	09	Desportivo Nacional	1:07.80
6	MACHADO, Sarah Camila	12	Naval do Funchal	1:07.91
7	ANICETO, Leonor Telo	13	Naval do Funchal	1:08.04
8	BAPTISTA, Valentina Hermida	11	Juventude Atlantico	1:09.04

S rie 6 de 6, 10:26

1	PEREIRA, Ana Matilde	11	Naval do Funchal	1:06.31
2	BRITO, Madalena Pinto	10	Naval do Funchal	1:04.29
3	COSTA, Rafaela Tome	11	Naval do Funchal	1:02.25
4	GOMES, Susana Clara	77	Naval do Funchal	1:00.13
5	JESUS, Vera Franca	11	Naval do Funchal	1:01.84
6	MATEUS, Eleine Vieira	09	Desportivo Nacional	1:03.77
7	SA, Vanessa Fernandes	09	Naval do Funchal	1:05.10
8	FERREIRA, Natacha Camacho	09	Juventude Atlantico	1:06.51

Prova 21

Masc., 4 x 50m Estilos

Absolutos

22/11/2025 - 10:38

Startlist

Recorde Regional Open	1:42.97	Clube Naval do Funchal	CNF	Funchal	23/07/2024
Recorde Regional Sen	1:44.82	Clube Desportivo Nacional	CDN	Tomar	14/12/2024
Recorde Regional Jun	1:45.69	Clube Naval do Funchal	CNF	Leiria	27/11/2021

TAC Zonal Inf B: 2:12.19; Inf A: 2:05.89; Juv B: 2:01.70; Juv A: 1:57.50 / TAC Nacional Inf B: 2:09.04; Inf A: 2:02.74; Jun17: 1:51.20; Jun18: 1:49.11; Sub21: 1:48.06 / TAC Nacional Mar o Juv B: 1:59.60; Juv A: 1:55.40 / TAC Nacional Julho Juv B: 1:57.50; Juv A: 1:53.30 / TAC Nacional Sen. Sen: 1:47.01 / TAC Nacional Abs. Sen: 1:44.91

S rie 1 de 1, 10:38

1	Desportiva de Machico 1	Desportiva de Machico	2:22.47
2	Desportivo Nacional 1	Desportivo Nacional	2:10.00
3	Naval do Funchal 11	Naval do Funchal	2:06.38
4	Desportivo Sao Roque 1	Desportivo Sao Roque	1:49.50
5	Naval do Funchal 1	Naval do Funchal	1:54.35
6	Juventude Atlantico 1	Juventude Atlantico	2:10.00
7	Juventude Atlantico 2	Juventude Atlantico	2:20.00
8	Desportivo Sao Roque 2	Desportivo Sao Roque	2:25.51



Associação de Natação da Madeira  
Campeonato Regional de Piscina de 25 metros - INF. JUV. JUN. e SEN.  
Funchal, 21 a 23 de novembro de 2025



Prova 22 Femin., 4 x 50m Estilos Absolutos  
22/11/2025 - 10:40 Startlist

Recorde Regional Open	2:02.36	Clube Desportivo Nacional	CDN	Funchal	11/07/2015
Recorde Regional Sen	2:05.32	Tempo Limite			
Recorde Regional Jun	2:04.22	Tempo Limite			

TAC Zonal Inf B: 2:24.58; Inf A: 2:19.76; Juv B: 2:16.14; Juv A: 2:12.53 / TAC Nacional Inf B: 2:20.96; Inf A: 2:17.35; Jun17: 2:06.50; Jun18: 2:05.30; Sub21: 2:04.09 / TAC Nacional Março Juv B: 2:14.94; Juv A: 2:10.12 / TAC Nacional Julho Juv B: 2:12.53; Juv A: 2:07.71 / TAC Nacional Sen. Sen: 2:02.89 / TAC Nacional Abs. Sen: 2:00.48

Série 1 de 1, 10:40

2 Naval do Funchal 13	Naval do Funchal	2:48.41
3 Naval do Funchal 12	Naval do Funchal	2:27.10
4 Juventude Atlantico 1	Juventude Atlantico	2:15.00
5 Juventude Atlantico 2	Juventude Atlantico	2:25.00
6 Juventude Atlantico 3	Juventude Atlantico	2:35.00
7 Desportivo Sao Roque 1	Desportivo Sao Roque	3:05.85

### 3 - S bado de tarde

22/11/2025 - 16:15

Prova 23 Misto, 4 x 50m Estilos Absolutos  
22/11/2025 - 16:15 Startlist

#### S rie 1 de 1, 16:15

3 Juventude Atlantico 2	Juventude Atlantico	2:20.00
4 Naval do Funchal 11	Naval do Funchal	2:04.33
5 Juventude Atlantico 1	Juventude Atlantico	2:10.00
6 Recreativo Santanense 11	Recreativo Santanense	3:19.01

Prova 24 Masc., 200m Bru os Absolutos  
22/11/2025 - 16:24 Startlist

Recorde Regional Open	2:17.57	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recorde Regional Sen	2:19.23	FIGUEIRA, Andre Temtem	CNF	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun18	2:17.57	SILVA, Tomas Antonio	CNF	Felgueiras	22/12/2018
Recorde Regional Jun17	2:21.49	ALVES, Paulo Rodrigues	CDN	Funchal	17/07/2021
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 Zonal Inf B: 2:58.73; Inf A: 2:50.22; Juv B: 2:44.55; Juv A: 2:38.87 / TAC Nacional Inf B: 2:54.48; Inf A: 2:45.96; Jun17: 2:30.36;  
Jun18: 2:27.52; Sub21: 2:26.11 / TAC Nacional Mar o Juv B: 2:41.71; Juv A: 2:36.04 / TAC Nacional Julho Juv B: 2:38.87;  
Juv A: 2:33.20 / TAC Nacional Sen. Sen: 2:24.69 / TAC Nacional Abs. Sen: 2:21.85

Ano

#### S rie 1 de 1, 16:24

1 SANTOS, Joao Dinis	09	Desportiva de Machico	2:57.00
2 CRESPO, Joao Jesus	09	Desportivo Nacional	2:43.22
3 MARTINHO, Joao Miguel	09	Desportivo Nacional	2:31.81
4 SILVA, Tomas Antonio	01	Naval do Funchal	2:17.57
5 GONCALVES, Tomas Figueiredo	10	Naval do Funchal	2:25.02
6 GOMES, Joao Abreu	09	Naval do Funchal	2:40.63
7 GOMES, Gustavo Daniel	12	Desportivo Nacional	2:54.62
8 FREITAS, Diogo Miguel	11	Desportiva de Machico	3:10.40

Prova 25 Femin., 200m Bru os Absolutos  
22/11/2025 - 16:27 Startlist

Recorde Regional Open	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 Jun18	2:34.51	RODRIGUES, Laura Sofia	JACL	Tomar	14/12/2024
Recorde Regional Jun17	2:37.74	RODRIGUES, Laura Sofia	JACL	Leiria	09/12/2023
Recorde Regional Juv A	2:38.79	ABREU, Laura Catarina	CDN	Funchal	08/07/2016
Recorde Regional Juv B	2:41.54	ABREU, Laura Catarina	CDN	Funchal	11/07/2015
Recorde Regional Inf A	2:43.10	ABREU, Laura Catarina	CDN	Tomar	14/12/2013
Recorde Regional Inf B	2:47.89	ABREU, Laura Catarina	CDN	Funchal	06/04/2003

TAC Zonal Inf B: 3:09.29; Inf A: 3:02.98; Juv B: 2:58.25; Juv A: 2:53.51 / TAC Nacional Inf B: 3:04.56; Inf A: 2:59.82; Jun17: 2:45.63; Jun18: 2:44.05; Sub21: 2:42.47 / TAC Nacional Mar o Juv B: 2:56.67; Juv A: 2:50.36 / TAC Nacional Julho Juv B: 2:53.51; Juv A: 2:47.20 / TAC Nacional Sen. Sen: 2:40.89 / TAC Nacional Abs. Sen: 2:37.74

