## 1 - Sábado de Manhã 28/05/2022 - 9:15

Prova 1 — Femin., 400m Estilos — Infantis B, 12 anos
28/05/2022 - 9:15 — INFANTIS B — Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 5:00.24 | QUINTAL, Fabiana Maria | CDN | Funchal | 19/02/2009 |
| Recorde Regional Inf B | 5:36.11 | FERNANDES, Catarina Isabel | CNF | Funchal | 05/07/2002 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | RIBEIRO, Guida Drumond | 10 | Naval do Funchal | **6:03.84** | 360 |
| | 50m: 38.83 38.83 150m: 2:12.28 47.04 250m: 3:49.79 51.33 350m: 5:24.76 42.33 | | | | |
| | 100m: 1:25.24 46.41 200m: 2:58.46 46.18 300m: 4:42.43 52.64 400m: 6:03.84 39.08 | | | | |
| 2. | LEITAO, Isabel Gouveia | 10 | Naval do Funchal | **6:07.66** | 349 |
| | 50m: 39.84 39.84 150m: 2:14.54 46.70 250m: 3:53.54 52.74 350m: 5:27.39 41.86 | | | | |
| | 100m: 1:27.84 48.00 200m: 3:00.80 46.26 300m: 4:45.53 51.99 400m: 6:07.66 40.27 | | | | |
| 3. | TEIXEIRA, Maria Leonor | 10 | Naval do Funchal | **6:13.88** | 332 |
| | 50m: 39.17 39.17 150m: 2:16.47 50.55 250m: 3:58.36 54.37 350m: 5:33.22 41.84 | | | | |
| | 100m: 1:25.92 46.75 200m: 3:03.99 47.52 300m: 4:51.38 53.02 400m: 6:13.88 40.66 | | | | |
| 4. | BRITO, Madalena Pinto | 10 | Naval do Funchal | **6:35.45** | 280 |
| | 50m: 46.76 46.76 150m: 2:27.97 48.42 250m: 4:10.44 56.13 350m: 5:51.36 46.04 | | | | |
| | 100m: 1:39.55 52.79 200m: 3:14.31 46.34 300m: 5:05.32 54.88 400m: 6:35.45 44.09 | | | | |
| DSQ | ALVES, Ana Carolina | 10 | Desportivo Nacional | | |
| | *724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 225 m - SW 7.6* | | | | |
| DSQ | ROSA, Clara Sofia | 10 | Desportivo Nacional | | |
| | *814 - Tocou com uma mão na parede na viragem aos 75 m - SW 8.4* | | | | |

Prova 2 | Femin., 400m Estilos | Infantis A, 13 anos
28/05/2022 - 9:23 | INFANTIS A | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 5:00.24 | QUINTAL, Fabiana Maria | CDN | Funchal | 19/02/2009 |
| Recorde Regional Inf A | 5:18.10 | CAIRES, Joana Costa | CNF | Sines | 11/03/2011 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | GONCALVES, Vera Andrade | 09 | Juventude Atlantico | **5:44.94** | 423 |
| | 50m: 37.62 37.62 150m: 2:06.19 44.34 250m: 3:39.46 49.97 350m: 5:08.59 38.45 | | | | |
| | 100m: 1:21.85 44.23 200m: 2:49.49 43.30 300m: 4:30.14 50.68 400m: 5:44.94 36.35 | | | | |
| 2. | MATEUS, Eleine Vieira | 09 | Desportivo Nacional | **5:50.88** | 401 |
| | 50m: 36.27 36.27 150m: 2:04.30 45.94 250m: 3:38.33 50.57 350m: 5:10.31 41.98 | | | | |
| | 100m: 1:18.36 42.09 200m: 2:47.76 43.46 300m: 4:28.33 50.00 400m: 5:50.88 40.57 | | | | |
| 3. | MARGARIDO, Paula Aguiar | 09 | Juventude Atlantico | **6:16.14** | 326 |
| | 50m: 42.04 42.04 150m: 2:16.70 45.57 250m: 3:56.25 55.08 350m: 5:34.89 42.09 | | | | |
| | 100m: 1:31.13 49.09 200m: 3:01.17 44.47 300m: 4:52.80 56.55 400m: 6:16.14 41.25 | | | | |
| 4. | FREITAS, Francisca Leonor | 09 | Naval do Funchal | **6:43.40** | 264 |
| | 50m: 47.73 47.73 150m: 2:35.11 50.91 250m: 4:17.69 51.84 350m: 5:57.95 47.48 | | | | |
| | 100m: 1:44.20 56.47 200m: 3:25.85 50.74 300m: 5:10.47 52.78 400m: 6:43.40 45.45 | | | | |
| 5. | SILVA, Maria Korina | 09 | Desportivo Nacional | **6:47.49** | 256 |
| | 50m: 44.69 44.69 150m: 2:29.78 49.30 250m: 4:15.87 59.76 350m: 6:03.44 48.94 | | | | |
| | 100m: 1:40.48 55.79 200m: 3:16.11 46.33 300m: 5:14.50 58.63 400m: 6:47.49 44.05 | | | | |
| 6. | TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional | **6:50.27** | 251 |
| | 50m: 47.13 47.13 150m: 2:35.90 50.90 250m: 4:19.29 53.61 350m: 6:04.17 48.55 | | | | |
| | 100m: 1:45.00 57.87 200m: 3:25.68 49.78 300m: 5:15.62 56.33 400m: 6:50.27 46.10 | | | | |
| DSQ | MELIM, Sara Beatriz | 09 | Desportivo Nacional | | |
| | *614 - Nadador não efectuou viragem aos 125 m após terminar movimento contínuo de braços - SW 6.4* | | | | |

Prova 3 | Femin., 400m Estilos | Juvenis
28/05/2022 - 9:31 | JUVENIS A & B | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 5:00.24 | QUINTAL, Fabiana Maria | CDN | Funchal | 19/02/2009 |
| Recorde Regional Juv A | 5:20.04 | FERREIRA, Maria Leonor | CDN | Funchal | 13/07/2019 |
| Recorde Regional Juv B | 5:19.42 | CAMARA, Ines Cruz | CDN | Funchal | 11/07/2021 |

TAC Nacional Juv B: 5:31.04; Juv A: 5:23.44

Pontos: FINA 2021

| Lugar | | Ano | | | Tempo final | Pts |
|---|---|---|---|---|---|---|

## Juvenis B, 14 anos

1. PEREIRA, Julia Freitas — 08 — Naval do Funchal — **5:33.24** — 469

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.62 | 34.62 | 150m: | 1:57.84 | 42.03 | 250m: | 3:25.33 | 46.54 | 350m: | 4:54.46 | 41.06 |
| 100m: | 1:15.81 | 41.19 | 200m: | 2:38.79 | 40.95 | 300m: | 4:13.40 | 48.07 | 400m: | 5:33.24 | 38.78 |

2. ANDRADE, Matilde Sousa — 08 — Naval do Funchal — **5:34.27** — 464

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.51 | 34.51 | 150m: | 1:59.59 | 43.25 | 250m: | 3:30.60 | 50.08 | 350m: | 4:58.50 | 37.73 |
| 100m: | 1:16.34 | 41.83 | 200m: | 2:40.52 | 40.93 | 300m: | 4:20.77 | 50.17 | 400m: | 5:34.27 | 35.77 |

3. ALVES, Juliana Rodrigues — 08 — Desportivo Nacional — **5:56.45** — 383

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 37.25 | 37.25 | 150m: | 2:05.34 | 45.33 | 250m: | 3:40.64 | 50.22 | 350m: | 5:15.38 | 42.91 |
| 100m: | 1:20.01 | 42.76 | 200m: | 2:50.42 | 45.08 | 300m: | 4:32.47 | 51.83 | 400m: | 5:56.45 | 41.07 |

4. NOBREGA, Sara Francisca — 08 — Desportivo Sao Roque — **6:32.24** — 287

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 41.33 | 41.33 | 150m: | 2:23.53 | 49.40 | 250m: | 4:06.86 | 56.13 | 350m: | 5:48.64 | 44.70 |
| 100m: | 1:34.13 | 52.80 | 200m: | 3:10.73 | 47.20 | 300m: | 5:03.94 | 57.08 | 400m: | 6:32.24 | 43.60 |

5. MARQUES, Bruna Francisca — 08 — Desportivo Sao Roque — **6:48.62** — 254

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 41.03 | 41.03 | 150m: | 2:26.19 | 52.82 | 250m: | 4:18.08 | 1:01.70 | 350m: | 6:06.58 | 45.51 |
| 100m: | 1:33.37 | 52.34 | 200m: | 3:16.38 | 50.19 | 300m: | 5:21.07 | 1:02.99 | 400m: | 6:48.62 | 42.04 |

## Juvenis A, 15 anos

1. GONCALVES, Valentina Jose — 07 — Desportivo Nacional — **5:44.51** — 424

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.05 | 36.05 | 150m: | 2:03.24 | 44.32 | 250m: | 3:34.52 | 47.55 | 350m: | 5:04.85 | 41.80 |
| 100m: | 1:18.92 | 42.87 | 200m: | 2:46.97 | 43.73 | 300m: | 4:23.05 | 48.53 | 400m: | 5:44.51 | 39.66 |

Prova 4 | Femin., 400m Estilos | 16 anos e mais velhos
28/05/2022 - 9:39 | JUNIORES & SENIORES | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 5:00.24 | QUINTAL, Fabiana Maria | CDN | Funchal | 19/02/2009 |
| Recorde Regional Sen | 5:00.24 | QUINTAL, Fabiana Maria | CDN | Funchal | 19/02/2009 |
| Recorde Regional Jun17 | 5:19.30 | FERREIRA, Maria Leonor | CDN | Funchal | 11/07/2021 |
| Recorde Regional Jun16 | 5:14.13 | FERNANDES, Isabel Catarina | CNF | Funchal | 17/06/2006 |

