



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

1 - 1ª Jornada - 1ª Sessão

06/12/2024 - 16:00

Prova 1	Femin., 800m Livres				Juvenis
06/12/2024 - 16:00					Resultados
Rec Nac 25m Open	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19/12/2004
Rec Nac 25m Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibes (FRA)	20/12/1980

TAC Juvenil A Fem Juv A 50m: 10:40.50 - 25m: 10:22.23 / TAC Juvenil B Fem Juv B 50m: 10:52.14 - 25m: 10:33.54

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	FERREIRA Margarida Almeida	14	151230	Sporting	<b>9:47.50</b>		536	
	100m: 1:08.60	1:08.60	300m: 3:35.69	1:14.00	500m: 6:04.45	1:14.38	700m: 8:33.94	1:14.75
	200m: 2:21.69	1:13.09	400m: 4:50.07	1:14.38	600m: 7:19.19	1:14.74	800m: 9:47.50	1:13.56
2.	JESUS Vera Franca	14	211346	Naval Do Funchal	<b>9:48.33</b>		534	
	100m: 1:10.77	1:10.77	300m: 3:39.78	1:14.43	500m: 6:08.54	1:14.45	700m: 8:37.68	1:14.71
	200m: 2:25.35	1:14.58	400m: 4:54.09	1:14.31	600m: 7:22.97	1:14.43	800m: 9:48.33	1:10.65
3.	VALA Maria Joao	14	209706	Pimpoes/Cimai	<b>10:02.89</b>		496	
	100m: 1:12.98	1:12.98	300m: 3:43.94	1:16.31	500m: 6:15.75	1:16.86	700m: 8:49.82	1:16.70
	200m: 2:27.63	1:14.65	400m: 4:58.89	1:14.95	600m: 7:33.12	1:17.37	800m: 10:02.89	1:13.07
4.	PEREIRA Sofia Barroca	14	212103	BUZIOS - Coruche	<b>10:05.85</b>		489	
	100m: 1:12.63	1:12.63	300m: 3:45.96	1:16.75	500m: 6:19.24	1:16.50	700m: 8:53.14	1:16.96
	200m: 2:29.21	1:16.58	400m: 5:02.74	1:16.78	600m: 7:36.18	1:16.94	800m: 10:05.85	1:12.71
5.	FORMIGO Margarida Pinho	14	205995	Torres Novas	<b>10:38.54</b>		417	
	100m: 1:15.23	1:15.23	300m: 3:54.91	1:20.82	500m: 6:37.62	1:21.15	700m: 9:20.87	1:22.10
	200m: 2:34.09	1:18.86	400m: 5:16.47	1:21.56	600m: 7:58.77	1:21.15	800m: 10:38.54	1:17.67
6.	BALDO Madalena Ferreira	14	216272	Colegio Monte Maior	<b>10:59.53</b>		379	
	100m: 1:14.26	1:14.26	300m: 3:58.07	1:22.73	500m: 6:46.27	1:24.40	700m: 9:36.78	1:26.17
	200m: 2:35.34	1:21.08	400m: 5:21.87	1:23.80	600m: 8:10.61	1:24.34	800m: 10:59.53	1:22.75

**Juvenil A**

1.	MARTINS Leonor Sombreiro	15	211313	BUZIOS - Coruche	<b>9:38.03</b>		563	
	100m: 1:08.20	1:08.20	300m: 3:33.93	1:12.80	500m: 6:00.41	1:13.31	700m: 8:27.63	1:13.78
	200m: 2:21.13	1:12.93	400m: 4:47.10	1:13.17	600m: 7:13.85	1:13.44	800m: 9:38.03	1:10.40
2.	VIEIRA Matilde Santos	15	214518	Nautico Marinha Grande	<b>9:49.84</b>		530	
	100m: 1:08.55	1:08.55	300m: 3:36.02	1:14.09	500m: 6:05.30	1:14.67	700m: 8:35.49	1:14.85
	200m: 2:21.93	1:13.38	400m: 4:50.63	1:14.61	600m: 7:20.64	1:15.34	800m: 9:49.84	1:14.35
3.	GOMES Rita Braga	15	213921	Alges	<b>9:50.76</b>		527	
	100m: 1:09.07	1:09.07	300m: 3:36.19	1:13.97	500m: 6:05.69	1:14.64	700m: 8:36.66	1:15.59
	200m: 2:22.22	1:13.15	400m: 4:51.05	1:14.86	600m: 7:21.07	1:15.38	800m: 9:50.76	1:14.10
4.	SANTOS Carolina Brito	15	212564	Naval de Faro	<b>9:53.54</b>		520	
	100m: 1:10.66	1:10.66	300m: 3:40.52	1:14.84	500m: 6:11.22	1:15.62	700m: 8:40.17	1:13.72
	200m: 2:25.68	1:15.02	400m: 4:55.60	1:15.08	600m: 7:26.45	1:15.23	800m: 9:53.54	1:13.37
5.	FERNANDES Maria Madalena	15	212757	Alges	<b>9:55.92</b>		514	
	100m: 1:11.16	1:11.16	300m: 3:39.95	1:14.37	500m: 6:10.59	1:15.70	700m: 8:41.36	1:14.91
	200m: 2:25.58	1:14.42	400m: 4:54.89	1:14.94	600m: 7:26.45	1:15.86	800m: 9:55.92	1:14.56
6.	DINIZ Beatriz Costa	15	150966	Sporting	<b>10:03.08</b>		496	
	100m: 1:12.65	1:12.65	300m: 3:44.65	1:16.21	500m: 6:18.48	1:16.99	700m: 8:50.23	1:15.79
	200m: 2:28.44	1:15.79	400m: 5:01.49	1:16.84	600m: 7:34.44	1:15.96	800m: 10:03.08	1:12.85
7.	MATEUS Ines Filipa	15	212937	Lagoa AC	<b>10:14.52</b>		468	
	100m: 1:10.97	1:10.97	300m: 3:42.48	1:16.19	500m: 6:18.03	1:18.22	700m: 8:57.43	1:20.00
	200m: 2:26.29	1:15.32	400m: 4:59.81	1:17.33	600m: 7:37.43	1:19.40	800m: 10:14.52	1:17.09
8.	LOPES Maria Leonor	15	210579	Torres Novas	<b>10:19.66</b>		457	
	100m: 1:14.00	1:14.00	300m: 3:51.58	1:19.73	500m: 6:28.55	1:18.71	700m: 9:03.87	1:17.79
	200m: 2:31.85	1:17.85	400m: 5:09.84	1:18.26	600m: 7:46.08	1:17.53	800m: 10:19.66	1:15.79



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 1, Femin., 800m Livres, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FRYXELL Maria Ines	15	205333	AONDA-Azeitao	<b>10:21.24</b>		453	
	100m: 1:12.01 1:12.01		300m: 3:49.02 1:19.15	500m: 6:26.76 1:18.60	700m: 9:03.77 1:18.51		1:18.51	
	200m: 2:29.87 1:17.86		400m: 5:08.16 1:19.14	600m: 7:45.26 1:18.50	800m: 10:21.24 1:17.47		1:17.47	
DNS	MENDES Bianca Balbino	15	206074	Naval de Peniche				

Prova 2

Masc., 800m Livres

Juvenis

06/12/2024 - 16:25

Resultados

Rec Nac 25m Open	7:41.51	LOPES Jose Paulo	SCB	Felgueiras	14/01/2024
Rec Nac 25m Juv A	8:09.43	COSTA Rui Filipe	VSC	Senhora da Hora	12/05/2007
Rec Nac 25m Juv B	8:25.99	PEREIRA Rui Silva	POR	Tomar	14/01/2023

TAC Juvenil A Masc Juv A 50m: 9:56.77 - 25m: 9:37.54 / TAC Juvenil B Masc Juv B 50m: 10:07.62 - 25m: 9:50.71

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	PACHECO David Filipe	15	205810	BUZIOS - Coruche	<b>8:39.81</b>		608	
	100m: 1:00.93 1:00.93		300m: 3:11.22 1:05.61	500m: 5:23.02 1:06.05	700m: 7:36.06 1:06.58		1:06.58	
	200m: 2:05.61 1:04.68		400m: 4:16.97 1:05.75	600m: 6:29.48 1:06.46	800m: 8:39.81 1:03.75		1:03.75	
2.	ROXO Joao Baixinho	15	210602	Uniao Piedense	<b>9:00.67</b>		540	
	100m: 1:03.50 1:03.50		300m: 3:20.73 1:08.87	500m: 5:39.89 1:09.22	700m: 7:56.02 1:08.40		1:08.40	
	200m: 2:11.86 1:08.36		400m: 4:30.67 1:09.94	600m: 6:47.62 1:07.73	800m: 9:00.67 1:04.65		1:04.65	
3.	RIBEIRO Dinis Aresta	15	214312	Sporting	<b>9:07.92</b>		519	
	100m: 1:04.53 1:04.53		300m: 3:24.45 1:09.87	500m: 5:44.56 1:10.07	700m: 8:02.17 1:08.80		1:08.80	
	200m: 2:14.58 1:10.05		400m: 4:34.49 1:10.04	600m: 6:53.37 1:08.81	800m: 9:07.92 1:05.75		1:05.75	
4.	PEDROSA Francisco Lourenco	15	144218	Nautico Marinha Grande	<b>9:09.51</b>		514	
	100m: 1:04.71 1:04.71		300m: 3:23.81 1:10.12	500m: 5:43.96 1:09.64	700m: 8:03.00 1:09.07		1:09.07	
	200m: 2:13.69 1:08.98		400m: 4:34.32 1:10.51	600m: 6:53.93 1:09.97	800m: 9:09.51 1:06.51		1:06.51	
5.	JORGE Antonio Antunes	15	206495	Alcobaca	<b>9:11.56</b>		509	
	100m: 1:03.97 1:03.97		300m: 3:22.11 1:09.48	500m: 5:42.15 1:09.79	700m: 8:03.98 1:11.41		1:11.41	
	200m: 2:12.63 1:08.66		400m: 4:32.36 1:10.25	600m: 6:52.57 1:10.42	800m: 9:11.56 1:07.58		1:07.58	
6.	DIAS Rodrigo Ferrao	15	214314	Sporting	<b>9:14.71</b>		500	
	100m: 1:05.91 1:05.91		300m: 3:27.20 1:10.65	500m: 5:47.22 1:09.97	700m: 8:06.93 1:09.75		1:09.75	
	200m: 2:16.55 1:10.64		400m: 4:37.25 1:10.05	600m: 6:57.18 1:09.96	800m: 9:14.71 1:07.78		1:07.78	
7.	MARQUES Goncalo Tapadas	15	216360	Colegio Monte Maior	<b>9:15.49</b>		498	
	100m: 1:05.00 1:05.00		300m: 3:24.80 1:10.37	500m: 5:46.52 1:11.06	700m: 8:07.21 1:10.31		1:10.31	
	200m: 2:14.43 1:09.43		400m: 4:35.46 1:10.66	600m: 6:56.90 1:10.38	800m: 9:15.49 1:08.28		1:08.28	
8.	RAPOSO Mateus Medeiros	15	211338	Desportivo Nacional	<b>9:16.39</b>		496	
	100m: 1:03.12 1:03.12		300m: 3:23.19 1:11.33	500m: 5:45.95 1:10.94	700m: 8:08.76 1:10.98		1:10.98	
	200m: 2:11.86 1:08.74		400m: 4:35.01 1:11.82	600m: 6:57.78 1:11.83	800m: 9:16.39 1:07.63		1:07.63	
9.	BRILHA Martim Marino	15	216537	Belenenses	<b>9:16.97</b>		494	
	100m: 1:03.43 1:03.43		300m: 3:21.83 1:09.77	500m: 5:42.37 1:10.98	700m: 8:07.37 1:12.96		1:12.96	
	200m: 2:12.06 1:08.63		400m: 4:31.39 1:09.56	600m: 6:54.41 1:12.04	800m: 9:16.97 1:09.60		1:09.60	
10.	TOMAS Rodrigo Cardoso	15	208273	Alcobaca	<b>9:17.29</b>		493	
	100m: 1:05.68 1:05.68		300m: 3:28.33 1:11.17	500m: 5:50.47 1:10.77	700m: 8:10.86 1:09.52		1:09.52	
	200m: 2:17.16 1:11.48		400m: 4:39.70 1:11.37	600m: 7:01.34 1:10.87	800m: 9:17.29 1:06.43		1:06.43	
11.	FREIRE Tomas O'Grady	15	214315	Sporting	<b>9:29.45</b>		462	
	100m: 1:05.31 1:05.31		300m: 3:27.61 1:11.89	500m: 5:52.41 1:12.08	700m: 8:18.24 1:12.78		1:12.78	
	200m: 2:15.72 1:10.41		400m: 4:40.33 1:12.72	600m: 7:05.46 1:13.05	800m: 9:29.45 1:11.21		1:11.21	
12.	BARRA Tiago Frazao	15	214568	Rio Maior	<b>9:31.23</b>		458	
	100m: 1:07.80 1:07.80		300m: 3:32.67 1:11.97	500m: 5:57.70 1:12.51	700m: 8:21.47 1:11.55		1:11.55	
	200m: 2:20.70 1:12.90		400m: 4:45.19 1:12.52	600m: 7:09.92 1:12.22	800m: 9:31.23 1:09.76		1:09.76	
13.	RETRE Goncalo Alexandre	15	212248	Naval de Faro	<b>9:35.81</b>		447	
	100m: 1:08.65 1:08.65		300m: 3:33.25 1:12.54	500m: 5:59.00 1:12.90	700m: 8:25.16 1:13.34		1:13.34	
	200m: 2:20.71 1:12.06		400m: 4:46.10 1:12.85	600m: 7:11.82 1:12.82	800m: 9:35.81 1:10.65		1:10.65	

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 2, Masc., 800m Livres, Juvenil B

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	JORGE Daniel Filipe	15	210798	Rio Maior	<b>9:39.71</b>		438	
	100m: 1:06.58	1:06.58	300m: 3:33.13	1:13.26	500m: 6:01.71	1:14.31	700m: 8:28.06	1:13.42
	200m: 2:19.87	1:13.29	400m: 4:47.40	1:14.27	600m: 7:14.64	1:12.93	800m: 9:39.71	1:11.65
15.	PEREIRA Afonso Velada	15	150821	Sporting	<b>9:40.27</b>		437	
	100m: 1:08.10	1:08.10	300m: 3:33.15	1:12.77	500m: 6:00.40	1:13.76	700m: 8:28.34	1:14.14
	200m: 2:20.38	1:12.28	400m: 4:46.64	1:13.49	600m: 7:14.20	1:13.80	800m: 9:40.27	1:11.93
16.	ALVES Guilherme Costa	15	211466	Sporting	<b>9:46.29</b>		424	
	100m: 1:07.58	1:07.58	300m: 3:32.38	1:12.60	500m: 6:00.21	1:14.29	700m: 8:31.86	1:16.31
	200m: 2:19.78	1:12.20	400m: 4:45.92	1:13.54	600m: 7:15.55	1:15.34	800m: 9:46.29	1:14.43

Juvenil A

1.	KOT Paulo	16	144468	Nautico Marinha Grande	<b>8:35.59</b>		623	
	100m: 1:01.45	1:01.45	300m: 3:10.61	1:04.51	500m: 5:20.75	1:04.87	700m: 7:31.79	1:05.67
	200m: 2:06.10	1:04.65	400m: 4:15.88	1:05.27	600m: 6:26.12	1:05.37	800m: 8:35.59	1:03.80
2.	PINTO Martim Chambel	16	208969	Colegio Monte Maior	<b>8:39.74</b>		608	
	100m: 1:01.84	1:01.84	300m: 3:12.96	1:05.64	500m: 5:24.54	1:05.60	700m: 7:36.25	1:05.69
	200m: 2:07.32	1:05.48	400m: 4:18.94	1:05.98	600m: 6:30.56	1:06.02	800m: 8:39.74	1:03.49
3.	MONIZ Rafael Lin	16	210337	Naval Setubalense	<b>8:51.13</b>		570	
	100m: 1:02.31	1:02.31	300m: 3:15.90	1:07.05	500m: 5:30.36	1:07.30	700m: 7:45.17	1:07.44
	200m: 2:08.85	1:06.54	400m: 4:23.06	1:07.16	600m: 6:37.73	1:07.37	800m: 8:51.13	1:05.96
4.	SILVA Rafael Alexandre	16	212573	Louletano / Loule Aqui e Agora	<b>9:05.37</b>		526	
	100m: 1:02.84	1:02.84	300m: 3:18.34	1:08.66	500m: 5:37.95	1:09.58	700m: 7:57.70	1:09.85
	200m: 2:09.68	1:06.84	400m: 4:28.37	1:10.03	600m: 6:47.85	1:09.90	800m: 9:05.37	1:07.67
5.	BENTO Afonso Maria	16	211118	Albicastrense	<b>9:09.30</b>		515	
	100m: 1:02.30	1:02.30	300m: 3:19.10	1:09.67	500m: 5:40.84	1:11.11	700m: 8:02.28	1:10.62
	200m: 2:09.43	1:07.13	400m: 4:29.73	1:10.63	600m: 6:51.66	1:10.82	800m: 9:09.30	1:07.02
6.	MARTINS Vasco Alexandre	16	209406	Colegio Monte Maior	<b>9:11.77</b>		508	
	100m: 1:04.04	1:04.04	300m: 3:22.25	1:09.52	500m: 5:42.45	1:10.03	700m: 8:04.85	1:11.58
	200m: 2:12.73	1:08.69	400m: 4:32.42	1:10.17	600m: 6:53.27	1:10.82	800m: 9:11.77	1:06.92
7.	PEREIRA David Ferrador	16	208135	Nautico de Leiria - VOID	<b>9:19.19</b>		488	
	100m: 1:02.74	1:02.74	300m: 3:21.92	1:09.92	500m: 5:45.32	1:12.00	700m: 8:09.86	1:11.79
	200m: 2:12.00	1:09.26	400m: 4:33.32	1:11.40	600m: 6:58.07	1:12.75	800m: 9:19.19	1:09.33
8.	NARIGUETA Rodrigo Duarte	16	208395	Palmela	<b>9:21.43</b>		482	
	100m: 1:04.58	1:04.58	300m: 3:25.72	1:10.92	500m: 5:48.40	1:11.02	700m: 8:12.00	1:11.84
	200m: 2:14.80	1:10.22	400m: 4:37.38	1:11.66	600m: 7:00.16	1:11.76	800m: 9:21.43	1:09.43
9.	PESTANA Pedro Correia	16	209489	Desportivo Nacional	<b>9:21.51</b>		482	
	100m: 1:03.75	1:03.75	300m: 3:25.91	1:11.43	500m: 5:50.60	1:12.37	700m: 8:13.37	1:11.28
	200m: 2:14.48	1:10.73	400m: 4:38.23	1:12.32	600m: 7:02.09	1:11.49	800m: 9:21.51	1:08.14
10.	SOUSA Eduardo Afonseca	16	204365	Desportivo Nacional	<b>9:25.19</b>		473	
	100m: 1:07.29	1:07.29	300m: 3:30.05	1:11.62	500m: 5:54.20	1:12.41	700m: 8:16.72	1:10.97
	200m: 2:18.43	1:11.14	400m: 4:41.79	1:11.74	600m: 7:05.75	1:11.55	800m: 9:25.19	1:08.47
11.	PACHECO Santiago Jose	16	210696	Alcobaca	<b>9:30.36</b>		460	
	100m: 1:03.62	1:03.62	300m: 3:27.00	1:12.19	500m: 5:54.24	1:13.75	700m: 8:20.63	1:12.21
	200m: 2:14.81	1:11.19	400m: 4:40.49	1:13.49	600m: 7:08.42	1:14.18	800m: 9:30.36	1:09.73

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 3 Femin., 50m Bruços Juvenis Resultados  
06/12/2024 - 17:05

Rec Nac 25m Open	30.21	RODRIGUES Ana Pinho	EDV	Leiria	11/12/2022
Rec Nac 25m Juv A	32.81	tempo limite			
Rec Nac 25m Juv B	34.12	tempo limite			

TAC Juvenil A Fem Juv A 50m: 39.47 - 25m: 38.43 / TAC Juvenil B Fem Juv B 50m: 40.19 - 25m: 39.13

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	MADUREIRA Clara Santos	14	210577	Torres Novas	<b>35.85</b>		495	
2.	PEREIRA Matilde Bento	14	215052	Gesloures	<b>36.18</b>		482	
3.	GASPAR Beatriz Marques	14	214523	Nautico Marinha Grande	<b>36.19</b>		481	
4.	COSTA Rafaela Tome	14	216268	Naval Do Funchal	<b>36.76</b>		459	
5.	ARROJADO Maria Abreu	14	213028	Naval Praia da Vitoria	<b>36.94</b>		452	
6.	SANTOS Maria Goncalves	14	216458	Lagoa AC	<b>37.01</b>		450	
7.	BERGAMO Laura Aguiar	14	212829	Alges	<b>37.06</b>		448	
8.	PENEDO Vitoria Alves	14	215457	Palmela	<b>38.29</b>		406	
9.	CARVALHO Maria Madeira	14	218695	Alges	<b>38.55</b>		398	
10.	FORMIGO Margarida Pinho	14	205995	Torres Novas	<b>39.91</b>		359	

**Juvenil A**

1.	BRITO Rita Canas	15	210978	Naval Setubalense	<b>34.38</b>		561	
2.	BRIZIDA Sofia Roma	15	207308	Bairro dos Anjos/ Leiria	<b>35.70</b>		501	
3.	CARVALHO Maria Duarte	15	211475	Benfica	<b>36.74</b>		460	
4.	SILVA Rita Mota	15	208180	Palmela	<b>36.85</b>		456	
5.	LOPES Carolina Melo	15	211880	Portinado	<b>37.21</b>		443	
6.	GUERREIRO Lara Alexandra	15	212069	Portinado	<b>37.45</b>		434	
7.	AFONSO Rafaela Santos	15	205573	Naval de Peniche	<b>37.67</b>		427	
8.	NISTOR Anastacia	15	213659	Portinado	<b>39.49</b>		370	

Prova 4 Masc., 50m Bruços Juvenis Resultados  
06/12/2024 - 17:10

Rec Nac 25m Open	27.01	AMORIM Alexandre Ferreira	VSC	Felgueiras	14/04/2024
Rec Nac 25m Juv A	29.23	tempo limite			
Rec Nac 25m Juv B	30.65	tempo limite			

TAC Juvenil A Masc Juv A 50m: 34.78 - 25m: 33.85 / TAC Juvenil B Masc Juv B 50m: 35.50 - 25m: 34.86

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	GONCALVES Tomas Figueiredo	15	208489	Naval Do Funchal	<b>31.61</b>		491	
2.	ALMEIDA David Xavier	15	205547	Bairro dos Anjos/ Leiria	<b>32.14</b>		467	
3.	MARQUES Martim Frederico	15	210909	Gesloures	<b>32.93</b>		434	
4.	SANTOS Miguel Belo	15	215002	Alges	<b>33.45</b>		414	
5.	SAMOES Afonso Alface	15	220214	Alges	<b>33.47</b>		414	
6.	MARQUES Rafael Carreiras	15	211192	Gesloures	<b>33.50</b>		413	

**Juvenil A**

1.	REIS Diogo Damasceno	16	151317	Sporting	<b>30.75</b>		534	
2.	CAXARIA Miguel Loucao	16	205908	Palmela	<b>31.17</b>		512	
3.	FREITAS Francisco Gabriel	16	214293	Gesloures	<b>31.20</b>		511	
4.	AMARO Afonso Miguel	16	216575	Belenenses	<b>31.61</b>		491	
5.	ANTONIO Joao Pedro	16	211881	Portinado	<b>31.86</b>		480	
6.	ROQUE Francisco Nunes	16	208764	Benfica	<b>32.64</b>		446	
7.	GOMES Santiago Marques	16	210806	Bairro dos Anjos/ Leiria	<b>32.91</b>		435	



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 4, Masc., 50m Bruços, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	GOMES Joao Abreu	16	210367	Naval Do Funchal	<b>33.08</b>		429	
9.	SILVA Francisco Carvalho	16	132869	Naval Praia da Vitoria	<b>33.32</b>		419	
10.	RIBEIRO Diogo Aiala	16	212748	Alges	<b>33.95</b>		396	
11.	ARSENIO Pedro Isidoro	16	208007	Aljustrelense	<b>33.97</b>		396	

Prova 5

Femin., 100m Costas

Juvenis  
Resultados

06/12/2024 - 17:25

Rec Nac 25m Open	58.14	REBELO Camila Rodrigues	POR	Otopeni (ROU)	08/12/2023
Rec Nac 25m Juv A	1:01.43	FERNANDES Ines Camacho	SCP	Mealhada	17/12/2011
Rec Nac 25m Juv B	1:02.96	FERNANDES Ines Camacho	SCP	Alapraia	12/02/2011

TAC Juvenil A Fem Juv A 50m: 1:16.90 - 25m: 1:14.48 / TAC Juvenil B Fem Juv B 50m: 1:18.10 - 25m: 1:16.82

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m
<b>Juvenil B</b>					
1.	FERREIRA Margarida Almeida 14	Sporting	<b>1:10.74</b>	467	34.78 1:10.74
2.	CONDON Zoe Leitao 14	Naval de Faro	<b>1:12.06</b>	441	34.96 1:12.06
3.	VELOSA Ana Matilde 14	Juventude Atlantico	<b>1:12.07</b>	441	34.47 1:12.07
4.	GUERREIRO Marta Gak 14	Louletano / Loule Aqui e Agora	<b>1:13.22</b>	421	34.89 1:13.22
5.	GONCALVES F. 14	Benfica	<b>1:13.41</b>	418	35.25 1:13.41
6.	MAO DE FERRO Ana 14	Sporting	<b>1:13.78</b>	411	36.12 1:13.78
7.	ALVES Leonor Mota 14	Nautico Marinha Grande	<b>1:13.79</b>	411	35.65 1:13.79
8.	FERREIRA Carolina Morao 14	Academia Acores	<b>1:13.96</b>	408	36.12 1:13.96
9.	PAIVA Ines Silva 14	Colegio Monte Maior	<b>1:14.03</b>	407	35.89 1:14.03
10.	CAMEJO Carolina Melo 14	Sporting	<b>1:14.22</b>	404	35.81 1:14.22
11.	SEMIAO Lara Nobre 14	Salesianos	<b>1:14.66</b>	397	36.33 1:14.66
12.	CASTANHEIRA Carolina Silva 14	Nautico de Leiria - VOID	<b>1:15.15</b>	389	36.73 1:15.15
13.	SILVA Leonor Coelho 14	Belenenses	<b>1:16.95</b>	362	37.13 1:16.95
14.	OLIVEIRA Maria Goncalves 14	Desportivo de Odemira	<b>1:17.49</b>	355	37.85 1:17.49

Juvenil A

1.	BARROSO Juliana Bushe 15	FC Ferreiras/AlgarExperience	<b>1:05.49</b>	588	31.87 1:05.49
2.	AZEVEDO Constanca Lourenc15	Lagoa AC	<b>1:07.74</b>	532	33.17 1:07.74
3.	ALVES Diana Isabel 15	Pimpoes/Cimai	<b>1:07.98</b>	526	33.48 1:07.98
4.	BRITO Rita Canas 15	Naval Setubalense	<b>1:08.54</b>	513	33.67 1:08.54
5.	BRITO Madalena Pinto 15	Naval Do Funchal	<b>1:10.34</b>	475	34.70 1:10.34
6.	GUERRA Carolina Escrevente 15	Alges	<b>1:10.38</b>	474	33.05 1:10.38
7.	PEDROSO Madalena Gracio 15	Nautico Marinha Grande	<b>1:11.07</b>	460	34.68 1:11.07
8.	PETERSSON Violeta Reis 15	Naval de Faro	<b>1:11.13</b>	459	34.13 1:11.13
9.	FILIFE Maria Rita 15	Gesloures	<b>1:11.67</b>	449	34.69 1:11.67
10.	MENDES Ana Nabais 15	Laranjeiro	<b>1:12.20</b>	439	34.91 1:12.20
11.	MOREIRA Maria Francisca 15	Bombeiros Estoris	<b>1:13.14</b>	422	35.16 1:13.14
12.	PARDELHA Catarina Nobre 15	Colegio Monte Maior	<b>1:13.57</b>	415	34.66 1:13.57
13.	GOMES Carolina Frois 15	Portinado	<b>1:14.04</b>	407	35.58 1:14.04
14.	AREDE Madalena Pereira 15	Sporting	<b>1:14.09</b>	406	35.97 1:14.09
	SIMOES Bruna Sofia 15	Sporting	<b>1:14.09</b>	406	35.82 1:14.09
16.	VELEZ Vida Sofia 15	Bairro dos Anjos/ Leiria	<b>1:14.22</b>	404	35.86 1:14.22
17.	LEAO Beatriz Nunes 15	Laranjeiro	<b>1:16.37</b>	371	37.07 1:16.37



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 6 Masc., 100m Costas Juvenis  
06/12/2024 - 17:35 Resultados

Rec Nac 25m Open	50.82	LOPES Gabriel Jose	ALN	Leiria	11/12/2022
Rec Nac 25m Juv A	56.34	AZEVEDO Goncalo Carlos	CNMAIA	Felgueiras	22/04/2023
Rec Nac 25m Juv B	57.20	OLIVEIRA Miguel Reis	VSC	Felgueiras	20/07/2019

TAC Juvenil A Masc Juv A 50m: 1:09.88 - 25m: 1:07.38 / TAC Juvenil B Masc Juv B 50m: 1:10.12 - 25m: 1:08.99