Ano

S rie 1 de 2, 16:27

1	LUIS, Clara Abreu	13	Escola O Liceu	4:00.76
2	SILVA, Joana Flor	12	Naval do Funchal	3:39.95
3	FREITAS, Maria Silva	12	Naval do Funchal	3:14.39
4	QUINTAL, Margarida Silva	12	Juventude Atlantico	3:05.59
5	OJKIC, Vera Jose	12	Naval do Funchal	3:06.89
6	TEMTEM, Maria Clara	13	Desportivo Nacional	3:29.34
7	NIPO, Joana Caldeira	13	Recreativo Santanense	3:51.81

S rie 2 de 2, 16:32

1	ROSA, Clara Sofia	10	Desportivo Nacional	2:58.39
2	PEREIRA, Ana Matilde	11	Naval do Funchal	2:56.20
3	SOUSA, Susana Conceicao	10	Desportivo Nacional	2:54.63
4	RODRIGUES, Laura Sofia	07	Juventude Atlantico	2:34.51
5	FERRO, Maria Franco	12	Naval do Funchal	2:50.16
6	COSTA, Rafaela Tome	11	Naval do Funchal	2:54.86
7	MELIM, Sara Beatriz	09	Desportivo Nacional	2:56.97
8	GONCALVES, Maria Clara	12	Escola O Liceu	3:05.50

Prova 26 Masc., 100m Estilos Absolutos  
22/11/2025 - 16:35 Startlist

Recorde Regional Open	56.50	MACHADO, Bernardo Magalhaes	CDN	Tomar	13/12/2024
Recorde Regional Sen	56.50	MACHADO, Bernardo Magalhaes	CDN	Tomar	13/12/2024
Recorde Regional Jun18	56.56	MACHADO, Bernardo Magalhaes	CDN	Funchal	24/07/2024
Recorde Regional Jun17	58.99	ALVES, Paulo Rodrigues	CDN	Funchal	10/07/2021
Recorde Regional Juv A	1:00.15	ALVES, Paulo Rodrigues	CDN	Funchal	08/08/2020
Recorde Regional Juv B	1:02.69	GONCALVES, Tomas Figueiredo	CNF	Funchal	23/11/2024
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
Recorde Nacional Nat. Adaptada S17	1:18.57	OLIVEIRA, Americo Manuel	CPN	Santa Maria da Feira	25/01/2025

TAC Nacional Jun17: 1:02.33; Jun18: 1:01.15; Sub21: 1:00.56 / TAC Nacional Sen. Sen: 59.98

Ano

Prova 26, Masc., 100m Estilos

S rie 1 de 4, 16:35

2	TEIXEIRA, Pedro Melim	13	Naval do Funchal	1:59.20
3	MARTINS, Antonio Freitas	09	Desportivo Nacional	1:37.04
4	FRANCA, Salvador Jose	11	Recreativo Santanense	1:31.84
5	ROMAO, Santiago Maio	12	Juventude Atlantico	1:32.93
6	SILVA, Francisco Escorcio	10	Desportivo Nacional	1:49.77

S rie 2 de 4, 16:38

1	CRO, Rodrigo Antonio	11	Desportivo Sao Roque	1:28.29
2	GONCALVES, Jose Bernardo	09	Desportiva de Machico	1:25.86
3	PRUDENTE, Cristian	11	Naval do Funchal	1:25.00
4	MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	1:21.05
5	TAVARES, Lourenco Carvalho	10	Naval do Funchal	1:25.00
6	NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	1:25.00
7	ANTUNES, Francisco Tomas	13	Juventude Atlantico	1:26.10
8	SOUSA, Pedro Henrique	13	Desportivo Nacional	1:31.16

S rie 3 de 4, 16:40

1	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	1:18.97
2	GONCALVES, Tiago Mauricio	10	Desportivo Nacional	1:17.50
3	JARDIM, Joao Tomas	09	Desportivo Nacional	1:14.89
4	ANTUNES, Frederico Luis	08	Juventude Atlantico	1:12.64
5	SILVA, Lucas Benjamim	08	Naval do Funchal	1:13.94
6	VIEIRA, Rodrigo Leal	06	Desportiva de Machico	1:15.27
7	FREITAS, Jonas Christian	11	Desportivo Nacional	1:17.81
8	SANTOS, Daniel Adonis	09	Juventude Atlantico	1:20.54

S rie 4 de 4, 16:41

1	VIVEIROS, Pedro Perestrelo	06	Desportiva de Machico	1:10.97
2	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	1:09.65
3	SILVA, Joao Bernardo	09	Desportivo Nacional	1:05.31
4	ANDRADE, Salvador Freitas	09	Naval do Funchal	1:02.09
5	BESSA, Pedro Maria	95	Desportivo Sao Roque	1:02.69
6	FERNANDES, Salvador Freitas	09	Juventude Atlantico	1:08.87
7	FERREIRA, Luis Duarte	89	Escola O Liceu	1:10.41
8	SANCHEZ, Santiago Carabali	01	Desportivo Sao Roque	1:11.50

Prova 27		Femin., 100m Estilos			Absolutos
22/11/2025 - 16:43					Startlist
Recorde Regional Open	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 Jun18	1:08.26	RODRIGUES, Laura Sofia	JACL	Tomar	13/12/2024
Recorde Regional Jun17	1:08.18	ROJAS, Zara Alejandra	CDN	Funchal	18/11/2023
Recorde Regional Juv A	1:08.36	ABREU, Laura Catarina	CDN	Funchal	14/11/2015
Recorde Regional Juv B	1:09.02	ROSA, Beatriz Jong	CDN	Funchal	13/06/2015
Recorde Regional Inf A	1:11.77	COSTA, Rafaela Tome	CNF	Funchal	30/07/2025
Recorde Regional Inf B	1:13.40	CORREIA, Marta Corte	CNF	Funchal	20/04/1997
TAC Nacional Jun17: 1:10.23; Jun18: 1:09.57; Sub21: 1:08.90 / TAC Nacional Sen. Sen: 1:08.23					

Ano

S rie 1 de 3, 16:43

3 LECA, Margarida Goncalves	13	Recreativo Santanense	2:15.00
4 NIPO, Joana Caldeira	13	Recreativo Santanense	1:46.96
5 PEREIRA, Ana Rosa	12	Naval do Funchal	2:00.00

S rie 2 de 3, 16:46

1 GOUVEIA, Juliana Caires	13	Recreativo Santanense	1:46.70
2 COSTA, Juliana Sofia	12	Desportivo Nacional	1:39.97
3 BARRETO, Maria Clara	10	Juventude Atlantico	1:33.40
4 SILVA, Lara Martins	13	Desportivo Sao Roque	1:31.59
5 SILVA, Ana Matilde	11	Desportivo Nacional	1:32.06
6 FERNANDES, Ines Vieira	13	Naval do Funchal	1:37.67
7 GOUVEIA, Sofia Isabel	12	Juventude Atlantico	1:40.00

S rie 3 de 3, 16:48

1 MATA, Valeria Isabel	11	Naval do Funchal	1:21.07
2 FARIA, Beatriz Cunha	13	Desportivo Sao Roque	1:19.86
3 FREITAS, Sara Margarida	11	Juventude Atlantico	1:17.32
4 MATEUS, Eleine Vieira	09	Desportivo Nacional	1:13.11
5 JARDIM, Eva Santos	10	Juventude Atlantico	1:16.10
6 VIEIRA, Matilde Sofia	11	Desportivo Nacional	1:19.07
7 MARQUES, Margarida Paixao	11	Naval do Funchal	1:19.90
8 AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	1:30.59

Prova 28 Masc., 400m Livres Absolutos  
22/11/2025 - 16:50 Startlist

Recorde Regional Open	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	Funchal	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 Zonal Inf B: 4:59.53; Inf A: 4:45.26; Juv B: 4:35.76; Juv A: 4:26.25 / TAC Nacional Inf B: 4:52.40; Inf A: 4:38.13; Jun17: 4:11.98; Jun18: 4:07.23; Sub21: 4:04.85 / TAC Nacional Mar o Juv B: 4:31.00; Juv A: 4:21.49 / TAC Nacional Julho Juv B: 4:26.25; Juv A: 4:16.74 / TAC Nacional Sen. Sen: 4:02.47 / TAC Nacional Abs. Sen: 3:57.72