TAC Nacional Jun16: 5:17.82; Jun17: 5:16.24; Sen18: 5:07.90; 19 +: 5:06.36

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|

Juniores, 16 e 17 anos

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | SILVA, Silvana Suamade | | | 06 | Desportivo Sao Roque | | | | | | | **5:32.16** | 473 |
| 50m: | 34.80 | 34.80 | 150m: | 1:58.86 | 43.58 | 250m: | 3:27.82 | 46.56 | 350m: | 4:54.53 | 38.84 | | |
| 100m: | 1:15.28 | 40.48 | 200m: | 2:41.26 | 42.40 | 300m: | 4:15.69 | 47.87 | 400m: | 5:32.16 | 37.63 | | |

Prova 5 | Masc., 1500m Livres | Infantis B, 13 anos
28/05/2022 - 9:45 | INFANTIS B | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 15:05.68 | FRANCO, Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Inf B | 17:40.06 | FREITAS, Tomas Miguel | CDN | Funchal | 31/05/2003 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | ANDRADE, Salvador Freitas | 09 | Naval do Funchal | **19:59.05** | 353 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:16.30 | 1:16.30 | 500m: | 6:37.57 | 1:20.50 | 900m: | 12:02.46 | 1:20.37 | 1300m: | 17:25.17 | 1:20.58 |
| 200m: | 2:36.70 | 1:20.40 | 600m: | 7:59.64 | 1:22.07 | 1000m: | 13:23.65 | 1:21.19 | 1400m: | 18:44.92 | 1:19.75 |
| 300m: | 3:56.92 | 1:20.22 | 700m: | 9:20.69 | 1:21.05 | 1100m: | 14:44.14 | 1:20.49 | 1500m: | 19:59.05 | 1:14.13 |
| 400m: | 5:17.07 | 1:20.15 | 800m: | 10:42.09 | 1:21.40 | 1200m: | 16:04.59 | 1:20.45 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 2. | FARIA, Afonso Cunha | 09 | Desportivo Sao Roque | **20:26.28** | 330 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:18.70 | 1:18.70 | 500m: | 6:44.82 | 1:20.53 | 900m: | 12:10.91 | 1:20.14 | 1300m: | 17:44.07 | 1:23.63 |
| 200m: | 2:40.46 | 1:21.76 | 600m: | 8:06.71 | 1:21.89 | 1000m: | 13:33.28 | 1:22.37 | 1400m: | 19:07.47 | 1:23.40 |
| 300m: | 4:02.14 | 1:21.68 | 700m: | 9:28.75 | 1:22.04 | 1100m: | 14:56.51 | 1:23.23 | 1500m: | 20:26.28 | 1:18.81 |
| 400m: | 5:24.29 | 1:22.15 | 800m: | 10:50.77 | 1:22.02 | 1200m: | 16:20.44 | 1:23.93 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 3. | GONCALVES, Joao Guilherme | 09 | Naval do Funchal | **21:53.52** | 269 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:21.19 | 1:21.19 | 500m: | 7:12.42 | 1:28.03 | 900m: | 13:07.95 | 1:29.34 | 1300m: | 19:03.47 | 1:27.89 |
| 200m: | 2:47.38 | 1:26.19 | 600m: | 8:40.42 | 1:28.00 | 1000m: | 14:37.79 | 1:29.84 | 1400m: | 20:31.10 | 1:27.63 |
| 300m: | 4:14.23 | 1:26.85 | 700m: | 10:09.41 | 1:28.99 | 1100m: | 16:07.14 | 1:29.35 | 1500m: | 21:53.52 | 1:22.42 |
| 400m: | 5:44.39 | 1:30.16 | 800m: | 11:38.61 | 1:29.20 | 1200m: | 17:35.58 | 1:28.44 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 4. | RODRIGUES, Goncalo Reis | 09 | Juventude Atlantico | **22:42.02** | 241 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:21.30 | 1:21.30 | 500m: | 7:24.05 | 1:32.19 | 900m: | 13:34.20 | 1:31.54 | 1300m: | 19:44.67 | 1:29.96 |
| 200m: | 2:50.52 | 1:29.22 | 600m: | 8:55.29 | 1:31.24 | 1000m: | 15:08.90 | 1:34.70 | 1400m: | 21:16.51 | 1:31.84 |
| 300m: | 4:21.69 | 1:31.17 | 700m: | 10:29.16 | 1:33.87 | 1100m: | 16:42.17 | 1:33.27 | 1500m: | 22:42.02 | 1:25.51 |
| 400m: | 5:51.86 | 1:30.17 | 800m: | 12:02.66 | 1:33.50 | 1200m: | 18:14.71 | 1:32.54 | | | |

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|---|---|---|---|---|---|
| 5. | MARTINS, Antonio Freitas | 09 | Desportivo Nacional | **22:55.67** | 234 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:31.39 | 1:31.39 | 500m: | 7:51.58 | 1:34.18 | 900m: | 14:03.44 | 1:31.07 | 1300m: | 20:02.25 | 1:30.77 |
| 200m: | 3:07.55 | 1:36.16 | 600m: | 9:24.64 | 1:33.06 | 1000m: | 15:32.94 | 1:29.50 | 1400m: | 21:32.70 | 1:30.45 |
| 300m: | 4:41.94 | 1:34.39 | 700m: | 10:58.98 | 1:34.34 | 1100m: | 17:01.87 | 1:28.93 | 1500m: | 22:55.67 | 1:22.97 |
| 400m: | 6:17.40 | 1:35.46 | 800m: | 12:32.37 | 1:33.39 | 1200m: | 18:31.48 | 1:29.61 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 6. | SOUSA, Eduardo Afonseca | 09 | Desportivo Nacional | **23:17.75** | 223 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:30.17 | 1:30.17 | 500m: | 7:49.54 | 1:35.52 | 900m: | 14:03.78 | 1:32.35 | 1300m: | 20:15.88 | 1:33.93 |
| 200m: | 3:04.29 | 1:34.12 | 600m: | 9:24.40 | 1:34.86 | 1000m: | 15:35.19 | 1:31.41 | 1400m: | 21:48.68 | 1:32.80 |
| 300m: | 4:38.42 | 1:34.13 | 700m: | 10:58.53 | 1:34.13 | 1100m: | 17:07.79 | 1:32.60 | 1500m: | 23:17.75 | 1:29.07 |
| 400m: | 6:14.02 | 1:35.60 | 800m: | 12:31.43 | 1:32.90 | 1200m: | 18:41.95 | 1:34.16 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 7. | GOMES, Joao Abreu | 09 | Naval do Funchal | **23:37.40** | 214 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:25.59 | 1:25.59 | 500m: | 7:41.14 | 1:34.81 | 900m: | 14:01.15 | 1:33.96 | 1300m: | 20:30.78 | 1:35.82 |
| 200m: | 2:59.21 | 1:33.62 | 600m: | 9:16.93 | 1:35.79 | 1000m: | 15:38.06 | 1:36.91 | 1400m: | 22:07.68 | 1:36.90 |
| 300m: | 4:31.69 | 1:32.48 | 700m: | 10:52.31 | 1:35.38 | 1100m: | 17:16.50 | 1:38.44 | 1500m: | 23:37.40 | 1:29.72 |
| 400m: | 6:06.33 | 1:34.64 | 800m: | 12:27.19 | 1:34.88 | 1200m: | 18:54.96 | 1:38.46 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 8. | JARDIM, Joao Tomas | 09 | Desportivo Nacional | **24:02.28** | 203 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:28.19 | 1:28.19 | 500m: | 7:49.76 | 1:34.88 | 900m: | 14:15.27 | 1:39.73 | 1300m: | 20:53.82 | 1:37.62 |
| 200m: | 3:03.22 | 1:35.03 | 600m: | 9:24.82 | 1:35.06 | 1000m: | 15:55.45 | 1:40.18 | 1400m: | 22:31.12 | 1:37.30 |
| 300m: | 4:38.86 | 1:35.64 | 700m: | 10:59.67 | 1:34.85 | 1100m: | 17:34.99 | 1:39.54 | 1500m: | 24:02.28 | 1:31.16 |
| 400m: | 6:14.88 | 1:36.02 | 800m: | 12:35.54 | 1:35.87 | 1200m: | 19:16.20 | 1:41.21 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 9. | CRESPO, Joao Jesus | 09 | Desportivo Nacional | **24:13.44** | 198 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:32.10 | 1:32.10 | 500m: | 8:01.64 | 1:38.78 | 900m: | 14:29.49 | 1:37.24 | 1300m: | 20:57.92 | 1:38.01 |
| 200m: | 3:09.17 | 1:37.07 | 600m: | 9:39.48 | 1:37.84 | 1000m: | 16:06.76 | 1:37.27 | 1400m: | 22:35.18 | 1:37.26 |
| 300m: | 4:45.11 | 1:35.94 | 700m: | 11:15.69 | 1:36.21 | 1100m: | 17:43.81 | 1:37.05 | 1500m: | 24:13.44 | 1:38.26 |
| 400m: | 6:22.86 | 1:37.75 | 800m: | 12:52.25 | 1:36.56 | 1200m: | 19:19.91 | 1:36.10 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 10. | ALVES, Francisco Manuel | 09 | Desportivo Nacional | **26:50.05** | 146 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:39.99 | 1:39.99 | 500m: | 8:50.44 | 1:52.11 | 900m: | 16:14.56 | 1:51.14 | 1300m: | 23:28.94 | 1:46.41 |
| 200m: | 3:23.99 | 1:44.00 | 600m: | 10:39.79 | 1:49.35 | 1000m: | 18:04.83 | 1:50.27 | 1400m: | 25:12.71 | 1:43.77 |
| 300m: | 5:10.21 | 1:46.22 | 700m: | 12:31.93 | 1:52.14 | 1100m: | 19:54.47 | 1:49.64 | 1500m: | 26:50.05 | 1:37.34 |
| 400m: | 6:58.33 | 1:48.12 | 800m: | 14:23.42 | 1:51.49 | 1200m: | 21:42.53 | 1:48.06 | | | |

