

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 1 Femin., 800m Livres Juvenis Resultados
17-12-2021 - 16:00

Recordes Nacionais 25m Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019
Recordes Nacionais 25m Juv A	8:46.74	SANTOS Ana Claudia	POR	Cantanhede	19-12-2004
Recordes Nacionais 25m Juv B	9:00.27	SILVA Alexandra Maria	POR	Antibes (FRA)	20-12-1980

TAC-JUVAFem Juv A 50m: 10:21.66 - 25m: 10:09.47 / TAC-JUVBFem Juv B 50m: 10:39.59 - 25m: 10:27.05

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
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Juvenis B

1. FERREIRA Constanca Santos	08	Alges	9:59.57	510
50m: 33.71 33.71	250m: 3:03.48 37.97	450m: 5:35.35 38.01	650m: 8:08.08 38.49	
100m: 1:10.48 36.77	300m: 3:41.50 38.02	500m: 6:13.45 38.10	700m: 8:45.53 37.45	
150m: 1:47.91 37.43	350m: 4:19.32 37.82	550m: 6:51.44 37.99	750m: 9:22.98 37.45	
200m: 2:25.51 37.60	400m: 4:57.34 38.02	600m: 7:29.59 38.15	800m: 9:59.57 36.59	
2. BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	10:05.76	495
50m: 33.40 33.40	250m: 3:01.79 37.61	450m: 5:34.36 38.44	650m: 8:09.06 39.16	
100m: 1:09.59 36.19	300m: 3:39.77 37.98	500m: 6:12.74 38.38	700m: 8:48.01 38.95	
150m: 1:47.01 37.42	350m: 4:17.83 38.06	550m: 6:51.35 38.61	750m: 9:27.34 39.33	
200m: 2:24.18 37.17	400m: 4:55.92 38.09	600m: 7:29.90 38.55	800m: 10:05.76 38.42	
3. LOPES Catarina Maria	08	BUZIOS-Coruche	10:15.51	472
50m: 33.98 33.98	250m: 3:04.85 38.37	450m: 5:40.58 39.31	650m: 8:18.89 39.42	
100m: 1:11.19 37.21	300m: 3:43.70 38.85	500m: 6:20.21 39.63	700m: 8:58.15 39.26	
150m: 1:48.52 37.33	350m: 4:22.25 38.55	550m: 6:59.80 39.59	750m: 9:37.63 39.48	
200m: 2:26.48 37.96	400m: 5:01.27 39.02	600m: 7:39.47 39.67	800m: 10:15.51 37.88	

Juvenis A

1. VIANA Matilde Violante	07	Ba-Leiria	9:39.90	564
50m: 32.23 32.23	250m: 2:55.77 37.01	450m: 5:22.74 36.45	650m: 7:50.59 36.64	
100m: 1:06.38 34.15	300m: 3:31.98 36.21	500m: 5:59.48 36.74	700m: 8:28.11 37.52	
150m: 1:42.10 35.72	350m: 4:09.04 37.06	550m: 6:36.52 37.04	750m: 9:05.14 37.03	
200m: 2:18.76 36.66	400m: 4:46.29 37.25	600m: 7:13.95 37.43	800m: 9:39.90 34.76	
2. RODRIGUES Leonor Carreiro	07	Benfica	9:44.02	552
50m: 34.04 34.04	250m: 3:00.38 36.71	450m: 5:26.82 36.35	650m: 7:53.68 36.69	
100m: 1:10.17 36.13	300m: 3:37.22 36.84	500m: 6:03.47 36.65	700m: 8:30.49 36.81	
150m: 1:46.77 36.60	350m: 4:13.79 36.57	550m: 6:40.26 36.79	750m: 9:07.21 36.72	
200m: 2:23.67 36.90	400m: 4:50.47 36.68	600m: 7:16.99 36.73	800m: 9:44.02 36.81	
3. CAMARA Ines Cruz	07	Desportivo Nacional	9:44.60	551
50m: 33.85 33.85	250m: 3:00.11 36.74	450m: 5:26.80 36.55	650m: 7:54.53 37.17	
100m: 1:09.79 35.94	300m: 3:36.89 36.78	500m: 6:03.46 36.66	700m: 8:31.72 37.19	
150m: 1:46.40 36.61	350m: 4:13.58 36.69	550m: 6:40.56 37.10	750m: 9:08.55 36.83	
200m: 2:23.37 36.97	400m: 4:50.25 36.67	600m: 7:17.36 36.80	800m: 9:44.60 36.05	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 1, Femin., 800m Livres, Juvenis A

Lugar			Ano							Tempo final	Pts	
4.	SANTOS Leonor Castanho		07	Sporting						9:51.60	531	
	50m:	33.04	33.04	250m:	2:58.04	36.70	450m:	5:25.57	36.79	650m:	7:57.25	37.84
	100m:	1:08.40	35.36	300m:	3:34.88	36.84	500m:	6:03.39	37.82	700m:	8:36.02	38.77
	150m:	1:44.81	36.41	350m:	4:11.76	36.88	550m:	6:41.14	37.75	750m:	9:14.23	38.21
	200m:	2:21.34	36.53	400m:	4:48.78	37.02	600m:	7:19.41	38.27	800m:	9:51.60	37.37
5.	MALFEITO Maria Francisca		07	Natacao de Lisboa						10:16.57	469	
	50m:	33.62	33.62	250m:	3:04.46	38.33	450m:	5:40.28	39.26	650m:	8:18.90	39.84
	100m:	1:10.04	36.42	300m:	3:43.17	38.71	500m:	6:19.70	39.42	700m:	8:58.60	39.70
	150m:	1:47.22	37.18	350m:	4:22.06	38.89	550m:	6:59.64	39.94	750m:	9:38.63	40.03
	200m:	2:26.13	38.91	400m:	5:01.02	38.96	600m:	7:39.06	39.42	800m:	10:16.57	37.94

Prova 2

Masc., 800m Livres

Juvenis

17-12-2021 - 16:10

Resultados

Recordes Nacionais 25m Absoluto	7:42.14	LOPES Jose Paulo	POR	Felgueiras	20-12-2019
Recordes Nacionais 25m Juv A	8:09.43	COSTA Rui Filipe	POR	Senhora da Hora	12-05-2007
Recordes Nacionais 25m Juv B	8:27.18	COSTA Rui Filipe	POR	Senhora da Hora	13-05-2006

TAC-JUVAMasc Juv A 50m: 9:35.99 - 25m: 9:24.21 / TAC-JUVBMasc Juv B 50m: 9:48.53 - 25m: 9:50.71

Pontos: FINA 2021

Lugar			Ano							Tempo final	Pts	
Juvenis B												
1.	MESQUITA Tomas Afonso		07	Sporting						9:02.44	546	
	50m:	31.01	31.01	250m:	2:46.98	34.45	450m:	5:03.54	34.03	650m:	7:20.17	34.35
	100m:	1:04.43	33.42	300m:	3:21.42	34.44	500m:	5:37.25	33.71	700m:	7:54.84	34.67
	150m:	1:38.16	33.73	350m:	3:55.56	34.14	550m:	6:11.40	34.15	750m:	8:29.49	34.65
	200m:	2:12.53	34.37	400m:	4:29.51	33.95	600m:	6:45.82	34.42	800m:	9:02.44	32.95
2.	MORARI Alexandre		07	Rio Maior						9:11.76	519	
	50m:	29.64	29.64	250m:	2:44.72	34.71	450m:	5:05.82	35.69	650m:	7:27.89	35.97
	100m:	1:02.50	32.86	300m:	3:19.39	34.67	500m:	5:40.66	34.84	700m:	8:04.13	36.24
	150m:	1:36.22	33.72	350m:	3:54.40	35.01	550m:	6:15.96	35.30	750m:	8:38.40	34.27
	200m:	2:10.01	33.79	400m:	4:30.13	35.73	600m:	6:51.92	35.96	800m:	9:11.76	33.36
3.	ASMAR Axel Guedes		07	Sporting						9:11.78	518	
	50m:	30.25	30.25	250m:	2:46.50	34.62	450m:	5:05.72	35.02	650m:	7:26.74	35.34
	100m:	1:03.09	32.84	300m:	3:21.14	34.64	500m:	5:40.87	35.15	700m:	8:02.33	35.59
	150m:	1:37.32	34.23	350m:	3:55.70	34.56	550m:	6:16.07	35.20	750m:	8:37.66	35.33
	200m:	2:11.88	34.56	400m:	4:30.70	35.00	600m:	6:51.40	35.33	800m:	9:11.78	34.12
4.	CARAPINHA Joao Pedro		07	Uniao Piedense						9:14.95	510	
	50m:	30.45	30.45	250m:	2:46.08	34.54	450m:	5:07.01	35.31	650m:	7:29.13	35.48
	100m:	1:03.34	32.89	300m:	3:21.12	35.04	500m:	5:42.69	35.68	700m:	8:04.71	35.58
	150m:	1:37.13	33.79	350m:	3:56.33	35.21	550m:	6:18.11	35.42	750m:	8:40.28	35.57
	200m:	2:11.54	34.41	400m:	4:31.70	35.37	600m:	6:53.65	35.54	800m:	9:14.95	34.67

Torneio Zonal de Juvenis (Zona Sul)
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Prova 2, Masc., 800m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts
5.	ALMEIDA Joao Francisco		07	Naval do Funchal				9:25.60	481
	50m:	31.40 31.40	250m:	2:51.71	35.72	450m:	5:15.88 36.11	650m:	7:40.35 36.37
	100m:	1:05.75 34.35	300m:	3:27.83	36.12	500m:	5:51.84 35.96	700m:	8:16.31 35.96
	150m:	1:40.54 34.79	350m:	4:03.46	35.63	550m:	6:27.82 35.98	750m:	8:52.76 36.45
	200m:	2:15.99 35.45	400m:	4:39.77	36.31	600m:	7:03.98 36.16	800m:	9:25.60 32.84
6.	GOMES Miguel Braga		07	Sporting				9:37.30	453
	50m:	32.40 32.40	250m:	2:55.66	36.23	450m:	5:22.49 36.81	650m:	7:48.87 36.70
	100m:	1:07.59 35.19	300m:	3:32.21	36.55	500m:	5:58.71 36.22	700m:	8:25.40 36.53
	150m:	1:43.21 35.62	350m:	4:09.00	36.79	550m:	6:35.18 36.47	750m:	9:01.84 36.44
	200m:	2:19.43 36.22	400m:	4:45.68	36.68	600m:	7:12.17 36.99	800m:	9:37.30 35.46
7.	ALVES Mateus Jose		07	Bombeiros de Ponta Delgada				9:43.90	437
	50m:	32.65 32.65	250m:	2:57.23	36.70	450m:	5:24.56 37.17	650m:	7:53.61 37.27
	100m:	1:07.97 35.32	300m:	3:33.61	36.38	500m:	6:02.03 37.47	700m:	8:30.76 37.15
	150m:	1:44.25 36.28	350m:	4:10.41	36.80	550m:	6:39.02 36.99	750m:	9:08.01 37.25
	200m:	2:20.53 36.28	400m:	4:47.39	36.98	600m:	7:16.34 37.32	800m:	9:43.90 35.89
8.	FIGUEIRAS Guilherme David		07	Colegio Monte Maior				9:45.54	434
	50m:	32.58 32.58	250m:	2:58.31	36.39	450m:	5:25.40 36.46	650m:	7:53.56 37.70
	100m:	1:08.79 36.21	300m:	3:35.87	37.56	500m:	6:02.04 36.64	700m:	8:30.74 37.18
	150m:	1:45.11 36.32	350m:	4:12.34	36.47	550m:	6:38.66 36.62	750m:	9:08.09 37.35
	200m:	2:21.92 36.81	400m:	4:48.94	36.60	600m:	7:15.86 37.20	800m:	9:45.54 37.45

Juvenis A

1.	TIGRE Pedro Bethlem		06	Sporting				8:34.77	639
	50m:	28.66 28.66	250m:	2:36.21	32.44	450m:	4:46.47 32.71	650m:	6:57.28 32.52
	100m:	59.91 31.25	300m:	3:08.56	32.35	500m:	5:19.22 32.75	700m:	7:30.08 32.80
	150m:	1:31.74 31.83	350m:	3:41.20	32.64	550m:	5:51.96 32.74	750m:	8:02.92 32.84
	200m:	2:03.77 32.03	400m:	4:13.76	32.56	600m:	6:24.76 32.80	800m:	8:34.77 31.85
2.	BAPTISTA Guilherme Fernandes		06	Benfica				8:40.00	620
	50m:	28.99 28.99	250m:	2:38.94	32.62	450m:	4:50.13 32.65	650m:	7:00.99 32.72
	100m:	1:01.01 32.02	300m:	3:11.89	32.95	500m:	5:22.72 32.59	700m:	7:34.47 33.48
	150m:	1:33.49 32.48	350m:	3:44.77	32.88	550m:	5:55.31 32.59	750m:	8:07.62 33.15
	200m:	2:06.32 32.83	400m:	4:17.48	32.71	600m:	6:28.27 32.96	800m:	8:40.00 32.38
3.	ALVES Andre Correia		06	Uniao Piedense				8:55.25	568
	50m:	30.35 30.35	250m:	2:43.98	33.56	450m:	4:58.52 33.34	650m:	7:14.78 34.21
	100m:	1:03.04 32.69	300m:	3:17.53	33.55	500m:	5:32.61 34.09	700m:	7:48.79 34.01
	150m:	1:36.44 33.40	350m:	3:51.33	33.80	550m:	6:06.43 33.82	750m:	8:22.40 33.61
	200m:	2:10.42 33.98	400m:	4:25.18	33.85	600m:	6:40.57 34.14	800m:	8:55.25 32.85
4.	SIMOES Manuel Costa		06	Uniao Piedense				9:02.61	545
	50m:	29.43 29.43	250m:	2:45.19	34.72	450m:	5:02.80 34.54	650m:	7:21.03 34.85
	100m:	1:01.93 32.50	300m:	3:19.30	34.11	500m:	5:36.86 34.06	700m:	7:55.13 34.10
	150m:	1:35.85 33.92	350m:	3:53.77	34.47	550m:	6:11.34 34.48	750m:	8:29.57 34.44
	200m:	2:10.47 34.62	400m:	4:28.26	34.49	600m:	6:46.18 34.84	800m:	9:02.61 33.04

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 2, Masc., 800m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts		
5.	CORREIA Tiago Almeida		06	Natacao do Montijo				9:03.96	541		
	50m:	29.77 29.77	250m:	2:43.40	34.19	450m:	5:01.48	34.34	650m:	7:21.67	34.48
	100m:	1:02.09 32.32	300m:	3:17.99	34.59	500m:	5:36.76	35.28	700m:	7:56.46	34.79
	150m:	1:35.38 33.29	350m:	3:52.59	34.60	550m:	6:12.06	35.30	750m:	8:31.40	34.94
	200m:	2:09.21 33.83	400m:	4:27.14	34.55	600m:	6:47.19	35.13	800m:	9:03.96	32.56
6.	FAFTINE Kaio Araujo		06	Sporting				9:12.64	516		
	50m:	30.35 30.35	250m:	2:47.14	34.39	450m:	5:06.99	35.03	650m:	7:29.61	36.34
	100m:	1:04.38 34.03	300m:	3:21.82	34.68	500m:	5:43.05	36.06	700m:	8:04.58	34.97
	150m:	1:38.38 34.00	350m:	3:56.83	35.01	550m:	6:18.06	35.01	750m:	8:39.55	34.97
	200m:	2:12.75 34.37	400m:	4:31.96	35.13	600m:	6:53.27	35.21	800m:	9:12.64	33.09
7.	STARYNSKY Daniel		06	Benedita				9:44.35	436		
	50m:	29.09 29.09	250m:	2:47.15	36.42	450m:	5:16.72	36.98	650m:	7:50.82	38.36
	100m:	1:01.33 32.24	300m:	3:23.80	36.65	500m:	5:55.71	38.99	700m:	8:29.76	38.94
	150m:	1:35.36 34.03	350m:	4:01.49	37.69	550m:	6:34.15	38.44	750m:	9:08.05	38.29
	200m:	2:10.73 35.37	400m:	4:39.74	38.25	600m:	7:12.46	38.31	800m:	9:44.35	36.30

Prova 3

Femin., 50m Bru os

Juvenis

17-12-2021 - 16:35

Resultados

Recordes Nacionais 25m Absoluto	30.70	RODRIGUES Ana Pinho	POR	Estarreja	05-12-2021
Recordes Nacionais 25m Juv A	32.81	tempo limite			
Recordes Nacionais 25m Juv B	34.12	tempo limite			

TAC-JUVAFem Juv A 50m: 38.25 - 25m: 37.29 / TAC-JUVBFem Juv B 50m: 38.80 - 25m: 37.85

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
Juvenis B									
1.	GUERRA Matilde Militao		08	Colegio Monte Maior				36.03	498
2.	RODRIGUES Luisa Goncalves		08	Fisica Torres Vedras				36.96	461
Juvenis A									
1.	BERGAMO Emma Aguiar		07	Alges				34.28	578
2.	GONCALVES Valentina Jose		07	Desportivo Nacional				35.65	514
3.	ALMEIDA Vanessa Liliana		07	Ba-Leiria				35.71	511
4.	SANTOS Rita Machita		07	Naval Setubalense				36.60	475
5.	SOUSA Ines Tonel		07	Naval Praia da Vitoria				37.56	439

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 4 Masc., 50m Bruços Juvenis
17-12-2021 - 16:35 Resultados

Recordes Nacionais 25m Absoluto	27.12	SANTOS Alexis Manacas	POR	Felgueiras	22-12-2019
Recordes Nacionais 25m Juv A	29.23	tempo limite			
Recordes Nacionais 25m Juv B	30.65	tempo limite			

TAC-JUVAMasc Juv A 50m: 33.89 - 25m: 33.55 / TAC-JUVBMasc Juv B 50m: 34.40 - 25m: 34.04

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. IONAS Daniel	07 Amadora	33.18	440

Juvenis A

1. BONNIZ Pedro Goncalves	06 Gesloures	30.73	554
2. EVARISTO Bernardo Miguel	06 Gualdim Pais	32.24	480
3. SETIM Joao Oliveira	06 Naval do Funchal	32.39	473
4. ALMEIDA Afonso Silvestre	06 Amadora	32.53	467
5. FONSECA Jose Diogo	06 Sporting	32.77	457
6. PAULOS Joao Afonso	06 Naval do Funchal	32.90	452

Prova 5 Femin., 100m Costas Juvenis
17-12-2021 - 16:40 Resultados

Recordes Nacionais 25m Absoluto	58.39	AZEVEDO Rafaela Gomes	POR	Albufeira	14-11-2021
Recordes Nacionais 25m Juv A	1:01.43	FERNANDES Ines Camacho	POR	Mealhada	17-12-2011
Recordes Nacionais 25m Juv B	1:02.96	FERNANDES Ines Camacho	POR	Alapraia	12-02-2011

TAC-JUVAFem Juv A 50m: 1:15.28 - 25m: 1:13.80 / TAC-JUVBFem Juv B 50m: 1:17.45 - 25m: 1:15.93