Ano

S rie 1 de 2, 16:50

1 CAMACHO, Goncalo Filipe	13	Desportivo Nacional	7:25.72
2 FERREIRA, Manuel Maria	10	Naval do Funchal	5:32.86
3 SILVA, Pedro Fernandes	11	Naval do Funchal	5:10.97
4 ABREU, Afonso Henrique	09	Naval do Funchal	5:00.29
5 BARATA, Bernardo Vieira	12	Juventude Atlantico	5:07.30
6 SANTOS, Joao Dinis	09	Desportiva de Machico	5:12.11
7 ABREU, Leo Matias	13	Escola O Liceu	7:16.34

S rie 2 de 2, 16:58

1 LUCIO, Lourenco Perestrelo	11	Naval do Funchal	4:47.11
2 PESTANA, Pedro Correia	09	Desportivo Nacional	4:38.23
3 JESUS, Vasco Franca	08	Naval do Funchal	4:14.04
4 ABREU, Sergio Gomes	96	Naval do Funchal	4:07.33
5 MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:11.08
6 CASTRO, Marco Antonio	08	Naval do Funchal	4:14.54
7 SILVA, Alexandre Antonio	11	Naval do Funchal	4:42.69
8 LETRA, Francisco Freitas	10	Naval do Funchal	4:48.02

Prova 29 Femin., 400m Livres Absolutos  
22/11/2025 - 17:03 Startlist

Recorde Regional Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.73	MARGARIDO, Ines Tomas	CNF	Funchal	09/07/2016
Recorde Regional Jun18	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 Juv A	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv B	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Inf A	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf B	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992

TAC Zonal Inf B: 5:11.50; Inf A: 5:01.11; Juv B: 4:53.33; Juv A: 4:45.54 / TAC Nacional Inf B: 5:03.71; Inf A: 4:55.92; Jun17: 4:32.56; Jun18: 4:29.96; Sub21: 4:27.37 / TAC Nacional Março Juv B: 4:50.73; Juv A: 4:40.35 / TAC Nacional Julho Juv B: 4:45.54; Juv A: 4:35.15 / TAC Nacional Sen. Sen: 4:24.77 / TAC Nacional Abs. Sen: 4:19.58

Ano

Série 1 de 1, 17:03

1	TEIXEIRA, Maria Castro	13	Naval do Funchal	5:45.54
2	MACHADO, Sarah Camila	12	Naval do Funchal	5:19.52
3	FERREIRA, Ana Pereira	10	Juventude Atlantico	5:07.68
4	JESUS, Vera Franca	11	Naval do Funchal	4:45.14
5	MELIM, Sara Beatriz	09	Desportivo Nacional	4:55.83
6	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:15.23
7	ANICETO, Leonor Telo	13	Naval do Funchal	5:23.25
8	ANDRADE, Nuria Gouveia	13	Desportivo Nacional	6:33.82

Prova 30 Masc., 50m Costas Absolutos  
22/11/2025 - 17:10 Startlist

Recorde Regional Open	24.95	PITA, Pedro Miguel	CNF	Tomar	13/12/2024
Recorde Regional Sen	24.95	PITA, Pedro Miguel	CNF	Tomar	13/12/2024
Recorde Regional Jun18	24.97	PITA, Pedro Miguel	CNF	Funchal	23/07/2024
Recorde Regional Jun17	25.92	NEVES, Tiago Brazao	CNF	Funchal	30/06/2024
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	29.92	RODRIGUES, David Oliveira	CNF	Funchal	06/07/2025
Recorde Regional Inf B	31.21	GONCALVES, Tomas Figueiredo	CNF	Funchal	08/07/2023

TAC Zonal Inf B: 33.34; Inf A: 31.75; Juv B: 30.69; Juv A: 29.64 / TAC Nacional Inf B: 32.55; Inf A: 30.96; Jun17: 28.05; Jun18: 27.52; Sub21: 27.25 / TAC Nacional Março Juv B: 30.16; Juv A: 29.11 / TAC Nacional Julho Juv B: 29.64; Juv A: 28.58 / TAC Nacional Sen. Sen: 26.99 / TAC Nacional Abs. Sen: 26.46

Ano

Série 1 de 3, 17:10

3	GOMES, Santiago Jesus	12	Desportivo Sao Roque	44.44
4	FREITAS, Matias Santiago	11	Naval do Funchal	42.00
5	FRANCA, Salvador Jose	11	Recreativo Santanense	42.46
6	TEIXEIRA, Pedro Melim	13	Naval do Funchal	1:04.39

Série 2 de 3, 17:12

1	PEREIRA, Martim Gomes	10	Naval do Funchal	39.99
2	MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	36.84
3	JARDIM, Joao Tomas	09	Desportivo Nacional	35.19
4	ANTUNES, Frederico Luis	08	Juventude Atlantico	33.82
5	RODRIGUES, Joao Henrique	09	Naval do Funchal	34.50
6	CRO, Rodrigo Antonio	11	Desportivo Sao Roque	36.50
7	MENDONCA, Jorge Lourenco	13	Desportivo Nacional	37.11
8	SOUSA, Pedro Henrique	13	Desportivo Nacional	41.75

Prova 30, Masc., 50m Costas

S rie 3 de 3, 17:14

1	PESTANA, Pedro Correia	09	Desportivo Nacional	31.18
2	SILVA, Joao Bernardo	09	Desportivo Nacional	29.86
3	ANDRADE, Salvador Freitas	09	Naval do Funchal	28.30
4	ROJAS, Jean Louis	05	Naval do Funchal	26.38
5	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	27.50
6	GONCALVES, Tomas Figueiredo	10	Naval do Funchal	29.46
7	RODRIGUES, David Oliveira	11	Naval do Funchal	29.92
8	VIVEIROS, Pedro Perestrelo	06	Desportiva de Machico	32.02

Prova 31

Femin., 50m Costas

Absolutos

22/11/2025 - 17:15

Startlist

Recorde Regional Open	29.32	ROJAS, Zara Alejandra	CNF	Albufeira	15/11/2025
Recorde Regional Sen	29.32	ROJAS, Zara Alejandra	CNF	Albufeira	15/11/2025
Recorde Regional Jun18	30.49	ROJAS, Zara Alejandra	ANM	Funchal	03/05/2025
Recorde Regional Jun17	30.21	GONCALVES, Vera Andrade	JACL	Albufeira	15/11/2025
Recorde Regional Juv A	29.84	GONCALVES, Vera Andrade	JACL	Funchal	06/07/2025
Recorde Regional Juv B	30.00	GONCALVES, Vera Andrade	JACL	Funchal	03/03/2024
Recorde Regional Inf A	31.13	GONCALVES, Vera Andrade	JACL	Funchal	11/03/2023
Recorde Regional Inf B	32.61	FERRO, Maria Franco	CNF	Funchal	03/05/2025

TAC Zonal Inf B: 36.54; Inf A: 35.32; Juv B: 34.41; Juv A: 33.49 / TAC Nacional Inf B: 35.63; Inf A: 34.71; Jun17: 31.97;

Jun18: 31.67; Sub21: 31.36 / TAC Nacional Mar o Juv B: 34.10; Juv A: 32.89 / TAC Nacional Julho Juv B: 33.49; Juv A: 32.28 /

TAC Nacional Sen. Sen: 31.06 / TAC Nacional Abs. Sen: 30.45

Ano

S rie 1 de 3, 17:15

3	GOUVEIA, Juliana Caires	13	Recreativo Santanense	54.07
4	COSTA, Juliana Sofia	12	Desportivo Nacional	48.20
5	GREGORIO, Alice Meneses	12	Escola O Liceu	49.01
6	LECA, Margarida Goncalves	13	Recreativo Santanense	54.51

S rie 2 de 3, 17:18

1	SILVA, Ana Matilde	11	Desportivo Nacional	47.39
2	FERNANDES, Ines Vieira	13	Naval do Funchal	43.48
3	BAPTISTA, Valentina Hermida	11	Juventude Atlantico	38.18
4	FREITAS, Sofia Spinola	11	Desportivo Sao Roque	36.18
5	CARVALHO, Laura Jardim	09	Juventude Atlantico	37.13
6	MACIEL, Constanca Maria	13	Escola O Liceu	42.75
7	VIEIRA, Sara Rodrigues	13	Naval do Funchal	47.25
8	SILVA, Maria Leonor	12	Naval do Funchal	48.03

