1 - 1ªSESSÃO 07/03/2026 - 9:30

Prova 1 — Femin., 100m Livres — Absoluto
07/03/2026 - 9:30 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	**1:00.63**	+0,62	620	14,00
	50m: 29.38 29.38	100m: 1:00.63	31.25				
2.	Sofia Barroca Pereira	11	BUZIOS-Coruche	**1:03.59**	+0,80	537	12,00
	50m: 30.63 30.63	100m: 1:03.59	32.96				
3.	Beatriz Peguinho Simoes	10	Rio Maior	**1:03.95**	+0,77	528	11,00
	50m: 30.28 30.28	100m: 1:03.95	33.67				
4.	Lara Paixao Silva	10	Rio Maior	**1:08.93**		422	10,00
	50m: 32.41 32.41	100m: 1:08.93	36.52				
5.	Maria Eduarda Parente	10	Viver Santarem	**1:09.76**	+0,84	407	9,00
	50m: 32.48 32.48	100m: 1:09.76	37.28				
6.	Maria Leonor Assuncao	12	Pimpoes/Cimai	**1:10.22**	+0,84	399	8,00
	50m: 33.88 33.88	100m: 1:10.22	36.34				
7.	Rita Balsa Alves	12	BUZIOS-Coruche	**1:10.28**		398	7,00
	50m: 34.13 34.13	100m: 1:10.28	36.15				
8.	Marta Costa Soares	12	Uniao Samorense	**1:12.40**	+0,79	364	6,00
	50m: 34.44 34.44	100m: 1:12.40	37.96				
9.	Ines Silva Lima	09	Nautico Abrantes	**1:13.26**	+0,77	351	5,00
	50m: 34.33 34.33	100m: 1:13.26	38.93				
10.	Ana Leonor Lopes	12	Rio Maior	**1:13.53**	+0,84	347	4,00
11.	Beatriz Agostinho Duque	11	20Km de Almeirim	**1:13.97**	+0,89	341	3,00
	50m: 35.51 35.51	100m: 1:13.97	38.46				
12.	Beatriz Cruz Figueiredo	13	Fisica de Torres Vedras	**1:14.43**		335	2,00
	50m: 34.64 34.64	100m: 1:14.43	39.79				
13.	Lara Alberto Januario	12	Viver Santarem	**1:15.16**	+0,81	325	1,00
	50m: 36.06 36.06	100m: 1:15.16	39.10				
14.	Maria Pais Santos	12	BUZIOS-Coruche	**1:15.72**	+0,89	318	-
	50m: 35.65 35.65	100m: 1:15.72	40.07				
15.	Mariana Beatriz Goncalves	13	Uniao Samorense	**1:16.91**	+0,68	303	-
	50m: 36.94 36.94	100m: 1:16.91	39.97				
16.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	**1:17.83**	+0,81	293	-
	50m: 37.21 37.21	100m: 1:17.83	40.62				
17.	Eva Sousa Alfaiate	13	Torres Novas	**1:18.09**	+0,75	290	-
	50m: 37.12 37.12	100m: 1:18.09	40.97				
18.	Iara Maria Camacho	12	Pimpoes/Cimai	**1:20.47**	+0,68	265	-
	50m: 38.01 38.01	100m: 1:20.47	42.46				
19.	Laura Sofia Graca	12	Uniao Samorense	**1:21.76**	+0,75	252	-
	50m: 39.29 39.29	100m: 1:21.76	42.47				
20.	Joana Verissimo Tavares	12	CLAC-Entroncamento	**1:22.20**	+0,89	248	-
	50m: 38.69 38.69	100m: 1:22.20	43.51				
21.	Maria Ines Campos	09	Nautico Abrantes	**1:22.71**	+0,74	244	-
	50m: 38.61 38.61	100m: 1:22.71	44.10				
22.	Eduarda Mareco Machado	12	Natacao do Tejo	**1:22.93**	+0,83	242	-
23.	Carolina Carneiro Vinagre	13	Desportivo de Mora	**1:23.75**	+0,85	235	-
	50m: 39.16 39.16	100m: 1:23.75	44.59				

Prova 1, Femin., 100m Livres, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	Mafalda Amado Quaresma	13	Pimpoes/Cimai	**1:24.33**		230	-
	50m: 40.00 40.00	100m: 1:24.33	44.33				
25.	Carolina Rodrigues Ferreira	13	Torres Novas	**1:24.67**	+0,78	227	-
	50m: 39.20 39.20	100m: 1:24.67	45.47				
26.	Maria Leonor Serodio	12	Viver Santarem	**1:25.34**		222	-
	50m: 40.65 40.65	100m: 1:25.34	44.69				
EXH	Eva Alexandra Coutinho	09	Peso da Regua	**59.06**	+0,68	671	-
	50m: 28.23 28.23	100m: 59.06	30.83				

Prova 2 — Masc., 100m Mariposa — Absoluto
07/03/2026 - 9:40 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Enzo Miguel Anjos	08	Rio Maior	**1:00.59**	+0,67	543	14,00
	50m: 27.80 27.80	100m: 1:00.59	32.79				
2.	David Filipe Pacheco	10	BUZIOS-Coruche	**1:03.81**	+0,57	465	12,00
	50m: 29.40 29.40	100m: 1:03.81	34.41				
3.	Afonso Bernardo Evaristo	08	Torres Novas	**1:04.03**	+0,66	460	11,00
	50m: 30.60 30.60	100m: 1:04.03	33.43				
4.	Artur Rafael Saramago	97	BUZIOS-Coruche	**1:04.99**	+0,70	440	10,00
	50m: 28.94 28.94	100m: 1:04.99	36.05				
5.	Luis Suissas Rato	09	Nautico Salvaterra Magos	**1:05.48**	+0,75	430	9,00
	50m: 29.77 29.77	100m: 1:05.48	35.71				
6.	Francisco Manuel Cadete	10	Nautico Abrantes	**1:06.56**		410	8,00
	50m: 30.19 30.19	100m: 1:06.56	36.37				
7.	Leonardo Gomes Silva	08	Rio Maior	**1:07.11**	+0,69	400	7,00
	50m: 30.71 30.71	100m: 1:07.11	36.40				
8.	Miguel Silva Lima	09	Nautico Abrantes	**1:07.14**	+0,67	399	6,00
	50m: 30.43 30.43	100m: 1:07.14	36.71				
9.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	**1:07.42**	+0,74	394	5,00
	50m: 30.69 30.69	100m: 1:07.42	36.73				
10.	Guilherme Pereira Sousa	12	Fisica de Torres Vedras	**1:08.59**	+0,66	374	4,00
	50m: 31.54 31.54	100m: 1:08.59	37.05				
11.	Andre Guilherme Anastacio	10	Nautico Abrantes	**1:12.05**	+0,78	323	3,00
	50m: 32.14 32.14	100m: 1:12.05	39.91				
12.	Artur Alexandre Silva	11	20Km de Almeirim	**1:12.37**		319	2,00
	50m: 34.56 34.56	100m: 1:12.37	37.81				
13.	Francisco Grave Reis	12	Rio Maior	**1:13.74**	+0,78	301	1,00
	50m: 35.39 35.39	100m: 1:13.74	38.35				
14.	Afonso Miguel Ramos	12	Fisica de Torres Vedras	**1:16.04**	+0,78	275	-
	50m: 34.80 34.80	100m: 1:16.04	41.24				
15.	Lourenco Filipe Gomes	13	Fisica de Torres Vedras	**1:18.34**	+0,79	251	-
	50m: 36.60 36.60	100m: 1:18.34	41.74				
16.	Matias Rafael Pacheco	12	BUZIOS-Coruche	**1:23.33**		208	-
	50m: 39.19 39.19	100m: 1:23.33	44.14				

Prova 2, Masc., 100m Mariposa, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Lourenco Filipe Costa	12	20Km de Almeirim	**1:25.85**	+0,88	191	-
	50m: 41.40 41.40	100m: 1:25.85	44.45				
18.	Salvador Miguel Silva	11	Viver Santarem	**1:27.04**	+0,74	183	-
	50m: 40.02 40.02	100m: 1:27.04	47.02				
19.	Joao Maria Tempero	12	Pimpoes/Cimai	**1:27.61**		179	-
	50m: 41.67 41.67	100m: 1:27.61	45.94				
20.	Tomas Miguel Madeira	13	20Km de Almeirim	**1:30.02**		165	-
	50m: 40.98 40.98	100m: 1:30.02	49.04				
21.	Salvador Martim Quiterio	13	Nautico Salvaterra Magos	**1:37.03**	+0,66	132	-
	50m: 43.51 43.51	100m: 1:37.03	53.52				
22.	Bruno Estanqueiro Lopes	13	Torres Novas	**1:40.42**		119	-
	50m: 45.71 45.71	100m: 1:40.42	54.71				
DSQ	Rodrigo Manuel Alegria	13	Torres Novas	**1:27.90**	+0,78		-
	SW 8.4 - O (a) atleta não chegou com as mãos separadas na parede						
	50m: 38.38 38.38	100m: 1:27.90	49.52				
DNS	Rodrigo Miranda Rosa	12	Uniao Samorense				-
WDR	Martim Maria Salvador	11	Nautico Salvaterra Magos				-
WDR	Mateus Emanuel Almeida	09	Rio Maior				-
EXH	Marco Alessandro Furtado	09	Associacao P N Luanda	**1:05.47**	+0,55	430	-
	50m: 29.51 29.51	100m: 1:05.47	35.96				

Prova 3 — Femin., 200m Mariposa — Absoluto
07/03/2026 - 9:45 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	**2:46.16**	+0,86	393	14,00
	50m: 34.46 34.46	100m: 1:16.59	42.13	150m: 2:01.55	44.96	200m: 2:46.16	44.61
2.	Laura Krempel Varela	12	Pimpoes/Cimai	**2:54.10**		342	12,00
	50m: 37.35 37.35	100m: 1:22.57	45.22	150m: 2:08.04	45.47	200m: 2:54.10	46.06
3.	Ines Pinto Martins	12	Pimpoes/Cimai	**2:59.44**	+0,94	312	11,00
	50m: 38.77 38.77	100m: 1:24.26	45.49	150m: 2:11.15	46.89	200m: 2:59.44	48.29
4.	Rita Gomes Valentim	12	Torres Novas	**3:01.40**		302	10,00
	50m: 36.50 36.50	100m: 1:23.02	46.52	150m: 2:11.37	48.35	200m: 3:01.40	50.03
5.	Catarina Isabel Galvao	09	BUZIOS-Coruche	**3:03.59**	+0,89	292	9,00
	100m: 1:25.79 1:25.79	200m: 3:03.59	1:37.80				
6.	Julia Pinto Pinheiro	12	Pimpoes/Cimai	**3:08.06**	+0,71	271	8,00
	50m: 42.29 42.29	100m: 1:29.27	46.98	150m: 2:19.90	50.63	200m: 3:08.06	48.16
7.	Alicia Lopes Deep	12	BUZIOS-Coruche	**3:09.94**		263	7,00
	50m: 40.21 40.21	100m: 1:27.36	47.15	150m: 2:20.71	53.35	200m: 3:09.94	49.23
8.	Lia Pereira Lopes	09	Rio Maior	**3:15.30**	+0,76	242	6,00
	50m: 38.29 38.29	100m: 1:26.48	48.19	150m: 2:19.30	52.82	200m: 3:15.30	56.00
9.	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos	**3:26.27**		205	5,00
	50m: 41.84 41.84	100m: 1:34.10	52.26	150m: 2:31.84	57.74	200m: 3:26.27	54.43
10.	Maria Carolina Fidalgo	13	Viver Santarem	**3:28.96**	+0,95	198	4,00
	100m: 1:40.13 1:40.13	200m: 3:28.96	1:48.83				

Prova 3, Femin., 200m Mariposa, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Ines Santos Pina	12	CLAC-Entroncamento	**3:31.79**		190	3,00
	50m: 45.54 45.54 100m: 1:40.01 54.47 150m: 2:35.99 55.98 200m: 3:31.79 55.80						
12.	Catarina Leonor Pereira	11	CLAC-Entroncamento	**3:36.64**	+0,75	177	2,00
	50m: 46.11 46.11 100m: 1:41.03 54.92 150m: 2:39.52 58.49 200m: 3:36.64 57.12						
13.	Beatriz Isabel Moura	11	Nautico Abrantes	**3:38.68**	+0,77	172	1,00
	50m: 44.61 44.61 100m: 1:43.95 59.34 150m: 2:37.78 53.83 200m: 3:38.68 1:00.90						
14.	Mafalda Ines Martinho	13	CLAC-Entroncamento	**3:53.27**		142	-
	50m: 52.68 52.68 100m: 1:50.66 57.98 150m: 2:53.71 1:03.05 200m: 3:53.27 59.56						
DNS	Maria Rita Godinho	13	Torres Novas				-

Prova 4 — Masc., 100m Bruços — Absoluto
07/03/2026 - 9:55 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Duarte Moura Mendes	11	Torres Novas	**1:12.65**	+0,68	479	14,00
	50m: 34.46 34.46 100m: 1:12.65 38.19						
2.	Dinis Maria Garcia	09	Nautico Abrantes	**1:15.33**	+0,68	430	12,00
	50m: 35.17 35.17 100m: 1:15.33 40.16						
3.	Artur Rafael Saramago	97	BUZIOS-Coruche	**1:18.00**		387	11,00
	50m: 36.60 36.60 100m: 1:18.00 41.40						
4.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	**1:23.58**	+0,84	315	10,00
	50m: 38.54 38.54 100m: 1:23.58 45.04						
5.	Martim Miguel Santos	11	Rio Maior	**1:25.06**	+0,71	299	9,00
	50m: 39.31 39.31 100m: 1:25.06 45.75						
6.	Diogo Chambel Santos	11	Nautico Abrantes	**1:25.68**	+0,77	292	8,00
	50m: 40.02 40.02 100m: 1:25.68 45.66						
7.	Miguel Tomas Amaral	08	Natacao do Tejo	**1:27.09**	+0,78	278	7,00
	50m: 41.23 41.23 100m: 1:27.09 45.86						
8.	Tomas Alexandre Santos	07	BUZIOS-Coruche	**1:27.79**		271	6,00
	50m: 40.05 40.05 100m: 1:27.79 47.74						
9.	Stefan Iordan Chele	09	Rio Maior	**1:28.36**	+0,46	266	5,00
	50m: 41.29 41.29 100m: 1:28.36 47.07						
10.	Roberto Bento Canas	12	Pimpoes/Cimai	**1:28.43**	+0,68	266	4,00
	50m: 40.48 40.48 100m: 1:28.43 47.95						
11.	Santiago Raposo Fernandes	12	20Km de Almeirim	**1:30.09**	+0,77	251	3,00
	50m: 40.94 40.94 100m: 1:30.09 49.15						
12.	Artur Miguel Silva	12	Natacao do Tejo	**1:32.06**	+0,84	235	2,00
	50m: 42.73 42.73 100m: 1:32.06 49.33						
13.	Gabriel Mocanu	12	Uniao Samorense	**1:32.92**		229	1,00
	50m: 42.97 42.97 100m: 1:32.92 49.95						
14.	Vicente Manuel Nunes	13	Nautico Salvaterra Magos	**1:35.05**		214	-
	50m: 46.10 46.10 100m: 1:35.05 48.95						
15.	Lourenco Filipe Costa	12	20Km de Almeirim	**1:35.62**	+0,86	210	-
	50m: 43.56 43.56 100m: 1:35.62 52.06						
16.	Hugo Santos Carapeto	13	Nautico Abrantes	**1:37.55**	+0,88	198	-
	50m: 45.49 45.49 100m: 1:37.55 52.06						

Prova 4, Masc., 100m Bruços, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Antonio Francisco Rouxinol	11	BUZIOS-Coruche	**1:38.80**	+0,76	190	-
	50m: 47.65 47.65 100m: 1:38.80 51.15						
18.	Eduardo Agostinho Duque	13	20Km de Almeirim	**1:38.87**		190	-
	50m: 46.89 46.89 100m: 1:38.87 51.98						
19.	Maksym Kravchuk	13	Fisica de Torres Vedras	**1:40.26**	+0,54	182	-
	50m: 47.66 47.66 100m: 1:40.26 52.60						
20.	Xavier Conceicao Fernandes	12	Fisica de Torres Vedras	**1:49.66**	+0,93	139	-
	50m: 51.00 51.00 100m: 1:49.66 58.66						
21.	Martim Moura Lopes	13	Torres Novas	**1:50.05**	+0,52	138	-
	50m: 52.49 52.49 100m: 1:50.05 57.56						
22.	Afonso Gil Campos	13	CLAC-Entroncamento	**1:59.56**		107	-
	50m: 55.85 55.85 100m: 1:59.56 1:03.71						
DSQ	Martim Silva Bernardo	12	Viver Santarem	**1:48.54**	+0,76		-
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina						
	50m: 49.95 49.95 100m: 1:48.54 58.59						
DNS	Luis Filipe Viana	89	CLAC-Entroncamento				-
DNS	Dinis Alexandre Santos	12	Torres Novas				-
WDR	Guilherme Martins Conceicao	10	Viver Santarem				-

