

1 - Sábado de Manhã

08/11/2025 - 9:00

Prova 1	Femin., 800m Livres					Absolutos
08/11/2025 - 9:00						Resultados
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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts				
DSQ	TEMTEM Madalena Barbosa	09	203454	Desportivo Nacional				-				
	<i>102 - Não completou a prova - SW 10.2</i>											
EXH	JESUS Vera Franca	11	211346	Naval do Funchal	<b>9:45.14</b>	+0,66	543	-				
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>											
	50m:	33.66	33.66	250m:	3:01.55	37.44	450m:	5:30.41	37.28	650m:	7:57.23	36.78
	100m:	1:09.98	36.32	300m:	3:38.77	37.22	500m:	6:07.24	36.83	700m:	8:34.06	36.83
	150m:	1:47.17	37.19	350m:	4:15.96	37.19	550m:	6:44.07	36.83	750m:	9:10.46	36.40
	200m:	2:24.11	36.94	400m:	4:53.13	37.17	600m:	7:20.45	36.38	800m:	9:45.14	34.68
EXH	MATEUS Eleine Vieira	09	206350	Desportivo Nacional	<b>10:07.68</b>	+0,71	484	-				
	50m:	34.39	34.39	250m:	3:06.17	38.19	450m:	5:39.70	37.72	650m:	8:14.12	38.61
	100m:	1:11.96	37.57	300m:	3:44.76	38.59	500m:	6:18.29	38.59	700m:	8:52.78	38.66
	150m:	1:49.89	37.93	350m:	4:23.37	38.61	550m:	6:56.84	38.55	750m:	9:31.28	38.50
	200m:	2:27.98	38.09	400m:	5:01.98	38.61	600m:	7:35.51	38.67	800m:	10:07.68	36.40
EXH	FERREIRA Ana Pereira	10	215312	Juventude Atlantico	<b>10:39.17</b>	+0,72	416	-				
	50m:	35.75	35.75	250m:	3:16.62	40.83	450m:	6:00.13	41.07	650m:	8:44.93	40.42
	100m:	1:14.96	39.21	300m:	3:57.52	40.90	500m:	6:41.76	41.63	700m:	9:25.75	40.82
	150m:	1:55.18	40.22	350m:	4:38.61	41.09	550m:	7:23.15	41.39	750m:	10:05.08	39.33
	200m:	2:35.79	40.61	400m:	5:19.06	40.45	600m:	8:04.51	41.36	800m:	10:39.17	34.09
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	<b>10:42.41</b>	+0,75	410	-				
	50m:	36.33	36.33	250m:	3:16.64	40.23	450m:	5:59.26	40.36	650m:	8:43.15	41.41
	100m:	1:15.90	39.57	300m:	3:57.62	40.98	500m:	6:40.16	40.90	700m:	9:23.68	40.53
	150m:	1:55.90	40.00	350m:	4:38.16	40.54	550m:	7:20.99	40.83	750m:	10:03.50	39.82
	200m:	2:36.41	40.51	400m:	5:18.90	40.74	600m:	8:01.74	40.75	800m:	10:42.41	38.91

Prova 2 Masc., 100m Mariposa Absolutos  
08/11/2025 - 9:11 Resultados

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
Recorde Nacional Adaptada S12	1:40.79	CRUZ Joao Tanica	PDEM	Guarda	16/02/2019

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Afonso Miguel	07	148420	Juventude Atlantico	<b>58.81</b>	+0,61	533	23,00
	50m: 27.33 27.33		100m: 58.81 31.48					
2.	VIVEIROS Pedro Perestrelo	06	206758	Desportiva de Machico	<b>1:05.51</b>	+0,88	386	21,00
	50m: 30.29 30.29		100m: 1:05.51 35.22					
DSQ	RAPOSO Mateus Medeiros	10	211338	Desportivo Nacional				-
	<i>812 - Não tocou com as mãos na parede simultaneamente na viragem aos 50 m - SW 8.4</i>							
EXH	RODRIGUES Joao Luis	05	130527	Naval do Funchal	<b>56.17</b>	+0,58	612	-
	<i>TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul</i>							
	50m: 26.44 26.44		100m: 56.17 29.73					
EXH	ALMEIDA Joao Francisco	07	209787	Naval do Funchal	<b>58.76</b>	+0,65	535	-
	50m: 27.53 27.53		100m: 58.76 31.23					
EXH	ANDRADE Salvador Freitas	09	208851	Naval do Funchal	<b>1:01.13</b>	+0,70	475	-
	50m: 29.03 29.03		100m: 1:01.13 32.10					
EXH	RODRIGUES Guilherme Gome	08	208353	Naval do Funchal	<b>1:02.05</b>	+0,65	454	-
	50m: 28.79 28.79		100m: 1:02.05 33.26					
EXH	MENDES Salvador Neves	10	212022	Naval do Funchal	<b>1:02.42</b>	+0,66	446	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025</i>							
	50m: 29.10 29.10		100m: 1:02.42 33.32					
EXH	PESTANA Andre Pinto	09	212015	Naval do Funchal	<b>1:03.19</b>	+0,68	430	-
	50m: 29.41 29.41		100m: 1:03.19 33.78					
EXH	NUNES Guilherme Bruno	09	204469	Naval do Funchal	<b>1:05.29</b>	+0,78	390	-
	50m: 30.44 30.44		100m: 1:05.29 34.85					
EXH	FREITAS Jonas Christian	11	213115	Desportivo Nacional	<b>1:06.05</b>	+0,70	376	-
	50m: 30.45 30.45		100m: 1:06.05 35.60					
EXH	RODRIGUES David Oliveira	11	208847	Naval do Funchal	<b>1:06.62</b>	+0,79	367	-
	50m: 30.09 30.09		100m: 1:06.62 36.53					
EXH	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	<b>1:06.87</b>	+0,69	363	-
	50m: 30.72 30.72		100m: 1:06.87 36.15					
EXH	LUCIO Lourenco Perestrelo	11	211340	Naval do Funchal	<b>1:07.58</b>	+0,54	351	-
	50m: 30.64 30.64		100m: 1:07.58 36.94					
EXH	SOUSA Joao Pedro	12	212719	Desportivo Nacional	<b>1:11.04</b>	+0,66	302	-
	50m: 33.07 33.07		100m: 1:11.04 37.97					
EXH	CARVALHO Gustavo Jose	10	210710	Desportiva de Machico	<b>1:11.39</b>	+0,74	298	-
	50m: 33.43 33.43		100m: 1:11.39 37.96					
EXH	GONCALVES Tiago Mauricio	10	214688	Desportivo Nacional	<b>1:12.83</b>	+0,75	281	-
	50m: 35.26 35.26		100m: 1:12.83 37.57					
EXH	CASTRO Rui Carlos	11	220807	Desportiva de Machico	<b>1:18.77</b>	+0,72	222	-
	50m: 35.17 35.17		100m: 1:18.77 43.60					
EXH	ANTUNES Francisco Tomas	13	213204	Juventude Atlantico	<b>1:22.61</b>	+0,66	192	-
	50m: 39.25 39.25		100m: 1:22.61 43.36					

### Prova 2, Masc., 100m Mariposa

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MARTINS Eduardo Abreu 50m: 37.43 37.43	11	213146	Desportivo Sao Roque 100m: 1:23.02 45.59	<b>1:23.02</b>	+0,83	189	-
EXH	MARTINS Antonio Freitas 50m: 38.29 38.29	09	209933	Desportivo Nacional 100m: 1:25.30 47.01	<b>1:25.30</b>	+0,76	174	-
EXH	DINIS Tiago Gouveia 50m: 1:03.10 1:03.10	96	219664	Desportivo Nacional 100m: 2:20.80 1:17.70	<b>2:20.80</b>		38	-

### Prova 3

### Femin., 200m Mariposa

### Absolutos

08/11/2025 - 9:17

Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	ROSA Clara Sofia 50m: 34.86 34.86	10	210050	Desportivo Nacional 100m: 1:17.70 42.84 150m: 2:02.47 44.77	<b>2:45.46</b>	+0,66	375	-
EXH	JARDIM Eva Santos 50m: 38.32 38.32	10	211350	Juventude Atlantico 100m: 1:23.45 45.13 150m: 2:08.61 45.16	<b>2:53.83</b>	+0,83	323	-
EXH	VIEIRA Matilde Sofia 50m: 37.60 37.60	11	209483	Desportivo Nacional 100m: 1:23.09 45.49 150m: 2:11.79 48.70	<b>2:59.81</b>	+0,84	292	-
EXH	GOUVEIA Sofia Isabel 50m: 49.09 49.09	12	216131	Juventude Atlantico 100m: 1:47.85 58.76 150m: 2:49.17 1:01.32	<b>3:48.90</b>	+0,73	141	-

### Prova 4

### Masc., 100m Bruços

### Absolutos

08/11/2025 - 9:22

Resultados

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
Recorde Nacional Adaptada S17	1:20.06	OLIVEIRA Americo Manuel	CPN	Carregal do Sal	13/07/2025

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Daniel Adonis 50m: 36.70 36.70	09	216483	Juventude Atlantico 100m: 1:19.62 42.92	<b>1:19.62</b>	+0,63	334	23,00
2.	VIEIRA Rodrigo Leal 50m: 40.43 40.43	06	146383	Desportiva de Machico 100m: 1:25.15 44.72	<b>1:25.15</b>	+0,66	273	21,00
DSQ	ABREU Leo Matias 720 - Toque alternado na viragem aos 50 m - SW 7.6	13	222748	Escola O Liceu				-

Prova 4, Masc., 100m Bruços

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	SILVA Tomas Antonio 50m: 31.10 31.10	01	132294	Naval do Funchal 100m: 1:06.48 35.38	<b>1:06.48</b>	+0,61	574	-
EXH	GONCALVES Tomas Figueiredo 50m: 31.80 31.80	10	208489	Naval do Funchal 100m: 1:07.16 35.36	<b>1:07.16</b>	+0,72	557	-
<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026, TAC NACIONAL - Jamor, 23 a 26 Julho 2026</i>								
EXH	SANTOS Diego Felipe 50m: 33.15 33.15	87	106614	Desportivo Nacional 100m: 1:11.23 38.08	<b>1:11.23</b>	+0,67	467	-
EXH	CRESPO Joao Jesus 50m: 33.19 33.19	09	209054	Desportivo Nacional 100m: 1:11.63 38.44	<b>1:11.63</b>	+0,69	459	-
EXH	MARTINHO Joao Miguel 50m: 34.75 34.75	09	211722	Desportivo Nacional 100m: 1:12.37 37.62	<b>1:12.37</b>	+0,73	445	-
EXH	GOMES Joao Abreu 50m: 33.62 33.62	09	210367	Naval do Funchal 100m: 1:12.55 38.93	<b>1:12.55</b>	+0,67	442	-
EXH	SILVA Lucas Benjamim 50m: 34.33 34.33	08	212520	Naval do Funchal 100m: 1:13.08 38.75	<b>1:13.08</b>	+0,73	432	-
EXH	ROCHA Tomas Pinto 50m: 34.80 34.80	10	209484	Naval do Funchal 100m: 1:14.46 39.66	<b>1:14.46</b>	+0,63	409	-
EXH	ROJAS Juan Josue 50m: 34.31 34.31	08	217333	Naval do Funchal 100m: 1:16.08 41.77	<b>1:16.08</b>	+0,64	383	-
EXH	GOMES Gustavo Daniel 50m: 38.85 38.85	12	213114	Desportivo Nacional 100m: 1:22.26 43.41	<b>1:22.26</b>	+0,82	303	-
EXH	PRUDENTE Cristian 50m: 38.14 38.14	11	221319	Naval do Funchal 100m: 1:23.07 44.93	<b>1:23.07</b>	+0,72	294	-
EXH	FREITAS Diogo Miguel 50m: 38.87 38.87	11	217569	Desportiva de Machico 100m: 1:24.63 45.76	<b>1:24.63</b>	+0,81	278	-
EXH	PEREIRA Pedro Nuno 50m: 40.57 40.57	09	223463	Naval do Funchal 100m: 1:26.16 45.59	<b>1:26.16</b>	+0,73	264	-
EXH	CARVALHO Joaquim Eduardo 50m: 41.10 41.10	07	202564	Naval do Funchal 100m: 1:27.85 46.75	<b>1:27.85</b>	+0,68	249	-
EXH	PEREIRA Martim Gomes 50m: 42.71 42.71	10	219982	Naval do Funchal 100m: 1:29.35 46.64	<b>1:29.35</b>	+0,76	236	-
EXH	SOL Tomas Sousa 50m: 42.26 42.26	10	212010	Desportiva de Machico 100m: 1:30.60 48.34	<b>1:30.60</b>	+0,83	227	-
EXH	GOMES Martim Silva 50m: 43.82 43.82	11	218432	Naval do Funchal 100m: 1:34.28 50.46	<b>1:34.28</b>	+0,75	201	-
EXH	SOUSA Pedro Henrique 50m: 47.11 47.11	13	214702	Desportivo Nacional 100m: 1:40.00 52.89	<b>1:40.00</b>	+0,76	168	-
EXH	GOMES Santiago Jesus 50m: 48.22 48.22	12	223528	Desportivo Sao Roque 100m: 1:41.62 53.40	<b>1:41.62</b>	+0,80	160	-