S rie 3 de 3, 17:20

1	FARIA, Beatriz Cunha	13	Desportivo Sao Roque	35.36
2	VELOSA, Ana Matilde	11	Juventude Atlantico	33.14
3	GOMES, Sofia Vega	08	Naval do Funchal	31.53
4	NETO, Leonor Rodrigues	07	Naval do Funchal	30.53
5	BRITO, Madalena Pinto	10	Naval do Funchal	31.36
6	FERRO, Maria Franco	12	Naval do Funchal	32.61
7	LEITAO, Isabel Gouveia	10	Naval do Funchal	33.92
8	JARDIM, Maria Velosa	12	Naval do Funchal	35.56

Prova 32 Masc., 100m Mariposa Absolutos  
22/11/2025 - 17:21 Startlist

Recorde Regional Open	53.62	RODRIGUES, Joao Luis	CNF	Funchal	29/07/2025
Recorde Regional Sen	53.62	RODRIGUES, Joao Luis	CNF	Funchal	29/07/2025
Recorde Regional Jun18	54.58	MACHADO, Bernardo Magalhaes	CDN	Funchal	23/07/2024
Recorde Regional Jun17	56.11	SEQUEIRA, Afonso Meneses	CNF	Porto	12/12/2015
Recorde Regional Juv A	57.94	GOUVEIA, Luis Galvao	CDN	Funchal	17/07/2021
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 Zonal Inf B: 1:10.33; Inf A: 1:06.98; Juv B: 1:04.75; Juv A: 1:02.52 / TAC Nacional Inf B: 1:08.66; Inf A: 1:05.31; Jun17: 59.17; Jun18: 58.05; Sub21: 57.49 / TAC Nacional Mar o Juv B: 1:03.63; Juv A: 1:01.40 / TAC Nacional Julho Juv B: 1:02.52; Juv A: 1:00.29 / TAC Nacional Sen. Sen: 56.94 / TAC Nacional Abs. Sen: 55.82

Ano

S rie 1 de 3, 17:21

1 SILVA, Francisco Escorcio	10	Desportivo Nacional	1:37.00
2 JACINTO, Pedro Freitas	10	Juventude Atlantico	1:23.49
3 CASTRO, Rui Carlos	11	Desportiva de Machico	1:18.77
4 SANCHEZ, Santiago Carabali	01	Desportivo Sao Roque	1:12.50
5 GONCALVES, Tiago Mauricio	10	Desportivo Nacional	1:12.83
6 MARTINS, Antonio Freitas	09	Desportivo Nacional	1:19.98
7 NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	1:33.28
8 SOUSA, Pedro Henrique	13	Desportivo Nacional	1:38.45

S rie 2 de 3, 17:23

1 SOUSA, Joao Pedro	12	Desportivo Nacional	1:10.97
2 ABREU, Pedro Dinis	11	Naval do Funchal	1:06.45
3 NASCIMENTO, Santiago Santos	10	Juventude Atlantico	1:05.62
4 NUNES, Guilherme Bruno	09	Naval do Funchal	1:05.29
5 SOUSA, Eduardo Afonseca	09	Desportivo Nacional	1:05.55
6 FREITAS, Jonas Christian	11	Desportivo Nacional	1:06.05
7 MENDONCA, Florival Rodrigo	10	Juventude Atlantico	1:07.35
8 SILVA, Samuel Osio	10	Naval do Funchal	1:11.62

S rie 3 de 3, 17:25

1 MENDES, Salvador Neves	10	Naval do Funchal	1:01.09
2 RODRIGUES, Guilherme Gomes	08	Naval do Funchal	1:00.11
3 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	59.09
4 ABREU, Sergio Gomes	96	Naval do Funchal	57.74
5 ALMEIDA, Joao Francisco	07	Naval do Funchal	57.91
6 MIRANDA, Francisco Guilherme	08	Naval do Funchal	59.92
7 PESTANA, Andre Pinto	09	Naval do Funchal	1:00.53
8 MARTINHO, Joao Miguel	09	Desportivo Nacional	1:04.22

Prova 33 Femin., 100m Mariposa Absolutos  
22/11/2025 - 17:26 Startlist

Recorde Regional Open	1:00.24	ROJAS, Zara Alejandra	INDMAD	Funchal	29/07/2025
Recorde Regional Sen	1:03.87	OLIM, Carlota Freitas	CNF	Porto	08/12/2012
Recorde Regional Jun18	1:00.24	ROJAS, Zara Alejandra	INDMAD	Funchal	29/07/2025
Recorde Regional Jun17	1:01.59	ROJAS, Zara Alejandra	CDN	Funchal	30/06/2024
Recorde Regional Juv A	1:04.75	ROSA, Beatriz Jong	CDN	Porto	12/12/2015
Recorde Regional Juv B	1:05.15	ROSA, Beatriz Jong	CDN	Funchal	11/07/2015
Recorde Regional Inf A	1:07.65	ROSA, Beatriz Jong	CDN	Tomar	15/12/2013
Recorde Regional Inf B	1:09.65	ROSA, Beatriz Jong	CDN	Funchal	24/07/2013

TAC Zonal Inf B: 1:17.58; Inf A: 1:14.99; Juv B: 1:13.05; Juv A: 1:11.12 / TAC Nacional Inf B: 1:15.64; Inf A: 1:13.70; Jun17: 1:07.88; Jun18: 1:07.24; Sub21: 1:06.59 / TAC Nacional Mar o Juv B: 1:12.41; Juv A: 1:09.82 / TAC Nacional Julho Juv B: 1:11.12; Juv A: 1:08.53 / TAC Nacional Sen. Sen: 1:05.94 / TAC Nacional Abs. Sen: 1:04.65

Ano

S rie 1 de 2, 17:26

3 LUIS, Clara Abreu	13	Escola O Liceu	1:35.99
4 SILVA, Bruna Jasmins	11	Naval do Funchal	1:23.15
5 GONCALVES, Maria Clara	12	Escola O Liceu	1:24.48

S rie 2 de 2, 17:28

1 QUINTAL, Margarida Silva	12	Juventude Atlantico	1:18.81
2 ROSA, Clara Sofia	10	Desportivo Nacional	1:12.05
3 MATEUS, Eleine Vieira	09	Desportivo Nacional	1:08.24
4 ROJAS, Zara Alejandra	07	Naval do Funchal	1:01.75
5 GOMES, Susana Clara	77	Naval do Funchal	1:05.76
6 MARGARIDO, Paula Aguiar	09	Juventude Atlantico	1:11.59
7 VIEIRA, Matilde Sofia	11	Desportivo Nacional	1:15.35

Prova 34 Masc., 4 x 200m Livres Absolutos  
22/11/2025 - 17:40 PROVA N.  34 JUNTO COM A PROVA N.  35 Startlist

Recorde Regional Open	7:24.53	Clube Desportivo Nacional	CDN	Leiria	05/12/2009
Recorde Regional Sen	7:24.53	Clube Desportivo Nacional	CDN	Leiria	05/12/2009
Recorde Regional Jun	7:58.03	Clube Naval do Funchal	CNF	Felgueiras	22/12/2013
Recorde Regional Juv A	8:03.78	Clube Naval do Funchal	CNF	Tomar	13/12/2012
Recorde Regional Juv B	8:21.03	Clube Naval do Funchal	CNF	Funchal	11/07/2009
Recorde Regional Inf A	8:35.79	Clube Naval do Funchal	CNF	Funchal	14/07/2007
Recorde Regional Inf B	9:21.64	Clube Naval do Funchal	CNF	Funchal	06/05/2006

TAC Zonal Inf B: 9:39.47; Inf A: 9:11.88; Juv B: 8:53.48; Juv A: 8:35.09 / TAC Nacional Inf B: 9:25.68; Inf A: 8:58.08; Jun17: 8:07.49; Jun18: 7:58.30; Sub21: 7:53.70 / TAC Nacional Mar o Juv B: 8:44.29; Juv A: 8:25.89 / TAC Nacional Julho Juv B: 8:35.09; Juv A: 8:16.69 / TAC Nacional Sen. Sen: 7:49.10 / TAC Nacional Abs. Sen: 7:39.90