Prova 5 — Femin., 200m Bruços — Absoluto
07/03/2026 - 10:05 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	**3:02.99**	+0,92	424	14,00
	50m: 41.46 41.46 100m: 1:27.76 46.30 150m: 2:15.95 48.19 200m: 3:02.99 47.04						
2.	Marta Chambel Dias	02	CLAC-Entroncamento	**3:04.15**	+0,83	416	12,00
	50m: 42.03 42.03 100m: 1:28.45 46.42 150m: 2:18.37 49.92 200m: 3:04.15 45.78						
3.	Leonor Marques Carvalho	09	Rio Maior	**3:12.07**		367	11,00
	50m: 44.65 44.65 100m: 1:34.05 49.40 150m: 2:24.39 50.34 200m: 3:12.07 47.68						
4.	Matilde Abelho Vaz	12	CLAC-Entroncamento	**3:15.03**	+0,82	350	10,00
	50m: 43.87 43.87 100m: 1:35.66 51.79 150m: 2:26.22 50.56 200m: 3:15.03 48.81						
5.	Maria Francisca Pinheiro	12	Nautico Abrantes	**3:15.63**		347	9,00
	50m: 45.71 45.71 100m: 1:36.54 50.83 150m: 2:26.10 49.56 200m: 3:15.63 49.53						
6.	Diana Marques Maquilao	12	Nautico Salvaterra Magos	**3:17.81**		336	8,00
	50m: 46.02 46.02 100m: 1:37.51 51.49 150m: 2:28.82 51.31 200m: 3:17.81 48.99						
7.	Guiomar Dionisio Carreira	12	Pimpoes/Cimai	**3:18.70**	+0,70	331	7,00
	50m: 45.28 45.28 100m: 1:35.49 50.21 150m: 2:27.77 52.28 200m: 3:18.70 50.93						
8.	Catarina Isabel Carlota	05	BUZIOS-Coruche	**3:19.72**		326	6,00
	50m: 46.09 46.09 100m: 1:35.50 49.41 150m: 2:27.77 52.27 200m: 3:19.72 51.95						
9.	Margarida Madeira Pires	12	Rio Maior	**3:21.26**	+0,85	319	5,00
	100m: 1:40.14 1:40.14 200m: 3:21.26 1:41.12						
10.	Carolina Reis Lopes	11	Torres Novas	**3:21.47**	+0,72	318	4,00
	50m: 40.82 40.82 100m: 1:36.11 55.29 150m: 2:29.62 53.51 200m: 3:21.47 51.85						
11.	Madalena D'Eca Bispo	13	Fisica de Torres Vedras	**3:21.50**	+0,78	318	3,00
	50m: 44.39 44.39 100m: 1:37.95 53.56 150m: 2:30.74 52.79 200m: 3:21.50 50.76						
12.	Rita Lino Ferreira	11	BUZIOS-Coruche	**3:21.62**	+0,87	317	2,00
	50m: 47.12 47.12 100m: 1:38.56 51.44 150m: 2:30.64 52.08 200m: 3:21.62 50.98						

Prova 5, Femin., 200m Bruços, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Mariana Freitas Mota	11	Torres Novas	**3:22.37**	+0,78	314	1,00
	50m: 41.91 41.91 100m: 1:36.31 54.40 150m: 2:29.41 53.10 200m: 3:22.37 52.96						
14.	Eva Sousa Alfaiate	13	Torres Novas	**3:31.12**	+0,64	276	-
	50m: 47.67 47.67 100m: 1:43.53 55.86 150m: 2:38.63 55.10 200m: 3:31.12 52.49						
15.	Mariana Santos Valentim	13	Pimpoes/Cimai	**3:31.32**	+0,80	275	-
	50m: 46.67 46.67 100m: 1:40.55 53.88 150m: 2:37.33 56.78 200m: 3:31.32 53.99						
16.	Madalena Bras Salgado	10	Viver Santarem	**3:40.78**	+0,84	241	-
	50m: 49.76 49.76 100m: 1:47.80 58.04 150m: 2:44.98 57.18 200m: 3:40.78 55.80						
17.	Maria Ines Campos	09	Nautico Abrantes	**3:45.10**	+0,83	228	-
	50m: 52.86 52.86 100m: 1:49.62 56.76 150m: 2:41.97 52.35 200m: 3:45.10 1:03.13						
DNS	Matilde Peixoto Amado	13	Natacao do Tejo				-
DNS	Catarina Maria Fragoso	07	Viver Santarem				-
DNS	Eva Alexandra Coutinho	09	Peso da Regua				-
DNS	Benedita Nunes Felix	12	Pimpoes/Cimai				-

Prova 6 — Masc., 100m Costas — Absoluto
07/03/2026 - 10:20 — Resultados

Rec Nac Adaptada 50m	S1	3:35.90	Joao Martins	CNBC	Berlim (GER)	01/07/2012
Rec Nac Adaptada 50m	S2	2:41.89	Joao Alexandre Pina	POR	Funchal	04/05/2016
Rec Nac Adaptada 50m	S3	59:00.00				01/01/1800
Rec Nac Adaptada 50m	S4	3:13.53	Leonardo Ferreira Silva	FVCD	Porto	16/03/2024
Rec Nac Adaptada 50m	S5	1:42.67	Ivo Filipe Rocha	FVCD	Póvoa de Varzim	01/06/2024
Rec Nac Adaptada 50m	S6	1:19.89	Daniel Carlos Videira	GESL	Funchal	21/04/2024
Rec Nac Adaptada 50m	S7	1:26.15	Daniel Carlos Videira	GESL	Oeiras	18/06/2017
Rec Nac Adaptada 50m	S8	1:11.02	Diogo Luis Cancela	ALN	Coimbra	15/12/2023
Rec Nac Adaptada 50m	S9	1:06.86	Joao Matos Fidalgo	POR	Sheffield (GBR)	17/03/2023
Rec Nac Adaptada 50m	S10	1:03.56	Joao Matos Fidalgo	POR	Lignano Sabbiadoro (ITA)	15/03/2025
Rec Nac Adaptada 50m	S11	1:07.55	Marco Ribeiro Meneses	POR	Manchester (GBR)	05/08/2023
Rec Nac Adaptada 50m	S12	1:31.53	Joao Tanica Cruz	PDEM	Vila Franca de Xira	21/05/2023
Rec Nac Adaptada 50m	S13	2:35.47	Andre Joaquim Trigueira	ADADA	Porto	21/04/2018
Rec Nac Adaptada 50m	S14	1:15.75	Andre Carreiro Ponte	CNPDL	Vila Franca de Xira	30/06/2024
Rec Nac Adaptada 50m	S15	1:03.60	Tiago Correia Neves	POR	Lublin (POL)	02/07/2018
Rec Nac Adaptada 50m	S16	3:05.42	Carlos Barbosa Mendes	ASC	Povoa de Varzim	06/04/2019
Rec Nac Adaptada 50m	S17	1:22.32	Daniel Mendo Oliveira	APPDAC	Porto	16/03/2024
Rec Nac Adaptada 50m	S21	1:26.48	Vicente Barros Pereira	SCP	Vila Franca de Xira	29/04/2023

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Torres Novas	**1:02.75**	+0,69	556	14,00
	50m: 30.72 30.72 100m: 1:02.75 32.03						
2.	Enzo Miguel Anjos	08	Rio Maior	**1:04.85**	+0,57	503	12,00
	50m: 32.15 32.15 100m: 1:04.85 32.70						
3.	Miguel Silva Lima	09	Nautico Abrantes	**1:08.14**	+0,69	434	11,00
	50m: 32.26 32.26 100m: 1:08.14 35.88						
4.	Gabriel Antunes Ramos	09	Rio Maior	**1:10.21**	+0,66	396	10,00
	50m: 33.74 33.74 100m: 1:10.21 36.47						
5.	Gabriel Sa Chambel	09	CLAC-Entroncamento	**1:10.39**	+0,63	393	9,00
	50m: 33.11 33.11 100m: 1:10.39 37.28						
6.	Francisco Maria Dias	11	Viver Santarem	**1:12.16**	+0,69	365	8,00
	50m: 34.52 34.52 100m: 1:12.16 37.64						
7.	Lourenco Vicente Geada	10	Torres Novas	**1:12.27**	+0,76	363	7,00
	50m: 35.42 35.42 100m: 1:12.27 36.85						
8.	Salvador Henrique Vieira	12	Torres Novas	**1:13.97**	+0,73	339	6,00
	50m: 36.67 36.67 100m: 1:13.97 37.30						

Prova 6, Masc., 100m Costas, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Luis Miguel Reis	10	Rio Maior	**1:14.30**	+0,83	334	5,00
	50m: 36.35 36.35	100m: 1:14.30	37.95				
10.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	**1:15.44**	+0,81	319	4,00
	50m: 37.46 37.46	100m: 1:15.44	37.98				
11.	Tomas Nunes Nogueira	12	Desportivo de Mora	**1:19.30**	+0,64	275	3,00
	50m: 38.04 38.04	100m: 1:19.30	41.26				
12.	Hernani Marques Dias	12	Fisica de Torres Vedras	**1:20.10**	+0,68	267	2,00
13.	Matias Rafael Pacheco	12	BUZIOS-Coruche	**1:20.53**	+0,78	263	1,00
	50m: 40.51 40.51	100m: 1:20.53	40.02				
14.	Roberto Bento Canas	12	Pimpoes/Cimai	**1:21.15**	+0,74	257	-
	50m: 40.86 40.86	100m: 1:21.15	40.29				
15.	Tomas Alves Rocha	11	Pimpoes/Cimai	**1:23.65**	+0,66	234	-
	50m: 40.92 40.92	100m: 1:23.65	42.73				
16.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	**1:24.72**	+0,43	225	-
	50m: 41.56 41.56	100m: 1:24.72	43.16				
17.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	**1:24.85**	+0,61	224	-
	50m: 42.63 42.63	100m: 1:24.85	42.22				
18.	Gabriel Antonio Marques	11	Nautico Abrantes	**1:25.16**	+0,58	222	-
	50m: 41.73 41.73	100m: 1:25.16	43.43				
19.	Vicente Jose Carrilho	10	BUZIOS-Coruche	**1:25.63**	+0,84	218	-
20.	Hugo Santos Carapeto	13	Nautico Abrantes	**1:27.31**	+0,76	206	-
	50m: 42.36 42.36	100m: 1:27.31	44.95				
21.	Afonso Tomas Antunes	11	Natacao do Tejo	**1:27.79**	+0,85	203	-
	50m: 43.17 43.17	100m: 1:27.79	44.62				
22.	Daniel Dias Miranda	13	Fisica de Torres Vedras	**1:29.25**	+0,64	193	-
	50m: 43.10 43.10	100m: 1:29.25	46.15				
23.	Guilherme Ferreira Leitao	10	Viver Santarem	**1:30.32**		186	-
	50m: 44.09 44.09	100m: 1:30.32	46.23				
24.	Rafael Ferreira Santos	13	Fisica de Torres Vedras	**1:30.56**	+0,96	184	-
	50m: 44.70 44.70	100m: 1:30.56	45.86				
25.	Salvador Martim Quiterio	13	Nautico Salvaterra Magos	**1:34.47**	+0,66	162	-
	50m: 46.65 46.65	100m: 1:34.47	47.82				
26.	Leonardo Del Sasso Cebrian	13	20Km de Almeirim	**1:35.75**	+0,67	156	-
	50m: 47.11 47.11	100m: 1:35.75	48.64				
27.	Eduardo Agostinho Duque	13	20Km de Almeirim	**1:43.28**	+0,77	124	-
28.	Alexandre Pinto Zahari	13	20Km de Almeirim	**1:44.27**	+0,68	121	-
	50m: 49.92 49.92	100m: 1:44.27	54.35				
WDR	Joao Pedro Rosa	90	CLAC-Entroncamento				-
EXH	Rodrigo Miguel Alcobia	11 S10	NataÃ§Ã£o Ferreira do Zezere	**1:28.37**	+0,57	199	-
	50m: 42.53 42.53	100m: 1:28.37	45.84				

Prova 7 | Femin., 200m Costas | Absoluto
07/03/2026 - 10:30 | Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Peguinho Simoes	10	Rio Maior	**2:33.57**	+0,74	515	14,00
	50m: 36.55 36.55	100m: 1:15.21	38.66 150m: 1:54.50	39.29 200m: 2:33.57	39.07		
2.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	**2:41.36**	+0,86	444	12,00
	50m: 38.22 38.22	100m: 1:19.75	41.53 150m: 2:01.50	41.75 200m: 2:41.36	39.86		
3.	Maria Madalena Monteiro	08	Torres Novas	**2:45.42**	+0,80	412	11,00
	50m: 38.49 38.49	100m: 1:20.85	42.36 150m: 2:03.61	42.76 200m: 2:45.42	41.81		
4.	Maria Amelia Torres	13	Viver Santarem	**2:47.50**	+0,83	397	10,00
	50m: 38.26 38.26	100m: 1:20.90	42.64 150m: 1:56.85	35.95 200m: 2:47.50	50.65		
5.	Telma Filipa Magalhaes	12	Fisica de Torres Vedras	**2:47.86**	+0,70	394	9,00
	50m: 39.26 39.26	100m: 1:22.09	42.83 150m: 2:05.78	43.69 200m: 2:47.86	42.08		
6.	Beatriz Agostinho Duque	11	20Km de Almeirim	**2:54.19**	+0,83	353	8,00
	50m: 41.86 41.86	100m: 1:26.47	44.61 150m: 2:11.00	44.53 200m: 2:54.19	43.19		
7.	Laura Conde Correia	13	Torres Novas	**2:56.83**		337	7,00
	50m: 41.21 41.21	100m: 1:26.86	45.65 150m: 2:12.63	45.77 200m: 2:56.83	44.20		
8.	Debora Sofia Santos	10	Rio Maior	**3:01.52**	+0,84	312	6,00
	50m: 40.84 40.84	100m: 1:26.56	45.72 150m: 2:13.81	47.25 200m: 3:01.52	47.71		
9.	Beatriz Cruz Figueiredo	13	Fisica de Torres Vedras	**3:02.26**	+0,66	308	5,00
	50m: 43.06 43.06	100m: 1:29.06	46.00 150m: 2:16.43	47.37 200m: 3:02.26	45.83		
10.	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos	**3:03.64**	+0,82	301	4,00
	50m: 44.11 44.11	100m: 1:31.54	47.43 150m: 2:19.14	47.60 200m: 3:03.64	44.50		
11.	Maria Pais Santos	12	BUZIOS-Coruche	**3:03.96**	+0,66	299	3,00
	100m: 1:32.10 1:32.10	200m: 3:03.96	1:31.86				
12.	Maria Eduarda Parente	10	Viver Santarem	**3:04.07**		299	2,00
	50m: 41.67 41.67	100m: 1:29.52	47.85 150m: 2:18.48	48.96 200m: 3:04.07	45.59		
13.	Rita Lino Ferreira	11	BUZIOS-Coruche	**3:05.76**	+0,79	291	1,00
	50m: 45.49 45.49	100m: 1:33.12	47.63 150m: 2:20.34	47.22 200m: 3:05.76	45.42		
14.	Ines Silva Lima	09	Nautico Abrantes	**3:12.19**	+0,69	263	-
	50m: 45.56 45.56	100m: 1:35.34	49.78 150m: 2:25.94	50.60 200m: 3:12.19	46.25		
15.	Diana Morais Carlos	11	Pimpoes/Cimai	**3:13.80**	+0,97	256	-
	50m: 46.45 46.45	100m: 1:36.21	49.76 150m: 2:25.78	49.57 200m: 3:13.80	48.02		
16.	Laura Sofia Graca	12	Uniao Samorense	**3:19.77**	+0,68	234	-
	50m: 48.30 48.30	100m: 1:39.65	51.35 200m: 3:19.77	1:40.12			
17.	Joana Verissimo Tavares	12	CLAC-Entroncamento	**3:20.00**	+0,60	233	-
	50m: 48.12 48.12	100m: 1:39.54	51.42 150m: 2:30.08	50.54 200m: 3:20.00	49.92		
18.	Ana Francisca Querido	12	Pimpoes/Cimai	**3:20.41**	+0,76	231	-
	50m: 46.78 46.78	100m: 1:37.47	50.69 150m: 2:28.67	51.20 200m: 3:20.41	51.74		
19.	Carolina Carneiro Vinagre	13	Desportivo de Mora	**3:22.55**	+0,84	224	-
	50m: 47.30 47.30	200m: 3:22.55	2:35.25				
20.	Mariana Santos Valentim	13	Pimpoes/Cimai	**3:23.08**	+0,74	222	-
	50m: 46.48 46.48	100m: 1:37.79	51.31 150m: 2:31.07	53.28 200m: 3:23.08	52.01		
21.	Mafalda Ines Martinho	13	CLAC-Entroncamento	**3:31.16**	+0,79	198	-
	50m: 52.49 52.49	100m: 1:46.65	54.16 150m: 2:39.83	53.18 200m: 3:31.16	51.33		
22.	Carolina Rodrigues Ferreira	13	Torres Novas	**3:36.80**	+0,78	183	-
	50m: 50.74 50.74	100m: 1:46.19	55.45 150m: 2:41.79	55.60 200m: 3:36.80	55.01		
DSQ	Catarina Leonor Pereira	11	CLAC-Entroncamento				-