Prova 5, Femin., 200m Bruços

Prova 5 Femin., 200m Bruços Absolutos Resultados  
08/11/2025 - 9:28

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	RODRIGUES Laura Sofia	07	148425	Juventude Atlantico	<b>2:41.58</b>	+0,76	551	-
	<i>TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul</i>							
	50m: 36.37 36.37	100m: 1:17.01 40.64	150m: 1:58.87 41.86	200m: 2:41.58 42.71				
EXH	FERRO Maria Franco	12	212641	Naval do Funchal	<b>2:50.67</b>	+0,67	467	-
	<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025, TAC NACIONAL - Manteigadas, 17 a 19 Julho 2026</i>							
	50m: 38.22 38.22	100m: 1:21.67 43.45	150m: 2:05.91 44.24	200m: 2:50.67 44.76				
EXH	OJKIC Vera Jose	12	215311	Naval do Funchal	<b>3:06.89</b>	+0,72	356	-
	50m: 41.97 41.97	100m: 1:28.99 47.02	150m: 2:18.66 49.67	200m: 3:06.89 48.23				
EXH	SOUSA Susana Conceicao	10	214416	Desportivo Nacional	<b>3:09.89</b>	+0,76	339	-
	50m: 43.76 43.76	100m: 1:31.83 48.07	150m: 2:20.95 49.12	200m: 3:09.89 48.94				
EXH	ANICETO Leonor Telo	13	217739	Naval do Funchal	<b>3:14.01</b>	+0,63	318	-
	50m: 45.89 45.89	100m: 1:35.17 49.28	150m: 2:25.20 50.03	200m: 3:14.01 48.81				
EXH	FREITAS Maria Silva	12	217743	Naval do Funchal	<b>3:21.20</b>	+0,73	285	-
	50m: 44.93 44.93	100m: 1:36.24 51.31	150m: 2:28.80 52.56	200m: 3:21.20 52.40				
EXH	NOBREGA Claudia Patricia	75	26044	Juventude Atlantico	<b>3:26.34</b>	+0,73	264	-
	50m: 45.20 45.20	100m: 1:36.94 51.74	150m: 2:31.63 54.69	200m: 3:26.34 54.71				
EXH	ANDRADE Nuria Gouveia	13	219306	Desportivo Nacional	<b>3:26.77</b>	+0,88	263	-
	50m: 46.87 46.87	100m: 1:38.49 51.62	150m: 2:33.66 55.17	200m: 3:26.77 53.11				
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	<b>3:29.34</b>	+0,74	253	-
	50m: 47.37 47.37	100m: 1:41.53 54.16	150m: 2:35.44 53.91	200m: 3:29.34 53.90				
EXH	MACIEL Constanca Maria	13	220498	Escola O Liceu	<b>3:33.34</b>	+0,77	239	-
	50m: 49.15 49.15	100m: 1:45.16 56.01	150m: 2:42.14 56.98	200m: 3:33.34 51.20				
EXH	SILVA Joana Flor	12	217733	Naval do Funchal	<b>3:34.33</b>	+0,74	236	-
	50m: 48.74 48.74	100m: 1:42.60 53.86	150m: 2:39.91 57.31	200m: 3:34.33 54.42				
EXH	LUIS Clara Abreu	13	217953	Escola O Liceu	<b>4:00.76</b>	+0,92	166	-
	50m: 54.93 54.93	100m: 1:55.59 1:00.66	150m: 2:58.96 1:03.37	200m: 4:00.76 1:01.80				

Prova 6

Masc., 50m Livres

Absolutos  
Resultados

08/11/2025 - 9:37

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

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Santiago Santos	10	212558	Juventude Atlantico	<b>27.10</b>	+0,69	395	23,00
2.	SANTOS Joao Dinis	09	206754	Desportiva de Machico	<b>28.43</b>	+0,74	342	21,00
DSQ	FURTADO Martim Sousa	12	223506	Desportivo Nacional				-
	<i>403 - Falsa partida - SW 4.4</i>							
DNS	CANCIO Vitor Correia	96	122620	Escola O Liceu				-
DNS	GARANITO Mateus Silva	10	208352	Naval do Funchal				-
EXH	ROJAS Jean Louis	05	217332	Naval do Funchal	<b>23.38</b>	+0,58	616	-
	<i>TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>							
EXH	MARQUES Miguel Freitas	96	24979	Desportivo Sao Roque	<b>24.35</b>	+0,61	545	-
EXH	RODRIGUES Joao Luis	05	130527	Naval do Funchal	<b>24.36</b>	+0,61	545	-
EXH	CASTRO Joao Cruz	00	116739	Desportivo Sao Roque	<b>25.20</b>	+0,68	492	-
EXH	PEREIRA Lucas Santos	07	207434	Naval do Funchal	<b>25.44</b>	+0,63	478	-
EXH	ANDRADE Salvador Freitas	09	208851	Naval do Funchal	<b>25.68</b>	+0,72	465	-
EXH	PESTANA Pedro Correia	09	209489	Desportivo Nacional	<b>26.21</b>	+0,63	437	-
EXH	SILVA Joao Bernardo	09	210132	Desportivo Nacional	<b>26.34</b>	+0,64	431	-
EXH	CRESPO Joao Jesus	09	209054	Desportivo Nacional	<b>26.77</b>	+0,70	410	-
EXH	SILVA Samuel Osio	10	214301	Naval do Funchal	<b>26.83</b>	+0,71	408	-
EXH	GOMES Guilherme Silva	08	209488	Desportivo Nacional	<b>27.16</b>	+0,73	393	-
EXH	LETRA Francisco Freitas	10	208848	Naval do Funchal	<b>27.38</b>	+0,61	383	-
EXH	MENDONCA Florival Rodrigo	10	216967	Juventude Atlantico	<b>27.64</b>	+0,67	373	-
EXH	SILVA Alexandre Antonio	11	216245	Naval do Funchal	<b>28.46</b>	+0,65	341	-
EXH	JARDIM Joao Tomas	09	206449	Desportivo Nacional	<b>28.61</b>	+0,65	336	-
EXH	FERNANDES Salvador Freitas	09	209052	Juventude Atlantico	<b>28.76</b>	+0,79	331	-
EXH	FERREIRA Luis Duarte	89	25800	Escola O Liceu	<b>29.01</b>	+0,68	322	-
EXH	SOUSA Joao Pedro	12	212719	Desportivo Nacional	<b>29.23</b>	+0,72	315	-
EXH	BARATA Bernardo Vieira	12	214837	Juventude Atlantico	<b>29.41</b>	+0,76	309	-
EXH	ABREU Afonso Henrique	09	212014	Naval do Funchal	<b>29.71</b>	+0,78	300	-
EXH	VIEIRA Rodrigo Leal	06	146383	Desportiva de Machico	<b>30.03</b>	+0,75	291	-
EXH	ROMAO Santiago Maio	12	214149	Juventude Atlantico	<b>30.14</b>	+0,76	287	-
EXH	BARATA Joao Tomas	08	209684	Juventude Atlantico	<b>30.21</b>	+0,71	285	-
EXH	CARVALHO Gustavo Jose	10	210710	Desportiva de Machico	<b>30.30</b>	+0,75	283	-
EXH	NASCIMENTO Goncalo Damiao	11	221098	Juventude Atlantico	<b>30.37</b>	+0,74	281	-
EXH	TAVARES Lourenco Carvalhal	10	221320	Naval do Funchal	<b>30.46</b>	+0,75	278	-
EXH	MARTINS Antonio Freitas	09	209933	Desportivo Nacional	<b>30.48</b>	+0,74	278	-
EXH	GONCALVES Tiago Mauricio	10	214688	Desportivo Nacional	<b>30.57</b>	+0,78	275	-
EXH	SILVA Pedro Fernandes	11	213394	Naval do Funchal	<b>30.58</b>	+0,76	275	-
EXH	CASTRO Rui Carlos	11	220807	Desportiva de Machico	<b>30.63</b>	+0,70	274	-
EXH	CRO Rodrigo Antonio	11	211352	Desportivo Sao Roque	<b>31.22</b>	+0,48	258	-
EXH	FERREIRA Manuel Maria	10	215316	Naval do Funchal	<b>31.31</b>	+0,78	256	-
EXH	SOL Tomas Sousa	10	212010	Desportiva de Machico	<b>31.39</b>	+0,99	254	-
EXH	MENDONCA Jorge Lourenco	13	214707	Desportivo Nacional	<b>31.86</b>	+0,79	243	-
EXH	SILVA Francisco Escorcio	10	213285	Desportivo Nacional	<b>32.30</b>	+0,76	233	-
EXH	FREITAS Diogo Miguel	11	217569	Desportiva de Machico	<b>32.70</b>	+0,82	225	-
EXH	ENCARNACAO Andre Filipe	08	220366	Escola O Liceu	<b>34.32</b>	+0,73	194	-

Prova 6, Masc., 50m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	FREITAS Matias Santiago	11	226779	Naval do Funchal	<b>35.33</b>	+0,72	178	-
EXH	CAMACHO Goncalo Filipe	13	223500	Desportivo Nacional	<b>43.04</b>	+0,92	98	-
EXH	TEIXEIRA Pedro Melim	13	221626	Naval do Funchal	<b>43.71</b>		94	-
EXH	FREITAS Santiago Santollo	13	219674	Desportivo Sao Roque	<b>44.37</b>	+0,76	90	-

Prova 7

Femin., 100m Livres

Absolutos

08/11/2025 - 9:42

Resultados

Recorde Regional Open	57.30	ROJAS Zara Alejandra	CDN	Funchal	02/03/2024
Recorde Regional Sen	57.97	QUINTAL Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	VIEIRA Sara Rodrigues	13	214902	Naval do Funchal				-
EXH	ROJAS Zara Alejandra	07	217329	Naval do Funchal	<b>57.21</b>	+0,66	677	-
<i>RECORDE REGIONAL, TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>								
	50m:	27.17	27.17	100m:	57.21	30.04		
EXH	GOMES Susana Clara	77	119272	Naval do Funchal	<b>1:02.65</b>	+0,72	515	-
	50m:	29.58	29.58	100m:	1:02.65	33.07		
EXH	COSTA Rafaela Tome	11	216268	Naval do Funchal	<b>1:03.87</b>	+0,60	486	-
<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>								
	50m:	30.65	30.65	100m:	1:03.87	33.22		
EXH	RINGUE Pauline	97	216323	Naval do Funchal	<b>1:04.71</b>	+0,67	468	-
	50m:	31.03	31.03	100m:	1:04.71	33.68		
EXH	NETO Leonor Rodrigues	07	201962	Naval do Funchal	<b>1:04.93</b>	+0,67	463	-
	50m:	30.89	30.89	100m:	1:04.93	34.04		
EXH	FREITAS Sara Margarida	11	215578	Juventude Atlantico	<b>1:05.19</b>	+0,58	457	-
<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025</i>								
	50m:	31.21	31.21	100m:	1:05.19	33.98		
EXH	SA Vanessa Fernandes	09	209814	Naval do Funchal	<b>1:06.00</b>	+0,68	441	-
	50m:	31.40	31.40	100m:	1:06.00	34.60		
EXH	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	<b>1:06.29</b>	+0,72	435	-
	50m:	31.69	31.69	100m:	1:06.29	34.60		
EXH	PEREIRA Ana Matilde	11	211342	Naval do Funchal	<b>1:06.31</b>	+0,67	435	-
	50m:	31.50	31.50	100m:	1:06.31	34.81		
EXH	FERREIRA Natacha Camacho	09	206843	Juventude Atlantico	<b>1:07.74</b>	+0,66	408	-
	50m:	32.52	32.52	100m:	1:07.74	35.22		
EXH	GONCALVES Maria Clara	12	218950	Escola O Liceu	<b>1:08.04</b>	+0,76	402	-
	50m:	32.66	32.66	100m:	1:08.04	35.38		
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico	<b>1:09.04</b>	+0,82	385	-
	50m:	32.67	32.67	100m:	1:09.04	36.37		
EXH	LEITAO Isabel Gouveia	10	208852	Naval do Funchal	<b>1:09.31</b>	+0,68	381	-
	50m:	32.86	32.86	100m:	1:09.31	36.45		
EXH	TEMTEM Madalena Barbosa	09	203454	Desportivo Nacional	<b>1:09.57</b>	+0,68	376	-
	50m:	32.84	32.84	100m:	1:09.57	36.73		