S rie 1 de 1, 17:40

2 Juventude Atlantico 2	Juventude Atlantico	10:00.00
3 Juventude Atlantico 1	Juventude Atlantico	9:00.00
4 Desportivo Nacional 3	Desportivo Nacional	9:30.00

Prova 35	Femin., 4 x 200m Livres				Absolutos
22/11/2025 - 17:50	PROVA N.� 34 JUNTO COM A PROVA N.� 35				Startlist
Recorde Regional Open	8:53.55	Clube Naval do Funchal	CNF	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Sen	9:02.46	Tempo Limite			
Recorde Regional Jun	9:06.88	Tempo Limite			
Recorde Regional Juv A	9:06.88	Clube Desportivo Nacional	CDN	Funchal	29/07/2016
Recorde Regional Juv B	9:05.39	Clube Desportivo Nacional	CDN	Funchal	09/07/2015
Recorde Regional Inf A	9:17.13	Clube Desportivo Nacional	CDN	Funchal	12/04/2014
Recorde Regional Inf B	9:30.46	Clube Desportivo Nacional	CDN	Funchal	24/07/2013

TAC Zonal Inf B: 10:15.92; Inf A: 9:55.39; Juv B: 9:40.00; Juv A: 9:24.60 / TAC Nacional Inf B: 10:00.53; Inf A: 9:45.13;  
 Jun17: 8:58.93; Jun18: 8:53.80; Sub21: 8:48.67 / TAC Nacional Mar o Juv B: 9:34.86; Juv A: 9:14.33 /  
 TAC Nacional Julho Juv B: 9:24.60; Juv A: 9:04.07 / TAC Nacional Sen. Sen: 8:43.54 / TAC Nacional Abs. Sen: 8:33.27

**S rie 1 de 1, 17:50**

6 Juventude Atlantico 1	Juventude Atlantico	9:30.00
7 Juventude Atlantico 2	Juventude Atlantico	10:15.00

#### 4 - Domingo de manh 

23/11/2025 - 9:15

Prova 36 Misto, 4 x 50m Livres Absolutos  
23/11/2025 - 9:15 Startlist

##### S rie 1 de 1, 9:15

3 Juventude Atlantico 2	Juventude Atlantico	2:10.00
4 Naval do Funchal 11	Naval do Funchal	1:53.95
5 Juventude Atlantico 1	Juventude Atlantico	2:00.00

Prova 37 Masc., 200m Mariposa Absolutos  
23/11/2025 - 9:23 Startlist

Recorde Regional Open	2:00.40	GOUVEIA, Luis Galvao	CDN	Leiria	08/12/2023
Recorde Regional Sen	2:00.40	GOUVEIA, Luis Galvao	CDN	Leiria	08/12/2023
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	2:04.72	GOUVEIA, Luis Galvao	CDN	Funchal	10/07/2021
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 Zonal Inf B: 2:38.73; Inf A: 2:31.18; Juv B: 2:26.14; Juv A: 2:21.10 / TAC Nacional Inf B: 2:34.96; Inf A: 2:27.40; Jun17: 2:13.54; Jun18: 2:11.02; Sub21: 2:09.76 / TAC Nacional Mar o Juv B: 2:23.62; Juv A: 2:18.58 / TAC Nacional Julho Juv B: 2:21.10; Juv A: 2:16.06 / TAC Nacional Sen. Sen: 2:08.50 / TAC Nacional Abs. Sen: 2:05.98

Ano

##### S rie 1 de 2, 9:23

3 GONCALVES, Tiago Mauricio	10	Desportivo Nacional	2:44.10
4 SILVA, Alexandre Antonio	11	Naval do Funchal	2:31.76
5 FREITAS, Jonas Christian	11	Desportivo Nacional	2:32.31

##### S rie 2 de 2, 9:26

1 NASCIMENTO, Santiago Santos	10	Juventude Atlantico	2:31.65
2 RODRIGUES, Guilherme Gomes	08	Naval do Funchal	2:15.15
3 MIRANDA, Francisco Guilherme	08	Naval do Funchal	2:11.34
4 SILVA, Tomas Antonio	01	Naval do Funchal	2:05.68
5 ALMEIDA, Joao Francisco	07	Naval do Funchal	2:07.75
6 MENDES, Salvador Neves	10	Naval do Funchal	2:14.01
7 SOUSA, Eduardo Afonseca	09	Desportivo Nacional	2:27.78

Prova 38 Femin., 200m Mariposa Absolutos  
23/11/2025 - 9:29 Startlist

Recorde Regional Open	2:21.15	ROSA, Beatriz Jong	CDN	Porto	10/12/2017
Recorde Regional Sen	2:23.80	ROSA, Beatriz Jong	CDN	Abrantes	01/12/2018
Recorde Regional Jun18	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 Juv A	2:25.16	ROSA, Beatriz Jong	CDN	Porto	11/12/2015
Recorde Regional Juv B	2:25.61	ROSA, Beatriz Jong	CDN	Funchal	12/07/2015
Recorde Regional Inf A	2:28.89	CAMARA, Ines Cruz	CDN	Funchal	10/07/2021
Recorde Regional Inf B	2:32.56	CERDAS, Sara Rodrigues	CNF	Rio Maior	06/07/2002

TAC Zonal Inf B: 2:50.33; Inf A: 2:44.65; Juv B: 2:40.39; Juv A: 2:36.13 / TAC Nacional Inf B: 2:46.07; Inf A: 2:41.81; Jun17: 2:29.04; Jun18: 2:27.62; Sub21: 2:26.20 / TAC Nacional Mar o Juv B: 2:38.97; Juv A: 2:33.30 / TAC Nacional Julho Juv B: 2:36.13; Juv A: 2:30.46 / TAC Nacional Sen. Sen: 2:24.78 / TAC Nacional Abs. Sen: 2:21.94

Ano

S rie 1 de 1, 9:29

3 JARDIM, Eva Santos	10	Juventude Atlantico	2:46.80
4 ROSA, Clara Sofia	10	Desportivo Nacional	2:42.48
5 MARGARIDO, Paula Aguiar	09	Juventude Atlantico	2:43.89
6 VIEIRA, Matilde Sofia	11	Desportivo Nacional	2:52.45

Prova 39 Masc., 100m Costas Absolutos  
23/11/2025 - 9:32 Startlist

Recorde Regional Open	54.18	PITA, Pedro Miguel	CNF	Funchal	30/07/2025
Recorde Regional Sen	54.18	PITA, Pedro Miguel	CNF	Funchal	30/07/2025
Recorde Regional Jun18	54.97	PITA, Pedro Miguel	CNF	Funchal	25/07/2024
Recorde Regional Jun17	56.69	NEVES, Tiago Brazao	CNF	Funchal	29/06/2024
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 Zonal Inf B: 1:11.82; Inf A: 1:08.40; Juv B: 1:06.12; Juv A: 1:03.84 / TAC Nacional Inf B: 1:10.11; Inf A: 1:06.69; Jun17: 1:00.42; Jun18: 59.28; Sub21: 58.71 / TAC Nacional Mar o Juv B: 1:04.98; Juv A: 1:02.70 / TAC Nacional Julho Juv B: 1:03.84; Juv A: 1:01.56 / TAC Nacional Sen. Sen: 58.14 / TAC Nacional Abs. Sen: 57.00

Ano

S rie 1 de 3, 9:32

2 CAMACHO, Goncalo Filipe	13	Desportivo Nacional	2:25.00
3 FRANCA, Salvador Jose	11	Recreativo Santanense	1:36.68
4 GOMES, Santiago Jesus	12	Desportivo Sao Roque	1:30.93
5 SOUSA, Pedro Henrique	13	Desportivo Nacional	1:33.71
6 ABREU, Leo Matias	13	Escola O Liceu	1:47.41

