



Jornada Abertura Categorias
Entroncamento,19-10-2025

1 - 1ª SESSÃO

19/10/2025 - 9:30

Prova 1	400m Estilos				13 anos e mais velhos
19/10/2025 - 9:30					Resultados
Recorde Distrital ANDS Open	4:24.97	Tiago Filipe Campos	CNRM	Santarém	07/03/2020
Recorde Distrital ANDS Sen	4:24.97	Tiago Filipe Campos	CNRM	Santarém	07/03/2020
Recorde Distrital ANDS Jun18	4:34.82	Luis Afonso Lopes	VS	Praia da Vitória	09/04/2021
Recorde Distrital ANDS Jun17	4:35.64	Gustavo Manuel Santa	CNLA	Leiria	04/12/2009
Recorde Distrital ANDS Juv A	4:33.58	Paulo Vakulyuk	CNTN	S Antonio dos Cavaleiros	09/12/2018
Recorde Distrital ANDS Juv B	4:44.55	Paulo Vakulyuk	CNTN	Torres Novas	06/05/2018
Recorde Distrital ANDS Inf A	4:55.60	Paulo Vakulyuk	CNTN	Sines	07/04/2017
Recorde Distrital ANDS Inf B	5:18.20	João José Calado	CNAB	Campo Maior	28/03/2014
Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Sen	5:06.58	Júlia Matos Lopes	VS	Torres Novas	28/10/2012
Recorde Distrital ANDS 18	5:06.03	Carolina Silverio Carpinteiro	CNTEJO	Santarém	08/03/2020
Recorde Distrital ANDS 17	5:05.86	Cátia Iordan Agostinho	CNRM	Sto António dos Cavaleiros	09/12/2021
Recorde Distrital ANDS Juv A	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv B	5:12.61	Cátia Iordan Agostinho	CNRN	Guarda	02/12/2016
Recorde Distrital ANDS Inf A	5:16.20	Cátia Iordan Agostinho	CNRM	Abrantes	22/11/2015
Recorde Distrital ANDS Inf B	5:21.39	Mariana Veloso Vitoria	CNAB	Coruche	25/02/2011

INF A Inf A Femin.: 7:06.00; Inf A Masc.: 7:00.00 / INF B Inf B Femin.: 7:40.00; Inf B Masc.: 7:28.00 / JUV A Juv A Femin.: 6:45.00; Juv A Masc.: 6:35.00 / JUV B Juv B Femin.: 7:00.00; Juv B Masc.: 6:48.00 / JUN+ SEN 17 + Femin.: 6:35.00; Jun/Sen Masc.: 6:30.00

Pontos: AQUA 2025

Lugar	Ano										Tempo final	Pts
Absoluto, Femin.												
1.	Leonor Sombreireiro Martins				10	BUZIOS - Coruche				5:33.53	449	
	50m:	33.80	100m:	1:13.54	200m:	2:40.37	300m:	4:19.59	400m:	5:33.53		
2.	Alicia Lopes Deep				12	BUZIOS - Coruche				6:15.07	316	
	50m:	40.44	100m:	1:28.84	200m:	3:06.40	300m:	4:51.71	400m:	6:15.07		
3.	Diana Marques Maquilao				12	Nautico Salvaterra Magos				6:23.75	295	
	50m:	41.54	100m:	1:32.98	200m:	3:09.17	300m:	4:56.92	400m:	6:23.75		
4.	Matilde Abelho Vaz				12	CLAC-Entroncamento				6:31.98	276	
	50m:	46.11	100m:	1:39.67	200m:	3:17.67	300m:	5:03.85	400m:	6:31.98		
5.	Valentina Rodrigues Feijao				13	Nautico Salvaterra Magos				6:33.95	272	
	50m:	40.96	100m:	1:32.75	200m:	3:09.89	300m:	5:01.98	400m:	6:33.95		
6.	Ines Santos Pina				12	CLAC-Entroncamento				7:19.79	196	
	FTLS											
	50m:	47.61	100m:	1:46.76	200m:	3:41.16	300m:	5:43.05	400m:	7:19.79		
7.	Leonor Chambel Santos				13	Nautico Abrantes				7:30.45	182	
	50m:	53.04	100m:	1:57.55	200m:	3:49.09	300m:	5:57.06	400m:	7:30.45		
8.	Mafalda Ines Martinho				13	CLAC-Entroncamento				7:33.20	179	
	50m:	53.59	100m:	1:55.51	200m:	3:49.67	300m:	5:50.32	400m:	7:33.20		

Absoluto, Masc.

1.	David Filipe Pacheco	10	BUZIOS - Coruche								5:04.26	459
	50m: 30.69 100m: 1:06.31 200m: 2:26.18 300m: 3:56.88 400m: 5:04.26											
2.	Dinis Maria Garcia	09	Nautico Abrantes								5:27.20	369
	50m: 36.32 100m: 1:20.30 200m: 2:44.17 300m: 4:14.17 400m: 5:27.20											
3.	Martim Maria Salvador	11	Nautico Salvaterra Magos								5:28.55	365
	50m: 31.92 100m: 1:09.79 200m: 2:34.17 300m: 4:14.79 400m: 5:28.55											
4.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos								5:37.26	337
	50m: 35.21 100m: 1:16.59 200m: 2:44.03 300m: 4:19.24 400m: 5:37.26											
5.	Diogo Chambel Santos	11	Nautico Abrantes								5:53.39	293
	50m: 41.53 100m: 1:30.43 200m: 2:57.78 300m: 4:33.43 400m: 5:53.39											



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 1, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
6. Heliodoro Joao Sombreiro 50m: 36.03 100m: 1:20.55 200m: 2:53.55 300m: 4:44.52 400m: 6:04.93	11 BUZIOS - Coruche	6:04.93	266
7. Rodrigo Miranda Rosa 50m: 37.36 100m: 1:22.30 200m: 2:55.92 300m: 4:42.61 400m: 6:07.58	12 Uniao Samorense	6:07.58	260
8. Vicente Manuel Nunes 50m: 44.30 100m: 1:37.61 200m: 3:25.33 300m: 5:11.27 400m: 6:44.12	13 Nautico Salvaterra Magos	6:44.12	196
9. Afonso Ferreira Cruz 50m: 46.03 100m: 1:43.50 200m: 3:29.57 300m: 5:27.43 400m: 6:59.36	12 CLAC-Entroncamento	6:59.36	175
10. Hugo Santos Carapeto 50m: 46.30 100m: 1:45.61 200m: 3:32.54 300m: 5:30.54 400m: 7:10.43	13 Nautico Abrantes	7:10.43	162
DSQ Salvador Martim Quiterio SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso	13 Nautico Salvaterra Magos		

Prova 2 Masc., 100m Costas Absoluto
19/10/2025 - 9:40 Resultados

Recorde Distrital ANDS Open	52.63	Pedro Diogo Oliveira	INDANDS Herning (DEN)	14/12/2013
Recorde Distrital ANDS Sen	52.63	Pedro Diogo Oliveira	INDANDS Herning (DEN)	14/12/2013
Recorde Distrital ANDS Jun18	57.01	Afonso Guilherme Rosa	CNTN Funchal	11/04/2017
Recorde Distrital ANDS Jun17	57.72	Pedro Diogo Oliveira	CNRM Estoril	13/02/2005
Recorde Distrital ANDS Juv A	58.30	Pedro Diogo Oliveira	CNRM Estoril	14/02/2004
Recorde Distrital ANDS Juv B	58.65	Pedro Diogo Oliveira	CNRM Tomar	10/05/2003
Recorde Distrital ANDS Inf A	1:02.20	Pedro Diogo Oliveira	CNRM Samora Correia	12/05/2002
Recorde Distrital ANDS Inf B	1:06.59	João Paulo Paias	CNLA Samora Correia	14/05/2005

INF A Inf A: 1:31.00 / INF B Inf B: 1:40.00 / JUN+ SEN Jun/Sen: 1:19.00 / JUV A Juv A: 1:21.00 / JUV B Juv B: 1:26.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Enzo Miguel Anjos 50m: 29.54 100m: 1:01.73	08 Rio Maior	1:01.73	479
2. Miguel Silva Lima 50m: 29.66 100m: 1:03.48	09 Nautico Abrantes	1:03.48	441
3. Ricardo Filipe Gaboleiro 50m: 30.43 100m: 1:05.86	05 Rio Maior	1:05.86	395
4. Gabriel Antunes Ramos 50m: 32.73 100m: 1:07.63	09 Rio Maior	1:07.63	364
5. Daniel Filipe Jorge 50m: 32.91 100m: 1:08.13	10 Rio Maior	1:08.13	356
6. Gabriel Sa Chambel 50m: 32.73 100m: 1:09.13	09 CLAC-Entroncamento	1:09.13	341
7. Pedro Morgado Costa 50m: 34.11 100m: 1:10.05	09 Rio Maior	1:10.05	328
8. Francisco Manuel Cadete 50m: 34.61 100m: 1:10.43	10 Nautico Abrantes	1:10.43	323
9. Luis Miguel Reis 50m: 35.11 100m: 1:11.54	10 Rio Maior	1:11.54	308
10. Bernardo Marques Fernandes 50m: 35.55 100m: 1:12.10	07 CLAC-Entroncamento	1:12.10	301
11. Luis Suissas Rato 50m: 35.06 100m: 1:12.30	09 Nautico Salvaterra Magos	1:12.30	298

Prova 2, Masc., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
12. Miguel Ferreira Cruz 50m: 34.56 100m: 1:13.27	08 CLAC-Entroncamento	1:13.27	286
13. Francisco Grave Reis 50m: 36.61 100m: 1:13.61	12 Rio Maior	1:13.61	283
14. Manuel Maria Moniz 50m: 36.92 100m: 1:14.38	11 20Km de Almeirim	1:14.38	274
15. Matias Rafael Pacheco 50m: 39.44 100m: 1:19.97	12 BUZIOS - Coruche	1:19.97	220
16. Antonio Francisco Rouxinol 50m: 38.73 100m: 1:21.86	11 BUZIOS - Coruche	1:21.86	205
17. Eduardo Domingos Rosa 50m: 39.92 100m: 1:22.24	11 BUZIOS - Coruche	1:22.24	202
18. Gabriel Antonio Marques 50m: 40.58 100m: 1:23.22	11 Nautico Abrantes	1:23.22	195
19. Santiago Raposo Fernandes 50m: 41.75 100m: 1:23.81	12 20Km de Almeirim	1:23.81	191
20. Dinis Oliveira Nunes 50m: 40.67 100m: 1:24.50	11 BUZIOS - Coruche	1:24.50	187
21. Sandro Jose Tomas 50m: 45.34 100m: 1:29.98	12 BUZIOS - Coruche	1:29.98	154
22. Afonso Gil Campos 50m: 43.81 100m: 1:30.81	13 CLAC-Entroncamento	1:30.81	150
23. Rafael Jose Isidoro 50m: 47.03 100m: 1:34.30	13 Rio Maior	1:34.30	134
24. Carlos Silvestre Lourenco 50m: 45.19 100m: 1:35.33	13 BUZIOS - Coruche	1:35.33	130
25. Eduardo Agostinho Duque 50m: 46.08 100m: 1:35.97	13 20Km de Almeirim	1:35.97	127
26. Santiago Tacao Ribeiro FTLS 50m: 51.43 100m: 1:43.05	13 Rio Maior	1:43.05	103
27. Joao Francisco Monteiro FTLS 50m: 57.37 100m: 1:59.16	12 BUZIOS - Coruche	1:59.16	66
DSQ Sebastiao Maria Borlinhas SW 6.2 - O (a) atleta perdeu a posição dorsal durante o percurso, na chegada.	11 BUZIOS - Coruche		
WDR Joao Pedro Rosa	90 CLAC-Entroncamento		