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. ROLIM Beatriz Alexandra	08 Uniao Piedense	1:07.71	532
50m: 33.38 33.38	100m: 1:07.71 34.33		
2. NEVES Barbara Maria	08 Alges	1:10.66	468
50m: 34.54 34.54	100m: 1:10.66 36.12		
3. MENDES Rafaela Ferreira	08 Torres Novas	1:11.18	458
50m: 34.06 34.06	100m: 1:11.18 37.12		
4. MARQUES Matilde Catroga	08 Colegio Monte Maior	1:11.96	443
50m: 34.61 34.61	100m: 1:11.96 37.35		
5. PEREIRA Victoria Frogeri	08 Ba-Leiria	1:12.46	434
50m: 34.66 34.66	100m: 1:12.46 37.80		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 5, Femin., 100m Costas, Juvenis B

Lugar	Ano	Tempo final	Pts
6. PEREIRA Julia Freitas	08	Naval do Funchal	1:13.33 419
50m: 35.42 35.42	100m: 1:13.33	37.91	
7. MARQUES Margarida Catroga	08	Colegio Monte Maior	1:13.76 412
50m: 35.74 35.74	100m: 1:13.76	38.02	
8. GOMES Sofia Vega	08	Naval do Funchal	1:14.46 400
50m: 36.18 36.18	100m: 1:14.46	38.28	
9. RODRIGUES Carolina Fernandes	08	Uniao Piedense	1:14.79 395
50m: 37.30 37.30	100m: 1:14.79	37.49	
10. SILVA Carlota Filipa	08	Portinado	1:15.96 377
50m: 36.59 36.59	100m: 1:15.96	39.37	
11. BEXIGAS Yasmin Ruth	08	Gesloures	1:16.58 368
50m: 37.12 37.12	100m: 1:16.58	39.46	
12. CORREIA Carolina Delicado	08	Sporting	1:17.97 348
50m: 37.42 37.42	100m: 1:17.97	40.55	
13. REBELO Rita Alexandra	08	Alcobaca	1:18.66 339
50m: 37.95 37.95	100m: 1:18.66	40.71	

Juvenis A

1. LOURO Beatriz Silva	07	Louletano / Loule Concelho	1:06.95 551
50m: 32.36 32.36	100m: 1:06.95	34.59	
2. FERRARI Maria Carlotta	07	Benfica	1:07.39 540
50m: 33.09 33.09	100m: 1:07.39	34.30	
3. ALVES Sara Sofia	07	Naval Setubalense	1:07.70 532
50m: 32.84 32.84	100m: 1:07.70	34.86	
4. PARENTE Leonor Peso	07	Palmela	1:07.74 532
50m: 32.92 32.92	100m: 1:07.74	34.82	
5. MAGALHAES Leticia Rodrigues	07	Individual ANL	1:08.97 504
50m: 33.64 33.64	100m: 1:08.97	35.33	
6. PIRES Teresa Joao	07	Alges	1:09.26 497
50m: 33.83 33.83	100m: 1:09.26	35.43	
7. ANTONIO Rafaela Mariano	07	Portinado	1:10.28 476
50m: 33.87 33.87	100m: 1:10.28	36.41	
8. TSHESNOVSKA Anastacia	07	Sporting	1:10.47 472
50m: 34.04 34.04	100m: 1:10.47	36.43	
9. GUERREIRO Leonor Faisca	07	Louletano / Loule Concelho	1:11.24 457
50m: 34.90 34.90	100m: 1:11.24	36.34	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 5, Femin., 100m Costas, Juvenis A

Lugar	Ano	Tempo final	Pts
10. JORGE Luisa Ponte 50m: 34.74 34.74 100m: 1:11.41 36.67	07 Uniao Piedense	1:11.41	454
11. ALMEIDA Rita Sacadura 50m: 34.47 34.47 100m: 1:11.84 37.37	07 Alges	1:11.84	446
12. SOUSA Matilde Filipe 50m: 34.81 34.81 100m: 1:12.03 37.22	07 Nucleo Sporting da Terceira	1:12.03	442
13. NETO Leonor Rodrigues 50m: 34.10 34.10 100m: 1:12.15 38.05	07 Naval do Funchal	1:12.15	440
14. RODRIGUES Maria Leonor 50m: 34.78 34.78 100m: 1:12.51 37.73	07 Salesianos	1:12.51	433
15. MATOS Maria Bandarra 50m: 35.15 35.15 100m: 1:12.84 37.69	07 Sporting	1:12.84	427
16. BATISTA Rita Lima 50m: 35.18 35.18 100m: 1:13.41 38.23	07 Naval Setubalense	1:13.41	418

Prova 6

Masc., 100m Costas

Juvenis

17-12-2021 - 16:55

Resultados

Recordes Nacionais 25m Absoluto	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
Recordes Nacionais 25m Juv A	56.45	SOUSA Diogo Gomes	POR	Porto	04-12-2010
Recordes Nacionais 25m Juv B	57.36	SILVA Gustavo Carvalho	POR	Praia da Vit�ria	20-07-2019

TAC-JUVAMasc Juv A 50m: 1:08.57 - 25m: 1:07.23 / TAC-JUVBMasc Juv B 50m: 1:09.85 - 25m: 1:08.48

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. CRUZ Leonardo Jose 50m: 30.05 30.05 100m: 1:01.93 31.88	07 Alcobaca	1:01.93	475
2. SIMOES Francisco Marques 50m: 31.49 31.49 100m: 1:04.05 32.56	07 Ba-Leiria	1:04.05	429
3. RAMOS Andre Miguel 50m: 30.73 30.73 100m: 1:04.09 33.36	07 Fisica Torres Vedras	1:04.09	428
4. REIS Leonardo Conceicao 50m: 31.25 31.25 100m: 1:04.30 33.05	07 Sporting	1:04.30	424
5. GODINHO Rafael Pacheco 50m: 30.33 30.33 100m: 1:04.41 34.08	07 Sporting	1:04.41	422
6. NEVES Tiago Brazao 50m: 32.07 32.07 100m: 1:04.48 32.41	07 Naval do Funchal	1:04.48	421

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 6, Masc., 100m Costas, Juvenis B

Lugar	Ano	Tempo final	Pts
7. SILVA Lourenco Lopes	07 Uniao Piedense	1:04.97	411
50m: 31.08 31.08	100m: 1:04.97 33.89		
8. CALHELHA Afonso Rodrigues	07 Colegio Monte Maior	1:05.01	410
50m: 31.03 31.03	100m: 1:05.01 33.98		
9. OLIVEIRA Dario Rafael	07 Portinado	1:05.31	405
50m: 31.24 31.24	100m: 1:05.31 34.07		
10. FREITAS Afonso Bjork	07 Nacional de Natacao	1:06.02	392
50m: 31.88 31.88	100m: 1:06.02 34.14		
11. BRAGA Tomas Santos	07 Colegio Vasco da Gama	1:06.26	388
50m: 32.13 32.13	100m: 1:06.26 34.13		

Juvenis A

1. FOMIN Yury	06 Louletano / Loule Concelho	58.63	560
50m: 28.93 28.93	100m: 58.63 29.70		
2. JANUARIO Tomas Maia	06 Benfica	58.99	549
50m: 28.71 28.71	100m: 58.99 30.28		
3. VIEIRA Antonio Coelho	06 Sporting	1:00.03	521
50m: 29.43 29.43	100m: 1:00.03 30.60		
4. PITA Pedro Miguel	06 Naval do Funchal	1:00.54	508
50m: 29.35 29.35	100m: 1:00.54 31.19		
5. HERRERO Miguel Mera	06 Sporting	1:02.92	453
50m: 30.36 30.36	100m: 1:02.92 32.56		
6. ANTUNES Martim Barata	06 Benfica	1:04.02	430
50m: 31.22 31.22	100m: 1:04.02 32.80		
7. MELO Lourenco Filipe	06 Clube Naval de Ponta Delgada	1:05.46	402
50m: 31.55 31.55	100m: 1:05.46 33.91		
8. NETO Ricardo Freitas	06 Sporting	1:05.75	397
50m: 31.72 31.72	100m: 1:05.75 34.03		
9. GONCALVES Martim Luis	06 Desportivo Nacional	1:05.84	395
50m: 32.19 32.19	100m: 1:05.84 33.65		
10. SOKOLOVSKYY Vitor	06 Nautico Abrantes	1:05.96	393
50m: 31.78 31.78	100m: 1:05.96 34.18		
11. TOSTE Martim Candido	06 Naval Praia da Vitoria	1:06.24	388
50m: 32.31 32.31	100m: 1:06.24 33.93		
12. PALARE Rodrigo Franco	06 Gesloures	1:06.34	386
50m: 31.70 31.70	100m: 1:06.34 34.64		

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 6, Masc., 100m Costas, Juvenis A

Lugar	Ano	Tempo final	Pts
13. SILVA Joao Luis	06 Escola O Liceu	1:07.50	367
50m: 32.56 32.56 100m: 1:07.50 34.94			

Prova 7
17-12-2021 - 17:00

Femin., 50m Livres

Juvenis Resultados

Recordes Nacionais 25m Absoluto	24.94	CONCEICAO Patricia Vilas	POR	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv A	26.37	FERNANDES Carolina Miranda	POR	Albufeira	09-11-2019
Recordes Nacionais 25m Juv B	26.85	GUEDES Ana Margarida	POR	Bragan�a	05-07-2015

TAC-JUVAFem Juv A 50m: 29.80 - 25m: 29.64 / TAC-JUVBFem Juv B 50m: 30.25 - 25m: 30.08

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. RODRIGUES Carolina Fernandes	08 Uniao Piedense	28.93	497
2. PEREIRA Victoria Frogeri	08 Ba-Leiria	29.42	473
3. SILVA Carlota Filipa	08 Portinado	29.57	466
4. PIRES Ana Beatriz	08 Uniao Piedense	29.63	463
5. HENRIQUES Patricia Subtil	08 Gesloures	29.77	456

Juvenis A

1. FRANCO Catarina Andrade	07 Gesloures	27.27	594
2. RODEIA Mariana Figueira	07 Louletano / Loule Concelho	28.50	520
3. NUNES Marta Filipa	07 Viver Santarem	28.92	498
4. OLIVEIRA Raquel Grilo	07 Lagoa AC	29.27	480
5. ANTONIO Rafaela Mariano	07 Portinado	29.90	451

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 8 Masc., 50m Livres Juvenis
17-12-2021 - 17:05 Resultados

Recordes Nacionais 25m Absoluto	21.57	NASCIMENTO Miguel Duarte	POR	Coimbra	23-12-2020
Recordes Nacionais 25m Juv A	23.83	RIBEIRO Diogo Matos	POR	Coimbra	02-02-2020
Recordes Nacionais 25m Juv B	23.96	SOUSA Diogo Gomes	POR	Ponte de S�r	13-12-2009

TAC-JUVAMasc Juv A 50m: 26.89 - 25m: 26.01 / TAC-JUVBMasc Juv B 50m: 27.28 - 25m: 26.40

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	07	RAMOS Andre Miguel Fisica Torres Vedras	25.84	474

Juvenis A

1.	06	DENISOV Micael Dmitrievich Ba-Leiria	24.65	547
2.	06	LEMOS Gil Santos Pimpoes/Cimai	25.14	515
3.	06	ROQUE Tomas Nunes Benfica	25.36	502
4.	06	MORAIS David Miguel Benfica	25.65	485
5.	06	VIEIRA Antonio Coelho Sporting	26.41	444
6.	06	TRINCAO Tiago Miguel Torres Novas	26.77	427

Prova 9 Femin., 100m Livres Juvenis
18-12-2021 - 9:30 Resultados

Recordes Nacionais 25m Absoluto	54.66	RODRIGUES Ana Pinho	POR	Felgueiras	20-12-2019
Recordes Nacionais 25m Juv A	56.18	FERNANDES Carolina Miranda	POR	Mealhada	08-12-2019
Recordes Nacionais 25m Juv B	57.65	FERNANDES Carolina Miranda	POR	Estarreja	10-06-2019

TAC-JUVAFem Juv A 50m: 1:06.40 - 25m: 1:05.10 / TAC-JUVBFem Juv B 50m: 1:08.31 - 25m: 1:06.98

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts
Juvenis B				
1.	08	BOLEIXA Carlota Costa Louletano / Loule Concelho	1:02.05	531
		50m: 29.74 29.74 100m: 1:02.05 32.31		
2.	08	RODRIGUES Carolina Fernandes Uniao Piedense	1:03.25	501
		50m: 30.70 30.70 100m: 1:03.25 32.55		
3.	08	PIRES Ana Beatriz Uniao Piedense	1:04.34	476
		50m: 31.23 31.23 100m: 1:04.34 33.11		
4.	08	ROLIM Beatriz Alexandra Uniao Piedense	1:04.59	470
		50m: 31.09 31.09 100m: 1:04.59 33.50		
5.	08	PEREIRA Victoria Frogeri Ba-Leiria	1:04.60	470
		50m: 30.65 30.65 100m: 1:04.60 33.95		

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 9, Femin., 100m Livres, Juvenis B

Lugar	Ano	Tempo final	Pts
6. NEVES Barbara Maria	08 Alges	1:04.90	464
50m: 30.92 30.92	100m: 1:04.90 33.98		
7. HENRIQUES Patricia Subtil	08 Geslours	1:05.37	454
50m: 31.43 31.43	100m: 1:05.37 33.94		
8. MENDES Rafaela Ferreira	08 Torres Novas	1:05.59	449
50m: 31.51 31.51	100m: 1:05.59 34.08		
9. MARQUES Matilde Catroga	08 Colegio Monte Maior	1:05.73	446
50m: 31.36 31.36	100m: 1:05.73 34.37		
10. RODRIGUES Luisa Goncalves	08 Fisica Torres Vedras	1:06.21	437
50m: 31.52 31.52	100m: 1:06.21 34.69		
11. SILVA Carlota Filipa	08 Portinado	1:06.40	433
50m: 31.09 31.09	100m: 1:06.40 35.31		
12. CARVALHO Constanca Isabel	08 Alges	1:06.64	428
50m: 32.11 32.11	100m: 1:06.64 34.53		

Juvenis A

1. FRANCO Catarina Andrade	07 Geslours	58.35	638
50m: 28.06 28.06	100m: 58.35 30.29		
2. LOURO Beatriz Silva	07 Louletano / Loule Concelho	1:00.61	569
50m: 28.99 28.99	100m: 1:00.61 31.62		
3. CACHACO Beatriz Heitor	07 Geslours	1:00.67	568
50m: 29.11 29.11	100m: 1:00.67 31.56		
4. RODEIA Mariana Figueira	07 Louletano / Loule Concelho	1:01.68	540
50m: 30.19 30.19	100m: 1:01.68 31.49		
5. RODRIGUES Leonor Carreiro	07 Benfica	1:01.69	540
50m: 30.07 30.07	100m: 1:01.69 31.62		
6. ALVES Sara Sofia	07 Naval Setubalense	1:02.23	526
50m: 30.11 30.11	100m: 1:02.23 32.12		
7. NUNES Marta Filipa	07 Viver Santarem	1:03.47	496
50m: 30.68 30.68	100m: 1:03.47 32.79		
8. JORGE Luisa Ponte	07 Uniao Piedense	1:03.59	493
50m: 30.85 30.85	100m: 1:03.59 32.74		
9. ANTONIO Rafaela Mariano	07 Portinado	1:03.79	488
50m: 30.51 30.51	100m: 1:03.79 33.28		
10. SIMOES Ana Madalena	07 Geslours	1:04.13	481
50m: 31.05 31.05	100m: 1:04.13 33.08		

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 9, Femin., 100m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
11. ALMEIDA Rita Sacadura	07 Alges	1:04.99	462
50m: 31.44 31.44	100m: 1:04.99 33.55		
12. BOTELHO Margarida Santos	07 Naval Setubalense	1:06.20	437
50m: 31.50 31.50	100m: 1:06.20 34.70		

Prova 10

Masc., 200m Livres

Juvenis

18-12-2021 - 9:35

Resultados

Recordes Nacionais 25m Absoluto	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
Recordes Nacionais 25m Juv A	1:49.83	RIBEIRO Diogo Matos	POR	Mealhada	07-12-2019
Recordes Nacionais 25m Juv B	1:53.76	RIBEIRO Diogo Matos	POR	Coimbra	16-06-2019

TAC-JUVAMasc Juv A 50m: 2:10.93 - 25m: 2:08.36 / TAC-JUVBMasc Juv B 50m: 2:13.38 - 25m: 2:10.76

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. COLACO Goncalo Pereira	07 Ba-Leiria	2:00.99	554
50m: 28.34 28.34	100m: 58.71 30.37	150m: 1:29.80 31.09	200m: 2:00.99 31.19
2. RAMOS Andre Miguel	07 Fisica Torres Vedras	2:03.15	525
50m: 28.68 28.68	100m: 1:00.49 31.81	150m: 1:32.93 32.44	200m: 2:03.15 30.22
3. ROQUE Afonso Dinis	07 Ba-Leiria	2:03.16	525
50m: 28.58 28.58	100m: 59.55 30.97	150m: 1:31.54 31.99	200m: 2:03.16 31.62
4. ASMAR Axel Guedes	07 Sporting	2:04.51	508
50m: 27.90 27.90	100m: 59.79 31.89	150m: 1:32.61 32.82	200m: 2:04.51 31.90
5. MIMOSO Rafael Miguel	07 Benfica	2:07.00	479
50m: 29.55 29.55	100m: 1:01.27 31.72	150m: 1:34.19 32.92	200m: 2:07.00 32.81
6. CARAPINHA Joao Pedro	07 Uniao Piedense	2:07.20	476
50m: 29.80 29.80	100m: 1:01.50 31.70	150m: 1:33.93 32.43	200m: 2:07.20 33.27
7. PEREIRA Lucas Santos	07 Naval do Funchal	2:07.55	472
50m: 28.81 28.81	100m: 1:00.32 31.51	150m: 1:34.04 33.72	200m: 2:07.55 33.51
8. NEVES Tiago Brazao	07 Naval do Funchal	2:08.19	465
50m: 29.81 29.81	100m: 1:02.74 32.93	150m: 1:35.85 33.11	200m: 2:08.19 32.34
9. MEDEIROS Caio Salgado	07 Alges	2:08.36	463
50m: 28.66 28.66	100m: 1:01.22 32.56	150m: 1:35.04 33.82	200m: 2:08.36 33.32
10. ALMEIDA Joao Francisco	07 Naval do Funchal	2:10.77	438
50m: 29.71 29.71	100m: 1:02.52 32.81	150m: 1:36.17 33.65	200m: 2:10.77 34.60
11. BRAGA Tomas Santos	07 Colegio Vasco da Gama	2:16.32	387
50m: 29.46 29.46	100m: 1:02.80 33.34	150m: 1:39.13 36.33	200m: 2:16.32 37.19

Torneio Zonal de Juvenis (Zona Sul)
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Prova 10, Masc., 200m Livres