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m
<b>Juvenil B</b>						
1.	15	ROXO Joao Baixinho Uniao Piedense	<b>1:02.10</b>	471	30.07	1:02.10
2.	15	MENDONCA Alexandre Ribeiro Portinado	<b>1:04.03</b>	430	30.78	1:04.03
3.	15	MARTINHO G. Natacao do Fundao/Yes Energy	<b>1:04.32</b>	424	31.25	1:04.32
4.	15	OLIVEIRA Tomas Rodrigues Fisica de Torres Vedras	<b>1:05.42</b>	403	32.04	1:05.42
5.	15	PALMEIRO Tomas Manuel Nautico Marinha Grande	<b>1:05.83</b>	395	31.55	1:05.83
6.	15	GASPAR Lucas Ferreira Industrial Vieirese	<b>1:06.10</b>	390	31.76	1:06.10
7.	15	LUCA Albert Aquatico Silves	<b>1:06.46</b>	384	31.97	1:06.46
8.	15	GOMES Afonso Manuel Sporting	<b>1:08.66</b>	348	33.78	1:08.66
9.	15	ALVES Guilherme Costa Sporting	<b>1:10.72</b>	319	34.47	1:10.72

<b>Juvenil A</b>						
1.	16	FERREIRA Tomas Pascoal Bairro dos Anjos/ Leiria	<b>59.08</b>	547	28.64	59.08
2.	16	MANUEL Tiago Trindade Palmela	<b>1:00.92</b>	499	29.43	1:00.92
3.	16	VICENTE Miguel Chagas Bombeiros de Ponta Delgada	<b>1:02.35</b>	465	30.47	1:02.35
4.	16	PELYKH Andrey Belenenses	<b>1:02.44</b>	463	30.05	1:02.44
5.	16	REIS Tomas Augusto Belenenses	<b>1:02.77</b>	456	30.91	1:02.77
6.	16	CALDAS Pedro Guedes Benfica	<b>1:03.24</b>	446	30.30	1:03.24
7.	16	INTERLANDI Angelo Carvalho Alges	<b>1:03.31</b>	444	30.67	1:03.31
8.	16	TOME David Emanuel Geslours	<b>1:03.97</b>	431	30.73	1:03.97
9.	16	VALENTE Xavier Jesus Belenenses	<b>1:04.11</b>	428	31.02	1:04.11
10.	16	BACALHAU Francisco Soares FC Ferreiras/AlgarExperience	<b>1:04.58</b>	419	31.57	1:04.58
	16	PEREIRA Rui Melo Benfica	<b>1:04.58</b>	419	31.22	1:04.58
12.	16	COSTA Tiago Afonso Louletano / Loule Aqui e Agora	<b>1:04.60</b>	418	30.96	1:04.60
	16	SILVA Mateus Inacio Portinado	<b>1:04.60</b>	418	30.96	1:04.60
14.	16	CHENG Xinyang Nautico Marinha Grande	<b>1:04.97</b>	411	30.86	1:04.97
15.	16	LIMA Miguel Silva Nautico Abrantes	<b>1:05.05</b>	410	30.61	1:05.05
16.	16	OLIVEIRA Bernardo Miguel Nacional de Natacao	<b>1:05.66</b>	398	31.79	1:05.66
17.	16	MENDES Joao Granja Belenenses	<b>1:06.24</b>	388	31.99	1:06.24
18.	16	PEREIRA David Ferrador Nautico de Leiria - VOID	<b>1:06.97</b>	375	31.70	1:06.97
19.	16	FONSECA Afonso Carvalho Geslours	<b>1:07.00</b>	375	32.12	1:07.00
20.	16	RODRIGUES Afonso Silva Desportivo de Odemira	<b>1:10.17</b>	326	33.64	1:10.17



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 7 Femin., 50m Livres Juvenis  
06/12/2024 - 17:45 Resultados

Rec Nac 25m Open	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20/12/2009
Rec Nac 25m Juv A	26.37	FERNANDES Carolina Miranda	CGA	Albufeira	09/11/2019
Rec Nac 25m Juv B	26.85	GUEDES Ana Margarida	GCVR	Bragança	05/07/2015

TAC Juvenil A Fem Juv A 50m: 31.14 - 25m: 30.43 / TAC Juvenil B Fem Juv B 50m: 31.81 - 25m: 30.98

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juvenil B

1.	NUNES Diana Gomes	14	216269	Colegio Monte Maior	<b>29.13</b>		487	
2.	FELICIANO Francisca Moreira	14	213295	Alcobaca	<b>29.19</b>		484	
3.	SEMIAO Lara Nobre	14	214211	Salesianos	<b>29.91</b>		450	
4.	HURYNOVICH Varvara	14	222740	Alges	<b>30.24</b>		435	
5.	GUERREIRO Marta Gak	14	217439	Louletano / Loule Aqui e Agora	<b>30.25</b>		435	
6.	LUCAS Maria Madalena	14	220095	Nacional de Natacao	<b>30.30</b>		433	
7.	HOUYET Leonor Sa	14	214037	Natacao de Lagos	<b>30.38</b>		429	
8.	SANTOS Carlota Sa	14	211060	Nucleo de Pombal	<b>30.52</b>		424	
	OLIVEIRA Rafaela Marreiros	14	215651	Palmela	<b>30.52</b>		424	
10.	CARVALHO Maria Madeira	14	218695	Alges	<b>30.67</b>		417	
11.	SOARES Isabella Nascimento	14	213938	Naval da Horta	<b>30.68</b>		417	
12.	LUTSIV Angelina	14	216449	Lagoa AC	<b>30.78</b>		413	
13.	CAMEJO Carolina Melo	14	150949	Sporting	<b>30.79</b>		413	
14.	LUIS Maria Ines	14	209579	Aljustrelense	<b>30.91</b>		408	
15.	PEREIRA Rita Ribeiro	14	220606	Gesloures	<b>31.64</b>		380	
16.	MATA Valeria Isabel	14	211345	Naval Do Funchal	<b>32.42</b>		353	

Juvenil A

1.	BARROSO Juliana Bushe	15	201862	FC Ferreiras/AlgarExperience	<b>28.46</b>		523	
2.	ROSA Isabel Silva	15	212420	Naval da Horta	<b>28.81</b>		504	
3.	BARFIELD Isabel	15	210363	Natacao de Lagos	<b>28.88</b>		500	
4.	MARTINS Carolina Sofia	15	210962	Naval Setubalense	<b>29.12</b>		488	
5.	PROENCA Victoria Sales	15	211478	Benfica	<b>29.16</b>		486	
6.	PETERSSON Violeta Reis	15	213282	Naval de Faro	<b>29.19</b>		484	
7.	SILVA Joana Alexandra	15	207187	CPCD-Povoa St Iria	<b>29.49</b>		470	
8.	SOUTO Elisa Henriques	15	219855	Obidos Criativa	<b>29.77</b>		456	
9.	LOPES Maria Leonor	15	210579	Torres Novas	<b>29.83</b>		454	
10.	TEIXEIRA Maria Leonor	15	209687	Naval Do Funchal	<b>29.85</b>		453	
11.	COSTA Mariana Varela	15	208738	Sporting	<b>29.87</b>		452	
12.	LOPES Jessica Bernardino	15	212317	Fisica de Torres Vedras	<b>29.93</b>		449	
13.	SILVA Lara Paixao	15	210801	Rio Maior	<b>30.08</b>		442	
	SILVA Rita Mota	15	208180	Palmela	<b>30.08</b>		442	
15.	MATEUS Ines Filipa	15	212937	Lagoa AC	<b>30.10</b>		442	
16.	BRANCO Beatriz Paiva	15	213992	Laranjeiro	<b>30.13</b>		440	
	FAVINHA Gloria Alves	15	211142	Aquatico Silves	<b>30.13</b>		440	
18.	SIMOES Bruna Sofia	15	213754	Sporting	<b>30.18</b>		438	
19.	GUERREIRO Lara Alexandra	15	212069	Portinado	<b>30.20</b>		437	
20.	MENDES Barbara Balbino	15	206073	Naval de Peniche	<b>30.26</b>		435	
21.	PONTE Maria Ines	15	212583	Portinado	<b>30.36</b>		430	
22.	GOMES Carolina Frois	15	211879	Portinado	<b>30.39</b>		429	
23.	MARTINS Leonor Silva	15	212339	Obidos Criativa	<b>30.43</b>		427	
24.	FERREIRA Ana Pereira	15	215312	Juventude Atlantico	<b>30.51</b>		424	
25.	GOMES Mariana Rosado	15	212857	Aminata	<b>30.58</b>		421	
26.	FERREIRA Flor Fortunata	15	211295	Gualdim Pais	<b>30.86</b>		410	
27.	SILVA Leonor Pereira	15	210858	Obidos Criativa	<b>31.41</b>		389	
DSQ	ALVES Maria Carolina	15	210804	Bairro dos Anjos/ Leiria				

4.2 - Falsa Partida – SW 4.4

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 8 Masc., 50m Livres Juvenis  
06/12/2024 - 17:55 Resultados

Rec Nac 25m Open	21.22	NASCIMENTO Miguel Duarte	SLB	Leiria	09/12/2022
Rec Nac 25m Juv A	23.83	RIBEIRO Diogo Matos	CUC	Coimbra	02/02/2020
Rec Nac 25m Juv B	23.96	SOUSA Diogo Gomes	CNCVG	Ponte de Sôr	13/12/2009

TAC Juvenil A Masc Juv A 50m: 27.43 - 25m: 26.55 / TAC Juvenil B Masc Juv B 50m: 27.82 - 25m: 26.92

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenil B								
1.	ALECRIM Rodolfo Junior	15	206494	Nautico de Leiria - VOID	<b>24.25</b>		574	
2.	MIMOSO Renato Ferreira	15	211467	Benfica	<b>25.11</b>		517	
3.	CONDON Hugo Leitao	15	209952	Naval de Faro	<b>26.18</b>		456	
4.	CARVALHO H.	15	216361	Colegio Monte Maior	<b>26.62</b>		434	
5.	MARQUES Martim Frederico	15	210909	Gesloures	<b>26.65</b>		432	
	LULAK Tiago Malhador	15	212575	Louletano / Loule Aqui e Agora	<b>26.65</b>		432	
	PINTO Francisco Reis	15	211472	Alges	<b>26.65</b>		432	

Juvenil A

1.	MEJIAS Jesus Alberto	16	218311	Belenenses	<b>24.11</b>		584	
2.	JOAQUIM Henrique Martins	16	207318	Nautico de Leiria - VOID	<b>24.36</b>		566	
3.	PARREIRA Santiago Agostinho	16	209481	Pimpoes/Cimai	<b>24.86</b>		533	
4.	NUNES Joao Tomas	16	211145	Natacao de Olhao	<b>25.17</b>		513	
5.	PELYKH Andrey	16	223898	Belenenses	<b>25.41</b>		499	
6.	GONCALVES Pedro Martim	16	205087	Juventude Atlantico	<b>25.47</b>		495	
7.	GUEDELHA Bernardo Afonso	16	208760	Benfica	<b>25.75</b>		479	
8.	RIZZON Guilherme Oliveira	16	214294	Sporting	<b>25.87</b>		473	
9.	PINHEIRO Andre Raposo	16	208650	Sporting	<b>26.04</b>		464	
10.	AMARAL Afonso Cunha	16	212745	Alges	<b>26.18</b>		456	
11.	MESQUITA Martim Alexandre	16	208834	Nautico Marinha Grande	<b>26.19</b>		456	
12.	BENTO Afonso Maria	16	211118	Albicastrense	<b>26.35</b>		447	
13.	MADEIRA Xavier Rosa	16	212301	Laranjeiro	<b>26.41</b>		444	
14.	FREITAS Francisco Gabriel	16	214293	Gesloures	<b>26.50</b>		440	
15.	FONSECA Miguel Bera	16	214925	Benfica	<b>26.56</b>		437	
16.	CARONHO Bernardo Querido	16	209622	Natacao do Fundao/Yes Energy	<b>26.59</b>		435	
17.	PESTANA Andre Pinto	16	212015	Naval Do Funchal	<b>26.67</b>		431	
18.	SILVA Mateus Inacio	16	212105	Portinado	<b>27.11</b>		411	
19.	SILVA Rafael Alexandre	16	212573	Louletano / Loule Aqui e Agora	<b>27.12</b>		410	

Prova 9 Femin., 100m Estilos Juvenis  
06/12/2024 - 18:00 Resultados

Rec Nac 25m Open	1:00.47	CUNHA Mariana Pacheco	CNCE	Madrid (ESP)	16/11/2024
Rec Nac 25m Juv A	1:05.68				
Rec Nac 25m Juv B	1:06.81	TAVEIRA Carolina Ratola	CGA	Porto	21/07/2024

TAC Juvenil A Fem Juv A: 1:16.35 / TAC Juvenil B Fem Juv B: 1:17.92

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo final	Pts	50m	100m
Juvenil B								
1.	MOURA Margarida Santos	14		Sporting	<b>1:09.71</b>	532	33.02	1:09.71
2.	MADUREIRA Clara Santos	14		Torres Novas	<b>1:10.69</b>	510	33.25	1:10.69
3.	GONCALVES F.	14		Benfica	<b>1:13.62</b>	452	33.61	1:13.62
4.	ARROJADO Maria Abreu	14		Naval Praia da Vitoria	<b>1:14.21</b>	441	35.13	1:14.21
5.	CORREIA Maria Rendeiro	14		Alges	<b>1:14.91</b>	429	35.52	1:14.91
6.	SERRA Ana Filipa	14		CPCD-Povoa St Iria	<b>1:15.11</b>	425	35.18	1:15.11
7.	PRYMACHENKO Anastasiya	14		Nucleo de Pombal	<b>1:15.60</b>	417	34.69	1:15.60



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 9, Femin., 100m Estilos, Juvenil B

Lugar	Idade	Tempo final	Pts	50m	100m
8. PENEDO Vitoria Alves	14	<b>1:16.43</b>	404	36.46	1:16.43
BERGAMO Laura Aguiar	14	<b>1:16.43</b>	404	36.17	1:16.43
10. SANTOS Maria Goncalves	14	<b>1:16.74</b>	399	37.45	1:16.74
11. MAGIYEVA Eva	14	<b>1:16.79</b>	398	36.27	1:16.79
12. MESTRE Ines Diogo	14	<b>1:16.91</b>	396	34.67	1:16.91
13. SARGO Leonor Lourenco	14	<b>1:17.03</b>	394	34.95	1:17.03
14. VELOSA Ana Matilde	14	<b>1:17.14</b>	393	34.91	1:17.14
15. PEREIRA Matilde Bento	14	<b>1:17.27</b>	391	37.03	1:17.27
16. TEIXEIRA Beatriz Marques	14	<b>1:17.65</b>	385	36.84	1:17.65
17. FREITAS Sara Margarida	14	<b>1:17.76</b>	383	34.86	1:17.76
18. PAIVA Alice Martins	14	<b>1:18.50</b>	373	36.96	1:18.50
19. OLIVEIRA Maria Goncalves	14	<b>1:18.69</b>	370	36.56	1:18.69
20. OLIVEIRA Isabel Grilo	14	<b>1:18.92</b>	367	35.69	1:18.92
21. VIEIRA Matilde Sofia	14	<b>1:19.07</b>	365	36.70	1:19.07
DSQ CAPAREIRA Alice Machado	14				

4.2 - Falsa Partida – SW 4.4

Juvenil A

1. BRIZIDA Sofia Roma	15	<b>1:11.54</b>	492	34.44	1:11.54
2. BERNAT Alicia Del Rio	15	<b>1:11.75</b>	488	33.22	1:11.75
3. AMORIM Laura Helena	15	<b>1:12.77</b>	468	34.26	1:12.77
4. ROSA Clara Sofia	15	<b>1:14.46</b>	437	35.14	1:14.46
5. FALEIRO Sira Valentim	15	<b>1:14.90</b>	429	34.41	1:14.90
6. INACIO Debora Silva	15	<b>1:15.20</b>	424	34.11	1:15.20
7. FRISCHKNECHT Luisa Anjos	15	<b>1:15.37</b>	421	34.65	1:15.37
8. SILVA Leonor Pereira	15	<b>1:15.48</b>	419	35.30	1:15.48
9. SOUTO Elisa Henriques	15	<b>1:16.01</b>	410	35.60	1:16.01
10. SILVA Joana Alexandra	15	<b>1:16.23</b>	407	35.32	1:16.23
11. MENDES Barbara Balbino	15	<b>1:16.57</b>	401	36.30	1:16.57
12. FILIPE Maria Rita	15	<b>1:17.15</b>	392	35.01	1:17.15
13. NISTOR Anastacia	15	<b>1:17.25</b>	391	34.20	1:17.25
14. COSTA Mariana Varela	15	<b>1:17.35</b>	389	36.94	1:17.35
15. JARDIM Eva Santos	15	<b>1:17.71</b>	384	36.89	1:17.71

Prova 10

Masc., 100m Estilos

Juvenis

06/12/2024 - 18:15

Resultados

Rec Nac 25m Open	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07/12/2019
Rec Nac 25m Juv A	59.16	AZEVEDO Goncalo Carlos	CNMAIA	Felgueiras	22/04/2023
Rec Nac 25m Juv B	59.54	ALECRIM Rodolfo Junior	CNL	Leiria	09/11/2024

TAC Juvenil A Masc Juv A: 1:07.23 / TAC Juvenil B Masc Juv B: 1:08.94

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m
1. REBELO Guilherme Costa	15	<b>1:02.38</b>	493	28.30	1:02.38
2. GONCALVES Tomas Figueiredo	15	<b>1:03.03</b>	477	29.15	1:03.03
3. MARTINHO G.	15	<b>1:04.88</b>	438	29.21	1:04.88
SOUSA Diogo Rodrigues	15	<b>1:04.88</b>	438	31.21	1:04.88
5. MENDONCA Alexandre Ribeiro	15	<b>1:05.54</b>	425	30.28	1:05.54
6. SANTO Tiago Neres	15	<b>1:05.59</b>	424	30.22	1:05.59
7. HUANG Andre	15	<b>1:06.55</b>	406	30.92	1:06.55
8. MARQUES Rafael Carreiras	15	<b>1:06.66</b>	404	31.03	1:06.66
9. CADETE Francisco Manuel	15	<b>1:06.77</b>	402	30.67	1:06.77
10. PALMEIRO Tomas Manuel	15	<b>1:07.09</b>	396	31.02	1:07.09

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 10, Masc., 100m Estilos, Juvenil B

Lugar	Idade		Tempo final	Pts	50m	100m	
11.	CASTRO Diogo Alves	15	Alges	<b>1:07.72</b>	385	31.68	1:07.72
12.	LUCA Albert	15	Aquatico Silves	<b>1:07.87</b>	382	31.28	1:07.87
13.	KHALADZY Mark	15	Lagoa AC	<b>1:08.41</b>	373	31.47	1:08.41
14.	RIBEIRO Andre Almeida	15	Uniao Piedense	<b>1:08.95</b>	365	32.10	1:08.95
15.	CABRAL Guilherme Rodrigues	15	Pimpoes/Cimai	<b>1:09.01</b>	364	32.43	1:09.01
16.	REIS Afonso Ferreira	15	Nautico Marinha Grande	<b>1:09.18</b>	361	32.66	1:09.18
17.	SAMOES Afonso Alfaca	15	Alges	<b>1:10.57</b>	340	33.33	1:10.57
18.	GAIOLAS Joao Piteira	15	Nautico Marinha Grande	<b>1:10.65</b>	339	32.51	1:10.65
19.	MENESES Miguel Rocha	15	Naval Praia da Vitoria	<b>1:11.39</b>	328	32.98	1:11.39
20.	ALMEIDA Santiago Agostinho	15	Louletano / Loule Aqui e Agora	<b>1:12.57</b>	313	33.25	1:12.57
21.	CHISTOL Cristiano	15	Louletano / Loule Aqui e Agora	<b>1:13.26</b>	304	32.08	1:13.26
22.	SILVA Rodrigo Miguel	15	A Atletico Montemor	<b>1:15.30</b>	280	32.81	1:15.30

Juvenil A

1.	REIS Diogo Damasceno	16	Sporting	<b>1:00.11</b>	551	28.15	1:00.11
2.	FERNANDES Paulo Junio	16	Alges	<b>1:00.96</b>	528	27.91	1:00.96
3.	CAXARIA Miguel Loucao	16	Palmela	<b>1:01.39</b>	517	28.38	1:01.39
4.	ANDRADE Salvador Freitas	16	Naval Do Funchal	<b>1:02.36</b>	493	29.02	1:02.36
5.	MARRAZES Guilherme Meirele	16	Nautico Marinha Grande	<b>1:02.40</b>	492	29.37	1:02.40
6.	ANTONIO Joao Pedro	16	Portinado	<b>1:03.90</b>	458	30.65	1:03.90
7.	SILVA Francisco Carvalho	16	Naval Praia da Vitoria	<b>1:04.92</b>	437	31.47	1:04.92
8.	LOURENCO Daniel Alexandre	16	Sporting	<b>1:05.02</b>	435	29.92	1:05.02
9.	CHENG Xinyang	16	Nautico Marinha Grande	<b>1:05.11</b>	433	30.65	1:05.11
10.	SILVA Joao Bernardo	16	Desportivo Nacional	<b>1:05.31</b>	429	30.03	1:05.31
11.	MARTINHO Joao Miguel	16	Desportivo Nacional	<b>1:05.50</b>	425	31.92	1:05.50
12.	GONCALVES Pedro Martim	16	Juventude Atlantico	<b>1:05.69</b>	422	30.19	1:05.69
13.	SURGUCH Lev	16	Portinado	<b>1:06.29</b>	410	31.05	1:06.29
14.	GOMES Santiago Marques	16	Bairro dos Anjos/ Leiria	<b>1:06.36</b>	409	30.73	1:06.36
15.	INTERLANDI Angelo Carvalho	16	Alges	<b>1:06.93</b>	399	29.60	1:06.93
16.	CRESPO Joao Jesus	16	Desportivo Nacional	<b>1:07.79</b>	384	31.79	1:07.79
17.	GARCIA Dinis Maria	16	Nautico Abrantes	<b>1:07.80</b>	383	32.33	1:07.80
18.	REGO Antonio Luis	16	Bombeiros de Ponta Delgada	<b>1:07.92</b>	381	30.83	1:07.92
19.	OLIVEIRA Pedro Fonseca	16	Nautico Marinha Grande	<b>1:08.56</b>	371	30.83	1:08.56
20.	CAPINHA Pedro Blanc	16	Obidos Criativa	<b>1:08.71</b>	368	32.11	1:08.71
21.	FONSECA Afonso Carvalho	16	Geslours	<b>1:09.45</b>	357	31.57	1:09.45
22.	SOUSA Eduardo Afonseca	16	Desportivo Nacional	<b>1:09.65</b>	354	32.73	1:09.65

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 11 Misto, 4 x 100m Estilos Juvenis  
06/12/2024 - 18:35 Resultados

Rec Nac 25m Open	3:58.31	Vitoria Sport Clube	VSC	Felgueriras	14/11/2021
Rec Nac 25m Jun	4:00.84	Clube dos Galitos / Bresimar	CGA	Gafanha da Nazare	14/05/2022
Rec Nac 25m Juv A	4:18.10	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Paredes	19/11/2021
Rec Nac 25m Juv	4:22.18	Futebol Clube do Porto	FCP	Porto	20/07/2024
Rec Nac 25m Juv B	4:25.03	Sport Alges e Dafundo	SAD	Alges	29/06/2019
Rec Nac 25m Inf A	4:35.27	Sport Alges e Dafundo	SAD	Alges	29/06/2019
Rec Nac 25m Inf	4:35.27	Sport Alges e Dafundo	SAD	Alges	29/06/2019

Pontos: AQUA 2024

Lugar NFed Clube Tempo Final TReac Pts FINA Pts

Juvenis B

1. Naval Do Funchal 10		Naval Do Funchal	<b>4:28.77</b>		481		
GONCALVES Tomas Figueiredo	15	31.14	1:03.85	MENDES Salvador Neves	15	28.38	1:02.16
COSTA Rafaela Tome	14	36.91	1:19.96	JESUS Vera Franca	14	30.05	1:02.80
2. Sporting 2		Sporting	<b>4:30.78</b>		471		
FERREIRA Margarida Almeida	14	34.04	1:10.09	MOURA Margarida Santos	14	30.78	1:06.07
RIBEIRO Dinis Aresta	15	34.82	1:14.15	GOMES Afonso Manuel	15	29.35	1:00.47
3. Nautico Marinha Grande 1		Nautico Marinha Grande	<b>4:38.39</b>		433		
ALVES Leonor Mota	14	36.44	1:14.93	PEDROSA Francisco Lourenco	15	30.34	1:04.90
GASPAR Beatriz Marques	14	37.34	1:19.95	PALMEIRO Tomas Manuel	15	27.98	58.61
4. Alges 1		Alges	<b>4:38.71</b>		432		
SOUSA Diogo Rodrigues	15	32.83	1:06.70	HURYNOVICH Varvara	14	32.94	1:13.50
SANTOS Miguel Belo	15	33.84	1:12.90	CORREIA Maria Rendeiro	14	31.83	1:05.61
5. Alcobaca 1		Alcobaca	<b>4:39.22</b>		429		
MENDES Mariana Sousa	14	38.61	1:20.18	FELICIANO Francisca Moreira	14	32.38	1:09.47
JORGE Antonio Antunes	15	33.21	1:11.32	TOMAS Rodrigo Cardoso	15	28.42	58.25

DSQ Geslours 2 Geslours  
10.15 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11

PEREIRA Rita Ribeiro, PEREIRA Matilde Bento, HUANG Andre, MARQUES Martim Frederico

Juvenis A

1. Sporting 1		Sporting	<b>4:24.89</b>		503		
SIMOES Bruna Sofia	15	35.19	1:13.89	LOURENCO Daniel Alexandre	16	29.46	1:01.17
REIS Diogo Damasceno	16	30.38	1:05.95	COSTA Mariana Varela	15	30.51	1:03.88
2. Naval Setubalense 1		Naval Setubalense	<b>4:24.96</b>		503		
BRITO Rita Canas	15	33.04	1:08.79	FRISCHKNECHT Luisa Anjos	15	32.21	1:09.55
ROCHA Miguel Ratinho	16	33.55	1:12.42	MONIZ Rafael Lin	16	25.80	54.20
3. Bairro dos Anjos/ Leiria 1		Bairro dos Anjos/ Leiria	<b>4:25.74</b>		498		
GOMES Santiago Marques	16	32.91	1:08.07	FERREIRA Tomas Pascoal	16	26.95	57.36
BRIZIDA Sofia Roma	15	35.85	1:17.02	ALVES Maria Carolina	15	29.10	1:03.29
4. Benfica 1		Benfica	<b>4:26.34</b>		495		
PEREIRA Rui Melo	16	31.05	1:04.84	GUEDELHA Bernardo Afonso	16		
CARVALHO Maria Duarte	15	36.74		PROENCA Victoria Sales	15	29.17	1:02.71
5. Geslours 1		Geslours	<b>4:28.58</b>		483		
FILIPE Maria Rita	15	35.19	1:12.54	TOME David Emanuel	16	27.67	1:01.64
FREITAS Francisco Gabriel	16	31.43	1:09.80	RODRIGUES Alice Fernandes	15	29.76	1:04.60
6. Naval Do Funchal 29		Naval Do Funchal	<b>4:30.03</b>		475		
BRITO Madalena Pinto	15	33.98	1:11.19	ANDRADE Salvador Freitas	16	28.92	1:00.27
GOMES Joao Abreu	16	33.50	1:12.29	TEIXEIRA Maria Leonor	15	31.37	1:06.28
7. Portinado 1		Portinado	<b>4:33.92</b>		455		
SILVA Mateus Inacio	16	30.98	1:05.16	ANTONIO Joao Pedro	16	29.89	1:03.67
LOPES Carolina Melo	15	36.62	1:19.89	GOMES Carolina Frois	15	31.08	1:05.20

Torneio Zonal de Juvenis (Zona Sul)  
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2 - 2ª Jornada - 1ª Sessão

07/12/2024 - 9:30

Prova 12	Femin., 100m Livres				Juvenis
07/12/2024 - 9:30					Resultados
Rec Nac 25m Open	54.66	RODRIGUES Ana Pinho	ADS	Felgueiras	20/12/2019
Rec Nac 25m Juv A	56.18	FERNANDES Carolina Miranda	CGA	Mealhada	08/12/2019
Rec Nac 25m Juv B	57.65	FERNANDES Carolina Miranda	CGA	Estarreja	10/06/2019

TAC Juvenil A Fem Juv A 50m: 1:06.97 - 25m: 1:05.84 / TAC Juvenil B Fem Juv B 50m: 1:09.19 - 25m: 1:07.53

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m
<b>Juvenil B</b>						
1.	CAPAREIRA Alice Machado	14	Academia Acores	<b>1:01.17</b>	554	29.83 1:01.17
2.	MOURA Margarida Santos	14	Sporting	<b>1:02.13</b>	529	30.21 1:02.13
3.	FERREIRA Margarida Almeida	14	Sporting	<b>1:03.03</b>	506	30.19 1:03.03
4.	PEREIRA Sofia Barroca	14	BUZIOS - Coruche	<b>1:03.66</b>	491	30.24 1:03.66
5.	JESUS Vera Franca	14	Naval Do Funchal	<b>1:04.57</b>	471	31.05 1:04.57
6.	CORREIA Maria Rendeiro	14	Alges	<b>1:05.36</b>	454	32.36 1:05.36
7.	ALVES Leonor Mota	14	Nautico Marinha Grande	<b>1:05.46</b>	452	1:05.46
8.	VALA Maria Joao	14	Pimpoes/Cimai	<b>1:05.55</b>	450	31.72 1:05.55
9.	LUTSIV Angelina	14	Lagoa AC	<b>1:06.13</b>	438	31.60 1:06.13
10.	MONTEIRO Francisca Cunha	14	Benfica	<b>1:06.14</b>	438	31.94 1:06.14
11.	NUNES Diana Gomes	14	Colegio Monte Maior	<b>1:06.36</b>	434	30.72 1:06.36
	GUERREIRO Marta Gak	14	Louletano / Loule Aqui e Agora	<b>1:06.36</b>	434	31.57 1:06.36
13.	VELOSA Ana Matilde	14	Juventude Atlantico	<b>1:06.47</b>	432	32.32 1:06.47
14.	FORMIGO Margarida Pinho	14	Torres Novas	<b>1:06.53</b>	430	32.33 1:06.53
15.	MAO DE FERRO Ana	14	Sporting	<b>1:06.70</b>	427	32.29 1:06.70
16.	SOARES Isabella Nascimento	14	Naval da Horta	<b>1:06.96</b>	422	32.22 1:06.96
	SEMIAO Lara Nobre	14	Salesianos	<b>1:06.96</b>	422	32.26 1:06.96
18.	MADEIRA Carmo Rosa	14	Laranjeiro	<b>1:07.33</b>	415	32.39 1:07.33
19.	DELGADINHO Raquel Silva	14	Palmela	<b>1:07.49</b>	412	32.04 1:07.49
20.	LUIS Maria Ines	14	Aljustrelense	<b>1:08.10</b>	401	32.08 1:08.10
21.	TEIXEIRA Beatriz Marques	14	Lagoa AC	<b>1:08.34</b>	397	32.82 1:08.34