Prova 7, Femin., 100m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MATA Valeria Isabel 50m: 32.37 32.37	11	211345	Naval do Funchal 100m: 1:09.61 37.24	<b>1:09.61</b>	+0,64	376	-
EXH	MELIM Sara Beatriz 50m: 34.79 34.79	09	206793	Desportivo Nacional 100m: 1:11.31 36.52	<b>1:11.31</b>	+0,73	349	-
EXH	JARDIM Eva Santos 50m: 35.06 35.06	10	211350	Juventude Atlantico 100m: 1:12.34 37.28	<b>1:12.34</b>	+0,90	335	-
EXH	TEIXEIRA Maria Castro 50m: 35.92 35.92	13	217742	Naval do Funchal 100m: 1:15.06 39.14	<b>1:15.06</b>	+0,85	300	-
EXH	TSONKO Veronika 50m: 35.74 35.74	08	225684	Escola O Liceu 100m: 1:15.48 39.74	<b>1:15.48</b>	+0,77	295	-
EXH	AMORIM Beatriz Pereira 50m: 36.31 36.31	12	216547	Desportivo Sao Roque 100m: 1:15.65 39.34	<b>1:15.65</b>	+0,89	293	-
EXH	CARVALHO Laura Jardim 50m: 35.95 35.95	09	213538	Juventude Atlantico 100m: 1:15.71 39.76	<b>1:15.71</b>	+0,73	292	-
EXH	BARRETO Maria Clara 50m: 36.68 36.68	10	218412	Juventude Atlantico 100m: 1:16.12 39.44	<b>1:16.12</b>	+0,76	287	-
EXH	SILVA Maria Leonor 50m: 37.38 37.38	12	223466	Naval do Funchal 100m: 1:17.61 40.23	<b>1:17.61</b>	+0,83	271	-
EXH	SILVA Matilde Fernandes 50m: 37.66 37.66	11	215949	Desportivo Nacional 100m: 1:18.61 40.95	<b>1:18.61</b>	+0,86	261	-
EXH	SILVA Lara Martins 50m: 38.38 38.38	13	220747	Desportivo Sao Roque 100m: 1:19.66 41.28	<b>1:19.66</b>	+0,75	251	-
EXH	GOUVEIA Sofia Isabel 50m: 40.03 40.03	12	216131	Juventude Atlantico 100m: 1:21.09 41.06	<b>1:21.09</b>	+0,68	237	-
EXH	SILVA Ana Matilde 50m: 39.20 39.20	11	210214	Desportivo Nacional 100m: 1:21.73 42.53	<b>1:21.73</b>	+0,93	232	-
EXH	FREITAS Vitoria Sanches 50m: 40.98 40.98	13	223726	Naval do Funchal 100m: 1:28.87 47.89	<b>1:28.87</b>		180	-
EXH	BARRETO Mariana Osorio 50m: 42.97 42.97	10	222553	Desportivo Nacional 100m: 1:31.89 48.92	<b>1:31.89</b>	+0,77	163	-
EXH	FERNANDES Beatriz Luz 50m: 42.77 42.77	12	212718	Desportivo Nacional 100m: 1:33.68 50.91	<b>1:33.68</b>	+0,83	154	-
EXH	GREGORIO Alice Meneses 50m: 41.66 41.66	12	219496	Escola O Liceu 100m: 1:34.49 52.83	<b>1:34.49</b>	+0,81	150	-
EXH	NASCIMENTO Joana Pilar 50m: 46.16 46.16	12	226386	Naval do Funchal 100m: 1:38.55 52.39	<b>1:38.55</b>	+0,79	132	-

Prova 8

Masc., 100m Costas

Absolutos

08/11/2025 - 9:51

Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Afonso Miguel	07	148420	Juventude Atlantico	<b>1:00.62</b>	+0,57	506	23,00
	50m: 28.87 28.87			100m: 1:00.62 31.75				
2.	SANTO Goncalo Tomas	08	214838	Desportiva de Machico	<b>1:22.63</b>	+0,83	200	21,00
	50m: 39.87 39.87			100m: 1:22.63 42.76				
EXH	FERNANDES Rui Afonso	03	125395	Desportivo Sao Roque	<b>1:00.40</b>	+0,63	512	-
	50m: 28.59 28.59			100m: 1:00.40 31.81				
EXH	ABREU Pedro Dinis	11	211341	Naval do Funchal	<b>1:07.96</b>	+0,60	359	-
	50m: 33.24 33.24			100m: 1:07.96 34.72				
EXH	RAPOSO Mateus Medeiros	10	211338	Desportivo Nacional	<b>1:08.98</b>	+0,80	343	-
	50m: 33.46 33.46			100m: 1:08.98 35.52				
EXH	ANTUNES Francisco Tomas	13	213204	Juventude Atlantico	<b>1:16.46</b>	+0,72	252	-
	50m: 37.40 37.40			100m: 1:16.46 39.06				
EXH	RODRIGUES Joao Henrique	09	219984	Naval do Funchal	<b>1:19.07</b>	+0,74	228	-
	50m: 37.42 37.42			100m: 1:19.07 41.65				
EXH	GOMES Gustavo Daniel	12	213114	Desportivo Nacional	<b>1:19.95</b>	+0,73	220	-
	50m: 39.27 39.27			100m: 1:19.95 40.68				
EXH	MARTINS Eduardo Abreu	11	213146	Desportivo Sao Roque	<b>1:20.08</b>	+0,67	219	-
	50m: 39.06 39.06			100m: 1:20.08 41.02				
EXH	MENDONCA Jorge Lourenco	13	214707	Desportivo Nacional	<b>1:24.07</b>	+0,73	189	-
	50m: 40.17 40.17			100m: 1:24.07 43.90				
EXH	SILVA Francisco Escorcio	10	213285	Desportivo Nacional	<b>1:30.90</b>	+0,85	150	-
	50m: 44.30 44.30			100m: 1:30.90 46.60				
EXH	SOUSA Pedro Henrique	13	214702	Desportivo Nacional	<b>1:33.71</b>	+0,73	137	-
	50m: 46.15 46.15			100m: 1:33.71 47.56				
EXH	GOMES Santiago Jesus	12	223528	Desportivo Sao Roque	<b>1:33.92</b>	+0,75	136	-
	50m: 46.55 46.55			100m: 1:33.92 47.37				

Prova 9 Femin., 200m Costas Absolutos  
08/11/2025 - 9:57 Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	BRITO Madalena Pinto <i>403 - Falsa partida - SW 4.4</i>	10	208850	Naval do Funchal				-
EXH	GOMES Sofia Vega 50m: 34.39 34.39	08	206798	Naval do Funchal	<b>2:27.08</b>	+0,61	516	-
					100m: 1:11.76 37.37 150m: 1:49.43 37.67	200m: 2:27.08 37.65		
EXH	MATEUS Eleine Vieira 50m: 35.40 35.40	09	206350	Desportivo Nacional	<b>2:30.13</b>	+0,70	486	-
					100m: 1:13.75 38.35 150m: 1:52.39 38.64	200m: 2:30.13 37.74		
EXH	MARGARIDO Paula Aguiar 50m: 35.77 35.77	09	204386	Juventude Atlantico	<b>2:34.54</b>	+0,64	445	-
					100m: 1:14.17 38.40 150m: 1:54.32 40.15	200m: 2:34.54 40.22		
EXH	QUINTAL Margarida Silva 50m: 38.86 38.86	12	213374	Juventude Atlantico	<b>2:45.01</b>	+0,66	366	-
					100m: 1:20.84 41.98 150m: 2:03.33 42.49	200m: 2:45.01 41.68		
EXH	ANDRADE Nuria Gouveia 50m: 40.87 40.87	13	219306	Desportivo Nacional	<b>3:00.28</b>	+0,94	280	-
					100m: 1:27.07 46.20 150m: 2:14.74 47.67	200m: 3:00.28 45.54		

Prova 10 Masc., 400m Livres Absolutos  
08/11/2025 - 10:01 Resultados

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
Recorde Nacional Adaptada S12	6:24.01	CRUZ Joao Tanica	PDEM	Recarei	22/05/2022

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDEZ Henrique Justino	08	207496	Juventude Atlantico	<b>4:44.67</b>	+0,68	414	23,00
					50m: 30.77 30.77 100m: 1:05.16 34.39	150m: 1:40.43 35.27 200m: 2:16.91 36.48	250m: 2:53.69 36.78 300m: 3:31.06 37.37	350m: 4:08.45 37.39 400m: 4:44.67 36.22
2.	SANTOS Joao Dinis	09	206754	Desportiva de Machico	<b>5:12.11</b>	+0,75	314	21,00
					50m: 33.06 33.06 100m: 1:10.15 37.09	150m: 1:48.83 38.68 200m: 2:28.89 40.06	250m: 3:09.29 40.40 300m: 3:50.12 40.83	350m: 4:31.82 41.70 400m: 5:12.11 40.29
EXH	ABREU Sergio Gomes	96	100821	Naval do Funchal	<b>4:12.28</b>	+0,67	595	-
					50m: 27.87 27.87 100m: 59.06 31.19	150m: 1:30.73 31.67 200m: 2:03.42 32.69	250m: 2:35.83 32.41 300m: 3:07.97 32.14	350m: 3:40.67 32.70 400m: 4:12.28 31.61
EXH	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	<b>4:13.05</b>	+0,64	590	-
					50m: 28.09 28.09 100m: 58.97 30.88	150m: 1:30.67 31.70 200m: 2:02.77 32.10	250m: 2:34.76 31.99 300m: 3:07.80 33.04	350m: 3:40.90 33.10 400m: 4:13.05 32.15

Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	CASTRO Marco Antonio	08	203451	Naval do Funchal	<b>4:15.12</b>	+0,72	575	-
	50m: 28.78 28.78		150m: 1:32.56	31.99	250m: 2:37.94	32.93	350m: 3:43.37	32.51
	100m: 1:00.57 31.79		200m: 2:05.01	32.45	300m: 3:10.86	32.92	400m: 4:15.12	31.75
EXH	ALMEIDA Joao Francisco	07	209787	Naval do Funchal	<b>4:23.48</b>	+0,63	522	-
	50m: 28.41 28.41		150m: 1:32.85	32.69	250m: 2:40.51	33.92	350m: 3:49.67	34.33
	100m: 1:00.16 31.75		200m: 2:06.59	33.74	300m: 3:15.34	34.83	400m: 4:23.48	33.81
EXH	JESUS Vasco Franca	08	207497	Naval do Funchal	<b>4:27.40</b>	+0,65	500	-
	50m: 28.63 28.63		150m: 1:34.01	33.27	250m: 2:42.97	34.66	350m: 3:53.00	35.13
	100m: 1:00.74 32.11		200m: 2:08.31	34.30	300m: 3:17.87	34.90	400m: 4:27.40	34.40
EXH	SILVA Joao Bernardo	09	210132	Desportivo Nacional	<b>4:32.41</b>	+0,67	473	-
	50m: 29.33 29.33		150m: 1:36.92	34.54	250m: 2:46.72	34.97	350m: 3:57.47	35.52
	100m: 1:02.38 33.05		200m: 2:11.75	34.83	300m: 3:21.95	35.23	400m: 4:32.41	34.94
EXH	MARTINHO Joao Miguel	09	211722	Desportivo Nacional	<b>4:43.20</b>	+0,75	420	-
	50m: 32.13 32.13		150m: 1:42.34	35.59	250m: 2:55.09	36.46	350m: 4:08.59	36.90
	100m: 1:06.75 34.62		200m: 2:18.63	36.29	300m: 3:31.69	36.60	400m: 4:43.20	34.61
EXH	FREITAS Jonas Christian	11	213115	Desportivo Nacional	<b>4:44.46</b>	+0,72	415	-
	50m: 32.33 32.33		150m: 1:43.30	35.95	250m: 2:55.58	36.34	350m: 4:08.95	36.80
	100m: 1:07.35 35.02		200m: 2:19.24	35.94	300m: 3:32.15	36.57	400m: 4:44.46	35.51
EXH	GOMES Guilherme Silva	08	209488	Desportivo Nacional	<b>4:48.07</b>	+0,78	399	-
	50m: 31.58 31.58		150m: 1:43.78	36.76	250m: 2:57.85	37.09	350m: 4:12.50	37.38
	100m: 1:07.02 35.44		200m: 2:20.76	36.98	300m: 3:35.12	37.27	400m: 4:48.07	35.57
EXH	PESTANA Pedro Correia	09	209489	Desportivo Nacional	<b>4:51.47</b>	+0,67	386	-
	50m: 30.92 30.92		150m: 1:41.86	36.59	250m: 2:58.04	38.33	350m: 4:14.99	38.33
	100m: 1:05.27 34.35		200m: 2:19.71	37.85	300m: 3:36.66	38.62	400m: 4:51.47	36.48
EXH	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	<b>4:53.06</b>	+0,71	379	-
	50m: 31.46 31.46		150m: 1:44.65	37.07	250m: 2:59.77	37.97	350m: 4:16.20	38.42
	100m: 1:07.58 36.12		200m: 2:21.80	37.15	300m: 3:37.78	38.01	400m: 4:53.06	36.86
EXH	BARATA Bernardo Vieira	12	214837	Juventude Atlantico	<b>5:07.30</b>	+0,70	329	-
	50m: 33.34 33.34		150m: 1:50.20	38.81	250m: 3:09.89	39.65	350m: 4:30.35	40.37
	100m: 1:11.39 38.05		200m: 2:30.24	40.04	300m: 3:49.98	40.09	400m: 5:07.30	36.95
EXH	SILVA Pedro Fernandes	11	213394	Naval do Funchal	<b>5:10.97</b>	+0,73	317	-
	50m: 34.73 34.73		150m: 1:52.83	40.16	250m: 3:12.45	39.59	350m: 4:32.93	40.74
	100m: 1:12.67 37.94		200m: 2:32.86	40.03	300m: 3:52.19	39.74	400m: 5:10.97	38.04
EXH	ROMAO Santiago Maio	12	214149	Juventude Atlantico	<b>5:13.65</b>	+0,80	309	-
	50m: 33.89 33.89		150m: 1:53.47	40.20	250m: 3:15.69	40.91	350m: 4:36.67	41.09
	100m: 1:13.27 39.38		200m: 2:34.78	41.31	300m: 3:55.58	39.89	400m: 5:13.65	36.98
EXH	TAVARES Lourenco Carvalho	10	221320	Naval do Funchal	<b>5:35.82</b>	+0,77	252	-
	50m: 36.64 36.64		150m: 1:59.55	42.38	250m: 3:25.68	43.38	350m: 4:53.15	44.14
	100m: 1:17.17 40.53		200m: 2:42.30	42.75	300m: 4:09.01	43.33	400m: 5:35.82	42.67
EXH	FERREIRA Manuel Maria	10	215316	Naval do Funchal	<b>5:36.75</b>	+0,81	250	-
	50m: 36.02 36.02		150m: 1:58.70	41.90	250m: 3:25.00	43.44	350m: 4:53.28	43.98
	100m: 1:16.80 40.78		200m: 2:41.56	42.86	300m: 4:09.30	44.30	400m: 5:36.75	43.47
EXH	ABREU Leo Matias	13	222748	Escola O Liceu	<b>7:16.34</b>	+0,88	115	-
	50m: 48.38 48.38		150m: 2:42.18	57.64	250m: 4:36.96	56.88	350m: 6:27.81	53.98
	100m: 1:44.54 56.16		200m: 3:40.08	57.90	300m: 5:33.83	56.87	400m: 7:16.34	48.53
EXH	CAMACHO Goncalo Filipe	13	223500	Desportivo Nacional	<b>7:25.72</b>	+0,70	107	-
	50m: 49.61 49.61		150m: 2:44.12	56.06	250m: 4:38.70	58.50	350m: 6:32.53	54.97
	100m: 1:48.06 58.45		200m: 3:40.20	56.08	300m: 5:37.56	58.86	400m: 7:25.72	53.19
EXH	FURTADO Martim Sousa	12	223506	Desportivo Nacional	<b>7:53.95</b>	+0,86	89	-
	50m: 43.32 43.32		150m: 2:40.47	1:02.10	250m: 4:47.91	1:02.70	350m: 6:54.58	1:03.14
	100m: 1:38.37 55.05		200m: 3:45.21	1:04.74	300m: 5:51.44	1:03.53	400m: 7:53.95	59.37
EXH	DINIS Tiago Gouveia	96	219664	Desportivo Nacional	<b>8:11.73</b>		80	-
	50m: 49.65 49.65		150m: 2:51.61	1:05.45	250m: 5:03.32	1:04.40	350m: 7:11.78	1:04.82
	100m: 1:46.16 56.51		200m: 3:58.92	1:07.31	300m: 6:06.96	1:03.64	400m: 8:11.73	59.95