S rie 2 de 3, 9:36

1 MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	1:20.08
2 CRO, Rodrigo Antonio	11	Desportivo Sao Roque	1:19.70
3 RODRIGUES, Joao Henrique	09	Naval do Funchal	1:17.43
4 ROMAO, Santiago Maio	12	Juventude Atlantico	1:16.22
5 ANTUNES, Francisco Tomas	13	Juventude Atlantico	1:16.46
6 JARDIM, Joao Tomas	09	Desportivo Nacional	1:19.18
7 GOMES, Gustavo Daniel	12	Desportivo Nacional	1:19.95
8 MENDONCA, Jorge Lourenco	13	Desportivo Nacional	1:24.07

Prova 39, Masc., 100m Costas

S rie 3 de 3, 9:39

1 SOUSA, Joao Pedro	12	Desportivo Nacional	1:13.29
2 ANTUNES, Frederico Luis	08	Juventude Atlantico	1:10.08
3 RODRIGUES, David Oliveira	11	Naval do Funchal	1:05.43
4 OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	59.75
5 GONCALVES, Tomas Figueiredo	10	Naval do Funchal	1:04.16
6 PESTANA, Pedro Correia	09	Desportivo Nacional	1:07.69
7 FERNANDES, Salvador Freitas	09	Juventude Atlantico	1:11.16
8 BARATA, Bernardo Vieira	12	Juventude Atlantico	1:15.82

Prova 40

Femin., 100m Costas

Absolutos

23/11/2025 - 9:40

Startlist

Recorde Regional Open	1:04.41	GONCALVES, Vera Andrade	JACL	Tomar	15/12/2024
Recorde Regional Sen	1:05.05	QUINTAL, Fabiana Maria	CDN	Funchal	12/07/2009
Recorde Regional Jun18	1:07.81	GOMES, Sofia Vega	CNF	Funchal	08/11/2025
Recorde Regional Jun17	1:05.06	GONCALVES, Vera Andrade	JACL	Albufeira	16/11/2025
Recorde Regional Juv A	1:04.41	GONCALVES, Vera Andrade	JACL	Tomar	15/12/2024
Recorde Regional Juv B	1:04.72	GONCALVES, Vera Andrade	JACL	Funchal	29/06/2024
Recorde Regional Inf A	1:07.34	GONCALVES, Vera Andrade	JACL	Funchal	09/06/2023
Recorde Regional Inf B	1:09.92	FERRO, Maria Franco	CNF	Pinhal Novo	23/03/2025

TAC Zonal Inf B: 1:17.96; Inf A: 1:15.37; Juv B: 1:13.42; Juv A: 1:11.47 / TAC Nacional Inf B: 1:16.01; Inf A: 1:14.07; Jun17: 1:08.22;

Jun18: 1:07.57; Sub21: 1:06.92 / TAC Nacional Maro Juv B: 1:12.77; Juv A: 1:10.17 / TAC Nacional Julho Juv B: 1:11.47;

Juv A: 1:08.87 / TAC Nacional Sen. Sen: 1:06.27 / TAC Nacional Abs. Sen: 1:04.97

Ano

S rie 1 de 3, 9:40

3 LECA, Margarida Goncalves	13	Recreativo Santanense	2:03.75
4 GOUVEIA, Sofia Isabel	12	Juventude Atlantico	1:41.67
5 GOUVEIA, Juliana Caires	13	Recreativo Santanense	1:51.86

S rie 2 de 3, 9:44

1 FERNANDES, Ines Vieira	13	Naval do Funchal	1:39.08
2 TEMTEM, Maria Clara	13	Desportivo Nacional	1:32.26
3 BAPTISTA, Valentina Hermida	11	Juventude Atlantico	1:22.11
4 JARDIM, Maria Velosa	12	Naval do Funchal	1:16.93
5 FREITAS, Sara Margarida	11	Juventude Atlantico	1:18.55
6 MACIEL, Constanca Maria	13	Escola O Liceu	1:30.82
7 SILVA, Bruna Jasmins	11	Naval do Funchal	1:34.20

S rie 3 de 3, 9:47

1 FARIA, Beatriz Cunha	13	Desportivo Sao Roque	1:16.11
2 VELOSA, Ana Matilde	11	Juventude Atlantico	1:10.22
3 NETO, Leonor Rodrigues	07	Naval do Funchal	1:08.50
4 GOMES, Sofia Vega	08	Naval do Funchal	1:07.81
5 BRITO, Madalena Pinto	10	Naval do Funchal	1:08.34
6 FERRO, Maria Franco	12	Naval do Funchal	1:09.81
7 LEITAO, Isabel Gouveia	10	Naval do Funchal	1:14.20
8 FREITAS, Sofia Spinola	11	Desportivo Sao Roque	1:16.71

Prova 41	Masc., 800m Livres				Absolutos
23/11/2025 - 9:49	PROVA N.� 41 JUNTO COM A PROVA N.� 42				Startlist
Recorde Regional Open	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 Zonal Inf B: 10:27.74; Inf A: 9:57.85; Juv B: 9:37.92; Juv A: 9:18.00 / TAC Nacional Inf B: 10:12.80; Inf A: 9:42.91;  
Jun17: 8:48.10; Jun18: 8:38.14; Sub21: 8:33.16 / TAC Nacional Mar o Juv B: 9:27.96; Juv A: 9:08.03 /  
TAC Nacional Julho Juv B: 9:18.00; Juv A: 8:58.07 / TAC Nacional Sen. Sen: 8:28.17 / TAC Nacional Abs. Sen: 8:18.21

Ano

S rie 1 de 1, 9:49

1 LUCIO, Lourenco Perestrelo	11	Naval do Funchal	9:52.72
2 CASTRO, Marco Antonio	08	Naval do Funchal	8:39.93
3 JESUS, Vasco Franca	08	Naval do Funchal	8:50.94

Prova 42	Femin., 800m Livres				Absolutos
23/11/2025 - 9:59	PROVA N.� 41 JUNTO COM A PROVA N.� 42				Startlist
Recorde Regional Open	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Sen	9:28.88	BRANCO, Ana Filipa	CNF	Funchal	20/02/2009
Recorde Regional Jun18	9:26.53	MELIM, Claudia Ramos	CDN	Funchal	07/07/2002
Recorde Regional Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recorde Regional Juv A	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Juv B	9:14.78	ANDRADE, Rubina Amaro	CDN	Braga	04/03/1994
Recorde Regional Inf A	9:15.96	ANDRADE, Rubina Amaro	CDN	Alges	16/02/1993
Recorde Regional Inf B	9:40.30	ANDRADE, Rubina Amaro	CDN	Funchal	15/02/1992

TAC Zonal Inf B: 10:32.10; Inf A: 10:11.03; Juv B: 9:55.23; Juv A: 9:39.43 / TAC Nacional Inf B: 10:16.30; Inf A: 10:00.50;  
Jun17: 9:13.09; Jun18: 9:07.82; Sub21: 9:02.55 / TAC Nacional Mar o Juv B: 9:49.96; Juv A: 9:28.89 /  
TAC Nacional Julho Juv B: 9:39.43; Juv A: 9:18.36 / TAC Nacional Sen. Sen: 8:57.28 / TAC Nacional Abs. Sen: 8:46.75

Ano

S rie 1 de 1, 9:59

5 TEMTEM, Madalena Barbosa	09	Desportivo Nacional	11:02.20
6 MELIM, Sara Beatriz	09	Desportivo Nacional	10:14.72
7 ANICETO, Leonor Telo	13	Naval do Funchal	10:44.29

Prova 43 Masc., 50m Bru os Absolutos  
23/11/2025 - 10:10 Startlist

Recorde Regional Open	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	29.89	FERNANDES, Martim Pestana	CNF	Funchal	17/07/2021
Recorde Regional Juv A	31.04	SILVA, Tony Stefano	CDN	Funchal	17/07/2021
Recorde Regional Juv B	31.14	GONCALVES, Tomas Figueiredo	CNF	Funchal	05/07/2025
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
Recorde Nacional Nat. Adaptada S17	35.54	OLIVEIRA, Americo Manuel	CPN	Carregal do Sal	13/07/2025