Jornada Abertura Categorias
Entroncamento,19-10-2025

Prova 3
19/10/2025 - 9:45

Femin., 100m Costas

Absoluto
Resultados

Recorde Distrital ANDS Open	1:02.07	Rafaela Ferreira Mendes	CNTN	Tomar	15/12/2024
Recorde Distrital ANDS Sen	1:07.76	Marta Filipa Vinagre	CLAC	Tomar	24/11/2013
Recorde Distrital ANDS 18	1:06.03	Maria Madalena Silva	CNAB	Tomar	15/11/2015
Recorde Distrital ANDS 17	1:02.07	Rafaela Ferreira Mendes	CNTN	Tomar	15/12/2024
Recorde Distrital ANDS Juv A	1:04.96	Rafaela Ferreira Mendes	CNTN	Leiria	10/12/2023
Recorde Distrital ANDS Juv B	1:07.18	Rafaela Ferreira Mendes	Sel ANDS	Abrantes	21/01/2023
Recorde Distrital ANDS Inf A	1:06.64	Mariana Veloso Vitoria	CNAB	Abrantes	14/04/2012
Recorde Distrital ANDS Inf B	1:10.28	Mariana Veloso Vitoria	CNAB	Almeirim	26/06/2011

INF A Inf A: 1:38.00 / INF B Inf B: 1:45.00 / JUN+ SEN 17 +: 1:28.00 / JUV A Juv A: 1:32.00 / JUV B Juv B: 1:34.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Laura Prates Morais 50m: 35.19 100m: 1:12.57	09 Viver Santarem	1:12.57	412
2. Sofia Barroca Pereira 50m: 35.49 100m: 1:13.75	11 BUZIOS - Coruche	1:13.75	392
3. Lara Paixao Silva 50m: 37.54 100m: 1:18.30	10 Rio Maior	1:18.30	328
4. Maria Amelia Torres 50m: 39.00 100m: 1:19.96	13 Viver Santarem	1:19.96	308
5. Vera Almeida Rosa 50m: 38.16 100m: 1:20.91	09 Nautico Abrantes	1:20.91	297
6. Angela Maria Pereira 50m: 39.19 100m: 1:22.07	10 Nautico Salvaterra Magos	1:22.07	285
7. Marta Costa Soares 50m: 39.56 100m: 1:22.23	12 Uniao Samorense	1:22.23	283
8. Beatriz Agostinho Duque 50m: 40.40 100m: 1:22.43	11 20Km de Almeirim	1:22.43	281
9. Maria Carmo Rodrigues 50m: 40.86 100m: 1:22.79	10 BUZIOS - Coruche	1:22.79	277
10. Debora Sofia Santos 50m: 40.67 100m: 1:24.45	10 Rio Maior	1:24.45	261
11. Rita Lino Ferreira 50m: 41.43 100m: 1:24.67	11 BUZIOS - Coruche	1:24.67	259
12. Mariana Mauricio Coelho 50m: 40.67 100m: 1:25.50	07 BUZIOS - Coruche	1:25.50	252
13. Rita Balsa Alves 50m: 41.87 100m: 1:25.52	12 BUZIOS - Coruche	1:25.52	252
14. Diana Marques Maquilao 50m: 43.16 100m: 1:25.65	12 Nautico Salvaterra Magos	1:25.65	250
15. Maria Pais Santos 50m: 41.33 100m: 1:26.22	12 BUZIOS - Coruche	1:26.22	245
16. Valentina Rodrigues Feijao 50m: 42.05 100m: 1:26.49	13 Nautico Salvaterra Magos	1:26.49	243
17. Maria Francisca Pinheiro 50m: 42.36 100m: 1:27.08	12 Nautico Abrantes	1:27.08	238
18. Maria Ines Campos FTLS 50m: 42.85 100m: 1:28.13	09 Nautico Abrantes	1:28.13	230



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 3, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
19. Ines Silva Lima FTLS 50m: 43.45 100m: 1:31.11	09 Nautico Abrantes	1:31.11	208
20. Joana Verissimo Tavares 50m: 43.24 100m: 1:31.36	12 CLAC-Entroncamento	1:31.36	206
21. Madalena Bras Salgado FTLS 50m: 45.30 100m: 1:35.24	10 Viver Santarem	1:35.24	182
22. Marta Bento Ferreira 50m: 42.79 100m: 1:35.38	13 Viver Santarem	1:35.38	181
23. Maria Eduarda Parente FTLS 50m: 44.55 100m: 1:36.59	10 Viver Santarem	1:36.59	174
24. Lara Alberto Januario FTLS 50m: 49.39 100m: 1:47.06	12 Viver Santarem	1:47.06	128
25. Maria Leonor Serodio FTLS 50m: 51.85 100m: 1:47.57	12 Viver Santarem	1:47.57	126
DSQ Carolina Marques Ribeiro <i>SW 6.4 - O (a) atleta não efectua a viragem dos 50 metros após terminar o movimento contínuo de braços</i>	13 Rio Maior		
WDR Maria Carolina Fidalgo	13 Viver Santarem		
WDR Diana Goncalves Oliveira	07 Viver Santarem		

Prova 4 Masc., 100m Mariposa S3
19/10/2025 - 9:55 Resultados

Rec Nac Adaptada S3	3:10.11	Tiago Manuel Silva	CLAC	Coruche	08/03/2025
Recorde Distrital ANDS Open	53.39	Paulo Vakulyuk	CNTN	Leiria	10/12/2022
Recorde Distrital ANDS Sen	53.39	Paulo Vakulyuk	VNTN	Leiria	10/12/2022
Recorde Distrital ANDS Jun18	54.60	Paulo Vakulyuk	ROU	Abrantes	15/05/2021
Recorde Distrital ANDS Jun17	54.09	Paulo Vakulyuk	CNTN	Felgueiras	21/12/2019
Recorde Distrital ANDS Juv A	56.43	Pedro Diogo Oliveira	CNRM	Abrantes	31/01/2004
Recorde Distrital ANDS Juv B	57.72	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003
Recorde Distrital ANDS Inf A	1:01.82	Pedro Diogo Oliveira	CNRM	Samora Correia	12/05/2002
Recorde Distrital ANDS Inf B	1:06.88	Fábio Miguel Samouco	CNTN	Coruche	10/05/2008

INF A Inf A: 1:42.50 / INF B Inf B: 1:49.00 / JUN+ SEN Jun/Sen: 1:19.00 / JUV A Juv A: 1:27.00 / JUV B Juv B: 1:35.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Artur Rafael Saramago 50m: 28.81 100m: 1:02.96	97 BUZIOS - Coruche	1:02.96	435
2. Luis Suissas Rato 50m: 30.79 100m: 1:05.01	09 Nautico Salvaterra Magos	1:05.01	395
3. Leonardo Gomes Silva 50m: 30.13 100m: 1:05.77	08 Rio Maior	1:05.77	381
4. Francisco Manuel Cadete 50m: 30.00 100m: 1:05.97	10 Nautico Abrantes	1:05.97	378

Prova 4, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
5. Martim Maria Salvador 50m: 30.81 100m: 1:07.40	11 Nautico Salvaterra Magos	1:07.40	354
6. Pedro Morgado Costa 50m: 32.24 100m: 1:07.92	09 Rio Maior	1:07.92	346
7. Simao Pedro Oliveira 50m: 31.73 100m: 1:08.52	07 Torres Novas	1:08.52	337
8. Andre Guilherme Anastacio 50m: 31.77 100m: 1:09.92	10 Nautico Abrantes	1:09.92	317
9. Pedro Figueiredo Ferreira 50m: 32.54 100m: 1:12.13	10 20Km de Almeirim	1:12.13	289
10. Miguel Ferreira Cruz 50m: 33.38 100m: 1:12.79	08 CLAC-Entroncamento	1:12.79	281
11. Miguel Silva Lima 50m: 32.28 100m: 1:13.00	09 Nautico Abrantes	1:13.00	279
12. Luis Miguel Reis 50m: 34.61 100m: 1:13.07	10 Rio Maior	1:13.07	278
13. Artur Alexandre Silva 50m: 34.61 100m: 1:13.43	11 20Km de Almeirim	1:13.43	274
14. Afonso Goncalves Leite 50m: 34.35 100m: 1:14.74	10 CLAC-Entroncamento	1:14.74	260
15. Martim Miguel Santos 50m: 33.61 100m: 1:15.04	11 Rio Maior	1:15.04	257
16. Heliodoro Joao Sombreiro 50m: 35.29 100m: 1:16.36	11 BUZIOS - Coruche	1:16.36	243
17. Dinis Maria Garcia 50m: 35.24 100m: 1:16.94	09 Nautico Abrantes	1:16.94	238
18. Rodrigo Miranda Rosa 50m: 37.05 100m: 1:19.92	12 Uniao Samorense	1:19.92	212
19. Mateus Emanuel Almeida <i>FTLS</i> 50m: 37.87 100m: 1:21.13	09 Rio Maior	1:21.13	203
20. Lourenco Manuel Palmeiro 50m: 37.79 100m: 1:21.32	10 BUZIOS - Coruche	1:21.32	201
21. Lourenco Filipe Costa 50m: 34.97 100m: 1:21.34	12 20Km de Almeirim	1:21.34	201
22. Matias Rafael Pacheco 50m: 42.54 100m: 1:22.71	12 BUZIOS - Coruche	1:22.71	191
23. Bernardo Marques Fernandes <i>FTLS</i> 50m: 38.06 100m: 1:23.92	07 CLAC-Entroncamento	1:23.92	183
24. Antonio Francisco Rouxinol 50m: 37.49 100m: 1:26.30	11 BUZIOS - Coruche	1:26.30	168
25. Eduardo Domingos Rosa 50m: 40.42 100m: 1:28.40	11 BUZIOS - Coruche	1:28.40	157
26. Salvador Miguel Silva 50m: 41.52 100m: 1:31.74	11 Viver Santarem	1:31.74	140

Prova 4, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
27. Sebastiao Maria Borlinhas 50m: 41.11 100m: 1:31.87	11 BUZIOS - Coruche	1:31.87	140
28. Bernardo Margarido Miranda 50m: 41.24 100m: 1:35.24	12 Nautico Abrantes	1:35.24	125
29. Vicente Manuel Nunes 50m: 43.36 100m: 1:35.32	13 Nautico Salvaterra Magos	1:35.32	125
30. Sandro Jose Tomas FTLS 50m: 48.32 100m: 1:42.99	12 BUZIOS - Coruche	1:42.99	99
31. Tiago Manuel Silva RECORDE NACIONAL S3, FTLS 50m: 1:27.78 100m: 3:02.62	05 CLAC-Entroncamento	3:02.62	17
DSQ Tomas Miguel Madeira SW 8.2 - O (a) atleta realizou braçada subaquática antes da viragem aos 50 metros	13 20Km de Almeirim		
DSQ Afonso Gil Campos SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso	13 CLAC-Entroncamento		
DSQ Salvador Martim Quiterio SW 8.4 - O (a) atleta chegou com uma mão na parede	13 Nautico Salvaterra Magos		