Prova 11, Femin., 200m Estilos

Prova 11	Femin., 200m Estilos				Absolutos
08/11/2025 - 10:20					Resultados
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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	<b>2:40.29</b>	+0,80	436	-
	50m: 34.27 34.27		100m: 1:16.76 42.49		150m: 2:03.64 46.88	200m: 2:40.29 36.65		
EXH	VELOSA Ana Matilde	11	211721	Juventude Atlantico	<b>2:43.98</b>	+0,84	408	-
	50m: 34.51 34.51		100m: 1:14.41 39.90		150m: 2:06.78 52.37	200m: 2:43.98 37.20		
EXH	GONCALVES Maria Clara	12	218950	Escola O Liceu	<b>2:46.31</b>	+0,78	391	-
	50m: 35.95 35.95		100m: 1:19.92 43.97		150m: 2:07.48 47.56	200m: 2:46.31 38.83		
EXH	OJKIC Vera Jose	12	215311	Naval do Funchal	<b>2:47.99</b>	+0,60	379	-
	50m: 36.54 36.54		100m: 1:19.01 42.47		150m: 2:08.45 49.44	200m: 2:47.99 39.54		
EXH	VIEIRA Matilde Sofia	11	209483	Desportivo Nacional	<b>2:49.84</b>	+0,85	367	-
	50m: 36.08 36.08		100m: 1:20.25 44.17		150m: 2:12.15 51.90	200m: 2:49.84 37.69		
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	<b>2:50.35</b>	+0,75	363	-
	50m: 36.59 36.59		100m: 1:22.01 45.42		150m: 2:12.49 50.48	200m: 2:50.35 37.86		
EXH	JARDIM Maria Velosa	12	215950	Naval do Funchal	<b>2:50.94</b>	+0,73	360	-
	50m: 37.70 37.70		100m: 1:21.57 43.87		150m: 2:11.87 50.30	200m: 2:50.94 39.07		
EXH	ANICETO Leonor Telo	13	217739	Naval do Funchal	<b>2:51.28</b>	+0,52	358	-
	50m: 37.74 37.74		100m: 1:23.14 45.40		150m: 2:12.72 49.58	200m: 2:51.28 38.56		
EXH	FERREIRA Natacha Camacho	09	206843	Juventude Atlantico	<b>2:54.87</b>	+0,69	336	-
	50m: 36.87 36.87		100m: 1:20.72 43.85		150m: 2:13.29 52.57	200m: 2:54.87 41.58		
EXH	SILVA Bruna Jasmins	11	221004	Naval do Funchal	<b>2:58.14</b>	+0,83	318	-
	50m: 36.97 36.97		100m: 1:25.56 48.59		150m: 2:16.68 51.12	200m: 2:58.14 41.46		
EXH	CARVALHO Laura Jardim	09	213538	Juventude Atlantico	<b>3:03.44</b>	+0,77	291	-
	50m: 39.82 39.82		100m: 1:26.42 46.60		150m: 2:20.64 54.22	200m: 3:03.44 42.80		
EXH	FREITAS Maria Silva	12	217743	Naval do Funchal	<b>3:05.36</b>	+0,76	282	-
	50m: 40.44 40.44		100m: 1:29.65 49.21		150m: 2:22.50 52.85	200m: 3:05.36 42.86		
EXH	MACIEL Constanca Maria	13	220498	Escola O Liceu	<b>3:13.72</b>	+0,79	247	-
	50m: 45.26 45.26		100m: 1:35.31 50.05		150m: 2:30.41 55.10	200m: 3:13.72 43.31		
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	<b>3:18.23</b>	+0,83	231	-
	50m: 48.25 48.25		100m: 1:38.80 50.55		150m: 2:31.99 53.19	200m: 3:18.23 46.24		
EXH	SILVA Ana Matilde	11	210214	Desportivo Nacional	<b>3:18.31</b>	+0,92	230	-
	50m: 45.05 45.05		100m: 1:39.02 53.97		150m: 2:33.34 54.32	200m: 3:18.31 44.97		
EXH	SILVA Matilde Fernandes	11	215949	Desportivo Nacional	<b>3:18.39</b>	+0,93	230	-
	50m: 40.94 40.94		100m: 1:33.34 52.40		150m: 2:29.67 56.33	200m: 3:18.39 48.72		
EXH	TEIXEIRA Maria Castro	13	217742	Naval do Funchal	<b>3:21.76</b>	+0,80	219	-
	50m: 46.00 46.00		100m: 1:38.18 52.18		150m: 2:39.26 1:01.08	200m: 3:21.76 42.50		
EXH	LUIS Clara Abreu	13	217953	Escola O Liceu	<b>3:22.25</b>		217	-
	50m: 44.53 44.53		100m: 1:38.50 53.97		150m: 2:41.03 1:02.53	200m: 3:22.25 41.22		

Prova 12 Masc., 4 x 100m Livres Absolutos  
08/11/2025 - 10:31 Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Juventude Atlantico 1		Juventude Atlantico	<b>3:52.93</b>	<b>+0,67</b>	474	23,00
		ANTUNES Frederico Luis	+0,67 28.36 1:00.00	OLIVEIRA Afonso Miguel	+0,21 25.69	54.54
		NASCIMENTO Santiago Santos	+0,58 28.31 59.60	FERNANDES Afonso Berimbau	+0,25 27.88	58.79
2. Desportiva de Machico 1		Desportiva de Machico	<b>4:19.27</b>	<b>+0,87</b>	343	21,00
		SOL Tomas Sousa	+0,87 32.20 1:07.71	SANTOS Joao Dinis	+0,16 29.79	1:03.74
		VIEIRA Rodrigo Leal	+0,53 30.97 1:04.24	VIVEIROS Pedro Perestrelo	+0,68 29.94	1:03.58
DSQ Desportivo Nacional 2		Desportivo Nacional				-
		<i>111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>				
		SILVA Joao Bernardo	+0,67 27.72 58.38	MARTINHO Joao Miguel	-0,18	
		CRESPO Joao Jesus		PESTANA Pedro Correia		
EXH Desportivo Sao Roque 1		Desportivo Sao Roque	<b>3:44.67</b>	<b>+0,70</b>	528	-
		CASTRO Joao Cruz	+0,70 27.65 56.57	GOMES Goncalo Andre	+0,16 26.04	55.90
		MARQUES Miguel Freitas	+0,10 26.37 54.89	FERNANDES Rui Afonso	+0,50 27.13	57.31
EXH Naval do Funchal 1		Naval do Funchal	<b>3:46.23</b>	<b>+0,70</b>	517	-
		RODRIGUES Guilherme Gomes	+0,70 27.49 57.41	ANDRADE Salvador Freitas	+0,29 26.92	56.27
		JESUS Vasco Franca	+0,19 26.76 56.83	CASTRO Marco Antonio	+0,43 26.79	55.72
EXH Naval do Funchal 11		Naval do Funchal	<b>4:01.58</b>	<b>+0,62</b>	425	-
		LUCIO Lourenco Perestrelo	+0,62 29.38 1:02.19	RODRIGUES David Oliveira	+0,06 27.77	59.30
		SILVA Alexandre Antonio	+0,12 28.81 1:00.93	ABREU Pedro Dinis	+0,35 27.85	59.16
EXH Naval do Funchal 10		Naval do Funchal	<b>4:16.93</b>	<b>+0,74</b>	353	-
		NUNES Guilherme Bruno	+0,74 29.68 1:02.96	SILVA Samuel Osio	+0,11 29.05	1:02.07
		CARVALHO Joaquim Eduardo	+0,36 31.14 1:05.78	ABREU Afonso Henrique	+0,43 31.60	1:06.12
EXH Desportiva de Machico 3		Desportiva de Machico	<b>4:40.08</b>	<b>+0,71</b>	272	-
		CASTRO Rui Carlos	+0,71 34.04 1:12.68	SANTO Goncalo Tomas	+0,63 31.42	1:06.81
		FREITAS Diogo Miguel	+0,77 33.90 1:11.32	CARVALHO Gustavo Jose	+0,26 33.32	1:09.27

Prova 13 Femin., 4 x 100m Estilos Absolutos  
08/11/2025 - 10:37 Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ		Naval do Funchal 12				-
		111 - <i>Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>				
	+0,68	33.96	1:09.81			
				MACHADO Sarah Camila		
				JARDIM Maria Velosa	-0,16	
EXH		Desportivo Nacional 3				-
		Desportivo Nacional <b>5:03.48</b>				
	+0,64	34.12	1:10.39		34.45	1:15.42
				ROSA Clara Sofia		
	+0,10	41.26	1:27.62		33.25	1:10.05
				TEMTEM Madalena Barbosa	+0,59	

2 - Sábado de Tarde

08/11/2025 - 16:00

Prova 14 Absolutos  
08/11/2025 - 16:00 Resultados

Masc., 800m Livres

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
Recorde Nacional Adaptada S17	10:08.14	CARVALHO Joaquim Eduardo	CNF	Funchal	09/03/2025