SW 6.4 - O (a) atleta não efectua a viragem dos 100 metros após terminar o movimento contínuo de braços

Prova 8 | Masc., 50m Livres | Absoluto
07/03/2026 - 10:40 | Resultados

Recordes Nacionais 50m Open	21.67	Diogo Matos Ribeiro	POR	Samorin (SVK)	27/06/2025
Recordes Nacionais 50m Sen	21.67	Diogo Matos Ribeiro	POR	Samorin (SVK)	27/06/2025
Recordes Nacionais 50m 18	21.92	Diogo Matos Ribeiro	POR	Lima (PER)	02/09/2022
Recordes Nacionais 50m 17	22.95	Tiago Andre Venancio	POR	Oeiras	16/07/2004
Recordes Nacionais 50m Juv A	23.53	Rodolfo Junior Alecrim	CNL	Coimbra	22/02/2026
Recordes Nacionais 50m Juv B	23.42	Rodolfo Junior Alecrim	POR	Skopje (MKD)	24/07/2025
Recordes Nacionais 50m Inf A	25.56	Miguel Miranda Fernandes	CGA	Loulé	20/07/2025
Recordes Nacionais 50m Inf B	26.99	Joao Daniel Santos	CNAL	Coimbra	05/07/2025
Rec Nac Adaptada 50m S1	1:35.50	Joao Martins	CNBC	Póvoa de Varzim	03/04/2011
Rec Nac Adaptada 50m S2	1:19.73	Joao Alexandre Pina	POR	Funchal	01/05/2016
Rec Nac Adaptada 50m S3	1:03.71	Tiago Manuel Silva	CLAC	Rio Maior	31/05/2025
Rec Nac Adaptada 50m S4	48.30	Rui Manuel Pedroso	POR	Atlanta (USA)	20/09/1996
Rec Nac Adaptada 50m S5	40.96	Ivo Filipe Rocha	POR	Sheffield (GBR)	19/03/2023
Rec Nac Adaptada 50m S6	32.39	Daniel Carlos Videira	GESL	Oeiras	11/05/2019
Rec Nac Adaptada 50m S7	32.65	Daniel Saraiva Oliveira	INDANL	Rio Maior	31/05/2025
Rec Nac Adaptada 50m S8	27.55	Diogo Luis Cancela	POR	Manchester (GBR)	04/08/2023
Rec Nac Adaptada 50m S9	26.23	Gino Santos Caetano	CGA	Povoa de Varzim	08/12/2019
Rec Nac Adaptada 50m S10	26.50	Gino Santos Caetano	CGA	Coimbra	31/03/2017
Rec Nac Adaptada 50m S11	27.05	Marco Ribeiro Meneses	POR	Funchal	21/04/2024
Rec Nac Adaptada 50m S12	32.17	Joao Tanica Cruz	PDEM	Oeiras	11/05/2019
Rec Nac Adaptada 50m S13	27.56	Vitor Hugo Encarnacao	POR	Eindhoven (NED)	07/08/2014
Rec Nac Adaptada 50m S14	27.30	Enzo Dylan Messence	POR	Vichy (FRA)	07/06/2023
Rec Nac Adaptada 50m S15	25.30	Tiago Correia Neves	CFB	Funchal	23/03/2018
Rec Nac Adaptada 50m S16	26.90	Andre Camara Jorge	POR	Newcastle (GBR)	21/08/2019
Rec Nac Adaptada 50m S17	30.81	Pedro Xavier Rebocho	SCA	Coimbra	14/12/2025
Rec Nac Adaptada 50m S21	28.93	Vicente Barros Pereira	SCP	Vila Franca de Xira	13/04/2025

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Morgado Costa	09	Rio Maior	**26.42**	+0,73	495	14,00
2.	Francisco Manuel Cadete	10	Nautico Abrantes	**26.91**	+0,55	469	12,00
3.	Simao Pedro Oliveira	07	Torres Novas	**27.38**	+0,72	445	11,00
4.	Luis Suissas Rato	09	Nautico Salvaterra Magos	**27.47**	+0,75	441	10,00
5.	Stefan Iordan Chele	09	Rio Maior	**27.64**	+0,74	432	9,00
6.	Manuel Maria Moniz	11	20Km de Almeirim	**27.79**	+0,82	425	8,00
7.	Francisco Grave Reis	12	Rio Maior	**28.24**	+0,76	405	7,00
8.	Joao Pedro Rosa	90	CLAC-Entroncamento	**28.35**		401	6,00
9.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	**28.48**	+0,73	395	5,00
10.	Antonio Francisco Rouxinol	11	BUZIOS-Coruche	**28.51**	+0,73	394	4,00
11.	Francisco Maria Dias	11	Viver Santarem	**28.97**	+0,77	376	3,00
12.	Santiago Martins Magalhaes	11	Torres Novas	**29.02**	+0,70	374	2,00
13.	Diogo Chambel Santos	11	Nautico Abrantes	**29.24**	+0,76	365	1,00
14.	Heliodoro Joao Sombreireiro	11	BUZIOS-Coruche	**29.29**	+0,52	363	-
15.	Gabriel Mocanu	12	Uniao Samorense	**30.36**	+0,76	326	-
16.	Rodrigo Manuel Alegria	13	Torres Novas	**30.99**	+0,81	307	-
17.	Santiago Raposo Fernandes	12	20Km de Almeirim	**31.14**	+0,63	302	-
18.	Miguel Tomas Amaral	08	Natacao do Tejo	**31.39**	+0,76	295	-
19.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	**31.61**	+0,73	289	-
20.	Hernani Marques Dias	12	Fisica de Torres Vedras	**32.87**	+0,81	257	-
21.	Bernardo Margarido Miranda	12	Nautico Abrantes	**33.56**		241	-
22.	Afonso Tomas Antunes	11	Natacao do Tejo	**34.20**	+0,91	228	-
23.	Artur Miguel Silva	12	Natacao do Tejo	**34.74**	+0,82	218	-
24.	Martim Silva Bernardo	12	Viver Santarem	**35.28**	+0,77	208	-
25.	Xavier Conceicao Fernandes	12	Fisica de Torres Vedras	**36.02**	+0,87	195	-
26.	Alexandre Pinto Zahari	13	20Km de Almeirim	**41.06**		132	-
WDR	Martim Maria Salvador	11	Nautico Salvaterra Magos				-
WDR	Salvador Miguel Silva	11	Viver Santarem				-

Prova 8, Masc., 50m Livres

EXH	Marco Alessandro Furtado	09		Associacao P N Luanda	**27.31**	448	-
EXH	Tiago Manuel Silva	05	S3	A,1,3,5,1CLAC-Entroncamento	**1:03.46**	35	-

Recorde Nacional S3, Recorde Nacional

Prova 9 — Femin., 200m Estilos — Absoluto
07/03/2026 - 10:50 — Resultados

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11		Torres Novas	**2:36.75**	+0,71	520	14,00
	50m: 32.31 32.31	100m: 1:14.31	42.00	150m: 1:59.75	45.44	200m: 2:36.75	37.00	
2.	Margarida Pinho Formigo	11		Torres Novas	**2:49.05**		415	12,00
	50m: 38.62 38.62	100m: 1:23.32	44.70	150m: 2:12.37	49.05	200m: 2:49.05	36.68	
3.	Leonor Marques Carvalho	09		Rio Maior	**2:50.38**	+0,79	405	11,00
	50m: 37.73 37.73	100m: 1:24.62	46.89	150m: 2:12.24	47.62	200m: 2:50.38	38.14	
4.	Catarina Isabel Carlota	05		BUZIOS-Coruche	**2:53.82**	+0,83	381	10,00
	50m: 37.34 37.34	100m: 1:22.86	45.52	150m: 2:13.87	51.01	200m: 2:53.82	39.95	
5.	Alicia Lopes Deep	12		BUZIOS-Coruche	**2:56.04**	+0,79	367	9,00
	50m: 36.66 36.66	100m: 1:25.66	49.00	150m: 2:16.30	50.64	200m: 2:56.04	39.74	
6.	Marta Costa Soares	12		Uniao Samorense	**2:58.51**	+0,61	352	8,00
	50m: 39.44 39.44	100m: 1:26.45	47.01	150m: 2:16.85	50.40	200m: 2:58.51	41.66	
7.	Margarida Madeira Pires	12		Rio Maior	**3:02.62**		329	7,00
	50m: 43.56 43.56	100m: 1:29.42	45.86	150m: 2:22.14	52.72	200m: 3:02.62	40.48	
8.	Matilde Abelho Vaz	12		CLAC-Entroncamento	**3:03.57**	+0,84	324	6,00
	50m: 41.33 41.33	100m: 1:31.37	50.04	150m: 2:21.11	49.74	200m: 3:03.57	42.46	
9.	Juliana Antunes Monteiro	12		Torres Novas	**3:03.99**		322	5,00
	50m: 39.30 39.30	100m: 1:28.77	49.47	150m: 2:18.12	49.35	200m: 3:03.99	45.87	
10.	Maria Francisca Pinheiro	12		Nautico Abrantes	**3:04.79**	+0,86	317	4,00
	50m: 44.26 44.26	100m: 1:33.27	49.01	150m: 2:24.73	51.46	200m: 3:04.79	40.06	
11.	Madalena D'Eca Bispo	13		Fisica de Torres Vedras	**3:08.39**		300	3,00
	50m: 41.88 41.88	100m: 1:35.59	53.71	150m: 2:28.77	53.18	200m: 3:08.39	39.62	
12.	Catarina Isabel Galvao	09		BUZIOS-Coruche	**3:08.82**	+0,87	297	2,00
	50m: 38.05 38.05	100m: 1:31.98	53.93	150m: 2:27.04	55.06	200m: 3:08.82	41.78	
13.	Marta Bento Ferreira	13		Viver Santarem	**3:11.74**	+0,92	284	1,00
	50m: 45.89 45.89	100m: 1:32.36	46.47	150m: 2:28.59	56.23	200m: 3:11.74	43.15	
14.	Iara Maria Camacho	12		Pimpoes/Cimai	**3:12.77**	+0,81	280	-
	50m: 43.36 43.36	100m: 1:32.40	49.04	150m: 2:30.94	58.54	200m: 3:12.77	41.83	
15.	Diana Morais Carlos	11		Pimpoes/Cimai	**3:13.11**	+0,64	278	-
	50m: 42.16 42.16	100m: 1:31.93	49.77	150m: 2:29.14	57.21	200m: 3:13.11	43.97	
16.	Mariana Beatriz Goncalves	13		Uniao Samorense	**3:20.65**	+0,55	248	-
	100m: 1:37.82 1:37.82	200m: 3:20.65	1:42.83					
17.	Mafalda Amado Quaresma	13		Pimpoes/Cimai	**3:36.24**	+0,85	198	-
	50m: 49.12 49.12	100m: 1:47.05	57.93	150m: 2:38.54	51.49	200m: 3:36.24	57.70	
DSQ	Diana Marques Maquilao	12		Nautico Salvaterra Magos	**3:06.25**			-

SW 9.4 - O (a) atleta não executou a chegada dos 100 metros de acordo com as regras aplicadas para esse estilo em particular, no percurso de costas

50m: 43.24 43.24 100m: 1:33.91 50.67 150m: 2:25.06 51.15 200m: 3:06.25 41.19

Prova 9, Femin., 200m Estilos, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	Lara Alberto Januario *SW 4.4 - Falsa partida*	12	Viver Santarem	**3:35.92**			-
	50m: 46.13 46.13 100m: 1:44.59 58.46 150m: 2:50.15 1:05.56 200m: 3:35.92 45.77						
DNS	Matilde Peixoto Amado	13	Natacao do Tejo				-
DNS	Catarina Maria Fragoso	07	Viver Santarem				-

Prova 10 — Masc., 200m Livres — Absoluto
07/03/2026 - 11:00 — Resultados

Rec Nac Adaptada 50m	S1	7:14.02	Joao Martins	CNBC	Estocolmo (SWE)	02/08/2001
Rec Nac Adaptada 50m	S2	5:30.51	Joao Alexandre Pina	GESL	Vila Franca de Xira	05/03/2016
Rec Nac Adaptada 50m	S3	4:52.06	Tiago Manuel Silva	CLAC	Rio Maior	15/03/2025
Rec Nac Adaptada 50m	S4	3:49.10	Rui Manuel Pedroso	POR	Sheffield (GBR)	06/06/1998
Rec Nac Adaptada 50m	S5	2:56.21	Ivo Filipe Rocha	POR	Sheffield (GBR)	18/03/2023
Rec Nac Adaptada 50m	S6	2:36.89	Daniel Carlos Videira	POR	Funchal	19/05/2021
Rec Nac Adaptada 50m	S7	2:31.39	Ricardo Aderneira Soares	GESL	Vila Franca de Xira	29/06/2024
Rec Nac Adaptada 50m	S8	2:11.84	Diogo Luis Cancela	ALN	Funchal	02/04/2023
Rec Nac Adaptada 50m	S9	2:18.65	Joao Matos Fidalgo	POR	Sheffield (GBR)	18/03/2023
Rec Nac Adaptada 50m	S10	2:06.03	Tomas Coelho Cordeiro	INDANC	Oeiras	14/07/2024
Rec Nac Adaptada 50m	S11	2:14.31	Marco Ribeiro Meneses	CRASTO	Coimbra	28/05/2022
Rec Nac Adaptada 50m	S12	3:12.24	Joao Tanica Cruz	PDEM	Vila Franca de Xira	13/04/2025
Rec Nac Adaptada 50m	S13	2:11.38	Vitor Hugo Encarnacao	CDN	Funchal	07/07/2012
Rec Nac Adaptada 50m	S14	2:10.85	Samuel Lima Duarte	FVCD	Rio Maior	31/05/2025
Rec Nac Adaptada 50m	S15	2:03.73	Tiago Correia Neves	CFB	Funchal	24/03/2018
Rec Nac Adaptada 50m	S16	2:20.19	Andre Camara Jorge	CEOL	Funchal	22/02/2020
Rec Nac Adaptada 50m	S17	2:23.64	Joaquim Eduardo Carvalho	CNF	Funchal	01/03/2025
Rec Nac Adaptada 50m	S21	2:34.61	Vicente Barros Pereira	POR	Vichy (FRA)	06/06/2023
Rec Nac Adaptada 50m	S1	7:14.02	Joao Martins	CNBC	Estocolmo (SWE)	02/08/2001
Rec Nac Adaptada 50m	S2	5:30.51	Joao Alexandre Pina	GESL	Vila Franca de Xira	05/03/2016
Rec Nac Adaptada 50m	S3	4:52.06	Tiago Manuel Silva	CLAC	Rio Maior	15/03/2025
Rec Nac Adaptada 50m	S4	3:49.10	Rui Manuel Pedroso	POR	Sheffield (GBR)	06/06/1998
Rec Nac Adaptada 50m	S5	2:56.21	Ivo Filipe Rocha	POR	Sheffield (GBR)	18/03/2023
Rec Nac Adaptada 50m	S6	2:36.89	Daniel Carlos Videira	POR	Funchal	19/05/2021
Rec Nac Adaptada 50m	S7	2:31.39	Ricardo Aderneira Soares	GESL	Vila Franca de Xira	29/06/2024
Rec Nac Adaptada 50m	S8	2:11.84	Diogo Luis Cancela	ALN	Funchal	02/04/2023
Rec Nac Adaptada 50m	S9	2:18.65	Joao Matos Fidalgo	POR	Sheffield (GBR)	18/03/2023
Rec Nac Adaptada 50m	S10	2:06.03	Tomas Coelho Cordeiro	INDANC	Oeiras	14/07/2024
Rec Nac Adaptada 50m	S11	2:14.31	Marco Ribeiro Meneses	CRASTO	Coimbra	28/05/2022
Rec Nac Adaptada 50m	S12	3:12.24	Joao Tanica Cruz	PDEM	Vila Franca de Xira	13/04/2025
Rec Nac Adaptada 50m	S13	2:11.38	Vitor Hugo Encarnacao	CDN	Funchal	07/07/2012
Rec Nac Adaptada 50m	S14	2:10.85	Samuel Lima Duarte	FVCD	Rio Maior	31/05/2025
Rec Nac Adaptada 50m	S15	2:03.73	Tiago Correia Neves	CFB	Funchal	24/03/2018
Rec Nac Adaptada 50m	S16	2:20.19	Andre Camara Jorge	CEOL	Funchal	22/02/2020
Rec Nac Adaptada 50m	S17	2:23.64	Joaquim Eduardo Carvalho	CNF	Funchal	01/03/2025
Rec Nac Adaptada 50m	S21	2:34.61	Vicente Barros Pereira	POR	Vichy (FRA)	06/06/2023