S3

1. Artur Rafael Saramago 50m: 28.81 100m: 1:02.96	97 BUZIOS - Coruche	1:02.96	435
2. Luis Suissas Rato 50m: 30.79 100m: 1:05.01	09 Nautico Salvaterra Magos	1:05.01	395
3. Leonardo Gomes Silva 50m: 30.13 100m: 1:05.77	08 Rio Maior	1:05.77	381
4. Francisco Manuel Cadete 50m: 30.00 100m: 1:05.97	10 Nautico Abrantes	1:05.97	378
5. Martim Maria Salvador 50m: 30.81 100m: 1:07.40	11 Nautico Salvaterra Magos	1:07.40	354
6. Pedro Morgado Costa 50m: 32.24 100m: 1:07.92	09 Rio Maior	1:07.92	346
7. Simao Pedro Oliveira 50m: 31.73 100m: 1:08.52	07 Torres Novas	1:08.52	337
8. Andre Guilherme Anastacio 50m: 31.77 100m: 1:09.92	10 Nautico Abrantes	1:09.92	317
9. Pedro Figueiredo Ferreira 50m: 32.54 100m: 1:12.13	10 20Km de Almeirim	1:12.13	289
10. Miguel Ferreira Cruz 50m: 33.38 100m: 1:12.79	08 CLAC-Entroncamento	1:12.79	281
11. Miguel Silva Lima 50m: 32.28 100m: 1:13.00	09 Nautico Abrantes	1:13.00	279
12. Luis Miguel Reis 50m: 34.61 100m: 1:13.07	10 Rio Maior	1:13.07	278
13. Artur Alexandre Silva 50m: 34.61 100m: 1:13.43	11 20Km de Almeirim	1:13.43	274

Prova 4, Masc., 100m Mariposa, S3

Lugar	Ano	Tempo final	Pts
14. Afonso Goncalves Leite 50m: 34.35 100m: 1:14.74	10 CLAC-Entroncamento	1:14.74	260
15. Martim Miguel Santos 50m: 33.61 100m: 1:15.04	11 Rio Maior	1:15.04	257
16. Heliodoro Joao Sombreiro 50m: 35.29 100m: 1:16.36	11 BUZIOS - Coruche	1:16.36	243
17. Dinis Maria Garcia 50m: 35.24 100m: 1:16.94	09 Nautico Abrantes	1:16.94	238
18. Rodrigo Miranda Rosa 50m: 37.05 100m: 1:19.92	12 Uniao Samorense	1:19.92	212
19. Mateus Emanuel Almeida FTLS 50m: 37.87 100m: 1:21.13	09 Rio Maior	1:21.13	203
20. Lourenco Manuel Palmeiro 50m: 37.79 100m: 1:21.32	10 BUZIOS - Coruche	1:21.32	201
21. Lourenco Filipe Costa 50m: 34.97 100m: 1:21.34	12 20Km de Almeirim	1:21.34	201
22. Matias Rafael Pacheco 50m: 42.54 100m: 1:22.71	12 BUZIOS - Coruche	1:22.71	191
23. Bernardo Marques Fernandes FTLS 50m: 38.06 100m: 1:23.92	07 CLAC-Entroncamento	1:23.92	183
24. Antonio Francisco Rouxinol 50m: 37.49 100m: 1:26.30	11 BUZIOS - Coruche	1:26.30	168
25. Eduardo Domingos Rosa 50m: 40.42 100m: 1:28.40	11 BUZIOS - Coruche	1:28.40	157
26. Salvador Miguel Silva 50m: 41.52 100m: 1:31.74	11 Viver Santarem	1:31.74	140
27. Sebastiao Maria Borlinhas 50m: 41.11 100m: 1:31.87	11 BUZIOS - Coruche	1:31.87	140
28. Bernardo Margarido Miranda 50m: 41.24 100m: 1:35.24	12 Nautico Abrantes	1:35.24	125
29. Vicente Manuel Nunes 50m: 43.36 100m: 1:35.32	13 Nautico Salvaterra Magos	1:35.32	125
30. Sandro Jose Tomas FTLS 50m: 48.32 100m: 1:42.99	12 BUZIOS - Coruche	1:42.99	99
31. Tiago Manuel Silva RECORDE NACIONAL S3, FTLS 50m: 1:27.78 100m: 3:02.62	05 CLAC-Entroncamento	3:02.62	17
DSQ Tomas Miguel Madeira SW 8.2 - O (a) atleta realizou braçada subaquática antes da viragem aos 50 metros	13 20Km de Almeirim		
DSQ Afonso Gil Campos SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso	13 CLAC-Entroncamento		
DSQ Salvador Martim Quiterio SW 8.4 - O (a) atleta chegou com uma mão na parede	13 Nautico Salvaterra Magos		



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 5	Femin., 100m Mariposa					Absoluto
19/10/2025 - 10:10						Resultados
Recorde Distrital ANDS Open	1:02.48	Ariana Espírito Louro	SFGP	Leiria	27/11/2021	
Recorde Distrital ANDS Sen	1:05.40	Carolina Silvério Carpianteiro	CNTEJO	Abrantes	15/05/2021	
Recorde Distrital ANDS 18	1:03.54	Ariana Espírito Louro	SFGP	Albufeira	12/11/2022	
Recorde Distrital ANDS 17	1:02.48	Ariana Espírito Louro	ROU	Leiria	27/11/2021	
Recorde Distrital ANDS Juv A	1:06.09	Maria Madalena Bento	BUZIOS	Tomar	24/10/2020	
Recorde Distrital ANDS Juv B	1:04.97	Maria Madalena Bento	BUZIOS	Sines	08/12/2019	
Recorde Distrital ANDS Inf A	1:06.68	Maria Madalena Bento	BUZIOS	Coruche	14/04/2019	
Recorde Distrital ANDS Inf B	1:08.95	Mariana Veloso Vitoria	CNAB	Entroncamento	04/06/2011	
INF A Inf A: 1:50.00 / INF B Inf B: 1:53.00 / JUN+ SEN 17 +: 1:30.00 / JUV A Juv A: 1:36.00 / JUV B Juv B: 1:48.00						

Pontos: AQUA 2025

Lugar					Ano		Tempo final	Pts
1.	Matilde Casimiro Bibi				12	BUZIOS - Coruche	1:10.61	415
	50m: 32.98	100m: 1:10.61						
2.	Benedita Maria Lagarinhos				11	Viver Santarem	1:13.11	374
	50m: 34.30	100m: 1:13.11						
3.	Laura Brites Costa				09	Rio Maior	1:13.52	368
	50m: 33.93	100m: 1:13.52						
4.	Eva Alexandra Coutinho				09	Peso da Regua	1:14.87	348
	50m: 34.79	100m: 1:14.87						
5.	Beatriz Peguinho Simoes				10	Rio Maior	1:16.02	333
	50m: 35.08	100m: 1:16.02						
6.	Catarina Maria Fragoso				07	Viver Santarem	1:16.21	330
	50m: 34.73	100m: 1:16.21						
7.	Catarina Isabel Galvao				09	BUZIOS - Coruche	1:20.47	281
	50m: 36.74	100m: 1:20.47						
8.	Lia Pereira Lopes				09	Rio Maior	1:20.98	275
	50m: 35.92	100m: 1:20.98						
9.	Alice Batista Agostinho				08	Rio Maior	1:21.11	274
	50m: 37.98	100m: 1:21.11						
10.	Leonor Marques Carvalho				09	Rio Maior	1:23.24	253
	50m: 37.92	100m: 1:23.24						
11.	Maria Carmo Rodrigues				10	BUZIOS - Coruche	1:26.36	227
	50m: 38.15	100m: 1:26.36						
12.	Alicia Lopes Deep				12	BUZIOS - Coruche	1:26.43	226
	50m: 39.32	100m: 1:26.43						
13.	Rita Lino Ferreira				11	BUZIOS - Coruche	1:27.49	218
	50m: 40.96	100m: 1:27.49						
14.	Marta Costa Soares				12	Uniao Samorensense	1:31.94	188
	50m: 40.61	100m: 1:31.94						
15.	Beatriz Isabel Moura				11	Nautico Abrantes	1:35.05	170
	50m: 41.76	100m: 1:35.05						
16.	Ana Leonor Lopes				12	Rio Maior	1:36.31	163
	50m: 44.35	100m: 1:36.31						
17.	Constanca Mendao Silva				13	Rio Maior	1:41.55	139
	50m: 50.98	100m: 1:41.55						
18.	Joana Verissimo Tavares				12	CLAC-Entroncamento	1:43.08	133
	50m: 47.08	100m: 1:43.08						
DSQ	Margarida Madeira Pires				12	Rio Maior		
SW 8.4 - O (a) atleta tocou com uma mão na parede na viragem aos 50 metros								



Jornada Abertura Categorias
Entroncamento,19-10-2025

Prova 6 800m Livres 13 anos e mais velhos
19/10/2025 - 10:25 Resultados

Recorde Distrital ANDS Open	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023
Recorde Distrital ANDS Sen	7:59.83	Tiago Filipe Campos	CNRM	Albufeira	12/11/2023
Recorde Distrital ANDS Jun18	8:17.56	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2014
Recorde Distrital ANDS Jun17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	8:09.51	Gustavo Manuel Santa	CNLA	Torres Novas	26/04/2009
Recorde Distrital ANDS Juv B	8:39.75	Pedro Diogo Oliveira	CNRM	Tomar	11/05/2003
Recorde Distrital ANDS Inf A	9:13.57	Gustavo Manuel Santa	CNLA	Sines	01/04/2007
Recorde Distrital ANDS Inf B	9:30.40	David Filipe Pacheco	BUZIOS	Ponte de Sor	20/05/2023
Recorde Distrital ANDS Open	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS Sen	8:44.44	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021
Recorde Distrital ANDS 18	8:55.23	Mafalda Sofia Rosa	CNRM	Tomar	24/10/2020
Recorde Distrital ANDS 17	8:48.64	Mafalda Sofia Rosa	ROU	Leiria	15/12/2019
Recorde Distrital ANDS Juv A	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019
Recorde Distrital ANDS Juv B	9:10.38	Mafalda Sofia Rosa	CNRM	Albufeira	16/12/2017
Recorde Distrital ANDS Inf A	9:21.21	Ana Rita Boavista	CNLA	Guimar�es	09/03/2002
Recorde Distrital ANDS Inf B	9:30.62	Mafalda Sofia Rosa	CNRM	Tomar	19/03/2016

INF A Inf A Femin.: 13:17.90; Inf A Masc.: 12:20.00 / INF B Inf B Femin.: 14:00.00; Inf B Masc.: 13:10.00 /
JUV A Juv A Femin.: 12:41.00; Juv A Masc.: 10:58.00 / JUV B Juv B Femin.: 13:00.90; Juv B Masc.: 11:20.00 /
JUN+ SEN 17 + Femin.: 12:16.00; Jun/Sen Masc.: 10:34.00