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDEZ Henrique Justino	08	207496	Juventude Atlantico	<b>9:58.94</b>	+0,72	397	23,00
	50m: 32.34	32.34	250m: 3:01.40	38.28	450m: 5:34.87	38.76	650m: 8:09.80	38.70
	100m: 1:07.76	35.42	300m: 3:39.56	38.16	500m: 6:13.62	38.75	700m: 8:48.32	38.52
	150m: 1:45.11	37.35	350m: 4:17.76	38.20	550m: 6:52.43	38.81	750m: 9:24.70	36.38
	200m: 2:23.12	38.01	400m: 4:56.11	38.35	600m: 7:31.10	38.67	800m: 9:58.94	34.24
2.	SANTOS Joao Dinis	09	206754	Desportiva de Machico	<b>10:58.94</b>	+0,70	298	21,00
	50m: 35.94	35.94	250m: 3:19.27	41.11	450m: 6:06.45	41.93	650m: 8:56.54	42.87
	100m: 1:16.26	40.32	300m: 4:00.67	41.40	500m: 6:48.50	42.05	700m: 9:38.29	41.75
	150m: 1:57.23	40.97	350m: 4:42.43	41.76	550m: 7:30.99	42.49	750m: 10:19.75	41.46
	200m: 2:38.16	40.93	400m: 5:24.52	42.09	600m: 8:13.67	42.68	800m: 10:58.94	39.19
EXH	CASTRO Marco Antonio	08	203451	Naval do Funchal	<b>8:39.93</b>	+0,70	607	-
	50m: 29.54	29.54	250m: 2:40.50	32.92	450m: 4:52.07	32.69	650m: 7:03.37	32.64
	100m: 1:01.50	31.96	300m: 3:13.51	33.01	500m: 5:24.87	32.80	700m: 7:36.08	32.71
	150m: 1:34.42	32.92	350m: 3:46.64	33.13	550m: 5:57.66	32.79	750m: 8:08.84	32.76
	200m: 2:07.58	33.16	400m: 4:19.38	32.74	600m: 6:30.73	33.07	800m: 8:39.93	31.09
EXH	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	<b>8:52.63</b>	+0,62	565	-
	50m: 29.12	29.12	250m: 2:41.65	33.53	450m: 4:56.08	33.75	650m: 7:12.11	33.85
	100m: 1:01.60	32.48	300m: 3:15.31	33.66	500m: 5:30.05	33.97	700m: 7:45.92	33.81
	150m: 1:34.75	33.15	350m: 3:48.82	33.51	550m: 6:04.12	34.07	750m: 8:19.91	33.99
	200m: 2:08.12	33.37	400m: 4:22.33	33.51	600m: 6:38.26	34.14	800m: 8:52.63	32.72
EXH	RAPOSO Mateus Medeiros	10	211338	Desportivo Nacional	<b>8:58.44</b>	+0,75	547	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>							
	50m: 29.77	29.77	250m: 2:42.05	33.22	450m: 4:58.25	34.02	650m: 7:15.81	34.59
	100m: 1:02.26	32.49	300m: 3:15.76	33.71	500m: 5:32.38	34.13	700m: 7:50.26	34.45
	150m: 1:35.22	32.96	350m: 3:49.63	33.87	550m: 6:06.69	34.31	750m: 8:24.15	33.89
	200m: 2:08.83	33.61	400m: 4:24.23	34.60	600m: 6:41.22	34.53	800m: 8:58.44	34.29
EXH	JESUS Vasco Franca	08	207497	Naval do Funchal	<b>9:07.82</b>	+0,66	519	-
	50m: 30.71	30.71	250m: 2:49.53	35.01	450m: 5:09.03	34.69	650m: 7:26.36	34.27
	100m: 1:04.74	34.03	300m: 3:24.80	35.27	500m: 5:43.50	34.47	700m: 8:00.76	34.40
	150m: 1:39.57	34.83	350m: 3:59.30	34.50	550m: 6:17.89	34.39	750m: 8:34.68	33.92
	200m: 2:14.52	34.95	400m: 4:34.34	35.04	600m: 6:52.09	34.20	800m: 9:07.82	33.14
EXH	NUNES Guilherme Bruno	09	204469	Naval do Funchal	<b>9:58.53</b>	+0,76	398	-
	50m: 32.37	32.37	250m: 3:01.39	37.87	450m: 5:33.10	38.78	650m: 8:06.67	37.70
	100m: 1:08.68	36.31	300m: 3:38.96	37.57	500m: 6:11.72	38.62	700m: 8:45.17	38.50
	150m: 1:45.90	37.22	350m: 4:16.89	37.93	550m: 6:50.53	38.81	750m: 9:22.35	37.18
	200m: 2:23.52	37.62	400m: 4:54.32	37.43	600m: 7:28.97	38.44	800m: 9:58.53	36.18
EXH	CARVALHO Joaquim Eduardo	07	202564	Naval do Funchal	<b>10:16.42</b>	+0,78	364	-
	50m: 33.11	33.11	250m: 3:07.92	40.30	450m: 5:44.03	38.50	650m: 8:23.31	39.31
	100m: 1:10.43	37.32	300m: 3:46.95	39.03	500m: 6:23.68	39.65	700m: 9:02.13	38.82
	150m: 1:48.98	38.55	350m: 4:26.05	39.10	550m: 7:03.82	40.14	750m: 9:41.74	39.61
	200m: 2:27.62	38.64	400m: 5:05.53	39.48	600m: 7:44.00	40.18	800m: 10:16.42	34.68
EXH	ABREU Afonso Henrique	09	212014	Naval do Funchal	<b>10:39.34</b>	+0,81	326	-
	50m: 36.18	36.18	250m: 3:18.53	40.83	450m: 6:00.02	40.23	650m: 8:41.37	40.26
	100m: 1:15.95	39.77	300m: 3:59.37	40.84	500m: 6:40.60	40.58	700m: 9:21.40	40.03
	150m: 1:57.14	41.19	350m: 4:39.88	40.51	550m: 7:20.91	40.31	750m: 10:01.46	40.06
	200m: 2:37.70	40.56	400m: 5:19.79	39.91	600m: 8:01.11	40.20	800m: 10:39.34	37.88

Prova 14, Masc., 800m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MENDONCA Florival Rodrigo	10	216967	Juventude Atlantico	<b>10:46.60</b>	+0,72	316	-
	50m: 33.95 33.95		250m: 3:11.63	41.47	450m: 5:58.14	41.87	650m: 8:46.06	42.20
	100m: 1:11.38 37.43		300m: 3:52.86	41.23	500m: 6:39.53	41.39	700m: 9:26.80	40.74
	150m: 1:50.31 38.93		350m: 4:34.71	41.85	550m: 7:21.60	42.07	750m: 10:07.64	40.84
	200m: 2:30.16 39.85		400m: 5:16.27	41.56	600m: 8:03.86	42.26	800m: 10:46.60	38.96
EXH	ROMAO Santiago Maio	12	214149	Juventude Atlantico	<b>11:15.99</b>	+0,74	276	-
	50m: 35.82 35.82		250m: 3:25.34	43.34	450m: 6:17.14	43.49	650m: 9:09.79	43.19
	100m: 1:17.38 41.56		300m: 4:08.07	42.73	500m: 6:59.99	42.85	700m: 9:53.15	43.36
	150m: 1:59.27 41.89		350m: 4:50.58	42.51	550m: 7:43.21	43.22	750m: 10:35.37	42.22
	200m: 2:42.00 42.73		400m: 5:33.65	43.07	600m: 8:26.60	43.39	800m: 11:15.99	40.62
EXH	NASCIMENTO Goncalo Damiar	11	221098	Juventude Atlantico	<b>12:01.10</b>	+0,72	227	-
	50m: 38.85 38.85		250m: 3:45.38	45.97	450m: 6:46.67	45.40	650m: 9:48.36	45.46
	100m: 1:24.77 45.92		300m: 4:31.87	46.49	500m: 7:31.34	44.67	700m: 10:33.11	44.75
	150m: 2:12.22 47.45		350m: 5:16.16	44.29	550m: 8:17.61	46.27	750m: 11:17.90	44.79
	200m: 2:59.41 47.19		400m: 6:01.27	45.11	600m: 9:02.90	45.29	800m: 12:01.10	43.20

Prova 15

Femin., 100m Mariposa

Absolutos

08/11/2025 - 16:23

Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	GOUVEIA Sofia Isabel	12	216131	Juventude Atlantico				-
	<i>815 - Na chegada tocou com uma mão - SW 8.4</i>							
EXH	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	<b>1:08.82</b>	+0,68	449	-
	50m: 31.95 31.95		100m: 1:08.82	36.87				
EXH	FERRO Maria Franco	12	212641	Naval do Funchal	<b>1:11.00</b>	+0,65	409	-
	<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025, TAC NACIONAL - Manteigadas, 17 a 19 Julho 2026</i>							
	50m: 33.23 33.23		100m: 1:11.00	37.77				
EXH	MATEUS Eleine Vieira	09	206350	Desportivo Nacional	<b>1:11.34</b>	+0,68	403	-
	50m: 33.20 33.20		100m: 1:11.34	38.14				
EXH	MARGARIDO Paula Aguiar	09	204386	Juventude Atlantico	<b>1:11.59</b>	+0,73	399	-
	50m: 33.69 33.69		100m: 1:11.59	37.90				
EXH	RODRIGUES Laura Sofia	07	148425	Juventude Atlantico	<b>1:12.39</b>	+0,81	386	-
	50m: 33.38 33.38		100m: 1:12.39	39.01				
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	<b>1:12.75</b>	+0,77	380	-
	50m: 34.47 34.47		100m: 1:12.75	38.28				
EXH	FERREIRA Ana Pereira	10	215312	Juventude Atlantico	<b>1:13.15</b>	+0,74	374	-
	50m: 33.95 33.95		100m: 1:13.15	39.20				
EXH	VIEIRA Matilde Sofia	11	209483	Desportivo Nacional	<b>1:15.35</b>	+0,78	342	-
	50m: 34.87 34.87		100m: 1:15.35	40.48				
EXH	FREITAS Sara Margarida	11	215578	Juventude Atlantico	<b>1:17.28</b>	+0,71	317	-
	50m: 35.70 35.70		100m: 1:17.28	41.58				
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	<b>1:18.11</b>	+0,76	307	-
	50m: 36.78 36.78		100m: 1:18.11	41.33				
EXH	OJKIC Vera Jose	12	215311	Naval do Funchal	<b>1:20.57</b>	+0,72	280	-
	50m: 36.46 36.46		100m: 1:20.57	44.11				

Prova 15, Femin., 100m Mariposa

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	JARDIM Maria Velosa 50m: 37.26 37.26	12	215950	Naval do Funchal	<b>1:22.45</b>	+0,72	261	-
EXH	SILVA Bruna Jasmins 50m: 37.65 37.65	11	221004	Naval do Funchal	<b>1:23.15</b>	+0,83	254	-
EXH	ANICETO Leonor Telo 50m: 39.00 39.00	13	217739	Naval do Funchal	<b>1:25.94</b>	+0,62	230	-
EXH	TSOMKO Veronika 50m: 38.01 38.01	08	225684	Escola O Liceu	<b>1:28.30</b>	+0,72	212	-
EXH	BARRETO Maria Clara 50m: 43.41 43.41	10	218412	Juventude Atlantico	<b>1:32.82</b>	+0,78	183	-

Prova 16

Masc., 200m Mariposa

Absolutos

08/11/2025 - 16:29

Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Santiago Santos 50m: 32.08 32.08	10	212558	Juventude Atlantico	<b>2:31.65</b>	+0,72	349	23,00
2.	VIVEIROS Pedro Perestrelo 50m: 34.04 34.04	06	206758	Desportiva de Machico	<b>2:42.49</b>	+0,82	284	21,00
DSQ	GONCALVES Tiago Mauricio <i>813 - Não chegou com as mãos na parede simultaneamente - SW 8.4</i>	10	214688	Desportivo Nacional				-
EXH	ALMEIDA Joao Francisco 50m: 29.45 29.45	07	209787	Naval do Funchal	<b>2:11.95</b>	+0,61	531	-
EXH	SOUSA Eduardo Afonseca 50m: 31.80 31.80	09	204365	Desportivo Nacional	<b>2:27.78</b>	+0,76	377	-
EXH	SILVA Alexandre Antonio 50m: 33.94 33.94	11	216245	Naval do Funchal	<b>2:31.76</b>	+0,69	349	-
EXH	FREITAS Jonas Christian 50m: 32.84 32.84	11	213115	Desportivo Nacional	<b>2:32.31</b>	+0,72	345	-
EXH	BARATA Bernardo Vieira 50m: 37.65 37.65	12	214837	Juventude Atlantico	<b>2:52.00</b>	+0,76	239	-
EXH	ANTUNES Francisco Tomas 50m: 39.11 39.11	13	213204	Juventude Atlantico	<b>3:04.61</b>	+0,63	193	-