Juvenis A

1.	BAPTISTA Guilherme Fernandes	06	Benfica	1:57.81	600
	50m: 27.89 27.89	100m: 58.20	30.31	150m: 1:28.57	30.37
				200m: 1:57.81	29.24
2.	LEMONS Gil Santos	06	Pimpoes/Cimai	1:58.25	593
	50m: 27.45 27.45	100m: 57.91	30.46	150m: 1:28.45	30.54
				200m: 1:58.25	29.80
3.	ROQUE Tomas Nunes	06	Benfica	1:58.62	587
	50m: 27.96 27.96	100m: 58.23	30.27	150m: 1:29.14	30.91
				200m: 1:58.62	29.48
4.	SIMONES Manuel Costa	06	Uniao Piedense	2:00.33	563
	50m: 27.77 27.77	100m: 58.42	30.65	150m: 1:29.23	30.81
				200m: 2:00.33	31.10
5.	DENISOV Micael Dmitrievich	06	Ba-Leiria	2:01.04	553
	50m: 27.78 27.78	100m: 58.88	31.10	150m: 1:29.85	30.97
				200m: 2:01.04	31.19
6.	FERRAZ Luis Afonso	06	Naval do Funchal	2:02.51	533
	50m: 28.34 28.34	100m: 58.91	30.57	150m: 1:30.35	31.44
				200m: 2:02.51	32.16
7.	GOMES Joao Almeida	06	Nacional de Natacao	2:02.56	532
	50m: 28.86 28.86	100m: 59.98	31.12	150m: 1:31.46	31.48
				200m: 2:02.56	31.10
8.	BINYAS Eduardo	06	Rio Maior	2:02.78	530
	50m: 28.04 28.04	100m: 58.42	30.38	150m: 1:30.09	31.67
				200m: 2:02.78	32.69
9.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	2:02.96	527
	50m: 28.63 28.63	100m: 59.23	30.60	150m: 1:30.88	31.65
				200m: 2:02.96	32.08
10.	ALMEIDA Afonso Silvestre	06	Amadora	2:02.99	527
	50m: 28.81 28.81	100m: 59.39	30.58	150m: 1:30.49	31.10
				200m: 2:02.99	32.50
11.	MORAIS David Miguel	06	Benfica	2:03.89	516
	50m: 28.55 28.55	100m: 1:00.15	31.60	150m: 1:31.99	31.84
				200m: 2:03.89	31.90
12.	FONSECA Jose Diogo	06	Sporting	2:04.72	505
	50m: 28.84 28.84	100m: 1:00.54	31.70	150m: 1:32.61	32.07
				200m: 2:04.72	32.11
13.	GOMES Rafael Rodrigues	06	Natacao do Tejo	2:07.36	474
	50m: 29.37 29.37	100m: 1:01.47	32.10	150m: 1:33.85	32.38
				200m: 2:07.36	33.51
14.	CARVALHO Afonso Silva	06	Colegio Monte Maior	2:07.81	469
	50m: 29.16 29.16	100m: 1:01.06	31.90	150m: 1:34.19	33.13
				200m: 2:07.81	33.62
15.	GARANITO Simao Silva	06	Naval do Funchal	2:10.13	445
	50m: 28.13 28.13	100m: 1:00.92	32.79	150m: 1:35.73	34.81
				200m: 2:10.13	34.40
16.	PAULOS Joao Afonso	06	Naval do Funchal	2:10.45	442
	50m: 28.92 28.92	100m: 1:01.15	32.23	150m: 1:35.70	34.55
				200m: 2:10.45	34.75

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 11
18-12-2021 - 9:50

Femin., 100m Bru os

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	1:06.82	RODRIGUES Ana Pinho	POR	Estarreja	04-12-2021
Recordes Nacionais 25m Juv A	1:09.59	GOMES Diana Duarte	POR	Tomar	13-03-2004
Recordes Nacionais 25m Juv B	1:11.76	GOMES Diana Duarte	POR	Reboleira	28-06-2003

TAC-JUVA Fem Juv A 50m: 1:25.48 - 25m: 1:22.99 / TAC-JUVBFem Juv B 50m: 1:27.10 - 25m: 1:24.57

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. GUERRA Matilde Militao	08	1:18.61	499
50m: 37.55 37.55	100m: 1:18.61	41.06	
2. PEREIRA Julia Freitas	08	1:20.80	459
50m: 38.24 38.24	100m: 1:20.80	42.56	
3. SILVA Rita Rocha	08	1:22.17	437
50m: 38.57 38.57	100m: 1:22.17	43.60	
4. PAIS Margarida Caninhas	08	1:22.65	429
50m: 39.05 39.05	100m: 1:22.65	43.60	
5. RODRIGUES Luisa Goncalves	08	1:22.89	425
50m: 38.47 38.47	100m: 1:22.89	44.42	
6. PEREIRA Victoria Frogeri	08	1:23.17	421
50m: 39.35 39.35	100m: 1:23.17	43.82	
7. REBELO Rita Alexandra	08	1:26.03	380
50m: 41.03 41.03	100m: 1:26.03	45.00	
Juvenis A			
1. BERGAMO Emma Aguiar	07	1:14.48	586
50m: 35.49 35.49	100m: 1:14.48	38.99	
2. SANTOS Rita Machita	07	1:16.87	533
50m: 36.66 36.66	100m: 1:16.87	40.21	
3. GONCALVES Valentina Jose	07	1:17.89	513
50m: 36.55 36.55	100m: 1:17.89	41.34	
4. ALMEIDA Vanessa Liliana	07	1:19.29	486
50m: 37.40 37.40	100m: 1:19.29	41.89	
5. TOJO Clara Vieira	07	1:19.30	486
50m: 37.03 37.03	100m: 1:19.30	42.27	
6. FRISCHKNECHT Matilde Anjos	07	1:20.96	456
50m: 38.34 38.34	100m: 1:20.96	42.62	
7. DURAO Alice Gomes	07	1:21.72	444
50m: 38.47 38.47	100m: 1:21.72	43.25	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 11, Femin., 100m Bru os, Juvenis A

Lugar	Ano	Tempo final	Pts
8. MALFEITO Maria Francisca	07 Natacao de Lisboa	1:21.87	441
50m: 38.69 38.69	100m: 1:21.87 43.18		
9. FRAZAO Laura Calheiros	07 Rio Maior	1:22.59	430
50m: 38.27 38.27	100m: 1:22.59 44.32		
10. BERNAT Elena Del Rio	07 Alges	1:22.70	428
50m: 38.88 38.88	100m: 1:22.70 43.82		
11. SIMOES Ana Madalena	07 Geslours	1:22.90	425
50m: 39.00 39.00	100m: 1:22.90 43.90		
12. SOUSA Ines Tonel	07 Naval Praia da Vitoria	1:23.92	410
50m: 38.78 38.78	100m: 1:23.92 45.14		

Prova 12
18-12-2021 - 10:15

Masc., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Juv A	4:25.04	VITAL Joao Alexandre	POR	Tomar	13-12-2013
Recordes Nacionais 25m Juv B	4:35.02	CARVALHO Diogo Filipe	POR	Braga	21-03-2003

TAC-JUVAMasc Juv A 50m: 5:19.36 - 25m: 5:13.10 / TAC-JUVBMasc Juv B 50m: 5:25.33 - 25m: 5:18.95

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. CRUZ Leonardo Jose	07 Alcobaca	4:52.46	517
50m: 30.15 30.15	150m: 1:42.89 37.47	250m: 3:03.12 42.44	350m: 4:20.45 33.73
100m: 1:05.42 35.27	200m: 2:20.68 37.79	300m: 3:46.72 43.60	400m: 4:52.46 32.01
2. GODINHO Rafael Pacheco	07 Sporting	4:57.27	492
50m: 29.41 29.41	150m: 1:42.04 38.62	250m: 3:03.25 43.48	350m: 4:23.27 36.15
100m: 1:03.42 34.01	200m: 2:19.77 37.73	300m: 3:47.12 43.87	400m: 4:57.27 34.00
3. MORARI Alexandre	07 Rio Maior	5:04.97	456
50m: 31.27 31.27	150m: 1:46.51 39.35	250m: 3:09.16 44.12	350m: 4:31.21 35.29
100m: 1:07.16 35.89	200m: 2:25.04 38.53	300m: 3:55.92 46.76	400m: 5:04.97 33.76
4. SANTOS Rodrigo Malia	07 Natacao de Lagos	5:13.54	420
50m: 32.92 32.92	150m: 1:52.10 40.62	250m: 3:15.98 43.71	350m: 4:37.84 37.52
100m: 1:11.48 38.56	200m: 2:32.27 40.17	300m: 4:00.32 44.34	400m: 5:13.54 35.70

DSQ REIS Leonardo Conceicao 07 Sporting
724 - N o tocou com as m os na parede separadas ou simultaneamente na viragem aos 300 m - SW 7.6

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 12, Masc., 400m Estilos

Juvenis A

1.	TIGRE Pedro Bethlem	06	Sporting	4:45.31	557
	50m: 30.05 30.05	150m: 1:41.18	36.64 250m: 2:59.41	41.69	350m: 4:14.81
	100m: 1:04.54 34.49	200m: 2:17.72	36.54 300m: 3:42.46	43.05	400m: 4:45.31
2.	ALVES Andre Correia	06	Uniao Piedense	4:45.85	554
	50m: 30.01 30.01	150m: 1:42.50	37.35 250m: 2:59.71	40.84	350m: 4:14.77
	100m: 1:05.15 35.14	200m: 2:18.87	36.37 300m: 3:41.61	41.90	400m: 4:45.85
3.	FAFTINE Kaio Araujo	06	Sporting	4:52.89	515
	50m: 29.94 29.94	150m: 1:42.81	37.39 250m: 3:02.00	42.11	350m: 4:21.17
	100m: 1:05.42 35.48	200m: 2:19.89	37.08 300m: 3:45.69	43.69	400m: 4:52.89
4.	CORREIA Tiago Almeida	06	Natacao do Montijo	4:55.03	504
	50m: 31.45 31.45	150m: 1:45.50	38.89 250m: 3:05.15	42.82	350m: 4:22.97
	100m: 1:06.61 35.16	200m: 2:22.33	36.83 300m: 3:49.28	44.13	400m: 4:55.03
5.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	5:01.39	472
	50m: 30.54 30.54	150m: 1:44.74	39.49 250m: 3:07.62	44.76	350m: 4:27.90
	100m: 1:05.25 34.71	200m: 2:22.86	38.12 300m: 3:53.42	45.80	400m: 5:01.39
6.	PINTO Mark Ronald	06	Louletano / Loule Concelho	5:04.41	458
	50m: 30.98 30.98	150m: 1:46.07	39.37 250m: 3:07.15	42.67	350m: 4:28.46
	100m: 1:06.70 35.72	200m: 2:24.48	38.41 300m: 3:51.52	44.37	400m: 5:04.41
7.	TOSTE Martim Candido	06	Naval Praia da Vitoria	5:04.47	458
	50m: 31.20 31.20	150m: 1:46.83	39.91 250m: 3:09.15	43.69	350m: 4:30.59
	100m: 1:06.92 35.72	200m: 2:25.46	38.63 300m: 3:55.12	45.97	400m: 5:04.47
8.	JORGE Pedro Crispim	06	Uniao Piedense	5:06.39	450
	50m: 31.77 31.77	150m: 1:47.37	38.61 250m: 3:09.75	43.99	350m: 4:31.41
	100m: 1:08.76 36.99	200m: 2:25.76	38.39 300m: 3:55.83	46.08	400m: 5:06.39
9.	PINHO Afonso Formigo	06	Torres Novas	5:13.24	421
	50m: 32.65 32.65	150m: 1:52.32	40.84 250m: 3:17.74	45.37	350m: 4:39.46
	100m: 1:11.48 38.83	200m: 2:32.37	40.05 300m: 4:02.77	45.03	400m: 5:13.24
DSQ	FOMIN Yury	06	Louletano / Loule Concelho		
	<i>614 - Nadador n�o efectuou viragem aos 175 m ap�s terminar movimento cont�nuo de bra�os - SW 6.4</i>				
DSQ	MESQUITA Rodrigo Andrade	06	Sporting		
	<i>403 - Falsa partida - SW 4.4</i>				

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Prova 13

18-12-2021 - 10:25

Femin., 200m Estilos

Juvenis

Resultados

Recordes Nacionais 25m Absoluto	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
Recordes Nacionais 25m Juv A	2:18.13	CUNHA Mariana Pacheco	POR	Felgueiras	27-04-2019
Recordes Nacionais 25m Juv B	2:19.79	CUNHA Mariana Pacheco	POR	Felgueiras	14-04-2018

TAC-JUVAFem Juv A 50m: 2:42.29 - 25m: 2:39.11 / TAC-JUVBFem Juv B 50m: 2:46.97 - 25m: 2:43.70

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. FERREIRA Constanca Santos	08	2:31.30	522
50m: 31.22 31.22 100m: 1:09.24	Alges	38.02 150m: 1:54.47 45.23	200m: 2:31.30 36.83
2. GUERRA Matilde Militao	08	2:37.43	463
50m: 36.29 36.29 100m: 1:18.02	Colegio Monte Maior	41.73 150m: 2:01.38 43.36	200m: 2:37.43 36.05
3. ANDRADE Matilde Sousa	08	2:39.32	447
50m: 33.35 33.35 100m: 1:14.05	Naval do Funchal	40.70 150m: 2:02.54 48.49	200m: 2:39.32 36.78
4. MARQUES Matilde Catroga	08	2:42.36	422
50m: 35.80 35.80 100m: 1:16.82	Colegio Monte Maior	41.02 150m: 2:07.27 50.45	200m: 2:42.36 35.09
5. CARVALHO Constanca Isabel	08	2:42.46	422
50m: 35.41 35.41 100m: 1:19.32	Alges	43.91 150m: 2:06.41 47.09	200m: 2:42.46 36.05

Juvenis A

1. PARENTE Leonor Peso	07	2:25.75	584
50m: 31.53 31.53 100m: 1:07.98	Palmela	36.45 150m: 1:50.62 42.64	200m: 2:25.75 35.13
2. MAGALHAES Leticia Rodrigues	07	2:30.75	528
50m: 32.03 32.03 100m: 1:09.13	Individual ANL	37.10 150m: 1:54.61 45.48	200m: 2:30.75 36.14
3. PIRES Teresa Joao	07	2:31.05	525
50m: 32.47 32.47 100m: 1:11.22	Alges	38.75 150m: 1:57.56 46.34	200m: 2:31.05 33.49
4. BERGAMO Emma Aguiar	07	2:33.05	504
50m: 34.82 34.82 100m: 1:15.37	Alges	40.55 150m: 1:56.22 40.85	200m: 2:33.05 36.83
5. CAMARA Ines Cruz	07	2:33.14	503
50m: 32.20 32.20 100m: 1:12.40	Desportivo Nacional	40.20 150m: 1:57.07 44.67	200m: 2:33.14 36.07
6. FERRARI Maria Carlotta	07	2:34.92	486
50m: 32.97 32.97 100m: 1:10.97	Benfica	38.00 150m: 1:57.53 46.56	200m: 2:34.92 37.39
7. ALMEIDA Vanessa Liliana	07	2:37.72	461
50m: 34.40 34.40 100m: 1:16.61	Ba-Leiria	42.21 150m: 2:00.62 44.01	200m: 2:37.72 37.10
8. MALFEITO Maria Francisca	07	2:39.28	447
50m: 35.57 35.57 100m: 1:18.23	Natacao de Lisboa	42.66 150m: 2:03.11 44.88	200m: 2:39.28 36.17
9. SOUSA Matilde Filipe	07	2:42.46	422
50m: 35.31 35.31 100m: 1:15.91	Nucleo Sporting da Terceira	40.60 150m: 2:04.54 48.63	200m: 2:42.46 37.92

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Prova 14 Masc., 50m Mariposa Juvenis
18-12-2021 - 10:35 Resultados

Recordes Nacionais 25m Absoluto	23.16	SILVA Fernando Souza	POR	Doha (QAT)	23-10-2021
Recordes Nacionais 25m Juv A	25.50	tempo limite			
Recordes Nacionais 25m Juv B	26.10	PEREIRA Rodrigo Ferreira	POR	Felgueiras	17-07-2021
TAC-JUVAMasc Juv A 50m: 27.72 - 25m: 27.54 / TAC-JUVBMasc Juv B 50m: 28.14 - 25m: 27.94					

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis A			
1. DENISOV Micael Dmitrievich	06 Ba-Leiria	26.59	547
2. PITA Pedro Miguel	06 Naval do Funchal	26.80	534
3. BINYAS Eduardo	06 Rio Maior	27.05	519
4. HERRERO Miguel Mera	06 Sporting	27.10	516
5. ROQUE Tomas Nunes	06 Benfica	27.24	509
6. JANUARIO Tomas Maia	06 Benfica	28.20	458

Prova 15 Masc., 1500m Livres Juvenis
18-12-2021 - 16:30 Resultados

Recordes Nacionais 25m Absoluto	14:48.89	LOPES Jose Paulo	POR	Felgueiras	22-12-2019
Recordes Nacionais 25m Juv A	15:36.31	COSTA Rui Filipe	POR	Braga	04-03-2007
Recordes Nacionais 25m Juv B	16:09.71	MONTEIRO Luis Miguel	POR	Felgueiras	01-03-1998
TAC-JUVAMasc Juv A 50m: 18:45.56 - 25m: 18:23.49 / TAC-JUVBMasc Juv B 50m: 19:06.60 - 25m: 18:44.12					

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. ASMAR Axel Guedes	07 Sporting	17:07.23	562
50m: 29.18 29.18	450m: 5:00.78 34.29	850m: 9:37.30 34.70	1250m: 14:15.10 34.90
100m: 1:02.21 33.03	500m: 5:35.42 34.64	900m: 10:11.72 34.42	1300m: 14:49.67 34.57
150m: 1:35.68 33.47	550m: 6:10.02 34.60	950m: 10:46.34 34.62	1350m: 15:24.44 34.77
200m: 2:09.49 33.81	600m: 6:44.61 34.59	1000m: 11:21.59 35.25	1400m: 15:59.18 34.74
250m: 2:43.74 34.25	650m: 7:19.08 34.47	1050m: 11:55.75 34.16	1450m: 16:34.27 35.09
300m: 3:17.86 34.12	700m: 7:53.49 34.41	1100m: 12:30.10 34.35	1500m: 17:07.23 32.96
350m: 3:51.94 34.08	750m: 8:28.12 34.63	1150m: 13:05.05 34.95	
400m: 4:26.49 34.55	800m: 9:02.60 34.48	1200m: 13:40.20 35.15	
2. MESQUITA Tomas Afonso	07 Sporting	17:17.06	546
50m: 31.20 31.20	450m: 5:04.80 34.67	850m: 9:43.45 35.18	1250m: 14:23.96 35.00
100m: 1:04.83 33.63	500m: 5:39.63 34.83	900m: 10:18.30 34.85	1300m: 14:59.25 35.29
150m: 1:38.88 34.05	550m: 6:14.47 34.84	950m: 10:53.48 35.18	1350m: 15:34.35 35.10
200m: 2:12.72 33.84	600m: 6:49.10 34.63	1000m: 11:28.41 34.93	1400m: 16:09.67 35.32
250m: 2:47.05 34.33	650m: 7:23.69 34.59	1050m: 12:03.38 34.97	1450m: 16:44.58 34.91
300m: 3:21.34 34.29	700m: 7:58.59 34.90	1100m: 12:38.52 35.14	1500m: 17:17.06 32.48
350m: 3:55.62 34.28	750m: 8:33.31 34.72	1150m: 13:13.85 35.33	
400m: 4:30.13 34.51	800m: 9:08.27 34.96	1200m: 13:48.96 35.11	