Pontos: AQUA 2025

Lugar	Ano										Tempo final	Pts
Absoluto, Femin.												
1.	Leonor Sombreireiro Martins				10	BUZIOS - Coruche				9:46.22	540	
	50m:	32.18	100m:	1:07.58	200m:	2:20.99	400m:	4:49.55	800m:	9:46.22		
2.	Sofia Barroca Pereira				11	BUZIOS - Coruche				9:54.49	517	
	50m:	31.88	100m:	1:07.02	200m:	2:22.70	400m:	4:53.65	800m:	9:54.49		
3.	Matilde Casimiro Bibi				12	BUZIOS - Coruche				9:59.40	505	
	50m:	33.47	100m:	1:10.47	200m:	2:24.87	400m:	4:56.62	800m:	9:59.40		
4.	Catarina Maria Fragoso				07	Viver Santarem				10:27.19	441	
	100m:	1:15.17	200m:	2:34.87	400m:	5:14.11	800m:	10:27.19				
5.	Mariana Mauricio Coelho				07	BUZIOS - Coruche				10:33.77	427	
	50m:	35.18	100m:	1:13.90	200m:	2:33.35	400m:	5:12.46	800m:	10:33.77		
6.	Catarina Isabel Carlota				05	BUZIOS - Coruche				10:38.57	417	
	50m:	34.36	100m:	1:12.30	200m:	2:30.92	400m:	5:11.61	800m:	10:38.57		
7.	Rita Balsa Alves				12	BUZIOS - Coruche				10:47.17	401	
	50m:	37.30	100m:	1:17.67	200m:	2:39.43	400m:	5:23.85	800m:	10:47.17		
8.	Maria Pais Santos				12	BUZIOS - Coruche				11:01.17	376	
	50m:	36.49	100m:	1:16.61	200m:	2:38.74	400m:	5:25.71	800m:	11:01.17		
9.	Benedita Maria Lagarinhos				11	Viver Santarem				11:11.48	359	
	50m:	38.21	100m:	1:20.76	200m:	2:45.39	400m:	5:34.98	800m:	11:11.48		
10.	Vera Almeida Rosa				09	Nautico Abrantes				11:29.00	332	
	50m:	37.36	100m:	1:18.92	200m:	2:44.78	400m:	5:39.37	800m:	11:29.00		
11.	Angela Maria Pereira				10	Nautico Salvaterra Magos				11:30.76	330	
	50m:	37.98	100m:	1:20.10	200m:	2:47.06	400m:	5:43.08	800m:	11:30.76		
12.	Beatriz Agostinho Duque				11	20Km de Almeirim				11:33.34	326	
	50m:	39.70	100m:	1:22.59	200m:	2:49.92	400m:	5:47.28	800m:	11:33.34		
13.	Maria Francisca Pinheiro				12	Nautico Abrantes				12:03.46	287	
	50m:	38.05	100m:	1:20.67	200m:	2:52.07	400m:	5:54.13	800m:	12:03.46		
14.	Matilde Abelho Vaz				12	CLAC-Entroncamento				12:06.95	283	
	50m:	40.92	100m:	1:26.43	200m:	2:58.30	400m:	6:03.82	800m:	12:06.95		
15.	Leonor Chambel Santos				13	Nautico Abrantes				12:56.45	232	
	50m:	43.51	100m:	1:31.78	200m:	3:09.80	400m:	6:26.14	800m:	12:56.45		



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 6, Femin., 800m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
16. Ines Santos Pina	12 CLAC-Entroncamento	13:12.46	218
50m: 44.74 100m: 1:33.08 200m: 3:14.32 400m: 6:35.52 800m: 13:12.46			
17. Mafalda Ines Martinho	13 CLAC-Entroncamento	13:30.88	204
50m: 45.78 100m: 1:37.63 200m: 3:21.38 400m: 6:45.63 800m: 13:30.88			

Absoluto, Masc.

1. David Filipe Pacheco	10 BUZIOS - Coruche	9:07.67	520
50m: 30.42 100m: 1:03.56 200m: 2:11.60 400m: 4:30.11 800m: 9:07.67			
2. Tiago Frazao Barra	10 Rio Maior	9:22.62	479
50m: 31.43 100m: 1:05.24 200m: 2:15.19 400m: 4:38.74 800m: 9:22.62			
3. Gabriel Antunes Ramos	09 Rio Maior	9:24.87	474
50m: 32.61 100m: 1:07.98 200m: 2:19.30 400m: 4:42.98 800m: 9:24.87			
4. Tomas Alexandre Santos	07 BUZIOS - Coruche	9:41.66	434
50m: 30.86 100m: 1:05.33 200m: 2:16.70 400m: 4:43.70 800m: 9:41.66			
5. Andre Guilherme Anastacio	10 Nautico Abrantes	10:02.50	390
50m: 32.08 100m: 1:06.75 200m: 2:19.25 400m: 4:51.39 800m: 10:02.50			
6. Guilherme Gomes Nunes	10 Nautico Salvaterra Magos	10:19.81	358
50m: 32.79 100m: 1:08.24 200m: 2:21.69 400m: 4:54.45 800m: 10:19.81			
7. Diogo Chambel Santos	11 Nautico Abrantes	10:34.50	334
50m: 35.54 100m: 1:13.49 200m: 2:31.73 400m: 5:11.61 800m: 10:34.50			
8. Artur Alexandre Silva	11 20Km de Almeirim	11:02.67	293
50m: 35.90 100m: 1:16.43 200m: 2:41.20 400m: 5:31.50 800m: 11:02.67			
9. Gabriel Sa Chambel	09 CLAC-Entroncamento	11:03.51	292
FTLS			
50m: 35.48 100m: 1:17.09 200m: 2:43.09 400m: 5:32.91 800m: 11:03.51			
10. Santiago Raposo Fernandes	12 20Km de Almeirim	11:06.03	289
50m: 34.66 100m: 1:15.12 200m: 2:39.19 400m: 5:28.66 800m: 11:06.03			
11. Bernardo Marques Fernandes	07 CLAC-Entroncamento	11:11.24	282
FTLS			
50m: 37.61 100m: 1:18.25 200m: 2:40.93 400m: 5:31.76 800m: 11:11.24			
12. Hugo Miguel Silva	77 BUZIOS - Coruche	11:15.95	276
FTLS			
50m: 36.24 100m: 1:17.17 200m: 2:43.92 400m: 5:37.64 800m: 11:15.95			
13. Bernardo Margarido Miranda	12 Nautico Abrantes	11:44.16	244
50m: 38.09 100m: 1:21.42 200m: 2:50.06 400m: 5:50.48 800m: 11:44.16			
14. Gabriel Antonio Marques	11 Nautico Abrantes	12:11.39	218
FTLS			
50m: 41.68 100m: 1:27.56 200m: 2:59.18 400m: 5:57.96 800m: 12:11.39			
15. Salvador Miguel Silva	11 Viver Santarem	12:13.17	216
FTLS			
50m: 40.17 100m: 1:25.49 200m: 2:57.05 400m: 6:03.98 800m: 12:13.17			
16. Guilherme Ferreira Leita	10 Viver Santarem	12:16.88	213
FTLS			
50m: 38.14 100m: 1:24.80 200m: 3:00.39 400m: 6:09.57 800m: 12:16.88			



Jornada Abertura Categorias
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Prova 6, Masc., 800m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
17. Afonso Goncalves Leite FTLS	10 CLAC-Entroncamento	12:54.04	184
50m: 40.11 100m: 1:25.70 200m: 3:01.59 400m: 6:21.37 800m: 12:54.04			
18. Hugo Santos Carapeto	13 Nautico Abrantes	13:06.73	175
50m: 39.85 100m: 1:26.54 200m: 3:03.61 400m: 6:26.67 800m: 13:06.73			
19. Afonso Ferreira Cruz FTLS	12 CLAC-Entroncamento	13:30.59	160
50m: 43.98 100m: 1:34.43 200m: 3:19.30 400m: 6:47.43 800m: 13:30.59			
WDR Joao Pedro Rosa	90 CLAC-Entroncamento		

2 - 2ª SESSÃO

19/10/2025 - 15:30

Prova 7	Femin., 200m Estilos	Absoluto
19/10/2025 - 15:30		Resultados
Recorde Distrital ANDS Open	2:22.74 Maria Madalena Silva	21/12/2013
Recorde Distrital ANDS Sen	2:26.10 Julia Matos Lopes	25/11/2012
Recorde Distrital ANDS 18	2:23.05 Maria Madalena Silva	12/12/2015
Recorde Distrital ANDS 17	2:23.31 Maria Madalena Silva	20/12/2014
Recorde Distrital ANDS 17	2:23.31 Ariana Espírito Louro Louro	06/03/2022
Recorde Distrital ANDS Juv A	2:22.74 Maria Madalena Silva	21/12/2013
Recorde Distrital ANDS Juv B	2:27.45 Catia Iordan Agostinho	04/03/2017
Recorde Distrital ANDS Inf A	2:26.86 Mariana Veloso Vitoria	14/04/2012
Recorde Distrital ANDS Inf B	2:31.59 Joana Filipa Vilhena	19/06/2005
INF A Inf A: 3:25.00 / INF B Inf B: 3:37.00 / JUN+ SEN 17 +: 3:10.00 / JUV A Juv A: 3:12.00 / JUV B Juv B: 3:17.00		
Pontos: AQUA 2025		

Lugar	Ano	Tempo final	Pts
1. Rafaela Ferreira Mendes	08 Torres Novas	2:29.34	540
50m: 31.68 100m: 1:08.81 200m: 2:29.34			
2. Clara Santos Madureira	11 Torres Novas	2:36.50	469
50m: 33.92 100m: 1:15.06 200m: 2:36.50			
3. Leonor Sombreiro Martins	10 BUZIOS - Coruche	2:37.09	464
50m: 34.06 100m: 1:15.06 200m: 2:37.09			
4. Matilde Casimiro Bibi	12 BUZIOS - Coruche	2:37.78	458
50m: 34.51 100m: 1:14.76 200m: 2:37.78			
5. Laura Brites Costa	09 Rio Maior	2:38.04	455
50m: 34.00 100m: 1:15.83 200m: 2:38.04			
6. Maria Madalena Monteiro	08 Torres Novas	2:39.96	439
50m: 33.89 100m: 1:14.61 200m: 2:39.96			
7. Beatriz Peguinho Simoes	10 Rio Maior	2:40.09	438
50m: 34.12 100m: 1:14.77 200m: 2:40.09			
8. Maria Leonor Lopes	10 Torres Novas	2:44.02	407
50m: 34.21 100m: 1:17.18 200m: 2:44.02			
9. Margarida Pinho Formigo	11 Torres Novas	2:46.50	389
50m: 36.98 100m: 1:21.61 200m: 2:46.50			
10. Rita Gomes Valentim	12 Torres Novas	2:46.95	386
50m: 35.49 100m: 1:19.24 200m: 2:46.95			
11. Maria Amelia Torres	13 Viver Santarem	2:53.67	343
50m: 37.11 100m: 1:22.17 200m: 2:53.67			