<b>Juvenil A</b>						
1.	BARROSO Juliana Bushe	15	FC Ferreiras/AlgarExperience	<b>1:02.54</b>	518	29.67 1:02.54
2.	BARFIELD Isabel	15	Natacao de Lagos	<b>1:03.07</b>	505	29.31 1:03.07
3.	SANTOS Carolina Brito	15	Naval de Faro	<b>1:03.44</b>	496	30.77 1:03.44
4.	PROENCA Victoria Sales	15	Benfica	<b>1:03.47</b>	496	30.16 1:03.47
5.	BERNAT Alicia Del Rio	15	Alges	<b>1:03.77</b>	489	30.86 1:03.77
6.	SILVA Joana Alexandra	15	CPCD-Povoa St Iria	<b>1:03.87</b>	486	30.63 1:03.87
7.	ALVES Maria Carolina	15	Bairro dos Anjos/ Leiria	<b>1:03.99</b>	484	30.13 1:03.99
8.	LOPES Maria Leonor	15	Torres Novas	<b>1:04.26</b>	478	31.18 1:04.26
9.	COSTA Mariana Varela	15	Sporting	<b>1:04.28</b>	477	30.91 1:04.28
10.	SIMOES Bruna Sofia	15	Sporting	<b>1:04.41</b>	474	30.72 1:04.41
11.	ROSA Isabel Silva	15	Naval da Horta	<b>1:04.63</b>	470	30.88 1:04.63
12.	MARTINS Carolina Sofia	15	Naval Setubalense	<b>1:04.70</b>	468	31.34 1:04.70
13.	LOPES Jessica Bernardino	15	Fisica de Torres Vedras	<b>1:05.26</b>	456	31.14 1:05.26
14.	MENDES Barbara Balbino	15	Naval de Peniche	<b>1:05.31</b>	455	31.12 1:05.31
15.	AMORIM Laura Helena	15	Nautico Marinha Grande	<b>1:05.39</b>	453	31.22 1:05.39
16.	PETERSSON Violeta Reis	15	Naval de Faro	<b>1:05.43</b>	452	30.78 1:05.43
17.	SILVA Lara Paixao	15	Rio Maior	<b>1:05.51</b>	451	31.13 1:05.51
18.	AREDE Madalena Pereira	15	Sporting	<b>1:05.92</b>	442	31.62 1:05.92
19.	GOMES Carolina Frois	15	Portinado	<b>1:06.06</b>	440	31.26 1:06.06
20.	BRANCO Beatriz Paiva	15	Laranjeiro	<b>1:06.11</b>	439	31.18 1:06.11
21.	RODRIGUES Alice Fernandes	15	Geslours	<b>1:06.17</b>	437	31.47 1:06.17
22.	TEIXEIRA Maria Leonor	15	Naval Do Funchal	<b>1:06.28</b>	435	31.85 1:06.28



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Prova 12, Femin., 100m Livres, Juvenil A

Lugar	Idade	Tempo final	Pts	50m	100m
23. MATEUS Ines Filipa	15 Lagoa AC	<b>1:06.38</b>	433	31.43	1:06.38
24. SOUTO Elisa Henriques	15 Obidos Criativa	<b>1:06.61</b>	429	32.12	1:06.61
25. FRYXELL Maria Ines	15 AONDA-Azeitao	<b>1:07.54</b>	411	32.48	1:07.54
DNS MENDES Bianca Balbino	15 Naval de Peniche				

Prova 13

Masc., 200m Livres

Juvenis

07/12/2024 - 9:45

Resultados

Rec Nac 25m Open	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14/12/2018
Rec Nac 25m Juv A	1:49.83	RIBEIRO Diogo Matos	CUC	Mealhada	07/12/2019
Rec Nac 25m Juv B	1:53.76	RIBEIRO Diogo Matos	CUC	Coimbra	16/06/2019

TAC Juvenil A Masc Juv A 50m: 2:12.02 - 25m: 2:09.20 / TAC Juvenil B Masc Juv B 50m: 2:14.40 - 25m: 2:11.50

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m	
<b>Juvenil B</b>								
1. ALECRIM Rodolfo Junior	15	Nautico de Leiria - VOID	<b>1:56.23</b>	624	27.26	57.02	1:27.78	1:56.23
2. GODINHO A.	15	Fisica de Torres Vedras	<b>2:01.33</b>	549	27.64	58.13	1:29.86	2:01.33
3. PACHECO David Filipe	15	BUZIOS - Coruche	<b>2:01.67</b>	544	28.58	59.69	1:31.13	2:01.67
4. ROXO Joao Baixinho	15	Uniao Piedense	<b>2:02.69</b>	531	28.35	59.63	1:31.77	2:02.69
5. CASTRO Diogo Alves	15	Alges	<b>2:05.87</b>	492	28.97	1:00.47	1:33.23	2:05.87
6. BRILHA Martim Marino	15	Belenenses	<b>2:07.93</b>	468	29.59	1:01.10	1:34.37	2:07.93
7. PEREIRA G.	15	Colegio Monte Maior	<b>2:08.15</b>	466	29.62	1:01.63	1:34.87	2:08.15
8. TOMAS Rodrigo Cardoso	15	Alcobaca	<b>2:08.40</b>	463	29.69	1:01.94	1:35.72	2:08.40
9. OLIVEIRA T.	15	Fisica de Torres Vedras	<b>2:08.44</b>	463	29.09	1:01.93	1:35.62	2:08.44
10. MARQUES G.	15	Colegio Monte Maior	<b>2:09.00</b>	457	29.56	1:02.37	1:35.90	2:09.00
11. PINTO Francisco Reis	15	Alges	<b>2:09.31</b>	453	29.93	1:02.99	1:36.52	2:09.31
12. GASPAS Lucas Ferreira	15	Industrial Vieirense	<b>2:09.35</b>	453	29.38	1:01.60	1:35.40	2:09.35
13. FREIRE Tomas O'Grady	15	Sporting	<b>2:09.65</b>	450	29.76	1:02.54	1:36.42	2:09.65
14. LULAK Tiago Malhador	15	Louletano / Loule Aqui e Agora	<b>2:10.52</b>	441	30.10	1:03.06	1:36.85	2:10.52
15. HUANG Andre	15	Gesloures	<b>2:11.08</b>	435	29.66	1:02.56	1:36.77	2:11.08

Juvenil A

1. PARREIRA S.	16	Pimpoes/Cimai	<b>1:56.13</b>	626	27.79	58.32	1:27.57	1:56.13
2. FERREIRA Tomas Pasco	16	Bairro dos Anjos/ Leiria	<b>1:56.28</b>	624	27.46	56.98	1:27.61	1:56.28
3. JOAQUIM H.	16	Nautico de Leiria - VOID	<b>1:59.46</b>	575	28.18	59.37	1:29.72	1:59.46
4. REIS Tomas Augusto	16	Belenenses	<b>2:00.68</b>	558	27.71	57.93	1:29.32	2:00.68
5. NUNES Joao Tomas	16	Natacao de Olhao	<b>2:00.91</b>	555	27.93	58.50	1:29.59	2:00.91
6. GUEDELHA B.	16	Benfica	<b>2:01.07</b>	552	28.57	59.38	1:30.36	2:01.07
7. MONIZ Rafael Lin	16	Naval Setubalense	<b>2:01.18</b>	551	27.91	58.69	1:30.17	2:01.18
8. RIZZON G.	16	Sporting	<b>2:01.52</b>	546	28.26	59.39	1:30.47	2:01.52
9. BENTO Afonso Maria	16	Albicastrense	<b>2:03.20</b>	524	28.75	59.78	1:32.20	2:03.20
10. PINHEIRO Andre Raposo	16	Sporting	<b>2:04.45</b>	509	27.50	58.45	1:30.87	2:04.45
11. MADEIRA Xavier Rosa	16	Laranjeiro	<b>2:04.54</b>	507	28.92	1:00.65	1:32.43	2:04.54
12. AMARAL Afonso Cunha	16	Alges	<b>2:05.31</b>	498	28.88	1:00.24	1:32.78	2:05.31
13. VALENTE Xavier Jesus	16	Belenenses	<b>2:05.47</b>	496	28.14	59.33	1:31.84	2:05.47
14. SILVA Joao Bernardo	16	Desportivo Nacional	<b>2:05.92</b>	491	28.48	59.76	1:32.59	2:05.92
15. AMARO Afonso Miguel	16	Belenenses	<b>2:06.10</b>	489	28.98	1:00.74	1:33.32	2:06.10
16. MARTINS Vasco Alexandre	16	Colegio Monte Maior	<b>2:06.37</b>	486	29.58	1:01.60	1:34.23	2:06.37
17. PEREIRA David Ferrador	16	Nautico de Leiria - VOID	<b>2:06.40</b>	485	28.59	1:00.88	1:34.22	2:06.40
18. MONTEIRO D.	16	Belenenses	<b>2:06.70</b>	482	29.47	1:01.09	1:33.59	2:06.70
19. CALDAS Pedro Guedes	16	Benfica	<b>2:07.04</b>	478	27.91	59.16	1:32.64	2:07.04
20. FERREIRA Tiago Rafael	16	Sporting	<b>2:08.98</b>	457	28.23	1:00.76	1:35.21	2:08.98
21. OLIVEIRA Bernardo Miguel	16	Nacional de Natacao	<b>2:09.18</b>	455	29.63	1:02.04	1:35.24	2:09.18
22. LIMA Miguel Silva	16	Nautico Abrantes	<b>2:10.70</b>	439	29.61	1:02.18	1:35.72	2:10.70

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 13, Masc., 200m Livres, Juvenil A

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m
23. FREITAS Francisco Gabriel	16	2:11.41	432	29.16	1:01.99	1:36.61	2:11.41
24. MENDES Joao Granja	16	2:11.66	429	28.73	1:01.00	1:35.76	2:11.66
DSQ FERNANDES Paulo Junio	16	1:57.13		26.40	55.98	1:26.29	1:57.13

4.2 - Falsa Partida – SW 4.4

Prova 14

Femin., 100m Bruços

Juvenis

07/12/2024 - 10:00

Resultados

Rec Nac 25m Open	1:06.73	RODRIGUES Ana Pinho	EDV	Felgueiras	14/04/2024
Rec Nac 25m Juv A	1:09.59	GOMES Diana Duarte	ABVE	Tomar	13/03/2004
Rec Nac 25m Juv B	1:11.76	GOMES Diana Duarte	ABVE	Reboleira	28/06/2003

TAC Juvenil A Fem Juv A 50m: 1:26.40 - 25m: 1:23.39 / TAC Juvenil B Fem Juv B 50m: 1:27.86 - 25m: 1:24.91

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m
<b>Juvenil B</b>					
1. MADUREIRA Clara Santos	14	1:18.85	494	37.89	1:18.85
2. PEREIRA Matilde Bento	14	1:19.61	480	37.24	1:19.61
3. GASPAS Beatriz Marques	14	1:21.46	448	38.15	1:21.46
4. COSTA Rafaela Tome	14	1:21.77	443	38.40	1:21.77
5. SANTOS Maria Goncalves	14	1:22.34	434	38.87	1:22.34
PENEDO Vitoria Alves	14	1:22.34	434	39.00	1:22.34
7. BERGAMO Laura Aguiar	14	1:23.24	420	39.14	1:23.24
8. PEREIRA Ana Matilde	14	1:23.99	409	38.95	1:23.99
9. ARROJADO Maria Abreu	14	1:27.76	358	41.52	1:27.76

Juvenil A

1. BRITO Rita Canas	15	1:15.64	560	35.73	1:15.64
2. BRIZIDA Sofia Roma	15	1:17.11	528	36.98	1:17.11
3. CARVALHO Maria Duarte	15	1:18.76	496	37.35	1:18.76
4. LOPES Carolina Melo	15	1:20.02	473	37.43	1:20.02
5. SOUSA Susana Conceicao	15	1:22.88	425	39.19	1:22.88
6. SILVA Rita Mota	15	1:23.01	423	39.74	1:23.01
7. FALEIRO Sira Valentim	15	1:23.44	417	39.22	1:23.44
8. BRITO Madalena Pinto	15	1:24.83	397	40.00	1:24.83
9. AFONSO Rafaela Santos	15	1:25.21	391	39.33	1:25.21
10. SILVA Leonor Pereira	15	1:26.10	379	39.90	1:26.10

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 15 Masc., 400m Estilos Juvenis  
07/12/2024 - 10:15 Resultados

Rec Nac 25m Open	4:05.87	LOPES Gabriel Jose	ALN	Leiria	09/12/2022
Rec Nac 25m Juv A	4:25.04	VITAL Joao Alexandre	ADRCIMM	Tomar	13/12/2013
Rec Nac 25m Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21/03/2003

TAC Juvenil A Masc Juv A 50m: 5:20.86 - 25m: 5:14.59 / TAC Juvenil B Masc Juv B 50m: 5:26.65 - 25m: 5:19.90

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	MIMOSO Renato Ferreira	15	211467	Benfica	<b>4:47.28</b>		546	
	50m: 29.66 29.66		150m: 1:39.98 36.67		250m: 2:59.36 42.09	350m: 4:15.17 33.45		
	100m: 1:03.31 33.65		200m: 2:17.27 37.29		300m: 3:41.72 42.36	400m: 4:47.28 32.11		
2.	SOUSA Diogo Rodrigues	15	214212	Alges	<b>4:54.58</b>		506	
	50m: 31.52 31.52		150m: 1:45.28 38.56		250m: 3:05.25 42.33	350m: 4:21.76 33.23		
	100m: 1:06.72 35.20		200m: 2:22.92 37.64		300m: 3:48.53 43.28	400m: 4:54.58 32.82		
3.	RIBEIRO Dinis Aresta	15	214312	Sporting	<b>5:00.42</b>		477	
	50m: 32.19 32.19		150m: 1:49.23 39.52		250m: 3:09.25 41.46	350m: 4:27.10 35.25		
	100m: 1:09.71 37.52		200m: 2:27.79 38.56		300m: 3:51.85 42.60	400m: 5:00.42 33.32		
4.	DIAS Rodrigo Ferrao	15	214314	Sporting	<b>5:04.61</b>		458	
	50m: 31.98 31.98		150m: 1:50.73 41.63		250m: 3:13.43 42.64	350m: 4:31.27 34.11		
	100m: 1:09.10 37.12		200m: 2:30.79 40.06		300m: 3:57.16 43.73	400m: 5:04.61 33.34		
5.	ALMEIDA David Xavier	15	205547	Bairro dos Anjos/ Leiria	<b>5:08.53</b>		440	
	50m: 31.44 31.44		150m: 1:50.62 41.09		250m: 3:12.41 40.98	350m: 4:32.40 36.78		
	100m: 1:09.53 38.09		200m: 2:31.43 40.81		300m: 3:55.62 43.21	400m: 5:08.53 36.13		
6.	FREIRE Tomas O'Grady	15	214315	Sporting	<b>5:09.65</b>		436	
	50m: 33.44 33.44		150m: 1:50.15 39.19		250m: 3:12.81 43.01	350m: 4:34.12 36.72		
	100m: 1:10.96 37.52		200m: 2:29.80 39.65		300m: 3:57.40 44.59	400m: 5:09.65 35.53		
7.	GAIOLAS Joao Piteira	15	144280	Nautico Marinha Grande	<b>5:15.02</b>		414	
	50m: 32.73 32.73		150m: 1:51.19 39.53		250m: 3:15.95 44.90	350m: 4:39.81 36.39		
	100m: 1:11.66 38.93		200m: 2:31.05 39.86		300m: 4:03.42 47.47	400m: 5:15.02 35.21		
8.	PEREIRA Afonso Velada	15	150821	Sporting	<b>5:15.86</b>		410	
	50m: 33.85 33.85		150m: 1:52.76 40.24		250m: 3:16.70 44.42	350m: 4:39.96 37.23		
	100m: 1:12.52 38.67		200m: 2:32.28 39.52		300m: 4:02.73 46.03	400m: 5:15.86 35.90		
9.	JORGE Daniel Filipe	15	210798	Rio Maior	<b>5:19.26</b>		397	
	50m: 33.36 33.36		150m: 1:53.15 41.19		250m: 3:19.95 46.37	350m: 4:43.62 36.56		
	100m: 1:11.96 38.60		200m: 2:33.58 40.43		300m: 4:07.06 47.11	400m: 5:19.26 35.64		
DSQ	JORGE Antonio Antunes	15	206495	Alcobaca				
	<i>10.1 - O(A) nadador(a) não completou o percurso - SW 10.2</i>							
	50m: 30.76 30.76		150m:		250m:	350m:		
	100m:		200m:		300m:	400m:		

**Juvenil A**

1.	REIS Diogo Damasceno	16	151317	Sporting	<b>4:42.29</b>		575	
	50m: 29.48 29.48		150m: 1:41.48 37.44		250m: 2:56.09 37.59	350m: 4:09.32 33.70		
	100m: 1:04.04 34.56		200m: 2:18.50 37.02		300m: 3:35.62 39.53	400m: 4:42.29 32.97		
2.	MARRAZES Guilherme Meirele	16	152840	Nautico Marinha Grande	<b>4:45.56</b>		555	
	50m: 29.46 29.46		150m: 1:39.59 37.48		250m: 2:58.20 42.01	350m: 4:13.83 33.12		
	100m: 1:02.11 32.65		200m: 2:16.19 36.60		300m: 3:40.71 42.51	400m: 4:45.56 31.73		
3.	MANUEL Tiago Trindade	16	205937	Palmela	<b>4:59.64</b>		481	
	50m: 29.76 29.76		150m: 1:42.67 37.22		250m: 3:04.20 44.77	350m: 4:26.25 34.20		
	100m: 1:05.45 35.69		200m: 2:19.43 36.76		300m: 3:52.05 47.85	400m: 4:59.64 33.39		
4.	LOURENCO Daniel Alexandre	16	214004	Sporting	<b>5:00.23</b>		478	
	50m: 29.82 29.82		150m: 1:42.84 39.06		250m: 3:03.99 43.20	350m: 4:24.68 36.13		
	100m: 1:03.78 33.96		200m: 2:20.79 37.95		300m: 3:48.55 44.56	400m: 5:00.23 35.55		
5.	CHENG Xinyang	16	207712	Nautico Marinha Grande	<b>5:02.36</b>		468	
	50m: 30.87 30.87		150m: 1:46.72 39.58		250m: 3:07.38 41.89	350m: 4:27.87 37.12		
	100m: 1:07.14 36.27		200m: 2:25.49 38.77		300m: 3:50.75 43.37	400m: 5:02.36 34.49		

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 15, Masc., 400m Estilos, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	ROCHA Miguel Ratinho	16	214840	Naval Setubalense	<b>5:04.90</b>		456	
	50m: 31.08 31.08		150m: 1:47.96 40.81	250m: 3:11.28	43.76	350m: 4:31.68	35.82	
	100m: 1:07.15 36.07		200m: 2:27.52 39.56	300m: 3:55.86	44.58	400m: 5:04.90	33.22	
7.	GOMES Santiago Marques	16	210806	Bairro dos Anjos/ Leiria	<b>5:06.01</b>		451	
	50m: 31.42 31.42		150m: 1:49.62 40.58	250m: 3:11.74	43.92	350m: 4:31.48	36.19	
	100m: 1:09.04 37.62		200m: 2:27.82 38.20	300m: 3:55.29	43.55	400m: 5:06.01	34.53	
8.	NARIGUETA Rodrigo Duarte	16	208395	Palmela	<b>5:08.17</b>		442	
	50m: 32.75 32.75		150m: 1:49.54 39.68	250m: 3:14.41	46.35	350m: 4:35.03	34.15	
	100m: 1:09.86 37.11		200m: 2:28.06 38.52	300m: 4:00.88	46.47	400m: 5:08.17	33.14	
9.	SILVA Francisco Carvalho	16	132869	Naval Praia da Vitoria	<b>5:11.15</b>		429	
	50m: 32.28 32.28		150m: 1:48.80 38.77	250m: 3:10.04	42.91	350m: 4:33.30	37.50	
	100m: 1:10.03 37.75		200m: 2:27.13 38.33	300m: 3:55.80	45.76	400m: 5:11.15	37.85	
10.	MARQUES Diogo Soares	16	212752	Alges	<b>5:13.35</b>		420	
	50m: 32.83 32.83		150m: 1:51.13 39.82	250m: 3:16.18	45.80	350m: 4:37.34	35.67	
	100m: 1:11.31 38.48		200m: 2:30.38 39.25	300m: 4:01.67	45.49	400m: 5:13.35	36.01	
11.	GARCIA Dinis Maria	16	205671	Nautico Abrantes	<b>5:17.03</b>		406	
	50m: 34.66 34.66		150m: 1:56.82 40.20	250m: 3:19.11	42.70	350m: 4:41.16	37.59	
	100m: 1:16.62 41.96		200m: 2:36.41 39.59	300m: 4:03.57	44.46	400m: 5:17.03	35.87	
DNS	LEITE Duarte Afonso	16	215645	Laranjeiro				

Prova 16

Femin., 200m Estilos

Juvenis

07/12/2024 - 10:35

Resultados

Rec Nac 25m Open	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16/12/2017
Rec Nac 25m Juv A	2:18.13	CUNHA Mariana Pacheco	CFP	Felgueiras	27/04/2019
Rec Nac 25m Juv B	2:19.79	CUNHA Mariana Pacheco	CFP	Felgueiras	14/04/2018

TAC Juvenil A Fem Juv A 50m: 2:49.85 - 25m: 2:44.96 / TAC Juvenil B Fem Juv B 50m: 2:53.66 - 25m: 2:48.48

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m		
<b>Juvenil B</b>									
1.	FELICIANO F.	14	Alcobaca	<b>2:32.25</b>	512	32.40	1:10.84	1:55.38	2:32.25
2.	HURYNOVICH Varvara	14	Alges	<b>2:38.38</b>	455	34.30	1:16.39	2:02.14	2:38.38
3.	OLIVEIRA R.	14	Palmela	<b>2:38.92</b>	450	33.74	1:15.88	2:02.76	2:38.92
4.	VALA Maria Joao	14	Pimpoes/Cimai	<b>2:39.07</b>	449	35.32	1:15.37	2:03.64	2:39.07
5.	GONCALVES F.	14	Benfica	<b>2:39.63</b>	444	33.55	1:13.21	2:02.31	2:39.63
6.	PEREIRA Ana Matilde	14	Naval Do Funchal	<b>2:40.64</b>	436	34.14	1:15.37	2:02.54	2:40.64
7.	ARROJADO Maria Abreu	14	Naval Praia da Vitoria	<b>2:43.44</b>	414	34.71	1:19.14	2:06.52	2:43.44
8.	PRYMACHENKO A.	14	Nucleo de Pombal	<b>2:43.56</b>	413	34.36	1:16.94	2:05.55	2:43.56
9.	FERREIRA Carolina Mora	14	Academia Acores	<b>2:43.60</b>	413	34.24	1:15.65	2:05.49	2:43.60
10.	SERRA Ana Filipa	14	CPCD-Povoa St Iria	<b>2:43.84</b>	411	35.39	1:16.31	2:04.31	2:43.84
11.	CAMEJO Carolina Melo	14	Sporting	<b>2:43.92</b>	410	35.14	1:14.34	2:04.63	2:43.92
12.	PAIVA Ines Silva	14	Colegio Monte Maior	<b>2:44.49</b>	406	35.79	1:16.47	2:06.31	2:44.49
13.	MESTRE Ines Diogo	14	Aljustrelense	<b>2:45.65</b>	398	34.13	1:15.83	2:05.88	2:45.65
14.	SANTOS Carlota Sa	14	Nucleo de Pombal	<b>2:46.34</b>	393	36.07	1:17.60	2:08.48	2:46.34
15.	BALDO Madalena Ferreira	14	Colegio Monte Maior	<b>2:46.53</b>	391	36.31	1:18.30	2:06.71	2:46.53
16.	OLIVEIRA Maria Goncalves	14	Desportivo de Odemira	<b>2:47.18</b>	387	35.06	1:16.73	2:06.74	2:47.18
17.	MAGIYEVA Eva	14	Lagoa AC	<b>2:47.34</b>	386	37.05	1:20.74	2:10.00	2:47.34
18.	PENEDO Vitoria Alves	14	Palmela	<b>2:47.36</b>	386	38.96	1:22.77	2:07.52	2:47.36
19.	CONDON Zoe Leitao	14	Naval de Faro	<b>2:47.41</b>	385	35.28	1:16.25	2:08.86	2:47.41
20.	FREITAS Sara Margarida	14	Juventude Atlantico	<b>2:47.78</b>	383	35.85	1:18.42	2:08.27	2:47.78
21.	SANTOS Maria Goncalves	14	Lagoa AC	<b>2:49.32</b>	372	38.33	1:24.49	2:10.54	2:49.32
22.	ABRANTES Ines Freitas	14	Colegio Monte Maior	<b>2:49.96</b>	368	35.48	1:21.35	2:12.03	2:49.96
23.	PEREIRA Matilde Bento	14	Geslourses	<b>2:50.40</b>	365	38.97	1:23.30	2:08.70	2:50.40
24.	SILVA Leonor Coelho	14	Belenenses	<b>2:51.46</b>	359	36.64	1:17.61	2:11.23	2:51.46
25.	VIEIRA Matilde Sofia	14	Desportivo Nacional	<b>2:51.74</b>	357	37.39	1:22.22	2:12.88	2:51.74



Torneio Zonal de Juvenis (Zona Sul)  
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Prova 16, Femin., 200m Estilos, Juvenil B

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m	
26. OLIVEIRA Isabel Grilo	14	Lagoa AC	<b>2:51.82</b>	356	35.47	1:20.17	2:13.25	2:51.82
27. PAIVA Alice Martins	14	Palmela	<b>2:52.91</b>	350	38.12	1:23.46	2:13.29	2:52.91
28. TEIXEIRA Beatriz Marques	14	Lagoa AC	<b>2:53.81</b>	344	40.57	1:24.85	2:17.19	2:53.81

Juvenil A

1. AZEVEDO C.	15	Lagoa AC	<b>2:28.39</b>	553	31.60	1:07.71	1:53.36	2:28.39
2. GOMES Rita Braga	15	Alges	<b>2:34.89</b>	486	33.36	1:14.91	1:59.49	2:34.89
3. LOPES Carolina Melo	15	Portinado	<b>2:36.08</b>	475	33.48	1:15.43	1:59.48	2:36.08
4. AMORIM Laura Helena	15	Nautico Marinha Grande	<b>2:36.46</b>	472	35.52	1:15.88	2:02.03	2:36.46
5. ALVES Diana Isabel	15	Pimpoes/Cimai	<b>2:36.60</b>	471	33.57	1:12.37	1:59.81	2:36.60
6. GUERRA C.	15	Alges	<b>2:36.93</b>	468	33.89	1:13.92	2:01.87	2:36.93
7. MARTINS L.	15	BUZIOS - Coruche	<b>2:37.04</b>	467	34.13	1:15.55	2:02.08	2:37.04
8. FRISCHKNECHT L.	15	Naval Setubalense	<b>2:38.58</b>	453	33.46	1:14.24	2:00.88	2:38.58
9. VIEIRA Matilde Santos	15	Nautico Marinha Grande	<b>2:38.91</b>	450	33.93	1:16.41	2:03.95	2:38.91
10. MENDES Ana Nabais	15	Laranjeiro	<b>2:38.99</b>	450	34.66	1:14.12	2:02.64	2:38.99
11. BERNAT Alicia Del Rio	15	Alges	<b>2:39.56</b>	445	33.14	1:16.41	2:01.96	2:39.56
12. DINIZ Beatriz Costa	15	Sporting	<b>2:39.95</b>	442	34.08	1:16.08	2:03.40	2:39.95
13. ROSA Clara Sofia	15	Desportivo Nacional	<b>2:40.21</b>	440	34.44	1:16.51	2:02.65	2:40.21
14. LOPES Jessica Bernardin	15	Fisica de Torres Vedras	<b>2:41.45</b>	430	35.35	1:17.90	2:04.77	2:41.45
15. PARDELHA C.	15	Colegio Monte Maior	<b>2:41.83</b>	426	35.08	1:15.94	2:02.98	2:41.83
16. INACIO Debora Silva	15	Pimpoes/Cimai	<b>2:42.37</b>	422	36.61	1:18.37	2:06.29	2:42.37
17. CARVALHO Maria Duarte	15	Benfica	<b>2:42.67</b>	420	36.43	1:21.08	2:03.81	2:42.67
18. BRANCO Beatriz Paiva	15	Laranjeiro	<b>2:43.34</b>	415	36.51	1:19.84	2:07.75	2:43.34
19. BRIZIDA Sofia Roma	15	Bairro dos Anjos/ Leiria	<b>2:45.56</b>	398	34.57	1:17.44	2:02.04	2:45.56
20. SILVA Leonor Pereira	15	Obidos Criativa	<b>2:49.59</b>	371	36.23	1:21.91	2:08.55	2:49.59