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

Lugar				Ano				Tempo final	Pts
3.	ROQUE Afonso Dinis			07	Ba-Leiria			17:18.05	545
	50m:	30.89	30.89	450m:	5:09.57	34.96	850m:	9:47.63	34.68
	100m:	1:04.54	33.65	500m:	5:44.29	34.72	900m:	10:22.94	35.31
	150m:	1:39.22	34.68	550m:	6:18.90	34.61	950m:	10:57.46	34.52
	200m:	2:14.47	35.25	600m:	6:53.76	34.86	1000m:	11:32.16	34.70
	250m:	2:49.51	35.04	650m:	7:28.57	34.81	1050m:	12:06.57	34.41
	300m:	3:24.51	35.00	700m:	8:03.43	34.86	1100m:	12:41.70	35.13
	350m:	4:00.08	35.57	750m:	8:37.98	34.55	1150m:	13:16.42	34.72
	400m:	4:34.61	34.53	800m:	9:12.95	34.97	1200m:	13:52.00	35.58
4.	MORARI Alexandre			07	Rio Maior			17:34.79	519
	50m:	32.82	32.82	450m:	5:13.96	35.41	850m:	9:55.59	35.48
	100m:	1:08.63	35.81	500m:	5:48.67	34.71	900m:	10:31.32	35.73
	150m:	1:43.50	34.87	550m:	6:23.44	34.77	950m:	11:06.86	35.54
	200m:	2:18.67	35.17	600m:	6:58.12	34.68	1000m:	11:42.64	35.78
	250m:	2:53.28	34.61	650m:	7:34.04	35.92	1050m:	12:17.95	35.31
	300m:	3:28.83	35.55	700m:	8:09.44	35.40	1100m:	12:53.64	35.69
	350m:	4:03.47	34.64	750m:	8:45.03	35.59	1150m:	13:29.04	35.40
	400m:	4:38.55	35.08	800m:	9:20.11	35.08	1200m:	14:04.99	35.95
5.	CARAPINHA Joao Pedro			07	Uniao Piedense			17:41.48	509
	50m:	30.76	30.76	450m:	5:13.31	35.97	850m:	9:57.35	35.77
	100m:	1:04.54	33.78	500m:	5:49.16	35.85	900m:	10:32.87	35.52
	150m:	1:39.20	34.66	550m:	6:23.83	34.67	950m:	11:08.42	35.55
	200m:	2:14.49	35.29	600m:	6:59.26	35.43	1000m:	11:44.37	35.95
	250m:	2:50.09	35.60	650m:	7:34.98	35.72	1050m:	12:20.04	35.67
	300m:	3:25.69	35.60	700m:	8:10.42	35.44	1100m:	12:56.11	36.07
	350m:	4:01.50	35.81	750m:	8:45.96	35.54	1150m:	13:31.72	35.61
	400m:	4:37.34	35.84	800m:	9:21.58	35.62	1200m:	14:07.23	35.51
6.	PEREIRA Lucas Santos			07	Naval do Funchal			18:08.18	473
	50m:	32.37	32.37	450m:	5:20.36	36.32	850m:	10:13.71	36.53
	100m:	1:07.21	34.84	500m:	5:56.69	36.33	900m:	10:50.40	36.69
	150m:	1:43.07	35.86	550m:	6:33.03	36.34	950m:	11:26.64	36.24
	200m:	2:19.07	36.00	600m:	7:09.68	36.65	1000m:	12:02.89	36.25
	250m:	2:55.05	35.98	650m:	7:46.86	37.18	1050m:	12:38.91	36.02
	300m:	3:31.18	36.13	700m:	8:23.60	36.74	1100m:	13:14.83	35.92
	350m:	4:07.60	36.42	750m:	9:00.45	36.85	1150m:	13:51.29	36.46
	400m:	4:44.04	36.44	800m:	9:37.18	36.73	1200m:	14:27.74	36.45
7.	ALMEIDA Joao Francisco			07	Naval do Funchal			18:15.47	463
	50m:	31.07	31.07	450m:	5:17.01	36.54	850m:	10:11.80	36.56
	100m:	1:06.13	35.06	500m:	5:53.49	36.48	900m:	10:48.44	36.64
	150m:	1:41.43	35.30	550m:	6:29.94	36.45	950m:	11:25.48	37.04
	200m:	2:16.88	35.45	600m:	7:06.70	36.76	1000m:	12:02.51	37.03
	250m:	2:52.60	35.72	650m:	7:43.39	36.69	1050m:	12:40.00	37.49
	300m:	3:28.74	36.14	700m:	8:20.76	37.37	1100m:	13:17.27	37.27
	350m:	4:04.35	35.61	750m:	8:57.72	36.96	1150m:	13:54.82	37.55
	400m:	4:40.47	36.12	800m:	9:35.24	37.52	1200m:	14:31.91	37.09

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

Lugar				Ano					Tempo final	Pts		
8.	RITA Francisco Xavier			07	Vieirense				18:20.04	458		
	50m:	32.20	32.20	450m:	5:25.24	37.05	850m:	10:22.38	36.49	1250m:	15:20.08	37.05
	100m:	1:07.78	35.58	500m:	6:02.87	37.63	900m:	10:59.63	37.25	1300m:	15:56.96	36.88
	150m:	1:43.69	35.91	550m:	6:40.32	37.45	950m:	11:36.88	37.25	1350m:	16:33.97	37.01
	200m:	2:20.18	36.49	600m:	7:17.18	36.86	1000m:	12:14.27	37.39	1400m:	17:10.46	36.49
	250m:	2:57.27	37.09	650m:	7:54.76	37.58	1050m:	12:51.14	36.87	1450m:	17:45.95	35.49
	300m:	3:33.93	36.66	700m:	8:31.86	37.10	1100m:	13:28.54	37.40	1500m:	18:20.04	34.09
	350m:	4:10.84	36.91	750m:	9:09.03	37.17	1150m:	14:05.90	37.36			
	400m:	4:48.19	37.35	800m:	9:45.89	36.86	1200m:	14:43.03	37.13			
9.	COSTA Guilherme Corte			07	Desportivo Nacional				18:24.30	452		
	50m:	33.22	33.22	450m:	5:26.35	37.02	850m:	10:23.72	37.15	1250m:	15:22.06	37.30
	100m:	1:08.67	35.45	500m:	6:03.62	37.27	900m:	11:01.02	37.30	1300m:	15:59.71	37.65
	150m:	1:44.76	36.09	550m:	6:40.52	36.90	950m:	11:38.36	37.34	1350m:	16:37.14	37.43
	200m:	2:21.63	36.87	600m:	7:17.40	36.88	1000m:	12:15.58	37.22	1400m:	17:14.12	36.98
	250m:	2:58.21	36.58	650m:	7:54.87	37.47	1050m:	12:52.92	37.34	1450m:	17:50.66	36.54
	300m:	3:35.25	37.04	700m:	8:32.09	37.22	1100m:	13:30.21	37.29	1500m:	18:24.30	33.64
	350m:	4:12.61	37.36	750m:	9:09.21	37.12	1150m:	14:07.26	37.05			
	400m:	4:49.33	36.72	800m:	9:46.57	37.36	1200m:	14:44.76	37.50			
10.	FIGUEIRAS Guilherme David			07	Colegio Monte Maior				18:25.32	451		
	50m:	31.83	31.83	450m:	5:25.49	36.40	850m:	10:22.24	37.07	1250m:	15:21.32	37.09
	100m:	1:07.39	35.56	500m:	6:02.37	36.88	900m:	10:59.91	37.67	1300m:	15:58.58	37.26
	150m:	1:43.89	36.50	550m:	6:39.51	37.14	950m:	11:37.61	37.70	1350m:	16:35.53	36.95
	200m:	2:20.68	36.79	600m:	7:16.83	37.32	1000m:	12:15.32	37.71	1400m:	17:13.19	37.66
	250m:	2:57.87	37.19	650m:	7:53.89	37.06	1050m:	12:52.31	36.99	1450m:	17:50.12	36.93
	300m:	3:34.51	36.64	700m:	8:30.80	36.91	1100m:	13:29.71	37.40	1500m:	18:25.32	35.20
	350m:	4:12.19	37.68	750m:	9:08.02	37.22	1150m:	14:06.88	37.17			
	400m:	4:49.09	36.90	800m:	9:45.17	37.15	1200m:	14:44.23	37.35			
11.	ALVES Mateus Jose			07	Bombeiros de Ponta Delgada				18:31.15	444		
	50m:	33.38	33.38	450m:	5:28.50	37.68	850m:	10:26.66	37.22	1250m:	15:26.35	37.21
	100m:	1:09.70	36.32	500m:	6:05.79	37.29	900m:	11:04.29	37.63	1300m:	16:03.69	37.34
	150m:	1:46.06	36.36	550m:	6:43.16	37.37	950m:	11:41.60	37.31	1350m:	16:40.88	37.19
	200m:	2:22.94	36.88	600m:	7:20.09	36.93	1000m:	12:18.96	37.36	1400m:	17:18.30	37.42
	250m:	3:00.04	37.10	650m:	7:57.46	37.37	1050m:	12:56.35	37.39	1450m:	17:55.21	36.91
	300m:	3:36.71	36.67	700m:	8:35.05	37.59	1100m:	13:33.89	37.54	1500m:	18:31.15	35.94
	350m:	4:13.80	37.09	750m:	9:12.46	37.41	1150m:	14:11.38	37.49			
	400m:	4:50.82	37.02	800m:	9:49.44	36.98	1200m:	14:49.14	37.76			

Juvenis A

1.	TIGRE Pedro Bethlem			06	Sporting				16:17.04	653		
	50m:	28.77	28.77	450m:	4:48.98	32.67	850m:	9:11.43	33.06	1250m:	13:34.31	32.99
	100m:	1:00.01	31.24	500m:	5:21.78	32.80	900m:	9:44.37	32.94	1300m:	14:07.42	33.11
	150m:	1:32.15	32.14	550m:	5:54.47	32.69	950m:	10:17.16	32.79	1350m:	14:40.27	32.85
	200m:	2:04.79	32.64	600m:	6:27.25	32.78	1000m:	10:50.02	32.86	1400m:	15:13.30	33.03
	250m:	2:37.44	32.65	650m:	6:59.95	32.70	1050m:	11:23.00	32.98	1450m:	15:45.75	32.45
	300m:	3:10.18	32.74	700m:	7:32.76	32.81	1100m:	11:55.71	32.71	1500m:	16:17.04	31.29
	350m:	3:43.40	33.22	750m:	8:05.65	32.89	1150m:	12:28.50	32.79			
	400m:	4:16.31	32.91	800m:	8:38.37	32.72	1200m:	13:01.32	32.82			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 15, Masc., 1500m Livres, Juvenis A

Lugar			Ano			Tempo final	Pts	
2.	BAPTISTA Guilherme Fernandes		06	Benfica		16:37.69	614	
	50m:	28.90 28.90	450m:	4:49.93 33.09	850m:	9:18.14 33.79	1250m:	13:50.19 33.72
	100m:	1:00.41 31.51	500m:	5:23.03 33.10	900m:	9:52.07 33.93	1300m:	14:24.25 34.06
	150m:	1:32.43 32.02	550m:	5:56.45 33.42	950m:	10:25.95 33.88	1350m:	14:58.23 33.98
	200m:	2:05.02 32.59	600m:	6:29.72 33.27	1000m:	10:59.71 33.76	1400m:	15:31.94 33.71
	250m:	2:37.85 32.83	650m:	7:03.16 33.44	1050m:	11:33.94 34.23	1450m:	16:05.41 33.47
	300m:	3:10.72 32.87	700m:	7:36.74 33.58	1100m:	12:07.93 33.99	1500m:	16:37.69 32.28
	350m:	3:43.94 33.22	750m:	8:10.43 33.69	1150m:	12:42.17 34.24		
	400m:	4:16.84 32.90	800m:	8:44.35 33.92	1200m:	13:16.47 34.30		
3.	MESQUITA Rodrigo Andrade		06	Sporting		17:05.18	566	
	50m:	31.32 31.32	450m:	5:06.39 34.98	850m:	9:40.18 34.82	1250m:	14:15.65 34.25
	100m:	1:05.21 33.89	500m:	5:40.33 33.94	900m:	10:14.48 34.30	1300m:	14:50.29 34.64
	150m:	1:39.49 34.28	550m:	6:15.05 34.72	950m:	10:48.98 34.50	1350m:	15:24.61 34.32
	200m:	2:14.01 34.52	600m:	6:49.30 34.25	1000m:	11:23.12 34.14	1400m:	15:58.80 34.19
	250m:	2:48.33 34.32	650m:	7:23.44 34.14	1050m:	11:58.12 35.00	1450m:	16:32.63 33.83
	300m:	3:22.61 34.28	700m:	7:58.20 34.76	1100m:	12:33.01 34.89	1500m:	17:05.18 32.55
	350m:	3:57.03 34.42	750m:	8:31.62 33.42	1150m:	13:07.10 34.09		
	400m:	4:31.41 34.38	800m:	9:05.36 33.74	1200m:	13:41.40 34.30		
4.	SIMOES Manuel Costa		06	Uniao Piedense		17:08.55	560	
	50m:	31.12 31.12	450m:	5:07.48 33.82	850m:	9:40.86 34.38	1250m:	14:16.90 34.67
	100m:	1:04.90 33.78	500m:	5:41.77 34.29	900m:	10:15.19 34.33	1300m:	14:51.66 34.76
	150m:	1:39.47 34.57	550m:	6:15.81 34.04	950m:	10:49.59 34.40	1350m:	15:25.90 34.24
	200m:	2:14.35 34.88	600m:	6:49.97 34.16	1000m:	11:24.19 34.60	1400m:	16:00.62 34.72
	250m:	2:49.02 34.67	650m:	7:24.19 34.22	1050m:	11:58.36 34.17	1450m:	16:34.87 34.25
	300m:	3:23.66 34.64	700m:	7:58.31 34.12	1100m:	12:32.97 34.61	1500m:	17:08.55 33.68
	350m:	3:58.56 34.90	750m:	8:32.24 33.93	1150m:	13:07.58 34.61		
	400m:	4:33.66 35.10	800m:	9:06.48 34.24	1200m:	13:42.23 34.65		
5.	CORREIA Tiago Almeida		06	Natacao do Montijo		17:18.41	544	
	50m:	30.09 30.09	450m:	5:04.08 34.83	850m:	9:43.09 35.00	1250m:	14:25.38 35.08
	100m:	1:03.49 33.40	500m:	5:38.91 34.83	900m:	10:18.12 35.03	1300m:	15:00.83 35.45
	150m:	1:37.36 33.87	550m:	6:13.84 34.93	950m:	10:53.42 35.30	1350m:	15:36.12 35.29
	200m:	2:11.57 34.21	600m:	6:48.68 34.84	1000m:	11:28.79 35.37	1400m:	16:11.09 34.97
	250m:	2:45.76 34.19	650m:	7:23.54 34.86	1050m:	12:03.87 35.08	1450m:	16:45.98 34.89
	300m:	3:20.19 34.43	700m:	7:58.32 34.78	1100m:	12:39.33 35.46	1500m:	17:18.41 32.43
	350m:	3:54.59 34.40	750m:	8:33.21 34.89	1150m:	13:14.79 35.46		
	400m:	4:29.25 34.66	800m:	9:08.09 34.88	1200m:	13:50.30 35.51		
6.	CHAO Tiago Ventura		06	Naval Setubalense		17:49.69	498	
	50m:	31.28 31.28	450m:	5:17.69 35.80	850m:	10:04.76 35.75	1250m:	14:52.33 35.76
	100m:	1:06.12 34.84	500m:	5:53.46 35.77	900m:	10:40.33 35.57	1300m:	15:28.81 36.48
	150m:	1:41.53 35.41	550m:	6:29.23 35.77	950m:	11:16.56 36.23	1350m:	16:04.70 35.89
	200m:	2:17.04 35.51	600m:	7:05.50 36.27	1000m:	11:51.74 35.18	1400m:	16:40.97 36.27
	250m:	2:53.29 36.25	650m:	7:41.22 35.72	1050m:	12:27.63 35.89	1450m:	17:16.74 35.77
	300m:	3:29.32 36.03	700m:	8:17.23 36.01	1100m:	13:03.77 36.14	1500m:	17:49.69 32.95
	350m:	4:05.51 36.19	750m:	8:53.54 36.31	1150m:	13:39.97 36.20		
	400m:	4:41.89 36.38	800m:	9:29.01 35.47	1200m:	14:16.57 36.60		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 15, Masc., 1500m Livres, Juvenis A

Lugar			Ano			Tempo final	Pts			
7.	STARYNSKY Daniel		06	Benedita		18:02.92	480			
	50m:	30.02	30.02	450m:	5:12.08	36.25	850m: 10:02.96	37.03	1250m: 15:01.09	37.69
	100m:	1:03.02	33.00	500m:	5:48.77	36.69	900m: 10:40.41	37.45	1300m: 15:38.52	37.43
	150m:	1:37.43	34.41	550m:	6:18.28	29.51	950m: 11:18.19	37.78	1350m: 16:15.95	37.43
	200m:	2:12.84	35.41	600m:	7:01.42	43.14	1000m: 11:55.51	37.32	1400m: 16:52.68	36.73
	250m:	2:48.55	35.71	650m:	7:37.90	36.48	1050m: 12:31.68	36.17	1450m: 17:28.48	35.80
	300m:	3:24.04	35.49	700m:	8:12.99	35.09	1100m: 13:08.36	36.68	1500m: 18:02.92	34.44
	350m:	3:59.09	35.05	750m:	8:49.85	36.86	1150m: 13:45.55	37.19		
	400m:	4:35.83	36.74	800m:	9:25.93	36.08	1200m: 14:23.40	37.85		
8.	PINHO Afonso Formigo		06	Torres Novas		18:09.25	471			
	50m:	32.35	32.35	450m:	5:23.19	36.80	850m: 10:15.65	36.46	1250m: 15:08.12	36.23
	100m:	1:08.34	35.99	500m:	5:59.97	36.78	900m: 10:51.95	36.30	1300m: 15:45.44	37.32
	150m:	1:44.20	35.86	550m:	6:36.45	36.48	950m: 11:28.44	36.49	1350m: 16:21.52	36.08
	200m:	2:20.50	36.30	600m:	7:13.17	36.72	1000m: 12:05.04	36.60	1400m: 16:58.19	36.67
	250m:	2:56.75	36.25	650m:	7:49.52	36.35	1050m: 12:41.62	36.58	1450m: 17:34.60	36.41
	300m:	3:33.15	36.40	700m:	8:25.97	36.45	1100m: 13:18.31	36.69	1500m: 18:09.25	34.65
	350m:	4:09.79	36.64	750m:	9:02.85	36.88	1150m: 13:54.95	36.64		
	400m:	4:46.39	36.60	800m:	9:39.19	36.34	1200m: 14:31.89	36.94		

Prova 16

Femin., 400m Livres

Juvenis

18-12-2021 - 17:30

Resultados

Recordes Nacionais 25m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Recordes Nacionais 25m Juv A	4:18.39	SANTOS Ana Claudia	POR	Cantanhede	20-12-2004
Recordes Nacionais 25m Juv B	4:23.08	MIGUEL Susana Patricia	POR	Alhandra	15-05-2004