Prova 17 Femin., 100m Bruços Absolutos  
08/11/2025 - 16:36 Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	VIEIRA Sara Rodrigues	13	214902	Naval do Funchal				-
EXH	RINGUE Pauline	97	216323	Naval do Funchal	<b>1:17.44</b>	+0,66	522	-
	50m: 35.78 35.78			100m: 1:17.44 41.66				
EXH	FERRO Maria Franco	12	212641	Naval do Funchal	<b>1:19.05</b>	+0,74	490	-
	<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025, TAC NACIONAL - Manteigadas, 17 a 19 Julho 2026</i>							
	50m: 37.67 37.67			100m: 1:19.05 41.38				
EXH	COSTA Rafaela Tome	11	216268	Naval do Funchal	<b>1:20.98</b>	+0,61	456	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026, TAC NACIONAL - Jamor, 23 a 26 Julho 2026</i>							
	50m: 38.03 38.03			100m: 1:20.98 42.95				
EXH	PEREIRA Ana Matilde	11	211342	Naval do Funchal	<b>1:21.42</b>	+0,65	449	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>							
	50m: 37.82 37.82			100m: 1:21.42 43.60				
EXH	SA Vanessa Fernandes	09	209814	Naval do Funchal	<b>1:23.12</b>	+0,74	422	-
	50m: 37.91 37.91			100m: 1:23.12 45.21				
EXH	GONCALVES Maria Clara	12	218950	Escola O Liceu	<b>1:23.70</b>	+0,79	413	-
	<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025, TAC NACIONAL - Manteigadas, 17 a 19 Julho 2026</i>							
	50m: 39.50 39.50			100m: 1:23.70 44.20				
EXH	JARDIM Eva Santos	10	211350	Juventude Atlantico	<b>1:32.51</b>	+0,82	306	-
	50m: 45.09 45.09			100m: 1:32.51 47.42				
EXH	SOUSA Susana Conceicao	10	214416	Desportivo Nacional	<b>1:33.41</b>	+0,81	297	-
	50m: 43.74 43.74			100m: 1:33.41 49.67				
EXH	FREITAS Maria Silva	12	217743	Naval do Funchal	<b>1:33.72</b>	+0,69	294	-
	50m: 44.41 44.41			100m: 1:33.72 49.31				
EXH	ANDRADE Nuria Gouveia	13	219306	Desportivo Nacional	<b>1:33.83</b>	+0,88	293	-
	50m: 44.62 44.62			100m: 1:33.83 49.21				
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	<b>1:34.13</b>	+0,77	290	-
	50m: 45.00 45.00			100m: 1:34.13 49.13				
EXH	SILVA Joana Flor	12	217733	Naval do Funchal	<b>1:38.51</b>	+0,65	253	-
	50m: 47.04 47.04			100m: 1:38.51 51.47				

Prova 18 Absolutos  
08/11/2025 - 16:40 Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Daniel Adonis	09	216483	Juventude Atlantico	<b>2:54.52</b>	+0,64	326	23,00
	50m: 38.21 38.21		100m: 1:22.61	44.40	150m: 2:08.04	45.43	200m: 2:54.52	46.48
2.	FREITAS Diogo Miguel	11	217569	Desportiva de Machico	<b>3:10.40</b>	+0,81	251	21,00
	50m: 41.99 41.99		100m: 1:30.84	48.85	150m: 2:21.54	50.70	200m: 3:10.40	48.86
DSQ	GOMES Joao Abreu	09	210367	Naval do Funchal				-
	<i>723 - Na chegada tocou com uma mão - SW 7.6</i>							
EXH	GONCALVES Tomas Figueiredo	10	208489	Naval do Funchal	<b>2:27.29</b>	+0,75	542	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026, TAC NACIONAL - Jamor, 23 a 26 Julho 2026</i>							
	50m: 33.16 33.16		100m: 1:10.28	37.12	150m: 1:49.21	38.93	200m: 2:27.29	38.08
EXH	MARTINHO Joao Miguel	09	211722	Desportivo Nacional	<b>2:31.81</b>	+0,72	495	-
	50m: 34.53 34.53		100m: 1:12.67	38.14	150m: 1:52.07	39.40	200m: 2:31.81	39.74
EXH	SANTOS Diego Felipe	87	106614	Desportivo Nacional	<b>2:36.38</b>	+0,67	453	-
	50m: 34.40 34.40		100m: 1:13.68	39.28	150m: 1:55.57	41.89	200m: 2:36.38	40.81
EXH	LUCIO Lourenco Perestrelo	11	211340	Naval do Funchal	<b>2:48.30</b>	+0,67	363	-
	50m: 36.89 36.89		100m: 1:19.68	42.79	150m: 2:04.11	44.43	200m: 2:48.30	44.19
EXH	GOMES Gustavo Daniel	12	213114	Desportivo Nacional	<b>2:54.62</b>	+0,68	325	-
	50m: 39.53 39.53		100m: 1:23.76	44.23	150m: 2:09.38	45.62	200m: 2:54.62	45.24
EXH	PRUDENTE Cristian	11	221319	Naval do Funchal	<b>2:59.30</b>	+0,74	300	-
	50m: 40.53 40.53		100m: 1:27.04	46.51	150m: 2:13.95	46.91	200m: 2:59.30	45.35
EXH	CRO Rodrigo Antonio	11	211352	Desportivo Sao Roque	<b>3:09.12</b>	+0,67	256	-
	50m: 40.47 40.47		100m: 1:29.48	49.01	150m: 2:19.61	50.13	200m: 3:09.12	49.51
EXH	PEREIRA Pedro Nuno	09	223463	Naval do Funchal	<b>3:11.14</b>	+0,71	248	-
	50m: 42.39 42.39		100m: 1:31.24	48.85	150m: 2:21.59	50.35	200m: 3:11.14	49.55
EXH	BARATA Joao Tomas	08	209684	Juventude Atlantico	<b>3:13.49</b>	+0,82	239	-
	50m: 42.99 42.99		100m: 1:32.88	49.89	150m: 2:23.46	50.58	200m: 3:13.49	50.03
EXH	PEREIRA Martim Gomes	10	219982	Naval do Funchal	<b>3:15.50</b>	+0,75	232	-
	50m: 44.21 44.21		100m: 1:34.70	50.49	150m: 2:26.71	52.01	200m: 3:15.50	48.79
EXH	ANTUNES Francisco Tomas	13	213204	Juventude Atlantico	<b>3:31.45</b>	+0,65	183	-
	50m: 49.15 49.15		100m: 1:43.32	54.17	150m: 2:38.27	54.95	200m: 3:31.45	53.18

Prova 19, Femin., 50m Livres

Prova 19	Femin., 50m Livres					Absolutos
08/11/2025 - 16:48						Resultados
Recorde Regional Open	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 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	ROJAS Zara Alejandra	07	217329	Naval do Funchal	<b>26.50</b>	+0,66	639	-
<i>TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>								
EXH	COSTA Rafaela Tome	11	216268	Naval do Funchal	<b>29.75</b>	+0,59	451	-
<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026, TAC NACIONAL - Jamor, 23 a 26 Julho 2026</i>								
EXH	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	<b>29.81</b>	+0,70	449	-
EXH	SA Vanessa Fernandes	09	209814	Naval do Funchal	<b>30.01</b>	+0,67	440	-
EXH	FERREIRA Natacha Camacho	09	206843	Juventude Atlantico	<b>30.60</b>	+0,68	415	-
EXH	FREITAS Sara Margarida	11	215578	Juventude Atlantico	<b>30.91</b>	+0,71	402	-
EXH	ANICETO Leonor Telo	13	217739	Naval do Funchal	<b>30.99</b>	+0,61	399	-
<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025, TAC NACIONAL - Manteigadas, 17 a 19 Julho 2026</i>								
EXH	MATA Valeria Isabel	11	211345	Naval do Funchal	<b>31.04</b>	+0,60	397	-
EXH	TEMTEM Madalena Barbosa	09	203454	Desportivo Nacional	<b>31.06</b>	+0,72	397	-
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico	<b>31.22</b>	+0,77	391	-
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	<b>31.56</b>	+0,72	378	-
EXH	FARIA Beatriz Cunha	13	213000	Desportivo Sao Roque	<b>31.68</b>	+0,73	374	-
<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025</i>								
EXH	TSOMKO Veronika	08	225684	Escola O Liceu	<b>32.66</b>	+0,67	341	-
EXH	SILVA Bruna Jasmims	11	221004	Naval do Funchal	<b>33.34</b>	+0,81	321	-
EXH	CARVALHO Laura Jardim	09	213538	Juventude Atlantico	<b>34.06</b>	+0,71	301	-
EXH	AMORIM Beatriz Pereira	12	216547	Desportivo Sao Roque	<b>34.22</b>	+0,78	296	-
EXH	MACIEL Constanca Maria	13	220498	Escola O Liceu	<b>34.45</b>	+0,92	291	-
EXH	SILVA Matilde Fernandes	11	215949	Desportivo Nacional	<b>34.74</b>	+0,83	283	-
EXH	SILVA Maria Leonor	12	223466	Naval do Funchal	<b>34.89</b>	+0,74	280	-
EXH	BARRETO Maria Clara	10	218412	Juventude Atlantico	<b>34.91</b>	+0,74	279	-
EXH	LUIS Clara Abreu	13	217953	Escola O Liceu	<b>35.30</b>	+0,82	270	-
EXH	GOUVEIA Sofia Isabel	12	216131	Juventude Atlantico	<b>35.65</b>	+0,68	262	-
EXH	TEIXEIRA Maria Castro	13	217742	Naval do Funchal	<b>36.43</b>	+0,80	246	-
EXH	SILVA Lara Martins	13	220747	Desportivo Sao Roque	<b>37.31</b>	+0,54	229	-
EXH	SILVA Ana Matilde	11	210214	Desportivo Nacional	<b>37.74</b>	+0,89	221	-
EXH	FREITAS Vitoria Sanches	13	223726	Naval do Funchal	<b>38.73</b>	+0,69	204	-
EXH	BARRETO Mariana Osorio	10	222553	Desportivo Nacional	<b>39.76</b>	+0,72	189	-
EXH	NASCIMENTO Joana Pilar	12	226386	Naval do Funchal	<b>40.54</b>	+0,66	178	-
EXH	FERNANDES Beatriz Luz	12	212718	Desportivo Nacional	<b>41.11</b>	+0,81	171	-

Prova 20 Masc., 100m Livres Absolutos  
08/11/2025 - 16:52 Resultados

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

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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Santiago Santos	10	212558	Juventude Atlantico	<b>59.32</b>	+0,69	431	23,00
	50m: 28.49 28.49		100m: 59.32 30.83					
2.	VIVEIROS Pedro Perestrelo	06	206758	Desportiva de Machico	<b>1:02.85</b>	+0,79	363	21,00
	50m: 29.92 29.92		100m: 1:02.85 32.93					
DNS	GARANITO Mateus Silva	10	208352	Naval do Funchal				-
EXH	ROJAS Jean Louis	05	217332	Naval do Funchal	<b>51.44</b>	+0,55	662	-
	<i>TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul, TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul</i>							
	50m: 24.52 24.52		100m: 51.44 26.92					
EXH	ABREU Sergio Gomes	96	100821	Naval do Funchal	<b>53.20</b>	+0,68	598	-
	50m: 25.64 25.64		100m: 53.20 27.56					
EXH	RODRIGUES Joao Luis	05	130527	Naval do Funchal	<b>53.78</b>	+0,60	579	-
	50m: 25.72 25.72		100m: 53.78 28.06					
EXH	PESTANA Andre Pinto	09	212015	Naval do Funchal	<b>58.54</b>	+0,65	449	-
	50m: 28.03 28.03		100m: 58.54 30.51					
EXH	RODRIGUES Guilherme Gome	08	208353	Naval do Funchal	<b>58.57</b>	+0,66	448	-
	50m: 28.23 28.23		100m: 58.57 30.34					
EXH	CRESPO Joao Jesus	09	209054	Desportivo Nacional	<b>58.58</b>	+0,72	448	-
	50m: 27.84 27.84		100m: 58.58 30.74					
EXH	PESTANA Pedro Correia	09	209489	Desportivo Nacional	<b>58.73</b>	+0,65	445	-
	50m: 27.89 27.89		100m: 58.73 30.84					
EXH	FERNANDES Afonso Berimba	07	204768	Juventude Atlantico	<b>58.91</b>	+0,66	440	-
	50m: 28.57 28.57		100m: 58.91 30.34					
EXH	PEREIRA Lucas Santos	07	207434	Naval do Funchal	<b>59.18</b>	+0,64	434	-
	50m: 28.41 28.41		100m: 59.18 30.77					
EXH	GOMES Guilherme Silva	08	209488	Desportivo Nacional	<b>59.42</b>	+0,74	429	-
	50m: 28.33 28.33		100m: 59.42 31.09					
EXH	ABREU Pedro Dinis	11	211341	Naval do Funchal	<b>59.69</b>	+0,64	423	-
	50m: 28.59 28.59		100m: 59.69 31.10					
EXH	LETRA Francisco Freitas	10	208848	Naval do Funchal	<b>59.93</b>	+0,61	418	-
	50m: 28.82 28.82		100m: 59.93 31.11					
EXH	ROCHA Tomas Pinto	10	209484	Naval do Funchal	<b>1:00.05</b>	+0,66	416	-
	50m: 28.10 28.10		100m: 1:00.05 31.95					
EXH	ANTUNES Frederico Luis	08	210551	Juventude Atlantico	<b>1:00.45</b>	+0,67	408	-
	50m: 29.15 29.15		100m: 1:00.45 31.30					
EXH	MENDES Salvador Neves	10	212022	Naval do Funchal	<b>1:00.64</b>	+0,67	404	-
	50m: 29.04 29.04		100m: 1:00.64 31.60					
EXH	RODRIGUES David Oliveira	11	208847	Naval do Funchal	<b>1:00.66</b>	+0,79	403	-
	50m: 29.14 29.14		100m: 1:00.66 31.52					
EXH	SILVA Lucas Benjamim	08	212520	Naval do Funchal	<b>1:02.12</b>	+0,72	376	-
	50m: 29.25 29.25		100m: 1:02.12 32.87					
EXH	SILVA Samuel Osio	10	214301	Naval do Funchal	<b>1:02.94</b>	+0,69	361	-
	50m: 28.53 28.53		100m: 1:02.94 34.41					