Prova 17

Masc., 50m Mariposa

Juvenis

07/12/2024 - 11:00

Resultados

Rec Nac 25m Open	22.71	RIBEIRO Diogo Matos	POR	Otopeni (ROU)	08/12/2023
Rec Nac 25m Juv A	25.01	FERREIRA Duarte Santos	FCP	Porto	20/07/2024
Rec Nac 25m Juv B	26.10	PEREIRA Rodrigo Ferreira	GDNFAMA	Felgueiras	17/07/2021

TAC Juvenil A Masc Juv A 50m: 28.96 - 25m: 28.60 / TAC Juvenil B Masc Juv B 50m: 29.69 - 25m: 28.92

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenis B</b>								
1.	GODINHO Antonio Carimbo	15	207118	Fisica de Torres Vedras	<b>26.82</b>		533	
2.	REBELO Guilherme Costa	15	214152	Pimpoes/Cimai	<b>27.29</b>		506	
3.	MENDES Salvador Neves	15	212022	Naval Do Funchal	<b>28.73</b>		433	
	MARQUES Martim Frederico	15	210909	Geslours	<b>28.73</b>		433	
5.	CADETE Francisco Manuel	15	214193	Nautico Abrantes	<b>28.91</b>		425	

Juvenis A

1. JOAQUIM Henrique Martins	16	207318	Nautico de Leiria - VOID	<b>25.90</b>		592
2. NUNES Joao Tomas	16	211145	Natacao de Olhao	<b>26.52</b>		551
3. ANDRADE Salvador Freitas	16	208851	Naval Do Funchal	<b>27.39</b>		500
4. MADEIRA Xavier Rosa	16	212301	Laranjeiro	<b>27.55</b>		492
5. PELYKH Andrey	16	223898	Belenenses	<b>27.86</b>		475
6. TOME David Emanuel	16	211569	Geslours	<b>27.89</b>		474
7. CARONHO Bernardo Querido	16	209622	Natacao do Fundao/Yes Energy	<b>27.97</b>		470
8. VALENTE Xavier Jesus	16	206889	Belenenses	<b>28.04</b>		466
9. KOT Paulo	16	144468	Nautico Marinha Grande	<b>28.14</b>		461
10. ANTONIO Joao Pedro	16	211881	Portinado	<b>28.20</b>		458
11. CARDOSO Diogo Filipe	16	210399	Natacao de Olhao	<b>28.37</b>		450

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 17, Masc., 50m Mariposa, Juvenis A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	MONTEIRO Dinis Guerreiro	16	218144	Belenenses	<b>28.39</b>		449	
13.	MESQUITA Martim Alexandre	16	208834	Nautico Marinha Grande	<b>28.40</b>		449	
14.	SURGUCH Lev	16	212109	Portinado	<b>28.52</b>		443	
15.	GUEDELHA Bernardo Afonso	16	208760	Benfica	<b>28.65</b>		437	
16.	GONCALVES Pedro Martim	16	205087	Juventude Atlantico	<b>28.72</b>		434	
17.	PESTANA Andre Pinto	16	212015	Naval Do Funchal	<b>28.84</b>		428	
18.	FONSECA Miguel Bera	16	214925	Benfica	<b>29.00</b>		421	
DSQ	MEJIAS Jesus Alberto	16	218311	Belenenses	<b>26.38</b>			

4.2 - Falsa Partida – SW 4.4

Prova 18 Femin., 4 x 200m Livres Juvenis  
07/12/2024 - 11:05 Resultados

Rec Nac 25m Open	8:03.35	Sport Lisboa e Benfica	SLB	Felgueiras	22/12/2023
Rec Nac 25m Juv A	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA	Tomar	14/12/2018	
Rec Nac 25m Juv	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA	Tomar	14/12/2018	
Rec Nac 25m Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	04/06/2011

TAC Juvenil A Fem Juv A 50m: 9:39.92 - 25m: 9:28.64 / TAC Juvenil B Fem Juv B 50m: 9:56.52 - 25m: 9:44.92

Pontos: AQUA 2024

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>						
1. Sporting 1		Sporting	<b>9:28.28</b>		499	
	14	FERREIRA Margarida Almeida	31.48	1:06.44	1:43.07	2:18.93
	14	MAO DE FERRO Ana	33.39	1:10.79	1:48.97	2:24.95
	14	CAMEJO Carolina Melo	33.13	1:11.08	1:50.61	2:30.02
	14	MOURA Margarida Santos	30.62	1:05.24	1:40.21	2:14.38

Prova 19 Masc., 4 x 100m Livres Juvenis  
07/12/2024 - 11:15 Resultados

Rec Nac 25m Open	3:12.81	Sport Lisboa e Benfica	SLB	Leiria	11/12/2022
Rec Nac 25m Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec Nac 25m Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec Nac 25m Juv B	3:42.17	Assoc Desp Cult Rec Bairro dos ArADBA	Leiria	22/06/2019	

TAC Juvenil A Masc Juv A 50m: 4:02.66 - 25m: 3:57.04 / TAC Juvenil B Masc Juv B 50m: 4:07.14 - 25m: 4:02.34

Pontos: AQUA 2024

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
<b>Juvenil B</b>							
1. Alges 1		Alges	<b>3:49.99</b>		501		
	15	CASTRO Diogo Alves	58.28	PINTO Francisco Reis	15	27.24	57.55
	15	SOUSA Diogo Rodrigues	58.69	SANTO Tiago Neres	15	26.77	55.47
2. Naval Do Funchal 10		Naval Do Funchal	<b>3:54.23</b>		474		
	15	GARANITO Mateus Silva	59.35	MENDES Salvador Neves	15	27.96	59.57
	15	LETRA Francisco Freitas	59.38	GONCALVES Tomas Figueiredo	15	27.07	55.93
3. Colegio Monte Maior 1		Colegio Monte Maior	<b>3:54.66</b>		472		
	15	MARQUES Goncalo Tapadas	58.41	SANTOS Manuel Maria	15	28.51	59.45
	15	CARVALHO Henrique Rodrigues	57.82	PEREIRA Guilherme Valente	15	28.34	58.98
4. Geslours 2		Geslours	<b>3:55.90</b>		464		
	15	MARQUES Rafael Carreiras	1:00.58	HUANG Andre	15	28.03	59.09
	15	SEBROSA Henrique Matos	59.81	MARQUES Martim Frederico	15	27.19	56.42
5. Sporting 2		Sporting	<b>3:59.76</b>		442		
	15	FREIRE Tomas O'Grady	1:00.42	GOMES Afonso Manuel	15	28.77	59.36
	15	DIAS Rodrigo Ferrao	1:00.83	RIBEIRO Dinis Aresta	15	28.10	59.15

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 19, Masc., 4 x 100m Livres

Juvenil A

1. Belenenses 1	Belenenses		<b>3:38.10</b>		588	
MEJIAS Jesus Alberto	16	25.55	52.86	VALENTE Xavier Jesus	16	26.24 55.82
PELYKH Andrey	16	25.53	55.13	REIS Tomas Augusto	16	25.83 54.29
2. Sporting 1	Sporting		<b>3:41.42</b>		562	
PINHEIRO Andre Raposo	16	26.95	56.57	LOURENCO Daniel Alexandre	16	27.34 57.08
RIZZON Guilherme Oliveira	16	26.36	54.94	REIS Diogo Damasceno	16	25.03 52.83
3. Nautico Marinha Grande 1	Nautico Marinha Grande		<b>3:44.68</b>		538	
MARRAZES Guilherme Meireles	16	26.97	55.65	MESQUITA Martim Alexandre	16	26.51 56.51
KOT Paulo	16	26.31	55.44	CHENG Xinyang	16	27.10 57.08
4. Benfica 1	Benfica		<b>3:46.54</b>		524	
PEREIRA Rui Melo	16	27.91	57.81	FONSECA Miguel Bera	16	26.86 57.07
CALDAS Pedro Guedes	16	26.50	55.80	GUDELHA Bernardo Afonso	16	26.53 55.86
5. Palmela 1	Palmela		<b>3:49.74</b>		503	
MANUEL Tiago Trindade	16	27.45	56.62	NARIGUETA Rodrigo Duarte	16	
CAXARIA Miguel Loucao	16			MEDRONHEIRA Miguel Filipe	16	27.87 59.63
6. Geslourses 1	Geslourses		<b>3:55.71</b>		466	
PAIVA Rodrigo Arga	16	28.45	1:00.21	FREITAS Francisco Gabriel	16	27.01 57.80
FONSECA Afonso Carvalho	16	28.40	1:01.23	TOME David Emanuel	16	26.75 56.47
DSQ Desportivo Nacional 1	Desportivo Nacional					
<i>10.15 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>						
CRESPO Joao Jesus	16	28.53	1:01.51	PESTANA Pedro Correia	16	
MARTINHO Joao Miguel	16			SILVA Joao Bernardo	16	

3 - 2ª Jornada - 2ª Sessão

07/12/2024 - 16:30

Prova 20

Masc., 1500m Livres

Juvenis

07/12/2024 - 16:30

Resultados

Rec Nac 25m Open	14:39.82	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04/03/2007
Rec Nac 25m Juv B	15:55.78	PEREIRA Rui Silva	POR	Tomar	14/01/2023

TAC Juvenil A Masc Juv A 50m: 19:01.87 - 25m: 18:25.72 / TAC Juvenil B Masc Juv B 50m: 19:22.63 - 25m: 18:45.82

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	PACHECO David Filipe	15	205810	BUZIOS - Coruche	<b>16:34.32</b>		617	
	100m: 1:01.09	1:01.09	500m: 5:24.92	1:06.33	900m: 9:51.97	1:07.76	1300m: 14:22.04	1:07.29
	200m: 2:05.92	1:04.83	600m: 6:30.83	1:05.91	1000m: 10:59.85	1:07.88	1400m: 15:29.61	1:07.57
	300m: 3:12.12	1:06.20	700m: 7:37.12	1:06.29	1100m: 12:07.41	1:07.56	1500m: 16:34.32	1:04.71
	400m: 4:18.59	1:06.47	800m: 8:44.21	1:07.09	1200m: 13:14.75	1:07.34		
2.	RIBEIRO Dinis Aresta	15	214312	Sporting	<b>17:19.10</b>		541	
	100m: 1:06.16	1:06.16	500m: 5:50.24	1:10.29	900m: 10:26.36	1:08.12	1300m: 15:02.33	1:09.91
	200m: 2:18.30	1:12.14	600m: 6:59.49	1:09.25	1000m: 11:34.18	1:07.82	1400m: 16:12.10	1:09.77
	300m: 3:29.67	1:11.37	700m: 8:09.38	1:09.89	1100m: 12:42.77	1:08.59	1500m: 17:19.10	1:07.00
	400m: 4:39.95	1:10.28	800m: 9:18.24	1:08.86	1200m: 13:52.42	1:09.65		
3.	PEREIRA Guilherme Valente	15	212288	Colegio Monte Maior	<b>17:19.67</b>		540	
	100m: 1:05.88	1:05.88	500m: 5:45.98	1:10.24	900m: 10:25.99	1:09.95	1300m: 15:04.58	1:09.32
	200m: 2:15.85	1:09.97	600m: 6:55.86	1:09.88	1000m: 11:35.67	1:09.68	1400m: 16:13.09	1:08.51
	300m: 3:26.05	1:10.20	700m: 8:06.11	1:10.25	1100m: 12:45.46	1:09.79	1500m: 17:19.67	1:06.58
	400m: 4:35.74	1:09.69	800m: 9:16.04	1:09.93	1200m: 13:55.26	1:09.80		
4.	DIAS Rodrigo Ferrao	15	214314	Sporting	<b>17:28.68</b>		526	
	100m: 1:05.75	1:05.75	500m: 5:48.77	1:11.39	900m: 10:31.66	1:10.99	1300m: 15:12.51	1:09.26
	200m: 2:16.09	1:10.34	600m: 6:58.92	1:10.15	1000m: 11:42.29	1:10.63	1400m: 16:21.03	1:08.52
	300m: 3:26.66	1:10.57	700m: 8:10.10	1:11.18	1100m: 12:53.11	1:10.82	1500m: 17:28.68	1:07.65
	400m: 4:37.38	1:10.72	800m: 9:20.67	1:10.57	1200m: 14:03.25	1:10.14		

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 20, Masc., 1500m Livres, Juvenil B

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts				
5.	MARQUES Goncalo Tapadas	15	216360	Colegio Monte Maior	<b>17:38.75</b>		511					
	100m:	1:05.23	1:05.23	500m:	5:47.80	1:11.22	900m:	10:31.76	1:11.08	1300m:	15:17.27	1:11.69
	200m:	2:14.85	1:09.62	600m:	6:58.54	1:10.74	1000m:	11:42.80	1:11.04	1400m:	16:28.74	1:11.47
	300m:	3:25.82	1:10.97	700m:	8:09.48	1:10.94	1100m:	12:54.29	1:11.49	1500m:	17:38.75	1:10.01
	400m:	4:36.58	1:10.76	800m:	9:20.68	1:11.20	1200m:	14:05.58	1:11.29			
6.	PEDROSA Francisco Lourenco	15	144218	Nautico Marinha Grande	<b>17:38.83</b>		511					
	100m:	1:06.27	1:06.27	500m:	5:51.09	1:10.62	900m:	10:36.72	1:11.83	1300m:	15:20.60	1:10.86
	200m:	2:18.18	1:11.91	600m:	7:02.32	1:11.23	1000m:	11:47.69	1:10.97	1400m:	16:30.86	1:10.26
	300m:	3:29.93	1:11.75	700m:	8:13.66	1:11.34	1100m:	12:58.51	1:10.82	1500m:	17:38.83	1:07.97
	400m:	4:40.47	1:10.54	800m:	9:24.89	1:11.23	1200m:	14:09.74	1:11.23			
7.	RAPOSO Mateus Medeiros	15	211338	Desportivo Nacional	<b>17:45.08</b>		502					
	100m:	1:04.49	1:04.49	500m:	5:48.40	1:11.56	900m:	10:35.93	1:10.72	1300m:	15:25.07	1:12.49
	200m:	2:15.08	1:10.59	600m:	6:59.67	1:11.27	1000m:	11:48.20	1:12.27	1400m:	16:36.89	1:11.82
	300m:	3:26.27	1:11.19	700m:	8:12.97	1:13.30	1100m:	13:00.11	1:11.91	1500m:	17:45.08	1:08.19
	400m:	4:36.84	1:10.57	800m:	9:25.21	1:12.24	1200m:	14:12.58	1:12.47			
8.	FREIRE Tomas O'Grady	15	214315	Sporting	<b>18:08.77</b>		470					
	100m:	1:08.36	1:08.36	500m:	6:01.79	1:13.22	900m:	10:53.69	1:12.83	1300m:	15:43.83	1:12.76
	200m:	2:21.30	1:12.94	600m:	7:15.13	1:13.34	1000m:	12:06.47	1:12.78	1400m:	16:57.16	1:13.33
	300m:	3:34.79	1:13.49	700m:	8:27.85	1:12.72	1100m:	13:18.47	1:12.00	1500m:	18:08.77	1:11.61
	400m:	4:48.57	1:13.78	800m:	9:40.86	1:13.01	1200m:	14:31.07	1:12.60			
9.	JORGE Daniel Filipe	15	210798	Rio Maior	<b>18:13.57</b>		464					
	100m:	1:06.75	1:06.75	500m:	5:57.68	1:13.63	900m:	10:53.34	1:13.85	1300m:	15:47.40	1:13.33
	200m:	2:18.85	1:12.10	600m:	7:11.60	1:13.92	1000m:	12:07.37	1:14.03	1400m:	17:01.66	1:14.26
	300m:	3:31.25	1:12.40	700m:	8:25.55	1:13.95	1100m:	13:21.18	1:13.81	1500m:	18:13.57	1:11.91
	400m:	4:44.05	1:12.80	800m:	9:39.49	1:13.94	1200m:	14:34.07	1:12.89			
10.	BARRA Tiago Frazao	15	214568	Rio Maior	<b>18:16.50</b>		460					
	100m:	1:06.82	1:06.82	500m:	6:00.92	1:14.05	900m:	10:56.41	1:13.85	1300m:	15:51.68	1:13.79
	200m:	2:19.12	1:12.30	600m:	7:14.68	1:13.76	1000m:	12:10.63	1:14.22	1400m:	17:04.71	1:13.03
	300m:	3:32.85	1:13.73	700m:	8:28.85	1:14.17	1100m:	13:24.16	1:13.53	1500m:	18:16.50	1:11.79
	400m:	4:46.87	1:14.02	800m:	9:42.56	1:13.71	1200m:	14:37.89	1:13.73			
11.	ALVES Guilherme Costa	15	211466	Sporting	<b>18:26.74</b>		448					
	100m:	1:08.84	1:08.84	500m:	6:05.05	1:15.06	900m:	11:02.62	1:14.66	1300m:	15:59.47	1:14.45
	200m:	2:22.06	1:13.22	600m:	7:19.29	1:14.24	1000m:	12:16.57	1:13.95	1400m:	17:14.04	1:14.57
	300m:	3:32.85	1:13.73	700m:	8:33.60	1:14.31	1100m:	13:30.19	1:13.62	1500m:	18:26.74	1:12.70
	400m:	4:49.99	1:14.14	800m:	9:47.96	1:14.36	1200m:	14:45.02	1:14.83			
12.	RETRE Goncalo Alexandre	15	212248	Naval de Faro	<b>18:43.85</b>		427					
	100m:	1:10.44	1:10.44	500m:	6:10.66	1:15.21	900m:	11:12.57	1:15.33	1300m:	16:15.85	1:15.85
	200m:	2:25.38	1:14.94	600m:	7:26.03	1:15.37	1000m:	12:28.52	1:15.95	1400m:	17:30.80	1:14.95
	300m:	3:41.57	1:15.54	700m:	8:41.57	1:15.54	1100m:	13:44.28	1:15.76	1500m:	18:43.85	1:13.05
	400m:	4:55.45	1:15.67	800m:	9:57.24	1:15.67	1200m:	15:00.00	1:15.72			

Juvenil A

1.	KOT Paulo	16	144468	Nautico Marinha Grande	<b>16:20.37</b>		644					
	100m:	1:01.29	1:01.29	500m:	5:24.10	1:06.03	900m:	9:46.80	1:06.02	1300m:	14:10.62	1:05.85
	200m:	2:05.41	1:04.12	600m:	6:29.52	1:05.42	1000m:	10:52.16	1:05.36	1400m:	15:15.88	1:05.26
	300m:	3:11.81	1:06.40	700m:	7:35.41	1:05.89	1100m:	11:58.49	1:06.33	1500m:	16:20.37	1:04.49
	400m:	4:18.07	1:06.26	800m:	8:40.78	1:05.37	1200m:	13:04.77	1:06.28			
2.	PINTO Martim Chambel	16	208969	Colegio Monte Maior	<b>16:37.40</b>		612					
	100m:	1:02.22	1:02.22	500m:	5:31.13	1:07.27	900m:	9:57.75	1:06.58	1300m:	14:24.94	1:07.33
	200m:	2:08.95	1:06.73	600m:	6:37.78	1:06.65	1000m:	11:03.97	1:06.22	1400m:	15:32.63	1:07.69
	300m:	3:16.25	1:07.30	700m:	7:44.09	1:06.31	1100m:	12:10.65	1:06.68	1500m:	16:37.40	1:04.77
	400m:	4:23.86	1:07.61	800m:	8:51.17	1:07.08	1200m:	13:17.61	1:06.96			
3.	MONIZ Rafael Lin	16	210337	Naval Setubalense	<b>17:04.86</b>		564					
	100m:	1:03.27	1:03.27	500m:	5:33.85	1:08.50	900m:	10:10.06	1:09.09	1300m:	14:47.81	1:09.08
	200m:	2:10.31	1:07.04	600m:	6:42.78	1:08.93	1000m:	11:19.67	1:09.61	1400m:	15:57.15	1:09.34
	300m:	3:17.52	1:07.21	700m:	7:51.76	1:08.98	1100m:	12:29.48	1:09.81	1500m:	17:04.86	1:07.71
	400m:	4:25.35	1:07.83	800m:	9:00.97	1:09.21	1200m:	13:38.73	1:09.25			
4.	BENTO Afonso Maria	16	211118	Albicastrense	<b>17:22.79</b>		535					
	100m:	1:03.24	1:03.24	500m:	5:40.77	1:10.46	900m:	10:23.46	1:10.82	1300m:	15:05.89	1:10.63
	200m:	2:11.83	1:08.59	600m:	6:51.45	1:10.68	1000m:	11:33.63	1:10.17	1400m:	16:16.79	1:10.90
	300m:	3:20.81	1:08.98	700m:	8:01.76	1:10.31	1100m:	12:44.39	1:10.76	1500m:	17:22.79	1:06.00
	400m:	4:30.31	1:09.50	800m:	9:12.64	1:10.88	1200m:	13:55.26	1:10.87			



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 20, Masc., 1500m Livres, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	SILVA Rafael Alexandre	16	212573	Louletano / Loule Aqui e Agora	<b>17:23.05</b>		535	
	100m: 1:03.42 1:03.42		500m: 5:41.18 1:10.22	900m: 10:23.68 1:10.73	1300m: 15:05.86 1:10.73	1500m: 17:23.05 1:06.01		
	200m: 2:11.74 1:08.32		600m: 6:51.64 1:10.46	1000m: 11:34.34 1:10.66	1400m: 16:17.04 1:11.18			
	300m: 3:21.55 1:09.81		700m: 8:02.25 1:10.61	1100m: 12:44.73 1:10.39				
	400m: 4:30.96 1:09.41		800m: 9:12.95 1:10.70	1200m: 13:55.13 1:10.40				
6.	MARTINS Vasco Alexandre	16	209406	Colegio Monte Maior	<b>17:31.85</b>		521	
	100m: 1:05.08 1:05.08		500m: 5:45.37 1:10.58	900m: 10:26.34 1:09.99	1300m: 15:10.41 1:10.93	1500m: 17:31.85 1:10.45		
	200m: 2:15.55 1:10.47		600m: 6:55.08 1:09.71	1000m: 11:37.83 1:11.49	1400m: 16:21.40 1:10.99			
	300m: 3:25.22 1:09.67		700m: 8:05.87 1:10.79	1100m: 12:47.69 1:09.86				
	400m: 4:34.79 1:09.57		800m: 9:16.35 1:10.48	1200m: 13:59.48 1:11.79				
7.	RIZZON Guilherme Oliveira	16	214294	Sporting	<b>17:38.85</b>		511	
	100m: 1:05.17 1:05.17		500m: 5:44.85 1:10.21	900m: 10:25.85 1:10.21	1300m: 15:09.38 1:10.92	1500m: 17:38.85 1:18.54		
	200m: 2:15.51 1:10.34		600m: 6:54.55 1:09.70	1000m: 11:37.51 1:11.66	1400m: 16:20.31 1:10.93			
	300m: 3:24.88 1:09.37		700m: 8:05.68 1:11.13	1100m: 12:46.02 1:08.51				
	400m: 4:34.64 1:09.76		800m: 9:15.64 1:09.96	1200m: 13:58.46 1:12.44				
8.	PESTANA Pedro Correia	16	209489	Desportivo Nacional	<b>17:42.88</b>		505	
	100m: 1:04.29 1:04.29		500m: 5:52.90 1:11.57	900m: 10:38.44 1:11.18	1300m: 15:23.71 1:11.02	1500m: 17:42.88 1:08.24		
	200m: 2:16.60 1:12.31		600m: 7:04.48 1:11.58	1000m: 11:49.84 1:11.40	1400m: 16:34.64 1:10.93			
	300m: 3:28.89 1:12.29		700m: 8:15.72 1:11.24	1100m: 13:01.25 1:11.41				
	400m: 4:41.33 1:12.44		800m: 9:27.26 1:11.54	1200m: 14:12.69 1:11.44				
9.	NARIGUETA Rodrigo Duarte	16	208395	Palmela	<b>17:54.49</b>		489	
	100m: 1:06.88 1:06.88		500m: 5:55.77 1:13.09	900m: 10:43.54 1:11.82	1300m: 15:33.18 1:11.70	1500m: 17:54.49 1:09.76		
	200m: 2:18.73 1:11.85		600m: 7:07.96 1:12.19	1000m: 11:56.13 1:12.59	1400m: 16:44.73 1:11.55			
	300m: 3:30.92 1:12.19		700m: 8:19.92 1:11.96	1100m: 13:08.94 1:12.81				
	400m: 4:42.68 1:11.76		800m: 9:31.72 1:11.80	1200m: 14:21.48 1:12.54				
10.	FERREIRA Tiago Rafael	16	217638	Sporting	<b>17:57.05</b>		486	
	100m: 1:05.99 1:05.99		500m: 5:52.15 1:12.31	900m: 10:42.62 1:12.52	1300m: 15:34.05 1:13.37	1500m: 17:57.05 1:09.32		
	200m: 2:16.63 1:10.64		600m: 7:04.38 1:12.23	1000m: 11:55.37 1:12.75	1400m: 16:47.73 1:13.68			
	300m: 3:27.94 1:11.31		700m: 8:17.44 1:13.06	1100m: 13:08.44 1:13.07				
	400m: 4:39.84 1:11.90		800m: 9:30.10 1:12.66	1200m: 14:20.68 1:12.24				

Prova 21  
07/12/2024 - 17:30

Femin., 400m Livres

Juvenis  
Resultados

Rec Nac 25m Open	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004
TAC Juvenil A Fem Juv A 50m: 5:09.67 - 25m: 4:59.94 / TAC Juvenil B Fem Juv B 50m: 5:14.26 - 25m: 5:07.37					

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Sofia Barroca	14	212103	BUZIOS - Coruche	<b>4:44.98</b>		534	
	50m: 32.18 32.18		150m: 1:43.56 36.20	250m: 2:56.89 36.60	350m: 4:10.45 36.71	400m: 4:44.98 34.53		
	100m: 1:07.36 35.18		200m: 2:20.29 36.73	300m: 3:33.74 36.85				
2.	JESUS Vera Franca	14	211346	Naval Do Funchal	<b>4:48.90</b>		513	
	50m: 32.36 32.36		150m: 1:46.59 37.44	250m: 3:00.62 36.89	350m: 4:14.23 36.25	400m: 4:48.90 34.67		
	100m: 1:09.15 36.79		200m: 2:23.73 37.14	300m: 3:37.98 37.36				
3.	FERREIRA Carolina Morao	14	211806	Academia Acores	<b>4:55.80</b>		478	
	50m: 33.37 33.37		150m: 1:46.24 37.25	250m: 3:01.94 38.02	350m: 4:17.80 37.80	400m: 4:55.80 38.00		
	100m: 1:08.99 35.62		200m: 2:23.92 37.68	300m: 3:40.00 38.06				
4.	MONTEIRO Francisca Cunha	14	216298	Benfica	<b>4:56.02</b>		477	
	50m: 33.50 33.50		150m: 1:47.64 37.40	250m: 3:03.68 38.16	350m: 4:19.33 37.60	400m: 4:56.02 36.69		
	100m: 1:10.24 36.74		200m: 2:25.52 37.88	300m: 3:41.73 38.05				
5.	CORREIA Maria Rendeiro	14	214922	Alges	<b>4:57.34</b>		470	
	50m: 33.73 33.73		150m: 1:48.64 37.86	250m: 3:05.01 38.40	350m: 4:20.96 37.59	400m: 4:57.34 36.38		
	100m: 1:10.78 37.05		200m: 2:26.61 37.97	300m: 3:43.37 38.36				
6.	MAO DE FERRO Ana	14	142167	Sporting	<b>4:58.36</b>		465	
	50m: 33.66 33.66		150m: 1:48.72 38.11	250m: 3:05.09 38.22	350m: 4:21.69 38.02	400m: 4:58.36 36.67		
	100m: 1:10.61 36.95		200m: 2:26.87 38.15	300m: 3:43.67 38.58				

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 21, Femin., 400m Livres, Juvenil B

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SANTOS Carlota Sa	14	211060	Nucleo de Pombal	<b>4:59.82</b>		459	
	50m: 34.24 34.24		150m: 1:48.66 37.33	250m: 3:04.94	38.22	350m: 4:22.11	38.61	
	100m: 1:11.33 37.09		200m: 2:26.72 38.06	300m: 3:43.50	38.56	400m: 4:59.82	37.71	
8.	PRYMACHENKO Anastasiya	14	209931	Nucleo de Pombal	<b>5:01.45</b>		451	
	50m: 33.54 33.54		150m: 1:48.92 38.08	250m: 3:06.57	39.02	350m: 4:23.99	38.60	
	100m: 1:10.84 37.30		200m: 2:27.55 38.63	300m: 3:45.39	38.82	400m: 5:01.45	37.46	
9.	CASTANHEIRA Carolina Silva	14	210906	Nautico de Leiria - VOID	<b>5:01.93</b>		449	
	50m: 33.93 33.93		150m: 1:49.52 38.36	250m: 3:05.90	38.26	350m: 4:23.60	38.42	
	100m: 1:11.16 37.23		200m: 2:27.64 38.12	300m: 3:45.18	39.28	400m: 5:01.93	38.33	
10.	ALVES Leonor Mota	14	213003	Nautico Marinha Grande	<b>5:02.72</b>		446	
	50m: 34.37 34.37		150m: 1:51.63 38.79	250m: 3:08.81	38.17	350m: 4:25.97	38.34	
	100m: 1:12.84 38.47		200m: 2:30.64 39.01	300m: 3:47.63	38.82	400m: 5:02.72	36.75	
11.	GOMES Madalena Correia	14	216271	Colegio Monte Maior	<b>5:10.72</b>		412	
	50m: 34.19 34.19		150m: 1:49.74 38.27	250m: 3:08.87	39.77	350m: 4:30.12	40.67	
	100m: 1:11.47 37.28		200m: 2:29.10 39.36	300m: 3:49.45	40.58	400m: 5:10.72	40.60	