Prova 6 | Masc., 1500m Livres | Infantis A, 14 anos
28/05/2022 - 10:36 | INFANTIS A | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 15:05.68 | FRANCO, Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Inf A | 16:57.52 | ALMEIDA, Carlos Alexandre | CDN | Funchal | 13/07/2003 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | MIRANDA, Francisco Guilherme | 08 | Naval do Funchal | **18:51.74** | 420 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:11.87 | 1:11.87 | 500m: | 6:15.23 | 1:15.88 | 900m: | 11:20.64 | 1:16.18 | 1300m: | 16:25.18 | 1:16.33 |
| 200m: | 2:27.19 | 1:15.32 | 600m: | 7:31.61 | 1:16.38 | 1000m: | 12:36.64 | 1:16.00 | 1400m: | 17:40.62 | 1:15.44 |
| 300m: | 3:43.44 | 1:16.25 | 700m: | 8:48.07 | 1:16.46 | 1100m: | 13:52.68 | 1:16.04 | 1500m: | 18:51.74 | 1:11.12 |
| 400m: | 4:59.35 | 1:15.91 | 800m: | 10:04.46 | 1:16.39 | 1200m: | 15:08.85 | 1:16.17 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 2. | RODRIGUES, Guilherme Gomes | 08 | Desportivo Sao Roque | **19:14.98** | 395 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:13.94 | 1:13.94 | 500m: | 6:21.08 | 1:16.52 | 900m: | 11:29.28 | 1:18.36 | 1300m: | 16:41.25 | 1:18.84 |
| 200m: | 2:30.70 | 1:16.76 | 600m: | 7:37.77 | 1:16.69 | 1000m: | 12:45.98 | 1:16.70 | 1400m: | 17:59.59 | 1:18.34 |
| 300m: | 3:46.97 | 1:16.27 | 700m: | 8:53.82 | 1:16.05 | 1100m: | 14:04.38 | 1:18.40 | 1500m: | 19:14.98 | 1:15.39 |
| 400m: | 5:04.56 | 1:17.59 | 800m: | 10:10.92 | 1:17.10 | 1200m: | 15:22.41 | 1:18.03 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 3. | CASTRO, Marco Antonio | 08 | Naval do Funchal | **19:44.36** | 367 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:14.25 | 1:14.25 | 500m: | 6:25.00 | 1:18.59 | 900m: | 11:47.44 | 1:21.95 | 1300m: | 17:10.65 | 1:22.04 |
| 200m: | 2:32.03 | 1:17.78 | 600m: | 7:45.34 | 1:20.34 | 1000m: | 13:07.79 | 1:20.35 | 1400m: | 18:31.05 | 1:20.40 |
| 300m: | 3:48.13 | 1:16.10 | 700m: | 9:05.56 | 1:20.22 | 1100m: | 14:29.85 | 1:22.06 | 1500m: | 19:44.36 | 1:13.31 |
| 400m: | 5:06.41 | 1:18.28 | 800m: | 10:25.49 | 1:19.93 | 1200m: | 15:48.61 | 1:18.76 | | | |

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|---|---|---|---|---|---|
| 4. | JESUS, Vasco Franca | 08 | Naval do Funchal | **20:04.86** | 348 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:13.31 | 1:13.31 | 500m: | 6:30.47 | 1:21.61 | 900m: | 11:57.98 | 1:22.19 | 1300m: | 17:27.78 | 1:22.08 |
| 200m: | 2:30.01 | 1:16.70 | 600m: | 7:52.34 | 1:21.87 | 1000m: | 13:20.64 | 1:22.66 | 1400m: | 18:48.92 | 1:21.14 |
| 300m: | 3:48.52 | 1:18.51 | 700m: | 9:14.01 | 1:21.67 | 1100m: | 14:43.59 | 1:22.95 | 1500m: | 20:04.86 | 1:15.94 |
| 400m: | 5:08.86 | 1:20.34 | 800m: | 10:35.79 | 1:21.78 | 1200m: | 16:05.70 | 1:22.11 | | | |

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|---|---|---|---|---|---|
| 5. | JARDIM, Rodrigo Vieira | 08 | Naval do Funchal | **20:25.17** | 331 |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:16.01 | 1:16.01 | 500m: | 6:44.26 | 1:23.31 | 900m: | 12:15.13 | 1:22.92 | 1300m: | 17:45.17 | 1:23.05 |
| 200m: | 2:36.56 | 1:20.55 | 600m: | 8:06.99 | 1:22.73 | 1000m: | 13:37.42 | 1:22.29 | 1400m: | 19:06.21 | 1:21.04 |
| 300m: | 3:58.76 | 1:22.20 | 700m: | 9:28.88 | 1:21.89 | 1100m: | 15:00.19 | 1:22.77 | 1500m: | 20:25.17 | 1:18.96 |
| 400m: | 5:20.95 | 1:22.19 | 800m: | 10:52.21 | 1:23.33 | 1200m: | 16:22.12 | 1:21.93 | | | |

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|---|---|---|---|---|---|
| 6. | NOBREGA, Matias Sargo | 08 | Naval do Funchal | **21:08.96** | 298 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:20.05 | 1:20.05 | 500m: | 7:02.44 | 1:25.69 | 900m: | 12:47.14 | 1:26.94 | 1300m: | 18:28.29 | 1:24.35 |
| 200m: | 2:44.74 | 1:24.69 | 600m: | 8:28.52 | 1:26.08 | 1000m: | 14:13.21 | 1:26.07 | 1400m: | 19:52.08 | 1:23.79 |
| 300m: | 4:10.06 | 1:25.32 | 700m: | 9:54.58 | 1:26.06 | 1100m: | 15:39.70 | 1:26.49 | 1500m: | 21:08.96 | 1:16.88 |
| 400m: | 5:36.75 | 1:26.69 | 800m: | 11:20.20 | 1:25.62 | 1200m: | 17:03.94 | 1:24.24 | | | |

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|---|---|---|---|---|---|
| 7. | FERNANDEZ, Henrique Justino | 08 | Juventude Atlantico | **21:18.54** | 291 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:20.38 | 1:20.38 | 500m: | 7:10.13 | 1:28.15 | 900m: | 12:57.61 | 1:26.49 | 1300m: | 18:37.21 | 1:22.79 |
| 200m: | 2:47.01 | 1:26.63 | 600m: | 8:38.64 | 1:28.51 | 1000m: | 14:23.59 | 1:25.98 | 1400m: | 19:59.84 | 1:22.63 |
| 300m: | 4:15.07 | 1:28.06 | 700m: | 10:04.94 | 1:26.30 | 1100m: | 15:49.62 | 1:26.03 | 1500m: | 21:18.54 | 1:18.70 |
| 400m: | 5:41.98 | 1:26.91 | 800m: | 11:31.12 | 1:26.18 | 1200m: | 17:14.42 | 1:24.80 | | | |

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|---|---|---|---|---|---|
| 8. | BARATA, Joao Tomas | 08 | Juventude Atlantico | **21:42.48** | 276 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:19.04 | 1:19.04 | 500m: | 7:07.56 | 1:28.21 | 900m: | 12:57.99 | 1:27.61 | 1300m: | 18:51.52 | 1:27.67 |
| 200m: | 2:44.24 | 1:25.20 | 600m: | 8:36.01 | 1:28.45 | 1000m: | 14:26.08 | 1:28.09 | 1400m: | 20:18.66 | 1:27.14 |
| 300m: | 4:11.76 | 1:27.52 | 700m: | 10:04.13 | 1:28.12 | 1100m: | 15:55.31 | 1:29.23 | 1500m: | 21:42.48 | 1:23.82 |
| 400m: | 5:39.35 | 1:27.59 | 800m: | 11:30.38 | 1:26.25 | 1200m: | 17:23.85 | 1:28.54 | | | |

Prova 7 | Masc., 1500m Livres | Juvenis
28/05/2022 - 11:00 | JUVENIS A & B | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 15:05.68 | FRANCO, Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Juv A | 16:31.31 | CASTRO, Joao Cruz | CDSR | Funchal | 29/07/2016 |
| Recorde Regional Juv B | 16:30.75 | ALMEIDA, Carlos Alexandre | CDN | Penafiel | 21/03/2004 |

TAC Nacional Juv B: 18:30.96; Juv A: 17:26.47

Pontos: FINA 2021

| Lugar | | Ano | | | Tempo final | Pts |
|---|---|---|---|---|---|---|

Juvenis B, 15 anos

1. NEVES, Tiago Brazao — 07 — Naval do Funchal — **17:38.23** — 514

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:07.37 | 1:07.37 | 500m: | 5:51.53 | 1:11.55 | 900m: | 10:37.38 | 1:10.73 | 1300m: | 15:21.77 | 1:10.05 |
| 200m: | 2:17.58 | 1:10.21 | 600m: | 7:03.13 | 1:11.60 | 1000m: | 11:48.63 | 1:11.25 | 1400m: | 16:32.41 | 1:10.64 |
| 300m: | 3:28.62 | 1:11.04 | 700m: | 8:14.98 | 1:11.85 | 1100m: | 13:00.20 | 1:11.57 | 1500m: | 17:38.23 | 1:05.82 |
| 400m: | 4:39.98 | 1:11.36 | 800m: | 9:26.65 | 1:11.67 | 1200m: | 14:11.72 | 1:11.52 | | | |