Prova 20, Masc., 100m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	SOUSA Joao Pedro 50m: 30.40 30.40	12	212719	Desportivo Nacional 100m: 1:03.96 33.56	<b>1:03.96</b>	+0,65	344	-
EXH	CARVALHO Gustavo Jose 50m: 31.63 31.63	10	210710	Desportiva de Machico 100m: 1:04.83 33.20	<b>1:04.83</b>	+0,69	330	-
EXH	JARDIM Joao Tomas 50m: 30.73 30.73	09	206449	Desportivo Nacional 100m: 1:05.27 34.54	<b>1:05.27</b>	+0,63	324	-
EXH	SOL Tomas Sousa 50m: 31.64 31.64	10	212010	Desportiva de Machico 100m: 1:06.55 34.91	<b>1:06.55</b>	+0,86	305	-
EXH	SILVA Pedro Fernandes 50m: 33.07 33.07	11	213394	Naval do Funchal 100m: 1:07.88 34.81	<b>1:07.88</b>	+0,68	288	-
EXH	TAVARES Lourenco Carvalho 50m: 32.37 32.37	10	221320	Naval do Funchal 100m: 1:09.11 36.74	<b>1:09.11</b>	+0,71	273	-
EXH	FERREIRA Manuel Maria 50m: 33.12 33.12	10	215316	Naval do Funchal 100m: 1:09.35 36.23	<b>1:09.35</b>	+0,74	270	-
EXH	CASTRO Rui Carlos 50m: 32.98 32.98	11	220807	Desportiva de Machico 100m: 1:09.44 36.46	<b>1:09.44</b>	+0,76	269	-
EXH	MARTINS Eduardo Abreu 50m: 33.67 33.67	11	213146	Desportivo Sao Roque 100m: 1:10.70 37.03	<b>1:10.70</b>	+0,80	255	-
EXH	SILVA Francisco Escorcio 50m: 34.97 34.97	10	213285	Desportivo Nacional 100m: 1:11.76 36.79	<b>1:11.76</b>	+0,84	243	-
EXH	GOMES Martim Silva 50m: 34.84 34.84	11	218432	Naval do Funchal 100m: 1:13.98 39.14	<b>1:13.98</b>	+0,67	222	-
EXH	SOUSA Pedro Henrique 50m: 37.61 37.61	13	214702	Desportivo Nacional 100m: 1:19.60 41.99	<b>1:19.60</b>	+0,84	178	-
EXH	FREITAS Matias Santiago 50m: 37.34 37.34	11	226779	Naval do Funchal 100m: 1:22.19 44.85	<b>1:22.19</b>	+0,79	162	-
EXH	ENCARNACAO Andre Filipe 50m: 39.41 39.41	08	220366	Escola O Liceu 100m: 1:22.90 43.49	<b>1:22.90</b>	+0,69	158	-
EXH	GOMES Santiago Jesus 50m: 40.31 40.31	12	223528	Desportivo Sao Roque 100m: 1:24.45 44.14	<b>1:24.45</b>	+0,69	149	-
EXH	FREITAS Santiago Santollo 50m: 46.99 46.99	13	219674	Desportivo Sao Roque 100m: 1:35.21 48.22	<b>1:35.21</b>	+0,92	104	-
EXH	ABREU Leo Matias 50m: 44.92 44.92	13	222748	Escola O Liceu 100m: 1:35.23 50.31	<b>1:35.23</b>	+0,77	104	-
EXH	TEIXEIRA Pedro Melim 50m: 45.84 45.84	13	221626	Naval do Funchal 100m: 1:37.75 51.91	<b>1:37.75</b>	+0,56	96	-
EXH	CAMACHO Goncalo Filipe 50m: 47.32 47.32	13	223500	Desportivo Nacional 100m: 1:42.41 55.09	<b>1:42.41</b>	+0,99	83	-

Prova 21, Femin., 100m Costas

Prova 21 Femin., 100m Costas  
08/11/2025 - 17:00 Absolutos Resultados

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	1:08.55	MARGARIDO Ines Tomas	CNF	Funchal	30/11/2013
Recorde Regional Jun17	1:06.59	ROSA Beatriz Jong	CDWT	Funchal	11/12/2016
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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	GOMES Sofia Vega <i>RECORDE REGIONAL</i>	08	206798	Naval do Funchal	<b>1:07.81</b>	+0,62	505	-
	50m: 32.57 32.57			100m: 1:07.81 35.24				
EXH	BRITO Madalena Pinto <i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026, TAC NACIONAL - Jamor, 23 a 26 Julho 2026</i>	10	208850	Naval do Funchal	<b>1:08.34</b>	+0,59	493	-
	50m: 32.93 32.93			100m: 1:08.34 35.41				
EXH	NETO Leonor Rodrigues	07	201962	Naval do Funchal	<b>1:11.26</b>	+0,61	435	-
	50m: 33.95 33.95			100m: 1:11.26 37.31				
EXH	VELOSA Ana Matilde <i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026, TAC NACIONAL - Jamor, 23 a 26 Julho 2026</i>	11	211721	Juventude Atlantico	<b>1:11.28</b>	+0,63	435	-
	50m: 33.95 33.95			100m: 1:11.28 37.33				
EXH	MATEUS Eleine Vieira	09	206350	Desportivo Nacional	<b>1:12.18</b>	+0,65	419	-
	50m: 34.70 34.70			100m: 1:12.18 37.48				
EXH	MARGARIDO Paula Aguiar	09	204386	Juventude Atlantico	<b>1:14.87</b>	+0,61	375	-
	50m: 35.79 35.79			100m: 1:14.87 39.08				
EXH	LEITAO Isabel Gouveia	10	208852	Naval do Funchal	<b>1:14.93</b>	+0,60	374	-
	50m: 36.24 36.24			100m: 1:14.93 38.69				
EXH	QUINTAL Margarida Silva <i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025</i>	12	213374	Juventude Atlantico	<b>1:15.26</b>	+0,59	369	-
	50m: 37.13 37.13			100m: 1:15.26 38.13				
EXH	JARDIM Maria Velosa	12	215950	Naval do Funchal	<b>1:17.23</b>	+0,67	342	-
	50m: 37.17 37.17			100m: 1:17.23 40.06				
EXH	FERREIRA Natacha Camacho	09	206843	Juventude Atlantico	<b>1:18.02</b>	+0,66	331	-
	50m: 37.83 37.83			100m: 1:18.02 40.19				
EXH	CARVALHO Laura Jardim	09	213538	Juventude Atlantico	<b>1:22.24</b>	+0,56	283	-
	50m: 40.02 40.02			100m: 1:22.24 42.22				
EXH	ANDRADE Nuria Gouveia	13	219306	Desportivo Nacional	<b>1:23.50</b>	+0,85	270	-
	50m: 40.72 40.72			100m: 1:23.50 42.78				
EXH	SILVA Matilde Fernandes	11	215949	Desportivo Nacional	<b>1:24.69</b>	+0,82	259	-
	50m: 41.29 41.29			100m: 1:24.69 43.40				
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	<b>1:36.13</b>	+0,66	177	-
	50m: 47.94 47.94			100m: 1:36.13 48.19				
EXH	SILVA Ana Matilde	11	210214	Desportivo Nacional	<b>1:38.71</b>	+0,87	163	-
	50m: 48.52 48.52			100m: 1:38.71 50.19				

Prova 22 Masc., 200m Costas Absolutos  
08/11/2025 - 17:06 Resultados

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Afonso Miguel	07	148420	Juventude Atlantico	<b>2:17.42</b>	+0,62	454	23,00
	50m: 30.96 30.96		100m: 1:05.73 34.77	150m: 1:41.83 36.10	200m: 2:17.42 35.59			
2.	SANTO Goncalo Tomas	08	214838	Desportiva de Machico	<b>2:57.54</b>	+0,80	210	21,00
	50m: 40.33 40.33		100m: 1:24.36 44.03	150m: 2:10.86 46.50	200m: 2:57.54 46.68			
EXH	SILVA Joao Bernardo	09	210132	Desportivo Nacional	<b>2:21.55</b>	+0,72	415	-
	50m: 31.87 31.87		100m: 1:07.59 35.72	150m: 1:44.91 37.32	200m: 2:21.55 36.64			
EXH	BARATA Bernardo Vieira	12	214837	Juventude Atlantico	<b>2:45.73</b>	+0,76	258	-
	50m: 39.30 39.30		100m: 1:21.95 42.65	150m: 2:05.25 43.30	200m: 2:45.73 40.48			
EXH	MENDONCA Florival Rodrigo	10	216967	Juventude Atlantico	<b>2:46.81</b>	+0,73	253	-
	50m: 39.05 39.05		100m: 1:22.21 43.16	150m: 2:05.94 43.73	200m: 2:46.81 40.87			
EXH	RODRIGUES Joao Henrique	09	219984	Naval do Funchal	<b>2:51.51</b>	+0,81	233	-
	50m: 39.71 39.71		100m: 1:23.38 43.67	150m: 2:08.54 45.16	200m: 2:51.51 42.97			
EXH	MENDONCA Jorge Lourenco	13	214707	Desportivo Nacional	<b>2:57.47</b>	+0,71	210	-
	50m: 41.23 41.23		100m: 1:27.03 45.80	150m: 2:13.43 46.40	200m: 2:57.47 44.04			

Prova 23 Femin., 400m Livres Absolutos  
08/11/2025 - 17:10 Resultados

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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	RODRIGUES Laura Sofia	07	148425	Juventude Atlantico	<b>4:42.41</b>	+0,82	541	-
	50m: 32.49 32.49		150m: 1:42.55 35.39	250m: 2:54.12 35.94	350m: 4:06.88 36.51			
	100m: 1:07.16 34.67		200m: 2:18.18 35.63	300m: 3:30.37 36.25	400m: 4:42.41 35.53			
EXH	JESUS Vera Franca	11	211346	Naval do Funchal	<b>4:46.60</b>	+0,61	518	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>							
	50m: 32.38 32.38		150m: 1:42.98 35.43	250m: 2:56.60 37.02	350m: 4:11.23 37.31			
	100m: 1:07.55 35.17		200m: 2:19.58 36.60	300m: 3:33.92 37.32	400m: 4:46.60 35.37			
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	<b>5:06.09</b>	+0,73	425	-
	50m: 34.26 34.26		150m: 1:51.49 39.15	250m: 3:09.68 39.44	350m: 4:28.14 39.01			
	100m: 1:12.34 38.08		200m: 2:30.24 38.75	300m: 3:49.13 39.45	400m: 5:06.09 37.95			
EXH	FERREIRA Ana Pereira	10	215312	Juventude Atlantico	<b>5:10.18</b>	+0,74	409	-
	50m: 36.09 36.09		150m: 1:55.71 40.73	250m: 3:15.83 39.99	350m: 4:34.85 38.98			
	100m: 1:14.98 38.89		200m: 2:35.84 40.13	300m: 3:55.87 40.04	400m: 5:10.18 35.33			

Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	<b>5:13.16</b>	+0,75	397	-
	50m: 36.11 36.11		150m: 1:55.41 39.75	250m: 3:15.23 39.94	350m: 4:34.92 39.83			
	100m: 1:15.66 39.55		200m: 2:35.29 39.88	300m: 3:55.09 39.86	400m: 5:13.16 38.24			
EXH	TEMTEM Madalena Barbosa	09	203454	Desportivo Nacional	<b>5:19.47</b>	+0,70	374	-
	50m: 34.83 34.83		150m: 1:55.13 40.54	250m: 3:17.23 41.07	350m: 4:39.66 41.35			
	100m: 1:14.59 39.76		200m: 2:36.16 41.03	300m: 3:58.31 41.08	400m: 5:19.47 39.81			
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	<b>5:19.52</b>	+0,76	374	-
	50m: 36.32 36.32		150m: 1:55.72 40.32	250m: 3:17.26 40.29	350m: 4:38.75 39.73			
	100m: 1:15.40 39.08		200m: 2:36.97 41.25	300m: 3:59.02 41.76	400m: 5:19.52 40.77			
EXH	GONCALVES Maria Clara	12	218950	Escola O Liceu	<b>5:19.66</b>	+0,77	373	-
	50m: 36.13 36.13		150m: 1:55.42 40.70	250m: 3:17.51 41.40	350m: 4:40.46 40.70			
	100m: 1:14.72 38.59		200m: 2:36.11 40.69	300m: 3:59.76 42.25	400m: 5:19.66 39.20			
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico	<b>5:24.36</b>	+0,84	357	-
	50m: 35.41 35.41		150m: 1:57.32 41.87	250m: 3:21.22 42.31	350m: 4:46.02 42.58			
	100m: 1:15.45 40.04		200m: 2:38.91 41.59	300m: 4:03.44 42.22	400m: 5:24.36 38.34			
EXH	JARDIM Eva Santos	10	211350	Juventude Atlantico	<b>5:24.50</b>	+0,86	357	-
	50m: 36.50 36.50		150m: 1:58.16 41.10	250m: 3:21.19 41.66	350m: 4:44.70 41.51			
	100m: 1:17.06 40.56		200m: 2:39.53 41.37	300m: 4:03.19 42.00	400m: 5:24.50 39.80			
EXH	VIEIRA Matilde Sofia	11	209483	Desportivo Nacional	<b>5:29.15</b>	+0,81	342	-
	50m: 36.23 36.23		150m: 2:00.73 42.28	250m: 3:26.62 42.66	350m: 4:50.14 41.05			
	100m: 1:18.45 42.22		200m: 2:43.96 43.23	300m: 4:09.09 42.47	400m: 5:29.15 39.01			
EXH	MACIEL Constanca Maria	13	220498	Escola O Liceu	<b>5:57.10</b>	+0,87	268	-
	50m: 41.23 41.23		150m: 2:15.22 47.15	250m: 3:47.11 45.18	350m: 5:15.72 43.64			
	100m: 1:28.07 46.84		200m: 3:01.93 46.71	300m: 4:32.08 44.97	400m: 5:57.10 41.38			
EXH	LUIS Clara Abreu	13	217953	Escola O Liceu	<b>6:15.56</b>		230	-
	50m: 40.22 40.22		150m: 2:16.20 47.75	250m: 3:53.03 48.41	350m: 5:30.86 48.74			
	100m: 1:28.45 48.23		200m: 3:04.62 48.42	300m: 4:42.12 49.09	400m: 6:15.56 44.70			