TAC Zonal Inf B: 37.59; Inf A: 35.80; Juv B: 34.60; Juv A: 33.41 / TAC Nacional Inf B: 36.69; Inf A: 34.90; Jun17: 31.62;  
Jun18: 31.02; Sub21: 30.72 / TAC Nacional Mar o Juv B: 34.01; Juv A: 32.81 / TAC Nacional Julho Juv B: 33.41; Juv A: 32.22 /  
TAC Nacional Sen. Sen: 30.43 / TAC Nacional Abs. Sen: 29.83

Ano

S rie 1 de 4, 10:10

3 FREITAS, Santiago Santollo	13	Desportivo Sao Roque	55.49
4 GOMES, Santiago Jesus	12	Desportivo Sao Roque	46.17
5 FRANCA, Salvador Jose	11	Recreativo Santanense	49.69

S rie 2 de 4, 10:12

1 NASCIMENTO, Santiago Santos	10	Juventude Atlantico	43.20
2 BARATA, Bernardo Vieira	12	Juventude Atlantico	41.36
3 BARATA, Joao Tomas	08	Juventude Atlantico	40.39
4 SANCHEZ, Santiago Carabali	01	Desportivo Sao Roque	39.50
5 CRO, Rodrigo Antonio	11	Desportivo Sao Roque	39.94
6 CARVALHO, Joaquim Eduardo	07	Naval do Funchal	41.10
7 GOMES, Martim Silva	11	Naval do Funchal	42.94

S rie 3 de 4, 10:13

1 PEREIRA, Martim Gomes	10	Naval do Funchal	38.97
2 PRUDENTE, Cristian	11	Naval do Funchal	38.14
3 ROCHA, Tomas Pinto	10	Naval do Funchal	34.75
4 SILVA, Lucas Benjamim	08	Naval do Funchal	34.33
5 SOUSA, Eduardo Afonseca	09	Desportivo Nacional	34.52
6 SANTOS, Daniel Adonis	09	Juventude Atlantico	37.09
7 PEREIRA, Pedro Nuno	09	Naval do Funchal	38.20
8 RODRIGUES, Joao Henrique	09	Naval do Funchal	39.21

S rie 4 de 4, 10:14

1 GOMES, Joao Abreu	09	Naval do Funchal	32.78
2 FERREIRA, Luis Duarte	89	Escola O Liceu	32.66
3 BESSA, Pedro Maria	95	Desportivo Sao Roque	31.17
4 ROJAS, Jean Louis	05	Naval do Funchal	29.90
5 SANTOS, Diego Felipe	87	Desportivo Nacional	30.32
6 ROJAS, Juan Josue	08	Naval do Funchal	32.46
7 CRESPO, Joao Jesus	09	Desportivo Nacional	32.70
8 MARTINHO, Joao Miguel	09	Desportivo Nacional	33.63

Prova 44 Femin., 50m Bru os Absolutos  
23/11/2025 - 10:15 Startlist

Recorde Regional Open	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 Jun18	34.46	RODRIGUES, Laura Sofia	JACL	Funchal	13/12/2024
Recorde Regional Jun17	34.07	ABREU, Laura Catarina	CDWT	Funchal	11/12/2016
Recorde Regional Juv A	33.71	ABREU, Laura Catarina	CDN	Porto	13/12/2015
Recorde Regional Juv B	34.46	ABREU, Laura Catarina	CDN	Funchal	09/07/2015
Recorde Regional Inf A	34.57	ABREU, Laura Catarina	CDN	Funchal	15/03/2014
Recorde Regional Inf B	35.44	ABREU, Laura Catarina	CDN	Funchal	05/04/2013

TAC Zonal Inf B: 41.14; Inf A: 39.76; Juv B: 38.74; Juv A: 37.71 / TAC Nacional Inf B: 40.11; Inf A: 39.08; Jun17: 35.99;  
Jun18: 35.65; Sub21: 35.31 / TAC Nacional Mar o Juv B: 38.39; Juv A: 37.02 / TAC Nacional Julho Juv B: 37.71; Juv A: 36.34 /  
TAC Nacional Sen. Sen: 34.97 / TAC Nacional Abs. Sen: 34.28

Ano

S rie 1 de 3, 10:15

3 LECA, Margarida Goncalves	13	Recreativo Santanense	1:05.28
4 PEREIRA, Ana Rosa	12	Naval do Funchal	59.73
5 NASCIMENTO, Joana Pilar	12	Naval do Funchal	1:00.00

S rie 2 de 3, 10:16

1 SILVA, Lara Martins	13	Desportivo Sao Roque	57.57
2 VIEIRA, Sara Rodrigues	13	Naval do Funchal	52.24
3 CARVALHO, Laura Jardim	09	Juventude Atlantico	46.68
4 TEMTEM, Maria Clara	13	Desportivo Nacional	45.00
5 SILVA, Joana Flor	12	Naval do Funchal	45.56
6 FREITAS, Sofia Spinola	11	Desportivo Sao Roque	48.71
7 GOUVEIA, Juliana Caires	13	Recreativo Santanense	54.07

S rie 3 de 3, 10:18

1 SOUSA, Susana Conceicao	10	Desportivo Nacional	39.19
2 ROJAS, Zara Alejandra	07	Naval do Funchal	37.00
3 COSTA, Rafaela Tome	11	Naval do Funchal	35.99
4 RINGUE, Pauline	97	Naval do Funchal	33.95
5 SA, Vanessa Fernandes	09	Naval do Funchal	35.75
6 PEREIRA, Ana Matilde	11	Naval do Funchal	36.55
7 ROSA, Clara Sofia	10	Desportivo Nacional	38.04
8 FREITAS, Maria Silva	12	Naval do Funchal	44.07

Prova 45 Masc., 200m Livres Absolutos  
Startlist  
23/11/2025 - 10:19

Recorde Regional Open	1:46.65	PINTO, Luis Marques	CDN	Stockholm (SWE)	11/11/2009
Recorde Regional Sen	1:46.65	PINTO, Luis Marques	CDN	Stockholm (SWE)	11/11/2009
Recorde Regional Jun18	1:50.17	CASTRO, Joao Cruz	CDSR	Porto	10/12/2017
Recorde Regional Jun17	1:51.83	CASTRO, Joao Cruz	CDSR	Funchal	27/07/2017
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 Zonal Inf B: 2:21.35; Inf A: 2:14.62; Juv B: 2:10.13; Juv A: 2:05.64 / TAC Nacional Inf B: 2:17.98; Inf A: 2:11.25; Jun17: 1:58.91; Jun18: 1:56.67; Sub21: 1:55.55 / TAC Nacional Mar o Juv B: 2:07.89; Juv A: 2:03.40 / TAC Nacional Julho Juv B: 2:05.64; Juv A: 2:01.15 / TAC Nacional Sen. Sen: 1:54.42 / TAC Nacional Abs. Sen: 1:52.18

Ano

S rie 1 de 5, 10:19

3 TEIXEIRA, Pedro Melim	13	Naval do Funchal	3:55.19
4 CAMACHO, Goncalo Filipe	13	Desportivo Nacional	3:33.78
5 FURTADO, Martim Sousa	12	Desportivo Nacional	3:45.21

S rie 2 de 5, 10:23

2 DELGADO, Joao Correia	10	Naval do Funchal	2:46.98
3 NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	2:39.52
4 ROSEIRA, Pedro Henrique	09	Naval do Funchal	2:33.12
5 SILVA, Samuel Osio	10	Naval do Funchal	2:35.20
6 TAVARES, Lourenco Carvalhal	10	Naval do Funchal	2:42.30
7 FREITAS, Matias Santiago	11	Naval do Funchal	3:20.00

S rie 3 de 5, 10:27

1 GONCALVES, Tiago Mauricio	10	Desportivo Nacional	2:30.19
2 ANTUNES, Francisco Tomas	13	Juventude Atlantico	2:29.58
3 SILVA, Pedro Fernandes	11	Naval do Funchal	2:28.88
4 SOUSA, Joao Pedro	12	Desportivo Nacional	2:28.47
5 JACINTO, Pedro Freitas	10	Juventude Atlantico	2:28.60
6 JARDIM, Joao Tomas	09	Desportivo Nacional	2:29.50
7 MENDONCA, Florival Rodrigo	10	Juventude Atlantico	2:30.00
8 FERREIRA, Manuel Maria	10	Naval do Funchal	2:32.81