Prova 7, Femin., 200m Estilos, Absoluto

Lugar				Ano		Tempo final	Pts
12.	Alicia Lopes Deep	12	BUZIOS - Coruche			2:54.52	338
	50m: 36.32 100m: 1:23.44	200m:	2:54.52				
13.	Mariana Freitas Mota	11	Torres Novas			2:56.83	325
	50m: 39.95 100m: 1:25.35	200m:	2:56.83				
14.	Carolina Reis Lopes	11	Torres Novas			2:56.99	324
	50m: 41.85 100m: 1:29.16	200m:	2:56.99				
15.	Juliana Antunes Monteiro	12	Torres Novas			2:58.20	317
	50m: 40.17 100m: 1:26.49	200m:	2:58.20				
16.	Angela Maria Pereira	10	Nautico Salvaterra Magos			2:58.30	317
	50m: 38.91 100m: 1:24.87	200m:	2:58.30				
17.	Laura Conde Correia	13	Torres Novas			2:59.28	312
	50m: 39.63 100m: 1:24.86	200m:	2:59.28				
18.	Marta Costa Soares	12	Uniao Samorense			2:59.44	311
	50m: 39.43 100m: 1:24.99	200m:	2:59.44				
19.	Rita Balsa Alves	12	BUZIOS - Coruche			3:01.89	299
	50m: 42.20 100m: 1:27.85	200m:	3:01.89				
20.	Diana Marques Maquilao	12	Nautico Salvaterra Magos			3:02.24	297
	50m: 42.51 100m: 1:30.33	200m:	3:02.24				
21.	Matilde Abelho Vaz	12	CLAC-Entroncamento			3:03.30	292
	50m: 40.06 100m: 1:27.87	200m:	3:03.30				
22.	Valentina Rodrigues Feijao	13	Nautico Salvaterra Magos			3:04.46	286
	50m: 40.99 100m: 1:26.84	200m:	3:04.46				
23.	Catarina Isabel Galvao	09	BUZIOS - Coruche			3:06.14	278
	50m: 37.74 100m: 1:22.06	200m:	3:06.14				
24.	Maria Francisca Pinheiro	12	Nautico Abrantes			3:06.63	276
	50m: 43.69 100m: 1:30.39	200m:	3:06.63				
25.	Ana Leonor Lopes	12	Rio Maior			3:13.29	249
	50m: 43.31 100m: 1:35.32	200m:	3:13.29				
26.	Beatriz Isabel Moura	11	Nautico Abrantes			3:17.20	234
	<i>FTLS</i>						
	50m: 44.49 100m: 1:34.61	200m:	3:17.20				
27.	Joana Verissimo Tavares	12	CLAC-Entroncamento			3:19.75	225
	50m: 45.67 100m: 1:35.24	200m:	3:19.75				
28.	Leonor Chambel Santos	13	Nautico Abrantes			3:30.98	191
	50m: 51.54 100m: 1:43.67	200m:	3:30.98				
29.	Ines Santos Pina	12	CLAC-Entroncamento			3:31.86	189
	<i>FTLS</i>						
	50m: 49.64 100m: 1:46.12	200m:	3:31.86				
30.	Mafalda Ines Martinho	13	CLAC-Entroncamento			3:33.36	185
	50m: 53.29 100m: 1:48.39	200m:	3:33.36				
31.	Carolina Marques Ribeiro	13	Rio Maior			3:36.17	178
	50m: 48.79 100m: 1:44.54	200m:	3:36.17				



Jornada Abertura Categorias
Entroncamento,19-10-2025

Prova 8	Masc., 200m Estilos					Absoluto
19/10/2025 - 15:45						Resultados
Recorde Distrital ANDS Open	2:06.56	Luis Afonso Lopes	VC	Leiria		10/12/2022
Recorde Distrital ANDS Sen	2:07.29	Luis Afonso Lopes	VS	Leiria		27/11/2021
Recorde Distrital ANDS Jun18	2:07.68	Luis Afonso Lopes	VS	Leiria		14/11/2020
Recorde Distrital ANDS Jun17	2:09.14	Tiago Filipe Campos	SCALABIS	Torres Novas		08/05/2016
Recorde Distrital ANDS Juv A	2:08.71	Paulo Vakulyuk	CNTN	Tomar		16/12/2018
Recorde Distrital ANDS Juv B	2:13.93	Pedro Diogo Oliveira	CNRM	Rio Maior		12/07/2003
Recorde Distrital ANDS Inf A	2:19.63	Paulo Vakulyuk	CNTN	Sines		09/04/2017
Recorde Distrital ANDS Inf B	2:30.29	João Paulo Paias	CNLA	Abrantes		21/05/2005

INF A Inf A: 3:20.00 / INF B Inf B: 3:30.00 / JUN+ SEN Jun/Sen: 3:00.00 / JUV A Juv A: 3:04.00 / JUV B Juv B: 3:10.00

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Duarte Moura Mendes	11	Torres Novas			2:20.66	463
50m: 28.80 100m: 1:04.32 200m: 2:20.66						
2. Afonso Bernardo Evaristo	08	Torres Novas			2:26.57	409
50m: 30.79 100m: 1:06.92 200m: 2:26.57						
3. Daniel Filipe Jorge	10	Rio Maior			2:29.09	389
50m: 30.57 100m: 1:08.10 200m: 2:29.09						
4. Simao Rocha Silva	07	Gualdim Pais			2:30.09	381
50m: 31.13 100m: 1:10.30 200m: 2:30.09						
5. Miguel Silva Lima	09	Nautico Abrantes			2:32.90	361
50m: 31.18 100m: 1:09.38 200m: 2:32.90						
6. Tiago Goncalves Vieira	10	Gualdim Pais			2:33.97	353
50m: 35.73 100m: 1:15.82 200m: 2:33.97						
7. Francisco Manuel Cadete	10	Nautico Abrantes			2:34.37	350
50m: 31.62 100m: 1:11.94 200m: 2:34.37						
8. Martim Maria Salvador	11	Nautico Salvaterra Magos			2:34.86	347
50m: 31.32 100m: 1:11.36 200m: 2:34.86						
9. Luis Suissas Rato	09	Nautico Salvaterra Magos			2:35.21	345
50m: 32.68 100m: 1:13.58 200m: 2:35.21						
10. Lourenco Vicente Geadá	10	Torres Novas			2:35.73	341
50m: 34.08 100m: 1:14.02 200m: 2:35.73						
11. Guilherme Gomes Nunes	10	Nautico Salvaterra Magos			2:36.25	338
50m: 34.12 100m: 1:16.14 200m: 2:36.25						
12. Gabriel Sa Chambel	09	CLAC-Entroncamento			2:36.44	337
50m: 30.54 100m: 1:09.19 200m: 2:36.44						
13. Francisco Sa Lopes	10	Torres Novas			2:36.81	334
50m: 31.73 100m: 1:11.85 200m: 2:36.81						
14. Andre Guilherme Anastacio	10	Nautico Abrantes			2:37.19	332
50m: 33.40 100m: 1:13.40 200m: 2:37.19						
15. Martim Silva Oliveira	08	Torres Novas			2:38.72	322
50m: 33.72 100m: 1:15.47 200m: 2:38.72						
16. Manuel Maria Moniz	11	20Km de Almeirim			2:40.52	312
50m: 36.44 100m: 1:17.69 200m: 2:40.52						
17. Bernardo Marques Fernandes	07	CLAC-Entroncamento			2:44.05	292
50m: 37.36 100m: 1:18.43 200m: 2:44.05						
18. Salvador Henrique Vieira	12	Torres Novas			2:48.15	271
50m: 37.74 100m: 1:19.44 200m: 2:48.15						
19. Gabriel Antonio Marques	11	Nautico Abrantes			2:51.37	256
50m: 38.39 100m: 1:22.20 200m: 2:51.37						

Prova 8, Masc., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
20. Afonso Goncalves Leite 50m: 34.24 100m: 1:21.43 200m: 2:52.79	10 CLAC-Entroncamento	2:52.79	250
21. Matias Rafael Pacheco 50m: 38.59 100m: 1:21.62 200m: 2:54.72	12 BUZIOS - Coruche	2:54.72	242
22. Rodrigo Miranda Rosa 50m: 37.07 100m: 1:22.61 200m: 2:54.90	12 Uniao Samorense	2:54.90	241
23. Rodrigo Manuel Alegria 50m: 37.30 100m: 1:22.49 200m: 2:58.36	13 Torres Novas	2:58.36	227
24. Mateus Emanuel Almeida 50m: 38.65 100m: 1:26.91 200m: 2:58.74	09 Rio Maior	2:58.74	226
25. Bernardo Margarido Miranda 50m: 40.61 100m: 1:29.24 200m: 2:59.64	12 Nautico Abrantes	2:59.64	222
26. Martim Rocha Silva 50m: 41.78 100m: 1:27.41 200m: 3:00.83	12 Gualdim Pais	3:00.83	218
27. Vicente Manuel Nunes 50m: 42.49 100m: 1:32.49 200m: 3:05.85	13 Nautico Salvaterra Magos	3:05.85	201
28. Martim Cassis Gomes 50m: 41.98 100m: 1:28.85 200m: 3:06.13	11 Torres Novas	3:06.13	200
29. Bruno Estanqueiro Lopes 50m: 41.62 100m: 1:33.50 200m: 3:11.96	13 Torres Novas	3:11.96	182
30. Tomas Miguel Madeira 50m: 42.25 100m: 1:33.28 200m: 3:12.21	13 20Km de Almeirim	3:12.21	181
31. Hugo Santos Carapeto 50m: 46.43 100m: 1:35.98 200m: 3:18.01	13 Nautico Abrantes	3:18.01	166
32. Afonso Ferreira Cruz FTLS 50m: 45.56 100m: 1:37.99 200m: 3:20.30	12 CLAC-Entroncamento	3:20.30	160
33. Rafael Jose Isidoro 50m: 50.06 100m: 1:41.55 200m: 3:24.83	13 Rio Maior	3:24.83	150
34. Afonso Jose Coentro FTLS 50m: 53.05 100m: 1:49.36 200m: 3:38.92	13 Gualdim Pais	3:38.92	123
35. Santiago Tacao Ribeiro FTLS 50m: 52.29 100m: 1:48.60 200m: 3:43.00	13 Rio Maior	3:43.00	116
DSQ Salvador Martim Quiterio SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 150 metros, percurso de bruços	13 Nautico Salvaterra Magos		
WDR Abel Elias Ramos	11 Gualdim Pais		



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 9	Femin., 100m Bruços					Absoluto
19/10/2025 - 16:00						Resultados
Recorde Distrital ANDS Open	1:12.09	Maria Madalena Silva	CNAB	Porto		12/12/2015
Recorde Distrital ANDS Sen	1:14.39	Rute Isabel Leonardo	CNAB	Coruche		15/03/2019
Recorde Distrital ANDS 18	1:12.09	Maria Madalena Silva	CNAB	Porto		12/12/2015
Recorde Distrital ANDS 17	1:12.62	Maria Madalena Silva	CNAB	Porto		20/12/2014
Recorde Distrital ANDS Juv A	1:13.23	Maria Madalena Silva	CNAB	Porto		21/12/2013
Recorde Distrital ANDS Juv B	1:15.77	Margarida Mateus Morais	CNTN	Tomar		16/12/2018
Recorde Distrital ANDS Inf A	1:16.54	Beatriz Grave Reis	CNRM	Coruche		15/03/2019
Recorde Distrital ANDS Inf B	1:16.72	Joana Filipa Vilhena	CNLA	Tomar		27/02/2005
INF A Inf A: 1:52.00 / INF B Inf B: 1:57.00 / JUN+ SEN 17 +: 1:44.00 / JUV A Juv A: 1:46.00 / JUV B Juv B: 1:52.00						

Pontos: AQUA 2025

Lugar					Ano		Tempo final	Pts
1.	Eva Alexandra Coutinho				09	Peso da Regua	1:15.01	574
	50m: 36.36	100m: 1:15.01						
2.	Catarina Maria Fragoso				07	Viver Santarem	1:20.34	467
	50m: 38.07	100m: 1:20.34						
3.	Laura Brites Costa				09	Rio Maior	1:21.80	443
	50m: 38.47	100m: 1:21.80						
4.	Matilde Casimiro Bibi				12	BUZIOS - Coruche	1:22.87	426
	50m: 39.15	100m: 1:22.87						
5.	Sofia Barroca Pereira				11	BUZIOS - Coruche	1:24.49	402
	50m: 39.61	100m: 1:24.49						
6.	Lara Paixao Silva				10	Rio Maior	1:28.79	346
	50m: 41.04	100m: 1:28.79						
7.	Leonor Marques Carvalho				09	Rio Maior	1:29.98	332
	50m: 43.67	100m: 1:29.98						
8.	Catarina Isabel Carlota				05	BUZIOS - Coruche	1:30.73	324
	50m: 41.79	100m: 1:30.73						
9.	Margarida Madeira Pires				12	Rio Maior	1:31.17	320
	50m: 43.92	100m: 1:31.17						
10.	Diana Marques Maquilao				12	Nautico Salvaterra Magos	1:31.86	312
	50m: 43.79	100m: 1:31.86						
11.	Alicia Lopes Deep				12	BUZIOS - Coruche	1:33.52	296
	50m: 44.20	100m: 1:33.52						
12.	Rita Lino Ferreira				11	BUZIOS - Coruche	1:35.40	279
	50m: 45.61	100m: 1:35.40						
13.	Matilde Abelho Vaz				12	CLAC-Entroncamento	1:35.88	275
	50m: 46.16	100m: 1:35.88						
14.	Debora Sofia Santos				10	Rio Maior	1:36.30	271
	50m: 45.25	100m: 1:36.30						
15.	Eva Sousa Alfaiate				13	Torres Novas	1:38.79	251
	50m: 46.05	100m: 1:38.79						
16.	Maria Rita Godinho				13	Torres Novas	1:38.97	250
	50m: 46.76	100m: 1:38.97						
17.	Maria Francisca Pinheiro				12	Nautico Abrantes	1:39.15	248
	50m: 47.49	100m: 1:39.15						
18.	Maria Ines Campos				09	Nautico Abrantes	1:40.14	241
	50m: 47.14	100m: 1:40.14						
19.	Carolina Maria Quinta				12	Torres Novas	1:42.44	225
	50m: 48.04	100m: 1:42.44						