2. PEREIRA, Lucas Santos — 07 — Naval do Funchal — **17:58.13** — 486

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:08.15 | 1:08.15 | 500m: | 5:55.56 | 1:12.38 | 900m: | 10:44.94 | 1:12.71 | 1300m: | 15:35.97 | 1:12.75 |
| 200m: | 2:19.19 | 1:11.04 | 600m: | 7:07.65 | 1:12.09 | 1000m: | 11:57.47 | 1:12.53 | 1400m: | 16:48.71 | 1:12.74 |
| 300m: | 3:31.33 | 1:12.14 | 700m: | 8:19.88 | 1:12.23 | 1100m: | 13:10.32 | 1:12.85 | 1500m: | 17:58.13 | 1:09.42 |
| 400m: | 4:43.18 | 1:11.85 | 800m: | 9:32.23 | 1:12.35 | 1200m: | 14:23.22 | 1:12.90 | | | |

3. COSTA, Guilherme Corte — 07 — Desportivo Nacional — **18:12.96** — 467

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:07.42 | 1:07.42 | 500m: | 5:56.69 | 1:12.97 | 900m: | 10:51.93 | 1:14.11 | 1300m: | 15:48.36 | 1:14.13 |
| 200m: | 2:18.39 | 1:10.97 | 600m: | 7:10.10 | 1:13.41 | 1000m: | 12:06.59 | 1:14.66 | 1400m: | 17:02.85 | 1:14.49 |
| 300m: | 3:30.89 | 1:12.50 | 700m: | 8:23.61 | 1:13.51 | 1100m: | 13:20.52 | 1:13.93 | 1500m: | 18:12.96 | 1:10.11 |
| 400m: | 4:43.72 | 1:12.83 | 800m: | 9:37.82 | 1:14.21 | 1200m: | 14:34.23 | 1:13.71 | | | |

4. JESUS, David Martins — 07 — Desportivo Sao Roque — **18:15.70** — 463

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:07.75 | 1:07.75 | 500m: | 5:58.92 | 1:13.03 | 900m: | 10:52.53 | 1:13.75 | 1300m: | 15:48.36 | 1:14.25 |
| 200m: | 2:19.54 | 1:11.79 | 600m: | 7:11.99 | 1:13.07 | 1000m: | 12:06.07 | 1:13.54 | 1400m: | 17:03.74 | 1:15.38 |
| 300m: | 3:32.67 | 1:13.13 | 700m: | 8:25.27 | 1:13.28 | 1100m: | 13:20.35 | 1:14.28 | 1500m: | 18:15.70 | 1:11.96 |
| 400m: | 4:45.89 | 1:13.22 | 800m: | 9:38.78 | 1:13.51 | 1200m: | 14:34.11 | 1:13.76 | | | |

5. ALMEIDA, Joao Francisco — 07 — Naval do Funchal — **18:25.00** — 452

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:07.07 | 1:07.07 | 500m: | 5:59.10 | 1:13.58 | 900m: | 10:55.67 | 1:14.23 | 1300m: | 15:56.54 | 1:15.47 |
| 200m: | 2:19.37 | 1:12.30 | 600m: | 7:12.81 | 1:13.71 | 1000m: | 12:10.41 | 1:14.74 | 1400m: | 17:12.31 | 1:15.77 |
| 300m: | 3:32.53 | 1:13.16 | 700m: | 8:27.32 | 1:14.51 | 1100m: | 13:25.76 | 1:15.35 | 1500m: | 18:25.00 | 1:12.69 |
| 400m: | 4:45.52 | 1:12.99 | 800m: | 9:41.44 | 1:14.12 | 1200m: | 14:41.07 | 1:15.31 | | | |

6. ALVES, Diogo Basilio — 07 — Juventude Atlantico — **19:28.14** — 382

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:13.40 | 1:13.40 | 500m: | 6:27.60 | 1:17.72 | 900m: | 11:41.50 | 1:18.07 | 1300m: | 16:54.40 | 1:18.34 |
| 200m: | 2:32.02 | 1:18.62 | 600m: | 7:45.81 | 1:18.21 | 1000m: | 12:59.05 | 1:17.55 | 1400m: | 18:12.70 | 1:18.30 |
| 300m: | 3:50.91 | 1:18.89 | 700m: | 9:04.25 | 1:18.44 | 1100m: | 14:16.78 | 1:17.73 | 1500m: | 19:28.14 | 1:15.44 |
| 400m: | 5:09.88 | 1:18.97 | 800m: | 10:23.43 | 1:19.18 | 1200m: | 15:36.06 | 1:19.28 | | | |

7. RIBEIRO, Telmo Drumond — 07 — Naval do Funchal — **19:30.42** — 380

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:11.94 | 1:11.94 | 500m: | 6:21.89 | 1:18.92 | 900m: | 11:39.75 | 1:19.24 | 1300m: | 16:57.25 | 1:19.08 |
| 200m: | 2:27.51 | 1:15.57 | 600m: | 7:41.52 | 1:19.63 | 1000m: | 12:59.19 | 1:19.44 | 1400m: | 18:15.36 | 1:18.11 |
| 300m: | 3:44.46 | 1:16.95 | 700m: | 9:00.97 | 1:19.45 | 1100m: | 14:18.37 | 1:19.18 | 1500m: | 19:30.42 | 1:15.06 |
| 400m: | 5:02.97 | 1:18.51 | 800m: | 10:20.51 | 1:19.54 | 1200m: | 15:38.17 | 1:19.80 | | | |

8. CARVALHO, Joaquim Eduardo — 07 — Naval do Funchal — **20:39.08** — 320

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:16.58 | 1:16.58 | 500m: | 6:51.60 | 1:23.44 | 900m: | 12:23.21 | 1:21.70 | 1300m: | 17:53.92 | 1:22.41 |
| 200m: | 2:40.18 | 1:23.60 | 600m: | 8:15.08 | 1:23.48 | 1000m: | 13:46.17 | 1:22.96 | 1400m: | 19:16.81 | 1:22.89 |
| 300m: | 4:03.92 | 1:23.74 | 700m: | 9:38.00 | 1:22.92 | 1100m: | 15:09.59 | 1:23.42 | 1500m: | 20:39.08 | 1:22.27 |
| 400m: | 5:28.16 | 1:24.24 | 800m: | 11:01.51 | 1:23.51 | 1200m: | 16:31.51 | 1:21.92 | | | |

Prova 7, Masc., 1500m Livres, Juvenis B, 15 anos

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 9. | NUNES, Henrique Dias | 07 | Desportivo Nacional | **22:31.03** | 247 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:22.87 | 1:22.87 | 500m: | 7:23.56 | 1:33.50 | 900m: | 13:37.73 | 1:33.29 | 1300m: | 19:42.82 | 1:29.08 |
| 200m: | 2:51.26 | 1:28.39 | 600m: | 8:57.13 | 1:33.57 | 1000m: | 15:11.77 | 1:34.04 | 1400m: | 21:09.45 | 1:26.63 |
| 300m: | 4:21.23 | 1:29.97 | 700m: | 10:29.88 | 1:32.75 | 1100m: | 16:43.05 | 1:31.28 | 1500m: | 22:31.03 | 1:21.58 |
| 400m: | 5:50.06 | 1:28.83 | 800m: | 12:04.44 | 1:34.56 | 1200m: | 18:13.74 | 1:30.69 | | | |

Juvenis A, 16 anos

| | | | | | |
|---|---|---|---|---|---|
| 1. | PITA, Pedro Miguel | 06 | Naval do Funchal | **17:41.10** | 510 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:06.05 | 1:06.05 | 500m: | 5:46.63 | 1:10.98 | 900m: | 10:35.25 | 1:12.16 | 1300m: | 15:23.21 | 1:10.84 |
| 200m: | 2:15.54 | 1:09.49 | 600m: | 6:58.76 | 1:12.13 | 1000m: | 11:47.64 | 1:12.39 | 1400m: | 16:33.81 | 1:10.60 |
| 300m: | 3:25.55 | 1:10.01 | 700m: | 8:10.74 | 1:11.98 | 1100m: | 13:00.13 | 1:12.49 | 1500m: | 17:41.10 | 1:07.29 |
| 400m: | 4:35.65 | 1:10.10 | 800m: | 9:23.09 | 1:12.35 | 1200m: | 14:12.37 | 1:12.24 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 2. | ABREU, Joao Francisco | 06 | Naval do Funchal | **18:50.40** | 422 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:10.58 | 1:10.58 | 500m: | 6:09.54 | 1:16.23 | 900m: | 11:15.72 | 1:16.87 | 1300m: | 16:21.15 | 1:15.20 |
| 200m: | 2:23.86 | 1:13.28 | 600m: | 7:25.55 | 1:16.01 | 1000m: | 12:32.12 | 1:16.40 | 1400m: | 17:36.91 | 1:15.76 |
| 300m: | 3:38.07 | 1:14.21 | 700m: | 8:42.37 | 1:16.82 | 1100m: | 13:48.62 | 1:16.50 | 1500m: | 18:50.40 | 1:13.49 |
| 400m: | 4:53.31 | 1:15.24 | 800m: | 9:58.85 | 1:16.48 | 1200m: | 15:05.95 | 1:17.33 | | | |

| | | | | | |
|---|---|---|---|---|---|
| 3. | ALVES, Pedro Miguel | 06 | Desportivo Nacional | **20:20.98** | 335 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:10.51 | 1:10.51 | 500m: | 6:29.63 | 1:21.23 | 900m: | 12:02.29 | 1:22.79 | 1300m: | 17:37.85 | 1:23.85 |
| 200m: | 2:27.67 | 1:17.16 | 600m: | 7:53.04 | 1:23.41 | 1000m: | 13:26.15 | 1:23.86 | 1400m: | 19:01.29 | 1:23.44 |
| 300m: | 3:47.05 | 1:19.38 | 700m: | 9:16.29 | 1:23.25 | 1100m: | 14:50.17 | 1:24.02 | 1500m: | 20:20.98 | 1:19.69 |
| 400m: | 5:08.40 | 1:21.35 | 800m: | 10:39.50 | 1:23.21 | 1200m: | 16:14.00 | 1:23.83 | | | |