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Morgado Costa	09	Rio Maior	**2:07.38**	+0,52	513	14,00
	50m: 28.69 28.69 100m: 1:00.92 32.23 150m: 1:35.28 34.36 200m: 2:07.38 32.10						
2.	David Filipe Pacheco	10	BUZIOS-Coruche	**2:09.01**	+0,73	494	12,00
	50m: 29.38 29.38 100m: 1:01.72 32.34 150m: 1:36.11 34.39 200m: 2:09.01 32.90						
3.	Daniel Filipe Jorge	10	Rio Maior	**2:09.27**	+0,63	491	11,00
	50m: 29.23 29.23 100m: 1:01.87 32.64 200m: 2:09.27 1:07.40						
4.	Tiago Frazao Barra	10	Rio Maior	**2:09.85**		484	10,00
	50m: 30.16 30.16 100m: 1:02.80 32.64 150m: 1:36.76 33.96 200m: 2:09.85 33.09						
5.	Manuel Maria Moniz	11	20Km de Almeirim	**2:16.05**	+0,77	421	9,00
	50m: 31.02 31.02 100m: 1:06.16 35.14 150m: 1:42.76 36.60 200m: 2:16.05 33.29						
6.	Lourenco Vicente Geada	10	Torres Novas	**2:16.36**	+0,76	418	8,00
	50m: 31.37 31.37 100m: 1:06.38 35.01 150m: 1:42.09 35.71 200m: 2:16.36 34.27						

Prova 10, Masc., 200m Livres, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Dinis Maria Garcia	09	Nautico Abrantes	**2:18.13**	+0,65	402	7,00
	50m: 31.25 31.25 100m: 1:06.05		34.80 150m: 1:42.75	36.70 200m: 2:18.13	35.38		
8.	Andre Guilherme Anastacio	10	Nautico Abrantes	**2:18.79**	+0,74	396	6,00
	50m: 30.88 30.88 100m: 1:05.60		34.72 200m: 2:18.79	1:13.19			
9.	Tomas Alexandre Santos	07	BUZIOS-Coruche	**2:19.37**	+0,83	392	5,00
	50m: 30.44 30.44 100m: 1:05.34		34.90 150m: 1:42.45	37.11 200m: 2:19.37	36.92		
10.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	**2:20.44**	+0,84	383	4,00
	50m: 30.83 30.83 100m: 1:04.70		33.87 150m: 1:41.69	36.99 200m: 2:20.44	38.75		
11.	Martim Silva Oliveira	08	Torres Novas	**2:21.77**		372	3,00
	50m: 31.72 31.72 100m: 1:06.63		34.91 150m: 1:43.87	37.24 200m: 2:21.77	37.90		
12.	Heliodoro Joao Sombreireiro	11	BUZIOS-Coruche	**2:27.13**	+0,67	333	2,00
	50m: 32.38 32.38 100m: 1:10.59		38.21 150m: 1:49.65	39.06 200m: 2:27.13	37.48		
13.	Afonso Miguel Ramos	12	Fisica de Torres Vedras	**2:29.00**	+0,79	320	1,00
	50m: 32.55 32.55 100m: 1:10.37		37.82 150m: 1:49.91	39.54 200m: 2:29.00	39.09		
14.	Artur Alexandre Silva	11	20Km de Almeirim	**2:29.83**	+0,92	315	-
	50m: 35.00 35.00 100m: 1:13.70		38.70 150m: 1:52.97	39.27 200m: 2:29.83	36.86		
15.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	**2:32.84**	+0,74	297	-
	50m: 35.54 35.54 100m: 1:13.82		38.28 150m: 1:53.74	39.92 200m: 2:32.84	39.10		
16.	Tomas Alves Rocha	11	Pimpoes/Cimai	**2:35.13**	+0,72	284	-
	50m: 35.97 35.97 100m: 1:15.52		39.55 150m: 1:55.87	40.35 200m: 2:35.13	39.26		
17.	Duarte Tomas Prudencio	13	Fisica de Torres Vedras	**2:39.31**		262	-
	50m: 37.03 37.03 100m: 1:18.63		41.60 150m: 2:00.39	41.76 200m: 2:39.31	38.92		
18.	Gabriel Antonio Marques	11	Nautico Abrantes	**2:41.24**	+0,79	253	-
	50m: 36.65 36.65 100m: 1:18.17		41.52 200m: 2:41.24	1:23.07			
19.	Rafael Ferreira Santos	13	Fisica de Torres Vedras	**2:41.58**		251	-
	50m: 37.68 37.68 100m: 1:18.34		40.66 150m: 2:00.94	42.60 200m: 2:41.58	40.64		
20.	Salvador Miguel Silva	11	Viver Santarem	**2:41.62**		251	-
	50m: 36.71 36.71 100m: 1:17.30		40.59 150m: 2:01.99	44.69 200m: 2:41.62	39.63		
21.	Tomas Miguel Madeira	13	20Km de Almeirim	**2:42.54**		247	-
	50m: 37.56 37.56 100m: 1:19.90		42.34 150m: 2:03.54	43.64 200m: 2:42.54	39.00		
22.	Vicente Manuel Nunes	13	Nautico Salvaterra Magos	**2:42.95**	+0,74	245	-
	50m: 38.17 38.17 100m: 1:19.69		41.52 150m: 2:02.05	42.36 200m: 2:42.95	40.90		
23.	Tomas Nunes Nogueira	12	Desportivo de Mora	**2:44.41**	+0,52	238	-
	50m: 36.70 36.70 100m: 1:18.98		42.28 150m: 2:02.46	43.48 200m: 2:44.41	41.95		
24.	Guilherme Ferreira Leitao	10	Viver Santarem	**2:45.15**	+0,98	235	-
	50m: 37.70 37.70 100m: 1:20.45		42.75 150m: 2:05.20	44.75 200m: 2:45.15	39.95		
25.	Joao Maria Tempero	12	Pimpoes/Cimai	**2:46.39**	+0,83	230	-
	50m: 38.80 38.80 100m: 1:22.17		43.37 150m: 2:03.80	41.63 200m: 2:46.39	42.59		
26.	Bruno Estanqueiro Lopes	13	Torres Novas	**2:52.25**	+0,94	207	-
	100m: 1:24.97 1:24.97 200m: 2:52.25		1:27.28				
27.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	**2:56.61**	+0,74	192	-
	50m: 40.09 40.09 100m: 1:26.86		46.77 150m: 2:15.93	49.07 200m: 2:56.61	40.68		
28.	Afonso Gil Campos	13	CLAC-Entroncamento	**3:12.62**		148	-
	50m: 43.95 43.95 100m: 1:33.22		49.27 150m: 2:24.45	51.23 200m: 3:12.62	48.17		
DNS	Rodrigo Miranda Rosa	12	Uniao Samorense				-
WDR	Guilherme Martins Conceicao	10	Viver Santarem				-
WDR	Francisco Maria Dias	11	Viver Santarem				-

Prova 10, Masc., 200m Livres

EXH	Rodrigo Miguel Alcobia	11	S10	NataÃ§Ã£o Ferreira do Zezere	**2:43.45**	+0,95	243	-					
	50m:	36.44	36.44	100m:	1:17.98	41.54	150m:	2:01.65	43.67	200m:	2:43.45	41.80	

Prova 11 — Femin., 400m Livres — Absoluto
07/03/2026 - 11:15 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	**4:53.12**	+0,82	517	14,00
	50m: 32.71 32.71	150m: 1:45.60	37.57	250m: 3:01.23	38.07	350m: 4:16.84	37.87
	100m: 1:08.03 35.32	200m: 2:23.16	37.56	300m: 3:38.97	37.74	400m: 4:53.12	36.28
2.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	**4:57.87**	+0,72	493	12,00
	50m: 33.06 33.06	150m: 1:47.31	38.28	250m: 3:04.81	38.93	350m: 4:21.50	38.20
	100m: 1:09.03 35.97	200m: 2:25.88	38.57	300m: 3:43.30	38.49	400m: 4:57.87	36.37
3.	Maria Leonor Lopes	10	Torres Novas	**5:10.17**	+0,78	437	11,00
	100m: 1:14.36 1:14.36	200m: 2:33.21	1:18.85	300m: 3:52.40	1:19.19	400m: 5:10.17	1:17.77
4.	Rita Balsa Alves	12	BUZIOS-Coruche	**5:12.97**		425	10,00
	50m: 35.86 35.86	150m: 1:55.00	40.24	250m: 3:15.24	40.30	350m: 4:34.93	39.51
	100m: 1:14.76 38.90	200m: 2:34.94	39.94	300m: 3:55.42	40.18	400m: 5:12.97	38.04
5.	Rita Gomes Valentim	12	Torres Novas	**5:20.85**	+0,75	394	9,00
	50m: 35.58 35.58	150m: 1:57.77	41.91	250m: 3:19.26	40.81	350m: 4:23.99	22.92
	100m: 1:15.86 40.28	200m: 2:38.45	40.68	300m: 4:01.07	41.81	400m: 5:20.85	56.86
6.	Telma Filipa Magalhaes	12	Fisica de Torres Vedras	**5:22.52**	+0,63	388	8,00
	50m: 35.98 35.98	150m: 1:57.64	40.98	250m: 3:21.27	41.94	350m: 4:43.49	40.66
	100m: 1:16.66 40.68	200m: 2:39.33	41.69	300m: 4:02.83	41.56	400m: 5:22.52	39.03
7.	Joana Teixeira Viana	97	CLAC-Entroncamento	**5:36.30**	+0,97	342	7,00
	50m: 36.45 36.45	150m: 1:58.50	42.15	250m: 3:26.35	43.82	350m: 4:54.39	43.93
	100m: 1:16.35 39.90	200m: 2:42.53	44.03	300m: 4:10.46	44.11	400m: 5:36.30	41.91
8.	Carolina Reis Lopes	11	Torres Novas	**5:39.57**	+0,81	333	6,00
	50m: 39.43 39.43	150m: 2:06.37	43.64	250m: 3:32.78	43.46	350m: 4:58.40	42.06
	100m: 1:22.73 43.30	200m: 2:49.32	42.95	300m: 4:16.34	43.56	400m: 5:39.57	41.17
9.	Ana Leonor Lopes	12	Rio Maior	**5:48.94**	+0,73	306	5,00
	50m: 36.62 36.62	150m: 2:04.45	45.03	250m: 3:37.00	45.83	350m: 5:06.72	44.29
	100m: 1:19.42 42.80	200m: 2:51.17	46.72	300m: 4:22.43	45.43	400m: 5:48.94	42.22
10.	Maria Carolina Fidalgo	13	Viver Santarem	**5:58.90**		282	4,00
	50m: 41.09 41.09	150m: 2:12.90	46.60	250m: 3:45.58	45.97	350m: 5:16.52	44.68
	100m: 1:26.30 45.21	200m: 2:59.61	46.71	300m: 4:31.84	46.26	400m: 5:58.90	42.38
11.	Marta Bento Ferreira	13	Viver Santarem	**6:02.67**		273	3,00
	50m: 40.99 40.99	150m: 2:13.11	46.49	250m: 3:48.28	47.48	350m: 5:22.35	46.78
	100m: 1:26.62 45.63	200m: 3:00.80	47.69	300m: 4:35.57	47.29	400m: 6:02.67	40.32
12.	Beatriz Isabel Moura	11	Nautico Abrantes	**6:06.60**		264	2,00
	50m: 40.73 40.73	150m: 2:15.14	47.61	250m: 3:50.22	47.39	350m: 5:23.72	45.94
	100m: 1:27.53 46.80	200m: 3:02.83	47.69	300m: 4:37.78	47.56	400m: 6:06.60	42.88
13.	Ines Santos Pina	12	CLAC-Entroncamento	**6:07.09**	+0,86	263	1,00
	50m: 41.59 41.59	150m: 2:15.53	47.39	250m: 3:50.62	47.44	350m: 5:24.33	46.17
	100m: 1:28.14 46.55	200m: 3:03.18	47.65	300m: 4:38.16	47.54	400m: 6:07.09	42.76
14.	Madalena Bras Salgado	10	Viver Santarem	**6:10.43**	+0,89	256	-
	50m: 41.00 41.00	150m: 2:15.63	48.50	250m: 3:51.08	47.74	350m: 5:25.14	46.94
	100m: 1:27.13 46.13	200m: 3:03.34	47.71	300m: 4:38.20	47.12	400m: 6:10.43	45.29

Prova 12 | Femin., 4 x 50m Estilos | Absoluto
07/03/2026 - 11:35 | Resultados

Pontos: AQUA 2025

Lugar		Cod		Clube	Tempo Final		TReac	Pts FINA	Pts
1.	Torres Novas 1			Torres Novas	**2:08.28**		+0,70	557	14,00
	Rafaela Ferreira Mendes	08	+0,70	30.27	Maria Madalena Monteiro	08	+0,30	33.13	
	Clara Santos Madureira	11		35.82	Rita Gomes Valentim	12		29.06	
2.	Rio Maior 1			Rio Maior	**2:17.54**		+0,73	451	12,00
	Beatriz Peguinho Simoes	10	+0,73	33.90	Lia Pereira Lopes	09		33.11	
	Leonor Marques Carvalho	09		39.97	Lara Paixao Silva	10		30.56	
3.	BUZIOS-Coruche 1			BUZIOS-Coruche	**2:18.03**		+0,79	447	11,00
	Matilde Casimiro Bibi	12	+0,79	34.58	Leonor Sombreireiro Martins	10	+0,62	32.22	
	Alicia Lopes Deep	12		41.70	Sofia Barroca Pereira	11		29.53	
4.	Pimpoes/Cimai 1			Pimpoes/Cimai	**2:22.60**		+0,67	405	10,00
	Maria Leonor Assuncao	12	+0,67	37.86	Laura Krempel Varela	12	+0,52	32.76	
	Julia Pinto Pinheiro	12		41.53	Benedita Nunes Felix	12		30.45	
5.	CLAC-Entroncamento 1			CLAC-Entroncamento	**2:29.00**		+0,67	355	9,00
	Carolina Cupertino Marchante	09	+0,67	42.25	Matilde Abelho Vaz	12	+0,52	35.34	
	Marta Chambel Dias	02		37.09	Joana Teixeira Viana	97		34.32	
6.	Viver Santarem 1			Viver Santarem	**2:33.31**		+0,85	326	8,00
	Maria Amelia Torres	13	+0,85	36.86	Maria Eduarda Parente	10		34.55	
	Marta Bento Ferreira	13		48.05	Lara Alberto Januario	12		33.85	
7.	Nautico Abrantes 1			Nautico Abrantes	**2:41.81**		+0,66	277	7,00
	Ines Silva Lima	09	+0,66	39.68	Beatriz Isabel Moura	11	+0,83	41.17	
	Maria Ines Campos	09		46.48	Maria Francisca Pinheiro	12		34.48	

Prova 13 | Masc., 4 x 50m Livres | Absoluto
07/03/2026 - 11:40 | Resultados

Pontos: AQUA 2025

Lugar		Cod		Clube	Tempo Final		TReac	Pts FINA	Pts
1.	Rio Maior 1			Rio Maior	**1:43.71**		+0,69	556	14,00
	Pedro Morgado Costa	09	+0,69	26.44	Tiago Frazao Barra	10		27.26	
	David Alberto Padre	08		25.15	Enzo Miguel Anjos	08		24.86	
2.	Torres Novas 1			Torres Novas	**1:46.63**		+0,50	512	12,00
	Duarte Moura Mendes	11	+0,50	26.85	Lourenco Vicente Geada	10		27.99	
	Simao Pedro Oliveira	07		26.70	Afonso Bernardo Evaristo	08		25.09	
3.	BUZIOS-Coruche 1			BUZIOS-Coruche	**1:49.28**		+0,71	475	11,00
	David Filipe Pacheco	10	+0,71	27.60	Artur Rafael Saramago	97	+0,31	25.41	
	Tomas Alexandre Santos	07		27.67	Heliodoro Joao Sombreireiro	11		28.60	
4.	Nautico Abrantes 2			Nautico Abrantes	**1:51.46**			448	10,00
	Francisco Manuel Cadete	10		26.97	Diogo Chambel Santos	11		28.99	
	Dinis Maria Garcia	09		28.30	Miguel Silva Lima	09		27.20	
5.	CLAC-Entroncamento 1			CLAC-Entroncamento	**1:53.64**		+0,76	423	9,00
	Miguel Ferreira Cruz	08	+0,76	28.66	Gabriel Sa Chambel	09	+0,38	26.94	
	Joao Pedro Rosa	90		27.89	Bernardo Marques Fernandes	07		30.15	
6.	Nautico Salvaterra Magos 1			Nautico Salvaterra Magos	**2:02.15**		+0,68	340	8,00
	Luis Suissas Rato	09	+0,68	26.77	Salvador Martim Quiterio	13	+0,56	34.31	
	Vicente Manuel Nunes	13		32.90	Guilherme Gomes Nunes	10		28.17	
7.	20Km de Almeirim 1			20Km de Almeirim	**2:03.36**		+0,74	330	7,00
	Santiago Raposo Fernandes	12	+0,74	30.94	Artur Alexandre Silva	11	+0,63	32.26	
	Lourenco Filipe Costa	12		32.84	Manuel Maria Moniz	11		27.32	