Jornada Abertura Categorias
Entroncamento,19-10-2025

Prova 9, Femin., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
20. Laura Amaro Marques 50m: 50.16 100m: 1:47.13	12 Torres Novas	1:47.13	197
21. Constanca Mendao Silva 50m: 51.54 100m: 1:47.31	13 Rio Maior	1:47.31	196
22. Matilde Peixoto Amado 50m: 51.67 100m: 1:48.32	13 Natacao do Tejo	1:48.32	190
23. Mafalda Ines Martinho 50m: 51.47 100m: 1:48.40	13 CLAC-Entroncamento	1:48.40	190
WDR Maria Carolina Fidalgo	13 Viver Santarem		

Prova 10 Masc., 100m Bruços Absoluto
19/10/2025 - 16:05 Resultados

Recorde Distrital ANDS Open	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Sen	1:04.05	Luis Afonso Lopes	VS	Castelo Branco	19/02/2022
Recorde Distrital ANDS Jun18	1:02.88	Carlos Daniel Nunes	Sel POR	Tomar	14/01/2023
Recorde Distrital ANDS Jun17	1:03.95	Carlos Daniel Nunes	CNSM	Leiria	26/11/2021
Recorde Distrital ANDS Juv A	1:05.79	Francisco Costa Nunes	SANDS	Abrantes	27/01/2018
Recorde Distrital ANDS Juv B	1:07.41	Francisco Costa Nunes	SANDS	Abrantes	04/03/2017
Recorde Distrital ANDS Inf A	1:08.46	Francisco Costa Nunes	CCDSM	Tomar	19/03/2016
Recorde Distrital ANDS Inf B	1:13.64	Joao Diogo Lopes	VS	Campo Maior	29/03/2014

INF A Inf A: 1:45.00 / INF B Inf B: 1:55.00 / JUN+ SEN Jun/Sen: 1:32.00 / JUV A Juv A: 1:35.00 / JUV B Juv B: 1:38.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
1. Artur Rafael Saramago 50m: 33.51 100m: 1:11.39	97 BUZIOS - Coruche	1:11.39	464
2. Ricardo Filipe Gaboleiro 50m: 33.06 100m: 1:12.29	05 Rio Maior	1:12.29	447
3. Enzo Miguel Anjos 50m: 34.25 100m: 1:13.06	08 Rio Maior	1:13.06	433
4. Daniel Filipe Jorge 50m: 37.06 100m: 1:18.38	10 Rio Maior	1:18.38	350
5. Diogo Chambel Santos 50m: 37.21 100m: 1:19.21	11 Nautico Abrantes	1:19.21	339
6. Tomas Alexandre Santos 50m: 37.11 100m: 1:20.24	07 BUZIOS - Coruche	1:20.24	326
7. Dinis Maria Garcia 50m: 37.61 100m: 1:20.52	09 Nautico Abrantes	1:20.52	323
8. Miguel Ferreira Cruz 50m: 38.00 100m: 1:22.19	08 CLAC-Entroncamento	1:22.19	304
9. Guilherme Gomes Nunes 50m: 38.67 100m: 1:22.67	10 Nautico Salvaterra Magos	1:22.67	298
10. Bernardo Marques Fernandes 50m: 39.11 100m: 1:23.63	07 CLAC-Entroncamento	1:23.63	288
11. Afonso Goncalves Leite 50m: 39.73 100m: 1:23.85	10 CLAC-Entroncamento	1:23.85	286
12. Pedro Figueiredo Ferreira 50m: 38.54 100m: 1:24.03	10 20Km de Almeirim	1:24.03	284
13. Manuel Maria Moniz 50m: 41.95 100m: 1:25.99	11 20Km de Almeirim	1:25.99	265

Prova 10, Masc., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
14. Hugo Miguel Silva 50m: 40.73 100m: 1:27.59	77 BUZIOS - Coruche	1:27.59	251
15. Lourenco Filipe Costa 50m: 42.54 100m: 1:27.67	12 20Km de Almeirim	1:27.67	250
16. Artur Miguel Silva 50m: 42.58 100m: 1:29.66	12 Natacao do Tejo	1:29.66	234
17. Santiago Raposo Fernandes 50m: 42.92 100m: 1:30.13	12 20Km de Almeirim	1:30.13	230
Francisco Grave Reis 50m: 43.92 100m: 1:30.13	12 Rio Maior	1:30.13	230
19. Dinis Oliveira Nunes 50m: 43.75 100m: 1:31.66	11 BUZIOS - Coruche	1:31.66	219
20. Vicente Manuel Nunes 50m: 44.14 100m: 1:33.17	13 Nautico Salvaterra Magos	1:33.17	208
21. Afonso Tomas Antunes 50m: 45.02 100m: 1:34.65	11 Natacao do Tejo	1:34.65	199
22. Carlos Silvestre Lourenco 50m: 44.67 100m: 1:37.43	13 BUZIOS - Coruche	1:37.43	182
23. Eduardo Agostinho Duque 50m: 46.86 100m: 1:38.90	13 20Km de Almeirim	1:38.90	174
24. Dinis Alexandre Santos 50m: 47.36 100m: 1:43.32	12 Torres Novas	1:43.32	153
25. Martim Moura Lopes 50m: 52.05 100m: 1:52.63	13 Torres Novas	1:52.63	118
26. Afonso Gil Campos <i>FTLS</i> 50m: 54.67 100m: 1:57.07	13 CLAC-Entroncamento	1:57.07	105
DSQ Tiago Frazao Barra <i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina, na viragem dos 50m</i>	10 Rio Maior		



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 11		Femin., 100m Livres				Absoluto
19/10/2025 - 16:15						Resultados
Recorde Distrital ANDS Open	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021	
Recorde Distrital ANDS Sen	58.34	Julia Matos Lopes	VS	Tomar	30/06/2013	
Recorde Distrital ANDS 18	58.93	Carolina Marques Neves	CNTN	Sto António dos Cavaleiros	09/12/2018	
Recorde Distrital ANDS 17	57.90	Ariana Espírito Louro	SFGP	Leiria	26/11/2021	
Recorde Distrital ANDS Juv A	57.70	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021	
Recorde Distrital ANDS Juv B	59.57	Carolina Marques Neves	CNTN	Torres Novas	08/05/2016	
Recorde Distrital ANDS Inf A	1:00.11	Margarida Claudino Nicolau	CNTN	Tomar	15/12/2018	
Recorde Distrital ANDS Inf B	1:02.99	Carina Alexandra Alves	CNRM	Sines	08/04/2017	
INF A Inf A: 1:26.00 / INF B Inf B: 1:32.00 / JUN+ SEN 17 +: 1:16.00 / JUV A Juv A: 1:21.00 / JUV B Juv B: 1:23.00						

Pontos: AQUA 2025

Lugar					Ano		Tempo final	Pts
1.	Sofia Barroca Pereira	11	BUZIOS - Coruche				1:02.13	529
	50m: 30.05 100m: 1:02.13							
2.	Catarina Maria Fragoso	07	Viver Santarem				1:06.82	425
	50m: 32.86 100m: 1:06.82							
3.	Laura Prates Morais	09	Viver Santarem				1:07.46	413
	50m: 32.85 100m: 1:07.46							
4.	Lia Pereira Lopes	09	Rio Maior				1:07.81	406
	50m: 32.05 100m: 1:07.81							
5.	Catarina Isabel Carlota	05	BUZIOS - Coruche				1:08.54	394
	50m: 33.17 100m: 1:08.54							
6.	Mariana Mauricio Coelho	07	BUZIOS - Coruche				1:08.66	392
	50m: 33.15 100m: 1:08.66							
7.	Benedita Maria Lagarinhos	11	Viver Santarem				1:09.77	373
	50m: 33.32 100m: 1:09.77							
8.	Maria Carmo Rodrigues	10	BUZIOS - Coruche				1:10.49	362
	50m: 34.02 100m: 1:10.49							
9.	Leonor Marques Carvalho	09	Rio Maior				1:10.95	355
	50m: 34.92 100m: 1:10.95							
10.	Rita Balsa Alves	12	BUZIOS - Coruche				1:11.06	353
	50m: 34.46 100m: 1:11.06							
11.	Alice Batista Agostinho	08	Rio Maior				1:11.61	345
	50m: 33.36 100m: 1:11.61							
12.	Angela Maria Pereira	10	Nautico Salvaterra Magos				1:12.08	338
	50m: 34.66 100m: 1:12.08							
13.	Maria Amelia Torres	13	Viver Santarem				1:12.49	333
	50m: 35.24 100m: 1:12.49							
14.	Marta Costa Soares	12	Uniao Samorense				1:12.90	327
	50m: 34.45 100m: 1:12.90							
15.	Margarida Madeira Pires	12	Rio Maior				1:13.18	323
	50m: 35.31 100m: 1:13.18							
16.	Vera Almeida Rosa	09	Nautico Abrantes				1:13.76	316
	50m: 35.19 100m: 1:13.76							
17.	Maria Pais Santos	12	BUZIOS - Coruche				1:14.13	311
	50m: 34.98 100m: 1:14.13							
18.	Ana Leonor Lopes	12	Rio Maior				1:15.05	300
	50m: 36.09 100m: 1:15.05							
19.	Beatriz Agostinho Duque	11	20Km de Almeirim				1:15.63	293
	50m: 36.67 100m: 1:15.63							