TAC-JUVA Fem Juv A 50m: 5:03.30 - 25m: 4:57.35 / TAC-JUVBFem Juv B 50m: 5:12.05 - 25m: 5:05.93

Pontos: FINA 2021

Lugar			Ano			Tempo final	Pts			
Juvenis B										
1.	RODRIGUES Carolina Fernandes		08	Uniao Piedense		4:49.59	527			
	50m:	32.02	32.02	150m:	1:44.45	36.70	250m: 3:00.03	38.09	350m: 4:14.43	37.06
	100m:	1:07.75	35.73	200m:	2:21.94	37.49	300m: 3:37.37	37.34	400m: 4:49.59	35.16
2.	PIRES Ana Beatriz		08	Uniao Piedense		4:51.65	515			
	50m:	32.57	32.57	150m:	1:46.24	37.36	250m: 3:01.01	37.10	350m: 4:15.50	37.29
	100m:	1:08.88	36.31	200m:	2:23.91	37.67	300m: 3:38.21	37.20	400m: 4:51.65	36.15
3.	CARVALHO Constanca Isabel		08	Alges		4:53.51	506			
	50m:	34.23	34.23	150m:	1:48.11	37.47	250m: 3:02.82	37.18	350m: 4:17.55	37.17
	100m:	1:10.64	36.41	200m:	2:25.64	37.53	300m: 3:40.38	37.56	400m: 4:53.51	35.96
4.	LOPES Catarina Maria		08	BUZIOS-Coruche		4:53.71	505			
	50m:	33.30	33.30	150m:	1:46.58	37.25	250m: 3:02.15	37.78	350m: 4:17.59	37.56
	100m:	1:09.33	36.03	200m:	2:24.37	37.79	300m: 3:40.03	37.88	400m: 4:53.71	36.12

Torneio Zonal de Juvenis (Zona Sul)
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Prova 16, Femin., 400m Livres, Juvenis B

Lugar					Ano					Tempo final	Pts	
5.	BOLEIXA Carlota Costa				08	Louletano / Loule Concelho				4:55.59	495	
	50m:	32.49	32.49	150m:	1:45.99	37.43	250m:	3:01.67	38.05	350m:	4:18.26	38.60
	100m:	1:08.56	36.07	200m:	2:23.62	37.63	300m:	3:39.66	37.99	400m:	4:55.59	37.33

Juvenis A

1.	FRANCO Catarina Andrade				07	Geslours				4:30.52	646	
	50m:	30.27	30.27	150m:	1:39.12	35.00	250m:	2:48.30	34.36	350m:	3:57.30	34.21
	100m:	1:04.12	33.85	200m:	2:13.94	34.82	300m:	3:23.09	34.79	400m:	4:30.52	33.22
2.	LOURO Beatriz Silva				07	Louletano / Loule Concelho				4:38.57	592	
	50m:	31.56	31.56	150m:	1:41.10	34.98	250m:	2:51.98	35.54	350m:	4:03.53	35.71
	100m:	1:06.12	34.56	200m:	2:16.44	35.34	300m:	3:27.82	35.84	400m:	4:38.57	35.04
3.	RODRIGUES Leonor Carreiro				07	Benfica				4:40.87	577	
	50m:	31.30	31.30	150m:	1:41.29	35.48	250m:	2:53.92	36.42	350m:	4:06.16	35.96
	100m:	1:05.81	34.51	200m:	2:17.50	36.21	300m:	3:30.20	36.28	400m:	4:40.87	34.71
4.	SANTOS Rita Machita				07	Naval Setubalense				4:42.55	567	
	50m:	32.75	32.75	150m:	1:43.38	35.96	250m:	2:56.20	36.38	350m:	4:08.63	35.99
	100m:	1:07.42	34.67	200m:	2:19.82	36.44	300m:	3:32.64	36.44	400m:	4:42.55	33.92
5.	SANTOS Leonor Castanho				07	Sporting				4:43.31	562	
	50m:	32.30	32.30	150m:	1:42.73	35.58	250m:	2:54.81	35.99	350m:	4:07.43	36.14
	100m:	1:07.15	34.85	200m:	2:18.82	36.09	300m:	3:31.29	36.48	400m:	4:43.31	35.88
6.	VIANA Matilde Violante				07	Ba-Leiria				4:44.86	553	
	50m:	32.41	32.41	150m:	1:44.36	36.40	250m:	2:57.18	36.48	350m:	4:09.01	35.48
	100m:	1:07.96	35.55	200m:	2:20.70	36.34	300m:	3:33.53	36.35	400m:	4:44.86	35.85
7.	ALVES Sara Sofia				07	Naval Setubalense				4:45.66	549	
	50m:	32.45	32.45	150m:	1:43.88	36.37	250m:	2:57.36	36.62	350m:	4:10.05	36.27
	100m:	1:07.51	35.06	200m:	2:20.74	36.86	300m:	3:33.78	36.42	400m:	4:45.66	35.61
8.	BERNAT Elena Del Rio				07	Alges				4:47.91	536	
	50m:	33.66	33.66	150m:	1:45.83	36.42	250m:	2:59.29	36.55	350m:	4:12.56	36.59
	100m:	1:09.41	35.75	200m:	2:22.74	36.91	300m:	3:35.97	36.68	400m:	4:47.91	35.35
9.	MALFEITO Maria Francisca				07	Natacao de Lisboa				4:48.39	533	
	50m:	33.30	33.30	150m:	1:45.12	36.39	250m:	2:58.83	36.99	350m:	4:12.56	36.91
	100m:	1:08.73	35.43	200m:	2:21.84	36.72	300m:	3:35.65	36.82	400m:	4:48.39	35.83
10.	RODEIA Mariana Figueira				07	Louletano / Loule Concelho				4:52.54	511	
	50m:	33.60	33.60	150m:	1:46.72	37.39	250m:	3:02.22	37.79	350m:	4:17.73	38.13
	100m:	1:09.33	35.73	200m:	2:24.43	37.71	300m:	3:39.60	37.38	400m:	4:52.54	34.81
11.	MAGALHAES Leticia Rodrigues				07	Individual ANL				4:52.67	510	
	50m:	32.84	32.84	150m:	1:46.08	37.03	250m:	3:00.59	37.16	350m:	4:17.48	38.62
	100m:	1:09.05	36.21	200m:	2:23.43	37.35	300m:	3:38.86	38.27	400m:	4:52.67	35.19

Torneio Zonal de Juvenis (Zona Sul)
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Prova 16, Femin., 400m Livres, Juvenis A

Lugar	Ano	Lugar	Tempo final	Pts
12. MIDOES Madalena Maria	07	20Km de Almeirim	4:53.49	506
50m: 34.28 34.28	150m: 1:47.86 37.16	250m: 3:02.09 37.10	350m: 4:17.43 37.69	
100m: 1:10.70 36.42	200m: 2:24.99 37.13	300m: 3:39.74 37.65	400m: 4:53.49 36.06	
13. SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:05.40	449
50m: 34.43 34.43	150m: 1:50.19 38.39	250m: 3:08.28 39.18	350m: 4:27.19 39.32	
100m: 1:11.80 37.37	200m: 2:29.10 38.91	300m: 3:47.87 39.59	400m: 5:05.40 38.21	

Prova 17

Masc., 200m Bru os

Juvenis

18-12-2021 - 17:45

Resultados

Recordes Nacionais 25m Absoluto	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
Recordes Nacionais 25m Juv A	2:18.22	SANTOS Andre Goncalo	POR	Felgueiras	08-03-2013
Recordes Nacionais 25m Juv B	2:20.22	SANTOS Andre Goncalo	POR	Braga	03-03-2012
TAC-JUVAMasc Juv A 50m: 2:47.80 - 25m: 2:41.26 / TAC-JUVBMasc Juv B 50m: 2:49.20 - 25m: 2:44.27					

Pontos: FINA 2021

Lugar	Ano	Lugar	Tempo final	Pts
Juvenis B				
1. MIMOSO Rafael Miguel	07	Benfica	2:21.45	613
50m: 33.14 33.14	100m: 1:09.41 36.27	150m: 1:44.87 35.46	200m: 2:21.45 36.58	
2. SIMOES Francisco Marques	07	Ba-Leiria	2:37.05	447
50m: 35.54 35.54	100m: 1:15.84 40.30	150m: 1:56.22 40.38	200m: 2:37.05 40.83	
3. SANTOS Rodrigo Malia	07	Natacao de Lagos	2:37.31	445
50m: 36.36 36.36	100m: 1:16.51 40.15	150m: 1:57.09 40.58	200m: 2:37.31 40.22	
4. IONAS Daniel	07	Amadora	2:40.54	419
50m: 36.79 36.79	100m: 1:18.20 41.41	150m: 2:00.08 41.88	200m: 2:40.54 40.46	
5. GOMES Miguel Braga	07	Sporting	2:44.39	390
50m: 36.96 36.96	100m: 1:18.01 41.05	150m: 2:00.72 42.71	200m: 2:44.39 43.67	
6. MARICI Dario Cristiano	07	Louletano / Loule Concelho	2:44.86	387
50m: 37.16 37.16	100m: 1:18.26 41.10	150m: 2:01.10 42.84	200m: 2:44.86 43.76	
DSQ COLACO Goncalo Pereira	07	Ba-Leiria		
<i>704 - Mais de uma pernada de golfinho ap�s viragem aos 25 m - SW 7.1</i>				

Juvenis A

1. BONNIZ Pedro Goncalves	06	Geslours	2:24.72	572
50m: 32.22 32.22	100m: 1:09.27 37.05	150m: 1:46.68 37.41	200m: 2:24.72 38.04	
2. ALMEIDA Afonso Silvestre	06	Amadora	2:33.00	484
50m: 34.41 34.41	100m: 1:13.27 38.86	150m: 1:51.80 38.53	200m: 2:33.00 41.20	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 17, Masc., 200m Bru os, Juvenis A

Lugar	Ano	Tempo final	Pts
3. FONSECA Jose Diogo	06 Sporting	2:33.53	479
50m: 33.81 33.81	100m: 1:11.79 37.98	150m: 1:51.95 40.16	200m: 2:33.53 41.58

Prova 18
18-12-2021 - 18:10
Femin., 200m Mariposa
Juvenis Resultados

Recordes Nacionais 25m Absoluto	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
Recordes Nacionais 25m Juv A	2:17.51	FELGUEIRAS Raquel Maria	POR	Alg�s	05-03-1995
Recordes Nacionais 25m Juv B	2:18.29	CUNHA Mariana Pacheco	POR	Felgueiras	15-04-2018
TAC-JUVA Fem Juv A 50m: 2:47.47 - 25m: 2:42.48 / TAC-JUVB Fem Juv B 50m: 2:52.10 - 25m: 2:49.48					

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. LOPES Catarina Maria	08 BUZIOS-Coruche	2:38.06	433
50m: 35.05 35.05	100m: 1:15.05 40.00	150m: 1:56.57 41.52	200m: 2:38.06 41.49
2. FERREIRA Constanca Santos	08 Alges	2:38.16	432
50m: 34.90 34.90	100m: 1:14.85 39.95	150m: 1:57.51 42.66	200m: 2:38.16 40.65
3. ALVES Juliana Rodrigues	08 Desportivo Nacional	2:40.56	413
50m: 34.99 34.99	100m: 1:14.94 39.95	150m: 1:56.89 41.95	200m: 2:40.56 43.67

Juvenis A

1. CAMARA Ines Cruz	07 Desportivo Nacional	2:29.42	512
50m: 33.04 33.04	100m: 1:10.55 37.51	150m: 1:49.50 38.95	200m: 2:29.42 39.92
2. PIRES Teresa Joao	07 Alges	2:32.76	480
50m: 33.64 33.64	100m: 1:12.12 38.48	150m: 1:52.83 40.71	200m: 2:32.76 39.93
3. BOTELHO Margarida Santos	07 Naval Setubalense	2:37.62	436
50m: 34.90 34.90	100m: 1:14.60 39.70	150m: 1:55.94 41.34	200m: 2:37.62 41.68
4. MONIZ Ana Rita	07 Nucleo Sporting da Terceira	2:50.40	345
50m: 35.54 35.54	100m: 1:18.37 42.83	150m: 2:00.07 41.70	200m: 2:50.40 50.33

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 19
18-12-2021 - 18:15

Masc., 100m Mariposa

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	51.27	SILVA Fernando Souza	POR	Doha (QAT)	21-10-2021
Recordes Nacionais 25m Juv A	55.60	SOUSA Diogo Gomes	POR	Porto	05-12-2010
Recordes Nacionais 25m Juv B	56.68	RIBEIRO Diogo Matos	POR	Lousã	23-06-2019

TAC-JUVAMasc Juv A 50m: 1:07.04 - 25m: 1:05.09 / TAC-JUVBMasc Juv B 50m: 1:08.26 - 25m: 1:06.27

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. GODINHO Rafael Pacheco	07 Sporting	1:01.38	471
50m: 28.33 28.33	100m: 1:01.38 33.05		
2. FRANCISCO Joao Moura	07 Ba-Leiria	1:01.72	463
50m: 28.06 28.06	100m: 1:01.72 33.66		
3. ROQUE Afonso Dinis	07 Ba-Leiria	1:01.98	458
50m: 28.74 28.74	100m: 1:01.98 33.24		
4. CHOCAS Rodrigo Martins	07 Electrico Clube/ FGil.pt	1:02.83	439
50m: 29.18 29.18	100m: 1:02.83 33.65		
5. OLIVEIRA Afonso Miguel	07 Juventude Atlantico	1:04.35	409
50m: 30.33 30.33	100m: 1:04.35 34.02		
6. ASMAR Axel Guedes	07 Sporting	1:04.85	399
50m: 30.22 30.22	100m: 1:04.85 34.63		
7. RIBEIRO Telmo Drumond	07 Naval do Funchal	1:05.02	396
50m: 30.66 30.66	100m: 1:05.02 34.36		
8. REBELO Goncalo Moniz	07 Agua de Pau	1:05.41	389
50m: 30.15 30.15	100m: 1:05.41 35.26		
9. ROQUE Joao Dinis	07 Sporting	1:05.80	382
50m: 30.41 30.41	100m: 1:05.80 35.39		
Juvenis A			
1. DENISOV Micael Dmitrievich	06 Ba-Leiria	58.45	546
50m: 27.18 27.18	100m: 58.45 31.27		
2. BINYAS Eduardo	06 Rio Maior	59.10	528
50m: 27.79 27.79	100m: 59.10 31.31		
3. ROQUE Tomas Nunes	06 Benfica	59.89	507
50m: 28.48 28.48	100m: 59.89 31.41		
4. MORAIS David Miguel	06 Benfica	59.92	507
50m: 27.87 27.87	100m: 59.92 32.05		
5. HERRERO Miguel Mera	06 Sporting	1:00.07	503
50m: 28.07 28.07	100m: 1:00.07 32.00		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 19, Masc., 100m Mariposa, Juvenis A

Lugar					Ano		Tempo final	Pts
6.	LEMONS Gil Santos				06	Pimpoes/Cimai	1:00.83	484
	50m:	28.92	28.92	100m:	1:00.83	31.91		
7.	FIGUEIRA Diogo Morgado				06	CPCD-Povoa St Iria	1:01.11	477
	50m:	28.70	28.70	100m:	1:01.11	32.41		
8.	TONA Luca Valentino				06	Pimpoes/Cimai	1:01.66	465
	50m:	29.10	29.10	100m:	1:01.66	32.56		
9.	SILVA Joao Luis				06	Escola O Liceu	1:02.23	452
	50m:	28.97	28.97	100m:	1:02.23	33.26		
10.	GONCALVES Martim Luis				06	Desportivo Nacional	1:02.25	452
	50m:	28.75	28.75	100m:	1:02.25	33.50		
11.	FERRAZ Luis Afonso				06	Naval do Funchal	1:02.84	439
	50m:	29.54	29.54	100m:	1:02.84	33.30		
12.	ABREU Joao Francisco				06	Naval do Funchal	1:02.92	437
	50m:	29.72	29.72	100m:	1:02.92	33.20		
13.	PINTO Mark Ronald				06	Louletano / Loule Concelho	1:03.15	433
	50m:	29.62	29.62	100m:	1:03.15	33.53		
14.	TOSTE Martim Candido				06	Naval Praia da Vitoria	1:03.36	428
	50m:	29.85	29.85	100m:	1:03.36	33.51		
15.	CHAO Tiago Ventura				06	Naval Setubalense	1:03.44	427
	50m:	30.17	30.17	100m:	1:03.44	33.27		
16.	STARYNSKY Daniel				06	Benedita	1:04.11	413
	50m:	29.75	29.75	100m:	1:04.11	34.36		
17.	RIBEIRO Andre Cunha				06	Alges	1:04.37	408
	50m:	29.73	29.73	100m:	1:04.37	34.64		
18.	SOKOLOVSKYY Vitor				06	Nautico Abrantes	1:04.38	408
	50m:	29.72	29.72	100m:	1:04.38	34.66		
19.	DURAKOV Erhan Asanov				06	Naval de Faro	1:04.53	405
	50m:	29.32	29.32	100m:	1:04.53	35.21		
20.	FIGUEIREDO Luis Pedro				06	Gesloures	1:04.56	405
	50m:	29.98	29.98	100m:	1:04.56	34.58		
21.	RIBEIRO Francisco Martins				06	CCDSerta	1:04.74	401
	50m:	30.49	30.49	100m:	1:04.74	34.25		
22.	MAIO Rodrigo Piteira				06	Belenenses	1:06.49	371
	50m:	31.07	31.07	100m:	1:06.49	35.42		
DNS	PINTO Fabio Jose				06	CCDSerta		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 20
18-12-2021 - 18:40
Femin., 50m Costas
Juvenis Resultados

Recordes Nacionais 25m Absoluto	27.33	AZEVEDO Rafaela Gomes	POR	Albufeira	13-11-2021
Recordes Nacionais 25m Juv A	29.69	tempo limite			
Recordes Nacionais 25m Juv B	30.50	tempo limite			

TAC-JUVAFem Juv A 50m: 34.15 - 25m: 32.65 / TAC-JUVBFem Juv B 50m: 34.65 - 25m: 33.14

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. ROLIM Beatriz Alexandra	08 Uniao Piedense	31.86	518

Juvenis A

1. NETO Leonor Rodrigues	07 Naval do Funchal	31.55	534
2. FERRARI Maria Carlotta	07 Benfica	31.67	528
3. PARENTE Leonor Peso	07 Palmela	31.77	523

Prova 21
18-12-2021 - 18:40
Masc., 200m Costas
Juvenis Resultados

Recordes Nacionais 25m Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
Recordes Nacionais 25m Juv A	2:01.43	SOUSA Diogo Gomes	POR	Algés	04-06-2011
Recordes Nacionais 25m Juv B	2:04.99	VITAL Joao Alexandre	POR	Alapraia	09-03-2013

TAC-JUVAMasc Juv A 50m: 2:28.18 - 25m: 2:25.28 / TAC-JUVBMasc Juv B 50m: 2:30.95 - 25m: 2:27.99