Juvenil A

1.	MARTINS Leonor Sombreiro	15	211313	BUZIOS - Coruche	<b>4:41.60</b>		554	
	50m: 31.48 31.48		150m: 1:41.74 35.87	250m: 2:54.03	36.06	350m: 4:07.29	36.73	
	100m: 1:05.87 34.39		200m: 2:17.97 36.23	300m: 3:30.56	36.53	400m: 4:41.60	34.31	
2.	AMORIM Laura Helena	15	208832	Nautico Marinha Grande	<b>4:44.70</b>		536	
	50m: 32.42 32.42		150m: 1:43.74 36.21	250m: 2:56.89	36.43	350m: 4:09.90	36.36	
	100m: 1:07.53 35.11		200m: 2:20.46 36.72	300m: 3:33.54	36.65	400m: 4:44.70	34.80	
3.	SANTOS Carolina Brito	15	212564	Naval de Faro	<b>4:48.81</b>		513	
	50m: 32.88 32.88		150m: 1:44.89 36.70	250m: 2:58.77	37.15	350m: 4:13.08	36.98	
	100m: 1:08.19 35.31		200m: 2:21.62 36.73	300m: 3:36.10	37.33	400m: 4:48.81	35.73	
4.	PROENCA Victoria Sales	15	211478	Benfica	<b>4:49.08</b>		512	
	50m: 32.64 32.64		150m: 1:46.21 37.27	250m: 3:00.40	36.67	350m: 4:13.81	36.09	
	100m: 1:08.94 36.30		200m: 2:23.73 37.52	300m: 3:37.72	37.32	400m: 4:49.08	35.27	
5.	MENDES Bianca Balbino	15	206074	Naval de Peniche	<b>4:49.86</b>		508	
	50m: 33.39 33.39		150m: 1:45.35 36.70	250m: 2:58.84	36.85	350m: 4:13.01	37.34	
	100m: 1:08.65 35.26		200m: 2:21.99 36.64	300m: 3:35.67	36.83	400m: 4:49.86	36.85	
6.	GOMES Rita Braga	15	213921	Alges	<b>4:50.00</b>		507	
	50m: 32.65 32.65		150m: 1:44.20 36.06	250m: 2:58.86	37.43	350m: 4:14.18	37.57	
	100m: 1:08.14 35.49		200m: 2:21.43 37.23	300m: 3:36.61	37.75	400m: 4:50.00	35.82	
7.	DINIZ Beatriz Costa	15	150966	Sporting	<b>4:53.02</b>		491	
	50m: 34.49 34.49		150m: 1:47.73 37.04	250m: 3:02.56	37.18	350m: 4:16.94	36.71	
	100m: 1:10.69 36.20		200m: 2:25.38 37.65	300m: 3:40.23	37.67	400m: 4:53.02	36.08	
8.	MENDES Ana Nabais	15	211556	Laranjeiro	<b>4:54.86</b>		482	
	50m: 33.12 33.12		150m: 1:46.14 37.07	250m: 3:01.71	37.81	350m: 4:17.57	38.08	
	100m: 1:09.07 35.95		200m: 2:23.90 37.76	300m: 3:39.49	37.78	400m: 4:54.86	37.29	
9.	VELEZ Vida Sofia	15	209976	Bairro dos Anjos/ Leiria	<b>4:57.66</b>		469	
	50m: 32.81 32.81		150m: 1:46.24 37.09	250m: 3:02.96	38.64	350m: 4:19.34	38.10	
	100m: 1:09.15 36.34		200m: 2:24.32 38.08	300m: 3:41.24	38.28	400m: 4:57.66	38.32	
10.	LOPES Maria Leonor	15	210579	Torres Novas	<b>4:59.14</b>		462	
	50m: 34.62 34.62		150m: 1:51.04 38.41	250m: 3:07.61	37.92	350m: 4:22.73	37.29	
	100m: 1:12.63 38.01		200m: 2:29.69 38.65	300m: 3:45.44	37.83	400m: 4:59.14	36.41	
11.	FRYXELL Maria Ines	15	205333	AONDA-Azeitao	<b>5:00.40</b>		456	
	50m: 33.45 33.45		150m: 1:48.16 38.02	250m: 3:05.66	38.59	350m: 4:23.09	38.48	
	100m: 1:10.14 36.69		200m: 2:27.07 38.91	300m: 3:44.61	38.95	400m: 5:00.40	37.31	
12.	MATEUS Ines Filipa	15	212937	Lagoa AC	<b>5:01.19</b>		452	
	50m: 32.89 32.89		150m: 1:47.09 37.56	250m: 3:03.91	38.72	350m: 4:22.96	39.74	
	100m: 1:09.53 36.64		200m: 2:25.19 38.10	300m: 3:43.22	39.31	400m: 5:01.19	38.23	
13.	MENDES Barbara Balbino	15	206073	Naval de Peniche	<b>5:01.66</b>		450	
	50m: 34.69 34.69		150m: 1:51.05 38.41	250m: 3:08.33	38.73	350m: 4:24.93	37.97	
	100m: 1:12.64 37.95		200m: 2:29.60 38.55	300m: 3:46.96	38.63	400m: 5:01.66	36.73	

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 21, Femin., 400m Livres, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SILVA Lara Paixao	15	210801	Rio Maior	<b>5:01.72</b>		450	
	50m: 33.25	33.25	150m: 1:47.47	37.82	250m: 3:04.38	38.54	350m: 4:23.95	39.76
	100m: 1:09.65	36.40	200m: 2:25.84	38.37	300m: 3:44.19	39.81	400m: 5:01.72	37.77
15.	BRANCO Beatriz Paiva	15	213992	Laranjeiro	<b>5:04.23</b>		439	
	50m: 34.02	34.02	150m: 1:49.58	38.00	250m: 3:07.53	39.39	350m: 4:26.05	38.98
	100m: 1:11.58	37.56	200m: 2:28.14	38.56	300m: 3:47.07	39.54	400m: 5:04.23	38.18
16.	ALVES Maria Carolina	15	210804	Bairro dos Anjos/ Leiria	<b>5:04.99</b>		436	
	50m: 33.73	33.73	150m: 1:47.37	37.66	250m: 3:05.18	39.52	350m: 4:25.86	40.45
	100m: 1:09.71	35.98	200m: 2:25.66	38.29	300m: 3:45.41	40.23	400m: 5:04.99	39.13

Prova 22

Masc., 200m Bruços

Juvenis

07/12/2024 - 17:55

Resultados

Rec Nac 25m Open	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25/11/2012
Rec Nac 25m Juv A	2:15.14	MIMOSO Rafael Miguel	SLB	Albufeira	12/11/2022
Rec Nac 25m Juv B	2:18.99	MIMOSO Rafael Miguel	SLB	Felgueiras	08/05/2022

TAC Juvenil A Masc Juv A 50m: 2:48.54 - 25m: 2:42.10 / TAC Juvenil B Masc Juv B 50m: 2:50.57 - 25m: 2:45.00

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m		
<b>Juvenil B</b>									
1.	GONCALVES T.	15	Naval Do Funchal	<b>2:28.02</b>	534	33.74	1:10.32	1:48.77	2:28.02
2.	ALMEIDA David Xavier	15	Bairro dos Anjos/ Leiria	<b>2:31.60</b>	497	33.69	1:12.53	1:52.16	2:31.60
3.	JORGE Antonio Antunes	15	Alcobaca	<b>2:32.02</b>	493	34.79	1:13.79	1:52.97	2:32.02
4.	MARQUES M.	15	Gesloures	<b>2:40.75</b>	417	35.78	1:15.78	1:57.88	2:40.75
DSQ	SAMOES Afonso Alface	15	Alges	<b>2:41.37</b>		35.96	1:16.83	1:58.60	2:41.37

7.2 - O(A) nadador(a), após a viragem dos 50 metros, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1, e 175m

Juvenil A

1.	REIS Diogo Damasceno	16	Sporting	<b>2:25.00</b>	569	32.05	1:08.66	1:46.12	2:25.00
2.	AMARO Afonso Miguel	16	Belenenses	<b>2:29.97</b>	514	33.64	1:11.99	1:50.88	2:29.97
3.	CAXARIA Miguel Loucao	16	Palmela	<b>2:31.37</b>	500	34.48	1:12.54	1:52.12	2:31.37
4.	ANTONIO Joao Pedro	16	Portinado	<b>2:32.20</b>	492	34.56	1:13.23	1:52.96	2:32.20
5.	ROQUE Francisco Nunes	16	Benfica	<b>2:33.26</b>	481	34.79	1:13.25	1:52.36	2:33.26
6.	MARTINHO Joao Miguel	16	Desportivo Nacional	<b>2:36.10</b>	456	35.33	1:15.19	1:55.79	2:36.10
7.	SILVA Francisco Carvalho	16	Naval Praia da Vitoria	<b>2:36.89</b>	449	34.67	1:14.01	1:54.86	2:36.89
8.	GARCIA Dinis Maria	16	Nautico Abrantes	<b>2:38.58</b>	435	36.07	1:16.52	1:58.04	2:38.58
9.	FREITAS Francisco Gabriel	16	Gesloures	<b>2:39.22</b>	429	35.01	1:15.65	1:58.41	2:39.22
10.	SOUSA Eduardo Afonsecã	16	Desportivo Nacional	<b>2:40.39</b>	420	35.60	1:15.95	1:58.09	2:40.39
11.	GOMES Joao Abreu	16	Naval Do Funchal	<b>2:40.63</b>	418	35.35	1:15.52	1:57.85	2:40.63

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 23 Femin., 200m Mariposa Juvenis  
07/12/2024 - 18:10 Resultados

Rec Nac 25m Open	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12/12/2018
Rec Nac 25m Juv A	2:17.51	FELGUEIRAS Raquel Maria	SCB	Algés	05/03/1995
Rec Nac 25m Juv B	2:18.29	CUNHA Mariana Pacheco	CFP	Felgueiras	15/04/2018

TAC Juvenil A Fem Juv A 50m: 2:50.23 - 25m: 2:45.56 / TAC Juvenil B Fem Juv B 50m: 2:58.27 - 25m: 2:53.48

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Juvenil B</b>									
1.	MOURA Margarida Santos	14	Sporting	<b>2:26.11</b>	548	32.34	1:09.74	1:47.34	2:26.11
2.	CAPAREIRA A.	14	Academia Acores	<b>2:33.30</b>	474	32.44	1:12.04	1:54.53	2:33.30
3.	FELICIANO F.	14	Alcobaca	<b>2:33.51</b>	473	33.37	1:12.18	1:53.11	2:33.51
4.	LAGARINHOS B.	14	Viver Santarem	<b>2:45.58</b>	376	34.14	1:14.87	2:00.20	2:45.58
5.	ABRANTES Ines Freitas	14	Colegio Monte Maior	<b>2:50.02</b>	348	36.97	1:19.33	2:04.29	2:50.02
6.	FONSECA C.	14	Naval Praia da Vitoria	<b>2:52.24</b>	334	38.38	1:23.29	2:08.80	2:52.24
7.	OLIVEIRA Isabel Grilo	14	Lagoa AC	<b>2:52.88</b>	331	38.11	1:23.37	2:08.87	2:52.88

**Juvenil A**

1.	FERNANDES M.	15	Alges	<b>2:34.49</b>	464	34.46	1:13.57	1:53.74	2:34.49
2.	FRISCHKNECHT L.	15	Naval Setubalense	<b>2:35.67</b>	453	34.69	1:13.92	1:55.07	2:35.67
3.	VIEIRA Matilde Santos	15	Nautico Marinha Grande	<b>2:38.78</b>	427	34.05	1:14.41	1:56.53	2:38.78
4.	ROSA Clara Sofia	15	Desportivo Nacional	<b>2:42.48</b>	398	35.04	1:15.46	1:59.25	2:42.48

Prova 24 Masc., 100m Mariposa Juvenis  
07/12/2024 - 18:20 Resultados

Rec Nac 25m Open	51.00	RIBEIRO Diogo Matos	SLB	Felgueiras	22/12/2023
Rec Nac 25m Juv A	55.48	FERREIRA Duarte Santos	FCP	Porto	21/07/2024
Rec Nac 25m Juv B	56.68	RIBEIRO Diogo Matos	CUC	Lousã	23/06/2019

TAC Juvenil A Masc Juv A 50m: 1:07.20 - 25m: 1:05.85 / TAC Juvenil B Masc Juv B 50m: 1:09.36 - 25m: 1:07.00

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m	
<b>Juvenil B</b>							
1.	ALECRIM Rodolfo Junior	15	Nautico de Leiria - VOID	<b>58.09</b>	556	27.16	58.09
2.	GODINHO Antonio Carimbo	15	Fisica de Torres Vedras	<b>58.61</b>	541	27.21	58.61
3.	REBELO Guilherme Costa	15	Pimpoes/Cimai	<b>1:00.12</b>	501	28.21	1:00.12
4.	MENDES Salvador Neves	15	Naval Do Funchal	<b>1:02.05</b>	456	29.10	1:02.05
5.	PACHECO David Filipe	15	BUZIOS - Coruche	<b>1:02.18</b>	453	29.41	1:02.18
6.	SANTO Tiago Neres	15	Alges	<b>1:02.94</b>	437	29.08	1:02.94
7.	CASTRO Diogo Alves	15	Alges	<b>1:03.62</b>	423	29.86	1:03.62
8.	TOMAS Rodrigo Cardoso	15	Alcobaca	<b>1:04.55</b>	405	30.13	1:04.55
9.	OLIVEIRA Tomas Rodrigues	15	Fisica de Torres Vedras	<b>1:04.62</b>	404	30.55	1:04.62
10.	BRILHA Martim Marino	15	Belenenses	<b>1:04.93</b>	398	30.40	1:04.93
11.	HUANG Andre	15	Geslours	<b>1:05.12</b>	394	30.19	1:05.12
12.	CADETE Francisco Manuel	15	Nautico Abrantes	<b>1:05.15</b>	394	29.81	1:05.15
13.	FRANCISCO Tomas Marques	15	Nautico de Leiria - VOID	<b>1:06.04</b>	378	30.70	1:06.04
14.	CHISTOL Cristiano	15	Louletano / Loule Aqui e Agora	<b>1:06.91</b>	364	30.50	1:06.91



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 24, Masc., 100m Mariposa

Juvenil A

1.	FERREIRA Tomas Pascoal	16	Bairro dos Anjos/ Leiria	<b>57.26</b>	581	27.49	57.26
2.	MEJIAS Jesus Alberto	16	Belenenses	<b>57.43</b>	575	26.89	57.43
3.	NUNES Joao Tomas	16	Natacao de Olhao	<b>58.93</b>	533	27.97	58.93
4.	ANDRADE Salvador Freitas	16	Naval Do Funchal	<b>59.69</b>	512	28.11	59.69
5.	MARRAZES Guilherme Meirele	16	Nautico Marinha Grande	<b>1:00.11</b>	502	28.30	1:00.11
6.	AMARAL Afonso Cunha	16	Alges	<b>1:00.46</b>	493	28.63	1:00.46
7.	REIS Tomas Augusto	16	Belenenses	<b>1:00.98</b>	481	28.87	1:00.98
8.	MONTEIRO Dinis Guerreiro	16	Belenenses	<b>1:01.26</b>	474	28.99	1:01.26
9.	LOURENCO Daniel Alexandre	16	Sporting	<b>1:01.32</b>	473	28.84	1:01.32
10.	ROCHA Miguel Ratinho	16	Naval Setubalense	<b>1:02.35</b>	450	28.84	1:02.35
11.	GUEDELHA Bernardo Afonso	16	Benfica	<b>1:02.52</b>	446	28.99	1:02.52
12.	SILVA Joao Bernardo	16	Desportivo Nacional	<b>1:02.72</b>	442	29.13	1:02.72
13.	MESQUITA Martim Alexandre	16	Nautico Marinha Grande	<b>1:03.09</b>	434	29.60	1:03.09
14.	MADEIRA Xavier Rosa	16	Laranjeiro	<b>1:03.26</b>	430	29.12	1:03.26
15.	CARDOSO Diogo Filipe	16	Natacao de Olhao	<b>1:03.66</b>	422	29.06	1:03.66
16.	PESTANA Andre Pinto	16	Naval Do Funchal	<b>1:03.75</b>	421	29.35	1:03.75
17.	ROMAO Francisco Antonio	16	Naval de Faro	<b>1:04.18</b>	412	29.96	1:04.18
18.	FARIA Afonso Cunha	16	Naval Do Funchal	<b>1:04.36</b>	409	29.64	1:04.36
19.	FONSECA Miguel Bera	16	Benfica	<b>1:04.44</b>	407	29.93	1:04.44
20.	CARONHO Bernardo Querido	16	Natacao do Fundao/Yes Energy	<b>1:04.52</b>	406	29.86	1:04.52
21.	PINHEIRO Andre Raposo	16	Sporting	<b>1:05.15</b>	394	30.11	1:05.15
22.	RATO Luis Suissas	16	Nautico Salvaterra Magos	<b>1:05.45</b>	389	29.51	1:05.45
23.	BARROSO Tiago Martins	16	Aminata	<b>1:05.78</b>	383	29.80	1:05.78

Prova 25

Femin., 50m Costas

Juvenis

07/12/2024 - 18:30

Resultados

Rec Nac 25m Open	27.33	AZEVEDO Rafaela Gomes	SAD	Albufeira	13/11/2021
Rec Nac 25m Juv A	29.69	tempo limite			
Rec Nac 25m Juv B	29.82	TAVEIRA Carolina Ratola	CGA	Porto	21/07/2024

TAC Juvenil A Fem Juv A 50m: 35.77 - 25m: 34.33 / TAC Juvenil B Fem Juv B 50m: 36.42 - 25m: 34.96

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	FERREIRA Margarida Almeida	14	151230	Sporting	<b>32.33</b>		476	
2.	MADUREIRA Clara Santos	14	210577	Torres Novas	<b>32.39</b>		473	
3.	CONDON Zoe Leitao	14	213283	Naval de Faro	<b>33.10</b>		443	
4.	GUERREIRO Marta Gak	14	217439	Louletano / Loule Aqui e Agora	<b>33.29</b>		436	
5.	VELOSA Ana Matilde	14	211721	Juventude Atlantico	<b>33.48</b>		428	
6.	LUTSIV Angelina	14	216449	Lagoa AC	<b>33.69</b>		420	
7.	SILVA Leonor Coelho	14	216534	Belenenses	<b>35.32</b>		365	
8.	CASTANHEIRA Carolina Silva	14	210906	Nautico de Leiria - VOID	<b>35.44</b>		361	
9.	LUIS Maria Ines	14	209579	Aljustrelense	<b>36.59</b>		328	

Juvenil A

1.	BARROSO Juliana Bushe	15	201862	FC Ferreiras/AlgarExperience	<b>31.30</b>		524	
2.	BRITO Rita Canas	15	210978	Naval Setubalense	<b>31.32</b>		523	
3.	AZEVEDO Constanca Lourenc	15	213367	Lagoa AC	<b>31.77</b>		502	
4.	ALVES Diana Isabel	15	205555	Pimpoes/Cimai	<b>32.21</b>		481	
5.	BARFIELD Isabel	15	210363	Natacao de Lagos	<b>32.38</b>		474	
6.	GUERRA Carolina Escrevente	15	212746	Alges	<b>32.55</b>		466	
7.	ROSA Isabel Silva	15	212420	Naval da Horta	<b>32.66</b>		462	
8.	PETERSSON Violeta Reis	15	213282	Naval de Faro	<b>32.68</b>		461	
9.	BRITO Madalena Pinto	15	208850	Naval Do Funchal	<b>32.72</b>		459	
10.	INACIO Debora Silva	15	209102	Pimpoes/Cimai	<b>33.28</b>		436	

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 25, Femin., 50m Costas, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	FILIFE Maria Rita	15	211565	Gesloures	<b>33.58</b>		425	
12.	PEDROSO Madalena Gracio	15	144100	Nautico Marinha Grande	<b>33.69</b>		420	
13.	GUERREIRO Leonor Barao	15	207049	Aljustrelense	<b>33.72</b>		419	
14.	NISTOR Anastacia	15	213659	Portinado	<b>34.00</b>		409	
15.	SIMOES Bruna Sofia	15	213754	Sporting	<b>34.02</b>		408	
16.	GOMES Carolina Frois	15	211879	Portinado	<b>34.18</b>		403	

Prova 26

Masc., 200m Costas

Juvenis

07/12/2024 - 18:35

Resultados

Rec Nac 25m Open	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16/12/2018
Rec Nac 25m Juv A	2:01.43	SOUSA Diogo Gomes	CNCVCG	Algés	04/06/2011
Rec Nac 25m Juv B	2:04.99	VITAL Joao Alexandre	ADRCIMM	Alapraia	09/03/2013

TAC Juvenil A Masc Juv A 50m: 2:29.72 - 25m: 2:25.84 / TAC Juvenil B Masc Juv B 50m: 2:34.42 - 25m: 2:28.42

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m		
<b>Juvenil B</b>									
1.	ROXO Joao Baixinho	15	Uniao Piedense	<b>2:12.23</b>	509	30.87	1:04.42	1:38.77	2:12.23
2.	MARTINHO G.	15	Natacao do Fundao/Yes En	<b>2:20.86</b>	421	31.29	1:06.49	1:43.58	2:20.86
3.	MENDONCA A.	15	Portinado	<b>2:21.74</b>	413	32.60	1:08.28	1:45.33	2:21.74
4.	GASPAR Lucas Ferreira	15	Industrial Viegrense	<b>2:22.08</b>	410	32.51	1:08.52	1:45.87	2:22.08
5.	PALMEIRO Tomas Manue	15	Nautico Marinha Grande	<b>2:22.63</b>	406	32.20	1:07.85	1:45.59	2:22.63
6.	SOUSA Diogo Rodrigues	15	Alges	<b>2:22.74</b>	405	34.38	1:10.88	1:47.51	2:22.74
7.	OLIVEIRA T.	15	Fisica de Torres Vedras	<b>2:23.03</b>	402	33.04	1:08.81	1:45.86	2:23.03
8.	LUCA Albert	15	Aquatico Silves	<b>2:24.84</b>	387	32.93	1:09.53	1:47.32	2:24.84
9.	GOMES Afonso Manuel	15	Sporting	<b>2:26.16</b>	377	33.71	1:10.77	1:49.03	2:26.16

Juvenil A

1.	PINTO Martim Chambel	16	Colegio Monte Maior	<b>2:08.64</b>	553	31.06	1:04.06	1:36.53	2:08.64
2.	PARREIRA S.	16	Pimpoes/Cimai	<b>2:12.11</b>	511	31.28	1:05.64	1:38.90	2:12.11
3.	VICENTE Miguel Chagas	16	Bombeiros de Ponta Delga	<b>2:12.79</b>	503	30.69	1:04.17	1:38.39	2:12.79
4.	FERNANDES Paulo Junio	16	Alges	<b>2:13.51</b>	495	31.25	1:05.70	1:39.88	2:13.51
5.	MANUEL Tiago Trindade	16	Palmela	<b>2:14.43</b>	485	30.94	1:04.81	1:40.31	2:14.43
6.	BACALHAU F.	16	FC Ferreiras/AlgarExperien	<b>2:16.99</b>	458	31.92	1:06.36	1:42.01	2:16.99
7.	CAXARIA Miguel Loucao	16	Palmela	<b>2:17.31</b>	455	31.77	1:06.04	1:41.57	2:17.31
8.	CALDAS Pedro Guedes	16	Benfica	<b>2:17.65</b>	451	31.45	1:06.29	1:42.19	2:17.65
9.	PEREIRA Rui Melo	16	Benfica	<b>2:17.66</b>	451	31.89	1:06.99	1:42.90	2:17.66
10.	VALENTE Xavier Jesus	16	Belenenses	<b>2:19.13</b>	437	31.79	1:06.49	1:42.73	2:19.13
11.	SILVA Mateus Inacio	16	Portinado	<b>2:19.89</b>	430	31.98	1:07.71	1:43.78	2:19.89
12.	INTERLANDI A.	16	Alges	<b>2:20.12</b>	428	31.36	1:07.31	1:44.19	2:20.12
13.	CHENG Xinyang	16	Nautico Marinha Grande	<b>2:22.14</b>	410	32.71	1:08.71	1:45.98	2:22.14
14.	COSTA Tiago Afonso	16	Louletano / Loule Aqui e Ag	<b>2:22.31</b>	408	32.16	1:08.04	1:45.38	2:22.31
15.	TOME David Emanuel	16	Gesloures	<b>2:23.36</b>	400	32.31	1:09.35	1:46.58	2:23.36
16.	PEREIRA David Ferrador	16	Nautico de Leiria - VOID	<b>2:24.16</b>	393	31.51	1:07.95	1:46.91	2:24.16
17.	MENDES Joao Granja	16	Belenenses	<b>2:28.22</b>	361	33.72	1:10.74	1:50.04	2:28.22
18.	SEBASTIAO L.	16	Laranjeiro	<b>2:28.46</b>	360	35.06	1:12.58	1:50.65	2:28.46
19.	RODRIGUES Afonso Silva	16	Desportivo de Odemira	<b>2:31.45</b>	339	34.15	1:12.02	1:51.46	2:31.45

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 27 Femin., 4 x 100m Estilos Juvenis Resultados  
07/12/2024 - 19:00

Rec Nac 25m Open	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009
Rec Nac 25m Juv A	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019
Rec Nac 25m Juv	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019
Rec Nac 25m Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15/06/2006

TAC Juvenil A Fem Juv A 50m: 5:02.64 - 25m: 4:55.23 / TAC Juvenil B Fem Juv B 50m: 5:09.74 - 25m: 5:02.18

Pontos: AQUA 2024

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
<b>Juvenil B</b>							
1. Palmela 1		Palmela	<b>5:00.27</b>		<b>417</b>		
DELGADINHO Raquel Silva	14	37.07	1:17.25	OLIVEIRA Rafaela Marreiros	14	33.89	1:12.14
PENEDO Vitoria Alves	14		1:22.32	PAIVA Alice Martins	14	32.67	1:08.56
2. Lagoa AC 1		Lagoa AC	<b>5:06.92</b>		<b>390</b>		
TEIXEIRA Beatriz Marques	14	39.81	1:21.85	LUTSIV Angelina	14	34.07	1:14.34
SANTOS Maria Goncalves	14	38.70	1:22.78	MAGIYEVA Eva	14	32.14	1:07.95
DSQ Sporting 2		Sporting					
<i>10.15 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>							
CAMEJO Carolina Melo	14	35.12	1:13.77	FERREIRA Margarida Almeida	14		
MOURA Margarida Santos	14			MAO DE FERRO Ana	14		

**Juvenil A**

1. Alges 1		Alges	<b>4:45.10</b>		<b>487</b>		
GUERRA Carolina Escrevente	15	33.71	1:10.48	BERNAT Alicia Del Rio	15	32.18	1:09.77
GOMES Rita Braga	15	37.62	1:20.16	FERNANDES Maria Madalena	15	31.10	1:04.69
2. Naval Setubalense 1		Naval Setubalense	<b>4:46.66</b>		<b>479</b>		
AFONSO Maria Barafusta	15	38.06	1:18.63	FRISCHKNECHT Luisa Anjos	15	32.34	1:09.99
BRITO Rita Canas	15	35.49	1:16.62	MARTINS Carolina Sofia	15	29.65	1:01.42
3. Sporting 1		Sporting	<b>4:57.53</b>		<b>428</b>		
AREDE Madalena Pereira	15	35.88	1:15.09	DINIZ Beatriz Costa	15	33.67	1:13.02
SIMOES Bruna Sofia	15	38.90	1:25.60	COSTA Mariana Varela	15	30.44	1:03.82

Prova 28 Masc., 4 x 100m Estilos Juvenis Resultados  
07/12/2024 - 19:10

Rec Nac 25m Open	3:33.03	Sporting Clube de Portugal	SCP	Leiria	09/12/2022
Rec Nac 25m Juv A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14/07/2019
Rec Nac 25m Juv	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14/07/2019
Rec Nac 25m Juv B	4:04.46	Grupo Desp. Natacao V. N. FamalicGDNVNF		Estarreja	14/12/2014

TAC Juvenil A Masc Juv A 50m: 4:34.14 - 25m: 4:27.45 / TAC Juvenil B Masc Juv B 50m: 4:39.19 - 25m: 4:32.36

Pontos: AQUA 2024

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
<b>Juvenil B</b>							
1. Naval Do Funchal 10		Naval Do Funchal	<b>4:19.01</b>		<b>453</b>		
ROCHA Tomas Pinto	15	33.06	1:10.17	MENDES Salvador Neves	15	28.63	1:01.88
GONCALVES Tomas Figueiredo	15	31.84	1:08.17	GARANITO Mateus Silva	15	27.42	58.79
2. Alges 2		Alges	<b>4:19.85</b>		<b>449</b>		
SOUSA Diogo Rodrigues	15	32.35	1:06.57	SANTO Tiago Neres	15	29.28	1:03.80
SANTOS Miguel Belo	15	33.79	1:12.88	PINTO Francisco Reis	15	26.71	56.60
3. Geslours 2		Geslours	<b>4:23.45</b>		<b>430</b>		
SEBROSA Henrique Matos	15	32.67	1:07.80	HUANG Andre	15	30.48	1:07.38
MARQUES Rafael Carreiras	15	33.94	1:13.13	MARQUES Martim Frederico	15	25.56	55.14
4. Sporting 2		Sporting	<b>4:27.21</b>		<b>412</b>		
GOMES Afonso Manuel	15	33.11	1:07.16	DIAS Rodrigo Ferrao	15	29.82	1:04.56
RIBEIRO Dinis Aresta	15	35.32	1:15.99	FREIRE Tomas O'Grady	15	27.73	59.50