Jornada Abertura Categorias
Entroncamento,19-10-2025

Prova 11, Femin., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
20. Ines Silva Lima FTLS 50m: 36.33 100m: 1:16.02	09 Nautico Abrantes	1:16.02	288
21. Beatriz Isabel Moura 50m: 36.92 100m: 1:17.62	11 Nautico Abrantes	1:17.62	271
22. Valentina Rodrigues Feijao 50m: 35.92 100m: 1:18.36	13 Nautico Salvaterra Magos	1:18.36	263
23. Marta Bento Ferreira 50m: 37.73 100m: 1:19.57	13 Viver Santarem	1:19.57	251
24. Catarina Isabel Galvao FTLS 50m: 38.96 100m: 1:20.64	09 BUZIOS - Coruche	1:20.64	241
25. Maria Ines Campos FTLS 50m: 37.29 100m: 1:20.70	09 Nautico Abrantes	1:20.70	241
26. Joana Verissimo Tavares 50m: 38.94 100m: 1:20.96	12 CLAC-Entroncamento	1:20.96	239
27. Maria Eduarda Parente FTLS 50m: 38.36 100m: 1:21.73	10 Viver Santarem	1:21.73	232
28. Mariana Ferreira Silva 50m: 37.67 100m: 1:22.17	13 Torres Novas	1:22.17	228
29. Madalena Bras Salgado FTLS 50m: 39.36 100m: 1:22.25	10 Viver Santarem	1:22.25	228
30. Matilde Peixoto Amado 50m: 39.29 100m: 1:22.28	13 Natacao do Tejo	1:22.28	227
31. Carolina Rodrigues Ferreira 50m: 38.76 100m: 1:23.10	13 Torres Novas	1:23.10	221
32. Leonor Chambel Santos 50m: 40.61 100m: 1:24.30	13 Nautico Abrantes	1:24.30	211
33. Carolina Marques Ribeiro 50m: 40.33 100m: 1:25.37	13 Rio Maior	1:25.37	203
34. Ines Santos Pina 50m: 41.12 100m: 1:25.70	12 CLAC-Entroncamento	1:25.70	201
35. Carolina Maria Quinta 50m: 40.49 100m: 1:25.98	12 Torres Novas	1:25.98	199
36. Constanca Mendao Silva 50m: 41.99 100m: 1:27.09	13 Rio Maior	1:27.09	192
37. Laura Amaro Marques FTLS 50m: 41.36 100m: 1:27.59	12 Torres Novas	1:27.59	188
38. Lara Alberto Januario FTLS 50m: 38.30 100m: 1:28.49	12 Viver Santarem	1:28.49	183



Jornada Abertura Categorias
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Prova 11, Femin., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
39. Maria Leonor Serodio FTLS	12 Viver Santarem	1:35.24	146
50m: 45.43 100m: 1:35.24			
WDR Diana Goncalves Oliveira	07 Viver Santarem		

Prova 12 Masc., 100m Livres S3
19/10/2025 - 16:25 Resultados

Rec Nac Adaptada S3	2:16.72	Tiago Manuel Silva	CLAC	Coruche	08/03/2025
Recorde Distrital ANDS Open	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Sen	49.35	Paulo Vakulyuk	CNTN	Albufeira	12/11/2022
Recorde Distrital ANDS Jun18	50.55	Alexandre Morari	CNRM	Tomar	13/12/2024
Recorde Distrital ANDS Jun17	51.46	Paulo Vakulyuk	CNTN	Felgueiras	20/12/2019
Recorde Distrital ANDS Juv A	52.32	Paulo Vakulyuk	CNTN	Torres Novas	12/01/2019
Recorde Distrital ANDS Juv B	53.89	Frederico Sucena Riachos	NSCG	Tomar	30/06/2013
Recorde Distrital ANDS Inf A	56.70	Bernardo Jorge Simoes	CNTN	Tomar	20/03/2016
Recorde Distrital ANDS Inf B	58.15	Joao Diogo Lopes	VS	Coruche	16/03/2014

INF A Inf A: 1:19.00 / INF B Inf B: 1:25.00 / JUN+ SEN Jun/Sen: 1:10.00 / JUV A Juv A: 1:12.00 / JUV B Juv B: 1:14.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Absoluto			
1. Artur Rafael Saramago	97 BUZIOS - Coruche	56.54	498
50m: 27.00 100m: 56.54			
2. Luis Suissas Rato	09 Nautico Salvaterra Magos	57.56	472
50m: 28.56 100m: 57.56			
3. Afonso Formigo Pinho	06 Torres Novas	57.75	468
50m: 27.36 100m: 57.75			
4. David Filipe Pacheco	10 BUZIOS - Coruche	58.30	454
50m: 28.11 100m: 58.30			
5. Pedro Morgado Costa	09 Rio Maior	58.89	441
50m: 28.60 100m: 58.89			
6. Gabriel Antunes Ramos	09 Rio Maior	59.13	436
50m: 28.42 100m: 59.13			
7. Simao Rocha Silva	07 Gualdim Pais	1:00.32	410
50m: 29.11 100m: 1:00.32			
8. Francisco Manuel Cadete	10 Nautico Abrantes	1:00.50	407
50m: 29.12 100m: 1:00.50			
9. Martim Maria Salvador	11 Nautico Salvaterra Magos	1:00.69	403
50m: 29.19 100m: 1:00.69			
10. Tomas Alexandre Santos	07 BUZIOS - Coruche	1:00.94	398
50m: 28.97 100m: 1:00.94			
11. Leonardo Gomes Silva	08 Rio Maior	1:02.61	367
50m: 30.00 100m: 1:02.61			
12. Miguel Silva Lima	09 Nautico Abrantes	1:03.02	360
50m: 29.86 100m: 1:03.02			
13. Manuel Maria Moniz	11 20Km de Almeirim	1:03.03	360
50m: 30.55 100m: 1:03.03			
14. Miguel Ferreira Cruz	08 CLAC-Entroncamento	1:03.54	351
50m: 31.24 100m: 1:03.54			

Prova 12, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
15. Luis Miguel Reis 50m: 31.36 100m: 1:04.86	10 Rio Maior	1:04.86	330
16. Heliodoro Joao Sombreireiro 50m: 31.49 100m: 1:05.04	11 BUZIOS - Coruche	1:05.04	327
17. Francisco Grave Reis 50m: 31.54 100m: 1:05.20	12 Rio Maior	1:05.20	325
18. Pedro Figueiredo Ferreira 50m: 30.82 100m: 1:05.25	10 20Km de Almeirim	1:05.25	324
19. Martim Miguel Santos 50m: 31.08 100m: 1:05.94	11 Rio Maior	1:05.94	314
20. Antonio Francisco Rouxinol 50m: 31.11 100m: 1:06.07	11 BUZIOS - Coruche	1:06.07	312
21. Andre Guilherme Anastacio 50m: 30.62 100m: 1:06.08	10 Nautico Abrantes	1:06.08	312
22. Dinis Maria Garcia 50m: 31.11 100m: 1:06.11	09 Nautico Abrantes	1:06.11	312
23. Diogo Chambel Santos 50m: 31.49 100m: 1:06.24	11 Nautico Abrantes	1:06.24	310
24. Hugo Miguel Silva 50m: 31.46 100m: 1:06.84	77 BUZIOS - Coruche	1:06.84	301
25. Santiago Raposo Fernandes 50m: 32.43 100m: 1:07.89	12 20Km de Almeirim	1:07.89	288
26. Mateus Emanuel Almeida 50m: 33.24 100m: 1:08.17	09 Rio Maior	1:08.17	284
27. Santiago Martins Magalhaes 50m: 33.96 100m: 1:08.83	11 Torres Novas	1:08.83	276
28. Gabriel Sa Chambel 50m: 31.47 100m: 1:08.86	09 CLAC-Entroncamento	1:08.86	276
29. Artur Alexandre Silva 50m: 34.24 100m: 1:08.92	11 20Km de Almeirim	1:08.92	275
30. Lourenco Manuel Palmeiro 50m: 33.32 100m: 1:09.70	10 BUZIOS - Coruche	1:09.70	266
31. Eduardo Domingos Rosa 50m: 33.71 100m: 1:09.78	11 BUZIOS - Coruche	1:09.78	265
32. Gabriel Antonio Marques 50m: 33.32 100m: 1:09.79	11 Nautico Abrantes	1:09.79	265
33. Dinis Oliveira Nunes 50m: 34.01 100m: 1:09.98	11 BUZIOS - Coruche	1:09.98	263
34. Rodrigo Miranda Rosa 50m: 33.91 100m: 1:10.70	12 Uniao Samorense	1:10.70	255
35. Martim Rocha Silva 50m: 34.55 100m: 1:11.17	12 Gualdim Pais	1:11.17	250
36. Sebastiao Maria Borlinhas 50m: 34.11 100m: 1:11.54	11 BUZIOS - Coruche	1:11.54	246
37. Lourenco Filipe Costa 50m: 37.13 100m: 1:12.86	12 20Km de Almeirim	1:12.86	233



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 12, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
38. Afonso Tomas Antunes 50m: 34.24 100m: 1:13.79	11 Natacao do Tejo	1:13.79	224
39. Bernardo Margarido Miranda 50m: 35.62 100m: 1:14.37	12 Nautico Abrantes	1:14.37	219
40. Salvador Miguel Silva <i>FTLS</i> 50m: 35.22 100m: 1:14.66	11 Viver Santarem	1:14.66	216
41. Carlos Silvestre Lourenco 50m: 36.79 100m: 1:15.38	13 BUZIOS - Coruche	1:15.38	210
42. Sandro Jose Tomas 50m: 37.14 100m: 1:16.70	12 BUZIOS - Coruche	1:16.70	199
43. Tomas Miguel Madeira 50m: 38.06 100m: 1:18.00	13 20Km de Almeirim	1:18.00	189
44. Salvador Martim Quiterio 50m: 38.24 100m: 1:18.32	13 Nautico Salvaterra Magos	1:18.32	187
45. Hugo Santos Carapeto 50m: 37.23 100m: 1:19.41	13 Nautico Abrantes	1:19.41	180
46. Afonso Ferreira Cruz <i>FTLS</i> 50m: 37.56 100m: 1:19.43	12 CLAC-Entroncamento	1:19.43	179
47. Rafael Jose Isidoro 50m: 39.51 100m: 1:21.59	13 Rio Maior	1:21.59	165
48. Dinis Alexandre Santos <i>FTLS</i> 50m: 36.84 100m: 1:21.82	12 Torres Novas	1:21.82	164
49. Eduardo Agostinho Duque 50m: 40.73 100m: 1:24.30	13 20Km de Almeirim	1:24.30	150
50. Afonso Gil Campos <i>FTLS</i> 50m: 42.36 100m: 1:28.80	13 CLAC-Entroncamento	1:28.80	128
51. Joao Francisco Monteiro <i>FTLS</i> 50m: 41.94 100m: 1:30.20	12 BUZIOS - Coruche	1:30.20	122
52. Santiago Tacao Ribeiro <i>FTLS</i> 50m: 42.76 100m: 1:30.35	13 Rio Maior	1:30.35	122
53. Afonso Jose Coentro <i>FTLS</i> 50m: 45.34 100m: 1:35.72	13 Gualdim Pais	1:35.72	102
54. Martim Moura Lopes <i>FTLS</i> 50m: 47.63 100m: 1:44.41	13 Torres Novas	1:44.41	79
55. Tiago Manuel Silva <i>RECORDE NACIONAL S3, FTLS</i> 50m: 1:04.49 100m: 2:13.73	05 CLAC-Entroncamento	2:13.73	37
DNS Artur Miguel Silva	12 Natacao do Tejo		