Prova 8 | Masc., 1500m Livres | 17 anos e mais velhos
28/05/2022 - 11:41 | JUNIORES & SENIORES | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 15:05.68 | FRANCO, Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Sen | 15:05.68 | FRANCO, Paulo Fragueiro | CDN | Leiria | 06/12/2009 |
| Recorde Regional Jun18 | 15:38.98 | FRANCO, Paulo Fragueiro | CDN | Mealhada | 25/03/2000 |
| Recorde Regional Jun17 | 15:58.37 | DEUS, Andre Portugal | CNF | Funchal | 13/07/2019 |

TAC Nacional Jun17: 16:57.69; Jun18: 16:52.63; Sen19: 16:22.58; 20 +: 16:22.58

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|

## Juniores, 17 e 18 anos

1. OLIVEIRA, Diogo Alexandre — 05 — Naval do Funchal — **16:47.69** — 596

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:02.40 | 1:02.40 | 500m: | 5:32.08 | 1:07.32 | 900m: | 10:02.25 | 1:07.77 | 1300m: | 14:34.33 | 1:08.75 |
| 200m: | 2:09.70 | 1:07.30 | 600m: | 6:39.32 | 1:07.24 | 1000m: | 11:10.20 | 1:07.95 | 1400m: | 15:42.63 | 1:08.30 |
| 300m: | 3:17.28 | 1:07.58 | 700m: | 7:46.59 | 1:07.27 | 1100m: | 12:17.79 | 1:07.59 | 1500m: | 16:47.69 | 1:05.06 |
| 400m: | 4:24.76 | 1:07.48 | 800m: | 8:54.48 | 1:07.89 | 1200m: | 13:25.58 | 1:07.79 | | | |

2. RODRIGUES, Rodrigo Reis — 04 — Desportivo Sao Roque — **17:12.62** — 553

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:02.62 | 1:02.62 | 500m: | 5:36.23 | 1:09.03 | 900m: | 10:14.18 | 1:09.93 | 1300m: | 14:53.35 | 1:09.62 |
| 200m: | 2:10.52 | 1:07.90 | 600m: | 6:44.88 | 1:08.65 | 1000m: | 11:24.10 | 1:09.92 | 1400m: | 16:03.54 | 1:10.19 |
| 300m: | 3:19.06 | 1:08.54 | 700m: | 7:54.14 | 1:09.26 | 1100m: | 12:33.84 | 1:09.74 | 1500m: | 17:12.62 | 1:09.08 |
| 400m: | 4:27.20 | 1:08.14 | 800m: | 9:04.25 | 1:10.11 | 1200m: | 13:43.73 | 1:09.89 | | | |

3. FERNANDES, Martim Pestana — 04 — Naval do Funchal — **17:25.92** — 533

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:04.80 | 1:04.80 | 500m: | 5:43.58 | 1:10.28 | 900m: | 10:24.88 | 1:10.42 | 1300m: | 15:07.25 | 1:10.76 |
| 200m: | 2:14.78 | 1:09.98 | 600m: | 6:53.13 | 1:09.55 | 1000m: | 11:35.53 | 1:10.65 | 1400m: | 16:17.55 | 1:10.30 |
| 300m: | 3:23.87 | 1:09.09 | 700m: | 8:03.98 | 1:10.85 | 1100m: | 12:46.14 | 1:10.61 | 1500m: | 17:25.92 | 1:08.37 |
| 400m: | 4:33.30 | 1:09.43 | 800m: | 9:14.46 | 1:10.48 | 1200m: | 13:56.49 | 1:10.35 | | | |

4. FERNANDES, Diogo Henrique — 04 — Naval do Funchal — **18:04.06** — 478

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:03.49 | 1:03.49 | 500m: | 5:46.80 | 1:12.39 | 900m: | 10:41.60 | 1:13.62 | 1300m: | 15:38.47 | 1:13.92 |
| 200m: | 2:12.65 | 1:09.16 | 600m: | 7:00.08 | 1:13.28 | 1000m: | 11:56.34 | 1:14.74 | 1400m: | 16:52.74 | 1:14.27 |
| 300m: | 3:23.67 | 1:11.02 | 700m: | 8:13.72 | 1:13.64 | 1100m: | 13:10.45 | 1:14.11 | 1500m: | 18:04.06 | 1:11.32 |
| 400m: | 4:34.41 | 1:10.74 | 800m: | 9:27.98 | 1:14.26 | 1200m: | 14:24.55 | 1:14.10 | | | |

5. RODRIGUES, Joao Luis — 05 — Naval do Funchal — **18:47.12** — 425

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:05.48 | 1:05.48 | 500m: | 6:01.89 | 1:15.62 | 900m: | 11:10.36 | 1:17.19 | 1300m: | 16:16.76 | 1:16.73 |
| 200m: | 2:17.51 | 1:12.03 | 600m: | 7:18.97 | 1:17.08 | 1000m: | 12:26.65 | 1:16.29 | 1400m: | 17:33.15 | 1:16.39 |
| 300m: | 3:31.37 | 1:13.86 | 700m: | 8:35.85 | 1:16.88 | 1100m: | 13:43.19 | 1:16.54 | 1500m: | 18:47.12 | 1:13.97 |
| 400m: | 4:46.27 | 1:14.90 | 800m: | 9:53.17 | 1:17.32 | 1200m: | 15:00.03 | 1:16.84 | | | |

6. VOLOZHENIN, Alexandre — 05 — Naval do Funchal — **19:39.69** — 371

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:11.25 | 1:11.25 | 500m: | 6:22.83 | 1:18.48 | 900m: | 11:43.35 | 1:19.33 | 1300m: | 17:02.98 | 1:19.82 |
| 200m: | 2:27.16 | 1:15.91 | 600m: | 7:42.81 | 1:19.98 | 1000m: | 13:03.41 | 1:20.06 | 1400m: | 18:22.13 | 1:19.15 |
| 300m: | 3:45.61 | 1:18.45 | 700m: | 9:03.05 | 1:20.24 | 1100m: | 14:23.17 | 1:19.76 | 1500m: | 19:39.69 | 1:17.56 |
| 400m: | 5:04.35 | 1:18.74 | 800m: | 10:24.02 | 1:20.97 | 1200m: | 15:43.16 | 1:19.99 | | | |

## Seniores, 19 anos e mais velhos

1. BELO, Francisco Miguel — 02 — Desportivo Nacional — **19:26.47** — 384

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:11.50 | 1:11.50 | 500m: | 6:24.52 | 1:18.29 | 900m: | 11:36.68 | 1:18.29 | 1300m: | 16:50.19 | 1:19.03 |
| 200m: | 2:28.59 | 1:17.09 | 600m: | 7:42.34 | 1:17.82 | 1000m: | 12:54.62 | 1:17.94 | 1400m: | 18:08.85 | 1:18.66 |
| 300m: | 3:47.52 | 1:18.93 | 700m: | 9:00.33 | 1:17.99 | 1100m: | 14:12.70 | 1:18.08 | 1500m: | 19:26.47 | 1:17.62 |
| 400m: | 5:06.23 | 1:18.71 | 800m: | 10:18.39 | 1:18.06 | 1200m: | 15:31.16 | 1:18.46 | | | |