Prova 13, Masc., 4 x 50m Livres, Absoluto

Lugar		Cod		Clube		Tempo Final	TReac	Pts FINA	Pts
8.	Viver Santarem 2			Viver Santarem		**2:11.38**	+0,80	273	6,00
	Francisco Maria Dias	11	+0,80	31.01	Salvador Miguel Silva	11	+0,26	33.94	
	Martim Silva Bernardo	12		34.65	Guilherme Ferreira Leitao	10		31.78	
DSQ	Fisica de Torres Vedras 1			Fisica de Torres Vedras					-
	SW 10.11 - Rendição antecipada do(a) 3 nadador(a)								
	Rafael Ferreira Santos, Maksym Kravchuk, Daniel Dias Miranda, Hernani Marques Dias								
DNS	Natacao do Tejo 1			Natacao do Tejo					-

2 - 2ª SESSÃO 07/03/2026 - 15:30

Prova 14 — Masc., 100m Livres — Absoluto
07/03/2026 - 15:30 — Resultados

Recordes Nacionais 50m Open	47.98	Diogo Matos Ribeiro	SLB	Funchal	31/03/2023
Recordes Nacionais 50m Sen	47.98	Diogo Matos Ribeiro	SLB	Funchal	31/03/2023
Recordes Nacionais 50m 18	48.52	Diogo Matos Ribeiro	POR	Roma (ITA)	12/08/2022
Recordes Nacionais 50m 17	49.34	Diogo Matos Ribeiro	POR	Rome (ITA)	07/07/2021
Recordes Nacionais 50m Juv A	52.10	Tiago Andre Venancio	POR	Paris (FRA)	28/07/2003
Recordes Nacionais 50m Juv B	52.43	Rodolfo Junior Alecrim	POR	Skopje (MKD)	23/07/2025
Recordes Nacionais 50m Inf A	55.53	David Miguel Ferro	SFUAP	Campanhã	26/07/1998
Recordes Nacionais 50m Inf B	58.09	Rodolfo Junior Alecrim	ADBA	Coimbra	08/07/2023
Rec Nac Adaptada 50m S1	3:22.00	Joao Martins	APCL	Lisboa	17/06/2000
Rec Nac Adaptada 50m S2	2:41.51	Joao Alexandre Pina	GESL	Vila Franca de Xira	05/03/2016
Rec Nac Adaptada 50m S3	2:18.92	Tiago Manuel Silva	CLAC	Rio Maior	15/03/2025
Rec Nac Adaptada 50m S4	1:44.83	Rui Manuel Pedroso	POR	Atlanta (USA)	28/09/1996
Rec Nac Adaptada 50m S5	1:26.11	Ivo Filipe Rocha	POR	Sheffield (GBR)	18/03/2023
Rec Nac Adaptada 50m S6	1:09.87	Daniel Carlos Videira	POR	Dublin (IRL)	19/08/2018
Rec Nac Adaptada 50m S7	1:13.12	Ricardo Aderneira Soares	GESL	Vila Franca de Xira	30/06/2024
Rec Nac Adaptada 50m S8	1:02.52	Diogo Luis Cancela	ALN	Campanha	09/04/2022
Rec Nac Adaptada 50m S9	57.41	Gino Santos Caetano	POR	Londres (GBR)	09/09/2019
Rec Nac Adaptada 50m S10	56.94	Gino Santos Caetano	CGA	Coimbra	30/03/2017
Rec Nac Adaptada 50m S11	1:00.19	Marco Ribeiro Meneses	POR	Funchal	25/04/2024
Rec Nac Adaptada 50m S12	1:13.51	Joao Tanica Cruz	PDEM	Vila Franca de Xira	21/05/2023
Rec Nac Adaptada 50m S13	59.51	Vitor Hugo Encarnacao	POR	Eindhoven (NED)	09/08/2014
Rec Nac Adaptada 50m S14	1:00.13	Enzo Dylan Messence	FCF	Coimbra	15/06/2025
Rec Nac Adaptada 50m S15	55.31	Tiago Correia Neves	CFB	Coimbra	18/03/2018
Rec Nac Adaptada 50m S16	1:00.48	Andre Camara Jorge	POR	Newcastle (GBR)	20/08/2019
Rec Nac Adaptada 50m S17	1:08.17	Joaquim Eduardo Carvalho	CNF	Funchal	01/03/2025
Rec Nac Adaptada 50m S21	1:06.02	Vicente Barros Pereira	POR	Antalya (TUR)	21/03/2024

Pontos: AQUA 2025

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Alberto Padre	08		Rio Maior	**54.83**	+0,58	606	14,00
	50m: 27.17 27.17	100m: 54.83	27.66					
2.	Enzo Miguel Anjos	08		Rio Maior	**55.24**	+0,65	592	12,00
	50m: 26.65 26.65	100m: 55.24	28.59					
3.	Pedro Morgado Costa	09		Rio Maior	**56.92**		541	11,00
	50m: 27.47 27.47	100m: 56.92	29.45					
4.	Artur Rafael Saramago	97		BUZIOS-Coruche	**57.29**	+0,75	531	10,00
5.	Luis Suissas Rato	09		Nautico Salvaterra Magos	**59.75**	+0,73	468	9,00
	50m: 28.88 28.88	100m: 59.75	30.87					
6.	Manuel Maria Moniz	11		20Km de Almeirim	**1:00.55**	+0,82	449	8,00
	50m: 29.34 29.34	100m: 1:00.55	31.21					
7.	Miguel Silva Lima	09		Nautico Abrantes	**1:01.01**	+0,68	439	7,00
	50m: 28.91 28.91	100m: 1:01.01	32.10					
8.	Guilherme Gomes Nunes	10		Nautico Salvaterra Magos	**1:01.88**	+0,79	421	6,00
	50m: 29.72 29.72	100m: 1:01.88	32.16					

Prova 14, Masc., 100m Livres, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Francisco Manuel Cadete	10	Nautico Abrantes	**1:02.01**	+0,72	418	5,00
	50m: 28.67 28.67	100m: 1:02.01	33.34				
10.	Antonio Francisco Rouxinol	11	BUZIOS-Coruche	**1:04.72**	+0,72	368	4,00
11.	Salvador Henrique Vieira	12	Torres Novas	**1:05.48**	+0,77	355	3,00
	50m: 31.85 31.85	100m: 1:05.48	33.63				
12.	Heliodoro Joao Sombreireiro	11	BUZIOS-Coruche	**1:07.22**	+0,56	328	2,00
	50m: 31.48 31.48	100m: 1:07.22	35.74				
13.	Gabriel Mocanu	12	Uniao Samorense	**1:08.15**	+0,73	315	1,00
	50m: 32.24 32.24	100m: 1:08.15	35.91				
14.	Rodrigo Manuel Alegria	13	Torres Novas	**1:09.53**	+0,81	297	-
	50m: 32.24 32.24	100m: 1:09.53	37.29				
15.	Bernardo Margarido Miranda	12	Nautico Abrantes	**1:11.34**	+0,75	275	-
	50m: 34.49 34.49	100m: 1:11.34	36.85				
16.	Miguel Tomas Amaral	08	Natacao do Tejo	**1:12.13**	+0,73	266	-
	50m: 33.91 33.91	100m: 1:12.13	38.22				
17.	Duarte Tomas Prudencio	13	Fisica de Torres Vedras	**1:13.38**	+0,78	252	-
	50m: 36.19 36.19	100m: 1:13.38	37.19				
18.	Tomas Nunes Nogueira	12	Desportivo de Mora	**1:13.39**	+0,64	252	-
	50m: 34.24 34.24	100m: 1:13.39	39.15				
19.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	**1:14.10**	+0,58	245	-
	50m: 36.12 36.12	100m: 1:14.10	37.98				
20.	Afonso Tomas Antunes	11	Natacao do Tejo	**1:15.37**		233	-
	50m: 37.00 37.00	100m: 1:15.37	38.37				
21.	Guilherme Ferreira Leitao	10	Viver Santarem	**1:16.39**	+0,91	224	-
	50m: 36.10 36.10	100m: 1:16.39	40.29				
22.	Joao Maria Tempero	12	Pimpoes/Cimai	**1:16.80**	+0,72	220	-
	50m: 36.81 36.81	100m: 1:16.80	39.99				
23.	Daniel Dias Miranda	13	Fisica de Torres Vedras	**1:18.56**	+0,67	206	-
	50m: 37.41 37.41	100m: 1:18.56	41.15				
24.	Eduardo Agostinho Duque	13	20Km de Almeirim	**1:19.31**	+0,95	200	-
	50m: 38.60 38.60	100m: 1:19.31	40.71				
25.	Xavier Conceicao Fernandes	12	Fisica de Torres Vedras	**1:21.34**	+0,93	185	-
	50m: 38.84 38.84	100m: 1:21.34	42.50				
26.	Afonso Gil Campos	13	CLAC-Entroncamento	**1:22.65**	+0,84	176	-
	50m: 39.39 39.39	100m: 1:22.65	43.26				
27.	Leonardo Del Sasso Cebrian	13	20Km de Almeirim	**1:26.48**		154	-
	50m: 40.02 40.02	100m: 1:26.48	46.46				
DNS	Diogo Rodrigues Gomes	09	Natacao do Tejo				-
WDR	Martim Maria Salvador	11	Nautico Salvaterra Magos				-
EXH	Tiago Manuel Silva	05 S3A,1,3,5,1	CLAC-Entroncamento	**2:25.85**		32	-
	50m: 1:07.87 1:07.87	100m: 2:25.85	1:17.98				

Prova 15 | Femin., 100m Mariposa | Absoluto
07/03/2026 - 15:40 | Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	**1:04.98**	+0,82	612	14,00
	50m: 30.67 30.67	100m: 1:04.98	34.31				
2.	Maria Madalena Monteiro	08	Torres Novas	**1:16.11**	+0,77	381	12,00
	50m: 34.61 34.61	100m: 1:16.11	41.50				
3.	Laura Krempel Varela	12	Pimpoes/Cimai	**1:16.19**		379	11,00
	50m: 36.22 36.22	100m: 1:16.19	39.97				
4.	Telma Filipa Magalhaes	12	Fisica de Torres Vedras	**1:16.83**		370	10,00
	50m: 36.88 36.88	100m: 1:16.83	39.95				
5.	Catarina Isabel Carlota	05	BUZIOS-Coruche	**1:20.38**	+0,82	323	9,00
	50m: 35.74 35.74	100m: 1:20.38	44.64				
6.	Catarina Isabel Galvao	09	BUZIOS-Coruche	**1:21.34**	+0,92	312	8,00
	50m: 37.83 37.83	100m: 1:21.34	43.51				
7.	Guiomar Dionisio Carreira	12	Pimpoes/Cimai	**1:22.86**		295	7,00
	50m: 38.02 38.02	100m: 1:22.86	44.84				
8.	Ines Pinto Martins	12	Pimpoes/Cimai	**1:22.93**		294	6,00
	50m: 40.06 40.06	100m: 1:22.93	42.87				
9.	Alicia Lopes Deep	12	BUZIOS-Coruche	**1:23.65**		287	5,00
	50m: 37.90 37.90	100m: 1:23.65	45.75				
10.	Lia Pereira Lopes	09	Rio Maior	**1:23.84**	+0,72	285	4,00
	50m: 34.24 34.24	100m: 1:23.84	49.60				
11.	Margarida Pinho Formigo	11	Torres Novas	**1:24.34**		280	3,00
	50m: 39.14 39.14	100m: 1:24.34	45.20				
12.	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos	**1:25.98**		264	2,00
	50m: 39.55 39.55	100m: 1:25.98	46.43				
13.	Maria Carolina Fidalgo	13	Viver Santarem	**1:31.07**		222	1,00
	50m: 44.55 44.55	100m: 1:31.07	46.52				
14.	Catarina Leonor Pereira	11	CLAC-Entroncamento	**1:33.86**		203	-
	50m: 43.60 43.60	100m: 1:33.86	50.26				
15.	Ines Santos Pina	12	CLAC-Entroncamento	**1:34.14**		201	-
16.	Madalena D'Eca Bispo	13	Fisica de Torres Vedras	**1:35.80**		191	-
	50m: 42.46 42.46	100m: 1:35.80	53.34				
17.	Beatriz Isabel Moura	11	Nautico Abrantes	**1:38.14**		177	-
	50m: 44.17 44.17	100m: 1:38.14	53.97				
18.	Lara Alberto Januario	12	Viver Santarem	**1:39.56**		170	-
	50m: 45.83 45.83	100m: 1:39.56	53.73				
19.	Mafalda Ines Martinho	13	CLAC-Entroncamento	**1:47.35**		135	-
	50m: 51.40 51.40	100m: 1:47.35	55.95				

Prova 16 | Masc., 200m Mariposa | Absoluto
07/03/2026 - 15:45 | Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10	BUZIOS-Coruche	**2:17.78**	+0,73	513	14,00
	50m: 30.23 30.23	100m: 1:05.29	35.06 150m: 1:41.78	36.49 200m: 2:17.78	36.00		
2.	Daniel Filipe Jorge	10	Rio Maior	**2:29.22**	+0,66	404	12,00
	50m: 31.59 31.59	100m: 1:08.46	36.87 150m: 1:47.58	39.12 200m: 2:29.22	41.64		
3.	Artur Alexandre Silva	11	20Km de Almeirim	**2:38.03**		340	11,00
	50m: 34.14 34.14	100m: 1:15.49	41.35 150m: 1:56.62	41.13 200m: 2:38.03	41.41		
4.	Leonardo Gomes Silva	08	Rio Maior	**2:40.81**	+0,66	323	10,00
	50m: 33.65 33.65	100m: 1:12.95	39.30 150m: 1:55.13	42.18 200m: 2:40.81	45.68		
5.	Joao Pedro Rosa	90	CLAC-Entroncamento	**2:45.01**	+0,92	298	9,00
	50m: 35.79 35.79	100m: 1:16.15	40.36 150m: 2:01.01	44.86 200m: 2:45.01	44.00		
6.	Andre Guilherme Anastacio	10	Nautico Abrantes	**2:45.44**	+0,63	296	8,00
	50m: 35.85 35.85	100m: 1:15.95	40.10 150m: 1:59.41	43.46 200m: 2:45.44	46.03		
7.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	**2:59.21**		233	7,00
	50m: 38.18 38.18	100m: 1:22.70	44.52 150m: 2:11.68	48.98 200m: 2:59.21	47.53		
8.	Goncalo Pato Mateus	13	Uniao Samorense	**3:02.26**	+0,71	221	6,00
	50m: 37.00 37.00	100m: 1:21.84	44.84 150m: 2:11.91	50.07 200m: 3:02.26	50.35		
9.	Matias Rafael Pacheco	12	BUZIOS-Coruche	**3:02.37**	+0,86	221	5,00
	50m: 40.01 40.01	100m: 1:27.21	47.20 150m: 2:16.89	49.68 200m: 3:02.37	45.48		
10.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	**3:03.06**	+0,67	218	4,00
	100m: 1:29.05 1:29.05	200m: 3:03.06	1:34.01				
11.	Tomas Miguel Madeira	13	20Km de Almeirim	**3:19.21**		169	3,00
	50m: 39.04 39.04	100m: 1:35.86	56.82 150m: 2:13.43	37.57 200m: 3:19.21	1:05.78		
12.	Salvador Miguel Silva	11	Viver Santarem	**3:20.35**		167	2,00
	50m: 43.60 43.60	100m: 1:34.82	51.22 150m: 2:30.03	55.21 200m: 3:20.35	50.32		
DNS	Rodrigo Miranda Rosa	12	Uniao Samorense				-

Prova 17 | Femin., 100m Bruços | Absoluto
07/03/2026 - 15:55 | Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	**1:19.58**	+0,54	523	14,00
	50m: 37.33 37.33	100m: 1:19.58	42.25				
2.	Marta Chambel Dias	02	CLAC-Entroncamento	**1:23.32**	+0,80	455	12,00
	50m: 40.42 40.42	100m: 1:23.32	42.90				
3.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	**1:25.43**		423	11,00
	50m: 40.04 40.04	100m: 1:25.43	45.39				
4.	Leonor Marques Carvalho	09	Rio Maior	**1:30.32**	+0,64	357	10,00
	50m: 43.74 43.74	100m: 1:30.32	46.58				
5.	Mariana Freitas Mota	11	Torres Novas	**1:30.53**	+0,79	355	9,00
	50m: 44.06 44.06	100m: 1:30.53	46.47				
6.	Carolina Reis Lopes	11	Torres Novas	**1:30.60**	+0,89	354	8,00
	50m: 43.74 43.74	100m: 1:30.60	46.86				
7.	Julia Pinto Pinheiro	12	Pimpoes/Cimai	**1:31.07**	+0,96	349	7,00
	50m: 44.39 44.39	100m: 1:31.07	46.68				