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 12, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
WDR Andre Jose Silva	13 Torres Novas		
S3			
1. Artur Rafael Saramago	97 BUZIOS - Coruche	56.54	498
50m: 27.00 100m: 56.54			
2. Luis Suissas Rato	09 Nautico Salvaterra Magos	57.56	472
50m: 28.56 100m: 57.56			
3. Afonso Formigo Pinho	06 Torres Novas	57.75	468
50m: 27.36 100m: 57.75			
4. David Filipe Pacheco	10 BUZIOS - Coruche	58.30	454
50m: 28.11 100m: 58.30			
5. Pedro Morgado Costa	09 Rio Maior	58.89	441
50m: 28.60 100m: 58.89			
6. Gabriel Antunes Ramos	09 Rio Maior	59.13	436
50m: 28.42 100m: 59.13			
7. Simao Rocha Silva	07 Gualdim Pais	1:00.32	410
50m: 29.11 100m: 1:00.32			
8. Francisco Manuel Cadete	10 Nautico Abrantes	1:00.50	407
50m: 29.12 100m: 1:00.50			
9. Martim Maria Salvador	11 Nautico Salvaterra Magos	1:00.69	403
50m: 29.19 100m: 1:00.69			
10. Tomas Alexandre Santos	07 BUZIOS - Coruche	1:00.94	398
50m: 28.97 100m: 1:00.94			
11. Leonardo Gomes Silva	08 Rio Maior	1:02.61	367
50m: 30.00 100m: 1:02.61			
12. Miguel Silva Lima	09 Nautico Abrantes	1:03.02	360
50m: 29.86 100m: 1:03.02			
13. Manuel Maria Moniz	11 20Km de Almeirim	1:03.03	360
50m: 30.55 100m: 1:03.03			
14. Miguel Ferreira Cruz	08 CLAC-Entroncamento	1:03.54	351
50m: 31.24 100m: 1:03.54			
15. Luis Miguel Reis	10 Rio Maior	1:04.86	330
50m: 31.36 100m: 1:04.86			
16. Heliodoro Joao Sombreiro	11 BUZIOS - Coruche	1:05.04	327
50m: 31.49 100m: 1:05.04			
17. Francisco Grave Reis	12 Rio Maior	1:05.20	325
50m: 31.54 100m: 1:05.20			
18. Pedro Figueiredo Ferreira	10 20Km de Almeirim	1:05.25	324
50m: 30.82 100m: 1:05.25			
19. Martim Miguel Santos	11 Rio Maior	1:05.94	314
50m: 31.08 100m: 1:05.94			
20. Antonio Francisco Rouxinol	11 BUZIOS - Coruche	1:06.07	312
50m: 31.11 100m: 1:06.07			
21. Andre Guilherme Anastacio	10 Nautico Abrantes	1:06.08	312
50m: 30.62 100m: 1:06.08			
22. Dinis Maria Garcia	09 Nautico Abrantes	1:06.11	312
50m: 31.11 100m: 1:06.11			

Prova 12, Masc., 100m Livres, S3

Lugar	Ano	Tempo final	Pts
23. Diogo Chambel Santos 50m: 31.49 100m: 1:06.24	11 Nautico Abrantes	1:06.24	310
24. Hugo Miguel Silva 50m: 31.46 100m: 1:06.84	77 BUZIOS - Coruche	1:06.84	301
25. Santiago Raposo Fernandes 50m: 32.43 100m: 1:07.89	12 20Km de Almeirim	1:07.89	288
26. Mateus Emanuel Almeida 50m: 33.24 100m: 1:08.17	09 Rio Maior	1:08.17	284
27. Santiago Martins Magalhaes 50m: 33.96 100m: 1:08.83	11 Torres Novas	1:08.83	276
28. Gabriel Sa Chambel 50m: 31.47 100m: 1:08.86	09 CLAC-Entroncamento	1:08.86	276
29. Artur Alexandre Silva 50m: 34.24 100m: 1:08.92	11 20Km de Almeirim	1:08.92	275
30. Lourenco Manuel Palmeiro 50m: 33.32 100m: 1:09.70	10 BUZIOS - Coruche	1:09.70	266
31. Eduardo Domingos Rosa 50m: 33.71 100m: 1:09.78	11 BUZIOS - Coruche	1:09.78	265
32. Gabriel Antonio Marques 50m: 33.32 100m: 1:09.79	11 Nautico Abrantes	1:09.79	265
33. Dinis Oliveira Nunes 50m: 34.01 100m: 1:09.98	11 BUZIOS - Coruche	1:09.98	263
34. Rodrigo Miranda Rosa 50m: 33.91 100m: 1:10.70	12 Uniao Samorense	1:10.70	255
35. Martim Rocha Silva 50m: 34.55 100m: 1:11.17	12 Gualdim Pais	1:11.17	250
36. Sebastiao Maria Borlinhas 50m: 34.11 100m: 1:11.54	11 BUZIOS - Coruche	1:11.54	246
37. Lourenco Filipe Costa 50m: 37.13 100m: 1:12.86	12 20Km de Almeirim	1:12.86	233
38. Afonso Tomas Antunes 50m: 34.24 100m: 1:13.79	11 Natacao do Tejo	1:13.79	224
39. Bernardo Margarido Miranda 50m: 35.62 100m: 1:14.37	12 Nautico Abrantes	1:14.37	219
40. Salvador Miguel Silva FTLS 50m: 35.22 100m: 1:14.66	11 Viver Santarem	1:14.66	216
41. Carlos Silvestre Lourenco 50m: 36.79 100m: 1:15.38	13 BUZIOS - Coruche	1:15.38	210
42. Sandro Jose Tomas 50m: 37.14 100m: 1:16.70	12 BUZIOS - Coruche	1:16.70	199
43. Tomas Miguel Madeira 50m: 38.06 100m: 1:18.00	13 20Km de Almeirim	1:18.00	189
44. Salvador Martim Quiterio 50m: 38.24 100m: 1:18.32	13 Nautico Salvaterra Magos	1:18.32	187
45. Hugo Santos Carapeto 50m: 37.23 100m: 1:19.41	13 Nautico Abrantes	1:19.41	180



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 12, Masc., 100m Livres, S3

Lugar	Ano	Tempo final	Pts
46. Afonso Ferreira Cruz <i>FTLS</i> 50m: 37.56 100m: 1:19.43	12 CLAC-Entroncamento	1:19.43	179
47. Rafael Jose Isidoro 50m: 39.51 100m: 1:21.59	13 Rio Maior	1:21.59	165
48. Dinis Alexandre Santos <i>FTLS</i> 50m: 36.84 100m: 1:21.82	12 Torres Novas	1:21.82	164
49. Eduardo Agostinho Duque 50m: 40.73 100m: 1:24.30	13 20Km de Almeirim	1:24.30	150
50. Afonso Gil Campos <i>FTLS</i> 50m: 42.36 100m: 1:28.80	13 CLAC-Entroncamento	1:28.80	128
51. Joao Francisco Monteiro <i>FTLS</i> 50m: 41.94 100m: 1:30.20	12 BUZIOS - Coruche	1:30.20	122
52. Santiago Tacao Ribeiro <i>FTLS</i> 50m: 42.76 100m: 1:30.35	13 Rio Maior	1:30.35	122
53. Afonso Jose Coentro <i>FTLS</i> 50m: 45.34 100m: 1:35.72	13 Gualdim Pais	1:35.72	102
54. Martim Moura Lopes <i>FTLS</i> 50m: 47.63 100m: 1:44.41	13 Torres Novas	1:44.41	79
55. Tiago Manuel Silva <i>RECORDE NACIONAL S3, FTLS</i> 50m: 1:04.49 100m: 2:13.73	05 CLAC-Entroncamento	2:13.73	37
DNS Artur Miguel Silva	12 Natacao do Tejo		
WDR Andre Jose Silva	13 Torres Novas		



Jornada Abertura Categorias
Entroncamento, 19-10-2025

Prova 13 1500m Livres 13 anos e mais velhos
19/10/2025 - 16:55 Resultados

Recorde Distrital ANDS Open	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	15:14.70	Tiago Filipe Campos	CNRM	Albufeira	10/11/2023
Recorde Distrital ANDS Jun18	15:55.58	Ricardo Matias Santos	CPFS	Leiria	11/12/2022
Recorde Distrital ANDS Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	15:50.63	Gustavo Manuel Santa	CNLA	Sines	21/12/2008
Recorde Distrital ANDS Juv B	16:27.54	Pedro Diogo Oliveira	CNRM	Rio Maior	11/07/2003
Recorde Distrital ANDS Inf A	17:24.44	Gustavo Manuel Santa	CNLA	Sines	01/04/2007
Recorde Distrital ANDS Inf B	17:52.60	Paulo Bruno Janeiro	CNLA	Sines	01/04/2007
Recorde Distrital ANDS Open	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS Sen	16:35.00	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023
Recorde Distrital ANDS 18 +	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022
Recorde Distrital ANDS 17	17:00.30	Mafalda Sofia Rosa	CNRM	Felgueiras	20/12/2019
Recorde Distrital ANDS Juv A	17:03.84	Mafalda Sofia Rosa	CNRM	CORUCHE	15/03/2019
Recorde Distrital ANDS Juv B	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18/11/2017
Recorde Distrital ANDS Inf A	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15/01/2017
Recorde Distrital ANDS Inf B	18:45.41	Mafalda Sofia Rosa	CNRM	Tomar	14/11/2015

INF A Inf A Femin.: 24:50.00; Inf A Masc.: 23:40.00 / INF B Inf B Femin.: 25:30.00; Inf B Masc.: 24:58.00 /
JUV A Juv A Femin.: 24:00.00; Juv A Masc.: 22:50.00 / JUV B Juv B Femin.: 24:25.00; Juv B Masc.: 23:06.00 /
JUN+ SEN 17 + Femin.: 23:18.00; Jun/Sen Masc.: 21:06.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Absoluto, Femin.			
1. Leonor Sombreiro Martins	10	BUZIOS - Coruche	19:07.54 495
50m: 33.17 100m: 1:09.61 200m: 2:26.07 400m: 5:00.11 800m: 10:08.17 1500m: 19:07.54			
2. Marta Bento Ferreira	13	Viver Santarem	24:01.28 250
50m: 44.44 100m: 1:32.32 200m: 3:08.19 400m: 6:21.26 800m: 12:47.44 1500m: 24:01.28			
3. Carolina Cupertino Marchante	09	CLAC-Entroncamento	24:47.23 227
FTLS			
50m: 40.64 100m: 1:26.88 200m: 3:02.39 400m: 6:18.82 800m: 12:58.05 1500m: 24:47.23			
WDR Matilde Abelho Vaz	12	CLAC-Entroncamento	
WDR Maria Carolina Fidalgo	13	Viver Santarem	

Absoluto, Masc.

1. David Filipe Pacheco	10	BUZIOS - Coruche	17:53.80 490
50m: 31.92 100m: 1:07.05 200m: 2:18.83 400m: 4:42.84 800m: 9:31.84 1500m: 17:53.80			
2. Tiago Goncalves Vieira	10	Gualdim Pais	19:55.10 355
50m: 35.75 100m: 1:14.25 200m: 2:34.27 400m: 5:16.07 800m: 10:40.57 1500m: 19:55.10			
3. Heliodoro Joao Sombreiro	11	BUZIOS - Coruche	20:14.11 339
50m: 37.67 100m: 1:18.79 200m: 2:41.24 400m: 5:25.43 800m: 10:52.43 1500m: 20:14.11			
4. Artur Alexandre Silva	11	20Km de Almeirim	20:20.84 333
50m: 36.84 100m: 1:16.65 200m: 2:38.21 400m: 5:25.42 800m: 10:53.74 1500m: 20:20.84			
5. Eduardo Domingos Rosa	11	BUZIOS - Coruche	20:28.46 327
50m: 36.57 100m: 1:16.71 200m: 2:38.67 400m: 5:22.57 800m: 10:53.74 1500m: 20:28.46			
6. Lourenco Manuel Palmeiro	10	BUZIOS - Coruche	20:35.18 322
50m: 36.11 100m: 1:15.73 200m: 2:37.85 400m: 5:24.36 800m: 10:59.79 1500m: 20:35.18			
7. Matias Rafael Pacheco	12	BUZIOS - Coruche	20:44.87 314
50m: 37.45 100m: 1:18.63 200m: 2:41.22 400m: 5:26.52 800m: 10:58.36 1500m: 20:44.87			
8. Guilherme Ferreira Leitao	10	Viver Santarem	23:04.87 228
FTLS			
50m: 38.30 100m: 1:24.17 200m: 2:56.36 400m: 6:01.85 800m: 12:08.49 1500m: 23:04.87			