## 2 - Domingo de Manhã — 29/05/2022 - 9:15

Prova 9 — Masc., 400m Estilos — Infantis B, 13 anos
29/05/2022 - 9:15 — INFANTIS B — Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recorde Regional Inf B | 4:53.36 | FREITAS, Tomas Miguel | CDN | Funchal | 11/07/2003 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | FARIA, Afonso Cunha | 09 | Desportivo Sao Roque | **5:54.56** | 290 |
| | 50m: 36.24 (36.24) 150m: 2:05.95 (45.66) 250m: 3:41.50 (51.11) 350m: 5:15.12 (41.17) | | | | |
| | 100m: 1:20.29 (44.05) 200m: 2:50.39 (44.44) 300m: 4:33.95 (52.45) 400m: 5:54.56 (39.44) | | | | |
| 2. | GONCALVES, Joao Guilherme | 09 | Naval do Funchal | **6:09.13** | 257 |
| | 50m: 38.39 (38.39) 150m: 2:14.00 (48.61) 250m: 3:53.38 (52.89) 350m: 5:30.36 (42.64) | | | | |
| | 100m: 1:25.39 (47.00) 200m: 3:00.49 (46.49) 300m: 4:47.72 (54.34) 400m: 6:09.13 (38.77) | | | | |
| 3. | GOMES, Joao Abreu | 09 | Naval do Funchal | **6:30.25** | 217 |
| | 50m: 39.96 (39.96) 150m: 2:22.00 (50.29) 250m: 4:04.28 (52.92) 350m: 5:44.75 (46.72) | | | | |
| | 100m: 1:31.71 (51.75) 200m: 3:11.36 (49.36) 300m: 4:58.03 (53.75) 400m: 6:30.25 (45.50) | | | | |
| 4. | RODRIGUES, Goncalo Reis | 09 | Juventude Atlantico | **6:33.52** | 212 |
| | 50m: 43.24 (43.24) 150m: 2:29.32 (49.31) 250m: 4:11.49 (51.52) 350m: 5:49.84 (43.30) | | | | |
| | 100m: 1:40.01 (56.77) 200m: 3:19.97 (50.65) 300m: 5:06.54 (55.05) 400m: 6:33.52 (43.68) | | | | |
| 5. | CRESPO, Joao Jesus | 09 | Desportivo Nacional | **6:44.94** | 194 |
| | 50m: 43.07 (43.07) 150m: 2:32.46 (53.66) 250m: 4:19.39 (55.22) 350m: 6:02.26 (46.16) | | | | |
| | 100m: 1:38.80 (55.73) 200m: 3:24.17 (51.71) 300m: 5:16.10 (56.71) 400m: 6:44.94 (42.68) | | | | |
| 6. | SOUSA, Eduardo Afonseca | 09 | Desportivo Nacional | **6:46.60** | 192 |
| | 50m: 48.52 (48.52) 150m: 2:32.72 (48.91) 250m: 4:20.31 (56.42) 350m: 6:05.04 (46.49) | | | | |
| | 100m: 1:43.81 (55.29) 200m: 3:23.89 (51.17) 300m: 5:18.55 (58.24) 400m: 6:46.60 (41.56) | | | | |
| 7. | JARDIM, Joao Tomas | 09 | Desportivo Nacional | **6:53.72** | 182 |
| | 50m: 45.35 (45.35) 150m: 2:36.93 (53.65) 250m: 4:24.70 (57.03) 350m: 6:11.53 (47.33) | | | | |
| | 100m: 1:43.28 (57.93) 200m: 3:27.67 (50.74) 300m: 5:24.20 (59.50) 400m: 6:53.72 (42.19) | | | | |
| 8. | ALVES, Francisco Manuel | 09 | Desportivo Nacional | **7:17.72** | 154 |
| | 50m: 49.01 (49.01) 150m: 2:44.44 (52.52) 250m: 4:42.24 (1:05.94) 350m: 6:34.83 (47.63) | | | | |
| | 100m: 1:51.92 (1:02.91) 200m: 3:36.30 (51.86) 300m: 5:47.20 (1:04.96) 400m: 7:17.72 (42.89) | | | | |
| 9. | MARTINS, Antonio Freitas | 09 | Desportivo Nacional | **7:21.29** | 150 |
| | 50m: 49.27 (49.27) 150m: 2:41.48 (53.49) 250m: 4:42.36 (1:10.38) 350m: 6:42.16 (47.28) | | | | |
| | 100m: 1:47.99 (58.72) 200m: 3:31.98 (50.50) 300m: 5:54.88 (1:12.52) 400m: 7:21.29 (39.13) | | | | |
| DSQ | ANDRADE, Salvador Freitas | 09 | Naval do Funchal | | 813 |
| | *Não chegou com as mãos na parede separadas ou simultâneamente (mariposa)* | | | | |

Prova 10 | Masc., 400m Estilos | Infantis A, 14 anos
29/05/2022 - 9:30 | INFANTIS A | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recorde Regional Inf A | 4:40.32 | FREITAS, Tomas Miguel | CDN | Funchal | 09/07/2004 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | JESUS, Vasco Franca | 08 | Naval do Funchal | **5:29.82** | 360 |
| | 50m: 35.40 35.40 150m: 2:00.45 42.35 250m: 3:29.36 47.48 350m: 4:54.36 36.58 | | | | |
| | 100m: 1:18.10 42.70 200m: 2:41.88 41.43 300m: 4:17.78 48.42 400m: 5:29.82 35.46 | | | | |
| 2. | RODRIGUES, Guilherme Gomes | 08 | Desportivo Sao Roque | **5:31.12** | 356 |
| | 50m: 31.86 31.86 150m: 1:55.06 44.41 250m: 3:28.86 50.22 350m: 4:55.63 36.53 | | | | |
| | 100m: 1:10.65 38.79 200m: 2:38.64 43.58 300m: 4:19.10 50.24 400m: 5:31.12 35.49 | | | | |
| 3. | CASTRO, Marco Antonio | 08 | Naval do Funchal | **5:39.87** | 329 |
| | 50m: 34.90 34.90 150m: 2:02.87 42.45 250m: 3:36.84 53.06 350m: 5:05.31 36.34 | | | | |
| | 100m: 1:20.42 45.52 200m: 2:43.78 40.91 300m: 4:28.97 52.13 400m: 5:39.87 34.56 | | | | |
| 4. | JARDIM, Rodrigo Vieira | 08 | Naval do Funchal | **5:54.03** | 291 |
| | 50m: 35.55 35.55 150m: 2:04.92 43.07 250m: 3:40.53 52.98 350m: 5:15.07 42.57 | | | | |
| | 100m: 1:21.85 46.30 200m: 2:47.55 42.63 300m: 4:32.50 51.97 400m: 5:54.03 38.96 | | | | |
| 5. | NOBREGA, Matias Sargo | 08 | Naval do Funchal | **6:05.73** | 264 |
| | 50m: 37.42 37.42 150m: 2:10.05 47.45 250m: 3:50.33 53.04 350m: 5:25.89 42.10 | | | | |
| | 100m: 1:22.60 45.18 200m: 2:57.29 47.24 300m: 4:43.79 53.46 400m: 6:05.73 39.84 | | | | |
| 6. | FERNANDEZ, Henrique Justino | 08 | Juventude Atlantico | **6:35.54** | 209 |
| | 50m: 43.51 43.51 150m: 2:28.22 51.60 250m: 4:16.03 56.47 350m: 5:54.83 42.44 | | | | |
| | 100m: 1:36.62 53.11 200m: 3:19.56 51.34 300m: 5:12.39 56.36 400m: 6:35.54 40.71 | | | | |
| 7. | BARATA, Joao Tomas | 08 | Juventude Atlantico | **6:42.18** | 199 |
| | 50m: 43.92 43.92 150m: 2:28.40 53.07 250m: 4:18.24 58.23 350m: 6:01.24 42.72 | | | | |
| | 100m: 1:35.33 51.41 200m: 3:20.01 51.61 300m: 5:18.52 1:00.28 400m: 6:42.18 40.94 | | | | |
| DSQ | MIRANDA, Francisco Guilherme | 08 | Naval do Funchal | | |
| | *701 - Mais de uma pernada de golfinho durante a braçada submarina - SW 7.1* | | | | |

Prova 11 | Masc., 400m Estilos | Juvenis
29/05/2022 - 9:37 | JUVENIS A & B | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recorde Regional Juv A | 4:37.61 | GOUVEIA, Luis Galvao | CDN | Funchal | 11/07/2021 |
| Recorde Regional Juv B | 4:37.30 | FREITAS, Tomas Miguel | CDN | Funchal | 16/07/2005 |

TAC Nacional Juv B: 5:04.63; Juv A: 4:56.65

Pontos: FINA 2021

| Lugar | | Ano | | | Tempo final | Pts |
|---|---|---|---|---|---|---|

## Juvenis B, 15 anos

1. ALMEIDA, Joao Francisco — 07 — Naval do Funchal — **5:00.02** — 479

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.08 | 31.08 | 150m: | 1:46.92 | 40.10 | 250m: | 3:09.78 | 43.37 | 350m: | 4:27.39 | 33.76 |
| 100m: | 1:06.82 | 35.74 | 200m: | 2:26.41 | 39.49 | 300m: | 3:53.63 | 43.85 | 400m: | 5:00.02 | 32.63 |

2. NEVES, Tiago Brazao — 07 — Naval do Funchal — **5:01.25** — 473

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.99 | 31.99 | 150m: | 1:48.22 | 39.11 | 250m: | 3:10.29 | 44.21 | 350m: | 4:29.19 | 34.68 |
| 100m: | 1:09.11 | 37.12 | 200m: | 2:26.08 | 37.86 | 300m: | 3:54.51 | 44.22 | 400m: | 5:01.25 | 32.06 |

3. COSTA, Guilherme Corte — 07 — Desportivo Nacional — **5:15.42** — 412

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.60 | 32.60 | 150m: | 1:48.92 | 39.29 | 250m: | 3:16.52 | 48.44 | 350m: | 4:40.98 | 36.77 |
| 100m: | 1:09.63 | 37.03 | 200m: | 2:28.08 | 39.16 | 300m: | 4:04.21 | 47.69 | 400m: | 5:15.42 | 34.44 |

4. JESUS, David Martins — 07 — Desportivo Sao Roque — **5:20.95** — 391

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.49 | 30.49 | 150m: | 1:48.56 | 41.12 | 250m: | 3:17.89 | 48.11 | 350m: | 4:45.44 | 37.84 |
| 100m: | 1:07.44 | 36.95 | 200m: | 2:29.78 | 41.22 | 300m: | 4:07.60 | 49.71 | 400m: | 5:20.95 | 35.51 |

5. RIBEIRO, Telmo Drumond — 07 — Naval do Funchal — **5:22.83** — 384

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.32 | 32.32 | 150m: | 1:52.74 | 44.24 | 250m: | 3:23.28 | 48.16 | 350m: | 4:48.08 | 37.25 |
| 100m: | 1:08.50 | 36.18 | 200m: | 2:35.12 | 42.38 | 300m: | 4:10.83 | 47.55 | 400m: | 5:22.83 | 34.75 |

6. ALVES, Diogo Basilio — 07 — Juventude Atlantico — **5:39.94** — 329

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.75 | 35.75 | 150m: | 2:00.68 | 43.60 | 250m: | 3:34.56 | 50.94 | 350m: | 5:04.17 | 38.67 |
| 100m: | 1:17.08 | 41.33 | 200m: | 2:43.62 | 42.94 | 300m: | 4:25.50 | 50.94 | 400m: | 5:39.94 | 35.77 |