Prova 17, Femin., 100m Bruços, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Alicia Lopes Deep	12	BUZIOS-Coruche	**1:31.66**	+0,72	342	6,00
	50m: 42.83 42.83 100m: 1:31.66 48.83						
9.	Lara Paixao Silva	10	Rio Maior	**1:32.26**	+0,84	335	5,00
	50m: 43.93 43.93 100m: 1:32.26 48.33						
10.	Matilde Abelho Vaz	12	CLAC-Entroncamento	**1:32.73**		330	4,00
	50m: 44.87 44.87 100m: 1:32.73 47.86						
11.	Marta Costa Soares	12	Uniao Samorense	**1:32.76**	+0,83	330	3,00
	50m: 43.97 43.97 100m: 1:32.76 48.79						
12.	Rita Lino Ferreira	11	BUZIOS-Coruche	**1:34.29**	+0,81	314	2,00
	50m: 45.51 45.51 100m: 1:34.29 48.78						
13.	Diana Marques Maquilao	12	Nautico Salvaterra Magos	**1:35.04**		307	1,00
	50m: 45.22 45.22 100m: 1:35.04 49.82						
14.	Maria Francisca Pinheiro	12	Nautico Abrantes	**1:36.12**	+0,89	296	-
	50m: 46.46 46.46 100m: 1:36.12 49.66						
15.	Mariana Beatriz Goncalves	13	Uniao Samorense	**1:39.42**	+0,57	268	-
	50m: 47.78 47.78 100m: 1:39.42 51.64						
16.	Marta Bento Ferreira	13	Viver Santarem	**1:42.43**		245	-
	50m: 49.22 49.22 100m: 1:42.43 53.21						
17.	Maria Ines Campos	09	Nautico Abrantes	**1:43.80**	+0,72	235	-
	50m: 50.34 50.34 100m: 1:43.80 53.46						
18.	Madalena Bras Salgado	10	Viver Santarem	**1:45.76**	+0,85	222	-
	50m: 49.58 49.58 100m: 1:45.76 56.18						
19.	Ana Francisca Querido	12	Pimpoes/Cimai	**1:46.02**	+0,83	221	-
	50m: 50.38 50.38 100m: 1:46.02 55.64						
DNS	Matilde Peixoto Amado	13	Natacao do Tejo				-
DNS	Catarina Maria Fragoso	07	Viver Santarem				-
DNS	Eva Alexandra Coutinho	09	Peso da Regua				-
DNS	Benedita Nunes Felix	12	Pimpoes/Cimai				-

Prova 18 — Masc., 200m Bruços — Absoluto
07/03/2026 - 16:00 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Dinis Maria Garcia	09	Nautico Abrantes	**2:40.69**	+0,65	476	14,00
	50m: 36.49 36.49 100m: 1:17.71 41.22 150m: 1:59.47 41.76 200m: 2:40.69 41.22						
2.	Guilherme Pereira Sousa	12	Fisica de Torres Vedras	**2:50.41**	+0,48	399	12,00
	50m: 37.32 37.32 100m: 1:21.24 43.92 150m: 2:05.41 44.17 200m: 2:50.41 45.00						
3.	Guilherme Martins Conceicao	10	Viver Santarem	**2:56.95**	+0,77	356	11,00
	50m: 40.19 40.19 100m: 1:24.14 43.95 150m: 2:11.39 47.25 200m: 2:56.95 45.56						
4.	Martim Miguel Santos	11	Rio Maior	**3:00.85**	+0,70	334	10,00
	50m: 40.21 40.21 100m: 1:28.14 47.93 150m: 2:14.15 46.01 200m: 3:00.85 46.70						
5.	Martim Silva Oliveira	08	Torres Novas	**3:03.06**		322	9,00
	50m: 41.62 41.62 100m: 1:26.22 44.60 150m: 2:14.40 48.18 200m: 3:03.06 48.66						
6.	Lourenco Filipe Gomes	13	Fisica de Torres Vedras	**3:04.15**	+0,93	316	8,00
	50m: 42.34 42.34 100m: 1:31.39 49.05 150m: 2:19.32 47.93 200m: 3:04.15 44.83						
7.	Tomas Alexandre Santos	07	BUZIOS-Coruche	**3:10.13**	+0,98	287	7,00
	50m: 39.94 39.94 100m: 1:27.86 47.92 150m: 2:07.66 39.80 200m: 3:10.13 1:02.47						

Prova 18, Masc., 200m Bruços, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Santiago Raposo Fernandes	12	20Km de Almeirim	**3:10.50**	+0,77	285	6,00
	50m: 42.55 (42.55) 100m: 1:29.77 (47.22) 150m: 2:21.31 (51.54) 200m: 3:10.50 (49.19)						
9.	Tomas Alves Rocha	11	Pimpoes/Cimai	**3:10.52**	+0,69	285	5,00
	50m: 42.95 (42.95) 100m: 1:31.97 (49.02) 150m: 2:21.82 (49.85) 200m: 3:10.52 (48.70)						
10.	Roberto Bento Canas	12	Pimpoes/Cimai	**3:12.81**	+0,99	275	4,00
	50m: 43.43 (43.43) 100m: 1:33.58 (50.15) 150m: 2:24.05 (50.47) 200m: 3:12.81 (48.76)						
11.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	**3:13.26**	+0,71	273	3,00
	50m: 44.15 (44.15) 100m: 1:33.01 (48.86) 150m: 2:23.69 (50.68) 200m: 3:13.26 (49.57)						
12.	Vicente Manuel Nunes	13	Nautico Salvaterra Magos	**3:15.12**	+0,51	265	2,00
	50m: 44.23 (44.23) 100m: 1:33.08 (48.85) 150m: 2:24.38 (51.30) 200m: 3:15.12 (50.74)						
13.	Diogo Chambel Santos	11	Nautico Abrantes	**3:16.37**	+0,76	260	1,00
	50m: 44.75 (44.75) 100m: 1:35.44 (50.69) 150m: 2:26.37 (50.93) 200m: 3:16.37 (50.00)						
14.	Santiago Martins Magalhaes	11	Torres Novas	**3:17.05**	+0,73	258	-
	50m: 44.87 (44.87) 100m: 1:35.53 (50.66) 150m: 2:26.57 (51.04) 200m: 3:17.05 (50.48)						
15.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	**3:25.81**	+0,62	226	-
	50m: 48.40 (48.40) 100m: 1:40.82 (52.42) 150m: 2:33.78 (52.96) 200m: 3:25.81 (52.03)						
16.	Lourenco Filipe Costa	12	20Km de Almeirim	**3:29.33**		215	-
	50m: 48.46 (48.46) 100m: 1:42.22 (53.76) 150m: 2:34.70 (52.48) 200m: 3:29.33 (54.63)						
17.	Hugo Santos Carapeto	13	Nautico Abrantes	**3:31.94**	+0,85	207	-
	50m: 49.01 (49.01) 100m: 1:43.40 (54.39) 150m: 2:38.84 (55.44) 200m: 3:31.94 (53.10)						
18.	Antonio Francisco Rouxinol	11	BUZIOS-Coruche	**3:34.04**		201	-
	50m: 47.87 (47.87) 100m: 1:41.63 (53.76) 150m: 2:39.65 (58.02) 200m: 3:34.04 (54.39)						
19.	Maksym Kravchuk	13	Fisica de Torres Vedras	**3:39.71**	+0,61	186	-
	50m: 49.79 (49.79) 100m: 1:46.36 (56.57) 150m: 2:44.34 (57.98) 200m: 3:39.71 (55.37)						
20.	Eduardo Agostinho Duque	13	20Km de Almeirim	**3:43.52**		176	-
	50m: 48.95 (48.95) 100m: 1:47.28 (58.33) 150m: 2:47.34 (1:00.06) 200m: 3:43.52 (56.18)						
21.	Martim Moura Lopes	13	Torres Novas	**3:48.28**	+0,65	166	-
	50m: 52.23 (52.23) 100m: 1:49.76 (57.53) 150m: 2:49.30 (59.54) 200m: 3:48.28 (58.98)						
22.	Martim Silva Bernardo	12	Viver Santarem	**3:51.21**	+0,74	159	-
	50m: 52.11 (52.11) 100m: 1:51.34 (59.23) 150m: 2:52.58 (1:01.24) 200m: 3:51.21 (58.63)						
23.	Afonso Gil Campos	13	CLAC-Entroncamento	**4:08.27**	+0,85	129	-
	50m: 58.59 (58.59) 100m: 2:02.07 (1:03.48) 150m: 2:47.33 (45.26) 200m: 4:08.27 (1:20.94)						
EXH	Afonso Bernardo Evaristo	08	Torres Novas	**3:11.36**	+0,65	281	-
	50m: 31.56 (31.56) 100m: 1:27.45 (55.89) 150m: 2:21.86 (54.41) 200m: 3:11.36 (49.50)						

Prova 19 — Femin., 100m Costas — Absoluto
07/03/2026 - 16:20 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Clara Santos Madureira	11	Torres Novas	**1:14.10**	+0,68	458	14,00
	50m: 36.70 (36.70) 100m: 1:14.10 (37.40)						
2.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	**1:14.99**	+0,80	442	12,00
	50m: 36.42 (36.42) 100m: 1:14.99 (38.57)						
3.	Maria Amelia Torres	13	Viver Santarem	**1:18.23**	+0,79	389	11,00
	50m: 37.98 (37.98) 100m: 1:18.23 (40.25)						

Prova 19, Femin., 100m Costas, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Maria Madalena Monteiro	08	Torres Novas	**1:18.50**	+0,84	385	10,00
	50m: 38.11 38.11	100m: 1:18.50	40.39				
5.	Laura Conde Correia	13	Torres Novas	**1:21.75**	+0,83	341	9,00
	50m: 39.75 39.75	100m: 1:21.75	42.00				
6.	Beatriz Agostinho Duque	11	20Km de Almeirim	**1:22.02**	+0,91	337	8,00
	50m: 40.05 40.05	100m: 1:22.02	41.97				
7.	Maria Eduarda Parente	10	Viver Santarem	**1:22.80**	+0,82	328	7,00
	50m: 39.27 39.27	100m: 1:22.80	43.53				
8.	Debora Sofia Santos	10	Rio Maior	**1:24.51**	+0,90	308	6,00
	50m: 40.70 40.70	100m: 1:24.51	43.81				
9.	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos	**1:24.76**	+0,68	306	5,00
	50m: 41.16 41.16	100m: 1:24.76	43.60				
10.	Rita Balsa Alves	12	BUZIOS-Coruche	**1:25.34**	+0,89	300	4,00
	50m: 41.29 41.29	100m: 1:25.34	44.05				
11.	Beatriz Cruz Figueiredo	13	Fisica de Torres Vedras	**1:25.68**	+0,68	296	3,00
12.	Ines Silva Lima	09	Nautico Abrantes	**1:26.09**	+0,85	292	2,00
13.	Mariana Santos Valentim	13	Pimpoes/Cimai	**1:28.66**	+0,75	267	1,00
	50m: 43.11 43.11	100m: 1:28.66	45.55				
14.	Iara Maria Camacho	12	Pimpoes/Cimai	**1:29.55**	+0,81	259	-
	50m: 44.38 44.38	100m: 1:29.55	45.17				
15.	Maria Pais Santos	12	BUZIOS-Coruche	**1:29.69**	+0,74	258	-
	50m: 44.05 44.05	100m: 1:29.69	45.64				
16.	Diana Morais Carlos	11	Pimpoes/Cimai	**1:29.72**	+0,92	258	-
	50m: 42.92 42.92	100m: 1:29.72	46.80				
17.	Joana Verissimo Tavares	12	CLAC-Entroncamento	**1:31.58**	+0,65	242	-
	50m: 44.62 44.62	100m: 1:31.58	46.96				
18.	Laura Sofia Graca	12	Uniao Samorense	**1:33.58**	+0,66	227	-
	50m: 46.65 46.65	100m: 1:33.58	46.93				
19.	Maria Carolina Fidalgo	13	Viver Santarem	**1:33.81**	+0,75	225	-
	50m: 47.14 47.14	100m: 1:33.81	46.67				
20.	Carolina Carneiro Vinagre	13	Desportivo de Mora	**1:35.55**	+0,81	213	-
	50m: 46.69 46.69	100m: 1:35.55	48.86				
DNS	Eduarda Mareco Machado	12	Natacao do Tejo				-

Prova 20 — Masc., 200m Costas — Absoluto
07/03/2026 - 16:25 — Resultados

Rec Nac Adaptada 50m S1	59:00.00				01/01/1800
Rec Nac Adaptada 50m S2	59:00.00				01/01/1800
Rec Nac Adaptada 50m S3	59:00.00				01/01/1800
Rec Nac Adaptada 50m S4	59:00.00				01/01/1800
Rec Nac Adaptada 50m S5	3:42.22	Luis Carlos Nascimento	FCP	Funchal	01/03/2025
Rec Nac Adaptada 50m S6	59:00.00				01/01/1800
Rec Nac Adaptada 50m S7	59:00.00				01/01/1800
Rec Nac Adaptada 50m S8	2:51.97	Diogo Luis Cancela	CNMC	Coimbra	11/07/2021
Rec Nac Adaptada 50m S9	59:00.00				01/01/1800
Rec Nac Adaptada 50m S10	59:00.00				01/01/1800
Rec Nac Adaptada 50m S11	2:26.95	Marco Ribeiro Meneses	CRASTO	Funchal	02/04/2023
Rec Nac Adaptada 50m S12	59:00.00				01/01/1800
Rec Nac Adaptada 50m S13	59:00.00				01/01/1800
Rec Nac Adaptada 50m S14	2:44.71	Andre Carreiro Ponte	CNPDL	Vila Franca de Xira	29/06/2024
Rec Nac Adaptada 50m S15	2:23.63	Tiago Correia Neves	CFB	Povoa de Varzim	12/05/2018
Rec Nac Adaptada 50m S16	59:00.00				01/01/1800
Rec Nac Adaptada 50m S17	2:57.21	Joao Afonso Conceicao	FCP	Povoa de Varzim	29/11/2025
Rec Nac Adaptada 50m S21	3:07.30	Andre Reis Almeida	POR	Antalya (TUR)	24/03/2024

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Afonso Bernardo Evaristo	08	Torres Novas	**2:19.47**	+0,70	516	14,00
	50m: 33.20 33.20	100m: 1:08.13	34.93	150m: 1:43.67	35.54	200m: 2:19.47	35.80
2.	Duarte Moura Mendes	11	Torres Novas	**2:24.99**	+0,68	459	12,00
	50m: 33.58 33.58	100m: 1:10.50	36.92	150m: 1:47.89	37.39	200m: 2:24.99	37.10
3.	Gabriel Antunes Ramos	09	Rio Maior	**2:31.32**	+0,69	404	11,00
	50m: 35.18 35.18	100m: 1:13.62	38.44	150m: 1:53.95	40.33	200m: 2:31.32	37.37
4.	Francisco Maria Dias	11	Viver Santarem	**2:33.70**	+0,72	386	10,00
	50m: 35.81 35.81	100m: 1:14.61	38.80	150m: 1:54.52	39.91	200m: 2:33.70	39.18
5.	Miguel Silva Lima	09	Nautico Abrantes	**2:37.05**	+0,70	361	9,00
	50m: 34.58 34.58	100m: 1:13.56	38.98	150m: 1:54.88	41.32	200m: 2:37.05	42.17
6.	Luis Miguel Reis	10	Rio Maior	**2:37.79**	+0,63	356	8,00
	50m: 37.35 37.35	100m: 1:17.36	40.01	150m: 1:58.54	41.18	200m: 2:37.79	39.25
7.	Gabriel Sa Chambel	09	CLAC-Entroncamento	**2:38.08**	+0,64	354	7,00
	50m: 36.31 36.31	100m: 1:16.01	39.70	150m: 1:57.56	41.55	200m: 2:38.08	40.52
8.	Francisco Manuel Cadete	10	Nautico Abrantes	**2:38.93**	+0,71	349	6,00
	50m: 36.29 36.29	100m: 1:15.44	39.15	150m: 1:56.77	41.33	200m: 2:38.93	42.16
9.	Salvador Henrique Vieira	12	Torres Novas	**2:43.91**	+0,70	318	5,00
	50m: 40.37 40.37	100m: 1:22.82	42.45	150m: 2:04.84	42.02	200m: 2:43.91	39.07
10.	Afonso Miguel Ramos	12	Fisica de Torres Vedras	**2:45.26**	+0,59	310	4,00
	50m: 38.05 38.05	100m: 1:20.61	42.56	150m: 2:04.00	43.39	200m: 2:45.26	41.26
11.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	**2:49.69**		286	3,00
	50m: 39.57 39.57	100m: 1:21.51	41.94	150m: 2:06.63	45.12	200m: 2:49.69	43.06
12.	Duarte Tomas Prudencio	13	Fisica de Torres Vedras	**2:50.28**	+0,70	283	2,00
	50m: 41.51 41.51	100m: 1:24.78	43.27	150m: 2:09.29	44.51	200m: 2:50.28	40.99
13.	Matias Rafael Pacheco	12	BUZIOS-Coruche	**2:52.31**	+0,72	274	1,00
	50m: 41.89 41.89	100m: 1:26.35	44.46	150m: 2:07.75	41.40	200m: 2:52.31	44.56
14.	Roberto Bento Canas	12	Pimpoes/Cimai	**2:55.68**	+0,75	258	-
	100m: 1:27.60 1:27.60	200m: 2:55.68	1:28.08				
15.	Tomas Nunes Nogueira	12	Desportivo de Mora	**2:55.94**	+0,66	257	-
	50m: 41.86 41.86	100m: 1:26.80	44.94	150m: 2:11.96	45.16	200m: 2:55.94	43.98
16.	Gabriel Antonio Marques	11	Nautico Abrantes	**2:59.31**	+0,78	243	-
	50m: 42.15 42.15	100m: 1:27.76	45.61	150m: 2:14.37	46.61	200m: 2:59.31	44.94