Prova 24

Masc., 200m Estilos

Absolutos

08/11/2025 - 17:22

Resultados

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

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 Março 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

Pontos: AQUA 2025

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDEZ Henrique Justino	08	207496	Juventude Atlantico	<b>2:28.47</b>	+0,67	394	23,00
	50m: 32.38 32.38		100m: 1:11.94 39.56	150m: 1:55.29 43.35	200m: 2:28.47 33.18			
2.	VIEIRA Rodrigo Leal	06	146383	Desportiva de Machico	<b>2:46.87</b>	+0,69	277	21,00
	50m: 33.44 33.44		100m: 1:16.28 42.84	150m: 2:06.64 50.36	200m: 2:46.87 40.23			
DSQ	MARTINS Eduardo Abreu	11	213146	Desportivo Sao Roque				-
	<i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 150 m - SW 7.6</i>							
DSQ	NASCIMENTO Goncalo Damia	11	221098	Juventude Atlantico				-
	<i>701 - Mais de uma pernada de golfinho durante a braçada submarina - SW 7.1</i>							
DSQ	SOUSA Pedro Henrique	13	214702	Desportivo Nacional				-
	<i>722 - Tocou com uma mão na parede na viragem aos 150 m - SW 7.6</i>							
DSQ	CAMACHO Goncalo Filipe	13	223500	Desportivo Nacional				-
	<i>105 - Não tocou na parede na viragem aos 175 metros - SW 10.4</i>							

Prova 24, Masc., 200m Estilos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	SILVA Tomas Antonio 50m: 27.00 27.00	01	132294	Naval do Funchal	<b>2:08.82</b> 1:37.96 38.20	+0,60	603	-
					100m: 59.76 32.76 150m: 1:37.96 38.20		200m: 2:08.82 30.86	
EXH	ANDRADE Salvador Freitas 50m: 29.31 29.31	09	208851	Naval do Funchal	<b>2:16.62</b> 1:45.53 40.91	+0,70	506	-
					100m: 1:04.62 35.31 150m: 1:45.53 40.91		200m: 2:16.62 31.09	
EXH	MARTINHO Joao Miguel 50m: 31.49 31.49	09	211722	Desportivo Nacional	<b>2:24.64</b> 1:50.66 39.95	+0,74	426	-
					100m: 1:10.71 39.22 150m: 1:50.66 39.95		200m: 2:24.64 33.98	
EXH	RAPOSO Mateus Medeiros 50m: 30.16 30.16	10	211338	Desportivo Nacional	<b>2:26.85</b> 1:53.58 44.12	+0,74	407	-
					100m: 1:09.46 39.30 150m: 1:53.58 44.12		200m: 2:26.85 33.27	
EXH	ABREU Pedro Dinis 50m: 31.96 31.96	11	211341	Naval do Funchal	<b>2:27.92</b> 1:55.45 44.55	+0,65	398	-
					100m: 1:10.90 38.94 150m: 1:55.45 44.55		200m: 2:27.92 32.47	
EXH	RODRIGUES David Oliveira 50m: 32.04 32.04	11	208847	Naval do Funchal	<b>2:28.12</b> 1:54.97 45.63	+0,82	397	-
					100m: 1:09.34 37.30 150m: 1:54.97 45.63		200m: 2:28.12 33.15	
EXH	FREITAS Jonas Christian 50m: 30.18 30.18	11	213115	Desportivo Nacional	<b>2:28.23</b> 1:54.13 45.04	+0,67	396	-
					100m: 1:09.09 38.91 150m: 1:54.13 45.04		200m: 2:28.23 34.10	
EXH	LUCIO Lourenco Perestrelo 50m: 31.61 31.61	11	211340	Naval do Funchal	<b>2:28.23</b> 1:55.31 43.86	+0,61	396	-
					100m: 1:11.45 39.84 150m: 1:55.31 43.86		200m: 2:28.23 32.92	
EXH	SOUSA Eduardo Afonseca 50m: 31.31 31.31	09	204365	Desportivo Nacional	<b>2:28.74</b> 1:54.42 43.52	+0,71	392	-
					100m: 1:10.90 39.59 150m: 1:54.42 43.52		200m: 2:28.74 34.32	
EXH	GOMES Guilherme Silva 50m: 31.77 31.77	08	209488	Desportivo Nacional	<b>2:29.82</b> 1:54.61 44.29	+0,74	383	-
					100m: 1:10.32 38.55 150m: 1:54.61 44.29		200m: 2:29.82 35.21	
EXH	PESTANA Pedro Correia 50m: 33.97 33.97	09	209489	Desportivo Nacional	<b>2:35.38</b> 2:01.40 48.37	+0,72	344	-
					100m: 1:13.03 39.06 150m: 2:01.40 48.37		200m: 2:35.38 33.98	
EXH	SOUSA Joao Pedro 50m: 32.60 32.60	12	212719	Desportivo Nacional	<b>2:37.07</b> 2:01.82 47.87	+0,63	333	-
					100m: 1:13.95 41.35 150m: 2:01.82 47.87		200m: 2:37.07 35.25	
EXH	SILVA Alexandre Antonio 50m: 32.74 32.74	11	216245	Naval do Funchal	<b>2:38.02</b> 2:03.53 48.74	+0,67	327	-
					100m: 1:14.79 42.05 150m: 2:03.53 48.74		200m: 2:38.02 34.49	
EXH	CRESPO Joao Jesus 50m: 32.05 32.05	09	209054	Desportivo Nacional	<b>2:38.03</b> 2:00.90 44.17	+0,72	327	-
					100m: 1:16.73 44.68 150m: 2:00.90 44.17		200m: 2:38.03 37.13	
EXH	GONCALVES Tiago Mauricio 50m: 33.32 33.32	10	214688	Desportivo Nacional	<b>2:40.90</b> 2:04.01 47.75	+0,70	309	-
					100m: 1:16.26 42.94 150m: 2:04.01 47.75		200m: 2:40.90 36.89	
EXH	GOMES Gustavo Daniel 50m: 36.50 36.50	12	213114	Desportivo Nacional	<b>2:41.04</b> 2:04.49 44.38	+0,57	309	-
					100m: 1:20.11 43.61 150m: 2:04.49 44.38		200m: 2:41.04 36.55	
EXH	ROMAO Santiago Maio 50m: 35.68 35.68	12	214149	Juventude Atlantico	<b>2:45.98</b> 2:09.44 50.07	+0,75	282	-
					100m: 1:19.37 43.69 150m: 2:09.44 50.07		200m: 2:45.98 36.54	
EXH	JARDIM Joao Tomas 50m: 33.79 33.79	09	206449	Desportivo Nacional	<b>2:50.26</b> 2:06.97 48.74	+0,62	261	-
					100m: 1:18.23 44.44 150m: 2:06.97 48.74		200m: 2:50.26 43.29	
EXH	CRO Rodrigo Antonio 50m: 39.30 39.30	11	211352	Desportivo Sao Roque	<b>2:51.04</b> 2:13.95 49.35	+0,66	257	-
					100m: 1:24.60 45.30 150m: 2:13.95 49.35		200m: 2:51.04 37.09	
EXH	MARTINS Antonio Freitas 50m: 38.40 38.40	09	209933	Desportivo Nacional	<b>2:59.52</b> 2:22.41 54.74	+0,73	223	-
					100m: 1:27.67 49.27 150m: 2:22.41 54.74		200m: 2:59.52 37.11	
EXH	MENDONCA Jorge Lourenco 50m: 38.27 38.27	13	214707	Desportivo Nacional	<b>3:06.33</b> 2:23.42 56.73	+0,63	199	-
					100m: 1:26.69 48.42 150m: 2:23.42 56.73		200m: 3:06.33 42.91	
EXH	SILVA Francisco Escorcio 50m: 41.05 41.05	10	213285	Desportivo Nacional	<b>3:13.26</b> 2:30.20 59.28	+0,83	178	-
					100m: 1:30.92 49.87 150m: 2:30.20 59.28		200m: 3:13.26 43.06	
EXH	ABREU Leo Matias 50m: 55.56 55.56	13	222748	Escola O Liceu	<b>3:44.65</b> 1:03.51 2:53.92	+0,62	113	-
					100m: 1:50.41 54.85 150m: 2:53.92 1:03.51		200m: 3:44.65 50.73	

Prova 25, Femin., 4 x 100m Livres

Prova 25	Femin., 4 x 100m Livres					Absolutos
08/11/2025 - 17:37						Resultados
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 Março 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						

Pontos: AQUA 2025

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
EXH Naval do Funchal 12		Naval do Funchal	<b>4:33.04</b>	+0,68	423	-	
<i>TAC ZONAL - Ponte de Sôr, 20 a 22 Fevereiro 2025</i>							
	+0,68	32.08	1:07.82	MACHADO Sarah Camila	+0,47	33.76	1:10.58
	+0,45	33.17	1:10.88	FERRO Maria Franco	+0,31	30.41	1:03.76
EXH Desportivo Nacional 4		Desportivo Nacional	<b>4:34.42</b>	+0,71	416	-	
	+0,71	33.02	1:10.37	ROSA Clara Sofia	+0,37	32.08	1:08.31
	+0,06	34.71	1:11.26	MATEUS Eleine Vieira	+0,18	31.15	1:04.48
EXH Escola O Liceu 1		Escola O Liceu	<b>5:14.25</b>	+0,89	277	-	
	+0,89	38.66	1:21.67	TSOMKO Veronika	+0,46	35.35	1:15.22
		40.74	1:26.48	GONCALVES Maria Clara	+0,58	34.06	1:10.88

Prova 26 Masc., 4 x 100m Estilos

Prova 26	Masc., 4 x 100m Estilos					Absolutos
08/11/2025 - 17:43						Resultados
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 Março 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						

Pontos: AQUA 2025

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
1. Juventude Atlantico 1		Juventude Atlantico	<b>4:29.02</b>	+0,59	402	23,00	
	+0,59	29.00	1:00.89	NASCIMENTO Santiago Santos	+0,46	30.96	1:07.76
	+0,45	36.73	1:19.24	FERNANDES Salvador Freitas	+0,33	28.65	1:01.13
2. Desportiva de Machico 2		Desportiva de Machico	<b>5:00.34</b>	+0,74	289	21,00	
	+0,74	39.19	1:21.71	VIVEIROS Pedro Perestrelo	+0,66	31.58	1:11.97
	+0,41	39.45	1:25.59	SANTOS Joao Dinis		27.02	1:01.07
DSQ Desportiva de Machico 4		Desportiva de Machico				-	
<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, mariposa.</i>							
	+0,64	40.46	1:20.87	CASTRO Rui Carlos			
				SOL Tomas Sousa			
EXH Naval do Funchal 1		Naval do Funchal	<b>4:11.02</b>	+0,62	495	-	
	+0,62	29.93	1:02.61	RODRIGUES Guilherme Gomes	+0,43	29.36	1:02.54
	+0,21	32.25	1:08.91	JESUS Vasco Franca	+0,03	26.96	56.96
EXH Desportivo Nacional 1		Desportivo Nacional	<b>4:23.69</b>	+0,70	427	-	
	+0,70	31.11	1:04.57	SOUSA Eduardo Afonseca	+0,20	30.29	1:06.20
	+0,34	33.03	1:13.11	MARTINHO Joao Miguel	+0,19	28.23	59.81
EXH Naval do Funchal 11		Naval do Funchal	<b>4:40.22</b>	+0,66	356	-	
	+0,66	31.77	1:05.76	ABREU Pedro Dinis	+0,31	31.60	1:09.03
	+0,20	37.56	1:21.91	SILVA Alexandre Antonio	+0,25	30.04	1:03.52