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 28, Masc., 4 x 100m Estilos

Juvenil A

Rank	Team	Swimmer	Age	Time	Swimmer	Age	Time	Swimmer	Age	Time	Total
1.	Belenenses 1	PELYKH Andrey	16	29.87	MEJIAS Jesus Alberto	16	26.78	AMARO Afonso Miguel	16	31.55	554
2.	Sporting 1	RIZZON Guilherme Oliveira	16	31.23	LOURENCO Daniel Alexandre	16	28.76	REIS Diogo Damasceno	16	30.73	508
3.	Nautico Marinha Grande 2	KOT Paulo	16	30.85	MARRAZES Guilherme Meireles	16	28.29	CHENG Xinyang	16	33.60	496
4.	Alges 1	INTERLANDI Angelo Carvalho	16	30.39	AMARAL Afonso Cunha	16	27.51	RIBEIRO Diogo Aiala	16	34.40	491
5.	Benfica 1	CALDAS Pedro Guedes	16	30.97	GUEDELHA Bernardo Afonso	16	27.94	ROQUE Francisco Nunes	16	31.55	479
6.	Palmela 1	MANUEL Tiago Trindade	16	30.58	NARIGUETA Rodrigo Duarte	16	29.98	CAXARIA Miguel Loucao	16	32.72	466
7.	Naval Do Funchal 29	ANDRADE Salvador Freitas	16	30.25	PESTANA Andre Pinto	16	29.86	GOMES Joao Abreu	16	35.03	448
8.	Geslourses 1	FONSECA Afonso Carvalho	16	32.87	TOME David Emanuel	16	27.90	FREITAS Francisco Gabriel	16	32.05	446
9.	Desportivo Nacional 1	PESTANA Pedro Correia	16	33.45	SILVA Joao Bernardo	16	28.42	CRESPO Joao Jesus	16	33.86	440

4 - 3ª Jornada - 1ª Sessão

08/12/2024 - 9:00

Prova 29

Masc., 100m Livres

Juvenis

08/12/2024 - 9:00

Resultados

Rec Nac 25m Open	46.65	RIBEIRO Diogo Matos	SLB	Leiria	11/12/2022
Rec Nac 25m Juv A	50.82	VENANCIO Tiago Andre	CNS	Braga	23/03/2003
Rec Nac 25m Juv B	51.92	ALECRIM Rodolfo Junior	CNL-VOID	Santo António dos Cavaleiros	29/11/2024

TAC Juvenil A Masc Juv A 50m: 1:00.98 - 25m: 59.32 / TAC Juvenil B Masc Juv B 50m: 1:02.07 - 25m: 1:00.99

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m		
Juvenil B							
1.	ALECRIM Rodolfo Junior	15	Nautico de Leiria - VOID	52.63	618	25.42	52.63
2.	MIMOSO Renato Ferreira	15	Benfica	53.89	576	25.89	53.89
3.	GODINHO Antonio Carimbo	15	Fisica de Torres Vedras	56.00	513	27.18	56.00
4.	SANTO Tiago Neres	15	Alges	57.31	478	27.86	57.31
5.	PINTO Francisco Reis	15	Alges	57.67	470	27.76	57.67
6.	HUANG Andre	15	Geslourses	57.79	467	27.65	57.79
7.	OLIVEIRA Tomas Rodrigues	15	Fisica de Torres Vedras	58.47	451	28.30	58.47
8.	CASTRO Diogo Alves	15	Alges	58.50	450	28.56	58.50
9.	CONDON Hugo Leitao	15	Naval de Faro	58.70	445	27.70	58.70
10.	ALMEIDA David Xavier	15	Bairro dos Anjos/ Leiria	58.71	445	28.48	58.71
11.	CARVALHO H.	15	Colegio Monte Maior	58.91	440	27.90	58.91
12.	BRILHA Martim Marino	15	Belenenses	59.01	438	28.46	59.01
13.	LULAK Tiago Malhador	15	Louletano / Loule Aqui e Agora	59.35	431	28.46	59.35
14.	GASPAR Lucas Ferreira	15	Industrial Viegense	59.60	425	28.60	59.60



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 29, Masc., 100m Livres, Juvenil B

Lugar		Idade		Tempo final	Pts	50m	100m
15.	GOMES Afonso Manuel	15	Sporting	<b>59.62</b>	425	29.23	59.62
16.	SANTOS Dinis Lamas	15	Bairro dos Anjos/ Leiria	<b>59.98</b>	417	28.69	59.98
	GARANITO Mateus Silva	15	Naval Do Funchal	<b>59.98</b>	417	28.93	59.98
18.	RAPOSO Mateus Medeiros	15	Desportivo Nacional	<b>1:00.04</b>	416	29.04	1:00.04
19.	JANEIRINHO Tiago Romaneirc	15	Aminata	<b>1:00.19</b>	413	28.95	1:00.19
20.	FREIRE Tomas O'Grady	15	Sporting	<b>1:00.20</b>	413	29.01	1:00.20
21.	RIBEIRO Andre Almeida	15	Uniao Piedense	<b>1:00.48</b>	407	28.95	1:00.48
22.	LETRA Francisco Freitas	15	Naval Do Funchal	<b>1:00.50</b>	407	28.64	1:00.50
23.	SKILKYY Nazar	15	FC Ferreiras/AlgarExperience	<b>1:00.52</b>	406	28.67	1:00.52
24.	CADETE Francisco Manuel	15	Nautico Abrantes	<b>1:00.73</b>	402	28.24	1:00.73
25.	SANTOS Manuel Maria	15	Colegio Monte Maior	<b>1:00.87</b>	399	29.23	1:00.87
26.	SILVA Rodrigo Miguel	15	A Atletico Montemor	<b>1:00.95</b>	398	29.38	1:00.95

Juvenil A

1.	PARREIRA Santiago Agostinho	16	Pimpoes/Cimai	<b>52.78</b>	613	25.81	52.78
2.	MEJIAS Jesus Alberto	16	Belenenses	<b>53.14</b>	600	25.87	53.14
3.	JOAQUIM Henrique Martins	16	Nautico de Leiria - VOID	<b>53.32</b>	594	26.06	53.32
4.	NUNES Joao Tomas	16	Natacao de Olhao	<b>54.51</b>	556	26.44	54.51
5.	MONIZ Rafael Lin	16	Naval Setubalense	<b>55.27</b>	533	26.80	55.27
6.	GUEDELHA Bernardo Afonso	16	Benfica	<b>55.58</b>	525	27.09	55.58
7.	REIS Tomas Augusto	16	Belenenses	<b>55.60</b>	524	27.15	55.60
8.	MADEIRA Xavier Rosa	16	Laranjeiro	<b>55.79</b>	519	26.94	55.79
9.	RIZZON Guilherme Oliveira	16	Sporting	<b>55.93</b>	515	26.98	55.93
10.	PELYKH Andrey	16	Belenenses	<b>56.23</b>	507	26.13	56.23
11.	PINHEIRO Andre Raposo	16	Sporting	<b>56.30</b>	505	27.50	56.30
12.	GONCALVES Pedro Martim	16	Juventude Atlantico	<b>56.33</b>	504	26.91	56.33
13.	TOME David Emanuel	16	Gesloures	<b>56.75</b>	493	27.27	56.75
14.	AMARAL Afonso Cunha	16	Alges	<b>56.82</b>	491	27.53	56.82
15.	ROCHA Miguel Ratinho	16	Naval Setubalense	<b>57.07</b>	485	27.05	57.07
16.	PEREIRA Rui Melo	16	Benfica	<b>57.58</b>	472	27.91	57.58
17.	CALDAS Pedro Guedes	16	Benfica	<b>57.62</b>	471	27.42	57.62
18.	FERREIRA Tiago Rafael	16	Sporting	<b>57.81</b>	466	27.54	57.81
19.	INTERLANDI Angelo Carvalho	16	Alges	<b>58.06</b>	460	27.86	58.06
20.	OLIVEIRA Bernardo Miguel	16	Nacional de Natacao	<b>58.49</b>	450	28.21	58.49
21.	MESQUITA Martim Alexandre	16	Nautico Marinha Grande	<b>58.56</b>	448	27.92	58.56
22.	FONSECA Miguel Bera	16	Benfica	<b>58.65</b>	446	28.03	58.65
23.	SILVA Mateus Inacio	16	Portinado	<b>58.79</b>	443	27.88	58.79
24.	MENDES Joao Granja	16	Belenenses	<b>58.85</b>	442	28.03	58.85
25.	CARDOSO Diogo Filipe	16	Natacao de Olhao	<b>58.86</b>	442	28.10	58.86
26.	MONTEIRO Dinis Guerreiro	16	Belenenses	<b>59.09</b>	436	28.67	59.09
27.	LIMA Miguel Silva	16	Nautico Abrantes	<b>59.14</b>	435	27.96	59.14
28.	PESTANA Pedro Correia	16	Desportivo Nacional	<b>59.24</b>	433	28.10	59.24
29.	PESTANA Andre Pinto	16	Naval Do Funchal	<b>59.36</b>	431	28.71	59.36
30.	RATO Luis Suissas	16	Nautico Salvaterra Magos	<b>59.87</b>	420	28.65	59.87

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 30 Femin., 200m Livres Juvenis  
08/12/2024 - 9:15 Resultados

Rec Nac 25m Open	1:56.81	MARTINS Francisca Soares	POR	Otopeni (ROU)	09/12/2023
Rec Nac 25m Juv A	2:03.90	MOURA Maria Ferreira	SCP	Algés	29/06/2019
Rec Nac 25m Juv B	2:04.38	REBELO Camila Rodrigues	SANC	Coimbra	25/06/2017

TAC Juvenil A Fem Juv A 50m: 2:25.96 - 25m: 2:21.96 / TAC Juvenil B Fem Juv B 50m: 2:29.21 - 25m: 2:25.83

Pontos: AQUA 2024

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m		
<b>Juvenil B</b>									
1.	MOURA Margarida Santos	14	Sporting	<b>2:12.61</b>	575	31.19	1:04.90	1:39.17	2:12.61
2.	PEREIRA Sofia Barroca	14	BUZIOS - Coruche	<b>2:16.13</b>	532	31.70	1:06.45	1:41.82	2:16.13
3.	JESUS Vera Franca	14	Naval Do Funchal	<b>2:19.75</b>	491	32.75	1:08.47	1:44.51	2:19.75
4.	GONCALVES F.	14	Benfica	<b>2:20.95</b>	479	32.54	1:08.80	1:45.84	2:20.95
5.	SERRA Ana Filipa	14	CPCD-Povoa St Iria	<b>2:21.46</b>	474	32.89	1:09.18	1:45.68	2:21.46
6.	MONTEIRO F.	14	Benfica	<b>2:22.10</b>	467	32.56	1:09.08	1:46.86	2:22.10
7.	CORREIA Maria Rendeiro	14	Alges	<b>2:22.32</b>	465	33.64	1:10.56	1:47.11	2:22.32
8.	FERREIRA Carolina Morar	14	Academia Acores	<b>2:22.49</b>	463	32.48	1:08.78	1:45.99	2:22.49
9.	OLIVEIRA R.	14	Palmela	<b>2:23.80</b>	451	34.41	1:11.29	1:48.31	2:23.80
10.	PRYMACHENKO A.	14	Nucleo de Pombal	<b>2:24.08</b>	448	32.38	1:09.06	1:47.01	2:24.08
11.	MADEIRA Carmo Rosa	14	Laranjeiro	<b>2:25.91</b>	432	33.79	1:11.05	1:48.71	2:25.91
12.	VELOSA Ana Matilde	14	Juventude Atlantico	<b>2:26.19</b>	429	33.32	1:11.32	1:49.93	2:26.19
13.	ALVES Leonor Mota	14	Nautico Marinha Grande	<b>2:26.93</b>	423	33.87	1:10.86	1:49.46	2:26.93
14.	SEMIAO Lara Nobre	14	Salesianos	<b>2:27.01</b>	422	33.57	1:10.81	1:49.29	2:27.01
15.	DELGADINHO Raquel Silv	14	Palmela	<b>2:27.03</b>	422	33.34	1:10.71	1:49.25	2:27.03
16.	MAO DE FERRO Ana	14	Sporting	<b>2:27.18</b>	421	33.48	1:10.59	1:49.19	2:27.18

<b>Juvenil A</b>									
1.	PROENCA Victoria Sales	15	Benfica	<b>2:17.52</b>	516	31.21	1:05.90	1:41.56	2:17.52
2.	BARROSO Juliana Bushe	15	FC Ferreiras/AlgarExperien	<b>2:17.76</b>	513	31.28	1:05.04	1:41.05	2:17.76
3.	LOPES Carolina Melo	15	Portinado	<b>2:18.24</b>	508	30.95	1:05.45	1:42.01	2:18.24
4.	MENDES Ana Nabais	15	Laranjeiro	<b>2:18.36</b>	506	32.04		1:42.49	2:18.36
5.	SILVA Joana Alexandra	15	CPCD-Povoa St Iria	<b>2:18.46</b>	505	31.79	1:06.74	1:43.29	2:18.46
6.	DINIZ Beatriz Costa	15	Sporting	<b>2:19.97</b>	489	32.65	1:08.25	1:43.94	2:19.97
7.	LOPES Maria Leonor	15	Torres Novas	<b>2:20.04</b>	488	33.17	1:08.78	1:44.60	2:20.04
8.	MENDES Barbara Balbino	15	Naval de Peniche	<b>2:20.12</b>	487	32.30	1:07.48	1:44.20	2:20.12
9.	INACIO Debora Silva	15	Pimpoes/Cimai	<b>2:21.14</b>	477	32.14	1:07.90	1:44.89	2:21.14
10.	SANTOS Carolina Brito	15	Naval de Faro	<b>2:21.42</b>	474	31.95	1:07.51	1:44.85	2:21.42
11.	MARTINS Carolina Sofia	15	Naval Setubalense	<b>2:22.22</b>	466	32.42	1:08.66	1:45.86	2:22.22
12.	SIMOES Bruna Sofia	15	Sporting	<b>2:22.41</b>	464	31.96	1:07.33	1:44.61	2:22.41
13.	MENDES Bianca Balbino	15	Naval de Peniche	<b>2:22.52</b>	463	32.30	1:08.17	1:45.07	2:22.52
14.	FRYXELL Maria Ines	15	AONDA-Azeitao	<b>2:22.87</b>	460	32.88	1:08.48	1:45.96	2:22.87
15.	SILVA Lara Paixao	15	Rio Maior	<b>2:23.74</b>	451	32.66	1:08.74	1:46.11	2:23.74
16.	ALVES Maria Carolina	15	Bairro dos Anjos/ Leiria	<b>2:24.05</b>	449	31.67	1:06.67	1:44.65	2:24.05
17.	LOPES Jessica Bernardin	15	Fisica de Torres Vedras	<b>2:24.91</b>	441	32.91	1:09.10	1:46.87	2:24.91

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 31 Masc., 100m Bruços Juvenis  
08/12/2024 - 9:30 Resultados

Rec Nac 25m Open	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22/11/2012
Rec Nac 25m Juv A	1:03.25	PEREIRA Ricardo Samuel	SLB	Algés	13/07/2019
Rec Nac 25m Juv B	1:04.20	MMOSO Rafael Miguel	SLB	Algés	16/06/2022

TAC Juvenil A Masc Juv A 50m: 1:16.58 - 25m: 1:15.30 / TAC Juvenil B Masc Juv B 50m: 1:17.96 - 25m: 1:15.62

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m
<b>Juvenil B</b>						
1.	15	GONCALVES Tomas Figueiredo Naval Do Funchal	<b>1:08.25</b>	531	32.33	1:08.25
2.	15	ALMEIDA David Xavier Bairro dos Anjos/ Leiria	<b>1:10.97</b>	472	33.97	1:10.97
3.	15	JORGE Antonio Antunes Alcobaca	<b>1:11.37</b>	464	33.92	1:11.37
4.	15	MARQUES Martim Frederico Gesloures	<b>1:13.29</b>	429	34.52	1:13.29
5.	15	SANTOS Miguel Belo Alges	<b>1:15.16</b>	397	34.84	1:15.16
6.	15	MARQUES Rafael Carreiras Gesloures	<b>1:15.20</b>	397	35.11	1:15.20
7.	15	SAMOES Afonso Alface Alges	<b>1:15.23</b>	396	35.21	1:15.23
8.	15	RIBEIRO Dinis Aresta Sporting	<b>1:15.57</b>	391	36.10	1:15.57

**Juvenil A**

1.	16	REIS Diogo Damasceno Sporting	<b>1:07.30</b>	554	31.33	1:07.30
2.	16	AMARO Afonso Miguel Belenenses	<b>1:07.88</b>	540	32.08	1:07.88
3.	16	CAXARIA Miguel Loucao Palmela	<b>1:09.14</b>	511	32.46	1:09.14
4.	16	ANTONIO Joao Pedro Portinado	<b>1:09.62</b>	500	33.34	1:09.62
5.	16	FREITAS Francisco Gabriel Gesloures	<b>1:10.23</b>	487	32.59	1:10.23
6.	16	ROQUE Francisco Nunes Benfica	<b>1:11.74</b>	457	33.65	1:11.74
7.	16	GOMES Santiago Marques Bairro dos Anjos/ Leiria	<b>1:12.73</b>	439	34.52	1:12.73
8.	16	MARTINHO Joao Miguel Desportivo Nacional	<b>1:13.15</b>	431	34.67	1:13.15
9.	16	GOMES Joao Abreu Naval Do Funchal	<b>1:14.81</b>	403	34.77	1:14.81
10.	16	CRESPO Joao Jesus Desportivo Nacional	<b>1:14.84</b>	402	34.52	1:14.84
11.	16	GARCIA Dinis Maria Nautico Abrantes	<b>1:15.30</b>	395	34.85	1:15.30
12.	16	SOUSA Eduardo Afonseca Desportivo Nacional	<b>1:16.04</b>	384	35.48	1:16.04
13.	16	ARSENIO Pedro Isidoro Aljustrelense	<b>1:17.01</b>	369	35.45	1:17.01
14.	16	RIBEIRO Diogo Aiala Alges	<b>1:20.98</b>	318	36.47	1:20.98

Prova 32 Femin., 400m Estilos Juvenis  
08/12/2024 - 9:50 Resultados

Rec Nac 25m Open	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m Juv A	4:51.85	SANTOS Ana Claudia	SFUAP	Setubal	21/11/2004
Rec Nac 25m Juv B	4:56.53	CUNHA Mariana Pacheco	CFP	Porto	05/05/2018

TAC Juvenil A Fem Juv A 50m: 5:54.62 - 25m: 5:44.29 / TAC Juvenil B Fem Juv B 50m: 6:01.05 - 25m: 5:50.53

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	FELICIANO Francisca Moreira	14	213295	Alcobaca	<b>5:24.79</b>		506	
	50m:	34.23	34.23	150m:	1:55.30	41.22	250m:	3:22.53
	100m:	1:14.08	39.85	200m:	2:36.34	41.04	300m:	4:09.79
					46.19	350m:	4:48.41	38.62
					47.26	400m:	5:24.79	36.38
2.	VALA Maria Joao	14	209706	Pimpoes/Cimai	<b>5:34.50</b>		463	
	50m:	36.71	36.71	150m:	2:02.32	41.65	250m:	3:31.32
	100m:	1:20.67	43.96	200m:	2:42.95	40.63	300m:	4:19.41
					48.37	350m:	4:57.96	38.55
					48.09	400m:	5:34.50	36.54
3.	HURYNOVICH Varvara	14	222740	Alges	<b>5:38.36</b>		448	
	50m:	35.50	35.50	150m:	2:01.56	44.07	250m:	3:33.05
	100m:	1:17.49	41.99	200m:	2:45.49	43.93	300m:	4:21.53
					47.56	350m:	5:00.75	39.22
					48.48	400m:	5:38.36	37.61
4.	SERRA Ana Filipa	14	211617	CPCD-Povoa St Iria	<b>5:39.93</b>		442	
	50m:	35.78	35.78	150m:	2:02.95	44.13	250m:	3:33.20
	100m:	1:18.82	43.04	200m:	2:44.90	41.95	300m:	4:21.59
					48.30	350m:	5:01.17	39.58
					48.39	400m:	5:39.93	38.76

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 32, Femin., 400m Estilos, Juvenil B

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	PAIVA Ines Silva	14	216507	Colegio Monte Maior	<b>5:47.34</b>		414	
	50m: 37.31 37.31		150m: 2:04.39 41.49	250m: 3:37.32	51.11	350m: 5:07.86	39.85	
	100m: 1:22.90 45.59		200m: 2:46.21 41.82	300m: 4:28.01	50.69	400m: 5:47.34	39.48	
6.	ABRANTES Ines Freitas	14	216508	Colegio Monte Maior	<b>5:50.93</b>		401	
	50m: 37.50 37.50		150m: 2:04.60 46.65	250m: 3:41.89	51.67	350m: 5:11.98	38.24	
	100m: 1:17.95 40.45		200m: 2:50.22 45.62	300m: 4:33.74	51.85	400m: 5:50.93	38.95	
7.	BALDO Madalena Ferreira	14	216272	Colegio Monte Maior	<b>6:02.18</b>		365	
	50m: 36.61 36.61		150m: 2:06.83 44.33	250m: 3:40.52	48.48	350m: 5:17.26	44.47	
	100m: 1:22.50 45.89		200m: 2:52.04 45.21	300m: 4:32.79	52.27	400m: 6:02.18	44.92	

Juvenil A

1.	AZEVEDO Constanca Lourenc	15	213367	Lagoa AC	<b>5:13.90</b>		561	
	50m: 33.40 33.40		150m: 1:51.24 39.52	250m: 3:15.21	46.30	350m: 4:38.43	37.02	
	100m: 1:11.72 38.32		200m: 2:28.91 37.67	300m: 4:01.41	46.20	400m: 5:13.90	35.47	
2.	GOMES Rita Braga	15	213921	Alges	<b>5:25.93</b>		501	
	50m: 33.56 33.56		150m: 1:56.61 43.84	250m: 3:25.44	45.80	350m: 4:49.69	37.36	
	100m: 1:12.77 39.21		200m: 2:39.64 43.03	300m: 4:12.33	46.89	400m: 5:25.93	36.24	
3.	MARTINS Leonor Sombreiro	15	211313	BUZIOS - Coruche	<b>5:27.22</b>		495	
	50m: 34.60 34.60		150m: 1:56.84 41.65	250m: 3:26.26	48.04	350m: 4:52.23	36.57	
	100m: 1:15.19 40.59		200m: 2:38.22 41.38	300m: 4:15.66	49.40	400m: 5:27.22	34.99	
4.	AMORIM Laura Helena	15	208832	Nautico Marinha Grande	<b>5:29.33</b>		486	
	50m: 35.90 35.90		150m: 1:59.75 42.11	250m: 3:27.85	46.93	350m: 4:53.29	37.52	
	100m: 1:17.64 41.74		200m: 2:40.92 41.17	300m: 4:15.77	47.92	400m: 5:29.33	36.04	
5.	ALVES Diana Isabel	15	205555	Pimpoes/Cimai	<b>5:32.03</b>		474	
	50m: 34.56 34.56		150m: 1:57.87 42.59	250m: 3:28.10	48.85	350m: 4:55.44	37.79	
	100m: 1:15.28 40.72		200m: 2:39.25 41.38	300m: 4:17.65	49.55	400m: 5:32.03	36.59	
6.	VIEIRA Matilde Santos	15	214518	Nautico Marinha Grande	<b>5:33.83</b>		466	
	50m: 34.50 34.50		150m: 2:00.53 45.18	250m: 3:31.52	47.88	350m: 4:57.90	37.78	
	100m: 1:15.35 40.85		200m: 2:43.64 43.11	300m: 4:20.12	48.60	400m: 5:33.83	35.93	
7.	ROSA Clara Sofia	15	210050	Desportivo Nacional	<b>5:38.90</b>		446	
	50m: 35.71 35.71		150m: 2:00.79 44.34	250m: 3:32.27	48.29	350m: 5:01.14	40.12	
	100m: 1:16.45 40.74		200m: 2:43.98 43.19	300m: 4:21.02	48.75	400m: 5:38.90	37.76	
8.	FRISCHKNECHT Luisa Anjos	15	210973	Naval Setubalense	<b>5:38.93</b>		445	
	50m: 35.27 35.27		150m: 1:59.29 44.19	250m: 3:31.82	48.70	350m: 5:00.58	39.81	
	100m: 1:15.10 39.83		200m: 2:43.12 43.83	300m: 4:20.77	48.95	400m: 5:38.93	38.35	
9.	FALEIRO Sira Valentim	15	209302	Lagoa AC	<b>5:45.13</b>		422	
	50m: 35.27 35.27		150m: 2:01.08 43.99	250m: 3:34.10	49.66	350m: 5:03.58	39.95	
	100m: 1:17.09 41.82		200m: 2:44.44 43.36	300m: 4:23.63	49.53	400m: 5:45.13	41.55	
10.	VELEZ Vida Sofia	15	209976	Bairro dos Anjos/ Leiria	<b>5:52.12</b>		397	
	50m: 37.60 37.60		150m: 2:09.47 43.65	250m: 3:41.61	50.53	350m: 5:13.22	40.86	
	100m: 1:25.82 48.22		200m: 2:51.08 41.61	300m: 4:32.36	50.75	400m: 5:52.12	38.90	

DSQ BERNAT Alicia Del Rio 15 212723 Alges  
9.4 - O(A) nadador(a) não executou a viragem dos 175 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, - A atleta não efetuou a viragem logo após terminar o movimento contínuo da braçada





Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 33 Masc., 200m Estilos Juvenis  
08/12/2024 - 10:10 Resultados

Rec Nac 25m Open	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04/12/2015
Rec Nac 25m Juv A	2:05.34	CARVALHO Diogo Filipe	CGA	Aveiro	15/05/2004
Rec Nac 25m Juv B	2:08.27	CARVALHO Diogo Filipe	CGA	Fafe	10/05/2003

TAC Juvenil A Masc Juv A 50m: 2:36.04 - 25m: 2:33.32 / TAC Juvenil B Masc Juv B 50m: 2:39.73 - 25m: 2:35.91

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Juvenil B</b>									
1.	ALECRIM Rodolfo Junior	15	Nautico de Leiria - VOID	<b>2:10.71</b>	590	27.38	1:02.42	1:40.53	2:10.71
2.	MIMOSO Renato Ferreira	15	Benfica	<b>2:14.18</b>	545	28.41	1:02.88	1:42.70	2:14.18
3.	REBELO Guilherme Cost	15	Pimpoes/Cimai	<b>2:14.36</b>	543	28.90	1:02.88	1:43.47	2:14.36
4.	GONCALVES T.	15	Naval Do Funchal	<b>2:19.84</b>	481	30.53	1:07.56	1:46.88	2:19.84
5.	SOUZA Diogo Rodrigues	15	Alges	<b>2:20.02</b>	479	30.42	1:06.90	1:48.74	2:20.02
6.	MARTINHO G.	15	Natacao do Fundao/Yes En	<b>2:22.47</b>	455	30.20	1:05.94	1:48.82	2:22.47
7.	HUANG Andre	15	Gesloures	<b>2:22.97</b>	450	29.55	1:07.58	1:50.45	2:22.97
8.	PALMEIRO Tomas Manue	15	Nautico Marinha Grande	<b>2:23.95</b>	441	30.89	1:07.10	1:50.97	2:23.95
9.	TOMAS Rodrigo Cardoso	15	Alcobaca	<b>2:25.18</b>	430	30.99	1:07.88	1:52.83	2:25.18
10.	PEDROSA F.	15	Nautico Marinha Grande	<b>2:25.85</b>	424	31.02	1:08.66	1:52.84	2:25.85
11.	LULAK Tiago Malhador	15	Louletano / Loule Aqui e Ag	<b>2:26.51</b>	418	31.74	1:08.77	1:53.39	2:26.51
12.	CABRAL G.	15	Pimpoes/Cimai	<b>2:27.36</b>	411	31.42	1:10.56	1:52.84	2:27.36
13.	DIAS Rodrigo Ferrao	15	Sporting	<b>2:27.50</b>	410	31.29	1:11.58	1:54.89	2:27.50
14.	GASPAR Lucas Ferreira	15	Industrial Vieirense	<b>2:27.54</b>	410	31.53	1:09.10	1:53.45	2:27.54
15.	MENDONCA A.	15	Portinado	<b>2:28.03</b>	406	30.98	1:08.04	1:51.89	2:28.03
16.	JORGE Daniel Filipe	15	Rio Maior	<b>2:28.05</b>	406	30.20	1:07.60	1:53.73	2:28.05
17.	PEREIRA G.	15	Colegio Monte Maior	<b>2:28.36</b>	403	32.01	1:09.87	1:54.87	2:28.36
18.	KHALADZY Mark	15	Lagoa AC	<b>2:28.76</b>	400	32.46	1:11.72	1:54.65	2:28.76
19.	MENDES Salvador Neves	15	Naval Do Funchal	<b>2:28.82</b>	399	29.53	1:08.14	1:53.56	2:28.82
20.	MARQUES Rafael Carreir	15	Gesloures	<b>2:29.07</b>	397	32.66	1:10.80	1:54.51	2:29.07
21.	LUCA Albert	15	Aquatico Silves	<b>2:29.79</b>	392	30.95	1:08.91	1:53.61	2:29.79
22.	SANTO Tiago Neres	15	Alges	<b>2:30.31</b>	387	29.56	1:09.55	1:56.25	2:30.31
23.	RAPOSO Mateus Medeiro	15	Desportivo Nacional	<b>2:30.60</b>	385	30.82	1:10.36	1:56.42	2:30.60
24.	GOMES Afonso Manuel	15	Sporting	<b>2:30.73</b>	384	33.40	1:10.91	1:56.94	2:30.73
25.	PEREIRA Afonso Velada	15	Sporting	<b>2:31.19</b>	381	33.73	1:12.23	1:56.39	2:31.19
26.	CONDON Hugo Leitao	15	Naval de Faro	<b>2:31.25</b>	380	31.41	1:10.22	1:57.33	2:31.25
27.	RIBEIRO Andre Almeida	15	Uniao Piedense	<b>2:31.50</b>	378	31.95	1:11.35	1:55.96	2:31.50
28.	ALVES Guilherme Costa	15	Sporting	<b>2:31.61</b>	378	33.58	1:11.37	1:57.48	2:31.61
29.	REIS Afonso Ferreira	15	Nautico Marinha Grande	<b>2:31.64</b>	377	32.04	1:11.44	1:55.43	2:31.64
30.	MENESES Miguel Rocha	15	Naval Praia da Vitoria	<b>2:32.14</b>	374	31.40	1:09.67	1:55.93	2:32.14
31.	PETERSSON Francisco R15	15	Naval de Faro	<b>2:33.12</b>	367	32.26	1:11.13	1:58.98	2:33.12
32.	RETRE Goncalo Alexandr	15	Naval de Faro	<b>2:33.13</b>	366	33.82	1:11.96	1:57.96	2:33.13
33.	SAMOES Afonso Alface	15	Alges	<b>2:33.17</b>	366	33.98	1:16.45	1:58.17	2:33.17
34.	SILVA Rodrigo Miguel	15	Aleatico Montemor	<b>2:34.24</b>	359	30.86	1:09.85	1:57.15	2:34.24
35.	JANEIRINHO T.	15	Aminata	<b>2:34.65</b>	356	36.20	1:15.45	2:02.56	2:34.65
36.	CARAVELINHA D.	15	Aminata	<b>2:34.68</b>	356	33.69	1:11.64	1:58.35	2:34.68
37.	ALMEIDA S.	15	Louletano / Loule Aqui e Ag	<b>2:35.15</b>	352	33.80	1:13.25	1:59.21	2:35.15
38.	GAIOLOS Joao Piteira	15	Nautico Marinha Grande	<b>2:37.17</b>	339	33.80	1:14.15	2:01.92	2:37.17
39.	CHISTOL Cristiano	15	Louletano / Loule Aqui e Ag	<b>2:37.26</b>	338	30.83	1:08.79	2:01.38	2:37.26
DSQ	CADETE Francisco Manue	15	Nautico Abrantes						