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. CRUZ Leonardo Jose	07 Alcobaca	2:14.67	482
50m: 31.37 31.37	100m: 1:06.28 34.91	150m: 1:41.37 35.09	200m: 2:14.67 33.30
2. NEVES Tiago Brazao	07 Naval do Funchal	2:18.07	447
50m: 32.86 32.86	100m: 1:07.59 34.73	150m: 1:43.33 35.74	200m: 2:18.07 34.74
3. REIS Leonardo Conceicao	07 Sporting	2:19.54	433
50m: 32.83 32.83	100m: 1:08.30 35.47	150m: 1:44.25 35.95	200m: 2:19.54 35.29
4. SIMOES Francisco Marques	07 Ba-Leiria	2:19.99	429
50m: 32.75 32.75	100m: 1:08.84 36.09	150m: 1:44.41 35.57	200m: 2:19.99 35.58
5. FREITAS Afonso Bjork	07 Nacional de Natacao	2:20.75	422
50m: 32.36 32.36	100m: 1:07.29 34.93	150m: 1:44.16 36.87	200m: 2:20.75 36.59
6. SILVA Lourenco Lopes	07 Uniao Piedense	2:21.80	413
50m: 32.57 32.57	100m: 1:08.57 36.00	150m: 1:45.09 36.52	200m: 2:21.80 36.71
7. OLIVEIRA Dario Rafael	07 Portinado	2:24.08	394
50m: 32.84 32.84	100m: 1:08.72 35.88	150m: 1:45.98 37.26	200m: 2:24.08 38.10

Torneio Zonal de Juvenis (Zona Sul)
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Prova 21, Masc., 200m Costas

Juvenis A

1. FOMIN Yury	06	Louletano / Loule Concelho	2:07.35	570
50m: 29.99 29.99	100m: 1:02.76	32.77	150m: 1:35.58	32.82
200m: 2:07.35	31.77			
2. JANUARIO Tomas Maia	06	Benfica	2:08.12	560
50m: 30.79 30.79	100m: 1:02.60	31.81	150m: 1:35.37	32.77
200m: 2:08.12	32.75			
3. VIEIRA Antonio Coelho	06	Sporting	2:10.30	532
50m: 30.44 30.44	100m: 1:02.90	32.46	150m: 1:36.22	33.32
200m: 2:10.30	34.08			
4. PITA Pedro Miguel	06	Naval do Funchal	2:13.19	498
50m: 29.88 29.88	100m: 1:03.52	33.64	150m: 1:38.14	34.62
200m: 2:13.19	35.05			
5. FAFTINE Kaio Araujo	06	Sporting	2:13.93	490
50m: 31.28 31.28	100m: 1:05.58	34.30	150m: 1:40.98	35.40
200m: 2:13.93	32.95			
6. ALVES Andre Correia	06	Uniao Piedense	2:14.32	486
50m: 31.06 31.06	100m: 1:04.91	33.85	150m: 1:39.80	34.89
200m: 2:14.32	34.52			
7. ANTUNES Martim Barata	06	Benfica	2:18.99	438
50m: 32.20 32.20	100m: 1:07.21	35.01	150m: 1:43.15	35.94
200m: 2:18.99	35.84			
8. NETO Ricardo Freitas	06	Sporting	2:20.27	427
50m: 32.01 32.01	100m: 1:06.52	34.51	150m: 1:43.23	36.71
200m: 2:20.27	37.04			

Prova 22
19-12-2021 - 9:30

Masc., 100m Livres

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	47.26	NASCIMENTO Miguel Duarte	POR	Coimbra	22-12-2020
Recordes Nacionais 25m Juv A	50.82	VENANCIO Tiago Andre	POR	Braga	23-03-2003
Recordes Nacionais 25m Juv B	52.29	RIBEIRO Diogo Matos	POR	Coimbra	11-05-2019

TAC-JUVAMasc Juv A 50m: 1:00.15 - 25m: 58.97 / TAC-JUVBMasc Juv B 50m: 1:01.27 - 25m: 1:00.07

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. COLACO Goncalo Pereira	07	55.50	530
50m: 26.70 26.70	100m: 55.50	28.80	
2. MORARI Alexandre	07	56.18	511
50m: 26.74 26.74	100m: 56.18	29.44	
3. ROQUE Afonso Dinis	07	56.54	502
50m: 27.25 27.25	100m: 56.54	29.29	
4. MEDEIROS Caio Salgado	07	57.50	477
50m: 28.11 28.11	100m: 57.50	29.39	
5. REIS Leonardo Conceicao	07	57.71	472
50m: 28.54 28.54	100m: 57.71	29.17	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 22, Masc., 100m Livres, Juvenis B

Lugar	Ano	Tempo final	Pts
6. BRAGA Tomas Santos	07	57.93	466
50m: 27.62 27.62 100m: 57.93	Colegio Vasco da Gama	30.31	
7. CALHELHA Afonso Rodrigues	07	58.30	458
50m: 27.99 27.99 100m: 58.30	Colegio Monte Maior	30.31	
8. MAIA Vicente Dias	07	58.40	455
50m: 28.13 28.13 100m: 58.40	Alges	30.27	
9. OLIVEIRA Afonso Miguel	07	59.95	421
50m: 28.26 28.26 100m: 59.95	Juventude Atlantico	31.69	
DSQ RAMOS Andre Miguel	07		
403 - Falsa partida - SW 4.4	Fisica Torres Vedras		
DSQ PEREIRA Lucas Santos	07		
403 - Falsa partida - SW 4.4	Naval do Funchal		
DSQ OLIVEIRA Dario Rafael	07		
403 - Falsa partida - SW 4.4	Portinado		

Juvenis A

1. DENISOV Micael Dmitrievich	06	53.37	597
50m: 25.70 25.70 100m: 53.37	Ba-Leiria	27.67	
2. BAPTISTA Guilherme Fernandes	06	53.56	590
50m: 25.80 25.80 100m: 53.56	Benfica	27.76	
3. LEMOS Gil Santos	06	54.10	573
50m: 26.71 26.71 100m: 54.10	Pimpoes/Cimai	27.39	
4. VIEIRA Antonio Coelho	06	54.14	571
50m: 25.89 25.89 100m: 54.14	Sporting	28.25	
5. BINYAS Eduardo	06	54.88	549
50m: 26.50 26.50 100m: 54.88	Rio Maior	28.38	
6. ROQUE Tomas Nunes	06	55.42	533
50m: 26.55 26.55 100m: 55.42	Benfica	28.87	
7. PITA Pedro Miguel	06	55.70	525
50m: 26.47 26.47 100m: 55.70	Naval do Funchal	29.23	
8. JANUARIO Tomas Maia	06	56.29	508
50m: 26.88 26.88 100m: 56.29	Benfica	29.41	
9. CORREIA Tiago Almeida	06	56.55	501
50m: 27.37 27.37 100m: 56.55	Natacao do Montijo	29.18	
10. TRINCAO Tiago Miguel	06	57.06	488
50m: 27.35 27.35 100m: 57.06	Torres Novas	29.71	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 22, Masc., 100m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
11. FERRAZ Luis Afonso	06 Naval do Funchal	57.09	487
50m: 27.62 27.62	100m: 57.09 29.47		
12. GOMES Joao Almeida	06 Nacional de Natacao	57.22	484
50m: 27.75 27.75	100m: 57.22 29.47		
13. MELO Lourenco Filipe	06 Clube Naval de Ponta Delgada	57.24	483
50m: 27.71 27.71	100m: 57.24 29.53		
14. CARVALHO Afonso Silva	06 Colegio Monte Maior	57.31	482
50m: 27.85 27.85	100m: 57.31 29.46		
15. FIGUEIREDO Luis Pedro	06 Gesloures	57.59	475
50m: 27.48 27.48	100m: 57.59 30.11		
16. GARANITO Simao Silva	06 Naval do Funchal	57.98	465
50m: 27.84 27.84	100m: 57.98 30.14		
17. DURAKOV Erhan Asanov	06 Naval de Faro	58.52	452
50m: 28.04 28.04	100m: 58.52 30.48		
18. TORRES Martim Daniel	06 Naval Setubalense	58.53	452
50m: 28.10 28.10	100m: 58.53 30.43		
19. ANTUNES Martim Barata	06 Benfica	58.94	443
50m: 28.03 28.03	100m: 58.94 30.91		
20. GOMES Rafael Rodrigues	06 Natacao do Tejo	59.44	432
50m: 28.36 28.36	100m: 59.44 31.08		
DNS PINTO Fabio Jose	06 CCDSerta		

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Prova 23
19-12-2021 - 9:40

Femin., 200m Livres

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
Recordes Nacionais 25m Juv A	2:03.90	MOURA Maria Ferreira	POR	Alg�s	29-06-2019
Recordes Nacionais 25m Juv B	2:04.38	REBELO Camila Rodrigues	POR	Coimbra	25-06-2017

TAC-JUVAFem Juv A 50m: 2:23.98 - 25m: 2:21.16 / TAC-JUVBFem Juv B 50m: 2:28.13 - 25m: 2:25.23

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. RODRIGUES Carolina Fernandes	08 Uniao Piedense	2:17.36	519
50m: 31.00 31.00 100m: 1:06.21 35.21 150m: 1:42.80 36.59 200m: 2:17.36 34.56			
2. PIRES Ana Beatriz	08 Uniao Piedense	2:19.52	495
50m: 31.97 31.97 100m: 1:07.35 35.38 150m: 1:43.75 36.40 200m: 2:19.52 35.77			
3. HENRIQUES Patricia Subtil	08 Gesloures	2:20.29	487
50m: 31.87 31.87 100m: 1:07.03 35.16 150m: 1:43.73 36.70 200m: 2:20.29 36.56			
4. LOPES Catarina Maria	08 BUZIOS-Coruche	2:21.21	478
50m: 32.44 32.44 100m: 1:07.64 35.20 150m: 1:44.60 36.96 200m: 2:21.21 36.61			
5. CARVALHO Constanca Isabel	08 Alges	2:25.47	437
50m: 33.28 33.28 100m: 1:10.00 36.72 150m: 1:48.09 38.09 200m: 2:25.47 37.38			

Juvenis A

1. FRANCO Catarina Andrade	07 Gesloures	2:07.61	648
50m: 29.03 29.03 100m: 1:01.06 32.03 150m: 1:33.89 32.83 200m: 2:07.61 33.72			
2. LOURO Beatriz Silva	07 Louletano / Loule Concelho	2:11.95	586
50m: 30.19 30.19 100m: 1:03.18 32.99 150m: 1:37.61 34.43 200m: 2:11.95 34.34			
3. RODRIGUES Leonor Carreiro	07 Benfica	2:13.52	565
50m: 30.77 30.77 100m: 1:04.41 33.64 150m: 1:38.85 34.44 200m: 2:13.52 34.67			
4. CACHACO Beatriz Heitor	07 Gesloures	2:14.43	554
50m: 30.22 30.22 100m: 1:03.66 33.44 150m: 1:38.63 34.97 200m: 2:14.43 35.80			
5. JORGE Luisa Ponte	07 Uniao Piedense	2:14.92	548
50m: 31.58 31.58 100m: 1:06.11 34.53 150m: 1:40.56 34.45 200m: 2:14.92 34.36			
6. ALVES Sara Sofia	07 Naval Setubalense	2:16.58	528
50m: 31.28 31.28 100m: 1:05.62 34.34 150m: 1:41.20 35.58 200m: 2:16.58 35.38			
7. SANTOS Leonor Castanho	07 Sporting	2:17.47	518
50m: 32.02 32.02 100m: 1:06.39 34.37 150m: 1:42.16 35.77 200m: 2:17.47 35.31			
8. RODEIA Mariana Figueira	07 Louletano / Loule Concelho	2:17.64	516
50m: 31.62 31.62 100m: 1:05.83 34.21 150m: 1:42.14 36.31 200m: 2:17.64 35.50			
9. ALMEIDA Rita Sacadura	07 Alges	2:18.43	507
50m: 31.97 31.97 100m: 1:07.64 35.67 150m: 1:43.35 35.71 200m: 2:18.43 35.08			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 23, Femin., 200m Livres, Juvenis A

Lugar					Ano					Tempo final	Pts	
10.	NUNES Marta Filipa				07	Viver Santarem				2:18.58	506	
	50m:	31.03	31.03	100m:	1:05.61	34.58	150m:	1:42.28	36.67	200m:	2:18.58	36.30
11.	SIMOES Ana Madalena				07	Gesloures				2:18.73	504	
	50m:	31.17	31.17	100m:	1:05.16	33.99	150m:	1:42.07	36.91	200m:	2:18.73	36.66
12.	VIANA Matilde Violante				07	Ba-Leiria				2:18.85	503	
	50m:	32.17	32.17	100m:	1:06.97	34.80	150m:	1:43.28	36.31	200m:	2:18.85	35.57
13.	ALMEIDA Vanessa Liliana				07	Ba-Leiria				2:19.81	492	
	50m:	32.17	32.17	100m:	1:08.06	35.89	150m:	1:44.62	36.56	200m:	2:19.81	35.19
14.	MIDOES Madalena Maria				07	20Km de Almeirim				2:20.20	488	
	50m:	32.88	32.88	100m:	1:08.34	35.46	150m:	1:44.36	36.02	200m:	2:20.20	35.84
15.	GONCALVES Valentina Jose				07	Desportivo Nacional				2:21.03	480	
	50m:	31.81	31.81	100m:	1:06.80	34.99	150m:	1:43.82	37.02	200m:	2:21.03	37.21
16.	BOTELHO Margarida Santos				07	Naval Setubalense				2:23.24	458	
	50m:	32.14	32.14	100m:	1:07.88	35.74	150m:	1:45.70	37.82	200m:	2:23.24	37.54

Prova 24

Masc., 100m Bru os

Juvenis

19-12-2021 - 9:50

Resultados

Recordes Nacionais 25m Absoluto	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Juv A	1:03.25	PEREIRA Ricardo Samuel	POR	Alg�s	13-07-2019
Recordes Nacionais 25m Juv B	1:04.22	SANTOS Andre Goncalo	POR	Braga	04-03-2012

TAC-JUVAMasc Juv A 50m: 1:16.38 - 25m: 1:14.16 / TAC-JUVBMasc Juv B 50m: 1:17.81 - 25m: 1:15.54

Pontos: FINA 2021

Lugar					Ano					Tempo final	Pts
Juvenis B											
1.	MIMOSO Rafael Miguel				07	Benfica				1:07.17	559
	50m:	31.74	31.74	100m:	1:07.17	35.43					
2.	CHOCAS Rodrigo Martins				07	Electrico Clube/ FGil.pt				1:10.63	481
	50m:	33.74	33.74	100m:	1:10.63	36.89					
3.	COLACO Goncalo Pereira				07	Ba-Leiria				1:10.96	474
	50m:	33.78	33.78	100m:	1:10.96	37.18					
4.	IONAS Daniel				07	Amadora				1:11.24	468
	50m:	33.41	33.41	100m:	1:11.24	37.83					
5.	SIMOES Francisco Marques				07	Ba-Leiria				1:12.32	448
	50m:	34.23	34.23	100m:	1:12.32	38.09					
6.	MARICI Dario Cristiano				07	Louletano / Loule Concelho				1:14.95	402
	50m:	35.08	35.08	100m:	1:14.95	39.87					

Torneio Zonal de Juvenis (Zona Sul)
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Prova 24, Masc., 100m Bruços, Juvenis B

Lugar	Ano	Tempo final	Pts
7. SANTOS Rodrigo Malia	07 Natacao de Lagos	1:15.59	392
50m: 35.89 35.89	100m: 1:15.59 39.70		
8. GOMES Miguel Braga	07 Sporting	1:17.71	361
50m: 36.20 36.20	100m: 1:17.71 41.51		

Juvenis A

1. BONNIZ Pedro Goncalves	06 Geslours	1:07.35	554
50m: 31.63 31.63	100m: 1:07.35 35.72		
2. MORAIS David Miguel	06 Benfica	1:08.50	527
50m: 32.09 32.09	100m: 1:08.50 36.41		
3. EVARISTO Bernardo Miguel	06 Gualdim Pais	1:10.86	476
50m: 32.65 32.65	100m: 1:10.86 38.21		
4. FONSECA Jose Diogo	06 Sporting	1:11.56	462
50m: 33.59 33.59	100m: 1:11.56 37.97		
5. ALMEIDA Afonso Silvestre	06 Amadora	1:12.00	454
50m: 32.83 32.83	100m: 1:12.00 39.17		
6. SETIM Joao Oliveira	06 Naval do Funchal	1:14.67	407
50m: 34.54 34.54	100m: 1:14.67 40.13		
7. PAULOS Joao Afonso	06 Naval do Funchal	1:15.41	395
50m: 34.35 34.35	100m: 1:15.41 41.06		

Prova 25
19-12-2021 - 10:10

Femin., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
Recordes Nacionais 25m Juv A	4:51.85	SANTOS Ana Claudia	POR	Setubal	21-11-2004
Recordes Nacionais 25m Juv B	4:56.53	CUNHA Mariana Pacheco	POR	Porto	05-05-2018

TAC-JUVAFem Juv A 50m: 5:44.16 - 25m: 5:37.41 / TAC-JUVBFem Juv B 50m: 5:54.08 - 25m: 5:47.14

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. FERREIRA Constanca Santos	08 Alges	5:23.30	513
50m: 32.40 32.40	150m: 1:52.03 41.29	250m: 3:20.51 47.41	350m: 4:46.57 37.16
100m: 1:10.74 38.34	200m: 2:33.10 41.07	300m: 4:09.41 48.90	400m: 5:23.30 36.73
2. CARVALHO Constanca Isabel	08 Alges	5:38.77	446
50m: 36.17 36.17	150m: 2:03.81 45.37	250m: 3:35.50 47.31	350m: 5:01.41 37.94
100m: 1:18.44 42.27	200m: 2:48.19 44.38	300m: 4:23.47 47.97	400m: 5:38.77 37.36

Torneio Zonal de Juvenis (Zona Sul)
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Prova 25, Femin., 400m Estilos, Juvenis B

Lugar				Ano						Tempo final	Pts	
3.	BOLEIXA Carlota Costa			08	Louletano / Loule Concelho					5:40.11	441	
	50m:	35.64	35.64	150m:	1:59.27	39.60	250m:	3:29.15	49.27	350m:	4:59.43	40.16
	100m:	1:19.67	44.03	200m:	2:39.88	40.61	300m:	4:19.27	50.12	400m:	5:40.11	40.68
4.	REBELO Rita Alexandra			08	Alcobaca					5:44.82	423	
	50m:	37.20	37.20	150m:	2:04.27	43.38	250m:	3:36.23	48.97	350m:	5:06.24	41.08
	100m:	1:20.89	43.69	200m:	2:47.26	42.99	300m:	4:25.16	48.93	400m:	5:44.82	38.58
5.	ANDRADE Matilde Sousa			08	Naval do Funchal					5:45.53	420	
	50m:	34.71	34.71	150m:	2:00.18	44.55	250m:	3:34.43	50.90	350m:	5:05.67	40.11
	100m:	1:15.63	40.92	200m:	2:43.53	43.35	300m:	4:25.56	51.13	400m:	5:45.53	39.86