Prova 20, Masc., 200m Costas, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Hernani Marques Dias	12	Fisica de Torres Vedras	**3:02.02**	+0,69	232	-
	50m: 43.94 43.94 100m: 1:30.01 46.07 150m: 2:17.15 47.14 200m: 3:02.02 44.87						
18.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	**3:04.18**	+0,47	224	-
	50m: 46.24 46.24 100m: 1:33.10 46.86 150m: 2:20.23 47.13 200m: 3:04.18 43.95						
19.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	**3:06.53**	+0,96	216	-
	50m: 47.46 47.46 100m: 1:36.63 49.17 150m: 2:24.51 47.88 200m: 3:06.53 42.02						
20.	Vicente Jose Carrilho	10	BUZIOS-Coruche	**3:06.72**	+0,64	215	-
	100m: 1:35.11 1:35.11 150m: 2:24.02 48.91 200m: 3:06.72 42.70						
21.	Salvador Martim Quiterio	13	Nautico Salvaterra Magos	**3:24.79**	+0,66	163	-
	50m: 49.46 49.46 100m: 1:43.64 54.18 150m: 2:37.24 53.60 200m: 3:24.79 47.55						
22.	Leonardo Del Sasso Cebrian	13	20Km de Almeirim	**3:32.03**	+0,28	147	-
	50m: 49.88 49.88 100m: 1:44.29 54.41 150m: 2:40.02 55.73 200m: 3:32.03 52.01						
23.	Alexandre Pinto Zahari	13	20Km de Almeirim	**3:41.11**	+0,70	129	-
	50m: 51.33 51.33 100m: 1:48.10 56.77 150m: 2:46.60 58.50 200m: 3:41.11 54.51						
DNS	Afonso Tomas Antunes	11	Natacao do Tejo				-
WDR	Martim Maria Salvador	11	Nautico Salvaterra Magos				-
EXH	Rodrigo Miguel Alcobia	11 S10	NataÃ§Ã£o Ferreira do Zezere	**3:07.35**	+0,74	213	-
	Recorde Nacional S10, Recorde Nacional						
	50m: 44.54 44.54 100m: 1:31.47 46.93 150m: 2:19.55 48.08 200m: 3:07.35 47.80						

Prova 21 — Femin., 50m Livres — Absoluto
07/03/2026 - 16:40 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	**28.21**	+0,63	586	14,00
2.	Sofia Barroca Pereira	11	BUZIOS-Coruche	**29.69**	+0,76	502	12,00
3.	Maria Leonor Lopes	10	Torres Novas	**29.82**	+0,72	496	11,00
4.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	**30.31**		472	10,00
5.	Lia Pereira Lopes	09	Rio Maior	**31.17**	+0,73	434	9,00
6.	Maria Eduarda Parente	10	Viver Santarem	**31.88**	+0,82	406	8,00
7.	Maria Leonor Assuncao	12	Pimpoes/Cimai	**31.96**	+0,66	403	7,00
8.	Debora Sofia Santos	10	Rio Maior	**32.20**	+0,83	394	6,00
9.	Ines Silva Lima	09	Nautico Abrantes	**32.39**		387	5,00
10.	Ana Leonor Lopes	12	Rio Maior	**32.82**	+0,83	372	4,00
11.	Catarina Isabel Carlota	05	BUZIOS-Coruche	**32.92**	+0,82	368	3,00
12.	Beatriz Cruz Figueiredo	13	Fisica de Torres Vedras	**33.46**		351	2,00
13.	Beatriz Agostinho Duque	11	20Km de Almeirim	**33.94**	+0,96	336	1,00
14.	Lara Alberto Januario	12	Viver Santarem	**34.06**	+0,75	333	-
15.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	**34.18**	+0,81	329	-
16.	Eva Sousa Alfaiate	13	Torres Novas	**34.58**	+0,79	318	-
17.	Mafalda Amado Quaresma	13	Pimpoes/Cimai	**36.52**	+0,77	270	-
18.	Iara Maria Camacho	12	Pimpoes/Cimai	**36.54**	+0,71	269	-
19.	Maria Ines Campos	09	Nautico Abrantes	**36.86**		262	-
20.	Joana Verissimo Tavares	12	CLAC-Entroncamento	**37.41**		251	-
21.	Maria Leonor Serodio	12	Viver Santarem	**37.95**		240	-
DNS	Matilde Peixoto Amado	13	Natacao do Tejo				-
DNS	Eduarda Mareco Machado	12	Natacao do Tejo				-

Prova 21, Femin., 50m Livres

EXH	Eva Alexandra Coutinho	09	Peso da Regua	**26.57**	+0,66	701	-

Prova 22 — Masc., 200m Estilos — Absoluto
07/03/2026 - 16:45 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Artur Rafael Saramago	97	BUZIOS-Coruche	**2:28.04**	+0,74	456	14,00
	50m: 29.27 29.27 100m: 1:09.43	40.16 150m: 1:54.15	44.72 200m: 2:28.04	33.89			
2.	Duarte Moura Mendes	11	Torres Novas	**2:28.24**	+0,69	454	12,00
	50m: 33.28 33.28 100m: 1:14.21	40.93 150m: 1:55.59	41.38 200m: 2:28.24	32.65			
3.	Dinis Maria Garcia	09	Nautico Abrantes	**2:29.17**	+0,52	446	11,00
	50m: 32.88 32.88 100m: 1:13.39	40.51 150m: 1:54.49	41.10 200m: 2:29.17	34.68			
4.	Martim Miguel Santos	11	Rio Maior	**2:34.97**	+0,73	398	10,00
	50m: 32.90 32.90 100m: 1:14.15	41.25 200m: 2:34.97	1:20.82				
5.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	**2:37.10**	+0,82	382	9,00
	50m: 32.78 32.78 100m: 1:16.47	43.69 150m: 2:01.49	45.02 200m: 2:37.10	35.61			
6.	Manuel Maria Moniz	11	20Km de Almeirim	**2:37.38**	+0,91	380	8,00
	50m: 32.99 32.99 100m: 1:15.16	42.17 150m: 1:58.26	43.10 200m: 2:37.38	39.12			
7.	Martim Silva Oliveira	08	Torres Novas	**2:39.49**	+0,79	365	7,00
	50m: 34.50 34.50 100m: 1:17.64	43.14 150m: 2:02.76	45.12 200m: 2:39.49	36.73			
8.	Guilherme Martins Conceicao	10	Viver Santarem	**2:41.61**		351	6,00
	50m: 36.10 36.10 100m: 1:20.30	44.20 150m: 2:04.29	43.99 200m: 2:41.61	37.32			
9.	Diogo Chambel Santos	11	Nautico Abrantes	**2:43.52**	+0,76	338	5,00
	50m: 35.32 35.32 100m: 1:19.16	43.84 150m: 2:06.90	47.74 200m: 2:43.52	36.62			
10.	Francisco Grave Reis	12	Rio Maior	**2:44.24**	+0,61	334	4,00
	50m: 35.14 35.14 100m: 1:16.96	41.82 150m: 2:08.92	51.96 200m: 2:44.24	35.32			
11.	Stefan Iordan Chele	09	Rio Maior	**2:45.29**	+0,70	328	3,00
	100m: 1:14.35 1:14.35 200m: 2:45.29	1:30.94					
12.	Tomas Alves Rocha	11	Pimpoes/Cimai	**2:53.21**	+0,72	285	2,00
	50m: 40.46 40.46 100m: 1:27.68	47.22 150m: 2:14.66	46.98 200m: 2:53.21	38.55			
13.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	**2:55.73**	+0,76	273	1,00
	50m: 37.97 37.97 100m: 1:22.71	44.74 150m: 2:18.33	55.62 200m: 2:55.73	37.40			
14.	Gabriel Mocanu	12	Uniao Samorense	**3:04.83**	+0,75	234	-
	50m: 39.92 39.92 100m: 1:31.95	52.03 150m: 2:25.62	53.67 200m: 3:04.83	39.21			
15.	Lourenco Filipe Costa	12	20Km de Almeirim	**3:04.86**		234	-
	50m: 42.91 42.91 100m: 1:29.99	47.08 150m: 2:22.57	52.58 200m: 3:04.86	42.29			
16.	Salvador Miguel Silva	11	Viver Santarem	**3:05.17**	+0,67	233	-
	50m: 40.16 40.16 100m: 1:31.15	50.99 150m: 2:27.19	56.04 200m: 3:05.17	37.98			
17.	Vicente Jose Carrilho	10	BUZIOS-Coruche	**3:05.24**	+0,80	233	-
	50m: 34.95 34.95 100m: 1:22.88	47.93 150m: 2:26.10	1:03.22 200m: 3:05.24	39.14			
18.	Hugo Santos Carapeto	13	Nautico Abrantes	**3:07.26**	+0,95	225	-
	50m: 42.25 42.25 100m: 1:31.58	49.33 150m: 2:27.29	55.71 200m: 3:07.26	39.97			
19.	Tomas Miguel Madeira	13	20Km de Almeirim	**3:07.46**	+0,94	224	-
	50m: 40.84 40.84 100m: 1:32.81	51.97 150m: 2:29.30	56.49 200m: 3:07.46	38.16			
20.	Maksym Kravchuk	13	Fisica de Torres Vedras	**3:07.56**	+0,54	224	-
	50m: 40.03 40.03 100m: 1:31.08	51.05 150m: 2:27.11	56.03 200m: 3:07.56	40.45			
21.	Joao Maria Tempero	12	Pimpoes/Cimai	**3:10.43**	+0,75	214	-
	50m: 43.74 43.74 100m: 1:32.88	49.14 150m: 2:29.55	56.67 200m: 3:10.43	40.88			

Prova 22, Masc., 200m Estilos, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	Daniel Dias Miranda	13	Fisica de Torres Vedras	**3:17.17**		193	-
	50m: 44.19 44.19 100m: 1:32.12 47.93 150m: 2:36.44 1:04.32 200m: 3:17.17 40.73						
DSQ	Martim Silva Bernardo	12	Viver Santarem		+0,67		-
	SW 9.4 - O (a) atleta não executou a chegada dos 100 metros de acordo com as regras aplicadas para esse estilo em particular						
DNS	Rodrigo Miranda Rosa	12	Uniao Samorense				-
EXH	Marco Alessandro Furtado	09	Associacao P N Luanda	**2:34.66**	+0,67	400	-
	100m: 1:09.02 1:09.02 200m: 2:34.66 1:25.64						

Prova 23 — Femin., 200m Livres — Absoluto
07/03/2026 - 17:00 — Resultados

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	**2:18.39**	+0,79	533	14,00
	50m: 31.90 31.90 100m: 1:06.74 34.84 150m: 1:43.53 36.79 200m: 2:18.39 34.86						
2.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	**2:18.82**	+0,67	528	12,00
	50m: 32.33 32.33 100m: 1:07.93 35.60 150m: 1:44.79 36.86 200m: 2:18.82 34.03						
3.	Beatriz Peguinho Simoes	10	Rio Maior	**2:21.12**	+0,28	502	11,00
	100m: 1:07.93 1:07.93 200m: 2:21.12 1:13.19						
4.	Lara Paixao Silva	10	Rio Maior	**2:29.43**	+0,95	423	10,00
	50m: 33.46 33.46 100m: 1:10.50 37.04 150m: 1:47.22 36.72 200m: 2:29.43 42.21						
5.	Maria Amelia Torres	13	Viver Santarem	**2:29.92**		419	9,00
	50m: 34.42 34.42 100m: 1:13.36 38.94 150m: 1:52.51 39.15 200m: 2:29.92 37.41						
6.	Rita Balsa Alves	12	BUZIOS-Coruche	**2:31.84**		403	8,00
	50m: 35.36 35.36 100m: 1:13.60 38.24 150m: 1:53.18 39.58 200m: 2:31.84 38.66						
7.	Telma Filipa Magalhaes	12	Fisica de Torres Vedras	**2:33.22**	+0,79	392	7,00
	50m: 34.56 34.56 100m: 1:14.15 39.59 150m: 1:54.17 40.02 200m: 2:33.22 39.05						
8.	Margarida Madeira Pires	12	Rio Maior	**2:35.82**		373	6,00
	50m: 36.41 36.41 100m: 1:16.41 40.00 150m: 1:56.55 40.14 200m: 2:35.82 39.27						
9.	Marta Costa Soares	12	Uniao Samorense	**2:38.77**	+0,99	353	5,00
	50m: 36.45 36.45 100m: 1:15.88 39.43 150m: 1:57.16 41.28 200m: 2:38.77 41.61						
10.	Maria Leonor Assuncao	12	Pimpoes/Cimai	**2:38.85**	+0,86	352	4,00
	50m: 37.28 37.28 100m: 1:18.63 41.35 200m: 2:38.85 1:20.22						
11.	Madalena D'Eca Bispo	13	Fisica de Torres Vedras	**2:38.89**	+0,74	352	3,00
	50m: 37.20 37.20 100m: 1:17.58 40.38 150m: 1:59.16 41.58 200m: 2:38.89 39.73						
12.	Guiomar Dionisio Carreira	12	Pimpoes/Cimai	**2:42.81**	+0,75	327	2,00
	50m: 38.79 38.79 100m: 1:20.89 42.10 150m: 2:03.17 42.28 200m: 2:42.81 39.64						
13.	Maria Francisca Pinheiro	12	Nautico Abrantes	**2:43.56**		323	1,00
	50m: 37.68 37.68 100m: 1:19.69 42.01 150m: 2:02.37 42.68 200m: 2:43.56 41.19						
14.	Diana Marques Maquilao	12	Nautico Salvaterra Magos	**2:44.75**	+0,74	316	-
	50m: 37.98 37.98 100m: 1:20.96 42.98 150m: 2:04.86 43.90 200m: 2:44.75 39.89						
15.	Matilde Abelho Vaz	12	CLAC-Entroncamento	**2:46.00**	+0,85	309	-
	50m: 38.94 38.94 100m: 1:21.97 43.03 150m: 2:05.09 43.12 200m: 2:46.00 40.91						
16.	Catarina Leonor Pereira	11	CLAC-Entroncamento	**2:50.43**		285	-
	50m: 39.00 39.00 100m: 1:23.41 44.41 150m: 2:08.29 44.88 200m: 2:50.43 42.14						

Prova 23, Femin., 200m Livres, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Diana Morais Carlos	11	Pimpoes/Cimai	**2:51.26**	+0,91	281	-
	50m: 40.33 40.33 100m: 1:23.60 43.27 150m: 2:08.68 45.08 200m: 2:51.26 42.58						
18.	Beatriz Isabel Moura	11	Nautico Abrantes	**2:52.83**	+0,53	273	-
	50m: 40.40 40.40 100m: 1:25.05 44.65 150m: 2:10.71 45.66 200m: 2:52.83 42.12						
19.	Ines Santos Pina	12	CLAC-Entroncamento	**2:54.19**		267	-
	50m: 40.55 40.55 100m: 1:24.76 44.21 150m: 2:10.43 45.67 200m: 2:54.19 43.76						
20.	Carolina Carneiro Vinagre	13	Desportivo de Mora	**3:00.75**	+0,72	239	-
	50m: 39.98 39.98 100m: 1:26.94 46.96 150m: 2:14.82 47.88 200m: 3:00.75 45.93						
21.	Carolina Rodrigues Ferreira	13	Torres Novas	**3:02.28**	+0,80	233	-
	100m: 1:26.66 1:26.66 150m: 2:16.59 49.93 200m: 3:02.28 45.69						
22.	Maria Leonor Serodio	12	Viver Santarem	**3:02.43**	+0,93	232	-
	50m: 42.83 42.83 100m: 1:30.40 47.57 150m: 2:19.47 49.07 200m: 3:02.43 42.96						
23.	Mariana Beatriz Goncalves	13	Uniao Samorense	**3:04.29**	+0,53	225	-
	50m: 41.91 41.91 100m: 1:30.47 48.56 150m: 2:17.93 47.46 200m: 3:04.29 46.36						
24.	Laura Sofia Graca	12	Uniao Samorense	**3:06.81**	+0,73	216	-
	50m: 42.45 42.45 100m: 1:30.74 48.29 150m: 2:20.13 49.39 200m: 3:06.81 46.68						
DNS	Juliana Antunes Monteiro	12	Torres Novas				-
DNS	Catarina Maria Fragoso	07	Viver Santarem				-
WDR	Mafalda Ines Martinho	13	CLAC-Entroncamento				-