9.4 - O(A) nadador(a) não executou a viragem dos 75 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, - A atleta não efetuou a viragem logo após terminar o movimento contínuo da braçada



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 33, Masc., 200m Estilos

Juvenil A

1.	FERNANDES Paulo Junio	16	Alges	<b>2:12.73</b>	563	27.38	1:00.95	1:40.58	2:12.73
2.	MARRAZES G.	16	Nautico Marinha Grande	<b>2:15.25</b>	532	29.06	1:03.55	1:44.20	2:15.25
3.	ANDRADE Salvador Freita	16	Naval Do Funchal	<b>2:15.40</b>	530	28.64	1:04.34	1:44.79	2:15.40
4.	VALENTE Xavier Jesus	16	Belenenses	<b>2:18.57</b>	495	29.33	1:04.40	1:45.72	2:18.57
5.	KOT Paulo	16	Nautico Marinha Grande	<b>2:18.67</b>	494	28.99	1:03.73	1:46.29	2:18.67
6.	LOURENCO D.	16	Sporting	<b>2:19.28</b>	487	29.01	1:04.69	1:46.49	2:19.28
7.	CHENG Xinyang	16	Nautico Marinha Grande	<b>2:21.16</b>	468	30.11	1:07.24	1:47.64	2:21.16
8.	SILVA Joao Bernardo	16	Desportivo Nacional	<b>2:21.28</b>	467	29.07	1:04.08	1:47.48	2:21.28
9.	MESQUITA M.	16	Nautico Marinha Grande	<b>2:21.43</b>	465	29.52	1:06.71	1:50.04	2:21.43
10.	ROCHA Miguel Ratinho	16	Naval Setubalense	<b>2:21.50</b>	465	29.39	1:07.01	1:49.52	2:21.50
11.	SILVA Francisco Carvalho	16	Naval Praia da Vitoria	<b>2:21.83</b>	461	31.22	1:07.41	1:48.44	2:21.83
12.	MANUEL Tiago Trindade	16	Palmela	<b>2:22.59</b>	454	29.02	1:03.55	1:48.42	2:22.59
13.	ROQUE Francisco Nunes	16	Benfica	<b>2:22.62</b>	454	30.67	1:08.38	1:49.42	2:22.62
14.	SILVA Rafael Alexandre	16	Louletano / Loule Aqui e Ag	<b>2:22.69</b>	453	30.42	1:06.82	1:51.20	2:22.69
15.	MARTINHO Joao Miguel	16	Desportivo Nacional	<b>2:22.74</b>	453	30.88	1:08.74	1:49.98	2:22.74
16.	COSTA Tiago Afonso	16	Louletano / Loule Aqui e Ag	<b>2:24.05</b>	440	30.21	1:05.40	1:49.72	2:24.05
17.	SURGUICH Lev	16	Portinado	<b>2:24.59</b>	435	29.94	1:08.15	1:50.25	2:24.59
18.	GOMES Santiago Marques	16	Bairro dos Anjos/ Leiria	<b>2:24.99</b>	432	30.56	1:09.10	1:51.78	2:24.99
19.	LIMA Miguel Silva	16	Nautico Abrantes	<b>2:25.09</b>	431	31.25	1:08.16	1:50.63	2:25.09
	GONCALVES P.	16	Juventude Atlantico	<b>2:25.09</b>	431	29.31	1:07.31	1:51.47	2:25.09
21.	FARIA Afonso Cunha	16	Naval Do Funchal	<b>2:26.74</b>	417	30.59	1:08.73	1:52.78	2:26.74
22.	GARCIA Dinis Maria	16	Nautico Abrantes	<b>2:27.94</b>	406	32.41	1:10.34	1:53.09	2:27.94
23.	LEITE Duarte Afonso	16	Laranjeiro	<b>2:28.17</b>	405	32.11	1:11.81	1:54.23	2:28.17
24.	REGO Antonio Luis	16	Bombeiros de Ponta Delga	<b>2:28.33</b>	403	32.10	1:07.83	1:53.58	2:28.33
25.	OLIVEIRA Bernardo Miguel	16	Nacional de Natacao	<b>2:28.66</b>	401	31.88	1:08.82	1:54.89	2:28.66
	MARQUES Diogo Soares	16	Alges	<b>2:28.66</b>	401	32.55	1:10.18	1:54.57	2:28.66
27.	NARIGUETA R.	16	Palmela	<b>2:28.83</b>	399	31.32	1:09.67	1:56.83	2:28.83
28.	CRESPO Joao Jesus	16	Desportivo Nacional	<b>2:29.01</b>	398	31.00	1:12.71	1:55.03	2:29.01
29.	OLIVEIRA Pedro Fonseca	16	Nautico Marinha Grande	<b>2:29.17</b>	396	31.26	1:07.94	1:53.92	2:29.17
30.	FERREIRA Tiago Rafael	16	Sporting	<b>2:30.67</b>	385	30.36	1:11.46	1:55.22	2:30.67
31.	FONSECA A.	16	Gesloures	<b>2:33.57</b>	363	30.98	1:08.44	1:56.01	2:33.57
32.	BARROSO Tiago Martins	16	Aminata	<b>2:35.12</b>	353	30.34	1:08.35	1:58.14	2:35.12
	SEBASTIAO L.	16	Laranjeiro	<b>2:35.12</b>	353	34.31	1:11.97	1:57.70	2:35.12
34.	CAPINHA Pedro Blanc	16	Obidos Criativa	<b>2:35.16</b>	352	31.72	1:11.96	1:57.53	2:35.16
35.	SOUSA Eduardo Afonsec	16	Desportivo Nacional	<b>2:36.07</b>	346	31.43	1:13.69	1:58.28	2:36.07
36.	SANTOS Rodrigo Oliveira	16	Alcobaca	<b>2:39.38</b>	325	33.14	1:13.46	1:59.45	2:39.38
DSQ	MEDRONHEIRA M.	16	Palmela						

7.18 - O(A) nadador(a) executou pernada vertical durante o percurso – SW 7.5

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 34 Femin., 50m Mariposa Juvenis Resultados  
08/12/2024 - 10:45

Rec Nac 25m Open	26.12	GUEDES Ana Margarida	GCVR	Felgueiras	23/04/2023
Rec Nac 25m Juv A	27.86	tempo limite			
Rec Nac 25m Juv B	29.15	SILVA Leonor Carnide	GCVR	Felgueiras	23/04/2023

TAC Juvenil A Fem Juv A 50m: 33.25 - 25m: 32.70 / TAC Juvenil B Fem Juv B 50m: 33.86 - 25m: 33.30

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	CAPAREIRA Alice Machado	14	211802	Academia Acores	<b>29.84</b>		545	
2.	LUTSIV Angelina	14	216449	Lagoa AC	<b>31.89</b>		446	
3.	LAGARINHOS Benedita Maria	14	214980	Viver Santarem	<b>32.03</b>		440	
4.	OLIVEIRA Rafaela Marreiros	14	215651	Palmela	<b>33.44</b>		387	

**Juvenil A**

1.	BARFIELD Isabel	15	210363	Natacao de Lagos	<b>30.76</b>		497	
2.	PETERSSON Violeta Reis	15	213282	Naval de Faro	<b>31.15</b>		479	
3.	TEIXEIRA Maria Leonor	15	209687	Naval Do Funchal	<b>31.25</b>		474	
4.	ROSA Isabel Silva	15	212420	Naval da Horta	<b>31.42</b>		467	
5.	MARTINS Carolina Sofia	15	210962	Naval Setubalense	<b>31.59</b>		459	
6.	PARDELHA Catarina Nobre	15	212287	Colegio Monte Maior	<b>32.09</b>		438	
7.	NISTOR Anastacia	15	213659	Portinado	<b>32.54</b>		420	
8.	PEDROSO Madalena Gracio	15	144100	Nautico Marinha Grande	<b>32.58</b>		419	
9.	SILVA Joana Alexandra	15	207187	CPCD-Povoa St Iria	<b>32.61</b>		417	
10.	GUERREIRO Lara Alexandra	15	212069	Portinado	<b>32.86</b>		408	

Prova 35 Masc., 4 x 200m Livres Juvenis Resultados  
08/12/2024 - 10:50

Rec Nac 25m Open	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22/12/2018
Rec Nac 25m Juv A	7:49.50	Associaçao Naval Amorense		Algés	06/07/2012
Rec Nac 25m Juv	7:49.50	Associaçao Naval Amorense		Algés	06/07/2012
Rec Nac 25m Juv B	8:01.08	Assoc Desp Cult Rec Bairro dos ArADBA		Caldas da Rainha	05/05/2019

TAC Juvenil A Masc Juv A 50m: 8:47.78 - 25m: 8:37.50 / TAC Juvenil B Masc Juv B 50m: 8:57.58 - 25m: 8:47.10

Pontos: AQUA 2024

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>						
1.		Colegio Monte Maior	<b>8:38.51</b>		473	
	15	PEREIRA Guilherme Valente	30.15	1:02.27	1:35.77	2:08.67
	15	CARVALHO Henrique Rodrigues	30.08	1:03.76	1:39.06	2:13.45
	15	SANTOS Manuel Maria	29.28	1:01.70	1:36.20	2:09.58
	15	MARQUES Goncalo Tapadas	27.88	59.27	1:33.04	2:06.81
2.		Sporting 2	<b>8:42.48</b>		462	
	15	DIAS Rodrigo Ferrao	30.54	1:03.25	1:37.86	2:11.14
	15	ALVES Guilherme Costa		1:03.25	1:37.72	2:12.37
	15	FREIRE Tomas O'Grady	28.30	1:01.40	1:36.31	2:11.14
	15	RIBEIRO Dinis Aresta	28.80	1:00.99	1:34.41	2:07.83

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 35, Masc., 4 x 200m Livres

Juvenil A

Rank	Club	Time	Points
1.	<b>Sporting 1</b>	<b>8:10.36</b>	<b>559</b>
	RIZZON Guilherme Oliveira	16 28.09 59.57 1:30.36 2:01.32	2:01.32
	FERREIRA Tiago Rafael	16 27.82 59.53 1:34.21 2:08.48	2:08.48
	PINHEIRO Andre Raposo	16 27.32 58.74 1:31.29 2:03.86	2:03.86
	REIS Diogo Damasceno	16 25.21 54.63 1:25.95 1:56.70	1:56.70
2.	<b>Belenenses 1</b>	<b>8:15.67</b>	<b>541</b>
	REIS Tomas Augusto	16 28.36 58.23 1:28.89 1:59.71	1:59.71
	VALENTE Xavier Jesus	16 28.76 1:01.43 1:36.56 2:10.36	2:10.36
	AMARO Afonso Miguel	16 28.46 1:00.49 1:33.06 2:04.88	2:04.88
	MEJIAS Jesus Alberto	16 26.35 56.01 1:27.69 2:00.72	2:00.72
3.	<b>Benfica 1</b>	<b>8:24.90</b>	<b>512</b>
	CALDAS Pedro Guedes	16 29.25 1:01.05 1:34.27 2:07.83	2:07.83
	PEREIRA Rui Melo	16 29.05 1:01.61 1:34.58 2:06.92	2:06.92
	GUEDELHA Bernardo Afonso	16 28.31 59.80 1:31.18 2:02.20	2:02.20
	FONSECA Miguel Bera	16 28.34 1:00.82 1:34.62 2:07.95	2:07.95
4.	<b>Palmela 1</b>	<b>8:35.15</b>	<b>482</b>
	CAXARIA Miguel Loucao	16 27.74 58.69 1:30.74 2:03.26	2:03.26
	NARIGUETA Rodrigo Duarte	16 29.05 1:02.53 1:36.14 2:09.26	2:09.26
	MEDRONHEIRA Miguel Filipe	16 29.79 1:03.18 1:37.66 2:12.46	2:12.46
	MANUEL Tiago Trindade	16 28.77 1:02.28 1:35.87 2:10.17	2:10.17

Prova 36

Femin., 4 x 100m Livres

Juvenis

08/12/2024 - 11:00

Resultados

Rank	Club	Time	Points
1.	Rec Nac 25m Open	3:44.99	Futebol Clube do Porto/Dolce Vita FCP Porto 04/12/2010
2.	Rec Nac 25m Juv A	4:00.53	Clube dos Galitos / Bresimar CGA Mealhada 08/12/2019
3.	Rec Nac 25m Juv	4:00.53	Clube dos Galitos / Bresimar CGA Mealhada 08/12/2019
4.	Rec Nac 25m Juv B	4:05.21	Clube dos Galitos / Bresimar CGA Estarreja 10/06/2019

TAC Juvenil A Fem Juv A 50m: 4:27.60 - 25m: 4:22.40 / TAC Juvenil B Fem Juv B 50m: 4:35.24 - 25m: 4:29.92

Pontos: AQUA 2024

Lugar NFed Clube Tempo Final TReac Pts FINA Pts

Juvenil B

Rank	Club	Time	Points
1.	<b>Sporting 2</b>	<b>4:16.49</b>	<b>513</b>
	FERREIRA Margarida Almeida	14 30.19 1:03.45 MAO DE FERRO Ana	14 31.82 1:06.27
	CAMEJO Carolina Melo	14 31.39 1:06.49 MOURA Margarida Santos	14 28.75 1:00.28
2.	<b>Naval Do Funchal 1</b>	<b>4:26.07</b>	<b>460</b>
	JESUS Vera Franca	14 30.63 1:03.97 MATA Valeria Isabel	14 32.49 1:10.20
	PEREIRA Ana Matilde	14 31.66 1:06.76 COSTA Rafaela Tome	14 31.07 1:05.14
3.	<b>Lagoa AC 1</b>	<b>4:29.31</b>	<b>443</b>
	LUTSIV Angelina	14 32.09 1:06.77 MAGIYEVA Eva	14 32.28 1:07.19
	TEIXEIRA Beatriz Marques	14 32.21 1:06.75 SANTOS Maria Goncalves	14 32.41 1:08.60

Juvenil A

Rank	Club	Time	Points
1.	<b>Sporting 1</b>	<b>4:17.47</b>	<b>507</b>
	SIMOES Bruna Sofia	15 30.06 1:04.17 AREDE Madalena Pereira	15 30.53 1:04.52
	DINIZ Beatriz Costa	15 31.16 1:04.99 COSTA Mariana Varela	15 30.71 1:03.79
2.	<b>Portinado 1</b>	<b>4:19.75</b>	<b>494</b>
	LOPES Carolina Melo	15 30.56 1:04.33 PONTE Maria Ines	15 30.55 1:05.17
	GOMES Carolina Frois	15 30.31 1:04.47 GUERREIRO Lara Alexandra	15 30.59 1:05.78





Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

5 - 3ª Jornada - 2ª Sessão

08/12/2024 - 16:00

Prova 37	Femin., 1500m Livres					Juvenis
08/12/2024 - 16:00						Resultados
Rec Nac 25m Open	15:55.19	DURAES Diana Margarida	SLB	Felgueiras		23/11/2019
Rec Nac 25m Juv A	16:54.39	HOLUB Tamila Hryhorivna	SCB	Vila Praia Ancora		16/03/2014
Rec Nac 25m Juv B	17:17.43	HOLUB Tamila Hryhorivna	SCB	Vila Praia Ancora		30/06/2013
TAC Juvenil A Fem Juv A 50m: 20:57.71 - 25m: 20:33.24 / TAC Juvenil B Fem Juv B 50m: 21:20.57 - 25m: 20:55.67						

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	JESUS Vera Franca	14	211346	Naval Do Funchal	<b>18:36.82</b>		537	
	100m: 1:09.98	1:09.98	500m: 6:09.09	1:14.73	900m: 11:06.24	1:15.10	1300m: 16:10.53	1:15.85
	200m: 2:25.07	1:15.09	600m: 7:23.17	1:14.08	1000m: 12:21.96	1:15.72	1400m: 17:25.68	1:15.15
	300m: 3:39.68	1:14.61	700m: 8:36.47	1:13.30	1100m: 13:38.19	1:16.23	1500m: 18:36.82	1:11.14
	400m: 4:54.36	1:14.68	800m: 9:51.14	1:14.67	1200m: 14:54.68	1:16.49		
2.	PEREIRA Sofia Barroca	14	212103	BUZIOS - Coruche	<b>19:02.29</b>		502	
	100m: 1:10.08	1:10.08	500m: 6:08.91	1:14.83	900m: 11:16.97	1:17.80	1300m: 16:31.53	1:19.16
	200m: 2:24.59	1:14.51	600m: 7:24.32	1:15.41	1000m: 12:34.97	1:18.00	1400m: 17:48.32	1:16.79
	300m: 3:39.74	1:15.15	700m: 8:41.04	1:16.72	1100m: 13:53.52	1:18.55	1500m: 19:02.29	1:13.97
	400m: 4:54.08	1:14.34	800m: 9:59.17	1:18.13	1200m: 15:12.37	1:18.85		
3.	SERRA Ana Filipa	14	211617	CPCD-Povoa St Iria	<b>19:40.72</b>		455	
	100m: 1:15.34	1:15.34	500m: 6:29.34	1:19.42	900m: 11:49.86	1:20.65	1300m: 17:07.47	1:19.18
	200m: 2:33.34	1:18.00	600m: 7:48.24	1:18.90	1000m: 13:08.13	1:18.27	1400m: 18:26.30	1:18.83
	300m: 3:51.29	1:17.95	700m: 9:08.68	1:20.44	1100m: 14:27.65	1:19.52	1500m: 19:40.72	1:14.42
	400m: 5:09.92	1:18.63	800m: 10:29.21	1:20.53	1200m: 15:48.29	1:20.64		
4.	MAGIYEVA Eva	14	210396	Lagoa AC	<b>20:35.70</b>		397	
	100m: 1:14.54	1:14.54	500m: 6:36.96	1:21.68	900m: 12:08.51	1:24.95	1300m: 17:50.25	1:25.44
	200m: 2:34.18	1:19.64	600m: 7:58.95	1:21.99	1000m: 13:33.48	1:24.97	1400m: 19:15.87	1:25.62
	300m: 3:54.34	1:20.16	700m: 9:20.02	1:21.07	1100m: 14:59.17	1:25.69	1500m: 20:35.70	1:19.83
	400m: 5:15.28	1:20.94	800m: 10:43.56	1:23.54	1200m: 16:24.81	1:25.64		

**Juvenil A**

1.	MARTINS Leonor Sombreiro	15	211313	BUZIOS - Coruche	<b>18:27.98</b>		550	
	100m: 1:06.82	1:06.82	500m: 6:03.05	1:14.07	900m: 11:02.67	1:14.36	1300m: 16:02.06	1:14.28
	200m: 2:20.62	1:13.80	600m: 7:18.41	1:15.36	1000m: 12:17.92	1:15.25	1400m: 17:17.20	1:15.14
	300m: 3:34.45	1:13.83	700m: 8:33.55	1:15.14	1100m: 13:32.82	1:14.90	1500m: 18:27.98	1:10.78
	400m: 4:48.98	1:14.53	800m: 9:48.31	1:14.76	1200m: 14:47.78	1:14.96		
2.	MENDES Bianca Balbino	15	206074	Naval de Peniche	<b>18:54.08</b>		513	
	100m: 1:08.84	1:08.84	500m: 6:10.45	1:15.76	900m: 11:15.71	1:15.91	1300m: 16:23.65	1:16.79
	200m: 2:23.29	1:14.45	600m: 7:26.82	1:16.37	1000m: 12:32.45	1:16.74	1400m: 17:40.39	1:16.74
	300m: 3:38.81	1:15.52	700m: 8:43.31	1:16.49	1100m: 13:49.88	1:17.43	1500m: 18:54.08	1:13.69
	400m: 4:54.69	1:15.88	800m: 9:59.80	1:16.49	1200m: 15:06.86	1:16.98		
3.	FERNANDES Maria Madalena	15	212757	Alges	<b>19:13.75</b>		487	
	100m: 1:12.18	1:12.18	500m: 6:19.19	1:17.17	900m: 11:27.54	1:16.84	1300m: 16:39.74	1:18.82
	200m: 2:28.99	1:16.81	600m: 7:36.21	1:17.02	1000m: 12:44.97	1:17.43	1400m: 17:58.06	1:18.32
	300m: 3:45.38	1:16.39	700m: 8:53.41	1:17.20	1100m: 14:03.01	1:18.04	1500m: 19:13.75	1:15.69
	400m: 5:02.02	1:16.64	800m: 10:10.70	1:17.29	1200m: 15:20.92	1:17.91		
4.	FRYXELL Maria Ines	15	205333	AONDA-Azeitao	<b>19:40.72</b>		455	
	100m: 1:11.41	1:11.41	500m: 6:25.86	1:18.51	900m: 11:43.76	1:19.64	1300m: 17:03.73	1:20.66
	200m: 2:30.01	1:18.60	600m: 7:44.70	1:18.84	1000m: 13:03.70	1:19.94	1400m: 18:22.65	1:18.92
	300m: 3:49.07	1:19.06	700m: 9:03.95	1:19.25	1100m: 14:23.18	1:19.48	1500m: 19:40.72	1:18.07
	400m: 5:07.35	1:18.28	800m: 10:24.12	1:20.17	1200m: 15:43.07	1:19.89		
5.	SILVA Lara Paixao	15	210801	Rio Maior	<b>19:53.36</b>		440	
	100m: 1:11.85	1:11.85	500m: 6:31.37	1:20.88	900m: 11:53.40	1:20.27	1300m: 17:16.12	1:20.21
	200m: 2:30.38	1:18.53	600m: 7:52.29	1:20.92	1000m: 13:14.42	1:21.02	1400m: 18:36.32	1:20.20
	300m: 3:49.80	1:19.42	700m: 9:12.42	1:20.13	1100m: 14:35.26	1:20.84	1500m: 19:53.36	1:17.04
	400m: 5:10.49	1:20.69	800m: 10:33.13	1:20.71	1200m: 15:55.91	1:20.65		



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 37, Femin., 1500m Livres, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MATEUS Ines Filipa	15	212937	Lagoa AC	<b>20:02.00</b>		431	
	100m: 1:11.99 1:11.99		500m: 6:26.29 1:20.43	900m: 11:54.34 1:21.51	1300m: 17:21.30 1:21.95			
	200m: 2:28.32 1:16.33		600m: 7:48.10 1:21.81	1000m: 13:15.83 1:21.49	1400m: 18:43.63 1:22.33			
	300m: 3:45.72 1:17.40		700m: 9:10.21 1:22.11	1100m: 14:37.41 1:21.58	1500m: 20:02.00 1:18.37			
	400m: 5:05.86 1:20.14		800m: 10:32.83 1:22.62	1200m: 15:59.35 1:21.94				
7.	FALEIRO Sira Valentim	15	209302	Lagoa AC	<b>20:05.77</b>		427	
	100m: 1:16.47 1:16.47		500m: 6:40.72 1:21.37	900m: 12:00.82 1:20.30	1300m: 17:24.71 1:21.24			
	200m: 2:37.20 1:20.73		600m: 8:00.61 1:19.89	1000m: 13:21.59 1:20.77	1400m: 18:46.09 1:21.38			
	300m: 3:58.63 1:21.43		700m: 9:19.97 1:19.36	1100m: 14:42.38 1:20.79	1500m: 20:05.77 1:19.68			
	400m: 5:19.35 1:20.72		800m: 10:40.52 1:20.55	1200m: 16:03.47 1:21.09				
8.	VIEIRA Sara Goncalves	15	213776	Naval Praia da Vitoria	<b>20:21.56</b>		411	
	100m: 1:14.54 1:14.54		500m: 6:37.90 1:21.02	900m: 12:00.63 1:21.11	1300m: 17:32.89 1:24.86			
	200m: 2:34.91 1:20.37		600m: 7:58.97 1:21.07	1000m: 13:22.66 1:22.03	1400m: 18:58.40 1:25.51			
	300m: 3:55.28 1:20.37		700m: 9:19.07 1:20.10	1100m: 14:45.45 1:22.79	1500m: 20:21.56 1:23.16			
	400m: 5:16.88 1:21.60		800m: 10:39.52 1:20.45	1200m: 16:08.03 1:22.58				

Prova 38

Masc., 400m Livres

Juvenis

08/12/2024 - 16:45

Resultados

Rec Nac 25m Open	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Juv A	3:58.45	PEREIRA Rui Silva	ADRCIMM	Sines	17/12/2023
Rec Nac 25m Juv B	4:01.42	PEREIRA Rui Silva	POR	Tomar	15/01/2023
TAC Juvenil A Masc Juv A 50m: 4:41.63 - 25m: 4:33.44 / TAC Juvenil B Masc Juv B 50m: 4:46.75 - 25m: 4:38.98					

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	MIMOSO Renato Ferreira	15	211467	Benfica	<b>4:07.05</b>		634	
	50m: 27.86 27.86		150m: 1:29.67 31.32	250m: 2:33.26 31.72	350m: 3:37.60 32.42			
	100m: 58.35 30.49		200m: 2:01.54 31.87	300m: 3:05.18 31.92	400m: 4:07.05 29.45			
2.	RIBEIRO Dinis Aresta	15	214312	Sporting	<b>4:25.62</b>		510	
	50m: 30.35 30.35		150m: 1:37.17 33.83	250m: 2:46.28 34.91	350m: 3:53.64 33.61			
	100m: 1:03.34 32.99		200m: 2:11.37 34.20	300m: 3:20.03 33.75	400m: 4:25.62 31.98			
3.	ROXO Joao Baixinho	15	210602	Uniao Piedense	<b>4:25.96</b>		508	
	50m: 29.03 29.03		150m: 1:34.47 33.59	250m: 2:43.03 34.50	350m: 3:52.25 34.85			
	100m: 1:00.88 31.85		200m: 2:08.53 34.06	300m: 3:17.40 34.37	400m: 4:25.96 33.71			
4.	RAPOSO Mateus Medeiros	15	211338	Desportivo Nacional	<b>4:28.17</b>		495	
	50m: 29.50 29.50		150m: 1:38.29 35.60	250m: 2:47.10 34.68	350m: 3:55.96 33.91			
	100m: 1:02.69 33.19		200m: 2:12.42 34.13	300m: 3:22.05 34.95	400m: 4:28.17 32.21			
5.	BRILHA Martim Marino	15	216537	Belenenses	<b>4:28.79</b>		492	
	50m: 30.90 30.90		150m: 1:38.47 34.30	250m: 2:45.37 34.00	350m: 3:55.14 34.72			
	100m: 1:04.17 33.27		200m: 2:11.37 32.90	300m: 3:20.42 35.05	400m: 4:28.79 33.65			
6.	PEREIRA Guilherme Valente	15	212288	Colegio Monte Maior	<b>4:29.11</b>		490	
	50m: 30.98 30.98		150m: 1:37.64 33.40	250m: 2:45.89 34.62	350m: 3:55.36 34.94			
	100m: 1:04.24 33.26		200m: 2:11.27 33.63	300m: 3:20.42 34.53	400m: 4:29.11 33.75			
7.	CASTRO Diogo Alves	15	214993	Alges	<b>4:29.14</b>		490	
	50m: 30.18 30.18		150m: 1:38.29 34.91	250m: 2:49.02 35.49	350m: 3:55.98 32.43			
	100m: 1:03.38 33.20		200m: 2:13.53 35.24	300m: 3:23.55 34.53	400m: 4:29.14 33.16			
8.	MARQUES Goncalo Tapadas	15	216360	Colegio Monte Maior	<b>4:29.35</b>		489	
	50m: 30.44 30.44		150m: 1:38.76 34.46	250m: 2:47.61 33.86	350m: 3:56.75 34.59			
	100m: 1:04.30 33.86		200m: 2:13.75 34.99	300m: 3:22.16 34.55	400m: 4:29.35 32.60			
9.	PEDROSA Francisco Lourenco	15	144218	Nautico Marinha Grande	<b>4:29.40</b>		489	
	50m: 30.73 30.73		150m: 1:39.05 34.42	250m: 2:48.01 34.32	350m: 3:57.11 34.42			
	100m: 1:04.63 33.90		200m: 2:13.69 34.64	300m: 3:22.69 34.68	400m: 4:29.40 32.29			
10.	JORGE Antonio Antunes	15	206495	Alcobaca	<b>4:29.84</b>		486	
	50m: 29.69 29.69		150m: 1:36.72 34.00	250m: 2:46.40 34.97	350m: 3:55.96 34.66			
	100m: 1:02.72 33.03		200m: 2:11.43 34.71	300m: 3:21.30 34.90	400m: 4:29.84 33.88			