7. NUNES, Henrique Dias — 07 — Desportivo Nacional — **6:13.87** — 247

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 40.05 | 40.05 | 150m: | 2:16.33 | 46.69 | 250m: | 3:54.55 | 52.31 | 350m: | 5:30.76 | 45.24 |
| 100m: | 1:29.64 | 49.59 | 200m: | 3:02.24 | 45.91 | 300m: | 4:45.52 | 50.97 | 400m: | 6:13.87 | 43.11 |

8. CARVALHO, Joaquim Eduardo — 07 — Naval do Funchal — **6:36.97** — 206

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 45.36 | 45.36 | 150m: | 2:35.79 | 51.43 | 250m: | 4:18.12 | 53.67 | 350m: | 5:56.89 | 42.67 |
| 100m: | 1:44.36 | 59.00 | 200m: | 3:24.45 | 48.66 | 300m: | 5:14.22 | 56.10 | 400m: | 6:36.97 | 40.08 |

DSQ PEREIRA, Lucas Santos — 07 — Naval do Funchal

*812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 50 m - SW 8.4*

## Juvenis A, 16 anos

1. PITA, Pedro Miguel — 06 — Naval do Funchal — **4:56.17** — 498

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 28.77 | 28.77 | 150m: | 1:41.62 | 37.30 | 250m: | 3:02.38 | 43.82 | 350m: | 4:22.18 | 34.60 |
| 100m: | 1:04.32 | 35.55 | 200m: | 2:18.56 | 36.94 | 300m: | 3:47.58 | 45.20 | 400m: | 4:56.17 | 33.99 |

2. ABREU, Joao Francisco — 06 — Naval do Funchal — **5:16.49** — 408

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.57 | 32.57 | 150m: | 1:49.20 | 39.77 | 250m: | 3:16.02 | 47.38 | 350m: | 4:40.71 | 37.06 |
| 100m: | 1:09.43 | 36.86 | 200m: | 2:28.64 | 39.44 | 300m: | 4:03.65 | 47.63 | 400m: | 5:16.49 | 35.78 |

3. ALVES, Pedro Miguel — 06 — Desportivo Nacional — **5:27.28** — 369

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 34.77 | 34.77 | 150m: | 1:57.96 | 39.68 | 250m: | 3:22.49 | 45.87 | 350m: | 4:49.27 | 40.35 |
| 100m: | 1:18.28 | 43.51 | 200m: | 2:36.62 | 38.66 | 300m: | 4:08.92 | 46.43 | 400m: | 5:27.28 | 38.01 |

Prova 12 | Masc., 400m Estilos | 17 anos e mais velhos
29/05/2022 - 9:52 | JUNIORES & SENIORES | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recorde Regional Sen | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recorde Regional Jun18 | 4:26.56 | SILVA, Tomas Antonio | CNF | Felgueiras | 21/12/2018 |
| Recorde Regional Jun17 | 4:32.64 | SILVA, Tomas Antonio | CNF | Funchal | 26/03/2018 |

TAC Nacional Jun17: 4:46.65; Jun18: 4:45.22; Sen19: 4:39.12; 20 +: 4:37.73

Pontos: FINA 2021

| Lugar | | Ano | | | Tempo final | Pts |
|---|---|---|---|---|---|---|

## Juniores, 17 e 18 anos

1. GOUVEIA, Luis Galvao — 05 — Desportivo Nacional — **4:39.14** — 595

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 28.03 | 28.03 | 150m: | 1:37.80 | 36.85 | 250m: | 2:52.89 | 39.91 | 350m: | 4:06.99 | 33.32 |
| 100m: | 1:00.95 | 32.92 | 200m: | 2:12.98 | 35.18 | 300m: | 3:33.67 | 40.78 | 400m: | 4:39.14 | 32.15 |

2. RODRIGUES, Rodrigo Reis — 04 — Desportivo Sao Roque — **4:44.67** — 561

*TAC OPEN de Portugal - Jamor | 27 a 30 Julho*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 29.27 | 29.27 | 150m: | 1:40.49 | 38.25 | 250m: | 2:58.29 | 40.90 | 350m: | 4:12.51 | 33.01 |
| 100m: | 1:02.24 | 32.97 | 200m: | 2:17.39 | 36.90 | 300m: | 3:39.50 | 41.21 | 400m: | 4:44.67 | 32.16 |

3. DIAS, Andre Vicente — 05 — Desportivo Nacional — **5:11.55** — 428

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 28.48 | 28.48 | 150m: | 1:40.78 | 38.52 | 250m: | 3:06.20 | 46.96 | 350m: | 4:34.41 | 38.35 |
| 100m: | 1:02.26 | 33.78 | 200m: | 2:19.24 | 38.46 | 300m: | 3:56.06 | 49.86 | 400m: | 5:11.55 | 37.14 |

4. AGUILAR, Luis Santos — 04 — Desportivo Nacional — **5:19.35** — 397

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 29.78 | 29.78 | 150m: | 1:50.28 | 44.30 | 250m: | 3:18.44 | 45.87 | 350m: | 4:43.19 | 38.44 |
| 100m: | 1:05.98 | 36.20 | 200m: | 2:32.57 | 42.29 | 300m: | 4:04.75 | 46.31 | 400m: | 5:19.35 | 36.16 |

5. VOLOZHENIN, Alexandre — 05 — Naval do Funchal — **5:25.18** — 376

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.09 | 32.09 | 150m: | 1:54.16 | 42.86 | 250m: | 3:23.27 | 47.33 | 350m: | 4:48.63 | 38.27 |
| 100m: | 1:11.30 | 39.21 | 200m: | 2:35.94 | 41.78 | 300m: | 4:10.36 | 47.09 | 400m: | 5:25.18 | 36.55 |

6. ALVES, Andre Camara — 05 — Desportivo Nacional — **5:34.37** — 346

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.27 | 32.27 | 150m: | 1:55.72 | 45.40 | 250m: | 3:26.12 | 46.49 | 350m: | 4:55.12 | 40.94 |
| 100m: | 1:10.32 | 38.05 | 200m: | 2:39.63 | 43.91 | 300m: | 4:14.18 | 48.06 | 400m: | 5:34.37 | 39.25 |

Prova 13 | Femin., 800m Livres | Infantis B, 12 anos
29/05/2022 - 9:58 | INFANTIS B | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 9:12.66 | ANDRADE, Rubina Amaro | CDN | Alges | 17/03/1995 |
| Recorde Regional Inf B | 10:13.00 | ANDRADE, Rubina Amaro | CDN | Funchal | 29/06/1991 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | RIBEIRO, Guida Drumond | 10 | Naval do Funchal | **11:17.55** | 354 |
| | 100m: 1:21.08 1:21.08 | 300m: 4:14.05 1:26.41 | 500m: 7:06.08 1:25.71 | 700m: 9:55.37 1:24.76 | |
| | 200m: 2:47.64 1:26.56 | 400m: 5:40.37 1:26.32 | 600m: 8:30.61 1:24.53 | 800m: 11:17.55 1:22.18 | |
| 2. | TEIXEIRA, Maria Leonor | 10 | Naval do Funchal | **11:29.07** | 336 |
| | 100m: 1:20.72 1:20.72 | 300m: 4:13.66 1:26.48 | 500m: 7:06.93 1:26.32 | 700m: 10:02.98 1:29.24 | |
| | 200m: 2:47.18 1:26.46 | 400m: 5:40.61 1:26.95 | 600m: 8:33.74 1:26.81 | 800m: 11:29.07 1:26.09 | |
| 3. | LEITAO, Isabel Gouveia | 10 | Naval do Funchal | **11:37.22** | 324 |
| | 100m: 1:23.61 1:23.61 | 300m: 4:18.31 1:28.49 | 500m: 7:14.18 1:28.36 | 700m: 10:13.32 1:29.69 | |
| | 200m: 2:49.82 1:26.21 | 400m: 5:45.82 1:27.51 | 600m: 8:43.63 1:29.45 | 800m: 11:37.22 1:23.90 | |
| 4. | BRITO, Madalena Pinto | 10 | Naval do Funchal | **11:58.89** | 296 |
| | 100m: 1:23.39 1:23.39 | 300m: 4:24.90 1:30.76 | 500m: 7:27.48 1:30.57 | 700m: 10:30.00 1:32.30 | |
| | 200m: 2:54.14 1:30.75 | 400m: 5:56.91 1:32.01 | 600m: 8:57.70 1:30.22 | 800m: 11:58.89 1:28.89 | |
| 5. | ROSA, Clara Sofia | 10 | Desportivo Nacional | **12:59.17** | 232 |
| | 100m: 1:31.01 1:31.01 | 300m: 4:48.10 1:38.59 | 500m: 8:09.17 1:40.87 | 700m: 11:28.55 1:39.44 | |
| | 200m: 3:09.51 1:38.50 | 400m: 6:28.30 1:40.20 | 600m: 9:49.11 1:39.94 | 800m: 12:59.17 1:30.62 | |
| 6. | ALVES, Ana Carolina | 10 | Desportivo Nacional | **13:08.88** | 224 |
| | 100m: 1:32.78 1:32.78 | 300m: 4:50.46 1:38.86 | 500m: 8:12.72 1:40.87 | 700m: 11:33.18 1:40.36 | |
| | 200m: 3:11.60 1:38.82 | 400m: 6:31.85 1:41.39 | 600m: 9:52.82 1:40.10 | 800m: 13:08.88 1:35.70 | |

Prova 14 | Femin., 800m Livres | Infantis A, 13 anos
29/05/2022 - 10:12 | INFANTIS A | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 9:12.66 | ANDRADE, Rubina Amaro | CDN | Alges | 17/03/1995 |
| Recorde Regional Inf A | 9:40.30 | ANDRADE, Rubina Amaro | CDN | Funchal | 15/02/1992 |