Prova 24 — Masc., 400m Livres — Absoluto
07/03/2026 - 17:15 — Resultados

Recordes Nacionais 50m Open	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Sen	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m 18	3:53.79	Jose Paulo Lopes	SCB	Oeiras	28/07/2018
Recordes Nacionais 50m 17	3:57.15	Gustavo Manuel Santa	POR	Helsinquia (FIN)	14/07/2010
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29/07/2006
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11/07/2004
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26/07/2003
Recordes Nacionais 50m Open	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Sen	3:50.56	Jose Paulo Lopes	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m 18	3:53.79	Jose Paulo Lopes	SCB	Oeiras	28/07/2018
Recordes Nacionais 50m 17	3:57.15	Gustavo Manuel Santa	POR	Helsinquia (FIN)	14/07/2010
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel Santa	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe Costa	VSC	Coimbra	29/07/2006
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura Oliveira	CFB	Badajoz (ESP)	11/07/2004
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura Oliveira	CFB	Restelo	26/07/2003

Pontos: AQUA 2025

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Alberto Padre	08	Rio Maior	**4:20.18**	+0,82	605	14,00
	50m: 30.25 30.25 150m: 1:35.24 32.61 250m: 2:40.45 32.72 350m: 3:48.10 34.26						
	100m: 1:02.63 32.38 200m: 2:07.73 32.49 300m: 3:13.84 33.39 400m: 4:20.18 32.08						
2.	David Filipe Pacheco	10	BUZIOS-Coruche	**4:30.11**	+0,56	540	12,00
	50m: 29.92 29.92 150m: 1:37.73 34.45 250m: 2:47.74 35.02 350m: 3:56.95 34.81						
	100m: 1:03.28 33.36 200m: 2:12.72 34.99 300m: 3:22.14 34.40 400m: 4:30.11 33.16						
3.	Tiago Frazao Barra	10	Rio Maior	**4:31.46**	+0,67	532	11,00
	50m: 30.24 30.24 150m: 1:37.88 34.27 250m: 2:47.62 34.87 350m: 3:58.12 34.98						
	100m: 1:03.61 33.37 200m: 2:12.75 34.87 300m: 3:23.14 35.52 400m: 4:31.46 33.34						
4.	Daniel Filipe Jorge	10	Rio Maior	**4:43.11**		469	10,00
	50m: 30.88 30.88 150m: 1:40.85 36.26 250m: 2:53.64 36.73 350m: 4:06.87 36.72						
	100m: 1:04.59 33.71 200m: 2:16.91 36.06 300m: 3:30.15 36.51 400m: 4:43.11 36.24						

Prova 24, Masc., 400m Livres, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Lourenco Vicente Geada	10	Torres Novas	**4:49.47**	+0,75	439	9,00
	50m: 32.24 (32.24) 150m: 1:45.76 (37.21) 250m: 3:00.53 (37.47) 350m: 4:14.74 (36.93)						
	100m: 1:08.55 (36.31) 200m: 2:23.06 (37.30) 300m: 3:37.81 (37.28) 400m: 4:49.47 (34.73)						
6.	Luis Suissas Rato	09	Nautico Salvaterra Magos	**4:49.92**	+0,73	437	8,00
	50m: 30.83 (30.83) 150m: 1:43.09 (37.24) 250m: 2:58.22 (37.28) 350m: 4:13.70 (36.93)						
	100m: 1:05.85 (35.02) 200m: 2:20.94 (37.85) 300m: 3:36.77 (38.55) 400m: 4:49.92 (36.22)						
7.	Tomas Alexandre Santos	07	BUZIOS-Coruche	**4:53.28**	+0,80	422	7,00
	100m: 1:06.57 (1:06.57) 200m: 2:21.75 (37.96) 350m: 4:16.42 (38.26)						
	150m: 1:43.79 (37.22) 300m: 3:38.16 (1:16.41) 400m: 4:53.28 (36.86)						
8.	Francisco Maria Dias	11	Viver Santarem	**4:54.20**	+0,80	418	6,00
	50m: 32.55 (32.55) 150m: 1:46.98 (37.88) 250m: 3:03.13 (38.08) 350m: 4:18.66 (37.59)						
	100m: 1:09.10 (36.55) 200m: 2:25.05 (38.07) 300m: 3:41.07 (37.94) 400m: 4:54.20 (35.54)						
9.	Andre Guilherme Anastacio	10	Nautico Abrantes	**4:58.23**	+0,61	401	5,00
	50m: 33.61 (33.61) 150m: 1:47.01 (37.06) 250m: 3:02.14 (37.80) 350m: 4:19.43 (38.49)						
	100m: 1:09.95 (36.34) 200m: 2:24.34 (37.33) 300m: 3:40.94 (38.80) 400m: 4:58.23 (38.80)						
10.	Guilherme Pereira Sousa	12	Fisica de Torres Vedras	**5:00.58**	+0,67	392	4,00
	100m: 1:08.21 (1:08.21) 200m: 2:27.58 (1:19.37) 300m: 3:46.41 (1:18.83) 400m: 5:00.58 (1:14.17)						
11.	Gabriel Sa Chambel	09	CLAC-Entroncamento	**5:09.77**	+0,55	358	3,00
	50m: 32.63 (32.63) 150m: 1:49.47 (39.13) 250m: 3:08.97 (40.59) 350m: 4:30.04 (40.76)						
	100m: 1:10.34 (37.71) 200m: 2:28.38 (38.91) 300m: 3:49.28 (40.31) 400m: 5:09.77 (39.73)						
12.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	**5:13.04**	+0,74	347	2,00
	50m: 33.76 (33.76) 150m: 1:52.63 (40.05) 250m: 3:13.80 (40.52) 350m: 4:34.85 (40.22)						
	100m: 1:12.58 (38.82) 200m: 2:33.28 (40.65) 300m: 3:54.63 (40.83) 400m: 5:13.04 (38.19)						
13.	Heliodoro Joao Sombreireiro	11	BUZIOS-Coruche	**5:13.93**	+0,75	344	1,00
	50m: 34.09 (34.09) 150m: 1:54.42 (40.20) 250m: 3:15.24 (40.37) 350m: 4:32.27 (36.08)						
	100m: 1:14.22 (40.13) 200m: 2:34.87 (40.45) 300m: 3:56.19 (40.95) 400m: 5:13.93 (41.66)						
14.	Santiago Martins Magalhaes	11	Torres Novas	**5:14.19**	+0,72	343	-
	50m: 34.74 (34.74) 150m: 1:54.39 (40.43) 250m: 3:15.87 (40.80) 350m: 4:36.96 (40.41)						
	100m: 1:13.96 (39.22) 200m: 2:35.07 (40.68) 300m: 3:56.55 (40.68) 400m: 5:14.19 (37.23)						
15.	Artur Alexandre Silva	11	20Km de Almeirim	**5:17.97**		331	-
	50m: 35.58 (35.58) 150m: 1:56.55 (41.02) 250m: 3:20.95 (41.94) 350m: 4:41.17 (39.62)						
	100m: 1:15.53 (39.95) 200m: 2:39.01 (42.46) 300m: 4:01.55 (40.60) 400m: 5:17.97 (36.80)						
16.	Santiago Raposo Fernandes	12	20Km de Almeirim	**5:24.41**	+0,60	312	-
	50m: 33.99 (33.99) 150m: 1:56.36 (41.95) 250m: 3:22.03 (42.99) 350m: 4:45.15 (39.83)						
	100m: 1:14.41 (40.42) 200m: 2:39.04 (42.68) 300m: 4:05.32 (43.29) 400m: 5:24.41 (39.26)						
17.	Lourenco Filipe Gomes	13	Fisica de Torres Vedras	**5:26.94**	+0,87	304	-
	50m: 37.61 (37.61) 150m: 2:02.70 (42.78) 250m: 3:28.95 (42.61) 350m: 4:49.98 (39.46)						
	100m: 1:19.92 (42.31) 200m: 2:46.34 (43.64) 300m: 4:10.52 (41.57) 400m: 5:26.94 (36.96)						
18.	Bernardo Margarido Miranda	12	Nautico Abrantes	**5:27.03**		304	-
	50m: 36.08 (36.08) 150m: 1:59.58 (42.34) 250m: 3:23.77 (42.07) 350m: 4:47.34 (41.63)						
	100m: 1:17.24 (41.16) 200m: 2:41.70 (42.12) 300m: 4:05.71 (41.94) 400m: 5:27.03 (39.69)						
19.	Goncalo Pato Mateus	13	Uniao Samorense	**5:32.12**	+0,84	290	-
	50m: 33.27 (33.27) 150m: 1:56.52 (46.36) 250m: 3:26.14 (44.04) 350m: 4:51.82 (42.51)						
	100m: 1:10.16 (36.89) 200m: 2:42.10 (45.58) 300m: 4:09.31 (43.17) 400m: 5:32.12 (40.30)						
20.	Guilherme Ferreira Leitao	10	Viver Santarem	**5:37.57**	+0,90	277	-
	50m: 38.35 (38.35) 150m: 2:06.41 (45.13) 250m: 3:34.14 (44.61) 350m: 4:59.57 (42.37)						
	100m: 1:21.28 (42.93) 200m: 2:49.53 (43.12) 300m: 4:17.20 (43.06) 400m: 5:37.57 (38.00)						
21.	Rafael Ferreira Santos	13	Fisica de Torres Vedras	**5:37.88**		276	-
	50m: 37.32 (37.32) 150m: 2:02.30 (43.41) 250m: 3:30.10 (43.88) 350m: 4:57.50 (43.72)						
	100m: 1:18.89 (41.57) 200m: 2:46.22 (43.92) 300m: 4:13.78 (43.68) 400m: 5:37.88 (40.38)						
22.	Gabriel Antonio Marques	11	Nautico Abrantes	**5:44.66**	+0,77	260	-
	100m: 1:22.62 (1:22.62) 200m: 2:51.16 (1:28.54) 300m: 4:19.48 (1:28.32) 350m: 5:02.97 (43.49) 400m: 5:44.66 (41.69)						

Prova 24, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Vicente Manuel Nunes	13		Nautico Salvaterra Magos	**5:53.21**		241	-
	50m: 39.80 39.80	150m: 2:08.25	45.00	250m: 3:39.65	45.34	350m: 5:09.76	44.20	
	100m: 1:23.25 43.45	200m: 2:54.31	46.06	300m: 4:25.56	45.91	400m: 5:53.21	43.45	
24.	Bruno Estanqueiro Lopes	13		Torres Novas	**6:01.04**		226	-
	50m: 39.04 39.04	150m: 2:11.20	47.04	250m: 3:45.90	47.48	350m: 5:18.69	46.04	
	100m: 1:24.16 45.12	200m: 2:58.42	47.22	300m: 4:32.65	46.75	400m: 6:01.04	42.35	
EXH	Rodrigo Miguel Alcobia	11	S10	NataÃ§Ã£o Ferreira do Zezere	**5:44.03**	+0,96	261	-
	50m: 36.69 36.69	150m: 2:02.13	43.75	250m: 3:31.87	44.84	350m: 5:01.25	44.40	
	100m: 1:18.38 41.69	200m: 2:47.03	44.90	300m: 4:16.85	44.98	400m: 5:44.03	42.78	
EXH	Tiago Manuel Silva	05	S3	A,1,3,5,1CLAC-Entroncamento	**10:44.36**		39	-
	Recorde Nacional							
	50m: 1:11.62 1:11.62	150m: 3:56.38	1:22.24	250m: 6:42.13	1:22.31	350m: 9:27.75	1:22.55	
	100m: 2:34.14 1:22.52	200m: 5:19.82	1:23.44	300m: 8:05.20	1:23.07	400m: 10:44.36	1:16.61	

Prova 25 — Masc., 4 x 50m Estilos — Absoluto

07/03/2026 - 17:50 — Resultados

Pontos: AQUA 2025

Lugar		Cod		Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Torres Novas 1			Torres Novas	**1:58.30**	+0,65	497	14,00
	Afonso Bernardo Evaristo	08	+0,65	30.23	Simao Pedro Oliveira	07	28.53	
	Duarte Moura Mendes	11		31.89	Lourenco Vicente Geada	10	27.65	
2.	Rio Maior 1			Rio Maior	**1:59.91**	+0,68	477	12,00
	David Alberto Padre	08	+0,68		Enzo Miguel Anjos	08	+0,30	26.63
	Daniel Filipe Jorge	10			Pedro Morgado Costa	09	26.18	
3.	Nautico Abrantes 3			Nautico Abrantes	**2:01.39**	+0,66	460	11,00
	Miguel Silva Lima	09	+0,66		Francisco Manuel Cadete	10	+0,39	28.24
	Dinis Maria Garcia	09			Andre Guilherme Anastacio	10	27.60	
4.	BUZIOS-Coruche 1			BUZIOS-Coruche	**2:06.45**	+0,65	407	10,00
	David Filipe Pacheco	10	+0,65	32.05	Artur Rafael Saramago	97	+0,55	27.19
	Tomas Alexandre Santos	07		37.86	Heliodoro Joao Sombreireiro	11	29.35	
5.	Fisica de Torres Vedras 1			Fisica de Torres Vedras	**2:11.42**	+0,69	362	9,00
	Duarte Tomas Prudencio	13	+0,69	36.73	Guilherme Pereira Sousa	12	+0,35	29.59
	Lourenco Filipe Gomes	13		37.18	Afonso Miguel Ramos	12	27.92	
6.	CLAC-Entroncamento 1			CLAC-Entroncamento	**2:15.28**	+0,64	332	8,00
	Gabriel Sa Chambel	09	+0,64	33.04	Miguel Ferreira Cruz	08	30.98	
	Bernardo Marques Fernandes	07		37.43	Afonso Ferreira Cruz	12	33.83	
7.	Viver Santarem 3			Viver Santarem	**2:18.95**	+0,70	306	7,00
	Francisco Maria Dias	11	+0,70	34.76	Salvador Miguel Silva	11	36.27	
	Guilherme Martins Conceicao	10		36.80	Guilherme Ferreira Leitao	10	31.12	
8.	Nautico Salvaterra Magos 1			Nautico Salvaterra Magos	**2:24.49**	+0,68	272	6,00
	Salvador Martim Quiterio	13	+0,68	43.39	Luis Suissas Rato	09	28.62	
	Vicente Manuel Nunes	13		44.07	Guilherme Gomes Nunes	10	28.41	
9.	20Km de Almeirim 2			20Km de Almeirim	**2:50.17**	+0,66	166	5,00
	Alexandre Pinto Zahari	13	+0,66	46.98	Tomas Miguel Madeira	13		
	Eduardo Agostinho Duque	13		45.92	Leonardo Del Sasso Cebrian	13		

Prova 26 | Femin., 4 x 50m Livres | Absoluto
07/03/2026 - 17:55 | Resultados

Pontos: AQUA 2025

Lugar		Cod		Clube	Tempo Final		TReac	Pts FINA	Pts
1.	Torres Novas 1			Torres Novas	**1:56.27**		+0,76	555	14,00
	Rita Gomes Valentim	12	+0,76	Maria Leonor Lopes		10	+0,37	29.43	
	Maria Madalena Monteiro	08		Rafaela Ferreira Mendes		08		27.22	
2.	BUZIOS-Coruche 1			BUZIOS-Coruche	**2:01.17**		+0,61	490	12,00
	Sofia Barroca Pereira	11	+0,61	29.75	Leonor Sombreireiro Martins	10	+0,43	30.24	
	Matilde Casimiro Bibi	12		29.47	Rita Balsa Alves	12		31.71	
3.	Rio Maior 1			Rio Maior	**2:04.13**		+0,81	456	11,00
	Debora Sofia Santos	10	+0,81	32.58	Lia Pereira Lopes	09	+0,42	31.04	
	Lara Paixao Silva	10		30.90	Beatriz Peguinho Simoes	10		29.61	
4.	Pimpoes/Cimai 1			Pimpoes/Cimai	**2:05.71**		+0,86	439	10,00
	Laura Krempel Varela	12	+0,86	31.02	Ines Pinto Martins	12	+0,50	30.30	
	Benedita Nunes Felix	12		30.10	Julia Pinto Pinheiro	12		34.29	
5.	Viver Santarem 4			Viver Santarem	**2:11.38**			385	9,00
	Maria Amelia Torres	13		31.96	Maria Eduarda Parente	10		31.62	
	Lara Alberto Januario	12		33.51	Marta Bento Ferreira	13		34.29	
6.	CLAC-Entroncamento 1			CLAC-Entroncamento	**2:15.70**		+0,82	349	8,00
	Joana Verissimo Tavares	12	+0,82	40.88	Carolina Cupertino Marchante	09		33.29	
	Catarina Leonor Pereira	11		29.37	Marta Chambel Dias	02		32.16	
7.	Nautico Abrantes 4			Nautico Abrantes	**2:18.24**			330	7,00
	Maria Francisca Pinheiro	12		35.22	Beatriz Isabel Moura	11	+0,86	35.16	
	Maria Ines Campos	09		36.03	Ines Silva Lima	09		31.83	