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 38, Masc., 400m Livres, Juvenil B

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	JORGE Daniel Filipe	15	210798	Rio Maior	<b>4:41.96</b>		426	
	50m: 31.03 31.03		150m: 1:40.19 35.18	250m: 2:51.91 35.92	350m: 4:05.17 36.90			
	100m: 1:05.01 33.98		200m: 2:15.99 35.80	300m: 3:28.27 36.36	400m: 4:41.96 36.79			
12.	CONDON Hugo Leitao	15	209952	Naval de Faro	<b>4:45.44</b>		411	
	50m: 32.07 32.07		150m: 1:43.92 36.47	250m: 2:57.56 36.51	350m: 4:10.53 36.57			
	100m: 1:07.45 35.38		200m: 2:21.05 37.13	300m: 3:33.96 36.40	400m: 4:45.44 34.91			

Juvenil A

1.	FERREIRA Tomas Pascoal	16	208129	Bairro dos Anjos/ Leiria	<b>4:09.74</b>		613	
	50m: 28.66 28.66		150m: 1:31.99 31.94	250m: 2:35.91 31.92	350m: 3:40.47 32.09			
	100m: 1:00.05 31.39		200m: 2:03.99 32.00	300m: 3:08.38 32.47	400m: 4:09.74 29.27			
2.	KOT Paulo	16	144468	Nautico Marinha Grande	<b>4:10.29</b>		609	
	50m: 28.67 28.67		150m: 1:31.82 31.77	250m: 2:35.96 31.92	350m: 3:40.64 32.21			
	100m: 1:00.05 31.38		200m: 2:04.04 32.22	300m: 3:08.43 32.47	400m: 4:10.29 29.65			
3.	MONIZ Rafael Lin	16	210337	Naval Setubalense	<b>4:15.10</b>		575	
	50m: 29.35 29.35		150m: 1:33.20 32.25	250m: 2:38.22 32.59	350m: 3:44.28 32.97			
	100m: 1:00.95 31.60		200m: 2:05.63 32.43	300m: 3:11.31 33.09	400m: 4:15.10 30.82			
4.	PINTO Martim Chambel	16	208969	Colegio Monte Maior	<b>4:15.35</b>		574	
	50m: 29.19 29.19		150m: 1:32.81 32.13	250m: 2:37.68 32.42	350m: 3:43.87 32.94			
	100m: 1:00.68 31.49		200m: 2:05.26 32.45	300m: 3:10.93 33.25	400m: 4:15.35 31.48			
5.	REIS Tomas Augusto	16	219434	Belenenses	<b>4:17.06</b>		562	
	50m: 29.57 29.57		150m: 1:33.25 32.43	250m: 2:39.06 32.49	350m: 3:45.36 33.23			
	100m: 1:00.82 31.25		200m: 2:06.57 33.32	300m: 3:12.13 33.07	400m: 4:17.06 31.70			
6.	RIZZON Guilherme Oliveira	16	214294	Sporting	<b>4:21.89</b>		532	
	50m: 29.12 29.12		150m: 1:35.32 33.46	250m: 2:42.06 32.98	350m: 3:48.76 33.41			
	100m: 1:01.86 32.74		200m: 2:09.08 33.76	300m: 3:15.35 33.29	400m: 4:21.89 33.13			
7.	SILVA Rafael Alexandre	16	212573	Louletano / Loule Aqui e Agora	<b>4:24.35</b>		517	
	50m: 29.89 29.89		150m: 1:36.02 33.24	250m: 2:43.32 33.75	350m: 3:51.33 34.10			
	100m: 1:02.78 32.89		200m: 2:09.57 33.55	300m: 3:17.23 33.91	400m: 4:24.35 33.02			
8.	PEREIRA David Ferrador	16	208135	Nautico de Leiria - VOID	<b>4:26.94</b>		502	
	50m: 28.70 28.70		150m: 1:34.78 34.09	250m: 2:44.07 34.79	350m: 3:54.48 35.34			
	100m: 1:00.69 31.99		200m: 2:09.28 34.50	300m: 3:19.14 35.07	400m: 4:26.94 32.46			
9.	CALDAS Pedro Guedes	16	205652	Benfica	<b>4:28.54</b>		493	
	50m: 29.33 29.33		150m: 1:35.44 33.62	250m: 2:44.57 34.61	350m: 3:54.28 34.83			
	100m: 1:01.82 32.49		200m: 2:09.96 34.52	300m: 3:19.45 34.88	400m: 4:28.54 34.26			
10.	MARTINS Vasco Alexandre	16	209406	Colegio Monte Maior	<b>4:29.39</b>		489	
	50m: 30.25 30.25		150m: 1:37.09 33.94	250m: 2:46.47 34.90	350m: 3:55.54 34.47			
	100m: 1:03.15 32.90		200m: 2:11.57 34.48	300m: 3:21.07 34.60	400m: 4:29.39 33.85			
11.	VICENTE Miguel Chagas	16	207727	Bombeiros de Ponta Delgada	<b>4:29.50</b>		488	
	50m: 30.19 30.19		150m: 1:36.76 33.41	250m: 2:46.25 34.78	350m: 3:55.66 34.56			
	100m: 1:03.35 33.16		200m: 2:11.47 34.71	300m: 3:21.10 34.85	400m: 4:29.50 33.84			
12.	SILVA Joao Bernardo	16	210132	Desportivo Nacional	<b>4:29.60</b>		487	
	50m: 29.53 29.53		150m: 1:35.46 33.62	250m: 2:45.05 35.17	350m: 3:54.96 35.09			
	100m: 1:01.84 32.31		200m: 2:09.88 34.42	300m: 3:19.87 34.82	400m: 4:29.60 34.64			
13.	PINHEIRO Andre Raposo	16	208650	Sporting	<b>4:34.51</b>		462	
	50m: 29.40 29.40		150m: 1:38.28 35.17	250m: 2:48.99 35.20	350m: 3:59.68 35.53			
	100m: 1:03.11 33.71		200m: 2:13.79 35.51	300m: 3:24.15 35.16	400m: 4:34.51 34.83			
14.	CARDOSO Diogo Filipe	16	210399	Natacao de Olhao	<b>4:35.00</b>		459	
	50m: 29.51 29.51		150m: 1:38.64 35.53	250m: 2:49.86 35.47	350m: 4:00.72 35.46			
	100m: 1:03.11 33.60		200m: 2:14.39 35.75	300m: 3:25.26 35.40	400m: 4:35.00 34.28			
15.	PACHECO Santiago Jose	16	210696	Alcobaca	<b>4:37.27</b>		448	
	50m: 29.30 29.30		150m: 1:39.02 35.52	250m: 2:50.53 36.08	350m: 4:02.72 36.18			
	100m: 1:03.50 34.20		200m: 2:14.45 35.43	300m: 3:26.54 36.01	400m: 4:37.27 34.55			
16.	PESTANA Pedro Correia	16	209489	Desportivo Nacional	<b>4:40.57</b>		432	
	50m: 30.04 30.04		150m: 1:38.82 35.19	250m: 2:51.84 36.41	350m: 4:05.24 36.79			
	100m: 1:03.63 33.59		200m: 2:15.43 36.61	300m: 3:28.45 36.61	400m: 4:40.57 35.33			

Torneio Zonal de Juvenis (Zona Sul)  
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Prova 39 Femin., 200m Bruços Juvenis  
08/12/2024 - 17:05 Resultados

Rec Nac 25m Open	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29/06/2019
Rec Nac 25m Juv A	2:32.36	GOMES Diana Duarte	ABVE	Alcobaça	07/02/2004
Rec Nac 25m Juv B	2:34.51	GOMES Diana Duarte	ABVE	Reboleira	28/06/2003

TAC Juvenil A Fem Juv A 50m: 3:09.18 - 25m: 3:00.81 / TAC Juvenil B Fem Juv B 50m: 3:12.60 - 25m: 3:04.49

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Juvenil B</b>									
1.	MADUREIRA Clara Santos	14	Torres Novas	<b>2:47.44</b>	519	38.94	1:22.34	2:05.35	2:47.44
2.	PEREIRA Matilde Bento	14	Gesloures	<b>2:50.62</b>	490	37.91	1:22.38	2:06.64	2:50.62
3.	BERGAMO Laura Aguiar	14	Alges	<b>2:54.06</b>	462	39.71	1:24.76	2:10.09	2:54.06
4.	COSTA Rafaela Tome	14	Naval Do Funchal	<b>2:55.63</b>	449	38.95	1:22.43	2:08.46	2:55.63
5.	GASPAR Beatriz Marques	14	Nautico Marinha Grande	<b>2:57.48</b>	435	40.00	1:26.28	2:13.17	2:57.48
6.	SANTOS Maria Goncalves	14	Lagoa AC	<b>2:57.57</b>	435	41.89	1:27.44	2:12.90	2:57.57
7.	PEREIRA Ana Matilde	14	Naval Do Funchal	<b>3:01.87</b>	405	40.41	1:26.23	2:13.99	3:01.87
8.	PENEDO Vitoria Alves	14	Palmela	<b>3:03.25</b>	396	40.39	1:25.50	2:13.39	3:03.25

**Juvenil A**

1.	BRIZIDA Sofia Roma	15	Bairro dos Anjos/ Leiria	<b>2:44.85</b>	543	37.07	1:18.50	2:01.72	2:44.85
	CARVALHO Maria Duarte	15	Benfica	<b>2:44.85</b>	543	38.49	1:20.29	2:02.74	2:44.85
3.	BRITO Rita Canas	15	Naval Setubalense	<b>2:50.04</b>	495	38.59	1:21.87	2:06.00	2:50.04
4.	LOPES Carolina Melo	15	Portinado	<b>2:54.08</b>	461	38.97	1:22.43	2:07.56	2:54.08
5.	SOUSA Susana Conceica	15	Desportivo Nacional	<b>2:54.63</b>	457	40.30	1:24.63	2:09.21	2:54.63
6.	LOPES Jessica Bernardin	15	Fisica de Torres Vedras	<b>2:57.48</b>	435	40.20	1:24.87	2:11.17	2:57.48
7.	VELEZ Vida Sofia	15	Bairro dos Anjos/ Leiria	<b>3:00.08</b>	417	40.39	1:26.73	2:13.68	3:00.08
8.	SILVA Leonor Pereira	15	Obidos Criativa	<b>3:01.07</b>	410	41.38	1:26.99	2:14.64	3:01.07
9.	NISTOR Anastacia	15	Portinado	<b>3:03.19</b>	396	40.80	1:27.14	2:14.74	3:03.19
10.	SILVA Rita Mota	15	Palmela	<b>3:05.51</b>	381	39.66	1:25.06	2:14.65	3:05.51
11.	FALEIRO Sira Valentim	15	Lagoa AC	<b>3:05.64</b>	380	41.10	1:27.81	2:16.25	3:05.64

Prova 40 Masc., 200m Mariposa Juvenis  
08/12/2024 - 17:30 Resultados

Rec Nac 25m Open	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12/12/2009
Rec Nac 25m Juv A	2:03.38	SILVA Diogo Parrilha da	CNAL	Alcobaça	13/06/2009
Rec Nac 25m Juv B	2:06.17	RIBEIRO Diogo Matos	CUC	Felgueiras	27/04/2019

TAC Juvenil A Masc Juv A 50m: 2:31.98 - 25m: 2:27.59 / TAC Juvenil B Masc Juv B 50m: 2:34.64 - 25m: 2:31.17

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Juvenil B</b>									
1.	GODINHO A.	15	Fisica de Torres Vedras	<b>2:10.62</b>	547	29.76	1:02.77	1:36.65	2:10.62
2.	PACHECO David Filipe	15	BUZIOS - Coruche	<b>2:12.45</b>	525	29.18	1:02.93	1:37.97	2:12.45
3.	REBELO Guilherme Cost	15	Pimpoes/Cimai	<b>2:15.44</b>	491	31.30	1:06.64	1:40.99	2:15.44
4.	MENDES Salvador Neves	15	Naval Do Funchal	<b>2:18.80</b>	456	29.60	1:04.35	1:41.13	2:18.80
5.	SOUSA Diogo Rodrigues	15	Alges	<b>2:22.98</b>	417	31.98	1:08.23	1:45.88	2:22.98
6.	TOMAS Rodrigo Cardoso	15	Alcobaca	<b>2:24.14</b>	407	32.58	1:08.87	1:47.52	2:24.14
7.	CHISTOL Cristiano	15	Louletano / Loule Aqui e Ag	<b>2:24.40</b>	405	31.67	1:07.77	1:45.57	2:24.40
8.	FRANCISCO T.	15	Nautico de Leiria - VOID	<b>2:26.94</b>	384	33.24	1:10.57	1:48.64	2:26.94
9.	DIAS Rodrigo Ferrao	15	Sporting	<b>2:28.74</b>	370	33.37	1:11.59	1:50.46	2:28.74
10.	PEDROSA F.	15	Nautico Marinha Grande	<b>2:29.69</b>	363	33.89	1:11.90	1:51.13	2:29.69



Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 40, Masc., 200m Mariposa

Juvenil A

1. FERREIRA Tomas Pasco:	16	Bairro dos Anjos/ Leiria	<b>2:09.23</b>	565	29.10	1:01.55	1:35.70	2:09.23
2. MARRAZES G.	16	Nautico Marinha Grande	<b>2:10.28</b>	551	29.22	1:02.12	1:36.37	2:10.28
3. LOURENCO D.	16	Sporting	<b>2:14.82</b>	497	29.59	1:03.42	1:38.02	2:14.82
4. MEJIAS Jesus Alberto	16	Belenenses	<b>2:15.16</b>	494	28.87	1:02.97	1:38.21	2:15.16
5. FERNANDES Paulo Junio	16	Alges	<b>2:17.01</b>	474	28.92	1:03.80	1:39.74	2:17.01
6. MONTEIRO D.	16	Belenenses	<b>2:18.94</b>	454	30.75	1:05.89	1:42.57	2:18.94
7. ROCHA Miguel Ratinho	16	Naval Setubalense	<b>2:21.23</b>	433	30.19	1:05.15	1:41.74	2:21.23
8. NARIGUETA R.	16	Palmela	<b>2:22.70</b>	419	32.40	1:08.67	1:45.35	2:22.70
9. PESTANA Andre Pinto	16	Naval Do Funchal	<b>2:23.27</b>	414	30.82	1:06.69	1:44.80	2:23.27
10. FARIA Afonso Cunha	16	Naval Do Funchal	<b>2:29.01</b>	368	31.75	1:08.43	1:48.05	2:29.01

Prova 41

Femin., 100m Mariposa

Juvenis

08/12/2024 - 17:40

Resultados

Rec Nac 25m Open	58.01	CUNHA Mariana Pacheco	CNCE	Felgueiras	22/04/2023
Rec Nac 25m Juv A	1:00.43	FERNANDES Carolina Miranda	CGA	Mealhada	08/12/2019
Rec Nac 25m Juv B	1:02.36	CUNHA Mariana Pacheco	CFP	Felgueiras	14/04/2018

TAC Juvenil A Fem Juv A 50m: 1:14.48 - 25m: 1:12.81 / TAC Juvenil B Fem Juv B 50m: 1:15.22 - 25m: 1:13.91

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	50m	100m
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Juvenil B

1. CAPAREIRA Alice Machado	14	Academia Acores	<b>1:05.17</b>	570	30.45	1:05.17
2. MOURA Margarida Santos	14	Sporting	<b>1:05.60</b>	559	30.88	1:05.60
3. FELICIANO Francisca Moreira	14	Alcobaca	<b>1:09.39</b>	472	32.33	1:09.39
4. OLIVEIRA Rafaela Marreiros	14	Palmela	<b>1:12.06</b>	421	34.02	1:12.06
5. LAGARINHOS Benedita Maria	14	Viver Santarem	<b>1:12.16</b>	420	33.36	1:12.16
6. CORREIA Maria Rendeiro	14	Alges	<b>1:15.51</b>	366	35.83	1:15.51
7. ABRANTES Ines Freitas	14	Colegio Monte Maior	<b>1:15.70</b>	363	35.30	1:15.70
8. FONSECA Constanca Oliveira	14	Naval Praia da Vitoria	<b>1:15.73</b>	363	35.67	1:15.73
9. OLIVEIRA Isabel Grilo	14	Lagoa AC	<b>1:15.92</b>	360	35.73	1:15.92

Juvenil A

1. FRISCHKNECHT Luisa Anjos	15	Naval Setubalense	<b>1:08.74</b>	486	32.39	1:08.74
2. BERNAT Alicia Del Rio	15	Alges	<b>1:10.51</b>	450	32.83	1:10.51
3. GOMES Rita Braga	15	Alges	<b>1:10.73</b>	446	33.06	1:10.73
4. MARTINS Carolina Sofia	15	Naval Setubalense	<b>1:11.56</b>	430	33.65	1:11.56
5. BARFIELD Isabel	15	Natacao de Lagos	<b>1:11.66</b>	429	32.01	1:11.66
6. VIEIRA Matilde Santos	15	Nautico Marinha Grande	<b>1:11.75</b>	427	33.50	1:11.75
7. ROSA Clara Sofia	15	Desportivo Nacional	<b>1:12.05</b>	422	34.00	1:12.05
8. TEIXEIRA Maria Leonor	15	Naval Do Funchal	<b>1:16.47</b>	353	33.93	1:16.47

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 42 Masc., 50m Costas Juvenis  
08/12/2024 - 17:45 Resultados

Rec Nac 25m Open	23.35	SANTOS Alexis Manacas	POR	Abu Dhabi (UAE)	18/12/2021
Rec Nac 25m Juv A	25.93	OLIVEIRA Miguel Reis	VSC	Felgueiras	15/11/2024
Rec Nac 25m Juv B	26.38	OLIVEIRA Miguel Reis	VSC	Felgueiras	14/04/2024

TAC Juvenil A Masc Juv A 50m: 31.80 - 25m: 29.98 / TAC Juvenil B Masc Juv B 50m: 32.08 - 25m: 30.73

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenil B</b>								
1.	MARTINHO G.	15	209625	Natacao do Fundao/Yes Energy	<b>29.27</b>		431	
2.	MENDONCA Alexandre Ribeiro	15	213646	Portinado	<b>29.49</b>		421	
3.	LULAK Tiago Malhador	15	212575	Louletano / Loule Aqui e Agora	<b>29.75</b>		410	
	SANTO Tiago Neres	15	209344	Alges	<b>29.75</b>		410	
5.	LUCA Albert	15	213575	Aquatico Silves	<b>30.53</b>		379	

**Juvenil A**

1.	JOAQUIM Henrique Martins	16	207318	Nautico de Leiria - VOID	<b>27.74</b>		506	
2.	LIMA Miguel Silva	16	217363	Nautico Abrantes	<b>28.26</b>		478	
3.	ANDRADE Salvador Freitas	16	208851	Naval Do Funchal	<b>28.30</b>		476	
4.	PARREIRA Santiago Agostinho	16	209481	Pimpoes/Cimai	<b>28.34</b>		474	
5.	TOME David Emanuel	16	211569	Geslours	<b>28.51</b>		466	
6.	PELYKH Andrey	16	223898	Belenenses	<b>28.52</b>		465	
7.	MANUEL Tiago Trindade	16	205937	Palmela	<b>28.76</b>		454	
8.	INTERLANDI Angelo Carvalho	16	216011	Alges	<b>29.26</b>		431	
9.	VICENTE Miguel Chagas	16	207727	Bombeiros de Ponta Delgada	<b>29.27</b>		431	
10.	PEREIRA Rui Melo	16	211470	Benfica	<b>29.74</b>		410	
11.	SILVA Mateus Inacio	16	212105	Portinado	<b>30.06</b>		397	

Prova 43 Femin., 200m Costas Juvenis  
08/12/2024 - 17:50 Resultados

Rec Nac 25m Open	2:04.39	REBELO Camila Rodrigues	POR	Otopeni (ROU)	07/12/2023
Rec Nac 25m Juv A	2:14.11	REBELO Camila Rodrigues	ALN	Condeixa	12/05/2018
Rec Nac 25m Juv B	2:17.86	MARTINHEIRA Catia Raquel	LDC	Sines	21/12/2008

TAC Juvenil A Fem Juv A 50m: 2:46.80 - 25m: 2:40.40 / TAC Juvenil B Fem Juv B 50m: 2:50.52 - 25m: 2:44.90

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo final	Pts	50m	100m	150m	200m
<b>Juvenil B</b>										
1.	FERREIRA M.	14		Sporting	<b>2:31.34</b>	485	34.51	1:12.44	1:52.06	2:31.34
2.	VALA Maria Joao	14		Pimpoes/Cimai	<b>2:34.15</b>	459	36.41	1:15.43	1:55.14	2:34.15
3.	GUERREIRO Marta Gak	14		Louletano / Loule Aqui e Ag	<b>2:36.33</b>	440	36.29	1:16.12	1:56.68	2:36.33
	GONCALVES F.	14		Benfica	<b>2:36.33</b>	440	36.23	1:15.90	1:56.60	2:36.33
5.	CASTANHEIRA C.	14		Nautico de Leiria - VOID	<b>2:36.91</b>	435	36.51	1:16.48	1:57.48	2:36.91
6.	LUTSIV Angelina	14		Lagoa AC	<b>2:37.87</b>	427	36.43	1:17.14	1:58.21	2:37.87
7.	MAO DE FERRO Ana	14		Sporting	<b>2:38.24</b>	424	36.83	1:16.67	1:58.31	2:38.24
8.	CONDON Zoe Leitao	14		Naval de Faro	<b>2:38.75</b>	420	36.89	1:17.59	1:59.44	2:38.75
9.	PAIVA Ines Silva	14		Colegio Monte Maior	<b>2:39.11</b>	417	36.32	1:16.37	1:58.47	2:39.11
10.	FERREIRA Carolina Morar	14		Academia Acores	<b>2:39.28</b>	416	37.24	1:17.59	1:59.07	2:39.28
11.	SANTOS Carlota Sa	14		Nucleo de Pombal	<b>2:39.87</b>	411	36.92	1:16.54	1:58.29	2:39.87
12.	ALVES Leonor Mota	14		Nautico Marinha Grande	<b>2:41.01</b>	403	36.75	1:17.33	2:00.04	2:41.01
13.	CAMEJO Carolina Melo	14		Sporting	<b>2:41.43</b>	399	37.02	1:17.92	1:59.78	2:41.43
14.	MESTRE Ines Diogo	14		Aljustrelense	<b>2:41.59</b>	398	37.26	1:18.14	2:00.84	2:41.59
15.	SILVA Leonor Coelho	14		Belenenses	<b>2:44.35</b>	379	38.14	1:18.81	2:01.80	2:44.35
16.	OLIVEIRA Maria Goncalves	14		Desportivo de Odemira	<b>2:45.80</b>	369	38.21	1:19.30	2:00.97	2:45.80
17.	LUIS Maria Ines	14		Aljustrelense	<b>2:49.40</b>	346	37.99	1:20.73	2:04.63	2:49.40

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 43, Femin., 200m Costas

Juvenil A

1. AZEVEDO C.	15	Lagoa AC	<b>2:23.66</b>	567	33.91	1:10.83	1:47.60	2:23.66
2. ALVES Diana Isabel	15	Pimpoes/Cimai	<b>2:28.49</b>	513	34.44	1:11.69	1:50.11	2:28.49
3. BRITO Madalena Pinto	15	Naval Do Funchal	<b>2:30.53</b>	493	35.27	1:13.60	1:52.70	2:30.53
4. SANTOS Carolina Brito	15	Naval de Faro	<b>2:32.17</b>	477	35.31	1:13.75	1:53.39	2:32.17
5. FILIPE Maria Rita	15	Gesloures	<b>2:33.39</b>	466	35.57	1:14.26	1:54.20	2:33.39
6. GUERRA C.	15	Alges	<b>2:33.65</b>	463	35.84	1:14.34	1:54.42	2:33.65
7. MENDES Ana Nabais	15	Laranjeiro	<b>2:34.34</b>	457	35.62	1:14.14	1:54.22	2:34.34
8. INACIO Debora Silva	15	Pimpoes/Cimai	<b>2:34.80</b>	453	36.41	1:15.76	1:55.50	2:34.80
9. PEDROSO M.	15	Nautico Marinha Grande	<b>2:35.38</b>	448	35.47	1:14.29	1:54.95	2:35.38
10. MOREIRA Maria Francisca	15	Bombeiros Estoris	<b>2:35.82</b>	444	35.19	1:14.26	1:55.03	2:35.82
11. VELEZ Vida Sofia	15	Bairro dos Anjos/ Leiria	<b>2:37.06</b>	434	36.41	1:16.22	1:56.96	2:37.06
12. PARDELHA C.	15	Colegio Monte Maior	<b>2:37.56</b>	430	37.15	1:17.12	1:57.61	2:37.56
13. AREDE Madalena Pereira	15	Sporting	<b>2:40.77</b>	404	36.20	1:16.52	1:59.03	2:40.77
14. GOMES Carolina Frois	15	Portinado	<b>2:44.41</b>	378	36.89	1:18.21	2:01.53	2:44.41

Prova 44

Misto, 4 x 100m Livres

Juvenis

08/12/2024 - 18:20

Resultados

Rec Nac 25m Open	3:38.72	Futebol Clube do Porto	FCP	Felguerias	14/11/2021
Rec Nac 25m Jun	3:41.33	Clube dos Galitos / Bresimar	CGA	Gafanha da Nazare	15/05/2022
Rec Nac 25m Juv A	3:55.90	Clube Naval Praia da Vitoria	CNPV	Praia da Vitoria	15/02/2020
Rec Nac 25m Juv	3:50.95	Clube Fluvial Portuense	CFP	Porto	20/07/2024
Rec Nac 25m Juv B	3:54.84	Sport Lisboa e Benfica	SLB	Santo Antonio dos Cavaleiros	23/02/2020
Rec Nac 25m Inf A	4:10.34	Clube Desportivo Nacional	CDN	Funchal	12/07/2019
Rec Nac 25m Inf	4:10.34	Clube Desportivo Nacional	CDN	Funchal	12/07/2019

Pontos: AQUA 2024

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
1. Sporting 2		Sporting	<b>4:03.88</b>		500		
	15	29.95	1:01.87	MOURA Margarida Santos	14	29.16	1:01.09
	14	29.53	1:02.17	RIBEIRO Dinis Aresta	15	28.21	58.75
2. Alges 1		Alges	<b>4:04.30</b>		497		
	14	30.66	1:04.69	CORREIA Maria Rendeiro	14	32.41	1:06.80
	15	27.05	57.04	SANTO Tiago Neres	15	26.61	55.77
3. Naval Do Funchal 10		Naval Do Funchal	<b>4:04.55</b>		496		
	15	28.60	59.01	JESUS Vera Franca	14	30.12	1:04.13
	14	31.80	1:05.21	GONCALVES Tomas Figueiredo	15	26.83	56.20
4. Gesloures 2		Gesloures	<b>4:13.20</b>		447		
	14	32.66	1:09.29	HUANG Andre	15	27.35	58.10
	14	32.12	1:09.12	MARQUES Martim Frederico	15	27.01	56.69
5. Torres Novas 1		Torres Novas	<b>4:13.65</b>		444		
	15	30.02	1:02.23	FORMIGO Margarida Pinho	14	31.44	1:05.83
	15	29.69	1:02.23	MADUREIRA Clara Santos	14	30.45	1:03.36
6. Alcobaca 1		Alcobaca	<b>4:14.11</b>		442		
	15	29.22	59.51	MENDES Mariana Sousa	14	33.41	1:10.49
	14	31.78	1:06.91	JORGE Antonio Antunes	15	27.00	57.20

Torneio Zonal de Juvenis (Zona Sul)  
Abrantes, 6 - 8/12/2024

Prova 44, Misto, 4 x 100m Livres

Juvenis A

1. Sporting 1				Sporting	<b>3:56.34</b>		549
SIMOES Bruna Sofia	15	30.04	1:04.59	COSTA Mariana Varela	15	30.78	1:03.66
RIZZON Guilherme Oliveira	16	26.20	55.41	REIS Diogo Damasceno	16	24.99	52.68
2. Naval Setubalense 1				Naval Setubalense	<b>3:58.88</b>		532
ROCHA Miguel Ratinho	16	27.05	57.37	BRITO Rita Canas	15	29.46	1:03.18
MARTINS Carolina Sofia	15	30.41	1:03.66	MONIZ Rafael Lin	16	26.12	54.67
3. Bairro dos Anjos/ Leiria 1				Bairro dos Anjos/ Leiria	<b>3:59.56</b>		528
FERREIRA Tomas Pascoal	16	26.45	54.62	ALVES Maria Carolina	15	29.39	1:03.12
GOMES Santiago Marques	16	27.68	58.16	BRIZIDA Sofia Roma	15	30.53	1:03.66
4. Portinado 1				Portinado	<b>4:07.32</b>		479
ANTONIO Joao Pedro	16	27.76	56.78	GOMES Carolina Frois	15	31.35	1:06.77
SILVA Mateus Inacio	16	28.04	58.72	LOPES Carolina Melo	15	29.89	1:05.05