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|
| 1. | GONCALVES, Vera Andrade | 09 | Juventude Atlantico | **10:35.14** | 429 |
| | 100m: 1:15.00 1:15.00 300m: 3:57.12 1:21.44 500m: 6:37.94 1:20.16 700m: 9:20.44 1:21.38 | | | | |
| | 200m: 2:35.68 1:20.68 400m: 5:17.78 1:20.66 600m: 7:59.06 1:21.12 800m: 10:35.14 1:14.70 | | | | |
| 2. | MATEUS, Eleine Vieira | 09 | Desportivo Nacional | **11:07.91** | 369 |
| | 100m: 1:23.29 1:23.29 300m: 4:13.70 1:24.73 500m: 7:02.13 1:24.54 700m: 9:47.25 1:21.23 | | | | |
| | 200m: 2:48.97 1:25.68 400m: 5:37.59 1:23.89 600m: 8:26.02 1:23.89 800m: 11:07.91 1:20.66 | | | | |
| 3. | MARGARIDO, Paula Aguiar | 09 | Juventude Atlantico | **11:12.49** | 362 |
| | 100m: 1:18.35 1:18.35 300m: 4:05.01 1:24.19 500m: 6:55.94 1:25.10 700m: 9:47.11 1:25.19 | | | | |
| | 200m: 2:40.82 1:22.47 400m: 5:30.84 1:25.83 600m: 8:21.92 1:25.98 800m: 11:12.49 1:25.38 | | | | |
| 4. | MELIM, Sara Beatriz | 09 | Desportivo Nacional | **11:19.43** | 351 |
| | 100m: 1:22.03 1:22.03 300m: 4:13.11 1:25.62 500m: 7:04.80 1:25.99 700m: 9:58.18 1:26.71 | | | | |
| | 200m: 2:47.49 1:25.46 400m: 5:38.81 1:25.70 600m: 8:31.47 1:26.67 800m: 11:19.43 1:21.25 | | | | |
| 5. | FREITAS, Francisca Leonor | 09 | Naval do Funchal | **12:16.07** | 276 |
| | 100m: 1:27.13 1:27.13 300m: 4:32.60 1:32.58 500m: 7:40.08 1:33.46 700m: 10:46.33 1:33.01 | | | | |
| | 200m: 3:00.02 1:32.89 400m: 6:06.62 1:34.02 600m: 9:13.32 1:33.24 800m: 12:16.07 1:29.74 | | | | |
| 6. | SILVA, Maria Korina | 09 | Desportivo Nacional | **12:22.79** | 268 |
| | 100m: 1:28.55 1:28.55 300m: 4:34.78 1:33.82 500m: 7:43.79 1:34.58 700m: 10:52.82 1:34.21 | | | | |
| | 200m: 3:00.96 1:32.41 400m: 6:09.21 1:34.43 600m: 9:18.61 1:34.82 800m: 12:22.79 1:29.97 | | | | |
| 7. | TEMTEM, Madalena Barbosa | 09 | Desportivo Nacional | **12:26.89** | 264 |
| | 100m: 1:29.80 1:29.80 300m: 4:37.15 1:34.30 500m: 7:46.24 1:34.21 700m: 10:55.13 1:33.75 | | | | |
| | 200m: 3:02.85 1:33.05 400m: 6:12.03 1:34.88 600m: 9:21.38 1:35.14 800m: 12:26.89 1:31.76 | | | | |

Prova 15 | Femin., 800m Livres | Juvenis
29/05/2022 - 10:24 | JUVENIS A & B | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 9:12.66 | ANDRADE, Rubina Amaro | CDN | Alges | 17/03/1995 |
| Recorde Regional Juv A | 9:14.78 | ANDRADE, Rubina Amaro | CDN | Braga | 04/03/1994 |
| Recorde Regional Juv B | 9:15.96 | ANDRADE, Rubina Amaro | CDN | Alges | 16/02/1993 |

TAC Nacional Juv B: 10:17.45; Juv A: 9:53.10

Pontos: FINA 2021

| Lugar | | Ano | | | Tempo final | Pts |
|---|---|---|---|---|---|---|

## Juvenis B, 14 anos

1. ANDRADE, Matilde Sousa — 08 — Naval do Funchal — **10:22.99** — 455

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:13.53 | 1:13.53 | 300m: | 3:48.42 | 1:17.74 | 500m: | 6:27.44 | 1:19.76 | 700m: | 9:07.23 | 1:19.45 |
| 200m: | 2:30.68 | 1:17.15 | 400m: | 5:07.68 | 1:19.26 | 600m: | 7:47.78 | 1:20.34 | 800m: | 10:22.99 | 1:15.76 |

2. PEREIRA, Julia Freitas — 08 — Naval do Funchal — **10:34.52** — 431

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:14.52 | 1:14.52 | 300m: | 3:50.49 | 1:18.38 | 500m: | 6:31.80 | 1:21.48 | 700m: | 9:14.57 | 1:20.94 |
| 200m: | 2:32.11 | 1:17.59 | 400m: | 5:10.32 | 1:19.83 | 600m: | 7:53.63 | 1:21.83 | 800m: | 10:34.52 | 1:19.95 |

3. ALVES, Juliana Rodrigues — 08 — Desportivo Nacional — **11:03.21** — 377

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:17.74 | 1:17.74 | 300m: | 4:04.01 | 1:23.74 | 500m: | 6:52.47 | 1:24.35 | 700m: | 9:43.08 | 1:25.78 |
| 200m: | 2:40.27 | 1:22.53 | 400m: | 5:28.12 | 1:24.11 | 600m: | 8:17.30 | 1:24.83 | 800m: | 11:03.21 | 1:20.13 |

4. NOBREGA, Sara Francisca — 08 — Desportivo Sao Roque — **11:08.38** — 368

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:18.64 | 1:18.64 | 300m: | 4:04.89 | 1:23.64 | 500m: | 6:54.93 | 1:25.27 | 700m: | 9:45.24 | 1:24.87 |
| 200m: | 2:41.25 | 1:22.61 | 400m: | 5:29.66 | 1:24.77 | 600m: | 8:20.37 | 1:25.44 | 800m: | 11:08.38 | 1:23.14 |

5. MARQUES, Bruna Francisca — 08 — Desportivo Sao Roque — **11:47.59** — 310

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:20.19 | 1:20.19 | 300m: | 4:17.45 | 1:30.16 | 500m: | 7:18.37 | 1:30.30 | 700m: | 10:21.26 | 1:31.11 |
| 200m: | 2:47.29 | 1:27.10 | 400m: | 5:48.07 | 1:30.62 | 600m: | 8:50.15 | 1:31.78 | 800m: | 11:47.59 | 1:26.33 |

## Juvenis A, 15 anos

1. GONCALVES, Valentina Jose — 07 — Desportivo Nacional — **10:20.69** — 460

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:13.64 | 1:13.64 | 300m: | 3:49.35 | 1:17.98 | 500m: | 6:26.45 | 1:18.30 | 700m: | 9:04.47 | 1:18.90 |
| 200m: | 2:31.37 | 1:17.73 | 400m: | 5:08.15 | 1:18.80 | 600m: | 7:45.57 | 1:19.12 | 800m: | 10:20.69 | 1:16.22 |

Prova 16 | Femin., 800m Livres | 16 anos e mais velhos
29/05/2022 - 10:37 | JUNIORES & SENIORES | Resultados

| | | | | | |
|---|---|---|---|---|---|
| Recorde Regional Absoluto | 9:12.66 | ANDRADE, Rubina Amaro | CDN | Alges | 17/03/1995 |
| Recorde Regional Sen | 9:21.09 | ANDRADE, Rubina Amaro | CDN | Estoril | 07/03/1997 |
| Recorde Regional Jun17 | 9:13.81 | ANDRADE, Rubina Amaro | CDN | Funchal | 13/07/1996 |
| Recorde Regional Jun16 | 9:12.66 | ANDRADE, Rubina Amaro | CDN | Alges | 17/03/1995 |

TAC Nacional Jun16: 9:40.74; Jun17: 9:37.85; Sen18: 9:16.45; 19 +: 9:16.45

Pontos: FINA 2021

| Lugar | | Ano | | Tempo final | Pts |
|---|---|---|---|---|---|

## Juniores, 16 e 17 anos

1. SILVA, Silvana Suamade — 06 — Desportivo Sao Roque — **10:01.92** — 505

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:10.52 | 1:10.52 | 300m: | 3:43.50 | 1:16.54 | 500m: | 6:16.00 | 1:15.96 | 700m: | 8:48.07 | 1:15.65 |
| 200m: | 2:26.96 | 1:16.44 | 400m: | 5:00.04 | 1:16.54 | 600m: | 7:32.42 | 1:16.42 | 800m: | 10:01.92 | 1:13.85 |

2. JARDIM, Lara Filipa — 06 — Naval do Funchal — **10:37.95** — 424

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:13.59 | 1:13.59 | 300m: | 3:54.36 | 1:20.61 | 500m: | 6:34.94 | 1:20.60 | 700m: | 9:20.44 | 1:23.05 |
| 200m: | 2:33.75 | 1:20.16 | 400m: | 5:14.34 | 1:19.98 | 600m: | 7:57.39 | 1:22.45 | 800m: | 10:37.95 | 1:17.51 |

## Seniores, 18 anos e mais velhas

1. LUIS, Catarina Fernandes — 97 — Desportivo Sao Roque — **10:44.63** — 411

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:12.57 | 1:12.57 | 300m: | 3:53.72 | 1:21.21 | 500m: | 6:39.42 | 1:22.70 | 700m: | 9:25.55 | 1:23.31 |
| 200m: | 2:32.51 | 1:19.94 | 400m: | 5:16.72 | 1:23.00 | 600m: | 8:02.24 | 1:22.82 | 800m: | 10:44.63 | 1:19.08 |