Juvenis A

1.	SANTOS Rita Machita			07	Naval Setubalense					5:17.46	542	
	50m:	33.59	33.59	150m:	1:53.75	41.23	250m:	3:17.57	43.08	350m:	4:40.95	39.38
	100m:	1:12.52	38.93	200m:	2:34.49	40.74	300m:	4:01.57	44.00	400m:	5:17.46	36.51
2.	PIRES Teresa Joao			07	Alges					5:18.58	536	
	50m:	33.07	33.07	150m:	1:53.81	41.99	250m:	3:20.04	46.05	350m:	4:44.53	36.34
	100m:	1:11.82	38.75	200m:	2:33.99	40.18	300m:	4:08.19	48.15	400m:	5:18.58	34.05
3.	BERNAT Elena Del Rio			07	Alges					5:21.70	521	
	50m:	34.02	34.02	150m:	1:56.30	42.91	250m:	3:22.04	44.01	350m:	4:45.30	37.49
	100m:	1:13.39	39.37	200m:	2:38.03	41.73	300m:	4:07.81	45.77	400m:	5:21.70	36.40
4.	CAMARA Ines Cruz			07	Desportivo Nacional					5:23.02	515	
	50m:	32.99	32.99	150m:	1:54.09	42.87	250m:	3:22.34	45.89	350m:	4:46.62	37.82
	100m:	1:11.22	38.23	200m:	2:36.45	42.36	300m:	4:08.80	46.46	400m:	5:23.02	36.40
5.	MAGALHAES Leticia Rodrigues			07	Individual ANL					5:27.69	493	
	50m:	33.65	33.65	150m:	1:52.97	39.72	250m:	3:20.52	48.33	350m:	4:48.78	39.59
	100m:	1:13.25	39.60	200m:	2:32.19	39.22	300m:	4:09.19	48.67	400m:	5:27.69	38.91
DNS	SOUSA Matilde Filipe			07	Nucleo Sporting da Terceira							

Torneio Zonal de Juvenis (Zona Sul)
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Prova 26
19-12-2021 - 10:25

Masc., 200m Estilos

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
Recordes Nacionais 25m Juv A	2:05.34	CARVALHO Diogo Filipe	POR	Aveiro	15-05-2004
Recordes Nacionais 25m Juv B	2:08.27	CARVALHO Diogo Filipe	POR	Fafe	10-05-2003
TAC-JUVAMasc Juv A 50m: 2:31.02 - 25m: 2:28.06 / TAC-JUVBMasc Juv B 50m: 2:33.84 - 25m: 2:30.83					

Pontos: FINA 2021

Lugar			Ano							Tempo final	Pts
Juvenis B											
1.	CRUZ Leonardo Jose	07	Alcobaca							2:16.04	523
	50m: 29.39 29.39	100m: 1:05.42	36.03	150m: 1:45.44	40.02	200m: 2:16.04	30.60				
2.	MIMOSO Rafael Miguel	07	Benfica							2:17.45	507
	50m: 30.21 30.21	100m: 1:07.79	37.58	150m: 1:44.94	37.15	200m: 2:17.45	32.51				
3.	COLACO Goncalo Pereira	07	Ba-Leiria							2:17.95	501
	50m: 30.75 30.75	100m: 1:07.48	36.73	150m: 1:45.94	38.46	200m: 2:17.95	32.01				
4.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt							2:18.07	500
	50m: 29.55 29.55	100m: 1:07.32	37.77	150m: 1:45.91	38.59	200m: 2:18.07	32.16				
5.	REIS Leonardo Conceicao	07	Sporting							2:18.24	498
	50m: 30.59 30.59	100m: 1:06.15	35.56	150m: 1:46.80	40.65	200m: 2:18.24	31.44				
6.	ROQUE Afonso Dinis	07	Ba-Leiria							2:21.20	468
	50m: 29.37 29.37	100m: 1:07.12	37.75	150m: 1:48.96	41.84	200m: 2:21.20	32.24				
7.	SIMOES Francisco Marques	07	Ba-Leiria							2:21.62	463
	50m: 32.76 32.76	100m: 1:08.63	35.87	150m: 1:49.78	41.15	200m: 2:21.62	31.84				
8.	MESQUITA Tomas Afonso	07	Sporting							2:22.01	460
	50m: 30.87 30.87	100m: 1:06.83	35.96	150m: 1:48.15	41.32	200m: 2:22.01	33.86				
9.	MAIA Vicente Dias	07	Alges							2:23.64	444
	50m: 31.24 31.24	100m: 1:08.92	37.68	150m: 1:51.48	42.56	200m: 2:23.64	32.16				
10.	ALMEIDA Joao Francisco	07	Naval do Funchal							2:24.83	433
	50m: 30.21 30.21	100m: 1:09.06	38.85	150m: 1:51.79	42.73	200m: 2:24.83	33.04				
11.	SANTOS Rodrigo Malia	07	Natacao de Lagos							2:25.08	431
	50m: 31.48 31.48	100m: 1:09.24	37.76	150m: 1:51.64	42.40	200m: 2:25.08	33.44				
12.	NEVES Tiago Brazao	07	Naval do Funchal							2:25.16	430
	50m: 32.09 32.09	100m: 1:08.84	36.75	150m: 1:53.05	44.21	200m: 2:25.16	32.11				
13.	ROQUE Joao Dinis	07	Sporting							2:26.11	422
	50m: 30.43 30.43	100m: 1:10.28	39.85	150m: 1:53.15	42.87	200m: 2:26.11	32.96				
14.	OLIVEIRA Afonso Miguel	07	Juventude Atlantico							2:28.74	400
	50m: 30.89 30.89	100m: 1:07.80	36.91	150m: 1:54.33	46.53	200m: 2:28.74	34.41				
15.	COSTA Guilherme Corte	07	Desportivo Nacional							2:30.69	385
	50m: 32.30 32.30	100m: 1:10.28	37.98	150m: 1:56.36	46.08	200m: 2:30.69	34.33				

Torneio Zonal de Juvenis (Zona Sul)
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Prova 26, Masc., 200m Estilos

Juvenis A

1.	FOMIN Yury	06	Louletano / Loule Concelho	2:11.84	574
	50m: 29.48 29.48	100m: 1:02.46	32.98	150m: 1:41.55	39.09
				200m: 2:11.84	30.29
2.	FAFTINE Kaio Araujo	06	Sporting	2:14.99	535
	50m: 29.32 29.32	100m: 1:04.26	34.94	150m: 1:44.19	39.93
				200m: 2:14.99	30.80
3.	ALVES Andre Correia	06	Uniao Piedense	2:15.35	531
	50m: 29.28 29.28	100m: 1:03.64	34.36	150m: 1:44.42	40.78
				200m: 2:15.35	30.93
4.	BONNIZ Pedro Goncalves	06	Gesloures	2:16.84	514
	50m: 29.87 29.87	100m: 1:06.76	36.89	150m: 1:44.53	37.77
				200m: 2:16.84	32.31
5.	TIGRE Pedro Bethlem	06	Sporting	2:17.20	510
	50m: 29.70 29.70	100m: 1:05.10	35.40	150m: 1:46.97	41.87
				200m: 2:17.20	30.23
6.	BINYAS Eduardo	06	Rio Maior	2:18.10	500
	50m: 29.42 29.42	100m: 1:06.06	36.64	150m: 1:47.38	41.32
				200m: 2:18.10	30.72
7.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	2:19.90	481
	50m: 29.00 29.00	100m: 1:05.11	36.11	150m: 1:47.34	42.23
				200m: 2:19.90	32.56
8.	HERRERO Miguel Mera	06	Sporting	2:20.62	473
	50m: 28.85 28.85	100m: 1:04.81	35.96	150m: 1:47.68	42.87
				200m: 2:20.62	32.94
9.	JORGE Pedro Crispim	06	Uniao Piedense	2:23.11	449
	50m: 31.00 31.00	100m: 1:07.23	36.23	150m: 1:49.72	42.49
				200m: 2:23.11	33.39
10.	PINTO Mark Ronald	06	Louletano / Loule Concelho	2:23.18	448
	50m: 29.93 29.93	100m: 1:07.71	37.78	150m: 1:50.20	42.49
				200m: 2:23.18	32.98
11.	TOSTE Martim Candido	06	Naval Praia da Vitoria	2:23.83	442
	50m: 29.74 29.74	100m: 1:07.33	37.59	150m: 1:50.94	43.61
				200m: 2:23.83	32.89
12.	DURAKOV Erhan Asanov	06	Naval de Faro	2:25.41	428
	50m: 31.06 31.06	100m: 1:07.77	36.71	150m: 1:52.18	44.41
				200m: 2:25.41	33.23
13.	GONCALVES Martim Luis	06	Desportivo Nacional	2:25.57	427
	50m: 29.63 29.63	100m: 1:05.99	36.36	150m: 1:50.96	44.97
				200m: 2:25.57	34.61
14.	NETO Ricardo Freitas	06	Sporting	2:25.91	424
	50m: 31.20 31.20	100m: 1:08.62	37.42	150m: 1:51.62	43.00
				200m: 2:25.91	34.29
15.	MESQUITA Rodrigo Andrade	06	Sporting	2:26.48	419
	50m: 31.44 31.44	100m: 1:10.89	39.45	150m: 1:54.02	43.13
				200m: 2:26.48	32.46
16.	ANTUNES Martim Barata	06	Benfica	2:26.98	414
	50m: 32.02 32.02	100m: 1:08.57	36.55	150m: 1:53.64	45.07
				200m: 2:26.98	33.34
17.	CARVALHO Afonso Silva	06	Colegio Monte Maior	2:27.29	412
	50m: 32.32 32.32	100m: 1:10.68	38.36	150m: 1:54.72	44.04
				200m: 2:27.29	32.57
18.	PAULOS Joao Afonso	06	Naval do Funchal	2:28.07	405
	50m: 30.73 30.73	100m: 1:09.52	38.79	150m: 1:53.13	43.61
				200m: 2:28.07	34.94

Torneio Zonal de Juvenis (Zona Sul)
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Prova 27 Juvenis
19-12-2021 - 10:45 Resultados

Femin., 50m Mariposa

Recordes Nacionais 25m Absoluto	26.38	GUEDES Ana Margarida	POR	Mealhada	15-11-2020
Recordes Nacionais 25m Juv A	27.86	tempo limite			
Recordes Nacionais 25m Juv B	30.00	tempo limite			

TAC-JUVAFem Juv A 50m: 32.83 - 25m: 31.88 / TAC-JUVBFem Juv B 50m: 33.31 - 25m: 32.36

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis A			
1. PARENTE Leonor Peso	07 Palmela	30.56	507
2. JORGE Luisa Ponte	07 Uniao Piedense	30.69	501
3. FERRARI Maria Carlotta	07 Benfica	30.96	488
4. MONIZ Ana Rita	07 Nucleo Sporting da Terceira	31.57	460

Prova 28 Juvenis
19-12-2021 - 15:30 Resultados

Femin., 1500m Livres

Recordes Nacionais 25m Absoluto	15:55.19	DURAES Diana Margarida	POR	Felgueiras	23-11-2019
Recordes Nacionais 25m Juv A	16:54.39	HOLUB Tamila Hryhorivna	POR	Vila Praia Ancora	16-03-2014
Recordes Nacionais 25m Juv B	17:17.43	HOLUB Tamila Hryhorivna	POR	Vila Praia Ancora	30-06-2013

TAC-JUVAFem Juv A 50m: 20:02.78 - 25m: 19:32.33 / TAC-JUVBFem Juv B 50m: 20:12.93 - 25m: 19:52.63

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis A			
1. RODRIGUES Leonor Carreiro	07 Benfica	18:22.84	576
50m: 34.50 34.50	450m: 5:30.09 37.18	850m: 10:25.94 36.64	1250m: 15:23.01 37.51
100m: 1:11.24 36.74	500m: 6:07.35 37.26	900m: 11:03.14 37.20	1300m: 15:59.37 36.36
150m: 1:47.83 36.59	550m: 6:44.51 37.16	950m: 11:40.51 37.37	1350m: 16:36.01 36.64
200m: 2:24.79 36.96	600m: 7:21.72 37.21	1000m: 12:17.11 36.60	1400m: 17:12.63 36.62
250m: 3:02.05 37.26	650m: 7:58.81 37.09	1050m: 12:53.91 36.80	1450m: 17:48.93 36.30
300m: 3:38.79 36.74	700m: 8:35.53 36.72	1100m: 13:31.23 37.32	1500m: 18:22.84 33.91
350m: 4:15.84 37.05	750m: 9:12.50 36.97	1150m: 14:08.32 37.09	
400m: 4:52.91 37.07	800m: 9:49.30 36.80	1200m: 14:45.50 37.18	
2. VIANA Matilde Violante	07 Ba-Leiria	18:23.62	575
50m: 34.14 34.14	450m: 5:29.61 37.18	850m: 10:25.56 36.84	1250m: 15:22.77 37.58
100m: 1:10.93 36.79	500m: 6:06.83 37.22	900m: 11:02.50 36.94	1300m: 15:59.36 36.59
150m: 1:47.57 36.64	550m: 6:43.66 36.83	950m: 11:40.20 37.70	1350m: 16:35.86 36.50
200m: 2:24.24 36.67	600m: 7:20.94 37.28	1000m: 12:16.88 36.68	1400m: 17:12.98 37.12
250m: 3:01.19 36.95	650m: 7:58.13 37.19	1050m: 12:53.46 36.58	1450m: 17:49.79 36.81
300m: 3:38.40 37.21	700m: 8:35.04 36.91	1100m: 13:30.60 37.14	1500m: 18:23.62 33.83
350m: 4:15.40 37.00	750m: 9:11.94 36.90	1150m: 14:08.09 37.49	
400m: 4:52.43 37.03	800m: 9:48.72 36.78	1200m: 14:45.19 37.10	

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Prova 28, Femin., 1500m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts		
3.	SANTOS Leonor Castanho		07	Sporting				18:56.21	527		
	50m:	34.67 34.67	450m:	5:33.96	38.19	850m:	10:40.00	38.54	1250m:	15:46.91	38.21
	100m:	1:11.30 36.63	500m:	6:12.18	38.22	900m:	11:18.88	38.88	1300m:	16:24.66	37.75
	150m:	1:48.34 37.04	550m:	6:50.35	38.17	950m:	11:57.46	38.58	1350m:	17:02.33	37.67
	200m:	2:25.37 37.03	600m:	7:28.85	38.50	1000m:	12:34.55	37.09	1400m:	17:40.41	38.08
	250m:	3:02.80 37.43	650m:	8:07.16	38.31	1050m:	13:12.92	38.37	1450m:	18:18.59	38.18
	300m:	3:40.30 37.50	700m:	8:45.42	38.26	1100m:	13:51.40	38.48	1500m:	18:56.21	37.62
	350m:	4:17.97 37.67	750m:	9:23.49	38.07	1150m:	14:30.14	38.74			
	400m:	4:55.77 37.80	800m:	10:01.46	37.97	1200m:	15:08.70	38.56			

Prova 29 Masc., 400m Livres Juvenis Resultados
19-12-2021 - 15:50

Recordes Nacionais 25m Absoluto	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16-12-2021
Recordes Nacionais 25m Juv A	3:58.82	RIBEIRO Diogo Matos	POR	Mealhada	07-12-2019
Recordes Nacionais 25m Juv B	4:02.41	RIBEIRO Diogo Matos	POR	Lous�	23-06-2019

TAC-JUVAMasc Juv A 50m: 4:38.91 - 25m: 4:33.44 / TAC-JUVBMasc Juv B 50m: 4:44.13 - 25m: 4:38.55

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts		
Juvenis B											
1.	CRUZ Leonardo Jose		07	Alcobaca				4:15.88	570		
	50m:	27.90 27.90	150m:	1:32.74	32.92	250m:	2:38.61	32.77	350m:	3:44.12	32.75
	100m:	59.82 31.92	200m:	2:05.84	33.10	300m:	3:11.37	32.76	400m:	4:15.88	31.76
2.	ASMAR Axel Guedes		07	Sporting				4:20.95	538		
	50m:	28.56 28.56	150m:	1:34.24	33.43	250m:	2:41.18	33.67	350m:	3:48.16	33.63
	100m:	1:00.81 32.25	200m:	2:07.51	33.27	300m:	3:14.53	33.35	400m:	4:20.95	32.79
3.	MORARI Alexandre		07	Rio Maior				4:25.45	511		
	50m:	28.91 28.91	150m:	1:34.69	33.09	250m:	2:42.20	34.00	350m:	3:51.69	34.82
	100m:	1:01.60 32.69	200m:	2:08.20	33.51	300m:	3:16.87	34.67	400m:	4:25.45	33.76
4.	MESQUITA Tomas Afonso		07	Sporting				4:25.94	508		
	50m:	30.57 30.57	150m:	1:36.14	33.25	250m:	2:43.22	33.78	350m:	3:52.46	35.01
	100m:	1:02.89 32.32	200m:	2:09.44	33.30	300m:	3:17.45	34.23	400m:	4:25.94	33.48
5.	CARAPINHA Joao Pedro		07	Uniao Piedense				4:27.59	499		
	50m:	30.47 30.47	150m:	1:36.27	33.16	250m:	2:43.48	33.63	350m:	3:53.15	35.06
	100m:	1:03.11 32.64	200m:	2:09.85	33.58	300m:	3:18.09	34.61	400m:	4:27.59	34.44
6.	ALMEIDA Joao Francisco		07	Naval do Funchal				4:33.02	469		
	50m:	29.44 29.44	150m:	1:37.53	34.92	250m:	2:48.32	35.12	350m:	3:58.80	35.27
	100m:	1:02.61 33.17	200m:	2:13.20	35.67	300m:	3:23.53	35.21	400m:	4:33.02	34.22
7.	NEVES Tiago Brazao		07	Naval do Funchal				4:40.15	434		
	50m:	31.35 31.35	150m:	1:40.29	34.91	250m:	2:52.09	36.07	350m:	4:04.57	36.17
	100m:	1:05.38 34.03	200m:	2:16.02	35.73	300m:	3:28.40	36.31	400m:	4:40.15	35.58

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 29, Masc., 400m Livres

Juvenis A

1. FOMIN Yury	06	Louletano / Loule Concelho	4:11.97	597
50m: 28.66 28.66	150m: 1:31.10	31.55 250m: 2:35.68	32.41	350m: 3:40.22
100m: 59.55 30.89	200m: 2:03.27	32.17 300m: 3:08.03	32.35	400m: 4:11.97
2. TIGRE Pedro Bethlem	06	Sporting	4:13.52	586
50m: 28.30 28.30	150m: 1:30.37	31.44 250m: 2:35.24	32.63	350m: 3:41.32
100m: 58.93 30.63	200m: 2:02.61	32.24 300m: 3:08.29	33.05	400m: 4:13.52
3. ALVES Andre Correia	06	Uniao Piedense	4:15.99	569
50m: 28.32 28.32	150m: 1:33.22	32.62 250m: 2:38.79	32.14	350m: 3:44.58
100m: 1:00.60 32.28	200m: 2:06.65	33.43 300m: 3:11.85	33.06	400m: 4:15.99
4. GOMES Joao Almeida	06	Nacional de Natacao	4:19.95	544
50m: 29.21 29.21	150m: 1:34.39	32.94 250m: 2:40.72	33.39	350m: 3:47.60
100m: 1:01.45 32.24	200m: 2:07.33	32.94 300m: 3:14.33	33.61	400m: 4:19.95
5. BAPTISTA Guilherme Fernandes	06	Benfica	4:20.87	538
50m: 25.02 25.02	150m: 1:33.82	32.05 250m: 2:40.09	33.10	350m: 3:48.11
100m: 1:01.77 36.75	200m: 2:06.99	33.17 300m: 3:13.88	33.79	400m: 4:20.87
6. ALMEIDA Afonso Silvestre	06	Amadora	4:24.21	518
50m: 29.65 29.65	150m: 1:34.95	33.16 250m: 2:42.07	33.54	350m: 3:50.53
100m: 1:01.79 32.14	200m: 2:08.53	33.58 300m: 3:16.03	33.96	400m: 4:24.21
7. FERRAZ Luis Afonso	06	Naval do Funchal	4:24.91	514
50m: 28.75 28.75	150m: 1:32.42	32.42 250m: 2:39.34	34.06	350m: 3:49.45
100m: 1:00.00 31.25	200m: 2:05.28	32.86 300m: 3:14.32	34.98	400m: 4:24.91
8. MESQUITA Rodrigo Andrade	06	Sporting	4:27.34	500
50m: 31.08 31.08	150m: 1:38.98	33.79 250m: 2:47.15	34.01	350m: 3:56.09
100m: 1:05.19 34.11	200m: 2:13.14	34.16 300m: 3:22.04	34.89	400m: 4:27.34
9. BONNIZ Pedro Goncalves	06	Gesloures	4:28.25	495
50m: 29.01 29.01	150m: 1:33.60	32.86 250m: 2:41.68	34.41	350m: 3:52.37
100m: 1:00.74 31.73	200m: 2:07.27	33.67 300m: 3:16.42	34.74	400m: 4:28.25