S rie 4 de 5, 10:30

1 ABREU, Pedro Dinis	11	Naval do Funchal	2:26.87
2 ABREU, Afonso Henrique	09	Naval do Funchal	2:22.84
3 FREITAS, Jonas Christian	11	Desportivo Nacional	2:17.20
4 LETRA, Francisco Freitas	10	Naval do Funchal	2:12.88
5 PESTANA, Andre Pinto	09	Naval do Funchal	2:15.32
6 MARTINS, Antonio Freitas	09	Desportivo Nacional	2:18.51
7 NUNES, Guilherme Bruno	09	Naval do Funchal	2:23.52
8 ROMAO, Santiago Maio	12	Juventude Atlantico	2:28.33

S rie 5 de 5, 10:33

1 GARANITO, Mateus Silva	10	Naval do Funchal	2:07.64
2 GONCALVES, Tomas Figueiredo	10	Naval do Funchal	2:03.36
3 CASTRO, Marco Antonio	08	Naval do Funchal	1:58.55
4 ABREU, Sergio Gomes	96	Naval do Funchal	1:53.95
5 ALMEIDA, Joao Francisco	07	Naval do Funchal	1:57.81
6 ANDRADE, Salvador Freitas	09	Naval do Funchal	2:03.14
7 RAPOSO, Mateus Medeiros	10	Desportivo Nacional	2:07.00
8 PESTANA, Pedro Correia	09	Desportivo Nacional	2:10.66

Prova 46 Femin., 200m Livres Absolutos  
23/11/2025 - 10:35 Startlist

Recorde Regional Open	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 Jun18	2:10.30	ROSA, Beatriz Jong	CDN	Funchal	04/11/2007
Recorde Regional Jun17	2:09.92	ROJAS, Zara Alejandra	CDN	Funchal	29/06/2024
Recorde Regional Juv A	2:09.59	AGUILAR, Vera Ines	CDN	Funchal	29/07/2016
Recorde Regional Juv B	2:09.23	ABREU, Laura Catarina	CDN	Funchal	10/07/2015
Recorde Regional Inf A	2:11.89	ANDRADE, Rubina Amaro	CDN	Alg�s	26/02/1993
Recorde Regional Inf B	2:14.71	CAIRES, Joana Costa	CNF	Sines	13/03/2011

TAC Zonal Inf B: 2:29.36; Inf A: 2:24.39; Juv B: 2:20.65; Juv A: 2:16.92 / TAC Nacional Inf B: 2:25.63; Inf A: 2:21.90; Jun17: 2:10.69; Jun18: 2:09.45; Sub21: 2:08.20 / TAC Nacional Mar o Juv B: 2:16.41; Juv A: 2:14.43 / TAC Nacional Julho Juv B: 2:16.92; Juv A: 2:11.94 / TAC Nacional Sen. Sen: 2:06.96 / TAC Nacional Abs. Sen: 2:04.47

Ano

S rie 1 de 3, 10:35

3 TSOMKO, Veronika	08	Escola O Liceu	3:06.06
4 SILVA, Maria Leonor	12	Naval do Funchal	2:58.82
5 LUIS, Clara Abreu	13	Escola O Liceu	3:01.13
6 GOUVEIA, Sofia Isabel	12	Juventude Atlantico	3:07.16

S rie 2 de 3, 10:39

1 SILVA, Lara Martins	13	Desportivo Sao Roque	2:51.32
2 ANDRADE, Nuria Gouveia	13	Desportivo Nacional	2:48.49
3 AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	2:44.52
4 VIEIRA, Matilde Sofia	11	Desportivo Nacional	2:37.49
5 FERREIRA, Natacha Camacho	09	Juventude Atlantico	2:39.80
6 TEIXEIRA, Maria Castro	13	Naval do Funchal	2:48.26
7 SILVA, Ana Matilde	11	Desportivo Nacional	2:50.41
8 BARRETO, Maria Clara	10	Juventude Atlantico	2:51.47

S rie 3 de 3, 10:42

1 OJKIC, Vera Jose	12	Naval do Funchal	2:36.23
2 MACHADO, Sarah Camila	12	Naval do Funchal	2:29.71
3 RODRIGUES, Laura Sofia	07	Juventude Atlantico	2:16.18
4 GOMES, Sofia Vega	08	Naval do Funchal	2:15.07
5 JESUS, Vera Franca	11	Naval do Funchal	2:15.80
6 FERREIRA, Ana Pereira	10	Juventude Atlantico	2:25.52
7 GONCALVES, Maria Clara	12	Escola O Liceu	2:31.03
8 QUINTAL, Margarida Silva	12	Juventude Atlantico	2:36.86

Prova 47 Masc., 4 x 100m Livres Absolutos  
Startlist

23/11/2025 - 10:55

Recorde Regional Open	3:25.10	Clube Desportivo Nacional	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:25.10	Clube Desportivo Nacional	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun	3:33.73	Clube Naval do Funchal	CNF	Funchal	08/07/2023
Recorde Regional Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Recorde Regional Juv B	3:46.97	Clube Naval do Funchal	CNF	Funchal	11/07/2009
Recorde Regional Inf A	3:54.59	Clube Naval do Funchal	CNF	Funchal	23/06/2007
Recorde Regional Inf B	4:12.91	Clube Naval do Funchal	CNF	Funchal	14/07/2007

TAC Zonal Inf B: 4:19.91; Inf A: 4:07.54; Juv B: 3:59.28; Juv A: 3:51.03 / TAC Nacional Inf B: 4:13.72; Inf A: 4:01.35; Jun17: 3:38.66;  
Jun18: 3:34.53; Sub21: 3:32.47 / TAC Nacional Mar o Juv B: 3:55.16; Juv A: 3:46.91 / TAC Nacional Julho Juv B: 3:51.03;  
Juv A: 3:42.78 / TAC Nacional Sen. Sen: 3:30.41 / TAC Nacional Abs. Sen: 3:26.28

S rie 1 de 1, 10:55

2 Juventude Atlantico 2	Juventude Atlantico	4:25.00
3 Desportivo Nacional 2	Desportivo Nacional	4:15.00
4 Juventude Atlantico 1	Juventude Atlantico	4:05.00
5 Naval do Funchal 11	Naval do Funchal	4:07.80
6 Naval do Funchal 13	Naval do Funchal	4:16.72
7 Naval do Funchal 15	Naval do Funchal	4:48.17

Prova 48 Femin., 4 x 100m Livres Absolutos  
Startlist

23/11/2025 - 11:00

Recorde Regional Open	4:03.77	Clube Naval do Funchal	CNF	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	4:06.46	Tempo Limite			
Recorde Regional Jun	4:10.74	Tempo Limite			
Recorde Regional Juv A	4:10.74	Clube Desportivo Nacional	CDN	Funchal	27/07/2016
Recorde Regional Juv B	4:11.49	Clube Desportivo Nacional	CDN	Leiria	14/12/2014
Recorde Regional Inf A	4:12.63	Clube Desportivo Nacional	CDN	Tomar	15/12/2013
Recorde Regional Inf B	4:14.93	Clube Desportivo Nacional	CDN	Funchal	25/07/2013

TAC Zonal Inf B: 4:42.80; Inf A: 4:33.38; Juv B: 4:26.31; Juv A: 4:19.24 / TAC Nacional Inf B: 4:35.73; Inf A: 4:28.66; Jun17: 4:07.45;  
Jun18: 4:05.10; Sub21: 4:02.74 / TAC Nacional Mar o Juv B: 4:23.95; Juv A: 4:14.52 / TAC Nacional Julho Juv B: 4:19.24;  
Juv A: 4:09.81 / TAC Nacional Sen. Sen: 4:00.38 / TAC Nacional Abs. Sen: 3:55.67

S rie 1 de 1, 11:00

2 Naval do Funchal 13	Naval do Funchal	5:19.97
3 Juventude Atlantico 2	Juventude Atlantico	4:35.00
4 Juventude Atlantico 1	Juventude Atlantico	4:20.00
5 Naval do Funchal 12	Naval do Funchal	4:31.86
6 Juventude Atlantico 3	Juventude Atlantico	4:50.00