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 30
19-12-2021 - 16:00

Femin., 200m Bru os

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	2:22.12	PEREIRA Raquel Gomes	POR	Alg�s	29-06-2019
Recordes Nacionais 25m Juv A	2:32.36	GOMES Diana Duarte	POR	Alcoba�a	07-02-2004
Recordes Nacionais 25m Juv B	2:34.51	GOMES Diana Duarte	POR	Reboleira	28-06-2003

TAC-JUVAFem Juv A 50m: 3:04.52 - 25m: 2:59.14 / TAC-JUVBFem Juv B 50m: 3:08.03 - 25m: 3:02.55

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. GUERRA Matilde Militao	08	2:50.55	491
50m: 39.17 39.17 100m: 1:22.62 43.45 150m: 2:06.31 43.69 200m: 2:50.55 44.24			
2. SILVA Rita Rocha	08	2:54.89	455
50m: 38.96 38.96 100m: 1:23.19 44.23 150m: 2:08.76 45.57 200m: 2:54.89 46.13			
3. RODRIGUES Luisa Goncalves	08	2:56.08	446
50m: 38.62 38.62 100m: 1:23.00 44.38 150m: 2:09.11 46.11 200m: 2:56.08 46.97			
4. PEREIRA Julia Freitas	08	2:58.08	431
50m: 38.21 38.21 100m: 1:21.80 43.59 150m: 2:09.58 47.78 200m: 2:58.08 48.50			
5. REBELO Rita Alexandra	08	3:02.00	404
50m: 42.53 42.53 100m: 1:28.40 45.87 150m: 2:15.57 47.17 200m: 3:02.00 46.43			
DSQ PEREIRA Victoria Frogeri	08		
403 - Falsa partida - SW 4.4			

Juvenis A

1. SANTOS Rita Machita	07	2:40.28	591
50m: 36.76 36.76 100m: 1:17.51 40.75 150m: 1:58.80 41.29 200m: 2:40.28 41.48			
2. BERGAMO Emma Aguiar	07	2:40.52	589
50m: 36.04 36.04 100m: 1:17.18 41.14 150m: 1:59.06 41.88 200m: 2:40.52 41.46			
3. GONCALVES Valentina Jose	07	2:46.78	525
50m: 37.30 37.30 100m: 1:18.99 41.69 150m: 2:02.69 43.70 200m: 2:46.78 44.09			
4. LOURO Beatriz Silva	07	2:49.65	499
50m: 38.04 38.04 100m: 1:20.67 42.63 150m: 2:04.43 43.76 200m: 2:49.65 45.22			
5. ALMEIDA Vanessa Liliana	07	2:49.73	498
50m: 37.97 37.97 100m: 1:20.69 42.72 150m: 2:05.23 44.54 200m: 2:49.73 44.50			
6. BERNAT Elena Del Rio	07	2:51.78	480
50m: 39.20 39.20 100m: 1:22.38 43.18 150m: 2:07.02 44.64 200m: 2:51.78 44.76			
7. TOJO Clara Vieira	07	2:52.55	474
50m: 38.10 38.10 100m: 1:22.19 44.09 150m: 2:07.27 45.08 200m: 2:52.55 45.28			
8. FRISCHKNECHT Matilde Anjos	07	2:54.62	457
50m: 39.56 39.56 100m: 1:23.46 43.90 150m: 2:08.50 45.04 200m: 2:54.62 46.12			

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 30, Femin., 200m Bruços, Juvenis A

Lugar	Ano		Tempo final							Pts
9. SIMOES Ana Madalena	07	Gesloures	2:55.06							454
50m: 39.45 39.45	100m: 1:23.52	44.07	150m: 2:09.82	46.30	200m: 2:55.06	45.24				
10. DURAO Alice Gomes	07	Benfica	2:55.47							451
50m: 40.61 40.61	100m: 1:25.60	44.99	150m: 2:10.53	44.93	200m: 2:55.47	44.94				
11. MALFEITO Maria Francisca	07	Natacao de Lisboa	2:58.36							429
50m: 40.42 40.42	100m: 1:26.12	45.70	150m: 2:12.38	46.26	200m: 2:58.36	45.98				
12. FRAZAO Laura Calheiros	07	Rio Maior	3:01.71							406
50m: 41.44 41.44	100m: 1:26.92	45.48	150m: 2:14.59	47.67	200m: 3:01.71	47.12				

Prova 31

Masc., 200m Mariposa

Juvenis

19-12-2021 - 16:30

Resultados

Recordes Nacionais 25m Absoluto	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
Recordes Nacionais 25m Juv A	2:03.38	SILVA Diogo Parrilha da	POR	Alcobaça	13-06-2009
Recordes Nacionais 25m Juv B	2:06.17	RIBEIRO Diogo Matos	POR	Felgueiras	27-04-2019

TAC-JUVAMasc Juv A 50m: 2:30.75 - 25m: 2:26.36 / TAC-JUVBMasc Juv B 50m: 2:33.49 - 25m: 2:29.02

Pontos: FINA 2021

Lugar	Ano		Tempo final							Pts
Juvenis B										
1. GODINHO Rafael Pacheco	07	Sporting	2:18.13							481
50m: 29.33 29.33	100m: 1:04.93	35.60	150m: 1:40.75	35.82	200m: 2:18.13	37.38				
2. FRANCISCO Joao Moura	07	Ba-Leiria	2:24.11							423
50m: 30.58 30.58	100m: 1:06.53	35.95	150m: 1:45.35	38.82	200m: 2:24.11	38.76				

Juvenis A

1. MORAIS David Miguel	06	Benfica	2:12.32							547
50m: 29.29 29.29	100m: 1:02.34	33.05	150m: 1:36.56	34.22	200m: 2:12.32	35.76				
2. TONA Luca Valentino	06	Pimpoes/Cimai	2:15.19							513
50m: 31.47 31.47	100m: 1:05.68	34.21	150m: 1:41.20	35.52	200m: 2:15.19	33.99				
3. HERRERO Miguel Mera	06	Sporting	2:17.28							490
50m: 29.60 29.60	100m: 1:03.58	33.98	150m: 1:39.02	35.44	200m: 2:17.28	38.26				
4. SIMOES Manuel Costa	06	Uniao Piedense	2:18.28							479
50m: 30.03 30.03	100m: 1:04.23	34.20	150m: 1:40.61	36.38	200m: 2:18.28	37.67				
5. ABREU Joao Francisco	06	Naval do Funchal	2:18.71							475
50m: 30.66 30.66	100m: 1:05.21	34.55	150m: 1:41.12	35.91	200m: 2:18.71	37.59				
6. FAFTINE Kaio Araujo	06	Sporting	2:18.80							474
50m: 30.84 30.84	100m: 1:07.01	36.17	150m: 1:43.99	36.98	200m: 2:18.80	34.81				

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 31, Masc., 200m Mariposa, Juvenis A

Lugar			Ano					Tempo final	Pts
7.	GONCALVES Martim Luis		06	Desportivo Nacional				2:19.55	466
	50m:	30.07 30.07	100m:	1:04.69	34.62	150m:	1:42.19 37.50	200m:	2:19.55 37.36
8.	CHAO Tiago Ventura		06	Naval Setubalense				2:19.92	462
	50m:	29.87 29.87	100m:	1:04.72	34.85	150m:	1:41.99 37.27	200m:	2:19.92 37.93
9.	CORREIA Tiago Almeida		06	Natacao do Montijo				2:20.02	461
	50m:	30.61 30.61	100m:	1:05.96	35.35	150m:	1:43.83 37.87	200m:	2:20.02 36.19
10.	FIGUEIRA Diogo Morgado		06	CPCD-Povoa St Iria				2:21.13	451
	50m:	30.69 30.69	100m:	1:06.21	35.52	150m:	1:43.63 37.42	200m:	2:21.13 37.50
11.	STARYNSKYY Daniel		06	Benedita				2:22.12	441
	50m:	31.11 31.11	100m:	1:06.43	35.32	150m:	1:43.14 36.71	200m:	2:22.12 38.98
12.	PINTO Mark Ronald		06	Louletano / Loule Concelho				2:24.21	422
	50m:	31.34 31.34	100m:	1:07.79	36.45	150m:	1:46.79 39.00	200m:	2:24.21 37.42
13.	TOSTE Martim Candido		06	Naval Praia da Vitoria				2:26.31	404
	50m:	32.32 32.32	100m:	1:08.74	36.42	150m:	1:47.25 38.51	200m:	2:26.31 39.06
14.	MAIO Rodrigo Piteira		06	Belenenses				2:26.62	402
	50m:	32.31 32.31	100m:	1:09.45	37.14	150m:	1:47.43 37.98	200m:	2:26.62 39.19
15.	RIBEIRO Francisco Martins		06	CCDSerta				2:28.05	390
	50m:	31.95 31.95	100m:	1:08.97	37.02	150m:	1:47.93 38.96	200m:	2:28.05 40.12

Prova 32
19-12-2021 - 16:40

Femin., 100m Mariposa

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
Recordes Nacionais 25m Juv A	1:00.43	FERNANDES Carolina Miranda	POR	Mealhada	08-12-2019
Recordes Nacionais 25m Juv B	1:02.36	CUNHA Mariana Pacheco	POR	Felgueiras	14-04-2018

TAC-JUVAFem Juv A 50m: 1:14.15 - 25m: 1:11.34 / TAC-JUVBFem Juv B 50m: 1:15.46 - 25m: 1:13.31

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
Juvenis B									
1.	FERREIRA Constanca Santos		08	Alges				1:09.28	489
	50m:	32.21 32.21	100m:	1:09.28	37.07				
2.	LOPES Catarina Maria		08	BUZIOS-Coruche				1:11.89	438
	50m:	34.48 34.48	100m:	1:11.89	37.41				
3.	ALVES Juliana Rodrigues		08	Desportivo Nacional				1:12.03	435
	50m:	33.63 33.63	100m:	1:12.03	38.40				
4.	ANDRADE Matilde Sousa		08	Naval do Funchal				1:12.25	431
	50m:	33.48 33.48	100m:	1:12.25	38.77				

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 32, Femin., 100m Mariposa

Juvenis A

1.	FRANCO Catarina Andrade	07	Geslours	1:04.96	594
	50m: 30.60 30.60	100m: 1:04.96	34.36		
2.	PIRES Teresa Joao	07	Alges	1:08.01	517
	50m: 32.86 32.86	100m: 1:08.01	35.15		
3.	CAMARA Ines Cruz	07	Desportivo Nacional	1:08.30	511
	50m: 31.79 31.79	100m: 1:08.30	36.51		
4.	PARENTE Leonor Peso	07	Palmela	1:08.89	498
	50m: 31.38 31.38	100m: 1:08.89	37.51		
5.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	1:09.73	480
	50m: 32.44 32.44	100m: 1:09.73	37.29		
6.	NETO Leonor Rodrigues	07	Naval do Funchal	1:09.87	477
	50m: 32.03 32.03	100m: 1:09.87	37.84		
7.	MONIZ Ana Rita	07	Nucleo Sporting da Terceira	1:10.43	466
	50m: 32.44 32.44	100m: 1:10.43	37.99		
8.	BOTELHO Margarida Santos	07	Naval Setubalense	1:12.15	433
	50m: 33.58 33.58	100m: 1:12.15	38.57		

Prova 33
19-12-2021 - 17:00

Masc., 50m Costas

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	23.35	SANTOS Alexis Manacas	POR	Abu Dhabi (UAE)	18-12-2021
Recordes Nacionais 25m Juv A	26.26	tempo limite			
Recordes Nacionais 25m Juv B	26.43	tempo limite			

TAC-JUVAMasc Juv A 50m: 30.58 - 25m: 29.41 / TAC-JUVBMasc Juv B 50m: 31.03 - 25m: 29.85

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts		
Juvenis A					
1.	PITA Pedro Miguel	06	Naval do Funchal	27.41	532
2.	VIEIRA Antonio Coelho	06	Sporting	27.78	511
3.	JANUARIO Tomas Maia	06	Benfica	27.85	507
4.	LEMONS Gil Santos	06	Pimpoes/Cimai	28.68	465

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 34

19-12-2021 - 17:00

Femin., 200m Costas

Juvenis

Resultados

Recordes Nacionais 25m Absoluto	2:07.58	REBELO Camila Rodrigues	POR	Leiria	26-11-2021
Recordes Nacionais 25m Juv A	2:14.11	REBELO Camila Rodrigues	POR	Condeixa	12-05-2018
Recordes Nacionais 25m Juv B	2:17.86	MARTINHEIRA Catia Raquel	POR	Sines	21-12-2008
TAC-JUVAFem Juv A 50m: 2:41.75 - 25m: 2:38.58 / TAC-JUVBFem Juv B 50m: 2:46.41 - 25m: 2:43.15					

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. ROLIM Beatriz Alexandra	08 Uniao Piedense	2:22.34	583
50m: 33.87 33.87	100m: 1:09.69 35.82	150m: 1:46.36 36.67	200m: 2:22.34 35.98
2. BOLEIXA Carlota Costa	08 Louletano / Loule Concelho	2:27.97	519
50m: 33.44 33.44	100m: 1:10.49 37.05	150m: 1:49.16 38.67	200m: 2:27.97 38.81
3. NEVES Barbara Maria	08 Alges	2:32.50	474
50m: 35.27 35.27	100m: 1:14.29 39.02	150m: 1:54.17 39.88	200m: 2:32.50 38.33
4. MENDES Rafaela Ferreira	08 Torres Novas	2:32.97	470
50m: 34.95 34.95	100m: 1:13.41 38.46	150m: 1:53.72 40.31	200m: 2:32.97 39.25
5. MARQUES Matilde Catroga	08 Colegio Monte Maior	2:35.15	450
50m: 37.71 37.71	100m: 1:17.46 39.75	150m: 1:57.23 39.77	200m: 2:35.15 37.92
6. PEREIRA Julia Freitas	08 Naval do Funchal	2:37.95	426
50m: 36.99 36.99	100m: 1:16.51 39.52	150m: 1:57.44 40.93	200m: 2:37.95 40.51
7. GUERRA Matilde Militao	08 Colegio Monte Maior	2:38.68	421
50m: 38.23 38.23	100m: 1:18.23 40.00	150m: 1:58.55 40.32	200m: 2:38.68 40.13
8. HENRIQUES Patricia Subtil	08 Geslours	2:38.98	418
50m: 36.89 36.89	100m: 1:17.29 40.40	150m: 1:58.24 40.95	200m: 2:38.98 40.74
9. REBELO Rita Alexandra	08 Alcobaca	2:42.59	391
50m: 39.17 39.17	100m: 1:20.16 40.99	150m: 2:02.01 41.85	200m: 2:42.59 40.58
10. CORREIA Carolina Delicado	08 Sporting	2:46.44	364
50m: 37.12 37.12	100m: 1:18.48 41.36	150m: 2:02.89 44.41	200m: 2:46.44 43.55

Juvenis A

1. ALVES Sara Sofia	07 Naval Setubalense	2:25.76	543
50m: 33.92 33.92	100m: 1:10.41 36.49	150m: 1:48.02 37.61	200m: 2:25.76 37.74
2. FERRARI Maria Carlotta	07 Benfica	2:28.15	517
50m: 33.90 33.90	100m: 1:10.87 36.97	150m: 1:49.17 38.30	200m: 2:28.15 38.98
3. MAGALHAES Leticia Rodrigues	07 Individual ANL	2:28.57	513
50m: 34.41 34.41	100m: 1:11.76 37.35	150m: 1:50.78 39.02	200m: 2:28.57 37.79
4. GUERREIRO Leonor Faisca	07 Louletano / Loule Concelho	2:32.45	474
50m: 36.08 36.08	100m: 1:14.44 38.36	150m: 1:53.95 39.51	200m: 2:32.45 38.50

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 17- - 19-12-2021

Prova 34, Femin., 200m Costas, Juvenis A

Lugar				Ano					Tempo final	Pts		
5.	TSHESNOVSKA Anastacia			07	Sporting				2:32.91	470		
	50m:	35.09	35.09	100m:	1:14.08	38.99	150m:	1:53.59	39.51	200m:	2:32.91	39.32
6.	BATISTA Rita Lima			07	Naval Setubalense				2:33.34	466		
	50m:	35.99	35.99	100m:	1:14.21	38.22	150m:	1:53.98	39.77	200m:	2:33.34	39.36
7.	ALMEIDA Rita Sacadura			07	Alges				2:33.40	466		
	50m:	35.62	35.62	100m:	1:14.72	39.10	150m:	1:54.21	39.49	200m:	2:33.40	39.19
8.	ANTONIO Rafaela Mariano			07	Portinado				2:34.00	460		
	50m:	34.69	34.69	100m:	1:12.86	38.17	150m:	1:53.35	40.49	200m:	2:34.00	40.65
9.	SOUSA Matilde Filipe			07	Nucleo Sporting da Terceira				2:34.30	458		
	50m:	36.73	36.73	100m:	1:15.46	38.73	150m:	1:55.43	39.97	200m:	2:34.30	38.87
10.	JORGE Luisa Ponte			07	Uniao Piedense				2:34.36	457		
	50m:	34.98	34.98	100m:	1:13.08	38.10	150m:	1:53.65	40.57	200m:	2:34.36	40.71
11.	VIANA Matilde Violante			07	Ba-Leiria				2:35.30	449		
	50m:	36.79	36.79	100m:	1:15.90	39.11	150m:	1:56.10	40.20	200m:	2:35.30	39.20
12.	MATOS Maria Bandarra			07	Sporting				2:35.84	444		
	50m:	36.24	36.24	100m:	1:15.39	39.15	150m:	1:55.30	39.91	200m:	2:35.84	40.54
13.	RODRIGUES Maria Leonor			07	Salesianos				2:39.41	415		
	50m:	35.75	35.75	100m:	1:15.67	39.92	150m:	1:57.40	41.73	200m:	2:39.41	42.01